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View our flyer online at
www.powellsnl.ca

Powell's

Supermarket

Fresh, Friendly and Local – Since 1948

\$2⁴⁹
PER LB.
\$5.49/KG.



Fresh
Country Ribbon Value Pack
Whole Chicken Legs

\$6⁹⁹
PER LB.
\$15.41/KG.



Cut From AA or Higher Grades Beef
Outside Round Pot Roast

\$2⁹⁹
PER LB.
\$6.59/KG.



Fresh Bone-In
Pork Loin Roast

\$11⁸⁸



Maple Leaf
Baby Bologna

\$5⁸⁸



16x100g
Selected Yoplait Source
Yogurt

2/\$6



10x180ml Kool Aid
Jammers

\$3⁹⁹



1lb Product of US
Strawberries

\$1⁸⁸



156g Maple Leaf
Flakes of Meat

\$4⁹⁹



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

\$12⁴⁹



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

\$3⁸⁸



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

\$2⁹⁹



454g Central Dairies
Soft Margarine

\$2⁸⁸



280-330g Kellogg's
Eggo's or Pancakes

3/\$5



398ml Heinz
Beans or Pasta

2/\$6⁸⁸



675g
Dempster's Xtra
Sandwich Bread

\$3⁴⁹
HEAD



Product of US
Romaine Lettuce

\$3⁹⁹



250-465g Selected Old El Paso
Dinner Kits

PRICES ARE IN EFFECT JANUARY 8 - 14, 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
8	9	10	11	12	13	14

\$5⁴⁴



269-306g
Healthy Choice
Gourmet Steamers

3/\$4



300g
Lady Sarah
Cookies

\$4⁸⁸



300g
Hamilton
Milk Lunch

2/\$6⁵⁰



398ml
Del Monte
Tin Fruit

\$9⁹⁹



12=24
12ct Royale Double Roll
Bathroom Tissue

2/\$4⁴⁴



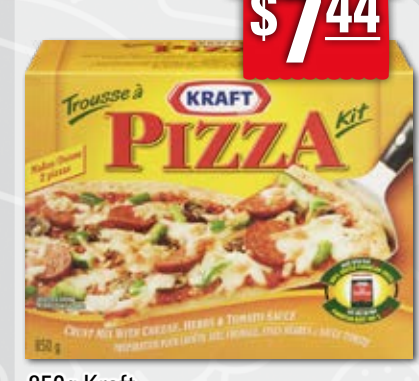
500g
Selected Catelli
Pasta

\$5⁸⁸



72ct Tetley
Tea Bags

\$7⁴⁴



850g Kraft
Cheese Pizza Kit

\$5⁹⁹



7lb
Golden Crust
Flour

\$6⁸⁸



4lt Old Dutch
Laundry Detergent

\$7⁹⁹



320-400g Cracker Barrel
Cheese Bars or Shreds

\$1⁷⁷



1lt Graves
Apple Juice

2/\$4⁸⁸



680ml Primo
Pasta Sauce

\$7⁸⁸



1.18lt
Crisco
Oil

\$4⁴⁴



600g Robby's
Wedgies

\$4⁴⁴



311-525g
Selected Post
Cereal

\$1⁹⁹



354ml Dairy Isle Regular or 2%
Evaporated Milk

\$7⁹⁹



1.2-1.4kg
Minute Rice

\$1⁸⁸



58g
Kraft Dinner
Cups

\$4⁹⁹



400g Purity
Lemon Creams Biscuits

2/\$6⁵⁰



425ml Sweet Baby Rays
BBQ Sauce

4/\$5



64g
Mr Noodles
Cup

\$9⁹⁹



3pk Royale Tiger
Towels 3=6

\$6⁸⁸



1.5lt Shaws
Ice Cream

Powell's Supermarket Community Corner

HEY JUNIOR SHOPPERS!

Have you spotted Pepper in our aisles lately?
Our favourite four-legged friend loves to explore the store and
play hide-and-seek with our Junior Shoppers!

We've got some fun new promos coming up
for our junior shoppers that we can't wait to share with you!

Follow us on Facebook or Instagram for updates!



\$6⁹⁹



44ct Black Diamond
Cheese Slices



Your Newfoundland Butcher



Fresh Country Ribbon Value Pack Bone-In **Chicken Breast**



1.75kg Atlantic's Best **Salt Pork Riblets**



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



Tray Pack Atlantic's Best **Homestyle Pudding**

\$8⁹⁹
PER LB.
\$19.82/KG.



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

\$3⁹⁹
PER LB.
\$8.80/KG.



Fresh Value Pack Bone-In **Rib & Sirloin Pork Loin Chops**



\$12⁹⁹

6pk Belmont **Beef Burgers**



375g Maple Leaf **Wieners**

\$3⁹⁹
PER LB.
\$8.80/KG.



Tray Pack Frozen **Turkey Necks**



\$2⁹⁹

454g Golden Maple **Extra Lean Ground Turkey**



Quality Vac Pack **Boneless Salt Beef**

\$10⁹⁹
PER LB.
\$24.23/KG.



204-288g Schneider's **Breakfast Sandwiches**

\$5⁹⁹



595g 44th Street Honey Garlic or Maplewood Smoked **Pork Back Ribs**

\$10⁹⁹

\$9⁹⁹



800g Watson Ridge **Buttermilk Chicken Breast Pieces**



Deli



300g Dawn **Sliced Ham**

\$4⁹⁹

\$4⁹⁹



150-175g Chris Brother's **Shaved Deli Meats**



\$1⁹⁹
PER 100G

Store Sliced Golden Maple or Harvest Creek **Chicken Breast**

\$7⁹⁹-\$11⁹⁹



Store Made Regular or Deluxe **Cold Plates**



From the Sea



200g Land & Sea **Cod Au Gratin**

\$4⁹⁹

\$9⁹⁹

700g High Liner Family Pack **Fish Sticks**



375g Frozen **Cod Nuggets**



250g High Liner **Tempura Battered Fish**

2/\$7

FRESH. FRIENDLY. LOCAL

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Fresh Produce

\$5⁹⁹
EACH



Product of US
Cantaloupe



2lb product of Canada
Yellow Onions

\$2²⁹



2lb Product of Morocco
Clementines

\$5⁴⁹

\$1⁶⁹
PER LB.
\$3.73/KG.



Product of Canada
Red Onions

\$5⁹⁹



3lb Product of Canada
Cortland Apples

\$3⁴⁹
EACH



Product of Canada
English Cucumber

\$1¹⁹
EACH



Product of Mexico
Limes

\$2²⁹



12oz Product of US
Baby Peeled Carrots

\$2⁴⁹
PER LB.
\$5.49/KG.



Product of US
Bartlett Pears

\$1³⁹
PER LB.
\$3.06/KG.



Product of Canada
Medium Turnip

\$3⁷⁹
PER LB.
\$8.36/KG.



Product of Spain
Plums

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Dairy

\$3⁴⁹



227g Lactantia Rich & Creamy
Cream Cheese Spread

\$7⁸⁸



850g Becel Regular or Olive Oil
Soft Margarine

\$3⁷⁷

425g International
Delights
Coffee Cream



\$4⁴⁴



454g Pillsbury RTB
**Cookie Chip & Chunk
Cookie Dough**

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Frozen

\$3⁴⁴



650g Cavendish
**Hash Brown
Sticks**

3/\$5



295ml Minute Maid or Fruitopia
Frozen Punch

\$10⁹⁹



695g Maple Leaf Prime
Chicken Wings

\$3⁴⁴



380g Pillsbury
Pizza Pops

\$5⁷⁷



280-338g Swanson
TV Dinners

\$2⁸⁸



128-284g Michelina
Frozen Entrees

\$4⁴⁴



550-800g Selected McCain
Fries or Specialty Potatoes

\$2⁸⁸



298g Furlani
Garlic Parmesan Breadsticks

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Bakery

\$2⁴⁹



6pk White or Whole Wheat
Clover Rolls

Baked In-Store



Chocolate Orange Dream
Cake

Baked In-Store

\$11⁹⁹



3 Bun Homestyle
White Bread

Baked In-Store

\$2⁹⁹



6pk Golden Crust
Chocolate Dipped Cream Puffs

\$7⁹⁹

\$13⁴⁹



21pk Golden Crust Variety Pack
Cookies

\$6²⁵



540g Golden Crust
Pie

\$8⁹⁹



560g Golden Crust
Angel Food Cake



STARTING AT
\$6⁹⁹ Powell's Artisan
Sourdough Bread

Baked In-Store

\$8⁹⁹



2pk
Cinnamon Bread

Baked In-Store

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More Great
Deals

\$2⁹⁹



120-187g Quaker
Granola Bars

\$12⁹⁹



10ct Starbucks K-Cup
House Blend

\$5⁹⁹



454g
Swift Premium
Cooked Ham

\$3⁴⁴



380ml VH
Soya Sauce



3/\$4

28g
French's
Marinade Mix



\$4⁴⁹

450g
Weight Watcher's
Bread



\$8⁹⁹

16x37g
Kellogg's
Nutri Grain Bars



\$1⁸⁸

454g Thompson
White Pea Beans



\$1⁸⁸

92-100g Brunswick
Fish Fillets or Kipper Snacks



\$2⁹⁹

99g Fresh Gourmet
Crispy Tortilla Strips



\$4⁷⁷

300-320g Peek Frean or Dad's
Oatmeal Cookies



\$11⁸⁸

1.19kg Swanson
Skillet Meals

\$4⁹⁹



375g
Bee Maid
Liquid Honey Bear



\$5⁸⁸

12x99g
Snack Pack Family Pack
Pudding



\$5⁴⁴

450g Nestle
Coffeemate Powder



\$14⁹⁹

907g M&M
Lasagna

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Refreshments & Snacks

\$3⁸⁸



200-255g Old Dutch XXL Potato Chips or Ridgies

\$4⁸⁸



517g Kool Aid Orange or Cherry Crystals

\$3⁷⁷



246g Orville Redenbacher Popcorn

4/\$5



502ml Fruit 2.0 Beverage

\$7⁹⁹



24x500ml Ice River Natural Spring Water

3/\$5



65g Charleston Chew Bar

\$1⁴⁴



500ml Sunny D

\$4⁴⁴



200g Old Dutch Veggie Crisps or Dutch Crunch Chips

\$3⁹⁹



177-235g Lays XXL Potato Chips or Baked Crisps

\$1⁸⁸



80-160g Candy Dude Candy Cup

3/\$4



1lt Pepsi & Flavours or Aquafina Water

2/\$9



210-235g Doritos XL

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Furry Friends

\$10⁴⁴



2kg Whiskas Dry Cat Food

\$13⁸⁸



7lb Iams Mini Chunks Adult Dry Dog Food

3/\$5



75g Iams Perfect Portions Cat Food

\$4⁹⁹



737g Pedigree Marrobone

\$18⁹⁹



22.7kg QualiCat Cat Litter

\$29⁹⁹



7kg Smartblend Lamb & Rice Dog Food

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House and Home

\$13⁸⁸



887-946ml Clorox All Purpose Cleaner or Disinfecting Bathroom Cleaner

\$3⁹⁹



1.36lt Ivory Snow Newborn Liquid Detergent

\$3⁹⁹



900ml Drano Liquid

\$3⁴⁴



35ct Lysol Citrus Scent Wipes

\$5⁹⁹



1.36l Fleecy Fabric Softener

\$4⁹⁹



8ct Septo Bac

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Personal Care

\$2⁹⁹



18ct Tampax Pearl Tampons

250ml Scope Mint Mouthwash



\$5⁸⁸



24ct Tylenol Arthritis Pain

\$4⁸⁸



2x106g Dove Bar Soap

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