



Fresh Produce

2/\$6

Fresh Blackberries or Raspberries

Product of Mexico. 170 g.



Fresh Meat

5⁹⁹ lb
13.21/kg

Beef Cross Rib Simmering Roast

Boneless. Cut From Canada AA or Higher.

HOLIDAY BAKING

See our Insert for more Baking Ingredients



4⁹⁹ Robin Hood Flour
Select Varieties. 2.5 kg.



2⁹⁹ Rogers Sugar
Fine Granulated. 2 kg.



4⁹⁹ Compliments Butter
Salted. 454 g.



2⁹⁹ Lactantia Cream Cheese
250 g.





10⁹⁹ Campbell's Soup
Tomato, Cream of Mushroom, Chicken Noodle or Vegetable. Condensed. 12 x 284 mL.



6⁹⁹ Pepsi 12 Pack Soft Drinks
Select Varieties. 12 x 355 mL. ♻️



2⁴⁹ International Delight
Select Varieties. 473 mL. ♻️



3⁴⁹ Dempster's Tortillas
White, Whole Wheat or Tia Rosa. 272 - 340 g.

Fresh Produce



3⁹⁹ Hass Avocados
5 Count. Product of Mexico.
Each



4⁹⁹ Cantaloupe Melons
Product of U.S.A.
Each

3⁹⁹lb
8.80/kg

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



5⁹⁹ Compliments Oranges
Product of South Africa. 3 lb/1.36 kg.
Each



1⁴⁹ Bunch Green Onions
Product of Mexico.
Each



2⁹⁹lb
6.59/kg

Fresh Brussels Sprouts
Product of Canada.



1⁹⁹ Long English Cucumbers
Product of Canada.
Each



2⁴⁹lb
5.49/kg

Hot House Beefsteak Tomatoes
Product of Canada.



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



4⁴⁹lb
9.90/kg

Bulk White or Brown Organic Mushrooms
Product of Canada.



3⁹⁹ Each
Select Varieties. 142 - 340 g.

Lightlife Plant Based Products

Deli



14⁴⁹ Bothwell Cheese
Select Varieties. 540 g.
Each



4⁹⁹ Compliments Luncheon Meat
Select Varieties. 175 g.
Each



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



5⁴⁹ Each
Select Varieties. 113 g.

Compliments Goat Cheese

Fresh Meat*



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



6⁹⁹ lb
15.41/kg
Fresh Boneless Skinless Chicken Thighs



6⁴⁹ lb
14.31/kg
Panache Flattened Chicken
Select Varieties.



4⁴⁹ lb
9.90/kg
Fresh Pork Tenderloin
Boneless.



3⁹⁹ lb
8.80/kg
Fresh Pork Loin Center Cut Chops
Or Rib Chops or Roast. Bone In.



7⁹⁹ lb
17.61/kg
Beef Sirloin Tip Steak
Boneless.
Cut From Canada AA or Higher.



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

Packaged Meat



5⁹⁹ Each
Maple Leaf Bacon
Select Varieties. 375 g. Ready Crisp 65 - 85 g.



2⁹⁹ Each
Compliments Luncheon Meats
Select Varieties. Sliced. 175 g. Excluding Cooked Ham.



5⁷⁹ Each
Johnsonville Sausages
Select Varieties. 500 g.



7⁹⁹ Each
Grimm's Sausage Rings
Select Varieties. 300 g.



6⁹⁹ Each
Harvest Wieners
Regular or All Beef. 450 g.



5⁹⁹ Each
Harvest Sliced Bologna
Regular or All Beef. 375 g.



8⁹⁹ Each
Freybe Ham Sticks
Regular or Honey Ham. 500 g.



6⁹⁹ Each
Tre Stelle Ricotta Cheese
Select Varieties. 475 g.



6⁴⁹ Each
Fantino & Mondello Authentic Italian Meats
Select Varieties 100 - 200 g.



1⁸⁹ 100 g
Harvest Head Cheese
Or Bologna.
Select Varieties. Sliced.

*Excludes Mountain Creek Farms Beef and Pork Products

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

Chilled & Frozen



1⁹⁹ I Can't Believe It's Not Butter
427 g.



2⁹⁹ Fruite Chilled Beverages
Select Varieties. 1.54 Litre. 🌱



6⁴⁹ Liberté Greek Yogourt
Select Varieties. 650 - 750 g.



4⁹⁹
Compliments Cheese
Select Varieties.
Blocks 400 g.
Shredded 226 - 320 g.



2/\$8 GT's Kombucha
Select Varieties. 480 mL. 🌱



4⁹⁹ Kozy Shack Puddings
Select Varieties. 678 g.



3⁷⁹ IOGO Nano Drinkable Yogourt
Or Siggis Yogourt.
Select Varieties. IOGO 558 mL.
Siggis 400 g. 🌱



6⁹⁹ Compliments Orange Juice
Or Iced Tea or Lemonade.
Select Varieties. 2.5 Litre. 🌱



9⁹⁹ IOGO Yogourt
Select Varieties. 2 kg.



3⁴⁹ Lucerne Sour Cream
Select Varieties. 500 mL.



4⁹⁹ Silk Beverages
Select Varieties.
1.75 - 1.89 Litre. 🌱



6⁴⁹ McCain Potato Patties
Frozen. 1.3 kg.



5⁹⁹
Pillsbury Pizza Pops
Or Pizza Bites 693 g.
Select Varieties.
Pizza Pops 760 g.
Frozen.



3⁴⁹ Pillsbury Toaster Strudels
Or Toaster Scrambles.
Select Varieties.
204 - 326 g. Frozen.



3⁴⁹ Compliments Perogies
Select Varieties. 907 g.
Frozen.



4⁹⁹ Chapman's Super Premium Ice Cream or Yukon Novelties
Select Varieties.
Ice Cream 500 mL.
Yukon 540 - 1200 mL. Frozen.



5⁹⁹
Del Monte Sorbet or Gelato
Or Drumstick Frozen Dessert. Select Varieties.
946 mL. Frozen.

Meat & Seafood



15⁴⁹ Maple Lodge Farms Zabiha Halal Wings
Select Varieties. 908 g.
Frozen.



15⁹⁹ Compliments Crispy Homestyle Chicken Pieces
Frozen. 1 kg.



11⁹⁹ Maple Leaf Prime or Schneiders Chicken
Select Varieties.
600 - 700 g. Frozen.



8⁹⁹ Janes Battered Fish
Select Varieties.
450 - 510 g. Frozen.



7⁴⁹ Compliments Shrimp
71/90 Count. Cooked or Raw.
340 g. Frozen.

Grocery



5⁴⁹ **Compliments Long Grain Rice**
Or Parboiled White Rice.
Select Varieties. 2 kg.



2/^{\$}7 **Minute Rice Ready to Serve Cups**
Select Varieties. 250 g.



2/^{\$}5 **Catelli Pasta**
Bistro, Healthy Harvest, Ancient Grains or Smart.
340 - 375 g.



1⁹⁹
Primo Pasta Sauce
Select Varieties.
680 mL.



3⁴⁹ **Allen's Vinegar**
White or Pickling. 4 Litre.



3/^{\$}5 **Compliments Broth**
Select Varieties. 900 mL.



2⁹⁹ **Compliments Salad Dressing**
Select Varieties. 475 mL.



1⁷⁹ **Compliments Prepared Mustard**
400 mL.



5⁴⁹ **Compliments Mayonnaise**
Select Varieties. 890 mL.



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



1⁷⁹ **Compliments Flaked Meat**
Select Varieties. 156 g.



3⁹⁹ **Compliments Mammoth Olives**
Select Varieties. 500 mL.



3⁴⁹ **Compliments Pickles**
Select Varieties. 1 Litre.



2¹⁹ **McCormick Sauce or Gravy Mixes**
Select Varieties. 30 - 56 g.



2/^{\$}6 **Kellogg's Kashi or Special K Bars**
Select Varieties. 165 - 200 g.



3⁹⁹ **General Mills Nature Valley or Fibre 1 Bars**
Or Fruit Snacks 226 g.
Select Varieties. 125 - 210 g.



2⁷⁹ **Quaker Chewy or Dipp's Bars**
Select Varieties. 120 - 156 g.



5⁹⁹ **Compliments Granola Bars**
Select Varieties. 560 - 630 g.



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



3/^{\$}5 **Compliments Beans In Sauce**
Select Varieties. 398 mL.



2/^{\$}3 **Compliments Mushrooms**
Pieces & Stems. 284 mL.



1⁷⁹ **Compliments Tomatoes**
Select Varieties. 796 mL.



2/^{\$}3 **Compliments Vegetables**
Select Varieties. 398 mL.



2/^{\$}3 **Compliments Canned Corn**
Select Varieties. 341 mL.

Beverages & Snacks



5⁷⁹ Nestle Pure Life Spring Water
24 x 500 mL. 🌱



15⁹⁹ Budweiser Zero Beer
12 x 355 mL.
De-Alcoholized. 🌱



1²⁹ Peace Teas
Select Varieties. 695 mL. 🌱



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



15⁹⁹ Coca-Cola 24 Pack Soft Drinks
Select Varieties.
24 x 355 mL. 🌱



2/\$8 Havoc Chips
Select Varieties.
190 - 280 g.



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



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



2/\$8⁵⁰ Tostitos Tortilla Chips
Select Varieties.
205 - 300 g.



3/\$10 Lay's Potato Chips
Select Varieties.
220 - 235 g.
Poppables 130 g.



2/\$5 Compliments Popping Corn
1 kg.



2/\$7 Compliments Pretzels
Sticks or Twists. 400 g.



3⁹⁹ Leclerc Celebration Cookies
Select Varieties. 240 - 350 g.



2/\$7 Dare Crackers
Select Varieties.
135 - 225 g.



5⁹⁹ Dare Wagon Wheels or Bear Paws
Select Varieties. Wagon Wheels 630 g. Bear Paws 337 - 480 g. Grissol Melba Toast 350 - 400 g.



m&m's Skittles Mars SNICKERS
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2/\$10⁵⁰ M&M's Chocolate Sharing Size
155g - 193g
Skittles or Starburst
235 - 320 g



2/\$4⁵⁰ SNICKERS
Chocolate King Size Bars
49g - 93g



2/\$10⁵⁰ Mars
Chocolate Multipacks
200g - 208g



2/\$10 Excel® Bottles
40-60 pieces



2/\$10 Excel® 3 Pack

Household & Pet



7⁹⁹ Compliments Satiny Soft Bathroom Tissue
12 Double Roll, 242 Sheets.



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



2⁹⁹ Palmolive Dishwashing Liquid
Select Varieties.
591 - 828 mL.



7⁹⁹ Glad Garbage Bags
Select Varieties. 26's - 52's.



6⁹⁹ Arm & Hammer Laundry Detergent
Select Varieties.
Liquid 1.42 - 1.63 Litre.

Bakery



7⁹⁹ Compliments Pies
Select Varieties. 8 Inch.
580 - 750 g.



8⁶⁹ Kimberley's Bakeshoppe Holiday Frosted Mini Cookies
Select Varieties. 267 g.
While Supplies Last.



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



2/\$7
Dempster's Signature Buns
Select Varieties.
6's - 8's.



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



3⁴⁹ Byblos Bakery Pita Bread
Select Varieties. 6's - 18's.



2⁹⁹ Oakrun Farm Crumpets
Plain. 6's. 284 g.



2⁹⁹ City Bread Rye
Original. 480 g.

Breakfast



14⁹⁹ Folgers Coffee
Select Varieties.
544 - 865 g.



8⁹⁹ Folgers 1850 Coffee
Select Varieties. 340 g.



1⁹⁹ Compliments Juice
Or Punch. Select Varieties.
1 Litre. ♻️



2⁴⁹
Cavendish Farms Hashbrown Patties
Select Varieties. 600 g.
Frozen.



5⁹⁹ General Mills Family Size Cereal
Select Varieties. 475 - 778 g.



5⁹⁹ Compliments Cereal
Select Varieties. 794 g.



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



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



4⁹⁹ Rogers 5 Grain Granola
Select Varieties.
650 - 750 g.



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



1⁹⁹ Pedigree Chopped Wet Dog Food
Select Varieties. 375 g.



4⁴⁹ Milk Bone Dog Biscuits
Select Varieties. 750 - 900 g.
Farmer's Medley 340 g.



4/\$6 Fancy Feast Petites Cat Food
Select Varieties. 79.4 g.



11⁹⁹ Friskies Chef's Blend Dry Cat Food
3 kg.

Meal Inspiration & Savings From our Family to Yours



Fresh Meat

2⁹⁹ lb
6.59/kg

**Fresh Pork
Side Ribs**



Fresh Produce

4⁹⁹ Each

**Taylor Farms
Chopped
Salad Kits**

Select Varieties.
312 - 383 g.
Product of U.S.A.



4⁹⁹

**Heinz Ketchup or
Kraft Miracle Whip**

Select Varieties. Ketchup 750 mL - 1 Litre.
Mayonnaise or Miracle Whip 650 - 890 mL.



3⁹⁹

**Kraft Cheez Whiz or
Cheese Singles**

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



5⁹⁹

Kraft Peanut Butter

Or Hazelnut Spread. Select Varieties.
725 g. - 1 kg.



3⁹⁹

Vachon Snack Cakes
Select Varieties. 281 - 336 g.



5⁹⁹

Dr. Oetker or Rustica Pizza
Select Varieties. 439 - 866 g. Frozen.



2⁹⁹

**Monster, Full Throttle,
NOS or Reign Energy Drinks**
Select Varieties. 473 mL. ♻️



2/\$5

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

Open Sundays in select locations only. familyfoods.ca

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Ontario Balmertown Food Fair, Balmertown

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HOLIDAY ENTERTAINING

Sale Prices in Effect November 21 - 27, 2024

12⁹⁹

Compliments Turkey Roast
With Cranberry Stuffing. Frozen. 1 kg.



19⁹⁹

Compliments Shrimp Ring
With Cocktail Sauce. Frozen. 737 g.



8⁹⁹

Hormel Snack Tray
Select Varieties. 425 g.



2/\$7

Old Dutch Potato Chips
Select Varieties. 235 g.
Ridgies 200 g.



2⁹⁹

Panache Italian Soda
Select Varieties. 750 mL. ♻️



15⁹⁹

Compliments K-Cup Coffee
Select Varieties. 30's.



4⁹⁹

Kraft Philadelphia Dips
Select Varieties. 340 g.



4⁹⁹

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





BAKING SP



3⁹⁹

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



5⁹⁹

Compliments Margarine
Select Varieties. 850 g.



2/\$7

Compliments Tart or Pie Shells
Select Varieties. Tarts 255 g.
Pie Shells 285 - 340 g. Frozen.



3⁹⁹

Compliments Whipped Topping
Regular or Light. 225 g or 1 Litre.



4⁹⁹

Compliments Frozen Fruit
Select Varieties. 300 - 600 g.



3⁴⁹

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



4⁴⁹

Baker's Chocolate Squares
Select Varieties. 170 - 225 g.



3⁹⁹

Compliments All Purpose Flour
2.5 kg.



5⁴⁹

Compliments Oil
Canola or Vegetable. 946 mL.



2⁹⁹

Compliments Fancy Molasses
675 g.



3⁷⁹

Compliments Honey Graham Wafers
408 g.



2⁹⁹
Each

Compliments Carrots
Product of Canada.
3 lb/1.36 kg.

ADD FRESH TO



3⁹⁹

Fresh Blueberries
Product of Peru. 1 Pint.

SPIRITS & BRIGHT



2/\$4

Betty Crocker Super Moist Cake Mix
Or Frosting 340 - 450 g. Cake Mixes 375 g.



249

Carnation Evaporated Milk
Select Varieties. 354 mL.



349

Eagle Brand Condensed Milk
Select Varieties. 300 mL.



249

Rogers Sugar
Yellow, Berry, Icing Sugar or Demerara 1 kg.



\$1

Jell-O Jelly Powders
Select Varieties. 9 - 85 g.



\$1

Jell-O Instant Pudding Mix
Select Varieties. 30 - 113 g



599

E.D. Smith Pie Filling
Select Varieties. 540 mL.



449

E.D. Smith Pure Pumpkin
796 mL.



319

Club House Extracts
Select Varieties. 43 mL.
Excludes Pure Vanilla.



599

Magic Baking Powder
450 g.

YOUR BAKING



199^{lb}
4.39/kg

**Bartlett Pears or
Granny Smith and
Honeycrisp Apples**
Product of U.S.A/Canada.



399
Each

Compliments Lemons
Product of South Africa/
U.S.A. 2 lb/907 g.



399

**Compliments Chocolate Chips
or Chunks**
Select Varieties.
250 - 300 g.



549

Maple Leaf Tenderflake Lard
Brick. 454 g.

HOLIDAY SWEETS

While Supplies Last!



4/\$5

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



3/\$5

Ferrero Chocolate
Select Varieties. 20 - 54 g.



1⁹⁹

Lindt Lindor Chocolates
Select Varieties. 36 - 38 g.



2/\$7

Ferrero Tablet Chocolate Bars
Select Varieties. 90 g.



2/\$9

Kinder Surprise Box
Boys or Girls 60 g.
Bueno Chocolate Bar 129 g.



3²⁹

Kinder Minis Chocolate
Select Varieties. 96 - 97 g.



6⁹⁹

Lindt Lindor Bags
Or Ghirardelli. Select Varieties.
142 - 151 g.



6⁹⁹

Lindt Lindor Holiday Bags
Or Ghirardelli. Select Varieties.
138 - 150 g.



5⁴⁹

Hershey Christmas Chocolate
Select Varieties. Kisses, Bells,
Eggies or Nutcrackers. 161 - 200 g.



5⁷⁹

Cadbury Christmas Mini Eggs
200 g.



5⁷⁹

M&M's Holiday Mixes
Select Varieties. 165 g.



3⁹⁹

Russell Stover No Sugar Added Chocolates
Select Varieties. 85 g.



6⁹⁹

Nestle Turtles or After Eight Chocolates
Or Quality Street 160 g.
Select Varieties. Turtles 150 - 160 g.
After Eight 200 g.



7⁹⁹

Compliments Allsorts Tower
700 g.



8⁹⁹

Compliments Jolly Mix Candy
900 g.



9⁹⁹

Compliments Chocolate Covered Almonds or Raisins
900 g.



10⁴⁹

Ferrero Rocher Chocolates
Select Varieties. 118.65 - 200 g.



10⁹⁹

Lindt Lindor Chocolates
Select Varieties. 156 g.



10⁹⁹

Toblerone Chocolate Bar
Select Varieties. 360 g.



2/\$7

Storck Toffifee
123 g.