



PFENNING'S ORGANIC FARM

CARROTS

✓ CERTIFIED ORGANIC

99¢
LB
2.18 KG



Product of California

RED DEVON ORGANICS

GREEN OR RED CABBAGE

✓ LOCAL
✓ CERTIFIED ORGANIC

99¢
LB
2.18 KG



Product of Ontario



PRAIRIE RANCHER FARMS

ALBERTA LEAN GROUND BEEF

✓ ALL-NATURAL
✓ 100% GRASS-FED
✓ SUSTAINABLY RAISED

✓ ANTIBIOTIC & HORMONE-FREE
✓ FAMILY FARM RAISED



Product of Alberta

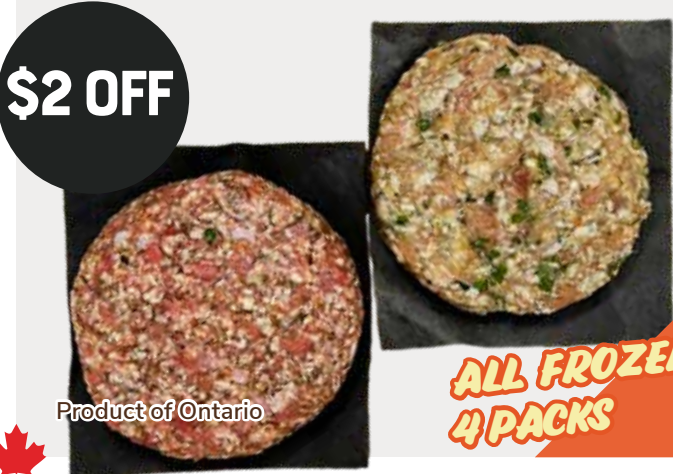


SWEET POTATO BUTCHER

ONTARIO CHICKEN BURGERS

✓ LOCAL
✓ ALL-NATURAL
✓ NON-GMO
✓ AIR-CHILLED

✓ ANTIBIOTIC & HORMONE-FREE
✓ FREE RUN, FAMILY FARM RAISED



Product of Ontario



ALL FROZEN
4 PACKS

THE SWEET POTATO

Bringing healthy food to everyone!

OCT 31 - NOV 6, 2025

PFENNING'S ORGANIC FARM BUNCHED BEETS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



Bunch • Product of Ontario

RED DEVON ORGANICS GREEN, RED, OR BLACK KALE

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



Bunch • Product of Ontario

PFENNING'S ORGANIC FARM PARSNIPS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC



2lb • Product of Ontario

PFENNING'S ORGANIC FARM CARROTS

- ✓ CERTIFIED ORGANIC



5lb • Product of California

DUBRETON ONTARIO PORK BLADE ROASTS & CHOPS

- ✓ LOCAL
- ✓ CERTIFIED ORGANIC
- ✓ FREE-RUN
- ✓ CERTIFIED HUMANE
- ✓ FAMILY FARM RAISED



10⁹⁹
LB
24.23 KG

Product of Ontario

PRAIRIE FAMILY FARMS ALBERTA BEEF STEWING CUBES

- ✓ ALL-NATURAL
- ✓ SUSTAINABLY RAISED
- ✓ FAMILY FARM RAISED
- ✓ ANTIBIOTIC & HORMONE-FREE



13⁹⁹
LB
30.84 KG

SAVE \$2/LB

Product of Alberta

SEACORE NOVA SCOTIA SWORDFISH STEAKS

- ✓ ALL-NATURAL
- ✓ WILD CAUGHT
- ✓ FRESH, NEVER FROZEN
- ✓ OCEAN WISE RECOMMENDED
- ✓ MSC



29⁹⁹
LB
66.12 KG

SAVE \$10/LB

Product of Nova Scotia



SEACORE BRITISH COLUMBIA CHINOOK SALMON FILLETS

- ✓ CERTIFIED ORGANIC
- ✓ SUSTAINABLY RAISED
- ✓ HIGH IN OMEGA-3 FATTY ACIDS
- ✓ FRESH, NEVER FROZEN



27⁹⁹
LB
61.71 KG

SAVE \$2/LB

Product of British Columbia

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ECO-MAX DISH LIQUID

- ✓ LOCAL
- ✓ ECO LOGO, NO ANIMAL TESTING



MIX & MATCH

2 FOR \$8

SAVE \$3.98

740 mL

THE GOOD CRISP POTATO CRISPS

- ✓ NON-GMO PROJECT
- ✓ GLUTEN-FREE VERIFIED



MIX & MATCH

2 FOR \$7

SAVE \$2.98

160 g

CANADIAN HERITAGE ROASTING COFFEE

- ✓ ORGANIC



13⁹⁹

SAVE \$5.10

340g

NEAL BROTHERS PASTA SAUCE

- ✓ LOCAL
- ✓ ORGANIC



8⁹⁹

680 mL

RAINCOAST GLOBAL SKIPJACK TUNA

- ✓ MSC CERTIFIED, DOLPHIN SAFE



MIX & MATCH

2 FOR \$8

142 g

SMARTBITE FIT FIGURE THIN CAKES

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ VEGAN



MIX & MATCH

2 FOR \$7

120 g

SWEET & FRIENDLY LOLLIPOPS

- ✓ LOCAL
- ✓ PEANUT-FREE
- ✓ VEGAN



8⁹⁹

250g

FOUR O'CLOCK TEA

- ✓ ORGANIC
- ✓ FAIR TRADE CERTIFIED
- ✓ GLUTEN-FREE



5⁹⁹

16ct



CEREAL

100% CANADIAN, 100% NATURAL & DELICIOUS. This cereal stays true to Farm Girl’s roots by using simple, quality ingredient, that don’t sacrifice on taste. Enjoy a quick and delicious breakfast the whole famkily will love, guilt free!

- GLUTEN FREE
- VEGAN

8⁹⁹
SAVE \$3



LOCALLY
MADE
MISSISSAUGA
ONTARIO



JENNIFER BOVILLE
Farm Girl stems from Jennifer’s lifelong love of simple, wholesome food. As a mom, she wanted to bring that same goodness to her family. So she founded Farm Girl to make delicious, healthy food easy, even for those with busy schedules and picky eaters.



SO YAM
GOOD

SPINACH OR MEAT
LASAGNA

- ✓ ANTIBIOTIC & HORMONE-FREE BEEF
- ✓ MADE IN-HOUSE
- ✓ PRESERVATIVE-FREE



11⁹⁹

SAVE UP TO \$3

550 g • Fresh or Frozen

HOUSE BAKED
TEA LOAVES

- ✓ MADE IN-HOUSE DAILY
- ✓ FREE-RUN EGGS



7⁹⁹

SAVE \$2

600 g

BUTTER CHICKEN

- ✓ ANTIBIOTIC & HORMONE-FREE CHICKEN
- ✓ MADE IN-HOUSE



12⁹⁹

SAVE \$2

420 g • Fresh or Frozen

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OCT 31 - NOV 6, 2025

AELO MOCKTAILS

- ✓ GLUTEN-FREE
- ✓ VEGAN



13⁹⁹



GOOD TO GO SNACK BARS

- ✓ LOCAL
- ✓ NON-GMO PROJECT VERIFIED
- ✓ GLUTEN-FREE
- ✓ PEANUT-FREE
- ✓ VEGAN

MIX & MATCH



3 FOR \$6

SAVE \$2.97



ABOKICHI OKAZU CHILI OIL

- ✓ LOCAL
- ✓ NON-GMO PROJECT VERIFIED
- ✓ GLUTEN-FREE
- ✓ PLANT-BASED



11⁹⁹



BLUE DIAMOND ALMOND BREEZE

- ✓ NON-GMO PROJECT VERIFIED
- ✓ GLUTEN-FREE
- ✓ VEGAN

MIX & MATCH



2 FOR \$6

946 mL

THEO PEANUT BUTTER CUPS

- ✓ ORGANIC
- ✓ GLUTEN-FREE
- ✓ FAIR FOR LIFE



2 FOR \$8

MIX & MATCH

38 g

RICEWORKS RICE CHIPS

- ✓ NON-GMO PROJECT VERIFIED
- ✓ GLUTEN-FREE

MIX & MATCH



2 FOR \$10

155 g

LUNDBERG INSTANT RICE POUCH

- ✓ CERTIFIED ORGANIC
- ✓ GLUTEN-FREE
- ✓ FAIR TRADE CERTIFIED

MIX & MATCH



2 FOR \$10

SAVE \$3.98

227 g

LILY'S CHOCOLATE BARS

- ✓ NON-GMO
- ✓ FAIR TRADE CERTIFIED
- ✓ GLUTEN-FREE
- ✓ NO SUGAR ADDED



5⁹⁹

80 g - 85 g

THE GINGER PEOPLE GIN GINS CANDY

- ✓ NON-GMO
- ✓ GLUTEN-FREE
- ✓ VEGAN

MIX & MATCH



2 FOR \$10

84 g

FRANKIE'S
ORGANIC

Plant-Based
SPOTLIGHT

PUFFS & PUFFCORN

These guilt-free puffs are made with good-for-you ingredients like sprouted quinoa and sprouted brown rice. They're also certified gluten-free without compromising on flavor, making them the perfect snack for everyone.

- ORGANIC
- GLUTEN FREE
- VEGAN VARIETIES AVAILABLE



2 FOR \$6
MIX & MATCH



Frankie's Organic is a family-owned brand that believes food can be both healthy and delicious. Its name is a tribute to the founders' grandfather Francesco (pictured left) whose farm set the bar for them of what great quality food really means.

NUTS FOR CHEESE
CASHEW CHEESE

- ✓ LOCAL
- ✓ ORGANIC
- ✓ VEGAN



9⁹⁹

120 g
NET WT. 120 g (4.2 oz)

GREENHOUSE
PLANT MILKS

- ✓ LOCAL
- ✓ ORGANIC
- ✓ DAIRY-FREE



MIX & MATCH

2 FOR \$10

946 ML

LITTLE NORTHERN
BAKEHOUSE
WIDE SLICE BREAD

- ✓ NON-GMO PROJECT VERIFIED
- ✓ GLUTEN-FREE
- ✓ VEGAN



6⁹⁹

567 g

THE SWEET POTATO

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OCT 31 - NOV 6, 2025

PLANT UP PLANT BASED APPETIZERS

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



7⁹⁹

288 g - 300 g



MOONSHINE MAMA'S ELIXIR

- ✓ MADE WITH ORGANIC
INGREDIENTS



19⁹⁹

500 mL



TOFURKY ITALIAN STYLE SAUSAGE

- ✓ NON-GMO
- ✓ VEGAN



7⁹⁹

389 g

BANANA CHIPS

- ✓ CERTIFIED ORGANIC



99[¢]

100 G
9.90 KG

SAVE \$3

Product of Phillipines

OUR BULK
DEPARTMENT IS
friendlier

REUSABLE
PACKAGING
MADE EASY!



SIMPLY BUY*, SCAN,
AND RETURN



REUSE RETURN

*a refundable deposit of 50¢
will be applied to each purchase

LEARN MORE AT FRIENDLIER.CA

HAZELNUTS

- ✓ CERTIFIED ORGANIC



2⁷⁹

100 G
27.90 KG

SAVE \$4

Product of Turkiye

TURKISH FIGS

- ✓ CERTIFIED ORGANIC



1⁹⁹

100 G
19.90 KG

SAVE \$5

Product of Turkiye

CRYSTALLIZED GINGER

- ✓ CERTIFIED ORGANIC



2⁹⁹

100 G
29.90 KG

SAVE \$2

Product of China

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. Deals may differ for online shopping. Produce, meat, and seafood pricing is valid for seven days.

THE SWEET POTATO

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STONETOWN FARMSTEAD EMMENTAL

Local
Aromatic, sweet and delightfully intricate in flavour, Emmentaler is a semi-hard cheese often identified by interspersed cherry-sized eyes (also known as holes). Boasting tones of ripe fruit and hazelnuts, it has no traces of acidity.



8⁹⁹

SAVE \$1

180 g • Product of Ontario

GREAT LAKES MAPLE GOAT CHEESE

Local
This decadent, sweet and savoury cheddar is sure to please any crowd. 100% real maple syrup is artfully added as to not take away from the flavour, this soft-textured cheese offers that mild maple syrup flavour with every bite.



8⁹⁹

SAVE \$1

175 g • Product of Ontario

CELEBRITY ORIGINAL SHEEP

Local
Exceptionally creamy and mild with a tangy flavour and a clean finish



6⁴⁹

SAVE \$1

113 g • Product of Ontario

SANTA LUCIA MINI BOCCONCINI

These mini Bocconcini balls have a creamy texture and a mild and refreshing flavour.



8⁹⁹

SAVE \$1

200 g



FRESH SUSHI AND MAKI MADE DAILY • OCEANWISE CERTIFIED FISH
• NATURAL AND ORGANIC INGREDIENTS • PLANT-BASED OPTIONS
• FAMILY-OWNED SMALL BUSINESS



Monday

ROTISSERIE CHICKEN + 2 READY-TO-HEAT SIDES OR SMALL DELI SALADS

- ✓ HOUSE-MADE, HUMANELY RAISED, LOCAL CHICKENS

19⁹⁹

ADD GRAVY \$2



Tuesday

SPK FROZEN PIZZAS

- ✓ 3 VARIETIES
- ✓ FAMILY FAVOURITE!

2 FOR \$24



Wednesday

SALAD BOWLS

- ✓ 6 VARIETIES
- ✓ PLANT-BASED OPTIONS

8⁹⁹



SO YAM GOOD

Healthy Meal Deals

At The Sweet Potato we're all about healthy convenience. That's why we've put together these delicious, inflation busting meal deals so you and your family can eat well *every week night.*

Thursday

READY-TO-HEAT SOUPS

- ✓ ALL 950ML SPK SOUPS
- ✓ MADE IN HOUSE
- ✓ ORGANIC VEGETABLES
- ✓ ABF PROTEINS

9⁹⁹ OR 11⁹⁹



Friday

PIES & TARTS

- ✓ ALL SPK PIES (SWEET, SAVOURY, FROZEN, & FRESH!)
- ✓ MADE IN HOUSE

\$3 OFF



Everyday

DELI SALADS

\$3-4 OFF

- ✓ ALL SMALL DELI SALADS 2 FOR \$11
- ✓ ALL LARGE DELI SALADS 2 FOR \$20

