



# Family Foods



Fresh Meat

**\$11<sup>lb</sup>**  
24.25/kg

**Fresh Beef T-Bone Grilling Steak**  
Cut From Canada AA or Higher.

**DOLLAR DAYS**

Fresh Produce



**\$5**  
Each

**Orri Mandarin Oranges**  
Product of Israel.  
2 lb/907 g.



**2/\$9**

**Johnsonville Ground Sausage**  
Or Breakfast Sausages. Select Varieties.  
250 - 375 g.



**\$6**

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



**\$4**

**Kraft Cheez Whiz or Singles**  
Or Philadelphia Cream Cheese 227 - 250 g.  
Select Varieties. Cheez Whiz 450 g.  
Cheese Singles 410 g.



**2.49<sup>lb</sup>**  
5.49/kg

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

**4/\$5**

**Kraft Dinner or Side Dishes**  
Or Cups 58 g.  
Select Varieties.  
175 - 200 g.



**3/\$10**

**Old Dutch Potato Chips**  
Select Varieties. 235 g.  
Ridgies 200 g.



**\$1**

**Yoplait Yop**  
Select Varieties.  
200 mL.



**\$21**

**Charmin Bathroom Tissue**  
Or Bounty Paper Towel.  
Select Varieties 6 - 8 Roll.  
Bathroom Tissue Ultra Strong or Soft. Double 16 Roll.

**Meal Inspiration & Savings From our Family to Yours**  
For store hours and locations see back page or visit [familyfoods.ca](http://familyfoods.ca)

Sale Prices in Effect

APR 2024	thu 18	fri 19	sat 20	sun 21	mon 22	tues 23	wed 24
----------	--------	--------	--------	--------	--------	---------	--------

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

# Fresh Produce



**2/\$4**

**Hass Avocados**  
Product of Mexico.



**\$5** lb  
11.02/kg

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

**\$6**  
Each

**Lil Snappers Organic Apples**  
Select Varieties.  
3 lb/1.36 kg.  
Product of U.S.A.



**1.29** lb  
2.84/kg

**Green Cabbage**  
Product of Canada.



**\$3**  
Each

**Iceberg Lettuce**  
Product of Mexico.



**\$5**  
Each

**Fresh Cauliflower**  
Product of Mexico.



**\$2** lb  
4.41/kg

**Squash**  
Select Varieties.  
Product of Canada.



**\$3**  
Each

**The Little Potato Company Potato Kits**  
Select Varieties. 454 g.  
Product of Canada.



**\$6**  
Each

**Compliments Potatoes**  
Red or Russet. Product of Canada.  
10 lb/4.54 kg.



**2/\$6**

**Compliments Garden or Coleslaw Salad**  
Product of U.S.A. 340 - 397 g.

# Deli



**2/\$7**

**Schneiders Main Street Deli Meats**  
Salami, Pepperoni or Bologna.  
200 - 250 g.



**\$9**  
Each

**Mini Babybel Cheese**  
Select Varieties. 240 g.



**\$1**  
100 g

**Compliments Cooked Ham**  
Sliced or Shaved.



**\$6**  
Each

**Panache Soup**  
Select Varieties. 625 mL.

# Fresh Meat\*



**1.29** Harvest Bulk Wieners  
100 g



**5.49** Compliments Lean Ground Pork  
454 g.  
Each



**4.29** lb  
9.46/kg

**Fresh Pork Shoulder Blade Roast**  
Boneless.



**7.49** lb  
16.51/kg  
Fresh Boneless Skinless Chicken Breasts



**6.49** lb  
14.31/kg  
Panache Flattened Chicken  
Select Varieties.



**7.99** lb  
17.61/kg  
Beef Blade Roast  
Boneless.  
Cut From Canada AA or Higher.



**13.99** lb  
30.84/kg  
Beef Chuck Simmering Short Ribs  
Bone In.  
Cut From Canada AA or Higher.

# Packaged Meat



**\$13** Schneiders Smokies  
Select Varieties. 900 g.  
Each



**\$14** Maple Leaf Ham Halves  
Select Varieties. 600 g.  
Each



**2/\$6**

**Compliments Luncheon Meats**  
Select Varieties. Sliced. 175 g.  
Excluding Cooked Ham.



**13.49** Harvest Thick Sliced Bacon  
500 g.  
Each



**\$7** Harvest Wieners  
Regular or All Beef. 450 g.  
Each



**\$14** Swiss Chalet Pork Back Ribs  
Select Varieties. 600 g.  
Each



**3/\$7** Compliments Chicken Wieners  
450 g.



**\$6** Olivieri Italian Meals  
Select Varieties. Pasta 250 - 350 g.  
Sauce 300 mL. Pesto 160 g.  
Each



**\$8** Harvest Mini Stix  
Select Varieties. 250 g.  
Each




**\$4** Each

**Fontaine Sante Humm Hummus Dips**  
Or Spinach Dip.  
Select Varieties.  
227 - 260 g.

\*Excludes Mountain Creek Farms Beef and Pork Products

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

# Chilled & Frozen



**3/\$5** Milk 2 Go or Nestlé Milk Shakes  
Select Varieties. 473 mL. 🌱



**\$6** Simply Orange Juice Or Lemonade or Gold Peak Iced Tea.  
Select Varieties. 2.63 Litre. 🌱



**\$3** Yoplait Tubes or Minigo  
Select Varieties. Tubes 448 g. Minigo 360 g.



**\$2** Tropicana Juices  
Select Varieties. 355 mL. 🌱



**\$7** Starbucks Coffee Enhancers  
Select Varieties. 828 mL.



**\$6** Parkay or Lactantia Margarine  
Select Varieties. 850 g.



**\$5** Compliments Natural Cheese Slices  
Select Varieties. 210 - 230 g.



**2/\$8** Liberté Mediterranean Yogourt Or Greek Yogourt 4 x 100 g. Crunch 2 x 130 g. Select Varieties. Mediterranean 500 g.



**\$4** Shepherd Gourmet Dairy Skyr Icelandic Yogourt  
Select Varieties. 500 g.



**\$5** Compliments Cream Cheese  
Select Varieties. 340 g.



**3/\$6** Michelina's Green Box Entrees  
Select Varieties. 255 - 284 g. Pizza Snacks 128 g. Frozen.



**\$7** McCain Potato Patties  
Frozen. 1.3 kg.



**\$6** Dr. Oetker or Rustica Pizza  
Select Varieties. 320 - 410 g.



**2/\$10** Boston Market Home Style Meals Or Michelina's Pizza Snacks.  
Select Varieties. 369 - 496 g. Frozen.



**\$4** Cheemo Perogies  
Select Varieties. 815 - 907 g. Frozen.



**4/\$5** Old South Punches  
Select Varieties. 283 mL. Frozen.



**\$5** Nestle Parlour Frozen Dessert or Novelties  
Select Varieties. Nestle Frozen Dessert 1.5 Litre. Novelties 720 - 756 mL. Frozen.

# Meat & Seafood



**\$10** Maple Lodge Farms Zabiba Halal Chicken  
Select Varieties. 800 g. Frozen.



**12<sup>29</sup>** Janes Chicken  
Select Varieties. 700 g. Frozen.



**\$24** Compliments Traditional Beef Burgers  
Frozen. 2.27 kg.



**\$10** Janes Battered Fish  
Select Varieties. 450 - 510 g. Frozen.



**\$7** Compliments Shrimp  
71/90 Count. Cooked or Raw. 340 g. Frozen.

# Grocery



**2/\$7**

**Clover Leaf Pink Salmon**  
Select Varieties.  
150 - 213g.



**3/\$7**

**Campbell's Cooking Soups or Broth**  
Select Varieties. 284 mL.



**\$2**

**Primo Pasta Sauce**  
Select Varieties. 680 mL.



**2/\$6**

**Catelli Pasta**  
Select Varieties.  
375 - 500 g.



**\$5**

**Old El Paso Dinner Kits**  
Select Varieties.  
250 - 510 g.



**2/\$9**

**Old El Paso Premium Shells or Bowls**  
Select Varieties.  
144 - 238 g.



**2/\$7**

**Old El Paso Mexican Favourites**  
Select Varieties. 125 - 334 g.  
113 - 398 mL.



**\$5**

**Old El Paso Thick & Chunky Salsa**  
Or Picante Sauce.  
Select Varieties. 650 mL.



**2/\$3**

**Old El Paso Seasoning**  
Select Varieties. 24 g.



**2/\$11**

**Heinz Ketchup or Kraft Miracle Whip**  
Select Varieties. Ketchup  
750 mL - 1 Litre. Mayonnaise  
or Miracle Whip 650 - 890 mL.



**\$2**

**Kraft BBQ Sauce**  
Select Varieties.  
455 mL.



**\$3**

**Kraft Salad Dressing**  
Select Varieties. 425 mL.



**2/\$5**

**Primo Pizza Sauce**  
Select Varieties.  
375 mL.



**3/\$5**

**Swiss Chalet Sauces or Gravy Mixes**  
Select Varieties. 25 - 51 g.  
Dipping Sauce 284 mL.



**\$4**

**Bick's Dill Pickles**  
Select Varieties. 1 Litre.



**2/\$7**

**Bick's Peppers Or Beets.**  
Select Varieties. 750 mL.



**\$4**

**Compliments Mammoth Olives**  
500 mL.



**3/\$5**

**Aylmer Tomatoes**  
Select Varieties.  
398 - 796 mL.



**2/\$3**

**Ben's Original Fast & Fancy Rice**  
Select Varieties. 132 g.



**\$6**

**Robin Hood Flour**  
Select Varieties. 2.5 kg.



**\$9**

**Robin Hood Organic All Purpose Flour**  
2 kg.



**\$3**

**Compliments Chocolate Chips or Chunks**  
Select Varieties. 250 - 300 g.



**\$2**

**Hunt's Snack Packs**  
Pudding or Juicy Gels.  
Select Varieties. 396 g.



**\$11**

**Compliments Canola Oil**  
100% Pure. 3 Litre.

# Beverages & Snacks



**2/\$6**

**Kool-Aid Liquid Drink Mix or Crystal Light Singles**  
Select Varieties. Singles 24 - 54 g. Kool Aid, Tang, Country Time or Mio Liquid 48 mL.



**1.29**

**Peace Teas**  
Select Varieties. 695 mL.



**\$3**

**Coca-Cola 2 Litre Soft Drinks**  
Select Varieties.



**779**

**Pepsi 12 Pack Soft Drinks**  
Select Varieties. 12 x 355 mL.



**3/\$10**

**Old Dutch Boxed Potato Chips**  
Select Varieties. 220 g.



**\$10**

**Lay's Multipack Potato Chips**  
Select Varieties. 428 - 484 g.



**2/\$8.50**

**Ruffles Potato Chips**  
Select Varieties. 180 - 200 g.



**2/\$8.50**

**Tostitos Tortilla Chips**  
Select Varieties. 205 - 300 g.



**\$6**

**Orville Redenbacher's Popcorn**  
Select Varieties. Microwave 248 - 492 g. Gourmet Popping Corn 850 g.



**\$3**

**Compliments Snacks**  
Select Varieties. 265 - 300 g.



**\$4**

**Christie Peak Freans or Dad's Cookies**  
Select Varieties. 275 - 350 g.



**3/\$9**

**Kellogg's Cheez-Its**  
Select Varieties. 191 - 200 g.



**2/\$3**

**Best Buy Wafers**  
Selected Varieties. 227 g.



**\$1**

**Mentos or Airheads Candy**  
Select Varieties. 37 - 57 g.



**2/\$4**

**Cadbury King Chocolate Bars**  
Select Varieties. 66 - 90 g.



**2/\$6**

**Hershey Chocolate**  
Select Varieties. 87 - 104 g.



**2/\$7**

**Lindt Swiss Classic Chocolate Bars**  
Select Varieties. 100 g.



**2/\$9**

**Cadbury Chocolate or Maynards Candy**  
Or Dentyne or Trident Gum 40's - 60's. Select Varieties. Maynards Candy. 308 - 315 g. Chocolate 147 - 200 g.

# Household & Pet



**\$7**

**Compliments Paper Towel**  
2 Ply. 72 Sheet. 6 Roll.



**\$4**

**Herbal Essences Shampoo or Conditioner**  
Select Varieties. 346 mL.



**\$4**

**Febreze Air Effects**  
250 g. Or Car Clips and Small Spaces. Each. Select Varieties.



**\$7**

**Lysol Disinfectant Wipes & Spray**  
Select Varieties. Wipes 75's - 84's. Spray 350 g.



**\$10**

**Bounce Fabric Softener Sheets**  
Select Varieties. 120's - 200's.

# Bakery



**\$7** Compliments Muffins  
Select Varieties.  
400 - 440 g.



**\$7** Compliments Angel Food Cake  
Regular or Mini. 270 - 283 g.



**\$12** Panache Cheesecake  
Select Varieties. 600 g.



**\$3**  
Compliments Hot Dog or Hamburger Buns  
490 - 540 g.



**\$6** English Bay Cookies  
Select Varieties. 337 g.



**\$4** Panache Pizza Crust  
Or Compliments Flat Bread. Select Varieties.  
220 - 460 g.



**\$3** Byblos Bakery Pita Bread  
Select Varieties. 6s.



**2/\$6** Natural Bakery Canadian Rye Bread  
500 g.

# Breakfast



**2/\$4** Oasis or Del Monte Juices  
Or Arizona Iced Tea.  
Select Varieties. 960 mL.



**2/\$5** Fruite Beverages  
Select Varieties.  
2 Litre.



**\$7** Nabob Coffee  
Select Varieties. 340 g.



**\$6**  
Cavendish Farms Hashbrowns  
Select Varieties. 1.2 kg.  
Frozen.



**2/\$9** Kellogg's Cereal  
Select Varieties.  
247 - 525 g.



**2/\$9** Pearl Milling Company Pancake Mix  
Or Syrup 710 mL.  
Select Varieties.  
Pancake Mix 905 g.



**2/\$9** Quaker Cereals  
Select Varieties.  
350 - 510 g.



**\$6** Nature Valley Protein Cereal  
Select Varieties.  
310 - 311 g.



**2/\$7** Betty Crocker Fruit Snacks  
Select Varieties. 226 g.



**4/\$5** Iams Perfect Portions Cat Food  
Select Varieties. 75 g.



**2/\$4** Pedigree Chopped Wet Dog Food  
Select Varieties. 375 g.



**\$5** Milk Bone Dog Biscuits  
Select Varieties.  
340 - 900 g.



**\$9** Compliments Scoopable Cat Litter  
15 kg.



**\$14** Whiskas Perfect Portions Cat Food  
Select Varieties. 12 x 75 g.

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



Family Foods



Fresh Meat

\$3<sup>lb</sup>  
6.61/kg

Fresh Chicken Thighs or Drumsticks  
Thighs Backbone Removed.



Fresh Produce

249  
Each/Lb

Fresh Broccoli Crowns or Mini Cucumbers

Mini Cucumbers 6's. Broccoli Crowns 2.49lb 5.49/kg. Product of Canada/Mexico.

DOLLAR DAYS



\$7  
Each

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



2/\$8

Dempster's Bagels  
Select Varieties. 450 - 510 g.



\$12  
Each

Compliments Chicken Wings  
Select Varieties. Frozen. 800 g.



\$4

Becel Margarine  
Select Varieties. Soft Tub or Sticks. 427 - 454 g.



2/\$4

Compliments Juice Or Punch. Select Varieties. 1 Litre. ☺



2/\$12

Folgers Coffee 272 g.

Open Sundays in select locations only. [familyfoods.ca](http://familyfoods.ca)

**British Columbia** McMynn's Family Foods, Midway **Alberta** Breton Family Foods, Breton · Castor Family Foods, Castor · Consort Family Foods, Consort · Coronation Family Foods, Coronation · Redcliff Family Foods, Redcliff · Rimby Family Foods, Rimby  
Siksika Trail Market, Siksika · Trochu Family Foods, Trochu · Village Supermarket, Thorsby **Saskatchewan** Assiniboia Family Foods, Assiniboia · Carlyle Family Foods, Carlyle · Esterhazy Family Foods, Esterhazy · Leader Family Foods, Leader · Moosomin Family Foods, Moosomin  
Redvers Family Foods, Redvers · Stoughton Meat Market & Family Foods, Stoughton · Wynyard Family Foods, Wynyard **Manitoba** Calderwood's Country Store, Dominion City and Tolstoi · Campbell's, Lac du Bonnet · Cornview Family Foods, Snow Lake  
Cross Lake Family Foods, Cross Lake · Downtown Family Foods, Winnipeg · Lunder Family Foods, Lunder · MacGregor Family Foods, Macgregor · Midway Foods, Pine Falls · Norway House Family Foods, Norway House · Park's Family Foods, Pilot Mound · Peguis Family Foods, Peguis  
Plains Family Foods, Gilbert Plains · Portage La Prairie Supermarket, Portage La Prairie · Ray's Family Foods, Holland · Sam's Foods, Manitou · Spud City Food Mart, Carberry · St. Martin Family Foods, St. Martin · Thompson Family Foods, Thompson  
**Ontario** Atikokan Foodland, Atikokan · Costa's, Schreiber · Costa's, Terrace Bay · Cloverleaf Grocery, Emo

Some items may not be available at all stores. All advertised items are on sale while stock lasts. We reserve the right to limit quantities. 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.



# DOLLAR DAYS

SALE PRICES IN EFFECT APRIL 18 - 24, 2024



**\$8**

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



**\$1**

**I Can't Believe It's Not Butter**  
212 g.



**2/\$3**

**Sparkling Ice Water**  
Select Varieties.  
503 mL. ♻️



**2/\$9**

**Coca-Cola Mini Cans**  
Select Varieties.  
6 x 222 mL. ♻️



**\$4**

**Best Buy Orange Juice**  
No Pulp. 1.6 Litre. ♻️



**\$5**

**Butterball Turkey Bacon**  
Select Varieties.  
300 - 375 g.

# DOLLAR DAYS



**\$3** Best Buy Vegetables  
Select Varieties. 750 g. Frozen.



**3/\$5** Minute Maid Beverages  
Select Varieties. Or Nestea Iced Tea or Fruitopia. 295 mL. Frozen.



**2/\$5** Compliments Zaz Liquid Water Enhancer  
Select Varieties. 48 mL.



**2/\$7** Compliments Cranberry Cocktails or Blends  
Or Ruby Red Grapefruit. Select Varieties. 1.89 Litre. Compliments Lemon Juice 946 mL.



**2/\$5** Schneiders Grab 'N Snack Kit  
Select Varieties. 45 - 48 g.



**\$6** Compliments Grilled Chicken Strips  
Select Varieties. 200 g.



**\$15** Compliments Crispy Homestyle Chicken Pieces  
Frozen. 1 kg.



**2/\$3** Grandmother's Bake Shoppe Butter Tarts  
Raisin or Pecan. 120 g.



**2/\$5** Compliments Mini Donuts  
Powdered 155 g. Old Fashioned Glazed 250 g.

# DOLLAR DAYS



**2/\$3**

**Nestlé Single Chocolate Bars**  
Select Varieties. 40 - 60 g.



**2/\$5**

**Dare Econo Pack Cookies**  
Select Varieties. 280 g.



**2/\$6**

**Jolly Rancher Candy**  
Select Varieties. 182 - 198 g.



**2/\$5**

**Compliments Potato Chips**  
Select Varieties. 200 g.



**2/\$7**

**Pringles Potato Crisps**  
Select Varieties. 148 - 156 g.



**2/\$3**

**Oh Snap Dill Pickle Bites**  
Select Varieties. 90 mL.



**\$6**

**Compliments Creamed or Liquid Honey**  
Select Varieties. 500 g.



**\$2**

**Compliments Apple Snack Cups**  
Select Varieties. 678 g.



**\$1**

**Compliments Cup of Noodles**  
Select Varieties. 65 g.



## Quality. Value. Guaranteed.

Compliments has you covered for whatever your everyday brings. From easy weeknight dinners to special celebrations, count on us for quality products at family-friendly prices.



**\$5**

**Compliments Long Grain Rice**  
Or Parboiled White Rice. Select Varieties. 2 kg.



**\$2**

**Compliments Soya Sauce**  
Regular or Less Salt. 450 mL.



**2/\$5**

**Compliments Sauces**  
Select Varieties. 350 mL.



**2/\$3**

**Compliments White Vinegar**  
1 Litre.



**2/\$7**

**Compliments Mayonnaise Sandwich Spread**  
Select Varieties. 300 mL.



**2/\$3**

**Compliments Prepared Mustard**  
225 mL.



**3/\$5**

**Compliments Beans In Sauce**  
Select Varieties. 398 mL.



**\$2**

**Compliments Tomatoes**  
Select Varieties. 796 mL.



**2/\$3**

**Compliments Vegetables**  
Select Varieties. 398 mL.