

EFFECTIVE FROM THURSDAY SEPTEMBER 26TH TO WEDNESDAY OCTOBER 2ND, 2024.

Longo's



Maple Leaf Prime Raised Without Antibiotics Boneless, Skinless Chicken Breasts or Thighs
13.21/kg
VALUE PACK

5⁹⁹
/LB

SAVE \$6/LB

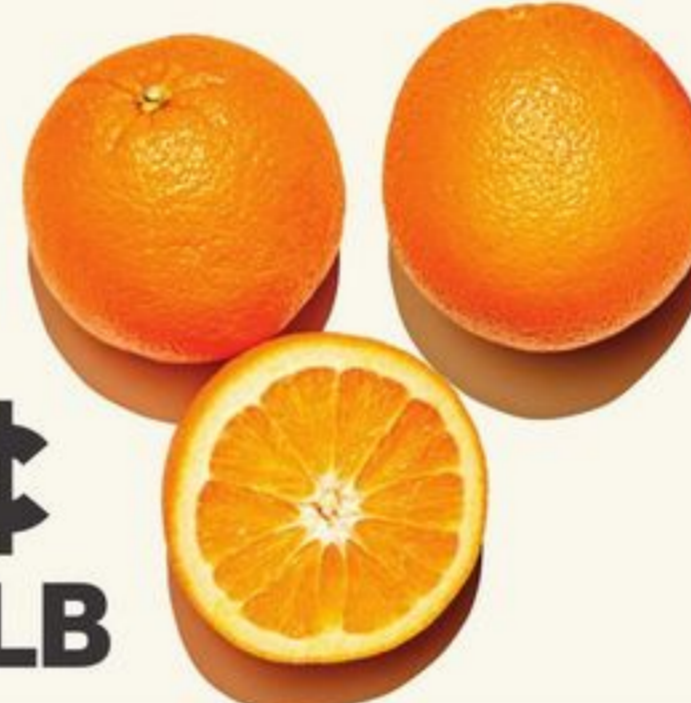


Fresh Romaine Hearts
Product of U.S.A.
3 pack

2⁹⁹

Fresh Navel Oranges
Product of South Africa
2.18/kg

99¢
/LB



THANK YOU REWARDS
MEMBER PRICING

LOCAL

Fresh Longo's
White Potatoes
10lb bag
Product of Ontario

1⁹⁹

SAVE \$5

NON-MEMBER
\$6.99



BIG SAVINGS



Organic Meadow
Organic Milk
4L bag
1%, 2% or skim

7⁹⁹

SAVE \$2

NON-MEMBER
\$9.99



YOU COULD WIN

1 MILLION

THANK YOU REWARDS POINTS!

APPROXIMATELY
\$5,000
VALUE

SCAN YOUR THANK YOU REWARDS CARD EACH TIME YOU SHOP BETWEEN SEPTEMBER 12 AND OCTOBER 2 TO AUTOMATICALLY ENTER.*

*See in-store for full rules and regulations.

LOCAL



COLE-MUNRO

11⁹⁹
/LB

Fresh Ontario Rainbow Trout Fillet
26.43/kg
VALUE PACK

SAVE AT LEAST \$2/LB

San Daniele Sliced Prosciutto
100g pkg or
Santa Lucia Bocconcini
200g pkg
Individual \$6.99
selected varieties



2 FOR \$12

SAVE UP TO \$5.98 ON 2



HOT DEAL

Dr. Oetker Ristorante
or Casa di Mama
Frozen Pizza
320-410g pkg
selected varieties

3⁴⁹

SAVE UP TO \$3.50



2⁹⁹ Fresh Bagged Avocados
Product of Mexico
5ct

Miss Vickie's
Kettle Cooked
Potato Chips
190-200g pkg
Individual \$4.49
selected varieties



2 FOR \$8

SAVE \$2.98 ON 2

Häagen-Dazs
Ice Cream
400-450mL pkg or
Novelties
216-264mL pkg
selected varieties



5⁴⁹

SAVE UP TO \$2

Longo's or Gay Lea
Sour Cream
500mL tub
selected varieties



2⁴⁹

SAVE UP TO \$1.50

Rao's Pasta Sauce
660mL jar
selected varieties



7⁹⁹

SAVE \$5

WOW Leger

YOU VOTED US THE **#1 GROCERY STORE IN ONTARIO.** * THANKS A WHOLE BUNCH!

*Longo's ranked first for overall experience among food retailers in Ontario. 2024 WOW Report.

NATURALLY AGED FOR TENDERNESS AND MARBLED FOR FLAVOUR!

CUT FROM CANADA AAA
AGED 21 DAYS

Cut from Canada AAA Grade T-Bone Grilling Steak 37.46/kg

16⁹⁹ /LB
SAVE \$3/LB

LOCAL

Fresh Onions, Beets or Carrots Product of Ontario 5lb bag

3⁹⁹

Marina Del Rey Frozen Raw Argentinian Shrimp 300g pkg selected varieties

8⁹⁹
SAVE \$4

Longo's Natural Almonds 600g pkg

9⁹⁹
SAVE \$2

Fresh Ataulfo Mangoes Product of Brazil

3 FOR \$5

Longo's Fully Cooked Chicken Wings Plain Glazed, Barbecue, Sweet and Spicy or Buffalo 500g pkg Individual \$11.99

2 FOR \$22
SAVE \$1.98 ON 2

LOCAL

BAKED IN-STORE.

Longo's Sourdough Boule 540g pkg

3⁹⁹
SAVE \$1

Longo's Sparkling Water Lemon Lime or Blackberry 12x355mL cans Individual \$5.99

2 FOR \$10

Cashmere Double Roll Bath Tissue 8=16 rolls, Sponge Towels Ultra Choose-A-Size 2=4 rolls, Bonterra Bath, Paper Towel or Facial Tissue selected varieties

4⁹⁹
SAVE UP TO \$3

Unico Solid Light Tuna in Oil 198g can Individual \$2.49

2 FOR \$4
SAVE UP TO \$1.98 ON 2

DAILY MEAL DEALS

<p>MONDAY Longo's Meal Kits or Shareable Family Oven-Ready Meals</p>	<p>TUESDAY Bento Sushi Crunch Family Pack</p>	<p>WEDNESDAY Longo's Rotisserie Style Barbecue Chicken 1kg pkg</p>	<p>THURSDAY Longo's 16" Pepperoni or Cheese Pizza</p>	<p>FRIDAY Longo's Heat and Serve Wings or Ribs</p>
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THANK YOU REWARDS MEMBER PRICING
Scan your registered Thank You Rewards card and get **25% OFF*** YOUR MEAL SOLUTION MONDAY TO FRIDAY
*Regular retail price.

Longo's For online flyer, store hours and store locations, visit us at Longos.com or call 1-800-9-Longos

We reserve the right to limit quantities. We are diligent in proofing our flyers but unintentional errors in copy or image may occur. We reserve the right to correct any errors. Some images are for illustration purposes only. Savings refer to Longo's regular prices. Prices vary by location.

WEST

f X @LongosMarkets

WEEKLY DEALS. FRESH SAVINGS. EFFECTIVE FROM THURSDAY SEPTEMBER 26TH TO WEDNESDAY OCTOBER 2ND, 2024.

SALMON FEST

Longo's Frozen Smoked Atlantic or Coho Salmon
200g pkg
selected varieties

11⁹⁹
SAVE AT LEAST \$1



Fresh Atlantic Salmon Burgers
Spinach Feta Cheese or Sundried Tomato
22.02/kg

9⁹⁹ /LB



FRESH STORE MADE

SUNDRIED TOMATO

SPINACH FETA CHEESE

Longo's Frozen Breaded Lemon Pepper Salmon Fillets
500g pkg

13⁹⁹
SAVE \$2.50



Fresh Atlantic Salmon Skewer
Plain or Maple Barbeque
140g pkg

4⁹⁹
SAVE \$1

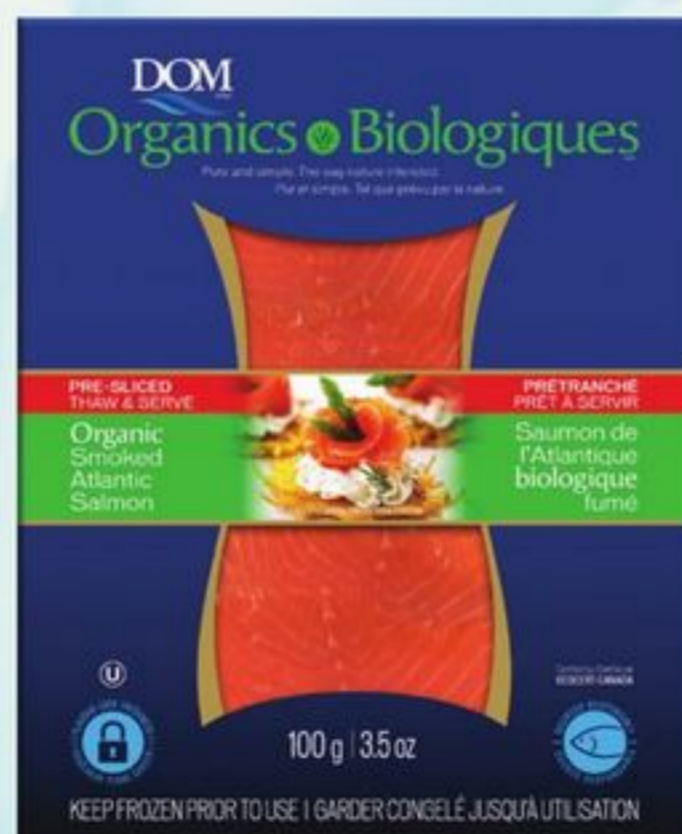


True North Frozen Atlantic Salmon Burgers
568g pkg

9⁹⁹
SAVE \$2



12⁹⁹ IFC Frozen Coho Salmon Portions
454g pkg
SAVE \$3



9⁹⁹ Dom Organics Frozen Organic Salmon
100g pkg
SAVE \$4

Bento Salmon Poke Bowl
437g pkg

\$14

THANK YOU EARN 200 POINTS



\$16 Bento Sushi Salmon Combo
337g pkg

THANK YOU EARN 200 POINTS



3⁴⁹
/LB

Fresh Green,
Red or Black
Seedless Grapes
Product of U.S.A.
7.69/kg

LOCAL



2⁹⁹
/LB

Maple Leaf Prime
Raised Without Antibiotics
Whole Chicken
6.59/kg

SAVE \$2/LB

**FLOWN
IN FRESH**



Fresh Wild Caught
Cod Fillet
Product of Iceland
39.66/kg

17⁹⁹
/LB

SAVE \$1/LB



4⁹⁹

Fresh Wild Wonders
Gourmet Medley Tomatoes
Product of Ontario or Mexico
681g pkg



7⁹⁹
/LB

Maple Leaf Prime
Raised Without Antibiotics
Split Wings
17.61/kg

SAVE \$1/LB



Longo's Frozen
Hokkaido Scallops
8-15ct, 340g pkg

22⁹⁹

SAVE \$2



Fresh Arte Salads
328-373g pkg
Individual \$5.99
selected varieties

2 FOR \$10

SAVE UP TO 98¢ ON 2



16⁹⁹
/LB

Yorkshire Valley Farms
Fresh Organic Chicken
Breast Fillet or Scallopini
37.46/kg

SAVE \$2/LB



Longo's Frozen Herb
Marinated Shrimp with
Marinated Garlic & Herbs
Butterfly Shrimp
340g pkg

9⁹⁹

SAVE \$3



Fresh fish is subject to availability.

WEEKLY DEALS. FRESH SAVINGS. EFFECTIVE FROM THURSDAY SEPTEMBER 26TH TO WEDNESDAY OCTOBER 2ND, 2024.

NOW THAT'S A SLICE.

Mix and match Neapolitan Pizza Slices excluding Pepperoni and Double Cheese

2 FOR \$8

SAVE UP TO 1.98 ON 2

Mix and match Pepperoni or Double Cheese Neapolitan Pizza Slices

2 FOR \$7

SAVE UP TO 98¢ ON 2



Individual regular price.

CELEBRATING SALMONFEST

Stop by our hot bars and salad bars to try our Salmonfest-approved dishes.



EMMENTALER SWITZERLAND



SWISS EMMENTAL CUTTING

Swiss Emmentaler AOP or Kaltbach Creamy Cheese

25% OFF

Emmentaler 4.88/100g
Kaltbach Creamy 5.48/100g



JOIN US AS WE CUT INTO A 200LB WHEEL OF SWISS EMMENTALER.

SELECT LOCATIONS FROM 10AM-3PM.

Friday, September 20th
Oakville, York Mills, Milton and Brooklin
Saturday, September 21st
Leaside, Aurora, Guelph and Green Lane
Sunday, September 22nd
Bathurst, Southeast Oakville, Applewood and Stouffville

MAKE EVERY SANDWICH A WORK OF ART.

Schneiders Sliced Deli Meat 150-175g pkg selected varieties

6.99
SAVE \$1.50



FRESH DELI SERVED



3.29
/100G

Cuddy Oven Roasted Turkey Breast selected varieties

SAVE \$1/100G

FRESH DELI CUT

Castello Havarti selected varieties

2.99
/100G

SAVE \$1.30/100G



FALL FAVES FROM DUFFLET ARE BACK!

8" Pumpkin Spice Cheesecake or 8" Harvest Caramel Apple Cheesecake

FROM **32.97**



Longo's Pumpkin Spice Coffee Cake 900g pkg

9.97

THANK YOU EARN 100 POINTS



LOCAL

Longo's Pumpkin Chocolate Loaf Cake 435g pkg

6.99

THANK YOU EARN 50 POINTS



Longo's Country Sliced Bread White or Multigrain 750g pkg

4.99

THANK YOU EARN 50 POINTS



LOCAL

La Fournee Doree Brioche Pancakes Plain or New Chocolate 280-350g pkg

6.99

SAVE \$2



5.99

SAVE \$1



Longo's Muffins 6 pack, 600g pkg selected varieties

LOCAL

NEW

Longo's ORIGINAL ROTI



2.99

SAVE \$1.50

Longo's Original Roti 15 pack 750g pkg

LOCAL

WEEKLY DEALS. FRESH SAVINGS. EFFECTIVE FROM THURSDAY SEPTEMBER 26TH TO WEDNESDAY OCTOBER 2ND, 2024.



THANK YOU REWARDS MEMBER PRICING

Scan your registered Thank You Rewards card and receive exclusive members only pricing on select products in-store.



**NOT A MEMBER?
NOT A PROBLEM!**

Sign up to become a member and earn 500 Bonus Points when you opt in to receive emails and exclusive offers. Scan the QR code or visit Longos.com/thank-you-rewards

LOCAL

Longo's Fresh King Oyster Mushrooms
Whole or Sliced
Product of Ontario
200g pkg

4⁹⁹

NON-MEMBER
5⁹⁹



Longo's Soup
700mL tub
selected varieties

6⁹⁹

SAVE \$1.50

NON-MEMBER
8⁴⁹



IN-STORE
DEMO
Friday,
Sept. 20th

LOCAL

Yorkshire Valley Farms Frozen Organic Chicken Meatballs
800g pkg

9⁹⁹

SAVE \$7

NON-MEMBER
16⁹⁹



Balderson Cheddar Cheese
250-280g pkg
selected varieties

FROM
8⁹⁹

SAVE \$2

NON-MEMBER
FROM
10⁹⁹



Longo's Frozen Florida Shrimp
10-15ct, 454g pkg

22⁹⁹

SAVE \$4

NON-MEMBER
26⁹⁹



Crafty Ramen Frozen Noodle Bowls
500-540g pkg
selected varieties

10⁹⁹

SAVE \$3

NON-MEMBER
13⁹⁹



Charmin Mega Bath Tissue
12=48 rolls

14⁹⁹

SAVE UP TO \$7

NON-MEMBER
16⁹⁹



Level Ground Whole Bean or Ground Coffee
300g pkg
selected varieties

9⁹⁹

SAVE \$4

NON-MEMBER
13⁹⁹





3⁹⁹

Gray Ridge Large White Eggs
12 pack



5⁹⁹

Longo's Essentials Country Churned Butter
454g pkg



4⁹⁹

Fresh Campari Tomatoes
Product of Ontario or Mexico
2lb pkg



6⁹⁹

Longo's Honeycrisp Apples
Product of Ontario
3lb bag



2 FOR \$4

Longo's Pasta
450g pkg
Individual \$2.29



3²⁹

Redpath Sugar
2kg pkg



1⁹⁹

Longo's Essentials Bread
675g pkg



3⁹⁹

Oikos or Liberté Greek Yogourt
4x100g pkg



6⁰⁹

Beatrice Milk
2%, 1% or skim • 4L bag



3⁹⁹

Longo's Russet Potatoes
Product of Canada
10lb bag



2⁴⁹
/LB

Longo's Fresh Ontario Air-Chilled, Grain-Fed Chicken Leg Quarters
Value pack • 5.49/kg



12⁹⁹

Longo's Traditional Meat Lasagna
2.27kg pkg



\$5.00/
serving

19⁹⁹

Longo's Oven-Ready Meals
900g-1kg pkg
Serves up to 4



2⁹⁹
/100G

Longo's Curato Parmigiano Reggiano DOP Cheese
Average weight 1kg
Aged 24 months



9⁹⁹

French Emmental Cheese
Average weight 400g



9⁹⁹

Lactantia PürFiltre Organic Milk 2%, 1% or Organic Meadow Organic Milk 2%, 1% or skim
4L bag



21⁹⁹

Tide Liquid Laundry Detergent
3.9L jug, 100 loads



19⁹⁹

Cashmere Bath Tissue
24=72 rolls



21⁹⁹

Bounty Select-A-Size Paper Towels
6=18 rolls



18⁹⁹

Frito-Lay Variety Pack
42ct



WE'VE LOCKED DOWN PRICES ON EVERYDAY ITEMS.

PRICES ON THIS PAGE EFFECTIVE FROM THURSDAY SEPTEMBER 26TH TO WEDNESDAY OCTOBER 2ND, 2024.

GROCERY



3.49 Dempster's Whole Grains Bread 500g pkg,
Signature Buns 6-8ct or
Dempster's Bagels 5-6ct
selected varieties
SAVE UP TO \$1.30



5.99 Kellogg's Family
Size Cereal
515-650g pkg
SAVE AT LEAST \$2



Mazola Corn
or Canola Oil
1.18L bottle
5.99
SAVE UP TO \$4



3.99 Rio Mare
Insalatissime
160g pkg
SAVE UP TO \$1.50



4.99 Hippie Snacks Granola
227g pkg or
Hippie Snacks Crisps
70g pkg
SAVE \$2.50



Nutella
Hazelnut
Chocolate
Spread
725g jar
6.99
SAVE \$2



2 FOR \$6
SAVE \$1.98 ON 2
Loacker Italian
Wafer Cookies
150-175g pkg or
Loacker Italian
Tortina Cookies
63g pkg
Individual \$3.49



3.99 Celestial Seasonings Tea
20ct
selected varieties
SAVE UP TO \$1.50



Ocean Spray
Cranberry Juice
1.77-1.89L bottle
selected varieties
4.49
SAVE UP TO \$1



Earth's Own
Oat Barista Blend
946mL tetra
4.99
SAVE \$1



Club House Gravy
or Seasoning Mix
20-47g pkg
selected varieties
99¢
SAVE UP TO 50¢



3.29 Ritter Sport Chocolate
100g pkg
selected varieties
SAVE \$1



Humble Organic
Potato Chips
135g pkg
Individual \$3.99
selected varieties
2 FOR \$7
SAVE \$2.98 ON 2



Longo's
Dressing
350mL bottle
or Croutons
145g pkg
selected varieties
2.49
SAVE 50¢



Nature Clean
Dish Soap
1.5L bottle
selected varieties
5.99
SAVE \$2

DAIRY AND FROZEN

GREENFIELD NATURAL MEAT CO. Carbon zero made by a CARBON NEUTRAL COMPANY

MAKING MEAT RIGHT

Greenfield Raised Without Antibiotics Bacon, Smoked Sausage or Wieners 200-375g pkg or Greenfield Frozen Breakfast Sausage Rounds or Links 375g pkg selected varieties

6.49
SAVE UP TO \$2.50

CHAPMAN'S

Ice Cream Crème glacée **Collection** ALMONDS & MILK CHOCOLATE MARSHMALLS & CHOCOLATE AD LUST

8 x 55 mL

CHAPMAN'S MARKDALE CREAMERY ICE CREAM - CRÈME GLACÉE REAL CREAM ALWAYS FRESH VRAIE CRÈME TOUJOURS FRAICHE

2L Vanilla Vanille

4.99 Chapman's Markdale Creamery Ice Cream 2L carton, Chapman's Canadian Collection 8ct or Chapman's Lolly's 28ct selected varieties

SAVE UP TO \$2

SCHNEIDERS Juicy Jumbos

Schneiders Juicy Jumbo's 375-450g pkg selected varieties

5.49
SAVE UP TO \$2

Black Diamond 32% or 37% moisture 240g

NATURAL CHEESE SLICES TRANCHES DE FROMAGE NATUREL

12 slices

4.99 Black Diamond Natural Cheese Slices 220-240g pkg selected varieties

SAVE UP TO \$2.50

PINTY'S EATWELL CHICKEN STRIPS

NO ARTIFICIAL COLOURS OR FLAVOURS LOW IN SATURATED FAT SOURCE OF OMEGA-3 POLYUNSATURATED FATTY ACIDS

GLUTEN FREE

PINTY'S SALT & CRACKED BLACK PEPPER Wings

GLAZED CHICKEN WINGS SEASONED, COUPED, FULLY COOKED 85% MEAT PROTEIN

780g

Pinty's Wings, Strips or Bites 750-790g pkg selected varieties

13.99
SAVE UP TO \$9

COZY DELICIOUS MEALS IN MINUTES!

Olivieri SKILLET GNOCCHI À POÊLER REAL CHEESE VRAI FROMAGE

Olivieri SKILLET GNOCCHI À POÊLER TOMATO MOZZARELLA TOMATE

Tilda Pure Basmati pur BASMATI RICE

Olivieri Gnocchi, Tortellini or Ravioli 520-700g pkg selected varieties

Olivieri Gnocchi or Pasta Sauces 300-350g pkg selected varieties

Tilda Pure Basmati Rice or Minute Rice Ready to Serve Rice 250g pkg selected varieties

7.99 SAVE UP TO \$3

4.99 SAVE UP TO \$2

2.49 SAVE UP TO \$1.50

Tre Stelle deluxe MOZZARELLA PIZZA MOZZARELLA CHEESE - FROMAGE PIZZA MOZZARELLA

25% M.F. / M.F. 50% MOISTURE / HUMIDITÉ 340g

7.99 Tre Stelle Mozzarella Ball 340g pkg selected varieties

SAVE \$1

YORKSHIRE VALLEY FARMS ORGANIC CHICKEN BITES

YORKSHIRE VALLEY FARMS ORGANIC CHICKEN BREAST FILLETS

RAISED WITHOUT ANTIBIOTICS NON IVD

15.99 Yorkshire Valley Farms Breaded Chicken Fillets or Bites 454-480g pkg

SAVE UP TO \$4

Cavendish RESTAURANT Style PUB

Cavendish All-Day Breakfast Hash Browns

Cavendish Quick CRISP

Cavendish Farms Premium Frozen Fries or All-Day Breakfast Hash Browns 540-750g pkg selected varieties

3.99
SAVE UP TO \$1.50

Longo's CHEESE RAVIOLI

Longo's POTATO GNOCCHI

Longo's Frozen Pasta 800-900g pkg selected varieties

7.99
SAVE \$1

LET THE FALL BAKING BEGIN.

Find your favourite fall baking recipes on Longos.com



6.49 Ghirardelli
Chocolate Chips
250-362g pkg
selected varieties
SAVE 50¢



5.99 Robin Hood
or Five Roses Flour
2.5kg pkg
selected varieties
SAVE AT LEAST 50¢



5.49 E.D. Smith
Pure Pumpkin
796mL can
SAVE AT LEAST 50¢



Eagle Brand
Condensed Milk
300mL can
selected varieties

3.99
SAVE AT LEAST 50¢



Redpath Sugar
2kg bag

3.29



Fleischmann's
Yeast
113g jar
selected varieties

4.49
SAVE AT LEAST \$1



Fireside
Marshmallows
250g pkg
selected varieties

1.99
SAVE 30¢

Longo's Almonds,
Raisins or Coconut
100-375g pkg
selected varieties

3.49
SAVE UP TO \$1.50





ENTERTAINING MADE EASY



Firm favourites from around the globe featuring Merlot Bellavitano, Asiago, Irish Dubliner, Spanish Manchego. Served with a selection of fresh and dried fruit, nuts and Longo's Rustic Crisps. Serves 8-10 people

MADE IN-STORE FRESH DAILY.



19⁹⁹ Longo's Veggie Tray with Ranch or Hummus Dip 1.9kg pkg
EARN 200 POINTS



Our store-made cream cheese balls – maple bacon cheddar, cream cheese with chives or smoke salmon cream cheese. Plus, our spreadable Longo's Baguette, Longo's Rustic Crisps, Longo's Artisan Made Rosemary & Sea Salt Flatbread and flatbread. Serves 8-10 people

Longo's Fruit Medley Tray 2.3kg pkg
24⁹⁹
EARN 250 POINTS



A selection of Longo's Curato Italian deli meats such as Spianata Romana Salami and Coppa Piacentina DOP, Prosciutto di Parma and pancetta. Served with Auricchio dried fruit, sundried black olives and Longo's Artisan Made Rosemary & Sea Salt Flatbread.



California Roll (18pc), Spicy California Roll (18pc), Vegetable California Roll (9pc), Cucumber Hosomaki (8pc). Includes wasabi, ginger and soy sauce.

\$35 Kazoku Sushi Platter 53 pieces serves up to 6



DITCH THE FUSS

LEAVE THE FEAST TO US!

JUST HEAT AND SERVE



SERVES 3-5

TURKEY ROAST FEAST

Enjoy a turkey roast dinner without the traditional prep time. Longo's Turkey Roast Kit features a local, fully roasted, raised without antibiotics turkey breast roast, gravy for turkey and your choice of 3 entrée sides.

Order by October 6th, 2024.

79⁹⁹ EARN 500 POINTS

ORDER EARLY

Price goes up September 23rd, 2024 to \$84.99. While supplies last.



SERVES 3-5

PORCHETTA FEAST

If turkey isn't your flavour, host a porchetta dinner instead! Longo's Porchetta Kit features a local, fully roasted porchetta, free from antibiotics, nitrates and nitrites, Longo's Curato Crushed Hot Chili Pepper Spread and your choice of 3 entrée sides.

Order by October 6th, 2024.

79⁹⁹ EARN 500 POINTS

ORDER EARLY

Price goes up September 23rd, 2024 to \$84.99. While supplies last.



SERVES 6-8

TURKEY FEAST

Host a traditional holiday feast without the traditional prep time. Longo's Festive Turkey Kit features a local, fully roasted, raised without antibiotics turkey, gravy for turkey, cranberry sauce and your choice of 3 family size sides.

Order by October 6th, 2024.

159⁹⁹ EARN 1000 POINTS

ORDER EARLY

Price goes up September 23rd, 2024 to \$169.99. While supplies last.

This fall
**ADD LOCAL
 TO YOUR LIST.**

Longo's



MEET THE FARMER
 Capogna Flowers

LOCATION
 Leamington, Ontario

**WHY THEY ARE
 OUR PARTNER**

Located in Ontario's most southern part of Canada. Capogna Flowers has been on the forefront of providing creative and high-quality designs right to your yard. This family-run operation strives to provide the highest caliber of product in spring and fall. Bring home Capogna Flowers today.

**GROWER'S
 SPECIAL**



9" Garden Mum

6⁹⁹
SAVE \$3



12" Premium
 Fall Planter

29⁹⁹



Harvest Bushel

39⁹⁹



Fresh Jumbo Basil
 9" pot
 Product of Ontario

4⁹⁹
SAVE \$4



THE NEED IS GREATER THAN EVER.

From October 3rd to October 13th, Longo's Guests can purchase a virtual Neighbour-in-Need bag in-store and online at Longos.com.

Breakfast Bag*
8⁹⁹



Dinner Bag*
11⁹⁹



THANK YOU FOR HELPING A NEIGHBOUR IN NEED!

*All products may not be exactly as shown. Bags purchased will go directly to local food banks.

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AS GOUDA AS IT GETS

Did you know that Gouda has been crafted in the Netherlands since the 12th century, making it one of the world's oldest cheeses? Today, it's also one of the most popular! This cow's milk delight with a caramel-like taste and creamy texture is available in traditional varieties as well as in savoury, limited-edition offerings, all hand-selected by our Cheese Masters. You're sure to find one (or more) you'll fall for.

1

NEW Grand'Or Medium

This traditional Dutch Gouda has a nutty flavour with aromatic, caramel undertones. It pairs perfectly with fresh or dried fruit and crisp crackers.

2

Frico Cumin Spiced

Perfect for fall, this Gouda is blended with toasted cumin seeds, imparting a warm, spicy flavour. Try it melted into recipes, sliced into sandwiches or as a delicious snack.

3

Delft Blue

So rich and creamy, this cow's milk blue cheese has a distinctive buttery flavour with a subtle sweet finish. Great for slicing or melting, it makes an excellent dessert cheese.

4

Pesto Green

Prepare to be wowed by this traditional cow's milk Grand'Or Gouda that's been mixed with the flavourful, fragrant taste of green pesto. Available for a limited time only.

5

Beemster Goat

Don't think you like goat cheese? Then you haven't tried Beemster! This "goat gateway" cheese has a smooth, semi-firm texture and a refreshing, sweet flavour.

6

Lachsschinken

Crafted with boneless pork loin, this dry-cured meat has a soft texture and smoky flavour. Try it sliced on a platter or served on bread with cream cheese, onions and capers.

7

Salami Felino

Lovingly prepared according to an artisanal recipe with the highest-quality ingredients, this delectable salami is aged for 75 days to yield a smooth, subtle flavour.

8

Beemster Pumpkin Spice

Give a seasonal kick to your cheeseboard with this limited-edition Gouda infused with the perfectly spiced flavours of autumn. Grab yours before it's gone!



Rave apples are a natural cross of Honeycrisp and MonArk.
Experience the infamous Honeycrisp crunch but with extra juice and zing!

Fresh Rave Apples
Product of the U.S.A.
4.39/kg

1.99
/LB



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SAVE ON THE BRANDS YOU LOVE AT LONGO'S

MONSIEUR
GUSTAV™/M.C.



Simple
and sooo good.



6⁹⁹ Monsieur Gustav Gouda
170g pkg
selected varieties
SAVE \$2

6⁹⁹ Monsieur Gustav Cheddar
200g pkg
selected varieties
SAVE \$2

SNACK + PLAY

FOR YOUR NEXT FAMILY GAME NIGHT



YOU COULD
WIN A NINTENDO SWITCH™ PRIZE PACK

† NO PURCHASE NECESSARY. Open to legal residents of Canada over the age of majority in their province/territory of residence from September 2, 2024 at 12:00:00am ET to December 16, 2024, at 11:59:59pm ET. Visit www.orvillepogo.ca or scan a QR code and fully complete the Contest entry form. Included in your submission, you must enter a valid UPC code from a qualifying Orville Redenbacher® or POGO® product. There are seventy-five (75) Weekly Prizes (each a "Weekly Prize") available to be won during the Contest. Each Weekly Prize includes: One (1) Nintendo Switch™ — OLED Model system, One (1) download code for a digital version of a Nintendo Switch™ game (as determined by Sponsor) and a One (1) year supply of Orville Redenbacher® popcorn. (ARV \$565.00 CAD). Odds of winning a Weekly Prize depend on the number of eligible entries received at the time of the draws. The number of prizes available will decrease as they are revealed and claimed. Mathematical skill-testing question required. Conditions and restrictions apply. To enter or for full contest rules, visit www.orvillepogo.ca. Prize may not be exactly as shown in contest materials. Nintendo is not a sponsor, co-sponsor or administrator of this Contest. Nintendo trademarks are properties of Nintendo.



Orville Redenbacher
Microwaveable Popcorn
340-516g pkg
selected varieties

5⁹⁹
SAVE UP TO \$1



Pogo Corn Dogs
600-750g pkg
selected varieties

8⁹⁹
SAVE UP TO \$3

PRICES ON THIS PAGE EFFECTIVE FROM THURSDAY SEPTEMBER 26TH TO WEDNESDAY OCTOBER 2ND, 2024.

SAVE ON THE BRANDS YOU LOVE AT LONGO'S

NEW

Dempster's
EST 1890
Signature

GOLD BREAD PAIN D'OR
BRIOCHE STYLE BREAD
PAIN DE STYLE BRIOCHE
NO ARTIFICIAL FLAVOURS OR COLOURS 600g

Dempster's
EST 1890
Signature

EVERYTHING TOUT GARNI
WHITE BREAD / PAIN BLANC
NO ARTIFICIAL FLAVOURS OR COLOURS 600g

BUY 1, GET 1 FREE*

*Offer valid on Dempster's® Signature Gold Bread and Signature Everything Bread. Offer ends October 2, 2024.

RAW HONEY IMMUNE BOOSTER smoothie

Preparation Time: 5-7 minutes
Yield: 1 large or 2 small servings

INGREDIENTS:

- 1 ripe banana
- 1 tbsp Dutchman's Gold raw honey
- 1 tsp Dutchman's Gold bee pollen
- 1/2 cup Greek yogurt
- 1/2 cup milk of choice
- Pinch of sea salt
- 1/2 cup ice cubes

Optional: 1 scoop of protein powder (extra protein).
Optional: 1/2 cup frozen mangoes or blueberries.

INSTRUCTIONS:

1. Peel the banana and break it into smaller pieces. Measure all ingredients.
2. Blend banana, honey, bee pollen, yogurt, milk, salt, ice cubes, and optional fruit.
3. Add protein powder for extra nutrition.
4. Blend until smooth. Adjust consistency with more milk if needed.
5. Serve immediately, garnish with bee pollen.

Nutritional Information:

Protein Content: Varies based on protein powder use. Greek yogurt provides approx. 10g protein per 1/2 cup.
Benefits: Raw unpasteurized honey supports natural immunity with enzymes and antioxidants. Bee pollen supports immunity with vitamins, minerals, amino acids, and antioxidants for overall health. Sea salt naturally contains minerals and electrolytes needed to stay balanced.

QR Code: @DutchmansGold Dutchman's Gold

Logo: BEE FRIENDLY PROMISE

Unico

Unico Chick Peas
540mL can Individual \$1.99 selected varieties

Unico Red Kidney Beans
540mL can Individual \$1.99 selected varieties

Unico Tomatoes
796mL can or Tomato Paste 369mL can selected varieties

Unico Diced Tomatoes
796mL can or Tomato Paste 369mL can selected varieties

Unico Vegetable Oil
3L jug

DeCecco Pasta
454g pkg selected varieties

DeCecco Linguine Piccolo no. 8
454g pkg

Unico Vegetable Oil
3L jug

DeCecco
Magne'ol 1832
Fusilli no. 34

DeCecco
Linguine Piccolo no. 8

2 FOR \$3
SAVE UP TO \$1.58 ON 2

1.99
SAVE UP TO 70¢

2.49
SAVE 50¢

9.99
SAVE UP TO \$4

HEAD BACK TO SCHOOL!

Lays XXL Chips or Tostitos
215-295g pkg Individual \$4.49 selected varieties

Lays Classic Classique

Tostitos RESTAURANT

Cheetos minis

Doritos minis

2 FOR \$8
SAVE UP TO \$2.98 ON 2

2 FOR \$7
SAVE UP TO \$1.98 ON 2

Frito-Lay Minis Canister
102-145g pkg Individual \$3.99

PEPSI
12 CANS
ZERO SUGAR

PEPSI
6 CANS
MINI ZERO SUGAR

7.49
SAVE \$1

4.49
SAVE \$1

Pepsi Beverages
12x355mL cans selected varieties

Pepsi Beverages Mini Cans
6x222mL cans selected varieties

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BIG BRANDS. BIG SAVINGS.

PICK UP YOUR
BACK-TO-SCHOOL!
ESSENTIALS!



Lactantia Organic, UltraPur or Lactose Free Milk 1.5-2L bottle or Lactantia Chocolate Milk 6x237mL bottles selected varieties

5⁹⁹
SAVE UP TO \$1.50



IÖGO Nano Drinkable Yogourt 6x93mL bottles selected varieties

3⁴⁹
SAVE \$1.50



Astro Yogourt 12x100g pkg selected varieties

4⁴⁹
SAVE \$3

NATURAL SPRING WATER



Fiji Natural Spring Water 6x500mL bottles

7⁹⁹
SAVE \$1

Fiji Natural Spring Water 1L botte

2⁴⁹
SAVE UP TO \$1

Fiji Natural Spring Water 1.5L bottle

2⁹⁹
SAVE UP TO \$1



Nestlé Drumsticks 4-6ct pkg, Del Monte Novelties 10ct or Real Dairy Ice Cream 1.5L tub selected varieties

5⁹⁹

Nestlé Chocolate Bars 160-203g pkg selected varieties

4⁹⁹
SAVE UP TO \$1.50

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NEW



DuBreton Pork Stir Fry Strips 350g pkg selected varieties

6⁹⁹
SAVE \$1



5⁹⁹
SAVE \$1
DuBreton Raised Without Antibiotics Ground Pork 454g pkg



10⁹⁹ /LB
SAVE \$1/LB
DuBreton Raised Without Antibiotics Pork Tenderloin 24.23/kg

BIG BRANDS. BIG SAVINGS.

Nourish their potential,
ONE YOGURT AT A TIME

3.99 Oikos Greek Yogourt
4x100g pkg
selected varieties
SAVE UP TO \$1.50

5.99 Activia Yogourt
12x100g pkg or
Oikos Greek Yogourt
650-750g tub
selected varieties
SAVE UP TO \$2

Proud supporter of
Breakfast CLUB
of Canada

START YOUR DAY WITH THE GOODNESS OF PLANTS

Silk Plant-Based Beverage
1.75-1.89L carton
selected varieties
4.49
SAVE \$1

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Silk® © 2024 WhiteWave Services, Inc. All rights reserved.

HAVE AN
A+ DAY
WITH
QUAKER.
YOU'VE GOT THIS

**BUY 3 PARTICIPATING PRODUCTS†
GET 1 FREE**



9.99 Frito Lay Variety Pack
16ct
selected varieties
SAVE \$1



2.99 Quaker Crispy Minis
90-100g pkg
selected varieties
SAVE \$1

†Participating products (any flavour/variety): Quaker® Instant Oatmeal/Instant Multigrain Hot Cereal/Instant Hot Cereal (168 g - 1.48kg), Quaker® Steel Cut Quick Cook Oatmeal (368 g - 384 g; 709 g), Quaker® Oats (511 g - 2.5 kg), Quaker® Instant Hot Cereal Cups (43 g - 48 g), Quaker® Baking Mixes (900 g), Quaker® Granola Bars (120 g - 1.05 kg), Quaker® Oat Flour (700 g), Crispy Minis® Rice Snacks (90 g - 199 g), Quaker® Cereals (375 g - 1.4 kg), Cap'n Crunch® Cereal (288 g - 360 g), Pearl Milling Company™ Mixes (905 g), Pearl Milling Company™ Syrup (710 mL), Cap'n Crunch® Treats Cereal Bars (120 g), Gatorade™ Whey Protein Bars (969 g), Cheetos® Mac'n Cheese pasta with sauce (160 g - 680 g) & Frito-Lay Variety Packs (240 g - 504 g).

TAKE A SHOT ON
GREAT TASTE
Best **Coke** Ever?

Coca Cola
6x710mL bottles
selected varieties
5.99
SAVE UP TO \$1

Coca Cola
Mini Bottles
6x300mL bottles
selected varieties
6.99
SAVE UP TO \$1

Coca Cola
6x222mL cans
selected varieties
4.49
SAVE UP TO \$1

Nestea Iced Tea
12x341mL cans
selected varieties
8.49
SAVE UP TO \$1.50

*Plus applicable taxes, levies, deposits and fees. Valid at participating locations from September 19th to 25th, 2024. Subject to availability while supplies last. Not valid in conjunction with any other offer. Retailer may sell for less. All products must be purchased at the same time, single units at regular price.
The trademarks that appear are the property of their respective trademark owners.

EXPLORE ALL OF
FALL

6.99 Starbucks Coffee Enhancer
828mL bottle
selected varieties
SAVE \$1.50

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RECEIVE A
\$15
DIGITAL STARBUCKS CARD
to use at a Starbucks® café

WHEN YOU
***BUY ANY 4**
STARBUCKS® COFFEES
for Nespresso® Original Machines
September 3 - October 14, 2024

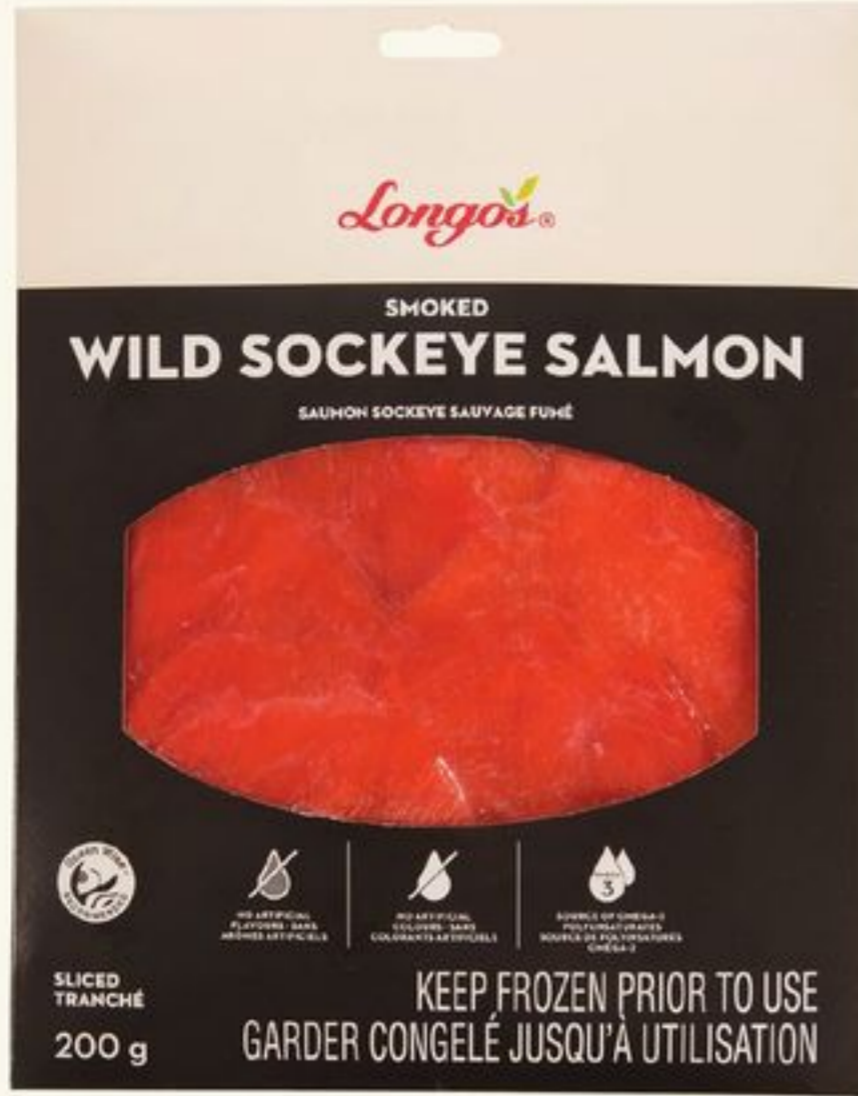
UPLOAD
your receipt to
www.StarbucksAtHome.ca/GiftCard
September 3 - November 11, 2024

PRICES ON THIS PAGE EFFECTIVE FROM THURSDAY SEPTEMBER 26TH TO WEDNESDAY OCTOBER 2ND, 2024.

ROSH HASHANAH

Longo's Frozen Smoked
Wild Sockeye Salmon
200g pkg

14⁹⁹
SAVE \$1



Premium
Hand-Selected
Flower Bouquets
assorted varieties

STARTING AT
29⁹⁹



Fresh or Frozen
Whole Kosher Chicken
11.00/kg

4⁹⁹
/LB
SAVE \$1/LB



LOCAL



1⁹⁹
/LB
Fresh Macintosh Apples
Product of Ontario
4.39/kg

Longo's
Pure Honey
1kg bottle

11⁹⁹
SAVE \$1



LOCAL



2⁹⁹
Fresh Carrots
Product of Ontario
bunch

Fresh Honeydew Melon
Product of Mexico or U.S.A.

5⁹⁹



Longo's Fresh
Yellow Potatoes
10lb bag

5⁹⁹



LOCAL

Fresh Zucchini
5.49/kg
Product of Ontario

2⁴⁹
/LB



3⁹⁹
Fresh Pomegranate
Product of U.S.A.
each



Dufflet 8" Rustic
Brown Sugar
Apple Cake

23⁹⁹
SAVE \$2



PRICES ON THIS PAGE EFFECTIVE FROM THURSDAY SEPTEMBER 26TH TO WEDNESDAY OCTOBER 9TH, 2024, AT THE FOLLOWING LOCATIONS:
VISIT LONGOS.COM FOR FULL LIST OF HOLIDAY HOURS.

BAYVIEW: 7355 Bayview Ave., Thornhill
YORK MILLS: 808 York Mills Rd., Toronto

BATHURST: 9306 Bathurst St., Vaughan
LEASIDE: 93 Laird Dr., Toronto

YONGE & SHEPPARD: 4841 Yonge St., Level 3, Toronto

ROSH HASHANAH

Walden Farms Syrup,
Vinaigrette or Dipw
355mL bottle or
340g pkg
selected varieties

5⁹⁹
SAVE \$1



1⁴⁹ Hadar Tea Biscuits
175g pkg
selected varieties
SAVE UP TO 30¢



Elite Instant
Coffee
200g jar

8⁹⁹
SAVE UP TO \$2



Jason Bread Crumbs
255-425g pkg
selected varieties

5⁹⁹
SAVE UP TO \$2



Kedem Concord
Grape Juice
1.89L bottle
selected varieties

8⁹⁹
SAVE \$2



Manischewitz
Matzo Ball Mix or
Matzo Ball Soup Mix
127-141g pkg
selected varieties

2⁴⁹
SAVE UP TO \$2.50



Manischewitz
Tam Tams
272g pkg
selected varieties

4⁹⁹
SAVE \$1



3⁹⁹ Manischewitz
Egg Noodles
340g pkg
selected varieties
SAVE \$1



Nathan's
Sauerkraut or Pickles
500mL- 1L jar
selected varieties

5⁴⁹
SAVE \$1.50



7⁹⁹ Golden Cheese Blintzes
or Pancakes
6-8ct pkg
selected varieties
SAVE UP TO \$1.30



Foodfest
Prepared Horseradish
250mL jar
selected varieties
2⁴⁹
SAVE 50¢



Mrs. Adler's
Gefilte Fish
680g jar
selected varieties

7⁹⁹
SAVE \$2



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YONGE & SHEPPARD: 4841 Yonge St., Level 3, Toronto