

Loblaws



by the package
country cut
**fresh
chicken
parts**

contains 3 hind quarters with whole back, 3 front quarters with whole back & neck, 3 wings, 2 giblets

was ~~1.36~~ lb.

lb. **.88**



225 g box
macaroni and cheese

**Kraft
dinner**

was ~~.51~~ Limit 4 per family

.29



from the Tropics
**large
size
bananas**

was ~~.33~~ lb.

lb. **.17**



675 g box
**Kellogg's
corn flakes**

was ~~1.63~~

1.19

plus Loblaws January

diet sale