

FOSTERS
Better because we care

Specials

SEPTEMBER 8-21, 2022



ORGANIC
BLUEBERRIES
6 OZ., CLAMSHELLS

\$3⁹⁹



PANTRY



\$1.99
SAVE 60¢

Ensure Original Shakes
8 oz., Selected Varieties

Vita Coco
Coconut Water
500 ml., With Pineapple



\$2³⁹

SAVE 80¢

IGA Corn Flakes
18 oz.



\$2⁹⁹

SAVE 60¢

Brunswick Flaked Tuna
142 g., With Smoke Flavor



\$1⁴⁹

SAVE 50¢

Bakerly
Brioche Bread
14.11-17.6 oz., Selected
Varieties



\$5⁹⁹

SAVE up to \$2.00

Van Camp's
Pork and Beans
15 oz.



\$1²⁹

SAVE 50¢

Peter Pan
Peanut Butter
16.3 oz.



\$3⁹⁹

SAVE \$1.30

Mott's for
Tots Apple Juice
64 oz., Selected Varieties



\$3⁵⁹

SAVE \$1.20

Ben's Original
Ready Rice
8.8 oz., Chicken or
Whole Brown



\$2²⁹

SAVE 90¢

Betty Crocker
Fruit Snacks
4.8-5 oz., Selected
Varieties



\$3⁷⁹

SAVE \$1.20

Simply 7 Chips
3.5-6 oz., Selected
Varieties



\$2⁷⁹

SAVE 90¢

Lysol Multi-Surface
Cleaner
40 oz., Sparkling Lemon
& Sunflower
Essence Scent



\$3²⁹

SAVE \$1.20

Palmolive
Dish Liquid
8 oz., Selected
Varieties



\$1⁵⁹

SAVE 60¢

Essential Everyday
Bath Tissue
12 ct., Soft & Strong



\$8⁵⁹

SAVE \$2.80

Airwick
Essential Oils
2 pk., Selected Varieties



\$5⁹⁹

SAVE \$2.00

BETTER BUYS

Better value because we care!



\$7.99
SAVE \$3.00

Bounty Select-a-Size Paper Towels
6 ct.



2/\$5
SAVE \$6.98
on 2

Daily Disposable Masks
50 ct., Blue



\$3.49
SAVE \$1.80

Dove Soap Bars
2 pk., Selected Varieties



\$3.99
SAVE \$2.50

Brut After Shave
7 oz., Classic Scent

HEALTH AND BEAUTY



\$1.99
SAVE \$2.50

Radox Men Shower Gel
250 ml., Lemon & Tea Tree

Gillette Fusion 5 Shave Gel
7 oz., Ultra Sensitive



\$2⁹⁹

SAVE \$1.30

Gillette Sensor 2 Razors
5 ct.



\$2⁹⁹

SAVE \$1.70

Brut Deodorant
2.5 oz.



\$1⁹⁹

SAVE 70¢

FDS Intimate Feminine Spray
2 oz., Selected Varieties



\$2⁹⁹

SAVE \$1.50

Suave Lotion
18 oz., Selected Varieties



\$2⁹⁹

SAVE \$1.30

TRESemmé Shampoo or Conditioner
28 oz., Selected Varieties



\$3⁹⁹

SAVE \$2.00

BETTER SELECTION

Better choice because we care!



Oggi Plant-Based Pizza
13.4 oz., Americana or Siciliana



\$11.59
SAVE 70¢



Elmhurst Plant-Base Milk
32 oz., Selected Varieties



\$7.69
SAVE 80¢



\$4.79
SAVE 60¢

Health Ade Kombucha Drinks
16 oz., Selected Varieties

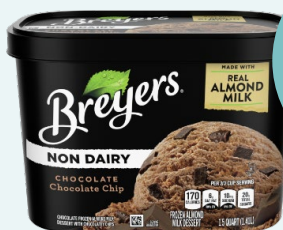


Tattooed Chef
12 oz., Zucchini Spirals or Riced Cauliflower Stir Fry



\$5.29
SAVE 60¢

FROZEN



\$7.49
SAVE \$2.10

Breyers Ice Creams
48 oz., Selected Varieties

Kellogg's Eggo Waffles
12 oz., Selected Varieties



\$3.79

SAVE 60¢

Pillsbury Pastries
11.7 oz., Selected Varieties



\$3.49

SAVE 80¢

Birds Eye Sweet Mini Corn on the Cob
12 ct.



\$4.89

SAVE 60¢

Essential Everyday Cut Okra
16 oz.



\$2.09

SAVE 40¢

Pictsweet Farms Mixed Vegetables
16 oz.



\$1.99

SAVE 90¢

Banquet Meals
7.4 - 11.88 oz., Selected Varieties



\$1.99

SAVE 70¢

ARTISANAL BAKERS
TRIBECA OVEN

NEW

“

It takes time –
and a generous portion of
patience – to achieve the
distinctive, pleasing character
of Tribeca Oven bread.

SELECTED VARIETIES
NOW AVAILABLE IN
THE BAKERY!

DAIRY



\$7.29
SAVE \$2.70

Starbucks Iced Coffee
40-48 oz., Selected Varieties

Kerrygold
Pure Irish Butter
8 oz., Salted



\$3²⁹

SAVE \$1.70

Sargento Balanced
Breaks Snacks
4.5 oz., Selected Varieties



\$3⁹⁹

SAVE 90¢

The Greek Godz
Greek Yogurt
24 oz., Selected Varieties



\$4⁷⁹

SAVE \$2.80

Organic Valley
Half & Half
16 oz.



\$3²⁹

SAVE 70¢

FRESH PRODUCE



Gala Apples
3 lb., Bag

\$3⁷⁹

Pretty Lady Grapes
Seedless, Red, Green or Black



\$3²⁹
lb

Organic Blueberries
6 oz., Clamshells



\$3⁹⁹

Plum Tomatoes



\$1⁴⁹
lb

Sleeved Celery
ea.



\$1⁷⁹

Yellow Onions
3 lb., Bags

\$2²⁹



Organic Hass Avocado

\$3⁴⁹
lb



**BE PREPARED
THIS HURRICANE SEASON**

FOSTERS

SEAFOOD



Shrimp
22-27 ct., Previously Frozen, Head-On

\$5⁸⁹ lb

SAVE \$1.60 lb



\$13.49
SAVE \$4.00



Sea Best Raw Shrimp
32 oz., 30-40 ct., Easy Peel



\$8.99
SAVE \$3.00



Sea Best Cooked Cocktail Shrimp
16 oz., 31-40 ct., Tail-On

MEAT



\$4.99
SAVE \$1.30

Merex Bone-In Salted Pollock Fillets
16 oz.



T-Bone or Porterhouse Steaks
Certified Angus Beef

\$13⁹⁹ lb

SAVE \$5.00 lb



\$2.99 lb
SAVE \$1.00 lb

Pork Spare Ribs
USDA



\$4.99 lb
SAVE \$2.00 lb

Beef Bone-In Chuck Roast
USDA Choice



\$9.49 lb
SAVE \$2.50 lb



Boneless Rosemary Herb Lamb Shoulder Roast
Oven Ready Seasoned and Prepared



\$7.49
SAVE \$1.80

Bouquet Chicken Thighs Drumsticks or Whole Legs
5 lb., Certified Angus Beef



\$8.49 lb
SAVE \$2.00 lb

Whole Boneless Lamb Shoulders
Frozen New Zealand



\$3.99 lb
SAVE \$1.00 lb

80% Lean Ground Chuck
Ground Fresh Daily



\$6.69
SAVE \$1.30



Gwaltney Sliced Bacon
12 oz., Hickory or Brown Sugar



\$1.69
SAVE 60¢



Bar S Chicken Franks
12 oz.



\$2.39
SAVE 80¢



Bar S Sliced Bologna
16 oz., Thick or Regular

Live Well



Live Well with CG Britcay & Foster's focuses on living a healthy and balanced life at an affordable price. To do this, we've developed recipe ideas, tips and product suggestions to help you achieve your healthy living goals.



SCAN FOR MORE TIPS & RECIPES

ONE-PAN CHICKEN AND CABBAGE

INGREDIENTS

1 tbsp olive oil
1 lb chicken breast cut in cubes
1 tsp paprika
1 tsp dried oregano salt
8 oz mushroom
1 tbsp olive oil
1 c red onion chopped
1/2 c green/red bell pepper chopped
1 cabbage sliced
1 tsp garlic powder
1/2 tsp paprika
salt and black pepper
1/4 c chicken broth
1/3 c tomato sauce

DIRECTIONS

- In a large pot or Dutch oven, add olive oil and heat over medium high heat for 1 minute.
- Add the chicken and sprinkle with paprika, oregano, salt and black pepper. Cook for about 5-7 minutes, or until chicken is fully cooked. Set it aside.
- Add mushroom and cook for 3 minutes and using a wooden spoon scrape off any brown bits that may be stuck to the bottom of your skillet. Set aside.
- In the same pot, add 1 tablespoon of olive oil, onions and bell pepper.
- Sauté for 3-5 minutes, or until it gets brown.
- Add the cabbage, garlic powder, paprika, salt and black pepper and chicken broth.
- Mix everything together. Reduce heat to medium low and cover with a lid. Cook for about 10-15 minutes, stirring occasionally.
- Add tomato sauce to the pan. Return chicken to the pan and mix all together to combine.
- Cook for 2 more minutes. Garnish with fresh chopped parsley. Serve immediately.



89¢ lb

Green Cabbage
ea., Fresh



\$3.49 lb

Bell Peppers
Extra Large, Red, Yellow or Orange

FOSTERS
Airport

949-5155
PHARMACY: 815-4051
+1 (345) 926-7485

FOSTERS
Camana Bay

945-4748
PHARMACY: 815-4061
+1 (345) 926-7486

FOSTERS
Countryside

943-5155

FOSTERS
Republic

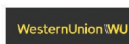
949-3214

FOSTERS
Morritt's Express

947-2826

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SHOP ONLINE, ANYTIME!

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