



Family Foods

RECIPE OF THE WEEK

EASY MEAL IDEAS AT FAMILYFOODS.CA

Dill Pickle Potato Salad



Fresh Produce

3⁹⁹ Each

Compliments Apples or Oranges

Macintosh or Gala Apples.
3 lb/1.36 kg. Apples
Product of British Columbia.
Oranges Product of U.S.A.



Fresh Meat

2⁹⁹ lb
6.59/kg

Fresh Pork Side Ribs



2/\$3 Compliments Soft Drinks or Potato Chips
Select Varieties. Potato Chips 200 g.
Soft Drinks 2 Litre. ♻️



4/\$5 Kraft Dinner or Side Dishes
Or Cups 58 g. Select Varieties. 156 - 200 g.



10⁹⁹ Compliments Chicken Wings
Select Varieties. Frozen. 800 g.
Each



2/\$3 Long English Cucumbers or Green Onions
Product of Canada.



2⁹⁹ McCain Superfries
Select Varieties. 454 - 800 g.
Frozen.



2⁹⁹ Classico Pasta Sauce
Select Varieties. 410 - 650 mL.
Pesto 218 mL.



1⁹⁹ Philadelphia Dips
Select Varieties. 227 g.



2/\$7⁵⁰ Vachon Snack Cakes
Select Varieties. 282 - 336 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 12	fri 13	sat 14	sun 15	mon 16	tues 17	wed 18
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This symbol ♻️ denotes Plus deposit and/or environmental levies where applicable.

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Fresh Produce



4⁹⁹ Each
Honeydew Melons
Product of U.S.A.



7⁹⁹ Each
Fresh Nectarines,
Peaches or Plums
Product of U.S.A. 2 lb/907 g.



4⁹⁹ Each
Fresh
Strawberries
Product of U.S.A.
1 lb/454 g.



4⁹⁹ Each
Hass Avocados
5 Count. Product of Mexico.



89¢ Each
Corn On The Cob
Product of Canada.



2⁴⁹ lb
5.49/kg
Red or White Onions
Product of U.S.A.



2⁴⁹ lb
5.49/kg
Zucchini Squash or
Eggplant
Product of Canada.



1⁴⁹ lb
3.28/kg
Squash
Select Varieties.
Product of Canada.



4⁹⁹ Each
Romaine Hearts
Product of Canada.
Package of 3.



2⁴⁹ lb
5.49/kg
Hot House Beefsteak
Tomatoes
Product of Canada.



6⁹⁹ Each
Compliments Potatoes
Red or Russet.
Product of Canada.
10 lb/4.54 kg.

Deli



7⁹⁹ Each
Maple Leaf Natural Selections
Luncheon Meat
Select Varieties. 125 - 175 g.



5⁴⁹ Each
Mastro or San Daniele Meats
Select Varieties. Mortadella 175 g.
Prosciutto Cotto 125 g. Capocollo 125 g.



1⁶⁹ 100 g
Compliments Ham
Select Varieties. Sliced or Shaved.



4⁴⁹ Each
Fontaine Sante Humm
Hummus Dips
Or Spinach Dip. Select Varieties.
250 - 260 g.

Fresh Meat*



4²⁹ lb
9.46/kg
Fresh Pork Shoulder Blade Roast
Boneless.



5⁴⁹
Compliments Lean Ground Pork
454 g.



5⁴⁹ lb
12.10/kg
Fresh Lean Ground Beef
Less than 17% Fat Content. Store may restrict to larger packs.



7⁹⁹ lb
17.61/kg
Beef Blade Roast
Boneless. Cut From Canada AA or Higher.



3²⁹ lb
7.25/kg
Fresh Chicken Legs
Back Attached.



8⁹⁹ lb
19.82/kg
Compliments Fresh Turkey Breast
Boneless Skinless.



4⁹⁹ Each
Compliments Ground Chicken Breasts
Extra Lean. 450 g.

Packaged Meat



8⁹⁹ Each
Freybe Ham Sticks
Regular or Honey Ham. 500 g.



5⁹⁹ Each
Schneiders Bacon
Select Varieties. 375 g.



4⁹⁹ Each
Johnsonville Ground Sausage
Or Breakfast Sausages.
Select Varieties. 250 - 375 g.



6⁷⁹ Each
Harvest Garlic Sausage or Back Bacon
Select Varieties. Garlic Sausage 300 g. Back Bacon 250 g.



12⁴⁹ Each
Harvest Wieners
BBQ or Regular. 1 kg.



5⁹⁹ Each
Harvest Mini Farmer's Sausages
300 g.



2¹⁹ Each
Compliments Chicken Wieners
450 g.



6⁹⁹ Each
Kaukauna Cheese Ball
Select Varieties. 170 g.



1⁸⁹ 100 g
Harvest Meat Loaf
With Macaroni/Cheese, Ham and Cheese or BBQ. Sliced or Shaved.



2¹⁹ 100 g
Harvest Beer Sausage
Bulk.

*Excludes Mountain Creek Farms Beef and Pork Products

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Chilled & Frozen



3⁹⁹ Compliments Juice or Beverages
Select Varieties.
1.54 - 1.75 Litre. 🌱



3⁴⁹ Compliments Cream Cheese
Select Varieties. 227 - 250 g.



7⁴⁹ Cracker Barrel Cheese
Select Varieties.
Blocks 340 - 400 g.
Shredded 250 - 320 g.



7⁹⁹
Kraft Singles Cheese Slices
Select Varieties. 825 g.



2⁹⁹ Yoplait Tubes
Select Varieties. 448 g.



9⁹⁹ iögo Yogourt
Select Varieties. 2 kg.



1⁴⁹ Milk 2 Go or Nestlé Milk Shakes
Select Varieties. 473 mL. 🌱



3⁴⁹ Parmalat Dahi Plain Yogourt
Select Varieties. 750 g.



7⁹⁹ Starbucks Iced Coffee
Select Varieties.
1.18 - 1.42 Litre. 🌱



3⁴⁹ Compliments Perogies
Select Varieties. 907 g.
Frozen.



9⁹⁹ Cavendish Farms Potato Wedges or Onion Rings
Select Varieties. 1 - 1.81 kg.
Frozen.



7⁷⁹ Rustica Pizza
Select Varieties.
538 - 866 g. Frozen.



5⁴⁹
Red Baron Pizza
Select Varieties.
422 - 740 g. Frozen.



7⁹⁹ Marie Callender's Entrees
Select Varieties. Frozen. 680 - 879 g.



2⁹⁹ Best Buy Vegetables
Select Varieties. 750 g. Frozen.



4⁹⁹ Compliments Frozen Fruit
Select Varieties. 300 - 600 g.



5⁹⁹ Chapman's Markdale Creamery Ice Cream or Novelties
Select Varieties. 2 Litre.
Novelties 440 - 1400 mL. Frozen.

Meat & Seafood



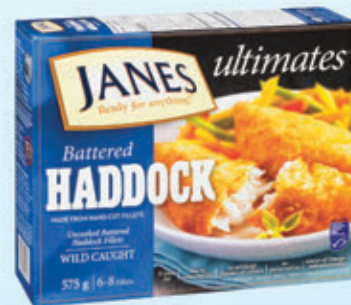
21⁹⁹ Butterball Turkey Breast Roast
Select Varieties. Frozen.
1.2 - 1.5 kg.



12²⁹ Janes Chicken Strips
Select Varieties. 700 g.
Frozen.



7²⁹ Compliments Appetizers
Select Varieties. 325 - 469 g.
Frozen.



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



5⁹⁹ Best Buy Shrimp
Raw 55/65 Count or Cooked
65/75 Count. 300 g. Frozen.

Make it a **TACO NIGHT**

2⁹⁹ Compliments Salsa
Hot, Medium or Mild. 650 mL.

4⁴⁹ Old El Paso Premium Shells or Bowls
Select Varieties. 144 - 238 g.

1⁴⁹ Old El Paso Seasoning
Select Varieties. 24 g.

3⁴⁹ Old El Paso Mexican Favourites
Select Varieties.
125 - 334 g. 113 - 398 mL.

7⁹⁹ Minute Rice
White 1.4 kg.
Whole Grain Brown 1.2 kg.

1⁹⁹ Compliments Soya Sauce
Regular or Less Salt. 450 mL.

3/\$10 Ben's Original Bistrot Express
Select Varieties. 240 - 250 g.

2⁹⁹ Betty Crocker Instant Potatoes
Select Varieties. 141 - 215 g.

2/\$4 Betty Crocker Hamburger or Tuna Helper
Select Varieties. 158 - 240 g.

2/\$6 Clover Leaf Albacore Tuna
Select Varieties. 170 g.

3⁹⁹ Clover Leaf Tuna Salad In Olive Oil
Select Varieties. 160 g.

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

6⁹⁹ Kraft Pizza Kit
850 g.

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

2/\$5 Compliments Pasta Sauce
Select Varieties. 680 mL.

1⁷⁹ Lipton Soup Mix, Cup A Soup or Knorr Soup Mix
Select Varieties. 56 - 166 g.

2/\$3 Compliments Croutons
Select Varieties. 145 g.

5⁴⁹ Pam Cooking Spray
Select Varieties. 113 - 170 g.

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

2⁹⁹ Quaker Yogurt Granola Bars
Select Varieties. 175 g.

1⁹⁹ Compliments Apple Snack Cups
Select Varieties. 678 g.

16⁹⁹ Robin Hood Flour All Purpose White. 10 kg.

4⁹⁹ Windsor Kosher Coarse Salt
1.36 kg.

Beverages & Snacks



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



3.99 Ocean Spray 100% Juices
Or Cocktails. Select Varieties.
1.77 - 1.89 Litre. 🌱



1.99 Allen's Juice or Cocktails
Select Varieties.
1 Litre. 🌱



3.99 Sun-Rype Juices
Or Slim Beverages.
Select Varieties.
1.36 Litre. 🌱



7.99
Coca-Cola or Pepsi
Soft Drinks
Select Varieties.
12 x 355 mL. 🌱



3.49 Pringles Mega Potato Crisps
Select Varieties.
194 - 203 g.



8.49 Old Dutch Multipack Snacks
Chips or Cheese Sticks 24 x 16 g.
Popcorn Twists 24 x 10 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/\$7 Old Dutch Potato Chips
Select Varieties. 235 g.
Ridgies 200 g.



4.99 Mr. & Mrs. T's Mixes
Or Rose's Grenadine or Lime
Cordial 739 mL. Select Varieties.
Mr. & Mrs. T's Mixes 1 Litre. 🌱



10.99 Budweiser Zero Beer
6 x 355 mL. 🌱



2/\$5 Pepperidge Farms Goldfish Crackers
Select Varieties. 156 - 227 g.



2/\$7 Dare Wagon Wheels or Bear Paws
Or Viva Puffs 300 g. Select Varieties.
Wagon Wheels 315 - 360 g. Bear Paws
168 - 240 g. Simple Pleasures 310 g.



2/\$6 Kellogg's Cheez-Its
Select Varieties.
191 - 200 g.



2/\$3 Hershey Single Chocolate Bars
Select Varieties. 34 - 58 g.



2/\$4.50 Cadbury King Chocolate Bars
Select Varieties. 66 - 90 g.



2/\$6 Jolly Rancher Candy or Twizzler Gummies
Select Varieties. 170 - 198 g.



2/\$6 Hershey Family Bars
Select Varieties. 90 - 120 g.



12.99 Mars Variety Mixed Halloween Treats
50's. 601 g.

Household & Pet



8.49 SpongeTowels
Select Varieties.
72 - 110 Sheets. 3 - 6 Roll.



8.99 Royale Facial Tissue
Select Varieties. 6's.
82's - 126's.



5.49 Pine-Sol Liquid Cleaner
Select Varieties.
1.41 Litre.



11.99 Snuggle Fabric Softener
Select Varieties.
3.41 Litre. Sheets 200's.



16.99 Purex, Persil or Sunlight Laundry Detergent
Select Varieties. Purex 4.08 - 4.43 Litre.
Sunlight 4 Litre. Persil 2.21 Litre or
32's - 42's.

Bakery



6⁹⁹ Compliments Muffins
Select Varieties. 600 g.



5⁴⁹ Compliments Butter Croissants
270 g.



3⁹⁹ School Safe Muffin or Brownie Bars
Select Varieties. 280 - 296 g.



3⁹⁹
Dempster's Bagels
Select Varieties.
450 - 510 g.



6⁴⁹ Quinn's Bakery Pumpkin Spice Swiss Rolls
402 g. While Supplies Last.



1⁸⁹ Table Talk Pumpkin Pie
4 Inch. 114 g. While Supplies Last.



8⁹⁹ Lemon Meringue Pie
8 Inch. 635 g.



4⁴⁹ Backerhaus Roasted Garlic Buns
320 g.

Breakfast



7⁹⁹ Folgers Gourmet K-Cup Coffee
Select Varieties. 84 - 108 g.



8⁹⁹ Tim Hortons Coffee
Select Varieties. 300 g.



4⁹⁹ Maxwell House Instant Coffee
Select Varieties. 150 g.



6⁹⁹
Tropicana Orange Juice
Select Varieties.
2.63 Litre. 🌱



4⁹⁹ General Mills Cereal
Select Varieties. 297 - 437 g.



3⁷⁹ Quaker Instant Oatmeal
High Protein or High Fibre.
Select Varieties. 168 - 344 g.



5⁴⁹ Compliments Cereal
Select Varieties. 794 g.



3⁹⁹ Compliments Peanut Butter
Select Varieties. 500 g.



5⁹⁹ Compliments Creamed or Liquid Honey
Select Varieties. 500 g.



3⁹⁹ Glad Cling Wrap
60 Metres.



15⁹⁹ Nestle High Protein Boost Shakes
Select Varieties.
6 x 237 mL. 🌱



2⁹⁹ Milk Bone Dog Treats Or Snausages. Select Varieties.
113 - 475 g.



5⁴⁹ Milk Bone Dipped or Stacked Dog Treats
Select Varieties. 283 - 340 g.



7⁹⁹ Compliments Scoopable Cat Litter
Regular or Multicat. 7 kg.

Meal Inspiration & Savings From our Family to Yours



Fresh Meat

8⁹⁹ lb
19.82/kg

Beef Top Sirloin Grilling Steak

Boneless. Cut From Canada AA or Higher.



Fresh Produce

99¢ lb
2.18/kg

Whole Seedless Watermelon

Product of U.S.A.



2/\$12

Wong Wing Entrees

Select Varieties.
360 - 680 g. Frozen.



2/\$7

Dempster's Bread

White 570 g.
100% Whole Wheat 675 g.



6⁹⁹ Imperial or Becel Margarine
Select Varieties. Imperial 1.28 kg.
Becel 637 - 850 g.



3⁴⁹ Danone Activia or Two Good Yogourt
Select Varieties. Activia 625 - 650 g.
Two Good 380 g. Mix & Go 300 g.



7⁹⁹ Kraft Cheez Whiz
Regular or Light. 900 g.



8⁴⁹ Royale Bathroom Tissue or Paper Towel
Select Varieties. Bathroom Tissue 9 - 12 Roll.
Paper Towel 3's.

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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