

food **Basics** ALWAYS MORE FOR LESS

JUST LOW PRICES

Irresistible

Selection

LifeSmart
Mieux-
-ette

SAVE EVERYDAY

with brands you can only find at Food Basics



ALWAYS GREAT PRICE **3.97** EACH
IRRESISTIBLES ORANGE JUICE OR SMOOTHIES
1.54 - 1.65 L
SELECTED VARIETIES



LOCKED DOWN **5.99** EACH
IRRESISTIBLES ARTISAN BACON
375 G
SELECTED VARIETIES



ALWAYS GREAT PRICE **4.44** EACH
SELECTION OR LIFE SMART PEANUT BUTTER
750 G - 1 KG
SELECTED VARIETIES



ALWAYS GREAT PRICE **4.88** EACH
SELECTION CEREAL
600 - 775 G
SELECTED VARIETIES

GET READY TO SAVE! GREAT PRICES START THURSDAY FEBRUARY 13TH TO WEDNESDAY MARCH 12TH, 2025

JUST LOW PRICES

EXCEPTIONAL VALUE, EVERY DAY

Irresistible

Selection

Life Smart Mieux-être



LOCKED DOWN
4.49
EACH
IRRESISTIBLES CLASSIC WAFFLES
400 G
SELECTED VARIETIES



ALWAYS GREAT PRICE
3.99
EACH
IRRESISTIBLES FROZEN WAFFLES
268 G
SELECTED VARIETIES



ALWAYS GREAT PRICE
2.97
EACH
SELECTION PANCAKE MIX
905 G
TABLE SYRUP
750 ML
SELECTED VARIETIES



ALWAYS GREAT PRICE
16.49
EACH
IRRESISTIBLES MAPLE SYRUP
946 ML
SELECTED VARIETIES



ALWAYS GREAT PRICE
2.49
EACH
SELECTION HASHBROWN POTATOES
1 KG
SELECTED VARIETIES



ALWAYS GREAT PRICE
2.88
EACH
SELECTION OATS
1 KG
OATMEAL
380 - 430 G
SELECTED VARIETIES



ALWAYS GREAT PRICE
3.88
EACH
SELECTION CREAM CHEESE PRODUCT
340 G
SELECTED VARIETIES



ALWAYS GREAT PRICE
4.77
EACH
IRRESISTIBLES GREEK OR SKYR YOGURT
750 G
SELECTED VARIETIES



ALWAYS GREAT PRICE
2.99
EACH
IRRESISTIBLES TEA
20 UN
SELECTED VARIETIES



ALWAYS GREAT PRICE
4.49
EACH
SELECTION HOT CHOCOLATE
500 G
SELECTED VARIETIES



ALWAYS GREAT PRICE
3.49
EACH
LIFE SMART ALMOND, SOY OR OAT BEVERAGES
1.75 - 1.89 L
SELECTED VARIETIES



ALWAYS GREAT PRICE
7.49
EACH
LIFE SMART NATURALIA EGG WHITES
1 KG
SELECTED VARIETIES



ALWAYS GREAT PRICE
4.99
EACH
SELECTION INSTANT COFFEE
200 G
SELECTED VARIETIES



ALWAYS GREAT PRICE
7.97
EACH
IRRESISTIBLES GROUND COFFEE
340 G
SELECTED VARIETIES



ALWAYS GREAT PRICE
3.79
EACH
SELECTION PLAIN ENGLISH MUFFINS
12 UN, 684 G
SELECTED VARIETIES



ALWAYS GREAT PRICE
4.49
EACH
SELECTION OR LIFE SMART JAMS OR SPREADS
500 ML
SELECTED VARIETIES



LOCKED DOWN
3.79
EACH
SELECTION HAM STEAKS
250 G
SELECTED VARIETIES



LOCKED DOWN
5.49
EACH
SELECTION FULLY COOKED BACON
65 G
SELECTED VARIETIES



LOCKED DOWN
5.49
/LB
SELECTION PEAMEAL-STYLE BACON
12.10/KG
SELECTED VARIETIES



LOCKED DOWN
11.99
EACH
SELECTION BACON
1 KG
SELECTED VARIETIES

ALWAYS FRESH. ALWAYS IN STOCK. ALWAYS GREAT PRICES.

**ALWAYS
MORE
FOR LESS**

**GREAT BRANDS,
GREAT PRICES**

Irresistible

Selection

*Life Smart
Mixx-
-etie*



SELECTION
VEGETABLE
COCKTAIL
1.89 L
SELECTED VARIETIES



849
EACH
SELECTION
NON-ALCOHOLIC
BEER
12 X 355 ML
SELECTED VARIETIES

299
EACH

444
EACH
IRRESISTIBLES
CARBONATED
WATER
6 X 1 L
SELECTED VARIETIES

99¢
EA.
SELECTION
SPARKLING WATER
1 L
SELECTED VARIETIES



299
EACH
LIFE SMART
TORTILLA CHIPS
OR SELECTION
SALSA
350 G, 430 ML
SELECTED VARIETIES



249
EACH
SELECTION
SNACKS
220 - 400 G
SELECTED VARIETIES



499
EACH
SELECTION
PEANUTS
700 - 800 G
SELECTED VARIETIES



1999
EACH
SELECTION OR
LIFE SMART
DELUXE
MIXED NUTS
1.13 KG
SELECTED VARIETIES



149
EACH
SELECTION
SNACKS
87 G
SELECTED VARIETIES

SELECTION
SHREDDED
CHEESE
620 G
SELECTED VARIETIES

999
EACH



649
EACH
SELECTION
SNACK BITES
420 - 595 G
SELECTED VARIETIES



227
EACH
SELECTION
COOKIES
270 - 325 G
SELECTED VARIETIES



227
EACH
SELECTION
CRACKERS OR
IRRESISTIBLE
WATER CRACKERS
125 - 225 G
SELECTED VARIETIES

SELECTION
FLAKES OF MEAT
156 G
SELECTED VARIETIES

227
EACH



249
EACH
SELECTION
OR LIFE SMART
SOUR CREAM
500 ML
SELECTED VARIETIES



125
EACH
SELECTION
CANDY
135 G
SELECTED VARIETIES



2/\$5
SELECTION
MULTI PURPOSE
CLEANER
710 - 950 ML, 1.2 L
SELECTED VARIETIES

SELECTION
DISH DETERGENT
650 - 828 ML
SELECTED VARIETIES

197
EACH



1299
EACH
SELECTION
FACIAL TISSUES
12 UN
SELECTED VARIETIES



1999
EACH
SELECTION
BATH TISSUE
30 = 100 ROLLS
SELECTED VARIETIES



1499
EACH
SELECTION
DISH TABS
90 UN
SELECTED VARIETIES

SELECTION
GLASS CLEANER
950 ML
SELECTED VARIETIES

197
EACH



1299
EACH
SELECTION
GARBAGE BAGS
100 UN
SELECTED VARIETIES

SELECTION
BLEACH
2.4 L
SELECTED VARIETIES

399
EACH



ALWAYS FRESH. ALWAYS IN STOCK. ALWAYS GREAT PRICES.

**BIG
VALUE
EVERYDAY**

**FAVE FLAVOURS
FOR LESS**

Irresistible

Selection

*Life Smart
Mieux-être*



SELECTION PASTA SAUCE
410 - 650 ML
SELECTED VARIETIES



197
EACH
SELECTION PASTA
900 G
SELECTED VARIETIES

297
EACH



SELECTION GARLIC BREAD STICK
284 G
SELECTED VARIETIES



397
EACH
IRRESISTIBLE PIZZA
340 - 390 G
SELECTED VARIETIES

129
EACH



SELECTION PARMESAN CHEESE
250 G
SELECTED VARIETIES

649
EACH



IRRESISTIBLES SALAD DRESSING
350 ML
SELECTED VARIETIES

379
EACH



SELECTION PICKLES
1 L
SELECTED VARIETIES

329
EACH



SELECTION MAYONNAISE
750 - 890 ML
SELECTED VARIETIES

477
EACH



SELECTION VEGETABLES
500 - 750 G, FROZEN
SELECTED VARIETIES

257
EACH



SELECTION CONDENSED SOUP
284 ML
SELECTED VARIETIES

99c
EA.



IRRESISTIBLE FRUITS
400 - 600 G, FROZEN
SELECTED VARIETIES

444
EACH



IRRESISTIBLES ICE CREAM
1.5 L
NOVELTIES
3 - 5'S
SELECTED VARIETIES

444
EACH



SELECTION HONEY GARLIC OR PLUM SAUCE
750 ML
SELECTED VARIETIES

349
EACH



LUCKY KOI SOY SAUCE
450 ML
SELECTED VARIETIES

249
EACH



IRRESISTIBLES BALSAMIC VINEGAR OR GLAZE
250 - 500 ML
SELECTED VARIETIES

444
EACH



SELECTION BBQ SAUCE
320 ML
SELECTED VARIETIES

127
EACH



SELECTION FETA CHEESE
2 X 150 G
SELECTED VARIETIES

649
EACH



IRRESISTIBLES FRESH PASTA
800 G - 1 KG
SELECTED VARIETIES

699
EACH



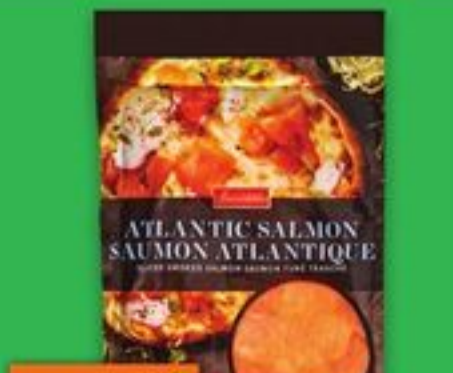
IRRESISTIBLES PEPPERONI STICKS
300 G
SELECTED VARIETIES

699
EACH



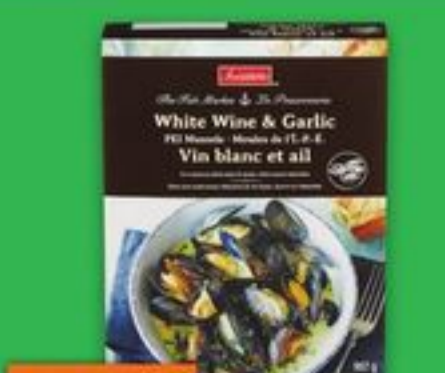
SELECTION SLICED DELI MEAT
400 G
SELECTED VARIETIES

899
EACH



IRRESISTIBLES ATLANTIC SMOKED SALMON
130 G, FROZEN
SELECTED VARIETIES

799
EACH



IRRESISTIBLES PEI MUSSELS
907 G, FROZEN
SELECTED VARIETIES

899
EACH



SELECTION CRAB FLAVOURED POLLOCK FLAKES
700 G
SELECTED VARIETIES

899
EACH



IRRESISTIBLES BREADED POPCORN SHRIMP
700 G, FROZEN
SELECTED VARIETIES

1199
EACH

ALWAYS MORE FOR LESS

contest*
Until March 12

moi
rewards

buy two participating products and swipe
your **moi** rewards card for a chance to win.



Selection

Irresistible

Personnelle

20 MILLION
moi rewards points

you could win

10 X
500,000
points

60 X
250,000
points

Details on moirewards.ca

food
Basics **metro**

*No purchase required. The contest is open to residents of Quebec, Ontario, and New Brunswick. To participate you need to be a member of the Moi Program and be eligible for this contest. The contest begins on February 13th, 2025 at 00:01 AM (E.T.) and ends on March 12th, 2025 at 23:59:59 (E.T.). Prizes: There are seventy (70) lots of moi points to be won, including ten (10) lots of 500,000 points (value of \$4,000 CAD each) and sixty (60) lots of 250,000 points (value of \$2,000 CAD each). The total value of all prizes is \$160,000 CAD. To participate: Purchase a minimum of two (2) products from our participating private label brands in a single transaction, and present your moi card at checkout to be automatically entered. Offer valid in-store or online at participating banners. The chances of winning a prize will depend on the number of valid entries received. A mathematical skill-testing question is required. Other conditions apply. Contest rules and details are available at programmemoi.ca. moi is a trademark of Metro Inc.

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