

WEEKLY FLYER



FRESH • HEALTHY • LOCAL

Thursday, Oct. 22nd to Wednesday, Oct. 28th, 2026
WHILE SUPPLIES LAST!



HEFFLEY FARMS BC GROWN
GREEN CABBAGE
\$3/each



HEFFLEY FARMS BC GROWN
SWEET WALLA WALLA ONIONS
\$4/5LB bag

 POMEGRANATES \$2.98/each	 RUTABAGA \$1.58 /LB	 FU QUA (KARELLA) \$2.98 /LB	 BARTLETT PEARS \$2.98/LB	 GREEN KALE \$1.98 / bunch
 GINGER \$1.98/LB	 GREEN BELL PEPPERS 98¢/LB	 HONEY CRISP APPLES \$1.98 /LB	 BANANA 78¢/LB	 GOLD & RED BEETS \$4.98/5LB bag
SHELLY'S EVERYDAY VALUE PICKS				
 LONG ENGLISH CUCUMBERS \$1.58/each	 YELLOW POTATOES \$3.98/5LB bag	 SWEET BELL PEPPERS YELLOW, PURPLE & ORANGE \$1.58 /LB	 ZUCHINI \$1.58 /LB	 CAULIFLOWER \$2.98/each
 KAWARTHA DAIRY ASST. ICE CREAM ~~\$13.99/4.5L~~ \$10.98 /1.5L	 LITTLE HOBO FROZEN MEALS ~~\$19.99/740g~~ \$15.98 /740g	 HELM'S PEROGIES ~~\$8.99/1kg~~ \$6.98 /1kg	 DOMO ASST. TEAS ~~\$12.99/115g~~ \$9.98 /115g	 ANNA'S COUNTRY KITCHEN ORGANIC QUINOA ~~\$9.99/500g~~ \$7.98 /500g

The largest selection of Kamloops grown produce, now at TWO locations!

NEW FALL STORE HOURS: Mon - Sat 8am - 6pm • Sundays & Stat Holidays: 9am - 6pm

1415 Hillside Drive, Kamloops, BC • 740 Fortune Drive, Kamloops, BC |   | nuleafproducemarket.com