

YOUR INDEPENDENT

Food Town

IFT



Beef
Striploin Grilling Steak
Boneless. Cut From Canada AA or Higher.

9⁹⁸lb
22.00/kg



Corn
On The Cob
Product of U.S.A.

fresh produce
48¢
Each



Kraft
Peanut Butter
Select Varieties. 750 g - 1 kg.

4⁴⁸



Nestea
Iced Tea Mix
715 g.

4⁴⁸



Dr. Oetker
Pizza
Select Varieties. Frozen. Giuseppe Thin or Rising Crust 439 - 785 g.
Tradizionale 370 - 405 g.

2/\$9



Maxwell House
Coffee
Original, Dark Roast or Decaffeinated. 730 - 925 g.

7⁹⁸



Heinz
Ketchup or Kraft Mayonnaise
Select Varieties. Ketchup 750 mL - 1 Litre.
Mayonnaise or Miracle Whip 650 - 890 mL.

2⁹⁸

Sale Prices In Effect June 2019

fri	sat	sun	mon	tue	wed	thur
14	15	16	17	18	19	20

Some items may not be available at all stores. All advertised items are on sale while stock lasts. Actual items may vary slightly from illustrations. Some illustrations are serving suggestions only. Advertised prices do not include GST/HST. All items are per household, per visit. Although we strive for complete accuracy in our advertising, errors sometimes can occur. When an error is discovered, a correction notice will be posted in stores to bring the error to your attention. Sale prices in effect on the dates on front page.

Arkona Food Market
7291 Arkona Rd., Arkona NoM 1Bo
Comber Food Market*
6303 Main St., Box 99, Comber NoP 1Jo
Grand Valley Foodtown
5 Main Street South, Grand Valley L9W 5S8
Langton Food Market
24 Queen St., Langton NoE 1Go

Embro Foodtown*
127 Huron St., Embro NoJ 1Jo
Milverton Foodtown
P.O. Box 276, 36 Main Street North, Milverton NoK 1Mo
Port Lambton Food Market*
4352 St. Clair Parkway, Port Lambton NoP 2Bo

St. George Foodtown
6 College Street, St. George NOE 1No
Blyth Foodmarket*
P.O. Box 430, Blyth, Ontario NoM 1Ho
The Chesley Grocery Store
30 First Avenue, Chesley NoG 1Lo



*At Select Locations



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Andy's Independent Food Town
P.O. Box 24, 2174 Wikwemikong Way
Wikwemikong PoP 2Jo

Azilda Market
9 Notre Dame, Azilda PoM 1Bo
B&H Community Grocer
301 Rideau Street, Box 73,
Kemptville KoG 1Jo

Doyles Marketplace Rainbow Centre
40 Elm St., Sudbury P3C 1S8

Eagle Lake Country Market*
2622 Eagle Lake Road, Eagle Lake KoM 1Mo
Epicerie Coop Grocery
85 Government Rd., Moonbeam PoL 1Vo
Kinmount Independent Grocer
4072 County Road 121,
Kinmount KoM 2Ao
Robinson's General Store
1061 Main Street, Dorset, PoA 1Eo

Sayers Foods
132 Burleigh Street, Apsley KoL 1Ao
St. Charles Food Market
25 Main St., St. Charles PoM 2Wo
Stone Mills Family Market
672 Addington Street, Tamworth KoK 3Go
Verner Co-op Epicerie Foodtown
4 Principale St., P.O. Box 10, Verner, PoH 2Mo



*At Select Locations"

grocery

General Mills Cereal

Select Varieties.
300 - 450 g.

3⁴⁸



Bush's Best Beans

Select Varieties. 398 mL.

2/\$3



Campbell's Ready to Serve or Habitant Soup

Select Varieties. Ready to Serve 540 mL.
Habitant 796 mL.

1⁹⁸



Campbell's Family Favourites

Soup or Broth. Select Varieties. 284 mL.

3/\$5



Bick's Baby Dills

Or Yum Yums and Sweet Mixed Pickles. Select Varieties.
1 Litre.

3⁹⁸



Betty Crocker Hamburger or Tuna Helper

Select Varieties. 158 - 240 g.

2/\$5



Maple Leaf Klik Luncheon Meat

Select Varieties. 340 g.

3⁹⁸



Green Giant Vegetables

Select Varieties. 341 - 398 mL.

2/\$3

Nabob Tassimo Single Serve Coffee

Select Varieties. 108 - 153 g.

7⁹⁸



Pam Cooking Spray

Select Varieties. 113 - 170 g.

3⁹⁸



VH Sauces

Select Varieties. 341 - 355 mL.

2⁹⁸



Primo Pasta Sauce

Select Varieties. 680 mL.

2/\$3



Compliments Juice

Assorted Varieties. 1 Litre. ♻️

4/\$5



Quaker Chewy or Dipp's Bars

Select Varieties. Chewy 156 g.
Dipp's 150 - 156 g.

3/\$6



Quaker Granola Bars

Select Varieties. Granola Bars 130 - 200 g.
Breakfast Bars 200 - 300 g.

2/\$5



Dare Cookies

Select Varieties. Cookies 170 - 300 g.

2/\$5



Dare Crackers

Select Varieties. 100 - 250 g.

2/\$5

bakery



Dempster's Wholegrain Bread

Select Varieties. 600 g.

2/\$5



Apple Valley Pies

Select Varieties. 550 g.

3⁹⁸



Compliments Two Bite Bakery Treats

Select Varieties. Macaroons, Brownies or
Cinnamon Rolls. 300 - 370 g.

2⁹⁸



Compliments Soft Drinks

Select Varieties. 2 Litre. ♻️

5/\$5



Coca-Cola 24 Pack Soft Drinks

Select Varieties. 24 x 355 mL. ♻️

9⁹⁸

snacks



88¢

**Nestlé
Single Chocolate Bars**
Select Varieties. 32 - 60 g.



1⁷⁸

**Hershey's
King Chocolate Bars**
Select Varieties. Hershey 62 - 141 g.



2/\$7

**OMG
Graham Clusters**
Select Varieties. 135 - 160 g.



2/\$8

**Hershey's
Snack Mix**
Select Varieties. 160 - 170 g.



3/\$10

**Tostitos
Tortilla Chips or Salsa**
Select Varieties. Chips 205 - 295 g.
Salsa or Dips 416 - 423 mL.

chilled & frozen

Kraft Natural Cheese

Select Varieties. 400 g. Shredded Cheese 320 g.



5⁹⁸



5/\$6

**Yoplait
Yop**
Select Varieties. 200 mL. ♻️



2/\$6

**Fruitopia
or Nestea Iced Tea**
Or Minute Maid. Select Varieties. 1.75 Litre. ♻️



3⁹⁸

**Kozy Shack
Puddings**
Select Varieties. 624 g.



2⁹⁸

**Parkay
Margarine**
Select Varieties. 1.28 - 1.36 kg.



78¢

**Minute Maid
Punch**
Select Varieties. Frozen. 295 mL.



4⁹⁸

**Pillsbury
Pizza Pops**
Select Varieties. Frozen. 800 g.



4/\$10

**Swanson
Dinners**
Select Varieties. Frozen. 280 - 383 g.



2⁹⁸

**Tenderflake
Tart or Pie Shells**
or Puff Pastry. Select Varieties. Frozen.
255 - 454 g.



3⁹⁸

**Nestlé
Parlour Ice Cream
or Novelties**
Select Varieties. Frozen. 1.5 Litre.
Novelties 720 mL.



1⁹⁸

**Compliments Balance
Crab Flavoured
Alaskan Pollock**
Or Lobster Chunks. Select Varieties. 227 g.



10⁹⁸

**High Liner
Catch of the Day Fillets**
Select Varieties. Frozen. 580 - 800 g.



10⁹⁸

**Flamingo
Chicken**
Select Varieties. Frozen. 700 - 800 g.



6⁹⁸

**Compliments
Lasagna**
Select Varieties. Frozen. 1 kg.

household & pets

Royale Bathroom or Facial Tissue

Or Tiger Towels 6's. Select Varieties.
Facial Tissue 6's. Bathroom Tissue
12 Roll.

6⁹⁸



2/\$6

**Lysol
Toilet Bowl Cleaner
or Wipes**
Select Varieties. 710 mL. Wipes 35's.



4⁹⁸

**Arm & Hammer
Laundry Detergent**
Assorted Varieties. Liquid 1.81 - 2.21 Litre.



12⁹⁸

Kibbles 'N Bits
Select Varieties. 5.7 - 6 kg.

fresh produce



1²⁸
Each/Per lb

Long English Cucumbers or Beefsteak Tomatoes
Product of Canada. Cucumbers 1.28 Each. Beefsteak Tomatoes 1.28lb 2.82/kg



3⁹⁸

Fresh Blueberries
Product of U.S.A. 1 Pint.



2^{98lb}
6.57/kg

Fresh Apricots
Product of U.S.A.



1^{48lb}
3.26/kg

Zucchini Squash or Eggplant
Product of U.S.A./Canada.



1⁷⁸

Whole White Mushrooms
Product of Ontario. 227 g.



3⁹⁸

Sweet Vidalia Onions
Product of U.S.A. 1.36 kg.



1⁶⁸

Baby Cut Carrots
Product of U.S.A. 454 g.



1⁹⁸

Dole Garden Salad or Coleslaw
Product of U.S.A. 340 - 397 g.

fresh meat

Fresh Pork Loin Center Cut Chops
Bone In.



2^{98lb}
6.57/kg



4^{98lb}
10.98/kg

Beef Inside Round Marinating Steak
Boneless. Cut From Canada AA or Higher.



3^{48lb}
7.67/kg

Fresh Pork Side Spareribs



5^{98lb}
13.18/kg

Fresh Split Chicken Breasts
Back Attached.



5⁴⁸

Maple Leaf Bacon
Select Varieties. 375 g.



3⁴⁸

Maple Leaf Top Dogs
Select Varieties. 375 g.



4⁹⁸

Swift Ham Nugget
450 g.

deli



1⁴⁸

Wrap & Go Burritos
Or Chimichangas. Select Varieties 142 g.



2/\$4

Compliments Salads
Select Varieties. 426 - 454 g.

Compliments Cooked Ham
Sliced or Shaved.

88¢
100 g

