

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



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

O'SOLE MIO FRESH PASTA 225 G SELECTED VARIETIES



8 CRAZY
188
EACH



FRESH BONELESS SKINLESS CHICKEN BREAST FAMILY PACK 9.88/KG

8 CRAZY
448
/LB

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



8 CRAZY
398
EACH



SELECTION SMOKED BONELESS HALF HAM 675 G SELECTED VARIETIES

8 CRAZY
588
EACH

CLOVER LEAF SOCKEYE SALMON 213 G



8 CRAZY
398
EACH



BLUEBERRIES PRODUCT OF PERU 170 G

8 CRAZY
188
EACH

25
points



8 CRAZY
398
EACH

BLACK DIAMOND NATURAL SLICES 220-240 G
BLACK DIAMOND COMBOS 3 X 48 G
ASTRO ORIGINAL YOGURT 12 X 100 G
ENJOY! ALMOND BEVERAGE 1.75 L
SELECTED VARIETIES



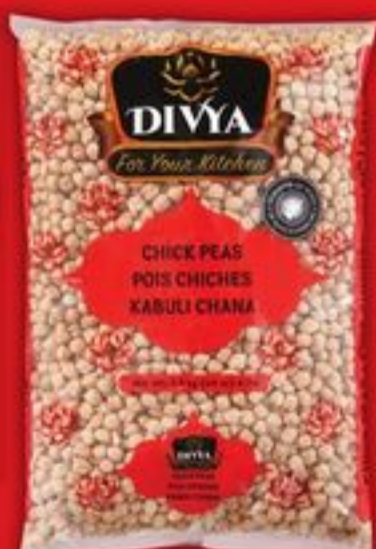
POMEGRANATES PRODUCT OF U.S.A.

8 CRAZY
88c
EACH



8 CRAZY
388
EACH

NOOR DATES OR DIVYA CHICK PEAS 800 G (1.8 KG) SELECTED VARIETIES



8 CRAZY
488
EACH

SELECTION CHEESE SHREDS 400 G 230 G SELECTED VARIETIES



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

8 CRAZY
188
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, 2.6 L
DOWNY UNSTOPPABLES 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
317 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



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
LAFRANCAITUE ANNEE 2014-2015

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 APPLES
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

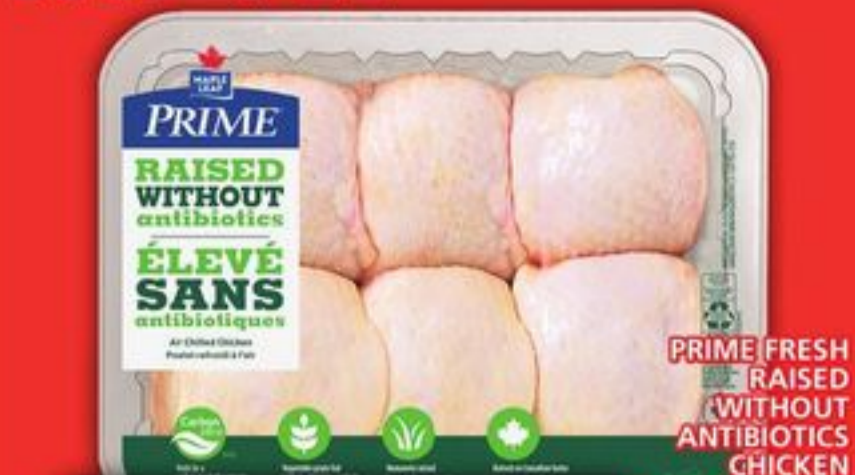


MIXED SIGNATURE BOUQUET
ASSORTED MIXES
WHILE QUANTITIES LAST

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 **3.49** /LB



JOHNSONVILLE DINNER OR BREAKFAST SAUSAGES 375 - 500 G SELECTED VARIETIES

THIS WEEK ONLY **5.99** EACH



FRESH CHICKEN WINGS BAGGED INCLUDING ZABIHA HALAL 8.80/KG

THIS WEEK ONLY **3.99** /LB



FRESH MEDIUM GROUND BEEF FAMILY PACK 13.21/KG

THIS WEEK ONLY **5.99** /LB



FRESH ATLANTIC SALMON FILLET FAMILY PACK 26.43/KG

THIS WEEK ONLY **11.99** /LB



FRESH BONELESS STEWING BEEF FAMILY PACK 20.92/KG

THIS WEEK ONLY **9.49** /LB



BUTTERBALL TURKEY BACON 300 - 375 G
CAVENDISH POTATO PATTIES 1.2 KG FROZEN SELECTED VARIETIES

THIS WEEK ONLY **4.99** EACH



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

THIS WEEK ONLY **2/\$5**



MAPLE LEAF PREPPED & READY SHREDDED CHICKEN SELECTED VARIETIES

THIS WEEK ONLY **7.99** EACH



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

THIS WEEK ONLY **10.99** EACH



IRRESISTIBLES HUMMUS OR DIPS 200 - 227 G SELECTED VARIETIES

THIS WEEK ONLY **3.49** EACH



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 **5.99** EACH



O' SOLE MIO BAGGED PASTA 1.65 KG FROZEN SELECTED VARIETIES

THIS WEEK ONLY **8.99** EACH



SWISS CHALET BBQ PORK BACK RIBS 800 G SELECTED VARIETIES

THIS WEEK ONLY **10.99** EACH



MAIN STREET BISTRO SIDES 567 G SELECTED VARIETIES

THIS WEEK ONLY **5.99** EACH



IRRESISTIBLES BOCCONCINI 2 X 126 G SELECTED VARIETIES

ALWAYS GREAT PRICE **6.49** EACH



SELECTION SLICED DELI MEAT 400 G SELECTED VARIETIES

ALWAYS GREAT PRICE **8.99** EACH



KRINOS MACEDONIAN STYLE FETA 200 G SELECTED VARIETIES

LOCKED DOWN **12.49** EACH



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

THIS WEEK ONLY **3.49** EACH



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

THIS WEEK ONLY **3.99** EACH



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

THIS WEEK ONLY **7.49** EACH



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

THIS WEEK ONLY **9.99** EACH

MORE GREAT SAVINGS FOR LESS



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

30 points

LOCKED DOWN

4.99
EACH



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

TWO SCOOPS Raisin Bran

FAMILY SIZE

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

LOCKED DOWN

5.49
EACH



SMUCKER'S PURE CANS
Strawberry Jam
Contenance de fraises

LOCKED DOWN

5.49
EACH



BURNBRAE NATUREGG EGG WHITES
1 KG
SELECTED VARIETIES

LOCKED DOWN

6.99
EACH



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

LOCKED DOWN

3.49
EACH



Tetley
CRANBERRY
DECAFFEINATED

48

LOCKED DOWN

6.49
EACH

TETLEY TEA
48'S
SELECTED VARIETIES



CHEEZ-IT
ORIGINAL

LOCKED DOWN

2.49
EACH

CHEEZ-IT CRACKERS
181 - 250 G
SELECTED VARIETIES



MICHELINA'S ENTREES
227 - 255 G
FROZEN
SELECTED VARIETIES

LOCKED DOWN

2/2.88



CLAMATO

LOCKED DOWN

2/\$7

MOTT'S CLAMATO COCKTAIL
1.8 L
SELECTED VARIETIES



Jif
CREAMY

LOCKED DOWN

4.49
EACH

JIF PEANUT BUTTER
500 G
SELECTED VARIETIES



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

THIS WEEK ONLY

14.99
EACH

BAKERY



SELECTION CUPCAKES
284 G

DONUTS
400 - 552 G
SELECTED VARIETIES

THIS WEEK ONLY

2.99
EACH



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

40 points

THIS WEEK ONLY

6.99
EACH

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



GREEN GIANT VEGETABLES
500 - 750 G FROZEN SELECTED VARIETIES

25
points

LOCKED DOWN **349**
EACH



25
points

LOCKED DOWN **349**
EACH

OASIS HEALTH BREAK OR JUICE BLENDS
1.5 L SELECTED VARIETIES

DEL MONTE JUICE COCKTAIL
1.6 L SELECTED VARIETIES



MONSTER
ENERGY DRINKS
444 - 473 ML
SELECTED VARIETIES

LOCKED DOWN **249**
EACH



35
points

LOCKED DOWN **2/\$4**

LOCKED DOWN **399**
EACH

LOCKED DOWN **299**
EACH

LOCKED DOWN **599**
EACH

BETTY CROCKER
CAKE MIX
375 - 428 G
SELECTED VARIETIES

TROPHY
CASHEWS OR
DELUXE
MIXED NUTS
200 G
SELECTED VARIETIES

KELLOGG'S
NUTRI GRAIN
BARS OR
POP-TARTS
176 - 384 G
SELECTED VARIETIES

PILLSBURY
PIZZA POPS
750 G FROZEN
SELECTED VARIETIES



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



50
points

LOCKED DOWN **3/\$5**

LOCKED DOWN **2/\$5**

LOCKED DOWN **899**
EACH

LOCKED DOWN **399**
EACH

CHEETOS
MAC'N CHEESE
164 - 172 G
SELECTED VARIETIES

VOORTMAN
WAFER
COOKIES
200 G
SELECTED VARIETIES

SANPELLEGRINO OR
PERRIER CARBONATED
WATER
6 x 1 L
SELECTED VARIETIES

KIKKOMAN
SOY OR
TERIYAKI
SAUCE
295 - 296 ML
SELECTED VARIETIES



LOCKED DOWN **1049**
EACH

LOCKED DOWN **799**
EACH

LOCKED DOWN **699**
EACH

LOCKED DOWN **499**
EACH

COTTONELLE
FLUSHABLE
WIPE
4.8 x 42 LIN
SELECTED VARIETIES

FLEECY FABRIC
SOFTENER
2.6 L
DRYER SHEETS
120'S
SELECTED VARIETIES

AIR WICK
ESSENTIAL OILS
130.4 L 20 ML
SELECTED VARIETIES

ZIPLOC BAGS
14 - 90'S
SELECTED VARIETIES

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
SELECTED VARIETIES

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
850 - 828 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.97
EACH



SELECTION MULTI PURPOSE CLEANER
750 - 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
BABY GENOA OR SLICED TRIO OR SAN DANIELE MORTADELLA
250 - 750 G
SELECTED VARIETIES

THIS WEEK ONLY

8.99
EACH

Irresistibles

IRRESISTIBLES
SHEPHERD'S PIE
PÂTE CHINOIS
FULLY COOKED - ENTREMÊT CUIT

THIS WEEK ONLY

9.99
EACH

IRRESISTIBLES
SHEPHERD'S PIE
800 G
FROZEN
SELECTED VARIETIES

IRRESISTIBLES
Cabbage Rolls
Cigares au chou

THIS WEEK ONLY

9.99
EACH

IRRESISTIBLES
CABBAGE ROLLS
1.13 KG
FROZEN
SELECTED VARIETIES

IRRESISTIBLES
BOCCONCINI
2 X 126 G
SELECTED VARIETIES

THIS WEEK ONLY

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

IRRESISTIBLE 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

ALL AISLES LEAD HOME KITCHENS OF THE WORLD



QUINCE
PRODUCT OF U.S.A.

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.69
EACH



INDIAN EGGPLANTS
PRODUCT OF U.S.A. OR HONDURAS
RED CARROTS
PRODUCT OF ONTARIO
4.39/KG



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.99
/LB



EDDOES
PRODUCT OF COSTA RICA
5.93/KG

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.69
/LB



BRUCE
AVOCADOS
PRODUCT OF THE
DOMINICAN REPUBLIC

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.49
EACH



TASTY FISH BALLS
180 G FROZEN SELECTED VARIETIES



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.99
EACH



KEBAB
FACTORY
CHICKEN
KEBABS
1.02 KG FROZEN
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
7.99
EACH



Canada's No. 1 Halal Brand
La marque halal du Canada

Zabiha Halal

CHICKEN BURGERS

800 g 8 BURGERS



Namak Para

Namak Para

CRISPY
PARA OR
PAPDI
SNACKS
300 ± 360 G
SELECTED VARIETIES



Canada's No. 1 Halal Brand
La marque halal du Canada

Zabiha Halal

CHICKEN STRIPS

800 g

ZABIHA HALAL FULLY COOKED
BREADED CHICKEN
800 G FROZEN SELECTED VARIETIES



Masala Para

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.99
EACH



DIVYA KESAR
MANGO PULP
850 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.99
EACH



SHER
BESAN FLOUR
1.81 KG
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
4.99
EACH



KFI SAUCES
375 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3.99
EACH



BRAR'S
SAMOSAS
624 G FROZEN
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
6.49
EACH