



BUY-LOW FOODS

PRICES EFFECTIVE **NOVEMBER 2024**
 SUN MON TUES WED THURS FRI SAT
 10 11 12 13 14 15 16



GET IN THE GAME!



Striploin Grilling Steak
 kg. 24.21
10⁹⁸
 lb.



Mott's Clamato Juice
 or Garden Cocktail, Select Varieties
 1.89 litre, *Plus Deposit
2 FOR \$7

Green Seedless Grapes
 California Grown, #1 Grade
 kg. 6.57
2⁹⁸
 lb.



La Cocina Tortilla Chips
 Select Varieties, 300-400 g.
2 FOR \$5



Russet Potatoes
 Washington Grown, #1 Grade
 10 lb. Bag
4⁹⁸
 Each



GREAT TV GAMEDAY

GEAR UP TO WATCH THE BIG GAME ON NOVEMBER 17

<p>Lay's Family Size Potato Chips or Poppables, Select Varieties 130-235 g. 2 FOR \$7</p> 	<p>Heluva Good Dip Select Varieties 250 g. 2 FOR \$5</p> 	<p>Doritos Tortilla Chips Select Varieties 210-280 g. 4²⁸</p> 	<p>Miss Vickie's Potato Chips Select Varieties 190-200 g. 2 FOR \$9</p> 	<p>Dutch Crunch Potato Chips Select Varieties 200 g. 2 FOR \$7</p> 
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WE RESERVE THE RIGHT TO LIMIT QUANTITIES. PHOTOS ARE FOR ILLUSTRATION PURPOSES ONLY.
 *PLUS DEPOSIT & ENVIRO LEVIES WHERE APPLICABLE. PLEASE RECYCLE THIS FLYER WHERE FACILITIES EXIST.

BUTCHER SHOPPE

Western Family BBQ Sauce
Select Varieties
425 ml. **378**

Eye of Round Roast
kg. 16.49
748
lb.



Blade Pot Roast
kg. 19.80
898
lb.



Blade Simmering Steak
Value Pack
kg. 22.00
998
lb.



Western Family Split Chicken Wings
Frozen
3 kg.
2998
Each



Western Family Crispy Chicken
Frozen
1 kg.
1898
Each



Sunrise Drumsticks
Seasoned, Frozen
3 kg.
1298
Each



Western Family Chicken Wings
Frozen, Select Varieties
750 g.
1498
Each



Pork Loin Chops
Value Pack, kg. 8.77
398
lb.



Pork Loin Roast
kg. 8.77
398
lb.



Sweet & Sour Diced Pork
kg. 9.88
448
lb.



Western Family Boneless, Skinless Chicken Thighs
Seasoned, Frozen, 3 kg.
2998
Each



Western Family Boneless, Skinless Chicken Breasts
Frozen, 3 kg.
3298
Each

GAME DAY SNACKS

The Keg Pork Back Ribs
BBQ
700 g.
1998
Each



Grimm's Sizzlin' Smokies
Wieners or Bratwurst
Select Varieties, 450 g.
798
Each



Grimm's Pepperoni
Select Varieties
450 g. **998**
Each

Grimm's Pepperoni
Select Varieties
600 g. **1098**
Each

Grimm's Pepperoni Bites
Select Varieties
375 g. **789**
Each

Country Cottage Bacon
375 g. **998**
Each

Kraft Lunchables
or Snackables, Select Varieties
89-136 g. **2 FOR \$5**

St. Hubert Mozzarella Sticks
Frozen
510 g.
1198
Each



St. Hubert Tourtiere
Frozen
800 g.
1198
Each



Western Family Stuffed Jalapeño Poppers
Bacon Wrapped, Frozen
226 g. **898**
Each

Western Family Garlic "Tickled" Dry Pork Bites
Frozen, 600 g. **898**
Each

Western Family Meat Balls
Sirloin Beef or Italian
Frozen, 680 g. **998**
Each

Western Family Hummus
Select Varieties
227 g. **2 FOR \$5**

Western Family Veggies Bites
Spinach & Artichoke or Salt & Pepper
Frozen, 216-385 g. **798**
Each

Western Family Bagel Bites
Everything Seasoning
216 g. **698**
Each

PACKAGED MEATS

Lou's Kitchen Entrées
Frozen, Select Varieties
375-400 g.
1098
Each



Grimm's Sliced Meat
Select Varieties
175 g.
498
Each



SEAFOOD



Western Family Cod Loins
Frozen, 568 g.
Each **12⁹⁸**

BlueWater Battered Fish
or Popcorn Shrimp, Frozen
Select Varieties
325-600 g.
Each **7⁹⁸**



Northern Glacier Cooked White Shrimp
Frozen, 41-50 Count
340 g.
Each **8⁹⁸**



Ocean Jewel Shrimp
Uncooked, Frozen
16-20 Count, 400 g.
Each **8⁹⁸**



Fresh Oyster Cups
8 oz.
Each **11⁹⁸**



Heinz Seafood Sauce
285 ml.
..... **2⁹⁸**

Toppits Beer Batter Haddock
Lime, Frozen
1 kg. Each **19⁹⁸**

Toppits Snow Crab Clusters
Frozen
500 g. Each **21⁹⁸**

Clear Ocean Scallops
Bacon Wrapped
Frozen, 260 g.
..... Each **9⁹⁸**

DELI



Deli Ham
Select Varieties
..... Per 100 g. **1⁹⁸**

Deli Salami
Select Varieties
..... Per 100 g. **2⁹⁸**

Deli Sausages
Select Varieties
..... Per 100 g. **1⁹⁸**

Deli Roast Beef
Original or with Garlic
..... Per 100 g. **2⁹⁸**

Deli Pastrami
or Corned Beef
..... Per 100 g. **2⁹⁸**

HOT DEALS FROM THE FREEZER

Green Giant Vegetables
or Valley Selections, Frozen
Select Varieties, 400-750 g.
2 FOR \$8



Delnor Chopped Spinach
Frozen
300 g.
2 FOR \$5



Cheemo Perogies
Cheddar or Variety
Frozen, 2 kg.
6⁹⁸



Western Family Shepherd's Pie
Frozen
907 g. **6⁹⁸**



McCain Superfries or Bistro Fries
Breakfast Potatoes or Tasti Taters
Frozen, Select Varieties, 454-800 g.
2 FOR \$9

Wong Wing Assorted Appetizers
Frozen
852 g.
17⁹⁸



Western Family Flatbread Pizza
Frozen, Select Varieties
360-376 g.
5⁹⁸



Pillsbury Pizza Pops
or Bites, Frozen, Select Varieties
693-760 g.
6⁹⁸



P.F. Chang's Entrées
Frozen, Select Varieties
624 g.
12⁹⁸



McCain Tastiez
Mac & Cheese or Pickled Cauliflower
Frozen, 400 g.
7⁹⁸



Kraft Cool Whip Dessert Topping
Original or Light
Frozen, 1 litre
2 FOR \$8



Farm Market Blueberries
Frozen
2 kg.
12⁹⁸



Häagen-Dazs Ice Cream
or Frozen Novelties
Select Varieties
414-450 ml. or 3-4 Pack
6⁴⁸



Popsicle Frozen Novelties
Fudgsicle or Creamsicle
Select Varieties, 12 Pack
5⁴⁸



Chapman's Markdale Creamery Ice Cream
Select Varieties
4 litre
9⁹⁸



Breyers Creamery Style Ice Cream
Select Varieties
1.66 litre
6⁹⁸



Minute or Five Alive
Frozen, Select Varieties
295 ml.
2 FOR \$4



Bacardi Margarita Mixer
or Piña Colada
Frozen, 250 ml.
3 FOR \$6⁹⁹



**Parkay
Margarine**

427 g.

2⁹⁸**Woolwich Goat
Dairy Cheese**

Original

113 g.

2 FOR \$8**Saputo
Feta Cheese**

Original

200 g.

4⁹⁸**Simply
Juice**

Chilled, Select Varieties

1.54 litre, *Plus Deposit

2 FOR \$9**Sunny D
Beverages**

Smooth or Tangy Original

500 ml., *Plus Deposit

4 FOR \$5**Danone
Two Good Yogurt**

Plain or Vanilla

625 g.

5⁴⁸**Danone Go
Drinkable Yogurt**

Activia or Oikos

Select Varieties

190 ml., *Plus Deposit

3 FOR \$3⁹⁹**Olympic
Yogurt**

or Kefir, Select Varieties

1.75 kg, or 2 litre

*Plus Deposit

10⁹⁸**Dairyland
Old Fashioned
Chocolate Milk**

946 ml., *Plus Deposit

2⁹⁸**Dairyland
Whipped Cream**

19%

400 g. Aerosol

5⁴⁸**Black Diamond
Cheese**

Select Varieties

400 g.

6⁹⁸**Dairyland
Organic Cream**

10%

473 ml., *Plus Deposit

2⁴⁸**Simply
Orange Juice**

or Apple, Select Varieties

1.54 litre, *Plus Deposit

5⁴⁸**Dairyland
Organic Milk**

Select Varieties

1.89 litre, *Plus Deposit

5⁴⁸**IOGO Nano
Drinkable Yogurt**

Select Varieties

6 x 93 ml., *Plus Deposit

2 FOR \$8**Siggi's Icelandic
Skyr Yogurt**

Strawberry or Vanilla

4 x 100 g.

2 FOR \$7**Dairyland
Egg Nog**

Original or Light

946 ml., *Plus Deposit

2⁹⁸**Folgers
Coffee**

Select Varieties

30 K-Cups

18⁹⁸**Folgers
Coffee**

Select Varieties

544-865 g.

15⁹⁸**Kraft Café
Barista Coffee**

Salted Caramel

or Chocolate Hazelnut

340 g.

8⁹⁸**Nestlé Carnation
Hot Chocolate**

Select Varieties

7-10 Pack

4⁹⁸**General Mills
Cereal**

Select Varieties

297-430 g.

2 FOR \$9**Harvest Crunch
Granola**

or Quaker High Fibre Oatmeal

Select Varieties, 344-510 g.

4⁹⁸**Kraft
Peanut Butter**

Select Varieties

500 g.

5⁴⁸**Bob's Red Mill
Pancake Mix**

Gluten Free or 10 Grain

680 g.

5⁹⁸**Red Rose
Orange Pekoe Tea**

12 K-Cups or 144 Bags

9⁹⁸**Quaker
Cereal**

Select Varieties

350-500 g.

2 FOR \$8**GOOD MORNING!****Maxwell House
Instant Coffee**

Original or Decaf

150 g.

6⁴⁸**Maxwell House
Coffee**

Original, 864 g.

9⁹⁸**DAIRY DELIGHTS****Black Diamond
Slices**

Cheddar Style, 825 g.

9⁹⁸**MacLaren's
Imperial Cheese**

Cheddar

230 g.

6⁹⁸**Kraft
Cheez Whiz**

Singles or Velveeta

Select Varieties, 410-450 g.

5⁹⁸**Kraft
Parmesan Cheese**

Grated

125 g.

4⁹⁸**Imperial
Margarine**

Soft Bowl or Quarters

1.28-1.36 kg.

7⁹⁸**Armstrong
Cheese Snacks**

Select Varieties

210 g.

4⁹⁸**Folgers
Coffee**

Select Varieties

30 K-Cups

18⁹⁸**Folgers
Coffee**

Select Varieties

544-865 g.

15⁹⁸**Kraft Café
Barista Coffee**

Salted Caramel

or Chocolate Hazelnut

340 g.

8⁹⁸**Nestlé Carnation
Hot Chocolate**

Select Varieties

7-10 Pack

4⁹⁸**General Mills
Cereal**

Select Varieties

297-430 g.

2 FOR \$9**Harvest Crunch
Granola**

or Quaker High Fibre Oatmeal

Select Varieties, 344-510 g.

4⁹⁸**Kraft
Peanut Butter**

Select Varieties

500 g.

5⁴⁸**Bob's Red Mill
Pancake Mix**

Gluten Free or 10 Grain

680 g.

5⁹⁸**Red Rose
Orange Pekoe Tea**

12 K-Cups or 144 Bags

9⁹⁸**Quaker
Cereal**

Select Varieties

350-500 g.

2 FOR \$8**GOOD MORNING!****Maxwell House
Instant Coffee**

Original or Decaf

150 g.

6⁴⁸**Maxwell House
Coffee**

Original, 864 g.

9⁹⁸

GROCERY ESSENTIALS

Primo Egg Noodles
Broad or Medium
375 g. **2 FOR \$6**

Primo Lasagne Noodles
Original or Oven Ready
375-500 g. **2 FOR \$5**

Primo Cannelloni
Oven Ready
250 g. **2 FOR \$7**

Green Giant Vegetables
Select Varieties
341-398 ml. **4 FOR \$9**

Knorr Pasta Seasoning
Select Varieties
1 Pack **2 FOR \$3**



Primo Pasta
Select Varieties, 500-900 g.
2 FOR \$5

Campbell's Soup
Select Varieties
515 ml. **3 FOR \$9.99**



Ocean's Tuna
Chunk or Flaked
Select Varieties
170 g. **2 FOR \$7**



Western Family Spices
or Seasonings
Select Varieties, 47-155 g. **2 FOR \$5**

Lundberg Basmati Rice
or Wild Blend
454-907 g. **7.98**

Swiss Chalet Gravy Mix
or Sauce, Select Varieties
1 Pack **3 FOR \$4.98**

China Lily Soya Sauce
483 ml. **3.98**

Western Family Jalapeño Slices
375 ml. **2.28**

Heinz Tomato Soup
Condensed
284 ml. **3 FOR \$4.98**

Western Family Instant Noodles
Select Varieties
85 g. **5 FOR \$2**

Gold Seal Sockeye Salmon
Regular or No Salt Added
213 g. **5.48**

Western Family Wild Crab Meat
120 g. **2 FOR \$8**

Idahoan Mashed Potatoes
Select Varieties
113 g. **3 FOR \$4.98**

Unico Vegetable Oil
3 litre **11.98**

Safflo Sunflower Oil
1 litre **5.98**

Primo Ketchup
1 litre **2.98**

Kraft Salad Dressing
Select Varieties
425 ml. **2 FOR \$8**



Bush's Best Baked Beans
Select Varieties
398 ml. **2 FOR \$4**



Unico Tomatoes
Select Varieties
796 ml. **3 FOR \$6.99**



Stagg Chili
Select Varieties
425 g. **2 FOR \$7**



Bick's Pickles
Select Varieties
500 ml.-1 litre **2 FOR \$9**



Unico Olives
Select Varieties
375 ml. **2 FOR \$6**



Western Family Salsa
Select Varieties
650 ml. **2 FOR \$8**



Western Family Refried Beans
Select Varieties
398 ml. **2 FOR \$3**



Knorr Bouillon
Chicken or Beef
6 Pack **2 FOR \$6**



Hunt's Tomato Sauce
or Paste
Select Varieties
369-680 ml. **2 FOR \$6**



MAKE SOMETHING SWEET

Jell-O Pudding & Pie Filling
Chocolat
170 g. **2 FOR \$6**



Betty Crocker Angel Food Cake Mix
Mug Cake, Brownie or Bisquick
Select Varieties
266 g.-1.13 kg. **2 FOR \$7**



Robin Hood Flour
Select Varieties
2-5 kg. **9.98**



Western Family Mayonnaise
Select Varieties
890 ml. **4.98**



Primo Beans
Lentils or Chick Peas
Select Varieties, 540 ml. **4 FOR \$7**



Splenda Stevia Sweetener
50 Pack **3.98**



Splenda Sweetener
or Brown Sugar Blend
100 Pack or 454 g. **6.98**



Western Family Coconut Milk
Premium or Light
400 ml. **1.78**



Voortman Cookies

or Wafers, Select Varieties
142-320 g.

3 FOR \$9.99

Tim Hortons Granola Bars

Select Varieties
5 Pack

2 FOR \$6

Betty Crocker Fruit Snacks

Gushers or Mott's
Select Varieties
120-226 g.

2 FOR \$7

Haribo Gummies Candy

Select Varieties
175 g.

2 FOR \$6

Hershey's Chocolate Bars

or Reese, Select Varieties
1 Pack

3 FOR \$3.99

Boom Chicka Pop Popcorn

Sweet & Salty
or Sea Salt, 136-198 g.

2 FOR \$9

SNACK ATTACK!



Christie Triscuit Crackers
or Crispsers, Select Varieties
145-200 g.
2 FOR \$7

Western Family Fruit Cups

Select Varieties
4 x 107 ml.

2 FOR \$6



OMG! Almond Toffee Clusters

Milk or Dark
100 g.

2 FOR \$7



Christie Good Thins

Select Varieties
100 g.

2 FOR \$9



Kellogg's Nutri Grain Bars

Reese Puff, Special K or Rice
Krispies Squares, Select Varieties
125-295 g.

2 FOR \$7



Nature Valley Bars

Pillsbury or Fibre 1
Select Varieties
125-230 g.

2 FOR \$7



Western Family Popcorn

Select Varieties
3 Pack

3 FOR \$7.98



Hershey's King Size Chocolate Bars

or Reese, Select Varieties
62-96 g.

2 FOR \$4



Barbara's Gluten Free Cheese Puffs

Original or Jalapeño
198 g.

2 FOR \$6



Kellogg's Pop-Tarts

Select Varieties
384 g.

2 FOR \$7



THIRSTY?

Western Family Juice

Select Varieties
8 x 200 ml., *Plus Deposit

3 FOR \$7.98

Perrier Sparkling Water

Select Varieties
8 x 330 ml., *Plus Deposit

9.98

Ocean Spray Sparkling Cranberry Juice

Select Varieties, 6 x 340 ml.
*Plus Deposit

5.98

Gatorade Sports Beverage

Select Varieties, 710 ml.
*Plus Deposit

2.28

Pure Life Spring Water

12 x 500 ml.
*Plus Deposit

2 FOR \$8

Montellier Sparkling Water

Select Varieties
1 litre, *Plus Deposit

3 FOR \$3.99

Pepsi or 7Up Beverages

Select Varieties
6 x 710 ml. or 12 x 355 ml.
*Plus Deposit

7.48

Pepsi or 7Up Beverages

Select Varieties, 1 litre
*Plus Deposit

2.28

Farming Karma Mocktails

or Hydr8, Select Varieties
4 x 285 ml.
*Plus Deposit

5.98



Coors Edge Non-Alcoholic Lager

12 x 355 ml.
*Plus Deposit

14.98



Zoa Energy Drinks

Select Varieties
355 ml., *Plus Deposit

2 FOR \$4



Aquafina Water

6 x 710 ml.
*Plus Deposit

7.48



Coke or Canada Dry Beverages

Select Varieties, 2 litre
*Plus Deposit

3 FOR \$7.98



Pepsi or 7Up Beverages

Select Varieties, 2 litre
*Plus Deposit

2 FOR \$6



Pepsi or 7Up Minis

Select Varieties
6 x 222 ml.
*Plus Deposit

2 FOR \$8



Nestea Iced Tea Mix

or Good Host
715 g.

7.98



SunRype Juice
Select Varieties, 1.36 litre
*Plus Deposit
2 FOR \$7



HOUSEHOLD MUST HAVES

**Bonterra
Bathroom
Tissues**

Triple 9 Roll

or

**Bonterra
Paper Towels**

Mega 3 Roll

or

**Bonterra
Facial Tissues**

3 Pack

7⁹⁸



**Finish
Dishwasher Detergent**

Powder or Gel
1.6 litre or 1.8 kg.

7⁴⁸



**Pine-Sol
Cleaner**

Select Varieties
1.41 litre

5⁹⁸



**Royal Chinet
Luncheon Plates**

40 Pack

9⁹⁸



**Western Family
Party Cups**

White or Coloured
30-40 Pack

2^{FOR} \$9



**Arm & Hammer
Washing Soda**

3 kg.

6⁹⁸



**Clorox
Disinfecting Wipes**

Fresh or Crisp Lemon
35 Pack

2^{FOR} \$7



**Royal Chinet
Bowls**

15 Pack

2⁹⁸



**Western Family
Garbage Bags**

Select Varieties
20-40 Pack

8⁹⁸



**Tide Pods
Laundry Detergent**

Select Varieties
18-31 Pack

11⁹⁸



**Glade
Candle**

Select Varieties
1 Pack

4⁹⁸



**Royal Chinet
Dinner Plates**

10 Pack

14⁹⁸



**Glad Compost
Garbage Bags**

Small
20 Pack

5⁹⁸



**Clorox
Bleach**

Concentrate
2.4 litre

5⁹⁸



**Glade
Plug-In Refill**

Select Varieties
2 Pack

9⁹⁸



PERSONAL CARE

**Dove Mens 2 in 1
or Shampoo**

Select Varieties
355 ml.

5⁴⁸

**Imodium
Liquid**

or Quick Dissolve Tabs
240 ml. or 10 Pack

8⁹⁸

12⁹⁸



**Tylenol
Extra Strength**

or Children's
Select Varieties
20 Pack or 100 ml.

8⁹⁸

**Imodium
Liquid Gels**

6 Pack

8⁹⁸

**Dove
Bar Soap**

Original
3 Pack

3⁷⁸

6⁹⁸



**Gerber
Arrowroot Biscuits**

155 g.

3^{FOR} \$6⁹⁹

**Gerber
Organic Purée**

Select Varieties
99-128 ml.



**Dove
Antiperspirant**

Select Varieties, 45 g.

4⁹⁸

PET'S CORNER

**Nature's Recipe
Dry Dog Food**

Select Varieties
1.8 kg.

15⁹⁸



**Milk-Bone
Dog Treats**

Select Varieties
800-900 g.

4⁹⁸



**Nature's Recipe
Dog Food**

Select Varieties
368 g.

2^{FOR} \$5



**Purina One
Cat Food**

Select Varieties
1.45-1.8 kg.

12⁹⁸



MARKET FRESH PRODUCE



Fresh Express Salad Mix

Select Varieties
Product of U.S.A.
9-11 oz.

3.98
Each



Hot House Colour Peppers

Red, Yellow or Orange
Canadian Grown
kg. 8.77

3.98
lb.



Celery Stalks

U.S. Grown
#1 Grade
kg. 2.82

1.28
lb.



Salted Peanuts

or Unsalted
Product of U.S.A.
1 lb.

4.48
Each



ORGANICS

Organic Gala Apples

Canadian Grown
Canada Extra Fancy Grade
3 lb. Bag

5.98
Each



Hot House Beefsteak Tomatoes

Canadian or Mexican Grown
#1 Grade, kg. 4.37

1.98
lb.



Jumbo Red Onions

Washington Grown
kg. 3.26

1.48
lb.



Baby Peeled Carrots

Product of U.S.A.
1 lb. Bag

1.98
Each



Broccoli Bunches

U.S. Grown
kg. 5.47

2.48
lb.



Organic Yellow Cooking Onions

Canadian Grown
Canada #1 Grade
3 lb. Bag

3.98
Each



BAKERY BARGAINS



Fresh Baked Danish Twists

2 FOR \$3



The Worthy Crumb Tea Biscuits

Cheese
6 Pack

6.98
Each



Dempster's Signature Bread

or Whole Grains
Select Varieties
600-680 g.

2 FOR \$8



Canadian Harvest Bread

2.98
Each

Fresh Baked

Sugar Plum 6" Cheesecakes

Select Varieties
550 g.

12.98
Each



Natural Bakery Canadian Rye Bread

500 g.

3.48
Each



Dempster's Hamburger Buns

or Hot Dog
12 Pack

2 FOR \$7

