

BUY-LOW FOODS

western family

BONELESS CHICKEN BREASTS

seasoned, skinless, uncooked chicken breast portions 16% meat protein

poitrines de poulet épicées sans peau, sans os, crues 16% protéines de viande

3 kg

DISCOURS 3000 CUTS

KEEP FROZEN LARGE PORTIONS

NO NATURAL COLOURS OR FLAVOURS

THE LOWEST BUY

works out to

4⁵⁴ lb

Western Family Chicken Breast

Boneless, Skinless, Frozen, 3 kg Box, 29.99 ea

BIG PACK

4⁴⁹ lb

Pork Back Ribs

Fresh, 9.90/kg

3\$¹⁰ for

Fresh Berries

Blackberries, Raspberries or Blueberries, USA, 170g

western family

SAVE BIG

<div><div><div></div><div>Western Family Broth</div><div>Selected Varieties, 946 mL</div></div><div><div>2\$³ for</div></div></div> <div><div><div></div><div>Western Family Romaine Hearts</div><div>USA, 3-Pack</div></div><div><div>3⁹⁹ ea</div></div></div>	
<div><div><div></div><div>Western Family Soft Drinks</div><div>Selected Varieties, 12 x 355 mL</div></div><div><div>5⁹⁹ ea</div></div></div> <div><div><div></div><div>Western Family Potato Chips</div><div>Selected Varieties, 235g</div></div><div><div>3\$⁷ for</div></div></div> <tr><td><div><div><div></div><div>Western Family Cheese</div><div>Selected Varieties, 600g</div></div><div><div>8⁴⁹ ea</div></div></div><div><div><div></div><div>Western Family Frozen Fruit</div><div>Selected Varieties, 600g</div></div><div><div>4⁴⁹ ea</div></div></div></td></tr>	<div><div><div></div><div>Western Family Cheese</div><div>Selected Varieties, 600g</div></div><div><div>8⁴⁹ ea</div></div></div> <div><div><div></div><div>Western Family Frozen Fruit</div><div>Selected Varieties, 600g</div></div><div><div>4⁴⁹ ea</div></div></div>
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PRICES EFFECTIVE THURSDAY TO WEDNESDAY, JANUARY 8 – 14, 2026

THE LOWEST BUY

BUY MORE

BUY LOW

STOCK UP AND SAVE

THE LOW DOWN

THIS WEEK

FLYER DEALS

PRICE MATCH

WITH EVEN MORE WAYS TO SAVE.

CANADIAN

owned and operated.

DEAL OF THE DAY

SHOP DAILY DEALS
UNTIL APRIL 1ST

THURSDAY

1⁹⁷
ea

I Can't
Believe It's
Not Butter!
Original, 454g,
First 2



FRIDAY

3⁹⁷
ea

Fresh Express
Salad Kit
Selected Varieties,
278g, First 1



SATURDAY

4⁸⁷
ea

Christie
Cookies
Selected Varieties,
439g, First 2



SUNDAY

5⁹⁷
ea

Danone
Activia Yogurt
Selected Varieties,
12 x 100g, First 2



MONDAY

5⁹⁷
ea

Maple Leaf
Natural Selections
Selected Varieties,
175g, First 2



TUESDAY

2²⁷
ea

Pepperidge Farm
Baked Goldfish
Crackers
Selected Varieties,
200g, First 2



WEDNESDAY

2⁷⁷
ea

Villaggio Bread
Selected Varieties,
510g or 540g,
First 2



**COME BACK
EVERY DAY FOR
GREAT SAVINGS**

**Offers in effect
January 1 – April 1, 2026**

*Offer only valid on the advertised day.
Selection and availability may vary by store.*



western family

SAVE BIG

 <div>Western Family Salad USA Selected Varieties, 142g</div>	 <div>Western Family Guacamole Mild or Spicy, 227g</div>	 <div>Western Family Breaded Chicken Fully Cooked Selected Varieties, Frozen, 800g</div>
4 ⁹⁹ ea	5 ²⁹ ea	12 ⁹⁹ ea
 <div>Western Family Canned Fruit Selected Varieties, 398 mL</div>	 <div>Western Family Peanut Butter Selected Varieties, 1 kg</div>	 <div>Western Family Olive Oil Selected Varieties, 1 Litre</div>
3 ^{\$8} for	4 ⁹⁹ ea	15 ⁹⁹ ea
 <div>Western Family Pasta Sauce Selected Varieties, 700 mL</div>	 <div>Western Family Pasta Selected Varieties, 900g</div>	 <div>Western Family Condensed Soup Selected Varieties, 284 mL</div>
2 ^{\$6} for	2 ^{\$5} for	2 ^{\$3} for
 <div>Western Family Canned Tomatoes Selected Varieties, 796 mL</div>	 <div>Western Family Vegetables Selected Varieties, 341 mL or 398 mL</div>	 <div>Western Family Baked Beans Selected Varieties, 398 mL</div>
1 ⁹⁹ ea	4 ^{\$7} for	3 ^{\$5} for

BLP



western family

SAVE BIG

 <div>Western Family Cranberry Cocktail Selected Varieties, 1.89 Litres</div> <div>3⁹⁹ ea</div>	 <div>Western Family Sparkling Water Selected Varieties, 509 mL</div> <div>4⁵ for</div>	 <div>Western Family Swiss Chocolate Bars Selected Varieties, 100g</div> <div>3⁸ for</div>
 <div>Western Family Candy Bag Selected Varieties, 180g</div> <div>2⁴ for</div>	 <div>Western Family Rice Crackers Selected Varieties, 100g</div> <div>2³ for</div>	 <div>Western Family Granola Selected Varieties, 630g or 675g</div> <div>4⁹⁹ ea</div>
 <div>Western Family Cheese Slices Selected Varieties, 400g</div> <div>4⁹⁹ ea</div>	 <div>Western Family Cream Cheese Selected Varieties, 227g or 250g</div> <div>3⁶⁹ ea</div>	 <div>Western Family Shredded Cheese Selected Varieties, 320g</div> <div>5⁹⁹ ea</div>
 <div>Western Family Waffles Selected Varieties, Frozen, 280g</div> <div>2⁶ for</div>	 <div>Western Family Frozen Meal Selected Varieties, 907g</div> <div>5⁹⁹ ea</div>	 <div>Western Family Entrée Selected Varieties, Frozen, 255g</div> <div>1⁹⁹ ea</div>

BLSC

FRESH TASTE OF SAVINGS



5⁹⁹
ea

Ambrosia Apples
BC, 3 lb Bag



2⁴⁹
ea

Hass Avocado
Mexico



5⁹⁹
ea

Sweet Mandarin Oranges
Chile, 2 lb Bag



3⁹⁹
lb

Broccoli Crowns
USA, 8.80/kg



2⁹⁹
ea

Peeled Baby Carrots
USA, 1 lb Bag



2\$6
for

Haden Mango
Peru



5⁹⁹
ea

Western Family Signature Cherry Tomatoes on the Vine
Canada, Selected Varieties, 340g



6⁹⁹
ea

Earthbound Farm Organic Salad
USA, Selected Varieties, 284g

QUALITY MEATS FOR LESS




Sirloin Tip Roast
Fresh, 26.43/kg

11⁹⁹
lb




Pork Belly Quarter Cut
Fresh, Skin On, 13.21/kg

5⁹⁹
lb



BIG PACK

6⁴⁹
lb

Pork Chops
Fresh, Bone In, Centre Cut, 14.31/kg



SEAFOOD




Wild Sockeye Salmon Fillet
Previously Frozen

4⁹⁹
100g



western family
BREADED
CALAMARI
rings and tentacles
calamari pieces, battered & breaded

7⁹⁹
ea

Western Family Breaded Calamari
Frozen, 340g




Western Family Cooked Pacific White Prawns
Peeled & Deveined,
26 to 30 Count,
Frozen, 340g

9⁹⁹
ea



1⁷⁹
100g

Rockfish Fillet
Previously Frozen

DELI ONLY AVAILABLE IN STORES WITH FULL SERVICE DELI DEPARTMENTS



3²⁹
100g
Rosemary Ham
or Turkey, Fresh
Sliced in Store



3⁹⁹
100g
Roast Beef
Regular or Garlic,
Fresh Sliced in Store



3⁹⁹
100g
Salami
Fresh Sliced in Store,
Selected Varieties



10⁹⁹
ea
Chinese
Combo Meal
Selected Varieties, 450g



20% off
Full Service
Deli Salad
Selected Varieties



3⁹⁹
100g
Havarti Cheese
Cut in Store, Selected Varieties



3⁹⁹
100g
Parmesan
Cheese
Shredded or Shaved,
Packaged in Store



1²⁹
100g
Resers Salad
Selected Varieties



3⁹⁹
ea
Western Family
Hummus
Selected Varieties, 227g

PACKAGED MEAT



**BUY 1 GET 1
FREE**
Olivieri
Filled Pasta
(350g) or
Sauce (300 mL),
Selected Varieties



11⁹⁹
ea
Western Family
Meat Pies
Selected Varieties,
Frozen, 750g



6⁹⁹
ea
Siwin Potstickers
Selected Varieties,
Frozen, 454g or 500g



14⁹⁹
ea
Pinty's
Chicken Wings
Fully Cooked, Selected
Varieties, Frozen, 780g



9⁹⁹
ea
Western Family
Appetizers
Selected Varieties,
Frozen, 225g



12⁹⁹
ea
High Liner Breaded
Signature Cuts Fish
Selected Varieties,
Frozen, 335g

FRESH BAKERY ONLY AVAILABLE IN STORES WITH FULL SERVICE BAKERY DEPARTMENTS



1⁹⁹
ea

White Bread
or 100% Whole Wheat Bread,
Baked in Store, 450g

3⁴⁹

Sourdough Rolls
Baked in Store, Selected
Varieties, Pack of 8



4⁹⁹

Chocolate Croissants
Pack of 4

6⁹⁹

Pizza Pretzels
Pack of 4



3⁹⁹

Fruit Danish
Baked in Store, Pack of 6

3⁴⁹
ea

Western Family
Garlic Baguette
120g

6⁹⁹
ea

Western Family
Tarts
Selected Varieties, 510g

BAKERY AVAILABLE IN ALL LOCATIONS



2\$5
for

Venice Bakery
Bread
Selected Varieties, 570g

3⁹⁹
ea

Dempster's
100% Whole
Grains Bread
Selected Varieties, 600g

3⁴⁹
ea

Dempster's
Tortillas
Selected Varieties,
7 inch, 10's

SNACKS & BEVERAGES



2\$8
for

Old Dutch
Restaurante Chips
Selected Varieties, 245g or 275g



2\$69
ea



Oasis 100% Juice
or Del Monte Beverage,
Selected Varieties, 960 mL



7\$99
ea

Pepsi
Soft Drinks
Selected Varieties,
12 x 355 mL



2\$8
for

Nature Valley
Granola Bars
or Berry Cinnamon Snacks
Selected Varieties,
144g or 175g



3\$49
ea

Kellogg's Rice
Krispies Squares
or Pop-Tarts, Selected
Varieties, 176g or 384g



3\$10
for

Campbell's
Chunky Soup
Selected Varieties,
515 mL



2\$7
for

Classico
Pasta Sauce
Selected Varieties,
410 mL or 600 mL



3\$5
for

Kraft Dinner
Macaroni
& Cheese
Selected Varieties, 175g

DAIRY, CHILLED & FROZEN



6\$99
ea

Oikos Greek Yogurt
Selected Varieties, 650g or 750g



5\$49
ea

Häagen-Dazs
Ice Cream
(450 mL) or
Novelties (3 x 88 mL),
Selected Varieties



3\$99
ea

Becel Margarine
Selected Varieties, 427g



4\$49
ea

Olympic
Organic Yogurt
or Iyema, Selected
Varieties, 650g



5\$49
ea

Silk For Coffee
Creamer
Selected Varieties, 890 mL



2\$7
for

Kellogg's
Eggo Waffles
Frozen, 280g or 330g



2\$7
for

Smart Ones
Frozen Entrée
Selected Varieties,
227g or 255g



6\$99
ea

Dr. Oetker
Giuseppe
Frozen Pizza
Selected Varieties,
480g or 720g

SMART SIPS

Discover non-alcoholic beverages that don't compromise taste.

Swap the spirits for something that truly lifts you up. Non-alcoholic drinks are a simple way to enjoy flavour without compromising your health. Better rest, better focus, better you.



21⁴⁹
ea

**Corona Cero
Non-Alcoholic Beer**
Selected Varieties,
12 x 330 mL or 12 x 355 mL



15⁹⁹
ea

**Budweiser Zero
Non-Alcoholic Beer**
12 x 355 mL



8⁹⁹
ea

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



10⁹⁹
ea

**Michelob
Ultra Zero Beer**
6 x 355 mL



11⁹⁹
ea

**Heineken
Non-Alcoholic
Beer**
Selected Varieties,
6 x 330 mL



8⁹⁹
ea

**Street Legal
Non-Alcoholic
Beer**
Selected Varieties,
4 x 355 mL



10⁹⁹
ea

**Guinness 0
Non-Alcoholic
Draught**
4 x 440 mL



13⁴⁹
ea

**Edna's
Non-Alcoholic
Cocktails**
Selected Varieties,
4 x 355 mL

CHOOSE WELLNESS

Refresh with vibrant mocktails and the nutrients your body loves.



13⁹⁹
ea

Aēlo Non-Alcoholic Wine Ciders
Selected Varieties, 4 x 355 mL



11⁹⁹
ea

Athletic Non-Alcoholic Brewing Beverages
Selected Varieties, 6 x 355 mL

Loxton Non-Alcoholic Wine
Selected Varieties, 750 mL

8⁹⁹
ea



Not Guilty Zero Alcohol Wine
Selected Varieties, 750 mL

8⁹⁹
ea



Phillips Non-Alcoholic Malt Beverage
Selected Varieties, 4 x 355 mL

7⁹⁹
ea



The Great Gentleman Non-Alcoholic Beverage
Selected Varieties, 6 x 250 mL

9⁹⁹
ea



