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



4.99 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

first of the season, West Coast

wild Halibut fresh

Pan, oven, or grill—it's an easy win!



6.99 100g

AVAILABLE NOW!

OCEAN WISE RECOMMENDED / RECOMMANDÉ

Halibut Fillet
Fresh, Wild, Skin-On

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!

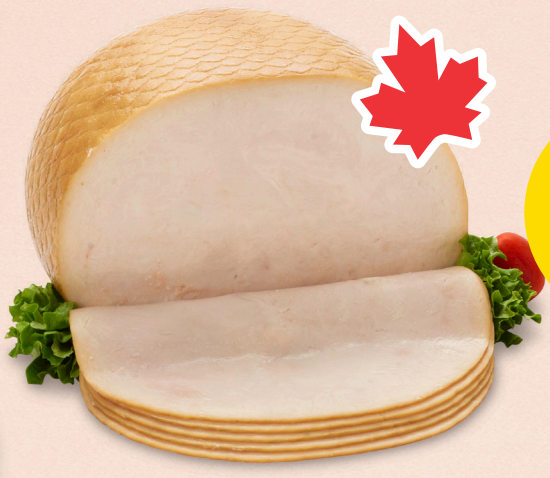
3.49 100g



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



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



8.99 lb

Ground Turkey Breast
Fresh, Value Pack, 19.82/kg

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

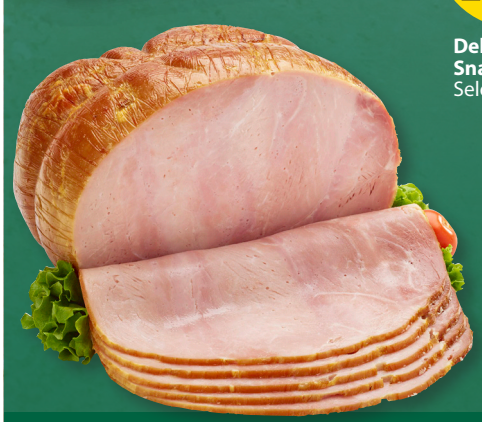
save on foods **KITCHEN**



More REWARDS
REDEEM 4000 POINTS & PAY

10.99 ea

Rotisserie Chicken



3.49 100g

Black Forest Ham

ROASTED IN STORE



7.49 ea

Strawberry Spinach Salad

Everyday foods that work harder for your health

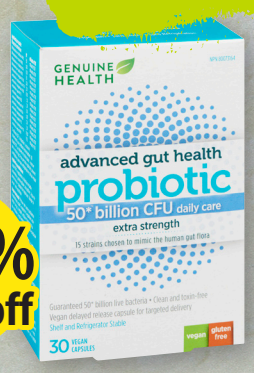
Brought to you by Save-On-Foods registered dietitians.

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



20% 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



20% 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



6.99 ea

Only Goodness Organic Fruit
600g



Only Goodness Baking Mix
Allergen Free, Selected Varieties



5.99 ea

Only Goodness Organic Peanut Butter
500g



4.79 ea

Only Goodness Oat Barista
946 mL



30% 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$6 for



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$7 for



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$4 for

SunRype Juice Blend
Selected Varieties, 900 mL



7.49 ea

Nutella Hazelnut Spread
or Peanut, 725g

SPOONFULS OF SAVINGS



5.49 ea



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

5.49 ea



Kellogg's Mini-Wheats Cereal
650g

8.99 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)





8.99 ea

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



1.99 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

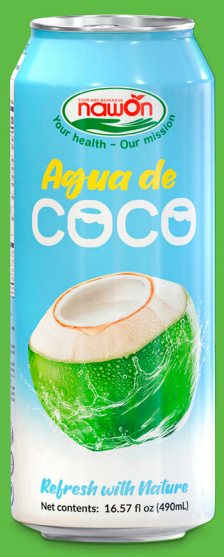


5.99 ea

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



9.99 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)

3 for $5



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



Western Family Spring Water
24 x 500 mL



5.19 ea

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

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

4.49 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 for $6



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$9 for

Tropicana Refreshers
1.36 Litres



2$9 for

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



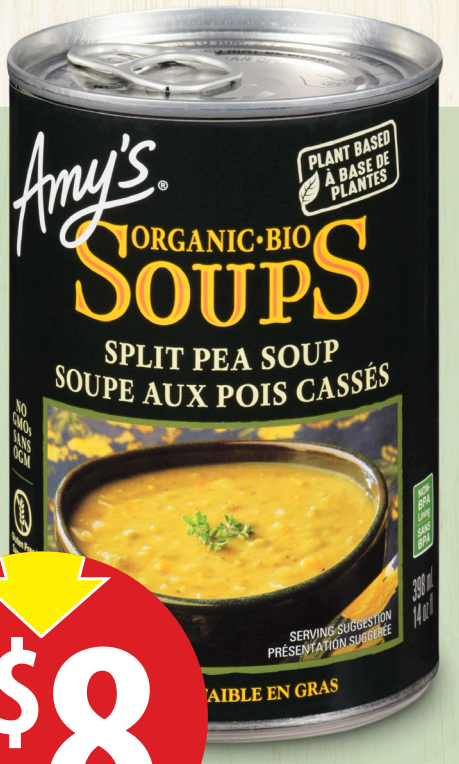
11.99 ea

Billio Non-Dairy Dessert
1 Litre



6.49 ea

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



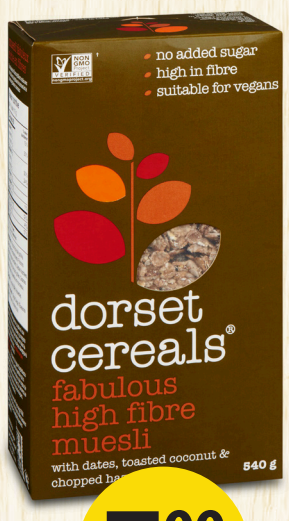
2 for $8

Amy's Soups
Selected Varieties,
398 mL



7.99 ea

Genuine Tea
Organic Tea



7.99 ea

Dorset Cereals Muesli
560g



9.99 ea

Kettle & Fire Broth
454 mL



6.99 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



4.99 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 Brown Sugar
680g





20% off

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





20% off

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



11.99 ea

Swerve Sugar Replacement
340g



11.99 ea

Swerve Brown Sugar
340g

HEALTH & WELLNESS

12.99 ea

Boost Nutritional Supplement Drink
Selected Varieties, 6 x 237 mL





20% off

PVL Supplements
Selected Varieties



11.99 ea

Simply Protein Shakes
Selected Varieties, 4 x 330 mL



29.99 ea

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



18.99 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



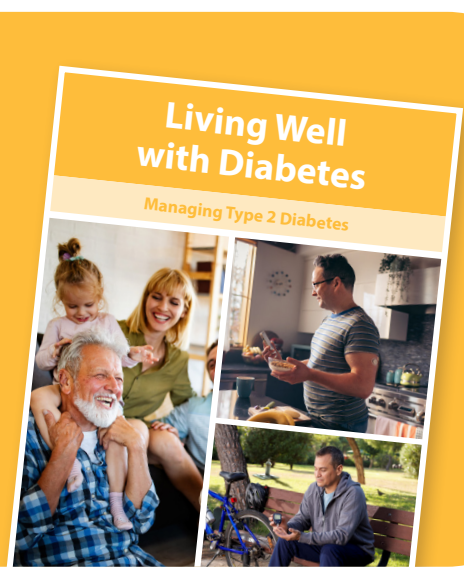
25% off

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







29.99 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)

6.99 ea



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

9.99 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$ for 10

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

10.99 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



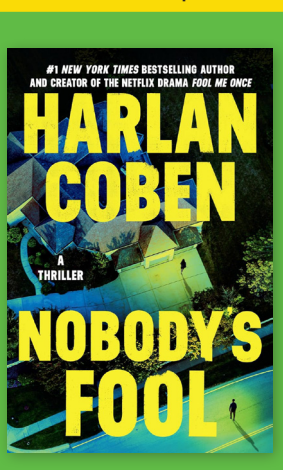
*of equal or lesser value



$3 off when you buy 2 Greeting Cards

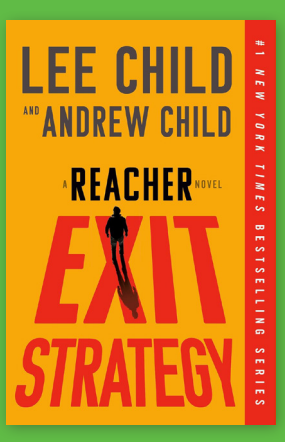
25% off

Nobody's Fool
Regular Retail 25.99 ea



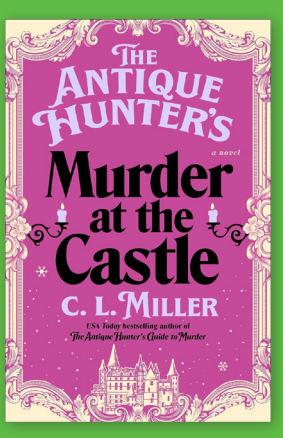
25% off

Exit Strategy
Regular Retail 27.99 ea



25% off

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



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WIN

1 OF 3 $10,000 VIP TRIPS

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PLUS DAILY PRIZES OF GIFT CARDS & MORE!

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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

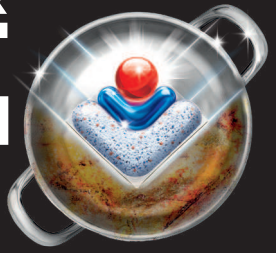
finish

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

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

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EXPLORE A WORLD OF SPECIALTY MEAT



Pork Shoulder Butt Roast
Fresh, Boneless, 13.21/kg
5.99 lb



$11 ea
Chicken Drumsticks
Value Pack



4.99 lb
Chicken Thighs
Fresh, Value Pack, 11.00/kg



5.29 lb
Tandoori Chicken Leg & Thigh
Selected Varieties, 11.66/kg



2.99 lb
Tilapia
Cleaned, Previously Frozen or Frozen, 6.59/kg



6.49 ea
Blue Mussels
Frozen, 454g



4.99 lb
Milkfish
Frozen, 11.00/kg

EXPLORE A WORLD OF PRODUCE



6.99 ea
Golden Kiwi
Italy, 454g



4.99 ea
Honeycrisp Apples
BC or USA, 3 lb Bag

Yellow Asian Pears
China, 3.73/kg
1.69 lb





3.99 lb
Gai Lan Mui
USA or Mexico, 8.80/kg



2.49 lb
Long Eggplant
Mexico, 5.49/kg

Yellow Onions
No. 1 Grade, USA, 25 lbs
9.99 ea





5.99 lb
Long Hot Chili
Mexico or Canada, 13.21/kg

EXPLORE A WORLD OF BAKERY



5.99 ea
Kumare Ube Cheese Pandesal
610g



7.99 ea
Kumare Pan De Siosa
or Ube, 420g



6.99 ea
Verka Cream Rolls
300g



24.99 ea
Egg-Free Bakery Cake
Selected Varieties, 4 x 8 Inch

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EXPLORE A WORLD OF FLAVOUR

OVER 3000 INTERNATIONAL PRODUCTS INCLUDING SOUTH ASIAN, FILIPINO, ASIAN & MORE.

INTERNATIONAL MARKET · WORLD FLAVOURS

A TASTE OF ASIA



2.29 ea

Aroy-D Coconut Milk
400 mL



5.49 ea

Asian Family Sweet Chili Sauce
750 mL



2.19 ea

Squid Brand Fish Sauce
300 mL



4.49 ea

Lee Kum Kee Hoisin Sauce
443 mL



3.69 ea

Indomie Mi Goreng Noodles
Regular or Spicy, 5 x 85g



6.49 ea

Dan-D Pak Rice Cracker
454g



3.49 ea

Thai Coco Coconut Water
1 Litre

A TASTE OF THE PHILIPPINES



2.49 ea

Super Q Golden Bihon
454g



4.99 ea

UFC Filipino Style Spaghetti Sauce
or Tomato, 1 kg



5.99 ea

Datu Puti Soy Sauce & Vinegar
Value Pack, 2 x 1 Litre



18.99 ea

Golden Panda Jasmine Milagrosa Rice
8 kg



.99 ea

Regent Cheese Ring
or Golden Sweet Corn Snack, 60g



3.99 ea

Suncrest Fudgee Barr
39g



2.99 ea

Mogu Mogu Drink
1 Litre

A TASTE OF SOUTH ASIA



15.99 ea

Sher Fiber Wala White Whole Wheat Atta Flour
20 lbs



9.49 ea

Teja Brown Sugar
8 lbs



15.99 ea

Nanak Pure Desi Ghee & Clarified Butter
800g



7.99 ea

Sher Everyday Basmati Rice
8 lbs



1.99 ea

Haldiram Snacks
150g



1.99 ea

MDH Spices
Selected varieties, 100g



4.99 ea

Nanak Paneer
341g

A1(918)