



# Family Foods

## HAPPY MOTHER'S DAY

Sunday May 12th

Fresh Produce

# 79¢

Each

### Corn On The Cob

Product of U.S.A.



# 4.99

lb  
11.00/kg

### Compliments Boneless Skinless Chicken Breasts

Frozen. Seasoned. I.Q.F. Works out to \$44.00 Per 4 Kg Box.



# 1.99

Each

### Compliments Wieners

Regular or Jumbo. 450 g.



# 2.99

### Compliments Hot Dog or Hamburger Buns

490 - 540 g.



# 6.99

### Pepsi 12 Pack Soft Drinks

Select Varieties. 12 x 355 mL.



# 4.49

Each

### Fresh Blueberries

Product of Mexico. 1 Pint.



# 2.99

Each

### Compliments Salads

Select Varieties. 426 - 454 g.



# 3/\$5

### Aylmer Tomatoes

Select Varieties. 398 - 796 mL.



# 3.99

### Becel Margarine

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



# 5.99

### General Mills Family Size Cereal

Select Varieties. 475 - 778 g.

## 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

MAY 2024	thu 9	fri 10	sat 11	sun 12	mon 13	tues 14	wed 15
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This symbol denotes Plus deposit and/or environmental levies where applicable.

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# Fresh Produce



**5<sup>99</sup>** Each **Orri Mandarin Oranges**  
Product of Israel. 907 g.



**5<sup>49</sup>** Each **Cantaloupe Melons**  
Product of Guatemala.



**4<sup>49</sup>** lb  
9.90/kg  
**Red, Green or Black Seedless Grapes**  
Product of Chile.



**99¢** Each **Bunch Green Onions**  
Product of Mexico.



**5<sup>99</sup>** Each **Compliments Lemons**  
Product of Spain. 2 lb/907 g.



**1<sup>99</sup>** Each **Compliments Baby Cut Carrots**  
Product of U.S.A. 340 g.



**3<sup>49</sup>** Each **Grape Tomatoes**  
Product of Mexico. 1 Pint.



**2<sup>29</sup>** lb  
5.05/kg **Red Onions**  
Product of U.S.A.



**2<sup>99</sup>** lb  
6.59/kg **Broccoli Crowns**  
Product of U.S.A.



**3<sup>99</sup>** Each **Compliments Baby Potatoes**  
Select Varieties. Product of Canada. 680 g.



**5<sup>99</sup>** Each **Taylor Farms Chopped Salad Kits**  
Select Varieties. 312 - 383 g.  
Product of U.S.A.

# Deli



**4<sup>99</sup>** **Mini Babybel Cheese**  
Select Varieties. 102 - 120 g.



**4<sup>99</sup>** Each **Mastro or San Daniele Meats**  
Select Varieties. Mortadella 175 g.  
Prosciutto Cotto 125 g. Capocollo 125 g.



**2<sup>49</sup>** 100 g **Compliments Deli Roast Beef**  
Sliced or Shaved.



**3<sup>99</sup>** Each **Fontaine Sante Hummus Dips**  
Or Spinach Dip. Select Varieties.  
227 - 260 g.



# Fresh Meat\*



**8<sup>99</sup>** lb  
19.82/kg  
**Fresh Lean Stewing Beef**  
Cut From Canada AA or Higher.



**7<sup>49</sup>** lb  
16.51/kg  
**Beef Inside Round Roast**  
Boneless. Cut From Canada AA or Higher.



**12<sup>99</sup>** lb  
28.64/kg

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



**5<sup>49</sup>** Each  
454 g.  
**Compliments Lean Ground Pork**



**5<sup>89</sup>** lb  
12.99/kg  
**Fresh Pork Back Ribs**  
Cryovac.



**3<sup>49</sup>** lb  
7.69/kg  
**Fresh Chicken Thighs or Drumsticks**  
Thighs Backbone Removed.



**6<sup>99</sup>** lb  
15.41/kg  
**Fresh Split Chicken Wings**

# Packaged Meat



**3<sup>99</sup>** Each  
Select Varieties. 67 - 117 g.  
**Schneiders or Greenfield Adult Lunch Kits**



**5<sup>99</sup>** Each  
Select Varieties. 375 g.  
Ready Crisp 65 - 85 g.  
**Maple Leaf Bacon**



**5<sup>49</sup>** Each  
**Johnsonville Sausages**  
Select Varieties. 500 g.



**6<sup>99</sup>** Each  
Regular or All Beef. 450 g.  
**Harvest Wieners**



**13<sup>49</sup>** Each  
500 g.  
**Harvest Thick Sliced Bacon**



**13<sup>99</sup>** Each  
Select Varieties. 600 g.  
**Maple Leaf Ham Halves**



**2<sup>19</sup>** Each  
450 g.  
**Compliments Chicken Wieners**



**5<sup>99</sup>** Each  
Select Varieties. 200 - 250 g.  
**Monsieur Gustav Cheddar Cheese**



**2<sup>19</sup>** 100 g  
**Harvest Salami**  
Sliced.



**2<sup>19</sup>** 100 g  
**Harvest Beer Sausage**  
Bulk.

\*Excludes Mountain Creek Farms Beef and Pork Products

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



# Chilled & Frozen



**1.99** Lucerne Sour Cream  
Regular or Light. 250 mL.



**2.99** Yoplait Tubes or Minigo  
Select Varieties. Tubes 448 g.  
Minigo 360 g.



**4.99** Armstrong Cheese  
Snacks or Slices  
Select Varieties. Cheese Snacks  
210 g. Slices 220 - 240 g.



**5.77**  
Black Diamond  
Cheese Strings or  
Siggis Yogourt  
Select Varieties.  
Cheese Strings 252 - 336 g.  
Siggis Yogourt 650 - 750 g.



**5.49** Kraft Philadelphia  
Cream Cheese  
Or McLaren's Imperial Cheese  
230 g. Select Varieties. 340 g.



**3.49** Earth's Own Beverages  
Select Varieties  
1.75 - 1.89 Litre. ♻️



**5.49** Oasis Juice or  
Smoothies  
Or Health Break Beverages.  
Select Varieties. 1.60 Litre. ♻️



**7.99** Kraft Singles  
Cheese Slices  
Select Varieties. 825 g.

**3.49** Danone Activia  
Yogourt  
Select Varieties. 625 - 650 g.  
Mix & Go 300 g.



**2.99** Pillsbury Toaster  
Strudels  
Or Toaster Scrambles.  
Select Varieties.  
204 - 326 g. Frozen.



**2.99** Smart Ones Entrees  
Select Varieties.  
241 - 262 g. Frozen.



**3.99** Dr. Oetker Giuseppe  
Panini  
Select Varieties. 250 g.  
Momenti Pizza or Garlic Fingers  
160 - 317 g. Frozen.



**4.49**  
Dr. Oetker Pizza  
Select Varieties.  
Casa Di Mama 395 - 410 g.  
Ristorante 320 - 390 g.  
Frozen.



**3.49** Kellogg's Eggo Waffles  
Select Varieties. 280 g. French  
Toast Sticks 270 g. Frozen.



**2.99** Best Buy Vegetables  
Select Varieties. 750 g.  
Frozen.



**1.79** Minute Maid Beverages  
Select Varieties.  
Or Nestea Iced Tea or Fruitopia.  
295 mL. Frozen.



**5.99**  
Chapman's Premium  
Ice Cream or Sorbet  
Or Frozen Yogourt.  
Select Varieties. 1 - 2 Litre.  
Novelties 275 - 1440 mL. Frozen.

# Meat & Seafood



**7.99** Pogo Corn Dogs  
Select Varieties. 600 - 750 g.  
Frozen.



**7.29** Compliments  
Appetizers  
Select Varieties.  
325 - 469 g. Frozen.



**15.99** Compliments  
Meat Lasagna  
2.27 kg. Frozen.



**14.99** Janes Ultimates  
Fish Fillets  
Select Varieties.  
530 - 615 g. Frozen.



**2.99** Compliments Crab  
Flavoured Alaskan Pollock  
Or Compliments Balance Lobster  
Chunks. Select Varieties. 227 g.



# Grocery



**4/\$7** Clover Leaf Tuna  
Or Salmon Salad 78 g.  
Select Varieties. Skipjack Tuna  
170 g. Flavoured Tuna 85 g.



**2/\$5** Maple Leaf  
Vienna Sausage  
113 g.



**2/\$7** Maple Leaf Flakes  
Of Ham, Chicken or Turkey.  
Select Varieties. 156 g.  
Excluding White Chicken.



**2/\$7**  
Holiday  
Luncheon Meat  
340 g.



**3.49** Kraft Shake 'n Bake  
Coating Mix  
Select Varieties. 142 - 184 g.



**2/\$3** Club House Gravy or  
Sauce Mixes  
Select Varieties. 20 - 47 g.



**5.29** Club House Wet Rubs  
Select Varieties. 200 mL.



**5.29** Club House La Grille  
Seasonings  
Select Varieties. 120 - 248 g.



**5.29** Club House Seasonings  
Select Varieties. 111 - 181 g.



**2/\$6** Catelli Pasta  
Select Varieties. 375 - 500 g.



**5.99** Minute Rice  
Whole Grain Rice 600 g.  
Long Grain Rice 700 g.



**2/\$7** Minute Rice Ready  
to Serve Cups  
Select Varieties. 250 g.



**7.99** Kraft Cheez Whiz  
Regular or Light. 900 g.



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



**9.99** Robin Hood Flour  
Select Varieties. 5 kg.



**6.29** Quaker Muffin Mixes  
Or Oat Flour 700 g.  
Select Varieties.  
Muffin Mixes 900 g.



**2/\$4** Betty Crocker Super  
Moist Cake Mix  
Or Frosting 340 - 450 g.  
Cake Mixes 375 g.



**3/\$5** Heinz Beans and Pasta  
Select Varieties. 398 mL.



**3/\$4** Hunt's Tomato Paste  
Regular, Garlic or  
Herb & Spices. 156 mL.



**4.99** Del Monte Canned Fruit  
Select Varieties. 796 mL.



**2.79** Quaker Chewy or Dipps Bars  
Select Varieties. 120 - 156 g.



**3.49** General Mills Fruit By The Foot  
Or Fibre 1 Bars 125 - 175 g. Select Varieties.  
Fruit By the Foot 128 g.



**2/\$6** Kellogg's Kashi or Special K Bars  
Select Varieties. 165 - 200 g.



# Beverages & Snacks



**5.49** Nestle Pure Life Spring Water  
24 x 500 mL. ♻️



**2/\$3** Sparkling Ice Water  
Select Varieties. 503 mL. ♻️



**1.29** Snapple Iced Tea  
Select Varieties. 473 mL. ♻️



**5.99** Coca-Cola 6 Pack Soft Drinks  
Select Varieties. 6 x 710 mL. ♻️



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



**5.99** Pringles Snack Stacks  
Select Varieties, 228 g.



**2/\$9.50** Cheetos Cheese Flavoured Snacks  
Select Varieties. 170 - 285 g.



**2/\$9.50** Doritos Tortilla Chips  
Select Varieties. 210 - 280 g.



**2/\$3** Compliments Snacks  
Party Mix, Cheese Crunchers or Sticks or Corn Chips. 120 g.



**2/\$6.50** Lay's Potato Chips  
Select Varieties. 220 - 235 g. Poppables 130 g.



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



**4.99** Compliments Dry Roasted Peanuts  
Select Varieties. 700 g.



**2/\$5** Dare Econo Pack Cookies  
Select Varieties. 280 g.



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



**2/\$7** Dare Crackers  
Select Varieties. 135 - 225 g.



**4/\$5** Cadbury Single Chocolate Bars  
Select Varieties. 33 - 60 g.



**2/\$4.50** Mars King Bars  
Select Varieties. 49 - 95 g.



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



**2/\$6.50** Hershey Family Bars  
Select Varieties. 90 - 120 g.



**5.99** Hershey Cello Chocolate  
Select Varieties. 160 - 290 g. Brookside 210 - 235 g.

# Household & Pet



**8.99** Bounty Paper Towel  
2-4 Roll. Select a Size or Full Sheet.



**5.99** Fleecy Fabric Softener  
Select Varieties. Sheets 80's. Fabric Softener 1.36 Litre.



**6.99** Gain Laundry Detergent  
Or Downy Fabric Softener. Select Varieties. 946 mL - 1.36 Litre. Gain Flings 340 g.



**8.49** Softsoap Liquid Hand Soap  
Select Varieties. 1.47 Litre.



**13.99** Nestle Original Boost Shakes  
Select Varieties. 6 x 237 mL. ♻️



# Bakery



**6<sup>99</sup>** Compliments Pies  
Select Varieties. 8 Inch.  
580 - 750 g.



**4<sup>99</sup>** Compliments  
Mini Donuts  
Powdered. 454 g.



**11<sup>99</sup>** Panache  
Cheesecake  
Select Varieties. 600 g.



**3<sup>99</sup>**  
Dempster's  
Bagels  
Select Varieties.  
450 - 510 g.



**9<sup>49</sup>** Panache Mini Profiteroles  
or Eclairs  
Select Varieties. 300 - 455 g. Frozen.



**2<sup>99</sup>** Compliments Mini Pita Bread  
Select Varieties. 200 g.



**3<sup>99</sup>** Panache Pizza Crust  
Or Compliments Flat Bread. Select Varieties.  
220 - 298 g.



**4<sup>99</sup>** Compliments Brioche Buns  
Select Varieties. 200 - 480 g.

# Breakfast



**7<sup>99</sup>** Nescafe Gold or  
Instant Coffee  
Select Varieties. 90 - 351 g.



**15<sup>99</sup>** Kicking Horse  
Whole Bean Coffee  
Select Varieties. 454 g.



**2/\$5** Compliments  
Fruit Drink  
Select Varieties. 2 Litre. ☼



**4<sup>99</sup>**  
Tropicana  
Juice Blends  
Or Apple Juice.  
Select Varieties. 1.75 Litre.  
Excluding Orange Juice. ☼



**8<sup>99</sup>** Kellogg's Jumbo Cereal  
Select Varieties. 700 g. - 1.2 kg.



**4<sup>49</sup>** Quaker Cereals  
Select Varieties. 350 - 510 g.



**5<sup>99</sup>** Jif Peanut Butter  
Select Varieties. 1 kg.



**4<sup>99</sup>** Smucker's Jams or Spreads  
Select Varieties. 310 - 500 mL.



**4<sup>49</sup>** Milk Bone Dog Biscuits  
Select Varieties. 750 - 900 g.  
Farmer's Medley 340 g.



**5<sup>49</sup>** Milk Bone Dipped or  
Stacked Dog Treats  
Select Varieties. 283 - 340 g.



**8<sup>99</sup>** Purina Cat or  
Kitten Chow  
Select Varieties. 1.6 - 2 kg.



**12<sup>99</sup>** Whiskas Multipack  
Cat Food  
Select Varieties.  
12 x 75 - 100 g.



**16<sup>99</sup>** Compliments  
Cat Litter  
9 kg.





# Family Foods

**Fresh Meat**

**3.29** lb  
7.25/kg

**Fresh Pork Rib Roast**  
Or Center Cut.  
Bone In.



**Fresh Produce**

**2.49** lb  
5.49/kg

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



**8.99** Belmont Burgers  
Select Varieties. 852 g. Frozen.



**3.99** Tropicana Juices or Pure Leaf Beverages  
Selected Varieties. 1.54 - 1.75 Litre. ☼



**5.49** Häagen Dazs Ice Cream  
Select Varieties. Ice Cream 400 - 450 mL.  
Ice Cream Bars 216 - 264 mL. Frozen.



**3/\$10** Old Dutch Restaurante Tortilla Chips  
Select Varieties. 275 - 295 g.  
Arriba 235 - 245 g, Dutch Crunch 200 g.



**9.99** Folgers or Maxwell House Coffee  
Select Varieties. 544 - 925 g, 1850 Coffee 340 g.



**8.99** Tide Laundry Detergent or Downy Fabric Enhancer  
Or Gain Dryer Sheets 120's. Select Varieties.  
Tide Pods 15's - 20's. Liquid 1.24 - 1.36 Litre.  
Downy Fabric Enhancer 754 mL.

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 · Cornerview 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

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