

# food Basics

# V.I.P.

**THE GROCER WITH THE BEST COMPETITIVE PRICES\***



**wow Leger**

GENERAL MILLS  
HONEY NUT  
CHEERIOS  
CEREAL  
292 G  
WHILE QUANTITIES LAST

**\$ INCREDIBLE 1.98 EACH**



\*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 THUR**

To view local store flyer, visit [foodbasics.ca](http://foodbasics.ca), where you can create your own personalized flyer.

# HALLOWEEN FOR LESS



**100**

**90 FUN TREATS**

CADBURY OR HERSHEY'S HALLOWEEN TREATS 90-100'S SELECTED VARIETIES WHILE QUANTITIES LAST

**HALLOWEEN FOR LESS**

**11.88 EACH**

**90 FUN TREATS**

CHILD'S PLAY CANDY

**HALLOWEEN FOR LESS**

**11.88 EACH**

MAYNARDS FUN TREATS 90'S REGAL CHILD'S PLAY CANDY 1.3 KG WHILE QUANTITIES LAST

**100**

NESTLÉ MINI BARS & CANDY 100'S SELECTED VARIETIES WHILE QUANTITIES LAST

**HALLOWEEN FOR LESS**

**12.99 EACH**

**95**

MARS FUN SIZED TREATS 95'S SELECTED VARIETIES WHILE QUANTITIES LAST

**HALLOWEEN FOR LESS**

**13.99 EACH**

FUN SIZE PETITES JOIES

**40 HALLOWEEN TREAT BAGS**

**40 HALLOWEEN TREAT BAGS**

**HALLOWEEN FOR LESS**

**12.99 EACH**

DORITOS OR LAY'S POTATO CHIP TREAT BAGS 40'S SELECTED VARIETIES WHILE QUANTITIES LAST

# food Basics

# ALWAYS MORE FOR LESS

# V.I.P.

## VERY INCREDIBLE PRICE EVENT

**INCREDIBLE**  
**3.92**  
EACH

MASTRO OR SAN DANIELE SLICED DELI MEAT  
100 G - 2 X 150 G SELECTED VARIETIES

**INCREDIBLE**  
**4.86**  
/LB

FRESH FROM THE FARM OR ZABIHA HALAL BONELESS SKINLESS CHICKEN BREAST FAMILY PACK AIR CHILLED 10.71/KG

**INCREDIBLE**  
**3.98**  
EACH

TRE STELLE PANEER OR HALOUMI  
200 - 350 G SELECTED VARIETIES

**INCREDIBLE**  
**2.95**  
/LB

LEGACY CURED BONELESS PORK LOIN ROLLED IN CORNMEAL 6.50/KG

**INCREDIBLE**  
**3.97**  
EACH

LACTANTIA PURIFILTRE MILK 1.5 - 2 L  
BEATRICE CHOCOLATE MILK 2 L  
SELECTED VARIETIES

**INCREDIBLE**  
**84¢**  
/LB OR EACH

BROCCOLI CROWNS PRODUCT OF CANADA 84¢ EA.  
TOMATOES ON THE VINE PRODUCT OF CANADA OR MEXICO NO. 1 GRADE 84¢/LB, 1.85/KG  
JUMBO RED ONIONS PRODUCT OF ONTARIO 84¢/LB, 1.85/KG

**INCREDIBLE**  
**4.94**  
EACH

NESCAFÉ OR TASTER'S CHOICE INSTANT COFFEE 100 - 170 G  
HÄAGEN-DAZS ICE CREAM 450 ML  
SELECTED VARIETIES

**INCREDIBLE**  
**2.76**  
EACH

ROMAINE HEARTS PRODUCT OF CANADA PKG OF 3  
AVOCADOS PRODUCT OF MEXICO BAG OF 5 OR 6

**INCREDIBLE**  
**7.95**  
EACH

TIDE SIMPLY ALL IN ONE LAUNDRY DETERGENT 74 LOADS 3.1 L  
GAIN 45 LOADS 1.92 L  
SELECTED VARIETIES

**INCREDIBLE**  
**4.97**  
EACH

CASHMERE BATHROOM TISSUE 12 - 24'S  
SELECTED VARIETIES

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, OCTOBER 17<sup>TH</sup> TO WEDNESDAY, OCTOBER 23<sup>RD</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.

# V.I.P.

## VERY INCREDIBLE PRICE EVENT

340 G



PHILADELPHIA CREAM CHEESE PRODUCT 340 G SELECTED VARIETIES

**INCREDIBLE**  
**4.98**  
EACH

**\$**



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

**INCREDIBLE**  
**8.99**  
EACH



Old • Fort Cheddar Cheese • Fromage cheddar

BLACK DIAMOND CHEESE 400 G SHREDS 320 G GALBANI MOZZARELLA 500 G SELECTED VARIETIES

**INCREDIBLE**  
**4.99**  
EACH



CRAVE, SMART ONES OR MICHELINA'S GRANDE MEALS 241 - 454 G FROZEN SELECTED VARIETIES

**INCREDIBLE**  
**2.98**  
EACH



PURE LIFE SPRING WATER 24 X 500 ML OASIS HEALTH BREAK JUICE OR DEL MONTE JUICE COCKTAIL 1.5 - 1.6 L SELECTED VARIETIES

**INCREDIBLE**  
**3.44**  
EACH



MAXWELL HOUSE COFFEE PODS 12'S NABOB GROUND COFFEE 340 G SELECTED VARIETIES

**INCREDIBLE**  
**5.95**  
EACH



HABITANT OR CAMPBELL'S CHUNKY SOUP 515 - 796 ML SELECTED VARIETIES

**INCREDIBLE**  
**2/\$5**



KRAFT PEANUT BUTTER 750 G - 1 KG HAZELNUT SPREAD 725 G SELECTED VARIETIES

**INCREDIBLE**  
**5.97**  
EACH



MINUTE MAID JUICE OR DRINKS 8 - 10'S SELECTED VARIETIES

**INCREDIBLE**  
**2.99**  
EACH



FOLGERS COFFEE PODS 30'S SELECTED VARIETIES

**INCREDIBLE**  
**14.96**  
EACH



DORITOS, RUFFLES POTATO CHIPS OR CHEETOS 180 - 265 G SELECTED VARIETIES

**INCREDIBLE**  
**2/\$7**



COCA-COLA OR PEPSI 6 X 710 ML SELECTED VARIETIES

**INCREDIBLE**  
**3.99**  
EACH



PALMOLIVE OR DAWN DISH DETERGENT 431 - 826 ML SELECTED VARIETIES

**INCREDIBLE**  
**2.50**  
EACH



PAMPERS BABY-DRY OR SWADDLERS 108 - 160'S SELECTED VARIETIES

**INCREDIBLE**  
**32.95**  
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% of 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 Talho". Please see the Customer Service desk at your Food Basics for full details. For retail sale only; If there is a limit stated in the ad, Rain Checks up to the stated limit may be issued. If there is no limit stated in the ad, we reserve the right to limit quantities to reasonable requirements. Limit: One Rain Check per household per item per day.

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# SHOP ONLINE FOR LESS

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

Check offered service  
in your area

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

**NEW!**

**PICKUP  
OR  
DELIVERY  
NOW  
AVAILABLE**



\*Conditions apply. Details at [foodbasics.ca](https://www.foodbasics.ca).



**ALWAYS FRESH**



**ALWAYS GREAT PRICES**



**ALWAYS IN STOCK**

# ALWAYS Save Every Day



**BAKERY<sup>2</sup> BAGUETTE**  
235 G

ALWAYS GREAT PRICE ✓

**99¢**  
EACH



**SELECTION SNACKS OR IRRESISTIBLES POPCORN**  
220 - 400 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓

**1.99**  
EACH



**SELECTION FULLY COOKED BREADED CHICKEN**  
800 G  
FROZEN  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓

**6.99**  
EACH



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

ALWAYS GREAT PRICE ✓

**3.29**  
EACH



# PRODUCE

**WE LOVE LOCAL**  
Ontario

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

THIS WEEK ONLY

**98¢** /LB

**WE LOVE LOCAL**  
Ontario

HONEYCRISP APPLES  
PRODUCT OF ONTARIO  
CANADA FANCY GRADE  
4.14/KG

THIS WEEK ONLY

**188** /LB

**EXTRA LARGE**

GRAPES FROM CALIFORNIA

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

THIS WEEK ONLY

**298** /LB

BLUEBERRIES  
PRODUCT OF MEXICO OR PERU 170 G

STRAWBERRIES  
PRODUCT OF U.S.A., 454 G

THIS WEEK ONLY

**398** EACH

SWEET ASSORTED PEPPERS  
PRODUCT OF CANADA OR MEXICO, PKG OF 4

MINI SWEET PEPPERS  
PRODUCT OF CANADA OR MEXICO, 454 G

THIS WEEK ONLY

**398** EACH

**WE LOVE LOCAL**  
Canada

CAULIFLOWER  
PRODUCT OF CANADA  
CANADA NO. 1 GRADE

THIS WEEK ONLY

**298** EACH

DOLE GARDEN SALAD SALADE DU JARDIN

DOLE COLOURFUL COLESLAW SALADE DE CHOU COLORES

HARVEST FRESH SPINACH ÉPINARDS

THIS WEEK ONLY

**2/\$5**

CANARY OR HAMI MELONS  
PRODUCT OF U.S.A.  
2.82/KG

THIS WEEK ONLY

**128** /LB

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

KIWIS  
PRODUCT OF GREECE, 600 G

THIS WEEK ONLY

**398** EACH

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

**WE LOVE LOCAL**  
Ontario

10 LB

WHITE - BLANCHE POTATOES  
POMMES - TERRE

THIS WEEK ONLY

**498** EACH

**WE LOVE LOCAL**  
Ontario

Bartlett PEARS  
Canada No. 1  
PRODUCT OF CANADA

BOSC PEARS  
Canada No. 1  
PRODUCT OF CANADA

THIS WEEK ONLY

**498** EACH

**WE LOVE LOCAL**  
Canada

LITTLE POTATO CO. POTATO KITS  
PRODUCT OF CANADA  
454 G  
SELECTED VARIETIES

THIS WEEK ONLY

**349** EACH

COCKTAIL TOMATOES  
PRODUCT OF CANADA OR MEXICO  
NO. 1 GRADE 453 G

THIS WEEK ONLY

**298** EACH

GOLDEN RIPE PINEAPPLES  
PRODUCT OF COSTA RICA

THIS WEEK ONLY

**298** EACH

simmis  
FUJU PERSIMMONS

THIS WEEK ONLY

**498** EACH

# FLORAL

ASSORTED FLOWERING BULBS OR AMSTERDAM TULIPS  
SELECT STORES & MARKETS  
WHILE QUANTITIES LAST

THIS WEEK ONLY

**348** EACH

SWEETHEART ROSES  
ASSORTED COLOURS  
WHILE QUANTITIES LAST

THIS WEEK ONLY

**\$7** EACH

5" SIGNATURE FOLIAGE  
ASSORTED VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY

**798** EACH

15 STEM MINI CARNATIONS  
ASSORTED COLOURS  
WHILE QUANTITIES LAST

THIS WEEK ONLY

**988** EACH

# MEAT



**PRIME RAISED WITHOUT ANTIBIOTICS FRESH CHICKEN DRUMSTICKS OR THIGHS FAMILY PACK AIR CHILLED 7.69/KG**

**THIS WEEK ONLY**

**349** /LB



**FRESH SELECTION PORK SAUSAGES FAMILY PACK HOUS. MILD, HONEY GARLIC OR BREAKFAST 9.90/KG**

**THIS WEEK ONLY**

**449** /LB



**FRESH WHOLE CHICKEN BAGGED 6.59/KG**

**THIS WEEK ONLY**

**299** /LB



**FRESH BONELESS PORK COMBINATION CHOPS INCLUDING CENTRE CUT CHOPS 11.00/KG**

**THIS WEEK ONLY**

**499** /LB



**FRESH RAINBOW TROUT FILLETS FAMILY PACK 24.23/KG**

**THIS WEEK ONLY**

**1099** /LB



**FRESH BONELESS EYE OF ROUND STEAKS OR ROAST CUT FROM CANADA AA OR HIGHER GRADE OF BEEF 23.13/KG**

**THIS WEEK ONLY**

**1049** /LB



**MAPLE LODGE OR SAUCES ZABIHA FUMES + POULET CHICKEN WIENERS 450 G SELECTED VARIETIES**

**THIS WEEK ONLY**

**2/\$5**



**SCHNEIDERS BREAKFAST SANDWICHES OR EGG BITES 224 - 640 G FROZEN SELECTED VARIETIES**

**THIS WEEK ONLY**

**599** EACH



**MAPLE LEAF PREPPED & READY SHREDDED CHICKEN SELECTED VARIETIES**

**THIS WEEK ONLY**

**799** EACH



**JANES PUB STYLE FULLY COOKED CHICKEN WINGS 460 G FROZEN SELECTED VARIETIES**

**THIS WEEK ONLY**

**999** EACH



**SCHNEIDERS LUNCH MATE ADULT KITS OR GREENFIELD KITS 14 - 120 G SELECTED VARIETIES**

**THIS WEEK ONLY**

**299** EACH



**SELECTION SLICED DELI MEAT 400 G SELECTED VARIETIES**

**THIS WEEK ONLY**

**899** EACH



**LOU'S KITCHEN FULLY COOKED ENTREES 375 - 600 G MANDARIN ASIAN STYLE SELECTED VARIETIES**

**THIS WEEK ONLY**

**999** EACH



**SWISS CHALET BBQ PORK BACK RIBS 600 G SELECTED VARIETIES**

**THIS WEEK ONLY**

**1099** EACH



**IRRESISTIBLES FRESH PASTA 2 X 225 G - 2 X 250 G SELECTED VARIETIES**

**THIS WEEK ONLY**

**449** EACH



**SILANI FETA 300 G SELECTED VARIETIES WHOLE QUANTITIES LAST**

**THIS WEEK ONLY**

**499** EACH



**TRE STELLE MOZZARELLA BALL 340 G SELECTED VARIETIES**

**THIS WEEK ONLY**

**599** EACH



**IRRESISTIBLES PARMIGIANO REGGIANO OR GRANA PADANO OR EMMENTAL 200 - 400 G SELECTED VARIETIES**

**THIS WEEK ONLY**

**799** EACH



**CLOVER LEAF CRAB DELECTABLES 227 G SELECTED VARIETIES**

**THIS WEEK ONLY**

**399** EACH



**IRRESISTIBLES PACIFIC WHITE TINY SHRIMP WITH SAUCE SELECTED VARIETIES**

**THIS WEEK ONLY**

**799** EACH



**IRRESISTIBLES SMOKED SALMON 120 G FROZEN SELECTED VARIETIES**

**THIS WEEK ONLY**

**799** EACH



**HIGH LINER BREADED & BATTERED FISH OR SHRIMP FAMILY PACKS OR IQF SALMON 110 - 370 G FROZEN SELECTED VARIETIES**

**THIS WEEK ONLY**

**899** EACH

# MORE GREAT SAVINGS FOR LESS

LEMON • CITRON  
NATURAL FLAVOUR / saveur naturelle de citron

**10x**  
355 mL  
SLIM CANS  
GANETTES MINDES

**MONTELLIER**  
CARBONATED NATURAL SPRING WATER  
EAU DE SOURCE NATURELLE GAZÉIFIÉE

inspired by... saveur inspirée de...  
\*château de Montellier - de la Vallée de la Loire\*

MONTELLIER  
CARBONATED WATER  
10 X 355 ML  
SELECTED VARIETIES

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

**THIS WEEK ONLY**

**5.99**  
EACH

Kellogg's VERY HIGH FIBRE  
SOURCE OF 12 VITAMINS & MINERALS

FAMILY SIZE  
**TWO SCOOPS Raisin Bran**

425 g

Kellogg's VERY HIGH FIBRE  
MADE WITH 100% WHOLE GRAIN

FAMILY SIZE  
**MINI-WHEATS!**  
ORIGINAL

650 g

**LOCKED DOWN**

**5.49**  
EACH

KELLOGG'S  
FAMILY SIZE  
CEREAL  
400 - 650 G  
SELECTED VARIETIES

**Kraft**  
Parmesan  
SHREDDED CHEESE  
200 G  
SELECTED VARIETIES

**LOCKED DOWN**

**7.49**  
EACH

ALLEN'S  
APPLE JUICE  
1.89 L  
SELECTED VARIETIES

**LOCKED DOWN**

**2.99**  
EACH

MOTT'S  
CLAMATO  
COCKTAIL  
1.89 L  
SELECTED VARIETIES

**LOCKED DOWN**

**2/\$7**

NEW LOOK! NOUVELLE ALLURE!

Michelina's  
Macaroni and Cheese  
Macaroni au fromage

227 - 255 G  
SELECTED VARIETIES

**LOCKED DOWN**

**2/4.50**

Breton  
DARE CRACKERS  
180 - 225 G  
SELECTED VARIETIES

**LOCKED DOWN**

**2.99**  
EACH

M&M'S  
MARS OR M&M'S  
POUCHES  
152 - 200 G  
SELECTED VARIETIES

**LOCKED DOWN**

**4.49**  
EACH

PRINGLES  
ORIGINAL  
140 g

PRINGLES  
SOUR CREAM & ONION  
140 g

PRINGLES  
POTATO CHIPS  
148 - 156 G  
SELECTED VARIETIES

**LOCKED DOWN**

**2.49**  
EACH

GAY LEA  
Sour Cream  
250 mL  
ORIGINAL

**LOCKED DOWN**

**1.99**  
EACH

## BAKERY

Selection  
**Bagels everything tout garni**  
sliced • tranchés

6 bagels • 510 g

SELECTION BAGELS  
340 - 510 G  
BREAD  
675 G  
SELECTED VARIETIES

Selection  
**WHITE BLANC**

SLICED BREAD  
PAIN FRANÇAIS

**THIS WEEK ONLY**

**1.99**  
EACH

Dempster's  
Signature  
CLASSIC BUN

Dempster's  
100% WHOLE GRAINS  
12 GRAIN  
NO ARTIFICIAL FLAVOURS OR COLOURS

600 g

Dempster's  
TORTILLAS  
ORIGINAL ORIGINALES

NO ARTIFICIAL FLAVOURS OR COLOURS

10  
340 g

DEMPSTER'S WHOLE GRAIN BREAD, 7" TORTILLAS, SIGNATURE BREAD OR BUNS  
272 - 600 G, 6 - 8" 5  
SELECTED VARIETIES

**THIS WEEK ONLY**

**2.99**  
EACH

MINI MUFFINS  
Chocolate Chip  
336 - 426 G

LA PETITE BRETONNE  
micro croissants  
350 g

OATMEAL RAISIN  
AVOINE ET RAISINS  
336 - 426 G

**THIS WEEK ONLY**

**3.99**  
EACH

SELECTION COOKIES OR IRRESISTIBLES MINI MUFFINS  
336 - 426 G  
LA PETITE BRETONNE CROISSANTS  
18 - 24'S  
SELECTED VARIETIES

WHITE BLANC  
BREAD  
BLANC

LA PETITE BRETONNE  
micro croissants  
350 g

**THIS WEEK ONLY**

**7.49**  
EACH

PROMISE  
GLUTEN FREE  
SANS GLUTEN

SOFT WHITE LOAF  
PAIN BLANC MOELLEUX  
480 g

WHITE BLANC  
BREAD  
BLANC

LA PETITE BRETONNE  
micro croissants  
350 g

**THIS WEEK ONLY**

**7.49**  
EACH

CARBONAUT OR PROMISE  
GLUTEN FREE  
BREAD  
240 - 550 G  
SELECTED VARIETIES

WHITE BLANC  
BREAD  
BLANC

LA PETITE BRETONNE  
micro croissants  
350 g

**THIS WEEK ONLY**

**7.49**  
EACH

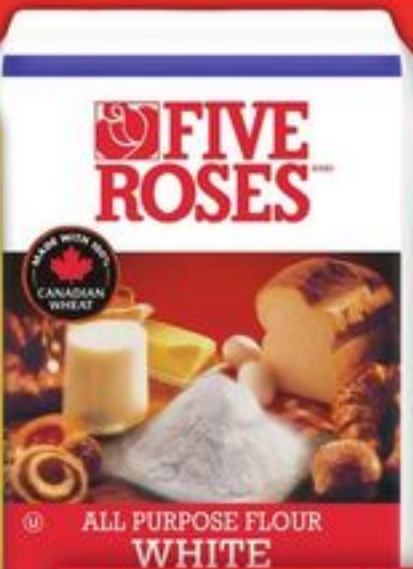
CARBONAUT OR PROMISE  
GLUTEN FREE  
BREAD  
240 - 550 G  
SELECTED VARIETIES



# LOCKED DOWN



ROBIN HOOD OR FIVE ROSES FLOUR  
SELECTED VARIETIES



ALL PURPOSE FLOUR  
WHITE  
**4.99**  
EACH



McCAFÉ COFFEE CAPSULES  
30'S  
SELECTED VARIETIES

100% ETHICALLY SOURCED ARABICA BEANS  
**19.99**  
EACH



PERRIER OR SAN PELLEGRINO  
SPARKLING WATER  
6 X 1 L SELECTED VARIETIES



**8.99**  
EACH



BARILLA PASTA  
340 - 410 G  
SELECTED VARIETIES

**1.99**  
EACH



MINUTE RICE  
INSTANT RICE  
2 X 125 G  
SELECTED VARIETIES

**2/\$5**



BETTY CROCKER  
BROWNIES MIX  
430 - 550 G  
SELECTED VARIETIES

**2.99**  
EACH



RED BULL  
ENERGY DRINKS  
4 X 250 mL  
SELECTED VARIETIES

**7.99**  
EACH



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

**4.99**  
EACH



PEPPERIDGE FARM  
GOLDFISH  
CRACKERS  
167 - 200 G  
SELECTED VARIETIES

**2.99**  
EACH



PRIMO LASAGNE OR  
TOMATO PASSATA  
375 - 500 G  
SELECTED VARIETIES

**2.49**  
EACH



TETLEY  
HERBAL TEA  
20 - 30'S  
SELECTED VARIETIES

**2.99**  
EACH



GATORADE  
SPORTS DRINK  
6 X 591 mL  
SELECTED VARIETIES

**5.99**  
EACH



HELLMANN'S  
MAYONNAISE  
485 mL  
SELECTED VARIETIES

**3.99**  
EACH



NATURA  
ORGANIC SOY  
BEVERAGE  
946 mL  
SELECTED VARIETIES

**2.49**  
EACH



RED ROSE  
TEA 144'S

**8.99**  
EACH



SCRUBBING  
BUBBLES  
BATHROOM  
CLEANER  
946 mL  
SELECTED VARIETIES

**4.99**  
EACH



LYSOL  
DISINFECTING  
WIPES  
75 SHEETS  
SELECTED VARIETIES

**5.99**  
EACH



GLAD  
GARBAGE  
BAGS  
40 BAGS  
SELECTED VARIETIES

**12.49**  
EACH



FINISH  
POWERBALL  
QUANTUM  
ULTRAMAX  
DISHWASHER  
TABS  
30 TABS  
SELECTED VARIETIES

**13.99**  
EACH

**FREE \$10 Food Basics gift card**  
with the purchase of a  
**\$50 AnyCard Gift Card**

Valid October 17 - 23



For a limited time while quantities last. We reserve the right to modify or terminate this promotion without prior notice. This offer is not valid on previous purchases. Gift cards shown are not sponsors or co-sponsors of this promotion. All trademarks are property of their respective owners.

Available at  
**food Basics**

# ALWAYS GREAT PRICE



SELECTION OR LIFE SMART COTTAGE CHEESE 500 G SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**388** EACH



IRRESISTIBLES ICE CREAM 1.5 L NOVELTIES 4 - 5'S SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**444** EACH



LIFE SMART LARGE FREE RUN OMEGA-3 EGGS 12'S SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**599** EACH



IRRESISTIBLES PIZZA 360 - 365 G FROZEN SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**397** EACH



LIFE SMART ORGANIC SPICES 11 - 57 G SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**227** EACH



IRRESISTIBLES OR SELECTION PARMESAN CHEESE 250 G SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**649** EACH



SELECTION PEANUTS 700 - 800 G SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**499** EACH



SELECTION PLUM OR HONEY GARLIC SAUCE 750 ML SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**349** EACH



SELECTION CONDENSED SOUP 284 ML SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**99c** EACH



IRRESISTIBLES BBQ SAUCE 360 ML SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**299** EACH



SELECTION SPARKLING WATER 500 ML SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**99c** EACH



LIFE SMART NATURALIA TORTILLA CHIPS 350 G SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**299** EACH



SELECTION MILK CHOCOLATE CHIPS 850 G SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**999** EACH



IRRESISTIBLES GREEN BEANS 500 G FROZEN SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**349** EACH



SELECTION GLASS CLEANER 950 ML SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**197** EACH



SELECTION BLEACH 2.4 L SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**349** EACH



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

**ALWAYS GREAT PRICE** 

**349** EACH



SELECTION SANDWICH BAG 300'S SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**699** EACH

# ALWAYS GREAT PRICE



iögo  
YOGURT  
2 KG  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**9.99**  
EACH



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

ALWAYS GREAT PRICE 

**3.99**  
EACH



BLACK DIAMOND  
CHEESTRINGS  
588 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**11.99**  
EACH



KELLOGG'S  
EGGO  
THICK & FLUFFY  
WAFFLES  
330 G FROZEN  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**3.99**  
EACH



BLACK DIAMOND  
SHREDDED CHEESE  
907 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**15.99**  
EACH



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

ALWAYS GREAT PRICE 

**3.99**  
EACH



NESTLE  
CHOCOLATE  
BARS  
4'S  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

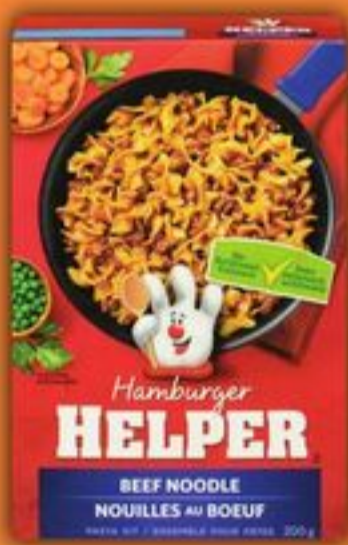
**3.97**  
EACH



CAVENDISH FARMS  
FRENCH FRIES  
1.8 KG  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**7.99**  
EACH



HAMBURGER HELPER  
PASTA KIT  
166 - 229 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**2.49**  
EACH



BETTY CROCKER  
DUNKAROOS  
168 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**3.99**  
EACH



GLACEAU SMART WATER OR  
EVIAN SPRING WATER  
6 X 1 L SELECTED VARIETIES



ALWAYS GREAT PRICE 

**12.99**  
EACH



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

ALWAYS GREAT PRICE 

**9.99**  
EACH



STARBUCKS  
NESPRESSO  
COFFEE PODS  
10'S  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**8.99**  
EACH



STARBUCKS  
NESPRESSO  
VERTUO COFFEE  
CAPSULES  
8'S  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**11.47**  
EACH

# HALLOWEEN FOR LESS



NESTLÉ  
MINI BARS  
AND CANDY  
100'S  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

**HALLOWEEN  
FOR LESS**

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



MARS FUN SIZED TREATS  
95'S  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

**HALLOWEEN  
FOR LESS**

**13<sup>99</sup>**  
EACH



HERSHEY'S  
HALLOWEEN  
TREATS  
100'S  
SELECTED VARIETIES

**HALLOWEEN  
FOR LESS**

**11<sup>88</sup>**  
EACH



SELECTION  
LOLLIPOPS  
750 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

**HALLOWEEN  
FOR LESS**

**4<sup>49</sup>**  
EACH



SELECTION  
POTATO CHIPS  
24'S  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

**HALLOWEEN  
FOR LESS**

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



CRISPY MINIS  
RICE CHIPS  
48'S  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

**HALLOWEEN  
FOR LESS**

**15<sup>99</sup>**  
EACH



NESTLÉ MINI BARS OR CANDY  
50'S SELECTED VARIETIES WHILE QUANTITIES LAST

**HALLOWEEN  
FOR LESS**

**8<sup>99</sup>**  
EACH



MAYNARD  
FUN TREATS  
45'S  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

**HALLOWEEN  
FOR LESS**

**8<sup>99</sup>**  
EACH



KINDER MINI CHOCOLATES  
55'S SELECTED VARIETIES WHILE QUANTITIES LAST

**HALLOWEEN  
FOR LESS**

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



TWO BITE HALLOWEEN CUPCAKES  
284 G  
FROSTED SUGAR COOKIES  
383 G  
SELECTED VARIETIES

**HALLOWEEN  
FOR LESS**

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

# ALWAYS STIRRING UP GREAT PRICES



DANONE OIKOS GREEK YOGURT 4.5% IÖGO NANO DRINKABLE YOGURT 6.5% SELECTED VARIETIES



LIBERTÉ GREEK OR MÉDITERRANÉE YOGURT 4 X 100 G, 500 G SELECTED VARIETIES



THIS WEEK ONLY **3.49** EACH



THIS WEEK ONLY **2.99** EACH



LIBERTÉ GREEK YOGURT 650 - 750 G SELECTED VARIETIES

LOCKED DOWN **5.99** EACH



ACTIVIA YOGURT 650 G SELECTED VARIETIES

LOCKED DOWN **3.33** EACH



ACTIVIA YOGURT 8 X 100 G SELECTED VARIETIES

LOCKED DOWN **3.99** EACH



ASTRO ORIGINAL YOGURT 12 X 100 G SELECTED VARIETIES

LOCKED DOWN **4.99** EACH



YOPLAIT YOP 200 ML SELECTED VARIETIES

LOCKED DOWN **99¢** EACH



YOPLAIT TUBES OR MINIGO YOGURT 6 - 8.5 SELECTED VARIETIES

LOCKED DOWN **2/\$5**



SIGGI'S SKYR YOGURT 750 G SELECTED VARIETIES

LOCKED DOWN **5.49** EACH



DANONE DANINO DRINKABLE YOGURT 6 X 93 ML SELECTED VARIETIES

LOCKED DOWN **3.49** EACH



IRRESISTIBLES GREEK OR SKYR YOGURT 750 G SELECTED VARIETIES

ALWAYS GREAT PRICE **4.77** EACH



IRRESISTIBLES GREEK OR SKYR YOGURT 4 X 100 G SELECTED VARIETIES

ALWAYS GREAT PRICE **2.99** EACH

# THE PERFECT PAIR, ANYTIME, ANYWHERE!



CHRISTIE'S  
SNACK PAK  
COOKIES  
150 - 156 G  
SELECTED VARIETIES

LOCKED DOWN   
**249**  
EACH

LOCKED DOWN   
**249**  
EACH

CHRISTIE OREO OR  
CHIPS AHOY! COOKIES  
150 - 303 G  
SELECTED VARIETIES



LACTANTIA  
LACTOSE FREE  
MILK  
4 L  
SELECTED VARIETIES

THIS WEEK ONLY   
**699**  
EACH

LOCKED DOWN   
**999**  
EACH

CHRISTIE GLUTEN FREE  
OREO COOKIES  
342 G



LACTANTIA  
LACTOSE FREE  
MILK  
2 L  
SELECTED VARIETIES

LOCKED DOWN   
**549**  
EACH



LACTANTIA  
ULTRA PUR MILK  
1.5 L  
SELECTED VARIETIES

THIS WEEK ONLY   
**549**  
EACH



ENJOY  
ALMOND OR OAT BEVERAGE  
1.75 L  
SELECTED VARIETIES

LOCKED DOWN   
**399**  
EACH



BEATRICE B-FIT  
PROTEIN MILKSHAKE  
SELECTED VARIETIES

LOCKED DOWN   
**299**  
EACH



LACTANTIA  
LACTOSE FREE  
CREAM  
473 ML - 1 L  
SELECTED VARIETIES

LOCKED DOWN   
**499**  
EACH



LACTANTIA  
CHOCOLATE  
MILK  
6 x 277 ML  
SELECTED VARIETIES

THIS WEEK ONLY   
**599**  
EACH



LACTANTIA  
MILKSHAKE  
460 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**229**  
EACH



KRAFT  
BBQ SAUCE  
455 ML  
SELECTED VARIETIES

LOCKED DOWN   
**249**  
EACH



MIRACLE WHIP  
SPREAD  
650 - 890 ML  
SELECTED VARIETIES

LOCKED DOWN   
**549**  
EACH



J.L. KRAFT  
PURE  
DRESSING  
355 ML  
SELECTED VARIETIES

LOCKED DOWN   
**499**  
EACH



HEINZ  
KETCHUP  
1.5 L

LOCKED DOWN   
**699**  
EACH



JELL-O JELLY POWDER OR  
INSTANT PUDDING  
85 - 113 G  
SELECTED VARIETIES

LOCKED DOWN   
**99c**  
EACH



CATELLI  
GARDEN SELECT  
PASTA SAUCE  
600 ML  
SELECTED VARIETIES

LOCKED DOWN   
**199**  
EACH



KRAFT  
SHAKE 'N BAKE  
COATING MIX  
142 G  
SELECTED VARIETIES

LOCKED DOWN   
**349**  
EACH



COOL WHIP  
WHIPPED  
TOPPING  
1 L FROZEN  
SELECTED VARIETIES

LOCKED DOWN   
**399**  
EACH



BAKER'S BAKING CHOCOLATE  
225 G  
SELECTED VARIETIES

LOCKED DOWN   
**399**  
EACH



HEINZ  
BAGEL BITES  
198 G FROZEN  
SELECTED VARIETIES

LOCKED DOWN   
**249**  
EACH



MIO,  
CRYSTAL LIGHT OR  
KOOL-AID  
WATER ENHANCER  
48 ML  
MIO ENERGY  
DRINK MIX  
10 UN.  
SELECTED VARIETIES

LOCKED DOWN   
**249**  
EACH



MAXWELL HOUSE  
ICED INSTANT COFFEE  
165 G  
SELECTED VARIETIES

LOCKED DOWN   
**599**  
EACH

Food Banks Canada KraftHeinz

# THANK YOU ONTARIO.



for helping feed  
your community  
See how you've helped  
at [groceries4good.ca](https://groceries4good.ca)

From September 22, 2024 to October 31, 2024, for each participating product purchased at any Canadian retail location or e-commerce platform, Kraft Heinz will donate 1 meal to Food Banks Canada, up to a maximum of 2 million meals. Food Banks Canada calculates the donation of one meal as 1 lb. of food.

PARTICIPATING PRODUCTS: Any PHILADELPHIA Cream Cheese, MAXWELL HOUSE and NABOB Coffee, KRAFT Peanut Butter and Hazelnut Spreads, CLASSICO Pasta Sauce, HEINZ Tomato Ketchup, KRAFT DINNER Macaroni & Cheese, CRAVE Frozen Meals, DIANA Sauce, KRAFT Dressing.



Food Banks Canada

# HAPPY Diwali

## FESTIVAL OF LIGHTS



### DIWALI KA SWAAD FOOD BASICS KE SATH



IRRESISTIBLES  
DELUXE  
NUT TRAYS  
660 G

**9.99**  
EACH



SAPORITO VEGETABLE,  
CANOLA OR  
SUNFLOWER OIL  
3L  
CORN OIL  
2.84 L  
SELECTED VARIETIES

**9.99**  
EACH



NOOR, ARJUN OR PARLIAMENT  
ROZANA BASMATI RICE  
3.63 - 4.54 KG SELECTED VARIETIES

**7.99**  
EACH



PARLIAMENT  
CHAKKI  
ATTA FLOUR  
9.07 KG

**9.99**  
EACH



CEDAR  
BEANS  
540 ML  
SELECTED VARIETIES

**1.49**  
EACH



HANS OR  
KHAAS DAHI,  
PHOENICIA  
YOGOURT  
650 - 750 G  
SELECTED VARIETIES

**2.49**  
EACH



SURATI SNACKS  
200 - 341 G  
RUBICON DRINKS  
1 L  
SELECTED VARIETIES

**2.49**  
EACH



DIVYA  
OKRA  
315 G  
FROZEN  
SELECTED VARIETIES

**1.29**  
EACH



CRISPY  
ROTI  
250 G  
SELECTED VARIETIES

**3.99**  
EACH



PATAK'S OR KFI  
COOKING SAUCE  
315 - 315 G  
375 - 400 ML  
SELECTED VARIETIES

**3.99**  
EACH



DIVYA  
LENTILS OR  
BLACK  
CHICK PEAS  
1.8 - 4.54 KG  
SELECTED VARIETIES

**3.99**  
EACH



MAGGI  
MASALA  
NOODLES  
75 G  
SELECTED VARIETIES

**39¢**  
EACH



CASABLANCA HONEY 1 KG  
TATA PREMIUM OR GOLD TEA 220'S, 450 G  
SELECTED VARIETIES

**6.99**  
EACH



BEST JUICE  
NECTAR  
1 L  
DIVYA KESARI  
MANGO PULP  
400 G  
SELECTED VARIETIES

**2.99**  
EACH



CARNATION  
EVAPORATED  
MILK  
334 ML  
SELECTED VARIETIES

**2/\$4**



PARLE-G BISCUITS  
300 G  
LU OR EBM COOKIES  
84 - 129 G  
SELECTED VARIETIES

**99¢**  
EACH



DIVYA  
NAANS OR  
PARATHAS  
240 - 400 G FROZEN  
SELECTED VARIETIES

**1.99**  
EACH



DIVYA  
SOYA  
CHUNKS  
200 G  
GITS  
MIXES  
100 - 200 G  
SELECTED VARIETIES

**1.49**  
EACH



# PERSONAL AND BABY CARE FOR LESS



PANTENE PRO-V  
HAIR CARE  
308 - 355 ML  
SELECTED VARIETIES

LOCKED DOWN

**4.99**  
EACH



ALWAYS PADS  
20 - 36'S  
TAMPAX TAMPONS  
28 - 36'S  
SELECTED VARIETIES

LOCKED DOWN

**9.99**  
EACH



IVORY BAR SOAP  
10 X 90 G  
BODY WASH  
621 ML  
SELECTED VARIETIES

THIS WEEK ONLY

**4.99**  
EACH



SCOPE  
MOUTHWASH  
1 L  
BURT'S BEES  
TOOTHPASTE  
95 - 105 ML  
SELECTED VARIETIES

LOCKED DOWN

**4.99**  
EACH



LOCKED DOWN

**2/\$7**

LOCKED DOWN

**9.49**  
EACH

LOCKED DOWN

**26.99**  
EACH

LOCKED DOWN

**5.49**  
EACH



LOCKED DOWN

**2/\$4**

LOCKED DOWN

**3.49**  
EACH

LOCKED DOWN

**15.99**  
EACH

LOCKED DOWN

**16.99**  
EACH



LOCKED DOWN

**10.79**  
EACH

LOCKED DOWN

**12.99**  
EACH

LOCKED DOWN

**19.99**  
EACH

LOCKED DOWN

**19.99**  
EACH

**NEW**

pharmacy

**OUR PHARMACISTS CAN ASSESS & TREAT MINOR CONDITIONS\***

Speak with our pharmacist for details.

\*Treatment options will be determined based on an assessment by our pharmacist and may not include a prescribed medication. Referral to another healthcare provider may be required.

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LOCKED DOWN

**6.99**  
EACH



LOCKED DOWN

**8.99**  
EACH



LOCKED DOWN

**10.99**  
EACH



LOCKED DOWN

**22.99**  
EACH