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Powell's Supermarket

Fresh, Friendly and Local – Since 1948



\$6⁴⁴
PER LB.
\$14.20/KG.

Fresh Country Ribbon Value Pack Boneless Skinless
Chicken Breast



\$6⁹⁹
PER LB.
\$15.41/KG.

Cut From AA or
Higher Grades Beef
Sirloin Tip Oven Roast



\$7⁹⁹

15lb Product of Canada
Russet Potatoes



\$18⁸⁸

2kg Frozen
Split Tip Chicken Wings



\$1⁹⁷

156g Burns
Flakes of Meat



\$4⁹⁹
PER LB.
\$11.00/KG.

Fresh
Pork Back Ribs



3/\$5

250g Dare
Breaktime
Cookies



\$3⁹⁹
PER LB.
\$8.80/KG.

Product of Peru
Red Seedless Grapes



2/\$4⁸⁸

427g
Imperial
Soft Margarine



2/\$4

265g Dainty
Fried Rice



\$3⁸⁸

375-500ml E.D. Smith Regular or NSA
Triple Fruit Jam



\$3⁸⁸

3lb
Golden Crust
Bread & Roll Mix



\$3⁴⁴

550-675g Villaggio
Thick Sliced **Bread** or
6-8pk Toscana **Buns**



\$3⁷⁷

317-326g
Red Baron
Deep Dish
Singles
Pizza



2/\$15

12x355ml
Coke & Flavours or AHA Water



\$5⁹⁹

890ml
Hellmann's
Mayonnaise

PRICES ARE IN EFFECT FEBRUARY 5 - 11, 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
5	6	7	8	9	10	11

Fresh, Friendly and Local - Since 1948

Powell's

Supermarket



\$2⁸⁸



85g Kraft
Dream Whip

\$5⁹⁷



450g Magic
Baking Powder

\$5⁸⁸



314g Jell-O No-Bake
Cheesecake

\$1⁸⁸



58g
Kraft Dinner
Cups



Fresh, Friendly and Local - Since 1948
Puwwell's
Supermarket



\$7⁴⁴



850g Kraft
Cheese Pizza Kits

\$2⁸⁸



227g
Kraft Philadelphia
Dips

\$4⁹⁷



1lt Heinz
Ketchup

2/\$6



10x180ml Kool Aid
Jammers



\$3⁸⁸

650g Cavendish Quick Crisps
Fries or Potato Tots

\$6⁴⁴

480-600g
Selected Kellogg's
Cereal

\$4⁸⁸

350g Purity
Tea Vees

\$3⁸⁸

2lt Rougemont
Apple Juice

\$7⁹⁹

1.4kg
Minute Rice

\$2⁷⁷

680ml Hunt's
Thick & Rich
Pasta Sauce

\$1⁹⁹

354ml Dairy Isle Regular or 2%
Evaporated Milk

\$5⁹⁹

454g Swift
Premium
Cooked Ham

2/\$9

6x710ml
Pepsi & Flavours

\$8⁸⁸

8pk Cashmere
Bathroom Tissue

\$3⁷⁷

340g Litehouse
Dips

2/\$4

398ml M'Lord
Whole Mini Corn Cobs

\$6⁸⁸

4lt Old Dutch
Laundry Detergent

\$9⁹⁹

144ct Tetley
Tea Bags

\$3²⁹

200g Dare Breton
Crackers

\$24⁹⁹

2kg Pinehill
Chicken Wings

\$2⁷⁷

900g Primo
Macaroni or Spaghetti

\$4⁴⁴

1.89lt Ocean Spray
Cranberry Cocktail

\$10⁹⁹

3pk Sponge Towels Ultra Pro
CAS Double Roll

\$2⁷⁷

425g Fraser Farm
Gravy & Meatballs

\$4⁹⁹

540ml Delmonte
Jar Fruit

\$6⁴⁴

946ml Mazola
Oil

2/\$4⁴⁴

796ml Primo
Tomatoes

\$4⁹⁹

400g Purity
Lemon Creams

2/\$8

6x222ml
Coke & Flavours Mini Cans

GAME DAY SNACKS

2/\$8⁵⁰ 205-300g Tostitos Tortilla Chips	\$7⁹⁹ 425g Hormel Snack Tray	\$6⁹⁹ 320-400g Black Diamond Cheese Bars or Shreds	\$16⁸⁸ 2kg McCain Onion Rings
\$9⁹⁹ 530g Schneider's Buffalo Chicken or Spinach Dip	\$24⁹⁹ 5lb Homestyle Breaded Chicken Fingers	\$13⁴⁹ 24x355ml Selected Pepsi	\$4⁹⁹ 416-418ml Tostitos Salsa



Your Newfoundland Butcher

\$7⁹⁹
PER LB.
\$17.62/KG.



Made From Fresh or Frozen Portions Value Pack
Lean Ground Beef



\$10⁹⁹
PER LB.
\$24.23/KG.

Quality
Vac Pack Boneless
Salt Beef



\$3⁸⁸

375g
Coachman
Wieners



\$9⁹⁹

500g Sunrise
Beef Burgers



\$6⁸⁸

375-450g Schneider's
Smoked Sausage or Juicy Jumbo



\$5⁹⁹

375g
Mère Michel Regular or Salt Reduced
Bacon



\$9⁹⁹
PER LB.
\$22.02/KG.

Cut From AA or Higher Grades Beef
Value Pack Boneless
Stewing Beef



\$3⁹⁹
PER LB.
\$8.80/KG.

Tray Pack Frozen
Turkey Drumsticks



\$8⁹⁹
PER LB.
\$19.82/KG.

Cut From AA or Higher
Grades Beef Value Pack Boneless
Sirloin Tip Marinating Steak



\$6⁹⁹

500g Selected Johnsonville
Sausages



\$12⁹⁹

6pk Belmont
Burgers



\$12⁹⁹

Maple Leaf
Baby Bologna



\$5⁹⁹

204-288g
Schneider's
Breakfast Sandwiches



\$4⁸⁸

250g
Sunrise
Salami or
Pepperoni
Sticks



Deli

\$1⁹⁹
PER 100G



Store Sliced
Golden Maple Or Harvest Creek
Chicken Breast

\$5⁴⁴

300g Dawn
Sliced Ham



\$21⁹⁹

Instore
Rotisserie Chicken
Meal Deal



\$4⁹⁹

150-175g Chris Brothers
Shaved Meats



From the Sea

\$8⁹⁹
PER LB.
\$19.82/KG.



Previously
Frozen Atlantic
Cod Fillets

\$6⁹⁹

284g
Ocean Jewel
Shrimp Ring



\$5⁹⁹



454g Land & Sea
Salt Fish Bits



\$14⁹⁹

815g
40 Fathoms
**Breaded
Cod Fillets**

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Fresh Produce

\$5⁹⁹



3lb Product of Canada
Gala Apples

\$4²⁹
PER LB.
\$9.46/KG.



Product of US
Roma Tomatoes

\$3⁷⁹
PER LB.
\$8.36/KG.



Product of Chile
Nectarines

\$1³⁹
PER LB.
\$3.06/KG.



Product of Canada
Medium Turnip

\$1²⁹
EACH



Size 55's
Product of South Africa
Pink Grapefruit

\$2²⁹



2lb
Product of Canada
Yellow Onions

\$2²⁹
EACH



Product of Mexico
Avocadoes

\$3⁶⁹



225g
Product of Canada
White Mushrooms

99¢
EACH



Size 42's
Product of Mexico
Limes

\$2⁴⁹



12oz Product of US
Baby Peeled Carrot

\$5⁴⁹
EACH



Product
of Honduras
Pineapple



Dairy

\$4⁷⁷



240g
Black Diamond
Natural Cheese Slices



1.36kg Parkay
Margarine Quarters

\$5⁴⁴



500ml
Scotsburn
Sour Cream

\$7⁴⁴



250g Lactantia Regular
Cream Cheese

\$3⁸⁸



Frozen

\$4⁴⁴



600g Robby's
Wedgies

\$3⁴⁴



326g Pillsbury
Toaster Strudels

\$3⁹⁹



454-650g Selected McCain
Superfries or Specialty Potatoes

\$16⁸⁸



8 Slice Original Cakery
Cheesecakes

\$2⁸⁸



10ct Cavendish
Hash Brown Patties

\$4⁴⁴



300g
Pogo Sticks

2/\$4⁴⁴



295ml
Minute Maid No Pulp
Frozen Orange Juice

2/\$4⁸⁸



284g Furlani
Garlic Bread

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Bakery

\$11⁹⁹



Orange Sherbert
Cake

**Baked
In-Store**



8pk Golden Crust
Brioche Buns

\$4⁸⁸

\$2⁹⁹



3 Bun
Homestyle
White Bread

**Baked
In-Store**

\$13⁴⁹



21pk Golden Crust
Variety Pack Cookies

**Baked
In-Store**

\$8⁹⁹



Homestyle
**Carrot
Loaf**



600g Golden Crust
Molasses Raisin Pot Bread

\$4⁴⁹

\$6⁵⁹



12pk Golden Crust
Gourmet Cookies

STARTING AT
\$6⁹⁹

Powell's Artisan
**Sourdough
Bread**

**Baked
In-Store**

Powell's Artisan

\$9⁹⁹



6pk Selected Golden
Crust **Mini Loaves**

**More Great
Deals**

2/\$7



250g
Ben's
Original
Rice

\$5⁷⁷



500ml Miss Daisy's
Sweet Mustard Pickles

\$4⁴⁴



7-10pk Carnation
Hot Chocolate Envelopes

\$3⁹⁹



240-344g Quaker RTS
Oatmeal

\$4⁴⁴



354ml Frank's
Red Hot Sauce

\$7⁸⁸



120g Clover Leaf
Chunk Crab Meat

\$14⁹⁹



20ct Jumping Bean
Coffee Pods

\$3⁷⁷



4pk Lipton
Chicken Noodle Soup Mix

\$4⁸⁸



200g Armstrong
**Cheese Nibblers
or Cheese Curds**

\$3²⁹



70g
Mrs. Dash Original
Seasoning Blend

2/\$7



260g Takis
Chips

\$3⁹⁹



100ct
Sugar Twin

\$5⁸⁸



540ml
E.D. Smith
Pie Filling

\$4⁹⁷



454g Christie Toppable
Crackers

\$19⁹⁹



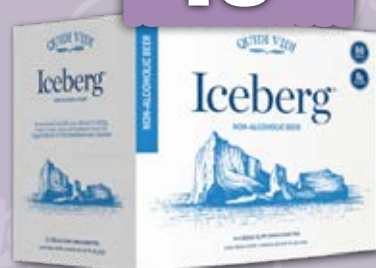
816g Folgers
**Classic Roast
Ground Coffee**

4/\$5



355ml Jones
Soda

\$15⁹⁹



6x355ml Quidi Vidi Iceberg
Non-Alcoholic Beer

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Refreshments & Snacks

\$11⁸⁸



6x330ml Corona Non-Alcoholic Sunbrew Beer

\$3⁷⁷



168-200g Pepperidge Farm Goldfish Crackers



230-295g Old Dutch Restaurant or Arriba Tortilla Chips

\$3⁹⁹

\$8⁹⁹



12x341ml Fuze Iced Tea

2/\$6



6pk Selected Hostess Snacks

2/\$4⁴⁴



85-93g Mars, Snicker's or Twix King Size Bars

\$7⁹⁹



24x500ml Ice River Natural Spring Water

\$2⁷⁷



148-156g Pringles Potato Chips

2/\$7⁵⁰



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

2/\$7



120-142g Sensible Portions Veggie Straws

\$4⁸⁸



430ml Old Dutch Restaurant Salsa

\$7⁸⁸



510-700ml Nesquik Syrup

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Furry Friends

\$1⁷⁷



100g Cesar Dog Food

\$10⁴⁴



2kg Whiskas Dry Cat Food

\$4⁴⁴



170g Beggin' Dog Treats

4/\$5



156g Friskies Cat Food

\$9⁴⁴



2kg Pedigree Healthy Vitality Dry Dog Food

\$8⁴⁴



4kg Nutri Choice Cat Litter

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House and Home

\$2⁷⁷



34ct Gain Fabric Softener Sheets

\$4⁴⁴



1.2lt Lysol Multi-Purpose Cleaner

\$4²⁹



250g Febreze Air Freshener

\$4⁴⁹



650ml Shout Trigger

\$7⁸⁸



15ct Cascade Complete Dishwasher Tabs

\$5⁴⁴



2.4lt Clorox Bleach

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Personal Care

\$5⁷⁷



300ml Dove Foaming Handwash

\$3⁹⁹



346ml Herbal Essence Shampoo & Bodywash Body Envoy

\$5²⁹



24pk Advil Regular Tablets or Caplets

\$6⁸⁸



20ct Graval Natural Source

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