

# food Basics

# WOW

**HEINZ ALPHA GETTI**  
ALPHABET PASTA  
WITH TOMATO SAUCE  
125g (4.4oz) (NET WT)  
125g (4.4oz) (NET WT)  
125g (4.4oz) (NET WT)

**HEINZ BEANS ORIGINAL**  
In Tomato Sauce  
HIGH SOURCE OF FIBRE  
390 ml (13.4 fl oz)

**Kraft**

**87¢ EACH**

HEINZ CANNED MEAL OR BEANS  
390 ml  
SELECTED VARIETIES

**Silk Almond**  
ZERO SUGAR  
35% ALMOND MILK  
1.5L (50.7 fl oz)

**Silk NEXTMILK**  
PLANT-BASED MILK  
TASTE LIKE DAIRY MILK  
Dairy-Free  
1.5L (50.7 fl oz)

SILK ALMOND OR NEXTMILK BEVERAGE  
1.5L (50.7 fl oz)  
SELECTED VARIETIES

**DANONE**  
ONE PLANT. ONE WORLD.

**2.88 EACH**

**KEURIG**  
GENUINE K-CUP PODS  
CAPSULES K-CUP  
AUTHENTIQUE

**Timothy's**

**MEDIUM**  
ROAST / TORREFACTION  
MOYENNE

**COLOMBIAN LA VEREDA**  
COLOMBIEN LA VEREDA

**Keurig DrPepper**

**9.98 EACH**

TIMOTHY'S COFFEE PODS  
30'S  
SELECTED VARIETIES

**Jamieson**  
GENTLE/DOUCE  
**Iron/Fer**  
28 mg

**Jamieson**  
VITAMIN C OR D3  
1,000 IU  
120 - 240'S  
IRON  
90'S  
SELECTED VARIETIES

**Jamieson**  
CHEWABLE  
NATURAL TANGY ORANGE  
**C**  
500 mg

**BONUS**  
100-20  
Supports a healthy immune system

**4.98 EACH**

## ALWAYS MORE

GET READY TO SAVE! GREAT PRICES START

# JUST LOW PRICES

## No gimmicks. Easy to understand prices.

**SELECTION CROISSANTS**  
10 croissants  
500 g

**4.99 EACH**

SELECTION CROISSANTS  
10'S

**ONTARIO PEACH**  
PEACH AND VANILLA  
ICE CREAM WITH  
PIECES  
1.5L (50.7 fl oz)

**The Creamiest**  
SUNDAES MADE WITH CREAM  
**Bordeaux Cherry**  
4.18 L (141.2 fl oz)

**4.44 EACH**

IRRESISTIBLES ICE CREAM  
1.5L  
NOVELTIES  
4 - 5'S  
SELECTED VARIETIES

**Life Smart**  
**NATURALIA**  
BEEF BURGERS  
700 g  
FROZEN  
SELECTED VARIETIES

**12.99 EACH**

LIFE SMART NATURALIA BEEF BURGERS  
700 g  
FROZEN  
SELECTED VARIETIES

**10" HANGING BASKETS**  
ASSORTED VARIETIES  
SELECTED STORES  
WHILE QUANTITIES LAST

**12.98 EACH**

# food Basics

THE GROCER WITH THE BEST COMPETITIVE PRICES\* wQw Leger



# WOWZA!

ATLANTIC SALMON FILLET FAMILY PACK 23.99/KG

GUARANTEED FRESHNESS YOU CAN TRACE FROM THE CATCH TO THE CASE

**\$10<sup>88</sup>** /LB

ALWAYS CANADIAN WE LOVE LOCAL

FRESH BONELESS SKINLESS CHICKEN BREAST FAMILY PACK 10.27/KG

**\$4<sup>66</sup>** /LB

MARC ANGELO ITALIAN SLICED DELI MEAT, PILLER'S KOLBASSA OR PEPPERONI FOR PIZZA OR IRRESISTIBLES GOAT CHEESE 100 - 375 G SELECTED VARIETIES

**\$4<sup>88</sup>** EACH

PRODUCT OF ITALY

SCHNEIDERS BACON 375 G SELECTED VARIETIES

**\$3<sup>88</sup>** EACH

LEMONS PRODUCT OF U.S.A. OR SOUTH AFRICA 2 LB BAG GALA, AMBROSIA, HONEYCRISP, McINTOSH, RED PRINCE OR RED DELICIOUS APPLES PRODUCT OF ONTARIO, CANADA FANCY GRADE 3 LB BAG

**\$2<sup>98</sup>** EACH

WE LOVE LOCAL

BLUEBERRIES 170 G PRODUCT OF U.S.A. OR MEXICO NO. 1 GRADE SEEDLESS NAVEL ORANGES PRODUCT OF SPAIN OR EGYPT 3 LB BAG

**\$1<sup>88</sup>** EACH

HÄAGEN-DAZS ICE CREAM 450 ML NOVELTIES 3-45 SELECTED VARIETIES

vanilla almond amande

**\$4<sup>98</sup>** EACH

YELLOW ONIONS PRODUCT OF ONTARIO OR U.S.A. NO. 1 GRADE 2 LB BAG CARROTS PRODUCT OF ONTARIO, U.S.A. OR MEXICO NO. 1 GRADE 2 LB BAG BROCCOLI CROWNS PRODUCT OF U.S.A. OR MEXICO

**\$1<sup>25</sup>** EACH

PREMIUM DOZEN ROSES ASSORTED COLOURS

HAPPY MOTHER'S DAY

**\$16<sup>88</sup>** EACH

HEREFORD CORNED BEEF OR SPAM LUNCHEON MEAT 340 G GOLD SEAL PINK SALMON 213 G OCEAN'S ALBACORE TUNA 170 G SELECTED VARIETIES

**\$2<sup>98</sup>** EACH

# ALWAYS MORE FOR LESS

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, MAY 9<sup>TH</sup> TO WEDNESDAY, MAY 15<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.

# WOWZA!

**CRACKER BARREL TEX MEX**  
BLACK DIAMOND CHEESTRINGS OR STICKS 257 - 186 G  
CRACKER BARREL SHREDDED CHEESE 320 G  
SELECTED VARIETIES

**\$5.99** EACH

**Dempster's 12 GRAIN**  
NO ARTIFICIAL FLAVOURS OR COLOURS  
DEMPSTER'S WHOLE GRAIN BREAD 450 - 480 G  
SIGNATURE BUNS 5 - 8'S  
SELECTED VARIETIES

**\$2.99** EACH

**NATREL**  
LACTOSE FREE OR ORGANIC MILK 2 L  
SIGGI'S SKYR YOGURT 750 G  
SELECTED VARIETIES

**\$4.99** EACH

**McCain Superfries**  
EXTRA CRISPY CROQUILLANTES  
McCain FRENCH FRIES 454 - 455 G FROZEN  
SELECTED VARIETIES

**\$2.99** EACH

**HELLMANN'S REAL VRAIE MAYONNAISE**  
750 - 850 ML  
SELECTED VARIETIES

**\$5.99** EACH

**GENERAL MILLS HONEY NUT CHEERIOS** 430 G  
**CINNAMON TOAST CRUNCH** 354 G  
**QUAKER HARVEST CRUNCH** 475 G  
SELECTED VARIETIES

**\$3.33** EACH

**COCA-COLA CANADA DRY OR PEPSI**  
6 x 750 ML  
SELECTED VARIETIES

**\$3.99** EACH

**CLOVER LEAF LIGHT TUNA**  
750 G  
FLAVOURED TUNA 85 G  
SELECTED VARIETIES

**\$1.49** EACH

**COCA-COLA ORIGINAL TASTE** 12 x 330 ML (4.28 L)  
**PEPSI** 12 x 355 ML  
COCA-COLA, CANADA DRY, PEPSI OR 7UP  
12 x 355 ML  
SELECTED VARIETIES

**\$6.99** EACH

**Doritos** **Ruffles** **Cheetos**  
RUFFLES POTATO CHIPS, DORITOS TORTILLA CHIPS, SMARTFOOD POPCORN, CHEETOS OR MUNCHIES SNACKS  
150 - 285 G SELECTED VARIETIES

**2/6.50**

**Cashmere** **Sponge Towels Ultra** **Scotties**  
CASHMERE BATHROOM TISSUE 12 x 24'S  
SPONGE TOWELS ULTRA OR SCOTTIES FACIAL TISSUE 6'S  
SELECTED VARIETIES

**\$7.49** EACH

**Gain** **Tide** **Downy**  
TIDE OR GAIN LAUNDRY DETERGENT  
DOWNY FABRIC SOFTENER  
150 LOADS, 7.29 L  
SELECTED VARIETIES

**\$14.99** 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 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

9:21



# DIGITAL DEAL OF THE WEEK

# SAVE \$3



**BLACK DIAMOND  
SHREDED CHEESE\***  
907 G

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

**DIGITAL DEAL** Food Basics

# 14<sup>99</sup> EACH

\$17.99 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://www.foodbasics.ca)

**NEW!**

**PICKUP  
OR  
DELIVERY  
NOW  
AVAILABLE**



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



**ALWAYS FRESH**

**ALWAYS GREAT PRICES**

**ALWAYS IN STOCK**

# ALWAYS Save Every Day



**SELECTION LOAF CAKE**  
400 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**3.99**  
EACH



**SELECTION POTATO CHIPS**  
200 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**1.49**  
EACH



**SELECTION SLICED DELI MEAT**  
400 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**8.99**  
EACH



**SELECTION OR IRRESISTIBLES LIFE SMART BEANS**  
540 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**1.49**  
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!**  
\$ \$





# PRODUCE

**WE LOVE LOCAL**  
SEEDLESS CUCUMBER  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE

**THIS WEEK ONLY**  
**2/\$3**

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

**THIS WEEK ONLY**  
**2.98**  
EACH

**WE LOVE LOCAL**  
WHOLE WHITE OR CREMINI MUSHROOMS  
PRODUCT OF ONTARIO  
454 G

**1 LB**  
**THIS WEEK ONLY**  
**3.98**  
EACH

**FIRST OF THE SEASON**  
**WE LOVE LOCAL**  
ASPARAGUS  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE  
8.77/KG

**THIS WEEK ONLY**  
**3.98**  
/LB

**WE LOVE LOCAL**  
TOMATOES ON THE VINE  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE  
4.37/KG

**THIS WEEK ONLY**  
**1.98**  
/LB

**Clementines**  
CLEMENTINES  
PRODUCT OF SPAIN OR MOROCCO  
2 LB BAG

**THIS WEEK ONLY**  
**3.98**  
EACH

**WE LOVE LOCAL**  
KIWIS  
PRODUCT OF GREECE, 600 G

**THIS WEEK ONLY**  
**3.98**  
EACH

**WE LOVE LOCAL**  
KALE  
PRODUCT OF U.S.A.

**THIS WEEK ONLY**  
**1.98**  
EACH

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

**THIS WEEK ONLY**  
**3.98**  
/LB

**DEMI**  
GREEN BEANS HARICOTS VERTS  
PRODUCT OF U.S.A.  
340 G

**THIS WEEK ONLY**  
**3.77**  
EACH

**Fresh Florida**  
SWEET CORN  
PRODUCT OF U.S.A.  
PKG OF 4

**THIS WEEK ONLY**  
**3.98**  
EACH

**Dole**  
CLASSIQUE Kit  
CAESAR CÉSAR  
PRODUCT OF U.S.A.  
188 - 303 G

**THIS WEEK ONLY**  
**3.98**  
EACH

**Dole**  
SUPREME Kit  
SOUTHWEST SALADE DU SUD  
PRODUCT OF U.S.A.  
188 - 303 G

**THIS WEEK ONLY**  
**3.98**  
EACH

**LIMES**  
LIMES  
PRODUCT OF MEXICO OR BRAZIL, 1 LB BAG

**THIS WEEK ONLY**  
**2.98**  
EACH

**CANTALOUPE**  
PRODUCT OF GUATEMALA, NO. 1 GRADE

**WE LOVE LOCAL**  
HOTHOUSE GRAPE TOMATOES  
PRODUCT OF CANADA OR MEXICO  
NO. 1 GRADE 215 G

**THIS WEEK ONLY**  
**1.98**  
EACH

**WE LOVE LOCAL**  
MINI CUCUMBERS  
PRODUCT OF ONTARIO  
CANADA NO. 1, 397 G

**THIS WEEK ONLY**  
**1.98**  
EACH

**WE LOVE LOCAL**  
MINI SEEDLESS WATERMELON  
PRODUCT OF U.S.A.

**THIS WEEK ONLY**  
**3.98**  
EACH

**WE LOVE LOCAL**  
THE LITTLE POTATO CO.  
LITTLE YELLOWS PITTES JAUNES  
PRODUCT OF CANADA  
CANADA NO. 1 GRADE  
680 G

**THIS WEEK ONLY**  
**2.98**  
EACH

**WE LOVE LOCAL**  
LPC POTATOES  
PRODUCT OF CANADA  
CANADA NO. 1 GRADE  
680 G

**THIS WEEK ONLY**  
**2.98**  
EACH

**WE LOVE LOCAL**  
AVOCADOS  
PRODUCT OF MEXICO OR PERU BAG OF 5 OR 8

**THIS WEEK ONLY**  
**4.98**  
EACH

**WE LOVE LOCAL**  
SWEET ASSORTED PEPPERS  
PRODUCT OF HONDURAS OR MEXICO, PKG OF 4

**WE LOVE LOCAL**  
ONTARIO HEIRLOOM TOMATOES  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE  
547 G

**THIS WEEK ONLY**  
**2.98**  
EACH

**WE LOVE LOCAL**  
ONTARIO GREENHOUSE STRAWBERRIES  
PRODUCT OF ONTARIO  
CANADA NO. 1  
340 G

**THIS WEEK ONLY**  
**3.98**  
EACH

**IRRESISTIBLES NUTS**  
200 - 250 G  
SELECTED VARIETIES

**THIS WEEK ONLY**  
**3.98**  
EACH

**Fontaine Santé**  
TOFU  
400 G  
SELECTED VARIETIES

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

# MEAT

**FRESH FROM THE FARM OR ZABIHA HALAL WHOLE CHICKEN**  
W/ SKIN & GIBBETS  
7.69/KG

**THIS WEEK ONLY**  
**3.49**  
/LB

**FRESH MEDIUM GROUND BEEF FAMILY PACK**  
11.00/KG

**THIS WEEK ONLY**  
**4.99**  
/LB

**BUTTERBALL**  
BUTTERBALL FRESH RAISED WITHOUT ANTIBIOTICS SEASONED TURKEY THIGHS OR DRUMSTICKS 9.90/KG

**THIS WEEK ONLY**  
**4.49**  
/LB

**SELECTION HONEY GARLIC MIEL D'AIL**  
FRESH SELECTION PORK SAUSAGES  
FAMILY PACK  
HOT MILD, HONEY GARLIC OR BREAKFAST  
9.90/KG

**THIS WEEK ONLY**  
**4.49**  
/LB

**Chicken Wings Ailes de poulet**  
CHICKEN WINGS, SPICE GLAZED  
AILES DE POULET, MEXICAIN, BLANCHES  
1.2 kg

**THIS WEEK ONLY**  
**10.99**  
EACH

**TILLSONBURG SPLIT CHICKEN WINGS**  
INCLUDING HALAL  
1.2 KG FROZEN  
SELECTED VARIETIES

**THIS WEEK ONLY**  
**10.99**  
EACH

**FRESH BONELESS PORK COMBINATION CHOPS**  
INCLUDING CENTRE CUT CHOPS  
11.00/KG

**THIS WEEK ONLY**  
**4.99**  
/LB

**CHICKEN INCH**  
POULTRY STYLE  
375 G

**THIS WEEK ONLY**  
**4.99**  
EACH

**Maple Lodge**  
ULTIMATE DINNER OR BREAKFAST SAUSAGES OR CAVENDISH POTATO PATTIES  
375 G - 1.2 KG  
SELECTED VARIETIES

**THIS WEEK ONLY**  
**4.99**  
EACH

**SELECTION SMOKED BONELESS HALF HAM**  
675 G SELECTED VARIETIES

**THIS WEEK ONLY**  
**\$8**  
EACH

**SCHNEIDERS**  
SMOKIES OR ORIGINAL JUMBO WIENERS  
800 G - 1.5 KG  
SELECTED VARIETIES

**THIS WEEK ONLY**  
**11.99**  
EACH

**Buddig**  
SLICED DELI MEAT  
25 G  
SELECTED VARIETIES

**THIS WEEK ONLY**  
**1.49**  
EACH

**Tre Stelle**  
PANIERI  
TRE STELLE PANIERI HALLOUMI  
200 - 230 G  
SELECTED VARIETIES

**THIS WEEK ONLY**  
**4.99**  
EACH

**Maple Leaf**  
NATURAL SELECTION 5 SLICED DELI MEAT  
125 - 175 G SELECTED VARIETIES

**THIS WEEK ONLY**  
**4.99**  
EACH

**Pogo**  
ORIGINAL BREADED SAUSAGES  
1.5 KG FROZEN  
SELECTED VARIETIES

**THIS WEEK ONLY**  
**13.99**  
EACH

**Fontaine Santé**  
SANTÉ SALADS OR RESER'S SIDES  
350 - 547 G  
SELECTED VARIETIES

**THIS WEEK ONLY**  
**4.99**  
EACH

**SEAHORSE**  
COOKED SHRIMP  
91 - 120 CT  
340 G FROZEN  
SELECTED VARIETIES

**THIS WEEK ONLY**  
**6.49**  
EACH

**Naturalia**  
LIFE SMART NATURALIA COD, HADDOCK OR SOLE FISH FILLETS  
140 G FROZEN  
SELECTED VARIETIES

**THIS WEEK ONLY**  
**7.99**  
EACH

**Pan-Sear**  
HADDOCK  
CATCH OF THE DAY FISH FILLETS  
425 - 1.12 KG  
FROZEN  
SELECTED VARIETIES

**THIS WEEK ONLY**  
**11.99**  
EACH

# BAKERY

**IRRESISTIBLES BRIOCHE BREAD OR BUNS**  
480 - 500 G  
SELECTED VARIETIES

**THIS WEEK ONLY**  
**4.49**  
EACH

**SELECTION BAGELS**  
340 - 310 G  
ENGLISH MUFFINS  
6'S  
SELECTED VARIETIES

**THIS WEEK ONLY**  
**1.99**  
EACH

**Apple Pommes**  
1 kg

**THIS WEEK ONLY**  
**6.99**  
EACH

**IRRESISTIBLES PIE**  
750 G - 1 KG  
COFFEE CAKE 850 G SELECTED VARIETIES

**THIS WEEK ONLY**  
**6.99**  
EACH

**SELECTION SQUARES**  
400 - 450 G  
CHARLOTTE'S CAKE  
400 - 475 G  
SELECTED VARIETIES

**THIS WEEK ONLY**  
**5.49**  
EACH

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

# LOCKED DOWN



**ASTRO ORIGINAL OR BIOBEST YOGURT**  
630 - 750 G  
SELECTED VARIETIES

**267**  
EACH



**PILLSBURY PIZZA POPS**  
300 G  
**TOASTER STRUDEL**  
325 G FROZEN  
SELECTED VARIETIES

**299**  
EACH



**DANONE TWO GOOD GREEK YOGURT**  
SELECTED VARIETIES

**333**  
EACH



**JORDANS MORNING CRISP OR MUESLI CEREAL**  
400 G  
SELECTED VARIETIES

**599**  
EACH



**NATURA ORGANIC SOY BEVERAGE**  
946 ML  
SELECTED VARIETIES

**249**  
EACH



**POWERADE SPORT DRINK OR PEATEA ICED TEA**  
495 - 750 ML  
SELECTED VARIETIES

**99¢**  
EACH



**ROCKSTAR ENERGY DRINK**  
473 ML  
SELECTED VARIETIES

**249**  
EACH



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

**649**  
EACH



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

**349**  
EACH



**GALLO OLIVE OIL**  
1 L

**1499**  
EACH



**CAMPBELL'S CONDENSED SOUP**  
284 ML  
SELECTED VARIETIES

**199**  
EACH



**CLUB HOUSE SPICES**  
70 - 270 G  
SELECTED VARIETIES

**599**  
EACH



**HAMBURGER HELPER**  
165 - 200 G  
SELECTED VARIETIES

**199**  
EACH



**ALLEN'S WHITE OR CLEANING VINEGAR**  
2.5 - 4 L  
SELECTED VARIETIES

**299**  
EACH



**PLEDGE FURNITURE POLISH**  
275 G  
SELECTED VARIETIES

**699**  
EACH



**LYSOL DISINFECTANT SPRAY OR WIPES**  
350 G, 75 - 81'S  
SELECTED VARIETIES

**599**  
EACH



**AIR WICK SPRAY OR REFILLS**  
175 - 190 G, 20 ML  
SELECTED VARIETIES

**699**  
EACH



**ALCAN ALUMINIUM FOIL**  
180 G, 20 ML  
SELECTED VARIETIES

**799**  
EACH

Happy Mother's Day

# \$10 OFF

**\$50 Boston Pizza and \$50 H&M Gift Cards**  
Offer valid May 9 - 15, 2024

Available at 



**\$50**



**\$50/\$05**

Subject to availability. While supplies last. See gift cards for details, terms, conditions and (if applicable) fees. All trademarks are property of their respective owners. The gift cards featured are not sponsors or otherwise affiliated with this company.

# ALWAYS GREAT PRICE



**IRRESISTIBLES PIZZA**  
340 - 390 G FROZEN  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**3.97**  
EACH



**IRRESISTIBLES FRUIT**  
400 - 600 G FROZEN  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**4.44**  
EACH



**SELECTION CHOCOLATE CHIPS**  
835 G - 1 KG  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**10.99**  
EACH



**SELECTION DRINKS**  
283 ML FROZEN  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**99¢**  
EACH



**1.13 KG**

**SELECTION DELUXE MIXED NUTS**  
1.13 KG  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**19.99**  
EACH



**IRRESISTIBLES OR SELECTION PARMESAN CHEESE**  
250 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**6.49**  
EACH



**IRRESISTIBLES CRANBERRY COCKTAIL OR JUICE BLENDS**  
1.89 L  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**2.99**  
EACH



**SELECTION ORIENTAL SAUCE**  
350 - 355 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**2.99**  
EACH



**SELECTION KETCHUP**  
1 L  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**3.27**  
EACH



**SELECTION SALAD DRESSING**  
473 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**2.79**  
EACH



**SELECTION FLAVOURED SPARKLING WATER**  
1 L  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**99¢**  
EACH



**SELECTION RELISH**  
375 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**1.79**  
EACH



**SELECTION OR LIFE SMART SWEETENER**  
300 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**3.99**  
EACH



**SELECTION CANNED FRUIT**  
296 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**2.99**  
EACH



**SELECTION ECO PAPER STRAWS**  
100'S  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**1.99**  
EACH



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

**ALWAYS GREAT PRICE**

**4.99**  
EACH



**SELECTION DISHWASHING DETERGENT**  
600 - 828 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**1.97**  
EACH



**SELECTION BLEACH**  
2.4 L  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**3.49**  
EACH

SHARE A  
**S'MORE**  
LIKE NEVER BEFORE



CADBURY DAIRY MILK BARS  
200 G  
SELECTED VARIETIES  
LOCKED DOWN   
**3.99**  
EACH



CADBURY CHOCOLATE POUCHES  
152 - 170 G  
SELECTED VARIETIES  
LOCKED DOWN   
**3.99**  
EACH



LOCKED DOWN   
**4.99**  
EACH

CHRISTIE HONEYMAID WAFERS  
400 G  
SELECTED VARIETIES



ALWAYS GREAT PRICE   
**2.99**  
EACH

SELECTION MARSHMALLOWS  
454 G  
SELECTED VARIETIES

COCOA LIFE IS OUR SUSTAINABLE COCOA SOURCING PROGRAM THAT DOES GOOD BY ENCOURAGING RESPONSIBLE FARMING, AND BY HELPING FIGHT DEFORESTATION AND SUPPORT COCOA FARMING COMMUNITIES. COCOALIFE.ORG

**START YOUR  
SUMMER  
RIGHT**



CHRISTIE FAMILY SIZE COOKIES  
408 - 488 G  
SELECTED VARIETIES



LOCKED DOWN   
**3.99**  
EACH



LOCKED DOWN   
**3/\$7**

SOUR PATCH KIDS OR FUZZY PEACH MAYNARDS CANDY  
150 - 154 G  
SELECTED VARIETIES



LOCKED DOWN   
**2.49**  
EACH

CHRISTIE BITS & BITES OR CRISPERS SNACKS  
145 G  
SELECTED VARIETIES



LOCKED DOWN   
**2.49**  
EACH

TRISCUIT CRACKERS  
185 - 200 G  
SELECTED VARIETIES



LOCKED DOWN   
**2.49**  
EACH

CHRISTIE RITZ OR WHEAT THINS CRACKERS  
180 - 386 G  
SELECTED VARIETIES



LOCKED DOWN   
**2.49**  
EACH

OREO OR CHIPS AHOY! MINI SNAK PAKS  
150 - 156 G  
SELECTED VARIETIES



LOCKED DOWN   
**2/\$6**

CHRISTIE PEAK FREANS OR DAD'S OATMEAL COOKIES  
275 - 330 G  
SELECTED VARIETIES

# BREAKFAST FOR MOM



HAPPY MOTHER'S DAY  
**4.99**  
EACH

IRRESISTIBLES MUFFINS 500 G SELECTED VARIETIES



HAPPY MOTHER'S DAY  
**4.49**  
/LB

FRESH SELECTION PORK SAUSAGES FAMILY PACK 9.90/KG



HAPPY MOTHER'S DAY  
**4.49**  
EACH

NESTLÉ COFFEE MATE 828 - 946 ML SELECTED VARIETIES



HAPPY MOTHER'S DAY  
**4.44**  
EACH

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



HAPPY MOTHER'S DAY  
**3.88**  
EACH

IRRESISTIBLES ORANGE JUICE 1.5 L SELECTED VARIETIES



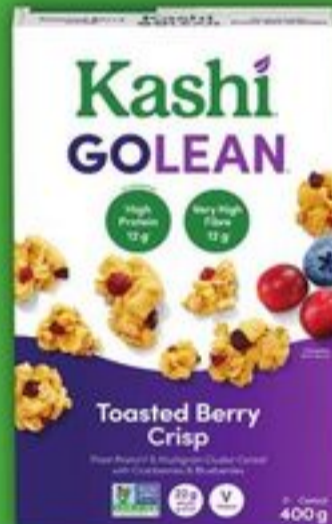
HAPPY MOTHER'S DAY  
**3.99**  
EACH

KELLOGG'S MINI-WHEATS 510 G VECTOR CEREAL 400 G SELECTED VARIETIES



HAPPY MOTHER'S DAY  
**3.99**  
EACH

ACTIVIA YOGOURT 8x 100 G SELECTED VARIETIES



HAPPY MOTHER'S DAY  
**4.99**  
EACH

KASHI CEREAL 345 - 460 G SELECTED VARIETIES



HAPPY MOTHER'S DAY  
**6.99**  
EACH

LIFE SMART NATURALIA FREE RUN OMEGA-3 EGGS 12x 175 G SELECTED VARIETIES



HAPPY MOTHER'S DAY  
**2.88**  
EACH

SELECTION OATS 1 KG INSTANT OATMEAL 350 - 450 G SELECTED VARIETIES



HAPPY MOTHER'S DAY  
**5.99**  
EACH

SELECTION HONEY 375 G SELECTED VARIETIES



HAPPY MOTHER'S DAY  
**2.77**  
EACH

SELECTION WAFFLES OR PANCAKES 280 - 320 G FROZEN SELECTED VARIETIES



HAPPY MOTHER'S DAY  
**11.47**  
EACH

STARBUCKS NESPRESSO VERTUO COFFEE CAPSULES 8 - 10'S SELECTED VARIETIES



HAPPY MOTHER'S DAY  
**3.49**  
EACH

BURNBRAE EGG BAKES 2 QUICHES 349 G FROZEN SELECTED VARIETIES



HAPPY MOTHER'S DAY  
**2.97**  
EACH

SELECTION WHIPPING CREAM 473 ML SELECTED VARIETIES



HAPPY MOTHER'S DAY  
**4.49**  
EACH

IMPERIAL MARGARINE 450 G SELECTED VARIETIES



HAPPY MOTHER'S DAY  
**2.99**  
EACH

BETTY CROCKER BROWNIE MIX 440 - 550 G SELECTED VARIETIES



HAPPY MOTHER'S DAY  
**2.97**  
EACH

SELECTION PANCAKE MIX 750 G TABLE SYRUP 750 ML SELECTED VARIETIES

# HAPPY MOTHER'S DAY



**HAPPY MOTHER'S DAY**  
**16<sup>88</sup>**  
EACH

PREMIUM DOZEN ROSES ASSORTED COLOURS



**HAPPY MOTHER'S DAY**  
**18<sup>88</sup>**  
EACH

MOTHER'S DAY MIXED BOUQUET ASSORTED COLOURS



**HAPPY MOTHER'S DAY**  
**\$12**  
EACH

MIXED LARGE BOUQUET ASSORTED COLOURS



**HAPPY MOTHER'S DAY**  
**\$15**  
EACH

MIXED SIGNATURE BOUQUET OR GRAB'N GO VASE ARRANGEMENT ASSORTED COLOURS



**HAPPY MOTHER'S DAY**  
**\$7**  
EACH

10 STEM TULIPS



**HAPPY MOTHER'S DAY**  
**11<sup>88</sup>**  
EACH

15 STEM CARNATIONS ASSORTED COLOURS



**HAPPY MOTHER'S DAY**  
**6<sup>88</sup>**  
EACH

4.5" SINGLE BLOOM HYDRANGEAS ASSORTED COLOURS



**HAPPY MOTHER'S DAY**  
**\$25**  
EACH

MIXED DELUXE BOUQUET ASSORTED COLOURS



**HAPPY MOTHER'S DAY**  
**8<sup>98</sup>**  
EACH

6" MINI ROSES



**HAPPY MOTHER'S DAY**  
**14<sup>88</sup>**  
EACH

5" PREMIUM ORCHIDS OR 6" HYDRANGEAS ASSORTED COLOURS



**HAPPY MOTHER'S DAY**  
**5<sup>98</sup>**  
EACH

6" ASSORTED SPRING BULBS



**HAPPY MOTHER'S DAY**  
**10<sup>98</sup>**  
EACH

ASSORTED FRUIT PLANTS 1 GALLON SELECTED SORTS WHILE QUANTITIES LAST



**HAPPY MOTHER'S DAY**  
**12<sup>98</sup>**  
EACH

10" HANGING BASKETS SELECTED SORTS WHILE QUANTITIES LAST



**HAPPY MOTHER'S DAY**  
**19<sup>98</sup>**  
EACH

10" MAJESTY PALMS SELECTED SORTS WHILE QUANTITIES LAST