



RECIPE OF THE WEEK **Scalloped Yukon Gold & Sweet Potatoes**
EASY MEAL IDEAS AT FAMILYFOODS.CA



Fresh Produce

4⁴⁹ Each
Clementine or Halo Mandarin Oranges
Product of U.S.A.
2 lb/907 g.



Fresh Meat

3²⁹ lb
7.25/kg
Fresh Chicken Thighs or Drumsticks
Thighs Backbone Removed.



4⁴⁹ Each
Johnsonville Smoked Sausages
Pork. Select Varieties. 375 g. Breakfast Sausages 250 g.



2/\$6
Kellogg's Pop Tarts
Or Nutri Grain Bars, Rice Krispie Squares or Pastry Crisps. Select Varieties. 125 - 384 g.



3/\$11
Lay's Potato Chips
Select Varieties. 220 - 235 g. Poppables 130 g.



3⁹⁹ Each
Romaine Hearts
Product of U.S.A. Package of 3.



5⁹⁹
Kraft Peanut Butter
Or Hazelnut Spread. Select Varieties. 725 g. - 1 kg.



5⁹⁹
General Mills Family Size Cereal
Select Varieties. 526 - 778 g.



3⁹⁹
Tropicana or Pure Leaf Beverages
Selected Varieties. 1.54 - 1.75 Litre.



18⁹⁹
Compliments Bath Tissue
2 Ply. 30 Roll. 404 Sheets.

value size

Meal Inspiration & Savings From our Family to Yours
Open Sundays in select locations only. familyfoods.ca

Sale Prices in Effect							
MAR 2024	thu 7	fri 8	sat 9	sun 10	mon 11	tues 12	wed 13

British Columbia Port Alice Family Foods, Port Alice **Alberta** Beachside Market, Alberta Beach • Evansburg Family Foods, Evansburg • Food Market Coaldale, Coaldale • Gregoire Family Foods, Fort McMurray • KC Foods, Cremona
Saskatchewan Luseland Family Foods, Luseland **Manitoba** Ashern Foods, Ashern • Watt Street Family Foods, Winnipeg **Ontario** Family Foods Centennial, Thunder Bay • Renco Foods, Thunder Bay
North West Territories Kaeser's Stores, Fort Smith

We reserve the right to limit quantities. Some items may not be available at all stores. All advertised items are on sale while stock lasts. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. Advertised prices do not include GST/HST. All items are per household, per visit. Although we strive for complete accuracy in our advertising, errors sometimes can occur. When an error is discovered, a correction notice will be posted in stores to bring the error to your attention. Sale prices in effect on the dates on front page.

Grocery



4.49 Quaker Cereals
Select Varieties. 350 - 500 g.



4.79 Pearl Milling Company Pancake Mix
Or Syrup 710 mL. Select Varieties. Pancake Mix 905 g.



3.99 Betty Crocker Fruit Snacks
Select Varieties. 226 g.



2/\$3 Compliments Flavored Flaked Tuna
Select Varieties. 85 g.



6.49 Clover Leaf Flaked Tuna in Olive Oil
Select Varieties. 240 g.



1.79 Compliments Beans
Or Lentils and Chickpeas. Select Varieties. 540 mL.



3/\$5 Heinz Beans and Pasta
Select Varieties. 398 mL.



2/\$5 Catelli Pasta
Bistro, Healthy Harvest, Ancient Grains or Smart. 340 - 375 g.



4.49 Compliments Ketchup
Squeeze Bottle. 750 mL - 1 Litre.



3/\$5 Compliments Broth
Select Varieties. 900 mL.



3/\$9 Kellogg's Cheez-Its
Select Varieties. 191 - 200 g.



2/\$7 Dare Wagon Wheels or Bear Paws
Or Viva Puffs 300 g. Select Varieties. Wagon Wheels 315 - 360 g. Bear Paws 168 - 240 g. Simple Pleasures 310 g.



2/\$7 Old Dutch Restaurant Tortilla Chips
Select Varieties. 275 - 295 g. Arriba 235 - 245 g. Dutch Crunch 200 g.



2/\$7 Pringles Potato Crisps
Select Varieties. 148 - 156 g.



5.99 Nescafe Gold or Instant Coffee
Select Varieties. 90 - 351 g.

Bakery



12.99 Elite Sweets Cakes
Select Varieties. 700 g.



7.49 Top Desert Mini Spring Cupcakes
Or Lemon Cupcakes 12's. 300 g. While Supplies Last.



4.29 Vachon Snack Cakes
Select Varieties. 281 - 336 g.



10.99 Folgers Coffee
Select Varieties. 544 - 865 g. 1850 Coffee 340 g.



6.99 Coca-Cola Mini Bottles
Select Varieties. 8 x 300 mL. ♻️

Deli



6.99 Each
Maple Leaf Natural Selections Luncheon Meat
Select Varieties. 125 - 175 g.



9.49 Each
Olivieri Pasta or Sauce
Select Varieties. Pasta 500 - 700 g. Sauce 600 mL.



2.49 100g
Compliments Deli Roast Beef
Sliced or Shaved.



10.99 McCafe Premium Roast K-Cup Pods
Select Varieties. 12's.



2/\$5.50
Pepsi 2 Litre Soft Drinks
Select Varieties. ♻️

Snacks



3/\$5 Trident Gum or Maynards Candy
Select Varieties. Gum Each.
Maynards 44 - 64 g.



2/\$4 Tic Tac Mints
Select Varieties. 29 g.



2/\$5 Dare Real Fruit Gummy Candy
Select Varieties. 120 - 180 g.



3⁹⁹ Hi-Chew Candy
Select Varieties. 90 - 100 g.



10⁹⁹ Compliments Candy Coated Milk Chocolate Eggs
650 g.

Chilled & Frozen



1⁹⁹ Lucerne Sour Cream
Regular or Light. 250 mL.



2⁹⁹ Yoplait Tubes or Minigo
Select Varieties. Tubes 448 g.
Minigo 360 g.



7⁴⁹ Cracker Barrel Cheese
Select Varieties. Blocks 340 - 400 g. Shredded 250 - 320 g.



2⁹⁹ Heluva Good Dips
Select Varieties. 250 g.



5⁹⁹ Black Diamond Cheese Strings
Select Varieties. 252 - 336 g.



4⁹⁹ International Delight
Select Varieties. 946 mL.



2⁹⁹ Compliments Waffles
Select Varieties. 280 g. Frozen.



4⁹⁹ Crave Entrees
Or Kraft Dinner Entrees.
Select Varieties. 200 - 340 g.
Frozen.



2⁹⁹ Pillsbury Pizza Pops
Select Varieties. 380 g. Frozen.



3⁴⁹ Compliments Perogies
Select Varieties. 907 g.
Frozen.



4⁹⁹ Compliments Ice Cream
Select Varieties. 1.5 Litre.
Frozen.



10⁹⁹ Belmont Burgers
Select Varieties. 852 g. Frozen.



6²⁹ Wong Wing Entrees
Select Varieties. 360 - 680 g. Frozen.



12⁹⁹ Compliments Chicken Fillets or Chunks
Select Varieties. 800 g.
Frozen.



15⁹⁹ Janes Ultimates Fish Fillets
Select Varieties. 530 - 615 g. Frozen.

Household & Pet



8⁹⁹ Royale Bathroom or Facial Tissue
Or Paper Towels 3's. Select Varieties.
Facial Tissue 6's. Bathroom Tissue
8 - 12 Roll.



3⁹⁹ Lysol Disinfectant Wipes
Select Varieties. 35's.



2⁹⁹ Dawn Dishwashing Liquid
Select Varieties. 431 - 473 mL.



3/\$9 Nature's Recipe Dog Food
Select Varieties. 368 g.



3/\$9 Whiskas Temptations
Select Varieties. 180 g.

This symbol denotes Plus deposit and/or environmental levies where applicable.

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Fresh Produce

4⁹⁹
Each

Fresh Cauliflower
Product of U.S.A.



Fresh Meat

3⁹⁹ lb
8.80/kg

**Fresh Pork
Shoulder Blade
Roast or Steak**
Boneless.



2⁹⁹
Each

**Compliments
Cooked Ham**
Sliced. 175 g.



3⁹⁹

**Dempster's Whole
Grain Bread**
Select Varieties. 600 g.



2/\$4

Chef Boyardee Pasta
Select Varieties. 418 - 425 g.



2²⁹

**Lactantia or Parkay
Margarine**
Or Lactantia Butter Sticks
125 g. Select Varieties.
Margarine 427 g.



2/\$5

**Sun-Rype 100%
Pure Apple Juice**
Not From Concentrate.
1 Litre. ♻️



2/\$7

Kraft Salad Dressing
Select Varieties.
425 - 475 mL.

Produce



4⁴⁹ lb
9.90/kg

**Red, Green or Black
Seedless Grapes**
Product of Peru.



5⁴⁹
Each

Fresh Blueberries
Product of Mexico. 1 Pint.



3⁹⁹ lb
8.80/kg

**Red, Yellow and
Orange Bell Peppers**
Product of Mexico.



2⁴⁹ lb
5.49/kg

Broccoli Crowns
Product of Mexico.



2⁹⁹ lb
6.59/kg

**Tomatoes On The
Vine**
Product of Canada.

Meat*



7⁹⁹ lb
17.61/kg

Beef Blade Roast
Boneless. Cut From
Canada AA or Higher.



4²⁹ lb
9.46/kg

Fresh Pork Rib Roast
Boneless.



6⁸⁹
Each

**Schneiders Juicy
Jumbo Wieners**
Or Smoked Sausages.
Select Varieties. 375 - 450 g.



14⁴⁹
Each

**Schneiders
Ham Halves**
Select Varieties.
700 g.



2²⁹
Each

**Maple Lodge Farms
Chicken Wieners**
Or Zabiha Halal. 450 g.

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CONGRATS, CARMEL

TRY
NOW



Hershey king size bars,
assorted varieties
(62 - 85 g)
big box
(105 - 141 g)

2/450



Hershey family bars,
assorted varieties
(90 - 120 g)

2/6



Hershey single bars,
assorted varieties
(34 - 58 g)

2/3



Jolly Rancher Candy,
select varieties
(182 - 198 g)

2/6



Hershey Packaged Chocolate,
assorted varieties
(160 - 290 g)

499

Drumstick
or Del Monte
frozen dessert
946 ml
Selection may vary
by locations

NEW!

599



Delightful
sweets
for
everyone!



Häagen Dazs
and
confectionary
ice cream
400-450 ml
or novelties
3-4 pack
Selection
may vary
by locations

549

NEW!



999

Häagen Dazs ice cream
946 ml
or Drumstick Favourites
8 X 140 ml
or Drumstick King Size
6 X 180 ml
Selection may vary by locations



399

Nestlé Parlour
frozen dessert
1.5 L
or novelties
6-12 pack
Selection may vary
by locations



549



Nestlé frozen dessert
or Real Dairy ice cream
1.5 L
or Nestlé Drumstick,
Del Monte or
frozen novelties
4-10 pack
Selection may vary
by locations



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McCain Make it a **FRY DAY**

McCain Specialty Potatoes **\$3.99**
Select Varieties 454-800g

McCain Breakfast Bowls™ **\$3.99**
Select Varieties 200g

McCain Pizza Pockets™ **\$3.99**
Select Varieties 300g

McCain Deep'n Delicious™ Cakes and Cake Cups **\$6.79**
Select Varieties 340 - 510g

Dr. Oetker

MORE PIZZA
for less

4.99
Giuseppe Thin Crust
Giuseppe Rising Crust (439g – 785g)

6.99
Giuseppe Stuffed Crust (685g – 771g)

4.99
Giuseppe Easy Pizzi (560g – 600g)
The Good Baker (300g - 390g)
Tradizionale (385g – 415g)

*New
Flavours!*

*Sweet Chili
Heat!*

*Smoky
Nacho*

*Sour Cream,
Herb & Onion*

*Sweet &
Tangy*

BRIGHTEN YOUR DAY!

Arizona / Oasis Hydra Fruit 8x200 mL
\$3.99



Fruité 2 L
2/\$5



Arizona / Oasis / Del Monte 960 mL
2/\$4



Sparkling Ice 503 mL
2/\$3

Old South 283 mL
3/\$5



Assorted flavours

Made by a
**PROUD CANADIAN
COMPANY**

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pg3_w45_Ribbon_all_zones



MAKE SPRING
CELEBRATIONS
MORE DELICIOUS.



\$3.99 Becel® Dairy-Free Plant Butter 454g
Becel® Dairy-Free Plant Butter Sticks 454g
Country Crock® Spread 427g



\$4.99
Imperial® Margarine
637g



\$6.99 Becel® Margarine Buttery Taste 637g
Becel® Margarine 850g



ENTER FOR A
**CHANCE
TO WIN***
BEARWARE KRAFT

*No purchase necessary option available.
For full rules and regulations and
participating products visit
kraftbearware.ca



\$5.99
Kraft
Peanut Butter
750 g - 1 Kg
Each /
Any Variety



\$3.99
Philadelphia
Cream Cheese Product
227 - 250 g
Each /
Any Variety



\$3.99
Kraft Singles
Process Cheese Product 410 g
Cheez Whiz
Cheese Spread 450 g
Each /
Any Variety



\$14.99
Maxwell House & Nabob
Single Serve Pods 30 pack
Each /
Any Variety

