

The Grocery Bag™ Program Order Form

FRESH PRODUCE

- ___ Fresh Fruit Grocery Bag: a variety of fresh fruit such as apples, bananas & seasonal fruit. NO GRAPEFRUIT. \$5.00
- ___ Fresh Vegetable Grocery Bag: a variety of fresh vegetables such as carrots, potatoes, onion, lettuce, broccoli, etc. \$5.00

CANNED GOODS

Fruit & Juice

- | | |
|--|---|
| ___ Applesauce, canned; unsweetened, 398 ml \$1.50 | ___ Pineapple, canned, crushed, in juice, 398 ml \$0.95 |
| ___ Del Monte Fruit Salad, no sugar, 4x107 gm \$3.79 | ___ Pitted Prunes, Dan D Pak, 250 gm \$5.29 |
| ___ Fruit Cocktail, canned in juice, 398 ml \$1.20 | ___ Apple Juice, unsweetened, 1 L \$1.50 |
| ___ Mixed Fruit, 4 x 107 g \$3.50 | ___ Orange Juice, unsweetened, 1L \$1.50 |
| ___ Peaches, canned; sliced in juice, 398 ml \$1.25 | ___ Tomato Juice, Heinz, 750 ml \$2.50 |
| ___ Pear halves, canned in juice, 398 ml \$1.25 | ___ Vegetable Cocktail, low sodium, 1.89 L \$3.99 |

Vegetables

- | | |
|---|---|
| ___ Beans in Tomato Sauce, canned 398 ml \$0.95 | ___ Peas, no salt added, 398 ml \$0.95 |
| ___ Green Beans, no salt added, 398 ml \$0.95 | ___ Tomatoes, Diced, no salt added, 398 ml \$0.95 |
| ___ Kernal Corn, 398 ml \$1.50 | ___ Tomatoes, Stewed, 398 ml \$0.95 |
| ___ Mixed Vegetables, 398 ml \$0.95 | ___ Whole Potatoes, 540 ml \$1.95 |
| ___ Mushrooms, stems & pieces, 284 ml \$1.35 | |

Soup

- | | |
|---|--|
| ___ Campbells Healthy Request Herbed Chicken Noodle Soup, 540 ml \$2.25 | ___ Campbells Tomato Soup, 284 ml \$0.95 |
| ___ Cambells Healthy Request Vegetable Beef with Barley Soup, 540 ml \$2.25 | ___ Campbells Tomato Soup, reduced salt, 284 ml \$1.80 |
| ___ Campbells Mushroom Soup, 284 ml \$0.95 | ___ Pea Soup, 540 ml \$2.25 |

Fish

- | | |
|-----------------------------------|---|
| ___ Salmon, canned, 213 gm \$1.50 | ___ Tuna, canned, flaked, low sodium, 170 gm \$1.40 |
|-----------------------------------|---|

BREAD & CRACKERS

- | | |
|---|---|
| ___ Country Harvest Plain Bagels, 6 pack \$4.13 | ___ Whole Wheat Bread, 1 loaf \$2.50 |
| ___ Italian Style Jumbo Buns, 8 pack \$3.25 | ___ Sesame Wheat Crackers, 225 gm \$2.55 |
| ___ Twelve Grain Bread, 680 gm \$3.09 | ___ Soda Crackers, unsalted tops, 450 gm \$2.80 |

CEREALS & GRAINS

- | | |
|--|--|
| ___ Cheerios, 400 gm \$3.90 | ___ Raisin Bran, 475 gm \$4.25 |
| ___ Instant Oatmeal, variety pack, 428 gm \$3.40 | ___ Sunnyboy Cereal, 907 gm \$3.25 |
| ___ Kellogs Frosted Flakes, 485 gm \$5.40 | ___ Pasta, Small Shells, 500 gm \$2.30 |
| ___ Kellogs Variety Pack, 8 boxes \$4.75 | ___ Pasta, Whole Wheat Spaghetti, 375 gm, \$2.50 |
| ___ Quick Cooking Oats, 1 kg \$3.05 | ___ White Rice, 900 gm \$3.00 |

DAIRY & EGGS

- | | |
|--|--|
| ___ 1% Milk, 2 L \$3.40 (Max 2 per order) | ___ Kraft Parmesan Cheese, 250 gm \$5.40 |
| ___ 2% Milk, 2 L \$3.20 (Max 2 per order) | ___ Light Cream Cheese, 250 gm \$4.00 |
| ___ Skim Milk, 2 L \$3.20 (Max 2 per order) | ___ Margarine, non-hydrogenated, 454 gm \$2.50 |
| ___ Cheddar Cheese, 200 gm \$3.40 | ___ Fat Free Yogurt, variety pack (12x100 gm) \$6.30 |
| ___ Kraft Cheese Slices, 24 thin slices \$4.99 | ___ Eggs, 1 dozen \$2.25 |

FRESH MEAT & DELI

___ Bacon, regular, sliced, 375 gm \$3.90	___ Pork Chop, approx 2/pack \$3.50
___ Chicken Breast, approx 454 gm \$7.00	___ Salmon, fresh, approx 200 gm \$7.50
___ Lean Ground Beef, approx 250 gm \$3.50	___ Schneider's Chicken Breast, sliced, 125 gm \$3.25
___ Outside Round Roast, approx 750 gm \$7.00	___ Schneider's Heritage Ham, sliced 125 gm \$3.25

DESSERTS & SNACKS

___ Almonds, Trophy, Roasted, Unsalted 300 gm, \$5.50	___ Fruit Cream Cookies, Peak Freans, 350 gm \$4.99
___ Cyclone Multigrain Tortilla Chips, 340 gm \$2.75	___ Kellogs Nutrigrain Bars, apple, 8 pack \$4.15
___ Dare Digestives, with oat bran, 350 gm \$2.90	___ Low Fat Chocolate Pudding, 4x99 gm \$1.75
___ Devils Food Cake Mix, 510 g \$1.97	___ White Cake Mix, 510 g \$1.97

BEVERAGES

___ Coffee, Decaffeinated, ground, 326 gm \$4.25	___ Diet Gingerale, 12 x 355 ml \$4.50
___ Coffee, Medium Roast, ground, 300 gm \$3.99	___ Low Calorie Drink Mix, assorted, 2 boxes \$3.50
___ Instant Coffee, 100 gm \$3.10	___ Tea, Orange Pekoe, black, 96 gm \$3.40

SALAD DRESSING

___ Italian Salad dressing, 475 ml \$3.00
___ Kraft Ranch Dressing, 250 ml \$2.55
___ Kraft Thousand Island Dressing, 475 ml \$3.00
___ Salad Dressing, Whipped, 475 ml \$3.25

JAMS & SPREADS

___ Fruitful 3 Berry Spread, 500 ml \$3.00
___ Peanut Butter, natural, smooth, 500 gm \$2.90
___ Strawberry spread, no sugar, 250 ml \$3.00

SPICES, CONDIMENTS & SAUCES

___ 100% Canola Oil, 500 ml \$4.20	___ OXO Beef Sachets, low sodium, 72 gm/16 pkg \$3.50
___ Emporia Chili Powder, 109 gm \$4.40	___ Pasta Sauce, Original, 700 ml \$2.60
___ Emporia Italian Seasoning, 47 gm \$3.55	___ Salsa, Exquista, 430 ml \$3.15
___ Emporia Salt & Pepper, 2 pack, 155 gm \$1.70	___ Soy sauce, less Sodium, 296 ml \$2.25
___ Ketchup, 375 ml \$2.50	___ Sugar, Rogers, 1 kg \$2.95
___ Mustard, 250 ml \$1.50	___ Sweet Green Relish, 375 ml \$1.95
___ OXO Chicken Sachets, low sodium, 72 gm/16 pkg \$3.50	

HOUSEHOLD ITEMS

___ Aluminum Foil, 25 feet \$2.60	___ Head & Shoulders Shampoo, 375 ml \$4.99
___ Plastic Wrap, 30 m \$1.75	___ Comet, 400 gm \$1.30
___ Freezer Bags, medium, re-closable, 20 \$3.60	___ Dishwashing Liquid, lemon, 950 ml \$2.60
___ Facial Tissue, 3 pack \$4.80	___ Garbage Bags, regular, pack of 20 \$6.29
___ Paper Towels, 2 pack \$2.60	___ Glass Cleaner, 950 ml \$3.50
___ Soft Toilet Paper, 8 pack \$6.15	___ Ivory Soap Bars, 6 x 90 gm \$3.00
___ Colgate Toothpaste, regular, 130 ml \$2.10	___ Lemon Crème Cleanser, 500 ml \$2.50
___ Bath therapy, Juicy 3 in 1 (body wash & shampoo), Citrus Splash, 500 ml \$4.50	___ Liquid Laundry Detergent, concentrate, 2.95L \$12.30