

food Basics

CANADIAN AND PROUD

HOLIDAY YOUR WAY

THIS WEEK ONLY

9⁸⁸

/LB

RAINBOW TROUT FISH FILLET FAMILY PACK OR
HADDOCK FILLET
FRESH OR PREVIOUSLY FROZEN SELECTED VARIETIES
21.78/KG

HALAL
AT SAME
PRICE

LEAN GROUND BEEF FAMILY PACK
INCLUDES HALAL
10.76/KG

THIS WEEK ONLY

4⁸⁸

/LB

THIS WEEK ONLY

4⁹⁸

EACH

IRRESISTIBLE MUFFINS
600 G SELECTED VARIETIES

LOU'S KITCHEN CURED PORK PEAMEAL LOIN
WHILE QUANTITIES LAST
6.57/KG

THIS WEEK ONLY

2⁹⁸

/LB

THIS WEEK ONLY

2⁹⁸

EACH

LAY'S POTATO CHIPS OR SMARTFOOD POPCORN
150 - 235 G
SELECTED VARIETIES

CATELLI
Garden Select
Tomato & Basil

AYLMER
Diced Tomatoes
Tomates en dés

THIS WEEK ONLY

1⁶⁸

EACH

THIS WEEK ONLY

12⁹⁸

EACH

250
points
= \$2

COCA-COLA OR CANADA DRY GINGER ALE SOFT DRINKS
24 X 355 ML SELECTED VARIETIES

Breton

RITZ
original

Bits & Bites
Méli-Mélo
Crispers
ORIGINAL

THIS WEEK ONLY

1⁹⁸

EACH

THIS WEEK ONLY

19⁹⁹

EACH

125
points
= \$1

LAVAZZA
TORINO, ITALIA, 1895
QUALITÀ
ROSSA
ROASTED COFFEE BEANS / CAFÉ TORRIFIÉ EN GRAINS
1 KG
SELECTED VARIETIES

LAVAZZA
TORINO, ITALIA, 1895
CREMA
E GUSTO
CLASSICO
WHOLE BEAN COFFEE / CAFÉ À GRAINS ENTIERES
750 G

iögo
0%
Astro
ORIGINAL
NATURAL YOGURT

Silk
Almond
SILK DRINKS
1.75 L / 59 FL OZ
ASTRO
ORIGINAL
BALKAN OR
IÖGO YOGURT
450 - 750 G
SIGGI'S SKYR
YOGURT
4 X 100 G
SELECTED VARIETIES

SIGGI'S
STRAWBERRY
FRAISE
STRAWBERRY
FRAISE
THIS WEEK ONLY

2⁹⁸

EACH

GET READY TO SAVE! GREAT PRICES START ON
THURSDAY, DECEMBER 4TH TO WEDNESDAY, DECEMBER 10TH, 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

RASPBERRIES
PRODUCT OF US OR MEXICO,
NO.1 GRADE

THIS WEEK ONLY

1.88

EACH



ORANGES
PRODUCT OF SOUTH AFRICA, 3 LB
ASPARAGUS
PRODUCT OF MEXICO AND/OR PERU
325 G

THIS WEEK ONLY

2.88

EACH

THIS WEEK ONLY

3.98

EACH



DOLE SALADS
269 - 347 G
SELECTED VARIETIES

125
points
= \$1



IRRESISTIBLES
NUTS
200 - 250 G
SELECTED VARIETIES



THIS WEEK ONLY

3.88

EACH

GET READY TO SAVE!
THURSDAY, DECEMBER 4TH TO V

To view local store flyer, visit foodbasics.ca, where you can create

HOLIDAY YOUR WAY



IRRESISTIBLE
SPANAKOPITA,
CAULIFLOWER
BITES OR
POTATO TOTS
APPETIZERS
228 - 499 G FROZEN
SELECTED VARIETIES

5.99
EACH



9.99
EACH

IRRESISTIBLES FULLY COOKED MEATBALLS
190 - 400 G FROZEN SELECTED VARIETIES



BAUDUCCO MINI PANETTONE
80 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

1.99
EACH



FERRERO
ROCHER
CHOCOLATES
150 - 200 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

8.99
EACH



NESTLÉ TURTLES CHOCOLATES
300 - 350 G SELECTED VARIETIES WHILE QUANTITIES LAST

9.99
EACH

250
points
= \$2

SHOP IN-STORE OR FOODBASICS.CA

SAME-DAY PICKUP OR DELIVERY

HOLIDAY YOUR WAY

Black Diamond OLD • FORT Cheddar Cheese 400 G

Black Diamond MARBLE • MARBRÉ 240 G

Black Diamond NATURAL CHEESE SLICES 220 • 240 G

Black Diamond GALBANI MOZZARELLA 200 G

LOCKED DOWN **4.98** EACH

MAPLE LEAF natural selections OVEN ROASTED TURKEY BREAST POITRINE DE DINDE RÔTIE AU FOUR

SCHNEIDERS Blue Ribbon CLASSIC BOLOGNA BOLOGNE CLASSIQUE

THIS WEEK ONLY **4.99** EACH

Lactantia PurFiltre OR LACTOSE FREE MILK 2 L

Beatrice CHOCOLATE MILK 2 L

LOCKED DOWN **4.99** EACH

Simply Orange 2.25 L

Becel MARGARINE 850 G

THIS WEEK ONLY **6.99** EACH

125 points = \$1

Kraft Singles PHILADELPHIA CREAM CHEESE 227 • 250 G

Kraft CHEEZ WHIZ SPREAD 410 G

LOCKED DOWN **3.98** EACH

MAXWELL HOUSE ORIGINAL ROAST TORREFACTION ORIGINALE 375 G

MAXWELL HOUSE DARK ROAST TORREFACTION FONCÉE 375 G

LOCKED DOWN **17.99** EACH

375 points = \$3

Green Giant Green Giant Géant Vert

LOCKED DOWN **2.98** EACH

Nestlé PARLOUR Vanilla

Nestlé PARLOUR dipped bars

THIS WEEK ONLY **2.99** EACH

Dare Bear Paws CHOCOLATE CHIP

Dare Maple crème

Quaker CRISPY minis CHEDDAR

DARE COOKIES 140 • 315 G

QUAKER CRISPY MINIS 140 • 199 G

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

eska WATER 24 X 500 ML

LOCKED DOWN **4.49** EACH

Sponge Towels 12 • 24

Cashmere CASHMERE BATHROOM TISSUE 12 • 245

SPONGE TOWELS 12 • 245

ULTRA PAPER TOWELS 12 • 65

SCOTTIES FACIAL TISSUE 12 • 65

THIS WEEK ONLY **7.49** EACH

125 points = \$1

Sunlight 100 35% 100% 100% 100%

Purex 4IN1 100% 100% 100% 100%

Persil 100% 100% 100% 100%

PUREX, PERSIL OR SUNLIGHT LAUNDRY DETERGENT 1.86 • 4.43 L • 48 • 110 LOADS

THIS WEEK ONLY **11.99** EACH

Kraft Spend \$15 or more on any participating Kraft products and get **625 POINTS**** (\$5 value)

MIRACLE WHIP SPREAD 590 ML

HEINZ MAYONNAISE STYLE SAUCE 240 ML

KRAFT SALAD DRESSING 425 ML

KRAFT PEANUT BUTTER 2 KG

moi rewards

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DELIVERING HOLIDAY FAVES



EXCLUSIVE ONLINE OFFER

Offer valid December 4th - January 7th, 2026 only.

PROMO CODE:
FBHOLIDAY10

food
Basics
CANADIAN AND PROUD

[SHOP FOODBASICS.CA](https://shop.foodbasics.ca)

*For a limited time.

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.



TOBLERONE
MILK CHOCOLATE
BAR OR GIFT BOX
200 - 360 G
SELECTED VARIETIES

125
points
= \$1

LOCKED DOWN
10⁹⁹
EACH



SCHNEIDERS RED HOTS OR
MAPLE LEAF TOP DOGS WIENERS
375 G
SELECTED VARIETIES

40
points

THIS WEEK ONLY
5⁹⁹
EACH



BLUE DIAMOND
ALMOND BREEZE
BEVERAGE
946 ML SELECTED VARIETIES

30
points

LOCKED DOWN
2⁹⁹
EACH



iÖGO NANO
DRINKABLE YOGURT
6 X 91 ML
SELECTED VARIETIES

20
points

ALWAYS GREAT PRICE
3⁴⁹
EACH



BURNBRAE
EGG CREATIONS
500 G
SELECTED VARIETIES

25
points

LOCKED DOWN
4⁴⁹
EACH



NESTLÉ
REAL DAIRY
ICE CREAM
1.5 L
SELECTED VARIETIES

25
points

LOCKED DOWN
5⁴⁹
EACH



FOLGERS
COFFEE
CAPSULES
12.5
SELECTED VARIETIES

45
points

LOCKED DOWN
9⁹⁹
EACH



HERSHEY'S
CELLO CANDY
160 - 235 G
SELECTED VARIETIES

25
points

LOCKED DOWN
4⁴⁹
EACH



EXCEL GUM
3 X 18'S
SELECTED VARIETIES

20
points

LOCKED DOWN
3⁹⁹
EACH



PLANTERS
CASHEWS
200 G
SELECTED VARIETIES

65
points

LOCKED DOWN
5⁴⁹
EACH



MINUTE MAID OR
FIVE ALIVE DRINKS
8 X 200 ML, 10 X 200 ML
SELECTED VARIETIES

30
points

LOCKED DOWN
3⁴⁹
EACH



OCEAN SPRAY
CRANBERRY COCKTAIL
6 X 295 ML
SELECTED VARIETIES

30
points

LOCKED DOWN
5⁴⁹
EACH



PURINA TIDY CATS
CLUMPING LITTER
5.44 KG
SELECTED VARIETIES

65
points

LOCKED DOWN
2³⁹⁹
EACH

CHOOSE CANADIAN



SEEDLESS CUCUMBER
PRODUCT OF ONTARIO
CANADA NO.1 GRADE

167
EACH



RUSSET
POTATOES
PRODUCT OF P.E.I.
CANADA NO.1 GRADE
5 LB BAG

398
EACH



MAPLE LODGE OR ZABIHA HALAL
CHICKEN WIENERS
430 G SELECTED VARIETIES



10
points

199
EACH



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

999
EACH



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

599
EACH



SELECTION
SMOKED BONELESS
HALF HAM
675 G
SELECTED VARIETIES

899
EACH



IRRESISTIBLE MUFFINS
600 G
SELECTED VARIETIES

498
EACH



IRRESISTIBLE
PIE
750 G - 1 LB
SELECTED VARIETIES

699
EACH



BLACK DIAMOND CHEESE 400 G
SHREDS 320 G
NATURAL CHEESE SLICES 220 - 240 G
GALBANI MOZZARELLA 500 G
SELECTED VARIETIES

498
EACH



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

398
EACH



LACTANTIA PURIFILTRE OR
LACTOSE FREE MILK 2 L
BEATRICE CHOCOLATE MILK 2 L
SELECTED VARIETIES

499
EACH



125
points
= \$1

699
EACH



COCA-COLA, CANADA DRY GINGER ALE
OR PEPSI SOFT DRINKS
24 X 355 ML SELECTED VARIETIES

250
points
= \$2

1298
EACH



125
points
= \$1

749
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.

PRODUCE



CARROTS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE 2 LB
YELLOW ONIONS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE, 2 LB
THIS WEEK ONLY
1.98
EACH



BLACKBERRIES
PRODUCT OF MEXICO, NO. 1 GRADE 150-170 G
BLUEBERRIES
PRODUCT OF PERU, NO. 1 GRADE 170 G
THIS WEEK ONLY
2.98
EACH



LEMONS OR CLEMENTINES
PRODUCT OF SOUTH AFRICA 2 LB
THIS WEEK ONLY
3.98
EACH



POMEGRANATE
PRODUCT OF U.S.A.
THIS WEEK ONLY
1.98
EACH



AVOCADO
PRODUCT OF MEXICO AND/OR PERU, 5 OR 6 PACK
KIWI
PRODUCT OF CHILE, 600 G BASKET
THIS WEEK ONLY
3.98
EACH



WHOLE WHITE MUSHROOMS
PRODUCT OF ONTARIO 454 G
THIS WEEK ONLY
3.98
EACH



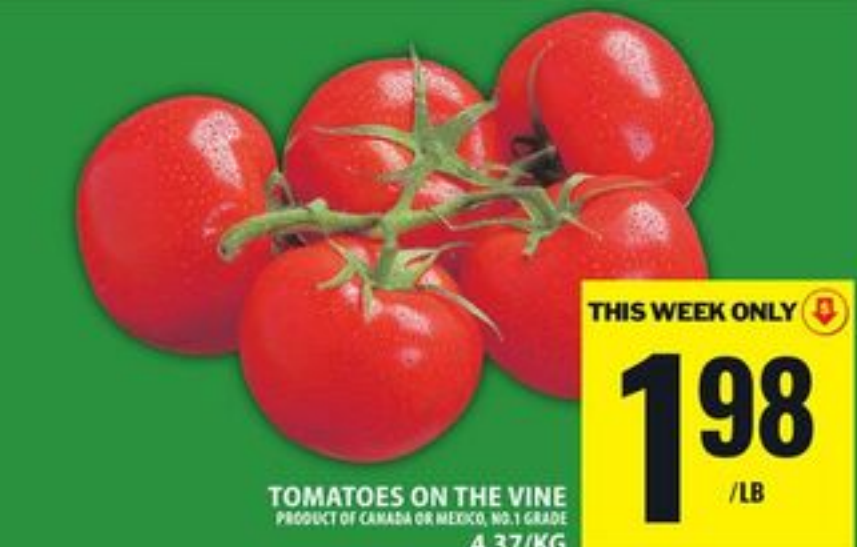
APPLES
PRODUCT OF ONTARIO, CANADA FANCY GRADE 3 LB BAG
THIS WEEK ONLY
4.98
EACH



BRUSSELS SPROUTS
PRODUCT OF HOLLAND OR BELGIUM 6.57/KG
THIS WEEK ONLY
2.98
/LB



GREEN CABBAGE
PRODUCT OF ONTARIO CANADA NO. 1 1.94/KG
THIS WEEK ONLY
88¢
/LB



TOMATOES ON THE VINE
PRODUCT OF CANADA OR MEXICO, NO. 1 GRADE 4.37/KG
THIS WEEK ONLY
1.98
/LB



CANARY MELON
PRODUCT OF BRAZIL 2.16/KG
THIS WEEK ONLY
98¢
/LB



BROCCOLI CROWNS
PRODUCT OF CANADA OR USA
THIS WEEK ONLY
2/\$5



RED MANGO
PRODUCT OF BRAZIL
HONEY MANGO (ATAULFO)
PRODUCT OF ECUADOR AND/OR PERU
THIS WEEK ONLY
1.28
EACH

CUCUMBERS
PRODUCT OF ONTARIO CANADA NO. 1 GRADE
THIS WEEK ONLY
1.67
EACH



GRAPE OR CHERRY OR MEDLEY TOMATOES
PRODUCT OF CANADA OR MEXICO NO. 1 GRADE
THIS WEEK ONLY
4.98
EACH



POM WONDERFUL POMEGRANATE ARILS
113 G
THIS WEEK ONLY
4.98
EACH

FLORAL



12 STEM RAINBOW POMS OR 10 STEM ROSES
WHILE SUPPLIES LAST
THIS WEEK ONLY
10.88
EACH



CHRISTMAS BOUQUETS
ASSORTED VARIETIES
WHILE SUPPLIES LAST
THIS WEEK ONLY
\$12
EACH



6" POINSETTIAS OR CYCLAMEN
WHILE SUPPLIES LAST
THIS WEEK ONLY
6.98
EACH



5" ANTHURIUM
WHILE SUPPLIES LAST
THIS WEEK ONLY
10.88
EACH

MEAT



HALAL
AT SAME
PRICE



FRESH CHICKEN
DRUMSTICKS
BAGGED, INCLUDES ZABIHA HALAL
SELECTED VARIETIES
6.59/KG

THIS WEEK ONLY
2.99
/LB



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

THIS WEEK ONLY
4.49
/LB



FRESH SPLIT CHICKEN WINGS
BAGGED
11.00/KG

THIS WEEK ONLY
4.99
/LB



NEW ZEALAND
FRESH LEAN
GROUND LAMB
454 G SELECTED VARIETIES

THIS WEEK ONLY
10.99
EACH



PRIME RAISED
WITHOUT
ANTIBIOTICS
EXTRA LEAN
GROUND CHICKEN
OR TURKEY
AIR CHILLED
454 G
SELECTED VARIETIES

THIS WEEK ONLY
6.99
EACH



FRESH BONELESS
SIRLOIN TIP ROAST
OR FAMILY PACK
STEAKS
CUT FROM CANADA AA OR HIGHER
GRADE OF BEEF
SELECTED VARIETIES
26.43/KG

THIS WEEK ONLY
11.99
/LB



MAPLE LODGE OR ZABIHA HALAL
CHICKEN WIENERS
450 G SELECTED VARIETIES

10
points

THIS WEEK ONLY
1.99
EACH



LEGACY
MARINATED
BONELESS
PORK LOIN OR
PULLED
PORK ROAST
800 G - 1 KG
SELECTED VARIETIES

THIS WEEK ONLY
10.99
EACH



PILLER'S
KOLBASSA OR
PEPPERONI
FOR PIZZA
175 - 375 G
SELECTED VARIETIES

THIS WEEK ONLY
5.99
EACH



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

THIS WEEK ONLY
9.99
EACH



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

THIS WEEK ONLY
5.99
EACH



SELECTION
SMOKED
BONELESS
HALF HAM
675 G
SELECTED VARIETIES

THIS WEEK ONLY
8.99
EACH



SCHNEIDERS LUNCH MATE OR
GREENFIELD KITS OR ADULT KITS
24 - 120 G SELECTED VARIETIES

THIS WEEK ONLY
2.99
EACH



MONSIEUR GUSTAV
GOUDA OR CHEDDAR OR
NOTRE-DAME BRIE
170 - 200 G
SELECTED VARIETIES

THIS WEEK ONLY
4.99
EACH



IRRISISTIBLE HUMMUS OR DIPS
200 - 227 G SELECTED VARIETIES

THIS WEEK ONLY
2.99
EACH



THIS WEEK ONLY
7.99
EACH



CHELSEA
BONED SALTED
COD BITS
454 G
SELECTED VARIETIES

THIS WEEK ONLY
7.99
EACH

MORE GREAT SAVINGS FOR LESS



ACTIVIA
ACTIVE PROBIOTICS FOR YOUR GUT HEALTH | PROBIOTIQUES ACTIFS POUR LA SANTÉ DIGESTIVE

2.2% fat
probiotic yogurt
yaourt probiotique

3 peach-galaxy 3 strawberry-banana 3 raspberry

LOCKED DOWN

5.99
EACH

ACTIVIA YOGURT
12 x 100 g
SELECTED VARIETIES



QUAKER
-ESTD 1877-

100% WHOLE GRAIN CANADIAN OATS
LARGE FLAKE OATS
COOKS IN 4 TO 5 MINUTES*

Oat Fibre
Helps Reduce
Cholesterol*

Pearl Milling
ORIGINAL
SIRUP

LOCKED DOWN

2.98
EACH

QUAKER QUICK OATS 900 g - 1 kg
INSTANT OATMEAL 232 - 344 g
PEARL MILLING PANCAKE MIX 905 g
TABLE SYRUP 710 mL
SELECTED VARIETIES



Campbell's

BEEF • BŒUF
BROTH • BOUILLON

Made with Real Beef
Fait avec du vrai bœuf

CHICKEN • POULET
BROTH • SOUILLON

Made with Real Chicken
Fait avec du vrai poulet

LOCKED DOWN

1.88
EACH

CAMPBELL'S BROTH
250 - 900 mL
SELECTED VARIETIES



NESCAFÉ

Taster's Choice

Classic

100% ROASTED COFFEE

100% RESPONSIBLY SOURCED

100% A 100% RESPONSIBLEMENT

170g

INSTANT COFFEE | CAFÉ INSTANTANÉ

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

125 points = \$1

THIS WEEK ONLY

6.49
EACH



QUAKER
-ESTD 1877-

MUFFIN

OATMEAL CHOCOLATE CHIP

160 muffins
24 minutes

LOCKED DOWN

5.99
EACH

QUAKER MUFFIN MIX
900 g
SELECTED VARIETIES



PRINGLES

ORIGINAL

SOUL CREAM & CHEDDAR

140 g

LOCKED DOWN

2.49
EACH

PRINGLES POTATO CHIPS
140 - 156 g
SELECTED VARIETIES



Aero

100% sustainably sourced cocoa
Cacao approuvé 100% durable

KitKat

THE DOUBLE HIT
LES BOUCHÉES DOUBLE

LOCKED DOWN

99¢
EACH

NESTLÉ CANDY BARS
42 - 58 g
SELECTED VARIETIES



nutella

725 g

LOCKED DOWN

6.99
EACH

NUTELLA SPREAD
725 g



FRANK'S RedHot

SAUCE

354 mL

LOCKED DOWN

4.49
EACH

Gioia

PANETTONE

750 g

THIS WEEK ONLY

9.99
EACH

FRANK'S REDHOT SAUCE
SELECTED VARIETIES

GIOIA PANETTONE
750 g
SELECTED VARIETIES WHILE QUANTITIES LAST



ALLESSIA

TORRONE

100 g

THIS WEEK ONLY

4.99
EACH

Bounty

6-12 Doubles

Charmin

MEGA

12-48

Ultra

13.99
EACH

ALLESSIA TORRONE
100 g
SELECTED VARIETIES WHILE QUANTITIES LAST

BOUNTY PAPER TOWELS
6 - 12'S
CHARMIN BATHROOM TISSUE
12 - 48'S
SELECTED VARIETIES



BAKERY

WHITE BREAD

100% WHOLE WHEAT
ALWAYS GREAT PRICE

1.99
EACH

ITALIA

SELECTION

ITALIAN BREAD

875 g

ALWAYS GREAT PRICE

2.99
EACH

SELECTION BREAD
875 g
SELECTED VARIETIES

ITALIA SELECTION ITALIAN BREAD
875 g
SELECTED VARIETIES



Irresistible

Croissants

270 g

THIS WEEK ONLY

4.49
EACH

Irresistible

PIE

1 kg

THIS WEEK ONLY

6.99
EACH

IRRESISTIBLE CROISSANTS
270 g

IRRESISTIBLE PIE
1 kg
SELECTED VARIETIES

LOCKED DOWN




35 points

LOCKED DOWN

6⁴⁹ EACH

GAY LEA NORDICA COTTAGE CHEESE 2% 750 G SELECTED VARIETIES




LOCKED DOWN

4⁴⁹ EACH

KELLOGG'S MINI-WHEATS 400 G 400 G VECTOR CEREAL 400 G SELECTED VARIETIES




LOCKED DOWN

6⁹⁹ EACH

ORVILLE REDENBACHER POPCORN 820 G SELECTED VARIETIES




LOCKED DOWN

3²⁹ EACH

VH SAUCE 341 - 380 ML SELECTED VARIETIES




LOCKED DOWN

2⁹⁹ EACH

CHRISTIE SNAK PAKS COOKIES 150 - 200 G SELECTED VARIETIES




LOCKED DOWN

4⁷⁹ EACH

MOTT'S CLAMATO COCKTAIL 2.54 L SELECTED VARIETIES



LOCKED DOWN

26⁹⁹ EACH

McCAFÉ COFFEE CAPSULES 30'S SELECTED VARIETIES




LOCKED DOWN

2/\$5

YOPLAIT TUBES OR MINIGO YOGURT 6 - 8'S SELECTED VARIETIES




LOCKED DOWN

2/\$5

KELLOGG'S TOWNHOUSE OR CHEEZ-IT CRACKERS 191 - 391 G SELECTED VARIETIES



LOCKED DOWN

6⁹⁹ EACH

FUZE ICED TEA 12 X 341 ML SELECTED VARIETIES




LOCKED DOWN

2/7⁵⁰

LINDT SWISS CLASSIC CHOCOLATE 100 G SELECTED VARIETIES



20 points

LOCKED DOWN

3⁹⁸ EACH

BLACK DIAMOND SLICES 410 G SELECTED VARIETIES




LOCKED DOWN

3⁴⁹ EACH

BERTOLLI WINE VINEGAR 500 ML SELECTED VARIETIES




LOCKED DOWN

5⁴⁹ EACH

E.D. SMITH TRIPLE FRUITS SPREAD 500 ML SELECTED VARIETIES



LOCKED DOWN

4⁹⁹ EACH

SHOUT STAIN REMOVER 600 ML SELECTED VARIETIES



LOCKED DOWN

5⁹⁹ EACH

LYSOL DISINFECTANT WIPES 75 - 80'S SELECTED VARIETIES



LOCKED DOWN

23⁹⁹ EACH

FINISH POWERBALL DISHWASHER TABS 60 - 100'S SELECTED VARIETIES



LOCKED DOWN

23⁹⁹ EACH

BRITA WATER FILTRATION SYSTEM EACH REFILL FILTERS 75 SELECTED VARIETIES

ALWAYS GREAT PRICE



SELECTION OR LIFE SMART SOUR CREAM
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2⁴⁹
EACH



SELECTION OR LIFE SMART NATURALIA PEANUT BUTTER
SELECTED VARIETIES

ALWAYS GREAT PRICE 

4⁴⁴
EACH



LIFE SMART NATURALIA TORTILLA CHIPS
350 G

SELECTION SALSA
430 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2⁹⁹
EACH



SELECTION LONG GRAIN RICE
900 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3⁴⁹
EACH



SELECTION PEANUTS
700 - 800 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

4⁹⁷
EACH



SELECTION OR LIFE SMART FRUIT SNACKS
6'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2⁴⁹
EACH



SELECTION INSTANT COFFEE
200 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

5⁹⁹
EACH



SELECTION JUICE BLEND
2.5 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 

4⁹⁹
EACH



IRRESISTIBLE COOKIES
200 - 350 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3⁷⁹
EACH



SELECTION PICKLES
1 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3²⁷
EACH



SELECTION SPICES
5.3 - 100 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

99¢
EACH



IRRESISTIBLE BASIL PESTO
270 ML

ALWAYS GREAT PRICE 

3⁷⁹
EACH



SELECTION OR IRRESISTIBLE BREAD CRUMBS
227 - 425 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2⁹⁹
EACH



SELECTION WATER ENHANCERS
40 FL OZ
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2⁷⁹
EACH



SELECTION GLASS CLEANER
950 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

1⁹⁷
EACH



SELECTION DISHWASHING DETERGENT
450 - 820 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

1⁹⁷
EACH



SELECTION LAUNDRY DETERGENT
1.82 - 1.8 L (36 - 40 L) OZ
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3⁹⁹
EACH



SELECTION BLEACH
2.4 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3⁹⁹
EACH

IRRESISTIBLE GINGERBREAD COOKIES
400 ML

4⁹⁹
EACH

IRRESISTIBLE FRUITCAKE
450 G
SELECTED VARIETIES

7⁹⁹
EACH

IRRESISTIBLE PRE-BUILT GINGERBREAD HOUSE
900 G
SELECTED VARIETIES

14⁹⁹
EACH

WEISS GINGERBREAD COOKIES
150 - 200 G
SELECTED VARIETIES

3⁹⁹
EACH

KIMBERLEY'S BAKESHOPPE HOLIDAY COOKIES
283 G

3⁹⁹
EACH

TWO-BITE HOLIDAY COOKIES OR KIMBERLEY'S BAKESHOPPE HOLIDAY COOKIES
284 - 380 G SELECTED VARIETIES

3⁹⁹
EACH

RED VELVET CAKE POPPERS
420 G

6⁹⁹
EACH

IRRESISTIBLE BATTERED CHEESE STICKS, JALAPENO POPPERS OR QUICHE APPETIZERS
325 - 400 G FROZEN SELECTED VARIETIES

6⁹⁹
EACH

IRRESISTIBLES FULLY COOKED MEATBALLS
500 - 600 G FROZEN SELECTED VARIETIES

9⁹⁹
EACH

IRRESISTIBLE SPANAKOPITA, CAULIFLOWER BITES OR POTATO TOTS APPETIZERS
228 - 493 G FROZEN SELECTED VARIETIES

5⁹⁹
EACH

IRRESISTIBLE GOURMET SAUSAGE ROLLS, CHICKEN BITES OR PARTY PACK APPETIZERS
305 - 448 G FROZEN SELECTED VARIETIES

8⁹⁹
EACH

IRRESISTIBLE VEGETABLE LUMPIAS, BORAK PHYLLO BITES OR HONEY CHILI CHEESE BITES
216 - 400 G FROZEN SELECTED VARIETIES

5⁹⁹
EACH

IRRESISTIBLE TINY SHRIMP RING WITH SAUCE
284 G FROZEN SELECTED VARIETIES

7⁹⁹
EACH

IRRESISTIBLE COCONUT SHRIMP WITH SWEET CHILI SAUCE
454 G FROZEN SELECTED VARIETIES

10⁹⁹
EACH

IRRESISTIBLE TEMPURA OR BANG BANG SHRIMP OR SHRIMP GYOZA DUMPLINGS
340 - 400 G FROZEN SELECTED VARIETIES

7⁹⁹
EACH

HOLIDAY ENTERTAINING YOUR WAY

BABYBEL CHEESE
125 G
SELECTED VARIETIES

3⁹⁹
EACH

KAWARTHA MOOSE TRACKS ICE CREAM
2 L
WHILE QUANTITIES LAST

7⁹⁹
EACH

STARBUCKS COFFEE ENHANCERS
820 ML
SELECTED VARIETIES

6⁹⁹
EACH

TIM HORTONS COFFEE CAPSULES
12'S
SELECTED VARIETIES

12⁹⁹
EACH

IRRESISTIBLE EGG NOG
1 L
SELECTED VARIETIES
WHILE QUANTITIES LAST

2⁹⁹
EACH

OCEAN SPRAY CRANBERRY SAUCE
348 ML
PILLSBURY PREPARED DOUGH
200 - 227 G
SELECTED VARIETIES

1⁹⁹
EACH

SAN PELLEGRINO OR MAISON PERRIER CARBONATED WATER
6 X 1 L SELECTED VARIETIES

150 points

8⁹⁹
EACH

CLUB HOUSE GRAVY MIX
EACH
FRANCO-AMERICAN GRAVY
284 ML
SELECTED VARIETIES

99¢
EACH

GAY LEA REAL WHIPPED CREAM
225 G
SELECTED VARIETIES

20 points

3⁹⁹
EACH

LINDT LINDOR CHOCOLATE POUCHES
150 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

8⁹⁹
EACH

STOVE TOP STUFFING MIX
SELECTED VARIETIES

1³⁹
EACH

DEL MONTE VEGETABLES
343 - 390 ML
SELECTED VARIETIES

1⁵⁹
EACH

DR. OETKER SHIRRIFF PIE FILLING
130 - 144 G
SELECTED VARIETIES

2⁹⁹
EACH

SELECTION OR LIFE SMART DELUXE MIXED NUTS
SELECTED VARIETIES

24⁹⁹
EACH

CLOVER LEAF SMOKED OYSTERS OR MUSSELS
SELECTED VARIETIES

1⁹⁹
EACH

MELEGATTI PANETTONE OR PANDORO
750 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

14⁹⁹
EACH

ALCAN ALUMINUM FOIL
15.24 M
SELECTED VARIETIES

3⁹⁹
EACH

SELECTION SANDWICH BAGS
SELECTED VARIETIES

6⁹⁹
EACH

SELECTION VALUE SIZE PARCHMENT PAPER
SELECTED VARIETIES

9⁹⁹
EACH

GLAD GARBAGE BAGS
30 - 44'S
SELECTED VARIETIES

11⁹⁹
EACH

12" POINSETTIAS
OR 24" PINE
WREATHS
SELECT VARIETIES
WHILE QUANTITIES LAST

24⁹⁸
EACH

DELUXE HOLIDAY
ARRANGEMENTS
SELECT STORES
WHILE QUANTITIES LAST

29⁹⁸
EACH

4" FROSTY
FERNS OR
POINSETTIAS
SELECT VARIETIES
WHILE QUANTITIES LAST

4⁹⁸
EACH

MIX & MATCH!

CHRISTMAS GREENS & BOUQUETS
SELECT VARIETIES WHILE QUANTITIES LAST

2/\$12

6" ASSORTED IVY

5⁹⁸
EACH

6" POTTED
AMARYLLIS

8⁸⁸
EACH

HOLIDAY
LARGE DRIED
BOUQUET MIX
ASSORTED MIXES
WHILE QUANTITIES LAST

15⁹⁸
EACH

PREMIUM
HOLIDAY
BOUQUETS

18⁸⁸
EACH

JUMBO

JUMBO WALNUTS
PRODUCT OF U.S.A.
6.57/KG

2⁹⁸
/LB

pearsimon®
KAMI RIBERA DEL KIDDER
BOUQUET
Amerecoop

VANILLA PERSIMMONS
CASE
PRODUCT OF SPAIN

9⁸⁸
EACH

IRRESISTIBLE
6 FLAVOUR
PEANUT TRAY
660 G

7⁹⁹
EACH

450 G

Wonderful
Roasted Salted Pistachios
Pistachios comes in variety

PISTACHIOS

907 G

Sun Lovin'
Dates
medjool dates
Pistachios & Medjool Dates

WONDERFUL
ROASTED
SALTED
PISTACHIOS
450 G
MEDJOOL
DATES
907 G

10⁹⁸
EACH

IRRESISTIBLE
SNACK TRAYS
525 - 670 G SELECTED VARIETIES

11⁹⁹
EACH

NATURAL ALMONDS
WHOLE
AMANDES NATURELLES

IRRESISTIBLE WHOLE NATURAL ALMONDS
OR WALNUT, HALVES & PIECES
750 G - 1 KG SELECTED VARIETIES

WALNUTS
PIECES & PIECES
NOIXES ET MOUSCLES
NOIX DE GRENOBLE

14⁹⁸
EACH

**Healthy
Together**

**MAKE THE
OUT OF
REACH
REACHABLE**

**HELP SOMEONE
IN NEED BY
DONATING AT
CHECKOUT.
WE'LL MATCH IT.**



Between November 27, 2025 - December 24, 2025, Metro Inc. will match every \$2.00 donation with a Food Basics gift card of the same value, up to a maximum of \$100,000, and donate the gift card to local food banks in Ontario. To learn more about the food bank receiving the funds raised in this store, see posted signage or speak to a Food Basics Employee.

ALL AISLES LEAD HOME KITCHENS OF THE WORLD

WE LOVE LOCAL
Canada

Prince Edward Island
POTATOES

RUSSET
Washed POTATOES | POMMES de TERRE lavées

5 lb BAGS

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

3.98
EACH

RUSSET POTATOES
PRODUCT OF P.E.I., CANADA NO. 1 GRADE
5 LB BAGS

MASTRO
SALAMI PROSCIUTTO

MASTRO
SALAMI PROSCIUTTO

MASTRO
GENOA-DE GÈNES

MASTRO
GENOA-DE GÈNES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

5.99
EACH

MASTRO OR
SAN DANIELE
SLICED DELI MEAT
100 x 2 x 150 G
SELECTED VARIETIES

S&F
HAZELNUT SPREAD OR JACOBS KRÖNUNG COFFEE

JACOBS
Krönung

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

5.49
EACH

S&F HAZELNUT SPREAD OR JACOBS KRÖNUNG COFFEE
250 / 350 G
SELECTED VARIETIES

KRAS
HAZELNUT CREAM WAFERS
CAUPRETTES AUX CRÈME DE NOISETTE

Napolitanke

PETIT BEURRE

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

1.67
EACH

KRAS OR HAPPY SWING WAFERS,
KRAS COOKIES, PETIT BEURRE BISCUITS
135 / 400 G
SELECTED VARIETIES

Fritsch
EGG NOODLES

Rugen Fisch
Herring

S&F
COD LIVER

Kuehne
MARQUIS DE DIJON MUSTARD

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

3.49
EACH

FRITSCH EGG NOODLES, RUGEN FISCH HERRING, S&F COD LIVER, KUEHNE OR MARQUIS DE DIJON MUSTARD
120 / 454 G, 250 / 375 ML SELECTED VARIETIES

Nowka
Rocosta Weinkraut

JJ WILK
PIEROGIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

2.99
EACH

NOWKA OR J.J. WILK PIEROGIES OR NOWKA SAUERKRAUT
907 G, 796 ML
SELECTED VARIETIES

Gloria
BABY DILL PICKLES

Sielski's
petite dill pickles

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

3.99
EACH

GLORIA BABY DILL PICKLES OR SAUERKRAUT, SIELSKI'S GHERKINS OR KUHNE CABBAGE
500 / 796 ML, 1 L
SELECTED VARIETIES

2.8 L

CEDAR
EXTRA VIRGIN OLIVE OIL

MR. GARDEN
PEACHES OR CARL JUNG DRINKS

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

26.99
EACH

2.8 L
CEDAR EXTRA VIRGIN OLIVE OIL
2.8 L

MR. GARDEN PEACHES OR CARL JUNG DRINKS
1.5 L, 1.7 L, 2.0 L
SELECTED VARIETIES

VEGETA

BÖREK BITES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

5.49
EACH

BÖREK BITES OR VEGETA SEASONING, S&F AVJAR
454 / 500 G, 720 ML
SELECTED VARIETIES

JORDANKA
WATER

CRACKERS

RITTER SPORT
CHOCOLATE BAR

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

1.49
EACH

JORDANKA WATER, S&F OR GLORIA CREAM CRACKERS
200 G, 1.5 L
SELECTED VARIETIES

100% DARK CHOCOLATE WITH MARZIPAN
CHOCOLAT NOIR AVEC PÂTE D'AMANDES
300 G, 100 G
SELECTED VARIETIES

Kühne
Sauerkraut

Kühne
Gourmet Selection

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

4.49
EACH

KÜHNE OR SIELSKI'S SAUERKRAUT, KÜHNE OR POLKA BEETS
500 / 796 ML, 1 L
SELECTED VARIETIES

SEA SALT

PROFI
PODRAVKA SPREADS

DRUGA
SEA SALT

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

1.67
EACH

PROFI OR PODRAVKA SPREADS, DRUGA SEA SALT
130 G, 140 G
SELECTED VARIETIES

RUF
Vanillin Sugar

CREMICA
SHORTBREAD

CAMOMILE FLOWER
HERBAL TEA

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

1.29
EACH

GLORIA OR THREE CROWN TEA, CREMICA SHORTBREAD COOKIE OR RUF VANILLIN SUGAR
20'S, 80'S, 170 G
SELECTED VARIETIES

PODRAVKA
BOUILLON CUBES

GOVEDA JUHA
SOUP

PODRAVKA
BOUILLON CUBES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

1.25
EACH

PODRAVKA BOUILLON CUBES OR ENVELOPE SOUP
10 / 16 G
SELECTED VARIETIES

1.99
EACH

RADENSKA WATER, GOLDEN ALPS CHOCOLATE BAR, CHELSEA DIGESTIVE COOKIES
1.5 L, 1.7 L, 100 G
SELECTED VARIETIES



#1 MOST TRUSTED
Kraft Singles
Original Cheddar Original
No Artificial Flavours or Colours
No Artificial Preservatives
No Artificial Sweeteners
No Artificial Trans Fats
No Artificially Flavouring or Colouring

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

LOCKED DOWN **398** EACH

25 points

BAKER'S
UNSWEETENED CHOCOLATE
CHOCOLAT NON
225 G
SELECTED VARIETIES

LOCKED DOWN **499** EACH

MAGIC BAKING POWDER
450 G
SELECTED VARIETIES

30 points

LOCKED DOWN **599** EACH

2 KG

Kraft
Smooth Crèmeux
250 G
SELECTED VARIETIES

KRAFT
PEANUT BUTTER
2 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE

1149 EACH

JELL-O
JELL-O JELLY POWDER
85 G
SELECTED VARIETIES

LOCKED DOWN **99¢** EACH

15 points

DIANA OR BULL'S EYE
BBQ SAUCE
425-500 ML
SELECTED VARIETIES

THIS WEEK ONLY **299** EACH

PHILADELPHIA
DIPS
ONION
227 G
SELECTED VARIETIES

LOCKED DOWN **349** EACH

#1 MOST TRUSTED
Kraft
Rancher's
Campagna
425 ML
SELECTED VARIETIES

HEINZ
GARLIC / AIL
MAYONNAISE
STYLE SAUCE
240 ML
SELECTED VARIETIES

KRAFT
SALAD DRESSING
425 ML
SELECTED VARIETIES

LOCKED DOWN **299** EACH

25 points

HEINZ
TOMATO KETCHUP
250 ML - 1 L
SELECTED VARIETIES

THIS WEEK ONLY **499** EACH

25 points

J.L. KRAFT
PURE DRESSING
250 ML
SELECTED VARIETIES

LOCKED DOWN **499** EACH

25 points

MIRACLE WHIP
SPREAD
890 ML
SELECTED VARIETIES

THIS WEEK ONLY **499** EACH

#1 MOST TRUSTED
BRAVO
Pasta Sauce
Sauce pour pâtes
400 ML
SELECTED VARIETIES

LOCKED DOWN **249** EACH



*Celebrate the Season,
Your Way!*



LACTANTIA ULTRAPUR MILK
SELECTED VARIETIES

NEW RECIPE
20g
OF PROTEIN



THIS WEEK ONLY
5.49
EACH



EASY
TO DIGEST

LACTANTIA
LACTOSE FREE
CREAM
1L
SELECTED VARIETIES

THIS WEEK ONLY
4.99
EACH



BEATRICE B-FIT
PROTEIN MILKSHAKE
460 mL
SELECTED VARIETIES

34 G
PROTEIN
per 460 mL serving



LOCKED DOWN
2.99
EACH



EASY
TO DIGEST



LACTANTIA LACTOSE
FREE CREAM
473 mL
SELECTED VARIETIES

THIS WEEK ONLY
4.99
EACH

BTM
FIT

*per 250 mL serving





Kraft

**Spend \$15 or
more on any
participating
Kraft products
and get
625 POINTS***

(\$5 value)



moi

**KRAFT
SALAD
DRESSING**
425 ML
SELECTED VARIETIES



**KRAFT
PEANUT
BUTTER**
2 KG



**MIRACLE
WHIP
SPREAD**
890 ML
SELECTED VARIETIES



**HEINZ
MAYONNAISE
STYLE SAUCE**
340 ML
SELECTED VARIETIES



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