

food Basics

CANADIAN AND PROUD

ALWAYS MORE FOR LESS

CRAZY 8 SALE

RUDOLPH'S BREAD
500 G
SELECTED VARIETIES



8 CRAZY
288
EACH



HALAL AT SAME PRICE



8 CRAZY
588
/LB

EXTRA LEAN GROUND BEEF FAMILY PACK
INCLUDES HALAL. WHILE QUANTITIES LAST
12.96/KG

CLOVER LEAF ALBACORE OR YELLOWFIN TUNA
142 - 170 G
SELECTED VARIETIES



8 CRAZY
198
EACH



8 CRAZY
288
/LB

LEGACY CURED BONELESS PORK LOIN
ROLLED IN CORNMEAL
6.35/KG

McCain FRENCH FRIES OR POTATOES
600 - 800 G
IRRESISTIBLE MEALS
220 - 320 G
FROZEN
SELECTED VARIETIES



8 CRAZY
288
EACH



8 CRAZY
588
EACH

HIGH LINER BREADED & BATTERED FISH FILLETS FAMILY PACK
315 - 700 G
FROZEN
SELECTED VARIETIES

MUTTI TOMATOES
2.84 L
WHILE QUANTITIES LAST



8 CRAZY
588
EACH



8 CRAZY
288
EACH

NESTLÉ PARLOUR 1.5 L NOVELTIES 6 - 12'S SELECTED VARIETIES

TILDA BASMATI RICE
4.54 KG



8 CRAZY
1298
EACH

CASHMERE BATHROOM TISSUE 24 - 48'S
SPONGE TOWELS ULTRA
PAPER TOWELS
6 - 12'S



8 CRAZY
1188
EACH



8 CRAZY
288
EACH

LAY'S POTATO CHIPS
200 - 253 G
SELECTED VARIETIES

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, FEBRUARY 26TH TO WEDNESDAY, MARCH 4TH, 2026
PRICES IN THIS FLYER AVAILABLE AT ALL SAULT STE. MARIE, ANCASTER, GRIMSBY, HAMILTON & NIAGARA FALLS 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.

food Basics

CANADIAN AND PROUD

CRAZY



8 CRAZY
1.88
EACH

RASPBERRIES
PRODUCT OF USA OR MEXICO, NO.1 GRADE 178 G



WE LOVE LOCAL Canada

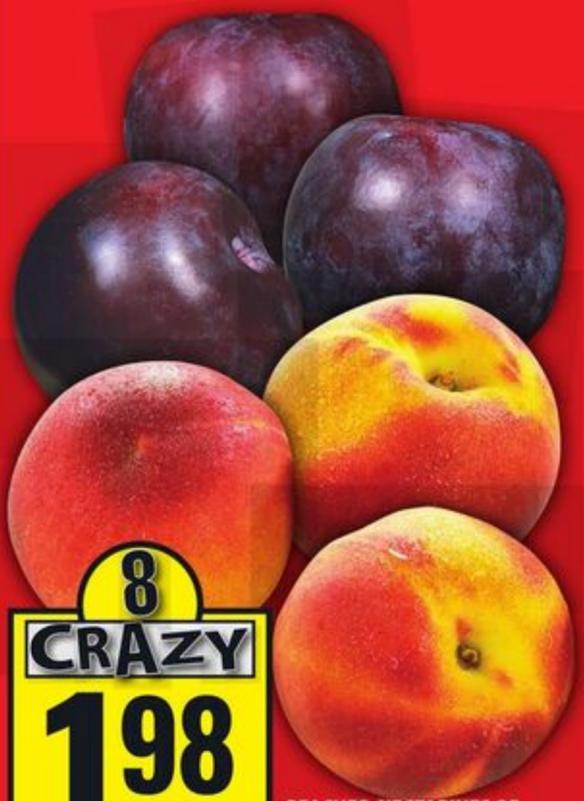



5 LB

8 CRAZY
1.48
EACH

YELLOW ONIONS OR CARROTS
PRODUCT OF ONTARIO CANADA NO. 1 GRADE 2 LB

GOURMET MINI YELLOW OR WHITE POTATOES
PRODUCT OF CANADA NO. 1 GRADE 5 LB



8 CRAZY
1.98
/LB

PEACHES, NECTARINES OR BLACK PLUMS
PRODUCT OF CHILE, NO. 1 GRADE 4.37/KG

GET READY TO SAVE! GREAT PRICES START ON PRICES IN THIS FLYER AVAILABLE AT ALL SAULT STE. M. To view local store flyer, visit foodbasics.ca, where

SAVINGS FOR THE WIN AGAIN!




ALWAYS GREAT PRICE

99¢
EACH

BAKERY² BAGUETTE
235 G



ALWAYS GREAT PRICE

1.49
EACH

SELECTION POTATO CHIPS
200 G
SELECTED VARIETIES



ALWAYS GREAT PRICE

4.44
EACH

SELECTION OR LIFE SMART NATURALIA PEANUT BUTTER
750 G - 1 KG SELECTED VARIETIES



ALWAYS GREAT PRICE

7.99
EACH

SELECTION FULLY COOKED BREADED CHICKEN
FROZEN
300 G
SELECTED VARIETIES

Food Basics ranked first for Price & Promotions performance among grocery retailers in Ontario in the 2024 dunnhumby Retailer Preference Index, a study of customer perceptions and retailer preference conducted among 2,100 respondents in Ontario (6,000 total across Canada) conducted between September 12 and October 20, 2024.

WQW 2024 In-Store Customer Experience Study conducted by Leger among 12,000 Ontarians from October 12 to November 22, 2023.

WQW 2025 In-store customer experience study conducted by Leger among 11,000 Ontarians from October 17 to November 15, 2024.

CRAZY 8 SALE

Black Diamond OLD - FORT Cheddar Cheese Fromage cheddar

Black Diamond MARBLE - MARBRÉ

Galbani PIZZA MOZZARELLA

BLACK DIAMOND CHEESE SHREDS 400 G
NATURAL CHEESE SLICES 220 - 240 G
GALBANI MOZZARELLA 300 G SELECTED VARIETIES

8 CRAZY 548 EACH

SCHNEIDERS RedHots ALL PORK TOUT PORK

SCHNEIDERS Meat Pies

SCHNEIDERS RED HOTS OR MAPLE LEAF TOP DOGS WIENERS 375 G
SCHNEIDERS MEAT PIES FROZEN 330 - 400 G SELECTED VARIETIES

8 CRAZY 448 EACH

Beatrice CHOCOLATE MILK 1L

QUAKER Dipps CHOCOLATE CHIP BRISURES CHOCOLATÉES

QUAKER Chewy GRANOLA BARS

BEATRICE CHOCOLATE MILK 1L
QUAKER DIPPS OR CHEWY GRANOLA BARS 120 - 156 G SELECTED VARIETIES

8 CRAZY 198 EACH

Lactantia Purifltre 2% 1L

Lactantia Purifltre 4% 1L

LACTANTIA PURIFILTRE MILK 1%, 2%, SKIMMED 4 L SELECTED VARIETIES

8 CRAZY 598 EACH

50 points

Silk Almond 35% 1.75 L

Silk Protein Soy 1.75 L

SILK DRINKS 1.75 - 1.80 L SELECTED VARIETIES

8 CRAZY 348 EACH

Dr. Oetker Ristorante PIZZA SPINACI

Casa di Mama PIZZA

HUNGRY-MAN FROZEN CHICKEN ENTRÉES

DR. OETKER RISTORANTE PIZZA 269 - 390 G
CASA DI MAMA 395 - 410 G
HUNGRY-MAN ENTRÉES 340 - 455 G FROZEN SELECTED VARIETIES

8 CRAZY 448 EACH

LARGE

SELECTION LARGE SIZE EGGS 30'S SELECTED VARIETIES

8 CRAZY 888 EACH

Dare Bear Paws Chocolate Chip

Leclerc Celebration COOKIES

DARE COOKIES

BEAR PAWS 5 pouches - 240 g
 2 soft cookies per pouch

LECLERC CELEBRATION COOKIES 200 - 240 G
DARE COOKIES 168 - 315 G SELECTED VARIETIES

8 CRAZY 288 EACH

QUAKER HARVEST CRUNCH CEREAL 400 - 475 G

LIFE CEREAL 450 G SELECTED VARIETIES

QUAKER HARVEST CRUNCH CEREAL 400 - 475 G
LIFE CEREAL 450 G SELECTED VARIETIES

8 CRAZY 388 EACH

Ben's Original BISTRO EXPRESS RICE

Habitant PEASOUP

Campbell's CHUNKY SOUP

HABITANT, CAMPBELL'S CHUNKY OR READY TO SERVE SOUP 315 - 790 ML
BEN'S ORIGINAL BISTRO EXPRESS RICE 240 - 250 G SELECTED VARIETIES

8 CRAZY 248 EACH

Palmolive essential clean

Dawn 100% LIQUID SODIUM LAUNDRY DETERGENT

PALMOLIVE OR DAWN DISH DETERGENT 431 - 828 ML SELECTED VARIETIES

8 CRAZY 248 EACH

PEPSI

CANADA DRY GINGER ALE

Coca-Cola ORIGINAL TASTE

COCA-COLA, CANADA DRY GINGER ALE OR PEPSI SOFT DRINKS 12 X 355 ML SELECTED VARIETIES

8 CRAZY 798 EACH

Nestlé NESCAFÉ GOLD INSTANT COFFEE* 95 - 100 G SWEET & CREAMY* 18'S SELECTED VARIETIES

mai rewards

MAISON PERRIER OR SAN PELLEGRINO SPARKLING WATER* 1L SELECTED VARIETIES

LOCKED DOWN 199 EACH

LOCKED DOWN 799 EACH

10 points

Buy any 2 products and enter for a chance to win 1 of 5 prizes of 100,000 Points (\$800 Value)**

**NO PURCHASE NECESSARY. Contest runs from February 26th to March 4th, 2026. Open to residents of Ontario of the age of majority at time of entry. Five (5) Prizes consisting of 100,000 MOI points valued at approximately \$800 (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.

***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.

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contest
until March 11th

my
brands &

moi

total of
20
million
points
to be won

participate by purchasing two
products from these brands

Selection

Irresistible

Personnelle

5
prizes

1,000,000 points
value of \$8,000 each

30
prizes

500,000 points
value of \$4,000 each

metro

food
Basics

*No purchase required. To participate, you must be a member of the Moi program. From February 12 to March 11, 2026. Prizes: There are thirty-five (35) lots to be won (total value of all prizes is \$160,000CAD). Prize conditions and contest rules are available at moirewards.ca. Moi Rewards is a trademark of Metro Inc.

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.



PROMISE GLUTEN-FREE BREAD OR BUNS 240 - 480 G SELECTED VARIETIES

THIS WEEK ONLY **749** EACH

40 points



SCHNEIDERS CHICKEN WINGS 615 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY **999** EACH

50 points



SCHNEIDERS PEPPERONI OR THURINGER SAUSAGE 500 G SELECTED VARIETIES

THIS WEEK ONLY **1099** EACH

55 points



SIGGI'S SKYR YOGURT 4 x 100 G SELECTED VARIETIES

LOCKED DOWN **349** EACH

20 points



BURNBRAE HARD BOILED EGGS 264 G SELECTED VARIETIES

LOCKED DOWN **399** EACH

20 points



NESTLÉ CARNATION HOT CHOCOLATE 400 - 450 G SELECTED VARIETIES

LOCKED DOWN **629** EACH

35 points



STARBUCKS NESPRESSO COFFEE CAPSULES 103 SELECTED VARIETIES

LOCKED DOWN **979** EACH

50 points



KELLOGG'S TOWN HOUSE 247 - 391 G SELECTED VARIETIES

LOCKED DOWN **299** EACH

15 points



DIANA OR BULL'S EYE BBQ SAUCE 425 - 500 ML SELECTED VARIETIES

LOCKED DOWN **349** EACH

25 points



MCCAIN DEEP'N DELICIOUS CAKE 510 G, FROZEN SELECTED VARIETIES

LOCKED DOWN **649** EACH

35 points



LAKWOOD PURE CRANBERRY JUICE 946 ML SELECTED VARIETIES

LOCKED DOWN **1199** EACH

55 points



JACK LINK'S JERKY 80 G SELECTED VARIETIES

LOCKED DOWN **599** EACH

30 points



FINISH POWERBALL DISHWASHER TABS 40 - 575 SELECTED VARIETIES

LOCKED DOWN **1399** EACH

55 points

CHOOSE CANADIAN



YELLOW ONION OR CARROTS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE
2 LB

GOURMET MINI WHITE OR WHITE POTATOES
PRODUCT OF CANADA, NO. 1 GRADE
5 LB

148
EACH



WE LOVE LOCAL Ontario

1 LB

WHOLE WHITE OR CREMINI MUSHROOMS
PRODUCT OF ONTARIO
454 G

399
EACH



PRIME RAISED WITHOUT ANTIBIOTICS BONELESS SKINLESS FILLETS OR THIN SLICED CHUNKS
AIR CHILLED
26.43/KG

1199
/LB



JANES ULTIMATE FULLY COOKED CHICKEN FILLETS, BITES OR RESTAURANT STYLE STRIPS
700 - 720 G FROZEN
SELECTED VARIETIES

1199
EACH



RUDOLPH'S BREAD
500 G
SELECTED VARIETIES

288
EACH



SELECTION COOKIES OR SQUARES
160 - 450 G
SELECTED VARIETIES

499
EACH



LACTANTIA PURFILTRÉ MILK
1% 2% SKIMMED 4 L SELECTED VARIETIES

648
EACH

50 points



LAY'S POTATO CHIPS
200 - 235 G
SELECTED VARIETIES

288
EACH



OLD - FORT
Cheddar Cheese Fromage cheddar

BLACK DIAMOND CHEESE 500 G SHREDS 320 G
NATURAL CHEESE SLICES 220 - 240 G
GALBANI MOZZARELLA 300 G SELECTED VARIETIES

548
EACH



COCA-COLA, CANADA DRY GINGER ALE OR PEPSI SOFT DRINKS
12 X 355 ML SELECTED VARIETIES

798
EACH



NESTLÉ PARLOUR
1.5 L NOVELTIES
6 - 12'S SELECTED VARIETIES

288
EACH



QUAKER DIPP'S OR CHEWY BARS
120 - 156 G SELECTED VARIETIES

198
EACH



SELECTION POTATO CHIPS
200 G
SELECTED VARIETIES

149
EACH



CASHMERE BATHROOM TISSUE
24 - 48'S

SPONGE TOWELS/ULTRA PAPER TOWELS
24 - 48'S

SCOTTIES FACIAL TISSUE
12'S SELECTED VARIETIES

1188
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.

PRODUCE



CANTALOUPE
PRODUCT OF GUATEMALA AND/OR HONDURAS
NO. 1 GRADE

THIS WEEK ONLY
2⁹⁸
EACH



STRAWBERRIES
PRODUCT OF USA OR MEXICO, NO. 1 GRADE 454 G
BLACKBERRIES
PRODUCT OF MEXICO, NO. 1 GRADE 150-170 G

THIS WEEK ONLY
3⁹⁸
EACH



AVOCADOS
PRODUCT OF MEXICO AND/OR PERU
5 OR 6 PACK

THIS WEEK ONLY
3⁹⁹
EACH



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

THIS WEEK ONLY
3⁹⁸
/LB



TOMATOES
PRODUCT OF CANADA OR MEXICO
NO. 1 GRADE
ZUCCHINIS
PRODUCT OF MEXICO
5.49/KG

THIS WEEK ONLY
2⁴⁹
/LB



WHOLE WHITE OR CREMINI MUSHROOMS
PRODUCT OF ONTARIO
454 G

THIS WEEK ONLY
3⁹⁹
EACH



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

THIS WEEK ONLY
2/\$5



LEMONS
PRODUCT OF U.S.A. AND/OR SOUTH AFRICA
2 LB BAG
NAVEL ORANGES
PRODUCT OF SOUTH AFRICA
3 LB BAG

THIS WEEK ONLY
4⁸⁸
EACH



DOLE COLE SLAW OR GARDEN SALAD
340 - 397 G

THIS WEEK ONLY
2⁷⁷
EACH



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

THIS WEEK ONLY
4⁹⁹
EACH



SUGAR SNAP PEAS
227 G
SNOW PEAS
178 G

THIS WEEK ONLY
3⁹⁹
EACH



APPLES
PRODUCT OF ONTARIO
CANADA FANCY GRADE
3 LB

THIS WEEK ONLY
4⁹⁹
EACH



THE LITTLE POTATO COMPANY POTATOES
PRODUCT OF CANADA
454 G
SELECTED VARIETIES

THIS WEEK ONLY
3⁴⁹
EACH



HEIRLOOM TOMATOES
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
547 G

THIS WEEK ONLY
3⁹⁹
EACH



KIWIS
PRODUCT OF GREECE
600 G BASKET

THIS WEEK ONLY
4⁹⁹
EACH



POM WONDERFUL FRESH POMEGRANATE JUICE
473 ML

THIS WEEK ONLY
3⁹⁹
EACH

FLORAL



10 STEM TULIPS
WHILE SUPPLIES LAST

THIS WEEK ONLY
8⁸⁸
EACH



FRESHLY YOURS BOUQUET
WHILE SUPPLIES LAST

THIS WEEK ONLY
9⁸⁸
EACH



5" ORCHID
WHILE SUPPLIES LAST

THIS WEEK ONLY
10⁸⁸
EACH



6" SUCCULENTS
WHILE SUPPLIES LAST

THIS WEEK ONLY
11⁸⁸
EACH

MEAT

PRIME
RAISED WITHOUT antibiotics
ÉLEVÉ SANS antibiotiques

PRIME RAISED WITHOUT ANTIBIOTICS BONELESS SKINLESS FILLETS OR THIN SLICED CHUNKS AIR CHILLED 26.43/KG

THIS WEEK ONLY

11.99 /LB

Johnsonville
ORIGINAL BREAKFAST SAUSAGES SAUCISSES À DÉJEUNER

THIS WEEK ONLY

5.99 EACH

30 points

Johnsonville
MILD ITALIAN SAUSAGES SAUCISSES ITALIENNES DOUCE

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

HALAL AT SAME PRICE

FRESH CHICKEN DRUMSTICKS BAGGED INCLUDES ZABIHA HALAL 6.59/KG

THIS WEEK ONLY

2.99 /LB

FRESH

FRESH PORK TENDERLOIN VACUUM PACK WHILE QUANTITIES LAST 8.80/KG

THIS WEEK ONLY

3.99 /LB

STEELHEAD TROUT FISH FILLET FAMILY PACK FRESH 26.43/KG

THIS WEEK ONLY

11.99 /LB

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

THIS WEEK ONLY

11.99 /LB

HALAL AT SAME PRICE

BUTCHER'S SELECTION ORIGINAL OR HARVEST CREEK HALAL CHICKEN WIENERS 900 G SELECTED VARIETIES

THIS WEEK ONLY

4.49 EACH

Natural Bacon naturel

SCHNEIDERS OR MAPLE LEAF BACON 45 - 375 G SELECTED VARIETIES

THIS WEEK ONLY

5.49 EACH

SELECTION SMOKED BONELESS HALF HAM 875 G SELECTED VARIETIES

THIS WEEK ONLY

7.99 EACH

JANES ULTIMATE FULLY COOKED CHICKEN FILLETS, BITES OR RESTAURANT STYLE STRIPS 700 - 700 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

11.99 EACH

O'SOLE MIO FRESH PASTA 250 G SELECTED VARIETIES

THIS WEEK ONLY

3.49 EACH

TRE STELLE RICOTTA OR BOCCONCINI 200 - 475 G SELECTED VARIETIES

THIS WEEK ONLY

5.99 EACH

MAPLE LODGE OR ZABIHA HALAL CHICKEN BACON 175 G SELECTED VARIETIES

THIS WEEK ONLY

4.99 EACH

MARC ANGELO SOUVLAKI FAMILY PACK 400 - 400 G SELECTED VARIETIES

THIS WEEK ONLY

11.99 EACH

MAPLE LEAF NATURAL SELECTIONS SLICED DELI MEAT OR SCHNEIDERS SLICED DELI MEAT OR BOLOGNA 150 - 500 G SELECTED VARIETIES

THIS WEEK ONLY

5.49 EACH

PILLER'S KOLBASSA OR SLICED PEPPERONI FOR PIZZA 175 - 375 G SELECTED VARIETIES

THIS WEEK ONLY

5.99 EACH

IRRESISTIBLES PARMIGIANO REGGIANO OR GRANA PADANO OR EMMENTAL 200 - 400 G SELECTED VARIETIES

THIS WEEK ONLY

7.99 EACH

SCHNEIDERS PEPPERETTES 250 - 375 G SELECTED VARIETIES

THIS WEEK ONLY

7.99 EACH

SEAJOY SEAWEED SALAD OR MACKEREL FILLET 300 - 450 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

5.49 EACH

GOURMETA THAI SHRIMP COOKED 45 - 75 CT OR RAW 31 - 40 CT 300 - 450 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

6.99 EACH

IRRESISTIBLES TORPEDO SHRIMP 200 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

7.99 EACH

TASIA GOLDEN POMPANO FISH 600 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

9.99 EACH

SEAFOOD FOR LESS

HIGH LINER PAN-SEAR FISH FILLETS OR SIGNATURE CUTS BREADED & BATTERED FISH FILLETS
425 - 540 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

10⁹⁹ EACH

CATCH OF THE DAY FISH FILLETS
340 G - 1 KG FROZEN SELECTED VARIETIES

THIS WEEK ONLY

10⁹⁹ EACH

CATCH OF THE DAY BREADED & BATTERED FISH FILLET
350 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

3⁹⁹ EACH

SEAHORSE BASA STEAK OR ANCHOR'S BAY BASA FILLETS
400 - 500 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

3⁴⁹ EACH

SEAHORSE COOKED SHRIMP
91 - 120 CT 340 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

6⁹⁹ EACH

ANCHOR'S BAY CROAKER FISH
1 KG FROZEN SELECTED VARIETIES

THIS WEEK ONLY

9⁹⁹ EACH

FRESH

THIS WEEK ONLY

8⁹⁹ /LB

WHOLE RAINBOW TROUT FISH
19.82/KG

OCEAN CHARM WILD PINK SALMON FILLET
340 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

6⁹⁹ EACH

ROCK HARBOUR PACIFIC WHITE SHRIMP
RAW EAST PEEK 200 CT 300 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

16⁹⁹ EACH

MUSAFIR

Inspired by South Asian Flavours & Ingredients Proudly Canadian Mix of 100% Vegetarian or Non-veg Options

MUSAFIR MASALA PANEER BITES
FROZEN 330G SELECTED VARIETIES

THIS WEEK ONLY

6⁹⁹ EACH

MUSAFIR PANEER NUGGETS
FROZEN 480 G SELECTED VARIETIES

THIS WEEK ONLY

6⁹⁹ EACH

MUSAFIR BUTTER CHICKEN BITES
FROZEN 357 G SELECTED VARIETIES

THIS WEEK ONLY

6⁹⁹ EACH

Zabiha Halal

FRESH FROM THE FARM OR ZABIHA HALAL WHOLE CHICKEN
AIR CHILLED 8.80/KG

THIS WEEK ONLY

3⁹⁹ /LB

MAPLE LODGE ULTIMATE DINNER OR BREAKFAST SAUSAGES, ULTIMATE JUICY SUPIFRANKFURTERS OR ZABIHA HALAL JUICY SUPREME
375 - 900 G SELECTED VARIETIES

THIS WEEK ONLY

5⁹⁹ EACH

ZABIHA HALAL CHICKEN STRIPS FULLY COOKED BREADED CHICKEN
FROZEN 700 - 800 G SELECTED VARIETIES

THIS WEEK ONLY

8⁹⁹ EACH

LOU'S KITCHEN

HEAT, SERVE, ENJOY!
Ready to eat. Ready to save time.

LOU'S KITCHEN DOUBLE SMOKED OR PEAMEAL SLICES
375 - 454 G SELECTED VARIETIES WHOLE QUANTITIES LAST

THIS WEEK ONLY

6⁹⁹ EACH

LOU'S KITCHEN, LIL' JUAN'S OR KALI'S FULLY COOKED ENTREES
300 - 400 G SELECTED VARIETIES

THIS WEEK ONLY

7⁹⁹ EACH

LOU'S KITCHEN BBQ PORK BACK RIBS
345 - 410 G SELECTED VARIETIES WHOLE QUANTITIES LAST

THIS WEEK ONLY

9⁹⁹ EACH

BAKERY



THIS WEEK ONLY

4.99 EACH



IRRESISTIBLE PIE OR COFFEE CAKE 750 G - 1 KG SELECTED VARIETIES

THIS WEEK ONLY

6.99 EACH

MIX & MATCH!*

2 \$6.50 FOR

OR

3 \$7.99 FOR

*MIX & MATCH ANY VILLAGGIO BREAD, DEMPSTER'S BAGELS, WHOLE GRAIN BREAD, 7" TORTILLAS, SIGNATURE BUNS, NATURAL BAKERY BREAD, TIA ROSA TORTILLAS OR HOSTESS SNACK CAKES SELECTED SIZES, SELECTED VARIETIES, OR PAY 3.49 EA.



MORE GREAT SAVINGS FOR LESS



LOCKED DOWN



iöGO YOGURT
16 x 300 G
SELECTED VARIETIES

LOCKED DOWN

649
EACH



GREEN GIANT VEGETABLES
500 - 750 G FROZEN
SELECTED VARIETIES

LOCKED DOWN

349
EACH



NESTEA ICED TEA
1.89 L
10 x 200 ML
SELECTED VARIETIES

LOCKED DOWN

299
EACH



BARILLA PASTA
340 - 410 G
SELECTED VARIETIES

LOCKED DOWN

199
EACH



PEPPERIDGE FARM
GOLDFISH CRACKERS
160 - 200 G
SELECTED VARIETIES

LOCKED DOWN

299
EACH



TWINNINGS
HERBAL TEA
20'S
SELECTED VARIETIES

LOCKED DOWN

549
EACH



HUNT'S TOMATO
OR MANWICH SAUCE
300 - 400 ML
SELECTED VARIETIES

LOCKED DOWN

249
EACH



QUAKER QUICK OATS
900 G - 1 KG
INSTANT OATMEAL
232 - 344 G
SELECTED VARIETIES

LOCKED DOWN

349
EACH



CHEF BOYARDEE
CANNED MEAL
418 - 425 G
SELECTED VARIETIES

LOCKED DOWN

199
EACH



CADBURY DAIRY
MILK BARS
10 - 100 G
SELECTED VARIETIES

LOCKED DOWN

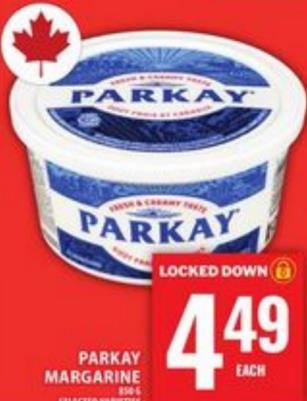
275
EACH



SPLENDA SWEETENER
200 - 275 G
SELECTED VARIETIES

LOCKED DOWN

1099
EACH



PARKAY MARGARINE
810 G
SELECTED VARIETIES

LOCKED DOWN

449
EACH



TAKIS TORTILLA CHIPS
100 - 200 G
SELECTED VARIETIES

LOCKED DOWN

329
EACH



RED BULL ENERGY DRINKS
4 x 250 ML
SELECTED VARIETIES

LOCKED DOWN

899
EACH



GARDEIN SUPRÊME MEAL
390 - 425 G
FROZEN
SELECTED VARIETIES

LOCKED DOWN

949
EACH



GAIN LAUNDRY DETERGENT
2.4 L - 41 L LOADS
SELECTED VARIETIES

LOCKED DOWN

899
EACH



GAIN FABRIC SOFTENER
2.43 L
SELECTED VARIETIES

LOCKED DOWN

899
EACH

YOU COULD SCRATCH YOUR WAY TO A BIG WIN!

\$250,000 **\$75,000** **\$50,000** **\$350,000**

LUCKY CASH **BLOCK-O** **ROLL-OUT** **ROEL**

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GAIN SCENT BOOSTER
230 G
SELECTED VARIETIES

LOCKED DOWN

899
EACH



GAIN DRYER SHEETS
200'S
SELECTED VARIETIES

LOCKED DOWN

899
EACH

ALWAYS GREAT PRICE



IRRESISTIBLE ORANGE JUICE
1.54 L
SELECTED VARIETIES

ALWAYS GREAT PRICE

397
EACH



IRRESISTIBLE PIZZA
140 - 190 G
FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE

397
EACH



SELECTION SNACKS
265 - 285 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

288
EACH



LIFE SMART MARGARINE
1.7 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE

988
EACH



IRRESISTIBLE SPARKLING SPRING WATER
6 x 1 L
SELECTED VARIETIES

ALWAYS GREAT PRICE

444
EACH



SELECTION ENTRÉES
215 G FROZEN SELECTED VARIETIES

ALWAYS GREAT PRICE

137
EACH



SELECTION JAM
500 ML
LIFE SMART NATURALIA
FRUIT SPREAD
250 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

449
EACH



SELECTION JELLY POWDER
85 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

99¢
EACH



SELECTION SPICES
5.5 - 150 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

99¢
EACH



SELECTION BBQ SAUCE
320 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

127
EACH



SELECTION QUICK'N READY RICE
250 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

199
EACH



IRRESISTIBLES BALSAMIC VINEGAR OR GLAZE
250 - 500 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

444
EACH



IRRESISTIBLES BASIL PESTO
270 ML

ALWAYS GREAT PRICE

379
EACH



SELECTION GLASS CLEANER
250 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

197
EACH



SELECTION RINSE AGENT
827 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

479
EACH



SELECTION BLEACH
2.4 L
SELECTED VARIETIES

ALWAYS GREAT PRICE

399
EACH



SELECTION CLUMPING CAT LITTER
18 L
SELECTED VARIETIES

ALWAYS GREAT PRICE

999
EACH

BAKING FOR LESS



Redpath
ICING SUGAR
SUCRE À GLACER
1 kg

Redpath
DARK BROWN SUGAR
CASSONADE FONCÉE
1 kg

LOCKED DOWN

2.99
EACH

REDPATH BAKING SUGAR
1 kg
SELECTED VARIETIES

HERSHEY'S Chipits
Milk chocolate chips
de chocolat au lait
250 g

HERSHEY'S Chipits
pure semi-sweet chocolate chips
brûlures de chocolat pur mi-sucré

LOCKED DOWN

5.99
EACH

HERSHEY'S CHIPITS
200 - 270 g
SELECTED VARIETIES

Tenderflake
PURE LARD
1 lb. 454 g

LOCKED DOWN

3.99
EACH

TENDERFLAKE PURE LARD
454 G
SELECTED VARIETIES

Crisco
All-Vegetable Shortening
454 g (1 lb)

LOCKED DOWN

3.49
EACH

CRISCO SHORTENING
454 G
SELECTED VARIETIES

Selection
honey graham wafers
408 g

LOCKED DOWN

3.99
EACH

SELECTION HONEY GRAHAM WAFERS
408 G

Selection
all-purpose flour
2.5 kg

ALWAYS GREAT PRICE

3.77
EACH

SELECTION FLOUR
2.5 KG
SELECTED VARIETIES

Selection
Almonds SLICED - TRANCHÉES
100 g

Selection
Pecan PIÈCES - MORCEAUX
100 g

LOCKED DOWN

2.99
EACH

SELECTION BAKING NUTS
100 G
SELECTED VARIETIES

Selection
EVAPORATED milk - lait ÉVAPORÉ
354 mL

ALWAYS GREAT PRICE

1.88
EACH

SELECTION EVAPORATED MILK
354 mL
SELECTED VARIETIES

Selection
SWEETENED SHREDDED COCONUT
100 g

Selection
UNSWEETENED MEDIUM BRESKATED COCONUT
100 g

ALWAYS GREAT PRICE

2.99
EACH

SELECTION COCONUT
100 G
SELECTED VARIETIES

Selection
BAKING POWDER
POUDRE À PÂTE
450 g

ALWAYS GREAT PRICE

4.99
EACH

SELECTION BAKING POWDER
450 G
SELECTED VARIETIES

Selection
miniatures
250 g

ALWAYS GREAT PRICE

2.49
EACH

SELECTION MARSHMALLOWS
250 G
SELECTED VARIETIES

Selection
graham crumbs
400 g

ALWAYS GREAT PRICE

3.99
EACH

SELECTION GRAHAM CRUMBS
400 G
SELECTED VARIETIES

Selection
CHERRY
PIE FILLING OR TOPPING
540 mL

ALWAYS GREAT PRICE

4.99
EACH

SELECTION PIE FILLING
540 mL
SELECTED VARIETIES

Selection
QUICK OATS
GRUAU RAPIDE
1 kg

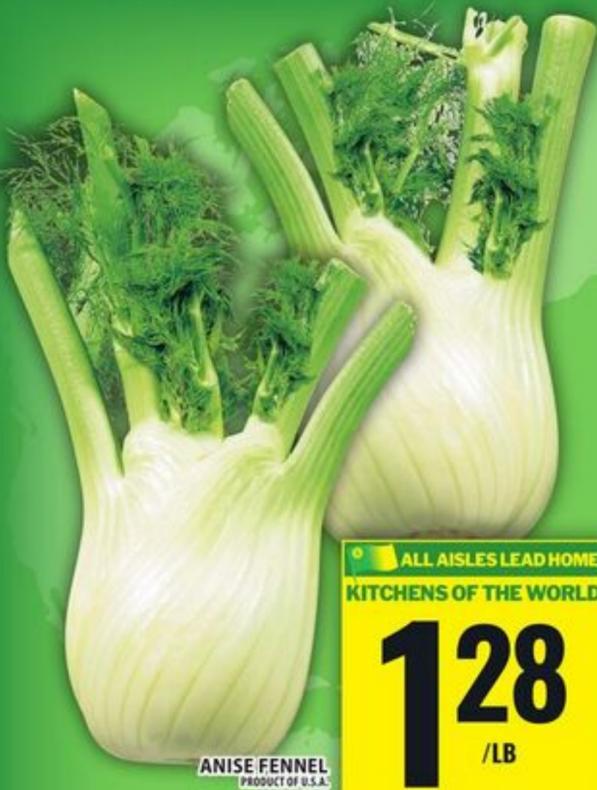
ALWAYS GREAT PRICE

2.88
EACH

SELECTION QUICK OATS
1 KG
SELECTED VARIETIES

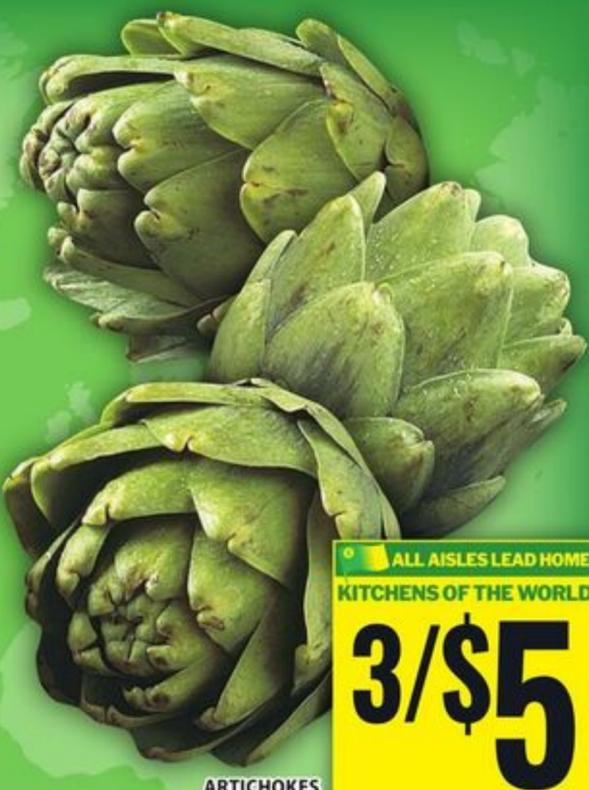
ALL AISLES LEAD HOME

KITCHENS OF THE WORLD



ANISE FENNEL
PRODUCT OF U.S.A.
2.82/KG

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.28
/LB



ARTICHOKES
PRODUCT OF U.S.A.

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3/\$5



FONTAINE FRESH BREADED VEAL CUTLETS
GRAIN-FED
28.64/KG

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
12.99
/LB



CHELSEA BONED POLLOCK FISH
SELECTED VARIETIES
170-G

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.99
EACH



GALBANI MOZZARELLA BALL
227 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
4.99
EACH



IRRESISTIBLE PORTUGUESE TARTS
FROZEN
450 G

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
6.49
EACH



UNICO LIGHT TUNA
198 G

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.99
EACH



BERTOLLI BALSAMIC VINEGAR
500 ML

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
4.49
EACH



DAVID ROCCO CIAMBELLA LEMON CAKE
400 G

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
6.99
EACH



MILANO'S BISCUITS
200 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.67
EACH

MORE

RAMADAN FOR LESS



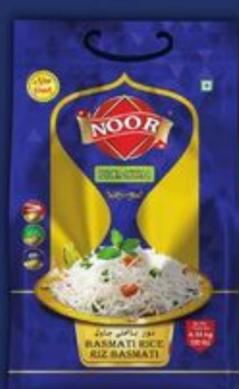
GARLIC
PRODUCT OF CHINA
5 PK
FRESH MINT
BUNCH
PRODUCT OF CANADA

1.29
EACH



ZABIHA HALAL FRESH
CHICKEN DRUMSTICKS
AIR CHILLED
6.59/KG

2.99
/LB



NOOR OR
ARJUN
BASMATI RICE
3.43 - 4.54 KG
SELECTED VARIETIES

7.99
EACH



CEDAR
CANNED BEANS
540 ML
SELECTED VARIETIES

1.49
EACH

800 G



NANAK
DESI GHEE
800 G

12.99
EACH



SAPORITO
VEGETABLE,
CANOLA OR
CORN OIL
2.34 - 3 L
SELECTED VARIETIES

9.99
EACH



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

6.99
EACH



ALKANATER OR
CEDAR TAHINI
900 - 107 ML
SELECTED VARIETIES

8.99
EACH



CEDAR
MARSHMALLOWS
OR ROSE OR
ORANGE WATER
250 G, 250 ML
SELECTED VARIETIES

1.99
EACH



DIVYA
OKRA
315 G FROZEN
SELECTED VARIETIES

99¢
EACH



ELZYMI
TWIST PIE
FROZEN 800 G
SELECTED VARIETIES

6.99
EACH



BEST NECTARS OR
NORDEX KESHTA
CREAM
1 L, 170 G
SELECTED VARIETIES

2.99
EACH



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

3.99
EACH



INDOMIE
NOODLES
12.80 - 13.85 G
SELECTED VARIETIES

2.99
EACH



CEDAR
MARINADES OR
GRAPE LEAVES
700 ML, 1 L
SELECTED VARIETIES

4.99
EACH



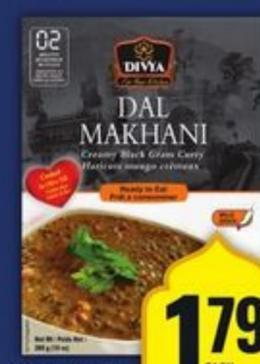
NOOR DATES,
ROOH AFZA
SYRUP OR
SHERBON
JUICE
800 G,
800 ML, 2 L
SELECTED VARIETIES

4.99
EACH



CEDAR
SARDINES OR
VERMICELLI
PASTA
120 - 500 G
SELECTED VARIETIES

1.49
EACH



DIVYA ENTRÉES
285 - 315 G
SELECTED VARIETIES

1.79
EACH

HAPPY HOLI

OFFERS VALID AT PARTICIPATING FOOD BASICS LOCATIONS ONLY. CHECK WITH YOUR LOCAL STORE FOR AVAILABILITY.



JUMBO PAPAYA
PRODUCT OF MEXICO
3.28/KG

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

1.49
/LB



SAVERA PANEER
341 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

5.49
EACH



LAL QILLA Supreme Sella BASMATI RICE
Parliament GOLD JUMBO BASMATI RICE
NOOR BASMATI RICE

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

9.99
EACH

PARLIAMENT-GOLD, NOOR OR LAL QILLA SELLA BASMATI RICE
4.54 KG SELECTED VARIETIES



HANS DAHI, PHOENICIA OR CEDAR YOGURT
650 - 750 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

2.49
EACH



DIVYA LENTILS OR BLACK CHICKPEAS
1.8 - 1.81 KG
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

3.99
EACH



20 LB

PILLSBURY CHAKKI ATTA FLOUR
9.07 KG

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

9.99
EACH



SURATI FROZEN VEGETABLES
340 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

1.67
EACH



LAZEEZ Vegetable Samosa
30 Pcs

LAY'S Magic Masala Maggiano
LAY'S POTATO CHIPS
200 - 235 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

2.99
EACH

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

2.88
EACH



ALPHONSO OR ALJUICE BEVERAGES
1.75 L

CEDAR CONDENSED MILK
300 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

3.99
EACH



DIVYA SPICES, PICKLE CONDIMENTS OR FRIED ONIONS
400 - 500 G
SELECTED VARIETIES

DIVYA FRIED ONIONS
454 g 10

MAGGI INSTANT NOODLES
70 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

2.99
EACH

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

39c
EACH



DIVYA NAAN OR PARATHA
320 - 400 G
FROZEN SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

1.99
EACH



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

DIVYA SOYA CHUNKS
200 - 200 G
SELECTED VARIETIES

BRAR'S SAMOSAS
634 G
FROZEN SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

1.49
EACH

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

5.99
EACH



NANAK RASMALAI OR NANAK GULAB JAMUN
350 - 900 G
FROZEN SELECTED VARIETIES

BRAR'S RASMALAI
350 - 900 G
FROZEN SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

8.99
EACH



DESI-LICIOUS KULFI
1 L
FROZEN SELECTED VARIETIES

NATIONAL SPICE MIXES OR GITS MIXES
450 - 700 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

5.99
EACH

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

1.67
EACH



Nestlé®

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and enter for a
chance to win
1 of 5 prizes of

**100,000
POINTS****

(\$800 value)



LOCKED DOWN

799
EACH

NESCAFÉ GOLD INSTANT COFFEE*
95 - 100 G
SWEET & CREAMY*
18'S
SELECTED VARIETIES

MAISON PERRIER OR
SAN PELLEGRINO
SPARKLING WATER*
1L
SELECTED VARIETIES

LOCKED DOWN

199
EACH

10
points

SAN PELLEGRINO
OR MAISON PERRIER
SPARKLING WATER*
6x1L
SELECTED VARIETIES

LOCKED DOWN

899
EACH

**NO PURCHASE NECESSARY. Contest runs from February 26th to March 4th, 2026. Open to residents of Ontario of the age of majority at time of entry. Five (5) Prizes consisting of 100,000 MOI points valued at approximately \$800 (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.