AUGUST 14 - 27, 2020*
WWW.THESWEETPOTATO.CA

THE SWEET POTATO

natural foods · sweeter prices

SWEET DEALS

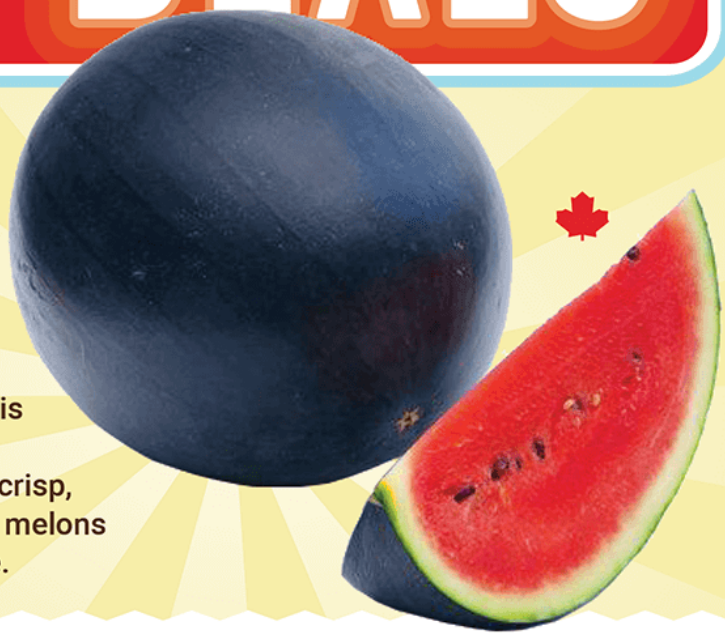
HOPE Eco Farms

SUGAR BABY WATERMELONS

4.99 EACH

✔ LOCAL
✔ ORGANIC
Product of Ontrio

One in a melon!



Worthy of their name in so many ways, the sugar baby is the very sweetest of watermelon varieties, and Ontario sugars are widely known as the best around. Firm and crisp, yet gently soft and bursting with juicy goodness, these melons are a beautiful, fragrant mouthful with every single bite.

Pfenning's Organic Farm

BUNCHED RED BEETS

✔ LOCAL
✔ ORGANIC
Product of Ontario

2.49 BUNCH

Pfenning's Organic Farm

COLLARD GREENS

✔ LOCAL
✔ ORGANIC
Product of Ontario

1.99 BUNCH

Bleuetière La Durantaye

BLUEBERRIES

✔ ORGANIC
1 pint • Product of Quebec

4.99 EACH

Les Jardins Glenorra

BUNCHED CARROTS

✔ ORGANIC
Product of Quebec

1.99 BUNCH

DAPPLE DANDY & MELLOW YELLOW PLUOT PLUMS

✔ ORGANIC
Product of California

2.49 LB 5.49 KG

*PRODUCE PRICES IN EFFECT UNTIL AUGUST 20, 2020, OR WHILE QUANTITIES LAST. PRODUCE, MEAT, AND KITCHEN DEALS ARE VALID FOR 1 WEEK, OR WHILE QUANTITIES LAST. TAXES NOT INCLUDED.

Deals to grill for

THE SWEET POTATO

AUGUST 14 - 27, 2020*

The Sweet Potato

HOUSEMADE CANADIAN PORK SAUSAGES

- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ SUSTAINABLY RAISED
- ✓ GLUTEN-FREE

5.99 LB 13.21 KG

Available in Pork with Bacon, Roasted Garlic & Peppers, Mild Italian, and Spicy

Beretta Farms

FRESH CANADIAN BEEF PETITE TENDER

- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ SUSTAINABLY-RAISED

10.99 LB 24.23 KG

Beretta Farms

FRESH CANADIAN BEEF STRIPLOIN STEAKS

- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ SUSTAINABLY RAISED

12.99 LB 28.64 KG

FRESH CANADIAN GRASS-FED GROUND BEEF

- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ GRASS-FED
- ✓ SUSTAINABLY RAISED

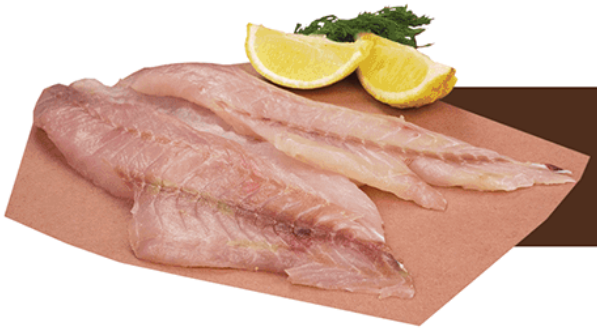
8.99 LB 19.82 KG

Dinner at the end of the rainbow!

FRESH ONTARIO RAINBOW TROUT FILLETS

- ✓ LOCAL
- ✓ SUSTAINABLE
- ✓ FRESH, NEVER FROZEN

12.99 LB 28.64 KG



FRESH BC SNAPPER FILLETS

- ✓ WILD CAUGHT
- ✓ SUSTAINABLE
- ✓ FRESH, NEVER FROZEN

9.99 LB 22.02 KG

*MEAT AND KITCHEN PRICES IN EFFECT UNTIL AUGUST 20, 2020 OR WHILE QUANTITIES LAST. PRODUCE, MEAT, AND KITCHEN DEALS ARE VALID FOR 1 WEEK, OR WHILE QUANTITIES LAST. TAXES NOT INCLUDED.

Treat yo' shelf!

THE SWEET POTATO

AUGUST 14 - 27, 2020

GEORGIAN BAY
GRANOLA

✔ LOCAL
✔ ORGANIC
✔ GLUTEN-FREE

8.99

400 g - 425 g

RAWCOLOGY
COCONUT CHIPS

4.99

✔ LOCAL
✔ ORGANIC
✔ GLUTEN-FREE

90 g

save $1.50

CHOCOSOL
OAXACO PROFUNDO COFFEE

✔ LOCAL
✔ ORGANIC
✔ DIRECT TRADE

11.99

454 g

save $3

YUMI
OVERNIGHT OATS

✔ ORGANIC
✔ VEGAN

6.99

330 g

ZYO
LOOSE LEAF TEA

✔ ORGANIC

25 g

$1 OFF

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THE SWEET POTATO

AUGUST 14 - 27, 2020

ALL MINE
CARAMEL CORN

4.99

- ✔ LOCAL
- ✔ MADE WITH NON-GMO CORN
- ✔ HANDMADE IN SMALL BATCHES

150 g

save $1

ONTARIEAU
SPARKLING SPRING WATER

✔ LOCAL

670 mL

1.99

JEWELS UNDER THE KILT
ROASTED NUTS

✔ LOCAL

115 g

6.99

EARTH PUP
DOG TREATS

- ✔ LOCAL
- ✔ MADE WITH ORGANIC INGREDIENTS

80 g

9.99

save $2

WELO
PROBIOTIC KIDS SNACK BARS

3.99

save $2

- ✔ LOCAL
- ✔ NON-GMO
- ✔ GLUTEN-FREE
- ✔ DAIRY-FREE

5 x 20 g

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THE SWEET POTATO
AUGUST 14 - 27, 2020

PILLING GOOD EATS
ALMOND FLOUR

- LOCAL
- GLUTEN-FREE
- NON-GMO

454 g

11.99

save $4

MOUNTAIN PATH
ALL PURPOSE FLOUR

- LOCAL
- ORGANIC

2 kg

11.99

PEPPER NORTH
HOT SAUCE

- LOCAL
- GLUTEN-FREE

148 mL

6.99

CHOCOSOL
CHOCOLATE BARS

- LOCAL
- DIRECT TRADE

75 g

4.99

save $1.50

CASTELLO
OLIVE OIL

- LOCAL
- ORGANIC

750 mL

8.99

save $4

SKUTA
ROASTED PUMPKIN SEEDS

- LOCAL
- NON-GMO

140 g

4.99

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Chiiiiiiill

THE SWEET POTATO

AUGUST 14 - 27, 2020

HERO
ICE CREAM

✔LOCAL
✔ALL NATURAL
✔LOW SUGAR

500 mL

5.99

save $2

KEFIRKULT
KEFIR WATER

✔LOCAL
✔NON-GMO
✔VEGAN

493 mL

4.49

FAUXMAGERIE ZENGARRY
CASHEW CHEESE

✔LOCAL
✔VEGAN

150 g

7.99

KEFIRKULT
PROBIOTIC FERMENTED COCONUT MILK

✔LOCAL
✔NON-GMO
✔VEGAN
✔LACTOSE-FREE
✔SUGAR-FREE

359 mL

9.99

HOLY NAPOLI
NEOPOLITAN PIZZA DOUGH

save $1

✔ALL NATURAL

300 g

2.99

Gut it together!

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AUGUST 14 - 27, 2020

Something for every body!

THE BARE HOME
HAND SOAP

- ✔ LOCAL
- ✔ BIODEGRADABLE
- ✔ CRUELTY-FREE

11.99 - 49.99

500 mL - 3 L

SKIN ESSENCE ORGANICS
SKIN CARE

It's essen-tial!

- ✔ LOCAL
- ✔ ORGANIC
- ✔ VEGAN
- ✔ LEAPING BUNNY APPROVED

20% OFF

10 mL - 100 mL

GROUND SOAP
SOAP BAR

- ✔ LOCAL
- ✔ MADE WITH ORGANIC INGREDIENTS

6.99

180 g

DIVA CUP
MENSTRUAL CUP

save $5

- ✔ LOCAL
- ✔ CERTIFIED B CORPORATION

32.99

Model 0 - Model 2

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The Natural APOTHECARY

Vitamins, Supplements, Herbs, & More!

ENER-C SPORT
ELECTROLYTE DRINK MIX

7.99

- NON-GMO
- NSF CERTIFIED

41.16 g

NEW ROOTS
VITAMIN C8

17.99

- GLUTEN-FREE
- TOP ALLERGEN-FREE

90 vc

C your way to better health!

VEGA
SPORT PROTEIN POWDER

$5 OFF

- NON-GMO VERIFIED
- GLUTEN-FREE
- VEGAN

801 g - 837 g

MEGA FOOD
BABY & ME

save $5

59.99

- NON-GMO VERIFIED
- GLUTEN-FREE
- VEGETARIAN

120 T

BOTANICA
FUNCTIONAL BEVERAGES

18.99

- ORGANIC
- VEGAN

80 g - 150 g

save $3

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