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# Powell's

Fresh, Friendly and Local - Since 1948

## Supermarket



**\$3.49**  
PER LB.  
\$7.69/KG.

Fresh Country Ribbon  
Whole Bagged Chicken



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

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



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

Fresh Bone-In  
Pork Butt Roast



Whole or Half Maple Leaf  
Big Stick Bologna



**\$3.99**

297-380g  
Selected General Mills  
Cereal



**\$8.99**

15lb Product of Canada  
Russet Potatoes



**\$9.99**

12x200g Kraft Dinner  
Original

**83¢**  
PER BOX



**2/\$3**

43-116g Idahoan  
Mashed Potatoes



**\$3.99**

12ct Green Giant Mini Ears  
Corn on the Cob



**\$5.99**

850g Eversweet  
Soft Margarine



**\$3.99**

410g Kraft Singles  
Cheese Slices



**\$3.88**

1.8lt Arctic Power  
Liquid Laundry Detergent



**5/\$3.99**

Size 88's Product of California  
Navel Oranges



**97¢**

284ml Tropic Isle  
Whole Mandarin Oranges



**2/\$8**

6x710ml  
Coke or Pepsi & Flavours

PRICES ARE IN EFFECT JANUARY 16-22, 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
16	17	18	19	20	21	22

**3/\$5**

190g Swift Pot Pies

**\$3.88**

900g Catelli Pasta

**\$5.88**

310ml Smucker's Jam

**\$1.88**

1lt Minute Maid or Five Alive Juice

**2/\$6**

100-199g Quaker Rice Cakes or Crispy Minis

**2/\$5**

6pk Mott's Fruitsations

**\$4.99**

385-400g Purity Ginger, Family or Coconut Bar Cookies

**\$10.44**

3pk Sponge Towels Ultra Pro CAS

**\$3.88**

1lt Liberty Canola Oil

**\$3.44**

54g Skippy Peanut Butter Cookie Sticks

**2/\$4.44**

354ml Carnation 2% or Regular Evaporated Milk

**2/\$5**

265g Dainty Fried Rice

**\$13.99**

24ct Royale Bathroom Tissue

**2/\$4.88**

200g Purity Cream Crisps

**\$4.99**

828-946ml Carnation Coffee Mate Liquid

**\$13.88**

216ct Tetley Tea Bags

**\$6.99**

12ct Folgers KCups

**2/\$5**

425g Fraser Farm Gravy & Meatballs

**\$6.99**

850g Kraft Cheese Pizza Mix

**\$3.99**

250-465g Old El Paso Dinner Kits

**\$3.44**

2kg Lantic Sugar

**2/\$4.44**

126-153g Knorr Sidekicks

**2/\$6**

640-700ml Catelli Garden Select Pasta Sauce

**2/\$4.88**

341ml Del Monte Tin Corn

**\$4.88**

454g Christie Toppables Crackers

**\$2.99**

67-120g Schneider's Lunchmates

**Powell's Supermarket Community Corner**

**FROM SCRATCH Soup**

Winter is here and your friends at Powell's Supermarket have prepared plenty of warm, tasty comfort foods that go hand in hand with the season. We take pride in offering you delicious, from-scratch soups, chili, stew and more in our Deli departments and Nan's Kitchen Restaurant. From simmering turkey bones to get the perfect stock, to adding fresh veggies at just the right time to our pea soup, we know how a great bowl of soup can just make your day. Don't forget some fresh bread or rolls from the bakery department which pair perfectly with our homemade soups. Choose from Artisan sourdough to traditional dinner rolls, and more!

**NATIONAL CHEESE LOVERS DAY**

**\$5.88**

320-400g Black Diamond Cheese Bars or Shreds

**\$6.88**

336g Black Diamond Cheestrings

**\$3.44**

250g Lactantia Cream Cheese

**\$4.88**

200g Armstrong Nibblers or Saputo Cheese Curds



### Your Newfoundland Butcher

**\$8<sup>99</sup>**  
PER LB.  
\$19.82/KG.



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



**\$3<sup>99</sup>**  
PER LB.  
\$8.80/KG.

**Bone-In Smoked Picnic Ham**



**2/\$7**

375g  
Coachman  
Wieners



**\$3<sup>99</sup>**  
PER LB.  
\$8.80/KG.

**Fresh Bone-In Pork Butt Chops**



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

500g  
Country  
Ribbon  
**Chicken Liver**



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

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



**\$4<sup>99</sup>**  
PER LB.  
\$11.00/KG.

Quality Vac Pack  
**Salt Pork**



**\$4<sup>99</sup>**  
PER LB.  
\$11.00/KG.

Atlantic's Best  
**Homestyle Sausages**



**\$6<sup>99</sup>**  
PER LB.  
\$15.41/KG.

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



**\$26<sup>99</sup>**

5kg Frozen  
**Turkey Necks**



**\$3<sup>99</sup>**  
PER LB.  
\$8.80/KG.

Quality Vac Pack  
**Salt Riblets**



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

1kg Butcher Selection Stampede  
**Beef Burgers**



**\$13<sup>99</sup>**

780g Pinty's  
**Chicken Breast Chunks**



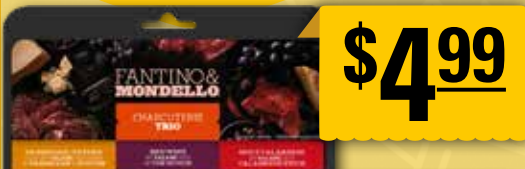
**\$10<sup>99</sup>**

695g Maple Leaf Prime  
**Chicken Wings**

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### Deli



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

100-200g  
Fantino and Mondello  
**Deli Meats**



**\$2<sup>49</sup>**  
PER 100G

Store Sliced  
Deli Classic  
**Cooked Roast Beef**



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

250g Chris Brother's  
**Deli Combo**



**\$6<sup>77</sup>**

6oz Moji Sushi  
**Spicy or Regular California Roll**

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### From the Sea

**\$12<sup>99</sup>**  
PER LB.  
\$28.64/KG.



Fresh Atlantic  
**Salmon Fillets**



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

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



**\$5<sup>99</sup>**  
PER LB.  
\$13.21/KG.

Store Wrapped High Liner  
**Breaded Fish Sticks**



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

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

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### Fresh Produce

**\$3.99**  
HEAD



Product of US  
**Romaine Lettuce**

**\$5.49**



3lb Product of Canada  
**McIntosh Apples**

**\$5.99**



142g Product of US  
**Baby Spinach**

**\$4.99**



1pint  
Product of Peru  
**Blueberries**

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



Product of Canada  
**Turnip**

**\$3.49**  
PER LB.  
\$7.69/KG.



Product of US  
**Anjou Pears**

**\$1.69**  
BUNCH



Product of US  
**Green Onions**

**\$1.29**  
EACH



Size 95's  
Product of Spain  
**Lemons**

**\$3.99**



3lb Product of Canada  
**Carrots**

**\$8.99**



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

**\$1.79**  
PER LB.  
\$3.95/KG.



Product of US  
**Sweet Potato**



### Dairy

**\$7.99**



450g Kraft Velveeta  
**Cheese Loaf**

**\$3.99**



383g Pillsbury RTB  
**Apple Turnovers**

**\$3.99**



650g Danone  
**Creamy Yogurt**

**\$5.88**



500g Scotsburn  
**Cottage Cheese**



### Frozen

**\$3.88**



317g Giuseppe  
**Garlic Fingers**

**\$3.77**



800g McCain  
**Red Bag Fries**

**\$23.99**



2kg Pinehill  
**Chicken Wings**

**\$5.44**



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

**\$5.44**



280-338g Swanson  
**TV Dinners**

**\$3.99**



317-326g Red Baron  
Deep Dish **Single Pizzas**

**\$6.88**



400g McCain Tastiez  
**Mac & Cheese Triangles**

**\$7.44**



620g Apple Valley NSA  
**Baked Blueberry Pies**

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### Bakery

**\$1<sup>99</sup>**

**Baked In-Store**



6pk White or Whole Wheat  
**Clover Rolls**

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

**Baked In-Store**



3 Bun Homestyle  
**White Bread**

**\$12<sup>99</sup>**

**Baked In-Store**



Peanut Butter Chocolate Deluxe  
**Cake**

**\$16<sup>99</sup>**



2.5lb Golden Crust  
**Ring Cakes**

**\$3<sup>79</sup>**



6pk Golden Crust  
**Assorted Bagels**

**\$4<sup>49</sup>**



6pk Golden Crust  
**Marshmallow Squares**

STARTING AT

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

Powell's Artisan  
**Sourdough Bread**

**Baked In-Store**



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



560g Golden Crust  
**Angel Food Cake**

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



4pk Golden Crust  
**Cream Horns**

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**\$**

PRICES ARE IN EFFECT UNTIL JANUARY 29, 2025

### Smart Shopper

**2/\$3**

372ml  
Palmolive  
Essentials  
Dish Liquid



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

1kg  
Robin Hood  
Minute  
Oats



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

300g  
Hamilton  
Milk Lunch  
Biscuits



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

400ml  
HP  
Original  
Sauce



**\$18<sup>99</sup>**

24x591ml  
Powerade  
Variety Pack



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

250g  
Sun-Maid  
Raisins



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

515ml  
Campbell's  
Chunky  
Soup



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

340g  
Litehouse  
Dips



**\$2<sup>77</sup>**

425g  
Puritan  
Beans & Wieners



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

226g  
Glade  
Aerosol



**3/\$5**

227g  
Rice A Roni



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

500g  
Jif  
Creamy  
Peanut  
Butter



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### Personal Care



**\$5<sup>44</sup>**

30ct  
Aspirin  
Low Dose



3pk  
Ivory  
Soap



170ct  
Q-Tips  
Cotton Swabs



517ml  
Dove  
Men+Care 2 in 1  
Shampoo

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### Refreshments & Snacks

**2/\$9.50**

6x591ml Gatorade

**\$4.44**

180-285g Cheetos XL

**2/\$4**

120-140g Squashies Candy

**\$9.99**

18ct Lays Variety Packs

**2/\$6.50**

120-230g Nature Valley, Lucky Charms or Reese Puffs Cereal Bars

**3/\$5**

65g Charleston Chew Bars

**2/\$8**

250-300g Humpty Dumpty Cheese Snacks or Party Mix

**\$3.88**

315-360g Dare Wagon Wheels

**88¢**

20-50g Old Dutch Vending Snacks

**\$1.77**

340ml Simply Refrigerated Juice

**\$4.88**

NATIONAL POPCORN DAY  
JANUARY 19

456-492g Orville Redenbacher Popcorn Bowl

**2/\$4.88**

4lt True North Water

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### Furry Friends

**\$3.88**

500g Meow Mix Dry Cat Food

**\$3.88**

630g Pedigree Choice Cuts Dog Food

**2/\$3**

75g Whiskas Perfect Portions Cat Food

**2/\$4.44**

113g Milk Bone Soft & Chewy Dog Treats

**\$13.99**

9.1kg Arm & Hammer Clump & Seal Multicat Cat Litter

**\$28.99**

8kg Pedigree Healthy Vitality Dog Food

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### House and Home

**\$2.88**

475ml Murphy's Oil Soap

**\$3.99**

710ml Lysol Toilet Bowl Cleaner

**\$5.99**

765ml Windex Cleaner

**\$6.44**

16ct Gain Flings

**\$1.99**

30m Glad Cling Wrap

**\$3.44**

20pk Billy Boot Blue, Clear or Black Garbage Bags

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### More Great Deals

**2/\$4**

398ml Bush's Baked Beans

**4/\$5**

64g Mr Noodle Cup

**\$1.44**

165g Gattuso Pizza Flour

**\$4.44**

110g Pam Cooking Spray

**\$3.44**

1kg Robin Hood Flour

**\$3.88**

354ml Heinz Tartar Sauce

**\$3.77**

400g Kraft Deluxe Mac 'n Cheese

**\$8.44**

18ct Nescafe Sweet & Creamy Sachets

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