



Monthly Specials

July

Sale Prices In Effect June 29 – August 2, 2023

5⁹⁹

Kellogg's Family Size Cereal

Select Varieties.
480 - 650 g.



5⁹⁹

Breyers Creamery Style Ice Cream

Select Varieties.
1.66 Litre. Frozen.

2/\$6

Pringles Potato Crisps

Select Varieties.
137 - 156 g.



2/\$7

Dare Cookies

Select Varieties.
230 - 300 g.



3/\$8

Campbell's Chunky Soup or Chili

Select Varieties. Chunky Soup 515 mL. Chili 425 g.



3⁹⁹

Earth's Own Oat Beverages

Select Varieties. 1.75 Litre.



3⁹⁹

SpongeTowels Ultra Pro

2 Roll.

Look for the



symbol that identifies product throughout the store.

COMPARE THE SAVINGS!

Grocery



3⁴⁹ Kraft Miracle Whip
Select Varieties. 475 mL.



2/\$5 French's Prepared Yellow Mustard
400 mL.



5⁴⁹ French's Ketchup
1.5 Litre.



3⁹⁹ VH Sauces
Select Varieties. 341 - 355 mL.



5⁴⁹ Cholula Hot Sauce
Select Varieties. 150 mL.



4⁴⁹ Bick's Pickles
Select Varieties. 500 mL.



4⁹⁹ Matt & Steve's Extreme Beans
Select Varieties. 500 mL.



99¢ Club House Gravy or Sauce Mixes
Select Varieties. 21 - 47 g.



15⁹⁹ Mazola Oil
Select Varieties. 2.84 Litre.



11⁹⁹ Bertolli Olive Oil
Select Varieties. 1 Litre.



2/\$5 Compliments Pasta
Select Varieties. 900 g.



3⁴⁹ Tilda Basmati Rice
Select Varieties. 250 g.



5⁴⁹ Pam Cooking Spray
Select Varieties. 113 - 170 g.



2⁹⁹ Best Buy Dressing
Select Varieties. 475 mL.



3⁹⁹ Heinz Burger or Aioli Sauces
Select Varieties. 355 mL.



5¹⁹ Maple Leaf Klik Luncheon Meat
Select Varieties. 340 g.



2/\$5 Burns Flaked Meat
Ham, Chicken or Turkey. 156 g.



4⁹⁹ Clover Leaf Sockeye Salmon
Flaked. 142 g.



4/\$7 Brunswick Seafood Snacks
Or Sardines. Select Varieties. 92 - 100 g.



2/\$5 Clover Leaf Smoked Mussels or Oysters
Select Varieties. 85 g.



4/\$5 Campbell's Top 4 Soups
Cream of Mushroom, Vegetable, Tomato or Chicken Noodle. 284 mL.



2/\$6 Campbell's Ready to Serve or Habitant Soup
Select Varieties. 515 mL. Habitant 796 mL.



10/\$4⁵⁰ Mr. Noodles Instant Noodles
Select Varieties. 85 g.



2/\$3 Hunt's Manwich Sloppy Joe Sauce
398 mL.



2/\$5 Club House Grinders
Select Varieties. 24 - 70 g.



1⁹⁹ Knorr Sidekicks
Select Varieties. 120 - 167 g.



6⁹⁹ Robin Hood Flour
Select Varieties. 2.5 kg.



4⁴⁹ Cracker Barrel Macaroni & Cheese
Select Varieties. 349 g.



4/\$5 Larabar Nutritional Bars
Select Varieties. 45 - 48 g.



1⁷⁹ Clif Builders Bars
Select Varieties. 68 g.

Look for the Family Values symbol  that identifies product throughout the store & compare the savings.

Beverage & Snacks



5⁹⁹ Planters Dry Roasted Peanuts Or Bar Mix. 454 - 550 g.



7⁹⁹ McSweeney's Beef Jerky. Select Varieties. 125 g.



5⁹⁹ Jack Link's Beef Jerky Or Lorissa's Kitchen Jerky. Select Varieties. 63 - 81 g.



3⁷⁹ Orville Redenbacher's Ready to Eat Popcorn. Select Varieties. 116 - 220 g.



5⁹⁹ Planters Almonds or Cashews Or Mixed Nuts. Select Varieties. 200 g.



99¢ Compliments Sparkling Water. Select Varieties. 1 Litre. ♻️



17⁴⁹ Powerade Sports Beverage Team Pack. Select Varieties. 24 x 591 mL. ♻️



2/\$9 Vita Coco Water. Select Varieties. 1 Litre. ♻️



2/\$8 Coca-Cola Mini Cans. Select Varieties. 6 x 222 mL. ♻️



8⁴⁹ Compliments De-Alcoholized Beer. 12 x 355 mL. ♻️



3/\$5 Oasis or Del Monte Juices Or Arizona Iced Tea. Select Varieties. 960 mL. ♻️



2/\$4 Fruite Beverages. Select Varieties. 2 Litre. ♻️



3⁷⁹ V8 Vegetable Juices. Select Varieties. 1.89 Litre or 6 x 156 mL. ♻️



5⁹⁹ Nescafé Instant Coffee. Select Varieties. 100 - 170 g.



11⁷⁹ Goodhost Iced Tea Mix. 2.35 kg.



9⁹⁹ Pepperidge Farms Family Size Goldfish Crackers. Select Varieties. 750 g.



2⁹⁹ Carr's Water Crackers. 125 g.



3⁹⁹ McVitie's Digestive or Hob Nob Cookies. Select Varieties. 300 - 400 g.



2⁹⁹ Voortmans Turnovers. Select Varieties. 300 g.



3⁷⁹ Kellogg's Cheez-Its Or Town House Crackers. Select Varieties. 191 - 391 g.



4/\$1 Airheads Cherry Candy. 15.6 g.



2/\$6 Koala Kups Gummy Candy. Select Varieties. 120 - 165 g.



2/\$4⁵⁰ Hershey King Chocolate Bars. Select Varieties. 62 - 113 g.



7⁷⁹ Mondoux Sweet Sixteen Mixes. Select Varieties. 400 g.



3¹⁹ Cadbury Family Bars. Select Varieties. 95 - 100 g.

Produce, Bakery & Deli



5/\$5 Sun-Rype Fruit Source Bars. Select Varieties. 37 g.



12⁹⁹ Wonderful Pistachios. Select Varieties. 450 g.



4²⁹ Dempster's Signature Buns. Hamburger, Sausage or Potato Buns. Select Varieties. 6's - 8's.



6⁴⁹ Promise Gluten Free Buns and Rolls. Select Varieties. 180 - 280 g.



9⁹⁹ Compliments Lemon Meringue Pie. 10 Inch. 1 kg.

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

Bring home the savings

with our



Chilled & Frozen



3⁹⁹ Minute Maid Orange Juice or Beverages
Fruitopia, Five Alive, Nestea or Peace Tea.
Select Varieties. 1.54 - 1.75 Litre. 🌱



5⁴⁹ Black Diamond Cheese & Nut Combos
Select Varieties. 129 g.



6⁴⁹ Danone Activia Yogourt
Select Varieties. 8 x 100 g.



3⁴⁹ Kraft Just Crack An Egg
Or Crave Breakfast Bowls.
Select Varieties. 57 - 85 g.



3⁹⁹ International Delight
Select Varieties. 473 mL. 🌱



4⁴⁹ Silk Beverages
Select Varieties.
1.75 - 1.89 Litre. 🌱



5⁴⁹ Marie Callender's or
Swanson Hungryman
Bowls
Select Varieties.
335 - 397 g. Frozen.



3⁹⁹ Cheemo Perogies
Select Varieties. Frozen.
815 - 907 g.



11⁹⁹ Kellogg's
Eggo Waffles
Frozen. 1680 g.



2/\$4 Minute Maid Orange Juice
or Bacardi Mixers
Select Varieties. Frozen. Orange Juice
295 mL. Bacardi Mixer 250 mL.



3⁹⁹ Crave Entrees
Select Varieties.
200 - 340 g. Frozen



6⁹⁹ Maple Lodge Farms
Chicken Sticks
Or Zabiha Halal Chicken Sticks.
Select Varieties. 300 g.



5⁹⁹ Olivieri Gnocchi
Skillet Entrees
Select Varieties. 280 - 350 g.



6⁴⁹ Piller's Charcuterie
Select Varieties. 125 - 175 g.

Household & Pet



15⁹⁹ Purex Bathroom
Tissue
12 Triple Roll.



7⁹⁹ Kleenex Facial Tissue
Select Varieties.
3 x 120's - 160's.



5²⁹ Solo Plastic Plates,
Bowls or Cups
Select Varieties. 10's - 100's.



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



11⁴⁹ Glad Garbage Bags
Select Varieties.
20's - 40's.



17⁴⁹ Kingsford Charcoal
Briquets
5.44 Kg.



1⁴⁹ Meow Mix Market
Select Cat Food
Select Varieties. 78 g.



10⁹⁹ Milk Bone Wonder
Bone Dog Treats
Or Soft & Chewy.
Select Varieties. 533 - 708 g.



14⁹⁹ Nature's Recipe
Dog Food
Select Varieties. 1.8 kg.



15⁹⁹ Lily & Jax
Dog or Cat Food
Select Varieties. 1.6 - 2 kg.

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