



Northern

PRICES IN EFFECT: JANUARY 29 TO FEBRUARY 4, 2026

429

Blueberries

Product of Chile or Argentina,
#1 Grade, 170 g



599

Gala Apples

Product of USA or
Canada, #1 Grade,
3 lb bag



1199

Maple Leaf Natural Selections Meats

Selected varieties,
175 g



649/LB 14.31/KG

Pork Shoulder Blade Steak or Roast

Big Deal Pack, cut from
federally inspected pork



719

Frank's Red Hot Sauce

Selected varieties,
354 mL



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399/LB
8.80/KG

**Whole
Chicken**

Grade A



1979

**Prime
Stuffed
Chicken**

Frozen,
568 g



509

**Dole
Pineapple**

Selected varieties,
398 mL



679

**Klik
Luncheon
Meat**

Selected varieties,
340 g



1049

**Swanson
Dinner**

Frozen, selected varieties,
280 - 345 g



2799

**Dunn-Rite
Chicken
Breast**

Frozen,
1 kg



1519

**Kellogg's
Jumbo
Cereal**

Selected varieties,
700 - 1010 g



899

**Chapman's
Canadian
Collection
Novelties**

Frozen, selected varieties,
8 x 55 mL



3229



McCain Bistro Onion Rings

Frozen,
1.2 Kg



779

Dr. Oetker Ristorante or Casa di Mama Pizza

Frozen, selected varieties,
320 - 400 g



599

Cheetos

Selected varieties,
180 - 285 g



379

Pepsi King Can

Plus other selected varieties,
473 mL

*Plus tax and environmental handling
where applicable.



949

Kraft Cheese Slices

Selected varieties,
410 g



299

Wonder Bread

Selected varieties,
570 - 675 g



1299

Frito Lay Variety Pack

Selected varieties,
448 g



899

Bounce Dryer Sheets

Selected varieties,
80 s



Northern
WE'VE GOT IT

We redeem all valid manufacturer's or competitive coupons on products we carry. Any errors in this flyer will be addressed by issuing a correction at point of purchase as quickly as possible. Where photo and text differ, text is correct. We reserve the right to limit quantities. All limits are per household, per visit. Every effort is made to ensure our regular stock advertised items are available. In the event of an out of stock advertised item, we will issue a rain check to purchase the same or similar item at the advertised price when available. 'Assorted Varieties' is used when all products that fall into the description and size listed are at the sale price. 'Selected Varieties' is used when not all products that fall into the description and size are at the sale price. Some items may not be available at all stores.