

# HARVEST SUPER SAVER

**Hunt's  
Tomato Paste**

Select Varieties  
156 ml.

3 FOR 3.99

**Hunt's  
Tomato Sauce**

Select Varieties  
398 ml.

2 FOR \$4

**Western Family  
Pasta**

or Orzo, Select Varieties  
900 g.

2 FOR \$5

**Cracker Barrel  
Shredded Cheese**

Select Varieties  
250-320 g.

7.99

SALE PRICES IN EFFECT: OCTOBER 4<sup>th</sup>-31<sup>st</sup>, 2026

# HARVEST SUPER SAVER

## HELP US SUPPORT OUR COMMUNITY



**DONATE \$10 & YOU WILL RECEIVE THIS  
COUPON BOOKLET WITH MORE THAN \$50  
IN COUPONS ON YOUR FAVOURITE ITEMS**

*THANKS FOR  
YOUR SUPPORT!  
PROCEEDS WILL GO TO:*

A & D FRESH MEAT  
Stars Ambulance

ANDERSON SUPERMARKET  
Smoky Lake Christmas Hamper  
& Smoky Lake Food Bank

BELICH'S MARKET  
Okanogan Falls Helping Hands  
Food Bank

BERT'S AG FOODS  
North County Interfaith  
Outreach Society

CALLAGHAN'S AG FOODS  
Avonlea Community  
Early Learning Center

CORONATION FOODS  
Coronation Food Bank

COUNTRY FOOD MART  
Lil Legendary Leos

CUT KNIFE AG FOODS  
Clayton McLain  
Memorial Museum

ELROSE AG FOODS  
Elrose Firehall

GULL LAKE  
Autumn House  
Special Care Home

HAMMY'S KETTLE VALLEY  
GROCERY & LIQUOR  
Boundary Minor Hockey  
Association

HIGHLAND VALLEY FOODS  
Logan Lake Food Bank

LIBERTY AG FOODS  
Beaver Valley Nighthawks

MARKET STREET, VULCAN  
VCHWE - Vulcan County  
Health & Wellness Foundation

RIVERSIDE MARKET  
St. Peter's Finance Committee  
SAFETY MART FOODS, ASHCROFT  
D.S.C.S. Travel Club

SAFETY MART FOODS, CHASE  
The Adams River Salmon Society

SCOTCH CREEK MARKET  
North Shuswap Community  
Resources Food Program

SCULLY'S AG FOODS - KINCAID  
Stars Ambulance

SCULLY'S AG FOODS - PONTEIX  
Stars Ambulance

VILLAGE MARKET WESTEROSE  
Pigeon Lake Preschool

VIKING AG FOODS  
Viking Fire & Rescue

*And many more...*

*Look in store for  
details about our  
participating charity  
or community group  
and how to purchase  
these great  
coupon booklets!*



IF YOUR LOCAL AG STORE IS NOT LISTED HERE, THEY WERE UNABLE TO PROVIDE A RECIPIENT FOR THIS PROGRAM BY THE TIME OF THIS BOOKLET'S PRINTING. PLEASE SEE IN STORE FOR DETAILS ON THEIR FUNDRAISING EFFORTS.

Find fun, family friendly recipes for every  
season at [Oceanspray.ca](http://Oceanspray.ca)!

## Dempster's Bagels

Select Varieties  
5-6 Pack

each **4<sup>49</sup>**



## Mini Donuts

Select Varieties  
14-16 Pack

each **5<sup>49</sup>**



## Dempster's Whole Grains Bread

Select Varieties  
600 g.

each **4<sup>99</sup>**



## Monte Cristo Sourdough Bread

500 g.

each **3<sup>69</sup>**

## Portuguese Buns

8 Pack

each **6<sup>99</sup>**

## Baxter's Bakery Chocolate Banana Bread

575 g.

each **6<sup>99</sup>**

## Sugarplum 6" Cake

Select Varieties  
550-660 g.

each **14<sup>99</sup>**

## Dempster's Bagels

Select Varieties  
6 Pack

each **4<sup>99</sup>**

## E.D. Smith Lemon Spread

500 ml.

**6<sup>49</sup>**



## Only Goodness All Purpose Flour

or Gluten Free  
1.24-2 kg.

**11<sup>99</sup>**



## Ocean Spray Craisins

Original  
680 g.

**6<sup>99</sup>**



## Betty Crocker Frosting

Select Varieties  
340-450 g.

**2 FOR \$6**



## Dalton's Deluxe Fruit Mix

Glaze Mix or Cut Mixed Peels  
225 g.

**3<sup>99</sup>**

## Dalton's Glaze Cherries

Select Varieties  
225 g.

**5<sup>49</sup>**

## Dalton's Maraschino Cherries

375 ml.

**4<sup>99</sup>**

## Dalton's Cocktail Cherries

or Maraschino Style  
250 ml.

**4<sup>49</sup>**

## Western Family Cinnamon Sticks

or Ground  
75-125 g.

**6<sup>99</sup>**



## Pretzlla Pretzel Bites

349 g.

each **8<sup>99</sup>**

## Pretzlla Burger or Sausage Buns

4 Pack

each **4<sup>99</sup>**

## Western Family Butterscotch Baking Chips

270 g.

**2 FOR \$8**

## Western Family Pie Filling

or Pure Pumpkin  
Select Varieties  
540-796 ml.

**5<sup>99</sup>**

# HARVEST SUPER SAVER

## Maxwell House Coffee

Original Roast, 864 g.

**19<sup>99</sup>**



## International Delight Touch of Flavour

or Baileys, Select Varieties  
400-425 ml., \*Plus Deposit

**2 FOR \$7**



## Sunny D Beverages

Smooth or Tangy Original  
1.89 litre, \*Plus Deposit

**3<sup>99</sup>**



## Maxwell House or Nabob Coffee

Select Varieties  
12-16 K-Cups or T-Discs

**11<sup>99</sup>**



## Ethical Bean Ground Coffee

Classic or Lush  
227 g.

**12<sup>99</sup>**



## Tetley Orange Pekoe Tea

36 Bags

**2 FOR \$7**



## E.D. Smith Triple Fruits Spread

Select Varieties  
375-500 ml.

**4<sup>99</sup>**



## Kashi Go Active Cereal

Select Varieties  
349-501 g.

**7<sup>99</sup>**



## Tetley Tea

Select Varieties  
20-24 Bags

**2 FOR \$8**



## Western Family Peanut Butter

Smooth or Crunchy  
1 kg.

**5<sup>49</sup>**



## Ethical Bean Whole Bean Coffee

Select Varieties  
340 g.

**14<sup>99</sup>**



## Western Family Pure Maple Syrup

375 ml.

**8<sup>99</sup>**

## Only Goodness Organic Pure Maple Syrup

250 ml.

**6<sup>99</sup>**

## Only Goodness Pancake Mix

Protein  
400 g.

**9<sup>99</sup>**

Armstrong cheeses are great for cooking.  
Find delicious recipes at [armstrongcheese.ca/en/recipes](http://armstrongcheese.ca/en/recipes)

## Armstrong Cheese

Select Varieties  
600 g.

**11<sup>49</sup>**



## Black Diamond Cheese Slices

Select Varieties  
220-240 g.

**6<sup>49</sup>**



## Black Diamond Cheestrings

Marble  
168 g.

**4<sup>99</sup>**



## Parkay Margarine

850 g.

**5<sup>99</sup>**



## Becel Plant Based Spread

Select Varieties  
400-454 g.

**4<sup>99</sup>**



## Armstrong Shredded Cheese

Select Varieties  
500 g.

**10<sup>99</sup>**



## Armstrong Cheese Snacks

Select Varieties  
210 g.

**5<sup>49</sup>**

## Becel Chef's Signature Butter

Salted or Unsalted  
454 g.

**4<sup>99</sup>**

## Woolwich Goat Cheese

Original  
113 g.

**2<sup>FOR</sup> \$8**

## Tenderflake Lard

454 g.

**5<sup>49</sup>**

## Heluva Good Dip

French Onion  
680 g.

**6<sup>49</sup>**



## Dairyland Chocolate Milk

or Strawberry, Select Varieties  
1 litre, \*Plus Deposit

**2<sup>FOR</sup> \$7**



## Dairyland Milk 2 Go

or Sport, Select Varieties  
325-473 mL, \*Plus Deposit

**2<sup>19</sup>**



## Dairyland Joyya Ultrafiltered Milk

Select Varieties  
1 litre, \*Plus Deposit

**4<sup>49</sup>**

## Dairyland Organic Milk

Select Varieties  
1.89 litre, \*Plus Deposit

**5<sup>99</sup>**

# HARVEST SUPER SAVER

## Campbell's Ready To Serve Soup

Select Varieties  
510-515 ml.

2 FOR \$7



## Habitant Ready To Serve Soup

Select Varieties  
796 ml.

2 FOR \$8



## Western Family Condensed Soup

or Broth, Select Varieties  
284 ml.

169



## Only Goodness Broth

Select Varieties  
946 ml.

2 FOR \$6

## Only Goodness Bone Broth

Chicken or Beef  
946 ml.

549

## Western Family Black Peppers

or Poppy Seed  
Select Varieties, 120-155 g.

499

## Hunt's Manwich

398 ml.

2 FOR \$6



## Gia Basmati Rice

3.63 kg.

10<sup>99</sup>



## Hunt's Thick & Rich Pasta Sauce

Select Varieties  
680 ml.

2 FOR \$7



## Aylmer Accents Tomatoes

Select Varieties  
540 ml.

2 FOR \$7



## Prego Pasta Sauce

Select Varieties  
645 ml.

2 FOR \$8



Find us on Facebook! Be the first to know about contests, special events and the great deals AG Foods has to offer!

### Ben's Original Bistro Express

Select Varieties  
240-250 g.

2 FOR \$8



### Western Family Mac & Cheese

Extra Creamy  
200 g.

2 FOR \$3



### Western Family Whole White Potatoes

540 ml.

2 FOR \$5



### Aylmer Tomatoes

Select Varieties  
796 ml.

3 FOR \$9



### Only Goodness Coconut Oil

Liquid  
300 ml.

7<sup>99</sup>

### Only Goodness Organic Refined Coconut Oil

860 ml.

12<sup>99</sup>

### Western Family Pure Canola Oil

or Vegetable  
1.42 litre

8<sup>49</sup>

### Only Goodness Cut Green Beans

or Kernel Corn, No Salt Added  
341-398 ml.

2 FOR \$4

### Berio Extra Virgin Olive Oil

500 ml.

11<sup>99</sup>

### Kraft Miracle Whip

Original or Calorie-Wise  
475 ml.

5<sup>49</sup>



### French's Worcestershire Sauce

295 ml.

2 FOR \$8



### Bisto Gravy Mix

Traditional or Poultry  
227 g.

2 FOR \$9



### Kraft Pure Dressing

Maple Dijon or Cucumber Greek  
355 ml.

6<sup>99</sup>



### Ocean Spray Cranberry Sauce

Whole or Jellied, 348 ml.

2 FOR \$6



### P.F. Chang's Cooking Sauce

Select Varieties  
350 ml.

5<sup>99</sup>

### Western Family Mustard

225 ml.

1<sup>69</sup>

### Western Family Ketchup

375 ml.

2<sup>99</sup>

### E.D. Smith Mint Jelly

250 ml.

3<sup>99</sup>

### Franco American Gravy

Select Varieties  
284 ml.

3 FOR 6<sup>98</sup>

# HARVEST SUPER SAVER

## Western Family Fruit Cups

Select Varieties  
4 Pack

2 FOR \$7

## Nutri Grain Cereal Bars

Rice Krispies, Special K or Kashi  
Select Varieties  
125-295 g.

2 FOR \$8

## Werther's Original Caramels

or Riesen, Select Varieties  
116-135 g.

2 99

## Cadbury Fingers

Original, 114 g.

5 49

## Old Dutch Snacks

or Humpty Dumpty  
Select Varieties, 200-400 g.

2 FOR \$9

## Pringles Potato Chips

Select Varieties  
148-156 g.

2 FOR \$7



## Doritos Tortilla Chips

Select Varieties  
210-235 g.

4 79



## Christie Cookies

Select Varieties  
224-303 g.

4 99



## Cheez-It Crackers

Select Varieties  
191-200 g.

2 FOR \$7



## Christie Family Size Ritz Crackers

or Toppables  
350-454 g.

5 99



## Kellogg's Pop Tarts

Select Varieties  
384 g.

2 FOR \$7



## Kashi Granola Bars

Select Varieties  
175-200 g.

2 FOR \$8



## Miss Vickie's Potato Chips

Select Varieties  
180-200 g.

2 FOR \$9



## Old Dutch Restaurante Tortilla Chips

or Arriba, Select Varieties  
230-295 g.

2 FOR \$9



## Christie Triscuits Crackers

Select Varieties  
185-200 g.

3 99



## Tim Tam Cookies

Original or Caramel  
175-200 g.

4 99

## Dare Econo Cookies

Select Varieties  
280 g.

2 FOR \$5

## Dare Breaktime Cookies

Select Varieties  
250 g.

2 FOR \$4

## Maynards Wine Gums

315 g.

2 FOR \$10

## Dentyne Gum

or Trident, Select Varieties  
40-60 Pack

4 29

## Kraft Jet Puffed Marshmallows

Select Varieties  
250 g.

1 99

Love Caesars? Check out [mottscclamato.ca/recipes](http://mottscclamato.ca/recipes)  
to find fun variations of your favourite drink!

## Mott's Clamato Juice

Original  
945 mL, \*Plus Deposit

**2<sup>99</sup>**



## Ocean Spray Cranberry Cocktail

Original  
950 mL, \*Plus Deposit

**2<sup>99</sup>**



## Body Armor Sports Beverages

Select Varieties  
473 mL, \*Plus Deposit

**2<sup>99</sup>**



## AHA Sparkling Water

Select Varieties  
12x355 mL, \*Plus Deposit

**6<sup>49</sup>**



## Fuze or Peace Tea Iced Tea

Select Varieties  
12x341-355 mL, \*Plus Deposit

**9<sup>99</sup>**



## Corona Cero Alcohol Free Beer

6x330 mL  
\*Plus Deposit

**12<sup>99</sup>**



## Core Power Protein Shakes

Select Varieties  
414 mL, \*Plus Deposit

**2<sup>99</sup>**



## Coke or Canada Dry Beverages

Select Varieties, 6x710 mL  
\*Plus Deposit

**6<sup>99</sup>**



# HARVEST SUPER SAVER

## Kellogg's Eggo Waffles

Frozen, Select Varieties  
280-330 g.

**2 FOR \$8**



**Dr. Oetker  
Ristorante Pizza**  
or Casa Di Mama, Frozen  
Select Varieties, 320-410 g.

**6<sup>49</sup>**



## Pillsbury Pizza Pops

Frozen, Select Varieties  
380 g.

**2 FOR \$9**



## McCain Superfries

Bistro or Tasti Taters  
Frozen, Select Varieties  
454-800 g.

**5<sup>49</sup>**



## Hungry Man Dinners

Frozen, Select Varieties  
360-455 g.

**7<sup>99</sup>**



## Green Giant Vegetables

or Valley Selections, Frozen  
Select Varieties, 400-750 g.

**2 FOR \$8**



## Pillsbury Toaster Strudel

Strawberry, Frozen  
326 g.

**2 FOR \$8**



## Activia Multipack Yogurt

Select Varieties  
12 x 95-100 g.

**7<sup>49</sup>**



## Danone Oikos Yogurt

or Pro, Select Varieties  
650-750 g.

**6<sup>99</sup>**



## Western Family Signature Ice Cream

Select Varieties  
1.65 litre.

**7<sup>99</sup>**

## Saputo Ricotta Cheese

500 g.

**7<sup>49</sup>**

## Oikos Smoothies

Banana & Oat or Field Berries  
190 ml., \*Plus Deposit

**2 FOR \$3**

Looking for fresh recipe ideas? Visit [halfyourplate.ca](http://halfyourplate.ca)  
for meals featuring your favourite fruits & veggies!

**Gala Apples**  
B.C. Grown  
Canada Fancy, 3 lb. Bag

Each **4<sup>99</sup>**



**Mini Ornamental Pumpkins**

Round or Flat, Product of Canada  
kg. 5.49

lb. **2<sup>49</sup>**



**Yellow Cooking Onions**  
U.S. or Canadian Grown  
3 lb. Bag

Each **2<sup>99</sup>**



**Roots Organic Herbs**

Select Varieties  
Product of Canada, 1 oz.

Each **2<sup>49</sup>**



**Eat Smart Sweet Kale Salad**

Product of U.S.A.  
340 g.

Each **4<sup>99</sup>**



**Renee's Salad Dressing**

Select Varieties  
Product of Canada, 355 ml.

Each **7<sup>99</sup>**



**Romaine Hearts**

Product of U.S.A.  
3 Pack

Each **4<sup>99</sup>**



**Assorted Squash**

Canadian Grown, kg. 3.28

lb. **1<sup>49</sup>**



**Fresh Carrots**

Canadian Grown  
1 lb. Bag

Each **1<sup>99</sup>**



# HARVEST SUPER SAVER

## Harvest Bacon

Select Varieties  
500 g.

**12<sup>99</sup>**  
Each



## Schneiders Bacon

375 g.

**6<sup>99</sup>**



## Harvest Wieners

Select Varieties  
675 g.

**10<sup>99</sup>**

Each



## Harvest Sausage Chub

Select Varieties  
375 g.

**7<sup>99</sup>**

Each



## Harvest Sliced Bologna

Select Varieties  
375 g.

**6<sup>49</sup>**

Each



## Harvest Smoked Farmers Sausage

Select Varieties  
300-375 g.

**6<sup>99</sup>**

Each



## Drake Beef Jerky

Select Varieties  
300 g.

**19<sup>99</sup>**

Each



## Olymel Sausages

Select Varieties  
375-450 g.

**4<sup>99</sup>**

Each



## Olymel Sliced Bologna

Mock Chicken or Salami  
400-500 g.

**6<sup>99</sup>**

Each



## Drake Homestyle Bacon

1 kg.

**17<sup>99</sup>**

Each



## Olymel Sliced Meat

Select Varieties  
250-300 g.

**4<sup>99</sup>**

Each



## Olymel Wieners

1 kg.

**9<sup>99</sup>**

Each



## Drake Farmer's Sausages

Regular or Garlic  
500 g.

**8<sup>99</sup>**

Each



Check out [olymel.com](http://olymel.com) to see what fun recipes you can make with Olymel products!

**Grimm's Sausage Rings**  
Select Varieties  
300 g.

Each **7<sup>99</sup>**



**Grimm's Pepperoni**  
Select Varieties  
450 g.

Each **9<sup>99</sup>**



**Freybe Ham Sticks**  
Select Varieties  
450-600 g.

Each **10<sup>99</sup>**



**Freybe Sliced Salami**  
Select Varieties  
125 g.

**2 FOR \$10**



**Freybe European Wieners**  
or with Cheddar  
375 g.

Each **7<sup>99</sup>**



**Golden Home Pizza Crust**

Select Varieties  
150-684 g. .... each **7<sup>99</sup>**

**Duso's Pasta or Sauce**

Select Varieties  
250-300 g. or 150-300 ml. .... each **6<sup>49</sup>**

**Schneiders Lunch Mates**

Select Varieties  
90 g. .... **2 FOR \$7**

**Maple Lodge Farms Chicken Bacon**

375 g. .... each **5<sup>99</sup>**

**Maple Lodge Farms Chicken Bologna**

375 g. .... **2 FOR \$5**

**Maple Lodge Farms Ultimate Sausages**

Select Varieties  
375-500 g. .... each **5<sup>99</sup>**

**Grimm's Pepperoni Sticks**  
Select Varieties  
450-600 g.

Each **10<sup>99</sup>**



**Olivieri Pasta or Sauce**

Select Varieties  
280-360 g. or 300 ml.

Each **4<sup>99</sup>**



**Siwin Dumplings**  
or Potstickers, Frozen  
Select Varieties, 454-500 g.

**5<sup>49</sup>**  
Each



**Flamingo Breaded Chicken**  
Frozen, Select Varieties  
550-680 g.

**12<sup>99</sup>**  
Each



**Johnsonville Sausages**  
Select Varieties  
250-500 g.

**6<sup>49</sup>**  
Each



# HARVEST SUPER SAVER

## Purex Bathroom Tissue

Double 24 Roll

**18<sup>99</sup>**



## Scotties Ultra Soft Facial Tissue

Regular or With Lotion  
104 Tissues, 4 Pack

**10<sup>99</sup>**



## Palmolive Dish Liquid

Original or Lemon  
828 ml.

**2 FOR \$8**



## Clorox Concentrated Bleach

Original  
1.27 litre

**2 FOR \$8**



## Green Works Bathroom Cleaner

946 ml.

**5<sup>99</sup>**



## Pine-Sol Multi Surface Cleaner

Select Varieties  
1.41 litre

**6<sup>49</sup>**



## Purex Laundry Detergent

Select Varieties  
1.94 litre

**8<sup>99</sup>**



## Glad Press'N Seal

1 Roll

**4<sup>49</sup>**



## Borax Laundry Booster

1.84 kg.

**9<sup>99</sup>**

## Clorox Splashless Bleach

or Disinfecting  
1.18-1.27 litre

**2 FOR \$10**

## Glad Cling Wrap

1 Roll

**3<sup>99</sup>**

Want to help our community? Visit us in store to find out more about our fundraising efforts happening this month!

## Colgate Toothpaste

Select Varieties  
100 ml.

2 FOR \$10



## Colgate Total Mouthwash

Peppermint  
250 ml.

2 FOR \$9



## Dial Anti-Bacterial Hand Wash

Tangerine & Pomegranate  
or Spring Water, 325 ml.

4 49



## Energizer Max AAA Batteries

4 Pack

10<sup>99</sup>

## Energizer Max AA Batteries

8 Pack

14<sup>99</sup>

## Energizer Max 9 Volt Batteries

2 Pack

12<sup>99</sup>



## Fisherman's Friend Lozenges

Select Varieties  
22 Pack

2 FOR \$5



## Alpo Dog Food

Cookout Classic  
7.2 kg.

21<sup>99</sup>



# HARVEST SUPER SAVER

## Western Family Chocolate Chips

Milk or Semi Sweet  
250-270 g.



2 FOR \$11

## Betty Crocker Cake Mix

Select Varieties  
375-404 g.



2 FOR \$4

## Western Family All Purpose Flour

5 kg.

6 99



## Rogers Sugar

4 kg.

5 99



A & D FRESH MARKET • ABOUGOUCHE BROS. • AG FOODS MAIDSTONE • AG VALLEY FOODS • ANDERSON SUPERMARKET  
AROMA AG FOODS • BARRIERE AG FOODS • BELICH'S MARKET • BERT'S AG FOODS • BONNYVILLE AG FOODS

CALLAGHAN'S AG FOODS • CARRIAGE LANE MARKET • CONSORT AG FOODS • CORONATION AG FOODS • COUNTRY FOOD MART

CUT KNIFE AG FOODS • DAYS LAND AG FOODS • FAIRMONT MOUNTAIN SIDE MARKET • FALHER FOODS • GAETZ FRESH MARKET • GLENDON AG FOODS  
GRAHAM'S AG FOODS • GULL LAKE AG FOODS • HAMMY'S AG FOODS • HIGHLAND VALLEY AG FOODS • KASLO FRONT STREET MARKET • KEETHANOW GROUP  
KETTLE VALLEY (HAMMY'S) • KINDERSLEY AG FOODS • KOOTENAY MARKET CASTLEGAR & ELKFORD • LEE'S MARKET • LIBERTY AG FOODS

LINDEN AG FOODS • MAGNET AG FOODS • MARK CREEK MARKET • MARKET STREET VULCAN • MAIN STREET MARKET BIGGAR • MCBRIDE AG FOODS  
NEW MARKET FOODS • OUTLOOK AG FOODS • PEMBERTON AG FOODS • PIONEER GENERAL STORE • RADIIUM MOUNTAIN SIDE MARKET • RAYMOND MERCANTILE  
RIVERSIDE MARKET • ROSETOWN AG FOODS • SAFETY MART FOODS ASHCROFT • SAFETY MART CHASE • SANA/HH MARKET • SCOTCH CREEK MARKET  
SCULLY'S AG FOODS KINCAID & PONTEIX • SOUTHSIDE MARKET • SWAN RIVER AG FOODS • THE MARKET IN BENTLEY • TIPPLE PARK AG FOODS • UNITY AG FOODS  
VIKING AG FOODS • VILLAGE MARKET WESTEROSE

WE RESERVE THE RIGHT TO LIMIT QUANTITIES. PHOTOS ARE FOR ILLUSTRATION PURPOSES ONLY. DUE TO SPACE LIMITATIONS NOT ALL AG FOODS MAY CARRY ALL ADVERTISED ITEMS. \*PLUS DEPOSIT & ENVIRO LEVIES WHERE APPLICABLE.



PLEASE  
RECYCLE.