

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

0Misc	15% off iTunes \$50/100 (with coupon)			RCSS		
0Misc	Baby Wipes - Pampers 56-72pk		\$2.00	No Frills	YES	\$2.00 wub diapers + wipes P&G
0Misc	Free Jumbo Poinsettia WUS \$225			RCSS		
1Fruit	Pears - Bosc		\$2.20kg	FreshCo	OK	
1Fruit	Pomegranates		\$1.00	FreshCo	YES	
1Fruits	Apples - Ambrosia/Red Del.		\$2.20kg	No Frills	YES	\$0.50 off \$1.00 or more CO51 (pm walmart)
1Fruits	Apples - Cortland, Empire or McIntosh		\$1.74kg	Produce Depot	YES	\$0.50 off \$1.00 or more CO51 (pm walmart)
1Fruits	Bananas		\$1.10kg	The Box	YES	\$0.50 Save.ca
1Fruits	Blackberries 170g		\$1.67	Food Basics	YES	\$.50/\$.75/\$1 from Dricolls
1Fruits	Cantaloupe		\$2.00	No Frills	OK	
1Fruits	Clementines - 5lb box		\$3.97	No Frills	HOT	\$0.50 off \$1.00 or more CO51 (pm walmart)
1Fruits	Grapefruit - Red		\$0.50	Produce Depot	YES	
1Fruits	Raspberries 170g		\$1.67	Food Basics	YES	\$.50/\$.75/\$1 from Dricolls
1Fruits	Watermelon- Mini Seedless		\$2.50	Metro	OK	
2Veggies	Asparagus		\$6.59/kg	Sobeys	OK	\$0.25 Zweet "any vegetables"
2Veggies	Avocados		\$0.69	Produce Depot	YES	\$0.25 Zweet "any vegetables"
2Veggies	Avocados 5/6 per bag		\$1.67	Food Basics	HOT	\$0.25 Zweet "any vegetables"
2Veggies	Baby carrots 340g		\$1.00	FreshCo	OK	\$0.50 off \$0.97 or more CO51 (pm walmart), \$0.25 Zweet "any vegetables"
2Veggies	Broccoli Crowns		\$2.20kg	FreshCo	YES	\$0.50 off \$0.99 or more CO51 (pm walmart), \$0.25 Zweet "any vegetables"
2Veggies	Cabbage - Green		\$1.30kg	Metro	YES	\$0.25 Zweet "any vegetables"
2Veggies	Carrots 3lb bag		\$1.00	No Frills	YES	\$0.50 off \$0.97 or more CO51 (pm walmart), \$0.25 Zweet "any vegetables"
2Veggies	Compliments bagged salad		\$1.00	FreshCo	YES	
2Veggies	Cucumber - English		\$0.69	Mike Dean's (Nov 19- Dec 2)	YES	\$0.25 Zweet "any vegetables", \$0.75 off \$2.00 or more Coupgon
2Veggies	Dole Classic Coleslaw/Iceberg Salad		\$1.00	No Frills	YES	
2Veggies	Eggplant		\$2.16kg	Food Basics	YES	\$0.25 Zweet "any vegetables"
2Veggies	Lettuce - Iceberg		\$1.00	No Frills	OK	\$0.25 Zweet "any vegetables"
2Veggies	Onions - Yellow 3lb bag		\$1.00	No Frills	YES	\$0.25 Zweet "any vegetables", \$0.50 off \$2.00 or more Coupgon (GT)
2Veggies	Potatoes - 10lbs russett, red or yellow		\$2.00	Independent	YES	
2Veggies	Potatoes -White 10lb bag		\$1.99	Produce Depot	YES	
2Veggies	Squash - Pepper		\$1.30kg	Produce Depot	YES	\$0.25 Zweet "any vegetables"
2Veggies	Sweet Potatoes		\$2.16kg	Food Basics	YES	
2Veggies	Tomatoes - Hot house		\$2.20kg	FreshCo	OK	\$0.50 off \$1.00 or more CO51 (pm walmart), \$0.25 Zweet "any vegetables"
2Veggies	Tomatoes - Hot House		\$2.18kg	Mike Dean's (Nov 19- Dec 2)	HOT	\$0.50 off \$1.00 or more CO51 (pm walmart), \$0.25 Zweet "any vegetables"

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3Bread	D'Italiano Bread/Buns		\$2.00	Giant Tiger	YES	Limit 5, \$0.50 Save.ca
3Bread	Dempsters Soft Slice Bread		\$1.99	Food Basics	YES	\$1 Printable for Dempsters White Bread
3Bread	Old Mill Bagels 6pk		\$1.00	No Frills	HOT	
3Bread	Old Mill Bread 675g		\$1.75	The Box	YES	
3Bread	Wonderbread/Rolls/Buns		\$2.00	No Frills	YES	\$0.50 Save.ca
4Meat	Bacon - Maple Leaf 375g		\$3.99	SDM	OK	
4Meat	Beef - Lean Ground Club Size		\$6.57kg	RCSS	YES	\$2 with purchase of any CHSkillet or Slow Cooker Sauce
4Meat	Buddig Sliced Meats 55g		\$0.67	No Frills	HOT	\$1 WUB5 from Smartsource.ca
4Meat	Chicken - Boneless Skinless family pack		\$8.80kg	Independent	OK	\$4/\$2 Uncle Ben's Coupon, \$2 with purchase of any CHSkillet or Slow Cooker Sauce
4Meat	Chicken - Drumsticks or thighs		\$4.41kg	FreshCo	YES	\$4/\$2 Uncle Ben's Coupon, \$2 with purchase of any CHSkillet or Slow Cooker Sauce
4Meat	Chicken - Fresh Wings Club Pack		\$8.49kg	RCSS	OK	\$4/\$2 Uncle Ben's Coupon, \$2 with purchase of any CHSkillet or Slow Cooker Sauce
4Meat	Chicken - Legs Back Attached		\$4.37kg	Mike Dean's (Nov 19- Dec 2)	YES	\$4/\$2 Uncle Ben's Coupon, \$2 with purchase of any CH Skillet or Slow Cooker Sauce
4Meat	Chicken Breasts - Boneless Skinless		\$8.80/kg	Farm Boy	YES	\$4/\$2 Uncle Ben's Coupon, \$2 with purchase of any CH Skillet or Slow Cooker Sauce
4Meat	Chicken Breasts -Skinless		\$6.59/kg	Sobeys	YES	\$4/\$2 Uncle Ben's Coupon, \$2 with purchase of any CHSkillet or Slow Cooker Sauce
4Meat	Chicken Wings - Schneiders 790-840g		\$4.77	Walmart	YES	
4Meat	Duck - Frozen Grade A		\$6.59kg	Foodland	OK	
4Meat	Ground Beef - Extra Lean		\$8.80/kg	Loblaws	OK	\$2 with purchase of any CH Skillet or Slow Cooker Sauce
4Meat	Johnsonville Sausages		\$2.00	No Frills	YES	\$1 Mailout from Company
4Meat	Maple Lodge Weiners/ Halal		\$1.00	No Frills	HOT	
4Meat	Mussels - 2lb bag		\$3.99	Produce Depot	YES	
4Meat	Peameal Bacon		\$6.61kg	No Frills	YES	
4Meat	Pork - Combo Chops		\$4.37kg	Mike Dean's (Nov 19- Dec 2)	YES	\$2 with purchase of any CH Skillet or Slow Cooker Sauce
4Meat	Pork - Side Ribs		\$4.41kg	No Frills	HOT	\$2 with purchase of any CH Skillet or Slow Cooker Sauce
4Meat	Pork - Tenderloin Value Pack		\$7.69kg	Foodland	OK	\$2 with purchase of any CHSkillet or Slow Cooker Sauce
4Meat	Pork Back Ribs - cryovac		\$6.59/kg	Sobeys	YES	
4Meat	Salmon - Fresh Atlantic Fillets 4oz		\$1.98	RCSS	OK	
4Meat	Turkey- Butterball		\$3.28kg	Food Basics	YES	\$3 from Hamburger Helper Packaging
5Fridge	Cheese - Laughing Cow (bonus pk) 400g		\$5.97	RCSS	YES	\$2 from packaging
5Fridge	Cheese - PC Shredded 340g		\$4.00	The Box	YES	
5Fridge	Cheese Bars - Kraft (400-450g)		\$4.49	Foodland	OK	\$2 with purchase of 1 Kraft and 1 Burnbrae Farms products
5Fridge	Cheese Bars / Shreds - Black Diamond (336-450g)		\$4.44	Metro	OK	\$1 Printable, \$1/\$.75 Black Diamond Packaging
5Fridge	Cheez Whiz 450g		\$2.97	Food Basics	YES	\$1 Printable from Kraft or \$2 with purchase of 1 Kraft and 1 Burnbrae Farms products, \$1 Printable Websaver.ca
5Fridge	Chocolate Milk - Beatrice 750ml		\$1.00	Mike Dean's (Nov 19- Dec 2)	YES	\$0.50 Save.ca
5Fridge	Chocolate Milk - Neilson 3L		\$3.97	Loblaws	YES	\$0.50 Save.ca
5Fridge	Eggs - Dozen		\$2.49	SDM	YES	

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5Fridge	Heluva Good Dip 250g		\$2.49	SDM	YES	
5Fridge	International Delight 473ml		\$1.99	Food Basics	YES	\$1 Printable
5Fridge	Juice - Simply Orange Juice 1.75L		\$2.97	Walmart	YES	
5Fridge	Kraft Singles 24pk		\$2.97	Food Basics	YES	\$1 Printable from Kraft or \$2 with purchase of 1 Kraft and 1 Burnbrae Farms products, \$1 Printable Websaver.ca
5Fridge	Lunchmate Schneiders Grab N Go		\$0.99	Food Basics	YES	
5Fridge	Margarine - Becel 227g		\$1.00	No Frills	YES	
5Fridge	Margarine - I Cant Believe its Not Butter 454g		\$1.00	Walmart	YES	
5Fridge	Milk - Beatrice 1%/2%/Skim 4L		\$3.97	Mike Dean's (Nov 19- Dec 2)	YES	\$0.50 Printable from Save.ca
5Fridge	Milk - Neilson Chocolate Milk 750ml		\$1.00	Walmart	YES	\$0.50 Save.ca
5Fridge	Milk- Beatrice Chocolate 1L		\$0.97	Food Basics	YES	\$0.50 Save.ca
5Fridge	Milk- Neilson 2% 4L		\$3.95	The Box	HOT	
5Fridge	Minute Maid Orange Juice 1.75L		\$2.00	FreshCo	OK	500 PC Points @ RCSS on 1.75L Minute Maid *select
5Fridge	Nordica Cottage Cheese 500g		\$2.00	No Frills	YES	\$1 Tearpad for Smooth
5Fridge	Philadelphia Cream Cheese 340g		\$2.97	Food Basics	YES	\$1 Printable Websaver.ca
5Fridge	Philadelphia Dips 227g		\$2.00	No Frills	YES	
5Fridge	Pillers Meat Snacks 300-500g		\$6.99	Sobeys	YES	\$0.75 Printable
5Fridge	Selection Butter 454g		\$2.88	Metro	HOT	
5Fridge	Sour Cream - Beatrice 500ml		\$1.00	No Frills	YES	
5Fridge	Yogurt - logo Nomad 200ml		\$0.50	Food Basics	YES	
5Fridge	Yogurt - IOGO zip and nano		\$2.00	FreshCo	OK	\$1.00 Coupgon (GT) - Nano Pouch 4x90g
5Fridge	Yogurt - minigos and tubes		\$2.00	FreshCo	OK	
5Fridge	Yogurt - Yoplait 650g or 8x60g		\$2.00	Giant Tiger	OK	
5Fridge	Ziggys Side Salads 454g		\$1.00	No Frills	YES	
5Fridge	Ziggys Stuff Pasta 350g		\$2.00	No Frills	YES	
6Frozen	Cheemo Perogies		\$2.00	No Frills	YES	
6Frozen	Delissio Party Size Pizza 2pk		\$5.97	Giant Tiger	OK	Limit 3
6Frozen	Frozen Juice- Minute Maid		\$0.49	Food Basics	HOT	
6Frozen	Healthy Choice Frozen Entrees		\$2.97	Walmart	YES	BOGO Printable
6Frozen	Icecream - ben and jerrys		\$4.99	Independent	OK	
6Frozen	Icecream - haggendaas		\$4.99	Independent	OK	
6Frozen	Icecream - Klondike bars 4pack		\$2.99	Independent	YES	
6Frozen	Icecream - Nestle 400ml/Breyers 500ml		\$1.00	No Frills	YES	
6Frozen	Icecream - nestle sundae		\$2.00	FreshCo	YES	
6Frozen	Maple Leaf Frozen Pies		\$1.00	No Frills	YES	
6Frozen	Michelinas Frozen Entrees		\$0.97	Walmart	YES	\$.55 Mailout from Company
6Frozen	Pillsbury Toaster Strudels 663g 12pk		\$3.50	The Box	YES	\$0.50 from Walmart Magazine
6Frozen	Tenderflake pastry and puff		\$2.99	Independent	OK	\$1 Printable from Websaver
6Frozen	Toaster strudels and pizza pops		\$2.00	FreshCo	OK	
7Household	Advil Liquid Gels 32pk		\$4.97	Walmart	YES	\$3 Printable from Advil.ca
7Household	Alcan Foil 25		\$1.00	No Frills	YES	

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7Household	Childrens Advil 120ml		\$4.97	Walmart	YES	\$3 Printable from Advil.ca
7Household	Fabric Softener- Fleecy 1.47L		\$3.00	No Frills	YES	
7Household	Glad Cling Wrap 35		\$1.00	No Frills	OK	\$.50 from Walmart Magazine
7Household	PT - Sponge Towel Econo 2pk		\$1.00	No Frills	YES	
7Household	Softsoap Hand Soap 340ml		\$1.00	No Frills	YES	
7HouseHold	Toilet Paper - Cashmere 12 single rolls (.16)		\$2.00	FreshCo	OK	Various
7Household	TP - Cashmere 15=30 Rolls (.15 each)		\$4.44	Food Basics	YES	\$1 Printable
7Household	TP - Royale 24=48 Rolls (.17 each)		\$7.98	Walmart	YES	Various
7Household	Ziploc Holiday Freezer Bags (Assorted Sizes)		\$2.97	Walmart	OK	\$2 WUB2 Ziploc Printable Websaver.ca
7Household	Ziploc Sandwich Bags 75pk		\$2.00	No Frills	OK	\$2 WUB2 Ziploc Products
8Grocery	Apple Pie - Homestyle 8"		\$3.00	RCSS	OK	
8Grocery	BBQ Sauce - Diana		\$2.00	No Frills	YES	
8Grocery	Carnation Evaporated Milk		\$1.00	Giant Tiger	HOT	
8Grocery	Carnation Hot Chocolate 225-500g		\$3.99	Food Basics	YES	
8Grocery	Catelli Pasta		\$1.00	RCSS	YES	
8Grocery	Cereal - Family Size Kelloggs		\$4.99	FreshCo	OK	\$1.00 Coupgon (GT), \$0.75 (Mini-Wheats) CO51, \$1.00 (All-Bran) CO51
8Grocery	Cereal - Honey Nut Cheerios/ Lucky Charms		\$2.97	Walmart	YES	
8Grocery	Cereal- Kelloggs 310-553g		\$3.00	No Frills	YES	Various, \$1.00 Coupgon (GT), \$0.75 (Mini-Wheats), \$1.00 (All-Bran) CO51
8Grocery	Chips - Humpty Dumpty Chips/Snacks		\$2.00	No Frills	YES	
8Grocery	Chips - Lays 180g		\$1.67	Walmart	HOT	
8Grocery	Christie Crackers (100-454g)		\$1.44	Giant Tiger	HOT	Limit 5
8Grocery	Clover leaf light tuna up to 170g		\$0.99	Independent	YES	
8Grocery	Coffee- Maxwell House Instant 150/200g		\$3.00	No Frills	YES	
8Grocery	Cookies - Leclerc Celebration		\$2.00	No Frills	YES	
8Grocery	Crackers - Breton 100-225g		\$1.98	Walmart	YES	\$1 from Cineplex Magazine
8Grocery	Crackers - Ritz 100-454g		\$1.00	No Frills	HOT	
8Grocery	Crunch n Munch		\$0.99	Food Basics	YES	
8Grocery	Dainty Rice		\$0.94	Food Basics	YES	
8Grocery	Ferrero Rocher Chocolates		\$4.50	Independent	HOT	Limit of 5
8Grocery	Ferrero Rocher Chocolates 125-200g		\$4.50	Loblaws	YES	
8Grocery	Flour - No Name 2kg		\$1.99	SDM	YES	
8Grocery	Gatorade/Powerade 946/950ml		\$0.98	RCSS	YES	
8Grocery	Gold Seal Light Tuna 170g		\$0.99	Food Basics	YES	
8Grocery	Goldfish Crackers		\$1.99	RCSS	YES	
8Grocery	Granola Bars - Nature Valley 130-260g		\$1.97	Mike Dean's (Nov 19- Dec 2)	YES	
8Grocery	Humpty Dumpty Snacks, Bugles, Party Mix		\$1.98	RCSS	OK	
8Grocery	Icing/Brown Sugar - Redpath 500-1kg		\$1.67	Metro	YES	
8Grocery	Juice - Allens Apple Juice 1.05L		\$0.99	Food Basics	YES	
8Grocery	Juice - Fruite 2L		\$0.97	Food Basics	YES	

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8Grocery	Juice - Motts Garden Cocktail 945ml		\$0.99	Food Basics	YES	
8Grocery	Knorr Sidekicks		\$0.99	Metro	OK	
8Grocery	Motts Fruitsations		\$1.88	Walmart	YES	
8Grocery	Munchies and sunchips		\$2.00	FreshCo	YES	
8Grocery	Nescafe Instant Coffee (100-200g)		\$3.97	Giant Tiger	OK	Limit 4
8Grocery	Nutella Spread 375g		\$2.99	Metro	OK	
8Grocery	Nutella Spread 725g		\$5.48	RCSS	OK	
8Grocery	Nutrigrain bars		\$2.00	FreshCo	OK	
8Grocery	Old El Paso Salsa 650ml		\$2.99	Sobeys	OK	
8Grocery	Old El Paso Seasoning 35-45g		\$0.99	Metro	OK	
8Grocery	Old El Paso Taco Kits		\$2.97	Walmart	YES	
8Grocery	Old El Paso Taco/Tortilla Shells		\$2.00	No Frills	YES	
8Grocery	Pasta - Barilla 454g		\$0.99	Food Basics	YES	\$.50 Printable from Save.ca
8Grocery	Pasta - Unico 900g		\$1.00	No Frills	YES	
8Grocery	Pasta Sauce - Classico		\$2.00	No Frills	YES	\$1 Printable from Websaver
8Grocery	Peanut Butter - Kraft 750-1kg		\$2.99	Metro	HOT	\$1 Printable from Websaver
8Grocery	Peanuts - Planters 454g		\$2.99	Metro	YES	
8Grocery	Pop tarts		\$2.00	FreshCo	OK	
8Grocery	Potato Chips - Irresistibles Kettle 150g		\$0.99	Metro	YES	
8Grocery	Primo Vegetables/Tomatoes 540-796ml		\$0.97	Giant Tiger	YES	
8Grocery	Purina Tidy Cat Litter		\$5.99	Metro	YES	\$4 SmartSource Printable or \$3 Tear Pad
8Grocery	Quaker Granola Bars		\$1.94	RCSS	OK	
8Grocery	Quaker Muffin Mix		\$2.00	No Frills	YES	
8Grocery	Ritz Handi Snacks		\$0.99	Food Basics	YES	
8Grocery	Shortening/Lard - Tenderflake/Crisco 454g		\$1.99	Giant Tiger	YES	
8Grocery	Snack Pack Pudding 4pk		\$0.99	Giant Tiger	OK	
8Grocery	Soft Drinks - Coca Cola, Pepsi 2L		\$0.98	RCSS	YES	
8Grocery	Soft Drinks - Coca Cola/Pepsi 6x710ml		\$1.97	Walmart	HOT	500 PC Points @ RCSS *select varieties
8Grocery	Soft Drinks (12 pk) - Coca Cola, Pepsi		\$3.33	Foodland	YES	\$5.00 (wub3 Pringles) CO51 (pm walmart)
8Grocery	Soup - Campbells Ready to Enjoy		\$1.00	No Frills	YES	\$1 WUB3 from Save.ca
8Grocery	Tostitos Tortilla Chips 220-320g		\$2.49	Loblaws	YES	
8Grocery	Uncle Ben's Fast & Fancy Rice		\$0.99	Metro	OK	
8Grocery	Unico Tomato Paste		\$0.50	No Frills	YES	
8Grocery	White sugar 2kg		\$1.49	CT	HOT	
8H	Glade Aerosol Spray		\$1.00	No Frills	YES	
9Toiletries	Axe Products		\$3.49	Independent	YES	\$1.00 CO51 (shampoo, deoderant, body wash, etc.)
9Toiletries	AXE Shower Gel and Body Wash 473ml		\$2.99	Sobeys	YES	\$1.00 CO51
9Toiletries	Hair Care - Tresemme		\$3.88	Food Basics	YES	\$2.00 CO51
9Toiletries	Colgate Toothbrush		\$0.99	Rexall	FREE	\$1.00 mailout coupon and Dentist coupon
9Toiletries	Colgate Total		\$0.99	Rexall	FREE	\$1.00 mailout coupon and Dentist coupon
Fri-Sat Only	No Tax on Select Product Categories			RCSS		

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Fri-Sun ONLY	\$15 Dollar gift card WUS \$50			Rexall		
Fri-Sun ONLY	Purex 2.03L		\$2.77	Independent	HOT	

Gatineau Area Flyers

2Veggies	Carrots/Beets/Rutabaga/Yellow Onions/Russet & Red Potatoes 5lb		\$1.25	Super C	YES	carrots - \$0.50 off \$0.97 or more CO51 (pm walmart), onions - \$0.50 off \$2.00 or more Coupgon (GT), \$0.25 Zweet "any vegetables"
4Meat	Chicken - Leg back attached family pack		\$4.39kg	IGA	YES	\$\$\$2 Uncle Bens Coupon, \$2 with purchase of any CH Skillet or
4Meat	Chicken Breats - Skinless Bone In		\$6.57/kg	Maxi	YES	\$4/\$2 Uncle Ben's Coupon, \$2 with purchase of any CH Skillet or
4Meat	Pork - Extra lean ground		\$4.39kg	IGA	YES	
4Meat	Pork - Hocks		\$4.39kg	IGA	YES	
4Meat	Pork - Lean Ground		\$3.90kg	Super C	HOT	
4Meat	Pork - Loin Rack		\$8.80kg	IGA	OK	
4Meat	Pork - Loin Roast		\$4.39kg	Super C	YES	
4Meat	Pork - Shoulder picnic roast		\$4.39kg	Metro QC	YES	
4Meat	Pork - The Deli-Shop Smoked Shoulder		\$3.28kg	Super C	YES	
4Meat	Salmon - Fresh Atlantic Fillets		\$15.41kg	Super C	OK	
4Meat	Salmon - Steak		\$13.21kg	Metro QC	YES	
5Fridge	Miracle Whip 890ml		\$2.99	Super C	YES	
5Fridge	Yogurt - Liberte 750g		\$2.00	Maxi	YES	
5Fridge	Yogurt - Yoplait/logo/Danone 16pk		\$4.44	Super C	OK	Various
6Frozen	Tenderflake Pie Shells 255-397g		\$2.78	Maxi	YES	
7Household	Air Freshener - Air wick 220-225g		\$0.79	Uniprix	YES	Limit 3
7Household	Air Freshener - Glade 227g		\$1.33	Jean Coutu	YES	
7Household	Cleaner - Comet 400g		\$0.89	Familiprix	YES	
7Household	Dishsoap - Palmolive 372ml		\$0.79	Uniprix	YES	Limit 3
7Household	Fabric Softener - Fleecy 1.52-2L		\$2.99	Super C	YES	
7Household	Fabric Softener - Gain 1.53L or 120 sheets		\$3.77	Jean Coutu	YES	\$1.00 CO51 (liquid), \$0.50 CO51 (dryer sheets), \$1.00 P&G
7Household	Facial tissue - Scotties 6pk		\$2.99	Metro QC	HOT	\$1 Insert
7Household	Laundry Detergent - La Parisienne 1.52-2L		\$2.99	Super C	YES	
7Household	Laundry soap - Gain 1.47L		\$3.77	Jean Coutu	YES	\$1.00 P&G
7Household	Laundry soap - Oxy Clean 1.47L or 24 pack		\$3.77	Jean Coutu	YES	
7Household	Laundry soap - Purex 1.47L		\$2.49	Familiprix	YES	Limit 6
7Household	Palmolive dish soap		\$1.99	Proxim	OK	
7Household	Paper Towel - white swan 6 jumbo roll		\$2.99	Uniprix	YES	Limit 3
7Household	Paper towels - Sponge Towels 6 pack (econo)		\$2.99	Proxim	YES	\$1 Insert
8Grocery	Aylmer Tomato 540-740ml		\$0.99	IGA	OK	
8Grocery	Chips - Old Dutch 235-255g		\$2.00	Uniprix	OK	Limit 6
8Grocery	Delmonte Canned Veggies 341-398 ml		\$0.88	Maxi	YES	
8Grocery	Flour - Five Roses/Robin Hood/Brodie 1.8-2.5kg		\$2.88	Super C	YES	
8Grocery	Heinz baby food - 128 ml		\$0.60	Proxim	YES	\$1.50 wub8 Printable
8Grocery	Kelloggs - Rice Krispies Holiday 440g		\$3.98	Maxi	OK	\$1.00 off Coupgon (GT)
8Grocery	Kelloggs Cereal 210-475g		\$2.99	IGA	YES	\$1.00 off Coupgon (GT), \$0.75 (Mini-Wheats) CO51, \$1.00 (All-Bran)

