



Family Foods

RECIPE OF THE WEEK

EASY MEAL IDEAS AT FAMILYFOODS.CA

Grilled Goat Cheese with Chives Jalapeño Poppers



Fresh Produce

2.99 lb
6.59/kg

Red, Green or Black Seedless Grapes
Product of U.S.A.



Fresh Meat

5.79 lb
12.76/kg

Fresh Extra Lean Ground Beef
Less Than 10% Fat.
Store may restrict to larger packs.



4.94 Dr. Oetker Giuseppe Pizza
Select Varieties. Thin Crust 439 - 540 g.
Rising Crust 660 - 785 g. Frozen.



4.99 Nescafe Instant Coffee or Coffee Mate Liquid
Select Varieties. Instant Coffee 100 - 170 g.
Coffee Mate 946 mL.



6.99 Pepsi 12 Pack Soft Drinks
Select Varieties. 12 x 355 mL.



2/\$5 Carrots or Yellow Onions
Product of Canada. 3 lb/1.36 kg.



1.79 Knorr Sidekicks
Select Varieties. 120 - 167 g.



3.79 Villaggio Breads
Select Varieties. 510 - 540 g.



5.79 Each
Schneiders Blue Ribbon or All Beef Bologna
Select Varieties. 375 - 500 g.



3.99 Kellogg's Cereal
Select Varieties. 298 - 450 g.

Meal Inspiration & Savings From our Family to Yours

For store hours and locations see back page or visit familyfoods.ca

Sale Prices in Effect

SEPT 2024	thu	fri	sat	sun	mon	tues	wed
	5	6	7	8	9	10	11

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

Fresh Produce



2⁴⁹ lb
5.49/kg
Bartlett Pears
Product of British Columbia.



4⁹⁹ Each
Clementine Mandarin Oranges
Product of Peru/Australia.
2 lb/907 g.



9⁹⁹ Each
Fresh Strawberries
Product of U.S.A.
2 lb/908 g.



2⁹⁹ Each
Celery Stalks
Product of Canada.



2⁴⁹ lb
5.49/kg
Broccoli Crowns
Product of Canada.



2⁹⁹ Each
Living Lettuce
Select Varieties. Product of Canada.



4⁹⁹ Each
Fresh Cauliflower
Product of Canada.



1⁴⁹ lb
3.28/kg
Roma Tomatoes
Product of Canada.



2/\$6
Mini Cucumbers or Grape Tomatoes
Product of Canada.
Cucumbers 6's.
Grape Tomatoes 283 g.



4⁹⁹ Each
Compliments Potatoes
Select Varieties. Product of Canada. 5 lb/2.27 kg.



4⁹⁹ lb
11.00/kg
Bulk White or Brown Organic Mushrooms
Product of Canada.



1⁹⁹ Each
Compliments Baby Cut Carrots
Product of U.S.A. 340 g.



11⁹⁹ Each
Planters Dry Roasted In-Shell Peanuts
Unsalted. 2 Kg.

Deli



6⁴⁹ Each
Reser's Main Street Bistro Side Dishes
Select Varieties. 482 - 680 g.



3⁹⁹ Each
Summer Fresh Hummus or Dips
Select Varieties. 200 - 227 g.



1⁸⁹ 100 g
Compliments Roasted Chicken Breast
Select Varieties. Sliced or Shaved.



6⁹⁸ Each
Nossack Sausage Rolls
Beef or Pork. 360 g.

Fresh Meat*



6⁹⁹ lb
15.41/kg

Harvest Smoked Ham Hocks



4⁴⁹ lb
9.90/kg

Fresh Pork Tenderloin Boneless.



4²⁹ lb
9.46/kg

Fresh Pork Loin Center Cut Roast or Chops Boneless. Butterfly or Regular Cut.



7⁹⁹ lb
17.61/kg

Beef Eye of Round Marinating Steak Boneless. Cut From Canada AA or Higher.



8⁴⁹ lb
18.72/kg

Beef Cross Rib Simmering Roast Boneless. Cut From Canada AA or Higher.



5⁹⁹ lb
13.21/kg

Fresh Split Chicken Breasts Back Attached.



4⁹⁹ lb
11.00/kg

Fresh Whole Chicken Wings

Packaged Meat



11⁹⁹ Each

Compliments Pulled Pork Select Varieties. 900 g.



5⁷⁹ Each

Johnsonville Sausages Select Varieties. 500 g.



4⁴⁹ Each

Compliments Ham Slices 375 g.



7⁹⁹ Each

Grimm's Sausage Rings Select Varieties. 300 g.



6⁹⁹ Each

Harvest Wieners Regular or All Beef. 450 g.



7⁴⁹ Each

Harvest Sausage Chubs Select Varieties. 375 g.



5⁴⁹ Each

Maple Lodge Farms Ultimate Chicken Frankfurter Select Varieties. 900 g.



5⁴⁹ Each

Compliments Goat Cheese Select Varieties. 113 g.



7⁹⁹ Each

Panache Sliced Meats Select Varieties. 100 g.



5⁹⁹ Each

Harvest Garlic Sausage 300 g.

*Excludes Mountain Creek Farms Beef and Pork Products

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Chilled & Frozen



3⁴⁹ Heluva Good Dips
Select Varieties. 250 g.



4⁹⁹ Gay Lea Spreadables
Select Varieties. 227 g.



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



3⁷⁹ IOGO Nano
Drinkable
Yogourt
Or Siggis Yogourt.
Select Varieties.
IOGO 6 x 93 mL.
Siggis 4 x 100 g. 🌱



4⁴⁹ Tropicana Beverages
Selected Varieties.
1.36 - 1.75 Litre.
Excluding Orange Juice. 🌱



6⁴⁹ Liberté
Greek Yogourt
Select Varieties.
650 - 750 g.



3⁹⁹ Black Diamond Cheese Slices
Or Cheese Strings 168 g.
Select Varieties. Cheese Slices 410 g.



2/\$7 Earth's Own
Beverages
Select Varieties
1.75 - 1.89 Litre. 🌱



1⁹⁹ Lucerne Sour Cream
Regular or Light. 250 mL.



3⁹⁹ Kraft Cool Whip
Select Varieties. Frozen.
1 Litre. Aerosol 225 g.



3⁹⁹ Compliments
Frozen Vegetables
Select Varieties. 500 - 750 g.
Frozen.



4⁴⁹ Michelina's Pepperoni
Pizza Snax
Frozen. 496 g.



4⁹⁹ Rustica
Pizza Singles
Select Varieties.
360 - 382 g. Frozen.



3⁹⁹ Compliments
French Fries
Select Varieties.
454 - 650 g. Frozen.



2⁴⁹ Compliments Waffles
Select Varieties. 280 g. Frozen.



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



6⁹⁹ Chapman's
Premium
Ice Cream
or Sorbet
Or Frozen Yogourt.
Select Varieties. 2 Litre.
Novelties 275 - 1440 mL.
No Sugar Added 1 Litre.
Frozen.

Meat & Seafood



15⁹⁹ Compliments
Crispy Homestyle
Chicken Pieces
Frozen. 1 kg.



7⁴⁹ Compliments
Breaded Chicken
Select Varieties. 700 g.
Frozen.



5⁴⁹ Compliments
Asian Entrees
Select Varieties. 400 g.
Frozen.



15⁹⁹ High Liner Fish
Select Varieties.
425 - 540 g. Frozen.



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

Grocery



1⁹⁹ Compliments
Pineapple
Select Varieties. 398 mL.



2/\$3 Compliments
Canned Corn
Select Varieties. 341 mL.



3⁹⁹ Unico Kalamata
Olives
Select Varieties. 375 mL.



1⁶⁹
Unico Beans
Select Varieties. 540 mL.



2/\$7 Clover Leaf Pink Salmon
Select Varieties. 150 - 213 g.



7⁹⁹ Maple Leaf
Canned Ham
454 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.



5⁹⁹ French's Ketchup
1.5 Litre.



3¹⁹ French's Mustard
Select Varieties. Yellow 550 mL.
Specialty 325 mL.



1²⁹ Primo Pizza Sauce
Select Varieties. 213 mL.



4⁹⁹ Old El Paso
Thick & Chunky Salsa
Or Picante Sauce.
Select Varieties. 650 mL.



3⁴⁹ Allen's Vinegar
White or Pickling. 4 Litre.



3/\$7 Campbell's Cooking
Soups or Broth
Select Varieties. 284 mL.



2/\$4 Knorr Soup Mix
Select Varieties. 40 - 83 g.



2⁹⁹ Lipton or Knorr
Soup Mix
Select Varieties. 113 - 338 g.



1⁷⁹ Knorr Sauce Mixes
Select Varieties. 22 - 48 g.



4⁹⁹ Old El Paso Dinner Kits
Select Varieties. 250 - 510 g.



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



2⁷⁹ Quaker Chewy or
Dippys Bars
Select Varieties. 120 - 156 g.



5⁴⁹ Compliments
Granola Bars
Select Varieties.
560 - 630 g.



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



3⁴⁹ Compliments Rice
Basmati Rice 900 g.
White Long Grain 700 g.

Beverages & Snacks



3⁷⁹ Nestle Pure Life Spring Water
Select Varieties.
12 x 500 mL. 🌱



1⁹⁹ Compliments Juice Or Punch.
Select Varieties. 1 Litre. 🌱



15⁹⁹ Coca-Cola 24 Pack Soft Drinks
Select Varieties. 24 x 355 mL. 🌱



2/\$5 Pepsi 2 Litre Soft Drinks
Select Varieties. 🌱



4/\$5 Compliments Fizzy Flavoured Water
Select Varieties. 1 Litre. 🌱



5⁹⁹ Pringles Snack Stacks
Select Varieties. 228 g.



2/\$9 Popcorners
Select Varieties. 142 g.



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



2/\$7 Old Dutch Restaurant Tortilla Chips
Select Varieties. 230 - 295 g.
Arriba 235 - 245 g.
Dutch Crunch 200 g.



2/\$8 Miss Vickie's Potato Chips
Select Varieties. 190 - 200 g.



3⁹⁹ Orville Redenbacher's Popcorn
Select Varieties. 170 - 246 g.



4⁹⁹ Compliments Dry Roasted Peanuts
Select Varieties. 700 g.



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



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



2/\$5 Dare Crackers
Select Varieties. 135 - 225 g.



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



2/\$4⁵⁰ Mars King Bars
Select Varieties. 49 - 93 g.



2/\$6 Cadbury Family Bars
Select Varieties. 80 - 100 g.



2/\$10 Wrigley's Gum
Excel or Juicy Fruit.
Select Varieties. 40's - 60's.
Excel or Juicy Fruit Gum 3 Pack.



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

Household & Pet



1⁹⁹ Scotties Facial Tissue
Select Varieties. 2 Ply 126's or 3 Ply 81's.



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



3⁹⁹ Halls Lozenges
Select Varieties. 24's - 30's.



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



9⁹⁹ Tide Laundry Detergent
Select Varieties. 1.24 Litre. Pods 20's.
Downy or Tide Fabric Enhancers 754 mL.
Gain or Bounce Dryer Sheets 60's - 120's.

Bakery



6⁴⁹ Compliments Swiss Rolls
Select Varieties. 400 g.



6⁹⁹ Compliments Muffins
Select Varieties.
400 - 440 g.



1⁹⁹ Table Talk Pies
4 Inch. Select Varieties.
114 g.



3⁴⁹
**Compliments
Whole Grain
Bread**
Or Raisin Bread.
Select Varieties.
600 - 650 g.



4⁴⁹ King's Hawaiian Sweet Rolls
Or Savory Butter Rolls. 340 g.



3⁹⁹ Casa Bonita Tortillas
Select Varieties. 250 - 450 g.



9⁹⁹ Top Dessert Carrot or
Banana Cake
485 g.



3²⁹ Natural Bakery
Canadian Rye Bread
500 g.

Breakfast



12⁹⁹ Maxwell House
Coffee
Select Varieties.
631 - 925 g.



10⁹⁹ Starbucks Coffee
Select Varieties.
311 - 340 g. Singles 10's.



1⁹⁹ Sun-Rype 100% Pure
Apple Juice
Not From Concentrate.
1 Litre. 🌱



4⁴⁹
**Simply Juices
or Beverages**
Select Varieties.
1.54 Litre. 🌱



4⁴⁹ Quaker Cereals
Select Varieties. 350 - 510 g.



3⁷⁹ Quaker Instant
Oatmeal
Select Varieties.
232 - 344 g.



3⁹⁹ Quaker Oats
Select Varieties.
709 g. - 1 kg.



5⁹⁹ Jif Peanut Butter
Select Varieties. 1 kg.



4⁹⁹ Smucker's Jams
or Spreads
Select Varieties.
310 - 500 mL.



3⁹⁹ Dawn or Ivory
Dishwashing Liquid
Select Varieties. EZ Squeeze
366 - 443 mL. Ivory Original 709 mL.



7⁹⁹ Swiffer Cleaning Products
Select Varieties. Wet or Dry Cloth Refills
10's - 16's. Duster Kits Each. 360 Refills 3's.
WetJet Cleaning Solution 1.25 Litre.



1²⁹ Whiskas Perfect
Portions Cat Food
Select Varieties. 75 g.



3/\$9 Whiskas
Temptations
Select Varieties.
180 g.



5⁴⁹ Pedigree
Dentastix
Select Varieties.
237 - 292 g.

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Meal Inspiration & Savings From our Family to Yours



Fresh Meat

3.29 lb
7.25/kg

**Fresh Chicken
Thighs or
Drumsticks**
Thighs Backbone
Removed.



Fresh Produce

4.49
Each

**Fresh
Blackberries
or Raspberries**
Product of Canada/U.S.A.
170 g.



4.49 Each
Compliments Side Bacon
Select Varieties. 375 g.



3.99
VH Sauces
Select Varieties. 341 - 355 mL.



5.49
Armstrong Cheese
Select Varieties. Slices 220 - 240 g.
Shredded 300 - 320 g. Blocks 400 g.



2/\$5
**Monster, Full Throttle, NOS
or Reign Energy Drinks**
Select Varieties. 473 mL.



2/\$8.50
Old Dutch Snacks
Select Varieties. 200 - 400 g.



7.49
Purex Bathroom Tissue
Select Varieties. Double 12 Roll or Triple 8 Roll.

Open Sundays in select locations only. familyfoods.ca

Alberta Hansen's Family Foods, Fort Macleod • Kay's Food Market, Calgary • Lucky Supermarket Family Foods, Calgary • Lucky Supermarket Sunridge, Calgary • MRT Family Foods, Calgary • Strawson's General Store, Fort Assiniboine
Saskatchewan Eddie's Family Foods, Flin Flon • Harold's Family Foods, Prince Albert • Kindersley Family Foods, Kindersley
Manitoba Oakbank Family Foods, Oakbank
Portage Avenue Family Foods, Winnipeg • **Stonewall Family Foods**, Stonewall • **The Pas Family Foods**, Opaskwyak
Ontario Balmertown Food Fair, Balmertown

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