

Prices Effective: Monday, Jan. 17 to Saturday, Jan. 22, 1994.
We reserve the right to limit quantities.

FOODLAND



Winter Wonderland of Values

SAVE 35¢
725 ml Selected Varieties HUNT'S
Thick & Rich pasta sauce
.79 with coupon
1.14 without coupon.
Available at Foodland only.
Limit 1 tin per coupon. Expires: Jan. 22/94.
CMS 86403099

Cut From Canada "A" Grades Beef
Blade Bone Removed
blade roast
3.95/kg
1.79 lb.

Product of Ontario
Canada Fancy Grade
MacIntosh or Empire apples
10 lb. bag
3.99

900 g Selected Varieties
Primo pasta
.79

1.36 litre
Mitchell's apple juice
.99

600 g - 700 g "Frozen" Selected Varieties
High Liner fish
2.99

500 g Selected Varieties
Beatrice yogurt
.99
or comparable brand

3 x 250 ml Selected Varieties McCAIN
juices & drinks
.99

425 g - 520 g Selected Varieties MONARCH
Added Touch cake mix
.99

184 g Chunk, Flaked
Pantry Shelf light tuna
.89

425 g Regular or Apple Cinnamon
General Mills Cheerios
1.99 with coupon
2.59 without coupon

5 litre Liquid
Fleecy fabric softener
3.99

1 lb. Tub BLUE BONNET
soft vegetable margarine
.99

184 g Selected Varieties
Pamper cat food
3 FOR .99

75 ml Tube Selected Varieties
Colgate toothpaste
.99

450 ml Selected Varieties
Tame shampoo & conditioner
.99 with coupon
1.39 without coupon

TENDERBEST

Cut From Canada "A" Grades Beef Boneless
cross rib roast 6.37/kg **2.89** lb.

"Fresh" Ontario Pork Centre Cut boneless pork loin chops 8.80/kg 3.99 lb.	Waste-Free Portions boneless skinless chicken breasts 11.00/kg 4.99 lb.
"Fresh" Ontario Pork Rib End regular or stuffed boneless pork loin roast 6.59/kg 2.99 lb.	500 g Sliced Burns bacon 1.99
Cut From Canada "A" Grades Beef blade steaks 4.39/kg 1.99 lb.	Cut From Canada "A" Grades Beef boneless stewing beef 5.93/kg 2.69 lb.

227 ml Tidbits, Crushed, Sliced DOLE
pineapple in juice
.39

156 ml Regular, Herb & Spice, With Garlic
Hunt's tomato paste
5 FOR **1.99** with coupon
5 for 2.58 without coupon

750 ml bottle Selected Varieties
Sprite or Coca-Cola
9¢/100 ml **.69** plus deposit

24 x 355 ml cans Selected Varieties Sprite or Coca-Cola 7¢/100 ml 5.99 case	2 litre bottle Selected Varieties Sprite or Coca-Cola 9¢/100 ml 1.69
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FRESHBEST

Product of Ontario
fresh mushrooms 3.51/kg **1.59** lb.

Product of U.S.A. No. 1 Grade fresh tomatoes 3.06/kg 1.39 lb.	Product of U.S.A. honeydew melons 2.49 each
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DELI

Deli Sliced SHOPSY'S corned beef or pastrami 4.49/lb. .99 100 g	Deli Sliced Shopsy's roast beef 4.49/lb. .99 100 g
Deli Sliced Smoked Luncheon or Burns smoked mock chicken loaf 2.99/lb. .66 100 g	Deli Sliced cooked ham 1.99/lb. .44 100 g

Save 60¢
425 g Regular or Apple Cinnamon
General Mills Cheerios
1.99 with coupon, 2.59 without.
Limit 1 box per coupon.
Available at Foodland. Expires Jan. 22/94.
A.C. NIELSEN 76229679 rl

Save 40¢
450 ml Selected Varieties
Tame shampoo & conditioner
.99 with coupon, 1.39 without.
Limit 1 bottle per coupon.
Available at Foodland. Expires Jan. 22/94.
A.C. NIELSEN 75601187 rl

Save 59¢
156 ml Regular, Herb & Spice, With Garlic HUNT'S
tomato paste
5 for 1.99 with coupon, 5 for 2.58 without.
Limit 5 tins per coupon.
Available at Foodland. Expires Jan. 22/94.
CMS 86403102

Save 40¢
285 g - 368 g Selected Varieties or 5's Butter or Butter Lite ORVILLE REDENBACHER'S
microwave popcorn
1.99 with coupon, 2.39 without.
Limit 1 pkg. per coupon.
Available at Foodland. Expires Jan. 22/94.
CMS 86403110

Save 30¢
500 ml 3 Fruit, Orange
Kraft marmalade
2.19 with coupon, 2.49 without.
Limit 1 pkg. per coupon.
Available at Foodland. Expires Jan. 22/94.
A.C. NIELSEN 44604253 rl