# save on foods

UNREAL DEAL on



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

**3.99 ea** First 1
**4.99 ea**
**Tri Coloured Peppers**
Canada or Mexico, 3-Pack

MY OFFERS
EXTRA UNREAL DEAL
LOAD DEAL




NEW DEAL. BEST PRICE. EVERY WEEK.



**4.99 lb**
**Pork Back Ribs**
Fresh, 11.00/kg

VERIFIED CANADIAN PORK
FOOD SAFETY • ANIMAL CARE • TRACEABILITY
FARM TO TABLE QUALITY ASSURANCE




ONLY WITH MY OFFERS
**6.99 ea** First 2
LOAD NOW

**7.99 ea**
**Organic Strawberries**
California, 2 lbs

# FRESH GOODNESS




BUY 2 GET 1 free*
*of equal or lesser value

**Western Family Prawns**
or Fish Portions, Selected Varieties, Frozen, 340g or 800g




**3.99 ea**
**Maple Leaf Bacon**
Sliced or Top Dog Wieners, 65g or 375g

# UPGRADE YOUR SALADS




MIX & MATCH BUY 1 GET 1 50% OFF

**Taylor Farms Chopped Salad Kit**
USA













pack of 6 **2.99**
**Western Family Everything Bagels**
Selected Varieties, Pack of 6

**3 for $7**
**Pepperidge Farm Goldfish Crackers**
Selected Varieties, 200g

**5.49 ea**
**Nestlé Frozen Novelties**
(4 x 140 mL) or Ice Cream (1.5 Litres), Selected Varieties

**10.99 ea**
**Cracker Barrel Cheese**
Selected Varieties, 740g




**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, April 9 to 15, 2026. Offers require use of More Rewards card. Selection & availability may vary by store.

# FRESH PICKS



**6.99 ea**

**Halos Mandarins**
California, 907g

## SWEET SNACKING

The perfect treat for a quick, refreshing pick-me-up any time of day!






**4.99 ea**

**Cauliflower**
USA



**3.99 ea**

**Inspired Greens Living Lettuce**
Canada

LUSH NATURAL CRISP




**6.99 ea**

**Mini Cucumbers**
Canada, 908 g



**6.99 ea**

**Honey Belle Pears**
Australia,
2 lb Bag




**3.99 ea**

**Western Family Nugget Potatoes**
Canada, 680g




**4.99 ea**

**Avalantino Tomatoes**
Canada

Del Monte Quality
MAGnificent



**1.69 lb**

**Mag Cantaloupe Melon**
Guatemala, 3.73/kg

## NEXT LEVEL SWEET



Try as your own sweet cup for smoothies or fruit salads.



**MAG.nificent Melons®** are sweeter, more succulent and beyond refreshing. A perfect pick every time!

# FRESH FROM THE TROPICS

ONLY WITH MY OFFERS
11.99 ea
First 1
LOAD NOW

12.99 ea
**Honey Mango**
Mexico, 5 lb Case







Extra-sweet, juicy, and less acidic than traditional varieties.

5.99 ea
**Honeyglow Pineapple**
Costa Rica

Rich, sweet, honey-like flavour with a smooth, velvety texture.



3 for $5
**Honey Mangoes**
Mexico

Papayas are known for their sweet, melon-like flavour and high quality flesh.



2 for $6
**Haden Mangoes**
Mexico



5.99 ea
**Papaya**
Hawaii



Covered in thorn-like spikes, this refreshing fruit is often described as a mix of cucumber, lime, kiwi and banana.

4.99 lb
**Dragon Fruit**
Vietnam, 11.00/kg



7.99 ea
**Kiwano Horned Melons**
USA
**WHILE QUANTITIES LAST.**



3.99 ea
**Star Fruit**
Taiwan
**WHILE QUANTITIES LAST.**




4.99 ea
**Young Coconut**
Vietnam
**WHILE QUANTITIES LAST.**



7.99 ea
**Tree Ripen Mango**
Peru

# FLORAL



**8.99 ea**

**Spray Mums**
Selected Varieties, Bunch



**11.99 ea**

**Terra Cotta Pot with Rope Detail**
4 Inch



**10.99 ea**

**Kalanchoe**
6 Inch

# FRESH MEAT

**3.99 lb**

**Whole Frying Chicken**
Fresh, 8.80/kg



## GOLDEN TENDER JUICY




**5.99 lb**

**Pork Butt Steak**
Fresh, Bone-In, Value Pack,
13.21/kg



**12.99 lb**

**Sirloin Tip Roast**
Fresh, 28.64/kg

AAA Western Canadian Beef




**$15 ea**

**Western Family Chicken Stir Fry Meal Kit**
875g

## HAPPY HOUR
**MONDAYS & TUESDAYS**
3pm – 6pm

### MARINATED CHICKEN KABOBS

Prepared in store daily using premium meats, our ready to cook kabobs are a delicious go-to.

**50% OFF**

AVAILABLE AT THE SERVICE MEAT COUNTER.



# TASTY DEALS






**6.99 ea**

**Maple Lodge Farms Chicken Frankfurters**
900g

ONLY WITH MY OFFERS
**7.99 ea**
First 3
LOAD NOW




**8.99 ea** **Schneiders Sausage Ring** Selected Varieties, 300g




**BUY 1 GET 1 free***

*of equal or lesser value

**Johnsonville Smoked Sausages** Selected Varieties, 375g




**13.99 ea**

**The Keg BBQ Pork Back Ribs** or Beef Burgers, Frozen, 680g or 700g




**3 for $9**

**Schneiders Lunch Mate** Selected Varieties, 90g or 120g




**14.99 ea**

**Western Family Burgers** Selected Varieties, Frozen




**BUY 1 GET 1 free***

*of equal or lesser value

**Olivieri Filled Pasta** or Sauce, Selected Varieties

# FRESH SEAFOOD





**3.99 100g**

**Steelhead Fillet**
Fresh



**3.29 100g**

**Ahi Tuna Steak**
Whole Loin or Steak, Frozen or Previously Frozen




**10.99 ea**

**Western Family Small Scallops**
80 to 150 Count, Frozen, 300g



**14.99 ea**




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

# LIGHT CRUNCHY IRRESISTIBLE

# FRESHLY BAKED



**11.99 ea**

**Raspberry Cheesecake**
Also Selected Varieties,
6 Inch, 600g



BAKED FRESH IN STORE

ONLY WITH MY OFFERS
pack of 6 3.99
First 4
LOAD NOW

pack of 6 4.99

**Apple Braided Strudels**
Selected Varieties,
Pack of 6



pack of 4 7.99

**Dessert Crêpes**
Selected Varieties, Pack of 4

MADE WITH REAL Cream

*Stack it, snack it, love it!*



BUY 1 GET 1 50% OFF

**Artisan Potato Bread**
Selected Varieties, 450g



**3.49 ea**

**Brioche Hamburger Buns**
(Pack of 4), Also Butterflake Rolls (Pack of 8)



**4.49 ea**

**Naan Bread**
Selected Varieties, 472g

# CRISPY, BUTTERY, HEARTY




2 for $6

**Western Family Garlic Baguette**
325g




pack of 12 3.79

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




**3.99 ea**

**Country**
**Farmhouse Bread**
Selected Varieties,
675g

**4.99 ea**

**Dempster's**
**Signature Buns**
Selected Varieties,
616g







pack of 6 3.79

**English Crumpets**
Buttermilk or Original,
Pack of 6



**5.49 ea**

**Western Family**
**Hand Panned Pizza Shells**
Selected Varieties, 585g



**6.99 ea**

**Two-Bite**
**Cinnamon Rolls**
340g

# PERFECTLY SLICED



*The perfect kick to your Chili Mac & Cheese!*

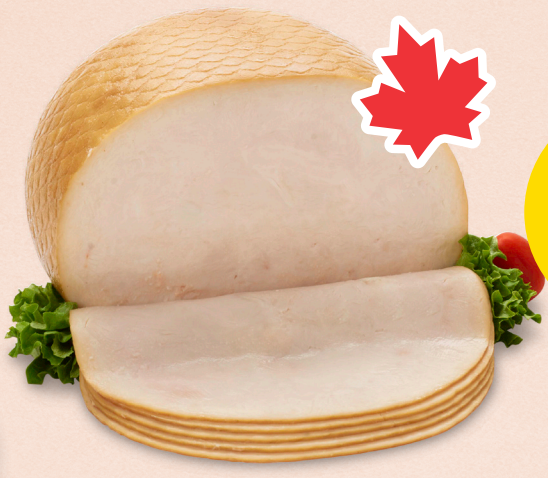
**3.49 100g**



CHEESE OF THE MONTH

**Hot & Spicy Gouda**





**3.49 100g**

**Oven Roasted Turkey Breast**
Cooked or Smoked




ONLY WITH MY OFFERS
**6.49 ea**
First 1
LOAD NOW

**6.99 ea**

**Saputo Cheese Slices**
Selected Varieties, 160g or 180g




**8.99 ea**

**Balderson Cheddar Cheese Portions**
Aged 2 Years, 126g

**3.99 100g**



**Roast Beef**
Regular or Garlic,
Fresh, Sliced in Store

# RICH NUTTY SAVOURY

*The perfect sub trio!*




**7.99 ea**

**Grimm's Submarine Pack**
or Pizza, 175g



**6.49 100g**

**Parmigiano Reggiano Cheese**
Cut & Wrapped in Store



**7.99 ea**

**Provolone Dolce Round Cheese**
Italy, 200g



**1.99 100g**

**Hummus**
Packaged in Store, Selected Varieties

# PEPPY DEALS






**30% off**

**Freybe Dry Pepperoni**
Selected Varieties, 500g



SCHNEIDERS EST. 1890

# SAVE $10

**WHEN YOU BUY ANY 2 SCHNEIDERS SMOKIES 900g**




**16.99 ea**

try our new signature platters

# YOU'RE GOING TO NEED A BIGGER TABLE.



Signature Grazing Board

Il Classico Platter

Deluxe Wrap & Croissant Platter

new

Party Platters

14.99 & up

## 27+ PLATTERS TO CHOOSE FROM

Please allow 48 hours for ordering.

# spring into HEALTHIER LIVING



**6.99 ea**

**Organic Kiwifruit**
Italy, 454g

*Wholesome, flavourful, and full of natural nutrients, fresh produce is a simple way to add more goodness to your plate this spring*



**6.99 ea**

**Organic Lemons**
California, 2 lbs



**3.99 ea**

**Organic Green Kale**
California



**3.99 ea**

**Organic Long English Cucumber**
Canada



**8.99 lb**

**Ground Turkey Breast**
Fresh, Value Pack, 19.82/kg

*Fuel your day with lean, nutrient-dense proteins that support strength, metabolism, and balanced living*




**8.99 lb**

**Only Goodness Pork Tenderloin**
Fresh, Whole, Raised without Antibiotics, 19.82/kg



**BUY 2 GET 1 free***

*of equal or lesser value

**Marinated Salmon Kabob**
Selected Varieties
Available in selected locations.



**6.29 ea**

**Marinated Chicken Breast**
Boneless, Skinless, Selected Varieties
Available at Meat Service Case.

*Whole grains provide steady, long-lasting energy thanks to natural fibre and essential nutrients*






**3.99 ea**

**Country Harvest 14 Grain Protein Bread**
No Preservatives, Selected Varieties, 600g




**6.99 ea**

**Little Northern Bakehouse Bagels**
Selected Varieties, 400g




**4.99 ea**

**Silver Hills Organic Multigrain Bread**
Also Selected Varieties, 430g or 680g




**6.99 ea**

**Oroweat Keto Tortillas**
246g



**7.99 ea**

**Deli Protein Snack Pack**
Selected Varieties




**10.99 ea**

**Rotisserie Chicken**



**3.49 100g**

**Black Forest Ham**
ROASTED IN STORE



**7.49 ea**

**Strawberry Spinach Salad**

save on foods KITCHEN

## Everyday foods that work harder for your health

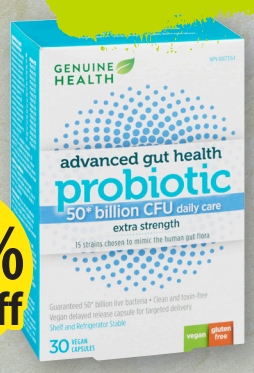
*Brought to you by Save-On-Foods registered dietitians.*

# FIND BALANCE

*Embrace spring with small, meaningful updates to your routine, such as boosting your protein intake, incorporating supplements, opting for wholesome snacks, or choosing non-alc swaps that support everyday balance.*




**Subi Greens Powder**
Selected Varieties, 280g




15% off

**Genuine Health Probiotics**
Selected Varieties, 30's




2 for $8

**Barebells Protein Bar**
Selected Varieties, 55g




7.49 ea

**Phillips Iota Craft Non-Alcoholic Beers**
Selected Varieties, 4 x 355 mL




3.99 ea

**Core Power Protein Drinks**
Selected Varieties, 414 mL




15% off

**Organika Enhanced Collagen**
Selected Varieties, 250g




7.99 ea

**Three Farmers Protein Snack Mix**
150g

# EVERYDAY ENERGY

*Simple, feel-good products made without over 150 artificial ingredients, giving you wholesome choices without compromising quality or taste.*




9.99 ea

**Only Goodness Organic Yogurt**
1.75 kg




7.49 ea

**Only Goodness Organic Fruit**
600g




**Only Goodness Baking Mix**
Allergen Free, Selected Varieties




6.99 ea

**Only Goodness Organic Peanut Butter**
500g




4.79 ea

**Only Goodness Oat Barista**
946 mL




25% off

**Only Goodness Supplements**
Selected Varieties

## Rooted in Renewal: Healthier Living

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

# SIP, SNACK & SAVE BIG




new

**Celsius Energy Drinks**
Selected Varieties, 4 x 355 mL

**9.99 ea**




**Athletic Non-Alcoholic Craft Beers**
(6 x 355 mL) or Olé Mocktails (4 x 355 mL), Selected Varieties




**18.99 ea**

**Maxwell House Coffee**
Selected Varieties, 864g or 900g




**7.49 ea**

**Fuze Iced Tea**
Also Peace Tea, 12 x 341 mL, Selected Varieties

**2 for $6**




**Quaker Crispy Minis**
or Rice Cakes, Selected Varieties, 90g or 100g




**25.99 ea**

**Van Houtte Coffee Pods**
Selected Varieties, 30's




**Doritos Tortilla Chips**
Value Size, Selected Varieties, 400g

**2 for $7**




**Go Go Squeez Apple Sauce Snack**
4 x 90g




**General Mills Cinnamon Toast Crunch Cereal**
(354g) or Honey Nut Cheerios (350g)




**8.99 ea**

**Red River Cereal**
908g




**2 for $4**

**SunRype Juice Blend**
Selected Varieties, 900 mL




**7.49 ea**

**Nutella Hazelnut Spread**
or Peanut, 725g

# SPOONFULS OF SAVINGS



**5.99 ea**




**Kellogg's Vector Cereal**
(550g) or Raisin Bran (600g)

**5.99 ea**




**Kellogg's Mini-Wheats Cereal**
650g

**9.49 ea**




**Kellogg's Jumbo Frosted Flakes Cereal**
(950g) or Froot Loops (825g)

**2 for $10**




**Kellogg's Special K Vanilla Almond Cereal**
(355g) or Vector Peanut Butter (306g)

**2 for $10**




**Kellogg's Frosted Flakes Cereal**
Less Sugar (338g) or Mini-Wheats, Low Sugar (450g)

# Discover A Bold New Flavour

FROM KraftHeinz




**Crave Entrée**
Selected Varieties, Frozen, 312g or 340g




2 for $7

**Heinz Mayonnaise**
Flavoured, 340 mL

3.99 ea

**Philadelphia Cream Cheese**
Selected Varieties, 227g or 250g




** Based on the 2026 BrandSpark Canadian Trust Study.*

5.49 ea

**Kraft Dinner Deluxe**
333g or 356g







2 for $7

**Bull's-Eye BBQ Sauce**
Also Diana, 425 mL or 500 mL

# STOCK UP & SAVE

western family

## COMPARE & SAVE BIG




**1.99 ea**

**Western Family Canned Tomatoes**
Selected Varieties, 796 mL




**2.49 ea**

**Aylmer Canned Tomatoes**
796 mL

**2 for $6**

**Catelli Pasta**
Selected Varieties, 340g or 375g




**3.49 ea**

**Kellogg's Nutri Grain Bars**
(295g), Also Pop Tarts (384g)







**9.49 ea**

**Mitchell's Soup Co. Dry Packaged Soup Mix**
Selected Varieties, 325g or 390g




**2.49 ea**

**Club House Recipe Mix**
Selected Varieties




**7.99 ea**

**Kraft Grated Parmesan Cheese**
250g




**6.99 ea**

**Stefano Faita Pasta Sauce**
or Alfredo, 648 mL or 405 mL

## WORLD OF SAVINGS




**8.99 ea**

**Premium White Basmati Rice**
8 lbs




**4.99 ea**

**Hungryy? Paneer Chilli Spring Rolls**
350g




**5.99 ea**

**Patak's Sauce**
400 mL

**1.49 ea**

**Nawon Coconut Water**
No Pulp, 500 mL





# STOCK UP AND SAVE




2 for $9

**Adams 100% Natural Peanut Butter**
500g




5.99 ea

**Smucker's Jam**
Selected Varieties,
500 mL or 310 mL




5.99 ea

**Jif Peanut Butter**
1 kg




4.99 ea

**Smucker's Uncrustables**
232g




11.99 ea

**Robin Hood Flour**
5 kg

# GREAT FOOD, CLEANER OCEANS.

oceanbrands.com

PROUDLY CANADIAN OWNED

Certified B Corporation

Plastic Neutral CleanHub






**Gold Seal Pink Salmon**
213g




2 for $6

**Ocean's White Albacore Tuna**
170g




3 for $5

**Ocean's Light Tuna**
170g




$3.99 ea

**Ocean's Tuna Salad Bowl**
160g




$4.99 ea

**Gold Seal Salmon Salad Bowl**
160g


western family
SPICE UP YOUR SPRING SIPS
GET YOUR LIMITED EDITION BEFORE IT'S GONE.
western family™
SPICED APPLE CIDER
LIMITED EDITION
1.89 L
UNFILTERED APPLE JUICE NOT FROM CONCENTRATE
NO ARTIFICIAL FLAVOURS OR COLOURS
NO SUGAR ADDED
2 for $5
Western Family Spiced Apple Cider
1.89 Litres

# NEW ARRIVALS

available at save on foods

**DISCOVER NEW SNACKS, TREATS AND PANTRY ESSENTIALS—BE THE FIRST TO GRAB THESE HOT FINDS.**

nourishing snack for active kids on the go

no artificial colours or flavours




2g of fibre per serving

**2.99 ea**

**Dare Bear Paws**
168g or 250g

# FUN IN EVERY BITE



western family

A bold, flavour-packed gummy mix that turns every snack into a chewy, colourful treat.




2$ for 5

**Western Family Gummies**
Selected Varieties, 180g

# western family™ SAVINGS




**Western Family Fruit**
Selected Varieties, Frozen, 1.5 kg




4 for $10

**Western Family Dipped Granola Bars**
(156g) or Chewy (157g)

4 for $7




**Western Family Canned Beans**
Selected Varieties, 540 mL

4.99 ea




**Western Family Salsa**
Selected Varieties, 650 mL




3.49 ea

**Western Family Greek Dip**
Selected Varieties, 227g




**Western Family Flour**
Selected Varieties, 2.5 kg




10.99 ea

**Western Family Honey**
1 kg or 750g




5.99 ea

**Western Family Vegetable Oil**
or Canola, 1.42 Litres




5.19 ea

**Western Family Raisin Bran Cereal**
(775g) or Corn Flakes (680g)




**Western Family Spring Water**
24 x 500 mL

2 for $6




**Western Family Canned Fruit**
398 mL

2.49 ea




**Western Family Potato Chips**
235g

# DAIRY

western family

## COMPARE & SAVE BIG







**5.99 ea**

**Western Family Greek Yogurt**
Selected Varieties, 750g

**6.99 ea**

**Liberté Greek Yogurt**
(750g) or Méditerranée (900g), Selected Varieties

**4.99 ea**




**Armstrong Shredded Cheese**
Selected Varieties, 320g

**4.69 ea**




**International Delight Coffee Whitener**
Selected Varieties, 946 mL

**7.49 ea**




**Western Family Cracker Cut Cheese**
Selected Varieties, 240g

**5.99 ea**




**Western Family Margarine**
850g

# FROZEN

**4.69 ea**




**Dr. Oetker Ristorante Pizza**
Selected Varieties, Frozen, 320g

**6.99 ea**




**Chapman's Premium Frozen Yogurt**
or Sorbet, Selected Varieties, 2 Litres or 6-Pack

**8.99 ea**




**Taste of Ukraine Perogies**
570g

**2$7 for**




**Pillsbury Pizza Pops**
380g

western family

## COMPARE & SAVE BIG







**3.49 ea**

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

**3.99 ea**

**McCain Premium French Fries**
Selected Varieties, Frozen, 650g

# SIP N' SAVE




4.99 ea

**Tropicana Orange Juice**
1.36 Litres




2$ for 9

**Tropicana Refreshers**
1.36 Litres




2$ for 9

**Pure Leaf Iced Tea**
1.75 Litres




7.99 ea

**Starbucks Cold Brew Coffee**
1.42 Litres







**10.99 ea**

**Olympic Organic Kefir**
(2 Litres) or Yogurt (1.75 kg)




**4.49 ea**

**Olympic Organic Yogurt**
650g




**11.99 ea**

**Olympic Organic Greek Yogurt**
4% M.F. Plain,
1.75 kg




**4.99 ea**

**Olympic Greek Yogurt**
650g




**4.99 ea**

**Olympic Organic Sour Cream**
500 mL

# BULK



**Royal Mixed Nuts**
Salted, Selected Varieties



**Jelly Belly Jelly Beans**
Selected Varieties



**1.19 100g**

**Gummy Candy**
Selected Varieties




**8 for $6**

**Bulk Coffee Pods**
Selected Varieties



**1.49 100g**

**Olympic Trail Mix**
Also Selected Varieties




**7.99 ea**

**Royal Nuts Walnuts**
Raw, 240g




**10.99 ea**

**Royal Nuts Oven Roasted Cashews**
or Deluxe Mixed Nuts, 350g




**6.99 ea**

**Poptastic Buttah for Days Popcorn**
or Spicy Canadian Cheddar, 400g

# NATURAL




9.99 ea

**Plant Up Appetizers**
Selected Varieties, 288g




5.49 ea

**Chickapea Pasta**
227g



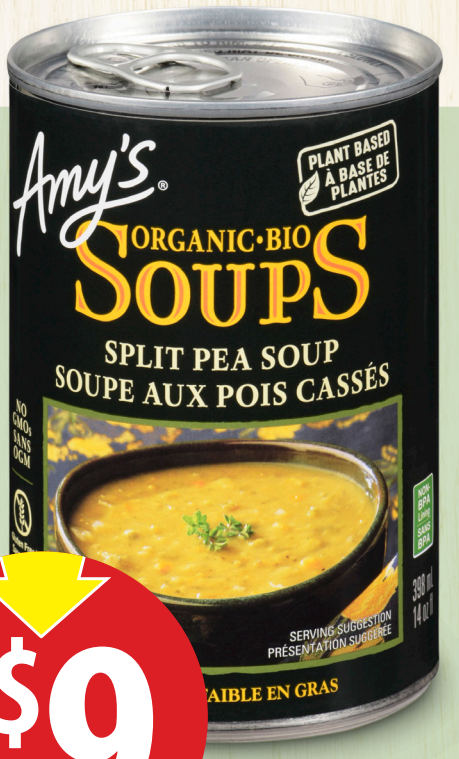

11.99 ea

**Billio Non-Dairy Dessert**
1 Litre




6.99 ea

**Zevia Soda**
Zero Sugar,
Selected Varieties,
6 x 355 mL




2 for $9

**Amy's Soups**
Selected Varieties,
398 mL



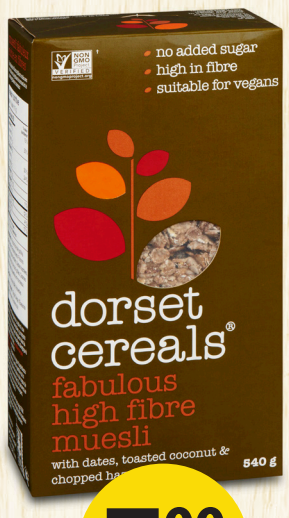

7.99 ea

**Genuine Tea**
**Organic Tea**




9.99 ea

**Kettle & Fire Broth**
454 mL




7.99 ea

**Dorset Cereals Muesli**
560g




7.49 ea

**Remedy Kombucha**
4 x 330 mL

3.49 ea

**Calbee Harvest Snaps**
94g







4.99 ea

**Earth's Own Barista**
Oat or Almond, 946 mL




3.99 ea

**Que Pasa Organic Taco Shells**
130g




9.99 ea

**Only Goodness Cauliflower Crust Pizza**
Frozen, 330g or 500g




3.49 ea

**Only Goodness Organic Rice Cakes**
140g




5.99 ea

**Only Goodness Organic Oats**
Rolled or Quick,
1 kg




19.99 ea

**Only Goodness Organic Whole Bean Coffee**
Selected Varieties, 400g



# SWEET DEALS




**20% off**

**Wholesome Organic Icing Sugar** (454g) or Raw Cane Sugar (680g)




**20% off**

**Wholesome Organic Brown Sugar** 680g




**20% off**

**Wholesome Organic Coconut Sugar** (454g) or Blue Agave Syrup (480 mL)




**11.99 ea**

**Swerve Sugar Replacement** 340g




**11.99 ea**

**Swerve Brown Sugar** 340g

# HEALTH & WELLNESS

13.99 ea

**Boost Nutritional Supplement Drink**
Selected Varieties, 6 x 237 mL







15% off

**PVL Supplements**
Selected Varieties




12.49 ea

**Simply Protein Shakes**
Selected Varieties, 4 x 330 mL




29.99 ea

**Robax Platinum**
Also Robaxacet Extra Strength, 40's or 60's




19.99 ea

**Flonase Allergy Relief Nasal Spray**
60's




20% off

**Systane Eye Drops**
Selected Varieties




5.99 ea

**Joni Organic Tampons**
or Pads,
Selected Varieties




13.99 ea

**Western Family Pain Relief**
Selected Varieties



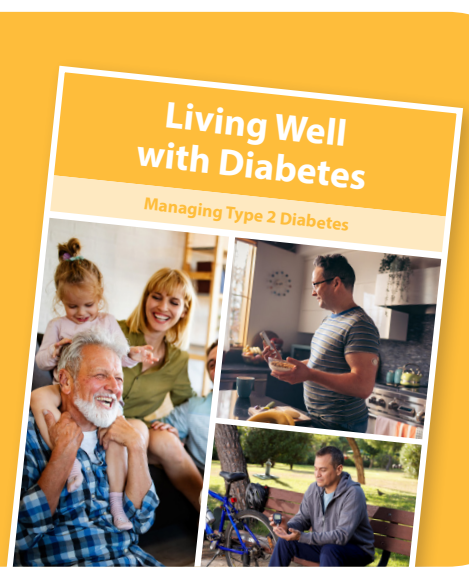

25% off

**Florastor Probiotic**
Selected Varieties

# Living well with Diabetes

Our pharmacists can help you manage your diabetes with personalized advice on medications, blood glucose monitoring, nutrition, and goal setting. Book a consultation and pick up your **FREE** Managing Diabetes Guide today!

LEARN MORE




# BABY CORNER




24.99 ea

**Royale Premium Diapers**
Selected Varieties




8.99 ea

**Huggies Natural Care Wipes**
Selected Varieties, 3 x 56's




35.99 ea

**Pampers Baby Dry Diapers**
Selected Varieties




5 for $12

**Baby Gourmet Baby Food Purée**
Selected Varieties, 128 mL Pouch




7.99 ea

**Sudocrem Diaper Rash Cream**
125g




21.99 ea

**Diaper Genie Refills**
3-Pack

# PERSONAL CARE




5.99 ea

**Tresemmé Hair Care**
Also L'Oréal Hair Expertise (375 mL), Selected Varieties




10.99 ea

**Dove Body Wash**
Also Olly, 710 mL or 769 mL




9.99 ea

**Lubriderm Lotion**
(710 mL), Also Secret Clinical (45g)




14.99 ea

**L'Oréal Preference Hair Colour**
Also Phillip Adam Hair Care (355 mL)




20% off

**Billie Shave Products**
Selected Varieties




20% off

**Nivea Face Care**
Also Eucerin Skin Care, Selected Varieties

# SMILE MORE, SPEND LESS




**4.99 ea**

**Sensodyne Toothpaste**
Selected Varieties, 100 mL

**9.99 ea**

**Polident**
Selected Varieties



# CLEAR DEALS









**30.99 ea**

**Claritin Tablets**
(50's), Also Aerius Allergy Relief (40's), Selected Varieties

# FAST RELIEF, EFFECTIVE SAVINGS



**15.99 ea**

**Advil Liqui-Gels**
(50's), Also Voltaren Emulgel (100g), Selected Varieties

# FRESH SAVES



**1.99 ea**




**Softsoap Liquid Hand Soap**
221 mL

**4.99 ea**




**Softsoap Body Wash**
Also Irish Spring, 591 mL

**3.99 ea**




**SpeedStick Deodorant**
(85g), Also Softsoap Liquid Hand Soap (332 mL)

**7.99 ea**




**Softsoap Liquid Hand Soap Refill**
(1.47 Litres), Also Irish Spring Bar Soap (6 x 104g)

**10.99 ea**




**Tom's of Maine Deodorant**
92g

# HOUSEHOLD SAVES




**10.99 ea**

**Tide Pods**
Also Gain Flings, 31's




**19.99 ea**

**Tide Laundry Detergent**
Liquid, 3.9 Litres




**6.99 ea**

**Bounce Dryer Sheets**
120's




**5.99 ea**

**Western Family Kitchen Bags**
30's or 48's




**2$10 for**

**Clorox Disinfecting Wipes**
(75's), Also Pine-Sol (1.41 Litres)

**11.99 ea**




**Drano Max Gel Clog Remover**
2.3 Litres

**25% off**




**Energizer AA Batteries**
Also Selected Varieties, 4-Pack or 8-Pack




**2.99 ea**

**Dawn Ultra Liquid Dish Soap**
431 mL or 502 mL




**Alcan Aluminum Foil**
Selected Varieties, 35 Feet or 100 Feet

More REWARDS
FREE WITH 5700 POINTS REDEEMED
or **8.99 ea**

More REWARDS
REDEEM 2900 POINTS & PAY
**1.99 ea**




**Western Family Freezer Bags**
Selected Varieties

More REWARDS
REDEEM 3000 POINTS & PAY
**3.99 ea**




**Rubbermaid TakeAlongs Containers**
Selected Varieties

**3.99 ea**




**Febreze Air Mist**
(230g) or Bathroom Air Freshener (7.5 mL), Selected Varieties

# SPRING INTO DEALS



**24.99 ea**

**Solar Acrylic Crystal Chandelier**



**19.99 ea**

**Art Glass Mushroom Hummingbird Feeder**
9.4 Inch



**10.99 ea**

**Solar Wind Wobbler Lights**
2-Pack



**13.99 ea**

**Blue Glass Hummingbird Feeder**
10.4 Inch

# NOVEL SAVINGS

BUY 3 GET 1 free* Magazines

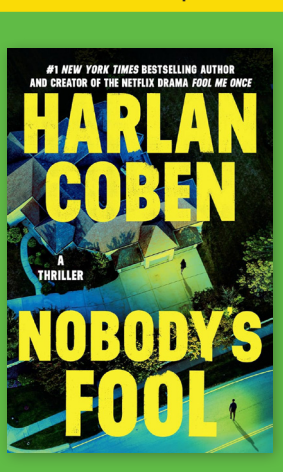



*of equal or lesser value



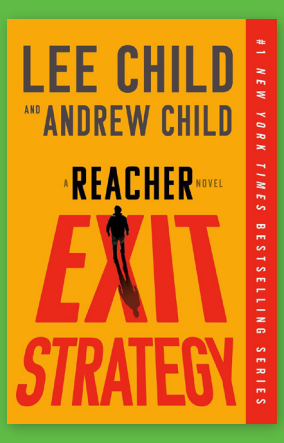

**$3 off** when you buy 2 Greeting Cards

**25% off**



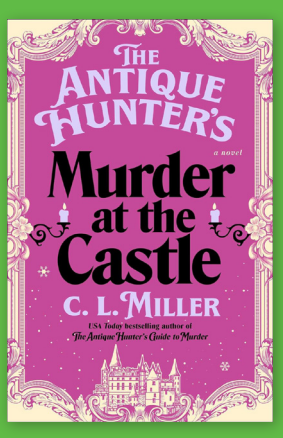

**Nobody's Fool**
Regular Retail 25.99 ea

**25% off**




**Exit Strategy**
Regular Retail 27.99 ea

**25% off**




**The Antique Hunter's Murder at the Castle**
Regular Retail $26 ea

YOU COULD

# WIN

1 OF 3 $10,000 VIP TRIPS

TO THE STANLEY CUP FINAL 2026

PLUS DAILY PRIZES OF GIFT CARDS & MORE!

FindAndWin.ca




**Purex Bathroom Tissue**
8=16 Rolls




**7.99 ea**

**Bonterra Bathroom Tissue**
(9 Rolls) or Paper Towels
(3=6 Rolls)




**8.49 ea**

**Scotties Facial Tissue**
6-Pack




**6.99 ea**

**Sponge Towels**
**Paper Towels,**
3=6 Rolls

NEW & IMPROVED FORMULA

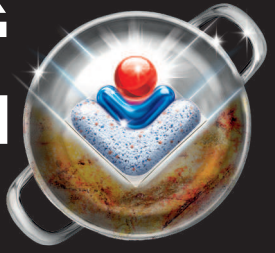
finish

# 50% MORE CLEANING POWER




**Finish Quantum Ultramax Dish Tabs**
30's

## TRY OUR BEST CLEAN






24.99 ea

**Finish Quantum Ultramax Dish Tabs**
68's




22.99 ea

**Finish Quantum Ultramax Dish Tabs**
60's

# PAWSITIVELY GREAT DEALS




**12.99 ea**

**Iams Proactive Health Dry Cat Food**
1.59 kg




**8.99 ea**

**Caledon Farms Natural Dog Treats**
110g or 265g




**10 for $9**

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




**30% off**

**Western Family Cat Litter**
Selected Varieties




**20% off**

**Western Family Dry Dog Food**
Selected Varieties




**16.99 ea**

**Churu Lickable Cat Treats**
20's




**15.99 ea**

**Nature's Recipe Dry Dog Food**
1.8 kg




**6.99 ea**

**Western Family Signature Dog Treats**
Selected Varieties, 198g




*Minimum spend required. Customers who redeem their My Mega Deal offer receive more points in addition to More Rewards base points. One My Mega Deal offer per household per promotional period.

# CELEBRATE Vaisakhi

## with South Asian Flavours
ਵਿਸਾਖੀ ਦੀਆਂ ਲੱਖ ਲੱਖ ਵਧਾਈਆਂ

**Little India Basmati Rice**
8 lbs

**6.99 ea**




**Divya Sharbati Chakki Fresh Atta**
20 lbs

**8.99 ea**







**7.99 ea**

**Wagh Bakri Premium Pot Tea Bags**
216's

**Sundar Gur Shakkar**
Raw Sugar, 1 kg

**3.99 ea**




**Pachranga's Pickle**
1 kg

**2.99 ea**




**Teja Gachak**
400g

**2.99 ea**




**Lehar Mustard Oil**
5 Litres

**19.99 ea**




**Maggi Masala Noodles**
70g

**3 for .99**







**Divya Brown Sugar**
8 lbs

**6.49 ea**




**Sher Besan Chana Flour**
4 lbs

**4.99 ea**




**Verka White Sugar**
10 lbs

**7.99 ea**




**Teja Mango Juice**
1 Litre

**.99 ea**




**Verka Desi Ghee**
2.5 kg

**34.99 ea**







**.99 ea**

**LU Cookies**
107.1g

**Casablanca Classics Coconut Water**
520 mL

**1.19 ea**




**Verka Beans**
or Lentils, Selected Varieties, 8 lbs

**7.99 ea**



# CELEBRATE Vaisakhi

## with South Asian Flavours
ਵਿਸਾਖੀ ਦੀਆਂ ਲੱਖ ਲੱਖ ਵਧਾਈਆਂ

**Lehar Sweets**
1 lb

**15% off**




**Nanak Paneer**
341g

**4.99 ea**







**6.99 ea**

**Hungryy Cheese & Jalepeno Cocktail Samosa**
450g




**7.49 ea**

**Lehar Veggie Burger Patty**
640g

**Vij's Masala Spring Rolls**
Frozen, 424g

**5.49 ea**




**Nanak Dahi Plain Yogurt**
Dairy, 750g

**3.49 ea**







**8.99 ea**

**Nanak Mango Rasmalai**
or Plain, Frozen, 850g

**Gia Naturals Naan**
Selected Varieties, 400g

**2.99 ea**




**Verka Cookies**
Egg-Free, Selected Varieties, 2.5 lbs

**5.49 ea**




**Sundar By Western Family Naan**
Selected Varieties, 500g

**2.49 ea**




**Maya Foods Bakery Snacks**
100% Eggless, 454g

**4.49 ea**




**Fresho Kulcha**
Egg-Free, 331g

**2.99 ea**




**Yellow Onions**
No. 1 Grade, USA, 25 lbs

**9.99 ea**




**Roma Tomatoes**
Mexico, 3.95/kg

**1.79 lb**



**Garlic**
China, 1 kg

**4.99 ea**



**1.49 lb**



**Ginger Root**
China, 3.28/kg

save on foods

**AVAILABLE AT THE FOLLOWING SAVE-ON-FOODS STORES:**

**TERRACE**
4731 Lakelse Avenue,
Terrace

**SPRUCELAND**
555 Central Street,
Prince George