

IFT

Independent Food Town

RECIPE OF THE WEEK

EASY MEAL IDEAS AT FAMILYFOODS.CA

Easy
Spinach-Ricotta
Cannelloni



Fresh Meat

4.99 lb
11.00/kg

**Beef Outside
Round Roast**

Boneless. Cut From
Canada AA or Higher.

Fresh Produce

2.49 lb
5.49/kg

**Red, Green or Black
Seedless Grapes**

Product of Chile.



2/\$7

**Classico
Pasta Sauce**

Select Varieties.

410 - 650 mL.

Pesto 218 mL.



5.49

**Nestle
Ice Cream
or Novelties**

Or Del Monte Novelties.
Select Varieties.

Assorted Sizes. Frozen.



5.99

Delissio Pizza

Select Varieties. Frozen. Pizzeria 519 - 604 g.
Rising Crust 782 - 888 g.



2/\$7

**Old Dutch Restaurant
Tortilla Chips**

Select Varieties. 230 - 320 g.



3.99

**Silk Beverages or Liberte
Yogourt**

Select Varieties. Silk Beverages
1.75 - 1.89 Litre. Liberte 500 g..



8.99

Maxwell House Coffee

Select Varieties. 631 - 925 g.

Meal Inspiration & Savings From our Family to Yours

Sale Prices in Effect

MAR 2023	thu 23	fri 24	sat 25	sun 26	mon 27	tues 28	wed 29
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Arkona Food Market, 7291 Arkona Road, Arkona • Comber Food Market, 6303 Main Street, Comber • Langton Food Market, 24 Queen Street, Langton • Embro Foodtown, 127 Huron Street, Embro

Port Lambton Food Market, 4352 St. Clair Parkway, Port Lambton • Blyth Foodmarket, 209 Drummond Street, Blyth • The Chesley Grocery Store, 30 First Avenue, Chesley

Mount Brydges Food Mart, 22482 Adelaide Road, Mount Brydges



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.

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Grocery



2/\$6 Compliments Pancake Mix
Or Syrup 750 mL. Select Varieties. Pancake Mix 905 g.



1.99 Maple Leaf Vienna Sausage
113 g.



2.69
Holiday
Luncheon Meat
340 g.



5.99 Nescafe Gold or
Instant Coffee
Select Varieties. 90 - 351 g.



3/\$5 Compliments Juice
Or Punch. Select Varieties.
1 Litre. 🌱



2/\$6 Old El Paso
Mexican Favourites
Select Varieties. 133 - 334 g.
127 - 398 mL.



2/\$4.44 Bush's Best Beans
Select Varieties. 398 mL.



2/\$7 Kraft Bulls Eye
BBQ Sauce
Select Varieties. 425 mL.



7.39 Hellmann's
Mayonnaise
Select Varieties. 710 - 890 mL.



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



7.99 Mazola Oil
Select Varieties. 1.18 Litre.



2/\$5 Compliments Sauces
Select Varieties. 350 mL.



2/\$7 Christie Peak Freans
or Dad's Cookies
Select Varieties. 275 - 350 g.



2/\$7 Lay's Potato Chips
Select Varieties. 220 - 235 g.
Poppables 130 g.



2/\$9 Ruffles Potato Chips
Select Varieties. 180 - 200 g.



2/\$6 Compliments Sour
Cream & Onion Rings
265 g.



2.99 Compliments
Mini Cookies
Select Varieties. 150 - 210 g.



3.29 Compliments
Spring Water
24 x 500 mL. 🌱

Bakery



3.79 Dempster's Bagels
Select Varieties. 6's.



4.99 English Bay Cookies
Select Varieties. 337 g.



1.99 Compliments Mini
Donuts
155 g.



2/\$5 Pepsi 2 Litre
Soft Drinks
Select Varieties. 🌱



12.99 Coca-Cola 24 Pack
Soft Drinks
Select Varieties.
24 x 355 mL. 🌱

Snacks



3⁹⁹ Compliments Solid Milk Chocolate Bunny
375 g.



2/\$3 Kinder Surprise
Pink or Blue 20 g.
Kinder Bueno 39 - 43 g.
Ferrero Butterfinger 54 g.
Nutella & Go 52 g.



2/\$4.44 Nestle King Bars
Or Bites. Select Varieties.
49 - 96 g. Mini Bars
108 - 120 g.



4⁸⁹ Nestle Chocolate Bars
Select Varieties. Multipacks,
Cellos or Pouches 135 - 203 g.



2/\$9 Cadbury Chocolate or
Maynards Candy
Or Dentyne or Trident Gum 40's - 60's.
Select Varieties. Maynards Candy.
315 - 355 g. Chocolate 147 - 200 g.

Chilled & Frozen



5⁹⁹ Compliments Cheese
Select Varieties.
Blocks 400 g. Cheese Sticks
or Strings 252 - 336 g.



2/\$5 Heluva Good! Dips
Select Varieties. 250 g.



2⁴⁹ Lactantia, Olivina
or Parkay Margarine
Select Varieties. 427 g.



1⁶⁹ Compliments
Sour Cream
Select Varieties. 250 mL.



6⁴⁹ Starbucks Coffee
Enhancers
Select Varieties. 828 mL.



3⁴⁹ Compliments Juice
or Beverages
Select Varieties. 1.54 Litre.



3/\$5 Compliments Entrees
Or Compliments Balance.
Select Varieties. 227 - 284 g.
Frozen.



5⁴⁹ Pillsbury Pizza Pops
Or Pizza Bites 693 g.
Select Varieties. Frozen.
Pizza Pops 760 g.



2⁹⁹ Best Buy Vegetables
Select Varieties.
Frozen. 750 g.



4⁹⁹ Häagen Dazs Ice Cream
Select Varieties. Frozen.
Ice Cream 414 - 450 mL.
Ice Cream Bars 216 - 264 mL.



4⁹⁹ Compliments
Frozen Fruit
Select Varieties. 300 - 600 g.



6⁹⁹ Compliments Shrimp
71/90 Count. Cooked or Raw.
340 g. Frozen.



4⁹⁹ Maple Lodge Ultimate
Chicken Sausage
Select Varieties. Breakfast or
Dinner. 375 - 500 g. Frozen



15⁴⁹ Maple Lodge Farms
Zabiha Halal Wings
Select Varieties. 908 g.
Frozen.



9²⁹ Janes Battered Fish
Select Varieties. Frozen.
450 - 640 g.

Household & Pet



6⁴⁹ Compliments Bathroom Tissue
Select Varieties. 12 Roll.



2⁹⁹ Palmolive Dishwashing Liquid
Select Varieties. 591 mL.



2/\$7 Purina Beggin' Strips
170 g.



8⁹⁹ Compliments Scoopable Cat Litter
15 kg.

Fresh Produce



4⁹⁹ Each
Large Pineapple
Product of Costa Rica.



4⁹⁹ Each
Cantaloupe Melons
Product of Guatemala.



1⁹⁹ lb
4.39/kg
Bartlett Pears
Product of South Africa.



4⁹⁹ Each
Navel Oranges
Product of U.S.A. 1.36 Kg.



4⁹⁹ Each
Romaine Hearts
Product of U.S.A. 3's.



3⁴⁹ lb
7.69/kg
Tomatoes On The Vine
Product of Canada/Mexico.



2⁹⁹ lb
6.59/Kg
Green Bell Peppers
Product of U.S.A.



1²⁹ Each
Bunch Green Onions
Product of Mexico.

Meat



3⁹⁹ lb
8.80/kg
Fresh Pork
Side Ribs



7⁴⁹ lb
16.51/kg
Fresh Split Chicken Wings



5²⁹ lb
11.66/kg
Fresh Lean Ground Beef
Less than 17% Fat Content.
Store may restrict to larger packs.



4¹⁹ lb
9.24/kg
Fresh Pork Sirloin Roast
or Chops
Boneless.



2²⁹ Each
Maple Lodge Farms Chicken
Wieners
Or Zabiha Halal. 450 g.



9⁷⁹ Each
Schneiders Pepperettes
Select Varieties. 300 - 375 g.



4⁷⁹ Each
Schneiders Red Hots
Or Maple Leaf Top Dogs. Select Varieties.
375 g.

Deli



3²⁹ Each
Compliments Salads
Select Varieties. 426 - 454 g.



5²⁹ Each
Compliments
Luncheon Meat
Select Varieties. 175 g



1⁹⁹ 100 g
Schneiders Mock Chicken
or Mac & Cheese Loaf
Or Baked Ham & Bacon Loaf.
Sliced or Shaved.



1⁴⁹ 100 g
Compliments
Cooked Ham
Sliced or Shaved.