

JANUARY 20 -  
FEBRUARY 2, 2023\*

THE SWEET POTATO   
natural foods • sweeter prices

SHOP.THESWEETPOTATO.CA

# SWEET DEALS

Nature's First Fruit

## ROYAL GALA APPLES

**1.79**  
LB  
**3.95 KG**

✓ ORGANIC

Product of British Columbia

*All the peels!*

With their succulent crunch, crisp-firm texture, and sweet, mild flavour, Royal Galas were made to satisfy. A cross between Golden Delicious and Kidd's Orange Red, Royal Galas are easy to spot with their characteristic red- orange blush and creamy white flesh. Perfect for snacking, winter bakes, or adding a sweet-tart twist to breakfast, they always give you the royal treatment!



## BROCCOLI



✓ ORGANIC

**2.99**  
BUNCH

Product of California

Symbiosis Biologique

## RUTABAGA



✓ ORGANIC

**1.99**  
LB  
**4.39 KG**

Product of Quebec



## MANGOES



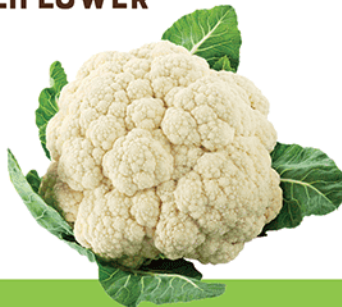
✓ ORGANIC

**3 FOR \$5**

Product of Peru

OR \$1.99 EACH

## CAULIFLOWER



✓ ORGANIC

**2.99**  
EACH

Product of California

## GRAPEFRUIT



✓ ORGANIC

**1.79**  
LB  
**3.95 KG**

Product of California

\*PRODUCE PRICES IN EFFECT UNTIL JANUARY 26, 2023, OR WHILE QUANTITIES LAST. PRODUCE, MEAT, AND KITCHEN DEALS ARE VALID FOR 1 WEEK, OR WHILE QUANTITIES LAST. TAXES NOT INCLUDED. Please note not all deals are available in our e-commerce store [shop.thesweetpotato.ca](http://shop.thesweetpotato.ca)



# Deals to grill for

JANUARY 20 -  
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Beretta Farms

## FRESH QUEBEC BONELESS SKINLESS CHICKEN THIGHS

- ✓ NON-GMO
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ AIR-CHILLED
- ✓ HUMANELY RAISED

**11<sup>29</sup>**  
LB  
24.89 KG



Tanjo Farms

## FRESH ONTARIO SKIN-ON PORK BELLY ROASTS

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

**9<sup>99</sup>**  
LB  
22.02 KG



Penokean Hills Farms

## FRESH ONTARIO STEWING BEEF

- ✓ LOCAL
- ✓ NON-GMO
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ SUSTAINABLY RAISED
- ✓ CORN-FREE FEED

**13<sup>29</sup>**  
LB  
29.30 KG



Beretta Farms

## FRESH ALBERTA BEEF PETITE TENDERS

- ✓ ORGANIC
- ✓ HUMANELY RAISED

**18<sup>49</sup>**  
LB  
40.76 KG



## FRESH ICELANDIC COD LOINS

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

**22<sup>99</sup>**  
LB  
50.68 KG



## FRESH ICELANDIC ARCTIC CHAR FILLETS

- ✓ FRESH, NEVER FROZEN
- ✓ SUSTAINABLE

**19<sup>99</sup>**  
LB  
44.07 KG



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SO  YAM  
GOOD

THE SWEET POTATO   
JANUARY 20 - FEBRUARY 2, 2023\*

# BE A SOUPERstar

11<sup>99</sup> - 13<sup>99</sup>

946 mL SOUPS • SERVES 2-4

CHICKEN & RICE

BEEF  
CHILI

TOM KHA GAI  
(CHICKEN &  
COCONUT)

PASTA E  
FAGLIOLI  
(PASTA & WHITE  
BEAN SOUP)

ROASTED BUTTERNUT  
SQUASH AND  
APPLE SOUP

SWEET POTATO  
& COCONUT CURRY

BRING HOME COMFORT  
FOR THE WHOLE FAM!

Made in-house with organic ingredients and antibiotic & hormone-free meat

BREAKFAST  
BURRITO

8<sup>49</sup>  
EACH

MUFFINS

1<sup>99</sup>  
EACH

MUSHROOM AND  
GOAT CHEESE  
QUICHE

22<sup>99</sup>



Vegetarian • Made with organic  
ingredients and free-run eggs



Vegetarian • Made with organic  
ingredients and free-run eggs •  
Vegan options available



Vegetarian • Made with organic ingredients  
and free-run eggs  
9"

\*KITCHEN PRICES IN EFFECT UNTIL JANUARY 26, 2023, OR WHILE QUANTITIES LAST. PRODUCE, MEAT, AND KITCHEN DEALS ARE VALID FOR 1 WEEK, OR WHILE QUANTITIES LAST. TAXES NOT INCLUDED. Please note not all deals are available in our e-commerce store [shop.thesweetpotato.ca](http://shop.thesweetpotato.ca)



# WE LOVE Local



PEACASA  
CHICKPEA CHIPS

2 FOR \$9

After meeting in university, co-creators Victor and Aaron decided to go on an adventure to the heart of the Mediterranean. During their stay in the South of France, Victor introduced Aaron to “Socca,” crepes made with chickpeas and olive oil, and the two agreed they had to bring it back to Canada. Thus started their journey to transform socca into a delicious chip that combines Victor’s love of Mediterranean food culture with Aaron’s knack for making healthier versions of his favourite snacks.

LOCALLY MADE IN  
**LONDON  
ONTARIO**

128 g



# Treat yo' shelf!

THE SWEET POTATO

JANUARY 20 - FEBRUARY 2, 2023

## BLUE DIAMOND ALMOND BREEZE

- ✓ NON-GMO
- ✓ VEGAN
- ✓ GLUTEN-FREE

3 FOR \$8

946 mL



MIX & MATCH

## NATURE'S PATH ECO PAC CEREAL

8<sup>99</sup>

✓ ORGANIC

650 g - 907 g



SAVE  
\$1

## ANNIE'S CEREAL

✓ ORGANIC

235 g - 260 g

6<sup>99</sup>



SAVE  
\$2



## HOLY CRAP CEREAL

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN

225 g

7<sup>99</sup>

SAVE  
\$3



## ONE DEGREE SPROUTED ROLLED OATS

11<sup>99</sup>

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ GLYPHOSATE-FREE

1.28 kg



## FOUR O'CLOCK TEA

- ✓ ORGANIC
- ✓ FAIR-TRADE CERTIFIED
- ✓ GLUTEN-FREE

16 ct

5<sup>99</sup>

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## CHA'S ORGANICS COCONUT ROLLS

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN

5<sup>99</sup>

100 g

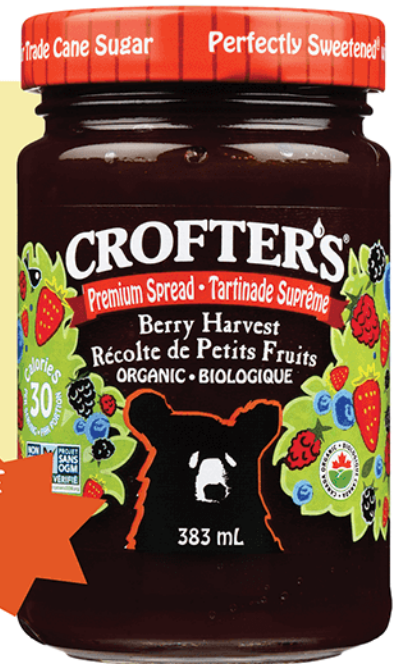


## CROFTER'S FRUIT SPREAD

5<sup>99</sup>

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE

383 mL



## SAPSUCKER SPARKLING TREE WATER

- ✓ LOCAL
- ✓ ORGANIC
- ✓ VEGAN

7<sup>99</sup>

4 X 355 mL

SAVE  
\$2



## KIND SNACK BARS

- ✓ NON-GMO
- ✓ GLUTEN-FREE

2 FOR \$5

40 g



MIX & MATCH



SAVE  
98¢

## NATUR-A OAT BEVERAGE

2 FOR \$5

- ✓ ORGANIC
- ✓ VEGAN
- ✓ GLUTEN-FREE

946 mL

## PATIENCE CRANBERRY JUICE

- ✓ ORGANIC

9<sup>99</sup>

946 mL



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## FLOW ALKALINE SPRING WATER

- ✓ LOCAL
- ✓ ALL-NATURAL

2 FOR \$5

1 L



MIX & MATCH

## MID-DAY SQUARES

- ✓ NON-GMO
- ✓ PLANT-BASED

2 FOR \$5

33 g



MIX & MATCH

## MUIR GLEN TOMATOES

- ✓ ORGANIC

4<sup>99</sup>

796 mL



## NUTS TO YOU PEANUT BUTTER

5<sup>99</sup>

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE

500 g

SAVE  
\$1



## HIPPIE SNACKS AVOCADO OR CAULIFLOWER CRISPS

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ PLANT-BASED

2 FOR \$10

70 g

SAVE  
\$3.58



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## NEAL BROTHERS PASTA SAUCE

- ✓ LOCAL
- ✓ ORGANIC
- ✓ VEGAN

7<sup>99</sup>

680 mL



## PACIFIC FOODS SOUP

- ✓ ORGANIC
- ✓ VEGAN VARIETIES INCLUDED

5<sup>99</sup>

946 mL - 1 L



## GOGO QUINOA QUINOA GRAINS

- ✓ ORGANIC
- ✓ GLUTEN-FREE

6<sup>99</sup>

500 g

## CABOO TOILET PAPER

- ✓ NON-GMO
- ✓ 100% TREE FREE

19<sup>99</sup>

30 ct



SAVE  
\$10



SAVE  
98¢

MIX & MATCH

Sweet!

## CHA'S ORGANICS COCONUT MILK

2 FOR \$7

- ✓ ORGANIC
- ✓ FAIR-TRADE CERTIFIED
- ✓ GLUTEN-FREE

400 mL • Premium Variety Only

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# Cheesy on the eyes

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## QUESO DE OVEJA 6-MO MANCHEGO

✓ ALL-NATURAL

**6<sup>59</sup>**  
/100 g

Product of Spain



## STONETOWN ARTISAN AMAZING GREY GOAT CHEESE

✓ LOCAL  
✓ ALL-NATURAL

**9<sup>99</sup>**

200 g • Product of Ontario



## L'ANCÊTRE MARBLE CHEDDAR

✓ ORGANIC  
✓ GLUTEN-FREE  
✓ ANIMAL  
RENNET-FREE

**10<sup>99</sup>**

325 g • Product of Quebec



## WOOLWICH ROASTED GARLIC GOAT CHEESE

✓ LOCAL  
✓ ALL-NATURAL

**4<sup>49</sup>**

113 g • Product of Ontario



FRESH, ORGANIC,  
LOCAL, AWESOME!

★★★★★  
- Roger Eggbert

OPENING  
MARCH,  
2023

NEW BAYVIEW-LEASIDE STORE

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# Raise a little shell!

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## DRIED APPLE RINGS

✓ ORGANIC

Product of China

**14<sup>99</sup>**  
LB  
3.30/100 g



*Apple-y ever  
after!*

## MILK CHOCOLATE COVERED PEANUTS

✓ ALL-NATURAL

Product of Canada

**5<sup>79</sup>**  
LB  
1.28/100 g



## BLACK EYED PEAS

✓ ORGANIC

Product of Turkey

**3<sup>69</sup>**  
LB  
0.81/100 g



## ROASTED AND SALTED CASHEWS

✓ ORGANIC

Product of Brazil

**12<sup>99</sup>**  
LB  
2.86/100 g



OUR BULK DEPARTMENT IS GETTING

# friendlier



EASY AS BUY,  
SCAN, RETURN!



REUSE RETURN

LEARN MORE AT [FRIENDLIER.CA](https://www.friendlier.ca)

\*A REFUNDABLE  
**50¢ DEPOSIT**  
WILL BE CHARGED  
TO EACH PURCHASE

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# Chiiiiilll

## THE SWEET POTATO

JANUARY 20 - FEBRUARY 2, 2023



**EARTH'S OWN  
ALMOND BEVERAGE**

✓ NON-GMO ✓ GLUTEN-FREE  
✓ VEGAN

**4<sup>29</sup>**

1.89 L



**HOLY NAPOLI  
PIZZA**

✓ ALL-NATURAL

365 g - 425 g

**10<sup>49</sup>**

**KEFIR KULT  
COCONUT YOGURT KEFIR**

✓ LOCAL ✓ SUGAR-FREE  
✓ ORGANIC ✓ VEGAN

**8<sup>49</sup>**



359 mL

**SAVE  
\$1.50**

**HAPPY PLANET  
ORANGE JUICE**

✓ ORGANIC

1.75 L

**6<sup>99</sup>**



**LITTLE NORTHERN BAKEHOUSE  
BAGELS**

✓ NON-GMO  
✓ GLUTEN-FREE  
✓ VEGAN

**6<sup>49</sup>**

400 g



**SAVE  
50¢**

**BREMNER'S  
FRUIT**

✓ ORGANIC

1.5 kg

**24<sup>99</sup>**

**JUST EGG  
PLANT BASED SCRAMBLE**

✓ NON-GMO  
✓ PLANT-BASED

355 g

**5<sup>99</sup>**



**EARTH BALANCE  
BUTTERY SPREADS**

✓ NON-GMO  
✓ VEGAN  
✓ GLUTEN-FREE

**5<sup>99</sup>**

368 g - 425g



**GT'S  
KOMBUCHA**



✓ ORGANIC  
✓ UNPASTEURIZED  
✓ RAW

**3<sup>79</sup>**

480 mL

**SAVE  
\$1.50**



**DR. PRAEGER'S  
HASH BROWNS**

**5<sup>49</sup>**

✓ NON-GMO  
✓ GLUTEN-FREE  
✓ VEGAN

255 g

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THE SWEET POTATO

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# Something for every body!

## LIFE CANDY SHAMPOO OR CONDITIONER



15<sup>99</sup>

- ✓ LOCAL
- ✓ VEGAN
- ✓ CRUELTY-FREE

1 L

## EVANHEALY HOLISTIC FACE CARE



20% OFF

- ✓ THERAPEUTIC SKIN CARE
- ✓ MADE WITH WHOLE ESSENTIAL OILS
- ✓ CERTIFIED ORGANIC
- ✓ SUSTAINABLY SOURCED

14 g - 30 g, 50 mL - 120 mL

## KISS MY FACE BODY CARE

15% OFF

- ✓ CRUELTY-FREE
- ✓ VEGAN

127.6 g, 266 mL - 473 mL



## RADIUS TOOTHBRUSHES

10% OFF

- ✓ CRUELTY-FREE
- ✓ NON-TOXIC
- ✓ ECO-FRIENDLY
- ✓ ADA ACCEPTED

1 ct



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# The Natural APOTHECARY

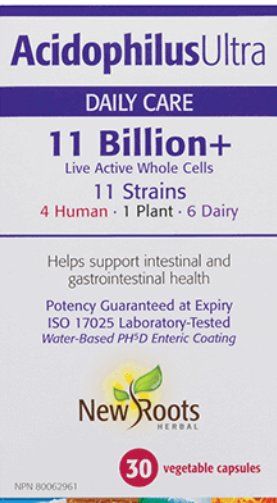
Vitamins, Supplements,  
Herbs, & More!

## NEW ROOTS PROBIOTICS

**20% OFF**

- ✓ ENTERIC COATED
- ✓ GASTRIC PROTECTIVE SYSTEM
- ✓ GLUTEN-FREE
- ✓ NON-GMO

30 vc



## A. VOGEL VITAMIN D3 1000 IU

**8<sup>99</sup>**

- ✓ VEGAN
- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ LACTOSE-FREE

100 ct



## VEGA ALL-IN-ONE PROTEIN

**\$3 OFF**

- ✓ VEGAN
- ✓ NON-GMO VERIFIED
- ✓ GLUTEN-FREE

414 g - 876 g



## GENUINE HEALTH MARINE AND BOVINE COLLAGEN

**\$2 OFF**

- ✓ LOCAL
- ✓ GRASS-FED
- ✓ WILD CAUGHT

140 g - 500 g

## SALUS FLORADIX KINDERVITAL LIQUID MULTIVITAMIN FOR CHILDREN BONUS

**47<sup>99</sup>**

- ✓ GLUTEN-FREE
- ✓ VEGAN

500 mL + 250 mL



## PURE LAB VITAMINS MAGNESIUM GLYCINATE OR CARBONYL IRON

**\$2 OFF**

- ✓ LOCAL
- ✓ GLUTEN-FREE
- ✓ TOP ALLERGEN FREE

90 vc - 120 vc

