

Family Foods

RECIPE OF THE WEEK

EASY MEAL IDEAS AT FAMILYFOODS.CA

Halloween Boo Bark



Fresh Produce

3⁹⁹ Each

Compliments Apples or Oranges

Macintosh or Gala Apples.
3 lb/1.36 kg.

Apples Product of Canada.
Oranges Product of South Africa.



Fresh Meat

2⁴⁹ lb

5.49/kg

Fresh Chicken Legs

Back Attached.

1⁹⁹ Each

Compliments Wieners

Regular or Jumbo. 450 g.

4/\$5

Compliments Soft Drinks

Select Varieties. 2 Litre.

4⁹⁴

Dr. Oetker Giuseppe Pizza

Select Varieties. Thin Crust 439 - 540 g.
Rising Crust 660 - 785 g. Frozen.

4⁹⁹ Each

Pumpkins

Product of Canada.

9⁹⁹

Kraft Dinner

Original. 12 x 200 g.

3⁹⁹

Kraft Cheez Whiz or Cheese Singles

Or Velveeta Slices.
Select Varieties. 410 g.
Cheez Whiz 450 g.

2/\$6⁵⁰

Lay's Potato Chips

Select Varieties.
220 - 235 g.
Poppables 130 g.

19⁴⁹

Compliments Bathroom Tissue

2 Ply. 30 Roll. 404 Sheets.

Meal Inspiration & Savings From our Family to Yours

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

Sale Prices in Effect							
OCT 2024	thu 24	fri 25	sat 26	sun 27	mon 28	tues 29	wed 30

Fresh Produce



2/\$4 Hass Avocados
Product of Mexico.



249 lb
5.49/kg Bartlett Pears
Product of U.S.A.



9⁹⁹ Each

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



249 Each Celery Stalks
Product of U.S.A./Mexico.



299 lb
6.59/kg Broccoli Crowns
Product of Canada/U.S.A./Mexico.



199 lb
4.39/kg Red or White Onions
Product of Canada/U.S.A.



199 lb
4.39/kg Hot House Beefsteak Tomatoes
Product of Canada.



449 Each Fresh Cauliflower
Product of Canada/U.S.A.



99¢ lb
2.18/kg Green Cabbage
Product of Canada.



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



199 lb
4.39/kg Sweet Potatoes
Product of Canada/U.S.A.

Deli



749 Each Mastro Charcuterie Sliced Meats
Select Varieties. 150 - 250 g.
San Daniele Prosciutto 100 g.



599 Each Castello Sliced Cheese
Select Varieties. 125 - 200 g.



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



1049 Each Marc Angelo Salami Chubs
Or Cacciatore Sausage. Select Varieties.
225 - 300 g.

Fresh Meat*



13⁹⁹ lb
30.84/kg
Beef Chuck Simmering Short Ribs
Bone In. Cut From Canada AA or Higher.



7⁹⁹ lb
17.61/kg
Beef Cross Rib Simmering Roast
Boneless. Cut From Canada AA or Higher.



14⁹⁹ lb
33.05/kg
Beef Striploin Grilling Steak
Boneless. Cut From Canada AA or Higher.



4⁴⁹ lb
9.90/kg
Fresh Pork Side Ribs



4⁴⁹ lb
9.90/kg
Fresh Pork Tenderloin
Boneless.



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



4⁹⁹ lb
11.00/kg
Fresh Whole Chicken Wings

Packaged Meat



5⁹⁹ Each
Butterball Turkey Bacon
Or Turkey Franks 450 g. Select Varieties.
Bacon 300 - 375 g.



10²⁹ Each
Schneiders Pepperettes
Select Varieties. 300 - 375 g.



5⁴⁹ Each
Johnsonville Sausages
Select Varieties. 500 g.



12⁴⁹ Each
Harvest Wieners
BBQ or Regular. 1 kg.



6⁹⁹ Each
Maple Leaf Breakfast Sausage
Select Varieties. 300 g.



2⁷⁹ Each
Schneiders Grab 'N Snack Kit
Select Varieties. 45 - 48 g.



14⁴⁹ Each
Schneiders Ham Halves
Select Varieties. 700 g.



6⁴⁹ Each
Tre Stelle Bocconcini Cheese
Select Varieties. 200 g.



2⁴⁹ 100 g
Harvest Salami
Sliced.



2¹⁹ 100 g
Harvest European Wieners

*Excludes Mountain Creek Farms Beef and Pork Products

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

Chilled & Frozen



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



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



7⁴⁹ **iöGO Multipack Yogourt**
Select Varieties. 16 x 95 - 100 g.



4⁹⁹

Tropicana Orange Juices
Or Trop 50. Select Varieties.
1.36 Litre. 🌱



8⁴⁹ **Imperial Margarine**
Soft Tub or Quarters. 1.28 - 1.36 kg.



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



5⁹⁹ **International Delight**
Select Varieties. 946 mL. 🌱



3⁴⁹ **Kraft Philadelphia Dips**
Select Varieties. 227 g.



3⁴⁹ **Pillsbury Cinnamon Rolls or Ready to Bake Cookies**
Select Varieties.
Cinnamon Rolls 496 g.
Cookies 454 g. Turnovers 383 g.



3⁹⁹ **Compliments Fried Potatoes**
Select Varieties. 454 - 800 g.
Frozen.



4⁹⁹ **Red Baron Pizza**
Select Varieties. 317 - 740 g.
Frozen.



4⁹⁹

Healthy Choice Steamers or Entrees

Or Marie Callender's Bowls.
Select Varieties. 255 - 349 g.
Frozen.



2⁴⁹ **Compliments Waffles**
Select Varieties. 280 g.
Frozen.



3⁴⁹ **Compliments Perogies**
Select Varieties. 907 g.
Frozen.



9⁹⁹ **Häagen Dazs Ice Cream or Nestle Drumsticks**
Select Varieties. Häagen Dazs Ice Cream 946 mL. Nestle Drumsticks 6 - 8 x 140 - 180 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



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



6⁹⁹ **Schneiders Sausages**
Mini Sizzlers, Oktoberfest Sausages or Sausage Rounds. 375 g. Frozen.



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



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



11⁴⁹ **Compliments Breaded or Battered Fish**
Haddock, Cod, Sole or Pacific Salmon 460 - 580 g. Frozen.

Grocery



2⁹⁹ Club House Organic Spices
Select Varieties. 10 - 57 g.



\$1 Compliments Seasoning Mixes
Select Varieties. 35 - 39 g.



1⁷⁹ Compliments Prepared Mustard
400 mL.



5⁹⁹
French's Ketchup
1.5 Litre.



2/\$4 Del Monte Vegetables
Select Varieties. 341 - 398 mL.
Excluding Asparagus.



3⁴⁹ Compliments Pickles
Select Varieties. 1 Litre.



3⁹⁹ Compliments Mammoth Olives
Select Varieties. 500 mL.



1⁹⁹ Compliments Pineapple
Select Varieties. 398 mL.



2⁹⁹ Compliments Cranberry Sauce
Whole or Jelly. 348 mL.



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



2⁴⁹ Compliments White Albacore Tuna
170 g.



1⁷⁹ Compliments Flaked Meat
Select Varieties. 156 g.



1¹⁹ Compliments Soup or Broth
Select Varieties. 284 mL.



18⁹⁹ Eight Treasures Thai Jasmine Rice
8 kg.



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



2⁴⁹ Compliments Coating Mix
Select Varieties. 142 g.



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



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



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



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



3⁹⁹ Del Monte Mandarin Oranges
Or Sliced Peaches. 540 mL.



4⁹⁹ Del Monte Canned Fruit
Select Varieties. 796 mL.



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

Beverages & Snacks



5⁹⁹ Nestle Pure Life Spring Water
24 x 500 mL. ♻️



6⁹⁹ Gatorade
Select Varieties. 6 x 591 mL. ♻️



2/\$6 Mott's Clamato Juice
Select Varieties. 945 mL. ♻️



2/\$5 Perrier or San Pellegrino Mineral Water
Select Varieties. 750 mL - 1 Litre. ♻️



7⁹⁹ Coca-Cola or Pepsi Soft Drinks
Select Varieties. 12 x 355 mL. ♻️



2/\$9⁵⁰ Cheetos Cheese Flavoured Snacks
Select Varieties. 170 - 285 g.



2/\$9⁵⁰ Doritos Tortilla Chips
Select Varieties. 210 - 280 g.



3/\$10 Old Dutch Boxed Potato Chips
Select Varieties. 220 g.



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



2/\$8⁵⁰ Ruffles Potato Chips
Select Varieties. 180 - 200 g.



2/\$6 Quaker Crispy Minis or Rice Cakes
Select Varieties. Crispy Minis 90 - 100 g. Rice Cakes 127 - 199 g.



2/\$9 Angie's Ready To Eat Popcorn
Select Varieties. 136 - 198 g.



3/\$9 Kellogg's Cheez-Its
Select Varieties. 191 - 200 g.



2⁹⁹ Voortman's Cookies
Select Varieties. 210 - 228 g.



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



3/\$4 Cadbury Single Chocolate Bars
Select Varieties. 33 - 60 g.



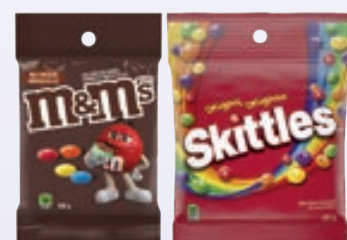
2/\$5 Nestle King Bars
Select Varieties. 50 - 120 g.



2/\$7 Haribo Candy
Select Varieties. 170 - 175 g.



3/\$5 Hi-Chew or Livewire Candy
Select Varieties. 58 - 100 g.



2/\$7⁵⁰ Mars Chocolate
Or Starburst or Skittles 130 - 191 g. Select Varieties. Mars 95 - 109 g.

Household & Pet



9⁹⁹ Charmin Bathroom Tissue
Ultra Strong or Soft. 8 Triple Rolls.



11⁹⁹ SpongeTowels Ultra Pro
6 Giant Rolls. 83 Sheets.



3⁴⁹ Palmolive Dishwashing Liquid
Select Varieties. 828 mL.



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



11⁹⁹ Tide or Gain Laundry Detergent
Select Varieties. 2.6 - 3.1 Litre. Or Ivory Snow 1.36 Litre. Flings 31's.

Bakery



5⁴⁹ Compliments Angel Food Cake
Regular or Mini. 270 - 283 g.



5⁹⁹ Two Bite Mini Halloween Cupcakes
284 g. While Supplies Last.



6⁴⁹ Compliments Loaf Cakes
Select Varieties. 344 - 400 g.



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



4⁴⁹ Compliments Naan Rounds Bread
Select Varieties. 480 g.



4⁹⁹ La Fournée Dorée Brioche Burger Buns
200 g.



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



2⁹⁹ City Bread Rye
Original. 480 g.

Breakfast



15⁹⁹ Nabob Coffee
Select Varieties.
915 - 930 g.



8⁹⁹ Folgers 1850 Coffee
Select Varieties.
340 g.



2/\$7 Compliments Cranberry Cocktails or Blends
Or Ruby Red Grapefruit.
Select Varieties. 1.89 Litre.
Compliments Lemon Juice 946 mL. 🌱



4⁴⁹
Danone Activia Yogourt
Select Varieties.
625 - 650 g.
Mix & Go 300 g.



5⁹⁹ Compliments Cereal
Select Varieties. 794 g.



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



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



2/\$5 Compliments Instant Oatmeal
Select Varieties.
260 - 344 g.



10⁴⁹ Compliments Honey
Liquid or Creamed.
750 g. - 1 kg.



3⁹⁹ Vim Cleaners
Select Varieties. 500 mL.



5⁹⁹ Softsoap Body Wash or Shower Gel
Select Varieties. 591 mL.



4⁴⁹ Compliments Plastic Wrap
90 Metre.



7⁹⁹ Milk Bone Dog Treats
Select Varieties. 2 kg.
Comfort Chews 210 g.



10⁴⁹ Nature's Recipe Dog Treats
Select Varieties. 227 g.

Meal Inspiration & Savings From our Family to Yours



Family Foods

Fresh Meat

2⁹⁹ lb
6.59/kg

**Fresh Pork
Shoulder
Blade Roast**
Bone In.



Fresh Produce

2/\$5

**Fresh
Raspberries**
Product of U.S.A./Mexico.
170 g.



2/\$4

**Oasis or
Del Monte Juices**
Or Arizona Iced Tea.
Select Varieties. 960 mL.



9⁹⁹

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



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



5⁹⁹ **Compliments Butter**
Salted. 454 g.



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

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

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.

SALE PRICES IN EFFECT: OCTOBER 24 - 30, 2024

Friday
October 25th

WORLD
PASTA DAY



2⁴⁹ Divella Pasta
Select Varieties. 500 g.



2⁹⁹ Divella Pasta
Select Varieties. 250 g.



24⁹⁹ L'Albero Vecchio
Extra Virgin
Olive Oil
1 Litre.



1⁴⁹ Delizia Diced
Italian Tomatoes
398 mL.



2²⁹ Delizia Passata
Strained Tomatoes
660 mL.



4⁴⁹ Compliments
Fresh Pasta or Sauce
Select Varieties. Pasta 350 - 360 g.
Sauces 170 g. or 300 mL.



5⁹⁹ Panache Parmigiano
Reggiano Cheese
Grated or Shaved. 100 g.



5⁹⁹ Compliments
Shredded Cheese
Select Varieties. 125 g.



2⁹⁹ Each Hot House
Tomato Medley
1 Pint. Product of U.S.A.

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

pg1_w26_Ribbon_all_zones



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.

BEST BUY



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



4⁹⁹ Best Buy Cream Filled Cookies
Select Varieties. 600 g.



3⁴⁹ Compliments Soda Crackers
Salted or Unsalted. 450 g.



99¢ Compliments Sparkling Water
Select Varieties. 1 Litre. ♻️



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



3⁴⁹ Compliments Greek Yogourt
Select Varieties. 4 x 100 g.



5⁹⁹ Compliments Margarine
Select Varieties. 850 g.



7⁴⁹ Compliments Egg Rolls
Vegetable or Beef & Pork.
680 g. Frozen.



4⁹⁹ Compliments
Side Bacon
Select Varieties. 375 g.



10⁹⁹ Compliments
Sausages
Select Varieties. 900 g.



5⁹⁹ Compliments Salami
or Pepperoni Chubs
500 g.



5⁴⁹ Compliments
Dinner Napkins
2 Ply. 100's.



8⁹⁹ Compliments Ultra
Paper Towel
2 Ply. 72 Sheet. 6 Roll.



7⁹⁹ Compliments Facial
Tissue
3 Ply 6 x 88's or 2 Ply 6 x 126's.



6⁹⁹ Compliments
Garbage Bags
90 Litre. 24's.



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



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2⁹⁹ Compliments
Cheddar Crackers
Select Varieties. 200 g.



1⁹⁹ Compliments
Rice Crackers
Select Varieties. 100 g.



9⁹⁹ Compliments Cheese
Select Varieties.
Shredded 620 g. Block 700 g.
Slices 460 - 480 g.



2/\$5 Compliments
Microwave Popcorn
Select Varieties. 240 - 282 g.



2/\$5 Compliments
Tortilla Chips
Select Varieties.
250 - 280 g.



2/\$5 Compliments
Pretzels
Sticks or Twists. 400 g.



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



5⁹⁹ Compliments
De-Alcoholized Beer
6 x 355 mL. ♻️



6⁴⁹ Compliments
Swiss Rolls
Select Varieties. 400 g.

HAPPY HALLOWEEN



**Choose Compliments
for all your Halloween
Party Favourites!**

