

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

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

250
points
= \$2

Breton

RITZ
original

Bits & Bites
Méli-Mélo
Crispers
ORIGINAL

THIS WEEK ONLY

1⁹⁸

EACH

THIS WEEK ONLY

19⁹⁹

EACH

LAVAZZA ESPRESSO BEANS
1 KG
SELECTED VARIETIES

LAVAZZA
CREMA
E GUSTO
CLASSICO

iögo
0%

Silk
Almond

siggis
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 U.S.A. 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



9.99
EACH

250
points
= \$2

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

SHOP IN-STORE OR FOODBASICS.CA

SAME-DAY PICKUP OR DELIVERY

HOLIDAY YOUR WAY

Black Diamond OLD • FORT Cheddar Cheese 400 G
SHREDS 120 G
NATURAL CHEESE SLICES 220-240 G
GALBANI MOZZARELLA 500 G
SELECTED VARIETIES

Black Diamond MARBLE • MARBRÉ 240 G

Galbani Pizza Mozzarella 500 G

LOCKED DOWN **4.98** EACH

MAPLE LEAF natural selections OVEN ROASTED TURKEY BREAST POITRINE DE DINDE RÔTIE AU FOUR 150-500 G SELECTED VARIETIES

SCHNEIDERS Blue Ribbon CLASSIC BOLOGNA BOLOGNE CLASSIQUE 150-500 G SELECTED VARIETIES

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 SELECTED VARIETIES

THIS WEEK ONLY **6.99** EACH

125 points = \$1

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

PHILADELPHIA ORIGINAL CREAM CHEESE FROMAGE À LA CRÈME 250 G (32% M.G.) (18% M.G.)

LOCKED DOWN **3.98** EACH

MAXWELL HOUSE ORIGINAL ROAST TORREFACTION ORIGINALE 375 G

MAXWELL HOUSE DARK ROAST TORREFACTION FONDÉE 375 G

LOCKED DOWN **17.99** EACH

375 points = \$3

Green Giant GÉANT VERT GREEN BEANS HARICOTS VERTS 500-750 G FROZEN SELECTED VARIETIES

LOCKED DOWN **2.98** EACH

Nestlé PARLOUR Vanilla 1.5 L

Nestlé PARLOUR dipped bars 6-12'S SELECTED VARIETIES

THIS WEEK ONLY **2.99** EACH

Dare Bear Paws CHOCOLATE CHIP 240 G

Dare Ultimate Maple crème 240 G

QUAKER CRISPY minis CHEDDAR 180-190 G SELECTED VARIETIES

DARE COOKIES 180-315 G
QUAKER CRISPY MINIS 180-190 G
SELECTED VARIETIES

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

eska 24 X 500 ML

ESKA SPRING WATER 24 X 500 ML

LOCKED DOWN **4.49** EACH

Sponge Towels 12-24

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

THIS WEEK ONLY **7.49** EACH

125 points = \$1

Sunlight 100% 35% 4.4 L

Purex 4-in-1 4.4 L

Persil 1.86-4.43 L = 48-110 LOADS SELECTED VARIETIES

PUREX, PERSIL OR SUNLIGHT LAUNDRY DETERGENT 1.86-4.43 L = 48-110 LOADS SELECTED VARIETIES

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 SELECTED VARIETIES

HEINZ MAYONNAISE STYLE SAUCE 240 ML SELECTED VARIETIES

KRAFT SALAD DRESSING 425 ML SELECTED VARIETIES

KRAFT PEANUT BUTTER 2 KG

2 KG

*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 Nossio 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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DELIVERING
HOLIDAY FAVES



EXCLUSIVE ONLINE OFFER

Offer valid from Thursday December 4th, 2025 to Wednesday January 7th, 2026.

Limit only one use of this coupon for the duration of the promotion unless otherwise stated. The required purchase minimums are always before taxes and during a single transaction.

PROMO CODE:
FBHOLIDAY10

food
Basics
CANADIAN AND PROUD

SHOP [FOODBASICS.CA](https://www.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.



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 KG
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 430 G
CHEEZ WHIZ SPREAD 450 G
SELECTED VARIETIES

398
EACH



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

499
EACH



125
points
= \$1

699
EACH



COCA-COLA OR CANADA DRY GINGER ALE
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



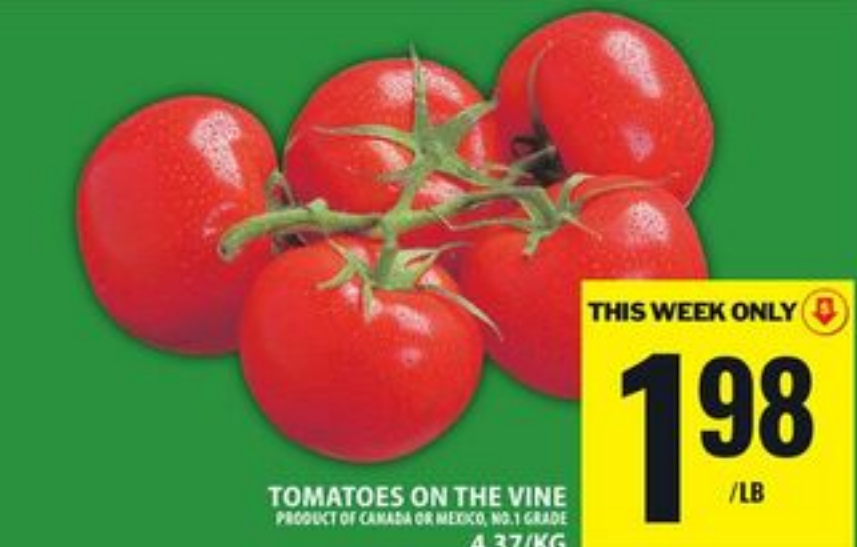
APPLES
PRODUCT OF ONTARIO, CANADA FANCY GRADE 3 LB BAG
THIS WEEK ONLY
4.98
EACH



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

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

THIS WEEK ONLY

2⁹⁹ /LB

HALAL AT SAME PRICE

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

THIS WEEK ONLY

4⁴⁹ /LB

FRESH SPLIT CHICKEN WINGS
BAGGED
11.00/KG

THIS WEEK ONLY

4⁹⁹ /LB

NEW ZEALAND FRESH LEAN GROUND LAMB
454 G SELECTED VARIETIES

THIS WEEK ONLY

10⁹⁹ EACH

NEW ZEALAND SPRING LAMB
• 100% Grass fed
• Free range
• Raised without antibiotics or added hormones
• Halal Certified

PRIME TURKEY DINDE
454g-1lb

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

THIS WEEK ONLY

6⁹⁹ 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

11⁹⁹ /LB

HALAL AT SAME PRICE

MAPLE LODGE OR ZABIHA HALAL CHICKEN WIENERS
450 G SELECTED VARIETIES

10 points

THIS WEEK ONLY

1⁹⁹ EACH

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

THIS WEEK ONLY

10⁹⁹ EACH

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

THIS WEEK ONLY

5⁹⁹ EACH

LOU'S KITCHEN PULLED PORK
400 g

LOU'S KITCHEN BEEF POT ROAST AU JUS
375 g

THIS WEEK ONLY

9⁹⁹ EACH

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

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

THIS WEEK ONLY

5⁹⁹ EACH

SELECTION SMOKED BONELESS HALF HAM
675 G SELECTED VARIETIES

THIS WEEK ONLY

8⁹⁹ EACH

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

THIS WEEK ONLY

2⁹⁹ EACH

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

THIS WEEK ONLY

4⁹⁹ EACH

IRRISISTIBLE HUMMUS OR DIPS
200 - 227 G SELECTED VARIETIES

THIS WEEK ONLY

2⁹⁹ EACH

SUMMER FRESH DELI SALADS
170 - 190 G SELECTED VARIETIES

THIS WEEK ONLY

7⁹⁹ EACH

CHELSEA BONED SALTED COD BITS
454 G SELECTED VARIETIES

THIS WEEK ONLY

7⁹⁹ 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

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 42°

INSTANT OATMEAL
MAPLE & BROWN SUGAR
ALL NATURAL FLAVOURS

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

Classic

NESCAFÉ
RICH • RICHE

100% ROASTED COFFEE
100% TORRÉFIÉ

170 g

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 MUFFINS

LOCKED DOWN

5.99
EACH

QUAKER MUFFIN MIX
900 G
SELECTED VARIETIES



PRINGLES

ORIGINAL

SOUL CREAM & CHEDDAR

LOCKED DOWN

2.49
EACH

PRINGLES POTATO CHIPS
148 - 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

LOCKED DOWN

6.99
EACH

NUTELLA SPREAD
725 G



FRANK'S RedHot
SAUCE
334 ML
SELECTED VARIETIES

LOCKED DOWN

4.49
EACH

Gioia
PANETTONE

THIS WEEK ONLY

9.99
EACH

GIOIA PANETTONE
750 G
SELECTED VARIETIES
WHILE QUANTITIES LAST



TORRONE
SOFT MIGNON - TORRONE MIGNON
PISTACHIO - PISTACHE

TORRONE
SOFT MIGNON - TORRONE MIGNON
LEMON - CITRON

ALLESSIA
TORRONE
100 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

4.99
EACH

Bounty
PAPER TOWELS
6 - 12'S

Charmin
BATHROOM TISSUE
12 - 48'S

LOCKED DOWN

13.99
EACH



WHITE BREAD
100% WHOLE WHEAT
435 G
SELECTED VARIETIES

SELECTION BREAD
435 G
SELECTED VARIETIES

1.99
EACH

ITALIA
SELECTION ITALIAN BREAD
435 G
SELECTED VARIETIES

2.99
EACH



Irresistible
Croissants
270 g - 1 kg

THIS WEEK ONLY

4.49
EACH

IRRÉSISTIBLE CROISSANTS
4'S

Irresistible
PIE
1 kg

THIS WEEK ONLY

6.99
EACH

IRRÉSISTIBLE PIE
700 G - 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 450 • 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 • 300 ML
SELECTED VARIETIES

LOCKED DOWN

299 EACH

CHRISTIE SNACK 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

20 points

LOCKED DOWN

398 EACH

BLACK DIAMOND SLICES 410 G
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

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®
BOUQUET

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

WONDERFUL ROASTED SALTED PISTACHIOS
450 G
MEDJOL DATES
907 G

10⁹⁸
EACH

IRRESISTIBLE SNACK TRAYS
525 - 670 G SELECTED VARIETIES

11⁹⁹
EACH

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

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 SALAMI

MASTRO
GENOA-DE GÈNES SALAMI

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

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
Food Seasoning

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

S&F
CREAM 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

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

1.67
EACH

SEA SALT
100 G, 100 G
SELECTED VARIETIES

PROFI OR PODRAVKA SPREADS, DROGA 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

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

1.25
EACH

PODRAVKA BOUILLON CUBES OR ENVELOPE SOUP
10 / 16
SELECTED VARIETIES

GOVEDA JUHA SOUP
10 / 16
SELECTED VARIETIES



*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
1 L
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



*per 250 mL serving





Kraft

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more on any
participating
Kraft products
and get
625 POINTS***

(\$5 value)



moi



2 KG

**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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