

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.

**Feedsmiths**  
THE GOOD FOOD STORE



**SUBSCRIBE TO OUR ENEWS TODAY**  
@ WWW.FOODSMITHS.COM

FRESH AND HEALTHY

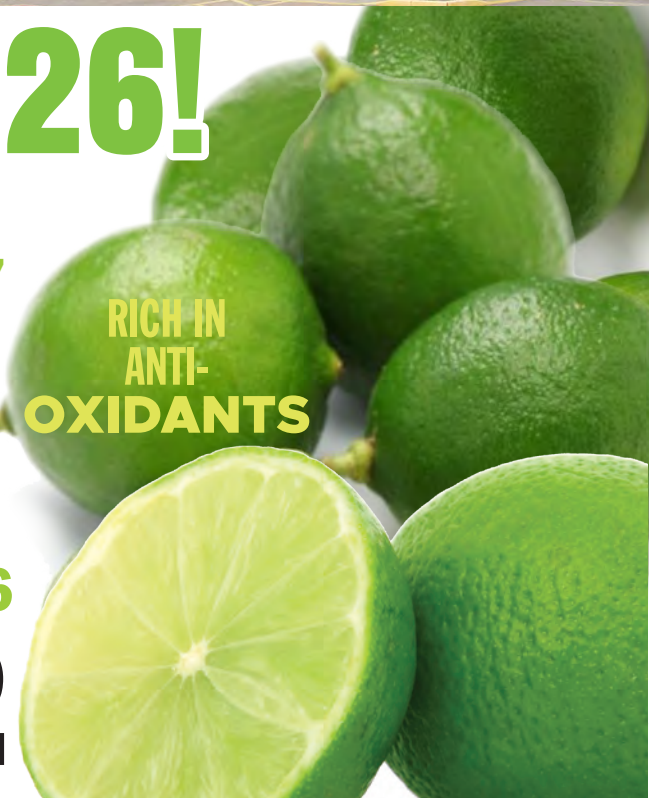
**Welcome 2026!**



**RICH IN  
VITAMIN  
C**

**PREMIUM QUALITY  
FRESH  
BLOOD  
ORANGES**  
PRODUCT OF USA

**SAVE \$1  
2<sup>99</sup>  
/ LB**



**PREMIUM QUALITY,  
FRESH  
LIMES**  
PRODUCT OF MEXICO

**RICH IN  
ANTI-  
OXIDANTS**

**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<sup>50</sup>**  
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<sup>99</sup>  
/ EACH**



FARMED RESPONSIBLY  
**asc**  
CERTIFIED  
ASC-AQUA.ORG

**BAP  
CERTIFIED**



**SUNFLOWER KITCHEN  
HUMMUS**

500 G CLASSIC  
OR GARLIC



**ONTARIO  
FRESH!**

**SAVE \$1  
5<sup>99</sup>  
/ EACH**



**FLOW  
WATER**

500 ML  
ASSORTED



**ONTARIO  
FRESH!**

**SAVE!  
2<sup>29</sup>  
/ EACH**



# THIS WEEK'S PRODUCE **TOP PICKS**

PATCHWORKS GARDENS  
LOCALLY GROWN

## RED/YELLOW FINGERLING

1.5 LB  
PRODUCT OF BATTERSEA, ONTARIO



SAVE \$1  
**6.48**  
/ EACH



PREMIUM QUALITY

## SNOW PEAS

230 G

PRODUCT OF PERU

SAVE \$1.50  
**5.99**  
/ EACH



PREMIUM QUALITY  
**GREEN ONIONS**

BUNCH

PRODUCT OF MEXICO

SAVE 41¢  
**2.88**  
/ EACH



PREMIUM QUALITY

## FRESH RASPBERRIES

170 G

PRODUCT OF MEXICO

SAVE 51¢  
**6.48**  
/ EACH



GREENBELT ORGANIC  
ONTARIO GROWN

## ORGANIC ARUGULA

142 G

PRODUCT OF ONTARIO



SAVE \$71  
**6.28**  
/ EACH



ONTARIO  
FRESH!



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**

PRODUCT OF  
USA

EVERYDAY  
PRICE

**4<sup>99</sup>**  
/ EACH



PREMIUM QUALITY

**SWEET MINI PEPPERS**

PRODUCT OF  
ONTARIO

EVERYDAY  
PRICE

**6<sup>99</sup>**  
/ EACH



ONTARIO  
FRESH!



PREMIUM QUALITY  
CERTIFIED ORGANIC

**ORGANIC GREEN  
LEAF LETTUCE**

PRODUCT OF  
MEXICO

EVERYDAY  
PRICE

**3<sup>99</sup>**  
/ EACH



PFFENNING'S  
CERTIFIED ORGANIC

**ORGANIC YELLOW  
ONIONS**

PRODUCT OF ONTARIO  
3 LB

EVERYDAY  
PRICE

**6<sup>99</sup>**  
/ EACH



ONTARIO  
FRESH!



GREAT FOR A STUFFED PEPPER APPETIZER!

## THIS WEEK'S TOP PICKS!

BRANDT  
**DELI MEATS**  
ALL PRODUCTS  
IN OUR DELI COUNTER  
100 G



SAVE!

**25%**  
/ OFF

SERVING SUGGESTION

PRICES IN EFFECT FRI JAN 2 - THU JAN 15 UNLESS OTHERWISE STATED. WHILE SUPPLIES LAST. NO RAIN CHECKS OR SUBSTITUTIONS. IMAGES ARE REPRESENTATIONAL ONLY. PRODUCTS MAY NOT BE EXACTLY AS SHOWN. E & OE

# THIS WEEK'S TOP PICKS!

SKOTIDAKIS  
**FETA**  
ASSORTED  
200 G



SAVE UP TO \$1.50

**7<sup>49</sup>**  
/ EACH

FONTAINE SANTE  
**TOFU SPREAD**  
250 G



SAVE 30¢

**4<sup>99</sup>**  
/ EACH

SAINT AGUR  
**BLUE CHEESE**  
PER 100 G



CREAMY,  
BUTTERY  
& MILD

SAVE!

**10%**  
/ OFF

BELLAVITANO  
**CHEESE WEDGES**  
150 G



SAVE UP TO \$1

**12<sup>99</sup>**  
/ EACH

ILCHESTER  
**SMOKED APPLEWOOD**  
PER 100 G



SAVE!

**10%**  
/ OFF

GRAINHARVEST  
**FOCACCIA**  
LOAF  
EACH



SAVE 40¢

**4<sup>29</sup>**  
/ EACH



BAKED IN-STORE!

# THIS WEEK'S TOP PICKS!

## RICEWORKS RICE SNACKS

150 G



SAVE 50¢

**6.99**  
/ EACH

## 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



## OLYMEL SMOKED TURKEY

PER 100 G



SAVE 70¢

**3.29**  
/ 100 G



CUSTOM SLICED  
IN OUR DELI!



SERVING SUGGESTION

## 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



## FISHERMANS PRIDE CALAMARI RINGS

454 G



## SOCIAL CLUB PASTA SAUCE

680-730 ML



## ILIOS GNOCCHI

500 G



## GOLD TOP WHOLE FLAX SEED

454 G

GOLDEN OR BROWN



## ECO MAX GLASS & SURFACE CLEANER

800 ML



# THIS WEEK'S TOP PICKS!

ALL PRODUCTS

## LAVIGNE NATURAL SKINCARE

ASSORTED



LAVIGNE  
NATURAL SKINCARE



LAVIGNE  
NATURAL SKINCARE

Blackberry Silk Pillowcase  
Coussin en Soie de Mûrier

Blackberry Silk / Soie de Mûrier  
Grand Format: 20" x 30"  
Suit any colour scheme  
Convient à tous les coloris  
Pillowcase stays in place  
Coussin reste en place

SAVE!

15%  
/ OFF

## CANPREV GREEN UP!

300 G

44 SERVINGS

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

SAVE \$7

59<sup>99</sup>  
/ EACH



ON SALE  
THIS WEEK

## CHOOSE YOUR BEANS

GRIND THEM TO PERFECTION  
AT OUR COFFEE MILL

LIFE'S LITTLE  
MOMENTS

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

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



469  
/ 100G  
SAVE 80¢



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**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<sup>29</sup>  
/100 G  
SAVE \$1.10

WALNUT PIECES

25% OFF  
ON SALE  
2<sup>99</sup>  
/100 G  
SAVE \$1

QUICK COOK OATS

25% OFF  
ON SALE  
56<sup>¢</sup>  
/100 G  
SAVE 19<sup>¢</sup>

GOLDEN RAISINS

25% OFF  
ON SALE  
1<sup>19</sup>  
/100 G  
SAVE 40<sup>¢</sup>

RAW CASHEWS

25% OFF  
ON SALE  
1<sup>87</sup>  
/100 G  
SAVE 62<sup>¢</sup>

CHIA SEEDS

25% OFF  
ON SALE  
1<sup>19</sup>  
/100 G  
SAVE 40<sup>¢</sup>

ECOMAX  
HYPOALLERGENIC  
LAUNDRY WASH

20% OFF  
ON SALE  
39<sup>¢</sup>  
/100 G  
SAVE 10<sup>¢</sup>

ONEKA  
HYPOALLERGENIC  
SHAMPOO

10% OFF  
ON SALE  
2<sup>42</sup>  
/100 G  
SAVE 27<sup>¢</sup>

## 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

**natural  
Factors**®



### 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



**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**



# Salus



## FLORAVIT & FLORADIX PRODUCTS

250ML, 500ML, OR TABS

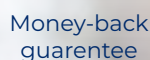
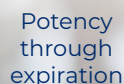
Made with iron from ferrous gluconate which is a particularly absorbable form of iron. Contains no preservatives, colourings or artificial flavourings.

20%  
OFF



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

Iron, B2, B6, B12, & C.



## Superior probiotics

