

THE SWEET POTATO

Bringing healthy food to everyone!

SHOP.THESWEETPOTATO.CA

JAN 10 - JAN 16, 2025

BROCCOLI

✓ CERTIFIED ORGANIC



2⁹⁹

Product of California



PFENNING'S ORGANIC FARM RAINBOW CARROTS

✓ LOCAL
✓ CERTIFIED ORGANIC



2⁹⁹

2 lb bag • Product of Ontario

ZETTEL FAMILY FARMS ONTARIO LEAN GROUND BEEF

✓ LOCAL
✓ CERTIFIED ORGANIC
✓ 100% GRASS-FED
✓ HIGH IN OMEGA-3
FATTY ACIDS



12⁹⁹
LB
28.64KG

YORKSHIRE VALLEY FARMS FROZEN TURKEY POT PIES

✓ LOCAL
✓ ORGANIC



18⁹⁹

BUY ONE GET ONE
FREE!

700g • Product of Ontario

SEACORE ONTARIO PICKEREL FILLETS

✓ LOCAL
✓ ALL-NATURAL
✓ WILD-CAUGHT

17⁹⁹
LB
39.66KG



JUMBO CAULIFLOWER

✓ CERTIFIED ORGANIC



3⁹⁹

Product of California

Product packaging may differ in store than shown in the flyer, in case of discrepancy between the picture and the text, the text will be deemed correct. We reserve the right to limit quantities, while supplies last. Product selection may vary by location. Deals may differ for online shopping. Produce, meat, and seafood pricing is valid for the first seven days of the promotional period.

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HEWGILL FARMS HONEYCRISP APPLES

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ LAST OF THE SEASON



2⁹⁹
LB
6.59KG

GINGER

- ✓ CERTIFIED ORGANIC



4⁹⁹
LB
11.00KG

SEACORE SCOTTISH ATLANTIC SALMON

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



24⁹⁹
LB
55.09KG

BERETTA FARMS ALBERTA BISON TRI TIP STEAKS & ROASTS

- ✓ ALL-NATURAL
- ✓ ANTIBIOTIC &
HORMONE-FREE
- ✓ HIGH IN OMEGA-3
FATTY ACIDS
- ✓ HUMANELY RAISED



13⁹⁹
LB
30.84KG

DUBRETON ONTARIO LEAN GROUND PORK

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ CERTIFIED HUMANE



8⁹⁹
LB
19.82KG

BERETTA FARMS QUEBEC SKINLESS BONELESS CHICKEN THIGHS

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



10⁹⁹
LB
24.23KG

IN-STORE Events

108 Vine

– FRIDAY 11-3PM –
JANUARY 10TH

SWEET POTATO KITCHEN
**LEMON
CRANBERRY LOAF**

– FRIDAY 3-7PM –
JANUARY 17TH

SWEET POTATO KITCHEN
**MEAT LASAGNA AND
SPINACH LASAGNA**

– FRIDAY 11-3PM –
JANUARY 24TH

SWEET POTATO KITCHEN
SHEPHERD'S PIE