

MEAT

Cut from Canada Gr. A Beef
INSIDE ROUND ROAST
KG 11⁰⁰/LB. 4⁹⁹

Fresh! Cut from Canada Gr. A Beef
STRIPLOIN STEAK
KG 19¹⁶/LB. 8⁶⁹

Fresh
PORK BACK RIBS
KG 10⁷⁸/LB. 4⁸⁹

Fresh
PORK BUTT ROAST
KG 6⁵⁹/LB. 2⁹⁹

Fresh
CHICKEN LEGS
KG 4¹⁷/LB. 1⁸⁹



Campfire 375 gr
BACON
3⁴⁹

Burns Regular 375 gr
WIENERS
3⁸⁹

Swift Family Size 650 gr
CHICKEN PIES
6⁹⁹

Smith's Premium 907 gr
BEEF BURGERS 11⁷⁹

Jane's Pub Style 800 gr
CHICKEN FRIES 11⁹⁹

DELI

Virginia Regular or Smoked
TURKEY BREAST
KG 16⁰⁷/LB. 7²⁹



J.M.S. Regular
BOLOGNA
KG 14⁷⁵/LB. 5⁶⁹

Harvest
BBQ LOAF
KG 16⁷⁵/LB. 7⁶⁹

Smith's
SALAMI or PEPPERONI
KG 6⁵⁹/LB. 2⁹⁹



J.M.S. Bagged
SUMMER SAUSAGE
KG 24⁰¹/LB. 10⁷⁸



ATIKOKAN FOODLAND

Sale Prices Effective January 7 to 12, 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.

WINTER WONDERLAND Savings

Ass't Pork & Beans or
Kidney Beans 398 ml
HEINZ BEANS
3 for 3⁰⁰



Heinz 398 ml Zoodles,
Alpha-Getti, Spaghetti, Etc.
CANNED PASTAS
3 for 3⁰⁰



Compliments Ass't 156-210 gr
GRANOLA BARS
2 for 3⁰⁰



Ass't Variety of Pasta & Sauce,
Rice & Sauce or Asian Noodles

KNORR SIDEKICKS
3 for 3⁰⁰



Compliments Ass't 341-398 ml Tins
VEGETABLES
3 for 3⁰⁰

12-Pack Boxes
KRAFT DINNER
8⁹⁹



Compliments 796 ml Tins Diced,
Whole or Crushed (All Varieties)
TOMATOES
3 for 3⁰⁰



Oasis Classic & Fruit Zoo
Varieties - 4x200 ml Tetra



FRUIT JUICES
2 for 5⁰⁰

Cracker Barrel
Kraft Ass't 600-650 gr
CRACKER BARREL CHEESE
8⁹⁹

Kraft Cracker Barrel 200-240 gr
Marble, Medium (Reg. & Light),
Havarti, Swiss, Herb & Garlic
or Monterey Jack
SLICED CHEESE
4⁹⁹

PARKAY
1.28 kg Soft Tub
PARKAY MARGARINE
4⁹⁹

Kraft All Varieties 890 ml Jars
MIRACLE WHIP or MAYONNAISE
3⁹⁹

Compliments 450 ml
Original, Garlic or Chicken & Rib
BBQ SAUCES
1⁰⁰

Compliments 400 ml
YELLOW MUSTARD
1⁰⁰

Italpasta 900 gr
PASTAS
2 for 5⁰⁰

Minute Maid or Five Alive 8x200 ml
or Nestea Iced Tea 10x200 ml Tetras
FRUIT JUICES
2⁹⁹

Compliments 382 ml
Ass't Fruit Pouches
or Fruit-n-Gel Bowls 4-Packs
DOLE FRUIT
2 for 5⁰⁰

Ragu 630-640 ml
PASTA SAUCES
3 for 3⁰⁰

Sun Rype 1.36 Litres
100% PURE JUICES
2⁹⁹

Compliments Ass't 1 Litre Tetra
FRUIT JUICES
2 for 3⁰⁰

Steak House Stems & Pieces 284 ml
MUSHROOMS
3 for 3⁰⁰

Compliments Ass't 1 Litre Tetra
FRUIT JUICES
2 for 3⁰⁰

FROZEN FOOD

Pillsbury 400 gr
PIZZA POPS 2 for 5⁰⁰

Compliments 1.2 kg
HASH BROWN PATTIES 4⁹⁹
Compliments 1 kg
PEROGIES 1⁹⁹
Kellogg's Eggo 280-310 gr
WAFFLES & PANCAKES 2⁹⁹
Compliments 285 gr
PIE SHELLS 2⁹⁹

650 gr Superfries (Crinkle or Straight Cut or Superquick 5-Minute Fries), Seasoned Superspirals, Savoury Wedges or Extra Crispy Fries, Breakfast Potato Pancakes, Home Fries or Shredded Hash Browns, or 750-800 gr Tasti Taters or Smiles Potato Pancakes

McCain POTATOES
2 for 7⁰⁰

Beatrice 3 Litre Bags
CHOCOLATE MILK 4⁵⁹
Astro Authentikos 500 gr Tubs
GREEK YOGOURT 3⁴⁹
Ass't Variety 680-907 gr Soft Tubs
BECEL MARGARINE 4⁹⁹
Yoplait Ass't Variety 8x60 ml
YOGOURT TUBES 2⁹⁹
Kraft 450 gr
CHEESE SLICES 4⁹⁹
Kraft Regular or Light 900 gr
CHEESE WHIZ 7⁹⁹
Kraft 900 gr Loaf
VELVEETA CHEESE 9⁹⁹
Kraft Ass't 250 ml
SALAD DRESSINGS 1⁹⁹
375 ml Squeeze Btl. Traditional, Garlic & Basil or Hot-n-Spicy
PRIMO PIZZA SAUCE 1⁷⁹
Kraft Spirals, Extra Creamy, White Cheddar, Three Cheese, Sharp, Alfredo, Spicy Cheddar or Pasta Salad 156-225 gr
PASTA ENTREES 3 for 5⁰⁰
Kellogg's 575 gr
CORN FLAKE CRUMBS 4⁹⁹
Swift 680 gr
CANNED HAM 7⁹⁹
Clover Leaf 170 gr Solid or Flaked (Reg. or Low Sodium)
WHITE ALBACORE TUNA 2 for 7⁰⁰
Uncle Bens Natural Select Ass't 365-462 gr
RICE ENTREES 3⁹⁹
Uncle Bens Bistro Express 240-250 gr
RICE ENTREES 2⁹⁹
China Lily 483 ml
SOYA SAUCE 2⁹⁹
Tomato Juice 1.82 Litre or Vegetable Cocktail 1.89 Litre
HEINZ JUICES 3⁴⁹
Signal Ass't 3x75 gr
DRINK CRYSTALS 3 for 3⁰⁰
Nabob or Maxwell House 30-Packs
K-CUP COFFEES 14⁹⁹
Compliments 200 gr
INSTANT COFFEE 3⁹⁹
12-Packs House Blend, Colombian, Vanilla Hazelnut, French Vanilla or Butterscotch
VAN HOUTTE COFFEE K-CUPS 7⁹⁹
Compliments 354 ml
EVAPORATED MILK 2 for 3⁰⁰
Dare 300 gr
VIVA PUFFS COOKIES 2⁹⁹
Dare 315-360 gr
WAGON WHEELS 2⁹⁹

600 gr Maple Leaf Creams or Chocolate Fudge Creams
SIGNAL COOKIES 2⁹⁹
Orville Redenbacher 10-Packs
MICROWAVE POPCORN 6⁹⁹
Y&S Twizzlers (All Varieties), Goodies, Nibs or Supernibs 300-454 gr
LICORICE SNACKS 2⁹⁹
General Mills 125-175 gr Chewy, Delights or Brownie
FIBRE 1 BARS 2⁹⁹
Nature Valley 148-160 gr
PROTEIN GRANOLA BARS 2⁹⁹
Kellogg's Special K 180 gr or 165 gr
PROTEIN or NOURISH BARS 2⁹⁹
Kellogg's 210 gr Honey-Nut, Chocolate Chip or Orange Cranberry
ALL-BRAN BARS 2⁹⁹
Ass't Variety
KASHI GRANOLA BARS 2⁹⁹
Mr. Noodles Chicken or Beef 115 gr
PHO NOODLE BOWLS 3 for 3⁰⁰
Mr. Noodles Ass't 64 gr
CUP OF SOUPS 3 for 3⁰⁰
Compliments 450 gr
SPLIT GREEN or YELLOW PEAS 1²⁹
Rogers Granulated 4 kg
WHITE SUGAR 4⁹⁹
Lucky Charms, Reese Puffs, Cinnamon Toast Crunch, Golden Grahams, Nesquick or Cookie Crisp 300-354 gr
GENERAL MILLS CEREALS 4⁹⁹
Compliments 1 kg
QUICK OATS 2⁹⁹
Compliments 6 Rolls
PAPER TOWELS 5⁹⁹
Compliments Medium 20s or Large 15s
FREEZER BAGS 1⁹⁹
Signal 250s
PAPER NAPKINS 2⁹⁹
Palmolive Ass't 591-828 ml
LIQUID DISH SOAP 2⁹⁹

BAKERY

Fresh from our Oven! 454 gr Loaf
100% WHOLE WHEAT BREAD 2 for 5⁰⁰
Fresh from our Oven! 300 gr
GARLIC & CHEESE BREAD 2 for 6⁰⁰
Fresh from our Oven! Pkg. of 8, 450 gr
BROWN BUNS 2 for 4⁰⁰
Fresh from our Oven! Pkg. of 8, 310 gr
MONSTER COOKIES 3²⁹
Bakery Fresh! 270 gr
MINI ANGEL FOOD CAKES 4¹⁹
Bakery Fresh! 1.134 kg
STRAWBERRY CHEESECAKE 13⁹⁹
Bakery Fresh! Pkg. of 4, 290 gr
BLUEBERRY MINI STRUDELS 2⁹⁹
Bakery Fresh! Oliviers 250 gr
CHOCOLATEY COVERED PRETZELS 4⁴⁹

PRODUCE

STRAWBERRIES Basket 4⁹⁹
2 Lb. Bag
HAB ORANGES Bag 3⁹⁹
ROMAINE HEARTS Bag 3⁹⁹
AVOCADOES Each 1⁴⁹
3 Lb. Bag
McINTOSH APPLES Bag 3⁹⁹
MINI CUCUMBERS Bag 3⁹⁹
CANTALOUPE Each 4⁴⁹

McCafe
McCAFE COFFEE K-CUPS
18⁹⁹

30-Pack
McCAFE COFFEE K-CUPS
18⁹⁹

Compliments 1 kg
PEANUT BUTTER
3⁹⁹

Compliments
FLOUR
7⁹⁹

Compliments 10 kg Bag
FLOUR
7⁹⁹

Original, 100% Colombian,
Breakfast Blend, Half Caff.
or Decaf. 311-326 gr
MAXWELL HOUSE COFFEE
4⁹⁹

Pepperidge Farms 168-227 gr Regular,
Flavour Blasted, Grahams or Snack Packs
GOLDFISH CRACKERS
2 for 5⁰⁰

Cream of Mushroom, Tomato,
Chicken Noodle or Vegetable 12-Packs
CAMPBELLS SOUPS 9⁹⁹

Compliments
SODA CRACKERS
3⁹⁹

Hunts Snack Pack 4's
PUDDINGS & GELS
4 for 5⁰⁰

Special K Original 435 gr or Fruit, Nut & Berry Blends 320-360 gr,
Special K Nourish 396 gr Boxes or 300 gr Bags, Special K Low Fat
Granola 553 gr or Protein 400 gr, Froot Loops, Corn Pops or
Frosted Flakes 420-425 gr, Raisin Bran 425 gr, Rice Krispies
Original, Vanilla or Brown Rice 340-440 gr, Muslix 450 gr,
Krave 323 gr, Fun Pack or Variety Pack 210-275 gr,
Mini Wheats 439-510 gr, Just Right 475 gr, Vector Meal
Replacement 400 gr, All Bran Fakes 450 gr,
Crispix 350 gr or Corn Flakes 440 gr
KELLOGGS CEREALS 3⁹⁹

Royale 6x88s or 6x126s
FACIAL TISSUE
5⁹⁹

Original or Organic
913-930 gr
NABOB COFFEE
14⁹⁹

Original or Organic
913-930 gr
NABOB COFFEE
14⁹⁹

Lipton
Chicken Noodle
Poulet et nouilles

Lipton Chicken Noodle
(Regular or 25% Less Salt)
or Onion 4-Packs
SOUP MIXES
2⁹⁹

Kraft
Raisin Bran
Onion

Hunts Snack Pack 4's
PUDDINGS & GELS
4 for 5⁰⁰

FOOD BANK FEATURES

Beef, Irish, Meatballs & Gravy
or Meatball Stew 700 ml Tins
PURITAN STEWS 2⁹⁹

Ass't Variety of Pasta & Sauce,
Rice & Sauce or Asian Noodles
KNORR SIDEKICKS 3 for 3⁰⁰

Oceans 170 gr
Flaked or Chunk Light
TUNA 2 for 3⁰⁰

General Mills 315-354 gr
Original, Honey-Nut (Regular or
Hearty Oat Crunch), Multi-Grain,
Apple Cinnamon, Chocolate or
Chocolate Peanut Butter
CHEERIOS 4⁹⁹

LOOK IN-STORE
FOR CONVENIENT
PRE-PACKAGED
BAGS WITH
NEEDED
FOOD BANK
ITEMS!

Thank you for
supporting the
Food Bank!