

food
Basics
CANADIAN AND PROUD

**ALWAYS
MORE
FOR LESS**

WOWZA!

WOWZA!
\$3.88
EACH

HALAL AT SAME PRICE

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

WOWZA!
\$3.48
/LB

LEAN GROUND BEEF & PORK BLEND FAMILY PACK
7.67/KG

WOWZA!
\$1.44
EACH

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

WOWZA!
\$10.88
/LB

FRESH ATLANTIC SALMON FILLETS
FAMILY PACK 23.99/KG

WOWZA!
\$2.98
EACH

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

WOWZA!
77¢
/LB OR EACH

JUMBO

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

WOWZA!
\$12.98
EACH

COLAVITA EXTRA
VIRGIN OLIVE OIL
1 L

WOWZA!
\$1.88
EACH

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

WOWZA!
\$5.98
EACH

CASABLANCA
HONEY OR
TATA TEA
7.10 L, 2.20 L
SELECTED VARIETIES

WOWZA!
\$2.98
EACH

125 points = \$1

CLASSICO
TOMATO & BASIL
TOMATES ET BASILIC
600 mL

CLASSICO
ALFREDO
PASTA SAUCE
410 mL

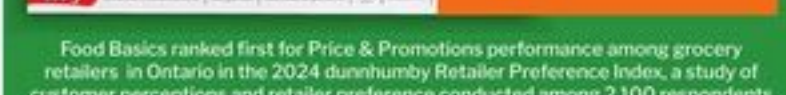
WOWZA!
\$3.98
EACH

GAIN
LAUNDRY
DETERGENT
1.36 L - 32 LOADS
SELECTED VARIETIES

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.



FGTA²FGTA¹ V4



FD1 FD2

WOWZA!

Black Diamond
OLD • FORT
Cheddar Cheese Slices
400 g

Black Diamond
MARBLE • MARBRÉ
SHREDS
320 g

Black Diamond
NATURAL CHEESE SLICES
220 • 240 g

GALBANI
MOZZARELLA
300 g SELECTED VARIETIES

\$4.99
EACH

JANES
PUB STYLE
Wings
Garlic
HONEY GARLIC FLAVOUR WINGS
FROZEN 400 g

BREADED CHICKEN WINGS
FROZEN 400 g

SCHNEIDERS CHICKEN WINGS OR DIPS
FROZEN 530 • 615 g SELECTED VARIETIES WHILE QUANTITIES LAST

\$8.99
EACH

siggi's
LIBERTÉ
GREEK
YOGURT
16 x 100 g

LIBERTÉ OR OIKOS
GREEK YOGURT
600 • 750 g

SIGGI'S SKYR YOGURT
650 • 750 g
SELECTED VARIETIES

\$6.49
EACH

McCain
Superfries
EXTRA CRISPY
CROQUETTES
200 g

Butter Chicken
"Poulet au beurre"
200 g

McCAIN
FRENCH FRIES
400 • 450 g

IRRESISTIBLES MEAL
230 • 240 g FROZEN
SELECTED VARIETIES

\$2.99
EACH

Post
Shreddies
Original • Originale
400 g

POST
SHREDDIES CEREAL
400 g

HONEYCOMB
400 g
SELECTED VARIETIES

\$2.99
EACH

PARLOUR
dipped bars
Vanilla
1.5 L

NESTLÉ PARLOUR
1.5 L
NOVELTIES
6 • 12'S
EGGO WAFFLES
200 g
SELECTED VARIETIES

\$3.49
EACH

Doritos
Ruffles
REGULAR NATURE
100 • 200 g

DORITOS, RUFFLES
POTATO CHIPS OR
CHEETOS
100 • 200 g
SELECTED VARIETIES

2/\$7

MAXWELL HOUSE
DARK ROAST
TORREFACTION FONDUE
500 g

MAXWELL HOUSE
ORIGINAL ROAST
TORREFACTION ORIGINAL
500 g

MAXWELL HOUSE
GROUND COFFEE
500 • 900 g
SELECTED VARIETIES

\$15.99
EACH

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

\$1.99
EACH

French's
KETCHUP
354 mL

FRANK'S
RedHot
354 mL

FRENCH'S KETCHUP
354 mL

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

DAWN
SOIL OFF
500 mL

Palmolive
essential
500 mL

PALMOLIVE OR DAWN
DISH DETERGENT
500 • 625 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.

this week only

save 50¢

Chips Ahoy!
ORIGINAL
100 g

CHRISTIE PREMIUM PLUS CRACKERS*
400 • 450 g

CHRISTIE FAMILY SIZE CRACKERS*
350 • 450 g
SELECTED VARIETIES

CHRISTIE
Toppables
FAMILY SIZE
100 g

CHRISTIE
PREMIUM PLUS
SALTED TOPPINGS
100 g

DIGITAL DEAL
3.99
EACH
WITH COUPON

DIGITAL DEAL
2.99
EACH
WITH COUPON

***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/bocwz-wsawr-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

MAPLE LEAF

Lunch mate (Ham & Jambon)
\$2.99 EACH

SCHNEIDERS LUNCHMATES OR GREENFIELD KITS OR ADULT KITS
\$2.99 EACH

SCHNEIDERS RED HOTS OR MAPLE LEAF TOP DOG WIENERS
\$5.49 EACH

SCHNEIDERS MEAT PIES
\$5.49 EACH

MAPLE LEAF NATURAL SELECTIONS SLICED DELI MEAT
\$5.49 EACH

Natural selections (Smoked Black Forest Ham)
\$5.49 EACH

Natural Bacon (Original)
\$5.99 EACH

PRIME (Chicken Strips)
\$9.99 EACH

SCHNEIDERS OR PRIME FULLY COOKED BREADED CHICKEN
\$9.99 EACH

Dare

Ultimate Maple (crème)
\$2.99 EACH

Whippet (Black Forest)
\$2.99 EACH

Breton (garden vegetable)
\$2.79 EACH

Vinta (ORIGINAL)
\$2.79 EACH

Bear Paws (Chocolate Chip or Flavours)
\$2.99 EACH

DARE BEAR PAWS OR ULTIMATE COOKIES
\$2.99 EACH

Baguettes (CRISOL)
\$2.79 EACH

CRISPS (Veggie)
\$2.79 EACH

Jubes (ORIGINAL)
\$3.99 EACH

DARE JUBES CANDY
\$3.99 EACH

LACTALIS CANADA

PARKAY (Margarine)
\$4.49 EACH

KREMA (Yogurt)
\$4.99 EACH

Lactantia (Lactose Free Cream)
\$4.99 EACH

ASTRO ORIGINAL (Fruit on the Bottom)
\$5.49 EACH

UltraPur (Protein)
\$5.49 EACH

CRACKER BARREL (Tex Mex)
\$6.99 EACH

tropicana brands group

Tropicana (Orange Juice)
\$4.99 EACH

Tropicana (Lemonade)
\$3.99 EACH

PURE LEAF (Iced Tea)
\$3.99 EACH

weetabix (Almonds)
\$2.99 EACH

ADVANTAGE SOLUTIONS

Tetley (Orange Pekoe)
\$3.99 EACH

Tim Hortons (Ready to Serve Soup)
\$2.99 EACH

PEPSICO CANADA

Miss Vickie's (Original Recipe)
\$3.99 EACH

Doritos (minis)
\$2.99 EACH

Cheetos (minis)
\$2.99 EACH

Tostitos (Salsa)
\$4.49 EACH

Celsius (Energy Drink)
\$2.75 EACH

Gatorade (Water)
\$2.49 EACH

P&G

Bounty (Paper Towels)
\$6.99 EACH

Charmin (Ultra Soft)
\$6.99 EACH

Cascade (Dishwasher Tabs)
\$2.19 EACH

Tide (Laundry Detergent)
\$2.19 EACH

Scope (Mouthwash)
\$4.99 EACH

Crest (Toothpaste)
\$4.99 EACH

Old Spice (Body Wash)
\$7.99 EACH

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
Cremini

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
Cremini

McINTOSH
Hand-picked - Crestview Farm

GALA
Hand-picked - Crestview Farm

APPLES
PRODUCT OF ONTARIO
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

BABY SPINACH & JALAPENO
PRODUCT OF MEXICO, NO. 1 GRADE
175 G

SPRING MIX & MELANGE
PRODUCT OF MEXICO, NO. 1 GRADE
175 G

ATTITUDE SALADS
155 - 212 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 MOROCCO
2 LB

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

Fresh Florida

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
CANADA NO. 1 GRADE
307 G

THIS WEEK ONLY

3.88
EACH



Renée's

CAESAR
PRODUCT OF CANADA
250 - 255 ML
SELECTED VARIETIES

THIS WEEK ONLY

4.99
EACH



450 G

Wonderful

PISTACHIOS
PRODUCT OF U.S.A.
450 G

THIS WEEK ONLY

9.98
EACH

FLORAL



ROSE & CARNATIONS OR STEM GERBERA
WHOLE SUPPLIES LAST

THIS WEEK ONLY

9.88
EACH



LARGE SIGNATURE BOUQUET
WHOLE SUPPLIES LAST

THIS WEEK ONLY

\$15
EACH



6" ROSEBUSH OR 8" PRIMROSE BOWLS
WHOLE SUPPLIES LAST

THIS WEEK ONLY

8.98
EACH



6" SUCCULENTS
WHOLE 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 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/EGG
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 - 600 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

9⁹⁹ EACH

 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

 DIMPFLMEIER BREAD
454 - 590 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



ENVIRO
KING OR BLACK OYSTER OR ENOKI MUSHROOMS 100-100g
CHAMPIGNONS PLEUROTÉS DU PANICAUT OU NOIRS OU CHAMPIGNONS ENOKI 100-100g

388 EACH

SEASOUL
COOKED SHRIMP 200g & FROZEN
CREVETTES SEASOUL CUITES 200g & FROZES
VARIETES SÉLECTIONNÉES

599 EACH

LUCKY KOI
Jasmine Rice 4kg
RIZ AU JASMIN Y&Y OU THAI HOM LUCKY KOI MALI, MEKONG 4kg, VARIETES SÉLECTIONNÉES

1588 EACH

BILLY BEE
HONEY 1KG
MIEL BILLY BEE 1kg
VARIETES SÉLECTIONNÉES

999 EACH

Y&Y 3 MINUTE OR LONG LIFE, NONGSHIM OR OHI RICEY NOODLES OR BOWLS 79-404g
NOUILLES Y&Y 3 MINUTE OU LONG LIFE, NONGSHIM OU OHI RICEY OU BOLS 79-404g
VARIETES SÉLECTIONNÉES

169 EACH

HEREFORD
CORNED BEEF BOEUF 340g
BEUF SALÉ HEREFORD, VIANDE À SANDWICH SPAM 340g & VARIETES SÉLECTIONNÉES

399 EACH

KJ DUMPLINGS OR MAGGI SAUCE 100-400g, 340g ML
POUR & SHRIMP DUMPLING 三鮮水餃
Boulettes de Porc et Crevettes
VARIETES SÉLECTIONNÉES

349 EACH

SKYFLAKES CRACKERS 800g
CRAQUELINS SKYFLAKES 800g
VARIETES SÉLECTIONNÉES

499 EACH

LUCKY KOI OR Y&Y WATER CHESTNUTS OR BAMBOO SHOOTS, MAMA OHI RICEY NOODLES 227 ML, 40-80g & SELECTED VARIETES
CHÂTAIGNES D'EAU OU POUSSÉS DE BAMBOU LUCKY KOI OU Y&Y, NOUILLES MAMA OU OHI RICEY 227 ML, 40-80g, VARIETES SÉLECTIONNÉES

99c EACH

INDOMIE NOODLES, LUCKY KOI SRIRACHA, HOISIN OR OYSTER SAUCE 1.08L, 400-300g
NOUILLES INDOMIE, SAUCES SRIRACHA, HOISIN OU D'HUITRES LUCKY KOI 1.08L, 400-300g
VARIETES SÉLECTIONNÉES

299 EACH

LEE KUM KEE SOY SAUCE, Y&Y RICE STICKS, SOY BEANS OR SESAME OIL, MAELOY SAUCE 100-300 ML, 400-404g & SELECTED VARIETES
SAUCE SOYA LEE KUM KEE, BÂTONNETS DE RIZ, FÈVES SOYA OU HUILE DE SESAME Y&Y, SAUCE MAELOY 100-300 ML, 400-404g, VARIETES SÉLECTIONNÉES

229 EACH

CHAOKOH CASABLANCA OR COOL RUNNINGS COCONUT WATER OR MILK 400-500 ML SELECTED VARIETES
EAU OU LAIT DE NOIX DE COCO CHAOKOH, CASABLANCA, COOL RUNNINGS 400-500 ML
VARIETES SÉLECTIONNÉES

125 EACH

SAPORITO VEGETABLE, CANOLA OR CORN OIL 2.4L-3L SELECTED VARIETES
HUILE VÉGÉTALE, DE CANOLA OU DE MAÏS SAVORITO 2.4L-3L
VARIETES SÉLECTIONNÉES

999 EACH

CASABLANCA BUTTER COOKIES, OKF ALOE DRINKS 404g, 1.01L SELECTED VARIETES
BISCUITS AU BEURRE CASABLANCA, BOISSONS À L'ALOË OKF 404g, 1.01L
VARIETES SÉLECTIONNÉES

399 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
250-280 g
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
PREBIOTIC
PREF
500 g

Munich
LIGHT RYE
SEIGLE LÉGER
500 g

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

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

3.49
EACH

Lactantia
Purifiltre
2% LACTOSE FREE MILK
4 L

4.98
EACH

SELECTION ORIGINAL HOMESTYLE
Waffles
280-320 g FROZEN
SELECTED VARIETIES

2.77
EACH

Black Diamond
OLD • FORT
Cheddar Cheese Fromage cheddar
400-500 g
SELECTED VARIETIES

4.99
EACH

HELLMANN'S
MAYONNAISE
REAL YRAIE
425 mL
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



NATURE VALLEY
CRUNCHY
PEAN BUTT
10 BARS / 210 g

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

LOCKED DOWN 

349
EACH

LOCKED DOWN 

299
EACH



BABYBEL
CHEESE
120 g
SELECTED VARIETIES



CATELLI
PROTEIN+
PASTA
340 g
SELECTED VARIETIES

LOCKED DOWN 

399
EACH

LOCKED DOWN 

349
EACH



PRINGLES
POTATO CHIPS
148 - 156 g
SELECTED VARIETIES



GOGO SQUEEZ
FRUIT SNACKS
4.1 FL OZ
SELECTED VARIETIES



BOVRIL
BOUILLON
CONCENTRATE
200 mL
SELECTED VARIETIES



Veggie
Straws
Original
120 - 142 g
SELECTED VARIETIES

LOCKED DOWN 

249
EACH

LOCKED DOWN 

349
EACH

LOCKED DOWN 

399
EACH

LOCKED DOWN 

2/550

15 points



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



PAM
COOKING SPRAY
147 - 170 g
SELECTED VARIETIES

LOCKED DOWN 

599
EACH

LOCKED DOWN 

549
EACH



BETTY CROCKER
MASHED POTATO
115 g
SELECTED VARIETIES



NESTEA
ICED TEA
1 L
SELECTED VARIETIES



BURNBRAE
NATUREGG
EGG WHITES
710 g
SELECTED VARIETIES



AMY'S
ORGANIC
MEALS
240 - 264 g
SELECTED VARIETIES

LOCKED DOWN 

149
EACH

LOCKED DOWN 

379
EACH

LOCKED DOWN 

899
EACH

LOCKED DOWN 

699
EACH



WHISKAS
CAT FOOD
75 g
SELECTED VARIETIES



TEMPTATIONS
CAT TREATS
85 g
SELECTED VARIETIES



CESAR
DOG FOOD
12 x 100 g
SELECTED VARIETIES



PEDIGREE
VITALITY+
DOG FOOD
8 kg
SELECTED VARIETIES

LOCKED DOWN 

149
EACH

LOCKED DOWN 

599
EACH

LOCKED DOWN 

1899
EACH

LOCKED DOWN 

2549
EACH



\$10 OFF

\$50 Boston Pizza
gift cards

Offer valid January 29 - February 4



**Boston
Pizza**

Available at



food
Basics

WHEN YOU PLAY LOTTERY
YOU SPONSOR
ONTARIO ATHLETES



**TEAM
CANADA**

QUEST FOR GOLD

PLAY NOW!

ALWAYS GREAT PRICE



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

3⁹⁷
EACH



SELECTION
FETTUCCINE ALFREDO
SELECTION
MACARONI & CHEESE
MACARONI ET FROMAGE
SELECTION ENTREES
215 g / 7.6 oz
SELECTED VARIETIES

1³⁷
EACH



SELECTION
PEANUTS
700 g / 24.8 oz
SELECTED VARIETIES
SELECTION
SALTED BLANCHÉ
PEANUTS / ARACHIDES
SALÉES, MONDÉES
245 g / 8.6 oz
SELECTED VARIETIES

4⁹⁷
EACH



SELECTION
PANCAKE MIX
905 g
TABLE SYRUP
750 mL
SELECTED VARIETIES

2⁹⁷
EACH



SELECTION
SNACKS
245 g / 8.6 oz
SELECTED VARIETIES
SELECTION
WHITE VINEGAR
4 L

2⁸⁸
EACH



SELECTION
WHITE VINEGAR
4 L

2²⁷
EACH



IRRESISTIBLE
SPARKLING SPRING WATER
6 x 1 L
SELECTED VARIETIES
SELECTION
PASTA OR POTATO
GNOCCHI
345 g / 12.2 oz
SELECTED VARIETIES

4⁴⁴
EACH



SELECTION
PASTA OR POTATO
GNOCCHI
345 g / 12.2 oz
SELECTED VARIETIES
SELECTION
LIFE SMART DRESSING
425 mL
SELECTED VARIETIES

1⁹⁷
EACH



SELECTION
COOKIES
270 g / 9.5 oz
SELECTED VARIETIES
SELECTION
GARDEN BLEND
1.49 L
SELECTED VARIETIES

2²⁷
EACH



SELECTION
BAKING POWDER
400 g
SELECTED VARIETIES
SELECTION
QUICK OATS
1 kg
INSTANT OATMEAL
300 g / 10.6 oz
SELECTED VARIETIES

4⁹⁹
EACH



SELECTION
GLASS CLEANER
950 mL
SELECTED VARIETIES
SELECTION
RINSE AGENT
4.2 L
SELECTED VARIETIES

1⁹⁷
EACH



IRRESISTIBLE
DOG TREATS
227 g
SELECTED VARIETIES
SELECTION
CLUMPING CAT LITTER
10 kg
SELECTED VARIETIES

6⁹⁹
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
SELECTED VARIETIES

299
EACH



TAKIS
TORTILLA
CHIPS
200 g
SELECTED VARIETIES

329
EACH



HELLMANN'S
MAYONNAISE
443 mL
SELECTED VARIETIES

399
EACH



LA COSTEÑA
FRIED BEANS
OR PEPPERS
180 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

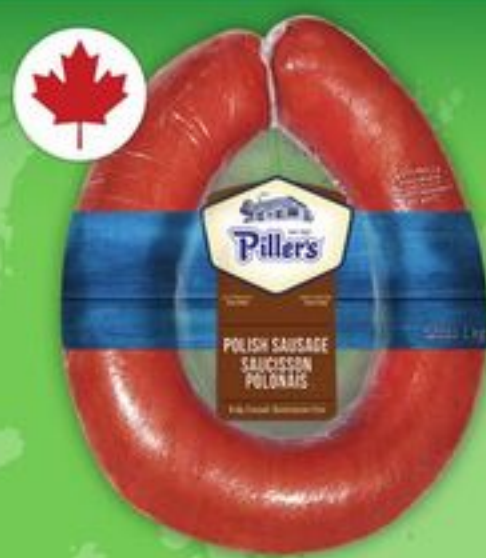


ALL AISLES LEAD HOME KITCHENS OF THE WORLD



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
12⁹⁹
EACH



FRITSCH EGG NOODLES, RUGEN FISH
HERRING, S&F COD LIVER, KUEHNE OR
MARQUIS DE DIJON MUSTARD
120 - 434 G, 250 - 375 ML SELECTED VARIETIES



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3⁴⁹
EACH



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



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2⁹⁹
EACH



BÖREK BITES
454 G
FROZEN
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
5⁴⁹
EACH



CEDAR
EXTRA VIRGIN
OLIVE OIL
2.8 L

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
29⁹⁹
EACH



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

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3⁹⁹
EACH



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

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1⁶⁷
EACH



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

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
5⁴⁹
EACH



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

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
4⁴⁹
EACH



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

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1²⁹
EACH



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

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1⁹⁹
EACH



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

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1⁷⁹
EACH



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

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3⁴⁹
EACH



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3⁹⁹
EACH



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

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
6⁴⁹
EACH



PROFIOR
PODRAVKA
SPREADS
100 G, 100 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1⁷⁹
EACH



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

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1⁴⁹
EACH

MORE

RAMADAN FOR LESS



ANDY BOY
RAPINI
PRODUCT OF U.S.A.

2⁸⁸
EACH



NEW ZEALAND
FRESH LEAN
GROUND LAMB
504 G
SELECTED VARIETIES

10⁹⁹
EACH



INDIA GATE ROZZANA OR QILLA PREMIUM
BASMATI RICE, CEDAR PARBOILED RICE
4.54 KG, 8 KG
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
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 LEAVES
SELECTED VARIETIES

2⁹⁹
EACH



INDOMIE
NOODLES OR
NATIONAL
SAUCE
SELECTED VARIETIES

2⁹⁹
EACH



ELZY'S
PIES
FROZEN
SELECTED VARIETIES

6⁹⁹
EACH



SHAN MIXES
OR DIVYA
GINGER
GARLIC
PASTE
SELECTED VARIETIES

1⁹⁹
EACH



SHALINI
SNACKS
OR DIVYA
SOYA
CHUNKS
SELECTED VARIETIES

1⁴⁹
EACH



CASABLANCA
BUTTER COOKIES,
PURE HEAVEN
OR CASABLANCA
DRINKS
SELECTED VARIETIES

3⁹⁹
EACH



DIVYA
ENTRÉES
SELECTED VARIETIES

1⁷⁹
EACH



PARLE
ELAICHI OR
MILK-RUSKS,
NATIONAL
CUSTARD
SELECTED VARIETIES

1⁷⁹
EACH