

natural foods · sweeter prices

SWEET DEALS

GREEN ONIONS

99¢ BUNCH

✓ ORGANIC

Product of Mexico

Whether you know them as scallions or spring onions, a green onion by any other name is just as peppery, mellow, and fresh! Versatile like no other, green onions are well at home atop a steaming bowl of chilli, slivered in a stir-fry, folded into scrambled eggs, or fried into a warm and comforting pajeon. Here just in time to welcome you to spring, it's time to shed your winter layers in favour of their delicious layers!















Deals to grill for

MARCH 24 -MARCH 30, 2023*

Beretta Farms

FRESH QUEBEC SKINLESS BONELESS CHICKEN THIGHS

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

10⁹⁹
24.23 Ki



20.92 KG

Penokean Hills Farms

FRESH ONTARIO MEDIUM GROUND BEEF

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

Beretta Farms

FRESH ALBERTA BISON TOP SIRLOIN STEAKS

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





Sweet Potato Butcher

FRESH ONTARIO CLASSIC PORK BREAKFAST SAUSAGE

- **✓** LOCAL
- **✓** NON-GMO
- ✓ ANTIBIOTIC & HORMONE-FREE
- **✓** WHEAT-FREE
- ✓ FAMILY FARM RAISED

799LB
17.61 K





- ✓ HIGH IN OMEGA-3'S

✓ LOCAL

- ✓ SUSTAINABLY RAISED
- ✓ NO SYNTHETIC COLOUR

1599 15^{LB}
35.25 K

FRESH B.C. 'PACIFIC SNAPPER' ROCKFISH FILETS

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

1149 LB 25.33 KG



FRESH ONTARIO RAINBOW TROUT FILLETS



SO TTYAM GOOD

THE **SWEET POTATO**

MARCH 24 - MARCH 30, 2023*

Eat your Pens

LUSCIOUS, VIBRANT, NUTRIENT-PACKED SALADS, MADE FRESH IN-HOUSE!

Made in-house with organic ingredients • approx 320 g



SUMMER HARVEST >

PEANUT BUTTER COOKIES

ONTARIO CHEESE CURD MAC & CHEESE

TRAWBERRY CHEESECAKE



Vegetarian • Made in-house with organic ingredients



Vegetarian • Made with organic durum wheat pasta and Ontario cheese curds

450 g



Keto • Sugar-free • Wheat-free • Made with organic ingredients

2 pcs

*KITCHEN PRICES IN EFFECT UNTIL MARCH 30, 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 thesweet potato.ca

SCOCK LOVE SCOCK S

GOODVIBES JUICE CO. SICK DAY WELLNESS SHOT

299

5 NATURAL INGREDIENTS

GOODVIRES HIICE CO.

SICK DAY

+

ECHINACEA

GINGER /// LEMON

CAYENNE // MAPLE

[50mL]

It's all in the name: goodvibes juice co. is here for your good time! Made locally in Kitchener, Ontario, goodvibes operates with the ethos that the two pillars of a balanced life are nutrition and activity. Their wellness shot is a delicious and convenient way of getting the vitamins and nutrients your body needs, allowing you to reinvest your energy in exercise and spending time with your loved ones.

LOCALLY MADE IN

KITCHENER ONTARIO

50 mL

Treat yo'shelf!

THE **SWEET POTATO**

MARCH 17 - MARCH 30, 2023









LEVEL GROUND WHOLE BEAN COFFEE

11⁹⁹

- ✓ ORGANIC
- ✓ FAIR-TRADE CERTIFIED

300 g

SA

FRENCH ROAST

CRAFT BLEND COFFEE

DARK & INTENSE

ORREFACTION FRANÇAISE

FONCÉ ET INTENSE







FAIRTRADE & ORGANIC BIOLOGIQUE & EQUITABLE Net wt. 300 g / 10.5 oz Poids net

TRADITIONAL MEDICINALS

✓ ORGANIC

16 ct





Bean-tastic!



946 mL HAZELNUT



Treat yo'shelf!

THE **SWEET POTATO**

MARCH 17 - MARCH 30, 2023



- **✓** LOCAL
- ✓ NON-GMO **✓** PEANUT-FREE

300 g



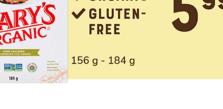






MARY'S **CRACKERS**

/ ORGANIC **✓** GLUTEN-





LOTUS FOODS

RICE RAMEN WITH MISO SOUP MIX

✓ MADE WITH ORGANIC INGREDIENTS **✓** GLUTEN-FREE

80 g





ANNIE'S **VEGAN MAC**













CHICKAPEA **PASTA**

✓ LOCAL **✓** ORGANIC

✓ GLUTEN-FREE

Treat yo'shelf!

THE SWEET POTATO

MARCH 17 - MARCH 30, 2023

FARMER'S MARKET **PUREED VEGETABLES**

✓ ORGANIC

✓ GLUTEN-FREE

398 mL • Butternut Squash, Pumpkin or Sweet Potato

199





VILLA VAINILLA VANILLA EXTRACT

✓ ALL-NATURAL **✓** GLUTEN-FREE

125 mL



✓ ORGANIC

NATIVE **CANE SUGAR**



✓ NON-GMO **✓** GLUTEN-FREE

750 mL





SPRAGUE SOUP

✓ LOCAL

✓ ORGANIC

398 mL • Simply Soups not included



Cheesy on the eyes

THE **SWEET POTATO**

MARCH 17 - MARCH 30, 2023



BLACK RIVER MAPLE CHEDDAR

✓LOCAL ✓ALL-NATURAL

Product of Ontario

GORDON'S GOAT AGED CHEDDAR, GOATSERELLA, GOUDA. OR HAVARTI

- **✓** LOCAL
- **✓** ALL-NATURAL
- **✓** NON-GMO

Product of Ontario



WOOLWICH
BLACK PEPPERCORN GOAT CHEESE

✓ LOCAL ✓ ALL-NATURAL 399

113 g • Product of Ontario





ARLA
CREAMY OR JALAPEÑO HAVARTI

✓ ALL-NATURAL

200 g • Product of UK

549



PRICES IN EFFECT UNTIL MARCH 30, 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



THE **SWEET POTATO**

MARCH 17 - MARCH 30, 2023





- **✓** LOCAL **✓** NON-GMO
- **✓ VEGAN**

255 g

HARMLESS HARVEST coconut water eau de coco

HARMLESS HARVEST **COCONUT WATER**

✓ ORGANIC **✓** FAIR FOR LIFE CERTIFIED

473 mL

SAVE

LE GRAND YOGURT

- **✓** ORGANIC
- **✓ VEGAN**

✓ GLUTEN-FREE

FOR

113 g



TWO BEARS FROTHED OAT MILK LATTE

- **✓ LOCAL**
- **✓ VEGAN**
- **✓** ETHICALLY SOURCED
- **✓ MADE WITH GLUTEN-FREE INGREDIENTS**

207 mL



EARTH'S OWN **CREAM CHEESE STYLE SPREAD**



L'ANCÊTRE DOUBLE SMOKED CHEDDAR

✓ ORGANIC ANCÊTRE **✓** GLUTEN-FREE **✓ LACTOSE-FREE** CHEDDAR ✓ ANIMAL RENNET-FREE ✓ UNPASTEURIZED 190 g

HOLY NAPOLI PIZZA

✓ ALL-NATURAL

365 g - 425 g

DR. PRAEGER'S SWEET POTATO HASH BROWNS

✓ NON-GMO

✓ VEGAN

✓ GLUTEN-FREE

255 g



Raise a little shell!

MARCH 17 - MARCH 30, 2023





CHOCOLATE COVERED PEANUTS



SUNDRIED TOMATOES





This deal is nuts!

MACADAMIA NUTS

✓ ORGANIC

Product of Kenya

OUR BULK DEPARTMENT IS GETTING

friendler









REUSE RETURN

LEARN MOREAT FRIENDLIER.CA

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

THE **SWEET POTATO**

MARCH 17 - MARCH 30, 2023

Something for every body!

A. VOGEL
ABSOLUT ARNICA DUO PACK



22⁹⁹

- **✓ VEGAN**
- ✓ GEL MADE FROM FRESH ORGANIC ARNICA FLOWERS
- **✓ FRAGRANCE-FREE**
- **✓ NON-GREASY**
- **✓ NON-STAINING**

2 x 50 mL



DESERT ESSENCE TOOTHPASTE

6⁹⁹

- **✓** CERTIFIED B CORPORATION
- **✓** VEGAN
- **✓** CRUELTY-FREE
- **✓** GLUTEN-FREE

176 g





The Natural APOTHEGARY Vitamins, Supplements, Herbs, & More!

HERBALAND CHEWABLE VITAMINS

✓ GLUTEN-FREE

✓ SUGAR-FREE

✓ VEGAN

60 ct - 90 ct



FLORADIX LIQUID IRON & VITAMINS FORMULA



✓ VEGETARIAN **✓** NON-GMO

✓ LACTOSE-FREE

250 mL - 500 mL

RENEW LIFE **PROBIOTICS**

- ✓ NON-GMO VERIFIED
- **✓** SHELF STABLE

30 vc - 60 vc



HOST DEFENCE **MUSHROOMS**



% OFF

✓ USDA ORGANIC ✓ GLUTEN-FREE ✓ VEGAN **✓ BEE FRIENDLY**

30 vc - 120 vc

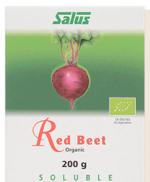
SISU **U-CUBES KIDS** MULTIVITAMIN GUMMIES

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- **✓ VEGAN**
- ✓ NO ARTIFICIAL FLAVOURS, SWEETENERS, OR COLOURS
- **✓ PECTIN-BASED GUMMIES.** NO ANIMAL GELATIN



120 ct

SALUS RED BEET CRYSTALS



- ✓ ENERGIZING SUPERFOOD RICH IN ANTIOXIDANTS
- ✓ WHOLE FOOD SOURCE OF VITAMIN C AND IRON
- **✓** ORGANIC
- **✓ VEGAN**

200 g

ST. FRANCIS ALLERGY RELIEF DUO PACK

- **✓ LOCAL ✓** ORGANIC
- ✓ WILD-CRAFTED
- ✓ VEGETARIAN

50 mL + 30 mL • Includes Allergy Relief with Deep Immune and Allergy Relief Nasal Spray

