

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

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

**EXTRA
LEAN**

8
CRAZY
5⁸⁸
/LB



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

8
CRAZY
1⁹⁸
EACH



LEGACY CURED
BONELESS
PORK LOIN
ROLLED IN CORNMEAL
6.35/KG

8
CRAZY
2⁸⁸
/LB

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

8
CRAZY
2⁸⁸
EACH



HIGH LINER
BREADED & BATTERED
FISH FILLETS
FAMILY PACK
735 - 790 g
FROZEN
SELECTED VARIETIES

8
CRAZY
5⁸⁸
EACH

CASABLANCA
EGGLESS
MUFFINS
480 g
SELECTED VARIETIES

8
CRAZY
3⁸⁸
EACH



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

8
CRAZY
2⁸⁸
EACH

MUTTI
TOMATOES
2.84 L
WHOLE QUANTITIES LAST

8
CRAZY
5⁸⁸
EACH



LAY'S
POTATO CHIPS
200 - 235 g
SELECTED VARIETIES

8
CRAZY
2⁸⁸
EACH

CASHMERE BATHROOM
TISSUE 24 - 48'S
SPONGE TOWELS ULTRA
PAPER TOWELS
6 - 12'S
SCOTTIES FACIAL
TISSUE 12'S
SELECTED VARIETIES

8
CRAZY
11⁸⁸
EACH



10 LB



TILDA
BASMATI
RICE
4.54 KG

8
CRAZY
12⁹⁸
EACH

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, FEBRUARY 26TH TO WEDNESDAY, MARCH 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.

food Basics

CANADIAN AND PROUD

CRAZY



8 CRAZY 1.88 EACH

RASPBERRIES
PRODUCT OF USA OR MEXICO, NO. 1 GRADE 170 G
BORNA DATES
400 G



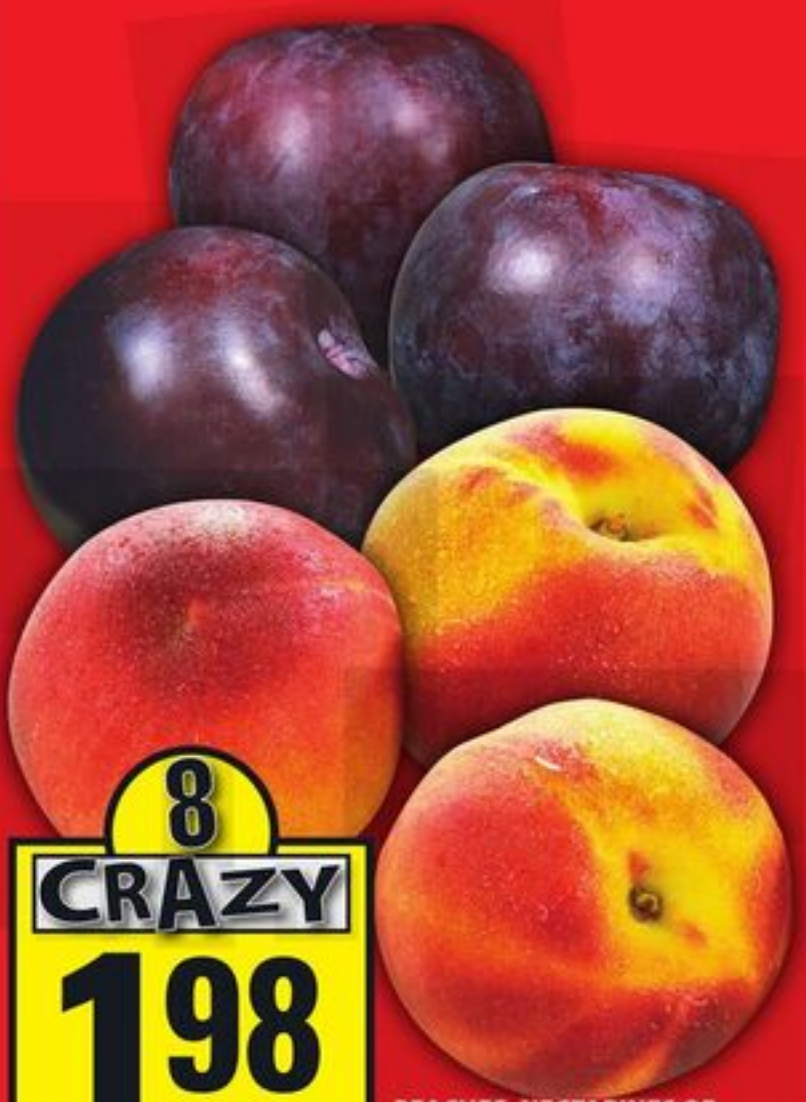
WE LOVE LOCAL Canada

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 BRAMPTON, ETOBICOKE, MARKHAM, AJAX, OSHAWA, CO

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
800 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.

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

WOW 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

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 Maple Leaf Top Dogs Wieners 375 G

SCHNEIDERS Meat Pies FROZEN 330 • 400 G SELECTED VARIETIES

8 CRAZY 448 EACH

Beatrice 1% 1L

QUAKER Chewy Granola Bars 120 • 156 G SELECTED VARIETIES

QUAKER Dipps Chocolate Chip Biscuits 120 • 156 G

8 CRAZY 198 EACH

Lactantia PurFiltre 1% 2% SKIMMED 4 L SELECTED VARIETIES

8 CRAZY 598 EACH

50 points

Silk Almond 35% 330 ML

Silk Protein Soy 35% 330 ML

SILK DRINKS 1.75 • 1.89 L SELECTED VARIETIES

8 CRAZY 348 EACH

Dr. Oetker Ristorante PIZZA SPINACI 269 • 390 G

Casa di Mama 395 • 410 G

HUNGRY-MAN FROZEN CHICKEN CUSTARDS 340 • 455 G

8 CRAZY 448 EACH

LARGE

SELECTION LARGE SIZE EGGS 30'S SELECTED VARIETIES

8 CRAZY 888 EACH

Dare Bear Paws Chocolate Chip 240 G

CELEBRATION LECLERC CELEBRATION COOKIES 200 • 240 G

DARE COOKIES 168 • 315 G SELECTED VARIETIES

8 CRAZY 288 EACH

QUAKER HARVEST CRUNCH ORIGINAL 475 G

QUAKER Life CEREAL 450 G SELECTED VARIETIES

8 CRAZY 388 EACH

Ben's Original BISTRO EXPRESS BASMATI RICE 240 • 250 G

HABITANT French Canadian PEA SOUP 315 • 390 ML

CAMPBELL'S CHUNKY CHICKEN NOODLES 315 • 390 ML

8 CRAZY 248 EACH

Palmolive essential clean ORIGINAL 475 ML

DAWN 475 ML

PALMOLIVE OR DAWN DISH DETERGENT 475 • 828 ML SELECTED VARIETIES

8 CRAZY 248 EACH

PEPSI 12 x 355 ML CANS (12.3 L)

CANADA DRY GINGER ALE 12 x 355 ML CANS (12.3 L)

Coca-Cola ORIGINAL TASTE 12 x 355 ML CANS (12.3 L)

8 CRAZY 798 EACH

Nestlé **moi rewards**

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

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

799 EACH

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

199 EACH

10 points

***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.

Metro Inc. disclaims all liability in connection with or that may arise from the visuals provided by advertisers and suppliers with respect to photos, logos, designs, typography and product origin.

UNAUTHORIZED COPYING OF THIS FLYER IN ANY MEDIUM (INCLUDING POSTING ONLINE) WITHOUT THE PRIOR WRITTEN CONSENT OF METRO ONTARIO INC. IS NOT PERMITTED. CUSTOMER CARE: 1-866-595-5554

contest
until March 11th

my brands & moi



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

40
points



SCHNEIDERS CHICKEN WINGS
675 G FROZEN SELECTED VARIETIES

50
points



SCHNEIDERS PEPPERONI OR THURINGER SAUSAGE
500 G SELECTED VARIETIES

55
points

10⁹⁹
EACH



SIGGI'S SKYR YOGURT
4 X 100 G
SELECTED VARIETIES

20
points

349
EACH



BURNBRAE HARD BOILED EGGS
264 G
SELECTED VARIETIES

20
points

399
EACH



NESTLÉ CARNATION HOT CHOCOLATE
400 - 450 G SELECTED VARIETIES

35
points

629
EACH



STARBUCKS NESPRESSO COFFEE CAPSULES
103
SELECTED VARIETIES

50
points

979
EACH



KELLOGG'S TOWN HOUSE
247 - 391 G
SELECTED VARIETIES

15
points

299
EACH



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

25
points

349
EACH



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

35
points

649
EACH



LAKEWOOD PURE CRANBERRY JUICE
946 ML
SELECTED VARIETIES

55
points

1199
EACH



JACK LINK'S JERKY
80 G
SELECTED VARIETIES

30
points

599
EACH



FINISH POWERBALL DISHWASHER TABS
40 - 55'S
SELECTED VARIETIES

55
points

1399
EACH

CHOOSE CANADIAN



YELLOW ONION 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

148
EACH



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
340 - 450 G
SELECTED VARIETIES



499
EACH



LACTANTIA PURIFILTRE 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
34% M.F.

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 DIPPS 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
8'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 150-179 G

THIS WEEK ONLY
3⁹⁸
EACH



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

THIS WEEK ONLY
3⁹⁹
EACH



EXTRA LARGE
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, Pkg of 4

THIS WEEK ONLY
4⁹⁹
EACH



SUGAR SNAP PEAS
227 G



SNOW PEAS
179 G

THIS WEEK ONLY
3⁹⁹
EACH



APPLES
PRODUCT OF ONTARIO
CANADA FANCY GRADE
3 LB

THIS WEEK ONLY
4⁹⁹
EACH



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



THIS WEEK ONLY
8⁸⁸
EACH



THIS WEEK ONLY
9⁸⁸
EACH



THIS WEEK ONLY
10⁸⁸
EACH



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

MILD ITALIAN SAUSAGES SAUCISSES ITALIENNES DOUCE

THIS WEEK ONLY

5.99 EACH

30 points

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

FRESH CHICKEN DRUMSTICKS

INCLUDES ZABIHA HALAL 6.59/KG

THIS WEEK ONLY

2.99 /LB

HALAL AT SAME PRICE

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

HALAL AT SAME PRICE

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

HALAL AT SAME PRICE

SCHNEIDERS OR MAPLE LEAF BACON

45 - 375 G SELECTED VARIETIES

THIS WEEK ONLY

5.49 EACH

HALAL AT SAME PRICE

SELECTION SMOKED BONELESS HALF HAM

875 G SELECTED VARIETIES

THIS WEEK ONLY

7.99 EACH

HALAL AT SAME PRICE

JANES ULTIMATE FULLY COOKED CHICKEN FILLETS, BITES OR RESTAURANT STYLE STRIPS

700 - 700 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

11.99 EACH

HALAL AT SAME PRICE

O'SOLE MIO FRESH PASTA

250 G SELECTED VARIETIES

THIS WEEK ONLY

3.49 EACH

HALAL AT SAME PRICE

TRE STELLE RICOTTA OR BOCCONCINI

200 - 475 G SELECTED VARIETIES

THIS WEEK ONLY

5.99 EACH

HALAL AT SAME PRICE

MAPLE LODGE OR ZABIHA HALAL CHICKEN BACON

375 G SELECTED VARIETIES

THIS WEEK ONLY

4.99 EACH

HALAL AT SAME PRICE

MARC ANGELO SOUVLAKI FAMILY PACK

400 - 600 G SELECTED VARIETIES

THIS WEEK ONLY

11.99 EACH

HALAL AT SAME PRICE

NATURAL SELECTIONS SLICED DELI MEAT OR SCHNEIDERS SLICED DELI MEAT OR BOLOGNA

150 - 500 G SELECTED VARIETIES

THIS WEEK ONLY

5.49 EACH

HALAL AT SAME PRICE

PILLER'S KOLBASSA OR SLICED PEPPERONI FOR PIZZA

375 - 375 G SELECTED VARIETIES

THIS WEEK ONLY

5.99 EACH

HALAL AT SAME PRICE

IRRÉSISTIBLES PARMIGIANO REGGIANO OR GRANA PADANO OR EMMENTAL

200 - 400 G SELECTED VARIETIES

THIS WEEK ONLY

7.99 EACH

HALAL AT SAME PRICE

SCHNEIDERS PEPPERETTES

250 - 375 G SELECTED VARIETIES

THIS WEEK ONLY

7.99 EACH

HALAL AT SAME PRICE

SEAJOY SEAWEED SALAD OR MACKEREL FILLET

300 - 450 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

5.49 EACH

HALAL AT SAME PRICE

GOURMETA THAI SHRIMP

COOKED 40 - 75 CT OR RAW 31 - 40 CT 300 - 450 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

6.99 EACH

HALAL AT SAME PRICE

IRRÉSISTIBLES TORPEDO SHRIMP

200 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

7.99 EACH

HALAL AT SAME PRICE

TASIA GOLDEN POMPANO FISH

600 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

9.99 EACH

HALAL AT SAME PRICE

SEAFOOD FOR LESS

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

Signature Cut Haddock
5 Signature Cuts per package

Pan Sear Haddock
4 Signature Cuts per package

THIS WEEK ONLY

10⁹⁹ EACH

Catch of the Day Fish Fillets
300 G - 1 KG FROZEN SELECTED VARIETIES

Catch of the Day
Prise de jour

THIS WEEK ONLY

10⁹⁹ EACH

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

Catch of the Day
Prise de jour

THIS WEEK ONLY

3⁹⁹ EACH

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

Anchor's Bay

THIS WEEK ONLY

3⁴⁹ EACH

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

Anchor's Bay

THIS WEEK ONLY

6⁹⁹ EACH

ANCHOR'S BAY CROAKER FISH
1 KG FROZEN SELECTED VARIETIES

Anchor's Bay

THIS WEEK ONLY

9⁹⁹ EACH

FRESH

WHOLE RAINBOW TROUT FISH
19.82/KG

THIS WEEK ONLY

8⁹⁹ /LB

OCEAN CHARM WILD PINK SALMON FILLET
340 G FROZEN SELECTED VARIETIES

OCEAN CHARM

THIS WEEK ONLY

6⁹⁹ EACH

ROCK HARBOUR PACIFIC WHITE SHRIMP
20 - 30 CT 340 G FROZEN SELECTED VARIETIES

Rock Harbour

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 - Bouchées
336 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

6⁹⁹ EACH

MUSAFIR Paneer Nuggets
480 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

6⁹⁹ EACH

MUSAFIR Butter Chicken Poulet au beurre Bites - Bouchées
357 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

6⁹⁹ EACH

Zabiha Halal

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

THIS WEEK ONLY

3⁹⁹ /LB

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

THIS WEEK ONLY

5⁹⁹ EACH

ZABIHA HALAL CHICKEN STRIPS FULLY COOKED BREADED CHICKEN
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 WHILE 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
545 - 610 G SELECTED VARIETIES WHILE QUANTITIES LAST

THIS WEEK ONLY

9⁹⁹ EACH

BAKERY



THIS WEEK ONLY

4.99

EACH

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



THIS WEEK ONLY

6.99

EACH



LOCKED DOWN

15.99

EACH



LOCKED DOWN

6.99

EACH



THIS WEEK ONLY

5.49

EACH



LOCKED DOWN

8.99

EACH



LOCKED DOWN

2.99

EACH

15 points



LOCKED DOWN

5.49

EACH



LOCKED DOWN

3.99

EACH



LOCKED DOWN

4.49

EACH



LOCKED DOWN

1.99

EACH



LOCKED DOWN

5.99

EACH



LOCKED DOWN

9.49

EACH

LOCKED DOWN



iöGO YOGURT
16 X 100 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



TWININGS
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
90 - 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
170 - 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
SELECTED VARIETIES

LOCKED DOWN

949
EACH



GAIN
LAUNDRY
DETERGENT
2.4 L - 41 L
SELECTED VARIETIES

LOCKED DOWN

899
EACH



GAIN
FABRIC
SOFTENER
2.4 L
SELECTED VARIETIES

LOCKED DOWN

899
EACH

YOU COULD SCRATCH YOUR WAY TO A BIG WIN!

\$250,000 LUCKY CASH **\$75,000 BLOCK-O** **\$100,000 ROLL-OUT** **\$50,000 LOTTO 6/49** **\$350,000 BIG MONEY**

MORE GAMES TO PLAY, MORE CHANCES TO WIN!

PLAY TODAY

For more information, call 1-800-367-0000 or visit us online. BLOCK-O® is a registered trademark of Scientific Games, LLC. ©2026. All Rights Reserved. Tickets not exactly as shown. At the time of purchase, some prizes may have already been claimed. Must be 18+ years of age to play. Products displayed are sold separately.



GAIN
SCENT BOOSTER
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

3.97
EACH



IRRESISTIBLE PIZZA
340 x 390 G
FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE

3.97
EACH



SELECTION SNACKS
265 x 285 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.88
EACH



1.7 KG

LIFE SMART MARGARINE
1.7 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE

9.88
EACH



IRRESISTIBLE SPARKLING WATER
6 x 1 L
SELECTED VARIETIES

ALWAYS GREAT PRICE

4.44
EACH



SELECTION ENTRÉES
215 G FROZEN SELECTED VARIETIES

ALWAYS GREAT PRICE

1.37
EACH



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

ALWAYS GREAT PRICE

4.49
EACH



SELECTION JELLY POWDER
85 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

99¢
EACH



SELECTION SPICES
5.5 x 150 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

99¢
EACH



SELECTION BBQ SAUCE
320 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

1.27
EACH



SELECTION QUICK'N READY RICE
250 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

1.99
EACH



IRRESISTIBLES BALSAMIC VINEGAR OR GLAZE
250 x 500 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

4.44
EACH



IRRESISTIBLES BASIL PESTO
270 ML

ALWAYS GREAT PRICE

3.79
EACH



SELECTION DE-ALCOHOLIZED BEER
12 x 355 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

8.49
EACH



SELECTION GLASS CLEANER
SELECTED VARIETIES

ALWAYS GREAT PRICE

1.97
EACH



SELECTION RINSE AGENT
627 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

4.79
EACH



SELECTION BLEACH
3.4 L
SELECTED VARIETIES

ALWAYS GREAT PRICE

3.99
EACH



SELECTION CLUMPING CAT LITTER
18 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE

9.99
EACH

BAKING FOR LESS



REDPATH
BAKING SUGAR
1 kg
SELECTED VARIETIES



LOCKED DOWN

2⁹⁹
EACH



HERSHEY'S
CHIPITS
200 - 270 g
SELECTED VARIETIES

LOCKED DOWN

5⁹⁹
EACH



TENDERFLAKE PURE LARD
454 g
SELECTED VARIETIES

LOCKED DOWN

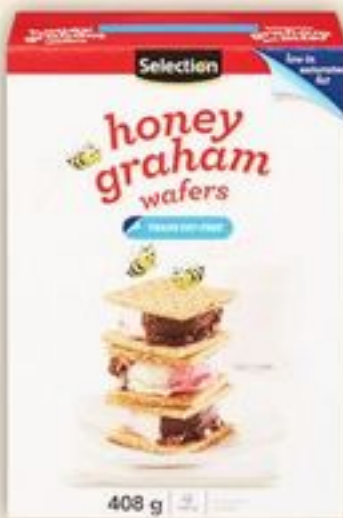
3⁹⁹
EACH



CRISCO SHORTENING
454 g
SELECTED VARIETIES

LOCKED DOWN

3⁴⁹
EACH



SELECTION
HONEY GRAHAM
WAFERS
408 g

LOCKED DOWN

3⁹⁹
EACH



SELECTION
FLOUR
2.5 kg
SELECTED VARIETIES

ALWAYS GREAT PRICE

3⁷⁷
EACH



SELECTION
BAKING NUTS
100 g
SELECTED VARIETIES

LOCKED DOWN

2⁹⁹
EACH



SELECTION
EVAPORATED MILK
354 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE

1⁸⁸
EACH



SELECTION
COCONUT
200 g
SELECTED VARIETIES

ALWAYS GREAT PRICE

2⁹⁹
EACH



SELECTION
BAKING POWDER
450 g
SELECTED VARIETIES

ALWAYS GREAT PRICE

4⁹⁹
EACH



SELECTION
MARSHMALLOWS
250 g
SELECTED VARIETIES

ALWAYS GREAT PRICE

2⁴⁹
EACH



SELECTION
GRAHAM CRUMBS
400 g
SELECTED VARIETIES

ALWAYS GREAT PRICE

3⁹⁹
EACH



SELECTION
PIE FILLING
540 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE

4⁹⁹
EACH



SELECTION
QUICK OATS
1 kg
SELECTED VARIETIES

ALWAYS GREAT PRICE

2⁸⁸
EACH

MORE

RAMADAN FOR LESS



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

1²⁹
EACH



Zabiha Halal

ZABIHA HALAL FRESH
CHICKEN DRUMSTICKS
AIR CHILLED
6.59/KG

2⁹⁹
/LB



NOOR OR
ARJUN
BASMATI RICE
3.43 - 4.54 KG
SELECTED VARIETIES

7⁹⁹
EACH



CEDAR
CANNED
BEANS
540 ML
SELECTED VARIETIES

1⁴⁹
EACH

800 G



NANAK
DESI GHEE
800 G

12⁹⁹
EACH



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

9⁹⁹
EACH



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

6⁹⁹
EACH



ALKANATER OR
CEDAR TAHINI
900 - 107 ML
SELECTED VARIETIES

8⁹⁹
EACH



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

1⁹⁹
EACH



DIVYA
OKRA
315 G FROZEN
SELECTED VARIETIES

99¢
EACH



ELZYMI
TWIST PIE
FROZEN 800 G
SELECTED VARIETIES

6⁹⁹
EACH



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

2⁹⁹
EACH



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

3⁹⁹
EACH



INDOMIE
NOODLES
1.8 KG - 3.8 KG
SELECTED VARIETIES

2⁹⁹
EACH



CEDAR
MARINADES OR
GRAPE LEAVES
700 ML 1 L
SELECTED VARIETIES

4⁹⁹
EACH



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

4⁹⁹
EACH



CEDAR
SARDINES OR
VERMICELLI
PASTA
120 - 500 G
SELECTED VARIETIES

1⁴⁹
EACH



DIVYA ENTRÉES
285 - 315 G
SELECTED VARIETIES

1⁷⁹
EACH

HAPPY HOLI

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



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.49
/LB



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
5.49
EACH

SAVERA PANEER
341 G
SELECTED VARIETIES



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



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
9.99
EACH



SAVERA PANEER
341 G
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



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
SPRING
ROLLS OR
SAMOSAS
400 G
FROZEN
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.99
EACH



LAY'S
POTATO
CHIPS
280-235 G
SELECTED VARIETIES

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



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.99
EACH



MAGGI
INSTANT
NOODLES
70 G
SELECTED VARIETIES

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
150-200 G
SELECTED VARIETIES



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.49
EACH



BRAR'S
SAMOSAS
634 G
FROZEN
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
5.99
EACH



BRAR'S
RASMALAI OR
NANAK GULAB
JAMUN
350-400 G
FROZEN
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
8.99
EACH



DESI-LICIOUS
KULFI
1 L
FROZEN
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
5.99
EACH



NATIONAL
SPICE
MIXES OR
GITS MIXES
45-100 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.67
EACH



Nestlé®

Buy any 2 products
and enter for a
chance to win
1 of 5 prizes of

100,000
POINTS**

(\$800 value)



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

LOCKED DOWN

7⁹⁹
EACH



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

LOCKED DOWN

1⁹⁹
EACH

10
points



SAN PELLEGRINO
OR MAISON PERRIER
SPARKLING WATER*
6x1 L
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.