save on foods

TOUCHDOWN ON EXTRA SAVINGS

UNREAL DEAL on

9.99 ea

Take & Bake Pizza Selected Varieties

save on foods KITCHEN



MY OFFERS

EXTRA UNREAL DEALS

LOAD DEALS

8.99 ea First 2

11.99 ea **Grimm's Pepperoni** Selected Varieties, 450g or 600g



3.99 lb First 2

4.99 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

ONLY WITH MY OFFERS

2.99 ea

First 1

LOAD NOW



3.99 ea **Western Family Avocados** Mexico, 4-Pack







4.99 ea



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

12.99 ea



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

Buy 3+ **2.99 ea** OR 3.49 ea

Country Harvest Bread Selected Varieties, 600g

Buy 4+ **1.25 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

A


B


C


D


E


F


BAKED FRESH IN STORE

3.99 ea
Artisan Sourdough Bread
Selected Varieties, 500g



BUY 1 GET 1 free*
*of equal or lesser value
Pork Shoulder Butt Roast
Fresh, Boneless, Canada

14.99 ea
Pepperoni & Cheddar Cheese Snack Tray
or Garlic Coil & Cheddar Tray



11.49 ea
Variety Cheesecake
4 Slices, 350g





MADE FRESH IN STORE

10% off
Charcuterie Snacking Pack
Selected Varieties

GAME DAY READY!

save on foods KITCHEN

1.69 100g
Mardi Gras Potato Salad



3.99 ea
Garlic Parmesan Pull Apart

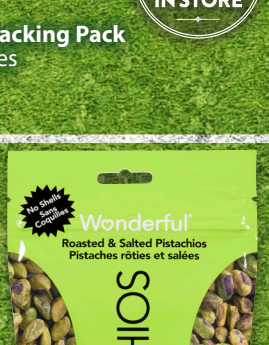


24.99 ea
Fresh Sushi Platter
Made Fresh in Store, 36 Pieces
Available inselected locations.





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 for $6



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

3.49 ea



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

3 for $8



ONLY WITH MY OFFERS
14.99 ea
First 2
LOAD NOW



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

15% off



Western Family Nut Mix
Selected Varieties, 454g

2 for $7



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



4.99 ea
Western Family Signature Chocolate Covered Almonds
or Indulgence Mix, 180g

5.79 ea



Western Family Sparkling Water
Selected Varieties, 12 x 355 mL

3.99 ea



Cholula Salsa
Selected Varieties, 325 mL

3.29 ea



Western Family Thin Crust Pizza
325g

14.99 ea



Football Pot with Tropicals
4 Inch





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



2$ for 9 **Miss Vickie's Potato Chips** Kettle Cooked, Selected Varieties, 200g



2$ for 8 **Cheetos Cheese Snacks** (260g), Also Ruffles (200g), Selected Varieties



2$ for 8 **Munchies Mix** (250g), Also Smartfood Popcorn (200g), Selected Varieties



4.99 ea **Tostitos Salsa** Selected Varieties, 394 mL or 418 mL



Buy 2+
7.49 ea

Pepsi Soft Drinks
Selected Varieties, 12 x 355 mL

6.49 ea

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

2 for $8

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

2.49 ea

Gatorade Water
700 mL

2 for $4

Pepsi Soft Drink
Selected Varieties, 2 Litres


Frank's Red Hot Sauce
(354 mL) Also French's Ketchup (750 mL), Selected Varieties
French's
FRANK'S RedHot
OFFICIAL SPONSORS OF SUPER BOWL LX
NFL
LIX SUPER BOWL
CLUB HOUSE CHILI
CLUB HOUSE GUACAMOLE
3$ for 7
Club House Dry Recipe Mix
Selected Varieties
CHOLULA SALSA ORIGINAL
CHOLULA SALSA SALSA VERDE
3.99 ea
Cholula Salsa
Selected Varieties, 325 mL
2.99 ea
French's Specialty Mustard
(325 mL) or Yellow (550 mL), Selected Varieties
TAKING FLAVOUR TO THE HOUSE
STUBB'S
CLUB HOUSE GRILLE
French's
CLUB HOUSE
FRANK'S RedHot
CHOLULA
6.49 ea
Club House Seasoning
Selected Varieties
CLUB HOUSE Tex Mex
CLUB HOUSE Roasted Garlic & Peppers

BRING HOME A WIN





4.99 ea

Old El Paso Salsa
Selected Varieties, 650 mL



4 for $5

Old El Paso Seasoning Mix
Selected Varieties, 24g



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



2.99 ea

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



3.49 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.

4.99 ea



4.99 ea

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



Taco Bell Creamy Sauce
Selected Varieties, 207 mL

2.99 ea



2 for 2.50

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 for $6
Avocado
Mexico





3 for $2
Limes
Mexico

Get ready to guac your game day!

2.49 lb
Roma Tomatoes
Mexico, 5.49/kg









5.99 ea
Seedless Lemons
California, 2 lbs



1.99 ea
Cilantro
California

1.99 lb
Red Onions
USA, 4.39/kg







6.99 ea
Mini Cucumbers
Mexico or USA, 2 lbs

ONLY WITH MY OFFERS
4.99 ea
First 2
LOAD NOW

5.99 ea
Cauliflower
California



HAPPY LUNAR NEW YEAR



9.88 ea
Shine Muscat Grapes
California, 450g



12.88 ea
Asian Pears Gift Pack
USA, 8-Pack



8.88 ea
Envy Apples Gift Box
USA, 4 lbs



新年快樂

WHILE QUANTITIES LAST.

FLORAL



49.99 ea

Wave Gemstone Orchid



11.99 ea

Love Notes with Polka Dots



14.99 ea

Cupcake Mums



10.99 ea

Carnations
Dozen

FRESH MEAT



3.99 lb

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



10.99 ea



Western Family Sirloin Burgers
852g



14.99 lb

CANADIAN BEEF

Stewing Beef
AAA, Fresh, 33.05/kg

HEARTY SAVOURY RICH

Skewers are the real MVP—grab, dip and enjoy!



MoreREWARDS
FREE WITH 5500 POINTS REDEEMED
or 10.99 lb

new

Hot Buffalo Dip
400g



ONLY WITH MY OFFERS
29.99 ea
First 1
LOAD NOW

31.99 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



12.99 ea

El Monterey Taquitos
Selected Varieties, Frozen, 567g



9.99 ea

Western Family Dinner Ham
Selected Varieties, 650g



7.99 ea

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



4.99 ea

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

2 for $10



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

MAPLE LEAF

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!



11.99 ea



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



4.99 100g

Wild Sockeye Salmon Fillet
Previously Frozen or Frozen







16.99 ea

new

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



12.99 ea



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

LIGHT CRUNCHY IRRESISTIBLE

FRESHLY BAKED



pack of 8 3.49

BAKED FRESH IN STORE

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



pack of 24 8.99

Monster Cookies
or Chocolate Chip, Pack of 24



3.99 ea

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



12.99 ea

Banana Cream Pie
Selected Varieties, 650g



pack of 6 5.99

Cheesy Cheddar Bread Sticks
Pack of 6

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



14.99 ea

Chocolate Ganache Heart Cake
325g
WHILE QUANTITIES LAST.



5.99 ea

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

6.49 ea

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



SOFT BUTTERY DELIGHTFUL

5.79 ea

Furlani Garlic Toast
Texas or Parmesan, 638g



pack of 12 4.49

King's Hawaiian Buns
Pack of 12



2 for $7

Villaggio Bread
Selected Varieties, 528g or 540g



ONLY WITH MY OFFERS

pack of 6 2.49

First 4

LOAD NOW

Western Family English Muffins
Selected Varieties, Pack of 6

pack of 6 2.99



7.49 ea

Western Family Tarts
Butter or Pecan, 510g



PERFECTLY SLICED





3.79 100g

Black Forest Ham
Roasted in Store

3.99 100g

Beef Pastrami
or Corned Beef,
Fresh, Sliced in Store

Smoky, garlicky, and endlessly snackable!



11.99 ea

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

4.99 ea



Summer Fresh Dip
Selected Varieties,
200g

ONLY WITH MY OFFERS
7.99 ea
First 1
LOAD NOW

8.49 ea

Grimm's Submarine Pack
or Pizza, 175g







Stack it high on crackers for instant snack-tisfaction.

17.49 ea

Bergeron Cracker Cut Cheese
400g

FRESH CREAMY DELICIOUS



9.49 ea

Seven Layer Dip
Made Fresh in Store, Large



3.49 100g

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



8.49 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)

6.99 ea



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

6.99 ea



Fantino & Mondello Sliced Meats
Selected Varieties, 175g

6.99 ea



Fantino & Mondelo Salametti
Selected Varieties, 175g

save on foods KITCHEN

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



3.69 ea

Western Family Cranberry Cocktail
Selected Varieties, 1.89 Litres



3.99 ea

Ocean Spray Cranberry Cocktail
Selected Varieties, 1.89 Litres



BUY 2 GET 1 free*

*of equal or lesser value

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



10.99 ea

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



3 for $8

Monster Energy Drink
Selected Varieties, 473 mL or 444 mL

3.99 ea



Western Family Dark Chocolate Blueberry Açai
or Pomegranate, 180g



4.99 ea

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



2 for $6

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

START THE DAY WITH DEALS



Buy 2+ 4.49 ea
OR 5.99 ea

Western Family Granola
Selected Varieties, 675g



2 for $7

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

5.59 ea



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



11.99 ea

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

TASTY DEALS



2 for $7

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

4.99 ea



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



2 for $6

Nature Valley Trail Mix Granola Bars 175g



2 for $6

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



2 for $6

Nature Valley Lunch Box Bars 130g

SNACK ON SAVINGS



3 for $8



Pringles Potato Chips
Selected Varieties, 148g or 156g

2 for $5



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

2.99 ea



Pringles Mingles
Selected Varieties, 155g



2 for $7

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



2 for $7

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





6.99 ea

Nutella Biscuits
276g



2 for $8

Nutella B-ready Snack Bars
6 x 132g



7.49 ea

Nutella Hazelnut Spread
725g



2 for $11

Nutella & Go Breadsticks
208g



4.49 ea

Nutella Hazelnut Spread
375g

PANTRY DEALS

western family

COMPARE & SAVE BIG



Western Family Baked Beans
Selected Varieties, 398 mL



3 for $6

Bush's Best Baked Beans
Selected Varieties, 398 mL



4 for $6

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



10.99 ea

Robin Hood Flour
Selected Varieties, 5 kg



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



5 for $5

Sapporo Ichiban Noodles
Selected Varieties, 100g

WORLD OF SAVINGS



Asian Family Thai Sweet Chili Sauce
280 mL



3.99 ea

Hobe Pancit Canton Noodles
454g



13.99 ea

Gia Avocado Oil
1 Litre



4.99 ea

Golden Angel Sriracha Sauce
or Mayo, 740 mL







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





4 for $7

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 for $5

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



8.99 ea **Armstrong Cheese**
Selected Varieties, 600g



6.99 ea **Western Family Ricotta Cheese**
500g



new

2 for $6 **Western Family Sour Cream Dip**
Selected Varieties, 227g



8.99 ea **Armstrong Shredded Cheese**
Selected Varieties, 500g

FROZEN



3.49 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



4.99 ea **Nestlé Ice Cream**
Selected Varieties, 1.5 Litres



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



3.49 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



2 for $6

McCain Diced Hashbrowns
Frozen, 800g





$6.99 ea

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



$6.99 ea

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

BULK

Cashews
Selected Varieties

Waterbridge Belgian Chocolate Hearts

1.89 100g

Hershey's Valentine Kisses

.69 100g

Roasted Peanuts
Selected Varieties

1.29 100g

Rockets Love Hearts with Romantic Message

13.99 ea

NaturSource Nut Mix
Selected Varieties, 500g

3.99 ea

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

25% off

Redland Farms Chocolate Almonds
Also Selected Varieties, 600g

NATURAL



4 for $6

Lärabar Energy Bar
Selected Varieties, 45g or 48g



2 for $9

PopCorners Popcorn Snack
Selected Varieties, 142g



9.99 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 Oat Barista
Selected Varieties, 946 mL



3.99 ea

Rise Organic Kombucha
Selected Varieties, 414 mL



2 for $7

Hardbite Potato Chips
Selected Varieties, 128g



10.99 ea

RXBar Chocolate Sea Salt Bars
5 x 52g



6.99 ea

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



2 for $8

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



3.99 ea

Only Goodness Bamboo Dinner Napkins
200's

More REWARDS
FREE WITH 1650 POINTS REDEEMED
or
2.99 ea



Only Goodness Plant-Based Ultra Liquid Dish Soap
532 mL



7.99 ea

Only Goodness Tall Compostable Food Waste Bags
10's

YOUR SMOOTHIE'S PROTEIN PARTNER



Silk Protein Beverage
1.75 Litres

YOUR CEREAL'S SIDEKICK



4.49 ea

Silk Almond Beverage
Selected Varieties,
1.89 Litres

YOUR GO-TO FOR DELICIOUS RECIPES



4.49 ea

Silk Coconut Beverage
Selected Varieties,
1.89 Litres

YOUR COFFEE'S CREAMY GOODNESS



4.49 ea

Silk Oat Beverage
Selected Varieties,
1.75 Litres

HEALTH & WELLNESS



30% off

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



37.99 ea

Diesel Whey Protein Powder
Selected Varieties, 908g



17.99 ea

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

18.99 ea



Vicks NyQuil Complete
or DayQuil, Selected Varieties, 354 mL



6.99 ea

Scope Mouthwash
Selected Varieties, 1 Litre



24.99 ea

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



2 for $7

Colgate Toothpaste
or Toothbrush, Selected Varieties



9.49 ea

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



7.99 ea

Tylenol Children's Pain Relief
Also Motrin, Selected Varieties



13.99 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).



BABY CORNER



26.99 ea

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



8.99 ea

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



34.99 ea

Pull-Ups Training Pants
Also Goodnites, Selected Varieties



24.99 ea

Nestlé Nido Formula
1+ Milk Flavour, 850g



2 for $5

Simply Gourmet Crunchers
or Puffies, Selected Varieties, 32g



6.99 ea

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

CLEAN SAVES



3.99 ea

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



6.99 ea

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



5.49 ea

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



9.99 ea

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



11.99 ea

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



20% off

Aveeno Face Care
Also Roc, Selected Varieties

TYLENOL®

Official Pain Relief Partner

YOUR PAIN RELIEF MVP



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

FRESH, CLEAN DEALS



14.99 ea

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



7.99 ea

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

14.99 ea



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

14.99 ea



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

PAW-SOME PICKS



6.99 ea

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

3 for $10



Temptations Cat Treats
Selected Varieties, 160g or 180g



6.99 ea

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



11.99 ea

Tidy Cats Clumping Lightweight Cat Litter
Selected Varieties, 2.72 kg

HOUSEHOLD SAVES



15.99 ea

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

4.99 ea



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



More REWARDS
FREE WITH 3500 POINTS REDEEMED
or 5.99 ea

Rubbermaid TakeAlongs Containers
Selected Varieties



More REWARD
REDEEM 1600 POINTS & PAY
2.99 ea

Western Family Aluminum Foil
Selected Varieties, 50 Feet



More REWARDS
FREE WITH 2350 POINTS REDEEMED
or 3.99 ea

Western Family Freezer Bags
Selected Varieties, 14's



More REWARDS
REDEEM 6400 POINTS & PAY
9.99 ea

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



More REWARDS
REDEEM 3000 POINTS & PAY
2.99 ea

Soda Stream Pepsi Flavours
Selected Varieties, 440 mL



20% off

Vileda Cleaning Supplies
Selected Varieties

NOVEL SAVINGS



3.99 ea

Rosedale Valentines
32's



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

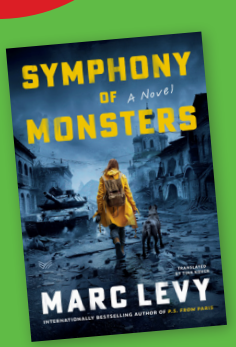
25% off



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



BUY 3 More REWARDS EARN 600 POINTS

Western Family Evaporated Milk
Selected Varieties, 354 mL



BUY 2 More REWARDS EARN 230 POINTS

Western Family Canned Legumes
398 mL



More REWARDS EARN 450 POINTS

Western Family Salsa
Selected Varieties, 650 mL



BUY 3 More REWARDS EARN 450 POINTS

Western Family Instant Oatmeal
Selected Varieties, 264g



BUY 2 More REWARDS 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



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new offers
every week



2 SHOP
in store or online
at Save-On-Foods



3 SAVE
money and
earn points

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HAPPY LUNAR NEW YEAR

新年快樂

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



3 for $8

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



4.99 ea

Kikkoman Soy Sauce
or Teriyaki, 591 mL



3.99 ea

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



4.99 ea

Farkay Noodles
Steam Fried or Chow Mein, 397g



5.49 ea

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



6.99 ea

Kokuho Rose Rice
Selected Varieties, 907g or 1 kg



2 for $5

Thai Kitchen Pure Coconut Milk
or Light, 400 mL



2 for $5

Golden Dragon Sauce
Selected Varieties, 455 mL





3.99 ea

Lee Kum Kee Panda Oyster Sauce
510g





6.99 lb

Split Chicken Wings
Fresh, Value Pack, 15.41/kg

4.99 ea

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





5.99 lb

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

2.69 ea

Pearl River Bridge Superior Soy Sauce
500 mL



2.49 ea

Hot Kid Rice Crisps
Selected Varieties, 100g



3.49 ea

Stik-O Wafers
380g



3.99 ea

Western Family Sriracha Mayo Sauce
or Sriracha, 455 mL



2 for 3.50

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



3.69 ea

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



17.99 ea

Braided Sansevieria

16.99 ea

Panda with Bamboo
5 inch



5.49 ea

M.Y. San Skyflakes Crackers
800g



3 for $8

Pringles Potato Chips
156g



5.99 ea

Dan-D Pak Rice Crackers
454g



3.99 ea

Glico Pocky Biscuit Sticks
144g or 156g



3.99 ea

Koh-Kae Peanuts
265g



RAMADAN Mubarak



EXTRA FRESH
ingredients & thoughtful meals to share with your family



8.99 ea

Sundar by Western Family Premium Basmati Rice
8 lbs



14.99 ea

Sher Desi Style Durum Atta
20 lbs



7.99 ea

Brio Sunflower Oil
3 Litres



4.99 ea

Nanak Paneer
341g



3 for $8

Tasty Bite Channa Masala
Selected Varieties, 285g



2 for $3

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

5.99 ea



Gia Vegetable Ghee
1 Litre



3.99 ea

Parliament Traditional Butter Cookies
454g

FESTIVE FLAVOURS









2.99 ea

Sundar by Western Family Naan
Selected Varieties, 500g

4.99 ea



Sharwood's Sauce
Selected Varieties, 395 mL

4.99 ea



KFI Cooking Sauce
Selected Varieties, 375 mL

2 for $8



The Spice Tailor
Selected Varieties, 285 mL

.99 ea



Teja Mango Juice
1 Litre

1.49 ea



Maggi Masala Noodles
Family Pack, 280g

8.99 ea



Nanak Rasmalai
Frozen, 850g

12.49 ea



India's Own Jumbo Samosa
Frozen, 1.4 kg

RAMADAN Mubarak



EXTRA FRESH
ingredients & thoughtful meals to share with your family

Eggplant
Mexico
2.49 ea



Cilantro
Canada
.99 ea



2 for $4
Spinach
USA or Mexico, Bunch



1.99 lb
Roma Tomatoes
Canada or Mexico, 4.39/kg





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



7.99 ea
Zabiha Halal Frankfurters
900g



3.99 ea
Zabiha Halal Chicken Wieners
450g



5.99 ea
Zabiha Halal Cajun Chicken Breast
200g





6.99 ea
Golden Valley Khudri Dates
1 kg



2.99 ea
Cedar Chick Peas Unsalted
540 mL



8.99 ea
Barbican Beverages
6 x 330 mL



9.99 ea
Al Shifa Honey
500g



5.49 ea
Jasmine Halva Vanilla
350g



11.99 ea
Verka Sella Rice
10 lbs



8.99 ea
Al Rifai Coffee
450g



6.99 ea
Vimto Cordial Syrup
710 mL