

# The Grocery Bag Program Order Form

A \$5.00 handling fee applies to all orders

Minimum: \$15; Maximum: \$100

**TO ORDER:** call (780)429-2020



## Canned Goods

### Fruit

- Applesauce, WF, unsweetened, 398 ml **\$1.90**
- Fruit Cocktail, WF, in juice, 398 ml **\$2**
- Peaches, WF, sliced, in juice, 398 ml **\$2**
- Pear Halves, WF, in juice, 398 ml **\$2**
- Pineapple, WF, tidbits in juice, 398 ml **\$1.60**

### Soup

- Tomato Soup, Campbells, 284 ml **\$1**
- Mushroom Soup, Campbells, 284 ml **\$1**
- Chunky Vegetable Beef, Campbells, 540 ml **\$3.30**
- Chunky Chicken Noodle, Campbells, 540 ml **\$3.30**

### Vegetables

- Green Beans, WF, unsalted, 398 ml **\$1**
- Kernal Corn, WF, 341 ml **\$1.65**
- Mixed Vegetables, WF, 398 ml **\$1.50**
- Mushrooms, WF, stems & pieces, 284 ml **\$1.85**
- Peas, WF, unsalted, 398 ml **\$1.45**
- Tomatoes, WF, diced, no salt added, 398 ml **\$1.70**
- Beans in Tomato Sauce, WF, 398 ml **\$1.45**

### Fish

- Tuna, WF, flaked, light, 170 g **\$1.85**
- Salmon, WF, Wild Pacific Pink, 213 g **\$3.50**

## Meat & Deli

- Bacon, regular, sliced, 375 g **\$7**
- Chicken Breast, boneless, skinless, 4 pck, **\$12**
- Pork Loin Chop, with or without bone, 2-3 pck, **\$7**
- Outside Round Roast, approx 750 g **\$8**
- Lean Ground Beef, fresh, 400 - 500 g, **\$8**
- Sliced Ham, WF, sliced cooked Ham, 375 g, **\$5**
- Sliced Turkey, Olymel, duo pack, 300 g, **\$6**

\*Max 2/order **WF = Western Family brand**

## Bread

- Bagels, plain, 6 pack, **\$4.13**
- Twelve Grain Bread, 680 g, **\$4.35**
- Whole Wheat Bread, 570 g **\$2.50**
- White Dinner Rolls, bakeshop, 12 pck **\$3.50**

## Fresh Produce

- Fresh Fruit: a variety of fresh fruit such as apples, bananas & seasonal fruit (no grapefruit) **\$5**
- Fresh Vegetables: a variety of fresh vegetables such as carrots, potatoes & celery **\$5**
- White Potatoes, Russett, 5 lbs. **\$5**

## Dairy & Eggs

- Cheddar Cheese, approx. 250 g **\$5**
- Cheese Slices, Kraft, 24 thin slices, **\$5.50**
- Cream Cheese, Philadelphia, light, 227 g **\$4**
- Eggs, 1 dozen, **\$3.30**
- Margarine, WF, with canola oil, 850 g **\$4.99**
- Parmesan Cheese, Kraft, 250 g **\$8**
- Cream Cheese, Philadelphia, spreadable, 227 g **\$4**
- Sour Cream, Dairyland, 14% MF, 250 ml **\$1.90**
- Milk\*, Dairyland, 1%, 2 L **\$3.75**
- Milk\*, Dairyland, 2%, 2 L **\$3.75**
- Milk\*, Dairyland, Skim, 2 L **\$3.75**
- Non Dairy Milk\*, Almond Silk, original, 1.89 L **\$5**
- Fresh Coffee Creamer, Dairyland, 10% MF, **\$1.99**
- International Delight, French Vanilla, 946 ml **\$6**
- Probiotic Yogurt, WF, Strawberry/Raspberry, 12 x 100 g **\$6.75**

## Cereal

- Cheerios, 400 g **\$5.30**
- Frosted Flakes, Kellogg's, 425 g **\$5.40**
- Raisin Bran, Kellogg's 425 g **\$4.25**
- Quick Cooking Oats, WF, 1 kg **\$3.79**
- Instant Oatmeal, WF, 3 flavour variety pck, 428 g **\$4**

## Pasta & Rice

- \_\_ Pasta Sauce, *WF, Original*, 680 ml **\$2.60**
- \_\_ Pasta, *WF, Small Shells*, 500 g **\$3.90**
- \_\_ Pasta, *WF Spaghetti*, 375 g **\$3.25**
- \_\_ White Rice, *WF, long grain*, 907 g **\$3**
- \_\_ Pasta, *WF, Whole Wheat Spaghetti*, 375 g **\$3.20**
- \_\_ Hamburger Helper Stroganoff, 158 g **\$3.50**

## Snacks

- \_\_ Microwave Popcorn, *WF Light & Buttery*, 3 pck **\$5**
- \_\_ Nutrigrain Bars, *Kellogg's, mixed berry*, 8 pck, **\$4.15**
- \_\_ Chocolate Pudding, *WF, fat free*, 4 x 99 g **\$2**
- \_\_ Western Family, *Fruit Cream*, 300 g **\$3.90**
- \_\_ Peak Freans, *Digestives, w/oat bran*, 350 g **\$2.90**
- \_\_ Soda Crackers, *WF, unsalted tops*, 453 g **\$2.80**
- \_\_ Sesame Wheat Crackers, *WF*, 225 g **\$3.35**
- \_\_ Pitted Prunes, *Sunmaid*, 250 g **\$4.60**
- \_\_ Multigrain Tortilla Chips, *WF*, 300 g **\$2.95**
- \_\_ Roasted Peanuts, *WF*, 454 g **\$4**

## Beverages

- \_\_ Coffee, *WF, Decaffeinated, ground*, 326 g **\$6.40**
- \_\_ Coffee, *WF, Instant*, 200 g **\$5.50**
- \_\_ Coffee, *WF, Medium Roast, ground*, 326 g **\$6.50**
- \_\_ Tea, *Tetley, Orange Pekoe, black*, 72 pck **\$4**
- \_\_ Cranberry Cocktail, *WF*, 1.89 L **\$3.99**
- \_\_ Orange Juice\*, *WF, unsweetened*, 1 L **\$1.80**
- \_\_ Apple Juice\*, *WF, unsweetened*, 1 L **\$1.80**
- \_\_ Vegetable Cocktail, *WF, low sodium*, 1.89 L **\$4**
- \_\_ Ice Tea Mix, *Nestea*, 715 g **\$6.99**
- \_\_ Ginger Ale, *Canada Dry*, 6 x 222 ml, **\$4.50**

## Jam & Peanut Butter

- \_\_ Three Berry Jam, *WF*, 500 ml **\$4.50**
- \_\_ Peanut Butter, *WF, natural, smooth*, 500 ml **\$4.30**
- \_\_ Honey Bear, *WF*, 375 g **\$6.85**
- \_\_ Orange Marmalade, *WF*, 500 g **\$5.50**

## Salad Dressing

- \_\_ Italian Salad Dressing, *Light, WF*, 475 ml **\$3.50**
- \_\_ Ranch Dressing, *Kraft*, 475 ml **\$3.45**
- \_\_ 1000 Island Dressing, *WF*, 475 ml **\$3.50**
- \_\_ Mayonnaise, *Hellmans,*, 445 ml **\$4.50**

## Condiments & Cooking/Baking Needs

- \_\_ Olive Oil, *Extra Virgin, WF*, 500 ml **\$8**
- \_\_ Ketchup, *Heinz*, 375 ml **\$3.99**
- \_\_ Mustard, *WF, prepared*, 250 ml **\$2**
- \_\_ Dill Pickles, *Bicks, no garlic*, 1 L **\$4**
- \_\_ Soy Sauce, *WF*, 285 ml **\$3**
- \_\_ Sugar, *Rogers*, 1 kg **\$3.79**
- \_\_ Sweet Green Relish, *WF*, 375 ml **\$2.99**
- \_\_ Salsa, *Mild, WF*, 650 ml **\$3.50**

## Household Items & Toiletries

- \_\_ Aluminum Foil, *WF*, 50 ft **\$4.30**
- \_\_ Dishwashing Liquid, *WF, lemon*, 950 ml **\$2.60**
- \_\_ Facial Tissue, *WF*, 126 tissues, **\$2**
- \_\_ Freezer Bags, *WF, med, reclosable*, 20 pck **\$3.50**
- \_\_ Garbage Bags, *WF, regular, white*, 48 pck **\$6.50**
- \_\_ Garbage Bags, *WF, black, strong*, 40 pck **\$12**
- \_\_ Glass Cleaner, *WF*, 765 ml **\$3.90**
- \_\_ Shampoo, *Finesse, Protein Shine* 300 ml **\$3.50**
- \_\_ Lysol Wipes, *Spring Waterfall*, 80 pck **\$7**
- \_\_ Soap Bar, *Ivory*, 3 pck **\$2.99**
- \_\_ Lemon Creme Cleanser, *WF*, 500 ml **\$3.25**
- \_\_ Paper Towels, *WF, Split to Fit*, 6 rolls, **\$6**
- \_\_ Plastic Wrap, *Glad*, 60 m **\$3.50**
- \_\_ Toilet Paper, *WF, Soft*, 12 pck **\$8.99**
- \_\_ Toothpaste, *Colgate, regular*, 130 ml **\$2**
- \_\_ AA Batteries, *Energizer*, 4 pck **\$5**
- \_\_ Liquid Laundry Detergent\*, *WF, concentrate*, 2.95 L **\$15**

