

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 **\$2.10**
- ___ Fruit Cocktail, WF, in juice, 398 ml **\$2.85**
- ___ Peaches, WF, sliced, in juice, 398 ml **\$2.85**
- ___ Pear Halves, WF, in juice, 398 ml **\$2.85**
- ___ Pineapple, WF, tidbits, in juice, 398 ml **\$1.85**

Soup

- ___ Tomato Soup, Campbell's, 284 ml **\$1.45**
- ___ Mushroom Soup, Campbell's, 284 ml **\$1.45**
- ___ Chunky Vegetable Beef, Campbell's, 540 ml **\$3.55**
- ___ Chunky Chicken Noodle, Campbell's, 540 ml **\$3.55**

Vegetables

- ___ Green Beans, WF, unsalted, 398 ml **\$1.55**
- ___ Kernal Corn, WF, 341 ml **\$1.65**
- ___ Mixed Vegetables, WF, 398 ml **\$1.55**
- ___ Mushrooms, WF, stems & pieces, 284 ml **\$1.85**
- ___ Peas, WF, unsalted, 398 ml **\$1.55**
- ___ Tomatoes, WF, diced, no salt added, 398 ml **\$1.75**
- ___ Beans in Tomato Sauce, WF, 398 ml **\$1.50**

Fish

- ___ Tuna, WF, flaked, light, 170 g **\$2.05**
- ___ Salmon, WF, wild Pacific pink, 213 g **\$3.75**

Meat & Deli

- ___ Bacon, WF, regular, sliced, 370 g **\$7.55**
- ___ Chicken Breast, Mpl Leaf, boneless, skinless, 3-4 pck **\$11**
- ___ Pork Loin Chop, with or without bone, 2-3 pck **\$9.50**
- ___ Outside Round Roast, approx. 750 g **\$10**
- ___ Lean Ground Beef, fresh, 400 - 500 g **\$8**
- ___ Sliced Ham, WF, cooked, 375 g **\$5.55**
- ___ Sliced Turkey & Old Fashioned Ham, Olymel, duo pack, 300 g **\$6**

Bread

- ___ Bagels, WF, plain, 6 pack **\$4.15**
- ___ Twelve Grain Bread, WF, 1 loaf **\$4.55**
- ___ Whole Wheat Bread, WF, 1 loaf **\$2.35**
- ___ White Dinner Rolls, bakeshop, 12 pck **\$3.75**

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, Russet, 5 lbs. **\$5**

Dairy & Eggs

- ___ Cheddar Cheese, WF, block, mild, 400 g **\$7.55**
- ___ Cheese Slices, WF, 24 thin slices **\$4.59**
- ___ Eggs, WF, 1 dozen **\$3.30**
- ___ Margarine, WF, with canola oil, 850 g **\$5.25**
- ___ Parmesan Cheese, Kraft, 250 g **\$8.40**
- ___ Cream Cheese, Philadelphia, spreadable, 227g **\$4.55**
- ___ Cream Cheese, Philadelphia, block, lite, 250 g **\$4.55**
- ___ Sour Cream, Dairyland, 14% MF, 250 ml **\$2.20**
- ___ Milk, Dairyland, 1%, 2 L **\$3.99**
- ___ Milk, Dairyland, 2%, 2 L **\$3.99**
- ___ Milk, Dairyland, skim, 2 L **\$3.99**
- ___ Non Dairy Milk, Almond Silk, original, 1.89 L **\$5.25**
- ___ Creamo Half & Half, Dairyland, 10% MF, 1L **\$3.45**
- ___ International Delight, french vanilla, 946 ml **\$6**
- ___ Probiotic Yogurt, Activia, assorted, 12 x100 g **\$7.75**

Cereal

- ___ Cheerios, 350 g **\$5.30**
- ___ Frosted Flakes, Kellogg's, 425 g **\$6.25**
- ___ Raisin Bran, Kellogg's, 425 g **\$4.50**
- ___ Quick Cooking Oats, WF, 1 kg **\$4.10**
- ___ Instant Oatmeal, WF, variety pack, 428 g **\$4.15**

WF = Western Family brand

Pasta & Rice

- __ Pasta Sauce, *WF, original*, 680 ml **\$2.85**
- __ Pasta, *WF, small shells*, 500 g **\$4**
- __ Pasta, *WF, spaghetti*, 500 g **\$3.25**
- __ White Rice, *WF, long grain*, 907 g **\$3.35**
- __ 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 **\$2.45**
- __ Cookies, *Christie, fruit cream*, 300 g **\$3.90**
- __ Cookies, *Dare, oatmeal*, 325 g **\$4.15**
- __ Soda Crackers, *WF, unsalted tops*, 453 g **\$4.15**
- __ Wheat Crackers, *WF*, 225 g **\$3.45**
- __ Pitted Prunes, *Sunmaid*, 250 g **\$4.75**
- __ Tortilla Chips, *WF, multigrain*, 300 g **\$3.15**
- __ Roasted Peanuts, *WF*, 454 g **\$4.15**

Beverages

- __ Coffee, *WF, decaffeinated, ground*, 326 g **\$6.75**
- __ Coffee, *Nescafe, instant*, 170 g **\$8.99**
- __ Coffee, *WF, medium roast, ground*, 326 g **\$6.75**
- __ Tea, *Tetley, Orange Pekoe, black*, 72 pck **\$6**
- __ Cranberry Juice, *WF*, 1.89 L **\$4.60**
- __ Orange Juice, *WF, unsweetened*, 1 L **\$2.10**
- __ Apple Juice, *WF, unsweetened*, 1 L **\$1.89**
- __ Vegetable Cocktail, *WF, low sodium*, 1.89 L **\$4.75**
- __ Iced Tea Mix, *Good Host*, 715 g **\$7.15**
- __ Ginger Ale, *Canada Dry*, 6 x 222 ml **\$4.50**

Jam & Peanut Butter

- __ Three Berry Jam, *WF*, 500 ml **\$5.49**
- __ Peanut Butter, *WF, natural, smooth*, 500 g **\$4.89**
- __ Honey Bear, *WF*, 375 g **\$5.59**
- __ Orange Marmalade, *WF*, 500 ml **\$5.59**

Salad Dressing

- __ Italian Dressing, *Kraft, fat free*, 475 ml **\$3.60**
- __ Ranch Dressing, *Kraft*, 475 ml **\$3.75**
- __ 1000 Island Dressing, *WF*, 475 ml **\$3.70**
- __ Mayonnaise, *Hellmans*, 445 ml **\$4.99**

Condiments & Cooking/Baking Needs

- __ Olive Oil, *WF, extra virgin*, 500 ml **\$8**
- __ Ketchup, *Heinz*, 375 ml **\$3.99**
- __ Mustard, *WF, prepared*, 250 ml **\$2.25**
- __ Dill Pickles, *Bicks, no garlic*, 1 L **\$5.75**
- __ Soy Sauce, *WF, light*, 285 ml **\$3.25**
- __ Sugar, *Rogers*, 1 kg **\$3.99**
- __ Sweet Green Relish, *WF*, 375 ml **\$3.15**
- __ Salsa, *WF, Mild*, 650 ml **\$4.75**

Household Items & Toiletries

- __ Aluminum Foil, *Alcan*, 50 ft **\$5.40**
- __ Dishwashing Liquid, *WF, lemon*, 950 ml **\$3.15**
- __ Facial Tissue, *WF, 1 pack* **\$2.15**
- __ Freezer Bags, *WF, med, reclosable*, 20 pck **\$3.70**
- __ Garbage Bags, *WF, regular, white*, 48 pck **\$7.45**
- __ Garbage Bags, *WF, black, strong*, 40 pck **\$12**
- __ Glass Cleaner, *WF*, 765 ml **\$4.45**
- __ Shampoo, *Finesse*, 300 ml **\$3.50**
- __ Lysol Wipes, *spring waterfall*, 80 pck **\$8.15**
- __ Soap Bar, *Camay*, 3 pck **\$4.25**
- __ Lemon Creme Cleanser, *WF*, 500 ml **\$3.99**
- __ Paper Towels, *WF, split to fit*, 6 rolls **\$8.25**
- __ Plastic Wrap, *Glad*, 60 m **\$4.15**
- __ Toilet Paper, *WF, soft*, 12 pck **\$9.99**
- __ Toothpaste, *Colgate, regular*, 120 ml **\$3.75**
- __ AA Batteries, *Energizer*, 4 pck **\$5.25**
- __ Liquid Laundry Detergent, *WF, concentrate*, 2.95 L

***items & prices are subject to change**

\$15



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