

IFT

Independent Food Town

Sunday June 20th is
Fathers Day

SUMMER
Snackin'

4⁹⁸lb

10.98/kg

Fresh Pork
Side Ribs



Fresh Produce

3⁴⁸ Each

Fresh
Strawberries

Product of U.S.A.
454 g.

5⁹⁸

Cashmere
Bath Tissue

Select Varieties. 12 Roll.



2/\$5

Classico
Pasta Sauce

Select Varieties.
410 - 650 mL.
Pesto 218 mL.



4/\$10

Lay's Potato Chips

Select Varieties. 220 - 235 g.
Poppables 130 g.



88¢

Nestle Single
Chocolate Bars

Select Varieties. 36 - 60 g.



2/\$3

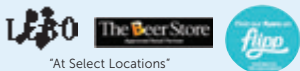
Maple Leaf Vienna Sausage

Or Maple Leaf Flakes 156 g. Select Varieties.
Vienna Sausage 113 g.

Meal Inspiration & Savings From our Family to Yours

Sale Prices in Effect							
JUN 2021	fri 18	sat 19	sun 20	mon 21	tues 22	wed 23	thu 24

Andy's Independent Food Town, 2174 Wikwemikong Way, Wikwemikong • B&H Community Grocer, 301 Rideau Street, Kemptville • Eagle Lake Country Market, 2622 Eagle Lake Road, Eagle Lake
Epicerie Coop Grocery, 85 Government Road, Moonbeam • Merrickville Food Market, 205 St. Laurence Street, Merrickville • Robinson's General Store, 1061 Main Street, Dorset
St. Charles Food Market, 25 Main Street, St. Charles • Stone Mills Family Market, 672 Addington Street, Tamworth



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.

This symbol denotes Plus deposit and/or environmental levies where applicable.

Grocery



2/\$7 Clover Leaf
Albacore Tuna
Or Gourmet White
Flavored Tuna 142 g.
Flaked or Solid. 170 g.



2/\$7 Clover Leaf
Bistro Bowls
Select Varieties. 170 g.



4/\$5 Hunt's Manwich
Sloppy Joe Sauce
398 mL.



748

**Kellogg's
Jumbo Cereal**
Select Varieties.
700 g - 1.22 kg.



2⁹⁸ Maxwell House
Instant Coffee
Select Varieties. 150 g.



\$1 Sunny D Beverage
Select Varieties.
500 mL. 🌱



2/\$4 Betty Crocker
Super Moist Cake Mix
Or Frosting 340 - 450 g.
Cake Mixes 432 - 461 g.



3²⁸ Hershey's Chipits
Select Varieties.
200 - 300 g.



2/\$5 Minute Rice Ready
to Serve Cups
Select Varieties. 250 g.



2/\$5 VH Sauces
Select Varieties.
341 - 355 mL.



98¢ Club House Gravy
Mixes
Or Seasoning Mixes 21 - 47 g.
Select Varieties.



1⁹⁸ French's Prepared
Yellow Mustard
400 mL.



2/\$3 Kraft BBQ Sauce
Select Varieties. 455 mL.



3⁹⁸ Compliments
De-Alcoholized
Beer
6 x 355 mL. 🌱



4/\$10 Old Dutch
Potato Chips
Select Varieties. 235 - 255 g.
Ridgies 200 - 220 g.



2/\$7 Doritos Tortilla
Chips
Select Varieties. 155 - 280 g.



2/\$7 Ruffles Potato
Chips
Select Varieties.
180 - 200 g.



2⁹⁸ Compliments
Cookie Chips
Select Varieties. 170 g.



1⁵⁸ Compliments
Spring Water
12 x 500 mL. 🌱

Bakery



2/\$5 Dempster's Hot Dog
or Hamburger Buns
White or Whole Wheat. 8's.



2/\$4 Dempster's
English Muffins
Select Varieties. 6's.



2/\$4 Charlotte's
Single Serve Cakes
Select Varieties. 150 g.



1⁷⁸ Pepsi 2 Litre
Soft Drinks
Select Varieties. 🌱



2/\$11 Coca-Cola 12 Pack
Soft Drinks
Select Varieties.
12 x 355 mL. 🌱



Quality. Value. Guaranteed.

Compliments has you covered for whatever your everyday brings. From easy weeknight dinners to special celebrations, count on us for quality products at family-friendly prices.



2/\$5 Compliments Party Mix
300 g.



4⁹⁸ Compliments Honey
Liquid or Creamed.
500 g.



9⁹⁸ Compliments Cheese Sticks
Select Varieties.
Frozen. 325 g.



5⁴⁸ Compliments Cheese
Select Varieties. 400 g.
Shredded Cheese 226 - 320 g.

Chilled & Frozen



2⁹⁸ Kraft Philadelphia Dips
Select Varieties. 227 g.



1⁹⁸ Imperial Margarine
Or I Can't Believe It's Not Butter.
454 g.



2⁹⁸ Gay Lea Sour Cream
Select Varieties. 425 - 500 mL.



1⁹⁸ Lactantia Butter Sticks
Select Varieties. 125 g.



4⁹⁸ iÖGO Fruit on the Bottom Yogourt
Or Olympic Greek Yogourt 650 g.
Select Varieties. 12 - 16 x 95 g.
or 16 x 100 g.



3⁹⁸ Dr. Oetker Pizza
Select Varieties. Frozen.
Casa Di Mama 395 - 410 g.
Ristorante 300 - 390 g.



4⁹⁸ Chapman's Premium Ice Cream or Novelties
Select Varieties. 2 Litre. Novelties.
5's - 8's. 540 - 1200 mL. Frozen.



2/\$7 Swanson Hungry-Man Dinners
Select Varieties. Frozen.
360 - 455 g.



2/\$5 Best Buy Vegetables
Select Varieties.
Frozen. 750 g.



3⁹⁸ Compliments Frozen Fruit
Select Varieties. 300 - 600 g.



8⁹⁸ Waterview Market Entrees
Select Varieties. 480 g.
Frozen.



9⁴⁸ Compliments Maple Leaf Beef Burgers
851 g. Frozen.



19⁹⁸ Compliments Shrimp Ring
With Cocktail Sauce.
Frozen. 737 g.



9⁹⁸ Maple Leaf Prime Stuffed Chicken Breasts
Select Varieties. 568 g.

Household & Pet



5⁹⁸ Scotties Facial Tissue
Select Varieties.
70's - 126's.



7⁹⁸ Cascade Dishwasher Tabs
Select Varieties.
16's - 20's.



6⁴⁸ Clorox Original Liquid Bleach
3.57 Litre.



12⁹⁸ Pedigree Cesar Dog Food
Select Varieties.
12 x 100 g.



3⁹⁸ Purina Beggin' Strips
Select Varieties. 170 g.

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Fresh Produce



5⁹⁸ lb
13.18/kg
Fresh Cherries
Product of U.S.A.



2⁹⁸ Each
Romaine Hearts
Product of U.S.A. 510 g.



1⁹⁸ lb
4.37/kg
Fresh Nectarines or Peaches
Product of U.S.A.



2⁴⁸ lb
5.47/kg
Fresh Black or Red Plums
Product of U.S.A.



1⁴⁸ lb
3.26/kg
Tomatoes On The Vine
Product of Ontario.



1⁴⁸ lb
3.26/kg
Green Bell Peppers
Product of U.S.A.



68¢ Each
Bunch Green Onions
Product of Mexico/Canada.



1⁹⁸ Each
Broccoli Bunches
Product of U.S.A.

Meat



4⁴⁸ lb
9.88/kg
Fresh Split Chicken Breasts
Back Attached.



5⁹⁸ lb
13.18/kg
Beef Eye of Round Sandwich Steak
Boneless. Cut From Canada AA or Higher.



3⁹⁸ lb
8.77/kg
Fresh Pork Shoulder Blade Steak
Bone In.



3⁹⁸ lb
8.77/kg
Fresh Grade A Frying Chicken
Whole.



3/\$10
Mini Babybel Cheese
Select Varieties. 100 - 129 g.



5⁴⁸ Each
Nossack Sausage Rolls
Beef or Pork. 420 g.



5⁹⁸ Each
Maple Leaf Bacon
Select Varieties. 375 g.
Ready Crisp 65 - 85 g.



3⁹⁸ Each
Maple Leaf Top Dogs
Select Varieties. 375 g.

Deli



4⁹⁸ Each
Chris Brothers Pizza Variety Pack
175 g.



3⁹⁸ Each
Lakeview Farms Rings
Gelatin 553 g.
Parfait 567 g.



2⁹⁸ 100 g
Panache Oven Roasted Chicken Breast
Sliced or Shaved.



1¹⁸ 100 g
Compliments Ham
Select Varieties.
Sliced or Shaved.



WIN 1 OF 5

AirPods



**Enter Online Entry Code:
SUMMER2021
at winwithsummersnackin.ca for
5 BONUS ENTRIES!

Sale prices in effect June 18-24, 2021

Enter at **winwithsummersnackin.ca**
See In-store to stock up on all your favourite snacks to fuel your outdoor summer adventures!

**NO PURCHASE NECESSARY. For full details and how to enter online go to winwithsummersnackin.ca found within participating Family Foods, Clover Farm and/or IFT Ontario flyers running June 18-24, 2021 and July 9-15, 2021 in the West and Ontario regions and June 17-23, 2021 and July 8-14, 2021 in the Atlantic region. Entry Deadline: Friday, July 30, 2021 Draw date: On or About August 6, 2021
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2/\$5

**Cadbury
Family Bars
or Maynards
Candy**

Select Varieties.
Cadbury 90 - 100 g.
Maynards 170 - 185 g.



4⁴⁸

**Mars Multipacks
or Pouches**

Or Skittles or Starburst
320 g. Select Varieties
136 - 230 g. Excel or
Juicy Fruit Gum 4 Pack.

2/\$6

**Twizzlers
Or Nibs
Licorice**

Select Varieties.
311 - 454 g.
Goodies 300 g.



2/\$3

**Compliments
Mini Donuts**

Select Varieties. 155 g.

3⁴⁸

**Compliments
Mini Muffins**

Select Varieties.
276 g.



4⁹⁸

**Freybe
Pepperoni
Snackers**

Select Varieties.
100 - 125 g.

3⁹⁸

**Piller's Salami
Whips**

Select Varieties. 100 g.



1⁹⁸

**Schneiders
Hot Rods**

Select Varieties.
45 g.

SUMMER Snackin'

GET OUT & ENJOY SOME
Fresh Air

Enter at
winwithsummersnackin.ca



88¢ Nestle Single Chocolate Bars
Select Varieties. 36 - 60 g.



4/\$5 Kinder Surprise
Pink or Blue 20 g. Kinder Bueno 39 - 43 g.
Ferraro Butterfinger 54 g.



3⁹⁸ OMG Graham Clusters
Select Varieties. 200 g.



2/\$5 Haribo Candy
Select Varieties. 175 g.



2/\$7 Trident or Dentyne Gum
Select Varieties. 40's - 60's.



2/\$4 Twizzlers Gummies
Or Jolly Ranchers. Select Varieties.
182 - 198 g.



2/\$5 Werther's or Riesen Candy
Select Varieties. 116 - 135 g.



2/\$5 Koala Kones Gummy Candy
Select Varieties. 200 g.



4/\$3 Mentos or Airheads Candy
Select Varieties. 37 - 57 g.



1⁷⁸ Ice Breaker Mints
Select Varieties. 34 - 43 g.



2²⁸ Dare Real Fruit Gummy Candy
Select Varieties. 180 g.



4/\$5 Willy Wonka Bottle Caps
Or Nerds or Laffy Taffy. Select Varieties.
42 - 50 g.

WITH A NEW SET OF
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5 BONUS ENTRIES!

WIN
1 of 5 AirPods*



4/\$5 Compliments Candy
Select Varieties. 125 g.



4/\$5 Hershey Single Chocolate
Bars
Select Varieties. 39 - 58 g.



2/\$4 Mars King or Snack Size
Bars
Select Varieties. King 77 - 93 g.
Snack Size 100 - 130 g.



3/\$4 Nutella & Go Hazelnut
Spread
Regular or Pretzel. 52 - 54 g.



2/\$8 Hershey Chocolate
Select Varieties. Crunchers or Pretzels.
160 - 170 g.



4/\$5 Dentyne Gum Or
Maynards Candy
Select Varieties. 44 - 64 g. Gum Each.



3/\$10 Nestle L'Atelier Chocolate
Bars
Select Varieties. 100 - 115 g.



1¹⁸ Best Buy Chocolate Bars
Select Varieties. 100 g.



3⁹⁸ Gold Pineapple
Product of Costa Rica.
Each



3⁹⁸ Compliments Iced Tea
1 kg.



3⁹⁸ Black Diamond Cheese &
Nut Combos
Select Varieties. 128 g.



1²⁸ Baby Cut Carrots
Product of U.S.A. 340 g.
Each

SUMMER Snackin'

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AirPods*



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2/\$7 Christie Peak Freans or Dad's Cookies
Select Varieties. 275 - 350 g.



2/\$4 Quaker Crispy Minis
Select Varieties. 90 - 100 g.



2/\$6 Kellogg's Bars
Select Varieties. 144 - 200 g.



1.98 General Mills Bugles
Select Varieties. 213 g.



1.88 Quaker Chewy or Dipps Bars
Select Varieties. 120 - 156 g.



2/\$7 Angie's Ready To Eat Popcorn
Select Varieties. 136 - 198 g.



2/\$6.50 Munchies Snack Mix
Original or BBQ. 272 g.



5.98 Perrier or San Pellegrino Water
Select Varieties. 10 x 250 mL. 6 x 330 mL. ☼



2/\$10 AHA Sparkling Water Beverage
Select Varieties. 12 x 355 mL. ☼



2/\$10 Coca-Cola Mini Bottles
Select Varieties. 8 x 300 mL. ☼



5/\$6 Sparkling Ice Water
Select Varieties. 503 mL. ☼



8.98 Budweiser Zero Beer
6 x 355 mL. ☼