



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



PRICES
EFFECTIVE
OCTOBER 2026
4 5 6 7 8 9 10

Mitchell's
Smoked Ham
Country Style, 1.5 kg.

Each
14⁹⁸



Russet
Potatoes

Canadian Grown, Canada #1
10 lb. Bag

Each
5⁹⁸



HAPPY
Thanksgiving

Honeyglow
Pineapple
Product of Costa Rica

Each
5⁹⁸



Stove Top
Stuffing Mix

Select Varieties, 120 g.

4 FOR \$5



Ben & Jerry's
Ice Cream

Select Varieties, 473 ml.

4⁹⁸



**HARVEST
SUPER SAVER**
October 4th - October 31st 2026

Hunt's
Tomato Paste
Select Varieties
156 ml.

3 FOR 3⁹⁹

Hunt's
Tomato Sauce
Select Varieties
398 ml.

2 FOR \$4

Western Family
Pasta
or Orzo, Select Varieties
900 g.

2 FOR \$5

Cracker Barrel
Shredded Cheese
Select Varieties
250-320 g.

7⁹⁹

BUTCHER SHOPPE

Pork Loin Roast

Bone In, Value Pack, kg. 8.77

lb. **3⁹⁸**

Sugardale Ham Steak

Bone In
1 kg.Each **4⁹⁸**

Lean Ground Pork

kg. 8.77

lb. **3⁹⁸**

Pork Loin Chops

Bone In
kg. 10.98lb. **4⁹⁸**

Western Family Ham

Hickory Smoked, Butt and Shank
kg. 6.57lb. **2⁹⁸**

Pork Hocks

kg. 6.57

lb. **2⁹⁸**

Pork Tenderloin

Value Pack
kg. 10.98lb. **4⁹⁸**

Maple Leaf Sausage Meat

500 g.

Each **9⁹⁸**

Prime Rib Roast

AAA, kg. 44.05

lb. **19⁹⁸**

Sirloin Tip Steak

Value Pack
kg. 22.00lb. **9⁹⁸**

Sirloin Tip Roast

kg. 19.80

lb. **8⁹⁸**

Rib Steak

Bone In, AAA, kg. 55.66

lb. **22⁹⁸**

Chicken Drumsticks

Value Pack, kg. 6.57

lb. **2⁹⁸**

Whole Frying Chicken

kg. 7.67

lb. **3⁴⁸**

Split Chicken Breasts

Value Pack, kg. 13.18

lb. **5⁹⁸**

SMOKED & PACKAGED MEATS

Western Family Mozzarella Cheese Sticks

Frozen
500 g.

Each

9⁹⁸



Western Family Stuffed Jalapeño Poppers

Bacon Wrapped
Frozen, 226 g.

Each

9⁹⁸



Western Family Cabbage Rolls

Beef, Frozen
908 g.

Each

11⁹⁸



Western Family Meatballs

Frozen, Select Varieties
680 g.

Each

11⁹⁸



More Favourites ...

Western Family Spinach & Artichoke Bites

Frozen
216 g.

Each

7⁹⁸

Western Family Spring Rolls

Vegetable, Frozen
700 g.

Each

11⁹⁸

Western Family Cauliflower Bites

Salt & Pepper, Frozen
385 g.

Each

8⁹⁸

Western Family Garlic Sausage Ring

750 g.

Each

11⁹⁸

Western Family Garlic Sausage

750 g.

Each

11⁹⁸

Schneiders Juicy Jumbos

Select Varieties
375-450 g.

Each

8⁹⁸

Harvest Wieners

Select Varieties
675 g.

Each

10⁹⁸

Jane's Chicken

Select Varieties
700 g.

Each

9⁹⁸

Maple Lodge Farms Chicken Wieners

Select Varieties
450 g.

Each

2 FOR \$5

Western Family Chicken Wings

Frozen, Select Varieties
750 g.

Each

14⁹⁸



Western Family Stuffed Chicken Breasts

Frozen, Select Varieties
852 g.

Each

15⁹⁸



Western Family Meat Pies

Frozen, Select Varieties
750 g.

Each

12⁹⁸



Pinty's Chicken Wings

or Chunks, Frozen
Select Varieties
700-720 g.

Each

16⁹⁸



Pinty's Chicken

or Gluten Free, Frozen
Select Varieties, 600-950 g.

Each

13⁹⁸



Pinty's Chicken Thighs

or Gluten Free Fillets
Frozen, 730-750 g.

Each

15⁹⁸



Olymel Old Fashioned Ham

or Cooked
500 g.

Each

7⁹⁸



Schneiders Dips

Spinach or Buffalo Chicken
530 g.

Each

15⁹⁸



Mitchell's Heritage Bacon

1 kg.

Each

16⁹⁸



Grimm's Sausage Rings

Select Varieties
300 g.

Each

8⁹⁸



Freybe Taste of Europe

Select Varieties
100 g.

Each

2 FOR \$10



Freybe Pâté

Select Varieties
200 g.

Each

2 FOR \$9



SEAFOOD

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

Atlantic Salmon Fillet

Skin On, 300 g.

Per 100 g.

4⁴⁸



Western Family Shrimp Platter

With Sauce, Frozen
454 g.

Each

14⁹⁸



Sockeye Salmon Fillet

Skin On
300 g.

Per 100 g.

5⁹⁸



Western Family Breaded Calamari

Frozen
340 g.

Each

5⁹⁸



Woodman's Seafood Sauce

or Horseradish
250 ml.

Each

2 FOR \$7



Western Family Shrimp Ring

Frozen, 227 g.

Each

5⁹⁸



DELI

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

Deli Chicken Breast

Select Varieties

Per 100 g. **2⁹⁸**

Freybe Deli Sausage

Landjaeger, Dry Chorizo or Farmer's Sausage

Per 100 g. **3⁹⁸**

Freybe Deli Sausage

Select Varieties

Per 100 g. **1⁹⁸**



Western Family Dips

Select Varieties, 227 g.

Each **3⁹⁸**



Flamingo Deli Turkey Breast

Select Varieties

Per 100 g. **2⁴⁸**

BAKERY BARGAINS

French Bread

Each **1⁹⁸**

Fresh Baked



Dempster's Bread

or Texas Toast
Select Varieties
567-675 g.

2 FOR \$7⁹⁸



Natural Bakery Canadian Rye Bread

900 g.

Each **3⁹⁸**



Dempster's English Muffins

Select Varieties
6 Pack

Each **3⁴⁸**



Two Bite Cinnamon Rolls

340 g.

Each **6⁹⁸**



Pumpkin Pie

8 Inch, 520 g.

Each **6⁹⁸**

Fresh Baked



California Sourdough Bread

Each **2⁴⁸**

Fresh Baked



Sugarplum Dessert Squares

Select Varieties
8 Pack

Each **8⁹⁸**



Fresh Baked White Bread

Unsalted

2 FOR \$4⁹⁸



Fresh Pizza Dough

Each **1⁴⁸**



Monte Cristo Artisan Roasted Garlic Bread

450 g.

Each **3⁴⁸**



Lattice Fruit Pies

8 Inch, Select Varieties, 520-600 g.

Each **7⁹⁸**

Fresh Baked



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

BAKE UP SOME LOVE

**E.D. Smith
Pie Filling**

or Pure Pumpkin
Select Varieties
540-796 ml.

4⁹⁸

**HOT!
DEAL**

**Rogers
All Purpose
Flour**

or No Additive
5 kg.

5⁹⁸

**HOT!
DEAL**



**Club House
Vanilla Extract**

Pure
46 ml.

11⁹⁸



**Baker's Baking
Chocolate Squares**

Select Varieties
170-225 g.

6⁴⁸



**Fleischmann's
Yeast**

Select Varieties
113 g.

5⁴⁸



**Dairyland
Whipped Cream**

19%, 400 g. Aerosol

5⁹⁸



**Kraft Cool Whip
Dessert Topping**

Select Varieties
1 litre or 255 g. Aerosol

2^{FOR} \$8



**Dairyland
Butter**

Salted
454 g.

6⁴⁸



**Club House
Extracts**

Select Varieties
43 ml.

2^{FOR} \$7

**Western Family
Baking Powder**

450 g.

4⁴⁸

**Western Family
Baking Soda**

500 g.

1⁹⁸

**Western Family
Baking Crumbs**

or Pie Crust
Select Varieties
170-400 g.

2^{FOR} \$5

**Sun-Maid
Raisins**

750 g.

7⁹⁸

**Realemon
Lemon Juice**

or Realime
125 ml.

1²⁸

**Crave Gluten Free
Cake Mix**

Chocolate or Vanilla
400 g.

7⁹⁸

**Sugar Twin
Sweetener**

Original
50 Pack.

2²⁸

**Eagle Brand
Condensed Milk**

Regular or Low Fat
300 ml.

4²⁸

**Dairyland
Whipping Cream**

33% or 36%
946 ml. *Plus Deposit

5⁴⁸

GOOD MORNING!

**Western Family
Pure Jam**

or Marmalade
Select Varieties
500 ml.

4⁹⁸



**Elias
Honey**

Liquid or Creamed
500 g.

7⁹⁸



**Only Goodness
Peanut Butter**

Organic, Select Varieties
500 g.

4⁹⁸



**Pearl Milling
Pancake Mix**

or Syrup, Select Varieties
905 g. or 710 ml.

4⁹⁸



**General Mills
Family Size Cereal**

Select Varieties
317-725 g.

6⁹⁸



**Maxwell House Café
Instant Coffee**

Select Varieties
126-240 g.

5⁹⁸



**Only Goodness
Rolled Oats**

Gluten Free
1 kg.

6⁹⁸



**Kellogg's
Family Size
Cereal**

Select Varieties, 450-650 g.

6⁹⁸

**McCafe
Coffee**

Medium or Espresso
30 K-Cups

27⁹⁸



**McCafe
Coffee**

Medium or Dark Roast
12 K-Cup or 300 g.

12⁹⁸



**Starbucks
Coffee**

Pike Place
907 g.

28⁹⁸



**Celestial Seasonings
Specialty Tea**

Select Varieties
20 Bags

2^{FOR} \$9



**Carnation
Hot Chocolate**

Select Varieties
7-10 Pack

4⁹⁸



GROCERY ESSENTIALS

Rotel Tomatoes
Original or Mild
284 g

3 FOR \$6.99

Campbell's Broth

Select Varieties, 900 ml.

2 FOR \$4

HOT! DEAL



Campbell's Condensed Soup

or Broth
Select Varieties
284 ml.

2 FOR \$5



OXO Bouillon

or In A Mug
Select Varieties
16 Pack or 225 g.

2 FOR \$6.99



Western Family Beans

or Lentils, Select Varieties, 450 g.

3 FOR \$4.98

HOT! DEAL

Gallo Olive Oil
Extra Virgin
1 litre

11.98



Western Family Whole Buckwheat
450 g.

3.98



Club House Gravy Mix

or Seasoning
Select Varieties
1 Pack

4 FOR \$7



Club House Spices

or Seasoning
Select Varieties
18-62 g.

2 FOR \$11



Del Monte Fruit

Select Varieties
398 ml.

2 FOR \$7



Western Family Long Grain Rice

White or Brown
1.81 kg.

4.98



Western Family Jasmine Rice

or Medium Grain
1.81 kg.

5.98



Minute Rice

White or Brown
600-700 g.

5.48



Western Family Cranberry Sauce

Whole Berry or Jellied, 348 ml.

2 FOR \$5

Western Family Panko Bread Crumbs

227 g

2.98

Del Monte Summer Crisp Corn

or Cut Green Beans
No Salt Added
341-399 ml.

2 FOR \$6

French's Mustard

Select Varieties
325-550 ml.

2 FOR \$6



French's Ketchup

Select Varieties
750 ml - 1 litre

4.98



Hellmann's Mayonnaise

Select Varieties
710-890 ml.

6.98



Kraft Dressing

Select Varieties, 425 ml.

3 FOR \$7.98

HOT! DEAL



Frank's Red Hot Sauce

Select Varieties
354 ml.

4.98



Unico Vegetable Oil

3 litre

13.98



Bick's Pickles

Select Varieties
500-750 ml.

4.28



GROCERY ESSENTIALS

Catelli Lasagne Noodles

Manicotti or Canneloni
Select Varieties, 200-375 g.



2 FOR \$9

Catelli Pasta

Select Varieties
900 g.



4 FOR \$9



Tinkyada Brown Rice Pasta

Select Varieties
340 g.



3 FOR \$9

Annie's Pasta

Select Varieties
149-170 g.



3 FOR \$7.98

Unico Red Wine Vinegar

500 ml.



2 FOR \$2.88



Knorr Sidekicks

Select Varieties
120-167 g.



2 FOR \$4

Unico Passata Sauce

680 ml.



2 FOR \$7

Primo Pizza Sauce

Select Varieties
375 ml.



3 FOR \$7.98

Only Goodness Tomato Sauce

or Western Family
398 ml.



2 FOR \$3

Heinz Beans or Pasta

Select Varieties
398 ml.



3 FOR \$6.99



Clover Leaf Pink Salmon

142 g.



2 FOR \$7

Clover Leaf Light Tuna

or Smoked Oysters
Select Varieties, 85-170 g.



2 FOR \$4

Clover Leaf Cocktail Shrimp

Wild
106 g.



2 FOR \$9

Maple Leaf Flakes of Turkey

Chicken or Ham
Select Varieties
156 g.



2 FOR \$7

Naturally Good

Laiki Rice Crackers

Gluten Free
Select Varieties
100 g.



2 FOR \$9

Gentle Earth Degreasing Cleaner

or Refill
236-700 ml.



9 FOR \$9

Western Family Signature Antipasto

250 g.



4 FOR \$9.88



Western Family Manzanilla Olives

Sliced or Stuffed
375 ml.



2 FOR \$7.88

Western Family Instant Noodles

Select Varieties
85 g.



5 FOR \$2

Tasty Bite Entrées

Select Varieties
285 g.



2 FOR \$8

TACO NIGHT!

Old El Paso Dinner Kits

Select Varieties
250-510 g.



2 FOR \$9

Old El Paso Taco Shells

or Cheesy Blasted
153-191 g.



3 FOR \$9

Old El Paso Tortillas

Select Varieties
8-12 Pack



2 FOR \$6

Old El Paso Crunchy Shells

or Stand n' Stuff
125-133 g.



2 FOR \$5

Old El Paso Soft Tortilla Bowl

Regular or Mini
8-12 Pack



3 FOR \$9

Old El Paso Thick N Chunky Salsa

or Picante
Select Varieties
650 ml.



4 FOR \$9.88

Old El Paso Green Chilies

Chopped
113 ml.



2 FOR \$4

Old El Paso Refried Beans

or Sliced Jalapeños
Select Varieties
250-398 ml.



2 FOR \$6

Old El Paso Taco Seasoning Mix

Select Varieties
1 Pack



4 FOR \$5

Old El Paso Taco Sauce

Mild or Medium
243 ml.



2 FOR \$7

SNACKS



Ruffles Potato Chips
Select Varieties, 180-200 g.

2 FOR \$9

Philadelphia Dips

Select Varieties
227 g.

2 FOR \$7



Takis Tortilla Chips

Select Varieties
240-260 g.

2 FOR \$7



Western Family Popcorn

Select Varieties
3 Pack

3 FOR \$7.98



Kettle Brand Potato Chips

Select Varieties
156-196 g.

2 FOR \$8




Boom Chicka Pop
or Puffs, Select Varieties
136-196 g.

4.98



LeClerc Celebration Cookies
Select Varieties, 200-240 g.

4.28

Carr's Table Water Crackers

Original or Cracked Pepper
125 g.

2 FOR \$6



Snappers Pretzel Clusters

Select Varieties
170 g.

5.98



Jack Link's Jerky

or Golden Island
Select Varieties
65-80 g.

6.48



Quaker Chewy Bars

or Dips
Select Varieties
120-156 g.

2 FOR \$6




Christie Ritz Crackers
original
Select Varieties, 162-180 g.

2 FOR \$7



Snack Pack Pudding
or Juicy Gels, Select Varieties
4 Pack

2 FOR \$5

M&M's Chocolate or Maltesers

Select Varieties
100 g.

2 FOR \$8



Skittles or Starburst

Select Varieties
130-170 g.

2 FOR \$7



Dare Real Fruit Gummies

Juice or Scotch Mints
Select Varieties
180-250 g.

2 FOR \$6



Nestlé Chocolate Bars

Select Varieties
1 Pack

3 FOR \$4.98




Maynards Candy
Select Varieties, 60-64 g.

2 FOR \$3

FEELING THIRSTY?

Mott's Clamato Juice

Select Varieties, 1.89 litre
*Plus Deposit

2 FOR \$7

HOT!
DEAL

Perrier Sparkling Water

Select Varieties
8 x 330 ml., *Plus Deposit

9⁹⁸



Montellier Sparkling Water

Select Varieties
1 litre, *Plus Deposit

2 FOR \$3



Mott's Garden Cocktail

1.89 litre
*Plus Deposit

2 FOR \$9



Western Family Honeycrisp Apple Cider

1.89 litre
*Plus Deposit

2 FOR \$7



Molson Exel Non-Alcoholic Beer

12 x 355 ml.
*Plus Deposit

10⁹⁸



Western Family Lemonade

Reduced Sugar
Select Varieties
1.89 litre, *Plus Deposit

2 FOR \$7



Farming Karma Mocktails

Select Varieties
4 x 285 ml., *Plus Deposit

4⁹⁸



Mio Iced Tea Mix

Select Varieties
540 g.

8⁹⁸



SunRype Slim Beverages

Select Varieties, 1.36 litre
*Plus Deposit

2 FOR \$7



Ocean Spray Sparkling Cranberry Beverages

Select Varieties
6 x 340 ml., *Plus Deposit

6⁹⁸



Aquafina Water

6 x 710 ml.
*Plus Deposit

5⁴⁸



Ocean Spray Cranberry Cocktail

Select Varieties, 1.89 litre
*Plus Deposit

2 FOR \$9



Coke or Canada Dry Beverages

Select Varieties
12 x 355 ml., *Plus Deposit

8⁴⁸



Pepsi or 7Up Minis

Select Varieties, 6 x 222 ml.
*Plus Deposit

4⁷⁸



Pepsi or 7Up Beverages

Select Varieties, 2 litre
*Plus Deposit

3²⁸



Jones Soda

Select Varieties, 355 ml.
*Plus Deposit

4 FOR \$7



Gatorade Water

700 ml.
*Plus Deposit

2 FOR \$4



Gatorade Sports Beverages

Select Varieties, 710 ml.
*Plus Deposit

4 FOR \$9



Monster Energy Drinks

Select Varieties
444-473 ml., *Plus Deposit

2 FOR \$6



HOUSEHOLD MUST HAVES

Cottonelle Ultra Bathroom Tissue
Clean or Comfort, Mega 6 Roll

10⁹⁸



Scott Bathroom Tissue

Rapid Dissolve
8 Roll

11⁹⁸



Viva Multi-Surface Cloth

3 Roll

10⁹⁸



Glad Garbage Bags

Select Varieties
20-40 Pack

13⁹⁸



Tide Laundry Detergent

Select Varieties
52-64 Use

18⁹⁸



Clorox Bleach

Original
2.4 litre

5⁹⁸



Shout Stain Remover

650 ml

2^{FOR} \$9



Windex Glass Cleaner

Refill
2 litre

8⁹⁸



Cascade Action Pac Dishwasher Detergent

Select Varieties
30-45 Pack

18⁹⁸



Glade Compost Bags

Small
20 Pack

5⁹⁸

Pledge Furniture Polish

Lemon
275 g Aerosol

7⁹⁸

Glade PlugIn

Select Varieties
2 Pack

10⁹⁸

Windex Glass Wipes

28 Pack

5⁴⁸

Dawn Ultra Dish Liquid

Select Varieties
431-502 ml

2^{FOR} \$8

Drano Max Gel

900 ml

5⁹⁸

Bounce Fabric Softener

Select Varieties
80 Sheets

5⁴⁸



BinBreeze Composting Powder

Lavender or Unscented
450 g

7⁹⁸



THANKSGIVING

Essentials

Royal Chinet Dinner Plates

40 Pack

13⁹⁸



Royal Chinet Lunch Plates

40 Pack

8⁹⁸

Royal Chinet Bowls

15 Pack

2^{FOR} \$5

Royal Chinet Dessert Plates

40 Pack

5⁹⁸

Western Family Dinner Napkins

50 Pack

6⁹⁸

Western Family Party Cups

White or Coloured
30-40 Pack

2^{FOR} \$9

Western Family Utensils

Heavy Duty
Select Varieties
48 Pack

2^{FOR} \$6

Wet Ones Hand Wipes

Fresh Scent
40 Pack

2^{FOR} \$9

Ziploc Freezer Bags

or Storage
Select Varieties
10-15 Pack

5⁹⁸

Alcan Aluminum Foil

Classic
12" x 50'

4⁹⁸

PERSONAL CARE

Nivea Body Lotion

Smooth
625 ml

9⁹⁸

Nivea Lip Balm

Essential or Hydro
1 Pack

2^{FOR} \$5

Method Body Wash

Select Varieties
532 ml

8⁹⁸

U by Kotex Tampons

Liners or Pads, Select Varieties
10-58 Pack

6⁹⁸

Pepto Bismol

Cherry
230 ml

7⁹⁸

Pantene Shampoo Conditioner or 2 In 1

Select Varieties
308-355 ml

5⁹⁸



Method 2 In 1 Shampoo + Conditioner

Sea + Surf or
Glacier + Granite
414 ml

9⁹⁸



Old Spice High Endurance Body Wash

Select Varieties
532 ml

5⁹⁸



Crest Complete Toothpaste

Select Varieties
120 ml

2^{FOR} \$9



Nutri-Choice Advantage Dog Food

Salmon & Pea
6 kg

16⁹⁸



Nutri-Choice Advantage Cat Food

Chicken & Brown Rice
6 kg

18⁹⁸



Purina One Dog Food

Select Varieties
7 kg

33⁹⁸



Fancy Feast Cat Food

Select Varieties
85 g

13⁹⁸



PET'S CORNER

DAIRY DELIGHTS



**Faith Farms
Cheese**

Select Varieties, 320-340 g.

6⁴⁸



**Western Family
Orange Juice**

with Pulp or Pulp-Free, Chilled
1.54 litre, *Plus Deposit

6⁹⁸



**Yoplait
Multipack Yogurt**

Select Varieties
16 x 100 g.

8⁹⁸



**Dairyland
Egg Nog**

2 litre
*Plus Deposit

5⁴⁸



**Dairyland
Coffee Cream**

or Lactose Free
946 ml, *Plus Deposit

4²⁸



**Armstrong
Sliced Cheese**

Select Varieties
220-240 g.

4⁹⁸



**Philadelphia
Cream Cheese**

Select Varieties
227-250 g.

4⁹⁸



**Violife Dairy Free
Whipped Cream**

Supreme
500 ml, *Plus Deposit

**Violife
Dairy Free Cheese**

or Vegan, Select Varieties
200-227 g.

**Kraft
Parmesan Cheese**

Shaved
141 g.

**MacLaren's
Imperial Cheese**

Old Cheddar
230 g.

**IOGO Nano
Bubbles**

Select Varieties
4 x 100 g.

**Activia
Multipack Yogurt**

Select Varieties
8 x 100 g.

**Dairyland
Sour Cream**

Select Varieties
450-500 ml.

**Silk Oat
Beverage**

Select Varieties
1.75 litre, *Plus Deposit

**International Delight
Coffee Whitener**

Select Varieties
946 ml, *Plus Deposit

**Western Family
Shredded
Cheese**

Tex Mex or Triple Cheddar
900 g.

16⁹⁸

4²⁸

4²⁸

5⁴⁸

6⁹⁸

2^{FOR} \$7

5²⁸

3⁹⁸

4⁹⁸

5⁹⁸

HOT DEALS FROM THE FREEZER

**McCain
Fries**

or Tasti Taters, Frozen
Select Varieties, 1.45-1.8 kg.

9⁹⁸



**Cavendish Farms
Fries**

or Onion Rings, Frozen
Select Varieties, 400-750 g.

2^{FOR} \$8



**Cavendish Farms
Hash Brown Patties**

Frozen
1.2 kg.

5⁴⁸



**Pillsbury
Pizza Pops**

or Bites, Frozen
Select Varieties, 693-760 g.

**Western Family
Fruit**

or Only Goodness, Frozen
Select Varieties, 400-600 g.

2^{FOR} \$11



6⁹⁸



**Green Giant
Simply Steam**

Frozen, Select Varieties, 250 g.

4^{FOR} \$7

**Western Family
Perogies**

Frozen, Select Varieties
250 g.

3^{FOR} 7⁹⁸



**Arctic Garden
Cut Spinach**

Frozen
500 g.

3⁹⁸



**Breyers Creamery
Style Ice Cream**

Select Varieties
1.41 litre.

6⁹⁸



**Magnum
Frozen Novelties**

Select Varieties
3 Pack

7⁴⁸



M&M FOOD MARKET EXPRESS

**M&M Food Market
Beef Pot Roast**

Slow Cooked, Frozen
907 g.

27⁹⁸

Each

CHECK OUT OUR SELECTION IN STORE*

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

MARKET FRESH PRODUCE

Ocean Spray Cranberries

Product of U.S.A., 340 g.

Each **2⁹⁸**

Baby Seedless Watermelon

U.S. Grown

Each **4⁴⁸**

Fresh Lemons

South African Grown

Each **88¢**

Gala Apples

Canadian Grown, Canada Extra Fancy
kg. 4.37

lb. **1⁹⁸**



Brussels Sprouts

Canadian Grown
Canada #1 Grade, kg. 6.57

lb. **2⁹⁸**



Green Seedless Grapes

California Grown
#1 Grade, kg. 7.67

lb. **3⁴⁸**

Bartlett Pears

Washington Grown
kg. 5.47

lb. **2⁴⁸**

Roots Organic Herbs

Select Varieties
Product of Canada, 1 oz.

Each **2⁴⁹**



Broccoli Crowns

U.S. Grown, kg. 7.67

lb. **3⁴⁸**

Hot House Tomatoes on the Vine

Canadian Grown, Canada #1 Grade
kg. 4.37

lb. **1⁹⁸**



Celery Stalks

U.S. Grown, #1 Grade
kg. 3.26

lb. **1⁴⁸**



Baby Peeled Carrots

Product of U.S.A.
2 lb. Bag

Each **4⁴⁸**



Lighthouse Dressings

Select Varieties
Product of U.S.A.
384 ml.

Each **4⁹⁸**



Fresh Express Garden Salad

or Coleslaw, Product of U.S.A.
12-14 oz.

Each **2⁴⁸**



Jumbo Yams

U.S. Grown, kg. 5.47

lb. **2⁴⁸**



ORGANICS

Organic Yellow Cooking Onions

Canadian or U.S. Grown
#1 Grade, 3 lb. Bag

Each **4⁴⁸**



Organic White Mushrooms

Whole or Sliced
Canadian Grown
227 g.

Each **2⁴⁸**

