

# BUY-LOW FOODS

PRICES EFFECTIVE **DECEMBER 2024**

SUN	MON	TUES	WED	THURS	FRI	SAT
15	16	17	18	19	20	21
22	23	24	25	26	27	28

## Merry Christmas

**Mitchell's Gourmet Foods Smoked Ham**  
Boneless, Toupie Style, 1.5 kg.

Each **11<sup>98</sup>**



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

Each **3<sup>98</sup>**

**Stove Top Stuffing Mix**  
Select Varieties  
120 g.

**4 FOR \$5**



**Philadelphia Cream Cheese**  
Select Varieties, 227-250 g.

**2 FOR \$8**



**Golden Pineapple**  
Product of Costa Rica

Each **4<sup>98</sup>**

**Festive SUPER SAVER**

SHOP UNTIL DECEMBER 28<sup>th</sup>, 2024

<p><b>Western Family signature Fruit cake</b> with Almond Icing Light or Dark, 550 g.</p> <p><b>10<sup>99</sup></b></p> 	<p><b>Western Family Kettle cooked peanuts</b> Select Varieties 400 g.</p> <p><b>2 FOR \$8</b></p> 	<p><b>Nestlé Turtles chocolate</b> Original 350 g.</p> <p><b>13<sup>99</sup></b></p> 	<p><b>Western Family chocolate covered Almonds</b> or Indulgence, Select Varieties 180 g.</p> <p><b>2 FOR \$6</b></p> 	<p><b>Western Family signature Fruit cake</b> Light or Dark 450 g.</p> <p><b>9<sup>99</sup></b></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

**Inside Round Roast**  
kg. 15.39  
**6<sup>98</sup>**  
lb.



**Cross Rib Simmering Steak**  
Boneless, Value Pack, kg. 15.39  
**6<sup>98</sup>**  
lb.

**Rib Grilling Steak**  
kg. 41.84



**18<sup>98</sup>**  
lb.

**Prime Rib Roast**  
kg. 19.64



**17<sup>98</sup>**  
lb.



**Montana's BBQ Sauce**  
Texas Bold or Apple Butter, 350 ml.  
**4<sup>98</sup>**

**Western Family Boneless, Skinless Chicken Thighs**  
Frozen, 3 kg.  
**32<sup>98</sup>**  
Each

**Western Family Split Chicken Wings**  
Frozen, 3 kg.  
**32<sup>98</sup>**  
Each

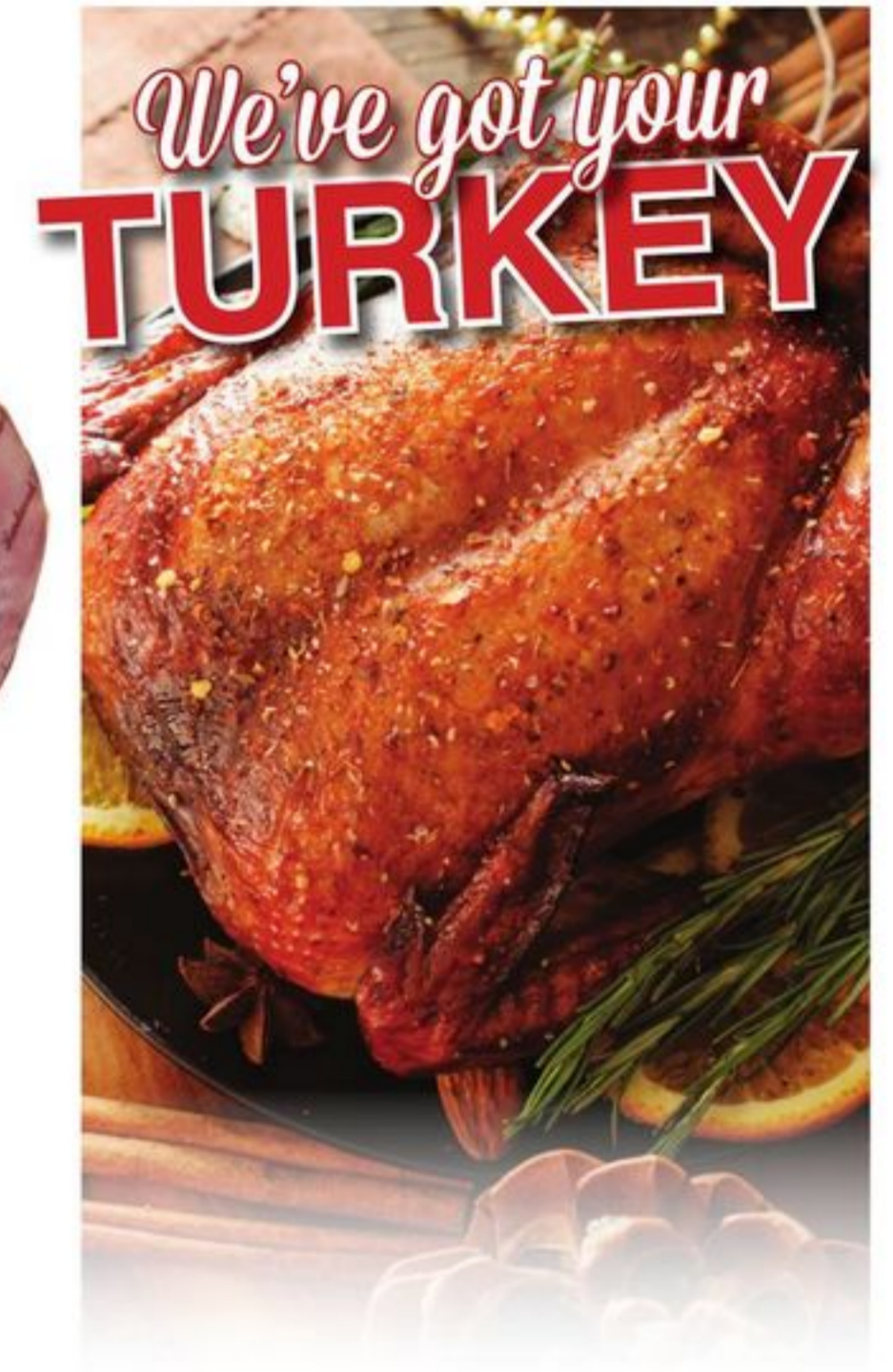
**Western Family Boneless, Skinless Chicken Breasts**  
Frozen, 3 kg.  
**32<sup>98</sup>**  
Each

**Sunrise Farms Drumsticks**  
Frozen, 3 kg.  
**12<sup>98</sup>**  
Each

**Western Family Crispy Chicken**  
Frozen, 1 kg.  
**18<sup>98</sup>**  
Each

**Drake Meats Homestyle Bacon**  
1 kg.  
**16<sup>99</sup>** **Festive SUPER SAVER**  
Each

**Western Family Hickory Smoked HAM**  
Hickory Smoked, kg. 6.57  
**2<sup>98</sup>**  
lb.



**Canadian Pork**  
**Pork Tenderloin**  
Whole in Bag, Value Pack  
**\$7**  
Each

**Ground Pork**  
kg. 6.57  
**2<sup>98</sup>**  
lb.

**Pork Hock**  
kg. 6.57  
**2<sup>98</sup>**  
lb.

**Maple Leaf Natural Sausage SAUCISSE NATURELLE**  
**Ground Sausage**  
500 g.  
**6<sup>98</sup>**  
Each

**Sugardale Ham Steak**  
Bone-In, Approx 454 g.  
**4<sup>98</sup>**  
Each

**Pork Shoulder Blade Roast**  
kg. 7.67  
**3<sup>48</sup>**  
lb.

**Pork Shoulder Blade Steak**  
Value Pack  
kg. 8.77  
**3<sup>98</sup>**  
lb.

**Pork Side Ribs**  
Value Pack  
kg. 8.77  
**3<sup>98</sup>**  
lb.

# SMOKED & PACKAGED MEATS



**Grimm's Half Ham**  
Old Fashioned or Honey & Maple  
700 g.  
Each **13<sup>98</sup>**

**Grimm's Sliced Meat**  
Select Varieties  
150-175 g.

Each **6<sup>48</sup>**



**Grimm's Toppers**  
Select Varieties  
175 g.

Each **5<sup>48</sup>**



**Grimm's Garlic Sausage**  
300 g.  
Each **5<sup>98</sup>**



**Grimm's Sizzlin' Smokies**  
Select Varieties, 450 g.

Each **6<sup>98</sup>**

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

Each **9<sup>98</sup>**



**McSweeney's Jerky**  
Select Varieties  
70-80 g.

Each **5<sup>98</sup>**



**Western Family Spring Rolls**  
Vegetable, Frozen  
700 g.

Each **10<sup>98</sup>**



**Western Family Dips**  
Tzatziki or Artichoke & Asiago  
454 g.

Each **5<sup>98</sup>**



**Western Family Hummus**  
Roasted Garlic  
454 g.

Each **4<sup>98</sup>**



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

Each **8<sup>98</sup>**

# SEAFOOD

**Western Family Prawn Platter**  
with Sauce, Frozen  
454 g.

Each **15<sup>98</sup>**



**AquaStar Tempura Shrimp**  
Frozen  
340 g.

Each **11<sup>98</sup>**



**Western Family Shrimp Ring**  
Frozen  
227 g.

Each **5<sup>98</sup>**



**Western Family Scallops**  
Medium, Frozen  
40-60 Count, 340 g.

Each **17<sup>98</sup>**



**High Liner Fish Fillets**  
Frozen, Select Varieties  
500-700 g.

Each **8<sup>98</sup>**



**Woodman's Seafood Sauce**  
or Horseradish  
250 ml.

**2 FOR \$7**



**AquaStar Garlic & Herb Shrimp**  
Frozen  
16-18 Count, 340 g.

Each **8<sup>98</sup>**



**Western Family Basa Fillets**  
Frozen  
680 g.

Each **6<sup>98</sup>**



**Western Family Bacon Wrapped Prawns**  
Extra Large, Frozen, 300 g.

Each **15<sup>98</sup>**



**Western Family Torpedo Shrimp**  
or Lollipop Shrimp, Frozen  
200-250 g.

Each **7<sup>98</sup>**



# IN THE DELI



**Deli Ham**  
Select Varieties  
Per 100 g. **1.48**



**Deli Turkey Breast**  
Select Varieties  
Per 100 g. **2.98**



**Deli Sausage**  
Select Varieties  
Per 100 g. **1.48**



**Deli Roast Beef**  
Homestyle or with Garlic  
Per 100 g. **2.98**



**Deli Corned Beef**  
or Pastrami  
Per 100 g. **2.98**

# BAKERY BARGAINS



**Canadian Harvest Bread**  
Each **2.98**  
Fresh Baked

*California*  
**Sourdough**  
Each **2.48**  
Fresh Baked

**Hot Cross Buns**  
12 Pack  
Each **6.98**  
Fresh Baked

**French Baguettes**  
Each **2.48**  
Fresh Baked

*Roasted Garlic*  
**Bread**  
Each **3.48**  
Fresh Baked

**Baxter's Bakery Butter Tarts**  
or Pecan  
6 Pack  
Each **6.98**  
Fresh Baked

**Apple Pie**  
9 Inch, or Crumble  
Select Varieties, 1 kg.  
Each **9.98**  
Fresh Baked

**Dinner Rolls**  
White or 60% Whole Wheat  
12 Pack  
Each **3.98**  
Fresh Baked

**Sugarplum 6" Cakes**  
6 Inch, Select Varieties  
550-660 g.  
Each **13.98**

**Two Bite Brownies**  
265 g.  
Each **4.98**

**Dempster's Bread**  
or Texas Toast, Select Varieties  
567-675 g.  
**2 FOR \$7**

**Dempster's Tortillas**  
Select Varieties  
6-10 Pack  
Each **3.98**

**Pumpkin Pie**  
8 Inch, 600 g.  
Each **5.98**  
Fresh Baked

**PUMPKIN PIE**  
TARTE À LA CITROUILLE  
600 g

# GOOD MORNING!



**Nabob Coffee**  
Organic Medium or Tradition  
915-930 g.  
**13<sup>98</sup>**

**Kellogg's Cereal**  
Select Varieties  
227-435 g.

**2 FOR \$11**



**Elias Honey**  
Liquid or Creamed  
500 g.

**7<sup>98</sup>**



**Red Rose Orange Pekoe Tea**  
36 Bags  
**2 FOR \$6**

**E.D. Smith Lemon Spread**  
or No Sugar Added Strawberry  
375-500 ml. **5<sup>98</sup>**

**Nestlé Coffee Mate**  
1.4 kg. **12<sup>98</sup>**

**Tim Hortons Coffee**  
Select Varieties  
30 K-Cups **22<sup>98</sup>**

**Folgers Coffee**  
Select Varieties  
12 K-Cups **7<sup>98</sup>**

**Nestlé Carnation Hot Chocolate**  
Select Varieties  
7-10 Pack **4<sup>98</sup>**

**Nestlé Carnation Hot Chocolate**  
Select Varieties  
400-450 g. **6<sup>98</sup>**

**General Mills Cheerios**  
Honey Nut  
292 g. **2 FOR \$7**

**Robin Hood Quick Oats**  
or Large Flakes  
1 kg. **3<sup>98</sup>**

**Quaker Cereal**  
Select Varieties  
350-500 g.

**2 FOR \$8**



**Harvest Crunch Granola**  
Select Varieties  
400-510 g.

**4<sup>98</sup>**



**International Delight Coffee Whitener**  
or Baileys, Select Varieties  
400-473 ml., \*Plus Deposit

**2 FOR \$6**



**Folgers Coffee**  
Classic Roast or French Vanilla  
272 g.

**6<sup>98</sup>**



**SunRype Apple Sauce**  
Regular or Unsweetened  
625 ml.

**2 FOR \$6**

**Red Star Yeast**  
Select Varieties  
3 Pack

**2 FOR \$3**

**Sun-Maid Raisins**  
or PitPrunes  
250-375 g.

**2 FOR \$9**

**Sun-Maid Apricots**  
Pitted  
250 g.

**5<sup>48</sup>**

**Ocean Spray Craisins**  
Select Varieties  
142-170 g.

**2 FOR \$5**

**Jell-O Jelly Powder**  
Select Varieties  
10-85 g.

**4 FOR \$5**

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

**2 FOR \$3**

**Realemon Lemon Juice**  
945 ml.

**2<sup>98</sup>**

**Western Family Baking Crumbs**  
or Pie Crust, Select Varieties  
170-400 g.

**2 FOR \$5**

**Red Lobster Biscuit Mix**  
Cheddar Bay  
322 g.

**2 FOR \$6**

**Western Family Vanilla Extract**  
Pure  
250 ml.

**16<sup>98</sup>**



**Western Family Baking Powder**  
225 g.

**2<sup>98</sup>**



**Western Family Baking Chips**  
Select Varieties  
225-300 g.

**4<sup>98</sup>**



**E.D. Smith Pie Filling**  
or Pure Pumpkin, Select Varieties  
540-796 ml.

**5<sup>98</sup>**



**Robin Hood Flour**  
Select Varieties  
500 g.-2.5 kg.

**5<sup>98</sup>**



**Dairyland Whipping Cream**  
473 ml.  
\*Plus Deposit

**3<sup>48</sup>**



**Rogers White Sugar**  
1 kg.

**2<sup>48</sup>**



**Kraft Jet-Puffed Marshmallows**  
Select Varieties  
400 g. **2 FOR \$4**

**Dairyland Whipped Cream**  
19%  
400 g. Aerosol **5<sup>98</sup>**

**Rogers Specialty Sugar**  
Select Varieties, 1 kg.  
**2 FOR \$7**

# BAKE UP SOME LOVE!



**Tenderflake Pie or Tart Shell**  
or Puff Pastry, Frozen  
Select Varieties, 255-397 g.

**2 FOR \$9**



# GROCERY ESSENTIALS



**Green Giant Vegetables**  
Select Varieties, 341-398 ml.

**2 FOR \$4**

**Knorr Gravy Mix**  
or Sauce, Select Varieties  
1 Pack

**3 FOR \$4.98**



**Idahoan Mashed Potato**  
Select Varieties  
113 g.

**3 FOR \$4.98**



**E.D. Smith Mint Jelly**  
250 ml.

**3.48**

**Clover Leaf Sockeye Salmon**  
213 g.

**5.98**

**Bick's Pickled Beets**  
Whole or Sliced  
500-750 ml.

**2 FOR \$9**

**Clover Leaf Cocktail Shrimp**  
Wild  
106 g.

**2 FOR \$9**

**Gold Seal Mackerel in Olive Oil**  
or Mediterranean Style  
115 g.

**2 FOR \$6**

**Heinz Ketchup**  
Select Varieties  
750 ml.-1 litre

**5.98**



**Heinz Mustard**  
or Dijon  
265-380 ml.

**2 FOR \$5**



**Dole Pineapple**  
Select Varieties  
398 ml.

**2.78**



**Knorr Bouillon**  
Chicken or Beef  
6 Pack

**2 FOR \$6**



**Club House Seasoning**  
or Spices, Select Varieties  
18-65 g.

**4.98**



**Club House Black Pepper**  
Ground  
96 g.

**7.98**



**Minute Rice**  
White or Whole Grain  
600-700 g.

**4.98**



**Hormel Real Bacon**  
Crumbled  
300 g.

**13.98**




**Western Family Cranberry Sauce**  
Whole or Jellied, 348 ml.

**2 FOR \$5**



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**Kraft Salad Dressing**  
Select Varieties, 425 ml.

**2 FOR \$8**

**Kraft Miracle Whip**  
or Real Mayo, Select Varieties  
650-890 ml.

**6.48**

# GROCERY ESSENTIALS



**Campbell's Cream of Mushroom Soup**  
Tomato, Vegetable or Chicken Noodle  
284 ml.  
**3 FOR 4<sup>98</sup>**

**Campbell's Ready To Serve Soup**  
Select Varieties  
515 ml.  
**3 FOR 9<sup>99</sup>**



**Ocean's White Tuna**  
Solid or Flaked, Select Varieties  
170 g.  
**2 FOR 7**



**Annie's Macaroni & Cheese**  
Classic Cheddar or White  
680 g.  
**8<sup>98</sup>**



**Heinz Beans**  
or Pasta, Select Varieties  
398 ml.  
**2 FOR 4**



**Maple Leaf Flakes of Turkey**  
Chicken or Ham  
Select Varieties, 156 g. .... **2 FOR 6**

**De Cecco Fusilli**  
Tricolor  
340 g. .... **2 FOR 7**

**De Cecco Pasta**  
Select Varieties  
454 g. .... **2 FOR 5**

**Western Family Cooking Sauce**  
Select Varieties  
350 ml. .... **2 FOR 7**

**Western Family Soy Sauce**  
Regular or Less Sodium  
450 ml. .... **1<sup>98</sup>**

**Western Family Plain Panko Bread Crumbs**  
227 g. .... **2<sup>98</sup>**

**Crisco Canola Oil**  
or Vegetable  
1.18 litre ..... **7<sup>98</sup>**

**Unico Beans**  
or Chick Peas, No Salt Added  
Select Varieties, 540 ml. .... **2 FOR 4**

**Western Family Signature Antipasto**  
750 g. .... **11<sup>98</sup>**

**Knorr Pasta Seasoning**  
Select Varieties  
1 Pack ..... **2 FOR 3**

**Western Family Balsamic Vinegar**  
250 ml. .... **3<sup>48</sup>**

**Unico Passata Sauce**  
680 ml. .... **2 FOR 7**

**Aylmer Tomatoes**  
Select Varieties  
540-796 ml. .... **2 FOR 6**



**Catelli Pasta**  
Select Varieties  
200-900 g. .... **4<sup>98</sup>**



**Knorr Sidekicks**  
Select Varieties  
120-167 g. .... **2 FOR 4**



**Money's Pieces & Steams Mushrooms**  
Regular or No Salt Added.  
234 ml. .... **1<sup>78</sup>**



**Classico Pasta Sauce**  
Pesto or Pizza, Select Varieties  
218-650 ml.  
**2 FOR 6**

**Gallo Olive Oil**  
Extra Virgin  
1 litre ..... **18<sup>98</sup>**

# IT'S TACO NIGHT!

**Old El Paso Taco Shells**  
Tortilla Pockets or Cheesy Blasted  
153-233 g.  
**2 FOR 8**

**Old El Paso Dinner Kit**  
Select Varieties  
250-510 g. .... **2 FOR 9**



**Old El Paso Crunchy Taco Shells**  
or Stand n' Stuff  
125-133 g.  
**2 FOR 5**



**Old El Paso Tortilla Bowls**  
Regular or Mini  
189 g. .... **2 FOR 6**



**Old El Paso Thick N Chunky Salsa**  
or Picante, Select Varieties  
650 ml. .... **2 FOR 8**



**Old El Paso Green Chilies**  
Chopped  
113 ml. .... **1<sup>98</sup>**



**Old El Paso Jalapeños**  
Sliced  
250 ml. .... **2<sup>98</sup>**



**Old El Paso Refried Beans**  
Select Varieties  
398 ml. .... **3 FOR 7<sup>98</sup>**



**Old El Paso Taco Sauce**  
Mild or Medium  
243 ml. .... **2 FOR 8**



**Old El Paso Seasoning Mix**  
Select Varieties  
1 Pack ..... **2 FOR 3**



**Grissol Melba Toast**  
or Baguettes, Select Varieties  
120-200 g. **2 FOR \$7**

**Pepperidge Farm Goldfish Crackers**  
Select Varieties  
168-227 g. or 6 Pack. **2 FOR \$7**

**Christie Good Thins**  
Select Varieties  
100 g. **2 FOR \$9**

**Maynards Candy**  
or Sour Patch Kids  
Select Varieties, 100 g. **2 FOR \$4**

**Jelly Belly Candy**  
Select Varieties  
100 g. **2 FOR \$5**

**Orville Redenbacher Popcorn**  
Select Varieties  
700-820 g. **998**

**Pringles Potato Chips**  
Select Varieties  
148-156 g. **3 FOR \$9.99**

**Hawkins Cheezies**  
210 g. **2 FOR \$7**

**Western Family Kettle Cooked Potato Chips**  
Select Varieties  
200 g. **2 FOR \$5**

**Excel Gum**  
or Juicy Fruit, Select Varieties  
1 Pack **4 FOR \$5**

**Dole Fruit**  
Select Varieties  
4 Pack **498**

**M&M's Chocolate**  
or Mars, Select Varieties  
155-193 g. **2 FOR \$11**

**SNACKS & TREATS**



**Christie Crackers**  
Select Varieties, 175-200 g.  
**2 FOR \$7**



**2/\$9**  
Tostitos® Tortilla Chips  
or Tostitos® Salsa  
Select Varieties  
205-300 g.  
or 416-418 ml.

**\$4.29**  
Lay's® Family Size  
Potato Chips  
or Lay's Poppables®  
Potato Snacks  
Select Varieties  
130-235 g.

**\$5.98**  
MONTELLIER®  
Carbonated Natural  
Spring Water  
or Bubly™ Sparkling  
Water Beverage  
Select Varieties  
10-12 x 355 ml.  
\*Plus Deposit

**\$7.48**  
PEPSI® Soft Drinks  
Select Varieties  
12 x 355 ml.  
\*Plus Deposit

**Christie or Dad's Cookies**  
Select Varieties  
224-350 g. **2 FOR \$9**

**Philadelphia Dips**  
Select Varieties  
227 g. **2 FOR \$7**

**Lindt Excellence Chocolate**  
Select Varieties  
100 g. **2 FOR \$9**

**Old Dutch Cheese Pleezers**  
Pretzels, Humpty Dumpty or Crunchys  
Select Varieties, 200-400 g. **2 FOR \$8**

**Dare Wagon Wheels**  
Family Size  
630 g. **698**

**Dutch Crunch Potato Chips**  
Select Varieties  
200 g. **2 FOR \$7**



**Old Dutch Restaurante Original Triangles**  
WITH SEA SALT - AVEC SEL DE MER  
TRIANGLES  
or Arriba, Select Varieties, 230-295 g.  
**2 FOR \$7**

**Pepperidge Farm Goldfish Snacks**  
22 Pack **998**

**Western Family Granola Bars**  
Select Varieties  
156-172 g. **4 FOR \$9**

**Nestlé Chocolate Bars**  
Select Varieties  
1 Pack **3 FOR \$3.99**

**Nestlé After Eight**  
Dark Mint Thin  
200 g. **798**

**Cheez-It Crackers**  
Select Varieties  
191-200 g. **3 FOR \$9.99**

**Old Dutch Variety Pack**  
Mixed Snack or Flavour Favourites  
18 Pack **898**



# THIRSTY?

## Mott's Clamato Juice

or Garden Cocktail  
Select Varieties, 1.89 litre  
\*Plus Deposit

# 2 FOR \$8



## Molson Exel Non-Alcoholic Beer

12 x 355 ml.  
\*Plus Deposit

# 998



## Zoa Energy Drink

Select Varieties, 355 ml.  
\*Plus Deposit

# 2 FOR \$4



## Farming Karma Mocktails

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

# 598



## AHA Sparkling Water

Select Varieties, 12 x 355 ml.  
\*Plus Deposit

# 648



## Martinelli's Sparkling Apple Juice

750 ml., \*Plus Deposit

# 648



## Ocean Spray Sparkling Cranberry Beverage

Select Varieties, 6 x 340 ml.  
\*Plus Deposit

# 598



## Ocean Spray Cranberry Cocktail

Select Varieties, 6 x 295 ml.  
\*Plus Deposit

# 698



## Nanton Spring Water

24 x 500 ml.  
\*Plus Deposit

# 2 FOR \$8



## Ocean Spray Cranberry Cocktail

Select Varieties, 1.89 litre  
\*Plus Deposit

# 2 FOR \$9



## Pepsi or 7Up Beverages

Select Varieties, 8 x 355 ml.  
\*Plus Deposit

# 598



## Coke or Canada Dry Beverages

Select Varieties, 12 x 355 ml.  
\*Plus Deposit

# 748

## Pepsi or 7Up Minis

Select Varieties, 6 x 222 ml.  
\*Plus Deposit

# 428



## Dasani Water

12 x 355 ml.  
\*Plus Deposit

# 498



## Propel Beverages

Grape or Strawberry Kiwi  
6 x 500 ml., \*Plus Deposit

# 598



## Aquafina Water

1 litre  
\*Plus Deposit

# 3 FOR 699



## Lipton Iced Tea

Select Varieties, 12 x 340 ml.  
\*Plus Deposit

# 598



# HOUSEHOLD MUST HAVES



**BUY \$25 TO GET A \$10 GIFT CARD**

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**\$8<sup>98</sup>**

SpongeTowels® Ultra Paper Towels or Ultra Pro 3-6 Roll



**\$8<sup>98</sup>**

Scotties® Facial Tissue Original or Supreme 81-126 Tissues, 6 Pack



**\$8<sup>98</sup>**

Purex® Bathroom Tissue Ultra or UltraLuxe™ Double 12 Rolls or Triple 8 Rolls

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**GET**

a \$10 Gift Card\*



Valid: October 1<sup>st</sup> to December 31<sup>st</sup>, 2024 at participating retailers. Limit of three (3) Gift Cards per household. Limit of one (1) Gift Card per receipt.

\*Valid on purchases Oct 1/24 to Dec 31/24. Submit receipt within 7 days from date of purchase to receive \$10 gift card on purchase of \$25 of participating Scotties, Cashmere, Purex, Sponge Towels and Bonterra products (excludes Premium) on one receipt. Limit 1 Gift Card per receipt. Not valid in combination with other offers. Terms and conditions at [www.onlyincanada.ca](http://www.onlyincanada.ca). Limit 3 Gift Cards per household. Offer valid in only Canada. ©Registered trademarks of Kruger Products Inc. © Scotties is a registered trademark of Kimberly-Clark Worldwide Inc., used under license. \*\*Products claimed as being made in Canada have been made with domestic and imported materials.

**Fleecy Fabric Softener**

Select Varieties 1.36 litre or 80 Sheets

**5<sup>98</sup>**



**Cascade Dishwasher Detergent**

Select Varieties 30-60 Pack

**17<sup>98</sup>**



**Vim Bathroom Cleaner**

950 ml.

**4<sup>48</sup>**



**Pine-Sol Multi-Surface Cleaner**

Select Varieties 1.41 litre

**5<sup>98</sup>**



**Swiffer Duster**

Starter Kit 1 Pack

**6<sup>98</sup>**



# PERSONAL CARE

**Crest Complete Plus Toothpaste**

Select Varieties 120 ml.

**2 FOR \$9**

**Pepto Bismol Liquid**

Original or Cherry 230 ml.

**6<sup>98</sup>**

**Gerber Organic Yogurt Melts**

Strawberry Banana or Red Berry 28 g.

**5<sup>48</sup>**

**Gerber Arrowroot Biscuits**

155 g.

**3<sup>78</sup>**

**Burt's Bees Baby Lotion**

ointment or Bubble Bath 85-170 g. or 350 ml.

**9<sup>98</sup>**



**Axe Shampoo or Body Care**

Select Varieties 473 ml. or 76-113 g.

**2 FOR \$9**



**Aveeno Lotion**

Select Varieties 97-227 ml.

**8<sup>98</sup>**

# PET'S CORNER

**Western Family Dog Food**

Balanced & Complete 2 kg.

**6<sup>98</sup>**



**Milk-Bone Dog Treats**

Select Varieties 280-340 g.

**2 FOR \$11**



**Beneful Dog Food**

Select Varieties 283 g.

**2 FOR \$6**



**Meow Mix Cat Food**

Original Choice 7.25 kg.

**27<sup>98</sup>**



# DAIRY DELIGHTS

**Kraft  
Parmesan Cheese**  
Grated  
500 g. **15<sup>98</sup>**

**Philadelphia  
Cream Cheese**  
Lactose Free, Brick or Tub  
227-250 g. **2<sup>FOR</sup> \$10**

**Armstrong  
Cheese Snacks**  
Select Varieties  
210 g. **4<sup>98</sup>**

**Kraft  
Parmesan Cheese**  
Shaved  
141 g. **5<sup>98</sup>**

**Simply  
Orange Juice**  
with Pulp or Pulp Free, Chilled  
2.63 litre, \*Plus Deposit **8<sup>98</sup>**

**Dairyland  
Coffee Cream**  
or Creamo, Chilled, 473 ml.  
\*Plus Deposit **2<sup>48</sup>**

**Dairyland  
Cream**  
Lactose Free, Select Varieties  
946 ml., \*Plus Deposit **4<sup>48</sup>**

**Saputo  
Mozzarellissima  
Pizza Mozzarella**  
690 g. **10<sup>98</sup>**



**Dairyland  
Egg Nog**  
Original, Classic or Light  
2 litre, \*Plus Deposit  
**5<sup>48</sup>**

**Parkay  
Margarine**  
Quarters or Soft Bowl  
1.28-1.36 kg. **7<sup>48</sup>**



**Kraft  
Cheez Whiz**  
or Singles, Select Varieties  
825-900 g. **9<sup>98</sup>**



**Armstrong  
Shredded Cheese**  
Select Varieties  
500 g. **9<sup>98</sup>**



**Armstrong  
Cheese**  
Select Varieties  
600 g. **10<sup>98</sup>**



**Sunny D  
Beverage**  
Smooth or Tangy Original, 3.78 litre  
\*Plus Deposit **5<sup>98</sup>**



**Dairyland  
Old Fashioned  
Chocolate Milk**  
946 ml., \*Plus Deposit **2<sup>98</sup>**



**Silk  
Beverage**  
Select Varieties, 1.89 litre  
\*Plus Deposit **2<sup>FOR</sup> \$9**



**More Favourites ...**

**Yoplait Source  
Protein Yogurt**  
Vanilla or Strawberry  
650 g. **2<sup>FOR</sup> \$9**

**Liberte  
Méditerranée  
Yogurt**  
Select Varieties, 500 g. **2<sup>FOR</sup> \$9**

**Olympic  
Yogurt**  
Select Varieties, 1.75 kg. or 2 litre  
\*Plus Deposit **10<sup>98</sup>**

**Yoplait  
Source Yogurt**  
Select Varieties  
630 g. **2<sup>FOR</sup> \$8**

**Yoplait Yop  
Drinkable Yogurt**  
Select Varieties, 200 ml.  
\*Plus Deposit **4<sup>FOR</sup> \$5**

**Yoplait  
Tube Yogurt**  
Select Varieties  
8 Pack **2<sup>FOR</sup> \$7**

**Kozy Shack  
Pudding**  
Select Varieties  
624 g. **2<sup>FOR</sup> \$7**

**Danone Go  
Drinkable Yogurt**  
Activia or Oikos, Select Varieties  
190 ml., \*Plus Deposit **4<sup>FOR</sup> \$5**

**Olympic  
Sour Cream**  
Organic  
500 ml. **2<sup>FOR</sup> \$9**

**Cavendish Farms  
Hash Brown  
Patties**  
Frozen, 600 g. **2<sup>FOR</sup> \$6**

**Pillsbury  
Toaster Strudel**  
Strawberry, Frozen  
326 g. **2<sup>FOR</sup> \$8**

**Cheemo  
Perogies**  
Frozen, Select Varieties  
745-907 g. **2<sup>FOR</sup> \$7**

**McCain  
Hashbrowns**  
Diced, Frozen  
800 g. **2<sup>FOR</sup> \$6**

**Pillsbury  
Pizza Pops**  
Frozen, Select Varieties  
380 g. **2<sup>FOR</sup> \$8**

**Popsicle  
Frozen Novelties**  
Fudgsicle or Creamsicle  
Select Varieties, 12 Pack **5<sup>48</sup>**

**Magnum  
Frozen Novelties**  
Select Varieties  
3 Pack **6<sup>48</sup>**

**Delnor  
Chopped Spinach**  
Frozen  
300 g. **2<sup>FOR</sup> \$5**



**McCain  
Superfries**  
Bistro, Tasti Taters or Potato Patties  
Frozen, Select Varieties, 454-800 g. **2<sup>FOR</sup> \$9**



**Dr. Oetker  
Ristorante Pizza**  
or Casa di Mama, Frozen  
Select Varieties, 320-410 g. **4<sup>98</sup>**



**Kraft Cool Whip  
Dessert Topping**  
Regular or Light, Frozen  
1 litre **2<sup>FOR</sup> \$8**



**Nestlé  
Real Dairy Ice Cream**  
or Frozen Novelties, Select Varieties  
1.5 litre or 4-10 Pack **7<sup>98</sup>**



**Ben & Jerry's  
Ice Cream**  
Select Varieties  
473 ml. **5<sup>98</sup>**



**Chapman's  
Markdale Creamery  
Ice Cream**  
Select Varieties, 4 litre **9<sup>98</sup>**



# HOT DEALS FROM THE FREEZER

**Green Giant  
Simply Steam**  
CUT BROCCOLI  
5 MINUTES  
In perfectly steamed vegetables  
per 400g package, no added salt, no sugar

**Green Giant  
Simply Steam**  
BRUSSELS SPROUTS  
with Butter Sauce  
5 MINUTES  
In perfectly steamed vegetables  
per 400g package, no added salt, no sugar

**McCain  
Tastiez**  
Frozen, Select Varieties  
400 g. **7<sup>98</sup>**

**Green Giant  
Simply Steam**  
Frozen, Select Varieties, 250 g.  
**2<sup>FOR</sup> \$4**

**Bassili's Best  
Meat Lasagna**  
or Chicken, Frozen  
2.27 kg. **17<sup>98</sup>**



**Farm Market  
Blueberries**  
Frozen  
2 kg. **12<sup>98</sup>**



# MARKET FRESH PRODUCE

**Fresh Cranberries**  
Ocean Spray, Product of U.S.A.  
340 g.

Each **2<sup>98</sup>**

**Baby Seedless Watermelon**  
Mexican Grown

Each **3<sup>98</sup>**

**Fresh Lemons**  
California Grown

Each **48¢**

**Sweet Mandarins**  
California Grown, 2 lb. Bag

Each **5<sup>98</sup>**

**Mixed Nuts**  
Product of U.S.A.  
12 oz.

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

**Festive**  
SUPER SAVER

**Gala Apples**  
Canadian Grown  
Canada Extra Fancy  
kg. 4.37

lb. **1<sup>98</sup>**

**CANADIAN GROWN**

**Fresh Limes**  
Mexican Grown

Each **38¢**

**Assorted Squash**  
Canadian or Mexican Grown  
Select Varieties, kg. 2.82

lb. **1<sup>28</sup>**

**Broccoli Crowns**  
Mexican or U.S. Grown  
kg. 8.77

lb. **3<sup>98</sup>**

**Jumbo Yams**  
U.S. Grown, kg. 3.70

lb. **1<sup>68</sup>**

**Baby Peeled Carrots**  
Product of U.S.A.  
2 lb. Bag

Each **3<sup>98</sup>**

**Green Onions**  
Mexican Grown  
Per Bunch

Each **88¢**

**Celery Stalks**  
U.S. Grown, #1 Grade  
kg. 2.82

lb. **1<sup>28</sup>**

**Fresh Express Caesar Salad Kits**  
Select Varieties, Product of U.S.A.  
9.9-10.75 oz.

Each **4<sup>98</sup>**

**Brussels Sprouts**  
Mexican or California Grown, #1 Grade  
kg. 6.57

lb. **2<sup>98</sup>**

# ORGANICS

**Organic Herbs**  
Canadian Grown  
1 Pack

Each **2<sup>48</sup>**

**Organic Field Carrots**  
U.S. Grown, #1 Grade  
2 lb. Bag

Each **3<sup>98</sup>**