


BAY ROBERTS 709.786.2101  
 CARBONEAR 709.596.6644

Fresh, Friendly and Local - Since 1948  
**Powell's**  
 Supermarket

VISIT US ON FACEBOOK  @PowellsNL

 View our flyer online at [www.powellsnl.ca](http://www.powellsnl.ca)

**\$11.99**  
 PER LB.  
 \$26.43/KG.



Cut From Canada AA or USDA Select Grades Beef Value Pack  
**Striploin Steaks**

**\$2.99**  
 PER LB.  
 \$6.59/KG.



Fresh Country Ribbon  
**Whole Bagged Chicken**

**\$2.99**  
 PER LB.  
 \$6.59/KG.



Fresh Bone-In Rib & Sirloin End  
**Pork Loin Chops**

**\$4.99**



375g JMS Regular  
 or Salt Reduced  
**Bacon**

**\$1.88**



126-153g Knorr  
**Sidekicks**

**\$6.99**



15lb Product of Canada  
**Russet Potatoes**

**\$5.99**



1.28kg Imperial  
**Soft Margarine**

**2/\$6.50**



570g Dempster's **Holsum**  
**Bread** or 6pk **English**  
**Muffins**

**\$3.99**



2lt Old Dutch  
**Laundry Detergent**

**3/\$5**



2lt  
**Coke & Flavours**

**\$2.88**



800g Cavendish  
**Straight or Crinkle Cut**  
**Fries**

**\$1.88**



500g Selected  
 Catelli  
**Pasta**

**10/\$5.99**



Size 88's Product of Egypt  
**Oranges**

**\$3.99**



450g Kraft  
**Cheez Whiz**

**3/\$5**



398ml Heinz  
**Beans or Pasta**

PRICES ARE IN EFFECT MAY 2-8, 2024

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
2	3	4	5	6	7	8

**\$3.44**

341ml VH Cooking Sauce

**\$4.44**

300-350g Purity Cream Crackers

**\$3.99**

7-10pk Carnation Hot Chocolate

**\$3.44**

340g Litehouse Dip

**3/\$5**

92-100g Brunswick Fish Fillet or Sardines

**\$8.88**

12ct Royale Double Roll Bathroom Tissue

**\$4.44**

3.78lt Windshield Wash

**\$7.99**

1.18lt Crisco Vegetable Oil

**2/\$4.88**

680ml Primo Pasta Sauce

**\$3.44**

1kg Robin Hood Flour

**2/\$4.88**

341ml Del Monte Corn

**2/\$4.44**

354ml Carnation 2% or Regular Evaporated Milk

**\$15.99**

30ct Folgers K-Cups

**2/\$4**

284ml Franco American Gravy

**\$3.99**

240-344g Quaker-RTS Oatmeal

**\$4.88**

350g Purity Tea Vee Cookies

**\$4.88**

453-500g Selected Christie Cookies

**\$5.88**

540ml E.D. Smith Pie Filling

**\$6.88**

500ml Smuckers Jam (excludes Raspberry)

**\$2.77**

410g Puritan Stews

**\$3.99**

4pk Dole Fruit Cups or Gels

**\$4.44**

326g Furlani Stuffed Mozza Breadsticks

**\$5.99**

320-400g Black Diamond Cheese Bars or Shreds

**\$4.88**

4x355ml Mexican Glass Bottle Coke

**\$6.88**

1.5lt Shaw's Ice Cream

Have you heard about our... **JR SHOPPER PASSPORT**

Each week in our flyer, Pepper will pop up by one of her favourite items & that's our new **STICKER OF THE WEEK**. Collect them **ALL** to earn a **PEPPER STUFFIE!**

**STICKER OF THE WEEK**

• Passports & stickers available at the checkout. Full promo details in store or on our Facebook page.

**CINCO DE MAYO**

**2/\$8.50**

205-300g Tostitos XL Tortilla Chips or 416-418ml Salsa

**\$3.29**

125-133g Old El Paso Taco Shells

**\$2.88**

250ml Scotsburn Sour Cream or Heluva Good Dip

**\$4.44**

250-465g Old El Paso Dinner Kits



Your Newfoundland Butcher

**\$4.88**



375-450g JMS  
**Smoked Sausage  
or Juicy Jumbos**

**\$4.99**  
PER LB.  
\$11.00/KG.



Fresh  
**Pork Back Ribs**

**\$3.88**  
PER LB.  
\$8.55/KG.



Fresh Bone-In Center Cut  
**Pork Loin Chops**

**\$5.99**  
PER LB.  
\$13.21/KG.



Made From Fresh or Frozen  
Portions Value Pack  
**Medium Ground Beef**

**\$4.99**



250g Sunrise  
**Deli Sticks**



**\$11.99**

Maple Leaf  
**Baby  
Bologna**

**\$5.99**



300g Maple Leaf Natural  
**Fully Cooked  
Sausage**

**\$21.99**



1.75kg Atlantic's Best  
**Choice Salt Beef**

**\$26.99**

5kg Frozen  
**Turkey  
Necks**



**\$6.99**  
PER LB.  
\$15.41/KG.



Quality Vac-Pack  
**Pork Fat Back**

**\$10.99**



595g 44th Street  
**Pork Back Ribs**

**\$10.99**

750g Gaspesien  
**Toupie Ham  
Quarters**



**\$6.99**



900g Larsen Regular or BBQ  
**Wieners**

**\$4.99**  
PER LB.  
\$11.00/KG.



Frozen Tray Pack  
**Chicken Hearts**

FRESH. FRIENDLY. LOCAL



Deli

**\$1.99**  
PER 100G



Store Sliced 4x6 Levesque  
**Cooked Ham**

**\$4.99**

150-175g Schneider's  
**Deli Meats**



**\$4.99**



300g Dawn  
**Sliced Ham**

**\$15**



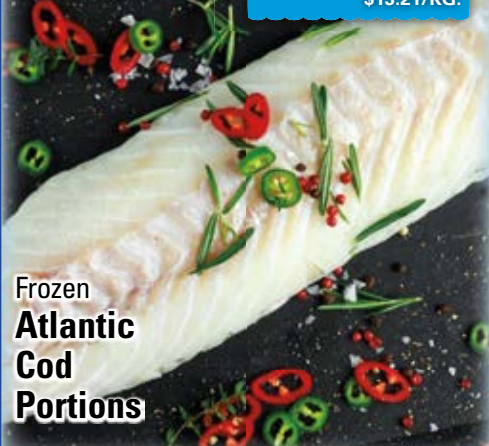
16pc Instore Hot or Chilled  
**Breaded Chicken  
Wings**

FRESH. FRIENDLY. LOCAL



From the Sea

**\$5.99**  
PER LB.  
\$13.21/KG.



Frozen  
**Atlantic  
Cod  
Portions**

**\$5.44**

4oz Quinlan's  
**Crab au  
Gratin**



**\$12.99**

454g Land & Sea  
**Cod  
Tongues**



**\$8.99**



700g High Liner  
**Fish Sticks**

FRESH. FRIENDLY. LOCAL



## Fresh Produce



**\$5<sup>77</sup>**  
BUNCH

Product of U.S.  
**Broccoli**



**\$1<sup>47</sup>**  
PER LB.  
\$3.24/KG.

Product of U.S.  
**Green Cabbage**



**\$5<sup>77</sup>**

3lb Product of Canada  
**Red Delicious Apples**



**\$5<sup>77</sup>**  
EACH

Product of Guatemala  
**Cantaloupe**



**\$3<sup>47</sup>**

280g Product of Mexico  
**Grape Tomatoes**



**\$2<sup>47</sup>**  
PER LB.  
\$5.45/KG.

Product of Argentina  
**Bartlett Pears**

**\$4<sup>77</sup>**  
PER LB.  
\$10.52/KG.



Product of Canada  
**Red Peppers**



**\$1<sup>67</sup>**  
BUNCH

Product of U.S.  
**Green Onions**



**97¢**  
EACH

Size 95's  
Product of Spain  
**Lemons**



**\$1<sup>47</sup>**  
EACH

Product of Greece  
**Kiwi Fruit**



**\$4<sup>97</sup>**

3lb Product of Canada  
**Carrots**

FRESH. FRIENDLY. LOCAL

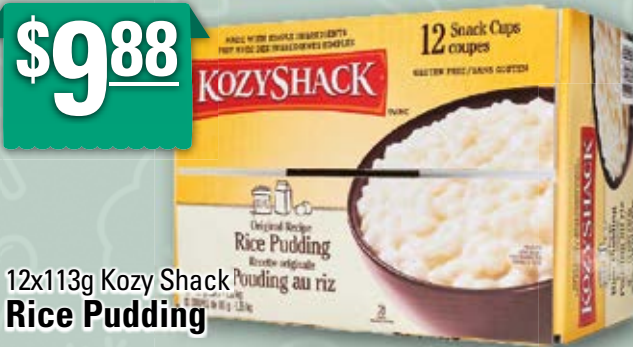


## Dairy



**\$2<sup>77</sup>**

125g Lactantia  
**Salted Butter**



**\$9<sup>88</sup>**

12x113g Kozy Shack  
**Rice Pudding**



**\$5<sup>88</sup>**

8x100g Activia  
**Yogurt**



**\$3<sup>88</sup>**

225g Cool Whip  
**Aerosol**

FRESH. FRIENDLY. LOCAL



## Frozen



**\$4<sup>88</sup>**

269-306g Healthy Choice  
**Gourmet Steamers**



**\$3<sup>44</sup>**

326g Pillsbury  
**Toaster Strudels**



**\$16<sup>88</sup>**

2kg McCain  
**Onion Rings**



**\$12<sup>99</sup>**

1.2kg McCain  
**Pizza Pockets**



**3/\$5**

190g Swift  
**Pot Pies**



**\$3<sup>44</sup>**

400-500g Green Giant  
Valley Selections  
**Frozen Vegetables**



**\$3<sup>99</sup>**

317g Giuseppe  
**Garlic Fingers**



**\$4<sup>88</sup>**

255g Tenderflake  
**Pie Shells or Tart Shells**

FRESH. FRIENDLY. LOCAL



### Bakery

**\$3<sup>49</sup>**

12pk Golden Crust  
**Dinner Rolls**

STARTING AT  
**\$6<sup>99</sup>** Powell's Artisan  
**Sourdough Bread**

**\$12<sup>99</sup>**

21pk Golden Crust  
**Variety Pack Cookies**

**\$2<sup>99</sup>**

3 Bun Homestyle  
**White Bread**

**\$4<sup>99</sup>**

12pk Golden Crust  
**Touton Balls**

**\$2<sup>99</sup>**

4pk  
**Iced Cinnamon Rolls**

**\$11<sup>99</sup>**

**Baked In-Store**

Chocolate Orange  
Dream  
**Cake**

**\$5<sup>39</sup>**

600g Golden Crust  
**Homestyle Banana Bread**

**\$6<sup>25</sup>**

540g Golden Crust  
**Assorted Pies**

FRESH. FRIENDLY. LOCAL



PRICES ARE IN EFFECT UNTIL MAY 22, 2024

### Smart Shopper

**\$5<sup>77</sup>**

240g Black Diamond  
**Natural Cheese Slices**

**\$4<sup>88</sup>**

450g Christie  
Premium Plus  
**Crackers**

**\$3<sup>49</sup>**

355ml Heinz  
**Worcestershire Sauce**

**\$3<sup>99</sup>**

336-800g Nabisco  
**Cream of Wheat**

**2/\$5**

540ml Aylmer  
**Stewed Tomatoes**

**\$5<sup>88</sup>**

6x355ml Origin  
**Organic Sparkling Water**

**\$1<sup>44</sup>**

64g Mr Noodle  
**Cup**

**\$2<sup>88</sup>**

475ml Murphy's  
**Oil Soap**

**\$5<sup>88</sup>**

72ct Tetley  
**Tea Bags**

**\$5<sup>88</sup>**

420g Hawkins  
**CheeZies**

**\$19<sup>88</sup>**

24x591ml Powerade  
**Variety Pack**

**\$5<sup>77</sup>**

454g Maple Leaf  
**Cooked Ham**

FRESH. FRIENDLY. LOCAL

### Personal Care

**\$5<sup>88</sup>**

400-500ml Live Clean  
**Liquid Hand Soap**

**2/\$2<sup>22</sup>**

1's Colgate Extra Clean  
**Toothbrushes**

**\$6<sup>88</sup>**

12ct Advil Extra Strength  
**Liqui-Gels**

**\$2<sup>88</sup>**

170ct Q-tips  
**Cotton Swabs**

FRESH. FRIENDLY. LOCAL



### Refreshments & Snacks

**\$3.99**

1.5lt Simply Refrigerated Juice



**2/\$4.44**

142g Vidal Filled Gummy Candy



**2/\$5**

234g Act II Popcorn



**2/\$6.88**

210g Hawkins Cheezies



**\$2.88**

6pk Hostess Snacks



**\$9.99**

476-572g Old Dutch Variety Pack Snacks



**2/\$8**

6x710ml Pepsi & Flavours



**2/\$6**

90g McSweeney's Pep & Ched



**2/\$4.44**

4lt True North Spring Water



**2/\$4.44**

105-141g Hershey Big Box Chocolate



**\$4.99**

170g Sensible Portions Flavor Burst Tortilla Chips



**3/\$10**

120-226g Betty Crocker Fruit Shapes, General Mills or Nature Valley Bars



### Furry Friends

**4/\$5**

156g Friskies Cat Food



**\$1.88**

100g Cesar Dog Food



**\$16.88**

22.7kg Quali-Cat Cat Litter



**\$4.77**

900g Milk Bone Medium Biscuits



**2/\$3**

100g Iams Perfect Portions Cat Food



**\$9.99**

2kg Pedigree Healthy Vitality Dog Food



### House and Home

**\$2.88**

591-828ml Palmolive Dish Liquid



**\$3.88**

235g Glade Aerosol Air Freshener



**\$4.88**

623g Scrubbing Bubbles Rainshower Bath Grime



**\$5.99**

500ml Drano Foamer Clog Remover



**\$1.99**

30m Glad Cling Wrap



**\$7.99**

20ct Tide Free & Gentle Pods



FRESH. FRIENDLY. LOCAL

FRESH. FRIENDLY. LOCAL

# SPRING CLEANING

**\$4.44**

800ml Lestoil Multi-Purpose Cleaner



**\$9.88**

6pk Sponge Ultra CAS Paper Towels



**\$5.99**

765ml Windex Cleaner



**\$11.99**

10ct Swiffer 180 Unscented Refill



**\$7.99**

3.57lt Clorox Bleach



**\$3.88**

710ml Scrubbing Bubbles Toilet Bowl Cleaner



**\$5.88**

567g Scrubbing Bubbles Shower Foamer



**\$3.99**

828ml Mr. Clean Cleaner

