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View our flyer online at
www.powellsnl.ca

Fresh, Friendly and Local – Since 1948

Powell's

Supermarket



\$5⁹⁹
PER LB.
\$13.21/KG.

Fresh Country Ribbon Value Pack Boneless Skinless
Chicken Breast



\$7⁹⁹
PER LB.
\$17.62/KG.

Cut From AA or Higher Grades Beef
Cross Rib Pot Roast



\$3⁴⁴
PER LB.
\$7.58/KG.

Fresh
Pork Side Ribs



\$13⁹⁹

2kg Pinehill
Chicken Legs



\$2⁸⁸

630g
Yoplait
Source Yogurt



\$5⁹⁹

10lb Product of Canada
Russet Potatoes



\$7⁹⁷

1.5L Kraft
Miracle Whip



\$2⁹⁹

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



\$6⁴⁴

850g Kraft
Cheese Pizza Mix



\$5⁸⁸

800g Eversweet
Soft Margarine



\$1⁷⁷

126-153g Knorr
Sidekicks



\$4⁴⁴

2L Old Dutch
Liquid Laundry Detergent



\$1⁸⁸

425ml
Campbell's
Spaghetti-O's



\$3⁹⁹
PER LB.
\$8.80/KG.

Product of US
Red Seedless Grapes



\$12⁴⁹

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

PRICES ARE IN EFFECT OCTOBER 22 - 28, 2026

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
22	23	24	25	26	27	28



2/\$4⁸⁸

410g Barilla Selected Pasta



\$10⁹⁹

3lt Primo Vegetable Oil



\$3⁸⁸

341ml VH Cooking Sauce



\$2⁷⁷

280g Econo Cookies



2/\$6

6pk Mott's Fruitsations



\$5⁹⁹

526-725g Selected General Mills Cereal



\$10⁹⁹

3pk Sponge Towels Ultra CAS Double Roll Paper Towels



\$6⁴⁴

1kg Jif Peanut Butter



2/\$4⁸⁸

2lt Fruite Drink



\$6⁹⁹

320-400g Black Diamond Cheese Bars or Shreds



2/\$4⁸⁸

156g Burns Flakes of Meat



\$6⁴⁴

678g Apple Valley Baked Apple Crisp Pie



2/\$4⁸⁸

680ml Primo Pasta Sauce



\$2⁸⁸

398ml Dole Pineapple



\$9⁸⁸

144ct Tetley Tea Bags



3/\$5

200g Kraft Dinner Original



\$8⁹⁹

8 Roll Charmin Triple Roll Bathroom Tissue



\$4⁹⁹

500ml Diana Sauce



\$4⁸⁸

300g Pogo Sticks



\$4⁴⁴

5-6pk Dempster's Bagels



\$4⁹⁷

454g Christie Toppable Crackers



\$8⁹⁹

24pk Old Dutch or Humpty Dumpty Snacks



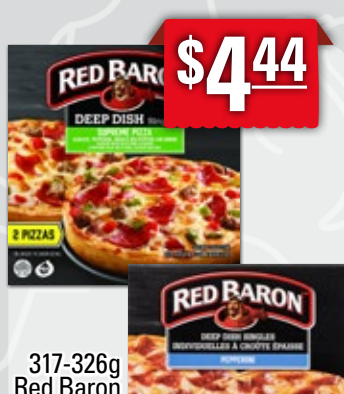
2/\$4⁴⁴

354ml Carnation Regular or 2% Evaporated Milk



\$3⁸⁸

900g Dainty Short Grain Rice



\$4⁴⁴

317-326g Red Baron Deep Dish Singles Pizza

Powell's Supermarket Community Corner

GUESS THE PUMPKIN WEIGHT IN-STORE CONTEST IS BACK!

DROP BY YOUR LOCAL POWELL'S, HEAD TO THE PRODUCE SECTION, WRITE YOUR BEST GUESS AND CONTACT INFO ON THE BALLOT IN ORDER TO BE ENTERED! THE CLOSEST ANSWER WINS!

GUESS THE WEIGHT OF THE BIG PUMPKIN AND WIN A \$50 POWELL'S GIFT CARD!

FILL OUT A BALLOT WITH YOUR GUESS IN-STORE TO ENTER! WINNER ANNOUNCED OCT. 30TH!

Powell's Supermarket



2/\$6

355ml Alani Nu Energy Drinks



Your Newfoundland Butcher

\$7⁹⁹
PER LB.
\$17.62/KG.



Made From Fresh or Frozen Portions Value Pack
Lean Ground Beef

\$5⁹⁹
PER LB.
\$13.21/KG.



Fresh Country Ribbon Value Pack
Whole Chicken Wings

\$4⁹⁹
PER LB.
\$11.00/KG.



Atlantic's Best
Homestyle Sausages

\$8⁹⁹
PER LB.
\$19.82/KG.



Cut From AA or Higher Grades Beef Value Pack
Cross Rib Marinating Steak



\$3⁹⁹
PER LB.
\$8.80/KG.

Fresh Boneless Pork Sirloin Chops or Roast



\$14⁹⁹

6pk Leadbetter's
Beef Burgers



\$13⁸⁸

Maple Leaf
Baby Bologna



\$9⁹⁹
PER LB.
\$22.02/KG.

Cut From AA or Higher Grades Beef Value Pack Stir Fry Strips



\$3⁹⁹
PER LB.
\$8.80/KG.

Quality Vac Pack
Salt Riblets



\$3⁸⁸

375g Coachman
Wieners



\$6⁸⁸

375g Schneider's
Bacon



\$3⁹⁹
PER LB.
\$8.80/KG.

Frozen Tray Pack Turkey Drumsticks

\$9⁹⁹



568-700g Selected Maple Leaf
Prime Chicken

\$6⁸⁸



375g
Larsen's
Boneless
Ham Slices



Deli

\$7⁸⁸



425g Hormel
Honey Ham
or Pepperoni
Snack Tray



\$1⁹⁹
PER 100G

Store
Sliced
All White
Turkey Roll

\$3⁴⁹



250g
Chris Brother's
Deli Combo

\$5⁹⁹



175g
Maple Leaf
Natural Selected
Deli Meats



From the Sea

2/\$5



120g
Land & Sea
Krispy Matter Mix



\$8⁹⁹

500g
High Liner
English Style
Fish In Batter



\$6⁹⁹
PER LB.
\$15.41/KG.

Fresh or Previously
Frozen Newfoundland
Cod Fillets



\$15⁹⁹

340g
Land & Sea
Cod Tongues

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Fresh Produce

\$6⁹⁹



5lb
Product of
Canada
Stew Pack

\$6⁹⁹



3pk Product of US
Rainbow Peppers

\$5⁹⁹



3lb
Product
of Canada
McIntosh Apples

\$3⁶⁹



225g Product of Canada
White Mushrooms

\$4⁹⁹



170g
Product of Mexico
Blackberries

\$2⁴⁹



Product of US
Baby Peeled Carrots

\$4²⁹
PER LB.
\$9.46/KG.



Product
of Spain
Plums

\$1⁵⁹
PER LB.
\$3.51/KG.



Product
of Canada
Spanish Onions

\$1¹⁹
EACH



Size 88's
Product of Argentina
Lemons

\$9⁹⁹



908g Clamshell
Product of Chile
Kiwi Fruit

\$4⁵⁹



6pk
Product of Canada
Mini Cucumber



Dairy

\$6⁸⁸



946ml International Delight
Coffee Creamer

\$3⁹⁹



383g Pillsbury RTB
Apple Turnovers

\$6⁹⁹



44ct Black Diamond
Thin Cheese Slices

\$13⁹⁹



1.61kg Becel Original
Margarine



Frozen

\$4⁴⁴



600g Robby's
Wedgies

\$8⁹⁹



1kg Cavendish Value Pack
Onion Rings

\$8⁹⁹



475g Watson Ridge
Chicken Wings

\$7⁴⁴



680g Wong Wing
Egg Rolls

2/\$4⁸⁸



284g Furlani
Garlic Bread

\$11⁸⁸-\$12⁸⁸



404-502g Piatto@Home
Pizza

\$4⁸⁸



560g Kellogg's Blueberry or Original
Eggo's

\$5⁹⁹



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

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Bakery



**Baked
In-Store**

\$6⁹⁹

6pk Assorted
Cupcakes

Starting at
\$11⁹⁹



Selected
**Halloween
Cakes**

**Baked
In-Store**

\$2⁹⁹



**Baked
In-Store**

3 Bun
Homestyle
White Bread

\$2⁹⁹

**Baked
In-Store**

12pk White or Whole Wheat
Circle Dinner Rolls



\$4⁹⁹

10pk
Golden Crust
Cake Donuts



\$2⁴⁹

570g Golden Crust
White Sliced Bread



\$6⁴⁹

3pk Golden Crust Assorted
Flips



**STARTING AT
\$6⁹⁹**

Powell's Artisan
**Sourdough
Bread**

**Baked
In-Store**

More Great Deals

\$1⁸⁸



4pk Lipton
Cup-A-Soup

2/\$5



500ml
Coke & Flavours

\$14⁸⁸



6x237ml Boost
Meal Replacement

\$3⁴⁴



440g Betty Crocker
Chocolate Chunk Brownie Mix

\$2⁷⁷



341ml Delmonte
**Summer Crisp Corn or
NSA Corn**

2/\$7



8-10pk
Dempster's
7" Tortillas

2/\$4⁸⁸



170ml
Fussell's
Cream

\$3⁴⁴



132g Et Tu Caesar
Salad Kit

\$3⁷⁷



340g Lighthouse
Dips

\$5⁸⁸



450g
Magic
Baking Powder

\$5⁴⁴



125g
Kraft
Parmesan Grated Cheese

\$3²⁹



1kg
Robin
Hood
Flour

\$1⁸⁸



284ml
Selected Aylmer
Soups

\$1⁴⁴



28g French's
Marinade Mix

\$2⁸⁸



99g Fresh
Gourmet
Toppings

\$8⁹⁹



150g
Maxwell House
Instant Coffee

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Refreshments & Snacks



142g Popcorners Snacks

\$3⁹⁹



24x250ml True North Spring Water

\$7⁹⁹



45g Hawkins Cheezies

99¢



503ml Sparkling Ice Beverage

\$1⁴⁴



200g Pepperidge Farm Goldfish Crackers

\$3⁷⁷



Charleston Chew Bars

3/\$5



177-235g Lay's XXL or Baked Potato Chips

2/\$8⁵⁰



6x355ml Michelob Ultra Zero Non-Alcoholic Beer

\$8⁹⁹



500ml Sunny D

\$1⁴⁴



472-576g Old Dutch Variety Packs

\$9⁹⁹



120-187g Quaker Granola Bars

2/\$6⁵⁰



3pk Family Brand Drink Mix Crystals

2/\$4



Furry Friends



1.42kg Meow Mix Original Choice Dry Cat Food

\$6⁹⁹



7lb Iams Mini Chunks Adult Dry Dog Food

\$13⁷⁷



737g Pedigree Marrobone

\$4⁹⁹



12.7kg Arm & Hammer Cat Litter

\$14⁸⁸



170g Friskies Party Mix

\$3⁴⁴



8kg Pedigree Healthy Vitality Dry Dog Food

\$28⁹⁹



House and Home



1.36lt Fleecy Fabric Softener

\$5⁸⁸



1.2lt Lysol Multi-Purpose Liquid Cleaner

\$4⁴⁴



623g Scrubbing Bubbles Bath Grime Rainshower

\$5⁴⁴



40ct Bounce Sheets Pet

\$5⁸⁸



3.57lt Clorox Bleach

\$7⁹⁹



35ct Lysol Wipes Citrus Scent

\$3⁴⁴

Personal Care



12ct Advil Extra Strength Liqui-Gels

\$6⁹⁹



355ml Dove Shampoo or Conditioner

\$7⁹⁹



591ml Irish Spring Bodywash

\$5⁹⁹



621ml Ivory Bodywash

\$6⁴⁴

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