save on foods

IT'S BACK!



WITH EXTRA FRESH DEALS!

$1.49 DAY TUESDAY APR. 21ST

$1.49 *Limits apply.

? ? ?

CHECK BACK ON SUNDAY TO SEE THE REVEAL OF $1.49 DAY DEALS...

OR

SIGN UP FOR EMAIL TO GET A SNEAK PEEK**

**Changes made to a customer's Save-On-Foods account settings take up to 24 hours to update.

*Prices available only on promotion date. **WHILE QUANTITIES LAST.** No rainchecks will be offered. No substitutions allowed. We reserve the right to limit quantities per household in order to ensure equitable availability to other customers. Online shopping order must be picked up or delivered on $1.49 Day to receive pricing. See customer service for full offer details.

save on foods

UNREAL DEAL on

16.99 ea **Bakery Cake** Selected Varieties, 950g or 1 kg, First 2



8.99 ea First 2 | **10.99 ea**

Western Family Pork Back Ribs Fully Cooked, Selected Varieties, 610g

MY OFFERS
EXTRA UNREAL DEAL
LOAD DEAL



NEW DEAL. BEST PRICE. EVERY WEEK.



6.99 lb

Chicken Breast Fresh, Boneless, Skinless, Warehouse Pack, 15.41/kg



5.99 ea

Raspberries or Blackberries, Mexico or California, 340g



8.99 lb

Blade Pot Roast Boneless, Fresh, 19.82/kg



8.99 ea

Western Family Raw White Prawns Peeled & Deveined, 31 to 40 Count, Frozen, 340g

Halos Mandarins California, 2 lbs

4.99 ea



LETTUCE BE GOOD

MIX & MATCH BUY 1 GET 1 50% OFF



Good Leaf Salad Canada, 113g



4.99 ea

Häagen-Dazs Ice Cream Selected Varieties, 450 mL



19.99 ea

Charmin Ultra Soft Bathroom Tissue 24=96 Rolls



8.99 ea

Armstrong Cheese Selected Varieties, 600g

Sourdough Bread or Nottingham, 567g

2.99 ea

BAKED FRESH IN STORE



CANADIAN owned and operated for 110 years.

Maple leaf indicates products of Canada and products made in Canada. See actual items for details.
Prices effective Thursday to Wednesday, April 16 to 22, 2026. Offers require use of More Rewards card. Selection & availability may vary by store.

FRESH PICKS

3.99 lb

Coloured Peppers
Canada, 8.80/kg

COLOUR CHOICE

Mix multiple colours for balance: green for edge, red for sweetness and yellow for brightness.

1.99 lb

Ambrosia Apples
BC, 4.39/kg

5.99 lb

Cotton Candy Grapes
Chile, 13.21/kg

SWEET NATURAL JUICY

5.99 ea

Honeyglow Pineapple
Costa Rica

2.49 lb

Tomatoes on the Vine
Canada, 5.49/kg

2.49 lb

Bartlett Pears
Australia, 5.49/kg

AUSTRALIAN PEARS

ONLY WITH MY OFFERS
3.49 ea
First 1
LOAD NOW

3.99 ea **Tri Pack Onions**
USA

ETHICALLY A-PEEL-ING

Because fair pay for banana farmers tastes better in a smoothie.

EQUIFRUIT
100% Fairtrade

WOMEN OWNED

FAIRTRADE

Certified B Corporation

1.39 lb

Equifruit Organic Bananas
Fair-Trade, Ecuador, 3.06/kg

FLORAL



19.99 ea
Floral Caddy Arrangement

ONLY WITH MY OFFERS
18.99 ea
First 1
LOAD NOW



6.99 ea
Alstromeria
5 Stems

8.99 ea
Cacti
Selected Varieties, 4 Inch



FRESH MEAT



3.99 lb

Chicken Legs
Back Attached, Warehouse Pack, 8.80/kg



Pair bacon with tomatoes for added crunch and freshness!



4.99 ea

Schneiders Bacon
Selected Varieties, 375g



18.99 lb

Rib Eye Steak
or Roast, Fresh, Grass Fed, 41.87/kg
WHILE QUANTITIES LAST.

CRISPY HEARTY SAVOURY

UNCOMPROMISED QUALITY

RAISED WITHOUT ANTIBIOTICS

ONLY GOODNESS





5.99 lb

Only Goodness Chicken Drumsticks
or Thighs, Fresh, 13.21/kg



10.99 lb

Only Goodness Chicken Breast
or Thighs, Fresh, Boneless, Skinless, 24.23/kg



4.99 lb

Only Goodness Whole Fryer Chicken
Fresh, 11.00/kg


BOLD FLAVOUR.
TENDER TEXTURE.
Save-On-Foods is proud to support
Western Canadian ranchers and butchers
to bring you 100% AAA Alberta beef.
PROUDLY SERVING
ALBERTA
BEEF
Inside Beef
Rouladen
39.66/kg

TASTY DEALS



12.99 ea

Pinty's Chicken
Selected Varieties,
Frozen, 600g to 790g



6.99 ea

Beyond Meat Ground Beef
or Sausage,
226g or 400g



ONLY WITH MY OFFERS
8.99 ea
First 1
LOAD NOW

9.99 ea

Western Family Garlic Sausage
750g

Olivieri Filled Pasta
Selected Varieties,
900g



11.99 ea



11.99 ea

High Liner Pan-Sear Fish
Selected Varieties,
500g or 540g

Greenfield Sliced Meats
Gluten Free, Raised without Antibiotics,
Selected Varieties,
175g



6.99 ea

FRESH SEAFOOD

18.99 ea

Less prep, more flavour.

Western Family Signature Black Tiger Prawn Ring
with Sauce, Frozen, 454g





3.29 100g

WAREHOUSE PACK
SUPER SAVINGS

Atlantic Salmon
Fresh

13.99 ea

Aqua Star Tempura Shrimp
31 to 40 Count, Frozen, 500g









11.99 ea

Western Family Crusted Basa Fillets
Coconut & Mango or Lemon & Herb, 454g

TASTY TENDER IRRESISTIBLE

UNREAL DEAL on

celebrate with CAKE

CHOCOLATE GANACHE



Silky, decadent and crafted for pure chocolate lovers. Every slice feels like a celebration.



16.99 ea

Bakery Cake
Selected Varieties,
950g or 1 kg,
First 2

HAZELNUT





Delicate, creamy and layered with natural hazelnut depth. Pure comfort in every bite.

BLACK FOREST





Dark, juicy and layered with deep cherry richness. A classic that satisfies in the most indulgent way—yum!





Bright, fragrant and naturally sweet with smooth mango richness. A taste that lifts your day.

MANGO

FRESHLY BAKED



ONLY WITH MY OFFERS
18.99 ea
First 2
LOAD NOW

19.99 ea
Fruit & Whipped Cream Cake
6 x 8 Inch



BAKED FRESH IN STORE

pack of 6 6.99

Gourmet Muffins
Selected Varieties, Pack of 6



pack of 4 4.99

Lemon Cranberry Scones
Selected Varieties, Pack of 4

BAKED FRESH IN STORE



.69 ea

Bulk Fruit Danish
Selected Varieties

This bun doesn't crumble under pressure.



pack of 8 3.49

Hot Dog Buns
or Hamburger, Selected Varieties, Pack of 8

BAKED FRESH IN STORE



pack of 4 3.99

Cheese Buns
or Ciabatta, Pack of 4



3.49 ea

D'Italiano Buns
Selected Varieties, 420g or 568g

TENDER, BUTTERY, HEAVENLY



3.99 ea

Dempster's Protein Bread
Selected Varieties, 600g



2.99 ea

Western Family Tortillas
Selected Varieties, 272g or 488g



3.69 ea

Western Family Everything Bread
Also Selected Varieties, 600g



7.99 ea

Kinnikinnick Donuts
Gluten-Free, Selected Varieties, 270g or 320g



5.79 ea

Western Family Hot Dog Buns
Gluten-Free, Selected Varieties, 260g



15.99 ea

Inspired by Happiness Bar Cake
Dreamin' of Chocolate or Cookies & Cream, Gluten-Free, 456g or 468g

PERFECTLY SLICED

When in doubt, stack it up!



10% off

Charcuterie Snacking Pack
Selected Varieties



2.49 100g

Turkey Beer Sausage
Fresh, Sliced in Store



3.99 100g

Beef Pastrami
or Corned Beef



9.99 ea

Sila Genoa Salametti
Mild or Hot, 300g

ONLY WITH MY OFFERS
5.99 ea
First 1
LOAD NOW

Babybel Mini Cheese
Selected Varieties, 120g
6.49 ea



FRESH SMOKY SAVOURY



40% off

Redwood Smoked Cheddar Cheese
Cut & Wrapped in Store, England



3.79 100g

Flavoured Turkey Breast
Selected Varieties



2.99 100g

Organic Mixed Olives



5.49 100g

Grana Padano Cheese
Cut & Wrapped in Store, Italy



FANTINO & MONDELLO

ENTER FOR A CHANCE TO WIN A LUXURY ESPRESSO MACHINE

When you buy any Fantino & Mondello product 100g to 200g and scan your More REWARDS card





7.99 ea

Fantino & Mondello Meats
Selected Varieties, 100g or 200g

SMOKEHOUSE

Made fresh. Made local.



Expertly prepared right here in Winnipeg at our Northgate Save-On-Foods, our Smokehouse products are exclusively ours, hand crafted in small batches using only the freshest ingredients.

AVAILABLE AT ALL 5 WINNIPEG LOCATIONS

save on foods KITCHEN

now available

the wait is over

Discover bold, made fresh, ready-to-eat meals in our **NEW** hot case.



poutine

A choice of wedges, tater tots or waffle fries topped with rich gravy and fresh cheese curds. A Canadian classic!



taquitos

Crispy tortillas filled with a mix of tender pulled chicken, corn, beans, bell peppers and jalapeño cheddar cheese.



pizza slices

Hot slices of cheesy, delicious pizza, baked fresh daily. Available in four tasty varieties—beef taco, pepperoni, meat lovers or cheese.



pizza pretzels

Artisan pretzels coated in pizza sauce, mozzarella cheese and pepperoni.



quesadillas

Warm flour tortillas filled with a savoury mixture of tender pulled chicken, beans, corn, bell peppers and melty cheese.

$6 daily deals MADE FRESH

Stop by the hot case every Monday to Friday for a hot and tasty deal!

MONDAY — 2 Pizza Pretzels

TUESDAY — 5 Chicken Taquitos

WEDNESDAY — 2 Pizza Slices

THURSDAY — 5 Chicken Quesadilla Slices

FRIDAY — 5 Chicken Tenders

Selection may vary by store.

spring into HEALTHIER LIVING



6.99 ea

Organic Kiwifruit
Italy, 454g

Wholesome, flavourful, and full of natural nutrients, fresh produce is a simple way to add more goodness to your plate this spring.



5.99 ea

Organic Lemons
California, 2 lbs



3.49 ea

Organic Green Kale
California



3.79 ea

Organic Long English Cucumber
Canada



8.99 lb

Ground Turkey Breast
Fresh, Value Pack, 19.82/kg

Fuel your day with lean, nutrient-dense proteins that support strength, metabolism, and balanced living.



8.99 lb

Only Goodness Pork Tenderloin
Fresh, Whole, Raised without Antibiotics, 19.82/kg



BUY 2 GET 1 free*

*of equal or lesser value

Marinated Salmon Kabob
Selected Varieties
Available at select service case.



6.29 ea

Marinated Chicken Breast
Boneless, Skinless, Selected Varieties
Available in meat service case.

Whole grains provide steady, long-lasting energy thanks to natural fibre and essential nutrients.





3.99 ea

Dempster's Protein Bread
Selected Varieties, 600g



9.99 ea

Wendel's Muffins
Gluten-Free, Blueberry or Chocolate Chip, 380g



10.99 ea

Promise Quinoa & Chia Loaf
(480g) or Rustic White Cob (400g), Gluten Free

4.99 ea

Western Family Rice Wraps
Gluten Free, Selected Varieties, 360g

save on foods
KITCHEN



3.49 100g

Kettle Fried Chicken Breast
Roasted in Store



4.49 ea

Only Goodness Organic Hummus
199g



10.99 ea

Rotisserie Chicken



6.49 ea

Strawberry Spinach Salad

Everyday foods that work harder for your health

Brought to you by Save-On-Foods registered dietitians.

FIND BALANCE

Embrace spring with small, meaningful updates to your routine, such as boosting your protein intake, incorporating supplements, opting for wholesome snacks, or choosing non-alcoholic swaps that support everyday balance.



25% off

Webber Naturals Vitamins
Also Sesame Street, Selected Varieties



20% off

Genuine Health Greens Powder
Selected Varieties



13.99 ea

Barebells Protein Bars
4 x 55g



7.49 ea

Phillips Iota Craft Non-Alcoholic Beers
Selected Varieties,
4 x 355 mL



5.99 ea

Core Power Elite Chocolate Milkshake
414 mL



24.99 ea

Organika Electrolyte Sachets
Selected Varieties, 20's



7.99 ea

Three Farmers Protein Snack Mix
150g

EVERYDAY ENERGY

Simple, feel-good products made without over 150 artificial ingredients, giving you wholesome choices without compromising quality or taste.



2.49 ea

Only Goodness Organic Beans
Selected Varieties, 398 mL



2.49 ea

Only Goodness Fizz Soda
355 mL



12.99 ea

Only Goodness Organic Hiker's Mix
454g



4.29 ea

Only Goodness Organic Tomatoes
796 mL



5.49 ea

Only Goodness Bone Broth
946 mL



2 for $7

Only Goodness Organic Pasta
or Gluten Free, 500g or 340g

Rooted in Renewal: Healthier Living

Brought to you by Save-On-Foods registered dietitians.

western family™

SAVER FAVES



5.79 ea

Western Family Sparkling Water
Selected Varieties, 12 x 355 mL



3 for $4

Western Family Sparkling Beverage
Zero Calories, Selected Varieties, 509 mL



8.99 ea

Western Family Premium Coffee
Roast, Ground, Selected Varieties, 300g



36.99 ea

new **Value Priced Coffee Pods**
100's



1.99 ea

Western Family Rice Crackers
Gluten-Free, 100g



2 for $6

Western Family Apple Fruit Snacks
Selected Varieties, 6-Pack



3.49 ea

Western Family Tortilla Chips
Authentic Stone Ground Corn, 300g

Click to earn points faster than you can say 'chips'.



2 for $6

Western Family Potato Chips
Kettle Cooked (200g) or Signature (180g), Selected Varieties



4.99 ea

Western Family Granola
Selected Varieties, 675g

3 for $9



Western Family Juice
Selected Varieties, 5 x 200 mL



4.99 ea

Western Family Cereal
Selected Varieties, 685g



5.49 ea

Western Family Jam
Selected Varieties, 500 mL

western family™

SNACKIN' SAVES



3 for $5

Western Family Baked Beans
Selected Varieties, 398 mL



3 for $5

Western Family Light Tuna
(170g) or Flavoured (85g)



3 for $9

Western Family Instant Oatmeal
Selected Varieties, 314g



4 for $5

Western Family Macaroni & Cheese Dinner
200g or 225g



2 for $6

Western Family Salad Dressing
475 mL



7.99 ea

Western Family Bagged Spices
Selected Varieties



1.89 ea

Western Family Broth
946 mL



14.99 ea

Western Family Olive Oil
1 Litre



2 for $3.50

Western Family Roasted Seaweed Snack
3 x 5g



3.99 ea

Western Family Sriracha Mayo Sauce
455 mL



6.99 ea

Western Family Jasmine Rice
1.81 kg



1.99 ea

Western Family Premium Coconut Milk
400 mL

western family™

SAVVY SAVINGS



Western Family Egg Bites
228g

9.99 ea

Western Family Chocolate Chip Granola Bar
558g





5.49 ea

Western Family Wild Pacific Sockeye Salmon
213g

Western Family Signature Fire Roasted Salsa
398 mL



3.49 ea



6.99 ea

Western Family Ricotta Cheese
500g



2 for $5

Western Family Croutons
or Salad Toppers, 145g or 100g



2 for $7

Western Family Pickles
500 mL



Western Family Flour
Selected Varieties, 5 kg



Western Family Soft Drink
Selected Varieties, 2 Litres

7.49 ea

Western Family Microwave Popcorn
10-Pack





6.99 ea

Only Goodness Rolled Oats
1 kg



3.49 ea

Western Family Cookies
Selected Varieties, 300g or 350g

western family™

COOL SAVINGS

DAIRY



3.29 ea

Western Family Greek Yogurt
Selected Varieties, 4 x 100g



4.99 ea

Western Family Orange Juice
Selected Varieties, 1.54 Litres



Western Family Kéfir
Plain or Mango, 1 Litre

4.99 ea



3.79 ea

Western Family Cream Cheese
Selected Varieties, 250g



2.99 ea

Western Family Greek Yogurt Dip
Selected Varieties, 227g

Western Family Liquid Egg Whites
1 kg

8.99 ea



FROZEN



4.49 ea

Western Family Thin Crust Pizza
Frozen, 375g



4.99 ea

Western Family Signature Ice Cream
1.65 Litres



2 for $6

Western Family Waffles
Selected Varieties, Frozen, 280g



2 for $5

Western Family Perogies
Selected Varieties, Frozen, 907g



7.99 ea

Western Family Lasagna
Selected Varieties, Also Shepherd's Pie, Frozen, 907g



3 for $6

Western Family Entrée
Frozen, 255g





8.99 ea

CANADIANS CRAVE
Armstrong
CHEESE

Saputo Mozzarellissima Cheese
690g



8.99 ea

Armstrong Shredded Cheese
500g



Armstrong Cheese Snacks
Selected Varieties, 180g or 210g

4.99 ea



8.99 ea

Armstrong Cheese Slices
Selected Varieties, 500g



5.99 ea

Dairyland Protein Milk
1.89 Litres

MADE WITH REAL FRUIT.
THAT'S SO NOT BORING.



Made in Canada from domestic and imported ingredients.

DAIRY FARMERS OF CANADA QUALITY MILK



Iögo Yogurt
16 x 100g

Olympic Organic Kefir
(2 Litres) or Yogurt (1.75 kg)

10.99 ea



4.69 ea



Olympic Krema Yogurt
650g

Iögo Nanö Drinkable Yogurt
(6 x 93 mL), Also Siggi's (4 x 100g)

3.49 ea





11.99 ea

Olympic Greek Yogurt
or Krema, Selected Varieties, 1.75 kg

BULK



2.19 100g

M&M's Candy
Selected Varieties



1.29 100g

Salt Water Taffy



1.99 100g

Callebaut Semi Sweet Chocolate Chips
Also Milk Chocolate Chips



2.69 100g

Dried Turkish Apricots
Available in selected locations.



.99 ea

Huer Pocket Pals
Selected Varieties, 75g



5.49 ea

Western Family Peanuts
Selected Varieties, 500g



9.99 ea

Western Family Fruit & Nut MIx
or Chocoholic Fruit, 500g



6.99 ea

Western Family Grab N'Go Candy
Selected Varieties, 425g or 600g

LOOKS LIKE GUM, TASTES LIKE Skittles





Wrigley's Gum
(87g), Also Excel (60's)



2 for $7

Starburst Candy
or Skittles,
164g or 191g



2 for $5

Excel Mints
34g



5.49 ea

M&M's Chocolate
Selected Varieties,
155g



3 for $5

Mars Chocolate Bar
Selected Varieties,
52g

NATURAL



3.99 ea

Kashi Granola Bars
175g

2 for $6

Guru Natural Energy Drink
355 mL





5.99 ea

Amy's Frozen Entrée
Selected Varieties



11.99 ea

Kicking Horse Ground Coffee
284g



2 for $8

Poptastic Popcorn
130g



12.99 ea

Yo Mama's Pasta Sauce
710 mL



8.99 ea

Yeshi Dressing
350 mL



2 for $6

Thirsty Buddha Coconut Water
490 mL



2 for $16

Nature Clean Laundry Strips
(32's) or Cleaning Strips (36's)



2 for $9

Sensible Portions Pita Bites
Selected Varieties, 142g



20% off

RW Knudsen Just Juice
946 mL



8.99 ea

Valso Gelato Cones
Dairy Free (4-Pack) or Cookies (3-Pack)



5.49 ea

Only Goodness Bone Broth
946 mL



11.99 ea

Only Goodness Coffee Pods
Organic, Fair Trade, 12's



9.49 ea

Only Goodness Lactose-Free Cheese
Selected Varieties, 400g



3.99 ea

Only Goodness Organic Vegetables
500g

More REWARDS

EARN 1000 POINTS

when you buy any 2 of these Kashi products

Limit 2 promotional offers.



6.99 ea

Kashi GoActive Peanut Butter (479g) or Chocolate Crunch (453g)



6.99 ea

Kashi GoActive Honey Almond Flax Crunch Granola Cereal (501g) or Strawberry Banana Loops Cereal (360g)

Kashi GoActive Mixed Berry Crunch Granola Cereal 501g



6.99 ea

Kashi Organic Cinnamon Harvest Cereal 510g



6.99 ea

NATURE'S PATH ORGANIC

Bite-Size Choices

PLANET-SIZE CHANGE

Choose Organic!



8.99 ea

Nature's Path Cereal Eco Pac (907g) or Protein Granola (284g)



11.99 ea

Nature's Path Pumpkin Flax Granola (800g) or Love Crunch Chocolate Peanut Butter (700g)



6.99 ea

Nature's Path Granola (312g) or Love Crunch (325g)



5.99 ea

Nature's Path Waffles (210g), Frozen, Also Granola (325g)



6.49 ea

Nature's Path Sunrise Crunchy Maple Cereal (300g) or Organic Instant Oatmeal (320g)

HEALTH & WELLNESS



13.99 ea

Ensure Nutritional Supplement Drink
Also Glucerna, Selected Varieties,
6 x 235 mL or 6 x 237 mL



37.99 ea

Diesel Whey Protein Powder
Selected Varieties,
908g



25% off

Olly Vitamins
Selected Varieties



16.99 ea

Allegra Allergy Caplets
Selected Varieties, 30's



23.99 ea

Advil Liqui-Gels
or Tablets,
Selected Varieties



20% off

Tena Pads
or Underwear, Selected Varieties

Listerine Mouthwash
Selected Varieties,
1 Litre



6.99 ea

Power Toothbrush
or Replacement
Head, Selected
Varieties



20% off



25% off

All Natural Sleep Aid
Selected Varieties



37.99 ea

Nicorette
Selected Varieties

Supporting Your Health and Wellness Journey

Speak with our pharmacist about your health and well-being. They can help by:

- **Prescribing for minor ailments**
- **Administering vaccines**
- **Providing a Medication Check-Up**
- **Offering advice on vitamins and supplements**

LEARN MORE



Pick up your **Passport to Good Health today!**

BABY CORNER





39.99 ea

Pampers Super Economy Diapers
Selected Varieties



14.49 ea

Aleva Naturals Bamboo Baby Wipes
240's



26.99 ea

Huggies Super Pack Diapers
Selected Varieties



57.99 ea

Similac Pro Advance Powder
859g



2$ for 10

Amara Organic Smoothie Melts
Seleted Varieties, 23g



6.29 ea

Johnson's Baby Skin Care
or Hair Care,
Selected Varieties

CLEAN SAVINGS

5.99 ea

Ivory Bar Soap
(10 x 90g), Also Nature Clean
Liqud Hand Soap (500 mL)

8.99 ea

Dove Hair Care
517 mL or 530 mL



8.99 ea

Marc Anthony Hair Care
Also Batiste
Dry Shampoo
(200 mL),
Selected Varieties



8.99 ea

Clairol Root Touch Up
Also Curel Lotion
(480 mL)



6.99 ea

Old Spice Deodorant
(85g) or Body
Spray (144g)



20% off

Olay Face Care
Selected Varieties

SELF CARE SAVES



5.99 ea

Head & Shoulders Hair Care
325 mL or 370 mL



8.99 ea

Aussie Hair Care
778 mL



6.99 ea

Ivory Body Wash
1.04 Litres



10.99 ea

Olay Body Wash
591 mL

Colgate









Healthy smiles start here



2 for $9

Colgate Toothpaste
Selected Varieties



2 for $7

Colgate Toothbrush
Selected Varieties

Your partner in oral health

CELEBRATE EARTH DAY WITH

EXTRA SAVINGS

Discover top-notch products that are friendly to our planet and your wallet. Win-win!



Only Goodness Laundry Detergent
2.95 Litres



Only Goodness Bamboo Dinner Napkins
200's



Only Goodness Compostable Plates
or Bowls,
Selected Varieties

Made from sugarcane byproducts, our bagasse bowls and plates repurpose agricultural waste into durable, fully compostable tableware.

20% off





Only Goodness Bamboo Bathroom Tissue
or Paper Towels

Unbleached, bamboo grows rapidly and requires fewer resources than traditional tree-based paper products.



Only Goodness Compostable Food Waste Bags
Small, 20's



2.99 ea

Only Goodness Ultra Liquid Dish Soap
Plant-Based, 532 mL



2 for $10

Only Goodness Cleaner
Plant-Based, 710 mL or 950 mL





WE'RE GIVING EXTRA CARE FOR THE PLANET WE SHARE

At Save-On-Foods, we're extra passionate about sustainability and caring for our environment. Together, we've achieved some amazing milestones and are excited to explore even more ways to bring renewable energy programs to your shopping experience.

Reduced Greenhouse Gas footprint equivalent to removing **12,957** cars off the road.

Decreased freshwater consumption equivalent to filling **1,851** Olympic sizes swimming pools.

Achieved energy savings equivalent to powering **35,875** homes for one year.

HOUSEHOLD SAVES



19.99 ea

Downy Unstopables
Selected Varieties, 680g

8.99 ea



Western Family Garbage Bags
Selected Varieties, 20's or 40's

12.99 ea



Western Family Ultra Detergent
Selected Varieties, 2.7 Litres

10.99 ea



Bounce Dryer Sheets
200's



MoreREWARDS FREE WITH 2500 POINTS REDEEMED or 3.99 ea

Ziploc Freezer Bags
or Sandwich Bags, Family Pack, Selected Varieties



10.99 ea

Glad Garbage Bags
20's or 100's

2 for 10.99



Clorox Household Wipes
75's

2 for 10.99



Clorox Household Cleaner
946 mL or 705 mL



15% off

Brita Water Filtration Products
Selected Varieties



15% off

Royal Chinet Compostable Dishware
Selected Varieties





15% off

Glade Air Freshener
Selected Varieties

MoreREWARDS REDEEM 6400 POINTS & PAY 9.99 ea

SodaStream CO2 Cartridge Cylinder Swap
14.5 oz,
Available in selected locations.

PURRFECT DEALS

11.99 ea



Purina Tidy Cats Clumping Cat Litter
2.72 kg



3 for $9

Whiskas Temptations Cat Treats
Selected Varieties, 180g



2 for $5

Purina One Premium Dog Food
Also Beyond, 368g



Cat Chow Cat Food
Dry, Selected Varieties, 1.6 kg or 2 kg

8.99 ea

NOVEL SAVINGS

BUY 3 GET 1 free* Magazines

*of equal or lesser value





$3 off when you buy 2 Greeting Cards

25% off



Three Summers
Regular Retail: 24.99 ea

Moonlight Murder
Regular Retail: 25.99 ea

Daughter of the Titanic
Regular Retail: 25.99 ea

TIDY SAVINGS



16.99 ea

Charmin Ultra Soft Bathroom Tissue
or Strong, 12 Rolls



8.99 ea

Bounty Paper Towels
2 Rolls or 3 Rolls



6.99 ea

Bounty Napkins
200's

Tide Laundry Detergent
Liquid, 3.9 Litres



19.99 ea

Tide Pods
76's



19.99 ea

SMOKIN' DEALS



More REWARDS
REDEEM **3100** POINTS & PAY
19.99 ea

Lumber Jack Pellets
20 lbs

More REWARDS
FREE WITH 15,500 POINTS REDEEMED
or
24.99 ea



Gourmet Wood Chunks
8 lbs

More REWARDS
FREE WITH 7000 POINTS REDEEMED
or
10.99 ea



Bradley Smoker Bisquettes
24's

More REWARDS
FREE WITH 6300 POINTS REDEEMED
or
9.99 ea



Miners Mix Rub
Selected Varieties

More REWARDS
FREE WITH 3800 POINTS REDEEMED
or
5.99 ea



True North Wood Chips
Selected Varieties

Available in Selected Stores.