

FRESH SAVINGS FOR THE WEEK OF THURSDAY FEBRUARY 26TH TO WEDNESDAY MARCH 4TH, 2026.

Longo's ⁷⁰

SINCE 1956

3⁹⁹ /LB
SAVE \$3/LB

Maple Leaf Prime Raised Without Antibiotics Chicken Drumsticks or Thighs
8.80/kg
CLUB PACK

2⁹⁹ /LB
Fresh Green Seedless Grapes
Product of U.S.A.
6.59/kg

THIS WEEK MEMBERS SAVE OVER \$30
See online flyer for more deals.

THANK YOU REWARDS MEMBER PRICING

Fresh Rapini
Product of U.S.A.
each
1⁹⁹
SAVE \$2
NON-MEMBER \$3.99

Schneiders Bacon
375g pkg
selected varieties
4⁹⁹
SAVE \$4
NON-MEMBER \$8.99

Longo's Soup or Chili
700mL tub
Individual \$7.99
selected varieties
2 FOR \$12
SAVE \$5.98 ON 2
NON-MEMBER \$7.99

5⁹⁹
SAVE \$1

Fresh Atlantic Salmon Portion
113g
SKINLESS

40% OFF

FRESH DELI CUT

Balderson Canadian Cheddar Cheese
From \$2.57/100g
selected varieties

HOT DEAL

Gallo Extra Virgin Olive Oil
1L bottle
8⁹⁹
SAVE \$5

FLOWN IN FRESH

3⁹⁹
Fresh Papaya
Product of Brazil
each

Maple Leaf Prime Raised Without Antibiotics Frozen Breaded Chicken Wings, Strips, Nuggets, Burgers or Popcorn Chicken
695-700g pkg
selected varieties
BUY ONE GET ONE FREE
SAVE \$18.99

Italpasta Pasta
900g pkg or
Mutti Polpa Finely Chopped Tomatoes
398mL can
selected varieties
1⁹⁹
SAVE AT LEAST \$1.50

Longo's SPARKLING

Longo's Sparkling Water
12x355mL cans
Individual \$5.99
selected varieties
2 FOR \$10
SAVE \$1.98 ON 2

Kraft Peanut Butter
750g-1kg jar or
Kraft Hazelnut Spread with Cocoa
725g jar
selected varieties
4⁹⁹
SAVE AT LEAST \$3

VOTED #1 GROCERY STORE IN ONTARIO! **WOW Leger** *Longo's ranked first among food retailers in Ontario, 2026 Leger WOW In-Store Experience survey.

FRESH MARKET PICKS

FEBRUARY 26th
- MARCH 4th



\$2.99
/lb

Fresh Brussels Sprouts
Product of U.S.A.
6.59/kg
No. 1 Grade



\$4.99
/lb

Fresh Yellow Plums
Product of Chile
11.00/kg
No. 1 Grade



ORGANIC



\$4.99

Fresh Organic Kiwi
Product of Italy
454g pkg



\$2.99
/lb

Fresh Heirloom
Tomatoes
Product of Ontario
6.59/kg
Canada No. 1

2 FOR \$5

Fresh Hydroponic Lettuce
Product of Ontario



\$4.99
each

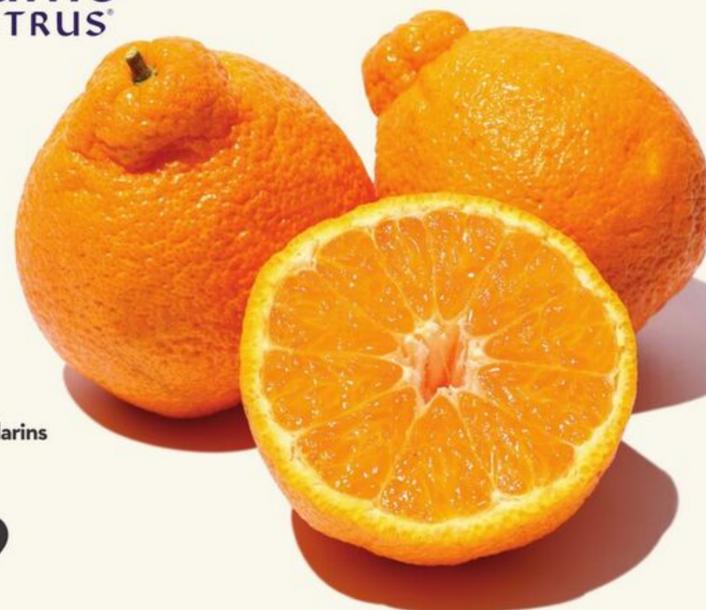
Fresh Santa Clause Melons
Product of Brazil



Fresh Ontario
Lamb Loin Chops
44.07/kg

19⁹⁹
/LB

SAVE \$5/LB



Fresh Sumo Mandarins
Product of U.S.A.
8.80/kg

3⁹⁹
/LB

Longo's Frozen
Cooked Pacific
Shrimp Ring with
Cocktail Sauce
737g pkg



19⁹⁹

SAVE \$5



BAKED IN-STORE!

NEW



3⁹⁹

SAVE \$1

Longo's Three
Cheese Bread
400g pkg

ORGANIC

Driscoll's
Only the Finest Berries

Fresh Organic
Strawberries
Product of Mexico
454g pkg



4⁹⁹

ORGANIC



2⁹⁹
/LB

Fresh Organic Pink Lady
or Cosmic Crisp Apples
Product of U.S.A.
6.59/kg

Longo's Curato
Passata
650mL bottle



2⁴⁹

SAVE 50¢

Kicking Horse
Organic Fairtrade
Coffee Beans
454g pkg
selected varieties



14⁹⁹

SAVE UP TO \$9

Jordans Cereal
or Granola
325-400g pkg
selected varieties



5⁹⁹

SAVE UP TO \$2

Ziploc Food
Storage Bags
10-100ct
selected varieties



3⁹⁹

SAVE UP TO \$2.50



3⁹⁹

Gray Ridge Large
White Eggs
12 pack



3⁴⁹

Redpath
Granulated Sugar
2kg pkg



1⁹⁹

Longo's
Essentials Bread
675g pkg



3⁹⁹

Oikos or Liberté
Greek Yogourt
4x100g pkg

WE'VE LOCKED DOWN PRICES ON EVERYDAY ITEMS.

Longo's

For online flyer, store hours and store locations,
visit us at Longos.com or call 1-800-9-Longos



@LongosMarkets

We reserve the right to limit quantities. We are diligent in proofing our flyers but unintentional errors in copy or image may occur. We reserve the right to correct any errors. Some images are for illustration purposes only. Savings refer to Longo's regular prices. Prices vary by location.

ZONE 1



FRESH SAVINGS FOR THE WEEK OF THURSDAY FEBRUARY 26TH TO WEDNESDAY MARCH 4TH, 2026.



THANK YOU REWARDS MEMBER PRICING

Scan your registered Thank You Rewards card and receive exclusive members only pricing on select products in-store.



NOT A MEMBER? NOT A PROBLEM!

Sign up to become a member and earn 500 Bonus Points when you opt in to receive emails and exclusive offers. Scan the QR code or visit Longos.com/thank-you-rewards

THIS WEEK MEMBERS SAVE OVER \$40



Longo's Fresh
Yellow Potatoes
Product of Canada
10lb pkg

4⁹⁹

SAVE \$2

NON-MEMBER
\$6.99



10LB



True North Fresh
Atlantic Salmon Fillet
900g pkg

\$30

SAVE \$5

NON-MEMBER
\$35



Longo's Frozen
Breaded Veal Cutlets
840g pkg

\$35

SAVE \$5

NON-MEMBER
\$40



Longo's Goat's
Milk Cheese
250g pkg
selected varieties

6⁹⁹

SAVE \$2

NON-MEMBER
\$8.99



Longo's Curato
Fresh Pasta
250g pkg
selected varieties

5⁹⁹

SAVE \$1

NON-MEMBER
\$6.99



Longo's
CURATO
PRODUCT OF ITALY

Starbucks
Nespresso Pods
10ct
selected varieties

7⁹⁹

SAVE \$5

NON-MEMBER
\$12.99



Sour Dough
Take & Bake Pizza
Choose From:
Double Cheese or Pepperoni

9⁹⁹

SAVE \$1

NON-MEMBER
\$10.99



1960s

THE LEGEND GROWS...



70 YEARS OF FAMILY STANDARDS

NEIL ARMSTRONG AND BUZZ ALDRIN

become the first humans to walk on the moon. When they confirmed the moon was not made out of cheese, a trip to Longo's must have been part of the return plan!



THE STORY CONTINUES...

Stay tuned for next week's flyer for more Longo's and Canadian history.



1969



LONGO'S OPENS THE FOUR CORNERS MARKET

in Malton. Equipped with Longo's first deli counter, it's where our house-made sausages first get their start.

1967

CANADA'S RED, WHITE AND MAPLE LEAF

becomes official on February 15, known today as Flag Day.

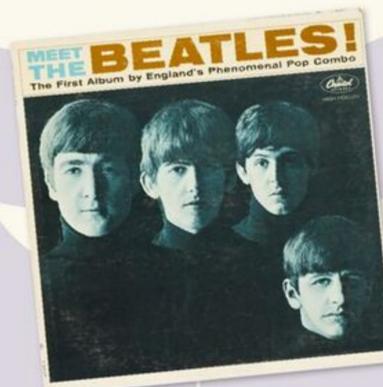


1965

1964

THE BEATLES

play Toronto's Maple Leaf Gardens as screaming fans practically drown out the music.



1962

LONGO'S FOOD MARKET

The Longo's open a second store under the family name. A sign of more to come.

70 YEARS OF FAMILY STANDARDS

We've Come
a Longo Way.



**CELEBRATE 70 YEARS
WITH THE GREATEST HITS
ANNIVERSARY CAKE.**

HERE FOR A LIMITED TIME!



8" Greatest
Hits Cake

32⁹⁷

**EARN
500 POINTS**

LA ROCCA
CREATIVE CAKES

La Rocca's best-selling Chocolate Truffle, Red Velvet,
Jamocho Almond and Truffle Royale, all in one cake.



3 FOR \$5

SAVE 97¢ ON 3

Unico
Canned Beans
540mL can
Individual \$1.99

2⁴⁹

SAVE \$1

De Cecco Pasta
454g pkg
selected varieties

Coca-Cola

Powerade
710mL bottle
Individual \$1.99
selected varieties

2 FOR \$3

SAVE \$2.98 ON 2



Bodyarmor
Drink
473mL bottle
Individual \$2.49
selected varieties

2 FOR \$4

SAVE \$2.98 ON 2



FRESH SAVINGS FOR THE WEEK OF THURSDAY FEBRUARY 26TH TO WEDNESDAY MARCH 4TH, 2026.

70 YEARS OF FAMILY STANDARDS



After 70 years, we're still
a Cut Above the Rest!



Handcrafted and soaked in extraordinary Italian Prosecco D.O.C, this semi-hard beauty delivers nutty flavours with crisp white-wine notes. Perfect for all celebrations!

Longo's Curato Sinfonia al Prosecco Cheese 200g wedge

12⁹⁹
SAVE \$1



FROM **6⁴⁹** Tre Stelle Ricotta or Feta 200-475g pkg selected varieties



6⁹⁹ Tre Stelle Mozzarella 340g pkg selected varieties
SAVE UP TO \$2.50



Ruffles, Doritos, Tostitos or Cheeto's 150-295g pkg or Pepsi Soft Drinks Mini Cans 6x222mL selected varieties
FROM **4⁹⁹**



BUY ANY 2 AND GET 500 TYR POINTS

FRESH SAVINGS FOR THE WEEK OF THURSDAY FEBRUARY 26TH TO WEDNESDAY MARCH 4TH, 2026.



Cashmere

BATHROOM TISSUE

Cashmere
Bath Tissue
8=24 or
12=24 rolls
selected varieties

8⁹⁹
SAVE \$6



8⁹⁹
SAVE \$3

Sponge Towels Paper
Towels 3=6 rolls or Scotties
Facial Tissue 6 pack
selected varieties



BUY ANY 2 CASHMERE, SCOTTIES OR SPONGETOWELS
PRODUCTS AND ENTER FOR A CHANCE TO WIN
500,000 THANK YOU REWARDS POINTS

Swiffer



Swiffer Power Mop 1ct or
Swiffer Sweep & Mop Pro 1ct
selected varieties

19⁹⁹

SAVE AT LEAST \$5



While Quantities Last

10⁹⁹

SAVE AT LEAST \$3

Tide Liquid Laundry Detergent
39-48 loads, Tide Pods 31ct or Downy
Liquid Fabric Softener 120 loads
selected varieties



Classic Harvest



3LB
BAG

Fresh
Cara Cara Oranges
Product of U.S.A.
3lb bag

5⁹⁹



KINGS RIVER

PACKING



Fresh Blood
Oranges
Product of U.S.A.
2lb bag

5⁹⁹



2LB
BAG



Fresh Avocados
Product of Mexico

2 FOR \$5

Chiovitti

Banano Company, Ltd.



5⁹⁹

Fresh Bagged Avocados
Product of Mexico
5ct bag

FRESH

ADVANCEMENTS LTD.

Produce is our passion!



6⁹⁹
/LB

Fresh Red or
Yellow Dragonfruit
Product of Ecuador
\$15.41/kg



4⁹⁹

Fresh Goldenberries
Product of Colombia
200g pkg

70 YEARS OF FAMILY STANDARDS

ORGANIC



Fresh Organic Green or Red Anjou Pears
Product of U.S.A.
2lb bag

3⁹⁹



Cut from Canada Prime Grade
Longo's Certified Angus Beef
Sirloin Tip Steak or Roast
22.02/kg

9⁹⁹
/LB

SAVE UP TO \$5/LB



Fresh Whole Dress
Rainbow Trout
22.02/kg

9⁹⁹
/LB

SAVE \$1/LB



1⁹⁹ Fresh Grapefruit
Product of U.S.A.
each



Fresh Blood
Oranges
Product of U.S.A.
4.39/kg

1⁹⁹
/LB



3⁹⁹
/LB

SAVE \$3/LB

Fresh Ontario Boneless
Pork Belly
sliced or piece
8.80/kg



Longo's Frozen
Pacific Cooked
Shrimp Ring
with Cocktail Sauce
312g pkg

9⁹⁹

SAVE \$1



Fresh Red Plums
Product of Chile
6.59/kg

2⁹⁹
/LB

ORGANIC



Fresh Organic Carrots
Product of U.S.A.
bunch

2⁹⁹



Yorkshire Valley Farms
Frozen Organic
Chicken Meatballs,
Breakfast Patties,
Thighs or Drumsticks
800g-1kg pkg

14⁹⁹

SAVE UP TO \$4



IFC Frozen
Coho Salmon
454g pkg

13⁹⁹

SAVE \$2



7⁹⁹ Longo's Pitted or
Whole Medjool Dates
Product of U.S.A.
340-454g pkg
SAVE \$2

PACKAGED IN-STORE!



9⁹⁹ Longo's Fresh Almonds
600g pkg
SAVE \$2



10⁹⁹
/LB
SAVE \$1/LB

duBreton Raised
Without Antibiotics
Pork Tenderloin
24.23/kg



DOM Specialty
Frozen Smoked Salmon
300g pkg

15⁹⁹
SAVE \$2

Fresh fish is subject to availability.

FRESH SAVINGS FOR THE WEEK OF THURSDAY FEBRUARY 26TH TO WEDNESDAY MARCH 4TH, 2026.

**LONGO'S
HOMESTYLE
MEATBALLS IN
SAUCE AND
CHEESE.**

**FULLY COOKED.
HEAT AND EAT.**

Longo's authentic meatballs! Made with 100% Certified Angus Beef and freshly grated Romano cheese! Homestyle recipe from our family to yours!

**FROM
11⁹⁹
SAVE \$1**



Also available Longo's veal or chicken cutlets with or without sauce and cheese.



Longo's Pasta
Single Serve
300g or 450g pkg
selected varieties

**FROM
8⁹⁹**

THANK YOU EARN 200 POINTS



Sartori BellaVitano Cheese
150g wedge
selected varieties

11⁹⁹



**FRESH
DELI
CUT**

**4⁹⁹
/100G**

Oka Cheese
selected varieties



**FRESH
DELI
CUT**

**3⁴⁹
/100G**

Castello Havarti
selected varieties

Mastro Sopressata
Mild, Mastro
Calabrese Hot
Salami or Mastro
Salami with
Prosciutto or
Mastro Capocollo
Mild or Hot

**3⁴⁹
/100G**



**FRESH
DELI
SERVED**

**2⁹⁹
/100G**

Longo's Montreal Smoked
Beef, Roast Beef, Corned
Beef or Pastrami



**FRESH
DELI
SERVED**

**3⁶⁹
/100G**

Hayter's Farm
Raised Without
Antibiotics Turkey
Breast Roast



7⁹⁹

Fantino & Mondello Sliced
or Diced Deli Meats
100-200g pkg
selected varieties



**21⁹⁹
SAVE \$1**

La Rocca
6" Egg-Free Cake
600g pkg
selected varieties



9⁹⁹

Longo's Coffee Cake
750g pkg
selected varieties

THANK YOU EARN 200 POINTS



BAKED IN-STORE!

5⁹⁹

Longo's Braided Strudels
4 pack
selected varieties

THANK YOU EARN 200 POINTS



**5⁴⁹
SAVE \$1**

Quinn's Swiss Rolls
402g pkg, 6 pack
selected varieties

Longo's 9" Bake at
Home Fruit Pie
1kg pkg
selected varieties

11⁹⁹

THANK YOU EARN 100 POINTS



Available in Our
Bakery Freezer Section.



**8⁴⁹
SAVE \$1**

Olivia's Nut Free Cake Pops
6 pack, 192g pkg
selected varieties



**BAKE AT
HOME SCONES!**

**6⁹⁹
SAVE \$1**

Le Monde
est Scones
400g pkg
selected varieties



Available in Our Bakery Freezer Section.



FRESH SAVINGS FOR THE WEEK OF THURSDAY FEBRUARY 26TH TO WEDNESDAY MARCH 4TH, 2026.

TRADITIONALLY
EATEN DURING
ST. JOSEPH'S DAY.

JOIN US FOR IN-STORE
TASTING EXPERIENCE
MARCH 19.

THEY'RE BACK! LONGO'S ZEPPOLE.

The perfect marriage of Chantilly cream and freshly baked pâte à choux makes for a dessert you'll be dreaming about. But don't dream too long, Longo's authentic Italian Zeppole are here for a limited time only.

MADE IN-STORE. AVAILABLE FOR
THE MONTH OF MARCH ONLY.



Longo's 8"
Zeppole Cake

29⁹⁹

EARN 300 POINTS

- Layers of vanilla sponge cake
- Chantilly cream filling with Amarena cherries
- Topped with zeppolini



CHOCOLATE
HAZELNUT



Longo's Zeppole
selected varieties

3⁷⁹

**WHEN YOU BUY
6 OR MORE.**

EARN 50 POINTS

FRESH STRAWBERRY
& CHANTILLY CREAM



Longo's Zeppolini
selected varieties

2⁶⁹

**WHEN YOU BUY
6 OR MORE.**

EARN 25 POINTS



TRADITIONAL
AMARENA
CHERRIES

TANGY LEMON
CREAM



SEAFOOD SAVINGS



9⁹⁹ /LB
SAVE \$1/LB

Fresh Tilapia Fillets
 22.02/kg
 VALUE PACK



3⁹⁹ /LB
SAVE \$2/LB

Fresh Whole Whiting
 Uncleaned
 8.80/kg



Canadian Cove
 Fresh Cultivated
 Mussels
 907g pkg
6⁹⁹
SAVE \$1



Longo's Frozen
 Bacon Wrap
 Scallops
 340g pkg
10⁹⁹
SAVE \$4



Longo's Frozen
 Breaded or Battered Fish
 500-600g pkg
 selected varieties

14⁹⁹
SAVE \$1.50



Longo's Frozen
 Cooked Black
 Tiger Shrimp
 454g pkg, 41-50ct
16⁹⁹
SAVE \$2



ORGANIC



Longo's Frozen Raw
 Easy Peel Organic
 Black Tiger Shrimp
 340g pkg, 21-25 ct
12⁹⁹
SAVE \$2

Longo's Frozen
 Beer Batter
 Tempura Shrimp
 340g pkg
6⁴⁹
SAVE 2.50



Longo's Frozen
 Patagonian Scallops
 340g pkg
10⁹⁹
SAVE \$5



Ocean Prime
 Frozen Cuttlefish
 908g pkg
12⁹⁹
SAVE \$6



Ocean Prime
 Frozen Squid Rings
 908g pkg
12⁹⁹
SAVE \$3



14⁹⁹
SAVE \$2

Ocean Jewel Frozen
 Whole Sea Bream
 or Sea Bass
 640g pkg



Chelsea Frozen
 Silverside Smelts
 454g pkg
4⁹⁹
SAVE \$5



Fresh fish is subject to availability.

GROCERY



NEW

3⁹⁹
SAVE \$2

Ben's Original Street Food Noodles Ready to Heat
250g pkg
selected varieties

An exciting mixture of noodles with vegetables, perfectly spiced with bold street food flavours from around the world, for a delicious and authentic taste experience.

Giving you a tasty, feel-good entree, when you don't have the time or energy to cook.

© 2026 Mars or Affiliates.



NEW

5⁹⁹
SAVE \$1

Goldy's High Protein+ Oatmeal
250g pkg
selected varieties



MADE IN CANADA

Earth's Own Barista Blend Beverage
946mL tetra or
Four O'Clock Tea 16ct
Individual \$5.49
selected varieties

2 FOR \$10
SAVE \$1.98 ON 2

T-OAT-aL RELAXATION



Laura Secord Premium Chocolate
100g bar
selected varieties

3²⁹
SAVE 70¢

Laura Secord Premium Chocolate
300g Bar
selected varieties

9⁹⁹
SAVE \$1



Cascade Platinum Dishwasher Detergent
39ct,
Gain Liquid Laundry Detergent
100 loads or
Flings
42ct
selected varieties

14⁹⁹
SAVE UP TO \$8



Whole Earth Stevia & Monk Fruit Sweetener
80ct or
Monk Fruit with Erythritol sweetener
235g pkg
selected varieties

7⁴⁹
SAVE AT LEAST \$1



Comeback Snacks Popcorn
225g pkg
selected varieties

4⁹⁹
SAVE \$2



Minute Rice
Long Grain White
Blanc à grains longs
5
Whole Grain Brown
Brun à grains entiers
10

7⁴⁹
SAVE \$1

Minute Rice Original or Whole Grain Brown Rice
1.2-1.4kg pkg
selected varieties



Purina Tidy Cats Cat Litter
2.72kg pkg
selected varieties

12⁹⁹
SAVE \$3



Kashi Snack Bars
175-200g pkg,
Special K Nourish Bars
165g pkg or
Rice Krispies Homestyle Treats
154-198g pkg
selected varieties

3⁴⁹
SAVE AT LEAST \$1



Lay's Potato Chips or Smartfood Popcorn
175-235g pkg
Individual \$4.49
selected varieties

2 FOR \$8
SAVE AT LEAST 98¢ ON 2



Maille Mustard Dijon, Old Style or Honey Dijon
200mL jar

4⁹⁹
SAVE \$1



Dempster's Grains, Signature or Protein Bread
600g pkg,
Dempster's Signature Buns
6-8ct or
Sara Lee Little Bites
234g pkg
selected varieties

3⁹⁹
SAVE UP TO \$1.50



Smucker's Jam
500mL jar,
Smucker's No Sugar Added Jam
310mL jar or
Jiff Peanut Butter
1kg jar
selected varieties

5⁹⁹
SAVE UP TO \$2



Pepsi Soft Beverages
6x710mL bottles
selected varieties

4⁹⁹
SAVE \$2

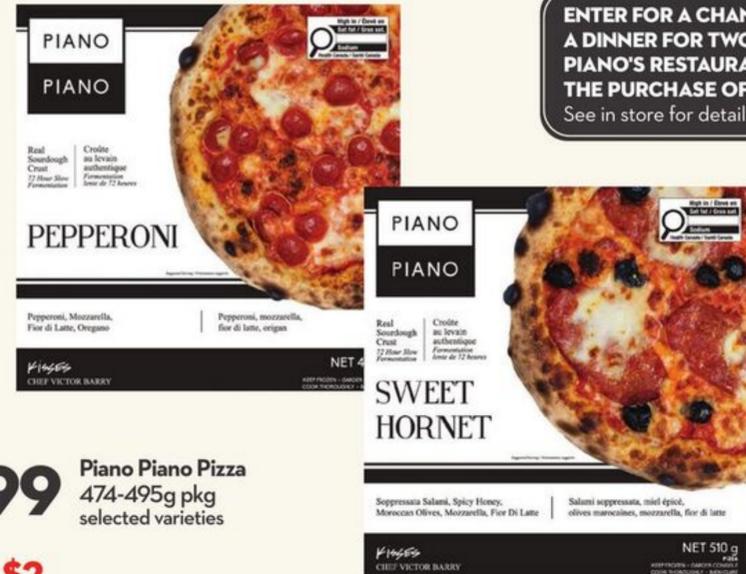
DAIRY AND FROZEN



ORGANIC

Organic Meadow
Yogourt
750g tub
selected varieties

5⁹⁹
SAVE \$1.50



ENTER FOR A CHANCE TO WIN
A DINNER FOR TWO AT PIANO
PIANO'S RESTAURANT WITH
THE PURCHASE OF A PIZZA.
See in store for detail

9⁹⁹ Piano Piano Pizza
474-495g pkg
selected varieties
SAVE \$2



Oasis Orange Juice
2.5L jug
selected varieties

8⁹⁹
SAVE \$1



Kawartha Dairy
Ice Cream
1.5L tub
selected varieties

7⁹⁹
SAVE UP TO \$2



International Delights
Coffee Enhancers
396mL pkg or
Cold Foam
946mL pkg
selected varieties

4⁹⁹
SAVE UP TO \$2



Lactantia
UltraPur, Purfiltre
Organic, or
Lactose Free Milk
1.5 bottle-2L carton
selected varieties

5⁹⁹
SAVE UP TO \$2



McCain French Fries
454-800g pkg
Individual \$4.99
selected varieties

2 FOR \$9
SAVE UP TO \$2.98 ON 2



Bibigo Mini
Wontons
680g pkg
selected varieties

9⁹⁹
SAVE \$1



Becel
Margarine
427g tub
selected varieties

4⁴⁹
SAVE UP TO \$1.50



Tre Stelle
Cream Cheese
200g pkg
selected varieties

4⁴⁹
SAVE \$1.50



Longo's
Frozen Pasta
900g pkg
selected varieties

7⁹⁹
SAVE \$1



3⁹⁹ Kellogg's Eggo
Waffles, Pancakes
or Toaster Sticks
270-330g pkg
selected varieties
SAVE 50¢

LONGO'S MUST HAVES

SAUCY DEALS ON PASTA FAVOURITES

Longo's CURATO
PRODUCT OF ITALY

Longo's CURATO
PRODUCT OF ITALY

Longo's CURATO
PRODUCT OF ITALY

Longo's Pasta Sauce
700mL jar
selected varieties
5⁹⁹
SAVE 50¢

Longo's Curato Pasta Sauce
650mL jar
selected varieties
7⁴⁹
SAVE 50¢

Longo's Curato Pasta
500g pkg
selected varieties
2⁹⁹
SAVE 50¢

Longo's Curato Egg Pasta
250g pkg or
Gnocchi 500g pkg
selected varieties
2⁹⁹
SAVE 50¢

Longo's Cabbage Rolls
1kg pkg
10⁹⁹
SAVE \$1

Longo's CABBAGE ROLLS
BEEF, PORK, AND RICE FILLING TOPPED
WITH A SAVOURY TOMATO SAUCE

Longo's CURATO
PRODUCT OF ITALY

Longo's Curato Crushed Chili Pepper Spread
Product of Italy
190g jar
3⁹⁹
SAVE \$1

Longo's Whole Roasted or Sliced Red Peppers
340mL jar
3⁴⁹
SAVE 50¢

Longo's Mediterranean Extra Virgin Olive Oil
750mL bottle
12⁹⁹
THANK YOU EARN 200 POINTS

FRESH SAVINGS FOR THE WEEK OF THURSDAY FEBRUARY 26TH TO WEDNESDAY MARCH 4TH, 2026.

LONGO'S PREPARED VEGETABLES



Stress less with our ready-to-use veggies - from diced onions and sauce-ready soffritto to broccoli and cauliflower florets, sliced veggies, and medleys prepped for grilling and stir-fries.



**PREPARED
FRESH
IN-STORE
DAILY!**



Broccoli Florets



Cauliflower Florets



Trimmed Organic
Rainbow Carrots



Prepared Vegetable
Soup Starter



Sliced Pepper Medley



Prepared Vegetable Stir-Fry



Celery Sticks



Prepared Julienne Vegetables



Prepared Vegetables -
Ready for the Grill



Vegetable Medley

FROM
120
/100G

Longo's
Prepared
Vegetables



**EARN 200
POINTS
PER 100G**



Carrot & Celery Sticks



Asparagus



Diced Red Onion



Diced Soffritto



3⁹⁹

Gray Ridge Large White Eggs
12 pack



1⁹⁹

Longo's Essentials Bread
675g pkg



2⁹⁹

Fresh Living Lettuce
Product of Canada
selected varieties



3⁹⁹

Oikos or Liberté Greek Yogurt
4x100g pkg



5⁹⁹

Longo's Essentials Country Churned Butter
454g pkg



3⁹⁹

Longo's Fresh White Potatoes
Product of Canada
10lb bag



2 FOR \$4

Longo's Pasta
450g pkg
Individual \$2.29



2⁴⁹ /LB

Longo's Fresh Ontario Air-Chilled, Grain-Fed Chicken Leg Quarters
Value pack • 5.49/kg



10⁹⁹

Organic Meadow Milk
1%, 2% or skim
4L bag



6⁴⁹

Beatrice Milk
1%, 2% or skim
4L bag



12⁹⁹

Longo's Traditional Meat Lasagna
2.27kg pkg



9⁹⁹

Imported Emmental Cheese, Medium Cheddar Cheese or Imported Aged Cheddar Cheese
Average weight 400g

\$5.00/ serving

19⁹⁹

Longo's Oven-Ready Meals
900g-1kg pkg
Serves up to 4



20⁹⁹

Cashmere Bath Tissue
24=72 rolls

WE'VE LOCKED DOWN PRICES ON EVERYDAY ITEMS.

FRESH SAVINGS FOR THE WEEK OF THURSDAY FEBRUARY 26TH TO WEDNESDAY MARCH 4TH, 2026.

ADD LOCAL TO YOUR LIST.

Longo's



MEET THE FARMER

Algoma Orchards

LOCATION
Durham, Ontario

WHY THEY ARE OUR PARTNER

As fourth-generation farmers, the Kemp family has a proven passion for farming dating back to the 1800s. In 1964, Algoma Orchards was created. Algoma would grow, pack and ship apples to local grocery stores. Since then, Algoma has grown immensely and continues to do so. In 2010, Algoma opened up shop in Newcastle. The Algoma Orchards Gourmet Market has become a staple for many Durham region locals, while Algoma's packing plant operates day and night to produce apple products for Canadians across our beautiful country.



ORCHARD-INSPIRED COMPOSED SALAD

SERVES 8

PREP TIME: 20min

270 CALORIES PER SERVING

Ingredients

1 tub (142g) Longo's Organic Spring Mix
2 each local apples and pears, cored and quartered
2 cups thinly sliced fennel
1 can (398mL) Longo's Organic Chickpeas, drained and rinsed
1/2 cup Longo's Dried Mix Fruit, assorted pieces, sliced thinly
1/4 cup Longo's Pumpkin Seeds

Apple-Almond Dressing:

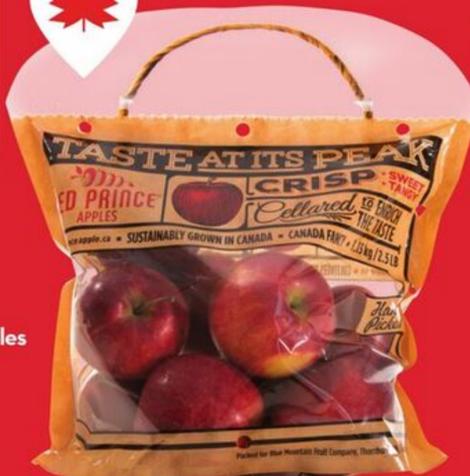
1/2 apple, peeled or skin-on, roughly chopped
1/3 cup Longo's Mediterranean Extra Virgin Olive Oil
1/4 cup Longo's Apple Cider Vinegar
1 tbsp Longo's 100% All Natural Smooth Almond Butter
1 tbsp Longo's Maple Syrup
1 clove garlic, chopped
1/2 tsp salt
Pepper to taste

Directions

Apple-Almond Dressing: Combine apple, oil, vinegar, almond butter, maple syrup, garlic, salt and pepper in blender; blend until smooth. (Make-ahead: Transfer dressing to jar and reserve in the refrigerator for up to 2 days. Bring to room temperature before using, stir well and mix in up to 2 tbsp water to thin as needed.)
Spread greens out in large shallow bowl or deep platter. Slice apple and pear quarters and arrange in groupings over the greens along with fennel, chickpeas, dried fruit and pumpkin seeds. Serve with dressing on the side. (Make-ahead: Salad can be assembled in the morning, covered and refrigerated, until ready to serve with the dressing on the side. To keep apples and pears from browning, soak slices in a mixture of lemon juice and water and pat dry before adding to the salad.)

TIPS: For extra flavour, top salad with crumbled Longo's Goat's Milk Cheese or your favourite plant-based alternative. Substitute fennel with 2 cups Longo's Frisee Fennel Radicchio Salad Mix, if desired. Try substituting Longo's Organic Pumpkin Seed Butter for the almond butter for a nut-free option.

MUST
TRY



Fresh Red Prince Apples
Product of Ontario
2.5lb bag

4⁹⁹

PREMIUM TASTE, PERFECT TIMING

Discover the Red Prince apple, a versatile variety that combines sweet juiciness with a crisp, tangy bite. Harvested in the fall and cellared like fine wine, its flavour and texture mature to perfection by the new year. With a vibrant red skin rich in antioxidants and a premium eating experience, Red Prince is the ideal choice for snacking, baking or entertaining.



IN-STORE
TASTING
SAT-SUN
10:30AM - 4PM

SAVE ON THE BRANDS YOU LOVE AT LONGO'S

BUY ANY 2 MAPLE LEAF PRIME® RAISED WITHOUT ANTIBIOTICS ITEMS AND ENTER FOR A CHANCE TO WIN*

1 MILLION POINTS

\$5,000 VALUE



*No purchase necessary. Contest is open to only legal residents of Ontario, over the age of majority who are registered Thank You Reward Members. There is ONE (1) prize available to be won, Members will receive ONE (1) entry automatically with the purchase of TWO (2) participating products and by scanning your Thank You Rewards card between February 19th and March 4th, 2026. Odds of winning are dependent on the number of entries received. See in-store for full contest rules and regulations.



13⁹⁹
/LB
SAVE \$1/LB

Maple Leaf Prime Raised Without Antibiotics Thin Sliced Chicken Breast, Fillets or Diced Fillets
30.84/kg



10⁹⁹
/LB
SAVE \$2/LB

Maple Leaf Prime Raised Without Antibiotics Boneless, Skinless Chicken Breasts
24.23/kg



5⁹⁹
/LB
SAVE \$1/LB

Maple Leaf Prime Raised Without Antibiotics Chicken Drumsticks or Thighs
13.21/kg



Maple Leaf Prime Raised Without Antibiotics Ground Chicken
454g pkg
7⁴⁹
SAVE \$1



Maple Leaf Prime Raised Without Antibiotics Split Chicken Wings
15.41/kg
6⁹⁹
/LB
SAVE UP TO \$2/LB

FEBRUARY 26TH - MARCH 4TH, 2026



CANADIAN FARM RAISED



GRAIN FED



AIR CHILLED CHICKEN



HUMANELY RAISED



FRESH NEVER FROZEN

FRESH SAVINGS FOR THE WEEK OF THURSDAY FEBRUARY 26TH TO WEDNESDAY MARCH 4TH, 2026.

SAVE ON THE BRANDS YOU LOVE AT LONGO'S

NATURAL SPRING WATER



Fiji Natural Spring Water
6x500mL bottles

6⁹⁹

SAVE \$2

Fiji Natural Spring Water
1L botte

2⁴⁹

SAVE 50¢

Fiji Natural Spring Water
1.5L bottle

2⁹⁹

SAVE \$1

Bring home the delicious taste of

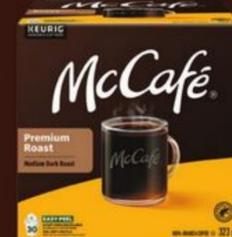
McCafé®



McCafé K-Cups
12ct

11⁹⁹

SAVE UP TO \$5



24⁹⁹ McCafé
K-Cups
30ct

SAVE UP TO \$5



McCafé Premium
Roast Coffee
875g pkg
selected varieties

29⁹⁹

SAVE UP TO \$5



© 2026 McDonald's McCafé and the McCafé Design - use of these trademarks is licensed from McDonald's Corporation.

Keurig and K-Cup are registered trademarks of Keurig Green Mountain, Inc., used with permission.

SNACK ATTACK



Longo's Popcorn
175-225g pkg
selected varieties

2⁹⁹

SAVE 50¢



LONGO'S
TRUFFLE PARMESAN
FLAVOUR POPCORN

Our popcorn combines the earthy notes of truffle paired with the sharp, nutty notes of aged Parmesan.

THE LOFT

GATHER • COOK • LEARN



GO FROM GOOD TO GREAT.



Learn new skills and make memorable meals at The Loft cooking school.

Scan here or visit Longos.com/Loft for select locations and for more details.

Longo's

Birthday party packages and private events for all occasions available!

FRESH SAVINGS FOR THE WEEK OF THURSDAY FEBRUARY 26TH TO WEDNESDAY MARCH 4TH, 2026.

SAVE ON THE BRANDS YOU LOVE AT LONGO'S

KALTBACH

IN-STORE TASTING
FEBRUARY 20TH-22ND
AT SELECT LOCATIONS

Kaltbach Creamy, Goat, Truffle or **NEW** Le Corse Cheese

FROM 5⁹⁹ /100G

PROUDLY

MADE IN CANADA

YOU'VE GOT THIS

Quaker Instant Oats Plus Benefits 264-344g pkg selected varieties **3⁷⁹** **SAVE AT LEAST \$1.20**

Quaker Instant Oatmeal or Quaker Oats 264g-1kg pkg selected varieties **3⁴⁹** **SAVE AT LEAST 80¢**

Pearl Milling Company Pancake Mix 905g pkg selected varieties **3⁴⁹** **SAVE \$2**

Made in Canada from domestic and imported ingredients.

RITZ Drizzled minis

2⁹⁹ **SAVE AT LEAST \$1.30**

Christie Oreo Cookies 224-270g or Christie Ritz Crackers 100-200g pkg selected varieties

4⁴⁹ **SAVE AT LEAST \$1.80**

Christie Family Size Crackers 210-454g pkg or Christie Family Size Cookies 285-525g pkg selected varieties

BACKED BY OVER 35 YEARS OF ACTIVIA'S EXPERTISE IN GUT HEALTH

NEW

Activia Yogurt 8x100g pkg selected varieties **4⁴⁹** **SAVE \$1.50**

Activia® used under lic., © 2026 Cie Gervais Danone. All rights reserved.

YOUR SMOOTHIE'S PROTEIN PARTNER

4⁴⁹ **SAVE \$1.50**

Silk Protein Beverage 1.75L carton selected varieties

Silk® © 2026 WhiteWave Services, Inc. All rights reserved.

YOUR CEREAL'S SIDEKICK

3⁹⁹ **SAVE UP TO \$2**

Silk Beverages 1.75-1.89L carton selected varieties

YOUR COFFEE'S CREAMY GOODNESS

4⁹⁹ **SAVE UP TO \$1**

Silk Creamer 890mL pkg selected varieties