

BE A FOODSMITHS REWARDS CUSTOMER!



CUSTOMER

ARDS

THIS WEEK AND EVERY WEEK IN OUR FLYER: **SEE THIS SIGN AND EARN** EXTRA REWARD POINTS ON SELECT ITEMS

Foodsmiths' Customer Rewards Program makes it easy to earn and redeem points fast!

TH SYEAF

You get 1 point for every \$1 you spend!! **Receive a \$10 reward for every** 500 points you earn! **SIGN UP AT OUR CASH OR ONLINE!** **GET REWARDED FASTER** BY SHOPPING **EXTRA POINTS DEALS IN OUR FLYER EVERY** WEEK!

/////// **ONTARIO** FRESH!

WE ARE YOUR

STORE FOR FRESH

LOCAL, ONTARIO,

LOON

HAYTERS

BRIDOR

MRS GARRETT

SILVER HILLS

•NEAL BROS

HUMMINGBIRD

GREAT GENTLEMAN

AND SO MUCH MORE!

EQUATOR LÜDWIG

• RINAG

CORNER BAKERY

DREAM COME TRUE

BAXTER'S BAKERY

FLUID SOLAR ROASTED











SAVE IN OUR BULK BINS AND EAT WELL!











PRICES IN EFFECT THURSDAY, DEC 19 TO FRIDAY, DEC 27 UNLESS OTHERWISE STATED. WHILE SUPPLIES LAST. NO RAIN CHECKS OR SUBSTITUTIONS. IMAGES ARE REPRESENTATIONAL ONLY. PRODUCTS MAY NOT BE EXACTLY AS SHOWN. E & OE.









Making All Merry and Bright OUR 2024 GIFT GUIDE IS HERE!



Find inspiration, from food to gift ideas, in the pages of our 2024 Holiday Gift Guide! Read it at: https://issuu.com/foodsmiths/docs/holiday_gift_guide_2024

CHOOSE YOUR BEANS GRIND THEM TO PERFECTION AT OUR COFFEE MILL

OUR FRESH

BREWED

COFFEE

OR TEA IS

JUST

LIFE'S LITTLE MOMENTS

HAVE YOURSELF A MERRY LITTLE COFFEE!

/ 100G

SAVE 50¢



HOHOJO HOLIDAY BLEND LOCALLY ROASTED COFFEE MEDIUM ROAST PER 100G

This bright and citrusy coffee offers a perfect kick of caffeine to liven your senses. TASTING NOTES: BRIGHT, CHOCOLATE, SWEET



WELCOME TO THE WEEKEND! FREE COFFEE & TEA SATURDAY and SUNDAY



GREAT FOR YOUR HEART



SUPER STRENGTH GARLIC CONCENTRATE 500 MG 90 SOFT GELS



- Reduces the risk for cardiovascular disease
- Helps lower cholesterol and blood pressure, and reduces blood clotting
- Enhances immune function
- Has antibacterial qualities
- Fights fungal and microbial infections
- Relieves symptoms of upper respiratory tract infection





DAILY FIBER



PRICES IN EFFECT THU DEC 12 - FRI DEC 27 UNLESS OTHERWISE STATED. WHILE SUPPLIES LAST. PRICES SUBJECT TO CHANGE WITHOUT NOTICE. NO RAIN CHECKS OR SUBSTITUTIONS. IMAGES ARE REPRESENTATIONAL ONLY. PRODUCTS MAY NOT BE EXACTLY AS SHOWN. E& OF

EMPOWER YOUR

KAPURE PH

GNESIUM GLYCINATE

ITAM

Made in Canada

Empowering Health with Pure Lab Vitamins: The Essence of **Therapeutic Innovation!**

- The Pharmacist's Formulas A Blend of Expertise and Innovation
- **Only the Finest Premium Ingredients**
- **Rigorous Third-Party Testing**
- Pure Lab Vitamins' testing specifications surpass Health Canada Guidelines





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B-COMPI

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FRITE

FX

HYDROXYAPATITE

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Made in Canada and sold exclusively by Health First Network CANADA Members to support healthy Canadian communities.

ullet





SELECT NAIL POLISH

ASSORTED VARIETIES * EXCLUDING TOP & BASE COATS 10 MI

This long-lasting, chip-resistant polish is 82% naturally derived and performance-driven. Vegan, cruelty free formula that omits harsh ingredients.



TATTITUDE[®] live consciously</sup>

ON SALE 50% PHYTO

OCEANLY & PHYTO ASSORTED VARIETIES & SIZES

Protect your skin with our dermatologically tested creams and face oils formulated with vegan ingredients that provide a better skin hydration barrier. Plastic-free packaging and vegan skincare!







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ON SALE AERYON 10% WELLNESS AFRYON ALRYON ARRYON sleep n beauty snoöze. u remind me. up & away **ALL PRODUCTS** ittive sopport **ASSORTED VARIETIES** Aeryon Wellness mission is to "Empower Women With Holistic Health." AFRYON AFRYON ABRYON ALRYON moveit löse it. water b gone. Using the latest in scientific research reclaim. AFETON we formulate and distribute the obormontous highest grade, all natural, support supplements that make a difference. Since 1992 Since 1992 LAX Committed to Your Well-Being Committed to Your Well-Being **MAGNETIC BRACELETS INCENSE STICKS ASSORTED VARIETIES BUY THIS BUY THIS ASSORTED SCENTS** EARN **TARN** Since ancient times, magnets have used to help balance the body's natural healing Immerse yourself in the enchanting aromas POINTS abilities. of India with our meticulously hand-crafted Karmascents Incense sticks. The tubes have The 7 Chakra stone beads (Amethyst, Lapis Lazuli, Blue **EVERYDAY PRICE** 40 sticks, and each is a masterpiece, rolled and Turquoise, Green Aventurine, Tiger Eye, Orange Carnelian, blended with care, capturing the essence of Red Jasper) are nickel-free and lead-free. tradition and sophistication.

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STOCKING STUFFER

EVERYDAY PRICE

99

FACH







ON SALE BOGO Buy 1 get 1 FREE \$24.99

SLEEP-GREAT SLEEP FORMULA 30 VEG CAPS

Sleep is part of our circadian rhythm, which is the light-dark dependant cycle that keeps our body functioning in a healthy way. Melatonin is our "sleep hormone", and it is released in response to darkness. It should be highest at night, promoting a deep, restful sleep, and lowest during the day. SLEEP-GREAT is a complete formulation that helps you fall asleep quickly, stay asleep and achieve deep, restful sleep.



STRESS-FX is formulated to help us maintain our healthy rest-and-digest state. It helps us alleviate stress by lowering cortisol levels, and it promotes relaxation through boosting our calming hormone, GABA.

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Make the CLEAN SWITCH Try Koope today!

KOOP KOOPE "DOPE

Heavyweight Moisturizer

Rich molsturizer for ultimate hydration Crême riche ultra hydratante

1.69 US fl. oz / 50ml C

Moisturizer For continuous, balanced hydration Hydratation continue et équilibrée

Middleweight

Middleweight Moisturizer Moisturizing cream for balanced, long-lasting hydration

Crème pour une hydratation équilibrée et durable 1.69 US fl. oz / 50ml **FREE BAG** with purchase* *One per customer WHILE SUPPLIES LAST

ON SALE

15%





KOOPE SKINCARE ASSORTED VARIETIES

No matter what your routine is, it starts and ends with washing and hydrating. Shop high-performing cleansers and moisturizers for a perfect skincare routine.

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