

# buy-low foods



Regular Ground Beef  
5 lbs, 8.75/kg

**3.97**  
lb



**3.97**  
ea  
Sweet  
Mandarins  
USA, 907g

**2.97**  
lb  
Coloured  
Peppers  
Canada, 6.55/kg



Country Classics  
Chicken Strips  
Fully Cooked, Frozen, 1.36 kg

**9.97**  
ea

## dollar DEAL\$

Dempster's  
White Bread  
(570g) or 100%  
Whole Wheat (675g)

**2 for \$5**



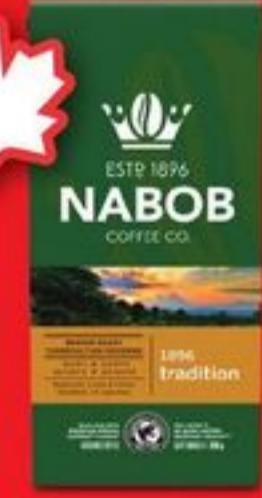
Western Family  
Peanut Butter  
Selected Varieties, 500g

**\$2**  
ea



Nabob Ground Coffee  
Selected Varieties, 340g

**\$9**  
ea



Christie Crackers  
Selected Varieties, 180g

**\$2**  
ea



Campbell's  
Chunky Soup  
515 mL

**\$2**  
ea



Meadowvale  
Creamery Salted  
Butter  
454g, Limit 6

**\$5**  
ea



Prices effective Thursday to Wednesday, January 8 to 14, 2026. Offers require use of More Rewards Card.

**BUY LOW. GET MORE FOR LESS!**



**\* CANADIAN** owned and operated.

# PRODUCE

**SQUEEZE THE SAVINGS**

Enjoy fresh... for less.

**WOW!**  
**\$1** ea

**Green Onions**  
or Radishes, BC  
or USA, Bunch



## FRESHER. LOWER.

Get all your favourite produce at low prices. Check out our local & organic options.

Show us any local competitor's flyer and we will match it!



**Romaine Hearts**  
USA, 3-Pack

**\$3** ea



**Tomatoes on the Vine**  
BC, 1.5 lb Bag

**\$2** ea



**Russet Potatoes**  
Canada, Selected Varieties, 5 lb Bag

**\$3** ea



**Limes**  
Mexico, 1 lb Bag

**\$3** ea



**Golden Kiwifruit**  
New Zealand, Packaged, 454g

**\$5** ea



**Cantaloupe**  
Whole

**\$4** ea



If it's not fresh, we will refund and replace the product free of charge. See in store for details.



**BUY LOW. GET MORE FRESH!**



BL2

# dollar DEAL\$



**Sausages**  
Breakfast or Pork, Fresh

**\$6** ea



**Extra Lean  
Ground Chicken**  
Fresh, 500g

**\$7** ea



**Siwin  
Potstickers**  
Selected Varieties,  
Frozen, 454g or 500g

**\$4** ea



**Western Family  
White Prawns**  
Raw, Peeled &  
Deveined, 31 to 40  
Count, Frozen, 340g

**\$9** ea



**Steelhead  
Fillet**  
Frozen, Skin On  
**\$2** 100g



**Croissants**  
Pack of 6

**\$5** ea



**Vachon Jos Louis**  
Selected Varieties,  
Pack of 6

**\$3** ea



**Authentic  
Street Tortillas**  
10 Inch, 520g

**\$3** ea



**Cookies**  
Selected Varieties,  
380g

**\$4** ea



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

**\$4** ea



**The Laughing  
Cow Cheese**  
133g

**\$4** ea



**Garlic Coil  
Sausage**  
500g

**\$4** ea



**Western  
Family Dip**  
Selected Varieties,  
227g

**\$3** ea



**Saputo  
Cheese Slices**  
Selected Varieties,  
160g or 200g

**\$5** ea



**Grimm's  
Submarine  
Pack**  
Selected  
Varieties, 175g

**\$5** ea

**BUY LOW. GET MORE FRESH!**

b

BL2

# dollar DEAL\$

\$1



**Kraft Jell-O Powder**  
Selected Varieties, 85g

\$2



**Western Family Kettle Chips**  
200g

\$3



**Leclerc Go Pure Bars**  
Selected Varieties, 140g



**Powerade Sports Drink**  
Selected Varieties, 710 mL



**Western Family White Vinegar**  
4 Litres



**Sweet Baby Ray's BBQ Sauce**  
Selected Varieties, 425 mL



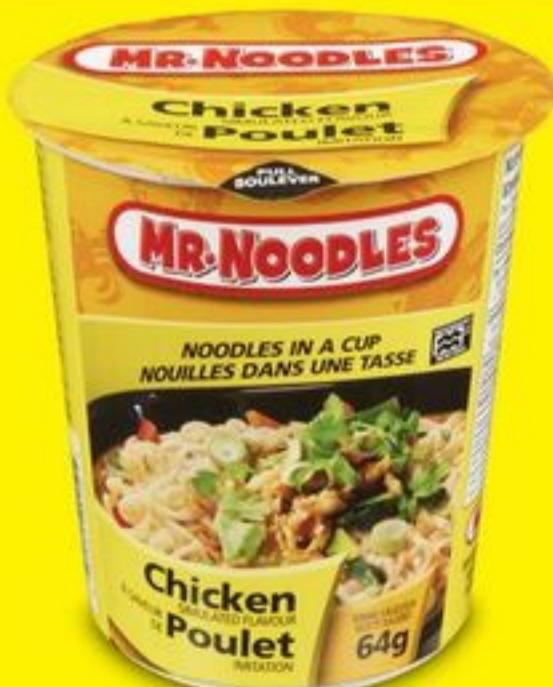
**Western Family Canned Vegetables**  
341 mL or 398 mL



**Manny's Tortillas**  
Selected Varieties, 255g or 283g



**Twizzlers Licorice**  
(454g) or Nibs (400g),  
Selected Varieties



**Mr. Noodle Cup**  
Selected Varieties, 64g



**Purina ONE Premium Dog Food**  
Wet, 368g



**Tetley Tea**  
72's

Big deals for small dollars.

# dollar DEAL\$

**\$4**



**Hungry-Man Entrée**  
Frozen, 455g

**\$5**



**Häagen-Dazs Ice Cream**  
Selected Varieties, 450 mL

**\$6**



**Western Family Olive Oil**  
Selected Varieties,  
500 mL



**Lindt Excellence Bar**  
Selected Varieties, 80g



**McCain Deep'n Delicious Cake**  
Frozen, 510g



**Pillsbury Pizza Bites**  
Frozen, 693g



**Activia Yogurt**  
8 x 100g



**Crisco Oil**  
1.18 Litres



**Western Family Facial Tissue**  
6-Pack



**Kellogg's Cereal**  
Selected Varieties, 306g



**Jack Link's Beef Jerky**  
Selected Varieties, 80g



**Whiskas Temptations Cat Treats**  
454g

**Big deals for small dollars.**

# BULK FOODS

# BULK UP!

With as much (or as little) as you want.



**.27**  
100g

**Rolled Oats**  
Selected Varieties



**.77**  
100g

**Trail Mix**  
Selected Varieties



**147**  
100g

**Jelly Belly  
Jelly Beans**  
Selected Varieties



**.77**  
100g

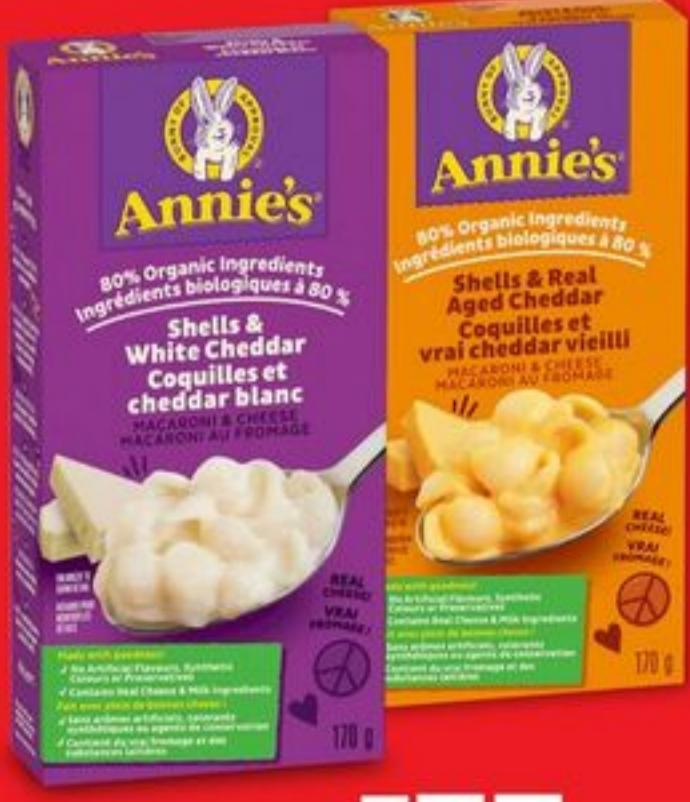
**Gummy Candy**  
Selected Varieties,  
Available in selected stores.



**10\$3**

**SunRype  
Fruit To Go Bars**  
Selected Varieties, 14g

## NATURALLY GREAT DEALS



**Annie's Pasta**  
Selected Varieties,  
170g

**177**  
ea

**497**  
ea

**Zevia Soda**  
Selected Varieties,  
6 x 355 mL



**247**  
ea

**Blue Diamond  
Almond Breeze  
Beverage**  
Selected Varieties,  
946 mL

**397**  
ea

**Hardbite  
Potato Chips**  
Selected  
Varieties, 128g  
or 150g



**397**  
ea

**Olympic  
Organic Yogurt**  
Selected Varieties,  
650g



**BUY LOW. GET MORE SAVINGS!**

**b**

BL2

# dollar DEAL\$



Western Family  
Flaked  
Light Tuna  
85g

\$1  
ea



Post Shreddies  
635g

\$5  
ea



Spam Luncheon  
Meat  
Selected Varieties, 340g

\$4  
ea



Mott's Fruitsations  
6 x 104 mL

\$3  
ea



Western Family  
Pickles  
Selected Varieties, 1 Litre

\$3  
ea



Western Family  
Honey Bear  
375g

\$4  
ea



Western Family  
Juice  
Selected Varieties,  
1 Litre

2 \$3  
for



Starbucks  
Premium  
Coffee Pods  
(10's), Also Premium  
Coffee (340g),  
Selected Varieties

\$10  
ea



Quaker Instant  
Oatmeal  
Selected Varieties, 264g or  
344g

\$3  
ea



Western Family  
Sparkling Water  
Selected Varieties, 509 mL

\$1  
ea



Pringles  
148g or 156g

2 \$5  
for



Western Family  
Spring Water  
4 Litres

2 \$3  
for



AD  
MATCH

Show us any competitor's flyer  
and we will match it!

Some conditions apply. Visit [buy-low.com](http://buy-low.com) for details.

# dollar DEAL\$



**Armstrong Cheese**  
Selected Varieties, 600g

**\$8** ea



**Western Family**  
**Lasagna**

or Mac & Cheese, Selected Varieties, Frozen, 907g

**\$4** ea



**Western Family**  
**Cream Cheese**  
250g

**2\$5**



**International**  
**Delight Coffee**  
**Enhancer**

Selected Varieties,  
946 mL

**\$4** ea



**McCain Tasti**  
**Taters**

(800g) or Superspirals  
(650g), Selected Varieties, Frozen

**\$3** ea



**Cheemo**  
**Perogies**

Selected Varieties,  
Frozen, 907g

**\$3** ea



**Western Family**  
**Ultra Towels**

6 Rolls

**\$5** ea



**Dove Beauty Bar**  
Selected Varieties, 3 x 106g

**\$5** ea



**Ziploc**  
**Sandwich**  
**Bags**  
200's

**\$7** ea



**Tresemme**  
**Hair Care**

828 mL  
**\$6** ea



**Q-Tips**  
**Cotton Swabs**  
400's

**\$3** ea



**Sensodyne**  
Toothpaste  
Selected Varieties, 100 mL

**\$5** ea

**WE CUT PRICES, NOT CORNERS.**