

this week's coupons

Overwaitea Foods



Pork Tenderloin

Whole, Fresh,
Limit 8 Free

1 buy one get one
free

More Rewards Present this coupon with your More Rewards card to the cashier at time of purchase. Coupon cannot be combined with any other Overwaitea Food Group coupon offer on this product or redeemed for cash. Offer excludes reduce-to-clear items. No substitutions. Buy one package of the above mentioned item and receive another one of equal or lesser value free. Coupon valid **November 13 to 19, 2011** while supplies last. **To the cashier:** Scan items. Scan coupon at end of order. Place coupon in drawer.



4 5 6 3 6 4 8 8 0 3 6 7

Overwaitea Foods



Prime Rib Premium Oven Roast

Aged Min. 14 Days, Guaranteed Tender, Fresh, Limit 8 Free
Cut from AA Western Canadian beef or higher.

1 buy one get one
free

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4 5 6 3 6 4 0 3 6 1 5 3

Overwaitea Foods



Snapper Fillets

West Coast, Frozen, Limit 8 Free

1 buy one get one
free

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4 5 6 3 6 4 8 8 0 4 2 8

Overwaitea Foods

\$10 off

Chicken Breast

Western Family - Boneless, Skinless, Fillet Removed, Seasoned, Individually Quick Frozen, 3 kg Box



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4 5 6 3 6 4 0 3 6 2 4 5

Overwaitea Foods



Old Dutch Restaurant Tortilla Chips

(250 to 360g), Also Corn Chips (320g), Limit 4 Free

1 buy one get one
free

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4 5 6 3 6 4 8 8 0 4 5 9

Overwaitea Foods



Nanaimo Bars

(1.48 kg), Also Carrot Cake (1.3 kg), Date Squares or Rocky Road (1.42 kg)

1 buy one get one
free

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4 5 6 3 6 4 8 8 1 4 9 4

Overwaitea Foods



Wonderful Pistachios

560g

1 buy one get one
free

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4 5 6 3 6 4 0 3 7 7 2 3

Overwaitea Foods



Kellogg's Corn Flakes Cereal

(525g) or Raisin Bran (475g), Limit 4 Free

1 buy one get one
free

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4 5 6 3 6 4 8 8 0 5 4 1

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Overwaitea Foods



International Delight
473 mL

1 buy one get one free

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4 56364 88062 6

Overwaitea Foods



Wild Mike's Pizza
Frozen, 907.1g to 1.05 kg,
Limit 6 Free

1 buy one get one free

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4 56364 88051 0

Overwaitea Foods



Western Family Bathroom Tissue
Double (12 Rolls) or Single
(24 Rolls), Limit 3 Free

1 buy one get one free

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4 56364 88044 2

Overwaitea Foods



Western Family Facial Tissue
6-Pack, Limit 3 Free

1 buy one get one free

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4 56364 03589 7

Overwaitea Foods



Western Family Paper Towels
6 Rolls, Limit 3 Free

1 buy one get one free

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4 56364 88053 4

Overwaitea Foods



Knorr Broth
(900 mL), Also Knorr
Lipton Soup Mix (4-Pack),
Limit 10 Free

1 buy one get one free

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4 56364 88050 3

Overwaitea Foods



Western Family Sockeye Salmon
Wild Pacific, MSC Certified,
213g, Limit 6 Free

1 buy one get one free

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4 56364 88055 8

Overwaitea Foods



Western Family Cranberry Cocktail
1.89 Litres, Limit 4 Free

1 buy one get one free

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4 56364 03626 9

this week's coupons

Overwaitea Foods



Red Rose Orange Pekoe Tea
144's, Limit 4 Free

1 buy one get one
free

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4 56364 88047 3

Overwaitea Foods



Christie Cookies
550g,
Limit 4 Free

1 buy one get one
free

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4 56364 88049 7

Overwaitea Foods



Nestlé Pure Life Spring Water
24 x 500 mL, Limit 6 Free

1 buy one get one
free

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4 56364 88037 4