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COLLECT**

FREE*
PICK-UP

on now



SHOP.IGABC.COM

* Save \$3.99. On now until Jan 18, 2020.
See online for more details.

**SIMPLER
GOODNESS**



Now you can shop for everything you love at IGA without going shopping at all. Our new online shopping means you just click on what you want and then pick it up.

Our highly-trained expert shoppers find you the freshest produce, meat, seafood, baked goods and dairy products.

It's incredibly easy
& 100% guaranteed.

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CLICK & COLLECT



1.

Shop online for click and collect at shop.igabc.com through your phone, tablet or computer.



2.

Choose the IGA store that's convenient for you.



3.

Select your pick-up time. Order as late as 2pm for same day pick-up!



4.

Fill your cart with all your favourites from every aisle.



5.

We'll handpick only the freshest groceries - 100% satisfaction guaranteed.



6.

We'll email and text message you when your groceries are ready for pick-up, so you can zip past the checkout line!



Simple Goodness

Holiday SAVINGS



Fresh Pork Back Ribs
BUY 1, GET 1 FREE

CERTIFIED ANGUS BEEF
SINCE 1978

save 42%
off regular price

Western Canadian
Fresh AAA Certified Angus Beef Top Sirloin Roast or Steaks
family pack 15.41/kg
6.99 lb

cut from western canadian
AAA certified angus beef
aged minimum 21 days

Campbell's Broth
assorted
900 mL

2/\$3

SUPER HOT!

Breyers Family Classic Frozen Dessert
1.66 L

2.99 ea

SUPER HOT!

California Fresh Pomegranates

2/\$5

Miss Vickie's Potato Chips
220 g

2/\$5

SUPER HOT!

Peru Fresh Blueberries
6 oz weather permitting

2/\$7

save 45%
off regular price

BC Fresh Boneless Skinless Chicken Thighs
family pack 11.00/kg
4.99 lb

Local

Friday, December 6 - Thursday, December 12

CERTIFIED ANGUS BEEF® BRAND
SINCE 1978

cut from western canadian
AAA certified angus beef
aged minimum 21 days

Western Canadian
Fresh AAA Certified Angus Beef T-Bone Steaks
family pack 24.23/kg
10.99 lb

New Zealand Spring Leg of Lamb
frozen short cut 15.41/kg
6.99 lb

BC Fresh Whole Frying Chicken
grade A 6.59/kg
2.99 lb

Duso's Fresh Pasta Sauce
selected 150 mL - 300 mL or
Fresh Filled Pasta
selected 250 g - 300 g
4.69 ea

Grimm's Sizzlin' Smokies
450 g
5.99 ea

Janes Pub Style Chicken Burgers
or strips, popcorn, fries or nuggets 700 g
9.99 ea

Maple Lodge Farms Natural Shaved Turkey or Chicken
175 g
3.99 ea

Raw Prawn Skewers
1.99 per skewer

Pacific Cod Fillets
frozen
1.79 /100g

Ocean Wise Wild Pacific Halibut Fillets
previously frozen
4.99 /100g

Ocean Wise Wild BC Sockeye Salmon Lox Trim
previously frozen
3.69 /100g

Freybe Liver Sausage
fine, coarse or herb
125 g
2.99 ea

Maple Leaf Prime Raised Without Antibiotics Chicken Wings
800 g
8.49 ea

Maple Leaf Natural Sliced Side Bacon
original or lazy maple
375 g
4.49 ea

Freybe Corned Beef
2.99 /100g

Zen Grain Salad
1.79 /100g

Sourdough Boule
fresh baked in-store
600 g
3.99 ea

Riserva Salami assorted
300 g
8.49 ea

España Tapas Essentials
80 g
5.99 ea

Old Croc Smoked Aged Australian Cheddar
170 g - 198 g
8.99 ea

Krinos Organic Cow Feta
150 g
4.49 ea

Raisin Bran Muffins
fresh baked in-store
3.99 4 pk

Almondine Butter Croissants
fresh baked in-store
3.29 2 pk

Saputo Bocconcini Cheese
200 g
4.99 ea

Italian Herb Panini Rolls
fresh baked in-store
2.79 8 pk

Alpine Grain Bread
fresh baked in-store
450 g
2.29 ea

Holiday Entertaining

MADE EASY!



Freybe Sausages
mennonite, kolbassa or ham garlic 375 g

Local

6.69 ea

Freybe Gourmet Pâté
150 g - 200 g

Local

4.49 ea

Christie Ritz Crackers
350 g

4.69 ea

Fontaine Santé Hummus
or baba gannouj
260 g

3.99 ea

Aqua Star Salt & Pepper Calamari
500 g

8.99 ea

Aqua Star Crunchy Breaded Scallops
454 g

9.99 ea

Fresh Attitude Salad Kits with toppings
402 g - 427 g family size

6.99 ea

Cool & Simple Appetizers
sausage 16's or mini puffs 20's

5.69 ea

Cuisine Adventures Appetizers
255 g - 315 g

7.49 ea

Mary's Organic Crackers
155 g - 184 g

6.49 ea

Manchego Cheese
aged 12 months
product of Spain

5.49 /100g

Gourmet Chef Spicy Jellies
220 g

Local

4.99 ea

Mastro San Daniele Charcuterie Trio
italian 250 g or mediterranean 150 g

8.99 ea

Armstrong Cheddar Cheese
or mozzarella 200 g

3.99 ea

Dutch Crunch Potato Chips
200 g

2.16

Terra Exotic Vegetable Chips
170 g

4.99 ea

Dairyland Sour Cream
250 mL

1.69 ea

Angie's Boom Chicka Pop.
125 g - 198 g

3.69 ea

Taves Family Farms Apple Barn Cider
909 mL
plus deposit & recycle fee

5.99 ea

Buderim Ginger Beer
4 x 250 mL
plus deposit & recycle fee

5.99 ea

Fentiman's Crafted Botanical Drink
750 mL
plus deposit & recycle fee

4.49 ea

Montellier Carbonated Natural Spring Water
1 L

5/5
plus deposit & recycle fee

Coca-Cola
sprite, canada dry or fanta 4 x 310 mL
sleek cans
plus deposit & recycle fee

2.99 ea

Jules Destrooper
Almond Thins, Blue Waffle or Rice Crisp Crunch 100 g

2/6

Wine Gums
1.16 /100g

Walter Craft Caesar Rim
140 g

2.99 ea

Walter Craft Caesar Mix
946 mL
plus deposit & recycle fee

Local

5.69 ea

The Worthy Crumb Pecan or Raisin Tarts

6.49 6 pk

Island Farms Vanilla Plus or Classic Ice Cream
1.65 L

Local

4.99 ea



Wonder Bread 570 g

2/\$5



Armstrong Cheese 600 g - 700 g

7.99 ea



Old El Paso Taco Dinner Kits or burrito 10's - 12's

4.49 ea



Casa Fiesta Refried Beans 398 mL

2/\$6



Emma Passata strained tomatoes selected 680 mL product of Italy 1.69 ea



Unico Pasta 700 g - 900 g or cannelloni 250 g 2/\$4



Dempster's Tortillas 10" selected 6's - 10's

3.69 ea



Seeds of Change Organic Rice Side Dish 240 g

3.99 ea



Pacific Organic Broth 946 mL - 1 L

3.99 ea



Krinos Organic Kalamata Gold Olive Oil 500 mL

9.99 ea



Napoli Classic Crust Pizza cheese 370 g or pepperoni 356 g

2/\$7



IGA Frozen Vegetables selected 750 g

2/\$6



Stouffer's Sauté Sensations 640 g

5.99 ea



Chickapea Pasta 227 g

5.49 ea



Clover Leaf Wild Pacific Pink Salmon 213 g 3.99 ea

Silver Hills 100% Sprouted Power Bread 430 g - 615 g 2/\$6



Habitant Pea Soup 796 mL

2.99 ea



Chef Boyardee Pasta 425 g or hunt's manwich sauce 398 mL

1.89 ea



Tropicana Orange Juice or grapefruit 1.54 L plus deposit & recycle fee

4.99 ea



Fruit Drop Beverage or Sparkling Water 1 L plus deposit & recycle fee

4/\$5



Tim Hortons Hot Chocolate 500 g

4.49 ea



Häagen-Dazs Ice Cream selected 500 mL or ice cream bars 3's - 4's

5.99 ea



Nestlé Real Dairy Premium Ice Cream 1.5 L

5.99 ea



Chapman's Frozen Yogurt or Sorbet 2 L

5.99 ea



Dairyland Chocolate Milk beverage 2 L

3.99 ea



Kashi Whole Grain Bars selected 5's

2.99 ea



Haribo Gummy Candies 175 g

2.29 ea



Twizzlers Licorice 375 g - 454 g or goodies 300 g

3.19 ea



Joya Ultrafiltered Milk 1 L

3.99 ea



Dole Fruit'n Pudding 4's

3.89 ea



Silk For Coffee soy, almond or coconut 473 mL 2/\$5 Local

Salt Spring Fair Trade Organic Coffee whole bean 400 g 9.99 ea



Activia Yogurt 8 x 100 g

4.89 ea



Minute Maid 100% Juice or five alive 8 x 200 mL plus deposit & recycle fee

3.99 ea



Organic Traditional Medicinals Eater's Digest 20's

4.99 ea



Organic Olympic Yogurt 650 g

3.99 ea



Organic Liberté Organic Kéfir probiotic fermented milk 1 L

4.99 ea



Organic Dairyland Organic Milk 4 L

8.69 ea



Organic Dave's Killer Bread Organic Loaf 580 g - 765 g

4.99 ea



Organic Oasis Orange Juice 1.65 L smoothie or health break 1.36 L - 1.75 L plus deposit & recycle fee

3.99 ea



Red Rose Orange Pekoe Tea 1.44's

4.99 ea



So Delicious Coco Whip! 266 mL

3.99 ea



Stahlbush Island Farms Frozen Fruit 283 g - 300 g

4.49 ea



Maple Hill Farms Free Range Medium Brown Eggs 12's

4.99 ea



Gold Egg Free Run Large Brown Eggs 12's

3.99 ea



Hershey's 100% Natural Cocoa 226 g 4.99 ea

Hershey's Chipits Chocolate Chips 200 g - 300 g 2.99 ea



Christie Honeymaid Wafers or baking crumbs 400g nilla vanilla 312 g or chocolate wafers 200 g

3.89 ea



Nescafé Gold Instant Coffee 100 g

7.99 ea



ReaLemon Lemon Juice 945 mL

2.79 ea



Tropic Isle Whole Mandarin Orange Segments in light syrup 284 mL

89¢ ea



Hershey's Chocolate Syrup 153 mL

1.99 ea



Kraft Jet-Puffed Marshmallow Creme 198 g

2.99 ea



IGA Frozen Mangoes strawberries or jumbleberries 600 g

2/1\$8



Dalton's Glace Cherries red or mixed 225 g

4.99 ea



Raw Large Pecan Halves

4.59 /100g



Robin Hood Flour 450 g shaker

2.99 ea



Purex Bathroom Tissue double roll 12's or scotties tissues or spongetowels 6's

6.99 ea



Herbal Essences Shampoo or Conditioner 300 mL

2/1\$7



Seventh Generation Natural Laundry Detergent 33 loads

6.99 ea



Purina Fancy Feast Cat Food 85 g

8.99 12 pk



Cadbury Mini Eggs 200 g

5.59 ea



Ferrero Rocher or raffaello 3's

1.49 ea



Nestlé After Eight Chocolate Mints 300 g

6.49 ea



Nestlé Turtles 134 g - 150 g

5.99 ea



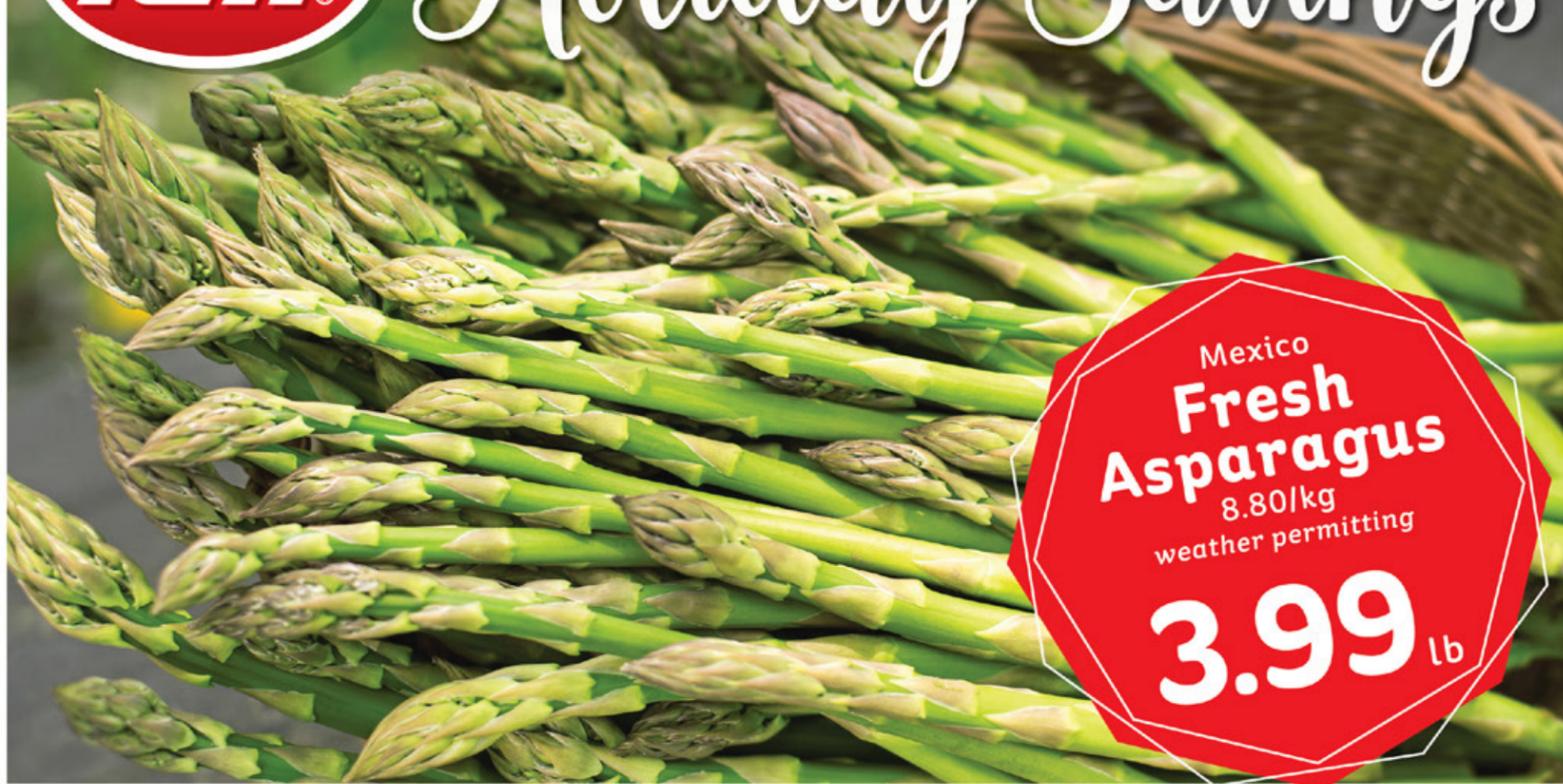
Classic Large Bouquet 19.99 ea

floral

Poinsettia 6" pot 9.99 ea



Holiday Savings



Mexico
Fresh Asparagus
8.80/kg
weather permitting
3.99 lb

Imported
**Fresh Raspberries
or Blackberries**
6 oz weather permitting



3.99 ea

Imported
**Fresh San Lucar
Tangerine
Oranges** **8.99** ea
1.5 kg



san lucar tangerines
are sun-kissed
and juicy!

3.3
lb



Mexico
**Fresh Hass
Avocados**

3.99 4 pk



California
**Fresh Grape
Tomatoes** 1 pint

4.49 ea



Mexico
**Fresh Mixed
Hot House Peppers**
red, yellow & orange 907 g

4.99 ea



California
**Fresh
Broccoli
Crowns**
5.93 /kg

2.69 lb

simply organic

carrots are made
up of 88% water

California
**Fresh Organic
Cauliflower**
7.69/kg



3.49 lb



California
**Fresh Organic
Carrots** 907 g

3.49 ea



California
**Earthbound Farm
Fresh Organic
Baby Salads** 142 g

4.49 ea

"IT'S FRESH OR FREE."

OUR FRESH produce PLEDGE

If you purchase any **FRESH produce** item in our store that doesn't meet your standard of freshness, please bring it to our attention along with the product and the receipt:
We will not only give you a refund, we will replace that same product for **FREE!**

FLYER ITEMS ARE AVAILABLE AT PARTICIPATING IGA STORES IN BRITISH COLUMBIA. Some products may not be available at all stores. Photographs are for illustration purposes only, actual sale items may not be exactly as shown. Some food photographs may illustrate serving suggestions. Prices do not include applicable taxes, eco fees or bottle deposits & recycle fee where applicable. We reserve the right to limit quantities.



TO FIND A STORE NEAR YOU GO TO WWW.IGASTORESBC.COM

EASY HOLIDAY ENTERTAINING

Fresh
Pork Back
Ribs
BUY 1, GET 1
FREE

Sticky Oven Barbecue Ribs

SERVES: 6

INGREDIENTS

Rub:

4 lbs	pork back ribs	1 tsp	cracked black pepper
2 tsp	garlic powder	½ tsp	cumin
1 tsp	onion powder	1 tsp	chili or cayenne powder (optional)
2 tsp	paprika	2 tbsp	olive oil
2 tsp	salt		

Barbecue Sauce:

2 cups	barbecue sauce	½ - 1 tbsp	cayenne pepper (optional for heat)
3 tbsp	minced garlic	2 tsp	salt
2 tbsp	olive oil		
1 tbsp	worcestershire sauce		

DIRECTIONS

Preheat oven to 350°F. Peel off tough membrane and place on a tray lined with foil.

Combine the dry seasonings for the rub and sprinkle over ribs and drizzle with oil. Then rub it all over the ribs. Cover tray with foil and bake for 2 hrs.

During the last 5 mins of cook time, mix together sauce ingredients. Remove ribs from the oven, remove foil and spread the tops of the ribs with the barbecue sauce.

Increase oven temperature to 460°F. Return ribs to the oven, uncovered, and bake for a further 10 mins. Change oven settings to broil on medium-high heat to lightly char and caramelize the edges (about 3 mins).

Rest for 10 mins to allow the juices to recirculate back into the meat before slicing. Enjoy!

Peru
**Fresh
Asparagus**
8.80/kg
weather permitting

3.99 lb

Lemon Garlic Roasted Asparagus

SERVES: 6

INGREDIENTS

2 bunches	asparagus, washed & dried	1 lemon, slices
2 tbsp	olive oil	juice of 1 lemon
2 cloves	garlic, pressed	salt & pepper (to taste)

DIRECTIONS

Preheat your oven to 375°F. Snap the bottom inch off each of the asparagus stalks.

Place on a large baking sheet and drizzle with the olive oil. Add the garlic, lemon juice, salt and pepper, and toss well to coat.

Lay the lemon slices on top and roast for 10-15 mins at 375°F or until bright green in colour and only slightly soft. Serve immediately.



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