

NOV 18 - DEC 1

WEEKLY BUYS

Autumn Flavours at prices you'll fall for.

Sign up to receive special announcements & find the latest sale flyers at wholefoodsmarket.com

CAPERS
COMMUNITY MARKET

WHOLE FOODS
MARKET

PRODUCE

Texas Grown Rio Star Grapefruit

Citrus Season is Here!
Deep red in colour and
packed with great flavour
and Vitamin C.

99¢ lb.
Reg. Price
\$1.99 lb.

save
\$1

MEAT

Maple Hill Farms Whole Chicken

Locally grown by the
Regehr family in the
central Fraser Valley.

\$3.99 lb.
88¢ 100g
Reg. Price
\$4.49 lb.

save
50¢

GROCERY

Annie's Homegrown Family Size Cheddar Shells

Stock up and save on a
family favourite.

2 for \$5

Reg. Price
\$3.99 340 g.

save
37%

SEAFOOD

Farm Raised Raw, Peeled & Deveined Shrimp

Raised meeting our high
aquaculture standards.
Previously Frozen,
Product of Thailand

\$2.99 100g
Reg. Price
\$3.99
7-8 avg.
per 100g

save
\$1

BAKERY

Baked In-House Cranberry-Apple Coffee Cake

The perfect seasonal
coffecake - moist and
delicious.

\$4.99
Reg. Price
\$6.99 ea.

save
\$2

FROZEN

That Guy's Soup Frozen Soups

All Varieties

Delicious gluten-free
vegetarian soups with an
International flavour.

**Buy One
Get One
FREE!**

680 g.

save
**\$5.99
on 2**

Prices valid while supplies last. Regular prices may vary. Quantities may be limited. Some products may not be available in all markets. We reserve the right to correct printing errors. BC locations.



paper consists
of 100% PCW

BAKERY

Uprising Breads
Honey Buttermilk

Produced in Vancouver, BC!

\$2.99

Reg. Price \$3.99 535 g.

save \$1

SPECIALTY CHEESE

Portneuf
La Sauvagine

Truly remarkable artisan cheese with a deliciously rustic flavour produced in Quebec.

\$4.49 100g

Reg. Price \$5.49

save \$1

COFFEE

Allegro
Organic Breakfast Blend

Perfect morning coffee – bright & bursting with flavour.

\$9.99

Reg. Price \$11.99 340 g.

save \$2

DAIRY

Happy Planet
Cooking Sauces
All Varieties

Create delicious meals in minutes with these freshly-made sauces.

2 for \$6

Reg. Price \$3.99 300ml

save 25%

GROCERY

Real Treats
Kettle Corn
All Flavours

2 for \$5

Reg. Price \$3.99 170 g.

save 37%

FROZEN

Old Country Edibles
Grilled Veggie Lasagna

A Traditional Italian favourite!

\$8.99

Reg. Price \$12.99 907 g.

save \$4

COFFEE & TEA

Organic India
Tulsi Teas
All Varieties

Stock up and Save

2 for \$6

Reg. Price \$5.99 18 ct.

save 50%

PREPARED FOODS

Made In-House
Beasley's Tortiere Pie

Traditional French Canadian Favourite.

\$19.99

Reg. Price \$24.99 ea.

save \$5

GROCERY

Seeds of Change
Grain & Rice Side Dishes
Select Varieties

2 for \$6

Reg. Price \$4.99 5.6 oz.

save 40%

WHOLE BODY

Sisu
Ester C
All Varieties

Reg. Price \$8.79 - \$57.99

15% off!

WHOLE BODY

Pacifica
Perfume, Soap & Body Butter
Select Varieties

Reg. Price \$6.99 - \$23.99

30% off!

WHOLE BODY

Jason
Hand & Body Lotion
All Varieties

\$5.49

Reg. Price \$6.49 250 g.

save \$1