



# Family Foods

## Recipe of the Week

EASY MEAL IDEAS AT  
FAMILYFOODS.CA

*Cauliflower-Leek Soup  
with Pancetta &  
Balsamic Caramel*



**Fresh Produce**

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

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



**Fresh Meat**

**5<sup>99</sup>lb**  
13.21/kg

**Fresh Lean  
Stewing Beef**  
Cut From Canada AA  
or Higher.





**2/\$7** **Ruffles Potato Chips**  
Select Varieties. 180 - 200 g.



**5<sup>99</sup>** **Sunrise Chicken Cutlets**  
Or Burgers. Select Varieties. Frozen. 1 kg.



**1<sup>19</sup>** **Campbell's Top 4 Soups**  
Cream of Mushroom, Vegetable, Tomato  
or Chicken Noodle. 284 mL.



**2/\$5** **Mini Cucumbers or  
Grape Tomatoes**  
Product of Canada/Mexico.  
Cucumbers 6's.  
Grape Tomatoes 283 g.



**2<sup>99</sup>** **Classico Pasta Sauce**  
Select Varieties. 410 - 650 mL.  
Pesto 218 mL.



**2/\$3** **Heinz Beans  
and Pasta**  
Select Varieties.  
398 mL.



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



**4<sup>99</sup>** **Compliments  
Soft Drinks**  
Select Varieties.  
12 x 355 mL. ♻️

See our insert for more

# Fall Favourites

Sale Prices in Effect

OCT/ NOV 2024	thu 31	fri 1	sat 2	sun 3	mon 4	tues 5	wed 6
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# Grocery



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



**479** Pearl Milling Company Pancake Mix  
Or Syrup 710 mL. Select Varieties.  
Pancake Mix 905 g.



**499** Compliments Jam  
Or Jelly and Marmalade. Select Varieties.  
500 mL.



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



**1399** Del Monte Club Pack Fruit Bowls  
Select Varieties. 20's. 2.14 - 2.25 Litre.



**279** Lancia Pasta  
Select Varieties. 750 g.



**199** Knorr Sidekicks  
Select Varieties. 120 - 167 g.



**2/\$7** Kraft Salad Dressing  
Select Varieties. 425 mL.



**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.



**299** Compliments  
Crackers  
Select Varieties.  
200 - 225 g.



**2/\$850** Smartfeed  
Popcorn  
Select Varieties.  
150 - 200 g.



**299** Compliments  
Snacks  
Select Varieties.  
265 - 300 g.



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

# Bakery



**699** Compliments Muffins  
Select Varieties. 600 g.



**699** Compliments Butter  
Tarts  
Raisin or Pecan. 510 g.



**399** Byblos Bagels  
Select Varieties. 400 g.



**899** Tim Hortons Coffee  
Select Varieties. 300 g.



**2/\$4** Gatorade  
Select Varieties. 710 mL. ♻️

# Deli



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



**549** Compliments Cheese  
Slices  
Each  
Select Varieties. 150 - 170 g.



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



**1299** Maxwell House  
Coffee  
Select Varieties.  
631 - 900 g.



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



## Snacks



**2/\$4.50** Hershey King Chocolate Bars  
Select Varieties.  
62 - 141 g.



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



**6.99** Compliments Milk Chocolate Covered Almonds  
Select Varieties. 350 - 400 g.



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



**13.99** Kinder Advent Calendars  
Select Varieties. 182 g.  
While Supplies Last.

## Chilled & Frozen



**6.49** Parkay Margarine  
Soft 1.28 kg. Quarters 1.36 kg.



**4.99** Tropicana Juices or Pure Leaf Beverages  
Selected Varieties.  
1.36 - 1.75 Litre. 🌱



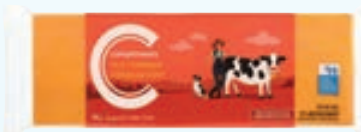
**4.99** Kraft Philadelphia Cream Cheese  
Select Varieties. 227 - 250 g.



**7.49** Yoplait Multipack Yogourt  
Select Varieties.  
Source or Creamy. 16 x 100 g.



**7.99** Compliments Butter Sticks  
Salted or Unsalted. 454 g.



**5.99** Compliments Cheese  
Select Varieties. 400 g.



**4.99** Dr. Oetker Pizza  
Select Varieties.  
Easy Pizza 560 - 600 g.  
Tradizionale 385 - 415 g.  
The Good Baker 300 - 390 g.  
Frozen.



**11.49** Swanson Skillet Meals  
Select Varieties.  
879 g. - 1.19 kg. Frozen.



**4.99** Compliments Frozen Fruit  
Select Varieties.  
300 - 600 g.



**3.99** Compliments Entrees  
Select Varieties.  
250 - 280 g. Frozen.



**5.49** Haagen Dazs or Breyers Ice Cream  
Select Varieties.  
Haagen Dazs Ice Cream  
400 - 450 mL. Bars 216 - 264 mL.  
Breyers Ice Cream 1.66 Litre. Frozen.



**4.99** Maple Lodge Ultimate Chicken Sausage  
Select Varieties. Breakfast or Dinner. 375 - 500 g. Frozen.



**14.99** Pinty's Chicken  
Select Varieties.  
750 - 790 g. Frozen.



**8.49** Swiss Chalet Pot Pies  
Select Varieties. 470 - 655 g.  
Frozen.



**8.99** Waterview Market Entrees  
Select Varieties. 454 g.  
Frozen.

## Household & Pet



**13.99** Compliments Bathroom Tissue  
24 Double Roll.



**2.99** Compliments Ultra Paper Towel  
72 Sheet. 2 Ply. 2 Roll.



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



**5.49** Pedigree Dentastix  
Select Varieties.  
237 - 292 g.



**6.99** Friskies Dry Cat Food  
Select Varieties. 1.4 - 1.5 kg.





Fresh Produce

**6<sup>99</sup>**  
Each

**Chinese Mandarin Oranges**  
Product of China. 4 lb/1.81 kg Box.



Fresh Meat

**3<sup>49</sup>** lb  
7.69/kg

**Fresh Grade A Frying Chicken**  
Whole.



**13<sup>99</sup>**  
Each

**Compliments Beef Burgers**  
Select Varieties. Frozen. 1.13 kg.



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

**Compliments Hot Dog or Hamburger Buns**  
12's. 490 - 540 g.



**6<sup>99</sup>**

**Kraft Peanut Butter**  
Or Hazelnut Spread.  
Select Varieties. 725 g. - 1 kg.



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

**Dempster's Texas Toast**  
White or 100% Whole Wheat. 675 g.



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

**Green Giant Vegetables**  
Select Varieties. 400 - 750 g. Frozen.



**10<sup>99</sup>**

**Purina Tidy Cats Litter**  
Select Varieties. 2.72 kg.

Produce



**3<sup>99</sup>**  
Each

**Hass Avocados**  
5 Count.  
Product of Mexico.



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

**Large Pineapple**  
Product of Costa Rica.



**2/\$6**

**Carrots or Yellow Onions**  
Product of Canada. 3 lb/1.36 kg.



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

**Taylor Farms Chopped Salad Kits**  
Select Varieties. 312 - 383 g.  
Product of U.S.A.



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

**Bulk White or Brown Organic Mushrooms**  
Product of Canada.

Meat\*



**7<sup>99</sup>** lb  
17.61/kg

**Beef Outside Round Roast**  
Boneless. Cut From Canada AA or Higher.



**3<sup>99</sup>** lb  
8.80/kg

**Fresh Pork Loin Center Cut Chops**  
Or Rib Chops or Roast. Bone In.



**12<sup>99</sup>**  
Each

**Schneiders Smokies**  
Select Varieties. 900 g.



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

**Schneiders Bacon**  
Select Varieties. 375 g.



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

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

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

Some items may not be available at all stores. All advertised items are on sale while stock lasts. 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.



# Fall Favourites

Sale prices in effect October 31 - November 6, 2024



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



**2.99** Compliments Soup  
Select Varieties. 540 mL.



**\$1** Compliments Cup of Noodles  
Select Varieties. 65 g.



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

## Fresh Fall Favourites



**2/\$6** Pomegranates  
Product of U.S.A.



**1.49** lb  
3.28/kg Squash  
Select Varieties. Product of Canada.



**2.99** lb  
6.59/kg Fresh Brussels Sprouts  
Product of Canada.



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

# Fall Favourites



**4<sup>99</sup>** Nestle Coffee Mate  
Select Varieties. 946 mL.



**5<sup>49</sup>** Healthy Choice or Hungryman Bowls  
Select Varieties. 262 - 397 g. Frozen.



**3<sup>49</sup>** Parmalat Dahi Plain Yogourt  
Select Varieties. 750 g.



**3<sup>99</sup>** Compliments Hot Chocolate Mix  
Select Varieties. 500 g.



**15<sup>99</sup>** Compliments K-Cup Coffee  
Select Varieties. 30's.



**5<sup>99</sup>** Compliments Instant Coffee  
Regular 200 g. Decaffeinated 100 g.



**2<sup>99</sup>** Best Buy Orange Pekoe Tea  
100's.



**6<sup>79</sup>** Nestle Turtles or After Eight Chocolates  
Or Quality Street 160 g. Select Varieties.  
Turtles 150 - 160 g. After Eight 200 g.





**4<sup>29</sup>** Compliments  
Stuffed Chicken Entrees  
Select Varieties. 284 g. Frozen.



**15<sup>99</sup>** Compliments Crispy  
Homestyle Chicken Pieces  
Frozen. 1 kg.



**9<sup>99</sup>** Compliments Beef Chilli  
907 g. Frozen.



**9<sup>99</sup>** Compliments Pasta & Cheese  
Select Varieties. 1 Kg. Frozen.



**15<sup>99</sup>** Compliments Meat Lasagna  
2.27 kg. Frozen.



**14<sup>99</sup>** Compliments Farm House  
or Shepherd's Pie  
Frozen. 900 g.



**18<sup>99</sup>** Rana Meat Lasagna  
Family Size. 1.134 kg. Frozen.



**10<sup>99</sup>** Panache Shrimp Appetizers  
Select Varieties. Frozen. 252 - 355 g.

# Fall Favourites

value  
size

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

## Olivieri Gnocchi Skillet Entrees

Select Varieties. 280 - 350 g.



# Fall Favourites



**6<sup>99</sup>**

## Panache Soup

Select Varieties. 625 mL.



**10<sup>99</sup>**

## Compliments 6 Layer Dip

850 g.



**11<sup>99</sup>**

## Compliments Charcuterie Trio

Select Varieties. 250 g.



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

## Compliments Jasmine Rice

Or Basmati or Long Grain.  
Select Varieties. 700 - 900 g.



**2/\$5**

## Compliments Sauces

Select Varieties. 350 mL.



**1<sup>99</sup>**

## Panache Pasta

Select Varieties. 500 g.



**2/\$3**

## Compliments Mushrooms

Pieces & Stems. 284 mL.



**2/\$3**

## Compliments Stewed Tomatoes

Select Varieties. 540 mL.