

food Basics

THE GROCER WITH THE BEST COMPETITIVE PRICES*



WOW Leger



THIS WEEK ONLY **188** /LB

BUTTERBALL
Frozen • Congelé
RAISED WITHOUT antibiotics
ÉLEVÉ SANS antibiotiques
Turkey giblets / Jeune dindon Assaisonné avec ail
Raised in Canada / Élevé au Canada

BUTTERBALL WHOLE TURKEYS
FROZEN SELECTED SIZES WHILE QUANTITIES LAST
4.14/KG



THIS WEEK ONLY **398** EACH

SELECTION
OLD CHEDDAR FORT
34% MILK / 39% MOISTURE / 39% MOISTURE
320 G / 11.2 OZ

SELECTION CHEESE
400 G
SHREDS
320 G
SELECTED VARIETIES



*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.

GET READY TO SAVE! GREAT PRICES START ON THURSDAY

JUST LOW PRICES

No gimmicks. Easy to understand prices.



SELECTION ENGLISH MUFFINS 12'S
ALWAYS GREAT PRICE **379** EACH



ALWAYS GREAT PRICE **444** EACH

IRRESISTIBLES FRUITS
400 - 600 G FROZEN SELECTED VARIETIES



ALWAYS GREAT PRICE **999** EACH

IRRESISTIBLES CABBAGE ROLLS
1.13 KG FROZEN SELECTED VARIETIES

food Basics

ALWAYS MORE FOR LESS



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

THIS WEEK ONLY 

5.98
EACH

Signature Cuts HADDOCK
TEMPURA BATTERED FILLETS
350 g

High Liner BUTTERFLY SHRIMP
Crispy Breaded
330 g



FRESH BONELESS PORK COMBINATION CHOPS
INCLUDING CENTRE CUT CHOPS
LEAN GROUND PORK FAMILY PACK 6.57/KG

THIS WEEK ONLY 

2.98
/LB



CLASSICO PASTA SAUCE
218 - 650 ML
SELECTED VARIETIES

THIS WEEK ONLY 

2.98
EACH

CLASSICO ALFREDO DI ROMA
CLASSICO 48

CLASSICO DI NAPOLI TOMATO & BASIL TOMATE ET BASILIC
650 mL PASTA SAUCE / SAUCE POUR PÂTES



WE LOVE LOCAL
Canada

THIS WEEK ONLY 

88¢
/LB

LOCAL FIELD TOMATOES
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE
JUMBO GREEN PEPPERS
PRODUCT OF CANADA
1.94/KG



Healthy Choice
GOURMET Steamers

Chicken Teriyaki
grilled chicken with rice, vegetables and water chestnuts in a sweet teriyaki sauce

Poulet Teriyaki
 poulet grillé avec riz, légumes et chestnuts d'eau dans une sauce teriyaki douce

THIS WEEK ONLY 

2.98
EACH

HEALTHY CHOICE MEALS
255 - 298 G

McCain FRENCH FRIES
454 - 650 G FROZEN
SELECTED VARIETIES

McCain Superfries
EXTRA CRISPY CROUSTILLANTES
STRAIGHT CUT / COUPE RÉGULIÈRE
650 g



THIS WEEK ONLY 

98¢
EACH

CARROTS OR YELLOW ONIONS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE 2 LB BAG



NAVEL ORANGES
PRODUCT OF SOUTH AFRICA
3 LB BAG

AVOCADOS
PRODUCT OF MEXICO
BAG OF 5 OR 6

THIS WEEK ONLY 

2.98
EACH

ORANGE



LIMIT 12

CEDAR PHOENICIA
Chick Peas
حمص
540 mL - 19 fl oz

CEDAR PHOENICIA
Dark Red Kidney Beans
540 mL - 19 fl oz

THIS WEEK ONLY 

98¢
EACH

CEDAR BEANS
540 ML
SELECTED VARIETIES
AFTER LIMIT 1.49 EACH

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, SEPTEMBER 26TH TO WEDNESDAY, OCTOBER 2ND, 2024

To view local store flyer, visit foodbasics.ca, where you can create an account (or sign into your account) and select your preferred location.



THIS WEEK ONLY

3.99

EACH

BLACK DIAMOND
NATURAL CHEESE SLICES
220 - 240 G
COMBOS
3 X 43 G
SELECTED VARIETIES



SCHNEIDERS OR
MAPLE LEAF
BACON
85 - 375 G
SELECTED VARIETIES



THIS WEEK ONLY

4.99

EACH



PHILADELPHIA ORIGINAL CREAM CHEESE
227 - 250 G
KRAFT SINGLES OR CHEEZ WHIZ
410 - 450 G
SELECTED VARIETIES

LOCKED DOWN

3.99

EACH



CHEEMO PEROGIES
815 - 907 G
IRRESISTIBLES MEALS
265 - 320 G
LIFE SMART VEGETABLES
450 G
FROZEN
SELECTED VARIETIES



THIS WEEK ONLY

2.99

EACH



QUAKER HARVEST CRUNCH
400 - 475 G
PEARL MILLING PANCAKE MIX
905 G
TABLE SYRUP
710 ML
SELECTED VARIETIES

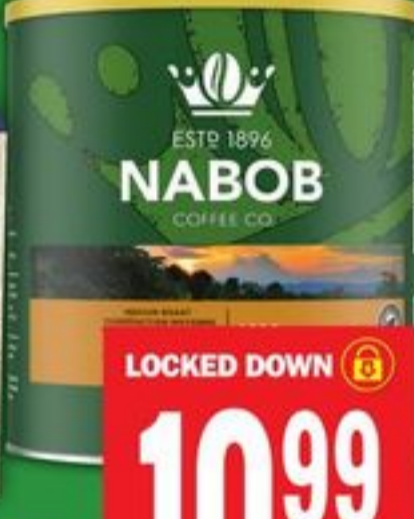
THIS WEEK ONLY

3.49

EACH



MAXWELL HOUSE COFFEE PODS
30'S
NABOB GROUND COFFEE
930 G
SELECTED VARIETIES



LOCKED DOWN

10.99

EACH

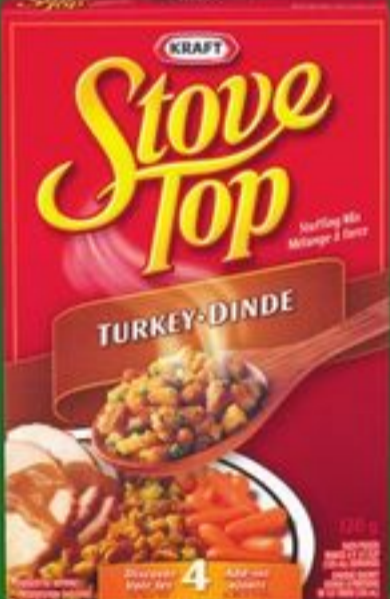


KELLOGG'S OR POST
FAMILY SIZE CEREAL
480 - 550 G
SELECTED VARIETIES

LOCKED DOWN

5.49

EACH



STOVE TOP
STUFFING MIX
120 G
DEL MONTE
CANNED
VEGETABLES
341 - 398 ML
SELECTED VARIETIES

LOCKED DOWN

1.29

EACH



LAY'S POTATO CHIPS
165 - 235 G
SELECTED VARIETIES

THIS WEEK ONLY

2/\$6



COCA-COLA,
CANADA DRY
GINGER ALE OR
PEPSI
24 X 355 ML
SELECTED VARIETIES

THIS WEEK ONLY

11.99

EACH



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

THIS WEEK ONLY

7.49

EACH



GAIN LAUNDRY DETERGENT
107 LOADS, 4.55 L
TIDE
59 - 64 LOADS, 2.48 L
CASCADE DISHWASHING TABS
30 - 45'S
SELECTED VARIETIES

THIS WEEK ONLY

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 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 some restrictions apply - details available in store or at Foodbasics.ca. Certain prices and special offers advertised in our flyers may vary by area. To view local store flyer, visit foodbasics.ca, where you can create an account (or sign into your account) and select your preferred location. 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 error that may occur in the copy or illustration. References for 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

THE APP-SOLUTE BEST WAY TO SAVE

**SAVE
\$2**

DIGITAL DEAL

388
EACH

WITH COUPON

BARTLETT OR
BOSC PEARS*
PRODUCT OF ONTARIO
CANADA FANCY GRADE
2 L



**WE
LOVE
LOCAL**
Ontario



Download on the
App Store

CLICK TO DOWNLOAD

GET IT ON
Google Play

While quantities last. Visit our app for details.
*Limit one per customer, per transaction.

THIS WEEK ONLY

**Healthy
Together**

**MAKE THE
OUT OF
REACH
REACHABLE**

**HELP SOMEONE IN NEED
BY DONATING AT CHECKOUT.
WE'LL MATCH IT.**



Between September 26, 2024 - October 16, 2024, Metro Inc. will match every \$2.00 donation with a Food Basics gift card of the same value, up to a maximum of \$100,000, and donate the gift card to local food banks in Ontario. To learn more about the food bank receiving the funds raised in this store, see posted signage or speak to a Food Basics Employee.

SHOP ONLINE FOR LESS

- ✔ SAME FLYER SAVINGS
- ✔ SAME FRESHNESS
- ✔ SAME-DAY PICKUP OR DELIVERY

Check offered service
in your area

[SHOP FOODBASICS.CA](https://shop.foodbasics.ca)

NEW!

**PICKUP
OR
DELIVERY
NOW
AVAILABLE**



*Conditions apply. Details at foodbasics.ca.



**ALWAYS
FRESH**



**ALWAYS
GREAT
PRICES**



**ALWAYS
IN STOCK**

ALWAYS Save Every Day



**SELECTION
ITALIAN BREAD**
675 G SELECTED VARIETIES

ALWAYS GREAT PRICE ✓

2.99
EACH



**SELECTION
WHITE
VINEGAR**
4 L
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓

2.27
EACH



**IRRESISTIBLES
HOMESTYLE
THREE-MEAT PIE**
635 G FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓

6.99
EACH



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

ALWAYS GREAT PRICE ✓

3.49
EACH

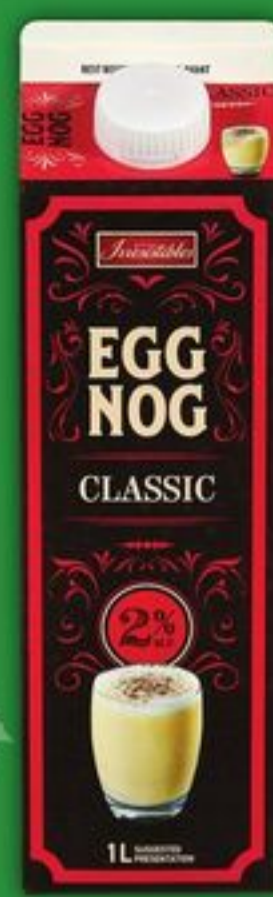
THANKSGIVING FOR LESS



REDPATH BAKING SUGAR
1 KG
SELECTED VARIETIES



LOCKED DOWN **2/\$5**



IRRESISTIBLES
EGG NOG
1 L
SELECTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY **2.99**
EACH



CAMPBELL'S
BROTH
250 - 900 ML
SELECTED VARIETIES

LOCKED DOWN **1.77**
EACH



FRANCO
AMERICAN
GRAVY
254 ML
CLUB HOUSE
SEASONING OR
GRAVY MIX
EACH
SELECTED VARIETIES

LOCKED DOWN **99¢**
EACH



KRAFT
MIRACLE WHIP
590 - 890 ML
SELECTED VARIETIES

LOCKED DOWN **5.49**
EACH



KNORR
SIDEKICKS
170 - 152 G
OCEAN
SPRAY
CRANBERRIES
348 ML
SELECTED VARIETIES

LOCKED DOWN **1.99**
EACH



IRRESISTIBLES
POTATO CHIPS
150 G
SELECTED VARIETIES

ALWAYS GREAT PRICE **1.99**
EACH



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

ALWAYS GREAT PRICE **4.97**
EACH



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

ALWAYS GREAT PRICE **2.99**
EACH



IRRESISTIBLES
CRANBERRY
COCKTAIL OR
JUICE BLENDS OR
SELECTION
GARDEN BLEND
1.89 L
SELECTED VARIETIES

ALWAYS GREAT PRICE **2.99**
EACH



BEN'S ORIGINAL
BISTRO EXPRESS
RICE
240 - 250 G
SELECTED VARIETIES

LOCKED DOWN **2.79**
EACH



CLUB HOUSE
SPICES
13 - 270 G
SELECTED VARIETIES

THIS WEEK ONLY **4.99**
EACH



LOCKED DOWN **1.99**
EACH



ALWAYS GREAT PRICE **4.99**
EACH



ALWAYS GREAT PRICE **4.99**
EACH



ALWAYS GREAT PRICE **4.99**
EACH



ALWAYS GREAT PRICE **19.99**
EACH

WE LOVE LOCAL



BROCCOLI CROWNS
PRODUCT OF CANADA

THIS WEEK ONLY

1⁹⁸
EACH

MINI CUCUMBERS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE, 397 G

GRAPE TOMATOES
PRODUCT OF ONTARIO, 283 G

THIS WEEK ONLY

2⁹⁸
EACH

SWEET ASSORTED PEPPERS
PRODUCT OF ONTARIO
PKG OF 4

THIS WEEK ONLY

3⁹⁸
EACH

BUTTERNUT, ACORN, BUTTERCUP OR SPAGHETTI SQUASH
PRODUCT OF ONTARIO
3.26/KG

THIS WEEK ONLY

1⁴⁸
/LB

PKG OF 3

FRESH FROM FARMERS MARAICHERS

ROMAINE HEARTS
PRODUCT OF CANADA
PKG OF 3

CORN
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE PKG OF 4

THIS WEEK ONLY

3⁹⁸
EACH

GREEN CABBAGE
PRODUCT OF ONTARIO

RUTABAGAS
PRODUCT OF CANADA
1.94/KG

THIS WEEK ONLY

88¢
/LB

BEETS
PRODUCT OF ONTARIO
5 LB

THIS WEEK ONLY

3⁹⁸
EACH

CAULIFLOWER
PRODUCT OF CANADA
CANADA NO. 1 GRADE

THIS WEEK ONLY

2⁹⁸
EACH

LARGE PUMPKINS
PRODUCT OF ONTARIO

THIS WEEK ONLY

3⁸⁸
EACH

GRAPES FROM CALIFORNIA

EXTRA LARGE

EXTRA LARGE RED OR GREEN SEEDLESS GRAPES
PRODUCT OF U.S.A., NO. 1 GRADE
6.57/LB

THIS WEEK ONLY

2⁹⁸
/LB

CLEMENTINES
PRODUCT OF SOUTH AFRICA, 2 LB BAG

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

THIS WEEK ONLY

3⁹⁸
EACH

SALAD STAND OR FRESH ATTITUDE SALAD KITS
155 - 340 G
SELECTED VARIETIES

THIS WEEK ONLY

4⁷⁷
EACH

STRAWBERRIES
PRODUCT OF U.S.A. 454 G

RASPBERRIES
PRODUCT OF U.S.A. OR MEXICO
NO. 1 GRADE, 170 G

THIS WEEK ONLY

3⁹⁸
EACH

CANTALOUPE
PRODUCT OF U.S.A.
NO. 1 GRADE

THIS WEEK ONLY

2⁹⁸
EACH

POMEGRANATES
PRODUCT OF U.S.A.

THIS WEEK ONLY

2⁴⁸
EACH

THE LITTLE POTATO CO.

LPC POTATO KITS
PRODUCT OF CANADA
454 G
SELECTED VARIETIES

THIS WEEK ONLY

3⁴⁹
EACH

Daiya

DAIYA GLUTEN-FREE CHEESE SHREDS
170 - 227 G
SELECTED VARIETIES

THIS WEEK ONLY

4⁹⁸
EACH

FLORAL

3.5 LB VARNISHED GOURDS OR PUMPKINS, 6" POINT PEELE MUMS
WHILE QUANTITIES LAST

THIS WEEK ONLY

5⁹⁸
EACH

8 STEM CARNATIONS OR 5 STEM SUNFLOWERS
ASSORTED COLOURS
WHILE QUANTITIES LAST

THIS WEEK ONLY

\$6
EACH

5" ANTHURIUM OR 10 STEM ROSES
ASSORTED COLOURS
WHILE QUANTITIES LAST

THIS WEEK ONLY

10⁸⁸
EACH

JUMBO GARDEN MUMS
ASSORTED COLOURS
SELECTED STORES
WHILE QUANTITIES LAST

THIS WEEK ONLY

14⁹⁸
EACH

MEAT



LIFE SMART
EXTRA LEAN
GROUND
CHICKEN OR
TURKEY
450 G
SELECTED VARIETIES

THIS WEEK ONLY **4.99**
EACH



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

THIS WEEK ONLY **9.99**
EACH



FRESH
BONELESS
SKINLESS
CHICKEN
BREAST
FAMILY PACK
14.31/KG

THIS WEEK ONLY **6.49**
/LB



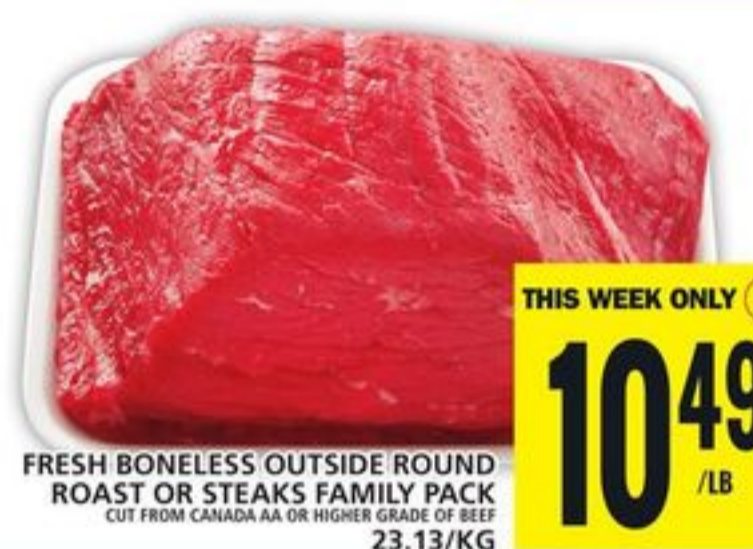
FRESH MEDIUM GROUND BEEF
FAMILY PACK 13.21/KG

THIS WEEK ONLY **5.99**
/LB



WHOLE
RAINBOW
TROUT
FISH OR
SALMON
PORTIONS
19.82/KG

THIS WEEK ONLY **8.99**
/LB OR
EACH



FRESH BONELESS OUTSIDE ROUND
ROAST OR STEAKS FAMILY PACK
CUT FROM CANADA AA OR HIGHER GRADE OF BEEF
23.13/KG

THIS WEEK ONLY **10.49**
/LB



THIS WEEK ONLY **5.99**
EACH



THIS WEEK ONLY **5.99**
/LB



THIS WEEK ONLY **6.49**
EACH



THIS WEEK ONLY **10.99**
EACH



THIS WEEK ONLY **2.99**
EACH



THIS WEEK ONLY **6.49**
EACH



THIS WEEK ONLY **5.99**
EACH



THIS WEEK ONLY **11.99**
EACH



THIS WEEK ONLY **2.49**
EACH



THIS WEEK ONLY **4.99**
EACH



THIS WEEK ONLY **8.99**
EACH



THIS WEEK ONLY **13.99**
EACH



THIS WEEK ONLY **99c**
EACH



THIS WEEK ONLY **7.49**
EACH



THIS WEEK ONLY **7.99**
EACH



THIS WEEK ONLY **9.99**
EACH

MORE GREAT SAVINGS FOR LESS

LOW IN CALORIES WITH REAL FRUIT JUICE*

SANPELLEGRINO
ITALIAN SPARKLING DRINKS

Momenti
POMEGRANATE & BLACKCURRANT

Naturali
ARANCIATA ROSSA

100% NATURAL INGREDIENTS MADE WITH ITALIAN ORANGES

LOCKED DOWN

5.99
EACH

RITZ
original

CHRISTIE RITZ OR TRISCUIT CRACKERS 190 - 200 G
MAYNARDS CANDY 150 - 154 G
SELECTED VARIETIES

SOUR PATCH Kids

LOCKED DOWN

2/\$5

YOPLAIT YOP 200 ML
SELECTED VARIETIES

LOCKED DOWN

99¢
EACH

TIM HORTONS READY TO SERVE SOUP 540 ML
SELECTED VARIETIES

LOCKED DOWN

2.99
EACH

EGGO WAFFLES 280 G
FRENCH TOASTER STICKS 270 G FROZEN
SELECTED VARIETIES

LOCKED DOWN

3.49
EACH

TIM HORTONS GROUND COFFEE 300 G
SELECTED VARIETIES

ORIGINAL BLEND MELANGE ORIGINAL

LOCKED DOWN

9.49
EACH

PRINGLES POTATO CHIPS 148 - 156 G
SELECTED VARIETIES

LOCKED DOWN

2.49
EACH

OCEAN SPRAY CRANBERRY COCKTAIL OR JUICE BLENDS 1.37 - 1.89 L
SELECTED VARIETIES

LOCKED DOWN

3.99
EACH

SELECTION PINEAPPLE 540 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

1.77
EACH

McCAFE COFFEE CAPSULES 30'S
SELECTED VARIETIES

100% ETHICALLY SOURCED ARABICA BEANS

LOCKED DOWN

19.99
EACH

BAKERY

BUTTER TARTS

SELECTION COOKIES 770 G
GRANDMOTHER'S TARTS 680 G
SELECTED VARIETIES

THIS WEEK ONLY

5.49
EACH

SELECTION DONUTS 400 - 552 G
SELECTED VARIETIES

THIS WEEK ONLY

2.99
EACH

SELECTION OATMEAL RAISIN AVOINE ET RAISINS 770 G

THIS WEEK ONLY

5.49
EACH

IRRESISTIBLE MUFFINS 600 G
SELECTED VARIETIES

THIS WEEK ONLY

4.99
EACH

MIX & MATCH!*

2 \$5.99 FOR

OR

3 \$7.99 FOR

*MIX & MATCH ANY DEMPSTER'S BREAD OR BUNS, DEMPSTER'S OR TIA ROSA TORTILLAS OR HOSTESS SNACK CAKES. SELECTED SIZES, SELECTED VARIETIES, OR PAY 3.29 EA.