



# Family Foods

## RECIPE OF THE WEEK

EASY MEAL IDEAS AT FAMILYFOODS.CA

## Caramelized Leek & Potato Soup with Toasts



### Fresh Produce

**4<sup>99</sup>** Each

## Compliments Oranges

Product of U.S.A.  
3 lb/1.36 kg.



### Fresh Meat

**3<sup>29</sup>** lb  
7.25/kg

## Fresh Pork Rib Roast Boneless.



## 6<sup>99</sup> 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. ☼



## 4<sup>99</sup> Taylor Farms Chopped Salad Kits

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



## 4<sup>94</sup> Dr. Oetker Giuseppe Pizza

Select Varieties. Thin Crust 439 - 540 g. Rising Crust 660 - 785 g. Frozen.



## 5<sup>99</sup> Danone Oikos Greek Yogurt

Select Varieties. 650 - 750 g.



## 2/\$3 Heinz Beans and Pasta

Select Varieties. 398 mL.



## 4<sup>99</sup> 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](http://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.



**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\*



**8<sup>49</sup>** lb  
18.72/kg  
**Beef Minute Steak**  
Tenderized. Cut from the Hip. Cut From Canada AA or Higher. Boneless.



**14<sup>99</sup>** lb  
33.05/kg  
**Beef Striploin Roast**  
Boneless. Cut From Canada AA or Higher.



**7<sup>99</sup>** lb  
17.61/kg  
**Beef Eye of Round Marinating Steak**  
Boneless. Cut From Canada AA or Higher.



**6<sup>99</sup>** lb  
15.41/kg  
**Harvest Smoked Ham Hocks**



**4<sup>99</sup>** lb  
11.00/kg  
**Fresh Pork Back Ribs**  
Cryovac.



**6<sup>99</sup>** lb  
15.41/kg  
**Fresh Split Chicken Wings**



**4<sup>99</sup>** Each  
**Compliments Ground Chicken Breasts**  
Extra Lean. 450 g.

Packaged Meat



**5<sup>99</sup>** Each  
**Butterball Turkey Bacon**  
Select Varieties. 300 - 375 g.



**2<sup>19</sup>** Each  
**Compliments Wieners**  
Regular or Jumbo. 450 g.



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



**6<sup>99</sup>** Each  
**Harvest Wieners**  
Regular or All Beef. 450 g.



**11<sup>99</sup>** Each  
**Compliments Pulled Pork**  
Select Varieties. 900 g.



**7<sup>99</sup>** Each  
**Grimm's Bavarian Smokies**  
Select Varieties. 450 g.



**6<sup>49</sup>** Each  
**Tre Stelle Bocconcini Cheese**  
Select Varieties. 200 g.



**5<sup>49</sup>** Each  
**Mastro or San Daniele Meats**  
Select Varieties. Mortadella 175 g. Prosciutto Cotto 125 g. Capocollo 125 g.



**1<sup>89</sup>** 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



**5<sup>99</sup>** 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.



**3<sup>99</sup>** 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.



**1<sup>69</sup>** Unico Beans  
Select Varieties. 540 mL.



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



**1<sup>79</sup>** Compliments Tomatoes  
Select Varieties. 796 mL.



**2<sup>99</sup>** Compliments Pickle Stackers  
500 mL.



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



**1<sup>29</sup>** Mr. Noodles Cups  
Select Varieties. 64 g.



**7<sup>99</sup>** Kraft Cheez Whiz  
Regular or Light. 900 g.



**3<sup>19</sup>** French's Mustard  
Select Varieties. Yellow 550 mL.  
Specialty 325 mL.



**4<sup>79</sup>** Frank's Red Hot Sauce  
Select Varieties. 354 mL.



**3<sup>49</sup>** Kraft Shake 'n Bake Coating Mix  
Select Varieties. 142 - 184 g.



**1<sup>99</sup>** Cheetos Mac 'N Cheese  
Select Varieties. 164 - 170 g.



**1<sup>99</sup>** Quaker Pasta or Rice A Roni  
Select Varieties. 130 - 227 g.



**1<sup>99</sup>** Betty Crocker Hamburger or Tuna Helper  
Select Varieties. 158 - 240 g.



**2<sup>99</sup>** Betty Crocker Instant Potatoes  
Select Varieties. 141 - 215 g.



**3<sup>99</sup>** Compliments Flour  
Select Varieties. 2.5 kg.



**2<sup>49</sup>** Rogers or Lantic Sugar  
Select Varieties. 1 kg.  
Excludes Fine Granulated.



**4<sup>99</sup>** Compliments Chocolate Chips or Chunks  
Select Varieties. 250 - 300 g.



**69¢** Compliments Jelly Powder  
Select Varieties. 85 g.



**3<sup>99</sup>** Compliments Pie Filling  
Select Varieties. 540 mL.



## Beverages & Snacks



**3<sup>99</sup>** 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. 🌱



**7<sup>99</sup>** 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.



**5<sup>99</sup>** Pringles Snack Stacks  
Select Varieties. 228 g.



**8<sup>99</sup>** Old Dutch Variety Pack Potato Chips  
Select Varieties. 472 - 576 g.



**2/\$7<sup>50</sup>** Old Dutch Boxed Potato Chips  
Select Varieties. 220 g.



**2/\$8<sup>50</sup>** 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.



**3<sup>99</sup>** 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.



**3<sup>99</sup>** Christie Peak Freans or Dad's Cookies  
Select Varieties. 275 - 350 g.



**2/\$2<sup>29</sup>** Dentyne Gum  
Select Varieties. Each.



**3<sup>29</sup>** Hershey Chocolate  
Select Varieties. 87 - 104 g.



**4<sup>49</sup>** Protein Candy  
Select Varieties. 55 g.



**2/\$6<sup>50</sup>** Jolly Rancher Candy or Twizzler Gummies  
Select Varieties. 170 - 198 g.



**3<sup>19</sup>** Hershey Family Bars  
Select Varieties. 90 - 120 g.

## Household & Pet



**10<sup>99</sup>** Scotties Facial Tissue  
2 ply 100 sheet. 9's



**9<sup>99</sup>** Compliments Ultra Paper Towel  
2 Ply. 72 Sheet. 6 Roll.



**4<sup>49</sup>** Dawn Dishwashing Liquid  
Select Varieties.  
532 - 650 mL.



**7<sup>99</sup>** Gain Laundry Detergent Or Downy Fabric Softener.  
Select Varieties. 780 mL - 1.36 Litre.  
Gain Flings 340 g.



**9<sup>99</sup>** Tide Laundry Detergent  
Select Varieties. 1.24 Litre.  
Pods 20's. Bounce or Gain  
Dryer Sheets 120's - 200's.



## Bakery



**6<sup>99</sup>** Compliments Muffins  
Select Varieties. 600 g.



**5<sup>49</sup>** Compliments Butter Croissants  
270 g.



**2<sup>99</sup>** City Bread Rye  
Original. 480 g.



**4<sup>49</sup>**  
**Stuyvers Buns**  
Ciabatta or Portuguese.  
Select Varieties.  
340 - 400 g.



**6<sup>49</sup>** Compliments Dessert Squares  
Select Varieties. 400 g.



**3<sup>99</sup>** Grizzly's Mini Donuts  
Select Varieties. 100 - 110 g.



**2<sup>49</sup>** Compliments Pita Bread  
Select Varieties. 250 - 425 g.



**9<sup>99</sup>** Top Dessert Carrot or Banana Cake  
485 g.

## Breakfast



**22<sup>99</sup>** Tim Hortons Coffee  
Select Varieties. 875 - 930 g.



**9<sup>99</sup>** Starbucks Coffee  
Select Varieties. 311 - 340 g.  
Singles 10's.



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



**4<sup>99</sup>**  
**Nestle Coffee Mate**  
Select Varieties.  
946 mL. ♻️



**5<sup>99</sup>** General Mills Family Size Cereal  
Select Varieties. 475 - 778 g.



**3<sup>79</sup>** Quaker Instant Oatmeal  
Select Varieties. 232 - 344 g.



**3<sup>99</sup>** Quaker Oats  
Select Varieties. 709 g. - 1 kg.



**6<sup>99</sup>** Adams Peanut Butter  
Creamy or Crunchy. 1 kg.



**5<sup>99</sup>** Compliments Creamed or Liquid Honey  
Select Varieties. 500 g.



**6<sup>99</sup>** Lysol Disinfectant Wipes & Spray  
Select Varieties.  
Wipes 75's - 84's. Spray 350 g.



**10<sup>99</sup>** Swiffer Cleaning Products  
Select Varieties. 5's - 32's.



**2<sup>99</sup>** Purina Beyond Dog Food  
Select Varieties. 368 g.



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



**1<sup>29</sup>** Whiskas Perfect Portions Cat Food  
Select Varieties. 75 g.



## Meal Inspiration & Savings From our Family to Yours



# Family Foods

Fresh Meat

**2.99** lb  
6.59/kg

**Fresh Chicken Legs**  
Back Attached.



Fresh Produce

**4.49** Each

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



**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.

Open Sundays in select locations only. [familyfoods.ca](http://familyfoods.ca)

**British Columbia** Huckleberry Mountain Market, Christina Lake • McMynn's Family Foods, Midway • **Alberta** Breton Family Foods, Breton • Castor Family Foods, Castor • Consort Family Foods, Consort • Coronation Family Foods, Coronation • Hanna Family Foods, Hanna • Redcliff Family Foods, Redcliff • Rimbey Family Foods, Rimbey • Siksika Trail Market, Siksika • Trochu Family Foods, Trochu • Village Supermarket, Thorsby • **Saskatchewan** Assiniboia Family Foods, Assiniboia • Carlyle Family Foods, Carlyle • Esterhazy Family Foods, Esterhazy • Leader Family Foods, Leader • Redvers Family Foods, Redvers • Stoughton Meat Market & Family Foods, Stoughton • Wynyard Family Foods, Wynyard • **Manitoba** Calderwood's Country Store, Dominion City and Tolstoi • Campbell's, Lac du Bonnet • Cornerview Family Foods, Snow Lake • Cross Lake Family Foods, Cross Lake • Downtown Family Foods, Winnipeg • Lundar Family Foods, Lundar • MacGregor Family Foods, MacGregor • Midway Foods, Pine Falls • Norway House Family Foods, Norway House • Park's Family Foods, Pilot Mound • Peguis Family Foods, Peguis • Plains Family Foods, Gilbert Plains • Portage La Prairie Supermarket, Portage La Prairie • Ray's Family Foods, Holland • Sam's Foods, Manitou • Spud City Food Mart, Carberry • St. Martin Family Foods, St. Martin • Thompson Family Foods, Thompson • **Ontario** Atikokan Foodland, Atikokan • Cloverleaf Grocery, Emo

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.





**\*\*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!**



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



**www.communitycash.ca**

Enter Online & Select A Participating Store





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**2<sup>99</sup>** **McCain Superfries**  
 Select Varieties. 454 - 800 g. Frozen.



**6<sup>49</sup>** **McCain Pockets**  
 Pizza, Breakfast, Taco or Cheeseburger Pockets. Select Varieties. 540 - 600 g. Frozen.



**6<sup>49</sup>** **McCain Deep 'n Delicious Cake**  
 Select Varieties. 510 g. Mini Cups 340 g. Frozen.



**13<sup>99</sup>** **Folgers Coffee**  
 Select Varieties. 544 - 865 g.



**8<sup>99</sup>** **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)

1<sup>39</sup>



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

5<sup>49</sup>

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.



8<sup>99</sup>

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

MARS WRIGLEY



Mondeleř  
International

Nestle



SMUCKER'S

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

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DONATION TO YOUR LOCAL FOOD BANK**

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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.



**3<sup>49</sup>** Compliments Jasmine Rice  
Or Basmati or Long Grain. Select Varieties.  
700 - 900 g.



**2<sup>99</sup>** Compliments White Vinegar  
4 Litre.



**3<sup>99</sup>** Compliments Sauerkraut  
1 Litre.



**2<sup>99</sup>** Compliments Cooking Spray  
Original or Butter Flavour. 170 g.



**5<sup>49</sup>** 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.