

# 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 / 39% MOISTURE

**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 12<sup>th</sup> to November 22<sup>nd</sup>, 2023.

**GET READY TO SAVE! GREAT PRICES START ON THURSDAY**  
To view local store flyer, visit [foodbasics.ca](http://foodbasics.ca), where you can create your own list.

# 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**  
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  
grilled poulet avec riz, légumes et champignons dans une sauce teriyaki douce

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

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

**HEALTHY CHOICE MEALS**  
255 - 298 G  
**McCain FRENCH FRIES**  
454 - 650 G FROZEN SELECTED VARIETIES



**Carrots Carottes**  
907 g 2 lb

**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 26<sup>TH</sup> TO WEDNESDAY, OCTOBER 2<sup>ND</sup>, 2024**

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





**THIS WEEK ONLY**

**3.99**

EACH



SCHNEIDERS OR MAPLE LEAF BACON  
85 - 375 G  
SELECTED VARIETIES



**THIS WEEK ONLY**

**4.99**

EACH



**LOCKED DOWN**

**3.99**

EACH



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



**THIS WEEK ONLY**

**2.99**

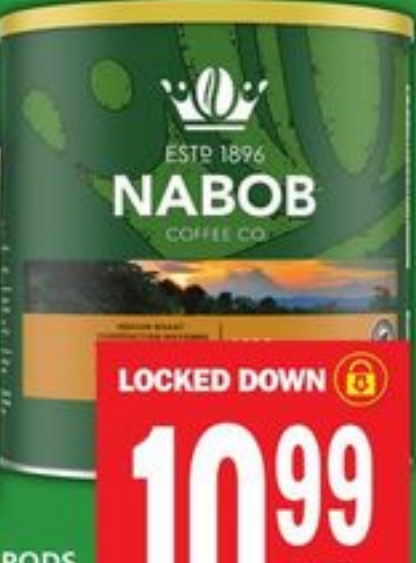
EACH



**THIS WEEK ONLY**

**3.49**

EACH



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

**LOCKED DOWN**

**10.99**

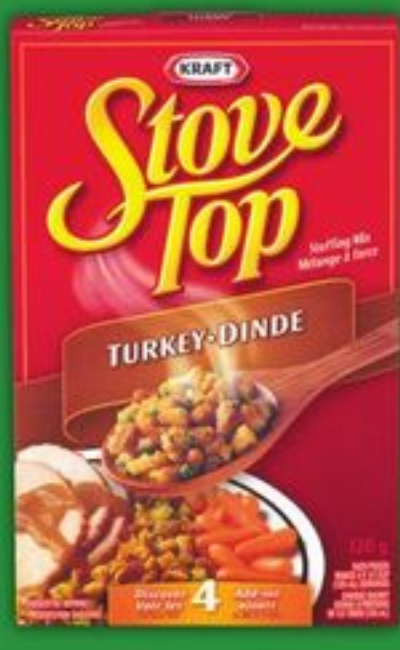
EACH



**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



**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



**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.

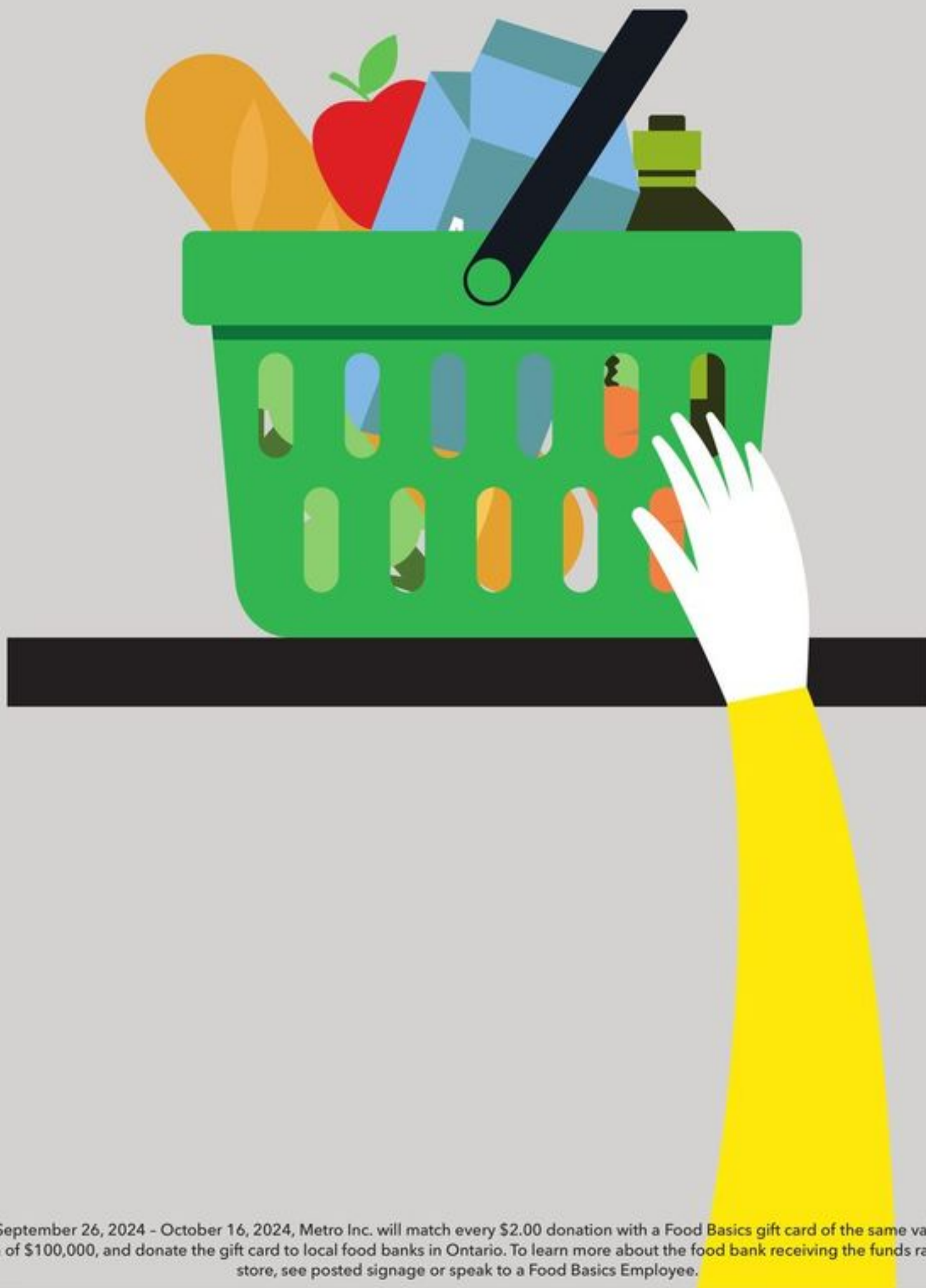
## THIS WEEK ONLY



**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](https://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**  
1.62 - 1.8 L, 36 - 40 LOADS  
**FABRIC SOFTENER**  
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  
204 ML  
CLUB HOUSE  
SEASONING OR  
GRAVY MIX  
EACH  
SELECTED VARIETIES

LOCKED DOWN **99¢**  
EACH



KRAFT  
MIRACLE WHIP  
890 - 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



CLOVER LEAF  
SMOKED OYSTERS  
MUSSELS OR  
OYSTERS  
85 G  
SELECTED VARIETIES

LOCKED DOWN **1.99**  
EACH



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

ALWAYS GREAT PRICE **4.99**  
EACH



SELECTION  
ECO TABLE  
NAPKINS  
500'S  
SELECTED VARIETIES

ALWAYS GREAT PRICE **4.99**  
EACH



SELECTION  
PLASTIC RED  
GLASSES  
50'S  
SELECTED VARIETIES

ALWAYS GREAT PRICE **4.99**  
EACH



SELECTION  
ULTRA  
PAPER  
TOWEL  
12 x 21'S  
SELECTED VARIETIES

ALWAYS GREAT PRICE **19.99**  
EACH



# WE LOVE LOCAL



BROCCOLI CROWNS  
PRODUCT OF CANADA

THIS WEEK ONLY   
**1.98**  
EACH



MINI CUCUMBERS  
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE, 397 G  
GRAPE TOMATOES  
PRODUCT OF ONTARIO, 283 G

THIS WEEK ONLY   
**2.98**  
EACH



SWEET ASSORTED PEPPERS  
PRODUCT OF ONTARIO  
PKG OF 4

THIS WEEK ONLY   
**3.98**  
EACH



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

THIS WEEK ONLY   
**1.48**  
/LB



ROMAINE HEARTS  
PRODUCT OF CANADA  
PKG OF 3  
CORN  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE PKG OF 4

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



CAULIFLOWER  
PRODUCT OF CANADA  
CANADA NO. 1 GRADE

THIS WEEK ONLY   
**2.98**  
EACH



LARGE PUMPKINS  
PRODUCT OF ONTARIO

THIS WEEK ONLY   
**3.88**  
EACH



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

THIS WEEK ONLY   
**2.98**  
/LB



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

THIS WEEK ONLY   
**3.98**  
EACH



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

THIS WEEK ONLY   
**4.77**  
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   
**3.98**  
EACH



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

THIS WEEK ONLY   
**2.98**  
EACH



POMEGRANATES  
PRODUCT OF U.S.A.

THIS WEEK ONLY   
**2.48**  
EACH



LPC POTATO KITS  
PRODUCT OF CANADA  
454 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**3.49**  
EACH



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

THIS WEEK ONLY   
**4.98**  
EACH

# FLORAL



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

THIS WEEK ONLY   
**5.98**  
EACH



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

THIS WEEK ONLY   
**\$6**  
EACH



ANTHURIUM OR 10 STEM ROSES  
ASSORTED COLOURS  
WHILE QUANTITIES LAST

THIS WEEK ONLY   
**10.88**  
EACH



JUMBO GARDEN MUMS  
ASSORTED COLOURS  
SELECTED STORES  
WHILE QUANTITIES LAST

THIS WEEK ONLY   
**14.98**  
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



IRRESISTIBLES  
ARTISAN  
SMOKED  
BONELESS  
HALF MOON  
HAM  
13.21/KG

THIS WEEK ONLY **5.99**  
/LB



LOCKED DOWN **6.49**  
EACH



LEGACY  
MARINATED  
BONELESS PORK  
LOIN ROAST  
800 G - 1 KG  
SELECTED VARIETIES

THIS WEEK ONLY **10.99**  
EACH



THIS WEEK ONLY **2.99**  
EACH



MASTRO  
CHUBS OR  
SLICED TRIOS  
140 - 200 G  
SELECTED VARIETIES

THIS WEEK ONLY **6.49**  
EACH



MAPLE LODGE OR  
ZABIHA HALAL  
ULTIMATE  
CHICKEN  
FRANKFURTERS  
300 G - 400 G  
SELECTED VARIETIES

THIS WEEK ONLY **5.99**  
EACH



MARC ANGELO  
SOUVLAKI  
FAMILY PACK,  
BEEF  
MEDALLION OR  
SLICED  
SHORT RIBS  
340 - 640 G  
SELECTED VARIETIES

THIS WEEK ONLY **11.99**  
EACH



THIS WEEK ONLY **2.49**  
EACH



CASTELLO  
HAVARTI OR  
DELI SLICED  
CHEESE  
140 - 200 G  
SELECTED VARIETIES

THIS WEEK ONLY **4.99**  
EACH



ALWAYS GREAT PRICE **8.99**  
EACH



JARLSBERG  
CHEESE  
450 G  
SELECTED VARIETIES

THIS WEEK ONLY **13.99**  
EACH



GREEN OCEAN  
CRAB  
FLAVOURED  
FLAKES  
200 G FROZEN  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY **99c**  
EACH



THAI GOLD  
NORTHERN KING/WHOLE  
TILAPIA OR  
THAI GOLD  
RAW WHOLE  
SHRIMP  
40 - 50 CT  
300 G - 1 KG FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY **7.49**  
EACH



IRRESISTIBLES  
TORPEDO OR  
TEMPURA  
SHRIMP  
284 - 340 G FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY **7.99**  
EACH



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

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 650 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.



# LOCKED DOWN



ACTIVIA YOGURT  
8 X 100 G  
SELECTED VARIETIES

LOCKED DOWN   
**3.99**  
EACH



NATURE VALLEY  
GRANOLA BARS  
120 - 230 G  
SELECTED VARIETIES



LOCKED DOWN   
**2.99**  
EACH



GAY LEA NORDICA  
COTTAGE CHEESE  
750 G  
SELECTED VARIETIES

LOCKED DOWN   
**5.99**  
EACH



CAMPBELL'S  
CONDENSED  
SOUP  
284 ML  
SELECTED VARIETIES

LOCKED DOWN   
**1.99**  
EACH



BLUE  
DIAMOND  
ALMOND  
BREEZE  
BEVERAGE  
946 ML  
SELECTED VARIETIES

LOCKED DOWN   
**2.99**  
EACH



FRUITÉ DRINKS  
2 L  
SELECTED VARIETIES

LOCKED DOWN   
**1.99**  
EACH



CHRISTIE  
PEEK  
FREANS OR  
DAD'S  
OATMEAL  
COOKIES  
275 - 350 G  
SELECTED VARIETIES

LOCKED DOWN   
**2/\$6**



PRIMO  
LASAGNE  
375 - 500 G  
TOMATO  
PASSATA  
680 ML  
SELECTED VARIETIES



LOCKED DOWN   
**2.49**  
EACH



TETLEY  
HERBAL TEA  
20 - 30'S  
SELECTED VARIETIES

LOCKED DOWN   
**2.99**  
EACH



NESTLÉ CARNATION HOT CHOCOLATE MIX  
7 X 25 G OR 10 X 25 G SELECTED VARIETIES



LOCKED DOWN   
**4.99**  
EACH



HERSHEY'S  
CHOCOLATE  
BARS  
43 - 53 G  
SELECTED VARIETIES

LOCKED DOWN   
**99¢**  
EACH



MOTT'S  
CLAMATO  
COCKTAIL  
2.5 L  
SELECTED VARIETIES

LOCKED DOWN   
**3.99**  
EACH



LOCKED DOWN   
**7.99**  
EACH



UNICO  
PEPPERS OR  
MARINATED  
VEGETABLES  
250 ML  
SELECTED VARIETIES

LOCKED DOWN   
**2.99**  
EACH



GLAD  
PLASTIC  
WRAP  
60 M  
SELECTED VARIETIES

LOCKED DOWN   
**3.99**  
EACH



SCRUBBING  
BUBBLES  
950 ML, 6'S  
SELECTED VARIETIES

LOCKED DOWN   
**4.99**  
EACH



ZIPLOC  
FREEZER BAGS  
28 - 30'S  
SANDWICH BAG  
180'S  
SELECTED VARIETIES

LOCKED DOWN   
**8.99**  
EACH



FINISH  
POWERBALL  
QUANTUM  
ULTRAMAX  
DISHWASHER  
TAB  
35'S  
SELECTED VARIETIES

LOCKED DOWN   
**13.99**  
EACH



# ALWAYS GREAT PRICE



IRRESISTIBLES  
ORANGE JUICE  
1.54 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**3.97**  
EACH



SELECTION OR  
IRRESISTIBLES  
COFFEE PODS  
72 - 100'S  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**3.29**  
EACH



SELECTION  
BAKING NUTS  
100 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**2.77**  
EACH



SELECTION  
CANNED  
FRUIT  
796 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**3.49**  
EACH



SELECTION COCONUT  
300 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1.99**  
EACH



SELECTION  
DELUXE  
MIXED NUTS OR  
CASHEWS  
1.13 KG  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**19.99**  
EACH



SELECTION  
SNACKS OR  
IRRESISTIBLES  
POPCORN  
220 - 400 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1.99**  
EACH



SELECTION  
PASTA  
900 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1.97**  
EACH



SELECTION  
SPARKLING WATER  
1 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**99¢**  
EACH



SELECTION  
INSTANT COFFEE  
200 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**4.97**  
EACH



SELECTION  
CRACKERS  
225 - 250 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**2.27**  
EACH



SELECTION  
SOUP MIX  
2.4 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**2.49**  
EACH



IRRESISTIBLES  
OLIVES  
375 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**3.79**  
EACH



IRRESISTIBLES  
BALSAMIC  
VINEGAR OR  
GLAZE  
250 - 500 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**4.44**  
EACH



SELECTION  
GLASS  
CLEANER  
250 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1.97**  
EACH



SELECTION  
BLEACH  
2.4 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**3.49**  
EACH



SELECTION  
SANDWICH BAG  
300'S  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**6.99**  
EACH



SELECTION  
BATHROOM  
TISSUE  
30 - 100'S  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**19.99**  
EACH