

# THE SWEET POTATO

Bringing healthy food to everyone!

[SHOP.THESWEETPOTATO.CA](http://SHOP.THESWEETPOTATO.CA)

DEC 6 - DEC 19 2024

## HEWGILL HONEYCRISP APPLES

- ✓ LOCAL
- ✓ ORGANIC

**2<sup>49</sup>**  
/LB  
\$5.49/KG

Product of Ontario 

## PFENNING'S FARMS RED ONIONS

- ✓ LOCAL
- ✓ ORGANIC

**1<sup>49</sup>**  
/LB  
3.28/KG

Product of Ontario 

## BERETTA FARMS QUEBEC SKINLESS BONELESS CHICKEN BREASTS

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

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



## NUTS TO YOU ALMOND BUTTER

- ✓ LOCAL
- ✓ NON-GMO
- ✓ GLUTEN FREE

**14<sup>99</sup>**

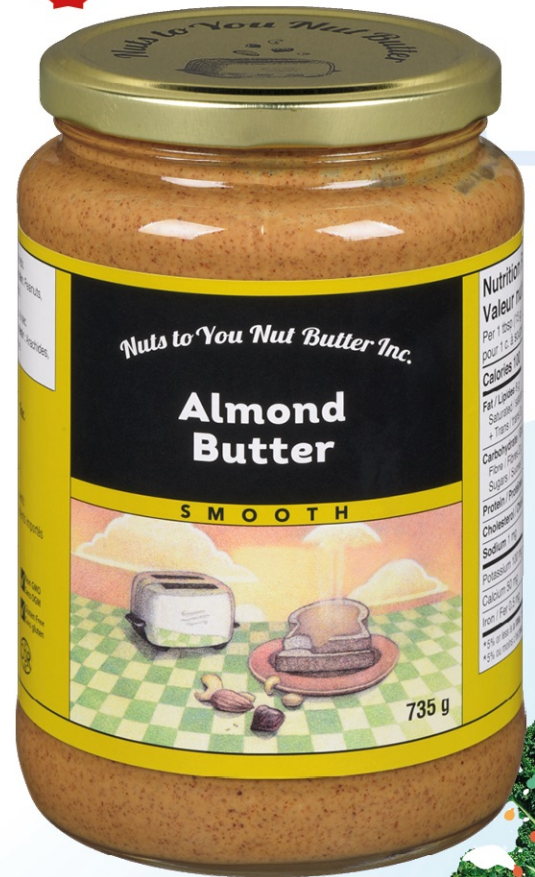
735 g

## PACIFIC BROTH

- ✓ ORGANIC

**2 FOR \$11**

946 mL - 1 L 



## PFENNING'S FARMS CARROTS

- ✓ LOCAL
- ✓ ORGANIC

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

2 lb bag • Product of Ontario 

\*PRODUCE PRICES IN EFFECT UNTIL DECEMBER 19, 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)



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## PUR DELYS FARMS GREEN CABBAGE

✓ ORGANIC



**1.49**  
/LB  
3.28/KG

Product of Quebec

## PFENNING'S CHIOGGIA BEETS

✓ LOCAL  
✓ ORGANIC



**1.99**  
/LB  
4.39/KG

Product of Ontario

## POMELOS

✓ ORGANIC



**2.99**  
/EACH

Product of California

## DUBRETON BONELESS PORK LOIN CHOPS

✓ LOCAL  
✓ ORGANIC  
✓ CERTIFIED HUMANE



**16.99**  
/LB  
37.46/KG

## THE PACKING HOUSE ALBERTA MEDIUM GROUND BEEF

✓ ANTIBIOTIC &  
HORMONE-FREE  
✓ SUSTAINABLE

**10.99**  
/LB  
35.25/KG



## THE PACKING HOUSE ALBERTA TOP SIRLOIN STEAKS

✓ ANTIBIOTIC &  
HORMONE-FREE  
✓ SUSTAINABLE

**19.99**  
/LB  
44.06/KG



## SEACORE ICLEANDIC HADDOCK FILLET

✓ FRESH  
✓ SUSTAINABLE  
✓ WILD CAUGHT

**17.99**  
/LB  
39.66/KG



**15.99**  
/LB  
35.25/KG



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## PRANA SNACK MIXES

✓ NON-GMO



6<sup>99</sup>

350 g - 400 g

## WHOLESOME GOLDEN SUGAR

✓ ORGANIC  
✓ FAIR TRADE CERTIFIED



7<sup>99</sup>

SAVE \$2

907 g

## RAINCOAST TRADING PINK SALMON

✓ WILD CAUGHT  
✓ MSC CERTIFIED



2 FOR \$10

160 g

MIX & MATCH

## SIMPLY ORGANIC VANILLA EXTRACT

✓ ORGANIC



24<sup>99</sup>

SAVE \$5

118 mL Non Alc Variety Included

## GENUINE TEA CO. TEA

✓ LOCAL  
✓ ORGANIC, FAIR TRADE & NATURAL VARIETIES



7<sup>99</sup>

SAVE \$2

15 ct

## MAISON ORPHEE GRAPESEED OIL

✓ NON-GMO  
✓ GLUTEN FREE



17<sup>99</sup>

SAVE \$2

750 mL



SO YAM GOOD

## CAULIFLOWER HUMMUS

✓ ORGANIC



3<sup>99</sup>

## ROASTED GARLIC HUMMUS

✓ ORGANIC



3<sup>99</sup>

## SPINACH ARTICHOKE DIP

✓ ORGANIC



4<sup>99</sup>

## ALL SWEET PIES

✓ APPLE, BLUEBERRY  
✓ CHEESECAKE, CHERRY,  
✓ PECAN, SWEET POTATO,  
✓ PUMPKIN  
✓ ORGANIC  
✓ MADE IN-HOUSE DAILY



13<sup>99</sup>

14<sup>99</sup> PECAN

8" pies

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**RISE  
BETTER SODA**

✓ VEGAN

**CANADIAN HERITAGE  
MAPLE SYRUP**

✓ ORGANIC

**3 FOR \$8**



**17<sup>99</sup>**



355 mL

500 mL

**MIX & MATCH**

START A NEW TRADITION THIS HOLIDAY WITH

## Tofurky's Plant-Based Feast

TOFURKY  
ROAST & WILD  
RICE STUFFING

**14<sup>99</sup>**

SAVE \$6



TOFURKY  
HAM ROAST  
**14<sup>99</sup>**

TOFURKY  
GRAVY  
**7<sup>99</sup>**



SAVE \$1



SAVE \$6



\* Sale period December 6, 2024 - January 1, 2025. While quantities last.

**FELICETTI  
DURM WHEAT PASTA**

✓ ORGANIC

**LOVE CHILD  
BABY FOOD POUCHES**

✓ VORGANIC  
✓ GLUTEN FREE

**CHA'S  
HEIRLOOM RICE**

✓ ORGANIC  
✓ GLUTEN FREE



454 g

**4 FOR \$10**

128 g



**MIX & MATCH**

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

900 g



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## ALTER ECO CHOCOLATE BARS

- ✓ ORGANIC
- ✓ FAIR TRADE CERTIFIED

**2 FOR \$8**  
MIX & MATCH



## LUNDBERG REGENERATIVE RICE POUCHES

- ✓ ORGANIC
- ✓ GLUTEN FREE

**4.99**



227 g

# SAPSUCKER SPARKLING TREE WATER

- ✓ LOCAL
- ✓ ORGANIC

355 mL

**3 FOR \$6**  
MIX & MATCH



Sapsucker is a naturally pure alternative to plastic bottled water. Sap is full of antioxidants, electrolytes, polyphenols, and minerals, making it incredibly good for you. It's also ethical and sustainable - the Ontario and Quebec maple trees from which it's harvested are unharmed, and can live for more than 200 years (talk about anti-aging!). Not to mention, sap production helps keep hardwood forests standing rather than cutting them down for lumber or development.



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## HOUSE FOODS TOFU

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



3 FOR \$6

MIX & MATCH

340 g - 396 g

## NUTS FOR CHEESE CULTURED CASHEW CHEESE

- ✓ LOCAL
- ✓ ORGANIC



9<sup>99</sup>

120 g

## HARMONY EGG NOG

- ✓ LOCAL
- ✓ ORGANIC



8<sup>99</sup>

1 L

## SUNFLOWER KITCHEN HUMMUS

- ✓ LOCAL
- ✓ ORGANIC



2 FOR \$8

MIX & MATCH

227 g Mix & Match

## EARTH BALANCE TRADITIONAL WHIPPED SPREAD

- ✓ ORGANIC
- ✓ PLANT-BASED



6<sup>99</sup>

368 g

## GREENHOUSE SPARKLING PROBIOTIC WATER

- ✓ LOCAL
- ✓ ORGANIC



3 FOR \$8

355 mL Mix & Match



Find DELICIOUS near you

### The Junction



108 VINE AVE

### Bayview-Leaside



1678 BAYVIEW AVE

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# Holiday Turkey

**PRE-ORDER**

**YOUR ORGANIC WHOLE TURKEY FROM US!**

Pre-order your fresh, whole organic turkey at \$4.99/lb

Booking available in person or by phone at (416) 762-4848  
Available for pick-up starting December 19, 2024

\$50 deposit required. Sizes range from 12 to 16 pounds.

Yorkshire Valley Farms is a co-op of farmers where turkeys are raised on family-run farms in Ontario enjoying an organic, non-gmo, all-grain diet.

- ✓ Organic
- ✓ Non-gmo grain fed
- ✓ Antibiotic-Free
- ✓ Pesticide & Herbicide-Free
- ✓ No Animal By-Products
- ✓ Size ranges from 5.5 kg to 7.5 kg

Don't need a whole turkey? We'll also have half-turkeys at \$5.99/lb, turkey roasts, prime rib roasts, turkey necks, bones & giblets and more at the butcher counter. Not available for pre-order.

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## RIGHTEOUS GELATO & SORBETTO

✓ GLUTEN FREE



7<sup>99</sup>

473 mL

## STAHLBUSH VEGETABLES

✓ GLUTEN FREE  
✓ NON GMO & ORGANIC  
VARIETIES INCLUDED



3<sup>99</sup>

198 g - 350 g

## STONETOWN FARMSTEAD FONTINA

✓ LOCAL



8<sup>49</sup>

170 g



## ALEXIS DE PORTNEUF PAILLOT DE CHEVRE

Full, creamy, barny acidic, stronger with age

6<sup>99</sup>



Product of Quebec

## LINCET DELICE DE BOURGOGNE

Fuller triple crème, strong mushroom, luscious and super creamy and soft. Fuller and softer with age

6<sup>09</sup>  
/100G  
60.90/KG



Product of France

## AGROPUR OKA

A Canadian classic. This washed rind cheese is a great addition to any cheese board

6<sup>59</sup>  
/100G  
65.90/KG



Product of Quebec

## SULTANA RAISINS

✓ ORGANIC

0<sup>99</sup>  
/100G  
9.99/KG



Product of Uzbekistan

## BLACK MISSION FIGS

✓ ORGANIC

3<sup>29</sup>  
/100G  
32.99/KG



Product of USA

## DRIED CRANBERRIES (SWEETENED W/AJ)

✓ ORGANIC

2<sup>49</sup>  
/100G  
24.99/KG



Product of Canada

## RAW PECANS

✓ ORGANIC

4<sup>39</sup>  
/100G  
43.99/KG



Product of Mexico

OUR BULK DEPARTMENT IS

# friendlier

EASY AS BUY,  
SCAN, RETURN!



REUSE RETURN

LEARN MORE AT FRIENDLIER.CA

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