COUNTRY GROCER™

Family Pack CASELOT SALE

Vancouver Island Owned & Operated Since 1984



Campbell's
Canned Soup
12 x 284 ml

10.97 ea

- Chicken Noodle
- Mushroom
- Tomato
- Vegetable

Island GOOD

Coastal Black
Frozen Blueberries
4 lb



11.97 ea

First of the Season

California
Navel Oranges
10 lb



12.97 ea

Olympic
Organic Yogurt
1.75 kg



10.97 ea

Kraft
Mac & Cheese
12 x 200 g



9.97 ea

Cracker Barrel
Natural Cheese
600 g



8.97 ea

Sunrype
Apple Juice
12 x 1 L



18.97 ea

Fresh Canadian
Whole Boneless Porkloins



LIMIT 1

2.97 lb
6.55 kg

NEW to Country Grocer!

China
Pomelos
4 Count Box



12.97 ea

In Our Bakery

Country Fresh
Family Bread
Sliced
570 g



White or Whole Wheat

1.97 ea

In Our Deli

Maple Lodge Farms
Chicken Breast
Roast



Plain, Smoked, or Cajun

While Stocks Last

1.97 100 g

www.countrygrocer.com

SALE ON AT ALL STORES: FRIDAY Nov. 20 – THURSDAY Nov. 26, 2026 except Salt Spring: WEDNESDAY Nov. 18 - MONDAY Nov. 23, 2026

Fresh PRODUCE

We Support Local BC Growers
Country Grocer provides the highest quality product direct from BC Farms. Enjoy the best tastes of BC all year long!

buyBC

Family Pack CASELOT SALE



B.C. Grown
Gala Apples
3 lb
2.97 ea
Grown on Sandhers Farm



BC Fresh
Russet Potatoes
15 lb
8.97 ea

Island Grown
Sweet Nante Carrots
3 lb
2.97 ea
Grown on Michell's Farm



New Zealand
Kiwi Fruit
1 lb
5.97 ea



Island Grown
Parsnips
2 lb
4.97 ea
Grown on Michell's Farm



Mexico
Limes
1 lb
2.97 ea



Mexico
Avocados
4 pk
3.97 ea



Washington
Yellow Onions
10 lb
7.97 ea



Mexico
Red Grapefruit
3 lb
6.97 ea



Island Grown
Red Beets
5 lb
3.97 ea
Grown on Michell's Farm



California
Lemons
2 lb
4.97 ea



Sunrise
Soyganic Tofu
Medium, Ultra Firm
400-454 g
3.97 ea



Light Life
Plant-Based Tofu Products
155-383 g
4.97 ea



Mexico
Coloured Peppers
2 lb
4.97 ea



SALE ON AT ALL STORES: FRIDAY Nov. 20 – THURSDAY Nov. 26, 2026 except Salt Spring: WEDNESDAY Nov. 18 - MONDAY Nov. 23, 2026

Organic PRODUCE



ORGANIC B.C. Grown
Anjou Pears
3 lb
6.97 ea



ORGANIC B.C. Grown
Fuji Apples
3 lb
6.97 ea



ORGANIC Mexico
Bunched Carrots
3.97 ea



ORGANIC Mexico
Black Kale
or Green
3.97 ea



ORGANIC Mexico
Curly Parsley
or Italian
2.47 ea



ORGANIC Mexico
Rainbow Peppers
2 ct
6.97 ea

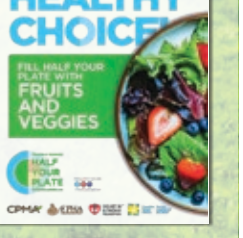


ORGANIC California
Earthbound
Salads
1 lb
6.97 ea

Spring Mix
Baby Spinach
Spring Mix & Baby Spinach

Make a healthy choice! Fill half your plate with fruits and veggies.

The Half Your Plate Program is a healthy living initiative that empowers Canadians to eat more fruits and vegetables to improve their health. It's fun, practical, and informative, with tips on how to prepare fruits and vegetables for meals, snacks at home, school, work, eating out or on the go. Country Grocer is proud to be a part of this, and to bring you all the information on how you can join in on this great new program. Go to: www.cpma.ca & www.bcpma.com Find weekly tips and recipes on their blog at: halfyourplate.ca Follow them on Facebook, Pinterest & Twitter for all the latest news! Use #halfyourplate to share recipes and tips.



Floral & GARDEN

Help Fill A Dream **Bouquet**



24.97 ea

Carefully crafted by our friends at Eurosa Farms with their very own Island Grown roses, spray roses, and alstromeria.

Island GOOD

Help Fill a Dream

$3 FROM EACH PURCHASE DONATED

HELP FILL ISLAND KIDS' DREAMS

HELPFILLADREAM.COM



50¢ FROM EACH PURCHASE DONATED

Help Fill A Dream **Mums**
5 stems

From our dedicated island family owned and operated floral supplier Mt. Newton Floral.

9.97 ea

Butcher's BEST

Our In-store Meat Cutters are a *Cut Above*

Izzy
Cobble Hill



CANADIAN BEEF

Ground In-House!

Country Grocer

Extra Lean Ground Beef

Family Packs



6.97 lb
15.37 kg

Go to Countrygrocer.com/recipe for recipe ideas!

Canada

Great Deal!

Schneider's

Smoked Ham Steak

Bone-In



While Stocks Last

2.97 lb
6.55 kg

Go to Countrygrocer.com/recipe for recipe ideas!

buyBC *Fresh!*

Lilydale

Chicken Breasts

Boneless, Skinless
All Sizes



6.97 lb
15.37 kg

Made In-House!

Meatloaf Mix

Oven Ready
908 g



Easy Meals

13.97 ea

50¢ FROM EACH PURCHASE DONATED

Fort Hardy

Porkloin Back Ribs

Maple BBQ
Fully Cooked



Frozen 595 g

11.97 ea

Canada Island GOOD

Buy BC and SUPPORT LOCAL FARMERS

Island GOOD Canada



50¢ FROM EACH PURCHASE DONATED

Farmhouse Poultry

Whole Frying Chickens

All Sizes

It's Fresher from Here!

2.97 lb
6.55 kg

Easy Meals

Rossdown Farms

Marinated Chicken Skewers



Assorted Flavours 350 g

9.97 ea

50¢ FROM EACH PURCHASE DONATED

Hertel's

Smoked Bacon

500 g



- Dairy Free
- Gluten Free
- No MSG

11.97 ea

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Country Grocer is proud to be an
Ocean Wise partner,
supporting sustainable seafood.
The Ocean Wise symbol identifies those seafood items as a good choice to help protect life in our oceans.

SEAFOOD



Wild
Coho Salmon Fillets
Skin On, Pin Bone Removed
4.47 100 g
Frozen



Fresh
Rockfish Fillets
1.47 100 g
Weather Permitting



Aqua Star
Basa Fillets
908 g
9.97 ea
Frozen

Fresh
Captain Jac Imitation Crab
907 G

10.97 ea



Aqua Star
Seafood Appetizers
Coconut, Popcorn Butterfly Shrimp
500 g
9.97 ea
Frozen



Aqua Star
Tempura Shrimp
500 g
10.97 ea
Frozen

Mussel King
Cooked Mussels
White Wine or Garlic Butter
454 g, Frozen

6.97 ea

Mrs. Fridays
Seafood Cakes
510 g
Frozen

14.97 ea

Extra MEAT SAVINGS

Schneider's
Breaded Schnitzel
Chicken or Pork
450 g
Frozen

50¢ FROM EACH PURCHASE DONATED
9.97 ea

Olivieri
Pasta Sauces
Alfredo, Creamy Rose or Basil Pesto

50¢ FROM EACH PURCHASE DONATED
160 - 300 ml
4.97 ea

Olivieri
Filled Pasta
Family Packs
Assorted Flavours
600 - 700 g

50¢ FROM EACH PURCHASE DONATED
9.97 ea

Mix and Match!
Johnsonville
Sausages
Breakfast or Dinner
Assorted Flavours
250 - 500 g

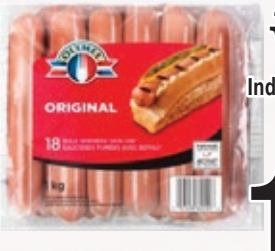
GF
Frozen
2/$13

Schneider's
Breaded Chicken
Tenders, Bites or Spicy Burgers
600 g

50¢ FROM EACH PURCHASE DONATED
Frozen
9.97 ea

Craft Butcher
Ground Beef and Pork Blend
50/50 Mix
400 g
Frozen

Great for Meatloaf!
2/$12

Olylmel
Regular Wieners
Individually Wrapped
1 kg

10.97 ea

Schneider's
Meat Pies
or Quiche
Assorted Varieties
330 - 400 g

50¢ FROM EACH PURCHASE DONATED
Frozen
5.97 ea

DELI & Specialty CHEESE

Volume Buy!



Grimm's
Thyme Maple Whiskey Ham
Also Old Fashioned Zero Sugar Ham
2.97 100 g



Canadian
7 Year Old Cheddar
Random Cuts
2.97 100 g



Lilydale
Oven Roasted Turkey Breast
Plain, Smoked or Sundried Tomato
3.47 100 g



Grimm's
Sliced Meats
Assorted Varieties
175 g
6.97 ea



Tre Stelle
Feta Cheese
850 g
19.97 ea



Woolwich
Chevrai Goat Cheese
300 g
Plain, Herb, or Cranberry
10.97 ea



Freybe
Salami Chubs
Assorted Varieties
250 g
10.97 ea



Grimm's
Pepperoni
Original, Hot or Honey Garlic
600 g
13.97 ea



Doric Macedonian
Style Feta
700 g
14.97 ea



Saputo
Cheese Slices
500 g
Swiss, Havarti or Provolone
14.97 ea

Fresh TO GO



Imported San Remo
Italian Gnocchi
Plain or Spinach
500 g
2/$5



Greek House
Tzatziki
or Homous
227 g
4.97 ea



Napoli
12" Pizzas
Assorted Varieties
502-550 g
7.97 ea



Fontaine Sante
Hummus
Regular or Garlic
454 g
6.47 ea



Prepared Fresh In-House Daily
Country Fresh
All Large Fresh Cut Fruit
Approx 400-450 g
Mix and Match!
3/15.00



Prepared Fresh In-House
Country Fresh
Beet, Zucchini or Combo Spirals
Approx 240 g
3.97 ea



Freshly Made In-House Daily
Country Fresh
Tempura Yam Sushi Rolls
Regular or Spicy
10 Piece
7.97 ea



Freshly Made In-House Daily
Country Fresh
Coconut Shrimp Sushi Rolls
10 Piece
10.97 ea

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COUNTRY GROCER™ BAKERY Fresh

The Baking Association of Canada (BAC)
has been the trusted voice of the nation's dynamic baking industry–connecting bakeries, suppliers, and professionals from coast to coast.

PROUD MEMBERS OF BAKING ASSOCIATION OF CANADA / Association canadienne de la boulangerie

Made In Store!

Country Fresh
Hoagie Buns
6's



2/$6

Baked In Store!

English Bay
Family Pack Cookies
18's



7.97 ea

Made In Store!



Sliced

Country Fresh
Dutch Crunch Bread
454 g

2/$5

Treats of the Week!



Made RIGHT here and topped our signature REAL BUTTER cream icing!

Country Fresh
Half Cakes
All Varieties
650-750 g

11.97 ea

Made In Store!



Country Fresh
Butter Tarts
or Almond
6's

2/$10

Baked In Store!



Country Fresh
Cinnamon Buns
Without Raisins
6's

5.97 ea

Canada



Villaggio
Artisan Bread
or Toscana Buns
510-550 g, 6s,8s

2/$7

Canada



Silver Hills
Sprouted Bread
Organic
510-680 g

4.97 ea



GF

Dabble
Protein Donuts
280 g

9.97 ea

Island GOOD



Portofino
Peasant Bread
Artisan Loaf
585 g

4.97 ea

BULK Foods



Dan D Pak
Chocolate Almonds

3.97 100 g



Dan D Pak
Super Mac Mix

2.97 100 g



Reddi Snack
Pretzels
908 g

2/$9



Country Grocer
Heap of Popcorn
396 g

4.97 ea

SALE ON AT ALL STORES: FRIDAY Nov. 20 – THURSDAY Nov. 26, 2026 except Salt Spring: WEDNESDAY Nov. 18 - MONDAY Nov. 23, 2026



Amanda
Nutrition Manager
Cobble Hill

GROCERY

Hawkins
Cheezies
210 g
2/$7

Tostitos
Tortilla Chips
205-295 g
2/$8

NEW to Country Grocer!



Cattleman's Cut
Beef Jerky
230 g
13.97 ea

Old Dutch
Assorted Snacks
Club Pack
560-640 g
7.47 ea

Basse
Pure Vida Mix
Family Pack
672 g
8.97 ea

Christie
Family Pack Cookies
374-530 g
5.97 ea

Poppi
Prebiotic Soda
4 x 355 ml
9.97 ea

Glaceau
Vitamin Water
591 ml
2/$4

Dare
Wagon Wheels
Family Pack
630 g
5.97 ea

Dan D Pak
Rainbow Mix
1 kg
Also Sierra or Munchy Mix
10.97 ea

Frito
Classic Mix
Mega Size
42's
21.47 ea

Rockstar
Energy Drinks
Punched
4 x 473 ml
8.97 ea

AHA
Sparkling Water
12 x 355 ml
5.97 ea

Pepsi & Assorted
Pepsi Products
24 x 355 ml
13.97 ea

Red Bull
Energy Drinks
4 x 250 ml
8.97 ea

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Help Fill a Dream

HERE'S HOW YOU CAN HELP FILL ISLAND KIDS' DREAMS

NOV. 20 TO DEC. 17, 2026

Inspiring hope, health and happiness for Vancouver Island and Salt Spring Island children under the age of 19 with life-threatening conditions by fulfilling their dreams, improving their quality of life and assisting their families with care and financial support.



ISLAND GROWN

Help Fill a Dream
Fall Bouquet
Available Nov. 20 - Dec. 3

$3 FROM EACH PURCHASE DONATED



50¢ FROM EACH PURCHASE DONATED

Help Fill a Dream
Mums Bouquet

BAKE MARK

BAKEMARK

Dream Cupcake
Vanilla or Chocolate
6's

bakemark.com

$2 FROM EACH PURCHASE DONATED



COUNTRY GROCER™

PURCHASE ONE OF OUR PARTICPATING PRODUCTS

and our suppliers will make a donation to Help Fill a Dream Foundation

Help Fill a Dream

$2 PAPER TOKEN

Available at our Tills

$2 FROM EACH PURCHASE DONATED



SCAN QR CODE

For a One Time Donation

TURN PAGE FOR MORE!

COUNTRY GROCER™

DEMPSTER'S
100% Whole Wheat and White Bread
570-675 g



50¢ FROM EACH PURCHASE DONATED

MIZU
Real Fruit Ice Cream
473 ml



50¢ FROM EACH PURCHASE DONATED

GRIMM'S
Sausage Rings
300 g



50¢ FROM EACH PURCHASE DONATED

SAPUTO
Shredded Cheese
450-500 g
Armstrong Cheese
600 g

saputo.ca



50¢ FROM EACH PURCHASE DONATED

OLD DUTCH
Ridgies Potato Chips
220 g

olddutchfoods.ca



50¢ FROM EACH PURCHASE DONATED

Help fill a Dream



KOBY
14 YEARS OLD
Congenital Hypopituitarism, Adrenal Insufficiency, Epilepsy and Autism

DREAM
Attend a Taylor Swift concert

BONTERRA
Paper Towels
3 Mega Rolls

Bonterra
For a better planet



50¢ FROM EACH PURCHASE DONATED

Help fill a Dream



LAYLA AND SAFIYA
16 YEARS OLD
Type 1 Diabetes

DREAM
See Stray Kids live in Concert



50¢ FROM EACH PURCHASE DONATED

HERTEL MEATS
All Products

hertelmeats.ca

ITALPASTA
Assorted Pasta
250-900 g

italpasta.com



50¢ FROM EACH PURCHASE DONATED

OLIVIERI
Pasta, Gnocchi & Sauces



50¢ FROM EACH PURCHASE DONATED





NABOB
Ground Coffee
340 g

kraftheinz.com

50¢ FROM EACH PURCHASE DONATED



KD DELUXE
340 g

50¢ FROM EACH PURCHASE DONATED



CRAVE

CRAVE
200-320 g

kraftheinz.com

LEVEL GROUND
Coffee Roasters
300 g

levelground.com

50¢ FROM EACH PURCHASE DONATED



COUNTRY GROCER™



Help fill a Dream

MIRAYA
7 YEARS OLD
Cerebral Palsy and Global Developmental Delay

DREAM
Accessible Van Conversion

COCA-COLA

COCA-COLA
Bodyarmor
473 ml

drinkbodyarmor.ca

50¢ FROM EACH PURCHASE DONATED





Help fill a Dream

JONO
14 YEARS OLD
Charge Syndrome and Deafblindness

DREAM FULFILLED
Trip to Mexico

STAGG CHILI



STAGG
Chili
425 g

staggchili.ca

50¢ FROM EACH PURCHASE DONATED

FORT HARDY

PORK HARDY
Pork Backribs
568 g

50¢ FROM EACH PURCHASE DONATED



50¢ FROM EACH PURCHASE DONATED

SUNRYPE
100% Juice
900 ml

sunrype.ca



JANES
Pub Style Chicken
Assorted
700 g

JANES



50¢ FROM EACH PURCHASE DONATED

PIANO PIANO

PIANO PIANO
Pizzas
Assorted
490 g

pianopianotherestaurant.com



50¢ FROM EACH PURCHASE DONATED

COUNTRY GROCER™

HARDBITE
Potato Chips
150 g
hardbitechips.com



50¢ FROM EACH PURCHASE DONATED

LET'S PASTA
Frozen Artisan Ravioli
Assorted, 480 g



50¢ FROM EACH PURCHASE DONATED



50¢ FROM EACH PURCHASE DONATED

LITTLE CREEK DRESSING
Dressing
295 ml
littlecreekdressing.com

SCHNEIDERS
Chicken Breasts and Wings
Frozen, 600-615 g
schneiders.ca



50¢ FROM EACH PURCHASE DONATED

Help Fill a Dream



LEIF
6 YEARS OLD
Type 1 Diabetes
DREAM FULFILLED
Dexcom Supplies

ISLAND GROWN
Help Fill a Dream
Winter Bouquet
Available Dec. 4 - Dec. 17



$3 FROM EACH PURCHASE DONATED

Help Fill a Dream



ZANDER
7 YEARS OLD
Brain Cancer
DREAM BEING FILLED
Family Trip to Bali

WHAT THE FLOUR
GF Muffin Mix - Pumpkin and Oat, GF Pancake and Waffle Mix - Pumpkin Spice
wtflour.com



50¢ FROM EACH PURCHASE DONATED

FARMHOUSE POULTRY
Whole Frying Chickens



50¢ FROM EACH PURCHASE DONATED



50¢ FROM EACH PURCHASE DONATED

SILLY COW
Hot Chocolate
Assorted, 480 g
sillycowfarms.com

TEJA
Gold Basmati Rice
8 lb
tejafoods.com



50¢ FROM EACH PURCHASE DONATED

NTRY
OCER
TM

COOKIN' ON THE COAST
Saturdays at 6pm on CHEK



Catch Baker Dave & Chef Heidi making **Holiday Classics** including some of our own recipes.
Find the recipe at countrygrocer.com



Quality USA



Kraft
Peanut Butter
2 kg

or Smuckers Pure Jam (1 L)

10.97 ea

Red Rose
Orange Pekoe Tea
140's



8.97 ea

Hellmann's
Real Mayonnaise
1.42 L



GF

9.97 ea



Allen's
White Vinegar
or Pickling Vinegar
4 L

3.97 ea



Hengstenberg
Crunchy Gherkins
1.5 L

6.97 ea



Kraft
Shake'n Bake
Mega Variety Pack
730 g

11.97 ea



Betty Crocker
Bisquick
Pancake & Baking Mix
1.13 kg

3.97 ea



Prego
Pasta Sauce
1.75 L

6.97 ea



Los Beans
Whole Bean Coffee
907 g

18.97 ea



Jayone
Roasted Seaweed
120 g

9.97 ea



Nature Valley
Sweet & Salty Bars
Dark Chocolate Nut
525 g

6.97 ea



Pace
Chunky Salsa
1 L

5.97 ea



Christie
Premium Plus
Saltines
900 g

7.97 ea



Plantation
Long Grain Rice
8 kg

11.97 ea



San Remo
Extra Virgin Olive Oil
3 L

32.97 ea

BIG Family Pack CASELOT SALE

Green Giant
Niblets Corn
12 x 341 ml



or Creamed

17.97 ea

Coke & Assorted
Coca Cola Products
24 x 355 ml



12.97 ea

San Remo
Italian Beans
12 x 398 ml



Excludes Organic

15.97 ea

Cloverleaf
Light Tuna
12 x 170 g



19.97 ea

Pinata
Refried Beans
12 x 398 ml



22.97 ea

San Remo
Italian Tomatoes
12 x 398 ml



16.97 ea

Bush's Best
Baked Beans
12 x 398 ml



20.97 ea

Hunt's
Tomato Paste
12 x 156 ml



14.97 ea

Carlyle
Just Tuna for Cats
Cat Food
24 x 170 g



15.97 ea

Pacific
Evaporated Milk
12 x 354 ml



23.97 ea

Brisk
Iced Tea
12 x 710 ml



10.97 ea

Mr. Noodle
Instant Noodles
12 x 85 g



4.97 ea

Annies
Cheddar Shells
Variety Pack
12 x 170 g



21.97 ea

Taj Mahal
Ready Meals
6 x 285 g



16.97 ea

Unico
Vegetable Oil
3 L



10.97 ea

Nong Shim
Noodle Bowls
12 x 86 g



15.97 ea

SALE ON AT ALL STORES: FRIDAY Nov. 20 – THURSDAY Nov. 26, 2026 except Salt Spring: WEDNESDAY Nov. 18 - MONDAY Nov. 23, 2026

B.C. Local



Blue Mountain
Liquid Honey
Pails
3 kg
Made in Vanderhoof
34.97 ea





Whistler Water
Glacier Water
4 L
4.77 ea



Bakestone Brothers
Assorted Bagels
6's
Excluding Organic
2/$7



Sara's
Ice Cream Cakes
1.4 L
19.97 ea



Those Pretzels
Pretzels
750 g
14.97 ea

Local SUPPORTING Local





Urban Forage
Veggie Burgers
2's
Made in Victoria
6.47 ea



Phillips
Artisan Soda
4 x 355 ml
5.97 ea



Mama Musey
Frozen Pierogi
800 g
Made in Duncan
19.97 ea

In Our Deli
Natural Pastures
Amsterdammer
or Verdelait
180 g
10.97 ea





Samyang
Buldak Noodles
5 pack
Product of Korea
7.97 ea



Jarritos
Mexican Soda
1.5 L
Product of Mexico
3.97 ea



El Mexicano
Whole Tomatillos
767 g
Product of Mexico
4.97 ea



Mogu Mogu
Coconut Drink
6 x 320 ml
Product of Thailand
8.97 ea

COUNTRY GROCER™

Dairy FRESH



Island Farms
Chocolate Milk
473 ml
3/$5



Danone Activia
Fibre Yogurt
625 g
6.77 ea



Island Farms
Traditional Egg Nog
2 L
5.47 ea



Island Farms
Sour Cream
500 ml
3.97 ea



Island Gold
Brown Eggs
Free Run
18s
8.47 ea



Tre Stelle
Mozzarella Ball
3 x 250 g
13.47 ea



Olympic
Krema Yogurt
1.75 kg
or Greek
12.97 ea



Castello
Creamy Havarti
425 g
8.97 ea



Starbuck's
Iced Coffee
1.18-1.42 L
7.47 ea



Lactose Free

Natrel
Coffee Cream
1 L
4.77 ea



Danone
Activia Yogurt
650 g
3.97 ea



Natrel
Coffee Creamer
1 L
4.97 ea

FROZEN Foods



Magnum
Ice Cream Novelties
3-4's
5.97 ea



McCain
Superfries
1.45-1.8 kg
or Tasti Taters
7.97 ea



Kellogg's
Eggo Waffles
48's
13.97 ea



Pogo
Corn Dogs
Family Pack
750 g
8.97 ea



Island Farms
Classic Ice Cream
1.65 L
5.97 ea



Heinz
Bagel Bites
882 g
9.97 ea



Bassilis Best
Meat Lasagna
1.5 kg
11.97 ea



Cavendish
Onion Rings
or Hashbrowns
1-1.5 kg
9.97 ea

SALE ON AT ALL STORES: FRIDAY Nov. 20 – THURSDAY Nov. 26, 2026 except Salt Spring: WEDNESDAY Nov. 18 - MONDAY Nov. 23, 2026



HOUSE, HOME & Pet



Purex
Bathroom Tissue
24 Double Roll
13.97 ea
or 12 Mega Roll



Best Buy
Paper Towel
6 Roll
5.47 ea



Tide
Laundry Detergent
3.46-3.9 L
27.97 ea



Gain
Dryer Sheets
120's
7.97 ea



Bag to Earth
Food Waste Bags
Compostable, 10's
5.97 ea



Lysol
All Purpose Cleaner
1.2 L
4.97 ea



Finish Quantum
Dishwasher Tabs
45's
11.97 ea



Dawn Ultra
Liquid Dish Soap
1.98 L
9.97 ea



Q-Tips
Cotton Swabs
400's
4.97 ea



Children's Tylenol
Pain Relief
20's or 100 ml
8.97 ea



Huggies
Jumbo Diapers
21-44's
14.97 ea
or Snug & Dry



Full Circle
Garbage Bags
100's
12.97 ea



Purina
Cat Chow
8 kg
24.97 ea



Fancy Feast
Cat Food
12 x 85 g
Pate
11.97 ea



Pure Snack
Dog Treats
140-198 g
15.97 ea



Alpo
Dog Food
Classic Cookout
16 kg
36.97 ea

Natural & ORGANIC



Level Ground
Organic Coffee
or Natural
907 g
27.97 ea



Everland
Coconut Milk
6 x 400 ml
10.97 ea



Terra Breads
Organic Granola
800 g
13.97 ea



Everland
Apple Juice
Organic
3.78 L
14.97 ea



Nuts To You
Almond Butter
735 g
GF
14.97 ea



Uncle Lee's
Organic Tea
100's
6.97 ea



Terra Delyssa
Pitted Dates
Organic
1.25 kg
GF
10.97 ea



Everland
Whole Almonds
681 g
11.97 ea



Uncle Lukes
Maple Syrup
Organic
1 L
22.97 ea



Two Bears
Oat Lattes
6 x 207 g
GF
16.97 ea



Dan D Pak
Organic Oats
1 kg
4.97 ea



Everland
Coconut Cream
6 x 400 ml
14.97 ea

SALE ON AT ALL STORES: FRIDAY Nov. 20 – THURSDAY Nov. 26, 2026 except Salt Spring: WEDNESDAY Nov. 18 - MONDAY Nov. 23, 2026

Vitamins & SUPPLEMENTS

Living Alchemy Products

Canada

Turmeric is one of the world's oldest golden roots, treasured in kitchens and herbal traditions for thousands of years. We ferment the whole root, not just parts of it, in Symbio®, our living kefir-kombucha culture. Then we pair it with more organic turmeric and ginger in one vegan capsule. This is for anyone looking to support their body's natural inflammation response with a simple daily ritual.



20% OFF AT CHECKOUTS

Nature's Way Products

Rooted in Nature. Committed to Wellness. Since 1969, Nature's Way has been passionate about bringing the best of nature to everyday health.



20% OFF AT CHECKOUTS

North Coast Naturals Daily Greens

Canada

A plant-based, non-GMO superfood powder designed to support daily nourishment, digestion, and natural energy. Contains 52+ concentrated whole foods, including nutrient-dense greens, land and marine vegetables, antioxidant-rich fruits, and berries. 100% vegan, gluten-free, dairy-free, and free from artificial flavors, colors, or sweeteners.



285 g **36.97** ea | 570 g **59.97** ea

A Vogel Products

Inspired by nature and backed by decades of herbal expertise, A.Vogel offers a trusted range of natural health products to support your everyday wellness.



20% OFF AT CHECKOUTS

Flora Iron+

Canada

A plant-based, gentle liquid iron supplement designed to boost energy levels and prevent iron deficiency anemia without common digestive side effects



60 caps **19.97** ea

240 ml **19.97** ea | 445 ml **31.97** ea

Suro

Canada



20% OFF AT CHECKOUTS

Garden of Life All-in-One Shake



969-1017 g **59.97** ea

Bio-K+

Canada



6 packs

Formulated with over 30 years of clinical research and numerous peer-reviewed studies.

26.97 ea

Jade Leaf Matcha

Canada



Culinary 35 g **10.97** ea | Ceremonial 30 g **25.97** ea

Ecoideas Cacao Powder

Canada

GF



227 g **15.97** ea

454 g **29.97** ea

Moonshine Mama's Elixirs

Island Good



500 ml **21.97** ea

1 L **39.97** ea

Love Good Protein Snack Bar

Canada

GF



39 g

Perfect for a quick snack or an afternoon pick-me-up.

2/$5

You'll feel like family.

COUNTRY GROCER™

Vancouver Island Owned & Operated Since 1984

Great Price

Compliments

Naturally Smoked Thick Cut Bacon

1 kg



9.97 ea

El Monterey

Frozen Taquitos

567-588 g



or Chicken Quesadillas

9.97 ea

Canada

Post

Jumbo Shreddies

1.24 kg



6.97 ea

Tropicana

Orange Juice

2.63 L



8.97 ea

Tilda

Egg Fried Rice

250 g



While Stocks Last

97¢ ea

When We Eat

Kimchi Udon

Frozen

4 x3 81 g



While Stocks Last

9.97 ea

Canada In Our Deli

Bothwell

Shredded Nacho Mix

400 g



While Stocks Last

4.97 ea

11 Great Locations to SERVE YOU!

OPEN 7 Days a Week!

VICTORIA (ROYAL OAK)
250-708-3919
OPEN 7am-10pm
Royal Oak Shopping Centre
4420 West Saanich Rd.

VICTORIA (ESQUIMALT)
250-382-5515
OPEN 7am-10pm
1153 Esquimalt Rd.

NANAIMO (CHASE RIVER)
250-753-7545
OPEN 7am-10pm
82 Twelfth St.

NANAIMO (BOWEN RD.)
250-591-5525
OPEN 7am-10pm
1800 Dufferin Crescent

SALT SPRING ISLAND (GANGES)
250-537-4144
OPEN 7am-8pm
374 Lower Ganges Rd.

LAKE COWICHAN
250-749-6335
OPEN 7am-10pm
83 Cowichan Lake Rd.

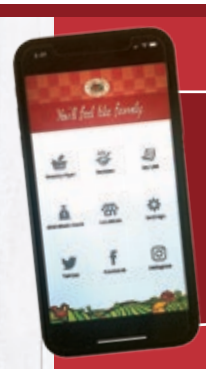
COBBLE HILL
250-743-5639
OPEN 7am-10pm
33-1400 Cowichan Bay Rd.

DUNCAN
250-856-0989
OPEN 7am-10pm
3288 Cowichan Lake Rd.

CHEMAINUS
250-246-3551
OPEN 7am-10pm
3055 Oak Street

LADYSMITH
250-245-3221
OPEN 7am-10pm
1020 1st Avenue

CEDAR
250-722-7010
OPEN 7am-10pm
1824 Cedar Rd.



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Lotto Centre at all locations (Except Salt Spring)

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