



Family Foods

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

2⁹⁹

lb
6.59/kg

Fresh Pork Rib Roast Boneless.



6⁹⁹ Compliments Breaded Chicken or Sprolls

Each
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 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 Yogurt

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

For store hours and locations see back page or visit 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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This symbol ☼ denotes Plus deposit and/or environmental levies where applicable.

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Fresh Produce



249 lb
5.49/kg **Fresh Apples**
Select Varieties.
Product of Canada/U.S.A.



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

A photograph of a whole cantaloupe melon and several slices of it, showing the orange flesh and green rind.

499 Each
Cantaloupe Melons
Product of Guatemala.



2/\$5 **Hass Avocados**
Product of Mexico.



499 Each **Compliments Lemons**
Product of U.S.A. 2 lb/907 g.



279 lb
6.15/kg **Hot House Beefsteak Tomatoes or Broccoli Crowns**
Product of Canada/U.S.A./Mexico.



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



2/\$5 **Long English Cucumbers**
Product of Canada.



499 Each **Romaine Hearts**
Product of U.S.A./Mexico.
Package of 3.



199 Each **Compliments Baby Cut Carrots**
Product of U.S.A. 340 g.



199 lb
4.39/kg **Red or White Onions**
Product of U.S.A.

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.



699 Each **Bothwell Cheese**
Select Varieties. 170 g.

Fresh Meat*



8⁴⁹ lb
18.72/kg
Beef Minute Steak
Tenderized. Cut from the Hip. Cut From Canada AA or Higher. Boneless.



14⁹⁹ lb
33.05/kg
Beef Striploin Roast
Boneless. Cut From Canada AA or Higher.



7⁹⁹ lb
17.61/kg
Beef Eye of Round Marinating Steak
Boneless. Cut From Canada AA or Higher.



6⁹⁹ lb
15.41/kg
Harvest Smoked Ham Hocks



4⁹⁹ lb
11.00/kg
Fresh Pork Back Ribs
Cryovac.



6⁹⁹ lb
15.41/kg
Fresh Split Chicken Wings



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

Packaged Meat



5⁹⁹ Each
Butterball Turkey Bacon
Select Varieties. 300 - 375 g.



2¹⁹ Each
Compliments Wieners
Regular or Jumbo. 450 g.



2/\$7
Schneiders or Greenfield Adult Lunch Kits
Select Varieties. 67 - 81 g.



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



11⁹⁹ Each
Compliments Pulled Pork
Select Varieties. 900 g.



7⁹⁹ Each
Grimm's Bavarian Smokies
Select Varieties. 450 g.



6⁴⁹ Each
Tre Stelle Bocconcini Cheese
Select Varieties. 200 g.



5⁴⁹ Each
Mastro or San Daniele Meats
Select Varieties. Mortadella 175 g. Prosciutto Cotto 125 g. Capocollo 125 g.



1⁸⁹ 100 g
Harvest Meat Loaf
With Macaroni/Cheese, Ham and Cheese or BBQ. Sliced or Shaved.

Chilled & Frozen



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



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



4.49 Simply Juices or Beverages
Select Varieties. 1.54 Litre.



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



3.49 Lucerne Sour Cream
Select Varieties. 500 mL.



5.99 Parkay Margarine
Soft 1.28 kg. Quarters 1.36 kg.



7.99 Kraft Singles Cheese Slices
Select Varieties. 825 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.



4.49 Healthy Choice Steamers or Entrees Or Marie Callender's Bowls
Select Varieties. 255 - 349 g. Frozen.



2/\$7 Compliments Tart or Pie Shells
Select Varieties. Tarts 255 g. Pie Shells 285 - 340 g. Frozen.



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



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 Fruity Tea. 295 mL. Frozen.



3.99 Compliments Whipped Topping
Regular or Light. 225 g.



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

Meat & Seafood



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.



7.99 Marina Del Rey Shrimp
Easy Peel 20/30 Count or Raw Argentine 20/40 Count. 300 g. Frozen.

Grocery



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



2/\$3 Larabar Nutritional Bars
Select Varieties. 45 - 48 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.



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



1⁶⁹ Unico Beans
Select Varieties. 540 mL.



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



1⁷⁹ Compliments Tomatoes
Select Varieties. 796 mL.



2⁹⁹ Compliments Pickle Stackers
500 mL.



2/\$6 Campbell's Ready to Serve or Habitant Soup
Select Varieties. 515 mL.
Habitant 796 mL.



1²⁹ Mr. Noodles Cups
Select Varieties. 64 g.



7⁹⁹ Kraft Cheez Whiz
Regular or Light. 900 g.



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



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



3⁴⁹ Kraft Shake 'n Bake Coating Mix
Select Varieties. 142 - 184 g.



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



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



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



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



3⁹⁹ Compliments Flour
Select Varieties. 2.5 kg.



2⁴⁹ Rogers or Lantic Sugar
Select Varieties. 1 kg.
Excludes Fine Granulated.



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



69¢ Compliments Jelly Powder
Select Varieties. 85 g.



3⁹⁹ Compliments Pie Filling
Select Varieties. 540 mL.

Beverages & Snacks



3⁹⁹ Compliments Spring Water
24 x 500 mL. 🌱



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



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



7⁹⁹ Coca-Cola 12 Pack Soft Drinks
Select Varieties. 12 x 355 mL. 🌱



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



2/\$7 Hawkins Cheezies
210 g.



5⁹⁹ Pringles Snack Stacks
Select Varieties. 228 g.



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



2/\$7⁵⁰ Old Dutch Boxed Potato Chips
Select Varieties. 220 g.



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



2/\$6 Quaker Crispy Minis or Rice Cakes
Select Varieties.
Crispy Minis 90 - 100 g.
Rice Cakes 127 - 199 g.



3⁹⁹ Orville Redenbacher's Popcorn
Select Varieties. 246 g.



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



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



3⁹⁹ Christie Peak Freans or Dad's Cookies
Select Varieties. 275 - 350 g.



2/\$2²⁹ Dentyne Gum
Select Varieties. Each.



3²⁹ Hershey Chocolate
Select Varieties. 87 - 104 g.



4⁴⁹ Protein Candy
Select Varieties. 55 g.



2/\$6⁵⁰ Jolly Rancher Candy or Twizzler Gummies
Select Varieties. 170 - 198 g.



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

Household & Pet



10⁹⁹ Scotties Facial Tissue
2 ply 100 sheet. 9's



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



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



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



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

Bakery



6⁹⁹ Compliments Muffins
Select Varieties. 600 g.



5⁴⁹ Compliments Butter Croissants
270 g.



2⁹⁹ City Bread Rye
Original. 480 g.



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



6⁴⁹ Compliments Dessert Squares
Select Varieties. 400 g.



3⁹⁹ Grizzly's Mini Donuts
Select Varieties. 100 - 110 g.



2⁴⁹ Compliments Pita Bread
Select Varieties. 250 - 425 g.



9⁹⁹ Top Dessert Carrot or Banana Cake
485 g.

Breakfast



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



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



2/\$5 Sun-Rype 100% Pure Apple Juice
Not From Concentrate. 1 Litre. ♻️



4⁹⁹
Nestle Coffee Mate
Select Varieties.
946 mL. ♻️



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



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



3⁹⁹ Quaker Oats
Select Varieties. 709 g. - 1 kg.



6⁹⁹ Adams Peanut Butter
Creamy or Crunchy. 1 kg.



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



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



10⁹⁹ Swiffer Cleaning Products
Select Varieties. 5's - 32's.



2⁹⁹ Purina Beyond Dog Food
Select Varieties. 368 g.



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



1²⁹ Whiskas Perfect Portions Cat Food
Select Varieties. 75 g.

Meal Inspiration & Savings From our Family to Yours



Fresh Meat

2⁹⁹ lb
6.59/kg

**Fresh
Chicken Legs**
Back Attached.



Fresh Produce

4⁴⁹ Each

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



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



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



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



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



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



8⁴⁹ 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.

Open Sundays in select locations only. familyfoods.ca

British Columbia Crossroads Family Foods, Invermere • **Alberta** Hansen's Family Foods, Fort Macleod • Kay's Food Market, Calgary • Lucky Supermarket Family Foods, Calgary • Lucky Supermarket Sunridge, Calgary
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
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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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\$1,000 SHOPPING SPREE + \$10,000
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***WE ARE GIVING AWAY \$50,000 TO LOCAL FOOD BANKS PLUS \$5,000 WORTH OF SHOPPING SPREES**



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



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

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****5 WINNERS TO RECEIVE
\$1,000 SHOPPING SPREE + \$10,000
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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.