

MEAT SAVINGS

Fresh, Cut from Canada Gr. A Beef
CROSS RIB ROAST
 KG 10³⁴/LB. 4⁶⁹

Fresh, Cut from Canada Gr. A Beef
PRIME RIB STEAK
 KG 24⁰¹/LB. 10⁸⁹

Fresh
PORK BACK RIBS
 KG 11⁰⁰/LB. 4⁹⁹

Fresh
PORK TENDERLOIN
 KG 10¹²/LB. 4⁸⁹

Fresh, Whole
CHICKEN WINGS
 KG 7⁰²/LB. 3¹⁹

Best Value 450 gr
WIENERS
 3²⁹

J.M.S. 400 gr, 4 Varieties
MEAT PIES
 4⁹⁹

Olymel No 1, 375 gr
BACON
 5⁴⁹

Jane's Pub Style 1.6 kg
CHICKEN BURGERS
 9⁹⁹

J.M.S. Regular 450 gr
 or All Beef 375 gr
JUICY JUMBOS 5⁹⁹

JANES
 PUB STYLE
 chicken
 Burgers

DELI FRESH

Lilydale Kentucky Style
CHICKEN BREAST
 KG 19⁶⁰/LB. 8⁸⁹

Smiths
MONTREAL SMOKED BEEF
 KG 16⁹⁵/LB. 7⁶⁹

Maple Lodge - Oven Roasted
CHICKEN BREAST
 KG 22²⁵/LB. 10⁰⁹

Burns Bung
BOLOGNA

Harvest
MAC & CHEESE LOAF
 KG 15⁶³/LB. 8⁰⁹

ATIKOKAN FOODLAND

Sale prices effective February 11 to 16, 2019
 While Supplies Last

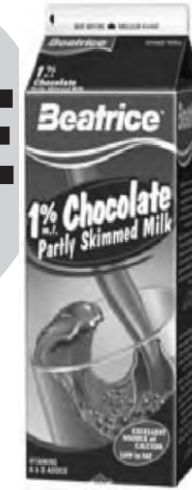
Thank You For Shopping At Atikokan Foodland!

We reserve the right to limit quantities. All items and prices may not be as shown.

CHECK OUT These Sweetheart Deals!

Beatrice 1 Litre
CHOCOLATE MILK

2 for 3⁰⁰



CAMPBELLS
 SOUPS
 3 for 1⁹⁹

Cream of Mushroom,
 Tomato, Chicken Noodle or
 Vegetable 284 ml Tins



Original Roast, Mountain,
 Black Silk, or Decaf. 642-920 gr

FOLGERS COFFEE
 7⁹⁹



Unico 3 Litres
VEGETABLE OIL
 4⁹⁹



Oasis Ass't
 960 ml Carton
FRUIT JUICES
 3 for 4⁰⁰



Quaker 130-156 gr
 Ass't Dippys or Chewys
GRANOLA BARS
 2 for 4⁰⁰



Haagen-Dazs
 Ass't 475-500 ml Tubs
ICE CREAM
 3⁹⁹



HOT, HOT PRICE!
 McCain 900 gr
HASH BROWNS
 2 for 3⁰⁰
HOT, HOT PRICE!



Ass't 12x100 gr Multi-Packs

**ASTRO
YOGOURT**
3⁹⁹

Kraft Cracker Barrel 200-240 gr
Marble, Medium (Reg. & Light),
Havarti, Swiss, Monterey Jack
or Herb & Garlic

SLICED CHEESE
5⁹⁹



Kraft Regular or Light 650 ml Squeeze Btl.,
or All Varieties of 890 ml Jars

**MIRACLE WHIP
& MAYONNAISE**
3⁹⁹



Original, With Olive Oil,
Light, Salt Free or
Buttery Taste 680-907 gr

**BECEL
MARGARINE**
5⁹⁹

Delmonte Ass't Variety
341-398 ml Tins

VEGETABLES
2 for 3⁰⁰



Compliments 796 ml Diced,
Whole or Crushed - All Varieties

TOMATOES
4 for 5⁰⁰



FROZEN FOOD

McCain Red Bag 900 gr
Crinkle Cut or Straight Cut

FRENCH FRIES
2 for 5⁰⁰



Pillsbury 693 gr
**PIZZA
BITES**
4⁹⁹



Dr. Oetker Ass't Variety 320-390 gr

RISTORANTE PIZZAS
2⁹⁹

Kellogg's Eggo Ass't 280-310 gr

WAFFLES or PANCAKES
4⁹⁹

Cauliflower, Broccoli or Broccoli & Cheese 454 gr

GREEN GIANT VEGGIE TOTS
4⁹⁹

McCain Ass't 400-510 gr

DEEP-N-DELICIOUS CAKES
4⁹⁹

Lucerne 4 Litre Pails

ICE CREAM
6⁹⁹

Haagen-Dazs Regular 3s or Mini 4s

ICE CREAM BARS
4⁹⁹

Europe's Best 400-600 gr Ass't Variety

**FROZEN FRUIT
BLENDS**
5⁹⁹



Kraft 300-320 gr
Cracker Barrel
**CHEESE
SHREDS**
6⁹⁹



Kraft Philadelphia 227-250 gr
Bricks or Spreadable Tubs
Regular, Light & Flavours

CREAM CHEESE
3⁹⁹



Primo Ass't 900 gr
PASTAS
2 for 4⁰⁰



Primo
Ass't 680 ml
**PASTA
SAUCES**
1⁶⁹



Catelli 375-500 gr Regular,
Oven-Ready, Healthy Harvest
Whole Wheat or Smart
LASAGNAS
2⁹⁹



MIX & MATCH

Compliments 156 gr
Ham, Turkey or Chicken
**FLAKES OF
MEAT**
3 for 4⁰⁰

Compliments 170 gr
Flaked or Chunk Light
TUNA
3 for 4⁰⁰

Compliments 284 ml Stems & Pieces

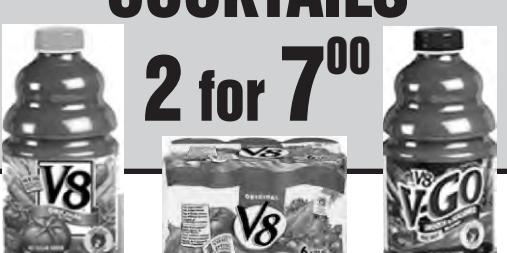
MUSHROOMS
2 for 2⁰⁰



Compliments 284 ml Sliced or Whole
MUSHROOMS
3 for 4⁰⁰

Original, Low Sodium or V-Go 1.89 Litre
or Regular or Low Sodium 6x156 ml Tins

**V-8 VEGETABLE
COCKTAILS**
2 for 7⁰⁰



Beatrice Regular or Light 500 ml Tub

SOUR CREAM
Kraft Ass't Variety 460 gr Blocks
CRACKER BARREL CHEESE
Kraft Regular, Light & Jalapeno Tex-Mex 450 gr
CHEESE WHIZ
Kraft Ass't 475 ml

SALAD DRESSINGS
Kraft Ass't 455 ml Squeeze Btls.

BBQ SAUCES
Newman's Own Ass't 350 ml

SALAD DRESSINGS
Catelli 250 gr

GLUTEN-FREE LASAGNA
Manicotti or Express Canneloni 200-225 gr

CATELLI PASTAS
Clover Leaf 106 gr

WILD COCKTAIL SHRIMP
Clover Leaf Solid or Flaked White (Reg. & Low Sodium) 170 gr

WHITE ALBACORE TUNA
Compliments 1.36 Litres

TOMATO JUICE
Kinnikinnick 220 gr Fudge, Chocolate or Vanilla Sandwich or Animal Crackers

GLUTEN-FREE COOKIES
Kraft Regular or Less Fat 2 kg

PEANUT BUTTER
Sensible Portions 142 gr Original, Zesty Ranch or Sweet Potato

VEGGIE STRAWS
Regular or Golden 454 gr

CRISCO SHORTENING
Italpasta 6 oz, 170 gr

ITALIAN SOUP MIX
Mr. Noodle Chicken or Beef 110 gr

SOUP BOWLS
General Mills Crunchy Original or Honey Clusters 425-450 gr

FIBRE 1 CEREALS
Royale Mega 9 Roll or Reg. or Velour Double 12 Roll

BATHROOM TISSUE
Royale Tiger Towels 6 Rolls

PAPER TOWELS
Sunlight Liquid 1.47 Litres

LAUNDRY DETERGENT
Snuggly 1.47 Litre Liquid Ass't Cuddle-Up Fresh or Exhilarations

FABRIC SOFTENERS
Windex Trigger 765 ml or Refill 950 ml

GLASS & SURFACE CLEANERS
Fantastik 650 ml Trigger

ALL PURPOSE CLEANERS
Compliments 90ml

PLASTIC WRAP

FOOD BANK FEATURES

Cream of Mushroom,
Tomato, Chicken Noodle
or Vegetable 284 ml Tins
**CAMPBELLS
SOUPS**
3 for 1⁹⁹

E.D. Smith 500 ml
Ass't Flavours
**TRIPLE FRUIT
JAMS**
2⁹⁹

Oasis Ass't 960 ml
**FRUIT
JUICES**
3 for 4⁰⁰

MIX & MATCH
Compliments 905 gr Mix or
Original, Butter or Light
750 ml Syrups
**PANCAKE MIX
& SYRUP**
2 for 5⁰⁰

1⁹⁹

6⁹⁹

5⁹⁹

2⁹⁹

5⁰⁰

2⁹⁹

2⁹⁹

2⁹⁹

3⁹⁹

2⁹⁹

2⁹⁹

1²⁹

3⁹⁹

6⁹⁹

6⁹⁹

5⁹⁹

5⁹⁹

5⁹⁹

4⁹⁹

4⁹⁹

2⁹⁹

4⁹⁹

2⁹⁹

2⁹⁹

2⁹⁹

Hershey Chipits Ass't 200-300 gr
BAKING CHIPS
2 for 7⁰⁰



Ass't Variety 12-Packs
**FOLGERS
COFFEE K-CUPS**
6⁹⁹



Mr. Noodle Ass't - Case of 24x85 gr

**FLAT PACK
RAMAN
NOODLES**
6⁹⁹

Honey Comb, Alpha-Bits, Sugar Crisp
or Oreo Os 311-400 gr,
Honey Bunches of Oats Ass't 411 gr,
Shreddies Regular or Honey 540-550 gr,
Spoon-Sized Shredded Wheat Regular or
Wheat-n-Bran 525 gr, Shredded Wheat 425 gr,
or 100% Bran Cereal 575 gr

**POST
CEREALS**
3⁹⁹



Rice Krispies 640 gr, Special K 620 gr,
Frosted Mini Wheats White or Brown Sugar 700 gr
or Corn Flakes 760 gr

**KELLOGGS
FAMILY SIZE
CEREALS**
4⁹⁹



Royale Multi-Pack
6x88s or 6x126s

**FACIAL
TSSUES**
5⁹⁹



Nestle Case of 24x500 ml
PURE LIFE WATER
3⁹⁹



Compliments Snack Pack 4s
PUDDINGS
4 for 5⁰⁰



Red Path 2 kg
WHITE SUGAR
2⁹⁹



IN THE BAKERY

Fresh from our Oven! 16 oz. Loaf, 454 gr

FLAX BREAD

NEW! 2 for 5⁰⁰ NEW!



Fresh from our Oven! 480 gr Loaf

SEEDED FLAX BREAD

Fresh from our Oven! White or Whole Wheat, Pkg. of 6

LARGE KAISERS

Bakery Fresh! Two-Bite 284 gr

VALENTINE SUGAR COOKIES

Bakery Fresh! Two Bite 24-Pack, 568 gr

ASSORTED CUPCAKES

Bakery Fresh! Upper Crust, Pkg. of 4

CHEESE BAGELS

Bakery Fresh! Eat Better 600 gr

CHOCOLATE CHIP MUFFINS

Bakery Fresh! Single Layer White or Chocolate

HEART-SHAPED CAKES
10⁹⁹

FRESH PRODUCE

Basket
STRAWBERRIES

Each 4⁹⁹

Bulk
NAVEL ORANGES

2 lb. Bag

CARROTS

CAULIFLOWER

NECTARINES

PEACHES

SWEET KALE SALAD KIT

KG 3⁷³/LB. 1⁶⁹

Bag 1⁶⁹

Each 3⁹⁹

KG 5⁹³/LB. 2⁶⁹

KG 5⁹³/LB. 2⁶⁹

3⁶⁹

**ROMAINE
HEARTS**
PKG. 3⁶⁹