

# food Basics

## FLURRY



THIS WEEK ONLY   
**88¢** /LB

AMBROSIA OR FUJI APPLES  
 PRODUCT OF U.S.A.  
 1.94/KG



THIS WEEK ONLY   
**1.68** EACH

BLUEBERRIES  
 PRODUCT OF PERU OR CHILE  
 170 G



THIS WEEK ONLY   
**2.98** EACH

SWEET ONIONS  
 PRODUCT OF PERU, NO. 1 GRADE 3 LB BAG  
 FRESH ATTITUDE SALADS OR KITS  
 1.42 G

**moi** rewards i redeem and save on what i buy most often

redeem **500** points = **\$4** in rewards



join today and save

Limit of one Moi Rewards bonus offer per account per day. Certain conditions apply. See [moirewards.ca](http://moirewards.ca) for conditions. Moi Rewards is a trademark of Metro Inc.

i earn, redeem and save  
 GET READY TO SAVE! GREAT PRICES START ON THURSDAY

To view local store flyer, visit [foodbasics.ca](http://foodbasics.ca), where you can create your account.

ALWAYS MORE FOR LESS

MEANS MORE WAYS TO SAVE



SELECTION ENGLISH MUFFINS 12'S  
 ALWAYS GREAT PRICE   
**3.79** EACH



ALWAYS GREAT PRICE   
**5.77** EACH

IRRESISTIBLES YOGURT  
 12 - 16'S  
 SELECTED VARIETIES



ALWAYS GREAT PRICE   
**4.44** EACH

IRRESISTIBLES ICE CREAM  
 1.5 L  
 NOVELTIES  
 4 - 5'S  
 SELECTED VARIETIES



ALWAYS GREAT PRICE   
**6.99** EACH

SELECTION FULLY COOKED BREADED CHICKEN  
 800 G FROZEN SELECTED VARIETIES

# food \$ ALWAYS MORE FOR LESS

## FLURRY OF SAVINGS



**THIS WEEK ONLY** 

**5.98** EACH

HIGH LINER BREADED & BATTERED FISH FILLETS FAMILY PACK OR MARKET CUTS FISH FILLETS  
227 - 700 G FROZEN SELECTED VARIETIES



**EXTRA LEAN**

**THIS WEEK ONLY** 

**4.88** /LB

FRESH EXTRA LEAN GROUND BEEF FAMILY PACK  
10.76/KG



**THIS WEEK ONLY** 

**2.22** EACH

DEMPSTER'S BREAD  
875 G SELECTED VARIETIES



**THIS WEEK ONLY** 

**1.98** EACH

NEVER EVER ANTIBIOTICS HUMANELY RAISED CRATE FREE  
TOUJOURS SANS ANTIBIOTIQUES HUMAINEMENT ÉLEVÉS SANS CAGES

GREENFIELD NATURAL HAM & CHEESE TROUSSE JAMBON NATUREL

SCHNEIDERS LUNCHMATE OR ADULT KITS OR GREENFIELD KITS  
74 - 120 G SELECTED VARIETIES



**THIS WEEK ONLY** 

**4.44** EACH

IRRESISTIBLE MUFFINS  
600 G SELECTED VARIETIES



**THIS WEEK ONLY** 

**1.98** EACH

CHEEZ-IT CRACKERS 191 - 200 G

DARE COOKIES 168 - 315 G SELECTED VARIETIES



**THIS WEEK ONLY** 

**5.48** EACH

ACTIVIA YOGURT 12 X 100 G  
OIKOS GREEK YOGURT 650 - 750 G  
SELECTED VARIETIES



**THIS WEEK ONLY** 

**1.68** EACH

PRIMO PASTA 500 - 900 G  
SAUCE 480 ML  
TOMATOES 796 ML  
BEANS 540 ML  
SELECTED VARIETIES

**20** points

**THIS WEEK ONLY** 

**4.98** EACH

NESCAFÉ OR TASTER'S CHOICE INSTANT COFFEE  
100 - 170 G SELECTED VARIETIES



**1 L**

**THIS WEEK ONLY** 

**13.98** EACH

BERTOLLI OLIVE OIL  
750 ML - 1 L  
SELECTED VARIETIES

**i earn, redeem and save with moi rewards**  
GET READY TO SAVE! **GREAT PRICES START ON THURSDAY, JANUARY 2<sup>ND</sup> TO WEDNESDAY, JANUARY 8<sup>TH</sup>, 2025**

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.

# FLURRY OF SAVINGS

**Black Diamond** Old + Fort Cheddar Cheese 400 G

**Black Diamond** MARBLE-MARBRÉ Cheese 400 G

**Galbani** MOZZARELLA SHREDS 320 G

**Galbani** MOZZARELLA 500 G

SELECTED VARIETIES

**LOCKED DOWN**

**4.88** EACH

**\$**

**THIS WEEK ONLY**

**2.88** /LB

GRADE A DUCKS  
FROZEN SELECTED VARIETIES  
WHILE QUANTITIES LAST  
6.35/KG

**Tropicana** JUICE 1.36 L

**Pure Leaf** ICED TEA 1.75 L

SELECTED VARIETIES

**LOCKED DOWN**

**3.99** EACH

**SMART ONES** OR **IRRESISTIBLES MEALS** 230 - 320 G FROZEN SELECTED VARIETIES

**CHEEMO** PEROGIES POTATO & CHEESE 815 - 907 G

**Butter Chicken** Poulet au beurre

**THIS WEEK ONLY**

**2.99** EACH

**Enjoy!** 8 PROTEIN ALMOND BEVERAGE 1.75 L

**ASTRO** ORIGINAL YOGURT 12 X 100 G

SELECTED VARIETIES

**THIS WEEK ONLY**

**3.99** EACH

**Post** SHREDDIES CEREAL 440 G

**CAP'N CRUNCH** 350 G

SELECTED VARIETIES

**THIS WEEK ONLY**

**3.49** EACH

**Lactantia** SANS LACTOSE FREE MILK 2 L

**PHILADELPHIA** CREAM CHEESE PRODUCT OR DIPS 340 G

**20** points

**THIS WEEK ONLY**

**4.99** EACH

**Black Diamond** CHEESTRINGS OR CHEESE STICKS 252 - 336 G

**25** points

**THIS WEEK ONLY**

**5.99** EACH

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

SELECTED VARIETIES

**15** points

**LOCKED DOWN**

**3.99** EACH

**Tostitos** CHIPS 150 - 295 G

**Lay's** POTATO CHIPS 150 - 295 G

**Smartfood** POPCORN 150 - 295 G

**LOCKED DOWN**

**2.99** EACH

**Charmin** ULTRASOFT BATHROOM TISSUE 8 x 24.5

**Bounty** PAPER TOWEL 4 x 5.5

SELECTED VARIETIES

**THIS WEEK ONLY**

**6.99** EACH

**Tide** LAUNDRY DETERGENT 94 - 100 LOADS

**Cascade** DISHWASHER TABS 110'S

SELECTED VARIETIES

**THIS WEEK ONLY**

**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.

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the  
app-solute  
best way  
to save

only with  
**moi**  
rewards

DIGITAL DEAL

**9.99**  
EACH

WITH COUPON

OCEAN  
PRIME RAW  
ARGENTINIAN  
SHRIMP  
11-15 CT\*  
454 G FROZEN  
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



**ALWAYS FRESH**



**ALWAYS GREAT PRICES**



**ALWAYS IN STOCK**

# ALWAYS Save Every Day



ALWAYS GREAT PRICE ✓

**99¢**  
EACH

SELECTION SPARKLING WATER  
1 L  
SELECTED VARIETIES



LIFE SMART TORTILLA CHIPS  
350 G  
SELECTION SALSA  
430 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓

**2.99**  
EACH



ALWAYS GREAT PRICE ✓

**9.99**  
EACH

IRRESISTIBLES SHEPHERD'S PIE  
800 G FROZEN  
SELECTED VARIETIES



ALWAYS GREAT PRICE ✓

**3.27**  
EACH

SELECTION KETCHUP  
750 ML - 1 L  
SELECTED VARIETIES

# PRODUCE



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

THIS WEEK ONLY 

**1.98**  
EACH



**Fresh Florida**

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

**STRAWBERRIES**  
PRODUCT OF U.S.A., NO. 1 GRADE 454 G

THIS WEEK ONLY 

**3.98**  
EACH



**ROMA TOMATOES**  
PRODUCT OF U.S.A. OR MEXICO  
NO. 1 GRADE  
4.37/KG

THIS WEEK ONLY 

**1.98**  
/LB



**Clementines**  
PRODUCT OF MOROCCO  
2 LB BAG

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

THIS WEEK ONLY 

**3.98**  
EACH



**WE LOVE LOCAL**  
Canada

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

THIS WEEK ONLY 

**3.98**  
EACH



**WE LOVE LOCAL**  
Ontario

**GREEN CABBAGE**  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE  
1.94/KG

THIS WEEK ONLY 

**88¢**  
/LB



**JUMBO ROMAINE HEARTS**  
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



**WE LOVE LOCAL**  
Canada

**Nantego**

**NANTES CARROTS**  
PRODUCT OF CANADA  
454 G

**RADISHES**  
PRODUCT OF CANADA  
454 G

THIS WEEK ONLY 

**2/\$5**



**CANARY OR SANTA CLAUS MELONS**  
PRODUCT OF BRAZIL  
2.82/KG

THIS WEEK ONLY 

**1.28**  
/LB



**AVOCADOS**  
PRODUCT OF MEXICO

**KIWIS**  
PRODUCT OF GREECE  
600 G

THIS WEEK ONLY 

**3.98**  
EACH



**LIMES**

**GOLDEN RIPE PINEAPPLES**  
PRODUCT OF COSTA RICA

**LIMES**  
PRODUCT OF MEXICO  
1 LB BAG

THIS WEEK ONLY 

**2.98**  
EACH



**EXTRA LARGE**

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

THIS WEEK ONLY 

**3.98**  
/LB



**RED MANGOS**  
PRODUCT OF BRAZIL,  
PERU, OR ECUADOR

THIS WEEK ONLY 

**1.25**  
EACH



**Fresh Florida**

**GRAPEFRUITS**  
PRODUCT OF U.S.A.  
3 LB BAG

THIS WEEK ONLY 

**4.88**  
EACH



**Yves**  
VEGGIE BOLOGNA  
vegan - vegetarian  
BOLOGNE VEGGIE

**YVES-VEGGIE CUISINE SLICES OR ROUNDS**  
155 - 200 G

THIS WEEK ONLY 

**3.99**  
EACH



**Bolthouse FARMS**  
Green Goodness  
Boute Verte

**BOLTHOUSE JUICES**  
PULP & PRESS ORGANIC JUICES  
355 ML

THIS WEEK ONLY 

**4.98**  
EACH

# FLORAL



**5" MONEY TREE OR 6" SIGNATURE FOLIAGE**  
ASSORTED VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY 

**9.98**  
EACH



**MIXED LARGE BOUQUET**  
ASSORTED MIXES  
WHILE QUANTITIES LAST

THIS WEEK ONLY 

**\$12**  
EACH



**DOZEN ROSES**  
ASSORTED COLOURS  
WHILE QUANTITIES LAST

THIS WEEK ONLY 

**12.88**  
EACH



**5" PREMIUM ORCHIDS**  
ASSORTED COLOURS  
WHILE QUANTITIES LAST

THIS WEEK ONLY 

**14.98**  
EACH

# MEAT



**THIS WEEK ONLY**  
**4.49**  
EACH



**THIS WEEK ONLY**  
**4.49**  
/LB

SELECTION FRESH PORK SAUSAGES FAMILY PACK  
HOT, MILD, HONEY GARLIC OR BREAKFAST  
9.90/KG



**LOCKED DOWN**  
**3.79**  
/LB



**THIS WEEK ONLY**  
**3.49**  
/LB



**THIS WEEK ONLY**  
**10.99**  
/LB



**THIS WEEK ONLY**  
**5.99**  
/LB



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



**25 points**  
**THIS WEEK ONLY**  
**5.99**  
EACH



**THIS WEEK ONLY**  
**8.99**  
EACH



**THIS WEEK ONLY**  
**9.99**  
EACH



**THIS WEEK ONLY**  
**7.99**  
EACH



**THIS WEEK ONLY**  
**8.99**  
EACH



**THIS WEEK ONLY**  
**6.99**  
EACH



**THIS WEEK ONLY**  
**10.99**  
EACH



**THIS WEEK ONLY**  
**5.99**  
EACH



**THIS WEEK ONLY**  
**7.99**  
EACH



**LOCKED DOWN**  
**8.99**  
EACH



**THIS WEEK ONLY**  
**15.99**  
EACH



**THIS WEEK ONLY**  
**5.99**  
EACH



**THIS WEEK ONLY**  
**5.99**  
EACH



**THIS WEEK ONLY**  
**7.99**  
EACH



**THIS WEEK ONLY**  
**14.99**  
EACH

# MORE GREAT SAVINGS FOR LESS



GAY LEA NORDICA COTTAGE CHEESE 750 G SELECTED VARIETIES

LOCKED DOWN **5.99** EACH



DOLE FRUIT CUPS 4'S SELECTED VARIETIES

LOCKED DOWN **2.99** EACH



BECEL MARGARINE 427 G SELECTED VARIETIES

LOCKED DOWN **4.49** EACH



MONSTER ENERGY DRINKS 488 - 473 ML SELECTED VARIETIES

LOCKED DOWN **2.49** EACH



JORDANS MUESLI OR MORNING CRISP CEREAL 400 G SELECTED VARIETIES

LOCKED DOWN **5.99** EACH



TIM HORTONS COFFEE CAPSULES 48 SELECTED VARIETIES

LOCKED DOWN **30.99** EACH



CAMPBELL'S CONDENSED SOUP 204 ML SELECTED VARIETIES

LOCKED DOWN **2/\$4**



HERSHEY CHOCOLATE BARS 43 - 58 G SELECTED VARIETIES

LOCKED DOWN **99¢** EACH



PRINGLES POTATO CHIPS 48 - 56 G SELECTED VARIETIES

LOCKED DOWN **2.49** EACH



TIDE PODS 42'S DOWNY UNSTOPPABLES 515 G SELECTED VARIETIES

LOCKED DOWN **12.99** EACH

## BAKERY



DEMPSTER'S BUNS 8'S SELECTED VARIETIES

THIS WEEK ONLY **2.49** EACH



DEMPSTER'S 7" OR TIA ROSA TORTILLAS 272 - 340 G

DEMPSTER'S BAGELS 375 - 510 G SELECTED VARIETIES

THIS WEEK ONLY **2.99** EACH



STONEMILL BREAD 454 - 600 G SELECTED VARIETIES

**20** points  
THIS WEEK ONLY **4.49** EACH



CARBONAUT BREAD 544 - 550 G SELECTED VARIETIES

THIS WEEK ONLY **7.99** EACH



# LOCKED DOWN



LACTANTIA  
LACTOSE FREE  
MILK  
4 L  
SELECTED VARIETIES

LOCKED DOWN

**9.99**  
EACH



MAXWELL  
HOUSE  
GROUND  
COFFEE  
864 - 900 G  
SELECTED VARIETIES

LOCKED DOWN

**9.99**  
EACH



PILLSBURY  
PREPARED  
DOUGH  
340 - 468 G  
SELECTED VARIETIES

LOCKED DOWN

**2.99**  
EACH



TAKIS  
TORTILLA CHIPS  
280 G  
SELECTED VARIETIES

LOCKED DOWN

**2/6.50**



JELL-O  
JELLY POWDER  
85 G  
SELECTED VARIETIES

LOCKED DOWN

**99¢**  
EACH



MAISON  
PERRIER  
SPARKLING  
WATER  
BEVERAGE  
8 X 330 ML  
SELECTED VARIETIES

LOCKED DOWN

**6.99**  
EACH



MARS  
CELLO  
CANDY  
165 - 193 G  
SELECTED VARIETIES

LOCKED DOWN

**3.99**  
EACH



CLOVER LEAF  
ALBACORE  
TUNA  
170 G  
SELECTED VARIETIES

LOCKED DOWN

**2.99**  
EACH



NUTELLA  
B-READY BARS  
132 G  
SELECTED VARIETIES

LOCKED DOWN

**4.49**



MICHELINA'S ENTRÉES  
227 - 255 G FROZEN SELECTED VARIETIES

LOCKED DOWN

**2/4.50**



VOORTMAN  
WAFER  
COOKIES  
300 G  
SELECTED VARIETIES

LOCKED DOWN

**2/\$5**



HELLMANN'S  
MAYONNAISE  
445 ML

**15**  
points

LOCKED DOWN

**3.99**  
EACH



OCEAN SPRAY  
SPARKLING  
BEVERAGE  
6 X 340 ML  
SELECTED VARIETIES

LOCKED DOWN

**5.99**  
EACH



MAZOLA  
VEGETABLE,  
CANOLA OR  
CORN OIL  
1.8 L  
SELECTED VARIETIES

LOCKED DOWN

**5.99**  
EACH



MILK-BONE  
FLAVOUR  
DOG SNACKS  
800 - 900 G  
SELECTED VARIETIES

LOCKED DOWN

**3.99**  
EACH



PURINA  
CAT  
CHOW  
2 KG  
SELECTED VARIETIES

LOCKED DOWN

**8.99**  
EACH



PURINA  
ONE  
DOG  
FOOD  
1.81 KG  
SELECTED VARIETIES

LOCKED DOWN

**11.49**  
EACH



PURINA  
ONE  
CAT  
FOOD  
1.45 - 1.81 KG  
SELECTED VARIETIES

LOCKED DOWN

**12.49**  
EACH

# ALWAYS GREAT PRICE



ALWAYS GREAT PRICE   
**3.97**  
EACH



ALWAYS GREAT PRICE   
**3.97**  
EACH



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

ALWAYS GREAT PRICE   
**4.97**  
EACH



SELECTION  
WHITE VINEGAR  
4 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**2.27**  
EACH



SELECTION  
PEANUTS  
700 - 800 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**4.99**  
EACH



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

ALWAYS GREAT PRICE   
**4.44**  
EACH



SELECTION OR  
LIFE SMART  
APPLE SNACKS  
4" & 5"  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**2.49**  
EACH



SELECTION  
CHOCOLATE CHIPS  
835 - 925 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**9.99**  
EACH



SELECTION  
SOUP  
284 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**99¢**  
EACH



SELECTION  
LONG GRAIN  
RICE OR  
DRY BEANS  
900 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**2.99**  
EACH



SELECTION  
MAC &  
CHEDDAR  
200 - 225 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**99¢**  
EACH



SELECTION  
PICKLES  
1 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**3.29**  
EACH



SELECTION  
EVAPORATED  
MILK  
354 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1.77**  
EACH



IRRESISTIBLES  
CARBONATED  
SPRING WATER  
6 & 1 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**4.44**  
EACH



SELECTION  
DISHWASHING  
DETERGENT  
950 - 928 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1.97**  
EACH



SELECTION  
LAUNDRY  
DETERGENT  
1.62 - 1.8 L, 36 - 48 LOADS  
FABRIC  
SOFTENER  
1.8 L, 48 LOADS  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**3.49**  
EACH



SELECTION  
FACIAL  
TISSUE  
125  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**12.99**  
EACH



SELECTION  
BATHROOM  
TISSUE  
30 x 100'S  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**19.99**  
EACH

# EAT WELL FOR LESS



LIFE SMART  
NATURALIA OMEGA-3  
FREE RUN EGGS  
12'S  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**5.99**  
EACH



SELECTION DELUXE  
MIXED NUTS OR CASHEWS  
1.13 KG  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**19.99**  
EACH



SENSIBLE  
PORTIONS  
VEGGIE  
SNACKS  
142 G  
SELECTED VARIETIES

LOCKED DOWN Ⓢ  
**2.99**  
EACH



G.H. CRETORS  
POPCORN  
213 G  
SELECTED VARIETIES

LOCKED DOWN Ⓢ  
**4.29**  
EACH



ORIGINAL LOCKED DOWN Ⓢ  
**2.99**  
EACH



SPLENDA  
SWEETENER  
200 : 275 G  
SELECTED VARIETIES

LOCKED DOWN Ⓢ  
**10.99**  
EACH



RYVITA  
CRACKERS  
SELECTED VARIETIES

LOCKED DOWN Ⓢ  
**3.99**  
EACH



PAM  
COOKING  
SPRAY  
141 : 370 G  
SELECTED VARIETIES

LOCKED DOWN Ⓢ  
**4.99**  
EACH



CATELLI  
GLUTEN FREE  
PASTA  
345 G  
SELECTED VARIETIES

LOCKED DOWN Ⓢ  
**2.99**  
EACH



LIFE SMART  
ORGANIC  
BEANS  
398 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**1.99**  
EACH



BEN'S ORIGINAL  
WHOLE GRAIN  
BROWN RICE  
2.2 KG  
SELECTED VARIETIES

LOCKED DOWN Ⓢ  
**7.99**  
EACH



SELECTION  
APPLE CIDER  
VINEGAR  
1 L

ALWAYS GREAT PRICE ✓  
**1.79**  
EACH



DAIYA  
GLUTEN FREE  
CHEESES  
170 : 227 G  
SELECTED VARIETIES

THIS WEEK ONLY Ⓣ  
**4.98**  
EACH



Greenhouse  
ORGANIC  
Ginger+  
Defence  
WELLNESS SHOTS  
FOR IMMUNITY  
100 mg of Natural Caffeine  
100 mg of Natural Caffeine  
• Antioxidant-Rich  
• Jitter-Free Energy  
• 100% Plant-Based



Greenhouse  
ORGANIC  
Smart+  
Energy  
WELLNESS SHOTS  
100 mg of Natural Caffeine  
100 mg of Natural Caffeine  
• Antioxidant-Rich  
• Jitter-Free Energy  
• 100% Plant-Based

THIS WEEK ONLY Ⓣ  
**8.99**  
EACH



LIFE SMART  
NATURALIA  
FISH FILLETS  
400 G FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY Ⓣ  
**8.99**  
EACH



BFREE TORTILLAS  
168 : 252 G  
SELECTED VARIETIES

THIS WEEK ONLY Ⓣ  
**6.99**  
EACH



MAPLE LEAF  
NATURAL  
SELECTIONS  
SLICED  
DELI MEAT  
125 : 175 G  
SELECTED VARIETIES

THIS WEEK ONLY Ⓣ  
**5.99**  
EACH



LITTLE NORTHERN  
BAKEHOUSE  
GLUTEN FREE  
BREAD  
320 : 567 G  
SELECTED VARIETIES

THIS WEEK ONLY Ⓣ  
**7.99**  
EACH

**HAPPY LOHRI**

**HAPPY MAKAR SANKRANTI**

**HAPPY PONGAL**



RED ONIONS  
PRODUCT OF CANADA  
CANADA NO. 1 GRADE  
**388**  
EACH



KHAAS  
DAHI OR  
PHOENICIA  
YOGURT  
650 / 750 G  
SELECTED VARIETIES  
**249**  
EACH



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

**799**  
EACH



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



**99¢**  
EACH



CEDAR  
CANNED  
BEANS  
540 ML  
SELECTED VARIETIES  
**149**  
EACH



BRAR'S DESI GHEE  
800 G  
**1499**  
EACH



SURATI  
VEGETABLES  
340 G  
FROZEN  
SELECTED VARIETIES  
**149**  
EACH



NOOR  
SUPREME  
SELLA,  
GOLD OR  
BROWN  
BASMATI  
RICE  
1.54 KG  
SELECTED VARIETIES  
**1099**  
EACH



CRISPY  
PARA SNACK  
300 / 360 G  
SELECTED VARIETIES  
**299**  
EACH



PATAK'S OR KFI  
COOKING SAUCES  
375 / 400 ML  
SELECTED VARIETIES  
**399**  
EACH



**199**  
EACH



ROYAL DELIGHT  
SAMOSAS OR  
MAGGI SAUCE  
400 / 500 G / 375 ML  
SELECTED VARIETIES  
**349**  
EACH



NOOR DATES OR DIVYA TEA  
800 G / 216'S  
SELECTED VARIETIES

**499**  
EACH



DIVYA  
SPICES OR  
PICKLE  
CONDIMENTS  
400 / 500 G  
SELECTED VARIETIES  
**299**  
EACH



DIVYA  
COOKING SAUCE,  
TAMARIND OR  
GINGER/GARLIC  
PASTE  
400 / 500 G / 375 ML  
SELECTED VARIETIES  
**249**  
EACH



DESI-LICIOUS  
KULFI  
1 L  
SELECTED VARIETIES  
**599**  
EACH



SHER  
PURE  
CANE  
SUGAR  
1.52 KG  
SELECTED VARIETIES  
**899**  
EACH



DIVYA  
KESAR MANGO  
PULP OR BEST  
NECTARS  
450 G / 375 ML  
SELECTED VARIETIES  
**299**  
EACH

# HAPPY LUNAR NEW YEAR 2025 农历新年快樂



**LOBOK (DAIKON)**  
PRODUCT OF U.S.A.  
**FLAT CABBAGE**  
PRODUCT OF CANADA  
2.82/KG

**128**  
/LB

**TILAPIA**  
GUTTED AND READY TO COOK  
FROZEN AND READY TO COOK  
DÉGÉLÉ ET PRÊT À CUIRE  
DÉGÉLÉ DÉPARTEMENT

**THAI GOLD**  
連凍蝦  
Frozen Shrimp  
Crevettes Crues Congelées  
Crevettes (Congelées - Shrimp - Crues)

1 kg (2.2 lb)      454 g - 400 g - 380 g

**749**  
EACH

**NORTHERN KING WHOLE TILAPIA OR  
THAI GOLD WHOLE RAW SHRIMP**  
380 G - 1 KG FROZEN SELECTED VARIETIES

**Y&Y THAI HOM  
MALI,  
MILI OR  
MEKONG  
JASMINE RICE**  
8 KG  
SELECTED VARIETIES

**15<sup>88</sup>**  
EACH

**LUCKY KOI**  
Instant Noodles  
Chow Mein  
Noodles Instantanées

**3 MINUTE  
CHOW MEIN**  
WONLEET C'HOUMEN EN 3 MINUTES

**Y&Y OR  
LUCKY KOI  
CHOW MEIN  
NOODLES,  
NONGSHIM  
BOWLS**  
75 - 454 G  
SELECTED VARIETIES

**169**  
EACH

**LUCKY KOI**  
Sriracha  
Sauce  
454 G

**TAO'S  
KITCHEN**  
**POTSTICKERS**

**KJ**  
華洪  
Pork & Shrimp  
Dumpling  
三鮮水餃  
Boulettes de Porc  
et crevettes

**23**  
PIECES  
454 G

**299**  
EACH

**KJ DUMPLINGS, TAO'S KITCHEN  
POTSTICKERS, LUCKY KOI SRIRACHA**  
380 - 907 G, 455 ML SELECTED VARIETIES

**Saporito**  
VEGETABLE  
CANOLA,  
SUNFLOWER OR  
CORN OIL  
2.84 - 3 L  
SELECTED VARIETIES

**999**  
EACH

**Grace**  
**Corned Beef**  
Boeuf Sale  
PRODUCT OF BRAZIL • PRODUIT DU BRÉSIL  
340 g

**HEREFORD**  
**CORNED BEEF**  
BOEUF SALE  
PRODUCT OF BRAZIL • PRODUIT DU BRÉSIL  
340 G

**SPAM**

**399**  
EACH

**HEREFORD OR GRACE CORNED BEEF,  
SPAM LUNCHEON MEAT**  
340 G SELECTED VARIETIES

**Grâce**  
COCK  
POUR NÉCESSAIRE À COOQ  
PREMIUM

**MAMA**  
OR  
OH RICEY  
NOODLES,  
GRACE  
SOUPS OR  
BOUILLON  
113 - 70 G  
SELECTED VARIETIES

**88¢**  
EACH

**Lay's**  
Hot 'n' Sweet Chili  
Piment fort et sucre

**299**  
EACH

**LAY'S  
HOT & SWEET  
CHILI CHIPS**  
185 G  
SELECTED VARIETIES

**Pocky**  
12  
PIECES  
156 g

**Sky Flakes**  
M.Y. Sun  
**CRACKERS**

**499**  
EACH

**POCKY STICK  
COOKIES,  
SKYFLAKES  
CRACKERS,**  
164 - 800 G  
SELECTED VARIETIES

**NUTRAMENT**  
ENERGY  
DRINK,  
GRACE  
CONDENSED  
MILK,  
CONDENSEE  
GASABLANCA  
COCONUT  
MILK POWDER  
300 G, 325 ML,  
SELECTED VARIETIES

**349**  
EACH

**Ovaltine**

**OVALTINE  
COOKIES OR  
EXCELSIOR  
CRACKERS**  
150 - 300 G  
SELECTED VARIETIES

**199**  
EACH

**KIKKOMAN**  
**Teriyaki**  
Marinade & Sauce

**KIKKOMAN**  
Soy Sauce  
Sauce Soja

**HUY FONG**  
SRIRACHA  
591 - 714 ML  
SELECTED VARIETIES

**588**  
EACH

**THAI  
KITCHEN**  
OR  
AROY-D  
COCONUT  
MILK  
400 ML  
SELECTED VARIETIES

**AROY-D**  
COCONUT MILK  
LAIT DE COCO  
MILK OF COCO

**GRACE**  
COCONUT SUGAR  
SUCCRE DE MOUL DE COCO

**GRACE**  
Virgin  
Coconut Oil  
300 ML

**299**  
EACH

**699**  
EACH

**GRACE  
COCONUT  
OIL OR  
SUGAR**  
300 G, 300 ML  
SELECTED VARIETIES

**Rubicon**  
MANGO  
Sauce Drink

**LUCKY KOI**  
Whole lyches  
Litchis entières  
Litchis entières (Litchis)

**249**  
EACH

**RUBICON  
DRINKS OR  
LUCKY KOI  
LYCHES**  
367 ML, 1 L  
SELECTED VARIETIES

**GRACE OR  
COOL  
RUNNINGS  
SODA,  
CASABLANCA  
BASIL  
DRINKS**  
300 - 400 ML  
SELECTED VARIETIES

**129**  
EACH

**KEWPIE**  
MAYONNAISE OR  
KUM KEE  
SESAME OIL  
200 - 450 ML  
SELECTED VARIETIES

**799**  
EACH

**KEWPIE  
MAYONNAISE**

# HAPPY LUNAR NEW YEAR 2025 农历新年快樂



**VH SAUCE**  
341 - 380 ML  
SELECTED VARIETIES

**288**  
EACH



**1 KG**

**BILLY BEE HONEY**  
1 KG  
SELECTED VARIETIES

**999**  
EACH



**BRUNSWICK, GOLD SEAL OR ADRIATIC QUEEN SARDINES**  
92 - 125 G  
SELECTED VARIETIES

**149**  
EACH



**MAPLE LEAF FLAKED MEAT OR HOLIDAY LUNCHEON MEAT**  
156 - 340 G SELECTED VARIETIES

**199**  
EACH



**GRACE, CHAOKOH OR CASABLANCA COCONUT WATER, GRACE, MILI OR CASABLANCA COCONUT MILK**  
330 - 520 ML  
SELECTED VARIETIES

**149**  
EACH



**LUCKY KOI OR Y&Y CHESTNUTS OR BAMBOO SHOOTS, GRACE MACKEREL OR SARDINES**  
155 G, 227 ML  
SELECTED VARIETIES

**99¢**  
EACH



**Y&Y RICE STICKS OR EDAMAME, MAE PLOY CHILI SAUCE**  
454 G, 280 ML SELECTED VARIETIES

**229**  
EACH



**MAPLE LEAF OR GRACE VIENNA SAUSAGES**  
113 - 135 G  
SELECTED VARIETIES

**149**  
EACH

**GRACE PLANTAIN CHIPS OR PEANUT PUNCH, POCKY BISCUIT STICKS**  
32 - 100 G  
240 ML  
SELECTED VARIETIES

**129**  
EACH



**Y&Y SEA GREENS, NONGSHIM SNACKS OR MUNCHEE COOKIES**  
3 X 5 G, 45 - 200 G  
SELECTED VARIETIES

**168**  
EACH



**GRACE OR MEKONG COFFEE WHITENER, Y&Y COCONUT MILK**  
257 - 400 ML  
SELECTED VARIETIES

**199**  
EACH



**SAPPORO ICHIBAN OR LUCKY ME NOODLES**  
75 - 100 G  
SELECTED VARIETIES

**129**  
EACH



**CASABLANCA BUTTER COOKIES OR OKF ALOE DRINKS**  
454 G, 1.5 L  
SELECTED VARIETIES

**399**  
EACH



**INDOMIE NOODLES, MARUKAN RICE VINEGAR**  
5 X 80 - 5 X 95 G  
SELECTED VARIETIES

**349**  
EACH



**ANN OR HAO TEA**  
25 - 100 G  
SELECTED VARIETIES

**499**  
EACH



**AUTHENTIC ASIA MEALS, SOYBEAN PASTE OR KIKKOMAN LOW SODIUM SOYA SAUCE**  
258 - 500 G, 148 ML SELECTED VARIETIES

**499**  
EACH



**BLUE DRAGON SAUCE OR GLICO CURRY SAUCE**  
229 - 271 G, 270 - 310 ML  
SELECTED VARIETIES

**399**  
EACH



**RIBENA BLACKCURRANT BEVERAGE**  
850 ML

**899**  
EACH

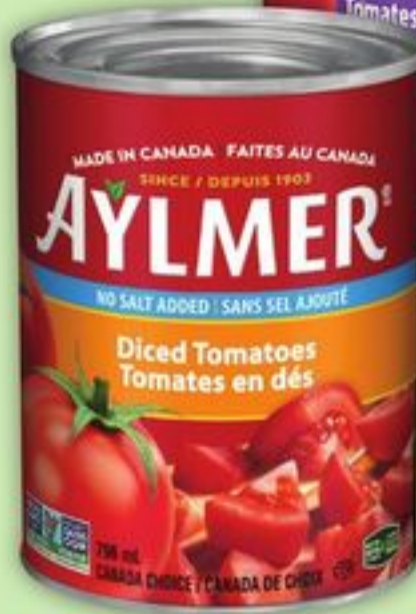


CONAGRA  
• BRANDS •



CHEF BOYARDEE  
CANNED MEAL  
418 - 425 G  
SELECTED VARIETIES

LOCKED DOWN   
**179**  
EACH



AYLMER CANNED TOMATOES  
540 - 796 ML SELECTED VARIETIES

LOCKED DOWN   
**229**  
EACH



PAM  
COOKING  
SPRAY  
141 - 179 G  
SELECTED VARIETIES

LOCKED DOWN   
**499**  
EACH



ORVILLE  
REDBENBACHER POPCORN  
340 - 850 G SELECTED VARIETIES

LOCKED DOWN   
**499**  
EACH



HUNT'S  
PASTA  
SAUCE  
680 ML  
SELECTED VARIETIES

THIS WEEK ONLY   
**199**  
EACH



MARIE CALLENDER'S MEAL  
680 G  
FROZEN  
SELECTED VARIETIES

LOCKED DOWN   
**849**  
EACH



BERTOLLI  
FROZEN MEAL  
524 G  
SELECTED VARIETIES

LOCKED DOWN   
**1099**  
EACH



P.F. CHANG'S  
MEALS  
624 G  
FROZEN  
SELECTED VARIETIES

LOCKED DOWN   
**1099**  
EACH