save on foods

SAVOUR the Season

UNREAL DEAL on

ONLY WITH MY OFFERS
5.99 lb
First 1
LOAD NOW

6.99 lb **Lean Ground Beef**
Fresh, 3 lb Tube, 15.41/kg

Banana Cream Pie
Selected Varieties, 650g
9.99 ea

NEW DEAL. BEST PRICE. EVERY WEEK.

MY OFFERS
EXTRA UNREAL DEALS
LOAD DEALS

6.99 lb

Chicken Breast
Fresh, Boneless, Skinless, Warehouse Pack, 15.41/kg

WAREHOUSE PACK
SUPER SAVINGS

2.99 100g **Atlantic Salmon**
Warehouse Pack, Fresh

MIX & MATCH
2 for $24

Fruit Tray
(1.3 kg) or Veggie (708g)

24.99 ea

Whole Wheel Camembert
1 kg
WHILE QUANTTITIES LAST.

2.49 lb **Broccoli Crowns**
USA or Mexico, 5.49/kg



7.99 ea First 4 | 8.99 ea
Purex Bathroom Tissue
15=30 Rolls

40% off
Jamieson Vitamins
Selected Varieties

3.99 ea
Miss Vickie's Potato Chips
Kettle Cooked, Selected Varieties, 200g

9.99 ea
Cracker Barrel Cheese
Selected Varieties, 740g

24.99 ea
Christmas Tag Planter
7 Inch

CANADIAN owned and operated for 110 years.


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

FRESH PICKS

MIX & MATCH
3 for $12

Raspberries or Blackberries
Mexico or California, 170g

BERRY & BRIGHT
Dazzle your cakes with sweet berries for a touch of fresh!



5.99 ea

Halos Mandarins
California, 2 lb Bag

Tart the holidays right!



5.99 ea

Grape Tomatoes
Mexico, 454g



4.99 ea

Tri Colour Peppers
Mexico, 3-Pack



1.99 lb

Ambrosia Apples
or Granny Smith, BC or USA, 4.39/kg



ONLY WITH MY OFFERS
9.99 ea
First 1
LOAD NOW

10.99 ea

Pom Wonderful Pomegranate Fresh Arils
California, Twin Pack, 2 x 8 oz

NATURAL FRESH CRISP



2 for $11

Taylor Farms Chopped Salad Kit
California, Selected Varieties, 333g



1.69 lb

Assorted Squash
Canada, 3.73/kg



1.99 lb

Red Onions
USA, 4.39/kg

SWEET MEETS HEAT



4.79 ea

Shishito Peppers Kit
Mexico or USA, 8.3 oz or 8.5 oz Bag

Meet the shishito pepper—mostly mild, sometimes spicy, always delicious. Originating from Japan, they're perfect for quick appetizers. Just toss in olive oil, blister in a hot pan, and finish with a dash of lemon and salt.

FLORAL



10.99 ea

Poinsettia
Assorted Colours,
6 Inch

Seasonal Plants in Gold Embossed Planter

22.99 ea



13.99 ea

Kalanchoe in Reindeer Hot Chocolate Mug



PERFECT HOLIDAY GIFT DUO



5.99 ea

Western Family Hot Chocolate
500g

SAVE

for the Season

AND DECK THE HALLS
WITH HOLIDAY MAGIC



More REWARDS
FREE
WITH 32,500
POINTS REDEEMED
or
64.99 ea

Noble Fir Tree
5 feet to 6 feet



34.99 ea

Christmas Wreath
24 Inch

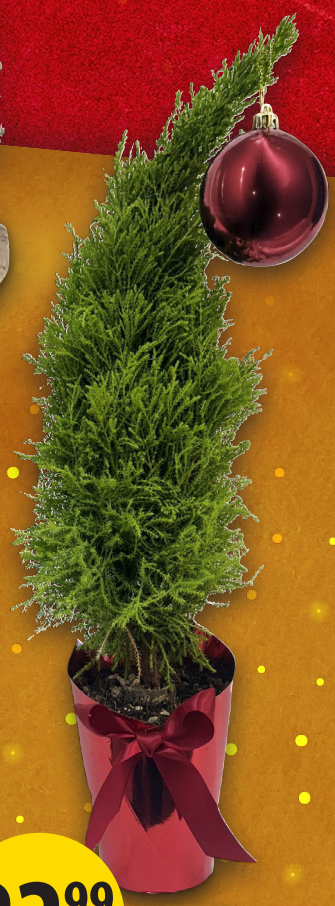
29.99 ea

TriColour Poinsettia
10 Inch



6.99 ea

Santa Gnome with Tropicals
2 Inch



22.99 ea

Twisted Tree
4.5 Inch



32.99 ea

Silver Snowflake Planter

FRESH MEAT



PROUDLY SERVING ALBERTA BEEF

11.99 lb

Inside Round Roast
Fresh, AAA, 26.43/kg

JUICY FESTIVE PERFECT

No basting, no fuss—just buttery perfection!



More REWARDS
FREE WITH 21,000 POINTS REDEEMED
or
2.49 lb

Western Family Buttered Young Turkey
Frozen, 5 kg to 7 kg, 5.49/kg

POTATO CHIP CHICKEN DRUMSTICKS

GET RECIPE



3.99 lb

Chicken Drumsticks
Fresh, Warehouse Pack, 8.80/kg



VALUE PACK

6.99 lb

Pork Loin Chops
Boneless, Centre Cut, 15.41/kg



NEW SIGNATURE STUFFED CORDONS

25% OFF

6 FLAVOURS TO CHOOSE FROM
Hot Buffalo Chicken Cordon
Chicken Parmesan Cutlet
Mediterranean Chicken Cordon
Chicken Parmesan Cordon
Chicken Neptune Cordon
Chicken Cordon Bleu



PLENTY for $20
Pick any 4 participating meat products for only $20!

SAVE UP TO 40%
on select meat products
SHOP NOW

EXTRA REWARDS

Save your More Rewards points to make a memorable holiday meal for less.



WE MATCH
All competitor's prices on turkeys.

More REWARDS
FREE
WITH POINTS REDEEMED



Turkey
Grade A, Frozen, 5 kg to 7 kg

Western Family Butt Portion Ham
or Shank

TASTY DEALS



5.99 ea

Western Family Bacon
Selected Varieties, 375g



BUY 2 GET 1 free*

Johnsonville Sausages
Selected Varieties, 375g or 500g

*of equal or lesser value



19.99 ea

Giovanni Rana Meat Pasta
Select Varieties, 1.1kg



BUY 1 GET 1 free*

Maple Lodge Ultimate Sausages
Select Varieties, 375 g or 500g

*of equal or lesser value



7.99 ea

High Liner Breaded Fish Fillets
Also Fish Sticks, Selected Varieties, Frozen, 550g or 700g



10.99 ea

Western Family Ham
Selected Varieties, 650g

SAY-WINGS!



ONLY WITH MY OFFERS

12.99 ea

First 2

LOAD NOW







Pinty's Chicken
Selected Varieties, Frozen, 700g or 790g

13.99 ea

GET FESTIVE

one Appie at a time

NEW









MIX & MATCH

BUY 2 GET 1 FREE*

western family

Appetizers

Selected Varieties, Frozen

*of equal or lesser value

LIMITED TIME ONLY









FRESH SEAFOOD

Fresh, flavourful and guilt-free!



2.99 100g

Ahi Tuna Steak
Previously Frozen





11.99 ea

Salmon Village Flavoured Sockeye Salmon Lox
Everything Bagel or Lemon Pepper, 125g

Perfect for holiday canapés!





9.99 ea



Western Family Black Tiger Prawns
Easy Peel or Peeled & Deveined, Frozen, 340g

18.99 ea

Western Family Black Tiger Prawn Ring
with Sauce, Frozen, 454g

TENDER SUCCULENT SPECIAL

FRESHLY BAKED



3.49 ea

BAKED FRESH IN STORE

Sourdough Bread
or Nottingham, 567g



pack of 4 4.99

Gourmet Muffins
Selected Varieties, Pack of 4



pack of 6 3.49

BAKED FRESH IN STORE

Portuguese Buns
or Panini, Pack of 6



MADE WITH REAL Cream

pack of 2 6.99

Dessert Croissants
Selected Varieties, Pack of 2





pack of 6 4.99

Croissants
Pack of 6

BAKED FRESH IN STORE

8.99 ea

Shortbread Cookies
Selected Varieties, 350g

MADE WITH BUTTER

FLAKY BUTTERY DELIGHTFUL



3.99 ea

D'Italiano Bread
Selected Varieties, 675g

ONLY WITH MY OFFERS
2.99 ea
First 2
LOAD NOW



pack of 6 3.49

Western Family Bagels
Selected Varieties, Pack of 6



13.99 ea

Wendel's Gluten Free Carrot Cake
540g



2 for $6

Western Family Garlic Baguette
325g



7.49 ea

Little Northern Bakehouse Products
Gluten Free, Selected Varieties

SIGNATURE FESTIVE FLAVES

Pick up this limited time flave before it's gone!



WINTER BERRY CHANTILLY CAKE

29.99 ea

Winter Berry Chantilly Cake
1 kg

TRY IT TODAY!

PERFECTLY SLICED



4.89 100g

Top Round Beef
Roasted in Store



3.49 100g

Rosemary Ham
or Tuscany, Fresh
Sliced in Store



10.99 ea

Schneiders Pepperettes
Selected Varieties, 375g

Go bold — old cheddar melts like a dream!



3.49 100g

Bothwell Old Cheddar Cheese
or Extra Old, Coloured or White



ONLY WITH MY OFFERS
13.99 ea
First 1
LOAD NOW

14.49 ea

Venetian Meats Siciliana Salami
or Abruzzo, 300g



6.99 ea

Danablu Danish Blue Cheese
160g

SAVOURY BUTTERY SMOOTH



4.79 ea

Asiago Cheese & Artichoke Dip
Also Roasted Red Pepper or Baba Ghanouj, 227g



5.99 100g

Parmigiano Reggiano Cheese
Aged 24 Months,
Cut & Wrapped in Store



3.49 100g

Smoked Gruyere Cheese
Austria, Cut & Wrapped in Store



LILYDALE — EST.1943 —

Canadian farm raised

A PROUDLY CANADIAN COMPANY



3.69 100g

Cooked Turkey Breast
or Smoked



3.69 100g

Oven Roasted Turkey Breast



11.99 ea

Chicken Breast Strips
300g

MAKE HOLIDAY ENTERTAINING EASY

MASTRO





6.99 ea

Mastro Charcuterie Dry Cured Trio Pack
100g



6.99 ea

Mastro Charcuterie Cooked Trio
175g



10% off

Mastro Italian Meat
Fresh Sliced in Store

BALDERSON
PROUDLY CANADIAN · WORLD RENOWNED
1881
FIÈREMENT CANADIEN · DE RENOMMÉE MONDIALE





13.49 ea

Balderson 2 Year Cheddar Cheese
280g



13.49 ea

Balderson Truffle Cheddar
or Double Smoked, 250g



12.49 ea

Balderson Cheddar Cheese
Old or Extra Old, 250g or 280g

Freybe
EST. 1844



13.99 ea

Freybe Pepperoni
500g





7.49 ea

Freybe A Taste of Europe Charcuterie Salami
Selected Varieties, 100g



7.49 ea

Freybe Sliced Salami
Selected Varieties, 125g



10% off

All Cut & Wrapped Gouda Cheese

save on foods KITCHEN

now available

the wait is over

Discover bold, made fresh, ready-to-eat meals in our **NEW** hot case.



poutine

A choice of wedges, tater tots or waffle fries topped with rich gravy and fresh cheese curds. A Canadian classic!



taquitos

Crispy tortillas filled with a mix of tender pulled chicken, corn, beans, bell peppers and jalapeño cheddar cheese.



pizza slices

Hot slices of cheesy, delicious pizza, baked fresh daily. Available in four tasty varieties—beef taco, pepperoni, meat lovers or cheese.



pizza pretzels

Artisan pretzels coated in pizza sauce, mozzarella cheese and pepperoni.



quesadillas

Warm flour tortillas filled with a savoury mixture of tender pulled chicken, beans, corn, bell peppers and melty cheese.

$6 daily deals MADE FRESH

Stop by the hot case every Monday to Friday for a hot and tasty deal!

MONDAY — 2 Pizza Pretzels

TUESDAY — 5 Chicken Taquitos

WEDNESDAY — 2 Pizza Slices

THURSDAY — 5 Chicken Quesadilla Slices

FRIDAY — 5 Chicken Tenders

Selection may vary by store.

SIP, SNACK & SAVE

western family

COMPARE & SAVE BIG





Western Family Pure Apple Juice
1 Litre

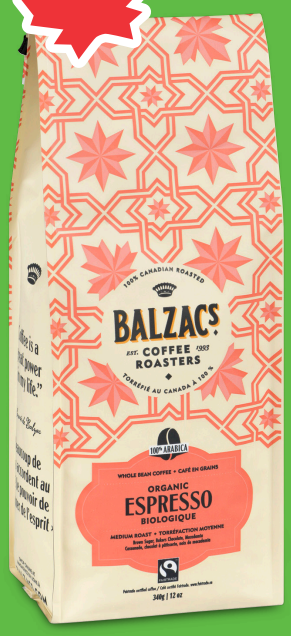
3 for $8

SunRype 100% Pure Apple Juice
1 Litre



11.49 ea

Coca-Cola Soft Drinks
or Canada Dry, Selected Varieties, 20 x 355 mL



13.99 ea

new **Balzac's Fair Trade Whole Bean Coffee**
(340g) or Compostable Pods (18's)



2 for $6

Dare Crackers
Selected Varieties, 200g





20% off

Western Family Nuts
Selected Varieties, 300g or 600g



10.99 ea

GoGo Squeez Fruit Sauce
12 x 90g

Leclerc Cēlēbration Cookies
Selected Varieties, 240g

MORNING SAVES



Quaker Instant Oatmeal
Selected Varieties, 344g



3.69 ea

Nature Valley Trail Mix Granola Bars
(175g) or Mott's Fruitsations Fruit Snacks (226g), Selected Varieties



2 for $9

Pearl Milling Company Syrup
(710 mL) or Pancake Mix (905g), Selected Varieties



2 for $9

E.D. Smith Triple Fruits Jam
500 mL

A BOWL FULL OF JOY





Kellogg's Vector Cereal
(850g) or Raisin Bran (1.01 kg), Selected Varieties

5.99 ea



Kellogg's Corn Flakes Cereal
(600g) or Rice Krispies (560g), Selected Varieties

5.99 ea



Kellogg's All Bran Buds
(500g) or Mini-Wheats (650g), Selected Varieties

4.99 ea



Kellogg's All Bran Cereal
(525g) or Special K Vanilla (355g), Selected Varieties

4.99 ea



Kellogg's Squishmallows Cereal
(269g) or Froot Loops Marshmallows (315g), Selected Varieties

DINNER DEALS

western family

COMPARE & SAVE BIG



3.99 ea

Western Family Pickles
1 Litre



5.49 ea

Bick's Pickles
1 Litre



3 for $10

Ben's Original Bistro Express Rice
Selected Varieties, 250g



3 for $7

Campbell's Broth
(900 mL) or Concentrated Broth (250 mL), Selected Varieties

PANTRY PICKS



2.89 ea

McCormick Dry Cooking Sauce
or Mix, Selected Varieties



2 for $5

Western Family Pasta
900g



2 for $7

Catelli Pasta
Selected Varieties, 900g or 340g



1.79 ea

Dr. Oetker Shirriff Pie Filling
(164g) or Dessert Mousse (87g), Selected Varieties

5.99 ea

M.Y. San Skyflakes Crackers
800g





4.99 ea

Golden Angel Sriracha Sauce
or Sriracha Mayo, 740 mL



3.99 ea

Herdez Salsa
Selected Varieties, 453g



2 for $7

Old El Paso Refried Beans
398 mL





Proudly prepared in CANADA



9.99 ea

Nabob Ground Coffee (340g), Also Kraft Singles (825g), Selected Varieties



17.99 ea

Maxwell House Coffee Selected Varieties, 900g or 864g



5.29 ea

Crave Entrée (300g), Also Kraft Dinner (340g), Selected Varieties, Frozen

Proudly prepared in CANADA



3.99 ea

Kraft Cool Whip Topping (1 Litre) or Philadelphia Cream Cheese (250g), Selected Varieties



3 for $9

Classico Pasta Sauce (600 mL), Also Kraft Salad Dressing (425 mL), Selected Varieties





19.99 ea

Corona Cero 0% Beer
Alcohol-Free, Bottles (12 x 330 mL) or Cans (12 x 355 mL)



8.99 ea

Atypique Non-Alcoholic Beverages
Selected Varieties, 4 x 355 mL



11.99 ea

Corona Cero Non-Alcoholic Beer
6 x 330 mL



9.99 ea

Stanley Park Non-Alcoholic Beer
Selected Varieties, 4 x 355 mL



3.69 ea

Mott's Clamato or Nestea, Selected Varieties, 1.89 Litres

SAVE for the Season

WITH EXTRA DELICIOUS HOLIDAY RECIPES

KRAFT

DOUBLE FANTASY FUDGE BAR

GET RECIPE



2.49 ea



Carnation Evaporated Milk
354 mL

4.99 ea



Crosby's Marshmallow Fluff
(454g) or Molasses (675g), Selected Varieties

5.99 ea

Kraft Peanut Butter
1 kg



5.99 ea

Baker's Baking Chocolate
170g or 225g

4.29 ea



Eagle Brand Condensed Milk
Sweetened, 300 mL

3.99 ea



Club House Baking Extract
43 mL

2.99 ea



Planters Cocktail Peanuts
Salted, 300g

SMUCKER'S

SAUSAGE STUFFING MUFFINS

GET RECIPE



BUY 2 GET 1 free*

*of equal or lesser value



McCormick Gourmet Spices
Selected Varieties

1.89 ea



Western Family Broth
946 mL

9.29 ea



Rabbit River Farms Free Run White Eggs
18's

4.99 ea



Western Family Dried Fruit
Selected Varieties

3.99 lb



Honeycrisp Apples
BC, 8.80/kg

15% off



Chicago Metallic Metal Bakeware
Selected Varieties

7.99 ea



Lactantia Butter Sticks
454g



BUY 1 GET 1 free*

*of equal or lesser value

Crisco Shortening
454g

2 for $7



Rogers Icing Sugar
1 kg

3.99 ea



Western Family Pie Shells
Frozen, 350g or 380g

E.D.SMITH

FRUIT PIE COOKIES

GET RECIPE



2 for $11

E.D. Smith Pie Filling
(540 mL) or Pure Pumpkin (796 mL), Selected Varieties

4.49 ea



Western Family Ice Cream
Selected Varieties, 1.65 Litres

9.49 ea



Rogers All Purpose Flour
5 kg



MORE REWARDS FREE WITH 5700 POINTS REDEEMED or 9.99 ea

Western Family Parchment Paper
131 feet

McCORMICK

ROASTED BRUSSELS SPROUTS WITH BACON & BALSAMIC DRIZZLE

GET RECIPE



2.99 ea



French's Dijon Mustard
325 mL

3.99 lb



Brussels Sprouts
USA or Mexico, 8.80/kg

BUY 1 GET 1 free*

*of equal or lesser value

Crisco Oil
1.18 Litres



4.99 ea



Western Family Feta Cheese
200g

7.49 ea



Nonna Pia's Balsamic Glaze
250 mL

14.99 ea



Hormel Real Bacon
Crumbled, 300g

2.99 ea



Dole Pineapple
398 mL

SAVE *for the Season*

AND ENJOY ONE SWEET BITE AT A TIME!



9.99 ea

Lindt Teddy
5-Pack, 30g



5.99 ea

Cadbury Christmas Mini Eggs
190g or 200g

EXCELLENT FOR STOCKING STUFFERS



4.99 ea

Hershey's Chocolate Treats
Selected Varieties,
150g or 290g



7.99 ea

Hershey's Reese's Peanut Butter Trees
204g



5.49 ea

M&M's Christmas Red and Green
Also Mint, 165g

SWEETS *to cheer for!*



10.99 ea

Toblerone Chocolate
Selected Varieties,
360g



7.99 ea

Hershey's Miniatures
400g



7.99 ea

Nestlé Turtles Chocolates
150g



16.99 ea

KitKat Santa Cabin Kit
389g





5.99 ea

Werther's Salted Caramel Popcorn (260g), Also Walker's Seasonal Cookies (175g), Selected Varieties

TREATS *to share!*



5.99 ea

Berggold Brandy Beans
Also Eggnog,
125g



12.99 ea

Anthon Berg Baileys in Marzipan
175g



15.99 ea

Guylian Seahorses
154g



15.99 ea

Cadbury Celebration Tin
353g



17.99 ea

After Eight London Skyline Tin
400g

WHILE QUANTITIES LAST. SELECTION MAY VARY BY STORE.



MMM, I LOVE CHOCOLATE

Nestlé Turtles
350g

13.99 ea

6.99 ea

Nestlé After Eight Mints
200g

21.99 ea

Quality Street Tin
650g

7.49 ea

Quality Street Share Bag
(160g) or Gift Box (148g)

8.49 ea

KitKat NHL Hockey Stick
141g

WHILE QUANTITIES LAST.



PURDY FESTIVE DEALS



6.99 ea

Purdys Hedgehogs
72g



7.99 ea

Purdys Sweet Georgia Browns
70g



2 for $7

Purdys Peanut Butter Bar
36g

Available in select stores only.

DAIRY

western family

COMPARE & SAVE BIG

4.99 ea

Western Family Shredded Cheese
Selected Varieties, 320g



5.99 ea

Cracker Barrel Shredded Cheese
Selected Varieties, 320g



3.29 ea

International Delight Creamer
Selected Varieties, 425 mL



2 for $6

Western Family Sour Cream Dip
Selected Varieties, 227g



4.49 ea

Becel Plant-Based Butter
Selected Varieties, 427g or 454g



3.99 ea

Western Family Greek Yogurt
500g



FROZEN

western family

COMPARE & SAVE BIG

4.99 ea

Dr. Oetker Giuseppe Pizza
Selected Varieties, Frozen, 480g



2 for $4

Green Giant Simply Steam Vegetables
Frozen, 250g



6.49 ea

Righteous Gelato
Selected Varieties, Frozen, 473 mL



6.49 ea

Pillsbury Pizza Pops
Selected Varieties, Frozen, 760g



4.49 ea

Western Family Ice Cream
Selected Varieties, 1.65 Litres



4.99 ea

Breyers Creamery Style Ice Cream
Selected Varieties, 1.41 Litres





SMOOTH SAVINGS

5.49 ea

Silk Plant-Based Yogurt Alternative
Selected Varieties, 640g or 680g



3.99 ea

Silk Coconut Yogurt
Selected Varieties, 4 x 100g



3.29 ea

Silk Oat Beverage
Selected Varieties, 946 mL



3.99 ea

Silk Oat Barista
or Coconut, 946 mL



7.49 ea

So Delicious Dairy-Free Frozen Dessert
500 mL



CULTURED DEALS



Danone Oikos Yogurt
Selected Varieties,
650g or 750g



6.49 ea

Danone Activia Yogurt
Selected Varieties,
12 x 100g or 750g



3.79 ea

Danone Activia Yogurt
Selected Varieties,
650g or 4 x 100g



4.99 ea

Activia Yogurt
Selected Varieties,
8 x 100g



2 for $7

Danone Oîkos Pro Yogourt
(300 mL), Also Danino Drinkable (6 x 93 mL), Selected Varieties

SAVE *for the Season*

AND DECK THE HALLS WITH COLOUR, CHARM & CHEER!

WHILE QUANTITIES LAST.
SELECTION MAY VARY BY STORE.

FESTIVE FLARE, EVERYWHERE!



8.99 ea **Red Gnome with Glitter Hat** 11.8 Inch



12.99 ea **Standing Mushroom Gnome with Hat** Green, 20 Inch

14.99 ea **Sitting Mushroom Gnome with Hat** Green, 17 Inch



10.99 ea **Snowman with Earmuffs** 8.2 Inch

19.99 ea **Snowman with Hat** 13 Inch



9.99 ea **LED Pinecone Wax Candle** 5.5 Inch

7.99 ea **LED Pinecone Wax Candle** 4.5 Inch



9.99 ea **LED Paper House with Wood Base,** White



5.99 ea **LED Gingerbread Paper House** 4.3 Inch



More REWARDS
FREE WITH 12,500 POINTS REDEEMED
or
24.99 ea **Glass Lantern with LED Candle** 8 Inch

LIGHT UP YOUR COZY CORNERS



16.99 ea **Snowy Paper House** 11 Inch



7.99 ea **Wood Tree with Bell** White, 14.5 Inch



10.99 ea **Gnome with Striped Hat** 18 Inch



More REWARDS
FREE WITH 17,500 POINTS REDEEMED
or
34.99 ea **LED Motion Glitter Christmas Tree** 14 Inch

SELF-CARE
merry savings



7.99 ea **Dr Teal's Foaming Bath** Also Epsom Salts



14.99 ea **Batiste Dry Shampoo** 350 mL



15% off **Hero Mighty Patch** 24's



Gillette Shave Foam (311g) or Gel (198g), Selected Varieties

5.99 ea

3.99 ea



Blistex Lip Care Selected Varieties



14.99 ea **Native Deodorant** (75g), Also Body Spray (99g)



14.99 ea **Phillip Adam Hair Care** 355 mL



15% off **Dr. Squatch Personal Care** Selected Varieties



BUY 2 GET 1 free* **Goody Hair Accessories** Also Wetbrush

*of equal or lesser value



11.99 ea **Dr Johnnys Slipper Socks**

BULK



Lindt Lindor Chocolate Balls



Quality Street Chocolates



.79 100g

Christmas Gummy Mix



10.99 ea

Western Family Natural Sliced Almonds
Also Selected Varieties, 500g



2.19 100g

Foley's Large Dark Chocolate Chips
or Small



5.49 ea

Wonderful Pistachios
Selected Varietes, 225g



11.99 ea

Royal Nuts Deluxe Mixed Nuts
or Raw Almonds,
Selected Varieties, 325g



16.99 ea

Value Pack Roasted & Salted Cashews
or No Salt, 700g

NATURAL



3 for $8

Gatorade Bars
80g



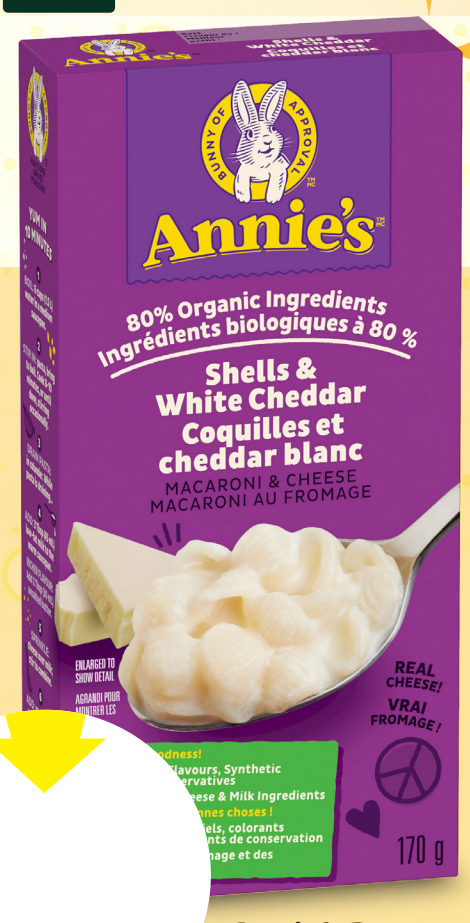
20% off

Simply Organic Spices
69g or 75g



6.49 ea

Traditional Medicinals Tea
16's



Annie's Pasta
Selected Varieties,
170g



Kicking Horse Ground Coffee
284g

2 for $9



Love Good Fat Protein Bars
55g

5.99 ea



Nuts2U Organic Sesame Tahini
250g

7.49 ea



Annie's Fruit Snacks
198g

2 for $7



Thirsty Buddha Coconut Water
490 mL



2 for $9

Que Pasa Organic Tortilla Chips
350g



Pacific Foods Organic Soup
Selected Varieties,
1 Litre



5.99 ea

The Greek Gods Yogurt
Selected Varieties,
500g



Only Goodness Compostable Plates
(40's) or Bowls (15's),
Selected Varieties



2.99 ea

Only Goodness Plant-Based Ultra Liquid Dish Soap
532 mL



14.99 ea

Only Goodness Laundry Detergent
2.95 Litres

2 for $9



Only Goodness Plant-Based Cleaner
All Purpose (950 mL)
or Toilet Bowl (710 mL)

HEALTH & WELLNESS



40% off

Jamieson Vitamins
Selected Varieties



15% off

Suku Vitamins
Selected Varieties, 60's



30.99 ea

Goodprotein Powder
Selected Varieties, 440g

8.99 ea

Children's Advil
(100 mL) or Pediatric Drops (24 mL), Selected Varieties



HydraSense Nasal Spray
Selected Varieties, 100 mL



12.99 ea



25.99 ea

Cold FX Cold Relief
Selected Varieties

Listerine Mouthwash
Selected Varieties, 1 Litre



7.99 ea



23.99 ea

Advil Liqui-Gels
or Tablets, Selected Varieties



14.99 ea

Pepcid Antacid
Also BioFreeze Roll-On, Selected Varieties, 25's

Take control of your diabetes

Ask for the CONTOUR®NEXT GEN blood glucose meter: highly accurate and easy-to-use. Pick up your free meter* today. See pharmacist for details.

LEARN MORE

*With the purchase of CONTOUR®NEXT test strips, 100's.



BABY CORNER

26.99 ea

Huggies Super Pack Diapers
Selected Varieties

27.99 ea

Pull-Ups Training Pants
Selected Varieties



8.99 ea

Huggies Natural Care Wipes
Selected Varieties, 168's or 184's



2 for 3.49

Simply Gourmet Mini Oat Bites
Carrot Cake or Banana Bread, 36g



57.99 ea

Similac Pro-Advance
Infant Formula, 859g



20% off

Penaten Diaper Rash Cream
100g or 166g

PERSONAL CARE



5.49 ea

Dove Personal Care
Selected Varieties



6.99 ea

Ivory Bar Soap
(10 x 90g), Also Method Hand Wash Refill (828 mL), Selected Varieties



7.99 ea

Bic Razors
(4-Pack), Also Vaseline Lotion (600 mL), Selected Varieties



9.99 ea

Clairol Natural Instincts Hair Colour
Also John Frieda Hair Care, Selected Varieties



14.99 ea

Aveeno Body Wash
(975 mL), Also Old Spice Body Spray (99g), Selected Varieties



11.99 ea

Native Hair Care
(487 mL), Also Pantene (820 mL), Selected Varieties





2$ for 7

Colgate Toothpaste
Selected Varieties



20% off

Colgate Toothbrush
Selected Varieties

GET HOLIDAY GLAM



8.99 ea

OGX Bodywash
or Lotion, Selected Varieties, 577 mL

8.99 ea

OGX Hair Care
or Styling, Selected Varieties, 385 mL





9.99 ea

OGX Premium Styling
Selected Varieties, 50 mL



8.99 ea

Maui Moisture Hair Care
Selected Varieties, 385 mL

HOUSEHOLD DEALS



6.99 ea

Bounty Paper Towels
Selected Varieties, 3=6 or 2=6 Rolls



7.99 ea

Western Family Facial Tissue
6-Pack



9.99 ea

Downy Light Scent Booster
Also Gain Fabric Enhancer, Selected Varieties, 379g



29.99 ea

Tide Laundry Pods
63's or 112's



7.99 ea

Glad Kitchen Bags
Selected Varieties, 28's



8.99 ea

Energizer AA Batteries
Selected Varieties, 8-Pack



6.99 ea

Lysol Toilet Bowl Cleaner
2 x 710 mL



22.99 ea

Finish Quantum Dishwasher Detergent Tabs
Selected Varieties, 72's



12.99 ea

Tidy Cats Clumping Cat Litter
(2.72 kg), Also Purina One Dry Cat Food (1.8 kg), Selected Varieties



23.99 ea

Temptations Creamy Purrrr-ée Cat Treats
Variety Pack, 48's



Western Family Aluminum Foil
Selected Varieties



20% off

Western Family Freezer Bags
or Storage, Selected Varieties



More REWARDS
FREE
WITH 32,000
POINTS REDEEMED
or
54.99 ea

Cellar Master 28 Day Wine Kit
Red or White, Selected Varieties, Makes 23 Litres



More REWARDS
FREE
WITH 29,000
POINTS REDEEMED
or
49.99 ea

Western Family 28 Day Wine Kit
Red, California, Makes 23 Litres



More REWARDS
FREE
WITH 11,600
POINTS REDEEMED
or
19.99 ea

Coopers Beer Kit
Selected Varieties, 1.7 kg



2 for $8

Febreze Air Care
Selected Varieties, 250g

Available in selected locations only.

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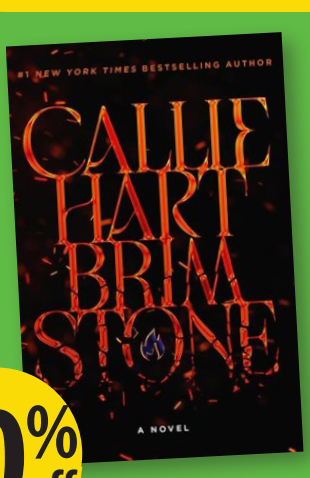
$6 off when you buy 3 Greeting Cards





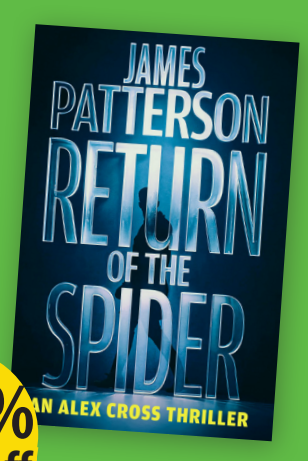
25% off

Calendars



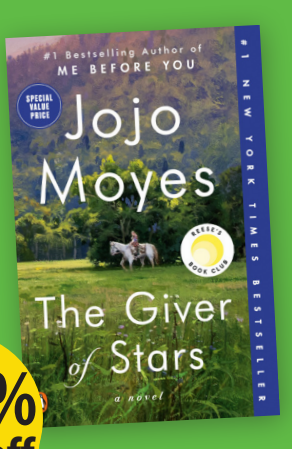
30% off

Brimstone
Regular Retail $40 ea



30% off

Return of the Spider
Regular Retail $42 ea



25% off

The Giver of Stars
Regular Retail 20.99 ea

SANTA'S SMOKIN' DEALS



More REWARDS
FREE WITH 11,600 POINTS REDEEMED
or
19.99 ea



Lumber Jack Pellets
20 lbs

More REWARDS
FREE WITH 5200 POINTS REDEEMED
or
8.99 ea



Miners Mix Rub
Selected Varieties



BUY 2 GET 1 free*

*of equal or lesser value

True North Wood Chips
Selected Varieties

More REWARDS
FREE WITH 14,500 POINTS REDEEMED
or
24.99 ea



Gourmet Wood Chunks
8 lbs

More REWARDS
FREE WITH 5800 POINTS REDEEMED
or
9.99 ea



Bradley Smoker Bisquettes
24's

Available in select stores only.

MILK-BONE



BRING HOME
the
Paw-fect
gift!



Milk-Bone Dog Treats
Selected Varieties, 300g or 900g



8.99 ea

Milk-Bone Dog Treats
Selected Varieties, 312g or 2 kg



2 for $5

Milk-Bone Soft Treats
Selected Varieties 113g



9.99 ea

Milk-Bone Soft & Chewy
Selected Varieties, 708g



2 for $6

Pup-Peroni
(158g), Also Jerky Treats (170g)

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Selected Varieties, 2 Litres



More REWARDS BUY 3 EARN 1200 POINTS

Western Family Spices
Selected Varieties, 155g



More REWARDS BUY 2 EARN 500 POINTS

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398 mL



More REWARDS EARN 450 POINTS

Western Family Salsa
Selected Varieties, 650 mL



More REWARDS BUY 2 EARN 400 POINTS

Western Family Quick Cooking Oats
or Steel Cut, 1 kg



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Western Family Peanut Butter
Selected Varieties, 500g

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Western Family Microwave Popcorn
3-Pack



More REWARDS FREE WITH 2500 POINTS REDEEMED

Western Family Corn Starch
454g



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Western Family Green Tea
or English Breakfast, 72's



More REWARDS FREE WITH 4600 POINTS REDEEMED

Western Family Free Range Eggs
Dozen



More REWARDS FREE WITH 3200 POINTS REDEEMED

Western Family Fruity Whirls
(580g) or Bite Size Shredded Wheat (680g)



More REWARDS FREE WITH 2000 POINTS REDEEMED

Western Family Spaghetti Sauce
or Tomato Sauce, 680 mL

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