BUY-LOW FOODS

More REWARDS
FREE WITH 14,000 POINTS REDEEMED
or 2.99 lb

Western Family Butt Portion Ham
or Shank, 6.59/kg

THE LOWEST BUY

5.99 ea
Fruit Pie
Selected Varieties, 8 Inch

14.99 lb
CANADIAN BEEF
Canadian Diamond Prime Rib Roast
Fresh, 33.05/kg

8.99 ea
Cracker Barrel Cheese
Selected Varieties, 600g

Russet Potatoes
Yellow or Red, Canada, 5 lb Bag
3.99 ea

2 for $5
Western Family Frozen Vegetables
Selected Varieties, 500g or 750g

7.49 ea
Coca-Cola Soft Drinks
Selected Varieties, 12 x 355 mL

PRICES EFFECTIVE THURSDAY TO WEDNESDAY, APRIL 2 – 8, 2026

THE LOWEST BUY | BUY LOW MONTH | THE LOW DOWN THIS WEEK'S FLYER DEALS | PRICE MATCH

WITH EVEN MORE WAYS TO SAVE.

HAPPY EASTER

Tulips
5 Stems
4.99 ea

Mini Daffodils
4 Inch
3.99 ea

Mums
with Easter Decorations, 6 Inch Pot
9.99 ea

CANADIAN owned and operated.

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. BL3C

DEAL OF THE DAY

SHOP DAILY DEALS UNTIL JULY 1ST

THURSDAY

1.27 ea

Coca-Cola Soft Drink
Selected Varieties, 2 Litres, First 2

FRIDAY

5.97 ea

Grimm's Smokies
or European Wieners, Selected Varieties, 375g or 450g, First 2

SATURDAY

2.47 ea

Quaker Crispy Minis
Selected Varieties, 100g, First 2

SUNDAY

2.47 ea

Western Family Sliced Meat
Cooked Ham or Bologna, 175g, First 2

MONDAY

1.47 ea

Heinz Beans
Selected Varieties, 398 mL, First 3

TUESDAY

1.97 ea

McCain Diced Hashbrowns
Frozen, 800g, First 2

WEDNESDAY

2.97 ea

Western Family Bagels
Selected Varieties, Pack of 6, First 2

COME BACK EVERY DAY FOR GREAT SAVINGS

Offers in effect April 2 – July 1, 2026

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

BLBC

HOPPY SAVINGS

More REWARDS
FREE WITH 18,000 POINTS REDEEMED
or
2.99 lb

Young Grade A Turkey
Fresh, 3 kg or 5 kg, 6.59/kg

Honeyglow Pineapple
Costa Rica
4.99 ea

Western Family Herbs
Selected Varieties, 20g
2 for $4

Dinner Rolls
White or 100% Whole Wheat, Baked in Store, Pack of 12
3.79 ea

Abigail's Kitchen Homestyle Stuffing
or Bread Crumbs, Selected Varieties, 300g
3.99 ea

Carrots
Mexico, Bunch
2 for $6

4.99 ea
Handi-Foil Oval King Roaster

2 for $5
Ocean Spray Cranberry Sauce
Whole Berry or Jellied, 348 mL

Western Family Broth
Selected Varieties, 946 mL
1.99 ea

Stove Top Stuffing Mix
Selected Varieties, 120g
2 for $3

Club House Dry Gravy Mix
Selectiid Varieties, 25g
2 for $3

1.99 ea
Western Family Canned Pineapple
Selected Varieties, 398 mL

BLBC

FRESH TASTE OF SAVINGS

2.99 lb — **Brussel Sprouts**
USA or Mexico, 6.59/kg

2.99 ea — **Yellow Onions**
USA, 3 lbs

5.99 ea — **Halos Mandarin Oranges**
USA, 2 lbs

4.99 ea — **Grape Tomatoes**
USA or Mexico, 454g

2.99 lb — **Granny Smith Apples**
USA, 6.59/kg

1.99 lb — **Celery**
USA, Bunch, 4.39/kg

6.99 ea — **Organic Lemons**
USA, 2 lbs

1.49 lb — **Red Cabbage**
Canada, 3.28/kg

BLBC

QUALITY MEATS FOR LESS

Split Chicken Wings
Fresh, 15.41/kg

BIG PACK
6.99 lb

5.49 lb
Lean Ground Pork
Fresh, 12.10/kg

5.99 ea
Western Family Bacon
Selected Varieties, 375g

SEAFOOD

3.29 100g
Ahi Tuna Steak
or Whole Loin, Frozen or Previously Frozen

10.99 ea
Western Family Crusted Basa Fillets
Selected Varieties, 454g

Western Family Shrimp
Marinated, Selected Varieties, Frozen, 340g

12.99 ea

9.99 ea
Western Family Seafood Appetizer
Selected Varieties, Frozen, 252g or 454g

BLRC

DELI
ONLY AVAILABLE IN STORES WITH FULL SERVICE DELI DEPARTMENTS

3.29 100g — **Schneiders Ham**
Selected Varieties

4.29 100g — **Freybe Salami**
Selected Varieties

6.99 ea — **Fantino & Mondello Meats**
Selected Varieties, 125g or 175g

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

5.99 ea — **Chicken Pot Pie**
or Butter Chicken Pot Pie

2 for $7 — **Samosas**
Selected Varieties

6.99 ea — **Fresh is Best Salsa**
Selected Varieties, 375 mL

9.99 ea — **Castello Cheddar Cheese**
Selected Varieties, 200g

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

7.99 ea — **Havarti Cheese**
Selected Varieties, 350g

PACKAGED MEAT

9.99 ea — **Olivieri Filled Pasta**
Selected Varieties, 540g or 700g

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

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

12.99 ea — **Western Family Meat Pies**
Selected Varieties, Frozen, 750g

14.99 ea — **Western Family Stuffed Chicken**
Selected Varieties, Frozen, 850g

4.99 ea — **Freybe Sliced Ham**
Selected Varieties, 175g

FRESH BAKERY
ONLY AVAILABLE IN STORES WITH FULL SERVICE BAKERY DEPARTMENTS

3.49 ea
Italian Multigrain Bread
Baked in Store, 450g

3.49 ea
Sourdough Rolls
Baked in Store, Selected Varieties, Pack of 6

5.49 ea
Two-Bite Mini Easter Cupcakes
Vanilla or Chocolate, 284g

6.99 ea
Hot Cross Buns
Baked in Store, Pack of 12

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

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

12.99 ea
Strawberry Swirl Cheesecake
Also Selected Varieties, 6 inch, 600g

BAKERY
AVAILABLE IN ALL LOCATIONS

6.49 ea
Kimberley's Frosted Sugar Cookies
Selected Varieties, 385g

Venice Bakery Bread
Selected Varieties, 570g

2 for $5

Dempster's English Muffins
Selected Varieties, Pack of 6

3.49 ea

BLBC

SNACKS & BEVERAGES

Mott's Clamato Cocktail
Selected Varieties, 1.89 Litres

3.99 ea

3 for $11

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

Clif Bar Sport Bar
Selected Varieties, 68g

2 for $5

2 for $7

Nature Valley Granola Bars
(175g) or Betty Crocker Fruit Snacks (128g). Selected Varieties

2 for $6

Dare Breton Crackers
Selected Varieties, 200g

Kicking Horse Organic Coffee
Whole Bean. Selected Varieties, 454g

18.99 ea

Montellier Carbonated Water
Selected Varieties, 1 Litre

2 for $3

Minute Maid Beverage
Selected Varieties, 1 Litre

2 for $4

DAIRY, CHILLED & FROZEN

Philadelphia Cream Cheese
Selected Varieties, 227g or 250g

4.49 ea

5.99 ea

Western Family Signature Ice Cream
Selected Varieties, 1.65 Litres

6.99 ea

Oikos Greek Yogurt
Selected Varieties, 650g or 750g

4.99 ea

Daiya Cheese
Plant-Based. Selected Varieties, 175g or 200g

4.49 ea

Olympic Organic Yogurt
or Krema. Selected Varieties, 650g

2 for $6

Cheemo Perogies
Selected Varieties, Frozen, 907g

2 for $9

Western Family Thin & Crispy Pizza
Selected Varieties, Frozen, 310g or 375g

2 for $9

McCain French Fries
Selected Varieties, Frozen, 650g or 800g

BLRC

STORE WIDE SAVINGS

2 for $4.00

Knorr Sidekicks
Selected Varieties, 133g

1.79 ea

Green Giant Canned Vegetables
Selected Varieties, 341 mL or 398 mL

Kraft Miracle Whip
Selected Varieties, 650 mL or 890 mL

6.49 ea

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

4.49 ea

VH Asian Sauce
Selected Varieties, 341 mL or 355 mL

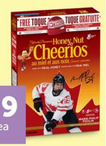
3.99 ea

Kraft Peanut Butter
Selected Varieties, 750g or 1 kg

6.49 ea

Pearl Milling Company Pancake Mix
(905g) or Syrup (710 mL)
Selected Varieties

4.49 ea



General Mills Cereal
Selected Varieties, 570g or 725g

6.99 ea

HOUSEHOLD

3.49 ea

Western Family Aluminum Foil
Selected Varieties, 25 Feet or 50 Feet

Western Family Bathroom Tissue
Selected Varieties, 12+24 Rolls

6.99 ea

7.99 ea

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

7.99 ea

Arm and Hammer Detergent
Liquid, Selected Varieties, 1.63 Litres

11.99 ea

Glad Garbage Bags
Selected Varieties, 20's or 40'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 Drinks
Selected Varieties, 12 x 355 mL
6.49 ea

Western Family Juice
Selected Varieties, 1 Litre
1.89 ea

Western Family Kettle Cooked Potato Chips
Selected Varieties, 200g
2 for $6

Western Family Kettle Cooked Peanuts
Selected Varieties, 400g
4.99 ea

Western Family Olive Oil
Selected Varieties, 1 Litre
15.99 ea

Western Family Canned Tomatoes
Selected Varieties, 398 mL
3 for $5

Western Family Mayonnaise
Selected Varieties, 750 mL or 890 mL
4.99 ea

Western Family Soup
Selected Varieties, 284 mL
2 for $3

Western Family Flatbread
Selected Varieties, Frozen, 360g or 373g
5.49 ea

Western Family Frozen Meal
Selected Varieties, 907g
5.99 ea

Western Family Greek Yogurt
Selected Varieties, 500g
3.79 ea

Western Family Orange Juice
Selected Varieties, 1.54 Litres
4.99 ea

BLBC

HEALTH & BEAUTY

5.99 ea

Sensodyne Toothpaste
Selected Varieties, 75 mL or 100 mL

Listerine Mouthwash
Selected Varieties, 1 Litre

7.99 ea

Children's Tylenol
Selected Varieties, 24 mL or 100 mL

8.99 ea

Baby Gourmet Organic Baby Food Purée
Selected Varieties, 128 mL

2 for $6

Vega All-In-One Nutrition Shake Powder
Plant-Based, Selected Varieties, 837g

54.99 ea

Tums Antacid Tablets
Selected Varieties, 72's or 100's

5.99 ea

PERSONAL CARE

Ogx Hair Care
Selected Varieties, 385 mL

9.99 ea

Old Spice Body Wash
Selected Varieties, 532 mL

7.99 ea

Garnier Micellar Water
Selected Varieties, 400 mL

11.99 ea

Dove Men+Care Antiperspirant
Selected Varieties, 76g

7.99 ea

Softsoap Hand Soap Refill
Liquid, Selected Varieties, 1.47 Litres

More REWARDS
EARN 800 POINTS

More REWARDS
EARN 1200 POINTS

Pears Bar Soap
Warehouse Pack, 12 x 75g

TM 2026 Make Happy Tummies

make happy tummies™

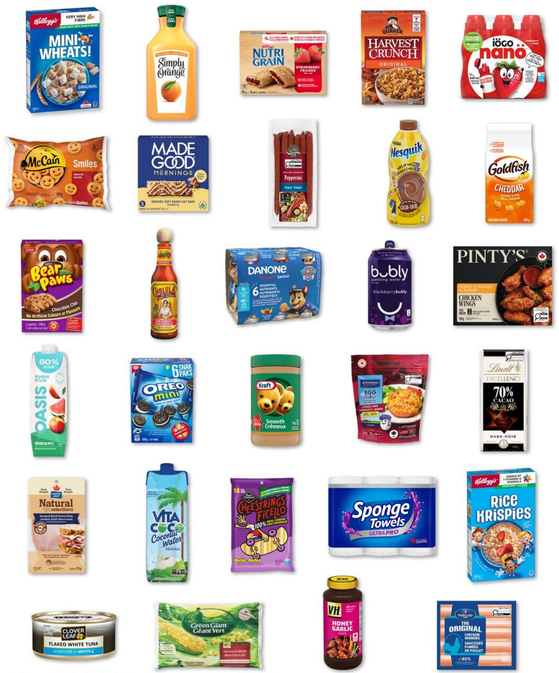
Join Us.

100% of donations help feed hungry tummies at schools in our neighbourhoods.

Donate in-store

makehappytummies.ca

Thank you to our Make Happy Tummies™ partners. Look for their products in store.



Products may be sold in a format other than as shown and/or may not be available at all stores.

Donation Match Days

April 4 and April 11

We'll match up to $15,000!

Buy-Low Foods and Nesters Market will donate up to a maximum of $7,500 on each of the Match Fund Days, April 4 and April 11, to a cumulative maximum total of $15,000. Participating Buy-Low Foods and Nesters Market stores only. For more information on the Make Happy Tummies™ campaign, please visit: makehappytummies.ca

BLBC

mystery gift

More REWARDS

Everyone gets a gift from 100 up to... One Million Points!

*Must be an active More Rewards member at least 7 days prior to start of promotion to receive the Mystery Gift offer.

How it works:

1. Load your mystery gift through MY OFFERS
2. Receive a gift between 100 and 1 Million Points when you shop during the promotion.
3. See the value at the bottom of your receipt.

LOAD YOUR GIFT!

BLBC