

HELLO ALBERTA

15% OFF\*

ALL GROCERIES

TUESDAY  
MAR 3  
ONLY

or 40x **More REWARDS** points



THIS PROMO IS AVAILABLE FOR ONLINE SHOPPING<sup>†</sup> TOO!

<sup>†</sup>Online shopping order must be picked up or delivered on promotion date to receive the discount or points.

Use your More Rewards card and you'll receive 15% off your groceries OR an additional forty (40) More Rewards points per dollar spent on qualifying purchases of \$50 or more. A 'qualifying purchase' excludes lotto, tobacco, prescriptions, gift cards, wine, Tim Hortons and McCafé products, postage stamps, wholesale products, clinics, diabetes care, tickets, restaurant, rewards, rebates and taxes, where applicable.

# save on foods

**UNREAL  
DEAL  
on**

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

Western Family  
Cheese  
Selected  
Varieties, 600g



**8<sup>99</sup>  
ea** | **10<sup>99</sup>  
ea**  
First 2

Western Family Pork Back Ribs  
Fully Cooked, Selected Varieties, 610g

**MY OFFERS  
EXTRA UNREAL DEAL**

**LOAD DEAL**



**NEW DEAL. BEST PRICE. EVERY WEEK.**



**More  
REWARDS**

**POINTS  
PARTY**

**LOAD & EARN**

**10x**

YOUR POINTS  
WHEN YOU SPEND

**\$60-\$149**

**20x**

YOUR POINTS  
WHEN YOU SPEND

**\$150-\$299**

**40x**

YOUR POINTS  
WHEN YOU SPEND

**\$300+**

**MY OFFERS**

**LOAD NOW**

Earn **MORE**  
points on the  
products you  
love throughout  
the flyer and  
**GET TO FREE  
FASTER.**

**FEEL-GOOD  
EATS**



Works out to  
**4<sup>53</sup>  
lb**

Western Family  
Chicken Breast  
Boneless, Skinless,  
Frozen, 3 kg, 29.99 ea



**3<sup>\$</sup>5  
for**

Avocado  
Mexico



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

Sirloin  
Tip Roast  
Fresh, 19.82/kg

PRODUCT OF CANADA  
SERVING  
**ALBERTA  
BEEF**



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

Red Seedless  
Grapes  
Peru or Chile,  
6.59/kg



**2<sup>29</sup>  
100g**

Ahi Tuna Steak  
Whole Loin, Frozen  
or Previously Frozen



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

Western Family  
12 Grain Bread  
Also Selected  
Varieties, 600g



**12<sup>99</sup>  
ea**

Pepsi Soft Drinks  
Selected Varieties, 24 x 355 mL

**4<sup>\$</sup>10  
for**

Campbell's  
Chunky Soup  
515 mL



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

Miss Vickie's  
Potato Chips  
Kettle Cooked,  
200g or 190g



**3<sup>\$</sup>8  
for**

Quaker Crispy Minis  
(100g) or Rice Cakes (127g),  
Selected Varieties



**CANADIAN** owned and operated for 110 years.

# ORGANIC

## BERRY BLEND BOOST!

Mix berries, milk and ice for an easy, refreshing start to the day.



**Organic Strawberries**  
California or Mexico, 1 lb



**4.99**  
ea

**Organic Avocados**  
Mexico, 3-Pack



**5.49**  
ea

**Earthbound Farm Organic Salad**  
USA, 142g



**4.99**  
ea

**Organic Lemons**  
California, 2 lb Bag



**7.99**  
ea

**Organic Navel Oranges**  
California, 4 lbs



**5.99**  
ea

**Organic Kiwifruit**  
Italy, 454g



ONLY WITH MY OFFERS  
**6.99**  
ea  
First 2  
LOAD NOW

**7.99**  
ea

**Organic Gala Apples**  
BC, 3 lbs



**BUY 1  
GET 1  
free\***

**Organic Green Kale**  
California



**1.39**  
lb

**Equifruit Organic Fair Trade Bananas**  
Ecuador, 3.06/kg



## DISCOVER

# CLEAN, CRISP & LOCAL



**Good Leaf Farms Salad**  
Canada, 113g

**5.49**  
ea

**Good Leaf** grows clean, nutrient-rich leafy greens—free from pesticides, herbicides, and GMOs. Grown locally indoors all year, their innovative farming uses 97% less water and 95% less land, making every bite better for you and the planet.

# FLORAL



**16<sup>99</sup>**  
ea

**Faux Leather  
Planter**  
6 Inch



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

**Spring Fling  
Bouquet**



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

**Mossy Gnome**  
with Assorted Ferns &  
Tropicals, 2 Inch

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

**Gerbera Daisies**  
Assorted Colours,  
5 Stems



# FRESH MEAT



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

**Pork Half Loin**  
Fresh, Boneless,  
Canada, 7.69/kg



## SATISFYING TENDER JUICY



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

**Pork Butt Steak**  
Fresh, Bone-In,  
Value Pack, Canada,  
13.21/kg



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

**Chicken Drumsticks**  
Fresh, Warehouse Pack,  
8.80/kg



*Toss in your choice of  
sauce for bold flavour!*

**HAPPY  
HOUR**  
**THURSDAYS &  
FRIDAYS**  
3pm-6pm

### FRESH APPETIZERS

Prepared in store using premium ingredients, our tasty selection of appetizers are a convenient option for quick meals and gatherings.

FIRST 12. WHILE QUANTITIES LAST.

**50%  
OFF**

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**

# 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.**

# BOLD FLAVOUR. TENDER TEXTURE.

Save-On-Foods is proud to support  
Western Canadian ranchers and butchers  
to bring you 100% AAA Alberta beef.



PROUDLY  SERVING  
**ALBERTA  
BEEF**

  
**15<sup>99</sup>**  
lb

Stir Fry Beef  
AAA, Fresh, 35.25/kg

# TASTY DEALS



**ONLY WITH MY OFFERS**

**11<sup>99</sup>** ea

**First 1**

**LOAD NOW**

**Pinty's Chicken**  
Selected Varieties,  
Frozen, 600g or 950g



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

**Main Street Deli**  
Sliced Lunch Meat  
Selected Varieties, 250g



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

**Western Family**  
Garlic Sausage  
750g

**Olivieri**  
Filled Pasta  
Selected Varieties,  
900g



**11<sup>99</sup>** ea



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

**Beyond Ground**  
Beef Plant-Based  
Also Selected  
Varieties, Frozen,  
336g or 400g

**Schneiders**  
Breakfast  
Sandwiches  
or Egg Bites,  
232g or 336g



**MIX & MATCH**  
**2\$10**  
for



Enter for a chance to **WIN**

**\$2,500**

in **FREE GROCERIES**



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

**Mitchell's Ham**  
(1.5 kg) or Wieners  
(1.35 kg)



**4**  
PACK



**14<sup>99</sup>** ea

**Mitchell's Bacon**  
1.5 kg

Scan your

**More**  
**REWARDS**

to enter

\*See in store for details

# FRESH SEAFOOD



**11<sup>99</sup>**  
ea

**Western Family Argentine Prawns**  
Easy Peeled or Peeled & Deveined, 16 to 30 Count, Frozen, 340g



**3<sup>99</sup>**  
100g

**Steelhead Fillet**  
Fresh



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

**Sockeye Salmon Lox**  
Sliced, Canada, 85g



**MIX & MATCH**  
**BUY 2**  
**GET 1\***  
**free**

**Western Family Seafood Appetizer**  
Selected Varieties, Frozen  
\*of equal or lesser value

# LIGHT CRUNCHY IRRESISTIBLE

# FRESHLY BAKED



pack of 8 **3<sup>49</sup>**

Hot Dog Buns or Hamburger, Baked in Store, Selected Varieties, Pack of 8



ONLY WITH MY OFFERS  
**11<sup>99</sup>** ea  
First 2  
LOAD NOW



**12<sup>99</sup>** ea  
**Strawberry Cheesecake**  
Also Selected Varieties, 6 Inch, 600g

Buttery, flaky, irresistible.



pack of 12 **6<sup>99</sup>**

Hot Cross Buns  
Baked in Store, Pack of 12



**BUTTER BELIEVE IT!**

Start the day with our 27-layer, all butter croissants.

pack of 6 **4<sup>99</sup>**

Croissants  
Pack of 6

BAKED FRESH IN STORE



Tangy bread, sweet jam—unbeatable.

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

Sourdough Bread or Nottingham, Baked in Store, 567g



pack of 4 **6<sup>99</sup>**

Pizza Pretzels  
Pack of 4

# FRESH, TASTY GOODNESS



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

Two Bites Cinnamon Rolls (340g) or Pecan Tarts (360g)



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

Casa Mendosa Tortillas  
Selected Varieties, 204g or 640g

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

Little Northern Bakehouse Bagels  
Selected Varieties, 400g



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

Country Farm House Bread  
Selected Varieties, 675g



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

Wonder Bread  
Selected Varieties, 570g

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

Dempster's Bagels  
(Pack of 6) or Flavoured (Pack of 5)



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

Dempster's Signature Buns  
Selected Varieties, 616g



# PERFECTLY SLICED

**4<sup>99</sup>**  
100g

EXCLUSIVELY OURS

**Top Round Beef**  
Roasted in Store



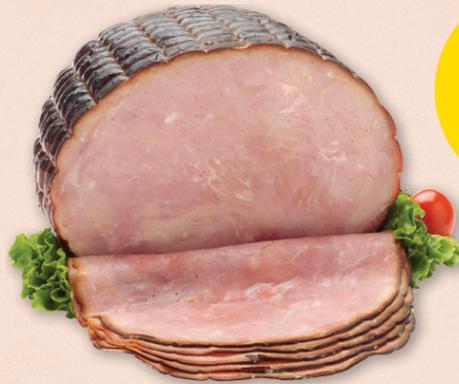
Sweet and nutty—  
enjoy it solo or  
melted to perfection.



**5<sup>99</sup>**  
100g

**Manchego DOP Cheese**  
Aged 12 Months,  
Imported from Spain

CHEESE OF THE MONTH



**3<sup>29</sup>**  
100g

**Black Forest Ham**  
Selected Varieties



Rich and gooey  
for the perfect  
melt!

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

**Bothwell Cheddar Cheese**  
Old or Extra Old,  
Selected Varieties



**2<sup>69</sup>**  
100g

**Lyoner Sausage**  
or Paprika

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

**Baked Lemon Ricotta Cheese**  
Italy, 180g



# RICH TANGY DELICIOUS



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

**Feta Cheese**  
Cow or Goat, Cut in Store



**2<sup>99</sup>**  
100g

**Kalamata Olives**  
Pitted or Whole

ONLY WITH MY OFFERS

**11<sup>99</sup>**  
ea

First 1

LOAD NOW

**12<sup>49</sup>**  
ea

**Mitchell's Garlic Sausage**  
750g



**Natural selections**

Real. Simple.  
Naturally Delicious.



**14<sup>99</sup>**  
ea

**Natural Selections Sliced Meat**  
375g or 400g



Buy 2+  
**5<sup>99</sup>**  
ea  
OR 6.99 ea

**Natural Selections Deli Meat**  
Selected Varieties, 150g or 175g

# 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.



western family™

# AWARD-WINNING APPETIZER



Feta & Caramelized Onion Bites—  
puff pastry filled with feta  
and cream cheese topped with  
caramelized onions. A perfect  
balance of savoury and sweet.

Winner of the Apps & Snacks category in a survey of 4,000 people by Kantar.

**TRY THEM TODAY**



**11.99**  
ea

**Western Family**  
**Feta & Caramelized**  
**Onion Bites**  
or Wild Mushroom Tarts, 255g



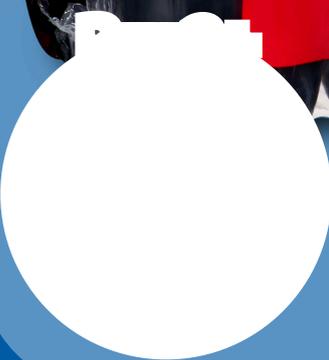
**More REWARDS**

# POINTS PARTY



**MoreREWARDS**  
**BUY 2** EARN **500** POINTS  
**4<sup>99</sup>** ea

Armstrong Shredded Cheese Selected Varieties, 320g



**Coca-Cola Soft Drinks**  
 Also Canada Dry, Selected Varieties, 6 x 710 mL

**MoreREWARDS**  
**BUY 2** EARN **900** POINTS  
**8<sup>99</sup>** ea

Tropicana Orange Juice Selected Varieties, 2.63 Litres



**MoreREWARDS**  
**BUY 2** EARN **650** POINTS  
**6<sup>49</sup>** ea

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



**MoreREWARDS**  
**BUY 2** EARN **450** POINTS  
**4<sup>69</sup>** ea

Western Family Thin Crust Pizza Frozen, 325g



**MoreREWARDS**  
**BUY 4** EARN **400** POINTS  
**2\$4** for

Oasis Juice Blend Also Arizona Iced Tea, Selected Varieties, 960 mL



Kraft Salad Dressing 425 mL



**MoreREWARDS**  
**BUY 2** EARN **500** POINTS  
**4<sup>99</sup>** ea

Dr. Oetker Ristorante Thin Crust Pizza Selected Varieties, Frozen, 320g or 390g

LOAD **MY OFFERS** TO EARN UP TO **40x** YOUR POINTS



# POINTS PARTY



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

Sponge Towels  
Ultra Paper  
Towels  
3 Rolls



More REWARDS  
BUY 2  
EARN 1000 POINTS  
**9<sup>99</sup>**  
ea

Energizer Batteries AA  
Also Selected Varieties,  
8-Pack



More REWARDS  
BUY 2  
EARN 500 POINTS  
**5<sup>99</sup>**  
ea

General Mills Honey Nut Cheerios  
(725g) or Oatmeal Crisp Triple Berry  
(570g), Selected Varieties



More REWARDS  
BUY 2  
EARN 500 POINTS  
**5<sup>99</sup>**  
ea

Western Family Granola  
Selected Varieties, 630g



More REWARDS  
BUY 2  
EARN 250 POINTS  
**2<sup>49</sup>**  
ea

Western Family  
Potato Chips  
235g

More REWARDS  
BUY 4  
EARN 300 POINTS  
for **2<sup>\$</sup>3**

Kraft Dinner  
Selected Varieties,  
200g or 156g



More REWARDS  
BUY 2  
EARN 335 POINTS  
**2<sup>49</sup>**  
ea

Betty Crocker  
Super Moist  
Cake Mix  
Selected Varieties,  
375g or 461g



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

Hellmann's  
Mayonnaise  
890 mL or 750 mL

LOAD MY OFFERS TO EARN UP TO 40X YOUR POINTS

# CHIP-CHIP HURRAY!



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

2\$8  
for

**Tostitos  
Tortilla Chips**  
Selected Varieties,  
215g or 295g



2\$8  
for

**Cheetos Cheese Snacks**  
(285g), Also Ruffles  
(200g), Selected Varieties



2\$8  
for

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



5<sup>99</sup>  
ea

**Tostitos Salsa**  
645 mL



# SIP N' SAVE



**Nabob Coffee**  
(930g) or Pods (30's), Selected Varieties



**15<sup>99</sup>**  
ea

**Maxwell House Coffee**  
Selected Varieties, 864g or 900g



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

**Maxwell House Instant Coffee**  
Selected Varieties,  
150g or 240g



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

**Nabob Ground Coffee**  
Selected Varieties, 340g



**2\$7**  
for

**Mio Liquid Water Enhancer**  
(48 mL), Also Crystal Light  
(30.9g), Selected Varieties



# CEREAL-SLY GOOD DEALS



**Kellogg's Mini-Wheats Cereal**  
650g

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

**Kellogg's Raisin Bran Cereal**  
(625g) or Rice Krispies (560g)



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

**Kellogg's Jumbo Frosted Flakes Cereal**  
(950g) or Froot Loops (825g)



**2\$<sup>10</sup>**  
for

**Kellogg's Vector Cereal**  
(400g) or Peanut Butter (306g)



**2\$<sup>10</sup>**  
for

**Kellogg's Frosted Flakes Cereal**  
Cookies & Crème (343g) or Krave Churro (314g)



# SNACK SAVES



**Nutri Grain Cereal Bars**  
(295g), Also Pop-Tarts (384g)

2\$8  
for

**Kellogg's Eggo Waffles**  
Selected Varieties, Frozen, 280g



3\$8  
for

**Pringles**  
148g or 156g



5<sup>99</sup>  
ea

**Kellogg's Rice Krispies Squares**  
(352g), Also Pop-Tarts (768g)



3\$8  
for

**Cheez-It Crackers**  
191g or 200g



# DAIRY & FROZEN



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



**Western Family  
Margarine**  
850g



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

**Häagen-Dazs Ice Cream**  
Selected Varieties, 450 mL

More REWARDS

**POINTS PARTY**

EARN

**2500**

More REWARDS

**POINTS**

WHEN YOU  
SPEND \$25 OR MORE  
ON FROZEN FOODS

Limit 1.

**LOAD NOW**



**3<sup>79</sup>**  
ea

**Western Family  
Cream Cheese**  
Selected Varieties,  
250g



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

**Western Family  
Ricotta Cheese**  
500g



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

**Cheemo Perogies**  
Selected Varieties,  
Frozen, 907g



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

**Michelina's  
Grande Entrée**  
Frozen, 454g

# siggi's®

skyr yogurt

high protein  
made with real vanilla



**Siggi's Skyr Yogurt**  
(750g), Also iögo (16x 100g)



**3<sup>49</sup>**  
ea  
**iögo Nano**  
Drinkable Yogurt  
(6 x 93 mL),  
Also Siggi's Skyr  
(4 x 100g)



**4<sup>69</sup>**  
ea  
**Olympic**  
Organic Yogurt  
or Krema, 650g



**10<sup>49</sup>**  
ea  
**Olympic**  
Organic Kefir  
(2 Litres) or  
Yogurt (1.75 kg)



**11<sup>49</sup>**  
ea  
**Olympic Krema Yogurt**  
or Greek, Selected  
Varieties, 1.75 kg

# BULK

**1.49**  
100g

**Olympic Trail Mix**  
Also Selected Varieties



**.89**  
100g

**Sultana Dried Raisins**  
Also Thompson



**Easter Jelly Beans**  
Also Rabbit Jubes,  
Selected Varieties

**.69**  
100g



**1.89**  
100g

**Milk Chocolate Eggs**

**More REWARDS**  
EARN **600** POINTS  
BUY 2

**5.99** ea

**Dare Candy**  
Selected Varieties, 700g



**11.99**  
ea

**Royal Nuts Oven Roasted Cashews**  
(350g) or Deluxe Mixed Nuts (325g)



**8.99**  
ea

**Western Family Walnuts Halves & Pieces**  
or Crumbs, 350g



**7.99**  
ea

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

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



# NATURAL

2\$6  
for

**Hornby Energy Bar**  
80g



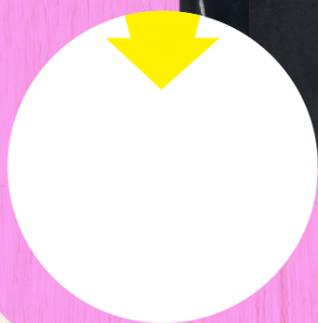
5.99  
ea

**Mary's Gourmet Organic Crackers**  
Selected Varieties



7.99  
ea

**Prana Whole Black Chia Seeds**  
300g



**Kicking Horse Ground Coffee**  
284g



**Angie's Boom Chicka Pop Popcorn**  
(136g) or Puffs (170g)

6.99  
ea

**Lärabar Energy Bars**  
Selected Varieties,  
5 x 45g or 5 x 48g



5.99  
ea

**Nature's Path Organic Granola**  
325g or 350g



2\$6  
for

**Alani Nu Energy Drink**  
Selected Varieties,  
355 mL



9.99  
ea

**Jonny Pops Organic Water Pops**  
5 x 55 mL



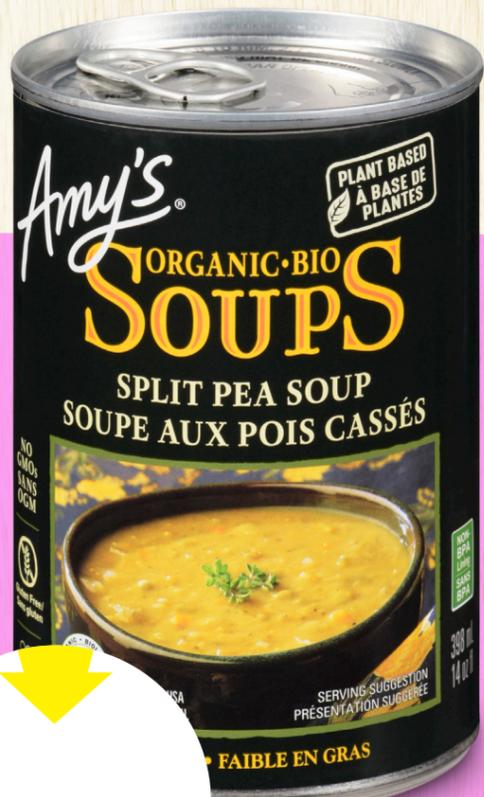
5.49  
ea

**Kind Healthy Grains Bars**  
200g or 5 x 35g



4.99  
ea

**Annie's Organic Cereal**  
260g or 289g



**Amy's Soups**  
Selected Varieties,  
398 mL



**Only Goodness Organic Yogurt**  
1.75 kg

9.99  
ea

**Only Goodness Cauliflower Crust Pizza**  
Frozen, 330g or 500g



2\$8  
for

**Only Goodness Kombucha**  
500 mL



10.99  
ea

**Only Goodness Organic Cheese**  
Selected Varieties, 325g

# SAVE BIG



**Pacific Foods Hearty Soup**  
(440 mL) or Chili (468 mL)

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

**Pacific Foods Organic Broth**  
946 mL



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

**Pacific Foods Organic Soup**  
Selected Varieties, 1 Litre



**2\$**  
for **7**

**Kettle Brand Potato Chips**  
Selected Varieties, 198g or 156g



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

**Pacific Foods Chicken Bone Broth**  
946 mL



# HEALTH & WELLNESS



**14<sup>49</sup>**  
ea

**Ensure Nutritional Supplement Drinks**  
(6 x 235 mL), Also Glucerna (6 x 237 mL),  
Selected Varieties



**20% off**

**Western Family Supplements**  
Selected Varieties



**12<sup>99</sup>**  
ea

**Buckley's Complete Liquid Gels**  
Selected Varieties, 24's



**13<sup>99</sup>**  
ea

**Benlyn Cough Syrup**  
Selected Varieties,  
250 mL



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

**Crest Toothpaste**  
Selected Varieties

**Scope**



**15% off**

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



**20% off**

**Power Toothbrush**  
or Replacement  
Heads, Selected  
Varieties



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

**TheraBreath  
Fresh Breath  
Mouthwash**  
Selected Varieties,  
473 mL



**16<sup>99</sup>**  
ea

**Robax Platinum Caplets**  
Also Robaxacet, Selected Varieties



**25% off**

**Culturelle Digestive Health**  
Adult or Children,  
Selected Varieties

## Supporting Women's Health

Our pharmacists can prescribe medications for a range of women's health concerns, helping you feel your best.

- Contraception options
- Menstrual pain relief
- Bladder infections
- Yeast infections
- Other minor ailments

Some restrictions may apply. Services may vary by location.



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## BABY CORNER



**26<sup>99</sup>**  
ea

**Huggies Super Pack Diapers**  
Selected Varieties



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

**Huggies Natural Care Wipes**  
Selected Varieties



**25<sup>99</sup>**  
ea

**Pampers Easy Ups Training Underwear**  
Selected Varieties



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

**PediaSure Complete Supplement**  
Selected Varieties,  
4 x 235 mL



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

**Baby Gourmet Baby Cereal**  
208g or 227g



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

**Love Child Organics Oaty Chomps**  
6 x 23g

## CLEAN DEALS



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

**Method Liquid Hand Soap**  
(300 mL), Also Herbal  
Essences Hair Care (346 mL)



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

**OGX Hair Care**  
Also Aveeno Body  
Wash (532 mL),  
Selected Varieties



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

**Secret Clinical Antiperspirant**  
(45g), Also Marc  
Anthony Hair Care



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

**Nivea Dry Spray**  
(150 mL), Also  
L'Oréal Expertise (375 mL)



**14<sup>99</sup>**  
ea

**Batiste Dry Shampoo**  
(350 mL), Also  
L'Oréal Féria  
Hair Colour



**20% off**

**Nivea Face Care**  
Also Eucerin,  
Selected Varieties

# AFFORDABLE SOFTNESS



**Dove Antiperspirant**  
45g

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

**Dove Bar Soap**  
3 x 106g



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

**Dove Body Wash**  
325 mL



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

**Dove Hair Care**  
355 mL



# HOUSEHOLD SAVES

**POINTS PARTY**  
EARN **2000** POINTS  
WHEN YOU SPEND \$20 OR MORE ON CLEANING & LAUNDRY PRODUCTS  
Limit 1.  
**LOAD NOW**



**15<sup>99</sup>** ea

**Charmin Ultra Soft Bathroom Tissue**  
Also Cottonelle,  
12=48 Rolls

**14<sup>99</sup>** ea

**Tide Laundry Detergent**  
Liquid (2.48 Litres) or Pods (25's), Also Selected Varieties



**14<sup>99</sup>** ea

**Downy Unstopables** (515g) or Fabric Softener Liquid (3.29 Litres)



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

**Clorox Liquid Bleach** 1.27 Litres



**Alcan Aluminum Foil Wrap**  
Selected Varieties

**REDEEM 2200 POINTS & PAY**

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

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

**Glade 3-Wick Candles or Plug-In Refills, 2-Pack**



**20% off**

**Vileda Cleaning Supplies**  
Selected Varieties



**15% off**

**Sylvania Light Bulbs**  
Selected Varieties, 4-Pack



**15<sup>99</sup>** ea

**Finish Quantum Dishwasher Tabs**  
Selected Varieties, 40's



**FREE WITH 4000 POINTS REDEEMED** or **6<sup>99</sup>** ea

**Western Family Parchment Paper or Wax, Selected Varieties**

**2\$9** for

**Lysol Bathroom Cleaner** (950 mL) or Multi-Surface (1.2 Litres)



**FREE WITH 3700 POINTS REDEEMED** or **5<sup>99</sup>** ea

**Rubbermaid Take Alongs Containers**  
Selected Varieties



# PURRFECT DEALS



**29<sup>99</sup>** ea **Iams Dry Dog Food** 6.8 kg

**new**  
**6<sup>99</sup>** ea

**Whiskas Temptations Cat Treats** 454g



**26<sup>99</sup>** ea

**Tidy Cats Tidy Care Alert Cat Litter** 3.63 kg



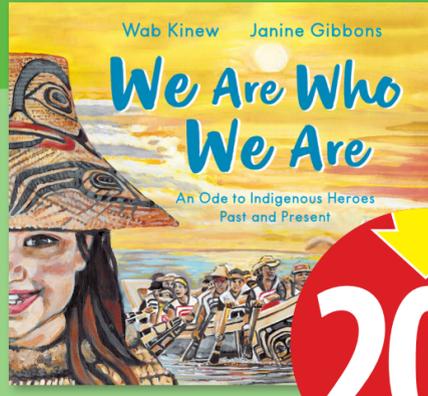
**10\$9** for

**Purina Fancy Feast Cat Food**  
Wet, Selected Varieties, 85g

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\*of equal or lesser value

# NOVEL SAVINGS

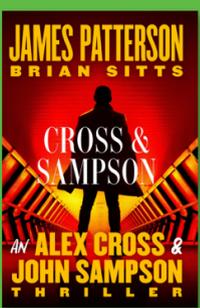


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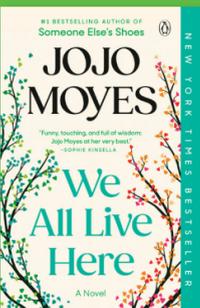
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**We All Live Here**  
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**Two Can Play**  
Regular Retail 20.99 ea





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Western Family Spice Large, Selected Varieties

**BUY 2**  
**EARN 1400 POINTS**



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Western Family Exquisita Salsa Selected Varieties, 430 mL



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Western Family Wild Pacific Sockeye Salmon 213g



**More REWARDS**  
**FREE**  
WITH 2400 POINTS REDEEMED

Western Family Bagged Spices Selected Varieties



**More REWARDS**  
**FREE**  
WITH 1600 POINTS REDEEMED

Western Family Juice Selected Varieties, 1 Litre



**More REWARDS**  
**FREE**  
WITH 3800 POINTS REDEEMED

Western Family Salted Butter Selected Varieties, 454g



**More REWARDS**  
**FREE**  
WITH 5750 POINTS REDEEMED

Western Family Sweet & Salty Granola Bars Selected Varieties, 18's or 24's



**More REWARDS**  
**FREE**  
WITH 11,500 POINTS REDEEMED

Western Family Olive Oil 1 Litre

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