

ALWAYS MORE FOR LESS

LIMIT OF 3

WOW



SELECTION BACON
375 G
SELECTED VARIETIES
AFTER LIMIT 3.99 EA.

THIS WEEK ONLY
2.44
EACH

WOW



THIS WEEK ONLY
68¢
EACH

RED OR ATAULFO (HONEY) MANGOS
PRODUCT OF BRAZIL

swipe your **moi** rewards card to be automatically entered for a chance to win



moi llionaire



2 million
points to win
2 x 1 million points



scan to learn more

food Basics metro

*see moirewards.ca for full terms and conditions

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

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!

20 points

THIS WEEK ONLY
2.99
EACH



DEMPSTER'S BREAD
454 x 508 G
SELECTED VARIETIES

75 points

THIS WEEK ONLY
5.49
EACH



BUBLY SPARKLING WATER
12 X 355 ML
MONTELLIER CARBONATED WATER
10 X 355 ML
SELECTED VARIETIES

125 points

THIS WEEK ONLY
17.99
EACH



BUTTERBALL SEASONED TURKEY ROAST
1.5 KG FROZEN
SELECTED VARIETIES

250 points

THIS WEEK ONLY
29.99
EACH



DELUXE HOLIDAY ARRANGEMENT OR PINE WREATHS
SELECT STORES
WHILE QUANTITIES LAST

PREMIUM



join today and save

Certain conditions apply, see moirewards.ca for conditions. Moi Rewards is a trademark of Metro Inc. *Conditions apply. Go to rbc.com/moi for full details. Trademarks of Royal Bank of Canada, used under license. All other trademarks are the property of their respective owners.

**ALWAYS
MORE
FOR LESS**

**food
Basics**



JANES
Ready for anything!

PUB STYLE Wings

THIS WEEK ONLY

7⁹⁸
EACH

JANES PUB STYLE FULLY COOKED CHICKEN WINGS
660 G FROZEN SELECTED VARIETIES



FRESH BONELESS SIRLOIN TIP ROAST
CUT FROM CANADA AA OR HIGHER GRADE OF BEEF
10.76/KG

THIS WEEK ONLY

4⁸⁸
/LB



IRRESISTIBLES
BANANA CHOCOLATE CHIP
BLUEBERRY BLEUETS

THIS WEEK ONLY

4⁴⁴
EACH

IRRESISTIBLES MUFFINS
6'S SELECTED VARIETIES



LOU'S KITCHEN
BARBEQUE

LOU'S KITCHEN
BARBEQUE

LOU'S KITCHEN BBQ PORK BACK RIBS
585 - 610 G SELECTED VARIETIES WHILE QUANTITIES LAST

THIS WEEK ONLY

7⁹⁸
EACH



ONTARIO APPLES
PRODUCT OF ONTARIO CANADA FANCY GRADE
3 LB BAG SELECTED VARIETIES

ORCHARD CRISP HONEY CRISP

WE LOVE LOCAL Ontario

GALA
Hand-picked - Cueillis à la main

THIS WEEK ONLY

2⁹⁸
EACH



EXTRA LARGE

GRAPES FROM CALIFORNIA

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

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

THIS WEEK ONLY

1⁸⁸
/LB OR EACH



SAPORITO OLIVE OIL
750 ML

THIS WEEK ONLY

8⁹⁸
EACH



CHRISTIE CRACKERS 180 - 200 G
BITS & BITES OR CRISPERS 145 G
MAYNARDS CANDY OR CADBURY CHOCOLATE BARS 80 - 154 G
SELECTED VARIETIES

THIS WEEK ONLY

1⁹⁸
EACH



CASHMERE BATHROOM TISSUE 24 = 48'S
SPONGE TOWELS ULTRA 6'S
SCOTTIES FACIAL TISSUES 12'S
SELECTED VARIETIES

THIS WEEK ONLY

10⁹⁸
EACH



Black Diamond
Old + Fort
Cheddar Cheese • Fromage cheddar

BLACK DIAMOND CHEESE
400 G
SHREDS 320 G
GALBANI MOZZARELLA
500 G
SELECTED VARIETIES

THIS WEEK ONLY

4⁸⁸
EACH

i earn, redeem and save with moi rewards
GET READY TO SAVE! **GREAT PRICES START ON THURSDAY, NOVEMBER 14TH TO WEDNESDAY, NOVEMBER 20TH, 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.

Kraft Cheez Whiz 450 G SELECTED VARIETIES

Philadelphia Cream Cheese 227 - 250 G
Kraft Singles 410 G
CHEEZ WHIZ 450 G SELECTED VARIETIES

3.99 EACH

St-Hubert or **Swiss Chalet** Meat Pies
855 - 800 G FROZEN
SELECTED VARIETIES

6.99 EACH

20 points

Beatrice Milk
1% Fat
1 L

1.99 EACH

Post Shreddies Cereal
Original - Originale
440 G

2.99 EACH

Post Honeycomb Cereal
Classic Taste / Gout Classique
400 G

35 points

Danone Oikos Greek Yogurt
4 X 100 G

Harvest Crunch Cereal
Original
400 - 475 G

Siggi's Skyr Yogurt
4 X 100 G
SELECTED VARIETIES

3.49 EACH

Kraft Peanut Butter
Smooth Crèmeux
1 kg

Hazelnut Spread
725 G
SELECTED VARIETIES

5.99 EACH

NatreL Lactose Free or Organic Milk
2 L
SELECTED VARIETIES

4.99 EACH

Christie Cookies
251 - 303 G

Dare Cookies
168 - 315 G
SELECTED VARIETIES

2/5.50

20 points

Simply Orange Juice or Lemonades
1.54 L
SELECTED VARIETIES

3.99 EACH

Classico Pasta Sauce
218 - 600 ML
SELECTED VARIETIES

2.99 EACH

200 points

Coca-Cola or **Pepsi** Soft Drinks
6 X 710 ML
SELECTED VARIETIES

3.99 EACH

Tide Laundry Detergent
100 Loads / 3.9 L

Tide or **Gain** Pods
45 - 76 S

Cascade Dishwasher Tabs
110 S SELECTED VARIETIES

21.99 EACH

*IN STOCK POLICY: Food Basics+ offers an in-stock guarantee for all items in its current flyer. If we are temporarily out-of-stock on an advertised item in our current flyer, a Rain Check will be issued with 10% off the advertised price of the item redeemable within 30 days from the date of issue. Rain Checks are not issued if the ad in the flyer states, "While Quantities Last", "Special Buy" or "No Rain Checks", or on in-store cooked BBQ Chicken and Hot Pizza, Beer, Cider and Wine, Independent Third Party Vendors, "Our Seafood Market" and "Our Butcher Shop by Nosso Talho". Please see the Customer Service desk at your Food Basics for full details. For retail sale only; If there is a limit stated in the ad, Rain Checks up to the stated limit may be issued. If there is no limit stated in the ad, we reserve the right to limit quantities to reasonable requirements. Limit: One Rain Check per household per item per day.

**We reserve the right to limit purchases to reasonable requirements. Limits or some restrictions apply - details available in store or at Foodbasics.ca. Certain prices and special offers advertised in our flyers may vary by area. To view local store flyer, visit foodbasics.ca, where you can create an account (or sign into your account) and select your preferred location. Some illustrations in this flyer do not necessarily represent items on sale and are for design only. We reserve the right to correct any unintentional error that may occur in the copy or illustration. References for savings or sale prices are in comparison to our regular retail prices. Prices are effective Thursday 8 a.m. through closing Wednesday. Other exemptions may apply. "Compare at" references are in comparison to at least 1 other regular retail price. Commercial resale of our products is prohibited. Upon presentation of the Moi Rewards card, points awarded are calculated on the total amount, before taxes, and excludes the products specified in the terms and conditions of the program. Does not apply to bonus points. Available at stores participating in the Moi program. For \$3 = 1 pt. available at Metro; not available at Food Basics. Points redeemable at participating stores starting at a balance of 500 points (\$4 value). Visit moirewards.ca for terms and conditions. Moi Rewards is a trademark of Metro Inc.

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i earn with moi rewards

over
2400
points

available when you shop in store or online

**see back page for details

moi
rewards



20
points

LOCKED DOWN

249
EACH

PRINGLES POTATO CHIPS
148 - 156 G
SELECTED VARIETIES



HIGH LINER CATCH OF
THE DAY FISH FILLETS
580 - 1.32 KG FROZEN
SELECTED VARIETIES

125
points

THIS WEEK ONLY

12⁹⁹
EACH



SELECTION BREAD
675 G
SELECTED VARIETIES

15
points

ALWAYS GREAT PRICE

1⁹⁹
EACH



MAPLE LEAF SMOKED
BONELESS HALF HAM
600 G
SELECTED VARIETIES

125
points

THIS WEEK ONLY

12⁹⁹
EACH



TRE STELLE PARMIGIANO
REGGIANO OR GRANA PADANO OR
PECORINO ROMANO
PRODUCT OF ITALY, 200 G
SELECTED VARIETIES

45
points

THIS WEEK ONLY

7⁹⁹
EACH



CLOVER LEAF
ALBACORE TUNA
170 G
SELECTED VARIETIES

20
points

LOCKED DOWN

2⁹⁹
EACH



BILLY BEE HONEY
1 KG
SELECTED VARIETIES

125
points

LOCKED DOWN

12⁹⁹
EACH



20
points

THIS WEEK ONLY

249
EACH

PEPPERIDGE FARM
GOLDFISH CRACKERS
168 - 200 G
SELECTED VARIETIES



EXCEL GUM
3'S
SELECTED VARIETIES

25
points

LOCKED DOWN

379
EACH



MICHELINA'S
GRANDE MEAL
454 G FROZEN
SELECTED VARIETIES

20
points

LOCKED DOWN

2⁹⁹
EACH



JORDANS
MUESLI CEREAL
400 G
SELECTED VARIETIES

35
points

LOCKED DOWN

5⁹⁹
EACH



SAN PELLEGRINO OR PERRIER
CARBONATED WATER
6 X 1 L
SELECTED VARIETIES

50
points

LOCKED DOWN

8⁹⁹
EACH



10
points

LOCKED DOWN

\$1
EACH



LYSOL
CLEANERS
500 ML - 1.7 L
SELECTED VARIETIES

25
points

LOCKED DOWN

3⁹⁹
EACH

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

moi rewards

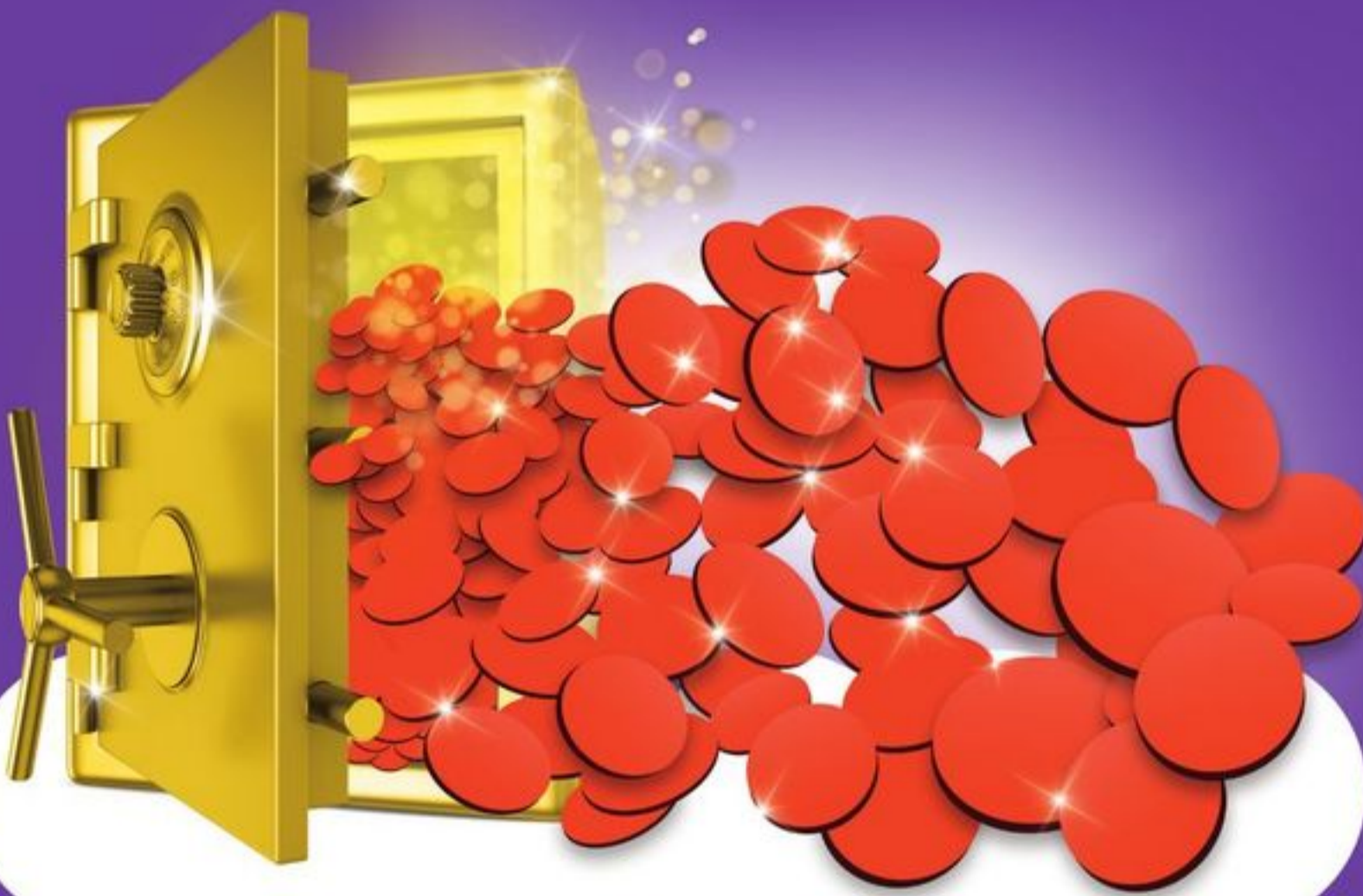


moi
rewards

swipe your **moi** rewards card to be automatically entered for a chance to win

moillionaire

contest* until November 27



2 million points to win

2 x 1 million points

[learn more](#)

food
Basics

metro

*NO PURCHASE NECESSARY. The moillionaire contest is open to residents of Ontario who are 18 years of age and older and are Moi Rewards Program members (entrants must have a valid Moi Rewards Program membership to enter). The contest begins November 14, 2024 at 12:00:01 AM (ET) and ends November 27, 2024 at 11:59:59 PM (ET). Two (2) grand prizes each consisting of 1,000,000 Moi Rewards points (ARV \$8,000 CDN each) are available to be won. Eligible Moi Rewards Program members can participate by using their Moi Rewards card when shopping in participating stores or online at Metro and Food Basics in Ontario. Minimum purchase of \$1 before taxes for in store purchases, and \$50 before taxes (in one single transaction ordered, paid and delivered) for online purchases. Odds of winning depend on the total number of eligible entries received. Must correctly answer a mathematical skill testing question to win. See Contest rules at www.moirewards.ca and in participating stores. Moi is a trademark of Metro Inc.

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

14.99
EACH

WITH COUPON

**POWERADE
SPORTS
DRINKS***
24 X 591 ML
SELECTED VARIETIES



save
\$4

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



IRRESISTIBLES YOGURT
12 - 16'S
SELECTED VARIETIES

ALWAYS GREAT PRICE

5⁷⁷
EACH



SELECTION OR LIFE SMART NATURALIA PEANUT BUTTER
750 G - 1 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE

4⁴⁴
EACH



SELECTION MEAT LASAGNA
2.27 G FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE

11⁹⁹
EACH

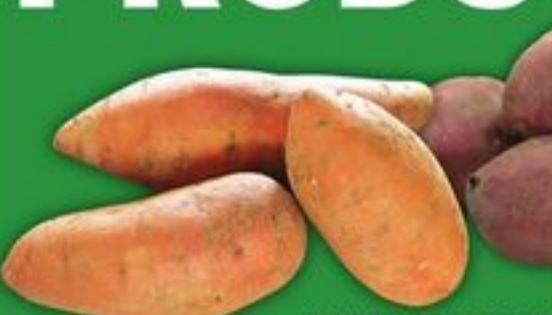


SELECTION OR LIFE SMART DRESSING
475 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

2⁴⁹
EACH

PRODUCE



SWEET POTATOES
PRODUCT OF U.S.A.
LARGE PURPLE SWEET POTATOES
PRODUCT OF U.S.A., HONDURAS OR MEXICO
2.82/KG

THIS WEEK ONLY

128
/LB



BROCCOLI CROWNS
PRODUCT OF CANADA

THIS WEEK ONLY

198
EACH

WE LOVE LOCAL
Canada



CAULIFLOWER
PRODUCT OF CANADA
CANADA NO. 1 GRADE
400 G

FRENCH GREEN BEANS
PRODUCT OF GUATEMALA
400 G

20
points

THIS WEEK ONLY

298
EACH

WE LOVE LOCAL
Canada



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

BLUEBERRIES
PRODUCT OF PERU

THIS WEEK ONLY

398
EACH



POMEGRANATES
PRODUCT OF U.S.A.

THIS WEEK ONLY

198
EACH



CLEMENTINES
PRODUCT OF SOUTH AFRICA OR MOROCCO, 2 LB BAG

AVOCADOS
PRODUCT OF MEXICO, BAG OF 5 OR 6

THIS WEEK ONLY

398
EACH



FRESH ATTITUDE SALADS OR KITS
155 - 312 G
SELECTED VARIETIES

THIS WEEK ONLY

488
EACH



LITTLE POTATO CO.
A LITTLE GARLIC HERB™
LOW FAT & ALL 17 FIBRE FIBRES

LPC POTATO KITS
PRODUCT OF CANADA
454 G

THIS WEEK ONLY

349
EACH

WE LOVE LOCAL
Canada



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

THIS WEEK ONLY

128
/LB

WE LOVE LOCAL
Ontario



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

THIS WEEK ONLY

198
EACH

15 points

WE LOVE LOCAL
Ontario



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

THIS WEEK ONLY

398
EACH

WE LOVE LOCAL
Canada



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

THIS WEEK ONLY

398
EACH

WE LOVE LOCAL
Ontario



SUNRISE TOFU
EXTRA FIRM - EXTRA FIRM

SUNRISE TOFU
FIRM-FIRM

THIS WEEK ONLY

248
EACH



LEMONS
PRODUCT OF SOUTH AFRICA OR TURKEY
2 LB BAG

THIS WEEK ONLY

398
EACH



450 G

WONDERFUL PISTACHIOS
450 G
SELECTED VARIETIES

THIS WEEK ONLY

899
EACH



PKG OF 4

GREENHOUSE ORGANIC WELLNESS SHOTS
4 X 60 ML

THIS WEEK ONLY

899
EACH

FLORAL



6" POINSETTIA
SELECT VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

698
EACH



ANTHURIUM OR 6" ZYGOCACTUS
SELECT VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

898
EACH



15 STEM CARNATIONS
ASSORTED COLOURS
WHILE QUANTITIES LAST

THIS WEEK ONLY

988
EACH



MIXED LARGE BOUQUET
ASSORTED MIXES
WHILE QUANTITIES LAST

THIS WEEK ONLY

\$12
EACH

MEAT



THIS WEEK ONLY

349
/LB

LEGACY CURED BONELESS
PORK PEAMEAL LOIN
ROLLED IN CORNMEAL
7.69/KG

EQUALS TO
4.99/LB



THIS WEEK ONLY

998
EACH

FRESH LEAN
GROUND BEEF TUBE
908 G
SELECTED VARIETIES



THIS WEEK ONLY

449
/LB

FRESH CHICKEN SPLIT WINGS
BAGGED
9.90/KG



THIS WEEK ONLY

449
/LB

PRIME RAISED
WITHOUT
ANTIBIOTICS
WHOLE
CHICKEN
AIR CHILLED
9.90/KG



THIS WEEK ONLY

1199
/LB

COHO SALMON FILLET
PREVIOUSLY FROZEN
26.43/KG



THIS WEEK ONLY

499
/LB

FRESH
BONE-IN
CHICKEN
BREAST
FAMILY PACK
11.00/KG



THIS WEEK ONLY

299
/LB

FLETCHER'S
CURED PORK
COTTAGE ROLL
6.59/KG



35 points

THIS WEEK ONLY

599
EACH

MAPLE LODGE OR
ZABIHA HALAL ULTIMATE
CHICKEN FRANKFURTERS
900 G SELECTED VARIETIES



THIS WEEK ONLY

999
EACH

LOU'S KITCHEN
FULLY COOKED
ENTRÉES
800 G
SELECTED VARIETIES



THIS WEEK ONLY

1099
EACH

LEGACY
MARINATED
BONELESS
PORK LOIN OR
PULLED PORK
800 G - 1 KG
SELECTED VARIETIES



25 points

THIS WEEK ONLY

349
EACH

SABRA
HUMMUS
175 - 385 G
SELECTED VARIETIES



THIS WEEK ONLY

599
EACH

BOURSIN
CHEESE
150 G
SELECTED VARIETIES



THIS WEEK ONLY

699
EACH

MARC
ANGELO
JUMBO
PORK
SAUSAGES
500 - 675 G
FROZEN
SELECTED VARIETIES



THIS WEEK ONLY

1299
EACH

SCHNEIDERS
SMOKED
BONELESS
HALF HAM
700 G SELECTED VARIETIES



THIS WEEK ONLY

549
EACH

SILANI FETA
200 G SELECTED VARIETIES
WHILE QUANTITIES LAST



THIS WEEK ONLY

649
EACH

SCHNEIDERS
BOLOGNA
375 - 500 G
SELECTED VARIETIES



THIS WEEK ONLY

699
EACH

IRRESISTIBLES
FRESH PASTA
SELECTED VARIETIES



THIS WEEK ONLY

749
EACH

IRRESISTIBLES
GOAT CHEESE
SELECTED VARIETIES



THIS WEEK ONLY

699
EACH

LES HORS-D'OEUVRE
CRISPY CALAMARI
CALMARS
CROUSTILLANTS
140 G



THIS WEEK ONLY

799
EACH

IRRESISTIBLES
PACIFIC WHITE
COOKED OR
RAW SHRIMP
31 - 40 CT
SELECTED VARIETIES



THIS WEEK ONLY

1199
EACH

HIGH LINER
PAN-SEAR
FISH FILLETS
SELECTED VARIETIES



THIS WEEK ONLY

1199
EACH

IRRESISTIBLES
BREADED
POPCORN
SHRIMP
700 G FROZEN
SELECTED VARIETIES

MORE GREAT SAVINGS FOR LESS



11 Black Diamond
Old Cheddar • Cheddar fort
220 g

12 Black Diamond
Marble Cheddar • Cheddar marbré
240 g

NATURAL CHEESE SLICES
FRANCHES DE FROMAGE NATUREL

High in PROTEIN
Riche en PROTÉINES

Good Source of
Bonne source de CALCIUM

BLACK DIAMOND
NATURAL CHEESE SLICES
220 - 240 G
SELECTED VARIETIES

LOCKED DOWN

4.99

EACH



NESTLÉ REAL DAIRY ICE CREAM
1.5 L
NOVELTIES
4 - 10'S
SELECTED VARIETIES

PREMIUM ICE CREAM
Real Dairy
French Vanilla

LOCKED DOWN

4.99

EACH



LINDT EXCELLENCE
70% CACAO
DARK-NOIR
100 G
SELECTED VARIETIES

LOCKED DOWN

2/750



BUSH'S BEST
Original
BAKED BEANS
398 ML
SELECTED VARIETIES

LOCKED DOWN

1.99

EACH



RED ROSE
ORANGE PEKOE
72'S
72'S

LOCKED DOWN

5.99

EACH



GENERAL MILLS
FAMILY SIZE
CEREAL
475 - 778 G
SELECTED VARIETIES

LOCKED DOWN

5.99

EACH



SELECTION CHOCOLATE CHIPS
250 - 300 G
SELECTED VARIETIES

LOCKED DOWN

2.99

EACH



SAN PAOLO OR AURORA
PANETTONE
500 - 800 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

5.49

EACH



NATURE'S PATH
ORGANIC GLUTEN FREE CEREAL
907 G
SELECTED VARIETIES

LOCKED DOWN

8.99

EACH



MELITTA
WHOLE BEAN COFFEE
907 G
SELECTED VARIETIES

LOCKED DOWN

17.99

EACH

BAKERY



VILLAGGIO BREAD
550 - 675 G
BUNS
6 - 8'S
SELECTED VARIETIES

THIS WEEK ONLY

2.99

EACH



DEMPSTER'S 10" TORTILLAS
426 - 510 G

KING'S HAWAIIAN ROLLS
312 - 340 G
SELECTED VARIETIES

THIS WEEK ONLY

3.99

EACH



SELECTION COOKIES
360 - 426 G
IRRESISTIBLES CROISSANTS
6'S
SELECTED VARIETIES

THIS WEEK ONLY

3.99

EACH



SELECTION BAGELS OR ENGLISH MUFFINS
6'S
SELECTED VARIETIES

15 points

THIS WEEK ONLY

1.99

EACH

LOCKED DOWN



HOLIDAY LUNCHEON MEAT 340 G
MAPLE LEAF FLAKED MEAT 156 G
SELECTED VARIETIES

20
points



NATURE VALLEY CHEWY BARS 192 - 210 G
BETTY CROCKER FRUIT SNACKS 128 - 225 G
SELECTED VARIETIES



LOCKED DOWN
249
EACH



LOCKED DOWN
299
EACH



GAY LEA NORDICA COTTAGE CHEESE 500 G
4 X 113 G
SELECTED VARIETIES

LOCKED DOWN
449
EACH



LOCKED DOWN
399
EACH



LOCKED DOWN
399
EACH



PARKAY MARGARINE 850 G
SELECTED VARIETIES

LOCKED DOWN
399
EACH



ANNIE'S MACARONI & CHEESE 170 G
SELECTED VARIETIES

LOCKED DOWN
2/\$5



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

LOCKED DOWN
299
EACH



NESTLÉ MINI CHOCOLATES 135 - 203 G
SELECTED VARIETIES

LOCKED DOWN
399
EACH



QUE PASA TORTILLA CHIPS 350 G
SELECTED VARIETIES

LOCKED DOWN
399
EACH



ORVILLE REDENBACHER POPPING CORN 340 - 850 G
SELECTED VARIETIES

LOCKED DOWN
399
EACH



BUDWEISER ZERO NON-ALCOHOLIC BEER 12 X 355 ML
SELECTED VARIETIES

125 points
LOCKED DOWN
1549
EACH



DAINTY JASMINE RICE 900 G
WHILE QUANTITIES LAST

LOCKED DOWN
399
EACH



SUN-MAID RAISINS 393 G
SELECTED VARIETIES

LOCKED DOWN
399
EACH



HEINZ BAGEL BITES 178 G FROZEN
SELECTED VARIETIES

15 points
LOCKED DOWN
199
EACH



ALL IN POWERBALL CLEAN FINISH POWERBALL DISHWASHER TAB 60 - 100'S
SELECTED VARIETIES

LOCKED DOWN
2399
EACH



BRTA WATER REFILL FILTERS 3'S
SELECTED VARIETIES

LOCKED DOWN
2099
EACH



SHOUT STAIN REMOVER 650 ML
SELECTED VARIETIES

LOCKED DOWN
449
EACH



LYSOL DISINFECTING WIPES 35'S
SELECTED VARIETIES

LOCKED DOWN
349
EACH



November 14th to November 27th, 2024

BUY THE \$30 CROSSWORD EXTREME INSTANT TICKET, GET A \$5 FOOD BASICS GIFT CARD FOR FREE

*Offer valid November 14th - November 27th, 2024. Conditions may apply. While supplies last, subject to availability. Must be 18 years of age or older. Buy the \$30 Crossword Extreme INSTANT Ticket, at participating Food Basics locations. No coupon required. In-store purchases only. Cannot be combined with any other offer. Offer subject to change or cancellation without notice.

ALWAYS GREAT PRICE



SELECTION
SHREDDED
CHEESE
500 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
9.99
EACH



IRRESISTIBLES FRUIT
400 - 600 G
FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE 
4.44
EACH



SELECTION
ORANGE BURST
JUICE BLEND
2.5 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 
4.44
EACH



IRRESISTIBLES PIZZA
340 - 390 G FROZEN SELECTED VARIETIES

ALWAYS GREAT PRICE 
3.97
EACH



SELECTION SOUP
284 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
99¢
EACH



SELECTION
PLUM OR HONEY
GARLIC SAUCE
750 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
3.49
EACH



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

ALWAYS GREAT PRICE 
4.97
EACH



IRRESISTIBLES OR
SELECTION
PARMESAN CHEESE
250 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
6.49
EACH



IRRESISTIBLES CRISPS
150 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
3.99
EACH



IRRESISTIBLES OLIVES
375 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
3.79
EACH



SELECTION
PEANUTS
700 - 800 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
4.99
EACH



SELECTION
SNACKS OR
IRRESISTIBLES
POPCORN
220 - 400 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.99
EACH



SELECTION
EVAPORATED
MILK
354 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.77
EACH



SELECTION
MEALS
375 G FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.37
EACH



SELECTION
ALUMINUM
FOIL
762 SQ FT
PLASTIC WRAP
654 SQ FT
SELECTED VARIETIES

ALWAYS GREAT PRICE 
21.99
EACH



SELECTION
GLASS CLEANER
750 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.97
EACH



SELECTION
FACIAL TISSUE
12'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 
12.99
EACH



SELECTION
BATHROOM
TISSUE
30'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 
19.99
EACH

ALWAYS GREAT PRICE



DANONE OIKOS GREEK YOGURT
12 X 100 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
9.99
EACH



HÄAGEN-DAZS ICE CREAM
946 ML
NESTLÉ DRUMSTICK
8 - 8'S
SELECTED VARIETIES



ALWAYS GREAT PRICE 
9.99
EACH



IÖGO YOGURT
2 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE 
9.99
EACH



CAVENDISH FARMS FRENCH FRIES
1.8 KG
FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE 
7.99
EACH



BLACK DIAMOND CHEESTRINGS
586 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
11.99
EACH



NUTELLA HAZELNUT SPREAD
1 KG

ALWAYS GREAT PRICE 
9.99
EACH



BEN'S ORIGINAL BISTRO EXPRESS FAMILY SIZE RICE
490 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
4.99
EACH



STARBUCKS NESPRESSO COFFEE CAPSULES
10'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 
8.99
EACH



NESTLÉ OR CADBURY CANDY BARS
50 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
99¢
EACH



STARBUCKS NESPRESSO VERTUO COFFEE CAPSULES
8'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.147
EACH



MISS VICKIE'S POTATO CHIPS OR SUN CHIPS
190 - 205 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
3.99
EACH



KELLOGG'S RICE KRISPIES SQUARES
660 G, 30'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 
9.99
EACH



COCA-COLA OR PEPSI
6 X 222 ML
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

ALWAYS STIRRING UP GREAT PRICES



oikos
GREEK YOGURT
NO SUGAR ADDED
PLAIN

oikos
GREEK YOGURT
Possibly the best thing to come out of the Mediterranean.
2%
PLAIN

oikos
GREEK YOGURT
850 - 750 G
SELECTED VARIETIES

LOCKED DOWN

5.99
EACH

ACTIVIA
active probiotics - probiotiques actifs

12x 100 g

2.2% DE PROBIOTIQUES ACTIFS

ACTIVIA
YOGURT
12 X 100 G
SELECTED VARIETIES

LOCKED DOWN

5.49
EACH

LIBERTÉ
GREC-GREEK

LIBERTÉ
GREC-GREEK

LIBERTÉ
GREC-GREEK

LIBERTÉ
GREEK YOGURT
4 X 100 G
SELECTED VARIETIES

LOCKED DOWN

2.99
EACH

iöGO
Creamy - Crèmeux

iöGO
YOGURT
16 X 100 G
SELECTED VARIETIES

LOCKED DOWN

5.99
EACH

Yoplait
TUBES

Yoplait
MINIGO

Yoplait
MINIGO

Yoplait
YOGURT
6-8'S
SELECTED VARIETIES

LOCKED DOWN

2/\$5

LIBERTÉ
KEFIR

LIBERTÉ
KEFIR
1 L
SELECTED VARIETIES

30 points

LOCKED DOWN

4.99
EACH

ACTIVIA
active probiotics - probiotiques actifs

ACTIVIA
active probiotics - probiotiques actifs

probiotic smoothie
probiotique

mixed berries
mélange de baies

ACTIVIA
PROBIOTIC SMOOTHIE
DRINKABLE YOGURT
190 ML
SELECTED VARIETIES

LOCKED DOWN

99¢
EACH

Yoplait
YOP

DRINKABLE YOGURT
BOISSON À BASE DE YAOURT
200 VITAMINE B
YOGURT & BOISSON
BOISSON À BASE DE YAOURT
ET 10 VITAMINE B

6 x 200 mL
1.5 L
M.F., M.B.
NO ARTIFICIAL FLAVORS OR COLORS
SANS ARÔMES NI COLORANTS
ARTIFICIELS

Yoplait
YOP
DRINKABLE YOGURT
6 X 200 ML
SELECTED VARIETIES

LOCKED DOWN

5.49
EACH

Irresistibles
GREEK

Irresistibles
SKYR

Irresistibles
GREEK OR
SKYR
YOGURT
750 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

4.77
EACH

DANONE
GO!

DANONE
GO!

DANONE
GO!
DRINKABLE
YOGURT
190 ML
SELECTED VARIETIES

LOCKED DOWN

75¢
EACH

Irresistibles
GREEK
YOGURT

Irresistibles
GREEK
YOGURT

Irresistibles
GREEK YOGURT
4 X 100 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.99
EACH

Irresistibles
SKYR
YOGURT

Irresistibles
SKYR
YOGURT

Irresistibles
SKYR YOGURT
4 X 100 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.99
EACH

HOLIDAY MORE

\$

ENTERTAINING FOR LESS



LACTANTIA CREAM
473 ML - 1 L
SELECTED VARIETIES

3.33
EACH



TOSTITOS TORTILLA CHIPS
205 - 295 G
TOSTITOS SALSA
416 - 418 ML
SELECTED VARIETIES

2/\$7



IRRESISTIBLES EGG NOG
1 L
SELECTED VARIETIES
WHILE QUANTITIES LAST

2.99
EACH



SELECTION ADVENT CALENDAR
50 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

2.49
EACH



KINDER ADVENT CALENDAR
182 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

1.199
EACH



LINDT ADVENT CALENDAR CHOCOLATE BOX
128 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

1.199
EACH



IRRESISTIBLE BELGIUM COLLECTION COOKIES
400 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

6.99
EACH



CLOVER LEAF SMOKED MUSSELS OR OYSTERS
85 G
SELECTED VARIETIES

1.99
EACH



FESTA PANETTONE OR PANDORO
750 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

1.199
EACH



MILANO PANETTONE
800 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

7.99
EACH



\$



QUAKER CRISPY MINIS
50 - 199 G
TROPHY PEANUTS
200 - 325 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

2/\$5



40 points

MAISON PERRIER SPARKLING WATER BEVERAGE
8 X 330 ML SELECTED VARIETIES

6.99
EACH



OCEAN SPRAY CRANBERRY COCKTAIL OR JUICE BLENDS
1.77 - 1.89 L
SELECTED VARIETIES

3.99
EACH



PURE LIFE NATURAL SPRING WATER
24 X 500 ML

3.49
EACH



PILLSBURY CRESCENTS
200 - 227 G
SELECTED VARIETIES

1.99
EACH



HEINZ KETCHUP
750 - 1 L
SELECTED VARIETIES

4.99
EACH



HELLMANN'S MAYONNAISE
710 - 800 ML
SELECTED VARIETIES

5.99
EACH



40 points

NESCAFÉ GOLD INSTANT COFFEE
95 - 100 G
SELECTED VARIETIES

6.49
EACH



2/\$5



SELECTION ECO TABLE NAPKINS
500'S
SELECTED VARIETIES

4.99
EACH



SELECTION PAPER PLATES OR BOWLS
24 - 30'S
SELECTED VARIETIES

4.99
EACH



SELECTION PLASTIC RED GLASSES
50'S
SELECTED VARIETIES

4.99
EACH

ALL AISLES LEAD HOME KITCHENS OF THE WORLD



GREEN OR GREY ZUCCHINI
PRODUCT OF MEXICO
3.70/KG

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
168
/LB

NEW ZEALAND SPRING LAMB

- Fresh
- 100% Grass fed
- Free range
- Raised without antibiotics or added hormones
- Halal Certified



NEW ZEALAND
FRESH LEAN
GROUND LAMB
454 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
799
EACH



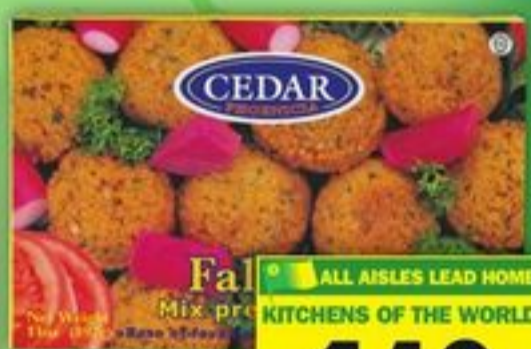
DAINTY SUPER PATNA, CEDAR PARBOILED, PARLIAMENT GOLD OR LAL QILLA SELLA BASMATI RICE
4.54 - 8 KG SELECTED VARIETIES



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1299
EACH



CEDAR BEANS
540 ML
FALAFEL MIX OR CHICKPEA DIP
397 - 400 G
SELECTED VARIETIES



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
149
EACH



CEDAR HALAL OR PHOENICIA YOGURT, HANS DAHI
650 - 750 G SELECTED VARIETIES



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
249
EACH



CEDAR VEGETABLES
375 - 750 G/1.1 KG
JJ WILK PIEROGIES
907 G FROZEN SELECTED VARIETIES



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
299
EACH



BOREK BITES OR TWIST
340 - 454 G FROZEN SELECTED VARIETIES



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
499
EACH



VEGETA SEASONING OR MAGGI BOUILLON CUBES
500 - 504 G
SELECTED VARIETIES



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
499
EACH



IRRESISTIBLES BAGUETTE
325 G
SELECTED VARIETIES



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
149
EACH



ALKANATER OR CEDAR THAHINA, PHOENICIA OR ALSHIFA HONEY
500 - 907 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
899
EACH



MAATOUK GROUND COFFEE OR CEDAR TEA
200 G
SELECTED VARIETIES



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
449
EACH



CEDAR DRY BEANS, BURGOL OR SEMOLINA
907 G
CEDAR PHYLLO
854 G FROZEN
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
249
EACH



ADRIATIC QUEEN OR CEDAR SARDINES, BRUNSWICK FILLETS
100 - 320 G
SELECTED VARIETIES



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
149
EACH



CEDAR PICKLES OR GRAPE LEAVES
398 - 796 ML/1 L
SELECTED VARIETIES



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
399
EACH



BEST NECTAR OR CEDAR MARSHMALLOWS
250 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
249
EACH



CEDAR CONDENSED MILK, NORDEK KASHATA CREAM OR CEDAR PEACHES
170 G/300 - 796 ML SELECTED VARIETIES



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
299
EACH



CEDAR EGGPLANT DIP OR STUFFED VINE LEAVES
318 - 375 G
SELECTED VARIETIES



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
249
EACH



KNORR BOUILLON CUBES
80 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
129
EACH

P&G



**DOWNY OR GAIN
LAUNDRY SCENT
BOOSTERS**
379 G
SELECTED VARIETIES

LOCKED DOWN

999
EACH



TIDE PODS
42'S
**DOWNY ULTRA
FABRIC SOFTENER**
150 LOADS, 3.29 L
SELECTED VARIETIES

LOCKED DOWN

1299
EACH



**CHARMIN
ULTRA SOFT BATHROOM TISSUE**
12 = 48'S
8 x 12'S
SELECTED VARIETIES

BOUNTY PAPER TOWEL
6 = 12 DOUBLES
1666'S
SELECTED VARIETIES

LOCKED DOWN

1399
EACH



**FEBREZE
AIR FRESHENER**
2 X 250 ML
SMALL SPACES
2 X 7.5 ML
SELECTED VARIETIES

LOCKED DOWN

649
EACH



**FEBREZE PLUG OIL
AIR FRESHENER
STARTER KIT**
26 ML
SELECTED VARIETIES

LOCKED DOWN

699
EACH



**SWIFFER
WET JET CLEANER**
1.25 L
SELECTED VARIETIES

LOCKED DOWN

879
EACH



**DAWN EZ-SQUEEZE
DISHWASHING
DETERGENT**
535 ML
SELECTED VARIETIES

LOCKED DOWN

399
EACH



**MR. CLEAN
ALL PURPOSE
CLEANER**
1.21 L
SELECTED VARIETIES

LOCKED DOWN

399
EACH

CLOROX



GLAD
GUARANTEED STRONG[®]
BLACK
LARGE 90 L **30**
76 x 83 cm | 30 x 33 in **BAGS**



GLAD
GUARANTEED STRONG[®]
BLACK
REGULAR 74 L **40**
65 x 83 cm | 26 x 33 in **BAGS**

125
points

LOCKED DOWN

1249
EACH

GLAD GARBAGE BAGS
30 - 44'S
SELECTED VARIETIES



PINE-SOL
4X CLEANING ACTION
LAVENDER CLEAN
FRAICHEUR LAVANDE
1.41 L
CAUTION / ATTENTION
IRITANT

**PINE-SOL
ALL PURPOSE
CLEANER**
1.41 L
SELECTED VARIETIES

LOCKED DOWN

499
EACH



**33% MORE COMPACT DOSE
PLUS PETITE DOSE**
CLOROX
Original
2.4 L
CAUTION / ATTENTION
IRITANT

**CLOROX
BLEACH**
2.4 L
SELECTED VARIETIES

LOCKED DOWN

499
EACH

PERSONAL AND BABY CARE FOR LESS



HEAD & SHOULDERS HAIR CARE
370 ML
SELECTED VARIETIES



PAMPERS BABY-DRY OR SWADDLERS
108 - 160'S
SELECTED VARIETIES

LOCKED DOWN

5.99
EACH

THIS WEEK ONLY

32.99
EACH



SECRET OR OLD SPICE DEODORANT
73 - 85 G
SELECTED VARIETIES



IVORY BAR SOAP
10 X 90 G
IVORY BODY WASH
621 ML
SELECTED VARIETIES



ALWAYS PADS
20 - 22'S
TAMPAX PEARL TAMPONS
18'S
SELECTED VARIETIES



U BY KOTEX PADS OR TAMPONS
54 - 64'S
SELECTED VARIETIES



DOVE HAIR CARE
353 ML
SELECTED VARIETIES



LISTERINE MOUTHWASH
1 L
SELECTED VARIETIES



NESTLÉ BOOST MEAL REPLACEMENT
6 X 237ML
SELECTED VARIETIES



JAMIESON CHEWABLE VITAMIN C OR D3
120 - 240'S
SELECTED VARIETIES



JAMIESON CALCIUM MAGNESIUM + D3 OR MELATONIN
60 - 240'S
SELECTED VARIETIES



LARABAR GLUTEN FREE ENERGY BAR
16 X 240'S
SELECTED VARIETIES



KIND BARS
210'S
SELECTED VARIETIES

GET YOUR FLU SHOT HERE

Click [here](#) or visit foodbasics.ca/flushot to register online for the flu shots



pharmacy

Speak to our pharmacist for details.



ADVIL LIQUI-GELS
72'S
SELECTED VARIETIES



SESAME STREET MULTI VITAMIN GUMMIES
180'S
SELECTED VARIETIES



JAMIESON MULTI VITAMINS
120 - 240'S
SELECTED VARIETIES



WEBBER NATURAL OMEGA-3 FISH OILS
210'S
SELECTED VARIETIES



BENYLIN COUGH SYRUP
250 ML
SELECTED VARIETIES



VICKS NYQUIL
254 ML
SELECTED VARIETIES



CLIF BAR
12'S
SELECTED VARIETIES



VEGA PROTEIN AND GREENS DRINK MIX
320 G
SELECTED VARIETIES