save on foods

# MERRY CHRISTMAS

*Savour & celebrate*

**8.99 lb**

**Sirloin Tip Roast**
Fresh, AAA, 19.82/kg

CANADIAN BEEF

**WE MATCH**
All competitor's prices on turkeys.

**BUY 2 GET 1 free***

*of equal or lesser value

**Western Family Prawns**
or Fish Portions, Selected Varieties, Frozen, 340g or 800g

**2.49 ea**

**Wonder Bread**
Selected Varieties, 570g

ONLY WITH MY OFFERS
**19.99 ea**
First 2
LOAD NOW

**21.99 ea**

**Nabob Roast & Ground Coffee**
(930g) or Compostable Pods (30's), Selected Varieties

**Grade A Turkey**
Frozen, 3 kg to 5 kg, 4.30/kg

More REWARDS
FREE WITH 12,000 POINTS REDEEMED
or
**1.95 lb**

**2.99 ea**

**Breyers Family Classic Frozen Dessert**
Selected Varieties, 1.41 Litres

**2.99 ea**

**Lay's Potato Chips**
Family Size, Selected Varieties, 220g or 235g

UNREAL DEAL

on

**Western Family Pork Back Ribs**
Fully Cooked, Selected Varieties, 610g, First 2

**8.99 ea**

NEW DEAL. BEST PRICE. EVERY WEEK.

MY OFFERS
EXTRA UNREAL DEALS

LOAD DEALS

**4.99 ea** First 2

**5.99 ea**

**Russet Potatoes**
Canada, 15 lb Bag

**CANADIAN** owned and operated for 110 years.

Maple leaf indicates products of Canada and products made in Canada. See actual items for details.
Prices effective Thursday to Wednesday, December 11 to 17, 2025. Offers require use of More Rewards card. Selection & availability may vary by store.

# ENTERTAIN *with Ease*

NEW




## MIX & MATCH BUY 2 GET 1 FREE

western family

**Appetizers**
Selected Varieties, Frozen

*of equal or lesser value






LIMITED TIME ONLY







# CHARCUTERIE *worth gathering for*




**6.49 ea**
**Lesley Stowe Raincoast Crisps**
150g, Also La Panzanella, Selected Varieties




**16.99 ea**
**Bergeron Cracker Cut Cheese Slices**
400g



**4.49 100g**
**Redwood Smoked Cheddar**
Cut & Wrapped in Store, England




**15.49 ea**
**Woolwich Goat Cheese Trio**
339g






**8.49 ea**
**Venetian Meats Cacciatore Sausage**
Mild or Hot, 175g




**2$7 for**
**Western Family Sweet Gherkins**
or Pickles, 375 mL or 500 mL




**6.99 ea**
**Western Family Signature Stuffed Olives**
300 mL or 290 mL



**Classic Baguette**
or Rustic, Baked in Store, 350g

**2.99 ea**




**4.99 ea**
**Western Family Signature Pepper Jelly**
or Antipasto, 300g or 250g




**2.99 ea**
**Christie Ritz Crackers**
180g




**3.49 ea**
**Old Dutch Restaurante Chips**
Selected Varieties, 275g




**2$4 for**
**Clover Leaf Smoked Oysters**
85g




**5.99 ea**
**Blue Diamond Almonds**
170g

# SWEET *and festive notes*



**10.99 ea**
**Variety Cheesecake**
4 Slices, 350g

**18.99 ea**
**Signature Chocolate Hazelnut Cake**
(900g) or Chocolate Raspberry (1 kg)





**2$24 for**
**Western Family Fruit Tray**
(1.3 kg) or Veggie (708g), USA or Mexico




**3.49 ea**
**Western Family Cookies**
Selected Varieties, 300g or 350g




**11.99 ea**
**Western Family European Cookies**
(463g) or Shortbread (500g)
**WHILE QUANTITIES LAST.**




**10.99 ea**
**Guinness 0 Draught Beer**
(4 x 440 mL) or Sapporo Premium Non-Alcoholic Beer (6 x 355 mL)


MY
MERRY
MEGA
DEAL
save on foods
Your Christmas
BONUS POINTS
are waiting for you!
LOAD MY OFFERS

# FRESH PICKS



5.99 ea

**Blueberries**
or Raspberries, Peru, Mexico or California, 1 Pint



## SWEETEN THE SEASON

Blueberry log cakes add to a sweet holiday spread!

ONLY WITH MY OFFERS
1.69 ea
First 8
LOAD NOW

3 for $6
**Avocados**
Mexico





2.49 lb

**Fuyu Persimmons**
Korea

## BOLD BRIGHT BEAUTIFUL




4.99 ea

**Cara Cara Oranges**
California, 2 lb Bag




5.99 ea

**Pineapple**
Peeled & Cored, Costa Rica



## RIPE FROM THE TREE

These mangoes are the perfect balance of sweet, mild, tangy and juicy.

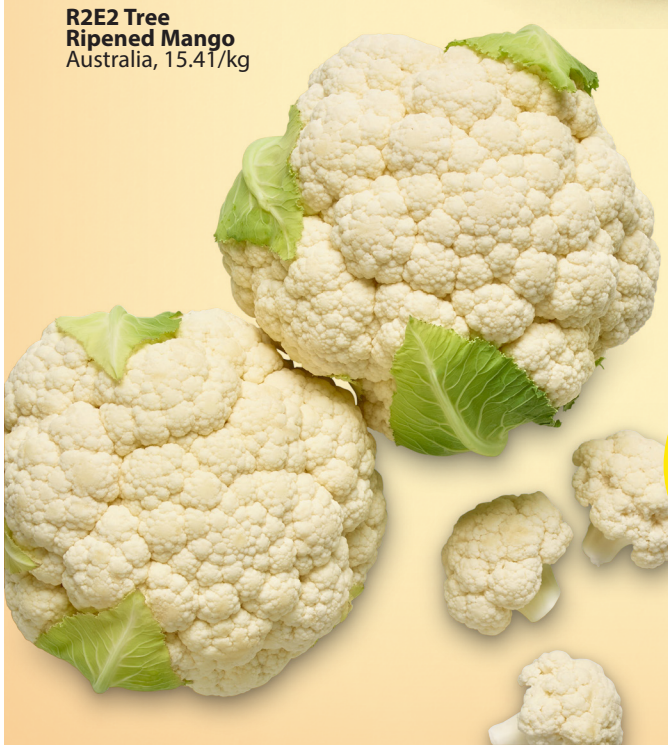
6.99 lb

**R2E2 Tree Ripened Mango**
Australia, 15.41/kg




5.99 ea

**Wonderful Seedless Lemons**
California, 2 lb Bag



*Treat yourself to a cozy, homemade classic.*

4.99 ea

**Cauliflower**
USA



3.49 ea

**Yellow Onions or Carrots**
Canada, USA, 3 lb Bag

# FLORAL



**24.99 ea**

**Gourmet Bouquet**
Fresh, Seasonal

**Santa with Fern**
4 Inch

**10.99 ea**





**Gold Tree Pot with Poinsettia**
4 Inch

**11.99 ea**

# FRESH MEAT



$22 ea




**Maple Leaf Prime Chicken Breast**
Fresh, Boneless, Skinless



More REWARDS
FREE WITH 14,000 POINTS REDEEMED
or
2.99 lb




**Western Family Butt Portion Ham**
Also Sugar Dale, Selected Varieties, 6.59/kg



6.49 lb




**Pork Chops**
Family Pack, Bone In, Regular or Fast-Fry, 14.31/kg

# GOLDEN FESTIVE PERFECT



More REWARDS
FREE WITH 5500 POINTS REDEEMED
or
10.99 ea




**Hot Buffalo Dip**
400g

western family






$15 ea

**Western Family Meal Kit**
660g or 1.43 kg

More REWARDS
FREE WITH 3000 POINTS REDEEMED
or
5.99 ea




**Western Family Simmer Sauce**
Selected Varieties, 400g




SAVE UP TO 40%
on select meat products SHOP NOW

# BOLD FLAVOUR. TENDER TEXTURE.

Save-On-Foods is proud to support Western Canadian ranchers and butchers to bring you 100% Alberta beef.






**Strip Loin Steak**
Fresh, 57.30/kg

# TASTY DEALS




**18.99 ea** **Mitchell's Bacon**
1.5 kg




**10.99 ea** **Janes Breaded Chicken**
Selected Varieties, Frozen, 700g




**2 for $10** **Schneiders Breakfast Sandwiches**
or Egg Bites, Frozen, 232g




**9.99 ea** **Schneiders Ham**
Selected Varieties, 700g




**9.99 ea** **Olivieri Pasta**
Family Pack, Selected Varieties, 540g or 700g




**8.99 ea** **Lou's Kitchen Meat Entrée**
Fully Cooked, Selected Varieties, 375g or 400g

# ALL YOU NEED IS WINGS

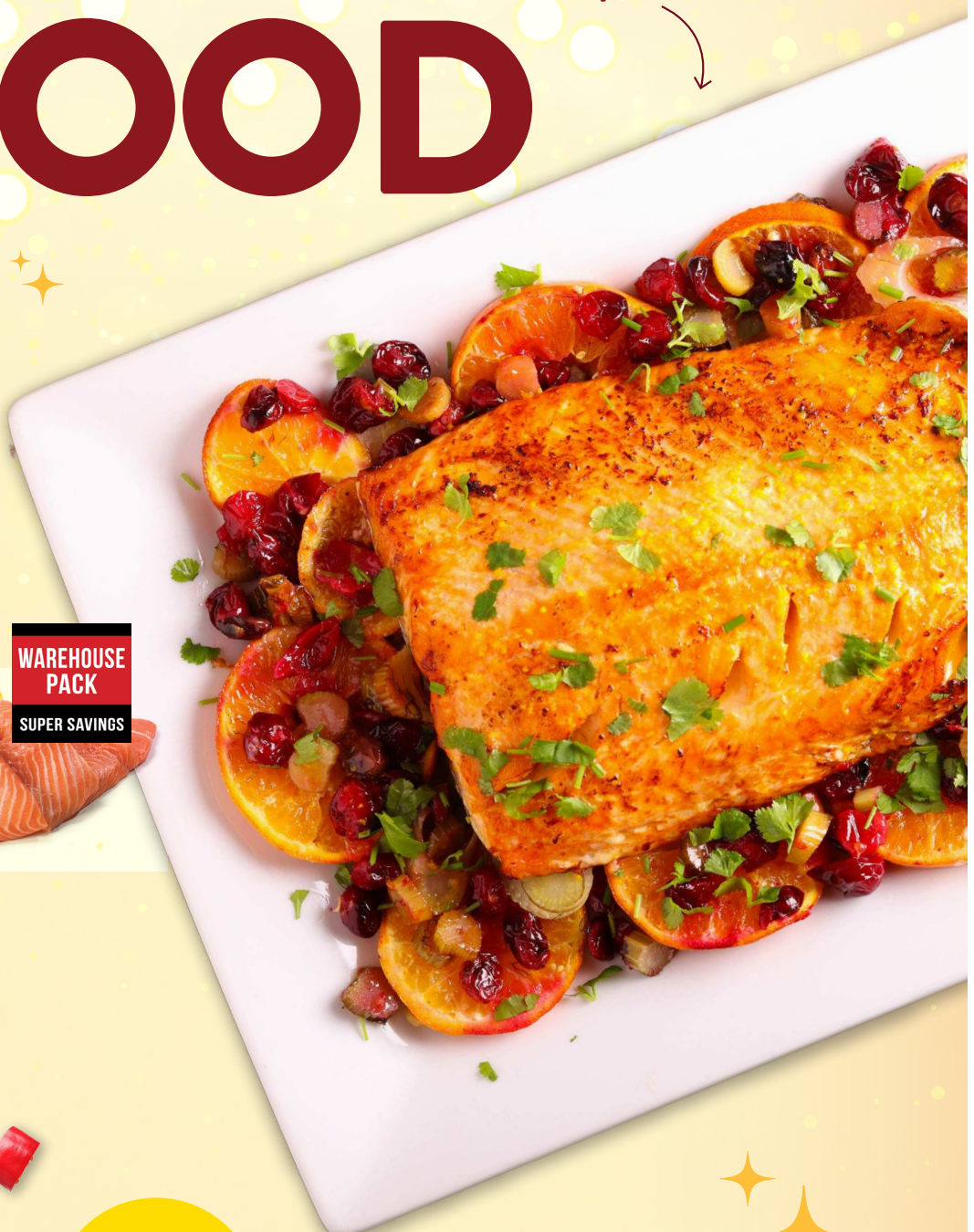





**11.99 ea** **Country Classics Chicken Wings**
Frozen, 1 kg

# FRESH SEAFOOD

*Cranberry-orange magic for the season!*



**3.29** 100g

**Atlantic Salmon**
Warehouse Pack, Fresh






**12.99** ea

**Prawn & Sauce Appetizer**
Large, Prepared in Store, 400g or 410g

**10.99** ea

**Salmon Village Wild Pink Salmon Nuggets**
or Sockeye, Selected Varieties, 150g







**12.99** ea

**Aqua Star Tempura Shrimp**
Frozen, 31 to 40 Count, 500g

TENDER
SAVOURY
DELICIOUS

# FRESHLY BAKED



## COZY CRAVINGS

Soft, buttery layers kissed with cinnamon—the perfect holiday treat!



BAKED FRESH IN STORE

**5.99 ea**

**Cinnamon Buns**
Iced or Uniced, 480g



**Homestyle Sourdough Half Loaf**
Selected Varieties, 475g or 540g

**4.99 ea**



**pack of 4 3.99**

**Ciabatta Buns**
Pack of 4



*Pair with a cup of hot cocoa for the ultimate fireside comfort!*

**pack of 12 4.99**

**Shortbread Cookies**
Traditional or Cranberry & White Chocolate, Pack of 12



ONLY WITH MY OFFERS
**13.99 ea**
First 2
LOAD NOW

**14.99 ea** **Premium Tuxedo Cheesecake**
Selected Varieties, 600g



**3.99 ea**

**Garlic Bread**
Selected Varieties, 630g

## BUTTERY BLISSFUL BRIGHT




**3.99 ea**

**Abigail's Kitchen Stuffing**
Selected Varieties, 300g




EXCLUSIVELY OURS

**3.99 ea**

**Country Harvest Farmhouse Bread**
675g




**3.99 ea**

**Dempster's Protein Bread**
Selected Varieties, 600g




**3.99 ea**

**Casa Mendosa Tortillas**
Selected Varieties, 204g or 640g



**14.99 ea**

**Western Family Signature Iced Fruit Cake**
Light or Dark, 550g
**WHILE QUANTITIES LAST.**



**12.99 ea**

**Western Family Signature Fruit Cake**
Light or Dark, 450g
**WHILE QUANTITIES LAST.**

EXCLUSIVELY OURS




**14.99 ea**

**Gingerbread House Kit**
719g
**WHILE QUANTITIES LAST.**

# PERFECTLY SLICED



10% off

**Charcuterie Snacking Pack**
Selected Varieties



3.29 100g

**Old Fashioned Ham**
Also Selected Varieties



ONLY WITH MY OFFERS
4.99 ea
First 1
LOAD NOW

5.49 ea **Seafood Dip**
320g

*Stack up the joy with savoury cheese and juicy grapes!*




8.49 ea

**Cathedral City Cheddar**
Selected Varieties, 200g



15.49 ea

**Graze Box**
400g

# SHARP NUTTY FESTIVE




6.99 ea

**San Daniele Sliced Prosciutto**
Regular or Smoked, 100g



1.79 100g

**Creamy Spinach Dip**
Packaged in store



2.99 100g

**Organic Mixed Olives**



3.99 100g

**Goat Gouda Cheese**
with Honey or Mild, Cut & Wrapped in Store, Netherlands

## SEASON'S CHEESY DELIGHTS



4.99 100g

**Wensleydale Irish Cheese**
Selected Varieties



6.99 100g

**Applewood Smoked Cheddar Cheese**
England



5.99 100g

**Blue Stilton Cheese**
England

# PERFECT PIES

## *to sweeten the season*

Savour the joy of effortles festive treats with our perfectly baked pies. Bursting with flavour, they're crafted to make your holidays warm and memorable.



BAKED FRESH IN STORE

STRAWBERRY RHUBARB LATTICE PIE



PECAN PIE





BAKED FRESH IN STORE

HARVEST APPLE LATTICE PIE

**Bakery Pie**
Selected Varieties, 9 Inch

**8.49 ea**







9 INCH PUMPKIN PIE



BAKED FRESH IN STORE



HARVEST APPLE CRUMBLE PIE

# SIGNATURE FESTIVE FLAVES

Available for a limited time!

**Pick up your Signature Favourite for the holidays!**



**8.99 ea**
**BC APPLE CRANBERRY PIE**



**29.99 ea**
**WINTER BERRY CHANTILLY CAKE**



**STUFFED CHICKEN CORDONS**

- NEW Buffalo Chicken
- Mediterranean Chicken
- Chicken Cordon Bleu
- Chicken Neptune
- Parmesan

**25% off**



READY IN STORE

**15.49 ea**
**ARTISAN GRAZE BOX**

# TRY OUR EXPERTLY CRAFTED

# SANDWICHES

*Quick bites, big flavour*

Hungry and in a hurry? Try our classic gourmet sandwiches made in-store with delicious fresh quality ingredients. Come and pick up one or two while holiday shopping and enjoy!

## SALAMI & CAPICOLA



## PHILLY CHEESESTEAK



**Only $9.99 ea**

**GOURMET SANDWICHES**
Selected Varieties. Available in selected stores.

## TURKEY CRANBERRY WITH STUFFING



## TURKEY BACON CHEDDAR



save on foods **KITCHEN**

GRAB 'N'GO · MADE FRESH IN STORE · EXCLUSIVELY OURS

# TIRAMISÙ

## Gather, Laugh and Layer

**Sweet, silky, seasonal. Skip the fruitcake and indulge in a treat that feels like pure celebration.**






**10.99 ea**

**Saputo Mascarpone**
Italy, 475g




**3.99 ea**

**Matilde Vicenzi Ladyfingers**
200g




**15.99 ea**

**Yupik Natural Cocoa Powder**
700g




**3.99 ea**

**Rogers Icing Sugar**
1 kg




**4.99 ea**

**Dairyland Whipping Cream**
473 mL




**7.99 ea**

**Nescafé Espresso Concentrate**
Sweet Vanilla or Black, 500 mL


western family
ENJOY THE
holidays
with
OUR FAMILY
SHOP NOW
Peppermint
Cherry
Bubble Gum
200 g
16
western family
licorice allsorts candy
wine gums candy
700 g
Western Family
Candy Canes
(200g) or Candy
Towers (700g)
WHILE QUANTITIES LAST.

# SAVE *for the Season*

## AND WRAP FOR FREE WITH POINTS REDEEMED



More REWARDS
FREE WITH 1450 POINTS REDEEMED
or 2.49 ea

**Luggage Tags**
or Foldover, 12's




More REWARDS
FREE WITH 1750 POINTS REDEEMED
or 2.99 ea

**Christmas Printed Ribbon**




More REWARDS
FREE WITH 2025 POINTS REDEEMED
or 3.49 ea

**Single Wrap**
30 Inch




More REWARDS
FREE WITH 1750 POINTS REDEEMED
or 2.99 ea

**Buffalo Plaid Bows**
3-Pack

# NO FUSS *festive wrapping*




More REWARDS
FREE WITH 1175 POINTS REDEEMED
or 1.99 ea

**Christmas Tin Gift Card Holder**




2.49 ea or
More REWARDS
FREE WITH 1450 POINTS REDEEMED

**Christmas Gift Bags**
Medium



More REWARDS
3.99 ea or
FREE WITH 2325 POINTS REDEEMED

**Christmas Drawstring Gift Bag**



More REWARDS
FREE WITH 2900 POINTS REDEEMED
or 4.99 ea

**Christmas Camper Tin**

More REWARDS
FREE WITH 2900 POINTS REDEEMED
or 4.99 ea

**Christmas Book Shape Tin Box**




# STOCKINGS *made easy*




More REWARDS
FREE WITH 1175 POINTS REDEEMED
or 1.99 ea

**Sticker Seals**




2.99 ea or
More REWARDS
FREE WITH 1750 POINTS REDEEMED

**Christmas Pad & Pen Set**




More REWARDS
FREE WITH 1175 POINTS REDEEMED
or 1.99 ea

**Reusable Stocking Bag**

# SAVE

## for the Season

WITH SOFT GLOW AND FESTIVE SPARKLE




**16.99 ea**

**Christmas Crackers**
White Pointsettia,
8-Pack, 10 Inch



**19.99 ea** or

More REWARDS
FREE WITH 10,000 POINTS REDEEMED

**Wood Snowshoe Decor**
21.5 Inch

## POPPIN' good fun!



**13.99 ea**

**Taupe Snowman**
8.5 Inch



**8.99 ea**

**Metal Tree Candle Holder**
Black, 6 Inch



**6.99 ea**

**LED Taper Candles**
with Timer, 2-Pack,
9 Inch



**11.99 ea**

**Pinecone Metal Candle Holder**
Champagne, 7 Inch




**12.99 ea**

**Christmas Crackers**
Red & Silver,
8-Pack,10 Inch




**16.99 ea**

**Jar Christmas Candle**
Selected Varieties,
540g




**7.99 ea**

**Jar Christmas Candle**
Selected Varieties, 135g




**24.99 ea**

**Jar Christmas Candle**
Selected Varieties,
700g




**2.99 ea**

**Christmas Tealights**
Selected Varieties, 12's

WHILE QUANTITIES LAST. SELECTION MAY VARY BY STORE.

# SIP & SNACK SAVES

western family

## COMPARE & SAVE BIG




**Western Family Sparkling Water**
Selected Varieties, 12 x 355 mL




**6.49 ea**

**Bubly Sparkling Water**
Selected Varieties, 12 x 355 mL




**12.99 ea**

**Pepsi Soft Drinks**
Selected Varieties, 24 x 355 mL




**2 for $8**

**Ocean Spray Cranberry Cocktail**
(1.89 Litres) or Juice Blend (1.77 Litres)

**2 for $7**




**Dole Fruit Cups**
or Fruit in Jels, 4-Pack




**2.99 ea**

**Quaker Crispy Minis**
Selected Varieties, 100g




**6.99 ea**

**Planters Dry Roasted Peanuts**
600g




**5.49 ea**

**Doritos Tortilla Chips**
Selected Varieties, 370g







**General Mills Honey Nut Cheerios**
(725g) or Oatmeal Crisp (570g)

# BREAKFAST SAVES




**13.99 ea**

**BeeMaid Honey**
1 kg




**Buy 2+ 2.99 ea**
OR 3.59 ea

**Western Family Instant Oatmeal**
Selected Varieties, 344g




**5.99 ea**

**Smucker's Jam**
Selected Varieties, 500 mL or 390 mL

# HOLIDAY MAGIC IS MEANT TO BE SHARED

GET YOUR LIMITED-EDITION CANS







Buy 2+

7.49 ea

**Coca-Cola Beverages** or Canada Dry, Selected Varieties, 12 x 355 mL




6.99 ea

**Coca-Cola Beverages** or Canada Dry, 8 x 300 mL Mini Bottles




Buy 2+

4.49 ea

**Canada Dry Soft Drinks** or Coca-Cola, Selected Varieties, 6 x 222 mL Mini Cans

BUY 1 GET 1 free*

*of equal or lesser value

**Coca-Cola Beverages** or Canada Dry, 2 Litres




Buy 2+

2.49 ea

**Coca-Cola Beverages** or Canada Dry, Selected Varieties, 500 mL



# POUR SOME CHEER






**Poppi Soda**
Selected Varieties, 4 x 355 mL




2$ for 6

**Poppi Soda**
Selected Varieties, 355 mL

# FESTIVE SAVINGS




**Stove Top Stuffing Mix**
120g

4 for $5




**Club House Gravy Mix**
Dry, Selected Varieties, 21g or 25g




2 for $4

**Western Family Cranberry Sauce**
or Jelly, 348 mL




1.99 ea

**Western Family Broth**
946 mL




3 for $6

**Betty Crocker Super Moist Cake Mix**
375g or 461g




3.99 ea

**Fleischmann's Corn Starch**
454g




**Robin Hood Flour**
5 kg




6.49 ea

**Club House Pure Vanilla**
46 mL

# WORLDLY DEALS




**Maureen Simons Food Sauce**
Selected Varieties, 350 mL




5.49 ea

**Vij's Masala Spring Roll**
Frozen, 424g




9.99 ea

**Hon's Potstickers**
Selected Varieties, Frozen, 825g




5.29 ea

**Heiwa Sanuki Udon**
Frozen, 1.25 kg

# COZY UP AND SAVE









**Starbucks Premium Coffee** (283g) or Pods (10's), Selected Varieties




**23.99 ea**

**Starbucks Premium Coffee** Roast & Ground, Selected Varieties, 793g




**25.99 ea**

**Starbucks Premium Coffee** Whole Bean (907g) or Pods (24's), Selected Varieties




**12.99 ea**

**Starbucks Nespresso Vertuo Pods** Selected Varieties, 8-Pack




**6.99 ea**

**Starbucks Coffee Creamer** Selected Varieties, 828 mL

# STOCK & SAVE






**Swanson Dinner Entrée**
(1.19 kg), Also P.F. Chang's (624g), Selected Varieties, Frozen




2 for $9

**Orville Microwave Popcorn**
(492g), Also Angie's Boom Chicka Pop (136g), Selected Varieties




2 for $11

**Healthy Choice Simply Steamers Entrée**
(283g) or Marie Callender's Lasagna (333g), Selected Varieties




2 for $6

**Aylmer Tomatoes**
(796 mL), Also Hunt's (680 mL), Selected Varieties




3.99 ea

**P.F. Chang's Sauce**
(350 mL) or VH (355 mL), Selected Varieties

$1 from every McCafé purchase helps support Ronald McDonald House® Canada.




**McCafé Premium Coffee Pods**
Selected Varieties, 30's




**11.99 ea**

**McCafé Premium Roast Coffee Pods**
Selected Varieties, 10's or 12's




Ronald McDonald House® Canada




**30.99 ea**

**McCafé Premium Coffee**
Selected Varieties, 875g or 640g




**14.99 ea**

**McCafé Premium Roast Coffee**
Selected Varieties, 300g or 340g




**39.99 ea**

**McCafé Premium Roast Coffee Pods**
Selected Varieties, 48's

# DAIRY

western family

## COMPARE & SAVE BIG




**Western Family Cream Cheese**
Selected Varieties, 250g

**3.99 ea**




**Philadelphia Cream Cheese**
Selected Varieties, 250g




**11.49 ea**

**Olympic Krema Yogurt**
Selected Varieties, 1.75 kg

**2 for $9**




**International Delight Coffee Whitener**
946 mL




**4.49 ea**

**Kraft Cheese Singles**
Selected Varieties, 410g

**4.49 ea**




**Silk Dairy-Free Beverage**
Selected Varieties, 1.75 Litres or 1.89 Litres

# FROZEN




**Green Giant Vegetables**
Selected Varieties, Frozen, 750g




**Dr. Oetker Ristorante Pizza**
Selected Varieties, Frozen, 320g




**7.99 ea**

**Western Family Potato Gratins**
400g




**3.99 ea**

**Bassili's Best Frozen Entrée**
286g




**2 for $10**

**Smucker's Uncrustables**
Frozen, 232g




**2 for $6**

**Cheemo Perogies**
Selected Varieties, Frozen, 907g

# DRINK UP THE DEALS




**Tropicana Orange Juice** or Grapefruit, Selected Varieties, 1.36 Litres




2$9 for

**Pure Leaf Peach Tea** 1.75 Litres




7$99 ea

**Starbucks Cold Brew Coffee** (1.42 Litres) or Iced Caffè Mocha (1.18 Litres)




2$9 for

**Tropicana Beverage** 1.36 Litres




CANADIANS CRAVE
Armstrong
CHEESE

**Armstrong Shredded Cheese**
(300g) or Slices (240g), Selected Varieties




**5.49 ea**

**Armstrong Cheese Snacks**
283g or 340g




**4.99 ea**

**Armstrong Cheese Combos**
(180g) or Cheese Sticks (210g), Selected Varieties




**8.99 ea**

**Armstrong Cheese**
Selected Varieties, 600g




**5.99 ea**

**Dairyland Protein Milk**
1.89 Litres

# BULK



**1.69 100g**

**Moritz Icy Squares**
Also Wrapped Christmas Balls



**.69 100g**

**Santa Jubes**
Also Selected Varieties



**1.09 100g**

**Cranberries Sliced & Dried**

**1.99 100g**

**Walnuts**
Selected Varieties

**1.19 100g**

**Foleys Melting Wafers**
Selected Varieties




**15.99 ea**

**Value Pack Whole Natural Almonds**
Also Selected Varieties, 800g




**12.99 ea**

**Western Family Roasted Deluxe Mix**
or Roasted Cashews,
Selected Varieties, 500g




**13.99 ea**

**Natur Source Nut Mix**
Selected Varieties, 500g

# NATURAL




8.99 ea

**Daiya Pizza**
Selected Varieties, Frozen, 472g or 550g




11.99 ea

**Billio Frozen Dessert**
1 Litre




8.49 ea

**Terra Breads Granola**
Selected Varieties, 340g




2 for $8

**Kettle Brand Potato Chips**
Selected Varieties, 198g




2 for $10

**Earth's Own Barista**
Oat or Almond, 946 mL




6.99 ea

**Eve's Gluten Free Crackers**
Selected Varieties, 108g

4.49 ea




**Pacific Foods Organic Soup**
(440 mL) or Chili (468 mL)




2 for $9

**Que Pasa Rolled Flavoured Chips**
184g




5.99 ea

**Riviera Coconut Yogurt Alternative**
or Oat, 650g or 500g




2 for $9

**Ceres 100% Juice Blend**
1 Litre




4.99 ea

**Daiya Plant-Based Cheese**
Selected Varieties, 200g or 220g




8.99 ea

**Peace River Hot Honey**
375g




4.99 ea

**Only Goodness Bone Broth**
946 mL




11.99 ea

**Only Goodness Organic Coffee Pods**
Fair Trade, 12's




9.49 ea

**Only Goodness Lactose-Free Cheese**
Selected Varieties, 400g




3.99 ea

**Only Goodness Organic Vegetables**
Frozen, 500g



More REWARDS

EARN 1000 POINTS

when you spend $20 on RXBar and Kashi Bars

Limit 1 promotional offer.

# CRUNCHY DEALS

2 for $5

**RXBar Energy Bar**
Selected Varieties, 55g




3.49 ea

**Kashi Granola Bars**
Selected Varieties, 175g or 200g




2 for $5

**RXBar Protein Bar**
Selected Varieties, 52g




11.99 ea

**RXBar Chocolate Sea Salt Bars**
5 x 52g



# HEALTH & WELLNESS




**13.99 ea** **Ensure Nutritional Supplement Drinks** (6 x 235 mL), Also Glucerna (6 x 237 mL), Selected Varieties




**25% off** **One-A-Day Vitamins** (130's), Also Flintstones (80's), Selected Varieties




**20% off** **PVL Supplements** Selected Varieties, 225g or 300g




**13.99 ea** **Aleve Pain Relief** Selected Varieties, 60's or 100's

**Buckley's Complete Liquid Gels** Selected Varieties, 24's




**11.99 ea**




**9.99 ea** **Tylenol Children's Cold Liquid** (100 mL), Also Zarbee's (118 mL), Selected Varieties




**20% off** **Tena Pads** (28's) Also Underwear (10's), Selected Varieties




**2 for $8** **Crest Toothpaste** Also Oral B Toothbrush, Selected Varieties




**20% off** **Oral Care Power Toothbrush** Also Crest WhiteStrips, Selected Varieties

## We Prescribe: Digestive Health

Dealing with digestive discomfort? Our pharmacist can assess and prescribed medications to ease symptoms of heart burn or indigestion right here at our pharmacy.

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# BABY CORNER




**28.99 ea** **Pampers Super Pack Diapers** Selected Varieties




**28.99 ea** **Pampers Easy Ups Training Underwear** Also Ninjamas, Selected Varieties




**19.99 ea** **Pampers Wipes** Selected Varieties, 336's or 504's




**1.99 ea** **Baby Gourmet Organic Baby Food Purée** Selected Varieties, 128 mL Pouch




**2 for $7** **Gerber Graduates Lil Puffs** Also Lil Crunchies, Selected Varieties, 42g




**8.99 ea** **Sudocream Pure Water Baby Wipes** 180's

# PERSONAL CARE




**5.99 ea** **L'Oréal Hair Care** (375 mL), Also Whole Blends (370 mL), Selected Varieties




**7.99 ea** **Tresemmé Hair Care** (828 mL), Also Dove Deodorant (74g), Selected Varieties




**Dial Liquid Hand Soap Refill** (1.53 Litres), Also Hask Hair Care (122g), Selected Varieties

**6.99 ea**




**Dove Men's Body Wash** (532 mL), Also Glysomed Cream (200 mL), Selected Varieties

**8.99 ea**




**Nivea Face Care** Selected Varieties

**20% off**




**12.99 ea** **L'Oréal Excellence Hair Colour** Also Selected Varieties

# HOUSEHOLD DEALS




14.99 ea

**Charmin Bathroom Tissue**
Also Cottonelle, 12=48 Rolls

22.99 ea




**Bounty Paper Towels**
8=24 Rolls




19.99 ea

**Tide Liquid Laundry Detergent**
3.9 Litres




11.29 ea

**Bounce Dryer Sheets**
200's




15.49 ea

**Finish Quantum Dishwasher Tabs**
Selected Varieties, 40's




12.99 ea

**Glad Garbage Bags**
40's or 100's

2$ for 5




**Palmolive Dish Soap Ultra**
(591 mL) or Regular (828 mL), Selected Varieties

2$ for 13




**Lysol Disinfecting Wipes**
Selected Varieties, 75's




3$ for 9

**Temptations Cat Treats**
Selected Varieties, 180g or 160g




More REWARDS FREE WITH 5000 POINTS REDEEMED or 7.99 ea

**Alcan Aluminum Foil**
Selected Varieties




30% off

**Energizer Batteries**
Selected Varieties




15% off

**Royal Chinet Compostable Dishware**
Selected Varieties




More REWARDS FREE WITH 7000 POINTS REDEEMED or 10.99 ea

**Swiffer Mopping Refills**
or Duster, Selected Varieties




More REWARDS FREE WITH 8000 POINTS REDEEMED or 12.99 ea

**Ziploc Freezer Bags**
(75's) or Sandwich (270's), Selected Varieties




15% off

**Air Wick Air Care Products**
Selected Varieties




15% off

**Duraflame Fire Logs**
Selected Varieties, 6 x 6 lbs

$6 off when you buy 3 Greeting Cards




# NOVEL SAVINGS




30% off

**Pocketbooks**

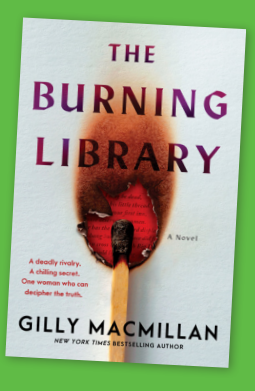
25% off




**Fallen Stars**
Regular Retail 27.95 ea




**Honeymoon Phase**
Regular Retail 23.99 ea




**The Burning Library**
Regular Retail 25.99 ea

# SANTA PAWS' FAVES



**10 for $8**

**Purina Friskies Cat Food**
Wet, Selected Varieties, 156g



**21.99 ea**

**Purina Tidy Cats Clumping Cat Litter**
(5.44 kg) or One Dry Cat Food (3 kg), Selected Varieties



**11.99 ea**

**Purina One Dry Dog Food**
Selected Varieties, 1.81 kg



**2 for $5**

**Purina One Wet Dog Food**
Also Beyond, Selected Varieties, 368g



**9.99 ea**

**Purina Beggin' Strips**
(708g) or Dentalife (587g), Selected Varieties

# CHRISTMAS SHOPPING MADE EASY

Save big when you use your More REWARDS points

**$50 Free* with 35,000 points**

**$100 Free* with 70,000 points**

*This offer excludes variable denomination gift card products, as well as Visa and MasterCard branded The Perfect Gift prepaid card products.




**Amazon $50 Gift Card**



**Apple $100 Gift Card**




**Save-On-Foods $100 Gift Card**




**The Keg $50 Gift Card**




**Petro Canada $50 Gift Card**

western family™

# EARN MORE POINTS

More REWARDS

Find great prices and EARN more points on Western Family products.




More REWARDS EARN 550 POINTS

**Western Family Hot Chocolate**
500g




BUY 2 More REWARDS EARN 500 POINTS

**Western Family Sweetened Condensed Milk**
300 mL




BUY 2 More REWARDS EARN 650 POINTS

**Western Family Apple Sauce**
Unsweetened, 620 mL




More REWARDS EARN 350 POINTS

**Western Family Signature Fire Roasted Salsa**
398 mL




BUY 2 More REWARDS EARN 500 POINTS

**Western Family Granola**
Selected Varieties, 630g




More REWARDS EARN 1500 POINTS

**Western Family Olive Oil**
1 Litre

# GET MORE FREE

Redeem points to get your favourite products for FREE.




More REWARDS FREE WITH 1500 POINTS REDEEMED

**Western Family Pole Caught Light Tuna**
Selected Varieties, 100g or 140g




More REWARDS FREE WITH 3750 POINTS REDEEMED

**Western Family Flour**
Selected Varieties, 2.5 kg




More REWARDS FREE WITH 2600 POINTS REDEEMED

**Western Family Tea**
Selected Varieties, 20's




More REWARDS FREE WITH 3800 POINTS REDEEMED

**Western Family Butter**
Salted, 454g




More REWARDS FREE WITH 5700 POINTS REDEEMED

**Western Family Granola Bars**
Selected Varieties, 18's or 24's




More REWARDS FREE WITH 3200 POINTS REDEEMED

**Western Family Cooking Spray**
141g or 170g

SAVE ▸ EARN ▸ FREE ▸ REPEAT

# HEALTHY KIDS MAKE HAPPY COMMUNITIES



## Together we've raised almost $50 million for Children's Hospitals across Western Canada

Alberta Children's Hospital Foundation

Stollery Children's Hospital Foundation

Save-On-Foods stores in Alberta support Alberta Children's Hospital and Stollery Children's Hospital Foundation through a variety of in-store fundraisers and local initiatives that helped provide many specialized pieces of medical equipment.

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