ᓇᓐᑲᐊᓇ

ᐆᒪᒪᑎᑦᑎᐊᓇᒐᓱᖕᓂᕐᒧᑦ ᑕᖅᑭᖅ

ARCTIC VENTURES THE Marketplace

February is Heart Health Month

ᐳᕋᑲᓕ, ᑲᑎᖕᖓᔪᑦ
Broccoli, bunch
$3.59

ᑭᐅᕋᕐᓴ
Carrots, 2lbs
$3.99

ᓴᓗᓇ
Celery
$2.49

ᓲᕐᓇᕐᑐᑦ ᐸᑏᑎ
Sweet potatoes
$1.99 LB

ᐅᓇᓐᔨᓴ
Navel oranges
$1.79 LB

ᐸᐅᖕᖓᐃᑦ
Blueberries, 311 g
$4.59

ᒍᓇᐸᕗᔾᑦ
Grapefruit
$3.59

ᑭᐊᑦ
Kale
$1.29 LB

ᒐᓕ
Garlic
$3.99 LB

ᓯᕕᔅ ᓴᑦ
Swiss Chard
$1.15 LB

ᔨᓐᔪ ᐊᐃᕋᖅ
Ginger root
$3.99 LB

ᑲᒻᐸᔅ ᕗᐊᓇᑦᔅ
Compass Walnuts, 300g
$3.99 LB

ᓴᐅᓂᖃᖕᒋᑦᑐᑦ ᐊᕿᒐᒋᔪᐊᑉ ᖃᑦᑖᖕᒋᑦ
Boneless skinless chicken breasts
$7.99 LB

ᐊᖕᒋᔪᑦ ᒪᓐᓃᑦ, 12 ᐃᓗᓕᖕᒋᑦ
Large eggs, 12 pack
$2.99

Prana ᐳᑭᐋᒃᑎᑯ ᐱᑭᕐᓯᐊᒃᓴᑦ
Prana proactive Chia, 284g
$10.99

Beatrice ᐅᓇᓐᔾ ᓲᓴ
Beatrice orange juice, 1.89 L
$8.99

Petrelli ᓂᕿᓄᑦ ᐋᓕᑯ ᐅᕐᓱᒃᓴᖅ
Petrelli extra virgin olive oil, 500ml
$6.99

Canmar ᖁᕐᓴᖅᑕᑦ ᕙᓛᒃᓴ ᐱᕈᕐᑐᒃᓴᑦ
Canmar golden flax seeds, 425g
$4.99

NP-QIA ᓱᐳ ᓱᑦᓴ ᐊᒻᒪ ᒍᓇᔅ
NP-QIA superseeds and grains, 228g
$5.99

Stoked ᐊᓗᒐᒃᓴᖅ ᐆᑦᓴ ᐊᔾᔨᒌᖕᒋᑦᑐᑎᑦ
Stoked Oats, assorted, 500g
$8.99

Co-op Gold ᖃᓂᕐᑦ ᑑᑐ ᐲᓴ
Co-op Gold black turtle beans, 540ml
$3.49

Co-op ᐃᓛᓯᒪᖕᒋᑦᑐᖅ ᐸᓕ
Co-op pure organic barley 400g
$5.99

Co-op Gold ᐊᐅᐸᔪᒃᑐᖅ ᐃᖃᓗᐃᑦ ᐊᕕᒃᓯᒪᐅᕐᑐᑦ
Co-op Gold pink salmon portions, 400g
$7.99

Co-op Gold ᐸᐅᖕᖓᐃᑦ
Co-op Gold blueberries, 1.5kg
$11.99

Start enjoying the benefits of the Spirit Prepaid Reloadable Visa card today!
ᐊᑲᕐᓇᔭᕈᑎᒋᕙᓪᓕᐊᓕᒃᑭᑦ ᐱᕙᓪᓕᕈᑎᑦᓴᐃᑦ ᓯᐱᐅᓇᑦ ᐃᓗᓕᖅᐸᑏᖅᓯᒪᔪᒧᑦ ᐃᓗᓪᓕᕋᑦᓴᒧᑦ ᓈᓴ ᐊᐅᑦᑕᔫᒧᑦ ᐅᓪᓗᒥ!

SPIRIT Prepaid Visa Card

ᕙᓇ ᓱᓴ: ᖃᐅᑕᒫ ᒪᑐᐃᖓᖃᑦᑕᖅᑐᖅ 9-ᒥ ᐅᓪᓛᒥ 10-ᒧ ᐅᓇᓄᖕᒧᑦ ᐅᖃᓗᑎᖓ:979-5992
ᓯᐊᓴ: ᖃᐅᑕᒫ ᒪᑐᐃᖓᖃᑦᑕᖅᑐᖅ 9-ᒥ ᐅᓪᓛᒥ 10-ᒧ ᐅᓇᓄᖕᒧᑦ ᐅᖃᓗᑎᖓ:979-4233
ᕕᑎᐅ ᓴᒃ: ᒪᑐᐃᖓᔪᖅ ᓇᒐᔾᔭᐅᓯᑦ ᑕᓪᓕᕐᒥᕐᒧᑦ 5-ᒥᑦ 9-ᒧᑦ;
ᓈᑦᑏᖑᔭᓛᕐᓂᐊᖅ ᐊᒻᒪ ᓈᑦᑏᖑᔭ 1-ᒥᑦ 10-ᒧᑦ ᐅᖃᓗᑎᖓ:979-4277

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
Video Shack: Open Monday to Friday 5 p.m. to 9 p.m.;
Saturday and Sunday 1 p.m. to 10 p.m. Phone: 979-4277