

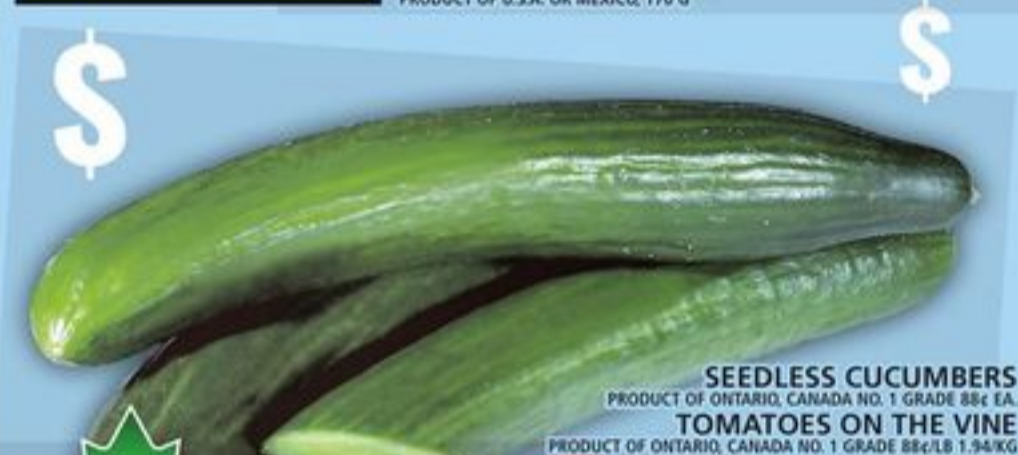
food Basics\$

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 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

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

\$
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 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
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
1.8 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

Honey Nut Cheerios
MADE WITH Real Honey

Cinnamon Toast Crunch

SPRING SAVINGS
\$5.49
EACH



Astro ORIGINAL BALKAN YOGURT
750 g

BioBest PROBIOTIC YOGURT PRÉBIOTIQUE
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 SMART PENNE RIGATE
375 g

CATELLI GARDEN SELECT PASTA SAUCE
640 ML
SELECTED VARIETIES

SPRING SAVINGS
\$1.67
EACH



DAWN 475 mL

Palmolive essential clean ORIGINAL
475 mL

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 NoSSo 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



ALWAYS GREAT PRICE

4.99
EACH

SELECTION
TORTILLAS
12'S



ALWAYS GREAT PRICE

99¢
EACH

SELECTION
FLAVOURED
SPARKLING WATER
1 L SELECTED VARIETIES



ALWAYS GREAT PRICE

12.99
EACH

IRRESISTIBLES
FULLY COOKED
PORK BACK
RIBS
680 G FROZEN
SELECTED VARIETIES



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**



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

EXTRA LARGE

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

WE LOVE LOCAL Ontario
Crunchy

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

WE LOVE LOCAL Ontario
GALA
Hand-picked - Available in 6.57/KG

TASTE AT ITS PEAK CRISP
100% FRESH
100% PRICE
100% CRISP
100% TASTE

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

Nantego
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
100 G
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

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 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 OR BEEF ANGUS

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
1.000 - 1.700 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 - 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 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 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 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



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 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 1.8 x 200 ML 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 les jours
Tous les jours

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

LOCKED DOWN

699
EACH

BFREE GLUTEN FREE TORTILLAS
168 - 252 G
SELECTED VARIETIES

Honey Nut
Chex
Savour le miel et de noix

CHEX CEREAL
354 G
SELECTED VARIETIES

THIS WEEK ONLY

399
EACH

CATELLI

gluten free

CATELLI GLUTEN FREE PASTA
340 G
SELECTED VARIETIES

LOCKED DOWN

299
EACH

Irresistibles

NATURALIA

Cauliflower
PIZZA CRUSTS - CRÔTES À PIZZA au chou-fleur

IRRESISTIBLES NATURALIA CAULIFLOWER PIZZA CRUSTS
500 G
SELECTED VARIETIES

THIS WEEK ONLY

697
EACH

HALO TOP
chocolate chip cookie dough

150
calories
par 100 ml

HALO TOP FROZEN DESSERT
473 ML
SELECTED VARIETIES

LOCKED DOWN

649
EACH

Enjoy Life

MINI CHIPS
MINIPÉPITES

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
CRISPS

HARVEST SNAPS CRISPS
94 G
SELECTED VARIETIES

LOCKED DOWN

299
EACH

LIFE SMART

NATURALIA

Original

LIFE SMART NATURALIA TORTILLA CHIPS
350 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

299
EACH

SKINNY POP
POPCORN

SKINNY POP POPCORN
125 G
SELECTED VARIETIES

LOCKED DOWN

2/\$7

PRANA
ORGANIC BIO

kilimanjaro
chocolate mix
mélange chocolat

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
250-280 G
SALSA
650 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3.99
EACH



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 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 x 3
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

1 Hardy Perennial Blooms Year After Year

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 60'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