

FEBRUARY 03 -
FEBRUARY 16, 2023*

THE SWEET POTATO

natural foods • sweeter prices

SHOP.THESWEETPOTATO.CA

SWEET DEALS

FENNEL

2⁹⁹
EACH

✓ ORGANIC

Product of California

*The fennel
frontier!*

As if being renowned for its medicinal properties wasn't enough, this ever-ambitious vegetable proved itself to also be the root of all deliciousness! Crispy and crunchy with a delicate sweetness, fennel imparts a lovely licorice flavour to all its dishes and is one of the only plants that serve as an herb, a vegetable, and a spice all in one. It's incredible raw in salads, but apply heat and you'll see when it really starts to shine – try roasting it for some showstopping soups and pasta sauces or tossing it on the barbeque for a slight char, and get ready to fall in love!



FUJI APPLES



✓ ORGANIC

4⁹⁹
BAG

3 lb bag • Product of Washington

BRUSSELS SPROUTS



✓ ORGANIC

4⁹⁹
LB
11.00 KG

Product of California

Jardins PurDéllys

GREEN CABBAGE



✓ ORGANIC

99¢
LB
2.18 KG

Product of Quebec

ROMA TOMATOES



✓ ORGANIC

1⁹⁹
LB
4.39 KG

Product of Mexico

LEMONS



✓ ORGANIC

3⁹⁹
BAG

2 lb bag • Product of California

*PRODUCE PRICES IN EFFECT UNTIL FEBRUARY 9, 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



Deals to grill for

FEBRUARY 03 -
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Beretta Farms

FRESH QUEBEC WHOLE CHICKEN LEGS

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

3⁹⁹
LB
8.80 KG



Beretta Farms

FRESH ALBERTA BISON TRI-TIP ROASTS

- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ 100% TRACEABLE AND SUSTAINABLE
- ✓ HUMANELY RAISED

13⁹⁹
LB
30.84 KG



Tanjo Farms

FRESH ONTARIO BONELESS PORK TOP SIRLOIN STEAKS

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

8⁴⁹
LB
18.72 KG



Penokean Hills Farms

FRESH ONTARIO BEEF PETITE TENDERS

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

20⁴⁹
LB
45.17 KG



FRESH ECUADORIAN TILAPIA FILLETS

- ✓ FRESH, NEVER FROZEN
- ✓ SUSTAINABLY RAISED

10⁴⁹
LB
23.13 KG



FRESH SCOTTISH ATLANTIC SALMON FILLETS

- ✓ ORGANIC
- ✓ HIGH IN OMEGA-3'S
- ✓ FRESH, NEVER FROZEN

25⁴⁹
LB
56.19 KG



*MEAT & SEAFOOD PRICES IN EFFECT UNTIL FEBRUARY 3, 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



SO  YAM
GOOD

THE SWEET POTATO 

FEBRUARY 03 - FEBRUARY 16, 2023*

BE A SOUPERstar

11⁹⁹ - 13⁹⁹

946 mL SOUPS • SERVES 2-4

TOM KHA GAI
(CHICKEN &
COCONUT)



CHICKEN & RICE



BEEF
CHILI



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

CHICKEN WINGS
WITH MAPLE-WHISKEY
BBQ SAUCE

10⁹⁹

BAKED POTATO
SOUP

9⁹⁹

CHOCOLATE
PEANUT BUTTER
FUDGE CAKE

10⁹⁹



NEW!



Baked, not fried • Made with organic
ingredients and antibiotic and
hormone-free chicken

7 pcs

Made with organic ingredients and
antibiotic and hormone-free bacon

946 mL

Vegetarian • Made with organic
ingredients and organic fair-trade
chocolate

500 g

*KITCHEN PRICES IN EFFECT UNTIL FEBRUARY 3, 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

WE LOVE Local



**MORE GRANOLA
SNACKABLE
GRANOLA CHUNKS**

8⁹⁹

When founder Sarah Davies would buy granola, she would search the box for coveted granola chunks and wonder, “why are the bigger pieces so rare? They’re so clearly the best part of the box!” To her, there was nothing that satisfied like a crunchy, freshly baked granola bite. With the lack of low-in-sugar, whole-ingredient, and, most importantly, tasty chunky granola on the market, she decided it was high time to make her own!

**LOCALLY MADE IN
OTTAWA
ONTARIO**

250 g

Treat yo' shelf!

THE SWEET POTATO

FEBRUARY 03 - FEBRUARY 16, 2023

KETTLE BRAND CHIPS

2 FOR \$7

- ✓ NON-GMO
- ✓ GLUTEN-FREE

198 g

SAVE
98¢



Price crunch!



CHOCXO ALMOND OR PEANUT BUTTER CUPS

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ KETO CERTIFIED

98 g

5⁹⁹



YUM EARTH ASSORTED LOLLIPOPS

- ✓ ORGANIC
- ✓ NUT-FREE
- ✓ GLUTEN-FREE
- ✓ VEGAN

241 g

8⁹⁹

LACROIX FLAVOURED SPARKING WATER

- ✓ NON-GMO
- ✓ SUGAR-FREE

8 x 355 mL

5⁹⁹



STASH TEA

SAVE
\$1

3⁹⁹

- ✓ NON-GMO

18 ct - 20 ct



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**SALT SPRING
COFFEE**

- ✓ ORGANIC
- ✓ FAIR-TRADE
CERTIFIED

15⁹⁹

400 g

**THEO
CHOCOLATE BARS**

4⁹⁹

- ✓ ORGANIC
- ✓ FAIR-TRADE
CERTIFIED

85 g



SAVE
80¢

**THAT'S IT
TRUFFLES**

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN

4⁹⁹

100 g



**NEAL BROTHERS
TORTILLA CHIPS**

- ✓ LOCAL
- ✓ ORGANIC

2 FOR \$9

300 g



MIX &
MATCH

**BARBARA'S
CHEEZ PUFFS**

- ✓ GLUTEN-FREE
- ✓ MADE WITH NON-
GMO CORN

3⁹⁹

155 g - 198 g



**NATURE'S PATH
LOVE CRUNCH GRANOLA**

- ✓ ORGANIC

5⁹⁹

300 g - 325 g



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EDWARD & SONS INSTANT TRADITIONAL MISO SOUP WITH TOFU

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN

6⁴⁹

36 g



PHOEAPOLIS OLIVE OIL

9⁹⁹

- ✓ ORGANIC

500 mL



Give olive them a try!

SAVE
\$3

SAN-J TAMARI SAUCE

- ✓ ORGANIC
- ✓ GLUTEN-FREE

7⁹⁹

592 mL



TRADITIONAL MEDICINALS TEA

- ✓ ORGANIC

16 ct

4⁹⁹

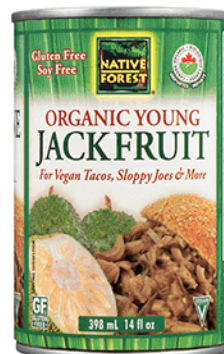


KIND LAUNDRY STRIPS

- ✓ LOCAL
- ✓ PLANT-BASED
- ✓ NO ANIMAL TESTING
- ✓ BIODEGRADABLE
- ✓ ECO-FRIENDLY
- ✓ HYPO-ALLERGENIC

19⁹⁹

60 ct



NATIVE FOREST JACKFRUIT

- ✓ ORGANIC
- ✓ VEGAN
- ✓ GLUTEN-FREE

4⁹⁹

398 mL

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Cheesy on the eyes

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THORNLOE ASIAGO

- ✓ LOCAL
- ✓ ALL-NATURAL

Product of Ontario

3⁸⁹
/100 g



L'ANCÊTRE BEER & CHEESE FONDUE

- ✓ ORGANIC
- ✓ LACTOSE-FREE
- ✓ ANIMAL RENNET-FREE

15⁹⁹

350 g • Product of Quebec



BLACK RIVER CHEESE CURDS

- ✓ LOCAL
- ✓ ALL-NATURAL

5⁹⁹

200 g • Product of Ontario



DAIYA SHREDS

- ✓ NON-GMO
- ✓ VEGAN
- ✓ GLUTEN-FREE

4⁴⁹

200 g • Product of British Columbia



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Chiiiiilll

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EARTH'S OWN OAT BEVERAGE

- ✓ NON-GMO
- ✓ NUT-FREE
- ✓ CARAGEENAN-FREE
- ✓ VEGAN

4²⁹

1.75 mL • Naked variety not included



TONICA KOMBUCHA

- ✓ LOCAL
- ✓ ORGANIC

2 FOR \$5

355 mL

MIX & MATCH

KARTHEIN'S SAUERKRAUT

- ✓ ORGANIC
- ✓ RAW
- ✓ UNPASTEURIZED

8⁹⁹

750 mL



GARDEIN APPETIZERS, ENTREES & BREAKFAST SAUSAGES

- ✓ NON-GMO
- ✓ VEGAN

5⁴⁹

190 g - 360 g • Supreme Burger not included



CAULIPOWER PIZZA & PIZZA CRUST

- ✓ GLUTEN-FREE

6⁹⁹

310 g • Pepperoni Pizza not included

SAVE \$4



SLICE OF LIFE CARB WISE BREAD

- ✓ LOCAL
- ✓ GLUTEN-FREE

8⁹⁹

550 g - 575 g



LIVE DIPS

- ✓ LOCAL
- ✓ VEGAN

- ✓ RAW
- ✓ KETO

2 FOR \$9

198 g • Organic varieties available

MIX & MATCH

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Raise a little shell!

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DRIED BLUEBERRIES

✓ ORGANIC

Product of Oregon

24⁴⁹
LB
5.40/100 g



GREEN SPLIT PEAS

✓ ORGANIC

Product of Canada



245
LB
0.54/100 g



PEARLED BARLEY

✓ ORGANIC

Product of U.S.A.

245
LB
0.54/100 g



EUROPEAN ALMONDS

✓ ORGANIC

✓ RAW

Product of Spain

14²⁹
LB
3.15/100 g



OUR BULK DEPARTMENT IS GETTING

friendlier



EASY AS BUY,
SCAN, RETURN!



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

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

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THE SWEET POTATO

FEBRUARY 03 - FEBRUARY 16, 2023

Something for every body!

**BARE ENGLISH
LIP BALM**



2⁹⁹

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ VEGAN
- ✓ CRUELTY-FREE

each

**ATTITUDE
SUPER LEAVES BODY CARE**



15% OFF

- ✓ EWG CERTIFIED
- ✓ VEGAN
- ✓ CERTIFIED ECOLOGO

240 mL - 473 mL

**WELEDA
SKIN FOOD FACIAL CARE**

10% OFF

- ✓ CERTIFIED NATURAL
- ✓ UEBT CERTIFIED
- ✓ VEGAN

40 mL - 75 mL



**NOW
ESSENTIAL OILS**

25% OFF

- ✓ 100% PURE
- ✓ NON-GMO PROJECT VERIFIED

30 mL



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The Natural **APOTHECARY**

Vitamins, Supplements,
Herbs, & More!

NATURAL FACTORS REGENERLIFE NMN SURGE

46⁹⁹

- ✓ NON-GMO
- ✓ VEGAN
- ✓ ISURA CERTIFIED
- ✓ GLUTEN-FREE

60 ct



CANPREV MAGNESIUM BIS-GLYCINATE 200 MG GENTLE

\$2 OFF

- ✓ LOCAL
- ✓ NON-GMO
- ✓ VEGAN
- ✓ GLUTEN-FREE

120 ct - 240 ct



A. VOGEL ECHINAFORCE TABLETS

15% OFF

- ✓ CLINICALLY-PROVEN IMMUNE SUPPORT
- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN
- ✓ CERTIFIED BIO EXTRACTS

30 ct - 180 ct



MSPREBIOTIC PREBIOTIC RESISTANT STARCH

19⁹⁹ - 27⁹⁹

- ✓ IMPROVES DIGESTION & SUPPORTS REGULARITY
- ✓ CLINICALLY PROVEN TO FEED GOOD BACTERIA
- ✓ GLUTEN-FREE
- ✓ NON-GMO VERIFIED

200 g - 454 g

ITL ADULT AND KIDS MAG 365 IONIC MAGNESIUM POWDER

14⁹⁹ - 18⁹⁹

- ✓ LOCAL
- ✓ VEGAN
- ✓ GLUTEN-FREE
- ✓ 100% PURE

150 g



SISU U-CUBES CHILDREN'S MULTIVITAMIN

27⁹⁹

- ✓ NON-GMO
- ✓ VEGAN
- ✓ GLUTEN-FREE

120 ct

