

**ALWAYS  
MORE  
FOR LESS**

**LIMIT  
OF 3**

**WOW**



SELECTION BACON  
375 G  
SELECTED VARIETIES  
AFTER LIMIT 3.99 EA.

**THIS WEEK ONLY**  
**244**  
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**  
rewards

**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 your 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!**

**20**  
points

**THIS WEEK ONLY**  
**299**  
EACH



DEMPSTER'S  
BREAD  
454 x 508 G  
SELECTED VARIETIES

**75**  
points

**THIS WEEK ONLY**  
**549**  
EACH



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

**125**  
points

**THIS WEEK ONLY**  
**1799**  
EACH



BUTTERBALL  
SEASONED TURKEY ROAST  
1.5 KG FROZEN  
SELECTED VARIETIES

**250**  
points

**THIS WEEK ONLY**  
**2999**  
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**

**7<sup>98</sup>**  
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**

**4<sup>88</sup>**  
/LB



**Irresistible**

**BANANA CHOCOLATE CHIP**  
NEUF EN PLAT

**Irresistible**

**BLUEBERRY BLEUETS**

**THIS WEEK ONLY**

**4<sup>44</sup>**  
EACH

**IRRESISTIBLES MUFFINS**  
6'S SELECTED VARIETIES



**LOU'S KITCHEN**

**BARBEQUE**

**PORK BACK RIBS** CÔTES DE DOS DE PORC

**THIS WEEK ONLY**

**7<sup>98</sup>**  
EACH

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



**WE LOVE LOCAL Ontario**

**ORCHARD CRISP**

**HONEY CRISP**

**GALA**

**THIS WEEK ONLY**

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

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



**EXTRA LARGE**

**GRAPES FROM CALIFORNIA**

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

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

**THIS WEEK ONLY**

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



**750 ML**

**SAPORITO OLIVE OIL**  
750 ML

**THIS WEEK ONLY**

**8<sup>98</sup>**  
EACH



**Bits & Bites Méli-Mélo** Crispers ORIGINAL

**RITZ** original

**DAIRY MILK**

**SOUR PATCH** Kids

**THIS WEEK ONLY**

**1<sup>98</sup>**  
EACH

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



**CASABLANCA HONEY**  
1 KG

**TATA TEA OR TATA COFFEE GOLD**  
100 - 450 G SELECTED VARIETIES

**THIS WEEK ONLY**

**5<sup>98</sup>**  
EACH

**CASABLANCA CLASSICS PURE & PUR HONEY MIEL**  
1 KG

**TATA COFFEE GOLD**  
100% PURE COFFEE



**Black Diamond**

**Old + Fort**  
Cheddar Cheese • Fromage cheddar

**THIS WEEK ONLY**

**4<sup>88</sup>**  
EACH

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



**CASHMERE BATHROOM TISSUE**  
24 - 48'S

**SPONGE TOWELS ULTRA**  
6'S

**SCOTTIES FACIAL TISSUES**  
12'S SELECTED VARIETIES

**THIS WEEK ONLY**

**10<sup>98</sup>**  
EACH

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



**Kraft Cheez Whiz** Original Cheddar Original  
No Artificial Flavors or Colors. Same as in other artificial flavors.

**PHILADELPHIA** ORIGINAL CREAM CHEESE FROMAGE À LA CRÈME  
No Artificial Flavors or Colors. Same as in other artificial flavors.

**KRAFT SINGLES** Original Cheddar Original  
No Artificial Flavors or Colors. Same as in other artificial flavors.

**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

**BEATRICE** MILK  
1% FAT  
A-D  
SELECTED VARIETIES

**20** points

**1.99** EACH

**POST-SHREDDIES CEREAL**  
440 G SELECTED VARIETIES

**HONEYCOMB**  
400 G

**2.99** EACH

**DANONE OIKOS GREEK YOGURT**  
4 X 100 G

**HARVEST CRUNCH**  
400 - 475 G

**SIGGI'S SKYR YOGURT**  
4 X 100 G  
SELECTED VARIETIES

**3.49** EACH

**KRAFT PEANUT BUTTER**  
750 G - 1 KG

**HAZELNUT SPREAD**  
725 G  
SELECTED VARIETIES

**5.99** EACH

**35** points

**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**

**SIMPLY** ORANGE JUICE OR LEMONADES  
1.54 L  
SELECTED VARIETIES

**3.99** EACH

**CLASSICO** PASTA SAUCE  
218 - 600 ML  
SELECTED VARIETIES

**2.99** EACH

**20** points

**COCA-COLA OR PEPSI** SOFT DRINKS  
6 X 710 ML  
SELECTED VARIETIES

**3.99** EACH

**TIDE** LAUNDRY DETERGENT  
100% LIQUID  
100 LOADS, 3.9 L

**TIDE OR GAIN PODS** 45 - 76'S

**CASCADE** DISHWASHER TABS  
110'S SELECTED VARIETIES

**2.19** EACH

**200** points

\*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

**12.99**  
EACH



SELECTION BREAD  
675 G  
SELECTED VARIETIES

**15**  
points

ALWAYS GREAT PRICE

**1.99**  
EACH



MAPLE LEAF SMOKED  
BONELESS HALF HAM  
600 G  
SELECTED VARIETIES

**125**  
points

THIS WEEK ONLY

**12.99**  
EACH



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

**45**  
points

THIS WEEK ONLY

**7.99**  
EACH



CLOVER LEAF  
ALBACORE TUNA  
170 G  
SELECTED VARIETIES

**20**  
points

LOCKED DOWN

**2.99**  
EACH



BILLY BEE HONEY  
1 KG  
SELECTED VARIETIES

**125**  
points

LOCKED DOWN

**12.99**  
EACH



**20**  
points

THIS WEEK ONLY

**2.49**  
EACH



EXCEL GUM  
3'S  
SELECTED VARIETIES

**25**  
points

LOCKED DOWN

**3.79**  
EACH



MICHELINA'S  
GRANDE MEAL  
454 G FROZEN  
SELECTED VARIETIES

**20**  
points

LOCKED DOWN

**2.99**  
EACH



JORDANS  
MUESLI CEREAL  
400 G  
SELECTED VARIETIES

**35**  
points

LOCKED DOWN

**5.99**  
EACH



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

**50**  
points

LOCKED DOWN

**8.99**  
EACH



**10**  
points

LOCKED DOWN

**\$1**  
EACH



LYSOL  
CLEANERS  
500 ML - 1.7 L  
SELECTED VARIETIES

**25**  
points

LOCKED DOWN

**3.99**  
EACH



# moi rewards

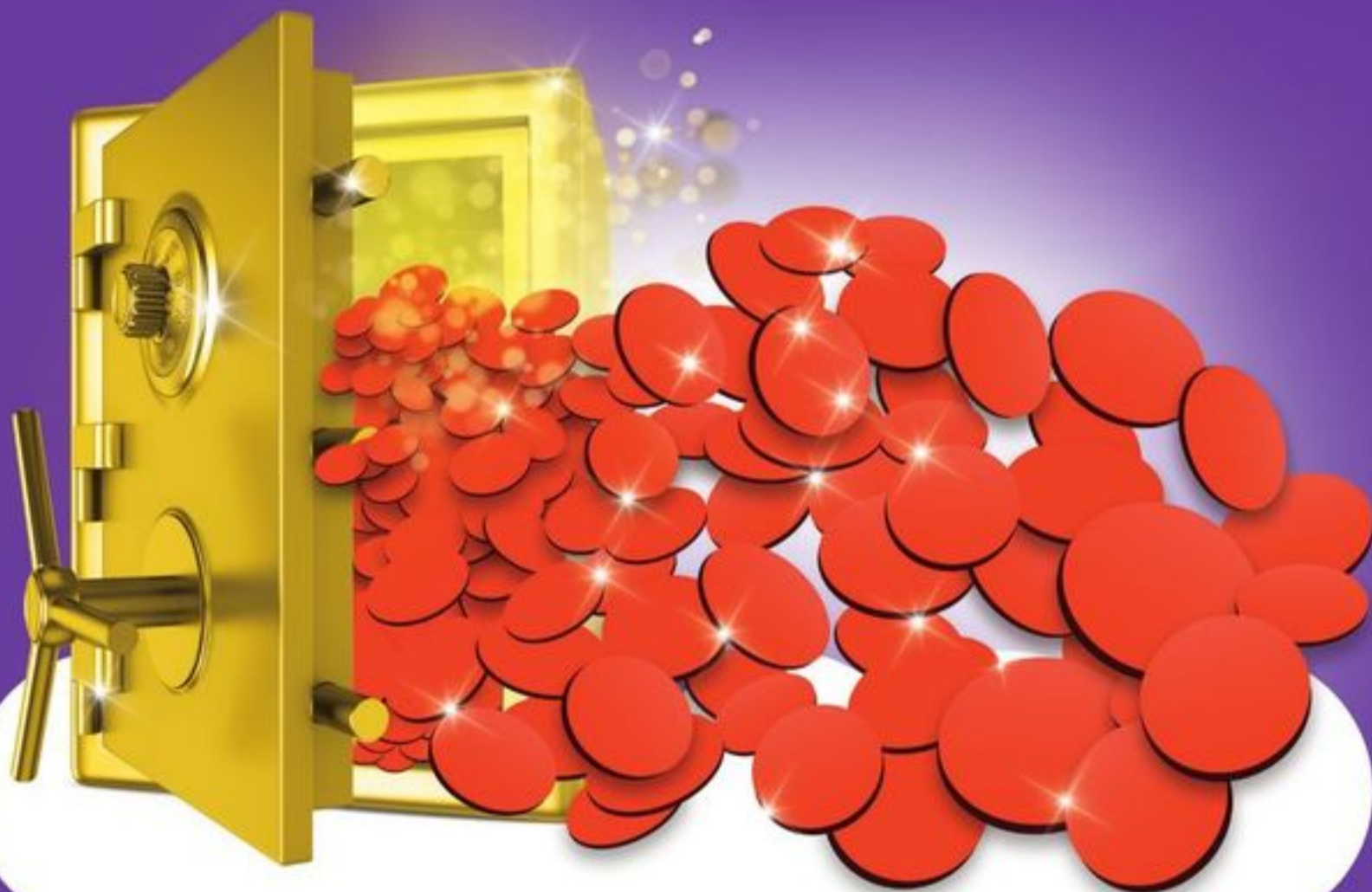


moi  
rewards

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](http://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](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

**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

**5<sup>77</sup>**  
EACH



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

ALWAYS GREAT PRICE

**4<sup>44</sup>**  
EACH



**SELECTION MEAT LASAGNA**  
2.27 G FROZEN  
SELECTED VARIETIES

ALWAYS GREAT PRICE

**11<sup>99</sup>**  
EACH



**SELECTION OR LIFE SMART DRESSING**  
475 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE

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



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

THIS WEEK ONLY **3.49** /LB

EQUALS TO 4.99/LB



FRESH LEAN GROUND BEEF TUBE 908 G SELECTED VARIETIES

THIS WEEK ONLY **9.98** EACH



FRESH CHICKEN SPLIT WINGS BAGGED 9.90/KG

THIS WEEK ONLY **4.49** /LB



PRIME RAISED WITHOUT ANTIBIOTICS WHOLE CHICKEN AIR CHILLED 9.90/KG

THIS WEEK ONLY **4.49** /LB



COHO SALMON FILLET PREVIOUSLY FROZEN 26.43/KG

THIS WEEK ONLY **11.99** /LB



FRESH BONE-IN CHICKEN BREAST FAMILY PACK 11.00/KG

THIS WEEK ONLY **4.99** /LB



FLETCHER'S CURED PORK COTTAGE ROLL 6.59/KG

THIS WEEK ONLY **2.99** /LB



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

35 points

THIS WEEK ONLY **5.99** EACH



LOU'S KITCHEN FULLY COOKED ENTREES 375 - 400 G SELECTED VARIETIES

THIS WEEK ONLY **9.99** EACH



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

THIS WEEK ONLY **10.99** EACH



SABRA HUMMUS 175 - 385 G SELECTED VARIETIES

25 points

THIS WEEK ONLY **3.49** EACH



BOURSIN CHEESE 150 G SELECTED VARIETIES

THIS WEEK ONLY **5.99** EACH



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

THIS WEEK ONLY **6.99** EACH



SCHNEIDERS SMOKED BONELESS HALF HAM 700 G SELECTED VARIETIES

THIS WEEK ONLY **12.99** EACH



SILANI FETA 200 G SELECTED VARIETIES WHILE QUANTITIES LAST

THIS WEEK ONLY **5.49** EACH



SCHNEIDERS BOLOGNA 375 - 500 G SELECTED VARIETIES

THIS WEEK ONLY **6.49** EACH



IRRESISTIBLES FRESH PASTA SELECTED VARIETIES

THIS WEEK ONLY **6.99** EACH



IRRESISTIBLES GOAT CHEESE SELECTED VARIETIES

THIS WEEK ONLY **7.49** EACH



LES HORS-D'ŒUVRE CRISPY CALAMARI 140 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY **6.99** EACH



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

THIS WEEK ONLY **7.99** EACH



HIGH LINER PAN-SEAR FISH FILLETS SELECTED VARIETIES

THIS WEEK ONLY **11.99** EACH



IRRESISTIBLES BREADED POPCORN SHRIMP 700 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY **11.99** EACH



# MORE GREAT SAVINGS FOR LESS



**Black Diamond**  
Old Cheddar • Cheddar fort  
220 g

**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 CHOCOLATE BARS  
100 G  
SELECTED VARIETIES

**LOCKED DOWN**

**2/750**



BUSH'S BEST BAKED BEANS  
398 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**1.99**  
EACH



RED ROSE TEA BAG  
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 PANNETONE  
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

**25**  
points

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

**20**  
points  
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 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 14<sup>th</sup> - November 27<sup>th</sup>, 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**  
850 - 750 G  
SELECTED VARIETIES

**LOCKED DOWN**

**5.99**  
EACH

**ACTIVIA**  
YOGURT  
12 X 100 G  
SELECTED VARIETIES

**LOCKED DOWN**

**5.49**  
EACH

**LIBERTÉ GREEK YOGURT**  
4 X 100 G  
SELECTED VARIETIES

**LOCKED DOWN**

**2.99**  
EACH

**iöGO YOGURT**  
16 X 100 G  
SELECTED VARIETIES

**LOCKED DOWN**

**5.99**  
EACH

**YOPLAIT TUBES OR MINIGO YOGURT**  
SELECTED VARIETIES

**LOCKED DOWN**

**2/\$5**

**LIBERTÉ KEFIR**  
1 L  
SELECTED VARIETIES

**30**  
points

**LOCKED DOWN**

**4.99**  
EACH

**ACTIVIA PROBIOTIC SMOOTHIE DRINKABLE YOGURT**  
190 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**99¢**  
EACH

**YOPLAIT YOP DRINKABLE YOGURT**  
6 X 200 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**5.49**  
EACH

**IRRESISTIBLES GREEK OR SKYR YOGURT**  
750 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**4.77**  
EACH

**DANONE GO! DRINKABLE YOGURT**  
190 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**75¢**  
EACH

**IRRESISTIBLES GREEK YOGURT**  
4 X 100 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**2.99**  
EACH

**IRRESISTIBLES SKYR YOGURT**  
4 X 100 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**2.99**  
EACH



# HOLIDAY MORE

\$

ENTERTAINING FOR LESS

**Lactantia**  
Whipping Cream  
Crème à fouetter  
35%  
473 mL

**Lactantia**  
Half & Half Cream  
Crème à café  
10%  
473 mL

**LACTANTIA CREAM**  
473 mL - 1 L  
SELECTED VARIETIES

**3.33**  
EACH

**Tostitos**  
ROUNDS-RONDES  
MILD DOUCE MILD  
TOSTITOS  
MILD DOUCE SALSA  
416 - 418 ML  
SELECTED VARIETIES

**2/\$7**

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

**EGG NOG CLASSIC**  
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 BELGIAN 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**

**MAISON PERRIER SPARKLING WATER BEVERAGE**  
8 X 330 ML  
SELECTED VARIETIES

**40 points**

**6.99**  
EACH

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

**3.99**  
EACH

**PURE LIFE 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 - 890 ML  
SELECTED VARIETIES

**5.99**  
EACH

**NESCAFÉ GOLD INSTANT COFFEE**  
95 - 100 G  
SELECTED VARIETIES

**40 points**

**6.49**  
EACH

**DAWN OR PALMOLIVE DISH DETERGENT**  
431 - 828 ML  
SELECTED VARIETIES

**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



LONG SQUASH  
PRODUCT OF HONDURAS OR MEXICO  
3.73/KG

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**1.69**  
/LB



RED ONION  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE  
3 LB

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**2.99**  
EACH



KARELA OR CHINESE BITTER MELON  
PRODUCT OF U.S.A., MEXICO, HONDURAS OR GUATEMALA  
5.49/KG

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**2.49**  
/LB



LONG BEAN  
PRODUCT OF U.S.A.,  
MEXICO OR CANADA  
9.90/KG

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**4.49**  
/LB



FONTAINE  
FRESH SEASONED  
VEAL KEFTA  
GRAIN-FED  
17.61/KG

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**7.99**  
/LB



ADONIS  
VEGETABLE OR  
HALAL BEEF  
KEBBE  
540 G FROZEN  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**8.99**  
EACH



SEASOUL  
COOKED SHRIMP OR  
BLUE CRAB  
340-454 G FROZEN  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**5.99**  
EACH



HARVEST GOLD BREAD  
675 G  
SELECTED VARIETIES



ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**2.99**  
EACH



MAGGI  
MASALA  
NOODLES  
70 G

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**39¢**  
EACH



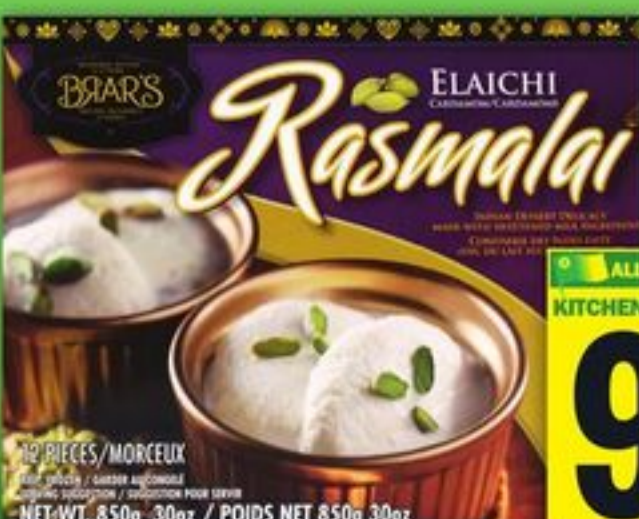
MR MAKHANA  
LOTUS SNACKS  
75 G  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**2.99**  
EACH



BRAR'S  
MILK  
CAKE OR  
DESSERTS  
350-400 G  
FROZEN  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**8.49**  
EACH



BRAR'S  
RASMALAI  
850 G  
FROZEN  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**9.99**  
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



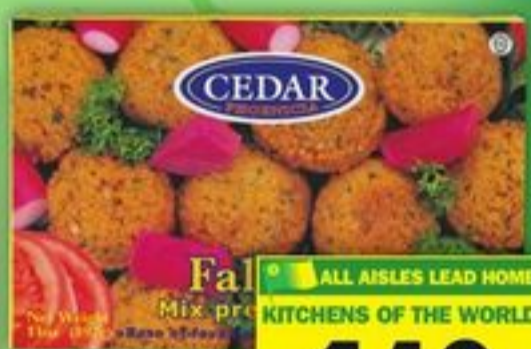
DAINTY SUPER PATNA, CEDAR PARBOILED, PARLIAMENT GOLD OR LAL QILLA SELLA BASMATI RICE  
4.54 - 8 KG SELECTED VARIETIES



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



IRRESISTIBLE 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 MANGO  
BEST NECTAR CEDAR MARSHMALLOWS  
250 G  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**249**  
EACH



CEDAR CONDENSED MILK, NORDEX KASHTA (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  
12 = 48'S  
**BOUNTY PAPER TOWEL**  
6 = 12'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<sup>®</sup>  
**BLACK**  
LARGE 90 L  
76 x 83 cm | 30 x 33 in  
30 BAGS



**GLAD**  
GUARANTEED STRONG<sup>®</sup>  
**BLACK**  
REGULAR 74 L  
65 x 83 cm | 26 x 33 in  
40 BAGS

**125 points**

**LOCKED DOWN** 

**1249**  
EACH

GLAD GARBAGE BAGS  
30 - 44'S  
SELECTED VARIETIES



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

**LOCKED DOWN** 

**499**  
EACH



**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

**THIS WEEK ONLY**

**4.99**  
EACH



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

**THIS WEEK ONLY**

**4.99**  
EACH



**ALWAYS PADS**  
20 - 22'S  
SELECTED VARIETIES

**THIS WEEK ONLY**

**4.99**  
EACH



**TAMPAX PEARL TAMPONS**  
18'S  
SELECTED VARIETIES

**LOCKED DOWN**

**4.99**  
EACH



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

**LOCKED DOWN**

**5.49**  
EACH



**DOVE HAIR CARE**  
353 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**5.49**  
EACH



**LISTERINE MOUTHWASH**  
1 L  
SELECTED VARIETIES

**THIS WEEK ONLY**

**5.99**  
EACH



**NESTLÉ BOOST MEAL REPLACEMENT**  
6 X 237ML  
SELECTED VARIETIES

**LOCKED DOWN**

**12.79**  
EACH



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

**LOCKED DOWN**

**8.49**  
EACH



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

**LOCKED DOWN**

**11.99**  
EACH



**LARABAR GLUTEN FREE ENERGY BAR**  
16 X 24.0 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**16.99**  
EACH



**KIND BARS**  
210'S  
SELECTED VARIETIES

**LOCKED DOWN**

**16.99**  
EACH

## GET YOUR FLU SHOT HERE



**pharmacy**

Speak to our pharmacist for details.

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



**ADVIL LIQUI-GELS**  
72'S  
SELECTED VARIETIES

**LOCKED DOWN**

**13.99**  
EACH



**SESAME STREET MULTI VITAMIN GUMMIES**  
180'S  
SELECTED VARIETIES

**LOCKED DOWN**

**12.99**  
EACH



**JAMIESON MULTI VITAMINS**  
180 - 240'S  
SELECTED VARIETIES

**LOCKED DOWN**

**15.99**  
EACH



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

**LOCKED DOWN**

**15.99**  
EACH



**BENYLIN COUGH SYRUP**  
250 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**11.99**  
EACH



**VICKS NYQUIL**  
254 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**15.99**  
EACH



**CLIF BAR**  
12'S  
SELECTED VARIETIES

**LOCKED DOWN**

**20.99**  
EACH



**VEGA PROTEIN AND GREENS DRINK MIX**  
306 G  
SELECTED VARIETIES

**LOCKED DOWN**

**22.99**  
EACH