


BAY ROBERTS 709.786.2101  
 CARBONEAR 709.596.6644

Fresh, Friendly and Local - Since 1948  
**Powell's**  
 Supermarket

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 View our flyer online at [www.powellsnl.ca](http://www.powellsnl.ca)

**\$2<sup>49</sup>**  
 PER LB.  
 \$5.49/KG.



Fresh Country Ribbon Value Pack  
**Whole Chicken Legs**

**\$14<sup>99</sup>**



2kg Golden Maple  
**Crispy Chicken Burgers**

**\$5<sup>99</sup>**  
 PER LB.  
 \$13.21/KG.



Cut From Canada AA or USDA Select Grades Beef  
**Outside Round Oven Roast**

**\$2<sup>49</sup>**  
 PER LB.  
 \$5.49/KG.



Fresh Bone In Value Pack  
**Rib & Sirloin Pork Loin Chops**

**\$4<sup>99</sup>**



890ml Kraft  
**Miracle Whip**

3/**\$3<sup>99</sup>**



Size 56's Product of South Africa  
**Pink Grapefruit**

**\$4<sup>99</sup>**



320-400g Armstrong  
**Cheese Bars or Shreds**

**\$1<sup>97</sup>**



4pk Snack Pack  
**Puddings or Gels**

**\$8<sup>99</sup>**



6.21lt Arm & Hammer Clean Fresh  
**Liquid Laundry Detergent**

**\$9<sup>88</sup>**



12x113g Kozy Shack  
**Rice Pudding**

2/**\$4<sup>88</sup>**



427g Parkay  
**Soft Margarine**

3/**\$5**



398ml Heinz  
**Beans or Pasta**

**\$2<sup>99</sup>**



8oz Product of Canada  
**White Mushrooms**

3/**\$5**



156g Burns  
**Flakes of Meat**

**\$11<sup>99</sup>**



24x355ml **Coke & Flavours**  
 or Selected **Pepsi**

**\$3<sup>88</sup>**



375-500ml E.D. Smith Regular or NSA  
**Triple Fruit Jam**

PRICES ARE IN EFFECT JANUARY 9-15, 2025

All items might not be available at all Powell's locations. Photos are for illustration purposes only. Text will prevail. We reserve the right to limit quantities. We do not sell to retailers.

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
9	10	11	12	13	14	15



**\$4.99**

3x43g Black Diamond Cheese, Fruit & Nut Combo

**\$3.99**

3lb GoldenCrust Bread & Roll Mix

**\$4.88**

600-700g Minute Rice

**2/\$5**

4pk Cashmere Bathroom Tissue

**\$3.88**

218-650ml Classico Pasta Sauce

**\$6.44**

200g Folgers Instant Coffee

**\$3.88**

304g Christie Snackwiches

**\$4.88**

355ml Flavourtown Sauce

**\$4.88**

300g Hamilton Milk Lunch Biscuits

**2/\$4**

354ml Dairy Isle Regular or 2% Evaporated Milk

**\$2.88**

410g Puritan Beef or Irish Stew

**\$4.44**

600g Robby's Wedgies

**2/\$6**

398ml Delmonte Tin Fruit

**\$3.88**

2lt Rougemont Apple Juice

**\$4.99**

473ml Crisco Canola Oil

**\$3.88**

140-184g Kraft Shake 'n Bake

**\$6.88**

1.5lt Nestle Ice Cream, 12pk Delmonte Novelties or 4-6pk Nestle Novelties

**\$2.77**

425g Puritan Beans & Wieners

**\$7.97**

1.5lt Heinz Ketchup

**2/\$6**

300g Voortman Wafers

**\$2.99**

389g Idahoan Mashed Potatoes

**\$5.88**

2pk Bounty Essentials Paper Towels

**\$4.88**

400g Purity Lemon Creams

**2/\$4**

284ml Franco American Gravy

**\$6.88**

250g Kraft Parmesan Grated Cheese



**ORDER ONLINE**  
at [powellsnl.ca](http://powellsnl.ca)...

...and choose curbside pickup or home delivery in CBN!

No matter the weather, we are ready to shop for you!  
Next day pick up or delivery time slots available.  
Visit [powellsnl.ca](http://powellsnl.ca) to create a customer account and begin filling your cart. We will take care of the rest!

**\$4.44**

311-440g Selected Post Cereal





### Your Newfoundland Butcher

**\$4.99**  
PER LB.  
\$11.00/KG.



Fresh Country Ribbon Value Pack  
**Bone-In Skin On Chicken Breast**



Cut From Canada AA or USDA Select Grades Beef  
**Boneless Stew Beef**

**\$8.99**  
PER LB.  
\$19.82/KG.

**\$4.99**  
PER LB.  
\$11.00/KG.



Frozen Tray Pack  
**Chicken Hearts**

**\$7.99**  
PER LB.  
\$17.62/KG.



Quality Vac Pack Bone-In  
**Salt Beef**

**\$6.99**



250g Maple Leaf  
Prepped and Ready  
**Chicken or Ham**

**\$5.99**  
PER LB.  
\$13.21/KG.



By the Piece  
Maple Leaf  
**Bologna**

**\$4.99**  
PER LB.  
\$11.00/KG.



Atlantic's Best Homestyle  
**Puddings**

**\$11.99**



6pk Belmont  
**Beef Burgers**

**\$3.99**



375g  
Carver's Choice  
**Bacon**

**\$6.99**



900g Larsen  
Regular or BBQ  
**Wieners**

**\$7.99**



375g Larsen  
Boneless  
**Ham Slices**

**\$9.99**



600g Schneider's  
**Chicken Bites**  
or **Tenders**

**\$10.99**



595g 44th Street  
**Ribs**

**\$9.99**



800g Watson Ridge  
**Buttermilk Chicken**  
**Breast Pieces**

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### Deli

**\$4.88**



150-175g Chris Brother's  
**Shaved Deli Meats**

**\$4.99**



300g Dawn  
**Sliced Ham**

**\$7.99-\$11.99**



Instore Regular or Deluxe  
**Cold Plates**

**\$1.99**  
PER 100G



Store Sliced  
Golden Maple  
or Harvest Creek  
**Chicken Breast**

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### From the Sea

**\$9.99**  
PER LB.  
\$22.02/KG.



Store Wrapped FPI  
**Cod Nuggets**

**\$4.99**



200g Land & Sea  
**Cod Au Gratin**

**\$8.99**



700g High Liner Family Pack  
**Fish Sticks**

**\$5.99**  
PER LB.  
\$13.21/KG.



Frozen Atlantic  
**Cod Portions**

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### Fresh Produce

**\$4.99**  
BUNCH



Product of US  
**Broccoli**



**\$5.49**

3lb Product of Canada  
**Cortland Apples**



**\$4.99**

1lb Product of Canada  
**Parsnip**



**\$1.99**  
PER LB.  
\$4.39/KG.

Product of Brazil  
**Watermelon Pieces**



**\$2.69**

2lb Product of Canada  
**Yellow Onions**

**\$1.19**  
PER LB.  
\$2.62/KG.



Product of Canada  
**Green Cabbage**



**\$4.99**

1Pint  
Product of Peru  
**Blueberries**



**\$2.99**  
EACH

Product of US  
**English Cucumbers**

**\$6.99**



10lb Product of Canada  
**Red Potatoes**



**99¢**  
EACH

Product of Mexico  
**Limes**



**\$2.99**

Product of Brazil  
**Mangoes**

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### Dairy

**\$5.88**



8x100g Activia  
**Yogurt**

**\$13.99**



1.7kg Becel Original  
**Soft Margarine**

**\$4.88**



240g  
Cracker Barrel Natural  
**Cheese Slices**

**\$3.88**



225g Cool Whip  
**Aerosol**

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### Frozen

**\$4.88**



520g Apple Valley  
**Lemon Meringue Pies**

**\$15.88**



48ct Kellogg's Family Pack  
**Eggo's**

**\$3.44**



750g  
Cavendish  
**Crispy Coat Fries**

**\$12.88**



1.2kg McCain  
Three Cheese or Pepperoni  
**Pizza Pockets**

**\$3.44**



380g Pillsbury  
**Pizza Pops**

**\$4.88**



422-664g  
Red Baron  
Classic or Thin Crust  
**Pizza**

**\$5.99**



638g Furlani  
**Garlic Texas Toast**

**2/\$4.88**



128-284g  
Michelina's  
**Frozen Entrees**

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Bakery

\$12<sup>99</sup>

\$11<sup>99</sup>

Maple Walnut  
Cake



Baked  
In-Store

\$2<sup>99</sup>

Baked  
In-Store



3 Bun Homestyle  
White Bread



21pk Golden Crust Variety Pack  
Cookies

\$2<sup>99</sup>

Baked  
In-Store



12pk White or Whole Wheat  
Circle Dinner Rolls

STARTING AT  
\$6<sup>99</sup>

Powell's Artisan  
Sourdough  
Bread

Baked  
In-Store



\$6<sup>25</sup>



540g Golden Crust  
Assorted Pies

\$6<sup>99</sup>



4pk Golden Crust  
Selected Muffins

\$5<sup>99</sup>



8pk  
Golden Crust  
Fancy Cake  
Donuts

\$2<sup>99</sup>

Baked  
In-Store



Fat Free,  
Sugar Free  
White  
Bread

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\$

PRICES ARE IN EFFECT UNTIL JANUARY 29, 2025

Smart Shopper

\$1<sup>88</sup>



310ml  
Neilson  
Shakes

\$2<sup>88</sup>



276g Tang  
Drink Crystals

\$1<sup>44</sup>



28g French's  
Marinade Mix

\$3<sup>44</sup>



225g Christie Premium Plus  
Salted Crackers

2/\$6



1lt Primo  
Ketchup

\$4<sup>88</sup>



234g  
Sara Lee  
Little Bites  
Muffins

\$4<sup>44</sup>



416-418ml Tostitos Salsa or  
180-200g Ruffles XL Potato Chips

3/\$8



444-473ml  
Monster  
Energy Drinks

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\$6<sup>99</sup>



6.4kg A&H  
Cat Litter

\$25<sup>88</sup>



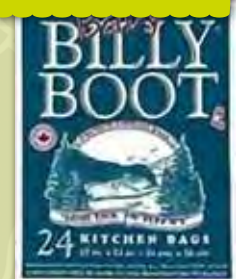
16ct Outlaw  
Beef Burgers

\$9<sup>88</sup>



1.5kg  
Chris Brothers  
Bologna

2/\$4<sup>88</sup>



24pk Billy Boot  
Grabage Bags

Personal Care

\$5<sup>88</sup>



18ct  
Tampax Pearl  
Tampons

\$6<sup>44</sup>



532ml  
Old Spice  
Bodywash

\$5<sup>88</sup>



24ct Tylenol  
Arthritis Pain

\$3<sup>99</sup>



311g  
Gillette  
Foamy

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### Refreshments & Snacks



4/\$5

1lt Pepsi & Flavours



2/\$8

250-300g Humpty Dumpty Cheese Snacks or Party Mix



99¢

75g Pocket Pal Candy



99¢

473ml Snapple Beverage



\$4.44

136-198g Boom Chicka Pop Snacks



2/\$4.44

105-141g Hershey Big Box Chocolate



2/\$4.44

2lt Fruite Drinks



2/\$8

177-235g Lay's XXL or Baked Potato Chips



\$4.44

210-235g Doritos XL



\$13.88

24x500ml Pure Life Splash Rainbow Water



\$15.88

740g Kellogg's Rice Krispie Squares



88¢

20-50g Old Dutch Vending Size Snacks

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### Furry Friends



\$11.88

1.9kg Pedigree Marrobone

\$19.99



4kg Whiskas Dry Cat Food



\$19.99

7.2kg Alpo Dry Dog Food

\$16.88

22.7kg QualiCat Cat Litter



\$1.88

100g Cesar Dog Food

\$10.44



2kg Purina Cat Chow For All Cats

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### House and Home



\$3.88

828ml Pinesol Cleaner

\$8.77

20ct Cascade Dishwasher Tabs



2/\$6.50



2pk Mr. Clean Magic Eraser



\$3.88

226g Glade Aerosol



\$6.99

16ct Swiffer Unscented Dry Cloths



\$5.44

2.4lt Clorox Bleach

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### More Great Deals



\$4.69

340g Spam Luncheon Meat

\$3.77

42g Gerber Graduates Puffs



2/\$6.50



496g Betty Crocker Cookie Mix



496g Cookie Mix

\$3.44



550-675g Villaggio Thick Sliced Bread or 6-8pk Toscana Buns



\$3.77

1kg Robin Hood Minute Oats



\$1.77

58g Kraft Dinner Cups



2/\$1

85g Mr Noodles

\$2.88



243ml Old El Paso Taco Sauce

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