

food Basics

CANADIAN AND PROUD

ALWAYS MORE FOR LESS

FLURRY OF SAVINGS

SCHNEIDERS LUNCH MATE OR GREENFIELD KITS OR ADULT KITS 74-100 G SELECTED VARIETIES

NEVER EVER ANTIBIOTICS HUMANELY RAISED VEGETABLE SOY PRO

TOUJOURS SANS ANTIBIOTIQUES ÉLEVÉ HUMAINEMENT VÉGÉTAL SOJA PRO

GREENFIELD TURKEY & CHEESE LUNCH KIT 100 G MATURELLE ET FROMAGE

lunch mate Turkey Dinde

THIS WEEK ONLY

2.22 EACH

FRESH BONELESS PORK COMBINATION CHOPS INCLUDING CENTER CUT CHOPS OR LEAN GROUND PORK FAMILY PACK 6.57/KG

THIS WEEK ONLY

2.98 /LB

MARC ANGELO SOULAKI FAMILY PACK 480 - 640 G SELECTED VARIETIES

THIS WEEK ONLY

8.98 EACH

PRIMO SAUCE, TOMATOES OR BEANS 540 - 790 ML SELECTED VARIETIES

PRIMO Red Kidney Beans

PRIMO Diced Tomatoes

PRIMO THICK & ZESTY Garlic & Herb

THIS WEEK ONLY

1.67 EACH

JANES PUB STYLE chicken Strips 700 g

AL SAFA Halal Chicken Breast Meat 500 - 700 G FROZEN SELECTED VARIETIES WHILE QUANTITIES LAST

THIS WEEK ONLY

5.48 EACH

SELECTION BAGELS, ENGLISH MUFFINS OR 7" TORTILLAS 340-510 G SELECTED VARIETIES

ENGLISH MUFFINS ANGLAIS Original - Nature

Bagels everything tout garni

10 ORIGINAL ORIGINAL 10" TORTILLAS

THIS WEEK ONLY

1.99 EACH

WOW

PRIMO Elbows • Coudes 900 G

PRIMO Spaghetti 900 G

PRIMO PASTA 500 - 900 G SELECTED VARIETIES

THIS WEEK ONLY

1.25 EACH

LAY'S POTATO CHIPS, TOSTITOS TORTILLA CHIPS OR SMARTFOOD POPCORN 150-295 G SELECTED VARIETIES

Smartfood

Lays Classic Classique

Tostitos ROUNDS-ROUNDES

LOCKED DOWN

2.98 EACH

Dr. Oetker Ristorante PIZZA SPINACI 320 - 390 G

CASA DI MAMA 395 - 410 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

3.48 EACH

GENERAL MILLS FAMILY SIZE CEREAL 520 - 770 G SELECTED VARIETIES

Cinnamon Toast Crunch

Honey Nut Cheerios

THIS WEEK ONLY

4.98 EACH

Tilda PURE BASMATI BASMATI PUR 5.34 kg

Tilda BASMATI OR MILI JASMINE RICE 5.34 - 9 KG SELECTED VARIETIES

THIS WEEK ONLY

12.88 EACH

ALL STORES ARE CLOSED ON THURSDAY JANUARY 1ST, 2026.
SEE YOUR LOCAL STORE OR FOODBASICS.CA FOR DETAILS.

GET READY TO SAVE! GREAT PRICES START ON FRIDAY JANUARY 2ND TO WEDNESDAY JANUARY 7TH, 2026.

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

FLURRY OF SAVINGS

Black Diamond OLD - FORT Cheddar Cheese Fromage cheddar 400 G SHREDS 329 G

Black Diamond MARBLE - MARBRÉ 240 G

Galbani NATURAL CHEESE SLICES 220 - 240 G GALBANI MOZZARELLA 500 G SELECTED VARIETIES

LOCKED DOWN **4.98** EACH

Becel Original MARGARINE 850 G SELECTED VARIETIES

WITH PLANT-BASED OILS

THIS WEEK ONLY **6.99** EACH

Black Diamond CHEESTRINGS FICELLO 100% REAL CHEESE 330 G

ACTIVIA EXPERT 35% LESS SUGAR 12x 100 G

ACTIVIA YOGURT 12x 100 G EXPERT YOGURT 750 G

BLACK DIAMOND CHEESTRINGS 330 G SELECTED VARIETIES

THIS WEEK ONLY **5.99** EACH

Butter Chicken Poulet au beurre 280 G

CHEEMO Perogies 230 - 300 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY **2.99** EACH

OASIS HEALTH BREAK 1.6 L

OASIS SMOOTHIE 1.6 L

OASIS 60 1.6 L

DANONE OIKOS GREEK YOGURT 4 X 100 G

OASIS DRINKS 1.5 - 1.8 L SELECTED VARIETIES

THIS WEEK ONLY **3.49** EACH

Pop-Tarts Strawberry Fraises 8x 8

Kellogg's NUTRI GRAIN BARS 250 G 8 BARS / BÂTÔN

Rice Krispies SQUARES 170 - 204 G SELECTED VARIETIES

LOCKED DOWN **2.67** EACH

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

LOCKED DOWN **9.99** EACH

Kraft DINNER NOODLE MEAL 12 X 200 G

LOCKED DOWN **9.99** EACH

CHEEZ-IT Original 191 - 200 G SELECTED VARIETIES

QUAKER Dipp's CHOCOLATEY CHIP BRISURES CHOCOLATÉES 120 - 156 G

QUAKER Chewy CHOCOLATEY CHIP BRISURES CHOCOLATÉES 120 - 156 G

THIS WEEK ONLY **1.99** EACH

Coca-Cola ORIGINAL TASTE 6 X 750 ML BOTTLES (4.26 L)

PEPSI 6 X 750 ML BOTTLES (4.26 L)

LOCKED DOWN **4.49** EACH

Charmin Ultra Soft Ultra Doux 24 TRIPLES 8 - 245

Bounty 3-6 Doubles 31 3-45

CHARMIN BATHROOM TISSUE 8 - 245

BOUNTY PAPER TOWEL 3 - 45 SELECTED VARIETIES

THIS WEEK ONLY **6.99** EACH

35 points

Tide LAUNDRY DETERGENT 3.3 L - 100 LOADS PODS 45-70'S

CASCADE DISHWASHER TABS 31 - 90'S SELECTED VARIETIES

THIS WEEK ONLY **21.99** EACH

the app-solute best way to save

only with **moi** rewards

SCAN TO DOWNLOAD

While quantities last. Visit our app for details. *Limit one per customer, per transaction.

KING'S HAWAIIAN ROLLS* 340 G SELECTED VARIETIES

DIGITAL DEAL **2.99** EACH WITH COUPON

save \$1

THIS WEEK ONLY

*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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PRODUCE



CANTALOUPE
PRODUCT OF GUATEMALA
NO. 1 GRADE

THIS WEEK ONLY
2⁹⁸
EACH



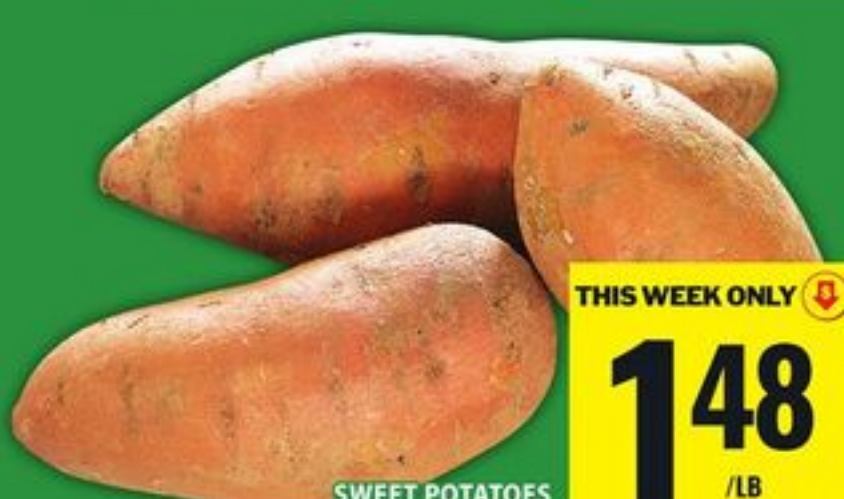
RASPBERRIES
PRODUCT OF U.S.A. OR MEXICO
NO. 1 GRADE 170 G
BLACKBERRIES
PRODUCT OF MEXICO
NO. 1 GRADE 150-170 G
BLUEBERRIES
PRODUCT OF PERU
NO. 1 GRADE 170 G

THIS WEEK ONLY
2⁹⁸
EACH



MINI CUCUMBERS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE 397 G
HOTHOUSE GRAPE TOMATOES
PRODUCT OF CANADA OR MEXICO, NO. 1 GRADE 283 G

THIS WEEK ONLY
2⁹⁸
EACH



SWEET POTATOES
PRODUCT OF U.S.A.
3.26/KG

THIS WEEK ONLY
1⁴⁸
/LB



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

THIS WEEK ONLY
3⁹⁸
/LB



CLEMENTINES
PRODUCT OF MOROCCO
1 LB
LIMES
PRODUCT OF MEXICO
1 LB



THIS WEEK ONLY
3⁹⁸
EACH



SPINACH 284 G
DOLE COLESLAW SALAD 397 G

THIS WEEK ONLY
2⁸⁸
EACH



BEEFSTEAK TOMATOES
PRODUCT OF CANADA OR MEXICO, NO. 1 GRADE
5.47/KG

THIS WEEK ONLY
2⁴⁸
/LB



STRAWBERRIES
PRODUCT OF U.S.A., NO. 1 GRADE
454 G

THIS WEEK ONLY
3⁹⁸
EACH



JUMBO ROMAINE HEARTS
3 PK
ANDY BOY

ROMAINE HEARTS
PRODUCT OF U.S.A. AND/OR MEXICO
3 PK
SWEET ASSORTED PEPPERS
PRODUCT OF CANADA OR U.S.A. OR MEXICO
PKGS OF 4

THIS WEEK ONLY
4⁹⁸
EACH



SANTA CLAUS MELON
PRODUCT OF BRAZIL
CANARY MELON
PRODUCT OF BRAZIL
2.82/KG

THIS WEEK ONLY
1²⁸
/LB



JUMBO CHERRIES
PRODUCT OF CHILE, NO. 1 GRADE
13.18/KG

THIS WEEK ONLY
5⁹⁸
/LB



KIWI
PRODUCT OF CHILE
600 G BASKET

THIS WEEK ONLY
4⁹⁸
EACH



GREEN FRENCH BEANS
PRODUCT OF GUATEMALA
400 G

THIS WEEK ONLY
3⁹⁸
EACH



POMEGRANATE
PRODUCT OF EGYPT

THIS WEEK ONLY
2⁴⁴
EACH



DAIYA DAIRY FREE CHEESE
200-220 G
SELECTED VARIETIES

THIS WEEK ONLY
4⁹⁸
EACH

FLORAL



BOUQUETS
WHILE SUPPLIES LAST

THIS WEEK ONLY
2/\$12



12 STEM RAINBOW POMES
WHILE SUPPLIES LAST

THIS WEEK ONLY
10⁸⁸
EACH



6" SUCCULENT
WHILE SUPPLIES LAST

THIS WEEK ONLY
12⁸⁸
EACH



5" ORCHID
WHILE SUPPLIES LAST

THIS WEEK ONLY
13⁹⁸
EACH

MEAT

RACHEL'S EXTRA LEAN GROUND CHICKEN OR ZABIHA HALAL GROUND CHICKEN
450 - 454 G
SELECTED VARIETIES WHILE QUANTITIES LAST

THIS WEEK ONLY

4.99 EACH

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

THIS WEEK ONLY

4.49 /LB

COHO SALMON FILLET
PREVIOUSLY FROZEN
26.43/KG

THIS WEEK ONLY

11.99 /LB

FRESH BONELESS EYE OF ROUND ROAST OR STEAKS
CUT FROM CANADA AA OR HIGHER GRADE OF BEEF
26.43/KG

THIS WEEK ONLY

11.99 /LB

SELECTION BACON
375 G
SELECTED VARIETIES

THIS WEEK ONLY

4.99 EACH

Lean Ground Beef Boeuf haché
2 LB
LEAN GROUND BEEF TUBES
908 G
SELECTED VARIETIES

THIS WEEK ONLY

13.98 EACH

STAMPEDE HOTDOG SAUCISSE FUMÉE
THE ORIGINAL
10
BUTCHER'S SELECTION ORIGINAL OR HARVEST CREEK HALAL CHICKEN WIENERS
900 G SELECTED VARIETIES

THIS WEEK ONLY

3.99 EACH

SCHNEIDERS RED HOTS OR MAPLE LEAF TOP DOGS WIENERS
375 G
ORIGINAL BEEF PATTIES IN BUNDS
200 - 205 G
SELECTED VARIETIES

THIS WEEK ONLY

5.99 EACH

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

THIS WEEK ONLY

10.99 EACH

BUTTERBALL TURKEY OR MAPLE LODGE CHICKEN BACON
300 - 375 G
SELECTED VARIETIES

THIS WEEK ONLY

4.99 EACH

SCHNEIDERS BREAKFAST SANDWICHES OR EGG BITES
204 - 208 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

5.99 EACH

LOU'S KITCHEN FULLY COOKED ENTRÉES
375 - 400 G
SELECTED VARIETIES

THIS WEEK ONLY

9.99 EACH

IRRESISTIBLES HUMMUS OR DIPS
200 - 227 G
SELECTED VARIETIES

THIS WEEK ONLY

2.99 EACH

BALDERSON EXTRA OLD CHEDDAR
200 - 205 G
SELECTED VARIETIES

THIS WEEK ONLY

7.49 EACH

SWISS CHALET BBQ PORK BACK RIBS
800 G
SELECTED VARIETIES

THIS WEEK ONLY

10.99 EACH

MASTRO OR SAN DANIELE SLICED DELI MEAT
180 - 210 G
SELECTED VARIETIES

LOCKED DOWN

6.49 EACH

IRRESISTIBLES GOAT CHEESE
200 G
SELECTED VARIETIES

THIS WEEK ONLY

7.49 EACH

SCHNEIDERS PEPPERETTES
200 - 205 G
SELECTED VARIETIES

THIS WEEK ONLY

7.99 EACH

TRE STELLE TRADITIONAL FETA
450 G
SELECTED VARIETIES

THIS WEEK ONLY

13.99 EACH

Catch of the Day Prise du jour
Wild Pacific Salmon Fillets
Fils de saumon sauvage du Pacifique
580 G - 1.32 KG
FROZEN SELECTED VARIETIES

THIS WEEK ONLY

11.99 EACH

SEA JOY SEAWEED SALAD OR MACKEREL FILLET
300 - 450 G

THIS WEEK ONLY

5.49 EACH

IRRESISTIBLE PACIFIC WHITE COOKED OR RAW SHRIMP
31 - 40 CT
340 G OR
IRRESISTIBLE TEMPURA SHRIMP
284 - 340 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

7.99 EACH

MORE GREAT SAVINGS FOR LESS



DANONE DANINO DRINKABLE YOGURT
6 x 91 mL (3 FL OZ)
ESSENTIAL NUTRIENTS
40% LESS SUGAR
4x100g

ACTIVIA
active probiotics
650g

ACTIVIA YOGURT
EXPERT YOGURT
450g
4x100g
SUPPORTS GUT HEALTH
Soutient la santé digestive

LOCKED DOWN

349
EACH



OREO mini
MADE WITH REAL COCOA
120 CALORIES
(6 x 25 g) 150 g

Christie
6 SNACK PAKS
Mini Chips Ahoy!
MADE WITH REAL CHOCOLATE CHIPS
PEANUT FREE
(6 x 26 g) 156 g

LOCKED DOWN

299
EACH

CHRISTIE SNACK PAKS
COOKIES
150 - 200g
SELECTED VARIETIES



Beatrice
CHOCOLATE MILK
1 L
SELECTED VARIETIES

LOCKED DOWN

279
EACH

TWININGS
Pure Camomile
Herbal Tea
205g
SELECTED VARIETIES

LOCKED DOWN

499
EACH



Lipton
Chicken Noodle
Poulet et nouilles
205g
SELECTED VARIETIES

LOCKED DOWN

299
EACH

Knorr
Soup
205g
SELECTED VARIETIES

LOCKED DOWN

179
EACH

PERRIER
CARBONATED WATER
1 L
SELECTED VARIETIES

25
points



SURATI
FROZEN VEGETABLES
340g
SELECTED VARIETIES

LOCKED DOWN

167
EACH

KURKURE
CHILI CHATKA
115g
SELECTED VARIETIES

LOCKED DOWN

167
EACH



fuze
Iced tea
12 x 341 mL
SELECTED VARIETIES

LOCKED DOWN

699
EACH

PRINGLES
PARTY STACK
CHIPS
194 - 203g
SELECTED VARIETIES

LOCKED DOWN

279
EACH

BAKERY



Selection
DONUTS - BEIGNES
Poudré au sucre en poudre
400g

THIS WEEK ONLY

299
EACH

SELECTION DONUTS
400 - 552g
SELECTED VARIETIES



Selection
PASTRIES
510 - 825g
SELECTED VARIETIES

THIS WEEK ONLY

599
EACH



Dimpflmeier
PREBIOTIC BREAD
454g

THIS WEEK ONLY

299
EACH

DIMPFLMEIER BREAD
454 - 500g
SELECTED VARIETIES



Villaggio
CLASSICO BREAD
454g

THIS WEEK ONLY

349
EACH

Weight Watchers
BREAD
454g

THIS WEEK ONLY

449
EACH

VILLAGGIO BREAD
454 - 550g
BUNS
6 - 85
SELECTED VARIETIES

WEIGHT WATCHER OR
STONEMILL BREAD
370 - 550g
SELECTED VARIETIES

LOCKED DOWN



Kraft Singles
Original Cheddar Original
Artificial Flavours / Sans arômes ni couleurs artificielles
410 g

PHILADELPHIA
ORIGINAL CREAM CHEESE
FROMAGE À LA CRÈME
no artificial flavours or colours / sans arômes ni couleurs artificielles
250 g | 32% M.F. | 55% BUTTERFAT

LOCKED DOWN

3⁹⁸
EACH

Melitta
COLOMBIA ALTURA
100% ARABICA
ETHICALLY SOURCED / SOURCES ÉTHIQUES
WHOLE BEAN COFFEE / CAFÉ EN GRAINS
907 g

VAN HOUTTE
COLOMBIAN DARK
DARK ROAST
GROUND COFFEE 263 g

LOCKED DOWN

2⁸⁹⁹
EACH

JELL-O
strawberry fraise
JELLY POWDER • Poudre pour gelée
SIMULATED FLAVOUR / ARÔME ARTIFICIEL
85 g | 4 SERVINGS / PORTIONS

LOCKED DOWN

99¢
EACH

MAISON PERRIER
SPARKLING WATER BEVERAGE
8 x 330 ml
SELECTED VARIETIES

LOCKED DOWN

6⁹⁹
EACH

OASIS
100% JUICE BLEND
DEL MONTE
MANGO NECTAR
960 ml
SELECTED VARIETIES

LOCKED DOWN

2²⁹
EACH

ROGERS
FIVE GRAIN GRANOLA
CINQ GRAINS
750 g
SELECTED VARIETIES

LOCKED DOWN

5⁷⁹
EACH

M&M'S
MALTESERS
CHOCOLATE BITES
165 g
SELECTED VARIETIES

LOCKED DOWN

4⁴⁹
EACH

CLOVER LEAF
LIGHT OR FLAVOURED TUNA
85 - 170 g
SELECTED VARIETIES

LOCKED DOWN

1⁶⁷
EACH

NATREL
ORGANIC MILK
2L
1% OR 2%
SELECTED VARIETIES

LOCKED DOWN

9⁹⁹
EACH

NABOB
TRADITION GROUND COFFEE
950 g
SELECTED VARIETIES

LOCKED DOWN

24⁹⁹
EACH

55 points

BEN'S ORIGINAL
FAST & FANCY VITE & BON
BROCCOLI & CHEDDAR FLAVOUR / SAISON DE BROCCOLI ET CHEDDAR
132 g
132 g SELECTED VARIETIES

LOCKED DOWN

1⁶⁹
EACH

Excel
WHITE GUM
60'S
SELECTED VARIETIES

LOCKED DOWN

4⁴⁹
EACH

CORONA CERO
ALCOHOL-FREE BEER
12 x 355 ml
SELECTED VARIETIES

LOCKED DOWN

21⁹⁹
EACH

CLOVER LEAF
TUNA SALAD
160 g
SELECTED VARIETIES

LOCKED DOWN

3⁹⁹
EACH

ALCAN
ALUMINUM FOIL
EACH
SELECTED VARIETIES

LOCKED DOWN

3⁹⁹
EACH

PINE-SOL
CLEANER
1.4L
SELECTED VARIETIES

LOCKED DOWN

4⁹⁹
EACH

CLOROX
BLEACH
3.4L
SELECTED VARIETIES

LOCKED DOWN

4⁹⁹
EACH

Ziploc
SEAL TOP BAGS
48'S
SELECTED VARIETIES

LOCKED DOWN

8⁹⁹
EACH

GLADE
CANDLES
EACH
SELECTED VARIETIES

LOCKED DOWN

9⁹⁹
EACH

ALWAYS GREAT PRICE



SELECTION OR LIFE SMART COTTAGE CHEESE 500 G SELECTED VARIETIES

3⁸⁸ EACH



SELECTION CEREALS 755 - 775 G SELECTED VARIETIES

4⁹⁷ EACH



SELECTION SPARKLING WATER 1 L SELECTED VARIETIES

99¢ EACH



SELECTION JUICE BLEND 2.5 L SELECTED VARIETIES

4⁹⁹ EACH



SELECTION OR LIFE SMART VEGETABLE COCKTAIL 1.89 L SELECTED VARIETIES

2⁹⁹ EACH



SELECTION OR LIFE SMART FRUIT SNACKS 6'S SELECTED VARIETIES

2⁴⁹ EACH



SELECTION INSTANT COFFEE 200 G SELECTED VARIETIES

5⁹⁹ EACH



SELECTION EVAPORATED MILK 354 ML SELECTED VARIETIES

1⁸⁸ EACH

SELECTION CONDENSED SOUP 284 ML SELECTED VARIETIES

1²⁷ EACH



SELECTION OR IRRESISTIBLE CAN VEGETABLES 341 - 396 ML SELECTED VARIETIES

1³⁷ EACH



SELECTION COOKIES 335 G SELECTED VARIETIES

2²⁷ EACH



IRRESISTIBLES BASIL PESTO 279 ML

3⁷⁹ EACH



SELECTION OR IRRESISTIBLES PARMESAN CHEESE 230 G SELECTED VARIETIES

6⁹⁹ EACH



IRRESISTIBLES SNACKS 142 G SELECTED VARIETIES

2⁴⁹ EACH



SELECTION DISHWASHING DETERGENT 450 - 428 ML SELECTED VARIETIES

1⁹⁷ EACH



SELECTION LAUNDRY DETERGENT 1.42 - 1.8 L (34 - 40 LOADS) SELECTED VARIETIES

3⁹⁹ EACH



SELECTION RINSE AGENT 423 ML SELECTED VARIETIES

4⁷⁹ EACH



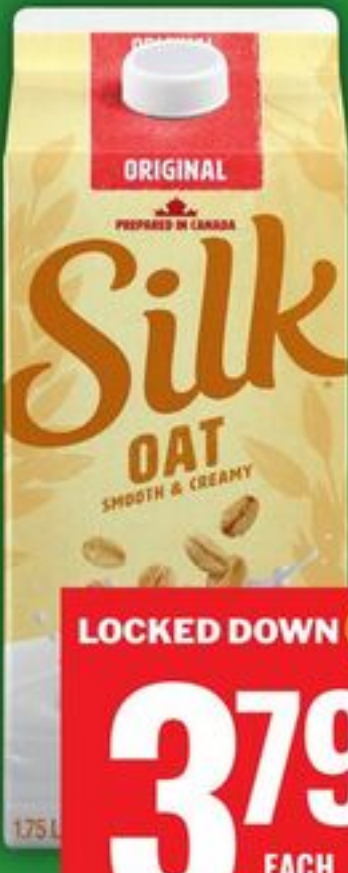
SELECTION BLEACH 2.4 L SELECTED VARIETIES

3⁹⁹ EACH

EAT WELL FOR LESS



SILK BEVERAGES
1.75 - 1.89 L
SELECTED VARIETIES



LOCKED DOWN

379
EACH



SENSIBLE
PORTIONS
VEGGIE
SNACKS
142 G
SELECTED VARIETIES

LOCKED DOWN

299
EACH



LIFE SMART
NATURALIA
EGG WHITES
1 KG
SELECTED VARIETIES

THIS WEEK ONLY

849
EACH



GARDEIN
SUPRÊME CHICK'N NUGGETS OR FILLETS
390 - 425 G FROZEN SELECTED VARIETIES



LOCKED DOWN

949
EACH



ROBIN HOOD
GLUTEN FREE
FLOUR
907 G
SELECTED VARIETIES

LOCKED DOWN

749
EACH



LIFE SMART
NATURALIA STEEL
CUT OATMEAL
709 G
LIFE SMART
QUICK OATS
344 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

399
EACH



GH CRETORS
POPCORN
213 G
SELECTED VARIETIES

LOCKED DOWN

429
EACH

25
points



QUE PASA
TORTILLA CHIPS
350 G
SELECTED VARIETIES

LOCKED DOWN

399
EACH



ANNIE'S
MACARONI &
CHEESE
179 G
SELECTED VARIETIES

LOCKED DOWN

249
EACH

15
points



J.L. KRAFT
PURE DRESSING
355 ML
SELECTED VARIETIES

LOCKED DOWN

499
EACH



CATELLI
HEALTHY
HARVEST
PASTA
375 G
SELECTED VARIETIES



LOCKED DOWN

249
EACH



LIFE SMART
ORGANIC
BEANS
390 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

199
EACH



LIFE SMART
COOKING SPRAY
110 - 142 G
SELECTED VARIETIES

LOCKED DOWN

499
EACH



LIFE SMART
ORGANIC HONEY
375 G

ALWAYS GREAT PRICE

599
EACH

CHOOSE CANADIAN



RED PRINCE APPLES
PRODUCT OF ONTARIO
2.16/KG

98¢
/LB



RUSSET POTATOES
PRODUCT OF PRINCE EDWARD ISLAND,
CANADA NO. 1 GRADE
5 LB

1.25
EACH



SCHNEIDERS RED HOTS OR
MAPLE LEAF TOP DOGS WIENERS
375 G
SCHNEIDERS MEAT PIES
330 - 400 G, FROZEN SELECTED VARIETIES

5.99
EACH



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

10.99
EACH



DIMPFLMEIER
BREAD
454 - 500 G
SELECTED VARIETIES

2.99
EACH



SELECTION
PASTRIES
510 - 825 G
SELECTED VARIETIES

5.99
EACH



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

4.98
EACH



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

3.48
EACH



ACTIVIA YOGURT
12 X 100 G
EXPERT YOGURT
750 G
BLACK DIAMOND CHEESTRINGS
336 G
SELECTED VARIETIES

5.99
EACH



SELECTION OR
LIFE SMART
NATURALIA
PEANUT BUTTER
750 G - 1 KG
SELECTED VARIETIES

4.44
EACH



BECEL MARGARINE
850 G
SELECTED VARIETIES

6.99
EACH



KRAFT
DINNER
NOODLE
MEAL
12 X 200 G

9.99
EACH



COCA-COLA
OR PEPSI
SOFT DRINKS
6 X 710 ML
SELECTED VARIETIES

4.49
EACH



LAY'S POTATO CHIPS, TOSTITOS TORTILLA
CHIPS OR SMARTFOOD POPCORN
110 - 295 G SELECTED VARIETIES

2.98
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.

HAPPY LOHRI

HAPPY MAKAR SANKRANTI

HAPPY PONGAL



RED MANGO
PRODUCT OF BRAZIL

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
99¢
EACH



BRAR'S PANEER
375 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
5.99
EACH



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

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
6.99
EACH



PARLE-G, LU OR EBM COOKIES
84'S, 100 G SELECTED VARIETIES



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
99¢
EACH



CEDAR
CANNED BEANS
540 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.49
EACH



SURATI
FROZEN VEGETABLES
140 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.67
EACH



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

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3.99
EACH



DIVYA
NAANS OR PARATHAS
120'S, 100'S, 400'S
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.99
EACH



NANAK
DESI GHEE
800 G

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
12.99
EACH



ROYAL DELIGHT
SAMOSAS,
MAGGI SAUCE OR
DESI-LICIOUS
ENTRÉES
283 / 564 G, 340 ML SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3.49
EACH

20
points



MR MAKHANA
LOTUS SEED SNACK
SELECTED VARIETIES

15
points



KURKURE
CHIPS
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3.29
EACH



SHER OR MEERA BESAN, BRAR CORN FLOUR
1.81 KG SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
4.99
EACH



DESI-LICIOUS (KULFI)
ICE CREAM
SELECTED VARIETIES

30
points



DIVYA
GINGER GARLIC PASTE
500 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.99
EACH



BRAR'S GULAB
JAMUN OR
BHIKHARAM
KAJU KATLI
SWEET
250 / 850 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
6.99
EACH

35
points



SHER CANE
BROWN SUGAR
1.82 KG

45
points



BEST NECTARS,
DIVYA MANGO
PULP
1.125 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.99
EACH



HUNT'S
TOMATO SAUCE
398 - 680 ML
SELECTED VARIETIES

LOCKED DOWN

249
EACH



AYLMER
TOMATOES
540 - 796 ML
SELECTED VARIETIES

LOCKED DOWN

249
EACH



ORVILLE REDENBACHER
POPPING CORN
340 - 830 G
SELECTED VARIETIES

LOCKED DOWN

449
EACH



SLIM JIM
SAUSAGE SNACK
27.5 G
SELECTED VARIETIES

THIS WEEK ONLY

2/\$3



P.F. CHANG'S MEALS
312 G
FROZEN
SELECTED VARIETIES

LOCKED DOWN

649
EACH



SNACK PACK
PUDDING OR
GEL SNACK
47 G
SELECTED VARIETIES

LOCKED DOWN

229
EACH



15
points



SWANSON SKILLET MEALS
1.19 KG
FROZEN
SELECTED VARIETIES

LOCKED DOWN

1099
EACH



ANGIE'S
GLUTEN FREE POPCORN
1316 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

399
EACH

LIBERTÉ



THIS WEEK ONLY 

2.99

EACH

LIBERTÉ
GREEK OR
MÉDITERRANÉE
YOGURT
4 x 100 g, 500 g
SELECTED VARIETIES



LIBERTÉ
GREEK YOGURT
850 - 750 g
SELECTED VARIETIES

LOCKED DOWN 

6.99

EACH



LIBERTÉ
KÉFIR
1 L
SELECTED VARIETIES

LOCKED DOWN 

4.99

EACH

25

points



THIS WEEK ONLY 

2.49

EACH

YOPLAIT TUBES
8 x 56 g OR
MINIGO YOGURT
6 x 60 g
SELECTED VARIETIES



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