

food
Basics
CANADIAN AND PROUD

**ALWAYS
MORE
FOR LESS**

WOWZA!

Zabiha Halal
EXTRA LEAN GROUND CHICKEN
POULET MAIGRE EXTRA MAIGRE
EXTRA MAIGRE

WOWZA!
\$3.88
EACH

LIFE SMART OR ZABIHA
HALAL FRESH EXTRA LEAN
GROUND CHICKEN
400 G SELECTED VARIETIES

**HALAL
AT SAME
PRICE**

LEAN GROUND BEEF & PORK BLEND FAMILY PACK
7.67/KG

WOWZA!
\$3.48
/LB

RUSSET POTATOES
PRODUCT OF PRINCE EDWARD ISLAND,
CANADA NO. 1
5 LB
BROCCOLI CROWNS
PRODUCT OF U.S.A. AND/OR MEXICO

WOWZA!
\$1.44
EACH

**ALWAYS
CANADIAN**

FRESH ATLANTIC SALMON FILLETS
FAMILY PACK 23.99/KG

WOWZA!
\$10.88
/LB

siggis
ASTRO ORIGINAL BALKAN OR
iögo YOGURT 650-750 G
SIGGI'S SKYR YOGURT 4 X 100 G SELECTED VARIETIES

WOWZA!
\$2.98
EACH

JUMBO

NAVEL ORANGE
PRODUCT OF U.S.A.
750 G, 1.66 KG
HASS AVOCADO
PRODUCT OF MEXICO
77 G EA.

WOWZA!
\$77¢
/LB OR
EACH

**COLAVITA EXTRA
VIRGIN OLIVE OIL**
1L

WOWZA!
\$12.98
EACH

BORNA
BLUEBERRIES
PRODUCT OF PERU
NO. 1 GRADE
170 G
**BORNA
DATES**
400 G

WOWZA!
\$1.88
EACH

**CASABLANCA
HONEY OR
TATA TEA**
1 L NO. 220'S
SELECTED VARIETIES

WOWZA!
\$5.98
EACH

**GAIN
LAUNDRY
DETERGENT**
1.36 L = 32 LOADS
SELECTED VARIETIES

WOWZA!
\$3.98
EACH

CLASSICO
TOMATO & BASIL
TOMATES ET BASILIC
600 mL

CLASSICO
ALFREDO
PASTA SAUCE
210-400 ML
SELECTED VARIETIES

WOWZA!
\$2.98
EACH

**125
points
= \$1**

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, JANUARY 29TH TO WEDNESDAY, FEBRUARY 4TH, 2026
PRICES IN THIS FLYER AVAILABLE AT ALL BRAMPTON, ETOBICOKE, MISSISSAUGA, NORTH YORK, RICHMOND HILL, SCARBOROUGH, TORONTO, THORNHILL, EMERALD PARK,
MARKHAM, AJAX, OSHAWA, COURTICE, NEWMARKET, AND PICKERING STORE LOCATIONS ONLY.
To view local store flyer, visit foodbasics.ca, where you can create an account (or sign into your account) and select your preferred location.



Selection

ORIGINAL HOMESTYLE Waffles

280 g 8 WAFFLES No Artificial Flavors or Colors

SELECTION WAFFLES or PANCAKES
280 - 320 g FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.77 EACH



1992年12月2日

WOWZA!

BLACK DIAMOND CHEESE 400 G
NATURAL CHEESE SLICES 225 - 240 G
GALBANI MOZZARELLA 300 G SELECTED VARIETIES

\$4.99
EACH

BREADED CHICKEN WINGS FROZEN 400 G
SCHNEIDERS CHICKEN WINGS OR DIPS FROZEN 530 - 615 G SELECTED VARIETIES WHILE QUANTITIES LAST

\$8.99
EACH

iögo YOGURT 16 X 100 G
LIBERTÉ OR OIKOS GREEK YOGURT 650 - 750 G
SIGGI'S SKYR YOGURT 650 - 750 G SELECTED VARIETIES

\$6.49
EACH

McCain FRENCH FRIES 400 G
IRRESISTIBLES MEAL 230 - 240 G FROZEN SELECTED VARIETIES

\$2.99
EACH

POST SHREDDIES CEREAL 400 G
HONEYCOMB 400 G SELECTED VARIETIES

\$2.99
EACH

NESTLÉ PARLOUR 1.5 L NOVELTIES 6 - 12'S
EGGO WAFFLES 200 G SELECTED VARIETIES

\$3.49
EACH

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

2/\$7

MAXWELL HOUSE GROUND COFFEE 300 G SELECTED VARIETIES

\$15.99
EACH

COCA-COLA, CANADA DRY GINGER ALE OR PEPSI SOFT DRINKS 2 L SELECTED VARIETIES

\$1.99
EACH

FRENCH'S KETCHUP 4 L
FRANK'S REDHOT SAUCE 354 ML SELECTED VARIETIES

\$3.49
EACH

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

\$4.49
EACH

PALMOLIVE OR DAWN DISH DETERGENT 631 - 828 ML SELECTED VARIETIES

2/\$5

the app-solute best way to save

SCAN TO DOWNLOAD

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

save 50¢

DIGITAL DEAL

3.99
EACH

WITH COUPON

CHIPS! AHoy!

OREO

CHRISTIE FAMILY SIZE COOKIES*

285 - 400 G SELECTED VARIETIES

save 50¢

DIGITAL DEAL

2.99
EACH

WITH COUPON

CHRISTIE PREMIUM PLUS CRACKERS*

CHRISTIE FAMILY SIZE CRACKERS*

350 - 450 G SELECTED VARIETIES

PREMIUM PLUS

285 - 400 G SELECTED VARIETIES

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.

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make
happy
tummies

Join Us.

100% of donations help feed
hungry tummies at schools in
our neighbourhoods.

Donate
in-store

makehappytummies.ca

Thank you to our Make Happy Tummies™ partners. Look for their products in-store.

TM 2026 Make Happy Tummies



iögo nano
DRINKABLE YOGURT
6 X 93 ML SELECTED VARIETIES



VITA COCO
COCONUT WATER
1 L
SELECTED VARIETIES



BOB'S RED MILL
GLUTEN FREE ROLLED OATS
907 G SELECTED VARIETIES



LACTANTIA
PURIFILTRE MILK
4 L SELECTED VARIETIES



MAPLE LEAF
DELI SLICED MEAT
175 G SELECTED VARIETIES



QUAKER HARVEST CRUNCH
GRANOLA CEREAL
475 G



McCAIN
SMILES POTATOES
FROZEN 650 G



DARE BEAR PAWS
CHOCOLATE CHIP COOKIES
240 G



MADE GOOD
ORGANIC CHEWY
GRANOLA BARS
35



SIMPLY
ORANGE
JUICE
2.25 L
SELECTED VARIETIES



GREEN GIANT
PEACHES & CREAM CORN
750 G FROZEN



KRAFT
PEANUT BUTTER
1 KG



VH SAUCE
341 - 380 ML
SELECTED VARIETIES



SARA LEE LITTLE BITES
150 - 234 G
SELECTED VARIETIES



BLACK DIAMOND
CHEESTRINGS
334 G
SELECTED VARIETIES



KELLOGG'S
MINI-WHEATS! CEREAL
400 G



KELLOGG'S
NUTRI GRAIN
CEREAL BARS
295 G



BUBLY
SPARKLING WATER
12 X 155 ML
SELECTED VARIETIES



LINDT EXCELLENCE
CHOCOLATE BARS
100 G



DANONE DANINO
DRINKABLE YOGURT
4 X 93 ML SELECTED VARIETIES



SPONGE TOWELS ULTRA
PAPER TOWELS
3 X 5
SELECTED VARIETIES



CHOLULA
HOT SAUCE
150 ML
SELECTED VARIETIES



BURNBRAE FARMS
EGG BAKES!
SPINACH & RICOTTA
340 G



PEPPERIDGE FARMS
GOLDFISH CRACKERS
200 G



NESTLE NESQUIK
SYRUP
700 ML SELECTED VARIETIES



PINTY'S
CHICKEN WINGS OR CHUNKS
720 - 730 G FROZEN
SELECTED VARIETIES



CHRISTIE
SNAP PAKS COOKIES
150 G SELECTED VARIETIES



CLOVER LEAF
TUNA
170 G
SELECTED VARIETIES



SIMPLY PROTEIN
BARS 125
SELECTED VARIETIES



MAPLE LODGE
CHICKEN WIENERS
450 G SELECTED VARIETIES



DEL MONTE
NECTAR
900 ML
SELECTED VARIETIES



KELLOGG'S
RICE KRISPIES CEREAL
340 G SELECTED VARIETIES

Products may be sold in a format other than as shown and/or may not be available at all stores.

Donation Match Days

January 31 and February 7
We'll match up to \$30,000 each day!

Metro Ontario Inc. will donate up to a maximum of \$30,000 on each of the Match Fund days, January 31 and February 7, 2026 to a cumulative of \$60,000. Participating Metro and Food Basics stores in Ontario only. For more information on the Make Happy Tummies™ campaign, please visit: makehappytummies.ca

*NO PURCHASE NECESSARY. Contest runs January 15, 2026 to February 11, 2026. Open to residents of Ontario of the age of majority at time of entry. Four (4) Prizes consisting of 100,000 Mtl points valued at approximately \$800 each (ARV) are available to be won. Odds of winning dependent on the number of eligible entries received. Skill testing question required to claim prize. Certain exceptions and restrictions apply. For Official Rules and how to enter visit www.bocbasics.ca/values-and-realizations/bocwzaw-wzaw-contest. Sponsored by Metro Ontario Inc. 5559 Dundas St. West, Etobicoke, ON M9B 1N6.

DELIVERING WOWZA! SAVINGS

\$60 OFF

\$20 off your first 3 online orders*

*For orders of \$75 or more. Conditions apply.

PROMO CODES:
WOWZA1
WOWZA2
WOWZA3

12.50

\$2.99 EACH

12.50

\$5.49 EACH

12.50

\$5.49 EACH

12.50

\$5.49 EACH

12.50

\$5.49 EACH

12.50

\$5.99 EACH

12.50

\$9.99 EACH

12.50

\$2.99 EACH

12.50

\$4.49 EACH

12.50

\$4.99 EACH

12.50

\$5.49 EACH

12.50

\$5.49 EACH

12.50

\$6.99 EACH

12.50

\$3.99 EACH

12.50

\$2.99 EACH

12.50

\$4.49 EACH

12.50

\$2.75 EACH

12.50

\$2.49 EACH

12.50

\$2.99 EACH

12.50

\$2.99 EACH

12.50

\$2.99 EACH

12.50

\$2.99 EACH

12.50

\$2.79 EACH

12.50

\$3.99 EACH

12.50

\$4.99 EACH

12.50

\$3.99 EACH

12.50

\$3.99 EACH

12.50

\$2.99 EACH

12.50

\$3.99 EACH

12.50

\$2.99 EACH

12.50

\$6.99 EACH

12.50

\$6.99 EACH

12.50

\$2.19 EACH

12.50

\$2.19 EACH

12.50

\$4.99 EACH

12.50

\$4.99 EACH

12.50

\$5.49 EACH

12.50

\$5.49 EACH

12.50

\$7.99 EACH

ALWAYS FRESH. *ALWAYS IN STOCK. ALWAYS GREAT PRICES.

ALWAYS FRESH. *ALWAYS IN STOCK. ALWAYS GREAT PRICES.

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PRODUCE



SWEET POTATOES
PRODUCT OF U.S.A.
3.26/KG

THIS WEEK ONLY

1.48
/LB



WE LOVE LOCAL
GROWERS

WHOLE WHITE OR CREMINI MUSHROOMS
PRODUCT OF ONTARIO
227 G

HOthouse GRAPE TOMATOES
PRODUCT OF CANADA OR MEXICO
NO. 1 GRADE
283 G

THIS WEEK ONLY

2.77
EACH



EXTRA LARGE

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

THIS WEEK ONLY

3.98
/LB



LEMON
PRODUCT OF SOUTH AFRICA
21 LB

LIMES
PRODUCT OF MEXICO
1 LB

RASPBERRIES
PRODUCT OF U.S.A. OR MEXICO NO. 1 GRADE
175 G

THIS WEEK ONLY

3.98
EACH



JUMBO

JUMBO CHERRIES
PRODUCT OF CHILE, NO. 1 GRADE
10.98/KG

THIS WEEK ONLY

4.98
/LB



3 PK

ANDY BOY

ROMAINE HEARTS
PRODUCT OF U.S.A. OR MEXICO
3 PK

THIS WEEK ONLY

4.98
EACH



SWEET/ASSORTED PEPPERS
PRODUCT OF HONDURAS AND/OR MEXICO, PKG OF 4

SWEET CORN
PRODUCT OF U.S.A., NO. 1 GRADE, 4 PK

THIS WEEK ONLY

4.77
EACH



WE LOVE LOCAL
GROWERS

McINTOSH
PRODUCT OF ONTARIO
EXTRA FANCY GRADE
3 LB BAGS

GALA
PRODUCT OF U.S.A. OR MEXICO
EXTRA FANCY GRADE
3 LB BAGS

THIS WEEK ONLY

4.98
EACH



EGGPLANTS
PRODUCT OF MEXICO
4.37/KG

THIS WEEK ONLY

1.98
/LB



Attitude

ATTITUDE SALADS
15.1 - 31.2 G
SELECTED VARIETIES

THIS WEEK ONLY

4.98
EACH



BLACKBERRIES
PRODUCT OF MEXICO, NO. 1 GRADE
175 G

TROPICAL GOLD PINEAPPLE
PRODUCT OF COSTA RICA

THIS WEEK ONLY

3.48
EACH



Clementines
PRODUCT OF U.S.A.
1 LB

RED GRAPEFRUITS
PRODUCT OF U.S.A.
1 LB

CLEMENTINES
PRODUCT OF MOROCCO
2 LB

THIS WEEK ONLY

4.98
EACH



PEACHES OR NECTARINES
PRODUCT OF CHILE
NO. 1 GRADE
2 LB

THIS WEEK ONLY

5.98
EACH



MINI CUCUMBERS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
307 G

THIS WEEK ONLY

3.88
EACH



Renée's

RENÉE'S SALAD DRESSINGS
350 - 355 ML
SELECTED VARIETIES

THIS WEEK ONLY

4.99
EACH



450 G

Wonderful

WONDERFUL ROASTED SALTED PISTACHIO
PRODUCT OF U.S.A.
450 G

THIS WEEK ONLY

9.98
EACH

FLORAL



ROSE & CARNATIONS OR STEM GERBERA
WHILE SUPPLIES LAST

THIS WEEK ONLY

9.88
EACH



LARGE SIGNATURE BOUQUET
WHILE SUPPLIES LAST

THIS WEEK ONLY

\$15
EACH



6" ROSEBUSH OR 8" PRIMROSE BOWLS
WHILE SUPPLIES LAST

THIS WEEK ONLY

8.98
EACH



6" SUCCULENTS
WHILE SUPPLIES LAST

THIS WEEK ONLY

12.88
EACH

MEAT

FRESH CHICKEN DRUMSTICKS
BAGGED
INCLUDING ZABINA HALAL
6.59/KG

THIS WEEK ONLY

2⁹⁹ /LB

HALAL AT SAME PRICE

FRESH BONELESS PORK COMBINATION CHOPS
INCLUDING CENTRE CUT CHOPS
11.00/KG

THIS WEEK ONLY

4⁹⁹ /LB

FRESH

FRESH PORK TENDERLOIN VACUUM PACK
WHOLE QUANTITIES LAST
8.80/KG

THIS WEEK ONLY

3⁹⁹ /LB

PRIME RAISED WITHOUT ANTIBIOTICS CHICKEN BREAST THIN SLICE
FILLETS OR DICED
AIR CHILLED
SELECTED VARIETIES
26.43/KG

THIS WEEK ONLY

11⁹⁹ /LB

CANADIAN COVE MUSSELS
FRESH, HOT &
SELECTED VARIETIES

THIS WEEK ONLY

5⁴⁹ EACH

JOHNSONVILLE BREAKFAST OR SMOKED SAUSAGES
375 G SELECTED VARIETIES

THIS WEEK ONLY

5⁴⁹ EACH

FLETCHER'S CURED PORK COTTAGE ROLL
7.69/KG

THIS WEEK ONLY

3⁴⁹ /LB

BUTCHER'S SELECTION STAMPEDE HOT DOGS OR HARVEST CREEK HALAL CHICKEN WIENERS
W/CS
SELECTED VARIETIES

THIS WEEK ONLY

4⁴⁹ EACH

BUTTERBALL TURKEY OR MAPLE LODGE CHICKEN BACON
300 - 375 G
SELECTED VARIETIES

THIS WEEK ONLY

4⁹⁹ EACH

POGO ORIGINAL BREADED SAUSAGES
1.5 KG FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

15⁹⁹ EACH

TRE STELLE RICOTTA OR BOCCONCINI
300 - 425 G
SELECTED VARIETIES

THIS WEEK ONLY

5⁴⁹ EACH

PILLER'S KOLBASSA OR PEPPERONI FOR PIZZA
175 - 275 G
SELECTED VARIETIES

THIS WEEK ONLY

5⁹⁹ EACH

BALDERSON CHEDDAR
250 - 280 G
SELECTED VARIETIES

THIS WEEK ONLY

7⁴⁹ EACH

ST-HUBERT OR SWISS CHALET MEAT PIES
400 - 500 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

9⁹⁹ EACH

PRODUCT OF ITALY

MARCANGELO ITALIAN SLICED DELI MEAT
45 G
SELECTED VARIETIES

THIS WEEK ONLY

5⁹⁹ EACH

SEAHORSE BASA STEAK OR ANCHOR'S BAY BASA FILLET OR SEASOUL TORPEDO SHRIMP
200 - 300 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

3⁴⁹ EACH

SEAJOY SEAWEED SALAD OR MACKEREL FILLET
300 - 400 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

5⁴⁹ EACH

HIGH LINER PAN SEAR FISH FILLETS OR BREADED & BATTERED FISH FILLETS OR CATCH OF THE DAY FISH FILLETS
400 G - 1.32 KG
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

12⁹⁹ EACH

BAKERY

DIMPFLEMEIER BREAD
454 - 500 G
SELECTED VARIETIES

THIS WEEK ONLY

2⁹⁹ EACH

SELECTION DONUTS
400 - 550 G SELECTED VARIETIES

THIS WEEK ONLY

2⁹⁹ EACH

IRRESISTIBLE MINI MUFFINS OR TARTS
330 - 510 G SELECTED VARIETIES

THIS WEEK ONLY

3⁹⁹ EACH

SUN-MAID OR DEMPSTER'S RAISIN BREAD
340 - 570 G
SELECTED VARIETIES

THIS WEEK ONLY

4⁴⁹ EACH

新年快乐 HAPPY LUNAR NEW YEAR 2026



KING OR BLACK OYSTER OR ENOKI MUSHROOMS 150-170 G

388
EACH



SEASOUL COOKED SHRIMP 340 G FROZEN SELECTED VARIETIES

599
EACH



Y&Y OR LUCKY KOI THAI HOM MALL MEKONG JASMINE RICE 8 KG SELECTED VARIETIES

1588
EACH



BILLY BEE HONEY 1 KG SELECTED VARIETIES

999
EACH



Y&Y 3 MINUTE OR LONG LIFE, NONGSHIM OR OHI RICEY NOODLES OR BOWLS 70-400 G SELECTED VARIETIES

169
EACH



HEREFORD CORNED BEEF, SPAM LUNCHEON MEAT 340 G SELECTED VARIETIES



399
EACH



KJ DUMPLINGS OR MAGGI SAUCE 380-450 G, 240 ML FROZEN SELECTED VARIETIES

349
EACH



SKYFLAKES CRACKERS 200 G SELECTED VARIETIES

499
EACH



VH SAUCE 240-300 ML SELECTED VARIETIES

299
EACH



LUCKY KOI OR Y&Y WATER CHESTNUTS OR BAMBOO SHOOTS, MAMA OR OHI RICEY NOODLES 227 ML, 43-85 G SELECTED VARIETIES

99c
EACH



INDOMIE NOODLES, LUCKY KOI SRIRACHA, HOISIN OR OYSTER SAUCE 130-400 G, 400-500 ML SELECTED VARIETIES

299
EACH



TYJ SPRING ROLL PASTRY OR BLUE DRAGON STIR FRY SAUCE 230-275 G, 100 ML SELECTED VARIETIES

199
EACH



LEE KUM KEE SOY SAUCE, Y&Y RICE STICKS, SOY BEANS, OR SESAME OIL, MAE PLOY SAUCE 120-500 ML, 400-454 G SELECTED VARIETIES

229
EACH



CHAOKOH, CASABLANCA OR COOL RUNNINGS COCONUT WATER OR MILK 520 ML

125
EACH



GOLD SEAL WILD SARDINES 120 G SELECTED VARIETIES

169
EACH



SAPORITO VEGETABLE, CANOLA OR CORN OIL SELECTED VARIETIES

999
EACH



CASABLANCA BUTTER COOKIES, OKF ALOE DRINKS 400 G, 1.5 L SELECTED VARIETIES

399
EACH



GRACE OR MEKONG COFFEE WHITENER, GRACE COCONUT CREAM 207-200 ML, 343 G SELECTED VARIETIES

199
EACH

ALWAYS FRESH. *ALWAYS IN STOCK. ALWAYS GREAT PRICES.
To view local store flyer, visit foodbasics.ca, where you can create an account (or sign into your account) and select your preferred location.

DELIVERING FREE PRODUCTS

VALUE OF
\$7.99



*Offer valid from January 29th to February 4th, 2026
for online orders of \$100 or more. Conditions apply.

FREE

Selection Frozen Chicken nuggets 800 g

WITH YOUR ONLINE PURCHASE OF \$100

PROMO CODE:
FREENUGGETS

SHOP [FOODBASICS.CA](https://www.foodbasics.ca)

i earn with moi rewards

moi
rewards

i redeem and
save on what
i buy most often

redeem
500
points = **\$4**
in rewards



join today and save

Limit of one Moi Rewards bonus offer per account per day. Certain conditions apply. see moirewards.ca for conditions. Moi Rewards is a trademark of Metro Inc.



LOU'S KITCHEN BBQ PORK BACK RIBS
595 : 610 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

50
points



CEDAR PITA
150 G
SELECTED VARIETIES

10
points



PILLER'S LIVER SAUSAGE
250 G
SELECTED VARIETIES

20
points



LAKEWOOD
PURE CRANBERRY JUICE
946 ML
SELECTED VARIETIES

55
points



PEARL MILLING COMPANY
PANCAKE & WAFFLE MIX
905 G
TABLE SYRUP
710 ML
SELECTED VARIETIES

20
points



IMPERIAL
MARGARINE
850 G
SELECTED VARIETIES

35
points



GAY LEA
SPREADABLES BUTTER
227 G
SELECTED VARIETIES

25
points



NESCAFÉ ESPRESSO
CONCENTRATE
500 ML
SELECTED VARIETIES

40
points



LINDT EXCELLENCE
CHOCOLATE BARS
100 G
SELECTED VARIETIES

25
points



CLUB HOUSE SLOW COOKERS
SEASONING MIX
38 : 42 G
SELECTED VARIETIES

10
points



ANNIE'S
SUPER! MAC
175 G
SELECTED VARIETIES

15
points



NESTEA ICED TEA
10 X 200 ML
SELECTED VARIETIES

20
points



ORVILLE REDENBACHER
POPCORN
850 G
SELECTED VARIETIES

35
points

CHOOSE CANADIAN



Prince Edward Island
POTATOES

RUSSET
Washed POTATOES POMMES de TERRE
5 lb 2.27 kg
CANADA No. 1
PRODUCT OF CANADA

1.44
EACH

WE LOVE LOCAL
WHOLE WHITE OR CREMINI MUSHROOMS
PRODUCT OF CANADA
227 G

2.77
EACH

BALDERSON
EXTRA OLD CHEDDAR
EXTRA-FORT
1.75 kg (3.85 lb)
SELECTED VARIETIES

BALDERSON
OLD CHEDDAR
FORT
1.75 kg (3.85 lb)
SELECTED VARIETIES

7.49
EACH

40
points

PRIME
RAISED WITHOUT ANTIBIOTICS
CHICKEN BREAST THIN SLICE
FILLETS OR DICED
AIR CHILLED
SELECTED VARIETIES
26.43/KG

11.99
/LB

Dimpflmeier
BREAD
454-500 G
SELECTED VARIETIES

Munich
LIGHT RYE
SEIGLE LÉGER
500g

PREBIOTIC
PREF
1.75 kg (3.85 lb)
SELECTED VARIETIES

2.99
EACH

SELECTION
DONUTS
400-552 G SELECTED VARIETIES

2.99
EACH

SELECTION LARGE EGGS
LIFE SMART NATURALIA
OMEGA-3 FREE RUN EGGS
12'S
SELECTED VARIETIES

4.88
EACH

NESTLE PARLOUR
NOVELTIES
1.5 L
8-12'S
SELECTED VARIETIES

3.49
EACH

Lactantia
Purifiltre
2%
LACTOSE FREE MILK
2 L
SELECTED VARIETIES

4.98
EACH

SELECTION
ORIGINAL HOMESTYLE
Waffles
280-320 G FROZEN
SELECTED VARIETIES

2.77
EACH

Black Diamond
OLD • FORT
Cheddar Cheese
Fromage cheddar
1.75 kg (3.85 lb)
SELECTED VARIETIES

4.99
EACH

HELLMANN'S
MAYONNAISE
REAL YRAIE
1.5 L
SELECTED VARIETIES

3.99
EACH

TIM HORTONS
READY TO SERVE SOUP
540 ML
SELECTED VARIETIES

2.99
EACH

Dare
Vinta
ORIGINAL
225 G SELECTED VARIETIES

2.79
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.

LOCKED DOWN




LACTANTIA CREAM
473 ML / 1 L
SELECTED VARIETIES

LOCKED DOWN 

349
EACH



NATURE VALLEY GRANOLA BARS OR BETTY CROCKER SNACKS
120 - 220 G
SELECTED VARIETIES

LOCKED DOWN 

299
EACH



BABYBEL CHEESE
120 G
SELECTED VARIETIES

LOCKED DOWN 

399
EACH



CATELLI PROTEIN+ PASTA
340 G
SELECTED VARIETIES

LOCKED DOWN 

349
EACH



PRINGLES POTATO CHIPS
148 - 156 G
SELECTED VARIETIES

LOCKED DOWN 

249
EACH

15 points



GOGO SQUEEZ FRUIT SNACKS
4.1 FL OZ
SELECTED VARIETIES

LOCKED DOWN 

349
EACH



BOVRIL BOUILLON CONCENTRATE
500 ML
SELECTED VARIETIES

LOCKED DOWN 

399
EACH



VEGGIE STRAWS
120 - 142 G
SELECTED VARIETIES

LOCKED DOWN 

2/550



CLUB HOUSE OR LA GRILLE SPICE BOTTLE
120 - 148 G
SELECTED VARIETIES

LOCKED DOWN 

599
EACH



PAM COOKING SPRAY
147 - 170 G
SELECTED VARIETIES

LOCKED DOWN 

549
EACH



BETTY CROCKER MASHED POTATO
115 G
SELECTED VARIETIES

LOCKED DOWN 

149
EACH



NESTEA ICED TEA
1 L
SELECTED VARIETIES

LOCKED DOWN 

379
EACH



BURNBRAE NATUREGG EGG WHITES
710 G
SELECTED VARIETIES

LOCKED DOWN 

899
EACH



AMY'S ORGANIC MEALS
240 - 284 G
SELECTED VARIETIES

LOCKED DOWN 

699
EACH



WHISKAS CAT FOOD
75 G
SELECTED VARIETIES

LOCKED DOWN 

149
EACH



TEMPTATIONS CAT TREATS
55 G
SELECTED VARIETIES

LOCKED DOWN 

599
EACH



CESAR DOG FOOD
12 X 100 G
SELECTED VARIETIES

LOCKED DOWN 

1899
EACH



PEDIGREE VITALITY+ DOG FOOD
8 kg
SELECTED VARIETIES

LOCKED DOWN 

2549
EACH

\$10 OFF

\$50 Boston Pizza gift cards

Offer valid January 29 - February 4

Available at **food Basics**

WHEN YOU PLAY LOTTERY YOU SPONSOR ONTARIO ATHLETES

PLAY NOW!

TEAM CANADA

QUEST FOR GOLD

ALWAYS GREAT PRICE



IRRESISTIBLE SMOOTHIES
1.65 L
IRRESISTIBLE JUICE BLEND
1.65 L
SELECTION DRINKS
2.5 L
SELECTED VARIETIES



ALWAYS GREAT PRICE

3⁹⁷
EACH



SELECTION
FETTUCCINE ALFREDO



SELECTION
MACARONI & CHEESE
MACARONI ET FROMAGE

ALWAYS GREAT PRICE

1³⁷
EACH

SELECTION ENTREES
215 g / 7.6 oz
SELECTED VARIETIES



SELECTION
PEANUTS
700 g / 24.8 oz
SELECTED VARIETIES



SELECTION
SALTED BLANCHED
PEANUTS / ARACHIDES
SALÉES, MONDÉES

ALWAYS GREAT PRICE

4⁹⁷
EACH



SELECTION
PANCAKE & WAFFLE MIX
ORIGINAL
PANCAKE & WAFFLES
10 CUPS



SELECTION
PANCAKE MIX
905 g
TABLE SYRUP
750 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE

2⁹⁷
EACH



SELECTION
CHEESE PUFFS / SOUFFLES
FROMAGE



SELECTION
PARTY MIX
FIESTA

SELECTION SNACKS
285 g / 10.1 oz
SELECTED VARIETIES

ALWAYS GREAT PRICE

2⁸⁸
EACH



SELECTION
WHITE VINEGAR
VINAIGRE BLANC



SELECTION
WHITE VINEGAR
4 L

ALWAYS GREAT PRICE

2²⁷
EACH



IRRESISTIBLE
SPARKLING SPRING WATER
6 x 1 L
SELECTED VARIETIES

ALWAYS GREAT PRICE

4⁴⁴
EACH



SELECTION
POTATO GNOCCHI
DE POMMES DE TERRE



SELECTION
PASTA OR POTATO GNOCCHI
340 g / 12.1 oz
SELECTED VARIETIES

ALWAYS GREAT PRICE

1⁹⁷
EACH



SELECTION
WHOLE KERNEL CORN
341 mL / 12 fl oz
CANADA FANCY

SELECTION OR IRRESISTIBLES
CAN VEGETABLES
341 - 390 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE

1³⁷
EACH



SELECTION
RANCH



SELECTION
CAESAR

SELECTION OR LIFE SMART
DRESSING
425 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE

2⁴⁷
EACH



SELECTION
CREAMY MAPLE COOKIES

SELECTION COOKIES
270 - 325 g
SELECTED VARIETIES

ALWAYS GREAT PRICE

2²⁷
EACH



SELECTION
GARDEN BLEND

SELECTION OR LIFE SMART
VEGETABLE COCKTAIL
1.89 L
SELECTED VARIETIES

ALWAYS GREAT PRICE

2⁹⁹
EACH



SELECTION
BAKING POWDER
POUDRE À PÂTE

SELECTION BAKING POWDER
400 g
SELECTED VARIETIES

ALWAYS GREAT PRICE

4⁹⁹
EACH



SELECTION
QUICK OATS
GRUAU RAPIDE

SELECTION QUICK OATS
1 kg
INSTANT OATMEAL
300 - 400 g
SELECTED VARIETIES

ALWAYS GREAT PRICE

2⁸⁸
EACH



SELECTION
GLASS CLEANER

SELECTION GLASS CLEANER
950 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE

1⁹⁷
EACH



SELECTION
RINSE AGENT

SELECTION RINSE AGENT
4.2 L
SELECTED VARIETIES

ALWAYS GREAT PRICE

4⁷⁹
EACH



SELECTION
DOG TREATS
CATÉGORIE POUR CHIENS

IRRESISTIBLES
DOG TREATS
227 g
SELECTED VARIETIES

ALWAYS GREAT PRICE

6⁹⁹
EACH



SELECTION
FRESH SCENT CLUMPING
MULTI

SELECTION CLUMPING
CAT LITTER
10 kg
SELECTED VARIETIES

ALWAYS GREAT PRICE

9⁹⁹
EACH

GAME DAY FOR LESS



JOHNSONVILLE
SMOKED SAUSAGES
375 g
SELECTED VARIETIES



549
EACH



SCHNEIDERS 4 CHEESE SPINACH
OR BUFFALO CHICKEN DIPS
150 g FROZEN SELECTED VARIETIES WHILE QUANTITIES LAST

899
EACH



SELECTION
POTATO CHIPS
200 g
SELECTED VARIETIES

149
EACH



GOLDEN BAKESHOP
PIZZA BUNS
700 g

549
EACH



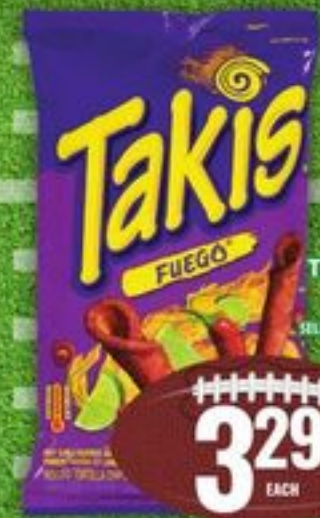
GAY LEA SOUR CREAM
750 g
SELECTED VARIETIES

199
EACH



LIFE SMART
NATURALIA
TORTILLA
CHIPS
200 g
SELECTION
SALSA
125 mL
SELECTED VARIETIES

299
EACH



TAKIS
TORTILLA
CHIPS
200 g
SELECTED VARIETIES

329
EACH



HELLMANN'S
MAYONNAISE
445 mL
SELECTED VARIETIES

399
EACH



LA COSTEÑA
FRIED BEANS
OR PEPPERS
190 g / 146 mL
SELECTED VARIETIES

299
EACH



CADBURY
MINI EGGS OR MILK CHOCOLATE
144 - 151 g
SELECTED VARIETIES



449
EACH



SKITTLES
CANDY
140 - 170 g
SELECTED VARIETIES

299
EACH



BLUE DIAMOND
ALMONDS
170 g
SELECTED VARIETIES

449
EACH



CHOLULA
SEASONING
20 g
SELECTED VARIETIES

149
EACH



UNICO
OLIVES
275 mL
SELECTED VARIETIES

249
EACH



IRRESISTIBLES
CRANBERRY
COCKTAIL
OR JUICE
BLENDS
1.8 L
SELECTED VARIETIES

388
EACH



SELECTION
SOFT DRINKS
12 x 355 mL
SELECTED VARIETIES

597
EACH



SELECTION
DE-ALCOHOLIZED
BEER
12 x 355 mL
SELECTED VARIETIES

849
EACH



FLAVOUR YOU CAN'T FUMBLE YOUR WINNING GAME PLAN

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TACO BELL
CRUNCHWRAP
SUPREME
642 G
SELECTED VARIETIES

LOCKED DOWN
6⁹⁹
EACH

1 SHELL IT, WRAP IT, OR NACHO IT



TACO BELL
TACO KITS
268 - 420 G
SELECTED VARIETIES

LOCKED DOWN
3⁹⁹
EACH



TACO BELL
TACO SEASONING
28 G
SELECTED VARIETIES

LOCKED DOWN
99¢
EACH



LEAN GROUND BEEF & PORK BLEND
FAMILY PACK 7.67/KG

THIS WEEK ONLY
3⁴⁸
/LB

2 PICK YOUR PROTEIN & SEASONING



PRIME RAISED
WITHOUT
ANTIBIOTICS
CHICKEN BREAST
THIN SLICE
FILLETS OR DICED
AIR CHILLED
SELECTED VARIETIES
26.43/KG

THIS WEEK ONLY
11⁹⁹
/LB

3 SAUCE IT & DIP IT



TACO BELL
HOT SAUCE
207 ML
SELECTED VARIETIES

LOCKED DOWN
2⁴⁹
EACH



TACO BELL NACHO CHEESE OR
DIPPING SAUCE
425 - 465 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

LOCKED DOWN
4⁹⁹
EACH



TACO BELL
CREAMY
SAUCE
304 ML
SELECTED VARIETIES

LOCKED DOWN
3⁹⁹
EACH

4 TOP IT UP



HOTHOUSE
GRAPE
TOMATOES
PRODUCT OF CANADA OR
MEXICO, NELS 1 GRADE
283 G

LOCKED DOWN
2⁷⁷
EACH



SELECTION SHREDDED CHEESE
620 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
9⁹⁹
EACH



HASS
AVOCADO
PRODUCT OF MEXICO

LOCKED DOWN
77¢
EACH

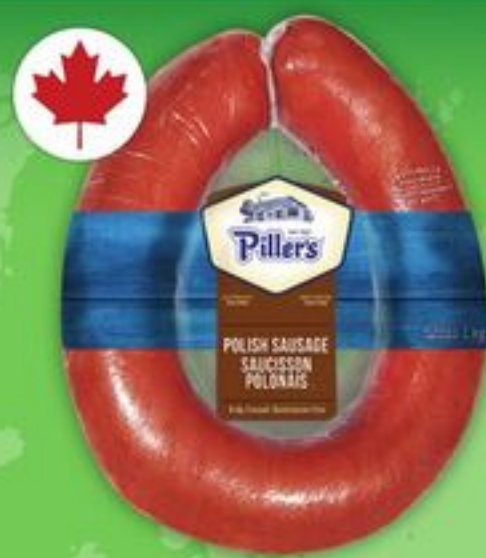


ALL AISLES LEAD HOME KITCHENS OF THE WORLD



GREEN CABBAGE
PRODUCT OF ONTARIO
1.94/KG

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
88¢
/LB



PILLER'S
POLISH SAUSAGE RING
1.1 KG
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
12.99
EACH



FRITSCH EGG NOODLES, RUGEN FISH
HERRING, S&F COD LIVER, KUEHNE OR
MARQUIS DE DIJON MUSTARD
120 - 454 G, 250 - 375 ML SELECTED VARIETIES



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3.49
EACH



JJ WILK PIEROGIES OR NOWKA SAUERKRAUT
907 G, 796 ML
SELECTED VARIETIES



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.99
EACH



BÖREK BITES
454 G
FROZEN
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
5.49
EACH



CEDAR
EXTRA VIRGIN
OLIVE OIL
2.8 L

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
29.99
EACH



GLORIA
BABY DILL PICKLE
OR SAUERKRAUT,
SIELSKI'S GHERKINS
OR KUHN CABBAGE
500 - 796 ML, 1 L
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3.99
EACH



JORDANKA
WATER, S&F
OR GLORIA
CREAM CRACKERS
200 L, 1 L
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.67
EACH



S&F
HAZELNUT
SPREAD OR
YORKSHIRE
BLACK TEA
375 G, 395 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
5.49
EACH



KUEHNE OR SIELSKI'S
SAUERKRAUT,
KUEHNE BEETS
200 - 796 ML, 1 L
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
4.49
EACH



GLORIA OR
THREE CROWN
TEA, CREMICA
SHORTBREAD
COOKIES, RUF
VANILLIN SUGAR
207.5, 88 - 179 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.29
EACH



RADENSKA
WATER,
CHELSEA
COOKIES OR
GOLDEN ALPS
CHOCOLATE
BAR
1 L, 100 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.99
EACH



PETIT BEURRE BISCUITS, KRAS OR HAPPY
SWING WAFERS OR KRAKUS COOKIES
135 - 400 G SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.79
EACH



S&F JAM OR
MARIA COOKIES
175 ML, 300 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3.49
EACH



100%
DARK CHOCOLATE WITH
MARZIPAN
PÂTE D'Â
100 G, 40 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3.99
EACH



MR GARDEN PEACHES
OR CARL JUNG DRINKS
1.7 L, 1.750 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
6.49
EACH



PROFIOR
PODRAVKA
SPREADS
100 G, 100 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.79
EACH



PODRAVKA
BOUILLON
CUBES OR
ENVELOPE
SOUP
100 G, 70 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.49
EACH

MORE

RAMADAN FOR LESS



ANDY BOY
RAPINI
PRODUCT OF U.S.A.

2⁸⁸
EACH



NEW ZEALAND
FRESH LEAN
GROUND LAMB
454 G
SELECTED VARIETIES

10⁹⁹
EACH



INDIA GATE ROZZANA OR QILLA PREMIUM
BASMATI RICE, CEDAR PARBOILED RICE
4.54 KG, 8.8 G
SELECTED VARIETIES

12⁹⁹
EACH



CEDAR
CANNED
BEANS
540 ML
SELECTED VARIETIES

1⁴⁹
EACH



BRAR'S
PURE DESI GHEE
800 G

13⁹⁹
EACH



SURATI
FROZEN
VEGETABLE
340 G
SELECTED VARIETIES

1⁶⁷
EACH



HANS DAHI, PHOENICIA OR CEDAR YOGURT
SELECTED VARIETIES

2⁴⁹
EACH



CEDAR
DRY BEANS,
BARLEY, BURGOL
OR SEMOLINA
SELECTED VARIETIES

2⁹⁹
EACH



ROYAL DELIGHT
SAMOSAS, MAGGI
SAUCES, DESI-
LICIOUS ENTRÉES
300-340 ML
SELECTED VARIETIES

3⁴⁹
EACH



ALKANATER OR
CEDAR TAHINI,
PHOENICIA
HONEY
500-907 G
SELECTED VARIETIES

8⁹⁹
EACH



CEDAR KATAIFI
OR PHYLO
PASTRY DOUGH,
SPINACH
OR STUFFED
VINE LEAF
175-176 G
SELECTED VARIETIES

2⁹⁹
EACH



INDOMIE
NOODLES OR
NATIONAL
SAUCE
1.5 KG, 1.5 L, 300 G
SELECTED VARIETIES

2⁹⁹
EACH



ELZY'S PIES
FROZEN
800 G
SELECTED VARIETIES

6⁹⁹
EACH



SHAN MIXES
OR DIVYA
GINGER
GARLIC
PASTE
50-500 G
SELECTED VARIETIES

1⁹⁹
EACH



SHALINI
SNACKS
OR DIVYA
SOYA
CHUNKS
150-200 G
SELECTED VARIETIES

1⁴⁹
EACH



CASABLANCA
BUTTER COOKIES,
PURE HEAVEN
OR CASABLANCA
DRINKS
454 G, 750 ML
SELECTED VARIETIES

3⁹⁹
EACH



DIVYA
ENTRÉES
300-375 G
SELECTED VARIETIES

1⁷⁹
EACH



PARLE
ELACHI OR
MILK-RUSKS,
NATIONAL
CUSTARD
275-300 G
SELECTED VARIETIES

1⁷⁹
EACH