

IFT

Independent Food Town

RECIPE OF THE WEEK

EASY MEAL IDEAS AT FAMILYFOODS.CA

Kickin' Chicken Wings



Fresh Produce

3⁹⁹ Each

Halo Mandarin Oranges
Product of South Africa. 907 g.



Fresh Meat

4⁹⁹ lb
11.00/kg

Fresh Lean Ground Beef
Less than 17% Fat Content. Store may restrict to larger packs.



5⁹⁹ lb
13.21/kg

Fresh Split Chicken Wings



5⁹⁹

Rustica Pizza
Select Varieties. 538 - 866 g. Frozen.



3⁴⁹ Each

Fresh Avocados
5 Count. Product of Mexico.



3/\$10

Lay's Potato Chips
Select Varieties. 220 - 235 g.
Poppables 130 g.



2/\$13

Pepsi 12 Pack Soft Drinks
Select Varieties.
12 x 355 mL.



2/\$4

Kraft Philadelphia Dips
Select Varieties. 227 g.



2/\$7

Mott's Clamato Juice
Select Varieties. 1.89 Litre.



2⁹⁹ Each

Compliments Salads
Select Varieties. 426 - 454 g.

The Big Game is Sunday November 19, 2023

Sale Prices in Effect

NOV 2023	thu 16	fri 17	sat 18	sun 19	mon 20	tues 21	wed 22
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Blyth Foodmarket, 209 Drummond Street, Blyth • **Comber Food Market**, 6303 Main Street, Comber • **Eagle Lake Country Market**, 2622 Eagle Lake Road, Eagle Lake
Embro Foodtown, 127 Huron Street, Embro • **Port Lambton Food Market**, 4352 St. Clair Parkway, Port Lambton • **Merrickville Food Market**, 205 St. Laurence Street, Merrickville
Mount Brydges Food Mart, 22482 Adelaide Road, Mount Brydges • **Robinson's General Store**, 1061 Main Street, Dorset



At Select Locations

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.

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

Grocery



4⁹⁹ Compliments Cereal
Select Varieties. 794 g.



3⁴⁹ General Mills
Fruit By The Foot
Or Fibre 1 Bars 125 - 175 g.
Select Varieties. Fruit By the Foot
128 g.



2⁷⁹ Quaker Chewy or
Dipps Bars
Select Varieties. 120 - 156 g.



2/\$4⁴⁴ Bush's Best Beans
Select Varieties. 398 mL.



3²⁹ Robin Hood Oats
Select Varieties. 1 kg.



2/\$3 Heinz Beans and Pasta
Select Varieties. 398 mL.



2/\$5 Compliments Pasta
Select Varieties. 900 g.



1⁹⁹ Hunt's Thick & Rich
Pasta Sauce
Or Tomato Sauce.
Select Varieties. 680 mL.



3⁹⁹ VH Sauces
Select Varieties. 341 - 355 mL.



1²⁹ Primo Pizza Sauce
Select Varieties. 213 mL.



4⁶⁹ Christie Premium
Plus Crackers
Select Varieties. 450 - 500 g.



2/\$7 Dare Wagon Wheels or
Bear Paws
Or Viva Puffs 300 g. Select Varieties.
Wagon Wheels 315 - 360 g. Bear Paws
168 - 240 g. Simple Pleasures 310 g.



2/\$6 Old Dutch Potato Chips
Select Varieties. 235 g.
Ridgies 200 g.



2/\$8 Tostitos Tortilla Chips
Select Varieties. 205 - 300 g.



4⁹⁹ Nestle Pure Life
Spring Water
24 x 500 mL. ♻️

Bakery



7⁹⁹ Tasty Selections
Bundt Cakes
Select Varieties. 500 g.



2⁹⁹ Compliments Garlic
Bread
284 g.



3²⁹ Dempster's Bread
Select Varieties. 675 g.



9⁹⁹ Maxwell House Coffee
Select Varieties. 631 - 925 g.



8⁹⁹ Red Bull Energy Drink
Select Varieties. 4 x 250 mL. ♻️

Deli



7⁴⁹ Tre Stelle Bocconcini
or Feta Cheese
Each
Select Varieties. 200 g.



3⁴⁹ Summer Fresh Hummus
or Dips
Each
Select Varieties. 200 - 227 g.



1⁶⁹ Compliments Ham
Select Varieties.
Sliced or Shaved.
100 g



18⁹⁹ Folgers
K-Cup Coffee
Select Varieties.
210 - 315 g. 30's.



2/\$5 Coca-Cola 2 Litre
Soft Drinks
Select Varieties. ♻️

Snacks



1.39 Hershey Single Chocolate Bars
Select Varieties. 34 - 58 g.



2/\$7 Russell Stover No Sugar Added Chocolates
Select Varieties. 85 g.



2/\$7 Lindt Swiss Classic Chocolate Bars
Select Varieties. 100 g.



2/\$6 Werther's or Riesen Candy
Select Varieties. 116 - 135 g.



4.79 Hershey Cello Chocolate
Select Varieties. 160 - 290 g.
Brookside 160 - 235 g.

Chilled & Frozen



8.99 Kraft Singles Cheese Slices
Select Varieties. 825 g.



2/\$7 Yoplait Yogourt
Select Varieties. Source 630 g.
Tubes 448 g. Minigo 360 g.



3.99 Pillsbury Rolls or Sweet Goods
Select Varieties. Rolls or Biscuits
318 - 351 g. Pizza Crust 391 g.
Cookies 468 g.



3.49 Compliments Sour Cream
Select Varieties. 500 mL.



6.99 Becel Soft Margarine
Select Varieties. 637 - 850 g.



6.99 Tropicana Orange Juice
Select Varieties. 2.63 Litre. 🌱



2.99 Pillsbury Pizza Pops
Or Toaster Strudels. 326 g.
Select Varieties.
Pizza Pops 380 g. Frozen.



2.79 McCain French Fries
Select Varieties. 800 g. Frozen.



7.99 Marie Callender's Entrees
Select Varieties. Frozen.
680 - 879 g.



5.49 Kellogg's Eggo Waffles
Select Varieties. Frozen. 560 g.



5.49 Nestle Ice Cream or Novelties
Or Del Monte Novelties.
Select Varieties. Assorted Sizes. Frozen.



6.49 Maple Lodge Farms Chicken Sticks
Or Zabiha Halal Chicken Sticks.
Select Varieties. 300 g.



2/\$13 Wong Wing Entrees
Select Varieties. Frozen. 360 - 680 g.



16.99 Compliments Cooked Shrimp
With Cocktail Sauce.
Frozen. 680 g.

Household & Pet



8.49 SpongeTowels
Select Varieties. 3 - 6 Roll.



7.99 Scotties Facial Tissue
Select Varieties. 81's - 126's. 6's.



5.99 Compliments Multi Surface Cleaner
4 Litre.



4/\$7 Pedigree Cesar Dog Food
Select Varieties. 100 g.



2/\$3 Whiskas Perfect Portions Cat Food
Select Varieties. 75 g.



Fresh Produce

3⁹⁹
Each

Fresh Raspberries
Product of Mexico. 170 g.



Fresh Meat

4⁴⁹ lb
9.90/kg

Fresh Pork Back Ribs
Cryovac.



4⁹⁹
Each

Johnsonville Smoked Sausages
Pork. Select Varieties. 375 g.
Breakfast Sausages 250 - 375 g.



3¹⁹

Dempster's Hot Dog or Hamburger Buns
Select Varieties. 8's.



4⁴⁹

General Mills Cereal
Select Varieties. 300 - 430 g.



5⁹⁹

Nescafé Instant Coffee
Select Varieties. 100 - 170 g.



2/\$4

Campbell's Broths
Select Varieties. 900 mL.
Concentrated 250 mL.



9⁴⁹

Cashmere Bath Tissue
Select Varieties. 2 ply 12 Roll
or Ultra Triple 8 Roll.

Produce



3⁴⁹
Each

Compliments Organic Whole White or Cremini Mushrooms
Product of Canada. 227 g.



4⁹⁹

Compliments Apples
Royal Gala or Ambrosia.
1.36 kg. Product of Canada.



2⁹⁹
Each

Celery Stalks
Product of U.S.A.



4⁹⁹
Each

Red, Yellow and Orange Bell Peppers
3 Pack. Product of Canada.



2⁹⁹
Each

Mini Cucumbers
Product of Canada. 6's.

Meat



9⁹⁹ lb
22.02/kg

Beef Top Sirloin Roast
Boneless. Cut From
Canada AA or Higher.



4²⁹ lb
9.46/kg

Fresh Pork Rib Roast
Boneless.



13⁹⁹
Each

Schneiders Ham Halves
Select Varieties. 700 g.



2/\$5

Schneiders Grab 'N Snack Kit
Select Varieties. 45 - 48 g.



5⁹⁹
Each

Daily's Premium Meats Hickory Smoked Bacon
Original or Thick Cut. 375 g.

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GAME DAY ESSENTIALS

Sale prices in effect November 16 - 22, 2023



11⁴⁹

Compliments Chicken Wings
Select Varieties. Frozen. 800 g.



8⁹⁹

Compliments Meatballs
Select Varieties. Frozen. 680 g.



9⁹⁹

Compliments Shrimp Ring
With Cocktail Sauce. 312 g. Frozen.



4⁹⁹

Matt & Steve's Extreme Beans
Hot & Spicy. 500 mL



2/\$7

Kraft Bulls Eye BBQ Sauce or Diana Sauces
Select Varieties. Bulls Eye 425 mL. Diana Sauces or Marinades 375 - 500 mL.



2/\$6⁵⁰

Christie Crackers
Or Bits & Bites or Crispers. Select Varieties. 145 - 386 g.



2/\$7

Pringles Potato Crisps
Select Varieties. 148 - 156 g.



11⁹⁹

Corona Sunbrew Alcohol Free Beer
6 x 330 mL. ♻️



4⁴⁹

Dr. Oetker Pizza
Select Varieties. Frozen. Casa Di Mama 395 - 410 g. Ristorante 320 - 390 g.

NATURAL CHEESE
Armstrong
1902®



**BRING THE FUN.
BRING ARMSTRONG CHEESE.**



\$4.99

**Shredded Cheese 300-320g
Armstrong**



\$4.99

**Cheese Blocks 400g
Armstrong**



\$4.99

**Sliced Cheese 220-240g
Armstrong**



GAME DAY



12²⁹

Janes Chicken
Select Varieties. Frozen. 700 g.



12⁹⁹

**Compliments Asian
Appetizer Party Pack**
691 g. Frozen.



9⁹⁹

Panache Shrimp
Select Varieties. Frozen. 340 - 355 g.



2²⁹

**Maple Lodge Farms
Chicken Wieners**
Or Zabiha Halal. 450 g.



5⁴⁹

**Maple Lodge Farms
Ultimate Chicken
Frankfurter**
900 g.



6⁹⁹

**Compliments
Spring Rolls**
Vegetable. Frozen. 336 g.



3⁹⁹

**Compliments Naturally
Simple Hummus**
Or Dips. Select Varieties. 227 g.



8⁹⁹

Best Buy Ice Milk
Select Varieties. 4 Litre. Frozen.



2⁹⁹

Gay Lea Sour Cream
Select Varieties. 425 - 500 mL.



3⁹⁹

**Compliments Juice
or Beverages**
Select Varieties. 1.54 Litre. ♻️



2²⁹

**Lactantia, Olivina or
Parkay Margarine**
or Lactantia Butter Sticks 125 g.
Select Varieties. Margarine 427 g.



2⁶⁹

**Compliments
French Fries**
Select Varieties. Frozen. 1 kg.

ESSENTIALS



**Compliments
Compostable Cutlery**
Select Varieties. 24's



**Compliments
Plant Fibre Plates**
Compostable. Select Varieties. 12's.



**Compliments
Kettle Chips**
Select Varieties. 200 g.



**Compliments
Plant Fibre Bowls**
Compostable. Select Varieties. 12's.



**Compliments
Dinner Napkins**
2 Ply. 100's.



**Best Buy Jumbo
Paper Towel**
6 Roll. 94 Sheets.



Glad Cling Wrap
90 Metres.



Glad Press 'N Seal
21.6 Metres.



**Compliments
Compostable Bin Liner**
100's.



**Compliments Grip 'n
Tie Recycling Bags**
100's.



**Compliments
Garbage Bags**
67 Litre. 100's.



**Compliments
Beer Cups**
Red or White. 50's. 455 mL.



BIG GAME SAVINGS



2/\$4

Cadbury King Chocolate Bars
Select Varieties. 66 - 90 g.



3/\$8

Hershey Family Bars
Select Varieties. 90 - 120 g.



7⁹⁹

Poppycock
Select Varieties. 300 g.
While Supplies Last.



9⁹⁹

Ferrero Chocolate
Select Varieties. Ferrero Grand 118 - 125 g. Jewel Boxes 156 - 200 g.
While Supplies Last.



4⁷⁹

Hershey Christmas Chocolate
Select Varieties. Kisses 180 g. Reese 161 g. Eggies 227 g. While Supplies Last.



6⁹⁹

Nestea or Peace Tea Beverages
Select Varieties. 12 x 341 mL. ♻️

UNTWIST WITH



JOLLY RANCHER Gummies
assorted varieties
(182 - 198 g)

2/\$5



TWIZZLERS PRESS'D Gummies
assorted varieties
(100 g)

3⁹⁹



TWIZZLERS Family packs,
assorted varieties
(311 - 454 g)

2/\$7

TWIZZLERS & JOLLY RANCHER singles
assorted varieties
(60 - 90 g)

3/\$4

HERSHEY'S