


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)

**\$6.99**  
 PER LB.  
 \$15.41/KG.



Fresh Country Ribbon Value Pack  
**Boneless Skinless Chicken Breast**

**\$6.99**  
 PER LB.  
 \$15.41/KG.



Cut From Canada AA or USDA Select Grades Beef  
**Sirloin Tip Oven Roast**

**\$4.44**



375g Mère Michel Regular or Salt Reduced  
**Bacon**

**\$9.99**



Maple Leaf  
**Baby Bologna**

**\$2.88**



10x180ml Kool Aid  
**Jammers**

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



Product of Chile  
**Green Seedless Grapes**

**\$4.99**



320-400 Armstrong  
**Cheese Bars or Shreds**

**\$1.77**



128-284g  
 Michelina  
**Frozen Entrees**

**\$1.77**



156g Burn's  
**Flakes of Meat**

**\$4.97**



1kg Kraft  
**Peanut Butter**

**2/\$4.88**



427g I can't believe it's not  
**Margarine**

**\$3.88**



311-440g Selected  
**Post Cereal**

**\$3.88**



2lt Old Dutch  
**Liquid Laundry Detergent**

**5/\$3.99**



Product of California  
**Navel Oranges**

**\$1.88**



425ml Campbell's  
**Spaghetti-O's**

**2/\$8**



6x710ml  
**Coke & Flavours**

PRICES ARE IN EFFECT FEBRUARY 6-12, 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
6	7	8	9	10	11	12

# PLEASE DONATE TODAY



## ENCOURAGEMENT CARDS FOR KERI-LYNN

Our dear friend and colleague Keri-Lynn Cramm of Bay Roberts is facing the unthinkable right now. After years of fertility struggles, her prayers have been answered - she and husband Tyler are parents-to-be. However, just 4 months into her pregnancy, Keri-Lynn received the devastating news that she has a rare and invasive form of breast cancer.

Keri-Lynn will begin her treatment journey immediately, all while pregnant with her first child. She has a difficult road ahead - let's remind her that we are with her every step.

**Please donate what you can at any Powell's Supermarket checkout. You will receive an Encouragement Card where you can add a message of support. These will later be gifted to Keri-Lynn.** ➔



Every single dollar raised at your local Powell's will be donated directly to Keri-Lynn as she takes this time to focus on her health and the health of her baby.

She and Tyler give so much support and care to others - it's our turn to do the same for them.



# THANK YOU FOR YOUR SUPPORT! ♡

## Powell's Supermarket

**\$4.99**



**454g Maple Leaf Cooked Ham**

**\$4.88**



**4pk Del Monte Fruit Cups**

**2/\$6**



**200g Purity Cream Crackers**

**\$2.77**



**796ml Aylmer Tomatoes**

**2/\$6.50**



**128-226g General Mills Fruit Shapes, Roll Ups, Gushers or Fruit By The Foot**

**\$7.99**



**8pk Cashmere Bathroom Tissue**

**\$14.88**



**10kg Robin Hood Flour**

**\$4.88**



**425g Puritan Corned Beef Hash**

**\$6.88**



**1.5lt Nestle or Shaw's Ice Cream, 12pk Del Monte or 4-8pk Nestle Multi Packs**

**\$5.88**



**1lt Heinz Ketchup**

**\$6.99**



**1.18lt Crisco Oil**

**\$3.99**



**140g Kraft Chocolate Peanut Butter Wafer Bites**

**\$12.99**



**2kg Pinehill Chicken Legs**

**\$5.88**



**100-170g Nescafe Instant Coffee**

**2/\$6.50**



**570g Dempster's Holsum Bread or 8pk Hotdog or Hamburger Buns**

**2/\$5**



**680ml Hunt's Thick & Rich Sauce**

**2/\$5**



**410g Barilla Pasta**

**3/\$5**



**1lt Graves Apple Juice**

**2/\$4.44**



**170g Clover Leaf Skip Jack Tuna in Water**

**\$3.88**



**900g Dainty Short Grain Rice**

**\$16.88**



**822-850g Hormel Deli Tray**

**2/\$4**



**354ml Dairy Isle Regular or 2% Evaporated Milk**

**2/\$6.50**



**300g Purity Ginger Snaps or Oatmeal Cookies**

**\$8.88**



**3pk Royale Tiger Towels**

**\$4.88**



**500ml Diana Sauce**

**\$4.99**



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

**FEBRUARY 9, 2025** **NEW ORLEANS**

**LUIS SUPER BOWL**

**HEAT UP YOUR SUPER BOWL PARTY**

**2/\$8.50** 205-300g Tostitos XL or 416-418ml Salsa

**\$32.99** 2kg Maple Leaf Mild Zinger Wings

**\$3.99** 354ml Frank's Red Hot Sauce

**2/\$6** 250g Scotsburn Heluva Good Dip

**2/\$15** 12x355ml Pepsi & Flavours or Bubly Water

**\$16.88** 2kg McCain Onion Rings

**FRANK'S RedHot**



### Your Newfoundland Butcher



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

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



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

Quality Vac Pack  
**Salt Riblets**



**\$27.99**

5kg Frozen  
**Turkey Drumsticks**



**\$4.99**  
PER LB.  
\$11.00/KG.

Frozen Tray Pack  
**Chicken Hearts**



**\$3.99**

375g  
Maple Leaf  
**Wieners**



**\$4.99**  
PER LB.  
\$11.00/KG.

Fresh  
**Pork Back Ribs**



**\$6.99**

250g Maple Leaf  
Prepped & Ready  
**Chicken or Ham**



**\$5.99**

500g  
Selected Johnsonville  
**Sausages**



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

Cut From Canada AA or USDA  
Select Grades Beef Value Pack  
**Sirloin Tip Marinating Steak**



**\$11.99**

6pk Belmont  
**Beef Burgers**



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

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



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

Quality Vac Pack  
**Salt Pork**



**\$12.99**

700g Janes Pub Style  
**Breaded Chicken**



**\$9.99**

600g Schneider's  
**Chicken Bites or Tenders**



### Deli

**\$1.99**  
PER 100G



Store Sliced  
Golden Maple  
or Harvest Creek  
**Chicken Breast**

**\$4.99**

150-175g  
Chris Brother's  
**Shaved Deli Meats**



**\$12.49**

Instore Family Size  
**Picnic Combo Salad**

**\$4.99**



300g Dawn  
**Sliced Ham**



### From the Sea

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



Previously Frozen  
**Atlantic Cod Fillets**



**\$13.99**

815g  
40 Fathom's  
**Breaded Cod Fillet**



**\$9.99**  
PER LB.  
\$22.02/KG.

Store Wrapped FPI  
**Cod Nuggets**

**\$3.99**



200g Land & Sea  
**Fish N Brewis**

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# Fresh Produce

**\$1.19**  
PER LB.  
\$2.62/KG.



Product of Canada  
**Green Cabbage**

**\$3.49**  
EACH



Product of Brazil  
**Mangoes**

**\$4.99**  
PER LB.  
\$11.00/KG.



Product of Chile  
**Peaches**

**\$2.69**



2lb Product of Canada  
**Yellow Onions**

**\$2.99**  
PER LB.  
\$6.59/KG.



Product of USA  
**Grenny Smith Apples**

**\$4.99**



280g Product of USA  
**Cherry Tomatoes**

**\$2.99**  
PER LB.  
\$6.59/KG.



Product of USA  
**Anjou Pears**

**\$4.99**



5lb Product of Canada  
**Russet Potatoes**

**\$1.49**  
EACH



Product of Mexico  
**Limes**

**\$3.69**  
HEAD



Product of USA  
**Romaine Lettuce**

**\$2.99**



Product of Mexico  
**Avocados**

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# Dairy

**\$3.44**



351g Pillsbury RTB  
**Cinnamon Rolls With Icing**

**2/\$4**



227g Lactantia  
**Garlic Butter**

**\$4.44**



4x100g Oikos  
**Greek Yogurt**

**\$4.99**



1dozen Canada Grade A  
**Large White Eggs**

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# Frozen

**\$4.88**



269-306g Healthy Choice  
**Gourmet Steamers**

**\$5.99**



620g Apple Valley NSA  
**Baked Apple Pie**

**\$5.99**



540-600g McCain  
Pizza, Cheeseburger or Beef Taco  
**Pockets**

**\$3.44**



750g Cavendish  
**Crispy Coat Fries**

**\$3.88**



750g Green Giant  
**Frozen Vegetables**

**\$5.88**



360-455g Swanson Hungryman  
**Dinner**

**\$2.88**



298g Furlani Garlic Parmesan  
**Breadsticks**

**\$9.99**



633g Chris Brothers  
**Donair Dippers**

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### Bakery

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

**Baked In-Store**



3 Bun Homestyle **White Bread**

**\$14<sup>99</sup>**

**Baked In-Store**



Raspberry Cream Cheese **Cake**

**\$3<sup>49</sup>**



12pk Golden Crust **Dinner Rolls**

**\$8<sup>99</sup>**



6pk Golden Crust **Mini Loaves**

**\$3<sup>60</sup>**



2pk Golden Crust Gracie's **Cream Donuts**

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



4pk Iced **Cinnamon Rolls**

**\$3<sup>39</sup>**



340g Golden Crust **Bread Crumbs**

**\$4<sup>99</sup>**



12pk Golden Crust **Touton Balls**

STARTING AT

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

Powell's Artisan **Sourdough Bread**



**Baked In-Store**

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**\$**

### Smart Shopper

PRICES ARE IN EFFECT UNTIL FEBRUARY 26, 2025

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



1kg Robin Hood **Minute Oats**

**\$3<sup>44</sup>**



250g Lactantia **Cream Cheese**

**\$13<sup>88</sup>**



216ct Tetley **Tea Bags**

**2/\$3**



165g Gattuso **Pizza Flour**

**\$4<sup>88</sup>**



210-450g Selected Kellogg's **Cereal**

**2/\$5**



946ml Natura **Almond or Oat Milk**

**\$4<sup>88</sup>**



900g Butcher's Selection **Stampede Hotdogs**

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



142g Popcorners **Snacks**

**\$1<sup>88</sup>**



190g Swift **Pot Pies**

**2/\$6**



250ml Bonte Squeeze **Donair Sauce**

**\$3<sup>44</sup>**



210g Hawkins **Cheezies**

**2/\$4**



100-106g Brunswick **Fish Fillets or Sardines**

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### Personal Care

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



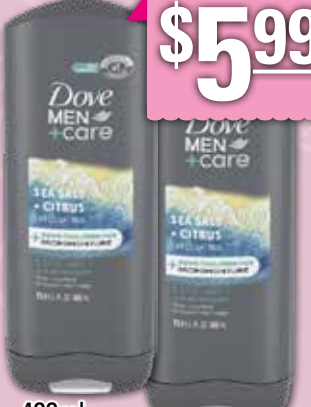
221ml Soft Soap **Hand Pump**

**\$5<sup>88</sup>**



298-311g or 828ml Tresemme **Hair Products**

**\$5<sup>99</sup>**



400ml Dove Men + Care Bodywash **Citrus Sea Salt**

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



10ct Eno Foil **Antacid**

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### Refreshments & Snacks



3/\$8

444-473ml Monster or Reign Energy Drinks



2/\$7.50

177-235g Lay' XXL or Baked Potato Chips



2/\$6

210-246g Orville Redenbacher Popcorn



2/\$6

145g Christie Crispers or Bits & Bites



2/\$6

120-206g Quaker Granola Bars



\$13.88

24x500ml Pure Life Splash Rainbow Water



\$1.88

62-96g Selected Oh Henry King Size Bars



\$2.77

148-156g Pringles Chips



\$16.99

12x355ml Budweiser Zero Non Alcoholic Beer



\$2.88

116-135g Werther's Original Candy



\$3.88

200-235g Old Dutch XXL or Ridgies Potato Chips



\$5.99

6x295ml Ocean Spray Cranberry Cocktail



### Furry Friends



4/\$5

85g Fancy Feast Cat Food



\$8.44

2kg Purina Adult Dog or Puppy Chow



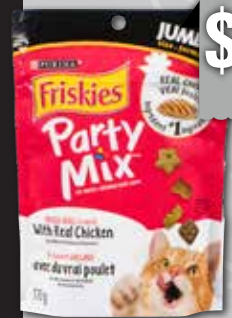
\$14.88

12.7kg Arm & Hammer Cat Litter



\$10.44

18ct MilkBone Large Brushing Chews



\$3.44

170g Friskies Party Mix Cat Treats



\$1.88

100g Cesar Dog Food



### House and Home



\$5.88

650ml Fantastik Spray Regular



\$4.99

8ct SeptoBac



\$4.44

1.2lt Lysol Multi-Purpose Cleaner



\$3.44

1.27lt Clorox Bleach



\$8.99

1lt Tide Laundry Detergent



\$3.29

700ml Vim Bathroom Spray

### More Great Deals



\$3.88

10pk Dempster's 7" Tortillas



2/\$5

280g Econo Pack Cookies



\$1.69

350g Green Barn Yellow Split Peas



\$10.99

6x330ml Corona or Beck's Non-Alcoholic Beer



\$1.88

4pk Lipton Cup-A-Soup



2/\$4

3x8g Fleischmann's Yeast



\$5.88

450g Carnation Coffeemate



\$4.44

750ml Habitant Sliced Beet

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