

MARCH 24 -
MARCH 30, 2023*

THE SWEET POTATO

natural foods • sweeter prices

SHOP.THESWEETPOTATO.CA

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!

*Spring is
in the air!*



Gen V LARGE ENGLISH CUCUMBERS

✓ ORGANIC



2 FOR \$5

OR \$2.69 EACH

Product of Quebec

ZUCCHINI

✓ ORGANIC



1.49
LB
3.28 KG

Product of Mexico

ASPARAGUS

✓ ORGANIC



4.99
LB
11.00 KG

Product of Mexico

JUMBO GRAPEFRUIT

✓ ORGANIC



1.49
LB
3.28 KG

Product of California

BARTLETT PEARS

✓ ORGANIC



1.49
LB
3.28 KG

Product of Argentina

*PRODUCE 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



Deals to grill for

MARCH 24 -
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Beretta Farms

FRESH QUEBEC SKINLESS BONELESS CHICKEN THIGHS

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

10⁹⁹
LB 24.23 KG



Beretta Farms

FRESH ALBERTA BISON TOP SIRLOIN STEAKS

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

19⁹⁹
LB 44.07 KG



Penokean Hills Farms

FRESH ONTARIO MEDIUM GROUND BEEF

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

9⁴⁹
LB 20.92 KG



Sweet Potato Butcher

FRESH ONTARIO CLASSIC PORK BREAKFAST SAUSAGE

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

7⁹⁹
LB 17.61 KG



FRESH ONTARIO RAINBOW TROUT FILLETS

- ✓ LOCAL
- ✓ HIGH IN OMEGA-3'S
- ✓ SUSTAINABLY RAISED
- ✓ NO SYNTHETIC COLOUR

15⁹⁹
LB 35.25 KG



FRESH B.C. "PACIFIC SNAPPER" ROCKFISH FILETS

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

11⁴⁹
LB 25.33 KG



*MEAT & SEAFOOD 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



SO  YAM
GOOD

THE SWEET POTATO 

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Eat your greens

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

8⁹⁹ - 12⁹⁹

Made in-house with organic ingredients • approx 320 g



PEANUT BUTTER
COOKIES

6⁹⁹

ONTARIO CHEESE
CURD MAC &
CHEESE

9⁹⁹

KETO
STRAWBERRY
CHEESECAKE

8⁹⁹



Vegetarian • Made in-house
with organic ingredients

5 pcs



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

450 g



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

2 pcs

NEW!

*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.thesweetpotato.ca

WE LOVE Local

GOODVIBES JUICE CO.
SICK DAY WELLNESS SHOT

2⁹⁹



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

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EDWARD & SONS BROWN RICE SNAPS

- ✓ NON-GMO
- ✓ GLUTEN-FREE

4⁹⁹

100 g



TRADITIONAL MEDICINALS TEA

- ✓ ORGANIC

4⁹⁹

16 ct



LEVEL GROUND WHOLE BEAN COFFEE

11⁹⁹

- ✓ ORGANIC
- ✓ FAIR-TRADE CERTIFIED

300 g



SAVE
\$2

Bean-tastic!



SAVE
\$1.50

ELMHURST DAIRY-FREE BEVERAGES

6⁹⁹

- ✓ NON-GMO
- ✓ VEGAN
- ✓ GLUTEN-FREE
- ✓ CARRAGEENAN-FREE

946 mL



SAVE
\$2

PRANA NUTS

- ✓ ORGANIC
- ✓ RAW
- ✓ GLUTEN-FREE

10⁹⁹

180 g - 250 g

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SHASHA SNAP COOKIES

- ✓ LOCAL
- ✓ NON-GMO
- ✓ PEANUT-FREE

5⁹⁹

300 g



NUTS TO YOU HAZELNUT OR ALMOND HAZELNUT BUTTER

9⁹⁹

- ✓ LOCAL
- ✓ NON-GMO
- ✓ GLUTEN-FREE

365 g



**SAVE
\$1.50**

MARY'S CRACKERS

- ✓ ORGANIC
- ✓ GLUTEN-FREE

5⁹⁹

156 g - 184 g

LOTUS FOODS RICE RAMEN WITH MISO SOUP MIX

- ✓ MADE WITH ORGANIC INGREDIENTS
- ✓ GLUTEN-FREE

80 g

2 FOR \$5

MIX & MATCH



ANNIE'S VEGAN MAC

- ✓ ORGANIC
- ✓ VEGAN

170 g

3⁹⁹

**SAVE
\$1**



CHICKAPEA PASTA

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE

4⁹⁹

227 g

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FARMER'S MARKET PUREED VEGETABLES

- ✓ ORGANIC
- ✓ GLUTEN-FREE

4⁹⁹

398 mL • Butternut Squash,
Pumpkin or Sweet Potato



VILLA VAINILLA VANILLA EXTRACT

- ✓ ALL-NATURAL
- ✓ GLUTEN-FREE

15⁹⁹

125 mL



- ✓ ORGANIC

NATIVE CANE SUGAR

4⁹⁹

1 kg

**SAVE
\$1.50**

MAISON ORPHÉE GRAPESEED OIL

- ✓ NON-GMO
- ✓ GLUTEN-FREE

12⁹⁹

750 mL



**SAVE
\$7**



MIX & MATCH



**SAVE
98¢**

*Kitchen
soup-erstar!*

SPRAGUE SOUP

2 FOR \$7

- ✓ LOCAL
- ✓ ORGANIC

398 mL • Simply Soups not included



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Cheesy on the eyes

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BLACK RIVER MAPLE CHEDDAR

- ✓ LOCAL
- ✓ ALL-NATURAL

Product of Ontario

3⁷⁹
/100 g



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

- ✓ LOCAL
- ✓ ALL-NATURAL
- ✓ NON-GMO

Product of Ontario

\$2 OFF
/KG



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



NEW BAYVIEW-LEASIDE STORE

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Chiiiiilll

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SOL CUISINE CAULIFLOWER WINGS

- ✓ LOCAL
- ✓ NON-GMO
- ✓ VEGAN

5⁹⁹

255 g



HARMLESS HARVEST COCONUT WATER

- ✓ ORGANIC
- ✓ FAIR FOR LIFE CERTIFIED

5⁹⁹

473 mL

SAVE
\$2

LE GRAND YOGURT

- ✓ ORGANIC
- ✓ VEGAN
- ✓ GLUTEN-FREE

2 FOR \$4

113 g



TWO BEARS FROTHED OAT MILK LATTE

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

2⁹⁹

207 mL



EARTH'S OWN CREAM CHEESE STYLE SPREAD

- ✓ NON-GMO
- ✓ PLANT-BASED
- ✓ NUT-FREE
- ✓ SOY-FREE

4⁹⁹

227 g



SAVE
50¢



L'ANCÊTRE DOUBLE SMOKED CHEDDAR

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ LACTOSE-FREE
- ✓ ANIMAL RENNET-FREE
- ✓ UNPASTEURIZED

7⁹⁹

190 g



HOLY NAPOLI PIZZA

- ✓ ALL-NATURAL

10⁴⁹

365 g - 425 g



DR. PRAEGER'S SWEET POTATO HASH BROWNS

- ✓ NON-GMO
- ✓ VEGAN
- ✓ GLUTEN-FREE

3⁹⁹

255 g

SAVE
\$3



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Raise a little shell!

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POPCORN

✓ ORGANIC

Product of Canada

2⁴⁹
LB
0.55/100 g



CHOCOLATE COVERED PEANUTS

✓ ALL-NATURAL

Product of Canada

6²⁹
LB
1.39/100 g



SUNDRIED TOMATOES

✓ ORGANIC

Product of Turkey

9⁷⁹
LB
2.16/100 g



This deal is nuts!

MACADAMIA NUTS

✓ ORGANIC

Product of Kenya

20⁶⁹
LB
4.56/100 g

NEW!



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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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

**URBAN SPA
BATH ACCESSORIES**



20% OFF

- ✓ LOCAL
- ✓ ECO-FRIENDLY

1 ct



**DESERT ESSENCE
TOOTHPASTE**

6⁹⁹

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

176 g



**WELEDA
SKIN FOOD
FACIAL CARE**

25% OFF

- ✓ CERTIFIED B CORPORATION
- ✓ UEBT CERTIFIED

40 mL - 75 mL



The Natural **APOTHECARY**

Vitamins, Supplements,
Herbs, & More!

HERBALAND CHEWABLE VITAMINS

15% OFF

- ✓ GLUTEN-FREE
- ✓ SUGAR-FREE
- ✓ VEGAN

60 ct - 90 ct



SALUS FLORADIX LIQUID IRON & VITAMINS FORMULA

23⁹⁹ - 39⁹⁹

- ✓ VEGETARIAN
- ✓ LACTOSE-FREE
- ✓ NON-GMO

250 mL - 500 mL



RENEW LIFE PROBIOTICS

\$2 OFF

- ✓ NON-GMO VERIFIED
- ✓ SHELF STABLE

30 vc - 60 vc



HOST DEFENCE MUSHROOMS

10% OFF

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

30 vc - 120 vc



SISU U-CUBES KIDS MULTIVITAMIN GUMMIES

\$5 OFF

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

120 ct



SALUS RED BEET CRYSTALS

\$3 OFF

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

200 g



ST. FRANCIS ALLERGY RELIEF DUO PACK

34⁹⁹

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

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

