

BAY ROBERTS 709.786.2101  
 CARBONEAR 709.596.6644

Fresh, Friendly and Local - Since 1948  
**Powell's**  
 Supermarket

VISIT US ON FACEBOOK  @PowellsNL



View our flyer online at  
[www.powellsnl.ca](http://www.powellsnl.ca)

**\$2.49**  
 PER LB.  
 \$5.49/KG.



Fresh Country Ribbon Value Pack  
**Whole Chicken Legs**

**\$5.99**  
 PER LB.  
 \$13.21/KG.



Cut From Canada AA or USDA Select Grades Beef  
**Boneless Cross Rib Roast**

**\$2.49**  
 PER LB.  
 \$5.49/KG.



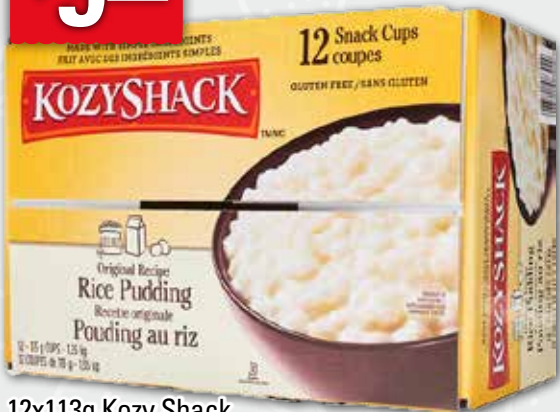
Fresh Value Pack Bone-In  
**Rib & Sirloin Pork Loin Chops**

**\$12.99**



2kg Sunrise  
**Bologna**

**\$9.88**



12x113g Kozy Shack  
**Rice Pudding**

**\$2.49**  
 PER LB.  
 \$5.49/KG.



Product of Canada  
**Hot House Tomatoes**

**\$4.99**



890ml Kraft  
**Miracle Whip**

**\$9.44**



3lt Primo  
**Vegetable Oil**

**\$3.88**



375-500ml E.D. Smith  
 Regular or NSA  
**Triple Fruit Jam**

**\$12.49**



24x355ml **Coke & Flavours**  
 or Selected **Pepsi**

**\$5.99**



850g Eversweet  
**Margarine**

**\$9.99**



12x200g Kraft Dinner  
**Original**

83¢  
 Per Box

**\$4.88**



1.42-1.63lt Arm & Hammer  
**Liquid Laundry Detergent**

**\$7.88**



15lb Product of Canada  
**Russet Potatoes**

**3/\$5**



398ml Bush's  
**Baked Beans**

PRICES ARE IN EFFECT FEBRUARY 20-26, 2025

All items might not be available at all Powell's locations. Photos are for illustration purposes only. Text will prevail. We reserve the right to limit quantities. We do not sell to retailers.

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
20	21	22	23	24	25	26

**2/\$4.88**

265g Dainty Fried Rice

**2/\$5.50**

398ml Dole Pineapple

**\$5.99**

8pk Royale Double Roll Bathroom Tissue

**\$4.44**

311-440g Selected Post Cereal

**2/\$6**

900ml Campbell's Tetra Broth

**\$6.88**

890ml Hellmann's Mayonnaise

**2/\$4**

341-398ml Green Giant Tin Vegetables

**\$2.77**

425g Puritan Beans & Wieners

**\$4.88**

1lt French's Ketchup

**\$4.88**

12pk Scotsburn Cream, Fudge or Ice Cream Bars

**\$12.99**

404-488g Piatto Dolce or Stephanie Pizza

**\$3.88**

251-303g Christie Cookies

**2/\$6.88**

168-200g Pepperidge Farm Goldfish Crackers

**\$6.44**

775g Red Baron Rising Crust Pepperoni Pizza

**2/\$4.88**

620ml Mott's Apple Sauce

**\$2.99**

389g Idahoan Mashed Potatoes

**\$3.44**

500g Nuts about Barbour Smooth Peanut Butter

**3/\$5**

284ml Aylmer Cream of Chicken, Mushroom or Broccoli, Chicken Noodle or Vegetable Soup

**\$3.44**

1kg Robin Hood Flour

**\$9.88**

6ct Sponge Towels Ultra CAS

**2/\$6**

120-206g Quaker Granola Bars

**\$1.88**

354ml Dairy Isle Regular or 2% Evaporated Milk

**\$1.88**

1lt Minute Maid or Five Alive Juice

**\$4.88**

355ml Flavortown Sauce

**\$3.44**

250g Lactantia Cream Cheese

**Celebrating the INDEPENDENT GROCER**

Powell's Supermarket is proud to be a part of the Canadian Federation of Independent Grocers (CFIG), which is a voice for over 6,000 independent grocery retailers like us from across the country. The CFIG provides programs that foster operational excellence as well as solid relationships among retailers and suppliers, like the brands you see in our flyer this week.

We are honoured to have been recognized by the CFIG for outstanding community engagement, innovative product displays, along with the prestigious Arnold Rands Heritage Award for being a multi-generational store, as well as an induction into the CFIG Hall of Fame! We continue to learn and grow alongside fellow independent grocers as we strive to bring you outstanding products and service at Powell's Supermarkets!

**2/\$6**

550-675g Villaggio Thick Sliced Bread or 6-8pk Toscana Buns



### Your Newfoundland Butcher

**\$8.99**  
PER LB.  
\$19.82/KG.



Cut From Canada AA or USDA Select Grades Beef  
**Boneless Stew Beef**

**\$25.99**



5kg Frozen  
**Turkey Wings**

**\$3.99**  
PER LB.  
\$8.80/KG.



Fresh Whole  
**Pork Spare Ribs**

**\$9.99**



852g Butterball  
**Lean Turkey Burgers**

**\$3.99**



375g Carver's Choice  
**Bacon**

**\$4.77**  
PER LB.  
\$10.52/KG.



Fresh Country Ribbon  
**Whole Chicken Wings**

**\$3.99**



375g Maple Leaf  
**Wieners**

**\$7.99**  
PER LB.  
\$17.62/KG.



Quality Vac Pack  
**Bone-In Salt Beef**

**\$5.99**  
PER LB.  
\$13.21/KG.



Made from  
Fresh or Frozen  
Portions Value Pack  
**Medium Ground Beef**

**\$4.99**



250g  
Sunrise  
Salami or  
Pepperoni  
**Sticks**

**\$4.99**



250g  
Gaspésien  
**Sliced  
Breakfast  
Ham**

**\$23.99**



2kg Pinehill Split IQF  
**Chicken Wings**

**\$9.99**



800g  
Watson Ridge  
**Buttermilk Chicken  
Breast Pieces**

**\$9.99**



595g 44th Street  
**Back Ribs**

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### Deli

**\$1.88**  
PER 100G



Store  
Sliced  
Gaspésien  
**Toupie Ham**

**\$7.99 - \$11.99**



Instore  
Regular or Deluxe  
**Cold Plates**

**\$4.99**



250g Chris Brother's  
Honey Garlic or Mild  
**Pepperoni**

**\$3.99**



250g  
Chris Brother's  
Polish or Garlic  
**Sausage**

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### From the Sea

**\$5.99**  
PER LB.  
\$13.21/KG.



Store Wrapped High Liner  
**Breaded Fish Sticks**

**\$5.99**



454g  
Land & Sea  
**Salt Fish Bits**

**\$19.99**



10lb Sea Fresh  
**Battered Fish**

**\$4.88**



350g High Liner  
Catch of the Day  
**Breaded Fish**

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### Fresh Produce



**\$3.99**  
PER LB.  
\$8.80/KG.

Product of Mexico  
**Yellow Peppers**



**\$5.99**

3lb Product of Canada  
**Cortland Apples**



**\$3.89**

8oz Product of Canada  
**White Mushrooms**



**\$3.99**  
PER LB.  
\$8.80/KG.

Product of Chile  
**Nectarines**



**\$3.49**

Product of Canada  
**Grape Tomatoes**



**\$2.69**

2lb Product of Canada  
**Yellow Onions**



**\$5.99**

2lb Product of Morocco  
**Clementines**



**\$1.29**  
PER LB.  
\$2.84/KG.

Product of Canada  
**Medium Turnip**



**\$3.79**  
EACH

Product of Brazil  
**Mangoes**



**\$2.49**  
EACH

Product of Canada  
**English Cucumbers**



**\$8.99**

908g Clamshell Product of Greece  
**Kiwi Fruit**

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### Dairy



**\$3.88**

225g  
**Cool Whip  
Aerosol**



**\$6.99**

454g Lactantia  
Salted or Unsalted  
**Butter**



**\$3.99**

383g  
Pillsbury  
**Apple  
Turnovers**



**\$4.44**

650g Danone  
**Creamy  
Yogurt**

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### Frozen



**2/\$3**

295ml Fruitopia or  
Minute Maid  
**Frozen Punch**



**\$11.99**

1.19kg Swanson  
**Skillet Meals**



**\$2.88**

10ct  
Cavendish  
**Hash Brown Patties**



**\$4.99**

584-664g  
Red Baron  
**Classic Crust Pizza**



**\$5.77**

360-455g  
Hungryman  
**TV Dinners**



**\$5.44**

350g  
Authentic Asia  
**Curry Chicken or Wonton  
Soup**



**\$3.88**

317g Giuseppe  
**Garlic Fingers**



**2/\$6.50**

326g  
Pillsbury  
**Toaster Strudels**

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# Powell's Natural Foods

Feb. 20 - March 5, 2025



Dairy Free  
**\$3.88**

450-473ml Silk Oat Hazelnut or Almond  
Vanilla  
**Coffee Creamer**



GF & Vegan  
**\$6.88**

400g Daiya New York, Strawberry,  
Chocolate or Lime  
**Cheezecake**



Gluten Free  
**2/\$6**

340-454g Select Rizopia  
**Quinoa or Rice Pasta**



Dairy Free  
**\$8.97**

322-550g Assorted Daiya  
**Frozen Pizzas**



Gluten Free  
**\$4.49**

227g Mi-Del Arrowroot  
or Ginger Snap  
**Cookies**



Keto  
**\$8.99**

340g Swerve Brown,  
Icing or Granular  
**Natural Sweetener**



Gluten Free  
**\$5.88**

300-340g O'Doughs  
Blueberry or Chocolate  
**Muffins**



Gluten Free  
**\$9.97**

2pk Oggi Cauliflower  
**Pizza Crust**



GF & Vegan  
**\$4.99**

120g Selected  
**Crackers or Bites**



Non-GMO  
**\$5.99**

567g Bob's Red Mill  
Regular or Organic  
**Scottish Oatmeal**



Dairy Free  
**\$3.44**

946ml Earth's Own  
Original or Unsweetened  
**Almond Milk**



Gluten Free  
**\$9.88**

473ml Naked & Saucy  
**Soy Sauce**



Gluten Free  
**\$11.99**

310-320g CauliPower  
Pepperoni or Buffalo-Style  
Chicken  
**Pizza**



Gut Health  
**\$8.99**

500g Wildbrine  
**Korean Kimchi**



Gluten Free  
**\$9.49**

794-907g Selected  
Bob's Red Mill  
**Rolled Oats**



Vegan  
**\$7.49**

355ml Earth Island  
**Chipotle Vegenaize**



Gluten Free  
**\$4.77**

6pk O'Doughs Double Choc.  
or Sea Salt Caramel  
**Brownie Bites**



Vegan  
**\$10.99**

946ml Earth Island  
**Original Vegenaize**



GF & Nut Free  
**\$3.99**

5pk Made Good  
**Soft Baked Cookies**



Gluten Free  
**\$12.88**

372-456g Susie Vanilla  
or Chocolate  
**Cupcakes**

**Powell's**  
Supermarket

Selection will vary by  
location. Deals in effect  
Feb. 20th - March 5th, 2025  
or while supplies last.



### Bakery

**\$2<sup>99</sup>**



12pk White or Whole Wheat  
**Circle Dinner Rolls**

**Baked  
In-Store**

**\$2<sup>99</sup>**



3 Bun Homestyle  
**White Bread**

**Baked  
In-Store**

**\$11<sup>99</sup>**



Double Chocolate  
**Cake**

**\$2<sup>99</sup>**



Sugar Free, Fat Free  
**White Bread**

**Baked  
In-Store**

**\$3<sup>89</sup>**



4-6pk  
Golden Crust  
**Sub Rolls**

**\$5<sup>39</sup>**



6pk Golden Crust NSA Plain or Raisin  
**Tea Buns**

**\$3<sup>99</sup>**



2pk Golden Crust  
**Danishes**

STARTING AT

**\$6<sup>99</sup>**

Powell's Artisan  
**Sourdough  
Bread**



**Baked  
In-Store**

**\$6<sup>59</sup>**



12pk Golden Crust  
**Snickerdoodle Cookies**

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**\$**

PRICES ARE IN EFFECT UNTIL FEBRUARY 26, 2025

### Smart Shopper

**2/\$6**



145g Christie  
**Bits & Bites or Crispers**

**2/\$5**



400g Kraft Jet Puffed  
**Marshmallows**

**\$3<sup>99</sup>**



354ml  
Selected Frank's  
**Red Hot Sauce**

**2/\$6**



3pk Orville Redenbacher  
**Popcorn**

**\$4<sup>44</sup>**



710ml  
Pearl Milling  
**Syrup**

**\$2<sup>88</sup>**



350g  
Minute  
**Rice**

**\$1<sup>77</sup>**



221ml Soft Soap  
**Hand Pump Soap**

**4/\$5**



695ml  
Peace  
**Tea**

**\$1**



250g Arm & Hammer  
**Baking Soda**

**\$3<sup>88</sup>**



226g  
Glade Aerosol  
**Air Fresheners**

**2/\$6**



60g  
Fluffy Stuff  
**Cotton Candy**

**\$2<sup>88</sup>**



35ft Reynolds Unbleached  
**Parchment Paper**

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### Personal Care

**\$4<sup>44</sup>**



2x106g Dove  
**Soap**

**\$6<sup>44</sup>**



24ct Aleve  
**Caplets**

**\$3<sup>88</sup>**



250ml  
Listerine  
**Cool Mint**

**\$6<sup>44</sup>**



532ml Old Spice  
**Bodywash**

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### Refreshments & Snacks

**\$4.44**

330g Old Dutch Economy Bag

**3/\$4**

1lt Pepsi & Flavours

**4/\$5**

100g Vidal Sour Belts or Pencils

**\$3.88**

304g Christie Ritz Snackwiches

**\$2.77**

90-120g Selected Hershey Family Size Bars

**\$3.99**

168g Betty Crocker Dunkaroos

**\$6.88**

24x500ml Pure Life Spring Water

**88¢**

20-50g Old Dutch Vending Size Snacks

**\$4.44**

205-300g Doritos XL or Tostitos Tortilla Chips

**\$1.44**

503ml Sparkling Ice Beverage

**\$5.44**

132g Nutella B-Ready Bar

**\$1.44**

355ml Jones Soda

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### Furry Friends

**2/\$3**

100g Iams Perfect Portions Cat Food

**\$19.99**

12pk Cesar Dog Food

**\$6.99**

6.4kg Arm & Hammer Multi-Cat Litter

**2/\$4**

75g Smucker's Pupperoni

**\$6.88**

1.4kg Friskies Grill Crunch Cat Food

**\$43.99**

14kg Pedigree Dry Dog Food

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### House and Home

**\$2.77**

591-828ml Palmolive Dish Liquid

**2/\$5**

10pk SOS Pads

**\$4.44**

650ml Shout Trigger

**\$4.49**

1lt Vim Hardwood Floor Cleaner

**\$2.88**

680ml Mr Clean Cleaner

**\$7.99**

20ct Tide Pods Free & Gentle

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### More Great Deals

**2/\$4.44**

121-153g Knorr Sidekicks

**\$4.44**

240-344g Quaker RTS Oatmeal

**\$4.99**

1.89lt Mott's Clamato

**2/\$4.44**

72ct Blue Nose Tea Bags

**2/\$4.88**

128-142g Fresh Gourmet Croutons

**\$3.44**

210-240g Dare Bear Paws

**\$5.99**

368g Furlani Garlic or 638g Garlic Parmesan Texas Toast

**\$11.88**

459-502g Piatto Americana or Margherita Pizza

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**KRAFT Heinz**

**\$6.99**



850g Kraft Cheese  
Pizza Mix



410-650ml Classico  
Pasta Sauce

**\$3.77**



398ml Heinz  
Beans or Pasta

**2/\$4**

**MAPLE LEAF**

**\$4.99**



204-288g Schneider's  
Egg Bites or Breakfast  
Sandwiches



340g  
Maple Leaf Klik or Kam  
Luncheon Meat

**3/\$5**



113g Maple Leaf  
Vienna Sausages

**Coca-Cola**

**\$2.88**



473ml Bang  
Energy Drink



6x222ml  
Coke & Flavours

**\$4.44**

**2/\$4**



710ml  
Powerade

**\$6.88**



500ml Smucker's  
Jam

THE J.M. SMUCKER Co

**\$6.88**



1kg Jif  
Regular or Light  
Creamy Peanut Butter

**2/\$4.88**



113g Milk Bone  
Soft & Chewy  
Dog Treats

**Purity**

**\$4.88**



300-350g Purity  
Regular or Less Fat  
Cream Crackers

200g Purity  
Cream Crisps



425g Purity  
Jam Jams

**\$4.88**

**2/\$4.88**



**ConAgra Foods**  
Food you love

**\$3.44**



341ml VH  
Dipping Sauce

750g Pogo  
Sticks

**2/\$5**



680ml Hunt's  
Thick & Rich  
Pasta Sauce

**\$9.88**



**GRUPE LACTALIS**

**\$7.44**



320-400g Cracker Barrel  
Cheese Bars or Shreds



240g  
Cracker Barrel  
Natural Cheese Slices

**\$5.44**

**\$6.88**



336g Black Diamond  
Cheestrings

**FLORA Food Group**

**\$6.99**



1lt Becel  
Cooking Oil

**\$6.99**



1.28kg Imperial  
Soft Margarine

**\$2.88**



427g Country Crock  
Soft Margarine



**General Mills**

**2/\$4**

**3/\$10**

128-226g Betty Crocker Fruit Snacks, Roll Ups, Fruit by the Foot or Gushers

375-430g Betty Crocker SuperMoist Cake Mix

**3/\$10**

120-230g General Mills Cereal Bars or Nature Valley Granola Bars

**BIMBO CANADA**

**\$4.88**

5pk Dempster's Signature Bagels

**\$4.88**

450g Sunmaid Cinnamon Raisin Bread

**\$4.44**

450g Weight Watchers White or Whole Wheat Bread

**Nestlé**

Good Food, Good Life  
Mieux manger. Mieux vivre.

**\$5.77**

450g Carnation Coffeemate

**\$7.99**

18x19g Nescafe Sweet & Creamy Sachets

**\$14.99**

6x237ml Boost Meal Replacement

**Erie Meats** est. 1977

**\$6.99**

750g Butcher Selection Cooked Ham

**\$6.99**

800g Watson Ridge Nuggets, Burgers, Strips or Popcorn Chicken

**\$11.99**

680g Butcher Selection Stamped Pork Back Ribs

**Saputo**

**2/\$6**

500ml Scotsburn Coffee Cream or Blend Cream

**3/\$5**

310ml Neilson Shakes

**\$5.88**

500g Scotsburn Cottage Cheese

**McCain**

**\$3.49**

800g McCain Diced Hashbrowns

**\$5.44**

510g McCain Deep & Delicious Cakes

**\$3.99**

454-650g Selected McCain Superfries

**EAST COAST CONVERTERS LIMITED**

**\$3.44**

20pk Billy Boot Clear Recycling Bags

**\$3.44**

20pk Billy Boot Blue Recycling Bags

**\$3.44**

20pk Billy Boot Black Garbage Bags

**Apple Valley FOODS INC**

**\$5.88**

620g Apple Valley Baked Rhubarb Strawberry or Cherry Pie

**\$4.88**

520g Apple Valley Lemon Meringue Pie

**\$7.44**

620g Apple Valley NSA Baked Blueberry Pie