



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, DEC 4 TO
THURSDAY DEC 18 ONLY

UNLESS OTHERWISE STATED, WHILE SUPPLIES LAST, NO RAIN CHECKS OR
SUBSTITUTIONS. IMAGES ARE REPRESENTATIONAL ONLY. PRODUCTS MAY
NOT BE EXACTLY AS SHOWN. E & OE.

ONTARIO
FRESH!



SUBSCRIBE TO OUR ENEWS TODAY
@ WWW.FOODSMITHS.COM



WE ARE YOUR STORE FOR HOLIDAY GATHERINGS & UNIQUE CHRISTMAS GIFTS!

BRANDT BLACK FOREST HAM

PER 100 G
AT OUR DELI COUNTER



SAVE 80¢
2.19
/ 100 G

SHOP YOUR HOLIDAY FAVOURITES!

- HALL'S APPLE MARKET
PREMIUM QUALITY
- LOCALLY GROWN
- FRESH APPLE
CIDER
- 750 ML
- PRODUCT OF
BROCKVILLE, ONTARIO



SAVE \$1
7.99
/ EACH



PREMIUM QUALITY IN-SHELL MIXED NUTS

230 G
PRODUCT OF
USA



SAVE \$1.11
2.88
/ EACH

COPPENRATH SPEKULATIUS COOKIES

400 G

SAVE 50¢
4.99
/ EACH



MINI HAND REPAIRS

20-30 ML
PRODUCT OF KELOWNA, BC

BAREFOOT VENUS



SAVE \$1
5.99
/ EACH



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

PREMIUM QUALITY
**CANADIAN GROWN
MCINTOSH
APPLES**
3 LB
PRODUCT OF CANADA



SAVE \$1
3.98
/ EACH

PREMIUM QUALITY
CLEMENTINES
2 LB
PRODUCT OF
CHILI/SOUTH AFRICA



SAVE 61¢
5.88
/ EACH

PREMIUM QUALITY
**FRESH
CRANBERRIES**
340 G
PRODUCT OF USA



SAVE \$1
3.48
/ EACH

PREMIUM QUALITY
**FRESH
GREEN BEANS**
230 G
PRODUCT OF USA



SAVE \$1.98
2/\$6
OR \$3.49 EACH

ONTARIO FRESH
CERTIFIED ORGANIC
**ONTARIO GROWN
FRESH-ORGANIC
CARROTS**
2 LB
PRODUCT OF ONTARIO



SAVE 61¢
3.88
/ EACH



SERVING SUGGESTION

PREMIUM QUALITY
**CANADIAN GROWN
RUSSET POTATOES**
LB
PRODUCT OF
CANADA



SAVE 51¢
1.48
/ LB

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



ANDREW'S PICK:
SPAGHETTI SQUASH IS A
LOW-CALORIE, LOW-CARB,
LOW FAT, AND GLUTEN FREE
ALTERNATIVE TO PASTA!

PREMIUM QUALITY ONTARIO GROWN SPAGHETTI SQUASH

PRODUCT OF ONTARIO

SAVE 50¢
1.49
/LB



SERVING SUGGESTION

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

PREMIUM QUALITY
**FRESH
SATSUMA
MANDARINS**
LB
PRODUCT OF SPAIN



EVERYDAY
PRICE
5.49
/LB

NORTHERN ORCHARDS
PREMIUM QUALITY
**ONTARIO GROWN
CRISPIN APPLES**
LB
PRODUCT OF
NEWMARKET, ONTARIO



EVERYDAY
PRICE
2.99
/LB



**ONTARIO
FRESH!**



COOKSTOWN GREENS
CERTIFIED ORGANIC
**LOCALLY GROWN
ORGANIC
RAINBOW CARROTS**
LB
PRODUCT OF
ESSA, ONTARIO



EVERYDAY
PRICE
5.49
/LB



**ONTARIO
FRESH!**



ONTARIO FRESH
PREMIUM QUALITY
**ONTARIO GROWN
BUTTERNUT SQUASH**
LB
PRODUCT OF ONTARIO



EVERYDAY
PRICE
1.99
/LB



**ONTARIO
FRESH!**



SERVING SUGGESTION

SAVE IN OUR BULK BINS AND EAT WELL!

BEST BUY THIS WEEK

MERCKENS WHITE
CHOCOLATE WAFER

30%
OFF

ON SALE
174
/100 G
SAVE 75¢

BEST BUY THIS WEEK

PECAN PIECES

30%
OFF

ON SALE
307
/100 G
SAVE \$1.32

BRIDGE MIX

25%
OFF

ON SALE
299
/100 G
SAVE \$1

DELUXE MIXED NUTS
SALTED/UNSALTED

25%
OFF

ON SALE
412
/100 G
SAVE \$1.37

MILK CHOCOLATE
ALMONDS

25%
OFF

ON SALE
314
/100 G
SAVE \$1.05

ALL PURPOSE
UNBLEACHED FLOUR

25%
OFF

ON SALE
29¢
/100 G
SAVE 10¢

THOMPSON RAISINS

25%
OFF

ON SALE
112
/100 G
SAVE 37¢

CINNAMON GROUND

25%
OFF

ON SALE
300
/100 G
SAVE \$1

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 run a Thrift Shop in the village of Lanark which helps fund food purchases for the Pantry!

FOODSMITHS DECEMBER BYOB LANARK HIGHLANDS FOOD PANTRY

CELEBRATE FOOD CENTRES!

Lanark Highlands Food Pantry

The Lanark Highlands Food Pantry is a volunteer run, community based initiative, addressing food insecurity for the village of Lanark and surrounding areas. Both the Food Pantry and Thrift Store are staffed by volunteers, who receive, purchase, unpack and store food items and then fill food hampers for clients at the Food Pantry.

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

FOR HELPING SUPPORT THESE IMPORTANT PROGRAMS

THANK you

THIS WEEK'S TOP PICKS!

ORGANIC MEADOW MILK BOTTLES

946 ML



SAVE!!
10%

REMEDY ORGANIC KOMBUCHA

330 ML



SAVE 50¢
2.99
/ EACH

GREAT LAKES GOAT CHEESE

175 G

MILD, AGED, MARBLE,
OR SMOKED



SAVE \$2
7.99
/ EACH

COOMBE CASTLE COAST RUGGED CHEDDAR

200 G



SAVE \$1
9.99
/ EACH

KRINOS MYZITHRA CHEESE

300 G



SAVE 80¢
5.69
/ EACH

AU PAIN FRENCH LOAF

EACH



SAVE 70¢
5.29
/ EACH

**BAKED
IN-STORE!**

THIS WEEK'S TOP PICKS!

SCHAR
**GLUTEN FREE
BAKERY**
ALL PRODUCTS



SAVE!!

10%

DANDIES
**VEGAN
MARSHMALLOWS**
283 G
MINI AND LARGE



SAVE \$1

5.99
/ EACH



YOGI TEA
ORGANIC TEA
16 TB
ASSORTED



SAVE 50¢

7.99
/ EACH

FOODSMITHS
**PEANUT BUTTER
COOKIES**
4 PACK



SAVE \$1

5.99
/ EACH

**BAKED
IN-STORE!**

COVERED BRIDGE
POTATO CHIPS
142-170 G
ASSORTED



SAVE 50¢

3.99
/ EACH



THIS WEEK'S TOP PICKS!

FOODSMITHS

MIXED BEAN SALAD

PREPARED IN-STORE

AVAILABLE IN OUR DELI COUNTER



SAVE 30¢
1.69
/100 G

NOBLE BEAN

TEMPEH

240 G

ASSORTED



SAVE \$1
5.99
/ EACH

DAIYA

PIZZAS

359 - 492 G

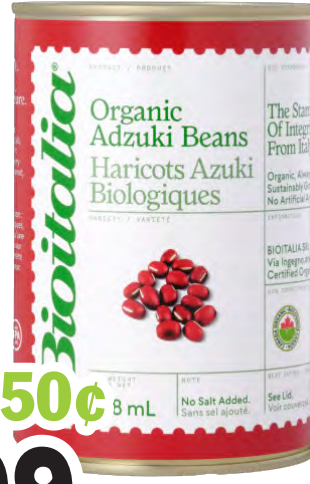


SAVE \$1
11.99
/ EACH

BIOITALIA

ADZUKI BEANS

398 ML



SAVE 50¢
2.99
/ EACH

GEROLSTEINER

MINERAL WATER

750 ML



SAVE 50¢
3.99
/ EACH

TONNINO

TUNA FILLETS

ASSORTED



SAVE \$1
10.49
/ EACH

ECOMAX

ALL PURPOSE CLEANER

800 ML



SAVE 50¢
4.99
/ EACH



CHOOSE YOUR
BEANS

GRIND THEM TO PERFECTION
AT OUR COFFEE MILL

**ON SALE
THIS WEEK**

LIFE'S LITTLE
MOMENTS

I'M ON THE
NICE LIST
BUT
**I NEED
COFFEE**

EQUATOR
COFFEE ROASTERS

SWEET JUSTICE
LOCALLY ROASTED COFFEE
LIGHT ROAST PER 100G

A playful cup of maple, orange blossoms, and
caramel. Sweet Justice is great at awakening your
palate with a mélange of unique flavours.

TASTING NOTES: MAPLE, CARAMEL,
BRILLIANT



399
/ 100G
SAVE 50¢



**ORDER YOUR
FRESH TURKEY
FROM OUR
DELI!**

Call 613-267-5409
ext. 104 to place
your order.

While quantities
last.



PRICES IN EFFECT THU DEC 4 - THU DEC 18 UNLESS OTHERWISE STATED. WHILE SUPPLIES LAST. PRICES SUBJECT TO CHANGE WITHOUT NOTICE. NO RAIN CHECKS OR SUBSTITUTIONS. IMAGES ARE REPRESENTATIONAL ONLY. PRODUCTS MAY NOT BE EXACTLY AS SHOWN. E & OE.

HOLIDAY HOUSEWARES

NOW DESIGNS
**CHRISTMAS
PLACEMATS**
ASSORTED COLLECTIONS

SAVE!!

20%

Supplements and NATURAL BODY CARE

FUTURE IS BAMBOO
ECO FLOSS PICKS
50 STICKS
MINT & CHARCOAL LEMON

SAVE \$1
5.99
/ EACH



SILVER LINING WELLNESS CO.
**FACE & BODY
WHIPPED TALLOW**
100 ML
HINT OF VANILLA



SAVE \$8
33.99
/ EACH

LAVIGNE
LE MASQUE
60 ML
DETOX & NOURISH

SAVE \$7
21.99
/ EACH



Supplements and NATURAL BODY CARE

For a Resilient Lifestyle

**natural
Factors**®



VITAMIN D3 LIPOMICEL 2000 IU

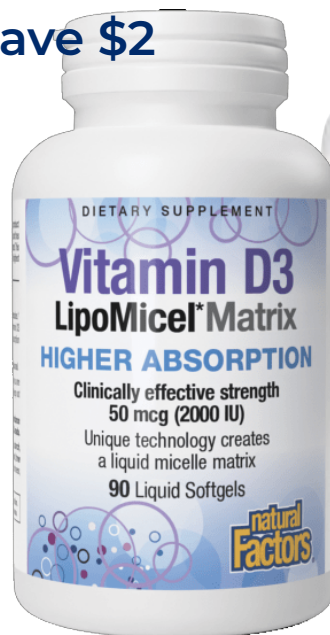
90, 180, 360 SG

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



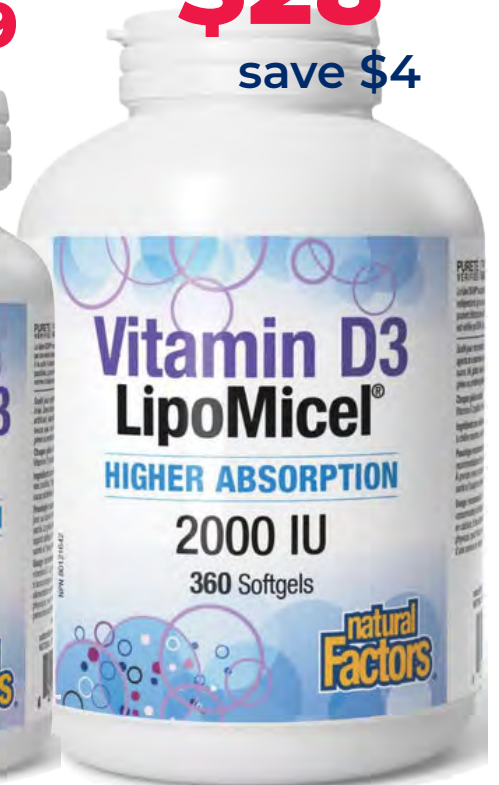
**ON SALE
\$14.99**

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

NIYAMA

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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