

✓ **BUY-LOW FOODS**

HAPPY Valentine's DAY



Strip Loin Steak
Fresh, Canada, 30.84/kg

13⁹⁹ lb

THE LOWEST BUY

Western Family Raw Black Tiger Shrimp
41 to 50 Count, Selected Varieties, Frozen, 340g

8⁹⁹ ea



PERFECT FOR Valentine's DAY



Strawberries
USA, 1 lb

4⁹⁹ ea

Old Dutch Potato Chips
Selected Varieties, 200g or 235g

2\$6 for



Taylor Farms Chopped Salad Kit
USA, Selected Varieties, 316g or 333g

4⁹⁹ ea



Dr. Oetker Ristorante Pizza
Selected Varieties, Frozen, 320g or 340g

3⁴⁹ ea



Häagen-Dazs Ice Cream
Selected Varieties, 450 ml. or 3 x 88 ml.

4⁹⁹ ea



PRICES EFFECTIVE THURSDAY TO WEDNESDAY, FEBRUARY 12 - 18, 2026

THE LOWEST BUY

BUY MORE BUY LOW
THROW UP ANY WAY

THE LOW DOWN
THIS WEEK'S FLYER DEALS

PRICE MATCH
WE'LL MATCH ANY ADVERTISED PRICE

WITH EVEN MORE WAYS TO SAVE.

CANADIAN owned and operated.

WE RESERVE THE RIGHT TO LIMIT QUANTITIES. SOME ITEMS MAY NOT BE EXACTLY AS ILLUSTRATED OR NOT AVAILABLE AT ALL LOCATIONS. PRICES DO NOT INCLUDE APPLICABLE TAXES, BOTTLE DEPOSITS, ECO FEES OR RECYCLING FEES WHERE APPLICABLE. THE SPECIFIED QUANTITY OF THE ADVERTISED PRODUCT MUST BE PURCHASED TO RECEIVE THE DISCOUNT. MAPLE LEAF INDICATES PRODUCTS OF CANADA AND PRODUCTS MADE IN CANADA. SEE ACTUAL ITEMS FOR DETAILS. B.L.B.C.

DEAL OF THE DAY

SHOP DAILY DEALS
UNTIL APRIL 1ST

THURSDAY

1⁹⁷
ea

I Can't Believe It's Not Butter!
Original, 427g,
First 2



FRIDAY

3⁹⁷
ea

Fresh Express Salad Kit
USA, Selected
Varieties, 278g,
First 1



SATURDAY

4⁸⁷
ea

Christie Cookies
Selected Varieties,
439g, First 2



SUNDAY

5⁹⁷
ea

Danone Activia Yogurt
Selected Varieties,
12 x 100g, First 2



MONDAY

5⁹⁷
ea

Maple Leaf Natural Selections
Selected Varieties,
175g, First 2



TUESDAY

2²⁷
ea

Pepperidge Farm Baked Goldfish Crackers
Selected Varieties,
200g, First 2



WEDNESDAY

2⁷⁷
ea

Villaggio Bread
Selected Varieties,
510g or 540g,
First 2



**COME BACK
EVERY DAY FOR
GREAT SAVINGS**

*Offers in effect
January 1 – April 1, 2026*

*Offer only valid on the advertised day.
Selection and availability may vary by store.*

YOUR ONE-STOP VALENTINE'S SHOP

Roses
Assorted Colours,
12 Stems

34⁹⁹
ea

Valentine's Rose
& Alstroemeria
Bouquet

13⁹⁹
ea

Champagne
Bouquet

32⁹⁹
ea

Ferrero Rocher
Valentine's
Chocolates
Selected Varieties,
100g or 140g

7⁹⁹
ea

16⁹⁹
ea

Graze Box
400g

6⁹⁹
ea

Cupcakes
Selected Varieties, Pack of 6

15⁹⁹
ea

Chocolate Ganache Heart Cake
325g

Lindt Lindor
Chocolates
Selected Varieties, 108g

15⁹⁹
ea

FRESH TASTE OF SAVINGS



4⁹⁹
lb

Asparagus
Mexico, 11.00/kg

4⁹⁹
lb

Red Seedless Grapes
Peru or Chile, 11.00/kg



2⁹⁹
lb

Hot House Tomatoes
Canada, 6.59/kg

2⁹⁹
ea

Head Lettuce
USA



2⁴⁹
ea

Hass
Avocado
Mexico

2\$5
for

Haden Mango
Peru

3⁹⁹
lb

Broccoli Crowns
USA, 8.80/kg



1⁹⁹
lb

Ambrosia
Apples
BC, 4.39/kg

3⁹⁹
ea

Yellow Onions
USA, 3 lb Bag

6⁹⁹
ea

Mini Cucumbers
Canada, 908g

QUALITY MEATS FOR LESS



Chicken Breast
Fresh, Boneless, Skinless, 18.72/kg

BIG PACK

8⁴⁹
lb



BIG PACK

6⁹⁹
lb

Pork Loin Chops
Boneless, Centre Cut, 15.41/kg



14⁹⁹
ea

Western Family Chicken Drumsticks
Uncooked, Seasoned, Frozen, 3 kgs

SEAFOOD



4⁹⁹
100g

Wild Sockeye Salmon Fillet
Previously Frozen



9⁹⁹
ea

Western Family Cooked White Prawns
Peeled & Deveined, 41 to 50 Count, Frozen, 340g



12⁹⁹
ea

Salmon Village Smoked Salmon Nuggets
Selected Varieties, 150g



8⁹⁹
ea

Western Family Seafood Appetizers
Selected Varieties, Frozen, 250g or 454g

DELI ONLY AVAILABLE IN STORES WITH FULL SERVICE DELI DEPARTMENTS



3⁹⁹
100g
Turkey Breast
Selected Varieties



2⁴⁹
100g
Lyoner Sausage
Regular or Paprika



7⁹⁹
ea
Freybe A Taste of Europe Charcuterie
Selected Varieties, 300g



5⁴⁹
100g
Belle Crème Triple Brie Cheese
Cut in Store



15% off
Chef Salad
Made Fresh in Store, Selected Varieties, 370g or 420g



10⁹⁹
ea
Chinese Combo Meal
Selected Varieties, 450g



2²⁹
100g
Hummus
Packaged in Store, Selected Varieties



6⁹⁹
ea
Boursin Cheese
Selected Varieties, 150g



2\$5 for
NEW Mighty Protein Sticks
Selected Varieties, 32g

PACKAGED MEAT



13⁹⁹
ea
Western Family Chicken Wings
Selected Varieties, Frozen, 750g



5⁹⁹
ea
Johnsonville Sausages
Selected Varieties, Frozen or Thawed, 375g or 500g



6⁹⁹
ea
Western Family Signature Ham Steak
Selected Varieties, 250g



11⁹⁹
ea
Western Family Breaded Chicken
Fully Cooked, Selected Varieties, Frozen, 800g



5⁴⁹
ea
Schneiders Breakfast Sandwiches
Selected Varieties, Frozen, 204g or 212g



5⁹⁹
ea
Western Family Bacon
Selected Varieties, 375g

FRESH BAKERY ONLY AVAILABLE IN STORES WITH FULL SERVICE BAKERY DEPARTMENTS



4²⁹
ea

Artisan Bread

Baked in Store, Selected Varieties, 450g

3⁴⁹
ea

Sourdough Rolls

Baked in Store, Selected Varieties, Pack of 8



7⁹⁹
ea

Cookies

Selected Varieties, 24's

14⁹⁹
ea

Bar Cake

Selected Varieties, 600g



4⁹⁹
ea

Croissants

Baked in Store, Pack of 6

4⁹⁹
ea

Mini Donuts

Old Fashioned (Pack of 24) or Powdered (Pack of 30)

6⁹⁹
ea

Pizza Pretzels

Pack of 4

BAKERY AVAILABLE IN ALL LOCATIONS



2\$5
for

Venice Bakery Bread

Selected Varieties, 570g

3⁹⁹
ea

Dempster's 100% Whole Grains Bread

Selected Varieties, 600g

3⁴⁹
ea

Dempster's English Muffins

Selected Varieties, Pack of 6

SNACKS & BEVERAGES

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



2\$8 for

Que Pasa Organic Tortilla Chips
Selected Varieties, 300g or 350g



7.99 ea

Coca-Cola Soft Drinks
Selected Varieties, 12 x 355 mL



2\$7 for

Kellogg's Rice Krispies Squares or Pop-Tarts, Selected Varieties, 176g or 384g



2\$8 for

Leclerc Celebration Cookies
Selected Varieties, 240g



2\$6 for

Pepperidge Farm Baked Goldfish Crackers
Selected Varieties, 200g



2\$6 for

Goldfish Cheese Tots
Selected Varieties, 200g



5.99 ea

San Pellegrino Italian Sparkling Drinks
Selected Varieties, 6 x 330 mL



2\$9 for

Stash Herbal Tea
Selected Varieties, 20's or 38's



3.79 ea

SunType Beverage
Selected Varieties, 1.36 Litres



3.79 ea

SunType Beverage
Selected Varieties, 1.36 Litres

DAIRY, CHILLED & FROZEN



2\$7 for

Green Giant Frozen Vegetables
Selected Varieties, 400g or 750g



6.99 ea

Oikos Greek Yogurt
Selected Varieties, 650g or 750g



5.49 ea

Silk Coffee Whitener
Dairy Free, Selected Varieties, 890 mL



3.99 ea

Becel Margarine
Selected Varieties, 427g



2\$6 for

Pillsbury Rolls or Cinnamon Loaf, Selected Varieties, 340g or 468g



8.99 ea

Armstrong Shredded Cheese
Selected Varieties, 500g



3.99 ea

Tenderflake Pie Shells
Deep Dish, Frozen, 350g or 397g



2\$7 for

Kellogg's Eggo Waffles
Selected Varieties, 280g or 330g

Real Ingredients.
Unreal flavour.



Pacific Foods
Organic Soup
Selected Varieties,
1 Litre

5⁹⁹
ea



Pacific Foods
Organic Broth
Selected Varieties,
946 mL

5⁴⁹
ea



Pacific Foods
Bone Broth
Chicken, 946 mL

7⁹⁹
ea



Nourish Every Body
Learn more at
pacificfoods.ca

Pacific Foods
Organic
Plant-Based
Chili
(468g) or Organic
Soup (440 mL),
Selected Varieties

4⁴⁹
ea



Kettle Brand
Potato Chips
Gluten Free,
Selected Varieties,
198g

2\$7
for



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BLBC

STORE WIDE SAVINGS



3\$7
for

Primo Pasta
Selected Varieties, 900g



2\$6
for

Hunt's Pasta Sauce
or Tomato Sauce,
Selected Varieties,
680 mL



6⁴⁹
ea

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



2\$6
for

Aylmer Tomatoes
Selected Varieties,
398 mL or 796 mL



4\$7
for

Green Giant Canned Vegetables
Selected Varieties,
341 mL or 398 mL



2\$7
for

Tim Hortons Soup
Selected Varieties,
540 mL



2\$4
for

Knorr Sidekicks
Selected Varieties, 155g



5⁹⁹
ea

Jif Peanut Butter
Selected Varieties,
1 kg

HOUSEHOLD



8⁹⁹
ea

Purex Bathroom Tissue
Double (12=24 Rolls)
or Triple (8=24 Rolls)



8⁹⁹
ea

Sponge Towels Ultra Paper Towels
Selected Varieties, 3=6 Rolls



10⁹⁹
ea

Western Family Ultra Laundry Detergent
Liquid, Selected Varieties,
2.72 Litres



12⁹⁹
ea

Downy Light In-Wash Scent Booster
Selected Varieties, 379g



7⁹⁹
ea

Glad White Garbage Bags
Selected Varieties,
30's or 52's



western family

Trusted for over 50 years, Western Family is a proud Western Canadian brand, offering an assortment of reliable, affordable high quality products.



Western Family
Sparkling Water
Selected Varieties,
12 x 355 mL

5⁷⁹
ea



Western Family
Soft Drink
Selected Varieties,
2 Litres

3^{\$5}
for



Western Family
Potato Chips
Kettle Cooked
Selected Varieties,
200g

2^{\$6}
for



Western Family
Ready to
Serve Soup
Selected Varieties,
540 mL

2^{\$6}
for



Western Family
Canned
Tomatoes
Selected Varieties,
398 mL

2^{\$3}
for



Western Family
Canned Beans
Selected Varieties,
540 mL

1⁷⁹
ea



Western Family
Granola
Selected Varieties,
600g or 675g

4⁹⁹
ea



Western Family
Instant Oatmeal
Selected Varieties,
264g or 344g

2⁹⁹
ea



Western Family
Perogies
Selected Varieties,
Frozen, 907g

2^{\$5}
for



Western Family
Flatbread
Selected Varieties,
Frozen, 360g or 373g

5⁴⁹
ea



Western Family
Cheese Slices
Selected Varieties,
220g or 240g

4⁹⁹
ea



Western Family
Greek Style
Yogurt
Selected Varieties,
500g

3⁷⁹
ea

HEALTH & BEAUTY



Colgate
Cavity Protection
Toothpaste

1⁹⁹
ea

Colgate Toothpaste
Selected Varieties, 120 mL

Listerine Mouthwash
Selected Varieties, 1 Litre



6⁹⁹
ea

Love Child Organics Baby Food Pureé
Selected Varieties, 128 mL



5^{\$10}
for

Always Feminine Care
Selected Varieties, 26's



9⁹⁹
ea

Fisherman's Friend Throat Lozenges
Selected Varieties, 2's



2^{\$5}
for

Advil Liqui-Gels
Selected Varieties, 24's or 32's



12⁹⁹
ea

PERSONAL CARE

Tresemme Hair Care Products
Selected Varieties, 828 mL



7⁹⁹
ea

Softsoap Body Wash
Selected Varieties, 591 mL



6⁴⁹
ea

Dove Bar Soap
Selected Varieties, 3 x 106g



6⁴⁹
ea

Old Spice Deodorant
Selected Varieties, 85g



7⁹⁹
ea

Vaseline Intensive Care Lotion
Selected Varieties, 600 mL



EARN 1000 POINTS

Love Child Organics Oaty Chomps
Selected Varieties, 6 x 23g



EARN 750 POINTS