

# save on foods

UNREAL  
DEAL  
on

6<sup>99</sup>  
lb

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

6<sup>99</sup>  
ea  
First 4

7<sup>99</sup>  
ea

Purex Bathroom Tissue  
15=30 Rolls  
WHILE QUANTITIES LAST.

MY OFFERS  
EXTRA UNREAL DEAL

LOAD DEAL

15  
DOUBLE  
ROLLS



WAREHOUSE  
PACK  
SUPER SAVINGS

NEW DEAL. BEST PRICE. EVERY WEEK.

7<sup>99</sup>  
lb

Ground Turkey  
Breast  
Fresh, 17.61/kg

VALUE  
PACK

5<sup>99</sup>  
ea

Raspberries  
Mexico or California, 340g

STARTING  
FRESH

3<sup>29</sup>  
100g

WAREHOUSE  
PACK  
SUPER SAVINGS

Atlantic  
Salmon Fillet  
Warehouse Pack

1<sup>99</sup>  
ea

100% Whole  
Wheat Bread  
or White Bread, 567g

BAKED  
FRESH  
IN STORE

3\$5  
for

Avocados  
Mexico

30%  
off

Organika Electrolytes  
Sachets, Selected Varieties, 20's

BUY 1  
GET 1  
free\*

\*of equal or lesser value  
Saputo Cheese Slices  
Selected Varieties, 160g or 180g

3<sup>99</sup>  
ea

Breyers Creamery  
Style Ice Cream  
Selected Varieties, 1.41 Litres

4<sup>49</sup>  
ea

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



western family™

FREE  
VITAMIN

selected varieties

when you spend  
\$125 or more\*

SAVE UP TO

\$13



Choose one of  
the following  
Western Family  
products:

Magnesium 250mg  
Vitamin B12 1200MCG  
Vitamin C 1000mg  
Vitamin D 1000IU  
Zinc 60mg

In store on a single transaction. Offer excludes  
Lotto, tobacco, gift cards, prescriptions,  
clinics, diabetes care, tickets, charities, wines,  
bus passes, postage stamps, deposit & recycle  
fees, rewards and taxes, where applicable.  
The value of the free Western Family Vitamin  
is not included in the \$125 spend threshold.  
Limit of 1 per transaction. While quantities  
last. Savings based on regular retail.

**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, January 8 to 14, 2026. Offers require use of More Rewards card. Selection & availability may vary by store.

Wk02-C1



# FRESH PICKS



**Green Grapes**  
Peru, 8.80/kg

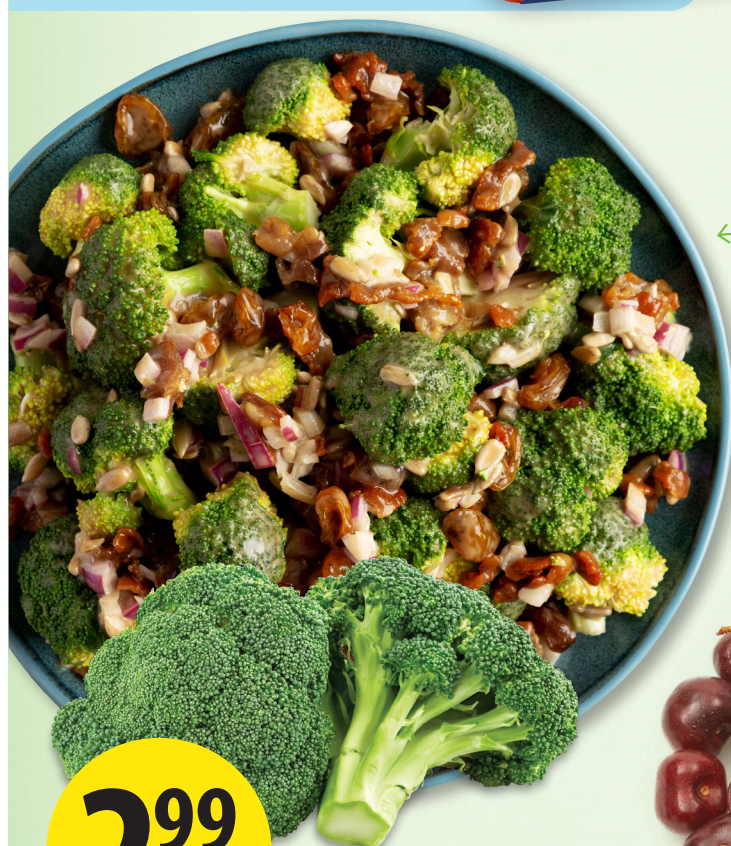


**Gala Apples**  
BC, 4.39/kg



**5.99 ea** **Halos Mandarins**  
California, 2 lb Bag

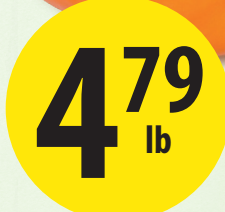
JUICY  
NATURAL  
RADIANT



*Broccoli: the secret ingredient for a hearty, crunchy salad!*



**Broccoli Crowns**  
California, 6.59/kg



**Coloured Peppers**  
Mexico, 10.56/kg



**Cherries**  
Australia or Argentina, 13.21/kg

*Premium, super sweet cherries!*



**Grape Tomatoes**  
Canada or Mexico, 454g



**Head Lettuce**  
California



**Yellow Onions**  
USA, 3 lb Bag



## PURELY ORGANIC PERFECTLY FRESH



**Organic Earthbound Salad**  
California, 284g



**Organic Cauliflower**  
California, 8.80/kg



**Organic Carrots**  
California, 2 lb Bag



**Organic Blackberries**  
Mexico or California, 170g



# FLORAL

**24<sup>99</sup>**  
ea

**Gourmet Bouquet**  
Fresh, Seasonal



**9<sup>49</sup>**  
ea

**Gerbera Bouquet**  
(3 Stems) or Germini (5 Stems)



**4<sup>49</sup>**  
ea

**Kalanchoe**  
Assorted Colours,  
4 Inch





# FRESH MEAT



Family-sized flavour,  
without the fuss!

**3<sup>99</sup>**  
lb

**Whole Frying Chicken**  
Fresh, 8.80/kg



**11<sup>99</sup>**  
lb

**Outside Round Oven Roast**  
Fresh, AAA Beef, 26.43/kg

TENDER  
JUICY  
PERFECT



**5<sup>99</sup>**  
lb

**Pork Tenderloin**  
Whole, Fresh, 13.21/kg

UNCOMPROMISED QUALITY  
RAISED RIGHT, TASTES GREAT

**8<sup>99</sup>**  
lb

**Pork Back Ribs**  
or Tenderloin, Fresh,  
Raised without  
Antibiotics, 19.82/kg



**5<sup>99</sup>**  
lb

**Chicken Drumsticks**  
or Thighs, Fresh, Raised  
without Antibiotics, 13.21/kg

**10<sup>99</sup>**  
lb

**Chicken Breast**  
or Thighs, Fresh, Boneless,  
Skinless, Raised without  
Antibiotics, 24.23/kg



**4<sup>99</sup>**  
lb

**Whole Fryer Chicken**  
Fresh, Raised without Antibiotics, 11.00/kg

ONLY GOODNESS

HAPPY  
HOUR  
WEDNESDAY

3pm – 6pm

MARINATED  
CHICKEN WINGS

Prepared in store daily using premium  
chicken, our ready to cook wings are  
a delicious and easy go-to snack.

**50¢**  
EA

AVAILABLE AT THE  
SERVICE MEAT COUNTER.



PLENTY for \$20

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



SAVE UP TO 40%

on select meat products

SHOP NOW

feel good with

HEALTHIER  
CHOICES

VIEW WELLNESS DEALS





# TASTY DEALS



**6<sup>99</sup>**  
ea

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



**MIX & MATCH**  
**BUY 1**  
**GET 1**  
**free\***

\*of equal or lesser value

**Olivieri Filled Pasta**  
(350g) or  
Sauce (300 mL),  
Selected Varieties



**14<sup>99</sup>**  
ea

**Western Family Thick Cut Bacon**  
Naturally Smoked,  
1 kg



**9<sup>99</sup>**  
ea

**Maple Leaf Pork Tenderloin**  
Selected Varieties, 400g



**5<sup>99</sup>**  
ea

**Beyond Meat Sausages**  
(400g) or Chicken  
Tenders (226g),  
Selected Varieties



**7<sup>99</sup>**  
ea

**High Liner Breaded Fish Cakes**  
(700g) or Fish Sticks (550g),  
Selected Varieties, Frozen



# FRESH SEAFOOD

Brighten your plate with roasted asparagus and cherry tomatoes

**3<sup>49</sup>**  
100g



**Sablefish Fillet**  
Frozen



MIX & MATCH  
**2\$<sup>20</sup>**  
for



**Western Family Prawns**  
Selected Varieties,  
Frozen, 340g



**12<sup>99</sup>**  
ea

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



**10<sup>99</sup>**  
ea



**Salmon Village Wild Pacific Salmon Nuggets**  
Selected Varieties, 150g



# TASTY FRESH CRISPY



# FRESHLY BAKED



**CIN-FULLY  
DECADENT**

swirls of joy —  
like a cozy  
morning hug

ONLY WITH  
MY OFFERS  
**4<sup>99</sup>** ea  
First 4  
**LOAD NOW**

**5<sup>99</sup>** ea Cinnamon Buns  
Iced or Uniced, 480g

BAKED  
FRESH  
IN STORE



BAKED  
FRESH  
IN STORE

**Calabrese Bread**  
450g

**1<sup>99</sup>** ea

*Calabrese bread and  
Mortadella—the ultimate  
family lunch hack!*



**3<sup>99</sup>** ea

**Garlic Bread**  
Selected Varieties,  
630g, Made in store



**2<sup>99</sup>** ea

**Pie Slice**  
Selected Varieties, 250g

BAKED  
FRESH  
IN STORE



**2<sup>99</sup>** ea

**Brioche Hamburger Buns**  
(Pack of 4) or Butterflake  
Rolls (Pack of 8)

Click to  
earn points  
faster than you  
can say 'buns'.  
MORE REWARDS  
VISA



pack  
of 2 **7<sup>49</sup>**

**Premium Strawberry  
Buttermilk Triangle Cake Slices**  
Selected Varieties, Pack of 2

# BUTTERY LIGHT WHOLESOME

**MIX & MATCH**  
ANY OF THESE BREAD PRODUCTS Limit 4 Free

**BUY 1  
GET 1  
free\***

\*of equal or lesser value





# PERFECTLY SLICED



**3<sup>79</sup>**  
100g

**Tuscany Ham**  
or Rosemary, Fresh Sliced in Store



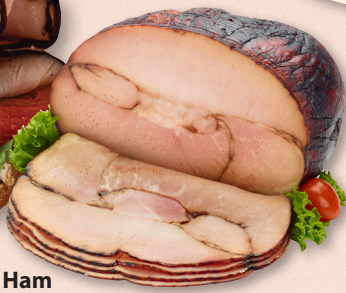
**3<sup>29</sup>**  
100g

**Maple Lodge  
Chicken Breast**  
Selected Varieties



**3<sup>49</sup>**  
100g

**Old Style Black Forest Ham**  
Roasted in Store



*Light on prep,  
big on flavour.*

ONLY WITH  
MY OFFERS  
**8<sup>99</sup>**  
ea  
First 1  
LOAD NOW



**9<sup>99</sup>** ea **Western Family  
Chicken Breast Strips**  
Selected Varieties, 300g



**8<sup>79</sup>**  
ea

**Pep'N Cheddies  
Snacks**  
150g



**13<sup>49</sup>**  
ea

**Balderson  
Cheddar Cheese**  
Aged 2 Years, Truffle  
or Double Smoked,  
250g or 280g

# TASTY SAVOURY CONVENIENT



**Western Family  
Guacamole**  
Avocrema or  
Restaurant Style,  
340g

**8<sup>79</sup>**  
ea

**Summer Fresh  
Snack & Go  
Hummus**  
83g

**2<sup>29</sup>**  
ea



**4<sup>99</sup>**  
100g

new

**Castellano Sheep Cheese**

**THE SNACK AVALANCHE CONTEST**

**Kiri** **GoGo SQUEEZ** **Babybel**

**you could win \$25,000**

\* For more details visit:  
bel-canada.ca/en/snackavalanche.

**Babybel**

**Mini Cheese**  
Selected Varieties,  
120g



**4<sup>99</sup>**  
ea

**The Laughing Cow  
Cheese**  
133g



**2\$<sup>7</sup>**  
for

**Go Go Squeeze  
Fruit Sauce Snacks**  
Selected Varieties,  
4 x 90g



# 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.



feel good with

# HEALTHIER CHOICES

Discover simple swaps, smart savings,  
and everyday wellness inspiration.



**20%**  
off

**Vega Protein +  
Creatine**  
Selected Varieties,  
864g or 918g



**3<sup>99</sup>**  
ea

**Core Power  
Protein Drink**  
414 mL



**VIEW WELLNESS DEALS**



# SIP, SAVOUR & SAVE



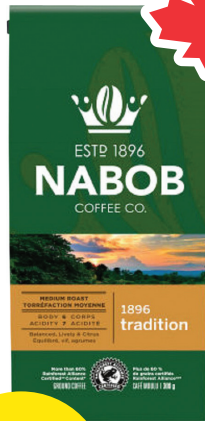
western family

## COMPARE & SAVE BIG



**8<sup>49</sup>**  
ea

**Western Family  
Premium Roast  
Ground Coffee**  
Selected  
Varieties, 300g



**9<sup>99</sup>**  
ea

**Nabob  
Ground Coffee**  
Selected Varieties,  
340g



**3\$8**  
for

**Monster  
Energy Drink**  
Selected Varieties,  
473 mL or 444 mL



**10<sup>99</sup>**  
ea

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



**2\$6**  
for

**Christie Cookies**  
Selected Varieties,  
212g or 281g



**2<sup>49</sup>**  
ea

**Pepperidge Farm  
Goldfish Cracker Snacks**  
Selected Varieties, 200g



**2\$5**  
for

**Mott's Fruitsations**  
6 x 104 mL



**Miss Vickie's  
Potato Chips**  
Selected Varieties,  
200g



**Post Honeycomb  
Cereal**  
(400g) or  
Honey Bunches  
of Oats (340g),  
Selected Varieties



**3\$10**  
for

**Nature Valley  
Sweet & Salty Granola Bars**  
(210g), Also Fibre 1 (175g),  
Selected Varieties



**5<sup>99</sup>**  
ea

**Jif Peanut Butter**  
1 kg



**2\$4**  
for

**SunRype  
Juice Blend**  
Selected Varieties,  
900 mL

## DAILY DEALS



# BREAKFAST SAVES



**Kellogg's Rice Krispies**  
(560g) or **Frosted Flakes** (545g),  
Selected Varieties

**5<sup>99</sup>**  
ea

**Kellogg's Mini-Wheats**  
Selected  
Varieties, 650g



**5<sup>99</sup>**  
ea

**Kellogg's Corn Flakes**  
or **Raisin Bran**,  
Selected Varieties,  
600g



*More Rewards*

BUY 2

EARN  
**500**  
POINTS

**4<sup>99</sup>**  
ea

**Kellogg's Froot Loops**  
with **Marshmallows**  
(315g) or **Frosted Flakes**  
Milkshake (343g),  
Selected Varieties



*More Rewards*

BUY 2

EARN  
**500**  
POINTS

**4<sup>99</sup>**  
ea

**Kellogg's Vector Granola**  
Vanilla or Chocolate,  
311g







western family

# COMPARE & SAVE BIG



**1<sup>79</sup>**  
ea

**Western Family Broth**  
Selected Varieties,  
946 mL



**2<sup>29</sup>**  
ea

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

# PANTRY DEALS

**4\$7**  
for

**Knorr Sidekicks**  
Selected Varieties, 136g



**3\$10**  
for

**Ben's Original**  
**Bistro Express Rice**  
250g



**3\$6**  
for

**Campbell's Ready to Serve Soup**  
Selected Varieties,  
515 mL



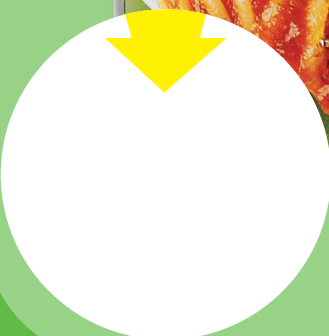
**9<sup>99</sup>**  
ea

**Robin Hood Flour**  
Selected Varieties, 5 kg



**2\$6**  
for

**Club House Organic Spices**  
Selected Varieties, 44g



**Hunt's Thick & Rich Pasta Sauce**  
or Tomato Sauce,  
680 mL

# A WORLD OF SAVINGS



**Sher Everyday Basmati Rice**  
8 lbs



**5<sup>99</sup>**  
ea

**Gia Vegetable Ghee**  
1 Litre



**4\$5**  
for

**Cornitos Nacho Crisps**  
55g



**4<sup>99</sup>**  
ea

**KFI Cooking Sauce**  
Selected Varieties,  
375 mL



# DAIRY



western family

COMPARE & **SAVE BIG**

**3<sup>49</sup>**  
ea

**Western Family  
Margarine**  
427g



**4<sup>29</sup>**  
ea

**Becel Margarine**  
427g



**4<sup>99</sup>**  
ea

**Cracker Barrel  
Cheese Slices**  
Selected  
Varieties, 240g



**5<sup>49</sup>**  
ea

**Simply Orange Juice**  
or Apple, 1.54 Litres



**6<sup>99</sup>**  
ea

**Western Family  
Ricotta Cheese**  
500g



**2<sup>99</sup>**  
ea

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



# FROZEN



western family

COMPARE & **SAVE BIG**

**2<sup>750</sup>**  
for

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



**2\$<sup>6</sup>**  
for

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



**3<sup>49</sup>**  
ea

**Western Family  
Tater Bites  
Fried Potatoes**  
Frozen, 750g



**4<sup>99</sup>**  
ea

**Healthy Choice  
Simply Steamers  
Entrée**  
Selected Varieties,  
Frozen, 259g



**4<sup>49</sup>**  
ea

**Western Family  
Thin & Crispy Pizza**  
Selected Varieties,  
Frozen, 390g



**4<sup>99</sup>**  
ea

**Dr. Oetker  
Ristorante  
Thin Crust Pizza**  
Selected Varieties,  
Frozen, 390g





# YO-GOURT DEALS!



**9<sup>99</sup>**  
ea

**Yoplait Drinkable Yogurt**  
15 x 93 mL



**3\$<sup>10</sup>**  
for

**Liberté Méditerranée Yogourt**  
(500g) or Yoplait Tubes (448g)

**6<sup>49</sup>**  
ea

**Liberté Greek Yogourt**  
(750g) or Méditerranée  
(900g), Selected Varieties



**2\$<sup>8</sup>**  
for

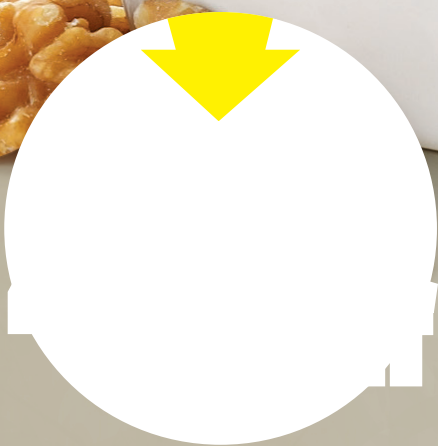


**Liberté Yogourt**  
Selected Varieties, 4 x 100g





BULK



Organic Baking Nuts  
or Dried Fruit, Selected Varieties



Organic Trail Mix  
or Snacking Nuts,  
Selected Varieties



**.89**  
100g

Thompson  
Dried Raisins  
Also Sultana



**.89**  
100g

Cinnamon Hearts



**2<sup>29</sup>**  
100g

Toffee Coconut Cashews  
Also Selected Varieties

new



**6<sup>49</sup>**  
ea

Western Family  
Grab N' Go Candy  
Selected Varieties, 600g



**5<sup>99</sup>**  
ea

SunRype  
Fruit to Go Strips  
15 x 14g



**10<sup>99</sup>**  
ea

Western Family Whole  
Natural Raw Almonds  
Selected Varieties, 500g



# NATURAL

2\$7  
for

**GoMacro  
Macrobar**  
Selected Varieties,  
71g



2\$8  
for

**Smart Sweets**  
Selected Varieties,  
50g

2\$9  
for

**PopCorners**  
**Popcorn Snacks**  
Selected Varieties, 142g



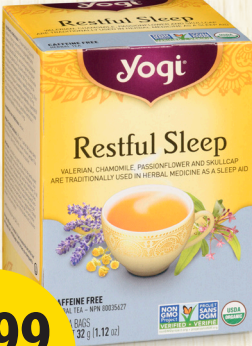
**Silk Plant-Based  
Yogurt Alternative**  
Selected Varieties,  
500g or 650g



**49th Parallel Coffee**  
Selected Varieties, 340g

2\$9  
for

**nuPasta Organic  
Konjac Pasta**  
Selected Varieties,  
210g



5\$9  
ea

**Yogi Tea**  
Selected Varieties, 16's



6\$9  
ea

**LäraBar Energy Bars**  
Selected Varieties,  
5 x 45g or 5 x 48g



4\$29  
ea

**Natura Rice  
Organic Fortified  
Rice Beverage**  
Selected Varieties,  
946 mL



4\$99  
ea

**Pacific Foods  
Organic Broth**  
Selected Varieties,  
946 mL



6\$99  
ea

**Just Egg Folded Egg**  
Plant Based, Frozen, 227g



**Angie's Boom  
Chicka Pop Popcorn**  
(136g) or Puffs (170g),  
Selected Varieties



**Only Goodness  
Canned Beans**  
Selected Varieties,  
540 mL



11\$99  
ea

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



8\$99  
ea

**Only Goodness Lactose  
Free Shredded Cheese**  
375g



5\$99  
ea

**Only Goodness  
Smoothie Blend**  
Selected Varieties,  
600g



# CHEESY SAVINGS!



**6<sup>99</sup>**  
ea



**Daiya Plant-Based Cheezecake Alternative**  
Frozen, 400g

**4<sup>29</sup>**  
ea



**Daiya Dairy-Free Mac & Cheese**  
300g



**Daiya Plant Based Cheeze**  
Selected Varieties, 200g or 220g



**8<sup>99</sup>**  
ea

**Daiya Pizza**  
Selected Varieties



**8<sup>99</sup>**  
ea

**Daiya Flatbread**  
331g or 346g





**Delicious  
by Nature**

**Start the new year  
on a new path**



**Nature's Path Organic Cereal**  
Eco Pac (907g) or Protein Granola  
(284g), Selected Varieties



**10<sup>99</sup>**  
ea

**Nature's Path  
Organic Love Crunch  
Premium Granola**  
or Pumpkin Flax,  
Selected Varieties,  
700g or 800g



**6<sup>99</sup>**  
ea

**Nature's Path  
Organic Love Crunch  
Premium Granola**  
(325g) or Gluten  
Free (312g),  
Selected Varieties



**5<sup>99</sup>**  
ea

**Nature's Path  
Organic Granola**  
(325g) or Waffles (210g),  
Selected Varieties

**6<sup>49</sup>**  
ea



**Nature's Path Organic  
Instant Oatmeal**  
(320g) or Cereal (300g),  
Selected Varieties



# HEALTH & WELLNESS



**11<sup>99</sup>**  
ea

**NeoCitrان Cold Relief**  
Selected Varieties, 10-Pack



**16<sup>99</sup>**  
ea

**Advil Cold & Sinus**  
Selected Varieties,  
32's or 40's



**18<sup>99</sup>**  
ea

**NeilMed Neti Pot**  
or Sinus Rinse Refill



**20% off**

**Centrum Multivitamin Tablets**  
Selected Varieties



**6<sup>99</sup>**  
ea

**Listerine Mouthwash**  
Selected Varieties,  
1 Litre



**2\$9**  
for

**Crest Toothpaste**  
Also Oral-B Toothbrush,  
Selected Varieties



**16<sup>99</sup>**  
ea

**Sperri Plant-Based  
Meal Replacement**  
Selected Varieties, 4 x 330 mL



**8<sup>99</sup>**  
ea

**Playtex Feminine  
Products**  
(36's), Also Carefree  
(28's), Selected Varieties



**15<sup>99</sup>**  
ea

**Advil Liqui-Gels**  
Also Voltaren Emulgel,  
Selected Varieties



**13<sup>99</sup>**  
ea

**Pepcid Antacid**  
Selected Varieties, 25's

## Start your year with a visit to your pharmacist

Schedule a twice-yearly check-up with your pharmacist to review your medications, resolve any concerns, create a personalized care plan, and update your vaccination history.



[LEARN MORE](#)

## BABY CORNER



**36<sup>99</sup>**  
ea

**Huggies Mega Colossal Diapers**  
Selected Varieties



**8<sup>99</sup>**  
ea

**Huggies Natural  
Care Wipes**  
Selected Varieties,  
3 x 56's or 192's



**23<sup>99</sup>**  
ea

**Nestlé Nido  
1+ Nutritional  
Supplement**  
Milk Flavour, 850g



**5\$10**  
for

**Love Child  
Organics  
Baby Food**  
Selected Varieties,  
128 mL



**8<sup>99</sup>**  
ea

**Nestlé Cerelac  
Baby Cereal**  
Honey & Wheat  
or Apple &  
Wheat, 400g



**7<sup>99</sup>**  
ea

**Dr. Brown's  
Toddler  
Dinosaur  
Toothbrush**  
2-Pack

## PERSONAL CARE

**6<sup>99</sup>**  
ea

**Tresemmé  
Hair Care**  
(828 mL), Also Old  
Spice Deodorant  
(85g), Selected  
Varieties



**3<sup>99</sup>**  
ea

**Garnier Fructis Hair Care**  
(370 mL), Also Softsoap  
Liquid Hand Soap (332 mL),  
Selected Varieties



**5<sup>99</sup>**  
ea

**Western Family  
Hand Soap Refill**  
Liquid (1.65 Litres),  
Also Ivory Bar Soap  
(10 x 90g), Selected  
Varieties



**10<sup>99</sup>**  
ea

**Sukin Hair Care**  
(500 mL), Also  
Garnier Nutrisse Hair  
Colour, Selected  
Varieties



**9<sup>99</sup>**  
ea

**Dove Body Wash**  
(591 mL), Also Head  
& Shoulders (613 mL),  
Selected Varieties



**20% off**

**Neutrogena  
Face Care**  
Selected Varieties



# Increase your chances of quitting by 30%\*

## NICODERM

For 24-hour support



**Nicoderm Patches**  
Selected Varieties, 7-Pack



 **nicorette** |   
OFFICIAL QUIT SMOKING PARTNER

Fast nicotine craving  
relief to help you quit



**37<sup>99</sup>**  
ea

**Nicorette**  
Selected Varieties



# CLEAN SAVINGS



**19<sup>99</sup>**  
ea

**Tide Liquid Laundry Detergent**  
(3.9 Litres),  
Also Ivory Snow  
Liquid (3.1 Litres),  
Selected Varieties

**19<sup>99</sup>**  
ea

**Tide Laundry Pods**  
76's



**16<sup>99</sup>**  
ea

**Downy Scent Booster**  
Selected  
Varieties, 680g



**7<sup>49</sup>**  
ea

**Clorox Liquid Bleach**  
Original,  
3.57 Litres



# PURRFECT DEALS

**10\$9**  
for

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



**24<sup>99</sup>**  
ea

**Pedigree Dry Dog Food**  
Selected  
Varieties, 8 kg



**6<sup>99</sup>**  
ea

**Western Family Signature Dog Treats**  
Selected  
Varieties, 198g



**7<sup>99</sup>**  
ea

**Glad Kitchen Garbage Bags**  
28's



# HOUSEHOLD BUYS

**2<sup>49</sup>**  
ea

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



**Windex Glass Cleaner**  
(765 mL), Also  
Fantastik  
Household  
Cleaners (650 mL),  
Selected Varieties

**4<sup>99</sup>**  
ea



**8<sup>99</sup>**  
ea

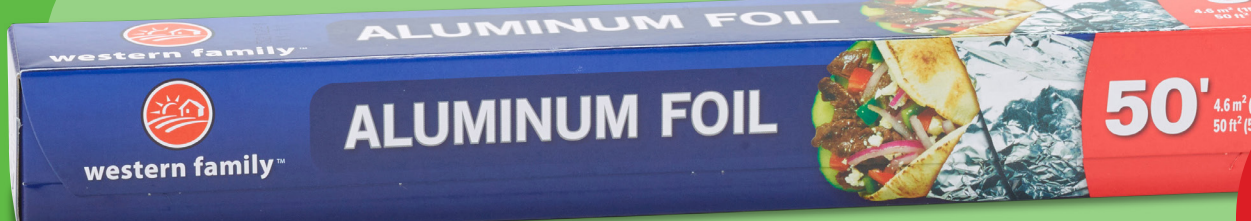
**Ziploc Freezer Bags**  
(32's), or Sandwich (180's),  
Selected Varieties



**FREE**  
WITH 3700  
POINTS REDEEMED

**6<sup>99</sup>**  
ea

**Western Family Parchment Paper**  
Also Selected Varieties, 75 Feet



**Western Family Aluminum Foil**  
Selected Varieties

**FREE**  
WITH 1600  
POINTS REDEEMED

**2<sup>99</sup>**  
ea

**15% off**

**Royal Chinet Compostable Dishware**  
Selected Varieties



**20% off**

**Vileda Cleaning Supplies**  
Selected Varieties



**15% off**

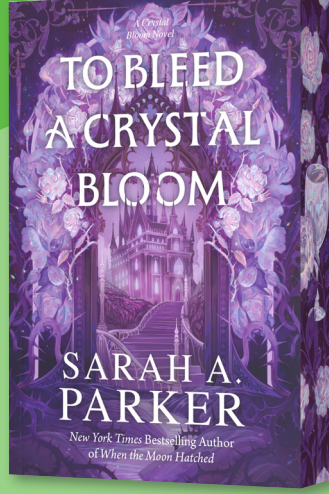
**Brita Water Filtration Products**  
Selected Varieties



# NOVEL SAVINGS

**\$6 off**

**when you buy 3 Greeting Cards**



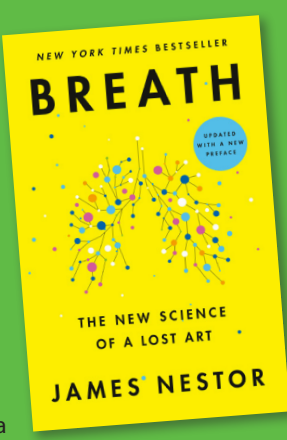
**To Bleed a Crystal Bloom**  
Regular Retail 28.99 ea

**EARN 250 POINTS**

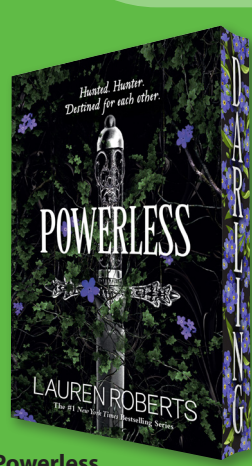
**30% off**

**25% off**

**Breath**  
Regular Retail 27.99 ea



**Powerless**  
Regular Retail 20.99 ea



**One Good Thing**  
Regular Retail 25.99 ea





western family™

# EARN MORE POINTS

More  
REWARDS

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



More  
REWARDS

EARN  
**575**  
POINTS

Western Family  
Green Tea  
or English  
Breakfast, 72's



More  
REWARDS

BUY  
**3**  
EARN  
**525**  
POINTS

Western Family  
Evaporated Milk  
354 mL



BUY  
**2**  
More  
REWARDS  
EARN  
**500**  
POINTS

Western Family Canned Fruit  
398 mL



More  
REWARDS  
EARN  
**450**  
POINTS

Western Family Salsa  
Selected Varieties, 650 mL



BUY  
**2**  
More  
REWARDS  
EARN  
**600**  
POINTS

Western Family Quick Oats  
or Old Fashioned, 2.25 kg



More  
REWARDS  
EARN  
**400**  
POINTS

Western Family Pure Jam  
500 mL

## GET MORE FREE

Redeem points to get your favourite products for FREE.



More  
REWARDS  
**FREE**  
WITH **3350**  
POINTS  
REDEEMED

Western Family Kettle Cooked Peanuts  
400g



More  
REWARDS  
**FREE**  
WITH **5500**  
POINTS  
REDEEMED

Western Family Flour  
Selected Varieties, 5 kg



More  
REWARDS  
**FREE**  
WITH **1000**  
POINTS  
REDEEMED

Western Family Sparkling Water  
2 Litres



More  
REWARDS  
**FREE**  
WITH **3800**  
POINTS  
REDEEMED

Western Family Butter  
Salted, 454g



More  
REWARDS  
**FREE**  
WITH **3200**  
POINTS  
REDEEMED

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



More  
REWARDS  
**FREE**  
WITH **6400**  
POINTS  
REDEEMED

Western Family Grapeseed Oil  
750 mL

SAVE ► EARN ► FREE ► REPEAT



# MY **MEGA** DEAL

THE BIGGEST & BEST DEAL TO  
**EARN POINTS**

LOAD YOUR  
PERSONALIZED  
**MY OFFERS**  
TO EARN  
**BONUS POINTS**  
ON YOUR SHOPS\*.

**LOAD TODAY**

\*Minimum spend required. Customers who redeem their My Mega Deal offer receive more points in addition to More Rewards base points. One My Mega Deal offer per household per promotional period.



# CELEBRATE

# Lohri

## WITH EXTRA SAVINGS



4\$5  
for

Teja Mango Juice  
1 Litre



10<sup>99</sup>  
ea

818 Premium  
Basmati Rice  
8 lbs



3<sup>99</sup>  
ea

Parliament Traditional  
Butter Cookies  
454g



2\$3  
for

Kurkure Masala  
Munch Snacks  
or Chilli Chatka, 115g



12<sup>49</sup>  
ea

India's Own Punjabi  
Jumbo Samosa  
Frozen, 1.4 kg



1<sup>49</sup>  
ea

Maggi Masala  
Noodles Family Pack  
280g



2<sup>99</sup>  
ea

Sundar Naan  
by Western Family,  
Selected Varieties,  
500g



3<sup>49</sup>  
ea

Sundar  
Cooking Sauce  
by Western Family,  
Selected Varieties,  
410 mL



3<sup>49</sup>  
ea

Teja Roasted  
Peanuts  
in Shell, 800g



3<sup>49</sup>  
ea

Tre Stelle Paneer  
300g



7<sup>99</sup>  
ea

BonLife  
Sunflower Oil  
3 Litres



6<sup>99</sup>  
ea

Gia Clarified  
Butter  
400g



4<sup>99</sup>  
ea

Brar Corn Flour  
4 lbs



8<sup>99</sup>  
ea

Nanak Veggie  
Burger Patty  
640g



5<sup>49</sup>  
ea

Vij's Masala  
Spring Roll  
Frozen, 424g



2\$8  
for

The Spice Tailor  
Selected Varieties,  
285 mL

