

Chase River YOUR NEIGHBOURHOOD SUPER MARKET WITH DOWNTOWN PRICES

CHASE RIVER
1 MILE
SOUTH OF
DOWNTOWN
NANAIMO

FOOD COUNTRY

100%
Locally
owned &
operated

Quality Guaranteed Meats

Fresh Whole Frying Chicken  **97¢** lb.
\$2.14 kg Utility Grade

Fresh Frying Chicken **\$1.99** lb.
Breasts \$4.39 kg

Fresh Frying Chicken **\$1.59** lb.
Legs \$3.51 kg

Fresh **Lean Ground Beef** **\$1.99** lb.
\$4.39 kg

Fresh Food Country **Farmer Sausage** **\$2.29** lb.
\$5.05 kg

"Maple Leaf" **Luncheon Meats** **99¢**
5 types 175 gram

"Olympic" Boneless Fully Cooked **Dinner Hams** **\$3.89** lb.
\$8.58 kg

"Olympic" **Weiners** **\$1.69**
450 gram

"Mayfair" **Side Bacon** **\$2.49**
450 gram

Pork Side Ribs **\$2.29**
Frozen

Your Fresh produce Market

Fresh Sunkist Lunchbox

Oranges
10 99¢
Oranges for

Fresh **Golden Delicious McIntosh Apples**
86c Kg

39¢ lb.

Give the Kids some Punch with an Apple or Orange for Lunch!

Fresh **New White Potatoes** **5 99¢**
44c Kg lbs.

Fresh Local **Cauliflower** **99¢**
each

Fresh Local **Celery** **29¢**
84c Kg

Fresh Local **Green Cabbage** **4 99¢**
55c Kg lbs.

This Week's In-Store Features

Black Forest **Ham** **99¢**
100 gram

Our Homemade Mustard **Seed Loaf** **79¢**
100 gram

Bavarian **Meat Loaf** **79¢**
100 gram

Sliced **Cooked Ham** **59¢**
100 gram

Bar-B-Que **Chicken** **69¢**
Fresh Daily 100 gram

Bakery Buys

8-Grain Bread **1.49**
580 gram

Bulk **White Sugar** **5¢**
100 gram

Italiano Rolls **99¢**
Dozen

Lowneys **Chocolates** **88¢**
100 gram

Bulk Food Special

Rowntree **Smarties** **88¢**
100 gram

Voortman **Biscuits** **39¢**
100 gram

STORE HOURS
MONDAY thru FRIDAY

9 A.M. - 9 P.M.

SATURDAY
9 A.M. - 6 P.M.

SUNDAY
10 A.M. - 6 P.M.

Sale Prices In Effect Tuesday, Sept. 2nd to Monday, Sept. 8th