IFT
Independent Food Town

RECIPE OF THE WEEK
EASY MEAL IDEAS AT FAMILYFOODS.CA

Grilled Greek-Style Pork Sandwiches

Fresh Produce

2.49 lb
5.49/Kg

Red, Green or Black Seedless Grapes
Product of Chile/Peru.

Fresh Meat

3.49 lb
7.69/kg

Fresh Pork Rib Roast
Boneless.

3.49

Kraft Philadelphia Cream Cheese or Singles Cheese Slices
Select Varieties. Philadelphia Cream Cheese 227 - 280 g. Select Varieties. Kraft Singles or Velveeta Slices 410 g.

6.49

Delissio Stuffed Crust or Crispy Pan Pizza
Select Varieties.
Stuffed Crust 634 - 744 g.
Crispy Pan 556 - 626 g.
Croissant 667 - 691 g. Frozen

2.49 Each **Dole Garden Salad or Coleslaw**
Product of U.S.A. 340 - 397 g.

4.49 **General Mills Cereal**
Select Varieties. 300 - 430 g.

3.99 **Compliments Orange Juice**
Or Iced Tea or Lemonade.
Select Varieties. 2.5 Litre. ♻

20.99 **Compliments Bath Tissue**
2 Ply. 30 Roll. 404 Sheets.

Meal Inspiration & Savings *From our Family to Yours*

Sale Prices in Effect

JAN/FEB 2023	thu	fri	sat	sun	mon	tues	wed
	26	27	28	29	30	31	1

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

LCBO The Beer Store
"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

3.79 **Quaker Instant Oatmeal**
Select Varieties. 232 - 344 g.

4.99 **Smucker's Jams or Spreads**
Select Varieties. 310 - 500 mL.

6.99 **Robin Hood or Five Roses Flour**
Select Varieties. 2.5 kg.

2.29 **Betty Crocker Super Moist Cake Mix**
Or Frosting 340 - 450 g.
Cake Mixes 432 - 461 g.

5.49 **Mott's Clamato Juice**
Select Varieties. 2.54 Litre.
Clamato Reserve 1 Litre. ♻

14.99 **Melitta Traditional Coffee**
Medium Roast. 930 g.

2/$4 **Hunt's Snack Packs**
Pudding or Juicy Gels.
Select Varieties. 4 x 99 g.

4.99 **Kraft Cheez Whiz**
Select Varieties. 450 g.

3.99 **Bick's Dill Pickles**
Select Varieties. Whole Dills, Hamburger Slices or Polskie Ogorki. 1 Litre.

2/$6 **Compliments Salad Dressing**
Or Compliments Balance.
Select Varieties. 475 mL.

7.99 **Mazola Oil**
Select Varieties. 1.18 Litre.

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

4.99 **Compliments Long Grain Rice**
Or Parboiled White Rice.
Select Varieties. 2 kg.

2/$10 **Christie Cookies**
Select Varieties.
374 - 523 g.

2/$7.50 **Old Dutch Potato Chips**
Select Varieties. 330 g.

2/$7 **Old Dutch Kettle Chips**
Select Varieties. 170 g.

2/$8 **Old Dutch Restaurante Tortilla Chips**
Select Varieties. 230 - 320 g.

2/$5 **Compliments Microwave Popcorn**
Select Varieties. 240 - 282 g.

2.29 **Compliments Spring Water**
12 x 500 mL. ♻

Bakery

3.29 **Dempster's Bread or Hot Dog & Hamburger Buns**
Select Varieties. Bread 675 g. Bun's 8's.

4.49 **Compliments Mini Muffins**
Select Varieties. 336 g.

7.99 **Top Dessert Carrot or Banana Cake**
485 g.

2/$10 **Compliments Soft Drinks**
Select Varieties.
12 x 355 mL. ♻

7.29 **Pepsi 12 Pack Soft Drinks**
Select Varieties.
12 x 355 mL. ♻

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Snacks

5.99 **Compliments Chocolate Covered Almonds**
Milk or Dark Chocolate. 400 g.

1.99 **Airheads Peg Bag**
Select Varieties. 170 g.

2/$3 **Hi-Chew Candy**
Select Varieties. 58 g.

1.99 **Junior Mints**
113 g.

2/$9 **Wrigley's Gum**
Excel or Juicy Fruit.
Select Varieties. 40's - 60's.
Excel or Juicy Fruit Gum 3 Pack.

Chilled & Frozen

6.49 **Yoplait Multipack Yogourt**
Select Varieties.
Source or Creamy. 16 x 90 - 100 g.

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

4.79 **Black Diamond Cheese & Nut Combos**
Select Varieties. 129 g.

1.69 **Compliments Sour Cream**
Select Varieties. 250 mL.

3.99 **Compliments Cottage Cheese**
Select Varieties. 500 g.

5.99 **Compliments Greek Yogourt**
Select Varieties. 650 g.

5.49 **Stouffer's Fit Bowls or Wraps**
Select Varieties. 145 - 340 g.
Bowl Fulls 305 - 320 g.
Life Cuisine 265 - 281 g. Frozen.

5.99 **McCain Deep 'n Delicious Cake**
Select Varieties. 510 g. Frozen.

2.99 **Compliments Hashbrown Potatoes**
1 kg. Frozen.

3.99 **Compliments Ice Cream**
Select Varieties. 1.5 Litre.
Frozen.

2/$7 **Compliments Frozen Vegetables**
Select Varieties.
Frozen. 750 g.

11.99 **Maple Leaf Prime Chicken**
Select Varieties.
560 - 581 g.

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

15.99 **Compliments Naturally Simple Fish Fillets**
Select Varieties.
908 g. Frozen.

13.29 **Cardinal Road House Burgers**
Select Varieties.
852 g. - 1.02 kg. Frozen.

Household & Pet

7.29 **Royale Bathroom or Facial Tissue**
Or Paper Towels 3's.
Select Varieties. Facial Tissue 6's.
Bathroom Tissue 9 - 12 Roll.

1.99 **Best Buy Paper Towel**
2 Roll. 2 Ply 63 Sheet.

2.99 **Palmolive Dishwashing Liquid**
Select Varieties. 591 mL.

3.49 **Allen's Cleaning Vinegar**
2.5 Litre.

6.99 **Milk Bone Dog Treats**
Select Varieties. 2 kg.

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Fresh Produce

4.99 Each
Large Pineapple
Product of Costa Rica.

3.49 Each
Celery Stalks
Product of U.S.A.

1.99 Each
Baby Cut Carrots
454 g. Product of U.S.A.

4.99 Each
Fresh Blueberries
Product of Chile/Peru. 1 Pint.

4.99 Each
Clementine Oranges
Product of U.S.A. 907 g.

4.99 lb 11.00/kg
Red, Yellow and Orange Bell Peppers
Product of Mexico/Spain.

2.99 lb 6.59/kg
Tomatoes On The Vine
Product of Mexico/Ontario.

2.99 Each
Green Cabbage
Product of Ontario.

Meat

3.99 lb 8.80/kg
Fresh Chicken Thighs or Drumsticks
Thighs Backbone Removed.

6.49 lb 14.31/kg
Beef Blade Pot Roast or Simmering Steak
Boneless. Cut From Canada AA or Higher.

3.99 lb 8.80/kg
Fresh Pork Shoulder Blade Roast
Bone In.

8.99 lb 19.82/kg
Fresh Boneless Skinless Chicken Breasts

2.49 Each
Compliments Wieners
Select Varieties. 450 g.

13.49 Each
Maple Leaf Ham Halves
Select Varieties. 600 g

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

1.29 Each
Gold Label Sliced Deli Meats
Select Varieties. 55 g.

Deli

9.99 Each
Hormel Snack Tray
Select Varieties. 424 - 425 g.

5.99 Each
Panache Soup
Select Varieties. 625 mL.

2.59 100 g
Compliments Montreal Smoked Meat
Or Corned Beef or Pastrami.
Sliced or Shaved.

1.69 100 g
Compliments Ham
Select Varieties.
Sliced or Shaved.

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Community CASH

Enter for a chance to **WIN*** for you & your community

WIN PART OF **$30,000** FOR LOCAL FOOD BANKS PLUS **$3,000** WORTH OF SHOPPING SPREES

www.communitycash.ca

Enter Online & Select A Participating Store

You are now entered to Win a **$500**** Shopping Spree. If you win, your Local Food Bank will receive **$5,000****

Sale Prices in Effect January 26 - February 1, 2023

Community CASH

$30,000 To **SIX** Local Food Banks Across Canada

PLUS

SIX $500 Shopping Sprees!

Kraft Heinz · Smucker's · Mondelēz International · Hershey's · Cavendish · Mars Wrigley

McCain · Frito Lay · Nestlé · Nestlé · P&G · Lassonde · Old Dutch

*NO PURCHASE NECESSARY. See full sweepstakes rules for further details. There is a total of $33,000 in cash and prizes to be won. Six (6) Entries total will be randomly selected (3 Regions Across Canada). Online Sweepstakes starts on or about January 12, 2023 and ends February 1, 2023 at midnight. PRIZE DRAWS (From online entries): On or About February 24, 2023 **1 of 6 chances to win across Canada.

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MARS

make the 4th quarter sweet

m&m's · Mars · Skittles · Snickers · NFL

OFFICIAL SPONSORS OF THE NATIONAL FOOTBALL LEAGUE

2/$7

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Mars Chocolate
Or Starburst or Skittles 151 - 191 g.
Select Varieties. Mars 100 - 120 g.

2/$7 **Ben's Original Bistro Express**
Select Varieties. 240 - 250 g.

4/$5 **Pedigree Cesar Dog Food**
Select Varieties. 100 g.

Nestlé

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Les Fermes Cavendish Farms

2/$7 Cavendish Farms Fries or Wedges
Select Varieties. Frozen. 540 - 750 g.

4.99 Cavendish Farms Hashbrowns
Select Varieties. Frozen. 1.2 kg.

6.99 Cavendish Farms Potato Wedges or Onion Rings
Select Varieties. Frozen. 1 - 1.81 kg.

compliments

4.99 Compliments Mini Angel Food Cakes
270 g.

11.99 Compliments Breaded Chicken
Select Varieties. 1.47 - 1.5 kg. Frozen.

2.99 Compliments Party Mix
300 g.

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Kraft Salad Dressings *475 mL*

$3.49 each / any variety

Heinz Ketchup *750 mL – 1 L*

Kraft Miracle Whip & Mayonnaise *650 – 890 mL*

$4.99 each / any variety

Bull's-Eye BBQ Sauce *425 mL*

Diana Sauce *500 mL*

Diana Marinades *375 mL*

$3.49 each / any variety

Nabob Roast & Ground Coffee *300 g*

TASSIMO **Maxwell House** T DISCs *8 – 16 pk*

Maxwell House Single Serve Pods *12 pk*

$5.99 each / any variety

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Kraft Dinner Macaroni & Cheese *156 - 225 g*

Kraft Dinner Macaroni & Cheese Snack Cups *58 g*

2/$3 any variety

Kraft Peanut Butter *750 mL – 1 Kg*

Kraft Hazelnut Spread *725 g*

$5.99 each / any variety

Heinz Beans or Pasta *398 mL*

3/$5 any variety

Philadelphia Dips *227 g*

$2.49 each / any variety

NO PURCHASE NECESSARY. Legal residents of Canada 13 years of age or older. Entry between January 1 and February 19, 2023. One $250,000 community prize in arena upgrades and an NHL® Pre-Season game. ARV $650,000. Odds depend on number of entries, judging and voting. Official Rules: www.krafthockeyville.ca.

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