

***Making Fresh, Nutritious and Affordable Food
Available to You and Your Community
Through Bulk Buying!!***

We purchase from local grocery stores, and
whenever possible, from local farmers!!

SMART FAMILIES
FOOD CO-OP HAS
EXPANDED TO
INCLUDE *SFFC EXTRA
FOODS*. This program
is tied in with our Food
Box program.

Hours of operation:

Mon-Fri 9 am—5 pm

We are able to pass savings on to
members through the power of buying in
bulk and repacking.

There is a one-time fee of \$10 to become
a member. With a membership you can
not only purchase from Extra Foods, but
also our Food Boxes. Each membership
includes a stamp card, where for every 9
boxes purchased, the 10th is FREE. There
is also a \$5.00 off coupon for a food
box, monthly newsletters, and a chance
to have YOUR voice heard at monthly
meetings. **If you can't get out, call
763-0242 and ask about our delivery
service!**

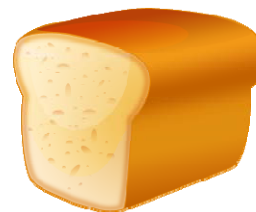
Stop by River Bank Development in the
Bernice Sayese Centre to SAVE!!!

IN PARTNERSHIP WITH:

- **River Bank
Development Corp.**
- **Prince Albert
Food Coalition**
- **Bernice Sayese
Community Centre**
- **Prince Albert
Parkland Health
Region**



**“SFFC EXTRA FOODS”
An expansion of Smart
Families Food Coop's
Good Food Box**



1350 15th Ave West

call 763 -0242 for more information

Visit us online at www.pafoodbox.ca

**Smart
Families**
Food Co-operative

**SFFC
EXTRA
FOODS**

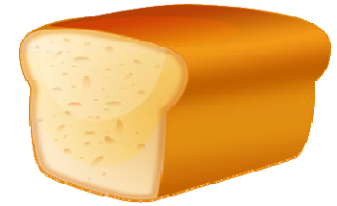


**Nutritious and
Affordable Foods
Available To Pick
Up at YOUR
Convenience!**

CALL 763-0242



EGGS	\$2.50
SOUP (mushroom, tomato)	\$1.00
TUNA	\$1.50
RICE 900g	\$3.50
PASTA macaroni, spaghetti, rotini, linguini	\$1.75
● PASTA SAUCE	\$2.20
● MARGARINE	\$2.20
● FROZEN VEGGIES	\$3.75
MILK (skim, 2%, 1%, whole)	\$2.50
CHOCOLATE MILK	\$3.50
BREAD	\$2.00
GROUND BEEF extra lean organic. 1 ½ lb	\$4.00
MICHELINA MEALS	\$2.50
READY-TO-EAT SOUP	\$2.00



The Prices Listed Are Subject To **CHANGE WITHOUT NOTICE** Due To The Fluctuation Of Price At The Retailer Level. All Prices Will Be Adjusted Fairly and Accordingly.

We aim to keep a variety of fresh fruits and vegetables available for purchase. The selection is based on availability, quality and cost from the retailer. Currently, the list includes:



Navel Oranges

Pears

Apples

Celery

Broccoli

Potatoes

Lettuce



This list changes from week to week, so stop by and see what we have available...All prices are based on the current retail value so they are not listed here.