

YOU'LL DO BETTER AT A&P

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A&P reserves the right to limit quantities to normal family requirements!

We redeem all food store coupons!

You'll do better at...



Prices effective thru Saturday, February 5th, 1983.

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SAVE .70

RICH IN BRAZILIAN COFFEES. CUSTOM GROUND IN THE STORE

8 O'Clock Bean Coffee

1 LB BAG

2.69

OUR REGULAR PRICE 3.39 (3 lb bag 7.99 - Our regular price 10.09 - SAVE 2.10)

SAVE .68

ALLEN'S Apple Juice

ALLEN'S Pure Apple Juice

48 FL OZ TIN

.99

OUR REGULAR PRICE 1.67

2% milk

SUPER BUY!

PARTLY SKIMMED Fresh 2% Milk

3 QUART BAG

1.79

SAVE UP TO 1.26

ALL BRANDS, KING OR REGULAR Canadian Cigarettes

CARTON OF 20'S OR 25'S

11.49

OUR REGULAR PRICE UP TO 12.75

KRAFT SMOOTH OR CRUNCHY 1-KG JAR

SAVE 1.00

Peanut Butter 3.99

OUR REGULAR PRICE 4.99

ASSORTED VARIETIES 500 g pkg

Catelli Pastas .79

CATELLI, PLAIN 14 fl oz tin

Spaghetti Sauce .79

CARAMEL, MILLE FEUILLES, BLACK JACK

Vachon Pastries 1.69

SAVE .89/kg **SAVE .40/lb**

with supermarket prices

FULLY SKINNED, READY-TO-SERVE

Swift Premium Whole Hams

3.28 / 1.49

/kg / lb average

14 - 17 lbs

OUR REGULAR PRICE 4.17/kg - 1.89 lb

JANE PARKER 390 g CAKE

SAVE 1.00

Angel Cake .99

OUR REGULAR PRICE 1.99

JANE PARKER, SLICED 450 g loaf (16 oz)

Raisin Bread .79

JANE PARKER (PKG OF 12 - 1.49)

Hot Cross Buns .99

pkg of

JANE PARKER **SAVE .70**

Rhubarb/Apple Pie .99

OUR REGULAR PRICE 1.69 824 G SIZE

DEL MONTE, ASSORTED VARIETIES

Pudding Cups

SAVE 50

1.49

pkg of 4 5 oz tins

OUR REGULAR PRICE 1.99

JANE PARKER, SLICED, 100% WHOLE

Wheat Bread

Made with 100% pure vegetable shortening

SAVE .40

.49

675 g 24 oz loaf

OUR REGULAR PRICE .89

HUNT'S 14 FL OZ TIN

SAVE 30

Tomato Sauce .59

OUR REGULAR PRICE .89

SAVE 1.54/kg - .70 lb

OUTSIDE CUT, EYE REMOVED

Boneless Round Roast

5.93 / 2.69

kg / lb

OUR REGULAR PRICE 7.47/kg - 3.39 lb

SAVE 1.32/kg - .60 lb

RUMP, SIRLOIN TIP OR INSIDE CUT ROUND

Boneless Beef Roasts

6.37 / 2.89

kg / lb

OUR REGULAR PRICE 7.69/kg - 3.49 lb

SILVERWOOD, ASST FLAVOURS 2 LITRE CTN

SAVE 58

Deluxe Ice Cream 2.79

OUR REGULAR PRICE 3.35

FRITO LAY, ASSORTED VARIETIES 200 g pkg

Potato Chips 1.29

ANN PAGE, TOMATO 1 litre

Ketchup 2.39

FROZEN, NEW ZEALAND SPRING

Lamb Legs 5.49 / 2.49

kg / lb

OUR REGULAR PRICE 6.15/kg - 2.79 lb

FROZEN, NEW ZEALAND SPRING, SHOULDER

Lamb Chops 4.39 / 1.99

kg / lb

Loin Chops - 6.59/kg - 2.99 lb

FROZEN, BEEF CHICKEN OR TURKEY 8 oz pkg

Swanson Meat Pies .69

BLUEWATER, FROZEN, MINCED 328 g / 1.49

Cod Portions 1.09

16 oz pkg

SPRITE, REGULAR OR DIET

Coca-Cola

8 pack of 300 ml, returnable 100% available at our reg price

SAVE 4.00

5.99

case of 24-10 fl oz tins

OUR REGULAR PRICE 9.99

FRESH, LEAN 439 / 1.99

Ground Beef kg / lb

TENDERIZED 725 / 3.29

Cube Steak kg / lb

A&P, REGULAR OR THICK SLICED 500 g vac pac 2.59

Side Bacon

PREVIOUSLY FROZEN, SLICED 174 / .79

Beef Liver kg / lb

SWIFT OLD MILL 351 / 1.59

Breakfast Sausages kg / lb

SWIFT PURE PORK 500 g 2.49

Lazy Maple Sausages pkg

SWIFT, SLICED 175 g vac pac 1.89

Cooked Ham

SWIFT, SLICED, 4 VAR 175 g vac pac .99

Cooked Meats

SWIFT SUGAR PLUM 175 g pkg 1.89

Ham Slices

PRIDE OF CANADA 351 / 1.59

Bologna Chunks kg / lb

FROZEN, HEADLESS & DRESSED 16 oz pkg

Omstead Smelts 1.09

ELMGROVE 1-LB. TUB

SAVE 1.00

Soft Margarine .49

SUPER BUY!

THE FARM

For Freshness & Savings

PROD. OF CALIFORNIA, SWEET, SEEDLESS

Navel Oranges .10

each

PROD. OF TEXAS

Ruby Red Grapefruit 8 / 1.99

PROD. OF TEXAS 2 10 oz 1.49

Fresh Spinach pkg

CANADA FANCY PROD. OF ONTARIO 1 lb bag 1.99

Ida Red Apples

PROD. OF CHILE, SWEET, JUICY 2 18 .99

Fresh Nectarines kg / lb

PROD. OF FLORIDA, INDIAN RIVER'S FINEST 4 / 1.99

Jumbo Grapefruit kg

CANADA EXTRA FANCY, PROD. OF B.C. 1.52 / .69

Delicious Apples kg

CANADA NO 1 GRADE, PROD. OF ONTARIO 2 / .99

Green Cabbage kg

TOMATO

Heinz Soup 3 / .99

10 fl. oz. tins

OUR REGULAR PRICE .44 EACH

BUY 3 SAVE 33

BLACK DIAMOND, PROCESS "MTE" 500 g 2.99

Cheese Slices pkg

BLACK DIAMOND 240 g 2.99

Mozzarella Cheese pkg

FRUIT IN THE BOTTOM, ASST FLAVOURS 2 175 g tube .99

Silverwood Yogurt

POWDERED 3 LITRE BOX

SAVE 50

Bold 3 Detergent 2.49

OUR REGULAR PRICE 2.99

CASHMERE, ASSORTED COLOURS

Bathroom Tissue

SAVE 44

1.29

pkg of 4 rolls

OUR REGULAR PRICE 1.73

DAYTIME 30'S, EXTRA ABSORBENT 24'S OVERNIGHT 22'S with 30'S

Pampers Diapers 3.99

WHITE, YELLOW OR PRINTED 1600 sheets

Hi-Dri Towels .99

pkg of 2 rolls

FACIAL TISSUE, ASSORTED COLOURS box of 200 sheets

Kleenex .89

ORANGE PEKOE

Red Rose Tea Bags 3.79

pkg of 120

OUR REGULAR PRICE 4.38

SAVE .60