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# HEY LANGDON,

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Your Buy-Low Foods will soon be your local

**save**  **foods**

**THURSDAY, MAY 9**

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Buy-Low Foods will be closing Wednesday, May 8 at 6pm



**BUY-LOW FOODS**

**CASE LOT SALE**



**THE LOWEST BUY**

**3<sup>97</sup>** lb

**BIG PACK**  
**Lean Ground Beef**  
8.75/kg, Ground Fresh in Store



**CASE LOT**  
**10<sup>99</sup>** ea Campbell's Soup  
Selected Varieties, 12 x 284 mL

**CASE LOT**  
**7<sup>99</sup>** ea Mr. Noodles  
Instant Noodles, 24 x 85g

**CASE LOT**  
**16<sup>99</sup>** ea Green Giant  
Vegetables, Selected Varieties, 12 x 241 mL



**2\$5** for Dempster's Bread  
White or 100% Whole Wheat, 570g or 675g

**BIG PACK**  
**16<sup>99</sup>** ea Armstrong Cheese  
Selected Varieties, 1.55 kg

**BIG PACK**  
**5<sup>99</sup>** ea McCain Tasti Taters  
3.8 kg or Breakfast Potato Patties (3.4 kg), Selected Varieties, Frozen



**BIG PACK**  
**9<sup>99</sup>** ea Rogers Flour  
All Purpose Flour, 10 kg, 22 lb

**BIG PACK**  
**8<sup>99</sup>** ea Kellogg's Mini Wheats Cereal  
1.1 kg or Select Brand (1.5 kg) Jumbo Box, Selected Varieties

**BIG PACK**  
**10<sup>99</sup>** ea Purex Bathroom Tissue  
Selected Varieties, 24 x 48 Rolls



**BIG PACK**  
**3<sup>99</sup>** ea Western Family Avocados  
Mexico, Pack of 4

**BIG PACK**  
**4<sup>99</sup>** ea Coloured Peppers  
Canada, 2 lb Bag

**THE LOWEST BUY** **BUY MORE BUY LOW** **THE LOW DOWN** **PRICE MATCH** **NOW WITH EVEN MORE WAYS TO SAVE.**

PRICES EFFECTIVE THURSDAY TO WEDNESDAY, APRIL 25 - MAY 1, 2024  
WE RESERVE THE RIGHT TO LIMIT QUANTITIES. SOME ITEMS MAY NOT BE EXACTLY AS ILLUSTRATED OR NOT AVAILABLE AT ALL LOCATIONS.  
PRICES DO NOT INCLUDE APPLICABLE TAXES, BOTTLE DEPOSITS, ECO FEES OR RECYCLING FEES WHERE APPLICABLE.  
THE SPECIFIED QUANTITY OF THE ADVERTISED PRODUCT MUST BE PURCHASED TO RECEIVE THE DISCOUNT.



**MY OFFERS**  
**MYSTERY GIFT**

Everyone gets a gift from 100 to 1 Million Points!

Load MY OFFERS and shop to reveal your gift!

SCROLL DOWN FOR DETAILS.  
**More REWARDS**



# BIG PACK & CASE LOT SAVINGS

<p><b>Maxwell House Coffee</b> Selected Varieties, 900g or 925g</p> <p><b>BIG PACK</b> <b>8<sup>99</sup></b> ea</p> 	<p><b>Coca-Cola Soft Drinks</b> Selected Varieties, 20 x 355 ml</p> <p><b>CASE LOT</b> <b>9<sup>99</sup></b> ea</p> 	
<p><b>SunRype 100% Pure Apple Juice</b> 12 x 1 Litre</p> <p><b>CASE LOT</b> <b>19<sup>99</sup></b> ea</p> 	<p><b>Western Family Spring Water</b> 24 x 500 ml</p> <p><b>CASE LOT</b> <b>3<sup>49</sup></b> ea</p> 	<p><b>Minute Maid Juice Boxes</b> Selected Varieties, 12 x 200 ml, or 40 x 200 ml</p> <p><b>CASE LOT</b> <b>15<sup>99</sup></b> ea</p> 
<p><b>Gatorade Sports Drinks</b> Selected Varieties, 24 x 591 ml</p> <p><b>CASE LOT</b> <b>19<sup>99</sup></b> ea</p> 	<p><b>Simply Juice Beverage</b> Selected Varieties, 2.63 Litres</p> <p><b>BIG PACK</b> <b>6<sup>49</sup></b> ea</p> 	<p><b>Tim Hortons Coffee</b> Selected Varieties, 875g or 930g</p> <p><b>BIG PACK</b> <b>17<sup>99</sup></b> ea</p> 
<p><b>Pepsi Soft Drinks</b> Selected Varieties, 24 x 355 ml</p> <p><b>CASE LOT</b> <b>10<sup>99</sup></b> ea</p> 	<p><b>Pacific Evaporated Milk</b> 12 x 354 ml</p> <p><b>CASE LOT</b> <b>19<sup>99</sup></b> ea</p> 	<p><b>International Delight Coffee Creamer</b> Selected Varieties, 1.42 Litres</p> <p><b>BIG PACK</b> <b>6<sup>99</sup></b> ea</p> 

# BIG PACK & CASE LOT

<p><b>Kraft Dinner</b> 12 x 200g</p> <p><b>CASE LOT</b> <b>9<sup>99</sup></b> ea</p> 	<p><b>Christie Premium Plus Crackers</b> Salted or Unsalted, 900g</p> <p><b>BIG PACK</b> <b>6<sup>99</sup></b> ea</p> 	
<p><b>Old Dutch Mixed Snacks</b> Selected Varieties, Variety Pack, 472g or 504g</p> <p><b>BIG PACK</b> <b>10<sup>99</sup></b> ea</p> 	<p><b>Western Family Granola Bars</b> Selected Varieties, 18's or 24's</p> <p><b>CASE LOT</b> <b>6<sup>99</sup></b> ea</p> 	<p><b>Dare Bear Paws Baked Cookies</b> Selected Varieties, Family Pack, 480g or 630g</p> <p><b>BIG PACK</b> <b>4<sup>99</sup></b> ea</p> 
<p><b>Christie Ritz Crackers</b> 900g</p> <p><b>BIG PACK</b> <b>9<sup>99</sup></b> ea</p> 	<p><b>Del Monte Fruit Cups</b> Selected Varieties, 20 x 132.8 ml</p> <p><b>CASE LOT</b> <b>14<sup>99</sup></b> ea</p> 	<p><b>Nature Valley Granola Bars</b> Selected Varieties, 980g</p> <p><b>CASE LOT</b> <b>11<sup>99</sup></b> ea</p> 
<p><b>Hershey's Chipits</b> Selected Varieties, 925g</p> <p><b>BIG PACK</b> <b>10<sup>99</sup></b> ea</p> 	<p><b>Lay's Potato Chips</b> 1415g Also Doritos's Nacho (370g), Selected Varieties</p> <p><b>BIG PACK</b> <b>4<sup>99</sup></b> ea</p> 	<p><b>Pepperidge Farm Goldfish Snack Crackers</b> Baked, Selected Varieties, 616g or 750g</p> <p><b>CASE LOT</b> <b>9<sup>99</sup></b> ea</p> 



# BIG PACK SAVINGS

<p>Western Family Fruit Selected Varieties, Frozen, 1.5 kg</p> <p><b>BIG PACK</b> <b>10<sup>99</sup></b> ea</p>	<p>Olympic Krema Yogurt Selected Varieties, 1.75 kg</p> <p><b>BIG PACK</b> <b>10<sup>99</sup></b> ea</p>	
<p>Imperial Margarine Selected Varieties, 1.28 kg or 1.36 kg</p> <p><b>BIG PACK</b> <b>7<sup>99</sup></b> ea</p>	<p>Kraft Singles Cheese Slices Selected Varieties, 623g</p> <p><b>BIG PACK</b> <b>7<sup>49</sup></b> ea</p>	<p>Becel Margarine Selected Varieties, 1.28 kg or 1.7 kg</p> <p><b>BIG PACK</b> <b>12<sup>99</sup></b> ea</p>
<p>Philadelphia Cream Cheese Selected Varieties, 340g</p> <p><b>BIG PACK</b> <b>5<sup>99</sup></b> ea</p>	<p>Cheemo Perogies Selected Varieties, Frozen, 2 kg</p> <p><b>BIG PACK</b> <b>4<sup>99</sup></b> ea</p>	<p>Bassili's Best Lasagna Selected Varieties, Frozen, 2.27 kg</p> <p><b>BIG PACK</b> <b>13<sup>99</sup></b> ea</p>
<p>Western Family Mixed Vegetables Selected Varieties, Frozen, 2 kg</p> <p><b>BIG PACK</b> <b>5<sup>99</sup></b> ea</p>	<p>Kellogg's Eggo Waffles Frozen, 48's</p> <p><b>BIG PACK</b> <b>13<sup>99</sup></b> ea</p>	<p>Chapman's Ice Cream Selected Varieties, 4.1 litres</p> <p><b>BIG PACK</b> <b>8<sup>99</sup></b> ea</p>

# BIG PACK & CASE LOT

<p>Bush's Best Baked Beans Selected Varieties, 12 x 398 ml</p> <p><b>CASE LOT</b> <b>17<sup>99</sup></b> ea</p>	<p>Unico Canned Tomatoes Selected Varieties, 6 x 796 ml</p> <p><b>CASE LOT</b> <b>9<sup>99</sup></b> ea</p>	
<p>Kraft Cheez Whiz 900g</p> <p><b>BIG PACK</b> <b>6<sup>99</sup></b> ea</p>	<p>Western Family Mushrooms Pieces &amp; Stems, Selected Varieties, 12 x 284 ml</p> <p><b>CASE LOT</b> <b>10<sup>99</sup></b> ea</p>	<p>Heinz Original Beans in Tomato Sauce, 9 x 398 ml</p> <p><b>CASE LOT</b> <b>12<sup>49</sup></b> ea</p>
<p>Lipton Chicken Noodle Soup Pack of 16</p> <p><b>CASE LOT</b> <b>11<sup>99</sup></b> ea</p>	<p>Heinz Ketchup 1.5 litres</p> <p><b>BIG PACK</b> <b>6<sup>99</sup></b> ea</p>	<p>Yu Premium Thai Jasmine Rice 6 kg</p> <p><b>BIG PACK</b> <b>12<sup>99</sup></b> ea</p>
<p>General Mills Cereal Jumbo Size, Selected Varieties, 1 kg or 1.5 kg</p> <p><b>BIG PACK</b> <b>8<sup>99</sup></b> ea</p>	<p>Unico Canned Beans Selected Varieties, 6 x 540 ml</p> <p><b>CASE LOT</b> <b>8<sup>99</sup></b> ea</p>	<p>Kraft Peanut Butter Selected Varieties, 2 kg</p> <p><b>BIG PACK</b> <b>10<sup>99</sup></b> ea</p>



# FRESH TASTE OF SAVINGS

**HOT BUY**



**1.69** lb

Roma Tomatoes  
BC, 3.73/kg

**HOT BUY**



**.99** lb

Cantaloupe  
USA, 2.18/kg



1 Pint

**4.99**

Blueberries  
Imported



**3.99** lb

Asparagus  
Mexico, 8.80/kg



3 lb Bag

**5.99**

Navel Oranges  
California

Head Lettuce  
USA

**2.99** ea



5 lb Bag

**4.99**

Russet Potatoes  
BC or USA



**2\$3**  
for

Green Onions  
Mexico, Bunch



**3\$5**  
for

Ataulfo Mango  
Mexico

## LARGE PACKS



5 lb Bag

**4.99**

Carrots  
USA



**6.99** ea

Earthbound Farm  
Organic Salad  
Selected Varieties, USA  
284g Clamshell



**5.99** ea

Grape  
Tomatoes  
Mexico or Canada  
454g



**QUALITY MEATS FOR LESS**



**Chicken Drumsticks**  
Fresh, 6.59/kg

**WAREHOUSE PACK**

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



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

**CANADIAN BEEF**  
**Top Sirloin Steak**  
Fresh, 22.02/kg

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



**Chicken Thighs**  
Fresh, Boneless, Skinless, 15.41/kg

**SEAFOOD**



**Western Family White Prawns**  
Raw, 41 to 50 Count,  
Easy Peel, 340g



**3<sup>29</sup>**  
100g



**Steelhead Fillet**  
Fresh

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



**Western Family Bacon Wrapped Scallop Medallions**  
Frozen, 300g



**1<sup>49</sup>**  
100g



**Rockfish**  
Previously Frozen or Frozen

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



**DELI** ONLY AVAILABLE IN STORES WITH FULL SERVICE DELI DEPARTMENTS



**2<sup>99</sup>**  
100g  
Maple Lodge Chicken Breast  
Sliced Fresh in Store,  
Selected Varieties

**20%** off  
Regular Price  
Cervelat Salami  
or Parmesan,  
Selected Varieties

**2\$5**  
for  
Pizza Dough  
350g



**1<sup>69</sup>**  
100g  
Beef Lasagna  
or Spinach Feta,  
Baked in Store

**2<sup>99</sup>**  
100g  
Cow Feta  
Cheese  
Cut in Store

**4<sup>99</sup>**  
ea  
**Housemade**  
Grab 'N Go  
Sandwich  
Made Fresh in Store,  
Selected Varieties



**3<sup>99</sup>**  
ea  
Western Family  
Hummus  
Selected Varieties,  
227g

**5<sup>49</sup>**  
ea  
Fresh Is Best  
Salsa  
Selected Varieties,  
375 ml

**7<sup>99</sup>**  
ea  
Potato with  
Egg Salad  
or Macaroni,  
Selected Varieties,  
1.25 kg

**PACKAGED MEAT**



**5<sup>99</sup>**  
ea  
Schneiders  
Bacon  
Selected Varieties,  
375g

**12<sup>99</sup>**  
ea  
Schneiders  
Smoked Ham  
(700g) or Maple Leaf  
(600g), Selected Varieties

**BUY 1 GET 1  
FREE**  
Olivieri  
Filled Pasta  
Selected Varieties,  
Family Pack, 900g  
same item of equal or lesser value



**10<sup>99</sup>**  
ea  
Freybe Bavarian  
Smokies  
(600g) or European  
Wieners (500g)

**5<sup>99</sup>**  
ea  
Maple Lodge  
Farms Chicken  
Sausages  
Selected Varieties,  
Frozen, 375g or 500g

**14<sup>99</sup>**  
ea  
Pinty's  
Pub & Grill  
Chicken Wings  
Selected Varieties,  
Frozen, 780g or 790g



**FRESH BAKERY** ONLY AVAILABLE IN STORES WITH FULL SERVICE BAKERY DEPARTMENTS



Pack of 6  
**5<sup>99</sup>**  
Fresh Muffins  
Selected Varieties,  
Baked in Store

Pack of 2  
**3<sup>99</sup>**  
White Bread  
or 60% Whole Wheat,  
Baked in Store



Pack of 4  
**3<sup>49</sup>**  
Butter Croissants  
Baked in Store



**12<sup>99</sup>**  
New York Cheesecake  
Selected Varieties,  
Baked in Store,  
6 Inch, 600g



Pack of 4  
**4<sup>99</sup>**  
Scones  
Selected Varieties,  
Fresh



Pack of 6  
**3<sup>49</sup>**  
Cheese Buns  
Selected Varieties,  
Baked in Store



**2\$5**  
for  
Mini Garlic Bread  
240g

**BAKERY** AVAILABLE IN ALL LOCATIONS



Dempster's Hot Dog Buns  
or Hamburger, 570g  
**3<sup>99</sup>**  
ea



Silver Hills Sprouted Power Bread  
Selected Varieties,  
600g  
**4<sup>99</sup>**  
ea



Pack of 10  
**4<sup>49</sup>**  
Dempster's Tortillas  
Selected Varieties,  
10 Inch





Trusted for over 50 years, Western Family is a proud Western Canadian brand, offering an assortment of reliable, affordable high quality products.

**western family**



**Western Family Candy Bag**  
Selected Varieties,  
180g  
**2\$5**  
for



**Western Family Potato Chips**  
Kettle Cooked,  
Selected Varieties,  
200g  
**2\$6**  
for



**Western Family Pretzels**  
Selected Varieties,  
200g  
**2\$5**  
for



**Western Family Chocolate Bar**  
Selected Varieties,  
100g  
**2\$5**  
for



**Western Family Cereal**  
Selected Varieties,  
580g or 685g  
**4\$4.99**  
ea



**Western Family Pickles**  
Selected Varieties,  
1 Litre  
**3\$9.99**  
ea



**Western Family Peanut Butter**  
Selected Varieties,  
1 kg  
**4\$9.99**  
ea



**Western Family Pancake Syrup**  
Selected Varieties,  
710 mL or 750 mL  
**3\$7.99**  
ea



**Western Family Rising Crust Pizza**  
Selected Varieties,  
665g or 740g  
**5\$9.99**  
ea



**Western Family Signature Ice Cream**  
Selected Varieties,  
500 mL  
**4\$9.99**  
ea



**Western Family Freezer Bags**  
Selected Varieties,  
14's or 25's  
**2\$9.99**  
ea



**Western Family Garbage Bags**  
Selected Varieties,  
20's or 40's  
**9\$9.99**  
ea

✓ **LOW PRICES**    ✓ **QUALITY**    ✓ **SELECTION**

We reserve the right to limit quantities, some items may not be exactly as illustrated or not available at all locations. Prices do not include applicable taxes, bottle deposits, eco fees or recycling fees where applicable.



# STOREWIDE SAVINGS

Siggi's Yogurt  
Selected Varieties,  
650g or 750g

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



Dairyland Milk 2 Go  
Selected Varieties,  
473 mL

**2\$4**  
for



Frank's Hot Sauce  
Selected Varieties,  
354 mL

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



VH Honey Garlic Sauce  
(341 mL) or Teriyaki Stir Fry  
(355 mL), Selected Varieties

**2\$7**  
for



Cadbury Chocolate Bar  
Selected Varieties,  
Family Size, 100g

**4\$10**  
for



**2\$6**  
for

Maynards Candy  
Selected Varieties, 150g



**5\$5**  
for

Purina Fancy Feast Cat Food  
Wet, Selected Varieties,  
85g or 156g



**4\$6**  
for

Cesar Dog Food  
Wet, Selected Varieties, 100g

# HOUSEHOLD SAVINGS

Tide Pods Laundry Detergent  
Selected Varieties, 112's

**28<sup>99</sup>**  
ea



Sponge Towels Ultra Choose-A-Size Paper Towels  
Pro (3=6 Rolls) or Ultra (6 Rolls)

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



Scotties Facial Tissue  
Selected Varieties,  
Pack of 6

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



Tide Laundry Detergent  
Liquid, Selected Varieties,  
2.72 Litres

**15<sup>99</sup>**  
ea



Finish Ultimate Quantum  
Selected Varieties,  
72's or 80's

**22<sup>99</sup>**  
ea



Aussie Hair Care  
Selected Varieties,  
778 mL

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



Huggies Little Movers Diapers  
Selected Varieties,  
44's or 50's

**28<sup>99</sup>**  
ea



Axe Body Spray  
Selected Varieties, 113g

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



**PRICE MATCH** We'll match competitor's prices on any items in our flyer. See Buy-Low.com for details



*More* REWARDS



*Everyone gets a gift  
from 100 to*

**1 Million  
Points!**

## *How it works:*

- Load your mystery gift through **MY OFFERS**
- Redeem on your next shop to reveal the value!
- A gift between **100** and **1 Million Points** will be applied to your account when you shop by May 8<sup>th</sup>.
- See the value at the bottom of your receipt.

**LOAD YOUR GIFT!**

Must be an active More Rewards member as of April 18<sup>th</sup> to receive the Mystery Gift offer.