

# Coupon Flyer Match Ups March 8-March 14

Canadian Tire	Sale Price	Coupon Used	Final Price	Notes
Arm&Hammer 35-44 lds	\$3.49	\$1(printable)	\$2.49	

Food Basics	Sale Price	Coupon Used	Final Price	Notes
Carnation Evaporated Milk	\$1.29	\$1(booklet)	\$0.29	
Goldfish	\$1.99	\$2wub4(tearpad)	\$1.49	
High Liner Signature/Pan Sear	\$6.99	\$1(tearpad)	\$5.99	
Nutrigrain Bars	\$1.88	\$1(websaver)	\$0.88	
Rice Krispies/Mini Wheats	\$4.00	\$1(websaver)	\$3.00	
Summerfresh Dips	2/\$6	\$1(tearpad)	\$2.00	
Uncle Ben's Bistro Express Rice	\$1.99	\$1(insert)	\$0.99	

Foodland	Sale Price	Coupon Used	Final Price	Notes
Aylmer Accents	2/\$3	\$1wub2(various)	\$1.00	
Babybel 6's	\$3.99	\$1(tearpad)	\$2.99	
Catelli Smart Pasta	3/\$5	\$1(websaver)	\$0.67	
Dove Hair Care	\$4.99	\$3(colour care/printable)	\$1.99	
Eggo's	\$2.49	\$1(websaver)	\$1.49	
Goldfish	2/\$5	\$2wub4(tearpad)	\$2.00	**Cheaper at Food Basics
High Liner Battered Fish	\$4.99	\$1(tearpad)	\$3.99	
Kraft Singles	\$2.47	1.50(tearpad)	\$0.97	Use with \$2 Checkout 51 REBATE
Miss Vickies	2/\$6	b2g1free(peelie)	\$2.00	
Smartfood	2/\$6	\$2wub2(peelie)	\$2.00	
Tide	\$5.97	\$1(brandsaver)	\$4.97	
Uncle Ben's Bistro Express Rice	2/\$4	\$1(insert)	\$1.00	
VH Sauces	\$2.99	\$2wub2(booklet)	\$1.99	

Freshco/Price Chopper	Sale Price	Coupon Used	Final Price	Notes
Clover Leaf Gourmet Tuna	\$1.99	\$1(tearpad)	\$0.99	
Fantastik	\$1.99	\$1(insert)	\$0.99	
Febreze Air Effects	\$2.99	\$5wub3(brandsaver)	\$1.32	
Glade Candles	\$2.99	b1g1free(websaver/save.ca)	\$1.50	\$3 REBATE Checkout 51
Green Works	\$2.99	\$1(printable)	\$1.99	
Resolve	\$1.97	\$1(insert)	\$0.97	
Scrubbing Bubbles Products	\$2.99	various		
Special K Cereal	\$2.99	\$1(websaver)	\$1.99	
Tide	\$4.97	\$1(brandsaver)	\$3.97	
Tilex	\$2.99	\$1(printable)	\$1.99	
Vector	\$2.99	\$2(websaver)	\$0.99	
Windex	\$2.99	\$2wub2(insert)	\$1.99	

Giant Tiger	Sale Price	Coupon Used	Final Price	Notes
Frank's Red Hot	\$3.00	\$1(insert)	\$2.00	
Head & Shoulders	\$3.96	\$1(brandsaver)	\$2.96	
VH Steamers	\$3.00	\$1(hangtag)	\$2.00	

Loblaws	Sale Price	Coupon Used	Final Price	Notes
Astro Multipack	\$3.99	\$1(websaver)	\$2.99	
Becel	\$4.99	\$1(insert)	\$3.99	
BelVita Cereal Biscuits	\$3.49	\$1(tearpad)	\$2.49	
Black Diamond Cheese 500g	\$4.44	.75(tearpad)	\$3.69	
Catelli Smart	3/\$5	\$1(websaver)	\$0.67	
Cheerios/Oatmeal Crisp	\$3.99	.75(websaver)	\$3.24	
Cheesestings 16pk	\$6.49	.75(tearpad)	\$5.74	**2 8pks cheaper at No Frills
Cheez Whiz	\$4.49	1.50(save.ca)	\$2.99	
Colgate Total	\$2.99	\$1(insert)	\$1.99	
Egg Creations	\$2.99	\$1(save.ca)	\$1.99	
Eggo's	\$2.49	\$1(websaver)	\$1.49	
Febreze Air Effects	\$2.99	\$5wub3(brandsaver)	\$1.32	
Garnier Fructis	\$2.49	\$1(websaver)	\$1.49	
Goldfish	2/\$5	\$2wub4(tearpad)	\$2.00	**Cheaper at Food Basics
Hellmann's Mayo	\$3.99	\$1(save.ca)	\$2.99	
Herbal Essences	\$2.49	.50(brandsaver)	\$1.99	

Loblaws	Sale Price	Coupon Used	Final Price	Notes
High Liner Family Packs	\$3.99	\$1(tearpad)	\$2.99	
Kellogg's Cereal	\$3.99	various		
Kraft Peanut Butter	\$4.99	\$1(save.ca)	\$3.99	
Kraft Singles	\$4.49	1.50(tearpad)	\$2.99	**Cheaper at Foodland/Metro
Lindt Chocolate	2/\$5	\$1(tearpad)	\$1.50	
McCain Superfries	\$2.99	\$1(tearpad)	\$1.99	
Mio	\$2.99	\$1(save.ca)	\$1.99	
Miracle Whip	\$2.99	\$1(save.ca)	\$1.99	
Palmolive	\$2.19	\$1(mailout)	\$1.19	
Tide	\$6.99	\$1(brandsaver)	\$5.99	
Wonderbread	\$2.22	\$2wub2(save.ca)	\$1.22	

Metro	Sale Price	Coupon Used	Final Price	Notes
Air Wick (various)	\$4.99	b1g1free(tearpad)	\$2.50	
All Bran Bars	3/\$8	\$1(booklet)	\$1.67	
All Bran Cereal	\$3.99	\$2(booklet)	\$1.99	
Arm&Hammer Detergent	\$4.49	\$1(printable)	\$3.49	
Babybel	\$3.99	\$1(tearpad)	\$2.99	
Chapman's Premium Ice Cream/Novelties	\$3.99	\$5(mailout)	FREE	
Cheerios	\$2.99	.75(websaver)	\$2.24	
Cheez Whiz	\$2.99	1.50(save.ca)	\$1.49	
Egg Creations	\$2.99	\$1(save.ca)	\$1.99	
Eggo Waffles	\$2.99	\$1(websaver)	\$1.99	
Finish (various)	\$5.99	\$2(insert)	\$3.99	
Glade Plug-In Scented Oil Kit	\$3.99	\$5(save.ca/websaver)	FREE	
Kellogg's Cereal (various)	\$3.99	various		
Kraft Singles 500g	\$2.99	\$1.50(tearpad)	\$1.49	**Overage with \$2 Checkout 51
Lysol Power & Free	\$2.99	\$1(printable)	\$1.99	
Max Scoop Cat Litter	\$5.99	\$5(mailout)	\$0.99	
Oasis Juice 2.63L	\$2.99	\$1.50(allen's)	\$1.49	
Pop Tarts	3/\$8	\$1(websaver)	\$1.67	
Rice Krispie Squares	3/\$8	\$1(websaver)	\$1.67	
Skinny Cow Multi Waters	\$3.49	\$1(tearpad)	\$2.49	
Special K Breakfast Sandwiches	\$2.99	various		
Sunlight	\$5.49	1.50(save.ca)	\$3.99	
VH Steamers	\$2.99	\$1(hangtag)	\$1.99	

No Frills	Sale Price	Coupon Used	Final Price	Notes
Astro Original Yogurt Tub	\$2.00	\$1(tearpad)	\$1.00	
Cheestrings 8pk	\$2.00	.75(tearpad)	\$1.25	
Dole Live Right Bites	\$2.00	.75(tearpad)	\$1.25	
Nordica Cottage Cheese	\$2.00	\$1(save.ca)	\$1.00	
Philly Dips	\$2.00	\$1(save.ca)	\$1.00	
Rice Krispies Cereal	\$2.00	\$1(websaver)	\$1.00	
Smuckers Jam	\$2.00	\$1(booklet)	\$1.00	
Soft Soap Hand Soap	\$2.00	\$1(mailout)	\$1.00	
Special K Cracker Chips	\$2.00	\$1(websaver)	\$1.00	

Real Canadian Superstore	Sale Price	Coupon Used	Final Price	Notes
Chapman's Sundaes	\$2.97	\$5(mailout)	FREE	
Cheestrings 16pk	\$4.97	.75(tearpad)	\$4.22	**Cheaper to get 2 8pk at No Frills
Colgate toothbrush/toothpaste	\$1.00	\$1(mailout)	FREE	
Febreze Air Effects	\$2.97	\$5wub3(brandsaver)	\$1.30	
Garnier Fructis	\$2.97	\$1(websaver)	\$1.97	
Glutino Bread	\$2.99	\$1(printable)	\$1.99	
Healthy Choice Steamers	\$2.97	b1g1free(websaver)	\$1.49	
High Liner Flame Savours	\$7.98	\$1(printable)	\$6.98	
Lysol Healthy Touck Kit	\$9.97	\$5(printable)	\$4.97	
Maple Leaf Bacon Portions	\$3.96	\$2(websaver)	\$1.96	
Softsoap Refill	\$1.00	\$1(mailout)	FREE	
VH Steamers	\$2.97	\$1(hangtag)	\$1.97	

Rexall	Sale Price	Coupon Used	Final Price	Notes
Advil Liqui-Gels	\$9.99	\$2(printable)	\$7.99	**FRI-SUN ONLY
Cheestrings 8pk	\$2.99	.75(tearpad)	\$2.24	**Cheaper at No Frills
Children's Tylenol	\$8.99	\$3(printable)	\$5.99	
Colgate Toothpaste	\$1.88	\$1(insert/mailout)	\$0.88	**FRI-SUN ONLY
Dawn Dishsoap	2/\$5	\$1wub2(brandsaver)	\$2.00	
Garnier Fructis	\$2.99	\$1(websaver)	\$1.99	

Shoppers Drug Mart	Sale Price	Coupon Used	Final Price	Notes
Arm & Hammer Toothpaste	\$2.49	\$1(insert)	\$1.49	
BelVita Cookies	\$2.99	\$1(tearpad)	\$1.99	
Cheerios	\$1.99	.75(websaver)	\$1.24	**Cheapest this week!
Children/Infant Motrin	\$8.99	\$2(printable)	\$6.99	
danino	2/\$5	\$1(websaver)	\$1.50	
Dayquil/Nyquil	\$9.99	\$2(brandsaver)	\$7.99	
Dove Bar Soap 4pk	\$3.99	\$2(printable)	\$1.99	
Dove Hair Care	\$2.99	\$3(colour care/printable)	FREE	
Eggo Waffles	\$1.99	\$1(websaver)	\$0.99	
Europe's Best Frozen Fruit	\$3.99	\$1(insert)	\$2.99	
Goldfish	2/\$5	\$2wub4(tearpad)	\$2.00	**Cheaper at Food Basics
Green Works Wipes	\$1.99	\$1(printable)	\$0.99	
Healthy Choice Steamers	\$2.99	b1g1free(websaver)	\$1.50	
International Delight	\$1.99	.50(tearpad)	\$1.49	
Kellogg's Cereal (various)	\$3.99	various		
Kraft Peanut Butter	\$4.99	\$1(save.ca)	\$3.99	
Listerine	\$4.99	\$1(printable)	\$3.99	
Mio	\$2.99	\$1(save.ca)	\$1.99	
Oasis Juice 1.75L	2/\$5	1.25 (allen's)	\$1.25	
Royale Paper Towels 6pk	\$4.88	\$2(gocoupons)	\$2.88	**SUN-MON ONLY!!
Scott Paper Towels 6pk	\$4.88	\$1(printable)	\$3.88	**SUN-MON ONLY!!
Skinny Cow multi-pack	\$3.79	\$1(tearpad)	\$2.79	
Tetley Tea	\$2.99	\$1(mailout)	\$1.99	
Tide	\$5.99	\$1(brandsaver)	\$4.99	

Sobey's	Sale Price	Coupon Used	Final Price	Notes
Catelli Smart Pasta	3/\$5	\$1(websaver)	\$0.67	
Chapman's Frozen Yogurt	\$3.99	\$5(mailout)	FREE	
Dole Fruit Bowls	\$2.49	.75(websaver)	\$1.74	
Kraft Peanut Butter	\$5.49	\$1(save.ca)	\$4.49	**Cheaper at SDM
Lean Cuisine Fresh Inspirations	\$3.49	\$1(tearpad)	\$2.49	
Royale Bathroom Tissue	\$6.99	\$2(gocoupons)	\$4.99	
Royale Facial Tissue 6 pk	\$6.99	\$2(gocoupons)	\$4.99	
Royale Paper Towels	\$6.99	\$2(gocoupons)	\$4.99	**Cheaper at SDM
Shreddies	\$2.99	.75(tearpad)	\$2.24	
Source Greek Yogurt 8pk	\$5.99	.50(tearpad)	\$5.49	
Uncle Ben's Bistro Express Rice	\$2.00	\$1(insert)	\$1.00	
VH Sauces	2/\$5	2wub2(booklet)	\$1.50	

Walmart	Sale Price	Coupon Used	Final Price	Notes
Cheerios	\$3.47	.75(websaver)	\$2.72	
Cheez Whiz 900g	\$5.97	1.50(save.ca)	\$4.47	
Knorr Sidekicks	4/\$5	\$1wub3(tearpad)	\$0.92	
Marc Angelo Sausages	\$3.87	\$1(mailout)	\$2.87	
Scott Papertowels	\$5.98	\$1(printable)	\$4.98	

Zehrs	Sale Price	Coupon Used	Final Price	Notes
Air Wick (various)	\$4.99	b1g1free(tearpad)	\$2.50	
Belvita Cookies	\$3.49	\$1(tearpad)	\$2.49	
Cheerios/Oatmeal Crisp	\$3.99	.75(websaver)	\$3.24	
Egg Creations	\$2.99	\$1(save.ca)	\$1.99	
Eggo Waffles	\$2.49	\$1(websaver)	\$1.49	
Garnier Fructis	\$2.49	\$1(websaver)	\$1.49	
Goldfish	2/\$5	\$2wub4(tearpad)	\$2.00	**Cheaper at Food Basics
Healthy Choice Steamers	\$3.34	b1g1free(websaver)	\$1.67	
High Limer Family Packs	\$3.99	\$1(tearpad)	\$2.99	
Kraft Peanut Butter	\$4.99	\$1(save.ca)	\$3.99	
Kraft Singles	\$4.49	1.50(tearpad)	\$2.99	**Cheaper at Foodland/Metro
Lindt	2/\$5	\$1(tearpad)	\$1.50	
Lysol Power & Free	2/\$6	\$1(printable)	\$2.00	
McCain Superfries	\$2.99	\$1(tearpad)	\$1.99	
Mio	\$2.99	\$1(save.ca)	\$1.99	
Miracle Whip	\$2.99	\$1(save.ca)	\$1.99	
Palmolive	\$2.19	\$1(mailout)	\$1.19	
Stagg Chili	2/\$4	.50(tearpad)	\$1.50	
Tide	\$6.99	\$1(brandsaver)	\$5.99	
Wonderbread	\$2.22	\$2wub2(save.ca)	\$1.22	