

Ottawa Grocery Smarts "Grocery List"

We provide you with coupon/rebate match ups, save you time and maximize your savings

"WELCOME to Ottawa Grocery Smarts ""Grocery List"
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RCSS = Real Canadian Super Store
CT = Canadian Tire
GT = Giant Tiger
SDM = Shoppers Drug Mart
JC = Jean Coutu
QC = Quebec

HOT =
Lowest price we see; Stock up
YES = Great price
OK = regular sale price; the highest price we will pay

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Department	Item	#	Sale Price	Store	Stock-up	Coupons
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Ottawa Area Flyers

OMisc	Free PC Turkey WUS 225\$ (up to 30\$ value)			RCSS		With Flyer Coupon
1Fruits	Apples - Delicious		\$2.20kg	FreshCo	YES	
1Fruits	Apples - Empire		\$2.18kg	Farmboy	OK	
1Fruits	Apples - Granny Smith		\$2.18kg	Mike Dean's (Dec 3-16)	YES	
1Fruits	Bananas		\$1.10kg	The Box	YES	\$0.50 off \$1.00 CO51 (pm Walmart), \$0.50 Save.ca
1Fruits	Blackberries 170g		\$1.50	FreshCo	HOT	\$1.75/.50 from Driscoll's
1Fruits	Cantaloupe		\$1.88	Food Basics	YES	
1Fruits	Figs - Turkish String 200g		\$1.47	No Frills	YES	
1Fruits	Grapefruit 3lb bag		\$2.49	Giant Tiger	YES	Limit 4
1Fruits	Honeydew Melon		\$1.97	No Frills	OK	
1Fruits	Kiwi		\$0.20	Produce Depot	HOT	
1Fruits	Lemons - 2lb bag		\$2.88	Food Basics	YES	
1Fruits	Mini Watermelons		\$2.99	Mike Dean's (Dec 3-16)	OK	
1Fruits	Oranges - Navel 5lb bag		\$4.98	RCSS	OK	
1Fruits	Pineapple		\$1.88	Food Basics	YES	
1Fruits	Pomegranates		\$1.00	The Box	YES	
1Fruits	Raspberries 6oz 170g		\$1.47	No Frills	HOT	\$1.75/.50 from Driscoll's
1Fruits	Raspberries Pint		\$2.98	RCSS	YES	\$1.75/.50 from Driscoll's
2Veggies	Avocados Bag of 5		\$2.00	Metro	YES	
2Veggies	Cabbage - Flat		\$1.74kg	Produce Depot	OK	
2Veggies	Carrots - 2lb bag		\$0.88	Food Basics	YES	
2Veggies	Eggplant		\$2.18/kg	Farmboy	YES	
2Veggies	Green Onions		\$0.65	FreshCo	YES	
2Veggies	Kale		\$1.50	Produce Depot	YES	
2Veggies	Mushrooms - White 8oz		\$0.97	Walmart	YES	
2Veggies	Onions - 2lb bag		\$0.88	Food Basics	YES	
2Veggies	Peppers - Green		\$2.18kg	Mike Dean's (Dec 3-16)	YES	
2Veggies	Peppers - Rainbow 4pk		\$1.88	Food Basics	YES	
2Veggies	Potatoes - 10lb Russet, Red or Yellow		\$2.00	Loblaws	YES	
2Veggies	Potatoes - 10lbs white		\$2.00	FreshCo	OK	
2Veggies	Potatoes - Russet/White/Yukon/Red 5lb bag		\$1.99	Mike Dean's (Dec 3-16)	OK	
2Veggies	Spinach Bunch		\$1.67	Farmboy	YES	
2Veggies	Sweet Potatoes		\$1.70kg	No Frills	YES	
2Veggies	Tomatoes - Field		\$1.94kg	Food Basics	YES	
3Bread	Country Harvest Bread / Bagels		\$2.47	No Frills	OK	\$0.50 Save.ca

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3Bread	Wonder Bread		\$2.00	The Box	YES	\$0.50 Save.ca
4Meat	Bacon - Maple Leaf 375g		\$2.77	No Frills	YES	
4Meat	Bacon - PC Brand 375-500g		\$3.88	Loblaws	YES	
4Meat	Beef - Boneless Stewing Value Pack		\$8.80kg	Metro	OK	\$2 with purchase of any CH Skillet or Slow Cooker Sauce
4Meat	Beef - Sirloin Tip Roast		\$8.55kg	Food Basics	YES	\$2 with purchase of any CH Skillet or Slow Cooker Sauce
4Meat	Chicken - Halal and Prime Air Chilled		4.41kg	FreshCo	HOT	\$4/\$2 from Uncle Bens Promo OR \$2 with purchase of any CH Skillet or Slow Cooker Sauce
4Meat	Chicken - Leg Quarters		\$3.51kg	Produce Depot	YES	\$4/\$2 from Uncle Bens Promo OR \$2 with purchase of any CH Skillet or Slow Cooker Sauce
4Meat	Chicken - Whole PC Club Pack Air Chilled		\$6.58kg	RCSS	OK	\$4/\$2 from Uncle Bens Promo OR \$2 with purchase of any CH Skillet or Slow Cooker Sauce
4Meat	Chicken - Whole		\$3.24kg	No Frills	HOT	\$4/\$2 from Uncle Bens Promo OR \$2 with purchase of any CH Skillet or Slow Cooker Sauce
4Meat	Ground Beef - Extra Lean Value Pack		\$8.80kg	Metro	OK	\$2 with purchase of any CH Skillet or Slow Cooker Sauce
4Meat	Lake Bass - Fresh Wild Caught		\$4.39kg	Produce Depot	HOT	
4Meat	Lamb Shoulder Chops (value pack)		\$8.80kg	Metro	OK	\$2 with purchase of any CH Skillet or Slow Cooker Sauce
4Meat	Maple Leaf Wieners and Mina Halal Chicken Wieners		\$2.00	FreshCo	YES	
4Meat	Pork - Cottage Roll		\$6.55kg	No Frills	OK	
4Meat	Pork - Side Ribs		\$5.71kg	Produce Depot	YES	\$2 with purchase of any CH Skillet or Slow Cooker Sauce
4Meat	Salmon - Atlantic Whole 6-8lb		\$6.59kg	Produce Depot	YES	
4Meat	Shopsy's Wieners		\$2.00	FreshCo	HOT	
5Fridge	Arthurs Smoothies 900ml		\$2.88	Food Basics	YES	
5Fridge	Butter - No Name 454g		\$2.88	Loblaws	HOT	
5Fridge	Cheese - Babybel 6pk		\$2.97	No Frills	YES	
5Fridge	Cheese - Black Diamond Slices 24pk		\$2.88	Food Basics	OK	
5Fridge	Cheese - Kraft Brick 450g		\$3.98	Walmart	HOT	
5Fridge	Cheese - Laughing Cow 8pk		\$1.88	Food Basics	HOT	
5Fridge	Cheese - Selection Bars 450		\$3.88	Food Basics	HOT	
5Fridge	Cheese Bars - Compliments 400-450g		\$3.77	Sobey's	HOT	
5Fridge	Cheese Bars - Kraft 450g		\$3.77	Sobey's	HOT	
5Fridge	Cream Cheese - Lactantia 250g		\$1.50	Giant Tiger	HOT	Limit 3
5Fridge	Eggs		\$2.49	SDM	YES	\$0.50 Save.ca, \$1.00 off \$2.00 Coupgon (pm GT)
5Fridge	Eggs - Grade A Large (Burnbrae) Dozen		\$2.49	Rexall	YES	\$0.50 Save.ca, \$1.00 off \$2.00 Coupgon (pm GT)
5Fridge	Five Alive 1.75L		\$0.89	SDM	OK	
5Fridge	Juice - Minute Maid Orange Juice 1.75L		\$1.97	Walmart	YES	
5Fridge	Juice - Oasis Orange Juice 1.65L / Health Break 1.75L		\$1.88	Food Basics	YES	\$1 from Packaging
5Fridge	Juice - Tropicana 1.75L		\$2.97	Mike Dean's (Dec 3-16)	YES	

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5Fridge	Kraft Singles 24pk		\$2.98	RCSS	YES	\$1 Printable from Kraft or \$2 with purchase of 1 Kraft and 1 Burnbrae Farms products
5Fridge	Milk - Beatrice 1%/2%/Skim 4L		\$3.97	Rexall	YES	\$0.50 Save.ca
5Fridge	Milk - Neilson 2% 4L		\$3.95	The Box		\$0.50 Save.ca
5Fridge	Pillsbury Crescents/Wiener Wrap		\$1.25	RCSS	YES	\$.50 Coupon from Walmart Magazine
5Fridge	Schneider's Blue Ribbon Bologna/Cooked Ham 175g		\$1.50	Mike Dean's (Dec 3-16)	YES	
5Fridge	Sour Cream Beatrice 500ml		\$1.97	Mike Dean's (Dec 3-16)	YES	
5Fridge	Yogurt - Astro Original 12pk/ Activia 8pk		\$2.88	Food Basics	YES	
5Fridge	Yogurt - Astro Tub 650/750g		\$1.97	No Frills	YES	\$1
5Fridge	Yogurt - IOGO Nano and Zip		\$2.00	FreshCo	OK	\$1.00 Nano Coupgon (pm GT)
5Fridge	Yogurt - Minigo		\$2.00	FreshCo	OK	
5Fridge	Yogurt - Yoplait Tubs/Tubes		\$1.98	RCSS	YES	Various
6Frozen	Breaded Chicken - Flamingo (680-700g)		\$4.98	Giant Tiger	YES	Limit 3 - \$1 from Company
6Frozen	Cheemo Perogies		\$2.00	FreshCo	OK	
6Frozen	Dr. Oetker Pizza		\$2.99	Metro	YES	\$1 Tear Pad
6Frozen	Eggo Waffles/Pancakes		\$1.97	Mike Dean's (Dec 3-16)	YES	.50 Tear pad
6Frozen	Frozen Fruit - PC (400/600g)		\$3.98	RCSS	YES	300 PC Points at RCSS
6Frozen	Frozen Veggies - Giant Value 750g		\$1.23	Giant Tiger	HOT	
6Frozen	Frozen Veggies - Green Giant 300-500g		\$2.88	Food Basics	YES	
6Frozen	Ice Cream - Chapmans Premium 2L		\$3.97	Walmart	FREE	\$5/\$4 Mailout from Company
6Frozen	Janes Chicken Strips/Nuggets/Burgers		\$5.97	No Frills	YES	\$2 from Mag/ \$1 Tearpad
6Frozen	Juice - Minute Maid Frozen		\$0.50	No Frills	YES	
6Frozen	McCain Hashbrowns 900g		\$1.88	Food Basics	YES	
6Frozen	PC Large Raw/Cooked Shrimp 31-40 400g		\$7.98	RCSS	OK	
6Frozen	Selection Meat Pies 200g		\$1.00	Metro	YES	
6Frozen	Swanson Meat Pies 200g		\$1.00	Giant Tiger	YES	
6Frozen	Turkey - Frozen Utility		\$1.94kg	The Box	HOT	
7Household	Alcan Foil 100'		\$2.99	Metro	YES	
7Household	Dish Soap - Dawn 638ml		\$1.67	Giant Tiger	YES	Limit 4, \$0.50 P&G Insert
7Household	Glade Aerosols/Solids 170-227g		\$0.99	Metro	YES	Various
7Household	Laundry Detergent - Arm & Hammer 140 Loads		\$9.97	Walmart	YES	\$1 from Smartsources.ca
7Household	Laundry Detergent - Old Dutch 4L		\$3.00	Canadian Tire	HOT	
7Household	Laundry Detergent - Purex 2.03L		\$3.97	No Frills	YES	
7Household	TP - Royale / Velour 24=48 Rolls (.17 each)		\$7.98	Walmart	YES	Various
7Household	TP - Royale 24=48 Rolls (.12 each)		\$5.97	No Frills	HOT	Various
8Grocery	Baking Soda - Arm & Hammer 500g		\$0.50	Giant Tiger	FREE	1\$ Coupon - Past Cdn Living Magazine
8Grocery	Betty Crocker Potatoes/Hamburger Helper		\$1.88	Food Basics	YES	
8Grocery	Campbell's Broth 900ml		\$1.67	Loblaws	YES	

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8Grocery	Cereal - Frosted Flakes/Froot Loops		\$3.88	Walmart	YES	\$1.00 Coupgon (345g, pm GT)
8Grocery	Cereal - General Mills 260-500g		\$2.97	No Frills	YES	
8Grocery	Cereal - Kellogg's Family Size (515-755g)		\$3.98	RCSS	YES	\$1.00 Coupgon Mini-Wheats (pm GT), Various CO51, Free Fruit <=3.99 WUB2 Tearpad
8Grocery	Cereal - Post Family Size		\$2.88	Food Basics	YES	
8Grocery	Cereal - Quaker		\$2.00	FreshCo	YES	
8Grocery	Chips - Lays Family Size 255g		\$1.99	Loblaws	HOT	
8Grocery	Chips - Lays / Cheetos / Munchies		\$2.00	RCSS	YES	
8Grocery	Chips - Pringles 150-182g		\$1.67	Walmart	YES	
8Grocery	Chips - Ruffles / Doritos		\$2.00	FreshCo	OK	
8Grocery	Christie Cookies 280-300g		\$1.44	Giant Tiger	HOT	Limit 5
8Grocery	Christie Cookies 500g *select types		\$2.94	RCSS	YES	
8Grocery	Christie Crackers 100-454g		\$1.67	Loblaws	YES	
8Grocery	Classico Pasta Sauces (218-650 ml)		\$1.99	Metro	YES	\$1 from Websaver
8Grocery	Coca Cola 12pk		\$3.33	Giant Tiger	YES	Limit 3
8Grocery	Coffee - Folgers 642-920g		\$6.88	No Frills	YES	\$3.00 WUB2 CO51 OR \$1 from Walmart Magazine
8Grocery	Coffee- Kcups Donut Shop 12pk (.41 each)		\$4.97	No Frills	HOT	
8Grocery	Cookies - Christies 100-320g		\$1.88	Food Basics	YES	
8Grocery	Cookies - Peek Freans 256-300g		\$1.88	No Frills	YES	
8Grocery	Crackers - Breton Assort Sizes		\$1.98	Walmart	YES	\$1 from Cineplex Magazine
8Grocery	Crackers- Christies 100-320g		\$1.88	Food Basics	YES	
8Grocery	Del Monte Canned Vegetables 341-398ml		\$0.79	Giant Tiger	YES	Limit 6
8Grocery	Flour - No Name All Purpose 2kg		\$1.99	SDM	YES	
8Grocery	Flour- Robin Hood/Five Roses 10lb bag		\$7.97	No Frills	YES	
8Grocery	Granola Bars - Quaker Dipp's or Chewy 156-187g		\$1.50	Loblaws	HOT	
8Grocery	Granola Bars - Quaker Dips/Harvest Crunch		\$1.88	Food Basics	YES	
8Grocery	Hershey's Chipits 227g		\$2.27	Walmart	YES	
8Grocery	Honey - Billy Bee 1kg		\$8.88	Food Basics	YES	\$1.00 Websaver printable
8Grocery	Juice - Tomato Heinz		\$0.98	Walmart	YES	
8Grocery	Knorr Sidekicks 111-167g		\$0.99	Loblaws	OK	
8Grocery	Knorr Sidekicks 130-220g		\$1.00	Walmart	YES	
8Grocery	Kraft Cheese Whiz 450g		\$2.98	RCSS	YES	\$1 Printable from Kraft or \$2 with purchase of 1 Kraft and 1 Burnbrae Farms products
8Grocery	Kraft Salad Dressing (250g)		\$0.99	Giant Tiger	YES	Limit 6 - \$0.50 from Kraft
8Grocery	Kraft Salad Dressing 414/475ml		\$1.97	No Frills	YES	
8Grocery	Minute Rice Cups		\$1.88	Food Basics	YES	\$1 Printable
8Grocery	No Name Evaporated Milk 370ml		\$0.99	SDM	YES	
8Grocery	Nutella 375g		\$3.97	Walmart	YES	

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8Grocery	Nutrigrain bars		\$2.00	FreshCo	OK	
8Grocery	PC Granola Bars - Dipped/Chewy		\$1.50	The Box		
8Grocery	Pepperidge Farms Chips/Tortillas		\$1.98	RCSS	YES	Various
8Grocery	Planters Peanuts 300g		\$1.97	No Frills	YES	
8Grocery	POP tarts		\$2.00	FreshCo	OK	
8Grocery	Primo - Beans/ Chick Peas		\$0.88	Food Basics	YES	
8Grocery	Redpath - Icing Sugar, Brown Sugar		\$2.00	FreshCo	OK	
8Grocery	Soft Drinks - Coca Cola/Nestea/Fruitopia/Sprite/ Minute Maid 12pk		\$3.47	No Frills	OK	500 PC pts RCSS (Nestea/Fruitopia/Five Alive/Minute Maid)
8Grocery	Soft Drinks - Pepsi 2L		\$1.00	Giant Tiger	YES	
8Grocery	Soft Drinks (24 pack) - Coca Cola, Pepsi		\$6.47	RCSS	YES	Limit 2
8Grocery	Soup - Chunky		\$1.77	Mike Dean's (Dec 3-16)	YES	
8Grocery	Sugar - Redpath 2kg		\$1.88	Walmart	YES	
8Grocery	Tea - Celestial 20pk		\$2.44	Food Basics	YES	\$1 Mailout from Company
8Grocery	Trophy Peanuts 227g		\$1.00	Giant Tiger	HOT	Limit 6
8Grocery	Unico Tomatoes/Beans/Tuna(540-796ml/99g)		\$0.88	Metro	YES	
9Toiletries	Body Wash - Dial		\$2.97	Walmart	OK	
9Toiletries	Body Wash - Nivea 500ml		\$1.88	Food Basics	HOT	
9Toiletries	Body Wash - Olay/Ivory		\$2.97	No Frills	YES	\$1.00 CO51, \$2 WUB2 P&G Insert
9Toiletries	Mouthwash - Scope 1L		\$3.97	Walmart	OK	
9Toiletries	Pantene Hair Care		\$3.97	No Frills	YES	\$1.50 or \$3.50 WUB2 P&G Insert
9Toiletries	Playtex / O.B. Tampons 16-18s, Carefree Liners 36-60, Stayfree Pads 14-24s		\$2.99	Rexall	YES	\$2 Tear Pad
9Toiletries	Shave Gel - Gillette/ Satin Care		\$1.97	No Frills	YES	P&G
9Toiletries	Toothbrush - Oral B		\$0.97	No Frills	FREE	\$2 from P&G
9Toiletries	Toothpaste - Crest 100ml		\$0.97	No Frills	FREE	\$1 from P&G
9Toiletries	Tylenol Cold & Sinus /Day & Night 20pk		\$5.98	Walmart	YES	\$1 from Healthy Essentials
Fri Only	Receive \$20 Promo Card WUS \$100			Canadian Tire		
Fri-Sun Only	Spend \$80 and get 100 Bonus Air Miles			Rexall		

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Gatineau Area Flyers

2Veggies	Asparagus		\$6.59kg	IGA	OK	
2Veggies	Cabbage - Green, Red, Savoy		\$1.96kg	Metro QC	YES	
2Veggies	Carrots 5lbs		\$2.00	Metro QC	YES	
2Veggies	Celery		\$1.00	Maxi	HOT	
2Veggies	Iceberg Lettuce		\$1.00	Maxi	YES	
2Veggies	Mushrooms - PC brand White 227g		\$1.00	Maxi	HOT	
2Veggies	Mushrooms - White or Cafe 227g		\$2.00	Metro QC	OK	
2Veggies	Onions - Yellow 5lbs		\$2.00	Metro QC	YES	
2Veggies	Potato - Russet 10lbs		\$0.99	Metro QC	HOT	
2Veggies	Rutabagas		\$1.96kg	Metro QC	YES	
2Veggies	Sweet Potatoes		\$1.70kg	Super C	YES	
2Veggies	Tomatoes - Grape 227g		\$1.26	Super C	YES	
2Veggies	Tomatoes - Selection 540-796ml		\$0.99	Metro QC	YES	
3Bread	Bagels - Old Mill		\$1.00	Maxi	YES	
3Bread	English Muffins - Old Mill		\$1.00	Maxi	YES	
4Meat	Chicken - Boneless Skinless Breasts Value Pack		\$8.31kg	Super C	OK	\$4/\$2 from Uncle Bens Promo OR \$2 with purchase of any CH Skillet or Slow Cooker Sauce
4Meat	Chicken - Drumsticks		\$6.11kg	Super C	OK	\$4/\$2 from Uncle Bens Promo OR \$2 with purchase of any CH Skillet or Slow Cooker Sauce
4Meat	Chicken Legs Back Attached Family Pack		\$4.41/kg	Maxi	YES	\$4/\$2 from Uncle Bens Promo OR \$2 with purchase of any CH Skillet or Slow Cooker Sauce
4Meat	Pork - Extra lean ground		\$4.39kg	IGA	YES	\$2 with purchase of any CH Skillet or Slow Cooker Sauce
4Meat	Pork - Hocks		\$3.95kg	Metro QC	YES	
4Meat	Salmon - Atlantic Fillets		\$15.41kg	Metro QC	OK	
4Meat	The Deli Shop Smoked Ham		\$6.11kg	Super C	OK	
4Meat	Tuna - Albacore		\$15.41kg	IGA	OK	
4Meat	Veal - Lean Ground		\$8.80kg	IGA	OK	\$2 with purchase of any CH Skillet or Slow Cooker Sauce
5Fridge	Butter - Selection 454g		\$2.99	Metro QC	YES	
5Fridge	Cheese - Saputo Mozzarellissima 500g		\$4.77	Super C	YES	
5Fridge	Margarine - Becel or Imperial		2/\$4.98	IGA	OK	or 2.99 each
5Fridge	Sour Cream - Sealtest 500ml		\$1.77	Super C	YES	
5Fridge	Wieners - Hygrade Cocktail 225g		\$1.67	Metro QC	YES	
5Fridge	Yogurt - Iogo 0%, Probiotic 650g		\$1.99	Metro QC	YES	\$1.00 Coupgon (pm GT)
5Fridge	Yogurt - Source 0% 650g		\$1.99	Metro QC	YES	
5Fridge	Yogurt - Yoplait Minigo/Tubes		\$1.77	Super C	YES	
6Frozen	Fish - High Liner 250-300g		\$2.00	Maxi	YES	\$1.00 off \$2.00 Coupgon (pm GT)
7Household	Air Freshener - Glade 227g or ultra		\$1.50	Familiprix	YES	

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7Household	Bleach - Old Dutch 1.89L		\$0.88	Jean Coutu	YES	
7Household	Cleaner - Mr. Clean 650-800ml		\$2.79	Uniprix	YES	\$0.50 P&G printable
7Household	Cleaner - Vim 250ml		\$0.99	Familiprix	FREE	\$2 WUB2 Tear Pad, \$1 Redplum Insert
7Household	Laundry detergent - Artic Power 1.47L		\$2.79	Familiprix	YES	Limit 3
7Household	Laundry detergent - Old Dutch 2L		3/\$4.99	Jean Coutu	YES	Limit 6 Unit
7Household	Stain - Resolve SprayNwash 650-945ml		\$2.00	Maxi	HOT	
7Household	TP - Cashmere 15 = 30 Rolls (.16 each)		\$4.77	Super C	YES	\$1 Printable
8Grocery	Breton Crackers		\$1.77	Super C	YES	\$1 from Cineplex Magazine
8Grocery	Chips - Kettle 200-220g		\$2.00	Maxi	YES	
8Grocery	Chocolate - Ferrero Rocher 375g		\$9.99	Jean Coutu	OK	
8Grocery	Chocolate - Lindt 100g		\$2.50	Familiprix	OK	
8Grocery	Chocolate - Russe! Stover 284-340g		\$5.99	Jean Coutu	OK	
8Grocery	Chocolate - Toblerone 100g		\$2.49	Familiprix	OK	
8Grocery	Chocolate Bars - Nestle, Mars, Hershey's, Cadbury (40-60g)		\$0.77	Super C	OK	
8Grocery	Dare Breaktime Cookies		\$0.77	Super C	HOT	
8Grocery	Heinz Tomato Juice 540ml		\$0.63	Super C	YES	
8Grocery	Juice - Ocean Spray Juices and Blends 1.38L		\$2.00	Maxi	YES	
8Grocery	K-Cups - Van Houte or Timothy's 30's		\$16.99	Jean Coutu	OK	
8Grocery	Lard - Tenderflake 454g		\$1.99	IGA	YES	\$1 from Websaver
8Grocery	Oats - Robin Hood 1kg		\$2.00	Maxi	YES	
8Grocery	Pasta - Catelli 325-600g		\$0.99	Metro QC	YES	\$1.50 WUB3 Catelli Smart CO51
8Grocery	Pasta Barilla		\$0.99	IGA	YES	\$0.50
8Grocery	Pepsi or Coca Cola 2L		\$0.99	IGA	YES	
8Grocery	Red Path Golden Yellow Sugar 1kg		2/\$2.98	IGA	YES	or 2.49 each
8Grocery	Red Path Icing Sugar 1kg		2/\$2.98	IGA	YES	or 2.49 each
8Grocery	Red Path White Sugar 2kg		2/\$2.98	IGA	YES	or 2.49 each
8Grocery	Sauces - VH 341-355ml		\$2.00	Maxi	YES	
8Grocery	Soda - Selected Varieties 2L		\$1.00	Maxi	YES	
8Grocery	Tuna - Store Brand (Selection Brand) 170g		\$0.77	Super C	HOT	
8Grocery	Turtles 300g		\$7.99	Proxim	OK	
8Grocery	Uncle Bens Bistro Express		\$1.77	Super C	YES	1\$ Coupons
9Toiletries	Colgate Toothbrush		\$0.79	Proxim	FREE	1.00 mailout from companies and dentists
9Toiletries	Colgate toothpaste		\$0.79	Proxim	FREE	1.00 mailout from companies and dentists
9Toiletries	Cotton Swab - Q Tip (170)		\$2.00	Uniprix	YES	
9Toiletries	Deodorant - Old Spice		\$1.67	Proxim	HOT	\$0.75 CO51, \$2.50 WUB2 P&G Insert
9Toiletries	Deodorant - Secret		\$1.67	Proxim	HOT	\$0.75 CO51, \$1.00 P&G Insert
9Toiletries	Deodorant - Secret 45-48g		\$2.00	Familiprix	YES	\$0.75 CO51, \$1.00 P&G Insert

Ottawa Grocery Smarts "Grocery List"

We provide you with coupon/rebate match ups, save you time and maximize your savings

"WELCOME to Ottawa Grocery Smarts ""Grocery List"
 This list is not considered ""PROOF"" of a price match, you must show the prices in a current flyer/app to your cashier**
 We are not responsible for any data entry errors in pricing or sizing of products.

RCSS = Real Canadian Super Store
 CT = Canadian Tire
 GT = Giant Tiger
 SDM = Shoppers Drug Mart
 JC = Jean Coutu
 QC = Quebec

HOT =
 Lowest price we see; Stock up
 YES = Great price
 OK = regular sale price; the highest price we will pay

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Department	Item	#	Sale Price	Store	Stock-up	Coupons
9Toiletries	Hair Mask - Fructis 150ml		\$2.99	Jean Coutu	YES	\$1 Tear Pad
9Toiletries	Listerine Products (see flyer for details)		\$3.50	Familiprix	YES	
9Toiletries	Pads - Incognito regular sizes		\$2.50	Uniprix	YES	
9Toiletries	Scotties Tissues 9pk		\$4.77	Super C	YES	
9Toiletries	Shampoo/Conditioner - Fructis 384ml		\$2.99	Jean Coutu	YES	\$1 Tear Pad
9Toiletries	Tampons - Incognito 15		\$2.50	Uniprix	YES	
9Toiletries	Toothpaste - Colgate 100ml		\$0.99	Jean Coutu	YES	
9Toiletries	Wipes - Incognito 20		\$2.50	Uniprix	YES	