

IFT

Independent Food Town

RECIPE OF THE WEEK

EASY MEAL IDEAS AT FAMILYFOODS.CA

Buffalo Chicken Nachos



Meat

4.49 lb
9.90/kg

Boneless Skinless Chicken Breasts

Frozen. Seasoned. I.Q.F.
Works out to be \$19.80 Per 2 Kg box.

Fresh Produce



3.99 Each

Red, Yellow and Orange Bell Peppers

3's. Product of Ontario.



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



1.99 lb
4.39/kg
Fresh Nectarines or Peaches
Product of U.S.A.



4.47 Heinz Ketchup or Kraft Miracle Whip
Select Varieties. Ketchup 750 mL - 1 Litre.
Mayonnaise or Miracle Whip 650 - 890 mL.



1.19 100g
Compliments Cooked Ham
Sliced or Shaved.



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



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



4/\$5 Compliments Soft Drinks
Select Varieties. 2 Litre. ♻️



7.99 Bounty Paper Towel
4 Roll. Select a Size or Full Sheet.

Meal Inspiration & Savings From our Family to Yours

Sale Prices in Effect

JUN 2023	thu	fri	sat	sun	mon	tues	wed
	1	2	3	4	5	6	7

Comber Food Market, 6303 Main Street, Comber • 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



*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.

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Grocery



4⁹⁹ Del Monte Canned Fruit
Select Varieties. 796 mL.



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



2⁹⁹ Compliments Chocolate Chips
or Chunks
Select Varieties. 250 - 300 g.



5⁹⁹ Clover Leaf Sockeye Salmon
Wild Red or Low Sodium. 213 g.



99¢ Compliments Soup
Select Varieties. 284 mL.



5⁴⁹ Bick's Baby Dills
Or Yum Yums and Sweet Mixed Pickles.
Select Varieties. 1 Litre.



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



3⁹⁹ Classico Pasta Sauce
Select Varieties. 410 - 650 mL. Pesto 218 mL.



2/\$9 Miss Vickie's
Potato Chips
Select Varieties. 200 g.



3/\$10 Lay's Potato Chips
Select Varieties. 220 - 235 g.
Poppables 130 g.



2/\$8 Old Dutch Tortilla
Chips
Select Varieties. Restaurant
275 - 295 g. Arriba 235 - 245 g.
Dutch Crunch Chips 200 g.



7⁵⁹ Orville Redenbacher's
Smart Pop Popcorn
Select Varieties. 700 - 820 g.



2⁹⁹ Nestle Pure Life
Spring Water
Select Varieties. 12 x 500 mL. ♻️

Bakery



2⁹⁹ Compliments Pita
Bread
Select Varieties. 250 - 425 g.

National Donut Day
is June 2nd!



4⁹⁹ CT Bakery Mini Donuts
Select Varieties. 264 - 288 g.



4⁹⁹ Special D Glazed
Ring Donuts
6's.



11⁷⁹ Nestea Lemon
Ice Tea Mix
2.2 kg.



1⁹⁹ Powerade Sports
Beverages
Select Varieties. 710 mL. ♻️

Deli



4⁹⁹ Chris Brothers Pizza
Variety Pack
Each 175 g.



8⁶⁹ Mini Babybel Cheese
Select Varieties. 240 g.
Each



5⁹⁹ Panache Soup
Select Varieties. 625 mL.
Each



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



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

Snacks



3/\$4 Nestle Single Chocolate Bars
Select Varieties. 40 - 60 g.



2/\$6 Maynards Candy
Select Varieties. 170 - 185 g.



3.99 Lindt Excellence Bars
Select Varieties. 100 g.



2/\$6 Hershey Chocolate
Select Varieties. 87 - 104 g.



2.99 Hershey Family Bars
Select Varieties. 90 - 120 g.

Chilled & Frozen



6.99 Yoplait Multipack Yogourt
Select Varieties.
Source or Creamy. 16 x 100 g.



4.49 Olympic Yogourt
Select Varieties. 650 g.



5.99 Lactantia Butter
Salted or Unsalted. 250 g.



1.99 Compliments Sour Cream
Select Varieties. 250 mL.



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



6.99 Compliments Butter Sticks
Salted or Unsalted. 454 g.



2/\$9 Dr. Oetker Giuseppe Panini
Select Varieties. 250 g. Frozen.
Momenti Pizza or Garlic Fingers
160 - 317 g.



5.99 McCain Deep 'n Delicious Cake
Select Varieties. 510 g.
Mini Cups 340 g. Frozen.



2/\$7 Compliments Whipped Topping
Regular or Light. 1 Litre.



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



4.99 Compliments Hashbrown Patties
1.2 kg. Frozen.



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



10.99 Waterview Market Entrees
Select Varieties.
480 g. Frozen.



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



8.99 Compliments Salmon
Select Varieties. 140 - 150 g.
Frozen.

Household & Pet



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



9.99 Bounce Fabric Softener Sheets
Select Varieties. 200's.



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



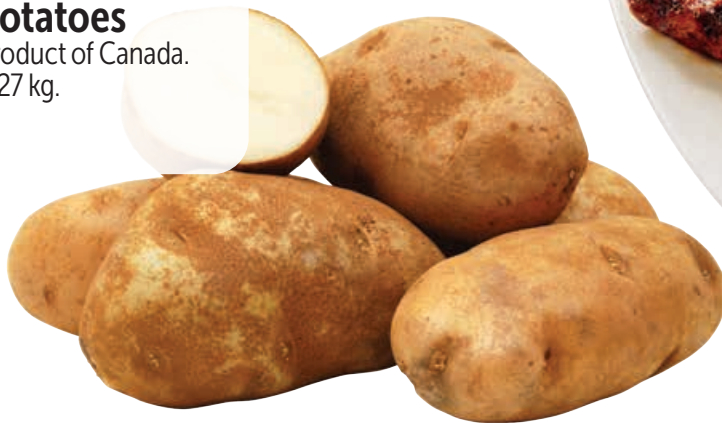
3.99 Compliments Scoopable Clumping Cat Litter
4 kg.

Fresh Produce

2⁹⁹ Each

Russet Baking Potatoes

Product of Canada.
2.27 kg.



Fresh Meat

4⁴⁹ lb
9.90/kg

Fresh Pork Back Ribs
Cryovac.

8²⁹

High Liner Family Favorites Fish Sticks

Select Varieties. Frozen.
500 - 700 g.



3⁵⁹ Villaggio Breads or Buns
Select Varieties. 675 g.
Artesano 570 - 600 g.
Buns 6 - 8's. Toscana 426 - 528 g.



5⁴⁹ Kellogg's Family Size Cereal
Select Varieties. 480 - 650 g.



6⁹⁹ Compliments Breaded Chicken
Select Varieties. 700 g.
Frozen.



3⁹⁹ Tropicana Orange Juices
Or Trop 50. Select Varieties.
1.54 Litre. ♻️



8⁹⁹ Kraft Cheez Whiz or Cheese Singles
Select Varieties.
Cheez Whiz 900 g. Singles
or Velveeta Slices 825 g.

Produce



2⁹⁹ Each
Broccoli Bunches
Product of U.S.A.



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



3⁹⁹ lb
8.80/kg
Red or Green Seedless Grapes
Product of U.S.A./Mexico



4⁹⁹ Each
Jumbo Cantaloupe Melons
Product of U.S.A.



1⁶⁹ lb
3.73/kg
Hot House Tomatoes
Product of Ontario.



Meat



7⁴⁹ lb
16.51/kg
Beef Sirloin Tip Steak
Boneless. Cut From
Canada AA or Higher.



3⁹⁹ lb
8.80/kg
Fresh Pork Shoulder Blade Steak
Bone In.



13⁹⁹ Each
Schneiders Ham Halves
Select Varieties.
700 g.



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



3⁹⁹ Each
Schneiders Lunchmate Stackers and Kits
Select Varieties. 90 - 120 g.

Open Sundays in select locations only. familyfoods.ca

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