

food Basic

\$ WOWZA!

WE LOVE LOCAL Ontario

Ontario Fruit

WOWZA!
388
EACH

ONTARIO
YELLOW PLUMS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE, 3.5 L

PEACHES
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE, 3 L

NECTARINES
PRODUCT OF ONTARIO, 2 L

DILL PICKLING CUCUMBERS
PRODUCT OF CANADA
CANADA NO. 1 GRADE, 3 L

WOWZA!
98¢
EACH

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

WOWZA!
298
EACH

NAVEL ORANGES
PRODUCT OF SPAIN OR EGYPT
3 LB BAG

KIWIS
PRODUCT OF GREECE
600 G

ORANGE

ALWAYS M
GET READY TO SAVE! GREAT PRICES ST

JUST LOW PRICES

No gimmicks.
Easy to understand prices.

SELECTION ENGLISH MUFFINS OR 7" TORTILLAS
340-342 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

199
EACH

SELECTION CHOCO DELISH DÉLICE
CHOCOLATE CHIP
PÉPITES DE CHOCOLAT

ALWAYS GREAT PRICE

197
EACH

SELECTION GRANOLA BARS
156 - 172 G
SELECTED VARIETIES

SELECTION Honey Garlic Miel et Ail
900 G

SELECTION SMOKED PORK SAUSAGES
900 G
SELECTED VARIETIES

SELECTION Classic Classiques
900 G

ALWAYS GREAT PRICE

799
EACH

food Basics\$

THE GROCER WITH THE BEST COMPETITIVE PRICES* wQW Leger



WOWZA!



WOWZA!
8.88
EACH

SWISS CHALET
BBQ PORK
BACK RIBS
600 G SELECTED VARIETIES



WOWZA!
2.98
/LB

FRESH
LEAN GROUND
BEEF & PORK
BLEND
FAMILY PACK
6.57/KG



WOWZA!
1.98
EACH



WOWZA!
9.88
/LB

FRESH
ATLANTIC
SALMON
FILLETS
FAMILY PACK
21.78/KG

ALWAYS CANADIAN



WOWZA!
2.98
EACH

PHILADELPHIA
CREAM CHEESE
227 - 250 G
SELECTED VARIETIES
NESCAFÉ
RICH
INSTANT
COFFEE
95 G
WHILE QUANTITIES LAST



WOWZA!
2.47
EACH

VILLAGGIO BREAD
350 - 475 G
BUNS
6 - 8'S
VACHON
SNACK CAKES
6 - 12'S
SELECTED VARIETIES



WOWZA!
2.98
EACH



WOWZA!
2.98
EACH

PURE LIFE
NATURAL SPRING WATER
24 X 500 ML



WOWZA!
3.98
EACH



WOWZA!
9.98
EACH

CASHMERE
BATHROOM TISSUE
30 JAMBO - 50 SINGLES
WHILE QUANTITIES LAST

ALWAYS MORE FOR LESS

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, JULY 25TH TO WEDNESDAY, JULY 31ST, 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.

WOWZA!

SELECTION

OLD CHEDDAR FORT
400 g

TEX MEX
400 g

HELUYA GOOD! DIP
680 g
SELECTED VARIETIES

\$4.99
EACH

SELECTION

TRADITIONAL
SALADE DE CHOUX
TRADITIONNELLE
454 g

MACARONI SALAD
454 g

SELECTION SALADS
454 G
SELECTED VARIETIES

\$2.49
EACH

NATREL
FINE FILTERED - FINEMENT FILTRÉ

SAME LACTOSE FREE

Organic Biologique

NATREL
FINE FILTERED - FINEMENT FILTRÉ

LACTOSE FREE OR ORGANIC MILK
2 L
SELECTED VARIETIES

\$4.99
EACH

HUNGRY-MAN
SALISBURY BEEF STEAKETTES
STEAKETTES DE BOEUF
SALISBURY
455 g

Healthy Choice
26g Fat
26g Sugar

HUNGRY-MAN OR HEALTHY CHOICE FROZEN MEAL
355 - 455 G FROZEN
SELECTED VARIETIES

\$3.99
EACH

KRAFT
Cheez Whiz
NATURAL CHEESE SLICES
200 - 240 G

Black Diamond
240 g

NATURAL CHEESE SLICES
200 - 240 G

CHEEZ WHIZ
450 G
SELECTED VARIETIES

\$3.99
EACH

Becel
Original

PLANT-BASED OILS

BECEL MARGARINE
850 G
SELECTED VARIETIES

\$6.99
EACH

PEPSI

COCA-COLA OR PEPSI
6 x 710 ML
SELECTED VARIETIES

\$3.99
EACH

Dr. Oetker
Ristorante
PIZZA SPINACI
370 - 390 G

Dr. Oetker
Casa di Mama
PIZZA
395 - 415 G FROZEN
SELECTED VARIETIES

\$4.49
EACH

Coca-Cola
ORIGINAL TASTE

PEPSI

COCA-COLA, CANADA DRY, PEPSI OR 7UP
12 x 335 ML
SELECTED VARIETIES

\$6.99
EACH

Whole Grain First

Honey Nut Cheerios
MADE WITH Real Honey
430 G

Post
Shreddies
Original - Originale
440 G

GENERAL MILLS HONEY NUT CHEERIOS
430 G

POST-SHREDDIES CEREAL
440 G
SELECTED VARIETIES

\$3.33
EACH

Gain

Tide
Simply All-in-One

Downy
Ultra Fabric Softener

TIDE SIMPLY ALL-IN-ONE
74 LOADS, 3.1 L

GAIN LAUNDRY DETERGENT
61 - 700 LOADS, 2.6 - 2.9 L

DOWNY ULTRA FABRIC SOFTENER
2.63 L, SELECTED VARIETIES

\$9.99
EACH

KEURIG
100% COLOMBIAN
SINGLE ORIGIN
MEDIUM ROAST
WITH CITRUS NOTES
30

KEURIG
Timothy's
MEDIUM MOYENNE
30

IRRESISTIBLES OR TIMOTHY'S
COFFEE CAPSULES
30'S SELECTED VARIETIES

\$10.99
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 Nossa 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 \$4



POWERADE SPORT DRINKS*
24 X 591 ML
SELECTED VARIETIES

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

DIGITAL DEAL Food Basics

14⁹⁹

EACH

\$18.99 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 COFFEE CAKE
900 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
4.99
EACH



SELECTION SOFT DRINKS OR FLAVOURED SPARKLING WATER
12 X 355 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE
4.97
EACH



SELECTION STUFFED CHICKEN CUTLETES
284 G FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE
4.99
EACH



SELECTION LAUNDRY DETERGENT
1.62 - 1.8 L, 36 - 40 LOADS
FABRIC SOFTENER
1.6 L, 48 LOADS
SELECTED VARIETIES

ALWAYS GREAT PRICE
3.49
EACH

UNTIL AUGUST 14

ADD A LITTLE MORE FUN!

WITH



FOR A CHANCE TO WIN
1 OF 20 PRIZES OF
\$5,000 EACH,
TOTALLING

\$100,000

IN GROCERIES

From July 18 to August 14th, 2024 (August 13th, 2024 for online purchases). No purchase necessary.
Prizes: Twenty (20) prizes to be won of \$5,000 each for a total value of all prizes of \$100,000 CAD given in gift card form. Details at www.foodbasics.ca

1

BUY 2 PARTICIPATING
PRODUCTS

2

RECEIVE A UNIQUE CODE
AT CHECKOUT



3

VISIT
foodbasics.ca
TO REGISTER

From July 18th to August 14th, 2024 (August 13th, 2024 for online purchases). No purchase necessary. 18 years and older. Mandatory mathematical skill-testing question. Prizes: There are twenty (20) prizes to be won of \$5,000 each. The total value of all the prizes is \$100,000 CAD, given in gift card form. Chances of winning depends on number of entries received. See exclusions and conditions related to Prize in the Contest rules. Contest rules available online at www.foodbasics.ca (click on the contest tile).

ALWAYS FRESH. ALWAYS IN STOCK. ALWAYS GREAT PRICES.

**W
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A
!**

TONS OF NEW DEALS EVERY WEEK

Dare

Whippet Black Forest Real Chocolate 285 g

Dare Ultimate Maple crème 230 - 300 g

Dare Wagon Wheels Original Bear Paws Cookies 168 - 315 g

Breton Garden of Eatin' Crackers 131 - 232 g

Dare Veggie Crisps Legumes 100 g

Dare Veggie Crisps Crackers 100 g

Dare Juicee Bears 200 - 300 g

Dare Juicee Jubes 100 g

Dare Ultimate or Whippet Cookies 230 - 300 g

Dare Veggie Crisps Crackers 100 g

Dare Veggie Crisps Legumes 100 g

Dare Juicee Bears 200 - 300 g

Dare Juicee Jubes 100 g

279 EACH

279 EACH

279 EACH

279 EACH

279 EACH

279 EACH

279 EACH

279 EACH

279 EACH

279 EACH

PRODUCT OF ITALY

MARC ANGELO

GENOA GENES 499 EACH

MARC ANGELO ITALIAN SLICED DELI MEAT 100 g

MARC ANGELO JUMBO PORK SAUSAGES 300 - 475 g

MARC ANGELO SOUVLAKI OR BACON WRAPPED CHICKEN MEDALLIONS 200 - 340 g

MARC ANGELO SOUVLAKI FAMILY PACK OR SLICED BEEF SHORT RIBS 480 - 640 g

MARC ANGELO ITALIAN SAUSAGES, BREAKFAST SAUSAGES OR MEATBALLS 200 - 340 g

MARC ANGELO Breakfast Pork Sausages 32

999 EACH

499 EACH

599 EACH

799 EACH

999 EACH

999 EACH

General Mills

Yoplait Drinkable Yogurt 200 ml

Pillsbury Pizza Pops 3 Cheese Fromages 380 g

Annie's Macaroni & Cheese 170 g

Old El Paso Dinner Kit Hard & Soft Taco 340 g

Old El Paso Thick & Chunky Salsa 330 g

Oatmeal Crisp Cereal 170 g

Yoplait Drinkable Yogurt 200 ml

Pillsbury Pizza Pops 380 g

Annie's Macaroni & Cheese 170 g

Old El Paso Dinner Kit 340 g

Old El Paso Salsa 330 g

Oatmeal Crisp Cereal 170 g

99c EACH

299 EACH

2/\$5

399 EACH

399 EACH

399 EACH

Selection

Selection Soft-Doux Quilted-Couscous 100%

Selection Facial Tissues 125

Selection Ultra Absorbent Paper Towels 12 in 215

Selection Aluminum Foil Plastic Wrap 362 M

Selection Deluxe Mixed Nuts 1.13 kg

Selection Bathroom Tissue 300

Selection Ultra Absorbent Paper Towels 12 in 215

Selection Aluminum Foil Plastic Wrap 362 M

1999 EACH

1299 EACH

1999 EACH

2199 EACH

1999 EACH

CONAGRA BRANDS

Orville Redenbacher Extra Buttery Popping Corn 340 g

Orville Redenbacher Original Popping Corn 340 g

PAM Original Cooking Spray 145 g

PAM Original Cooking Spray 145 g

Chef Boyardee Beefaroni 418 - 423 g

Pogo Original Breaded Sausages 1.5 kg

Swanson Oven Easy Meals Italian Sausage with Vegetables 25

Orville Redenbacher Popping Corn 340 - 350 g

PAM Original Cooking Spray 145 - 170 g

PAM Original Cooking Spray 145 - 170 g

Chef Boyardee Beefaroni 418 - 423 g

Pogo Original Breaded Sausages 1.5 kg

Swanson Oven Easy Meals 25

499 EACH

499 EACH

189 EACH

1399 EACH

899 EACH

Reckitt Benckiser

Lysol Cleaners 850 ml

Resolve Spray 'n Wash Laundry Stain Remover 450 ml

Lysol Disinfectant Spray or Wipes 350 g

Lysol All in One 84

Finish Quantum Ultramax Dishwasher Tabs 30

Finish Quantum Ultramax Dishwasher Tabs 30

Air Wick Automatic Spray Oil Freshener Refills 2 x 20 ml

Lysol Cleaners 850 ml

Resolve Spray 'n Wash Laundry Stain Remover 450 ml

Lysol Disinfectant Spray or Wipes 350 g

Lysol All in One 84

Finish Quantum Ultramax Dishwasher Tabs 30

Finish Quantum Ultramax Dishwasher Tabs 30

Air Wick Automatic Spray Oil Freshener Refills 2 x 20 ml

399 EACH

499 EACH

599 EACH

599 EACH

1399 EACH

1399 EACH

999 EACH

WE LOVE LOCAL



FIRST OF THE SEASON

CORN
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE

THIS WEEK ONLY

5 FOR **\$2**

SEEDLESS CUCUMBERS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE

THIS WEEK ONLY

128 EACH

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

THIS WEEK ONLY

198 /LB

CAULIFLOWER
PRODUCT OF CANADA
CANADA NO. 1 GRADE

ROMAINE HEARTS
PRODUCT OF CANADA, PKG OF 3

THIS WEEK ONLY

398 EACH

BLUEBERRIES
PRODUCT OF CANADA
PINT

THIS WEEK ONLY

298 EACH

GREEN, GREY OR YELLOW ZUCCHINI
PRODUCT OF ONTARIO
4.37/KG

THIS WEEK ONLY

198 /LB

PORTOBELLINI MUSHROOMS
PRODUCT OF ONTARIO
334 G

THIS WEEK ONLY

488 EACH

GREEN BEANS
PRODUCT OF ONTARIO
5.47/KG

THIS WEEK ONLY

248 /LB

FRESH ATTITUDE SALADS OR SALAD KITS
PRODUCT OF CANADA
312 G
SELECTED VARIETIES

THIS WEEK ONLY

498 EACH

JUMBO RED CHERRIES
PRODUCT OF U.S.A.
NO. 1 GRADE
8.55/KG

THIS WEEK ONLY

388 /LB

FORELLE PEARS
PRODUCT OF SOUTH AFRICA
EXTRA FANCY GRADE
4.37/KG

THIS WEEK ONLY

198 /LB

STRAWBERRIES
PRODUCT OF U.S.A.
NO. 1 GRADE
1 LB BAG

LIMES
PRODUCT OF MEXICO OR BRAZIL
1 LB BAG

THIS WEEK ONLY

298 EACH

WATERMELON
PRODUCT OF ONTARIO OR U.S.A.

11 LB AVERAGE

THIS WEEK ONLY

598 EACH

LEMONS
PRODUCT OF U.S.A. OR SOUTH AFRICA
2 LB BAG

THIS WEEK ONLY

398 EACH

EXTRA LARGE GRAPES
PRODUCT OF U.S.A.
NO. 1 GRADE
8.55/KG

THIS WEEK ONLY

388 /LB

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

THIS WEEK ONLY

398 EACH

LITEHOUSE CAESAR DRESSING
191 ML
SELECTED VARIETIES

THIS WEEK ONLY

499 EACH

6" MINI ROSES
ASSORTED VARIETIES & COLOURS
WHILE QUANTITIES LAST

THIS WEEK ONLY

898 EACH

12 STEM POM BOUQUET
ASSORTED MIXES
WHILE QUANTITIES LAST

THIS WEEK ONLY

998 EACH

6" SUCCULENTS
ASSORTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

1288 EACH

MIXED SIGNATURE BOUQUET
ASSORTED MIXES
WHILE QUANTITIES LAST

THIS WEEK ONLY

\$15 EACH

MEAT

FRESH CHICKEN DRUMSTICKS
BAGGED
INCLUDING ZABIHA HALAL
6.59/KG

THIS WEEK ONLY

299 /LB

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

THIS WEEK ONLY

399 /LB

FRESH CHICKEN BREAST FAMILY PACK
BONE-IN, SPLIT
11.00/KG

THIS WEEK ONLY

499 /LB

SELECTION FRESH PORK SAUSAGES
FAMILY PACK
HOT MILD, HONEY GARLIC OR BREAKFAST
9.90/KG

THIS WEEK ONLY

449 /LB

FRESH FROM THE FARM SPLIT CHICKEN WINGS
AIR CHILLED
13.21/KG

THIS WEEK ONLY

599 /LB

FRESH BONELESS EYE OF ROUND ROASTS OR STEAKS
CUT FROM CANADA AA OR HIGHER GRADE OF BEEF
22.02/KG

THIS WEEK ONLY

999 /LB

FLETCHER'S PORK COTTAGE ROLL
6.59/KG

THIS WEEK ONLY

299 /LB

SELECTION BACON
375 G
SELECTED VARIETIES

THIS WEEK ONLY

399 EACH

LEGACY MARINATED BONELESS PORK CHOPS
300 G
SELECTED VARIETIES

THIS WEEK ONLY

499 EACH

THE ORIGINAL CHICKEN WIENERS
400 G
SELECTED VARIETIES

THIS WEEK ONLY

2/\$5

AGROPUR OKA OR MONSIEUR GUSTAV GOUDA OR NOTRE-DAME BRIE
170 - 190 G
SELECTED VARIETIES

THIS WEEK ONLY

599 EACH

MASTRO GAGGIATORE OR SLICED GENOVA SALAMI OR SAN DANIELE PROSCIUTTO
200 - 375 G
WHOLE QUANTITIES LAST
SELECTED VARIETIES

THIS WEEK ONLY

899 EACH

TRE STELLE MASCARPONE CHEESE
45 G
SELECTED VARIETIES

THIS WEEK ONLY

1099 EACH

SCHNEIDERS OR MAPLE LEAF SMOKED BONELESS HALF HAM
600 - 700 G
SELECTED VARIETIES

THIS WEEK ONLY

1299 EACH

SCHNEIDERS BOLOGNA
375 - 500 G
SELECTED VARIETIES

THIS WEEK ONLY

599 EACH

SEAHORSE BASA STEAKS OR ANCHOR'S BAY BASA FILLETS
300 - 375 G
SELECTED VARIETIES

THIS WEEK ONLY

349 EACH

HADDOCK
13
HIGH LINER BREADED OR BATTERED FISH FAMILY PACKS OR BREADED SHRIMP
170 - 200 G
SELECTED VARIETIES

THIS WEEK ONLY

799 EACH

PACIFIC WHITE SHRIMP
COOKED OR RAW 71 - 90 CT
300 G
SELECTED VARIETIES

THIS WEEK ONLY

999 EACH

BAKERY

CEDAR BAKERY GARLIC BREAD • PAIN
5.5

THIS WEEK ONLY

129 EACH

RUDOLPH'S BREAD
500 G
SELECTED VARIETIES

THIS WEEK ONLY

299 EACH

SELECTION COOKIES
360 - 420 G

IRRESISTIBLES MINI MUFFINS
336 G
SELECTED VARIETIES

THIS WEEK ONLY

399 EACH

PEACH PÊCHES
750 G • 1 K.G.

IRRESISTIBLES PIE TRIFLE CAKE
500 G
SELECTED VARIETIES

THIS WEEK ONLY

699 EACH

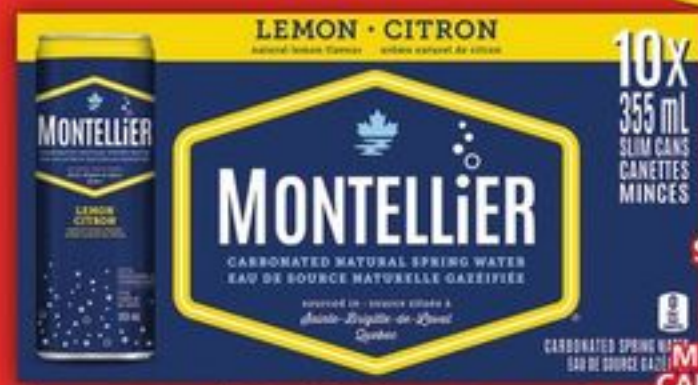
ALWAYS FRESH. *ALWAYS IN STOCK. ALWAYS GREAT PRICES. ALWAYS FRESH. *ALWAYS IN STOCK. ALWAYS GREAT PRICES.

LOCKED DOWN



GAY LEA NORDICA COTTAGE CHEESE 700 G SELECTED VARIETIES

LOCKED DOWN 
5.99
EACH



BUBLY SPARKLING WATER BEVERAGE 12 X 355 ML MONTELLIER CARBONATED SPRING WATER 10 X 355 ML SELECTED VARIETIES



LOCKED DOWN 
5.99
EACH



CRACKER BARREL NATURAL CHEESE SHREDS 320 G SELECTED VARIETIES

LOCKED DOWN 
6.99
EACH



HOLIDAY LUNCHEON MEAT 340 G MAPLE LEAF FLAKES 175 G SELECTED VARIETIES

LOCKED DOWN 
1.99
EACH



BLUE DIAMOND ALMOND BEVERAGE 480 ML SELECTED VARIETIES

LOCKED DOWN 
2.99
EACH



FRENCH'S MUSTARD 325 ML KRAFT BBQ SAUCE 455 ML SELECTED VARIETIES

LOCKED DOWN 
2.49
EACH



PLANTERS CASHEWS OR ALMONDS 200 G SELECTED VARIETIES

LOCKED DOWN 
4.49
EACH



NUTELLA 725 G SELECTED VARIETIES

LOCKED DOWN 
6.99
EACH



CLUB HOUSE GRAVY MIX EA. SELECTED VARIETIES

LOCKED DOWN 
99¢
EACH



SNACK PACK PUDDING 175 G DEL MONTE FRUIT 398 ML SELECTED VARIETIES



LOCKED DOWN 
1.99
EACH



FRUITÉ DRINKS 2 L SELECTED VARIETIES

LOCKED DOWN 
1.99
EACH



BETTY CROCKER POTATOES 441 - 275 G SELECTED VARIETIES

LOCKED DOWN 
2.49
EACH



RED ROSE TEA 725 G SELECTED VARIETIES

LOCKED DOWN 
5.99
EACH



BILLY BEE HONEY 1 KG SELECTED VARIETIES

LOCKED DOWN 
10.99
EACH



MILK-BONE DOG TREATS 115 G SELECTED VARIETIES

LOCKED DOWN 
1.79
EACH



PEDIGREE MARROBONE DOG TREATS 400 G SELECTED VARIETIES

LOCKED DOWN 
5.49
EACH



MEOW MIX CAT FOOD 3.42 KG SELECTED VARIETIES

LOCKED DOWN 
6.49
EACH



WHISKAS MEATY SELECTIONS CAT FOOD 2 KG SELECTED VARIETIES

LOCKED DOWN 
8.99
EACH

GUARANTEED TOP PRIZES OF
\$1 MILLION
AND 400+ GUARANTEED PRIZES

TRIPLE MILLIONS

Available at



While quantities last. Ticket not exactly as shown. Must be 18+ years of age to play.

VALID FOR/VALIDE POUR
EARLY BIRD DRAW/TIRAGE MISE-TOT
25-JUL-2024
MAIN DRAW/TIRAGE PRINCIPAL
29-AUG-2024

QUICK PICK / MISE-ÉCLAIR

ALWAYS GREAT PRICE



ALWAYS GREAT PRICE 
11⁹⁹
EACH

BLACK DIAMOND
CHEESTRINGS
585 G
SELECTED VARIETIES



ALWAYS GREAT PRICE 
3⁹⁹
EACH

MISS VICKIE'S
POTATO CHIPS
190 - 200 G
SUN CHIPS
205 G
SELECTED VARIETIES



BLACK
DIAMOND
SHREDDED
CHEESE
907 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
15⁹⁹
EACH



VH SAUCE
341 - 380 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2/\$6



COCA-COLA OR PEPSI
MINI CANS
6 X 222 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
3⁹⁹
EACH



NESTEA OR
PEACE TEA
ICED TEA
12 X 341 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
7⁴⁹
EACH



NESTLÉ OR
CADBURY
CANDY BARS
47 - 50 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
99¢
EACH



BETTY CROCKER
DUNKAROOS
168 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
3⁹⁹
EACH



STARBUCKS
GROUND
COFFEE
781 - 807 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
19⁹⁹
EACH



VAN HOUTTE
COFFEE CAPSULES
48 X 5
SELECTED VARIETIES

ALWAYS GREAT PRICE 
30⁹⁹
EACH



CAVENDISH FARMS
FRENCH FRIES
1.8 KG FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE 
7⁹⁹
EACH



PILLSBURY PIZZA POPS
30'S FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE 
17⁹⁹
EACH



SMUCKER'S
UNCRUSTABLES
SANDWICH
4'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 
5⁴⁹
EACH



KELLOGG'S
RICE KRISPIES
SQUARES
660 G, 30'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 
9⁹⁹
EACH

ALWAYS GREAT PRICE



SELECTION CREAM CHEESE PRODUCT
540 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
3⁸⁸
EACH



SELECTION FRUIT
2 KG
FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE 
12⁹⁹
EACH



SELECTION OR IRRESISTIBLES LIFE SMART BEANS
540 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1⁴⁹
EACH



SELECTION WHITE VINEGAR
4 L

ALWAYS GREAT PRICE 
2²⁷
EACH



SELECTION CANNED VEGETABLES
347 - 390 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1²⁷
EACH



SELECTION OR LIFE SMART FRUIT SNACK
4'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2²⁹
EACH



SELECTION SNACKS
230 - 400 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1⁹⁹
EACH



IRRESISTIBLES CHOCOLATE COVERED ALMONDS
300 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
4⁴⁴
EACH



LIFE SMART NATURALIA TORTILLA CHIPS
350 G
SELECTION SALSA
430 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2⁹⁹
EACH



IRRESISTIBLES CARBONATED SPRING WATER
3.3 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 
4⁴⁴
EACH



SELECTION SHREDDED COCONUT
200 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2²⁷
EACH



SELECTION PEROGIES
1 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2⁴⁹
EACH



SELECTION QUICK N READY RICE
250 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2⁷⁹
EACH



SELECTION OR LIFE SMART SWEETENERS
100 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
3⁹⁹
EACH



SELECTION DISHWASHING DETERGENT
330 - 425 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1⁹⁷
EACH



SELECTION ALL PURPOSE CLEANER
72 L
TOILET BOWL CLEANER
750 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2/\$5



SELECTION BLEACH
2.4 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 
3⁴⁹
EACH



SELECTION GARBAGE BAGS
30'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 
12⁹⁹
EACH



Nestlé®



NESTLÉ
COFFEE MATE
COFFEE
ENHANCER
828 - 946 ML
SELECTED VARIETIES

THIS WEEK ONLY
4.49
EACH



SAN PELLEGRINO
NATURALI OR
MOMENTI
SPARKLING
DRINKS
6 X 330 ML
SELECTED VARIETIES



LOCKED DOWN
6.99
EACH



STARBUCKS
COFFEE
ENHANCER
828 ML
SELECTED VARIETIES

LOCKED DOWN
6.99
EACH



NESCAFÉ
INSTANT
COFFEE MIX
18'S
SELECTED VARIETIES

LOCKED DOWN
5.99
EACH



NESTLÉ FAMILY
SIZED BARS
120 G
SELECTED VARIETIES

LOCKED DOWN
2.29
EACH



NESTLÉ
CHOCOLATE
BARS
4'S
SELECTED VARIETIES



ALWAYS GREAT PRICE
3.97
EACH



NESTLÉ
REAL DAIRY
ICE CREAM
1.5 L
NOVELTIES
4 - 10'S
FROZEN
SELECTED VARIETIES

LOCKED DOWN
5.49
EACH



HÄAGEN-DAZS
ICE CREAM
450 ML
NOVELTIES
3 - 4'S FROZEN
SELECTED VARIETIES

LOCKED DOWN
4.98
EACH



LOCKED DOWN
5.49
EACH



LOCKED DOWN
4.98
EACH



NESTLÉ
PARLOUR
ICE CREAM
1.5 L
NOVELTIES
6 - 12'S
SELECTED VARIETIES

LOCKED DOWN
3.99
EACH



HÄAGEN-DAZS
ICE CREAM
946 ML FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE
9.99
EACH



NESTLÉ
NESQUIK SYRUP
315 - 750 ML
NESQUIK
POWDER MIX
540 G
SELECTED VARIETIES

LOCKED DOWN
6.49
EACH



NESTLÉ
DRUMSTICK
10 X 130 ML
PARLOUR DESSERT BARS
16 X 80 ML FROZEN
SELECTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY
9.99
EACH

Lactantia®

DEPUIS • EST 1947



THIS WEEK ONLY

5.49

EACH

LACTANTIA LACTOSE FREE OR ULTRA PUR MILK 1.5 - 2 L SELECTED VARIETIES

LOCKED DOWN

3.79

EACH

LACTANTIA CREAMS 473 mL - 1 L SELECTED VARIETIES



THIS WEEK ONLY

2.99

EACH

BEATRICE B-FIT PROTEIN MILKSHAKES 460 mL SELECTED VARIETIES



LOCKED DOWN

2/\$5

BEATRICE CHOCOLATE MILK 1 L SELECTED VARIETIES



PLANT-BASED BEVERAGES



**8 g of protein*,
delicious taste!**



THIS WEEK ONLY

3.98

EACH

ENJOY ALMOND OR OAT BEVERAGE 1.75 L SELECTED VARIETIES

COOL TREATS FOR LESS



IRRESISTIBLES ICE CREAM NOVELTIES 4-5'S SELECTED VARIETIES

SELECTION ICY POPS OR SANDWICHES 12-24'S SELECTED VARIETIES



COOL TREATS FOR LESS
4.44 EACH



COOL TREATS FOR LESS
\$5 EACH



SELECTION ICE MILK 4'L SELECTED VARIETIES

COOL TREATS FOR LESS
5.99 EACH



IRRESISTIBLES THE CREAMIEST VALUE PACK BARS 10'S SELECTED VARIETIES

COOL TREATS FOR LESS
8.99 EACH



LIFE SMART SKYR YOGURT BARS 4 x 80 ml SELECTED VARIETIES

COOL TREATS FOR LESS
4.44 EACH



IRRESISTIBLES THE CREAMIEST MACARONS 15'S SELECTED VARIETIES

COOL TREATS FOR LESS
4.44 EACH



SELECTION FRUITY ICY POPS 12-24'S SELECTED VARIETIES

COOL TREATS FOR LESS
\$5 EACH



SELECTION ICE CREAM BARS 12-25'S SELECTED VARIETIES

COOL TREATS FOR LESS
\$5 EACH



IRRESISTIBLES MINI FROZEN YOGURT BARS 5 x 55 ml SELECTED VARIETIES

COOL TREATS FOR LESS
4.44 EACH



IRRESISTIBLES WAFFLE CONES OR BOWLS 10-12'S SELECTED VARIETIES

COOL TREATS FOR LESS
3.99 EACH



KISKO KIDS FREEZIES 15 x 20 ml SELECTED VARIETIES WHILE QUANTITIES LAST

COOL TREATS FOR LESS
4/\$5



COOL TREATS FOR LESS
4.44 EACH

SAVOUR THE CARIBBEAN



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

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
98¢
/LB



CHELSEA FRESH
SALTED COD
454 G

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
8.99
EACH



GRACE,
CASABLANCA OR
COOL RUNNINGS
COCONUT WATER OR
MILK, MILI COCONUT
MILK, VITA MALT
BEVERAGE
310-520 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.25
EACH



SAPORITO
VEGETABLE,
CANOLA OR
SUNFLOWER OIL
1.5 L
CORN OIL
2.54 L
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
9.99
EACH



GOLD SEAL
SARDINES
125 G
MAPLE LEAF OR
GRACE VIENNA
SAUSAGES
113.75 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.49
EACH



DAINTY
SUPER PATNA,
CEDAR
PARBOILED OR
PATNA RICE
1.78 KG
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
12.99
EACH



EXCELSIOR
CRACKERS,
OVALTINE OR
MUNCHEE
COOKIES
1.507-3.00 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.49
EACH



GRACE OR
DUNN'S RIVER
ACKEES
340 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
8.99
EACH

RUBICON
DRINKS
SUPLIGEN
BEVERAGE
250 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.49
EACH



GRACE
COCONUT OIL OR
COCONUT
MILK POWDER
500 ML/300 G
GRACE
COCONUT WATER
1.5 L
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3.99
EACH



JARRITOS
SODAS
370 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.67
EACH

PAN
PAN WHITE
CORN FLOUR
1 KG

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.99
EACH



GRACE OR
COOL
RUNNINGS
SAUCES OR
SEASONING
300-354 ML
284 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3.49
EACH



PETIT BEURRE
BISCUITS,
PRENS
COOKIES OR
KRAS
WAFERS
187-300 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.49
EACH

GRACE HOT
PEPPER SAUCE
175 ML
GRACE RED
KIDNEY,
LIMA OR
PIGEON PEAS
1.540 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.99
EACH



GRACE PEANUT
PUNCH DRINK,
COOL RUNNINGS OR
GRACE SOFT DRINKS
240-255 ML
GRACE
PLANTAIN CHIPS
85 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.25
EACH



GRACE
SOUP MIX
1.75 G
BOUILLON
CUBES
10 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
79¢
EACH

THE GREAT
GENTLEMAN
GINGER BEER
84-250 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
7.99
EACH

PERSONAL AND BABY CARE FOR LESS



HEAD & SHOULDERS HAIR CARE
370 ML
SELECTED VARIETIES

LOCKED DOWN

4.99
EACH



ALWAYS PADS
28 - 34'S
TAMPAX TAMPONS
28 - 36'S SELECTED VARIETIES

THIS WEEK ONLY

9.49
EACH

Colgate
CREST OR COLGATE TOOTH PASTE
52 - 100 ML
Colgate OR ORAL-B TOOTHBRUSH
EACH
SELECTED VARIETIES

LOCKED DOWN

99¢
EACH

SECRET OR OLD SPICE DEODORANT
71 - 85 G
SELECTED VARIETIES

THIS WEEK ONLY

3.99
EACH



CREST 3D WHITE FLUORIDE TOOTH PASTE
75 ML
ORAL-B GLIDE FLOSS PICKS
75'S
SELECTED VARIETIES

LOCKED DOWN

4.49
EACH



LISTERINE MOUTHWASH
1 L
SELECTED VARIETIES

LOCKED DOWN

5.99
EACH



L'OREAL PARIS HAIR CARE
385 ML
SELECTED VARIETIES

THIS WEEK ONLY

5.99
EACH



PAMPERS BABY WIPES
162 - 192'S
SELECTED VARIETIES

LOCKED DOWN

7.99
EACH



CLIF BAR ENERGY BARS
6 X 68 G
SELECTED VARIETIES

LOCKED DOWN

10.99
EACH



NESTLÉ BOOST MEAL REPLACEMENT
6 X 237 ML
SELECTED VARIETIES

LOCKED DOWN

12.79
EACH



LARABAR GLUTEN FREE ENERGY BARS
16 X 45 G
SELECTED VARIETIES

THIS WEEK ONLY

16.99
EACH



DEPEND UNDERWEAR OR POISE PADS
17 - 66'S
SELECTED VARIETIES

LOCKED DOWN

17.99
EACH



JAMIESON CHEWABLE VITAMIN C OR D3
120 - 240'S
SELECTED VARIETIES

LOCKED DOWN

8.49
EACH



JAMIESON CURCUMIN TURMERIC
90'S
OMEGA-3 SELECT
90'S
SELECTED VARIETIES

LOCKED DOWN

17.99
EACH



JAMIESON MULTI VITAMIN
100'S
SELECTED VARIETIES

LOCKED DOWN

18.99
EACH



METAMUCIL FIBRE
851 G
SELECTED VARIETIES

LOCKED DOWN

18.99
EACH

NEW

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.



pharmacy

- Urinary Tract Infection
- Cold/Flu
- Pink Eye
- Allergies
- & More



ALEVE OR ASPIRIN
84 - 105'S
SELECTED VARIETIES

LOCKED DOWN

5.49
EACH



JAMIESON VITAMIN B12 OR ZINC
100'S
SELECTED VARIETIES

LOCKED DOWN

12.99
EACH



WEBBER NATURALS OMEGA-3 FISH OILS
210'S
SELECTED VARIETIES

LOCKED DOWN

15.99
EACH



KALAYA PAIN RELIEF MASSAGER
120 G
SELECTED VARIETIES

LOCKED DOWN

15.99
EACH



ADVIL LIQUI-GELS
24'S
SELECTED VARIETIES

LOCKED DOWN

13.49
EACH



TYLENOL
EXTRA STRENGTH
24'S
SELECTED VARIETIES

THIS WEEK ONLY

18.99
EACH



GENUINE HEALTH PROBIOTIC
30'S
SELECTED VARIETIES

LOCKED DOWN

21.99
EACH



VEGA ONE NUTRITIONAL SHAKE
827 G
SELECTED VARIETIES

LOCKED DOWN

47.99
EACH