



# ADD SAVINGS TO THE MENU



Yop Drinkable Yogurt  
Each, Assorted flavours.  
200 mL. #9073302.  
Was 1.27

**Rollback**  
Save 53¢  
**74¢**



Yoplait Tubes 8-Pack,  
Minigo 6-Pack or  
Source 650 g Yogurt  
Each, Assorted varieties.  
#9073358.  
Was 2.97

**Rollback**  
Save \$1  
**1.97**



Jell-O  
Refrigerated Pudding  
4-pack, 356 g - 454 g.  
#30492474.  
Was 2.47

**Rollback**  
Save 49¢  
**1.98**



Danone Creamy  
16-Pack, iögo  
12- or 16-Pack, or  
DanActive or Activia  
Drinks 8-Pack  
Each, Assorted varieties.  
#9077635.  
Was 6.27

**Rollback**  
Save 1.79  
**4.48**



Nestlé Drumsticks or  
Confectioneries or  
Del Monte Novelties  
Each, Frozen, Assorted  
varieties and sizes.  
#30294748.

**3.97**



Great Value  
Cheese Shreds  
340 g.  
#31613154.

**Multi**  
**2 for \$10**  
or 5.67 each



Cracker Barrel Slices  
or Black Diamond  
Combos  
Each, 129 g - 240 g.  
#30795352.  
Was 4.97

**SAVE NOW!**  
Save \$1  
**3.97**



Philadelphia Dips  
227 g.  
#9045869.

**Multi**  
**2 for \$5**  
or 2.87 each



# BIG DEALS ON BIG BRANDS



Cascade  
Dishwasher Tabs  
Each, Assorted types  
and sizes. #31363839.  
Was 23.98

**Rollback**  
Save 6.01  
**17.97**



Bounty Paper  
Towels  
Pack.  
#30741727.  
Was 22.98

**SAVE NOW!**  
Save \$6  
**16.98**



Cashmere  
Bathroom Tissue  
24-pack.  
#30159998.  
Was 16.97

**SAVE NOW!**  
Save \$6  
**10.97**



Ziploc Sandwich, Freezer  
or Storage Bags  
Each. #31132231.  
Was 3.97

**Rollback**  
Save 70¢  
**3.27**



Glad  
Cling Wrap  
Each, 60 m.  
#417062.  
Was 3.97

**Rollback**  
Save \$2  
**1.97**



Snuggle Fabric Softener  
Each, 3.41 L. #1360056. Was 10.97

**Rollback**  
Save \$2  
**8.97**



Gain  
Flings  
96-pack.  
#30224143.  
Was 24.97

**Rollback**  
Save 2.50  
**22.47**



Palmolive  
Dish  
Detergent  
Each,  
Assorted  
varieties, 5 L.  
#1358684.

**9.97**



Scotties Facial Tissue  
18-pack, 126 2-ply or 88 3-ply  
sheets, Assorted varieties.  
#30051156.

**15.97**



Vileda  
ProMist  
Max Mop  
Each.  
#31367423.  
Was 29.97

**Rollback**  
Save 5.09  
**24.88**



Swiffer  
WetJet  
Starter Kits  
Kit, Assorted  
varieties.  
#31655992.  
Was 31.97

**Rollback**  
Save \$5  
**26.97**



# SNACK ON LOW PRICES



**Nestlé Frozen Parlour Tub**  
Assorted varieties, 1.5 L.  
#30294133.  
Was 3.97

**Rollback**  
Save \$1  
**2<sup>97</sup>**



**Gatorade**  
Pack, Assorted varieties, 6 x 591 mL.  
#9239422.  
Was 5.97

**Rollback**  
Save \$2  
**3<sup>97</sup>**



**Great Value Frozen Diced Hashbrowns or French Fries**  
Each, 900 g - 1 kg.  
#9146557.

**1<sup>96</sup>**



**Bugles**  
Each, Assorted varieties and sizes.  
#30211851.

**1<sup>97</sup>**



**Healthy Choice Gourmet Steamers**  
Each, Frozen, Assorted varieties.  
276 g - 306 g. #9146214.

**2<sup>97</sup>**



**Great Value Frozen Vegetables**  
Each, Assorted varieties.  
500 g - 750 g.  
#31584605.

**1<sup>98</sup>**



**Tostitos Chips**  
Each, Assorted varieties and sizes.  
#30060645.

**2<sup>97</sup>**



**Waterbridge Chocolate Bars**  
Each, Assorted varieties and sizes.  
#168729.

**4<sup>97</sup>**



**Kraft Dinner Original**  
225 g.  
#9275867.

**Multi**  
**5 for \$5**  
or 1.47 each



**Lay's Chips**  
130 g - 235 g, Cheetos  
170 g - 310 g, Doritos  
230 g - 280 g or Smartfood  
150 g - 220 g.  
#30461533.

**Multi**  
**3 for \$8**  
or 3.17 each



**Chef Boyardee**  
Assorted varieties.  
425 g.  
#9273288.

**Multi**  
**4 for \$4**  
or 1.47 each



**Bear Paws Cookies**  
Assorted varieties and sizes.  
#30588420.

**Multi**  
**3 for \$6**  
or 2.77 each



**Snack Pack Pudding**  
Assorted flavours.  
4 x 99 g.  
#9219108.

**Multi**  
**5 for \$5**  
or 1.47 each



**Goldfish Crackers**  
Assorted varieties, 180 g - 200 g.  
#30825158.

**Multi**  
**3 for \$6**  
or 2.97 each



**Coca-Cola or Coca-Cola Zero Sugar**  
Pack, Assorted varieties.  
12 x 355 mL.  
#9210759.

**Multi**  
**2 for \$9**  
or 4.97 each

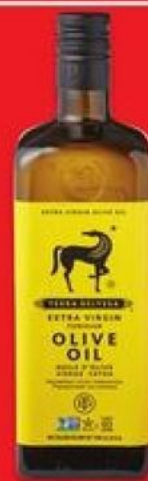


# ALWAYS LOW PRICES



Mr. Noodles Instant Noodles  
Each. Assorted flavours.  
85 g. #9274422.  
Was 37¢

**Rollback**  
Save 10¢  
**27¢**



Terra Delyssa  
Extra Virgin  
Olive Oil  
Each. 1 L.  
#30363196.  
Was 8.97

**SAVE NOW!**  
Save \$3  
**5<sup>97</sup>**



Allen's  
Juice or Drinks  
Pack. Assorted varieties.  
8 x 200 mL. #9273939.

**1<sup>97</sup>**



Great Value  
Soda  
Each.  
Assorted flavours.  
2 L.  
#9217361.

**97¢**



GoGo squeeZ  
Apple Fruit Snacks  
4-pack. Assorted flavours.  
#30618581.

**1<sup>88</sup>**



Wagon Wheels or  
Viva Puffs  
Each. Assorted varieties  
and sizes.  
#30128900.  
Was 3.47

**Rollback**  
Save 1.50  
**1<sup>97</sup>**



Excel or Juicy Fruit  
Multi-Pack Gum  
Assorted flavours.  
#135749.

**2 for \$6**  
or 3.47 each



Knorr Sidekicks  
Assorted types.  
140 g - 220 g.  
#30190573.

**4 for \$5**  
or 1.47 each

## \* BREAKFAST AT HOME



Kellogg's Cereal  
Each. Assorted  
varieties.  
320 g - 440 g.  
#30449544.  
Was 4.74

**SAVE NOW!**  
Save 2.27  
**2<sup>47</sup>**



Nescafé Rich or  
Taster's Choice  
Instant Coffee  
Each. Assorted varieties  
and sizes.  
#30171807.  
Was 6.78 - 6.97

**SAVE NOW!**  
**3<sup>88</sup>**



Kellogg's or  
General Mills  
Bars or Snacks  
Assorted varieties  
and sizes. #9227692.

**Multi**  
**3 for \$6**  
or 2.77 each



Quaker  
Hot Cereal  
Assorted varieties  
and sizes.  
#30020356.

**Multi**  
**2 for \$5**  
or 3.27 each



Tropicana Juice  
Each. Assorted varieties.  
1.54 L. #30454231.  
Was 4.97

**Rollback**  
Save 1.64  
**3<sup>33</sup>**



Kraft  
Peanut  
Butter  
Each.  
Assorted  
varieties.  
1 kg.  
#9263131.  
Was 4.77

**Rollback**  
Save \$1  
**3<sup>77</sup>**



Nutella  
Each. 725 g.  
#30272714.

**3<sup>92</sup>**



Cheez Whiz  
Each. 900 g.  
#30626695.  
Was 8.97

**Rollback**  
Save 3.50  
**5<sup>47</sup>**



Pillsbury  
Toaster Strudel  
6-pack. Assorted  
varieties. 326 g.  
#9121070.  
Was 3.77

**Rollback**  
Save 1.80  
**1<sup>97</sup>**

PRINTED  
IN CANADA  
Printed on  
August 7th

Items and prices available at Walmart stores in Canada only and only for stores in the distribution area of this flyer. Flyer effective Thursday, August 20th to Wednesday, August 26th, 2020. We reserve the right to limit quantities to normal retail purchases. All items may not be available in all stores. Items may be available by special order in certain locations. Prices, selection and availability may vary by store and on Walmart.ca. For terms applicable to online offers, please visit Walmart.ca. Certain items may be subject to additional environmental handling, recycling or disposal fees. The amount and application of such fees vary by product and by province. See store for details.



\* Fresh, frozen, refrigerated, bakery and deli items not available in all stores. Check with your local store for availability. For store hours see Walmart.ca or phone 1-800-328-0402. Select option 2.



# Fresh from Canadian farms



6  
pack

**Local Corn**  
Pack, Product of Canada,  
Canada No. 1,  
#30327951.

**3<sup>97</sup>**



**Gala Apples**  
Product of South Africa or  
Chile, Extra Fancy Grade,  
#30272762. 4.34/kg.

**1<sup>97</sup>**  
lb.



**Bulk Green Peppers**  
Product of Canada,  
#30222712,  
6.55/kg.

**2<sup>97</sup>**  
lb.



**Red or Green  
Seedless Grapes**  
Product of USA,  
No. 1 Grade,  
#30428330. 7.65/kg.

**3<sup>47</sup>**  
lb.



**100% SATISFACTION GUARANTEED\*** or your money back

\*Terms & Conditions apply. See Customer Service desk for details.



**Great Value  
Sliced Bacon**  
Each, Assorted varieties,  
375 g. #30942803.

**3<sup>97</sup>**



**Stampede Wieners**  
Each, 900 g. #30726658.  
Was \$5

**Rollback**  
Save 1.03  
**3<sup>97</sup>**



**Your Fresh Market™  
Butcher's Style  
Fresh Sausages**  
Each, Assorted varieties,  
500 g. #31053247.

**4<sup>67</sup>**



**Great Value Shrimp**  
71 - 90 per lb. Cooked or  
61 - 70 per lb. Raw  
Each, Frozen,  
Assorted varieties,  
625 g. #30232350.

**9<sup>97</sup>**



**Our Finest  
Angus Burgers**  
Each, Assorted  
varieties and sizes,  
#30546511.

**13<sup>97</sup>**



**Hormel  
Original Pepperoni**  
Each, 175 g. #30727497.  
Was 5.97

**Rollback**  
Save 97¢  
**\$5**



**Rana Pasta**  
Each, 300 g. #30305412.

**\$5**



**Molinaro's  
12" x 16" Family Pizza**  
Each, #8016943.  
Was 6.97

**Rollback**  
Save 97¢  
**\$6**

## SAVINGS YOU CAN TASTE



**Your Fresh Market™  
Mini Croissants**  
10-pack,  
#30682899.

**3<sup>47</sup>**



**Dempster's  
10" Tortillas**  
Pack, Assorted varieties,  
#8110655.

**4<sup>07</sup>**



**Your Fresh Market™  
Muffins**  
6-pack, Assorted varieties,  
#30635572.

**4<sup>97</sup>**

**Walmart**  **ca/grocery**



**Free\* Pickup**

\*Excludes Penguin Pickup locations.  
\$50 minimum order value (before taxes).



# Getting Back into Fall

## New Year, New Gear!

These back-to-school essentials are guaranteed to make the popularity list with kids.



- 1 Under the Hood**  
These hoodies are ideal for layering over tees on cool days



- 2 In the Running**  
Look for the right support and treads that stand up to their activities

**3**

- Packed with Fun**  
Now they can take their favourite characters to school too



**4**

- Take a Sip**  
Say goodbye to spills with a Munchkin Miracle 360° Trainer Cup



**5**

- No Sweat**  
Easy-care joggers are great for gym class and lounging at home

## Make Every Morning a Good One!

### Spinach & Cheese Pie Photography by Maya Vinysei

1. Preheat oven to 350 °F.
2. Thaw and squeeze liquid from a 24 g pkg of frozen chopped spinach.
3. Beat 5 eggs with ¼ cup 10% cream in large bowl. Stir in 1 cup spinach, 2 sliced green onions, 1 cup grated cheddar cheese, ½ cup crumbled feta cheese, ¼ cup finely chopped dill, ¼ cup mint.
4. Pour mixture into a 9" deep dish. Smooth top and sprinkle ½ cup grated cheddar.
5. Bake until top is golden at centre, 40 to 5 min. Serve warm or at room temperature.



### Savoury Corn Pancakes

Photography by Erik Putz

1. Melt ¼ cup butter in fry pan. Stir in ½ tsp each minced garlic and dried tarragon. Add two 341 mL cans of corn, drained, until cooked through. Set aside.
2. Combine ½ cup cornmeal with ¼ cup all-purpose flour, ½ tsp baking powder and ½ tsp salt in a small bowl.
3. Whisk 1 egg with ½ cup milk, 1 tbsp melted butter and 1 tbsp honey in a medium bowl.
4. Stir in corn mixture and 1 chopped green onion. Stir egg mixture into cornmeal mixture.
5. Scoop 2-tbsp portions into a lightly oiled large non-stick pan over medium. Cook until golden, 1 to 2 min per side. Repeat.



## Lunchbox Love

Now they can take their favourite characters to school

Photography by Ryan Szulc



### Make a List

Start the year off right by involving your kids in planning their school lunches. Ask them for a list of their five favourite choices. When they tire of something, let them take it off their list and replace it with another lunch idea. For inspiration, they can search online with you or look around the lunchroom. With their input, leftovers are sure to be a thing of the past while keeping their lunch menu fun and fresh!

### In the Bag

Let your child choose a design that best suits his or her personality. Even better, these lunch bags are fun and functional.



**Thermos Radiance Dual:**  
Foam insulation for maximum cold retention



**Dome:** Side mesh pockets and shoulder strap for easy carrying



**Thermos Marvel Dual:**  
Separate compartments for crush-proof lunches

## Double Fudge Cookies Photography by Daniel Harrison

PREP 10 min | TOTAL 25 min | YIELD 24

- 1½ cup Great Value all-purpose flour
- ¾ cup cocoa powder
- ½ tsp baking soda
- ¼ tsp salt
- ¾ cup butter, softened
- 1 cup brown sugar
- ½ cup white sugar
- 2 eggs
- 2 tsp vanilla extract
- ¾ cup Great Value 50% dark chocolate chips

1. Preheat oven to 350 °F.
2. Sift together flour, cocoa, baking soda and salt in a bowl.
3. Cream together butter and sugars in a separate bowl. Add eggs, then vanilla. Add in the dry mix.
4. Add chocolate chips and desired extra fillings.
5. Form into tsp-sized balls. Place on parchment paper lined trays. Press slightly.
6. Bake for 11 to 14 min. Cool on wire racks.

**Great Value Dark Chocolate Chips** are made with 50% cacao and are perfect for your most decadent and rich chocolate creations. Free from artificial flavours and colours, this is a must for your creative kitchen.



### Chef's Tip

For extra crunch, add shredded sweetened coconut or crushed peanuts and pretzels.



## Photo Centre Now Open!

Visit Your Local Store Today and Print Your Memories

Walmart  photo centre

## Our Continued Commitment to Safety

Here are the safety protocols for customers and associates in our stores:



**Plexiglass protective screens** at checkouts, customer service and pharmacy desks.



**Hand washing** for associates every 30 minutes.



**Closing bulk food bins** and offering packaged substitutes.



Requiring customers to pack their purchases when using their own reusable bags.

**We also have these measures in place:**

### Capacity:

We limit the number of customers allowed in our store at one time to help practice physical distancing.

### Cleaning:

Enhanced cleaning practices at cash registers, self-checkouts and all common areas.

### Signage and floor markings:

We remind customers that distance restrictions are in place.

Follow us on:    or check Walmart.ca for all the latest updates



**Walmart**  TM&C  
Save money. Live better.™

**ALWAYS  
LOW  
PRICES**



Ben's  
Hot Dog or  
Hamburger Buns 12-Pack  
#8112447.  
Was 3.47

**SAVE \$1  
2<sup>47</sup>**



Fresh Pork Loin Combo Chops  
Cut from 100% Canadian pork.  
#31105646.  
4.34/kg, Save 5.51/kg, Was 4.47/lb./9.85/kg.

**SAVE 2.50  
1<sup>97</sup>** /lb



iögo Nano  
Drinkable  
Yogurt  
Pack. Assorted  
varieties.  
6 x 93 mL.  
#30439981.  
Was 3.47

**Rollback  
SAVE 79¢  
2<sup>68</sup>**



General Mills  
Family Cereal  
Each.  
Assorted  
varieties  
and sizes.  
#31541351.  
Was 5.47

**SAVE 1.73  
3<sup>74</sup>**



Célébration  
or Tradition  
Cookies  
Each.  
#30207620.  
Was 2.67

**Rollback  
SAVE 70¢  
1<sup>97</sup>**



Crayola Crayons  
24-pack. #313056.

**67¢**



Licensed Backpacks with Lunch Bag  
Each. #30421410/1.

**15<sup>97</sup>**

**Walmart**  **ca/flyer**



**More Deals  
Online.**