

Coupon Flyer Match Ups March 1st-March 7th

Food Basics	Sale Price	Coupon Used	Final Price	Notes
Astro Original Yogurt Tub	\$2.00	\$1(tearpad)	\$1.00	
Campbell's Chunky Soup	3/\$5	\$2wub4(tearpad)	\$1.17	
Catelli Smart Pasta	\$1.00	\$1(webasver)	FREE	
Dr. Oetker Casa di Mama	\$3.00	\$1.50wub2(save.ca)	\$2.25	
Dr. Oetker Panbello	\$3.00	\$1(save.ca)	\$2.00	
Dr. Oetker Ristorante	\$3.00	\$1(tearpad)	\$2.00	
Highliner Fish	\$2.00	\$1(tearpad)	\$1.00	
Kellogg's Rice Krispies	\$4.00	\$1(webasver)	\$3.00	
Kellogg's Mini Wheats	\$4.00	\$1(webasver)	\$3.00	
Knorr Sidekick	\$1.00	\$1wub3(tearpad)	\$0.67	

Foodland				
Arctic Gardens	\$3.99	\$1(gocoupons)	\$2.99	
Becel	\$3.79	\$1(insert)	\$2.79	
Blue Water Products	\$4.99	\$1(insert)	\$3.99	
Chapmans Ice Cream	\$3.79	\$5(mailout)	FREE	
Dempsters Whole Grain	\$2.79	\$1(facebook promo)	\$1.79	
Dr. Oetker Pizzas	\$3.33	various		**Cheaper at Food Basics
Europe's Best	\$3.97	\$1(insert)	\$2.97	
Healthy Choice Gourmet Steamers	\$3.79	b1g1free(websaver)	\$1.90	**Cheaper at No Frills
Lean Cuisine Fresh Inspirations	\$3.49	\$1(tearpad)	\$2.49	
Pop Tarts	2/\$5	\$1(websaver)	\$1.50	**Cheaper at Walmart/No Frills
Robun Hood Flour	\$5.49	\$1(booklet)	\$4.49	
Skinny Cow	\$3.49	\$1(tearpad)	\$2.49	
Special K Breakfast Sandwich	\$2.99	\$2(websaver)	\$0.99	
Yoplait Minigo/Tubes	\$2.99	.50(tearpad)	\$2.49	

Freshco/Price Chopper	Sale Price	Coupon Used	Final Price	Notes
All Bran Bars	\$2.49	.75(tearpad)	\$1.75	
Astro Multipack	\$3.99	\$1(websaver)	\$2.99	
Carnation Evaporated Milk	\$1.25	\$1(booklet)	\$0.25	
Cheerios/Oatmeal Crisp	\$3.99	.75(websaver)	\$3.24	
Europe's Best	\$2.97	\$1(insert)	\$1.97	
McCain Pizza	\$3.99	\$1(printable)	\$2.99	
Special K Cracker Chips	\$2.49	\$1(websaver)	\$1.49	**Cheaper at Loblaws

Giant Tiger	Sale Price	Coupon Used	Final Price	Notes
Bluewater Beer Battered Fish	\$4.00	\$1(insert)	\$3.00	
Carnation Evaporated Milk	\$1.47	\$1(booklet)	\$0.47	**Cheaper at Freshco
Goldfish	\$1.97	\$2wub4(tearpad)	\$1.47	
Greenworks	\$2.47	\$1(printable)	\$1.47	
Healthy Choice Gourmet Steamers	\$2.97	b1g1free(websaver)	\$1.49	
Robin Hood Flour 2.5kg	\$3.97	\$1(booklet)	\$2.97	
Source Yogurt Tub	\$2.00	.50(tearpad)	\$1.50	

Loblaws	Sale Price	Coupon Used	Final Price	Notes
Arm&Hammer Toothpaste	\$1.49	\$1(insert)	\$0.49	
Black Diamond Cheestrings 16pk	\$6.49	.75(tearpad)	\$5.74	
Bluewater Pan Sear	\$3.99	\$1(insert)	\$2.99	
Campbells Ready to Enjoy Soup	2/\$3	\$2wub4(tearpad)	\$1.00	
Chapmans Premium Ice cream	\$4.99	\$5(mailout)	FREE	
Children's Advil	\$5.99	\$2(Printable)	\$3.99	**Cheaper at Walmart
Danino	\$2.99	\$1(websaver)	\$1.99	
Garnier Intensive Body Lotion	\$4.99	\$2(websaver)	\$2.99	
Greenworks Detergent	\$4.99	\$1(printable)	\$3.99	
Highliner Flame Savours	\$9.99	\$1(tearpad/printable)	\$8.99	
Honey Bunches of Oats	2/\$5	\$1(save.ca)	\$1.50	**Cheaper at Metro
Kellogg's Cereal (various)	\$1.99	\$1(websaver)	\$0.99	
Knorr Sidekicks	4/\$5	\$1wub3(tearpad)	\$0.92	**Cheaper at Food Basics
Large Eggs	\$1.99	\$1wub2(websaver)	\$1.49	
Minigo/Yoplait Tubes	\$2.49	.50(tearpad)	\$1.99	
POM Wonderful Juice	2/\$6	.50(insert)	\$2.50	
Resolve	\$4.99	\$1(insert)	\$3.99	
Robun Hood Flour 2.5kg	\$4.99	\$1(booklet)	\$3.99	

Loblaws	Sale Price	Coupon Used	Final Price	Notes
Softsoap Hand Soap	\$2.00	\$1(mailout)	\$1.00	
Special K Cracker Chips	\$1.99	\$1(websaver)	\$0.99	
Stayfree/Carefree/O.B	\$2.99	\$1(printable)	\$1.99	**Cheaper at Walmart
Tide	\$13.99	\$1(brandsaver)	\$12.99	
Weight Watcher's Bakery	\$2.99	\$1(save.ca)	\$1.99	
Wonderbread	2/\$5	\$2wub2(save.ca)	\$1.50	**Cheaper at RCSS
Yoplait Source Yogurt	\$2.99	.50(tearpad)	\$2.49	

Metro	Sale Price	Coupon Used	Final Price	Notes
Aylmer Accents	4/\$5	\$1wub2(booklet)	\$0.75	
Black Diamond Cheestrings	\$5.99	.75(tearpad_	\$5.24	
Catelli Smart Pasta	3/\$5	\$1(websaver)	\$0.67	**Cheaper at Food Basics
Dove Hair Care	\$3.99	\$3(colour care/printable)	\$0.99	
Honey Bunches of Oats	\$1.99	\$1(save.ca)	\$0.99	
Knorr Sidekicks	\$0.99	\$1wub3(tearpad)	\$0.67	
McCain Superfries	2/\$6	\$1(tearpad)	\$2.00	
Nordica Cottage Cheese	\$2.99	\$1(save.ca)	\$1.99	
Pinty's Chicken	\$13.99	\$2(printable)	\$11.99	
Scrubbing Bubbles Kitchen Cleaner	\$3.49	\$2(rightathome)	\$1.49	
Special K Cracker Chips	\$2.99	\$1(websaver)	\$1.99	**Cheaper at Loblaws
Stayfree/Carefree	\$2.99	\$1(printable)	\$1.99	**Cheaper at Walmart
Tresemme	\$3.99	\$1(tearpad)	\$2.99	
Yoplait Source Yogurt Tub	\$1.74	.50(tearpad)	\$1.24	
Yoplait Tubes/Minigo	\$1.74	.50(tearpad)	\$1.24	

No Frills	Sale Price	Coupon	Final Price	Notes
Cheerios	\$2.97	.75(websaver)	\$2.22	
Cheez Whiz	\$3.97	1.50(save.ca)	\$2.47	
Dove Hair Care	\$2.97	\$3(colour care/printable)	FREE	
Garnier Fructis Hair Care	\$2.97	\$1(websaver)	\$1.97	
Healthy Choice Gourmet Steamers	\$2.97	b1g1free(websaver)	\$1.49	
Kraft Shredded Cheese	\$5.97	various		
Nutrigrain Bars	\$1.97	\$1(websaver)	\$0.97	
Philadelphia Cream Cheese	\$2.97	\$1(save.ca)	\$1.97	
Philly Dips	\$2.97	\$1(save.ca)	\$1.97	

No Frills	Sale Price	Coupon	Final Price	Notes
Poligrip	\$3.97	\$2(brandsaver)	\$1.97	
Pop Tarts	\$1.97	\$1(websaver)	\$0.97	
Rice Krispies Squares	\$1.97	\$1(websaver)	\$0.97	
Robun Hood Flour 10kg	\$8.77	\$1(booklet)	\$7.77	
Royale Facial Tissue 6pk	\$3.97	\$2(gocoupons)	\$1.97	
Scott Papertowels	\$5.77	\$1(printable)	\$4.77	
VH Steamers	\$2.97	\$1(hangtag)	\$1.97	

Real Canadian Superstore				
Arm&Hammer toothpaste	\$1.67	\$1(insert)	\$0.67	**Cheaper at Loblaws
Becel	\$4.97	\$1(insert)	\$3.97	
Campbell's Chunky Soup	\$1.88	\$2wub4(tearpad)	\$1.38	
Chapmans Ice Cream/Novelties	\$3.98	\$5(mailout)	FREE	
Hellmann's Mayo	\$3.47	\$1(save.ca)	\$2.47	
International Delight	\$3.47	.75(printable)	\$2.72	
Marc Angelo Chicken Brests/Pork Steaks	\$2.48	\$1(mailout)	\$1.48	
McCain Pizza	\$2.98	\$1(printable)	\$1.98	
Pantene	\$3.97	\$1(brandsaver)	\$2.97	
POM Wonderful Juice	2/\$5	.50(insert)	\$2.00	
Purex	\$9.97	2.50wub2(insert)	\$8.72	
Tetley Tea	\$2.00	\$1(mailout)	\$1.00	
Wonderbread	\$1.98	\$2wub2(save.ca)	\$0.98	
Yoplait Source Tub	\$1.97	.50(tearpad)	\$1.47	
Yoplait Tubes	\$1.97	.50(tearpad)	\$1.47	

Rexall				
Band-Aids	\$4.99	\$1(printable)	\$3.99	
Goldfish	2/\$5	\$2wub4(tearpad)	\$2.00	**Cheaper at Giant Tiger
Lady Speed Stick/Speed Stick	\$2.99	\$2wub2(insert)	\$1.99	
Robax Caplets	\$9.99	\$4(websaver)	\$5.99	**FRI-SUN ONLY
Soft Soap Foaming Pump	\$2.99	1.50(insert)	\$1.49	
Tide	\$4.99	\$1(brandsaver)	\$3.99	**FRI-SUN ONLY
Vaseline	2/\$5	\$1(tearpad)	\$1.50	**FRI-SUN ONLY
Wonderbread	\$1.99	\$2wub2(save.ca)	\$0.99	

Shoppers Drug Mart				
Advil	\$3.99	\$2(printable)	\$1.99	
Arm&Hammer Detergent	\$4.99	\$1(insert/printable)	\$3.99	
Band Aids	\$3.99	\$1(printable)	\$2.99	
Colgate Toothbrush	\$1.99	\$1(mailout)	\$0.99	
Dawn	\$1.99	\$1wub2(brandsaver)	\$1.49	
Eggs	2/\$4	\$1wub2(websaver)	\$1.50	
Folger's	\$5.99	\$1(booklet)	\$4.99	
Gain	\$3.99	.50(brandsaver)	\$3.49	**SUN-MON ONLY
Garnier Body Lotion	\$4.99	\$2(websaver)	\$2.99	
Hellman's Mayo	\$2.79	\$1(save.ca)	\$1.79	
Herbal Essences	\$2.49	.50(brandsaver)	\$1.99	**SUN-MON ONLY
Honey Bunches of Oats	\$2.49	\$1(save.ca)	\$1.49	**Cheaper at Metro
International Delight	\$3.99	.75(printable)	\$3.24	
Knorr Sidekicks	\$0.99	\$1wub3(tearpad)	\$0.67	
Kraft Peanut Butter	\$4.49	\$1(save.ca)	\$3.49	**SUN-MON ONLY
Lindt	2/\$5	\$1(tearpad)	\$1.50	
Listerine	\$2.99	\$1(Printable)	\$1.99	
Miracle Whip	\$2.79	\$1(save.ca)	\$1.79	
Nutrigrain Bars	\$1.99	\$1(websaver)	\$0.99	
Pantene	\$3.99	\$1(brandsaver)	\$2.99	
Pantene	\$3.99	\$1(brandsaver)	\$2.99	
Pop Tarts	\$1.99	\$1(websaver)	\$0.99	
Rice Krispie Squares	\$1.99	\$1(websaver)	\$0.99	
VH Sauces	\$2.79	\$2wub2(booklet)	\$1.79	

Sobey's				
Arctic Gardens	\$3.49	\$1(gocoupons)	\$2.49	
Aylmer Accents	4/\$5	\$1wub2(booklet)	\$0.75	
Bluewater Fish	\$5.99	\$1(insert)	\$4.99	**FREE Compliments Fries (INSTORE)
Dove Hair Care	\$3.99	\$3(colour care/printable)	\$0.99	
Gold Fish	2/\$5	\$2wub4(tearpad)	\$2.00	**Cheaper at Giant Tiger
Healthy Choice Gourmet Steamers	\$3.49	b1g1free(websaver)	\$1.75	**Cheaper No Frills
Hellmann's Mayo	\$2.00	\$1(save.ca)	\$1.00	**Great Price
Laughing Cow Cheese	2/\$8.99	\$1(tearpad)	\$3.50	
Purex	\$6.99	2.50wub2(insert)	\$5.74	
SoftSoap Refills	\$2.00	\$1(mailout)	\$1.00	
Special K Cereal	\$3.49	\$1(websaver)	\$2.49	
Tide	\$5.99	\$1(brandsaver)	\$4.99	
Yoplait Minigo/Tubes	\$2.49	.50(tearpad)	\$1.99	

Walmart				
Arm&Hammer Toothpaste	\$2.00	\$1(Insert)	\$1.00	**Cheaper at Loblaws
Carefree/o.b/Stayfree	\$2.00	\$1(printable)	\$1.00	
Children's Advil	\$3.00	\$2(printable)	\$1.00	
Gain	\$3.00	.50(brandsaver)	\$2.50	
Garnier Fructis Fruit Sensation	2/\$6	\$1(websaver)	\$2.00	
Highliner Family Packs	\$4.00	\$1(tearpad)	\$3.00	
Kellogg's Cereal (various)	\$3.00	various		
Listerine	\$3.00	\$1(printable)	\$2.00	
Pop Tarts	\$2.00	\$1(websaver)	\$1.00	
Rice Krispie Squares	\$2.00	\$1(websaver)	\$1.00	
Softsoap Refills	\$1.00	\$1(mailout)	FREE	
Special K Breakfast Sandwiches	\$3.00	\$2(websaver)	\$1.00	
Toilet Duck	\$2.00	\$2(rightathome)	FREE	

Zehrs				
All-Bran Bars	2/\$5	.75(tearpad)	\$1.75	
Arm&Hammer Toothpaste	\$1.49	\$1(insert)	\$0.49	
Black Diamond Cheestrings	\$6.49	.75(tearpad)	\$5.74	
Bluewater Fish	\$3.99	\$1(insert)	\$2.99	
Campbell's Ready to Eat Soup	2/\$3	\$2wub4(tearpad)	\$1.00	
Chapman's Premium Ice Cream	\$4.99	\$5(mailout)	FREE	
Children's Advil	\$5.99	\$2(printable)	\$3.99	**Cheaper at Walmart
Danino	\$2.99	\$1(websaver)	\$1.99	
Garnier Body Lotion	\$4.99	\$2(websaver)	\$2.99	
Honey Bunches of Oats	2/\$5	\$1(save.ca)	\$1.50	**Cheaper at Metro
Knorr Sidekicks	4/\$5	\$1wub3(tearpad)	\$0.92	
Large White Eggs	\$1.99	\$1wub2(websaver)	\$1.49	
Rice Krispies	\$1.99	\$1(websaver)	\$0.99	
Robin Hood Flour 2.5kg	\$4.99	\$1(booklet)	\$3.99	
Soft Soap	\$2.00	\$1(mailout)	\$1.00	
Special K Cracker Chips	\$1.99	\$1(websaver)	\$0.99	
Stayfree/Carefree/O.B	\$2.99	\$1(printable)	\$1.99	
Tide	\$13.99	\$1(brandsaver)	\$12.99	
Wonderbread	\$2.22	\$2wub2(save.ca)	\$1.22	**Cheaper at RCSS/Rexall
Yoplait Minigo/tubes	\$2.49	.50(tearpad)	\$1.99	
Yoplait Source Tub	\$2.99	.50(tearpad)	\$2.49	