



SUPERMARKET Rules!

52 ways to achieve supermarket success
by HAROLD C. LLOYD
illustrated by STEVE HICKNER

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CFIG Market Tour Vancouver 2016

Stop #1

save on foods

INTRODUCING  stop dreaming
start redeeming at MoreRewards.ca

Always custom



save on food

always
free

with your



potatoes Russet no. 1 grade,
Canada or USA, 10 lb bag

eggs Western Family
large, white, dozen

bread Western Family
white or 100% whole wheat, 570g

butter Western Family
salted, 454g

milk Dairyland
1% or skim, litres

ground beef lean
500g

free with 1800 points redeemed

free with 1800 points redeemed

free with 1100 points redeemed

free with 2800 points redeemed

free with 3700 points redeemed

free with 2900 points redeemed

Rule #2





save **on** foods

TODAY
ONLY!

Breakfast
Sandwich

\$1.99 each!

while supplies last



Rule #11

unbelievable
price!

talk
about **what's
new!**

try these great
new products



Whiskas Perfect Pate
Chicken & Tuna
card price
for **600**
save 23 each
in-store
special

H&H
HEWITT AND HUMPHREY



Rule #53







Rule #24





I'm here to help.



I'm here to help.



Tracey Nilsson
Assistant Store Manager

I'm here to help.



Personal Achiever
of the Year



Jodi

WARNING

IT IS ILLEGAL
TO GIVE OR SELL
TOBACCO TO ANYONE
UNDER 19
YEARS OF AGE

YOUR PHOTO ID
MAY BE REQUIRED

CC: FRONT END

Please cut out correction
notice and place on shelf
next to product

Save-On-Foods
Overwaitea







we're
proud to serve
North Vancouver

after all, we're
BC's

on foods
shopping

BE
highest
aranteed

2

bulk candy
bulk snacks
bulk organic
bulk spices
bulk baking needs
chilled beverages

natural choices

NATURAL FOODS
LOCAL SUSTAINABLE LOCAL

special
2.99



Rule #54

let your kids munch on a
free piece of fruit while you shop.

sale
sale
sale

699

699











M1 10/04/19 94760-6 / BIN 2029
Outside Round Oven Roast

M175 14/20 94683-0 / 845251
Prime Rib Oven Roast AAA

BIN 2029 94683-0 845251
Prime Rib Oven Roast AAA

1449 lb
save 1.00 lb

BIN 2029
sale

Pork Loin Boned & Center Cut Roast
Haut de l'arête de porc - Côte de porc
Côte de porc

Greenfield Natural Meat Co.

AAA BEEF
BŒUF
GRAIN FED
WESTERN CANADIAN

AAA BEEF
BŒUF
GRAIN FED
WESTERN CANADIAN

17.86

AAA BEEF
BŒUF
GRAIN FED
WESTERN CANADIAN
32.71

AAA BEEF
BŒUF
GRAIN FED
WESTERN CANADIAN
39.05

Prime Rib Oven Roast Cut from AAA

849
599
save 2.50 lb
sale

AAA BEEF

Sliced Beef/Kvør

RAISED ON

Marinating Steak



**WESTERN
CANADIAN**



**FAMILY PACK
SAVINGS**

F/P Bnls Top Sirloin
Steak cut from A A A

00063

UNIT PRICE
27.54

NET WEIGHT
1.148 kg

S
Ma



Organic

Organic

natural

natural

natural

Organic

Organic

Organic

natural

natural

natural

Organic

natural

Organic

Organic

Organic

Organic

2.24
special

3.49
save on foods

3.49
save on foods

2.29
special

2.29
special

4.99
save on foods

2.29
special

7.99
special

2.29
special

2.29
special

2.29
special

2.29
special



69

1.39

.69

1.19

1.19

.69

1.19

1.19

.69

1.19

1.19

.69

1.19

.83

.99

.79

.69

.69

.69

.69

.69

.69

.69

.69

.69

.69



Organic
Rolled Oats

Certified Organic
Rolled Oats

Certified Organic
Rolled Oats

Certified Organic
Rolled Oats

Certified Organic
Rolled Oats

Certified Organic
Rolled Oats

Stop #2

**THRIFTY
FOODS**

**BED
BEY**





Rule #11



Tropicana
PIN

THRIFTY FOODS

Product of Italy
Kiwi
Large
lea

4/2⁰⁰

Unit Price \$ 0.50 / EACH

4030

Rule #13

Avocados



Nature's
mayonnaise;
carefully
matured to
the peak of
flavour.

nourishing the world



Promich



nourishing the world



Promich

nourishing the world



Pears



"Pear" me with
salad greens,
walnuts, goat
cheese, balsamic
and oil.



Lual Orchards
Orem, UT



Specialty Cheese

4.99

4.99



PACKAGED SALADS

DRESSINGS



POP-UP
SAFETY
CONE

Rubbermaid
Commercial Products®

CAUTION
SPRING LOADED

Rule #2

Hairnet Zone!
Hairnets are required
to be worn by anyone
working in this area.
NO EXCEPTIONS
THRIFTY FOODS. 

HAIR NETS



SPECIALS









Rule #5





Rule #24



SOUPS

THRIFTY KITCHEN MADE SOUP
CHICKEN VEGETABLE WITH WILD RICE
BEEF BARLEY
CREAM OF WILD MUSHROOM

SOUPS TO GO!
SMALL \$
LARGE \$

COFFEE

HOT COFFEE

COFFEE TO GO!



THRIFTY FOODS

Check out the Thrifty Foods website for more information on our products and services. Visit us at www.thriftyfoods.com

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Magazines displayed in the top section of the rack:

- Leftmost magazine: "The Province"
- Second magazine from left: "The Vancouver Sun"
- Third magazine from left: "The Province"
- Fourth magazine from left: "The Vancouver Sun"
- Fifth magazine from left: "The Province"
- Sixth magazine from left: "The Vancouver Sun"
- Seventh magazine from left: "The Province"
- Eighth magazine from left: "The Vancouver Sun"

Magazines displayed in the bottom left section of the rack:

- Top magazine: "The Province"
- Second magazine from top: "The Vancouver Sun"
- Third magazine from top: "The Province"
- Fourth magazine from top: "The Vancouver Sun"

Magazines displayed in the bottom middle section of the rack:

- Top magazine: "The Province"
- Second magazine from top: "The Vancouver Sun"

Magazines displayed in the bottom right section of the rack:

- Top magazine: "The Province"
- Second magazine from top: "The Vancouver Sun"
- Third magazine from top: "The Province"
- Fourth magazine from top: "The Vancouver Sun"



SUN

ORGANIC

Orange Layer Cake with Cream Frosting

2 for \$5.99

1 for \$2.99

1 for \$1.99

1 for \$1.49

1 for \$0.99

1 for \$0.49

1 for \$0.29

1 for \$0.19

1 for \$0.09

Talk a Box Out of Veg

2 for \$2.99

1 for \$1.49

1 for \$0.99

1 for \$0.49

1 for \$0.29

1 for \$0.19

1 for \$0.09

25

1 for \$1.99

1 for \$1.49

1 for \$0.99

1 for \$0.49

1 for \$0.29

1 for \$0.19

1 for \$0.09

1 for \$1.99

1 for \$1.49

1 for \$0.99

1 for \$0.49

1 for \$0.29

1 for \$0.19

1 for \$0.09

CLOSED



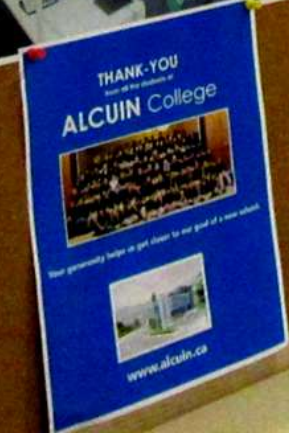
Please leave all
heavy items in your
shopping cart.



Dear Mr. [Name],
I am writing to you to thank you for the help you gave me when I was in trouble. I am sure that you will be proud of me for what I have done. I am sure that you will be proud of me for what I have done. I am sure that you will be proud of me for what I have done.



We can't
Thank you
enough



Stop #3



Leobias
City Market

B.L. & B. BURGERS
& DRINKS
WE LOVE FOOD



IT STARTS WITH ME

RETURN POLICY

CHILDREN'S CHARITY

CUSTOMER SERVICE

photokab

photokab

CANTEEN

DELICIOUS

9.99

CAPE LILY
9.99

10.00

7.99

10.00

10.00

14.99

19.99

19.99

18.99

18.99

18.99

18.99

3.99



Curry Bar
All Curry Dishes served with
Naan & Chutney
Vegetable Korma
Chicken Korma
Chicken Tikka
Chicken Biryani
Chicken Curry
Chicken Noodle
Chicken Rice
COMBO A
Curry with rice - \$9.99
COMBO B
Curry with rice - \$11.99
Additional Soups - \$2.99/100

Hot Sides
Try our Indian-inspired curries
created by our chefs in collaboration
with Chef Vikram Vij

Pizza
Gourmet Pizza - By the Slice - \$3.99
- Whole - \$12.99

CityMarket
FROM
OUR
CHEFS
Indian Curries in collaboration with
Vij

FROM
OUR
CHEFS
Vij

Rule #14







S \$3.99 M \$4.99 L \$7.99

Soup of the day

①

CLAM CHOWDER

②

VEGAN

③

TOMATO BISQUE

④

CHICKEN NOODLE

⑤

THAI CHICKEN

⑥

PASTA FAGIOLI

Caution: Soup is hot





Sliced just the
way you like it

customize your slice!

1/2"



1

5/8"



2

3/4"



3

7/8"



4

1"



5

1.5"



6

If you would like assistance, please ask anyone in bakery.
Warning: You must be over 16 years of age to operate this machine.

SAN FRANCISCO
SOUL

Nothing beats the tangy taste
sourdough bread. Delicious!



A photograph of a food fair booth. In the foreground, a man in a white chef's coat stands behind a table covered with a red cloth. On the table are several small, colorful packets of food. To his right, a man in a black jacket and light-colored pants is pushing a shopping cart. In the background, there is a food preparation area with various ingredients and a person working. The floor is a bright orange color. The text "Rule #7" is overlaid in large red letters with a black outline.

Rule #7

OF THE BOWL
NTO A ROLL



**"Catch"
of the Day**

A fresh deal
each day
of the week

\$5

Monday

California and
Vegetable California Rolls

\$6

Tuesday

Salmon Avocado Rolls

\$7

Wednesday

Spicy Salmon Rolls

\$8

Thursday

Assorted Maki Boat

\$9

Friday

Cali Shogun Combo

Look for
this sticker
in the cooler



Rule #13



\$3.99

Rule #5





OUTCHER



MADE
NEAR YOU

DE LALLO

FISH BUTCHER



A photograph of a grocery store's fruit section. The display features several shelves with pre-cut fruit in clear plastic containers. On the top shelf, there are containers of yellow fruit, likely pineapple, and a large, round watermelon carved into a multi-layered flower shape with a green kiwi slice in the center. Below this, on the middle shelf, are containers of orange fruit, possibly mango or peach, and another carved watermelon flower. The bottom shelf shows containers of green fruit, likely kiwi. Labels on the shelves identify the fruit: "Pineapple" on the top left, "Strawberry & Kiwi" on the middle right, and "All Fruit" on the bottom right. The text "Rule #11" is overlaid in large red letters across the center of the image.

Rule #11

Pineapple

Strawberry & Kiwi

All Fruit



2.99

nic ↑

ORGANIC 3.49

↑ Organic ↑

ORGANIC 3.49

Organic ↑



2.69

WE LOVE FOOD

2.99

WE LOVE FOOD

4.99

WE LOVE FOOD

BOULDER

Delicious marinated fish
Prepare your guests with our marinated marlin
ready to cook. We won't tell if you don't.

Lobster cooked to order
Lobster your lobster and we'll cook it for you.



SPECIAL
3.99





Rule #5

Marinated in-store

Looking for something different for dinner?
Try one of our flavourful marinated cuts of meat!

SPICY CHICKEN & LAMB	BOMBAY SWEET CURRY	SPICY DINON & PEPPER	MILDLY SPICED ROSEMARY	PEPPERY TEXAS GRILL
CORRIE & BLACK PEPPER	WHISKY & BLACK PEPPER	SWEET SPICY THAI	MEDITERRANEAN HERBS & SPICES	SMOKED JALAPENO & TEQUILA
CORRIE ALABAMA GRILL	HANK ALE & SHALLOTS	PHI-PHI SWEET CHILI	RED WINE AND SHALLOTS	BAKE & GINGER

TEXAS
Peppery Texas Grill
Cubed Beef Burger
15.41 KG
\$6.99 LB

COFFEE & BLACK PEPPER
Marinated Beef
Kebab
Beef Kebab

**MEDITERRANEAN
HERBS & SPICES**
24.23 KG
10.99 LB

**SMOKEY
ALABAMA GRILL**
Marinated Chicken
Kebab
24.23 KG
10.99 LB

**MEDITERRANEAN
HERBS & SPICES**
MARINATED
CHICKEN
KEBAB
24.23 KG
10.99 LB

**SMOKED JALAPENO
& TEQUILA**
Marinated
Beef Kebab
Made Fresh In-store
24.23 KG
10.99 LB

24.23 KG
10.99 LB

DRY AGED
BONELESS RIB
STEAK

59.50 K G

27.04 L B

BLACK PEPPER

Black Pepper and
Coffee Beef Burger

Lean Ground Beef. Made Fresh In Store

15.41 K G

\$6.99 L B

Rule #14

** THE CHAMP **

STRIPLOIN
STEAK

36.35 K G

16.52 L B

** THE CHAMP **

T BONE
STEAK

36.35 K G

16.52 L B

A close-up photograph of a person wearing a dark blue zip-up jacket. A white name tag is pinned to the chest, displaying the text "City Market", "JOSH", and "Manager". A small orange and yellow logo is visible on the right side of the chest. The text "Rule #38" is overlaid in large red letters with a black outline across the center of the image.

Rule #38

City Market

JOSH

Manager

Stop #4

CHOICES

M A R K E T S

Gourmet and Natural Foods



RS March 19 2018

ENGLISH - FRENCH - GERMAN



TUTORING WORD PROCESSING PROOFREADING TRANSCRIPTION TRANSLATION

Competent, conscientious, fast, flexible schedule: evenings, weekends, overnight, 25 years of work experience teaching, tutoring and translating.

- B. Ed. UBC, Vancouver, BC (French and German as second languages)
- B. A. McGill University, Montreal, QC
(Joint honours: English-French translation and German literature)
- Certified Secondary School teacher, translator and interpreter
- Former Continuing Education Instructor, Vancouver School Board (1999 - 2007)
- Former German Heritage School teacher in Montreal/Vancouver (over 10 years)

Please call, leave a message or ask for @-address:

604-736-4876

English French German	English French German	English French German	English French German	English French German
Tutoring Translation Word processing Proofreading Transcription	Tutoring Translation Word processing Proofreading Transcription	Tutoring Translation Word processing Proofreading Transcription	Tutoring Translation Word processing Proofreading Transcription	Tutoring Translation Word processing Proofreading Transcription
604-736-4876 (email) B.A./B.Ed.	604-736-4876 (email) B.A./B.Ed.	604-736-4876 (email) B.A./B.Ed.	604-736-4876 (email) B.A./B.Ed.	604-736-4876 (email) B.A./B.Ed.



BOLLY
DAZZ

BOLLYWOOD'S
HOTTEST
FITNESS
PROGRAM FOR
THE FIRST TIME
IN CANADA!!



LOCAL OPPORTUNITIES

Choices Markets Yaletown

Choices Markets prides itself on offering superb customer service with passionate, positive and friendly staff.

We are looking for enthusiastic individuals who thrive in a fast-paced environment to fill the position of:

Deli Clerks

If you are interested in this position, or know someone who is – let us know!

We offer:

- \$12.00/hour starting wage
- Weekly pay by direct deposit
- Flexible hours
- Staff discount
- Staff giveaways

How to Apply:

- Fill out an application form in-store
- Online at www.choicesmarket.com
- Email yaletownjobs@choicesmarket.com

11-11-2011
Newly baked every morning.
Between 8:00AM and 10:00AM
**CROISSANT + COFFEE
COMBO**
\$ 0.99



Sign up
for a
FREE
Nutrition
Tour

Visit Customer Service
for Details





CAUTION
HOT!

CAUTION
HOT!



CAUTION
HOT!

CAUTION
HOT!



HealthWORKS CATERING

ENTERTAIN WITH STYLE & LET US DO ALL THE WORK!

WE OFFER A DELICIOUS SELECTION OF CATERING OPTIONS:

ERS

FRUIT
PLATTERS

CHEESE
PLATTERS

SANDWICH
PLATTERS

DELI MEAT
PLATTERS

BRE
PLA

WE WOULD BE HAPPY ☺ TO CUSTOMIZE ANY PLATTER - SIMPLY ASK!
* 24 HOUR NOTICE IS REQUIRED TO ACCOMMODATE CATERING REQUESTS *





Rule #11



M3

12 11 10 9 8 7 6 5 4 3 2 1

WEEKLY ADS

MONTHLY ADS

Handwritten notes and advertisements on the left side of the refrigerator door.

Handwritten notes and advertisements on the right side of the refrigerator door.

Handwritten note on the left side of the refrigerator door.

Handwritten note on the right side of the refrigerator door.



Calendar for April 2016

14	3	4	5	6	7	8	9
15	16	17	18	19	20	21	22
23	24	25	26	27	28	29	30



Natural Beverages



he World





Natural Cosmetics

Fixed Costs

Moisturizing Lotions

Soap

Self-Defense Aids

YoungCare

Muffs that are Gentle on the Stomach.

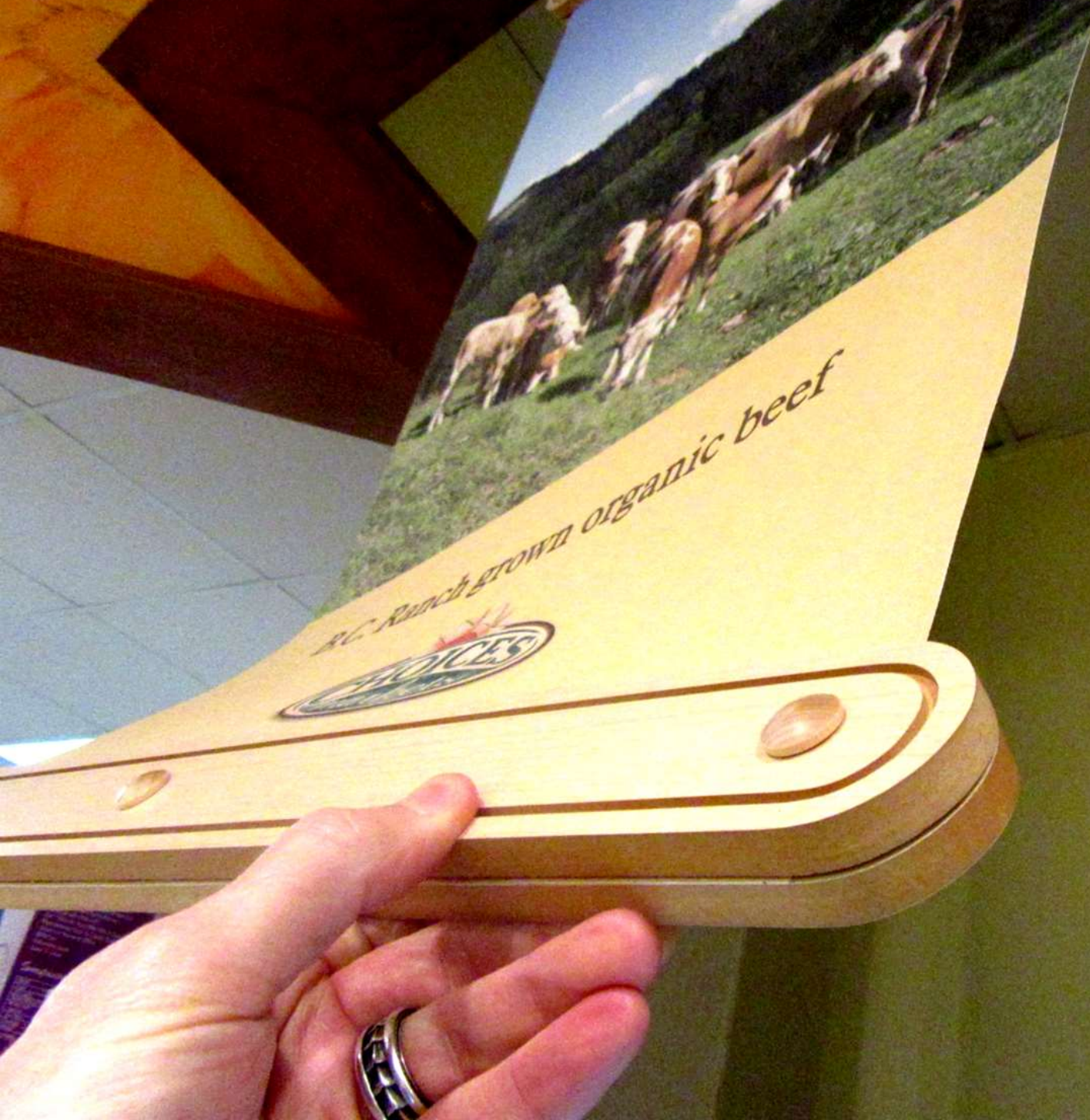


Natural Cosmetics

CHINA'S BEST

SANTALUX









Rule #17





CAUTION
CUIDADO
CAUTION

Fruity Syrup

COCONUT MILK LAIT DE COCO
VANILLA/VANILLE
COCONUT MILK LAIT DE COCO
VANILLA/VANILLE
Rico's Lalo
BLUEBERRY
COCONUT
PALETAS
Rico's Lalo
NOIX DE COCO
FRAISE
PALETAS
Rico's Lalo
NOIX DE COCO
FRAISE
PALETAS
TEA
Rico's Lalo
PINEAPPLE
Rico's Lalo
LIME
Rico's Lalo
RASPBERRY
Cuties
Cuties
Cuties
Tofatti
CHOCOLAT
Tofatti
CHOCOLAT

19



ICE CREAMS





\$8.99

\$8.99

\$8.99

\$8.99

\$8.99



Stop #5

MEIN **HARDT**



g · *feed your curiosity*

STARTING SUMMER 2016.





MEINHARDT

HARDT

MEINHARDT

FEED YOUR CURIOUSITY

HARDT

MEINHARDT
Purveyors of Culinary Discoveries.

 100 Photo Studio For the photographer or the person who loves to take pictures, this basket is a treasure trove of gourmet treats. It includes a variety of cheeses, meats, and a selection of gourmet chocolates and candies.	 295 The Deluxe A gourmet selection of cheeses, meats, and a variety of gourmet chocolates and candies. This basket is perfect for the person who loves to indulge in the finest of gourmet treats.
 145 Fruit & Cheese A gourmet selection of cheeses, meats, and a variety of gourmet chocolates and candies. This basket is perfect for the person who loves to indulge in the finest of gourmet treats.	 125 Fruit & Cheese A gourmet selection of cheeses, meats, and a variety of gourmet chocolates and candies. This basket is perfect for the person who loves to indulge in the finest of gourmet treats.
 60 Sweet Treats A gourmet selection of cheeses, meats, and a variety of gourmet chocolates and candies. This basket is perfect for the person who loves to indulge in the finest of gourmet treats.	 +10 Add our Handmade Jute Bag A gourmet selection of cheeses, meats, and a variety of gourmet chocolates and candies. This basket is perfect for the person who loves to indulge in the finest of gourmet treats.

100 Photo Studio \$100.00
 295 The Deluxe \$295.00
 145 Fruit & Cheese \$145.00
 125 Fruit & Cheese \$125.00
 60 Sweet Treats \$60.00
 +10 Add our Handmade Jute Bag \$10.00







Rule #11

MEAN BEST
Ruby Grapefruit



\$1.49^{lb}

3.28 per kg

fresh produce

USA

Happy
Implementing!