

save on foods



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.

UNREAL DEAL on

6⁹⁹ lb

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



WAREHOUSE PACK
SUPER SAVINGS

6⁹⁹ ea | **7⁹⁹ ea**
First 4

Purex Bathroom Tissue
15=30 Rolls
WHILE QUANTITIES LAST.

MY OFFERS
EXTRA UNREAL DEAL

LOAD DEAL

15 DOUBLE ROLLS



NEW DEAL. BEST PRICE. EVERY WEEK.

7⁹⁹ lb

Ground Turkey Breast
Fresh, 17.61/kg

VALUE PACK



5⁹⁹ ea

Raspberries
Mexico or California, 340g



WAREHOUSE PACK
SUPER SAVINGS

Atlantic Salmon Fillet
Warehouse Pack

3²⁹ 100g

STARTING FRESH

1⁹⁹ ea

100% Whole Wheat Bread
or White Bread, 567g

BAKED FRESH IN STORE



3 for \$5

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



3⁹⁹ ea

Breyers Creamery Style Ice Cream
Selected Varieties, 1.41 Litres



4⁴⁹ ea

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



CANADIAN owned and operated for 110 years.

FRESH PICKS

3⁹⁹
lb

Green Grapes
Peru, 8.80/kg



1⁹⁹
lb

Gala Apples
BC, 4.39/kg



ONLY WITH
MY OFFERS
4⁹⁹
ea
First 1
LOAD NOW

5⁹⁹
ea **Halos Mandarins**
California, 2 lb Bag



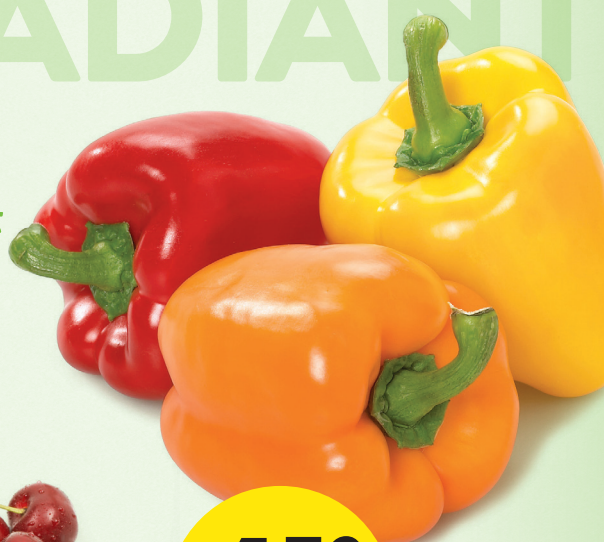
JUICY
NATURAL
RADIANT



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

2⁹⁹
lb

Broccoli Crowns
California, 6.59/kg



4⁷⁹
lb

Coloured Peppers
Mexico, 10.56/kg



*Premium, super
sweet cherries!*

5⁹⁹
lb

Cherries
Australia or
Argentina, 13.21/kg



4⁹⁹
ea

Grape Tomatoes
Canada or Mexico, 454g

2⁹⁹
ea

Head Lettuce
California



3⁴⁹
ea

Yellow Onions
USA, 3 lb Bag



PURELY ORGANIC PERFECTLY FRESH



6⁹⁹
ea

Organic Earthbound Salad
California, 284g



3⁹⁹
lb

Organic Cauliflower
California, 8.80/kg



3⁹⁹
ea

Organic Carrots
California,
2 lb Bag



5⁹⁹
ea

Organic Blackberries
Mexico or
California, 170g

FLORAL



24⁹⁹
ea

Gourmet Bouquet
Fresh, Seasonal



9⁴⁹
ea

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



4⁴⁹
ea

Kalanchoe
Assorted Colours,
4 Inch

FRESH MEAT

Family-sized flavour,
without the fuss!



3⁹⁹
lb

Whole Frying Chicken
Fresh, 8.80/kg



11⁹⁹
lb

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

TENDER
JUICY
PERFECT



5⁹⁹
lb

Pork Tenderloin
Whole, Fresh, 13.21/kg

UNCOMPROMISED QUALITY
RAISED RIGHT, TASTES GREAT

8⁹⁹
lb

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



ONLY
GOODNESS

5⁹⁹
lb

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



10⁹⁹
lb

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



4⁹⁹
lb

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



**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



6⁹⁹
ea

Janes Breaded Chicken
Selected Varieties,
Frozen, 700g



MIX & MATCH
BUY 1
GET 1
free*

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

*of equal or lesser value



14⁹⁹
ea

Western Family Thick Cut Bacon
Naturally Smoked,
1 kg



9⁹⁹
ea

Maple Leaf Pork Tenderloin
Selected Varieties, 400g



5⁹⁹
ea

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



7⁹⁹
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

3.49
100g



Sablefish Fillet
Frozen



MIX & MATCH
2\$20
for



Western Family Prawns
Selected Varieties,
Frozen, 340g



12.99
ea

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



10.99
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
4.99
ea
First 4
LOAD NOW

5.99
ea Cinnamon Buns
Iced or Uniced, 480g

BAKED
FRESH
IN STORE



BAKED
FRESH
IN STORE

1.99
ea

Calabrese bread and
Mortadella—the ultimate
family lunch hack!

Calabrese
Bread
450g



3.99
ea

Garlic Bread
Selected Varieties,
630g, Made in store



2.99
ea

Pie Slice
Selected Varieties, 250g

BAKED
FRESH
IN STORE



2.99
ea

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

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



pack
of **2 7.49**

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



3⁷⁹
100g

Tuscany Ham
or Rosemary, Fresh Sliced in Store



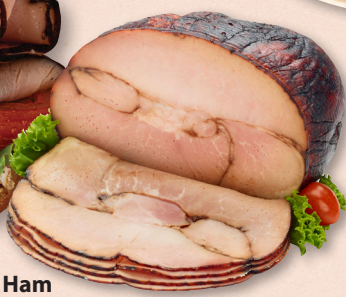
3²⁹
100g

Maple Lodge Chicken Breast
Selected Varieties



3⁴⁹
100g

Old Style Black Forest Ham
Roasted in Store



Light on prep,
big on flavour.

ONLY WITH
MY OFFERS
8⁹⁹
ea
First 1
LOAD NOW



9⁹⁹ ea
Western Family Chicken Breast Strips
Selected Varieties, 300g



8⁷⁹
ea

Pep'N Cheddies Snacks
150g



13⁹⁹
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

8⁷⁹
ea



Summer Fresh Snack & Go Hummus
83g

2⁴⁹
ea



4⁹⁹
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



4⁹⁹
ea

The Laughing Cow Cheese
133g



2^{\$}7
for

Go Go SQUEEZ 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.



15%
off

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



3⁹⁹
ea

Core Power Protein Drink
414 mL



[VIEW WELLNESS DEALS](#)

SIP, SAVOUR & SAVE



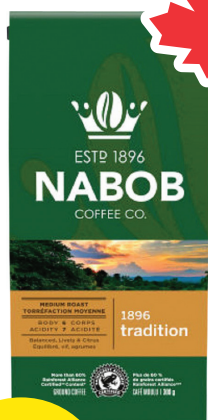
western family

COMPARE & SAVE BIG



8⁴⁹
ea

Western Family Premium Roast Ground Coffee
Selected Varieties, 300g



9⁹⁹
ea

Nabob Ground Coffee
Selected Varieties, 340g



3⁸
for

Monster Energy Drink
Selected Varieties,
473 mL or 444 mL



10⁹⁹
ea

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



2⁶
for

Christie Cookies
Selected Varieties,
212g or 281g



2⁴⁹
ea

Pepperidge Farm Goldfish Cracker Snacks
Selected Varieties, 200g



2⁵
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



3¹⁰
for

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



5⁹⁹
ea

Jif Peanut Butter
1 kg



2⁴
for

SunRype Juice Blend
Selected Varieties,
900 mL

DAILY DEALS

BREAKFAST SAVES



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

5⁹⁹
ea

Kellogg's Mini-Wheats
Selected
Varieties, 650g



5⁹⁹
ea

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



More Rewards

BUY 2

EARN
500
POINTS

4⁹⁹
ea

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



More Rewards

BUY 2

EARN
500
POINTS

4⁹⁹
ea

Kellogg's Vector Granola
Vanilla or Chocolate,
311g





western family

COMPARE & SAVE BIG



1.79
ea

Western Family Broth
Selected Varieties,
946 mL



2.29
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 Bisto Express Rice
250g



3\$7
for

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



9.99
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



5.99
ea

Gia Vegetable Ghee
1 Litre



4\$5
for

Cornitos Nacho Crisps
55g



4.99
ea

KFI Cooking Sauce
Selected Varieties,
375 mL

DAIRY



western family

COMPARE & SAVE BIG

3⁶⁹
ea

**Western Family
Margarine**
427g



4²⁹
ea

Becel Margarine
427g



4⁹⁹
ea

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



5⁴⁹
ea

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



6⁹⁹
ea

**Western Family
Ricotta Cheese**
500g



2⁹⁹
ea

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



FROZEN



western family

COMPARE & SAVE BIG

2⁷⁵⁰
for

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



2^{\$6}
for

Cheemo Perogies
Selected Varieties,
Frozen, 907g



3⁴⁹
ea

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



4⁹⁹
ea

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



4⁴⁹
ea

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



4⁹⁹
ea

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



YO-GOURT DEALS!



9⁹⁹
ea

Yoplait Drinkable Yogurt
15 x 93 mL



3\$¹⁰
for



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



6⁴⁹
ea

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

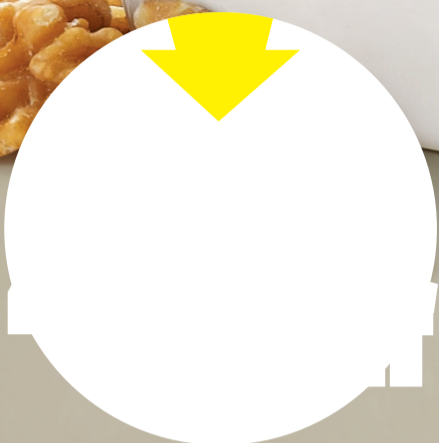


2\$⁸
for

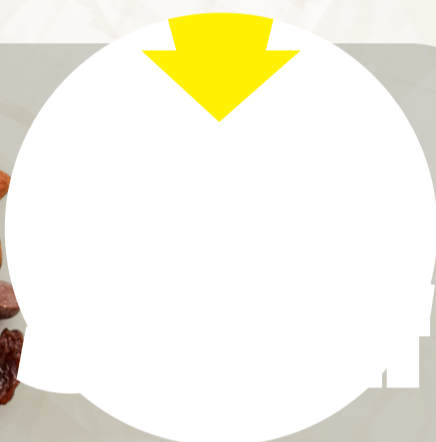


Liberté Yogourt
Selected Varieties, 4 x 100g

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

2²⁹
100g

Toffee Coconut Cashews
Also Selected Varieties

new



6⁴⁹
ea

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



5⁹⁹
ea

SunRype Fruit to Go Strips
15 x 14g



10⁹⁹
ea

Western Family Whole Natural Raw Almonds
Selected Varieties, 500g

NATURAL

2\$7
for

GoMacro
Macrobar
Selected Varieties,
71g



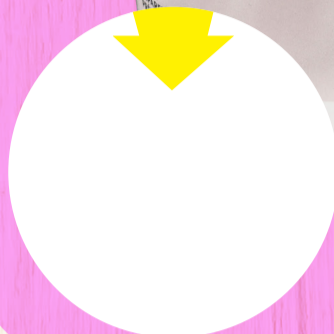
2\$8
for

Smart Sweets
Selected Varieties,
50g

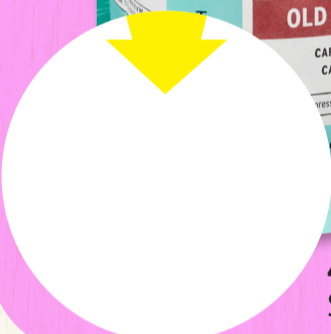


2\$9
for

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



5.99
ea

Yogi Tea
Selected Varieties, 16's



6.99
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

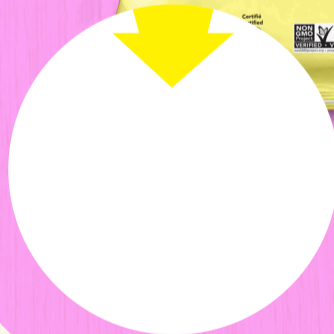
4.99
ea

Pacific Foods
Organic Broth
Selected Varieties,
946 mL

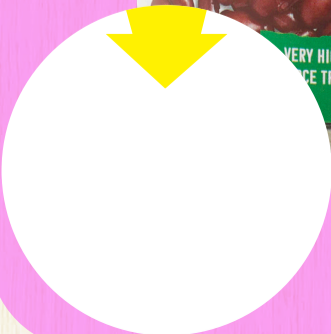


6.99
ea

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!



6⁹⁹
ea



Daiya Plant-Based Cheezecake Alternative
Frozen, 400g

4⁴⁹
ea



Daiya Dairy-Free Mac & Cheese
300g



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



8⁹⁹
ea

Daiya Pizza
Selected Varieties

8⁹⁹
ea



Daiya Flatbread
331g or 346g



Delicious by Nature

Start the new year on a new path



11⁴⁹
ea

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

6⁹⁹
ea

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



5⁹⁹
ea

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

6⁴⁹
ea



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

HEALTH & WELLNESS

NeoCitrان Cold Relief
Selected Varieties, 10-Pack
12⁹⁹ ea

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

NeilMed Neti Pot
or Sinus Rinse Refill
18⁹⁹ ea

Centrum Multivitamin Tablets
Selected Varieties
15% off

Listerine Mouthwash
Selected Varieties, 1 Litre
6⁹⁹ ea

Crest Toothpaste
Also Oral-B Toothbrush,
Selected Varieties
2\$9 for

Sperry Plant-Based Meal Replacement
Selected Varieties, 4 x 330 mL
17⁹⁹ ea

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

Voltaren Emulgel
Extra Strength
Also Voltaren Emulgel,
Selected Varieties
15⁹⁹ ea

Advil Liqui-Gels
Also Voltaren Emulgel,
Selected Varieties
15⁹⁹ ea

Pepcid Antacid
Selected Varieties, 25's
13⁹⁹ ea

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

Huggies Mega Colossal Diapers
Selected Varieties
36⁹⁹ ea

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

Nestlé Nido 1+ Nutritional Supplement
Milk Flavour, 850g
23⁹⁹ ea

Love Child Organics Baby Food
Selected Varieties, 128 mL
5\$10 for

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

Dr. Brown's Toddler Toothbrush
2-Pack
8⁴⁹ ea

PERSONAL CARE

TRESemmé Hair Care
(828 mL), Also Old Spice Deodorant (85g), Selected Varieties
6⁹⁹ ea

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

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

Sukin Hair Care
(500 mL), Nurtisse Hair Colour, Selected Varieties
10⁹⁹ ea

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

Neutrogena Face Care
Selected Varieties
20% off

Increase your chances of quitting by 30%*

NICODERM

For 24-hour support



Nicoderm Patches
Selected Varieties, 7-Pack



OFFICIAL QUIT SMOKING PARTNER

Fast nicotine craving relief to help you quit



37⁹⁹
ea

Nicorette
Selected Varieties

CLEAN SAVINGS



19⁹⁹
ea

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

19⁹⁹
ea

Tide Laundry Pods
76's



16⁹⁹
ea

Downy Scent Booster
Selected Varieties, 680g



7⁴⁹
ea

Clorox Liquid Bleach
Original,
3.57 Litres



PURRFECT DEALS

10^{\$}9
for

Purina Friskies Cat Food
Wet, 156g



24⁹⁹
ea

Pedigree Dry Dog Food
Selected Varieties, 8 kg



6⁹⁹
ea

Western Family Signature Dog Treats
Selected Varieties, 198g



7⁹⁹
ea

Glad Kitchen Garbage Bags
28's



HOUSEHOLD BUYS

2⁴⁹
ea

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



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

4⁹⁹
ea



8⁹⁹
ea

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



FREE
WITH 3700
POINTS REDEEMED

6⁹⁹
ea

Western Family Parchment Paper
Also Selected Varieties, 75 Feet



Western Family Aluminum Foil
Selected Varieties

FREE
WITH 1600
POINTS REDEEMED

2⁹⁹
ea

15% off

Royal Chinet Compostable Dishware
Selected Varieties



20% off

Vileda Cleaning Supplies
Selected Varieties



15% off

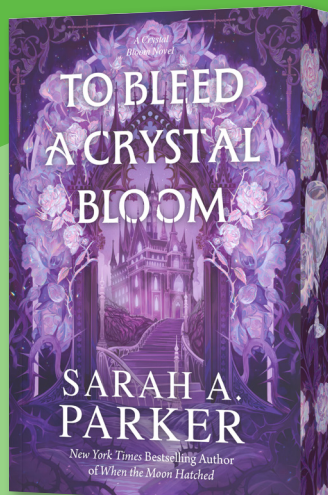
Brita Water Filtration Products
Selected Varieties



NOVEL SAVINGS

\$6 off

when you buy 3
Greeting Cards



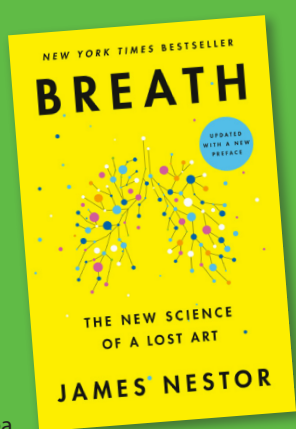
To Bleed a Crystal Bloom
Regular Retail 28.99 ea

EARN 250 POINTS

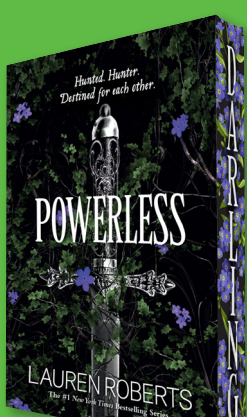
30% off

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



More REWARDS BUY 2 EARN 500 POINTS

Western Family Canned Fruit 398 mL



More REWARDS EARN 450 POINTS

Western Family Salsa Selected Varieties, 650 mL



More REWARDS BUY 2 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



5⁹⁹ ea

Alishaan White Basmati Rice
8 lbs

7⁹⁹ ea

Wagh Bakri Premium Pot Tea Bags
216's

8⁹⁹ ea

Phagwara Brown Sugar
10 lbs

2⁹⁹ ea

Pachranga's Pickle
1 kg

5²⁹ ea

Teja Gur Rewdi Candy
800g

2⁹⁹ ea

Teja Punjabi Peanut Gachak
400g

19⁹⁹ ea

Lehar Mustard Oil
5 Litres

34⁹⁹ ea

Verka Desi Ghee
2.5 kg

14⁹⁹ ea

Lehar Signature Assorted Sweets
2 lbs

4⁹⁹ ea

Nanak Paneer
341g

8⁹⁹ ea

Nanak Mango Rasmalai
or Plain, Frozen, 850g

3⁴⁹ ea

Nanak Dahi Plain Yogurt
750g

2⁷⁹ ea

Gia Naan
Selected Varieties, 400g

5⁹⁹ ea

Verka Cookies
Egg-Free, Selected Varieties, 2.5 lbs

3⁹⁹ ea

Verka Pound Cake
Egg-Free, Selected Varieties, 400g

2⁹⁹ ea

Frontier Roti
Selected Varieties, 500g

CELEBRATE

Lohri

WITH EXTRA SAVINGS



4\$5
for

Teja Mango Juice
1 Litre



10⁹⁹
ea

818 Premium
Basmati Rice
8 lbs



3⁹⁹
ea

Parliament Traditional
Butter Cookies
454g



2\$3
for

Kurkure Masala
Munch Snacks
or Chilli Chatka, 115g



12⁴⁹
ea

India's Own Punjabi
Jumbo Samosa
Frozen, 1.4 kg



1⁴⁹
ea

Maggi Masala
Noodles Family Pack
280g



2⁹⁹
ea

Sundar Naan
by Western Family,
Selected Varieties,
500g



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

3⁴⁹
ea

Teja Roasted
Peanuts
in Shell, 800g

3⁴⁹
ea



3⁴⁹
ea

Tre Stelle Paneer
300g

7⁹⁹
ea

BonLife
Sunflower Oil
3 Litres



6⁹⁹
ea

Gia Clarified
Butter
400g



4⁹⁹
ea

Brar Corn Flour
4 lbs



8⁹⁹
ea

Nanak Veggie
Burger Patty
640g



5⁴⁹
ea

Vij's Masala
Spring Roll
Frozen, 424g



2\$8
for

The Spice Tailor
Selected Varieties,
285 mL