

EFFECTIVE FROM THURSDAY FEBRUARY 5TH TO WEDNESDAY FEBRUARY 11TH, 2026.



THIS WEEK MEMBERS SAVE OVER \$50
See online flyer for more deals.

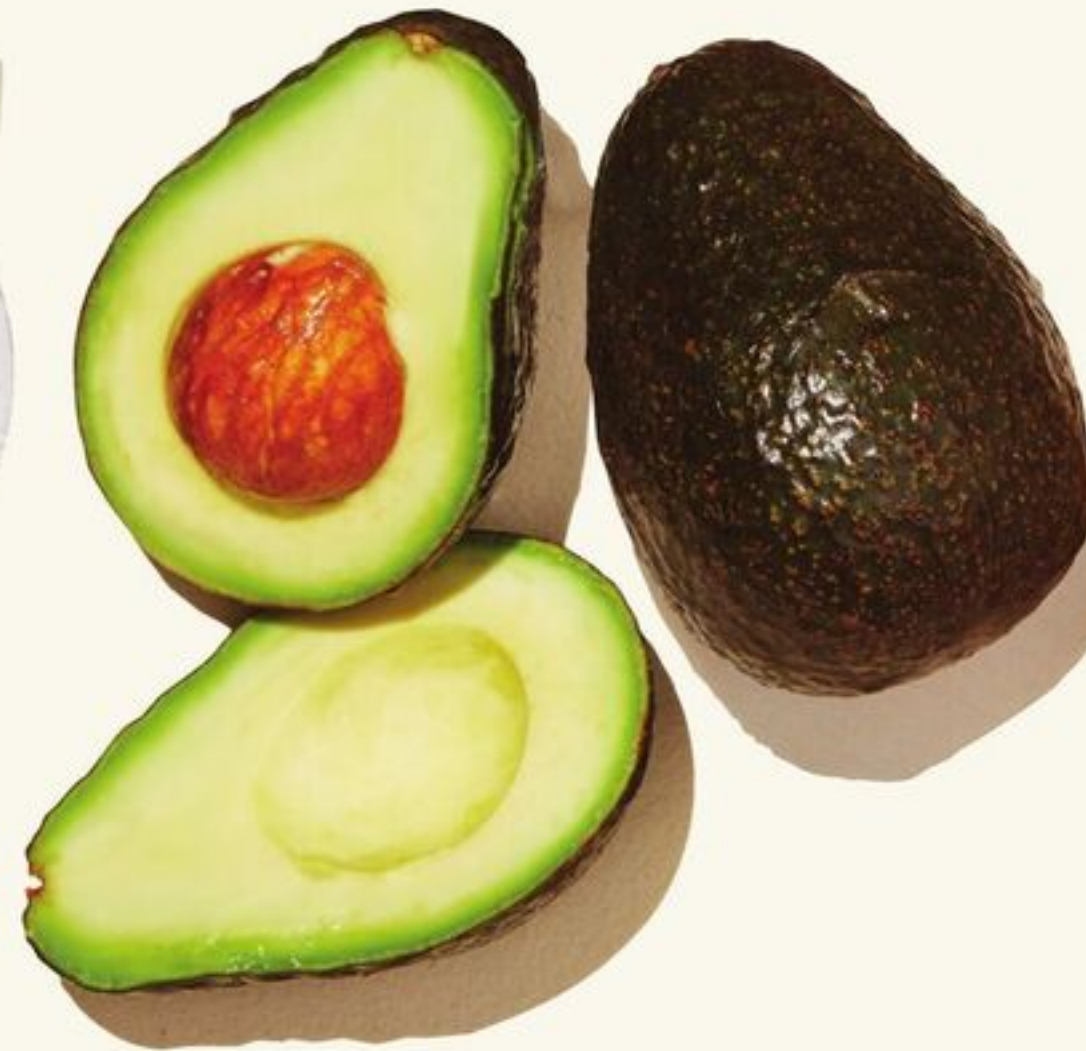
THANK YOU REWARDS MEMBER PRICING



Maple Leaf Prime Raised Without Antibiotics Split Chicken Wings VALUE PACK or Drumsticks or Bone-in Chicken Thighs 8.80/kg CLUB PACK

3⁹⁹ /LB

SAVE UP TO \$5/LB



3 FOR \$5

Fresh Avocados Product of Mexico

Longo's Fresh Clementines Product of Morocco 2lb bag

3⁹⁹

SAVE \$2

NON-MEMBER \$5.99



Pinty's Premium Frozen Chicken Wings 700-750g pkg selected varieties

9⁹⁹

SAVE \$8

NON-MEMBER \$17.99



9⁹⁹

SAVE \$3

NON-MEMBER \$12.99

Longo's Frozen Tempura Shrimp or Coconut Breaded Shrimp 500g pkg selected varieties



PRE-ORDER FLORIST QUALITY FOR LESS

ORDER ON LONGOS.COM UNTIL FEBRUARY 12TH & PICK UP IN-STORE BETWEEN FEBRUARY 12TH & 14TH



Fresh Canadian Atlantic Salmon Side 33.05/kg

14⁹⁹ /LB

SAVE \$2/LB



HOT DEAL

San Daniele Sliced Prosciutto or Smoked Speck Prosciutto 100g pkg Individual \$6.99

2 FOR \$10



Lay's Potato Chips or Smartfood Popcorn 175-235g pkg Individual \$3.49 selected varieties

2 FOR \$6

SAVE \$2.98 ON 2



Fresh Asparagus Product of Mexico 11.00/kg

4⁹⁹ /LB



4⁹⁹

Häagen-Dazs Ice Cream 414-450mL tub or Häagen-Dazs Novelties 3 pack selected varieties

SAVE UP TO \$2.30

Villaggio Bread 550-675g pkg, Villaggio Buns 6-8 pack, Dempster's Bagels 5-6 pack or Dempster's Tortillas 7" or Yachon Snack Cakes 6 pack selected varieties

3⁴⁹

SAVE UP TO \$2.30



Diana or Bull's-Eye BBQ Sauce 425-500mL bottle selected varieties

1⁹⁹

SAVE UP TO \$4



Black Diamond Cheese Bar or Shreds 320-400g pkg selected varieties

4⁹⁹

SAVE UP TO \$3



SUPPORTING LOCAL A FAMILY STANDARD SINCE 1956

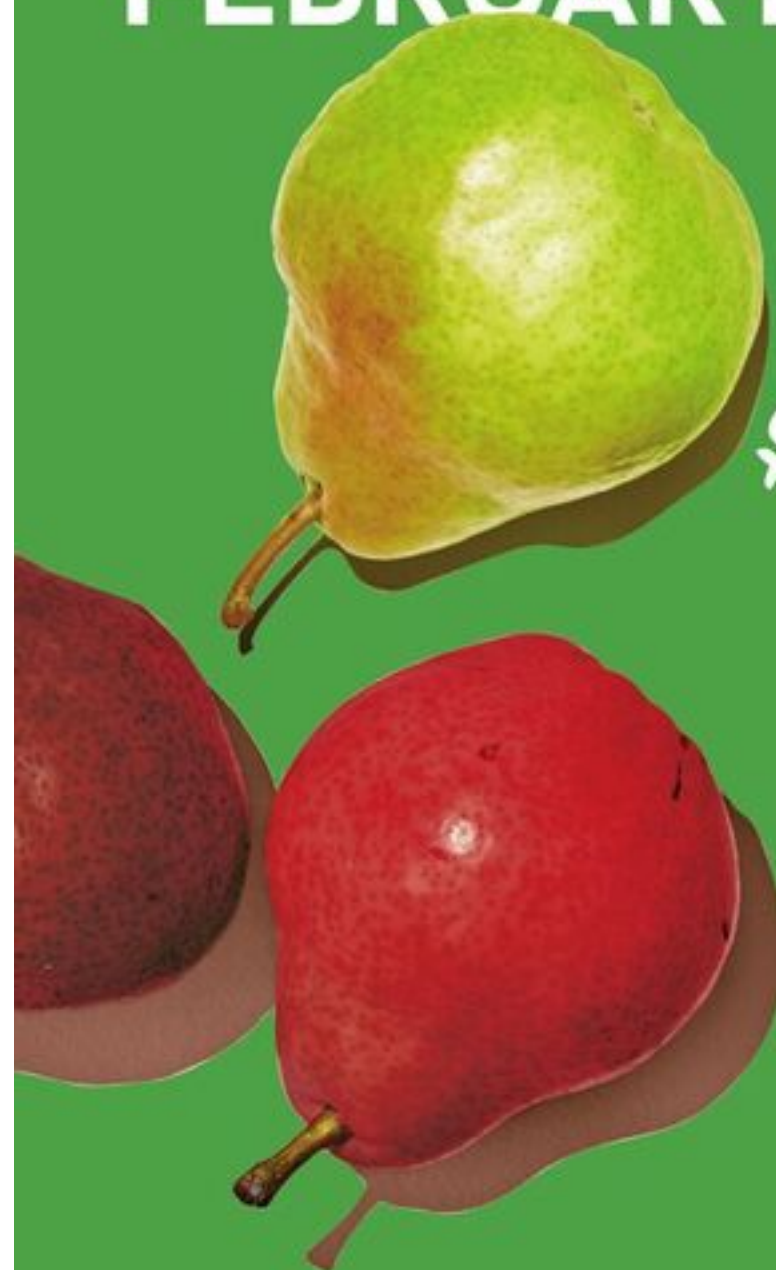
FRESH MARKET PICKS

FEBRUARY 5th-11th



100Z.
PKG

\$5.99 Fresh Pineberries
Product of U.S.A.
283g pkg
No. 1 Grade



ORGANIC
\$4.99

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



2LB
BAG



\$3.99
each

Fresh Purple Artichokes
Product of U.S.A.



\$2.99
/lb

Fresh Red Field Peppers
Product of Mexico
\$6.59/kg

FEBRUARY 5TH - 9TH

**WHILE
SUPPLIES
LAST**

ORGANIC

\$3.99

Fresh Organic
Raspberries
Product of Mexico
or U.S.A.

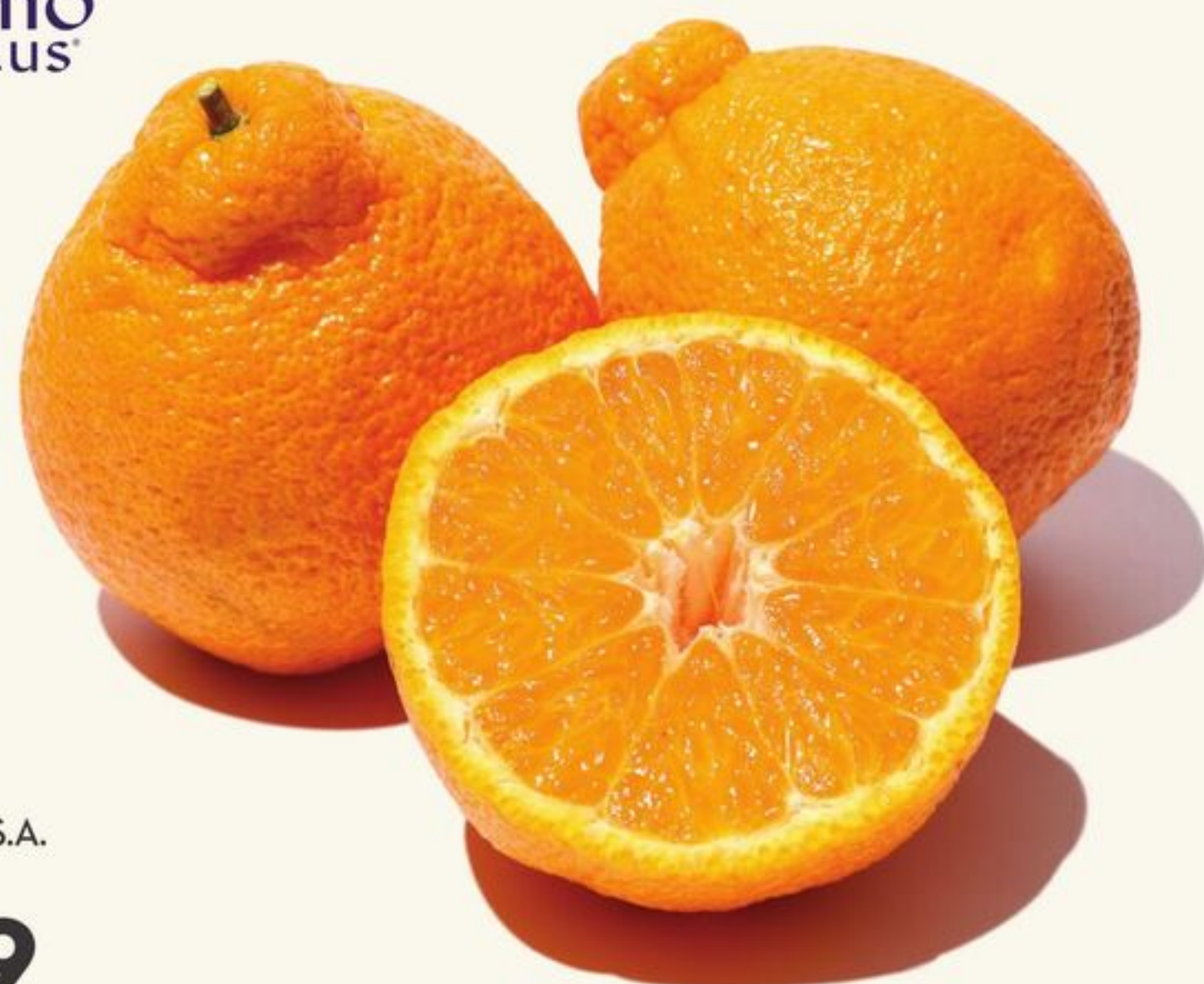


60Z.
PKG



Fresh Ontario
Pork Back Ribs
2 pack cry-o-vac
11.00/kg

4⁹⁹
/LB
SAVE \$3/LB



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

3⁹⁹
/LB

Marina Del Rey
Frozen Raw
Argentinian Shrimp
300g pkg
selected varieties

9⁹⁹
SAVE \$3



BAKED IN-STORE.



1⁹⁹
Longo's White
Baguette
350g pkg
SAVE 50¢



Fresh Hot Jalapeño
Peppers
Product of Mexico
250g pkg

3⁹⁹



Fresh Garlic
Product of Argentina
11.00/kg

4⁹⁹
/LB

FLOWN
IN
FRESH



4⁹⁹
/LB
Fresh Tree-Ripened Mangoes
Product of Peru
11.00/kg

Bounty
Paper Towels
3=6 rolls
selected varieties

5⁹⁹
SAVE \$6



Pepsi Beverages
12x355mL cans
Individual \$7.99
selected varieties

2⁰⁰ \$15
SAVE \$1.98 ON 2



Nescafé Instant,
Taster's Choice or
Sweet and Creamy
Coffee
100-170g jar or pkg
selected varieties

6⁹⁹
SAVE \$3



YOUR CHOICE
Dare Crackers, Crisps,
Baguettes or Bites
Individual \$3.99
selected varieties

2⁰⁰ \$5
SAVE UP TO \$3.60 ON 2



3⁹⁹
Gray Ridge Large
White Eggs
12 pack



5⁹⁹
Longo's Essentials
Country Churned Butter
454g pkg



1⁹⁹
Longo's
Essentials Bread
675g pkg



3⁹⁹
Oikos or Liberté
Greek Yogourt
4x100g pkg

WE'VE LOCKED DOWN PRICES ON EVERYDAY ITEMS.



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

f X @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 5TH TO WEDNESDAY FEBRUARY 11TH, 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 \$50



Yorkshire Valley
Farms Frozen
Organic Split
Chicken Wings
1kg pkg

12⁹⁹

SAVE \$5

NON-MEMBER
17⁹⁹



17 Cooks Mexican or
7-Layer Dip
Regular or Spicy
272g pkg

6⁴⁹

SAVE \$1

NON-MEMBER
7⁴⁹



Balderson Gouda
or Havarti Cheese
170-200g pkg
selected varieties

7⁹⁹

SAVE \$1

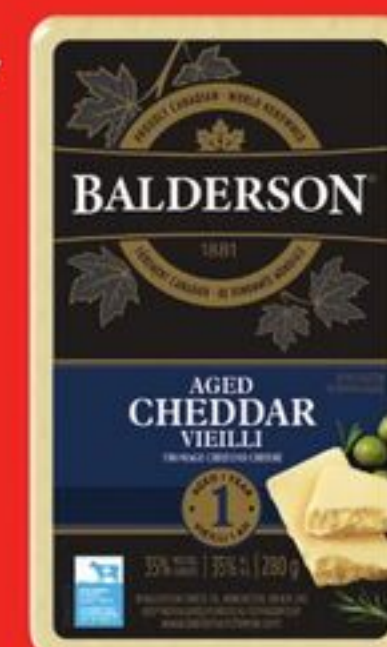
NON-MEMBER
8⁹⁹

Balderson Cheddar
250-280g pkg
selected varieties

FROM 9⁹⁹

SAVE \$1

NON-MEMBER
FROM
10⁹⁹



Longo's
Frozen Cooked
Black Tiger Shrimp
454g pkg, 8-12ct

24⁹⁹

SAVE \$5

NON-MEMBER
29⁹⁹



Arte* Fresh Salad Kits
286-359g pkg
assorted varieties

3⁹⁹

SAVE \$2

NON-MEMBER
5⁹⁹



2^{OR} \$7

SAVE \$2.98 ON 2

NON-MEMBER
4⁹⁹

Tre Stelle Mozzarella Ball
Club Pack
3 pack, 3x250g pkg

13⁹⁹

SAVE \$4

NON-MEMBER
17⁹⁹



Tony's Chocolonely Bar
180g pkg
selected varieties

6⁴⁹

SAVE \$1.50

NON-MEMBER
7⁹⁹



Tonys Chocolonely
Rainbow Pack
300g pkg

11⁹⁹

SAVE \$4

NON-MEMBER
14⁹⁹



HOT DEAL

Olitalia Italian Organic
Extra Virgin Olive Oil
1L bottle

14⁹⁹

SAVE \$10

NON-MEMBER
24⁹⁹

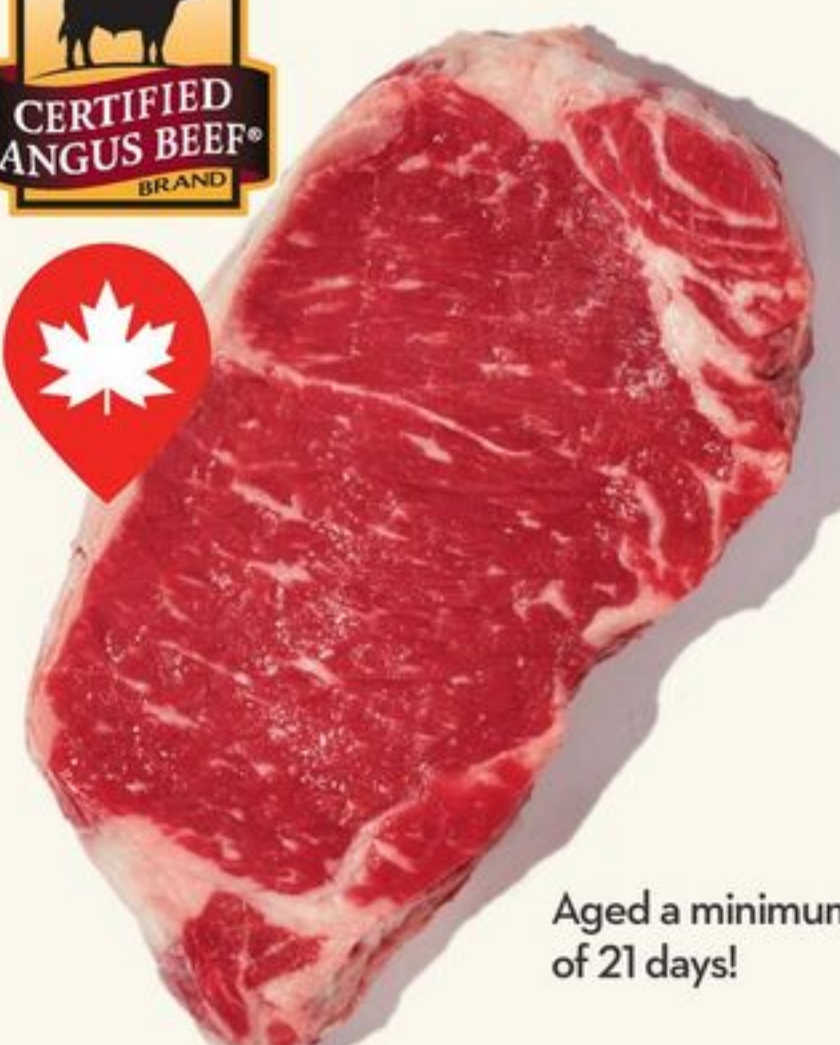


CARA CARA ORANGES
These look like a navel orange on the outside, but the inside has a wonderful pink colour. Extremely sweet, these make a great snack or are wonderful in a salad.



1.69 /LB
Fresh Cara Cara Oranges
Product of U.S.A.
3.73/kg

CERTIFIED ANGUS BEEF
SINCE 1978



Aged a minimum of 21 days!

Cut from Canada AAA Grade
Longo's Certified Angus Beef
Striploin Grilling Steak or Roast
50.68/kg

22.99 /LB
SAVE UP TO \$4/LB

ORGANIC



22.99 /LB
SAVE \$2/LB
Fresh Organic Atlantic Salmon Fillet
50.68/kg





2.99
Fresh Rainbow Nante Carrots
Product of Canada
454g pkg

Fresh Bagged Lemons
Product of U.S.A.
2lb bag



3.99



Longo's Fresh Air-Chilled, Grain-Fed Whole Chicken
8.80/kg



3.99 /LB
SAVE \$1/LB

Fresh Tilapia Fillet
22.02/kg
VALUE PACK



9.99 /LB
SAVE \$1/LB



1.99 /LB
Fresh Radicchio
Product of Mexico or U.S.A.
4.39/kg

3LB BAG



4.99
Fresh Sweet Potatoes
Product of U.S.A.
3lb bag





18.99 /LB
SAVE \$1/LB
Yorkshire Valley Farms
Fresh Organic Chicken Breast Fillets or Scallopini
41.87/kg

Longo's
TAYLOR BATTERED WILD-CATCHED
COD FILLETS
600 g



Longo's
BREADED WILD-CATCHED
HADDOCK FILLETS
500 g



14.99
SAVE \$1.50
Longo's Frozen Breaded or Battered Fish
500-600g pkg
selected varieties



7.99
SAVE \$2
Wonderful Shelled Pistachios
155-170g pkg
selected varieties

ORGANIC



Fresh Organic Celery
Product of U.S.A.
each

3.99





6.99
SAVE \$1
duBreton Raised Without Antibiotics Pork Stir-Fry Strips
350g pkg
selected varieties



JANES
BEER BATTERED FISH
450g

JANES
BREADED FISH FILLETS
450g

8.99
SAVE \$2
Janes Frozen Breaded Battered Fish
450-510g pkg
selected varieties

FRESH SAVINGS FOR THE WEEK OF THURSDAY FEBRUARY 5TH TO WEDNESDAY FEBRUARY 11TH, 2026.

Fresh fish is subject to availability.

FRESHLY PREPARED SALADS, READY TO ENJOY!

Longo's Family
Size Salads
770-955g pkg
selected varieties

18⁹⁹

THANK YOU EARN 200 POINTS



LONGO'S PASTA ENTREES

Choose from other
908g offerings
from Manicotti,
Cannelloni, Stuffed
Shells, Agnolotti or
Fettuccini Alfredo.

Heart Shaped Pasta
filled with Ricotta
and Fresh Basil in a
Light Rose Sauce
908g pkg

21⁹⁹

THANK YOU EARN 200 POINTS



Monsieur Gustav
Sliced Raclette
150g pkg

7⁹⁹



Monsieur Gustav
or Fromalp fondue
400g pkg

14⁹⁹



Maple Leaf Natural
Selections Deli Meat
150-175g pkg
selected varieties

7⁹⁹



Castello
Havarti Wedges
200g pkg
Individual \$7.99
selected varieties

2^{or \$}14



Boursin Cheese
or Boursin Cuisine
150-220g pkg
selected varieties

7⁴⁹



Lilydale Turkey
Breast or Mastro
Oven Roasted Ham
selected varieties

3⁴⁹
/100G



CAKE OF THE MONTH

- Chocolate and vanilla
sponge cake
- Chocolate hazelnut
cream filling
- Covered with chocolate
ganache

8" Chocolate
Hazelnut

29⁹⁹

THANK YOU EARN 300 POINTS



Available for the month of February only.



BAKED
IN-STORE.

4⁹⁹

Longo's Mini Croissants
10 pack
selected varieties

THANK YOU EARN 200 POINTS



Baxter's Loaf Cake
575g pkg
selected varieties

5⁹⁹

SAVE \$2



5⁹⁹

Longo's Cupcakes
4 pack, 220g pkg
selected varieties

SAVE \$1



4⁹⁹

Broghies Popped Grains
Corn or Wheat
120g pkg

SAVE 50¢

FRESH SAVINGS FOR THE WEEK OF THURSDAY FEBRUARY 5TH TO WEDNESDAY FEBRUARY 11TH, 2026.

BIG GAME STOCK UP

Longo's Stone Baked Flatbread
310-340g pkg
selected varieties

6⁹⁹
SAVE \$1



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

8⁹⁹
SAVE \$2

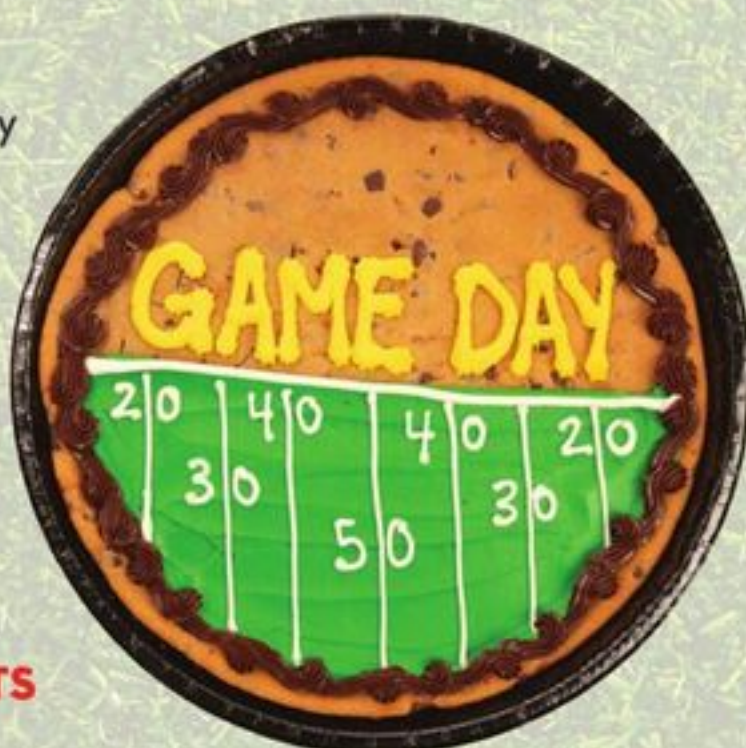


Designs will vary by location

Longo's 12" Giant Message Cookie

13⁹⁹

THANK YOU EARN 100 POINTS



Chuck Hughes Antipasto or Mustard Coleslaw Mild or Spicy 375mL jar selected varieties

5⁹⁹
SAVE \$1



Old El Paso Seasoning 24g pkg Individual \$1.49 selected varieties

4 FOR \$5
SAVE UP TO \$3.76 ON 4



Longo's Party Pack Appetizers 30 pack, 700g pkg selected varieties

10⁹⁹
SAVE \$1



Matt & Steve's Xtreme Beans or Pickles 500-750mL jar selected varieties

4⁹⁹
SAVE \$1.50



Old El Paso Taco Sauce 243mL squeeze bottle, Tortillas 297-334g pkg or Shells 125-194g pkg selected varieties

2⁹⁹
SAVE \$1.50



St. Hubert Mozzarella Cheese Sticks 510g pkg selected varieties

10⁹⁹
SAVE \$1



The Keg Prime Rib Beef Sliders 852g pkg selected varieties

18⁹⁹
SAVE UP TO \$5



Humble Potato Chips 135g pkg Individual \$3.99 selected varieties

2 FOR \$7
SAVE \$2.98 ON 2



King's Hawaiian Sweet Rolls 12 pack, 340g pkg selected varieties

4⁴⁹
SAVE 50¢



2⁹⁷
SAVE \$1

St. Louis Potato Chips 142g pkg selected varieties

BIG GAME. SUPER DEAL.



25% OFF

**EVERY MEAL DEAL FOR 4 DAYS ONLY
THURSDAY, FEB 5TH TO SUNDAY, FEB 8TH**



Longo's 16"
Pepperoni or
Cheese Pizza



Longo's Heat and
Serve Wings or Ribs



Longo's Meal Kits



Longo's Rotisserie Style
Barbecue Chicken
1kg pkg



Bento Sushi
Crunch Family Pack

Compliments
Salad
850-908g pkg
selected varieties

6⁹⁹



EARN
50 POINTS



Longo's
Three Cheese
Macaroni & Cheese
1kg pkg

19⁹⁹

SAVE \$3



84⁹

SAVE 50¢

Longo's Beef or
Plant-Based Chili
700g tub
selected varieties

Smashed Avocado
Crema or Guacamole
Individual \$6.99

2 for \$12

SAVE UP TO \$1.98 ON 2



SMASHED
AVOCADO!

TRADITIONAL
GUACAMOLE!



FRESH SAVINGS FOR THE WEEK OF THURSDAY FEBRUARY 5TH TO WEDNESDAY FEBRUARY 11TH, 2026.

GET GAME TIME READY



Longo's Whole Chicken Wings or Seasoned Split Chicken Wings
11.00/kg
VALUE PACK

4.99
/LB

SAVE UP TO \$3/LB



Longo's Medium Ground Beef, Made from Fresh and Frozen Portions
15.41/kg

6.99
/LB

SAVE \$2/LB



6.49

Longo's Extra Lean Ground Chicken or Turkey 454g pkg

SAVE \$1

Bush's Best Baked Beans or Chili Beans
398mL can
Individual \$2.79
selected varieties

2 for \$4

SAVE \$1.58 ON 2



Four Fathers Hot Sauce
240mL bottle
selected varieties

7.99

SAVE \$2



G Hughes No Sugar Added BBQ Sauce
490mL jar
selected varieties

6.49

SAVE \$1.50



INGREDIENTS

1 can (540mL) Longo's Essentials Red Kidney Beans or Six Bean Medley, drained and rinsed

1 can (540mL) Longo's Petite Cut Tomatoes with Garlic and Oil

1 cup Longo's Essentials Low Sodium Vegetable Broth

1/2 cup Longo's Frozen Corn

2 tsp Longo's Chili Powder (or to taste)

1 tsp each Longo's Ground Cumin and Onion Powder

1/4 tsp each salt and pepper

1 cup loosely packed Longo's Yellow Corn Tortilla Chips (about 12), plus extra for serving

20-MINUTE CHILI.

FROM THE HEART, WITHOUT THE WAIT

*PRE-ORDER ONLINE FOR IN-STORE PICKUP ON FEB. 13TH OR 14TH

Last day to place your order is February 10th, 2026.



Longo's Premium
Dozen Roses
Ecuadorian Grown
assorted colours

39⁹⁹

*premium wrap only
applies to roses shown



Dozen Rose Vase
Arrangement
selected colours

79⁹⁹



Longo's 15 Stem Tulips
soil grown
assorted varieties

14⁹⁹



Premium Hand
Selected Valentine's
Day Mixed Bouquets
assorted varieties

FROM
29⁹⁹



PAPYRUS



February 5-11, 2026

Earn 400
Thank You Rewards Points
when you buy 2 greeting cards

Longo's Chocolate-
Dipped Strawberry
Bouquet

24⁹⁹



**EARN
500 POINTS**





Scan to order from our Catering Menu and discover the unique assortment of fresh, curated, handmade platters and trays to serve at your next event.



WE'VE GOT YOUR CATERING NEEDS COVERED

Discover our unique assortment of fresh, curated platters and trays for your next gathering.

CHECK OUT
OUR NEW LONGO'S
ENTERTAINING
CATERING GUIDE



26⁹⁹

Cubed Cheese Trio Tray
or Crowd-Pleaser Tray
840-975g pkg

THANK YOU **EARN 200 POINTS**

57. DELIGHTFUL DIPS

Longo's Classic Hummus, Longo's Roasted Red Pepper Dip, Longo's Spinach Dip, Longo's Naan Minis, Longo's Artisan Made Rosemary & Sea Salt Flatbread, Longo's Curato Taralli and flatbread.

Serves 8-10 people



61. ARTISAN BAGUETTE SANDWICHES

An assortment of Longo's Artisan Sandwiches including sweet Black Forest ham and brie, artichoke and asiago beef, chili lime chicken, zesty Italian prosciutto and mediterranean turkey.

Regular - 18 pieces / Large - 24 pieces
Serves 18-24 people



MADE FRESH IN-STORE DAILY.



25⁹⁹

Longo's Fruit
Medley Tray
2.3kg pkg

THANK YOU **EARN 250 POINTS**



19⁹⁹

Longo's Veggie
Tray with Ranch or
Hummus Dip
1.9kg pkg

THANK YOU **EARN 200 POINTS**

Kazoku Sushi Platter 53 pieces • Serves up to 6

California Roll (18pc),
Spicy California Roll (18pc),
Vegetable California Roll (9pc),
Cucumber Hosomaki (8pc).
Includes wasabi, ginger
and soy sauce.

\$35

THANK YOU **EARN 350 POINTS**



GROCERY



Ben's Original
Bistro Express Rice
240-250g pkg
selected varieties

2⁹⁹

SAVE UP TO \$1.50



SUGAR
Swap

REPLACE REFINED
SUGARS NATURALLY

Dutchman's
Gold Honey
1kg jar

14⁹⁹

SAVE \$3



DUTCHMANSGOLD.COM



9⁹⁹

Rao's Pasta Sauce
660mL jar
selected varieties

SAVE \$3



6⁹⁹ Yorkshire Tea Red
80ct
selected varieties

SAVE UP TO \$2



Odd Cookie
Snack Cookies
120g pkg
Individual \$7.49
selected varieties

2⁹⁹ FOR \$12

SAVE \$5.98 ON 2



3⁹⁹ Grisbi Kit Kat
Cookies
112g pkg

SAVE \$1



2⁴⁹ Betty Crocker Frosting
or SuperMoist Cake Mix
340-450g pkg
selected varieties

SAVE UP TO \$1.50



4⁹⁹ Kühne Gourmet Selection
Gherkins, Sauerbrat with
Wine or Onions
500-720mL jar
selected varieties

SAVE UP TO \$1.50

Red Bull
Energy Drink
4x250mL pkg
selected varieties

8⁹⁹

SAVE \$2



General Mills
Cereal
300-430g pkg
selected varieties

3⁹⁹

SAVE \$2



Lysol Disinfecting
Wipes
75-84 count
selected varieties

6⁹⁹

SAVE UP TO \$1.50



Mazola Corn
or Canola Oil
2.84L jug

11⁹⁹

SAVE UP TO \$4



Annie's
Mac & Cheese
170g pkg
selected varieties

2⁹⁹

SAVE 50¢



Quaker
Crispy Minis
90-199g pkg
Individual \$3.99
selected varieties

2⁹⁹ FOR \$6

SAVE \$1.98 ON 2



3²⁹ Lipton or Knorr Soup Mix
113-338g pkg
selected varieties

SAVE \$1

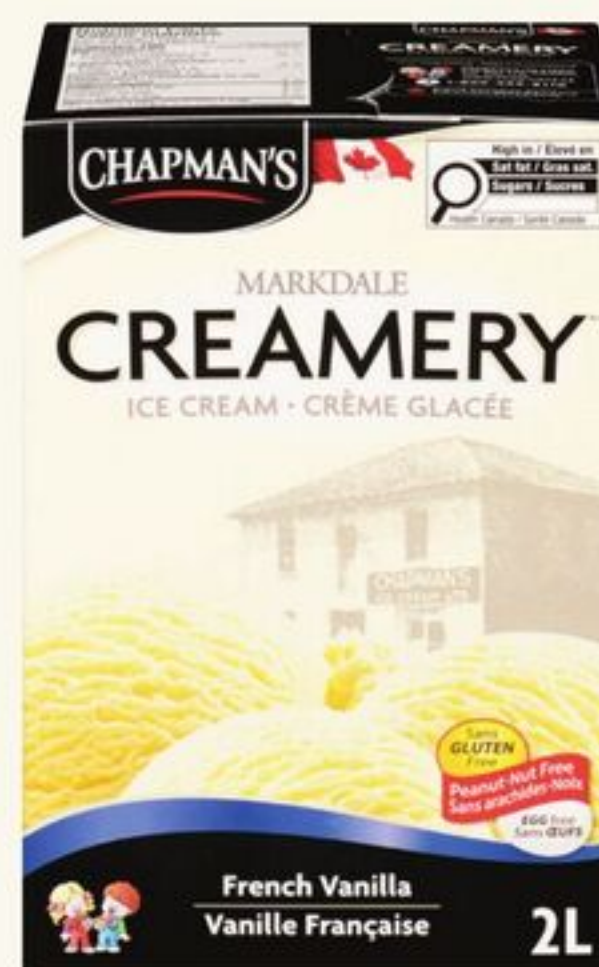
DAIRY AND FROZEN



Liberté Greek
Yogourt
650-750g tub
selected varieties

6.49

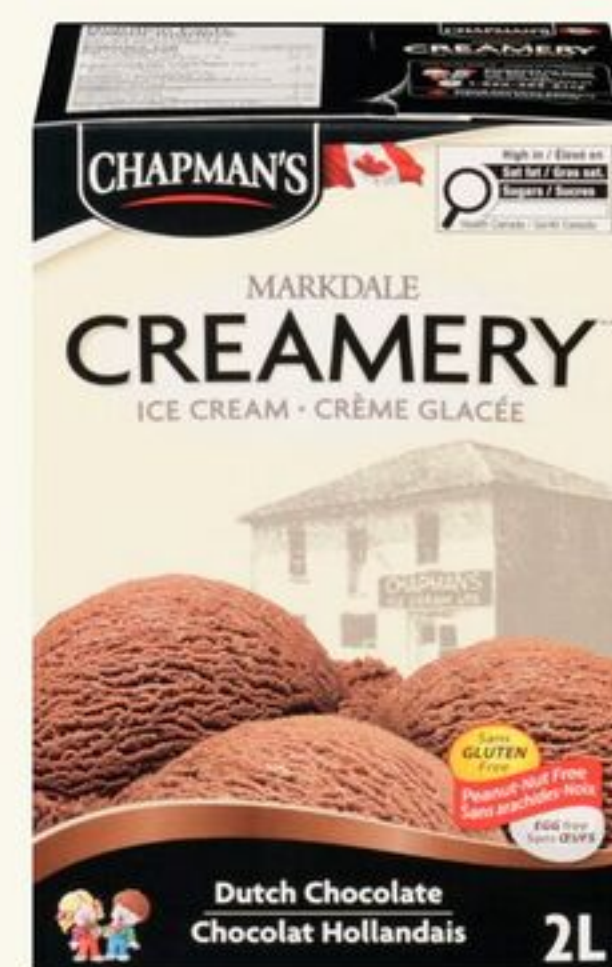
SAVE UP TO \$2



Markdale Creamery
Ice Cream
2L pkg
selected varieties

4.49

SAVE 50¢



Longo's A2 Milk
1.5L bottle
selected varieties

5.99

SAVE UP TO \$1



7.99 Longo's Curato
Frozen Pizza
400-476g pkg

THANK YOU EARN 100 POINTS



4.97 Authentic
Asia Entrées
250-300g pkg
selected varieties

SAVE 50¢



8.99 Mad Mexican
Salsa or Guacamole
230-355g pkg
selected varieties

SAVE \$1



3.99 Becel Margarine 427g tub or
Margarine Sticks 454g pkg
selected varieties

SAVE UP TO \$2



Cavendish
Premium Frozen
Fries or All Day
Hash Browns
450-750g pkg
Individual \$4.49
selected varieties

2 FOR \$8

SAVE \$1.58 ON 2



7.99 Cucina Mini Arancini
Risotto Balls
10ct, 500g pkg
selected varieties

SAVE \$1



Longo's
Fresh Pasta
350g pkg or
Fresh Pasta
Sauce
350mL tub
selected varieties

4.49

SAVE UP TO \$1.50



4.99 Daiya Cheese
Shreds or Slices
200-220g pkg
selected varieties

SAVE \$1



4.49 Green Organic Frozen
Vegetables
500g pkg
selected varieties

SAVE 50¢



8.99 VG Gourmet Vegetable
Burgers
400g pkg
selected varieties

SAVE \$1

FRESH SAVINGS FOR THE WEEK OF THURSDAY FEBRUARY 5TH TO WEDNESDAY FEBRUARY 11TH, 2026.

MUST TRY

FRESH TREE-RIPENED MANGOES

FLOWN IN FRESH

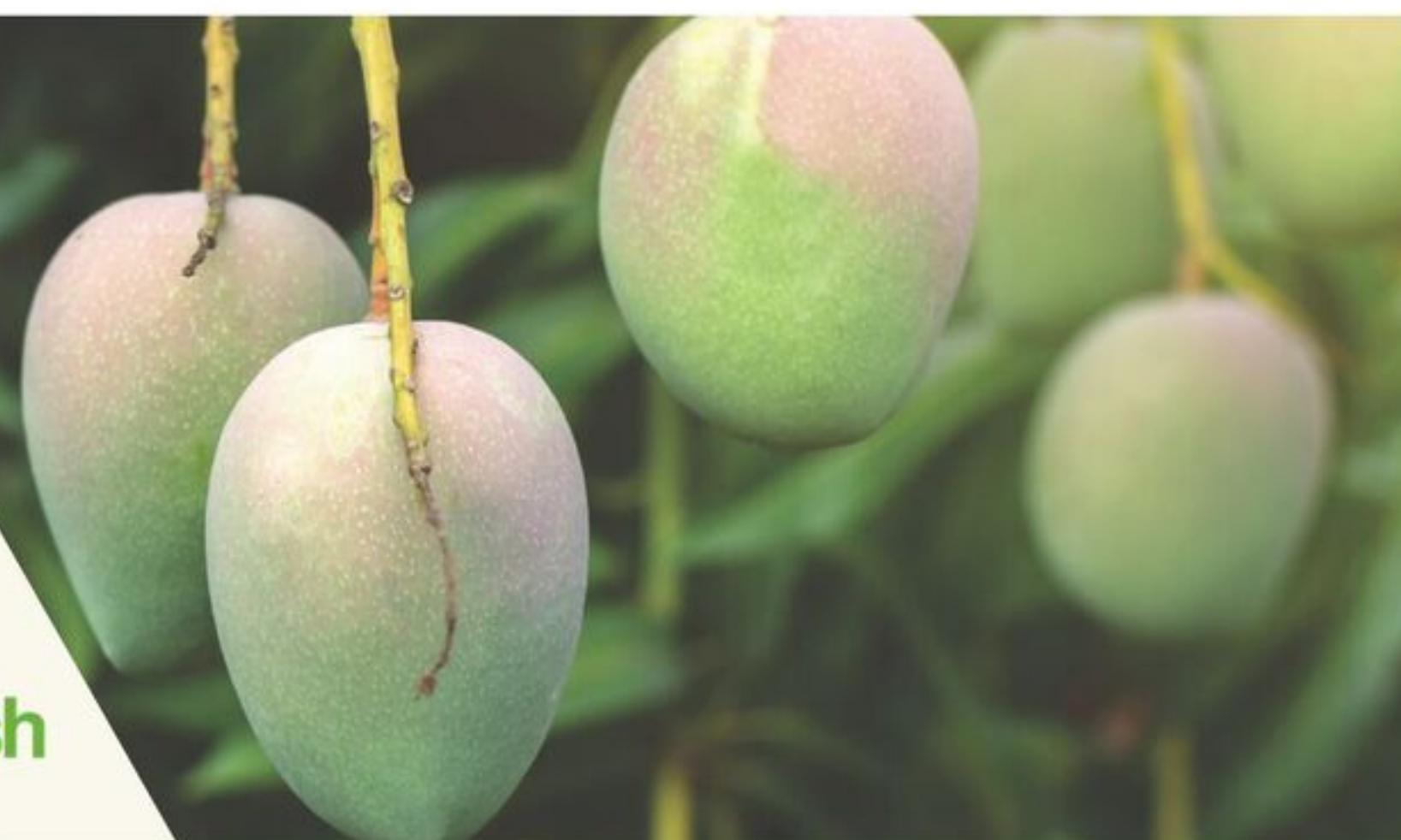
Fresh Tree-Ripened Mangoes
Product of Peru
11.00/kg

4⁹⁹
/LB



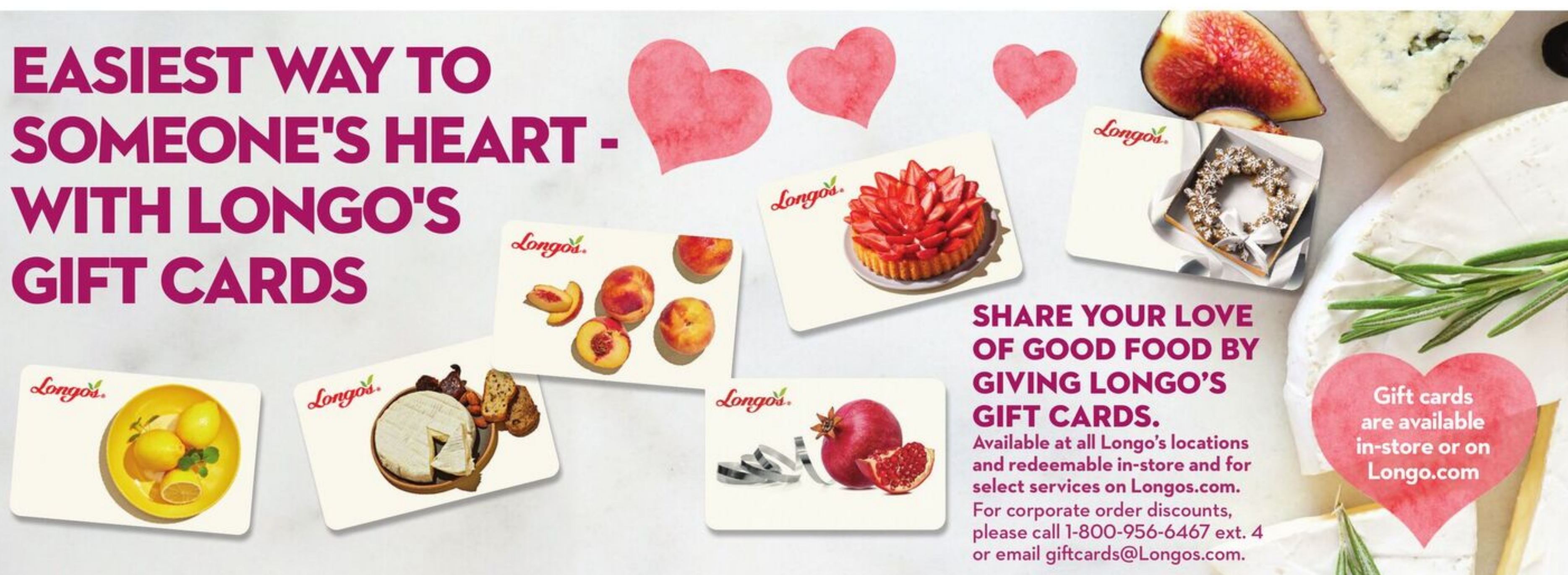
IN-STORE
TASTING
SAT & SUN
10:30am-4pm

go fresh



Tree-ripened mangoes often develop higher natural sugars, giving them a rich, honey-like sweetness. The flesh is bright orange and more vibrant than fruit ripened off-tree. Fully tree-ripened fruit becomes extremely soft and creamy, often used for fresh eating, smoothies and desserts.

EASIEST WAY TO SOMEONE'S HEART - WITH LONGO'S GIFT CARDS



SHARE YOUR LOVE OF GOOD FOOD BY GIVING LONGO'S GIFT CARDS.

Available at all Longo's locations and redeemable in-store and for select services on Longos.com. For corporate order discounts, please call 1-800-956-6467 ext. 4 or email giftcards@Longos.com.

Gift cards are available in-store or on Longo.com

CHEERS TO EVERY TOUCHDOWN!

SCORE THE BEST SELECTION FOR YOUR SUPER BOWL SPREAD!



13⁹⁹
SAVE \$2

Bud Light
6x473mL cans
selected varieties



11⁹⁹
SAVE \$1.50

Corona Sunbrew
Non-Alcoholic Beer
6x330mL bottles



17⁹⁹
SAVE \$1

Heineken
6x500mL cans



18⁹⁹
SAVE \$1

Cottage Springs
Weekender
8x355mL mixed pack

LONGO'S SNACKING. THIRST QUENCHING!



Longo's Finger Cookies or Cracker Sticks
130-150g pkg
selected varieties

2⁹⁹
SAVE \$1



5⁴⁹ Longo's Ice Cream
1L tub or
Longo's Novelties
4 pack
selected varieties
SAVE 50¢



3⁹⁹ Longo's Organic Milk
1% or 2%
946mL bottle

THANK YOU EARN 100 POINTS

Longo's Pretzels
320-400g pkg
selected varieties

2⁴⁹
SAVE 50¢



Longo's Kettle Cooked or Potato Chips
142-200g pkg
Individual \$2.99
selected varieties

2^{OR} \$5
SAVE UP TO \$1.98 ON 2



Longo's Sparkling Water
12x355mL cans
selected varieties

5⁹⁹
THANK YOU EARN 100 POINTS



We've Come a Longo Way.

70 SINCE 1956
Longo's

CELEBRATE 70 YEARS WITH THE GREATEST HITS ANNIVERSARY CAKE.

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

HERE FOR A LIMITED TIME!

LA ROCCA CREATIVE CAKES



Join us for
in-store tasting
February
12th & 13th

FRESH SAVINGS FOR THE WEEK OF THURSDAY FEBRUARY 5TH TO WEDNESDAY FEBRUARY 11TH, 2026.



SCORE A GAME DAY TOUCHDOWN WITH LONGO'S SOUP & CHILI.

PERFECT WITH NEW LONGO'S SOURDOUGH SOUP BOWLS.

Lobster Bisque, Butternut Squash, Tuscan Sausage Kale, Chili and more!



849 Longo's Soup or Chili
700mL tub
selected varieties
SAVE 50¢



Longo's Sourdough
Soup Bowls
2 pack, 480g pkg

499



**EARN
100 POINTS**



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 Yogourt
4x100g 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



5⁹⁹

Longo's Essentials
Country Churned Butter
454g pkg



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 5TH TO WEDNESDAY FEBRUARY 11TH, 2026.

SAVE ON THE BRANDS YOU LOVE AT LONGO'S



2 FOR \$6

SAVE \$2.98 ON 2

Lay's Potato Chips or
Smartfood Popcorn
175-235g pkg
Individual \$3.49
selected varieties

2 FOR \$8

SAVE \$1.98 ON 2

Miss Vickie's Kettle
Cooked Potato Chips
190-200g pkg
Individual \$4.49
selected varieties

6.49

SAVE UP TO \$1.50

Montellier Carbonated Natural
Spring Water 10x355mL cans or
Bubly Sparkling Water Beverage
12x355mL cans
selected varieties

4.49

SAVE 70¢

Pepsi Beverages Mini
6x222mL cans
selected varieties

SAUCY SAVINGS



4.99

SAVE 50¢

Longo's Plum or
Sweet Thai Chili Sauce
1L bottle



1.49

SAVE 30¢

Longo's Essentials
Yellow Mustard
400mL bottle



Longo's
Grilling Sauce
350mL bottle
selected varieties

4.49

SAVE 50¢



Longo's Pickled
Hot Pepper Rings
750mL jar
selected varieties

3.99

SAVE \$1



Longo's Baby Dill
or Bread & Butter
Pickles
750mL jar
selected varieties

5.49

SAVE 50¢



SAVE ON THE BRANDS YOU LOVE AT LONGO'S

DATE NIGHT MADE
DELICIOUS!

pasta & tomato sauce essentials



Italpasta
Artisan Pasta
450g pkg
selected varieties

1.99
SAVE 50¢



Mutti Peeled Tomatoes
or Mutti Finely Chopped
Tomatoes Polpa
796mL can

4.99
SAVE \$1



Mutti Passata
680mL jar

4.49
SAVE \$1.50
ITALY'S #1*
BRAND OF TOMATOES

* Circona S.r.l. - Tot Italy Hyper + Super + Small Self Service of the top brands by value sales in the Tomato Derivatives category - Progressive Jan - Dec 2025



NEW Kellogg's Cereal

Kellogg's Vector or Kashi Granola
311-340g pkg
selected varieties

4.99
SAVE \$1

Kellogg's Cereal
250-525g pkg
selected varieties

3.99
SAVE \$2

© 2026 WK Kellogg Canada Corp.



A FLAVOUR TWIST FOR
EVERY DISH
DIP. STIR. MARINATE.



Scan for recipes

VH Sauces
341-380mL pkg
selected varieties

3.99
SAVE \$1



Longo's Jasmine Rice
907g pkg

3.99
SAVE 50¢

Longo's Dumplings
500g pkg

6.99
SAVE \$1



FRESH SAVINGS FOR THE WEEK OF THURSDAY FEBRUARY 5TH TO WEDNESDAY FEBRUARY 11TH, 2026.

SAVE ON THE BRANDS YOU LOVE AT LONGO'S

Give the gift of bliss

Lindt Swiss Classic Bar
100g pkg
selected varieties

4.49
SAVE UP TO \$1.50

Lindt Excellence Bar
100g pkg
selected varieties

5.99
SAVE \$1

Lindt Chocolate Bag
150g pkg
selected varieties

11.49
SAVE \$1.50

Lindt Lindor Amour Heart
108g pkg
selected varieties

17.97
SAVE \$4

SCORE A TOUCHDOWN WITH WINNING SNACKS

Kellogg's Nutri-Grain Bars, Pop-Tarts or Rice Krispies Treats
179-384g pkg
Individual \$3.79
selected varieties

3 for \$10
SAVE UP TO \$1.98 ON 3

Cheez-It Snack Crackers
191-200g pkg
selected varieties

1.99
SAVE UP TO \$2

Eggo Waffles Original
16 pack, 560g pkg or
Eggo Protein Waffles
200g pkg
selected varieties

5.99
SAVE UP TO \$2

Pringles
148-156g pkg
selected varieties

2.99
SAVE 50¢

OFFICIAL PROTEIN PARTNER

Spend \$20[†] on participating Maple Leaf® products and receive a \$10 Visa® Prepaid Card.

Maple Leaf Bacon or Ready Crisp
65-375g pkg
Individual \$6.99
selected varieties

2 for \$12
SAVE \$5.98 ON 2

Maple Leaf Natural Bacon naturel
375g pkg
selected varieties

6.99
SAVE UP TO \$3

Maple Leaf Ready Crisp
Natural Bacon naturel
65g pkg
selected varieties

6.99
SAVE UP TO \$3

Maple Leaf Prime Raised Without Antibiotics
Chicken Meatballs
Boulettes de poulet
700g pkg
selected varieties

11.99
SAVE UP TO \$6

Maple Leaf Prime Raised Without Antibiotics
Chicken Strips, Nuggets, Wings & Stuffed Chicken
568-700g pkg
selected varieties

11.99
SAVE UP TO \$6

Maple Leaf Natural Selections Deli Meat
150-250g pkg
selected varieties

7.99
SAVE \$1

Maple Leaf Top Dog Wiener
375g pkg
selected varieties

4.99
SAVE UP TO \$2.50

Maple Leaf Natural Breakfast Sausage
300g pkg
selected varieties

6.99
SAVE UP TO \$3

Maple Leaf Natural Sausage
300g pkg
selected varieties

6.99
SAVE UP TO \$3

Promotion Terms & Conditions: †Buy \$20 CAD of participating Maple Leaf® products in one transaction between Jan 12–Feb 22, 2026, and get a \$10 Prepaid Card. While supplies last. Limit 5 Rewards per household. Full Terms: www.mapleleaf.ca/promotions.

FRESH SAVINGS FOR THE WEEK OF THURSDAY FEBRUARY 5TH TO WEDNESDAY FEBRUARY 11TH, 2026.