

food Basics\$

SPRING IN



\$
SPRING SAVINGS
188
EACH

CANTALOUPE
PRODUCT OF GUATEMALA, NO. 1 GRADE
RASPBERRIES
PRODUCT OF U.S.A. OR MEXICO, 170 G



SEEDLESS CUCUMBERS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
88¢ EA.
TOMATOES
ON THE VINE
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
88¢/LB, 1.94KG

\$
WE LOVE LOCAL
Ontario
\$

\$
SPRING SAVINGS
88¢
/LB OR EACH



\$
SPRING SAVINGS
168
EACH

DOLE COLOURFUL COLESLAW
PRODUCT OF U.S.A., 340 - 370 G
RUSSET POTATOES
PRODUCT OF CANADA, CANADA NO. 1 GRADE, 5 LB BAG



\$
SPRING SAVINGS
12.98
EACH

10" HANGING BASKETS
SELECT STORES
WHILE QUANTITIES LAST

ALWAYS MO

GET READY TO SAVE! GREAT PRICES START ON

*Food Basics ranked first for competitive pricing among food retailers in Ontario according to the 2024 WOW Report base

JUST LOW PRICES

No gimmicks. Easy to understand prices.



ALWAYS GREAT PRICE ✓
99¢
EACH

BAKERY² BAGUETTE
235 G

SELECTION WHITE VINEGAR
4 L
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓
2.27
EACH



SELECTION FULLY COOKED BREADED CHICKEN
800 G FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓
6.99
EACH

food Basics

THE GROCER WITH THE BEST COMPETITIVE PRICES* **wow Leger**



SPRING INTO SAVINGS

SPRING SAVINGS
\$4.44 EACH

IRRESISTIBLES MUFFINS 600 G
CROISSANTS 6 - 12'S SELECTED VARIETIES

SPRING SAVINGS
\$1.78 /LB

FRESH CHICKEN LEG QUARTERS 3.92/KG

SPRING SAVINGS
\$2.98 EACH

PURE LIFE SPRING WATER 24 X 500 ML SELECTED VARIETIES

NATURAL SPRING WATER
Pure Life
HEALTHY HYDRATION
NEW LOOK! some great taste

LIMIT OF 3

SPRING SAVINGS
\$2.98 EACH

SELECTION BACON
375 G SELECTED VARIETIES LIMIT OF 3 AFTER LIMIT 3.99 EA.

SPRING SAVINGS
\$2.98 EACH

TOSTITOS TORTILLA CHIPS OR SMARTFOOD POPCORN 165 - 295 G SELECTED VARIETIES

SPRING SAVINGS
\$5.98 EACH

HIGH LINER BREADED OR BATTERED FISH FAMILY PACK OR MARKET CUTS FISH FILLETS 227 - 700 G FROZEN SELECTED VARIETIES

SPRING SAVINGS
\$8.98 EACH

PARLIAMENT RUBY, NOOR GOLD OR DIVYA PLATINUM BASMATI RICE 4.54 KG SELECTED VARIETIES

SPRING SAVINGS
\$1.98 EACH

CAVENDISH FARMS FRENCH FRIES 800 G FROZEN SELECTED VARIETIES

SPRING SAVINGS
\$9.88 EACH

IRRESISTIBLES ALMONDS OR WALNUTS 750 G - 1 KG SELECTED VARIETIES

SPRING SAVINGS
\$1.98 EACH

CHRISTIE COOKIES 150 - 303 G
CRISPERS CRACKERS 145 G SELECTED VARIETIES

SPRING SAVINGS
\$10.98 EACH

CASHMERE BATHROOM TISSUE 24 X 48'S
SPONGE TOWELS ULTRA 6 X 12'S
SCOTTIES FACIAL TISSUE 12'S SELECTED VARIETIES

ALWAYS MORE FOR LESS

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, MAY 2ND TO WEDNESDAY, MAY 8TH, 2024

*Food Basics ranked first for competitive pricing among food retailers in Ontario according to the 2024 WOW Report based on an in-store customer experience study conducted by Leger among 12,000 respondents from October 12th to November 22nd, 2023.

SPRING INTO SAVINGS

Black Diamond
Old • Fort
Cheddar Cheese • Fromage cheddar

Black Diamond
MARBLE • MARBRÉ

CHEESTRINGS
100% REAL CHEESE
MARBLE • MARBRÉ

SPRING SAVINGS
\$5.99
EACH

BLACK DIAMOND CHEESE 400 G
SHREDS 320 G
CHEESTRINGS 336 G SELECTED VARIETIES

Lunch mate
90g

SCHNEIDERS LUNCH MATE
90 - 120 G
SELECTED VARIETIES
OR PAY 2.50 EA.

Lunch mate
Pizza Pepperoni

Lunch mate
Turkey Dinde

SPRING SAVINGS
2/\$5

Lactantia
PurFiltre

BEATRICE
CHOCOLATE MILK

LACTANTIA PURFILTRÉ MILK
1%, 2% SKIMMED
1.5 - 2 L

BEATRICE CHOCOLATE MILK
2 L
SELECTED VARIETIES

SPRING SAVINGS
\$3.99
EACH

Kraft
Smooth Crèmeux

MAXWELL HOUSE
COFFEE CAPSULES

KRAFT PEANUT BUTTER
750 G • 1 KG

MAXWELL HOUSE COFFEE CAPSULES
12'S
SELECTED VARIETIES

SPRING SAVINGS
\$5.99
EACH

Kraft
Singles

PHILADELPHIA
ORIGINAL CREAM CHEESE

CHEEZ WHIZ
SPREAD

PHILADELPHIA CREAM CHEESE
227 - 250 G

KRAFT SINGLES
410 G

CHEEZ WHIZ SPREAD
450 G SELECTED VARIETIES

SPRING SAVINGS
\$3.99
EACH

GENERAL MILLS FAMILY SIZE CEREAL
475 - 778 G SELECTED VARIETIES

Honey Nut Cheerios

Cinnamon Toast Crunch

SPRING SAVINGS
\$5.49
EACH

Astro
ORIGINAL

BioBest
PROBIOTIC YOGOURT

ASTRO ORIGINAL OR BIOBEST YOGOURT
650 - 750 G
SELECTED VARIETIES

SPRING SAVINGS
\$2.67
EACH

MAXWELL HOUSE GROUND COFFEE
900 - 925 G
SELECTED VARIETIES

SPRING SAVINGS
\$8.99
EACH

COCA-COLA, CANADA DRY OR PEPSI
6 X 710 ML
SELECTED VARIETIES

SPRING SAVINGS
\$3.99
EACH

CATELLI PASTA
375 G

CATELLI GARDEN SELECT PASTA SAUCE
640 ML
SELECTED VARIETIES

SPRING SAVINGS
\$1.67
EACH

DAWN

Palmolive
essential clean

PALMOLIVE OR DAWN ULTRA DISHWASHING DETERGENT
431 - 828 ML
SELECTED VARIETIES

SPRING SAVINGS
2/\$5

GAIN

Tide
SIMPLY ALL IN ONE

DOWNY UNSTOPPABLE

TIDE OR GAIN LAUNDRY DETERGENT
64 - 74 LOADS, 2.72 - 3.41 L

BOUNCE DRYER SHEETS
200'S

DOWNY SCENT BOOSTER
379 G
SELECTED VARIETIES

SPRING SAVINGS
\$9.99
EACH

***IN STOCK POLICY:** Food Basics+ offers an in-stock guarantee for all items in its current flyer. If we are temporarily out-of-stock on an advertised item in our current flyer, a Rain Check will be issued with 10% off the advertised price of the item redeemable within 30 days from the date of issue. Rain Checks are not issued if the ad in the flyer states, "While Quantities Last", "Special Buy" or "No Rain Checks", or on in-store cooked BBQ Chicken and Hot Pizza, Beer, Cider and Wine, Independent Third Party Vendors, "Our Seafood Market" and "Our Butcher Shop by NoSo Taiho". Please see the Customer Service desk at your Food Basics for full details. For retail sale only; If there is a limit stated in the ad, Rain Checks up to the stated limit may be issued. If there is no limit stated in the ad, we reserve the right to limit quantities to reasonable requirements. Limit: One Rain Check per household per item per day.

We reserve the right to limit purchases to reasonable requirements. Limits or restrictions apply - details available in store or at Foodbasics.ca. Certain prices and special offers advertised in our flyers may vary by area. For the flyer applicable to your area, go to foodbasics.ca/flyer or see the flyer at your local store. Some illustrations in this flyer do not necessarily represent items on sale and are for design only. We reserve the right to correct any unintentional errors that may occur in the copy or in illustration. References to savings or sale prices are in comparison to our regular retail prices. Prices are effective Thursday 8 a.m. through closing Wednesday. Other exemptions may apply. "Compare at" references are in comparison to at least 1 other regular retail price. Commercial resale of our products is prohibited. UNAUTHORIZED COPYING OF THIS FLYER IN ANY MEDIUM (INCLUDING POSTING ONLINE) WITHOUT THE PRIOR WRITTEN CONSENT OF METRO ONTARIO INC. IS NOT PERMITTED. CUSTOMER CARE: 1-866-595-5554

9:21



DIGITAL DEAL OF THE WEEK

SAVE \$8



**SELECTION OR
IRRESISTIBLES
COFFEE PODS ***
72 - 100'S
SELECTED VARIETIES

VISIT OUR APP FOR DETAILS.
*LIMIT ONE PER CUSTOMER,
PER TRANSACTION.

DIGITAL DEAL food Basics

24⁹⁹

EACH

\$32.99 WITHOUT COUPON

NEW DEALS ON THE FOOD BASICS APP





ALWAYS FRESH



ALWAYS GREAT PRICES



ALWAYS IN STOCK

ALWAYS save everyday



SELECTION
TORTILLAS
12'S

ALWAYS GREAT PRICE ✓

4.99
EACH



SELECTION
FLAVOURED
SPARKLING WATER
1 L SELECTED VARIETIES



ALWAYS GREAT PRICE ✓

99¢
EACH



IRRESISTIBLES
FULLY COOKED
PORK BACK
RIBS
680 G FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓

12.99
EACH



IRRESISTIBLES
PIZZA
340 - 390 G
FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓

3.97
EACH

**ALWAYS
MORE
FOR LESS**

**MEANS
MORE**

Ways to save



**OVER 3000
WEEKLY DEALS
IN STORE**



**EVERYDAY
LOW PRICES**



**EXCLUSIVE
APP
OFFERS**



**LOCKED
DOWN**



**PRIVATE LABEL
SAVINGS**

V.I.P.

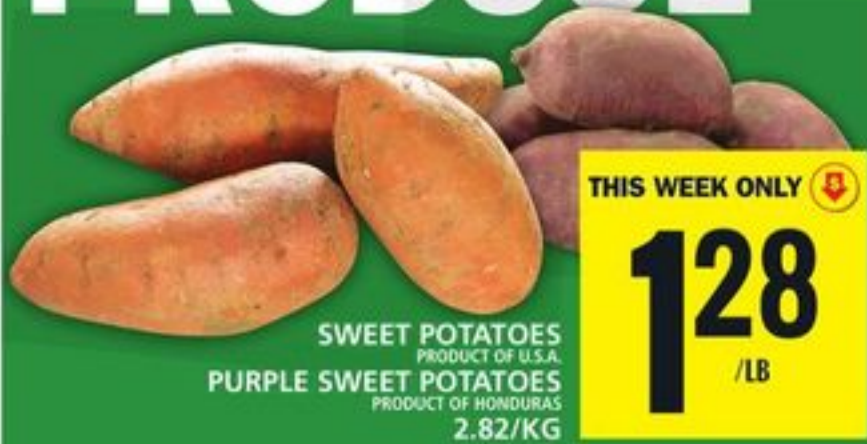
**VERY INCREDIBLE
PRICE EVENT**

**CRAZY
SALE 8**

**WOW
ZA!**



PRODUCE



SWEET POTATOES
PRODUCT OF U.S.A.
PURPLE SWEET POTATOES
PRODUCT OF HONDURAS
2.82/KG

THIS WEEK ONLY 

1.28
/LB



Clementines
PRODUCT OF U.S.A. OR SOUTH AFRICA
2 LB BAG

LEMONS
PRODUCT OF U.S.A. OR SOUTH AFRICA
2 LB BAG

CLEMENTINES
PRODUCT OF SPAIN OR MOROCCO
2 LB BAG

THIS WEEK ONLY 

3.98
EACH



Fresh Florida
Sweet Corn
PRODUCT OF U.S.A., NO. 1 GRADE PKG OF 4

VIDALIA ONIONS
PRODUCT OF U.S.A., NO. 1 GRADE 3 LB BAG

THIS WEEK ONLY 

3.98
EACH



BLACKBERRIES
PRODUCT OF U.S.A. OR MEXICO
NO. 1 GRADE 150 - 170 G

THIS WEEK ONLY 

2.98
EACH



EXTRA LARGE RED SEEDLESS GRAPES
PRODUCT OF SOUTH AFRICA OR CHILE
NO. 1 GRADE
8.77/KG

THIS WEEK ONLY 

3.98
/LB



Fresh Florida
Green Beans
HARICOTS VERTS
PRODUCT OF U.S.A., 340 G

VISION GREENS LETTUCE
PRODUCT OF ONTARIO, 142 G

GREEN BEANS
PRODUCT OF U.S.A., 340 G

THIS WEEK ONLY 

3.77
EACH



CANARY MELON
PRODUCT OF BRAZIL
3.26/KG

THIS WEEK ONLY 

1.48
/LB



BLACK PLUMS
PRODUCT OF CHILE
NO. 1 GRADE
2 LB

THIS WEEK ONLY 

4.98
EACH



SWEET ASSORTED PEPPERS
PRODUCT OF HONDURAS OR MEXICO
PKG OF 4

THIS WEEK ONLY 

4.98
EACH



GRAPEFRUITS
PRODUCT OF TURKEY
3 LB BAG

THIS WEEK ONLY 

4.98
EACH



BROCCOLI CROWNS
PRODUCT OF U.S.A. OR MEXICO

THIS WEEK ONLY 

1.98
EACH



GRAPE TOMATOES
PRODUCT OF CANADA OR MEXICO
NO. 1 GRADE
283 G

THIS WEEK ONLY 

1.98
EACH



RED OR ATAULFO MANGOS
PRODUCT OF MEXICO

THIS WEEK ONLY 

2/\$3



JUMBO GOLDEN RIPE PINEAPPLES
PRODUCT OF COSTA RICA

LIMES
PRODUCT OF MEXICO OR BRAZIL
1 LB BAG

STRAWBERRIES
PRODUCT OF U.S.A. OR MEXICO, 454 G

THIS WEEK ONLY 

3.88
EACH



BRUSSELS SPROUTS
PRODUCT OF U.S.A., NO. 1 GRADE
6.57/KG

THIS WEEK ONLY 

2.98
/LB



GALA
PRODUCT OF ONTARIO, CANADA FANCY GRADE 3 LB BAG

GALA, RED PRINCE, AMBROSIA, HONEYCRISP, MCINTOSH OR RED DELICIOUS APPLES
PRODUCT OF ONTARIO, CANADA FANCY GRADE 3 LB BAG

THIS WEEK ONLY 

4.98
EACH



SWEET NANTES CARROTS
PRODUCT OF U.S.A. OR MEXICO
NO. 1 GRADE
454 G

THIS WEEK ONLY 

2.88
EACH



Sweet Kale Chou frisé doux
SALAD STAND SWEET KALE SALAD KITS
PRODUCT OF U.S.A.
340 G

THIS WEEK ONLY 

4.77
EACH



IRRESISTIBLES CROUTONS
SELECTED VARIETIES

THIS WEEK ONLY 

2.88
EACH



ROASTED CASHEWS
WHOLE
NOIX DE CAJOU RÔTIES

THIS WEEK ONLY 

17.99
EACH

MEAT

Authentic
100% CANADIAN PORK
NO PRESERVATIVES ADDED
100% PORK CANADIAN
SANS AGENTS DE CONSERVATION

HONEY GARLIC
MIEL ET AIL

Authentic
100% CANADIAN PORK
GLUTEN FREE
100% PORK CANADIAN
SANS GLUTEN

MILD ITALIAN
ITALIENNE DOUCE

THIS WEEK ONLY **4.99** EACH

FRESH BONELESS EYE OF ROUND STEAKS OR ROAST
CUT FROM CANADA #4 OR HIGHER GRADE
22.02/KG

THIS WEEK ONLY **9.99** /LB

FRESH CHICKEN THIGHS FAMILY PACK 8.36/KG

THIS WEEK ONLY **3.79** /LB

FRESH CHICKEN BREAST FAMILY PACK
BONE-IN, SPLIT
11.00/KG

THIS WEEK ONLY **4.99** /LB

FRESHNESS YOU CAN TRACE
FROM THE CATCH TO THE BAKE

FRESH ROCK HARBOUR WHOLE RAINBOW TROUT
19.82/KG

THIS WEEK ONLY **8.99** /LB

FRESH BONE-IN PORK COMBINATION CHOPS
INCLUDING CENTRE CUT CHOPS
8.80/KG

THIS WEEK ONLY **3.99** /LB

Zabiha Halal
CHICKEN LODGE OR ZABIHA HALAL CHICKEN WIENERS
450 G
SELECTED VARIETIES

THIS WEEK ONLY **2/\$5**

SCHNEIDERS RedHots
ALL WINGS
YOUR FAVORITE

THIS WEEK ONLY **9.99** EACH

JANES Pub Style Wings
GARLIC

THIS WEEK ONLY **10.99** EACH

MONTANA'S
ANGUS BEEF BURGERS OR MONTANA'S ANGUS BBQ BEEF BURGERS
906 G - 1.02 KG
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY **14.99** EACH

THE ORIGINAL
MACARONI AND CHEESE
40% LESS FAT

THIS WEEK ONLY **3.99** EACH

Tre Stelle
RICOTTA OR BOCCONCINI
250 - 475 G
SELECTED VARIETIES

THIS WEEK ONLY **5.49** EACH

PRIME
RAISED WITHOUT ANTIBIOTICS
FULLY COOKED BREADED CHICKEN STRIPS
500 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY **12.99** EACH

NATURAL SMOKED HAM
JAMBON FUMÉ
NATURISCHNEIDERS OR MAPLE LEAF SMOKED BONELESS HALF HAM
600 - 700 G
SELECTED VARIETIES

THIS WEEK ONLY **13.99** EACH

IRRESISTIBLES HUMMUS OR DIPS
200 - 227 G
SELECTED VARIETIES

THIS WEEK ONLY **3.49** EACH

THE DELI-SHOP SLICED DELI MEAT
2 X 175 - 700 G
SELECTED VARIETIES

ALWAYS GREAT PRICE **\$6** EACH

SELECTION FETA OR IRRESISTIBLES BOCCONCINI
2 X 120 - 2 X 150 G
SELECTED VARIETIES

ALWAYS GREAT PRICE **6.49** EACH

MASTRO SLICED GENOA, CACCIATORE OR SAN DANIELE PROSCIUTTO
200 - 375 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY **7.99** EACH

CHELSEA
FRESH BONED SALTED FISH BITS
400 G

THIS WEEK ONLY **3.99** EACH

IRRESISTIBLES SALT & PEPPER CALAMARI
340 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY **6.99** EACH

ANCHOR'S BAY COOKED SHRIMP
31 - 40 CT
400 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY **7.49** EACH

SELECTION BASA, TILAPIA OR POLLOCK FILLETS
800 G - 1 KG
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY **10.99** EACH

MORE GREAT SAVINGS FOR LESS



NESTLÉ REAL DAIRY ICE CREAM 1.5 L NOVELTIES 4 - 10'S SELECTED VARIETIES



CHRISTIE RITZ OR TRISCUIT CRACKERS 180 - 386 G SELECTED VARIETIES

LOCKED DOWN

5.49

EACH

LOCKED DOWN

2.49

EACH



ROBIN HOOD OR BRODIE FLOUR 1 KG SELECTED VARIETIES



LOCKED DOWN

3.49

EACH



LOCKED DOWN

5.99

EACH



THIS WEEK ONLY

2/\$3



LOCKED DOWN

5.49

EACH



LOCKED DOWN

3.49

EACH



LOCKED DOWN

6.49

EACH



LOCKED DOWN

4.49

EACH



LOCKED DOWN

13.99

EACH

BAKERY



DON'S BAKERY KAISER BUNS 8'S SELECTION GARLIC TOAST 580 G SELECTED VARIETIES



SELECTION COOKIES 770 G CHEESECAKE 510 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

2.99

EACH

THIS WEEK ONLY

5.99

EACH

MIX & MATCH!

* FOR \$5.99 OR 3 FOR \$7.99






*MIX & MATCH ANY VILLAGGIO BREAD OR BUNS, DEMPSTER'S WHOLE GRAIN BREAD OR BAGELS SELECTED SIZES, SELECTED VARIETIES OR PAY 3.49 EA.

LOCKED DOWN



BECEL MARGARINE OR MARGARINE STICKS 427 - 454 G SELECTED VARIETIES



LOCKED DOWN **4.49** EACH



DR. OETKER GIUSEPPE RISING CRUST PIZZA 439 - 785 G FROZEN SELECTED VARIETIES



LOCKED DOWN **6.49** EACH



KELLOGG'S NUTRI GRAIN BARS, RICE KRISPIES SQUARES OR POP-TARTS 176 - 384 G SELECTED VARIETIES



LOCKED DOWN **2.99** EACH



EGGO WAFFLES 280 G FROZEN SELECTED VARIETIES

LOCKED DOWN **3.49** EACH



BRUNSWICK SARDINE FILLETS 100 G SELECTED VARIETIES

LOCKED DOWN **1.49** EACH



EARTH'S OWN BARISTA OAT BEVERAGE 946 ML SELECTED VARIETIES

LOCKED DOWN **4.49** EACH



GRISSOL CROUTONS 135 G SELECTED VARIETIES

LOCKED DOWN **2.49** EACH



PRIMO READY TO SERVE SOUP 540 ML SELECTED VARIETIES

LOCKED DOWN **2.99** EACH



POWERADE SPORT DRINKS 710 ML SELECTED VARIETIES

LOCKED DOWN **99¢** EACH



MAISON PERRIER SPARKLING WATER BEVERAGE 8 X 330 ML SELECTED VARIETIES

LOCKED DOWN **7.99** EACH



HERSHEY CHOCOLATE BARS 43 - 58 G SELECTED VARIETIES

LOCKED DOWN **99¢** EACH



KIKKOMAN SOY OR TERIYAKI SAUCE 295 - 296 ML SELECTED VARIETIES

LOCKED DOWN **3.99** EACH



VOORTMAN TURNOVER COOKIES 300 G SELECTED VARIETIES

LOCKED DOWN **2/\$5**



JAFFA PITTED DATES 500 G SELECTED VARIETIES

LOCKED DOWN **3.99** EACH



MOLSON EXEL 0.5% ALCOHOL BEER 24 X 355 ML SELECTED VARIETIES

LOCKED DOWN **13.99** EACH



SMUCKER'S DESSERT TOPPING 420 ML SELECTED VARIETIES

LOCKED DOWN **3.99** EACH



SPRAY'N WASH RESOLVE LAUNDRY STAIN REMOVER 946 ML - 1.5 L SELECTED VARIETIES

LOCKED DOWN **4.99** EACH



FLEECY FABRIC SOFTENER SHEETS 80'S SELECTED VARIETIES

LOCKED DOWN **5.79** EACH



AIR WICK SPRAY 2 X 20 ML SELECTED VARIETIES

LOCKED DOWN **9.99** EACH



WOOLITE LAUNDRY DETERGENT 160 LOADS, 1.8 L SELECTED VARIETIES

LOCKED DOWN **11.99** EACH

ALWAYS GREAT PRICE



MISS VICKIE'S POTATO CHIPS OR SUN CHIPS MULTIGRAINS SNACKS
190 - 205 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3.99
EACH



BETTY CROCKER DUNKAROOS COOKIES
158 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3.99
EACH



NESTLÉ KIT KAT BARS
4'S
SMARTIES POUCHES
160 - 203 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3.97
EACH



NATURE VALLEY FAMILY PACK BARS
525 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

6.99
EACH



VH SAUCE
341 - 380 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2/\$6



NUTELLA SPREAD
1 KG

ALWAYS GREAT PRICE 

9.49
EACH



COCA-COLA OR PEPSI MINI
6 X 222 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3.99
EACH



NESTEA OR PEACE TEA ICED TEA
12 X 341 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

7.49
EACH



KELLOGG'S RICE KRISPIES SQUARES
660 G, 30'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 

9.99
EACH



SMUCKER'S UNCRUSTABLES SANDWICHES
10 X 58 G FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE 

12.49
EACH



ANNIE'S MACARONI & CHEESE
4 X 170 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

7.99
EACH



McCAFÉ COFFEE CAPSULES
12'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 

11.99
EACH

ALWAYS GREAT PRICE



SELECTION FLOUR 2.5 KG SELECTED VARIETIES

ALWAYS GREAT PRICE 
3.99
EACH



IRRESISTIBLES VEGETABLES 500 G FROZEN SELECTED VARIETIES



ALWAYS GREAT PRICE 
3.49
EACH



SELECTION BAKING NUTS 100 G SELECTED VARIETIES

ALWAYS GREAT PRICE 
3.49
EACH



SELECTION GRANOLA BARS 156 - 172 G SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.97
EACH



SELECTION SOFT DRINKS OR SPARKLING WATER 12 X 355 ML SELECTED VARIETIES

ALWAYS GREAT PRICE 
4.97
EACH



SELECTION NUTS 1.13 KG SELECTED VARIETIES

ALWAYS GREAT PRICE 
19.99
EACH



SELECTION OR LIFE SMART TOMATOES 540 - 796 ML SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.77
EACH



SELECTION PICKLES 1 L SELECTED VARIETIES

ALWAYS GREAT PRICE 
3.29
EACH



SELECTION CRACKERS 225 - 250 G SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.27
EACH



SELECTION PEANUTS 700 - 800 G SELECTED VARIETIES

ALWAYS GREAT PRICE 
4.99
EACH



SELECTION PINEAPPLE 540 ML SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.77
EACH



SELECTION SHREDDED COCONUT 200 G SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.27
EACH



SELECTION QUICK N READY RICE 250 G SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.49
EACH



SELECTION LONG GRAIN RICE 900 G SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.99
EACH



SELECTION GLASS CLEANER 950 ML SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.97
EACH



SELECTION ALL PURPOSE CLEANERS 710 - 950 ML 1.2 L SELECTED VARIETIES

ALWAYS GREAT PRICE 
2/5.00



SELECTION BLEACH 2.4 L SELECTED VARIETIES

ALWAYS GREAT PRICE 
3.49
EACH



SELECTION GARBAGE BAG 100'S SELECTED VARIETIES

ALWAYS GREAT PRICE 
12.99
EACH



LIBERTÉ GREEK YOGURT 650 - 750 G SELECTED VARIETIES

LOCKED DOWN **5.87** EACH



YOPLAIT YOP 250 ML SELECTED VARIETIES

LOCKED DOWN **99¢** EACH



PILLSBURY PIZZA POPS 693 - 768 G FROZEN SELECTED VARIETIES

LOCKED DOWN **5.49** EACH



PILLSBURY TOASTER STRUDEL 326 G FROZEN SELECTED VARIETIES

LOCKED DOWN **2.99** EACH



NATURE VALLEY SWEET & SALTY GRANOLA BARS 960 G SELECTED VARIETIES

THIS WEEK ONLY **1.199** EACH



DIANA OR BULL'S-EYE BBQ SAUCE 425 - 500 ML SELECTED VARIETIES

LOCKED DOWN **2.99** EACH



KRAFT SALAD DRESSING 425 - 475 ML SELECTED VARIETIES

LOCKED DOWN **3.49** EACH



KRAFT MIRACLE WHIP 650 - 890 ML SELECTED VARIETIES

LOCKED DOWN **4.99** EACH



MIO, CRYSTAL LIGHT OR KOOL-AID WATER ENHANCER 48 ML SELECTED VARIETIES

LOCKED DOWN **2.99** EACH



PURE J.L. KRAFT Fig Balsamic Balsamique aux Figues 305 mL



HEINZ KETCHUP 750 ML - 1 L PURE J.L. KRAFT DRESSING OR MARINADE 375 ML SELECTED VARIETIES

LOCKED DOWN **4.99** EACH



QUAKER CRISPY MINIS ORIGINAL NATURE 127 g



QUAKER CRISPY MINIS CHEDDAR 127 g

THIS WEEK ONLY **2.49** EACH



QUAKER CHEWY OR DIPPES BARS 120 - 156 G SELECTED VARIETIES

LOCKED DOWN **2/4.50**



QUAKER QUICK OATS 900 G - 1 KG INSTANT OATMEAL 232 - 344 G SELECTED VARIETIES

LOCKED DOWN **3.49** EACH



QUAKER LIFE CEREAL 350 - 500 G SELECTED VARIETIES

THIS WEEK ONLY **3.99** EACH



QUAKER HARVEST CRUNCH 400 - 475 G SELECTED VARIETIES

THIS WEEK ONLY **3.99** EACH



ALLEN'S APPLE JUICE 1.5 L SELECTED VARIETIES

THIS WEEK ONLY **2.79** EACH



FRUITÉ DRINK SELECTED VARIETIES

THIS WEEK ONLY **1.99** EACH



OASIS HEALTH BREAK OR DEL MONTE JUICE 1.5 L SELECTED VARIETIES

THIS WEEK ONLY **3.99** EACH



ALLEN'S JUICE OR COCKTAIL 1.5 L SELECTED VARIETIES

THIS WEEK ONLY **2.99** EACH



OASIS ORANGE JUICE 1.5 L SELECTED VARIETIES

THIS WEEK ONLY **4.49** EACH

GLUTEN FREE FOR LESS



PROMISE GLUTEN FREE HAMBURGER BUNS
260 G

LOCKED DOWN

649
EACH

O'DOUGH'S GLUTEN FREE BAGELS
300 G
SELECTED VARIETIES

LOCKED DOWN

399
EACH

PROMISE GLUTEN FREE BREAD
400 - 480 G
SELECTED VARIETIES

LOCKED DOWN

749
EACH

LITTLE NORTHERN BAKEHOUSE GLUTEN FREE BREAD
320 - 567 G
SELECTED VARIETIES

LOCKED DOWN

799
EACH

BFREE GLUTEN FREE TORTILLAS
168 - 252 G
SELECTED VARIETIES

LOCKED DOWN

699
EACH

CHEX CEREAL
354 G
SELECTED VARIETIES

THIS WEEK ONLY

399
EACH

CATELLI GLUTEN FREE PASTA
340 G
SELECTED VARIETIES

LOCKED DOWN

299
EACH

IRRISISTIBLES NATURALIA CAULIFLOWER PIZZA CRUSTS
500 G
SELECTED VARIETIES

THIS WEEK ONLY

697
EACH

HALO TOP FROZEN DESSERT
473 ML
SELECTED VARIETIES

LOCKED DOWN

649
EACH

ENJOY LIFE GLUTEN FREE CHOCOLATE CHIPS
283 G
SELECTED VARIETIES

LOCKED DOWN

599
EACH

GOGO SQUEEZ GLUTEN FREE FRUIT SNACK
4 X 90 G
SELECTED VARIETIES

LOCKED DOWN

2/\$6

HARVEST SNAPS CRISPS
94 G
SELECTED VARIETIES

LOCKED DOWN

299
EACH

LIFE SMART NATURALIA TORTILLA CHIPS
350 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

299
EACH

SKINNY POP POPCORN
125 G
SELECTED VARIETIES

LOCKED DOWN

2/\$7

PRANA ORGANIC BIO NUT & DRIED FRUIT MIX
310 G
SELECTED VARIETIES

LOCKED DOWN

849
EACH

FELIZ CINCO DE MAYO



GAY LEA SOUR CREAM
250 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.99
EACH



IRRESISTIBLES
PACIFIC WHITE
COOKED SHRIMP
51-60 CT
340 G FROZEN
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
7.49
EACH



JALAPEÑO PEPPERS
PRODUCT OF USA 250 G
TOMATILLOS
PRODUCT OF MEXICO 400 G

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2/\$5



AVOCADOS
PRODUCT OF MEXICO OR PERU
BAG OF 5 OR 6

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
4.88
EACH



DEMPSTER'S
7" TORTILLAS
272-340 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.99
EACH



OLD EL PASO
SHELLS OR TORTILLAS
125-334 G
REFRIED BEANS
398 ML SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.99
EACH



OLD EL PASO
DINNER KIT
HARD SOFT
FREE TOSTITOS
OLD EL PASO
TACO KIT
250-280 G
SALSA
650 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3.99
EACH



OLD EL PASO
TACO
MILD
DOUX
OLD EL PASO
SEASONING
24 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
99¢
EACH



JARRITOS SODAS
370 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.67
EACH



MASECA
INSTANT
CORN
FLOUR
1.8 KG
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
7.99
EACH



CORONA
SUNBREW
ALCOHOL-FREE
BEER
6 x 230 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
11.99
EACH



LA COSTEÑA
CANNED BEANS
528-546 ML
MARINADES
186-477 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.79
EACH



RUBICON
DRINKS
1.5 L
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.49
EACH



DAINTY ISLAND
PARBOILED RICE
7.4 KG
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
13.99
EACH



MAZOLA CORN,
VEGETABLE OR
CANOLA OIL
1.18 L
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
5.99
EACH



THE GREAT GENTLEMAN
GINGER BEER
6 x 250 ml
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
7.99
EACH



GRACE
COCONUT
WATER
500 ML
MILI OR GRACE
COCONUT MILK
400 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.29
EACH



CHARRAS
TOSTADAS CHIPS
350 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3.49
EACH



GRACE
Green Plantain
CHIPS • CROUSTILLES DE
Plantain Vert
1.8 KG
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
99¢
EACH



VITA MALT
BEVERAGE
330 ML
EXCELSIOR
CRACKERS OR
MUNCHEE
COOKIES
170-300 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.49
EACH

Rich & Creamy Cream Cheese

MADE WITH SIMPLE, NATURAL INGREDIENTS.



LACTANTIA
CREAM CHEESE
227 G
SELECTED VARIETIES

THIS WEEK ONLY 
349
EACH

NEW



siggi's®

icelandic yogurt

always more protein and less sugar*
now in snack friendly small cups!



NEW



SIGGI'S
SKYR YOGURT
4'S
SELECTED VARIETIES

THIS WEEK ONLY 
349
EACH



* siggi's plain, vanilla and fruit yogurts have on average 35% less sugar and 75% more protein than leading plain, vanilla and fruit yogurts in Canada as measured by 5 Sales in the category (Nielsen, Nat. XNFLD, LS2 PE Nov 5, 2022).
All trademarks are owned or used under license by Lactalis Canada, Toronto, ON M9C 5J1. ©Lactalis Canada, 2024. All rights reserved.

ALL AISLES LEAD HOME KITCHENS OF THE WORLD



POMEGRANATE
PRODUCT OF INDIA OR PERU

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.98
EACH



PLANTAIN BANANAS
PRODUCT OF GUATEMALA
2.18/KG

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
99¢
/LB



FRESH GINGER
PRODUCT OF CHINA
4.37/KG

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.98
/LB



BORNA
CHAMEEM
DATES
1400 G
PRODUCT OF IRAN

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2/\$6



ZABIHA
HALAL
CHICKEN
WIENERS
450 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2/\$5



FRESH
HALAL
BONELESS
OUTSIDE
ROUND
ROAST
VACUUM PACK
19.82/KG

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
8.99
/LB



FROZEN WHOLE
ABALONE
227 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
7.99
EACH



CEDAR
LEBANESE PITA
330 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.29
EACH



PURE HEAVEN
DRINKS OR
CASABLANCA
BUTTER COOKIES
750 ML/454 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3.99
EACH



MERI CHAI TEA OR NOOR DATES
800 G/216'S
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
4.99
EACH



PARLIAMENT
COOKIES
75.780 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
69¢
EACH



NATIONAL
SPICE
MIXES OR
GITS MIXES
45.200 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.49
EACH

GARDEN BASICS FOR LESS



ASSORTED PERENNIALS
1 GALLON
SELECT STORES
WHILE QUANTITIES LAST

THIS WEEK ONLY 

9⁹⁸
EACH



ASSORTED TEA ROSES
1 GALLON
SELECT STORES
WHILE QUANTITIES LAST

THIS WEEK ONLY 

15⁹⁸
EACH



10" BOSTON FERN HANGING BASKETS OR KIMBERLY QUEEN FERNS
SELECT STORES, WHILE QUANTITIES LAST

THIS WEEK ONLY 

14⁹⁸
EACH



MAJESTY PALMS
SELECT STORES
WHILE QUANTITIES LAST

THIS WEEK ONLY 

19⁹⁸
EACH



4.5" SINGLE BLOOM HYDRANGEAS

THIS WEEK ONLY 

6⁸⁸
EACH



5" PREMIUM ORCHIDS

THIS WEEK ONLY 

14⁸⁸
EACH



5 STEM GERBERA BOUQUET

THIS WEEK ONLY 

\$6
EACH



10 STEM TULIPS

THIS WEEK ONLY 

\$7
EACH



5 STEM ROSES OR SWEETHEART ROSE BOUQUET

THIS WEEK ONLY 

\$7
EACH



MIXED LARGE BOUQUET

THIS WEEK ONLY 

\$12
EACH



ASSORTED SPRING BULBS, LAVENDER OR SEED KITS

LOCKED DOWN 

3⁴⁸
EACH



ASSORTED PERENNIAL, SUNFLOWER OR DUO FLOWER GROW KITS

LOCKED DOWN 

5⁹⁸
EACH



TRIO HERB OR MINI TOMATO GROW KITS

LOCKED DOWN 

5⁹⁸
EACH



CALLA LILY GROW KIT

THIS WEEK ONLY 

7⁸⁸
EACH

PERSONAL AND BABY CARE FOR LESS



PANTENE PRO-V HAIR CARE
308 - 355 ML
SELECTED VARIETIES

THIS WEEK ONLY
4.49
EACH



HEAD & SHOULDERS HAIR CARE
370 - 400 ML
SELECTED VARIETIES

THIS WEEK ONLY
4.99
EACH



SCOPE MOUTHWASH 1L
BURT'S BEES TOOTHPASTE 95 - 105 ML
SELECTED VARIETIES

LOCKED DOWN
4.99
EACH



LISTERINE MOUTHWASH 1L
SELECTED VARIETIES

LOCKED DOWN
5.99
EACH



SECRET OR OLD SPICE DEODORANT 73 - 85 G
SELECTED VARIETIES

THIS WEEK ONLY
3.99
EACH



U BY KOTEX TAMPONS 30'S
SELECTED VARIETIES

LOCKED DOWN
9.49
EACH



PAMPERS BABY WIPES 56'S
SELECTED VARIETIES

LOCKED DOWN
3.99
EACH



PAMPERS EASY UPS 56 - 74'S
SELECTED VARIETIES

LOCKED DOWN
26.99
EACH



RXBAR PROTEIN BAR 52 G
SELECTED VARIETIES

LOCKED DOWN
2.29
EACH



LARABAR 43 - 48 G
SELECTED VARIETIES

THIS WEEK ONLY
4/\$5



CLIF BAR 12 X 68 G
SELECTED VARIETIES

THIS WEEK ONLY
17.99
EACH



TYLENOL 100'S
SELECTED VARIETIES

THIS WEEK ONLY
10.99
EACH



JAMIESON CALCIUM MAGNESIUM + D3 200'S
SELECTED VARIETIES

THIS WEEK ONLY
10.79
EACH



JAMIESON CURCUMIN TURMERIC 90'S
SELECTED VARIETIES

THIS WEEK ONLY
16.49
EACH



JAMIESON VITAMIN E OR GLUCOSAMINE SUPPLEMENTS 120 - 200'S
SELECTED VARIETIES

THIS WEEK ONLY
17.99
EACH



REACTINE 25 - 36'S
SELECTED VARIETIES

THIS WEEK ONLY
19.99
EACH

NEW

pharmacy

OUR PHARMACISTS CAN ASSESS & TREAT MINOR CONDITIONS*

Speak with our pharmacist for details.

*Treatment options will be determined based on an assessment by our pharmacist and may not include a prescribed medication. Referral to another healthcare provider may be required.

Available at pharmacy locations only. Visit foodbasics.ca/pharmacy to find a location near you.



ASPIRIN 120'S
ALEVE 100'S
SELECTED VARIETIES

LOCKED DOWN
14.99
EACH



WEBBER NATURALS VITAMIN B12 90'S
SELECTED VARIETIES

LOCKED DOWN
10.49
EACH



WEBBER NATURALS MELATONIN 72'S
SELECTED VARIETIES

LOCKED DOWN
11.99
EACH



WEBBER NATURALS GLUCOSAMINE CHONDROITIN MSM 120'S
SELECTED VARIETIES

LOCKED DOWN
20.99
EACH