

SPRING SALE



BUY BIG BUY-LOW

Fresh Chicken Legs
Back Attached
BIG PACK



2.98
lb
6.57/kg

LARGE PACK Raspberries
Grown in California
12 oz Clamshell

6.98
ea



Coke, Sprite, Canada Dry or Coke Products
Selected Varieties, 12 x 355 ml

BUY 2 GET 1 FREE
same item of equal or lesser value
Plus Deposit, Recycling Fee Where Applicable

Simply Beverages or Gold Peak Iced Tea
Selected Varieties
1.54 L or 1.75 L
Chilled

2.98
ea
Plus Deposit, Recycling Fee Where Applicable

Kettle Brand Potato Chips
Selected Varieties
220 g

2.96
for 6

Kraft Dinner
Original
Case of 12 x 225 g

12.98
ea

Bubly Sparkling Water Beverage
Selected Varieties
12 x 355 ml

2.10
for 10
Plus Deposit, Recycling Fee Where Applicable

Philadelphia Cream Cheese Dips
Selected Varieties
227 g

2.98
ea

Western Family Sparkling Water
Selected Varieties
12 x 355 ml

2.99
for 9
Plus Deposit, Recycling Fee Where Applicable

Purex Bathroom Tissue
Selected Varieties
12 Triple Rolls

9.98
ea

Prego Pasta Sauces
Selected Varieties
645 ml

2.94
for 4



Corn On The Cob
Grown in California

98¢
ea

**BUY
BIG...
SAVE
BIG**
*Bringing
You More
Value...
Every
Week*

Prices Effective
May 29th to
June 18th, 2022
For These Items Only

**Fresh Lean
Ground Beef**
BIG PACK
Made Fresh Daily!



BIG PACK
388
lb
8.55/kg

**BUY BIG
BUY-LOW**

**Red
Potatoes**
Grown in Canada
or USA, 15 lb Bag



BIG PACK
598
ea

**Western Family
Peanut Butter**
Selected Varieties
2 kg



BIG PACK
748
ea

**Western Family
Apple Juice**
Case of 12 x 1 L



BIG PACK
1198
ea
Plus Deposit, Recycling Fee
(Where Applicable)

**Chapman's
Ice Cream**
Selected Varieties
4 L



BIG PACK
748
ea

QUALITY MEATS FOR LESS



Pork Shoulder Collar Butt
Boneless, Capicola Style
Vacuum Pack
Frozen or Thawed
For Your Convenience

2⁹⁸
lb
6.57/kg



Fresh Pork Loin Chops
Boneless
Centre Cut
BIG PACK

3⁹⁸
lb
8.77/kg



Happy World Ocean Day

Wednesday, June 8th, 2022

This World Ocean's Day help to end overfishing by choosing sustainable seafood.

Buy Low is proud to partner with Ocean Wise to provide you with sustainable seafood options.

Look for products with the Ocean Wise logo – your assurance it's an ocean friendly choice.

To find out more
Scan Here



SCAN ME



Wild Sockeye Salmon Fillets

Thawed For Your Convenience
BIG PACK

2⁹⁸
/100 g



Fresh Cod Fillets

From Iceland
Long Line Caught

2⁹⁸
/100 g



Selva Black Tiger Shrimp

Cooked, Peeled
Tail On, Frozen, 340 g

12⁹⁸
ea



Caravelle Wild Cold Water Shrimp

Cooked, Peeled
Frozen, 400 g

11⁹⁸
ea

FRESH



DELI

FRESH FROM THE DELI

THESE ITEMS ARE ONLY AVAILABLE IN STORES WITH FULL SERVICE DELI DEPARTMENTS



Honey Ham

FRESH DELI
2⁴⁸
/100 g



Sundried Tomato Turkey Breast

FRESH DELI
3⁵⁸
/100 g



Genoa Salami
Mild or Hot

FRESH DELI
3⁸⁸
/100 g



Pizza Pepperoni

1⁹⁸
/100 g



Saputo Cheese Slices
Selected Varieties
160 g & 180 g

6⁴⁸
ea



Greek House Homous
227 g

5³⁸
ea



Greek House Tzatziki
227 g

5³⁸
ea

MEAT MANAGER'S SPECIALS



BUY BIG BUY-LOW

Canadian AAA Grades of Beef
New York Strip Loin Steaks
BIG PACK

12⁹⁸
lb

28.62/kg



BUY BIG BUY-LOW

Canadian AAA Grades of Beef
Bottom Sirloin Tri Tip Steaks
BIG PACK

8⁹⁸
lb

19.80/kg



Maple Leaf Natural Sliced Chicken or Turkey

250 g

7⁰⁰
ea



Greenfield Sliced Bacon

Raised Without Antibiotics

375 g

9⁰⁰
ea



Maple Leaf Sliced Bacon
Selected Varieties
375 g

7⁰⁰
ea



Mitchell's Bun Size Wieners
675 g

8⁰⁰
ea



Mitchell's Thick Sliced Bacon
1 kg

18⁰⁰
ea



Western Family Hot Dogs
Original or All Beef
375 g

5⁰⁰
ea



Western Family Sliced Cooked Ham
375 g

6⁰⁰
ea



Maple Leaf Top Dog Wieners
Selected Varieties
375 g

5⁰⁰
ea



FRESH FROM THE BAKERY

THESE ITEMS ARE ONLY AVAILABLE IN STORES WITH FULL SERVICE BAKERY DEPARTMENTS



Jumbo Kaiser Buns
White

IN-STORE BAKED
6\$²⁴⁸
for



Calabrese Bread
450 g

IN-STORE BAKED
1⁹⁸
ea



Alpine Grain Bread
450 g

IN-STORE BAKED
2⁹⁸
ea



Jumbo Kaiser Buns
60% Whole Wheat

IN-STORE BAKED
6\$²⁴⁸
for



Chelsea Tea Cake
480 g

IN-STORE BAKED
5⁶⁸
ea



Strudel Fingers
Selected Varieties
Pkg. of 8

IN-STORE BAKED
3⁴⁸
ea

STORE WIDE SAVINGS



Libby's Beans
Selected Varieties
398 ml

2\$3
for



Cheemo Perogies
Selected Varieties
Frozen
815 g & 907 g

2\$5
for



Bacardi Mixers
Selected Varieties
250 ml

2\$4
for



Club House Slow Cookers Seasoning Mixes
Selected Varieties
36 g - 45 g

1\$98
ea



Ristorante Frozen Pizzas
Selected Varieties
320 g - 390 g

4\$98
ea



Casa di Mama Frozen Pizzas
Selected Varieties
395 g - 410 g

4\$98
ea



Western Family Wild Pacific Pink Salmon
213 g

2\$98
ea



McCormick Gourmet Sauce Mixes
Selected Varieties
30 g - 56 g

1\$98
ea



Chapman's Ice Cream, Sorbet or Frozen Yogurt
Selected Varieties
2 L

5\$98
ea



Armstrong Cheese Slices
Selected Varieties
220 g & 240 g

4\$48
ea



Chapman's Frozen Novelties
Selected Varieties
5's - 20's

5\$98
ea



Chapman's No Sugar Added Ice Cream or Ice Cream Treats
Selected Varieties
1 L, 4's & 6's

5\$98
ea



Armstrong Melts Cheese Slices
225 g

2\$5
for



Dairyland Coffee Cream
18% M.F.
946 ml

3\$98
ea



Dairyland Creamo Half & Half Cream
10% M.F.
946 ml

2\$98
ea



Baker's 100% Pure Chocolate Squares
Selected Varieties
170 g & 225 g

4\$98
ea



Baker's 100% Pure Chocolate Chips
Selected Varieties
300 g

3\$98
ea



Dairyland Whipping Cream
33% M.F.
946 ml

4\$98
ea

MNR my neighbourhood REWARDS

GO MOBILE & SAVE FOR FREE GROCERIES!!!



Tide Laundry Detergent
Selected Varieties
1.36 L

9\$98
ea



Glad Flex'N Seal Freezer Bags
Selected Varieties
or Storage Bags, 28's - 36's

4\$98
ea



Colgate Toothbrushes
Twister or ZigZag
Selected Varieties, Pkg. of 1

1\$98
ea



Colgate Toothpaste
Selected Varieties
70 ml - 120 ml

1\$98
ea



Alberto Haircare
Selected Varieties
213 g, 200 ml & 300ml

3\$98
ea

SNACKS & BEVERAGES



Minute Maid & Five Alive Frozen Concentrate
Selected Varieties
295 ml

2\$4
for



Activia Active Probiotics Drinkable Yogurt
Selected Varieties
8 x 93 ml

4⁹⁸
ea



Kellogg's Jumbo Cereals
Selected Varieties
850 g - 1.15 kg

8⁹⁸
ea



Nestle Pure Life Natural Spring Water
1.5 L

3\$2
for

Plus Deposit, Recycling Fee Where Applicable



Orville Redenbacher Popcorn
Selected Varieties
248 g - 850 g

4⁹⁸
ea



Christie Ritz Crackers
Or **Stoned Wheat Thins**
350 g & 600 g

4⁸⁸
ea



Sparkling Ice Water Beverages
Selected Varieties
503 ml

4\$5
for

Plus Deposit, Recycling Fee Where Applicable



Perrier Carbonated Natural Spring Water
Selected Varieties
10 x 250 ml

6⁹⁸
ea

Plus Deposit, Recycling Fee Where Applicable



Ruffles Potato Chips & Tostitos Tortilla Chips
Selected Varieties
180 g - 300 g

3⁷⁸
ea



Montellier Carbonated Spring Water
Selected Varieties
10 x 355 ml

5⁴⁸
ea

Plus Deposit, Recycling Fee Where Applicable



Tostitos Salsa
Selected Varieties
416 ml - 423 ml

3⁷⁸
ea



Lay's Potato Chips or Poppables Potato Crisps
Selected Varieties
130 g - 235 g

2\$7
for



Arizona, Del Monte & Oasis Beverages
Selected Varieties
960 ml

3\$5
for

Plus Deposit, Recycling Fee Where Applicable



Lipton Iced Tea
Selected Varieties
12 x 340 ml

5⁴⁸
ea

Plus Deposit, Recycling Fee Where Applicable



SunChips Multigrain Snacks & Munchies Snack Mix
Selected Varieties, 205 g - 272 g

3⁷⁸
ea



Pepsi, Diet Pepsi, Pepsi Zero or 7UP
8 x 355 ml

2\$11
for

Plus Deposit, Recycling Fee Where Applicable



Monster Energy Drinks
Selected Varieties
4 x 473 ml

9⁴⁸
ea

Plus Deposit, Recycling Fee Where Applicable



Miss Vickie's Potato Chips
Selected Varieties
190 g & 200 g

2\$8
for

DOWNLOAD THE FREE APP



MNR my neighbourhood REWARDS



SunRype Juice Boxes
Selected Varieties
5 x 200 ml

1⁹⁸
ea

Plus Deposit, Recycling Fee Where Applicable



Western Family Berry Creamy Cookies
Raspberry Filled
300 g

2⁹⁸
ea



Milk 2 Go Beverages
Selected Varieties
310 ml

2\$3
for

Plus Deposit, Recycling Fee Where Applicable



Dempster's Signature Bread
Selected Varieties
600 g & 680 g

2\$7
for



Takis Tortilla Chips & Potato Chips
Selected Varieties
190 g & 280 g

2\$6
for



Cantaloupe

Grown in USA

1.28
lb
2.82/kg



Mixed Peppers

Grown in Canada
2 lb Bag

6.98
ea



Concerto Grape Tomatoes

2 lb Clamshell

6.98
ea



Bunch Radishes

Grown in USA
or Western Canada

98¢
ea



Tropical Haden Mangoes

Grown in Mexico

2\$4
for



Baby Long English Cucumbers

Grown in Western Canada
1 lb Pkg.

2\$5
for



Organic Bunch Broccoli
Grown in USA

2.98
lb
6.57/kg



Organic Strawberries
Grown in California
1 lb Clamshell

4.98
ea

FLORAL DEPARTMENT



Signature Bouquets

16.48
ea



Gerbera Bunches

7.48
ea

EVERY DAY EVERY WEEK
UNBEATABLE SAVINGS

Every SUNDAY	Every MONDAY	Every TUESDAY	Every WEDNESDAY	Every THURSDAY	Every FRIDAY	Every SATURDAY
Faith Farms Cheese Selected Varieties 360 g & 380 g	Dare Ultimate Cookies Selected Varieties 290 g & 300 g	Romaine Hearts Grown in USA Pkg. of 3	Frozen Beverages Minute Maid, Fruitopia, Nestea, Selected Varieties Frozen Concentrate, 295 ml	Old Dutch Potato Chips Selected Varieties 200 g - 235 g	Frozen Pizzas Ristorante or Casa di Mama Selected Varieties 320 g - 410 g	Schneiders Juicy Jumbo Wieners Selected Varieties 375 g & 450 g
4.87 ea	1.97 ea	2.97 ea	.87 ea	2.67 ea	2.97 ea	4.97 ea

Every Day Every Week Prices Effective Until Saturday, June 25th, 2022

