





Quaker Oats 18 oz., Quick or Old Fashioned



SAVE 90¢

Ocean Spray Cranberry Juice 64 oz., Selected Varieties



\$6²⁹

SAVE \$1.50

Frito-Lay **Crunchy Cheetos**

8 oz.



SAVE \$1.30

Frito-Lay Funyuns

5.75 oz.



SAVE \$1.20

Bush's Best **Canned Beans**

28 oz., Selected Varieties



53⁶⁹

SAVE \$1.00

Ragu Pasta Sauce 16-28 oz., Selected Varieties



SAVE 80¢

Glass Plus **Glass Cleaner**

32 oz.



SAVE 70¢

Pinalen All-Purpose Cleaner

28 oz., Selected Varieties



SAVE 50¢

Dial **Bar Soap** 3 ct., Selected Varieties



SAVE 90¢

Finish **Dishwashing Liquid** 75 oz., Lemon or

Orange



SAVE \$1.70

Essential Everyday Paper Towels

8 ct.



SAVE \$2.30

Fiora **Bathroom Tissue**

12 ct.



SAVE \$2.00

Del Monte **Canned Juice** 330 ml., Selected

Varieties



69¢

SAVE 20¢

Wesson Canola Oil 40 oz.



SAVE \$4.90

Better value because we carel



Muscle Milk 4 pk., Vanilla or Chocolate



Depend **Protection Undergarments** 15-20 ct., Selected Varieties

\$6.99 ROTECT SAVE \$2.80 SENSODYNE Sensodyne Toothpaste 3 oz., Repair and Protect

BEAUTY CARE ಹ EALTH



Cream of Nature Hair Masks 1 ct., Strengthening or Hydration

SAVE \$1.30

White Rain Lotion 12 oz., Selected Varieties

SAVE 70¢

Equaline Mouthwash 1 lt., Selected Varieties



SAVE \$1.00

Dr Teal's Deodorant

2.65 oz., Selected Varieties



SAVE \$1.50

Equaline Hand Soap

7.5 oz., Clear or Aloe Vera



SAVE 50¢

H-7 Engine Degreaser



SAVE \$1.70

BETTER SELECTION Better choice because we carel









Calavo Guacamole 10.5 oz.

FROZEN



Banquet Frozen Meals 7.4-12 oz., Selected Varieties



\$199

SAVE 70¢

Hot Pockets

9 oz., Selected Varieties



\$399

SAVE \$1.00

Jimmy Dean Frozen Meals

7-8 oz., Selected Varieties



\$399

SAVE 70¢

Lean Cuisine Frozen Meals

7.5-10.87 oz., Selected Varieties



\$469

SAVE \$1.00

Stouffer's Frozen Meals

7.87-12 oz., Selected Varieties



\$4⁹⁹

SAVE 60¢

Magnum Ice Cream Bars

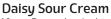
3-10.14 oz., Selected Varieties



\$599

SAVE \$1.00





16 oz., Original or Light



\$3³⁹

Daisy Cottage Cheese

10.6 oz., 2 pk. 2% or 4%



\$2²⁹



Vital Farms Eggs 1 dozen, Large

Buitoni Pasta

9 oz., Selected Varieties



S309

Simply Juices 52 oz., Selected

Varieties



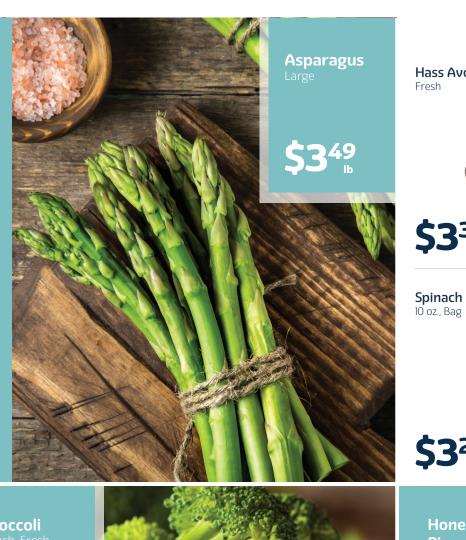


FOSTER'S

CHOOSE ANY 5 PACKS OF SPECIALLY MARKED MEAT FROM OUR MEAT DEPARTMENT, FOR JUST \$19.99.

The meat is always fresh, plus the range is constantly changing.

FEED THE FAMILY FOR LESS!







\$3³⁹

Organic Blueberries 6 oz., Clamshell

\$5⁹⁹

Strawberries

16 oz., Clamshell



\$329

\$5⁴⁹



Honeglow Pineapples ea., Fresh



Green Cabbage

FRESH PRODUCE

89¢



Yukon Gold Potatoes 5 lb., Bag



\$4⁷⁹

Red Potatoes 5 lb., Bag



\$4⁷⁹





Head On Shrimp 20-30 ct., Previously Frozen



Swai Fillet Frozen Instore Prepared



Bone in Salt Fish Jamaican Style, Instore Prepared



SAVE \$2.00 lb



Assorted Pork Loin Chops Family Pack USDA Inspected



T-Bone or **Porterhouse Steaks** Certified Angus Beef



Sanderson Farms Whole Frying Chicken



Beef Bottom Round Roasts USDA Choice



Bone In Mutton Cubes Frozen, Cut and Trimmed



Ground Beef 73% Lean Family Pack Ground Fresh Several Times Daily



Oscar Mayer Bacon 16 oz., Thick Sliced, Low Salt or Regular Hickory Sliced



Oscar Mayer Carving Board 7.5 oz., Turkey Breast, Chicken Breast or Slow Cooked Ham



Claussen Pickles 20-32 oz., Selected Varieties







Live Well with CG Britcay & Foster's focuses on living a healthy and balanced life at an affordable price. To do this, we've developed recipe ideas, tips and product suggestions to help you achieve your healthy living goals.



Home-made Guacamole

INGREDIENTS

l large, ripe Tomato 3 ripe Avocados l large Lime I small Red Onion 1 Chilli, red or green, deseeded and finely chopped Salt & Pepper Tortlla Chips (for serving)

DIRECTIONS

- Use a large knife to pulverise I large ripe tomato to a pulp on a board, then tip into a bowl.
- Halve and stone the 3 avocados (saving a stone) and use a spoon to scoop out the flesh into the bowl with the
- Juice and then tip the juice of l large lime, I finely chopped small red onion and I deseeded and finely chopped red or green chilli into the bowl, then season with salt and pepper.
- Use a whisk to roughly mash everything together.
- If not serving straight away, sit a stone in the guacamole (this helps to stop it going brown), cover with cling film and chill until needed.
- · Enjoy with tortilla chips, or as a spread on toast, etc.!



SCAN FOR MORE TIPS & RECIPES



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