

save **on** foods

IT'S BACK!



**WITH
EXTRA
FRESH
DEALS!**

**\$1.49
DAY
TUESDAY
MAR. 24TH**

\$1.49 <i>Limits apply.</i>	?	?	?
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**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**

5⁹⁹
lb

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

.99 lb
First 10 lbs

1²⁹ lb
Navel Oranges
California,
2.84/kg

MY OFFERS
EXTRA UNREAL DEAL

LOAD DEAL

NEW DEAL. BEST PRICE. EVERY WEEK.

**NATURALLY
TASTY**

4⁴⁹
100g

Sockeye Salmon Fillet
Wild, Previously Frozen
or Frozen

3⁹⁹
ea

Earthbound Farm Salad
California, 142g

MIX & MATCH

**IRRESISTIBLE
TROPICAL TRIO**

3\$⁶
for

Honey Mango
Mexico

Red Mango
Mexico

6⁹⁹
lb

Chicken Thighs
Fresh, Boneless,
Skinless, Value Pack,
15.41/kg

Avocado
Mexico

2⁷⁹
ea

Western Family Tortillas
Selected Varieties, 272g or 488g

2\$⁵
for

Western Family Potato Chips
235g

4⁹⁹
ea

Western Family Fruit
Frozen, 600g

6⁹⁹
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-A1

FRESH PICKS

ONLY WITH
MY OFFERS

2⁹⁹
ea

First 2

LOAD NOW

3⁹⁹
ea

Inspired
Greens
Living Lettuce
Canada



FLAVOUR BOOST

Pair with citrus vinaigrettes to brighten its natural mild sweetness.



4⁹⁹
lb

Asparagus
Mexico, 11.00/kg

5⁹⁹
ea

Taylor Farms
Chopped
Salad Kit
USA



3⁹⁹
ea

Grape Tomatoes
USA or Mexico,
284g

.87
ea

Lemons
USA



VIBRANT
TANGY
FRESH



2\$6
for

Green Kale
or Black, California



4⁹⁹
ea

Tri-Colour Peppers
Canada or Mexico,
3-Pack



4⁹⁹
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

8⁹⁹ ea

First 2

LOAD NOW

9⁹⁹ ea

Tulips
Selected Varieties,
10 Stems



14⁹⁹ ea

**Tulip & Hyacinth
Bouquet**

11⁹⁹ ea

Potted Tulips
6 Inch



ENJOY
EXTRA FRESH

Tulips

11⁹⁹
ea

Ice Cream Pot
Assorted Floral,
4 Inch



5⁴⁹
ea

Tulips
Assorted Colours,
5 Stems, Bunch



11⁹⁹
ea

Tulip Bulb Pot
4 Inch

Buy 3+

2⁴⁹
ea

OR 2.99 ea

Spring Bulbs
4 Inch

18⁹⁹
ea

Tulip Tub
10 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



12⁹⁹
lb

AAA
Western
Canadian
Beef

Blade Pot Roast
Fresh, Boneless, 28.64/kg

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

SAVOURY
TENDER
RICH



3⁹⁹
lb

WAREHOUSE
PACK
SUPER SAVINGS

Chicken Drumsticks
Fresh, Warehouse Pack,
8.80/kg



6⁴⁹
lb

PICK A PACK!
PORK!
FOR A CHANCE TO WIN!

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



MORE REWARDS
FREE
WITH 3200
POINTS REDEEMED

or **4⁹⁹**
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



**5⁹⁹
ea**

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



**11⁹⁹
ea**

Harvest Wieners
Selected Varieties,
675g



**11⁹⁹
ea**

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



**10⁹⁹
ea**

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



**11⁹⁹
ea**

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

FRESH SEAFOOD



3⁹⁹
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.



16⁹⁹
ea

Wild Fish Taco Kit
Rockfish Fillet,
Frozen, 967g



8⁹⁹
ea

Western Family Breaded Jalapeño Shrimp
Frozen, 340g

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**



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

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



**BAKED
FRESH
IN STORE**

Croissants
Pack of 6, **5.99 ea**



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

**BAKED
FRESH
IN STORE**

Nottingham Bread
567g, **3.99 ea**



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

**BAKED
FRESH
IN STORE**



look for this sticker

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

FRESHLY BAKED



pack of **6** **6⁹⁹**

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

1⁷⁹ ea



French Bread
450g

BAKED FRESH IN STORE

pack of **12** **6⁹⁹**

Hot Cross Buns
Pack of 12



*Festive,
fudgy and ready
to enjoy.*



pack of **2** **8⁹⁹**

Gourmet Carrot Cake Slices
Selected Varieties, Pack of 2

BAKED FRESH IN STORE

pack of **6** **3⁴⁹**

Sourdough Rolls
or Kaiser Buns, Pack of 6



25% off

Bulk Donuts
Selected Varieties



LIGHT, AIRY, DELICIOUS



Buy 3+
2⁹⁹ ea
OR 3.99 ea

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



Western Family
Wide Pan Bread
Selected Varieties,
600g

3²⁹ ea



3⁹⁹ ea

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



4⁹⁹ ea

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



5⁴⁹ ea

Easter Mini Cupcakes
284g



6⁴⁹ ea

Easter Frosted Cookies
383g



5⁹⁹ 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

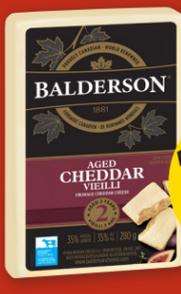
Dutch Edam Cheese Ball
Cut & Wrapped in Store

SAVE SOME CHEDDAR



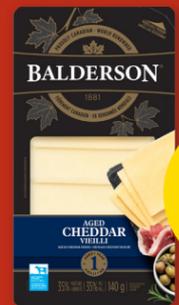
Balderson Cheddar Cheese
Old or Extra Old,
Block, 250g or 280g

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.

9⁹⁹
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

8⁹⁹
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

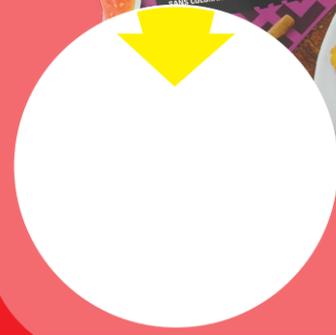
Western Family Premium Coffee
Roast, Ground (300g) or Pods
(12's), Selected Varieties

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

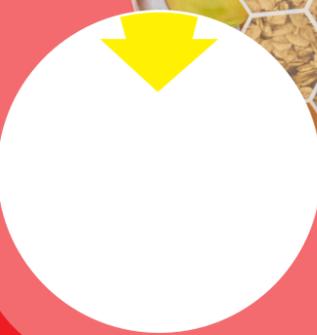
Western Family Signature Crisps
150g



2\$8
for

Western Family Dark Chocolate Blueberry Açai or Pomegranate, 180g

WAKE UP TO DEALS



Western Family Granola
Selected Varieties,
675g



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)



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.



5⁹⁹
ea

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



3⁹⁹
ea

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



4⁹⁹
ea

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



15⁹⁹
ea

Maxwell House Coffee
Selected Varieties, 864g



3⁴⁹
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

19⁹⁹
ea



Cadbury Mini Creme Eggs
or Caramilk, 381g

12⁴⁹
ea



Western Family Gummy Easter Mix
180g

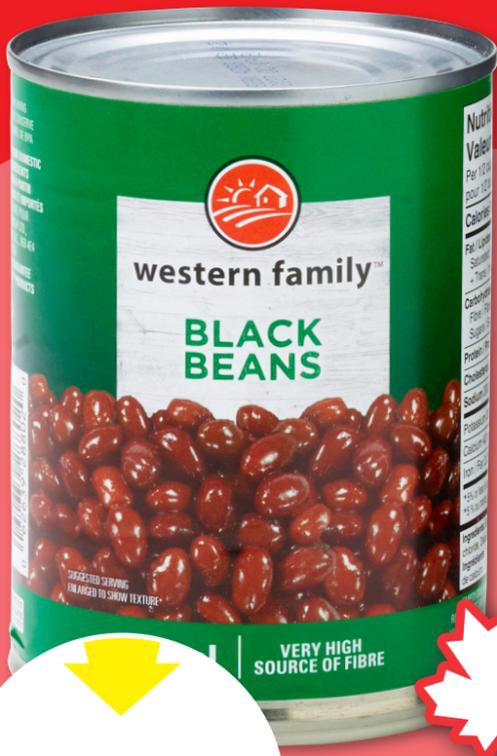
2\$6
for



WHILE QUANTITIES LAST.



western family™ SAVINGS



Western Family Canned Beans
Selected Varieties,
540 mL



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



4⁹⁹
ea **99** Western Family Chow Mein Noodles
397g



2\$6
for **6** Western Family Pasta
900g

PANTRY SAVES



16⁹⁹
ea **99** Western Family Pure Avocado Oil
750 mL

Western Family Baked Beans
Selected Varieties,
398 mL

3\$5
for **5**



Western Family Flour
Selected Varieties,
5 kg

7⁹⁹
ea **99**



Western Family Pasta Sauce
700 mL

TASTE THE WORLD



Sundar By Western Family Premium Basmati Rice
8 lbs

3\$5
for **5**

Western Family Roasted Seaweed Snack
3 x 5g



3⁴⁹
ea **49**

Sundar By Western Family Cooking Sauce
410 mL



3⁹⁹
ea **99**

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





4\$10
for

**Campbell's
Chunky Soup**
515 mL



\$1 ea

Campbell's Condensed Soup
Selected Varieties, 284 mL

3\$6
for

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



3\$8
for



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



4\$49
ea

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

Campbell's

**Nourishing
our Neighbours**

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



3\$9
for

**Prego Pasta
Sauce**
645 mL



4\$8
for

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



4\$49
ea

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



5\$99
ea

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



2\$7
for

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



western family SAVINGS

DAIRY



4⁹⁹
ea

Western Family Shredded Cheese
Selected Varieties, 320g



5⁹⁹
ea

Western Family Greek Yogurt
Selected Varieties, 750g

Western Family
Orange Juice
Selected Varieties,
1.54 Litres



4⁹⁹
ea



2⁹⁹
ea

Western Family
Greek Yogurt Dip
Selected Varieties,
227g



3⁷⁹
ea

Western Family
Cream Cheese
Selected Varieties,
250g

Western
Family Kéfir
Plain or Mango,
1 Litre



4⁹⁹
ea

FROZEN



3⁹⁹
ea

Western Family Fries
Selected Varieties,
Frozen, 750g



4⁴⁹
ea

Western Family
Ice Cream Cones
4 x 115 mL



2\$⁶
for

Western Family
Vegetables
Selected Varieties,
Frozen, 750g



5⁹⁹
ea

Western Family
Rising Crust Pizza
Frozen, 665g



1⁹⁹
ea

Western Family
Entrée
Frozen, 255g



5⁹⁹
ea

Western Family
Hashbrown
Patties
Frozen, 20's

TASTY DEALS



6⁴⁹
ea



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

5⁹⁹
ea



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

4\$¹⁰
for



Yoplait Yogurt Tubes
Selected Varieties, 448g

2\$⁷
for



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

10⁹⁹
ea



Yoplait Yop Yogurt
12 x 200 mL

BULK



2⁰⁹
100g

Hershey's Eggies



5⁹⁹
ea

McCormick's Milk Chocolate Eggs
200g



1³⁹
100g

Waterbridge Spring Gummy Mix
Also Bunnies



40% off

Pumpkin Seeds
Also Sunflower Seeds,
Raw or Roasted

6⁷⁹
100g

Lindt Lindor Chocolate Balls
Selected Varieties



9⁹⁹
ea

NaturSource Salad Topper
Selected Varieties, 575g or 625g



16⁹⁹
ea

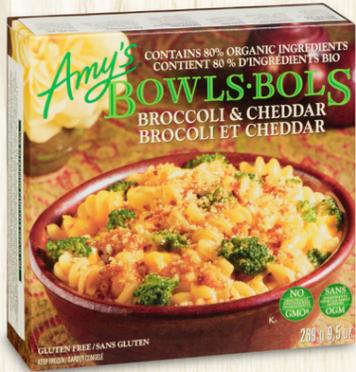
Value Pack Cashews
Roasted & Salted
or Roasted No Salt,
700g



15⁹⁹
ea

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

NATURAL



Amy's Frozen Entrée
Selected Varieties

5⁹⁹
ea



Bob's Red Mill Protein Oats
907g

9⁹⁹
ea

Crofter's Organic Premium Fruit Spread
383 mL

6⁹⁹
ea



KICKING HORSE COFFEE



ORGANIC WHOLE BEAN COFFEE
DARK ROAST
SWEET / SMOKY / AUDACIOUS

1 lb (454 g)

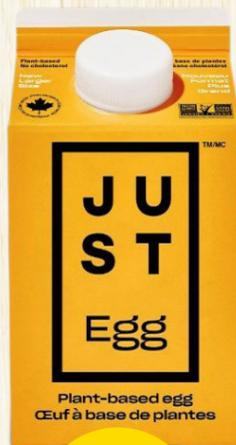
16⁹⁹
ea

Kicking Horse Organic Coffee
Fair Trade, 454g



Pacific Foods Organic Broth
946 mL

4⁹⁹
ea



9⁹⁹
ea

Just Egg Plant-Based Egg
Liquid, 500g



Good Drink Iced Tea
473 mL

2\$6
for



Nuts to You Organic Sesame Tahini
250g

5⁹⁹
ea



2\$5
for

Rxbar Protein Bar
Selected Varieties,
52g

5⁹⁹
ea

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



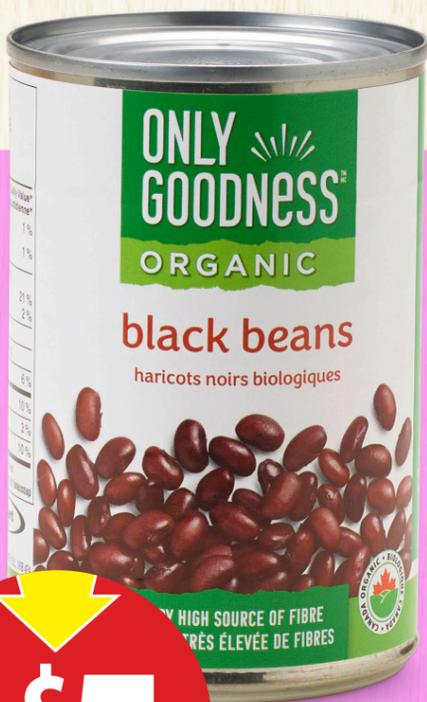
9⁹⁹
ea

Poppi Soda
Selected Varieties,
4 x 355 mL



6⁴⁹
ea

Natures Path Waffles
Frozen, 210g



Only Goodness Organic Beans
Selected Varieties,
398 mL

2\$5
for



9⁹⁹
ea

Only Goodness Organic Protein Pancake Mix
400g



Only Goodness Organic White Quinoa
1.36 kg

14⁹⁹
ea

Only Goodness Organic Coconut Oil
860 mL

14⁹⁹
ea



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



SUPERSEED IT



**Manitoba Harvest
Organic Granola
283g**



**14⁹⁹
ea**

**Manitoba Harvest
Culinary Hemp Oil
500 mL**



**13⁹⁹
ea**

**Manitoba
Harvest Organic
Hemp Hearts
340g**

**6⁹⁹
ea**



**Manitoba Harvest
Hemp Hearts
227g**

**15⁹⁹
ea**



**Manitoba Harvest
Hemp Hearts
700g**

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

34.99 ea

Pampers Baby Dry Mega XXL Diapers Selected Varieties

*vs. Pampers® Baby-Dry Ultra Mega Pack

HUGGIES little movers

36.99 ea

Huggies Mega Colossal Diapers Selected Varieties

HUGGIES natural care

8.99 ea

Huggies Natural Care Wipes Selected Varieties

69.99 ea

Similac 360 Total Care 859g

Pampers swaddlers

39.99 ea

Pampers Super Economy Diapers Selected Varieties

Pampers Baby Wipes

3.99 ea

Pampers Baby Wipes 52's or 56's

78.99 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

6.99 ea

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

2.49 ea

Little Bellies Pick-Me Sticks 16g

2.99 ea

Gerber Oat Baby Cereal 227g

4.49 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'.



29.99 ea

Goodprotein Powder
Selected Varieties, 440g



30% off

Smart Solutions Supplements
Also Youtheory, Selected Varieties

11.99 ea

Premier Protein
Nutritional Drinks
Selected Varieties,
4 x 325 mL



15.99 ea

Buckley's
Cough Syrup
Selected Varieties,
250 mL



7.99 ea

Children's
Liquid Advil
or Infant Drops,
Selected Varieties



12.99 ea

Tylenol Cold Relief Tabs
Selected Varieties, 40's



25% off

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



9.99 ea

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



14.99 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

3.99 ea

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



6.99 ea

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



9.99 ea

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



11.99 ea

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



13.99 ea

Garnier Olia
Hair Colour
Also EOS

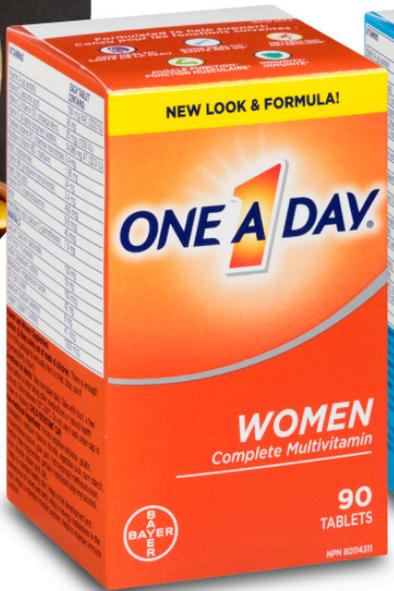


20% off

CeraVe
Face Care
Also Aveeno,
Selected
Varieties



BOOST YOUR WELLNESS



25% off

One-A-Day Vitamins
Also Flintstones, Selected Varieties

FRESH, CLEAN DEALS



12⁹⁹
ea

Western Family
Liquid Detergent
2.72 Litres



3⁹⁹
ea

Western Family
Ultra Paper Towels
2 Rolls



10⁹⁹
ea

Glad Garbage Bags
20's or 100's



13⁹⁹
ea

Charmin
Soft Bathroom
Tissue
12 Rolls

PAW-SOME PICKS



24⁹⁹
ea

Pedigree Dry
Dog Food
8 kg



6⁹⁹
ea

Zoë Better
Than Rawhide
Dog Treats
Selected Varieties



19⁹⁹
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 **8⁹⁹**
ea

Ziploc Freezer Bags
Selected Varieties

REDEEM
2500
POINTS & PAY

8⁹⁹
ea

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



15% off

Vileda Cleaning
Supplies
Selected Varieties



FREE
WITH 29,000
POINTS REDEEMED

or **49⁹⁹**
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.

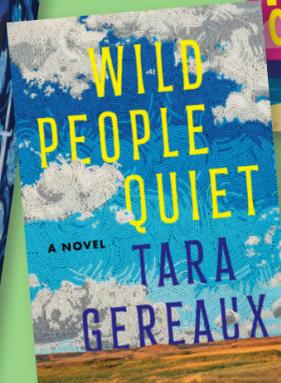
NOVEL SAVINGS



Dear Debbie
Regular Retail 26.99



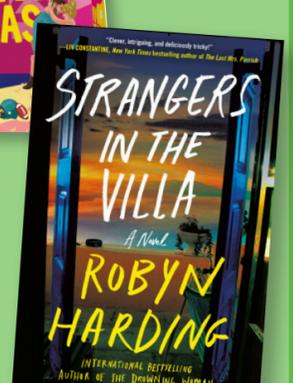
To Snap a Silver Stem
Regular Retail 28.99



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



8⁴⁹
ea

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



2\$¹¹
for

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



5⁹⁹
ea

Glad Kitchen Garbage Bags
28's or 30's



5⁹⁹
ea

Arm & Hammer Laundry Detergent
Liquid, 1.63 Litres



4⁷⁹
ea

Method Multi Surface Cleaner
Selected Varieties, 828 mL



More REWARDS
FREE
WITH 2200
POINTS REDEEMED
or
3⁹⁹
ea

Western Family Multi-Surface Pine Cleaner
1.4 Litres



More REWARDS
FREE
WITH 1900
POINTS REDEEMED
or
2⁹⁹
ea

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



2\$⁴
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



7⁴⁹
ea

Sher Everyday
Basmati Rice
8 lbs



14⁹⁹
ea

Sher Desi Style
Durum Atta
20 lbs

3⁹⁹
ea

Tre Stelle Paneer
300g



Brio Sunflower Oil
3 Litres

7⁹⁹
ea



3\$8
for

Tasty Bite
285g



2\$3
for

Kurkure Masala
Munch Snacks
or Chilli Chatka, 115g

KFI Cooking
Sauce
Selected Varieties,
375 mL

4⁹⁹
ea



Gia Vegetable
Ghee
1 Litre

4⁹⁹
ea



2⁹⁹
ea

Sundar By
Western Family Naan
Selected Varieties,
500g

3⁴⁹
ea



15% off

Sundar Spices
400g



5⁴⁹
ea

Hungry?
Mixed Vegetable
Steamed Momos
350g



5⁹⁹
ea

Vij's Masala
Spring Rolls
Frozen, 424g



1⁴⁹
ea

Maggi Masala
Noodles
Family Pack, 280g



8⁹⁹
ea

Nanak Veggie
Burger Patties
640g



.99
ea

Teja Mango Juice
1 Litre