

food Basics\$

SPRING IN



\$
SPRING SAVINGS
167
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 COLOURED 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
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 based on 1000 products. Prices in this flyer available while quantities last.

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* **wōw Leger**



SPRING INTO SAVINGS

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



SPRING SAVINGS
4.44
EACH



FRESH CHICKEN DRUMSTICKS
FAMILY PACK 4.14/KG

SPRING SAVINGS
1.88
/LB

CAVENDISH
FARMS
FRENCH FRIES
800 G
FROZEN
SELECTED VARIETIES



SPRING SAVINGS
1.98
EACH



LIMIT OF 3

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

SPRING SAVINGS
2.48
EACH



SPRING SAVINGS
2.98
EACH

PURE LIFE SPRING WATER
24 X 500 ML SELECTED VARIETIES



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

SPRING SAVINGS
5.98
EACH

IRRESISTIBLES
ALMONDS OR
WALNUTS
750 G - 1 KG
SELECTED VARIETIES



SPRING SAVINGS
9.88
EACH



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

SPRING SAVINGS
1.98
EACH

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



SPRING SAVINGS
10.98
EACH



COCA-COLA,
CANADA DRY OR PEPSI
6 X 710 ML
TOSTITOS
TORTILLA CHIPS OR
SMARTFOOD
POPCORN
165 - 295 G
SELECTED VARIETIES

SPRING SAVINGS
2.98
EACH

ALWAYS MORE FOR LESS

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

PRICES IN THIS FLYER AVAILABLE AT ALL KINGSTON LOCATIONS ONLY.

*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 FICELO 100% REAL CHEESE

BLACK DIAMOND CHEESE SHREDS 400 G
CHEESTRINGS 336 G SELECTED VARIETIES

SPRING SAVINGS
\$5.99
EACH



Lunch mate 90g

Lunch mate Pizza Pepperoni

Lunch mate Turkey Dinde

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

SPRING SAVINGS
2/\$5



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

BEATRICE CHOCOLATE MILK 2 L
SELECTED VARIETIES

SPRING SAVINGS
\$3.99
EACH



KRAFT PEANUT BUTTER 750 G - 1 KG
SELECTED VARIETIES

Smooth Crèmeux 1kg

Crunch Croquant

SPRING SAVINGS
\$5.99
EACH



PHILADELPHIA CREAM CHEESE 227 - 250 G

KRAFT SINGLES 410 G

CHEEZ WHIZ SPREAD 450 G SELECTED VARIETIES

SPRING SAVINGS
\$3.99
EACH



NABOB GROUND COFFEE 340 G
SELECTED VARIETIES

MAXWELL HOUSE COFFEE PODS 12'S

SPRING SAVINGS
\$5.99
EACH



ASTRO ORIGINAL OR BIOBEST YOGURT 650 - 750 G
SELECTED VARIETIES

ORIGINAL BALKAN YOGURT

BioBest PROBIOTIC YOGURT PRÉBIOTIQUE

PLAIN NATURE

SPRING SAVINGS
\$2.67
EACH



GENERAL MILLS FAMILY SIZE CEREAL 475 - 778 G SELECTED VARIETIES

Honey Nut Cheerios

Cinnamon Toast Crunch

SPRING SAVINGS
\$5.49
EACH



CATELLI PASTA 375 G

CATELLI GARDEN SELECT PASTA SAUCE 640 ML
SELECTED VARIETIES

SMART PENNE RIGATE

Garden Select MIX VEGETABLE RECIPES

SPRING SAVINGS
\$1.67
EACH



MAXWELL HOUSE GROUND COFFEE 900 - 925 G
SELECTED VARIETIES

ORIGINAL ROAST TORREFACTION ORIGINALE

SPRING SAVINGS
\$8.99
EACH



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

DAWN

Palmolive essential clean

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

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

1²⁸
/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

3⁹⁸
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

3⁹⁸
EACH

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

THIS WEEK ONLY

2⁹⁸
EACH

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

THIS WEEK ONLY

3⁹⁸
/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

3⁷⁷
EACH

CANARY MELON
PRODUCT OF BRAZIL
3.26/KG

THIS WEEK ONLY

1⁴⁸
/LB

BLACK PLUMS
PRODUCT OF CHILE
NO. 1 GRADE
2 LB

THIS WEEK ONLY

4⁹⁸
EACH

SWEET ASSORTED PEPPERS
PRODUCT OF HONDURAS OR MEXICO
PKG OF 4

THIS WEEK ONLY

4⁹⁸
EACH

GRAPEFRUITS
PRODUCT OF TURKEY
3 LB BAG

THIS WEEK ONLY

4⁹⁸
EACH

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

THIS WEEK ONLY

1⁹⁸
EACH

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

THIS WEEK ONLY

1⁹⁸
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

3⁸⁸
EACH

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

THIS WEEK ONLY

2⁹⁸
/LB

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

THIS WEEK ONLY

4⁹⁸
EACH

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

THIS WEEK ONLY

2⁸⁸
EACH

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

THIS WEEK ONLY

4⁷⁷
EACH

IRRESISTIBLES CROUTONS
SELECTED VARIETIES

THIS WEEK ONLY

2⁸⁸
EACH

ROASTED CASHEWS
WHOLE NOIX DE CAJOU RÔTIES

IRRESISTIBLES WHOLE ROASTED CASHEWS
SELECTED VARIETIES

THIS WEEK ONLY

17⁹⁹
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

Authentic FRESH PORK SAUSAGES
HOT/MILD, HONEY GARLIC OR
ENGLISH BANGER

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 W/ MAPLE LODGE OR ZABIHA HALAL CHICKEN WIENERS
450 G
SELECTED VARIETIES

THE ORIGINAL
CHICKEN WIENERS
450 G
SELECTED VARIETIES

THIS WEEK ONLY

2/\$5

SCHNEIDERS RedHots
ALL WINGS
YOUR FAVORITE

THIS WEEK ONLY

9.99
EACH

SCHNEIDERS RED HOTS FAMILY PACK
900 G
SELECTED VARIETIES

JANES Pub Style Wings
GARLIC

THIS WEEK ONLY

10.99
EACH

JANES PUB STYLE FULLY COOKED CHICKEN WINGS
600 G
SELECTED VARIETIES

MONTANA'S
ANGUS BEEF BURGERS
BURGERS TO BEEF BURGERS
1.02 KG

THIS WEEK ONLY

14.99
EACH

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

MACARONI
TRADITIONNELLE

THIS WEEK ONLY

3.99
EACH

SELECTION DELI SALADS
400 G
SELECTED VARIETIES

Tre Stelle
RICOTTA OR BOCCONCINI

THIS WEEK ONLY

5.49
EACH

TRE STELLE RICOTTA OR BOCCONCINI
450 - 475 G
SELECTED VARIETIES

PRIME
CHICKEN STRIPS

THIS WEEK ONLY

12.99
EACH

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

NATURAL SMOKED HAM
JAMBON FUMÉ
NATURISCHNEIDERS OR MAPLE LEAF SMOKED BONELESS HALF HAM

THIS WEEK ONLY

13.99
EACH

NATURAL SMOKED HAM JAMBON FUMÉ
600 - 700 G
SELECTED VARIETIES

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

FETA

THIS WEEK ONLY

6.49
EACH

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

MASTRO
SLICED GENOA, CACCIATORE OR SAN DANIELE PROSCIUTTO

THIS WEEK ONLY

7.99
EACH

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

CHELSEA
FRESH BONED SALTED FISH BITS

THIS WEEK ONLY

3.99
EACH

BONED SALTED FISH BITS
MORCEAUX DE POISSON
SALÉ DÉSAKÉTÉE
POLLOCK / GOERGE
400 G
PACKED IN POLYESTER
WITH AN ANTIOXIDANT
MINDINGALGA ONLY

IRRESISTIBLES SALT & PEPPER CALAMARI
340 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

6.99
EACH

LES HORS-D'ŒUVRE
CRISPY CALAMARI
CUMARIS
CROUSTILLANTS
SALT & PEPPER
340 G FROZEN

Anchor's Bay
COOKED SHRIMP

THIS WEEK ONLY

7.49
EACH

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

SELECTION
BASA, TILAPIA OR POLLOCK FILLETS

THIS WEEK ONLY

10.99
EACH

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

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!
2 \$5.99
 FOR
 OR
3 \$7.99
 FOR

*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 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



PEANUT 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



THIS WEEK ONLY **2.49** EACH

QUAKER CRISPY MINIS 90 - 199 G SELECTED VARIETIES



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 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 ORANGE JUICE 1.5 L SELECTED VARIETIES



THIS WEEK ONLY **4.49** 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

GLUTEN FREE FOR LESS



PROMISE GLUTEN FREE HAMBURGER BUNS
260 G

LOCKED DOWN

649
EACH

O'Doughs
Tous Moins

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

Gluten Free Tortillas

LOCKED DOWN

699
EACH

BFREE GLUTEN FREE TORTILLAS
168 - 252 G
SELECTED VARIETIES

Honey Nut

Chex

CHEX CEREAL
354 G
SELECTED VARIETIES

THIS WEEK ONLY

399
EACH

CATELLI

GLUTEN FREE

GHETTI

CATELLI GLUTEN FREE PASTA
340 G
SELECTED VARIETIES

LOCKED DOWN

299
EACH

Irresistibles

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

MINI CHIPS

ENJOY LIFE GLUTEN FREE CHOCOLATE CHIPS
283 G
SELECTED VARIETIES

LOCKED DOWN

599
EACH

GOGO SQUEEZ

no sugar added

apple apple

GOGO SQUEEZ GLUTEN FREE FRUIT SNACK
360 G
SELECTED VARIETIES

LOCKED DOWN

2/\$6

Calbee

HARVEST SNAPS

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

Kilimanjaro

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
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®

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

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
OMEGA-3 120'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