



106 WILSON ST. W. PERTH, ON
FOODSMITHS.COM 613.267.5409



Fresh
Everyday!

MON-THU 8AM - 7PM
FRI 8AM - 8PM SAT 8AM - 6PM
SUNDAY 9AM - 5PM

PREMIUM QUALITY

PORK
TENDERLOIN
PER 100 G



SAVE \$1.20
109
/ 100 G

CARLETON MUSHROOM FARM
ONTARIO FRESH

BROWN
MUSHROOMS

227 G
PRODUCT OF
OSGOODE ON

Foodsmiths
THE GOOD FOOD STORE
GO LOCAL



SAVE 61¢
2.88
/ EACH

DAL MOLISE

BUFFALO
MOZZARELLA
100 G



SAVE \$1
4.99
/ EACH

WILD STONE FLOWERS

MIXED BOUQUET
SMALL
PRODUCT OF
ETOBICOKE ON



SAVE \$7.98 IF YOU BUY 2
2/\$24
OR \$12.88 EACH

ELAN ORGANIC

THOMPSON
RAISINS
225 G



SAVE 50¢
4.98
/ EACH

THIS WEEK'S PRODUCE TOP PICKS

ONTARIO
FRESH!



ONTARIO FRESH
FUJI APPLES
LB

PRODUCT OF ONTARIO

SAVE 51¢
2.48
/ LB

PREMIUM QUALITY
ATAULFO
MANGOES
EACH

SAVE \$1
3.99
/ EACH

PREMIUM QUALITY
MEYER
LEMONS
1 LB

PRODUCT OF USA

SAVE \$1.01
3.98
/ EACH

PREMIUM QUALITY
CARROTS
5 LB

PRODUCT OF ONTARIO

ONTARIO
FRESH!



PREMIUM QUALITY
GREEN LEAF
LETTUCE
EACH

PRODUCT OF USA

SAVE 70¢
2.29
/ EACH

PREMIUM QUALITY
ACORN SQUASH
LB

PRODUCT OF MEXICO

SAVE 51¢
1.98
/ LB

THIS WEEK'S PRODUCE TOP PICKS



Fresh everyday!

ONTARIO
FRESH!



PREMIUM QUALITY
FRESH CRISPIN APPLES
PRODUCT OF ONTARIO
LB

EVERYDAY PRICE
2 99
/ LB

PREMIUM QUALITY
FRESH MINNEOLA ORANGES
PRODUCT OF USA
LB

EVERYDAY PRICE
3 49
/ LB

PREMIUM QUALITY
BOSTON LETTUCE
PRODUCT OF ONTARIO
LB

EVERYDAY PRICE
3 99
/ EACH

PREMIUM QUALITY
YUKON YELLOW POTATOES
PRODUCT OF CANADA
5 LB

EVERYDAY PRICE
6 99
/ EACH

THIS WEEK'S TOP PICKS

BRANDT

Montreal Smoked Meat

PER 100G

Authentic



Authentique
Européen

CANADA

Montreal Smoked Meat
Viande fumée de Montréal

GOOD SOURCE
BONNE SOURCE

MEAT PROTEIN
PROTEINE DE VIENNEAU

22%

LACTOSE FREE
SANS LACTOSE

100% NATURAL
100% NATUREL

SAVE 40¢

3.49
/ 100 G



SERVING SUGGESTION

CUSTOM SLICE
IN OUR DELI!

PILLARS

Mustard Seed Salami

PER 100 G

CANADA

SAVE 10¢

2.69
/ 100 G



BUBBIES

Bread & Butter Pickles

1L

ASSORTED



SAVE \$1

11.99
/ EACH



SAVE 40¢

3.29
/ 100 G

BRIDOR

Sourdough Ciabatta Buns

4 PACK

CANADA

SAVE \$1

4.99
/ EACH



BAXTER'S BAKERY

Tarts

6 PACK
ASSORTED



SAVE 50¢

7.49
/ EACH



CANADA

THIS WEEK'S TOP PICKS

ONTARIO FRESH!

SMALL BATCH
FRESH FROM
THEIR FARM!



CROSSWIND FARMS

GOAT CHEVRE

250 G

ASSORTED



SAVE \$1

13.99
/ EACH

**GAY LEA
SOUR CREAM**

250 - 500 ML

ASSORTED



**10%
/ OFF**

**TRE STELLE
DELUXE
MOZZARELLA**

340 G



SAVE 50¢

**12.49
/ EACH**

**TONICA
KOMBUCHA**

1L
ASSORTED



**9.49
/ EACH**

**GRAINHARVEST
DARK RYE
LOAF**



SAVE \$1

**4.99
/ EACH**

SUPERBOWL TOP PICKS

NEAL BROTHERS

CHEESE
PUFFS

113 G



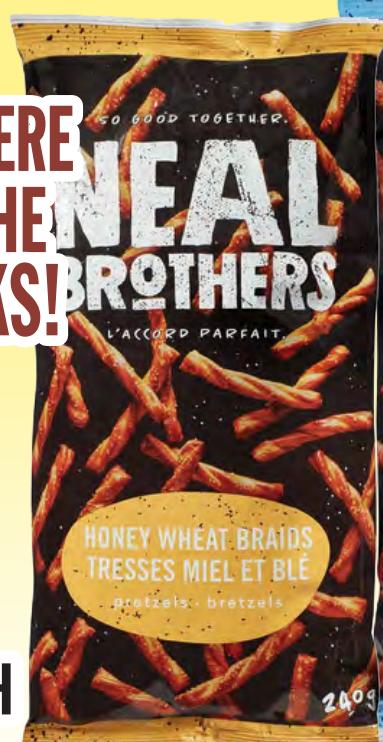
CHEESE PUFFS
PUFFS AU FROMAGE



SPICY JALAPEÑO
CHEESE PUFFS
PUFFS AU FROMAGE
JALAPEÑO ÉPICÉ

ONLY HERE
FOR THE
SNACKS!

SAVE \$1
3.99
/ EACH



HONEY WHEAT BRAIDS
TRESSES MIEL ET BLÉ
pretzels - bretzels

240 G



ORGANIC PREZELLE
RODS
BÂTONNETS

pretzels - bretzels

113 G

SAVE \$1
3.99
/ EACH

PERTH BREWERY
N/A BEER

6 X 473 ML



DEMO
THIS WEEK

THIS BEER
IS OUR #1
DRAFT PICK

SAVE \$2
18.99
/ EACH

ILIOS
PIZZA
330 - 410 G
ASSORTED



SAVE \$2
5.49
/ EACH

O'DOUGHS

GLUTEN FREE
O'DIPPERS

210 G

ORIGINAL, OR
GARLIC & CHIVE



SUMMER FRESH
DIPS

227 G
ASSORTED



SAVE \$1
4.99
/ EACH

Summer
Fresh

Artichoke
&
Asiago Dip

Trempette
artich
f

Summer
Fresh

SPINACH DIP
TREMPETTE AUX
ÉPINARDS



SAVE \$1
5.99
/ EACH



SUPERBOWL TOP PICKS

GARDEIN, CHICK'N WINGS

415 G



SAVE \$2.50

20.99
/ EACH

WHOLLY VEGGIE CAULIFLOWER BITES

375 G

BUFFALO
OR RANCH

**WHOLLY
VEGGIE!**

375 g

Végane

Sans Soja

Sans Gluten

Gardez congelé. Sachet de soja

Présentation suggérée.

Buffalo Cauliflower Wings

WHOLLY VEGGIE

CANADA
STYLE

Ranch
Cauliflower
Wings

Keep frozen. Source pack included.

Serving suggestion.

WHOLLY VEGGIE!

375 g

Végane

Sans Soja

Sans Gluten

Gardez congelé. Sachet de soja

Présentation suggérée.

WHOLLY VEGGIE!

375 g

Végane

Sans Soja

Sans Gluten

Gardez congelé. Sachet de soja

Présentation suggérée.

WHOLLY VEGGIE!

375 g

Végane

Sans Soja

Sans Gluten

Gardez congelé. Sachet de soja

Présentation suggérée.

WHOLLY VEGGIE!

375 g

Végane

Sans Soja

Sans Gluten

Gardez congelé. Sachet de soja

Présentation suggérée.

WHOLLY VEGGIE!

375 g

Végane

Sans Soja

Sans Gluten

Gardez congelé. Sachet de soja

Présentation suggérée.

WHOLLY VEGGIE!

375 g

Végane

Sans Soja

Sans Gluten

Gardez congelé. Sachet de soja

Présentation suggérée.

WHOLLY VEGGIE!

375 g

Végane

Sans Soja

Sans Gluten

Gardez congelé. Sachet de soja

Présentation suggérée.

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Présentation suggérée.

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Végane

Sans Soja

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WHOLLY VEGGIE!

375 g

Végane

Sans Soja

Sans Gluten

Gardez congelé. Sachet de soja

Présentation suggérée.

WHOLLY VEGGIE!

375 g

Végane

Sans Soja

Sans Gluten

Gardez congelé. Sachet de soja

Présentation suggérée.

WHOLLY VEGGIE!

375 g

Végane

Sans Soja

Sans Gluten

Gardez congelé. Sachet de soja

Présentation suggérée.

WHOLLY VEGGIE!

375 g

Végane

Sans Soja

Sans Gluten

Gardez congelé. Sachet de soja

Présentation suggérée.

WHOLLY VEGGIE!

375 g

Végane

Sans Soja

Sans Gluten

Gardez congelé. Sachet de soja

Présentation suggérée.

WHOLLY VEGGIE!

375 g

Végane

Sans Soja

Sans Gluten

Gardez congelé. Sachet de soja

Présentation suggérée.

WHOLLY VEGGIE!

375 g

Végane

Sans Soja

Sans Gluten

Gardez congelé. Sachet de soja

Présentation suggérée.

WHOLLY VEGGIE!

375 g

Végane

Sans Soja

Sans Gluten

Gardez congelé. Sachet de soja

Présentation suggérée.

WHOLLY VEGGIE!

375 g

Végane

Sans Soja

Sans Gluten

Gardez congelé. Sachet de soja

Présentation suggérée.

WHOLLY VEGGIE!

375 g

Végane

Sans Soja

Sans Gluten

Gardez congelé. Sachet de soja

Présentation suggérée.

WHOLLY VEGGIE!

375 g

Végane

Sans Soja

THIS WEEK'S TOP PICKS

ILIOS GNOCCHI

500G
ASSORTED



SAVE 50¢
249
/ EACH

BELGUSTO STRAINED TOMATOES

690 ML



SAVE 50¢
299
/ EACH

GEROLSTINER MINERAL WATER

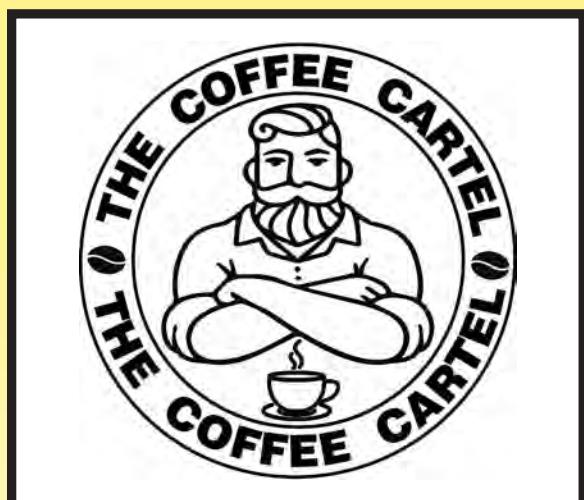
750 ML



SAVE 50¢
399
/ EACH

THE COFFEE CARTEL SUMATRA ROAST

PER 100 G



RESERVE ROAST

Cultivated on volcanic loam, Sumatra's coffee is unparalleled and highly esteemed. It undergoes a distinctive washing process, exclusive to the region, further enhancing its exceptional quality.

TASTING NOTES: Earthy, Full-Bodied, Spicy

SAVE 70¢

629
/ 100 G



**NEW!
IN OUR
BULK
BINS!**

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



join our insider list for exclusive
offers and updates.



THIS WEEK'S TOP PICKS

CANPREV

ELDERBERRY C LIQUID

500 ML

SAVE \$5

24.99 / EACH



SAVE \$8

49.99 / EACH

BAREFOOT VENUS ALL PRODUCTS

ASSORTED



let your heart lead the way



**10%
OFF**

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



BEST BUY THIS WEEK

HARD WHITE FLOUR



**30%
OFF**
ON SALE
**24¢
/100 G**
SAVE 10¢

BEST BUY THIS WEEK

MILK CHOCOLATE
PEANUTS



**30%
OFF**
ON SALE
**230
/100 G**
SAVE 99¢

DARK CHOCOLATE
CHERRIES



**25%
OFF**
ON SALE
**3.89
/100 G**
SAVE \$1.30

CHOCOLATE RIVER
ROCKS



**25%
OFF**
ON SALE
**2.77
/100 G**
SAVE 92¢

FLAX CORN CHIPS



**25%
OFF**
ON SALE
**1.49
/100 G**
SAVE 50¢

DRIED BLUEBERRIES



**25%
OFF**
ON SALE
**3.22
/100 G**
SAVE \$1.07

SAVE IN OUR BULK BINS AND EAT WELL!

SULTANA RAISINS

25%
OFF

ON SALE

134

/100 G

SAVE 45¢

PECAN HALVES

25%
OFF

ON SALE

359

/100 G

SAVE \$1.20

RAW PEPITA/PUMPKIN SEEDS

25%
OFF

ON SALE

142

/100 G

SAVE 47¢

GOOD TASTING
NUTRITIONAL YEAST

25%
OFF

ON SALE

434

/100 G

SAVE \$1.45

ORGANIC JASMINE RICE

25%
OFF

ON SALE

149

/100 G

SAVE 50¢

CHILI POWDER

25%
OFF

ON SALE

300

/100 G

SAVE \$1.00

COMFREY LOOSE LEAF TEA

20%
OFF

ON SALE

\$12

/100 G

SAVE \$3

FOUND IN OUR
SUPPLEMENT
DEPARTMENT!

10%
OFF

ON SALE

585

/100 G

SAVE 65¢

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.

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



Salus

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
NO GM Project VERIFIED nongmoproject.org



FOODSMITHS FEBRUARY BYOB

WILLOW CREEK STABLES

Willow Creek Stables is a rescue centre for critically endangered Newfoundland Ponies. They provide abandoned, neglected, and abused Newfoundland Ponies a safe home so they can heal and thrive. Over 70 ponies have been rescued by their program!

They offer farm visits 7 days a week, by appointment, welcoming small and large groups to learn the story of their critically endangered Newfoundland Ponies, why they're endangered, how they're being protected, and why they are special.

Interested in visiting the farm? Visit www.willowcreekstables.ca

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!



**THANK YOU
FOR HELPING SUPPORT THIS IMPORTANT PROGRAM**

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!**

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