

JANUARY 26 -  
FEBRUARY 1, 2024\*

# THE SWEET POTATO



SHOP.THESWEETPOTATO.CA

natural foods • sweeter prices

# SWEET DEALS

## CLEMENTINES

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

✓ ORGANIC

2 lb bag • Product of California

*Citrusly good deal!*

Eating lots of clementines is one of my favourite things about Winter. They're at the height of their season from December to March, which means that right now is exactly when they're the most perfectly sweet and juicy. They're also packed with vitamin C, which is great for your immune system during these fluey months. Plus they're so small and cute that you can even play with them before you eat them and no one's going to say anything.



## GARLIC



✓ ORGANIC

Product of Argentina

**5<sup>99</sup>**  
LB  
13.21 KG

## CELERY



✓ ORGANIC

Product of California

**1<sup>99</sup>**  
EACH

## ROMAINE HEARTS



✓ ORGANIC

3 ct • Product of California

**2<sup>99</sup>**  
BAG

## HONEYCRISP APPLES



✓ ORGANIC

3 lb bag • Product of Washington

**4<sup>99</sup>**  
BAG

## BRUSSEL SPROUTS



✓ ORGANIC

Product of California

**4<sup>99</sup>**  
LB  
11.00 KG

\*PRODUCE PRICES IN EFFECT UNTIL FEBRUARY 1, 2024, 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](https://shop.thesweetpotato.ca)





# Deals to grill for

JANUARY 26 -  
FEBRUARY 1, 2024\*

Beretta Farms

## FRESH ALBERTA STRIPLOIN STEAKS

- ✓ ORGANIC
- ✓ HUMANELY RAISED

**21<sup>99</sup>**  
LB  
48.48 KG

Also available as a whole muscle



SAVE  
**\$20/LB**

Beretta Farms

## FRESH QUEBEC BONE-IN CHICKEN THIGHS & DRUMSTICKS

- ✓ NON-GMO
- ✓ ANTIBIOTIC & HORMONE-FREE
- ✓ AIR-CHILLED
- ✓ CERTIFIED HUMANE

**4<sup>99</sup>**  
LB  
11.00 KG



Kipfer Family Farms

## FRESH ONTARIO PORK LEG STEWING CUBES

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

**7<sup>99</sup>**  
LB  
17.61 KG



Penokean Hills Farms

## FRESH ONTARIO TRI TIP STEAKS

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

**15<sup>49</sup>**  
LB  
34.15 KG

Also available as roasts



## FRESH ECUADORIAN TILAPIA FILLETS

- ✓ FRESH, NEVER FROZEN

- ✓ SUSTAINABLY RAISED

**11<sup>49</sup>**  
LB  
25.33 KG

Also available marinated in Cajun, Korean BBQ and Lemon Herb



## FRESH ONTARIO RAINBOW TROUT FILLETS

- ✓ LOCAL
- ✓ FRESH, NEVER FROZEN

- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ SUSTAINABLY RAISED

**15<sup>99</sup>**  
LB  
35.25 KG







SO  YAM  
GOOD

THE SWEET POTATO 

JANUARY 26 - FEBRUARY 1, 2024\*

# BE A SOUPERstar

11<sup>99</sup> - 15<sup>99</sup>

800 mL SOUPS • SERVES 2-4

CHICKEN & RICE

BEEF  
CHILI

TOM KHA GAI  
(CHICKEN &  
COCONUT)

ROASTED  
BUTTERNUT  
SQUASH AND  
APPLE SOUP

ZUPPA  
TOSCANA

SWEET POTATO  
& COCONUT CURRY

## BRING HOME COMFORT FOR THE WHOLE FAM!

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

PEANUT BUTTER  
COOKIES

4<sup>99</sup>

TOMATO  
SALSA

7<sup>99</sup>

CLASSIC  
FUDGETASTIC  
BROWNIE

3<sup>49</sup>



SAVE  
\$4

Vegetarian • Made with organic ingredients  
5 pc



Vegan • Made with organic ingredients  
including organic vegetables  
500 mL



Vegetarian • Made in-house with  
organic ingredients  
1 pc

\*KITCHEN PRICES IN EFFECT UNTIL FEBRUARY 1, 2024, 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](https://shop.thesweetpotato.ca)



# WE LOVE Local



**HEALTHY  
CRUNCH  
GRANOLA BARS &  
CRISPY SQUARES**

**3<sup>99</sup>**

**LOCALLY MADE IN  
MISSISSAUGA,  
ONTARIO**

Growing up in the High Park/Junction neighbourhood, our friend (and longtime customer) Julie Bednarski craved healthier snack foods to fuel her active lifestyle. In 2014, she turned that craving into a reality, launching her now famous kale chips with a mission to make everyday foods better for you while still being super delicious. Fast forward, and Julie is now the CCO (Chief Crunching Officer) of a healthy snacking empire, making everything from unbelievably tasty chocolate covered fruits to granola bars and crispy squares. All products are made locally in Mississauga in an allergen-free facility, using only real food ingredients that make you feel good inside and out.

5 x 24 g or 6 x 22 g



OUR FAMOUS SUCCULENT

# WHOLE ROAST CHICKEN

YOUR CHOICE OF

## TWO SIDES AND GRAVY



WINTER COULD USE MORE COZY.

IT'S THE PERFECT TIME TO RELAX AND LET OUR KITCHEN DO THE COOKING FOR YOU. COMFORT FOOD THAT'S HEALTHY AND DELICIOUS, USING ONLY THE FINEST LOCAL AND ORGANIC INGREDIENTS.

SIDES INCLUDE: ROASTED GARLIC MASHED POTATOES, MAPLE CARROTS, ROOT VEGETABLE MEDLEY, GARLIC KALE, ROASTED SWEET POTATO AND SAGE & SOURDOUGH STUFFING.

DON'T FORGET TO GRAB A BOX OF GREENBELT'S LOCAL ORGANIC GREENS. \$3.99 EVERY DAY.





# Treat yo' shelf!

**THE SWEET POTATO**

JANUARY 19 - FEBRUARY 1, 2024



**NATUR-A  
OAT BEVERAGE**

**2 FOR \$5**

✓ ORGANIC  
✓ VEGAN  
✓ GLUTEN-FREE

946 mL

**YOGI  
TEA**

✓ ORGANIC

16 ct

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

**SAVE  
\$1.50**



**YUMI  
MORNING OATS**

✓ ALL NATURAL  
✓ NON-GMO

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

264 g - 304 g



**EARTH'S OWN  
OAT OR ALMOND BEVERAGE**

✓ NON-GMO  
✓ VEGAN  
✓ NUT-FREE

**4<sup>99</sup>**

3 x 250 mL



**NATURE'S PATH  
ECO-PACS**

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

✓ ORGANIC

675 g - 907 g • Envirokids varieties included • Eco-Pac granola not included



PRICES IN EFFECT UNTIL FEBRUARY 1, 2024, 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). Packaging may be different in store than pictured in the flyer.



# Treat yo' shelf!

**THE SWEET POTATO**

JANUARY 19 - FEBRUARY 1, 2024

## SIMPLY DELISH JEL DESSERT

- ✓ NON-GMO
- ✓ KETO CERTIFIED
- ✓ SUGAR-FREE
- ✓ NUT-FREE
- ✓ VEGAN

**2 FOR \$5**

18 g - 20 g



**MIX & MATCH**

## NUTS TO YOU PEANUT BUTTER

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

- ✓ LOCAL
- ✓ ORGANIC
- ✓ GLUTEN-FREE

500 g

**SAVE \$1**



**SAVE \$2**

## KIND BREAKFAST BARS

**4<sup>99</sup>**

- ✓ NON-GMO
- ✓ GLUTEN-FREE

4 x 50 g

## PATIENCE CRANBERRY JUICE

- ✓ ORGANIC

946 mL

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

**SAVE \$2**



PRICES IN EFFECT UNTIL FEBRUARY 1, 2024, 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). Packaging may be different in store than pictured in the flyer.



# Treat yo' shelf!

THE SWEET POTATO

JANUARY 19 - FEBRUARY 1, 2024

## BLUE DIAMOND ALMOND BREEZE

- ✓ NON-GMO
- ✓ DAIRY-FREE
- ✓ GLUTEN-FREE

2 FOR \$5

946 mL



## PRANA CHIA

- ✓ ORGANIC
- ✓ GLUTEN-FREE

6<sup>99</sup>

200 g - 300 g



## PURPLEFUL POPCORN

- ✓ LOCAL
- ✓ NON-GMO
- ✓ GLUTEN-FREE

3<sup>99</sup>

136 g



## NEAL BROTHERS PASTA SAUCE

7<sup>99</sup>

- ✓ LOCAL
- ✓ ORGANIC

680 mL



PRICES IN EFFECT UNTIL FEBRUARY 1, 2024, 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](https://shop.thesweetpotato.ca). Packaging may be different in store than pictured in the flyer.



# Treat yo' shelf!

**THE SWEET POTATO**

JANUARY 19 - FEBRUARY 1, 2024

## TRU EARTH PLATINUM LAUNDRY STRIPS

- ✓ VEGAN
- ✓ NO ANIMAL TESTING
- ✓ HYPOALLERGENIC
- ✓ BIODEGRADABLE

**16<sup>99</sup>**

32 ct



**SAVE  
\$5**

## LUNDBERG LONG OR SHORT GRAIN BROWN RICE

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

- ✓ ORGANIC
- ✓ GLUTEN-FREE

907 g

**SAVE  
\$1**



## FELICETTI DURUM WHEAT PASTA

- ✓ ORGANIC

454 g

**2 FOR \$5**



## SOBER CARPENTER NON ALCOHOLIC BEER OR CIDER

- ✓ VEGAN

473 mL

**2<sup>99</sup>**



## WHOLESOME GOLDEN SUGAR

- ✓ ORGANIC
- ✓ FAIR-TRADE CERTIFIED

907 g

**7<sup>99</sup>**



**SAVE  
\$2**

## FILSINGER'S APPLE CIDER VINEGAR

- ✓ LOCAL
- ✓ ORGANIC
- ✓ UNPASTEURIZED

945 mL

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

PRICES IN EFFECT UNTIL FEBRUARY 1, 2024, 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). Packaging may be different in store than pictured in the flyer.



THE  
RULES  
OF

# PAIRING CHEESE

BECAUSE  
CHEESE  
RULES!

THE SWEET POTATO

JANUARY 19 - FEBRUARY 1, 2024

## GUNN'S HILL TIPSY



6<sup>79</sup>  
/ 100 g

✓ ALL-NATURAL

Product of Ontario

Mild creamy cheese with buttery flavours, washed in red wine

Pairs well with



PINOT NOIR

TOASTED HAZELNUTS,  
BACON



## CHARLEVOIX L'ORIGINE DE CHARLEVOIX



10<sup>49</sup>  
PACK

✓ ALL NATURAL

160 g • Product of Quebec

A soft, supple washed rind cheese. medium bodied.

Pairs well with



DARK ALE

DRIED FRUITS,  
HONEY



## MILLBANK CARAMELIZED ONION CHEDDAR



3<sup>99</sup>  
/ 100 g

✓ ALL NATURAL

Product of Ontario

Medium bodied cheddar jazzed up with the sweet flavour of onion

Pairs well with



LAGER

AMBROSIA APPLES,  
PECANS



## KALTBACH RACLETTE



6<sup>19</sup>  
/ 100 g

✓ ALL NATURAL

Product of Switzerland

Similar to gruyere but a more silky texture to this cheese, typically melted and served with potatoes

Pairs well with



GEWÜRZTRAMINER

GHERKINS, PICKLED  
ONIONS, POTATOES





# Chiiiiill

## THE SWEET POTATO

JANUARY 19 - FEBRUARY 1, 2024

### GREENHOUSE JUICE, LATTES, & SHAKES

- ✓ LOCAL
- ✓ ORGANIC
- ✓ PLANT-BASED

5<sup>99</sup>

300 mL



### CAULIPOWER MARGHERITA OR VEGGIE PIZZA

- ✓ ALL-NATURAL
- ✓ GLUTEN-FREE

8<sup>99</sup>

310 g - 336 g



### SAVE DA SEA PLANT-BASED SMOKED SALMON

- ✓ VEGAN
- ✓ GLUTEN-FREE

7<sup>99</sup>

100 g



### EARTH'S OWN ALMOND BEVERAGE

- ✓ ORGANIC
- ✓ VEGAN
- ✓ GLUTEN-FREE

2 FOR \$9

1.75 L



### SUNFLOWER KITCHEN SOUP

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

7<sup>99</sup>

956 mL



### BEYOND MEAT BREAKFAST SAUSAGE LINKS

- ✓ NON-GMO
- ✓ VEGAN
- ✓ GLUTEN-FREE
- ✓ SOY-FREE

6<sup>99</sup>

235 g



### LUCKY SPRING ROLLS

- ✓ NON-GMO
- ✓ VEGAN
- ✓ GLUTEN-FREE

6<sup>99</sup>

241 g



PRICES IN EFFECT UNTIL FEBRUARY 1, 2024, 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](https://shop.thesweetpotato.ca). Packaging may be different in store than pictured in the flyer.



# Chiiiiill

## THE SWEET POTATO

JANUARY 19 - FEBRUARY 1, 2024

**SILVER HILLS  
SPROUTED BREAD**

**4<sup>99</sup>**

✓ ORGANIC  
✓ VEGAN  
✓ NUT-FREE

680 g

**SAVE  
\$1**



**MAISON RIVIERA  
GOAT YOGURT**

✓ ALL-NATURAL

500 g

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

**NATURE'S PATH  
WAFFLES**

✓ ORGANIC

210 g

**4<sup>99</sup>**



# Find Delicious Here

**NEW LOCATION -  
SAME FRESH, LOCAL, ORGANIC,  
AWESOME GROCERIES!**

**📍 1678 BAYVIEW AT SOUDAN  
NEAR EGLINTON**

**NOW OPEN**

EGLINTON

BAYVIEW

SOUDAN

NORTH



PRICES IN EFFECT UNTIL FEBRUARY 1, 2024, 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](https://shop.thesweetpotato.ca). Packaging may be different in store than pictured in the flyer.



# Raise a little shell!

THE SWEET POTATO 

JANUARY 19 - FEBRUARY 1, 2024

## MUNG BEANS

✓ ORGANIC

Product of Argentina

**3.69**  
LB  
0.81/100 g



## RED LENTILS

✓ ORGANIC

Product of Turkey

**3.89**  
LB  
0.86/100 g



## BROWN FLAX SEEDS

✓ ORGANIC

Product of Canada

**3.99**  
LB  
0.88/100 g



## ZOO ANIMALS

✓ ORGANIC

Product of USA

**11.89**  
LB  
2.62/100 g



OUR BULK DEPARTMENT IS

# friendlier



EASY AS BUY,  
SCAN, RETURN!



REUSE RETURN

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

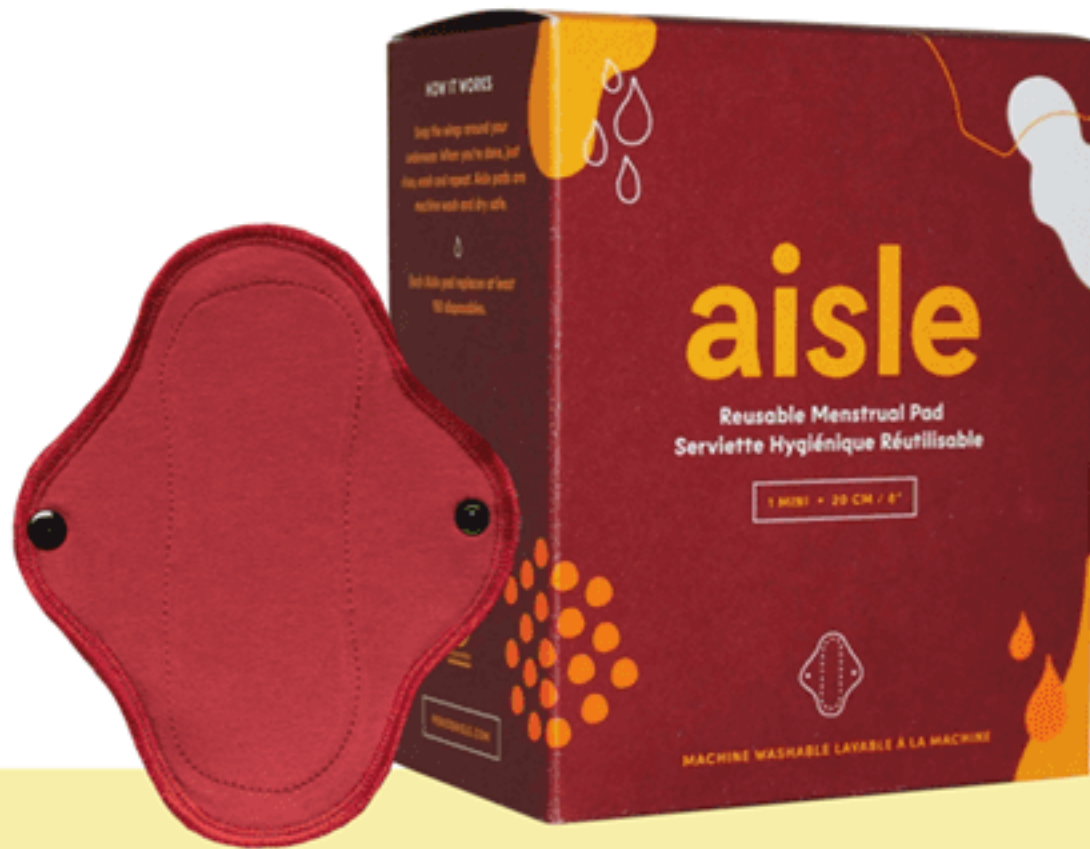
\*A REFUNDABLE  
**50¢ DEPOSIT**  
WILL BE CHARGED  
TO EACH PURCHASE

PRICES IN EFFECT UNTIL FEBRUARY 1, 2024, 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](https://shop.thesweetpotato.ca). Packaging may be different in store than pictured in the flyer.



# Something for every body!

## AISLE REUSABLE PADS AND LINERS



**10% OFF**

- ✓ EACH AISLE PAD REPLACES AT LEAST 150 DISPOSABLES
- ✓ CERTIFIED B CORPORATION
- ✓ MACHINE WASHABLE
- ✓ SUSTAINABLE

1 ct

## NATURTINT HAIR FOOD



**\$2 OFF**

- ✓ RICH IN VITAMINS, MINERALS AND ANTIOXIDANTS TO ENHANCE HAIR HEALTH.
- ✓ MADE WITH ORGANIC INGREDIENTS
- ✓ VEGAN

150 mL

## AUROMÈRE AYURVEDIC BAR SOAP

**3<sup>49</sup>**

- ✓ HANDMADE, MOISTURIZING BAR SOAPS WITH PURE, WILD-CRAFTED NEEM AND AYURVEDIC HERBS IN A RICH AND CREAMY COCONUT OIL BASE
- ✓ BIODEGRADABLE
- ✓ VEGAN
- ✓ CRUELTY-FREE

78 g



## CARINA ORGANICS HYDRATING SKIN CREAM

**12<sup>99</sup>**

- ✓ VEGAN
- ✓ GLUTEN-FREE
- ✓ CRUELTY-FREE
- ✓ MADE WITH ORGANIC INGREDIENTS

250 mL





# The Natural **APOTHECARY**

Vitamins, Supplements,  
Herbs, & More!

## NATURAL FACTORS LIPOSOMAL VITAMIN C 1000 MG

**27<sup>99</sup>**

- ✓ HIGHLY ABSORBABLE FORMULA; SUPPORTS IMMUNE FUNCTION; CONTRIBUTES TO HEALTHY BONES, CARTILAGE, TEETH, AND GUMS
- ✓ ISURA CERTIFIED
- ✓ GLUTEN-FREE
- ✓ NON-GMO
- ✓ NO SOY, ARTIFICIAL COLORS, PRESERVATIVES, OR SWEETENERS

180 sg



## FLORA KID'S MULTI ESSENTIALS+

**19<sup>99</sup>**

- ✓ VEGAN
- ✓ GLUTEN-FREE
- ✓ DAIRY-FREE
- ✓ NO ARTIFICIAL COLOURS OR FLAVOURS

226 mL



## GARDEN OF LIFE ALL-IN-ONE SHAKE

**59<sup>99</sup>**

- ✓ 20G PROTEIN, 44 SUPERFOODS, 7G FIBER.
- ✓ NO FILLER INGREDIENTS, ARTIFICIAL COLORS, FLAVOURS, SWEETENERS OR PRESERVATIVES
- ✓ ORGANIC
- ✓ VEGAN
- ✓ NON-GMO VERIFIED
- ✓ DAIRY AND SOY-FREE

699 g - 1017 g • Free shaker cup with purchase. While quantities last. See cashier for details.



## SMARTYPANTS KIDS MULTIVITAMIN FORMULA

**23<sup>99</sup>**

- ✓ INCLUDES TEN ESSENTIAL NUTRIENTS AND OMEGA 3 DHA AND EPA FISH OIL
- ✓ NO ARTIFICIAL SWEETENER OR FLAVOURS
- ✓ GLUTEN-FREE

90 ct



## CLEF DES CHAMPS & CLEF JUNIOR HERBAL TINCTURES

**20% OFF**

- ✓ FRESH HERB TINCTURES
- ✓ CERTIFIED ECOCERT
- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ HARVESTED AND PROCESSED BY HAND, GROWN IN QUEBEC

30 mL - 50 mL



## ST. FRANCIS OREGANO PLUS 1:1 EXTRA STRENGTH

**18<sup>99</sup>**

- ✓ ONE OF NATURE'S MOST POWERFUL ANTIOXIDANTS
- ✓ CONCENTRATED 1:1 RATIO - ONE-PART ESSENTIAL OIL TO ONE PART OF OLIVE OIL
- ✓ LOCAL
- ✓ USDA ORGANIC
- ✓ VEGAN

15 mL

