

# introducing moi rewards

spend \$100 get

**1000**  
points

spend \$60 get

**500**  
points

i earn moi points on  
great prices!

RED ONIONS  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE  
7 LB BAG

**30**  
points

**8**

**CRAZY**  
**2.88**  
EACH



JANES PUB STYLE  
FULLY COOKED OR  
AL SAFA HALAL  
BREADED CHICKEN  
400 - 700 G FROZEN  
SELECTED VARIETIES

**30**  
points

**8**

**CRAZY**  
**5.88**  
EACH



join today  
and save

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

i earn, redeem and save  
GET READY TO SAVE! GREAT PRICES START ON THURSDAY

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

# 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!

IRRESISTIBLES  
MUFFINS  
600 G  
SELECTED VARIETIES

**40**  
points

THIS WEEK ONLY  
**4.99**  
EACH



**125**  
points

THIS WEEK ONLY  
**12.99**  
EACH



BARTLETT OR  
BOSC PEARS  
PRODUCT OF ONTARIO  
CANADA FANCY GRADE  
2 L

**40**  
points

THIS WEEK ONLY  
**4.99**  
EACH



OCEAN PRIME RAW  
WILD ARGENTINIAN  
SHRIMP 11 - 15 CT  
454 G  
FROZEN  
SELECTED VARIETIES

**125**  
points

THIS WEEK ONLY  
**11.99**  
EACH



join today  
and save

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# CRAZY 8 SALE

## food Basics



**8 CRAZY 988** /LB

**FRESH RAINBOW TROUT FAMILY PACK 21.78/KG**

GUARANTEED FRESHNESS YOU CAN TRACE FROM THE CATCH TO THE PLATE



**8 CRAZY 288** /LB

**FRESH LEAN GROUND BEEF AND PORK BLEND FAMILY PACK 6.35/KG**



**8 CRAZY 288** EACH

LEMONS PRODUCT OF U.S.A. OR SOUTH AFRICA 2 LB BAG  
LIMES PRODUCT OF MEXICO 1 LB BAG



**8 CRAZY 188** /LB

EXTRA LARGE RED OR GREEN SEEDLESS GRAPES PRODUCT OF U.S.A., NO. 1 GRADE 4.14/KG



**8 CRAZY 488** EACH

SELECTION CHEESE 400 G SHREDS 320 G SELECTED VARIETIES

TEX MEX 320 G



**8 CRAZY 448** EACH

SELECTION BUTTER 454 G SELECTED VARIETIES

UNSALTED NON SALE BUTTER - BEURRE  
SALTED - SALÉ BUTTER - BEURRE



**8 CRAZY 288** EACH

GENERAL MILLS HONEY NUT CHEERIOS 430 G CINNAMON TOAST CRUNCH 354 G SELECTED VARIETIES



**8 CRAZY 688** EACH

SAPORITO VEGETABLE, CANOLA OR SUNFLOWER OIL 3 L CORN OIL 2.54 L SELECTED VARIETIES



**125 points**

**8 CRAZY 1188** EACH

CLIF ENERGY BAR 12 X 68 G SELECTED VARIETIES



**125 points**

**8 CRAZY 1148** EACH

COCA-COLA OR PEPSI 24 X 355 ML SELECTED VARIETIES

**i earn, redeem and save with moi rewards**  
GET READY TO SAVE! GREAT PRICES START ON THURSDAY, OCTOBER 31<sup>ST</sup> TO WEDNESDAY, NOVEMBER 6<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

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

**BEATRICE CHOCOLATE MILK**  
3 L SELECTED VARIETIES

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

**NATURAL SELECTIONS SLICED DELI MEAT**  
375 - 400 G SELECTED VARIETIES

**MAPLE LEAF SLICED DELI MEAT**  
375 - 400 G SELECTED VARIETIES

50 points

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

**BLACK DIAMOND SLICES**  
410 G SELECTED VARIETIES

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

**MAXWELL HOUSE GROUND COFFEE**  
864 - 900 G

**TIM HORTONS COFFEE CAPSULES**  
12'S SELECTED VARIETIES

8 CRAZY 9<sup>88</sup> EACH

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

35 points

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

**MICHELINA'S MACARONI AND CHEESE**  
284 g

**CAMPBELL'S BROTH**  
250 - 300 ML

**MICHELINA'S MEALS**  
227 - 255 G FROZEN SELECTED VARIETIES

8 CRAZY 2/2<sup>88</sup> EACH

**DORITOS, RUFFLES POTATO CHIPS OR CHEETOS**  
180 - 285 G SELECTED VARIETIES

8 CRAZY 2/6<sup>88</sup> EACH

**IRRESISTIBLES MEALS**  
230 - 320 G FROZEN SELECTED VARIETIES

**SMART ONES**  
230 - 320 G FROZEN SELECTED VARIETIES

8 CRAZY 2<sup>88</sup> EACH

**ESKA SPRING WATER**  
24 X 500 ML

25 points

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

**MAXWELL HOUSE OR NABOB COFFEE CAPSULES**  
30'S

**NABOB GROUND COFFEE**  
830 G SELECTED VARIETIES

100 points

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

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

**SPONGE TOWELS ULTRA OR SCOTTIES FACIAL TISSUE**  
6'S SELECTED VARIETIES

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

**GAIN LAUNDRY DETERGENT**  
107 LOADS 4.55 L

**TIDE LAUNDRY DETERGENT**  
59 - 64 LOADS 2.48 L

**CASCADE DISHWASHER DETERGENT**  
30 - 45'S SELECTED VARIETIES

125 points

8 CRAZY 14<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.

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# i earn with moi rewards

over  
**2000**  
points

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

**moi**  
rewards



MARC ANGELO  
ITALIAN SLICED DELI MEAT  
PRODUCT OF ITALY  
100 G  
SELECTED VARIETIES

**35**  
points

THIS WEEK ONLY  
**5.99**  
EACH



HIGHLINER BREADED AND BATTERED SHRIMP FAMILY PACK  
330 G FROZEN  
SELECTED VARIETIES

**45**  
points

THIS WEEK ONLY  
**7.99**  
EACH



SCHNEIDERS OKTOBERFEST OR MINI-SIZZLERS SAUSAGES  
375 G FROZEN SELECTED VARIETIES



**35**  
points

THIS WEEK ONLY  
**5.99**  
EACH



IRRESISTIBLES BREAD  
500 - 600 G ROLLS  
6 - 12'S  
SELECTED VARIETIES

**20**  
points

ALWAYS GREAT PRICE  
**2.99**  
EACH



NESCAFÉ GOLD INSTANT COFFEE  
95 - 100 G  
SELECTED VARIETIES

**40**  
points

LOCKED DOWN  
**6.49**  
EACH



POWERADE OR PEACE TEA ICE TEA  
695 - 710 ML  
SELECTED VARIETIES

**10**  
points

LOCKED DOWN  
**\$1**  
EACH



CHRISTIE CHIPS AHOY! OR OREO COOKIES  
439 - 488 G  
SELECTED VARIETIES

**25**  
points

LOCKED DOWN  
**3.99**  
EACH



FRENCH'S KETCHUP  
1 L  
SELECTED VARIETIES

**30**  
points

LOCKED DOWN  
**4.49**  
EACH



CLOVER LEAF TUNA SALAD  
160 G  
SELECTED VARIETIES

**25**  
points

LOCKED DOWN  
**3.99**  
EACH



NESTLÉ DRUMSTICKS  
4 - 6'S NOVELTIES  
4 - 10'S  
SELECTED VARIETIES

**35**  
points

LOCKED DOWN  
**5.99**  
EACH



CATELLI CHICKPEA PASTA  
250 G  
SELECTED VARIETIES

**25**  
points

LOCKED DOWN  
**3.99**  
EACH



GLAD GARBAGE BAGS  
30 - 44'S  
SELECTED VARIETIES

**125**  
points

LOCKED DOWN  
**12.49**  
EACH



BUDWEISER ZERO ALCOHOL BEER  
12 x 355 ML  
SELECTED VARIETIES

**125**  
points

LOCKED DOWN  
**15.49**  
EACH



**25**  
points

LOCKED DOWN  
**3.99**  
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**

**3.99**  
EACH  
WITH COUPON

**SELECTION  
PASTRIES\***  
660 - 825 G  
SELECTED VARIETIES



**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



**ALWAYS FRESH**



**ALWAYS GREAT PRICES**



**ALWAYS IN STOCK**

# ALWAYS Save Every Day



**SELECTION SPARKLING WATER**  
1 L SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**99¢**  
EACH



**LIFE SMART NATURALIA TORTILLA CHIPS**  
350 G  
**SELECTION SALSA**  
430 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**2.99**  
EACH



**LIFE SMART NATURALIA BASA FILLET**  
908 G FROZEN SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**7.99**  
EACH



**SELECTION WHITE VINEGAR**  
4 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**2.27**  
EACH

# PRODUCE



WE LOVE LOCAL  
Ontario

BROCCOLI CROWNS  
PRODUCT OF CANADA

THIS WEEK ONLY   
**1.98**  
EACH



WE LOVE LOCAL  
Ontario

HONEYCRISP  
APPLES  
PRODUCT OF ONTARIO  
CANADA FANCY GRADE  
4.37/KG

THIS WEEK ONLY   
**1.98**  
/LB



BLUEBERRIES  
PRODUCT OF MEXICO OR PERU  
170 G  
RASPBERRIES  
PRODUCT OF U.S.A. OR MEXICO  
NO. 1 GRADE  
170 G  
BLACKBERRIES  
PRODUCT OF U.S.A. OR MEXICO  
150 - 170 G

THIS WEEK ONLY   
**3.98**  
EACH



HOTHOUSE  
PEPPERS  
PRODUCT OF  
CANADA OR MEXICO  
6.57/KG

THIS WEEK ONLY   
**2.98**  
/LB



WE LOVE LOCAL  
Ontario

CAULIFLOWER  
PRODUCT OF CANADA  
CANADA NO. 1 GRADE

THIS WEEK ONLY   
**2.98**  
EACH



WE LOVE LOCAL  
Ontario

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

THIS WEEK ONLY   
**1.98**  
EACH



WE LOVE LOCAL  
Ontario

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

**25**  
points  
THIS WEEK ONLY   
**2.98**  
EACH



WE LOVE LOCAL  
Ontario

ACORN,  
BUTTERNUT OR  
SPAGHETTI  
SQUASH  
PRODUCT OF ONTARIO  
2.82/KG

THIS WEEK ONLY   
**1.28**  
/LB



WE LOVE LOCAL  
Ontario

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

THIS WEEK ONLY   
**1.98**  
/LB



WE LOVE LOCAL  
Ontario

CLEMENTINES  
PRODUCT OF SOUTH AFRICA, 2 LB BAG  
AVOCADOS  
PRODUCT OF MEXICO, BAG OF 5 OR 6  
KIWIS  
PRODUCT OF GREECE OR CHILE, 600 G

THIS WEEK ONLY   
**3.98**  
EACH



WE LOVE LOCAL  
Ontario

MINI CUCUMBERS  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE  
397 G  
COCKTAIL  
TOMATOES  
PRODUCT OF CANADA OR  
MEXICO, NO. 1 GRADE  
453 G

THIS WEEK ONLY   
**2.98**  
EACH



WE LOVE LOCAL  
Ontario

FRESH ATTITUDE  
SALADS  
142 G  
SELECTED VARIETIES

**30**  
points  
THIS WEEK ONLY   
**3.77**  
EACH



WE LOVE LOCAL  
Ontario

NAVEL  
ORANGES  
PRODUCT OF  
SOUTH AFRICA OR  
SPAIN  
3 LB BAG

THIS WEEK ONLY   
**4.98**  
EACH



Take a bite. Share a slice.  
California Grown  
simmis  
FUJU PERSIMMONS

THIS WEEK ONLY   
**4.98**  
EACH



WE LOVE LOCAL  
Ontario

LPC POTATOES  
PRODUCT OF CANADA  
600 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**3.49**  
EACH



WE LOVE LOCAL  
Ontario

IRRESISTIBLES  
NUTS  
200 - 250 G  
SELECTED VARIETIES

**30**  
points  
THIS WEEK ONLY   
**3.98**  
EACH

# FLORAL



6" ZYGOCACTUS  
SELECT VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY   
**8.98**  
EACH



**50**  
points

12 STEM POM  
BOUQUET  
ASSORTED COLOURS  
WHILE QUANTITIES LAST

THIS WEEK ONLY   
**9.98**  
EACH



10 STEM ROSES  
ASSORTED COLOURS  
WHILE QUANTITIES LAST

THIS WEEK ONLY   
**10.88**  
EACH



5" ORCHIDS OR  
BROMELIADS  
ASSORTED  
COLOURS & VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY   
**10.88**  
EACH



# MEAT

**PRIME TURKEY DINDE**  
454g - 1lb

**RAISED WITHOUT antibiotics**  
**ELEVÉ SANS antibiotiques**  
454g - 1lb

**THIS WEEK ONLY** **5.99** EACH

**Italiane MILD SAUSAGES**

**Breakfast & déjeuner**

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

**THIS WEEK ONLY** **4.49** /LB

**FRESH CHICKEN DRUMSTICKS**  
BAGGED INCLUDING ZABIHA HALAL  
5.49/KG

**THIS WEEK ONLY** **2.49** /LB

**FRESH BONE-IN PORK COMBINATION CHOPS**  
INCLUDING CENTRE CUT CHOPS  
8.80/KG

**THIS WEEK ONLY** **3.99** /LB

**FRESH BONELESS SKINLESS CHICKEN THIGHS**  
FAMILY PACK  
15.41/KG

**THIS WEEK ONLY** **6.99** /LB

**FRESH BONELESS OUTSIDE ROUND ROAST OR FAMILY PACK STEAKS**  
CUT FROM CANADA AA OR HIGHER GRADES OF BEEF  
23.13/KG

**THIS WEEK ONLY** **10.49** /LB

**SELECTION BACON**  
375 G SELECTED VARIETIES

**THIS WEEK ONLY** **3.99** EACH

**SCHNEIDERS SMOKED SAUSAGES**  
375 G SELECTED VARIETIES

**THIS WEEK ONLY** **5.99** EACH

**MANDARIN ASIAN STYLE ENTREES**  
400 - 450 G FROZEN SELECTED VARIETIES

**THIS WEEK ONLY** **6.99** EACH

**IRRESISTIBLES FULLY COOKED MEATBALLS**  
100 - 140 G FROZEN SELECTED VARIETIES

**THIS WEEK ONLY** **8.99** EACH

**RANA PASTA**  
250 - 300 G SELECTED VARIETIES

**THIS WEEK ONLY** **4.99** EACH

**IRRESISTIBLES PEPPERONI STICKS**  
300 G SELECTED VARIETIES

**THIS WEEK ONLY** **6.99** EACH

**LEGACY MARINATED BONELESS PORK TENDELOIN OR BONE-IN PORK CHOPS**  
400 - 450 G FROZEN SELECTED VARIETIES

**THIS WEEK ONLY** **7.99** EACH

**MARC ANGELO STUFFED CHICKEN BREASTS**  
300 - 370 G SELECTED VARIETIES

**THIS WEEK ONLY** **9.99** EACH

**SUMMI 10 SPRING ROLLS OR GYOZA**  
250 - 300 G SELECTED VARIETIES

**LOCKED DOWN** **4.49** EACH

**IRRESISTIBLES SLICED DELI MEAT**  
350 - 200 G SELECTED VARIETIES

**THIS WEEK ONLY** **4.99** EACH

**SUMMER FRESH SALADS**  
250 - 300 G SELECTED VARIETIES

**THIS WEEK ONLY** **7.99** EACH

**GRANDE GRATED PARMESAN**  
300 G SELECTED VARIETIES

**LOCKED DOWN** **12.49** EACH

**SEAHORSE COOKED SHRIMP**  
91 - 120 CT 340 G FROZEN SELECTED VARIETIES

**THIS WEEK ONLY** **6.49** EACH

**IRRESISTIBLES SALT & PEPPER CALAMARI**  
340 G FROZEN SELECTED VARIETIES

**THIS WEEK ONLY** **6.99** EACH

**CHIPS & FISH English Style**

**BEER BATTERED FISH FILLET FAMILY PACK**  
350 - 700 G FROZEN SELECTED VARIETIES

**THIS WEEK ONLY** **7.99** EACH

**IRRESISTIBLES BREADED POPCORN SHRIMP**  
700 G FROZEN SELECTED VARIETIES

**125 points**

**THIS WEEK ONLY** **11.99** EACH

# MORE GREAT SAVINGS FOR LESS



**25**  
points

**349**  
EACH



**399**  
EACH



## BAKERY



**35**  
points

**MIX & MATCH!**  
\*  
**2 \$5.99**  
FOR  
**OR**  
**3 \$7.99**  
FOR



\*MIX & MATCH ANY VILLAGGIO BREAD OR BUNS, DEMPSTER'S WHOLE WHEAT BREAD, BAGELS OR 7" TORTILLAS OR TIA ROSA TORTILLAS. SELECTED SIZES, SELECTED VARIETIES, OR PAY 3.49 EA.

# LOCKED DOWN



**BABYBEL**  
400 G  
240 G  
SELECTED VARIETIES

**THE LAUGHING COW**  
LaVachequirit  
400 G

**LOCKED DOWN**

**849**  
EACH

**QUAKER LIFE CEREAL**  
450 G

**OATMEAL CRISP**  
437 G  
SELECTED VARIETIES

**LOCKED DOWN**

**399**  
EACH

**PILLSBURY PREPARED DOUGH**  
454 - 496 G  
SELECTED VARIETIES

**LOCKED DOWN**

**399**  
EACH

**725 G**

**NUTELLA SPREAD**  
725 G

**LOCKED DOWN**

**699**  
EACH

**GAY LEA REAL WHIPPED CREAM**  
225 G  
SELECTED VARIETIES

**LOCKED DOWN**

**399**  
EACH

**BODYARMOR HYDRATION DRINK**  
473 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**99¢**  
EACH

**ALLEN'S APPLE JUICE**  
1.89 L  
SELECTED VARIETIES

**LOCKED DOWN**

**299**  
EACH

**CATELLI PASTA**  
375 G  
SELECTED VARIETIES

**LOCKED DOWN**

**199**  
EACH

**FRANK'S REDHOT SAUCE**  
354 ML  
SELECTED VARIETIES

**30 points**

**LOCKED DOWN**

**449**  
EACH

**PAM COOKING SPRAY**  
141 - 170 G  
SELECTED VARIETIES

**LOCKED DOWN**

**499**  
EACH

**QUE PASA TORTILLA CHIPS**  
350 G  
SELECTED VARIETIES

**LOCKED DOWN**

**399**  
EACH

**MR. NOODLES INSTANT NOODLE SOUP**  
84 G  
SELECTED VARIETIES

**LOCKED DOWN**

**99¢**  
EACH

**BETTY CROCKER POTATOES**  
141 - 215 G  
SELECTED VARIETIES

**LOCKED DOWN**

**249**  
EACH

**AMY'S ORGANIC MEALS**  
269 - 284 G  
FROZEN  
SELECTED VARIETIES

**LOCKED DOWN**

**649**  
EACH

**ONE SMART BLEND DOG FOOD**  
308 G

**FRISKIES PARTY MIX CAT FOOD**  
170 G  
SELECTED VARIETIES

**20 points**

**LOCKED DOWN**

**249**  
EACH

**PEDIGREE DOG FOOD**  
820 G  
SELECTED VARIETIES

**LOCKED DOWN**

**379**  
EACH

**CESAR DOG FOOD**  
100 G  
SELECTED VARIETIES

**LOCKED DOWN**

**169**  
EACH

**FANCY FEAST CAT FOOD**  
57 G  
SELECTED VARIETIES

**LOCKED DOWN**

**150**  
EACH

# ALWAYS GREAT PRICE



IRRESISTIBLES  
ORANGE JUICE  
1.54 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**3.97**  
EACH



IRRESISTIBLES  
PIZZA  
340 - 390 G FROZEN  
SELECTED VARIETIES



ALWAYS GREAT PRICE   
**3.97**  
EACH



SELECTION  
CREAM CHEESE  
PRODUCT  
340 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**3.88**  
EACH



SELECTION  
INSTANT  
COFFEE  
200 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**4.97**  
EACH



SELECTION  
SNACKS OR  
IRRESISTIBLES  
POPCORN  
220 - 400 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1.99**  
EACH



SELECTION  
PEANUTS  
700 - 800 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**4.99**  
EACH



SELECTION  
MUSHROOMS  
284 mL  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1.29**  
EACH



IRRESISTIBLES  
LIFE SMART OR  
SELECTION  
BEANS  
540 mL  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1.49**  
EACH



SELECTION  
SPICES  
30 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**99¢**  
EACH



IRRESISTIBLES  
TOMATO PASSATA  
690 mL  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**2.49**  
EACH



SELECTION  
PEROGIES  
367 G - 1 KG  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**2.27**  
EACH



SELECTION  
SODA  
CRACKERS  
484 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**3.27**  
EACH



SELECTION  
LIFE SMART  
ALMOND OR  
SOY BEVERAGE  
1.89 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**3.49**  
EACH



IRRESISTIBLES  
COFFEE CAPSULES  
12%  
SELECTION  
COFFEE WHITENER  
1 KG  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**6.99**  
EACH



IRRESISTIBLES  
DOG TREATS  
227 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**6.99**  
EACH



SELECTION  
CLUMPING  
CAT LITTER  
18 KG  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**9.99**  
EACH



SELECTION  
GARBAGE  
BAG  
100%  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**12.99**  
EACH



SELECTION  
BATHROOM TISSUE  
30 x 100%  
SELECTION ULTRA  
PAPER TOWEL  
12 x 21 1/2"  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**19.99**  
EACH

# HAPPY Diwali

## FESTIVAL OF LIGHTS

### DIWALI KA SWAAD FOOD BASICS KE SATH



**RAPINI**  
PRODUCT OF U.S.A.

**2<sup>98</sup>**  
EACH

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

**1<sup>28</sup>**  
EACH

**NOOR, ARJUN OR PARLIAMENT ROZANA BASMATI RICE**  
3.63 - 4.34 KG SELECTED VARIETIES

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

**BRAR'S OR NANAK DESI GHEE**  
800 G SELECTED VARIETIES

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

**CEDAR BEANS**  
540 ML SELECTED VARIETIES

**1<sup>49</sup>**  
EACH

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

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

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

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

**DIVYA OKRA**  
315 G FROZEN SELECTED VARIETIES

**1<sup>29</sup>**  
EACH

**SANTOSH NAAN**  
500 G SELECTED VARIETIES

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

**CASABLANCA HONEY**  
1 KG  
**TATA TEA**  
220'S SELECTED VARIETIES

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

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

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

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

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

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

**99¢**  
EACH

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

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

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

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

**NOOR GOLD, SUPREME SELLA OR BROWN RICE**  
4.34 KG SELECTED VARIETIES

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

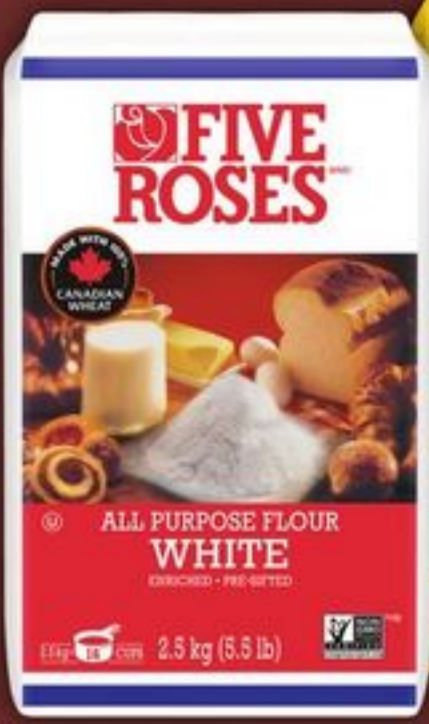
**GRACE OR CASABLANCA, COCONUT WATER, CASABLANCA, GRACE OR MILI COCONUT MILK**  
400 - 520 ML SELECTED VARIETIES

**1<sup>49</sup>**  
EACH

**FERRERO ROCHER CHOCOLATES**  
156 - 200 G SELECTED VARIETIES

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

# BAKING FOR LESS



**LOCKED DOWN**

**4.99**  
EACH

FIVE ROSES OR ROBIN HOOD FLOUR  
2.5 KG  
SELECTED VARIETIES



**LOCKED DOWN**

**2/\$5**

REDPATH BAKING SUGAR  
1 KG  
SELECTED VARIETIES

**LOCKED DOWN**

**3.99**  
EACH

HERSHEY'S CHIPITS  
200 - 270 G  
SELECTED VARIETIES

**LOCKED DOWN**

**3.99**  
EACH

TENDERFLAKE PURE LARD OR CRISCO SHORTENING  
454 G  
SELECTED VARIETIES



EAGLE BRAND CONDENSED MILK  
300 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**3.49**  
EACH



**LOCKED DOWN**

**10.99**  
EACH

SPLENDA SWEETENER  
200 - 275 G  
SELECTED VARIETIES



**ALWAYS GREAT PRICE**

**5.99**  
EACH

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



**ALWAYS GREAT PRICE**

**1.99**  
EACH

SELECTION COCONUT  
200 G  
SELECTED VARIETIES



**ALWAYS GREAT PRICE**

**2.77**  
EACH

SELECTION BAKING NUTS  
100 G  
SELECTED VARIETIES



**ALWAYS GREAT PRICE**

**3.99**  
EACH

SELECTION COCOA  
227 G  
SELECTED VARIETIES



**ALWAYS GREAT PRICE**

**4.99**  
EACH

SELECTION PIE FILLING  
540 ML  
SELECTED VARIETIES



**ALWAYS GREAT PRICE**

**3.99**  
EACH

SELECTION GRAHAM CRUMBS  
400 G  
SELECTED VARIETIES



**ALWAYS GREAT PRICE**

**4.99**  
EACH

SELECTION BAKING POWDER  
450 G  
SELECTED VARIETIES

SINCE 1839  
**Knorr**

**Buy \$10,  
Get \$5  
Back\***



**LOCKED DOWN**  
**179**  
EACH

**KNORR  
SIDEKICKS**  
120 - 152 G  
SELECTED VARIETIES



**KNORR  
SOUP MIX**  
EACH  
SELECTED VARIETIES

**LOCKED DOWN**  
**179**  
EACH



**KNORR  
BOUILLON  
CUBES**  
63 - 69 G  
SELECTED VARIETIES



**LOCKED DOWN**  
**249**  
EACH



**BUY**  
\$10 In KNORR  
PRODUCTS



**SNAP**  
A PICTURE OF  
YOUR RECEIPT



**UPLOAD**  
YOUR RECEIPT TO GET A  
\$5 DIGITAL GIFT CARD  
[www.Knorr.ca/holiday](http://www.Knorr.ca/holiday)

\*Visit [www.knorr.ca/holiday](http://www.knorr.ca/holiday) for terms & conditions. The Knorr Holiday offer is sponsored and administered by Unilever Canada Inc., Metro Ontario Inc. and Food Basics are not connected to the sponsorship and/or administration of this offer.

**Happy Diwali**



**TASTY BITE  
SIDE DISH**  
285 G  
SELECTED VARIETIES

**LOCKED DOWN**  
**2/\$6**



**BEN'S ORIGINAL  
BISTRO EXPRESS  
RICE**  
240 - 250 G  
SELECTED VARIETIES

**LOCKED DOWN**  
**279**  
EACH

**AUTHENTIC. AWESOME. INDIAN.**

# Dare



DARE BEAR PAWS COOKIES  
186 - 240 G  
SELECTED VARIETIES

LOCKED DOWN

**2.99**  
EACH



DARE BEAR PAWS COOKIES  
480 G  
SELECTED VARIETIES

LOCKED DOWN

**4.99**  
EACH



DARE ULTIMATE COOKIES  
290 - 300 G  
SELECTED VARIETIES

LOCKED DOWN

**2.99**  
EACH



DARE WAGON WHEELS COOKIES  
315 G  
VIVA PUFFS  
300 G  
SELECTED VARIETIES

LOCKED DOWN

**2.99**  
EACH



DARE BRETON CRACKERS  
135 - 225 G  
SELECTED VARIETIES

LOCKED DOWN

**2.99**  
EACH



DARE VEGGIE CRISPS  
100 G  
SELECTED VARIETIES

LOCKED DOWN

**2.99**  
EACH



GRISSOL CROUTON  
135 G  
SELECTED VARIETIES

LOCKED DOWN

**2.49**  
EACH



GRISSOL BAGUETTES  
120 G  
MELBA TOAST  
150 G  
SELECTED VARIETIES

LOCKED DOWN

**2.99**  
EACH



# PERSONAL AND BABY CARE FOR LESS

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

**LOCKED DOWN**

**9.99**  
EACH

**HUGGIES**  
little movers  
OUR PERFECT FITTING SHAPE

**THIS WEEK ONLY**

**35.99**  
EACH

**HUGGIES**  
SNUG & DRY DIAPERS  
148 - 168'S  
**LITTLE MOVERS**  
84 - 138'S  
SELECTED VARIETIES

**PANTENE**  
PRO-V  
DAILY MOISTURE  
RENEWAL

**LOCKED DOWN**

**4.99**  
EACH

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

**HUGGIES**  
pull-ups  
FUN. FAST. EASY.

**LOCKED DOWN**

**26.99**  
EACH

**HUGGIES**  
PULL-UPS  
66'S  
**GOODNITES**  
44'S  
SELECTED VARIETIES

**Dove**  
white / blanc  
Security bar / pain de toilette

**Dove**  
BODY WASH  
950 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**9.99**  
EACH

**U**  
by KOTEX  
CLICK!  
for your perfect fit

**LOCKED DOWN**

**9.49**  
EACH

**U BY KOTEX**  
TAMPONS  
30'S  
SELECTED VARIETIES

**always**  
discreet  
360° FormFit

**LOCKED DOWN**

**17.99**  
EACH

**ALWAYS**  
DISCREET  
UNDERWEAR  
17 - 19'S  
SELECTED VARIETIES

**Colgate**  
Cav  
Protect

**LOCKED DOWN**

**99¢**  
EACH

**COLGATE TOOTH PASTE**  
52 - 95 ML  
**TOOTHBRUSH**  
EACH  
SELECTED VARIETIES

**Dove**  
MEN+care  
72H COMFORT

**Dove**  
ANTI-PERSPIRANT  
150 G  
SELECTED VARIETIES

**LOCKED DOWN**

**6.99**  
EACH

**Dove**  
deep moisture  
CLEAN + FRESH

**LOCKED DOWN**

**8.99**  
EACH

**DOVE OR AXE**  
BODY WASH  
191 - 348 ML  
SELECTED VARIETIES

**Baby Gourmet**  
ORGANIC PUREE

**LOCKED DOWN**

**3/\$6**

**BABY GOURMET**  
ORGANIC PUREE  
133 ML  
SELECTED VARIETIES

**Gerber**  
Lil Crunchies  
or Puffs Snack

**LOCKED DOWN**

**2/\$5**

**GERBER LIL**  
CRUNCHIES OR  
PUFFS SNACK  
42 G  
SELECTED VARIETIES

**Baby Gourmet**  
ORGANIC MUSHIES  
SNACK

**LOCKED DOWN**

**2/\$8**

**BABY GOURMET**  
ORGANIC  
MUSHIES  
SNACK  
22 G  
SELECTED VARIETIES

**HUGGIES**  
simply clean  
DO NOT FLUSH

**LOCKED DOWN**

**18.99**  
EACH

**HUGGIES**  
SIMPLY CLEAN  
WIPES  
704'S  
SELECTED VARIETIES

**Mr. Christie's**  
Arrowroot  
BISCUITS

**LOCKED DOWN**

**4.99**  
EACH

**MR. CHRISTIE'S**  
ARROWROOT  
BISCUITS  
350 G  
SELECTED VARIETIES

**PERSONNELLE**  
MOUTHWASH

**LOCKED DOWN**

**3.99**  
EACH

**PERSONNELLE**  
MOUTHWASH  
1 L  
SELECTED VARIETIES

**PERSONNELLE**  
baby  
training pants

**ALWAYS GREAT PRICE**

**12.99**  
EACH

**PERSONNELLE**  
BABY  
TRAINING  
PANTS  
33'S  
SELECTED VARIETIES

**PERSONNELLE**  
protective  
underwear

**ALWAYS GREAT PRICE**

**11.99**  
EACH

**PERSONNELLE**  
PROTECTIVE  
UNDERWEAR  
16 - 18'S  
SELECTED VARIETIES