

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

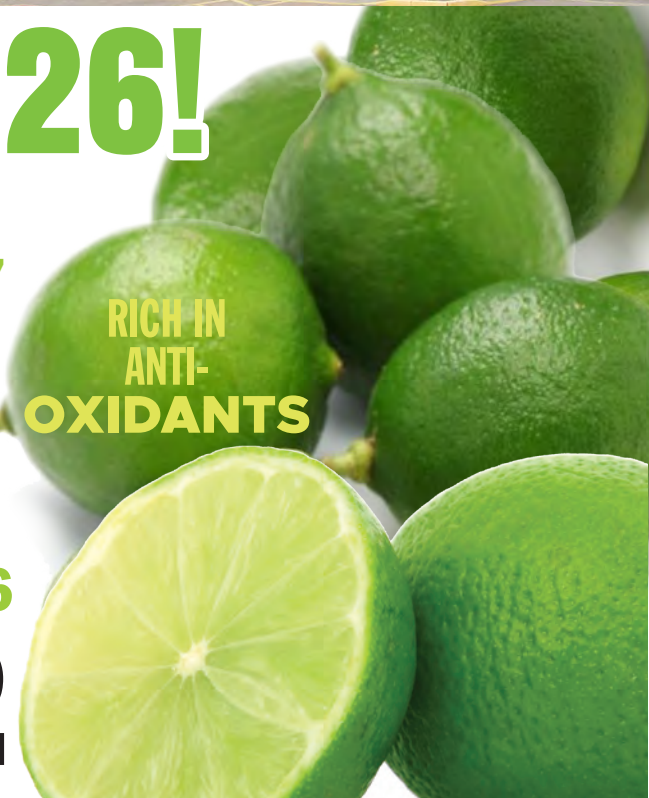
Welcome **2026!**



**RICH IN
VITAMIN
C**

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

SAVE \$1
2.99
/ 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/\$8.50
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



FARMED RESPONSIBLY
asc
CERTIFIED
ASC-AQUA.ORG

BAP
CERTIFIED



**SUNFLOWER KITCHEN
HUMMUS**

500 G CLASSIC
OR GARLIC

CANADA
**ONTARIO
FRESH!**

SAVE \$1
5.99
/ EACH



**FLOW
WATER**

500 ML
ASSORTED

CANADA
**ONTARIO
FRESH!**

SAVE!
2.29
/ 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

4.99
/ EACH



PREMIUM QUALITY
SWEET MINI PEPPERS
PRODUCT OF
ONTARIO

EVERYDAY
PRICE

6.99
/ EACH



ONTARIO
FRESH!



PREMIUM QUALITY
CERTIFIED ORGANIC
**ORGANIC GREEN
LEAF LETTUCE**
PRODUCT OF
MEXICO

EVERYDAY
PRICE

3.99
/ EACH



PFFENNING'S
CERTIFIED ORGANIC
**ORGANIC YELLOW
ONIONS**
PRODUCT OF ONTARIO
3 LB

EVERYDAY
PRICE

6.99
/ EACH



ONTARIO
FRESH!



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

7⁴⁹
/ EACH

FONTAINE SANTE
TOFU SPREAD
250 G



SAVE 30¢

4⁹⁹
/ EACH

SAINT AGUR
BLUE CHEESE
PER 100 G



CREAMY,
BUTTERY
& MILD

SAVE!

10%
/ OFF

BELLAVITANO
CHEESE WEDGES
150 G



SAVE UP TO \$1

12⁹⁹
/ EACH

ILCHESTER
SMOKED APPLEWOOD
PER 100 G



SAVE!

10%
/ OFF

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

OLYMEL SMOKED TURKEY

PER 100 G



**CUSTOM SLICED
IN OUR DELI!**

SAVE 70¢

3.29
/ 100 G

SERVING SUGGESTION

BACKERHAUS POTATO SCALLION BREAD

LOAF
EACH



BAKED IN-STORE!

SAVE 70¢

5.29
/ EACH

DREAM COME TRUE QUICHE

ASSORTED
EACH



SAVE \$1

7.99
/ EACH

DREAM COME TRUE BISCOTTI

4 PACK
ASSORTED



SAVE 50¢

9.99
/ 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

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



**ON SALE
THIS WEEK**

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¢



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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
3²⁹
/100 G
SAVE \$1.10

WALNUT PIECES

25%
OFF
ON SALE
2⁹⁹
/100 G
SAVE \$1

QUICK COOK OATS

25%
OFF
ON SALE
56[¢]
/100 G
SAVE 19[¢]

GOLDEN RAISINS

25%
OFF
ON SALE
1¹⁹
/100 G
SAVE 40[¢]

RAW CASHEWS

25%
OFF
ON SALE
1⁸⁷
/100 G
SAVE 62[¢]

CHIA SEEDS

25%
OFF
ON SALE
1¹⁹
/100 G
SAVE 40[¢]

ECOMAX
HYPOALLERGENIC
LAUNDRY WASH

20%
OFF
ON SALE
39[¢]
/100 G
SAVE 10[¢]

ONEKA
HYPOALLERGENIC
SHAMPOO

10%
OFF
ON SALE
2⁴²
/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

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

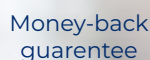
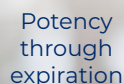
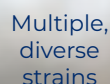
Made with iron from ferrous gluconate which is a particularly absorbable form of iron. Contains no preservatives, colourings or artificial flavourings.

20% OFF



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

Iron, B2, B6, B12, & C.



Superior probiotics

