

TWO GREAT LOCATIONS TO SERVE YOU IN THE SOUTH SHUSWAP • #LOVELOCAL

2798 BALMORAL ROAD, BLIND BAY • PHONE: 250.675.2046 • FAX: 250.675.4192
 OPEN SUN. - WED. 5 AM - 8 PM, THURS - SAT. 5 AM - 9 PM
 M&M FOOD MARKET EXPRESS • GROCERY • MEAT • PRODUCE
 BAKERY • DELI • HOT FOODS • LIQUOR

1249 TRANS-CANADA HWY, SORRENTO • PHONE: 250-675-2442
 OPEN 7 DAYS A WEEK 8 AM - 9 PM
 PUROLATOR DEPOT OPEN 8 AM - 9 PM • GROCERY • MEAT • BAKERY
 PRODUCE • LIQUOR • DELI • HOT & COLD LUNCHES • LOTTO • ICE

VISIT OUR WEBSITE:

shopbbvg.com

View our Flyers, Sign Up for updates
 and order your groceries!



Village Grocer

Find us on

Facebook and Instagram
@BlindBayVillageGrocer

Beef Brisket

Value Pack
 kg. 16.51

749
 per lb.

FUN IN THE SUN!

INTEX INFLATABLES
10% OFF
 SELECT VARIETIES

ELECTRIC FAT BIKE COMPANY

COME IN AND FIND THE BIKE
 FOR YOU!

6 STYLES TO CHOOSE FROM
 Ask Lee on models & pricing available.

Western Family Peanut Butter

Select Varieties
 500 g.

2 FOR \$5

Christies Crackers

Select Varieties
 175-386 g.

3 FOR 798

Western Family Apple Juice

1 litre
 *Plus Deposit

3 FOR 399

deli-cious

Grimm's Homestyle Roast Beef With Garlic

299
 per 100 g.

Baked Fresh Daily

Panini Buns

Select Varieties
 6 Pack

299
 each

deli-cious

Red Potato & Sour Cream Salad

189
 per 100 g.

Fresh Express Garden Salad

198
 each



PLEASE RECYCLE WHERE FACILITIES EXIST.

ALL GRAPHICS ARE FOR ILLUSTRATION PURPOSES ONLY.
 WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

*PLUS DEPOSIT & ENVIRO LEVIES WHERE APPLICABLE.

DUE TO SPACE LIMITATIONS, NOT ALL AG INDEPENDENT RETAILERS MAY CARRY ALL ADVERTISED ITEMS.
 AG INDEPENDENT IS A PROGRAM OF ASSOCIATED GROCERS.

SALE PRICES
 EFFECTIVE
 MAY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
21	22	23	24	25	26	27

rise & shine

MJB Coffee

Select Varieties
300 g.

5⁹⁸
each



Nutella
Hazelnut Spread
375 g.

4⁴⁸
each



General Mills
Oatmeal Crisp
Cereal
or Chex, Select Varieties
340-437 g.

5⁴⁸
each



Tim Hortons
Coffee
Select Varieties
10-14 T-Discs
or K-Cups

10⁹⁸
each



Maxwell House
Coffee
Original Roast
925 g.

8⁹⁸
each



Dempster's
Signature Bread
Whole Grain or
Cinnamon Raisin
Select Varieties, 600-
680 g.

3⁹⁸
each



Natural Bakery
Canadian Rye
Bread
900 g.

3⁹⁸
each



Cora's
Crepe Mix
Plain or Chocolate
700 g.

5⁹⁸
each



Nescafe
Instant Coffee
or Taster's Choice
Select Varieties
100-170 g. or 18 Pack

6⁹⁸
each



Dempster's
English Muffins
Select Varieties
6 Pack

3⁹⁸
each



Western Family
Granola Bars
Select Varieties
156-172 g.

3⁹⁸
each



Nestle Nesquik
Syrup
or Powder
Select Varieties
510-700 ml. or 540 g.

5⁹⁸
each



Red Rose
Orange Pekoe
Tea
Regular or Decaf
48-72 Bags

5⁹⁸
each

**Western Family
Tart Shells**
Frozen
570 g. each **5⁹⁸**

**Betty Crocker
Cookie Mix**
or Brownie, Select Varieties
292-550 g. **2 FOR \$6**

**SunRype
Apple Sauce**
Regular or Unsweetened
625 ml. **2 FOR \$7**

**Christie
Graham Wafers**
or Baking Crumbs. Select
Varieties, 400 g. each **4⁹⁸**



Sunny D
Beverages
Smooth or Tangy Original
1.89 litre, *Plus Deposit

2⁹⁸
each



Nestle
Coffee Mate
Select Varieties
425-450 g.

5⁴⁸
each



Van Houtte
Timothy's or Donut
House Coffee
Select Varieties
24-30 K-Cups

14⁹⁸
each

fridge & freezer

Boston Market Home Style Meals

Frozen, Select Varieties
369-425 g.

2 FOR \$8



Delissio
Stuffed Crust Pizza
or Crispy Pan
Frozen, Select Varieties
556-744 g.

8⁹⁸
each



Cheemo
Perogies
Cheddar or Variety Pack
Frozen, 2 kg.

6⁹⁸
each



Becel
Margarine
Select Varieties
637-850 g.

7⁹⁸
each



Kraft
Singles
or Cheez Whiz
Select Varieties
825-900 g.

10⁹⁸
each



International
Delight Creamer
Hazelnut or French
Vanilla, 1.42 litre
*Plus Deposit

5⁴⁸
each



Armstrong
Cheese
Select Varieties
600 g.

10⁹⁸
each



Cavendish
Farms Fries
Frozen, Select
Varieties, 750 g.

2 FOR \$7



Armstrong
Shredded
Cheese
Select Varieties
500 g.

9⁹⁸
each



Western Family
Strawberries
or Raspberries
in Syrup, Frozen
425 g.

4⁹⁸
each



McCain
Potato Patties
Frozen
1.34 kg.

5⁹⁸
each



Island Farms
Ice Cream
Select Varieties
4 litre

8⁹⁸
each



Häagen-Dazs
Ice Cream
or Frozen Novelties
Select Varieties
414-500 ml. or 3-4 Pack

5⁹⁸
each



Tropicana Juice
or Pure Leaf Iced Tea
Chilled, Select Varieties
1.54-1.75 litre, *Plus Deposit

4⁹⁸
each



Pogo
Corn Dogs
Original or All Beef
Frozen, 600-750 g.

8⁹⁸
each

Dairy Deals!

Dairyland
Chocolate Milk
4 litre
*Plus Deposit each **7⁹⁸**

Dairyland
Whipping Cream
33% or 36%, 946 ml.
*Plus Deposit each **4⁹⁸**

Dairyland
Cream
or Creamo, 10% or 18%
946 ml., *Plus Deposit each **3⁹⁸**

Dairyland
Sour Cream
Select Varieties
450-500 ml. each **2⁹⁸**



Nestle Real Dairy
Ice Cream
Blends or Novelties
Select Varieties
1.5 litre or 4-12 Pack

7⁴⁸
each

liquor department • BEER, WINES, SPIRITS & MORE ON SPECIAL EVERY WEEK

**Miller
High Life**
12 Pack Bottles
Plus Tax & Deposit

18⁷⁹
each
Save \$2



**Michelob
Ultra**
Sleek 24 Pack Cans
Plus Tax & Deposit

Save \$3

42⁹⁹
each



**Gibsons Finest
12 Year Aged
Whiskey**
1.14 litre
*Plus Tax & Deposit

Save \$4

47⁹⁹
each



**Bacardi
8 Year Old
Gold Rum**
750 ml.
*Plus Tax & Deposit

Save \$2

33⁹⁹
each



**Labatt
Bud Light**
24 Pack Cans
*Plus Tax & Deposit

Save \$2

41⁹⁹
each



**Heineken
Beer**
12 Pack Bottles or Cans
*Plus Tax & Deposit

Save \$2.50

27⁹⁹
each



**Smirnoff
Red Vodka**
1.75 litre
*Plus Tax & Deposit

Save \$2

54⁹⁹
each



**Bailey's Original
Irish Cream**
750 ml.
*Plus Tax & Deposit

Save \$2

29⁹⁹
each



**Okanagan
Apple Cider**
Black Cherry or Crisp Apple
6 Pack
*Plus Tax & Deposit

Save \$1

12⁷⁹
each

Your Choice!



**Wolf Blass
Rosé**
750 ml.
*Plus Tax & Deposit

Save \$4

20⁹⁹
each



**Sumac Ridge
Private Reserve
Cabernet Merlot**
750 ml.
*Plus Tax & Deposit

Save \$2

13⁹⁹
each



**Dillon's Gin
Variety Pack**
12 Pack Cans
*Plus Tax & Deposit

Save \$2

26⁹⁹
each



**Mike's
Peach Fuzz**
6 Pack Cans
*Plus Tax & Deposit

Save \$1

12⁹⁹
each



**Jackson Triggs
Select Pinot Grigio**
1.5 litre
*Plus Tax & Deposit

Save \$2.50

16⁴⁹
each



**Gray Monk
Gewurtztraminer**
750 ml.
*Plus Tax & Deposit

Save \$1

19⁹⁹
each



ALL LIQUOR ITEMS SUBJECT TO PROVINCIAL TAXES, DEPOSITS AND APPLICABLE ENVIRO LEVIES. ALL GRAPHICS ARE FOR ILLUSTRATION PURPOSES ONLY. WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

sizzling savings

**T-Bone
Steak**
Value Pack
kg. 30.84

13⁹⁹
per lb.

**Chicken
Legs**
Back Removed
kg. 7.91

3⁵⁹
per lb.



**Pork
Side Ribs**
kg. 8.80

3⁹⁹
per lb.



**Pork
Tenderloin**
kg. 9.90

4⁴⁹
per lb.



**Western Family
Beef Wieners**
375 g.

5⁹⁹
each



**Harvest
Sliced Bacon**
500 g.

11⁹⁹
each



**Grimm's
Sliced Meats**
Select Varieties
175 g.

4⁴⁹
each



**Western Family
Stuffed Chicken**
Frozen, Select Varieties
852 g.

11⁹⁹
each



**Pork
Dinner Sausages**
Select Varieties
kg. 11.00

Made Instore!

4⁹⁹
per lb.



**Western Family
Garlic "Tickled" Ribs**
Frozen
454 g.

7⁹⁹
each

**As Always
Great Selection of
FRESH FISH
& SEAFOOD
in twice a week
for your convenience!**

snack time

Old Dutch Potato Chips

Cheese Pleasers
or Humpty Dumpty Snacks
Select Varieties, 220-290 g.

2 FOR \$8

Hardbite
Potato Chips
Select Varieties
150 g.

2 FOR \$6



Mars King Size
Chocolate Bars
Twix or Snickers
Select Varieties, 85-93 g.

2 FOR \$4



Western Family
Ice Cream Cups
Original or Rainbow
75 g.

2 FOR \$4



Cheetos
Snacks
or Munchies
Select Varieties
170-310 g.

2 FOR \$9



Stoned Wheat
Thins
300 g.

2 FOR \$7



Kraft
Jet-Puffed
Marshmallows
Select Varieties
400 g.

2 FOR \$5



Leclerc
Celebration
Cookies
Select Varieties
240 g.

2 FOR \$8



Real Fruit
Gummies
Select Varieties
180 g.

2 FOR \$6



Hardbite
Vegetable Chips
Select Varieties
150 g.

2 FOR \$8

Jiffy
Popcorn
127 g.

2 FOR \$5

Planters
Peanuts or Cashews
Select Varieties
200-454 g. each

5⁹⁸

Anna's
Thins
Select Varieties
150 g.

2 FOR \$5

Jell-O
Jelly Powder
Select Varieties
10-85 g.

5 FOR \$5

Pepsi or 7Up Beverages

Select Varieties
2 litre, *Plus Deposit

2 FOR \$5



Molson Exel
Non-Alcoholic Beer
12x355 ml.
*Plus Deposit each

7⁹⁸

San Pellegrino
Sparkling Water
750 ml.-1 litre
*Plus Deposit each

2 FOR \$5

Nanton
Spring Water
24x500 ml.
*Plus Deposit each

2 FOR \$9

Western Family
Juice or Blends
Select Varieties, 5x200 ml.
*Plus Deposit each

3 FOR 6⁹⁹

Ocean Spray
Cranberry Cocktail
6x295 ml.
*Plus Deposit each

5⁹⁸

Goodhost
Iced Tea Mix
2.35 kg.
..... each

12⁹⁸

Coke or Canada Dry Beverages

Select Varieties
6x710 ml.
*Plus Deposit

5⁹⁸ each



Gatorade
Sports Beverage
or Crystals, Select Varieties
560 g., 6x591 ml. or 8x355 ml
*Plus Deposit each

6⁹⁸

Jones
Soda
Select Varieties
355 ml., *Plus Deposit each

2 FOR \$3

Arto Life
Water
1 litre
*Plus Deposit each

2 FOR \$5

Pepsi or 7Up
Minis
Select Varieties
6x222 ml., *Plus Deposit each

2 FOR \$8

Coke or Canada Dry
Beverages
Select Varieties
24x355 ml., *Plus Deposit each

12⁹⁸

household

Tide Laundry Detergent
Select Varieties
29-32 Use

10⁹⁸
each

Sponge Towels Ultra Pro
Double 6 Roll

15⁹⁸
each

Purex Bathroom Tissue
or Ultra Triple 12 Roll

12⁹⁸
each

Kleenex Facial Tissues
Select Varieties
70-160 Tissues
3-6 Pack

8⁹⁸
each

Clorox Concentrated Bleach
2.4 litre

5⁹⁸
each

Palmolive Dish Liquid
Select Varieties
591 ml.

2 FOR \$8

Scrub Free Soap Scum Remover
950 ml.

4⁴⁸
each

Nutri-Choice Advantage Dog Food
Select Varieties
16 kg.

33⁹⁸
each

Glad Sandwich Bags
50 Pack

2 FOR \$5

Glad Bags
Select Varieties
26-52 Pack

7⁹⁸
each

Liquid Plumr
Professional
900 ml.

5⁹⁸
each

Alcan Aluminum Foil
Heavy Duty
12"x30"

2 FOR \$7

Milk-Bone Dog Snacks
Select Varieties
450-500 g.

2 FOR \$6

Energizer Max Batteries
AAA or AA
8-12 Pack

16⁹⁸
each

Tylenol Pain Relief
Regular or Extra Strength
20-24 Pack

5⁹⁸
each

Old Spice High Endurance Deodorant
Select Varieties
85 g.

2 FOR \$9

market fresh produce

Armstrong Asparagus

kg. 13.19

Locally Grown!

5⁹⁸
per lb.

Portabella Mushrooms

B.C. Grown
kg. 19.80



8⁹⁸
per lb.

Cameo Cherry or Concerto Grape Tomatoes

Canadian Grown
284 g. Clamshell



2⁹⁸
each

Bunched Radishes

Canadian or Mexican Grown

1²⁸
each

Avocados

Mexican Grown
4 Pack

3⁹⁸
each

Green Onions

Mexican Grown

48¢
per lb.

Bananas

Costa Rican Grown
kg. 1.72

78¢
per lb.