# FIELD GUIDE















# Måolek

# Treat yourself to goodness when you shop at Pay-Less!

#### **MÅOLEK REWARDS BENEFITS:**

- Earn points every time you shop at Pay-Less and redeem them for awesome rewards
- Clip digital coupons
- Enter store promotions automatically
   no receipts or forms needed
- Unlock additional savings
- Donate to local charities



**COUPONS** 

REWARD





**PROMOTIONS** 

**SAVINGS** 

## How to sign up: 3 easy ways!

You will need your 10 digit phone number to get started. A verification code will be sent to you via text or phone call.







Download AppCarc on a mobile device



Visit our website:
pavlessmarkets.com/maolek-reward





Follow the steps to complete enrollment

# Måolek Rewards AppCard app

Here's what you can do with the app:



Check points balance



Browse & clip coupons



See available rewards



View receipts & purchases





AROUND THE STORE WITH



4 ROAM AROUND





8 WADE THROUGH



12 DIVE INTO



13 COOK WITH US!

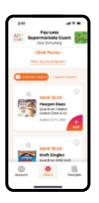




DESTINATION

# COUPON

WHERE TO FIND COUPONS



View current coupons on the app and clip before you shop



Type in your phone number to access available coupons at the register Gorge yourself in savings.

View and clip coupons
online, on the app or at
checkout. We'll remind you
of special offers from
brands you love on social
media so you can save.

featured brands























**Royal Harvest** 

#### FEATURED DIGITAL COUPONS

Clip online, on the app, or at checkout.



#### **SAVE \$0.50**

On a \$5 GTA Prepaid Card 5/1-12/31/2023



# Popup \$

#### **SAVE \$1.00**

On a \$10 GTA Prepaid Card 5/1-12/31/2023





**SAVE \$1.00** 

On TWO Cold Sandwiches
7/1-8/31/2023





#### **SAVE \$2.00**

On ONE 6" or 8" Select Cake 7/1-8/31/2023







#### **SAVE \$1.00**

Breyer's Ice Cream 1.5 Quart 7/1-7/6/2023





#### **SAVE \$2.00**

ONE Tang Powdered Drink Mix 72 oz.

7/1-8/1/2023





#### TWO°FOR \$8

Your choice of Cheetos, Doritos, Lay's or Ruffles 6.5-8 oz.

7/1-8/31/2023





#### **SAVE \$1:00**

ONE Best Foods Mayonnaise 30 oz.

7/1-8/31/2023





#### **SAVE \$1.00**

ONE 50lb. bag of Royal Harvest Rice

8/1-9/30/2023





#### **SAVE \$0.50**

ONE Anchor Chocolate Milk 3 pk, 250 mL

7/1-8/31/2023





#### **SAVE \$0.25**

Essential Spread Country Style Spread 45 oz.

6/29-7/20/2023





#### **SAVE \$1.00**

ONE Ox & Palm Corned Beef, 11.5 oz. round can

7/1-8/31/2023





#### FEATURED DIGITAL COUPONS

Clip online, on the app, or at checkout.



#### **BUY 2 GET 1 FREE**

Ben & Jerry's Ice Cream 1 pint 7/21-7/24/2023





#### **BUY ONE GET** • ONE 50% OFF

White Rain Bar Soap 7/24-8/14/2023





#### **BUY ONE GET** ONE 50% OFF

White Rain Body Wash 12 oz.

7/24-8/14/2023





#### **BUY ONE GET** ONE 50% OFF

White Rain Shampoo or Conditioner 7/24-8/14/2023





#### **SAVE \$2.00**

Essential Everyday Cookies

8/4/2023

8/4: National Chocolate Chip Cookie Day



**SAVE \$2.00** ONE Kapiti Cheese 170-200g 8/1-9/30/2023





#### SAVE \$2:00 •

ONE Kool-Aid Tropical Punch Powdered Drink Mix 82.5oz.

8/1-9/1/2023



# SAVE \$1:00°

ONE 25lb. bag of Royal • Harvest Rice

7/1-8/31/2023





#### **GET 10% OFF**

Essential Everyday products

7/1/2023 & 8/1/2023



#### **SAVE \$1.00**

ONE Ox & Palm Corned Beef 7 oz.

8/1-9/30/2023







#### **SAVE \$1.00**

ONE Frito-Lay Munchies Mix

8/1-9/30/2023



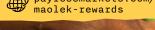


#### DESTINATION

# REWARDS MOUNTAIN

WHERE TO FIND REWARDS









Scroll past featured coupons to view rewards.

Find a Points Catalog in stores



Trek to Rewards Mountain and check out all the good things you can swap with Måolek points your favorite groceries, summer merch, Måolek Fest vouchers + more!



Måolek Rewards Summer Merch (While supplies last.)





Digital Vouchers

Donate Points to Relay for Life 100 points = \$1



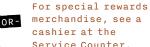


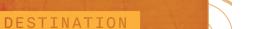
Måolek Fest Vouchers Coming soon!

See POINTS CATALOG for full list of rewards.

#### HOW TO REDEEM REWARDS

Grab your item while you shop and have it readv at checkout.







# PROMOTION POOLS

Take a deep breath and dive into these summer promos from Pay-Less and our valued partners. Get an automatic entry when you shop with Måolek!

# **DOUBLE**POINTS DAYS

Earn double rewards points on these special days:

FRI7/7 TUE 8/8

### ENTER FOR A CHANCE TO WIN!

JULY 1 THRU AUGUST 11



Spend \$75 or more with Måolek Rewards





## SUMMER SWAG

Spend \$25 or more on select summer-tagged items

GIVEAWAY INCLUDES: Igloo Retro Cooler, beach towels, portable fan, splashproof speaker, floating sunglasses, sunblock



### 100,000 POINTS

Complete all 3 to receive 1 entry:

- 1 Redeem 1 coupon
- Redeem
  1 reward
- Enter the shopping spree

#### PARTNER PROMOTIONS



#### AUTOMATIC ENTRY BRAND PRIZE WITH PURCHASE 1 WINNER Every \$25 or more purchase of P&G All-expense paid getaway for 2 to products the Philippines\* JUL 1-AUG 31, 2023 \*TWO (2) – Round trip airfares to the Philippines, ONE (1) – Hotel room, ONE (1) - \$500 spending cash. One winner only. Winner must have a valid GUM>MNL ||||| passport to win. Tickets are non-transferable. If applicable, it will be the winner's responsibility to provide for all other travel documents (i.e. Visa). 8 WINNERS Every cumulative 7-UP Insulated \$50 purchase of Cooler KDRP Family Products JUL 1-AUG 13, 2023 \$25 purchase of 1 WINNER Essential Everyday JUL 1-AUG 31, 2023 Essential Everyday Summer Prize Package One 12-pack of White 1 WINNER Claw Hard Seltzer JUL 1-31, 2023 HITE CLAW

## BRAND

#### AUTOMATIC ENTRY WITH PURCHASE





ONE Tang (72 oz.)
or Kool-Aid
Tropical Punch
(82.5 oz.)
Powdered Drink Mix

JUL 1-AUG 9, 2023



1\_WINNER \$1,000 GC

1 WINNER 5 WINNERS \$500 GC \$100 GC





Select Ben & Jerry's Ice Cream (1 pt.)

JUL 1-AUG 9, 2023

4 WINNERS

A year's supply of Ben & Jerry's ice cream!

#### IT&E LOYALTY OFFERS



With every \$50
cumulative purchase of
IT&E Prepaid Cards,
get a FREE \$5
Prepaid Card

JUN 30 - DEC 31, 2023



IT&E \$5 Prepaid Card will be automatically loaded into your Måolek Rewards account.



Every purchase of a Samsung A04E 32 GB, Get 8 days of FREE Super Unlimited Prepaid Service + \$10 Pay-Less Gift Reward

JUN 30-AUG 31, 2023



\$10 Pay-Less Gift Reward (digital gift certificate) will be automatically loaded into your Måolek Rewards account.



DESTINATION

# RIVER OF SAVINGS



Måolek Rewards unlocks extra savings for special clubs and groups.



#### Fresh Savings for Seniors

Customers 55+ enjoy 10% discount on fresh produce every Monday!







#### Calvo's Lifestyle Club

- 10% Off Natural & Organic products, available daily
- 10% off produce on Saturdays
- 10% off fresh floral arrangements, available daily (with a min. purchase of \$25)

### After School

#### Smart Snacks Club

10% off select
Health Smart Snacks,
approved by our
Registered Dietitian,
every Wednesday in
August from 2-4pm







# GOOD EATS -

Perfect summer treats
make an awesome excuse
to fire up the grill.
Here's a handful of
picks with a local twist
you can try on your own.



CHagi or try some local foods every weekend at your favorite Pay-Less store throughout July and August.

## Coconut Candy S'mores

4 cups grated coconut 2 cups sugar Graham crackers Marshmallows Chocolate bars



Place sugar in a large pan over medium-low heat. Allow sugar to cook until it begins to melt. Stir often to cook evenly and to prevent the sugar from burning. Once the sugar is melted, add the grated coconut. The sugar may seize, but continue to stir and cook until the sugar remelts and coats all of the coconut. Let cool.

Once cooled, spread the coconut candy into an  $8\times8$ " baking pan and refrigerate for an hour or until slightly hardened. Cut the coconut candy into  $2\times2$ " bars. Layer chocolate and coconut candy on graham cracker. Roast marshmallow to your liking. Assemble your s'mores!



Watch how to make coconut candy on our YouTube channel. Search: Chagi | Coconut Candy

► YouTube @paylesssupermarkets

# Denanche' BBQ Sliders with Pika Pickles

#### Sliders

- · 1 bag pan de leche
- 1 bottle Sweet Baby Ray's BBQ sauce
- · 1 jar Best Foods mayonnaise
- 1/2 head of cabbage
- · 1 large carrot
- · 1 red onion
- · 4 fresh Roma tomatoes
- · 2 lbs. ground beef
- · Salt and pepper, to taste

Begin by preparing your slaw. Thinly slice cabbage. Cut carrot and onion into thin, 1-inch long slices. Put all cut veggies in a mixing bowl. Add 1 cup mayo, 1/2 cup bbq sauce, and black pepper to taste. Mix all together. Set aside and let chill.

Next, in a mixing bowl, add ground beef, 2 tbsp. of mayo, and salt and pepper to taste. Mix by hand. Scoop approx. 2-3 oz. of meat mixture and use your hands to form the patties. Set aside. Fry or grill the patties Pika Pickles

- · 1 small jar Chopped garlic
- · 1 jar whole dill pickles
- Original Denanche' Drizzle, to taste

until an internal temp of 155° is reached.

To make Pika Pickles, cut whole pickles into spears and place back in the jar. Add your garlic and Original Denanche' Drizzle to the jar. Let soak for a few hours.

Finally, to assemble sliders, slice pan de leche in half and lightly toast each side. Add burger patty and top with bbq slaw. Serve with Pika Pickles and enjoy!

By Lenny Fejeran Owner, Denanche' Drizzle





## Chorizo Dogs

Market Deli Co.

- 1 onion, cut into 1/2 inch wedges
- 2 bell peppers, cut into long strips
- · 1 tbsp. oil
- · 1 tsp. Italian seasoning
- 1/4 tsp. sea salt (Omit if your Italian seasoning contains salt)
- 4 chorizo links
- 4 hot dog buns (Optional)
- Spicy brown mustard, or condiments of choice

Place the cast-iron pan on a hot campfire grate. Add onions, peppers, oil and Italian seasoning. Toss the veggies to incorporate the seasoning. Cook until the veggies are softened and beginning



to blacken. While the veggies cook, add the hot dogs to the pan or add to roasting skewers and cook until they begin to char. To assemble, toast hot dog buns, add chorizo and veggies, and serve with mustard, or skip the buns for a lower-carb meal!



#### slice it / stuff it/ grill it

Take a banana with its peel still on and cut it down the middle (along the concave side). Not all the way through, but until the tip of your knife just grazes the peel on the other side. Pull the peel and banana slightly apart. Stuff the toppings of your choice into the center of the banana. Wrap the banana in foil. Place on a campfire or grill until fillings have melted and the banana has warmed through, about 10 minutes. Unwrap banana, add any extra toppings and enjoy!

## Grilled Local Banana Boats

- · Local bananas
- · Toppings

S'more Fan: Chocolate chips, mini marshmallows, crumbled graham crackers

Si Elvis: Peanut butter, bacon bits (pre-cooked), honey drizzle
PBC: Peanut butter chips, chocolate chips, chopped peanuts
Peanut butter and jam of choice
Strawberry Hazelnut: Strawberries,
Nutella, chopped hazelnuts
Samoas: Chocolate chips, caramel sauce, toasted coconut



# Follow along on our YouTube channel

# Island-Style Snack Mix

- 1/2 cup butter
- 1/2 cup vegetable oil
- · 1 tbsp. soy sauce
- 1 tbsp. Worcestershire sauce
- 1/2 cup light corn syrup
- 1/2 cup sugar
- 1/2 box Rice Chex cereal
- 1/2 box Corn Chex cereal
- •/1/2 box Honeycomb cereal
- 1/2 bag Bugles
- 1/2 bag pretzels
- 1 (1.76 oz.) bottle furikake

Preheat oven to 250°F. In a small sauce pan over medium heat, combine the first 6 ingredients. Stir to combine until sugar dissolves. Once sugar is dissolved, set aside to cool for later. In a deep baking pan, combine Rice Chex cereal, Corn Chex cereal, Honeycomb cereal, Bugles and pretzels. Toss to combine. Pour syrup mixture from earlier over the snack mixture. Toss until the snack mixture is thoroughly and evenly coated. Sprinkle entire bottle of furikake over the snack mixture. Toss until the snack mixture is thoroughly and evenly coated. Bake for 1 hour while tossing the mixture every 15 minutes.

# Chunky Chocolate **Energy Bars**

- · 1 cup rolled oats
- 6 tbsp. almonds
- 3 tbsp. cashews
- 1 tbsp. sunflower seeds
- · 2 tbsp. chia seeds
- 2 tbsp. almond butter
- 1/4 cup honey
- 3.5 oz. 85% dark chocolate, melted

Combine everything but the chocolate in a food processor. Pulse until almond butter and honey are combined and the nuts are broken down. Scrape the sides of the processor every so often to ensure the ingredients mix well. Once combined, use a large flat object to press the mixture into a parchment paper lined baking sheet. Once the mixture has been compressed into a smooth surface, pour melted chocolate over the top. Use a spoon or spatula to smooth the chocolate over the mixture. Refrigerate for at least 1 hour. Cut into evenly sized bars.

## Spam Goulash

- · 1 tbsp. vegetable oil
- 1/4 onion, sliced
- · 1 can Spam, cubed
- · 1 can corn, drained
- · 1 can green beans, drained
- 1 can tomato sauce
- · 1 tsp. garlic powder
- · 1/2 tsp. black pepper

In a medium pan, sauté onions in oil over medium-high heat. Cook until onions become translucent. Add Spam to the pan and cook until it is lightly browned. Once browned, add corn, green beans, tomato sauce, garlic power and black pepper. Stir to thoroughly combine. Cook until warmed through.







#### Traditional Spam Musubi

- Spam
- · 1/4 cup soy sauce
- 1/4 cup sugar
- 1/2 tbsp. mirin
- 1/2 cup rice
- · 1 tsp. Sriracha mayo
- · 1 strip nori
- Empty Spam can
- · Sandwich bag

Combine soy sauce, sugar and mirin in a small bowl. Slice and fry Spam over medium heat until a nice golden brown. Lightly brush soy sauce, sugar and mirin mixture onto cooked Spam. Place sandwich bag into empty Spam can.

Compress hot rice into sandwich bag with a spoon. Spread a layer of Sriracha mayo across the top of rice. Place a slice of Spam atop the layer of mayo. Compress layers firmly with a spoon. Center your mold and flip can over onto a horizontal strip of nori. Seal nori strip with a touch of water.

#### Kimchi Fried Rice Spam Musubi

- Spam
- 1/4 cup soy sauce
- 1/4 cup sugar
- 1/2 tbsp. mirin
- · 1 tbsp. butter
- · 1 cup kimchi
- · 2 1/2 cups rice
- 1 strip nori
- · Empty Spam can
- · Sandwich bag

Follow the directions in the first paragraph for Traditional Spam Musubi.

Fry kimchi and rice in butter over medium heat. Compress 1/2 cup kimchi fried rice into sandwich bag with a spoon. Place a slice of Spam atop fried rice. Compress layers firmly with a spoon. Center your mold and flip can over onto a horizontal strip of nori. Seal nori strip with a touch of water.

#### Deep Fried Spam Musubi

- · Spam
- 1/4 cup soy sauce
- · 1/4 cup sugar
- 1/2 tbsp. mirin
- 1/2 cup rice
- · 2 tsp. Sriracha mayo
- · 2 tsp. furikake
- · 1 strip nori
- · 2 eggs
- · 2 cups panko
- · Empty Spam can
- · Sandwich bag

Follow the directions in the first paragraph for Traditional Spam Musubi.

Compress 1/4 cup hot rice into sandwich bag with a spoon. Spread 1 tsp. of Sriracha mayo across the top of rice. Sprinkle 1 tsp. of furikake atop the layer of mayo. Place a slice of Spam into mold. Spread 1 tsp. of mayo across Spam slice. Sprinkle 1 tsp. of furikake atop the layer of mayo. Cover the furikake with the remaining rice. Compress layers firmly with a spoon. Center your mold and flip can over onto a horizontal strip of nori. Seal nori strip with a touch of water. Chill musubi in refrigerator for 30-60 minutes. Whisk eggs together in a small bowl. Place breadcrumbs in a bowl. Coat musubi in egg wash then breadcrumbs twice. Flash fry musubi for approximately 2 minutes on each side.







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