

BACK TO SCHOOL!

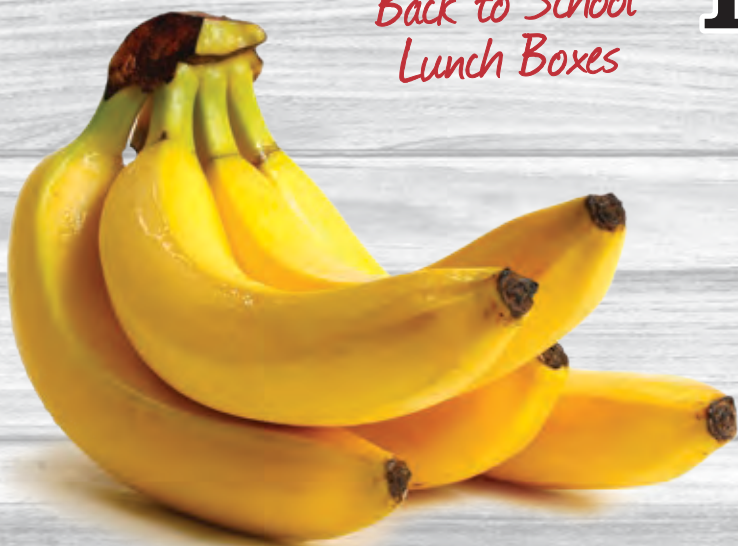
Check out pages 14 for Great Back to School Specials



You'll Feel Like Family.



Great for Back to School Lunch Boxes



Imported
Bananas

.57 lb
1.26 kg



Adams
Peanut Butter
Natural, 1 kg

6⁹⁷ ea



General Mills
Cheerios Cereal
300-430 g

2/\$7



Snack Pack
Pudding Cups
4x99 g

3/\$5



SunRype
Juice Boxes
5x200 ml
or Apple Juice, 1 L

2/\$4



Bakestone Brothers
Flour Tortillas
Selected 8-10's

2⁹⁷ ea



Armstrong
Natural Cheese
400 g

2/\$12



Fresh Lilydale
Chicken Breasts
Boneless Skinless
All Sizes

5⁹⁷ lb
13.16 kg



B.C. Grown
Royal Gala & Ambrosia Apples
3 lb Bags

3⁹⁷ ea



In Our Deli
Black Forest Ham
or Honey Ham

1⁹⁷ 100 g



In Our Bakery
Dutch Crunch Bread
454 g

2/\$5



www.countrygrocer.com

SALE ON AT ALL STORES: FRIDAY Jan. 3 - THURSDAY Jan. 9, 2025 except Salt Spring: WEDNESDAY Jan. 1 - MONDAY Jan. 6, 2025

PAGE 1



Butcher's BEST



Cut from Canada **AA** Beef

Sirloin Tip Oven Roasts

6⁹⁷ lb
15.37 kg



Fresh Canadian

Pork loin Back Ribs

All Sizes

3⁹⁷ lb
8.75 kg



Fresh Lilydale

Split Chicken Wings

Tips Removed, All Sizes

Canadian Farm Raised
Grain-Fed

4⁹⁷ lb
10.96 kg



Cut From Canada **AA** Beef

Sirloin Tip Marinating Steaks

All Sizes

7⁹⁷ lb
17.57 kg



Fresh Ovation New Zealand

Lamb Loin Chops

Free Range Lamb
100% Grass Fed

14⁹⁷ lb
33.00 kg

Buy BC and Support **LOCAL FARMERS**



Hertel's

Smoked Sliced Bacon

500 g

11⁹⁷ ea

GF No MSG Added
Gluten & Dairy Free



Hertel's

Smoked Cottage Rolls

Boneless, Cured & Naturally
Smoked Pork Shoulder

8⁹⁷ lb
19.78 kg

GF

Butcher's CHOICE



Easy Meals

Meatloaf Mix

Made In-House
Oven Ready

908 g

11⁹⁷ ea



Easy Meals

Cut From Canada **AAA** Beef

Top Sirloin Grilling Medallions

11⁹⁷ lb
26.39 kg



Farmhouse Poultry

Chicken Wings

Split - Tips Removed, All Sizes

5⁴⁷ lb
12.06 kg

It's Fresher from Here!



Country Grocer is proud to be an
Ocean Wise partner,
supporting sustainable seafood.
The Ocean Wise symbol identifies those seafood items
as a good choice to help protect life in our oceans.

SEAFOOD



Wild **Pacific Halibut
Fillets**

4⁹⁷
100 g



Wild **Sockeye
Salmon Fillets**
Skin On/Pin Bone Removed

3⁴⁷
100 g

Earl's Signature
**Clam
Chowder**
550 ml
Frozen



11⁹⁷
ea



Aqua Star
Shrimp Meal Kits
Assorted Varieties
600 g
Frozen

10⁹⁷
ea



Wild Smoked
**BBQ Salmon
Tips**
Regular or Peppered

2⁴⁷
100 g



Wild Chilean
**Handpeeled
Shrimp**

3⁹⁷
100 g



Breaded
Halibut Burgers
120 g
Previously
Frozen

3⁹⁷
ea



Janes
**Breaded
Fish Fillets**
450 g
Frozen

8⁹⁷
ea

Extra MEAT SAVINGS



Schneiders
Smoked Bacon
Regular, Maple
or Thick Cut
375 g

5⁹⁷
ea



Schneiders
Bologna
All Beef or Regular
375-500 g

5⁹⁷
ea



Schneiders
**Chicken
Wings**
or Bites, Tenders or Cutlets
450-615 g

9⁹⁷
ea



Mix and Match!
Carl Buddig
**Sliced Luncheon
Meat**
Assorted Flavours
55 g

3/\$5



Schneiders
Juicy Jumbos
or Wieners, or Sausage
Assorted Varieties
375-450 g

5⁹⁷
ea



Schneiders
Meat Pies or Quiche
Assorted Flavours
330-400 g

3⁹⁷
ea



Lou's Kitchen
**Homestyle
Entrées**
Assorted Flavours
375-450 g

9⁹⁷
ea



Craft Butcher
**Lean Ground
Elk**
454 g

15⁹⁷
ea



DELI

Thousands more
Features & Volume Buy
deals in store!
Look for them today at your favourite location.



Volume Buy



Main Street Sliced Meats

Smoked Turkey, Pizza Trio
& Smoked Honey Ham
200-300 g

5⁹⁷
ea



Fat Free
**Turkey
Breast**
3⁷⁷
100 g



**Garlic
Sausage
Link**
400 g

5⁹⁷
ea



Pillers
**Original
Turkey Bites**
300 g

11⁹⁷
ea



Pillers Sliced
**Turkey
Pizza
Pepperoni**
250 g

7⁴⁷
ea



Sliced
**Salami's,
Salametti,
Diced Pancetta**
and more...
Assorted Varieties
100-200 g

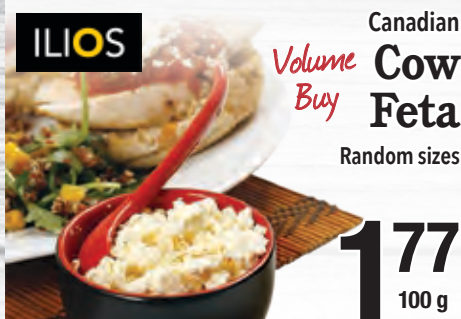
6⁹⁷
ea

CHEESES *from Around the* WORLD



Canadian
**White
Cheddar**
1 Year Aged
280 g

11⁹⁷
ea



Canadian
**Cow
Feta**
Random sizes

1⁷⁷
100 g



Mini
**Babybel
Cheese**
Assorted Varieties
120 g

5⁹⁷
ea



Laughing Cow
**Spreadable
Cheese**
Assorted Varieties
133 g

4⁹⁷
ea



Canadian
**Cheese
Slices**

Assorted Varieties
160-180 g

2/\$10

Great Back to School Savings!



Fresh TO GO

Prepared In-House



Indian Meals

Butter Chicken, Coconut Korma
Chicken, Red Thai Chicken
450 g

Pair with Stonefire Naan

Original or Carmelized Onion
360 g

4⁹⁷
ea

7⁹⁷
ea

Arbutus FARMS KITCHEN

V.I. Made!

Smash 'Ems Potatoes

Assorted Varieties, 1 kg

9⁹⁷
ea

Arbutus FARMS KITCHEN

V.I. Made!

Tabouli Salad

or Pesto Parmesan Cous Cous Salad



2⁹⁷
100 g

Salads



Summer Fresh Hummus

Assorted Varieties 255 g

5⁶⁷
ea

HAPPY PLANET



Happy Planet Fresh Soups

Assorted Varieties 650 ml

7⁹⁷
ea

Fresh SUSHI

Freshly Made In-House Daily

Regular or Spicy California Sushi Rolls

White or Brown Rice 12 piece

6⁹⁷
ea

Freshly Made In-House Daily

Garden Delight Sushi Combo

9 Piece

6⁴⁷
ea

MADE IN-HOUSE Fresh

Prepared Fresh In-House Daily

Cantaloupe, Honeydew or Watermelon

Approx. 250 g

2⁹⁷
ea

Prepared Fresh In-House Daily

Country Grocer Assorted Mixes

Approx. 300 g



- Asian
- Pizza
- Peppers
- Stir Fry

4⁹⁷
ea

BULK Foods

Dan-D Pak

Expo Rainbow Mix



1¹⁷
100 g

Dan-D Pak

Cashews

Salted or Unsalted



2⁸⁷
100 g

Country Grocer

Milk Chocolate Jubes

350 g



6⁹⁷
ea

Country Grocer

Sultana Raisins

325 g



2⁹⁷
ea



Natural & ORGANIC



Terra Breads
Artisan Granola
340 g

5⁹⁷
ea



Made Good
Organic Bars
Also Mornings,
Minis, or Cookies
5's

2/\$7



Knudsen
Just Juice
Selected
946 ml

8⁹⁷
ea



Bob's Snail
Fruit Rolls
100 g

2/\$8



Everland
Whole Almonds
681 kg

9⁹⁷
ea



New World
Sesame Tahini
Organic
500 g

7⁹⁷
ea



Earth Best
Organic Bars
133 g

2/\$9



Gnubees
Kids Smoothies
190 ml

2/\$5



Amy's
Organic Soup
398 ml

3⁹⁷
ea



Clif
Organic Zbar
180 g

4⁹⁷
ea



Tofino
Organic Kombucha
355 ml

2⁷⁷
ea



SunRype
Fruit Bites
Organic
108 g

3⁷⁷
ea





Vitamins & SUPPLEMENTS

Formulated with humic acid, fulvic acid and seaweed, Vital Humic+ is an excellent source of antioxidants and probiotics.



Vital
Humic Plus
60 Caps

37⁹⁷
ea



Webber Naturals
B12
1200 mg
60+20 Tabs

12⁹⁷
ea



Webber Naturals
Probiotic
30 Billion
30 Caps

17⁹⁷
ea



This herbal support supplement can promote metabolism, balance hormones, curb appetite, and enhance your workouts.



Aeryon Wellness
Lose it
60 Caps

36⁹⁷
ea



Use for pain, sleep issues, anxiety, and much more.



Cannanda
CB2 Hemp Oil
240 ml

31⁹⁷
ea



Herbion
Lozenges
18 Lozenges

24⁹⁷
ea



Prairie Doctor
Throat Spray
50 ml

17⁹⁷
ea

Helps support healthy mood balance during menopause. Contains organic KSM-66 Ashwagandha to increase the body's resistance to everyday stress.



Webber Naturals
Maca For Women
60 Caps

25⁹⁷
ea

All Prairie Naturals



20% OFF
AT CHECKOUTS



GROCERY



Coke & Assorted
**Coca Cola
Products**
12x355 ml

6⁹⁷
ea



Sunchips
**Multigrain
Chips**
205 g

2/\$8⁵⁰



Bubly
**Sparkling
Water**
or Montellier
10 Pack
12x355 ml

2/\$12



Smartfood
Popcorn
150-220 g

2/\$8



Peace Tea
**Iced
Teas**
695 ml

4/\$5



Arriba
**Tortilla
Chips**
235-245 g

2/\$8



Matiz
**Valencia
Almonds**
100 g

5⁹⁷
ea



Monster
**Energy
Drinks**
444-473 ml

3/\$7



Coke & Assorted
**Coca Cola
Products**
Mini Cans
6x222 ml

4⁴⁷
ea



Pepsi & Assorted
**Pepsi
Products**
2 L

2/\$4



Starbucks
**Coffee
Beverages**
405-444 ml

2/\$5



Sprague
**Organic
Soup**
398 ml

2/\$7



Mezzetta
**Pasta
Sauce**
709 ml

5⁹⁷
ea



Real Foods
**Corn
Thins**
150 g

2/\$5



Athletic Brewing
**Non-Alcoholic
Beer**
6x355 ml

9⁹⁷
ea



Vitamins & SUPPLEMENTS

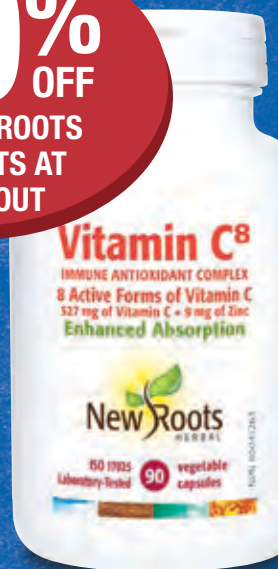
New Roots
HERBAL

**CERTAINTY IN
EVERY DOSE!**

ALL OUR PRODUCTS ARE TESTED IN AN
ISO 17025-ACCREDITED LABORATORY

**20%
OFF**

ALL NEW ROOTS
PRODUCTS AT
CHECKOUT



**Vega
Products**

**20%
OFF
AT CHECKOUTS**



Vitamins & SUPPLEMENTS



Canada's
#1
Collagen
Powder

From healthy hair, glowing skin and strong nails, to gut, bone and joint health - meet our Enhanced Collagen Original. A clean, single-ingredient formula sourced from grass-fed, pasture-raised cattle. Our flavourless and odourless hydrolyzed collagen peptides allow for maximum absorption in your body.



Organika
Our promise is to
innovate & create
high quality wellness products
to help you live healthier.

Enhanced
Collagen
250 g

24⁹⁷ ea

Pure
Beauty
Collagen
250 g

32⁹⁷ ea



The ultimate beauty blend created with Collagen Powder, Hyaluronic Acid, Vitamin C, Silica and Zinc.



All CanPrev Products

Our comprehensive line of naturopathic remedies is formulated by our in-house natural health practitioners to be safe, effective and accessible for Canadian families, so you can bring natural medicine home.



20% OFF
AT CHECKOUTS



TM

Vitamins & SUPPLEMENTS

Celebrating 25 Years of Purica

Vancouver Island Roots,
Unwavering Quality



100% NATURAL • NOTHING ARTIFICIAL
PROUDLY MADE IN BC

20% OFF
ALL PVL & NCN
PRODUCTS AT
CHECKOUT



PVL.COM • NORTHCOASTNATURALS.COM

SALE ON AT ALL STORES: FRIDAY Jan. 3 - THURSDAY Jan. 9, 2025 except Salt Spring: WEDNESDAY Jan. 1 - MONDAY Jan. 6, 2025

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Vitamins & SUPPLEMENTS



Joy of the Mountains Oil of Oregano

A rare species of ethically wildcrafted Mediterranean oregano, containing up to 85% Carvacrol. A powerful natural health aid, and industry award winner.

20% OFF
AT CHECKOUTS



Kombucha is a sparkling beverage made by fermenting tea and sugar with a symbiotic culture of bacteria and yeast (SCOBY) and contains living cultures, organic acids and antioxidants that help with digestion and support the immune system.

1 L
8⁹⁷
ea



risekombucha.com





Chef Heidi's Recipe
**Wealthy
 Shepherds Pie**
 Find the recipe at countrygrocer.com



Kellogg's
**Family Size
 Cereal**
 480-625 g

6⁹⁷
 ea



Tilda
**Basmati
 Rice**
 250 g

2⁹⁷
 ea



Ocean's
**Light
 Tuna**
 170 g

3/\$5



Beekist
**Liquid
 Honey**
 1 kg

10⁹⁷
 ea



Smucker's
**Pure
 Jam**
 500 ml

5⁹⁷
 ea



Flying Goose
**Sriracha
 Sauce**
 455 ml

2/\$5



Campbell's
Soups
 or Broth
 284 ml

2/\$4



Kraft
**Parmesan
 Cheese**
 250 g

6⁹⁷
 ea



Unico
Pasta
 900 g

2/\$5



Unico
Beans
 540 ml

3/\$5



Catelli
**Pasta
 Sauce**
 640 ml

1⁹⁷
 ea



Betty Crocker
**Fruit
 Snacks**
 128-226 g

2/\$7



Nature Valley
**Crunchy
 Bars**
 or Lunch Box
 130-230 g

2⁹⁷
 ea



Fibre 1
**Delight
 Bars**
 125 g

3⁹⁷
 ea



Betty Crocker
Dunkeroos
 168 g

4⁴⁷
 ea



Christie
**Snack
Crackers**
180-200 g

2/\$6



Del Monte
**Canned
Fruit**
398 ml

2/\$5



Dairyland
**Milk
2 Go**
473 ml

2/\$4



Quaker
**Chewy
Bars**
or Dips
120-156 g

2/\$6



Quaker
**Instant
Oatmeal**
240-314 g

3⁹⁷
ea



Kellogg's
**Rice
Krispies
Squares**
176-198 g

3⁴⁷
ea



Chef Boyardee
**Canned
Pasta**
425 g

3/\$7



Sunkist
**Fruit
Snacks**
176 g

2⁹⁷
ea



Mott's
Fruitsations
104-111 g

2⁹⁷
ea



Kellogg's
**Nutrigrain
Bars**
295 g

3/\$10



Goldfish
**Snacking
Crackers**
180-227 g

2⁹⁷
ea



Sun-Maid
**Mini
Raisins**
or Yogurt Minis
14-30 g

2/\$7



Campbell's
**Chunky
Soup**
515 ml

2/\$6



Peek Freans
**Tea
Biscuits**
290-300 g

4⁴⁷
ea



Nongshim
**Noodle
Bowls**
86 g

4/\$5



SunRype
**Apple
Juice**
1 L

2/\$4



ARE YOU A...
COMMUNITY GROUP
NOT FOR PROFIT
SPORTS TEAM
SCHOOL
JOIN ONLINE



SAVE A TAPE

Save Country Grocer receipts
and receive 1% in return in the form
of Country Grocer gift card(s)

For program details and registration view our website

COUNTRYGROCER/COMMUNITY/SAVEATAPE

Country Grocer's Save A Tape program is available to local community groups,
sports teams and not for profits located on Vancouver Island.



HOUSE, HOME & Pet





Dairy FRESH



Siggis
**Skыр
Yogurt**
650-750 g

5⁹⁷
ea



Tre Stelle
**Feta
Cheese**
375 g

7⁹⁷
ea



Armstrong
**Shredded
Cheese**
450-500 g

8⁹⁷
ea



Amooza
**Cheese
Strings**
228 g

4⁹⁷
ea



Danone
**Yogurt
Smoothies**
190 ml

3/\$4



Kozy Shack
**Rice
Pudding**
624 g

2⁹⁷
ea



Natre
**Organic
Milk**
2 L

5⁷⁷
ea



IOGO
**Nano
Yogurt**
6x93 ml

4⁴⁷
ea

FROZEN Foods



Minute Maid
**Orange
Juice**
295 ml

1⁷⁷
ea



El Tomas
**Bean
Burritos**
142 g

2⁷⁷
ea



Kellogg's
**Eggo
Waffles**
280-330 g

2/\$7



Chapman's
**Yukon
Novelties**
or No Sugar Added
4-8's

4⁹⁷
ea



Jus Rol
**Pancake
Bites**
238 g

3⁹⁷
ea



Smuckers
Uncrustables
208-232 g

4⁴⁷
ea



Pillsbury
**Pizza
Pops**
380 g

2/\$7



McCain
**Tasti
Taters**
800 g

4⁷⁷
ea

Bakery FRESH



**THIS
WEEK'S
HOT BUY**

*Lunch Box
Ready!*

Fresh Baked
Muffins
Assorted Varieties
6 Pack



*Baked Fresh,
RIGHT Here*

5⁹⁷
ea

Dutch Crunch
Bread
454 g



2/\$5

Country Fresh
Cookies
Chocolate Chip,
Ginger Snap,
Oatmeal Raisin
Rainbow Chip
12 Pack



5⁹⁷
ea

**Ciabatta
Buns**
6 Pack



3⁹⁷
ea

*Five Varieties to
Choose From!*

Bakestone
Bagels
6 Pack



3⁹⁷
ea



Silverhills
Bread
430-615 g

4⁴⁷
ea



Oliviers
**Sourdough
Bread**
800 g

6⁹⁷
ea



*Made with Fresh
Island Farms
Whipping Cream!*



**Vanilla
Slices**
2 Pack

2/\$7



Dempster's
**Bread &
7" Tortillas**
570-675 g, 10's

2/\$7



O'Dough's
**Gluten Free
Bagels**
6's

5⁹⁷
ea



New!

**Cheesecake
Slices**
2 Pack

7⁹⁷
ea



Fresh PRODUCE



**We Support
Local BC Growers**

Country Grocer provides the highest quality product direct from BC Farms. Enjoy the best tastes of BC all year long!



Back to School



Imported
Bananas



.57 lb
1.26 kg



Direct Source
produce

B.C. Grown

**Royal Gala
& Ambrosia
Apples**

3 lb Bags



3⁹⁷ ea

California
**Navel
Oranges**
3 lb Bags



4⁹⁷ ea



Ocean Spray

Blueberries

1 Pint Clamshell



3⁹⁷ ea

California
Fresh Express

Spinach

8 oz Bag



2⁹⁷ ea



B.C. Grown
**Grape
Tomatoes**

1 Pint Clamshell



1⁹⁷ ea



B.C. Produced
Sunrise

**Red Label
Tofu**

Medium, Firm
454-500g



2⁹⁷ ea



B.C. Grown

**Small
White Potatoes**

5lb Bags



2⁹⁷ ea



Washington
**Mini
Cucumbers**

1 lb Bags



3⁹⁷ ea



California
**Cara Cara
Red Navel
Oranges**

3 lb Bags



6⁹⁷ ea



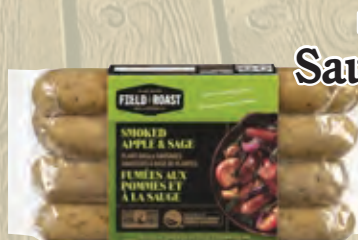
B.C. Produced

**Fruit to Go
Dried Fruit
Snacks**

14g



2/\$1



Field Roast

Sausage

367 g

- Apple Sage
- Frankfurters
- Italian
- Mexican

7⁹⁷ ea



Imported
**Coloured
Peppers**

2 lb Bags



6⁹⁷ ea



*Fresh
Certified*

ORGANIC PRODUCE



ORGANIC Mexico
**Rio Red
Grapefruit**
4 lb Bags

6⁹⁷
ea



ORGANIC B.C. Grown
**Spartan
Apples**
3 lb Bags

4⁹⁷
ea



ORGANIC Mexico
**Vine Cherry
Tomatoes**
12 oz Clamshell

6⁹⁷
ea



ORGANIC U.S.
**Green or
Red Leaf
Lettuce**

2⁹⁷
ea
BUNCH



ORGANIC Mexico
**Black or
Green Kale**

2⁹⁷
ea



ORGANIC B.C. Grown
**Yellow Pugly
Potatoes**
5 lb bag

5⁹⁷
ea



ORGANIC U.S.

**Clementine
Mandarins**

4⁹⁷
ea

**Make a healthy choice! Fill half your
plate with fruits and veggies.**

The Half Your Plate Program is a healthy living initiative that empowers Canadians to eat more fruits and vegetables to improve their health. It's fun, practical, and informative, with tips on how to prepare fruits and vegetables for meals, snacks at home, school, work, eating out or on the go. Country Grocer is proud to be a part of this, and to bring you all the information on how you can join in on this great new program. Go to: www.cpm.ca & www.bcpma.com Find weekly tips and recipes on their blog at: halfyourplate.ca Follow them on Facebook, Pinterest & Twitter for all the latest news! Use #halfyourplate to share recipes and tips.



FLORAL & GARDEN



**Potted Mini
Daffodils**
4 inch

*Bring an early touch
of spring indoors
with these adorable
potted bulbs.*

Once finished, the bulbs
can be planted outside to
re-bloom next season!

3⁴⁷
ea



**Seasonal Mixed
Bouquet**
Medium



26⁹⁷
ea



**Emboss Checker
Metal Planter**
8 inch



36⁹⁷
ea

You'll feel like family.



Vancouver Island Owned
& Operated Since 1984



Chapman's
Ice Cream
Super Premium
500 ml

2/\$9



Simply
Orange Juice
or Lemonades
1.54 L

4⁹⁷
ea



Snowcrest
Perfectly Imperfect

Frozen Fruit
1.75 kg

10⁹⁷
ea



Ketch
Sockeye Salmon
200 g

2⁹⁷
ea



Cheemo
Frozen Perogies
907 g

2/\$6



Snyder's
Pretzel Pieces
240 g

2⁹⁷
ea

In the
Meat Department
Carver's Choice
Ham Nuggets



While Stocks Last

2⁹⁷
lb
6.55 kg

**11 Great Locations
to SERVE YOU!**

**OPEN 7 Days
a Week!**

VICTORIA (ROYAL OAK)
250-708-3919
OPEN 7am-10pm
Royal Oak Shopping Centre
4420 West Saanich Rd.

VICTORIA (ESQUIMALT)
250-382-5515
OPEN 7am-10pm
1153 Esquimalt Rd.

NANAIMO (CHASE RIVER)
250-753-7545
OPEN 7am-10pm
82 Twelfth St.

NANAIMO (BOWEN RD.)
250-591-5525
OPEN 7am-10pm
1800 Dufferin Crescent

SALT SPRING ISLAND (GANGES)
250-537-4144
OPEN 7am-9pm
374 Lower Ganges Rd.

LAKE COWICHAN
250-749-6335
OPEN 7am-10pm
83 Cowichan Lake Rd.

COBBLE HILL
250-743-5639
OPEN 7am-10pm
33-1400 Cowichan Bay Rd.

DUNCAN
250-856-0989
OPEN 7am-10pm
3288 Cowichan Lake Rd.

CHEMAINUS
250-246-3551
OPEN 7am-10pm
3055 Oak Street

LADYSMITH
250-245-3221
OPEN 7am-10pm
1020 1st Avenue

CEDAR
250-722-7010
OPEN 7am-10pm
1824 Cedar Rd.



Our flyer is made with recycled content
and vegetable oil based ink.

We have an App!



Check out our weekly deals,
browse recipes and check out
our social media.

Selection may vary by store.
Deposits and/or environmental fees extra where applicable.
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