

# BRAND NAME GROCERIES

Sabatini's Gourmet Meat or Vegetable  
**Prepared Lasagna**  
**9<sup>99</sup>**  
5 lbs.

Pepsi, 7 Up or Schweppes  
Regular or Diet Soft Drinks  
**.99**  
2 L

Nabob  
**Roast & Ground Coffee**  
**2/5<sup>99</sup>**  
250 g - 300 g

Kraft  
**Salad Dressings**  
**1<sup>99</sup>**  
475 mL

Lactantia  
**Whipping Creams**  
**.99**  
250 mL

Sealtest  
**Orange Juice**  
**1<sup>49</sup>**  
1.89 L

Libby's  
**Beans or Pasta**  
**.69**  
14 oz.

Green Giant  
**Frozen Vegetables or International Mixtures**  
**2<sup>49</sup>**  
500 g - 1 kg.

Philadelphia  
**Cream Cheese**  
**1<sup>99</sup>**  
250 g brick or tub

Ocean Spray  
**Cranberry Cocktails**  
**3<sup>99</sup>**  
1.89 L

Pringles  
**Potato Chips**  
**1<sup>99</sup>**  
170 g - 200 g

Sealtest  
**Sour Cream or Cottage Cheese**  
**1<sup>49</sup>**  
500 mL

Red Rose  
**Orange Pekoe Tea**  
**3<sup>49</sup>**  
72's

Country Harvest  
**Bread**  
**1<sup>49</sup>**  
675 g

Sealtest  
**Yogourt**  
**2/.88**  
175 g

Scope  
**Mouth Wash**  
**2<sup>79</sup>**  
710 mL

Crest  
**Toothpaste**  
**1<sup>79</sup>**  
75 mL

Sunlight  
**Liquid Dish Soap**  
**2<sup>49</sup>**  
750 mL - 950 mL

Ultra Wisk  
**Liquid Laundry Detergent**  
**5<sup>99</sup>**  
1.35 L

## CANADA'S FOOD GUIDE TO HEALTHY EATING

Canada's Food Guide to Healthy Eating recommends selecting leaner meats, poultry, fish and seafood. Delicious turkey offers the following benefits:

- Turkey is a leader in the "lean" meat class, and is an excellent source of protein providing essential amino acids necessary for the renewal and maintenance of body tissues and providing food energy.
- Turkey is an excellent source of niacin, a factor in the maintenance of good health.
- Turkey is a good source of phosphorous, a factor in the normal development of bones and teeth.

Get a **FREE** 1L of Lactantia milk when you buy any 2 of these participating POST\* CEREALS.

Participating POST\* Cereals: RAISIN BRAN\* Cereal, ALPHA-BITS\* Cereal, FRUIT & FIBRE\* Cereal, SUGAR-CRISP\* Cereal, HONEY BUNCHES OF OATS\* Cereal, HONEYCOMB\* Cereal.



With every purchase of these POST\* Cereals **25 CENTS** will go towards the Markham Waxers Minor Novice AAA hockey team (8 year olds)

