

food Basic

WOW

***\$1 BURGER**



1/4 LB

\$4 EACH

FRESH 100% QUARTER POUND LEAN GROUND BEEF BURGERS PKG OF 4*



\$1 EACH

DEL MONTE NECTAR OR OASIS HYDRA FRUIT 946 ML ALLEN'S APPLE JUICE 1 L SELECTED VARIETIES



\$1 EACH

SELECTION BBQ SAUCE 330 ML YELLOW MUSTARD 400 ML SELECTED VARIETIES



\$1 EACH

IRRÉSISTIBLES POTATO CHIPS 130 - 150 G SELECTED VARIETIES

HAPPY

GET READY TO SAVE! GREAT PRICES & MOST STORES CLOSED ON MONDAY

food Basics

THE GROCER WITH THE BEST COMPETITIVE PRICES* wQW Leger



WOWZA!

Real Simple! Vini. Simples.

NATURAL Top Dogs
ORIGINAL

SCHNEIDERS RedHots
ALL PORK
TOUT PORC

\$2.98 EACH

SCHNEIDERS RED HOTS OR MAPLE LEAF TOP DOGS WIENERS 375 G SELECTED VARIETIES

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

\$1.98 /LB

8 PRE-SLICED BUNS

HOT DOG

HAMBURGER

\$1.77 EACH

SELECTION BUNS
SELECTED VARIETIES

GREAT FOR THE SMOKER

FRESH BONELESS BEEF BRISKET
INCLUDES PRICE
WHILE QUANTITIES LAST
9.79/KG

\$4.44 /LB

Black Diamond
CHEDDAR SLICES
Original

\$2.45 EACH

BLACK DIAMOND SLICES
410 G
SELECTED VARIETIES

STRAWBERRIES
PRODUCT OF U.S.A.
454 G

\$1.67 EACH

LAY'S POTATO CHIPS
150 - 225 G
SELECTED VARIETIES

Lay's
MAGIC MANTALA
KASALA MAGIQUE

Lay's
Classic
Classique

\$2.75 EACH

SWEET ASSORTED PEPPERS
PRODUCT OF MEXICO OR HONDURAS
PKG OF 4

SWEET CORN
PRODUCT OF U.S.A., NO. 1 GRADE
PKG OF 4

\$2.98 EACH

GENERAL MILLS FAMILY SIZE CEREAL
475 - 728 G
SELECTED VARIETIES

Cinnamon Toast Crunch

Honey Nut Cheerios
MADE WITH REAL HONEY

\$5.47 EACH

WE LOVE LOCAL Ontario

ASPARAGUS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
4.37/KG

\$1.98 /LB

PEPSI OR 7UP COCA-COLA OR CANADA DRY
12 X 355 ML
SELECTED VARIETIES

PEPSICO

\$6.25 EACH

OLD CHEDDAR FORT

SELECTION CHEESE SHREDS
400 G

HELVA GOOD! DIP
800 G
SELECTED VARIETIES

\$3.98 EACH

HAPPY VICTORIA DAY!

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, MAY 16TH TO WEDNESDAY, MAY 22ND, 2024
MOST STORES CLOSED ON MONDAY MAY 20TH. SEE LOCAL STORE OR FOODBASICS.CA FOR DETAILS.

PRICES IN THIS FLYER AVAILABLE AT ALL KINGSTON LOCATIONS ONLY.

WOWZA!



\$ 5.49
EACH

ACTIVIA YOGOURT 125
OIKOS GREEK YOGURT 650 - 750 G
PHILADELPHIA CREAM CHEESE
PRODUCT 340 G SELECTED VARIETIES



\$ 2.49
EACH

IRRISISTIBLES
HUMMUS OR
DIPS
200 - 227 G
SELECTED VARIETIES



\$ 3.99
EACH

LACTANTIA PURIFILTRE MILK OR
BEATRICE CHOCOLATE MILK 2 L
ASTRO ORIGINAL YOGURT 125
SELECTED VARIETIES



\$ 2.99
EACH

SMART ONES OR
IRRISISTIBLES MEALS
230 - 320 G FROZEN SELECTED VARIETIES



\$ 2.99
EACH

TROPHY
CASHEW
HALVES
200 G
SELECTED VARIETIES
WHILE QUANTITIES LAST



\$ 4.49
EACH

DR. OETKER
RISTORANTE PIZZA 320 - 390 G
CASA DI MAMA 395 - 410 G FROZEN
SELECTED VARIETIES



\$ 5.49
EACH

GATORADE SPORT DRINKS
6 X 501 ML, 6 X 355 ML
SELECTED VARIETIES



\$ 2.99
EACH

McCAIN
FRENCH
FRIES
454 - 650 G
FROZEN
SELECTED VARIETIES



\$ 7.49
EACH

CASHMERE BATHROOM TISSUE 12 - 24
SPONGE TOWELS ULTRA OR
SCOTTIES FACIAL TISSUE 65
SELECTED VARIETIES



\$ 8.99
EACH

MAXWELL HOUSE
GROUND COFFEE
900 - 925 G
TETLEY TEA 215 G
SELECTED VARIETIES



\$ 21.99
EACH

TIDE LAUNDRY DETERGENT
94 - 100 LOADS, 3.9 L
TIDE PODS OR GAIN FLINGS
65 - 75 G
CASCADE DISHWASHER DETERGENT
90 - 110'S SELECTED VARIETIES



\$ 34.99
EACH

PAMPERS
BABY-DRY OR
SWADDLERS
DIAPERS
108 - 160'S
SELECTED VARIETIES

***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 Nosso Talho". 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 some 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

DOUBLE THE DIGITAL DEALS WITH YOUR FOOD BASICS APP

DIGITAL DEAL OF THE WEEK
SAVE 50¢



DIGITAL DEAL Food Basics
349
EACH
\$3.99 WITHOUT COUPON

CHRISTIE PREMIUM PLUS CRACKERS*
450 - 500 G
SELECTED VARIETIES

DIGITAL DEAL OF THE WEEK
SAVE 50¢



CHRISTIE
BITS & BITES OR
CRISPERS
SNACKS*
145 G
SELECTED VARIETIES

DIGITAL DEAL Food Basics
199
EACH
\$2.49 WITHOUT COUPON

food
Basics

Download on the
App Store

GET IT ON
Google Play

Visit our app for details.

*Limit one per customer, per transaction.



✓ ALWAYS FRESH

✓ ALWAYS GREAT PRICES

✓ ALWAYS IN STOCK

ALWAYS Save Every Day



SELECTION BREAD
875 G
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓
1.99
EACH



SELECTION OR LIFE SMART NATURALIA PEANUT BUTTER
750 G - 1 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓
4.44
EACH



SELECTION CHICKEN WIENERS
450 G
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓
2.49
EACH



SELECTION OR LIFE SMART DICED TOMATOES
540 - 796 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓
1.77
EACH

**ALWAYS
MORE
FOR LESS**

**MEANS
MORE**

Ways to Save



**OVER 3000
WEEKLY DEALS
IN STORE**

ALWAYS GREAT PRICE
249
EACH

**EVERYDAY
LOW PRICES**



DIGITAL DEAL
399
EACH
\$4.99 WITHOUT COUPON

**EXCLUSIVE
APP
OFFERS**



**LOCKED
DOWN**

Inevitables
Selection

**PRIVATE LABEL
SAVINGS**

V.I.P.
\$ \$ \$
**VERY INCREDIBLE
PRICE EVENT**

**CRAZY
SALE 8**

**WOW
ZA!**
\$ \$

W
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!

TONS OF NEW DEALS EVERY WEEK

Kraft

pure Fig Balsamic / BALSAMIQUE AUX FIGES 355 mL

HEINZ TOMATO KETCHUP AUX TOMATES 500 mL

Miracle Whip original 499 EACH

KRAFT MIRACLE WHIP 499 EACH

Caesar / **Ranch** KRAFT SALAD DRESSING 425 mL 299 EACH

Diana Sauce / **BULL'S-EYE** DIANA OR BULL'S-EYE BBQ SAUCE 425 / 500 mL 299 EACH

MIO CRYSTAL LIGHT OR KOOL-AID WATER ENHANCER 24 299 EACH

499 EACH

499 EACH

299 EACH

299 EACH

299 EACH

299 EACH

Mondelez International

triscuit ORIGINAL 180 g 249 EACH

RITZ original 180 g 249 EACH

Chips Ahoy! ORIGINAL ORIGINAL 150 g 399 EACH

CADBURY CELLOS CHRISTIE FAMILY SIZE COOKIES 152 - 175 G 399 EACH

6 SNACK PAKS RITZ bits 150 g 249 EACH

cheese RITZ bits 150 g 249 EACH

Dad's 180 g 222 EACH

Dairy Milk MILK CHOCOLATE CHOCOLAT AU LAIT 80 g 222 EACH

DAIRY MILK MILK CHOCOLATE CHOCOLAT AU LAIT 80 g 222 EACH

DIGESTIVE PEEK FREANS OR DAD'S OATMEAL COOKIES 275 - 320 G 2/\$6

Kellanova

CHEEZ-IT SNAP'D 150 g 299 EACH

TOWN HOUSE ORIGINAL 150 g 299 EACH

RISE KRISPIES 150 g 299 EACH

NUTRI GRAIN 150 g 299 EACH

Kashi Dark Chocolate, Almond & Sea Salt 125 - 131 G 299 EACH

CRISPS / BARRES CROQUANTES 140 g 249 EACH

PRINGLES ORIGINAL 140 g 249 EACH

PRINGLES SOUR CREAM & ONION 140 g 249 EACH

PRINGLES POTATO CHIPS 140 g 249 EACH

549 EACH

299 EACH

299 EACH

299 EACH

299 EACH

249 EACH

249 EACH

249 EACH

ADVANTAGE SOLUTIONS

Dole Mixed Fruit in Cherry Gel 100 g 299 EACH

ORIGIN ORGANIC PEACH SPARKLING WATER 6 x 355 ML 499 EACH

Tim Hortons ORIGINAL BLEND MELANGE ORIGINAL 30 g 899 EACH

Pure Life NATURAL SPRING WATER 24 x 500 ML 349 EACH

SELECTION NUTS 1.13 KG 1999 EACH

1999 EACH

Jamieson NATURAL SOURCES Since 1922

Jamieson Iron/Fer 28 mg 1199 EACH

Jamieson Calcium Magnesium + D3 1199 EACH

Jamieson Melatonin 1199 EACH

Jamieson Vitamin B12 1000 mcg 1299 EACH

Jamieson Magnesium 250 mg 1299 EACH

Jamieson Vitamin D3 1,000 IU 849 EACH

Jamieson Chewable Vitamin C 500 mg 849 EACH

Jamieson Omega-3 Select 1799 EACH

Jamieson Curcumin Turmeric 550 mg 1799 EACH

Jamieson Multi 100% COMPLETE MEN 1999 EACH

Jamieson Multi 100% COMPLETE WOMEN 1999 EACH

Nestlé

perrier CARBONATED NATURAL SPRING WATER 899 EACH

Sanpellegrino NATURAL OR MOMENTI SPARKLING DRINKS 6 x 330 ML 599 EACH

perrier MAISON PERRIER FRANCE FOREVER LEMON 8 x 330 ml 699 EACH

STARBUCKS TORREFACTÉ PIKÉ 7% ROAST NESPRESSO VERTUO CAPSULES 100 g 1147 EACH

199 EACH

599 EACH

699 EACH

1147 EACH

DANONE
ONE PLANET. ONE HEALTH

DANONE GO!
DRINKABLE YOGURT
150 mL
SELECTED VARIETIES
75¢ EACH

DANONE DANINO
DRINKABLE YOGURT
1.5 L
SELECTED VARIETIES
2.99 EACH

DANONE TWO GOOD
GREEK YOGURT
1.5 L
SELECTED VARIETIES
3.99 EACH

ACTIVIA
YOGURT
500 G
SELECTED VARIETIES
3.33 EACH

SILK
ALMOND BEVERAGE
REGULARLY SWEETENED
UNSWEETENED
30 CALORIES
HIGH CALCIUM
946 mL
SELECTED VARIETIES
2/\$5

BIMBO
CANADA'S

Dempster's
ENGLISH MUFFINS
ANGLAIS
WHOLE GRAIN
GRAINS ENRICHED
SELECTED VARIETIES
1.99 EACH

THOMAS'S
BREAKFAST BREAD OR SUN-MAID
RAISIN BREAD
100% WHOLE GRAIN
SELECTED VARIETIES
4.49 EACH

Stonemill
NATURALLY FERMENTED
SPROUTED RYE & 12 GRAINS
454 G
SELECTED VARIETIES
4.49 EACH

Stonemill
NATURALLY FERMENTED
QUINOA & FLAX
454 G
SELECTED VARIETIES
4.49 EACH

Dempster's
PLAIN NATURE
ENGLISH MUFFINS
PLAIN OR WHOLE GRAIN
6 PK
SELECTED VARIETIES
3.99 EACH

Dempster's
100% WHOLE GRAIN
TORTILLAS
ORIGINALS
WIN-WIN
SELECTED VARIETIES
3.99 EACH

Takis
TORTILLA CHIPS
SELECTED VARIETIES
2/6.50

Keurig DrPepper
Canada

MOTT'S
CLAMATO
Extra Spicy
1.89 L
SELECTED VARIETIES
2/\$7

Budweiser
ZERO
BUDWEISER
ZERO ALCOHOL BEER
12 x 355 mL
SELECTED VARIETIES
12.99 EACH

CORONA
Sunbrew
CORONA SUNBREW
ALCOHOL FREE BEER
12 x 355 mL
SELECTED VARIETIES
17.99 EACH

MOTT'S
CLAMATO
The Original
1.89 L
SELECTED VARIETIES
2/\$7

KEURIG
VAN HOUTTE
VANILLA & HAZELNUT
VAN HOUTTE
COFFEE PODS
12 x 120 g
SELECTED VARIETIES
8.99 EACH

McCafé
100% ETHICALLY SOURCED
ARABICA BEANS
PREMIUM ROAST
McCafé
COFFEE CAPSULES
30'S
SELECTED VARIETIES
19.99 EACH

SOFINA

JANES
PUB STYLE
chicken Strips
70g
SELECTED VARIETIES
8.99 EACH

JANES
PUB STYLE
Wings
GARLIC
70g
SELECTED VARIETIES
8.99 EACH

JANES
PUB STYLE
FULLY COOKED BREADED
CHICKEN, TURKEY OR
CHICKEN WINGS
600 - 700 G FROZEN
SELECTED VARIETIES
8.99 EACH

MASTRO
SALAMETTI
SALAMI
100 G
SELECTED VARIETIES
6.49 EACH

MASTRO
CHARCUTERIE
CHUBS OR SLICED
CHARCUTERIE TRIO
200 - 250 G
SELECTED VARIETIES
6.49 EACH

JANES
ultimates
Tender & juicy
BURGERS
852g (6 Burgers)
SELECTED VARIETIES
11.99 EACH

MASTRO
BABY GENOA OR
SLICED DELI GENOA OR
SAN DANIELE
MORTADELLA OR
SLICED PROSCIUTTO
200 - 250 G
SELECTED VARIETIES
WHILE QUANTITIES LAST
8.99 EACH

CLOROX

Pine-Sol
4X CLEANING ACTION
LACTON REPTOANTS
LAUNDRY FRAICHEUR
CAUTION
3.78 L
SELECTED VARIETIES
3.99 EACH

CLOROX
BLEACH
2.4 L
PINE-SOL
ALL PURPOSE
CLEANER
1.41 L
SELECTED VARIETIES
3.99 EACH

GLAD
ClingWrap
30' x 18"
TIGHT SEAL
FRESHNESS
GLAD PLASTIC WRAP
S.O.S PADS
10'S
SELECTED VARIETIES
1.99 EACH

SOS
CLEANS FROM A TO Z!
10'S
SELECTED VARIETIES
1.99 EACH

LIQUID-PLUMR
DRAIN CLEANER
800 mL
CLOROX
CLEAN-UP
BATHROOM CLEANER
887 - 800 mL
SELECTED VARIETIES
3.99 EACH

GLAD
GUARANTEED STRONG
BLACK
REGULAR 74 L
40 BAGS
80 x 63 cm | 26 x 33 in
SELECTED VARIETIES
11.49 EACH

BRITA
WATER JUG OR
WATER FILTERS
SELECTED VARIETIES
20.99 EACH

Lou's
KITCHEN

Lou's
KITCHEN
PHILLY-STYLE
SHAVED STEAK
400 g
SELECTED VARIETIES
8.99 EACH

Lou's
KITCHEN
BEEF POT ROAST
AU JUS
RÔTI DE BŒUF
BRAISÉ AU JUS
400 - 450 G
SELECTED VARIETIES
8.99 EACH

Lou's
KITCHEN
BBQ PORK
BACK RIBS
385 - 410 G
SELECTED VARIETIES
8.99 EACH

MANDARIN
BBQ PORK
BACK RIBS
385 - 410 G
SELECTED VARIETIES
8.99 EACH

SMOKED PULLED PORK
PORC EFFILOCHÉ
FUME
500 g
SELECTED VARIETIES
12.99 EACH

BRISKET BURNT ENDS
POINTES BRÛLÉES
DE POITRINE DE BŒUF
400 - 550 G
SELECTED VARIETIES
12.99 EACH

Johnsonville

JOHNSONVILLE
BREAKFAST SAUSAGES
OR ROUNDS
250 - 375 G
SELECTED VARIETIES
WHILE QUANTITIES LAST
3.99 EACH

JOHNSONVILLE
DINNER SAUSAGES
300 G
SELECTED VARIETIES
4.99 EACH

JOHNSONVILLE
ORIGINAL RECIPE
SMOKED SAUSAGES
375 G
SELECTED VARIETIES
WHILE QUANTITIES LAST
4.99 EACH

JOHNSONVILLE
CHEDDAR CHEESE
FRONTAGE CHEDDAR
375 g
SELECTED VARIETIES
4.99 EACH

PRODUCE



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

THIS WEEK ONLY
128
/LB



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

THIS WEEK ONLY
198
EACH



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

LIMES
PRODUCT OF MEXICO OR BRAZIL, 1 LB BAG

THIS WEEK ONLY
298
EACH



SEEDLESS WATERMELON
PRODUCT OF U.S.A.

THIS WEEK ONLY
598
EACH



CLEMENTINES
PRODUCT OF MOROCCO
2 LB BAG

KIWIS
PRODUCT OF GREECE
600 G

THIS WEEK ONLY
398
EACH



BLUEBERRIES
PRODUCT OF U.S.A. OR MEXICO, NO. 1 GRADE PINT

RASPBERRIES
PRODUCT OF U.S.A. OR MEXICO, 170 G

THIS WEEK ONLY
398
EACH



GREEN GIANT SLAW SALADS
340 G
SELECTED VARIETIES

RED SEEDLESS GRAPES
PRODUCT OF CHILE
NO. 1 GRADE
8.77/KG

EXTRA LARGE

THIS WEEK ONLY
2/\$5

THIS WEEK ONLY
398
/LB



LEMONS
PRODUCT OF SOUTH AFRICA
2 LB BAG

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

THIS WEEK ONLY
398
EACH

THIS WEEK ONLY
377
EACH



TOMATOES ON THE VINE
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
4.37/KG

WE LOVE LOCAL

THIS WEEK ONLY
198
/LB



SEEDLESS CUCUMBERS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE

WE LOVE LOCAL

THIS WEEK ONLY
2/\$3



PORTABELLINI MUSHROOMS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE 334 G

ATTITUDE SALADS OR SALAD KITS
PRODUCT OF CANADA OR U.S.A.
155 - 312 G SELECTED VARIETIES

THIS WEEK ONLY
488
EACH

CHERRIES
PRODUCT OF U.S.A.
NO. 1 GRADE
13.18/KG

WE LOVE LOCAL

THIS WEEK ONLY
598
/LB



AVOCADOS
PRODUCT OF MEXICO OR PERU, BAG OF 5 OR 6

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

THIS WEEK ONLY
488
EACH

THIS WEEK ONLY
398
EACH



CAULIFLOWER
PRODUCT OF U.S.A., NO. 1 GRADE

HEIRLOOM TOMATOES
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
567 G

THIS WEEK ONLY
298
EACH



CHOPPED KALE
PRODUCT OF U.S.A.
284 G

CHERTOY TOMATOES
PRODUCT OF CANADA OR MEXICO, NO. 1 GRADE
255 G

THIS WEEK ONLY
349
EACH

THIS WEEK ONLY
298
EACH



LIGHTHOUSE RANCH DIPS
340 G
SELECTED VARIETIES

FRUIT OR VEGETABLE TRAY
920 G - 1.13 KG
SELECTED VARIETIES

THIS WEEK ONLY
399
EACH

THIS WEEK ONLY
1099
EACH

MEAT



FRESH WHOLE CHICKEN WINGS
BAGGED
INCLUDING ZARBA MARGAL
8.80/KG

THIS WEEK ONLY
399
/LB



PRIME RAISED WITHOUT ANTIBIOTICS FRESH CHICKEN DRUMSTICKS OR THIGHS FAMILY PACK
AIR CHILLED
8.80/KG

THIS WEEK ONLY
399
/LB



COHO SALMON FILLET
PREVIOUSLY FROZEN
26.43/KG

THIS WEEK ONLY
1199
/LB



FRESH BONELESS SKINLESS CHICKEN THIGHS FAMILY PACK
15.41/KG

THIS WEEK ONLY
699
/LB



SELECTION BACON
375 G SELECTED VARIETIES

THIS WEEK ONLY
399
EACH



FRESH BONELESS SIRLOIN TIP ROASTS OR FAMILY PACK STEAKS
CUT FROM CANADA AA OR HIGHER GRADE OF BEEF
22.02/KG

THIS WEEK ONLY
999
/LB



SCHNEIDERS MEAT PIES
400 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
399
EACH



MAPLE LODGE OR SUPREME CHICKEN FRANKFURTERS
300 G
SELECTED VARIETIES

THIS WEEK ONLY
599
EACH



LEGACY MARINATED BONE-IN PORK CHOPS OR FLATTENED PORK TENDERLOIN
400 - 400 G
SELECTED VARIETIES

THIS WEEK ONLY
699
EACH



MARGARITELO SOUVLAKI OR CHICKEN MEDALLIONS
200 - 340 G
SELECTED VARIETIES

THIS WEEK ONLY
799
EACH



BALDERSON CHEDDAR
250 G
SELECTED VARIETIES

THIS WEEK ONLY
749
EACH



TRE STELLE PARMIGIANO REGGIANO OR GRANA PADANO OR PECORINO ROMANO
200 G
SELECTED VARIETIES

THIS WEEK ONLY
799
EACH



PILLER'S MEAT SNACKS
200 - 300 G
SELECTED VARIETIES

THIS WEEK ONLY
849
EACH



BEYOND MEAT BURGERS, SAUSAGES OR BREADED STRIPS
200 - 400 G
SELECTED VARIETIES

THIS WEEK ONLY
599
EACH



IRRESISTIBLES SLICED DELI CHEESE
200 G
SELECTED VARIETIES

THIS WEEK ONLY
499
EACH



PROVOLONE
200 G
SELECTED VARIETIES

THIS WEEK ONLY
499
EACH



IRRESISTIBLES PACIFIC WHITE COOKED SHRIMP
100 - 150 CT
200 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
899
EACH



ANCHOR'S BAY WHOLE TILAPIA OR COOKED SHRIMP
31 - 40 CT
400 G - 1.36 KG FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
749
EACH



VILLAGGIO BREAD
530 - 675 G
BUNS
6 - 8'S
SELECTED VARIETIES

THIS WEEK ONLY
299
EACH



DEMPSTER'S BAGELS
375 - 510 G
SELECTED VARIETIES

DIMPFLIEIER BREAD
454 - 500 G
SELECTED VARIETIES

THIS WEEK ONLY
299
EACH



HOSTESS MINI DONUTS
269 G

SARA LEE MUFFINS OR COOKIES
125 - 228 G
SELECTED VARIETIES

THIS WEEK ONLY
379
EACH



LITTLE BITES CHOCOLATE CHIP MUFFINS
200 G

THIS WEEK ONLY
379
EACH



DON'S BAKERY RAISER BUNS
200 G

SELECTION GARLIC TOAST
200 G

THIS WEEK ONLY
299
EACH



SELECTION SNACK TUBS
400 - 500 G
SELECTED VARIETIES

SELECTION COOKIES
75 G
SELECTED VARIETIES

THIS WEEK ONLY
599
EACH

ALWAYS FRESH. *ALWAYS IN STOCK. ALWAYS GREAT PRICES. ALWAYS FRESH. *ALWAYS IN STOCK. ALWAYS GREAT PRICES.

LOCKED DOWN



BECEL MARGARINE OR MARGARINE STICKS
427-454 G
SELECTED VARIETIES



SHAW'S ICE CREAM
1.5 L
SELECTED VARIETIES



LOCKED DOWN **4.49**
EACH



LOCKED DOWN **6.99**
EACH



DANONE OIKOS GREEK YOGURT
4 X 100 G
SELECTED VARIETIES

LOCKED DOWN **3.49**
EACH



GAY LEA NORDICA COTTAGE CHEESE
750 G
SELECTED VARIETIES

LOCKED DOWN **5.99**
EACH



BEN'S ORIGINAL CONVERTED RICE
2.2 KG

LOCKED DOWN **7.99**
EACH



HERSHEY CHOCOLATE BARS
43-58 G
SELECTED VARIETIES

LOCKED DOWN **99¢**
EACH



BEN'S ORIGINAL FAST & FANCY RICE
1.2 G
SELECTED VARIETIES

LOCKED DOWN **2/\$3**



SWANSON SKILLET OR OVEN EASY MEALS
879 G - 1.19 KG
FROZEN
SELECTED VARIETIES

LOCKED DOWN **9.99**
EACH



NUTELLA
725 G
SELECTED VARIETIES

LOCKED DOWN **5.99**
EACH



SAPORITO VEGETABLE, CANOLA OR SUNFLOWER OIL
1 L
CORN OIL
2.84 L
SELECTED VARIETIES

LOCKED DOWN **9.99**
EACH



TABASCO SAUCE
97 mL
SELECTED VARIETIES

LOCKED DOWN **2.99**
EACH



EARTH'S OWN OAT BEVERAGE
366 mL
SELECTED VARIETIES

LOCKED DOWN **2.99**
EACH



McSWEENEY'S BEEF JERKY
70 G
SELECTED VARIETIES

LOCKED DOWN **5.49**
EACH



MONSTER ENERGY DRINKS
4 X 473 mL
SELECTED VARIETIES

LOCKED DOWN **8.99**
EACH



AIR WICK ESSENTIAL OILS KIT
200 mL
SELECTED VARIETIES

LOCKED DOWN **6.99**
EACH



PLEDGE FURNITURE POLISH
275 G
SELECTED VARIETIES

LOCKED DOWN **6.99**
EACH



FLEECY FABRIC SOFTENER LIQUID OR SHEETS
1.07 L, 2.8 L
SELECTED VARIETIES

LOCKED DOWN **7.99**
EACH



MILK-BONE DOG TREATS
700 G
SELECTED VARIETIES

LOCKED DOWN **9.49**
EACH

\$300,000 MASSIVE MONEY YOUR **\$300K** COULD BE A SCRATCH AWAY! **PLAY TODAY!**

Available at **food Basics**

Ticket not exactly as shown. At time of purchase, some prizes may have already been claimed.

ALWAYS GREAT PRICE



SELECTION FLOUR 2.5 KG SELECTED VARIETIES

ALWAYS GREAT PRICE 
3.99 EACH



IRRESISTIBLES ICE CREAM 1.5 L NOVELTIES 8-3'S SELECTED VARIETIES

ALWAYS GREAT PRICE 
4.44 EACH



ALWAYS GREAT PRICE 
2.27 EACH

SELECTION SHREDDED COCONUT 200 G SELECTED VARIETIES



ALWAYS GREAT PRICE 
2.57 EACH

SELECTION VEGETABLES 500 - 750 G FROZEN SELECTED VARIETIES



ALWAYS GREAT PRICE 
1.97 EACH

SELECTION PASTA 500 G SELECTED VARIETIES



ALWAYS GREAT PRICE 
2.97 EACH

SELECTION PASTA SAUCE 410 - 450 ML SELECTED VARIETIES



ALWAYS GREAT PRICE 
2.99 EACH



ALWAYS GREAT PRICE 
4.99 EACH

SELECTION PEANUTS 700 - 800 G SELECTED VARIETIES



ALWAYS GREAT PRICE 
99c EACH

SELECTION FLAVOURED SPARKLING WATER 1 L SELECTED VARIETIES



ALWAYS GREAT PRICE 
3.99 EACH

SELECTION JAM 500 ML LIFE SMART NATURALIA SPREAD 250 ML SELECTED VARIETIES



ALWAYS GREAT PRICE 
99c EACH

SELECTION SPICES 5.5 - 120 G SELECTED VARIETIES



ALWAYS GREAT PRICE 
1.99 EACH

SELECTION OLIVES 300 ML SELECTED VARIETIES



ALWAYS GREAT PRICE 
3.29 EACH

SELECTION PICKLES 1 L SELECTED VARIETIES



ALWAYS GREAT PRICE 
1.49 EACH

SELECTION WAFERS 200 G SELECTED VARIETIES



ALWAYS GREAT PRICE 
1.97 EACH

SELECTION DISHWASHING DETERGENT 500 - 625 ML SELECTED VARIETIES



ALWAYS GREAT PRICE 
3.49 EACH

SELECTION LAUNDRY DETERGENT 1.6 L, 2L - 4L 1000S SELECTION FABRIC SOFTENER 4L 1000S, 5 L & 6 L SELECTED VARIETIES



ALWAYS GREAT PRICE 
6.99 EACH

SELECTION SANDWICH BAGS 30'S SELECTED VARIETIES



ALWAYS GREAT PRICE 
12.99 EACH

SELECTION FACIAL TISSUE 12'S SELECTED VARIETIES

BBQ ESSENTIALS FOR LESS

SELECTION SMOKED SAUSAGES
900 G
SELECTED VARIETIES

IRRESISTIBLES STUFFED BEEF BURGERS
1.02 KG FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE

7⁹⁹

EACH

THIS WEEK ONLY

14⁹⁹

EACH

SELECTION DELI SALADS
454 G
SELECTED VARIETIES

IRRESISTIBLES MAMMOTH BUNS & STONEFIRE NAAN ROUNDS
360 G
SELECTED VARIETIES

THIS WEEK ONLY

2⁴⁹

EACH

THIS WEEK ONLY

3⁴⁹

EACH

TOSTITOS TORTILLA CHIPS
205 - 295 G
SALSA
416 - 418 ML
SELECTED VARIETIES

SELECTION LEMONADES
1.75 L
SELECTED VARIETIES

THIS WEEK ONLY

2/\$7

THIS WEEK ONLY

1⁹⁹

EACH

CLUB HOUSE LA GRILLE SPICES
120 - 248 G
SELECTED VARIETIES

SELECTION SLICES
210 - 230 G
SELECTED VARIETIES

LOCKED DOWN

4⁴⁹

EACH

LOCKED DOWN

3⁹⁹

EACH

PAM COOKING SPRAY
341 - 170 G
SELECTED VARIETIES

VH SAUCE
341 - 380 ML
SELECTED VARIETIES

LOCKED DOWN

4⁹⁹

EACH

ALWAYS GREAT PRICE

2/\$6

GRISSOL CROUTONS
135 G
SELECTED VARIETIES

IRRESISTIBLES LEMONADES OR ICED TEAS
1.5 L
SELECTED VARIETIES

LOCKED DOWN

2⁴⁹

EACH

LOCKED DOWN

2⁸⁸

EACH

MAILLE DIJON MUSTARD
500 ML
SELECTED VARIETIES

ORVILLE REDENBACHER POPPING CORN
240 - 300 G
SELECTED VARIETIES

LOCKED DOWN

6⁹⁹

EACH

ALWAYS GREAT PRICE

1⁹⁹

EACH

LOCKED DOWN

4⁹⁹

EACH

ALWAYS GREAT PRICE

7⁴⁹

EACH

SELECTION BOWLS OR PAPER PLATES
24 - 30'S
SELECTED VARIETIES

SELECTION ULTRA PAPER TOWELS
52 - 21'S
SELECTED VARIETIES

ALWAYS GREAT PRICE

4⁹⁹

EACH

ALWAYS GREAT PRICE

4⁹⁹

EACH

ALWAYS GREAT PRICE

19⁹⁹

EACH

ALWAYS GREAT PRICE

21⁹⁹

EACH

ALL AISLES LEAD HOME KITCHENS OF THE WORLD

GOURMET MINI YELLOW POTATOES
PETITES POMMES DE TERRE JAUNES GOURMET

GOURMET MINI WHITE POTATOES
PETITES POMMES DE TERRE BLANCHES GOURMET

MINI GOURMET WHITE OR YELLOW POTATOES
PRODUCT OF CANADA; CANADA NO. 1 GRADE
5 LB BAG

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

2.98
EACH

Freybe
EUROPEAN WIENERS
SAUCISSES FUMÉES EUROPÉENNES

Nutrition Facts
Valeur nutritive

PER 1 SERVING (100 g)
% Daily Value

Calories / Calories 140

Total Lipids / Lipides 22 g 44%

Saturated / saturés 4.5 g 9%

Total Fat / gras 11 g 22%

Cholesterol / cholestérol 30 mg 6%

Sodium / sodium 480 mg 20%

Carbohydrate / glucides 1 g 0%

Fiber / fibres 0 g 0%

Sugars / sucres 0 g 0%

Protein / protéines 8 g 16%

Vitamin A / vitamine A 0%

Vitamin C / vitamine C 0%

Calcium / calcium 2%

Iron / fer 0%

PREPARED BY: FREYBE INC. / PRÉPARÉ PAR: FREYBE INC.

375 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

4.99
EACH

Prens COOKIES
200 G

PETIT BEURRE BISCUITS
400 G

Napolitanke WAFERS
187 G

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

1.49
EACH

Rocosta Weinkraut
454 G

Fritsch EGG NOODLES
454 G

NOWKA OR GLORIA SAUERKRAUT
750 G

RUGEN FISCH HERRING FILLETS
200 G

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

2.99
EACH

VEGETA SEASONING
500 G

BÖREK BITES
360-454 G FROZEN

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

4.99
EACH

SIELSKI'S OR GLORIA DILL PICKLES
500 G

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

3.49
EACH

UNICO PEPPER RINGS
750 ML

ARGETA PATE
375 G

MARQUIS MUSTARD
375 ML

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

2.99
EACH

JJ WILK PIEROGIES
217 G FROZEN

RITTER SPORT CHOCOLATE BARS
100 G

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

2.99
EACH

JORDANKA MINERAL WATER
1.5 L

CREAM CRACKERS
200g 7.5oz

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

4/\$5

ADRIATIC QUEEN SARDINES
150 G

PODRAVKA PATE
150 G

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

1.49
EACH

MARIA COOKIES
800 G

S&F JAM
375 ML

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

2.99
EACH

RIGA SMOKED SPRATS
150 G

S&F SARDINES
150 G

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

1.99
EACH

HAPPY SWING WAFERS
150 G

KRAKUS COOKIES
175 G

GOLDEN ALPS CHOCOLATE BAR
100 G

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

1.49
EACH

GLORIA HERB TEA
275 G

CARL JUNG DEALCOHOLIZED WINE
750 ML

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

99¢
EACH

5.99
EACH

GARDEN BASICS FOR LESS

10" HANGING BASKETS
SELECT STORES & VARIETIES
WHILE QUANTITIES LAST

ALWAYS GREAT PRICE

12⁹⁸
EACH

12" PLANTERS
SELECT STORES & VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

19⁹⁸
EACH

ASSORTED PERENNIALS
1 GALLON
SELECT STORES & VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

9⁹⁸
EACH

ASSORTED TEA, HARDY OR CLIMBER ROSES
2 GALLONS
SELECT STORES & VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

19⁹⁸
EACH

ASSORTED FRUIT PLANTS
1 GALLON
SELECT STORES & VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

10⁹⁸
EACH

10" MAJESTY PALMS
SELECT STORES
WHILE QUANTITIES LAST

THIS WEEK ONLY

19⁹⁸
EACH

6" LAVENDER
SELECT STORES
WHILE QUANTITIES LAST

THIS WEEK ONLY

9⁹⁸
EACH

8" ASSORTED FOLIAGE
SELECT VARIETIES

THIS WEEK ONLY

14⁸⁸
EACH

5" MONEY TREE

THIS WEEK ONLY

9⁸⁸
EACH

5" PREMIUM ORCHIDS

THIS WEEK ONLY

14⁸⁸
EACH

ASSORTED *BULBS GROW KITS

LOCKED DOWN

3⁴⁸
EACH

5 STEM GERBERAS
ASSORTED COLOURS

THIS WEEK ONLY

\$6

5 STEM ROSES
ASSORTED COLOURS

THIS WEEK ONLY

\$7

12 STEM POM BOUQUET

THIS WEEK ONLY

9⁹⁸
EACH

PERSONAL AND BABY CARE FOR LESS

HUGGIES PULL-UPS
64'S
GOODNITES DIAPERS
44'S
SELECTED VARIETIES

29⁹⁹
EACH

HUGGIES
snug & dry
diapers
ABSORBS IN SECONDS

THIS WEEK ONLY

39⁹⁹
EACH

HUGGIES SNUG & DRY DIAPERS
104 - 144'S
LITTLE MOVERS
136 - 168'S
SELECTED VARIETIES

TRESemmé
HAIR CARE
828 ML
SELECTED VARIETIES

LOCKED DOWN

5⁹⁹
EACH

LISTERINE
MOUTHWASH
1 L
SELECTED VARIETIES

LOCKED DOWN

5⁹⁹
EACH

COLGATE
MAX FRESH
TOOTHPASTE
375
COLGATE
VALUE PACK
TOOTHBRUSHES
4'S
SELECTED VARIETIES

LOCKED DOWN

7⁹⁹
EACH

BANANA BOAT
SUNSCREEN
150 - 315 ML, 141 - 226 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

9⁹⁹
EACH

PERSONNELLE
BABY DIAPERS
96 - 144'S
SELECTED VARIETIES

ALWAYS GREAT PRICE

26⁹⁹
EACH

PAMPERS
EASY UPS
56 - 74'S
SELECTED VARIETIES

LOCKED DOWN

26⁹⁹
EACH

PERSONNELLE
BABY PUREE
123 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

11⁷
EACH

PERSONNELLE
BABY TRAINING PANTS
33'S
SELECTED VARIETIES

ALWAYS GREAT PRICE

12⁹⁹
EACH

POISE
PADS
30
SELECTED VARIETIES

LOCKED DOWN

6⁹⁹
EACH

IRISH SPRING
BODY WASH
497 ML
SELECTED VARIETIES

LOCKED DOWN

7⁹⁹
EACH

Aveeno.
ACTIVE
NATURALS
BODY WASH
537 ML
SELECTED VARIETIES

LOCKED DOWN

9⁹⁹
EACH

Aveeno.
ACTIVE
NATURALS
MOISTURIZING
LOTION
537 ML
SELECTED VARIETIES

LOCKED DOWN

12⁹⁹
EACH

PAMPERS
BABY WIPES
40'S
SELECTED VARIETIES

LOCKED DOWN

3⁹⁹
EACH

Q-TIPS
400
SELECTED VARIETIES

LOCKED DOWN

3⁹⁹
EACH

BABY GOURMET
PUREE
112 ML
SELECTED VARIETIES

LOCKED DOWN

3/\$6

NESTLÉ
NIDO
NUTRITIONAL
SUPPLEMENT
850 G
SELECTED VARIETIES

LOCKED DOWN

23⁹⁹
EACH