
HEY KINGSGATE,

Your Buy-Low Foods will soon be your local

save  **foods**

THURSDAY, MAY 16

Buy-Low Foods will be closing Wednesday, MAY 15 at 6pm

BUY-LOW FOODS





**THE
LOWEST
BUY**



BIG PACK

Chicken Breast
Fresh, Boneless, Skinless, 12.10/kg

5⁴⁹ lb




3⁹⁹ lb

Pork Back Ribs
Fresh, 8.80/kg

.99 ea

Long English Cucumber
BC




3⁹⁹ ea

Taylor Farms Chopped Salad Kit
USA, Selected Varieties, 316g or 333g

2⁹⁹ ea

Kettle Brand Potato Chips
Selected Varieties, 198g




2⁹⁹ ea

Danone Activia Yogurt
Selected Varieties, 650g

4⁹⁹ ea

Chapman's Premium Ice Cream
or Sorbet, Selected Varieties, 2 Litres




3²⁹ ea

Classico Pasta Sauce
Selected Varieties, 410 mL or 650 mL

7⁹⁹ ea

Western Family Cheese
Selected Varieties, 600g

 **THE LOWEST BUY**
 **BUY MORE BUY LOW**
 **THE LOW DOWN**
 **PRICE MATCH**

NOW WITH EVEN MORE WAYS TO SAVE.

PRICES EFFECTIVE THURSDAY TO WEDNESDAY, MAY 2 - 8, 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.

FRESH TASTE OF SAVINGS



HOT BUY

1⁴⁹
ea

Hass Avocado
Mexico



HOT BUY

.99
lb

Russet Potatoes
USA, 2.18/kg



2 lb Bag

5⁹⁹

Sweet Mandarins
California



3⁹⁹
ea

Cauliflower
USA



1 lb Clamshell

3⁹⁹

Strawberries
USA or Mexico

Limes
Mexico

.79
ea



1⁹⁹
lb

Tomatoes
On The Vine
BC, 4.39/kg



2\$4
for

Haden
Mangoes
Mexico



4⁹⁹
ea

Earthbound Farm
Organic Salad
USA, Selected Varieties,
142g

LARGE PACKS



3-Pack

4⁹⁹

Romaine
Hearts
USA



3 lb Bag

5⁹⁹

Grapefruit
USA



Gala
Apples
BC

5 lb Bag

5⁹⁹

QUALITY MEATS FOR LESS



Pork Loin Chops
Boneless, Centre Cut, 13.21/kg

BIG PACK

5⁹⁹
lb



BIG PACK

2⁹⁹
lb

Chicken Legs
Fresh, Back Attached, 6.59/kg



5⁹⁹
lb

Extra Lean Ground Beef
Ground Fresh in Store, 13.21/kg

SEAFOOD



2⁹⁹
100g

Ahi Tuna Steak
Frozen or Previously Frozen



Western Family Black Tiger Prawns
41 to 50 Count, Peeled & Deveined, Frozen, 340g



9⁹⁹
ea



Western Family Fish Portions
Selected Varieties, Frozen, 454g or 568g



15⁹⁹
ea



8⁹⁹
ea

Salmon Village Wild Pink Smoked Salmon Nuggets
Selected Varieties, 150g

DELI ONLY AVAILABLE IN STORES WITH FULL SERVICE DELI DEPARTMENTS



3²⁹ 100g Rosemary Ham or Tuscan, Fresh Sliced in Store

3⁴⁹ 100g Corned Beef Or Beef Pastrami

3⁹⁹ 100g Parmesan Cheese Shredded or Shaved, Packaged in Store



9⁹⁹ ea Grimm's Pepperoni Sticks Selected Varieties, 600g

5⁹⁹ ea **Housemade** Breakfast Wraps Selected Varieties, 248g

15% off **Housemade** Leaf Salads Selected Varieties, 370g Regular Retail



10⁴⁹ ea Applewood Smoked Cheddar Wedge 150g

3⁹⁹ ea Western Family Hummus Selected Varieties, 227g

6⁹⁹ Natural Selections Sliced Deli Meat Selected Varieties, 175g

PACKAGED MEAT



4⁹⁹ ea Western Family Bacon Selected Varieties, 375g

11⁹⁹ ea Western Family Breaded Chicken Selected Varieties, Fully Cooked, Frozen, 800g

8⁹⁹ ea Freybe Salami Chub Selected Varieties, 250g



5⁹⁹ ea Johnsonville Sausages Selected Varieties, Previously Frozen or Frozen, 375g or 500g

5⁹⁹ ea Beyond Meat Plant-Based Meat Products Selected Varieties, Frozen, 226g

13⁹⁹ ea Western Family Prime Rib Beef Burgers Frozen, 1.02 kg

FRESH BAKERY ONLY AVAILABLE IN STORES WITH FULL SERVICE BAKERY DEPARTMENTS



2⁹⁹ ea
Alpine Grain Bread
Baked in Store.
450g



6⁹⁹ ea
Fruit Pie
Selected Varieties.
Baked in Store.
680g



Pack of 6
3⁷⁹
Portugese Buns
or Panini Buns.
Baked in Store



Pack of 2
6⁹⁹
Cake Triangles
Selected Varieties



Pack of 4
4⁹⁹
Cheese
Breadsticks



Pack of 4
6⁹⁹
Pizza
Pretzels

Western Family
Bagels
Selected Varieties



Pack of 6
3⁴⁹
450 g (16oz)

BAKERY AVAILABLE IN ALL LOCATIONS



Dempster's
100% Whole
Grains Bread
Selected Varieties.
600g
2\$7
for



Venice Bakery
Bread
Selected Varieties.
570g
2\$5
for



Dempster's
Bagels
Selected Varieties
Pack of 6
4⁶⁹
EVERYTHING
TOUY GARN!

CELEBRATE CINCO DE MAYO



Seven Layer Bean Dip
Made Fresh in Store

1.59
100g



4.49
ea

Western Family Guacamole
Mild or Spicy, 227g



6.49
ea

Fresh Is Best Salsa
Medium or Mild, 375 mL



4.49
ea

Old El Paso Dinner Kit
Selected Varieties,
340g or 400g

Old El Paso Seasoning Mix
Selected Varieties,
24g



4\$5
for

Old El Paso Refried Beans
Selected Varieties,
398 mL



2\$6
for

Old El Paso Salsa
Selected Varieties,
650 mL



3.99
ea



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 Juice
Selected Varieties,
1 Litre

1⁶⁹
ea



Western Family Soft Drinks
Selected Varieties,
12 x 355 mL

4⁹⁹
ea



Western Family Cookies
Selected Varieties,
300g

2\$⁷
for



Western Family Rice Crackers
Selected Varieties,
100g

3\$⁵
for



Western Family Soda Crackers
Salted or
Unsalted Tops,
453g

2⁹⁹
ea



Western Family Fruit Cups
Selected Varieties,
6 x 113g

2\$⁵
for



Western Family Jasmine Rice
907g

3⁴⁹
ea



Western Family Baked Beans
Selected Varieties,
398 mL

2\$³
for



Western Family Canned Vegetables
Selected Varieties,
341 mL or 398 mL

2\$³
for



Western Family Soup
Selected Varieties,
540 mL

2\$⁵
for



Western Family Entrée
Selected Varieties,
Frozen, 255g

2\$⁴
for



Western Family Chip Dip
Selected Varieties,
225g

2\$⁶
for

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.

SNACKS & BEVERAGES

Coca-Cola
Soft Drink
Selected Varieties,
2 Litres



2\$5
for



5\$99
ea

Bubly Sparkling Water
Selected Varieties, 12 x 355 mL



2\$6
for

Leclerc Go Pure
Fruit & Oat Bars
Selected Varieties,
140g or 175g



2\$6
for

Christie Crackers
or Bits & Bites,
Selected Varieties, 145g

3\$29
ea

Sensible
Portions
Veggie Snacks
Selected Varieties, 142g



8\$99
ea

Van Houtte
Coffee Pods
Selected Varieties,
12-Pack

2\$6
for

Blue Diamond
Almond Breeze
Beverage
Selected Varieties, 946 mL



2\$7
for



Tetley Tea Bags
Selected Varieties,
20's or 24's

DAIRY, CHILLED & FROZEN



8\$99
ea

Armstrong
Cheese Slices
Selected Varieties, 500g



4\$99
ea

Dr. Oetker Ristorante
Thin Crust Pizza
Also Casa di Mama, Selected
Varieties. Frozen, 320g or 400g

Silk Dairy-Free
Beverage
Selected Varieties,
1.89 Litres



4\$49
ea



3\$99
ea

Olympic
Krema Yogurt
Selected Varieties, 500g



3\$99
ea

Becel Plant
Butter
Selected Varieties, 454g



4\$49
ea

McCain
French Fries
Selected Varieties,
Frozen, 650g or 800g



2\$6
for

Michelina Entrée
Selected Varieties,
Frozen, 454g



2\$7
for

Green Giant
Vegetables
Selected Varieties,
Frozen, 400g or 750g

STORE WIDE SAVINGS



4\$7
for

Knorr Sidekicks
Selected Varieties,
135g or 162g



2\$7
for

Catelli Pasta
Selected Varieties,
700g or 900g

Western Family
Mayonnaise
Selected Varieties,
890 mL



4.99
ea

Vlasic Pickles
Selected Varieties, 1 Litre



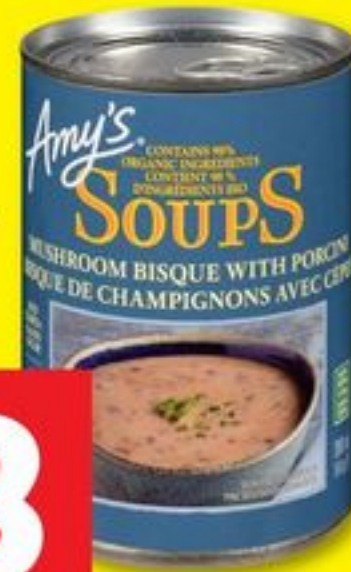
4.99
ea

Hidden Valley
Dressing
Selected Varieties, 473 mL



3.99
ea

Amy's Healthy
Soups
Selected Varieties,
398 mL



2\$8
for



2\$7
for

Quaker Cereal
Selected Varieties,
350g or 450g



4.99
ea

Alpen Muesli
Cereal
Selected Varieties,
400g or 650g

HOUSEHOLD & PERSONAL CARE

Western Family
Bathroom Tissue
Selected Varieties,
12=24 Rolls



6.49
ea

Arm & Hammer
Liquid Detergent
Selected Varieties,
1.63 Litres



6.99
ea

Western Family
Dish Soap
Selected Varieties,
Liquid, 532 mL



2\$5
for

Drano Drain
Cleaner
Selected Varieties, 900 mL



5.99
ea

Shout Stain
Remover
Selected Varieties,
650 mL or 710 mL



3.99
ea

Dove Hair Care
Selected Varieties, 355 mL



5.99
ea



4.99
ea

Crest Toothpaste
Selected Varieties, 120 mL



11.99
ea

Premier Protein
Nutritional Drink
Selected Varieties,
4 x 325 mL

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
of **100** up to

**1 Million
Points!**

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

How it works:

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

LOAD YOUR GIFT!