

introducing moi rewards

spend \$100 get

1000
points

spend \$60 get

500
points

i earn moi points on
great prices!

FRESH BROCCOLI
PRODUCT OF CANADA
BUNCH

10
points

8
CRAZY

88¢
EACH



HOSTESS
SNACK CAKES
6'S
SELECTED VARIETIES

30
points

8
CRAZY

198
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 s
GET READY TO SAVE! GREAT PRICES START ON THURS

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

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!

CEDAR
LEBANESE PITA
330 G
SELECTED VARIETIES

10
points

THIS WEEK ONLY

99¢
EACH



COCA-COLA OR
CANADA DRY GINGER ALE
2 L
SELECTED VARIETIES

75
points

THIS WEEK ONLY

199
EACH



30
points

THIS WEEK ONLY

499
EACH



BRANDT KOLBASSA
250 - 300 G
SELECTED VARIETIES

GRAPE, MEDLEY OR
CHERRY TOMATOES
PRODUCT OF CANADA OR MEXICO
NO. 1 GRADE, 1.5 LB

50
points

THIS WEEK ONLY

599
EACH



join today
and save

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respective owners.

CRAZY SALE

food Basics



NOVEMBER 11TH REMEMBRANCE DAY



FRESH BONELESS SKINLESS CHICKEN BREAST FAMILY PACK 9.88/KG

8 CRAZY 1.88 EACH

O'SOLE MIO FRESH PASTA 225 G SELECTED VARIETIES

8 CRAZY 4.48 /LB

LACTANTIA PUR FILTRE MILK 1% 2% OR SKIMMED 1.5 - 2 L
BEATRICE CHOCOLATE MILK 2 L
SELECTED VARIETIES



8 CRAZY 3.98 EACH



SELECTION SMOKED BONELESS HALF HAM 675 G
SELECTED VARIETIES

8 CRAZY 5.88 EACH

CLOVER LEAF SOCKEYE SALMON 213 G



8 CRAZY 3.98 EACH



BLUEBERRIES PRODUCT OF PERU 170 G

8 CRAZY 1.88 EACH

25 points



BLACK DIAMOND NATURAL SLICES 240 G
BLACK DIAMOND COMBOS 3 X 48 G
ASTRO ORIGINAL YOGURT 12 X 100 G
ENJOY ALMOND BEVERAGE 1.75 L
SELECTED VARIETIES

8 CRAZY 3.98 EACH



POMEGRANATES PRODUCT OF U.S.A.

8 CRAZY 88¢ EACH



8 CRAZY 4.88 EACH

SELECTION CHEESE 400 G SHREDS 320 G SELECTED VARIETIES



HABITANT OR CAMPBELL'S CHUNKY READY TO SERVE SOUP 515 - 796 ML
CAMPBELL'S BROTH 250 - 900 ML SELECTED VARIETIES

8 CRAZY 1.88 EACH

i earn, redeem and save with moi rewards
GET READY TO SAVE! GREAT PRICES START ON THURSDAY, NOVEMBER 7TH TO WEDNESDAY, NOVEMBER 13TH, 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.

CRAZY 8 SALE

TROPICANA ORANGE JUICE OR DRINKS 1.36 L
PURE LEAF ICED TEA 1.75 L
SELECTED VARIETIES

8 CRAZY 3⁸⁸ EACH

SCHNEIDERS BACON 375 G
SELECTED VARIETIES

8 CRAZY 4⁸⁸ EACH

ACTIVA YOGURT 8 X 100 G
DANONE TWO GOOD GREEK YOGURT 625 G
SELECTED VARIETIES

8 CRAZY 3⁸⁸ EACH

CHEEMO PEROGIES 815 - 907 G
CRAVE MEALS 200 - 320 G
FROZEN
SELECTED VARIETIES

8 CRAZY 2⁸⁸ EACH

MAXWELL HOUSE ICED LATTE with foam LATTE GLACÉ avec mousse CARAMEL
MAXWELL HOUSE COFFEE CAPSULES 12'S
NABOB GROUND COFFEE 340 G
SELECTED VARIETIES

35 points

8 CRAZY 5⁸⁸ EACH

McCain FRENCH FRIES 454 - 650 G
FROZEN
SELECTED VARIETIES

8 CRAZY 2⁸⁸ EACH

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

8 CRAZY 9⁸⁸ EACH

MAXWELL HOUSE GROUND COFFEE 854 - 900 G
TETLEY TEA 216'S
SELECTED VARIETIES

8 CRAZY 9⁸⁸ EACH

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

8 CRAZY 2/6⁸⁸

COCA-COLA, CANADA DRY GINGER ALE OR PEPSI 12 X 355 ML
SELECTED VARIETIES

40 points

8 CRAZY 6⁸⁸ EACH

CASHMERE BATHROOM TISSUE 12 - 24'S
SPONGE TOWEL ULTRA 6'S
SCOTTIES FACIAL TISSUE 6'S
SELECTED VARIETIES

8 CRAZY 6⁸⁸ EACH

TIDE SIMPLY ALL-IN-ONE LAUNDRY DETERGENT 74 LOADS, 3.1 L
GAIN 61 LOADS, 2.8 L
DOWNY UNSTOPABLES 379 G
SELECTED VARIETIES

55 points

8 CRAZY 9⁸⁸ 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
1300
points

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

moi
rewards



45
points

BEN'S ORIGINAL
CONVERTED
RICE
2.2 KG
SELECTED VARIETIES

LOCKED DOWN
799
EACH



HIGH LINER MARKET CUTS FISH FILLET
227 G FROZEN SELECTED VARIETIES



25
points

THIS WEEK ONLY
399
EACH



SELECTION
ENGLISH
MUFFINS
12'S

25
points

ALWAYS GREAT PRICE
379
EACH



JOHNSONVILLE
SMOKED SAUSAGES
375 G SELECTED VARIETIES



35
points

THIS WEEK ONLY
599
EACH



IRRESISTIBLES
DELI SLICED CHEESE
140 - 180 G
SELECTED VARIETIES

30
points

THIS WEEK ONLY
499
EACH



DARE BEAR PAWS COOKIES
480 G
SELECTED VARIETIES

30
points

LOCKED DOWN
499
EACH



KELLOGG'S
TOWN HOUSE
CRACKERS 247 - 391 G
SELECTED VARIETIES

20
points

LOCKED DOWN
299
EACH



OCEAN SPRAY
SPARKLING BEVERAGE
6 X 340 ML
SELECTED VARIETIES

35
points

LOCKED DOWN
599
EACH



KRAFT PARMESAN CHEESE
200 G
SELECTED VARIETIES

45
points

LOCKED DOWN
749
EACH



NESTLÉ REAL DAIRY
ICE CREAM
1.5 L
SELECTED VARIETIES



35
points

LOCKED DOWN
599
EACH



BEATRICE B-FIT
PROTEIN MILKSHAKE
460 ML
SELECTED VARIETIES

20
points

LOCKED DOWN
299
EACH



PURINA TIDY CATS
LITTER
5.44 KG
SELECTED VARIETIES

200
points

LOCKED DOWN
2249
EACH



DR. OETKER
GIUSEPPE
GARLIC
FINGERS
117 G
SELECTED VARIETIES

25
points

LOCKED DOWN
399
EACH



SCRUBBING BUBBLES
BATHROOM CLEANER
948 ML
SELECTED VARIETIES

30
points

LOCKED DOWN
499
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

For full program details and to link your cards to start saving, visit 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

249
EACH

WITH COUPON

IRRESISTIBLES
HUMMUS OR
DIPS*

200 - 227 G
SELECTED VARIETIES



save
\$1

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



SELECTION PASTA
900 G
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓
1.97
EACH



ALWAYS GREAT PRICE ✓
3.97
EACH



SELECTION FULLY COOKED BREADED CHICKEN
800 G
FROZEN
SELECTED VARIETIES



ALWAYS GREAT PRICE ✓
6.99
EACH



SELECTION SNACKS OR IRRESISTIBLES POPCORN
220 - 400 G
SELECTED VARIETIES



ALWAYS GREAT PRICE ✓
1.99
EACH

PRODUCE

WE LOVE LOCAL
Canada



CAULIFLOWER
PRODUCT OF CANADA
CANADA NO. 1 GRADE

THIS WEEK ONLY

2⁹⁸
EACH



GOLDEN RIPE PINE APPLES
PRODUCT OF COSTA RICA

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

LIMES
PRODUCT OF MEXICO OR BRAZIL, 1 LB BAG

THIS WEEK ONLY

2⁹⁸
EACH



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

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

ASPARAGUS
PRODUCT OF PERU
NO. 1 GRADE 325 G

THIS WEEK ONLY

3⁹⁸
EACH



CLEMENTINES
PRODUCT OF SOUTH AFRICA
2 LB BAG

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

THIS WEEK ONLY

3⁹⁸
EACH

WE LOVE LOCAL
Ontario



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

THIS WEEK ONLY

1²⁸
/LB

30 points



3 PK ANDY BOY ROMAINE HEARTS
3 CROS COUS DE LAITUE ROMAINE
LAFRANCE/LEBON/LEBON/LEBON

ROMAINE HEARTS
PRODUCT OF U.S.A., PKG OF 3

AVOCADOS
PRODUCT OF MEXICO, BAG OF 5 OR 6

THIS WEEK ONLY

3⁹⁸
EACH

EXTRA LARGE



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

THIS WEEK ONLY

3⁸⁸
/LB

WE LOVE LOCAL
Ontario



Bartlett PEARS
Canada No. 1
PRODUCT OF CANADA

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

THIS WEEK ONLY

4⁹⁸
EACH



RED OR ATAULFO HONEY MANGOS
PRODUCT OF BRAZIL, PERU OR ECUADOR

THIS WEEK ONLY

1²⁸
EACH



DOLE COLOURFUL COLESLAW OR GARDEN SALADS
340 - 397 G

THIS WEEK ONLY

2/\$5

WE LOVE LOCAL
Ontario



ONTARIO GALA
Hand-picked - Cueilis à la main

ONTARIO HONEY CRISP
PRODUCT OF ONTARIO
CANADA FANCY GRADE
3 LB BAG
SELECTED VARIETIES

THIS WEEK ONLY

4⁹⁸
EACH

WE LOVE LOCAL
Canada



WHITE-BLANCHES POTATOES
POMMES TERRE

RUSSET POTATOES
POMMES TERRE

WHITE, YELLOW, RED, OR RUSSET POTATOES
PRODUCT OF CANADA, CANADA NO. 1 GRADE 5 LB

THIS WEEK ONLY

3⁹⁸
EACH



ANGELINO PLUMS
PRODUCT OF ITALY OR SPAIN
2 LB

THIS WEEK ONLY

4⁹⁸
EACH



POM POMS FRESH ARILS
POMEGRANATE FRESH ARILS
113 G

THIS WEEK ONLY

4⁸⁸
EACH

NEW CROP



WALNUTS
PRODUCT OF U.S.A.

THIS WEEK ONLY

2⁸⁸
EACH



Sun Lovin' Medjool DATES
Medjool Dates
907 G

THIS WEEK ONLY

10⁹⁸
EACH

FLORAL

40 points



6" POINSETTIA
SELECT VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

6⁹⁸
EACH



6" CYCLAMEN
SELECT VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

7⁹⁸
EACH



ROSE & CARNATION BOUQUET OR 8 STEM GERBERA
ASSORTED COLOURS
WHILE QUANTITIES LAST

THIS WEEK ONLY

8⁸⁸
EACH



MIXED SIGNATURE BOUQUET
ASSORTED MIXES
WHILE QUANTITIES LAST

THIS WEEK ONLY

\$15
EACH

MEAT



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

THIS WEEK ONLY

349 /LB



JOHNSONVILLE DINNER OR BREAKFAST SAUSAGES
375 - 500 G SELECTED VARIETIES

THIS WEEK ONLY

599 EACH



FRESH CHICKEN WINGS
BAGGED INCLUDING ZABIHA HALAL 8.80/KG

THIS WEEK ONLY

399 /LB



FRESH MEDIUM GROUND BEEF
FAMILY PACK 13.21/KG

THIS WEEK ONLY

599 /LB



FRESH ATLANTIC SALMON FILLET
FAMILY PACK 26.43/KG

THIS WEEK ONLY

1199 /LB



FRESH BONELESS STEWING BEEF
FAMILY PACK 20.92/KG

THIS WEEK ONLY

949 /LB



BUTTERBALL TURKEY BACON
300 - 375 G

CAVENDISH POTATO PATTIES
1.2 KG FROZEN SELECTED VARIETIES

THIS WEEK ONLY

499 EACH



Zabiha Halal

MAPLE LODGE OR CHICKEN WIENERS
ZABIHA HALAL FUMÉES - POISSON CHICKEN WIENERS 450 G SELECTED VARIETIES

THIS WEEK ONLY

2/\$5



MAPLE LEAF PREPPED & READY SHREDDED CHICKEN

THIS WEEK ONLY

799 EACH



MARC ANGELO OVEN READY ROASTS
800 G - 1 KG SELECTED VARIETIES

THIS WEEK ONLY

1099 EACH



IRRESISTIBLES HUMMUS OR DIPS
200 - 227 G SELECTED VARIETIES

THIS WEEK ONLY

349 EACH



OKA 35 points

AGROPUR OKA OR ILE DE FRANCE BRIE OR CAMEMBERT OR KERRY GOLD DUBLINER OR SAINT-PAULIN CHEESE
170 - 250 G SELECTED VARIETIES

THIS WEEK ONLY

599 EACH



O'SOLE MIO BAGGED PASTA
1.65 KG FROZEN SELECTED VARIETIES

THIS WEEK ONLY

899 EACH



SWISS CHALET BBQ PORK BACK RIBS
800 G SELECTED VARIETIES

THIS WEEK ONLY

1099 EACH



MAIN STREET BISTRO SIDES
567 G SELECTED VARIETIES

THIS WEEK ONLY

599 EACH



IRRESISTIBLES BOCCONCINI
2 X 126 G SELECTED VARIETIES

THIS WEEK ONLY

649 EACH



SELECTION SLICED DELI MEAT
400 G SELECTED VARIETIES

THIS WEEK ONLY

899 EACH



KRINOS MACEDONIAN STYLE FETA
200 G SELECTED VARIETIES

THIS WEEK ONLY

1249 EACH



SEAHORSE BASA STEAK OR ANCHOR'S BAY BASA FILLET
400 - 500 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

349 EACH



HIGH LINER BREADED & BATTERED CATCH OF THE DAY FISH FILLET
350 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

399 EACH



NORTHERN KING WHOLE TILAPIA OR ANCHOR'S BAY SHRIMP
31 - 40 CT COOKED 300 G - 1 KG FROZEN SELECTED VARIETIES

THIS WEEK ONLY

749 EACH



PACIFIC WHITE COOKED OR RAW SHRIMP
31 - 50 CT 550 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

999 EACH

MORE GREAT SAVINGS FOR LESS

KELLOGG'S EGGO WAFFLES OR PANCAKES
360 G FROZEN
SELECTED VARIETIES

30 points

4.99 EACH

LOCKED DOWN

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

FAMILY SIZE
TWO SCOOPS Raisin Bran

625 g
KELLOGG'S FAMILY SIZE CEREAL
480 - 650 G
SMUCKER'S JAM
500 ML
SELECTED VARIETIES

5.49 EACH

LOCKED DOWN

SMUCKER'S
PURE SANS
Strawberry Jam
Confiture de fraises

5.49 EACH

LOCKED DOWN

BURNBRAE NATUREGG EGG WHITES
1 KG
SELECTED VARIETIES

6.99 EACH

LOCKED DOWN

LACTANTIA CREAM CHEESE PRODUCT
227 G
THE LAUGHING COW OR BABYBEL CHEESE
120 - 140 G
SELECTED VARIETIES

3.49 EACH

LOCKED DOWN

Tetley
GRAND PRIX
DECAFFEINATED

48

TETLEY TEA
40'S
SELECTED VARIETIES

6.49 EACH

LOCKED DOWN

CHEEZ-IT
ORIGINAL

made with REAL CHEESE

CHEEZ-IT CRACKERS
191 - 250 G
SELECTED VARIETIES

2.49 EACH

LOCKED DOWN

Michelina's
Fettuccine Alfredo with Chicken and Broccoli
Fettuccine Alfredo with Broccoli

Michelina's ENTREES
227 - 255 G
FROZEN
SELECTED VARIETIES

2/2.88

LOCKED DOWN

MOTT'S CLAMATO COCKTAIL
1.8 L
SELECTED VARIETIES

2/\$7

LOCKED DOWN

Jif
Creamy Cream

JIF PEANUT BUTTER
500 G
SELECTED VARIETIES

4.49 EACH

LOCKED DOWN

Gioia
PANDORO

Baoli
PANDORO

GIOIA OR BAOLI PANDORO
700 - 750 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

14.99 EACH

THIS WEEK ONLY

BAKERY

SELECTION CUPCAKES
284 G
DONUTS
400 - 552 G
SELECTED VARIETIES

2.99 EACH

THIS WEEK ONLY

IRRESISTIBLES
PIE OR COFFEE CAKE
750 G - 1 KG
SELECTED VARIETIES

40 points

6.99 EACH

THIS WEEK ONLY

MIX & MATCH!

2 \$5.99 FOR

OR

3 \$7.99 FOR

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

LOCKED DOWN



NESTLÉ
COFFEE MATE
COFFEE
ENHANCER
828 - 946 ML
SELECTED VARIETIES

LOCKED DOWN
449
EACH



25
points

LOCKED DOWN
349
EACH

GREEN GIANT VEGETABLES
500 - 750 G FROZEN SELECTED VARIETIES



25
points

OASIS HEALTH BREAK OR JUICE BLENDS
1.5 L SELECTED VARIETIES

LOCKED DOWN
349
EACH



MONSTER
ENERGY DRINKS
444 - 473 ML
SELECTED VARIETIES

LOCKED DOWN
249
EACH



BETTY CROCKER
CAKE MIX
375 - 428 G
SELECTED VARIETIES

LOCKED DOWN
2/\$4

LOCKED DOWN
399
EACH

LOCKED DOWN
299
EACH

LOCKED DOWN
599
EACH

35
points



STAGG CHILI
425 G
SELECTED VARIETIES

LOCKED DOWN
329
EACH



PRIMO LASAGNE
375 - 500 G

TOMATO PASSATA
500 ML
SELECTED VARIETIES

LOCKED DOWN
249
EACH



CHEETOS
MAC'N CHEESE
164 - 172 G
SELECTED VARIETIES

LOCKED DOWN
3/\$5

VOORTMAN
WAFER COOKIES
200 G
SELECTED VARIETIES

LOCKED DOWN
2/\$5

SANPELLEGRINO OR
PERRIER CARBONATED
WATER
6 x 1 L
SELECTED VARIETIES

50
points

LOCKED DOWN
899
EACH

KIKKOMAN
SOY OR
TERIYAKI
SAUCE
295 - 296 ML
SELECTED VARIETIES

LOCKED DOWN
399
EACH



COTTONELLE
FLUSHABLE
WIPE
4.8 x 42 LIN
SELECTED VARIETIES

LOCKED DOWN
1049
EACH

LOCKED DOWN
799
EACH

AIR WICK
ESSENTIAL OILS
130 & 20 ML
SELECTED VARIETIES

LOCKED DOWN
699
EACH

ZIPLOC BAGS
14 - 90'S
SELECTED VARIETIES

LOCKED DOWN
499
EACH

Get a **\$15 Food Basics** gift card
with the purchase of a
\$100 Vanilla® Prepaid card

Offer valid November 7 - 13



Available at



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ALWAYS GREAT PRICE



SELECTION FLOUR
2.5 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE 
3.99
EACH



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

ALWAYS GREAT PRICE 
4.44
EACH



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

ALWAYS GREAT PRICE 
2.99
EACH



SELECTION WHITE VINEGAR
4 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.27
EACH



SELECTION DELUXE MIXED NUTS OR CASHEWS
1.13 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE 
19.99
EACH



SELECTION VEGETABLES
1.75 - 2 KG FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE 
5.99
EACH



SELECTION MOZZA STICKS
336 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
5.99
EACH



SELECTION MARASCHINO CHERRIES
375 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
4.49
EACH



IRRESISTIBLES CHOCOLATE COVERED ALMONDS
300 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
4.44
EACH



SELECTION MAYONNAISE
750 - 800 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
4.77
EACH



SELECTION BBQ SAUCE
320 ML
ALWAYS GREAT PRICE 

1.27
EACH



SELECTION DRY BEANS OR LONG GRAIN RICE
900 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.99
EACH



SELECTION PIZZA
SELECTED VARIETIES

ALWAYS GREAT PRICE 
14.88
EACH



SELECTION SPARKLING WATER
1 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 
99c
EACH



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

ALWAYS GREAT PRICE 
3.49
EACH



SELECTION DISHWASHING DETERGENT
650 - 828 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.97
EACH



SELECTION MULTI PURPOSE CLEANER
710 - 950 ML, 1.2 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2/\$5



SELECTION BLEACH
2.4 L

ALWAYS GREAT PRICE 
3.49
EACH

MEAT

SCHNEIDERS
Breakfast Bites
Bouchées déjeuné
EGG with SPINACH, RED PEPPER & PARMESAN
BEEF with SPINACH, POTATON ROUGE & PARMESAN

SCHNEIDERS
EGG SANDWICHES OR EGG BITES
232 - 288 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

4.99
EACH

MAPLE LEAF

SCHNEIDERS
RedHots
ALL PORK
TOUT PORC

THIS WEEK ONLY

4.99
EACH

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

MAPLE LEAF
BACON OR READY CRISP
65 - 375 G
SELECTED VARIETIES

THIS WEEK ONLY

5.99
EACH

SCHNEIDERS
HONEY GARLIC FLAVOUR WINGS

THIS WEEK ONLY

7.99
EACH

Piller's

PILLER'S
SLICED DELI MEAT
2 X 125 - 375 G
SELECTED VARIETIES

THIS WEEK ONLY

6.49
EACH

PILLER'S
MEAT SNACKS
300 - 500 G
SELECTED VARIETIES

THIS WEEK ONLY

6.99
EACH

PILLER'S
SLICED PEPPERONI FOR PIZZA
175 - 250 G
SELECTED VARIETIES

THIS WEEK ONLY

5.99
EACH

PILLER'S
SMOKED BONELESS HALF HAM
800 G
SELECTED VARIETIES

THIS WEEK ONLY

11.99
EACH

MASTRO
PROSCIUTTO
190 G - 2 X 150 G
SELECTED VARIETIES

THIS WEEK ONLY

4.49
EACH

MASTRO
CHARCUTERIE
150 - 250 G
SELECTED VARIETIES

THIS WEEK ONLY

6.49
EACH

MASTRO
CACCIA TORE OR SLICED GENOA OR SAN DANIELE PROSCIUTTO
200 - 375 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

7.99
EACH

SOFINA

MASTRO
SAN DANIELE MORTADELLA
750g

THIS WEEK ONLY

8.99
EACH

MASTRO
BABY GENOA OR SLICED TRIO OR SAN DANIELE MORTADELLA
250 - 750 G
SELECTED VARIETIES

Irresistibles

IRRESISTIBLES
SHEPHERD'S PIE
PÂTE CHINOIS
800 G
FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE

9.99
EACH

IRRESISTIBLES
Cabbage Rolls
Cigares au chou
1.13 KG
FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE

9.99
EACH

IRRESISTIBLES
BOCCONCINI
2 X 126 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

6.49
EACH

IRRESISTIBLES
PACIFIC WHITE COOKED SHRIMP
31 - 40 CT
400 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

14.99
EACH

CONAGRA
• BRANDS •

VH SAUCE
341 - 380 ML
SELECTED VARIETIES

PAM COOKING SPRAY
141 - 170 G
SELECTED VARIETIES

LOCKED DOWN

2.99
EACH

LOCKED DOWN

4.99
EACH

ORVILLE REDENBACHER POPPING CORN
340 - 850 G
SELECTED VARIETIES

HEALTHY CHOICE MEALS
255 - 298 G
FROZEN
SELECTED VARIETIES

LOCKED DOWN

3.99
EACH

LOCKED DOWN

3.99
EACH

HUNGRY-MAN MEAL
360 - 455 G
FROZEN
SELECTED VARIETIES

P.F. CHANG'S BOWLS
312 G
FROZEN
SELECTED VARIETIES

LOCKED DOWN

4.99
EACH

LOCKED DOWN

6.49
EACH

P.F. CHANG'S MEAL
524 G
FROZEN
SELECTED VARIETIES

BERTOLLI MEALS
624 G
FROZEN
SELECTED VARIETIES

LOCKED DOWN

9.99
EACH

LOCKED DOWN

9.99
EACH



GAME DAY READY



STEP 1: PICK YOUR SHELLS OR DINNER KIT



LOCKED DOWN
3.99
EACH



LOCKED DOWN
2.99
EACH



OLD EL PASO SHELLS OR TORTILLAS
125 - 334 G SELECTED VARIETIES

STEP 2: PICK YOUR PROTEIN



THIS WEEK ONLY
9.99
EACH

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



THIS WEEK ONLY
5.99
/LB

FRESH MEDIUM GROUND BEEF FAMILY PACK
13.21/KG

STEP 3: PICK YOUR TOPPING



LOCKED DOWN
3.99
EACH

OLD EL PASO SALSA
650 ML
SELECTED VARIETIES



LOCKED DOWN
2.99
EACH

OLD EL PASO REFRIED BEAN
398 ML OR RICE
215 G
SELECTED VARIETIES



LOCKED DOWN
2.99
EACH

OLD EL PASO TACO SAUCE
243 ML
SELECTED VARIETIES



LOCKED DOWN
4/\$5

OLD EL PASO SEASONING
24 G
SELECTED VARIETIES



ALWAYS GREAT PRICE
1.49
EACH

IRRESISTIBLES LIFE SMART OR SELECTION DARK RED KIDNEY BEANS
540 ML
SELECTED VARIETIES



ALWAYS GREAT PRICE
2.49
EACH

SELECTION OR LIFE SMART SOUR CREAM
500 ML
SELECTED VARIETIES



THIS WEEK ONLY
2.88
EACH

JALAPEÑOS
PRODUCT OF U.S.A.
250 G



THIS WEEK ONLY
2.98
EACH

MINI CUCUMBERS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE 337 G
COCKTAIL TOMATOES
PRODUCT OF CANADA OR
MEXICO, NO. 1 GRADE 433 G



THIS WEEK ONLY
3.98
EACH

RED ONIONS
PRODUCT OF CANADA
CANADA NO. 1 GRADE
3 LB BAG



THIS WEEK ONLY
3.98
EACH

MINI SWEET PEPPERS
PRODUCT OF CANADA OR
MEXICO
454 G