

Free package must be of

equal or lesser value.

Fresh Ontario Pork Tenderloin 17.61kg

**BUY ONE GET ONE** 

**SAVE \$7.99/LB** 

Fresh Royal Gala, Pink Lady or **Granny Smith Lil Snappers Apples** Product of U.S.A. · 3lb bag

**BUY ONE GET ONE** 

Yorkshire Valley Farms Frozen **Organic Chicken Drumsticks** 

**BUY ONE GET ONE** 

**SAVE \$15.99** 

**SAVE \$6.99** 

1kg pkg



LOCAL

**BUY ONE GET ONE** 

**SAVE OVER** 

**SEE BACK PAGE FOR MORE BOGO DEALS!** 



or Battered Fish 450-510g pkg

selected varieties

**BUY ONE GET ONE** 

**SAVE \$10.99** 



Monsieur Gustav Canadian Havarti Cheese Creamy or Jalapeno

Free package must be of equal or lesser value.

**BUY ONE GET ONE** 

**SAVE \$3.99/100G** 



Paper Towels 6=12 rolls

**BUY ONE GET ONE** 

**SAVE \$21.99** 



**BUY ONE GET ONE** 

**SAVE \$5.99** 

Fresh Arte Salad Kit

315-359g pkg selected varieties



Dempster's 7" Tortillas or Tia Rosa Corn Tortilla's 275-320g pkg

**BUY ONE GET ONE** 

**SAVE \$4.29** 



selected varieties **BUY ONE GET ONE** 

**SAVE \$5.99** 







**BUY ONE GET ONE** 

**SAVE \$3.99** 



Oasis



WILD CAUGHT

SAUVAGES

Marina Del Rey Frozen Raw Argentinian Shrimp 300g pkg selected varieties

BUY ONE GET ONE
FREE
SAVE \$12.99



FREE SAVE \$6.99



FREE

**SAVE \$5.99** 



FREE
SAVE \$3.99



Chapman's Canadian Collection Novelties 8x55mL pkg selected varieties

FREE SAVE \$6.99

@LongosMarkets



FREE

**SAVE \$5.99** 



FREE

**SAVE \$9.99** 



Christie Fudgee-O 303g pkg, Chips Ahoy! 251-271g pkg or Oreo Cookies 261-290g pkg selected varieties

FREE
SAVE \$4.49





Campbell's Chicken Noodle, Cream of Mushroom, Tomato or Vegetable Soup

BUY ONE GET ONE

**SAVE \$1.99** 



Nature Valley Granola Bars 130-230g pkg, Betty Crocker Fruit by the Foot, Fruit Rollups or Fruit Gushers 128-141g pkg or Cereal Treat Bars 120-150g pkg selected varieties

BUY ONE GET ONE

FREE

**SAVE UP TO \$4.99** 



For online flyer, store hours and store locations, visit us at Longos.com or call 1-800-9-Longos

X

We reserve the right to limit quantities. We are diligent in proofing our flyers but unintentional errors in copy or image may occur. We reserve the right to correct any errors. Some images are for illustration purposes only. Savings refer to Longo's regular prices. Prices vary by location.











8.80/kg





















Maple Leaf Prime Ground Turkey or Raised Without **Antibiotics Ground** Chicken 454g pkg



**Black Tiger Shrimp** 31-40ct, 454g pkg SAVE \$6



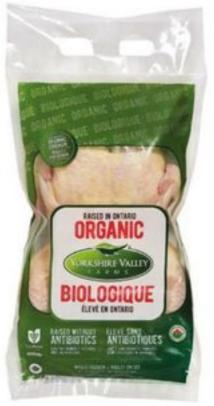


Fresh Living Lettuce Product of Canada selected varieties





SAVE \$1/LB



**Dom Specilaty** Frozen Smoked Salmon 300g pkg

SAVE \$2



Fresh fish is subject to availability.

FRESHLY MADE SANDWICHES

Ready to go or heated to order!

Buy any Sandwich and Hot Soup and SAVE \$1

**699** 

Choose from any of our freshly made sandwiches such as Sweet Black Forest & Brie, Italian Classic, Egg Salad Croissant, Veal Cutlet and many more!

and many more!

FROM 49

Choose from a select variety of hot soup, including our NEW Lobster Tomato Bisque, NEW Butternut Squash, NEW Tuscan Sausage & Kale and more!



















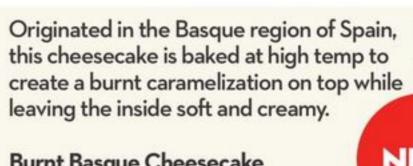
**SAVE \$4.98 ON 2** 



449 SAVE \$1 The Laughing Cow 8 pack or Cheese Dippers 120-140g pkg selected varieties







Burnt Basque Cheesecake 640g pkg

1999 SAVE \$2 Grab and Go 110g pkg 399

SAVE 50¢









School Safe Nut Free Muffin Bars or Buddy Bites 280-324g pkg selected varieties



#### **GROCERY**



Dempster's White or Whole Wheat Sandwich Bread 675g pkg, Hot Dog or Hamburger Buns 8 pack, Thomas' English Muffins 6 pack or Hostess Snack Cakes or Mini Donuts 202-269g pkg selected varieties

**SAVE UP TO \$1.50** 



Finn Crisp Sourdough Rye Thins 200g pkg

SAVE \$1



Kellogg's Family Size Cereal 515-650g pkg

**SAVE AT LEAST \$2** 



Rio Mare Tuna 3x80g pkg or 3x65g pkg

SAVE UP TO \$2



Manitoba Harvest Hemp Yeah! Granola 283g pkg

SAVE \$2



•100% WHOLE GRAIN

· HIGH FIBRE

PLANT BASED

Old El Paso Dinner Kit 250-400g pkg or Salsa 650mL jar selected varieties

SALSA

SAVE AT LEAST \$1.80



Barilla Pasta 410g pkg selected varieties

SAVE 70¢



SAVE \$2

**Lundberg Organic Rice** Basmati White or Brown or Jasmine White 907g bag



**SAVE UP TO \$2.98 ON 2** 



Haribo Gummies 175g pkg Individual \$3.49 selected varieties **SAVE UP TO \$2.98 ON 2** 

MADE MADE MORNINGS

Made Good Granola Bars 5 pack pkg

**SAVE \$2.50** 



SAVE \$2

Teeccino Roasted Herbal or Mushroom Adaptogen Herbal Tea

Lion's Mane Rhodiola, Chaga Ashwagandha or Dandelion 10ct



Frankie's Organic Puffs 113-120g pkg selected varieties

SAVE \$1



Longo's Croutons 145g pkg selected vatrieties

SAVE 70¢



**Tidy Cats Litter** 2.72kg bag selected varieties

**SAVE AT LEAST \$1** 

### DAIRY AND FROZEN



SAVE \$3

**Black Diamond Processed Cheese Slices** 410g pkg selected varieties



1.5L bottle

**SAVE \$1.50** 

selected varieties





**Cold Pressed Soup** 300g pkg selected varieties

SAVE \$2







ORGANIC

HICKEN BREAST FILLETS



SAVE 50¢







SAVE \$2

Pizza or Crust

selected varieties

310g pkg

Caulipower Frozen

ORGANIC CHICKEN BITES

Yorkshire Valley Farm's Organic Chicken Breast Fillets or Bites 454-480g pkg selected varieties

SAVE UP TO \$5



Longo's Enriched Coop White Eggs 18 pack

SAVE 50¢



Liberté Greek Yogourt Ikg tub or Yoplait Yogourt 16x100g pkg selected varieties **SAVE UP TO \$1.50** 





**Evive Smoothie Cubes** 405-450g pkg selected varieties

SAVE UP TO \$3





Dr. Oetker Giuseppe Pizzeria Thin or Rising Crust Pizza 494-785g pkg, Giuseppe Rip'n Share 510g pkg or Giuseppe Easy Pizzi 560-600g pkg selected varieties

**SAVE UP TO \$1.50** 



**THANK YOU REWARDS** 

Scan your registered Thank You Rewards card and receive exclusive members only pricing on select products in-store.



#### 回線湖回 NOT A MEMBER? **NOT A PROBLEM!**

Sign up to become a member and earn 500 Bonus Points when you opt in

to receive emails and exclusive offers. Scan the QR code or visit Longos.com/thank-you-rewards

Longo's Frozen Fresh Water Shrimp 6-8ct, 454g pkg

SAVE \$2

NON-MEMBER 1799





FOR SAVE UP TO \$3 ON 2

NON-MEMBER 449

SAVE \$5

Yorkshire Valley Farms Frozen Organic Chicken **Breakfast Sausage Patties** 630g pkg

NON-MEMBER 1499





Greenhouse **Fiery Ginger Shot** 1.26L box

SAVE \$5

**NON-MEMBER** 



Tre Stelle Ricotta Cheese 475g tub selected varieties

**SAVE \$1.50** 

NON-MEMBER 949



NON-MEMBER 399

Virgin Olive Oil 500ml bottle Organic or Raw Unfiltered SAVE \$4 NON-MEMBER 1899

Kouzini Extra



#### LONGO'S MUST-HAVES











Longo's Organic MAPLE SYRUP

Longos. ROASTED RED
PEPPER, JALAPEÑO
& CHEESE
HINT PHYTLO BOLLS ETA CHEESE 15 x 30 g | 450 g 15 x 30 g | 450 g

Longo's Mini Phyllo Rolls 450g pkg selected varieties





**SAVE 98¢ ON 2** 

Longo's Snacking Nuts 200g pkg Individual \$5.99 selected varieties



SAVE \$1

Longo's Fresh Apple, Honeycrisp or Spiced Cider 2L jug



Maple Syrup 250mL bottle

SAVE \$2

#### SAVE ON THE BRANDS YOU LOVE AT LONGO'S









#### SAVE ON THE BRANDS YOU LOVE AT LONGO'S



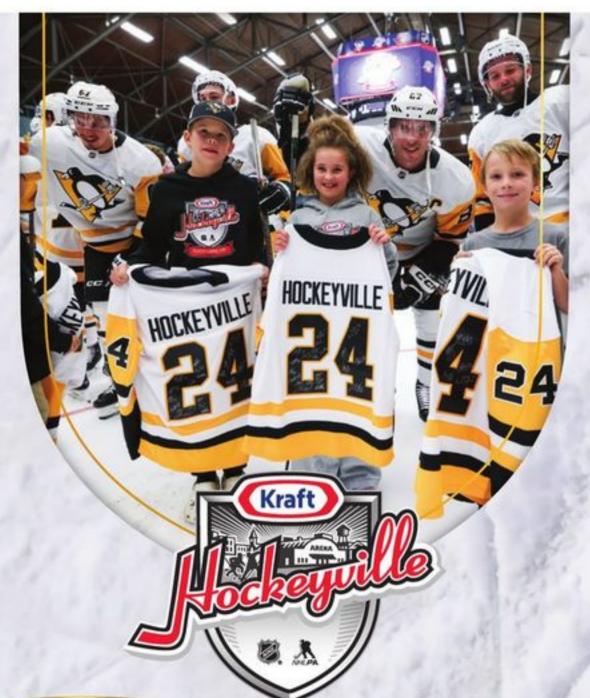
The Loft Cooking School and Community Room is now open. In addition to our virtual classes, we are now offering in-person classes and other Loft services at these select locations:

- · Ajax · Ancaster · Applewood · Brooklin · Burloak · Guelph
- · Green Lane · Leaside · Maple Leaf Square · Richmond Hill
- · Southeast Oakville · Stouffville · Walkers Line · Weston









# YOUR COMMUNITY COULD WINANNIL GAME

TO BUILD HOCKEY DREAMS

**KRAFTHOCKEYVILLE.CA** 



Classico Pasta Sauce 218-650mL jar selected varieties

SAVE \$1



Maxwell House **Original Roast Ground Coffee** 864g canister

SAVE \$4



**Kraft Peanut Butter** 750g-1kg jar or Hazelnut Spread with Cocoa 725g jar selected varieties

SAVE AT **LEAST \$1.50** 



Heinz Ketchup 750mL-1L bottle selected varieties



Kraft Jell-O Powder Mix 10-85g pkg selected varieties

SAVE AT LEAST 50¢



**Kraft Dinner** 175-200g pkg selected varieties

SAVE 50¢



Kraft Salad Dressings 425mL bottle

selected varieties

**SAVE \$1.50** 



**Crave Frozen Entrees** 283-340g pkg selected varieties

**SAVE \$1.80** 



Kraft Philadelphia **Cream Cheese** 227-250g pkg selected varieties

SAVE \$1

butterscotch chocolate chocolat

Kraft Jell-O **Pudding Mixes** 99-113g pkg selected varieties

SAVE AT LEAST 70¢

NO PURCHASE NECESSARY. Legal residents of Canada 14 years of age or older. Entry between January 1 and March 2, 2025. One \$250,000 community prize in arena upgrades and an NHL® Pre-Season game. ARV \$650,000. Three \$25,000 community prizes in arena upgrades. ARV \$25,000 each. Odds depend on number of eligible entries, judging and voting. Official Rules: www.krafthockeyville.ca

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**Bone Brewhouse** Chicken Bone Broth 600mL pkg selected varieties

SAVE \$1



**Bone Brewhouse** Grass-Fed Beef Bone Broth 600mL pkg selected varieties

**SAVE \$1.50** 





Campbell's Chunky or Ready To Serve Soup 510-515mL can selected varieties

SAVE UP TO 50¢



**SAVE \$4.99** 

CLASSIC CHICKIN 6 HERE SOUP MIT WILLIGATE POUR SOUP Mitchell's Soup Mix 325-400g pkg selected varieties SAVE \$1



Longo's **Essentials Broth** 946mL tetra selected varieties



**25 POINTS** 

## ADD LOCAL TO YOUR LIST.

Longos.



MEET THE FARMER Mastronardi Produce

LOCATION Kingsville, Ontario

WHY THEY ARE OUR PARTNER

The pioneer and leader in the gourmet greenhouse industry, Mastronardi Produce has been familyowned for over 70 years



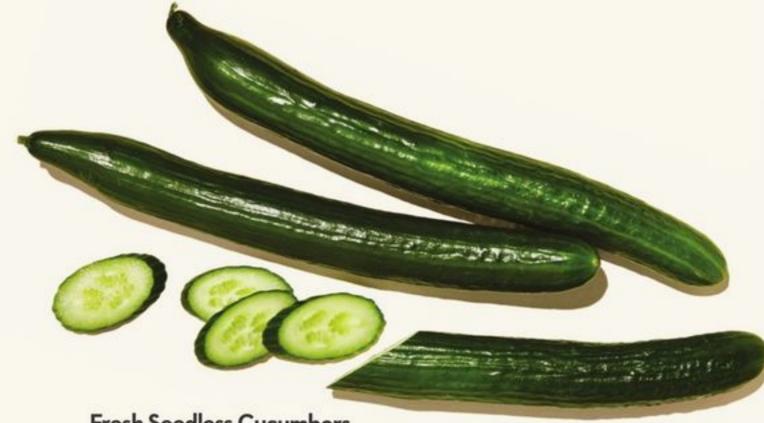


299 /LB Fresh Hothouse Beef Tomatoes Product of Ontario 6.59/kg



Longo's Fresh Flavour Bomb Cherry Tomatoes on a Vine Product of Ontario 341g pkg

499



Fresh Seedless Cucumbers
Product of Ontario

2<sub>FOR</sub>\$5



**2**99/LB

Fresh Cluster Tomatoes Product of Ontario 6.59/kg CATCH DAY.



Longo's Frozen
Tempura Shrimp
400g pkg
COLOSSAL
1499
SAVE \$1



Longo's Frozen
Beer Battered
Tempura Shrimp
454g pkg
torpedo shape

1199

SAVE \$1



Longo's
Seafood Sauce
Original Mild
250mL jar

249
SAVE 30¢



999 SAVE \$3 Toppits Frozen Gluten-Free Breaded Fish 400g pkg selected varieties



899 SAVE \$2 Toppits Frozen Gluten-Free Battered Shrimp 340g pkg Longo's Frozen
Breaded
Coconut Shrimp
500g pkg

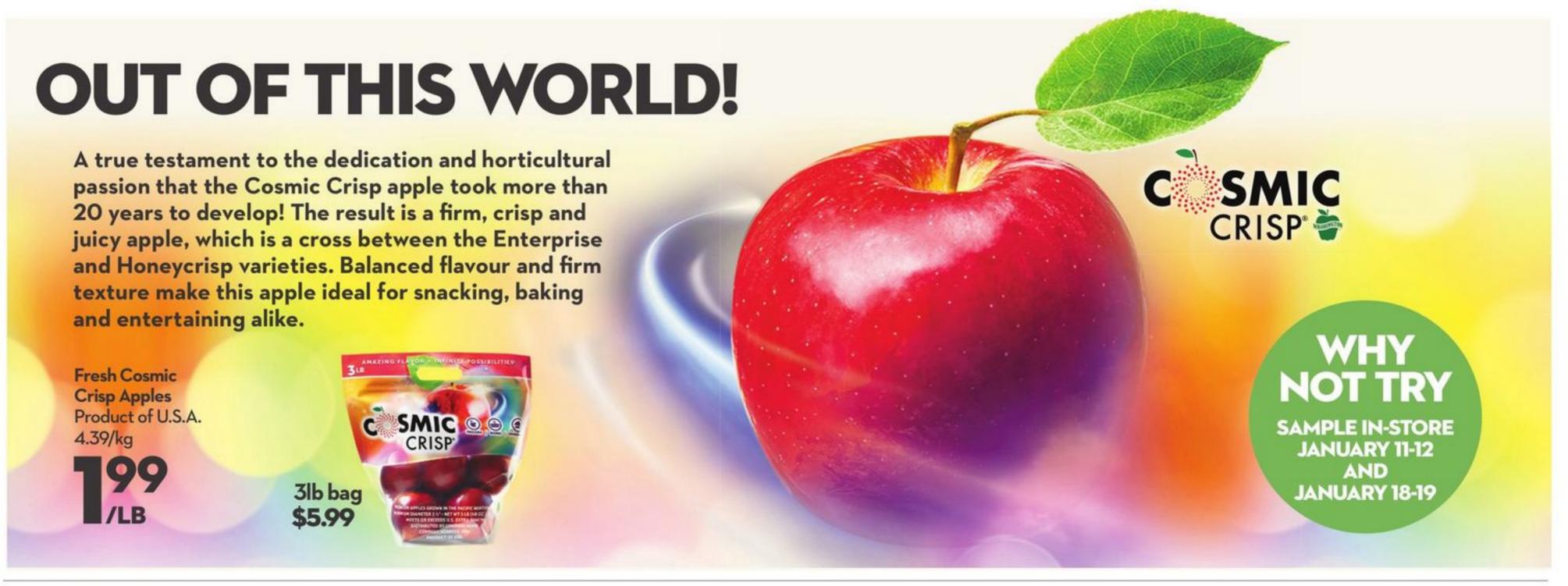
TT99

SAVE \$1













Longo's Sparkling Water 12x355mL cans

Lemon Lime or Blackberry Individual \$5.99



Longo's Curato Parmigiano Reggiano **DOP Cheese** 

Average weight 1kg Aged 24 months



French Emmental Cheese Average weight 400g



Oikos or Liberté **Greek Yogourt** 4x100g pkg



Longo's Traditional Meat Lasagna or Vegetable Lasagna 2.27kg pkg



Miss Vickie's Chips 200g pkg Individual \$4.49 selected varieties



**Gray Ridge Large White Eggs** 12 pack



Longo's Essentials **Country Churned** Butter 454g pkg



Longo's Pasta 450g pkg Individual \$2.29



Longo's Oven-Ready Meals 900g-1kg pkg Serves up to 4



**Tide Liquid Laundry Detergent** 3.9L jug, 100 loads



**Beatrice Milk** 2%, 1% or skim 4L bag



**1**99

Longo's



white bread



Longo's Honeycrisp Apples Product of Ontario 3lb bag



Longo's Fresh Ontario Air-Chilled, Grain-Fed Chicken Leg Quarters Value pack • 5.49/kg



Cashmere

**Bath Tissue** 

24=72 rolls



Longo's Russet **Potatoes** 10lb bag Product of Canada



Lactantia PürFiltre Organic Milk 2%, 1% or Organic Meadow Organic Milk

2%, 1% or skim, 4L bag



**Bounty Select-A-Size** Paper Towel 6=18 rolls

WE'VE LOCKED DOWN PRICES ON EVERYDAY ITEMS.