



# FamilyFoods

**3<sup>99</sup>** Each

**Fresh Blueberries**

1 Pint.

Product of Peru/Mexico



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

**Compliments Boneless Skinless Chicken Breasts**

Frozen. Seasoned.  
I.Q.F. Works out to  
\$44.00 Per 4 Kg Box.

**value size**



**Compliments Breaded Chicken**

Select Varieties. 1.47 - 1.5 kg. Frozen.

**value size**

**10<sup>99</sup>** Each



**Compliments Muffins**

Select Varieties. 400 - 440 g.

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



**Compliments Wieners**

Regular or Jumbo. 450 g.

**2<sup>19</sup>**



**Romaine Hearts**  
Product of Mexico/U.S.A.  
Package of 3.

**3<sup>99</sup>** Each



**Dr. Oetker Giuseppe Pizza**  
Select Varieties.  
Thin or Rising Crust 439 - 785 g.  
Rip'n Share 480 g. Frozen.

**4<sup>94</sup>**



**Lay's Potato Chips**  
Select Varieties.  
220 - 235 g.

**2/\$6<sup>50</sup>**



**Heinz Beans or Pasta**  
Select Varieties. 398 mL.

**2/\$3**



**Vachon Snack Cakes**  
Select Varieties.  
248 - 336 g.

**2/\$7<sup>50</sup>**



**Support your Local Grocer!**

Sale Prices in Effect  
**JANUARY 2026**

thu	fri	sat	sun	mon	tues	wed
8	9	10	11	12	13	14

Open Sundays in select locations only [familyfoods.ca](http://familyfoods.ca)

Ⓢ This symbol denotes Plus deposit and/or environmental levies where applicable

pg1\_w37\_8F



produce

**Fresh Raspberries**  
Product of Mexico/U.S.A.  
340 g.

**6<sup>99</sup>**  
Each



**Cauliflower**  
Product of Mexico/U.S.A.

**4<sup>99</sup>**  
Each



**Large Pineapple**  
Product of Costa Rica.

**5<sup>99</sup>**  
Each



**Fresh Apples**  
Select Varieties. Product of Canada/U.S.A.

**2<sup>49</sup>**  
lb  
5.49/kg



**Compliments Baby Cut Carrots**  
340 g. Product of U.S.A.

**1<sup>99</sup>**  
Each



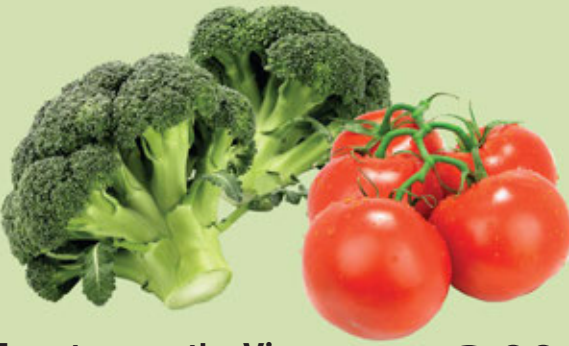
**Fresh Brussels Sprouts**  
Product of Canada.

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



**Tomatoes on the Vine or Broccoli Crowns**  
Product of Canada/U.S.A./Mexico.

**2<sup>99</sup>**  
lb  
6.59/kg



**Compliments Red, White, Russet or Yellow Potatoes**  
5 lb/2.27 kg. Product of Canada.

**4<sup>99</sup>**  
Each



**Long English Cucumbers**  
Product of Canada.

**1<sup>99</sup>**  
Each



**Green Cabbage**  
Product of Canada.

**99¢**  
lb  
2.18/kg



**Bulk White or Brown Organic Mushrooms**  
Product of Canada.

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



deli

**Castello Sliced Cheese**  
Select Varieties. 125 - 165 g.

**5<sup>99</sup>**  
Each



**Mastro or San Daniele Meats**  
Select Varieties. Mortadella 175 g.  
Prosciutto Cotto 125 g. Capocollo 125 g.

**5<sup>49</sup>**  
Each



**Compliments Roast Turkey Breast**  
Or Smoked. Sliced or Shaved.

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



**Compliments Fresh Pasta or Sauce**  
Select Varieties. Pasta 300 - 360 g.  
Sauces 170 g. or 300 mL.

**4<sup>99</sup>**  
Each





fresh meat



Beef Sirloin  
Tip Roast  
Boneless.

7<sup>99</sup>lb  
17.61/kg



Beef Top Sirloin  
Grilling Steak  
Boneless.



11<sup>29</sup>lb  
24.89/kg



Short Rib Style  
Boneless Brisket  
Cut From Canada AA or Higher.



8<sup>99</sup>lb  
19.82/kg



Fresh Pork Rib Roast or  
Chops  
Bone In.



3<sup>49</sup>lb  
7.69/kg



Fresh Pork Belly  
Boneless.



4<sup>99</sup>lb  
11.00/kg



Panache Flattened Chicken  
Select Varieties.



5<sup>99</sup>lb  
13.21/kg



Fresh Chicken  
Thighs or Drumsticks  
Thighs Backbone Removed.



3<sup>99</sup>lb  
8.80/kg



Tre Stelle  
Bocconcini or  
Feta Cheese  
Select Varieties. 200 g.

6<sup>49</sup>Each



packaged meat \*



Lou's Kitchen Slow  
Roasted Meats  
Or Lil' Juan's Mexican Style Meat.  
Select Varieties. 300 - 400 g.

8<sup>49</sup>Each



Schneiders Pepperettes  
Select Varieties. 60 g.



2<sup>39</sup>Each



Compliments Grilled Strips  
Select Varieties. 150 - 200 g.



5<sup>99</sup>Each



Harvest Wieners  
Regular or All Beef. 450 g.



7<sup>29</sup>Each



Compliments  
Pork Sausages  
Select Varieties. 1 - 1.4 kg. Frozen.



12<sup>49</sup>Each



Compliments Cooked Ham  
Sliced. 175 g.

3<sup>99</sup>Each



Compliments Bologna  
500 g.



7<sup>99</sup>Each



Harvest Beer Sausage  
Bulk.



2<sup>39</sup>100 g



Harvest Garlic Sausage  
Naturally Smoked. 500 g.



7<sup>99</sup>Each

\*Excludes Mountain Creek Farms Beef and Pork Products

This symbol denotes Plus deposit and/or environmental levies where applicable



## chilled & frozen



**Cracker Barrel Cheese**  
Select Varieties. Blocks 340 - 400 g.  
Shredded 250 - 320 g.

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



**Black Diamond Cheese Strings**  
Or Slices 825 g.  
Select Varieties.  
Cheese Strings 252 - 336 g.

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



**Simply Juices or Beverages**  
Select Varieties. 1.54 Litre.

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



**IOGO Multipack Yogourt**  
Select Varieties. 16 x 100 g.

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



**Imperial Margarine**  
Soft Tub or Quarters.  
1.28 - 1.36 kg.

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



**I Can't Believe It's Not Butter**  
427 g.

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



**Nestle Coffee Mate**  
Select Varieties. 946 mL.

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



**Lucerne Sour Cream**  
Select Varieties. 500 mL.

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



**Compliments Orange Juice**  
Or Iced Tea or Lemonade.  
Select Varieties. 2.5 Litre.

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

**Häagen Dazs Ice Cream**

Select Varieties.  
Ice Cream 400 - 450 mL.  
Ice Cream Bars  
216 - 264 mL. Frozen.

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



**Compliments Classic Pizza**  
Select Varieties. Frozen.  
352 - 446 g.

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



**Pillsbury Pizza Pops**  
Select Varieties. 2.85 kg.  
Frozen.

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



**Michelina's Green Box Entrees**  
Select Varieties. 227 - 284 g.  
Pizza Snacks 128 g. Frozen.

**4/\$6**



**Compliments Whipped Topping**  
Regular or Light. 225 g.

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



**Compliments Tart or Pie Shells**  
Select Varieties. Tarts 255 g.  
Pie Shells 285 - 340 g. Frozen.

**2/\$7**



**Chapman's Ice Cream**  
Select Varieties. Frozen.  
4 litre.

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



**Best Buy Vegetables**  
Select Varieties. 750 g.  
Frozen.

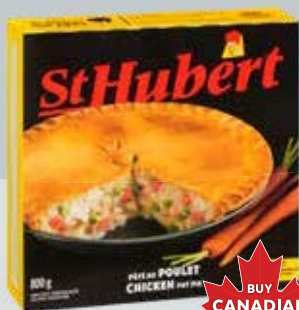
**2<sup>99</sup>**



**Healthy Choice Steamers or Entrees**  
Or Marie Callender's Bowls.  
Select Varieties. 255 - 349 g.  
Frozen.

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

## meat & seafood



**St. Hubert Pot Pies**  
Select Varieties.  
715 - 800 g. Frozen.

**10<sup>49</sup>**



**Compliments Traditional Beef Burgers**  
Frozen. 2.27 kg.

**29<sup>99</sup>**



**Compliments Bambino Pork Sausages**  
Select Varieties. 375 g.

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



**Compliments Crab Flavoured Alaskan Pollock**  
Or Lobster Flavoured Chunks.  
Select Varieties. 227 g.

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



**Compliments Naturally Simple Fish Fillets**  
Select Varieties. 400 g.  
Frozen

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



grocery

**Clover Leaf Tuna**  
Select Varieties. 85 - 170 g.  
Salmon Salad 78 g.

2/\$4.44



**Compliments White Albacore Tuna**  
Select Varieties. 170 g.

2.49



**Clover Leaf Smoked Oysters**  
or Mussels. Select Varieties. 85 g.

2/\$5



**Maple Leaf Canned Ham**  
454 g.

BUY CANADIAN  
7.99



**Bush's Best Beans**  
Select Varieties. 398 mL.

2/\$4.44



**Unico Beans**  
Select Varieties. 540 mL.

1.69



**Compliments Tomatoes**  
Select Varieties. 796 mL.

BUY CANADIAN  
1.79



**Compliments Pickles**  
Select Varieties. 1 Litre.

3.49

**Compliments Refried Beans**  
Select Varieties. 398 mL.

1.79



**Knorr Sidekicks**  
Select Varieties. 120 - 167 g.

1.99



**Betty Crocker Instant Potatoes**  
Select Varieties. 141 - 215 g.

2.99



**Stagg Chili**  
Select Varieties. 425 g.

4.49



**Lipton Soup Mix, Cup A Soup or Knorr Soup Mix**  
Select Varieties. 40 - 166 g.

1.99



**Mr. Noodles Cups**  
Select Varieties. 64 g.

1.29



**Frank's Red Hot Sauce**  
Select Varieties. 354 mL.

4.79



**French's Mustard**  
Select Varieties. Yellow 550 mL. Specialty 325 mL.

3.19



**Compliments Mayonnaise**  
Select Varieties. 890 mL.

5.49



**Spirited Mickie Barbecue Sauce**  
Select Varieties. 375 mL.

BUY CANADIAN  
3.99



**Compliments Pasta Sauce**  
Select Varieties. 650 mL.

BUY CANADIAN  
3.99



**Rogers or Lantic Sugar**  
Select Varieties. 1 kg. Excludes Fine Granulated.

BUY CANADIAN  
3.29



**Compliments Flour**  
Select Varieties. 2.5 kg.

BUY CANADIAN  
3.99



**Compliments Chocolate Chips or Chunks**  
Select Varieties. 225 - 270 g.

4.99



**Compliments Pie Filling**  
Select Varieties. 540 mL.

3.99



**Compliments Jelly Powder**  
Select Varieties. 85 g.

BUY CANADIAN  
69¢



# beverages & snacks



**Compliments Spring Water**  
24 x 500 mL. ☼

**BUY CANADIAN**  
**3<sup>99</sup>**



**Monster, Full Throttle, NOS, Bang or Reign Energy Drinks**  
Select Varieties.  
355 - 473 mL. ☼

**2/\$5<sup>50</sup>**



**Gatorade**

Select Varieties. 710 mL. ☼

**2/\$5**



**Coca-Cola 12 Pack Soft Drinks**  
Select Varieties.  
12 x 355 mL. ☼

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



**Pepsi 2 Litre Soft Drinks**  
Select Varieties. ☼

**2/\$5**



**Frito Lay Mini Cannisters**  
Select Varieties. 102 - 145 g.

**2/\$7**



**Hawkins Cheezies**  
210 g.

**BUY CANADIAN**  
**2/\$7**



**Old Dutch Boxed Potato Chips**  
Select Varieties. 220 g.

**BUY CANADIAN**  
**2/\$7<sup>50</sup>**



**Tostitos Tortilla Chips**  
Select Varieties.  
205 - 295 g.

**2/\$8<sup>50</sup>**



**Old Dutch Potato Chips**  
Select Varieties. 235 g.  
Ridgies or Veggie Crisps  
200 g.

**BUY CANADIAN**  
**2/\$7**



**Quaker Crispy Minis**  
Select Varieties. 215 g.

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



**Compliments Dry Roasted Peanuts**  
Select Varieties. 700 g.

**BUY CANADIAN**  
**4<sup>99</sup>**



**Kellogg's Cheez-Its**  
Select Varieties. 191 - 200 g.

**2/\$6**



**Leclerc Celebration Cookies**  
Select Varieties. 240 - 350 g.

**BUY CANADIAN**  
**2/\$6**



**Best Buy Cream Filled Cookies**  
Select Varieties. 600 g.

**BUY CANADIAN**  
**4<sup>99</sup>**



**Dentyne Gum**  
Select Varieties. Each.

**1<sup>29</sup>**



**Nestle King Bars**  
Select Varieties. 58 - 94 g.

**2<sup>79</sup>**



**Best Buy Swiss Chocolate Bars**  
Select Varieties. 100 g.

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



**Hi-Chew Candy**  
Select Varieties. 58 g.

**2/\$4**



**Ross Chocolates**  
Select Varieties. 85 g.

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

# household & pet



**Royale Bathroom Tissue**  
Select Varieties. 9 - 12 Roll.  
Facial Tissue 6's.  
Paper Towel 3's.

**BUY CANADIAN**  
**8<sup>99</sup>**



**Bounty Paper Towel**  
Select Varieties.  
2 - 3 Roll 2 Ply 82 - 123 Sheets.

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



**Glad Cling Wrap**  
30 Metres.

**BUY CANADIAN**  
**2<sup>99</sup>**



**Febreze Air Effects**  
250 g. Or Air Fresheners.  
Each. Select Varieties.

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



**Lysol Disinfectant Wipes & Spray**  
Select Varieties.  
Wipes 75's - 84's. Spray 350 g.

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



bakery



Compliments Swiss Rolls  
Select Varieties. 400 g.

6<sup>49</sup>



Table Talk Pies  
4 Inch. Select Varieties. 114 g.

1<sup>79</sup>



Compliments Donuts  
Select Varieties. 155 - 250 g.



2<sup>49</sup>



Stuyvers Bread  
Select Varieties. 400 g.

4<sup>49</sup>



Compliments Brioche Loaf  
Original or Chocolate Chip. 500 g.



5<sup>99</sup>



Compliments Garlic Parmesan Breadsticks  
10's. 550 g.

4<sup>99</sup>



Ste Julie Traditional Fudge  
Select Varieties. 180 g.

4<sup>49</sup>



Byblos Bagels  
Select Varieties. 400 g.



3<sup>99</sup>

breakfast

Milk 2 Go or Nestlé Milk Shakes  
Select Varieties. 473 mL.

3/\$5



Maxwell House Single Serve Coffee  
Select Varieties. 109 - 126 g.

7<sup>99</sup>



Compliments Coffee  
Select Varieties. K-Cups 12's. Ground Coffee 300 g.



8<sup>99</sup>



Red Rose Tea  
Select Varieties. 48's - 72's.

5<sup>99</sup>



General Mills Jumbo Cereal  
Select Varieties. 825 g. - 1.3 kg.

10<sup>99</sup>



Larabar Nutritional Bars  
Select Varieties. 45 - 48 g.

1<sup>79</sup>



Kellogg's Pop Tarts  
Or Nutri Grain Bars, Rice Krispies Squares or Pastry Crisps.  
Select Varieties Each.

2/\$6



General Mills Premium Granola Bars  
Or Betty Crocker Fruit Snacks.  
Select Varieties. 125 - 226 g.

3<sup>99</sup>



Compliments Creamed or Liquid Honey  
Select Varieties. 500 g.



5<sup>99</sup>



Halls Lozenges  
Select Varieties. 25's - 30's.

2/\$10



U By Kotex Feminine Products  
Select Varieties. 14's - 50's.

5<sup>99</sup>



Colgate Toothpaste or Toothbrushes  
Select Varieties. Toothpaste 73 - 170 mL. Toothbrushes Each.

5<sup>99</sup>



Pedigree Cesar Dog Food  
Select Varieties. 100 g.

1<sup>99</sup>



Purina Fancy Feast Broth Singles  
Select Varieties. 40 g.

4/\$6

This symbol denotes Plus deposit and/or environmental levies where applicable





# FamilyFoods

Meal Inspiration from our Family to Yours!

**4<sup>99</sup>** Each

## Taylor Farms Chopped Salad Kits

Select Varieties.  
292 - 383 g.  
Packaged in Canada.



**3<sup>79</sup>** lb  
8.36/kg

## Fresh Pork Side Ribs or Tenderloin



## Compliments Turkey or Chicken Meatballs

560 - 680 g. Frozen.

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



## Compliments Soft Drinks

Select Varieties. 12 x 355 mL.

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



## Dempster's Whole Grain Bread

Select Varieties. 600 g.

**2/\$8**



## Danone Activia or Two Good Greek Yogourt

Select Varieties. Two Good 380 g. Activia 650 g.

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



## Kellogg's Jumbo Cereal

Select Varieties. 700 g. - 1.05 kg.

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



## SpongeTowels

Ultra Pro 98 Sheet. 8 Double Roll.

**21<sup>99</sup>**

Open Sundays in select locations only. [familyfoods.ca](http://familyfoods.ca)

**British Columbia** McMynn's Family Foods, Midway **Alberta** Breton Family Foods, Breton • Castor Family Foods, Castor • Consort Family Foods, Consort • Coronation Family Foods, Coronation • Hanna Family Foods, Hanna • Irricana Family Foods, Irricana • Redcliff Family Foods, Redcliff  
Rimby Family Foods, Rimby • Siksika Trail Market, Siksika • Trochu Family Foods, Trochu • Village Supermarket, Thorsby **Saskatchewan** Assiniboia Family Foods, Assiniboia • Carlyle Family Foods, Carlyle • Leader Family Foods, Leader • Redvers Family Foods, Redvers  
Stoughton Meat Market & Family Foods, Stoughton • Wynyard Family Foods, Wynyard **Manitoba** Calderwood's Country Store, Dominion City and Tolstoi • Campbell's, Lac du Bonnet • Cornerview Family Foods, Snow Lake • Cross Lake Family Foods, Cross Lake • Downtown Family Foods, Winnipeg  
Lundar Family Foods, Lundar • MacGregor Family Foods, MacGregor • Midway Foods, Pine Falls • Norway House Family Foods, Norway House • Park's Family Foods, Pilot Mound • Peguis Family Foods, Peguis • Plains Family Foods, Gilbert Plains • Portage La Prairie Supermarket, Portage La Prairie  
Ray's Family Foods, Holland • Sam's Foods, Manitou • Spud City Food Mart, Carberry • St. Martin Family Foods, St. Martin • Thompson Family Foods, Thompson **Ontario** Cloverleaf Grocery, Emo

Some items may not be available at all stores. All advertised items are on sale while stock lasts. We reserve the right to limit quantities. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. Advertised prices do not include GST/HST. All items are per household, per visit. Although we strive for complete accuracy in our advertising, errors sometimes can occur. When an error is discovered, a correction notice will be posted in stores to bring the error to your attention. Sale prices in effect on the dates on front page.

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# COMMUNITY CASH



Sale Prices In Effect January 8 – 14, 2026

# COMMUNITY CASH



**5 WINNERS\*\***

will **EACH** receive a

**\$1,000**

**SHOPPING SPREE**

And their

**LOCAL FOOD BANK**

will also receive

**\$10,000**

**\*WIN FOR YOU & YOUR COMMUNITY**

**\$5,000** in Shopping Sprees &  
**\$50,000** to Local Food Banks  
across Canada

**5 WINNERS — \$55,000 IN TOTAL PRIZES!**

Enter online at

**communitycash.ca**



\*NO PURCHASE NECESSARY. See full sweepstakes rules for further details. There is a total of \$55,000 in cash and prizes to be won. Five (5) Entries total will be randomly selected (Across Canada). Online Sweepstakes starts on or about January 8, 2026 and ends January 28, 2026 at midnight. PRIZE DRAWS (From online entries): On or About February 20, 2026 \*\*1 of 5 chances to win across Canada.

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**Together is Golden**

**McCain® Premium Potatoes**  
**\$3.49**  
Assorted 454-800g

**McCain® Superfries**  
51 SHOOTING JULIENNE  
650 g

**McCain® Masala Fries**  
MASALA FRIES-FRITES  
450 g

**McCain® Bistro**  
SAVOURY WEDGES  
450 g

**McCain**  
PROUD PARTNER

**McCain® Deep'n Delicious® Cakes**

**McCain® Deep'n Delicious® Cakes**  
**\$6.49**  
Assorted 510g

**McCain® Pockets®**  
**\$6.49**  
Assorted 540-600g

**Mondelēz International**

**Cadbury Single Chocolate Bars**  
Select Varieties. 33 - 50 g.

**3/\$4**

**Maynards Candy**  
Select Varieties. 135 - 154 g.

**2/\$6**

**Christie Crispers or Bits & Bites**  
Select Varieties. 145 g.

**2/\$6**





ENTER ONLINE AT  
**communitycash.ca**

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**\$1,000**  
**SHOPPING SPREE &**  
their **LOCAL FOOD BANK** will also receive  
**\$10,000**  
**\* WIN FOR YOU & YOUR COMMUNITY**  
\$5,000 in Shopping Sprees & \$50,000 to Local Food Banks across Canada



**Lay's Potato Chips**  
Select Varieties. 220 - 235 g.

**2/\$6<sup>50</sup>**



**Tostitos Tortilla Chips**  
Select Varieties. 205 - 295 g.

**2/\$8<sup>50</sup>**



**Doritos Tortilla Chips**  
Select Varieties. 210 - 280 g.

**2/\$9<sup>50</sup>**



**DANONE**  
ONE PLANET. ONE HEALTH



**Danone Yogourt**  
Select Varieties. Oikos 650 - 750 g.  
Activia 12 x 95 - 100 g.

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



**Silk Beverages**  
Select Varieties. 1.75 - 1.89 Litre. ☼

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



**Silk Creamers**  
Select Varieties. 890 mL. ☼

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







**Compliments Ice Cream**  
Select Varieties. 1.5 Litre. Frozen.

BUY  
CANADIAN  
**4<sup>99</sup>**



**Compliments Juice Boxes**  
Selected Varieties. 8 - 10 x 200 mL.

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



**Compliments Snacks**  
Select Varieties. 120 g.

BUY  
CANADIAN  
**2/\$3**



**Compliments Coating Mix**  
Select Varieties. 142 g.

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



**Compliments Cooking Spray**  
Original or Butter Flavour. 170 g.

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



**Compliments Two Bite Bakery Treats**  
Select Varieties. Brownies or Cinnamon Rolls. 300 - 370 g.

BUY  
CANADIAN  
**5<sup>99</sup>**

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