## 

"Shopping Locally"

Local Special of the Week

28.62KG LB.

LOCAL 2.16KG

## EMPSTER'S WHOLE **BREAD**

600g .....

ENGLISH **MUFFINS** 

Pk of 6.

**HELLMANNS ASSORTED MAYO** 

**MOTTS ASSORTED** CLAMATO

**WESTERN FAMILY SALAD** DRESSINGS OCEAN LIGHT **TUNA IN** WATER

SMITHFIELD

**HICKORY SMOKED** 

SLICED

SWEET BABY RAYS **BBQ SAUCE** 

**WESTERN FAMILY APPLE JUICE** 

MUSHROOMS STEMS & PIECES

FAMILY SPACK BONLESS

**CENTER CUT** 

Rib End @ 4.58lb/10.10kg

**LOCAL** 

**PRUNE** 

**PLUMS** 

**TETLEY** 

**ASSORTED** 

Z GRIMM'S PILLOW PACK & SIZZLER SMOKIES

40 EA

HARVEST SLICED REGULAR SALAMI HAM SAUSAGE

**5.48**<sub>EA</sub>

125g

20

D.J0 19.80kg

**DAIRYLAND** 

**SOUR** 

**CREAM** 

450-500ml

2.98

BONELESS, SKINLESS

BREAST

Smaller @ 9.98lb

HICKEN

**ACTIVIA ASSORTED YOGURT** 650g

3.9

**ARMSTRONG** 

4.36kg

10.98kg

**ASSORTED CHEESE** 600g

**B.**9

ARMSTRONG MELTS

**CHEESE SLICES** 450g

**MINUTE MAID** 

**ORANGE JUICE** 

68

**RISTORANTE FROZEN PIZZA** 325-410g

& **VEGETABLES** 

60

GROCERY SPECIALS

**CELLO SPINACH** 

**GREEN GIANT ASSORTED VEGETABLES** 

**HEINZ ASSORTED BEANS** 

398ml

398ml

**BC SMALL** WHITE **POTATOES** 

3.26kg

**HONEYCRISP APPLES** 

**LOCAL** 

3.26kg

**CARROTS** 2 lb bag EA

BC

**CELLO** 

**HERB TEA** 341-398ml 20-24pk

> **DOLE ASSORTED** PINEAPPLE

KRAFT ASSORTED **PEANUT BUTTER** 1kg

7.98

**OLD DUTCH POTATO CHIPS** 200-235g

**PUREX BATHROOM** TISSUE 12 roll

**SPONGE TOWEL PAPER TOWELS** 6 pk

**SCOTTIES FACIAL** 

**TISSUE** 6pk

**BOUNCE SHEETS FABRIC** SOFTENER 80 pk

MONDAY, SEPT. 9 TO SUNDAY, SEPT. 15, 2024 • WE RESERVE THE RIGHT TO LIMIT QUANTITIES