

save on foods

TOUCHDOWN ON

EXTRA SAVINGS

UNREAL DEAL

on

9⁹⁹ ea

Take & Bake Pizza
Selected Varieties

save on foods
KITCHEN



MY OFFERS

EXTRA UNREAL DEALS

LOAD DEALS

8⁹⁹ ea

First 2

11⁹⁹ ea

Grimm's Pepperoni
Selected Varieties,
450g or 600g

3⁹⁹ lb

First 2

4⁹⁹ lb

Pork Back Ribs
Fresh, 11.00/kg



NEW DEAL. BEST PRICE. EVERY WEEK.



BUY 1 GET 1 free*

*of equal or lesser value

Western Family Chicken Wings
Selected Varieties, Frozen, 750g



4⁹⁹ ea

Halos Mandarins
Also Cara Cara Oranges,
California, Selected
Varieties, 2 lb Bag



12⁹⁹ ea

Western Family Signature
Half Moon Shrimp Platter
with Sauce, Frozen, 454g



3⁹⁹ ea

Western Family
Avocados
Mexico, 4-Pack



Buy 3+ 2⁹⁹ ea

OR 3.49 ea

Country
Harvest Bread
Selected Varieties,
600g

Buy 4+ 1²⁵ ea

Coca-Cola
Soft Drink
Also Canada Dry,
Selected Varieties,
2 Litres



2\$5 for

Christie Triscuit
Selected Varieties,
200g



2\$7 for

Mott's Clamato
or Garden Cocktail,
Selected Varieties,
1.89 Litres



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, February 5 to 11, 2026. Offers require use of More Rewards card. Selection & availability may vary by store.

ENJOY EXTRA TASTY FAN FAVES



**MIX & MATCH
BUY 2 • GET 1
FREE**



western family
Appetizer
Selected Varieties, Frozen



3⁹⁹
ea

Artisan Sourdough Bread
Selected Varieties, 500g



**BUY 1
GET 1
free***

*of equal or lesser value

Pork Shoulder Butt Roast
Fresh, Boneless, Canada



14⁹⁹
ea

**Pepperoni & Cheddar
Cheese Snack Tray**
or Garlic Coil & Cheddar Tray



11⁴⁹
ea

Variety Cheesecake
4 Slices, 350g



10% off

Charcuterie Snacking Pack
Selected Varieties

**MADE
FRESH
IN STORE**

**GAME DAY
READY!**
save on foods
KITCHEN



1⁶⁹
100g

Mardi Gras Potato Salad



3⁹⁹
ea

**Garlic Parmesan
Pull Apart**



24⁹⁹
ea

Fresh Sushi Platter
Made Fresh in Store, 36 Pieces
Available in selected locations.



**BUY 1
GET 1
free***

*of equal or lesser value

Wonderful Pistachios
No Shell, Selected Varieties, 170g or 155g

TOUCHDOWN WITH EXTRA SAVINGS

**Western Family
Potato Chips**
Kettle Cooked, Selected Varieties, 200g

2\$6
for



La Cocina Tortilla Chips
Gluten-Free, Selected Varieties, 400g

3⁴⁹
ea



Christie Crispers
or Bits & Bites, Selected Varieties, 145g

3\$8
for



**ONLY WITH
MY OFFERS**
14⁹⁹
ea
**First 2
LOAD NOW**

15⁹⁹
ea
Budweiser Zero
Non-Alcoholic Beer
12 x 355 mL



15% off

Western Family Nut Mix
Selected Varieties, 454g



2\$7
for

Lay's Potato Chips
Family Size, Selected Varieties, 220g or 235g



4⁹⁹
ea

**Western Family
Signature
Milk Chocolate Covered
Almonds**
or Indulgence Mix, 180g



5⁷⁹
ea

**Western Family
Sparkling Water**
Selected Varieties,
12 x 355 mL



3⁹⁹
ea
Cholula Salsa
Selected Varieties,
325 mL



3²⁹
ea

**Western Family
Thin Crust Pizza**
325g



14⁹⁹
ea

**Football Pot
with Tropicals**
4 Inch



Tostitos **PEPSI** **LX**
OFFICIAL SPONSORS OF SUPER BOWL LX



**Tostitos
Tortilla Chips**
(215g), Also
Doritos (210g),
Selected Varieties



2\$9
for

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



2\$8
for

**Cheetos
Cheese Snacks**
(260g), Also Ruffles
(200g), Selected
Varieties



2\$8
for

Munchies Mix
(250g), Also Smartfood
Popcorn (200g),
Selected Varieties



4⁹⁹
ea

Tostitos Salsa
Selected Varieties,
394 mL or 418 mL



Buy 2+

7⁴⁹
ea



Pepsi Soft Drinks
Selected Varieties, 12 x 355 mL



6⁴⁹
ea



Bubly Sparkling Water
(12 x 355 mL), Also
Montellier (10 x 355 mL),
Selected Varieties



2\$8
for



Pepsi Soft Drinks
Selected Varieties,
6 x 222 mL Mini Cans



2⁴⁹
ea

**Gatorade
Water**
700 mL

2\$4
for



Pepsi Soft Drink
Selected Varieties,
2 Litres



Frank's Red Hot Sauce
(354 mL) Also French's
Ketchup (750 mL),
Selected Varieties



3\$6
for

**Club House Dry
Recipe Mix**
Selected Varieties



OFFICIAL SPONSORS OF SUPER BOWL LX



3⁹⁹
ea

Cholula Salsa
Selected Varieties,
325 mL



2⁹⁹
ea

French's Specialty Mustard
(325 mL) or Yellow (550 mL),
Selected Varieties



**TAKING FLAVOUR
TO THE HOUSE**

5⁴⁹
ea

**Club House
Seasoning**
Selected Varieties



BRING HOME A WIN



Old El Paso Dinner Kit
Selected Varieties, 340g or 400g

4⁹⁹
ea



Old El Paso Salsa
Selected Varieties, 650 mL



4\$5
for

**Old El Paso
Seasoning Mix**
Selected Varieties,
24g



2⁹⁹
ea

Old El Paso Refried Beans
(398 mL) or Chopped
Green Chilies (113 mL),
Selected Varieties



3⁴⁹
ea

Old El Paso Sauce
Selected Varieties,
243 mL



**FLAVOUR
YOU CAN'T
FUMBLE**

**BRING
HOME
THE BELL**



Taco Bell Premium Dinner Kit
Selected Varieties, 401g or 642g



Taco Bell Dip
Selected Varieties, 445g
WHILE QUANTITIES LAST.

4⁹⁹
ea



4⁹⁹
ea

Taco Bell Dinner Kit
(370g) or Creamy
Sauce (354 mL),
Selected Varieties

**Taco Bell
Creamy Sauce**
Selected Varieties,
207 mL

2⁹⁹
ea



2⁵⁰
for

**Taco Bell Taco
Seasoning**
Original or Mild, 28g

FRESH PICKS



FRESH TO GO!

Cool, juicy and irresistibly fresh--- ready when you are!

MIX & MATCH
2\$ for 24

Fruit Tray
(1.3 kg) or Veggie (708g),
USA or Costa Rica

3\$6
for

Avocado
Mexico



3\$2
for

Limes
Mexico



Get ready to
guac your
game day!

2⁴⁹
lb

Roma Tomatoes
Mexico, 5.49/kg



5⁹⁹
ea

Seedless Lemons
California, 2 lbs

1⁹⁹
ea

Cilantro
California



1⁹⁹
lb

Red Onions
USA, 4.39/kg



6⁹⁹
ea

Mini Cucumbers
Mexico or USA, 2 lbs



ONLY WITH
MY OFFERS
4⁹⁹
ea
First 2
LOAD NOW

5⁹⁹
ea

Cauliflower
California



HAPPY LUNAR NEW YEAR

9⁸⁸
ea

Shine Muscat Grapes
California, 450g



12⁸⁸
ea

Asian Pears
Gift Pack
USA, 8-Pack



8⁸⁸
ea

Envy Apples
Gift Box
USA, 4 lbs



WHILE QUANTITIES LAST.

FLORAL



49⁹⁹
ea

**Wave Gemstone
Orchid**



11⁹⁹
ea

**Love Notes
with Polka Dots**



14⁹⁹
ea

Cupcake Mums



10⁹⁹
ea

**Carnations
Dozen**

FRESH MEAT



3⁹⁹
lb

Lean Ground Pork
Fresh, 3 lb Tube,
8.80/kg



10⁹⁹
ea

**Western Family
Sirloin Burgers**
852g



14⁹⁹
lb



Stewing Beef
AAA, Fresh, 33.05/kg

HEARTY SAVOURY RICH



More REWARDS
FREE
WITH 5500
POINTS REDEEMED

10⁹⁹
lb

new

Hot Buffalo Dip
400g



**ONLY WITH
MY OFFERS**
29⁹⁹
ea
**First 1
LOAD NOW**

31⁹⁹
ea
**Western Family
Chicken Breast**
Boneless, Skinless,
Frozen, 3 kg



HAPPY HOUR

**SATURDAYS &
SUNDAYS**
3pm-6pm

AVAILABLE AT THE
SERVICE MEAT COUNTER.
AVAILABLE ONLY IN STORES.

BURGER PATTIES

Our beef patties
are freshly prepared and
available in a variety of flavours
so you can build the burger
of your dreams!

50% OFF

PLENTY for \$20

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

SAVE UP TO 40%

on select meat products

SHOP NOW

NEW!

BUTCHER'S BOX



~~WAS \$110~~
\$89

Save big on pre-portioned meats, already boxed for convenience. Ready to cook or store in your freezer.

**GET YOUR
BUTCHER'S BOX TODAY**



protein
26g per
serving

Chicken Breast

Boneless, Skinless
3 x 2 Pack



protein
14g per
serving

Breakfast Sausage

12's x 2 Pack



protein
23g per
serving

Pork Chops

Boneless
4 x 6 oz



protein
16g per
serving

Lean Ground Beef

2 x 454g Pack



protein
20g per
serving

Strip Loin Steak

2 x 6 oz



protein
21g per
serving

Rib Eye Steak

2 x 6 oz

LIMITED TIME ONLY. WHILE QUANTITIES LAST.

TASTY DEALS



**BUY 1
GET 1
free***

*of equal or lesser value

**MIX &
MATCH**
**Johnsonville
Smoked Sausages**
Selected Varieties,
375g

12⁹⁹
ea

**El Monterey
Taquitos**
Selected Varieties,
Frozen, 567g

9⁹⁹
ea

**Western Family
Dinner Ham**
Selected Varieties,
650g



7⁹⁹
ea

**High Liner Breaded
Fish Fillets**
or Fish Sticks,
Selected Varieties,
Frozen, 550g or 700g



4⁹⁹
ea

**Main Street Deli
Sliced Lunch Meat**
Selected Varieties,
200g or 300g

2\$¹⁰
for

**Schneiders
Breakfast
Sandwiches**
(232g) or Egg Bites
(224g), Also
Selected Varieties



OFFICIAL PROTEIN PARTNER

Spend \$20*
**on any of these Maple Leaf
products and receive a
\$10 Visa Prepaid Card.**

*in one transaction. While supplies last. Limit 5 Rewards per household.
For full terms and conditions please visit mapleleaf.ca/promotions



**BUY 1
GET 1
free***

*of equal or lesser value



MIX & MATCH
Maple Leaf Bacon
or Top Dog Wieners, Also
Selected Varieties, 375g or 700g

FRESH SEAFOOD

Pan, oven,
or grill—it's an
easy win!



11⁹⁹
ea

**Western Family
Raw Argentine
Prawns**
Easy Peeled or Peeled
& Deveined, Frozen,
340g



4⁹⁹
100g



Wild Sockeye Salmon Fillet
Previously Frozen or Frozen



16⁹⁹
ea

new

Wild Rock Fish Taco Kit
Frozen, 967g
WHILE QUANTITIES LAST.



12⁹⁹
ea

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



LIGHT CRUNCHY IRRESISTIBLE

FRESHLY BAKED



pack of 8 3⁴⁹

Hot Dog Buns
or Hamburger, Selected Varieties, Pack of 8

BAKED FRESH IN STORE



pack of 24 8⁹⁹

Monster Cookies
or Chocolate Chip, Pack of 24



3⁹⁹ ea

Wholesome Grain Bread
or Country Farm Butter Bread, Selected Varieties, 454g



12⁹⁹ ea

Banana Cream Pie
Selected Varieties, 650g



pack of 6 5⁹⁹

Cheesy Cheddar Bread Sticks
Pack of 6

This Valentine's favourite is two layers of dark chocolate cake filled and covered with chocolate ganache.



14⁹⁹ ea

Chocolate Ganache Heart Cake
325g
WHILE QUANTITIES LAST.



5⁹⁹ ea

Two-Bite Mini Cupcakes
Selected Varieties, 284g
WHILE QUANTITIES LAST.



6⁴⁹ ea

Kimberley's Frosted Cookies
Selected Varieties, 383g
WHILE QUANTITIES LAST.

SOFT BUTTERY DELIGHTFUL



5⁷⁹ ea

Furlani Garlic Toast
Texas or Parmesan, 638g



pack of 12 4⁴⁹

King's Hawaiian Buns
Pack of 12



2\$7 for

Villaggio Bread
Selected Varieties, 528g or 540g



ONLY WITH MY OFFERS

pack of 6 2⁴⁹

First 4 LOAD NOW

Western Family English Muffins
Selected Varieties, Pack of 6

pack of 6 2⁹⁹

Western Family Extra Crisp English Muffins



7⁴⁹ ea

Western Family Tarts
Butter or Pecan, 510g

PERFECTLY SLICED

EXCLUSIVELY OURS

3⁷⁹
100g

Black Forest Ham
Roasted in Store

Smoky, garlicky, and endlessly snackable!

3⁹⁹
100g

Beef Pastrami
or Corned Beef,
Fresh, Sliced in Store



Grimm's Double Smoked Sausage Ring
Selected Varieties, 450g

4⁹⁹
ea

Summer Fresh Dip
Selected Varieties,
200g



ONLY WITH
MY OFFERS
7⁹⁹
ea
First 1
LOAD NOW

8⁴⁹
ea

Grimm's Submarine Pack
or Pizza, 175g



17⁴⁹
ea

Bergeron Cracker Cut Cheese
400g



*Stack it high on
crackers for instant
snack-tisfaction.*

FRESH CREAMY DELICIOUS

9⁴⁹
ea

Seven Layer Dip
Made Fresh in Store, Large



3⁴⁹
100g

Smoked Gouda Cheese
or with Jalapeño, Cut & Wrapped
in Store



8⁴⁹
ea

Western Family Squeezable Guacamole
or Avocrema, 340g



FANTINO & MONDELLO

Buy one of these
Fantino & Mondello
products and get a
Free Pizza Dough Ball (350g)

6⁹⁹
ea

Fantino & Mondello Diced Meats
Selected Varieties,
125g or 150g



6⁹⁹
ea

Fantino & Mondello Sliced Meats
Selected Varieties,
175g



6⁹⁹
ea

Fantino & Mondello Salametti
Selected Varieties, 175g



now available

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

SATURDAY & GAME DAY SUNDAY

All \$6 daily deals available (Feb. 7 & 8 only)

Selection may vary by store.

SIP & SNACK SAVINGS



western family

COMPARE & SAVE BIG



3⁶⁹
ea

Western Family Cranberry Cocktail
Selected Varieties,
1.89 Litres



3⁹⁹
ea

Ocean Spray Cranberry Cocktail
Selected Varieties,
1.89 Litres



**BUY 2
GET 1
free***

Coca-Cola Soft Drinks
(12 x 355 mL),
Also Fuze Iced Tea
(12 x 341 mL),
Selected Varieties

*of equal or lesser value



10⁹⁹
ea

Corona Cero 0% Non-Alcoholic Beer
6 x 330 mL



3\$8
for

Monster Energy Drink
Selected Varieties,
473 mL or 444 mL

3⁹⁹
ea

Western Family Dark Chocolate Blueberry Açaí
or Pomegranate,
180g



4⁹⁹
ea

Orville Redenbacher Microwave Popcorn
(6-Pack) or Popping
Corn (850g),
Selected Varieties



3\$8
for

Quaker Crispy Minis
(110g) or Rice Cakes (127g),
Selected Varieties

START THE DAY WITH DEALS



**Buy 2+
4⁴⁹**
ea
OR 5.99 ea

Western Family Granola
Selected Varieties,
675g



2\$7
for

Western Family Syrup
(710 mL) or Pancake Mix
(905g), Selected Varieties

5⁵⁹
ea

Quaker Harvest Crunch Protein Granola Cereal
Selected Varieties,
325g or 360g



11⁹⁹
ea

Starbucks Premium Coffee
(340g) or Pods (10's),
Selected Varieties

TASTY DEALS



2\$7
for

General Mills Honey Nut Cheerios
(430g) or Cinnamon Toast Crunch
(354g), Selected Varieties

4⁹⁹
ea



General Mills Chex Cereal
(354g) or Oatmeal Crisp Almond (437g)



2\$6
for

Mott's Fruitsations
(226g) or Gushers Super Sour
(138g), Selected Varieties



2\$6
for

Nature Valley Trail Mix Granola Bars
175g



2\$6
for

Nature Valley Lunch Box Bars
130g

SNACK ON SAVINGS



3 ^{\$}8
for

Pringles Potato Chips
Selected Varieties,
148g or 156g

2 ^{\$}5
for



Cheez-It Crackers
Selected Varieties,
191g or 200g

2 ⁹⁹
ea



Pringles Mingles
Selected Varieties, 155g



2 ^{\$}7
for

Nutri Grain Cereal Bars
(295g) or Pop Tarts
(384g), Selected Varieties

2 ^{\$}7
for



Kellogg's Eggo Waffles
(210g) or Thick &
Fluffy (330g), Selected
Varieties, Frozen



6⁹⁹
ea

Nutella Biscuits
276g



2\$8
for

**Nutella B-ready
Snack Bars**
6 x 132g



7⁴⁹
ea

**Nutella
Hazelnut
Spread**
725g



2\$11
for

**Nutella & Go
Breadsticks**
208g



4⁴⁹
ea

**Nutella
Hazelnut
Spread**
375g



western family

COMPARE & SAVE BIG



Western Family Baked Beans
Selected Varieties,
398 mL



Bush's Best Baked Beans
Selected Varieties,
398 mL



4\$6
for

Kraft Dinner
Selected Varieties,
156g or 175g



4.99
ea

Western Family Chow Mein Noodles
or Steamed Fried, 397g



4.99
ea

Hidden Valley Ranch Salad Dressing
473 mL



9.99
ea

Robin Hood Flour
Selected Varieties,
5 kg



Barilla Pasta
Also Catelli,
Selected Varieties,
340g or 410g
WHILE QUANTITIES LAST.



5\$5
for

Sapporo Ichiban Noodles
Selected Varieties,
100g

WORLD OF SAVINGS



Asian Family Thai Sweet Chili Sauce
280 mL



13.99
ea

Gia Avocado Oil
1 Litre



3.99
ea

Hobe Pancit Canton Noodles
454g



4.99
ea

Golden Angel Sriracha Sauce
or Mayo, 740 mL

Knorr



Lipton Soup Mix
(338g), Also Knorr
Bouillon Cubes (69g),
Selected Varieties

4\$7
for

Knorr Sidekicks
(136g) or Soup
Mix (56g),
Selected Varieties

5\$99
ea

Hellmann's Mayonnaise
Selected Varieties,
890 mL or 750 mL



VISIT
KNORR.COM
FOR RECIPES!



5\$99
ea

**Knorr Concentrated
Bouillon**
(250 mL) or Flavour
Paste (311g),
Selected Varieties



2\$4
for

Knorr Gravy Mix
(30g) or Pasta
Cup (73g),
Selected Varieties



DAIRY



Western Family Cream Cheese
Selected Varieties,
250g



Simply Orange Juice
or Apple, Selected
Varieties, 1.54 Litres

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



8⁹⁹
ea

Armstrong
Cheese
Selected Varieties,
600g



6⁹⁹
ea

Western Family
Ricotta Cheese
500g



2\$
for 6

Western Family
Sour Cream Dip
Selected Varieties,
227g



8⁹⁹
ea

Armstrong
Shredded Cheese
Selected Varieties,
500g

FROZEN



3⁴⁹
ea

Dr. Oetker
Ristorante Pizza
Selected Varieties,
Frozen, 320g



3
for

0

Green Giant
Vegetables
Selected Varieties,
Frozen, 750g



2\$
for 7

Western
Family Waffles
Selected Varieties,
Frozen, 280g



4⁹⁹
ea

Nestlé Ice Cream
Selected Varieties,
1.5 Litres



4⁹⁹
ea

Nestlé Frozen
Novelties
(4 x 140 mL) or Ice
Cream (1.5 Litres),
Selected Varieties



3⁴⁹
ea

Tenderflake
Pastry
Selected Varieties,
Frozen, 340g
or 397g



PROUD PARTNER

Together is Golden



McCain Premium French Fries
(650g) or Tasti Taters (800g),
Selected Varieties, Frozen

6⁹⁹
ea



McCain Pizza Pockets
Selected Varieties, Frozen, 540g or 600g



2\$6
for

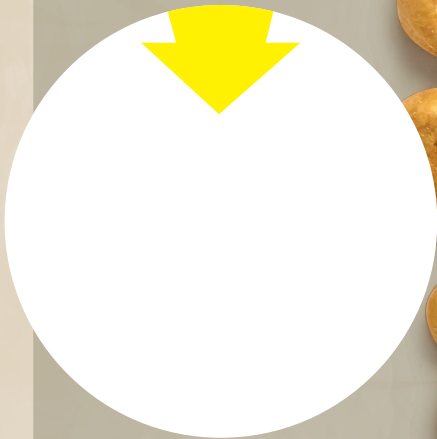
McCain Diced Hashbrowns
Frozen, 800g



6⁹⁹
ea

McCain Deep'n Delicious Cake
Selected Varieties,
Frozen, 510g

BULK



Cashews
Selected Varieties



Waterbridge Belgian
Chocolate Hearts



1⁸⁹
100g

Hershey's Valentine Kisses



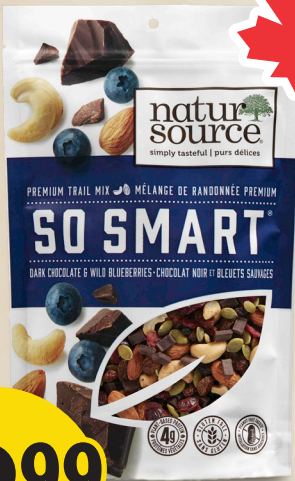
.69
100g

Roasted Peanuts
Selected Varieties



1²⁹
100g

Rockets Love Hearts with
Romantic Message



13⁹⁹
ea

NaturSource Nut Mix
Selected Varieties, 500g



3⁹⁹
ea

Western Family
Grab N' Go Chips
Selected Varieties,
400g or 500g



25%
off

Redland Farms
Chocolate Almonds
Also Selected Varieties, 600g

NATURAL



4\$6
for

Lärabar Energy Bar
Selected Varieties, 45g or 48g



2\$9
for

PopCorners Popcorn Snack
Selected Varieties, 142g



9\$9
ea

Annie's Shell & White Cheddar Macaroni & Cheese
or Classic, 4 x 170g



Zevia Zero Sugar Soda
Selected Varieties, 6 x 355 mL



Earth's Own Barista
Selected Varieties, 946 mL



3\$9
ea

Rise Organic Kombucha
Selected Varieties, 414 mL



2\$7
for

Hardbite Potato Chips
Selected Varieties, 128g



10\$9
ea

RXBar Chocolate Sea Salt Bars
5 x 52g



6\$9
ea

Bob's Red Mill Baking Mix
Selected Varieties, 397g



2\$8
for

Smart Sweets Candy
Selected Varieties, 50g



20%
off

Wholesome Organic Sweetener
Selected Varieties, 454g



Kicking Horse Organic Coffee
Fair Trade, Selected Varieties, 454g



Only Goodness Compostable Plates
(40's) or Bowls (15's), Selected Varieties



3\$9
ea

Only Goodness Bamboo Dinner Napkins
200's



7\$9
ea

Only Goodness Tall Compostable Food Waste Bags
10's

More REWARDS
FREE
WITH 1650
POINTS REDEEMED

or
2\$9
ea

Only Goodness Plant-Based Ultra Liquid Dish Soap
532 mL



YOUR SMOOTHIE'S PROTEIN PARTNER



Silk Protein Beverage
1.75 Litres

YOUR CEREAL'S SIDEKICK



4⁴⁹
ea

**Silk Almond
Beverage**
Selected Varieties,
1.89 Litres

YOUR GO-TO FOR DELICIOUS RECIPES



4⁴⁹
ea

**Silk Coconut
Beverage**
Selected Varieties,
1.89 Litres

YOUR COFFEE'S CREAMY GOODNESS



4⁴⁹
ea

**Silk Oat
Beverage**
Selected Varieties,
1.75 Litres

HEALTH & WELLNESS



30% off

Jamieson Vitamins
Selected Varieties, 115's or 120's



37⁹⁹ ea

Diesel Whey Protein Powder
Selected Varieties, 908g



17⁹⁹ ea

Breathe Right Nasal Strips
Selected Varieties, 26's or 30's

18⁹⁹ ea

Vicks NyQuil Complete
or DayQuil, Selected
Varieties, 354 mL



6⁹⁹ ea

Scope Mouthwash
Selected Varieties,
1 Litre



24⁹⁹ ea

Cold FX Cold Relief
Selected Varieties, 45's or 60's



2\$7
for

Colgate Toothpaste
or Toothbrush, Selected Varieties



9⁴⁹ ea

Kotex Feminine Care
Selected Varieties, 28's or 32's



7⁹⁹ ea

Tylenol Children's Pain Relief
Also Motrin, Selected Varieties



13⁹⁹ ea

Pepto Bismol Liquid
(480 mL) or Tablets
(48's), Selected Varieties

Protect Yourself and Others from RSV

RSV can cause serious respiratory illnesses like pneumonia and other severe lung complications, especially in vulnerable groups. A vaccine is available for:

- Pregnant individuals in the third trimester
- Adults 60+ years
- Adults 18–59 with certain health risks

Ask your pharmacist for the vaccine.
(*Restrictions may apply).



[LEARN MORE](#)

BABY CORNER



26⁹⁹ ea

Huggies Super Pack Diapers
Selected Varieties,
56's or 64's



8⁹⁹ ea

Huggies Natural Care Wipes
Selected Varieties,
192's or 184's



34⁹⁹ ea

Pull-Ups Training Pants
Also Goodnites,
Selected Varieties



24⁹⁹ ea

Nestlé Nido Formula
1+ Milk Flavour,
850g



2\$5
for

Simply Gourmet Crunchers
or Puffies, Selected
Varieties, 32g



6⁹⁹ ea

Johnson's Baby Skin Care
or Hair Care,
Selected Varieties

CLEAN SAVES



3⁹⁹ ea

Old Spice Endurance Deodorant
(85g), Also Finesse Hair Care (300 mL),
Selected Varieties



6⁹⁹ ea

Method Hand Wash Refill
(1 Litre), Also Pantene Hair Care
(530 mL), Selected Varieties



5⁴⁹ ea

Dove Body Wash
(325 mL) or Antiperspirant (45g),
Selected Varieties

9⁹⁹ ea

Garnier Micellar Water
(400 mL), Also Caprina
Bar Soap (6 x 90g)



11⁹⁹ ea

Method Hair Care
(414 mL) or Deodorant (75g)



20% off

Aveeno Face Care
Also Roc,
Selected Varieties



Official Pain Relief Partner

**YOUR PAIN
RELIEF MVP**



Tylenol Precise Pain Relief Cream
(113g) or Easy Open (150's), Selected Varieties



14⁹⁹
ea

Charmin Ultra Soft Bathroom Tissue
Selected Varieties,
12=48 Rolls

FRESH, CLEAN DEALS



7⁹⁹
ea

Bounty Paper Towels
2=6 Rolls or 3=6 Rolls

14⁹⁹
ea

Downy Unstopables
(515g) or Liquid
Fabric Softner
(3.29 Litres),
Selected Varieties



14⁹⁹
ea

Tide 2X Laundry Detergent
(2.48 Litres) or Pods (42's),
Selected Varieties



PAW-SOME PICKS



6⁹⁹
ea

Friskies Dry Cat Food
Selected Varieties,
1.42 kg or 1.5 kg

3\$10
for

Temptations Cat Treats
Selected Varieties,
160g or 180g



6⁹⁹
ea

Zoë Better Than Rawhide Dog Treats
Selected Varieties,
12's or 234g



11⁹⁹
ea

Tidy Cats Clumping Lightweight Cat Litter
Selected Varieties,
2.72 kg

HOUSEHOLD SAVES



15⁹⁹
ea

Finish Quantum Dishwasher Tabs
Selected Varieties,
30's or 40's

4⁹⁹
ea

Scrubbing Bubbles Cleaning Shower Foamer
(946 mL) or Fresh
Brush Refills (12's),
Selected Varieties



2⁹⁹
ea

Western Family Aluminum Foil
Selected Varieties,
50 Feet



FREE
WITH 3500
POINTS REDEEMED

5⁹⁹
ea

Rubbermaid TakeAlongs Containers
Selected Varieties



FREE
WITH 2350
POINTS REDEEMED

3⁹⁹
ea

Western Family Freezer Bags
Selected Varieties, 14's



REDEEM
6400
POINTS & PAY
9⁹⁹
ea

SodaStream CO2 Cartridge Cylinder Swap
14.5 oz
Available in
selected locations.



REDEEM
3000
POINTS & PAY
2⁹⁹
ea

SodaStream Pepsi Flavours
Selected Varieties,
440 mL



20% off

Vileda Cleaning Supplies
Selected Varieties

NOVEL SAVINGS



3⁹⁹
ea

Rosedale Valentines
32's



Build Your Own Aliens & Space Warriors Sticker Book
Regular Retail 18.99 ea

25% off



In Winter I Get Up At Night
Regular Retail
\$24 ea



Catch Her If You Can
Regular Retail
23.99 ea



Symphony of Monsters
Regular Retail
26.99 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
600
POINTS

Western Family
Evaporated Milk
Selected Varieties,
354 mL



More
REWARDS

BUY
2

EARN
230
POINTS

Western Family
Canned Legumes
398 mL



More
REWARDS

EARN
450
POINTS

Western Family Salsa
Selected Varieties, 650 mL



More
REWARDS

BUY
3

EARN
450
POINTS

Western Family Instant Oatmeal
Selected Varieties, 264g



More
REWARDS

BUY
2

EARN
500
POINTS

Western Family Tomato Sauce
or Pasta Sauce, Selected Varieties, 680 mL

GET MORE FREE

Redeem points to get your favourite products for FREE.



More
REWARDS

FREE
WITH **2300**
POINTS
REDEEMED

Western Family
Fruit Cups
4 x 107 mL



More
REWARDS

FREE
WITH **5500**
POINTS
REDEEMED

Western Family Flour
Selected Varieties, 5 kg



More
REWARDS

FREE
WITH **2000**
POINTS
REDEEMED

Western Family Juice Boxes
Selected Varieties, 5 x 200 mL



More
REWARDS

FREE
WITH **4600**
POINTS
REDEEMED

Western Family Free Range Eggs
Dozen



More
REWARDS

FREE
WITH **3000**
POINTS
REDEEMED

Western Family Honey
Nut Toasted Oats
(685g) or Fruit Whirls (580g),
Selected Varieties



More
REWARDS

FREE
WITH **2000**
POINTS
REDEEMED

Western Family Salad Dressing
Selected Varieties, 475 mL

SAVE ► EARN ► FREE ► REPEAT

SAVING WITH **MY OFFERS**

IS AS EASY AS 1-2-3



1 LOAD

new offers
every week



2 SHOP

in store or online
at Save-On-Foods



3 SAVE

money and
earn points

LOAD YOUR OFFERS

HAPPY LUNAR NEW YEAR

新年快樂

Wishing you joy & great luck
in the **YEAR OF THE HORSE**



3^{\$}8
for

**Ben's Original
Bistro Express Rice**
Selected Varieties,
240g or 250g



4⁹⁹
ea

**Kikkoman Soy Sauce
or Teriyaki, 591 mL**



3⁹⁹
ea

VH Sauce
(355 mL), Also PF
Chang's (350 mL)



4⁹⁹
ea

Farkay Noodles
Steam Fried
or Chow Mein,
397g



5⁴⁹
ea

Chung Jung One
Korean BBQ Sauce
(840g) or Hot
Pepper Paste (500g)



6⁹⁹
ea

Kokuho Rose Rice
Selected Varieties,
907g or 1 kg



2^{\$}5
for

**Thai Kitchen Pure
Coconut Milk**
or Light, 400 mL



2^{\$}5
for

Golden Dragon Sauce
Selected Varieties, 455 mL



**SOY
CARAMEL
CASHEW
TANG YUAN**

SEE RECIPE

3⁹⁹
ea

**Lee Kum
Kee Panda
Oyster Sauce**
510g



6⁹⁹
lb

Split Chicken Wings
Fresh, Value Pack,
15.41/kg



4⁹⁹
ea

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



5⁹⁹
lb

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



2⁶⁹
ea

**Pearl River
Bridge Superior
Soy Sauce**
500 mL



2⁴⁹
ea

Hot Kid Rice Crisps
Selected Varieties,
100g



3⁴⁹
ea

Stik-O Wafers
380g



3⁹⁹
ea

**Western Family
Sriracha
Mayo Sauce**
or Sriracha, 455 mL



2³⁵⁰
for

**Asian Family
Rice Stick Noodles**
(250g) or Six Fortune Instant
Stir Fried Noodles (400g)



3⁶⁹
ea

**Indomie
Mi Goreng Noodles**
Regular or Spicy,
5 x 85g



17⁹⁹
ea

**Braided
Sansevieria**



16⁹⁹
ea



**Panda with
Bamboo**
5 inch

5⁴⁹
ea

M.Y. San Skyflakes Crackers
800g



3^{\$}8
for

**Pringles
Potato Chips**
156g



5⁹⁹
ea

**Dan-D Pak
Rice Crackers**
454g



3⁹⁹
ea

**Glico Pocky
Biscuit Sticks**
144g or 156g



3⁹⁹
ea

**Koh-Kae
Peanuts**
265g



RAMADAN

Mubarak



EXTRA FRESH
ingredients & thoughtful meals
to share with your family



8⁹⁹
ea

Sundar by Western Family Premium Basmati Rice
8 lbs



14⁹⁹
ea

Sher Desi Style Durum Atta
20 lbs



7⁹⁹
ea

Brio Sunflower Oil
3 Litres



4⁹⁹
ea

Nanak Paneer
341g



3\$8
for

Tasty Bite Channa Masala
Selected Varieties,
285g



2\$3
for

Kurkure Masala Munch Snacks
Also Chilli Chatka, Selected Varieties, 115g



5⁹⁹
ea

Gia Vegetable Ghee
1 Litre



3⁹⁹
ea

Parliament Traditional Butter Cookies
454g

FESTIVE FLAVOURS



2⁹⁹
ea

Sundar by Western Family Naan
Selected Varieties,
500g



4⁹⁹
ea

Sharwood's Sauce
Selected Varieties,
395 mL



.99
ea

Teja Mango Juice
1 Litre



1⁴⁹
ea

Maggi Masala Noodles
Family Pack, 280g



8⁹⁹
ea

Nanak Rasmalai
Frozen, 850g



12⁴⁹
ea

India's Own Jumbo Samosa
Frozen, 1.4 kg



4⁹⁹
ea

KFI Cooking Sauce
Selected Varieties,
375 mL



2\$8
for

The Spice Tailor
Selected Varieties,
285 mL

RAMADAN

Mubarak



EXTRA FRESH
ingredients & thoughtful meals
to share with your family

Eggplant
Mexico

2⁴⁹
ea



Cilantro
Canada

.99
ea



2\$4
for

Spinach
USA or Mexico,
Bunch



1⁹⁹
lb

Roma Tomatoes
Canada or Mexico,
4.39/kg



12⁹⁹
ea

Zabiha Halal
Chicken Strips
or Burgers, Selected
Varieties, 800g



7⁹⁹
ea

Zabiha Halal
Frankfurters
900g



3⁹⁹
ea

Zabiha Halal
Chicken Wieners
450g



5⁹⁹
ea

Zabiha Halal Cajun
Chicken Breast
200g



6⁹⁹
ea

Golden Valley
Khudri Dates
1 kg



2⁹⁹
ea

Cedar Chick Peas
Unsalted
540 mL



8⁹⁹
ea

Barbican
Beverages
6 x 330 mL



9⁹⁹
ea

Al Shifa
Honey
500g



5⁴⁹
ea

Jasmine
Halva Vanilla
350g



11⁹⁹
ea

Verka
Sella Rice
10 lbs



8⁹⁹
ea

Al Rifai Coffee
450g



6⁹⁹
ea

Vimto
Cordial Syrup
710 mL