

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

© 2014

Any copying or distribution of this document for other than personal use without the written permission of the owners is prohibited.

Department	Item	#	Sale Price	Store	Stock-up	Coupons
------------	------	---	------------	-------	----------	---------

Ottawa Area Flyers

11Misc	Canadian stamps		10% off	Rexall	HOT	
1Fruits	Apples - empire		1.74kg	Produce Depot	YES	
1Fruits	Apples - Golden Delicious		\$2.18kg	Food Basics	YES	
1Fruits	Apples - red prince		1.94kg	Metro	YES	
1Fruits	avocados		\$0.69	Produce Depot	YES	
1Fruits	Banana		\$1.74kg	IGA QC	OK	
1Fruits	Grapefruit		\$0.40	No Frills	YES	
1Fruits	Grapes- Red Seedless		\$4.39kg	Food Basics	OK	
1Fruits	Kiwi		5.99	Produce Depot	HOT	
1Fruits	Oranges - seedless		1.94kg	Metro	HOT	
1Fruits	Strawberries 1lb tray		\$2.97	No Frills	YES	
2Veggies	Asparagus - per 325g bunch		\$1.99	Food Basics	HOT	\$0.25 Zweet "any vegetables"
2Veggies	Broccoli		\$0.99	Food Basics	HOT	\$0.25 Zweet "any vegetables"
2Veggies	Broccoli Crowns		\$2.18/kg	FarmBoy	YES	
2Veggies	Carrots-Bolthouse 340g Bag		\$1.00	Freshco	YES	\$0.25 Zweet "any vegetables", \$0.55 Mailout from company
2Veggies	Cauliflower		\$1.87	No Frills	HOT	\$0.25 Zweet "any vegetables"
2Veggies	Cucumber- Seedless		\$1.00	Freshco	YES	\$0.25 Zweet "any vegetables"
2Veggies	Manns Mixed Veggies 340g		\$2.97	Walmart	OK	\$0.25 Zweet "any vegetables"
2Veggies	Onions - Yellow 3lb bag		\$1.27	Walmart	OK	\$0.25 Zweet "any vegetables"
2Veggies	Onions- Green		\$0.50	Freshco	YES	\$0.25 Zweet "any vegetables"
2Veggies	Potato - Russet 10lbs		\$1.44	Super C	HOT	
2Veggies	Radishes		\$0.99	Food Basics	YES	\$0.25 Zweet "any vegetables"
2Veggies	Romaine Hearts 3pk		\$2.99	Food Basics	YES	\$0.25 Zweet "any vegetables"
2Veggies	Spinach Bunch		\$1.50	Freshco	YES	\$0.25 Zweet "any vegetables", \$0.50 off \$2.00 Coupgon (pm GT)
2Veggies	Sweet Potatoes		\$2.18kg	Food Basics	OK	\$0.25 Zweet "any vegetables"
2Veggies	Tomatoes - Roma		\$2.14/kg	No Frills	YES	\$0.25 Zweet "any vegetables"
2Veggies	White zucchini		2.18kg	Produce Depot	YES	\$0.25 Zweet "any vegetables"
3Bread	Bread - Country Harvest		\$2.22	Independent	OK	Limit of 5
3Bread	Bread - Dempsters WW/White/Grains Bread		\$2.27	Walmart	OK	
3Bread	Oakrun Farm Bakery English Muffins 6pk		\$0.99	Food Basics	HOT	
3Bread	Sunshine Raisin Bread		\$2.00	Freshco	YES	
4Meat	Bacon - Maple Leaf 375g		\$3.00	Sobeys	OK	
4Meat	Bacon - schnieders 375g		\$2.99	Metro	YES	
4Meat	Bacon- Selection 375g		\$2.49	Food Basics	YES	
4Meat	Chicken - Legs back attached family pack		\$2.84kg	IGA QC	HOT	\$2 with the purchase of any Club House Skillet or Slow Cooker Sauce
4Meat	Chicken - Drumsticks or thighs (includes Halal)		\$4.37/kg	RCSS	YES	\$2 with the purchase of any Club House Skillet or Slow Cooker Sauce

4Meat	Chicken - Leg Quarters Backs attached		\$4.39/kg	Sobeys	YES	\$2 with the purchase of any Club House Skillet or Slow Cooker Sauce
4Meat	Chicken - Skinless- bone in Whole Breasts		\$6.59/kg	FarmBoy	YES	\$2 with the purchase of any Club House Skillet or Slow Cooker Sauce
4Meat	Chicken - Thighs		\$6.15kg	Super C	OK	\$2 with the purchase of any Club House Skillet or Slow Cooker Sauce
4Meat	Chicken- boneless skinless breasts		8.80kg	Metro	OK	\$2 with the purchase of any Club House Skillet or Slow Cooker Sauce
4Meat	Johnsonville Sausages 375-500g		\$3.00	Freshco	YES	\$1 Mailout from Company
4Meat	Marc Angelo Pork or Chicken Souvlaki 120g		\$2.00	Maxi	YES	1.00 old coupons
4Meat	Pork - Blade Roast		\$6.59kg	Metro QC	YES	\$2 with the purchase of any Club House Skillet or Slow Cooker Sauce
4Meat	Pork - Boneless Half loin Rib or sirloin end portion cryovac		\$4.39kg	Foodland	YES	\$2 with the purchase of any Club House Skillet or Slow Cooker Sauce
4Meat	Pork - Breakfast Sausages		\$5.45/kg	No Frills	OK	
4Meat	Pork - Lean ground		\$3.17kg	Super C	YES	\$2 with the purchase of any Club House Skillet or Slow Cooker Sauce
4Meat	Pork - Side Ribs cryovac		\$4.34/kg	No Frills	YES	\$2 with the purchase of any Club House Skillet or Slow Cooker Sauce
4Meat	Pork - Tenderloin		\$7.69kg	IGA QC	OK	\$2 with the purchase of any Club House Skillet or Slow Cooker Sauce
4Meat	Pork- Bone In Combo Chops		\$4.39kg	Food Basics	YES	\$2 with the purchase of any Club House Skillet or Slow Cooker Sauce
4Meat	Pork- Marc Angelo Souvlaki 2pk		\$0.99	Food Basics	YES	
5Fridge	Beatrice Sourcream 500ml		\$0.99	Food Basics	HOT	
5Fridge	Cheese- Armstrong 400/450g		\$3.87	Walmart	HOT	
5Fridge	Cheese- Silani Ricotta 300g/Mozza Ball 260g		\$2.00	Freshco	YES	
5Fridge	Coffee Mate 473ml		\$2.00	Freshco	YES	
5Fridge	Juice- Simply Orange 1.75L		\$2.97	Walmart	YES	
5Fridge	Lactantia Cream 5%/10% 473ml		\$0.99	Food Basics	YES	
5Fridge	Margarine - Becel		\$2.99	Independent	YES	
5Fridge	Margarine- I Cant Believe it's not Butter 454g/ Lactantia 427g		\$0.99	Food Basics	YES	
5Fridge	Margarine- Imperial 907g		\$2.00	Freshco	HOT	
5Fridge	Milk - Beatrice		\$3.97	Rexall	YES	Cheaper then Costco Right now
5Fridge	Milk-Beatrice Chocolate Milk 1L		\$0.99	Food Basics	HOT	
5Fridge	Milk-Sealtest Chocolate Milk 2L		\$2.00	Freshco	YES	
5Fridge	Philadelphia Dips 227g		\$2.00	Freshco	YES	
5Fridge	Yogurt- Activia 8pk		\$3.47	Walmart	OK	\$1.25 Printable Dan-on.com, \$0.75 Insert, \$0.50 Tearpad
5Fridge	Yogurt- logo Zip/ Minigo/Liberte Med. 2pk		\$2.00	Freshco	YES	
5Fridge	Cheese - Black Diamond Cheese Bars 400-450g		\$3.98	RCSS	HOT	\$1 Printable websaver
5Fridge	Cheese - shredded no name or PC 300-340g		\$4.48	Independent	YES	Limit 6
5Fridge	Eggs - Large white dozen		\$1.99	Food Basics	HOT	
5Fridge	Yogurt- Astro 4pk		\$0.99	Food Basics	YES	
6Frozen	Cavendish Fries /Hashbrowns 700-750g		\$0.97	No Frills	YES	\$1WUB2 from Go Coupons
6Frozen	Cheemo Perogies		\$2.00	Freshco	OK	
6Frozen	Fries - Cavendish 1kg or patties 600g		\$1.99	Independent	OK	
6Frozen	Frozen Entrees- Lean Cuisine/Bistro/Stouffers		\$2.00	Freshco	OK	
6Frozen	Frozen Entrees- Michelinas		\$0.99	Food Basics	OK	.55 Mailout from Company
6Frozen	Icecream- Nestle 400ml		\$0.99	Food Basics	YES	
6Frozen	Toaster Strudel		\$2.00	Freshco	OK	
7Household	Cleaners - lysol and clorox		\$1.97	GT	YES	\$1 SS Insert (lysol), \$0.75 Cartsmart Printable (clorox), Various
7Household	dish soap - palmolive		\$1.67	Brunet	OK	\$1 Redplum Insert, \$1 Coupgon (pm GT)
7Household	Glade Solids		\$1.00	Walmart	OK	
7Household	Laundry detergent - Artic Power 88 loads(0.08cents a load)		\$6.99	Jean Coutu	YES	

7Household	Laundry Detergent - Purex Dirt lift 32loads(0.08cents a load)		\$2.50	Jean Coutu	YES	Limit 4
7Household	Laundry Detergent- Arm & Hammer 4.43L		\$6.97	Walmart	YES	\$1 from Websaver
7Household	Laundry Detergent- tide clean and fresh 1.77L		\$3.00	Brunet	YES	P&G
7Household	Papertowel - Spongetowel Econo 12 rolls(.49cents each)		\$5.99	Familiprix	HOT	\$1 Insert
7Household	Scrubbing Bubbles Cleaners		\$3.00	Walmart	FREE	\$2 CO51, \$1 Printable websaver, \$1 Printable save.ca, Various
7Household	Tissue - Scotties 9 boxes		\$5.99	Familiprix	OK	\$1.50 Snap by Groupon, \$1 Insert
7Household	Toilet Paper- Royale Reg/Velour 24=48 Rolls (.17 each)		\$7.93	Walmart	YES	\$1 Chinese New Year Insert, Various
7Household	Windex 765ml		\$3.00	Walmart	YES	\$1 Printable websaver, Various
7Household	Alcan Foil 25		\$0.99	Food Basics	OK	
7Household	Arm & Hammer Baking Soda 500g		\$0.99	Food Basics	YES	
7Household	Axe Hair Care 355ml		\$2.97	No Frills	YES	
7Household	Axe Shower Gel 473ml		\$2.97	No Frills	YES	
7Household	Comet Cleaner 720g		\$0.99	Food Basics	HOT	
7Household	Dish soap - Dawn 709ml		\$2.29	Independent	OK	
7Household	Laundry Detergent - Old Dutch 2L		\$2.00	Freshco	YES	
7Household	Laundry Detergent - Sunlight 4.43L		\$9.98	RCSS	HOT	P&G, \$0.75 SS Insert
7Household	Scrubbing Bubbles 750ml		\$2.00	Maxi	FREE	\$1 Printable websaver, \$2 CO51, Various
8Grocery	Allens Apple Juice 945ml		\$0.99	Food Basics	YES	
8Grocery	Aunt Jemima Syrup 750ml/ Mix 905g		\$2.00	Freshco	YES	
8Grocery	Beans - Unico 540ml		\$0.99	Loblaws	OK	
8Grocery	Betty Crocker Cake Mix		\$0.99	Food Basics	HOT	
8Grocery	Broth - Campbell 900ml except organic		\$1.44	Super C	HOT	
8Grocery	Campbells soup (condensed)		\$0.79	Rexall	YES	
8Grocery	Cereal - Kelloggs 285-450g		\$2.00	Maxi	YES	Various CO51/Couppgon
8Grocery	Cereal- Cheerios/LuckyCharms Family Size		\$3.88	Walmart	YES	
8Grocery	Chocolat - Cadburry easter egg 33-34g		\$0.88	Foodland	YES	
8Grocery	Chocolat - Cadbury regular size		\$0.66	Uniprix	YES	Limit 6
8Grocery	Chunky campbells soup		\$1.67	Metro	YES	
8Grocery	Classico Pasta Sauce		\$2.00	Freshco	YES	
8Grocery	Cookies - Lecler		\$1.44	Super C	HOT	
8Grocery	Cookies - Voortman 300g		\$1.25	Mike Deans (Feb 11-24)	HOT	
8Grocery	Cookies- Dads 300-320g/ Peek Freans 256-350g		\$2.00	Freshco	YES	
8Grocery	Crackers - Dare Breton		\$1.44	Super C	HOT	\$2 WUB2
8Grocery	Crackers- Christie 100-454g		\$2.00	Walmart	OK	
8Grocery	Crunch n Munch		\$0.99	Food Basics	OK	
8Grocery	Dainty Rice		\$0.99	Food Basics	OK	
8Grocery	Delmonte canned veggies		\$0.88	Metro	YES	
8Grocery	Dole Pineapple 398ml		\$0.99	Food Basics	YES	
8Grocery	Gold seal Tuna		\$0.88	Metro	YES	
8Grocery	Granola bar - Lecler choco max		\$1.44	Super C	YES	
8Grocery	Hamburger Helper		\$1.44	Super C	YES	
8Grocery	Handi Snacks		\$0.99	Food Basics	OK	
8Grocery	Heinz Beans		\$0.88	Metro	HOT	
8Grocery	Italpasta Pasta Sauce		\$0.50	Mike Deans (Feb 11-24)	YES	
8Grocery	Juice- Fruite 2L		\$0.99	Food Basics	YES	
8Grocery	Juice- Sun Rype 1.36L		\$2.00	Freshco	YES	Various
8Grocery	Kool Aid Jammers 10pk		\$2.00	Freshco	OK	
8Grocery	Kraft Peanut Butter 500g		\$2.00	Freshco	OK	
8Grocery	Kraft Salad Dressing 475ml		\$2.00	Freshco	YES	
8Grocery	Lays chips 225g		\$1.75	The Box	YES	
8Grocery	Meal Replacement - Boost		\$7.99	Proxim	YES	
8Grocery	Motts Fruitsations/ Rockets		\$2.00	Freshco	YES	
8Grocery	Nestle Purelife Bottled Water 12pk		\$0.99	Food Basics	HOT	
8Grocery	Pasta - No Name Dry 900g		\$1.00	RCSS	OK	

8Grocery	Pasta - Unico 900g		\$0.97	No Frills	YES	
8Grocery	PC great canadiana pods 40 = .30 each		\$12.00	The Box	HOT	
8Grocery	Primo Pasta/ Sauce/ Tomatoes		\$0.99	Food Basics	YES	
8Grocery	quaker crispy mini's		\$1.00	GT	HOT	Limit of 6
8Grocery	Quaker Dippis		\$1.97	Walmart	OK	
8Grocery	Red Rose Tea 32pk		\$1.47	Mike Deans (Feb 11-24)	YES	
8Grocery	Sidekicks		\$0.99	Food Basics	YES	
8Grocery	Smartfood Popcorn/ Sun Chips		\$2.00	Freshco	YES	
8Grocery	Snack Pack Pudding 4pk		\$0.99	Food Basics	OK	\$1WUB2 Insert, \$1WUB2 Save.ca Printable
8Grocery	So Juicy		\$0.99	Food Basics	YES	
8Grocery	Soft Drinks- Pepsi /Coca Cola 2L		\$1.00	Freshco	YES	
8Grocery	Tomato juice - Heinz 540ml		\$0.79	Jean Coutu	YES	
8Grocery	Tomato paste or Sauce - Hunts 369-680ml		\$0.99	Independent	YES	
8Grocery	Tomatoes - Aylmer 3980796ml		\$1.00	Sobeys	OK	
8Grocery	Tuna - Clover leaf		\$1.00	GT	YES	
8Grocery	Unico Beans		\$1.00	Freshco	OK	
8Grocery	Unico veggie oil 3L		\$3.75	The Box	HOT	
8Grocery	Maple Syrup - Bernard 540ml		\$5.00	Maxi	HOT	
8Grocery	sponge towels 6pack econo		\$2.99	Brunet	HOT	\$1 Insert
8Grocery	Sugar - Lantic 2kg		\$1.88	RCSS	YES	
9Toiletries	Baby Wipes - Pampers or huggies (192-216's) .04cents each		\$7.49	Foodland	YES	
9Toiletries	Bodysoap - Dove 90g(travel size)		\$0.69	Uniprix	YES	Limit 3
9Toiletries	Bodywash - StYves 709ml		\$2.99	Familiprix	YES	
9Toiletries	Handsoap- Softsoap 225ml		\$2.00	Freshco	OK	
9Toiletries	Speedstick (ladies and men)		\$2.00	Proxim	OK	\$1 Coupgon (pm GT)
9Toiletries	Toothbrush - Colgate		\$0.99	Food Basics	FREE	\$1 Mailout from Company for Colgate
9Toiletries	Toothbrush - gum		\$0.99	Proxim	YES	
9Toiletries	Toothbrush - Reach pack of 4		\$3.99	Familiprix	YES	
9Toiletries	Toothpaste - aquafresh		\$0.99	Proxim	OK	
9Toiletries	Toothpaste- Colgate /Crest 60-100ml		\$0.99	Food Basics	FREE	\$1 Mailout from Company for Colgate
9Toiletries	Voltaren 30/50g		\$6.97	Walmart	YES	
Fri-Sun ONLY	Coke, pepsi and canada dry 12 cans		\$3.49	Rexall	YES	
Fri-Sun ONLY	Get 10\$ gift card WUS \$50			Rexall	HOT	
Sat Only	Bread - Wonder - white or wholewheat 675g		\$1.88	SDM	HOT	
Sat Only	Chocolate Milk - Neilson 750ml carton		\$0.88	SDM	HOT	
Sat Only	Dish soap - Dawn 532-638ml		\$1.88	SDM	YES	P&G
Sat Only	Dish soap - Ivory 709ml		\$1.88	SDM	YES	
Sat Only	Evaporated Milk - No Name 370ml		\$0.99	SDM	HOT	
Sat Only	Janes Chicken - Pub Style Strips nuggets or Burgers 800g		\$5.99	SDM	YES	
Sat Only	Knorr Sidekicks		\$0.88	SDM	HOT	
Sat Only	Potato Chips - Lays or Doritos		\$1.88	SDM	HOT	
Sat Only	Toothbrush - Colgate - Manual		\$0.88	SDM	FREE	\$1 Mailout from Company
Sat Only	Toothpaste - Colgate Total 60ml		\$0.88	SDM	FREE	\$1 Mailout from Company