

# food Basics

# V.I.P.

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



**wow Leger**

WHOLE GRAIN OF THE FIRST HARVEST

Naturally Flavored Honey Nut Cheerios

MADE WITH REAL HONEY

GENERAL MILLS HONEY NUT CHEERIOS CEREAL 292 G WHILE QUANTITIES LAST

**\$ INCREDIBLE 1.98 EACH**

OAT FIBRE - HELPS LOWER CHOLESTEROL!

\*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

**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**

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

**HALLOWEEN FOR LESS 13.99 EACH**

**95 FUN SIZE PETITES JOIES**

1.15 kg

**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 CORNEAL 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.

\*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 \$5**

DIGITAL DEAL

**14.99**  
EACH

WITH COUPON

SELECTION  
CASHEWS OR  
MIXED NUTS\*  
1.13 KG  
SELECTED VARIETIES

Selection

DELUXE  
MIXED NUTS • MÉLANGE DE NOIX  
DE LUXE

48% ROASTED CASHEWS  
48% DE NOIX DE CAJOU GRILLÉES

**1.13 KG**

Selection

SALTED & ROASTED  
CASHEWS • NOIX DE CAJOU  
SALÉES ET GRILLÉES

1.13 kg

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

**SHOP  
ONLINE  
FOR LESS**

**FREE  
PICKUP  
AT STORE**

**\$45  
OFF**

**\$15 OFF YOUR FIRST 3 ORDERS\***

**PROMO CODE:**

**HELLO1**

**HELLO2**

**HELLO3**



\*Conditions apply. Valid on orders of \$75 or more.



**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



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

THIS WEEK ONLY   
**98¢**  
/LB



HONEYCRISP  
APPLES  
PRODUCT OF ONTARIO  
CANADA FANCY GRADE  
4.14/KG

THIS WEEK ONLY   
**188**  
/LB



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



CAULIFLOWER  
PRODUCT OF CANADA  
CANADA NO. 1 GRADE

THIS WEEK ONLY   
**298**  
EACH



DOLE COLOURFUL COLESLAW,  
GARDEN SALAD OR SPINACH  
PRODUCT OF U.S.A., 284 - 397 G

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



YELLOW  
ONIONS OR  
WHITE  
POTATOES  
PRODUCT OF ONTARIO,  
CANADA NO. 1 GRADE  
10 LB BAG

THIS WEEK ONLY   
**498**  
EACH



BARTLETT OR BOSCH PEARS  
PRODUCT OF ONTARIO, CANADA FANCY GRADE 2 L

THIS WEEK ONLY   
**498**  
EACH



LPC  
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

FUYU  
PERSIMMONS  
PRODUCT OF U.S.A.  
2 LB BAG

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  
ÉLEVÉ SANS antibiotiques

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

**THIS WEEK ONLY**

**349** /LB



**Italian Italianes**  
MILD - GARLIC

**Breakfast & déjeuner**

FRESH SELECTION PORK SAUSAGES FAMILY PACK HOU. MILD, MONKEY 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



Zabiha Halal

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 SELECTED VARIETIES

**THIS WEEK ONLY**

**599** EACH



MAPLE LEAF PREPPED & READY SHREDDED CHICKEN SELECTED VARIETIES

**THIS WEEK ONLY**

**799** EACH



JANES PUB STYLE WINGS FULLY COOKED CHICKEN WINGS 400 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 225 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

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

10x 355 mL SLIM CANS / GANETTES MINDES

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

no calories • no sweeteners • all smiles

**bubly**  
sparkling water  
beverage

limebubly.

12 350 mL

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

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

LOCKED DOWN

**5.49**  
EACH

**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

**CLAMATO**  
MOTT'S CLAMATO COCKTAIL  
1.89 L  
SELECTED VARIETIES

LOCKED DOWN

**2/\$7**

**Michelina's**  
Macaroni and Cheese  
Macaroni au fromage

227 - 255 G  
SELECTED VARIETIES

LOCKED DOWN

**2/4.50**

**Breton**  
garden vegetable

**Vinta**  
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**  
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 bags • 510 g

**Selection**  
WHITE BLANC  
BREAD  
675 G  
SELECTED VARIETIES

THIS WEEK ONLY

**1.99**  
EACH

**Dempster's**  
Signature  
CLASSIC BUN

**Dempster's**  
TORTILLAS  
ORIGINAL  
ORIGINALES  
NO ARTIFICIAL FLAVOURS OR COLOURS  
10  
340g

**Dempster's**  
EST 1890  
100% WHOLE GRAINS  
12 GRAIN  
NO ARTIFICIAL FLAVOURS OR COLOURS  
MADE IN CANADA  
600g

**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

**LA PETITE BRETONNE**  
OATMEAL RAISIN  
AVOINE ET RAISINS  
336 - 426 G

THIS WEEK ONLY

**3.99**  
EACH

**PROMISE**  
GLUTEN FREE  
SANS GLUTEN  
SOFT WHITE LOAF  
PAIN BLANC MOELLEUX  
400 g

**WHITE BLANC**  
BREAD  
BLANC  
CARBONAUT  
EXPANDING THE LOW CARB UNIVERSE  
9g CARBS 7g FIBRE 7g PROTEIN  
PLANT BASED | À BASE DE PLANTES  
KETO

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

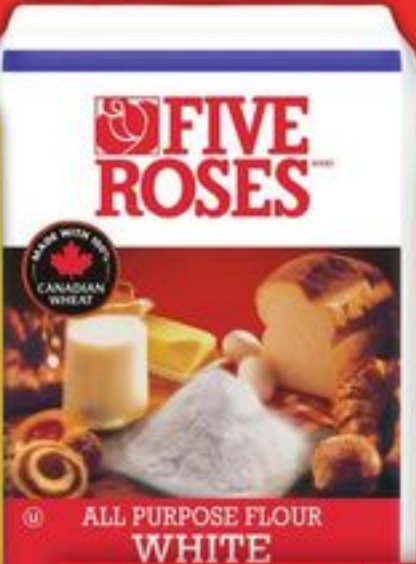
THIS WEEK ONLY

**7.49**  
EACH

# LOCKED DOWN



ROBIN HOOD OR FIVE ROSES FLOUR  
SELECTED VARIETIES



ALL PURPOSE FLOUR  
WHITE  
**4.99**  
EACH



McCAFÉ COFFEE CAPSULES  
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



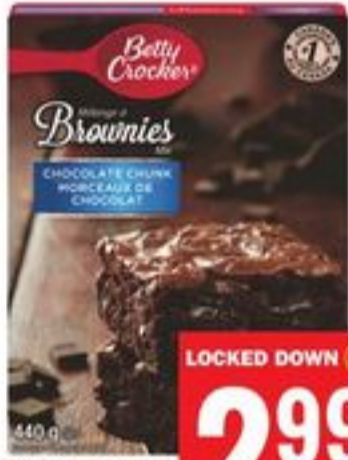
BARILLA PASTA  
340 - 410 G  
SELECTED VARIETIES

**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 CANS/CANETTES  
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, 6 X 355 ML  
SELECTED VARIETIES

**5.99**  
EACH



HELLMANN'S REAL MAYONNAISE  
345 ML  
SELECTED VARIETIES

**3.99**  
EACH



NATURA ORGANIC SOY BEVERAGE  
346 ML  
SELECTED VARIETIES

**2.49**  
EACH



RED ROSE TEA  
144'S

**8.99**  
EACH



SCRUBBING BUBBLES BATHROOM CLEANER  
950 ML  
SELECTED VARIETIES

**4.99**  
EACH



LYSOL DISINFECTING WIPES  
SELECTED VARIETIES

**5.99**  
EACH



GLAD GARBAGE BAGS  
SELECTED VARIETIES

**12.49**  
EACH



FINISH POWERBALL QUANTUM ULTRAMAX DISHWASHER 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 1 L 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 

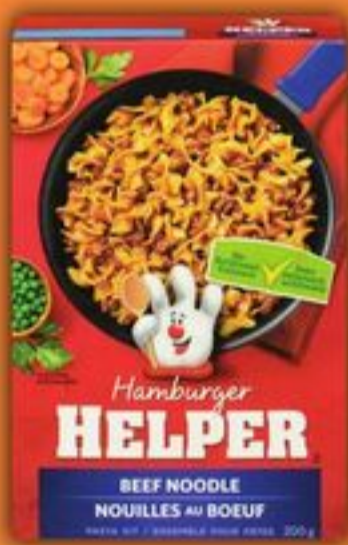
**3.97**  
EACH



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!



CHRISTIES  
SNAK 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

**999**  
EACH



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

**999**  
EACH



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

**799**  
EACH



PARLIAMENT  
CHAKKI  
ATTA FLOUR  
9.07 KG

**999**  
EACH



CEDAR  
BEANS  
540 ML  
SELECTED VARIETIES

**149**  
EACH



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

**249**  
EACH



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

**249**  
EACH



DIVYA  
OKRA  
315 G  
FROZEN  
SELECTED VARIETIES

**129**  
EACH

CRISPY  
ROTI  
250 G  
SELECTED VARIETIES

**399**  
EACH



PATAK'S OR KFI  
COOKING SAUCE  
313 - 315 G  
375 - 400 ML  
SELECTED VARIETIES

**399**  
EACH



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

**399**  
EACH

MAGGI  
MASALA  
NOODLES  
75 G  
SELECTED VARIETIES

**39c**  
EACH



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

**699**  
EACH



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

**299**  
EACH

CARNATION  
EVAPORATED  
MILK  
334 ML  
SELECTED VARIETIES

**2/\$4**



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

**99c**  
EACH



DIVYA  
NAANS OR  
PARATHAS  
240 - 400 G FROZEN  
SELECTED VARIETIES

**199**  
EACH

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

**149**  
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



HERBAL ESSENCES HAIR CARE  
340 ML  
SELECTED VARIETIES

LOCKED DOWN

**2/\$7**



U BY KOTEX TAMPONS  
30'S  
SELECTED VARIETIES

LOCKED DOWN

**9.49**  
EACH



PAMPERS EASY UPS  
56 - 74'S  
SELECTED VARIETIES

LOCKED DOWN

**26.99**  
EACH



BAND-AID  
50'S  
SELECTED VARIETIES

LOCKED DOWN

**5.49**  
EACH



FISHERMAN'S FRIEND LOZENGES  
2'S  
SELECTED VARIETIES

LOCKED DOWN

**2/\$4**



HALLS LOZENGES  
30'S  
SELECTED VARIETIES

LOCKED DOWN

**3.49**  
EACH



POWDER POUDRÉ  
MAKES SOME 22 SERVINGS (PORTIONS)  
NESTLÉ BOOST MEAL REPLACEMENT  
880 G  
SELECTED VARIETIES

LOCKED DOWN

**15.99**  
EACH



LÄRABAR GLUTEN FREE ENERGY BAR  
16'S  
SELECTED VARIETIES

LOCKED DOWN

**16.99**  
EACH



TYLENOL  
SELECTED VARIETIES

LOCKED DOWN

**10.79**  
EACH



JAMIESON VITAMIN C OR MAGNESIUM  
90 - 100'S  
SELECTED VARIETIES

LOCKED DOWN

**12.99**  
EACH



JAMIESON MULTI VITAMINS  
115'S  
SELECTED VARIETIES

LOCKED DOWN

**19.99**  
EACH



JAMIESON VITAMIN E OR GLUCOSAMINE SUPPLEMENTS  
120 - 360'S  
SELECTED VARIETIES

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.

Available at pharmacy locations only. Visit [foodbasics.ca/pharmacy](http://foodbasics.ca/pharmacy) to find a location near you.



WEBBER NATURALS VITAMIN D3  
180'S  
SELECTED VARIETIES

LOCKED DOWN

**6.99**  
EACH



POLYSPORIN ANTIBIOTIC OINTMENT  
15 G  
SELECTED VARIETIES

LOCKED DOWN

**8.99**  
EACH



BUCKLEY'S COUGH SYRUP  
200 ML  
SELECTED VARIETIES

LOCKED DOWN

**10.99**  
EACH



VEGA PLANT-BASED PROTEIN  
526 G  
SELECTED VARIETIES

LOCKED DOWN

**22.99**  
EACH