THE Marketplace™

ᑭᖅᑕᐅ ᐊᑐᑎᓂᐊᖏᑐᑦ
ᐃᕐᓂ 16 - 28, 2020

Prices in effect
March 16 - 28, 2020

Bell

THE SOURCE™

ᓂᕆᑭᑦ MEAT

$4.99

ᓂᕆᑭ ᓯᕗᒡᓗᒪᔪᖅ
Lean Ground Beef, 1 lb

$23.99

Hᐊᒃᓴᐅ ᓂᕆᑭᖏᑐ
Co-op Gold Beef Burgers, 2kg

ᐃᒪᒍᑦ ᐃᒪᒍᖏᓐᓇᕐᓂᑦ DAIRY

$4.29

ᒥᑭᔪᑦ ᒍᓪᓚ
Mini Babybel Original, 6x20g

$3.99

ᓚᓚ ᑕᒧᑐᖃᕐᐃᑦ
Moon Cheese, 57g

$4.79

ᐃᒪᒧᑦ, ddᓕᓄ ᐃᒪᒧᑦ
Fairlife Chocolate Milk, 1.5L

$3.99

ᔨᑲᑦ
Dairyland Yogurt, 650g

ᖃᐅᔨᖅᑕᐅᓯᒪᔪᑦ FROZEN

$2.49

ᕿᑎᓕ ᓯᕗᒡᓗᒪᔪᑦ
Co-op Gold Diced Hash Browns, 1kg

$2.99

ᖃᐅᔨᑦ ᐱᑭᖅᑐᑦ ᓄᓇᓕᖕᒥᑦ
Co-op Frozen Vegetables, 750g

$19.99

ᖃᐅᔨᖅ ᑕᓴᓐᓇ
Co-op Gold Meat Lasagna 2.27kg

ᐱᑭᖅᑎᑕᐅᓯᒪᔪᑦ PRODUCE

$3.69/lb
$8.14/kg

ᐊᐅᕕᖅᑐᑦ ᐊᒻᒪᓗ ᐅᓴᐅᓴᐃᑦ ᔪᑕᐃᕐᐸᑦ
Red And Green Grapes, Bag

$2.49

ᑕᑎᕐ
Romaine Lettuce, Each

$1.99/lb
$4.39/kg

ᐳᓴᔩᓕ
Broccoli Bunch Pre Packed, Each

$3.99

ᑭᐅᐃ
Kiwi, 1 lb Bag

$3.99

ᔪᐸᑭᑎ ᒪᒪᖅᑕᐅᓴ
Prego Spaghetti Sauce, 645 – 675ml

$3.99

ᔪᐸᑭᑎ ᐊᒻᒪᓗ ᒪᑯᔨᓂᑦᑳᖅ
Co-op Gold Spaghetti or Macaroni, 900g

$3.99

ᔪᑭ ᐊᒻᒪᓗ ᓂᕆᑭᖏᑐ ᖃᐅᔨᐃᓐᓇᖅᑐᖅ
Co-op Gold Chicken Or Beef Broth, 946ml

$6.99

ᑲᑎᕐ
Heinz Squeeze Ketchup, 1L

$8.99

ᒪᐃᔨᓂᕐ
Hellmann's Real Mayonnaise, 890ml

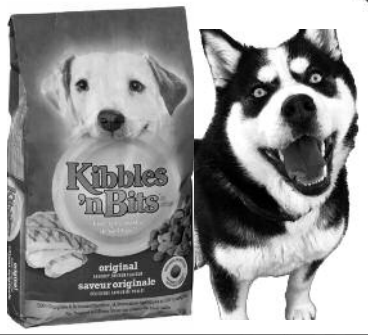
$19.99

ᑲᐱ
Tim Horton's Original K-Cups, 30's

$7.99

ᖃᑲᑎᐊᓕᓂ ᑕᒧᑐᑲᑎᖅᑐᑦ
Traditional Naniamo Bar, Each

$8.99



ᖃᑭᑦ ᓂᕆᑭᖏᑐ (ᑭᒪᐳ)
Kibbles 'n Bits Original Dog Food, 1.8kg

Start enjoying the benefits of the Spirit Prepaid Reloadable Visa card today!
ᐊᑲᖏᓱᑭᑎᑎᓀᓕᐊᓕᓴᑭᓄᑦ ᐱᓀᓕᓂᑭᑎᑦᓴᐊᑦ ᓯᐱᐅᓗᓂ ᐃᓕᓴᕐᓂᐊᖅᑐᑦ ᐃᓕᓕᓂᖏᓐᓂᐊᖅᑐᑦ ᐃᓕᓕᓂᕆᓂᐊᖅᑐᑦ ᓱᓴ ᐊᐅᑦᑕᓯᒧᑦ ᐅᑦᓗᒥ!

SPIRIT
Prepaid Visa Card

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Ventures: Open Daily 9 a.m. to 10 p.m. Phone: 979-5992
The Source: Open Daily 9 a.m. to 10 p.m. Phone: 979-4233
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Saturday and Sunday 1 p.m. to 10 p.m. Phone: 979-4277