save on foods

IT'S BACK!



WITH EXTRA FRESH DEALS!

$1.49 DAY TUESDAY MAR. 24TH

$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



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

.99 lb
First 10 lbs

1.29 lb
Navel Oranges
California, 2.84/kg

MY OFFERS
EXTRA UNREAL DEAL
LOAD DEAL



NEW DEAL. BEST PRICE. EVERY WEEK.

NATURALLY TASTY



4.49 100g
Sockeye Salmon Fillet
Wild, Previously Frozen or Frozen



3.99 ea
Earthbound Farm Salad
California, 142g

MIX & MATCH
IRRESISTIBLE TROPICAL TRIO



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



3 $6 for
Honey Mango
Mexico

Avocado
Mexico

Red Mango
Mexico



2.79 ea
Western Family Tortillas
Selected Varieties, 272g or 488g



2 $5 for
Western Family Potato Chips
235g



4.99 ea
Western Family Fruit
Frozen, 600g



6.99 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.

FRESH PICKS

ONLY WITH MY OFFERS
2.99 ea
First 2
LOAD NOW

3.99 ea
Inspired Greens Living Lettuce
Canada

FLAVOUR BOOST

Pair with citrus vinaigrettes to brighten its natural mild sweetness.



4.99 lb
Asparagus
Mexico, 11.00/kg

5.99 ea
Taylor Farms Chopped Salad Kit
USA





3.99 ea
Grape Tomatoes
USA or Mexico, 284g

VIBRANT TANGY FRESH

.87 ea
Lemons
USA





2$ for 6
Green Kale
or Black, California



4.99 ea
Tri-Colour Peppers
Canada or Mexico, 3-Pack

HONEY SWEET BITES



4.99 lb
Muscat Grapes
11.00/kg

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

.99 lb

Green Cabbage
Canada,
2.18/kg

Alfredo Cabbage

VIEW RECIPE

Everyday foods that work harder for your health

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

FLORAL



ONLY WITH MY OFFERS

8.99 ea

First 2

LOAD NOW

9.99 ea

Tulips
Selected Varieties,
10 Stems

14.99 ea

Tulip & Hyacinth Bouquet

11.99 ea

Potted Tulips
6 Inch

ENJOY EXTRA FRESH Tulips

11.99 ea
Ice Cream Pot
Assorted Floral,
4 Inch





5.49 ea
Tulips
Assorted Colours,
5 Stems, Bunch





11.99 ea
Tulip Bulb Pot
4 Inch



Buy 3+
2.49 ea
OR 2.99 ea
Spring Bulbs
4 Inch

18.99 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

12.99 lb

AAA Western Canadian Beef

Blade Pot Roast
Fresh, Boneless, 28.64/kg

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

SAVOURY TENDER RICH

3.99 lb



Chicken Drumsticks
Fresh, Warehouse Pack, 8.80/kg

6.49 lb

PICK-A PACK-A 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 4.99 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



5.99 ea

Western Family Bacon
Selected Varieties, 375g



11.99 ea

Harvest Wieners
Selected Varieties, 675g



11.99 ea

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



10.99 ea

Western Family Meat Pies
Selected Varieties, Frozen, 750g



11.99 ea

Western Family Dinner Ham
Selected Varieties, 650g

FRESH SEAFOOD



3.99 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.







16.99 ea

Wild Fish Taco Kit
Rockfish Fillet, Frozen, 967g



8.99 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



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**

Croissants
Pack of 6, **5.99 ea**

BAKED FRESH IN STORE



Nottingham Bread
567g, **3.99 ea**

BAKED FRESH IN STORE



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

look for this sticker

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

FRESHLY BAKED



pack of 6 6.99

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

1.79 ea

French Bread
450g



BAKED FRESH IN STORE

pack of 12 6.99

Hot Cross Buns
Pack of 12



pack of 2 8.99

Gourmet Carrot Cake Slices
Selected Varieties, Pack of 2

Festive, fudgy and ready to enjoy.



BAKED FRESH IN STORE

pack of 6 3.49

Sourdough Rolls
or Kaiser Buns, Pack of 6



25% off

Bulk Donuts
Selected Varieties

LIGHT, AIRY, DELICIOUS



Buy 3+ 2.99 ea OR 3.99 ea

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



Western Family Wide Pan Bread
Selected Varieties, 600g

3.29 ea



3.99 ea

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

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

4.99 ea





5.49 ea

Easter Mini Cupcakes
284g



6.49 ea

Easter Frosted Cookies
383g



5.99 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

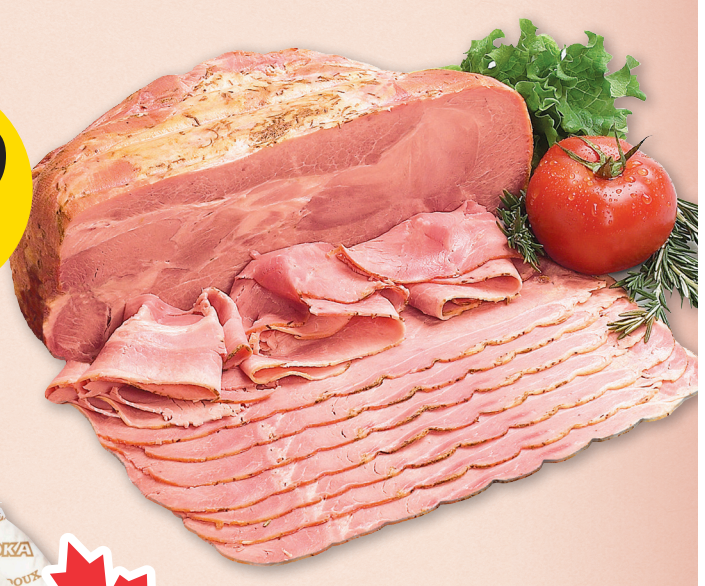
8.99 ea
Mastro Charcuterie Trio
Selected Varieties, 100g or 175g



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.

9.99 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 **8.99 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.



More REWARDS

FREE

WITH POINTS REDEEMED



WE MATCH all competitor's prices.

Grade A Turkey
Frozen, 5 kg to 7kg

Western Family Butt Portion Ham
Also Cook's

western family™ SAVINGS



Western Family Sparkling Water
Selected Varieties, 12 x 355 mL



3$ for 4

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



3$ for 9

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$ for 6

Western Family Fruit Cups
4 x 107 mL



2$ for 8

Western Family Dark Chocolate
Blueberry Açaí or Pomegranate, 180g



4.99 ea

Western Family Signature Crisps
150g



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

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)

Kraft

Dempster's EST 1890

BITE INTO

CANADA'S FAVOURITE BREAKFAST†

SAVE $3

when you buy any

1 *Dempster's Bagels or Bread**

+

1 *any Philadelphia Cream Cheese (227g or 340g) or Kraft Peanut Butter (750g or 1 kg)**

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



5.99 ea

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



3.99 ea

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



4.99 ea

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



15.99 ea

Maxwell House Coffee
Selected Varieties, 864g



3.49 ea

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

SWEET SAVINGS





4 for $5

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



2.29 ea

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



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



5.49 ea

Nestlé Chocolate Bars
Multipack, 4-Pack



2 for $6

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

EXTRA SAVES

for every bunny

Cadbury Mini Eggs
Selected Varieties, 875g or 943g

19.99 ea



Cadbury Mini Creme Eggs
or Caramilk, 381g

12.49 ea



Western Family Gummy Easter Mix
180g

2 for $6



WHILE QUANTITIES LAST.

western family™ SAVINGS



Western Family Canned Beans
Selected Varieties, 540 mL



3 for $5

Western Family Light Tuna
(170g) or Flavoured (85g)



2 for $6

Western Family Pasta
900g



4.99 ea

Western Family Chow Mein Noodles
397g

PANTRY SAVES



16.99 ea

Western Family Pure Avocado Oil
750 mL

Western Family Baked Beans
Selected Varieties, 398 mL

3 for $5



Western Family Flour
Selected Varieties, 5 kg

8.49 ea





Western Family Pasta Sauce
700 mL

TASTE THE WORLD



Sundar By Western Family Premium Basmati Rice
8 lbs

3 for $5

Western Family Roasted Seaweed Snack
3 x 5g



3.49 ea



Sundar By Western Family Cooking Sauce
410 mL

3.99 ea



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



Campbell's

Nourishing our Neighbours

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

FOOD BANKS BC · FOOD BANKS alberta · FOOD BANKS OF Saskatchewan · HARVEST nourishing our communities · Food Bank Society of the Yukon



3 for $6

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



4 for $10

Campbell's Chunky Soup 515 mL



$1 ea

Campbell's Condensed Soup Selected Varieties, 284 mL



3 for $8

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



4.49 ea

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



3 for $9

Prego Pasta Sauce 645 mL



4 for $8

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 for $7

Kettle Brand Potato Chips Selected Varieties, 198g

western family™ SAVINGS

DAIRY



4.99 ea

Western Family Shredded Cheese
Selected Varieties, 320g



5.99 ea

Western Family Greek Yogurt
Selected Varieties, 750g



4.99 ea

Western Family Orange Juice
Selected Varieties, 1.54 Litres



2.99 ea

Western Family Greek Yogurt Dip
Selected Varieties, 227g



3.79 ea

Western Family Cream Cheese
Selected Varieties, 250g



4.99 ea

Western Family Kéfir
Plain or Mango, 1 Litre

FROZEN



3.99 ea

Western Family Fries
Selected Varieties, Frozen, 750g



4.49 ea

Western Family Ice Cream Cones
4 x 115 mL



2 for $6

Western Family Vegetables
Selected Varieties, Frozen, 750g



5.99 ea

Western Family Rising Crust Pizza
Frozen, 665g



1.99 ea

Western Family Entrée
Frozen, 255g



5.99 ea

Western Family Hashbrown Patties
Frozen, 20's



TASTY DEALS



6.49 ea

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



5.99 ea

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



3 for $8

Yoplait Yogurt Tubes
Selected Varieties, 448g



2 for $7

Liberté Méditerranée Yogourt
(500g) or Greek (4 x100g)



10.99 ea

Yoplait Yop Yogurt
12 x 200 mL

BULK



2.09 100g

Hershey's Eggies



5.99 ea

McCormicks Milk Chocolate Eggs
200g



1.39 100g

Waterbridge Spring Gummy Mix
Also Bunnies



40% off

Pumpkin Seeds
Also Sunflower Seeds, Raw or Roasted



6.79 100g

Lindt Lindor Chocolate Balls
Selected Varieties



9.99 ea

NaturSource Salad Topper
Selected Varieties, 575g or 625g



16.99 ea

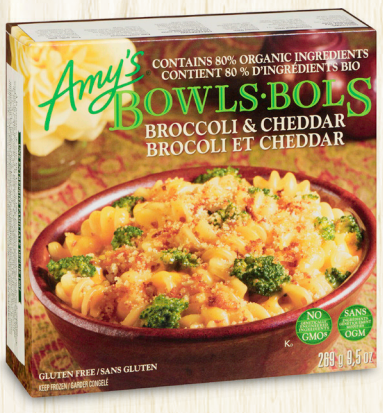
Value Pack Cashews
Roasted & Salted or Roasted No Salt, 700g



15.99 ea

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

NATURAL



Amy's Frozen Entrée
Selected Varieties

5.99 ea



10.99 ea

Bob's Red Mill Protein Oats
907g



Crofter's Organic Premium Fruit Spread
383 mL

6.99 ea



16.99 ea

Kicking Horse Organic Coffee
Fair Trade, 454g



4.99 ea

Pacific Foods Organic Broth
946 mL



9.99 ea

Just Egg Plant-Based Egg
Liquid, 500g



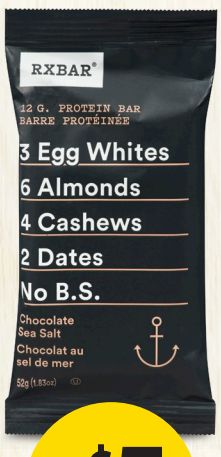
Good Drink Iced Tea
473 mL

2 for $6



Nuts to You Organic Sesame Tahini
250g

5.99 ea



2 for $5

Rxbar Protein Bar
Selected Varieties, 52g



5.99 ea

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



9.99 ea

Poppi Soda
Selected Varieties, 4 x 355 mL



6.49 ea

Natures Path Waffles
Frozen, 210g



2 for $5

Only Goodness Organic Beans
Selected Varieties, 398 mL



9.99 ea

Only Goodness Organic Protein Pancake Mix
400g



Only Goodness Organic White Quinoa
1.36 kg

14.99 ea



Only Goodness Organic Coconut Oil
860 mL

14.99 ea

SUPERSEED EVERYTHING YOU THOUGHT YOU KNEW ABOUT PROTEIN





Manitoba Harvest Organic Granola
283g



14.99 ea

Manitoba Harvest Culinary Hemp Oil
500 mL



13.99 ea

Manitoba Harvest Organic Hemp Hearts
340g



6.99 ea

Manitoba Harvest Hemp Hearts
227g



15.99 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.



Easy Slip-On Diaper Pants
Big moves, big protection

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

3X PROTECTION
✓ULTRA Absorbant
✓ULTRA Stretchy
✓ULTRA Coverage



vs. Pampers® Baby-Dry Ultra Mega Pack

34.99 ea
Pampers Baby Dry Mega XXL Diapers
Selected Varieties



36.99 ea
Huggies Mega Colossal Diapers
Selected Varieties



8.99 ea
Huggies Natural Care Wipes
Selected Varieties



69.99 ea
Similac 360 Total Care Powder
859g



39.99 ea
Pampers Super Economy Diapers
Selected Varieties



3.99 ea
Pampers Baby Wipes
52's or 56's

Similar 360 Total Care
16 x 235 mL



78.99 ea

Love Child Organics Baby Food
128 mL



5 for $10



2 for $9
Love Child Organics Oaty Chomps
6 x 23g



$10 off
Good Start Infant Formula
942g or 1.02 kg



2 for $9
Love Child Organics Seafriends Cookies
140g



3 for $7
Love Child Organics Apple Strawberry Love Ducks
30g

Enfamil Neuropro Powder
862g or 890g



$10 off



6.99 ea
Baby Gourmet Baby Cereal
208g or 227g



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



2.99 ea
Little Bellies Pick-Me Sticks
16g



4.49 ea
Gerber Oat Baby Cereal
227g

BABY CORNER



20% off

Munchkin Accessories
Also Dr. Browns

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'.



30.99 ea

Goodprotein Powder
Selected Varieties, 440g



25% off

Smart Solutions Supplements
Also Youtheory, Selected Varieties

12.99 ea

Premier Protein Nutritional Drinks
Selected Varieties, 4 x 325 mL



16.49 ea

Buckley's Cough Syrup
Selected Varieties, 250 mL



7.99 ea

Children's Liquid Advil
or Infant Drops, Selected Varieties



13.99 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

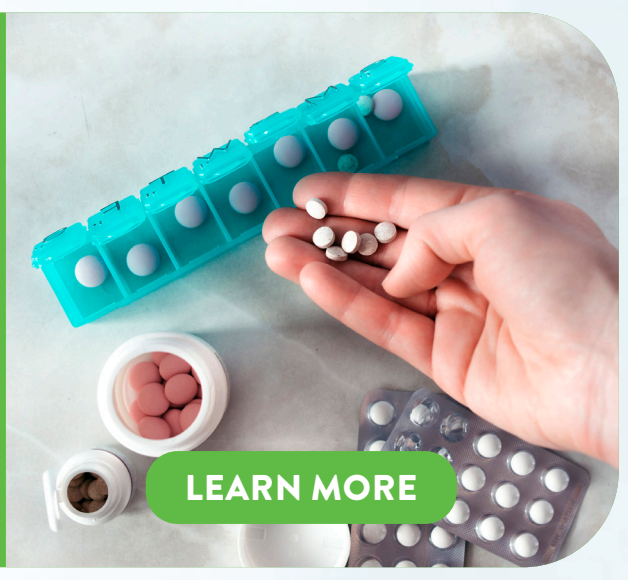


Spring clean your medicine cabinet

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**
- **Herbals and Vitamin supplements**

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



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





20% off **One-A-Day Vitamins**
Also Flintstones, Selected Varieties

FRESH, CLEAN DEALS



12.99 ea

Western Family Liquid Detergent
2.72 Litres



3.99 ea

Western Family Ultra Paper Towels
2 Rolls



14.99 ea

Charmin Soft Bathroom Tissue
12 Rolls



11.49 ea

Glad Garbage Bags
20's or 100's

PAW-SOME PICKS



6.99 ea

Zoë Better Than Rawhide Dog Treats
Selected Varieties



25.99 ea

Pedigree Dry Dog Food
8 kg



19.99 ea

Arm & Hammer Clumping Cat Litter
Selected Varieties, 9.1 kg



10 for $9

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

HOUSEHOLD SAVES



More REWARDS
FREE WITH 5700 POINTS REDEEMED
or 8.99 ea

Ziploc Freezer Bags
Selected Varieties



15% off

Vileda Cleaning Supplies
Selected Varieties

More REWARDS
REDEEM 2500 POINTS & PAY 8.99 ea



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



More REWARDS
FREE WITH 29,000 POINTS REDEEMED
or 49.99 ea

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

BIG FUN, SMALL PRICES

up to 60% off Toys



Star Wars Force N' Telling Vader



Play-Doh Blooming Flower Playset



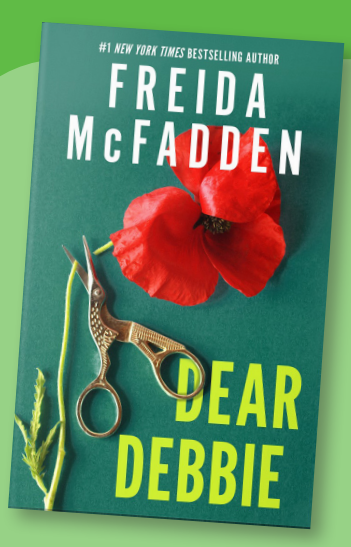
Melissa & Doug Latches Barn



Nerf Dino Squad Dart Blaster

AVAILABLE IN SELECTED LOCATIONS. WHILE QUANTITIES LAST.

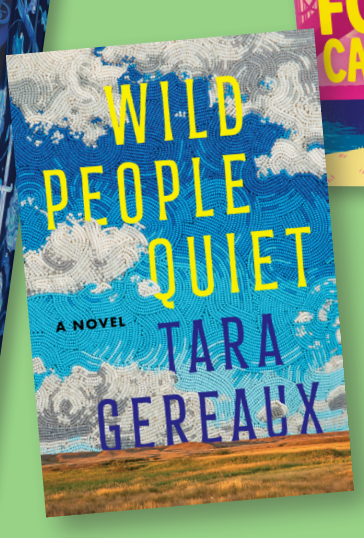
NOVEL SAVINGS



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



8.49 ea

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



2 for $11

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



5.99 ea

Glad Kitchen Garbage Bags
28's or 30's



5.99 ea

Arm & Hammer Laundry Detergent
Liquid, 1.63 Litres



4.79 ea

Method Multi Surface Cleaner
Selected Varieties, 828 mL



More REWARDS
FREE WITH 2200 POINTS REDEEMED
or
3.99 ea

Western Family Multi-Surface Pine Cleaner
1.4 Litres



More REWARDS
FREE WITH 1900 POINTS REDEEMED
or
2.99 ea

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



2 for $4

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

BUY 3



More REWARDS EARN 1200 POINTS

Western Family Spices
Selected Varieties, 155g



BUY 2 More REWARDS EARN 350 POINTS

Western Family Canned Tomatoes
Selected Varieties, 398 mL



BUY 2 More REWARDS EARN 550 POINTS

Western Family Refried Beans
Selected Varieties, 398 mL



BUY 2 More REWARDS EARN 550 POINTS

Only Goodness Organic Granola
325g



BUY 2 More REWARDS 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



EXTRA FRESH
ingredients & thoughtful meals to share with your family

Eid MUBARAK



7.49 ea

Sher Everyday Basmati Rice
8 lbs



14.99 ea

Sher Desi Style Durum Atta
20 lbs

3.99 ea



Tre Stelle Paneer
300g



Brio Sunflower Oil
3 Litres

7.99 ea



3 for $8

Tasty Bite
285g



3 for $5

Kurkure Masala Munch Snacks
or Chilli Chatka, 115g

KFI Cooking Sauce
Selected Varieties, 375 mL



4.99 ea

Gia Vegetable Ghee
1 Litre



4.99 ea



2.99 ea

Sundar By Western Family Naan
Selected Varieties, 500g

Sundar By Western Family Cooking Sauce
410 mL



3.49 ea









15% off

Sundar Spices
400g



5.49 ea

Hungryy? Mixed Vegetable Steamed Momos
350g



5.99 ea

Vij's Masala Spring Rolls
Frozen, 424g



1.49 ea

Maggi Masala Noodles
Family Pack, 280g



8.99 ea

Nanak Veggie Burger Patties
640g



.99 ea

Teja Mango Juice
1 Litre