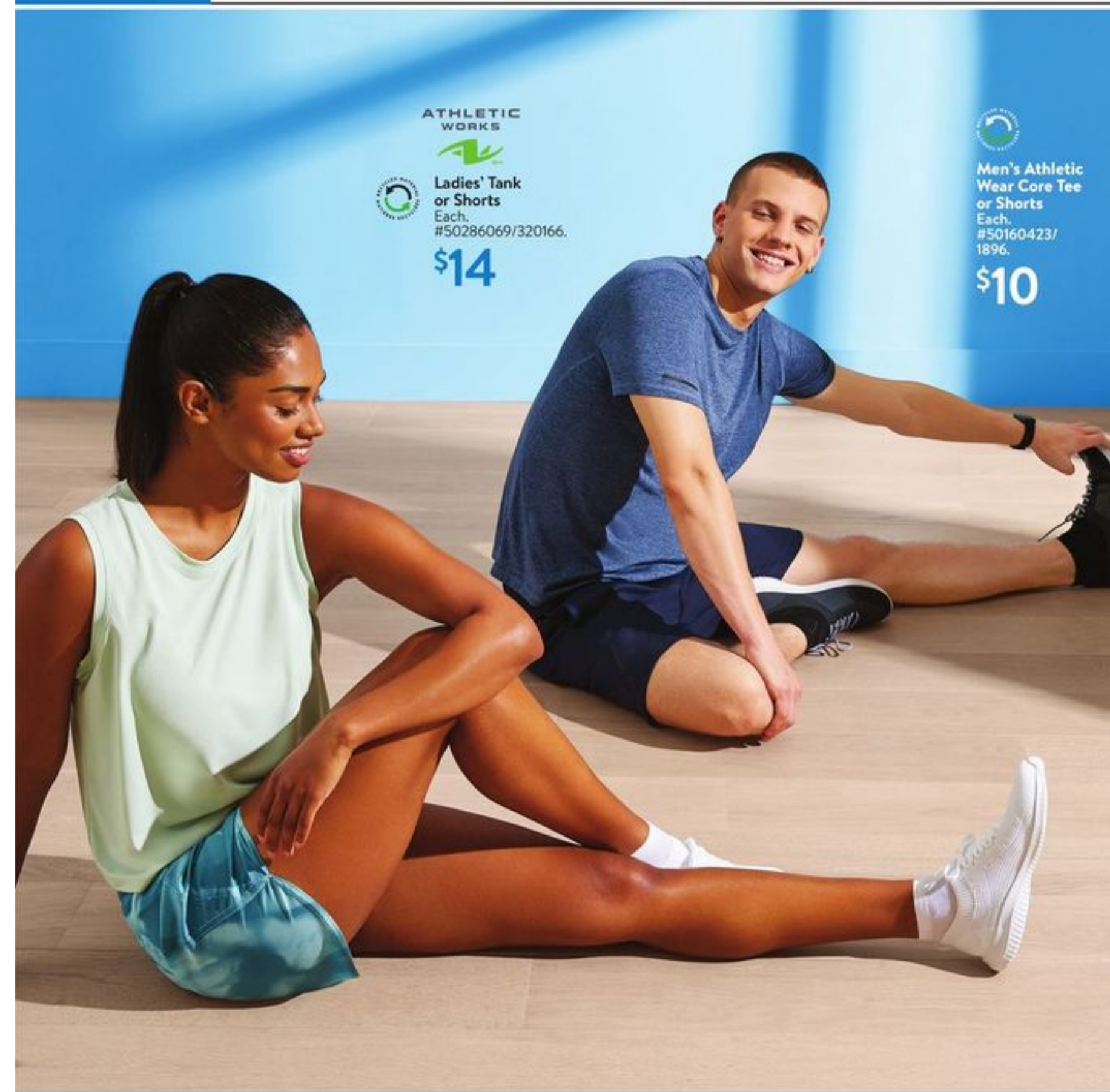




Walmart

Live Better

Health & wellness essentials for your best year!



ATHLETIC WORKS

Ladies' Tank or Shorts
Each.
#50286069/320166.

\$14



Men's Athletic Wear Core Tee or Shorts
Each.
#50160423/1896.

\$10

Get a move on!

Make 2024 a year of fitness goals, better eating and healthy new habits. Here's what you need to make it happen at home or at the gym.



3 mm
Yoga Mat
Each. #30087447.
In-store only.

\$9⁹⁸

Men's or Ladies'
Athletic Shoes
Pair: Patty, Thorn.
(Product varies by store.)

\$29

Athletic shoes support your feet so you can exercise with confidence.

onn.

onn. True Wireless In-Ear Earphones with Charging Case
Each, Black.
#50113181.

\$44⁹⁸

Selected Contigo Water Bottles
Each.
#30708038/
1104450.
Was \$17.97
More styles and colours available.

Rollback

SAVE \$2
\$15⁹⁷

Made to mix, agitator ball blends drinks

Free delivery** over \$35

Plus free* pickup on all online orders.

**Applies to items sold and shipped by Walmart, excluding grocery orders. Shipping charges will apply if your order is less than \$35, contains heavy or oversized items, and/or is being shipped to a location that does not qualify for free shipping, particularly remote locations. *On eligible items. Minimum order value of \$25 (before taxes). Some exclusions apply. See Walmart.ca for details.

*Item may be subject to additional environmental handling, recycling or disposal fees. Such fees may vary by product and by province. See store for details.

Save money. Live better.™

Thursday, December 28th, 2023 to Wednesday, January 17th, 2024.

Walmart*

The new WFH

Save time and work out from home.
Gear up with these WFH must-haves.



Men's Athletic Wear
Core Tee or Shorts
Each.
#50160423/1896.
\$10



\$149⁹⁸ GoZone 5 lb. - 40 lb. Adjustable Kettlebell
Each. #31714661.



\$19 Men's Athletic Shoes
Pair. Arm.



\$9⁹⁸ GoZone Looped Resistance Bands 3-Pack
Pack. #30138934.



Men's Reebok Delta Fleece Hoodie or Jogger
Each.
#30317929/8598.
\$34⁹⁷

1
Sweat it out
stay warm in the
basement or
garage gym*



GOZONE GoZone Walking Pad
Each. #31714660.
\$249⁹⁸ 6 monthly installments of \$41.66**

2
Cardio
Aim for
150 minutes
per week*

3
Strength
Work your
muscles
twice weekly*



GoZone Neoprene Hex Dumbbell
Each. Selected weights and sizes.
#30112303/478/9/5100/37.
(See in-store for selected varieties.)
Starting from **\$2⁹⁸**



GoZone Foldable Weight Bench
Each. #30518393.
\$109⁹⁸

4
Stretching
Stay limber
by stretching,
standing and
walking*

GoZone 6-Piece Fitness Flooring Tiles
Pack. #30907727.
\$26⁹⁷



*Source: Canadian Society for Exercise Physiology

**Estimated before taxes, discounts, Walmart Reward Dollar redemptions, and shipping/delivery fees using the Walmart Rewards Mastercard. A set-up fee will also be charged to your account on the posting date of the purchase. See walmart.ca/financial-services for additional terms and conditions.

Dress for success

Pull on comfortable layers that go from street to gym in comfort and style



Athletic Works Hoodie
Each.
#50284404.
\$24

Athletic Works Jogger
Each.
#50279695.
\$22



Athletic Works Fleece Crew Neck
Each.
#31602476.
\$18

Athletic Works Tech Fleece Shorts
Each.
#31153172.
\$16

\$29 Ladies' Athletic Shoes
Pair. Patty.

What's in your gym bag?

Pack your bag with workout essentials for the gym or studio



GoZone 10 mm Exercise Mat with Carry Strap
Each. #30918111.
\$26⁹⁸



AirPods (2nd generation)
Each.
#31667813.
\$179*

AirPods combine an iconic design, high-quality sound, and a fit that's comfortable all day!



ATHLETIC WORKS
\$16 Athletic Works Tees
Each. #50285521.

Stay moving, stay motivated. Track progress in the Workout app to hit your personal daily goals.



\$549* Apple Watch Series 9
GPS 41 mm
Each. #50074034/5/42/51,
45 mm, #50074036, \$589.*
6 monthly installments of \$91.50**

Earn **5%** in Reward Dollars on Apple products!†

†Terms & conditions apply. Visit walmart.ca/rewards for details.



hometrends
Hometrends Bath Towel
Each. White.
#30457762.
\$10⁹⁷

HEALTH BENEFITS

Tap into better circulation and immunity, reduced inflammation and muscle soreness. All it takes is a post-workout cold shower. (And yes, you can crank up the water temperature afterwards!)

*Estimated before taxes, discounts, Walmart Reward Dollar redemptions, and shipping/delivery fees using the Walmart Rewards Mastercard. A set-up fee will also be charged to your account on the posting date of the purchase. See walmart.ca/financial-services for additional terms and conditions.

Save money. Live better.™ †Item may be subject to additional environmental handling, recycling or disposal fees. Such fees may vary by product and by province. See store for details. Walmart*

Keep it clean!

Get glowing with next-generation self-care products

Herbal Essences

Rollback Herbal Essences Coconut Oil Hydrating Shampoo with Certified Camellia Oil and Aloe Vera or Hemp Oil Frizz Control Shampoo Each, 400 mL. #50339857. Was \$8.26

SAVE \$2
\$6.26

Secret.

Secret Aluminum Free Deodorant Each, 68 g. #30018421. Was \$8.47

Rollback SAVE \$1.50
\$6.97



Sulfate-free haircare
Deep hair nourishment, surprisingly lightweight

Aluminum-free deodorant
48-hour odour fighting protection



Formulated with naturally derived ingredients like green tea and aloe vera



Rollback SAVE \$4
\$19.96

Marcelle BB Natural Cream Each, 45 mL. #30802850. Was \$23.96

ROUTINE UPDATE

Update your look with fresh, glowing skin, bright eyes and smooth lips. Streamline your routine with minimalist, clean-beauty faves.



Burt's Bees is enriched with natural ingredients and no parabens, phthalates, petrolatum or SLS.

Rollback SAVE \$1
\$8.47

Burt's Bees 100% Natural Origin Lip Balm 2-pack, 2 x 4.25 g. #31472457. Was \$9.47



Perfume & paraben free

GOSH Velvet Touch Eye Liner or Brow Pencil Each, #50118009.
\$9.97

Shop more feel-good beauty products at Walmart.ca

Click to shop

Stay hydrated

Say cheers to healthy choices with fresh hydration, including new flavoured options



BRITA

A filter fresh start

Rollback

SAVE \$5

\$19.97

Brita Filters
3-pack, #1480816.
Was \$24.97

Cirkul

\$5.48

YOUR CHOICE
Cirkul GoSip Black Cherry
or LifeSip Strawberry Kiwi Flavour
Cartridge
Each, #50359490/6.



Now trending
Sip on this social media sensation!

Rollback
SAVE \$5
\$19.97
Brita Pitcher
Each, #50131851.
Was \$24.97

It's time for a filter fresh start. New year, new water, new you. Choose Brita.

Experience the next level of hydration, where a simple turn of the dial transforms your water into a treat so good, you'll be thirsty for more!

\$29.98

Cirkul 22oz Plastic Water Bottle Starter Kit with Blue Lid and 2 Flavour Cartridges
Kit, Fruit punch and mixed berry. #50359489.

FINALLY, WATER IS YOUR FAVOURITE BEVERAGE.
ENFIN, L'EAU EST VOTRE BOISSON PRÉFÉRÉE.

INCLUDES:
- 1 22 OZ PLASTIC WATER BOTTLE
- 1 CARTRIDGE (FRUIT PUNCH)
- 1 CARTRIDGE (MIXED BERRY)
INCLUDES:
- 1 BOTTLE EN PLASTIQUE DE 22 OZ
- 1 CARTRIDGE À FRUITS MIXTES
- 1 CARTRIDGE À FRUITS MÊLÉS

Get organized!

Stay on track with your healthy habits. Declutter for less stress and start meal prepping so wholesome eating becomes an everyday routine.

Non-slip felt keeps clothing in place

Rollback
SAVE \$10
\$19.97

Mainstays Ultra-Slim Felt Clothes Hangers
50-Pack
Pack, #50117763.
Was \$29.97

Affordable upgrade
Treat yourself to a budget-friendly closet update

Meal prep once for lunches all week

Mainstays 92-Piece Food Storage Containers
Set, #31236735.
\$14.97

Air out & organize shoes

Rollback
SAVE \$10
\$69.97

Neatfreak! Fabric Upholstered Shoe Storage Bench
Each, #31089747.
Was \$79.97

Stash your sports gear

Rollback
SAVE \$3
\$9.97

Sterilite 68 L Tote
Each, #30477255/1697132.
Was \$12.97
Also available, Sterilite 55 L clear storage tote, #1427903.
More selection available.

Better breakfasts

Milk and cereal have been updated for today's lifestyles. Give these nutritious and delicious combinations a try.

Natrel



Multi
2 for \$12
or \$7.18 each

Natrel Plus Protein Lactose-Free Beverage
Selected varieties. 2 L.
#31432001.



\$6.28
Each. Selected varieties. 2 L.
#30799066.

Kellogg's

Kellogg's Jumbo Vector Cereal
Each.
#9276802.
\$9.77



Kellogg's Premium Cereals
Selected varieties and sizes.
#30556291.
Multi
2 for \$8
or \$5.97 each



Special K Red Berries cereal is a source of 11 vitamins and minerals!

The protein and carbs in flavoured milk make it the perfect post-workout meal

Top yogurt parfait or acai bowls with cereal for added crunch!

Vector Crunch cereal is deliciously crunchy and high in protein!

Cheers to milk! Each glass is filled with protein, calcium, vitamins and potassium

Kellogg's Premium Cereals
Selected varieties and sizes.
#30986438.
Multi
2 for \$8
or \$5.97 each



Kellogg's Premium Family-Size Cereals
Selected varieties and sizes.
#30973856.
Multi
2 for \$8
or \$6.97 each



Delectably Dairy-Free

Whether you're vegan, lactose intolerant or simply curious about plant-based options, these milk alternatives are packed with nutrients and flavour for your daily routine.

Multi
2 for \$7.50
or \$4.47 each

Silk Plant-Based Nextmilk or Oat Beverage
Selected varieties. 1.74 L - 1.89 L.
#30782553/934705.

Multi
2 for \$5
or \$3.27 each

Silk Organic Soy or Oat Beverage
Selected varieties. 946 mL.
#30261443/5-46823.

Silk

A delicious choice for cereal & overnight oats

Plant-based has never tasted so good!



Nutritious & filling snacks!

Keep rolling with wholesome snack bars packed with natural ingredients to add energy to your day

Kashi
Kashi® Crunchy Apple Cinnamon Bars or Chocolate Chip Chia Crunchy 7 Grain with Quinoa Bars
Pack. #30213243.

Multi
3 for \$9 or \$3.97 each

Kashi
Apple Cinnamon Flax
Crunchy 7 Grain with Quinoa Bars
Multi-grain Whole Grain, Apple, Cinnamon, Raisin, Almond, Chia and Quinoa.
Pomme, cannelle et grains de lin
Croustilles complètes à 7 grains avec quinoa
entière, pomme, cannelle, raisin, amandes, chia et quinoa.
40g

Kashi
Complete Chip Chia
Crunchy 7 Grain with Quinoa Bars
Multi-grain Whole Grain, Chia, Raisin, Almond, Chocolate and Chia.
Pomme de chocolat et chia
Croustilles complètes à 7 grains avec quinoa
entière, chocolat, chia, raisin, amandes.
35g

Kashi
Strawberry 7 Grain
Soft Baked Cereal Bars
Multi-grain Whole Grain and Strawberry.
Fraises 7 grains
Biscuits doux à base de céréales complètes.
35g

Kashi
Chocolate Peanut Butter
Chewy Whole Grain Bars
Multi-grain Whole Grain, Peanut Butter, Chocolate, Raisin, Almond, Chia and Quinoa.
Croustilles complètes à 7 grains avec quinoa
entière, beurre d'arachide, chocolat, raisin, amandes, chia et quinoa.
35g

Multi
3 for \$9 or \$3.97 each

Kashi® Chocolate Peanut Butter Chewy Whole Grain Bars or Strawberry 7 Grain Soft Baked Cereal Bars
Pack. #50286943.

RXBAR
12 g PROTEIN
12 g DE PROTÉINES
3 Egg Whites - blancs d'œufs
14 Peanuts - arachides
2 Dates - dattes
No B.S. - Rien d'absurde
Peanut Butter Chocolate
Beurre d'arachide et chocolat
1.2 oz (34g)

RXBAR
12 g PROTEIN
12 g DE PROTÉINES
3 Egg Whites - blancs d'œufs
6 Almonds - amandes
4 Cashews - noix de cajou
2 Dates - dattes
No B.S. - Rien d'absurde
Chocolate Sea Salt
Chocolat et sel de mer
1.2 oz (34g)

RXBAR® Chocolate Sea Salt or Peanut Butter Chocolate 5-Pack or RXBAR® Minis
Pack. #50286946.
\$10.97

Sweeten up without sugar

Sugar alternatives deliver the sweetness you love, but with fewer carbs and calories

RECIPE

Sugar-free blueberry muffins

INGREDIENTS

- 2 cups all-purpose flour
- 2 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup vegetable oil spread, softened
- 1 1/2 cup Splenda® Granulated Sweetener
- 2 large eggs
- 1 teaspoon vanilla extract
- 1/2 cup 1% low fat milk
- 1 cup fresh or frozen (thawed) blueberries

DIRECTIONS

Preheat oven to 400 °F. Line 12 muffin cups with paper liners; lightly spray liners with cooking spray.

Into a bowl, sift together flour, baking powder, and salt.

In a bowl using an electric mixer, beat vegetable oil spread on medium speed until creamy. Gradually add Splenda Sweetener, beating until light and fluffy.

Add eggs one at a time, mixing well after each addition. Mix in vanilla extract.

Add half of flour mixture, blending to combine. Add milk and mix to combine, then add remaining flour and mix on low speed. Fold in blueberries.

Spoon batter evenly into prepared muffin cups. Bake for 20-22 minutes or until golden. Remove from pan immediately and cool on a wire rack.

Splenda
NO CALORIE SWEETENER
EDULCORANT SANS CALORIES

Splenda Granulated Sweetener
Each, 275 g.
#30794638.
\$11.97

Save now! Splenda Stevia Sweetener Packets 140-packet. #31492858. Was \$12.97. **\$9.97**

Save now! Splenda Sweetener Packets 200-pack. #30794637. Was \$10.97. **\$9.97**

Save now! Splenda Stevia Sweetener Each, 280 g. #31492857. **\$8.47**

The lunch edit

Elevate your packed lunches to deli-style meals. These swaps make it quick and easy!



Look for the green leaf!

Our simplest ingredients yet

100% plant-based, melts like real cheese

Toastmaster 2-Slice Sandwich Maker
Each, #31245165.
\$19.98

<p>Little Northern Bakehouse Gluten-Free Frozen Bagels, Bread or Buns Each, Selected varieties. 260 g - 567 g #31426021 Was \$7.97 Rollback SAVE \$1 \$6.97</p>	<p>Little Northern Bakehouse Gluten-Free Frozen Bagels, Bread or Buns Each, Selected varieties. 260 g - 567 g #30043837 Was \$7.97 Rollback SAVE \$1 \$6.97</p>	<p>Natural Selections Maple Leaf Natural Selections 3 Ingredients Oven Roasted Turkey Breast 125 g or 5 Ingredients Black Forest Ham 125 g Each, #50291973. \$7.27</p>	<p>Violife Vegan Cheese Slices 200 g #30923215. Multi 2 for \$10 or \$7.27 each</p>
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Deliciously plant-based

Moving towards a plant-based diet is easier than ever with tasty trades for your fave dishes.



Hemp's mild, creamy flavour enhances smoothie bowls

Hemp's nuttiness complements salads

SUPERFOOD

Hemp hearts contain protein, Omegas 3 and 6, amino acids, fibre, magnesium, zinc and iron. This superfood is suitable for vegan, paleo, keto and gluten-free diets, too!

Makes a yummy marinade & sandwich spread, too!

Great Value Plant-Based Caesar Dressing
Each, 350 mL.
#50101137.
\$3.97

Manitoba Harvest Hemp Hearts
Each, 454 g.
#31048372.
Was \$10.97
Rollback
SAVE \$1.50
\$9.47

Manitoba Harvest Organic Hemp Hearts
Each, 340 g.
#31458430.
Was \$10.97
Rollback
SAVE \$1.50
\$9.47

The new fast food

These kitchen must-haves save time and effort, making it easy-peasy to incorporate healthy meal-making into your busy lifestyle

NUTRIENTS

Energize your day with juice. High-performance juicers extract nutrients from fresh veggies and fruits, so you can enjoy them on the move.



Omega

Omega C2000B2 Centrifugal Juicer Each, #30481469. Was \$53.98

Rollback
SAVE \$14
\$39.98

Rollback
SAVE \$100
\$99.98

Omega H3000R Horizontal Slow Masticating Juicer Each, #30567038. Was \$199.98

NINJA

Rollback
SAVE \$50
\$159.98

Ninja Foodi 6-in-1 8-qt. 2-Basket Air Fryer with DualZone Technology Each, #30922826. Was \$209.98



Ready in a flash!

Fast doesn't have to mean less healthy: these heat-and-eat dishes deliver nourishment for home, work or school.



READY IN MINUTES

Time-saving shortcuts for hectic days! These nutritious food options are ready in minutes and can be devoured on their own or paired with a bagged salad and bread.

Healthy Choice



Multi

2 for **\$8**
or \$4.98 each

Healthy Choice Gourmet Steamers Frozen Entrees Selected varieties. 269 g - 306 g. #9146200.



Multi

2 for **\$11**
or \$6.48 to \$7.28 each

Healthy Choice Power Bowls or Zero Frozen Entrees Selected varieties. 262 g - 269 g. #30051302.



BERTOLLI

New!

\$11.97

Bertolli Family Size Frozen Meals Each. Selected varieties. 624 g. #50338230.

Save money. Live better.™

Walmart*

Boost your protein IQ

Protein supports muscle strength and fat burning. Protein powder and shakes can help ensure you get enough of this essential nutrient.

Premier Protein

Multi

2 for \$22

or \$13.97 each

Premier Protein Shakes
4 x 325 mL
#50234467

Protein to go
30 g of protein per
gym bag-friendly
bottle!



PROTEIN POWDER TIP

Protein powder isn't just for shakes. Try adding your fave flavours into coffee and smoothies. Bonus: swirl it into ice cream for a post-fitness treat.

Rollback
SAVE \$3

\$26.97

Premier Protein
Whey Protein Powder
Each, 663 g - 697 g
#50234461
Was \$29.97

Ninja CREAMi
Ice Cream Maker
Each, 7 one-touch
programs, 800 W,
Silver, #30963793,
Was \$249.98

Rollback

SAVE \$50

\$199.98



Go green!

Power up your plant-based smoothies with the added benefit of protein, plus vitamin- and mineral-packed vegetables and greens.

\$24.98

Toastmaster
6-Speed Blender
Each, #50222984.

vega

Vega Protein & Greens
Protein Powder
Each, Vanilla, berry
or chocolate
flavour.
518 g - 526 g.
#31214056/350.
Was \$25.97

Rollback

SAVE \$4.40

\$21.57

RECIPE

Berry smoothie

Add extra greens and protein to your daily routine with Vega® Protein and Greens. Each scoop is stacked with kale, alfalfa, broccoli and spinach, plus 20 g of plant-based protein.

INGREDIENTS

- 1/2 cup blueberries, frozen
- 1/2 cup strawberries, frozen
- 1 whole banana
- 1 cup kale or spinach
- 1 cup almond milk
- 1 serving Vanilla Vega® Protein & Greens
- 1/2 cup water

DIRECTIONS

Blend all ingredients together in blender and enjoy!



Everyday wellness

Get into a daily wellness routine. Ask your pharmacist about vitamins and supplements that can help you feel your best.



Rollback

SAVE \$2.50
\$6.47

Jamieson Vitamin D or C
Each. Selected varieties and sizes. #31197950.
Was \$8.97

Delicious
Immune support



Vitamin D protects
against osteoporosis



Rollback

SAVE \$1.50
\$17.47

Jamieson Vitamin B12 or
Vitamin D Mega Pack
Each. #50079729.
Was \$18.97



Rollback

SAVE \$2.20
\$19.77

Metamucil Premium
Blend Fibre Powder
Supplement 72 Doses
or Gummies 72s
Each. #50051614.
Was \$21.97

Gentle, plant-based
relief for irregularity



\$24.97

Metamucil
Premium Blend
Each. 114 doses.
#31259443.

Helps lower
cholesterol & promotes
digestive health



Wellness must-haves

Trust these user-friendly gadgets for health monitoring, pain relief, massage and more

Targeted care
Deep tissue
massage for
convenient
pain relief

HoMedics
Therapist Select
Elite Percussion
Full Body
Massager
Each.
#50216015.
\$79.97



Accurately &
conveniently
measure your
blood pressure



LifeSource
Essential Blood
Pressure Monitor
Each.
#50215990.
Was \$49.97

Rollback

SAVE \$5.09
\$44.88



Omron 3 Series
Blood Pressure
Monitor
Each. #50226057.
\$61.97

Relieve your tired
aches & pains



\$197.98

DR-HO's
Circulation
Promoter
Each. #31336384.

2024 Goal: Live better

Save 10%* on your Health and Wellness purchases of \$30 or more. Use promo code **HEALTHY10**

*Until Jan 31. Conditions apply. [Learn more](#)

Save
10%

Fresh start

Ready to quit smoking? These products can help.

nicorette
Nicorette Quit Smoking Aid
Each. Selected varieties and sizes. #31199439.
Was \$37.97
Rollback
SAVE \$4
\$33.97

nicorette
Nicorette Value Size Nicotine Gum
Each. Selected varieties and sizes. #31199365.
\$64.97

Starts to work on cravings in 30 seconds!

Discreet look, delivers nicotine for 24 hours

SMOKING CESSATION
Quitting smoking is a life-changing decision. Smoking cessation aids can help dramatically boost your likelihood of success. Talk to a pharmacist for help selecting the right products for your journey.

NicoDerm Clear Step 1 Patches
Each. 14s. #31199315.
Was \$59.97
Rollback
SAVE \$6
\$53.97

Can double your quitting success, versus willpower alone

NicoDerm Smoking Cessation Aids
Each. Selected varieties and sizes. #31199430.
Was \$35.98
Rollback
SAVE \$3.50
\$32.48

*Stop Smoking Aid. Relieves nicotine cravings. To be sure this product is right for you, always read and follow the label.

Get more than prescriptions filled

4 ways that Walmart Pharmacy can help you reach your new year's health goals:

1. Minor Illness Assessments

Our pharmacists can write you a prescription for minor illnesses such as UTI, Pink Eye, Cold Sores, Allergies and more*.

2. Medication reviews

Meet with our pharmacists to make sure your current medications are safe, appropriate, and effective.

3. Vaccinations

Protect yourself from vaccine-preventable diseases. Our pharmacy offers a wide range of vaccines including Shingles, Hepatitis, Pneumonia, HPV and RSV.

4. Quit Smoking Consultations

Our pharmacists can provide personalized advice and recommended a treatment plan that can help you quit smoking for good**.

*Available in select provinces. For a full list of minor illnesses by province, visit [Walmart.ca/minor-illnesses](https://www.walmart.ca/minor-illnesses).
**Services available vary by province.



Visit us today **Walmart** Pharmacy

Items and prices available at Walmart stores in Canada only and only for stores in the distribution area of this flyer. Flyer effective Thursday, December 28th, 2023 to Wednesday, January 17th, 2024. We reserve the right to limit quantities to normal retail purchases. All items may not be available in all stores. Items may be available by special order in certain locations. Prices, selection and availability may vary by store and on Walmart.ca. For terms applicable to online offers, please visit [Walmart.ca](https://www.walmart.ca). Certain items may be subject to additional environmental handling, recycling or disposal fees. The amount and application of such fees vary by product and by province. See store for details.

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Walmart



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Get exclusive products, rollbacks, weekly flyers, seasonal inspirations, recipes and more.

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1000's of Rollbacks
Shop all the savings.

[Shop](#)

While quantities last.



Your weekly flyer is here
Flip through this week's low prices.

[Shop](#)



Meals made easy
Fish tacos with cabbage slaw

[Shop](#)

