

food Basics

CANADIAN AND PROUD

ALWAYS MORE FOR LESS

V.I.P.

VERY INCREDIBLE PRICE EVENT

PILLER'S SLICED DELI MEATS
2 x 125 - 375 g
SELECTED VARIETIES



INCREDIBLE
BUY 2, GET 1 FREE
FREE ITEM MUST BE OF EQUAL OR LESSER VALUE



HALAL AT SAME PRICE

MEDIUM GROUND BEEF FAMILY PACK
INCLUDES HALAL
10.74/KG

INCREDIBLE
4.87
/LB

SELECTION BREAD
675 g
SELECTED VARIETIES



INCREDIBLE
1.99
EACH



HIGH LINER BREADED OR BATTERED FISH FILLETS
FAMILY PACK
315 - 700 g FROZEN SELECTED VARIETIES



INCREDIBLE
4.98
EACH



INCREDIBLE
4.94
EACH

IRRESISTIBLE MUFFINS
600 g
SELECTED VARIETIES



HABITANT, CAMPBELL'S CHUNKY OR READY TO SERVE SOUP
515 - 796 mL
PEPPERIDGE FARM GOLDFISH CRACKERS
167 - 200 g
SELECTED VARIETIES

INCREDIBLE
1.97
EACH



INCREDIBLE
2.99
EACH

ASTRO ORIGINAL BALKAN OR IÖGO YOGURT (450 - 750 g)
SIGGI'S SKYR YOGURT 4 x 100 g SELECTED VARIETIES



HEREFORD CORNED BEEF, SPAM LUNCHEON MEAT, GOLD SEAL SALMON, OR OCEAN'S ALBACORE TUNA
170 - 340 g SELECTED VARIETIES

INCREDIBLE
2.98
EACH

TIDE SIMPLY ALL IN ONE DETERGENT
2.72 L - 70 LOADS
DOWNY SOFTENER
2.63 L
SELECTED VARIETIES



INCREDIBLE
7.95
EACH



CASHMERE BATHROOM TISSUE
8 - 125 - 245
SELECTED VARIETIES

INCREDIBLE
4.96
EACH

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, JANUARY 8TH TO WEDNESDAY, JANUARY 14TH, 2026

To view local store flyer, visit foodbasics.ca, where you can create an account (or sign into your account) and select your preferred location.

food Basics

CANADIAN AND PROUD

V.I.P.



GOURMET MINI
YELLOW POTATOES
PETITES POMMES DE TERRE
JAUNES GOURMET



WE LOVE LOCAL
Canada

INCREDIBLE
99¢
EACH

CARROTS OR YELLOW ONIONS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE 2 LB
MINI GOURMET POTATOES
PRODUCT OF CANADA, NO. 1 GRADE 3 LB



CANTALOUPE
PRODUCT OF GUATEMALA
NO. 1 GRADE
BLACKBERRIES
PRODUCT OF MEXICO
NO. 1 GRADE
150 - 170 G

INCREDIBLE
1.85
EACH



INCREDIBLE
2.83
EACH

RED GRAPEFRUIT
PRODUCT OF FLORIDA, U.S.A. 2 LB
CLEMENTINES
PRODUCT OF MOROCCO, 2 LB

GET READY TO SAVE! GREAT PRICES START ON THURSDAY

To view local store flyer, visit foodbasics.ca, where you can create your own personalized flyer.



LUCKY KOI



99¢
EACH

LUCKY KOI WATER CHESTNUTS OR BAMBOO SHOOTS
227 mL
SELECTED VARIETIES



LUCKY KOI
VERMICELLI OR CHOW MEIN
NOODLES
400 - 454 G
SELECTED VARIETIES

1.67
EACH

LUCKY KOI SOY SAUCE
450 mL
SELECTED VARIETIES

1.99
EACH



LUCKY KOI
SRIRACHA, HOISIN
OR OYSTER SAUCE
450 - 500 mL
SELECTED VARIETIES

2.99
EACH

LUCKY KOI
THAI HOM MALI
JASMINE RICE
8 KG
SELECTED VARIETIES

15.88
EACH



V.I.P.

VERY INCREDIBLE PRICE EVENT

Black Diamond OLD • FORT Cheddar Cheese Fromage cheddar

Black Diamond MARBLE • MARRÉ

Galbani PIZZA Mozzarella

BLACK DIAMOND CHEESE 400 G SHREDS 320 G

NATURAL CHEESE SLICES 220 • 340 G

GALBANI MOZZARELLA 500 G SELECTED VARIETIES

INcredible 4.98 EACH

Fletcher's CURED PORK COTTAGE ROLL

SOC DE PORC ROULE

FLETCHER'S CURED PORK COTTAGE ROLL 6.33/KG

INcredible 2.87 /LB

siggis PLAIN • NATURE 19% 150 G

LIBERTÉ GREEK

iögo Creamy • Crèmeux

iögo YOGURT 16 X 100 G

LIBERTÉ GREEK YOGURT 650 • 750 G

SIGGI'S SKYR YOGURT 650 • 750 G SELECTED VARIETIES

INcredible 6.49 EACH

Kraft Deluxe Creamy Cheddar Cheddar crémeux

CRAVE BUFFALO CHICKEN | MACARONI ET FROMAGE

CRAVE OR KRAFT DINNER MEALS 200 • 340 G FROZEN SELECTED VARIETIES

INcredible 2.99 EACH

Natrel LACTOSE FREE OR ORGANIC MILK

KELLOGG'S FAMILY SIZE CEREAL 400 • 650 G SELECTED VARIETIES

NATREL LACTOSE FREE OR ORGANIC MILK 2 L

KELLOGG'S FAMILY SIZE CEREAL 400 • 650 G SELECTED VARIETIES

INcredible 5.49 EACH

MAXWELL HOUSE ORIGINAL ROAST TORRÉFACTION ORIGINALE

MAXWELL HOUSE DECAF ORIGIN DECAFÉINÉ ORIGIN

MAXWELL HOUSE COFFEE CAPSULES 12'S

NABOB GROUND COFFEE 340 G SELECTED VARIETIES

INcredible 5.99 EACH

Cavendish Flavour CRISP CLASSIC CLASSIQUE

Cavendish RESTAURANT Style PUB

CAVENDISH FARMS FRENCH FRIES 400 • 750 G FROZEN SELECTED VARIETIES

INcredible 3.49 EACH

MAXWELL HOUSE DARK ROAST TORRÉFACTION FONDÉE

NABOB COFFEE CO.

MAXWELL HOUSE OR NABOB GROUND COFFEE 864 • 930 G SELECTED VARIETIES

INcredible 17.97 EACH

125 points = \$1

Bertolli OLIVE OIL EXTRA VIRGINE

Bertolli OLIVE OIL EXTRA VIRGINE

BERTOLLI OLIVE OIL 750 ML • 1 L SELECTED VARIETIES

INcredible 10.99 EACH

PEPSI

Coca-Cola ORIGINAL TASTE

COCA-COLA OR PEPSI SOFT DRINKS 6 X 750 ML SELECTED VARIETIES

INcredible 4.49 EACH

Doritos

Ruffles REGULAR NATURE

Cheetos Puffs

DORITOS, RUFFLES POTATO CHIPS OR CHEETOS 100 • 285 G SELECTED VARIETIES

INcredible 2/\$7

Scotties HOUSE & HOME

Sponge Towels ULTRA

SPONGE TOWELS ULTRA PAPER TOWELS 3 • 65

SCOTTIES FACIAL TISSUE 6'S SELECTED VARIETIES

INcredible 6.96 EACH

the app-solute best way to save



SCAN TO DOWNLOAD
While quantities last. Visit our app for details.
*Limit one per customer, per transaction.

only with **moi** rewards

DIGITAL DEAL
10.88 EACH
WITH COUPON

MIXED BERRIES
MÉLANGE DE BAIES

SELECTION OR IRRESISTIBLE FRUIT
1.5 • 2 KG FROZEN SELECTED VARIETIES



save **\$3**

this week only

*IN STOCK POLICY: Food Basics+ offers an in-stock guarantee for all items in its current flyer. If we are temporarily out-of-stock on an advertised item in our current flyer, a Rain Check will be issued with 10% off the advertised price of the item redeemable within 30 days from the date of issue. Rain Checks are not issued if the ad in the flyer states, "While Quantities Last", "Special Buy" or "No Rain Checks", or on in-store cooked BBQ Chicken and Hot Pizza, Beer, Cider and Wine, Independent Third Party Vendors, "Our Seafood Market" and "Our Butcher Shop by Nossio Talho". Please see the Customer Service desk at your Food Basics for full details. For retail sale only; If there is a limit stated in the ad, Rain Checks up to the stated limit may be issued. If there is no limit stated in the ad, we reserve the right to limit quantities to reasonable requirements. Limit: One Rain Check per household per item per day.

We reserve the right to limit purchases to reasonable requirements. Limits or some restrictions apply - details available in store or at Foodbasics.ca. Certain prices and special offers advertised in our flyers may vary by area. To view local store flyer, visit foodbasics.ca, where you can create an account (or sign into your account) and select your preferred location. Some illustrations in this flyer do not necessarily represent items on sale and are for design only. We reserve the right to correct any unintentional error that may occur in the copy or illustration. References for savings or sale prices are in comparison to our regular retail prices. Prices are effective Thursday 8 a.m. through closing Wednesday. Other exemptions may apply. "Compare at" references are in comparison to at least 1 other regular retail price. Commercial resale of our products is prohibited. Upon presentation of the Moi Rewards card, points awarded are calculated on the total amount, before taxes, and excludes the products specified in the terms and conditions of the program. Does not apply to bonus points. Available at stores participating in the Moi program. For \$3 = 1 pt. available at Metro; not available at Food Basics. Points redeemable at participating stores starting at a balance of 500 points (\$4 value). Visit moirewards.ca for terms and conditions. Moi Rewards is a trademark of Metro Inc.

Metro Inc. disclaims all liability in connection with or that may arise from the visuals provided by advertisers and suppliers with respect to photos, logos, designs, typography and product origin.

UNAUTHORIZED COPYING OF THIS FLYER IN ANY MEDIUM (INCLUDING POSTING ONLINE) WITHOUT THE PRIOR WRITTEN CONSENT OF METRO ONTARIO INC. IS NOT PERMITTED. CUSTOMER CARE: 1-866-595-5554

PRODUCE



SEEDLESS ORANGES
PRODUCT OF SOUTH AFRICA
4.37/KG

THIS WEEK ONLY
1.98
/LB



BLUEBERRIES
PRODUCT OF PERU, NO. 1 GRADE
170 G

THIS WEEK ONLY
2.98
EACH



EXTRA
LARGE

THIS WEEK ONLY
3.98
/LB

RED OR GREEN SEEDLESS GRAPES
PRODUCT OF SOUTH AFRICA AND/OR PERU, NO. 1 GRADE
8.77/KG



WE
LOVE
LOCAL
Ontario

1 LB

WHOLE WHITE OR CRIMINI MUSHROOMS
PRODUCT OF ONTARIO
424 G

THIS WEEK ONLY
3.98
EACH



TOMATOES
ON THE VINE
PRODUCT OF CANADA OR
MEXICO, NO. 1 GRADE
4.37/KG

THIS WEEK ONLY
1.98
/LB



AVOCADOS
PRODUCT OF MEXICO AND/OR PERU, 5 OR 6 PACK
LIMES
PRODUCT OF MEXICO, 1 LB

THIS WEEK ONLY
3.98
EACH



CANARY MELON
PRODUCT OF BRAZIL
2.16/KG

THIS WEEK ONLY
98¢
/LB



JUMBO

JUMBO CHERRIES
PRODUCT OF CHILE
NO. 1 GRADE
13.18/KG

THIS WEEK ONLY
5.98
/LB



WE
LOVE
LOCAL
Ontario

GREEN CABBAGE
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
1.94/KG

THIS WEEK ONLY
88¢
/LB



RASPBERRIES
PRODUCT OF U.S.A. OR MEXICO, NO. 1 GRADE 170 G
STRAWBERRIES
PRODUCT OF U.S.A. OR MEXICO, NO. 1 GRADE 454 G
GREEN FRENCH BEANS
PRODUCT OF GUATEMALA, 400 G

THIS WEEK ONLY
3.98
EACH



BUTTERCUP,
BUTTERNUT,
ACORN OR
SPAGHETTI
SQUASH
PRODUCT OF MEXICO
3.26/KG

THIS WEEK ONLY
1.48
/LB



BROCCOLI CROWNS
PRODUCT OF U.S.A. OR MEXICO

THIS WEEK ONLY
2/\$5



SWEET/ASSORTED PEPPERS
PRODUCT OF CANADA AND/OR MEXICO
PKG OF 4
ROMAINE HEARTS
PRODUCT OF U.S.A. AND/OR MEXICO
3 PK



THIS WEEK ONLY
4.98
EACH



SUNRISE
EXTRA FIRM OR
PREMIUM
SOFT TOFU
100-150 G
SELECTED VARIETIES

THIS WEEK ONLY
2/\$5



GREENHOUSE
WELLNESS
SHOTS
PRODUCT OF CANADA
4 X 60 ML

THIS WEEK ONLY
8.99
EACH

FLORAL



THIS WEEK ONLY
\$8
EACH



THIS WEEK ONLY
\$12
EACH



THIS WEEK ONLY
7.88
EACH



THIS WEEK ONLY
8.88
EACH

MEAT

FRESH FROM THE FARM OR
ZABIHA HALAL
BONELESS SKINLESS
CHICKEN BREAST FAMILY PACK
AIR CHILLED
SELECTED VARIETIES
17.61/KG

HALAL
AT SAME
PRICE



THIS WEEK ONLY
7.99
/LB



HALAL
AT SAME
PRICE



FRESH
BONELESS
STEWING
BEEF
FAMILY PACK
INCLUDES HALAL
22.02/KG

THIS WEEK ONLY
9.99
/LB



STEELHEAD TROUT FISH FILLET
FRESH
24.23/KG

THIS WEEK ONLY
10.99
/LB



HALAL
AT SAME
PRICE



FRESH BONELESS SIRLOIN
TIP ROAST OR
FAMILY PACK STEAKS
CUT FROM CANADA AA OR HIGHER GRADE OF BEEF
SELECTED VARIETIES
26.43/KG

THIS WEEK ONLY
11.99
/LB



SCHNEIDERS
OR MAPLE
LEAF BACON
65 - 375 G
SELECTED VARIETIES

THIS WEEK ONLY
5.99
EACH



JOHNSONVILLE DINNER,
BREAKFAST OR SMOKED SAUSAGES
375 - 500 G
SELECTED VARIETIES

THIS WEEK ONLY
5.99
EACH



WONG WING
ASIAN STYLE
ENTREES
FROZEN
400 - 500 G
SELECTED VARIETIES

THIS WEEK ONLY
6.99
EACH



ST-HUBERT
OR SWISS
CHALET
MEAT PIES
FROZEN
655 - 800 G
SELECTED VARIETIES

THIS WEEK ONLY
8.99
EACH



MARC
ANGELO
JUMBO
PORK
SAUSAGES
FROZEN
375 - 675 G
SELECTED VARIETIES

THIS WEEK ONLY
6.99
EACH



LEGACY
MARINATED
BONE-IN
PORK
CHOPS OR
FLATTENED
TENDERLOIN
400 - 400 G
SELECTED VARIETIES

THIS WEEK ONLY
8.99
EACH



LOU'S KITCHEN
BBQ PORK
BACK RIBS
800 G
SELECTED VARIETIES

THIS WEEK ONLY
10.99
EACH



TRE STELLE PANEER OR HALLOUMI
200 - 300 G
SELECTED VARIETIES

THIS WEEK ONLY
4.99
EACH



BOURSION
CHEESE
150 G
SELECTED VARIETIES

THIS WEEK ONLY
5.99
EACH



SCHNEIDERS OR
PRIME FULLY
COOKED
BREADED
CHICKEN
FROZEN
600 - 700 G
SELECTED VARIETIES

THIS WEEK ONLY
10.99
EACH



IRRESISTIBLES
PEPPERONI
STICKS
300 G
SELECTED VARIETIES

THIS WEEK ONLY
5.99
EACH



IRRESISTIBLES
[PARMIGIANO
REGGIANO OR
GRANA PADANO
OR EMMENTAL]
SELECTED VARIETIES

THIS WEEK ONLY
7.99
EACH



SUMMER
FRESH
SALADS
250 - 300 G
SELECTED VARIETIES

THIS WEEK ONLY
7.99
EACH



RANA PASTA
250 - 300 G SELECTED VARIETIES

THIS WEEK ONLY
4.99
EACH



IRRESISTIBLES
SALT & PEPPER
CALAMARI OR
RAW SQUID
RINGS
FROZEN
300 - 450 G
SELECTED VARIETIES

THIS WEEK ONLY
6.99
EACH



LIFE SMART
NATURALIA
FISH FILLETS
FROZEN 400 G
SELECTED VARIETIES

THIS WEEK ONLY
8.99
EACH

MORE GREAT SAVINGS FOR LESS



CATELLI GARDEN SELECT
PASTA SAUCE
400 mL
SELECTED VARIETIES

LOCKED DOWN

249
EACH



KELLOGG'S
NUTRI GRAIN
BARS, RICE
KRISPIES
SQUARES OR
POP-TARTS
176 - 384 G
SELECTED VARIETIES



LOCKED DOWN

267
EACH



PILLSBURY
PREPARED
DOUGH
454 - 496 G
SELECTED VARIETIES

LOCKED DOWN

399
EACH



LOCKED DOWN

849
EACH

45
points



DR. OETKER
SUPREMA PIZZA
427 - 518 G
SELECTED VARIETIES

LOCKED DOWN

799
EACH

40
points



PILLSBURY
PIZZA POPS
180 G
TOASTER
STRUDEL
126 G
18021 N
SELECTED VARIETIES

LOCKED DOWN

299
EACH



BEN'S ORIGINAL
BISTRO
EXPRESS RICE
248 - 258 G
SELECTED VARIETIES

LOCKED DOWN

279
EACH



LOCKED DOWN

249
EACH

20
points



FUZE ICED TEA
12 X 341 mL
SELECTED VARIETIES

LOCKED DOWN

699
EACH



MAISON PERRIER
SPARKLING WATER
BEVERAGE
8 X 330 mL
SELECTED VARIETIES

LOCKED DOWN

699
EACH

BAKERY



RUDOLPH'S BREAD
500 G
SELECTED VARIETIES

THIS WEEK ONLY

299
EACH



SELECTION
SNACK TUBS
426 - 468 G
SELECTED VARIETIES

THIS WEEK ONLY

599
EACH



DEMPSTER'S
WHOLE GRAIN BREAD
600 G
SIGNATURE BUNS
6 - 8'S
SELECTED VARIETIES

THIS WEEK ONLY

349
EACH



SELECTION
DONUTS
6'S

THIS WEEK ONLY

149
EACH



DEMPSTER'S
10" TORTILLAS
426 - 610 G
SELECTED VARIETIES

THIS WEEK ONLY

399
EACH

LOCKED DOWN



LACTANTIA CREAM
473 ML - 1 L
SELECTED VARIETIES

LOCKED DOWN

379
EACH



SNACK PACK
PUDDING OR GEL
SNACK
4'S SELECTED VARIETIES



LOCKED DOWN

229
EACH

15
points



THE LAUGHING COW
400 G
SELECTED VARIETIES

LOCKED DOWN

899
EACH



OASIS JUICE BLEND OR
DEL MONTE NECTAR
960 ML
SELECTED VARIETIES

LOCKED DOWN

229
EACH



RED ROSE TEA
140'S
SELECTED VARIETIES

LOCKED DOWN

899
EACH



TIM HORTONS
COFFEE CAPSULES
48'S
SELECTED VARIETIES

LOCKED DOWN

3899
EACH



LOCKED DOWN

599
EACH



PRIMO
LASAGNE
375 - 500 G
SELECTED VARIETIES

LOCKED DOWN

249
EACH



CHEFMASTER
MARGARINE
454 G
SELECTED VARIETIES

LOCKED DOWN

249
EACH



MOTT'S CLAMATO
COCKTAIL
2.54 L
SELECTED VARIETIES

LOCKED DOWN

479
EACH



GRISOL
CROUTONS
135 G
SELECTED VARIETIES

LOCKED DOWN

249
EACH



MARS
CHOCOLATE
BARS
49 - 52 G
SELECTED VARIETIES

LOCKED DOWN

109
EACH



LOCKED DOWN

899
EACH

150
points



CHOLULA
HOT OR
CREMOSA
SAUCE
100 - 234 ML
SELECTED VARIETIES

LOCKED DOWN

499
EACH



FEBREZE
SCENTED OIL
REFILL AND PLUG
100 ML
SELECTED VARIETIES

LOCKED DOWN

849
EACH



DOWNY SCENT
BOOSTER
270 G
SELECTED VARIETIES

LOCKED DOWN

1399
EACH



LYSOL ALL
PURPOSE
CLEANER
400 ML - 1.2 L
SELECTED VARIETIES

LOCKED DOWN

399
EACH



FINISH
POWERBALL
DISHWASHER
TABS
30 - 55'S
SELECTED VARIETIES

LOCKED DOWN

1399
EACH

ALWAYS GREAT PRICE





IRRESISTIBLE
ORANGE JUICE OR JUICE BLEND 1.5L
IRRESISTIBLE SMOOTHIES 1.5L
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3⁹⁷
EACH




SELECTION JAM 256 ML
LIFE SMART NATURALIA FRUIT SPREAD 256 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

4⁴⁹
EACH



SELECTION
TEX MEX
SHREDDED CHEESE 620 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

9⁹⁹
EACH



SELECTION
SANDWICH DILL
PICKLES 1 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3²⁷
EACH




SELECTION
CLASSIC CLASSIQUE
RIPPLES ONDULÉES
200 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

1⁴⁹
EACH



SELECTION
Soft-Doux
Quilted-Coussins
30 x 100'S

ALWAYS GREAT PRICE 

19⁹⁹
EACH



SELECTION
WHITE VINEGAR
4 L

ALWAYS GREAT PRICE 

2²⁷
EACH



SELECTION
Mayonnaise
800 ML

ALWAYS GREAT PRICE 

4⁷⁷
EACH



SELECTION OR
LIFE SMART
CANNED FRUIT
796 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3⁷⁹
EACH



SELECTION
LONG GRAIN RICE
900 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3²⁹
EACH



BLACK DIAMOND
CHEESTRINGS
340 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

11⁹⁹
EACH




HÄAGEN-DAZS ICE CREAM 946 ML
NESTLÉ DRUMSTICK 6 x 8'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 

9⁹⁹
EACH



PHILADELPHIA
DIPS
340 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

5⁹⁹
EACH



NUTELLA
SPREAD 1 KG

ALWAYS GREAT PRICE 

10⁷⁷
EACH



CHEEZ-IT CRACKERS
FAMILY SIZE
332 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3⁹⁹
EACH



OLD EL PASO
TACO SEASONING
177 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

6⁹⁹
EACH



BETTY CROCKER
DUNKAROOS
168 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3⁹⁹
EACH



EGGO WAFFLES
1.68 KG FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE 

13⁹⁹
EACH

STOCK UP YOUR PANTRY FOR LESS



Redpath
ICING SUGAR
SUCRE À GLACER

REDPATH BAKING SUGAR
1 KG
SELECTED VARIETIES

LOCKED DOWN

2/\$5



Honey Nut Flavour
Chex
Savour de miel et de noix

NEW LOOK
NOUVEL EMBALLAGE

Gluten Free
Sans gluten

354 g Cereal - Céréales

LOCKED DOWN

3.99
EACH

GENERAL MILLS CHEX CEREAL
354 G
SELECTED VARIETIES



BERTOLLI
CHICKEN CARBONARA
POULET CARBONARA

BERTOLLI CHICKEN CARBONARA
424 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

4.99
EACH



Healthy Choice
Steamers
Simply Meals

Grilled Chicken & Broccoli Alfredo
Poulet grillé et brocoli Alfredo

THIS WEEK ONLY

3.99
EACH

HEALTHY CHOICE
STEAMERS OR SIMPLY MEALS
299 - 298 G FROZEN SELECTED VARIETIES



Campbell's
CHICKEN - POULET

CAMPBELL'S BROTHER
250 - 900 ML
SELECTED VARIETIES

LOCKED DOWN

1.88
EACH



NATURE VALLEY
LUNCH BOX
DOUBLE CHOCOLATE

5 BARS - NO NUTS OR SOY - NO LACTOSE - NO SUGAR - 130 g

BETTY CROCKER FRUIT SNACKS
128 - 226 G SELECTED VARIETIES

LOCKED DOWN

2.49
EACH



Chips Ahoy!
ORIGINAL
ORIGINAL

CHRISTIE COOKIES
285 - 488 G
SELECTED VARIETIES

LOCKED DOWN

4.99
EACH



Jif
Creamy Crèmeux

JIF PEANUT BUTTER
500 G
JORDANS MORNING CRISP OR MUESLI CEREAL
400 G
SELECTED VARIETIES

THIS WEEK ONLY

4.99
EACH



Knorr
Recipe - Recette
ONION SOUP
MELANGE À SOUPE

LIPTON OR KNORR SOUP
45
SELECTED VARIETIES

LOCKED DOWN

2.99
EACH



Lipton
Chicken Noodle
Poulet et nouilles

LOCKED DOWN

2.99
EACH



Barilla
PENNE RIGATE

BARILLA PASTA
340 - 410 G
SELECTED VARIETIES

LOCKED DOWN

1.99
EACH



NESCAFÉ GOLD
INSTANT COFFEE

NESCAFÉ GOLD INSTANT COFFEE
90 - 100 G
SELECTED VARIETIES

LOCKED DOWN

7.99
EACH



SMUCKER'S
Uncrustables
Peanut butter & strawberry spread sandwich
Sandwich au beurre d'arachide et à la fraise de fraises

SMUCKER'S UNCRUSTABLES SANDWICHES
10.5 OZ FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

11.99
EACH



GOLD SEAL
WILD SARDINES
SAUVAGES

GOLD SEAL SARDINES
125 G
SELECTED VARIETIES

LOCKED DOWN

1.69
EACH



SELECTION
DICED TOMATOES

SELECTION OR LIFE SMART TOMATOES
700 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

1.77
EACH



SELECTION
50 Plastic Red Glasses

SELECTION PLASTIC RED GLASSES
50'S
SELECTED VARIETIES

ALWAYS GREAT PRICE

4.99
EACH



SELECTION
VALUE VALEUR
PAPER TOWELS

SELECTION PAPER TOWELS
50'S
SELECTED VARIETIES

ALWAYS GREAT PRICE

5.99
EACH



SELECTION
SANDWICH
EASY SEAL

SELECTION SANDWICH BAGS
300'S
SELECTED VARIETIES

ALWAYS GREAT PRICE

6.99
EACH



SELECTION
PARCHEMIN
PARCHMENT

SELECTION VALUE SIZE PARCHMENT PAPER
50 M
SELECTED VARIETIES

ALWAYS GREAT PRICE

9.99
EACH

ALWAYS STIRRING UP GREAT PRICES



LIBERTÉ GREEK
VANILLA
LIBERTÉ GREEK YOGURT
850-750 G

SIGGI'S
creamy & la crème
PLAIN • NATURE
2% Fat
19g Protein
150 Calories

THIS WEEK ONLY

649
EACH

iögo
Creamy • Crèmeux
16 x 100 G
SELECTED VARIETIES

THIS WEEK ONLY

649
EACH

Astro
ORIGINAL
BALKAN YOGURT BALKAN
FRUIT ON THE BOTTOM • FRUITS AU FOND
12 x 100 G
SELECTED VARIETIES

LOCKED DOWN

549
EACH

LIBERTÉ KEFIR
NATURAL FLAVOUR
PROBIOTIC PROBIOTIQUE
1L
SELECTED VARIETIES

LOCKED DOWN

499
EACH

25
points

OLYMPIC
ORGANIC
PLAIN
650 G

OLYMPIC
KREMA
HONEY
650 G
SELECTED VARIETIES

LOCKED DOWN

549
EACH

OÏKOS PRO
24g PROTEIN
NO ADDED SUGAR
200 mL
SELECTED VARIETIES

OÏKOS PROTEIN
DRINKABLE YOGURT
300 ML
SELECTED VARIETIES

LOCKED DOWN

249
EACH

OÏKOS
GREEK YOGURT
Satisfied cravings, delightfully tasty
19g Protein
0% Fat
NO SUGAR ADDED
PLAIN
750 G

OÏKOS GREEK YOGURT
650-750 G
SELECTED VARIETIES

LOCKED DOWN

699
EACH

DANONE
Danino
6 x 93 mL
1% Fat

ACTIVIA
ACTIVE PROBIOTICS FOR YOUR GUT HEALTH
650g
2.2% Fat

ACTIVIA EXPERT
Supports gut health
Soutient la santé digestive
4 x 100 G
STRAWBERRY / FRAISE

ACTIVIA YOGURT
650 G
EXPERT YOGURT
4 x 100 G

DANONE DANINO DRINKABLE YOGURT
6 x 93 ML
SELECTED VARIETIES

LOCKED DOWN

349
EACH

Irresistibles
SKYR
YOGURT
2% Fat
PLAIN
750 G

Irresistibles
GREEK
YOGURT
PLAIN
750 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

477
EACH

iögo nano
REAL FRUIT
REAL YOGURT
6 x 93 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

349
EACH

20
points

Irresistibles
SKYR
YOGURT
2% Fat
PLAIN
4 x 100 G

Irresistibles
GREEK
YOGURT
2% Fat
PLAIN
4 x 100 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

333
EACH

Irresistibles
PROBIOTIC
PROBIOTIQUE
STIRRED YOGURT BRASSE
2.9% Fat
1 BILLION PROBIOTICS
3 VANILLA | 3 RASPBERRY | 3 STRAWBERRY | 3 BLUEBERRY

IRRESISTIBLES PROBIOTIC YOGURT
12 x 100 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

599
EACH

CHOOSE CANADIAN



GREEN CABBAGE
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE
1.94/KG

88¢
/LB



CARROTS OR YELLOW ONIONS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE 2 LB
MINI GOURMET POTATOES
PRODUCT OF CANADA, NO. 1 GRADE 3 LB

99¢
EACH



SCHNEIDERS OR
MAPLE LEAF
BACON
65 - 375 G
SELECTED VARIETIES

5.99
EACH



FRESH FROM THE FARM OR ZABIHA
HALAL BONELESS SKINLESS CHICKEN
BREAST FAMILY PACK
AIR CHILLED
SELECTED VARIETIES
17.61/KG

7.99
/LB



IRRESISTIBLE MUFFINS
600 G
SELECTED VARIETIES

4.94
EA.



RUDOLPH'S
BREAD
500 G
SELECTED VARIETIES

2.99
EA.



OLD • FORT
Cheddar Cheese
Fromage cheddar

BLACK DIAMOND CHEESE
SHREDS 400 G
NATURAL CHEESE SLICES 320 - 240 G
GALBANI MOZZARELLA 500 G
SELECTED VARIETIES

4.98
EACH



MAXWELL HOUSE
COFFEE CAPSULES
12'S
NABOB GROUND COFFEE
340 G
SELECTED VARIETIES

5.99
EACH



iögo YOGURT
16 x 100 G
LIBERTÉ GREEK
YOGURT
650 - 750 G
SIGGI'S SKYR
YOGURT
450 - 750 G
SELECTED VARIETIES

6.49
EACH



DARE BEAR PAWS COOKIES
480 G
SELECTED VARIETIES

5.99
EACH



RUFFLES POTATO CHIPS OR CHEETOS
100 - 285 G SELECTED VARIETIES

2/\$7



COCA-COLA OR PEPSI SOFT DRINKS
6 x 710 ML BOTTLES (4.26 L)
6 x 710 ML SELECTED VARIETIES

4.49
EACH



SPONGE TOWELS ULTRA PAPER TOWELS
3 x 65
SCOTTIES FACIAL TISSUE
65
SELECTED VARIETIES

6.96
EACH



CASHMERE
BATHROOM TISSUE
8 - 12'S - 24'S
SELECTED VARIETIES

4.96
EACH

*We are currently working on updating the origin of all our products. This information comes from certification agencies, product suppliers, and other Metro partners. We cannot be held liable for any information that may prove to be inaccurate.

HAPPY LOHRI

HAPPY MAKAR SANKRANTI

HAPPY PONGAL



RED ONIONS
PRODUCT OF CANADA, NO. 1 GRADE
3 LB
ANDY BOY RAPINI
PRODUCT OF U.S.A.

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.88
EACH



TRE STELLE
PANEER
300 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
4.99
EACH



PILLSBURY
CHAKKI OR
DIVYA ATTA
FLOUR
9.07 / 9.1 KG
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
9.99
EACH



INDIA GATE
ROZANNA OR
QILLA PREMIUM
BASMATI RICE
4.54 KG
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
12.99
EACH



DIVYA
LENTILS
OR BLACK
CHICKPEAS
1.8 / 1.81 KG
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3.99
EACH



CEDAR
CANNED
BEANS
540 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.49
EACH



MEERA BESAN, SHER OR
BRAR'S CORN FLOUR
1.81 KG SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
4.99
EACH



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
13.99
EACH



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
39¢
EACH



CASABLANCA HONEY, DIVYA TEA,
TATA TEA AGNI, PREMIUM OR GOLD
1 KG, 220'S, 450 G SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
6.99
EACH



DIVYA OKRA OR
VEGETABLES
457 / 500 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.29
EACH



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.99
EACH

15 points



PARLE-G, LU OR EBM COOKIES
84 / 300 G SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
99¢
EACH



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.67
EACH

10 points



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.29
EACH



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
8.99
EACH

45 points



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.67
EACH



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.49
EACH

新年快乐 HAPPY LUNAR NEW YEAR 2026



GARLIC
PRODUCT OF CHINA, 5 PK
1.28 EACH
**LOBOK OR FLAT
CABBAGE**
PRODUCT OF U.S.A. OR CANADA
1.28/LB 2.82/KG

128
/LB or
EACH



**GOURMETA
THAI SHRIMP**
COOKED 65 - 75 CT OR RAW 31 - 40 CT
FROZEN 390 - 340 G
SELECTED VARIETIES

699
EACH



**Y&Y OR
LUCKY
KOI THAI
HOM MALLI,
MEKONG
JASMINE
RICE**
8 KG
SELECTED VARIETIES

1588
EACH



**KJ
DUMPLINGS**
FROZEN
340 - 450 G
SELECTED VARIETIES

299
EACH



**BILLY BEE
HONEY**
1 KG
SELECTED VARIETIES

999
EACH



**HOLIDAY OR
HEREFORD
LUNCHEON
MEAT,
MAPLE LEAF
FLAKES**
156 - 340 G
SELECTED VARIETIES

188
EACH



**Y&Y 3 MINUTE OR LONG LIFE, NONGSHIM
OR OH RICEY! NOODLES OR BOWLS**
62 - 454 G SELECTED VARIETIES

169
EACH



**SKYFLAKES
CRACKERS**
500 G

699
EACH



**THAI KITCHEN
COCONUT MILK,
MARUKAN OR
KIKKOMAN RICE
VINEGAR**
276 - 408 ML
SELECTED VARIETIES

349
EACH



**CHAO KOH,
CASABLANCA
OR COOL
RUNNINGS
COCONUT
WATER OR
MILK**
400 - 520 ML
SELECTED VARIETIES

125
EACH



**RUBICON
DRINKS OR
LUCKY KOI
LYCHEES**
167 ML, 1 L
SELECTED VARIETIES

249
EACH



**DAINTY
OR CEDAR
PATNA RICE**
7 - 15 G
SELECTED VARIETIES

1299
EACH



**WING SALAD
NOODLES OR
COOKIES, Y&Y
SEAWEED OR
NONGSHIM
SNACKS**
45 - 150 G, 3 X 5 G
SELECTED VARIETIES

169
EACH



**HUY FONG
SRIRACHA,
LEE KUM KEE
SOY SAUCE,
KIKKOMAN
TAMARI OR
STIR-FRY
SAUCE**
200 - 274 ML, 1.5 L
SELECTED VARIETIES

599
EACH



**TYJ SPRING
ROLL PASTRY
OR BLUE
DRAGON STIR
FRY SAUCE**
250 - 270 G
140 ML
SELECTED VARIETIES

199
EACH



**INDOMIE
NOODLES**
5 X 80 - 5 X 85 G
SELECTED VARIETIES

299
EACH



**GLICO POCKY,
GARDEN WAFERS
OR HELLO PANDA
COOKIES**
40 - 200 G SELECTED VARIETIES

249
EACH



**KEWPIE
MAYONNAISE,
LEE KUM KEE
SESAME OIL OR
SRIRACHA MAYO**
162.4 - 405 ML
SELECTED VARIETIES

699
EACH

PERSONAL CARE FOR LESS

SCOPE MOUTHWASH
1L
CREST TOOTHPASTE
43 ML OR
ORAL-B TOOTHBRUSH
EACH
SELECTED VARIETIES

LOCKED DOWN

4.99
EACH

PANTENE HAIR CARE
300 - 355 ML
SELECTED VARIETIES

THIS WEEK ONLY

4.99
EACH

ALWAYS ULTRA THIN PADS
20 - 22'S
TAMPAX PEARL TAMPONS
18'S
SELECTED VARIETIES

LOCKED DOWN

5.49
EACH

OLD SPICE HAIR+BODYWASH
532 ML
SELECTED VARIETIES

LOCKED DOWN

7.99
EACH

ARM & HAMMER TOOTHPASTE
SELECTED VARIETIES

LOCKED DOWN

2.99
EACH

HERBAL ESSENCES HAIR CARE
346 ML
SELECTED VARIETIES

THIS WEEK ONLY

2/\$6

U BY KOTEX COMPACT TAMPONS
30'S
SELECTED VARIETIES

LOCKED DOWN

9.99
EACH

JAMIESON CURCUMIN TURMERIC
90'S
SELECTED VARIETIES

THIS WEEK ONLY

17.99
EACH

TRUBAR PROTEIN BAR
3'S
SELECTED VARIETIES

LOCKED DOWN

2/\$5

PURE PROTEIN BARS
4'S
SELECTED VARIETIES

LOCKED DOWN

10.99
EACH

KIND BARS
12'S
SELECTED VARIETIES

LOCKED DOWN

18.99
EACH

JAMIESON VITAMIN E, GLUCOSAMINE
120 - 140'S
SELECTED VARIETIES

THIS WEEK ONLY

19.99
EACH

GET YOUR FLU SHOT HERE



pharmacy

Speak to our pharmacist for details.

Click [here](#) or visit foodbasics.ca/flushot to register online for the flu shots

Available at pharmacy locations only. Visit foodbasics.ca/pharmacy to find a location near you.

INFANTS' TYLENOL OR MOTRIN
24 - 30 ML
SELECTED VARIETIES

LOCKED DOWN

8.99
EACH

WEBBER NATURALS B12 VITAMIN
90'S
SELECTED VARIETIES

LOCKED DOWN

10.99
EACH

BENYLIN COUGH & CHEST CONGESTION
200 ML
SELECTED VARIETIES

LOCKED DOWN

12.99
EACH

TYLENOL EZ-TABS
100'S
SELECTED VARIETIES

LOCKED DOWN

14.99
EACH

JAMIESON CRANBERRY COMPLEX, APPLE CIDER VINEGAR
48 - 120'S
SELECTED VARIETIES

LOCKED DOWN

15.99
EACH

VICKS DAYQUIL OR NYQUIL
30'S
SELECTED VARIETIES

LOCKED DOWN

16.99
EACH

GENUINE HEALTH CLEAN COLLAGEN
160 G
SELECTED VARIETIES

LOCKED DOWN

21.99
EACH

VEGA PROTEIN DRINK MIX
876 G
SELECTED VARIETIES

LOCKED DOWN

48.99
EACH



Your Community Could WIN AN NHL® GAME & \$250,000

Nominate Your Rink At
KRAFTHOCKEYVILLE.CA

NO PURCHASE NECESSARY. Legal residents of Canada 14 years of age or older. Entry between January 1 and March 1, 2026. One \$250,000 community prize in arena upgrades and an NHL® Pre-Season game. ARV \$650,000. One \$100,000 community prize in arena upgrades. ARV \$100,000. Eleven \$50,000 community prizes in arena upgrades. ARV \$50,000 each. Odds depend on number of eligible entries, province or territory to which they relate, satisfaction of applicable arena requirements, judging and voting. See Official Rules for complete details: www.krafthockeyville.ca

NHL and the NHL Shield are registered trademarks of the National Hockey League. NHL and NHL team marks are the property of the NHL and its teams.
© 2025 NHL. All Rights Reserved.

NHLPA and the NHLPA logo are registered trademarks of the National Hockey League Players' Association. © NHLPA. All Rights Reserved.



THIS WEEK ONLY
3.98
EACH



ALWAYS GREAT PRICE
7.49
EACH



THIS WEEK ONLY
4.98
EACH



LOCKED DOWN
9.99
EACH



ALWAYS GREAT PRICE
2.49
EACH

THIS WEEK ONLY
3.49
EACH



LOCKED DOWN
4.99
EACH

LOCKED DOWN
10.99
EACH

Kraft

Buy any 1 product and enter for a chance to win 1 of 4 prizes of
125,000 POINTS*
(\$1,000 value)



HEINZ FLAVOURED MAYONNAISE
340 mL
SELECTED VARIETIES

LOCKED DOWN
2.99
EACH

*NO PURCHASE NECESSARY. Contest runs from January 8th to January 14th, 2026. Open to residents of Ontario of the age of majority at time of entry. Four (4) Prizes consisting of 125,000 MOI points valued at approximately \$1000 (ARV) each. Odds of winning dependent on the number of eligible entries received. Skill testing question required to claim the prize. Certain exceptions and restrictions apply. For official Rules and how to enter visit: www.foodbasics.ca.