



Family Foods

RECIPE OF THE WEEK

EASY MEAL IDEAS AT FAMILYFOODS.CA

Grilled Guacamole



Fresh Produce

6⁹⁹ Each

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



Fresh Meat

4⁹⁹ lb
11.00/kg

Fresh Lean Ground Beef
Less than 17% Fat Content.
Store may restrict to larger packs.



5⁷⁷

Cracker Barrel Cheese or Sigg's Yogourt
Select Varieties. Cracker Barrel Blocks 340 - 400 g. Shredded 250 - 320 g. Sigg's 650 - 750 g.



3³³

Old Dutch or Lay's Potato Chips
Select Varieties. Old Dutch 235 g. Ridgies 200 g. Lay's 220 - 235 g. Poppables 130 g.



1⁹⁹

Philadelphia Dips
Select Varieties. 227 g.



1⁴⁹ lb
3.28/kg

Tomatoes On The Vine
Product of Canada.



4⁹⁹ lb
11.00/kg

Fresh Split Chicken Wings



4⁹⁹

Nescafé Instant Coffee
Select Varieties.
100 - 170 g.



3⁹⁹

Dr. Oetker Pizza
Select Varieties.
Casa Di Mama 395 - 410 g.
Ristorante 320 - 390 g. Frozen.



SEE OUR INSERT FOR MORE **GAME DAY DEALS!**

GAME DAY IS SUNDAY NOVEMBER 17TH

Sale Prices in Effect							
NOV 2024	thu 14	fri 15	sat 16	sun 17	mon 18	tues 19	wed 20

Fresh Produce



2/\$7 Fresh Raspberries
Product of U.S.A./Mexico. 170 g.



2/\$4 Hass Avocados
Product of Mexico.

4⁹⁹ Each
Large Pineapple
Product of Costa Rica.



3⁹⁹ Fresh Limes
1 lb/454 g. Product of Mexico.
Each



2⁹⁹ Celery Stalks
Product of U.S.A.
Each



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



4⁹⁹ Fresh Cauliflower
Product of U.S.A.
Each



3⁹⁹ lb Red, Yellow and Orange
Bell Peppers
Product of Mexico.
8.80/kg



5⁹⁹ Compliments Baby Greens
Spinach or Spring Mix.
312 g. Product of U.S.A.
Each



6⁹⁹ Hormel Real Bacon Bits
Select Varieties. 85 - 100 g.
Each



5⁹⁹ Handfuel Nuts
Select Varieties.
120 - 150 g.
Each

Deli



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



3⁹⁹ Fontaine Santé Hummus Dips
Or Spinach Dip. Select Varieties. 250 - 260 g.
Each



2⁴⁹ Compliments Deli Roast Beef
Sliced or Shaved.
100 g



6⁴⁹ Panache Spreads
Select Varieties. 130 mL.
Each

Fresh Meat*



6⁹⁹ lb 15.41/kg Harvest Smoked Ham Hocks



8⁴⁹ lb 18.72/kg Beef Stir Fry
Cut From The Hip.
Cut From Canada AA or Higher.



8⁹⁹ lb 19.82/kg Beef Top Sirloin Roast or Grilling Steak
Boneless.
Cut From Canada AA or Higher.



4⁹⁹ lb 11.00/kg Fresh Pork Belly
Boneless



3⁹⁹ lb 8.80/kg Fresh Pork Shoulder Blade Roast
Bone In.



3²⁹ lb 7.25/kg Fresh Chicken Legs
Back Attached.



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

Packaged Meat



14²⁹ Each Schneiders Ham Halves
Select Varieties. 700 g.



7⁹⁹ Each Lou's Kitchen Slow Roasted Meats
Select Varieties. 400 g.



4²⁹ Each Burns Wieners
Regular. 375 g.



13⁴⁹ Each Harvest Thick Sliced Bacon
500 g.



9⁴⁹ Each Harvest Wieners
Regular or All Beef. 675 g.



6⁷⁹ Each Harvest Garlic Sausage Rings
Select Varieties. 300 g.



7⁴⁹ Each Harvest Sausage Chubs
Select Varieties. 375 g.



6⁴⁹ Each Panache Mini Crisps
Select Varieties. 150 g.



6⁹⁹ Each Kaukauna Cheese Ball
Select Varieties. 170 g.



2¹⁹ 100 g Harvest Garlic Sausage
Or European Wieners.
Bulk.

*Excludes Mountain Creek Farms Beef and Pork Products

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

Chilled & Frozen



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



2.49 Parkay Margarine or
Lactantia Butter
Select Varieties. Parkay 427 g.
Lactantia 125 - 427 g.



4.99 Oasis Juice or
Smoothies
Select Varieties.
1.5 - 1.6 Litre. 🌱



6.99

**Black Diamond
Cheese Strings**

Or Slices 825 g.
Select Varieties.
Cheese Strings 252 - 336 g.



3.49 Gay Lea Sour Cream
Select Varieties. 425 - 500 mL.



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



4.99 Kraft Philadelphia
Cream Cheese
Or McLaren's Imperial Cheese
230 g. Select Varieties. 340 g.



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



11.99 Kraft Velveeta
Cheese Loaf
900 g.



3.49 Cheemo Perogies
Select Varieties. 815 - 907 g.
Frozen.



3.49 Compliments
Fried Potatoes
Select Varieties.
454 - 800 g. Frozen.



4.99 Ben & Jerry's Ice Cream
or Magnum Bars
Select Varieties. Ben & Jerry's
473 mL. Magnum 3's. Frozen.



6.49

**Nestle
Ice Cream
or Novelties**

Select Varieties.
Frozen. 1.5 Litre.
Novelties 330 - 650 mL.



1.79 Minute Maid
Premium Drinks
Select Varieties. 295 mL.



3.99 Kraft Cool Whip
Select Varieties.
Frozen. 1 Litre.
Aerosol 225 g.



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



7.99

**Marie
Callender's
Entrees**

Select Varieties.
Frozen. 680 - 879 g.

Meat & Seafood



6.49 Wong Wing Entrees
Select Varieties. 360 - 680 g.
Frozen.



5.49 Asian Inspirations
Entrees
Select Varieties. 400 g.
Frozen.



12.29 Janes Chicken
Select Varieties. 700 g.
Frozen.



8.99 Marina Del Ray Shrimp
Or Shrimp Meat.
Select Varieties. 300 - 340 g.
Frozen.



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

Grocery



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



2.99 Compliments Cooking Spray
Original or Butter Flavour. 170 g.



5.49 Clover Leaf Sockeye Salmon
Wild Red or Low Sodium. 213 g.



6.49
Clover Leaf Flaked Tuna in Olive Oil
Select Varieties. 240 g.



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



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



1.99 Cheetos Mac 'N Cheese
Select Varieties. 164 - 170 g.



1.99 Quaker Pasta or Rice A Roni
Select Varieties. 130 - 227 g.



6.99 Kraft Pizza Kit
850 g.



2/\$5 Compliments Pasta
Select Varieties. 900 g.



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



2/\$3 Club House Gravy or Sauce Mixes
Select Varieties. 20 - 47 g.



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



3.99 VH Sauces
Select Varieties. 341 - 355 mL.



2.99 Kraft Bulls Eye BBQ Sauce or Diana Sauces
Select Varieties. Bulls Eye 425 mL.
Diana Sauces or Marinades 375 - 500 mL.



5.99 French's Ketchup
1.5 Litre.



3.19 French's Mustard
Select Varieties. Yellow 550 mL. Specialty 325 mL.



1.29 Primo Pizza Sauce
Select Varieties. 213 mL.



2/\$4.44 Bush's Best Beans
Select Varieties. 398 mL.



3/\$5 Money's Mushrooms
Pieces & Stems. Regular or No Salt. 284 mL.



1.99 Unico Tomatoes
Select Varieties. 796 mL.



3.99 Unico Kalamata Olives
Select Varieties. 375 mL.



3.99 Bick's Dill Pickles
Select Varieties. 1 Litre.

Beverages & Snacks



2.49 Compliments Spring Water
12 x 500 mL. 🌱



3.99 Nestle Pure Life Splash Water
Select Varieties. 6 x 500 mL. 🌱



7.99 Nestea or Peace Tea Beverages
Select Varieties. 12 x 341 mL. 🌱



2/\$11 Pepsi 6 Pack Soft Drinks
Select Varieties. 6 x 710 mL. 🌱



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



2/\$7 Pringles Mega Potato Crisps
Select Varieties. 194 - 203 g.



2/\$8.50 Smartfood Popcorn
Select Varieties. 150 - 200 g.



2/\$8 Old Dutch Snacks
Select Varieties. 200 - 400 g.



2/\$7 Hawkins Cheezies
210 g.



2/\$8.50 Tostitos Tortilla Chips
Select Varieties. 205 - 300 g.



4.99 Quaker Crispy Minis
Select Varieties. 215 g.



5.99 Orville Redenbacher's Popcorn
Select Varieties.
Microwave 248 - 492 g.
Gourmet Popping Corn 850 g.



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



2/\$7 Dare Cookies
Select Varieties. 250 - 300 g.



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

NEW!



\$2.49

POPS

Get Poppin'



NESTLÉ King Size 50 g - 86 g,
NESTLÉ POPS 70 g,
NESTLÉ 9 ct 66 g - 120 g,
assorted varieties



\$5.49

NESTLÉ Multipacks,
NESTLÉ Cellos 135 g - 208 g,
assorted varieties

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Household & Pet



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



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



7.99 Gain Laundry Detergent
Or Downy Fabric Softener.
Select Varieties. 1.31 - 1.36 Litre.
Gain Flings 340 g.



9.99 Tide Laundry Detergent
Select Varieties. 1.24 Litre.
Pods 20's. Bounce or Gain
Dryer Sheets 120's - 200's.



3.99 Glad Cling Wrap
60 Metres.

Bakery



11⁹⁹ Panache Cheesecake
Select Varieties. 600 g.



5⁹⁹ Portofino Artisan
Sliced Breads
Select Varieties. 585 - 630 g.



4⁹⁹ Compliments Texas
Garlic Toast
Select Varieties. 638 g.



4⁹⁹
Compliments
Brioche Buns
Select Varieties.
200 - 480 g.



9⁴⁹ Compliments Two Bite
Cinnamon Rolls
Or Fudge Brownie Bites.
595 - 608 g.



4⁴⁹ King's Hawaiian Sweet Rolls
Or Savory Butter Rolls. 340 g.



4⁹⁹ Compliments Mini Muffins
Select Varieties. 336 g.



8⁹⁹ Lemon Meringue Pie
8 Inch. 635 g.

Breakfast



22⁹⁹ Tim Hortons Coffee
Select Varieties. 875 - 930 g.



6⁹⁹ Folgers Coffee
Select Varieties. 272 g.



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



5⁴⁹
Kellogg's
Eggo Waffles
Select Varieties. 560 g.
Frozen.



4²⁹ Kellogg's Cereal
Select Varieties. 210 - 450 g.



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



2/\$9 Quaker Cereals
Select Varieties. 350 - 510 g.



2/\$7 Robin Hood Oats
Select Varieties. 1 kg.



2/\$7 Smucker's Jams,
Jellies or Marmalade
Select Varieties. 250 mL.



6⁹⁹ Compliments
Garbage Bags
90 Litre. 24's.



2⁹⁹ Purina Beyond
Dog Food
Select Varieties. 368 g.



3⁹⁹ Purina Busy Bone
Dog Treats
Select Varieties. 113 - 198 g.



2/\$5 Friskies Party Mix
Select Varieties. 170 g.



11⁹⁹ Fancy Feast Cat Food
Select Varieties. 12 x 85 g.

Meal Inspiration & Savings From our Family to Yours



4⁴⁹

Each

Johnsonville Smoked Sausages

Select Varieties. 375 g.



Fresh Produce

3⁹⁹

Each

Fresh Blueberries

Product of Peru.
1 Pint.



3⁴⁹

Each

Compliments Deli Salads

Select Varieties.
426 - 454 g.



2/\$3

Heinz Beans and Pasta

Select Varieties.
398 mL.



3⁴⁹

Villaggio Breads

Select Varieties.
510 - 540 g.



3⁹⁹

Mott's Clamato Juice

Select Varieties.
1.89 Litre. ©



8⁴⁹

Charmin Bathroom Tissue or Bounty Paper Towel

Select Varieties. Charmin 8 Roll Soft or Ultra Strong. Bounty 4 Roll 2 Ply 44 - 68 Sheets.

Open Sundays in select locations only. familyfoods.ca

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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
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GAME DAY

ESSENTIALS

Sale Prices In Effect November 14 - 20, 2024



10⁹⁹

**Compliments
Chicken Wings**
Select Varieties. Frozen. 800 g.



6⁹⁹

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

3⁴⁹

**Cavendish Farms
Fries or Wedges**
Or Onion Rings. Select Varieties.
400 - 750 g. Frozen.



4⁹⁹

**Compliments Classic
Pizza**
Select Varieties. Frozen. 352 - 446 g.

6⁹⁹

TAST!EZ Appetizers
Select Varieties. 400 - 500 g.
Frozen.



10⁹⁹

**Panache Seafood
Appetizers**
Select Varieties. Frozen. 252 - 355 g.

2/\$5

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



6⁹⁹

**Compliments
Peanut Butter Filled
Pretzels**
680 g.

FRESH ENTERTAINING IDEAS

3⁴⁹
Each

Mini Cucumbers
Product of Canada. 6's.



2⁴⁹
Each

**Compliments
Grape Tomatoes**
Product of Mexico. 283 g.



1⁹⁹
Each

**Compliments
Baby Cut Carrots**
Product of Canada. 340 g.



GAME DAY



8⁹⁹

**Compliments
Breaded Pickle
Spears**
500 g. Frozen.



12⁹⁹

**Compliments
Asian Appetizer
Party Pack**
691 g. Frozen.



8⁹⁹

**Compliments
Corn Dogs**
Or Chicken Taquitos.
420 g. - 1.35 kg. Frozen.



2¹⁹
Each

**Compliments
Wieners**
Regular or Jumbo. 450 g.



3⁹⁹

**Compliments
Samosas**
Chicken or Vegetable. 252 g.
Frozen.



7⁹⁹

**Compliments
Potato Skins**
Bacon and Cheddar. 343 g.
Frozen.



5⁴⁹

**Compliments
Asian Entrees**
Select Varieties. 400 g. Frozen.



8⁹⁹

**Compliments
Beef Chilli**
907 g. Frozen.



8⁹⁹

**Compliments
Traditional Beef
Burgers**
907 g. Frozen.



7⁹⁹

**Compliments
Sprolls**
Select Varieties. 486 g. Frozen.



10⁹⁹

**Compliments
Shrimp Ring**
With Cocktail Sauce. 312 g. Frozen.



10⁹⁹

**Compliments
Bay Scallops**
80/120 Count. Raw. 340 g. Frozen.

ESSENTIALS



8⁴⁹

Poppycock
Select Varieties. 300 g.
While Supplies Last.



11⁴⁹

Cadbury Dairy Milk
Mini Variety Box
304 g. While Supplies Last.



1⁴⁹

Nestle Single
Chocolate Bars
Select Varieties. 33 - 60 g.



2/\$6

Maynards Candy
Select Varieties. 150 - 154 g.



2⁹⁹

Hershey Chocolate
Select Varieties. 87 - 104 g.



2/\$6

Nestle Chocolate
Select Varieties. Tablets or Cello.
95 - 130 g.



2/\$8

Lindt Excellence Bars
Select Varieties. 50 - 100 g.



2/\$7

Nerds Gummy
Clusters
Select Varieties. 142 g.



4⁹⁹

Dare Candy
Select Varieties. 500 - 700 g.



99¢

Compliments Fizzy
Flavoured Water
Select Varieties. 1 Litre. ☼



6⁹⁹

AHA Sparkling Water
Beverage
Select Varieties. 12 x 355 mL. ☼



8⁹⁹

Hormel Snack Tray
Select Varieties. 425 g.

Compliments Popcorn
Select Varieties. 190 - 250 g.

Compliments Compostable Straws
Select Varieties. 50's.

Compliments Compostable Cutlery
Select Varieties. 24's.

Compliments Plant Fibre Plates or Bowls
Compostable. Select Varieties. 12's.

Compliments Compostable Napkins
100's.

Compliments Beer Cups
Red or White. 50's. 473 mL.

\$3.33
Lay's® potato chips
(220 g – 235 g, any flavour/variety)
Poppables (130 g)

2/\$8.50
Tostitos® tortilla chips
(205 g – 300 g, any flavour; EXCLUDES Simply Tostitos® tortilla chips [240 g])

2/\$8.50
Ruffles® potato chips
(180 g – 200 g, any flavour/variety)

2/\$8.00
Havoc™ snacks
(190 g – 280 g, any flavour)

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