BAY ROBERTS 709.786.2101
CARBONEAR 709.596.6644

VISIT US ON FACEBOOK @ PowellsNL

View our flyer online at
www.powellsnl.ca

Fresh, Friendly and Local – *Since 1948*

Powell's Supermarket

$3.99 PER LB. $8.80/KG.

Fresh Country Ribbon Value Pack
Whole Chicken Wings

$4.99 PER LB. $11.00/KG.

Cut from Canada AA or USDA Select Grades Beef
Outside Round Oven Roast

$2.29 PER LB. $5.05/KG.

Frozen Value Pack
Sirloin End Pork Chops

2/$5

55-120g JMS
Lunchmates
(excludes Adult Kits)

2/$4

SSBT may apply

10x180ml Kool-Aid
Jammers

$2.99 BUNCH

Product of Canada
Broccoli

3/$5

128-284g Michelina's
Frozen Entrées

$4.99

4lt Old Dutch
Liquid Laundry Detergent

$3.99

340g Mario's
Cooked Corned Beef

$9.99

83¢ per box!

12x225g Kraft Dinner
Original

2/$4

425g Chef Boyardee
Pastas

$3.49

227-250g Kraft Philadelphia
Soft or Brick **Cream Cheese**

$2.99 PER LB. $6.59/KG.

Product of U.S.
Green Seedless Grapes

3/$5

425g Puritan
Beans & Wieners

PRICES ARE IN EFFECT SEPTEMBER 22-28, 2022

All items might not be available at all Powell's locations. Photos are for illustration purposes only. Text will prevail. We reserve the right to limit quantities. We do not sell to retailers.

THURSDAY	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
22	23	24	25	26	27	28

$6.49

12x355ml **Coke & Flavours** or Dasani **Water**

$4.49

400g Purity
Lemon Cream Biscuits

$5.99

340-400g Black Diamond
Cheese Bars or Shreds

2/$4

354ml Carnation Regular or 2%
Evaporated Milk

3/$5

341-398ml Green Giant
Corn or Vegetables

$12.99

15ct Fluff
Strong Bathroom Tissue

$2.79

251-303g Selected Christie
Cookies

$11.99

2.6kg
Minute Rice

$4.99

480-625g Selected Kellogg's
Cereal

$6.99

2.5kg Robin Hood Best for Bread
Flour

$3.99

340g Maple Leaf Klik or Kam
Luncheon Meat

$5.99

500ml Smucker's
Jam

4/$5

1lt
Pepsi & Flavours

$7.99

12ct Folgers
K-Cups

$3.99

170g
Dream Whip

$3.99

1.82lt Heinz
Tomato Juice

2/$3

284ml Tropic Isle
Mandarin Oranges

$1.79

945ml Graves
Apple Juice

$4.99

450g Purity
Fancy Biscuits

$26.99

12ct
Paper Towels

$7.99

925g Maxwell House
Coffee

$6.49

600g McCain
Pizza or Breakfast Pockets

3/$4

113g Maple Leaf
Vienna Sausages

$7.99

1.13kg Sno-Flake
Shortening

$12.99

1kg Southern Fried
Bucket Chicken

FRESH. FRIENDLY. LOCAL

Your Newfoundland Butcher

$3.99

375g Maple Leaf
Wieners

$22.99

16ct Outlaw
Beef Burgers

$8.99

300-375g JMS
Pepperettes

$24.99

5kg Frozen
Turkey Drums

$5.99 PER LB. $13.21/KG.

By the Piece Maple Leaf
Bologna

$5.99 PER LB. $13.21/KG.

Made from Fresh or Frozen Portions
Medium Ground Beef

$6.99

250g Maple Leaf Prepped & Ready
Turkey, Chicken, or Ham

$3.99 PER LB. $8.80/KG.

Fresh Tray Pack
Pork Spare Ribs

$11.99 PER LB. $26.43/KG.

Cut from Canada AA or USDA Select Grades Beef
Striploin Steak

$3.99 PER LB. $8.80/KG.

Fresh Country Ribbon
Chicken Thighs

$6.99

650g Butcher's Selection
Button Bones

$5.99

375-450g JMS
Smoked Sausage or Juicy Jumbos

$6.99 PER LB. $15.41/KG.

Cut from Canada AA or USDA Select Grades Beef
Sirloin Tip Marinating Steak

$11.99

800g Watson Ridge
Zesty Breaded Chicken Breast or Jumbo Chicken Tenders

FRESH. FRIENDLY. LOCAL

Deli

$1.99 PER 100g

Store Sliced Harvest Creek
Chicken Breast

$3.99

150-175g JMS
Sliced Deli Meats

STARTING AT $4.99

Instore
Salads To Go

$11.99-$12.99

Instore Selected
Dinner For Two Meal Kits

FRESH. FRIENDLY. LOCAL

From the Sea

$9.99 PER LB. $22.02/KG.

Fresh
Trout Fillets

$4.49

350g High Liner Catch of the Day
Breaded Fish

$5.99

255g Aquastar
Breaded Scallops

$3.99

200g Land & Sea
Fish 'n Brewis

FALL FUN
FOR A WISH

In support of...

Powell's Supermarket

Make-A-Wish® CANADA

POWELL'S CARBONEAR PARKING LOT **12-3PM** SUNDAY OCTOBER 16TH

FACE PAINTING
BOUNCY CASTLE
CANDY APPLES
WAGON RIDES
PRIZE DRAWS
BALLOON TWISTING
COSTUME CONTEST

BRING YOUR TOONIES!

& SO MUCH MORE!

You're invited to Powell's Carbonear for this family-friendly event. Rides, food items, face painting, etc. are a toonie or 1 ticket each. Every single dollar raised will help grant the wish of a local child thanks to our friends from Make-A-Wish Newfoundland and Labrador!

Fresh Produce

FRESH. FRIENDLY. LOCAL

$2.49

2lb Product of Canada
Carrots

$6.99

3pk Product of Canada
Romaine Hearts

$2.99 PER LB. $6.59/KG.

Product of U.S.
Red Pears

$1.19 PER LB. $2.62/KG.

Product of Atlantic Canada
Turnip

$5.99 EACH

Product of U.S.
Cantaloupe

$1.99 BUNCH

Product of Canada
Celery

99¢

Product of Argentina
Lemons

$2.99 PER LB. $6.59/KG.

Product of U.S.
Roma Tomatoes

$3.99 PER LB. $8.80/KG.

Product of Spain
Plums

$1.79 PER LB. $3.95/KG.

Product of Canada
Spanish Onions

$3.49 EACH

Product of Mexico
Mangoes

Dairy

FRESH. FRIENDLY. LOCAL

$6.99

2-3lb Imperial Regular Margarine
Soft or Quarters

2/$5

250g Heluva Good
Dip

$6.99

8x93ml Yoplait Yop
Drinkable Yogurt

$6.99

336g Black Diamond
Cheestrings

Frozen

FRESH. FRIENDLY. LOCAL

$4.99

500ml Haagen Dazs **Ice Cream** or 3pk **Multi Packs**

$13.99

880-950g Pinty's Pub & Grill
Chicken Wings

$3.99

20pk Cavendish
Hashbrown Patties

$3.99

269-306g Healthy Choice
Gourmet Steamers

$6.99

680-879g Marie Callender's
Dinners

$3.99

454-650g Selected McCain
Fries or Potatoes

2/$6

1lt Cool Whip
Topping

$6.49

NEW

340g McCain Deep 'n Delicious
Mini Cake Cups

FRESH. FRIENDLY. LOCAL

Bakery

$3.49
6pk Golden Crust
Kaiser Rolls

$3.19
340g Golden Crust
Touton Dough

$5.39
6pk Golden Crust NSA
Plain or Raisin
Tea Buns

$8.99
Maple Walnut
Cake

Baked In-Store

$4.79
8pk Golden Crust
Cinnamon Sugar Donuts

$2.99
8pk Golden Crust
Hotdog or Hamburger Buns

$2.99
3 Bun Homestyle
White Bread

Baked In-Store

STARTING AT $4.99
Powell's Artisan
Sourdough Bread

Baked In-Store

$6.99
Lemon Meringue
Pie

Baked In-Store

FRESH. FRIENDLY. LOCAL

Smart Shopper

PRICES ARE IN EFFECT SEPT. 22 - OCT. 19 , 2022

99¢
710ml Pure Life
Natural Spring Water

$3.69
750ml Bick's
Sliced Beets

$3.29
625g Quaker
Creamy Oat Bran Cereal

$2.29
400ml Tropic Isle
Coconut Milk

2/$4
400g Ambrosia
Rice Pudding or Custard

$3.29
950ml
V-8 Juice

$3.99
796ml Habitant
Pea Soup

2/$3
25g Club House
Gravy Mix

2/$5
276g Tang
Crystals

SSBT may apply

$9.99
900g Kraft
Cheez Whiz

2/$3
284ml Success Pieces & Stems
Mushrooms

2/$5
99g Clover Leaf
Snacks

$4.99
850g Orville Redenbacher
Popcorn Kernels

$3.99
20pk Billy Boot
Black Garbage Bags

$3.99
400g Kraft Deluxe
Macaroni & Cheese

$4.49
30m Saran Wrap
Classic Wrap

FRESH. FRIENDLY. LOCAL

Personal Care

$5.99
473ml Axe Dual
2 in 1 Shampoo

$6.99
230ml
Pepto Bismol

$2.99
170ct Q-Tips
Cotton Swabs

$3.99
10pk ENO Antacid
Foil Packets

NO JIGGS DINNER IS COMPLETE WITHOUT SOME...

...SALT BEEF!

6kg Atlantic's Best Choice Salt Beef

$69.99

Powell's Supermarket

FRESH. FRIENDLY. LOCAL

Refreshments & Snacks

2/$5.50

710ml **Gatorade** or
700ml Arto **Life Water**

2/$7

250-290g Humpty Dumpty
Cheese Snacks or Party Mix

2/$5

176g Kellogg's
Rice Krispie Bars

$3.49

180g Pepperidge Farms
Goldfish Colours

2/$2

41-60g Selected Nestlé
Bars

3/$5

52g
Nutella & Go

2/$3

503ml Sparkling Ice
Beverage

2/$7.50

180-200g Ruffles XL
Potato Chips

2/$7

220-235g Lay's XXL
Potato Chips

$4.99

300-350g Huer
Gusset Bag Candy

3/$10

12x330ml Pure Life
Natural Spring Water

$19.99

24x591ml Powerade
Variety Pack

FRESH. FRIENDLY. LOCAL

Furry Friends

$2.99

450-500g Milk Bone
Dog Snacks

2/$5

500g Meow Mix
Cat Food

$5.39

340g Milk Bone
Dipped Dog Treats

4/$5

78g Meow Mix
Tasty Layers **Cat Food**

$5.49

1.8kg Kibbles 'n Bits
Dog Food

$10.99

2kg Whiskas
Cat Food

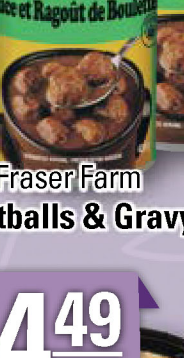
FRESH. FRIENDLY. LOCAL

House and Home

$4.99

28oz Super Iron Out
Rust Stain Remover

$3.99



1lt Vim
Floor Cleaner

$7.99

20ct Sunlight Advanced
Dishwasher Tabs

$6.49

350g Lysol
Disinfecting Spray

$1.99

30ct Clorox On-the-Go
Disinfecting Wipes

$3.99

1.65lt Fabuloso
Multipurpose Cleaner

FRESH. FRIENDLY. LOCAL

More Great Deals

$5.59

454g Maple Leaf
Premium Cooked Ham

$16.99

852g Wong Wing
Oriental Appetizers

$8.99

6.4kg Arm & Hammer
Cat Litter

2/$5

425g Fraser Farm
Meatballs & Gravy

$2.99

425ml Sweet Baby Rays
BBQ Sauce

2/$3

165g Gattuso
Pizza Flour

$13.99

816 g Folgers Classic Roast
Coffee

$4.49

520g Apple Valley
Lemon Meringue Pie

MONSTER ENERGY

2/$5

444-550ml Monster Energy

2/$4

500ml Nestea Iced Tea

NESTEA

Coca-Cola

2/$4

500ml Coke & Flavours

99¢

695ml Peace Tea

PEACE TEA

GLACÉAU smartwater®

2/$4

591ml Glaceau Smart Water

2/$4

710ml Powerade Sport

POWERADE®