

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 FRIDAY, JAN 2 TO
THURSDAY JAN 15 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.

Foodsmiths
THE GOOD FOOD STORE



ONTARIO
FRESH!



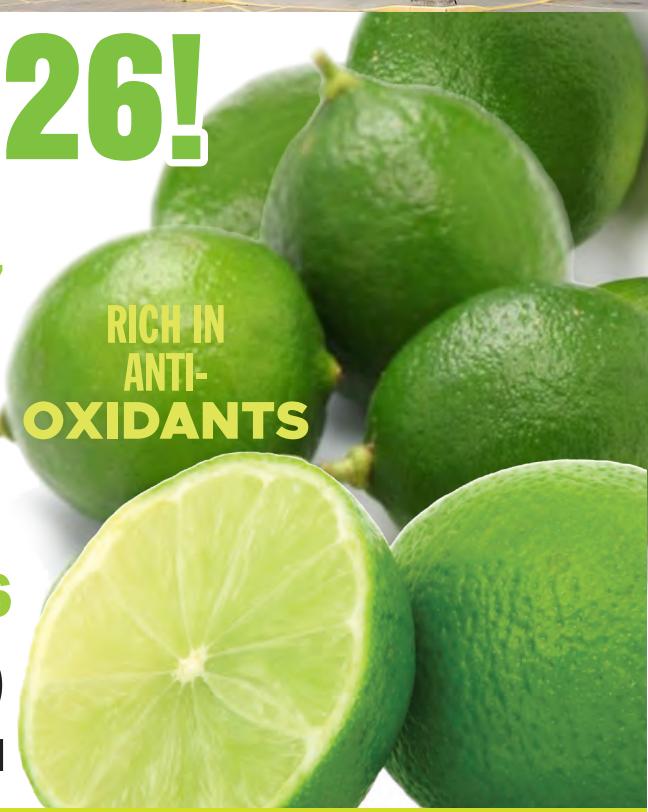
FRESH AND HEALTHY

Welcome 2026!



SAVE \$1
2.99
/ LB

PREMIUM QUALITY,
FRESH
LIMES
PRODUCT OF MEXICO



SAVE \$1.96
4/\$2

REMEDY
KOMBUCHA
355ML
ASSORTED

Rich source of
organic acids
and tea polyphenols
to support your
health and longevity.

SAVE \$1.96
4/\$8.50
OR \$2.49 EACH



ROCK HARBOUR
PACIFIC WHITE
SHRIMP

2 LB

Sweet tasting with a
tender texture, quick
and delicious option
served great warm or
cold, grilled, baked or
boiled.

SAVE \$4
21.99
/ EACH



SUNFLOWER KITCHEN
HUMMUS
500 G CLASSIC
OR GARLIC

CANADA
ONTARIO
FRESH!

SAVE \$1
5.99
/ EACH



FLOW
WATER
500 ML
ASSORTED

SAVE!
2.29
/ EACH



THIS WEEK'S PRODUCE TOP PICKS

PATCHWORKS GARDENS
LOCALLY GROWN

RED/YELLOW FINGERLING

1.5 LB
PRODUCT OF BATTERSEA, ONTARIO

Foodsmiths
GO LOCAL

SAVE \$1

6.48
/ EACH

PREMIUM QUALITY

GREEN ONIONS

BUNCH

PRODUCT OF MEXICO



SAVE 41¢

2.88
/ EACH

GREENBELT ORGANIC
ONTARIO GROWN

ORGANIC ARUGULA

142 G

PRODUCT OF ONTARIO

Foodsmiths
ORGANIC



SAVE \$71

6.28
/ EACH

PREMIUM QUALITY

SNOW PEAS

230 G

PRODUCT OF PERU

Foodsmiths
Foodsmiths.com

SAVE \$1.50

5.99
/ EACH

PREMIUM QUALITY

FRESH RASPBERRIES

170 G

PRODUCT OF MEXICO



SAVE 51¢

6.48
/ EACH

PFENNING'S

CERTIFIED ORGANIC

ORGANIC LEEK BUNCHES

BUNCH

PRODUCT OF ONTARIO



SAVE \$1

5.49
/ EACH

SERVING SUGGESTION

NOW IN STOCK

PREMIUM QUALITY

MEYER LEMONS

BRILLIANT LEMONS

PRODUCT OF

USA



EVERYDAY
PRICE

4.99
/ EACH

PREMIUM QUALITY
CERTIFIED ORGANIC

**ORGANIC GREEN
LEAF LETTUCE**

PRODUCT OF
MEXICO



EVERYDAY
PRICE

3.99
/ EACH

PREMIUM QUALITY

**SWEET MINI
PEPPERS**

PRODUCT OF

ONTARIO

ONTARIO
FRESH!



CANADA



EVERYDAY
PRICE

6.99
/ EACH

PFENNING'S
CERTIFIED ORGANIC

**ORGANIC YELLOW
ONIONS**

PRODUCT OF ONTARIO
3 LB

ONTARIO
FRESH!



CANADA



EVERYDAY
PRICE

6.99
/ EACH

THIS WEEK'S TOP PICKS!

BRANDT
DELI MEATS
ALL PRODUCTS
IN OUR DELI COUNTER
100 G



THIS WEEK'S TOP PICKS!

SKOTIDAKIS
FETA
ASSORTED
200 G



SAVE UP TO \$1.50

749
/ EACH

SAINT AGUR
BLUE CHEESE

PER 100 G

CREAMY,
BUTTERY
& MILD

SAVE!
10%
/ OFF



ILCHESTER
SMOKED APPLEWOOD

PER 100 G



SAVE!
10%
/ OFF



FONTAINE SANTE
TOFU SPREAD

250 G



SAVE 30¢

499
/ EACH

BELLAVITANO
CHEESE WEDGES

150 G

SAVE UP TO \$1
1299
/ EACH

GRAINHARVEST
FOCACCIA

LOAF
EACH



SAVE 40¢
429
/ EACH



BAKED IN-STORE!

THIS WEEK'S TOP PICKS!

RICEWORKS RICE SNACKS

150 G



SAVE 50¢

6.99
/ EACH



OLYMEI SMOKED TURKEY

PER 100 G



SAVE 70¢

3.29
/ 100 G

CUSTOM SLICED
IN OUR DELI!



SERVING SUGGESTION

BACKERHAUS POTATO SCALLION BREAD

LOAF
EACH



BAKED IN-STORE!

SAVE 70¢

5.29
/ EACH

DREAM COME TRUE BISCOTTI

4 PACK
ASSORTED



SAVE 50¢

9.99
/ EACH

DREAM COME TRUE QUICHE

ASSORTED
EACH



SAVE \$1

7.99
/ EACH

WHOLLY GLUTEN-FREE PIE SHELLS

425 G



SAVE \$1

10.99
/ EACH



THIS WEEK'S TOP PICKS!

ROCK HARBOUR COCONUT SHRIMP

284 G



SAVE \$1
7.99
/ EACH

SOCIAL CLUB PASTA SAUCE

680 - 730 ML



SAVE \$1
6.99
/ EACH

GOLD TOP WHOLE FLAX SEED

454 G

GOLDEN OR BROWN



SAVE 50¢
4.99
/ EACH

FISHERMANS PRIDE CALAMARI RINGS

454 G



SAVE \$1
8.99
/ EACH

ILIOS GNOCCHI

500 G



SAVE 70¢
2.29
/ EACH

ECO MAX GLASS & SURFACE CLEANER

800 ML



NO HARSH
CHEMICALS!



SAVE 50¢
4.49
/ EACH

THIS WEEK'S TOP PICKS!

ALL PRODUCTS

LAVIGNE NATURAL SKINCARE

ASSORTED



LAVIGNE
NATURAL SKINCARE



SAVE!
15% / OFF

CANPREV
GREEN UP!
300 G
44 SERVINGS

100% PLANT-BASED,
NUTRIENT BOOST,
STRESS SUPPORT,
ENERGY & FOCUS,
DIGESTIVE HEALTH!



SAVE \$7
59.99 / EACH



CHOOSE YOUR BEANS

GRIND THEM TO PERFECTION
AT OUR COFFEE MILL

EQUATOR
COFFEE ROASTERS

FREAKIN' GOOD

The name says it all. You can't go wrong with Freakin' Good. This coffee has been the daily cup for many in our community for years, for good reason! Sweet and familiar vanilla marries with toasty chocolate-covered hazelnuts in this reliable medium-roast coffee.

TASTING NOTES: Nutty, Vanilla, Classic & Familiar

LIFE'S LITTLE MOMENTS

**IT'S A NEW YEAR!
TIME TO HIT
THE GROUNDS
RUNNING!**

469
/ 100G
SAVE 80¢





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

BEST BUY THIS WEEK

RAW ALMONDS



30% OFF
ON SALE
174 /100 G
SAVE 75¢

BEST BUY THIS WEEK

**HEALTHY HEART
MIX**



30% OFF
ON SALE
174 /100 G
SAVE 75¢

RED RIVER CEREAL



25% OFF
ON SALE
37¢ /100 G
SAVE 12¢

FLAXSEED MEAL



25% OFF
ON SALE
59¢ /100 G
SAVE 42¢

**BERRY PATCH
GRANOLA**



25% OFF
ON SALE
127 /100 G
SAVE 42¢

POT BARLEY



25% OFF
ON SALE
34¢ /100 G
SAVE 11¢

SAVE IN OUR BULK BINS AND EAT WELL!

WILD RICE



25%
OFF
ON SALE
3.29
/100 G
SAVE \$1.10

WALNUT PIECES



25%
OFF
ON SALE
2.99
/100 G
SAVE \$1

QUICK COOK OATS



25%
OFF
ON SALE
56¢
/100 G
SAVE 19¢

GOLDEN RAISINS



25%
OFF
ON SALE
1.19
/100 G
SAVE 40¢

RAW CASHEWS



25%
OFF
ON SALE
1.87
/100 G
SAVE 62¢

CHIA SEEDS



25%
OFF
ON SALE
1.19
/100 G
SAVE 40¢

ECOMAX
HYPOALLERGENIC
LAUNDRY WASH



20%
OFF
ON SALE
39¢
/100 G
SAVE 10¢

ONEKA
HYPOALLERGENIC
SHAMPOO



10%
OFF
ON SALE
2.42
/100 G
SAVE 27¢

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



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.



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

RenewLife® EXTRA CARE™ PROBIOTIC
Helps support your body's natural digestive system
Helps relieve occasional constipation, flatulence and abdominal pain
50 BILLION ACTIVE CULTURES
12 PROBIOTIC STRAINS
30 VEGETARIAN CAPSULES
NPN 80105569
NO GM Project VERIFIED nongmoproject.org

RenewLife® Kids Daily Boost Probiotic
Helps support kids' digestive health
Helps support intestinal and gastrointestinal health
Fruit Punch Flavour
10 Billion ACTIVE CULTURES
2 PROBIOTIC STRAINS
30 PACKETS (1.5 g)
NET WT. 45 g

RenewLife® FloraBEAR
Helps support intestinal and gastrointestinal health
Contribute à soutenir la santé intestinale et gastro-intestinale
1 BILLION ACTIVE CULTURES
1 MILLIARD DE CULTURES ACTIVES
4 PROBIOTIC STRAINS
SOUCHES DE PROBIOTIQUES
120 CHEWABLE TABLETS
COMPRIMÉS À CRUER NPN 8004208

RenewLife® WOMEN'S DAILY CARE™ PROBIOTIC
Helps support Women's intestinal and gastrointestinal health
Helps maintain healthy vaginal pH, yeast, urinary tract, vaginal flora and feminine health
25 BILLION ACTIVE CULTURES
12 PROBIOTIC STRAINS
30 VEGETARIAN CAPSULES
NPN 80105589
NO GM Project VERIFIED nongmoproject.org

RenewLife® DAILY CARE™ PROBIOTIC
Helps support your body's natural digestive system
Helps relieve occasional constipation, flatulence and abdominal pain
30 BILLION ACTIVE CULTURES
12 PROBIOTIC STRAINS
30 VEGETARIAN CAPSULES
NPN 80105548
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