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

A

B

C

D

E

F

## MIX & MATCH BUY 2 • GET 1 FREE

A




E




B




**western family**
**Appetizer**
Selected Varieties, Frozen

C




D




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

## GAME DAY READY!

save on foods KITCHEN

**1.69 100g**



**Mardi Gras Potato Salad**



MADE FRESH IN STORE

**10% off**
**Charcuterie Snacking Pack**
Selected Varieties

**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

**3.79 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
LX SUPER BOWL
CLUB HOUSE
CHILI
GUACAMOLE
3$ for 7
Club House Dry Recipe Mix
Selected Varieties
CHOLULA SALSA
ORIGINAL
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
5.99 ea
Club House Seasoning
Selected Varieties
Tex Mex
Roasted Garlic & Peppers
STUBB'S
CLUB HOUSE LA GRILLE
French's
CLUB HOUSE
FRANK'S RedHot
CHOLULA

# 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

2026
新年快樂

**WHILE QUANTITIES LAST.**

# FLORAL



**11.99 ea**

**Love Notes with Polka Dots**



**49.99 ea**

**Wave Gemstone Orchid**



**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!*




More REWARDS
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







**12.99 ea**




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




**16.99 ea**

new

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

# 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









**17.49 ea**

**Bergeron Cracker Cut Cheese**
400g

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

# 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




**3 for $8**

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

## START THE DAY WITH DEALS




**Buy 2+ 4.99 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




9.99 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


Knorr
Lipton
Chicken Noodle
Poulet et nouilles
6 Cubes Bouillon
CHICKEN / POULET
Our Promise · Notre promesse
Sidekicks
BUTTER & HERB
BEURRE ET FINES HERBES
ONION
OIGNON
HELLMANN'S
EST.1913
VISIT
KNORR.COM
FOR RECIPES!
Lipton Soup Mix
(338g), Also Knorr
Bouillon Cubes (69g),
Selected Varieties
4 for $8
Knorr Sidekicks
(136g) or Soup
Mix (56g),
Selected Varieties
5.99 ea
Hellmann's
Mayonnaise
Selected Varieties,
890 mL or 750 mL
ROASTED
BEEF
BŒUF
RÔTI
5.99 ea
Knorr Concentrated
Bouillon
(250 mL) or Flavour
Paste (311g),
Selected Varieties
BROWN
BRUNE
CREAMY
ROASTED GARLIC
AIL RÔTI
CRÉMEUX
2 for $4
Knorr Gravy Mix
(30g) or Pasta
Cup (73g),
Selected Varieties
HELLMANN'S
REAL·VRAIE
MAYONNAISE
#1

# 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




$7.49 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




3.99 ea

**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




7.99 ea

**Only Goodness Tall Compostable Food Waste Bags**
10's

More REWARDS
FREE WITH 1650 POINTS REDEEMED
or
2.99 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




**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




**25% off**

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




**38.99 ea**

**Diesel Whey Protein Powder**
Selected Varieties, 908g




**18.99 ea**

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

**19.99 ea**




**Vicks NyQuil Complete**
or DayQuil, Selected Varieties, 354 mL

**6.99 ea**




**Scope Mouthwash**
Selected Varieties, 1 Litre




**25.99 ea**

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




**2 for $7**

**Colgate Toothpaste**
or Toothbrush, Selected Varieties




**9.99 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




**4.49 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




15.99 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

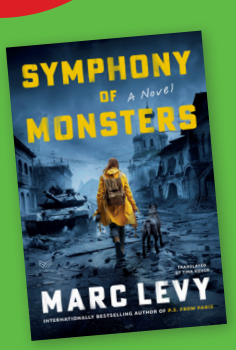
25% off




**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

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new offers
every week



**2 SHOP**
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**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 for $8**




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

**5.99 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)

**7.49 ea**




**Kokuho Rose Rice**
Selected Varieties, 907g or 1 kg

**2 for $6**




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

**2 for $6**




**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

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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

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# 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

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**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

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**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