



# Family Foods

Fresh Produce

249

lb

5.49/kg

Red, Yellow and Orange Bell Peppers

Product of Canada.



Fresh Meat

599

lb

13.21/kg

Fresh Lean Stewing Beef

Cut From Canada AA or Higher.





399

Each

Clementine Mandarin Oranges

Product of Peru/Australia.  
2 lb/907 g.



4/\$5

Heinz Beans and Pasta

Select Varieties. 398 mL.



3/\$798

Schneiders or Greenfield Lunchmate Stackers and Kits

Select Varieties. 67 - 120 g.



1799

Compliments Bathroom Tissue

2 Ply. 30 Roll. 404 Sheets.



577

Compliments Butter

Salted. 454 g.



399

Kraft Philadelphia Cream Cheese

Select Varieties. 227 - 250 g.



799

Robin Hood Flour

Select Varieties. 5 kg.



299

Rogers Sugar

Fine Granulated. 2 kg.



577

Kraft Peanut Butter

Or Hazelnut Spread. Select Varieties. 725 g. - 1 kg.

THANKSGIVING

BAKING

See our Insert for More

BAKING ESSENTIALS

Sale Prices in Effect

|           |        |        |        |        |        |         |        |
|-----------|--------|--------|--------|--------|--------|---------|--------|
| SEPT 2024 | thu 19 | fri 20 | sat 21 | sun 22 | mon 23 | tues 24 | wed 25 |
|-----------|--------|--------|--------|--------|--------|---------|--------|

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

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## Fresh Produce



**2/\$4** Hass Avocados  
Product of Mexico.



**3<sup>99</sup>** Each Cantaloupe Melons  
Product of U.S.A.



**2/\$5**

Mangoes  
Product of Mexico.



**3<sup>99</sup>** Each Fresh Garlic  
115 g. Product of Canada.



**2/\$7** Mini Cucumbers or Grape Tomatoes  
Product of Canada. Cucumbers 6's.  
Grape Tomatoes 283 g.



**2<sup>49</sup>** lb Tomatoes On The Vine  
5.49/kg Product of Canada.



**2<sup>99</sup>** Each Iceberg Lettuce  
Product of U.S.A.

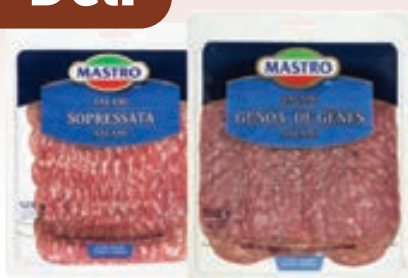


**1<sup>99</sup>** lb Sweet Potatoes  
4.39/kg Product of U.S.A.



**2<sup>99</sup>** Each Living Lettuce  
Select Varieties. Product of Canada.

## Deli



**6<sup>99</sup>** Each Mastro Salami  
Select Varieties. 125 - 150 g.



**2<sup>49</sup>** Each Summer Fresh Snack N' Go  
Hummus or Dips  
Select Varieties. 83 - 118 g.



**2<sup>49</sup>** 100 g Compliments Roast  
Turkey Breast  
Or Smoked. Sliced or Shaved.



LARGE  
SIZE

**11<sup>99</sup>** Each Laughing Cow Cheese  
Regular or Light. 24's. 400 g.



Fresh Meat\*



**13<sup>99</sup>** Each  
Marc Angelo Bacon  
Wrapped Sirloin  
340 g.



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



**8<sup>99</sup>** lb  
19.82/kg  
Short Rib Style  
Boneless Brisket  
Cut From Canada AA or  
Higher.



**4<sup>99</sup>** lb  
11.00/kg  
Fresh Pork Belly  
Boneless.



**3<sup>99</sup>** lb  
8.80/kg  
Fresh Pork Shoulder  
Blade Steak  
Bone In.



**3<sup>99</sup>** lb  
8.80/kg  
Fresh Grade A  
Frying Chicken  
Whole.



**6<sup>99</sup>** lb  
15.41/kg  
Fresh Boneless Skinless  
Chicken Thighs

Packaged Meat



**6<sup>79</sup>** Each  
Schneiders Sausage Rings  
Select Varieties. 300 g.



**4<sup>99</sup>** Each  
Johnsonville Smoked Sausages  
Select Varieties. 375 g.



**6<sup>89</sup>** Each  
Schneiders  
Juicy Jumbo  
Wieners  
Or Smoked Sausages.  
Select Varieties.  
375 - 450 g.



**19<sup>99</sup>** Each  
Harvest Thick Sliced Bacon  
Naturally Smoked. 1 kg.



**5<sup>99</sup>** Each  
Harvest Sliced Bologna  
Regular or All Beef. 375 g.



**2<sup>19</sup>** Each  
Compliments Wieners  
Regular or Jumbo. 450 g.



**5<sup>79</sup>**  
Compliments Grilled  
Chicken Strips  
Select Varieties. 200 g.



**5<sup>99</sup>** Each  
Compliments Spinach Dip  
454 g.



**1<sup>89</sup>** 100 g  
Harvest Head Cheese  
Or Bologna. Select Varieties. Sliced.



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

\*Excludes Mountain Creek Farms Beef and Pork Products

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



## Chilled & Frozen



**2<sup>99</sup>** **Fruite Chilled Beverages**  
Select Varieties.  
1.54 Litre. 🌱



**6<sup>99</sup>** **Compliments Orange Juice**  
Or Iced Tea or Lemonade.  
Select Varieties. 2.5 Litre. 🌱



**3<sup>99</sup>** **Compliments Cottage Cheese**  
Select Varieties. 500 g.



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

**Armstrong Cheese**

Select Varieties.  
Shredded 300 - 320 g.  
Blocks 400 g.



**3<sup>49</sup>** **Lucerne Sour Cream**  
Select Varieties. 500 mL.



**5<sup>99</sup>** **Black Diamond Cheese Strings**  
Select Varieties.  
252 - 336 g.



**4<sup>49</sup>** **Compliments Cheese Slices**  
Select Varieties. 400 g.



**6<sup>49</sup>** **Danone Activia Yogourt**  
Select Varieties. 8 x 100 g.



**4/\$5** **Yoplait Yop**  
Select Varieties.  
200 mL. 🌱



**5<sup>99</sup>** **Compliments Perogies**  
Select Varieties. 2 kg. Frozen.



**4<sup>99</sup>** **Crave Entrees**  
Or Kraft Dinner Entrees. Select Varieties.  
200 - 340 g. Frozen.



**3<sup>99</sup>** **Compliments French Fries**  
Select Varieties. 800 g.  
Frozen.



**4<sup>49</sup>** **Dr. Oetker Pizza**  
Select Varieties. Casa Di Mama 395 - 410 g.  
Ristorante 320 - 390 g. Frozen.



**3<sup>99</sup>** **Swanson Dinners**  
Select Varieties. 280 - 345 g. Frozen.



**7<sup>99</sup>** **Best Buy Vegetables**  
Select Varieties. 2 kg. Frozen.



**4<sup>99</sup>** **Ben & Jerry's Ice Cream or Magnum Bars**  
Or Breyers Creamery Style Ice Cream. 1.66 Litre.  
Select Varieties. Ben & Jerry's 473 mL.  
Magnum 3's. Popsicle Novelties 576 - 600 mL.  
Fudgsicle or Revello 720 mL. Frozen.



**4<sup>99</sup>** **Compliments Ice Cream**  
Select Varieties. 1.5 Litre. Frozen.

## Meat & Seafood



**9<sup>99</sup>** **Watson Ridge Chicken**  
Select Varieties. 800 g. Frozen.



**15<sup>99</sup>** **Pogo Corn Dogs**  
1.5 kg. Frozen.



**7<sup>49</sup>** **Compliments Egg Rolls**  
Vegetable or Beef & Pork. 680 g. Frozen.



**8<sup>99</sup>** **Compliments Pacific White Shrimp**  
Cooked or Raw. Frozen.  
31/40 Count. 340 g.



**10<sup>99</sup>** **Compliments Salmon**  
Select Varieties.  
140 - 150 g. Frozen.



# Grocery



**5<sup>49</sup>** **Clover Leaf Sockeye Salmon**  
Wild Red or Low Sodium.  
213 g.



**6<sup>49</sup>** **Clover Leaf Flaked Tuna in Olive Oil**  
Select Varieties. 240 g.



**1<sup>29</sup>** **Mr. Noodles Cups**  
Select Varieties. 64 g.



**5<sup>99</sup>**  
**Heinz Ketchup or Kraft Miracle Whip**  
Select Varieties.  
Ketchup 750 mL - 1 Litre.  
Mayonnaise or  
Miracle Whip 650 - 890 mL.



**2<sup>79</sup>** **Lancia Pasta**  
Select Varieties. 750 g.



**2/\$5** **Catelli Pasta**  
Bistro, Healthy Harvest,  
Ancient Grains or Smart.  
340 - 375 g.



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



**1<sup>99</sup>** **Cheetos Mac 'N Cheese**  
Select Varieties. 164 - 170 g.



**1<sup>99</sup>** **Quaker Pasta or Rice A Roni**  
Select Varieties. 130 - 227 g.



## Quality. Value. Guaranteed.

Compliments has you covered for whatever your everyday brings. From easy weeknight dinners to special celebrations, count on us for quality products at family-friendly prices.



**2<sup>49</sup>** **Compliments White Albacore Tuna**  
Select Varieties. 170 g.



**1<sup>79</sup>** **Compliments Prepared Mustard**  
400 mL.



**3<sup>49</sup>** **Compliments Pickles**  
Select Varieties. 1 Litre.



**2<sup>99</sup>** **Compliments Salad Dressing**  
Select Varieties. 475 mL.



**10<sup>99</sup>** **Compliments Canola Oil**  
100% Pure. 3 Litre.



**2/\$3** **Compliments Whole Smoked Oysters**  
Or Mussels. 85 g.



**99¢** **Compliments Condensed Soup**  
Chicken Noodle,  
Cream of Mushroom, Vegetable  
or Tomato. 284 mL.



**3/\$5** **Compliments Broth**  
Select Varieties. 900 mL.



**3/\$5** **Compliments Beans In Sauce**  
Select Varieties. 398 mL.



**2/\$3** **Compliments Mushrooms**  
Pieces & Stems. 284 mL.



**1<sup>99</sup>** **Compliments Granola Bars**  
Select Varieties. 156 - 192 g.



**3/\$5** **Compliments Cheese and Crackers**  
Or Cheese and Breadsticks. 87 g.



**2/\$5** **Compliments Canned Fruit**  
In Juice or Light Syrup.  
Select Varieties. 398 mL.



**2/\$3** **Compliments Ready To Eat Pudding**  
Select Varieties. 396 g.



**4<sup>49</sup>** **Compliments Sundae Toppings**  
Select Varieties. 428 mL.



## Beverages & Snacks



**15<sup>99</sup>** Budweiser  
Zero Beer  
12 x 355 mL.  
De-Alcoholized. 🌱



**2/\$7** Nestle Pure Life  
Splash Water  
Select Varieties.  
6 x 500 mL. 🌱



**5<sup>99</sup>** Compliments  
Sparkling Water  
Select Varieties.  
12 x 355 mL. 🌱



**2/\$5**  
Coca-Cola or  
Pepsi 2 Litre  
Soft Drinks  
Select Varieties. 🌱



**2/\$5** Compliments  
Kettle Chips  
Select Varieties. 200 g.



**2/\$7<sup>50</sup>** Old Dutch Boxed  
Potato Chips  
Select Varieties. 220 g.



**2/\$8<sup>50</sup>** Munchies  
Snack Mix  
Original or BBQ.  
250 g.



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



**2/\$8<sup>50</sup>** Ruffles  
Potato Chips  
Select Varieties.  
180 - 200 g.



**2<sup>99</sup>** Compliments  
Pretzels  
Sticks or Twists. 400 g.



**4<sup>99</sup>** Compliments  
Trail Mix  
Select Varieties. 400 g.



**2/\$6<sup>50</sup>** Leclerc Celebration  
Cookies  
Select Varieties.  
240 - 350 g.



**2/\$6** Compliments  
Cookies  
Select Varieties.  
300 - 350 g.



**2/\$7** Kellogg's Cheez-It  
Snap'd Crackers  
Select Varieties. 213 g.  
Cheez-it Original 352 g.  
Town House Crackers 247 - 391 g.

## Autumn Sweets from Nestlé



**\$1<sup>49</sup>**

Nestlé® Single Bars,  
33 g - 60 g, assorted varieties



**\$2<sup>49</sup>**

Nestlé King Size or Junior Bars  
50 - 120 g, assorted varieties



**3/\$10<sup>00</sup>**

Nestlé® Nestlé King Size or  
Mini Bars assorted varieties,  
95 g - 130 g



Nestlé® Multipacks,  
Cellos or Pouches  
135 g - 208 g, assorted varieties



**\$5<sup>49</sup>**

**\$11<sup>99</sup>**

Nestlé® Halloween Chocolates 50ct 485 g  
or KitKat Spooky Friends 40ct 328 g

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## Household & Pet



**9<sup>99</sup>** Charmin  
Bathroom Tissue  
Ultra Strong or Soft.  
8 Triple Rolls.



**10<sup>99</sup>** Compliments  
Ultra Paper Towel  
2 Ply, 72 Sheet, 6 Roll.



**5<sup>49</sup>** Palmolive  
Dishwashing Liquid  
Select Varieties. 961 mL.



**6<sup>99</sup>** Glad Compost Bags  
Select Varieties. 10's - 20's.



**7<sup>99</sup>** Glad Garbage Bags  
Select Varieties. 26's - 52's.



## Bakery



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



**6<sup>99</sup>** **Compliments Muffins**  
Select Varieties. 400 - 440 g.



**3<sup>99</sup>** **Byblos Bagels**  
Select Varieties. 400 g.



**5<sup>99</sup>**  
**Portofino Artisan Sliced Breads**  
Or Buns. Select Varieties.  
585 - 630 g. Buns 6's.



**5<sup>49</sup>** **Compliments Angel Food Cake**  
Regular or Mini. 270 - 283 g.



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



**3<sup>99</sup>** **Panache Pizza Crust**  
Or Compliments Flat Bread.  
Select Varieties. 220 - 460 g.



**4<sup>49</sup>** **Compliments Naan Rounds Bread**  
Select Varieties. 480 g.

## Breakfast



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



**6<sup>99</sup>** **Compliments Coffee**  
Select Varieties. K-Cups 12's.  
Ground Coffee 300 g.



**1<sup>99</sup>** **Compliments Juice**  
Or Punch. Select Varieties.  
1 Litre. ♻️



**3<sup>49</sup>**  
**Kellogg's Eggo Waffles or Pancakes**  
Select Varieties. 280 g.  
French Toast Sticks 270 g.  
Frozen.



**5<sup>49</sup>** **Kellogg's Family Size Cereal**  
Select Varieties. 480 - 650 g.



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



**3<sup>79</sup>** **Quaker Instant Oatmeal**  
Select Varieties. 232 - 344 g.



**2/\$6** **Compliments Pancake Mix**  
Or Syrup 750 mL. Select Varieties.  
Pancake Mix 905 g.



**4<sup>99</sup>** **Compliments Jam**  
Or Jelly and Marmalade.  
Select Varieties. 500 mL.



**5<sup>99</sup>** **Softsoap Body Wash or Shower Gel**  
Select Varieties. 591 mL.



**11<sup>99</sup>** **Tide or Gain Laundry Detergent**  
Select Varieties. 2.6 - 3.1 Litre.  
Or Ivory Snow 1.36 Litre.



**3/\$5** **Compliments Cat Food**  
Select Varieties. 374 g.



**1<sup>99</sup>** **Pedigree Chopped Wet Dog Food**  
Select Varieties. 375 g.



**7<sup>99</sup>** **Milk Bone Dog Treats**  
Select Varieties. 2 kg.  
Comfort Chews 210 g.

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

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## Meal Inspiration & Savings From our Family to Yours



# Family Foods

### Fresh Meat

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

**Fresh Pork Rib  
Roast or Chops**  
Bone In.



### Fresh Produce

**2/\$8**

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



**5<sup>29</sup>** lb  
11.66/kg

**Fresh Split Chicken Wings**



**2/\$6**

**Kraft Salad Dressing**  
Select Varieties. 425 mL.



**3/\$5**

**Compliments Potato Chips**  
Select Varieties. 200 g.



**2/\$7**

**Dempster's Signature Buns**  
Select Varieties. 6's - 8's.



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

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



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

**Compliments  
Soft Drinks**  
Select Varieties. 12 x 355 mL. ♻️

Open Sundays in select locations only. [familyfoods.ca](http://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

Some items may not be available at all stores. All advertised items are on sale while stock lasts. We reserve the right to limit quantities. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. Advertised prices do not include GST/HST. All items are per household, per visit. Although we strive for complete accuracy in our advertising, errors sometimes can occur. When an error is discovered, a correction notice will be posted in stores to bring the error to your attention. Sale prices in effect on the dates on front page.



# FRESH THANKSGIVING BAKING

Sale Prices In Effect  
September 19 - 25, 2024

**4<sup>99</sup>**

Each

**Large  
Pineapple**

Product of Costa Rica.

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

Each

**Fresh  
Strawberries**

Product of U.S.A.  
2 lb/908 g.

**2<sup>49</sup>** lb

5.49/kg

**Granny Smith or Honey Crisp  
Apples or Bartlett Pears**

Product of Canada/U.S.A..

**4<sup>99</sup>** lb

11.00/kg

**Fresh Nectarines or Peaches**

Product of Canada/U.S.A.

**99¢** lb

2.18/kg

**Pie Pumpkins**

Product of Canada.

**2<sup>49</sup>**

**Rogers Sugar**

Yellow, Berry, Icing Sugar or Demerara  
1 kg.

**2/\$4**

**Betty Crocker  
Super Moist Cake Mix**  
Or Frosting 340 - 450 g.  
Cake Mixes 375 - 404 g.

**6<sup>29</sup>**

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

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

**Magic Baking Powder**  
450 g.

**3<sup>49</sup>**

**Dalton's Glace Fruit**  
Select Varieties. 225 g.

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

**Jaffa Dates Pitted Bar**  
375 g.

**2/\$4**

**Carnation Evaporated Milk**  
Select Varieties. 354 mL.

**4<sup>99</sup>**

**Hershey Chipits**  
Select Varieties. 200 - 270 g.





# Thanksgiving Baking Essentials



**5<sup>49</sup>** Compliments Margarine  
Select Varieties. 850 g.



**12<sup>99</sup>** Compliments Frozen Fruit  
Select Varieties. 1.5 kg. Frozen.



**3<sup>99</sup>** Compliments Flour  
Select Varieties. 2.5 kg.



**2/\$7** Compliments Muffin Mix  
Select Varieties. 900 g.



**2<sup>99</sup>** Compliments Coconut  
Select Varieties. 200 g.



**2/\$7** Compliments Chocolate Chips  
or Chunks  
Select Varieties. 250 - 300 g.



**3<sup>99</sup>** Compliments  
Pie Filling  
Select Varieties. 540 mL.



**3<sup>29</sup>** Compliments  
Baking Nuts  
Select Varieties. 100 g.



**1<sup>79</sup>** Compliments  
Artificial  
Vanilla Extract  
250 mL.



**1<sup>99</sup>** Compliments  
Pineapple  
Select Varieties. 398 mL.



We all deserve a stress-free holiday. Plan for it with our list of essentials, and you will be ready to put together delicious baked goods for family and friends.



1<sup>29</sup>

Compliments  
Baking Soda  
500 g.



3<sup>99</sup>

Compliments  
Cocoa Powder  
227 g.



2<sup>49</sup> Compliments Corn Starch  
450 g.



1<sup>99</sup> Compliments Evaporated Milk  
Regular or Partly Skimmed. 354 mL.



1<sup>49</sup> Compliments Coconut Milk  
6% or 18% Fat. 400 mL.



5<sup>49</sup> Compliments Oil  
Canola or Vegetable. 946 mL.



2<sup>99</sup> Compliments Fancy Molasses  
675 g.



2<sup>49</sup> Compliments Graham Crumb  
Pie Crust  
Regular or Chocolate. 170 g.



2/\$4 Compliments Graham  
Crumbs  
400 g.



4<sup>49</sup> Compliments All Vegetable  
Shortening  
454 g.



3<sup>49</sup> Compliments Raisins  
Select Varieties. 375 g



# STOCK UP ON INGREDIENTS FOR THANKSGIVING BAKING



**5<sup>99</sup>** E.D. Smith Pie Filling  
Select Varieties. 540 mL.



**4<sup>49</sup>** E.D. Smith Pure Pumpkin  
796 mL.



**89¢** Jell-O Jelly Powders  
Select Varieties. 9 - 85 g.



**\$1** Jell-O Instant Pudding Mix  
Select Varieties. 30 - 113 g



**4<sup>99</sup>** Fry's Cocoa  
227 g.



**3<sup>19</sup>** Club House Artificial Extracts  
Select Varieties. 43 mL.



**3<sup>49</sup>** Eagle Brand Condensed Milk  
Select Varieties. 300 mL.



**4<sup>49</sup>** Baker's Chocolate Squares  
Select Varieties. 170 - 225 g.



**5<sup>49</sup>** Knox Gelatin  
84 g.



**3<sup>99</sup>** Quaker Oats  
Select Varieties.  
709 g. - 1 kg.



**5<sup>49</sup>** Maple Leaf  
Tenderflake Lard  
Brick. 454 g.



**3<sup>99</sup>** Gay Lea Whip Cream  
Select Varieties. 225 g.



**3<sup>49</sup>** Pillsbury Cinnamon Rolls  
or Ready to Bake Cookies  
Select Varieties. Cinnamon Rolls 496 g.  
Cookies 454 g. Turnovers 383 g.