

From our Family to yours

Recipe of the Week
Chili Steaks with Iceberg Wedge Salad
 EASY MEAL IDEAS AT
FAMILYFOODS.CA/RECIPES



SUMMER
 Snackin'

Enter for your chance to

WIN*
1 of 5
YETI Roadie Coolers

See insert or on-line for details



348lb
 7.67/kg

Compliments Boneless Skinless Chicken Breasts

Frozen. Seasoned. I.Q.F. Works out to \$30.69 Per 4 Kg Box.

Lucerne Ice Cream

Assorted Varieties. Frozen. 1.89 Litre.



2/\$6



5⁹⁸

Royale Bathroom Tissue

Double 12 Roll 253 Sheets. Mega 9 Roll 340 Sheets. Velour 12 Roll 165 Sheets. 3 Ply 12 Roll 200 Sheets.



fresh produce

198lb
 4.37/kg

Black and Red Plums

Product of U.S.A. #1 Grade.



2/\$6

Mott's Clamato Juice

Or Garden Vegetable Cocktail or Welch's Grape Juice. Assorted Varieties. 1.36 - 1.89 Litre. Hawaiian Punch 6 x 296 mL. Realemon 945 mL.



1⁰⁰

Clover Leaf Tuna

Assorted Varieties. Skipjack Tuna 170 g. Flavoured Tuna 85 g.



2/\$5

Nestle Cello Chocolates

Assorted Varieties. 135 - 246 g.

Sale Prices In Effect July 2017

mon	tue	wed	thu	fri	sat
3	4	5	6	7	8

Open Sundays in select locations only.
www.familyfoods.ca
 We reserve the right to limit quantities.

Some items may not be available at all stores. All advertised items are on sale while stock lasts. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. Advertised prices do not include GST/HST. All items are per household, per visit. Although we strive for complete accuracy in our advertising, errors sometimes can occur. When an error is discovered, a correction notice will be posted in stores to bring the error to your attention. Sale prices in effect on the dates on front page.

grocery

**Kraft
Dinner or
Side Dishes**

Or Cups 55 - 58 g.
Assorted Varieties. 156 - 225 g.

2/\$3



6⁹⁹

**Tim Horton's
Coffee**

Assorted Varieties. 300 g.



2/\$6

**Old El Paso
Mexican Favourites**

Assorted Varieties. Tortillas 297 - 334 g. Taco Shells 125 - 133 g. Sliced Jalapeno Peppers 250 mL. Taco Sauce 215 mL. Refried Beans 398 mL. Rice 215 g. Green Chilies 127 mL.



6⁹⁸

**Robin Hood
Flour**

Assorted Varieties. 5 kg.

**Heinz
Ketchup**

Assorted Varieties.
750 mL - 1 Litre

4²⁸



2/\$6

**Campbell's
Chunky Soup or Chili**

Assorted Varieties. Chunky Soup 540 mL. Chili 425 g.



1⁹⁸

**Aylmer
Tomatoes**

Assorted Varieties. 796 mL.



2/\$7

**Maple Leaf
Klik or
Swift Prem
Luncheon Meat**

Assorted Varieties. 340 g.



2/\$9

**General Mills
Cereal**

Cheerios 340 - 500 g. Nesquik 340 g. Lucky Charms 330 - 340 g. Cinnamon Toast Crunch 360 g. Reese Peanut Butter Puffs 365 g. Golden Grahams 340 g. Special Edition 350 g. Movie Edition 300 g.



3/\$5

**Sensations
Pasta**

Assorted Varieties. 500 g.



1⁹⁸

**Heinz
Mustard**

Assorted Varieties. 226 - 380 mL.



2⁹⁸

**Sensations
Meat Rubs**

Steak, Chicken or Garlic & Pepper. 275 mL.

**Tim Hortons
K-Cup Coffee**

Assorted Varieties. 30's.

18⁹⁹



2/\$9

**Nestle
Pure Life
Spring or
Sparkling Water**

Spring Water 24 x 500 mL.
Sparkling Water 12 x 355 mL or 12 x 710 mL.
San Pellegrino Beverages 6 x 330 mL. ♻️



2/\$11

Gatorade

Assorted Varieties. 6 x 591 mL. ♻️



8⁹⁸

**Coca-Cola or Pepsi
24 Pack Soft Drinks**

Assorted Varieties. 24 x 355 mL. ♻️



19⁹⁸

**Compliments
Extra Virgin Olive Oil**

3 Litre.



2/\$9

**Post
Family Size Cereal**

Assorted Varieties. Sugar Crisp 550 g. Honeycomb 595 g. Honey Bunches of Oats 625 g. Alpha Bits 510 g. Shreddies 710 - 725 g.



13⁹⁸

**Nabob
Tradition Coffee**

Assorted Varieties. 915 - 930 g.



3⁷⁸

**Smucker's
Jams or Spreads**

Or Adams Peanut Butter 500 g. Assorted Varieties. No Sugar Added Spreads 310 mL. Jam, Jelly or Marmalade 500 mL. Double Fruit 390 mL. Sherriff Marmalade 750 mL.



4²⁸

**Club House
One Step Seasoning**

Assorted Varieties. 111 - 147 g.

Orville Redenbacher's Popcorn
Ready To Eat.
Assorted Varieties. 116 - 220 g.

3/\$7



Kellogg's Bars
Assorted Varieties. Kashi 160 - 200 g.
Vector 200 - 220 g. Special K 165 - 180 g.
Nutrigrain Fruit & Nut Bars 170 g. All Bran 210 g.

2/\$6



Club House Organic Spices
Assorted Varieties. 10 - 57 g.

2/\$4



Kraft or Sensations Barbecue Sauce
Assorted Varieties. Kraft 455 mL.
Sensations 375 mL.

2/\$5



Kool-Aid Jammers or Drink Crystals
Or Tang Drink Crystals 613 g. Assorted Varieties. Kool Aid or Country Time Lemonade 517 - 580 g. Country Time Singles 190 g. Kool-Aid Singles 132 g. Crystal Light 23 - 56.6 g. Jammers 10 x 180 mL. Kool Aid, Crystal Light Or Mio Liquid 48 mL.

3/\$10



Quaker Cereals
Assorted Varieties. Oat Squares 500 g. Life 425 - 455 g. Harvest Crunch 470 - 600 g. Muffets Shredded Wheat 375 g. Captain Crunch 350 g. Corn Bran Squares 375 g.

3/\$9

bakery



Sensations Cheesecake
Gluten Free 907 g. Assorted Varieties. 1134 g.

12⁹⁸



Dempster's Deluxe Sausage or Hamburger Buns
Assorted Varieties. 6's - 8's.

2/\$7

frozen

Chapman's Super Novelties
Assorted Varieties. Super Cones 8 x 120 mL.
Super Sandwich 12 x 120 mL.
Super Fudge or Super Frosty Bars 6 x 75 mL. Frozen.

6⁴⁸



Compliments Fried Potatoes
Assorted Varieties. Frozen. 454 g - 1 kg.

2⁴⁸



Dr. Oetker Pizza
Assorted Varieties. Frozen. Casa Di Mama 395 - 415 g. Ristorante 305 - 390 g.

2/\$10



Cheemo Perogies
Cheddar or Variety Pack. Frozen. 2 kg.

2/\$10

chilled

Tropicana Juices
Selected Varieties. Tropicana or Trop 50 1.65 - 1.75 Litre.

4⁹⁸



Imperial Margarine
907 g.

3⁹⁸



Kraft Philadelphia Cream Cheese
Assorted Varieties. 227 - 250 g.

3⁹⁸



International Delight
Assorted Varieties. 473 mL.

2⁷⁸

household

Royale Facial Tissue or Tiger Paper Towel
Multipack 3 ply 6 x 88's or 2 ply 6 x 126's. Tiger Paper Towel 70 Sheet 6 Roll.

4⁹⁸



Cottonelle Bathroom Tissue
Or Viva Vantage Paper Towel 6 Roll. Clean Care or Ultra Comfort Bathroom Tissue 12 Roll.

5⁹⁸



Tampax or Always Feminine Products
Assorted Varieties. 14's - 60's.

4⁹⁸

pets

Compliments Scoopable Cat Litter
Regular or Multicat. 7 kg.

5⁹⁸



fresh produce



2⁹⁸

Fresh Blackberries or Raspberries
Product of U.S.A. #1 Grade. 170 g.



3⁹⁸lb
8.77/kg

Asparagus
Product of U.S.A./Canada. #1 Grade.



4⁹⁸

Clementine Oranges
Product of U.S.A. #1 Grade. 907 g.



4⁹⁸

Stop Light Bell Peppers
3 Count. Product of Canada. #1 Grade



1²⁸lb
2.82/kg

Tomatoes On The Vine
Product of Canada. #1 Grade.



2⁹⁸lb
6.57/kg

Bulk White Organic Mushrooms
Product of Canada.



2/\$1

Bunch Green Onions
Product of U.S.A. #1 Grade.



1⁹⁸
Each

Iceberg Lettuce
Cello Wrapped. Product of Canada. #1 Grade.

fresh meat



3⁹⁸lb
8.77/kg

Fresh Lean Ground Beef
Less than 17% Fat Content. Store may restrict to Family Pack.



4⁴⁸lb
9.88/kg

Fresh Split Chicken Wings



3⁴⁸lb
7.67/kg

Fresh Pork Loin Sirloin Chops
Bone In.



9⁹⁸lb
22.00/kg

Beef Standing Rib Grilling Steak
Bone In. Cut From Canada AA or Higher.

frozen meat



10⁹⁸

Sensations Stuffed Burgers
Assorted Varieties. Frozen. 1.02 kg.



3⁹⁸

Johnsonville Smoked Beef Sausage
Regular or Cheddar. 375 g.



9⁹⁸

Raw Prawns
Frozen. Quick Peel. 26 - 30 Count. 340 g.



9⁹⁸

Aqua Star Pacific Salmon
Caught Wild. Frozen. 680 g.

packaged meats



5²⁸

Carl Buddig Luncheon Meats
Assorted Varieties. 250 g.



13⁹⁸

Mitchell's Thick Sliced Heritage Bacon
Or Smoked or Black Forest Whole Ham. 1 kg.
Heritage Bacon 1 kg.



4⁹⁸

Schneiders Grill'em's Sausages
Assorted Varieties. 375 g.

deli



2⁹⁸
100 g

Schneider's Summer Sausage
Sliced or Shaved.

Family Foods

SUMMER Snackin'

Enter for your chance to

WIN*
1 of 5
YETI Roadie Coolers

See back page for details

TWO WEEKS OF SAVINGS

Sale Prices In-Effect July 3 to 15, 2017

Breyers Ice Cream

Or Gelato 842 mL. Assorted Varieties. Blends, Creamery Style or Light. Frozen. 1.66 Litre.



5⁴⁸

Compliments Candy

Assorted Varieties. 125 - 200 g.



2/\$3

Haagen Dazs Ice Cream or Gelato

Assorted Varieties. Frozen. 475 - 500 mL. Ice Cream Bars 220 - 264 mL.



4⁹⁸

Mars Multipacks or Pouches

Assorted Varieties. 165 - 230 g.



3⁹⁸

Lucerne Nutty Royale Ice Cream Cones

Or Fudge Bars 12 x 60 mL. Kreme Koolers 24 x 50 mL. Fruit Juice Bars 12 x 60 mL. Nutty Royale Vanilla or Caramel 8 x 115 mL.



5⁹⁸

Twizzlers Or Nibs Licorice

Assorted Varieties. 340 - 454 g. Goodies 300 g.



2/\$5

Lindt Excellence Chocolate Bars

Assorted Varieties. 100 g.



2/\$6

Nutella & Go Hazelnut Spread

Regular or Pretzel. 52 - 54 g.



5/\$5

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Enter for your
W

Pringles
Potato Crisps
Assorted Varieties. 139 - 156 g.
Stix 121 g. Tortillas 182 g.



3/\$6

Sensations
Peanuts
Assorted Varieties. 275 g.



178

Krave
Beef Jerky
Assorted Varieties. 75 g.



548

General Mills
Bugles
Original or Nacho Cheese. 213 g



3/\$6

Jack Link's
Beef Jerky
Assorted Varieties. Jerky 60 - 80 g.
Nuggets 100 g.



2/\$9

Ruffles
Potato Chips
Or Smart Food 150 - 220 g. Assorted Varieties.
Ruffles 240 - 245 g.



2/\$6

Lay's
Potato Chips
Assorted Varieties. 170 - 180 g.



5/\$10

Tostitos
Tortilla Chips or Salsa
Assorted Varieties. Chips 220 - 320 g.
Salsa 416 - 423 mL.



2/\$6

Compliments
Trail Mix
Purcell or Crystal Mountain Mix. 400 g.



6⁹⁸

Compliments
Peanuts
Roasted In Shell. Salted or Unsalted. 454 g.



2/\$4

your chance to

WIN* 1 of 5 YETI Roadie Coolers

See back page for details

Cheetos or Chesters Corn Twists

Assorted Varieties. Chester's Corn Twists 240 - 270 g. Popcorn 230 g. Cheetos 180 - 310 g



2/\$7

La Cocina Tortilla Chips

400 g.



2⁷⁸

Dare Candy

Assorted Varieties. 385 - 818 g.



2⁹⁸

Mars Chocolate Bars

Assorted Varieties. 30 - 57 g.



5/\$5

Cadbury Family Bars or Maynards Candy

Assorted Varieties. Cadbury 90 - 100 g. Maynards 170 - 185 g.



2²⁸

Cadbury Sharing Bars

Assorted Varieties. 180 - 200 g.



4²⁸

Hershey's Chocolate Bars

Assorted Varieties. Bars 39 - 58 g.



5/\$5

Hershey's Chocolate

Assorted Varieties. Kisses or Drops 200 g. Cellos or Pouches 180 - 290 g. York Peppermint Patties 200 g.



3⁹⁸

Compliments Sugar Cones

12's.



1⁹⁸

Nestle Aero Chocolate Bars

Assorted Varieties. 85 - 97 g.



2⁴⁸

Nestle Chocolate Bars

Singles. Assorted Varieties. 40 - 60 g.



5/\$5

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

Family Foods

SUMMER Snackin'

Enter for your chance to

WIN 1 of 5

YETI Roadie Coolers
Retail Value \$330



Starburst or Skittles Candy
Assorted Varieties. 58 - 61 g.

5/\$5



Compliments Licorice Twists
Or Cherry Bites. Assorted Varieties. 350 g.

1.98



Smucker's Sundae Toppings
Chocolate or Butterscotch. 250 mL.

2/\$5



Compliments Frozen Fruit
Assorted Varieties. 500 - 600 g.
Raspberries in Syrup 425 g. Frozen.

2/\$8



Nestle Cello Chocolates
Assorted Varieties. 135 - 246 g.

2/\$5



Popsicle Novelties
Select Varieties. Fudgsicles, Revello, Creamsicle or Popsicles. 6's - 12's.

3.98



Lucerne Ice Cream
Assorted Varieties. Frozen. 1.89 Litre.

2/\$6



Compliments Whipped Topping
Regular or Light. 1 Litre.

2/\$5



Mail-in a Ballot or Enter Online at www.familyfoods.ca

*NO PURCHASE NECESSARY. See select Family Foods flyers in July and August, 2017 for entry form or enter online at www.familyfoods.ca. For official rules and regulations see customer service or www.familyfoods.ca for details. Entry deadline: August 25, 2017. Draw date: September 8, 2017. **Yeti is not a sponsor of, nor a partner in this promotion.

Enter to Win* 1 of 5 Yeti Roadie Coolers**

Enter Online at WWW.FAMILYFOODS.CA

Submit the Online Entry Code: 2018-08 for 2 BONUS Entries

OR Mail In The Entry Form Below

Print Name: _____
 Address: _____
 City: _____ Province: _____
 Postal Code: _____ Phone (daytime): _____
 Store Name & Location (Street/City): _____
 Signature: _____ Date: _____
 Email: _____

Skill Testing Question: Multiply 5 x 10, Add 20, Divide by 2.
My answer to the Skill Testing Question Is: _____

How to Enter: *NO PURCHASE NECESSARY. See select Family Foods flyers in July and August, 2017 for entry form or enter online at www.familyfoods.ca. For official rules and regulations see customer service or www.familyfoods.ca for details. There are two (2) ways to enter. Either online at www.familyfoods.ca with the online code or by filling out the above flyer entry form which must be mailed to:
 Family Foods "Summer Snackin'" - Yeti Roadie Cooler Giveaway
 C/O Macdonalds Consolidated
 PO Box 864 Station M, Calgary, AB T2P 2J6

Each mail in entry must be an original (no photocopies or facsimiles will be accepted). You must separately mail each entry with sufficient postage. To be eligible, all entries must be submitted by August 20th, 2016 the contest closing date. **PRIZE:** There will be one (1) of five (5) Yeti Roadie Coolers available to be won. **Yeti is not a sponsor of, nor a partner in this promotion. **DRAW AND WINNER SELECTION:** September 8th, 2017.

By signing below and submitting this entry form, I declare that I (i) have read, understood, complied with and will abide by all of the rules of this contest, and (ii) have answered the mathematical skill-testing question by myself without mathematical aid. I agree to: (i) accept the contest the contest judges ruling over any aspect of the contest as final and binding, and (ii) release contest sponsors from any and all liability with respect to the prize, and (iii) the use of my name, address and photograph in any advertising or promotion without compensation.