

EST. 1963

Bidgood's

YOUR LOCAL GROCER

Bidgood's Customer Loyalty Program
You can now use your unique 50/50 number
to accumulate reward points!!

Need a number?
Visit our website to register!

RED RIPE STRAWBERRIES
California #1
1 lb clamshell

3⁹⁹



SAVE \$2.36/lb
3⁹⁹
lb



FRESH BONE-IN CHICKEN BREAST
Family Pack
8.80 kg

FRESH SHOULDER PICNIC PORK ROAST
Family Pack
5.93 kg



2⁶⁹
lb



SWEET JUICY ORANGES
California #1
3 lb bags
Reg. 8.99

SAVE \$3.00
5⁹⁹



GOLDEN RIPE PINEAPPLES
Costa Rica #1

4⁹⁹

HOT DEAL



7⁹⁹
HOT DEAL

MAPLE LEAF PRIME POPCORN CHICKEN or DINO NUGGETS
560g
Reg. 15.99

SAVE \$3.00

CHAPMAN'S PREMIUM ICE CREAM 2 L or YUKON NOVELTIES 5-8 pk • Assorted • Reg. 7.99

4⁹⁹

SAVE \$5.00

LA PERLA OIL 3 L • Vegetable or Canola • Reg. 16.99

AYLMER TOMATOES or ACCENTS 540-796mL • Assorted

1⁹⁹

HUNT'S PUDDING or GELS 4 pk • Assorted

2/\$4

MINUTE MAID or FIVE ALIVE JUICE 1L Assorted

3/\$5

LAY'S POTATO CHIPS 235g Family size Assorted

3⁹⁹

HOT DEALS

BURNS FLAKES OF MEAT 156g • Assorted

3/\$5

BECEL MARGARINE 850g • Reg. 9.49

5⁹⁹
HOT DEAL

COKE or PEPSI PRODUCTS 12x355mL • Assorted

6⁴⁹
HOT DEAL

COTTONELLE ULTRA CLEAN BATHROOM TISSUE 18 Mega Roll • Reg. 28.99

13⁹⁹
HOT DEAL

18 Mega = 72 Singles

Fresh Produce

BUY 1 GET 500 BONUS POINTS



SWEET BELL RAINBOW PEPPERS
Ontario #1 • 3 pk

5⁹⁹



PLUMP RIPE BLUEBERRIES
Mexico #1 • 6 oz clamshell

3⁹⁹



watermelon.org



2⁹⁹
lb

PLUMP RIPE HOT HOUSE TOMATOES
Ontario #1
6.59 kg



GREEN PEPPERS
Florida #1

2⁹⁹
lb

1⁶⁹
lb

SWEET JUICY SEEDLESS WATERMELON
US #1 • 3.73 kg
½'s and ¼'s

Fresh Florida.



SWEET PEACHES AND CREAM CORN
Florida #1

4/\$5



HOT DEAL

WHOLE WHITE MUSHROOMS
Ontario #1
8 oz cello

2/\$6

SWEET CRUNCHY COSMIC CRISP APPLES
Washington #1 • 5.49 kg

2⁴⁹
lb



SWEET JUICY BLACK PLUMS
Chile #1 • 8.80 kg

3⁹⁹
lb



2⁹⁹
lb

FRESH BROCCOLI CROWNS
Mexico #1
6.59 kg



Organic

4⁴⁹

CLASSIC BRAND ORGANIC SALADS
US #1
5 oz clamshell

SWEET SUCCULENT MANGOES
Mexico #1

2⁹⁹



2⁹⁹

MINI SEEDLESS CUCUMBERS
Ontario #1
6 pk tray

Breakfast



SAVE \$1.00
3⁹⁹

LACTANTIA HEALTHY ATTITUDE MARGARINE 427g • Reg. 4.99



2/6⁵⁰

DEMPSTER'S ENGLISH MUFFINS 6 pk • Plain



4⁹⁹

PHILADELPHIA CREAM CHEESE SPREAD 227g • Assorted



2/4⁴⁴

SPRAGUE BAKED BEANS 398ml cans • Assorted



SAVE \$1.80

3⁹⁹

TIM HORTONS SPECIALTY TEA 20 ct • Assorted • Reg. 5.79



SAVE \$1.00

3⁹⁹

DEL MONTE CHILLED JUICE 1.6L • Assorted • Reg. 4.99



SAVE \$1.50

5⁹⁹

CAMP 100% PURE MAPLE SYRUP 250ml • Reg. 7.49



BUY 1 GET 500 BONUS POINTS

10⁹⁹

BILLY BEE HONEY 500g



4⁹⁹

DANONE OIKOS GREEK YOGURT 4 pk • Assorted



6⁴⁹

SMUCKER'S DOUBLE FRUIT or PURE JAMS and MARMALADES 500ml • Excluding Raspberry or JIF PEANUT BUTTER 1 kg • Assorted



SAVE \$2.00

6⁹⁹

TETLEY TEA 40-48 ct • Assorted • Reg. 8.99



SAVE \$2.00

6⁴⁹

NESCAFÉ INSTANT COFFEE 170g • Assorted • Reg. 8.49



SAVE \$4.00

12⁹⁹

BALZAC'S COFFEE 300-340g or 18 pk pods • Assorted • Reg. 16.99

KELLOGG'S CEREAL 306-525g • Assorted

ChoiceCuts



4⁹⁹
lb

SAVE \$2.26/lb

FRESH CRYOVAC PORK BACK RIBS
11.00 kg



FRESH LEAN GROUND BEEF
13.21 kg • Family Pack

5⁹⁹
lb

Spring is in the air!



CANADIAN AA OR HIGHER STRIPLOIN GRILLING STEAK
37.46 kg



6⁹⁹
lb

FRESH LEAN ALL BEEF PATTIES
15.41 kg
Store made

TIME TO THAW OUT THE GRILL



16⁹⁹
lb



BELMONT MEATS PRIME RIB BURGERS or BUTTERBALL TURKEY BURGERS
852g



6⁴⁹

SCHNEIDERS SMOKED SAUSAGES
375g • Assorted



12⁹⁹

3⁹⁹

LARSEN COACHMAN WIENERS 375g



SAVE \$2.00

6⁹⁹

SCHNEIDERS BREAKFAST ROUNDS
375g • Reg. 8.99



BUY 1 GET 1000 BONUS POINTS

8⁹⁹

MAPLE LEAF PREPPED & READY NATURAL MEATS
250g • Assorted



SAVE \$2.00

4⁹⁹

SWIFT PREMIUM SLICED BACON
375g • Reg. 6.99



HOT DEAL

2/\$6

CHRIS BROTHERS PIZZA VARIETY PACK
175g

Bidgood's Cove



FRESH WHOLE STEELHEAD TROUT
13.20 kg
Product of Newfoundland

5⁹⁹
lb

SAVE \$2.00/lb



SOFINA BREADED FISH FILLETS
1 kg

8⁹⁹



WILD ARGENTINIAN SHRIMP
2 lb • 13/15

25⁹⁹



BIDGOOD'S FISH CAKES
13.29 kg

6⁰³
lb

Frozen

CAVENDISH GARLIC AND ROSEMARY WEDGES
5 lb



8⁹⁹

CAVENDISH SHOESTRING FRIES
4.5 lb



7⁹⁹

WONG WING EGG ROLLS
1.25 kg Assorted



12⁹⁹



4⁹⁹

MCCAIN FRIES
650-800g • Assorted



8⁹⁹

ALASKA STRAWBERRIES
1 kg



5⁷⁷

FURLANI TEXAS TOAST
280g • 3 Cheese



5⁷⁹

GREEN GIANT NIBBLERS CORN ON THE COB
12 ct



BUY 1 GET 500 BONUS POINTS

6⁴⁹

SMUCKER'S UNCRUSTABLES
208-232g • Assorted

Grocery



2/\$4

HUNT'S MANWICH SAUCE
398mL



1.5 L
SIZE!

10⁹⁹

KRAFT MIRACLE WHIP
1.5 L • Assorted



2/\$7

CLOVER LEAF ALBACORE
WHITE TUNA
170g • Flaked or Chunk



6⁴⁹

CARNATION HOT CHOCOLATE
450g • Assorted



3²⁹

DARE BEAR PAWS 140-270g or
VIVA PUFFS 300g • Assorted



2⁷⁹

HUNT'S THICK & RICH
PASTA SAUCE 680mL • Assorted



2/\$4

SWISS CHALET GRAVY AND
DIPPING SAUCE 284mL • Assorted



2⁴⁹

DEL MONTE DICED BEETS
398mL



2/\$5

CHEETOS MAC 'N CHEESE
170g • Assorted



SAVE
\$1.50

3⁴⁹

FIBRE 1 BARS
125-175g • Assorted • Reg. 4.99



BUY 2
GET 500
BONUS
POINTS

2/\$6

PURITAN BEANS AND WIENERS
425g



2/\$3

PRIMO PIZZA SAUCE
213g



SAVE
\$1.50

5⁹⁹

KRAFT SINGLES
410g • Assorted • Reg. 7.49



5⁴⁹

CLASSICO PASTA SAUCE
410-650mL • Assorted



2⁹⁹

STOVE TOP STUFFING
120g • Assorted



SAVE
\$1.50

3⁹⁹

STUBB'S BBQ SAUCE
450mL • Assorted • Reg. 5.49



5⁹⁹

HEINZ 57 SAUCE
500mL



22⁹⁹

TIM HORTONS K-CUPS
30 ct • Assorted



4⁴⁹

CROSBY'S MOLASSES
675g



BUY 1
GET 500
BONUS
POINTS

5⁴⁹

KRAFT TARTAR SAUCE
355mL



3⁶⁹

CHRISTIE SNACKING CRACKERS
175-200g • Assorted



3⁷⁹

MIO, CRYSTAL LIGHT, KOOL-AID,
COUNTRY TIME or TANG
DRINK ENHANCERS 48mL



6²⁹

OCEAN SPRAY COCKTAILS
6 pk • Assorted



5⁴⁹

BICK'S SLICED BEETS
750mL



2/\$8

POPCORNERS
142g • Assorted

Around the Home



2/4⁴⁴

WHITE SWAN NAPKINS
100 ct



SAVE
\$3.22

8⁷⁷

SPONGE
TOWELS
6 Roll
Reg. 11.99



SAVE
\$3.30

7⁹⁹

SCOTTIES FACIAL TISSUES
6 pk • Reg. 11.29



MR. CLEAN
DISINFECTANT
1.2L
Assorted
5⁴⁹



SAVE
\$1.50

4⁴⁹

SCRUB FREE
BATHROOM CLEANER
950mL • Assorted
Reg. 5.99



SUNLIGHT
ORANGE
ANTIBACTERIAL
DISH LIQUID
562mL
2/\$6



SAVE
\$2.00

4⁴⁹

OLD DUTCH
CONCENTRATED
BLEACH 2.4L
Reg. 6.49



SAVE
\$2.22

6⁷⁷

PUREX LAUNDRY DETERGENT
1.47-2.04L • Assorted • Reg. 8.99

Monkey Bread

Preheat oven to 350 degrees. Grease bunt pan with cooking spray. Cut the 2 packages of ready made biscuits into 4 sections (8 pieces). In gallon size zip bag put 1 cup granulated sugar and 2 tbsp ground cinnamon. Add biscuit pieces to bag, a couple at a time, and shake to coat. Put in bunt pan. Continue until all pieces coated and in bunt pan. Bake for 20 minutes or until golden brown. Take out of oven and put serving plate on top, turning plate and bunt pan over. Remove pan and cool. Drizzle with caramel sauce.



Ingredients

- 2 tbsp ground cinnamon
- 1 jar caramel sauce
- 2 packages refrigerator biscuits
- 1 can no stick cooking spray
- 1 cup granulated sugar

Bakery & Deli



1/4 CHICKEN & RIB MEAL
Small Side & Small Salad
Store made

10⁷⁹



BIDGOOD'S MEAT SUB
Store made

6⁵⁹

BUY 1
GET 500
BONUS
POINTS

BEEF LASAGNA
Store made • 20.70 kg
Pre-Packaged

9³⁹
lb

POTATO SALADS
10.69 kg • Store made
Assorted



4⁸⁵
lb



BUY 1
GET 500
BONUS
POINTS

4 PK
BLUEBERRY
MUFFINS
Store made



5⁹⁹



6 PK WHITE
DINNER ROLLS
Store made

2⁴⁹



HALF MOON
225g • Store made

3⁴⁹



BANANA CREAM PIE
570g • Store made

6⁴⁹



Baking

LOW-FAT CHERRY-ALMOND ANGEL CAKE



SAVE
\$1.00

3⁹⁹

LACTANTIA CREAM CHEESE
250g • Original or Light • Reg. 4.99



5⁹⁹

GHIRARDELLI CHOCOLATE CHIPS
250-326g • Assorted



5⁴⁹

KRAFT DREAM WHIP
170g



4⁴⁹

BETTY CROCKER
ANGEL FOOD CAKE 430g

- 1 box Betty Crocker™ Angel Food Cake Mix
- 1 1/3 cups cold water
- 1 1/2 teaspoons almond extract
- 1/2 cup chopped maraschino cherries, drained
- 2 tablespoons butter or margarine, melted
- 2 cups powdered sugar
- 2 tablespoons maraschino cherry juice



Move oven rack to lowest position. Heat oven to 350°F. In extra-large glass or metal bowl, beat cake mix, cold water and extract on low speed 30 seconds. Beat on medium speed 1 minute. Carefully fold in cherries. Pour into ungreased 10-inch angel food cake pan.

Bake 37 to 47 minutes or until top is dark golden brown and cracks feel very dry and not sticky. Do not underbake. Immediately turn pan upside down until cake is completely cooled, about 2 hours. Run knife around edge of cake; remove from pan.

In medium bowl, mix butter, powdered sugar and cherry juice. Spread glaze over top of cake, allowing some to drizzle down side. Garnish with whole cherries.



ROBIN HOOD
ALL PURPOSE
FLOUR
1kg

4⁴⁹



SAVE
\$1.00

3⁹⁹

FLEISCHMANN'S
CORN STARCH
454g • Reg. 4.99



4⁴⁹

PILLSBURY READY TO BAKE
COOKIES 454g



4⁴⁹

DALTON'S
RED MARASCHINO
CHERRIES 375ml

Pet Supplies



PURINA
FANCY FEAST
CAT FOOD
85g
Assorted

4/\$5



MEOW MIX ORIGINAL CHOICE
2kg • Reg. 10.49

SAVE
\$3.50

6⁹⁹



MILK-BONE DOG TREAT
BISCUITS 450g • Assorted

2/\$7

SAVE
\$3.00



ALPO MOIST & MEATY DOG FOOD
1.53kg • Lamb or Chicken • Reg. 13.49



PUP OF THE
WEEK

Heesha

CINCO DE MAYO

OLD EL PASO TACO SHELLS 125-155g, MEXICAN RICE 215g, REFRIED BEANS 398mL or SOFT FLOUR TORTILLAS 297-334g • Assorted

OLD EL PASO SEASONING 24-35g • Assorted • Reg. 1.02

OLD DUTCH RESTAURANTE CHIPS 290g or SALSA 400-430mL • Assorted

SUN BREW CORONA 6x330mL

SAVE \$1.02

2/\$6

1/47

2/750

1199

Black Diamond Lactose Free Options

Black Diamond CHEESE BLOCKS 400g or SHREDS 300-320g • Assorted

MINUTE MAID NO SUGAR ADDED JUICE 1.54L • Assorted • Reg. 4.99

CATELLI HEALTHY HARVEST, SMART or ANCIENT GRAINS PASTA 340-375g • Assorted

FRENCH'S SPECIALTY MUSTARDS 325mL • Assorted • Reg. 4.29

SAVE \$1.00

399

SAVE \$1.30

2/\$5

299

GREEN GIANT VEGETABLES 341-398mL • Assorted

MARIO'S CHOPPED HAM 340g

IMPERIAL SOFT MARGARINE 1.28 kg • Reg. 9.99

PARKAY MARGARINE 3 lb • 1/2 cup squares • Reg. 9.49

GRAVES APPLE JUICE 1.36L • Assorted

BUY 1 GET 500 BONUS POINTS

179

349

SAVE \$3.00

699

SAVE \$2.50

699

349

RED BARON PIZZA 318-326g • 5" Single Serve • Assorted

CAVENDISH CRISPY TEMPURA ONION RINGS 1.5 kg • Reg. 15.49

VILLAGGIO BREAD 675g • White or Whole Wheat

GRISSOL CROISSANTS 135g • Assorted • Reg. 3.99

HIDDEN VALLEY SALAD DRESSING 473mL • Assorted

SAVE \$3.50

444

1199

2/\$7

299

449

BUY 2 GET 1000 BONUS POINTS

DUNKAROOS 168g • Assorted

BLACK DIAMOND CHEESTRINGS 252-336g • Assorted • Reg. 8.99

DOLE FRUIT BOWLS 20 pk • Assorted

PEPPERIDGE FARMS GOLD FISH CRACKERS 167-227g • Assorted

DARE WAGON WHEELS 315-360g • Assorted • Reg. 4.79

HOT DEAL

349

SAVE \$2.00

699

1599

349

SAVE \$1.80

299

VACHON SNACK CAKES 220-410g • Assorted

BUD ZERO 6x355mL • Reg. 13.49

POWERADE SPORTS DRINK 6x591mL • Assorted • Reg. 7.39

PEPSI or COKE PRODUCTS 1L • Assorted or AQUAFINA WATER 1L

RUFFLES or MISS VICKIE'S CHIPS 180-220g • Assorted

SAVE \$3.50

2/750

999

SAVE \$1.90

599

4/\$5

2/850

Taco Burgers

Mix packet of taco seasoning with ground beef and split in to four equal parts. Form your burgers.

Add oil to hot frying pan and cook until done about 10 minutes, flipping once. Melt cheese on top at the end of cooking.

While burgers cook, shred your lettuce, dice onion and tomato.

To assemble: take a roll, put burger on the bottom, top with lettuce, tomato, onion, and guacamole and top with the top bun.

VARIATIONS

Replace the diced onions and tomatoes with your choice of salsa.

Ingredients

- 1 packet taco seasoning
- 1 tomato, diced
- 1 small onion, diced
- 2 tbsps vegetable oil
- 1 lb ground beef
- 1 head iceberg lettuce, torn pieces
- cheddar cheese, sliced
- guacamole