

CJR

WHOLESALE GROCERS

Family Owned  Proudly Canadian

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Interested in our products?
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Please call 905-361-1373
AD # 02

Some illustrations in this flyer do not necessarily represent items on sale & are for design only. Unintentional errors may occur, we reserve the right to correct any errors



JOHNSONVILLE ITALIAN SAUSAGE

12/500 g
\$371

66702 - Mild
66701 - Hot
Case Price - **\$44.51**



POPCHIPS

12/85 g
\$200

71351 - Bbq
71375 - Sea Salt
71376 - Salt & Vinegar
71377 - Crazy Hot
Case Price - **\$23.99**



WONDERFUL PISTACHIOS

72/170 g
\$574

76116 - No Shell Roasted Salted
Case Price - **\$413.27**

10/170 - 178 g
\$642

76123 - No Shells Roasted Salted
76124 - Salt and Pepper Flavor
Case Price - **\$64.24**

10/200 g
\$385

76113 - Roasted Salted
Case Price - **\$38.50**

12/200 g
\$425

76114 - Sweet Chili Flavor
76119 - Salt and Pepper i Flavor
Case Price - **\$51.00**

24/225 g
\$434

76115 - Roasted Salted
Case Price - **\$104.14**

244/178 - 200 g
\$389

76117 - Flavor Combo Bin
Contains -88 Sweet Chili in shell
-156 Salt & Pepper in shell

Case Price - **\$948.00**

340/200 g
\$388

76118 - Combo Bin
Contains -260 Roasted Salted in shell
-80 No Salt in shell

Case Price - **\$1318.59**



GENERAL MILLS BUGLES

8/213 g
\$175

04204 - Original
04205 - Nacho Cheese
Case Price - **\$13.99**



SENSIBLE PORTIONS

12/142 g
\$183

71251 - Garden Veggie Straws
Rosemary Olive Oil
71250 - Garden Veggie Straws
Sea Salt
04518 - Garden Veggie Straws
Sweet Potato
05508 - Garden Veggie Chips
Case Price - **\$21.99**

6/113 g
\$183

05505 - Cheddar Puffs
Case Price - **\$10.99**



GOOD HEALTH VEGGIE SNACKS

12/140 g
\$258

04519 - Stix
04520 - Chips
Case Price - **\$30.99**



PRINGLES

14/148 - 156 g
\$186

71343 - Original
71344 - Lightly Salted
71345 - Sour Cream and Onion
71382 - Ketchup
71381 - Buffalo Ranch
71348 - Salt and Vinegar
71349 - Jalapeno
71380 - Dill Pickle
71346 - BBQ
71347 - Cheddar Cheese
Case Price - **\$25.99**



PRINGLES GROOVZ

8/130 - 137 g
\$186

10092 - Classic Salted
10094 - Tangy BBQ
10093 - Applewood Smoked Cheddar
Case Price - **\$14.89**



WERTHER'S POPCORN

12/170 g
\$283

74323 - Original Caramel
Case Price - **\$33.99**



Sale Prices in effect January 20 - 31, 2020



Stock Up For The Big Game! 

BEVERAGES



HEINZ JUICE

12/1.36 L

\$1.67

24612 - Tomato
Case Price - **\$19.99**



NEILSON MILKSHAKE

12/310 ml

\$1.07

06231 - Strawberry
06232 - Crispy Crunch
06230 - Caramilk
06233 - French Vanilla
06234 - Mr Big
Case Price - **\$12.79**



MOLSON EXEL

12/355 ml

54¢

75704 - Non Alcohol Beer
Case Price - **\$6.49**



NESTLE PURE LIFE WATER

24/500 ml

12¢

24459
Case Price - **\$2.99**
12/1.5 L

50¢

24458
Case Price - **\$5.99**



VITA COCO PURE COCONUT WATER

12/1 L

\$2.83

67021 - with pineapple
67022 - Pure Coconut Water
Case Price - **\$33.99**
12/330 ml

\$1.17

67023 - Pure Coconut Water
Case Price - **\$13.99**

FRONT SHOP CONVENIENCE



PLANTERS

12/600 g

\$4.83

40045 - Dry Roasted Peanuts Seasoned
Case Price - **\$57.99**

12/200 g

\$4.25

40042 - Deluxe Mixed Nuts 40%
Cashews Roasted with Salt
Case Price - **\$50.99**

12/200 g

\$5.00

40040 - Cashews Roasted with Salt
40041 - Cashews Roasted No Salt
40048 - Cashews Roasted Lightly Salted
Case Price - **\$59.99**

24/400 g

\$1.83

40043 - In Shell Peanuts Roasted
No Salt
Case Price - **\$43.99**

CADBURY OREO SINGLES VARIETY PACK

264/1 ct.

80¢

74406 - Contains 72 Caramilk
50g, 48 Mr Big 60g, 48 Wunderbar
58g, 48 Dairy Milk Oreo 38g, 48
Crunchie 44g,
Case Price - **\$211.99**



NUTELLA & GO

40/52 g

\$1.07

37606 - Nutella & GO T10x4
Case Price - **\$42.99**



DARE REAL FRUIT

12/140 - 180 g

\$1.92

72200 - Fruit Medley
72201 - Tropical Fruit
72208 - Superfruit
75718 - Sour - Strips
75719 - Sour - Sticks
Case Price - **\$22.99**



KIND CHANGEMAKER BARS

2/48x20 g

47¢

72512
Case Price - **\$44.99**

LIMITED QUANTITY



LIMITED QUANTITY



HALLS VARIETY FLOOR DISPLAY

240/Assorted

79¢

75813 - Contains 40 Halls Ex
Strong, 100 Cherry, 60 Honey
Lemon, 40 Vitamin C Assorted
Case Price - **\$189.60**

FRONT SHOP CONVENIENCE



SIMPLY PROTEIN BAR
12/40 g
\$1.50

22908 - Lemon Coconut Bar
22909 - Chocolate Caramel
22910 - Double Chocolate
22911 - Peanut Butter Chocolate
Case Price - **\$17.99**



CALBEE
12/85 - 93 g
\$1.58

04766 - Harvest Snaps Original
04767 - Harvest Snaps Black Pepper
04768 - Harvest Snaps Caesar
04769 - Harvest Snaps Wasabi Ranch
74841 - Harvest Snaps Tomato Basil
04790 - Snapeas - White Cheddar
04791 - Snapeas - Parmesan Roasted Garlic
Case Price - **\$18.99**



QUAKER RICE CAKES
12/127 - 140 g
\$1.77

04850 - Original
04854 - White Cheddar
Case Price - **\$21.28**



QUEST NUTRITION
12/1 ct.
\$2.50

04481 - Double Chocolate Chip Cookie
04482 - Chocolate Chip Cookie
04483 - Peanut Butter Cookie
Case Price - **\$29.99**



QUAKER CRISPY MINIS
12/100 g
\$1.55

04862 - Rice Chips BBQ Gluten Free
04864 - Ketchup
04868 - Cheddar Cheese
04870 - Sour Cream & Onion
04873 - Dill Crunchy
Case Price - **\$18.57**



QUEST NUTRITION
12/1 ct.
\$2.67

04484 - Blueberry Muffin
04485 - Cookies & Cream
04486 - Birthday Cake Bar
04487 - Peanut Butter Brownie Smash
04488 - Oatmeal Chocolate Chip
Case Price - **\$31.99**



THINK BAR
10/60 g
\$1.60

25760 - Brownie Crunch
25762 - Creamy Peanut Butter
25763 - Chunky Peanut Butter
25761 - Lemon Delight
Case Price - **\$15.99**



RICOLA
12/75 g Peg Bag
\$2.25

71994 - Extra Strength
71995 - Mountain Herb
73704 - Honey Herb
73705 - Echinacea Honey Lemon
73707 - Natural Herb
73708 - Lemon Mint
71939 - Mountain Herb Stevia
Case Price - **\$26.99**



KETTLE POTATO CHIPS
12/170 - 220 g
\$2.83

71319 - Chili Lime
71318 - Himalayan Salt
71310 - Sea Salt
71311 - New York Cheddar
71312 - Sea Salt & Vinegar
71313 - Honey Dijon
71307 - Maple Bacon
71325 - Jalapeno Chips
71326 - Yogurt and Green Onion
Case Price - **\$33.99**



RICOLA
24/10 pc.
\$1.17

71935 - Extra Strength
71936 - Original Herb
71937 - Cherry Honey
Case Price - **\$27.99**



WERTHERS CANDY
48/70 g
77¢

74320 - Original Hard
74321 - Original Chewy Caramels
Case Price - **\$36.99**



KELLOGG'S NUTRI-GRAIN BAR
12/295 g
\$2.58

70760 - Apple Cinn
70761 - Blueberry
70766 - Mixed Berry
70763 - Strawberry
Case Price - **\$30.99**



QUAKER DIPPS
12/150 - 156 g
\$2.17

70802 - Chocolate Chip
70803 - Caramel Nut
70804 - Granola Bar Chocolate Fudge
Case Price - **\$25.99**

GROCERY



QUAKER CEREAL

12/350 g

\$2⁶⁷

74331 - Cap'n Crunch
Case Price - **\$31.99**



CLUB HOUSE CHILI POWDER

6/138 g

\$4²⁵

58037
Case Price - **\$25.50**



HEREFORD CORNED BEEF

24/340 g

\$3⁵⁰

30012
Case Price - **\$84.00**



TERRA DELYSSA

6/750 ml

\$5⁴⁰

40078 - Extra Virgin Olive Oil
Case Price - **\$32.40**

12/340 g
\$3⁷⁵

17974 - Organic Pitted Dates Deglet Noor
Case Price - **\$44.95**



KELLOGG'S POP-TARTS

12/400 g

\$2⁵⁸

74387 - Frosted Chocolate Fudge
04460 - Frosted Raspberry
74388 - Frosted S'mores
04461 - Frosted Strawberry
04459 - Chocolate Chip
Case Price - **\$30.99**



CLUB HOUSE ONE STEP

6/120 - 144 g

\$3⁷⁵

58007 - Tex Mex
58008 - Italiano
58009 - Cajun Seasoning
58010 - Garlic Plus
58012 - Lemon and Herb
58013 - Roasted Garlic and Pepper
58014 - Salt Free Garlic and Herb
74968 - Parmesan and Herb Seasoning
Case Price - **\$22.50**



GENERAL MILLS CEREAL

12/300 - 380 g

\$2⁹²

10226 - Lucky Charms
10227 - Cinnamon Toast Crunch
10228 - Golden Grahams
10216 - Nesquick
10223 - French Toast Crunch
10229 - Reese Puffs
10206 - Cookie Crisp Cereal
Case Price - **\$34.99**



LANTIC SUGAR

1/20 kg

\$16⁵⁵

74994



HEINZ KETCHUP

12/1 L

\$3²⁵

43014 - Squeeze
Case Price - **\$39.00**



BILLY BEE HONEY

12/500 g

\$4⁵⁰

37006 - Squeeze Beehive
Case Price - **\$54.00**



KELLOGG'S CEREAL

12/440 g

\$3²⁵

10046 - Corn Flakes
Case Price - **\$38.99**



12/425 g

\$3²⁵

72260 - Raisin Bran
Case Price - **\$38.99**



12/435 g

\$3⁹²

72390 - Special K - Original
Case Price - **\$46.99**



14/320 g

\$3⁹²

70774 - Special K - Red Berries
Case Price - **\$54.89**



14/400 g

\$4⁰⁷

10078 - Vector Cereal
Case Price - **\$56.99**



8/317 g

\$4⁰⁰

70726 - Vector Granola
Case Price - **\$31.99**



OLD EL PASO

18/334 g

\$2⁰⁰

13518 - Soft Tortillas Large
Case Price - **\$36.00**



GENERAL MILLS

10/342 - 430 g

\$2⁹²

10225 - Honeynut Cheerios
10224 - Multi Grain Cheerios
Case Price - **\$29.20**



14/350 g

\$2⁹²

10230 - Cheerios
Case Price - **\$40.89**

12/315 - 430 g

\$2⁹²

72909 - Honey Nut Cheerios Hearty Oat Crunch

10231 - Cheerios Chocolate
Case Price - **\$34.99**

GROCERY



LEA AND PERRINS

12/284 ml
\$3²⁵

28338 - Worcestershire Sauce
Case Price - **\$39.00**



OLD EL PASO SALSA

12/650 ml
\$2⁷⁵

13530 - Thick N Chunky Mild
13531 - Thick N Chunky Medium
13532 - Thick N Chunky Hot
Case Price - **\$33.00**



SPLENDA

12/100 pk.
\$4⁹⁵

19000
Case Price - **\$59.40**

12/40 pk.
\$3⁷⁵

19001
Case Price - **\$44.95**



DIANA SAUCE

10/500 ml
\$2⁶⁰

43422 - Spicy
43423 - Chicken and Ribs
43424 - Original
43425 - Honey Garlic
Case Price - **\$25.95**



WANT WANT HOT KID RICE CRISPS

20/100 g
\$1⁸⁵



92221 - Sesame
92220 - Natural
92222 - Cheese
92224 - Sweet Potato Coconut
92226 - Quinoa
92225 - Rice Krisps BBQ
92223 - Unsalted

Case Price - **\$36.99**



MUIR GLEN ORGANIC CRUSHED TOMATOES

12/796 ml
\$2⁵⁰

26134 - Crushed Tomatoes - Fire Roasted
26135 - Crushed Tomatoes - Basil
26136 - Diced Tomatoes - Fire Roasted
26137 - Diced Tomatoes - Original
Case Price - **\$30.00**



KRAFT DINNER

12/120 g
52^c

13118 - Original Snack Size
Case Price - **\$6.25**



NISSIN NOODLES

6/94 g
92^c

71393 - Bowl Noodles Hot and Spicy Chicken
71394 - Bowl Noodles Hot and Spicy Shrimp
Case Price - **\$5.50**



DECECCO PASTA

12/454 g
\$1⁶⁰

12106 - Rigatoni
12107 - Penne Rigate
12110 - Fusilli

Case Price - **\$19.25**

20/454 g
\$1⁶⁰

12108 - Spaghetti
12109 - Linguine

Case Price - **\$31.90**

GENERAL MERCHANDISE



BOUNTY PAPER TOWELS

12/2 Single Plus Rolls

\$3³³

46917 - SAS 83 Sheet

Case Price - **\$39.95**



CASHMERE BATH TISSUE

24/4 Roll

\$1⁴⁰

51043 - 4 Roll

Case Price - **\$33.50**



VIM CREAM

16/500 ml

\$2⁷⁵

46556 - Lemon Scent

46557 - with Bleach

Case Price - **\$44.00**



ROYALE FACIAL TISSUE

6/6x88 ct

\$7⁰⁰

51084 - 3ply

Case Price - **\$42.00**



SUNLIGHT DISH DETERGENT

8/800 ml

\$2¹⁵

46339 - Lemon Fresh

Case Price - **\$17.20**



SUNLIGHT LIQUID LAUNDRY DETERGENT

6/1.47 L

\$3⁵⁰

46332 - Lemon Fresh 2X 32LD

Case Price - **\$21.00**



TIDE LIQUID PODS

6/14 ct.

\$3⁵⁰

46309 - Free and Gentle

Case Price - **\$21.00**

COOLER



UNICO VEGETABLE OIL

4/3 L
\$4.99

40092
Case Price - **\$19.95**



LIPTON SOUP

16/338 g
\$2.20

32905 - Chicken Noodle 4Pk
Case Price - **\$35.25**



FIVE ROSES FLOUR

2/10 kg
\$11.00

09105 - All Purpose Flour
Case Price - **\$22.00**



MINUTE RICE

12/700 g
\$3.75

11211
Case Price - **\$44.95**



KRAFT PEANUT BUTTER

12/500 g
\$3.50

28299 - Unsweet Unsalt Smooth
37502 - Light
37504 - Smooth
37505 - Crunchy
Case Price - **\$42.00**



KRAFT REAL MAYONNAISE

12/890 ml
\$2.75

28443
Case Price - **\$33.00**



PHILADELPHIA CHIP DIP

12/227 g
\$2.53

62502 - Onion
62504 - Dill
62506 - Herb & Spice
62510 - Jalapeño
Case Price - **\$30.37**



SCHNEIDER BACON

1/375 g
\$4.67

60833 - Regular Sliced
60832 - Salt Reduced



MAPLE LEAF BACON

12/375 g
\$5.27

63562 - Greenfield Natural
Case Price - **\$63.27**



IMPERIAL MARGARINE

12/907 g
\$3.51

60334
Case Price - **\$42.13**

HEALTH & BEAUTY



TYLENOL

12/10 - 12 pk.
\$1.83

90904 - Extra Strength 500mg 10 eZ Tablets (Vial)
90907 - Tablets Regular Strength
Case Price - **\$21.95**



6/24 pk.
\$3.25

90900 - Regular Strength 325mg eZ Tabs 24
Case Price - **\$19.50**



IMMODIUM LIQUI-GELS

6/6 pk.
\$6.00

90954
Case Price - **\$36.00**



DOVE

6/355 - 400 ml
\$4.50

72469 - Mens Shampoo 2IN1 - Fresh Clean
74701 - Shampoo 2IN1 - Daily Moisture
74702 - Shampoo - Daily Moisture
74703 - Shampoo - Colour Care
74704 - Conditioner - Daily Moisture
47436 - Men Body+Face Wash - Extra Fresh
47437 - Body Wash - Cool Moisture
47439 - Men Body Wash - Clean Comfort
Case Price - **\$27.00**

COOLER



MAPLE LEAF NATURAL SELECTIONS

12/175 g
\$4.14

63581 - Oven Roasted Turkey
63582 - Oven Roasted Chicken
63580 - Black Forest Ham
Case Price - **\$49.70**

8/175 g
\$4.14

63564 - Shaved H. Smoked Turkey
63565 - Italian Style Ham
63566 - Shaved Slow Roasted Beef
Case Price - **\$33.10**



MAPLE LEAF TOP DOG

12/375 g
\$3.08

63583 - Regular
Case Price - **\$37.00**

FREEZER



CAMPBELL'S SOUP
4/4 lb.
\$9⁰⁹

33250 - Tomato Bisque with Basil
Case Price - **\$36.34**

4/4 lb.
\$14³⁷

33252 - Wicked Thai with Chicken
Case Price - **\$57.46**

4/4 lb.
\$10⁶⁶

33254 - Sautéed Mushroom & Onion Bisque
Case Price - **\$42.63**

4/4 lb.
\$9⁴⁷

33255 - Southwest Vegetarian Chili
Case Price - **\$37.89**



MCCAIN 9 MINUTE WEDGES
12/600 g
\$2⁴⁹

69186 - Spicy
69187 - Sea Salt
Case Price - **\$29.89**



CAVENDISH FARM HASH BROWNS
24/600 g
\$1³⁸

69135 - Classic Onion Patties
69136 - Classic Original Patties
Case Price - **\$33.15**

12/750 g
\$1²⁰

69120 - Classic Diced
Case Price - **\$14.42**



STONEFIRE TANDOORI NAAN
18/200 g
\$1⁵⁸

98000 - Original
98100 - Garlic
Case Price - **\$28.44**

COOLER



DIP-A-CHIP
18/227 g
\$1³⁴

74572 - French Onion - European Style
Case Price - **\$24.12**



STOUFFER'S
Bistro Crustini
8/255 - 269 g
\$2¹⁶

65574 - 5 Italian Cheese
65590 - Turkey Bacon Club
65572 - Chicken Alfredo
65591 - Philly Style Steak Cheese
65592 - Meatballs Mozzarella
Case Price - **\$17.30**

12/263 - 405 g
\$2¹⁶

65560 - Melts Cheddar Steak & Mushroom
65561 - Melts Baja Grilled Chicken
65542 - Lasagna
65554 - Macaroni & Cheese
65593 - Salisbury Steak
65532 - Meat Loaf
Case Price - **\$25.95**



JANE'S PUB STYLE FULLY COOKED CHICKEN
6/700 g
\$6⁹⁸

66575 - Nuggets
66576 - Breast Strips
66577 - Chicken Fries
66578 - Chicken Burger
Case Price - **\$41.88**



EGGO
12/280 - 330 g
\$2³⁷

64021 - Waffles Blueberry
64048 - Cinnamon Toast
64022 - Waffles Chocolate Chip
64047 - Waffles Mickey Mouse Original
64049 - Fibre Wheat and Blueberry
64046 - Waffles Thick & Fluffy Original
Case Price - **\$28.49**



16/310 g
\$2³⁷

64039 - Buttermilk Pancakes
Case Price - **\$37.85**

24/280 g
\$2³⁷

64020 - Waffles Regular
Case Price - **\$56.90**



ACE BREAD
35/228 g
\$1⁰⁴

04786 - Craft Organic Multigrain Baguette
04787 - Craft Organic White Baguette
Case Price - **\$36.57**

20/380 g
\$1⁵⁶

04788 - Craft Organic Italian Loaf
Case Price - **\$31.13**



ELITE CAKE
6/600 g
\$5⁰²

64176 - Scoop N Serve Tiramisu
Case Price - **\$30.14**



FAIRLEE DRINKS
24/300 ml
50¢
72325 - Apple Juice
72326 - Cranberry Cocktail
72328 - Fruit Punch
74306 - Grape Cocktail
74402 - Lemon Iced Tea
72327 - Orange Juice
Case Price - **\$11.99**



OASIS SMOOTHIE
8/1.75 L
\$2.75
63220 - Strawberry Banana
63226 - Tropical Mango
Case Price - **\$21.99**



APPLE & EVE SMOOTHIE
6/1.36 L
\$4.08
22842 - Mango Coconut Turmeric
22841 - Pineapple Banana Spinach Matcha
22840 - Strawberry Hibiscus Dragon Fruit
Case Price - **\$24.49**



DEL MONTE JUICE
8/1.6 L
\$2.00
72177 - Guava & Mango Blend
72173 - Orange
72175 - Pineapple & Orange
72174 - Pineapple Breeze
72176 - Tropical Medley
Case Price - **\$15.99**



FRUITE DRINKS
6/2L
\$1.12
21972 - Grape
21974 - Orange
21976 - Fruit Punch
73455 - Wave- Fruit Punch Drinks 50% Less Sugar
21978 - Lemonade
73457 - Wave Peach Drink 50% Less Sugar
21970 - Peach
21980 - Strawberry
21981 - Tetley Lemon Tea
Case Price - **\$6.69**



OASIS ORGANIC JUICE
15/355 ml
\$1.10
22946 - Apple from Concentrate
22945 - Berry Pomegranate
22944 - Exotic Mango
22943 - Orange from Concentrate
Case Price - **\$16.49**



ALLEN'S APPLE JUICE
6/1.89 L
\$2.17
75859 - Mellow
72227 - 70 Calories Beverage
Case Price - **\$12.99**



ALLEN'S TETRA
12/1 L
\$1.08
22800 - Apple Orchard Blend
75858 - Cranberry Cocktail
72226 - Fruit Punch
Case Price - **\$12.99**



KARMA WATER
12/532 ml
\$1.83
Probiotics
72232 - Berry-Cherry
72233 - Blueberry-Lemonade
72236 - Kiwi Melon
72235 - Strawberry Lemonade
Mind Multi-Vitamin
72150 - Acai - Pomberry
72149 - Orange - Mango
72152 - Passionfruit Green Tea
72134 - Pineapple Coconut
72151 - Raspberry-Guava-Jackfruit
Case Price - **\$21.99**



OASIS 100% JUICE
6/1.36 L
\$2.50
72160 - Cranberry
72161 - Wild Berry Pomegranate
Case Price - **\$14.99**



JONES SODA
12/355 ml
92¢
23006 - Blue Bubblegum
23004 - Cream Soda
23008 - Green Apple
23000 - Orange & Cream
23012 - Pineapple Cream Soda
23002 - Root Beer
23007 - Strawberry Lime
23009 - Grape Soda
23001 - Ginger Beer
Case Price - **\$10.99**



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Family Owned  Proudly Canadian