

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 12th to November 22nd, 2023.

GET READY TO SAVE! GREAT PRICES START ON THUR

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

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

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

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

HALLOWEEN FOR LESS

12.99 EACH

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 17TH TO WEDNESDAY, OCTOBER 23RD, 2024

To view local store flyer, visit 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



BLACK DIAMOND CHEESE 400 G SHREDS
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



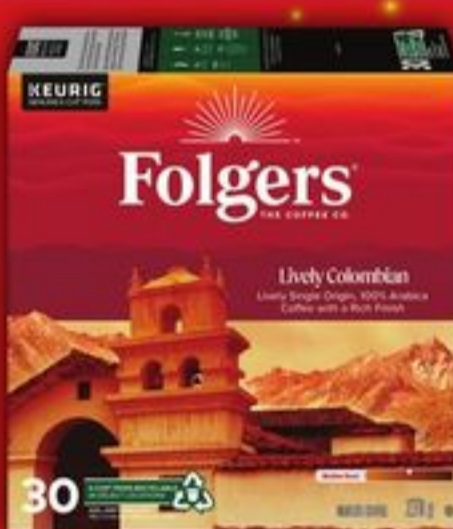
KRAFT PEANUT BUTTER 750 G - 1 KG
HAZELNUT SPREAD 725 G
SELECTED VARIETIES

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 - 245 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

**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



BAKERY² 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



Selection
Italian Italianes

FRESH SELECTION PORK SAUSAGES
FAMILY PACK
HOL. 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



GUARANTEED FRESHNESS YOU CAN TRACE FROM THE CATCH TO THE FORK

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 FUMÉE + 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
GARLIC
400 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

999 EACH



NEVER EVER ANTIBIOTICS
GREENFIELD
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



MANDARIN
LOU'S KITCHEN FULLY COOKED ENTREES
375 - 600 G
MANDARIN ASIAN STYLE ENTREES
400 - 450 G FROZEN
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
MSC
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
SELECTED VARIETIES

THIS WEEK ONLY

799 EACH



HIGH LINER BREADED & BATTERED FISH OR SHRIMP FAMILY PACKS OR IQF SALMON
110 - 3700 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
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 bagels • 510 g

SELECTION BAGELS
340 - 510 G
BREAD
675 G
SELECTED VARIETIES

THIS WEEK ONLY

1.99
EACH

Dempster's
Signature
CLASSIC BUN

Dempster's
TORTILLAS
ORIGINAL
ORIGINALES

10 tortillas • 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

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

THIS WEEK ONLY

3.99
EACH

PROMISE
GLUTEN FREE
SANS GLUTEN
SOFT WHITE LOAF
PAIN BLANC MOELLEUX
480 g

CARBONAUT
WHITE • BLANC
BREAD • PAIN

9g CARBS / 7g FIBRE / 7g PROTEIN
PLANT BASED | À BASE DE PLANTES
KETO

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

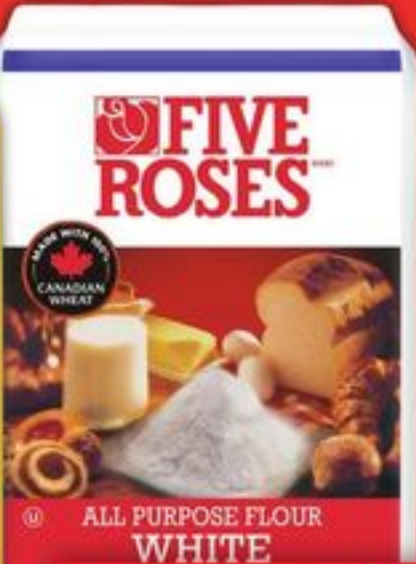
THIS WEEK ONLY

7.49
EACH

LOCKED DOWN



ROBIN HOOD OR FIVE ROSES FLOUR
SELECTED VARIETIES



ALL PURPOSE FLOUR
WHITE
4.99
EACH



McCAFÉ COFFEE CAPSULES
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



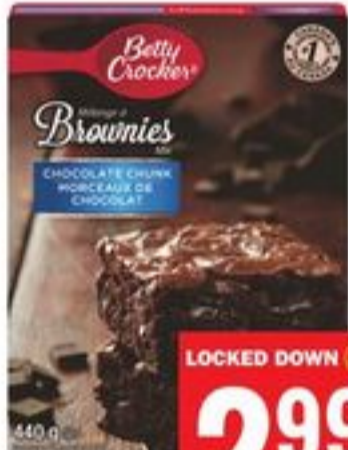
BARILLA PASTA
340 - 410 G
SELECTED VARIETIES

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 

99¢
EACH



IRRESISTIBLES BBQ SAUCE
360 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

299
EACH



SELECTION SPARKLING WATER
500 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

99¢
EACH



LIFE SMART NATURALIA TORTILLA CHIPS
350 G
SELECTION SALSA
430 ML
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 

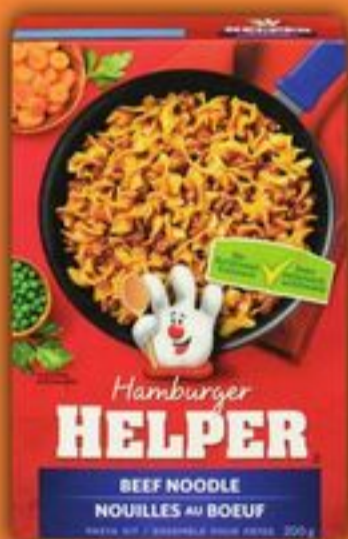
3.97
EACH



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
DUNKAROO'S
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

12⁹⁹
EACH



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

HALLOWEEN
FOR LESS

13⁹⁹
EACH



HERSHEY'S
HALLOWEEN
TREATS
100'S
SELECTED VARIETIES

HALLOWEEN
FOR LESS

11⁸⁸
EACH



SELECTION
LOLLIPOPS
750 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

HALLOWEEN
FOR LESS

4⁴⁹
EACH



SELECTION
POTATO CHIPS
24'S
SELECTED VARIETIES
WHILE QUANTITIES LAST

HALLOWEEN
FOR LESS

6⁹⁹
EACH



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

HALLOWEEN
FOR LESS

15⁹⁹
EACH



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

HALLOWEEN
FOR LESS

8⁹⁹
EACH



MAYNARD
FUN TREATS
45'S
SELECTED VARIETIES
WHILE QUANTITIES LAST

HALLOWEEN
FOR LESS

8⁹⁹
EACH



KINDER MINI CHOCOLATES
55'S SELECTED VARIETIES WHILE QUANTITIES LAST

HALLOWEEN
FOR LESS

7⁹⁹
EACH



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

HALLOWEEN
FOR LESS

3⁹⁹
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

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
125 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 KESARI
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
248 - 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



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.



Available at pharmacy locations only. Visit foodbasics.ca/pharmacy to find a location near you.



LOCKED DOWN

6.99
EACH



LOCKED DOWN

8.99
EACH



LOCKED DOWN

10.99
EACH



LOCKED DOWN

22.99
EACH