New Denver, British Columbia

NEW MARKET FOODS

OPEN 7 DAYS A WEEK 8 AM - 7 PM • FRESH MEAT & PRODUCE • GROCERIES
DELI & LOCAL PRODUCTS • PHONE: 250-358-2270 • WEBSITE: newmarketfoods.com

M&M FOOD MARKET EXPRESS
AVAILABLE NOW IN STORE

PRICES EFFECTIVE **JUNE 2026**

SUN	MON	TUES	WED	THURS	FRI	SAT
14	15	16	17	18	19	20

HAPPY FATHER'S DAY

Striploin Grilling Steak
Value Pack, kg. 41.84
lb. **18.98**

CANADIAN BEEF

Little Potato Company Potatoes
Red, Yellow or Trio
Canadian or U.S. Grown, 1.5 lb. Bag
Each **2.98**

Fresh Strawberries
California Grown, #1 Grade
1 lb. Clamshell
Each **3.98**
WEATHER PERMITTING

Sweet Baby Ray's Barbecue Sauce
Select Varieties, 425 ml.
3 FOR 7.98

Kellogg's Eggo Waffles
Frozen, Select Varieties
280-330 g.
2 FOR $6
HOT! DEAL

JUNE 21
NATIONAL INDIGENOUS PEOPLES DAY

Celebrate Food
NATIONAL FUDGE DAY
- June 16th, 2026 -

Snack Pack
Pudding
or Juicy Gels, Select Varieties
4 Pack
2 FOR $5

Voortman
Cookies
or Wafers, Select Varieties
210-320 g.
3 FOR 9.99

Betty Crocker
Cake Mix
Select Varieties
375-404 g.
2 FOR $4

Nature Valley
or Fibre 1 Bars
Pillsbury or Reese, Select Varieties
120-210 g.
3 FOR 9.99

Western Family
Granola Bars
Select Varieties
156-172 g.
2 FOR $5

WE RESERVE THE RIGHT TO LIMIT QUANTITIES. PHOTOS ARE FOR ILLUSTRATION PURPOSES ONLY. DUE TO SPACE LIMITATIONS, NOT ALL AG FOODS LOCATIONS MAY CARRY ALL ADVERTISED ITEMS.
*PLUS DEPOSIT & ENVIRO LEVIES WHERE APPLICABLE. PLEASE RECYCLE THIS FLYER WHERE FACILITIES EXIST.

BUTCHER SHOPPE

Whole Picanha Roast
kg. 33.02
lb. 14.98

CANADIAN BEEF

SMOKING SPECIAL
LOW & SLOW

Western Family Sirloin Beef Burgers
Frozen
852 g.
Each 13.98

Western Family Fully Cooked Angus Beef Burgers
Frozen, 680 g.
Each 14.98

Western Family Prime Rib Burgers
Frozen
1.02 kg.
Each 17.98

Western Family Canadian Angus Beef Burgers
Frozen, 852 g.
Each 17.98

Western Family Cheddar Bacon Angus Beef Burgers
Frozen, 852 g.
Each 19.98

Western Family Chicken Burgers
Frozen
800 g.
Each 10.98

Pork Back Ribs
Frozen, kg. 6.57
lb. 2.98

Pork Loin Roast
Bone In
kg. 8.77
lb. 3.48

Whole Frying Chicken
kg. 7.67
lb. 3.48

CANADIAN PORK
PORC CANADIEN

Pork Loin Chops
Bone In, Value Pack, kg. 7.67
lb. 3.98

Carver's Choice Bacon
1 kg.
Each 8.98

LILYDALE
sunrise farms

Chicken Drumsticks
Value Pack, kg. 5.47
lb. 2.48

SMOKED & PACKAGED MEATS

Western Family Cooked Ham
375 g.
Each 7.98

Freybe Smokies
Cheese or Bavarian
450 g.
Each 6.98

Grimm's Smokies
Select Varieties
450 g.
Each 7.98

Pinty's Gluten Free Chicken Strips
Burgers or Nuggets
Frozen, 675-690 g.
Each 13.98

Olymel Bacon
Regular or Maple
375 g.
Each 6.98

Maple Leaf Top Dogs
Select Varieties
375 g.
Each 5.98

Western Family Smokies
Original or Cheese
450 g.
Each 6.98

Swiss Chalet Chicken Pot Pie
or Rotisserie Beef, Frozen
650-655 g.
Each 10.98

Western Family Sliced Meat
Select Varieties
250-300 g. Each 4.98

Western Family Garlic Sausage
750 g. Each 11.98

Asian Inspirations Entrées
Frozen, Select Varieties
400 g. Each 5.98

Freybe Das Brat
or Weisswurst
375 g. Each 7.98

Olymel Sliced Meat
Select Varieties
250-500 g. Each 6.98

Olymel Black Forest Ham
or Old Fashioned
500 g. Each 7.98

DELI

DELI SPECIALS MAY NOT BE AVAILABLE AT ALL AG FOODS LOCATIONS.

Deli
Ham
Select Varieties
Per 100 g. **1.98**

Freybe
Deli Pepperoni
Select Varieties
Per 100 g. **2.98**

Yucatan
Guacamole
227 g.
Each **4.98**

SEAFOOD

SEAFOOD SPECIALS MAY NOT BE AVAILABLE AT ALL AG FOODS LOCATIONS.

Sockeye
Salmon Fillets
Skin On
300 g.
Per 100 g. **5.98**

Atlantic
Salmon Fillets
Skin On
300-600 g.
Per 100 g. **4.48**

Steelhead
Trout Fillets
Skin On
300-600 g.
Per 100 g. **4.98**

Cod
Fillets
Skinless
300 g.
Per 100 g. **4.98**

Rockfish Fillets
Skinless
300 g. Per 100 g. **2.98**

Sockeye Salmon Fillets
Skin On
600 g. Per 100 g. **4.98**

Western Family Seafood Cocktail Sauce
or Horseradish, 250 ml. 2 FOR $6

BlueWater
Battered Fish
or Popcorn Shrimp. Frozen
Select Varieties, 325-600 g.
Each **8.98**

AquaStar Breaded Cod or Sole
Frozen, Select Varieties
400-500 g. Each **10.98**

AquaStar Cooked Shrimp
Peeled, Deveined, Frozen
31-40 Count, 340 g. Each **9.98**

AquaStar Shrimp
Raw, Easy Peel, Deveined, Frozen
26-30 Count, 340 g. Each **7.98**

AquaStar Calamari Rings & Tentacles
Lightly Dusted, Frozen
340 g. Each **7.98**

AquaStar Garlic & Herb Shrimp
Frozen
340 g. Each **8.98**

AquaStar Tempura Shrimp
Frozen
500 g. Each **11.98**

M&M FOOD MARKET EXPRESS

M&M Food Market Barbecue Ribs
Fall Off the Bone, Frozen, 680 g.
14.98

CHECK OUT OUR SELECTION IN STORE*
*SELECTION MAY VARY BY STORE AND PRODUCTS MAY NOT BE AVAILABLE AT ALL AG FOODS' LOCATIONS

HOT DEALS FROM THE FREEZER

Green Giant Simply Steam Vegetables
Frozen, Select Varieties, 250 g.
4 FOR $7

Crave Entrées
or KD Deluxe, Frozen, Select Varieties
200-340 g.
2 FOR $7

McCain Superfries
Bistro or Tasti Taters, Frozen
Select Varieties, 454-800 g.
2 FOR $9

Dr. Oetker Giuseppe Pizza
Frozen, Select Varieties
480-854 g.
7.48

Heinz Bagel Bites
Cheese & Pepperoni
or Three Cheese
Frozen, 198 g.
2 FOR $5

Crave Bowls
Frozen, Select Varieties
340 g.
4.98

Nestlé Ice Cream
or Frozen Novelties
Select Varieties
1.5 litre or 4-10 Pack
7.98

Island Farms Ice Cream
Select Varieties, 4 litre
9.98
HOT! DEAL

DAIRY DELIGHTS

Black Diamond Cheestrings
Select Varieties
252-336 g. 7.48

Lactantia Cream Cheese
Original
250 g. ..... 2 FOR $8

Imperial Margarine
800 g. 5.98

Parkay Margarine
427 g. 2.78

Kraft Parmesan
Grated
500 g. 16.98

Cracker Barrel Shredded Cheese
Select Varieties, 250-320 g.
7.48

Lactantia Butter
Salted
454 g.
6.98

Black Diamond Slices
Cheddar Style
825 g.
7.98

Faith Farms Cheese
Select Varieties
320-340 g.
6.48

Dairyland Chocolate Milk
4 litre
*Plus Deposit
8.48

Sunny D Beverage
Smooth or Tangy Original
500 mL, *Plus Deposit ..... 3 FOR 3.99

Dairyland Organic Cream
946 mL
*Plus Deposit 4.98

Dairyland Creamo
or Fat Free, 473 mL
*Plus Deposit 2.48

Dairyland Ultrafiltered Milk
Select Varieties, 1 litre
*Plus Deposit 4.28

Dairyland Sour Cream
Select Varieties
250 mL 1.98

Silk Plant Based Yogurt
Select Varieties
500-650 g. 6.48

Silk Beverage
Select Varieties, 1.89 litre
*Plus Deposit 4.98

Activia Multipack Yogurt
Select Varieties
12 x 100 g 6.98

IÖGO Nano Bubbles
Select Varieties
4 x 100 g. ..... 2 FOR $7

Astro Yogurt
or IÖGO Creamy Duo
Select Varieties, 650-750 g. ..... 2 FOR $7

Dairyland Cottage Cheese
Select Varieties
600-750 g.
5.98

Dairyland Milk 2 Go
or Sport, Select Varieties
325-473 mL, *Plus Deposit
2 FOR $4

Olympic Yogurt
or Kefir, Select Varieties
1.75 kg. or 2 litre, *Plus Deposit
11.98

Kozy Shack Pudding
Select Varieties
624 g.
2 FOR $6

GOOD MORNING!

Kellogg's Family Size Cereal
Select Varieties, 450-650 g.
6.98

E.D. Smith Triple Fruits Jam
Select Varieties
375-500 mL
2 FOR $9

Adams Natural Peanut Butter
Select Varieties
500 g.
4.98

Western Family Instant Oatmeal
Maple & Brown Sugar
344 g. 3.28

Van Houtte Coffee
Original or Colombian
340 g. 13.98

Parkway Ready To Drink Coffee
or Golden Tea, Select Varieties
4 x 355 mL, *Plus Deposit 10.98

Tetley Tea
Select Varieties
20-36 Bags ..... 2 FOR $8

General Mills Cereal
Select Varieties
340-437 g. ..... 2 FOR $11

Alpen Muesli
Original or No Sugar Added
600 g. 5.48

Pearl Milling Company Pancake Mix
or Syrup, Select Varieties
905 g. or 710 mL
4.98

Van Houtte Coffee
or Laura Secord Hot Chocolate
Select Varieties, 12 K-Cups
11.98

Maxwell House Coffee
Original Roast
864 g.
18.98

Tim Hortons Coffee
Select Varieties
30 K-Cups
23.98

BAKING

Robin Hood Flour
Select Varieties, 5 kg.
8.98
HOT! DEAL

Sun·Maid Raisins
Prunes or Apricot
250-375 g. 4.98

Jell-O Pudding & Pie Filling
Chocolate, 170 g. ..... 2 FOR $7

Sugar Twin Sweetener
or Stevia
100-200 Pack 5.48

GROCERY ESSENTIALS

Dole Pineapple
Select Varieties, 398 ml.
3 FOR 4.98
HOT! DEAL

Campbell's Chunky Soup
or Chili, Select Varieties
515 ml. or 425 g.
2 FOR $7

Green Giant Vegetables
Select Varieties
341-398 ml.
4 FOR $9

Clover Leaf Light Tuna
Solid or Flaked, Select Varieties
170 g.
3 FOR 9.99

Bush's Best Baked Beans
Select Varieties
398 ml.
4 FOR $9

French's Mustard
225 ml. 1.78

Heinz Ketchup
1.5 litre 7.98

VH Cooking Sauce
Select Varieties
341-355 ml. 2 FOR $9

VH Soya Sauce
Regular or Lite
380 ml. 3.78

Farkay Chow Mein Noodles
or Steam Fried, 397 g. 2 FOR $8

Campbell's Cream of Mushroom Soup
Tomato, Vegetable or Chicken Noodle
Select Varieties, 284 ml. 4 FOR $7

Mr. Noodles Extra Instant Noodles
Select Varieties
120 g. 4 FOR $3

Gold Seal Pink Salmon
or No Salt Added
213 g. 4.28

Maple Leaf Cooked Ham
454 g. 7.98

Club House La Grille Seasoned Salt
248 g. 3.98

Minute Rice
White or Whole Grain
600-700 g. 2 FOR $11

Hidden Valley Ranch Dressing
or Tzatziki, Select Varieties
473 ml. 2 FOR $8

Kraft Miracle Whip
Original or Calorie-Wise
475 ml. 4.48

Crisco Canola Oil
or Vegetable
1.18 litre. 7.98

Western Family Olive Oil
or Only Goodness
750 ml.-1 litre. 17.98

Pam Cooking Spray
Original or Olive Oil
141-170 g. 6.48

Bick's Pickles
Yum Yum Sweet or Baby Dills
500 ml. 2 FOR $8

Prego Pasta Sauce
Select Varieties
645 ml. 2 FOR $7

McCormick Gravy Mix
or Club House, or Sauce
Select Varieties, 1 Pack 4 FOR $9

Unico Olives
Select Varieties
375 ml. 2 FOR $7

Primo Tomatoes
Select Varieties
796 ml.
3 FOR 6.99

Annie's Pasta
Select Varieties
149-170 g.
3 FOR 7.98

Club House La Grille Seasoning
or Rub, Select Varieties
120-188 g.
5.98

Western Family Basmati Rice
2 kg.
7.98

Unico Pezzettoni Diced Tomatoes
398 ml.
3 FOR 4.98

Unico Sundried Tomatoes
Julienne Cut
210 ml.
4.48

DeCecco Pasta
Select Varieties, 454 g.
2 FOR $5
HOT! DEAL

Taco Bell Crunchwrap Supreme
or Cheesy Double Decker Taco
401-642 g.
8.98

Taco Bell Taco Craving Kits
Select Varieties
260-420 g.
2 FOR $11

Taco Bell Creamy Sauce
Chipotle or Baja
354 ml.
2 FOR $11

Taco Bell Seasoning
Original or Mild
1 Pack
4 FOR $5

Taco Bell Hot Sauce
Select Varieties
207 ml.
3.98

Pace Chunky Salsa
or Picante, Select Varieties
642-648 ml.
4.98

SNACK ATTACK!

Old Dutch Potato Chips
or Ridgies, Select Varieties
200-220 g.
2 FOR $7

Tostitos Tortilla Chips
Select Varieties
210-300 g.
2 FOR $9

Tostitos Salsa
Select Varieties
416-418 ml.
4.98

Miss Vickie's Potato Chips
Select Varieties
190-200 g.
2 FOR $9

Ruffles Potato Chips
Select Varieties
180-200 g.
2 FOR $9

Christie Peek Freans
or Dad's Cookies, Select Varieties
300-350 g. 4.98

RXBAR Protein Bars
Select Varieties
52 g. 2 FOR $4

Skittles or Starburst
Select Varieties
130-170 g. 3 FOR 9.99

Maynards Candy
or Sour Patch Kids
Select Varieties, 150-154 g. 2 FOR $6

Western Family Roasted Peanuts
Dry or Honey
600 g. 4.98

Orville Redenbacher Popcorn
or Act II, Select Varieties
420-850 g. 6.98

Cadbury Chocolate Bars
Select Varieties
1 Pack 3 FOR 4.98

Pringles Potato Chips
Select Varieties
156 g. 3 FOR 9.99

Old Dutch Sunflower Seeds
Select Varieties
227 g. 2 FOR $5

Betty Crocker Fruit Snacks
Mott's or Gushers
Select Varieties, 128-226 g.
3 FOR 9.99

Dare Breton Crackers
or Vinta, Select Varieties
135-225 g.
2 FOR $7

Christie Premium Plus Crackers
Select Varieties
450-481 g.
5.48

Boom Chicka Pop Popcorn
or Puffs, Select Varieties
136-198 g.
4.98

Heineken Alcohol Free Beer
Cans or Bottles, 6 x 330 ml.
*Plus Deposit 11.98

Nozeco Alcohol Free Sparkling Wine
Select Varieties, 750 ml.
*Plus Deposit 9.98

Mott's Clamato Juice
Original, 2.54 litre
*Plus Deposit 5.98

Ocean Spray Cranberry Cocktail
Select Varieties, 6 x 295 ml.
*Plus Deposit 6.48

Kool-Aid, Mio or Tang Water Enhancer
Crystal Light or Country Time
Select Varieties, 48 ml. 2 FOR $7

Yerba Madre Yerba Mate
Select Varieties, 458 ml.
*Plus Deposit 2 FOR $7

Montellier Sparkling Water
Select Varieties, 10 x 355 ml.
*Plus Deposit 6.48

Glacéau Smart Water
or Alkaline, 1 litre
*Plus Deposit 2 FOR $6

Powerade Sports Beverages
Team Pack, 24 x 591 ml.
*Plus Deposit 23.98

THIRSTY?

Nanton Spring Water
or Distilled, 4 litre
*Plus Deposit
2 FOR $4

Western Family Apple Juice
1 litre
*Plus Deposit
2 FOR $4

Peace Tea Iced Tea
Select Varieties, 12 x 341 ml.
*Plus Deposit
8.98

Bubly Sparkling Water
Select Varieties, 12 x 355 ml.
*Plus Deposit
6.98

Fuze Iced Tea
Select Varieties, 12 x 341-355 ml.
*Plus Deposit
8.98

Aquafina Water
6 x 710 ml.
*Plus Deposit
5.48

Coke or Canada Dry Minis
Select Varieties, 6 x 222 ml.
*Plus Deposit
4.98

Coke or Canada Dry Beverages
Select Varieties, 12 x 355 ml.
*Plus Deposit
8.48

Monster Energy Drink
Select Varieties, 444-473 ml.
*Plus Deposit
2 FOR $6

Western Family 2 Litre Pop
Select Varieties, *Plus Deposit
2 FOR $3

HOUSEHOLD MUST HAVES

Purex Bathroom Tissue
or Ultra, Triple 12 Roll
12.98

Sponge Towels Ultra Pro
Double 6 Roll
15.98

Alcan Aluminum Foil
Heavy Duty
18" x 25"
4.98

Ziploc Freezer Bags
or Storage, Select Varieties
10-28 Pack
5.48

Glad Garbage Bags
Select Varieties
20-40 Pack
12.98

Mr. Clean Clean Freak Multi-Purpose Cleaner
Lemon Zest or Unstopables, 473 ml.
6.98

Sifto Crystal Plus Water Softener Salt
20 kg.
10.98

Glade Wax Melts
Select Varieties
6 Pack
2 FOR $11

Gain Flings Laundry Detergent
Original or Moonlight Breeze
31 Pack
10.98

Western Family Bath & Tile Cleaner
950 ml.
2.98

Shout Stain Remover
650 ml.
4.48

Dawn Ultra Dish Liquid
Original or Apple Blossom
443 ml.
2 FOR $8

Brita Slim Pitcher
1 Pack
18.98

Fantastik All Purpose Cleaner
Original or with Bleach
650 ml.
5.98

Sunlight Laundry Detergent
Original
100 Use
12.98

Cascade Complete Dishwasher Detergent
Power Away
3.4 kg.
9.98

Royal Oak StarGrill Lump Charcoal
8 kg.
21.98

PERSONAL CARE

Gillette Mach 3 Razor Blades
Refill
8 Cartridges
34.98

Dove Men+Care Antiperspirant
Extra Fresh or Clean Comfort
76 g.
6.98

Alka-Seltzer Antacid
Lemon Lime
24 Tablets
4.28

Energizer Max AAA Batteries
4 Pack
9.98

Energizer Max Batteries
AA or 9 Volt
2-8 Pack
13.98

Method Hand Wash
Select Varieties
300-354 ml.
2 FOR $8

Dove Antiperspirant Dry Spray
Select Varieties
107 g. Aerosol
8.98

Live Clean Shampoo
or Conditioner, Select Varieties
350 ml.
6.98

PET'S CORNER

Purina One True Instinct Dog Food
Been & Bison or Turkey & Venison
6.8 kg.
35.98

Fancy Feast Cat Food
Select Varieties
85 g., 12 Pack
13.98

Western Family Clumping Cat Litter
Scented or Unscented
6.35 kg.
4.98

MARKET FRESH PRODUCE

Hot House Beefsteak Tomatoes
Canadian Grown, Canada #1 Grade
kg. 4.37
lb. 1.98
Canadian Grown

Baby Long
English Cucumbers
Canadian Grown
1 lb. Bag
Each 2.48

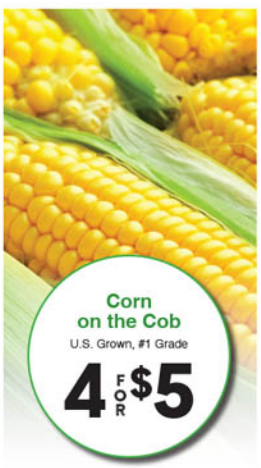
Hot House
Concerto Grape Tomatoes
Canadian Grown, 340 g.
Each 2.98

Batavia
Living Lettuce
Red or Green
Canadian Grown
Each 3.98

Baby
Peeled Carrots
Product of U.S.A.
1 lb. Bag
Each 1.98

Field
Carrots
U.S. Grown, #1 Grade
2 lb. Bag
Each 2.98

Fresh Express
Salsa Ensalada Kit
Product of U.S.A.
6.3-14 oz.
Each 4.98



Corn on the Cob
U.S. Grown, #1 Grade
4 FOR $5

Satsuma
Mandarins
Peruvian Grown
kg. 4.37
lb. 1.98

Sweet
Mangos
Mexican Grown
2 FOR $5

Gala
Apples
Washington or New Zealand Grown
Extra Fancy, kg. 6.57
lb. 2.98

Green Seedless Grapes
Mexican Grown, #1 Grade
kg. 8.77
lb. 3.98

ORGANICS

Organic Long English Cucumbers
Canadian Grown, Canada #1 Grade
Each 4.48
Canadian Grown

BAKERY BARGAINS

Canadian Harvest
Bread
Each 2.98
Fresh Baked

Panini
Buns
Hawaiian or Focaccia
Select Varieties, 6 Pack
Each 2.98
Fresh Baked

Butter
Croissants
4 Pack
Each 2.98
Fresh Baked

Donut
Rings
6 Pack
Each 4.98

Golden West
English Muffins
Plain or Extra Crispy
394 g.
2 FOR 4.98

Portofino
Rustic Multigrain Loaf
Dark Rye or Sourdough
585-700 g.
Each 6.98

Mini
Donuts
Select Varieties
14-16 Pack
Each 5.98

Kimberley's Bakeshoppe
Unicorn Gourmet Cupcakes
4 Pack
Each 6.98

Dempster's
Bread
or Texas Toast, Select Varieties
567-675 g.
2 FOR $7

Villaggio
Italian Style Bread
Artesano or Toscana, Select Varieties
510-540 g. or 6-8 Pack
2 FOR $7

BAKERY SPECIALS MAY NOT BE AVAILABLE AT ALL AG FOODS LOCATIONS.

A Program of Associated Grocers