



Monthly Specials

May

Sale Prices In Effect May 6 – June 2, 2022

4/\$5

Campbell's Top 4 Soups

Cream of Mushroom, Vegetable, Tomato or Chicken Noodle. 284 mL.



2/\$11

Chapman's Ice Cream or Novelties

Select Varieties. Ice Cream 2 Litre. Novelties 440 - 1400 mL. Frozen.

4/\$5

Scotties Facial Tissue

Select Varieties. 2 Ply 126's or 3 Ply 88's.



2/\$5

Nestle Chocolate

Select Varieties. Tablets or Cello. 95 - 130 g.



2/\$7

Dole Fruit Bowls

Select Varieties. 428 mL or 492 g.



4.49

Simply Juices or Beverages

Or Gold Peak Iced Tea. Select Varieties. 1.54 - 1.75 Litre.



99¢

Peace Teas

Select Varieties. 695 mL.

Look for the



symbol that identifies product throughout the store.

COMPARE THE SAVINGS!

Grocery



2⁹⁹ Kraft Miracle Whip
Regular or Light. 475 mL.



3⁴⁹ Heinz Burger or Aioli Sauces
Select Varieties. 355 mL.



2⁶⁹ French's Prepared Yellow Mustard
400 mL.



5⁴⁹ French's Ketchup
1.5 Litre.



3¹⁹ McIlhenny Tabasco Sauce
Select Varieties. 57 mL.



2⁴⁹ Compliments Salad Dressing
Or Compliments Balance. Select Varieties.
475 mL.



2⁹⁹ Bick's Sweet Green Relish
Squeeze. 500 mL.



1⁴⁹ Compliments White Vinegar
1 Litre.



3⁷⁹ Jif Peanut Butter
Or Jif to Go 250 g.
Select Varieties. 500 g.



4⁹⁹ Made Good Rice Cereal
Select Varieties. 284 g.



7⁹⁹ Beemaid Honey
Select Varieties. 500 g.



5⁹⁹ Hormel Real Bacon Bits
100 g.



6⁹⁹ Promise Gluten Free
Breads
Select Varieties. 400 - 480 g.



2/\$5 Clover Leaf Smoked
Oysters
or Mussels. Select Varieties. 85 g.



1⁹⁹ Clover Leaf Sardine
Fillets
Select Varieties. 106 g.



3/\$5 Brunswick Seafood
Snacks
Or Sardines. Select Varieties.
92 - 100 g.



2/\$3 Compliments Flaked
Meat
Ham, Chicken or Turkey Flakes.
156 g.



4⁴⁹ Pam Cooking Spray
Select Varieties. 141 - 170 g.



2/\$5 Club House Grinders
Select Varieties. 24 - 60 g.



2⁹⁹ Bush's Refried Beans
Select Varieties. 398 mL.



3⁹⁹ Kraft Cracker Barrel
Macaroni & Cheese
Select Varieties. 349 g.



2⁹⁹ Kinnikinnick Gluten Free
All Purpose Flour Blend
Or Cake Mix. Select Varieties.
450 - 500 g.



2⁷⁹ Campbell's Chunky
Soup or Chili
Select Varieties. Chunky Soup
540 mL. Chili 425 g.



8⁹⁹ Folgers Coffee
Or K Cups 96 - 108 g.
Select Varieties. 642 - 975 g.



2⁹⁹ Minute Maid, Nestea or
Five Alive Beverages
Select Varieties. 1.89 Litre or
8 - 10 x 200 mL.



8⁹⁹ Tim Hortons Single
Serve Coffee
Select Varieties. 12's.



7⁴⁹ Sun-Rype Juices
Select Varieties. 3.78 Litre.



3⁴⁹ Kool-Aid Liquid Drink Mix
or Crystal Light Singles
Select Varieties. Singles 24 - 54 g. Kool
Aid, Tang, Country Time, Crystal Light
or Mio Liquid 48 mL.

Look for the Family Values symbol  that identifies product throughout the store & compare the savings.

Grocery



5⁹⁹ Classico Riserva Pasta Sauce
Select Varieties. 650 mL.



6⁹⁹ Kraft Pizza Kit
850 g.



99¢ Compliments Tomato Paste
156 mL.



3⁷⁹ Dempster's Signature Buns
Or Deluxe Buns. Select Varieties.
6's - 8's.



2/\$7 Dempster's Texas Toast
Or Thin Bread. Select Varieties.
675 g.



2/\$3 Clif Energy Bars
Select Varieties. 68 g.



2/\$5 Monster, Full Throttle,
NOS or Reign Energy
Drinks
Select Varieties. 444 - 473 mL. ♻️



3/\$8 Karma Water
Select Varieties. 532 mL. ♻️



2/\$5 Evian Water
Select Varieties.
750 mL. - 1 Litre. ♻️



4/\$7 Gatorade
Select Varieties. 710 mL. ♻️



11⁹⁹ Blue Diamond Almonds
Select Varieties. 454 g.



3⁹⁹ Compliments Microwave Popcorn
Select Varieties. 564 g.



5⁹⁹ Jack Link's Beef Jerky
Or Lorissa's Kitchen Jerky.
Select Varieties. 63 - 81 g.



2⁹⁹ Dare Cookies
Select Varieties. 170 - 300 g.



2/\$6 Quaker Crispy Minis
Select Varieties. 90 - 100 g.

Snacks



2/\$3 Trident Gum Or
Maynards Candy
Select Varieties. Gum Each.
Maynards 44 - 64 g.



2/\$6 Lindt Swiss Classic
Chocolate Bars
Select Varieties. 100 g.



2²⁹ Ice Breaker Mints
Select Varieties. 34 - 43 g.



2⁹⁹ Koala King Kone Candy
Select Varieties. 280 g.



2/\$4 Koala Kups Gummy
Candy
Or Live Wire Candy.
Select Varieties. 115 - 165 g.



3⁹⁹ Lindt Excellence Bars
Select Varieties. 100 g.



4⁹⁹ Dare Candy
Real Gummie Bears, Scotch Mints or
Jelly Beans. 730 - 818 g.



2/\$7 Mentos Gum or Candy
Select Varieties. Gum 50's. Candy 148 g.



1⁷⁹ Cuban Lunch Chocolate Bar
65 g.



2/\$5 Pringles Potato Crisps
Select Varieties. 137 - 156 g.



2/\$7 Paqui Tortilla Chips
Select Varieties. 155 g.



2/\$7 Kettle Brand Chips
Select Varieties. 220 g.



5⁹⁹ Planters Dry Roasted Peanuts
Or Bar Mix. 454 - 550 g.

This symbol ♻️ denotes: Plus deposit and/or environmental levies where applicable.

Bring home the savings

with our



Chilled & Frozen



3⁹⁹ Danone Yogurt or Silk Beverages
Select Varieties. Oikos 4 x 95 - 100 g.
Silk Beverages 1.75 - 1.89 Litre. 🌱



5⁹⁹ Black Diamond Cheese
Select Varieties. Block Cheese 400 g.
Shredded Cheese 320 g. Cheese Slices 825 g.



4⁹⁹ Fairlife Ultra Filtered Milk
Select Varieties. 1.5 Litre. 🌱



4⁹⁹ Imperial Margarine
907 g.



5⁴⁹ Armstrong Cheese Slices
Select Varieties. 220 - 240 g.



4⁴⁹ Danone Activia Yogurt
Select Varieties. 8 x 100 g.



3⁴⁹ Compliments Cream Cheese
Select Varieties. 227 - 250 g.



4⁹⁹ Freybe Pepperoni Snackers
Select Varieties. 100 - 125 g.



13⁴⁹ Swiss Chalet Pork Back Ribs
Select Varieties. 600 g.



5⁴⁹ Monsieur Gustav Cheddar Cheese
Select Varieties. 250 g.



2⁴⁹ Cheemo Perogies
Select Varieties. Frozen. 815 - 907 g.



4⁴⁹ Crave Entrees
Select Varieties. 283 - 340 g.
Frozen



3⁴⁹ Kraft Cool Whip
Select Varieties. 1 litre. Frozen.



1⁶⁹ Minute Maid Orange Juice
Select Varieties. Frozen. 295 mL.

Household & Pet



13⁹⁹ Purex Bathroom Tissue
2 Ply. 242 - 264 Sheets. 12 - 24's.



4⁹⁹ Solo Plastic Plates, Bowls or Cups
Select Varieties. 10's - 48's.



8⁴⁹ Kingsford Charcoal Briquets
3.62 kg



3⁹⁹ Clorox Foamer Cleaner
887 mL.



7⁹⁹ Affresh Washing Machine Cleaner
120 g.



12⁴⁹ Iams Pro Health Cat Food
Select Varieties. 1.36 - 1.59 kg.



4⁹⁹ Kibbles 'n Bits
1.8 kg.



13⁹⁹ Nature's Recipe Dog Food
Select Varieties. 1.8 kg.

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