



RECIPE OF THE WEEK
EASY MEAL IDEAS AT FAMILYFOODS.CA

**Caramelized
Leek & Potato Soup
with Toasts**



Fresh Produce

4⁹⁹ Each

**Compliments
Oranges**
Product of U.S.A.
3 lb/1.36 kg.



Fresh Meat

3²⁹ lb
7.25/kg

**Fresh Pork
Rib Roast**
Boneless.



6⁹⁹ Each
**Compliments Breaded Chicken
or Sprolls**
Or Lasagna 1 kg. Select Varieties. Breaded Chicken 700 g.
Sprolls 486 g. Frozen.



3/\$11
Lay's Potato Chips
Select Varieties. 220 - 235 g.
Poppables 130 g.



2/\$11
Compliments Soft Drinks
Select Varieties. 12 x 355 mL. ♻️



4⁹⁹ Each
**Taylor Farms
Chopped Salad Kits**
Select Varieties. 312 - 383 g.
Product of U.S.A.



4⁹⁴
Dr. Oetker Giuseppe Pizza
Select Varieties. Thin Crust 439 - 540 g.
Rising Crust 660 - 785 g. Frozen.



5⁹⁹
**Danone Oikos
Greek Yogourt**
Select Varieties.
650 - 750 g.



2/\$3
**Heinz Beans
and Pasta**
Select Varieties.
398 mL.



4⁹⁹
International Delight
Select Varieties. 946 mL. ♻️

Meal Inspiration & Savings From our Family to Yours

Open Sundays in select locations only. familyfoods.ca

Sale Prices in Effect

JAN 2025	thu 9	fri 10	sat 11	sun 12	mon 13	tues 14	wed 15
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British Columbia Port Alice Family Foods, Port Alice **Alberta** Beachside Market, Alberta Beach • Evansburg Family Foods, Evansburg • Food Market Coaldale, Coaldale • Gregoire Family Foods, Fort McMurray • KC Foods, Cremona
Saskatchewan Luseland Family Foods, Luseland **Manitoba** Ashern Foods, Ashern **Ontario** Family Foods Centennial, Thunder Bay • Renco Foods, Thunder Bay
North West Territories Kaeser's Stores, Fort Smith

Some items may not be available at all stores. All advertised items are on sale while stock lasts. We reserve the right to limit quantities. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. Advertised prices do not include GST/HST. All items are per household, per visit. Although we strive for complete accuracy in our advertising, errors sometimes can occur. When an error is discovered, a correction notice will be posted in stores to bring the error to your attention. Sale prices in effect on the dates on front page.

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

Grocery



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



3⁷⁹ Quaker Instant Oatmeal
Select Varieties. 232 - 344 g.



5⁹⁹ Compliments Creamed or Liquid Honey
Select Varieties. 500 g.



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



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



2/\$4⁴⁴ Bush's Best Beans
Select Varieties. 398 mL.



1⁷⁹ Compliments Tomatoes
Select Varieties. 796 mL.



1²⁹ Mr. Noodles Cups
Select Varieties. 64 g.



4⁷⁹ Frank's Red Hot Sauce
Select Varieties. 354 mL.



1⁹⁹ Betty Crocker Hamburger or Tuna Helper
Select Varieties. 158 - 240 g.



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



2/\$6 Leclerc Celebration Cookies
Select Varieties. 240 - 350 g.



5⁹⁹ Pringles Snack Stacks
Select Varieties. 228 g.



2/\$8⁵⁰ Tostitos Tortilla Chips
Select Varieties.
205 - 295 g.



2/\$5 Monster, Full Throttle, NOS or Reign Energy Drinks
Select Varieties. 473 mL. ♻️

Bakery



6⁹⁹ Compliments Muffins
Select Varieties. 600 g.



5⁴⁹ Compliments Butter Croissants
270 g.



4⁴⁹ Stuyvers Buns
Ciabatta or Portuguese.
Select Varieties.
340 - 400 g.



9⁹⁹ Starbucks Coffee
Select Varieties. 311 - 340 g.
Singles 10's.



2/\$4 Gatorade
Select Varieties. 710 mL. ♻️

Deli



7⁹⁹ Each
Maple Leaf Natural Selections Luncheon Meat
Select Varieties. 125 - 175 g.



5⁴⁹ Each
Compliments Cheese Slices
Select Varieties. 150 - 170 g.



2⁴⁹ 100 g
Compliments Deli Roast Beef
Sliced or Shaved.



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



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

Snacks



2/\$2.29 Dentyne Gum
Select Varieties. Each.



3.29 Hershey Chocolate
Select Varieties. 87 - 104 g.



4.49 Protein Candy
Select Varieties. 55 g.



2/\$6.50 Jolly Rancher Candy
or Twizzler Gummies
Select Varieties. 170 - 198 g.



3.19 Hershey Family Bars
Select Varieties. 90 - 120 g.

Chilled & Frozen



3.49 Danone Activia or
Two Good Greek Yogourt
Select Varieties. Two Good 380 g.
Activia 625 - 650 g.



4.49 Simply Juices or
Beverages
Select Varieties. 1.54 Litre. 🌱



5.99 Parkay Margarine
Soft 1.28 kg.
Quarters 1.36 kg.



2.99 Yoplait Tubes or
Minigo
Select Varieties. Tubes 448 g.
Minigo 360 g.



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



7.49 Cracker Barrel Cheese
Select Varieties.
Blocks 340 - 400 g.
Shredded 250 - 320 g.



3/\$10 Pillsbury Pizza Pops
Select Varieties. 380 g.
Frozen.



2.99 Best Buy Vegetables
Select Varieties. 750 g.
Frozen.



1.79 Minute Maid Beverages
Select Varieties. Or Nestea
Iced Tea or Fruitopia. 295 mL.
Frozen.



6.49 Nestle Ice Cream
or Novelties
Select Varieties. 1.5 Litre.
Novelties 330 - 650 mL.
Frozen.



4/\$6 Michelin's Green Box
Entrees
Select Varieties. 255 - 284 g.
Pizza Snacks 128 g. Frozen.



7.99 Pogo Corn Dogs
Select Varieties.
600 - 750 g. Frozen.



4.99 Maple Lodge Ultimate
Chicken Sausage
Select Varieties. Breakfast or
Dinner. 375 - 500 g. Frozen.



8.49 Swiss Chalet Pot Pies
Select Varieties. 470 - 655 g.
Frozen.



15.99 Janes Ultimates
Fish Fillets
Select Varieties.
530 - 615 g. Frozen.

Household & Pet



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



4.49 Dawn Dishwashing
Liquid
Select Varieties.
532 - 650 mL.



7.99 Gain Laundry Detergent
Or Downy Fabric Softener.
Select Varieties. 780 mL - 1.36 Litre.
Gain Flings 340 g.



6.99 Lysol Disinfectant
Wipes & Spray
Select Varieties.
Wipes 75's - 84's. Spray 350 g.



4/\$6 Iams Perfect Portions
Cat Food
Select Varieties. 75 g.

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

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Fresh Produce

4.49
Each

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



Fresh Meat

2.99 lb
6.59/kg

Fresh Chicken Legs
Back Attached.



3.99
Dempster's Hot Dog or Hamburger Buns
Select Varieties. 12's.



6.49
Each

Schneiders Juicy Jumbo Wieners
Or Smoked Sausages.
Select Varieties. 375 - 450 g.



5.49

Kellogg's Family Size Cereal
Select Varieties. 480 - 650 g.



3.49

Earth's Own Beverages
Select Varieties
1.75 - 1.89 Litre. ♻️



3.79

Dempster's Whole Grain Bread
Select Varieties. 600 g.



8.49

Charmin Bathroom Tissue or Bounty Paper Towel
Select Varieties. Charmin 8 Roll Soft or Ultra Strong, Bounty 2 - 4 Roll 2 Ply 44 - 113 Sheets.

Produce



2.49 lb
5.49/kg

Fresh Apples
Select Varieties.
Product of Canada/U.S.A.



5.99
Each

Fresh Strawberries
Product of U.S.A. 1 lb/454 g.



2.99
Each

Celery Stalks
Product of U.S.A.



2/\$5

Long English Cucumbers
Product of Canada.



2.79 lb
6.15/kg

Hot House Beefsteak Tomatoes or Broccoli Crowns
Product of Canada/U.S.A./Mexico.

Meat*



7.99 lb
17.61/kg

Beef Eye of Round Marinating Steak
Boneless. Cut From Canada AA or Higher.



4.99 lb
11.00/kg

Fresh Pork Back Ribs
Cryovac.



2.19
Each

Compliments Wieners
Regular or Jumbo. 450 g.



2/\$7

Schneiders or Greenfield Adult Lunch Kits
Select Varieties. 67 - 81 g.

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****5 WINNERS TO RECEIVE**
\$1,000 SHOPPING SPREE + **\$10,000**
DONATION TO YOUR LOCAL FOOD BANK

***WE ARE GIVING AWAY \$50,000 TO LOCAL FOOD BANKS
PLUS \$5,000 WORTH OF SHOPPING SPREES**

SALE PRICES IN EFFECT
January 9 - 15, 2025

ENTER FOR A CHANCE TO **WIN!**



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DONATION TO YOUR LOCAL FOOD BANK



www.communitycash.ca

Enter Online & Select A Participating Store



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2⁹⁹ **McCain Superfries**
Select Varieties. 454 - 800 g. Frozen.



6⁴⁹ **McCain Pockets**
Pizza, Breakfast, Taco or Cheeseburger
Pockets. Select Varieties. 540 - 600 g. Frozen.



6⁴⁹ **McCain Deep 'n Delicious
Cake**
Select Varieties. 510 g. Mini Cups 340 g.
Frozen.



13⁹⁹ **Folgers Coffee**
Select Varieties. 544 - 865 g.



8⁹⁹ **Folgers Gourmet
K-Cup Coffee**
Select Varieties. 84 - 108 g.



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





ENTER FOR A CHANCE
TO WIN!

COMMUNITY
CASH

HERSHEY'S
SHARE THE
GOODNESS

NEW



Hershey single bars,
assorted varieties
(34 - 58 g)

1³⁹



Hershey Packaged Chocolate,
assorted varieties
(160 - 290 g)

5⁴⁹

Hershey king size bars,
assorted varieties
(62 - 141 g)

2/\$4



2/\$7

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



2/\$8

Old Dutch Restaurante
Tortilla Chips
Select Varieties. 230 - 295 g.
Arriba 235 - 245 g. Dutch Crunch 200 g.



8⁹⁹

Old Dutch Variety Pack
Potato Chips
Select Varieties. 472 - 576 g.

MARS WRIGLEY



Mondeleř
International

Nestle



SMUCKER'S

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PLUS \$5,000 WORTH OF SHOPPING SPREES**



Quality. Value. Guaranteed.

Compliments has you covered for whatever your everyday brings. From easy weeknight dinners to special celebrations, count on us for quality products at family-friendly prices.



3⁴⁹ Compliments Jasmine Rice
Or Basmati or Long Grain. Select Varieties.
700 - 900 g.



2⁹⁹ Compliments White Vinegar
4 Litre.



3⁹⁹ Compliments Sauerkraut
1 Litre.



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



5⁴⁹ Compliments Mayonnaise
Select Varieties. 890 mL.



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



*NO PURCHASE NECESSARY. See full sweepstakes rules for further details. There is a total of \$55,000 in cash and prizes to be won. Five (5) Entries total will be randomly selected across Canada. Online Sweepstakes starts on or about January 9, 2025 and ends January 29, 2025 at midnight. PRIZE DRAWS (From online entries): On or About February 21, 2025 **1 of 5 chances to win across Canada.