

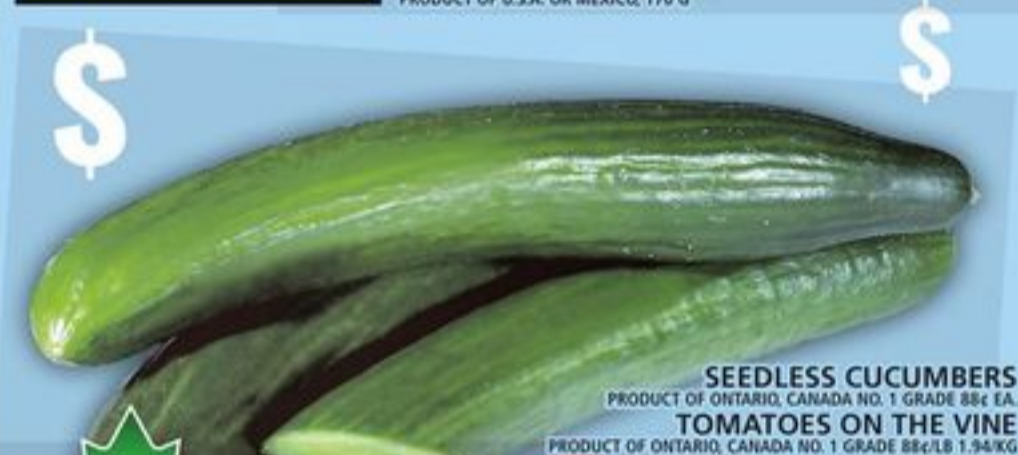
# food Basics\$

## SPRING IN



**\$**  
**SPRING SAVINGS**  
**188**  
 EACH

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



**WE LOVE LOCAL**  
 Ontario

**\$**  
**SPRING SAVINGS**  
**88¢**  
 /LB OR EACH

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



**\$**  
**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 MORE

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

BAKERY<sup>2</sup>  
 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

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

**\$**  
SPRING SAVINGS  
**4.44**  
EACH

**\$**  
SPRING SAVINGS  
**1.88**  
/LB

FRESH CHICKEN DRUMSTICKS FAMILY PACK 4.14/KG

NATURAL SPRING WATER

NEW LOOK! same great taste

**\$**  
SPRING SAVINGS  
**2.98**  
EACH

PURE LIFE SPRING WATER 24 X 500 ML SELECTED VARIETIES

LIMIT OF 3

**\$**  
SPRING SAVINGS  
**2.98**  
EACH

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

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

**\$**  
SPRING SAVINGS  
**2.98**  
EACH

**\$**  
SPRING SAVINGS  
**5.98**  
EACH

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

IRRESISTIBLES ALMONDS OR WALNUTS 750 G - 1 KG SELECTED VARIETIES

**\$**  
SPRING SAVINGS  
**9.88**  
EACH

**\$**  
SPRING SAVINGS  
**1.98**  
EACH

CAVENDISH FARMS FRENCH FRIES 800 G FROZEN SELECTED VARIETIES

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

**\$**  
SPRING SAVINGS  
**10.98**  
EACH

**\$**  
SPRING SAVINGS  
**1.98**  
EACH

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

# ALWAYS MORE FOR LESS

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, MAY 2<sup>ND</sup> TO WEDNESDAY, MAY 8<sup>TH</sup>, 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 12<sup>th</sup> to November 22<sup>nd</sup>, 2023.

# SPRING INTO SAVINGS



**Black Diamond** Old • Fort  
Cheddar Cheese • Fromage cheddar  
400 g (14.1 oz)

**Black Diamond** MARBLE • MARBRÉ  
400 g (14.1 oz)

**CHEESTRINGS FICELO**  
100% REAL CHEESE  
336 G SELECTED VARIETIES

**SPRING SAVINGS**  
**\$5.99**  
EACH



**Lunch mate** Turkey Dinde  
90g

**Lunch mate** Pizza Pepperoni  
90 - 120 G  
SELECTED VARIETIES  
OR PAY 2.50 EA.

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

**SPRING SAVINGS**  
**2/\$5**



**Lactantia** PurFiltre  
2% SKIMMED  
1.5 - 2 L

**Beatrice** CHOCOLATE MILK  
2 L  
SELECTED VARIETIES

**SPRING SAVINGS**  
**\$3.99**  
EACH



**Kraft** Smooth Crèmeux  
1 kg

**MAXWELL HOUSE** COFFEE CAPSULES  
12'S  
SELECTED VARIETIES

**SPRING SAVINGS**  
**\$5.99**  
EACH



**Kraft** Cheez Whiz  
450 G SELECTED VARIETIES

**PHILADELPHIA** ORIGINAL CREAM CHEESE  
227 - 250 G

**Kraft** Singles Original Cheddar Original  
410 G

**SPRING SAVINGS**  
**\$3.99**  
EACH



**GENERAL MILLS FAMILY SIZE CEREAL**  
475 - 778 G SELECTED VARIETIES

**SPRING SAVINGS**  
**\$5.49**  
EACH



**ASTRO ORIGINAL OR BIOBEST** YOGURT  
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



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

**SPRING SAVINGS**  
**2/\$5**



**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

# 24<sup>99</sup>

EACH

\$32.99 WITHOUT COUPON

## NEW DEALS ON THE FOOD BASICS APP



# SHOP ONLINE FOR LESS

- ✔ SAME FLYER SAVINGS
- ✔ SAME FRESHNESS
- ✔ SAME-DAY PICKUP OR DELIVERY

Check offered service  
in your area

[SHOP FOODBASICS.CA](https://shop.foodbasics.ca)

**NEW!**

**PICKUP  
OR  
DELIVERY  
NOW  
AVAILABLE**



\*Conditions apply. Details at [foodbasics.ca](https://foodbasics.ca).



**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

**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

**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

**GREEN BEANS HARCOTS VERTS**  
PRODUCT OF U.S.A.

**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, 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

**IRRESISTIBLES WHOLE ROASTED CASHEWS**  
SELECTED VARIETIES

**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 WENIERS  
MAPLE 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  
BURGERS TO BEEF ABOUT

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

**THIS WEEK ONLY**

**14.99**  
EACH

**SELECTION DELI SALADS**  
400 G  
SELECTED VARIETIES

**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  
900 - 1000 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 - 200 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 SALT 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 & 5 L  
SELECTED VARIETIES



**GAY LEA NORDICA COTTAGE CHEESE**  
750 G  
SELECTED VARIETIES



**MICHELINA'S ENTREES**  
255 G FROZEN  
SELECTED VARIETIES

**THIS WEEK ONLY**

## 2/\$3



**RED ROSE TEA**  
72'S

LOCKED DOWN

## 3.49

EACH

LOCKED DOWN

## 5.99

EACH

LOCKED DOWN

## 5.49

EACH



**TROPHY CASHEWS OR ALMOND MIXED NUTS**  
200 G  
SELECTED VARIETIES



**GATORADE SPORT DRINKS**  
6 X 591 ML  
6 X 355 ML  
SELECTED VARIETIES



**FRANK'S REDHOT SAUCE**  
354 ML  
SELECTED VARIETIES



**CHARMIN ULTRASOFT BATHROOM TISSUE**  
12 = 48'S  
6 = 12'S  
SELECTED VARIETIES

LOCKED DOWN

## 3.49

EACH

LOCKED DOWN

## 6.49

EACH

LOCKED DOWN

## 4.49

EACH

LOCKED DOWN

## 13.99

EACH

## BAKERY



**DON'S BAKERY MUSKOKA Kaiser Buns**  
Brioche Kaiser  
8 Buns  
Net 500 g



**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

FOR **\$7.99**



**Villaggio PAINS À HAMBURGER TOSCANA**  
HAMBURGER BUNS



**Dempster's 12 GRAIN**  
100% WHOLE GRAINS  
NO ARTIFICIAL FLAVOURS OR COLOURS



**Villaggio ITALIAN STYLE CLASSICO**  
STYLE ITALIEN

\*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**



**1 KG**

**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 340 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 900 ML SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1.97**  
EACH



SELECTION ALL PURPOSE CLEANERS 710 - 950 ML 1, 2, 3 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 980 G SELECTED VARIETIES

THIS WEEK ONLY **11.99** 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 90 - 199 G SELECTED VARIETIES

THIS WEEK ONLY **2.49** EACH



QUAKER CHEWY OR DIPPABLE 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'Doughs**  
Tous Mince

**EVERYTHING • COMPLET**

**BAGEL**

100 GOOD TO BE GLUTEN FREE

100 CALORIES

TROP BON POUR SANS GLUTEN

6 BAGELS

**LOCKED DOWN**

**399**  
EACH

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

**PROMISE GLUTEN FREE**

**SANS GLUTEN**

**SOFT WHITE LOAF**  
PAIN BLANC MOELLEUX

**LOCKED DOWN**

**749**  
EACH

**PROMISE GLUTEN FREE BREAD**  
400 - 480 G  
SELECTED VARIETIES

**LITTLE NORTHERN BAKEHOUSE**

**WHITE WIDE SLICE**

GLUTEN FREE SANS GLUTEN

**BLANC EN TRANCHES LARGES**

**LOCKED DOWN**

**799**  
EACH

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

**BFree** Sweet Potato Tortillas

AMAZING FLAVOUR! SAUCEUR INCROÛTABLE!

**LOCKED DOWN**

**699**  
EACH

**BFREE GLUTEN FREE TORTILLAS**  
168 - 252 G  
SELECTED VARIETIES

**Honey Nut**

**Chex**

Savour le miel et de noix

**THIS WEEK ONLY**

**399**  
EACH

**CHEX CEREAL**  
354 G  
SELECTED VARIETIES

**CATELLI**

GLUTEN FREE

**LOCKED DOWN**

**299**  
EACH

**CATELLI GLUTEN FREE PASTA**  
340 G  
SELECTED VARIETIES

**Irresistibles**

**NATURALIA**

NATURE IN YOUR KITCHEN  
LA NATURE DANS VOTRE CUISINE

**Cauliflower**

PIZZA CRUSTS • CRÔTES À PIZZA  
au chou-fleur

**THIS WEEK ONLY**

**697**  
EACH

**IRRESISTIBLES NATURALIA CAULIFLOWER PIZZA CRUSTS**  
500 G  
SELECTED VARIETIES

**HALO TOP**

chocolate chip cookie dough

**150**  
calories  
per 100 ml

**LOCKED DOWN**

**649**  
EACH

**HALO TOP FROZEN DESSERT**  
473 ML  
SELECTED VARIETIES

**Enjoy Life**

100% REAL CHOCOLATE  
100% VRAI CHOCOLAT

**MINI CHIPS**  
MINIPÉTIOTES

**LOCKED DOWN**

**599**  
EACH

**ENJOY LIFE GLUTEN FREE CHOCOLATE CHIPS**  
283 G  
SELECTED VARIETIES

**GOGO SQUEEZ**

no sugar added

apple apple

MADE FROM 100% FRUIT

**LOCKED DOWN**

**2/\$6**

**GOGO SQUEEZ GLUTEN FREE FRUIT SNACK**  
360 G  
SELECTED VARIETIES

**Calbee**

SAVORY GREEN PEA CRISPS

**HARVEST SNAPS**

COLLECTIONS DE POIS VERTS CROQUÉS

**ORIGINAL / L'ORIGINAL**

**LOCKED DOWN**

**299**  
EACH

**HARVEST SNAPS CRISPS**  
94 G  
SELECTED VARIETIES

**LIFE SMART**

**NATURALIA**

Original

**ALWAYS GREAT PRICE**

**299**  
EACH

**LIFE SMART NATURALIA TORTILLA CHIPS**  
350 G  
SELECTED VARIETIES

**SKINNY POP**

PURE POPPED PERFECTION

**POPCORN**  
MAÏS SOUFFLÉ

**LOCKED DOWN**

**2/\$7**

**SKINNY POP POPCORN**  
125 G  
SELECTED VARIETIES

**PRANA**

ORGANIC BIO

**kilimanjaro**

chocolate mix  
mélange chocolat

**LOCKED DOWN**

**849**  
EACH

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

# 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  
TACO KIT  
250-290 G  
SALSA  
650 ML  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**3.99**  
EACH



OLD EL PASO  
TACO MILD  
DOUX  
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 PLANTAIN  
CHIPS  
85 G  
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**<sup>®</sup>  
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).  
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# GARDEN BASICS FOR LESS

**ASSORTED PERENNIALS**  
1 GALLON  
SELECT STORES  
WHILE QUANTITIES LAST

**THIS WEEK ONLY**

**9<sup>98</sup>**  
EACH

**ASSORTED TEA ROSES**  
1 GALLON  
SELECT STORES  
WHILE QUANTITIES LAST

**THIS WEEK ONLY**

**15<sup>98</sup>**  
EACH

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

**THIS WEEK ONLY**

**14<sup>98</sup>**  
EACH

**MAJESTY PALMS**  
SELECT STORES  
WHILE QUANTITIES LAST

**THIS WEEK ONLY**

**19<sup>98</sup>**  
EACH

**4.5" SINGLE BLOOM HYDRANGEAS**

**THIS WEEK ONLY**

**6<sup>88</sup>**  
EACH

**5" PREMIUM ORCHIDS**

**THIS WEEK ONLY**

**14<sup>88</sup>**  
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**

**3<sup>48</sup>**  
EACH

**ASSORTED PERENNIAL, SUNFLOWER OR DUO FLOWER GROW KITS**

**LOCKED DOWN**

**5<sup>98</sup>**  
EACH

**TRIO HERB OR MINI TOMATO GROW KITS**

**LOCKED DOWN**

**5<sup>98</sup>**  
EACH

**CALLA LILY GROW KIT**

**THIS WEEK ONLY**

**7<sup>88</sup>**  
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  
36'S  
SELECTED VARIETIES

LOCKED DOWN  
**3.99**  
EACH



PAMPERS EASY UPS  
56 - 74'S  
SELECTED VARIETIES

LOCKED DOWN  
**26.99**  
EACH



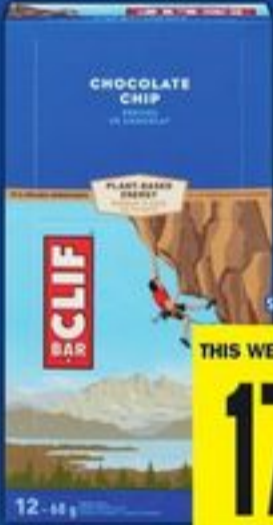
RXBAR PROTEIN BAR  
52 G  
SELECTED VARIETIES

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  
120'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](http://foodbasics.ca/pharmacy) to find a location near you.



ASPIRIN 81'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