BUY-LOW FOODS

THE LOWE$T BUY

CANADIAN BEEF

Canadian Rib Eye Steak
Fresh, 33.05/kg

14.99 lb

BIG PACK

6.99 lb Chicken Breast
Fresh, Boneless, Skinless, 15.41/kg

Earthbound Farm Organic Salad
USA, Selected Varieties, 142g

4.49 ea

Siggi's Skyr Yogurt
Selected Varieties, 650g or 750g

6.49 ea

3.99 ea Blackberries
Peru, 170g

5.99 ea Faith Farms Cheese
Selected Varieties, 340g

Miss Vickie's Potato Chips
Kettle Cooked, Selected Varieties, 200g

3.79 ea

PRICES EFFECTIVE THURSDAY TO WEDNESDAY, MARCH 5 – 11, 2026

THE LOWEST BUY | BUY MORE BUY LOW | THE LOW DOWN THURSDAYS FLYER DEALS | PRICE MATCH

WITH EVEN MORE WAYS TO SAVE.

CANADIAN owned and operated.

More REWARDS

POINTS PARTY

LAST CHANCE FOR **THE BIGGEST POINTS EVENT** OF THE YEAR!

EARN UP TO **40x** YOUR POINTS

MY OFFERS

LOAD NOW

Earn **MORE** points on the products you love throughout the flyer and ***GET TO FREE FASTER.***

WE RESERVE THE RIGHT TO LIMIT QUANTITIES. SOME ITEMS MAY NOT BE EXACTLY AS ILLUSTRATED OR NOT AVAILABLE AT ALL LOCATIONS. PRICES DO NOT INCLUDE APPLICABLE TAXES, BOTTLE DEPOSITS, ECO FEES OR RECYCLING FEES WHERE APPLICABLE. THE SPECIFIED QUANTITY OF THE ADVERTISED PRODUCT MUST BE PURCHASED TO RECEIVE THE DISCOUNT. MAPLE LEAF INDICATES PRODUCTS OF CANADA AND PRODUCTS MADE IN CANADA. SEE ACTUAL ITEMS FOR DETAILS.

DEAL OF THE DAY

SHOP DAILY DEALS UNTIL APRIL 1ST

THURSDAY

1.97 ea

I Can't Believe It's Not Butter!
Original, 427g, First 2

FRIDAY

3.97 ea

Fresh Express Salad Kit
USA, Selected Varieties, 278g, First 1

SATURDAY

4.87 ea

Christie Cookies
Selected Varieties, 439g, First 2

SUNDAY

5.97 ea

Danone Activia Yogurt
Selected Varieties, 12 x 100g, First 2

MONDAY

5.97 ea

Maple Leaf Natural Selections
Selected Varieties, 175g, First 2

TUESDAY

2.27 ea

Pepperidge Farm Baked Goldfish Crackers
Selected Varieties, 200g, First 2

WEDNESDAY

2.77 ea

Villaggio Bread
Selected Varieties, 510g or 540g, First 2

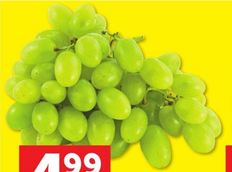
COME BACK EVERY DAY FOR GREAT SAVINGS

Offers in effect January 1 – April 1, 2026

Offer only valid on the advertised day. Selection and availability may vary by store.

BLBC

FRESH TASTE OF SAVINGS



4.99 lb
Green Grapes
Seedless, Peru or Chile, 11.00/kg

2.29 ea
Hass Avocado
Mexico

2.29 lb
Roma Tomatoes
Canada or Mexico, 5.05/kg

4.99 ea
Western Family Romaine Hearts
USA, 3-Pack

4.99 ea
Only Goodness Organic White Stuffers Mushrooms
Canada, 454g

1.99 lb
Beets
Canada, 4.39/kg

Seedless Lemons
USA, 2 lbs

6.99 ea

3.99 ea
Western Family Baby Potatoes
Selected Varieties, 680g

BLRC

QUALITY MEATS FOR LESS

Pork Shoulder Butt Steak
Fresh, Bone-In, 12.10/kg

BIG PACK
5.49 lb

BIG PACK
8.99 lb

Chicken Thighs
Fresh, Boneless, Skinless, 19.82/kg

CANADIAN BEEF

Blade Pot Roast
Fresh, Boneless, 28.64/kg

12.99 lb

SEAFOOD

1.79 100g

Rockfish Fillet
Previously Frozen

Western Family Fish Portions
Selected Varieties, Frozen, 568g or 800g

BUY 2 GET 1 FREE
value from of equal or lesser value

9.99 ea

Salmon Village Wild Pink Smoked Salmon Nuggets
Selected Varieties, 150g

Western Family Wild Argentine Raw Prawns
Selected Varieties, Frozen, 540g

13.99 ea

B.C.

DELI
ONLY AVAILABLE IN STORES WITH FULL SERVICE DELI DEPARTMENTS

2.99 100g — **Maple Lodge Farms Chicken Breast**
Fresh, Sliced in Store. Selected Varieties

3.29 100g — **Rosemary Ham**
or Tuscany. Fresh, Sliced in Store

7.49 ea — **San Danielle Sliced Prosciutto**
or Smoked, 100g

6.99 ea — **Natural Selections Sliced Meat**
Selected Varieties, 175g

5.99 ea — **Grab 'N Go Sandwich**
Selected Varieties

2.99 100g — **Pulled Rotisserie Chicken**
Selected Varieties

3.99 ea — **Western Family Dip**
Selected Varieties, 227g

2.99 100g — **Kalamata Olives**
Selected Varieties

4.49 100g — **Parmesan Cheese**
Shredded or Shaved. Packaged in Store

PACKAGED MEAT

11.99 ea — **Olivieri Filled Pasta**
Selected Varieties, 900g

8.99 ea — **Lou's Kitchen Meat Entrée**
Fully Cooked. Selected Varieties, 375g or 400g

5.99 ea — **Maple Lodge Farms Chicken Sausages**
Selected Varieties, Frozen, 375g or 500g

14.99 ea — **Western Family Stuffed Chicken Cutlettes**
Selected Varieties, Frozen, 852g

6.99 ea — **Schneiders Sliced Bacon**
Selected Varieties, 375g

8.99 ea — **Harvest Pepperoni Sticks**
Selected Varieties, 250g

B.C.

FRESH BAKERY ONLY AVAILABLE IN STORES WITH FULL SERVICE BAKERY DEPARTMENTS

Alpine Bread
Baked in Store, 454g

3.49 ea

Classic Baguette
or Rustic, 350g

2.79 ea

7.99 ea

Cookies
Fresh, Selected Varieties, Pack of 24

4.99 ea

Mini Donuts
Old Fashioned (Pack of 14)
or Powdered (Pack of 16)

3.99 ea

Garlic Bread
Made in Store, Selected Varieties, 530g or 630g

6.99 ea

Pizza Pretzels
Pack of 4

3.99 ea

Strudel Fingers
Selected Varieties, Pack of 8

BAKERY AVAILABLE IN ALL LOCATIONS

Venice Bakery Bread
Selected Varieties, 570g

2 for $5

Dempster's 100% Whole Grains Bread
Selected Varieties, 600g

4.49 ea

3.49 ea

Dempster's Tortillas
Selected Varieties, 340g

B.C.

SNACKS & BEVERAGES

POINTS PARTY
EARN 2000 Air Miles® POINTS WHEN YOU SPEND 150 OR MORE ON PANTRY STAPLES
Limit 1.
LOAD NOW

7.99 ea — **Pepsi Soft Drinks**
Selected Varieties, 12 x 355 mL.

2 for $8 — **Old Dutch Restaurante Tortilla Chips** or Arriba, Selected Varieties, 245g or 275g

Western Family Cookies
Selected Varieties, 300g
2 for $7

Pepperidge Farm Goldfish Baked Snack Crackers
Selected Varieties, 200g
2 for $6

2 for $8 — **Smart Sweets Candy**
Selected Varieties, 50g

Ocean Spray Beverage
Selected Varieties, 1.89 Litres
4.49 ea

3.99 ea — **Stash Herbal Tea**
Selected Varieties, 18's or 36's.

Coca-Cola Soft Drink
Selected Varieties, 2 Litres
2 for $5

DAIRY, CHILLED & FROZEN

Silk Dairy-Free Beverage
Selected Varieties, 1.75 Litres or 1.89 Litres
4.49 ea

5.99 ea — **Breyers Creamery Style Ice Cream**
Selected Varieties, 1.41 Litres

Olympic Organic Yogurt or Krema, Selected Varieties, 650g
4.69 ea

6.49 ea — **Activia Yogurt**
Selected Varieties, 12 x 100g

Oasis Beverage
Selected Varieties, 1.6 Litres
4.99 ea

5.99 ea — **Swanson Hungry-Man Entrée**
Selected Varieties, Frozen, 360g or 450g

5.99 ea — **Kellogg's Eggo Waffles**
Selected Varieties, Frozen, 560g

7.99 ea — **Dr. Oetker Suprema Pizza**
Selected Varieties, Frozen, 487g or 680g

BLBC

STORE WIDE SAVINGS

2 for $7

Tim Hortons Soup
Selected Varieties, 540 mL or 400 mL

2 for $5

Primo Pasta
Selected Varieties, 900g

Hunts Pasta Sauce
Selected Varieties, 680 mL

2 for $6

Hellmann's Mayonnaise
Selected Varieties, 750 mL or 890 mL

6.49 ea

Stagg Chili
Selected Varieties, 425g

2 for $7

French's Ketchup
Selected Varieties, 750 mL or 1 Litre

4.49 ea

5.99 ea

Hershey's Chipits
Selected Varieties, 250g or 270g

General Mills Cereal
Selected Varieties, 350g or 430g

4.99 ea

HOUSEHOLD

10.99 ea

Western Family Laundry Detergent
Liquid, Selected Varieties, 2.72 Litres

6.99 ea

Bounce Dryer Sheets
Selected Varieties, 60's or 120's

Dawn Ultra Dish Soap
Selected Varieties, 473 mL or 982 mL

4.99 ea

7.49 ea

Western Family Ultra Paper Towels
Split for Fit, 6 Rolls

7.99 ea

Glad Garbage Bags
Selected Varieties, 30's or 52's

BLBC

Trusted for over 50 years, Western Family is a proud Western Canadian brand, offering an assortment of reliable, affordable high quality products.

western family

Western Family Soft Drink
Selected Varieties, 2 Litres
3 for $5

Western Family Sparkling Water
Selected Varieties, 12 x 355 mL
5.49 ea

Western Family Rice Crackers
Selected Varieties, 100g
3 for $5

Western Family Granola Bars
Selected Varieties, 156g or 172g
2 for $5

Western Family Canned Tomatoes
Selected Varieties, 796 mL
1.99 ea

Western Family Canned Beans
Selected Varieties, 540 mL
1.79 ea

Western Family Granola
Selected Varieties, 600g or 675g
4.99 ea

Western Family Ready to Serve Soup
Selected Varieties, 540 mL
2.99 ea

Western Family Entreé
Selected Varieties, Frozen, 255g
1.99 ea

Western Family Perogies
Selected Varieties, Frozen, 907g
2 for $5

Western Family Cheese Slices
Selected Varieties, 220g or 240g
4.99 ea

Western Family Feta Cheese
Selected Varieties, 200g
4.99 ea

BLBC

More REWARDS

POINTS PARTY

Western Family Dip
Selected Varieties, 227g

BUY 2 More REWARDS EARN 650 POINTS

Artisan Sourdough Bread
Baked in Store, Selected Varieties, 500g

BUY 2 More REWARDS EARN 750 POINTS

Castello Brie Cheese
Also Camembert, 125g

BUY 2 More REWARDS EARN 1100 POINTS

Spam Luncheon Meat
Selected Varieties, 340g

BUY 2 More REWARDS EARN 850 POINTS

Knorr Rice Cup
or Pasta, Selected Varieties, 73g

BUY 2 More REWARDS EARN 550 POINTS

Kraft Salad Dressing
Selected Varieties, 425 mL

BUY 2 More REWARDS EARN 575 POINTS

Patak's Cooking Sauce
Selected Varieties, 400 mL

BUY 2 More REWARDS EARN 1400 POINTS

Sensodyne Toothpaste
Selected Varieties, 75 mL or 100 mL

BUY 2 More REWARDS EARN 900 POINTS

Advil Liqui-Gels
Selected Varieties, 32's

BUY 2 More REWARDS EARN 2000 POINTS

LOAD MY OFFERS TO EARN UP TO 40x YOUR POINTS

BLBC

HEALTH & BEAUTY

Western Family Vitamins
Selected Varieties, 60's or 100's

30% off

3 for $5
Halls Throat Lozenges
Selected Varieties

9.99 ea
O.B. Tampons
Selected Varieties, 40's

Love Child Organics Baby Food Puree
Selected Varieties, 128 mL

5 for $10

Scope Classic Mouthwash
Selected Varieties, 1 Litre

6.49 ea

5.49 ea
Colgate Toothpaste
Selected Varieties, 98 mL or 120 mL

PERSONAL CARE

6.49 ea
Dove Bar Soap
Selected Varieties, 3 x 106g

OGX Hair Care
Selected Varieties, 385 mL

9.99 ea

Dove Deodorant
or Men+Care. Selected Varieties, 40g or 76g

15% off

Old Spice Body Wash
Selected Varieties, 532 mL

7.99 ea

Organika Enhanced Collagen
Original or Marine, 250g

More REWARDS EARN 2200 POINTS

Tylenol Extra Strength Pain Reliever
Selected Varieties, 24's

More REWARDS EARN 550 POINTS

B.C.