

food Basics

V.I.P.

Carrots
Carottes

WE LOVE LOCAL
Canada

RUSSET
Washed POTATOES / POMMES de TERRE
5 lb / 2.27 kg CANADA No. 1

INCREDIBLE
124
EACH

RUSSET POTATOES
PRODUCT OF CANADA, CANADA NO. 1 GRADE 5 LB BAG
CARROTS OR YELLOW ONIONS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE 2 LB BAG

Fresh Florida

Clementines

INCREDIBLE
282
EACH

CLEMENTINES
PRODUCT OF MOROCCO, 2 LB BAG
GRAPEFRUITS
PRODUCT OF U.S.A., 3 LB BAG

AVOCADOS
PRODUCT OF MEXICO
BAG OF 5 OR 6

KIWIS
PRODUCT OF GREECE
600 G

INCREDIBLE
273
EACH

the app-solute best way to save

only with **moi** rewards

save \$5

1.13 KG

SELECTION OR LIFE SMART DELUXE MIXED NUTS*
1.13 KG SELECTED VARIETIES

DIGITAL DEAL
1499
EACH
WITH COUPON

DELUXE MIXED NUTS / MELANGE DE NOIX DE LUXE

While quantities last. Visit our app for details.
*Limit one per customer, per transaction.

this week only

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 account.

HAPPY LUNAR NEW YEAR 2025

农历新年快乐



SUNRISE TOFU
EXTRA FIRM • EXTRA FERME

188
EACH

SUNRISE EXTRA FIRM TOFU
350 G

PACIFIC WHITE SHRIMP
CREVETTES BLANCHES DU PACIFIQUE

COOKED-CUITES

RAW-CRUES

31-40

688
EACH

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

Y&Y JASMINE RICE
8 KG
SELECTED VARIETIES

1298
EACH

高級香米
JASMINE RICE
RIZ AU JASMIN

8 kg

800 G

Sky Flakes
CRACKERS

499
EACH

SKY FLAKES CRACKERS
800 G
SELECTED VARIETIES

KIKKOMAN TERIYAKI OR SOY SAUCE
591 ML

HUY FONG SRIRACHA
714 ML
SELECTED VARIETIES

588
EACH

food Basics

ALWAYS MORE FOR LESS

V.I.P.

VERY INCREDIBLE PRICE EVENT

Swanson
Beef Pie
Pâté au bœuf

Swanson
Chicken Pot Pie
Pâté au poulet

No artificial colours or flavours
Sans colorants ou arômes artificiels

INCREIBLE
125
EACH

SWANSON MEAT PIES
200 G FROZEN
SELECTED VARIETIES

INCREIBLE
286
/LB

FRESH BONELESS PORK COMBINATION CHOPS INCLUDING CENTRE CUT CHOPS OR FRESH LEAN GROUND PORK FAMILY PACK 6.31/KG

VILLAGGIO BREAD 550 - 675 G BUNS
DEMPSTER'S WHOLE GRAIN BREAD 600 G
SELECTED VARIETIES

INCREIBLE
288
EACH

Villaggio TOSCANA
Villaggio CLASSICO
Dempster's 100% WHOLE GRAIN 12 GRAIN

INCREIBLE
BUY 2, GET 1 FREE
FREE ITEM MUST BE OF EQUAL OR LESSER VALUE

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

TILDA BASMATI RICE 4.54 KG

10 LB

INCREIBLE
12.98
EACH

Tilda PURE BASMATI BASMATI PUR

IRRESISTIBLES LASAGNA ENTRÉES 1.13 KG FROZEN
SELECTED VARIETIES

INCREIBLE
6.85
EACH

ULTIMATE BEEF & BEEF SAUCE LASAGNA
LASAGNE BŒUF ET BÉCHAMEL
MEAT LASAGNA LASAGNE À LA VIANDE

INCREIBLE
1.99
EACH

CHRISTIE CRACKERS, BITS & BITES, CRISPERS OR SNAAK PAKS COOKIES 145 - 200 G, SELECTED VARIETIES

Bits & Bites
RITZ
OREO mini

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

INCREIBLE
4.88
EACH

Black Diamond Old + Fort
MARBLE-MARBRÉ
Galbani Mozzarella

TIDE SIMPLY ALL IN ONE LAUNDRY DETERGENT 74 LOADS, 3.1 L
GAIN 45 LOADS, 1.92 L
DOWNY SOFTENER 120 LOADS, 2.63 L
SELECTED VARIETIES

INCREIBLE
7.95
EACH

Downy
Tide SIMPLY ALL IN ONE

CASHMERE BATHROOM TISSUE 12 - 24'S
SELECTED VARIETIES

INCREIBLE
4.97
EACH

Cashmere

I earn, redeem and save with moi rewards
GET READY TO SAVE! GREAT PRICES START ON THURSDAY, JANUARY 9TH TO WEDNESDAY, JANUARY 15TH, 2025

To view local store flyer, visit foodbasics.ca, where you can create an account (or sign into your account) and select your preferred location.

V.I.P.

VERY INCREDIBLE PRICE EVENT



KRAFT SINGLES 410 G
PHILADELPHIA CREAM CHEESE 227 - 250 G
CHEEZ WHIZ 450 G
SELECTED VARIETIES

INCREDIBLE \$3.99 EACH



FAMILY SIZE
Honey Nut Cheerios
MADE WITH Real Honey

Kellogg's
Rice KRISPIES
FAMILY SIZE

GENERAL MILLS OR KELLOGG'S
FAMILY SIZE CEREAL
475 - 778 G SELECTED VARIETIES

25 points

INCREDIBLE \$5.48 EACH



NATREL
LACTOSE FREE OR ORGANIC MILK
2 L
SELECTED VARIETIES

20 points

INCREDIBLE \$4.99 EACH



Gushers

NATURE VALLEY GRANOLA BARS 130 - 230 G
BETTY CROCKER FRUIT SNACKS 128 - 226 G
CRISPY MINIS 90 - 199 G SELECTED VARIETIES

INCREDIBLE 2/\$5



LIBERTÉ GREC GREEK
OIKOS
LIBERTÉ méditerranée

DANONE OIKOS OR LIBERTÉ GREEK YOGURT 4 X 100 G
MÉDITERRANÉE YOGURT 500 G SELECTED VARIETIES

INCREDIBLE \$3.33 EACH



PARKAY
FRESH & CREAMY TASTE
SOFT BUTTER

Lactantia
Simple Ingredients
Rich & Creamy
Riche et crémeux
Ingrédients simples

PARKAY MARGARINE 850 G
LACTANTIA CREAM CHEESE PRODUCT 227 G
SELECTED VARIETIES

INCREDIBLE \$2.99 EACH



Campbell's CHUNKY CHICKEN NOODLE
Habitant French-Canadian PEA SOUP
Campbell's ITALIAN WEDDING SOUP

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

INCREDIBLE 2/\$5



MAXWELL HOUSE
GROUND COFFEE
864 - 925 G
SELECTED VARIETIES

INCREDIBLE \$9.99 EACH



HEINZ KETCHUP 750 ML - 1 L
MIRACLE WHIP SPREAD 450 - 850 ML
SELECTED VARIETIES

INCREDIBLE \$4.98 EACH



KD ORIGINAL
12 BOXES

KRAFT DINNER ORIGINAL
12 X 200 G
SELECTED VARIETIES

45 points

INCREDIBLE \$9.97 EACH



Coca-Cola
PEPSI

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

15 points

INCREDIBLE \$3.99 EACH



Doritos
Ruffles
Cheetos

RUFFLES CHEETOS OR DORITOS 180 - 285 G
SELECTED VARIETIES

INCREDIBLE \$3.50 EACH



Pure Life
NATURAL SPRING WATER
24 500 ml bottles
CANADA'S MOST TRUSTED
HEALTHY HYDRATION

PURE LIFE SPRING WATER 24 X 500 ML

INCREDIBLE \$3.46 EACH



Sponge Towels
ULTRA

Scotties
HOUSE & HOME
Original 6

SPONGE TOWELS ULTRA PAPER TOWELS OR SCOTTIES FACIAL TISSUES 6'S
SELECTED VARIETIES

INCREDIBLE \$6.96 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 Nossio Taiho". 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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the
app-solute
best way
to save

only with
moi
rewards

DIGITAL DEAL

14.99
EACH
WITH COUPON

SELECTION OR
LIFE SMART
DELUXE
MIXED NUTS*
1.13 KG
SELECTED VARIETIES



save
\$5

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

nominate your community champ for a chance to win

Five prizes of 1,000,000
points available.
Nominations open
until January 26.

Scan below or visit
moirewards.ca/celebrate

CLICK HERE





ALWAYS FRESH



ALWAYS GREAT PRICES



ALWAYS IN STOCK

ALWAYS Save Every Day



IRRESISTIBLES CARBONATED SPRING WATER
6 X 1 L
SELECTED VARIETIES

4.44
EACH



SELECTION MEALS
215 G FROZEN
SELECTED VARIETIES

1.37
EACH



SELECTION STUFFED CHICKEN CUTLETS
284 G FROZEN
SELECTED VARIETIES

5.29
EACH



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



4.44
EACH

PRODUCE



BROCCOLI CROWNS
PRODUCT OF U.S.A. OR MEXICO

THIS WEEK ONLY

1.98
EACH



WE LOVE LOCAL
Ontario

THIS WEEK ONLY

1.98
EACH

WHOLE WHITE OR CREMINI MUSHROOMS
PRODUCT OF ONTARIO, 227 G



BLUEBERRIES
PRODUCT OF PERU
170 G

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

THIS WEEK ONLY

2.98
EACH



3 PK

ANDY BOY

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

SWEET ASSORTED PEPPERS
PRODUCT OF CANADA OR MEXICO
NO. 1 GRADE

THIS WEEK ONLY

4.88
EACH



DOLE CHOP CHOP SALADS OR KITS
270 - 360 G

THIS WEEK ONLY

3.98
EACH



JUMBO

JUMBO CHERRIES
PRODUCT OF CHILE
NO. 1 GRADE
13.18/KG

THIS WEEK ONLY

5.98
/LB



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

LIMES
PRODUCT OF MEXICO, 1 LB BAG

THIS WEEK ONLY

3.98
EACH



WE LOVE LOCAL
Ontario

TASTE AT ITS PEAK
CRISP

GALA

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

THIS WEEK ONLY

4.98
EACH



CANARY OR SANTA CLAUS MELONS
PRODUCT OF BRAZIL
2.82/KG

THIS WEEK ONLY

1.28
/LB



EXTRA LARGE

EXTRA LARGE RED OR GREEN SEEDLESS GRAPES
PRODUCT OF PERU, NO. 1 GRADE
8.77/KG

THIS WEEK ONLY

3.98
/LB



ROCHA PEARS
PRODUCT OF PORTUGAL
FANCY GRADE
2.5 LB BAG

THIS WEEK ONLY

3.98
EACH



PEACHES OR NECTARINES
PRODUCT OF CHILE
2 LB

THIS WEEK ONLY

4.98
EACH



Green Giant

GREEN GIANT SNOW OR SUGAR PEAS
PRODUCT OF U.S.A.
170 - 227 G

THIS WEEK ONLY

3.98
EACH



Green Giant

GREEN GIANT VEGETABLE MEDLEYS OR CAULIFLOWER CRUMBLE
340 G

THIS WEEK ONLY

2/\$7



Fresh Florida

GREEN BEANS
PRODUCT OF U.S.A.
340 G

THIS WEEK ONLY

3.48
EACH



FIELD-ROAST

FIELD ROAST PLANT-BASED SAUSAGES
340 - 368 G

THIS WEEK ONLY

5.98
EACH

FLORAL



10 STEM TULIPS
ASSORTED COLOURS
WHILE QUANTITIES LAST

THIS WEEK ONLY

\$8
EACH



4" CACTUS OR 8" PRIMROSE BOWL
ASSORTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

8.98
EACH



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

THIS WEEK ONLY

9.88
EACH



5" PREMIUM ORCHIDS
ASSORTED COLOURS
WHILE QUANTITIES LAST

THIS WEEK ONLY

14.98
EACH

MEAT



FRESH BONELESS SKINLESS CHICKEN BREAST FAMILY PACK 13.21/KG

THIS WEEK ONLY **5.99** /LB



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



THIS WEEK ONLY **3.49** /LB



LEGACY CURED BONELESS PORK LOIN ROLLED IN CORNMEAL 7.69/KG

THIS WEEK ONLY **3.49** /LB



JOHNSONVILLE DINNER, BREAKFAST OR SMOKED SAUSAGES 300 - 500 G SELECTED VARIETIES

THIS WEEK ONLY **5.99** EACH



WHOLE RAINBOW TROUT 8.99/LB, 19.82/KG SALMON PORTIONS 8.99 EA.

THIS WEEK ONLY **8.99** /LB OR EACH



FRESH BONELESS OUTSIDE ROUND ROAST OR FAMILY PACK STEAKS CUT FROM CANADA AA OR HIGHER GRADE OF BEEF 23.13/KG

THIS WEEK ONLY **10.49** /LB



FLETCHER'S CURED PORK COTTAGE ROLL 6.59/KG

THIS WEEK ONLY **2.99** /LB

BUTTERBALL TURKEY BACON OR MAPLE LODGE ULTIMATE CHICKEN SAUSAGES 300 - 500 G SELECTED VARIETIES



20 points

THIS WEEK ONLY **4.99** EACH



MARC ANGELO OVEN READY ROASTS OR STUFFED CHICKEN BREAST 250 G - 1 KG SELECTED VARIETIES

THIS WEEK ONLY **9.99** EACH



PRIME RAISED WITHOUT ANTIBIOTICS FULLY COOKED BREADED CHICKEN 700 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY **10.99** EACH



O SOLE MIO FRESH PASTA 225 G SELECTED VARIETIES

THIS WEEK ONLY **2.49** EACH



SABRA HUMMUS 170 - 243 G SELECTED VARIETIES

THIS WEEK ONLY **3.49** EACH



SCHNEIDERS JUICY JUMBOS WIENERS OR SMOKED SAUSAGES 275 - 400 G SELECTED VARIETIES

LOCKED DOWN **6.99** EACH



LOU'S KITCHEN BBQ PORK BACK RIBS 610 G SELECTED VARIETIES

THIS WEEK ONLY **9.99** EACH



TRE STELLE PANEER OR HALLOUMI 200 - 350 G SELECTED VARIETIES

THIS WEEK ONLY **4.99** EACH



MAIN STREET BISTRO SIDES 367 G SELECTED VARIETIES

THIS WEEK ONLY **5.99** EACH



BALDERSTON CHEDDAR OR GOUDA 170 - 260 G SELECTED VARIETIES

THIS WEEK ONLY **7.49** EACH



PILLER'S MEAT SNACKS 300 - 500 G SELECTED VARIETIES

THIS WEEK ONLY **8.49** EACH



GREEN OCEAN SURIMI FLAKES 200 G FROZEN SELECTED VARIETIES WHILE QUANTITIES LAST

THIS WEEK ONLY **99c** EACH



HIGH LINER PAN-SEARED FISH FILLETS OR SIGNATURE GUTS FISH FILLETS 425 - 800 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY **11.99** EACH



SELECTION FISH FILLETS 800 G - 1 KG FROZEN SELECTED VARIETIES

THIS WEEK ONLY **9.99** EACH



SANFORD GREENSHELL MUSSELS 800 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY **14.99** EACH

MORE GREAT SAVINGS FOR LESS



OASIS HEALTH BREAK JUICE OR JUICE BLENDS 1.5 - 1.8 L
DEL MONTE JUICES 1.8 L
SELECTED VARIETIES

THIS WEEK ONLY

349 EACH



GENERAL MILLS HONEY NUT CHEERIOS 430 G
CINNAMON TOAST CRUNCH 354 G
SELECTED VARIETIES

LOCKED DOWN

399 EACH



BLACK DIAMOND NATURAL CHEESE SLICES 220 - 240 G
SELECTED VARIETIES

LOCKED DOWN

499 EACH



McCain BREAKFAST POCKETS 600 G FROZEN
SELECTED VARIETIES

LOCKED DOWN

749 EACH



KELLOGG'S EGGO WAFFLES 280 G
FRENCH TOASTER STICKS 270 G FROZEN
SELECTED VARIETIES

LOCKED DOWN

349 EACH



TETLEY HERBAL TEA 20 - 24'S
SELECTED VARIETIES

LOCKED DOWN

399 EACH



CADBURY FAMILY BARS 80 - 100 G
SELECTED VARIETIES

LOCKED DOWN

3/\$7



LIPTON SOUP 45
SELECTED VARIETIES

LOCKED DOWN

299 EACH



PRINGLES POTATO CHIPS 148 - 156 G
SELECTED VARIETIES

LOCKED DOWN

249 EACH



TIDE PODS 42
DOWNY UNSTOPPABLES 315 G
SELECTED VARIETIES

LOCKED DOWN

1299 EACH

BAKERY



HOSTESS CUPCAKES 206 g
DEMPSTER'S ENGLISH MUFFINS OR HOSTESS SNACK CAKES
SELECTED VARIETIES

THIS WEEK ONLY

249 EACH



DIMPFLMEIER BREAD 450 - 500 G
SELECTED VARIETIES

10 points

THIS WEEK ONLY

299 EACH



SELECTION PASTRIES 510 - 825 G
SELECTED VARIETIES

THIS WEEK ONLY

499 EACH



THE GRAIN ESCAPE GLUTEN FREE BREAD 528 G
SELECTED VARIETIES

THIS WEEK ONLY

799 EACH



SELECTION PASTRIES 510 - 825 G
SELECTED VARIETIES

THIS WEEK ONLY

499 EACH



THE GRAIN ESCAPE GLUTEN FREE BUNS 260 - 328 G
SELECTED VARIETIES

THIS WEEK ONLY

649 EACH

LOCKED DOWN



LACTANTIA PURFILTRÉ OR BEATRICE CHOCOLATE MILK
2L
SELECTED VARIETIES

LOCKED DOWN
4.99
EACH



McCain SUPERFRIES
454 - 650 G
FROZEN
SELECTED VARIETIES

LOCKED DOWN
4.49
EACH



KRAFT PARMESAN CHEESE
200 G
SELECTED VARIETIES

LOCKED DOWN
7.49
EACH



MAISON PERRIER SPARKLING WATER BEVERAGE
8 x 330 ML
SELECTED VARIETIES

LOCKED DOWN
6.99
EACH



BURNBRAE EGG CREATIONS!
500 G
SELECTED VARIETIES

LOCKED DOWN
4.49
EACH



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

LOCKED DOWN
8.99
EACH



STAGG CHILI
425 ML
SELECTED VARIETIES

LOCKED DOWN
3.29
EACH



PRIMO LASAGNE
375 - 500 G OR
PASSATA
680 ML
SELECTED VARIETIES

LOCKED DOWN
2.49
EACH



NESTLÉ CARNATION HOT CHOCOLATE MIX
10 x 25 G
SELECTED VARIETIES

LOCKED DOWN
4.49
EACH



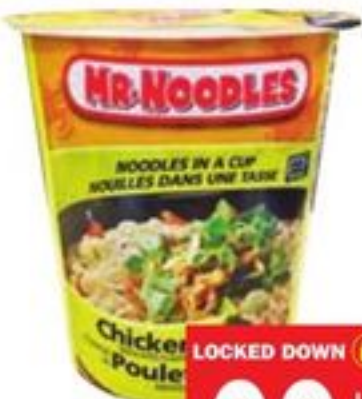
BOSTON MARKET FROZEN MEAL
371 - 397 G
SELECTED VARIETIES

LOCKED DOWN
5.49
EACH



HIDDEN VALLEY SALAD DRESSING
473 ML
SELECTED VARIETIES

LOCKED DOWN
4.49
EACH



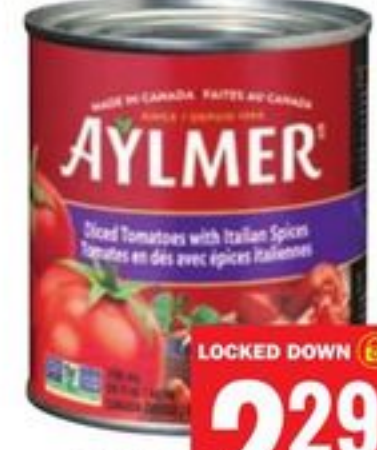
MR. NOODLES INSTANT NOODLES
64 G
SELECTED VARIETIES

LOCKED DOWN
99¢
EACH



RED BULL ENERGY DRINKS
4 x 250 ML
SELECTED VARIETIES

LOCKED DOWN
7.99
EACH



AYLMER TOMATOES
540 - 750 ML
SELECTED VARIETIES

LOCKED DOWN
2.29
EACH



CLOROX BLEACH
2.4 L
SELECTED VARIETIES

LOCKED DOWN
4.99
EACH



PINE-SOL CLEANER
1.14 L
SELECTED VARIETIES

LOCKED DOWN
4.99
EACH



LYSOL DISINFECTANT WIPES
84'S
ALL IN ONE SPRAY
350 G
SELECTED VARIETIES

LOCKED DOWN
5.99
EACH



ALCAN ALUMINUM FOIL
50'

LOCKED DOWN
3.99
EACH

ALWAYS GREAT PRICE



ALWAYS GREAT PRICE 

11⁹⁹
EACH

BLACK DIAMOND CHEESTRINGS
308 G
SELECTED VARIETIES



ALWAYS GREAT PRICE 

8⁹⁹
EACH

CAVENDISH FARMS
FRENCH FRIES
1.5 KG
SELECTED VARIETIES



CRACKER BARREL
SHREDDED CHEESE
320 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

6⁹⁹
EACH



HÄAGEN-DAZS
ICE CREAM
946 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

9⁹⁹
EACH



BEN'S
ORIGINAL
BISTRO
EXPRESS
RICE
490 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

4⁹⁹
EACH



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

ALWAYS GREAT PRICE 

9⁹⁹
EACH



CHEEZ-IT CRACKERS
FAMILY SIZE
352 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3⁹⁹
EACH



KRAFT
PEANUT BUTTER
2 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE 

11⁴⁹
EACH



ANNIE'S
MACARONI & CHEESE
4 X 170 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

7⁹⁹
EACH



NUTELLA SPREAD
1 KG

ALWAYS GREAT PRICE 

9⁹⁹
EACH



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

ALWAYS GREAT PRICE 

3⁹⁹
EACH



STARBUCKS
NESPRESSO VERTUO
COFFEE CAPSULES
8 - 10'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 

11⁴⁷
EACH



COCA-COLA OR PEPSI MINI
6 X 222 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3⁹⁹
EACH



GLACEAU SMART WATER OR
EVIAN SPRING WATER
6 X 1 L SELECTED VARIETIES

ALWAYS GREAT PRICE 

12⁹⁹
EACH

ALWAYS GREAT PRICE



FAT-FREE SANS GRAS
1/70 M.F.G.
Sour cream
Crème sure
500 ml

SELECTION OR LIFE SMART SOUR CREAM 500 ML SELECTED VARIETIES

ALWAYS GREAT PRICE 

249
EACH



Irresistible
CULTIVATED BLUEBERRIES BLEUETS

Irresistible
MIXED BERRIES PETITS FRUITS MELANGES

ALWAYS GREAT PRICE 

444
EACH

IRRESISTIBLE FRUIT 400 - 600 G FROZEN SELECTED VARIETIES



LIFE SMART NATURALIA EGG WHITES 1 KG SELECTED VARIETIES

ALWAYS GREAT PRICE 

749
EACH



SELECTION EXTRA CHERRIES FRUIT SALAD in light syrup

ALWAYS GREAT PRICE 

249
EACH

SELECTION FRUIT CUPS 4 X 107 ML SELECTED VARIETIES



SELECTION ASSORTED SIZES Peas

SELECTION PEACHES & CREAM Corn

SELECTION CANNED VEGETABLES 341 - 398 ML SELECTED VARIETIES

ALWAYS GREAT PRICE 

127
EACH



Life Smart Meaux-âtre Chick Peas

SELECTION DARK RED KIDNEY BEANS

IRRESISTIBLES LIFE SMART OR SELECTION BEANS 540 ML SELECTED VARIETIES

ALWAYS GREAT PRICE 

149
EACH



SELECTION BLACKBERRY SPARKLING WATER

SELECTION COLA

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

ALWAYS GREAT PRICE 

497
EACH



SELECTION PLUM PRUNES

SELECTION HONEY GARLIC MIEL ET AIL

SELECTION ORIENTAL SAUCE 350 - 355 ML SELECTED VARIETIES

ALWAYS GREAT PRICE 

249
EACH



IRRESISTIBLES MELBA TOAST 200 G SELECTED VARIETIES

ALWAYS GREAT PRICE 

249
EACH



SELECTION Mayonnaise

SELECTION Mayonnaise

SELECTION MAYONNAISE 750 - 890 ML SELECTED VARIETIES

ALWAYS GREAT PRICE 

477
EACH



SELECTION JUICES OR DRINKS 8 X 200 ML SELECTED VARIETIES

ALWAYS GREAT PRICE 

277
EACH



SELECTION CHEESE FROMAGE

SELECTION CRÈME SURE OIGNON

SELECTION SNACKS 265 - 400 G SELECTED VARIETIES

ALWAYS GREAT PRICE 

249
EACH



SELECTION COCONUT 200 G SELECTED VARIETIES

ALWAYS GREAT PRICE 

229
EACH



SELECTION PEROGIES 907 G - 1 KG FROZEN SELECTED VARIETIES

ALWAYS GREAT PRICE 

227
EACH



IRRESISTIBLES DOG TREATS 277 G SELECTED VARIETIES

ALWAYS GREAT PRICE 

699
EACH



SELECTION FRESH SCENT CLUMPING CAT LITTER 18 KG SELECTED VARIETIES

ALWAYS GREAT PRICE 

999
EACH



SELECTION REGULAR Garbage Bags

SELECTION GARBAGE BAGS 140'S SELECTED VARIETIES

ALWAYS GREAT PRICE 

1299
EACH



SELECTION ALL-IN-ONE TOUT-EN-UN

SELECTION DISHWASHER TABS 90'S SELECTED VARIETIES

ALWAYS GREAT PRICE 

1499
EACH

STOCK UP YOUR PANTRY FOR LESS

SELECTION OR LIFE SMART TOMATOES
796 - 796 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓

1.77
EACH

QUAKER DIPPES OR CHEWY BARS
120 - 156 G
SNACK PACK PUDDING
4'S SELECTED VARIETIES

THIS WEEK ONLY

1.99
EACH

QUAKER HARVEST CRUNCH
400 - 475 G
SELECTED VARIETIES

THIS WEEK ONLY

3.49
EACH

KASHI CEREAL
345 - 400 G
SELECTED VARIETIES

LOCKED DOWN

4.99
EACH

SELECTION PASTA
900 G
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓

1.97
EACH

SELECTION PASTA SAUCE
410 - 650 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓

2.97
EACH

BETTY CROCKER POTATOES
141 - 215 G
SELECTED VARIETIES

LOCKED DOWN

2.49
EACH

CHRISTIE PREMIUM PLUS CRACKERS
450 - 500 G
SELECTED VARIETIES

LOCKED DOWN

3.99
EACH

SELECTION CHOCOLATE CHIPS
300 - 270 G
SELECTED VARIETIES

LOCKED DOWN

3.49
EACH

EAGLE BRAND CONDENSED MILK
300 ML
SELECTED VARIETIES

LOCKED DOWN

3.49
EACH

BRUNSWICK SARDINES
106 G
SELECTED VARIETIES

LOCKED DOWN

1.49
EACH

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

THIS WEEK ONLY

8.99
EACH

SELECTION DISHWASHING DETERGENT
950 - 928 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓

1.97
EACH

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

ALWAYS GREAT PRICE ✓

2/\$5

SELECTION SANDWICH BAGS
300'S
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓

6.99
EACH

SELECTION PARCHMENT PAPER
50'S
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓

9.99
EACH

ALWAYS STIRRING UP GREAT PRICES



LIBERTÉ GREEK
650 - 750 G
SELECTED VARIETIES

LOCKED DOWN

649
EACH

ACTIVIA
active probiotics
650 G
SELECTED VARIETIES

LOCKED DOWN

349
EACH

YOPLAIT YOP
200 ML
SELECTED VARIETIES

LOCKED DOWN

99¢
EACH

IÖGO NANO
DRINKABLE YOGURT
6 X 93 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

399
EACH

DANONE OÏKOS GREEK YOGURT
12 X 100 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

999
EACH

ACTIVIA
active probiotics
Immune system
8 X 93 ML
SELECTED VARIETIES

LOCKED DOWN

549
EACH

iögo
2 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE

999
EACH

Silk
PLANT-BASED YOGURT
Coconut
650 G
SELECTED VARIETIES

LOCKED DOWN

549
EACH

IRRESISTIBLES SKYR YOGURT
750 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

477
EACH

IRRESISTIBLES CREAMY CRÈMEUR YOGURT
12 X 165 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

577
EACH

IRRESISTIBLES GREEK YOGURT
750 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

477
EACH

IRRESISTIBLES GREEK OR SKYR YOGURT
4 X 100 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

333
EACH

HAPPY LOHRI

HAPPY MAKAR SANKRANTI

HAPPY PONGAL

Quality Quality USA

IRRESISTIBLES SALTED OR UNSALTED PEANUTS PRODUCT OF U.S.A. 1 KG

ALL AISLES LEAD HOME KITCHENS OF THE WORLD

4.98 EACH

Tre Stelle

PANEER

350 G

ALL AISLES LEAD HOME KITCHENS OF THE WORLD

4.99 EACH

ARIJUN

NOOR

Parliament Rozane

ALL AISLES LEAD HOME KITCHENS OF THE WORLD

7.99 EACH

NOOR, PARLIAMENT OR ARJUN BASMATI RICE 3.63" 4.54 KG SELECTED VARIETIES

INDIA GATE

Parliament GOLD

LAL QILLA

ALL AISLES LEAD HOME KITCHENS OF THE WORLD

12.99 EACH

LAL QILLA SUPREME SELLA, PARLIAMENT GOLD OR INDIA GATE ROZZANA BASMATI RICE 4.5" 4.54 KG SELECTED VARIETIES

DIVA

SHARBATI Chakki Fresh

NANAK Desi Ghee

CHAKKI ATTA

DIVYA OR PILLSBURY CHAKKI ATTA FLOUR, NANAK DESI GHEE 9.07" 9.1 KG 800 G SELECTED VARIETIES

ALL AISLES LEAD HOME KITCHENS OF THE WORLD

13.99 EACH

CEDAR

Chick Peas

Red Kidney Beans

ALL AISLES LEAD HOME KITCHENS OF THE WORLD

1.49 EACH

CEDAR CANNED BEANS 540 ML SELECTED VARIETIES

DIVA

RED SPLIT LENTILS

DIVYA LENTILS OR CHICK PEAS 800 G SELECTED VARIETIES

ALL AISLES LEAD HOME KITCHENS OF THE WORLD

3.99 EACH

SHER

BESAN

BRAR

SWEET CORN FLOUR

SHER MEERA BESAN FLOUR OR BRAR SWEET CORN FLOUR 1.18 KG SELECTED VARIETIES

ALL AISLES LEAD HOME KITCHENS OF THE WORLD

4.99 EACH

CRISPY POUND CAKES 368" 740 G SELECTED VARIETIES

ALL AISLES LEAD HOME KITCHENS OF THE WORLD

2.99 EACH

TATA TEA

Gold

CASABLANCA HONEY

TATA GOLD TEA OR COFFEE 100" 400 G SELECTED VARIETIES

ALL AISLES LEAD HOME KITCHENS OF THE WORLD

6.99 EACH

DIVYA

CUT OKRA

WHOLE OKRA

DIVYA OKRA 315 G SELECTED VARIETIES

ALL AISLES LEAD HOME KITCHENS OF THE WORLD

1.29 EACH

BHIKHARAM OR SHALINI SNACKS, KURKURE CHIPS 115" 200 G SELECTED VARIETIES

ALL AISLES LEAD HOME KITCHENS OF THE WORLD

1.49 EACH

EBM Peanut Pista

Parle-G

PARLE-G, LU OR EBM COOKIES 84" 300 G SELECTED VARIETIES

ALL AISLES LEAD HOME KITCHENS OF THE WORLD

99¢ EACH

GITS

DOSAI

DIVYA

SOYA CHUNKS

GITS MIXES OR DIVYA SOYA CHUNKS 100" 200 G SELECTED VARIETIES

ALL AISLES LEAD HOME KITCHENS OF THE WORLD

1.49 EACH

MAGGI

2-Minute Noodles

MAGGI NOODLES 70 G

ALL AISLES LEAD HOME KITCHENS OF THE WORLD

39¢ EACH

BRAR'S

Rasmalai

ELAICHI

BRAR'S OR APNA TASTE RASMALAI 850 G SELECTED VARIETIES

ALL AISLES LEAD HOME KITCHENS OF THE WORLD

9.99 EACH

SURATI

CHAKKI MURUM

SURATI SNACKS, DIVYA ROASTED GHANA 200" 400 G SHERBON JUICE SELECTED VARIETIES

ALL AISLES LEAD HOME KITCHENS OF THE WORLD

2.49 EACH

LAZEEZ

Samosa

LAZEEZ SPRING ROLLS OR SAMOSAS 800 G KFI CHUTNEY 455 ML SELECTED VARIETIES

ALL AISLES LEAD HOME KITCHENS OF THE WORLD

2.99 EACH

PERSONAL CARE FOR LESS

CREST OR COLGATE TOOTHPASTE 52 - 100 ML
COLGATE OR ORAL-B TOOTHBRUSH EACH SELECTED VARIETIES

LOCKED DOWN

99¢ EACH

HEAD & SHOULDERS HAIR CARE 370 ML SELECTED VARIETIES

LOCKED DOWN

5.99 EACH

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

THIS WEEK ONLY

4.99 EACH

DEPEND UNDERWEAR OR POISE PADS 17 - 66'S SELECTED VARIETIES

LOCKED DOWN

17.99 EACH

CREST 3D TOOTHPASTE 70 ML
ORAL-B DENTAL FLOSS 75'S SELECTED VARIETIES

LOCKED DOWN

4.49 EACH

ALWAYS SANITARY NAPKINS 20 - 22'S
TAMPAX TAMPONS 18'S SELECTED VARIETIES

LOCKED DOWN

4.99 EACH

NATIVE HAIR CARE 487 ML SELECTED VARIETIES

LOCKED DOWN

11.99 EACH

KIND NUT BARS 40 G SELECTED VARIETIES

LOCKED DOWN

1.79 EACH

FISHERMAN'S FRIEND LOZENGES 12'S SELECTED VARIETIES

LOCKED DOWN

2/\$4

LÄRABAR ENERGY BARS SELECTED VARIETIES

THIS WEEK ONLY

16.99 EACH

JAMIESON OMEGA-3 SELECT 200'S
CURCUMIN TURMERIC 30'S SELECTED VARIETIES

THIS WEEK ONLY

17.99 EACH

JAMIESON VITAMIN E OR GLUCOSAMINE SUPPLEMENTS 120 - 300'S SELECTED VARIETIES

THIS WEEK ONLY

19.99 EACH

INTERESTED IN PHYSICIAN SUPERVISED WEIGHT MANAGEMENT?

Speak to the pharmacy for details.

pharmacy

Find a pharmacy location here: foodbasics.ca/pharmacy

TYLENOL COLD EXTRA STRENGTH 20'S SELECTED VARIETIES

LOCKED DOWN

8.49 EACH

BENLYN COUGH SYRUP 100 ML SELECTED VARIETIES

LOCKED DOWN

8.99 EACH

VICKS VAPORUB 115 ML SELECTED VARIETIES

LOCKED DOWN

9.49 EACH

JAMIESON MULTI VITAMINS 120 - 300'S SELECTED VARIETIES

THIS WEEK ONLY

16.99 EACH

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

LOCKED DOWN

16.99 EACH

TYLENOL 170 - 200'S SELECTED VARIETIES

THIS WEEK ONLY

19.99 EACH

VEGA PROTEIN AND GREENS DRINK MIX 526 G SELECTED VARIETIES

LOCKED DOWN

22.99 EACH

VEGA ONE NUTRITIONAL SHAKE 827 G SELECTED VARIETIES

LOCKED DOWN

48.99 EACH

SHOP ONLINE FOR LESS

- ✔ SAME FLYER SAVINGS
- ✔ SAME FRESHNESS
- ✔ SAME-DAY PICKUP OR DELIVERY

Check offered service
in your area

[SHOP FOODBASICS.CA](https://shop.foodbasics.ca)

NEW!

**PICKUP
OR
DELIVERY
NOW
AVAILABLE**



*Conditions apply. Details at foodbasics.ca.