

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, JAN 15 TO
THURSDAY JAN 29 ONLY

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

SUBSCRIBE TO OUR ENEWS TODAY
@ WWW.FOODSMITHS.COM



EARTHS OWN PLANT-BASED MILKS

1.75L
ASSORTED

Dairy-free, low-cal
milk alternative
beverages. Good
source of calcium
and vitamin d.

SAVE \$1
6.99
/ EACH



BUBBIES SAUERKRAUT

750 ML
REGULAR OR
HOT PEPPER



SAVE \$1
11.99
/ EACH

Foodsmiths
THE GOOD FOOD STORE



WINTER WELLNESS

Eat Well

PREMIUM QUALITY
FRESH
POMEGRANATES
PRODUCT OF ISRAEL

SAVE \$1
5.98
/ EA

PREMIUM QUALITY,
FRESH
NAVEL ORANGES
PRODUCT OF USA

SAVE 51¢
2.48
/ LB

HIGH IN
VITAMIN
C



GREEN ORGANIC FROZEN VEGETABLES

500 G

Free from additives and
preservatives. Processed
within 1-2 hours of
harvest. Produce is
preserved to maintain
quality and taste.

SAVE \$1
4.99
/ EACH



FILL OUT A BALLOT FOR
A CHANCE TO WIN A GIFT
BASKET IN-STORE!

TWININGS TEAS

20 TB
ASSORTED



THIS WEEK'S PRODUCE TOP PICKS

PREMIUM QUALITY
**ROMAINE
LETTUCE**
EACH
PRODUCT OF USA



SAVE \$71
3.28
/ EACH



SERVING SUGGESTION

PREMIUM QUALITY
FRESH CILANTRO
BUNCH
PRODUCT OF USA



SAVE 50¢
3.98
/ EACH

PREMIUM QUALITY
CERTIFIED ORGANIC
BLUEBERRIES
170 G
PRODUCT OF PERU



SAVE \$1
8.98
/ EACH



PREMIUM QUALITY
**YELLOW COOKING
ONIONS**
2LB BAG
PRODUCT OF CANADA



COOKSTOWN GREENS
CERTIFIED ORGANIC
ONTARIO GROWN
**ORGANIC HEARTY
MICRO GREENS MIX**
100 G
PRODUCT OF ESSA, ONTARIO



**FAMILY-RUN
ORGANIC FARM**

SAVE \$71
6.28
/ EACH



**ONTARIO
FRESH!**



ORGANIC

NOW IN STOCK

HALLS APPLE MARKET

FRESH APPLE CIDER

PRODUCT OF
BROCKVILLE, ONTARIO
2 LT

EVERYDAY
PRICE

799
/ EACH



PREMIUM QUALITY
CARLETON

WHITE MUSHROOMS

PRODUCT OF
OSGOODE, ONTARIO
227 G

EVERYDAY
PRICE

349
/ EACH



PREMIUM QUALITY
KENT MANGOES

PRODUCT OF
BRAZIL/ECUADOR

EVERYDAY
PRICE

499
/ EACH



SERVING SUGGESTION

PREMIUM QUALITY

FRESH ASPARAGUS

PRODUCT OF MEXICO

LB

EVERYDAY
PRICE

1149
/ LB



PREMIUM QUALITY

GERBERA DAISIES

BOUQUET

PRODUCT OF
BEAMSVILLE, ONTARIO

SAVE \$1

898
/ EACH



BRIGHTEN YOUR DAY WITH DAISIES!

- ✓ DOPAMINE BOOST!
- ✓ ELEVATE SEROTONIN!
- ✓ REDUCE STRESS!



ONTARIO
FRESH!

THIS WEEK'S TOP PICKS!

BRANDT ROAST BEEF

PER 100 G



SAVE 30¢

3.69
/ 100 G

CUSTOM SLICED
IN OUR DELI!

SAINT AGUR BLUE CHEESE

PER 100 G



CREAMY,
BUTTERY
& MILD

SAVE!
10%
/ OFF



COOMBE CASTLE CHEESE

PER 100 G

ASSORTED



SAVE!

10%
/ OFF

ROMA PEPPERONI "88"

PER 100 G

Since 1953

PEPPERONI "88"

PER 100 G



SAVE 20¢

1.99
/ 100 G

CUSTOM SLICED
IN OUR DELI!

PERFECT FOR PIZZA!



SERVING SUGGESTION

UDDERWAY ARTISAN CHEESE

150 G

ASSORTED



SAVE \$1

10.99
/ EACH

COOMBE CASTLE CHEESE

PER 100 G

ASSORTED



10%
/ OFF

SPRING CREEK DUCK EGGS

6 PACK



SAVE 70¢

6.29
/ EACH



THIS WEEK'S TOP PICKS!

NEW YORK BAGEL CRISPS

170 G
ASSORTED



SAVE 50¢
5.49
/ EACH

BRIDOR BISTROS

SPINACH & FETA OR
LEEK & PARM
EACH



SAVE 58¢
2/\$6
/ OR \$3.29 EACH

BAKED IN-STORE!

GRAINHARVEST FARMERS SOURDOUGH

LOAF
650 G



SAVE 50¢
5.49
/ EACH

BAKED IN-STORE!

LESSER EVIL POPCORN

140 - 142 G
ASSORTED



POP CORN

ON MY GHEE

POPCORN

AVOCADO-LICIOUS

WITH COMPRESSED ORGANIC AVOCADO & HIMALAYAN SALT

MÄS SOUFFLÉ BIOLOGIQUE OH MY GHEE

40 CALORIES PER CUP

4G CARBOHYDRATES

4G PROTEIN

4G FIBRE

4G VEGETABLE OIL

NET WT 4.6 OZ (130g)

SAVE \$1

4.99
/ EACH



FAMILIA GRANOLA

320-400 G
ASSORTED



SAVE 50¢
6.99
/ EACH

CARBONAUT LOW-CARB BREAD

550G
WHITE OR SEEDED



SAVE 50¢
10.49
/ EACH

THIS WEEK'S TOP PICKS!

LA PRESSERIE PLANT-BASED FROZEN DISHES

300 G
ASSORTED



SAVE \$1
7.99
/ EACH



CALLIPO TUNA SALADS

150 G
ASSORTED



SAVE \$1
3.99
/ EACH

ILIOS ORGANIC BROTHS

946 ML
ASSORTED



SAVE \$1
2.99
/ EACH

ILIOS EXTRA-VIRGIN OLIVE OIL

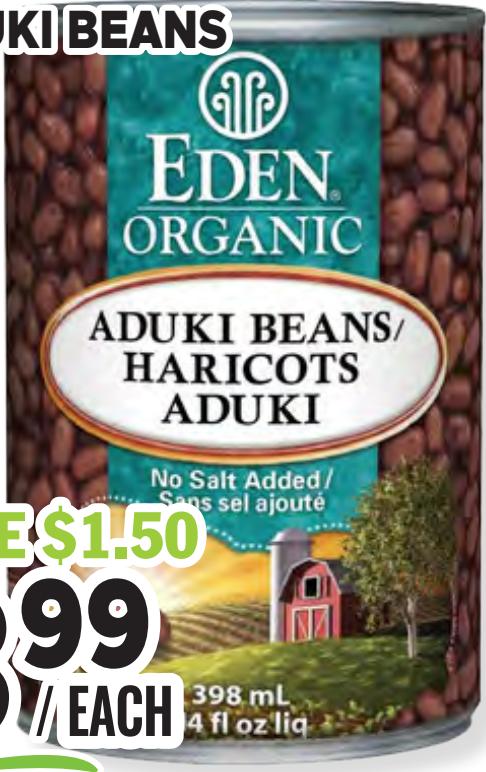
750 ML



SAVE \$7
14.99
/ EACH

EDEN ADZUKI BEANS

398 ML



SAVE \$1.50
3.99
/ EACH

CAPE HERB SPICE SEASON IT ALL GRINDER

55 G



SAVE 50¢
7.99
/ EACH

SUZIES ORGANIC MUSTARD

592 ML



SAVE 50¢
8.99
/ EACH



THIS WEEK'S TOP PICKS!

DUSENZA
**EMU OIL &
CACAO BUTTER
LIP BALM**

EACH



SAVE 70¢

4.79
/ EACH

 **DuSenza**



NEW ROOTS

**JUICY
IMMUNE
ENERGY**

305 G
30 SERVINGS



**ANTIOXIDANT
NO SUGAR ADDED
20 NUTRACEUTICALS
8 ORGANIC BERRIES**



SAVE \$8 Weight 305 g poids net
4.699
/ EACH



RESERVE ROAST

Have you experienced that unforgettable cup of coffee? The kind that transports you to a world of dreams, paired perfectly with a slice of Pecan pie? Look no further – this is it. Consistently exceptional, it's the coffee you can confidently serve to even your most discerning critic.

TASTING NOTES: Smooth, Complex, & Nutty



**LIFE'S LITTLE
MOMENTS**
**LET'S GET
THIS YEAR
STARTED
ON THE RIGHT
BREW!**

**CHOOSE YOUR
BEANS**
**GRIND THEM TO PERFECTION
AT OUR COFFEE MILL**

**6.49
/ 100G**
SAVE 50¢



**SAVE IN
OUR BULK
BINS!**
**BUY A LITTLE,
SAVE A LOT!!**
**ONLY BUY
WHAT YOU
NEED**



BEST BUY THIS WEEK



**SMOOTH PEANUT
BUTTER**

**30%
OFF**
ON SALE
**83¢
/100 G**
SAVE 36¢

BEST BUY THIS WEEK



**ROASTED PUMPKIN
SEEDS SALTED /
UNSALTED**

**30%
OFF**
ON SALE
**202
/100 G**
SAVE 87¢



**FRUIT JUICE
BEARS & BERRIES**

**25%
OFF**
ON SALE
**2.24
/100 G**
SAVE 75¢



WINE GUMS

**25%
OFF**
ON SALE
**1.12
/100 G**
SAVE 37¢



PITTED PRUNES

**25%
OFF**
ON SALE
**1.64
/100 G**
SAVE 55¢



DRIED APRICOTS

**25%
OFF**
ON SALE
**2.84
/100 G**
SAVE 95¢

SAVE IN OUR BULK BINS AND EAT WELL!

ROASTED CASHEWS
SALTED / UNSALTED

25%
OFF
ON SALE
3.67
/100 G
SAVE \$1.22

ORGANIC WHITE
QUINOA

25%
OFF
ON SALE
1.05
/100 G
SAVE 35c

WHITE BASMATI RICE

25%
OFF
ON SALE
74¢
/100 G
SAVE 25c

ORGANIC LIGHT
SPELT FLOUR

25%
OFF
ON SALE
59
/100 G
SAVE 20c

ORGANIC QUICK
COOK OATS

25%
OFF
ON SALE
59¢
/100 G
SAVE 20c

BLACK PEPPERCORN

25%
OFF
ON SALE
5.18
/100 G
SAVE \$1.73

COMFREY LOOSE
LEAF TEA

20%
OFF
ON SALE
\$12
/100 G
SAVE \$3

FOUND IN OUR
SUPPLEMENT
DEPARTMENT!

CROOKED HILLS
BULK HONEY

15%
OFF
ON SALE
1.27
/100 G
SAVE 22c

CAUTION
HOT!

Pure Wildflower
RAW & LOCAL
UNPASTEURIZED
**BULK
HONEY**
PRODUCT OF
CROOKED HILLS
FARM
CLARENDON, ONTARIO
ONTARIO #1 GRADE
PREMIUM QUALITY

EXERCISE CAUTION!
When turning tap.
Honey may be on
and honey will flow
out fast.



HOT!

AVAILABLE FRESH IN THE DELI!

MEAL DEALS! FAMILY & SNACK BOXES

FAMILY MEAL



REGULAR SNACK BOX

9.99

1 SAUSAGE ROLL OR SAMOSA OF YOUR CHOICE,
2 PIZZA FINGERS, 2 SPINACH or CHEESE ROLLS,
1 DELI SALAD OF YOUR CHOICE, YOUR CHOICE
SWEET AND SPICY TAMARIND DIPPER, HUMMUS
DIPPER OR TZATZIKI DIPPER.



REGULAR

SAMOSA FAMILY MEAL DEAL

DINNER FOR FOUR:

ANY COMBO OF... 8 SAMOSAS

ANY CHOICE OF... 2 16-OUNCE SALADS

AND... 1 8-OUNCE DIPPING SAUCE

29.99

INTERNATIONAL



AVAILABLE FRESH IN THE DELI!

DELI BOWLS!

EGG SALAD BOWL

6.99

SPINACH, SPROUTS, EGG SALAD,
SWEET PEPPERS & CUCUMBER.

TUNA SALAD BOWL

6.99

SPINACH, SPROUTS, TUNA SALAD,
SWEET PEPPERS & CUCUMBER.

SMOKED MEAT BOWL

6.99

SPINACH, SPROUTS, SMOKED MEAT,
SWEET PEPPERS & CUCUMBER, MUSTARD
OR MAYO

HAM N' CHEESE BOWL

6.99

SPINACH, SPROUTS, HAM, CHEESE SLICE,
SWEET PEPPERS & CUCUMBER, MUSTARD
OR MAYO

TUNA SALAD BOWL

6.99

SPINACH, SPROUTS, TUNA SALAD,
SWEET PEPPERS & CUCUMBER.

ROAST BEEF BOWL

6.99

SPINACH, SPROUTS, ROASTED BEEF,
SWEET PEPPERS & CUCUMBER, MUSTARD
OR MAYO

ROAST TURKEY BOWL

6.99

SPINACH, SPROUTS, ROAST TURKEY
SWEET PEPPERS & CUCUMBER, MUSTARD
OR MAYO

SALAMI/CHEESE BOWL

6.99

SPINACH, SPROUTS, SALAMI, CHEESE SLICE,
SWEET PEPPERS & CUCUMBER, MUSTARD
OR MAYO

VEGETARIAN

VEGGIE PATE BOWL

6.99

SPINACH, SPROUTS, FONTAINE SANTE
VEGETABLE PATE, SWEET PEPPERS &
CUCUMBER, MUSTARD OR MAYO

GLUTEN-FREE

FALAFEL BOWL

6.99

SPINACH, SPROUTS, FALAFEL,
SWEET PEPPERS & CUCUMBER, MUSTARD
OR MAYO

ORDER AT OUR DELI COUNTER!

LUNCH EXPRESS



EGG SALAD BOWL



HAM N' CHEESE BOWL

FRESHLY MADE
WITH EVERY ORDER

FROZEN MEAT BUNKER SPECIAL

SALE THU JAN 15 - SUN JAN 18 ONLY!

4-DAY SALE



**FROZEN MEAT
BUNKER SPECIAL!**
THUR FRI SAT SUN

WHILE SUPPLIES LAST

STEAK, SAUSAGES, PORK CHOPS, SCHNITZEL, TENDERLOIN,
CHICKEN THIGHS, DRUMSTICKS, BREAST OR WHOLE!

SELECTION MAY VARY. APPLIES TO FROZEN MEAT ONLY.

DID YOU KNOW?

Since starting in 1999, Guatemala Stove Project has funded the construction of 8419 masonry cookstoves!

JANUARY DONATION RECIPIENT

GUATEMALA STOVE PROJECT



Guatemala Stove Project

Due to the circumstances of poverty, hundreds of thousands of indigenous Maya in Guatemala continue to cook indoors over an open fire or rudimentary stove. The resultant smoke pours directly into the room and contributes to a wide range of chronic illnesses and health impacts.

The GSP travels to remote communities bringing families masonry cookstoves for a cleaner, healthier kitchen.

“Build a stove, change the future.”

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 PRACTICES



CELEBRATE HEALTHY COOKING!

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!

Supplements and NATURAL BODY CARE

Respiratory Support



LUNG, BRONCHIAL & SINUS HEALTH

45 TABS

To deliver oxygen to your lungs, the air you breathe must go on a long journey, travelling through your nostrils, sinuses, windpipe, bronchi, and bronchioles before finally reaching the alveoli (air sacs). Our Lung, Bronchial & Sinus Health formula supports all parts of your respiratory system, so you can breathe easy.

- Supports temporary relief of sinus discomfort, respiratory congestion, and cough
- Helps break down and expel mucus
- Helps relieve symptoms of chronic bronchitis

ON SALE
\$14.99

save \$4



Promotes Relaxation



ON SALE
\$8.99
save \$2

ON SALE
\$24.99
save \$5



NOW ESSENTIAL OILS EUCALYPTUS OIL

30 & 120 ML

Aroma: Strong aromatic, camphoraceous.

Attributes: Revitalizing, invigorating, clarifying.

Mixes well with: Cedarwood, cypress, grapefruit, lemon, rosemary, thyme

Clear Thoughts Blend: Add 3 drops of eucalyptus oil, 2 drops each of peppermint oil and tangerine oil to a diffuser and enjoy.

Extraction Method: Steam distilled from leaves and twigs.

Supplements and NATURAL BODY CARE

HEALTH
FIRST

ON SALE
\$23.99
save \$6

ON SALE
\$42.99
save \$7

CAL-MAG SUPREME

60 & 120 TABS

Health First Cal Mag Supreme is formulated with Aquamin™ calcium, a sustainable, red algae source with a unique honeycomb structure that makes it more easily absorbed, with less incidence of gastric upset and constipation than other sources. Aquamin™ has even been shown to be as effective as glucosamine in reducing joint pain and stiffness!

- Formulated with plant-sourced Aquamin™ calcium
- Contains magnesium, boron, zinc, vitamins D3 and K2
- May reduce the risk of developing osteoporosis

Made in Canada and sold exclusively by Health First Network Members to support healthy Canadian communities.



STAY FIT
AND HEALTHY
THIS WINTER

ALL PRODUCTS

15%
OFF

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



NAKA PLATINUM

Pure Colloidal Silver (10 ppm) is a trace mineral which has anti-bacteria and anti-inflammatory properties.

Naka Professional

BUY 1, GET 1 FREE

FREE 120ml COLLOIDAL SILVER WITH THE PURCHASE OF A 600ml BOTTLE



**value of
\$26.99**





FLORAVIT & FLORADIX PRODUCTS

250ML, 500ML, OR TABS

Made with iron from ferrous gluconate which is a particularly absorbable form of iron. Contains no preservatives, colourings or artificial flavourings.

20% OFF



Floravit®

LIQUID IRON AND VITAMINS FORMULA

Contains a herbal extract and fruit juice concentrates

Helps pregnant women meet recommended intake for iron, when taken in conjunction with a healthy diet.

Helps to prevent deficiency anemia (including breast-feeding women) and aids

- ✓ gluten-free
- ✓ lactose-free
- ✓ yeast-free



Floradix®

IRON TABLETS

Helps to prevent iron deficiency anemia. Helps to form red blood cells and helps in their proper function.

- ✓ with folate
- ✓ gluten-free
- ✓ lactose-free



120 tablets

NPN 80029006



Floradix®

LIQUID IRON AND VITAMIN FORMULA

Contains herbal extracts and fruit juice concentrates

Iron, vitamins B₂, B₆, B₁₂ and C contribute to the reduction of tiredness and fatigue

- ✓ no preservatives
- ✓ lactose-free
- ✓ suitable for vegetarians



Liquid iron and vitamin formula's made with herbal extracts and fruit juice concentrates.

Iron, B₂, B₆, B₁₂, & C.

Supplements and NATURAL BODY CARE



Multiple,
diverse
strains



Potency
through
expiration



Money-back
guarantee



Strain
transparency



RenewLife®

Feel the Renew Life® difference

Superior probiotics



ASSORTED PROBIOTICS

Probiotics contain friendly bacteria that work in harmony with your body, playing an important role in our overall health and wellness.

15%
OFF

