

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

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

1Fruits	Apples- McIntosh 3lb bag		\$2.98	Food Basics	YES	\$0.75 off \$2 Coupgon (pm GT)
1Fruits	Bananas		1.23kg	FreshCo	OK	
1Fruits	Blueberries		\$2.00	Super C	YES	
1Fruits	Blueberries Pint		\$2.88	Food Basics	OK	
1Fruits	Cantaloupe		\$1.49	FreshCo	YES	
1Fruits	Cherries		6.35kg	NoFrills	YES	
1Fruits	Grapes- Red Seedless		\$3.26kg	Maxi	OK	
1Fruits	Kiwis		\$0.20	Produce Depot	YES	
1Fruits	limes		.20 each	Farmboy	OK	
1Fruits	Mangoes- Ataulfo		\$0.67	Maxi	YES	
1Fruits	Peaches		1.94kg	NoFrills	YES	
1Fruits	Pineapple		\$1.98	Maxi	YES	
1Fruits	Raspberries - driscoll Pint		\$2.99	Independent	OK	
1Fruits	Blackberries 170g		\$2.00	Super C	YES	
1Fruits	Raspberries- 170g		\$0.99	Food Basics	HOT	Limit of 6/ .50 /\$.75 /\$1 Printables from Driscolls
1Fruits	Strawberries 454g		\$2.00	Super C	YES	
1Fruits	Watermelon 11lb		\$2.97	FreshCo	YES	
2Veggies	2lbs carrots		\$1.88	NoFrills	OK	
2Veggies	3lbs onions		\$1.88	NoFrills	OK	
2Veggies	Asparagus		4.39kg	Loblaws	YES	
2Veggies	Corn on the Cob		\$0.33	Food Basics	OK	
2Veggies	Cucumber- Mini 6pk		\$1.67	Maxi	YES	
2Veggies	Dole salads		\$0.88	NoFrills	HOT	
2Veggies	English cucumbers		\$0.47	FreshCo	HOT	
2Veggies	Green Beans		\$2.18kg	IGA	OK	
2Veggies	green onions		\$0.49	Produce Depot	YES	
2Veggies	Lettuce- Red/Green Leaf		\$0.98	Food Basics	OK	
2Veggies	Peppers- Rainbow 3pk		\$2.47	Walmart	OK	
2Veggies	Peppers-Rainbow 4pk		\$2.98	Food Basics	OK	
2Veggies	Radishes		\$0.98	Food Basics	YES	
2Veggies	Romaine Lettuce		\$0.88	Walmart	YES	
2Veggies	Romaine Lettuce- 3pk		\$2.98	Maxi	OK	
2Veggies	Tomatoes		1.94kg	NoFrills	YES	
2Veggies	Tomatoes- On the Vine		\$2.14kg	Walmart	OK	
3Bread	Bagels- Dempsters 6pk		\$2.50	Foodland	YES	
3Bread	Bagels- Old Mill 6pk		\$1.50	Maxi	OK	
3Bread	Betty Raisin Bread		\$1.99	Mike Deans (June 2-15)	YES	
3Bread	Bread - Betty white or WW		\$1.99	Farmboy	YES	

3Bread	Bread - wonder		\$1.88	NoFrills	HOT	
3Bread	D'Italiano Bread/ Buns		\$2.00	RCSS	YES	
3Bread	Dempsters Hotdog/Hamburger Buns 8pk		\$2.22	Walmart	OK	
3Bread	Dempsters White/WW Bread		\$2.27	Walmart	OK	
3Bread	Hamburger and Hotdog buns 12 pack (no name)		\$1.47	Giant Tiger	HOT	Limit of 5
4Meat	Bacon- Maple Leaf 375g		\$3.48	RCSS	OK	\$2.50 Peelie from Booklet
4Meat	Beef - Medium ground		6.59kg	Independent	YES	
4Meat	Chicken - drumsticks or thighs		4.14kg	FreshCo	YES	
4Meat	Chicken Legs- Back Attached		\$2.82kg	Maxi	HOT	
4Meat	Chicken- Whole		\$4.39kg	Foodland	HOT	
4Meat	Fish - fresh atlantic salmon		6.58kg	Produce Depot	YES	
4Meat	Ground Beef- Extra Lean		\$8.80kg	Metro ON	OK	
4Meat	Peameal- Lous		\$4.34kg	Food Basics	YES	
4Meat	Pork - back ribs		8.80kg	Loblaws	OK	
4Meat	Pork - back ribs cryopack		6.35kg	FreshCo	YES	
4Meat	Pork - Half loin		\$4.39kg	Super C	OK	
4Meat	Pork - Lean ground		\$6.59kg	IGA	OK	
4Meat	Pork - pork loin chops		3.90kg	Independent	YES	
4Meat	Pork - sasauges		4.14kg	NoFrills	HOT	
4Meat	Pork - tenderloin		8.80kg	Farmboy	OK	
4Meat	Pork - tenderloin cryopack		6.35kg	FreshCo	YES	
4Meat	Pork Chops- Combo Pack		\$6.57kg	Maxi	OK	
4Meat	Pork Loin-Boneless Sirloin Halves		\$4.39kg	Metro ON	YES	
4Meat	Pork- Chops/Roast Boneless		\$6.57kg	RCSS	YES	
4Meat	Schneiders Grillems/ Chicken Sausages		\$2.99	Sobeys	YES	
4Meat	Smoked Sausage- Johnsonville		\$2.97	Walmart	YES	\$1 Mailout from Company/ \$1 from Nestea Packaging
4Meat	Veal - Medium ground		\$6.59kg	IGA	OK	
5Fridge	Butter- Lactantia 454g		\$2.97	Food Basics	HOT	
5Fridge	Cheese Slices- Kraft 24pk		\$2.50	Maxi	OK	
5Fridge	Cheese- Kraft Brick 400/450g		\$3.87	RCSS	HOT	
5Fridge	Cream - Lactancia 1L		\$1.99	Giant Tiger	YES	
5Fridge	Eggs- Selection Large White 12pk		\$1.99	Metro ON	YES	
5Fridge	Five alive, fuitopia, nestea, minute maid 1.75L		\$1.00	FreshCo	HOT	
5Fridge	International Delight 473ml		\$1.50	SDM	YES	.50 Tearpad
5Fridge	logo tubs		\$1.88	Giant Tiger	YES	
5Fridge	Juice- Minute Maid 1.75L		\$1.99	Sobeys	YES	
5Fridge	Juice- Oasis Orange Juice 2.63L		\$2.97	Food Basics	YES	
5Fridge	Juice- Sealtest Lemonade 1.75L		\$1.00	Maxi	YES	
5Fridge	Large eggs - 18 pack		\$2.75	NoFrills	HOT	
5Fridge	Milk- Chocolate Beatrice 750ml		\$0.88	Metro ON	YES	
5Fridge	Milk-Beatrice Chocolate Milk 3L		\$3.99	Food Basics	YES	
5Fridge	Philadelphia cream cheese		\$2.44	NoFrills	YES	
5Fridge	Silk/Soy Beverages 1.89L		\$3.50	Walmart	YES	Various
5Fridge	Summer Fresh Dips 200-227g		\$3.00	Metro ON	YES	\$1 from LCBO Mag. NLA
5Fridge	Yogurt - Beatrice Fruit Bottom 175g		\$0.37	Mike Deans (June 2-15)	YES	
5Fridge	Yogurt - Drinkable IOGO 200ml		\$0.83	Super C	YES	
5Fridge	Yogurt- Astro Tub		\$1.99	Sobeys	YES	
5Fridge	Yogurt- Danino 8pk/ Liberte Greek 4pk		\$2.94	Maxi	YES	Printables from Danone.ca for Danino
5Fridge	Yogurt- logo 16pk		\$4.98	Maxi	YES	
5Fridge	Yogurt- logo Nomad 200ml		\$0.67	Maxi	YES	
5Fridge	Yogurt- logo Tub/Zip		\$1.98	RCSS	YES	
5Fridge	Yogurt- Oikos 4pk		\$2.94	Maxi	YES	Printables from Danone.ca/ .75 Tearpad
5Fridge	Yogurt- Yop 200ml		\$0.75	Walmart	YES	
5Fridge	Yogurt-Activia 12pk		\$4.98	Maxi	YES	Danone.ca Printables
6Frozen	Chapmans Frozen Yogurt 2L		\$3.99	Sobeys	FREE	\$4 Mailout from Company
6Frozen	Chapmans icecream 1L		\$2.49	Loblaws	FREE	\$4 Mailout from Company

6Frozen	Fries - Cavendish 750g-1kg		\$2.00	Metro QC	OK	
6Frozen	Frozen Entrees- Bistro		\$1.98	RCSS	YES	
6Frozen	Frozen Juice- Minute Maid		\$0.50	Metro ON	YES	
6Frozen	Frozen Pizza - Dellisio		\$3.33	Loblaws	OK	Limit of 8
6Frozen	Frozen pizza - Dr Oetkers Casa di Mama		\$2.88	NoFrills	HOT	
6Frozen	Frozen Pizza - Rustico		\$3.33	Loblaws	OK	Limit of 8, \$1 CO51
6Frozen	Frozen Pizzas- Dr Oetker		\$3.33	SDM	OK	
6Frozen	Icecream- Breyers 1.66L		\$2.99	SDM	YES	Limit of 4
6Frozen	Icecream-Nestle Sundae		\$1.99	Food Basics	YES	
6Frozen	Klondike Sandwiches 4pk		\$2.50	Maxi	OK	
6Frozen	Nestle Parlour Novelties 4/8pk		\$1.99	Food Basics	YES	
7Household	Cleaning - Comet 400+80g		\$0.79	Jean Coutu ON	YES	
7Household	Dish Soap - Dawn 638ml		\$1.99	Familiprix	OK	\$0.50 Coupgon ("dawn" pm GT), P&G
7Household	Dish Soap - palmolive 1L		\$1.88	NoFrills	HOT	\$1 Insert
7Household	Dishsoap- Dawn/Ivory		\$1.99	Proxim	OK	\$0.50 Coupgon ("dawn" pm GT), P&G
7Household	Dishsoap- Sunlight 740/950ml		\$1.98	Maxi	OK	
7Household	Dishwasher - Cascade platinum 16-20unit		\$6.99	Metro QC	YES	\$1 Coupgon (pm GT)
7Household	Dishwasher Detergent- Finish 25pk		\$5.99	Metro ON	YES	\$1 Tearpad
7Household	Dishwasher Detergent- Sunlight 20pk		\$4.99	Proxim	YES	Various Inserts
7Household	Facial tissuus - Scooties 9pck		\$4.99	Uniprix	OK	
7Household	Glad Sandwich Bags 50pk		\$0.99	Foodland	YES	
7Household	Laundry Detergent - Tide 1.36L-1.47L powder 1.5kg		\$5.99	Jean Coutu ON	OK	
7Household	Laundry Detergent- Regular Tide 1.09L/1.18L/14 pk		\$3.99	Proxim	HOT	\$1 Coupgon (pm GT), P&G
7Household	Laundry Detergent- Sunlight 1.47L/1.47kg/24pk		\$3.77	Maxi	YES	Various Inserts
7Household	Paper towels - sponge econo 6 pack		\$2.88	Brunet	HOT	
7Household	Toilet Paper- Royale 12=24 Rolls (.17 each)		\$3.99	Foodland	YES	\$1 Printable
8Grocery	Barilla pasta		\$0.88	NoFrills	HOT	
8Grocery	Bear paws		\$1.88	Brunet	YES	
8Grocery	Bottled water - real canadian 15 pack		\$0.96	NoFrills	YES	
8Grocery	Bottled Water- Nestle 24pk		\$1.88	Walmart	YES	
8Grocery	Canned Beans- Primo		\$0.99	Food Basics	OK	
8Grocery	Canned Tomatoes - Primo 796ml		\$0.99	Food Basics	YES	
8Grocery	Cereal - General Mills		\$2.99	Loblaws	OK	
8Grocery	Cereal - General Mills family size		\$3.97	Giant Tiger	YES	
8Grocery	Cereal - Post		\$2.99	Loblaws	OK	Limit of 8
8Grocery	Cereal - Quaker		\$1.88	NoFrills	HOT	
8Grocery	Cereal- Corn Flakes/Special K/ Raisin Bran		\$3.99	Food Basics	YES	
8Grocery	Cereal- Kelloggs 317-670g		\$3.99	Foodland	YES	Various Coupgon / CO51
8Grocery	Cereal- Weetabix/ Grain Shop		\$2.99	Food Basics	OK	\$1.50 Save.ca Printables
8Grocery	Cheez Whiz 450g		\$3.00	Maxi	YES	
8Grocery	chef boyr dee		\$0.99	Giant Tiger	YES	
8Grocery	Cliff Bars 12pk		\$12.00	RCSS	YES	Limit of 5
8Grocery	Coffee- Maxwell House 631-925g		\$5.98	Maxi	YES	
8Grocery	Coke or pepsi 12 cans		\$3.69	Loblaws	OK	Limit of 12
8Grocery	Cookies - Peak Freans		\$1.88	NoFrills	YES	
8Grocery	Crackers- Christie 100-454g		\$2.00	Maxi	OK	
8Grocery	Crackers- Goldfish		\$2.00	Maxi	YES	buy 3 get a beach bag (online offer)
8Grocery	Heinz Pasta		\$0.99	Maxi	YES	
8Grocery	Hunts pasta sauce		\$0.88	NoFrills	HOT	
8Grocery	Italpasta 900g		\$1.00	FreshCo	YES	
8Grocery	Juice Boxes- Allens Apple Juice/ Oasis 8pk		\$1.99	Food Basics	OK	
8Grocery	Juice- Allens Apple Juice 1.05L		\$0.88	Metro ON	YES	
8Grocery	Juice- Fruite/Tetley Iced Tea 2L		\$0.99	Food Basics	YES	
8Grocery	Juice- Tomatoe Heinz 540ml		\$0.77	Maxi	YES	
8Grocery	K-Cup - Van Houte or Timothys 30un(0.50each)		\$14.99	Super C	YES	

8Grocery	Ketchup-Heinz 1L		\$2.99	Metro ON	YES	Free Mustard wub2 Ketchup Websaver Printable
8Grocery	Kraft Peanut Butter 750/1kg		\$2.98	RCSS	YES	
8Grocery	Llptons sidekicks		\$0.94	NoFrills	YES	
8Grocery	Miracle Whip		\$2.99	Metro ON	YES	
8Grocery	Motts fruitsations		\$1.88	NoFrills	YES	
8Grocery	Nestle Pure Life Sparkling Water 1L		\$0.69	Proxim	YES	
8Grocery	no name tuna		\$0.85	The Box	YES	
8Grocery	Pasta- Catelli 375-500g		\$1.00	Maxi	YES	
8Grocery	Pepsi 12 cans		\$3.47	Giant Tiger	YES	
8Grocery	Pickles- Bicks 500/1L		\$3.00	Maxi	YES	.50 Hangtag
8Grocery	Primo Pasta Sauce/ Pasta 900g		\$0.99	Food Basics	OK	
8Grocery	Ragu sauce		\$1.00	FreshCo	OK	
8Grocery	Saporito Veggie/Canola Oil 3L		\$3.99	Food Basics	OK	
8Grocery	Soft Drinks- Dole/Minute Maid /Nestea/Lipton/ Fruitopia 12pk		\$3.49	Rexall	YES	
8Grocery	Soft Drinks- Pepsi/Coca Cola/ Nestea 24pk		\$6.98	Maxi	YES	
8Grocery	Sports Drinks- Gatorade 6pk		\$4.00	Maxi	OK	
8Grocery	Sugar - White Red path 2kg		\$1.44	Super C	YES	
8Grocery	VH sauce		\$1.97	FreshCo	OK	\$0.50 CO51
9Toiletries	Axe Products		\$3.98	Maxi	YES	
9Toiletries	Bodywash- St Ives		\$3.48	RCSS	YES	\$4 wub2 Insert
9Toiletries	Deoderant- Degree 48-85g		\$1.98	RCSS	YES	
9Toiletries	Deoderant- Rightguard 60-157g		\$1.98	RCSS	HOT	\$1 Printable from SS
9Toiletries	Deodorant/Antiperspirant - Lady Speed Stick- Speed stick		\$2.00	Jean Coutu ON	YES	
9Toiletries	Diapers - Pampers 104-92-78-64		\$19.99	Uniprix	YES	\$2 CO51, \$2 Coupgon (pm GT), P&G Printables/Insert
9Toiletries	Dove 90g bar		\$0.88	NoFrills	YES	
9Toiletries	Hair Care -Herbal Essences		\$2.49	Food Basics	OK	\$0.50 CO51, \$0.25 Coupgon (pm GT), P&G Printables/Insert
9Toiletries	Hair Care- Pantene		\$3.96	Walmart	YES	\$1 CO51, \$0.50/0.75 Coupgon (pm GT), P&G Printables/Insert
9Toiletries	Lotion- St Ives 600ml		\$4.97	Walmart	OK	\$4 wub2 Insert, \$1 CO51
9Toiletries	Mouthwash- Scope 1L		\$3.49	Rexall	YES	
9Toiletries	Polysporin -Triple Ointment 15g		\$5.87	Walmart	YES	\$1 Printable from Healthy Essentials
9Toiletries	Qtips 500pk		\$4.00	Walmart	YES	
9Toiletries	Razors -Bic Disposable 2-8pk		\$4.98	RCSS	YES	
9Toiletries	Soap - Nivea 500ml or 4x100g		\$2.99	Uniprix	YES	
9Toiletries	Speed stick (mens and ladies)		\$1.88	Brunet	YES	
9Toiletries	sun screen - banana boat		\$8.99	Brunet	OK	
9Toiletries	Sunscreen - Aveeno		\$10.99	Loblaws	YES	Limit of 6
9Toiletries	Sunscreen - Neutrogena		\$10.99	Loblaws	YES	Limit of 6
9Toiletries	Tampons- Playtex 18-20pk		\$3.99	Proxim	OK	
9Toiletries	Tooth Brush - colgate		\$0.88	Brunet	FREE	\$1 Mailout from Company
9Toiletries	Tooth paste - colgate total, colgate		\$0.88	Brunet	FREE	\$1 Mailout from Company
9Toiletries	Toothpaste - crest		\$0.88	NoFrills	HOT	
9Toiletries	Toothpaste- Colgate 95ml		\$0.99	Proxim	FREE	\$1 Mailout from Company
9Toiletries	U By Kotex Pad/Liners/Tampons		\$3.49	Rexall	YES	
Fri-Sun Only	Free \$10 Giftcard WUS \$30		\$10 GC	Rexall	YES	
Fri-Sun Only	Laundry Detergent- Old Dutch 2L		\$1.99	Rexall	HOT	Limit of 3
Fri-Sun Only	Soft Drinks- Pepsi/Coca Cola /Canada Dry 12pk		\$3.49	Rexall	YES	Limit of 6
Sun- Mon Only	Hair Care Tresemme		\$3.77	SDM	YES	
Sun-Mon Only	Eggs- Large White 12pk		\$1.99	SDM	YES	Limit of 2
Sun-Mon Only	Granola Bars- Quaker Chewy		\$1.88	SDM	YES	
Sun-Mon Only	Milk- Chocolate Neilson 750ml		\$0.88	SDM	YES	Limit of 4