

save on foods

**UNREAL
DEAL
on**

**7⁴⁹
ea**

Western Family
Cheese
Selected
Varieties, 600g



**8⁹⁹
ea** | **10⁹⁹
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
**4⁵³
lb**

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



**3^{\$}5
for**

Avocado
Mexico



**8⁹⁹
lb**

Sirloin
Tip Roast
Fresh, 19.82/kg

**AAA
Western
Canadian
Beef**



**2⁹⁹
lb**

Red Seedless
Grapes
Peru or Chile,
6.59/kg



**2²⁹
100g**

Ahi Tuna Steak
Whole Loin, Frozen
or Previously Frozen



**2⁷⁹
ea**

Western Family
12 Grain Bread
Also Selected
Varieties, 600g



**12⁹⁹
ea**

Pepsi Soft Drinks
Selected Varieties, 24 x 355 mL

**4^{\$}10
for**

Campbell's
Chunky Soup
515 mL



**3⁹⁹
ea**

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



**3^{\$}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



16⁹⁹
ea

**Faux Leather
Planter**
6 Inch



19⁹⁹
ea

**Spring Fling
Bouquet**



7⁹⁹
ea

Mossy Gnome
with Assorted Ferns &
Tropicals, 2 Inch

8⁹⁹
ea

Gerbera Daisies
Assorted Colours,
5 Stems



FRESH MEAT



3⁴⁹
lb

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



SATISFYING TENDER JUICY



16⁹⁹
lb

Strip Loin Steak
or Roast, Fresh,
Grass Fed, 37.46/kg
WHILE QUANTITIES
LAST.

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



6⁹⁹
lb

Split Chicken Wings
Fresh, 15.41/kg

**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](#)

TASTY DEALS



ONLY WITH MY OFFERS
11⁹⁹ ea
First 1
LOAD NOW

PINTY'S
 LEMON & FINE HERBS
CHICKEN BREASTS
 BRUSH OR DIP
 600g

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



2 PACK PACKETS

MAIN STREET Deli

BLACK FOREST HAM
 JAMBON FORÊT-NOIRE

250g

4⁹⁹ ea
Main Street Deli
 Sliced Lunch Meat
 Selected Varieties, 250g



8⁹⁹ ea
Western Family
 Garlic flavoured sausage
 750g



11⁹⁹ ea
Olivieri
 Filled Pasta
 Selected Varieties,
 900g



6⁹⁹ ea
BEYOND BEEF
 PLANT-BASED GROUND
 336g or 400g



MIX & MATCH
2\$10 for
SCHNEIDERS
 Breakfast Sandwiches
 BACON & EGG
 232g or 336g

Mitchell's
 Enter for a chance to **WIN**
\$2,500
 in **FREE GROCERIES**



10⁹⁹ ea
Mitchell's Ham
 (1.5 kg) or Wieners
 (1.35 kg)



14⁹⁹ ea
Mitchell's Bacon
 1.5 kg

Scan your **More REWARDS** to enter

*See in store for details

FRESH SEAFOOD



11⁹⁹
ea

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



3⁹⁹
100g

Steelhead Fillet
Fresh



MIX & MATCH
BUY 2
GET 1*
free

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

LIGHT CRUNCHY IRRESISTIBLE



9⁹⁹
ea

Sockeye Salmon Lox
Sliced, Canada, 85g



FRESHLY BAKED



pack of 8 **3⁴⁹**

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



ONLY WITH MY OFFERS
11⁹⁹ ea
First 2
LOAD NOW



12⁹⁹ ea
Strawberry Cheesecake
Also Selected Varieties, 6 Inch, 600g

Buttery, flaky, irresistible.



pack of 12 **6⁹⁹**

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 **4⁹⁹**

Croissants
Pack of 6

BAKED FRESH IN STORE



Tangy bread, sweet jam—unbeatable.

2⁹⁹ ea

Sourdough Bread or Nottingham, Baked in Store, 567g



pack of 4 **6⁹⁹**

Pizza Pretzels
Pack of 4

FRESH, TASTY GOODNESS



6⁹⁹ ea

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



3⁹⁹ ea

Casa Mendosa Tortillas
Selected Varieties, 204g or 640g

6⁹⁹ ea

Little Northern Bakehouse Bagels
Selected Varieties, 400g



3⁴⁹ ea

Country Farm House Bread
Selected Varieties, 675g



3⁴⁹ ea

Wonder Bread
Selected Varieties, 570g

4⁴⁹ ea

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



4⁹⁹ ea

Dempster's Signature Buns
Selected Varieties, 616g



PERFECTLY SLICED

4⁹⁹
100g

EXCLUSIVELY OURS

Top Round Beef
Roasted in Store



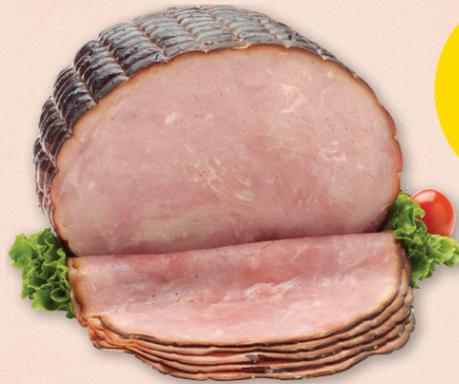
Sweet and nutty—
enjoy it solo or
melted to perfection.



5⁹⁹
100g

Manchego DOP Cheese
Aged 12 Months,
Imported from Spain

CHEESE OF THE MONTH



3²⁹
100g

Black Forest Ham
Selected Varieties



Rich and gooey
for the perfect
melt!



3⁴⁹
100g

Bothwell Cheddar Cheese
Old or Extra Old,
Selected Varieties



2⁶⁹
100g

Lyoner Sausage
or Paprika

10⁴⁹
ea

Baked Lemon Ricotta Cheese
Italy, 180g



RICH TANGY DELICIOUS



3⁴⁹
100g

Feta Cheese
Cow or Goat, Cut in Store



2⁹⁹
100g

Kalamata Olives
Pitted or Whole

ONLY WITH MY OFFERS

11⁹⁹
ea

First 1

LOAD NOW

12⁴⁹
ea

Mitchell's Garlic Sausage
750g



Natural selections

Real. Simple.
Naturally Delicious.



14⁹⁹
ea

Natural Selections Sliced Meat
375g or 400g



Buy 2+
5⁹⁹
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

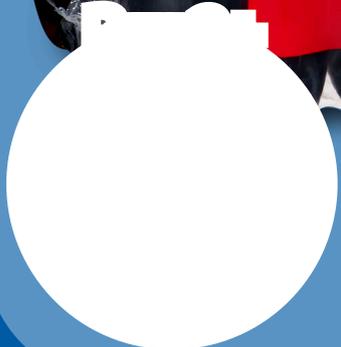


POINTS PARTY



MoreREWARDS
BUY 2
 EARN **500** POINTS
4⁹⁹ 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
8⁹⁹ ea

Tropicana Orange Juice Selected Varieties, 2.63 Litres



MoreREWARDS
BUY 2
 EARN **650** POINTS
6⁴⁹ ea

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

MoreREWARDS
BUY 2
 EARN **450** POINTS
4⁶⁹ 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
4⁹⁹ 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



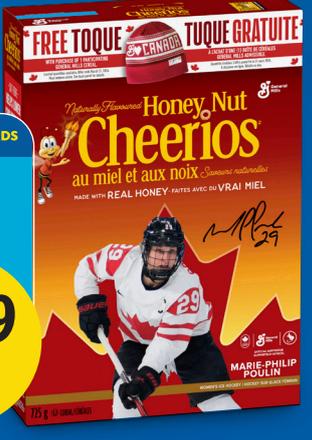
7⁹⁹
ea

Sponge Towels
Ultra Paper
Towels
3 Rolls



More REWARDS
BUY 2
EARN
1000
POINTS

Energizer Batteries AA
Also Selected Varieties,
8-Pack



More REWARDS
BUY 2
EARN
500
POINTS

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



More REWARDS
BUY 2
EARN
500
POINTS

Western Family Granola
Selected Varieties, 630g



More REWARDS
BUY 2
EARN
250
POINTS

Western Family
Potato Chips
235g

More REWARDS
BUY 4
EARN
300
POINTS

for
2⁹⁹
for **3**

Kraft Dinner
Selected Varieties,
200g or 156g



More REWARDS
BUY 2
EARN
335
POINTS

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



5⁹⁹
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



5⁹⁹
ea

Tostitos Salsa
645 mL



SIP N' SAVE



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



15⁹⁹
ea

Maxwell House Coffee
Selected Varieties, 864g or 900g



6⁹⁹
ea

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



9⁹⁹
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



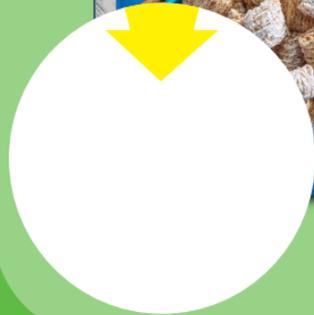
5⁹⁹
ea

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



8⁹⁹
ea

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



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



2\$¹⁰
for

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



2\$¹⁰
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



5⁹⁹
ea

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



3^{\$}8
for

Cheez-It Crackers
191g or 200g



DAIRY & FROZEN



5⁹⁹
ea

**Western Family
Margarine**
850g



5⁴⁹
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



3⁷⁹
ea

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



6⁹⁹
ea

**Western Family
Ricotta Cheese**
500g



2^{\$}6
for

Cheemo Perogies
Selected Varieties,
Frozen, 907g



2^{\$}7
for

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

siggi's®

skyr yogurt

high protein
made with real vanilla



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



3⁴⁹
ea

iöGO nano
Drinkable Yogurt
(6 x 93 mL),
Also Siggi's Skyr
(4 x 100g)



10⁴⁹
ea

Olympic Organic Kefir
(2 Litres) or
Yogurt (1.75 kg)



11⁴⁹
ea

Olympic Krema Yogurt
or Greek, Selected
Varieties, 1.75 kg



4⁶⁹
ea

Olympic Organic Yogurt
or Krema, 650g



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

BUY 2
EARN 600 POINTS

5.99
ea

Dare Candy
Selected Varieties, 700g



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

7.99
ea

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



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



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

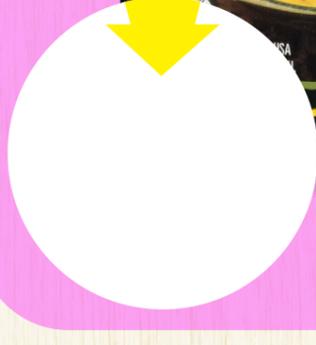
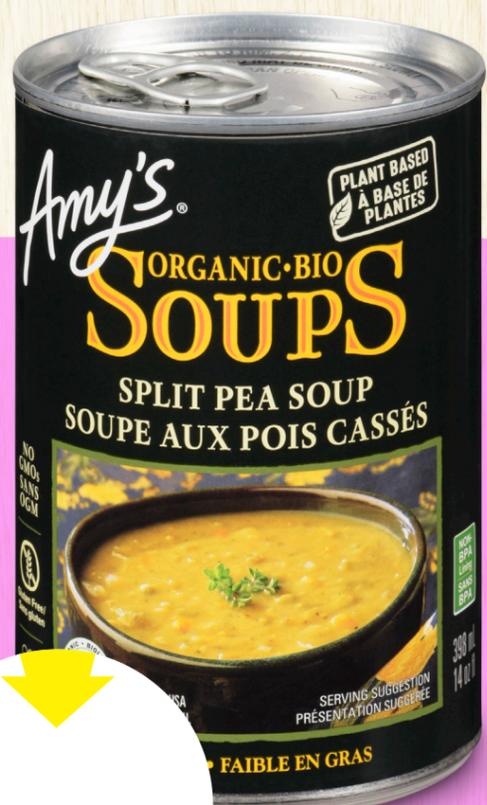


2\$6
for

Alani Nu Energy Drink
Selected Varieties,
355 mL

5\$99
ea

Nature's Path Organic Granola
325g or 350g



Amy's Soups
Selected Varieties,
398 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



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)



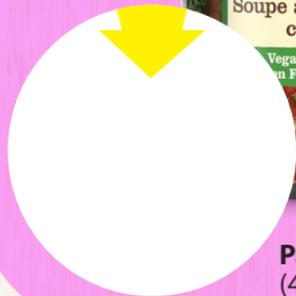
4⁹⁹
ea

Pacific Foods Organic Broth
946 mL



5⁹⁹
ea

Pacific Foods Organic Soup
Selected Varieties, 1 Litre



2\$
for **7**



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



7⁹⁹
ea

Pacific Foods Chicken Bone Broth
946 mL



HEALTH & WELLNESS



13⁹⁹
ea

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



30% off

Western Family Supplements
Selected Varieties



11⁹⁹
ea

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



Benlyn Cough Syrup
Selected Varieties,
250 mL

12⁹⁹
ea



Crest Toothpaste
Selected Varieties

2^{\$}9
for



15% off

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



Power Toothbrush
or Replacement
Heads, Selected
Varieties

20% off



TheraBreath Fresh Breath Mouthwash
Selected Varieties,
473 mL

9⁹⁹
ea



16⁹⁹
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.



[LEARN MORE](#)

BABY CORNER



26⁹⁹
ea

Huggies Super Pack Diapers
Selected Varieties



8⁹⁹
ea

Huggies Natural Care Wipes
Selected Varieties



25⁹⁹
ea

Pampers Easy Ups Training Underwear
Selected Varieties



10⁹⁹
ea

PediaSure Complete Supplement
Selected Varieties,
4 x 235 mL



6⁹⁹
ea

Baby Gourmet Baby Cereal
208g or 227g



2^{\$}9
for

Love Child Organics Oaty Chomps
6 x 23g

CLEAN DEALS



3⁹⁹
ea

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



8⁹⁹
ea

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



8⁹⁹
ea

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



5⁹⁹
ea

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



14⁹⁹
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

4⁹⁹
ea

Dove Bar Soap
3 x 106g



4⁹⁹
ea

Dove Body Wash
325 mL



4⁹⁹
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



14⁹⁹ ea

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

14⁹⁹ ea

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



14⁹⁹ ea

Downy Unstoppables (515g) or Fabric Softener Liquid (3.29 Litres)



3⁹⁹ ea

Clorox Liquid Bleach 1.27 Litres



Alcan Aluminum Foil Wrap
Selected Varieties

REDEEM 2200 POINTS & PAY

3⁹⁹ ea

REDEEM 2500 POINTS & PAY

8⁹⁹ 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



15⁹⁹ ea

Finish Quantum Dishwasher Tabs
Selected Varieties, 40's



FREE WITH 4000 POINTS REDEEMED or **6⁹⁹** ea

Western Family Parchment Paper or Wax, Selected Varieties

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

2\$9 for



FREE WITH 3700 POINTS REDEEMED or **5⁹⁹** ea

Rubbermaid Take Alongs Containers
Selected Varieties



PURRFECT DEALS



29⁹⁹ ea **Iams Dry Dog Food** 6.8 kg

new

Whiskas Temptations Cat Treats 454g

6⁹⁹ ea



26⁹⁹ ea

Tidy Cats Tidy Care Alert Cat Litter 3.63 kg

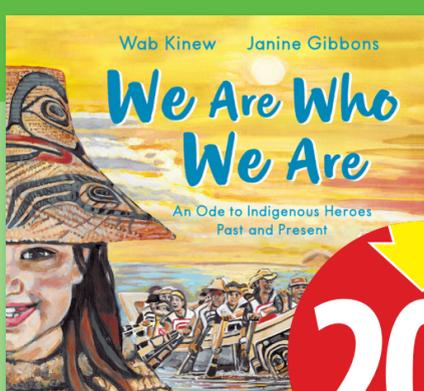


10\$9 for

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

NOVEL SAVINGS

BUY 3 GET 1 free Magazines

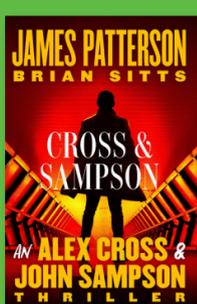


We Are Who We Are
Regular Retail 24.99 ea

20% off

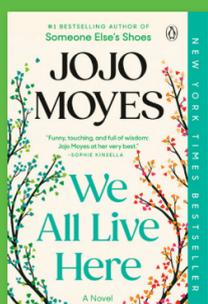
30% off

Cross & Sampson
Regular Retail \$42 ea



25% off

We All Live Here
Regular Retail 25.99 ea



25% off

Two Can Play
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