

food Basics

CANADIAN AND PROUD

ALWAYS MORE FOR LESS

VIP

VERY INCREDIBLE PRICE EVENT

High Liner
ROASTED GARLIC & HERB
ENGLISH STYLE Fillets
WILD CAUGHT
100% FRESH
500 g

INCREDIBLE \$5.96 EACH

HIGH LINER BREADED OR BATTERED FISH FILLETS OR SHRIMP FAMILY PACK
 227 - 706 G FROZEN SELECTED VARIETIES

INCREDIBLE \$2.96 /LB

FRESH LEAN GROUND BEEF & PORK BLEND
 FAMILY PACK 6.53/KG

WE LOVE LOCAL Canada

Carrots Carottes
YELLOW FLESH / CHAIR JAUNE
POMMES DE TERRE
5 lb
1.37 kg
1.37 kg
3 LB BAG
1.37 kg
3 LB BAG
1.37 kg
3 LB BAG

INCREDIBLE \$1.42 EACH

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

Lou's Kitchen
BEEF POT ROAST AU JUS
RÔTI DE BŒUF BRAISÉ AU JUS
375 g

Lil' Juan's
Mexican Style Beef Birria
Birria de bœuf à la mexicaine
300 - 400 G

INCREDIBLE \$6.85 EACH

LOU'S KITCHEN, LIL' JUAN'S OR KALIS FULLY COOKED ENTREES
 300 - 400 G SELECTED VARIETIES

CHRISTIE CRACKERS OR SNACKS
 143 - 200 G
MAYNARDS CANDY
 150 - 154 G
 SELECTED VARIETIES

RITZ
CRISPERS
DILL PICKLE CORNICHOIS & L'AMETH
180 g

SOUR PATCH Kids

INCREDIBLE \$1.98 EACH

EXTRA LARGE

INCREDIBLE \$1.88 /LB

EXTRA LARGE RED AND GREEN SEEDLESS GRAPES
 PRODUCT OF SOUTH AFRICA OR PERU, NO. 1 GRADE
 4.14/KG

HELLMANN'S REAL MAYONNAISE
 710 - 890 ML
 SELECTED VARIETIES

HELLMANN'S REAL VRAIE MAYONNAISE

INCREDIBLE \$5.95 EACH

Fruits from Chile

PEACHES OR NECTARINES
 PRODUCT OF CHILE, NO. 1 GRADE
 4.28/KG

INCREDIBLE \$1.94 /LB

TIDE SIMPLY ALL IN ONE OR GAIN LAUNDRY DETERGENT
 45 - 74 LOADS, 1.92 - 3.1 L
BOUNCE SHEETS
 20'S
 SELECTED VARIETIES

Tide
Gain
BOUNCE

INCREDIBLE \$7.95 EACH

CASHMERE BATHROOM TISSUE
 24 - 48'S
SPONGE TOWELS ULTRA
 6 - 12'S
SCOTTIES FACIAL TISSUES
 12'S
 SELECTED VARIETIES

Cashmere
Sponge Towels
Scotties

INCREDIBLE \$9.97 EACH

HELPING YOU SUPPORT CANADIAN LOOK FOR THE MAPLE LEAF AT SHELF
 GET READY TO SAVE! GREAT PRICES START ON THURSDAY, MARCH 6TH TO WEDNESDAY, MARCH 12TH, 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.



food Basics

CANADIAN AND PROUD

VIP



LIMIT 12
1.49 EA. AFTER LIMIT

INCREDIBLE
\$1
EACH

CEDAR BEANS
540 ML
SELECTED VARIETIES



IRRESISTIBLE POTATO CHIPS
130 - 150 G
IRRESISTIBLE SWISS CHOCOLATE BAR
100 G
SELECTED VARIETIES

INCREDIBLE
\$1
EACH



INCREDIBLE
\$1
EACH

SELECTION ENTRÉES
215 G FROZEN SELECTED VARIETIES



INCREDIBLE
\$1
EACH

BUDDIG SLICED DELI MEAT
55 G
SELECTED VARIETIES

HELPING YOU SUPPORT

GET READY TO SAVE! GREAT PRICES START ON THURSDAY

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

SAVINGS FOR THE WIN AGAIN!



SELECTION TORTILLAS
125

ALWAYS GREAT PRICE ✓
4.99
EACH



IRRESISTIBLE SPRING ROLLS
300 G FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓
4.99
EACH



SELECTION OR IRRESISTIBLES FRUIT
1.5 - 2 KG FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓
13.99
EACH



IRRESISTIBLES SNACKS
142 - 220 G
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓
2.49
EACH

Food Basics ranked first for Price & Promotions performance among grocery retailers in Ontario in the 2024 dunhumby Retailer Preference Index, a study of customer perceptions and retailer preference conducted among 2,100 respondents in Ontario (6,000 total across Canada) conducted between September 12 and October 20, 2024. WOW 2024 In-Store Customer Experience Study conducted by Leger among 12,000 Ontarians from October 12 to November 22, 2023.

VIP

VERY INCREDIBLE PRICE EVENT



LACTANTIA PURFILTRÉ MILK
1% 2% SKIMMED 4L SELECTED VARIETIES

INCREDIBLE \$6.28 EACH



MASTRO SLICED DELI MEAT OR SAN DANIELE SLICED PROSCIUTTO
100 G - 2 X 150 G SELECTED VARIETIES

INCREDIBLE \$4.68 EACH



SELECTION CHEESE SHREDS 400 G
TEX MEX 320 G
SELECTED VARIETIES

INCREDIBLE \$4.97 EACH



IRRESISTIBLE MUFFINS 600 G
SELECTED VARIETIES

INCREDIBLE \$4.99 EACH



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

INCREDIBLE \$3.99 EACH



DR. OETKER RISTORANTE THIN CRUST PIZZA 320 - 390 G
CASA DI MAMA 395 - 410 G FROZEN SELECTED VARIETIES

INCREDIBLE \$4.43 EACH



SILK DRINKS 1.74 - 1.89 L
DANONE OIKOS GREEK YOGURT 4 X 100 G
SELECTED VARIETIES

INCREDIBLE \$3.49 EACH



CATELLI GARDEN SELECT PASTA SAUCE 600 ML
KRAFT HEINZ BEANS & PASTA 370 G
SELECTED VARIETIES

INCREDIBLE \$1.75 EACH



NATREL LACTOSE FREE OR ORGANIC MILK 2 L
SELECTED VARIETIES

INCREDIBLE \$4.96 EACH



TIM HORTONS COFFEE PODS 30'S
GROUND COFFEE 875 - 910 G
SELECTED VARIETIES

INCREDIBLE \$17.99 EACH



DORITOS, RUFFLES POTATO CHIPS OR CHEETOS 200 - 285 G SELECTED VARIETIES

INCREDIBLE 2/6.88



COCA-COLA, CANADA DRY GINGER ALE OR PEPSI 12 X 355 ML SELECTED VARIETIES

INCREDIBLE \$7.48 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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HELPING YOU SUPPORT CANADIAN



142
EACH

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

2/\$3

SEEDLESS CUCUMBERS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE

2/\$7

VISION GREENS SALAD
PRODUCT OF ONTARIO
113 G

4.98
EACH

ONTARIO APPLES
PRODUCT OF ONTARIO, CANADA FANCY GRADE 3 LB BAG

3.98
EACH

MINI SWEET PEPPERS
PRODUCT OF CANADA OR MEXICO, 454 G
MINI CUCUMBERS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE 397 G

2/\$5

LIFE SMART NATURALIA FIRM TOFU
PRODUCT OF CANADA
400 - 454 G

4.99
EACH

MAPLE LODGE ULTIMATE CHICKEN SAUSAGES OR CHICKEN BACON
375 - 400 G SELECTED VARIETIES

4.99
EACH

MONSIEUR GUSTAV GOUDA, CHEDDAR, DOUBLE CRÈME BRIE OR CAMEMBERT
125 - 200 G
SELECTED VARIETIES

3.49
EACH

PILLER'S SLICED DELI MEAT
125 - 175 G
SELECTED VARIETIES

13.99
EACH

SCHNEIDERS OR MAPLE LEAF SMOKED BONELESS HALF HAM
600 - 700 G
SELECTED VARIETIES

6.99
EACH

SWISS CHALET OR MONTANA'S SINGLE SERVE PIES
470 G FROZEN
SELECTED VARIETIES

9.99
EACH

JANES PUB STYLE FULLY COOKED BREADED CHICKEN
600 G
FROZEN
SELECTED VARIETIES

4.99
EACH

IRRESISTIBLE MUFFINS
600 G SELECTED VARIETIES

5.99
EACH

SELECTION VALUE PACK COOKIES
770 G SELECTED VARIETIES

*We are currently working on updating the origin of all our products. This information comes from certification agencies, product suppliers, and other Metro partners. We cannot be held liable for any information that may prove to be inaccurate.

HELPING YOU SUPPORT CANADIAN



**LIMIT 12
OVER LIMIT 1.49\$ EACH**

CEDAR BEANS
540 ML
SELECTED VARIETIES

CEDAR PHOENICIA
Dark Red Kidney Beans
540 mL - 19 fl oz

CEDAR PHOENICIA
Chick Peas
540 mL - 19 fl oz

\$1 EACH

IRRESISTIBLE POTATO CHIPS
150 - 150 G
SELECTED VARIETIES

Irresistible
SEA SALT
SET DE MER

Irresistible
THICK CUT COUPE ÉPAISSE
SEA SALT

\$1 EACH

SELECTION CHEESE SHREDS
400 G
320 G
SELECTED VARIETIES

OLD CHEDDAR FORT
400 g

TEX MEX

\$4.97 EACH

SELECTION
MACARONI & CHEESE
MACARONI ET FROMAGE

SELECTION
FETTUCCINE ALFREDO

\$1 EACH

DARE COOKIES
168 - 315 G
SELECTED VARIETIES

Dare
Ultimate Maple crème

Bear Paws
Chocolate Chip
No Artificial Colours or Flavours

2/5.50

KRAFT
Cheez Whiz

PHILADELPHIA
CREAM CHEESE

KRAFT SINGLES

CHEEZ WHIZ SPREAD
430 G
SELECTED VARIETIES

\$3.99 EACH

NATREL LACTOSE FREE OR ORGANIC MILK
2 L
SELECTED VARIETIES

Natrel
SANS LACTOSE FREE

Natrel
Organic Biologique

\$4.96 EACH

CHRISTIE CRACKERS OR SNACKS
145 - 200 G

MAYNARDS CANDY
150 - 154 G
SELECTED VARIETIES

SOUR PATCH
Crispers

RITZ
original

\$1.98 EACH

SELECTION OR IRRESISTIBLES CANNED VEGETABLES
341 - 398 ML
SELECTED VARIETIES

ASSORTED SIZES Peas
Packed in HEAVY
398 mL - 14 FL OZ

PEACHES & CREAM Corn
341 mL - 12 FL OZ

\$1.27 EACH

KRAFT PEANUT BUTTER
750 G - 1 KG

HAZELNUTSPREAD
725 G
SELECTED VARIETIES

Kraft
Smooth Crèmeux

Hazelnut Noisettes

\$5.99 EACH

SELECTION OR LIFE SMART VEGETABLE COCKTAIL
1.8 L
SELECTED VARIETIES

BECEL MARGARINE
1.7 KG
SELECTED VARIETIES

50 points

BECEL Original
THE PLANT-BASED

\$2.99 EACH

\$12.99 EACH

CRACKER BARREL SHREDDED CHEESE
330 G
SELECTED VARIETIES

CRACKER BARREL
TEX MEX

\$6.99 EACH

FRUITÉ DRINK
2 L
SELECTED VARIETIES

10 points

HÄAGEN-DAZS ICE CREAM
946 ML
SELECTED VARIETIES

vanilla

\$1.99 EACH

\$9.99 EACH

IRRESISTIBLES CARBONATED SPRING WATER
6 X 1 L
SELECTED VARIETIES

IRRESISTIBLES
CARBONATED SPRING WATER
EAU SOURCE D'AZÉFIE

\$4.44 EACH

*We are currently working on updating the origin of all our products. This information comes from certification agencies, product suppliers, and other Metro partners. We cannot be held liable for any information that may prove to be inaccurate.



Buy any 3 products and enter for a chance* to win 1 of 4 prizes of **125,000 POINTS**

(\$1,000 value)



- KRAFT PEANUT BUTTER 750 G - 1 KG
- PHILADELPHIA CREAM CHEESE PRODUCT 450 G
- MIRACLE WHIP 890 ML
- KRAFT DINNER 5 PACK
- MAXWELL HOUSE COFFEE CAPSULES 12'S
- KRAFT HAZELNUT SPREAD 725 G
- KRAFT SINGLES 825 G
- SELECTED VARIETIES


5.99
EACH

*NO PURCHASE NECESSARY. Contest runs March 6th, 2025, to March 12th, 2025. Open to residents of Ontario of the age of majority at time of entry. Four (4) prizes consisting of 125,000 MOI points valued at approximately \$1,000 (ARV). Odds of winning dependent on the number of eligible entries received. Skill testing question required to claim the prize. Certain exceptions and restrictions apply. For official rules and how to enter visit: foodbasics.ca.

i earn with moi rewards

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 for conditions. Moi Rewards is a trademark of Metro Inc.



50
points

THIS WEEK ONLY
13⁹⁹
EACH

OCEAN PRIME SEAFOOD MIX
908 G FROZEN SELECTED VARIETIES

25
points

THIS WEEK ONLY
5⁹⁹
EACH

MAPLE LODGE OR ZABIHA HALAL ULTIMATE CHICKEN FRANKFURTERS
900 G SELECTED VARIETIES

50
points

THIS WEEK ONLY
10⁹⁹
EACH

SCHNEIDERS PEPPERONI OR THURINGER SAUSAGE
500 G SELECTED VARIETIES

10
points

ALLEN'S APPLE JUICE
1.89 L SELECTED VARIETIES

LOCKED DOWN
2⁹⁹
EACH

10
points

UNICO SOLID LIGHT TUNA
198 G

LOCKED DOWN
1⁹⁹
EACH

25
points

CHRISTIE PREMIUM PLUS SODA CRACKERS
900 G SELECTED VARIETIES

LOCKED DOWN
5⁹⁹
EACH

25
points

WINDSOR HIMALAYAN SALT
500 G SELECTED VARIETIES

LOCKED DOWN
5⁹⁹
EACH

50
points

BECEL MARGARINE
1.7 KG SELECTED VARIETIES

LOCKED DOWN
12⁹⁹
EACH

20
points

KIRI CREAM CHEESE PRODUCT
144 G SELECTED VARIETIES

LOCKED DOWN
4⁹⁹
EACH

40
points

BUDWEISER ZERO ALCOHOL-FREE BEER
6 x 341 ML SELECTED VARIETIES

LOCKED DOWN
8⁹⁹
EACH

10
points

FRUITÉ DRINK
2 L SELECTED VARIETIES

LOCKED DOWN
1⁹⁹
EACH



ALWAYS FRESH



ALWAYS GREAT PRICES



ALWAYS IN STOCK

ALWAYS Save Every Day



IRRESISTIBLES
CARBONATED
SPRING WATER
6 X 1 L
SELECTED VARIETIES

ALWAYS GREAT PRICE

4.44
EACH



SELECTION OR LIFE SMART
VEGETABLE COCKTAIL
1.89 L
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.99
EACH



IRRESISTIBLES
SHEPHERD'S PIES
800 G
FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE

9.99
EACH



SELECTION
MARGARINE
907 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

4.88
EACH

PRODUCE



THIS WEEK ONLY

1.48 /LB

SWEET POTATOES
PRODUCT OF U.S.A.
SWEET LARGE PURPLE POTATOES
PRODUCT OF U.S.A. HONDURAS OR MEXICO
3.26/KG



THIS WEEK ONLY

1.98 EACH

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



THIS WEEK ONLY

3.98 EACH

STRAWBERRIES
PRODUCT OF U.S.A. OR MEXICO, NO. 1 GRADE 454 G
BLACKBERRIES
PRODUCT OF U.S.A. OR MEXICO, NO. 1 GRADE 190-179 G
BLUEBERRIES
PRODUCT OF PERU OR CHILE, NO. 1 GRADE 179 G



THIS WEEK ONLY

3.98 EACH

LEMONS
PRODUCT OF U.S.A. OR TURKEY
2 LB BAG
LIMES
PRODUCT OF MEXICO
1 LB BAG
CLEMENTINES
PRODUCT OF MOROCCO
2 LB BAG



THIS WEEK ONLY

1.48 /LB

CANARY OR SANTA CLAUS
MELONS
PRODUCT OF BRAZIL
3.26/KG



THIS WEEK ONLY

3.98 EACH

MINI SWEET PEPPERS
PRODUCT OF CANADA OR MEXICO, 454 G
MINI CUCUMBERS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE 397 G



THIS WEEK ONLY

4.98 EACH

AVOCADOS
PRODUCT OF MEXICO
BAG OF 5 OR 6
ROMAINE HEARTS
PRODUCT OF U.S.A.
PKG OF 3



THIS WEEK ONLY

2/\$7

VISION GREENS
SALAD
PRODUCT OF ONTARIO
113 G



THIS WEEK ONLY

2/\$3

SEEDLESS
CUCUMBERS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE



THIS WEEK ONLY

2.98 EACH

ASPARAGUS
PRODUCT OF MEXICO
NO. 1 GRADE
125 G
GRAPE TOMATOES
PRODUCT OF CANADA OR MEXICO
NO. 1 GRADE
283 G



THIS WEEK ONLY

4.98 EACH

ONTARIO APPLES
PRODUCT OF ONTARIO, CANADA FANCY GRADE 3 LB BAG



THIS WEEK ONLY

3.98 EACH

CAULIFLOWER
PRODUCT OF U.S.A.
NO. 1 GRADE



THIS WEEK ONLY

3.48 EACH

GREEN GIANT
SUGAR SNAP OR
SNOW PEAS
179 G-227 G



THIS WEEK ONLY

3.77 EACH

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



THIS WEEK ONLY

2/\$5

LIFE SMART
NATURALIA
FIRM TOFU
PRODUCT OF CANADA
400-454 G



THIS WEEK ONLY

9.88 EACH

WONDERFUL
ROASTED
PISTACHIOS
400 G

FLORAL



THIS WEEK ONLY

3.98 EACH

4.5" SHAMROCK
WHILE QUANTITIES LAST



THIS WEEK ONLY

6.98 EACH

6" POTTED
SPRING BULBS
ASSORTED VARIETIES
WHILE QUANTITIES LAST



THIS WEEK ONLY

10.88 EACH

12 STEM
POMS OR
15 STEM
CARNATION
BOUQUET
ASSORTED COLORS
WHILE QUANTITIES LAST



THIS WEEK ONLY

\$15 EACH

MIXED
SIGNATURE
BOUQUET
ASSORTED COLORS
WHILE QUANTITIES LAST

MEAT



FRESH BONELESS SKINLESS CHICKEN FAMILY PACK
13.21/KG

THIS WEEK ONLY

5⁹⁹ /LB



MARC ANGELO Breakfast PORK SAUSAGES
A déjeuner

THIS WEEK ONLY

2/\$16

MARC ANGELO PORK SAUSAGES, MEATBALLS, ASIAN INSPIRATION CHICKEN OR SIMPLY POULTRY BREADED CHICKEN
900 G - 1.5 KG FROZEN SELECTED VARIETIES



FRESH WHOLE CHICKEN WINGS
BAGGED INCLUDING ZABINA HALLAL
8.80/KG

THIS WEEK ONLY

3⁹⁹ /LB



LEGACY CURED BONELESS PORK LOIN
ROLLED IN CORNMEAL
8.80/KG

THIS WEEK ONLY

3⁹⁹ /LB



STEELHEAD TROUT FILLET
24.23/KG

THIS WEEK ONLY

10⁹⁹ /LB



FRESH BONELESS STEWING BEEF FAMILY PACK
CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER
22.02/KG

THIS WEEK ONLY

9⁹⁹ /LB



MAPLE LODGE ULTIMATE CHICKEN SAUSAGES OR CHICKEN BACON
375 - 400 G SELECTED VARIETIES

THIS WEEK ONLY

4⁹⁹ EACH



SWISS CHALET CHICKEN POT PIE PÂTE À POULET
OR MONTANA'S MEAT PIES
247/276 G SELECTED VARIETIES

THIS WEEK ONLY

6⁹⁹ EACH



JANES PUB STYLE WINGS
GARLIC
400 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

9⁹⁹ EACH



MARC ANGELO OVEN READY ROAST OR STUFFED CHICKEN BREAST
300 G - 1 KG SELECTED VARIETIES

THIS WEEK ONLY

10⁹⁹ EACH



PILLER'S SLICED DELI MEAT
125 - 175 G SELECTED VARIETIES

THIS WEEK ONLY

3⁴⁹ EACH



TRE STELLE RICOTTA OR BOCCONCINI OR MOZZARELLA BALL
200 - 425 G SELECTED VARIETIES

THIS WEEK ONLY

5⁴⁹ EACH



BUTTERBALL TURKEY BURGERS
405 G FROZEN BUTTERBALL SMOKED BONELESS HALF HAM
400 G SELECTED VARIETIES

THIS WEEK ONLY

10⁹⁹ EACH



SCHNEIDERS OR MAPLE LEAF SMOKED BONELESS HALF HAM
600 - 700 G SELECTED VARIETIES

THIS WEEK ONLY

13⁹⁹ EACH



SUMMER FRESH HUMMUS OR DIPS
200 - 227 G SELECTED VARIETIES

THIS WEEK ONLY

2⁹⁹ EACH



SILANI FETA CHEESE
200 G SELECTED VARIETIES
WHOLE QUANTITIES 14.97

THIS WEEK ONLY

5⁹⁹ EACH



MONSIEUR GUSTAV GOUDA, CHEDDAR, DOUBLE CRÈME BRIE OR CAMEMBERT
125 - 200 G SELECTED VARIETIES

THIS WEEK ONLY

4⁹⁹ EACH



MARC ANGELO ITALIAN SLICED DELI MEAT
PRODUCT OF ITALY
100 G SELECTED VARIETIES

THIS WEEK ONLY

5⁹⁹ EACH



SEAHORSE BASA STEAK OR ANCHOR'S BAY BASA FILLET
400 - 500 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

3⁴⁹ EACH



NORTHERN KING WHOLE TILAPIA OR THAI GOLD SHRIMP
300 G - 1 KG FROZEN SELECTED VARIETIES

THIS WEEK ONLY

7⁴⁹ EACH



IRRESISTIBLES PACIFIC WHITE COOKED OR RAW SHRIMP
31-40 G FROZEN TORPEDO OR TEMPURA SHRIMP
300 - 340 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

7⁹⁹ EACH



LIFE SMART NATURALIA FISH FILLETS
400 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

8⁹⁹ EACH

LOCKED DOWN



ACTIVIA
YOGURT
12 X 100 G
OIKOS
GREEK
YOGURT
550 - 750 G
SIGGI'S
SKYR YOGURT
750 G
SELECTED VARIETIES

LOCKED DOWN

5.99
EACH

Kellogg's
VERY HIGH FIBRE
SOURCE OF 13 VITAMINS & MINERALS
TWO SCOOPS Raisin Bran
FAMILY SIZE
450 g

Kellogg's
SOURCE OF 7 VITAMINS & MINERALS
SUGAR WISE* 3 g SUGAR
Rice Krispies
SHARP CRACKLE
RICE
450 g

LOCKED DOWN

5.99
EACH

KELLOGG'S
FAMILY SIZE CEREAL
450 G
SELECTED VARIETIES

Lactantia
LACTOSE FREE MILK
4 L
SELECTED VARIETIES

LOCKED DOWN

10.49
EACH

Kashi
Dark Chocolate, Almond & Sea Salt
Chocolat noir, amandes et sel de mer
175 - 295 G
SELECTED VARIETIES

Kellogg's
NUTRI GRAIN
WHOLE GRAIN (GRAINS EXTRA)
STRAWBERRY FRAISES
8 BARS / BÂTÔNES
175 - 295 G
SELECTED VARIETIES

LOCKED DOWN

2.99
EACH

KELLOGG'S NUTRI GRAIN OR KASHI BARS
175 - 295 G
SELECTED VARIETIES

Kinder SURPRISE
NEW TOYS
95 G
SELECTED VARIETIES

LOCKED DOWN

4.49
EACH

KINDER SURPRISE
95 G
SELECTED VARIETIES

Chips Ahoy!
ORIGINAL
251 - 300 G
SELECTED VARIETIES

The Original OREO
251 - 300 G
SELECTED VARIETIES

CHRISTIE OREO OR CHIPS AHOY COOKIES
251 - 300 G
SELECTED VARIETIES

LOCKED DOWN

2/\$5

OH HENRY!

Reese's

HERSHEY CHOCOLATE BARS
43 - 55 G
SELECTED VARIETIES

LOCKED DOWN

99¢
EACH

Billy Bee
HONEY
500 G
SELECTED VARIETIES

LOCKED DOWN

7.99
EACH

SANPELLEGRINO
ITALIAN SPARKLING DRINKS
Natura! ARANCIA ROSA
4 X 330 ML
SELECTED VARIETIES

Perrier
L'ORIGINAL
4 X 330 ML
SELECTED VARIETIES

SAN PELLEGRINO NATURALI OR MOMENTI SPARKLING DRINKS 4 X 330 ML MAISON PERRIER SPARKLING DRINKS 4 X 330 ML
SELECTED VARIETIES

LOCKED DOWN

6.99
EACH

VH
PLUM PRUNES
Dipping sauce • Trempette
341 - 380 ML
SELECTED VARIETIES

VH
HONEY GARLIC MIEL ET AIL
341 - 380 ML
SELECTED VARIETIES

VH SAUCE
341 - 380 ML
SELECTED VARIETIES

LOCKED DOWN

2.99
EACH

GATORADE
SPORTS DRINK
6 X 591 ML
8 X 253 ML
SELECTED VARIETIES

LOCKED DOWN

5.99
EACH

Coca-Cola
ORIGINAL TASTE
mini
8 X 300 ML (24 OZ)
SELECTED VARIETIES

LOCKED DOWN

6.79
EACH

Robin Hood
ALL PURPOSE FLOUR
ORIGINAL
1 kg

BRODIE
self-raising cake & pastry flour premixed
275 G

ROBIN HOOD ALL PURPOSE OR BRODIE FLOUR
1 kg
SELECTED VARIETIES

LOCKED DOWN

3.49
EACH

STARBUCKS
PIKE PLACE ROAST
243 GROUND COFFEE CAPSULES
243 G
SELECTED VARIETIES

STARBUCKS
PIKE PLACE ROAST
243 G
SELECTED VARIETIES

STARBUCKS COFFEE CAPSULES 243 GROUND COFFEE
243 G
SELECTED VARIETIES

LOCKED DOWN

21.99
EACH

Windex
WINDOW CLEANER
750 ML
SELECTED VARIETIES

LOCKED DOWN

4.99
EACH

Scrubbing Bubbles
BATHROOM CLEANER
WITH BLEACH
NETTOYANT POUR SALLE DE BAIN AVEC CHLORURE
950 ML
SELECTED VARIETIES

LOCKED DOWN

4.99
EACH

pledge
FURNITURE POLISH
275 G
SELECTED VARIETIES

PLEDGE FURNITURE POLISH
275 G
SELECTED VARIETIES

LOCKED DOWN

6.99
EACH

fleecy
FRESH OUR BEST
120 SHEETS

fleecy
FRESH OUR BEST
2.4 L

FLEECY FABRIC SOFTENER SHEETS 120'S SOFTENER LIQUID 2.4 L
SELECTED VARIETIES

LOCKED DOWN

7.99
EACH

649 SuperDraw

225 TOTAL GUARANTEED WINNERS OF **\$10,000**

ALL MARCH LONG

Available at **food Basics**

For more information 1 800 387 0058 mg.ca

ALWAYS GREAT PRICE



SELECTION OR
LIFE SMART SOUR
CREAM
500 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.49
EACH



IRRESISTIBLE
ICE CREAM
1.5L
NOVELTIES
3-5%
SELECTED VARIETIES

ALWAYS GREAT PRICE 
4.44
EACH



SELECTION
MARGARINE
907 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
4.88
EACH



SELECTION JAM OR
LIFE SMART
NATURALIA
SPREAD
250 - 500 ML
SELECTED VARIETIES



ALWAYS GREAT PRICE 
4.49
EACH



SELECTION WAFER COOKIES
200 G SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.49
EACH



SELECTION
PARMESAN CHEESE
250 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
6.49
EACH



SELECTION
SNACKS
265 - 400 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.49
EACH



LUCKY KOI
SOY SAUCE
450 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.49
EACH



SELECTION OR
IRRESISTIBLES
CANNED
VEGETABLES
341 - 390 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.27
EACH



SELECTION
BLACK OLIVES
390 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.99
EACH



SELECTION
PEANUTS
700 g
SELECTED VARIETIES

ALWAYS GREAT PRICE 
4.99
EACH



SELECTION
DE-ALCOHOLIZED
BEER
330 x 330 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
8.49
EACH



SELECTION
EVAPORATED
MILK
254 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.77
EACH



IRRESISTIBLE
PIZZA
1.00 - 1.33 KG
FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE 
9.97
EACH



SELECTION
DISHWASHING
DETERGENT
500 - 625 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.97
EACH



SELECTION
RED PLASTIC
GLASSES
50 PCS
SELECTED VARIETIES

ALWAYS GREAT PRICE 
4.99
EACH



IRRESISTIBLES
DOG TREATS
227 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
6.99
EACH



SELECTION
GARBAGE
BAGS
100 x 5
SELECTED VARIETIES

ALWAYS GREAT PRICE 
12.99
EACH

ALWAYS GREAT PRICE



MISS VICKIE'S POTATO CHIPS OR SUNCHIPS
180-205 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3.99
EACH



15 BARS | BARRES
NATURE VALLEY SWEET & SALTY VAL NATURE SUCRÉES ET SALÉES
DARK CHOCOLATE NUT
CHOCOLAT NOIR ET NOIX
DIPPED IN CHOCOLATEY COATING
AVEC ENROBAGE CHOCOLATE
LOADED WITH CHOCOLATE CHUNES
REMPLIES DE MORCEAUX DE CHOCOLAT

NATURE VALLEY FAMILY PACK BARS
525 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

6.99
EACH



CRACKER BARREL SHREDDED CHEESE
320 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

6.99
EACH



Kellogg's Eggo THICK & FLUFFY
BELGIAN STYLE
CINNAMON BROWN SUGAR
More Cinnamon & Brown Sugar

KELLOGG'S EGGO THICK & FLUFFY WAFFLES
330 G FROZEN SELECTED VARIETIES

ALWAYS GREAT PRICE 

3.99
EACH



iögo NANO DRINKABLE YOGURT
6 X 93 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3.99
EACH



STARBUCKS TORRÉFACTION ESPRESSO ROAST
10'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 

8.99
EACH



CHEEZ-IT CRACKERS FAMILY SIZE
352 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3.99
EACH



BEN'S ORIGINAL BISTRO EXPRESS RICE
490 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

4.99
EACH



OIKOS GREEK YOGURT
12 X 100 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

9.99
EACH



HÄAGEN-DAZS ICE CREAM
946 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

9.99
EACH



BETTY CROCKER DUNKAROOS
168 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3.99
EACH



NESTLÉ DRUMSTICK FROZEN TREATS
6-8'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 

9.99
EACH



KRAFT BBQ SAUCE
455 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2.49
EACH



NESTLÉ CHOCOLATE BARS
4'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 

4.29
EACH

Ramadan Kareem



CELEBRATE! SHARE! ENJOY!



MINI WATERMELON
PRODUCT OF GUATEMALA

3.98
EACH



PUCK LABNEH
400 G
SELECTED VARIETIES

5.49
EACH



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

7.99
EACH



LIMIT 12
1.49 EA. AFTER LIMIT

CEDAR BEANS
540 ML
SELECTED VARIETIES

1.00
EACH



CEDAR OR PHOENICIA YOGURT, HANS DAHI
650 - 750 G SELECTED VARIETIES

2.49
EACH



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

9.99
EACH



ALKANATER OR CEDAR TAHINI, PHOENICIA HONEY
300 - 907 G
SELECTED VARIETIES

9.99
EACH



CEDAR SARDINES
120 G

CEDAR OR GOLD SEAL SARDINES, BRUNSWICK FILLETS
95 - 125 G
SELECTED VARIETIES

GOLD SEAL WILD SARDINES
SAVORING WATER
125 - 150 G
SELECTED VARIETIES

CRISPY ROTI
700 G
SELECTED VARIETIES

ROTI Original Originals
350 G
SELECTED VARIETIES

1.49
EACH

3.79
EACH



BRAR'S SAMOSAS OR MOTHER'S MAGIC MOMOS
350 - 624 G FROZEN SELECTED VARIETIES

5.99
EACH



Grace Corned Beef Boeuf Sale
340 G

HEREFORD OR GRACE CORNED BEEF
340 G
SELECTED VARIETIES

HEREFORD CORNED BOEUF
340 G
SELECTED VARIETIES

SURATI SNACKS OR CEDAR MARSHMALLOWS
200 - 341 G
SELECTED VARIETIES

CHAKRI/MURUKI
250 G
SELECTED VARIETIES

3.99
EACH

2.49
EACH



GRACE, CASABLANCA OR COOL RUNNINGS COCONUT WATER, GRACE, MILI OR CASABLANCA COCONUT MILK
400 - 520 ML
SELECTED VARIETIES

1.49
EACH



ALJUICE Pomegranate
1.75 L

ALJUICE BEVERAGE
1.75 L
SELECTED VARIETIES

BEST MANGO
1.75 L

CEDAR PEACHES OR DIVYA PEANUT CHIKKI
700 ML, 400 G
SELECTED VARIETIES

CEDAR Peach Halves
300 ML, 300 G
SELECTED VARIETIES

3.99
EACH

3.49
EACH



CASABLANCA DRINKS OR BUTTER COOKIES, PARLIAMENT MILK RUSK
454 - 600 G, 750 ML SELECTED VARIETIES

3.99
EACH



BEST MANGO
1.75 L

NORDEX CREAM OR BEST NECTARS
170 G, 1 L
SELECTED VARIETIES

BEST MANGO
1.75 L

CEDAR MARINADES, CUCUMBERS OR GRAPE LEAVES
1 L
SELECTED VARIETIES

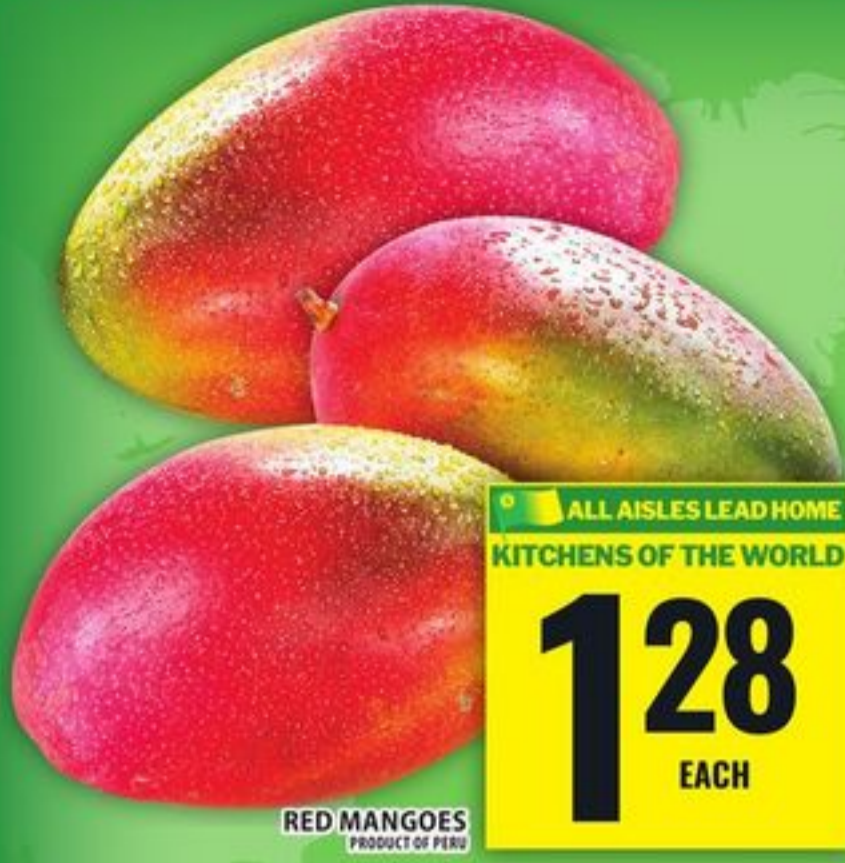
CEDAR Marinades, Cucumbers or Grape Leaves
1 L
SELECTED VARIETIES

2.99
EACH

4.99
EACH

HAPPY HOLI

OFFERS VALID AT PARTICIPATING FOOD BASICS LOCATIONS ONLY. CHECK WITH YOUR LOCAL STORE FOR AVAILABILITY.



RED MANGOES
PRODUCT OF PERU

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
128
EACH



BRAR'S PANEER
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
649
EACH



PARLIAMENT GOLD, LAL QILLA PREMIUM OR SUPREME SELLA BASMATI RICE
4.54 KG SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1299
EACH



PARLE-G, LU OR EBM COOKIES
847 300 G SELECTED VARIETIES



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
99¢
EACH



DIVYA VEGETABLES
315 G FROZEN SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
129
EACH



SHER ATTA DESI STYLE
9.87 KG SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1699
EACH



BHIKHARAM OR SHALINI SNACKS
1507 160 G SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
149
EACH



MAGGI MASALA NOODLES
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
39¢
EACH



CRISPY PARATHA
600 G

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
399
EACH



CASABLANCA HONEY
TATA TEA PREMIUM OR GOLD
220'S, 450 G SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
699
EACH



DESI-LICIOUS KULFI ICE CREAM
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
599
EACH



SHER OR MEERA BESAN FLOUR
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
499
EACH



PATAK'S OR KFI COOKING SAUCE
375 / 400 ML SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
399
EACH



NATIONAL SPICE MIX OR DIVYA SOYA CHUNKS
40 / 200 G SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
149
EACH



BRAR'S OR APNA TASTE RASMALAI
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
999
EACH



DIVYA NAANS OR PARATHAS
320 / 400 G FROZEN SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
199
EACH



ROYAL DELIGHT FROZEN SAMOSAS OR MAGGI SAUCE
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
349
EACH



SHER BROWN OR WHITE CANE SUGAR
3.42 KG SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
899
EACH

ALL AISLES LEAD HOME

KITCHENS OF THE WORLD



ZUCCHINI
PRODUCT OF MEXICO
4.14/KG
1.88
/LB



KALAMATA FIGS
PRODUCT OF GREECE
254 G
4.99
EACH



MARC ANGELO
PORCHETTA
ROAST
1 KG
SELECTED VARIETIES
10.99
EACH



MOLISANA
PASTA OR PASSATA
450 G, 680 ML
SELECTED VARIETIES
1.99
EACH



UNICO
TOMATO PASTE
156 ML
SELECTED VARIETIES
99¢
EACH



AURORA
DICED TOMATOES OR
AURORA SEA SALT
1 KG
AURORA OR
VITAVIGOR
BREADSTICKS
100 - 125 G
1.67
EACH



AURORA
BREAD CRUMBS OR
TARALLI
227 - 680 G
UNICO
PEPPER RINGS OR
MIXED VEGETABLES
750 ML
3.49
EACH



20
points
ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
4.49
EACH



AURORA
HONEY
1 KG
35
points
ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
7.99
EACH



BERTOLLI
OLIVE OIL
750 ML
SELECTED VARIETIES
14.99
EACH



LOACKER
WAFERS,
VITA SANA OR
YOGA NECTARS
175 G
680 ML
SELECTED VARIETIES
2.99
EACH



BAULI
CROISSANTS
6'S
SELECTED VARIETIES
15
points
ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3.99
EACH

LAVAZZA
ESPRESSO
236 G
SELECTED VARIETIES
6.49
EACH



CALLIPO
TUNA, UNICO
MUFFULETTA,
PONTI BALSAMIC
VINEGAR OR
GLAZE
3 x 80 G
200 - 500 ML
SELECTED VARIETIES
5.99
EACH



MUTTI
PASTA SAUCE OR
GIGI OLIVES
680 ML, 1 L
SELECTED VARIETIES
6.99
EACH

IRRESISTIBLES
CIABATTA OR
FRENCH
BAGUETTE
100 - 125 G
SELECTED VARIETIES
1.99
EACH



GIOIA "S"
BISCUITS
300 G
1.49
EACH

BAUDUCCO
WAFER | GAUFRETTE
CHOCOLATE CHOCOLAT
50 G
POKER
WAFER
142 - 200 G
SELECTED VARIETIES



SAN BENEDETTO
WATER
6 x 1.5 L
SELECTED VARIETIES
50
points
ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
13.49
EACH

VITA SANA
GNOCCHI, SCOTTI
RISOTTO OR
RIO MARE
INSALATISSIME
100 - 500 G
SELECTED VARIETIES
3.99
EACH

PERSONAL AND BABY CARE FOR LESS



COLGATE TOOTH PASTE
51 - 95 ML
TOOTHBRUSH
SELECTED VARIETIES

LOCKED DOWN
99¢
EACH



HEAD & SHOULDERS
HAIR CARE
375 ML
SELECTED VARIETIES

LOCKED DOWN
5.99
EACH



OLD SPICE
DEODORANT
85 G
SELECTED VARIETIES

LOCKED DOWN
4.99
EACH



PAMPERS EASY UPS
54 - 64'S
SELECTED VARIETIES

LOCKED DOWN
2.99
EACH



LOCKED DOWN
4.49
EACH



LOCKED DOWN
5.49
EACH



LARABAR
45 - 46'S
SELECTED VARIETIES

LOCKED DOWN
4/\$5



BAND-AIDS
50'S
SELECTED VARIETIES

LOCKED DOWN
4.99
EACH



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

LOCKED DOWN
17.99
EACH



JAMIESON
VITAMIN E OR
GLUCOSAMINE
SUPPLEMENTS
120 - 180'S
SELECTED VARIETIES

LOCKED DOWN
21.99
EACH



KIND BARS
123 - 46'S
SELECTED VARIETIES

LOCKED DOWN
16.99
EACH



SimplyProtein
SNACK BARS
123 - 46'S
SELECTED VARIETIES

LOCKED DOWN
20.99
EACH



Going on vacation?
Schedule your virtual
travel consultation [here](#)

Treatment options will be determined following an assessment by our pharmacist, in collaboration with third-party healthcare professionals from MDConnected and may not include a prescribed medication. Referral to another healthcare provider may be required.



Available at pharmacy locations only. Visit foodbasics.ca/pharmacy to find a location near you.



LOCKED DOWN
8.99
EACH



VIGKS
COLD & FLU
SYRUP
SELECTED VARIETIES

LOCKED DOWN
11.99
EACH



PEPTO-BISMOL
400 ML
SELECTED VARIETIES

LOCKED DOWN
13.99
EACH



TYLENOL
SELECTED VARIETIES

LOCKED DOWN
19.99
EACH



JAMIESON
MULTI VITAMIN
GUMMIES
150'S
VITAMIN D3
500'S
SELECTED VARIETIES

LOCKED DOWN
16.99
EACH



WEBBER
NATURALS
MAGNESIUM
BISGLYCINATE
120'S
SELECTED VARIETIES

LOCKED DOWN
17.99
EACH



JAMIESON
NATURALS
B100 VITAMINS
120'S
CALCIUM + D3
200'S
SELECTED VARIETIES

LOCKED DOWN
21.99
EACH



WEBBER
NATURALS
OMEGA-3
180'S
SELECTED VARIETIES

LOCKED DOWN
21.99
EACH

contest*
Until March 12

moi
rewards

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

moi
rewards

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 \$360,000 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.

We reserve the right to limit quantities. Some illustrations in this flyer do not necessarily represent items on sale and are for design purposes only. We reserve the right to correct any unintentional errors that may occur in the copy or illustrations. Savings where indicated are based on our regular shelf price. Prices are effective Thursday 8:00 a.m. through Wednesday 11:59 p.m. Other exemptions may also apply. Certain prices and special offers advertised in our flyers may vary by area. To view local store flyers, visit foodbasics.ca, where you can create an account for sign into your account and select your preferred location. Some seafood, bakery and floral items may not be available in all stores. Commercial resale of our products is prohibited.

food Basics\$

SAVINGS FOR THE WIN AGAIN!



Food Basics ranked first for Price & Promotions performance among grocery retailers in Ontario in the 2024 dunnhumby Retailer Preference Index, a study of customer perceptions and retailer preference conducted among 2,100 respondents in Ontario (6,000 total across Canada) conducted between September 12 and October 20, 2024.

WOW 2024 In-Store Customer Experience Study conducted by Leger among 12,000 Ontarians from October 12 to November 22, 2023.