

BUY-LOW FOODS





**THE
LOWEST
BUY**

BIG PACK

Lean Ground Beef
Fresh, 3 lb Tube, 9.85/kg

4⁴⁷

lb



\$11⁹⁹
ea

**Western Family
Thick Cut Bacon**
Naturally Smoked, 1 kg



2⁹⁹
ea

Raspberries
Also Blackberries, USA or
Mexico, 170g Clamshell

**Ben & Jerry's
Ice Cream**
Selected Varieties, 473 mL



4⁹⁹
ea



3\$5
for

Hass Avocado
Mexico



8⁴⁹
ea

**Western Family
Cheese**
Selected Varieties, 600g

Lay's Potato Chips
Selected Varieties,
177g or 235g



2\$6
for


**THE
LOWEST
BUY**

**BUY
MORE
BUY LOW**
STOCK UP AND SAVE

**THE
LOW
DOWN**
THIS WEEK'S
FLYER DEALS


**PRICE
MATCH**

**WITH EVEN
MORE WAYS TO SAVE.**

PRICES EFFECTIVE THURSDAY TO WEDNESDAY, NOVEMBER 14 - 20, 2024

WE RESERVE THE RIGHT TO LIMIT QUANTITIES. SOME ITEMS MAY NOT BE EXACTLY AS ILLUSTRATED OR NOT AVAILABLE AT ALL LOCATIONS.
 PRICES DO NOT INCLUDE APPLICABLE TAXES, BOTTLE DEPOSITS, ECO FEES OR RECYCLING FEES WHERE APPLICABLE.
 THE SPECIFIED QUANTITY OF THE ADVERTISED PRODUCT MUST BE PURCHASED TO RECEIVE THE DISCOUNT.





GAME DAY SAVINGS



6⁹⁹
ea

Pepsi Soft Drinks
Selected Varieties,
12 x 355 mL



**La Cocina
Tortilla Chips**
Selected Varieties,
300g or 400g

2\$7
for



12⁴⁹
ea

**Heineken 0%
Non-Alcoholic
Beer**
Selected Varieties,
6 x 330 mL



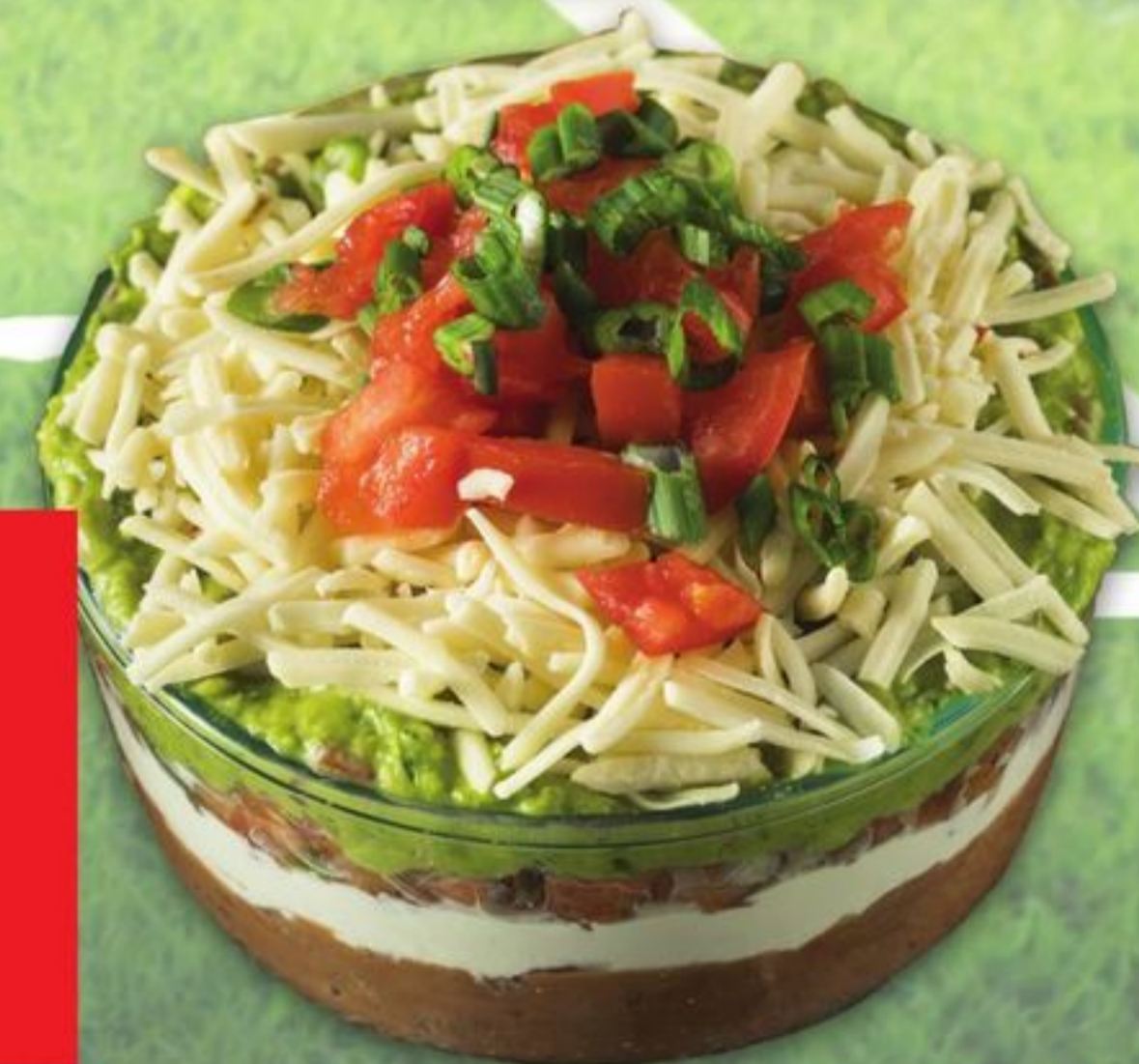
**Old El Paso
Salsa**
Selected Varieties, 650 mL

4⁴⁹
ea



11⁹⁹
ea

**Lumber Jack
Sandwich**
Made Fresh in Store



**Seven Layer
Bean Dip**
Made Fresh in Store

1⁷⁹
100g

FRESH TASTE OF SAVINGS



2 lb Bag
5⁹⁹

Mandarins
California, 2 lb bag



3⁴⁹
ea

Fresh Express
Garden Salad
12 oz Bag



3 lb Bag
4⁹⁹

Gala Apples
BC, 3 lb Bag



1⁹⁹
ea

Long English
Cucumber
Canada or
Imported



4⁴⁹
ea

Cauliflower
USA



5⁹⁹
ea

Large Gold
Pineapple
Imported



1⁹⁹
ea

Celery
Bunch



4⁹⁹
ea

Mini Seedless
Watermelon
Mexico

BIG PACKS



5 lb Bag
4⁹⁹

Carrots
USA, 5 lb Bag



10 lb Bag
6⁹⁹

Yellow Potatoes
10 lb Bag

QUALITY MEATS FOR LESS



BIG PACK
4⁹⁹
lb

CHICKEN
FARMERS
OF
BRITAIN
CERTIFIED
BY THE
SCOTTISH
GOVERNMENT

Chicken Thighs
Fresh, 11.00/kg



WAREHOUSE PACK
4⁹⁹
lb

Chicken Breast Halves
Fresh, Bone-In, 11.00/kg



9-Pack
\$13
ea

Sausages
Selected Varieties, 9-Pack

SEAFOOD



Western Family Prawns
Selected Varieties,
Frozen, 340g

BUY 1 GET 1 FREE
Some items of equal or lesser value.



3⁴⁹
100g

Steelhead Fillet
Fresh



Western Family Bacon Wrapped Scallop Medallions
Frozen, 300g

13⁹⁹
ea



8⁹⁹
ea

Salmon Village Wild Pink Smoked Salmon Nuggets
Selected Varieties, 150g

DELI ONLY AVAILABLE IN STORES WITH FULL SERVICE DELI DEPARTMENTS



2⁹⁹
100g

Maple Lodge
Chicken Breast
Sliced Fresh in Store
Selected Varieties

2⁴⁹
100g

Summer Sausage
or Beef
Sliced Fresh in Store

2⁹⁹
100g

Black Forest Ham
or Old Fashioned



7⁴⁹
ea

Western Family
Artichoke &
Asiago Dip
or Tortas, 454g

5⁹⁹
ea

Breakfast Wrap
Selected Varieties, 249g

2⁴⁹
100g

Beef Lasagna
or Spinach Feta,
Baked in Store



4⁹⁹
100g

Parmesan
Cheese
Shredded or Shaved,
Packaged in Store

3⁹⁹
ea

Reser's Salad
Selected Varieties, 454g

9⁹⁹
ea

Grimm's
Mini Peps
Original or Honey Garlic,
250g

PACKAGED MEAT



5⁹⁹
ea

Swin Potstickers
Selected Varieties,
Frozen, 454g

4⁹⁹
ea

Freybe
Sliced Ham
Selected Varieties, 175g

12⁹⁹
ea

El Monterey
Mexican
Taquitos
Selected Varieties,
Frozen, 567g



15⁹⁹
ea

Maple Lodge
Farms Chicken
Wings
Selected Varieties,
Frozen, 908g

8⁹⁹
ea

Western Family
Mini Sausage
Rolls
Selected Varieties,
Frozen, 500g

9⁹⁹
ea

Western Family
Appetizer
Selected Varieties,
Frozen, 187g or 226g

FRESH BAKERY

ONLY AVAILABLE IN STORES WITH FULL SERVICE BAKERY DEPARTMENTS



4⁹⁹
ea

Artisan Sourdough Bread
Baked in Store, 500g



Pack of 8

7⁹⁹

Dessert Bars
Selected Varieties



Pack of 8

3⁹⁹

Potato Brioche Buns



Pack of 6

7⁴⁹

Cupcakes
Selected Varieties



2⁹⁹
ea

Classic Baguette
or Rustic, Baked in Store, 350g



Pack of 6

6⁴⁹

Swirl Buns
Cheddar or Pizza



Pack of 6

5⁹⁹

Fresh Muffins
Baked Fresh in Store, Selected Varieties

BAKERY AVAILABLE IN ALL LOCATIONS



Natural Bakery
Canadian Rye Bread
Selected Varieties, 900g

4⁹⁹
ea



Villaggio
Italian Bread
Selected Varieties, 540g

2\$7
for



Pack of 10

4²⁹

Dempster's Tortillas
10 inch, Selected Varieties

SNACKS & BEVERAGES



Mott's Clamato
Selected Varieties,
1.89 Litres

3.99 ea

OREO
The Original
Original

Chips Ahoy!
ORIGINAL
ORIGINAL

3.79 ea

Christie Cookies
Selected Varieties,
258g or 270g

Kellogg's Town House Crackers
Selected Varieties,
260g or 391g

2\$7 for

Quaker Crispy Minis
100g or Rice Cakes
(127g), Selected Varieties

2\$6 for

Old Dutch Snacks
Also Selected Varieties,
250g or 265g

2\$8 for

Coca-Cola Soft Drinks
Selected Varieties,
Mini Cans, 6 x 222 ml

3.99 ea

Glaceau Vitamin Water
Selected Varieties,
591 ml

2.79 ea

Bubly Sparkling Water
Selected Varieties,
12 x 355 ml

5.99 ea

DAIRY, CHILLED & FROZEN



Simply Beverage
Selected Varieties,
1.54 Litres

4.99 ea

Dr. Oetker Pizza
Selected Varieties, Frozen, 320g or 395g

4.99 ea

Becel Margarine
Selected Varieties,
850g

7.99 ea

Liberté Greek Yogourt
Selected Varieties,
750g

6.49 ea

Silk Dairy-Free Coffee Creamer
Selected Varieties, 890 ml

5.49 ea

Cheemo Perogies
Selected Varieties,
Frozen, 907g

2\$6 for

McCain French Fries
Selected Varieties,
Frozen, 650g

4.49 ea

Amy's Burrito
Selected Varieties,
Frozen, 370g

3.99 ea

STOREWIDE SAVINGS



Campbell's Ready to Serve Soup
Selected Varieties,
515 mL



3.49
ea

2.8
for

Catelli Classic Pasta
Selected Varieties, 700g or 900g



Hunt's Pasta Sauce
Selected Varieties,
680 mL



2.6
for



4.89
ea

Old El Paso Dinner Kit
Selected Varieties,
250g or 340g



3.10
for

Ben's Original Ready to Eat Rice
Selected Varieties,
240g or 250g



2.4
for

Clover Leaf Tuna
Selected Varieties,
85g or 170g



5.49
ea

Post Cereal (6.35g) or Alpen Muesli (52g)
Selected Varieties



2.9
for

Quaker Harvest Crunch Cereal
Selected Varieties,
475g or 510g



HOLIDAY BAKING



4.49
ea

Hershey's Chipits
Selected Varieties, 250g or 270g

Mazola Oil
Selected Varieties,
1.18 Litres

6.99
ea



5.49
ea

Tenderflake Lard
454g



8.99
ea

Western Family Flour
Selected Varieties, 5 kg

Pacific Evaporated Milk
Selected Varieties,
354 mL

2.49
ea



4.99
ea

Fleischmann's Yeast
Selected Varieties, 113g



4.99
ea

Crosby's Molasses
Selected Varieties,
675g

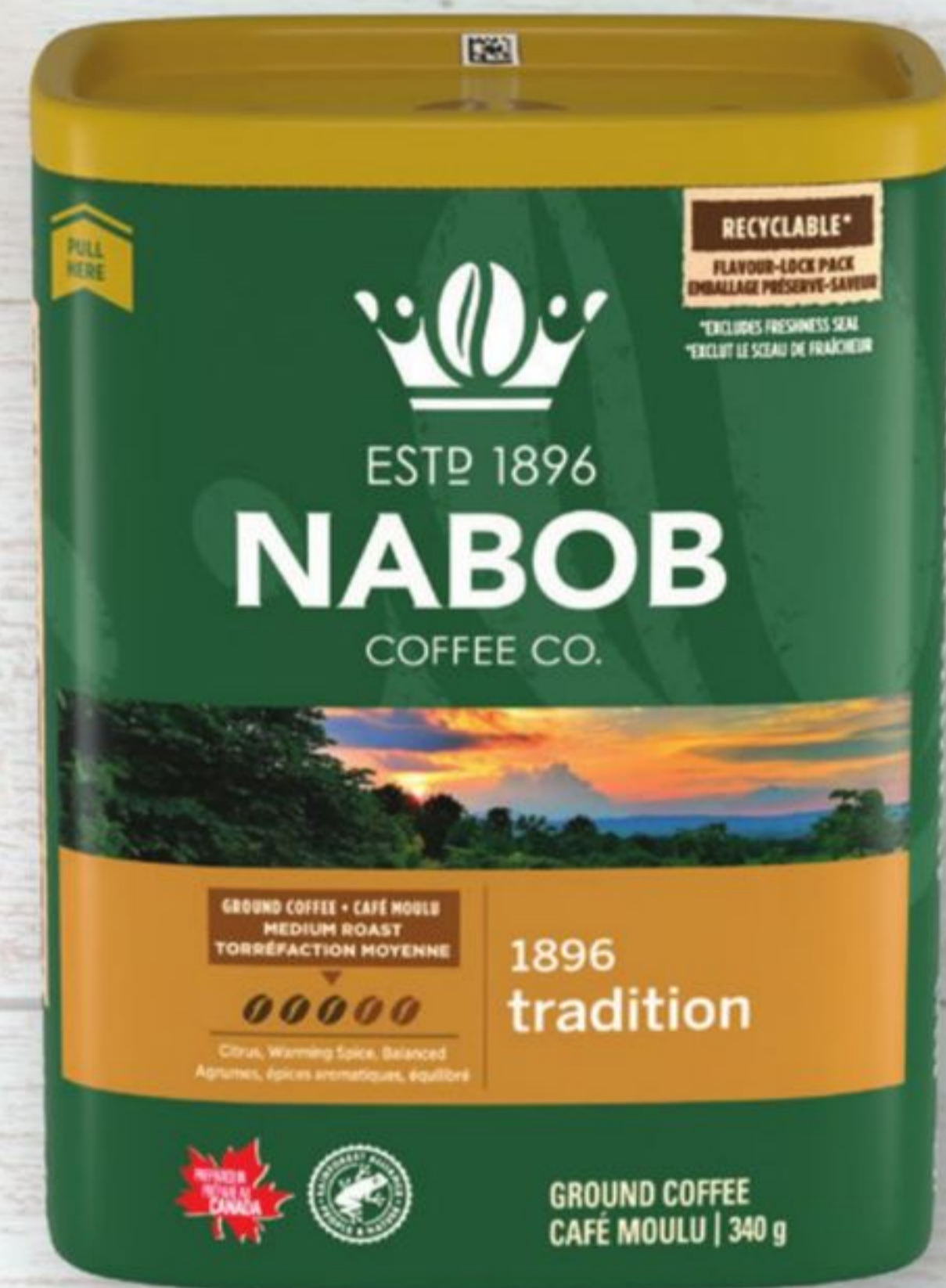
McCormick Gourmet Spices
Selected Varieties,
37g or 42g

20% off
regular retail



THE PERFECT CUP

FROM START TO FINISH



Nabob Coffee
Selected Varieties, 340g

7⁹⁹
ea



Nabob Coffee
Selected Varieties,
292g or 930g

13⁹⁹
ea



Kraft Peanut Butter
Selected Varieties,
1 kg

5⁹⁹
ea



Maxwell House Instant Coffee
150g

4⁹⁹
ea



Philadelphia Cream Cheese
Selected Varieties,
227g or 250g



4⁴⁹
ea

HEALTH & BEAUTY

Always
Feminine Care

Selected Varieties, 26's
20% off
regular retail



Degree
Antiperspirant

Selected Varieties,
74g or 76g
4.49
ea



Irish Spring
Bar Soap

Original or Aloe, 3 x 104g
4.49
ea



1.99
ea



Colgate
Toothpaste

Selected Varieties, 120 mL

Softsoap
Hand Soap

Liquid, Selected Varieties,
221 mL or 332 mL
2.99
ea



Herbal Essences
Hair Care

Selected Varieties, 346 mL
4.49
ea



Poise
Incontinence
Pads

Selected Varieties,
39's or 66's
19.99
ea



Every Man Jack
Body Wash

Selected Varieties,
500 mL
7.99
ea



HOUSEHOLD

Western Family
Ultra Laundry
Detergent

Liquid, Selected Varieties,
2.72 Litres
10.99
ea



Dawn Ultra
Dish Soap

Selected Varieties,
431 mL or 473 mL
2.56
for 6



Clorox
Liquid Bleach

24 Litres
6.49
ea



4.99
ea



Glad Cling Wrap
or Press 'n Seal, 90 metres



Trusted for over 50 years, Western Family is a proud Western Canadian brand, offering an assortment of reliable, affordable high quality products.

western family



Western Family
Juice
Selected Varieties,
1 Litre
2\$4
for



Western Family
Pop
Selected Varieties,
2 Litres
4\$5
for



Western
Family Swiss
Chocolate Bar
Selected Varieties,
100g
2\$4
for



Western Family
Fruit Cups
Selected Varieties,
6 x 113g
2\$5
for



Western Family
Light Skipjack
Tuna
Selected Varieties, 170g
1\$79
ea



Western Family
Pasta
Selected Varieties,
900g
2\$5
for



Western Family
Baked Beans
Selected Varieties,
398 mL
3\$5
for



Western Family
Canned
Pineapple
Selected Varieties,
398 mL
1\$99
ea



Western Family
Granola
Selected Varieties,
600g or 630g
4\$99
ea



Western Family
Chip Dip
Selected Varieties,
225g
2\$7
for



Western Family
Meal
Selected Varieties,
Frozen, 907g
5\$99
ea



Western Family
Perogies
Selected Varieties,
Frozen, 907g
2\$5
for