



Chicken Legs
Back Attached

\$2⁹⁹/lb
\$6⁵⁹/kg



\$7⁹⁹
Red Baron
Rising Crust Pizza
Assorted
740 - 875 g

Schneiders
Smokies
Assorted
900 g

\$12⁹⁹



\$3⁹⁹
ea

Royal Gala
Apples
USA #1,
3 lb (1.36 kg)

3 LB
BAG



Maple Leaf Prime
Stuffed Chicken
Cutlettes
Assorted 568 g

\$9⁹⁹



Klik
Luncheon Meat
Assorted
340 g

\$3⁹⁹



Dairyland
Stirred
Yogurt
Assorted
650 g

\$2⁹⁹

Kraft
Miracle Whip
Assorted
890 mL

\$4⁹⁹



Old Dutch
Potato Chips
Assorted Boxes
220 g

\$3⁹⁹



Dairyland
Butter
Assorted
454 g

\$5⁹⁹



\$2⁹⁹
Cavendish Farms
French Fries
Assorted
800 g



Heinz
Tomato
Ketchup
Original
750 mL or 1 L

\$4⁹⁹



Tim Hortons
Coffee
Assorted
825 or 875 g

\$28⁹⁹

SALE PRICES IN EFFECT SEPTEMBER 2026

Thurs	Fri	Sat	Sun	Mon	Tues	Wed
17	18	19	20	21	22	23

Due to store size, all items in this flyer may not be available at all locations or exactly as illustrated. Dates may vary by retail outlet. Stores have the right to limit quantities and add enviro and deposit where applicable. All beef cut from Western Canadian Grade AA beef or better. Some items may only be available at stores with an in-store bakery. Advertised prices are subject to change without notice due to necessary tariff pricing adjustments. We apologize for any inconvenience this may cause.



fresh meat



\$9⁹⁹/lb
\$22⁰²/kg

**Boneless Cross
Rib Pot Roast
or Eye of Round
Marinating Steak**



\$10⁹⁹/lb
\$24²³/kg **Beef
Minute
Steak**



\$4⁹⁹/lb
\$11⁰⁰/kg **Boneless Pork
Shoulder
Blade Roast**



\$5⁹⁹/lb
\$13²¹/kg

**Pork
Tenderloin**



\$4⁹⁹/lb
\$11⁰⁰/kg **Chicken
Breast
Back Attached**



packaged meat



**Mitchell's
Sausages**
Salami or
Pepperoni
500 g

\$7⁹⁹



\$7⁹⁹ **Burns
Bologna**
500 g

**Janes Beer
Battered Fish
Burgers or
Breaded
Fish Sticks**
450 or 640 g

\$8⁹⁹



\$6⁹⁹ **Maple Leaf
Natural Bacon**
Assorted 375 g

\$4⁹⁹ **Brandt
Sausage**
Assorted
250 or 300 g



**Aqua Star
Coconut
Shrimp**
with Sweet
Chili Sauce
500 g

\$9⁹⁹



\$7⁹⁹ **Maple Leaf
Natural Chicken**
Assorted 250 g



\$34⁹⁹ **Lilydale
Fully Cooked
Chicken Wings**
Breaded
Assorted 2 kg

**WORKS
OUT TO BE
\$7.94/lb**
\$17.49/kg

\$9⁹⁹ **Rocky Mountain
Entrées**
Selected Varieties
600 or 650 g



grocery



**Heinz
Mayonnaise
or Sauces**
Assorted
340 mL

\$3⁹⁹



**Heinz
Chili Sauce**
455 mL

\$5⁹⁹



\$3⁹⁹ **Kraft
Shake 'n Bake**
Assorted
142 - 184 g

\$3⁹⁹ **Woodman's
Tangy Seafood
Sauce or Creamed
Horseradish**
250 mL



deli

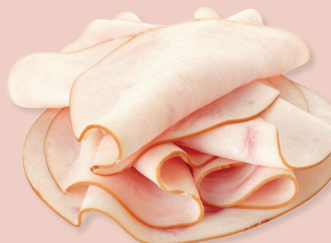
**Fantino & Modello
Capicollo**
Mild or Hot

\$3⁹⁹/100 g
\$18¹⁰/lb



**Schneiders
Deli Best
Smoked
Turkey Breast**

\$3⁹⁹/100 g
\$18¹⁰/lb



**Schneiders
Deli Best Olde
Fashioned Ham**

\$3²⁹/100 g
\$14⁹²/lb



\$3²⁹/100 g
\$14⁹²/lb

**Smith's
Pastrami**



**Casa Mendosa
Tortillas**
Selected Varieties
10 pk 640 g

\$3⁹⁹



fresh produce

\$5⁹⁹
ea

**Mandarin
Oranges**
Imported,
3 lb (1.36 kg)



**3 LB
BAG**

\$3⁹⁹
ea

Cauliflower
USA #1



\$3⁹⁹
ea

Blueberries
Imported,
6 oz (170 g)

\$2⁴⁹
ea

**Iceberg
Lettuce**
USA #1



**2 for
\$7⁰⁰**

**Kraft
Dressings**
Assorted
425 mL

grocery

**Selection
Bread
Crumbs**
425 g

\$2⁴⁹



\$3⁹⁹

**Sweet Baby Ray's
Barbecue Sauce**
Assorted
425 mL



**2 for
\$5⁰⁰**

**Bush's Best
Baked Beans**
Assorted 398 mL



**Franco-
American
Gravy**
Assorted
284 mL

**2 for
\$3⁰⁰**

Carrots
Canada #1,
Medium,
2 lb (907 g)

\$1⁹⁹
ea



**2 LB
BAG**

**HOME
GROWN**



**Grape
Tomatoes**
Canada #1,
1 Dry Pint (551 mL)

\$2⁹⁹
ea

bakery

\$3⁴⁹ Fresh Baked
Crusty Panini Rolls
White 6 pk



\$3⁹⁹ Deli World
Light Rye
Bread
900 g

Fresh Baked
Canadian
Harvest Bread
1 pk



\$4⁴⁹

Fresh Baked
Cinnamon
Bread
1 pk



\$4⁹⁹



Bread
Selected Varieties
600 g

\$3⁹⁹



Bagels
Selected Varieties
6 pk

\$4⁴⁹

\$4⁹⁹ Mrs. Freshley's
Glazed Honey Buns
or Raspberry Dreamies
6 pk 298 or 340 g



\$5⁹⁹ Basketree
Puff Pastries
or Danishes
Selected Varieties
4 - 12 pk



**Taco Bell
Taco Cravings Kit**
Crunchy, Soft or
Crunchy & Soft 260 - 420 g.
Taco Shells
Assorted 137 g,
Creamy Sauce
Assorted 354 mL

\$4⁴⁹

**Taco Bell
Taco Cravings Kit**
Cheesy Double
Decker Taco or
Crunchwrap Supreme
401 or 642 g

\$7⁹⁹



**2 for
\$2⁵⁰** Taco Bell
Seasoning
Mix
Assorted 28 g



**Armstrong
Shredded
Cheese**
Assorted
500 g

\$9⁹⁹

**Taco Bell
Hot Sauce**
Assorted
207 mL

\$3⁹⁹



**Pace
Chunky
Salsa**
Assorted
428 mL

\$3⁹⁹

**Taco Tuesday?
Taco Every Day!**

CFL PICK^{EM} Old Dutch
WIN YOUR WAY to the 113th GREY CUP
gamezone.cfl.ca/pickem/



\$3⁹⁹ Dutch Crunch
Potato Chips
Assorted 200 g

Discover
Your
Flavour
Old Dutch



No purchase req. Contest runs from 05/07/26 1:00 p.m. - 10/24/26 2:59 p.m. ET. The following prizes are available to be won: (i) 200 free chip coupons (ARV: \$6); (ii) 146 daily prizes - a CFL hat (ARV: \$40); (iii) 21 weekly prizes - 2027 season tickets (pair) to winner's CFL team of choice (ARV: \$1,000); (iv) 210 Weekly Old Dutch Crunch Time Moment prizes - 2 coupons for a free Old Dutch product (ARV: \$6); (v) 1 Grand Prize - round trip for 2 to Calgary, AB, 1 hotel room (3 nights), 2 2026 Grey Cup tickets, \$500 cash/cash equivalent and Old Dutch chips for a year (10 bags/month) (ARV: \$6,720); (vi) 49 2nd - 50th Place Prize - 2 tickets to a 2027 CFL regular season game of winner's choice and an Old Dutch Chip Prize Pack (ARV: \$130); and (vii) 200 51st - 250th Place Prize - an Old Dutch Chip Prize Pack (ARV: \$30). All prizes in CAD. Skill testing question req. Pick'Em account req. Open to legal residents of Canada who are age of majority. Odds of winning depend on number of eligible entries received and/or participants' scores on CFL Pick'Em. Full rules: https://gamezone.cfl.ca/pickem/help/r_rs

frozen & dairy



\$7⁹⁹

Bassili's Best Entrées
Selected Varieties
907 g

\$6⁹⁹

Cheemo Perogies
Variety Pack
2 kg



\$4⁹⁹

Crave Entrées
Assorted
200 - 312 g



Life Smart Naturalia Wild Blueberries
600 g

\$6⁹⁹



\$5⁹⁹

Irresistible Mixed Berries
600 g



\$7⁹⁹

Imperial Margarine
Assorted
1.2 - 1.36 kg



Philadelphia Dips
Assorted
227 g

\$3⁴⁹

Nestle Milk Shakes
Assorted
473 mL

\$1⁹⁹



Dairyland Chocolate Milk
1% MF
946 mL

\$2⁴⁹



\$3⁴⁹

Kozy Shack Pudding
Assorted 624 g



Dairyland Whipping Cream
33% or 36% MF
946 mL

\$6⁹⁹



\$2⁹⁹

Dairyland Coffee Cream
18% MF
473 mL



Ice Cream or Non-Dairy Frozen Dessert
Assorted
473 mL

\$6⁹⁹



ENTER TO WIN
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Supporting Our Communities by Giving Back

Coming Soon!
October 5 - 25, 2026

grocery

\$3.49 Primo Pasta Assorted 900 g



KD Original 200 g

\$1.99

\$2.99 Primo Thick & Zesty Pasta Sauce Assorted 680 mL



\$6.99 Clover Leaf Sockeye Salmon 213 g



2 for \$5.00 Minute Rice Cups Assorted 2x125 g

\$2.99 Tilda Rice Assorted 250 g



\$3.99 Selection Salted Tops Soda Crackers 454 g

\$1.99 Maple Leaf Flakes of Chicken, Ham or Turkey 156 g



\$5.99 Cooked Ham 454 g



\$6.99 Jif Peanut Butter Assorted 1 kg, Smucker's Spread or Jelly Selected Varieties 500 mL



\$4.99 Eagle Brand Sweetened Condensed Milk Original 300 mL



Carnation Evaporated Milk Assorted 354 mL

2 for \$5.00



\$4.99 Smucker's Uncrustables Assorted 208 or 232 g



Folgers K-Cups Assorted 12 pk

\$8.99



Plastic Red Glasses 16 oz 50 pk

\$6.99



\$2.99 Plastic Wrap 60 m



\$3.49 Aluminum Foil 50'



\$5.49 Eco Table Napkins Compostable 1 Ply 250 pk



\$2.99 Sandwich Bags Easy Seal 100 pk



\$1.99 Medium Freezer Bags Double Zipper 20 pk, Sandwich Bags Easy Seal 50 pk

grocery

\$6⁹⁹

**Kraft
Peanut Butter**
Assorted 1 kg



\$4⁹⁹

**Minute Maid
Fruit Punch
or Fuze Lemon
Iced Tea**
10x200 mL



\$3⁹⁹

**Sunny D
Citrus Punch**
Assorted 1.89 L



**SunRype
100% Juice**
Selected Varieties
900 mL or 1 L

**2 for
\$4⁵⁰**



**McCafé
K-Cups**
Assorted
24 or 30 pk

\$28⁹⁹

**Tim Hortons
K-Cups**
Assorted
10 or 12 pk



\$13⁹⁹

**Kicking Horse
Coffee K-Cups**
Assorted 10 pk



**International
Delight
Coffee
Enhancer**
Assorted 425 mL

**2 for
\$7⁰⁰**



**Gushers
Mini Pouches**
Tropical Spooky Fruit
26 pk 324 g,
**Fruit Roll-Ups
Mini Rolls**
Screamin' Strawberry
32 pk 335 g

\$8⁹⁹

GRAB 'EM EARLY!

**Mondelēz
International**



**NEW
FLAVOURS**

**2 for
\$6⁵⁰**

**Maynards
Candy**
Assorted Bags
100 - 154 g

**3 for
\$5⁰⁰**

**Cadbury
Chocolate Bars**
Selected Varieties
32 - 50 g

**NEW
FLAVOUR**



**Halls
Lozenges**
Assorted
9 pk

**2 for
\$3⁵⁰**



**2 for
\$7⁰⁰**

**Christie
Mini Cookies,
Barnum's Animal
Crackers or
Snak Paks**
Assorted
200 g or 6 pk



**2 for
\$5⁰⁰**

**Clif
Energy Bars**
Selected Varieties
68 g



\$5⁹⁹

**Cashmere
Bathroom Tissue**
Regular 2 Ply or
Ultra Strong 3 Ply
Double Roll 8 pk

\$11⁹⁹

**Scotties
Ultra Soft Tissues**
3 Ply Assorted 4x104 pk,
Facial Tissue
Original 2 Ply 9x100 pk,
**Sponge Towels
Ultra Pro**
2 Ply Double Rolls 4 pk

Kruger

Kruger Products Inc. is Canada's leading manufacturer of quality tissue brands. With approximately 2300 employees across 9 Canadian manufacturing plants, we are proud to make everyday life more comfortable for the Canadian communities we serve.

**Tostitos
Tortilla Chips**
Assorted
210 - 295 g

**2 for
\$8.50**



**C4
Energy Drinks**
Assorted
473 mL

**2 for
\$5.50**



**Ruffles
Potato Chips**
Assorted
180 - 200 g

\$3.99

\$7.99 **Nestea Iced Tea**
Assorted
12x341 mL



**Nestea
Iced Tea**
Assorted
1.89 L

\$4.49

**Good Host
Liquid Water
Enhancer**
52 mL

\$4.49



\$12.99 **Splash Blast
Flavoured Water**
24x500 mL



\$4.99

Häagen-Dazs
Selected Varieties
414 or 450 mL



**2 for
\$5.00** **Nestle
Mega Chocolate
Bars**
Selected Varieties
50 - 86 g

Old Dutch

\$4.99 **Restaurante
Salsa or Salsa
Con Queso Dip**
Assorted
400 or 430 mL

**2 for
\$8.50** **Arriba or
Restaurante
Tortilla Chips**
Assorted 235 - 295 g

**Coca-Cola
Beverages**
Assorted
24x355 mL

\$13.99



Coca-Cola

**3 for
\$5.00**

**Coca-Cola
Beverages**
Assorted 1 L



**3 for
\$8.50** **Monster Energy Drinks**
Selected Varieties 458 or 473 mL,
**Bang, Reign, NOS or
Full Throttle Energy Drinks**
Assorted 473 mL



**WE
DELIVER**

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