save on foods

# fresh feasts for a HOPPY EASTER

UNREAL DEAL on

**12.99 ea**
**Tuxedo Truffle Mousse Cake**
Also Selected Varieties, 650g




**10.99 ea** First 1 | **12.99 ea**
**Mitchell's Heritage Bacon**
1 kg

MY OFFERS
EXTRA UNREAL DEAL
LOAD DEAL

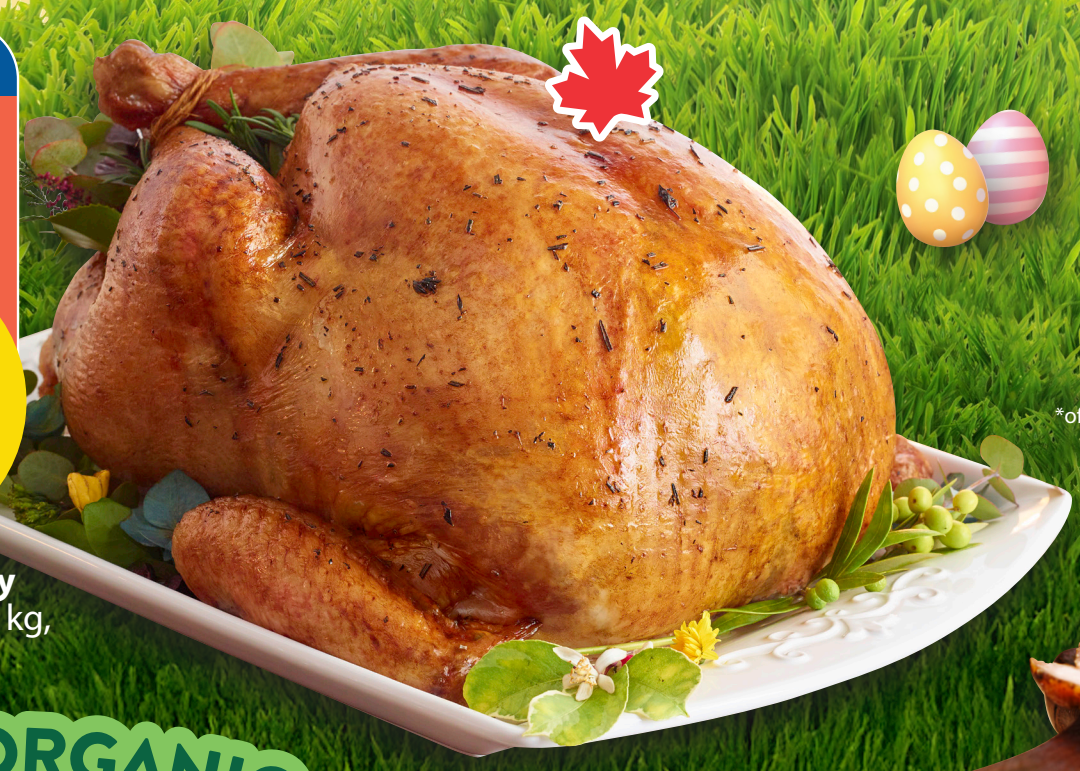



NEW DEAL. BEST PRICE. EVERY WEEK.




**4.99 ea**
**Honeyglow Pineapple**
Costa Rica

More REWARDS
FREE WITH 23,000 POINTS REDEEMED
or
**2.99 lb**



**Grade A Turkey**
Fresh, 5 kg to 8 kg, 6.59/kg

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

**Pork Shoulder Butt Roast**
Fresh, Boneless




ORGANIC BERRY BURST



MIX & MATCH
BUY 1 GET 1 50% OFF

**Organic Strawberries**
California, 1 lb

**Organic Raspberries**
Mexico or USA, 1 Pint

**1.99 lb**
**Brussel Sprouts**
Mexico or USA, 4.39/kg






**13.99 ea**
**Western Family Signature Prawn Platter**
with Sauce, Frozen, 454g

**3.99 ea**



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

Buy 3+
**1.49 ea**




**Coca-Cola Soft Drinks**
Also Canada Dry, Selected Varieties, 2 Litres

**3.99 ea**




**Chapman's Premium Ice Cream**
Also Novelties, Selected Varieties, 500 mL or 8 x 150 mL

**4.99 ea**




**Western Family Shredded Cheese**
Selected Varieties, 320g

mystery gift
More REWARDS

Gifts from 100 up to...
One Million Points!

LOAD MY OFFERS

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

Maple leaf indicates products of Canada and products made in Canada. See actual items for details.
Prices effective Thursday to Wednesday, April 2 to 8, 2026. Offers require use of More Rewards card. Selection & availability may vary by store.

Wk14-A1

# EASTER FEAST

## and eats you can't resist

Make this special holiday a breeze with a large selection of delicious essentials.



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

**Western Family Ham**
Butt or Shank Portion, Also Cook's, 6.59/kg



BUY 2 GET 1 FREE
western family Appetizers






13.99 ea

**Whipped Cheesecake**
Selected Varieties, 6 Inch




**Butterflake Rolls**
Pack of 8

pack of 8 3.49





**Hot Cross Buns**
Pack of 12

pack of 12 6.99

**Vietnamese Noodle Salad**

1.99 100g



**Broccoli Salad**

2.29 100g

save on foods KITCHEN

**Broccoli Crowns**
USA, 6.59/kg

2.99 lb



## bunny approved HOLIDAY HELPERS




3 for $4
**Kraft Stove Top Stuffing Mix**
120g




2 for $6
**Western Family Vegetables**
Selected Varieties, Frozen, 750g




2.79 ea
**Fresh Herbs**
USA, 20g




3 for $6
**Campbell's Broth**
(900 mL) or Condensed (250 mL), Selected Varieties




2 for $5
**Dole Pineapple**
398 mL




4 for $5
**Club House Gravy Mix**
Dry, Selected Varieties, 21g or 25g




2 for $5
**Ocean Spray Cranberry Sauce**
348 mL




5.69 ea
**Club House Spices**
Selected Varieties

# HUNT FOR DEALS









**8.99 ea**

**Lindt Gold Bunny**
or Lindor Chocolates, Selected Varieties, 100g or 120g




**4.99 ea**

**Lindt Chocolate Mini Eggs**
100g




**9.99 ea**

**Ghirardelli Caramel Easter Bunnies**
(117g), Also Lindt Truffles (150g), Selected Varieties

**6.99 ea**




**Lindt Gold Milk Chocolate Bar**
120g

**12.99 ea**




**Lindt Kissing Bunnies**
100g

**WHILE QUANTITIES LAST.**

spring into fresh

# PRODUCE

## SWEET SPRING SIDE

Mash roasted sweet potatoes with a dab of butter for an instantly festive side.



**1.99 lb**

**Yams**
USA, 4.39/kg



**2.99 lb**

**Broccoli Crowns**
USA, 6.59/kg



**6.99 ea**

**Russet Potatoes**
Canada or USA, 10 lb bag




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

**3.99 ea**

**Smiley's Tearless Onions**
USA, 3 lb Bag

# SPRING FRESH BITES

**1.99 lb**

**Assorted Squash**
Mexico, 4.39/kg



**3.99 lb**

**Red Grapes**
Chile, 8.80/kg

**19.99 ea**

**Western Family Veggie Tray**
Large, USA, Mexico or Guatemala, 1.6 kg




**3.49 ea**

**Organic Rainbow Carrots**
California



**3.99 ea**

**Organic Bunch Beets**
USA

**3.99 ea**

**Organic Radishes**
California

# FRESH TO THE ROOTS

**Organic carrots, beets and radishes** share a naturally earthy sweetness, satisfying crunch, and vibrant colours that hint at the nutrients inside. Enjoy them raw, roasted, pickled or juiced.

beautiful spring

# BLOOMS



**32.99 ea**

**European Bouquet**



**14.99 ea**

**Sweet Petite Arrangement**



**52.99 ea**

**Gemstone Wave Orchid**
5 Inch
**WHILE QUANTITIES LAST.**

# premium MEATS



**19.99 lb**

AAA Western Canadian Beef

**Prime Rib Roast**
Fresh, AAA, 44.07/kg



**8.99 lb**

WAREHOUSE PACK
SUPER SAVINGS

**Chicken Breast**
Fresh, Boneless, Skinless, Warehouse Pack, 19.82/kg




BUY 2 GET 1 free*

*of equal or lesser value

**Johnsonville Sausages**
Selected Varieties, 375g or 500g

*Stuffed turkey—hearty and perfect for the holiday table!*



More REWARDS
FREE WITH 13,000 POINTS REDEEMED
or $20 ea

**Boneless Turkey Breast Roast**
Fresh, 1 kg or 1.2 kg

FESTIVE INDULGENT RICH




More REWARDS
FREE WITH 5500 POINTS REDEEMED
or 10.99 ea

**Hot Buffalo Dip**
400g




More REWARDS
FREE WITH 19,000 POINTS REDEEMED
or 5.99 lb

**Western Family Signature Half Ham**
Fresh, 13.21/kg



**BUY 1 GET 1 free***

*of equal or lesser value




**Grimm's Naturally Smoked Sausage**
Selected Varieties, 300g




**9.99 ea**

**Schneiders 4-Cheese Spinach Dip**
Also Buffalo Chicken, Frozen, 530g




**5.99 ea**

**Schneiders Juicy Jumbos**
or Smoked Sausages, Selected Varieties, 375g or 450g




**10.99 ea**

**Maple Leaf Pork Tenderloin**
or Natural Pulled Pork, 400g or 450g




**9.99 ea**

**Maple Leaf Prime Breaded Chicken**
Selected Varieties, Frozen, 568g or 700g




**11.99 ea**

**High Liner Signature Cuts Cod Fillets**
Frozen, 425g or 540g

first of the season, West Coast

# wild Halibut fresh

*Pan, oven, or grill—it's an easy win!*



**5.99 100g**

**AVAILABLE NOW!**

*Weather Permitting*

OCEAN WISE RECOMMENDED / RECOMMANDÉ

**Halibut Fillet**
Fresh, Wild, Skin-On

# FRESH SEAFOOD



**4.99** 100g

**Wild Sockeye Salmon Fillet**
Previously Frozen and Frozen

*An alternative Easter dinner idea!*






**11.99** ea

**Western Family Argentine Prawns**
Wild, Also Marinated, Frozen, 340g



**10.99** ea




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

# LIGHT CRUNCHY IRRESISTIBLE

**13.99** ea




**Aqua Star Tempura Shrimp**
31 to 40 Count, Frozen, 500g

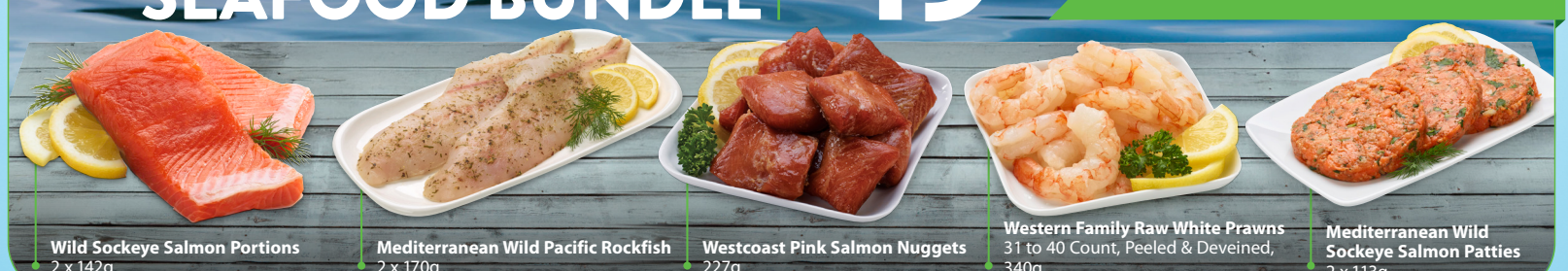
NEW!

## WESTCOAST SEAFOOD BUNDLE

WAS $59
**$49**

Save big on pre-portioned seafood, already boxed for convenience. Ready to cook or store in your freezer.

**PREORDER YOURS TODAY!**



**Wild Sockeye Salmon Portions** 2 x 142g

**Mediterranean Wild Pacific Rockfish** 2 x 170g

**Westcoast Pink Salmon Nuggets** 227g

**Western Family Raw White Prawns** 31 to 40 Count, Peeled & Deveined, 340g

**Mediterranean Wild Sockeye Salmon Patties** 2 x 113g

# hoppin' fresh BAKERY




pack of 12 **3.49**

**Dinner Rolls**
White or 100% Whole Wheat, Pack of 12




**5.99 ea**

**Cinnamon Buns**
Iced or Uniced, 480g

*Wake up to Easter magic in every swirl.*




**2.49 ea**

**White Bread**
or 100% Whole Wheat, Sliced, 567g




**.99 ea**

**Danish Butterhorns**
40g




**3.99 ea**

**Chocolate Croissants**
(Pack of 4) or Mini Croissant (Pack of 12)




pack of 6 **3.99**

**Everything Bagels**
Also Selected Varieties, Pack of 6

# LIGHT, AIRY, DELICIOUS

ONLY WITH MY OFFERS
pack of 6 **2.49**
First 4
LOAD NOW

pack of 6 **2.99**




**Western Family English Muffins**
Selected Varieties, Pack of 6




**3.49 ea**

**Western Family Wraps**
Selected Varieties, 568g

**2 for $7**




**Villaggio Italian White Bread**
(510g) or Crustini (528g)

**9.99 ea**




**Strawberry Rhubarb Pie**
Gluten-Free, Also Selected Varieties, 675g

pack of 20 **5.49**




**Dinner Rolls**
Pack of 20
**WHILE QUANTITIES LAST.**

pack of 12 **4.99**




**King's Hawaiian Buns**
Pack of 12

pack of 6 **3.99**




**Bakestone Brothers Pita Bread**
Selected Varieties, Pack of 6

# decadent desserts that TAKE THE CAKE




## STRAWBERRY SHORTCAKE

A three layer white cake filled with whipped cream, custard, strawberries, and glaze. Finished with whipped cream, strawberries, glaze, and a white chocolate garnish.

**23.99 ea**



## CHOCOLATE GANACHE

Decadent chocolate cake layers filled and frosted with smooth chocolate buttercream, all finished with a luxurious pour of silky chocolate ganache.

**22.99 ea**




## BLACK FOREST CAKE

This is a favourite classic! Delicate chocolate sponge cake with whipped cream and cherry filling.

**24.99 ea**

## FRUIT FLAN

A light sponge cake filled with custard and topped with fresh fruit and glaze.







## FRUIT & WHIPPED CREAM CAKE

A delightfully light sponge cake topped with fresh fruit and real cream.

**23.99 ea**

quality
# DELI

*A trio of Italian classics for effortless entertaining.*



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

**9.99 ea** new

**Italian Salami Trio**
or Bavarian, Sliced in Store




**9.99 ea**

**Alexis de Portneuf Double Crème Brie Cheese**
or Camembert, 300g



**2.99 100g**

**Old Fashioned Ham**
Winnipeg, MB, Selected Varieties



**30% off**

**Bothwell Cheddar Cheese**
Selected Varieties




**13.99 ea**

**Western Family European Selection**
or Italian, 175g

**3.99 100g**

**Gouda Cheese**
Aged 13 Weeks, Cut & Wrapped in Store, Netherlands



TASTY FRESH SAVOURY

*Creamy, tangy and totally celebration-ready.*



**3.99 100g**

**Castello Blue Cheese**
Denmark



**2.99 100g**

**Maple Lodge Chicken**
Brampton, ON, Selected Varieties



**2.99 100g**

**Mixed Olives**

## DELI-CIOUS SAVINGS






**6.49 ea**

**Boursin Cheese**
Selected Varieties, 150g




**6.99 ea**

**Kaukauna Cheese Balls**
Sharp or Smoky, 170g




**6.99 ea**

**Port Salut Cheese**
150g

try our new signature platters

# YOU'RE GOING TO NEED A BIGGER TABLE.



Signature Grazing Board



Deluxe Wrap & Croissant Platter



Il Classico Platter

new

Party Platters

14.99 & up

## 27+ PLATTERS TO CHOOSE FROM

Please allow 48 hours for ordering.

# SPRING INTO FLAVOUR

## KITCHEN

Welcome to a new season of flavour. Our vibrant spring salads bring together crisp textures, bright colours, and delicious ingredients to celebrate the best of the season.



**MACARONI SALAD**
A stylish version of macaroni salad with cheddar cheese, julienne carrots, red bell pepper strips and sour cream.

**1.79** 100g



**2.29** 100g

**BROCCOLI CARBONARA**
Featuring creamy garlic pasta, this salad is a rich, savoury blend of crisp-tender broccoli and perfectly cooked pasta.



**BACKYARD BBQ COLESLAW**
Finely chopped green cabbage tossed with a sweet mayonnaise-based dressing and a savoury kick from a hint of horseradish.

**2.19** 100g



**1.99** 100g

**SOUTHWEST CHIPOTLE ROTINI SALAD**
Creamy, colourful on a classic pasta salad. Tender rotini pasta is mixed with bell peppers, onions, beans and sweet corn.

# 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. *Photos 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



# SIP & SNACK SAVINGS

western family

## COMPARE & SAVE BIG




**5.79 ea**

**Western Family Sparkling Water**
Selected Varieties, 12 x 355 mL




**6.49 ea**

**Bubly Sparkling Water**
Selected Varieties, 12 x 355 mL




**10.99 ea**

new

**Balzac's Premium Coffee**
Roast & Ground, Selected Varieties, 300g




**9.99 ea**

**Olé Mocktails**
(4 x 355 mL), Also Not Guilty Non-Alcoholic Wine (750 mL), Selected Varieties




**15% off**

**Western Family Nut Mix**
Selected Varieties, 454g




**4.49 ea**

**Miss Vickie's Potato Chips**
Kettle Cooked, Also Smart Food Popcorn, 200g or 190g




**2 for $7**

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




**2 for $6**

**Christie Ritz Crackers**
180g

## WAKE UP TO DEALS




**Buy 3+ $3 ea OR 3.99 ea**

**Leclerc Go Pure Bars**
Selected Varieties, 140g or 175g




**9.99 ea**

new

**Illy Premium Coffee**
K-Cups or Nespresso Pods, Selected Varieties, 10's




**2 for $8**

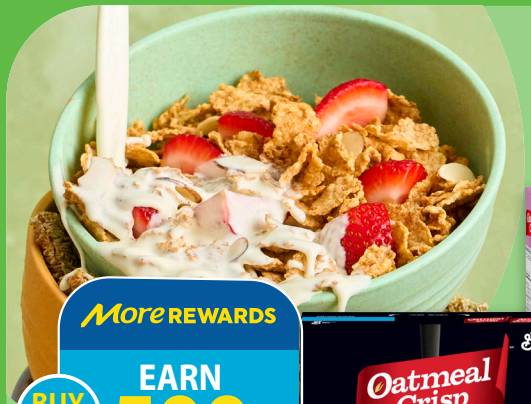
**Quaker Life Cereal**
(450g), Also Cap'n Crunch (350g)




**2 for $9**

**Pearl Milling Company Pancake Syrup**
or Pancake & Waffle Mix, 710 mL or 905g

# PURE SNACK MAGIC



More REWARDS
BUY 2
EARN 500 POINTS

5.99 ea







**General Mills Oatmeal Crisp Protein Cereal**
(455g) or Triple Berry (570g), Selected Varieties




5.99 ea

**General Mills Cheerios** (570g) or Cinnamon Toast Crunch (591g)




2 for $6

**Pillsbury Pizza Pops**
Frozen, 380g




3 for $9

**Nature Valley Lunch Box Granola Bars**
130g




3 for $9

**Nature Valley Trail Mix Granola Bars**
175g

# POWER YOUR DAY




**26.99 ea**

**McCafé Premium Coffee Pods**
Selected Varieties, 30's




**11.99 ea**

**McCafé Premium Roast Coffee Pods**
Selected Varieties, 12's or 10's




**38.99 ea**

**McCafé Premium Roast Coffee Pods**
Selected Varieties, 48's




**14.99 ea**

**McCafé Premium Roast Coffee**
Selected Varieties, 300g or 340g

western family

# COMPARE & SAVE BIG




1.49 ea

**Western Family Canned Vegetables**
341 mL or 398 mL




1.79 ea

**Green Giant Canned Vegetables**
341 mL or 398 mL

# PANTRY DEALS




4 for $7

**Knorr Sidekicks**
136g or 167g




3.99 ea

**Cream of Wheat Cereal**
(800g) or Instant (12's)

# SAVE ON BAKING




BUY 1 GET 1 free*

*of equal or lesser value

**Crisco Shortening**
454g




4 for $5

**Kraft Jelly Powder**
Selected Varieties,
85g




3.99 ea

**Windsor Fine Sea Salt**
or Coarse, Selected Varieties,
500g




2 for $10

**E.D. Smith Pie Filling**
(540 mL) or Pure Pumpkin (796 mL)

# A WORLD OF SAVINGS




8.99 ea

**Sundar By Western Family Premium Basmati Rice**
8 lbs




8.99 ea

**BonLife Sunflower Oil**
3 Litres




**Old El Paso Dinner Kit**
(340g) or Salsa (650 mL),
Selected Varieties




2.99 ea

**Taco Bell Sauce**
Selected Varieties, 207 mL

Knorr



VISIT KNORR.COM
FOR RECIPES!




5.99 ea

**Knorr Concentrated Bouillon**
(250 mL) or Flavour Base (311g)




2 for $4

**Knorr Vegetable Soup Mix**
or Pasta Cup,
40g or 73g




2 for $6

**Knorr Soup Mix**
(69g) or Bouillon
Cubes (4-Pack)




4 for $6

**Knorr Turkey Gravy Mix**
or Hollandaise
Sauce Mix,
30g or 26g

HELLMANN'S




2 for $8

**Hellmann's Chipotle Sauce**
or Real Mayonnaise,
340 mL or 445 mL







6.99 ea

**Maison Perrier Sparkling Water**
Selected Varieties, 8 x 330 mL



2 for $4

**Maison Perrier Sparkling Water**
Also San Pellegrino, Selected Varieties, 1 Litre




6.99 ea

**Maison Perrier Sparkling Water**
Selected Varieties, 6 x 500 mL




10.99 ea

**Maison Perrier Sparkling Water**
Also San Pellegrino, 6 x 1 Litre




7.99 ea

**Maison Perrier Chic Mocktails**
Selected Varieties, 4 x 250 mL

# DAIRY

western family

## COMPARE & SAVE BIG

**3.79 ea**




**Western Family Cream Cheese**
Selected Varieties, 250g

**3.99 ea**




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

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

**4.29 ea**




**Western Family Whipped Cream**
Aerosol, 225g

**6.49 ea**




**Simply Lemonade**
2.25 Litres

**3.99 ea**




**Becel Plant-Based Butter**
Selected Varieties, 427g or 454g

**2.99 ea**




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

# FROZEN

**4.69 ea**




**Western Family Rising Crust Pizza**
720g

**4.99 ea**




**Western Family Fruit**
Frozen, 600g

**4.99 ea**




**Iögo Frozen Yogurt**
(4 x 80 mL), Also Nestlé Drumstick Ice Cream (946 mL)

**2.99 ea**




**Western Family Hashbrowns**
800g

**2 for $6**




**Western Family Waffles**
Selected Varieties, Frozen, 280g

**3 for $5**




**Green Giant Simply Steam Vegetables**
Frozen, 250g

NEW!

CRACKER BARREL

BOLD CHEDDAR TASTE.
AGED TO PERFECTION.










**5.99 ea**

**Cracker Barrel Shredded Cheese** (320g) or Signature 1 Year Cheddar (340g)




**8.99 ea**

**Cracker Barrel Cheese** (600g), Also Kraft Parmesan Shredded Cheese (200g)




**5.99 ea**

**Black Diamond CheeStrings** (336g) or Cheese Slices (825g)




**4.99 ea**

**Cracker Barrel Cheese Slices** (240g) or Snack Cheese (168g)

**7.99 ea**




**Lactantia Butter** (454g), Also Parkay Margarine (1.36 kg)

DANONE
ONE PLANET. ONE HEALTH

# The perfect morning snack






**6.49 ea**

**Danone Activia Yogurt**
Selected Varieties, 12 x 100g




**6.79 ea**

**Danone Oîkos Yogurt**
Selected Varieties,
650g or 750g




**2 for $7**

**Danone Activia Yogurt**
(650g) or
Expert (4 x 100g)




**3.99 ea**

**Oîkos Greek Yogurt**
(4 x 100g) or Extra Creamy (4 x 95g)




**2 for $6**

**Oîkos Pro Yogurt**
(300 mL) or
Danino
(6 x 93 mL)

# Easter BULK essentials



**1.89 100g**

**Milk Chocolate Eggs**



**2.99 100g**

**Kit Kat Hide Me Eggs**



**1.99 100g**

**Hershey's Eggies**

**1.99 100g**

**Whole Natural Almonds** or Baking, Selected Varieties



**2.49 100g**

**Cashews** Selected Varieties




**7.99 ea**

**Wonderful Pistachios** No Shell, Selected Varieties, 170g or 155g




**13.49 ea**

**NaturSource Nut Mix** Selected Varieties, 500g




**25% off**

**Redland Farms Chocolate Almonds** Also Selected Varieties, 600g

# NATURAL




20% off

**Simply Organic Spices**
Selected Varieties

11.99 ea




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




5.99 ea

**ChocXO Dark Chocolate Cups**
or Snaps, 98g




3.99 ea

**Rise Organic Kombucha**
414 mL




2 for 6

**Sensible Portions Veggie Straws**
142g




2 for $5

**RXbar Protein Bar**
Selected Varieties, 52g




11.99 ea

**Lundberg Organic Rice**
907g

9.99 ea




**Peace River Honey**
500g




8.99 ea

**Kind Bars**
(5 x 40g) or Minis (200g)




4.49 ea

**Pacific Foods Hearty Soup**
(440 mL) or Chili (486g)




10.99 ea

**Flourish Protein Pancake Mix**
Selected Varieties, 430g




8.99 ea

new

**Daiya Pizza**
Selected Varieties, Frozen




15% off

**Only Goodness Compostable Plates**
or Bowls, Selected Varieties




More REWARDS
FREE WITH 1750 POINTS REDEEMED
or
2.99 ea

**Only Goodness Plant-Based Ultra Liquid Dish Soap**
532 mL

3.99 ea

**Only Goodness Bamboo Dinner Napkins**
200's







7.99 ea

**Only Goodness Compostable Food Waste Bags**
10's

# SIMPLY MAC-NIFICENT



**2$5 for**




**Annie's Pasta**
Selected Varieties, 170g

**2$5 for**




**Annie's Vegan Mac & Cheese**
or Gluten-Free Rice Pasta, 170g




**6.99 ea**

**Annie's Fruit Snacks**
(198g), Also Lärabar Energy Bar (5 x 48g)

**2$7 for**




**Annie's Organic Homegrown Crackers**
213g




**4.99 ea**

**Annie's Organic Cereal**
260g or 289g

# POPPED TO PERFECTION






**3.99 ea**

**Angie's Boom Chicka Pop Popcorn**
(198g) or Puffs (170g)




**4.99 ea**

**Angie's Boom Chicka Pop Microwave Popcorn**
(4-Pack), Also Glutino Chocolate Wafers (130g)




**6.99 ea**

**Earth Balance Buttery Flavour Spread**
(425g), Also Glutino Creme Cookies (300g)




**8.99 ea**

**Glutino Pretzel Twists**
(400g), Also Gardein Supreme Meal, Frozen (417g)




**2 for $3**

**Angie's Boom Chicka Pop Sea Salt Popcorn**
(35g) or Sweet & Salty Kettle Corn (64g)

BUILT WITH PURPOSE

# CLIF BUILDERS PROTEIN

## LOW SUGAR

## GREAT TASTE, HIGH PROTEIN.

5g OF SUGAR
NO ARTIFICIAL SWEETENERS

PREPARED IN PRÉPARÉ AU CANADA






2$ for 5

**Clif Builders Protein Bar**
Selected Varieties, 56g




12.99 ea

**Clif Bar Sport Bars**
10's




7.99 ea

**Clif Bar Sports Bars**
5-Pack




2$ for 4

**Clif Bar Sport Bar**
Selected Varieties, 68g




5.99 ea

**Clif Bar Minis Bars**
5 x 28g

# HEALTH & WELLNESS




**Webber Naturals Vitamins**
Also Sesame Street, Selected Varieties

**25% off**




**11.99 ea**

**Blume SuperBelly Hydration Powder**
Selected Varieties, 7 x 4g




**15% off**

**AOR Vitamins**
Selected Varieties




**18.99 ea**

**Western Family Allergy Relief**
Selected Varieties, 30's or 48's




**14.99 ea**

**Aleve**
Also Voltaren Cream, Selected Varieties




**20% off**

**Children's Allergy Relief**
Tablets (10's) or Liquid (100 mL), Selected Varieties

**Band Aid Bandages**
Selected Varieties

**6.49 ea**







**17.99 ea**

**Depend Adult Care**
Also Poise, Selected Varieties




**25% off**

**Natural Toothpaste**
Selected Varieties




**20% off**

**Gum Oral Care Products**
Selected Varieties

## Take Control of your Diabetes

Ask for the **CONTOUR®NEXT GEN** or **CONTOUR®NEXT ONE** blood glucose meter: Allows you to apply more blood to the same test strip within 60 seconds. Ask your pharmacist for your free* meter today with the purchase of **CONTOUR®NEXT** test strips (100's).

*See pharmacist for details. Some restrictions may apply.




LEARN MORE

# BABY CORNER






**Huggies Mega Colossal Diapers**
Selected Varieties

**37.99 ea**




**Pampers Wipes**
Selected Varieties, 336's or 504's

**19.99 ea**




**26.99 ea**

**Pull-Ups Training Pants**
Selected Varieties




**27.99 ea**

**Similac Go & Grow Step 3 Milk Powder**
850g




**2 for $5**

**Simply Gourmet Crunchers**
Also Puffies, 32g




**7.99 ea**

**Melii Compartment Snackle Box**
2-Pack

# CLEAN SAVES




**5.99 ea**

**Dove Personal Care**
Selected Varieties, 45g or 355 mL




**8.99 ea**

**OGX Hair Care**
Also Aveeno Lotion, Selected Varieties, 385 mL




**Every Man Jack Body Wash**
(500 mL) or Deodorant (85g)

**7.99 ea**




**Method Hand Soap**
Liquid, Also Herbal Essences, 300 mL or 354 mL

**3.99 ea**




**Batiste Dry Shampoo**
(350 mL), Also Excellence Hair Colour

**14.99 ea**




**20% off**

**Neutrogena Face Care**
Also Cetaphil, Selected Varieties

# SMALL STEP. BIG SMILE.




**7.99 ea**

**Listerine Mouthwash**
Selected Varieties




**5.99 ea**

**Listerine Pocket Packs**
or Kids Smart Rinse, Selected Varieties

# STOCK UP & SAVE




**6.99 ea**

**Purex Bathroom Tissue**
12=24 Rolls
or 8=24 Rolls




**23.99 ea**

**Bounty Paper Towels**
8=24 Rolls




**6.99 ea**

**Glad Kitchen Garbage Bags**
28's or 52's




**14.99 ea**

**Tide Pods**
Also Gain, 42's

More REWARDS
FREE WITH 2600 POINTS REDEEMED
or
**3.99 ea**




**Ziploc Freezer Bags**
or Sandwich, Selected Varieties, Family Pack




**15.99 ea**

**Cascade Complete Dishwasher Tabs**
(45's) or Platinum Plus (30's)

**40% off**




**Method Multi Surface Cleaner**
Selected Varieties, 828 mL




**20% off**

**Handi-Foil Foilware**
Selected Varieties

More REWARDS
REDEEM 1600 POINTS & PAY
**2.99 ea**




**Western Family Aluminum Foil**
Selected Varieties

More REWARDS
FREE WITH 6300 POINTS REDEEMED
or
**10.99 ea**




**Swiffer Mopping Refills**
or Duster, Selected Varieties, 24's




**15% off**

**Air Wick Aircare**
Selected Varieties




More REWARDS
FREE WITH 4000 POINTS REDEEMED
or
**6.99 ea**

**Western Family Parchment Paper**
or Wax

# PURR-FECT DEALS




**29.99 ea**

**Iams Dry Dog Food**
6.8 kg




new

**10.99 ea**

**Friskies lil'Lickables Purée Cat Treats**
20's




**9.99 ea**

**Purina Beggin' Strips**
Also Dentalife, Selected Varieties, 708g




**7.99 ea**

**Whiskas Dry Cat Food**
2 kg

# NOVEL SAVINGS

**BUY 3 GET 1 free* Magazines**

*of equal or lesser value





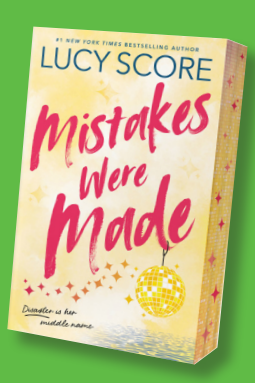


**25% off**

**Secrets of the Starlit Sea**
Regular Retail 25.99 ea




**The Violin Maker's Secret**
Regular Retail 25.99 ea




**Mistakes Were Made**
Regular Retail 29.99 ea




**Everyone In This Bank is a Thief**
Regular Retail 26.99 ea

western family™

# EARN MORE POINTS

More REWARDS

Find great prices and EARN more points on Western Family products.




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

More REWARDS BUY 2 EARN 250 POINTS




**Western Family Evaporated Milk**
354 mL

More REWARDS BUY 2 EARN 400 POINTS




**Western Family Canned Beets**
398 mL

More REWARDS BUY 2 EARN 300 POINTS




**Western Family Exquisita Salsa**
Selected Varieties, 430 mL

More REWARDS BUY 2 EARN 700 POINTS




**Western Family Quick Oats**
or Old Fashioned, 2.25 kg

More REWARDS BUY 2 EARN 700 POINTS




**Western Family Black Olives**
398 mL

More REWARDS BUY 2 EARN 550 POINTS

# GET MORE FREE

Redeem points to get your favourite products for FREE.




**Western Family Apple Sauce**
Unsweetened, 620 mL

More REWARDS FREE WITH 2750 POINTS REDEEMED




**Western Family Flour**
Selected Varieties, 5 kg

More REWARDS FREE WITH 6100 POINTS REDEEMED




**Western Family Juice**
Selected Varieties, 1 Litre

More REWARDS FREE WITH 1750 POINTS REDEEMED




**Western Family Free-Range Eggs**
Dozen

More REWARDS FREE WITH 4600 POINTS REDEEMED




**Western Family Dipped Granola Bars**
(172g) or Chewy (157g)

More REWARDS FREE WITH 1600 POINTS REDEEMED




**Western Family Cooking Spray**
141g or 170g

More REWARDS FREE WITH 3750 POINTS REDEEMED

SAVE ▸ EARN ▸ FREE ▸ REPEAT

save on foods

MILLION DOLLAR SCORE AND WIN

# BUY ANY 4 & EARN 2000 More REWARDS POINTS

## Plus earn 50 BONUS ENTRIES in Score and Win




**Mott's Clamato Juice**
Selected Varieties,
1.89 Litres




**Maple Leaf Prime Chicken Breast**
Fresh, Boneless,
Skinless, Family Pack




**Campbell's Chunky Soup**
515 mL




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




**Giuseppe Pizza**
Selected Varieties, Frozen

Shop with your More Rewards card to participate. Limit 2 promotional offers.



# 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!**

# CELEBRATE Vaisakhi

## with South Asian Flavours
## ਵਿਸਾਖੀ ਦੀਆਂ ਲੱਖ ਲੱਖ ਵਧਾਈਆਂ




**14.99 ea**

**Sher Desi Style Durum Atta**
20 lbs

**10.99 ea**

**818 Premium Basmati Rice**
8 lbs







**1.49 ea**

**Maggi Masala Noodles**
Family Pack, 280g

**2 for $3**

**Kurkure Masala Munch Snacks**
or Chilli Chatka, 115g




**3.49 ea**

**Casablanca Butter Cookies**
454g




**3 for $8**

**Tasty Bite**
285g




**10.99 ea**

**Gia Roasted Cashews**
or Mix Nuts, 454g




**12.49 ea**




**India's Own Jumbo Samosa**
Frozen, 1.4 kg




**4.99 ea**

**KFI Cooking Sauce**
Selected Varieties,
375 mL




**2.49 ea**

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




**2 for $8**

**The Spice Tailor**
285 mL




**3.49 ea**

**Teja Roasted Peanuts in Shell**
800g




**3.49 ea**

**Tre Stelle Paneer**
300g




**2 for $4**

**Del Monte Exotic Fruit Juice**
1 Litre or 960 mL




**3 for $9**

**Ben's Original Bistro Express Rice**
Selected Varieties,
240g or 250g







**Buy 2+**

**7.49 ea**

**Coca-Cola Soft Drinks**
Also Fuze Iced Tea,
Selected Varieties,
12 x 355 mL

# 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:**

NEWTON
FLEETWOOD
NORDEL CROSSING
SCOTTSDALE CENTRE
HIGHGATE VILLAGE
IRONWOOD
SOUTHPOINT
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