

# introducing **moi** rewards

## i earn faster with:

- + more on-shelf offers
- + more in-app offers
- + more member contests
- + more points when you link your eligible RBC card\*

### ...and this week, earn even more!

spend \$100 get



spend \$60 get



### join today and save

Certain conditions apply, see moirewards.ca for conditions.  
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\*Conditions apply. Go to rbc.com/moi for full details.  
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## i earn, redeem and s GET READY TO SAVE! GREAT PRICES START ON THUR

To view local store flyer, visit foodbasics.ca, where you can cre

# moi rewards

## i earn faster with the app



# 1

download  
the app



# 2

save by adding  
personalized  
coupons  
every week



# 3

use moi rewards  
card at checkout

Certain conditions apply, see moirewards.ca for conditions.  
Moi Rewards is a trademark of Metro Inc.



# CRAZY 8 SALE

## food Basics

IRRESISTIBLES NUTS  
200 - 250 G SELECTED VARIETIES

**8 CRAZY**  
**288**  
EACH



FRESH CHICKEN LEG QUARTERS 4.14/KG

**8 CRAZY**  
**188**  
/LB

IRRESISTIBLES LASAGNA  
ENTREES  
1.13 KG  
FROZEN  
SELECTED VARIETIES

**8 CRAZY**  
**688**  
EACH



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

**8 CRAZY**  
**148**  
EACH

DEMPSTER'S BREAD  
BUNS  
8'S  
SELECTED VARIETIES

**8 CRAZY**  
**248**  
EACH



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

**8 CRAZY**  
**188**  
EACH

HEINZ BEANS OR PASTA  
398 ML  
SELECTED VARIETIES

**8 CRAZY**  
**88¢**  
EACH



CLEMENTINES  
PRODUCT OF SOUTH AFRICA  
2 LB BAG  
KIWIS  
PRODUCT OF GREECE  
600 G

**8 CRAZY**  
**288**  
EACH

LAY'S POTATO CHIPS  
165 - 235 G  
MINIS CANISTERS  
102 - 145 G  
SELECTED VARIETIES

**8 CRAZY**  
**288**  
EACH



SCHNEIDERS RED HOTS OR MAPLE LEAF TOP DOGS WIENERS 375 G  
SCHNEIDERS MEAT PIES 330 - 400 G FROZEN SELECTED VARIETIES

**8 CRAZY**  
**288**  
EACH



**8 CRAZY**  
**1088**  
EACH

HERSHEY'S SNACK SIZE TREATS 100'S  
MAYNARDS FUN TREATS 30'S  
REGAL CHILD'S PLAY CANDY  
SELECTED VARIETIES  
WHILE QUANTITIES LAST



PRIMO PASTA SAUCE  
500 - 900 G  
SAUCE 480 ML  
TOMATOES 796 ML  
BEANS 440 ML  
SELECTED VARIETIES

**8 CRAZY**  
**168**  
EACH

**i earn, redeem and save with moi rewards**  
GET READY TO SAVE! GREAT PRICES START ON THURSDAY, OCTOBER 24<sup>TH</sup> TO WEDNESDAY, OCTOBER 30<sup>TH</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.



# CRAZY 8 SALE

**SELECTION OLD CHEDDAR FORT**  
400 g

**TEX MEX**  
4 SERVINGS • 100% WHOLE WHEAT ENRICHED FLOUR • 350 g

**SELECTION CHEESE SHREDS**  
400 G  
320 G  
SELECTED VARIETIES

**8 CRAZY 4<sup>88</sup> EACH**

**Piller's ORIGINAL PEPPERONI**  
500 g

**Piller's ORIGINAL Turkey Bites**  
50 CALORIES

**PILLER'S MEAT SNACKS**  
300 - 500 G SELECTED VARIETIES

**8 CRAZY 6<sup>88</sup> EACH**

**LACTANTIA PUR FILTRE MILK**  
1% 2% SKIMMED 4 L

**BEATRICE CHOCOLATE MILK**  
3 L

**BECEL MARGARINE**  
850 G  
100% PLANT-BASED OILS

**8 CRAZY 5<sup>98</sup> EACH**

**BOSTON MARKET SWEET & SOUR CHICKEN**  
POULET AIGRE-DOUX

**HUNGRY-MAN SALISBURY BEEF STEAKETTES**  
with gravy, potatoes, and peas

**HUNGRY-MAN MEALS**  
360 - 455 G

**BOSTON MARKET MEALS**  
371 - 397 G  
FROZEN  
SELECTED VARIETIES

**25 points**

**8 CRAZY 3<sup>88</sup> EACH**

**LACTANTIA SANS LACTOSE FREE**  
2 L

**LACTANTIA ULTRA PUR**  
50% PROTEIN  
NO SUGAR ADDED  
10 ESSENTIAL NUTRIENTS  
1.5 L

**LACTANTIA LACTOSE FREE OR ULTRA PUR MILK**  
1.5 - 2 L  
SELECTED VARIETIES

**35 points**

**8 CRAZY 4<sup>88</sup> EACH**

**DR. OETKER RISTORANTE PIZZA SPINACI**  
320 - 390 G

**DR. OETKER RISTORANTE PIZZA CASA DI MAMA**  
395 - 410 G FROZEN  
SELECTED VARIETIES

**30 points**

**8 CRAZY 4<sup>48</sup> EACH**

**ESKA SPRING WATER**  
24 X 500 ML

**25 points**

**8 CRAZY 3<sup>88</sup> EACH**

**NABOB GROUND COFFEE**  
930 G

**MAXWELL HOUSE COFFEE CAPSULES**  
30'S SELECTED VARIETIES

**100 points**

**8 CRAZY 10<sup>88</sup> EACH**

**COCA-COLA ORIGINAL TASTE**  
12 Cans

**PEPSI**  
12 X 355 ML

**COCA-COLA OR PEPSI**  
12 X 355 ML  
SELECTED VARIETIES

**8 CRAZY 6<sup>88</sup> EACH**

**QUAKER DIPPS**  
CHOCOLATEY CHIP  
BRISURES CHOCOLATÉES

**QUAKER CHEWY BARS**  
CHOCOLATEY G BRISURES COQUES

**SNACK PACK PUDDING CUPS**  
4'S SELECTED VARIETIES

**8 CRAZY 1<sup>88</sup> EACH**

**PUREX LAUNDRY DETERGENT**  
32 - 36 LOADS, 1.47 L

**FLEECE FABRIC SOFTENER**  
39 - 57 LOADS, 1.36 L  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

**8 CRAZY 3<sup>88</sup> EACH**

**CASHMERE BATHROOM TISSUE**  
12 X 24'S

**SPONGE TOWELS ULTRA**  
6 X 30'S

**SCOTTIES FACIAL TISSUE**  
6'S SELECTED VARIETIES

**8 CRAZY 6<sup>88</sup> EACH**

\*IN STOCK POLICY: Food Basics+ offers an in-stock guarantee for all items in its current flyer. If we are temporarily out-of-stock on an advertised item in our current flyer, a Rain Check will be issued with 10% off the advertised price of the item redeemable within 30 days from the date of issue. Rain Checks are not issued if the ad in the flyer states, "While Quantities Last", "Special Buy" or "No Rain Checks", or on in-store cooked BBQ Chicken and Hot Pizza, Beer, Cider and Wine, Independent Third Party Vendors, "Our Seafood Market" and "Our Butcher Shop by Nosso 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. Upon presentation of the Moi Rewards card, points awarded are calculated on the total amount, before taxes, and excludes the products specified in the terms and conditions of the program. Does not apply to bonus points. Available at stores participating in the Moi program. For \$3 = 1 pt; available at Metro; not available at Food Basics. Points redeemable at participating stores starting at a balance of 500 points (\$4 value). Visit moirewards.ca for terms and conditions. Moi Rewards is a trademark of Metro Inc.

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# i earn with moi rewards

over  
**1400**  
points

available when you shop in store or online  
\*\*see back page for details

**moi**  
rewards



CATCH OF THE DAY FISH FILLETS  
540 G - 1.2 KG  
FROZEN  
SELECTED VARIETIES

**100**  
points

THIS WEEK ONLY  
**10<sup>99</sup>**  
EACH



SELECTION ITALIAN BREAD  
675 G  
SELECTED VARIETIES

**20**  
points

ALWAYS GREAT PRICE  
**2<sup>99</sup>**  
EACH



MARC ANGELO BACON WRAPPED BEEF MEDALLIONS  
340 G  
SELECTED VARIETIES

**125**  
points

THIS WEEK ONLY  
**11<sup>99</sup>**  
EACH

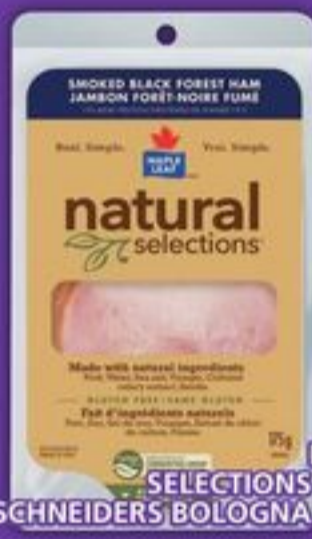


1 KG

BILLY BEE HONEY  
1 KG  
SELECTED VARIETIES

**125**  
points

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



MAPLE LEAF NATURAL SELECTIONS SLICED DELI MEAT OR SCHNEIDERS BOLOGNA OR SLICED DELI MEAT  
125 - 500 G  
SELECTED VARIETIES



**35**  
points

THIS WEEK ONLY  
**5<sup>99</sup>**  
EACH



GENERAL MILLS CEREAL  
354 - 437 G  
SELECTED VARIETIES

**25**  
points

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



**55**  
points

LOCKED DOWN  
**9<sup>99</sup>**  
EACH

STARBUCKS COFFEE CAPSULES  
10'S SELECTED VARIETIES



PRINGLES POTATO CHIPS  
194 G  
SELECTED VARIETIES

**20**  
points

LOCKED DOWN  
**2<sup>99</sup>**  
EACH



FRANK'S RED HOT  
354 ML  
SELECTED VARIETIES

**30**  
points

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



CLOVER LEAF ALBACORE TUNA  
170 G  
SELECTED VARIETIES

**20**  
points

LOCKED DOWN  
**2<sup>99</sup>**  
EACH



MAISON PERRIER SPARKLING WATER  
8 X 330 ML  
SELECTED VARIETIES

**40**  
points

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



LYSOL CLEANERS  
650 ML - 1.2 L  
SELECTED VARIETIES

**25**  
points

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



PURINA FRISKIES CAT FOOD 170 G DOG FOOD 348 G  
SELECTED VARIETIES

**20**  
points

LOCKED DOWN  
**2<sup>49</sup>**  
EACH



SANPELLEGRINO OR PERRIER CARBONATED WATER  
9.5 L  
SELECTED VARIETIES

**50**  
points

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



# Link, shop at Food Basics or Metro and get a \$10 statement credit.

Limited  
Time  
Offer

Offer valid in Ontario only.



Always earn 1 extra Moi Rewards point on \$2 spent with your linked eligible RBC® Card to your Moi Rewards card.

Learn more:

[avionrewards.com/moi](https://avionrewards.com/moi)

For full program details and to link your cards to start saving, visit [avionrewards.com/moi](https://avionrewards.com/moi). moi is a trademark of Metro Inc. All other trademark(s) is/are the property of their respective owner(s). Used under licence.

AVION | moi  
REWARDS™ rewards



# the app-solute best way to save

only with  
**moi**  
rewards

DIGITAL DEAL

**298**

EACH

WITH COUPON

GALA, McINTOSH,  
AMBROSIA, CORTLAND,  
GINGER GOLD OR  
HONEY CRISP APPLES\*  
PRODUCT OF ONTARIO, CANADA FANCY GRADE  
3 LB BAG



WE  
LOVE  
LOCAL  
*Ontario*



save  
**\$2**

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

- ✔ 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

**Gusto Italiano  
DOUBLE PEPPERONI**  
EXTRA VIRGIN OLIVE OIL THIN CRUST - CRÔTE MINCE À L'HUILE D'OLIVE EXTRA VIERGE

**LA PIZZA** **IRRESISTIBLE**  
BACON, HAM, MOZZARELLA & CHEDDAR CHEESE  
BAKON, JAMBON, FROMAGES MOZZARELLA ET CHEDDAR  
THIN CRUST WITH A RAISED EDGE - CRÔTE MINCE AVEC HERBES SÉCHÉES

**ALWAYS GREAT PRICE** ✓

**3.97**  
EACH

**CONCENTRATED FORMULA**

**Selection**

**BLEACH**

✓ DISINFECTS  
✓ WHITENS  
✓ DEODORIZES

with **FIBRE GUARD**

2.4 L

**SELECTION BLEACH**  
2.4 L  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** ✓

**3.49**  
EACH

**Irresistible**

**CHICKEN**  
SPRING ROLLS  
ROULEAUX IMPÉRIAUX AU  
POULET  
UNCOOKED - NON CUITS

**Irresistible**

**VEGETABLE**  
SPRING ROLLS  
ROULEAUX IMPÉRIAUX  
AU LÉGUMES  
UNCOOKED - NON CUITS

**ALWAYS GREAT PRICE** ✓

**4.99**  
EACH

**IRRESISTIBLE  
SPRING ROLLS**  
300 G FROZEN SELECTED VARIETIES

**Selection**

**ultra OXI**

36

1.62 L | 2x

CAUTION/ATTENTION

**Selection**

**Country Meadow  
Fraîcheur  
des prés**

48

1.6 L

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

**ALWAYS GREAT PRICE** ✓

**3.49**  
EACH



# PRODUCE

**WE LOVE LOCAL**  
Canada

**HOTHOUSE TOMATOES**  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE  
4.37/KG

**THIS WEEK ONLY**

**1.98**  
/LB

**WE LOVE LOCAL**  
Canada

**BROCCOLI CROWNS**  
PRODUCT OF CANADA

**THIS WEEK ONLY**

**1.98**  
EACH

**325 G**

**BLUEBERRIES**  
PRODUCT OF MEXICO OR PERU  
170 G

**ASPARAGUS**  
PRODUCT OF PERU  
NO. 1 GRADE 325 G

**THIS WEEK ONLY**

**3.98**  
EACH

**WE LOVE LOCAL**  
Canada

**Bartlett Pears**  
Canada No. 1  
PRODUCT OF CANADA

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

**THIS WEEK ONLY**

**4.98**  
EACH

**WE LOVE LOCAL**  
Canada

**25 points**

**THIS WEEK ONLY**

**2.98**  
EACH

**CAULIFLOWER**  
PRODUCT OF CANADA  
CANADA NO. 1 GRADE

**THIS WEEK ONLY**

**3.98**  
EACH

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

**AVOCADOS**  
PRODUCT OF MEXICO, BAG OF 5 OR 6

**WE LOVE LOCAL**  
Canada

**THIS WEEK ONLY**

**3.98**  
EACH

**BEETS**  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE  
5 LB BAG

**LEEKS**  
PRODUCT OF U.S.A.

**WE LOVE LOCAL**  
Canada

**CARROTS OR YELLOW ONIONS**  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE  
2 LB BAG

**THIS WEEK ONLY**

**1.98**  
EACH

**Dole**

**CHOP CHOP**  
SALADS OR SALAD KITS  
PRODUCT OF U.S.A.  
259 - 360 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**3.98**  
EACH

**WE LOVE LOCAL**  
Canada

**25 points**

**THIS WEEK ONLY**

**2.98**  
EACH

**MINI CUCUMBERS**  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE  
397 G

**COCKTAIL TOMATOES**  
PRODUCT OF CANADA  
453 G

**EXTRA LARGE**

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

**THIS WEEK ONLY**

**3.88**  
/LB

**ROCHA PEARS**  
PRODUCT OF PORTUGAL  
2.5 LB

**THIS WEEK ONLY**

**4.98**  
EACH

**WE LOVE LOCAL**  
Canada

**30 points**

**THIS WEEK ONLY**

**3.98**  
EACH

**BRAIDED GARLIC**  
PRODUCT OF CHINA  
500 G

**POTATOES**  
PRODUCT OF CANADA, CANADA  
NO. 1 GRADE  
5 LB BAG

**Take a bite. There's a kick.**

**simmis**  
FUYU PERSIMMONS

**THIS WEEK ONLY**

**4.98**  
EACH

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

**THIS WEEK ONLY**

**1.48**  
/LB

**BOLTHOUSE**  
JUICES  
1.5 L  
SELECTED VARIETIES

**THIS WEEK ONLY**

**6.98**  
EACH

**DERLEA**  
DICED OR CARMALIZED ONIONS  
185 G

**THIS WEEK ONLY**

**2.98**  
EACH

**8 STEM TULIPS OR 5 STEM ROSES**  
ASSORTED COLOURS  
WHILE QUANTITIES LAST

**THIS WEEK ONLY**

**\$7**  
EACH

**6" MINI ROSES OR CYCLAMEN**  
ASSORTED COLOURS  
WHILE QUANTITIES LAST

**THIS WEEK ONLY**

**7.98**  
EACH

**100 points**

**THIS WEEK ONLY**

**\$12**  
EACH

**MIXED LARGE BOUQUET**  
ASSORTED MIXEL, WHOLE  
QUANTITIES LAST

**5" PREMIUM ORCHIDS**  
ASSORTED COLOURS  
WHILE QUANTITIES LAST

**THIS WEEK ONLY**

**14.88**  
EACH



# MEAT



LIFE SMART  
EXTRA LEAN  
GROUND  
CHICKEN,  
TURKEY OR  
ZABIHA HALAL  
GROUND  
CHICKEN  
450 G  
SELECTED VARIETIES

THIS WEEK ONLY **4.99** EACH



FRESH  
AUTHENTIC  
PORK  
SAUSAGES  
HOT, MILD, HONEY  
GARLIC OR  
ENGLISH BANGER

THIS WEEK ONLY **4.99** EACH



PRIME RAISED WITHOUT  
ANTIBIOTICS FRESH SEASONED  
BBQ CUT-UP WHOLE CHICKEN  
AIR CHILLED  
13.21/KG

THIS WEEK ONLY **5.99** /LB



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

THIS WEEK ONLY **4.99** /LB



WHOLE  
RAINBOW  
TROUT FISH  
8.99/LB, 19.82/KG  
SALMON  
PORTIONS  
8.99 EA.

THIS WEEK ONLY **8.99** /LB OR EACH



FRESH MEDIUM GROUND BEEF  
FAMILY PACK 13.21/KG

THIS WEEK ONLY **5.99** /LB



WONG WING  
ASIAN STYLE  
ENTREES  
400 - 500 G  
FROZEN  
SELECTED VARIETIES

LOCKED DOWN **6.49** EACH



IRRESISTIBLE  
BATTERED  
CHEESE  
STICKS OR  
JALAPENO  
POPPERS  
325 - 495 G FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY **5.99** EACH



CHICKEN WINGS  
Ailes de poulet  
1.2 LB

TILLSONBURG  
SPLIT CHICKEN  
WINGS  
1.2 KG  
FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY **10.99** EACH



JANES  
ultimates  
BONELESS  
BITES  
125 points

JANES  
ULTIMATES  
FULLY COOKED  
CHICKEN  
BITES OR FILLETS  
710 - 852 G FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY **11.99** EACH



25 points

SUMMER  
FRESH  
HUMMUS OR  
DIPS  
200 - 225 G  
SELECTED VARIETIES

THIS WEEK ONLY **3.49** EACH



MASTRO  
CACCIATORE,  
SLICED  
DELI MEAT,  
GRAN  
PIATTO OR  
SAN DANIELE  
SLICED  
PROSCIUTTO  
200 - 375 G WHOLE  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

MASTRO  
CENOA-DE-GENE  
300 G

THIS WEEK ONLY **7.99** EACH



MARC ANGELO  
SOUVLAKI  
FAMILY PACK  
400 - 640 G  
SELECTED VARIETIES

THIS WEEK ONLY **11.99** EACH



POGO  
ORIGINAL  
BREADED  
SAUSAGES  
1.5 KG FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY **13.99** EACH



SELECTION  
FETA  
2 X 150 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE **6.49** EACH



BRANDT  
KOLBASSA  
250 - 300 G  
SELECTED VARIETIES

LOCKED DOWN **6.49** EACH



IRRESISTIBLE  
FRESH PASTA  
SELECTED VARIETIES

THIS WEEK ONLY **6.99** EACH



BALDERSON  
CHEDDAR OR  
GOUDA  
170 - 280 G  
SELECTED VARIETIES

THIS WEEK ONLY **7.49** EACH



NORTHERN  
KING WHOLE  
TILAPIA,  
ANCHOR'S  
BAY COOKED  
SHRIMP  
31 - 40 CT

THAI GOLD  
WHOLE RAW  
SHRIMP  
40 - 50 CT  
340 G - 1 KG FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY **7.49** EACH



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

THIS WEEK ONLY **7.99** EACH



LIFE SMART  
NATURALIA  
FISH FILLETS  
SELECTED VARIETIES

THIS WEEK ONLY **8.99** EACH



HIGH LINER  
BREADED &  
BATTERED  
PAN-SEAR,  
SIGNATURE  
CUTS FISH  
FILLETS  
425 - 600 G FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY **10.99** EACH



# MORE GREAT SAVINGS FOR LESS

**340 G**



PHILADELPHIA CREAM CHEESE PRODUCT  
340 G  
SELECTED VARIETIES

LOCKED DOWN   
**4.98**  
EACH



KELLOGG'S FAMILY SIZE CEREAL  
480 - 650 G  
SELECTED VARIETIES



LOCKED DOWN   
**5.49**  
EACH



BEN'S ORIGINAL STREET FOOD RICE  
253 G  
SELECTED VARIETIES

LOCKED DOWN   
**4.49**  
EACH



HELLMANN'S MAYONNAISE  
710 - 890 ML  
SELECTED VARIETIES

LOCKED DOWN   
**5.99**  
EACH



QUAKER OATS  
709 - 900 G  
1 KG  
SELECTED VARIETIES

LOCKED DOWN   
**3.49**  
EACH



HEINZ BAGEL BITES  
190 G  
FROZEN  
SELECTED VARIETIES

LOCKED DOWN   
**2.49**  
EACH



SELECTION CHOCOLATE CHIPS  
250 - 300 G  
SELECTED VARIETIES

LOCKED DOWN   
**2.99**  
EACH



BAUDUCCO OR GIOIA PANETTONE  
680 - 750 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY   
**8.99**  
EACH



BODY ARMOR HYDRATION DRINK  
473 ML  
SELECTED VARIETIES

LOCKED DOWN   
**99¢**  
EACH



BOUNTY PAPER TOWEL  
12 - 125  
CHARMIN ULTRASOFT BATHROOM TISSUE  
12 - 125  
SELECTED VARIETIES

125 points  
THIS WEEK ONLY   
**13.99**  
EACH

## BAKERY



DEMPSTER'S ENGLISH MUFFINS  
6.5  
SELECTED VARIETIES

**20**  
points

THIS WEEK ONLY   
**2.49**  
EACH



SELECTION GARLIC TOAST  
680 G  
SELECTED VARIETIES

**20**  
points

THIS WEEK ONLY   
**2.99**  
EACH



GRANDMOTHER'S TARTS  
680 G  
SELECTION COOKIES  
770 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**5.49**  
EACH



CHARLOTTE CAKE  
400 - 475 G  
SELECTION CHEESECAKE  
310 G  
SELECTED VARIETIES



THIS WEEK ONLY   
**5.49**  
EACH



# LOCKED DOWN



GAY LEA  
NORDICA  
COTTAGE CHEESE  
750 G  
SELECTED VARIETIES

LOCKED DOWN

**5.99**  
EACH



PILLSBURY  
TOASTER STRUDEL  
326 G  
SELECTED VARIETIES



LOCKED DOWN

**2.99**  
EACH



LACTANTIA BUTTER STICKS  
454 G  
SELECTED VARIETIES

LOCKED DOWN

**8.49**  
EACH



725 G

NUTELLA  
SPREAD  
725 G

LOCKED DOWN

**6.99**  
EACH



HERSHEY'S CHOCOLATE  
BARS  
43 - 58 G  
SELECTED VARIETIES

LOCKED DOWN

**99¢**  
EACH



RED BULL  
ENERGY DRINK  
255 ML  
SELECTED VARIETIES

LOCKED DOWN

**2/\$7**



FRENCH'S  
MUSTARD  
550 ML  
SELECTED VARIETIES

LOCKED DOWN

**2.99**  
EACH



KIKKOMAN  
SOY OR  
TERIYAKI  
SAUCE  
295 - 296 ML  
SELECTED VARIETIES

LOCKED DOWN

**3.99**  
EACH



CLOVER LEAF  
LIGHT TUNA  
170 G  
SELECTED VARIETIES

LOCKED DOWN

**1.67**  
EACH



BERTOLLI  
OLIVE OIL  
1 L  
SELECTED VARIETIES

LOCKED DOWN

**16.99**  
EACH



CHRISTIE  
FAMILY SIZE  
CRACKERS  
350 - 454 G  
SELECTED VARIETIES

LOCKED DOWN

**3.99**  
EACH



CAMPBELL'S  
READY TO SERVE  
SOUP  
515 ML  
SELECTED VARIETIES

LOCKED DOWN

**2/5.50**



SKINNY POP  
POPCORN  
125 G  
SELECTED VARIETIES

LOCKED DOWN

**2/\$7**



OCEAN SPRAY  
SPARKLING  
BEVERAGE  
6 x 340 ML  
SELECTED VARIETIES

35 points  
LOCKED DOWN

**5.99**  
EACH



SILK  
ALMOND OR  
OAT  
BEVERAGES  
946 ML  
SELECTED VARIETIES

LOCKED DOWN

**2.99**  
EACH



NESCAFÉ  
INSTANT  
COFFEE  
475 G  
SELECTED VARIETIES

LOCKED DOWN

**12.99**  
EACH



FEBREZE  
PLUG OIL  
WARMER  
EACH  
SELECTED VARIETIES

LOCKED DOWN

**99¢**  
EACH



FINISH  
JET-DRY  
RINSE AID  
421 ML  
SELECTED VARIETIES

LOCKED DOWN

**10.49**  
EACH



GLADE SCENTS  
CANDLES  
EACH  
SELECTED VARIETIES

LOCKED DOWN

**4.99**  
EACH



ZIPLOC  
STORAGE  
BAGS  
14 - 90'S  
SELECTED VARIETIES

LOCKED DOWN

**4.99**  
EACH



# ALWAYS GREAT PRICE



**FAT-FREE SANS GRAS**  
1% M.F.M.G.  
Sour cream  
Crème sure  
500 mL

**SELECTION OR LIFE SMART SOUR CREAM**  
500 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**249**  
EACH



**Mixed Berries**  
Petits fruits mélangés

**Cultivated Blueberries**  
Blenets cultivés

**IRRESISTIBLES FRUITS**  
400 - 500 G  
FROZEN  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**444**  
EACH



**SMOOTHIE STRAWBERRY BANANA**

**Orange, peach & mango**

**IRRESISTIBLES SMOOTHIES OR JUICE BLENDS**  
1.65 L  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**397**  
EACH



**Berry DRINK**

**Fruit DRINK**

**SELECTION DRINKS**  
283 ML FROZEN  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**127**  
EACH



**COLA**  
NATURALLY FLAVOURED

**BLACKBERRY**  
SPARKLING WATER

**SELECTION SOFT DRINKS OR FLAVOURED SPARKLING WATER**  
12 X 355 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**497**  
EACH



**1.13 KG**

**DELUXE**  
MIXED NUTS - MÉLANGE DE NOIX  
DE LUXE

**SALTED & ROASTED**  
SALÉES ET GRILLÉES

**SELECTION DELUXE MIXED NUTS OR CASHEWS**  
1.13 KG  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**1999**  
EACH



**ASSORTED SIZES Peas**  
Picked in SEASON

**PEACHES & CREAM Corn**  
Picked in SEASON

**SELECTION OR IRRESISTIBLES CAN VEGETABLES**  
341 - 398 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**127**  
EACH



**APPLE**  
SWEETENED  
APPLE SNACKS

**NO SUGAR ADDED**  
APPLE  
UNSWEETENED  
APPLE SNACKS

**LIFE SMART OR SELECTION APPLE SNACKS**  
6 X 113 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**229**  
EACH



**WHITE CHOCOLATE CHUNK, CRANBERRY & LEMON**

**CHOCOLATE CHIP EXPLOSION**

**IRRESISTIBLES COOKIES**  
280 - 350 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**349**  
EACH



**100% JUICE BLEND CRANBERRY**

**GARDEN BLEND**

**IRRESISTIBLES CRANBERRY COCKTAIL JUICE BLENDS OR SELECTION GARDEN BLEND**  
1.89 L  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**299**  
EACH



**VIRGIN COCONUT OIL**  
HUILE DE COCO VIERGE

**whipped dressing**  
sauce à salade fouettée

**IRRESISTIBLES COCONUT OIL**  
375 G  
SELECTED VARIETIES

**SELECTION WHIPPED DRESSING**  
250 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**549**  
EACH

**ALWAYS GREAT PRICE** 

**367**  
EACH



**Stevia**  
Sweetener blend

**Sweet Tasty**  
100% SWEETENER

**LIFE SMART OR SELECTION SWEETENER**  
300'S  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**399**  
EACH



**IRRESISTIBLES BALSAMIC VINEGAR OR GLAZE**  
250 - 500 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**444**  
EACH



**glass cleaner**  
nettoyant à vitres

**TOILES BOWL**  
CUVETTE

**ALL PURPOSE**  
TOUT USAGE

**SELECTION GLASS CLEANER**  
950 ML  
SELECTED VARIETIES

**SELECTION ALL PURPOSE CLEANERS**  
710 - 950 ML, 1.2 L  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**197**  
EACH

**ALWAYS GREAT PRICE** 

**2/\$5**



**TABLE NAPKINS**  
SERVIETTES DE TABLE

**Tissues**  
Mouchoirs

**SELECTION ECO COMPOSTABLE NAPKINS**  
500 UN.  
SELECTED VARIETIES

**SELECTION FACIAL-TISSUES**  
12'S  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**499**  
EACH

**ALWAYS GREAT PRICE** 

**1299**  
EACH



# HALLOWEEN FOR LESS



**100**

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

**HALLOWEEN FOR LESS**

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

977 g  
ASSORTED MINI BARS AND CANDIES  
PRÉPARE AVEC FÉVRIER INC.

**90**  
FUN TREATS

Cadbury

100% SUSTAINABLY  
SOURCED COCOA

DAIRY MILK OREO  
MINI  
Twirl

**HALLOWEEN FOR LESS**

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

240  
190  
200

CADBURY FUN TREATS  
90'S  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

SELECTION  
LOLLIPOPS  
750 g  
SELECTED VARIETIES

Fruit Flavoured Lollipops  
Savons à saveur de fruits

**HALLOWEEN FOR LESS**

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

**55** Kinder  
CHOCOLATE/CHOCOLAT  
mini

**55** Kinder  
bueno  
mini

**HALLOWEEN FOR LESS**

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

330 g  
297 g

KINDER MINI CHOCOLATES  
55'S SELECTED VARIETIES WHILE QUANTITIES LAST

**50**

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

**HALLOWEEN FOR LESS**

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

485 g  
ASSORTED MINI BARS AND CANDIES  
PRÉPARE AVEC FÉVRIER INC.

**45**  
FUN TREATS

MAYNARDS  
FUN TREATS  
45'S  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

SOUR PATCH  
Maynards  
Maynards

**HALLOWEEN FOR LESS**

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

140  
562 g

FUN SIZE  
**95**  
PETITES JOIES

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

**HALLOWEEN FOR LESS**

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

1.15 kg

TWO BITE HALLOWEEN CUPCAKES  
284 g  
SUGAR COOKIES  
383 g  
SELECTED VARIETIES

**HALLOWEEN FOR LESS**

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

SELECTION  
**24** BAGS  
REGULAR  
NATURE  
POTATO CHIPS • CROUSTILLES

**HALLOWEEN FOR LESS**

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

24 x 10 x 100

SELECTION POTATO CHIPS  
24'S SELECTED VARIETIES WHILE QUANTITIES LAST

**40**  
HALLOWEEN  
TREAT BAGS  
(40 x 16 g) 640 g

Lay's  
Classic  
Potato Chips

**HALLOWEEN FOR LESS**

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

LAY'S POTATO CHIPS TREAT BAGS  
40'S  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

**40**  
HALLOWEEN  
TREAT BAGS  
(40 x 16 g) 640 g

mini  
Doritos  
RACHO  
FLAVOURED TORTILLA CHIPS

**HALLOWEEN FOR LESS**

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

DORITOS TREAT BAGS  
40'S  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

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

CRISPY  
minis

CHEDDAR  
BROWN RICE CHIPS | CROUSTILLES DE RIZ BRUN

**HALLOWEEN FOR LESS**

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



# HAPPY Diwali

## FESTIVAL OF LIGHTS



### DIWALI KA SWAAD FOOD BASICS KE SATH

**INDIA GATE ROZZANA, PARLIAMENT GOLD, QILLA PREMIUM OR LAL QILLA SUPREME SELLA BASMATI RICE**  
4.5 - 4.54 KG SELECTED VARIETIES

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

**20 LB PILLSBURY CHAKKI ATTA**

**BRAR'S Ghee**

**PILLSBURY CHAKKI ATTA 9.07 KG BRAR'S OR NANAK DESI GHEE 800 G SELECTED VARIETIES**

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

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

**24<sup>9</sup>**  
EACH

**CEDAR PHOENICIA Chick Peas**  
140 ML - 19.8 OZ

**CEDAR PHOENICIA Dark Red Kidney Beans**  
540 ML - 19.8 OZ

**CEDAR CANNED BEANS 540 ML SELECTED VARIETIES**

**14<sup>9</sup>**  
EACH

**DIVYA LENTILS OR BLACK CHICK PEAS**  
1.8 - 1.81 KG SELECTED VARIETIES

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

**Maggi**

**ROYAL DELIGHT SAMOSAS**  
400 - 500 G FROZEN MAGGI SAUCE 100 ML SELECTED VARIETIES

**34<sup>9</sup>**  
EACH

**1 KG CASABLANCA HONEY**

**TATA TEA PREMIUM OR GOLD TEA**  
220'S, 450 G SELECTED VARIETIES

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

**DIVYA BHINDI WHOLE OKRA GOMBO ENTIER**  
315 G FROZEN SELECTED VARIETIES

**RUBICON DRINKS**  
1 L ROYALTY DIGESTIVE COOKIES 400 G SELECTED VARIETIES

**12<sup>9</sup>**  
EACH

**24<sup>9</sup>**  
EACH

**PARLE-G BISCUITS**  
300 G

**LU OR EBM COOKIES**  
84'S, 129 G SELECTED VARIETIES

**99¢**  
EACH

**NOOR DATES**  
800 G

**DIVYA TEA**  
216'S SELECTED VARIETIES

**MAGGI MASALA NOODLES**  
70'S SELECTED VARIETIES

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

**39¢**  
EACH

**BRAR'S, NANAK OR APNA TASTE RASMALAI**  
850 G FROZEN SELECTED VARIETIES

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

**DIVYA SOYA CHUNKS**  
200 G

**GITS MIXES**  
100 - 200 G SELECTED VARIETIES

**DIVYA NAANS OR PARATHAS**  
240 - 400 G FROZEN SELECTED VARIETIES

**14<sup>9</sup>**  
EACH

**19<sup>9</sup>**  
EACH

**DIVYA COOKING SAUCE OR GINGER-GARLIC PASTE**  
375 ML, 500 G

**DIVYA TAMARIND PASTE**  
400 G, SELECTED VARIETIES

**24<sup>9</sup>**  
EACH

**GRACE OR CASABLANCA COCONUT MILK**

**CASABLANCA COCONUT WATER**

**GRACE OR MILI COCONUT MILK**  
500 - 500 ML SELECTED VARIETIES

**DESI-LICIOUS KULFI ICE CREAM**  
1 L SELECTED VARIETIES

**14<sup>9</sup>**  
EACH

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



# HAPPY Diwali

## FESTIVAL OF LIGHTS

### DIWALI KA SWAAD FOOD BASICS KE SATH



**10 points**

**128 EACH**

**RED MANGOS**  
PRODUCT OF MEXICO OR BRAZIL  
**ATAULFO (HONEY) MANGOS**  
PRODUCT OF BRAZIL

**SAVERA PANEER**  
341 G  
SELECTED VARIETIES

**569 EACH**

**SURATI SNACKS**  
200 - 341 G  
**DIVYA ROASTED CHANA**  
400 G  
SELECTED VARIETIES

**249 EACH**

**SANTOSH NAAN**  
500 G  
SELECTED VARIETIES

**188 EACH**

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

**399 EACH**

**CEDAR PARBOILED OR CEDAR OR DAINTY PATNA RICE**  
7 - 8 KG SELECTED VARIETIES

**1399 EACH**

**ALPHONSO OR ALJUICE BEVERAGE**  
1.75 L  
SELECTED VARIETIES

**349 EACH**

**BRAR'S SAMOSA OR MOTHER'S MAGIC MOMOS**  
350 - 424 G FROZEN  
SELECTED VARIETIES

**599 EACH**

**SHER BESAN FLOUR**  
1.81 KG  
SELECTED VARIETIES

**499 EACH**

**CASABLANCA BUTTER COOKIES**  
454 G  
**DIVYA CANE SUGAR**  
908 G  
SELECTED VARIETIES

**399 EACH**

**CARNATION EVAPORATED MILK**  
334 ML  
SELECTED VARIETIES

**2/\$4**

**SHER BROWN OR WHITE CANE SUGAR**  
5.5 KG  
SELECTED VARIETIES

**899 EACH**

**BHIKHARAM OR SHALINI SNACKS**  
150 - 160 G SELECTED VARIETIES

**149 EACH**

**LAY'S POTATO CHIPS**  
133 - 135 G  
SELECTED VARIETIES

**288 EACH**

**FERRERO ROCHER CHOCOLATES**  
55 - 200 G  
SELECTED VARIETIES

**899 EACH**

**LAZEEZ SAMOSAS OR SPRING ROLLS**  
400 G FROZEN  
**KFI CHUTNEY SAUCE**  
455 ML  
SELECTED VARIETIES

**299 EACH**

**PURE HEAVEN DRINKS PARLIAMENT RUSK**  
400 G  
SELECTED VARIETIES

**399 EACH**

**DIVYA SPICES OR PICKLE CONDIMENTS**  
400 - 500 G  
SELECTED VARIETIES

**299 EACH**