

food Basics

CANADIAN AND PROUD

HOLIDAY YOUR WAY

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

THIS WEEK ONLY

9⁸⁸
/LB



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
400 G
SELECTED VARIETIES



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

THIS WEEK ONLY

2⁹⁸
/LB

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

THIS WEEK ONLY

2⁹⁸
EACH



BARILLA PASTA, CATELLI GARDEN
SELECT, AYLMER TOMATOES
340 - 410 G, 540 - 796 ML SELECTED VARIETIES

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

THIS WEEK ONLY

19⁹⁹
EACH

125
points
= \$1



LAVAZZA
ESPRESSO BEANS
1 KG SELECTED VARIETIES



CHRISTIE OR
DARE
CRACKERS
100 - 225 G
BITS & BITES
SNACKS
145 G
SELECTED VARIETIES

THIS WEEK ONLY

1⁹⁸
EACH

DIVYA
OKRA OR
VEGETABLES,
GRACE
COCONUT
WATER OR
MILK
375 G
400 - 500 ML
SELECTED VARIETIES

THIS WEEK ONLY

99¢
EACH



SILK DRINKS
1.75 - 1.89 L
ASTRO
ORIGINAL
BALKAN OR
IÖGO YOGURT
450 - 750 G
SIGGI'S SKYR
YOGURT
4 X 100 G
SELECTED VARIETIES

THIS WEEK ONLY

2⁹⁸
EACH

GET READY TO SAVE! GREAT PRICES START ON
THURSDAY, DECEMBER 4TH TO WEDNESDAY, DECEMBER 10TH, 2025

PRICES IN THIS FLYER AVAILABLE AT ALL BRAMPTON, ETOBICOKE, MISSISSAUGA, NORTH YORK, RICHMOND HILL, SCARBOROUGH, TORONTO, THORNHILL, EMERALD PARK, MARKHAM, AJAX, OSHAWA, COURTICE, NEWMARKET, AND PICKERING STORE LOCATIONS ONLY.

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

1⁸⁸
EACH



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

THIS WEEK ONLY

2⁸⁸
EACH

RED ONIONS
PRODUCT OF CANADA, NO. 1 GRADE 7 LB

THIS WEEK ONLY

2⁸⁸
EACH



IRRESISTIBLES
NUTS
200 - 250 G
SELECTED VARIETIES



THIS WEEK ONLY

3⁸⁸
EACH

GET READY TO SAVE!
THURSDAY, DECEMBER 4TH TO V
PRICES IN THIS FLYER AVAILABLE AT ALL BRAMPTON, ETOBICOKE,
THORNHILL, EMERALD PARK, MARKHAM, AJAX, OSHAWA, G
To view local store flyer, visit foodbasics.ca, where you can cre

HOLIDAY YOUR WAY



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

5⁹⁹
EACH



9⁹⁹
EACH

IRRESISTIBLES FULLY COOKED MEATBALLS
200 - 400 G FROZEN SELECTED VARIETIES



1⁹⁹
EACH

BAUDUCCO MINI PANETTONE
80 G
SELECTED VARIETIES
WHILE QUANTITIES LAST



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

8⁹⁹
EACH



9⁹⁹
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

Black Diamond MARBLE • MARBRÉ 240 G

Black Diamond SHREDS 120 G

Black Diamond NATURAL CHEESE SLICES 220 • 240 G

Black Diamond GALBANI MOZZARELLA 200 G

Black Diamond LOCKED DOWN **4.98** EACH

MAPLE LEAF natural selections

MAPLE LEAF SCHNEIDERS SLICED DELI MEAT OR SCHNEIDERS SLICED DELI MEAT OR BOLOGNA 150 • 500 G

SCHNEIDERS Blue Ribbon CLASSIC BOLOGNA BOLOGNE CLASSIQUE

THIS WEEK ONLY **4.99** EACH

Lactantia PurFiltre OR LACTOSE FREE MILK 2 L

Lactantia SANGA Lactose FREE 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 Singles CHEEZ WHIZ SPREAD 410 G

PHILADELPHIA ORIGINAL CREAM CHEESE 250 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 240 • 750 G

LOCKED DOWN **2.98** EACH

Nestlé PARLOUR Vanilla 1.5 L

Nestlé PARLOUR dipped bars 6 • 125 G

THIS WEEK ONLY **2.99** EACH

Dare Bear Paws CHOCOLATE CHIP 240 G

Dare Ultimate Maple crème 240 G

QUAKER CRISPY minis CHEDDAR 190 G

DARE COOKIES 140 • 315 G

QUAKER CRISPY MINIS 140 • 190 G

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 • 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% 4.4 L

Purex 110 4-in-1 4.4 L

Persil 100 35% 4.4 L

PUREX, PERSIL OR SUNLIGHT LAUNDRY DETERGENT 1.86 • 4.4 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

*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 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 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

1⁹⁸
EACH



BLACKBERRIES
PRODUCT OF MEXICO, NO. 1 GRADE 150-170 G
BLUEBERRIES
PRODUCT OF PERU, NO. 1 GRADE 170 G

THIS WEEK ONLY

2⁹⁸
EACH



LEMONS OR
CLEMENTINES
PRODUCT OF SOUTH AFRICA
2 LB

THIS WEEK ONLY

3⁹⁸
EACH



POMEGRANATE
PRODUCT OF U.S.A.

THIS WEEK ONLY

1⁹⁸
EACH



AVOCADO
PRODUCT OF MEXICO AND/OR PERU, 5 OR 6 PACK
KIWI
PRODUCT OF CHILE, 600 G BASKET

THIS WEEK ONLY

3⁹⁸
EACH



WHOLE WHITE
MUSHROOMS
PRODUCT OF ONTARIO
454 G

THIS WEEK ONLY

3⁹⁸
EACH



APPLES
PRODUCT OF ONTARIO, CANADA FANCY GRADE
3 LB BAG

THIS WEEK ONLY

4⁹⁸
EACH



BRUSSELS
SPROUTS
PRODUCT OF HOLLAND
OR BELGIUM
6.57/KG

THIS WEEK ONLY

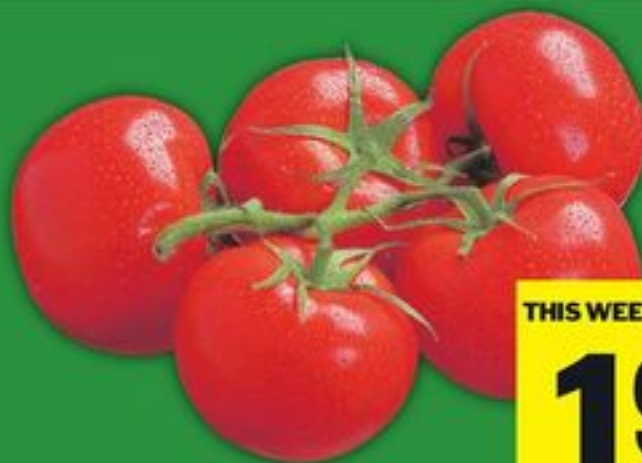
2⁹⁸
/LB



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

1⁹⁸
/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

1²⁸
EACH



CUCUMBERS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE

THIS WEEK ONLY

1⁶⁷
EACH



GRAPE OR CHERRY
OR MEDLEY
TOMATOES
PRODUCT OF CANADA OR MEXICO
NO. 1 GRADE

THIS WEEK ONLY

4⁹⁸
EACH



POM
WONDERFUL
POMEGRANATE
ARILS
113 G

THIS WEEK ONLY

4⁹⁸
EACH

FLORAL



12 STEM
RAINBOW
POMS OR 10
STEM ROSES
WHILE SUPPLIES LAST

THIS WEEK ONLY

10⁸⁸
EACH



CHRISTMAS
BOUQUETS
ASSORTED VARIETIES
WHILE SUPPLIES LAST

THIS WEEK ONLY

\$12
EACH



6" POINSETTIAS
OR CYCLAMEN
WHILE SUPPLIES LAST

THIS WEEK ONLY

6⁹⁸
EACH



5" ANTHURIUM
WHILE SUPPLIES LAST

THIS WEEK ONLY

10⁸⁸
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



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
74 - 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

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 • BOEUF
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% TORRÉFIÉ

170g

NESCAFÉ
RICH • RICHE

100% ROASTED COFFEE
100% TORRÉFIÉ

170g

LOCKED DOWN

125
points
= \$1

THIS WEEK ONLY

6.49
EACH

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



QUAKER
-ESTD 1877-

MUFFIN
MIX

OATMEAL CHOCOLATE CHIP

160
minutes
24
muffins

LOCKED DOWN

5.99
EACH

QUAKER
MUFFIN MIX
900 G
SELECTED VARIETIES



PRINGLES

ORIGINAL

SOUL CREAM & CHEDDAR

140g

LOCKED DOWN

2.49
EACH

PRINGLES
POTATO CHIPS
140 - 150 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 - 50 G
SELECTED VARIETIES



nutella

725 g

LOCKED DOWN

6.99
EACH

NUTELLA
SPREAD
725 G



FRANK'S
RedHot
SAUCE

354 ML
SELECTED VARIETIES

LOCKED DOWN

4.49
EACH

Gioia
PANETTONE

750 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

9.99
EACH



ALLESSIA
TORRONE

100 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

4.99
EACH

Bounty

6 - 12
Doubles
110

BOUNTY
PAPER
TOWELS
6 - 12'S

Charmin

12 - 48
MEGA
Ultra

CHARMIN
BATHROOM
TISSUE
12 - 48'S
SELECTED VARIETIES

LOCKED DOWN

13.99
EACH



BAKERY

WHITE
BLANC

SELECTION
BREAD
475 G
SELECTED VARIETIES

1.99
EACH

ITALIA

SELECTION
ITALIAN BREAD
475 G
SELECTED VARIETIES

2.99
EACH



Irresistible

Croissants

270 g - 1 kg

THIS WEEK ONLY

4.49
EACH

Irresistible

PIE

700 G - 1 KG
SELECTED VARIETIES

THIS WEEK ONLY

6.99
EACH

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 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 • 60'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

IRRESISTIBLE COOKIES
200 - 350 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3⁷⁹
EACH



SELECTION JUICE BLEND
2.5 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 

4⁹⁹
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
400 ML
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) 500 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3⁹⁹
EACH



SELECTION BLEACH
2.4 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3⁹⁹
EACH

IRRESISTIBLE GINGERBREAD COOKIES
400 ML

4.99 EACH

IRRESISTIBLE FRUITCAKE
450 G
SELECTED VARIETIES

7.99 EACH

IRRESISTIBLE PRE-BUILT GINGERBREAD HOUSE
900 G
SELECTED VARIETIES

14.99 EACH

WEISS GINGERBREAD COOKIES
150 - 200 G
SELECTED VARIETIES

3.99 EACH

KIMBERLEY'S BAKESHOPPE HOLIDAY COOKIES
283 G

3.99 EACH

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

3.99 EACH

RED VELVET CAKE POPPERS
420 G

6.99 EACH

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

6.99 EACH

IRRESISTIBLES FULLY COOKED MEATBALLS
500 - 600 G FROZEN SELECTED VARIETIES

9.99 EACH

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

5.99 EACH

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

8.99 EACH

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

5.99 EACH

IRRESISTIBLE TINY SHRIMP RING WITH SAUCE
284 G FROZEN SELECTED VARIETIES

7.99 EACH

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

10.99 EACH

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

7.99 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
Amercocoop

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 & raisins

Medjool Dates
Medjool 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



SHANGHAI OR
BABY BOK CHOY
PRODUCT OF CHINA OR MEXICO 454 G

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.98
EACH



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.28
/LB



OYSTER OR ENOKI MUSHROOMS
150 - 170 G

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3.48
EACH



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3.98
EACH



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
11.99
/LB



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.99
/LB



SEAJOY SEAWEED
SALAD OR
MACKEREL FILLET
300 - 450 G FROZEN
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
5.49
EACH



CASABLANCA
COOKIES OR POUND CAKES
340 - 400 G SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.99
EACH



MUNCHEE COOKIES
170 - 200 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.69
EACH



INDOMIE
NOODLES
5 X 80 - 5 X 85 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.99
EACH



NUTRAMENT
DRINK
325 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.99
EACH



DELPHI SALT
750 G

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.99
EACH

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

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

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

5.99
EACH

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

JACOBS
Krönung

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

5.49
EACH

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

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

1.67
EACH

Fritsch
EGG NOODLES

Rugen Fisch
Herring Fillets

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

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

Gloria
BABY DILL PICKLES

SIELSKI'S
petite dill pickles

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

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

3.99
EACH

2.8 L

CEDAR
EXTRA VIRGIN OLIVE OIL
2.8 L

MR. GARDEN
PEACHES OR CARL JUNG DRINKS
1.5 L/50 FL OZ
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

26.99
EACH

5.99
EACH

VEGETA
Food Seasoning

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

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

5.49
EACH

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

CRACKERS
miquelins

RITTER SPORT
CHOCOLATE BAR
100 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

1.49
EACH

3.99
EACH

Kühne
Sauerkraut

Kühne
Gourmet Selection

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

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

4.49
EACH

SEA SALT
Iodized Fine

PROFI OR PODRAVKA SPREADS, DROGA SEA SALT
130 G, 150 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

1.67
EACH

Biscuits Maria
Cookies

S&F JAM OR MARIA COOKIES
175 : 150 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

3.49
EACH

RUF
Vanillin Sugar

CREMICA
Premium Butter SHORTBREAD

CAMOMILE FLOWER
HERBAL TEA - CAFFEINE FREE - 20 TEA BAGS
20 g, 0.3 oz

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

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

1.29
EACH

PODRAVKA
BOUILLON CUBES OR ENVELOPE SOUP

GOVEDA JUHA
EXTENSION

PODRAVKA
BOUILLON CUBES OR ENVELOPE SOUP

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

1.25
EACH

RADENSKA
WATER, GOLDEN ALPS CHOCOLATE BAR, CHELSEA DIGESTIVE COOKIES
1.5 L/50 FL OZ, 100 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

1.99
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



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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