

EFFECTIVE FROM THURSDAY SEPTEMBER 26<sup>TH</sup> TO WEDNESDAY OCTOBER 2<sup>ND</sup>, 2024.

# Longo's



THANK YOU REWARDS  
**MEMBER  
PRICING**



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

**6<sup>99</sup>**  
/LB

**SAVE \$5/LB**



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

**2<sup>99</sup>**



LOCAL

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

**1<sup>99</sup>**

**SAVE \$5**

NON-MEMBER  
\$6.99



**BIG  
SAVINGS**



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

**7<sup>99</sup>**

**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.



COLE-MUNRO

**11<sup>99</sup>**  
/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

**3<sup>49</sup>**

**SAVE UP TO \$3.50**



Fresh Navel Oranges  
Product of South Africa  
3.17/kg

**1<sup>44</sup>**  
/LB



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

**5<sup>49</sup>**

**SAVE UP TO \$2**



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

**2<sup>49</sup>**

**SAVE UP TO \$1.50**



Rao's Pasta Sauce  
660mL jar  
selected varieties

**7<sup>99</sup>**

**SAVE \$5**

**WOW Leger**

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

**YOU VOTED US THE #1 GROCERY STORE IN ONTARIO.\***

THANKS A WHOLE BUNCH!



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

**16<sup>99</sup>** /LB  
**SAVE \$3/LB**

**LOCAL**

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

**3<sup>99</sup>**

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

**8<sup>99</sup>**  
**SAVE \$4**

Longo's Natural Almonds 600g pkg

**9<sup>99</sup>**  
**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

**3<sup>99</sup>**  
**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

**4<sup>99</sup>**  
**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><b>MONDAY</b> Longo's Meal Kits or Shareable Family Oven-Ready Meals</p>	<p><b>TUESDAY</b> Bento Sushi Crunch Family Pack</p>	<p><b>WEDNESDAY</b> Longo's Rotisserie Style Barbecue Chicken 1kg pkg</p>	<p><b>THURSDAY</b> Longo's 16" Pepperoni or Cheese Pizza</p>	<p><b>FRIDAY</b> 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.

**CORP**

**Parkland**

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**WEEKLY DEALS. FRESH SAVINGS. EFFECTIVE FROM THURSDAY SEPTEMBER 26<sup>TH</sup> TO WEDNESDAY OCTOBER 2<sup>ND</sup>, 2024.**



# SALMON FEST

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

**11<sup>99</sup>**  
SAVE AT LEAST \$1



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

**9<sup>99</sup>** /LB



FRESH STORE MADE

SUNDRIED TOMATO

SPINACH FETA CHEESE

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

**13<sup>99</sup>**  
SAVE \$2.50



Fresh Atlantic Salmon Skewer  
Plain or Maple Barbeque  
140g pkg

**4<sup>99</sup>**  
SAVE \$1

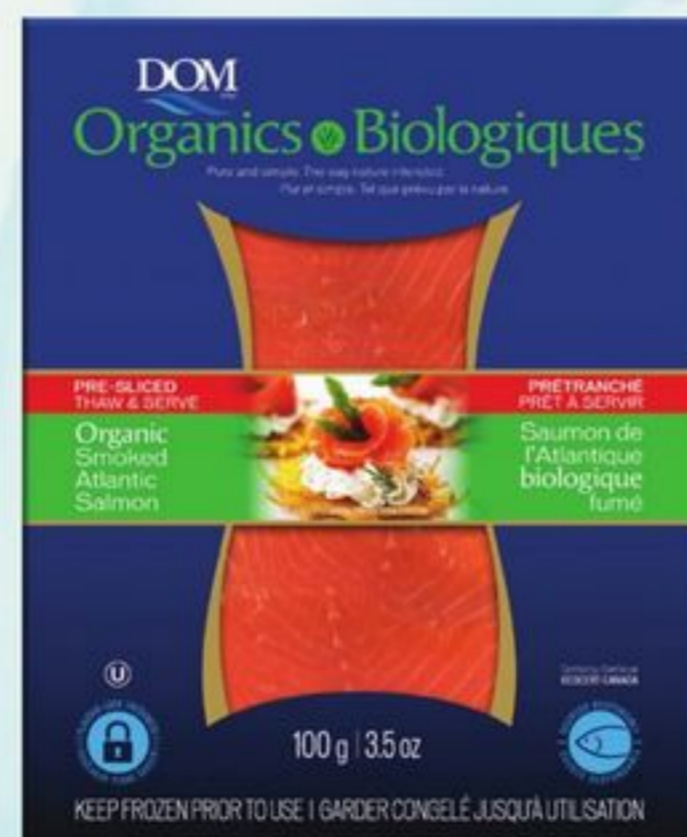


True North Frozen Atlantic Salmon Burgers  
568g pkg

**9<sup>99</sup>**  
SAVE \$2



**12<sup>99</sup>** IFC Frozen Coho Salmon Portions  
454g pkg  
SAVE \$3



**9<sup>99</sup>** 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





**3<sup>49</sup>**  
/LB  
Fresh Green,  
Red or Black  
Seedless Grapes  
Product of U.S.A.  
7.69/kg

**LOCAL**



**2<sup>99</sup>**  
/LB  
**SAVE \$2/LB**  
Maple Leaf Prime  
Raised Without Antibiotics  
Whole Chicken  
6.59/kg

**FLOWN  
IN FRESH**



Fresh Wild Caught  
Cod Fillet  
Product of Iceland  
39.66/kg

**17<sup>99</sup>**  
/LB  
**SAVE \$1/LB**



**LOCAL**  
Fresh Broccoli  
Product of Ontario  
bunch

**2 FOR \$5**



**4<sup>99</sup>**  
Fresh Wild Wonders  
Gourmet Medley Tomatoes  
Product of Ontario or Mexico  
681g pkg



**7<sup>99</sup>**  
/LB  
**SAVE \$1/LB**  
Maple Leaf Prime  
Raised Without Antibiotics  
Split Wings  
17.61/kg



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

**22<sup>99</sup>**  
**SAVE \$2**



**LOCAL**

**99¢**  
/LB  
Fresh Green Cabbage  
2.18/kg  
Product of Ontario



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

**2 FOR \$10**  
**SAVE UP TO 98¢ ON 2**



**16<sup>99</sup>**  
/LB  
**SAVE \$2/LB**  
Yorkshire Valley Farms  
Fresh Organic Chicken  
Breast Fillet or Scallopini  
37.46/kg



**9<sup>99</sup>**  
**SAVE \$3**  
Longo's Frozen Herb  
Marinated Shrimp with  
Marinated Garlic & Herbs  
Butterfly Shrimp  
340g pkg



**LOCAL**

**2<sup>99</sup>**  
/LB  
Fresh Green Beans  
Product of Ontario  
6.59/kg



Be Wild Fresh  
Cut Seasonal  
Flowers

**21<sup>99</sup>**



**8<sup>99</sup>**  
/LB  
**SAVE \$1/LB**  
Certified Angus Beef Prime  
Grade Burgers or Patties  
19.82/kg

Ocean Prime  
Frozen Raw  
Argentina Shrimp  
11-15ct, 454g pkg  
or Ocean Prime  
Cooked Pacific  
White Shrimp  
26-30ct, 454g pkg



**12<sup>99</sup>**  
**SAVE \$2**

Fresh fish is subject to availability.

**WEEKLY DEALS. FRESH SAVINGS. EFFECTIVE FROM THURSDAY SEPTEMBER 26<sup>TH</sup> TO WEDNESDAY OCTOBER 2<sup>ND</sup>, 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 26<sup>TH</sup> TO WEDNESDAY OCTOBER 2<sup>ND</sup>, 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](https://Longos.com/thank-you-rewards)

LOCAL

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

**4<sup>99</sup>**

NON-MEMBER  
**5<sup>99</sup>**



Longo's Soup  
700mL tub  
selected varieties

**6<sup>99</sup>**

SAVE \$1.50

NON-MEMBER  
**8<sup>49</sup>**



IN-STORE  
DEMO  
Friday,  
Sept. 20th

LOCAL

Yorkshire Valley Farms Frozen Organic Chicken Meatballs  
800g pkg

**9<sup>99</sup>**

SAVE \$7

NON-MEMBER  
**16<sup>99</sup>**



Balderson Cheddar Cheese  
250-280g pkg  
selected varieties

FROM  
**8<sup>99</sup>**

SAVE \$2

NON-MEMBER  
FROM  
**10<sup>99</sup>**



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

**22<sup>99</sup>**

SAVE \$4

NON-MEMBER  
**26<sup>99</sup>**



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

**10<sup>99</sup>**

SAVE \$3

NON-MEMBER  
**13<sup>99</sup>**



Charmin Mega Bath Tissue  
12=48 rolls

**14<sup>99</sup>**

SAVE UP TO \$7

NON-MEMBER  
**16<sup>99</sup>**



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

**9<sup>99</sup>**

SAVE \$4

NON-MEMBER  
**13<sup>99</sup>**







**3<sup>99</sup>**

**Gray Ridge Large White Eggs**  
12 pack



**5<sup>99</sup>**

**Longo's Essentials Country Churned Butter**  
454g pkg



**4<sup>99</sup>**

**Fresh Campari Tomatoes**  
Product of Ontario or Mexico  
2lb pkg



**6<sup>99</sup>**

**Longo's Honeycrisp Apples**  
Product of Ontario  
3lb bag



**2 FOR \$4**

**Longo's Pasta**  
450g pkg  
Individual \$2.29

**3<sup>29</sup>**

**Redpath Sugar**  
2kg pkg



**1<sup>99</sup>**

**Longo's Essentials Bread**  
675g pkg



**3<sup>99</sup>**

**Oikos or Liberté Greek Yogourt**  
4x100g pkg



**6<sup>09</sup>**

**Beatrice Milk**  
2%, 1% or skim • 4L bag



**3<sup>99</sup>**

**Longo's Russet Potatoes**  
Product of Canada  
10lb bag



**2<sup>49</sup>**  
/LB

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



**12<sup>99</sup>**

**Longo's Traditional Meat Lasagna**  
2.27kg pkg



**\$5.00/**  
serving

**19<sup>99</sup>**

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



**2<sup>99</sup>**  
/100G

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



**9<sup>99</sup>**

**French Emmental Cheese**  
Average weight 400g



**9<sup>99</sup>**

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



**21<sup>99</sup>**

**Tide Liquid Laundry Detergent**  
3.9L jug, 100 loads



**19<sup>99</sup>**

**Cashmere Bath Tissue**  
24=72 rolls



**21<sup>99</sup>**

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



**18<sup>99</sup>**

**Frito-Lay Variety Pack**  
42ct

**WE'VE LOCKED DOWN PRICES ON EVERYDAY ITEMS.**

PRICES ON THIS PAGE EFFECTIVE FROM THURSDAY SEPTEMBER 26<sup>TH</sup> TO WEDNESDAY OCTOBER 2<sup>ND</sup>, 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**

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



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



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



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

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



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



**5.99** Nature Clean  
Dish Soap  
1.5L bottle  
selected varieties  
**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**  
 Lolly's  
 Rocket Lolly's  
 CREAMERY  
 ICE CREAM - CRÈME GLACÉE

Ice Cream Crème glacée

40 Calorie Count

28 OZ. Water Ice

8 x 55 mL

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**  
 Natural Cheese Slices

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

**4.99**  
SAVE UP TO \$2.50

**PINTY'S**  
 EATWELL  
 CHICKEN STRIPS

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

Tre Stelle Mozzarella Ball 340g pkg selected varieties

**7.99**  
SAVE \$1

**YORKSHIRE VALLEY FARMS**  
 ORGANIC  
 CHICKEN BITES

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

**15.99**  
SAVE UP TO \$4

**Cavendish**  
 RESTAURANT Style  
 PUB  
 All-Day Breakfast Hash Browns  
 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  
 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<sup>49</sup>** Ghirardelli  
Chocolate Chips  
250-362g pkg  
selected varieties  
**SAVE 50¢**



**5<sup>99</sup>** Robin Hood  
or Five Roses Flour  
2.5kg pkg  
selected varieties  
**SAVE AT LEAST 50¢**



**5<sup>49</sup>** E.D. Smith  
Pure Pumpkin  
796mL can  
**SAVE AT LEAST 50¢**



Eagle Brand  
Condensed Milk  
300mL can  
selected varieties

**3<sup>99</sup>**  
**SAVE AT LEAST 50¢**



Redpath Sugar  
2kg bag

**3<sup>29</sup>**



Fleischmann's  
Yeast  
113g jar  
selected varieties

**4<sup>49</sup>**  
**SAVE AT LEAST \$1**



Fireside  
Marshmallows  
250g pkg  
selected varieties

**1<sup>99</sup>**  
**SAVE 30¢**

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

**3<sup>49</sup>**  
**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.



**19<sup>99</sup>** 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  
**24<sup>99</sup>**  
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 6<sup>th</sup>, 2024.

**79<sup>99</sup>** EARN 500 POINTS

ORDER EARLY

Price goes up September 23<sup>rd</sup>, 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 6<sup>th</sup>, 2024.

**79<sup>99</sup>** EARN 500 POINTS

ORDER EARLY

Price goes up September 23<sup>rd</sup>, 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 6<sup>th</sup>, 2024.

**159<sup>99</sup>** EARN 1000 POINTS

ORDER EARLY

Price goes up September 23<sup>rd</sup>, 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

**6<sup>99</sup>**

**SAVE \$3**



12" Premium  
 Fall Planter

**29<sup>99</sup>**



Harvest Bushel

**39<sup>99</sup>**



Fresh Jumbo Basil  
 9" pot  
 Product of Ontario

**4<sup>99</sup>**

**SAVE \$4**





# THE NEED IS GREATER THAN EVER.

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

Breakfast Bag\*  
**8<sup>99</sup>**



Dinner Bag\*  
**11<sup>99</sup>**



 **NEIGHBOUR  
IN NEED**

**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.

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





## 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



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



SAVE ON THE BRANDS YOU LOVE AT LONGO'S

MONSIEUR  
**GUSTAV**™ M.C.



Simple  
and sooo good.



**6<sup>99</sup>** Monsieur Gustav Gouda  
170g pkg  
selected varieties  
**SAVE \$2**

**6<sup>99</sup>** 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](http://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](http://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

**5<sup>99</sup>**  
**SAVE UP TO \$1**



Pogo Corndogs  
600-750g pkg  
selected varieties

**8<sup>99</sup>**  
**SAVE UP TO \$3**

PRICES ON THIS PAGE EFFECTIVE FROM THURSDAY SEPTEMBER 26<sup>TH</sup> TO WEDNESDAY OCTOBER 2<sup>ND</sup>, 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

**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.

# Unico

**Unico Canned Beans**  
540mL can  
Individual \$1.99  
selected varieties

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

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

**1.99**  
SAVE UP TO 70¢

**Unico Vegetable Oil**  
3L jug

**9.99**  
SAVE UP TO \$4

**DeCecco Pasta**  
454g pkg  
selected varieties

**2.49**  
SAVE 50¢

## HEAD BACK TO SCHOOL!

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

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

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

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

**Pepsi Beverages**  
12x355mL cans  
selected varieties

**7.49**  
SAVE \$1

**Pepsi Beverages Mini Cans**  
6x222mL cans  
selected varieties

**4.49**  
SAVE \$1

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



# 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

**5<sup>99</sup>**  
SAVE UP TO \$1.50



IÖGO Nano Drinkable Yogourt 6x93mL bottles selected varieties

**3<sup>49</sup>**  
SAVE \$1.50



Astro Yogourt 12x100g pkg selected varieties

**4<sup>49</sup>**  
SAVE \$3

# NATURAL SPRING WATER



Fiji Natural Spring Water 6x500mL bottles

**7<sup>99</sup>**  
SAVE \$1

Fiji Natural Spring Water 1L botte

**2<sup>49</sup>**  
SAVE UP TO \$1

Fiji Natural Spring Water 1.5L bottle

**2<sup>99</sup>**  
SAVE UP TO \$1



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

**5<sup>99</sup>**

Nestlé Chocolate Bars 160-203g pkg selected varieties

**4<sup>99</sup>**  
SAVE UP TO \$1.50

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**NEW**



DuBreton Pork Stir Fry Strips 350g pkg selected varieties

**6<sup>99</sup>**  
SAVE \$1



**5<sup>99</sup>**  
SAVE \$1  
DuBreton Raised Without Antibiotics Ground Pork 454g pkg



**10<sup>99</sup>** /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<sup>99</sup>** Oikos Greek Yogourt  
4x100g pkg  
selected varieties  
**SAVE UP TO \$1.50**

**5<sup>99</sup>** Activia Yogourt  
12x100g pkg or  
Oikos Greek Yogourt  
650-750g tub  
selected varieties  
**SAVE UP TO \$2**

**DANONE**  
ONE PLANET. ONE HEALTH

Proud supporter of  
**Breakfast CLUB**  
of Canada

**START YOUR DAY WITH THE GOODNESS OF PLANTS**

**4<sup>49</sup>** Silk Plant-Based Beverage  
1.75-1.89L carton  
selected varieties  
**SAVE \$1**

**Silk**  
ORGANIC SOY  
NEXTMILK

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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<sup>99</sup>** Frito Lay Variety Pack  
16ct  
selected varieties  
**SAVE \$1**



**2<sup>99</sup>** 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<sup>99</sup>**  
**SAVE UP TO \$1**

**Coca Cola**  
6x300mL bottles  
selected varieties  
**6<sup>99</sup>**  
**SAVE UP TO \$1**

**Coca Cola**  
6x222mL cans  
selected varieties  
**4<sup>49</sup>**  
**SAVE UP TO \$1**

**Nestea Iced Tea**  
12x341mL cans  
selected varieties  
**8<sup>49</sup>**  
**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<sup>99</sup>** 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](http://www.StarbucksAtHome.ca/GiftCard)  
September 3 - November 11, 2024

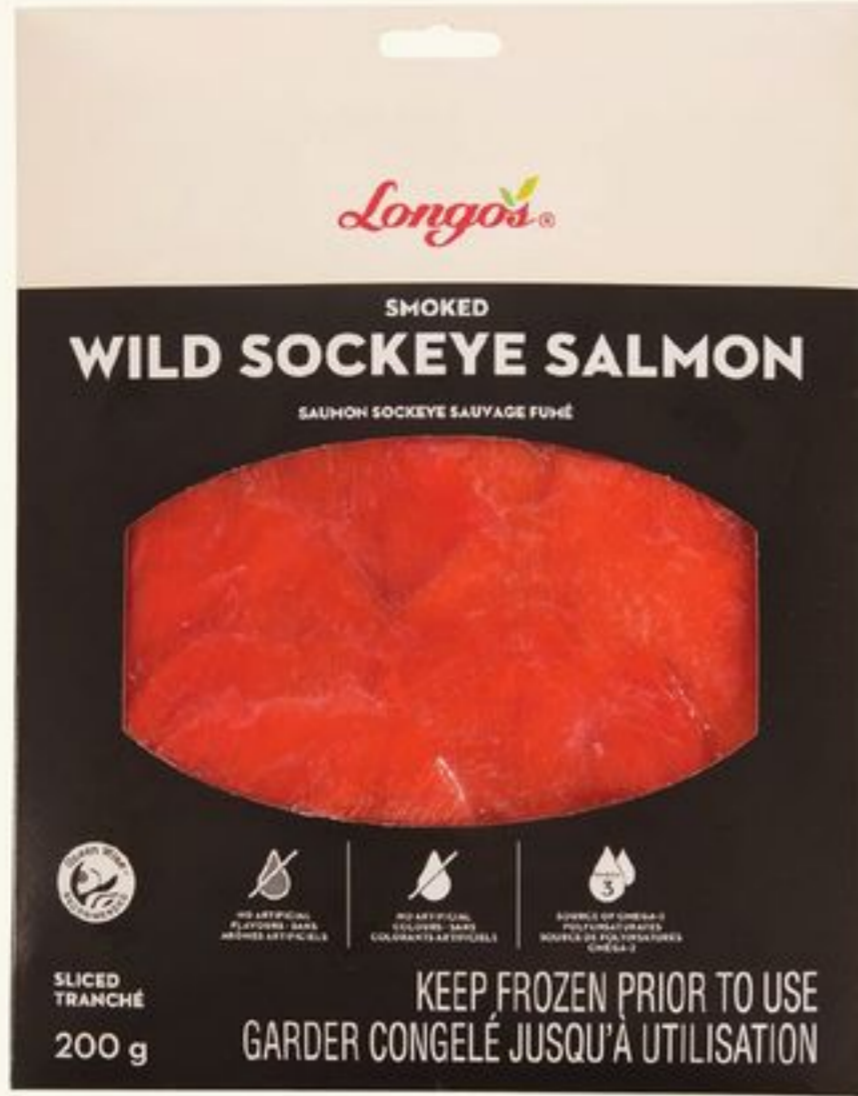
PRICES ON THIS PAGE EFFECTIVE FROM THURSDAY SEPTEMBER 26<sup>TH</sup> TO WEDNESDAY OCTOBER 2<sup>ND</sup>, 2024.



# ROSH HASHANAH

Longo's Frozen Smoked  
Wild Sockeye Salmon  
200g pkg

**14<sup>99</sup>**  
SAVE \$1



Premium  
Hand-Selected  
Flower Bouquets  
assorted varieties

STARTING AT  
**29<sup>99</sup>**



Fresh or Frozen  
Whole Kosher Chicken  
11.00/kg

**4<sup>99</sup>**  
/LB  
SAVE \$1/LB



LOCAL



**1<sup>99</sup>** /LB  
Fresh Macintosh Apples  
Product of Ontario  
4.39/kg

Longo's  
Pure Honey  
1kg bottle

**11<sup>99</sup>**  
SAVE \$1



LOCAL



**2<sup>99</sup>** Fresh Carrots  
Product of Ontario  
bunch

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

**5<sup>99</sup>**



Longo's Fresh  
Yellow Potatoes  
10lb bag

**5<sup>99</sup>**



LOCAL

Fresh Zucchini  
5.49/kg  
Product of Ontario

**2<sup>49</sup>**  
/LB



**3<sup>99</sup>** Fresh Pomegranate  
Product of U.S.A.  
each

Dufflet 8" Rustic  
Brown Sugar  
Apple Cake

**23<sup>99</sup>**  
SAVE \$2



PRICES ON THIS PAGE EFFECTIVE FROM THURSDAY SEPTEMBER 26<sup>TH</sup> TO WEDNESDAY OCTOBER 9<sup>TH</sup>, 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

**5<sup>99</sup>**  
SAVE \$1



**1<sup>49</sup>** Hadar Tea Biscuits  
175g pkg  
selected varieties  
SAVE UP TO 30¢



Elite Instant  
Coffee  
200g jar

**8<sup>99</sup>**  
SAVE UP TO \$2



Jason Bread Crumbs  
255-425g pkg  
selected varieties

**5<sup>99</sup>**  
SAVE UP TO \$2



Kedem Concord  
Grape Juice  
1.89L bottle  
selected varieties

**8<sup>99</sup>**  
SAVE \$2



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

**2<sup>49</sup>**  
SAVE UP TO \$2.50



Manischewitz  
Tam Tams  
272g pkg  
selected varieties

**4<sup>99</sup>**  
SAVE \$1



**3<sup>99</sup>** Manischewitz  
Egg Noodles  
340g pkg  
selected varieties  
SAVE \$1



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

**5<sup>49</sup>**  
SAVE \$1.50



**7<sup>99</sup>** Golden Cheese Blintzes  
or Pancakes  
6-8ct pkg  
selected varieties  
SAVE UP TO \$1.30



Foodfest  
Prepared Horseradish  
250mL jar  
selected varieties  
**2<sup>49</sup>**  
SAVE 50¢



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

**7<sup>99</sup>**  
SAVE \$2



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

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