

106 WILSON ST. W. PERTH, ON
FOODSMITHS.COM 613.267.5409

MON-THU 8AM - 7PM
FRI 8AM - 8PM SAT 8AM - 6PM
SUNDAY 9AM - 5PM

PRICES IN EFFECT THURSDAY, NOV 20 TO
THURSDAY DEC 4 ONLY

UNLESS OTHERWISE STATED. WHILE SUPPLIES LAST. NO RAIN CHECKS OR SUBSTITUTIONS.
PRICES SUBJECT TO CHANGE WITHOUT NOTICE. IMAGES ARE REPRESENTATIONAL ONLY.
PRODUCTS MAY NOT BE EXACTLY AS SHOWN. E & OE.

SUBSCRIBE TO OUR ENEWS TODAY
@ WWW.FOODSMITHS.COM

Foodsmiths
THE GOOD FOOD STORE

ONTARIO
FRESH!



PROUDLY INDEPENDENT:
FAMILY OWNED & OPERATED SINCE 1976



WE ARE YOUR STORE FOR FRESH, LOCAL, ONTARIO AND CANADIAN FOOD & PRODUCTS!

BRANDT OVEN ROASTED TURKEY

PER 100 G
AT OUR DELI COUNTER



SAVE 70¢
3.29
/ 100 G

CUSTOMED SLICED IN OUR DELI



ROCK HARBOUR COOKED SHRIMP

311 G
WITH COCTAIL SAUCE
IN OUR FREEZER



SAVE \$1
8.99
/ EACH

PARTY FAVOURITE!



STOCK UP & SAVE

ORGANIC NUTS & SNACKS

ELAN ORGANIC
NUTS, MIXES, AND SNACKS
ALL PRODUCTS

30% OFF
SAVE UP TO \$7

CANADA

THIS WEEK'S GARDEN FRESH PRODUCE **TOP PICKS**

**PREMIUM FRESH
GREEN ONIONS**
PRODUCT OF MEXICO



SAVE 31¢
1.48
/ EACH

ONTARIO FRESH
PREMIUM QUALITY
**ONTARIO GROWN
ENGLISH
CUCUMBER**
PRODUCT OF ONTARIO



SAVE 51¢
2.98
/ LB

ONTARIO FRESH
PREMIUM QUALITY
**ONTARIO GROWN
ROYAL GALA
APPLES**
PRODUCT OF ONTARIO



SAVE 91¢
2.08
/ LB

PFENNINGS ORGANIC
PREMIUM QUALITY
CERTIFIED ORGANIC
**ONTARIO GROWN
RED CABBAGE**
PRODUCT OF ONTARIO



**ONTARIO
FRESH!**



SAVE 71¢
1.98
/ LB

Local, Local, Local...

PATCHWORK GARDENS
PREMIUM QUALITY
CERTIFIED ORGANIC
**LOCALLY GROWN
COLESLAW**
300 G
PRODUCT OF BATTERSEA,
ONTARIO



**ONTARIO
FRESH!**



SAVE \$1
5.99
/ EACH

ONTARIO FRESH
PREMIUM QUALITY
**ONTARIO GROWN
EMPIRE APPLES**
PRODUCT OF ONTARIO



SAVE 71¢
2.28
/ LB

THIS WEEK'S GARDEN FRESH PRODUCE **TOP PICKS**



ANDREW'S PICK:

ORRI'S ARE LATE-SEASON, SWEET FLAVOUR, LOW ACIDITY, AND AN EASY-TO-PEEL MANDARIN!

PREMIUM QUALITY FRESH ORRI MANDARINS

PRODUCT OF ISRAEL

SAVE \$1
3⁹⁸ / LB



FRESH & ONTARIO NOW IN STOCK! (WHILE SUPPLIES LAST)

PREMIUM QUALITY
CERTIFIED ORGANIC
ITALIAN GROWN
FRESH CHESTNUTS
EACH
PRODUCT OF ITALY

EVERYDAY PRICE
5⁹⁹ / EACH



NEW!

PREMIUM QUALITY
CANADIAN GROWN
BRAMBLE HILL FARM
PRODUCT OF NOVA SCOTIA

EVERYDAY PRICE
8⁴⁹ / EACH



PREMIUM QUALITY
CERTIFIED ORGANIC
ONTARIO GROWN
ORGANIC CILANTRO
EACH
PRODUCT OF ONTARIO



ONTARIO FRESH!



EVERYDAY PRICE
2⁴⁹ / EACH

ONTARIO FRESH
PREMIUM QUALITY
ONTARIO GROWN
BARTLESS PEARS
2 L
PRODUCT OF ONTARIO



ONTARIO FRESH!



EVERYDAY PRICE
8⁹⁹ / EACH

SAVE IN OUR BULK BINS AND EAT WELL!

BEST BUY THIS WEEK

RAW ALMONDS

30% OFF

ON SALE
174
/100 G
SAVE 75¢

BEST BUY THIS WEEK

RAW PUMPKIN SEEDS

30% OFF

ON SALE
132
/100 G
SAVE 57¢

PSYLLIUM HUSK

25% OFF

ON SALE
449
/100 G
SAVE \$1.50

SLIVERED ALMONDS

25% OFF

ON SALE
224
/100 G
SAVE 75¢

SULTANA RAISINS

25% OFF

ON SALE
134
/100 G
SAVE 45¢

MERCKENS MILK
CHOCOLATE WAFERS

25% OFF

ON SALE
172¢
/100 G
SAVE 57¢

ORGANIC RAW SUGAR

25% OFF

ON SALE
59¢
/100 G
SAVE 20¢

GROUND NUTMEG

25% OFF

ON SALE
713
/100 G
SAVE \$2.38

BE A FOODSMITHS REWARDS CUSTOMER!

**Foodsmiths' Customer
Rewards Program makes
it easy to earn
and redeem points fast!**

**You get 1 point for every \$1
you spend!!**

**Receive a \$10 reward for every
500 points you earn!**

**SIGNUP
AT OUR
CASH!**

**OR ON OUR
WEBSITE:
FOODSMITHS.
COM**



**YOUR
NEIGHBOURS
SHOP HERE!
★★★★★
AND GET
REWARDED!**

DID YOU KNOW?

They have cooking and gardening sessions for all ages, as well as social justice and advocacy courses and services!

FOODSMITHS NOVEMBER BYOB THE TABLE COMMUNITY FOOD CENTRE

CELEBRATE FOOD CENTRES!

The Table Community Food Centre

The Table is a Community Food Centre in Perth that works to bring people together to grow, cook, share, and advocate for good food. Their community meals serve up nourishment and companionship. The Good Food Bank provides access to fresh produce and pantry staples. They strive to meet the immediate need for food but want to provide more fresh, whole and nutritious food.

For every transaction at our cash, Foodsmiths donates 5¢ to our monthly charity, plus all net proceeds from paper and reusable bag sales are donated to our monthly charity, too!



GOOD FOOD BANK

THANK you
FOR HELPING SUPPORT THESE IMPORTANT PROGRAMS

THIS WEEK'S TOP PICKS!

GENUINE TEA CO.
**SPARKLING
ICED TEA**
355 ML

SAVE 98¢
2/\$5



CANADA

SAVOR
BUTTER
250 G
SALTED & UNSALTED

BEURRE SALÉ
NOURRI À L'HERBE
GRASS FED
SALTED BUTTER

SAVE 50¢
7.99
/ EACH



HAPPY DAYS
GOAT CHEESE
200 G
CHEDDAR, MOZZARELLA,
OR GOUDA

SAVE 50¢
13.99
/ EACH



CANADA

ILE DE FRANCE
MINI BRIE
5 X 25 G

SAVE \$1
6.99
/ EACH



FRANCE

IRELANDS OWN
CHEDDAR
270 G
SPECIAL RESERVE
OR MATURE CHEESE

SAVE \$1
6.99
/ EACH



IRELAND

BRIDOR
DANISH
IN OUR BAKERY

**PERFECT
WITH A 99¢
COFFEE FROM
OUR COFFEE
STATION!**

SAVE 98¢
2/\$5



CANADA

BLUEBERRY
CREAM CHEESE

ALMOND BUTTER

CHOCOLATE

CREAM CHEESE

THIS WEEK'S TOP PICKS!

THE GREAT GENTLEMAN BEERS & TONICS

6X250 ML PACK



**CUSTOMER
FAVOURITE**



SAVE \$1.50

11.99
/ EACH

GRAINHARVEST FOCACCIA BREAD

420 G
LOAF



SAVE 50¢

4.99
/ EACH

SERVING SUGGESTION

Local, Local, Local...

MRS. GARRETT'S TARTS

6 PACK
PECAN, RAISIN OR
BUTTER



SAVE 50¢

12.99
/ EACH

Local, Local, Local...

OLD FASHION

FUDGE

ASSORTED FLAVOURS



SAVE!!

20%
OFF

**PRODUCTS OF
LANARK COUNTY!**

Local, Local, Local...

TEMPLES

MAPLE SYRUP

250 ML



SAVE \$1

6.99
/ EACH



THIS WEEK'S TOP PICKS!

LIVING TREE VEGAN RAVIOLI

250 G
ASSORTED

SAVE \$2.50
7.99
/ EACH



NEAL BROS SALSA 410 ML ASSORTED



**GO
DIPPING
WITH THE
NEAL
BOYS!**

SAVE \$1
5.99
/ EACH



MADE GOOD BARS 5 PACK



SAVE \$1
4.99
/ EACH



**LUNCH
BOX
SNACK!**

PUR NATUR ORGANIC FRUIT SPREAD 300 ML ASSORTED



SAVE 50¢
5.99
/ EACH



TONNINO TUNA FILLET 190 G ASSORTED

SAVE \$1
10.49
/ EACH



PIEROGI HOUSE PIEROGI 350 G



SAVE 50¢
8.99
/ EACH





CHOOSE YOUR
BEANS

GRIND THEM TO PERFECTION
AT OUR COFFEE MILL

**ON SALE
THIS WEEK**

LIFE'S LITTLE
MOMENTS

OH, THE WEATHER
OUTSIDE
IS FRIGHTFUL
BUT
MY COFFEE
IS SO
DELIGHTFUL

EQUATOR
COFFEE ROASTERS

NTH DEGREE DARK
LOCALLY ROASTED COFFEE
DARK ROAST PER 100G

Roasted with the utmost care to the utmost degree, our dark roast is rich and bold, with power to carry you through the day

TASTING NOTES: SMOKEY, MOLASSES, POWERFUL.



469
/ 100G
SAVE 80¢



WELCOME TO THE WEEKEND!
FREE COFFEE & TEA
SATURDAY and SUNDAY



STASH
**ALL
NATURAL
TEA**

CELESTIAL
**ALL
NATURAL
TEA**



**OUR FRESH
BREWED
COFFEE
OR TEA IS
JUST**

99¢

**(MONDAY TO
FRIDAY)**

*Hungry?
Why Wait?*

**ENJOY A COFFEE OR
TEA AND MUFFIN
FOR JUST
\$2.99**

Supplements and NATURAL BODY CARE

For a Resilient Lifestyle

**natural
Factors**®



VITAMIN D3 LIPOMICEL 2000 IU

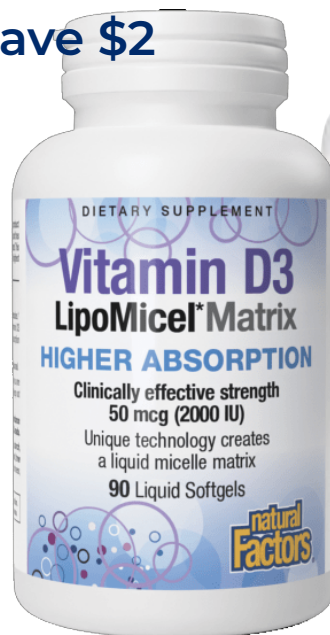
90, 180, 360 SG

Get more of the vitamin D benefits you know and love with our Vitamin D3 LipoMicel.* This new formula utilizes proprietary LipoMicel technology to optimize absorption!

- *Helps regulate the immune system and maintain healthy nerves and muscles.*
- *Essential for strong bones and teeth.*
- *Helps maintain healthy nerves and muscles.*

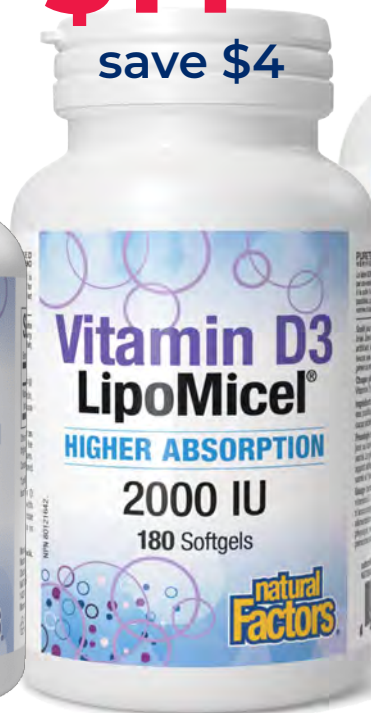
**ON SALE
\$10.99**

save \$2



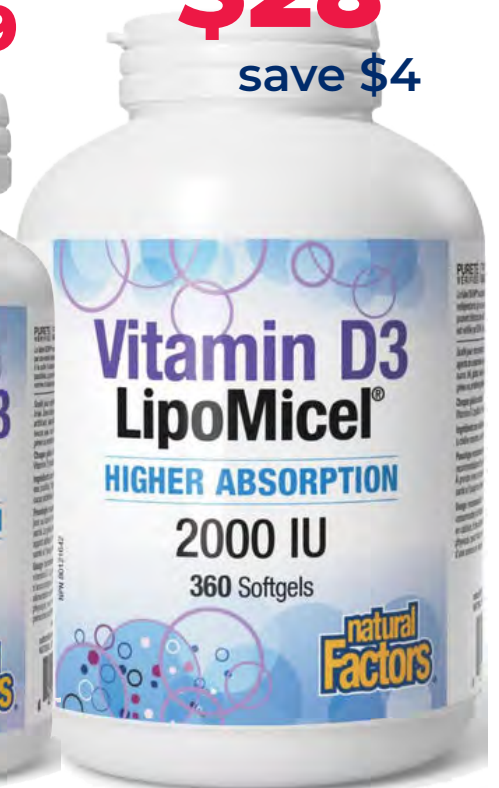
**ON SALE
\$14.99**

save \$4



**ON SALE
\$28.99**

save \$4



Promotes Relaxation



**ON SALE
\$17.99**

save \$4

ARNICA MASSAGE OIL

237 ML

Arnica Soothing Massage Oil brings immediate comfort and relaxation to your massage. Set in a base of antioxidant-rich olive oil, this nourishing massage oil contains potent arnica, plus a soothing collection of essential oils. It's perfect after a busy day or a strenuous workout, and can also be used as a daily skin softener.



Supplements and NATURAL BODY CARE



ON SALE
\$31.99
 save \$5

BERRY C SUPREME

180 CAPS

Vitamin C is perhaps the most well-known of all the vitamins. It is important for a multitude of functions, such as tissue growth and repair and healthy bones, cartilage, teeth, and gums. It's also a powerful antioxidant that can help strengthen the immune system.

- Berry C Supreme features calcium ascorbate, a buffered form of vitamin C
- Supreme contains 5 mg of Bioperine® black pepper extract, which further increases absorption
- Enhanced with red bioflavonoids

Made in Canada and sold exclusively by Health First Network Members to support healthy Canadian communities.



Kyolic
 Aged Garlic Extract™

ODORLESS, AGED GARLIC EXTRACT ALL PRODUCTS

ASSORTED VARIETIES & SIZES

Only the finest organic garlic is used in Kyolic supplements. The production of Kyolic Aged Garlic Extract begins with garlic grown on Wakunaga farms under strictly-controlled organic conditions.

**PROTECT YOUR
 HEART
 HEALTH
 WITH RESEARCH
 PROVEN KYOLIC
 AGED GARLIC
 EXTRACT.**



ON SALE
10% OFF
ALL PRODUCTS



Supplements and NATURAL BODY CARE

ALL PRODUCTS

ASSORTED VARIETIES AND SIZES

From the power of nature Salus offers a wide range of tonics, teas, drops, elixirs, tablets and more.

Floradix Liquid Iron is the #1 selling liquid Iron supplement in North America.

Salus

ON SALE
10% OFF
ALL PRODUCTS



GOOD HABITS POWERED BY PLANTS

Immune Warrior
180 G

ON SALE
10% OFF



**100 % CANADIAN MADE, OWNED & OPERATED
WOMAN OWNED & FOUNDED**

- ✓ **POWERFUL ALL-IN-ONE IMMUNE FORMULA**
4 immune boosting medicinal mushrooms, NAC, Vitamin C, Vitamin D, Zinc, and Glutamine
- ✓ **NATURAL AND HEALTHY**
zero sugar
no artificial sweeteners, colours, or flavours
- ✓ **TASTES DELICIOUS**
natural orange pineapple flavour





SYNERGY HOLISTICS
ASSORTED VARIETIES & SIZES



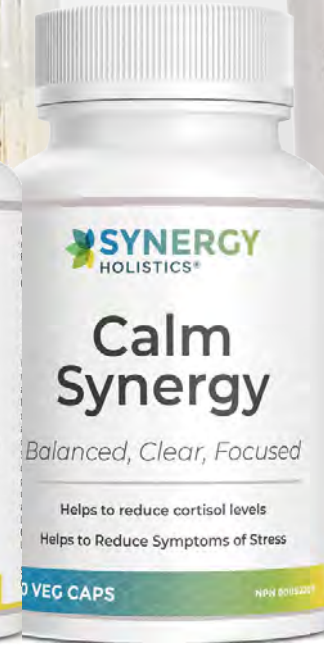
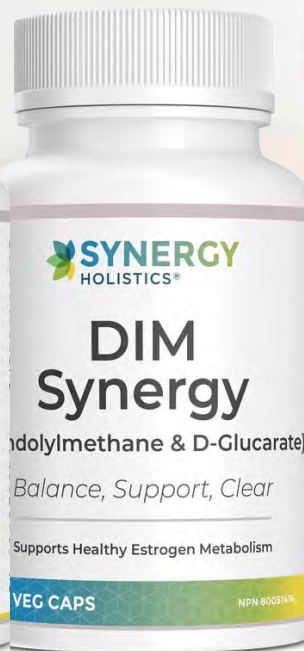
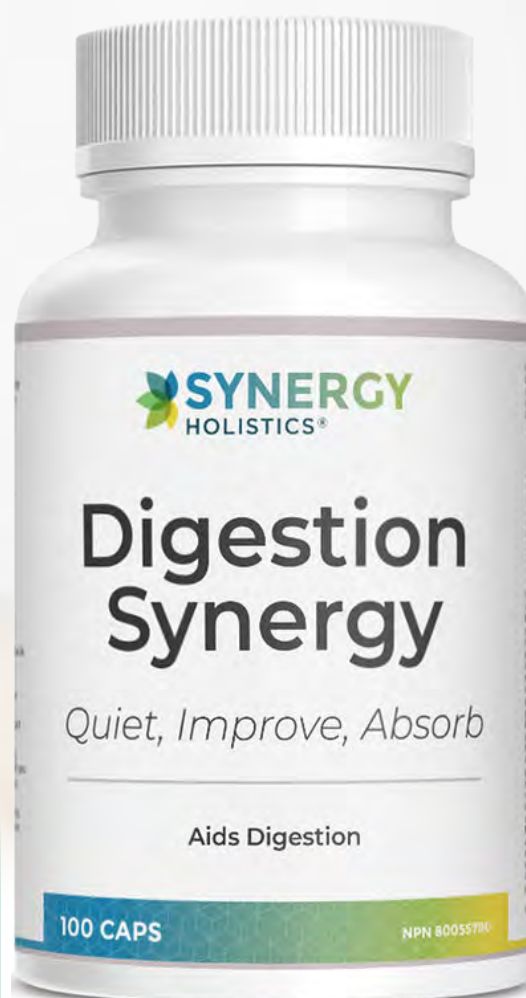
**100 % CANADIAN MADE
OWNED & OPERATED**

ON SALE
10% OFF

DIGESTION SYNERGY • COMPLETE DIGESTIVE ENZYMES

**LESS BLOATING AND GAS RELIEF | NON-MOULD
FORMULA WITH PAPAYA ENZYMES, BETAINE HCL WITH
PEPSIN, BROMELAIN, PEPPERMINT, & GINGER ROOT**

- Enzymes For Digestion – Provides lipase, amylase, and protease to help break down fats, carbs, and proteins, supporting nutrient absorption and digestive comfort after meals
- Fruit & Herbal Enzymes – Plant-sourced papaya enzymes and pineapple enzymes help break down proteins, while ginger root, and peppermint provide soothing digestive support
- Non-mould Enzymes – Many products labelled as 'plant enzymes' are actually made from Aspergillus mold. Digestion Synergy contains only non-mould sources
- Supports Stomach Acid & Protein Digestion – Betaine HCL with Pepsin helps maintain healthy stomach acid levels and assists in breaking down proteins



Supplements and NATURAL BODY CARE



NATURE'S REPAIR KIT: MINERALS



Empower Your Health with Pure Lab Vitamins!

- ✓ The Pharmacist's Formulas - A Blend of Expertise and Innovation
- ✓ Only the Finest Premium Ingredients
- ✓ Rigorous Third-Party Testing
- ✓ Pure Lab Vitamins' testing specifications surpass Health Canada Guidelines

15% OFF

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