

# buy-low foods

Discover a  
**FRESH  
WAY TO  
SAVE!**

**WOW!**  
**3<sup>97</sup>**  
lb  
Pork Back Ribs  
Frozen, 8.75/kg



**WOW!**  
**2<sup>97</sup>**  
lb  
Coloured Peppers  
Canada, 6.55/kg



**WOW!**  
Buy 3+  
**1<sup>97</sup>**  
ea  
Campbell's  
Chunky Soup  
515 mL



Look inside for the best  
selection of natural items  
**AT DOWN-TO-  
EARTH PRICES!**



**5<sup>97</sup>**  
lb

**Chicken Thighs**  
Fresh, Boneless, Skinless,  
Value Pack, 13.16/kg

**2<sup>97</sup>**  
lb

**Red Seedless  
Grapes**  
USA, 6.55/kg

**Wonder Hot  
Dog Buns**  
or Hamburger Buns,  
Selected Varieties,  
Pack of 12

**2<sup>47</sup>**  
ea

**Pepsi Soft Drink**  
Selected Varieties, 2 Litres

Buy 2+  
**1<sup>67</sup>**  
ea

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

**2<sup>47</sup>**  
ea

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

**3<sup>77</sup>**  
ea

**Quaker Chewy  
Granola Bars**  
(120g) or Dips (156g),  
Selected Varieties, First 4

**1<sup>97</sup>**  
ea

**Armstrong  
Cheese**  
Selected Varieties,  
600g

**7<sup>97</sup>**  
ea

Prices effective Thursday to Wednesday, March 5 to 11, 2026. Offers require use of More Rewards Card.  
Offers available at Buy-Low Foods Prince George, Grande Prairie, Nanaimo & Coquitlam locations only.

**BUY LOW. GET MORE FOR LESS!**

**CANADIAN** owned and operated.

# PRODUCE

**SQUEEZE THE SAVINGS**

Enjoy fresh... for less.



**WOW!**

**1.67**  
ea

**Long English Cucumber**  
Canada

## FRESHER. LOWER.

Get all your favourite produce at low prices. Check out our local & organic options.

Show us any local competitor's flyer and we will match it!



**Celery**  
USA

**2.77**  
ea



**Honeydew Melon**  
USA

**5.97**  
ea



**Asparagus**  
Mexico, 8.75/kg

**3.97**  
lb



**Ambrosia Apples**  
Extra Fancy Grade,  
BC, 5 lb Bag

**6.97**  
ea



**Tomatoes on the Vine**  
BC, 1.5 lb Bag

**1.97**  
ea



**Zespri SunGold Kiwifruit**  
or Green, New Zealand,  
454g

**4.97**  
ea



**b**  
**fresh**  
Guarantee

If our produce is not fresh, we will 100% refund and replace the product\*. (\*See in store for details.)

**BUY LOW. GET MORE FRESH!**



BL2

# BUY LOW. GET MORE FRESH!

## meat & seafood



**WOW!**  
**4.47** ea  
Western Family Bacon  
Selected Varieties,  
375g



**11.97** ea

El Monterey Taquitos  
Selected Varieties,  
Frozen, 567g

Western Family  
Tortellini  
Selected Varieties,  
600g or 700g



**8.87** ea



High Liner  
Chips & Fish  
English Style (550g) or  
Fish Cakes (700g), Frozen

**7.97** ea



Pinty's  
Chicken Wings  
Selected Varieties,  
Frozen, 780g

**12.97** ea

Western Family  
Salmon Portions  
Atlantic (454g) or  
Wild Pink (800g), Frozen



**12.97** ea

Imitation  
Crabmeat  
907g



**6.97** ea

Western Family  
Butterfly  
Shrimp  
Coconut or Crunchy,  
Frozen, 680g



**14.97** ea

## deli



**WOW!**  
**\$8** ea  
Grimm's Pizza  
Pepperoni  
Family Pack,  
500g



**4.97** ea

Boursin Cheese  
Selected Varieties, 150g

Western Family  
European  
Wieners  
500g



**8.97** ea



Western Family  
Feta Cheese  
Selected Varieties,  
200g

**4.97** ea



Western Family  
Hummus  
Selected Varieties,  
227g

**2.47** ea



**BUY LOW. GET MORE ALWAYS!**

**bakery**

**WOW!**  
**5<sup>97</sup>**  
ea  
Lattice Top Pie  
or Crumble, Selected  
Varieties, 8 Inch



**3<sup>97</sup>**  
ea

**Gourmet Muffins**  
Selected Varieties,  
Pack of 4

**Swirl Buns**  
Cheddar or Pizza,  
Pack of 6

**5<sup>47</sup>**  
ea



**5<sup>97</sup>**  
ea

**Apple Fritters**  
Pack of 4



**Dempster's  
Bagels**  
Selected Varieties,  
Pack of 6

**3<sup>97</sup>**  
ea



**dairy**



**WOW!**  
**3<sup>97</sup>**  
ea  
**Kraft Singles  
Cheese Slices**  
410g

**6<sup>97</sup>**  
ea

**Becel Margarine**  
Selected Varieties, 850g



**Siggi's Skyr  
Yogurt**  
Selected Varieties,  
750g

**6<sup>47</sup>**  
ea



**9<sup>97</sup>**  
ea

**Western Family  
Large Wrapped  
Eggs**  
White, 30's



**Simply Orange  
Juice**  
1.36 Litres

**5<sup>47</sup>**  
ea



**frozen**

**WOW!**  
**4<sup>47</sup>**  
ea  
**Dr. Oetker  
Giuseppe Pizza**  
Selected Varieties,  
Frozen, 480g



**4<sup>97</sup>**  
ea

**Healthy Choice  
Simply Steamers**  
Selected Varieties, 259g



**3<sup>97</sup>**  
ea

**Breyers Family  
Classic Frozen  
Dessert**  
Selected Varieties,  
1.41 Litres



**2<sup>47</sup>**  
ea

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



**2<sup>27</sup>**  
ea

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



# BULK FOODS

# BULK UP!

With as much (or as little) as you want.



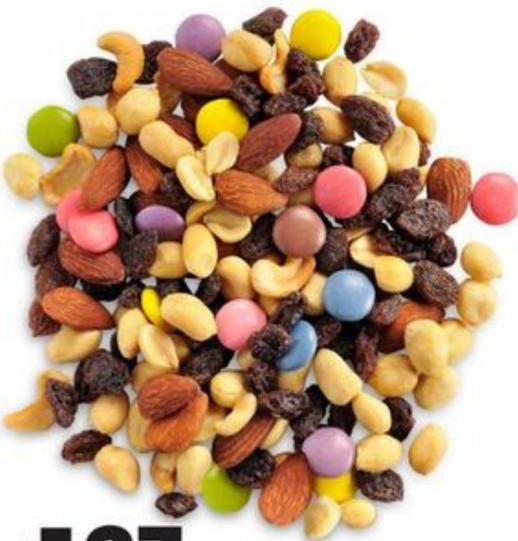
**1.67**  
100g

**Cashews**  
Selected Varieties



**1.47**  
100g

**Jelly Belly  
Jelly Beans**  
Selected Varieties



**1.27**  
100g

**Trophy Trail Mix**  
Selected Varieties



**.57**  
100g

**Thompson  
Dried Raisins**  
or Sultana



**4.97** ea

**Western Family  
Grab N' Go Candy**  
Selected Varieties,  
425g or 600g

**GET A HEALTHY  
DOSE OF DEALS**  
to supplement your lifestyle



**30% off**

**Western Family  
Vitamins**  
Selected Varieties



**BUY LOW. GET MORE SAVINGS!**



Naturally speaking  
we've got the  
**BEST DEALS  
IN TOWN!**



**WOW!**  
Buy 4+  
**6<sup>97</sup>**  
ea  
Annie's Pasta  
4 x 170g

**Made Good  
Granola Bars**  
Selected Varieties, 5 x 24g



**2<sup>47</sup>**  
ea

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



**16<sup>97</sup>**  
ea

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



**9<sup>97</sup>**  
ea

**Hardbite  
Potato Chips**  
Selected Varieties,  
128g or 150g



Buy 3+  
**2<sup>97</sup>**  
ea

**Blue Diamond  
Almond Breeze  
Beverage**  
Selected Varieties,  
946 mL



**2<sup>47</sup>**  
ea

**Only Goodness  
Organic  
Peanut Butter**  
500g



**4<sup>97</sup>**  
ea

**Only Goodness  
Organic 100% Pure  
Maple Syrup**  
Canada Grade A Dark,  
250 mL



**6<sup>97</sup>**  
ea

**Que Pasa  
Organic  
Tortilla Chips**  
350g



**3<sup>97</sup>**  
ea

**MADE WITH 100% PURE SAVINGS**

# LOWER EVERY DAY.

Savings in every aisle, every day.

## pantry

**WOW!**  
**2<sup>97</sup>** ea  
China Lily  
Soya Sauce  
483 mL  
WHILE QUANTITIES LAST.



**Western Family  
Mayonnaise**  
Selected Varieties, 890 mL

**3<sup>97</sup>** ea



**Western Family  
Ketchup**  
750 mL or 1 Litre

**3<sup>97</sup>** ea



**Manny's Tortillas**  
Selected Varieties,  
255g or 283g

**1<sup>97</sup>** ea



**Post Shreddies  
Cereal**  
(635g) or Alpen (650g)

**4<sup>97</sup>** ea



**Western Family  
Salad Dressing**  
Selected Varieties, 475 mL

**2<sup>47</sup>** ea

## snacks & beverages

**WOW!**  
**10<sup>97</sup>** ea  
Starbucks Premium  
Coffee Pods  
(10-Pack) or Premium  
Coffee (340g),  
Selected Varieties



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

**2<sup>97</sup>** ea



**Coca-Cola  
Soft Drinks**  
or Canada Dry, Selected  
Varieties, 6 x 710 mL

**3<sup>97</sup>** ea



**Christie Crispers**  
Selected Varieties, 145g

**2<sup>47</sup>** ea



**Orville Redenbacher  
Microwave Popcorn**  
(6-Pack) or Kernels (850g),  
Selected Varieties

**3<sup>97</sup>** ea



**Haribo Candy**  
175g

**2<sup>47</sup>** ea



**AD  
MATCH**

Show us any competitor's flyer  
and we will match it!

Some conditions apply. Visit [buy-low.com](http://buy-low.com) for details.

# HOUSEHOLD & MORE

**WOW!**  
**1.97** ea  
Western Family  
Ultra Dish Soap  
Liquid, 532 mL



**2.87** ea  
Whiskas  
Temptations  
Cat Treats  
Selected Varieties,  
180g

Purina  
Tidy Cats  
Clumping  
Cat Litter  
2.72 kg



**9.97** ea

Lysol  
Multi-Surface  
Cleaner  
Selected Varieties,  
950 mL or 1.2 Litres



**3.97** ea



**3.97** ea  
Western Family  
Freezer Bags  
Selected Varieties,  
38's

## personal care

**WOW!**  
**3.47** ea  
Crest Toothpaste  
(90 mL) or  
Oral-B Toothbrush,  
Selected Varieties



**3.77** ea  
Herbal Essences  
Shampoo  
(346 mL) or Method  
Hand Wash (300 mL),  
Selected Varieties

Baby Gourmet  
Organic Baby  
Food Purée  
Selected Varieties,  
128 mL



**1.77** ea

Always  
Feminine Care  
Also Tampax,  
Selected Varieties,  
36's or 40's



**20% off**

Leanfit Whey  
Protein Powder  
Selected Varieties,  
858g or 715g



**20% off**

**BUY LOW. GET MORE FOR LESS!**



**DROP  
ZONE**



**BIGGER,  
BETTER  
BARGAINS.  
NOW  
YOU'RE IN  
THE ZONE!**

Some limits may apply, no raincheques, no returns.



**Kellogg's Cereal**  
Selected Varieties,  
600g or 650g

**5<sup>97</sup>**  
ea



**Campbell's  
Beef Broth**  
No Salt, 6 x 900 mL

**8<sup>97</sup>**  
ea



**Western Family  
Ultra Paper Towels**  
Split-to-Fit, 6-Pack

**4<sup>97</sup>**  
ea



**Nestea Iced Tea**  
Selected Varieties,  
12 x 341 mL

**6<sup>97</sup>**  
ea



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

**9<sup>97</sup>**  
ea



**Christie Cookies**  
Selected Varieties,  
258g or 261g

**2<sup>77</sup>**  
ea