

buy-low foods



Regular Ground Beef
5 lbs, 8.75/kg

3⁹⁷
lb



3⁹⁷
ea

**Sweet
Mandarins**
USA, 907g



2⁹⁷
lb

**Coloured
Peppers**
Canada, 6.55/kg



**Country Classics
Chicken Strips**
Fully Cooked, Frozen, 1.36 kg

9⁹⁷
ea

dollar DEAL\$

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

2\$5
for



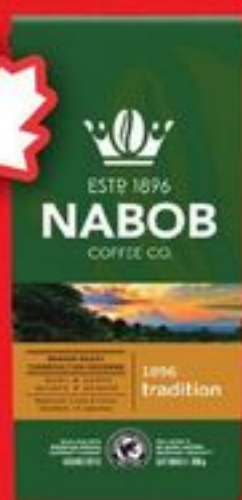
**Western Family
Peanut Butter**
Selected Varieties, 500g

\$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!



dollar DEAL\$

\$1



Kraft Jell-O Powder
Selected Varieties, 85g



Powerade Sports Drink
Selected Varieties, 710 mL



Western Family Canned Vegetables
341 mL or 398 mL



Mr. Noodle Cup
Selected Varieties, 64g

\$2



Western Family Kettle Chips
200g



Western Family White Vinegar
4 Litres



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



Purina ONE Premium Dog Food
Wet, 368g

\$3



Leclerc Go Pure Bars
Selected Varieties, 140g



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



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



Tetley Tea
72's

Big deals for small dollars.

dollar DEAL\$

\$4



Hungry-Man Entrée
Frozen, 455g



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



1.47

100g

**Jelly Belly
Jelly Beans**
Selected Varieties



.77

100g

Gummy Candy
Selected Varieties,
Available in selected stores.



10\$3
for

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

NATURALLY GREAT DEALS



Annie's Pasta
Selected Varieties,
170g

1.77

ea

Zevia Soda
Selected Varieties,
6 x 355 mL

4.97

ea



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

2.47

ea



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

3.97

ea



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

3.97

ea



BUY LOW. GET MORE SAVINGS!



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 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
for



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



Tresemmé 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.