

# save **on** foods

## IT'S BACK!



**WITH  
EXTRA  
FRESH  
DEALS!**

**\$1.49  
DAY  
TUESDAY  
MAR. 24<sup>TH</sup>**

**\$1.49**  
*Limits apply.*



**CHECK BACK ON  
SUNDAY TO SEE THE  
REVEAL OF  
\$1.49 DAY DEALS...**

**OR**

**SIGN UP FOR EMAIL**

**TO GET A  
SNEAK PEEK\*\***

\*\*Changes made to a customer's Save-On-Foods account settings take up to 24 hours to update.

\*Prices available only on promotion date. While quantities last. No rainchecks will be offered. No substitutions allowed. We reserve the right to limit quantities per household in order to ensure equitable availability to other customers. Online shopping order must be picked up or delivered on \$1.49 Day to receive pricing. See customer service for full offer details.

# save on foods

**UNREAL  
DEAL  
on**

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

Lean Ground Beef  
Fresh, 3 lb Tube, 13.21/kg

**.99** lb  
First 10 lbs

**1<sup>29</sup>**  
lb

Navel  
Oranges  
California,  
2.84/kg

**MY OFFERS**  
EXTRA UNREAL DEAL

**LOAD DEAL**

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

**NATURALLY  
TASTY**

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

Atlantic Salmon Fillet  
Fresh

**WAREHOUSE  
PACK**  
SUPER SAVINGS

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

Earthbound Farm Salad  
California, 142g

**MIX & MATCH**

**IRRESISTIBLE  
TROPICAL TRIO**

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

Honey Mango  
Mexico

Red Mango  
Mexico

Avocado  
Mexico

**4<sup>99</sup>**  
lb

Split Chicken Wings  
Fresh, Value Pack, 11.00/kg

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

Western Family Tortillas  
Selected Varieties, 272g or 488g

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

Western Family Potato Chips  
235g

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

Western Family Fruit  
Frozen, 600g

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

Western Family Bathroom Tissue  
12 Rolls

**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, March 19 to 25, 2026. Offers require use of More Rewards card. Selection & availability may vary by store.

WK12-B3

# FRESH PICKS

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

**3<sup>99</sup>** ea  
 Inspired Greens Living Lettuce Canada



**FLAVOUR BOOST**  
 Pair with citrus vinaigrettes to brighten its natural mild sweetness.



**4<sup>99</sup>** lb

Asparagus Mexico, 11.00/kg

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

Taylor Farms Chopped Salad Kit USA



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

Grape Tomatoes USA or Mexico, 284g

**.87** ea

Lemons USA



VIBRANT TANGY FRESH



**2\$6** for

Green Kale or Black, California



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

Tri-Colour Peppers Canada or Mexico, 3-Pack



**4<sup>99</sup>** lb

Muscat Grapes 11.00/kg

**HONEY SWEET BITES**

Muscat Grapes are famous for their distinct floral, orange blossom notes. Their golden-yellow tone signals peak sweetness and aromatic intensity.

# HEALTHIER CHOICES

## This year's trending superfood CABBAGE

**DID YOU KNOW** chopping cabbage actually makes it even healthier? Cutting and letting it sit for 15-30 minutes transforms its inactive nutrients into powerful, health-boosting ones.

Easy ways to prepare cabbage to unlock health benefits:

- 1 FERMENTED | Gut Health**  
*Fermenting, like kimchi or sauerkraut adds probiotics that support digestion and your immune system.*
- 2 SAUTÉED | Protect Cell Health**  
*Quick steam or sauté maintains nutrients that help detoxify and protect your cells.*
- 3 RAW | Anti-Inflammatory Power**  
*Eat it raw in slaw, salads, tacos and more.*

**BONUS TIP:**  
*In a rush? Pick up a pre-cut coleslaw bag to sauté it or enjoy raw!*

SHOP ALL CABBAGE PRODUCTS

Alfredo Cabbage

VIEW RECIPE

.99 lb

Green Cabbage  
Canada,  
2.18/kg



Everyday foods that work harder for your health

Brought to you by Save-On-Foods registered dietitians.



# FLORAL

ONLY WITH  
MY OFFERS

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

First 2

**LOAD NOW**

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

**Tulips**  
Selected Varieties,  
10 Stems



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

**Tulip & Hyacinth  
Bouquet**

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

**Potted Tulips**  
6 Inch



ENJOY  
EXTRA FRESH

# Tulips

11<sup>99</sup>  
ea

**Ice Cream Pot**  
Assorted Floral,  
4 Inch



18<sup>99</sup>  
ea

**Tulip Tub**  
10 Inch

5<sup>49</sup>  
ea

**Tulips**  
Assorted Colours,  
5 Stems, Bunch



11<sup>99</sup>  
ea

**Tulip Bulb Pot**  
4 Inch

Buy 3+

2<sup>49</sup>  
ea

OR 2.99 ea

**Spring Bulbs**  
4 Inch

**TIPS FOR  
TULIPS**

Keep them cool!  
Blooms will open slower and last  
longer if they aren't by a heat  
source or in direct sunlight.

# FRESH MEAT



**12<sup>99</sup>**  
lb



**Blade Pot Roast**  
Fresh, Boneless, 28.64/kg

*Your shortcut to cozy, comforting, crave-worthy dinners.*

SAVOURY  
TENDER  
RICH



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

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



**6<sup>49</sup>**  
lb



**Pork Chops**  
Bone In, Regular or Fast-Fry, Value Pack, 14.31/kg



**FREE** or **4<sup>99</sup>**  
WITH 3200 POINTS REDEEMED ea

**Chimichurri Sauce**  
227g

**NEW**  
**SIGNATURE**  
**STUFFED CORDONS**

**25% OFF**

- 6 FLAVOURS TO CHOOSE FROM
- Hot Buffalo Chicken Cordon
  - Chicken Parmesan Cutlet
  - Mediterranean Chicken Cordon
  - Chicken Parmesan Cordon
  - Chicken Neptune Cordon
  - Chicken Cordon Bleu



# TASTY DEALS



**BUY 1  
GET 1  
free\***

**Janes  
Chicken Fillets**  
Selected Varieties,  
720g

\*of equal or lesser value



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

**Western Family  
Bacon**  
Selected Varieties,  
375g



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

**Harvest Wieners**  
Selected Varieties,  
675g



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

**High Liner  
Pan-Sear Sole**  
Selected Varieties,  
Frozen, 500g or 540g



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

**Western Family  
Meat Pies**  
Selected Varieties,  
Frozen, 750g



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

**Western Family  
Dinner Ham**  
Selected Varieties,  
650g

# FRESH SEAFOOD



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



**Sablefish Fillets**  
Frozen

**2\$**  
for **22**

**Western Family Raw Black Tiger Prawns**  
Peeled & Deveined  
(41 to 50 Count) or White Prawns (26 to 30 Count),  
Cooked, Frozen, 340g



*Hot pan, fast flip for golden, glossy greatness.*



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

**Western Family Breaded Jalapeño Shrimp**  
Frozen, 340g



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

**Wild Fish Taco Kit**  
Rockfish Fillet,  
Frozen, 967g

# TASTY TENDER IRRESISTIBLE

# FOUR *for* \$15

Pick any **FOUR** specially marked bakery packs—only **\$15!**



**Everything Bagels**  
Selected Varieties,  
Pack of 6, **4.99 ea**

**BAKED  
FRESH  
IN STORE**



**Ciabatta Buns**  
Pack of 4, **4.99 ea**



**Lemon Cranberry Scones**  
Also Selected Varieties,  
Pack of 4, **5.99 ea**



**BAKED  
FRESH  
IN STORE**



**Homestyle  
Sourdough Half Loaf**  
Also Selected Varieties,  
550g, **5.99 ea**



**BAKED  
FRESH  
IN STORE**

**Nottingham Bread**  
567g, **3.99 ea**

**Croissants**  
Pack of 6, **5.99 ea**

**BAKED  
FRESH  
IN STORE**



**Chocolate Chip Cookies**  
Selected Varieties,  
Pack of 12, **6.29 ea**

look for this sticker

**FOUR** *for* **MIX & MATCH**  
**\$15**  
Pick any **FOUR**  
specially marked  
bakery packs for  
only **\$15!**

# FRESHLY BAKED



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

BAKED FRESH IN STORE

**Gourmet Blueberry Muffins**  
Selected Varieties, Pack of 6



BAKED FRESH IN STORE

ONLY WITH MY OFFERS  
**.99** ea  
First 2  
**LOAD NOW**

**1<sup>79</sup>** ea



**French Bread**  
450g

BAKED FRESH IN STORE

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

**Hot Cross Buns**  
Pack of 12



*Festive,  
fudgy and ready  
to enjoy.*



pack of **2** **8<sup>99</sup>**

**Gourmet Carrot Cake Slices**  
Selected Varieties, Pack of 2

BAKED FRESH IN STORE

pack of **6** **3<sup>49</sup>**

**Sourdough Rolls**  
or Kaiser Buns, Pack of 6



**25% off**

**Bulk Donuts**  
Selected Varieties



# LIGHT, AIRY, DELICIOUS



Buy 3+  
**2<sup>99</sup>** ea  
OR 3.99 ea

**D'Italiano Bread**  
Selected Varieties, 620g or 675g



**Western Family Wide Pan Bread**  
Selected Varieties, 600g

**3<sup>29</sup>** ea



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

**D'Italiano Buns**  
Selected Varieties, 420g or 568g



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

**Silver Hills The Big 16 Bread**  
Selected Varieties, 430g or 680g



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

**Easter Mini Cupcakes**  
284g



**6<sup>49</sup>** ea

**Easter Frosted Cookies**  
383g



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

**Two-Bite Brownies**  
265g



# PERFECTLY SLICED

**3.69**  
100g

**Natural From The Farm Chicken Breast**  
Oven Roasted or BBQ  
Hot & Spicy



Stack on a ciabatta bun with havarti!



ONLY WITH MY OFFERS  
**7.99** ea  
First 1  
**LOAD NOW**

**8.99** ea  
Mastro Charcuterie Trio  
Selected Varieties,  
100g or 175g

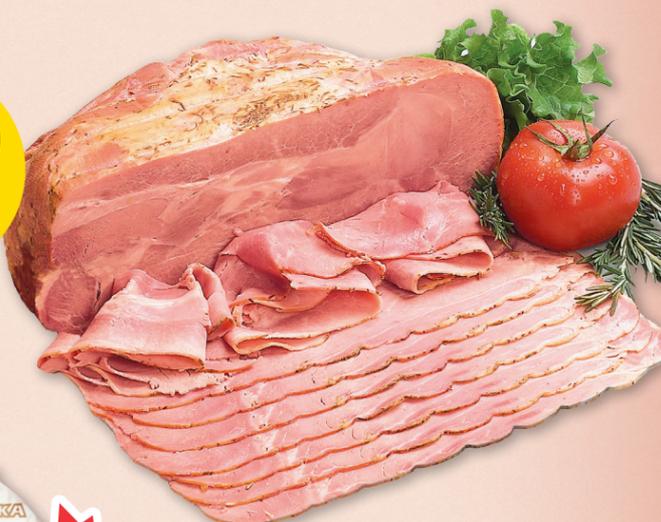


More REWARDS  
**FREE**  
WITH 4000  
POINTS REDEEMED  
or  
**5.49** ea

Laughing Cow Cheese  
Selected Varieties, 133g

**3.69**  
100g

Rosemary Ham  
or Tuscany,  
Sliced in Store



**8.99** ea

L'Extra Notre Dame Brie Cheese  
170g

# SMOKY SAVOURY DELIGHTFUL



**11.99** ea

Western Family European Wieners  
500g



**15.99** ea

Freybe Dry Pepperoni  
Selected Varieties, 500g



**7.49** ea

Tre Stelle Bocconcini Cheese  
Selected Varieties, 200g



**4.49** 100g

Dutch Edam Cheese Ball  
Cut & Wrapped in Store

## SAVE SOME CHEDDAR



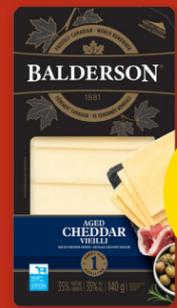
Balderson Cheddar Cheese  
Old or Extra Old,  
Block, 250g or 280g

**11.99** ea



Balderson Cheddar Cheese  
Aged 2 Years, 280g

**12.99** ea



Balderson Cheddar Cheese Slices  
Selected Varieties,  
140g or 160g

**7.99** ea

# ABOVE AVERAGE SANDWICH

Hungry and in a hurry? Try our gourmet sandwiches made in-store with delicious fresh quality ingredients.

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

**GOURMET SANDWICHES**  
Selected Varieties.  
Available in selected locations.



**Cranberry Sourdough with Stuffing**

cranberry sauce, mayo, roasted turkey, stuffing and fresh greens.



**Buffalo Turkey on Ciabatta**

buffalo style turkey, fresh roma tomatoes, red onion and swiss cheese.



**Turkey, Bacon & Cheese on Ciabatta**

turkey, bacon, cheddar cheese slices and fresh spinach



**Philly Cheese Steak on Ciabatta**

blend of swiss and cheddar cheeses, roasted red peppers, caramelized onions and arugula

## EASTER FEAST meal kit

Pre-order your meal kit in store today.\*

Just take home, heat and your holiday meal is complete!

\*WHILE QUANTITIES LAST. Photo's are for illustrative purposes. Ingredients are subject to change based on availability.

### WHAT'S INSIDE

whole turkey • traditional stuffing • mashed potatoes • roasted root vegetables • roasted nugget potatoes • brussels sprouts • gravy • cranberry sauce • potato brioche buns (pack of 8)

**PLUS**

Add a pie to your meal for only

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

Traditional Pie  
Selected Varieties,  
9 Inch



feeds a family of  
**8**

only  
**\$169**

Works out to:  
\$21.13 per person



save on foods  
**KITCHEN**



# EXTRA REWARDS

Save your More Rewards points to make a memorable holiday meal for less.



**Grade A Turkey**  
Frozen, 5 kg to 7kg



**WE MATCH**  
all competitor's prices.



**Western Family Butt Portion Ham**  
Also Cook's



# western family™ SAVINGS



**Western Family Sparkling Water**  
Selected Varieties, 12 x 355 mL



**3\$4**  
for

**Western Family Sparkling Water**  
Zero Calories,  
Selected Varieties,  
509 mL



**3\$9**  
for

**Western Family Juice Boxes**  
Selected Varieties, 5 x 200 mL



**7.99**  
ea

**Western Family Premium Coffee**  
Roast, Ground (300g) or Pods  
(12's), Selected Varieties

## SAVE ON SNACKS



**2\$6**  
for

**Western Family Fruit Cups**  
4 x 107 mL



**Western Family Potato Chips**  
Kettle Cooked,  
Selected Varieties,  
200g



**4.99**  
ea

**Western Family Signature Crisps**  
150g



**2\$8**  
for

**Western Family Dark Chocolate Blueberry Açai or Pomegranate**, 180g



## WAKE UP TO DEALS



**6.99**  
ea

**Western Family Honey**  
500g



**3.99**  
ea

**Western Family Pancake & Waffle Mix**  
or Pancake Syrup,  
905g or 710 mL



**5.49**  
ea

**Western Family Raisin Bran Cereal**  
(775g) or Crispy Rice (700g)

**Western Family Granola**  
Selected Varieties,  
675g



BITE INTO  
**CANADA'S FAVOURITE**  
 BREAKFAST†

**SAVE \$3**  
 when you buy any

**1** Dempster's Bagels or Bread'  
 +  
 any Philadelphia Cream Cheese  
**1** (227g or 340g) or Kraft Peanut Butter  
 (750g or 1 kg)

†See in-store for coupon. Selection may vary by store.  
 WHILE QUANTITIES LAST.



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

**Kraft Peanut Butter**  
 or Hazelnut Spread,  
 1 kg or 725g



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

**Philadelphia**  
**Cream Cheese**  
 (250g), Also Kraft  
 Cheese Slices (410g)



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

**Kraft Cheez**  
**Whiz**  
 or **Miracle Whip**,  
 450g or 890 mL



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

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



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

**Bull's-Eye**  
**BBQ Sauce**  
 Also **Heinz**  
**Ketchup**, 425 mL  
 or 375 mL

# SWEET SAVINGS



**Nestlé Chocolate Bag**  
(180g) or Drumstick Bites  
(76g), Selected Varieties



**4\$5**  
for

**Nestlé Singles  
Chocolate Bar**  
Selected Varieties,  
42g or 50g



**2\$2.99**  
ea

**Nestlé  
Chocolate Bar**  
King Size, Selected  
Varieties, 73g or 75g



**5\$4.99**  
ea

**Nestlé  
Chocolate Bars**  
Multipack, 4-Pack



**2\$6**  
for

**Nestlé  
Chocolate Bar**  
KitKat or Aero,  
97g or 105g



# EXTRA SAVES

for every bunny



**Cadbury Mini Eggs**  
Selected Varieties,  
875g or 943g

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



**Cadbury Mini Creme Eggs**  
or Caramilk, 381g

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



**Western Family Gummy Easter Mix**  
180g

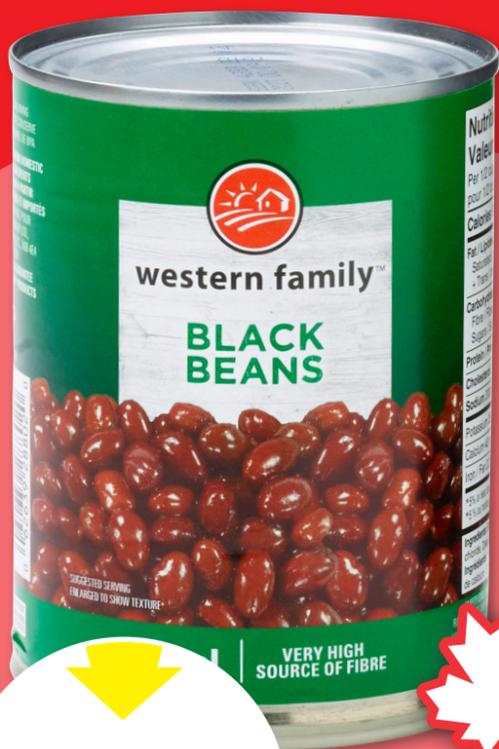
**2\$6**  
for



WHILE QUANTITIES LAST.



# western family™ SAVINGS



Western Family Canned Beans Selected Varieties, 540 mL



3\$5 for Western Family Light Tuna (170g) or Flavoured (85g)



4<sup>99</sup> ea Western Family Chow Mein Noodles 397g



2\$6 for Western Family Pasta 900g

## PANTRY SAVES



16<sup>99</sup> ea Western Family Pure Avocado Oil 750 mL

Western Family Baked Beans Selected Varieties, 398 mL

3\$5 for



Western Family Flour Selected Varieties, 5 kg

8<sup>49</sup> ea



Western Family Pasta Sauce 700 mL

## TASTE THE WORLD



Sundar By Western Family Premium Basmati Rice 8 lbs

3\$5 for

Western Family Roasted Seaweed Snack 3 x 5g



3<sup>49</sup> ea

Sundar By Western Family Cooking Sauce 410 mL



3<sup>99</sup> ea

Western Family Sriracha Hot Chili Sauce or Sriracha Mayo, 455 mL





**3\$6**  
for

**Campbell's Broth**  
(900 mL) or Condensed  
Soup (284 mL),  
Selected Varieties



**4\$10**  
for

**Campbell's  
Chunky Soup**  
515 mL



**\$1** ea

**Campbell's Condensed Soup**  
Selected Varieties, 284 mL

**Campbell's**

**Nourishing  
our Neighbours**

Campbell's will donate  
**\$20,000**  
to food banks  
in Western Canada.



**3\$8**  
for

**Pepperidge Farm  
Goldfish Crackers**  
Selected Varieties,  
177g or 200g



**4\$4.99**  
ea

**Pace Salsa**  
(642 mL),  
Also Snyder's  
Pretzels (240g)



**3\$9**  
for

**Prego Pasta  
Sauce**  
645 mL



**4\$8**  
for

**Campbell's Ready  
To Serve Soup**  
Selected Varieties,  
515 mL



**4\$4.99**  
ea

**V8 Vegetable  
Cocktail**  
Selected  
Varieties,  
1.89 Litres or  
6 x 156 mL



**5\$9.99**  
ea

**Snyder's Pretzels**  
Selected Varieties,  
240g or 340g



**2\$7**  
for

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



# western family™ SAVINGS

## DAIRY



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

**Western Family Shredded Cheese**  
Selected Varieties, 320g



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

**Western Family Greek Yogurt**  
Selected Varieties, 750g

**Western Family Orange Juice**  
Selected Varieties,  
1.54 Litres



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



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

**Western Family Greek Yogurt Dip**  
Selected Varieties,  
227g



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

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

**Western Family Kéfir**  
Plain or Mango,  
1 Litre



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

## FROZEN



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

**Western Family Fries**  
Selected Varieties,  
Frozen, 750g



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

**Western Family Ice Cream Cones**  
4 x 115 mL



**2\$6**  
for

**Western Family Vegetables**  
Selected Varieties,  
Frozen, 750g



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

**Western Family Rising Crust Pizza**  
Frozen, 665g



**1<sup>99</sup>**  
ea

**Western Family Entrée**  
Frozen, 255g



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

**Western Family Hashbrown Patties**  
Frozen, 20's

# TASTY DEALS



**6<sup>49</sup>**  
ea



**Liberté Greek Yogourt**  
(750g) or Méditerranée (900g)

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



**Liberté Kéfir**  
(1 Litre) or Yop (6 x 200 mL),  
Selected Varieties

**3\$8**  
for



**Yoplait Yogurt Tubes**  
Selected Varieties, 448g

**2\$7**  
for



**Liberté Méditerranée Yogourt**  
(500g) or Greek (4 x 100g)

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



**Yoplait Yop Yogurt**  
12 x 200 mL

# BULK



**2<sup>09</sup>**  
100g

Hershey's Eggies



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

McCormick's Milk Chocolate Eggs  
200g



**1<sup>39</sup>**  
100g

Waterbridge Spring Gummy Mix  
Also Bunnies



**40% off**

Pumpkin Seeds  
Also Sunflower Seeds,  
Raw or Roasted

**6<sup>79</sup>**  
100g

Lindt Lindor Chocolate Balls  
Selected Varieties



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

NaturSource Salad Topper  
Selected Varieties, 575g or 625g



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

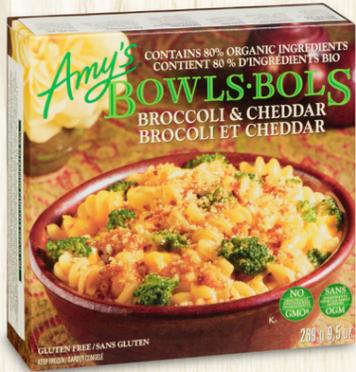
Value Pack Cashews  
Roasted & Salted  
or Roasted No Salt,  
700g



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

Value Pack Whole Natural Almonds  
Also Selected Varieties,  
800g or 650g

# NATURAL



**Amy's Frozen Entrée**  
Selected Varieties

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



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

**Bob's Red Mill Protein Oats**  
907g

**Crofter's Organic Premium Fruit Spread**  
383 mL

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



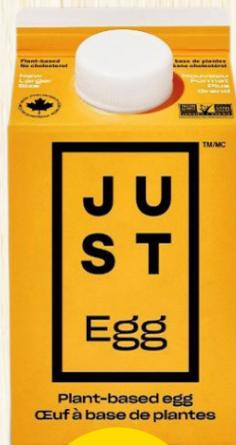
**16<sup>99</sup>**  
ea

**Kicking Horse Organic Coffee**  
Fair Trade, 454g



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

**Pacific Foods Organic Broth**  
946 mL



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

**Just Egg Plant-Based Egg**  
Liquid, 500g



**Good Drink Iced Tea**  
473 mL

**2\$6**  
for



**Nuts to You Organic Sesame Tahini**  
250g

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



**2\$5**  
for

**Rxbar Protein Bar**  
Selected Varieties,  
52g

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

**Riviera Plant-Based Yogurt**  
(650g) or Coconut Kefir (946 mL)



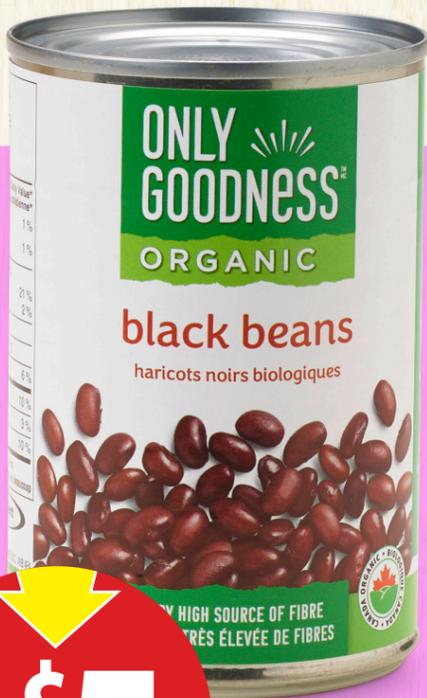
**9<sup>99</sup>**  
ea

**Poppi Soda**  
Selected Varieties,  
4 x 355 mL



**6<sup>49</sup>**  
ea

**Natures Path Waffles**  
Frozen, 210g



**2\$5**  
for

**Only Goodness Organic Beans**  
Selected Varieties,  
398 mL



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

**Only Goodness Organic Protein Pancake Mix**  
400g



**Only Goodness Organic White Quinoa**  
1.36 kg

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

**Only Goodness Organic Coconut Oil**  
860 mL

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



**SUPERSEED  
EVERYTHING  
YOU THOUGHT  
YOU KNEW  
ABOUT  
PROTEIN**



**SUPERSEED IT**



**Manitoba Harvest  
Organic Granola  
283g**



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

**Manitoba  
Harvest Organic  
Hemp Hearts  
340g**

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



**Manitoba Harvest  
Hemp Hearts  
227g**

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



**Manitoba Harvest  
Hemp Hearts  
700g**



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

**Manitoba Harvest  
Culinary Hemp Oil  
500 mL**

# Baby Bundle

## BARGAINS

THAT'S LIKE  
\$42  
IN TRAVEL!

More REWARDS  
EARN  
**10,000**  
POINTS  
when you spend  
\$100 or more on  
Baby Products  
Limit 2 offers.

**HUGGIES**  
little movers®  
HuggFit™ 360°

**Easy Slip-On Diaper Pants**  
Big moves, big protection

**2\$50** for  
Huggies Little Movers HuggFit 360 Diapers Selected Varieties



**3X PROTECTION**

- ✓ **ULTRA** Absorbant
- ✓ **ULTRA** Stretchy
- ✓ **ULTRA** Coverage

**50% MORE DIAPERS PLUS DE COUCHES\***

**Pampers baby-dry ULTRA 3X PROTECTION**

**34<sup>99</sup> ea**

Pampers Baby Dry Mega XXL Diapers Selected Varieties

\*vs. Pampers® Baby-Dry Ultra Mega Pack

**HUGGIES**  
little movers

**36<sup>99</sup> ea**

Huggies Mega Colossal Diapers Selected Varieties

**HUGGIES**  
natural care

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

Huggies Natural Care Wipes Selected Varieties

**69<sup>99</sup> ea**

**Similac 360 Total Care Powder**  
859g

**Pampers**  
swaddlers

**39<sup>99</sup> ea**

Pampers Super Economy Diapers Selected Varieties

**Pampers**  
Baby Wipes

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

Pampers Baby Wipes 52's or 56's

**78<sup>99</sup> ea**

**Similar 360 Total Care**  
16 x 235 mL

**Love Child Organics Baby Food**  
128 mL

**5\$10** for

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

**2\$9** for

**Good Start Bon Départ PLUS**

**\$10 off**

**Good Start Infant Formula**  
942g or 1.02 kg

**Love Child Organics Seafriends Cookies**  
140g

**2\$9** for

**Love Child Organics Apple Strawberry Love Ducks**  
30g

**3\$7** for

**Enfamil Neuropro Powder**  
862g or 890g

**\$10 off**

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

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

**Baby Mum-Mum Organic Rice Rusks**  
50g or 60g

**2<sup>49</sup> ea**

**Little Bellies Pick-Me Sticks**  
16g

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

**Gerber Oat Baby Cereal**  
227g

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



# BABY CORNER

**20% off**

**Munchkin Accessories**  
Also Dr. Brown's  
**Fridababy Accessories**  
Also Tommee Tippee



**25% off**

**Johnson & Johnson Baby Care Products**  
Also Aveeno, Selected Varieties



**25% off**

**Penaten Diaper Rash Cream**  
(166g), Also Desitin (113g)



# HEALTH & WELLNESS

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

**30<sup>99</sup> ea**

**Goodprotein Powder**  
Selected Varieties, 440g



**25% off**

**Smart Solutions Supplements**  
Also Youtheory, Selected Varieties



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

**Premier Protein Nutritional Drinks**  
Selected Varieties, 4 x 325 mL



**16<sup>49</sup> ea**

**Buckley's Cough Syrup**  
Selected Varieties, 250 mL



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

**Children's Liquid Advil or Infant Drops**  
Selected Varieties



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

**Tylenol Cold Relief Tabs**  
Selected Varieties, 40's



**25% off**

**Clear Care Contact Lens Solution**  
Also Opti-Free, Selected Varieties, Twin Pack



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

**Crest 3D Mouthwash or Brilliance Stain Remover Toothpaste**  
Selected Varieties



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

**Aspirin Low Dose**  
Also AleveX Roll-On, Selected Varieties



**20% off**

**Metamucil Powder or Gummies**  
Selected Varieties

# Spring clean your medicine cabinet

Protect the environment with us! Safely dispose of your unused or discontinued medications at our pharmacy.

- Prescription and over-the-counter medications
- Needles/syringes collected in a sharps container
- Herbs and Vitamin supplements

Some restrictions may apply; see your pharmacist for more details.



[LEARN MORE](#)

# BEAUTY DEALS

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

**Garnier Fructis Hair Care**  
Also Old Spice Deodorant (85g)



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

**Irish Spring Bar Soap**  
(6 x 104g), Also Method Liquid Hand Wash Refill (828 mL)



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

**Dove Bar Soap**  
(6 x 106g), Also Sukin Hair Care (500 mL)



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

**Native Hair Care**  
(487 mL) or Bodywash (532 mL)



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

**Garnier Colour Hair EOS**

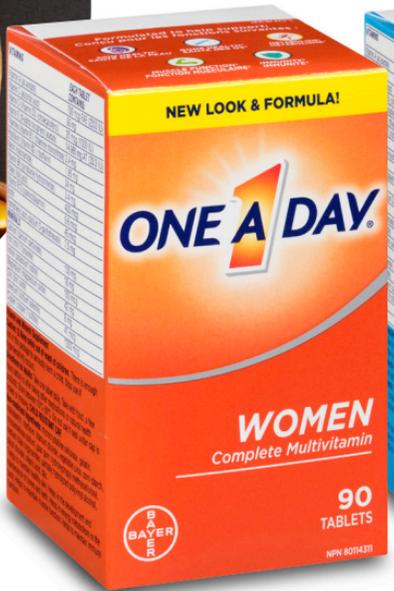


**20% off**

**CeraVe Face Care**  
Also Aveeno, Selected Varieties



# BOOST YOUR WELLNESS



**20% off**

**One-A-Day Vitamins**  
Also Flintstones, Selected Varieties

# FRESH, CLEAN DEALS



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

Western Family  
Liquid Detergent  
2.72 Litres



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

Western Family  
Ultra Paper Towels  
2 Rolls



**11<sup>49</sup>**  
ea

Glad Garbage Bags  
20's or 100's



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

Charmin  
Soft Bathroom  
Tissue  
12 Rolls

## PAW-SOME PICKS



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

Pedigree Dry  
Dog Food  
8 kg



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

Zoë Better  
Than Rawhide  
Dog Treats  
Selected Varieties



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

Arm & Hammer  
Clumping  
Cat Litter  
Selected Varieties,  
9.1 kg



**10\$9**  
for

Purina  
Fancy Feast  
Wet Cat Food  
(85g), Also  
Friskies (156g)

## HOUSEHOLD SAVES



**FREE**  
WITH 5700  
POINTS REDEEMED

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

Ziploc Freezer Bags  
Selected Varieties

More REWARDS  
REDEEM  
2500  
POINTS & PAY

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

Glade 3-Wick  
Candle  
or Plug-In  
Refills, 2-Pack



**15% off**

Vileda Cleaning  
Supplies  
Selected Varieties



More REWARDS  
**FREE**  
WITH 29,000  
POINTS REDEEMED

or **49<sup>99</sup>**  
ea

Western Family  
Wine Kit  
White, 28 Days,  
Makes 23 Litres  
Available in  
selected locations.

## BIG FUN, SMALL PRICES

up to  
**60% off**  
Toys



Play-Doh  
Blooming  
Flower Playset



Star Wars Force N'  
Telling Vader



Nerf Dino Squad  
Dart Blaster

Melissa & Doug Latches Barn

AVAILABLE IN SELECTED LOCATIONS. WHILE QUANTITIES LAST.

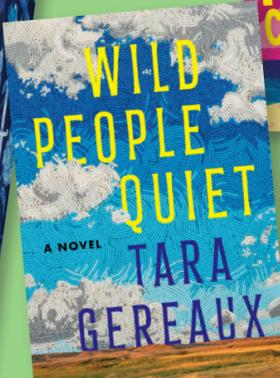
## NOVEL SAVINGS



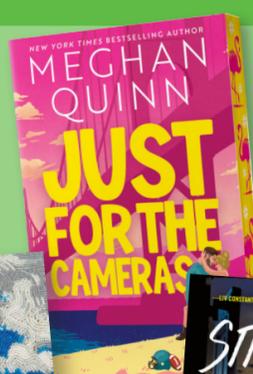
Dear Debbie  
Regular Retail 26.99



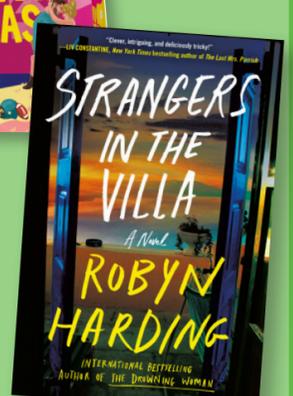
To Snap a Silver Stem  
Regular Retail 28.99



Wild People Quiet  
Regular Retail 25.99



Just for the  
Cameras  
Regular Retail  
29.99



Strangers in the Villa  
Regular Retail 25.99

**25% off**

# SPARKLING CLEAN SAVINGS



**8<sup>49</sup>**  
ea

**Bounty Paper Towels**  
2=6 Triple Rolls  
or 3=6 Double Rolls



**2\$<sup>11</sup>**  
for

**Clorox Scentiva Disinfecting Wipes**  
(75's), Also Multi-Surface Cleaner (709 mL)



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

**Glad Kitchen Garbage Bags**  
28's or 30's



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

**Arm & Hammer Laundry Detergent**  
Liquid, 1.63 Litres



**4<sup>79</sup>**  
ea

**Method Multi Surface Cleaner**  
Selected Varieties, 828 mL



**More REWARDS**  
**FREE**  
WITH 2200  
POINTS REDEEMED  
**or**  
**3<sup>99</sup>**  
ea

**Western Family Multi-Surface Pine Cleaner**  
1.4 Litres



**More REWARDS**  
**FREE**  
WITH 1900  
POINTS REDEEMED  
**or**  
**2<sup>99</sup>**  
ea

**Western Family Glass Cleaner with Ammonia**  
(765 mL) or Daily Bath & Tile Cleaner (950 mL)



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

**Western Family Lemon Cream Cleanser**  
(500 mL) or Cleaning Eraser (2-Pack)



western family™

# EARN MORE POINTS

More REWARDS

Find great prices and EARN more points on Western Family products.



More REWARDS  
**EARN 550 POINTS**

Western Family Green Tea or English Breakfast, 72's



More REWARDS  
**BUY 3 EARN 1200 POINTS**

Western Family Spices Selected Varieties, 155g



More REWARDS  
**BUY 2 EARN 350 POINTS**

Western Family Canned Tomatoes Selected Varieties, 398 mL



More REWARDS  
**BUY 2 EARN 550 POINTS**

Western Family Refried Beans Selected Varieties, 398 mL



More REWARDS  
**BUY 2 EARN 550 POINTS**

Only Goodness Organic Granola 325g



More REWARDS  
**BUY 2 EARN 725 POINTS**

Western Family Pickles 500 mL

# GET MORE FREE

Redeem points to get your favourite products for FREE.



More REWARDS  
**FREE WITH 3200 POINTS REDEEMED**

Western Family Canned Fruit Selected Varieties, 796 mL



More REWARDS  
**FREE WITH 1600 POINTS REDEEMED**

Western Family Soft Drinks Selected Varieties, 2 Litres



More REWARDS  
**FREE WITH 3000 POINTS REDEEMED**

Western Family Pure Pumpkin 398 mL



More REWARDS  
**FREE WITH 4600 POINTS REDEEMED**

Western Family Free-Range Eggs Dozen



More REWARDS  
**FREE WITH 1450 POINTS REDEEMED**

Western Family Granola Bars Selected Varieties, 156g or 172g



More REWARDS  
**FREE WITH 2100 POINTS REDEEMED**

Western Family Specialty Mustard 325 mL

# SAVE ▶ EARN ▶ FREE ▶ REPEAT

# round up FOR *kids*



Round up the total of your grocery bill to **help support your local Children's Hospital**



**DONATE:**  
March 19 to  
April 1, 2026

# SAVING WITH MY OFFERS

IS AS EASY AS 1-2-3



## 1 LOAD

new offers  
every week



## 2 SHOP

in store or online  
at Save-On-Foods



## 3 SAVE

money and  
earn points

LOAD YOUR OFFERS



# Eid MUBARAK

**EXTRA FRESH**  
ingredients & thoughtful meals  
to share with your family



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

Sher Everyday  
Basmati Rice  
8 lbs



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

Sher Desi Style  
Durum Atta  
20 lbs

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

Tre Stelle Paneer  
300g



Brio Sunflower Oil  
3 Litres

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



**3\$8**  
for

Tasty Bite  
285g



**3\$5**  
for

Kurkure Masala  
Munch Snacks  
or Chilli Chatka, 115g

KFI Cooking  
Sauce  
Selected Varieties,  
375 mL

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



Gia Vegetable  
Ghee  
1 Litre

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



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

Sundar By  
Western Family Naan  
Selected Varieties,  
500g

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



**15% off**

Sundar Spices  
400g



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

Hungry?  
Mixed Vegetable  
Steamed Momos  
350g



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

Vij's Masala  
Spring Rolls  
Frozen, 424g



**1<sup>49</sup>**  
ea

Maggi Masala  
Noodles  
Family Pack, 280g



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

Nanak Veggie  
Burger Patties  
640g



**.99**  
ea

Teja Mango Juice  
1 Litre