

# Foodsmiths

THE GOOD FOOD STORE

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  
**1.09**  
/ 100 G

CARLETON MUSHROOM FARM  
ONTARIO FRESH

### BROWN MUSHROOMS

227 G  
PRODUCT OF  
OSGOODE ON



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  
PRODUCT OF PERU

**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

**SAVE \$1.01**  
**3.98**  
/ EACH

**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<sup>99</sup>**  
/ LB



PREMIUM QUALITY  
**FRESH  
MINNEOLA  
ORANGES**  
PRODUCT OF USA  
LB

**EVERYDAY  
PRICE**

**3<sup>49</sup>**  
/ LB



PREMIUM QUALITY  
**BOSTON  
LETTUCE**  
PRODUCT OF ONTARIO  
LB

**EVERYDAY  
PRICE**

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



PREMIUM QUALITY  
**YUKON YELLOW  
POTATOES**  
PRODUCT OF CANADA  
5 LB

**EVERYDAY  
PRICE**

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



**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

**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



SAVE!

**10%**  
/ OFF

TONICA  
**KOMBUCHA**  
1L  
ASSORTED

SAVE 50¢

**9.49**  
/ EACH



TRE STELLE  
**DELUXE  
MOZZARELLA**  
340 G



SAVE 50¢

**12.49**  
/ EACH

GRAINHARVEST  
**DARK RYE**  
LOAF

SAVE \$1

**4.99**  
/ EACH





# SUPERBOWL TOP PICKS

NEAL BROTHERS  
**CHEESE PUFFS**

113 G

NEAL BROTHERS

ONLY HERE  
FOR THE  
SNACKS!

NEAL BROTHERS  
**PRETZELS & HONEY WHEAT BRAIDS**

113 G

CHEESE PUFFS  
PUFFS AU FROMAGE

SPICY JALAPEÑO  
CHEESE PUFFS  
PUFFS AU FROMAGE  
JALAPEÑO ÉPICÉ

SAVE \$1

**3.99** / EACH

HONEY WHEAT BRAIDS  
TRESSSES MIEL ET BLÉ  
pretzels - bretzels

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

ILIOS

**PIZZA**

Bûche de chèvre  
Goat Cheese

ILIOS

**PIZZA**

Chorizo

O'DOUGHS  
**GLUTEN FREE O'DIPPERS**

210 G

ORIGINAL, OR  
GARLIC & CHIVE

O'DIPPERS

VEGAN / VÉGÉTALIEN

SAVE \$1

**5.99** / EACH

SUMMER FRESH  
**DIPS**

227 G

ASSORTED

Summer  
Fresh

5 Cheese Dip

Trempepette de  
5 fromages

SAVE \$1

**4.99** / EACH

Summer  
Fresh

Artichoke  
& Asiago Dip

Trempepette  
artich

Summer  
Fresh

**SPINACH DIP  
TREMPETTE AUX  
ÉPINARDS**

227g



# SUPERBOWL TOP PICKS

## GARDEIN CHICK'N WINGS

415 G



SAVE \$2.50

**20<sup>99</sup>**  
/ EACH

## WHOLLY VEGGIE CAULIFLOWER BITES

375 G

BUFFALO  
OR RANCH



SAVE 50¢

**7<sup>99</sup>**  
/ EACH

## HUMBLESEEDZ SAUCY DIPS

190 G



SAVE 50¢

**7<sup>99</sup>**  
/ EACH

## KRINOS SPINACH & CHEESE ROLLS

PER 100 G



SAVE 20¢

**1<sup>69</sup>**  
/ 100 G

## SEED TO SAUSAGE BACON

350 G

REGULAR OR  
BLACK PEPPER



SAVE \$2

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



## CAPE HERB & SPICE SEASON IT ALL GRINDER

55 G



SAVE 50¢

**7<sup>99</sup>**  
/ EACH

## SUZIE'S ORGANIC ORGANIC MUSTARD

592 ML



SAVE 50¢

**8<sup>99</sup>**  
/ EACH



# THIS WEEK'S TOP PICKS

## ILIOS Gnocchi

500G  
ASSORTED



SAVE 50¢

**2.49**  
/ EACH

## BELGUSTO STRAINED TOMATOES

690 ML



SAVE 50¢

**2.99**  
/ EACH

## GEROLSTINER MINERAL WATER

750 ML

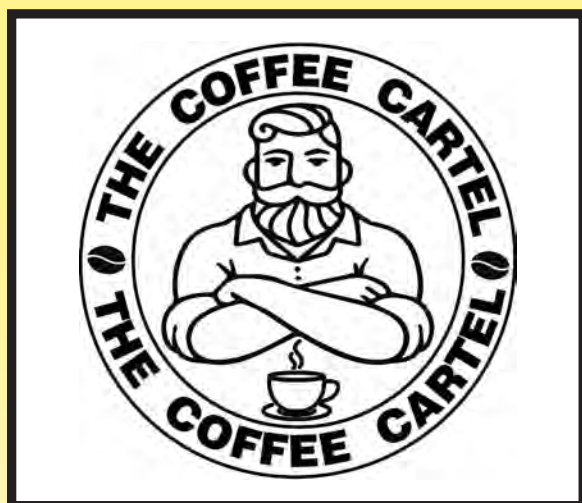


SAVE 50¢

**3.99**  
/ EACH

## THE COFFEE CARTEL SUMATRA ROAST

PER 100 G



**NEW!**  
IN OUR  
BULK  
BINS!

## 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¢

**6.29**  
/ 100 G



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





# THIS WEEK'S TOP PICKS

## CANPREV ELDERBERRY C LIQUID

500 ML



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



## INNOTECH CARDIOFLEX ORANGE

360 G



INNOTECH  
**CARDIOFLEX**  
**ORANGE**  
360 G

SAVE \$8  
**49<sup>99</sup>** / 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  
**2.30**  
/100 G  
SAVE 99¢



**DARK CHOCOLATE  
CHERRIES**

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



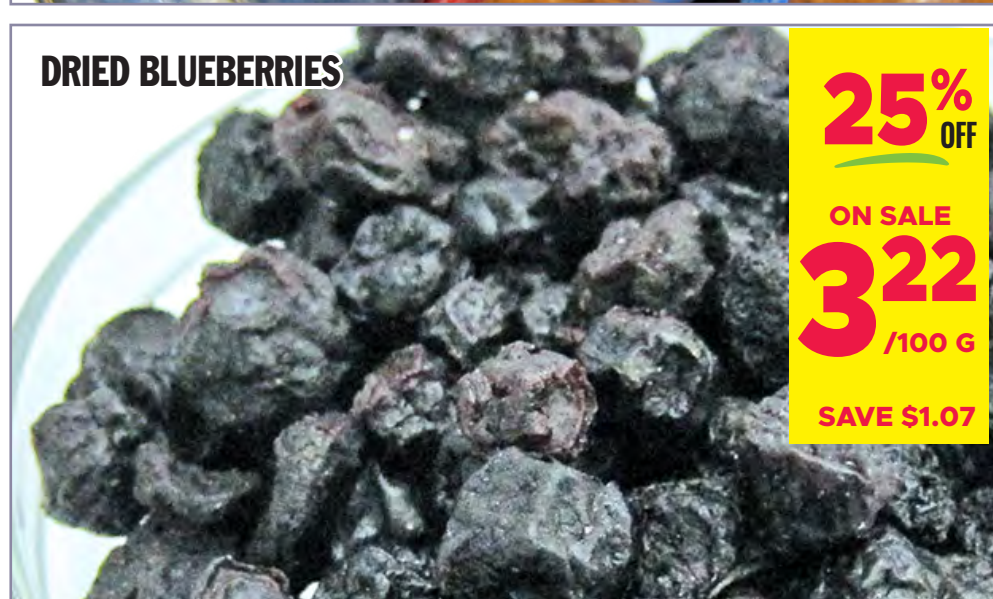
**CHOCOLATE RIVER  
ROCKS**

**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

ECOMAX LAVENDER DISH SOAP

**10% OFF**  
ON SALE  
**585**  
/100 G  
SAVE 65¢

FOUND IN OUR  
SUPPLEMENT  
DEPARTMENT!



# 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.

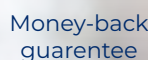
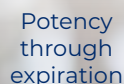
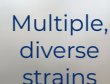
**20% OFF**



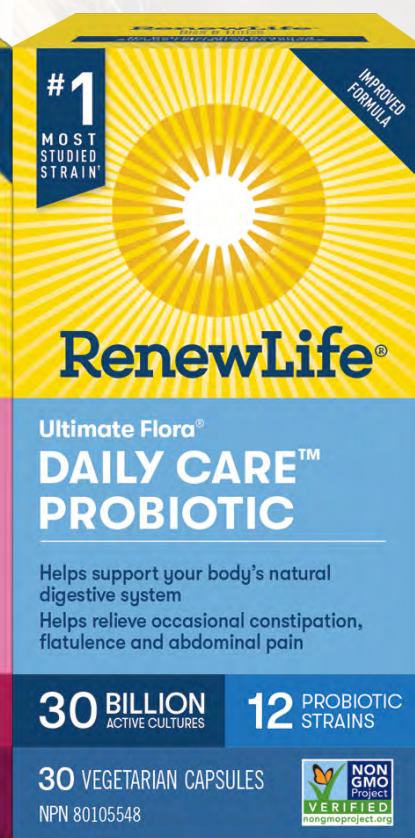
**Liquid iron and vitamin formula's made with herbal extracts and fruit juice concentrates.**

**Iron, B2, B6, B12, & C.**





## Superior probiotics







# 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](http://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**

### **SAMOSA FAMILY MEAL DEAL**

**DINNER FOR FOUR:**

**29.99**

ANY COMBO OF... **8 SAMOSAS**

ANY CHOICE OF... **2 16-OUNCE SALADS**

AND... **1 8-OUNCE DIPPING SAUCE**



### **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**

### **INTERNATIONAL SNACK BOX**

**9.99**

3 ONION BHAJI, 3 FALAFELS, 3 PAKORA NUGGETS,  
2 SAMOSA AND YOUR CHOICE SWEET AND SPICY  
TAMARIND DIPPER, HUMMUS DIPPER OR TZATZIKI  
DIPPER.



**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**