

food Basics[®]

CANADIAN AND PROUD

ALWAYS MORE FOR LESS

WOWZA!



WOWZA!
8.98
EACH



WOWZA!
2.98
EACH



WOWZA!
3.98
EACH



WOWZA!
4.98
EACH



WOWZA!
4.98
EACH



WOWZA!
4.98
/LB



WOWZA!
2.88
/LB OR EACH



WOWZA!
1.88
/LB OR EACH



WOWZA!
3.88
EACH



WOWZA!
2.75
EACH

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, FEBRUARY 5TH TO WEDNESDAY, FEBRUARY 11TH, 2026

To view local store flyer, visit foodbasics.ca, where you can create an account (or sign into your account) and select your preferred location.

0504 [F01T](#) [F01T](#) [F01T](#) [F01T_V2](#)

HERSHEY'S KISSES
VALENTINE CHOCOLATE
100 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

CHOCOLAT KISSES HERSEY'S POUR LA SAINT-VALENTIN
100 G
VARIÉTÉS SÉLECTIONNÉES
TANT QU'IL Y EN AURA

HERSHEY'S KISSES
milk chocolate • chocolat au lait
100 g

4 49
EACH

NESTLÉ SMARTIES OR MINI KIT KAT VALENTINE CHOCOLATE
100 • 104 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

SMARTIES NESTLÉ OU CHOCOLAT MINI KIT KAT POUR LA SAINT-VALENTIN
100 • 104 G
VARIÉTÉS SÉLECTIONNÉES
TANT QU'IL Y EN AURA

7 99
EACH

LINDT LINDOR
CHOCOLATE
100 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

LINDT LINDOR
CHOCOLATE
100 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

8 99
EACH

FERRERO COLLECTION
100 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

FERRERO ROCHER CHOCOLATE BITE
100 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

8 99
EACH

BOUCHÉES DE CHOCOLAT
FERRERO ROCHER
200 G
BOÎTE DE CHOCOLATS FERRERO
100 G
VARIÉTÉS SÉLECTIONNÉES
TANT QU'IL Y EN AURA

BOÎTE DE CHOCOLATS
FERRERO
100 G
VARIÉTÉS SÉLECTIONNÉES
TANT QU'IL Y EN AURA

15 99
EACH

PERUGINA BACI CHOCOLATES
100 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

CHOCOLATS BACI PERUGINA
100 G
VARIÉTÉS SÉLECTIONNÉES
TANT QU'IL Y EN AURA

WOWZA!



Black Diamond
Cheddar Cheese
Fromage cheddar

OLD • FORT



Black Diamond
Cheese

4⁹⁹
EACH



SCHNEIDERS
Blue Ribbon
CLASSIC BOLOGNA



Boursin
AIL & FINES HERBES
GARLIC & FINE HERBS

4⁹⁹
EACH



Kraft
Singles



PHILADELPHIA
CREAM CHEESE

3⁹⁸
EACH



Crave
DINNER MEALS



Kraft
DINNER MEALS

2⁹⁹
EACH



Cavendish
Flavour Crisp



CHEEMO
Perogies

2⁹⁹
EACH



Clover Leaf
TUNA



Clover Leaf
TUNA

1⁴⁹
EACH



MAXWELL HOUSE
COFFEE



NABOB
COFFEE

5⁹⁹
EACH



Folgers
COFFEE



Folgers
COFFEE

16⁹⁹
EACH



QUAKER
HARVEST CRUNCH
CEREAL



LIFE
CEREAL

3⁹⁹
EACH



eska
SPRING WATER



eska
SPRING WATER

4⁴⁹
EACH



Sponge Towels



Cashmere
PAPER TOWELS

7⁴⁹
EACH



Tide
LAUNDRY DETERGENT



Gain
LAUNDRY DETERGENT

9⁹⁹
EACH

the app-solute best way to save

only with **moi** rewards

SCAN TO DOWNLOAD

While quantities last. Visit our app for details.
*Limit one per customer, per transaction.

DIGITAL DEAL

5⁹⁹
EACH

WITH COUPON

save \$2

this week only

***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 Tailor". 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



make
happy
tummies

Join Us.

100% of donations help feed
hungry tummies at schools in
our neighbourhoods.

Donate
in-store

makehappytummies.ca

Thank you to our Make Happy Tummies™ partners. Look for their products in-store.

TM 2026 Make Happy Tummies



IÖGO NANO
DRINKABLE-YOGURT
4 X 93 ML SELECTED VARIETIES
YOGOURT À BOIRE
NANO IÖGO
4 X 93 ML, VARIÉTÉS SÉLECTIONNÉES



VITA COCO
COCONUT WATER
1 L SELECTED VARIETIES
EAU DE NOIX-DE COCO
VITA COCO
1 L, VARIÉTÉS SÉLECTIONNÉES



BOB'S RED MILL
GLUTEN FREE ROLLED OATS
907 G SELECTED VARIETIES
FLOCONS D'AVOINE
SANS GLUTEN BOB'S RED MILL
907 G, VARIÉTÉS SÉLECTIONNÉES



LACTANTIA
PURIFILTRE MILK
4 L SELECTED VARIETIES
LAIT PURIFILTRE LACTANTIA
4 L, VARIÉTÉS SÉLECTIONNÉES



MAPLE LEAF
DELI SLICED MEAT
175 G SELECTED VARIETIES
CHARCUTERIES EN TRANCHES
MAPLE LEAF
175 G, VARIÉTÉS SÉLECTIONNÉES



QUAKER HARVEST CRUNCH
GRANOLA CEREAL
475 G SELECTED VARIETIES
CÉRÉALES GRANOLA
CROQUE NATURE QUAKER
475 G, VARIÉTÉS SÉLECTIONNÉES



McCAIN SMILES POTATOES
FROZEN 400 G SELECTED VARIETIES
POMMES DE TERRE SMILES McCAIN
DORÉES, 400 G, VARIÉTÉS SÉLECTIONNÉES



DARE BEAR PAWS
CHOCOLATE CHIP COOKIES
240 G SELECTED VARIETIES
BISCUITS AUX PÊTES DE
CHOCOLAT PATTES D'OURS DARE
240 G, VARIÉTÉS SÉLECTIONNÉES



MADE GOOD
ORGANIC CHEWY
GRANOLA BARS
95 SELECTED VARIETIES
BARRÉS GRANOLA
BIOLOGIQUES
MOELLEUSES
MADE GOOD
95 G, VARIÉTÉS SÉLECTIONNÉES



SIMPLY
ORANGE JUICE
2.25 L SELECTED VARIETIES
JUS D'ORANGE
SIMPLY
2.25 L
VARIÉTÉS SÉLECTIONNÉES



GREEN GIANT
PEACHES & CREAM CORN
750 G FROZEN SELECTED VARIETIES
MAÏS DEUX COULEURS
GÉANT VERT
750 G, SURGÉLÉS, VARIÉTÉS SÉLECTIONNÉES



KRAFT
PEANUT BUTTER
1 KG SELECTED VARIETIES
BEURRE D'ARACHIDE
KRAFT
1 KG, VARIÉTÉS SÉLECTIONNÉES



VH SAUCE
HONEY GARLIC
340-380 ML SELECTED VARIETIES
SAUCE VH
340-380 ML
VARIÉTÉS SÉLECTIONNÉES



SARA LEE LITTLE BITES
195-234 G SELECTED VARIETIES
LITTLE BITES SARA LEE
195-234 G, VARIÉTÉS SÉLECTIONNÉES



BLACK DIAMOND
CHEESTRINGS
FICELLO
336 G SELECTED VARIETIES
FICELLO BLACK
DIAMOND
336 G, VARIÉTÉS SÉLECTIONNÉES



KELLOGG'S
MINI WHEATS! CEREAL
400 G SELECTED VARIETIES
CÉRÉALES
MINI WHEATS! KELLOGG'S
400 G, VARIÉTÉS SÉLECTIONNÉES



KELLOGG'S
NUTRI GRAIN CEREAL BARS
295 G
BARRÉS DE CÉRÉALES
NUTRI-GRAIN KELLOGG'S
295 G



BUBLY SPARKLING WATER
12 X 355 ML SELECTED VARIETIES
EAU PÉTILLANTE BUBLY
12 X 355 ML, VARIÉTÉS SÉLECTIONNÉES



LINDT EXCELLENCE
CHOCOLATE BARS
100 G SELECTED VARIETIES
TABLETTES DE CHOCOLAT
EXCELLENCE LINDT
100 G, VARIÉTÉS SÉLECTIONNÉES



DANONE
DANINO
DRINKABLE YOGURT
4 X 93 ML SELECTED VARIETIES
YOGOURT À BOIRE
DANINO DANONE
4 X 93 ML, VARIÉTÉS SÉLECTIONNÉES



SPONGE TOWELS ULTRA
PAPER TOWELS
3 X 4 SELECTED VARIETIES
ESSUIE-TOUIT
SPONGE TOWELS ULTRA
3 X 4 ROULEAUX, VARIÉTÉS SÉLECTIONNÉES



CHOLULA
HOT SAUCE
150 ML SELECTED VARIETIES
SAUCE
PIQUANTE
CHOLULA
150 ML
VARIÉTÉS SÉLECTIONNÉES



BURNBRAE FARMS
EGG BAKES!
SPINACH & RICOTTA
340 G
ŒUFS CUITS AU FOUR!
BURNBRAE FARMS ÉPINARDS
ET RICOTTA
340 G



PEPPERIDGE FARMS
GOLDFISH CRACKERS
200 G SELECTED VARIETIES
CRAQUELINS GOLDFISH
PEPPERIDGE FARMS
200 G, VARIÉTÉS SÉLECTIONNÉES



NESTLÉ NESQUIK SYRUP
300 ML SELECTED VARIETIES
SIROP NESQUIK NESTLÉ
300 ML, VARIÉTÉS SÉLECTIONNÉES



PINTY'S
CHICKEN WINGS OR CHUNKS
720-730 G FROZEN SELECTED VARIETIES
AILES OU MORCEAUX DE
POULET PINTY'S
720-730 G, SURGÉLÉS, VARIÉTÉS SÉLECTIONNÉES



CHRISTIE
SNACK PAKS COOKIES
134 G SELECTED VARIETIES
BISCUITS SNACK PAKS
CHRISTIE
134 G, VARIÉTÉS SÉLECTIONNÉES



CLOVER LEAF TUNA
130 G SELECTED VARIETIES
THON CLOVER LEAF
130 G, VARIÉTÉS SÉLECTIONNÉES



SIMPLY PROTEIN BARS
12'S SELECTED VARIETIES
BARRÉS PROTÉINÉES SIMPLY
12'S, VARIÉTÉS SÉLECTIONNÉES



MAPLE LODGE
CHICKEN WIENERS
450 G SELECTED VARIETIES
SAUCISSES FUMÉES DE
POULET MAPLE LODGE
450 G, VARIÉTÉS SÉLECTIONNÉES



DEL MONTE
NECTAR
340 ML SELECTED VARIETIES
NECTAR
DEL MONTE
340 ML
VARIÉTÉS SÉLECTIONNÉES



KELLOGG'S
RICE KRISPIES CEREAL
340 G SELECTED VARIETIES
CÉRÉALES RICE KRISPIES
KELLOGG'S
340 G, VARIÉTÉS SÉLECTIONNÉES

Products may be sold in a format other than as shown and/or may not be available at all stores.

Donation Match Days

January 31 and February 7
We'll match up to \$30,000 each day!

Metro Ontario Inc. will donate up to a maximum of \$30,000 on each of the Match Fund days, January 31 and February 7, 2026 to a cumulative of \$60,000. Participating Metro and Food Basics stores in Ontario only. For more information on the Make Happy Tummies™ campaign, please visit: makehappytummies.ca

● 2019年10月1日起，新入网用户必须实名登记，且实名信息必须与本人身份信息一致。



Link your cards and earn more Moi points.



on your next shop

Earn 2500

\$20* in value



Nestlé

Dempster's PROTEIN WHITE
14 g PROTEIN
NEW

\$3.99 EACH

JOS LOUIS
L'ORIGINAL
VACHON SNACK CAKES
6-125
SELECTED VARIETIES

\$3.49 EACH

Stonemill
SAN FRANCISCO STYLE SOURDOUGH
500 g

\$4.49 EACH

Häagen-Dazs
vanilla vanille
HAAGEN-DAZS ICE CREAM
1046 ML
SELECTED VARIETIES

\$9.99 EACH

iögo
FROZEN YOGURT BARS
4-125
SELECTED VARIETIES

\$4.99 EACH

Real Dairy
French Vanilla
PREMIUM ICE CREAM
1.5 L

\$5.99 EACH

KitKat
CHOCOLATE BARS OR CELLO BAGS
100-100g
SELECTED VARIETIES

\$3.99 EACH

STARBUCKS
PIKE PLACE ROAST
100% ARABICA COFFEE CAPSULES
100
SELECTED VARIETIES

\$11.99 EACH

Aero
Minis
TABLETTES DE CHOCOLAT OU SACS CELLO NESTLÉ
100-100g
SELECTED VARIETIES

\$3.99 EACH

Knorr
BUTTER & HERB
BEURRE ET FINES HERBES
Pasta / Pâtes

\$1.79 EACH

Unilever
HELLMANN'S
REAL VRAIE MAYONNAISE
500-500 ML
SELECTED VARIETIES

\$5.99 EACH

Lipton
Chicken Noodle
Poulet et nouilles
SOUP
100-100g
SELECTED VARIETIES

\$2.99 EACH

Knorr
CREAMY BACON
CARBONARA
CRÈMEUSES AU BACON
100-100g
SELECTED VARIETIES

\$1.99 EACH

Knorr
CHICKEN
POULET
CUBES DE BOUILLON
100-100g
SELECTED VARIETIES

\$1.99 EACH

TRESemme
HAIR CARE
SOINS CAPILLAIRES
100-100g
SELECTED VARIETIES

\$7.99 EACH

High Liner
SIGNATURE
HADDOCK
FISH FILLETS
425-425g
SELECTED VARIETIES

\$10.99 EACH

High Liner
PAN-SEAR
PACIFIC SALMON
FILETS DE POISSON
500-500g
SELECTED VARIETIES

\$10.99 EACH

High Liner
SIGNATURE
HADDOCK
FISH FILLETS
425-425g
SELECTED VARIETIES

\$10.99 EACH

High Liner
ENGLISH
STYLE
FILLETS
425-425g
SELECTED VARIETIES

\$7.99 EACH

MARS
incorporated

Ben's Original
Bistro Express
BASMATI RICE
RIZ BASMATI
200-200g
SELECTED VARIETIES

\$2.79 EACH

Ben's Original
STREET FOOD / CUISINE DE RUE
200-200g
SELECTED VARIETIES

\$3.99 EACH

Ben's Original
CONVERTED
BASMATI RICE
RIZ CUISINE DE RUE
200-200g
SELECTED VARIETIES

\$8.99 EACH

Selection
all-purpose
flour
2.5 kg

\$3.77 EACH

Selection
EVAPORATED
MILK
LAIT ÉVAPORÉ
100-100g
SELECTED VARIETIES

\$1.88 EACH

Selection
COCONUT
NOIX DE COCO
200-200g
SELECTED VARIETIES

\$2.99 EACH

BIMBO
CANADA

Dempster's PROTEIN WHITE
14 g PROTEIN
NEW

\$3.99 EACH

JOS LOUIS
L'ORIGINAL
VACHON SNACK CAKES
6-125
SELECTED VARIETIES

\$3.49 EACH

Stonemill
SAN FRANCISCO STYLE SOURDOUGH
500 g

\$4.49 EACH

Häagen-Dazs
vanilla vanille
HAAGEN-DAZS ICE CREAM
1046 ML
SELECTED VARIETIES

\$9.99 EACH

iögo
FROZEN YOGURT BARS
4-125
SELECTED VARIETIES

\$4.99 EACH

Real Dairy
French Vanilla
PREMIUM ICE CREAM
1.5 L

\$5.99 EACH

KitKat
CHOCOLATE BARS OR CELLO BAGS
100-100g
SELECTED VARIETIES

\$3.99 EACH

STARBUCKS
PIKE PLACE ROAST
100% ARABICA COFFEE CAPSULES
100
SELECTED VARIETIES

\$11.99 EACH

Aero
Minis
TABLETTES DE CHOCOLAT OU SACS CELLO NESTLÉ
100-100g
SELECTED VARIETIES

\$3.99 EACH

High Liner
SIGNATURE
HADDOCK
FISH FILLETS
425-425g
SELECTED VARIETIES

\$10.99 EACH

High Liner
PAN-SEAR
PACIFIC SALMON
FILETS DE POISSON
500-500g
SELECTED VARIETIES

\$10.99 EACH

High Liner
SIGNATURE
HADDOCK
FISH FILLETS
425-425g
SELECTED VARIETIES

\$10.99 EACH

High Liner
ENGLISH
STYLE
FILLETS
425-425g
SELECTED VARIETIES

\$7.99 EACH

Coca-Cola

smart
vitamin water
1.5 L

\$1.99 EACH

BODYARMOR
HYDRATION DRINK
473-473 ML
SELECTED VARIETIES

\$1.99 EACH

MONSTER
ENERGY DRINKS
473-473 ML
SELECTED VARIETIES

\$2.49 EACH

fuze
iced tea
12.3 L

\$7.99 EACH

MONSTER
ENERGY DRINKS
473-473 ML
SELECTED VARIETIES

\$12.99 EACH

fuze
iced tea
12.3 L

\$7.99 EACH

ALWAYS FRESH. *ALWAYS IN STOCK. ALWAYS GREAT PRICES.

ALWAYS FRESH. *ALWAYS IN STOCK. ALWAYS GREAT PRICES.

*Link your eligible RBC Card to your Moi Rewards card by June 17, 2026, and shop by July 31, 2026. For full program details, visit avionrewards.com/moi.
Moi and Moi Rewards are trademarks of Metro Inc. ® / "Trademarks of Royal Bank of Canada. Used under licence.

To view local store flyer, visit foodbasics.ca, where you can create an account (or sign into your account) and select your preferred location.

PRODUCE

ITALIAN ROMA TOMATOES
PRODUCT OF MEXICO, NO. 1 GRADE
4.37/KG

THIS WEEK ONLY

1.98 /LB

CANTALOUPE
PRODUCT OF GUATEMALA, NO. 1 GRADE
BLUEBERRIES
PRODUCT OF PERU, NO. 1 GRADE
170 G

THIS WEEK ONLY

2.98 EACH

FANCY SPRING MIX
MELANGE PRONTANIER
PRODUCT OF MEXICO, NO. 1 GRADE
4.37/KG

THIS WEEK ONLY

3.98 EACH

CRISPY ROMAINE LETTUCE
LAITUE ROMAINE
PRODUCT OF MEXICO, NO. 1 GRADE
170 G

THIS WEEK ONLY

25 points

RASPBERRIES
PRODUCT OF U.S.A. NO. 1 GRADE
AVOCADOS
PRODUCT OF MEXICO, NO. 1 GRADE
LIMES
PRODUCT OF MEXICO, NO. 1 GRADE
FRAMBOISES
PRODUCT OF MEXICO, NO. 1 GRADE
AVOCATS
PRODUCT OF MEXICO, NO. 1 GRADE
LIMES
PRODUCT OF MEXICO, NO. 1 GRADE

THIS WEEK ONLY

3.98 EACH

CANARY MELON
PRODUCT OF MEXICO, NO. 1 GRADE
2.16/KG

THIS WEEK ONLY

98¢ /LB

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

THIS WEEK ONLY

3.98 /LB

WHOLE WHITE OR CREMINI MUSHROOMS
PRODUCT OF CANADA, NO. 1 GRADE
227 G

THIS WEEK ONLY

2.77 EACH

McINTOSH APPLES
PRODUCT OF CANADA, NO. 1 GRADE
POMMES
PRODUCT OF CANADA, NO. 1 GRADE

THIS WEEK ONLY

4.98 EACH

BUTTERCUP, BUTTERNUT, ACORN OR SPAGHETTINI SQUASH
PRODUCT OF MEXICO, NO. 1 GRADE
3.26/KG

THIS WEEK ONLY

1.48 /LB

THE LITTLE POTATO COMPANY
LITTLE THINGS
100 G OF 4 TYPES
POTATOES
PRODUCT OF CANADA, NO. 1 GRADE

THIS WEEK ONLY

2.98 EACH

PLANTAIN BANANAS
PRODUCT OF GUATEMALA, NO. 1 GRADE
2.18/KG

THIS WEEK ONLY

99¢ /LB

SWEET ASSORTED PEPPERS
PRODUCT OF MEXICO, NO. 1 GRADE
SWEET CORN
PRODUCT OF U.S.A. NO. 1 GRADE
POIVRONS VARIÉS
PRODUCT OF MEXICO, NO. 1 GRADE
MAÏS SUCRÉ
PRODUCT OF MEXICO, NO. 1 GRADE

THIS WEEK ONLY

4.77 EACH

DOLE SALADS
PRODUCT OF CANADA, NO. 1 GRADE
SALADE DOLE
PRODUCT OF CANADA, NO. 1 GRADE
GARDEN SALAD
SALADE DU JARDIN
PRODUCT OF CANADA, NO. 1 GRADE

THIS WEEK ONLY

2.88 EACH

PEACHES
PRODUCT OF CANADA, NO. 1 GRADE
NECTARINES
PRODUCT OF CANADA, NO. 1 GRADE

THIS WEEK ONLY

2.98 /LB

SOUTHWEST RANCH DIP
RANCH SUD-OUEST
PRODUCT OF CANADA, NO. 1 GRADE
HOMESTYLE LITEHOUSE DIP
LITEHOUSE DIP
PRODUCT OF CANADA, NO. 1 GRADE

THIS WEEK ONLY

3.99 EACH

FRUIT OR VEGETABLE TRAY
100 G OF 10 TYPES
PLATEAU DE FRUITS OU DE CRUDITÉS
100 G DE 10 TYPES

THIS WEEK ONLY

11.99 EACH

FLORAL

10 STEM TULIPS
WHILE SUPPLIES LAST
10 TIGES DE TULIPES
TANT QU'IL Y EN AURA

THIS WEEK ONLY

8.88 EACH

MIX & MATCH BOUQUETS
WHILE SUPPLIES LAST

THIS WEEK ONLY

2/\$12

6" ASSORTED BULBS
WHILE SUPPLIES LAST
BULBES VARIÉS
EN POT DE 6 PO
TANT QU'IL Y EN AURA

THIS WEEK ONLY

6.98 EACH

5" ORCHID
WHILE SUPPLIES LAST
ORCHIDÉE
EN POT DE 5 PO
TANT QU'IL Y EN AURA

THIS WEEK ONLY

12.88 EACH

MEAT

FRESH WHOLE CHICKEN WINGS
BAGGÉS
INCLUTANT ZARINA HALAL
8.80/KG

THIS WEEK ONLY

3.99 /LB

AILES DE POULET ENTIÈRES
FRAÎCHES
INCLUTANT ZARINA HALAL
8.80/KG

THIS WEEK ONLY

3.99 /LB

MEDIUM GROUND BEEF
FAMILY PACK
INCLUTANT ZARINA HALAL
15.41/KG

THIS WEEK ONLY

6.99 /LB

NEW ZEALAND FRESH LAMB
SHOULDER CHOPS
FAMILY PACK
HALAL, WHOLE, QUANTITÉ LAST
19.82/KG

THIS WEEK ONLY

8.99 /LB

PACIFIC WHITE SHRIMP
CREVETTES BLANCHES DU PACIFIQUE
SMALL-PETIT
70-80 TAILLES
IRRESISTIBLES HALF MOON
PACIFIC WHITE SHRIMP WITH SAUCE
500 G 4-6 DROZES SÉLECTIONNÉES

THIS WEEK ONLY

13.99 EACH

MAPLE LODGE ULTIMATE
DINNER/BREAKFAST
SAUSAGES OR FRANKFURTERS
INCLUTANT ZARINA HALAL
250 G 4-6 DROZES SÉLECTIONNÉES

THIS WEEK ONLY

6.49 EACH

IRRESISTIBLE
BATTERED CHEESE
FRIES
SAUSAGES ULTIMATE
MAPLE LODGE POUR LE
SOUPÉ OU LE DÉJEUNER
OU SAUSISSES FUMÉES
INCLUTANT ZARINA HALAL
250 G 4-6 DROZES SÉLECTIONNÉES

THIS WEEK ONLY

6.99 EACH

PETITS BURGERS
OU LANIÈRES DE
POULET PANÉES
SANS GLUTEN
IRRESISTIBLE
SÉLECTIONNÉES, 225-232 G
VARIÉTÉS SÉLECTIONNÉES

THIS WEEK ONLY

7.99 EACH

MONSIEUR GUSTAV GOUDA
OR DOUBLE CREAM BRIE
OR JARLSBERG SLICES OR
AGROPUR 2 YEAR CHEDDAR
250 G 4-6 DROZES SÉLECTIONNÉES

THIS WEEK ONLY

8.99 EACH

GOUDA OU BRIE DOUBLE
CRÈME OU JARLSBERG
EN TRanches, MONSIEUR
GUSTAV OU AGROPUR
CHEDDAR VIEILLI 2 ANS
250 G 4-6 DROZES SÉLECTIONNÉES

THIS WEEK ONLY

8.99 EACH

MARC ANGELO
SOUVLAKI
FAMILY PACK
400-480 G
SOUVLAKI
MARC ANGELO
EN EMBALLAGE
FAMILIAL
400-480 G
VARIÉTÉS SÉLECTIONNÉES

THIS WEEK ONLY

11.99 EACH

TRE STELLE
TRADITIONAL FETA
FETA
SÉLECTIONNÉES, 400 G
TRADITIONNELLE
TRE STELLE
FETA
SÉLECTIONNÉES, 400 G

THIS WEEK ONLY

13.99 EACH

BAKERY

DEMPSTER'S
BREAD
BUNS
SÉLECTIONNÉES, 85 G

THIS WEEK ONLY

2.99 EACH

HOT DOG
100000
PAIN DEMPSTER'S
MICHETTES
SÉLECTIONNÉES, 100 G 4-6 DROZES SÉLECTIONNÉES

THIS WEEK ONLY

2.99 EACH

VALENTINES SWEETS
SUCRERIES POUR LA SAINT-VALENTIN
200-250 G
VARIÉTÉS SÉLECTIONNÉES

THIS WEEK ONLY

3.99 EACH

BROWNIES
SELECTION SNACK TUBS
400-480 G
SÉLECTIONNÉES

THIS WEEK ONLY

5.99 EACH

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.



PROUDLY SUPPORTING OUR CANADIANS



WHOLE WHITE OR CREMINI MUSHROOMS
PRODUCT OF CANADA
CHAMPIGNONS ENTIERS BLANCS OU CREMINI
PRODUIT DU CANADA

277
EACH



THE LITTLE POTATO COMPANY POTATOES
PRODUCT OF CANADA
POMMES DE TERRE THE LITTLE POTATO COMPANY
PRODUIT DU CANADA

298
EACH



Artichoke & Asiago Dip
Trempepote d'artichauts et asiago

SUMMER FRESH HUMMUS OR DIPS
200 - 227 G SELECTED VARIETIES
HUMMUS OU TREMPETTES SUMMER FRESH
200 - 227 G VARIETES SELECTIONNEES



299
EACH



LEGACY MARINATED
PULLED PORK OR PORK LOINS
200 - 300 G SELECTED VARIETIES
PORC MARINÉ EFFILOCHÉ OU
LONGES DE PORC LEGACY
200 - 300 G VARIETES SELECTIONNEES

10⁹⁹
EACH



SELECTION COOKIES
CT BAKERY DONUTS
300 - 320 G SELECTED VARIETIES
BISCUITS SELECTION
BEIGNES CT BAKERY
300 - 320 G VARIETES SELECTIONNEES

4⁹⁹
EACH



DEMPSTER'S BREAD
BUNS
300 - 320 G SELECTED VARIETIES
PAIN DEMPSTER'S
MICHETTES
300 - 320 G VARIETES SELECTIONNEES

299
EACH



ROUND ROLES
CLASSIC CLASSIQUE

LAY'S POTATO CHIPS OR TOSTITOS
TORTILLA CHIPS
200 - 227 G SELECTED VARIETIES
CROUSTILLES LAY'S OU CROUSTILLES
DE TORTILLAS TOSTITOS
200 - 227 G VARIETES SELECTIONNEES

275
EACH



DR. OETKER GIUSEPPE RISING OR THIN CRUST PIZZA
200 - 227 G SELECTED VARIETIES
HELIVA GOOD DIPI
200 - 227 G SELECTED VARIETIES
PIZZA CROUTE LEVE-AU-FOUR OU
MINCE GIUSEPPE DR. OETKER
200 - 227 G VARIETES SELECTIONNEES
TREMPEPOTE HELIVA GOOD!
200 - 227 G VARIETES SELECTIONNEES

4⁹⁸
EACH



COCA-COLA CANADA DRY GINGER ALE OR
ORIGINAL T/PEPSI SOFT DRINKS
12 X 330 ML SELECTED VARIETIES
COCA-COLA OU GINGER ALE CANADA DRY OU
BOISSONS GAZEUSES PEPSI
12 X 330 ML VARIETES SELECTIONNEES

6⁹⁸
EACH

75
points



CAVENDISH FARMS FRENCH FRIES
CLASSIC CLASSIQUE
700 G
FRITES CAVENDISH FARMS
CLASSIC CLASSIQUE
700 G
PEROGIES CHEEMO
200 - 227 G SELECTED VARIETIES
PEROGIES CHEEMO
200 - 227 G VARIETES SELECTIONNEES

299
EACH



CAMPBELL'S BEEF & BEEF SOUP
300 - 320 G SELECTED VARIETIES
BOUILLON CAMPBELL'S
300 - 320 G VARIETES SELECTIONNEES

1⁸⁸
EACH



NABOB GROUND COFFEE
MAXWELL HOUSE COFFEE CAPSULES
SELECTED VARIETIES
CAFÉ NABOB MOULU
CAFÉ MAXWELL HOUSE EN CAPSULES
200 - 227 G VARIETES SELECTIONNEES

5⁹⁹
EACH



KRAFT BBQ SAUCE
300 - 320 G SELECTED VARIETIES
SAUCE BARBECUE KRAFT
300 - 320 G VARIETES SELECTIONNEES

2⁴⁹
EACH



CASHMERE BATHROOM TISSUE
12 - 24 ROLLS
SPONGE TOWELS
ULTRA PAPER TOWELS
SCOTTIES FACIAL TISSUE
SELECTED VARIETIES
PAPIER HYGIENIQUE CASHMERE
12 - 24 ROLLS
ESSUIE-TOUT ULTRA SPONGE TOWELS
PAPIERS-MOUCHOIRS SCOTTIES
SELECTED VARIETIES

7⁴⁹
EACH

*We are currently working on updating the origin of all our products. This information comes from certification agencies, product suppliers, and other Metro partners. We cannot be held liable for any information that may prove to be inaccurate.

LOCKED DOWN



BLACK DIAMOND SLICES
400g
SELECTIONNÉES

LOCKED DOWN
398
EACH



GREEN GIANT VEGETABLES
SUCRÉ LÉVÉ, TONIFIANT SÉLECTIONNÉES
LÉGUMES GÉANT VERT
SUCRÉ LÉVÉ, TONIFIANT SÉLECTIONNÉES

LOCKED DOWN
349
EACH



PILLSBURY
PREPARED DOUGH
400g
SELECTIONNÉES
PÂTE PRÉPARÉE
PILLSBURY
400g
SELECTIONNÉES

LOCKED DOWN
399
EACH



ALLEN'S
WHITE OR CLEANING
VINEGAR
2.3L
SELECTIONNÉES
VINAIGRE BLANC OU
NETTOYANT ALLEN'S
2.3L
SELECTIONNÉES

LOCKED DOWN
349
EACH



JORDAN'S
MORNING CRISP OR
MUESLI CEREAL
400g
SELECTIONNÉES
CÉRÉALES
MORNING CRISP
OU MUESLI
JORDAN'S
400g
SELECTIONNÉES

LOCKED DOWN
599
EACH



TIM HORTONS
CAPPUCCINO
400g
SELECTIONNÉES
CAPPUCCINO TIM
HORTONS
400g
SELECTIONNÉES

LOCKED DOWN
899
EACH



SENSIBLE PORTIONS
VEGGIE SNACKS
120g
SELECTIONNÉES
COLLATIONS À
SAVEUR DE LÉGUMES
SENSIBLE PORTIONS
120g
SELECTIONNÉES

LOCKED DOWN
2/550



LOCKED DOWN
249
EACH

15
points



CAMPBELL'S
BROTH
200g
SELECTIONNÉES
BOUILLON CAMPBELL'S
200g
SELECTIONNÉES

LOCKED DOWN
188
EACH



LINDT SWISS CLASSIC
CHOCOLATE
100g
SELECTIONNÉES
CHOCOLAT SWISS CLASSIC LINDT
100g
SELECTIONNÉES

LOCKED DOWN
399
EACH



SWEET BABY
RAY'S BBQ SAUCE
400g
SELECTIONNÉES
SAUCE BARBECUE
SWEET BABY
RAY'S
400g
SELECTIONNÉES

LOCKED DOWN
349
EACH



LYSOL DISINFECTANT
WIPES
100g
SELECTIONNÉES

LOCKED DOWN
549
EACH

Buy a \$100 LCBO gift card and get a **FREE \$15 Food Basics gift card**
Offer valid February 5 - 11

Available at **food basics**

LCBO \$100

LCBO



GLADE AIR
FRESHENERS
200g
SELECTIONNÉES
ASSAINISSEURS
D'AIR GLADE
200g
SELECTIONNÉES

LOCKED DOWN
299
EACH

ALWAYS GREAT PRICE



IRRESISTIBLE ORANGE JUICE
1.5L, 1.5L
JUS D'ORANGE IRRESISTIBLE
1.5L, 1.5L

ALWAYS GREAT PRICE
3.97
EACH



SELECTION OR LIFE SMART FRUIT SNACKS
1.5L, 1.5L
COLLATIONS AUX FRUITS SELECTION OU MIEUX-ÊTRE
1.5L, 1.5L

ALWAYS GREAT PRICE
2.49
EACH



SELECTION OR LIFE SMART VEGETABLE COCKTAIL
1.8L, 1.8L
COCKTAIL DE LÉGUMES SELECTION OU MIEUX-ÊTRE
1.8L, 1.8L

ALWAYS GREAT PRICE
2.99
EACH



SELECTION INSTANT COFFEE
200g, 200g
CAFÉ INSTANTANÉ SELECTION
200g, 200g

ALWAYS GREAT PRICE
5.99
EACH



LIFE SMART BROTH
1.8L, 1.8L
BOUILLON MIEUX-ÊTRE
1.8L, 1.8L

ALWAYS GREAT PRICE
1.67
EACH



IRRESISTIBLES SNACKS
142g, 142g
COLLATIONS IRRESISTIBLES
142g, 142g

ALWAYS GREAT PRICE
2.49
EACH



SELECTION TACO MIX
250g, 250g
MÉLANGE À TACOS SELECTION
250g, 250g

ALWAYS GREAT PRICE
\$1
EACH



SELECTION OR IRRESISTIBLES PARMESAN CHEESE
250g, 250g
FROMAGE PARMESAN SELECTION OU IRRESISTIBLES
250g, 250g

ALWAYS GREAT PRICE
6.99
EACH



IRRESISTIBLES BALSAMIC VINEGAR OR GLAZE
250g, 250g
VINAIGRE OU GLAÇAGE AU VINAIGRE BALSAMIQUES IRRESISTIBLES
250g, 250g

ALWAYS GREAT PRICE
4.44
EACH



SELECTION BATHROOM TISSUE
30-100's
PAPIER HYGIÉNIQUE SELECTION
30-100's

ALWAYS GREAT PRICE
19.99
EACH



HEINZ KETCHUP
1.5L, 1.5L
KETCHUP HEINZ
1.5L, 1.5L

ALWAYS GREAT PRICE
6.99
EACH



KELLOGG'S JUMBO SIZE CEREAL
1.8L, 1.8L
CÉRÉALES KELLOGG'S EN FORMAT GÉANT
1.8L, 1.8L

ALWAYS GREAT PRICE
9.49
EACH



KRAFT BBQ SAUCE
1.5L, 1.5L
SAUCE BARBECUE KRAFT
1.5L, 1.5L

ALWAYS GREAT PRICE
2.49
EACH



NATURE VALLEY FAMILY PACK BARS
12x12g, 12x12g
BARRES VAL NATURE EN EMBALLAGE FAMILIAL
12x12g, 12x12g

ALWAYS GREAT PRICE
6.99
EACH



CHEEZ-IT CRACKERS
1.5L, 1.5L
CRAQUELINS CHEEZ-IT EN FORMAT FAMILIAL
1.5L, 1.5L

ALWAYS GREAT PRICE
3.99
EACH



DOLE FRUIT CUPS
1.5L, 1.5L
COUPES DE FRUITS DOLE
1.5L, 1.5L

ALWAYS GREAT PRICE
2.99
EACH



BETTY CROCKER DUNKAROOS
1.5L, 1.5L
DUNKAROOS BETTY CROCKER
1.5L, 1.5L

ALWAYS GREAT PRICE
3.99
EACH



KELLOGG'S RICE KRISPIES SQUARES
1.5L, 1.5L
CARRÉS AUX RICE KRISPIES KELLOGG'S
1.5L, 1.5L

ALWAYS GREAT PRICE
9.99
EACH

GAME DAY FOR LESS



IRRESISTIBLES HALF MOON PACIFIC
WHITE SHRIMP RING WITH SAUCE
70-80 COCTAIL
COURONNE DE CREVETTES BLANCHES
DU PACIFIQUE IRRESISTIBLES
EN DEMI-LUNE AVEC SAUCE
90 g, 300 g, 450 g, 600 g
VARIETES SELECTIONNEES

13.99
EACH



DEMPSTER'S
10" TORTILLAS
425 g, 675 g
SELECTIONNEES
TORTILLAS
DEMPSTER'S DE 10 PO
425 g, 675 g
VARIETES SELECTIONNEES

3.99
EACH



GAY LEA SOUR CREAM
250 mL
SELECTIONNEES
CREME SURE GAY LEA
250 mL
VARIETES SELECTIONNEES

1.99
EACH



QUAKER
CRISPY MINIS
200 g, 300 g
SELECTIONNEES
CRISPY MINIS
QUAKER
200 g, 300 g
VARIETES SELECTIONNEES

2.49
EACH



HERSHEY
TWIZZLERS OR
NIBS CANDY
275 g, 454 g
SELECTIONNEES
BONBONS
TWIZZLERS OU
NIBS HERSHEY
275 g, 454 g
VARIETES SELECTIONNEES

2.49
EACH



TROPHY
CASHEWS
140 g
SELECTIONNEES
WHOLE QUANTITIES LAST
NOIX DE CAJOU
TROPHY
140 g
VARIETES SELECTIONNEES
TANT QU'IL Y EN AURA

3.49
EACH



MOTT'S CLAMATO
COCKTAIL
1.8 L
SELECTIONNEES
COCKTAIL CLAMATO
MOTT'S
1.8 L
VARIETES SELECTIONNEES

2/\$7



OCEAN SPRAY CRANBERRY
COCKTAIL OR JUICE BLENDS
1.2 L, 1.8 L
SELECTIONNEES
COCKTAIL DE CANNEBERGE
OU MELANGES DE JUS
OCEAN SPRAY
1.2 L, 1.8 L
VARIETES SELECTIONNEES

3.99
EACH



LIFE SMART NATURALIA
TORTILLA CHIPS
100 g
SELECTIONNEES
CROUSTILLES DE TORTILLAS
NATURALIA MIEUX-ETRE
100 g
SALSA SELECTION
400 mL
VARIETES SELECTIONNEES

2.99
EACH



LA COSTENA
FRIED BEANS
OR PEPPERS
100 g, 240 g
SELECTIONNEES
HARICOTS FRITS
OU PIMENTS
LA COSTENA
100 g, 240 g
VARIETES SELECTIONNEES

2.99
EACH



CHOLULA HOT OR
CREMOSA SAUCE
100 g, 250 mL
SELECTIONNEES
SAUCE CHOLULA
PIQUANTE OU CREMOSA
100 g, 250 mL
VARIETES SELECTIONNEES

4.99
EACH



SELECTION OR LIFE
SMART DELUXE
MIXED NUTS
1.13 KG
SELECTIONNEES
MELANGE DE NOIX
DE LUXE SELECTION
OU MIEUX-ETRE
1.13 KG
VARIETES SELECTIONNEES

24.99
EACH



NESTEA
ICED TEA
1.8 L
SELECTIONNEES
THE GLACE
NESTEA
1.8 L
VARIETES SELECTIONNEES

3.79
EACH



3.99
EACH



3.99
EACH

GAME DAY FOR LESS



MILLER LITE
LIGHT BEER
A 355 mL
BIÈRE LÉGÈRE
MILLER LITE
A 355 mL

14⁴⁹
EACH



CORONA EXTRA BEER
A 355 mL
BIÈRE EXTRA CORONA
A 355 mL

15⁹⁹
EACH



MODELO
ESPECIAL BEER
A 355 mL
BIÈRE ESPECIAL
MODELO
A 355 mL

17⁴⁹
EACH



HEINEKEN BEER
A 355 mL
BIÈRE HEINEKEN
A 355 mL

18⁹⁹
EACH



COORS LIGHT BEER
A 355 mL
BIÈRE LÉGÈRE COORS
A 355 mL

54⁴⁹
EACH



BUD LIGHT BEER
A 355 mL
BIÈRE LÉGÈRE BUD
A 355 mL

55⁴⁹
EACH



BIÈRE SÉLECTION
DÉSALCOOLISÉE
A 355 mL
VARIÉTÉS SÉLECTIONNÉES

8⁴⁹
EACH



GUINNESS
NON-ALCOHOLIC
BEER
A 355 mL
BIÈRE GUINNESS
DÉSALCOOLISÉE
A 355 mL

12⁴⁹
EACH



BUDWEISER
NON-ALCOHOLIC
BEER
A 355 mL
BIÈRE BUDWEISER
DÉSALCOOLISÉE
A 355 mL

12⁹⁹
EACH



CORONA CERO
ALCOHOL FREE
BEER
A 355 mL
BIÈRE CERO CORONA
DÉSALCOOLISÉE
A 355 mL

22⁴⁹
EACH



MICHELOB
ULTRA LIGHT
BEER
A 473 mL
BIÈRE ULTRA
LÉGÈRE
MICHELOB
A 473 mL

2⁹⁹
EACH



MOLSON COORS
ORIGINAL BEER
A 473 mL
BIÈRE ORIGINALE
COORS MOLSON
A 473 mL

2⁹⁹
EACH



HEINEKEN
BEER
A 500 mL
BIÈRE
HEINEKEN
A 500 mL

3⁴⁹
EACH



STELLA ARTOIS
BEER
A 473 mL
BIÈRE STELLA
ARTOIS
A 473 mL

3⁴⁹
EACH

GAME DAY

Favourites

STEP 1: PICK YOUR SHELLS OR DINNER KIT

OLD EL PASO
TACO STAND n' STUFF
10 Crunchy Shells
GLUTEN-FREE
133 g

OLD EL PASO
SOFT TORTILLAS SOUPLES
OLD EL PASO SHELLS OR TORTILLAS
COQUILLES OU TORTILLAS OLD EL PASO
125 - 344 g, VARIÉTÉS SÉLECTIONNÉES

LOCKED DOWN

2.99
EACH

BUY 2 OLD EL PASO™ KITS AND GET
\$10 TO FILL UP YOUR TACOS**
UPLOAD YOUR RECEIPT ONLINE

OLD EL PASO
DINNER KIT
SOFT TACO
12 SOFT TORTILLAS
PREP AND SAUCE
250 - 488 g

OLD EL PASO
DINNER KIT
HARD & SOFT TACO
NEW & IMPROVED Taste
12 SOFT TORTILLAS + 6 Taco Shells
PREP AND SAUCE
250 - 488 g
Ready in 20 minutes

OLD EL PASO TACO KIT
250 - 488 g
SÉLECTIONNÉES VARIÉTÉS

PRÉPARATION À TACOS
OLD EL PASO
250 - 488 g
VARIÉTÉS SÉLECTIONNÉES

LOCKED DOWN

3.99
EACH

**Must redeem online. Limited offers available. Offer ends March 31, 2026. See participating packaging for details.

OFFICIAL SUPPORTER
SOUTIEN OFFICIEL

For full offer details and list of participating products, visit www.oldelpasogiveaway.ca

STEP 2: PICK YOUR PROTEIN

SEAHORSE COOKED SHRIMP
91 - 120 CT
148 g
FROZEN
SÉLECTIONNÉES VARIÉTÉS

CREVETTES SEAHORSE CUITES
91 - 120 UN.
148 g
FROZEN
SÉLECTIONNÉES VARIÉTÉS

THIS WEEK ONLY

6.99
EACH

HALAL AT SAME PRICE

MEDIUM GROUND BEEF FAMILY PACK
INCLUDES HALAL
15.41/KG

BOEUF HACHÉ MI-MAIGRE EN EMBALLAGE FAMILIAL
INCLUDES HALAL
15.41/KG

THIS WEEK ONLY

6.99
/LB

35 points

STEP 3: PICK YOUR TOPPINGS

OLD EL PASO SALSA
400 ML
SÉLECTIONNÉES VARIÉTÉS

SALSA OLD EL PASO
400 ML
VARIÉTÉS SÉLECTIONNÉES

LOCKED DOWN

4.49
EACH

OLD EL PASO TACO
24 g
SÉLECTIONNÉES VARIÉTÉS

OLD EL PASO SEASONING
24 g
SÉLECTIONNÉES VARIÉTÉS

LOCKED DOWN

1.25
EACH

OLD EL PASO REFRIED BEANS
215 g
SÉLECTIONNÉES VARIÉTÉS

OLD EL PASO MEXICAN RICE
RIZ MEXICAIN
215 g
SÉLECTIONNÉES VARIÉTÉS

HARICOTS SAUTÉS
OLD EL PASO
215 g
VARIÉTÉS SÉLECTIONNÉES

LOCKED DOWN

2.99
EACH

OLD EL PASO CHILIES
113 g
SÉLECTIONNÉES VARIÉTÉS

OLD EL PASO CHILIES
113 g
SÉLECTIONNÉES VARIÉTÉS

LOCKED DOWN

2.79
EACH



Lay's
SOUR CREAM & ONION
CRÈME SURE ET OIGNON

220 g

Tostitos
RESTAURANT STYLE

LAY'S POTATO CHIPS OR TOSTITOS TORTILLA CHIPS
200-295 g
SELECTED VARIETIES
CROUSTILLES LAY'S OU CROUSTILLES DE TORTILLAS TOSTITOS
200-295 g
VARIETÉS SÉLECTIONNÉES

Miss Vickie's
ORIGINAL RECIPE
RECETTE ORIGINALE

200 g

Miss Vickie's
SEA SALT & MALT VINEGAR

MISS VICKIE'S POTATO CHIPS
200-295 g
SELECTED VARIETIES
CROUSTILLES MISS VICKIE'S
200-295 g
VARIETÉS SÉLECTIONNÉES

THIS WEEK ONLY

275
EACH

LOCKED DOWN

399
EACH

Smartfood
WHITE CHEDDAR
CHEDDAR BLANC

200 g

Smartfood
MUNCHIES
MUNCHIES

SMARTFOOD POPCORN OR MUNCHIES SNACK MIX
150-220 g
SELECTED VARIETIES
MAÏS SOUFFLÉ SMARTFOOD OU MÉLANGE MUNCHIES
150-220 g
VARIETÉS SÉLECTIONNÉES

MONTELLIER
10x 355 mL
SLIM CANS
CANETTES MINCES

bubly
sparkling water
beverage
limebubly.

BUBLY SPARKLING WATER
12 x 355 mL
SELECTED VARIETIES
CARBONATE MONTELLIER
CARBONATED WATER
10 x 355 mL
SELECTED VARIETIES
EAU PÉTILLANTE BUBLY
12 x 355 mL
EAU GAZEIFIÉE MONTELLIER
10 x 355 mL
VARIETÉS SÉLECTIONNÉES

THIS WEEK ONLY

2/\$7

THIS WEEK ONLY

599
EACH

7up mini

PEPSI MINI
ZERO SUGAR

PEPSI OR 7-UP MINI CANS
6 x 222 mL
SELECTED VARIETIES
WHILE QUANTITIES LAST
PEPSI OU 7UP EN CANETTES MINI
6 x 222 mL
VARIETÉS SÉLECTIONNÉES
TANT QU'IL Y EN AURA

PEPSI

PEPSI SOFT DRINKS
6 x 710 mL
SELECTED VARIETIES
BOISSONS GAZEUSES PEPSI
6 x 710 mL
VARIETÉS SÉLECTIONNÉES

THIS WEEK ONLY

349
EACH

ALWAYS GREAT PRICE

579
EACH

新年快乐 HAPPY LUNAR NEW YEAR 2026



MORE

RAMADAN FOR LESS



RED MANGO
PRODUCT OF BRAZIL
MANGUE ROUGE
PRODUIT DU BRÉSIL

1.28
EACH



NEW ZEALAND
FRESH LAMB
SHOULDER CHOPS
FAMILY PACK
WHOLE QUARTERS LAST
19.82/KG

8.99
/LB

HALAL

TRANCHES FRAÎCHES
D'ÉPAULE D'AGNEAU
DE LA NOUVELLE ZÉLANDE
EN EMBALLAGE FAMILIAL
19.82/KG



NOOR OR RIJUN
BASMATI RICE
2.43 - 4.54 KG
SELECTED VARIETIES

7.99
EACH



SAPORITO VEGETABLE,
CANOLA OR CORN OIL
2.64 - 3.1
SELECTED VARIETIES

9.99
EACH



HANS DAHI, PHOENICIA OR CEDAR YOGURT
400 - 750 G SELECTED VARIETIES

YOGURT DAHI HANS, PHOENICIA OU CEDAR
400 - 750 G
VARIETES SÉLECTIONNÉES

2.49
EACH



CEDAR
CANNED BEANS
240 ML
SELECTED VARIETIES

1.49
EACH



NOOR DATES,
ROOH AFZA
SYRUP OR
SHERBON JUICE
100 - 300 ML, 2 L
SELECTED VARIETIES

DATTES NOOR,
SIROP ROOH AFZA OU
JUS SHERBON
100 - 300 ML, 2 L
VARIETES SÉLECTIONNÉES

4.99
EACH



PARLE-G
BISCUITS, LU OR
EBM COOKIES
100 - 300 G
SELECTED VARIETIES

99¢
EACH



TANDOORI
NAAN
Original
CRISPY NAAN
100 - 300 G
SELECTED VARIETIES

1.99
EACH



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

RIZ BASMATI ROZZANA INDIA GATE OU
PREMIUM QILLA, RIZ ÉTUVÉ CEDAR
4.54 KG, 8 KG, VARIETES SÉLECTIONNÉES

12.99
EACH



ELZYMI PIES
100 - 300 G
SELECTED VARIETIES

TARTES ELZYMI
BOUGELLES 100 G
VARIETES SÉLECTIONNÉES

6.99
EACH



CASABLANCA
POUND CAKES
100 G
SELECTED VARIETIES

GÂTEAUX
QUATRE-QUARTS
CASABLANCA
100 G
VARIETES SÉLECTIONNÉES

2.99
EACH



HEREFORD REGULAR OR HALAL
CORNEE BEEF
300 G
SELECTED VARIETIES

BŒUF SALÉ
RÉGULIER OU
HALAL HEREFORD
300 G
VARIETES SÉLECTIONNÉES

3.99
EACH



SHAN MIXES OR
DIVYA GINGER
GARLIC PASTE
50 - 100 G
SELECTED VARIETIES

BOMBAY BIRYANI
OU PÂTE DE
GINGEMBRE
AIL DIVYA
50 - 100 G
VARIETES SÉLECTIONNÉES

1.99
EACH



INDOMIE
NOODLES OR
NATIONAL
SAUCE
5.8 KG, 1.8 KG, 3.0 KG
SELECTED VARIETIES

NOUILLES
INDOMIE OU
SAUCE
NATIONAL
1.8 KG, 3.0 KG, 5.8 KG
VARIETES SÉLECTIONNÉES

2.99
EACH



ALPHONSO OR ALJUICE BEVERAGES 1.75 L
CEDAR CONDENSED MILK 100 ML
SELECTED VARIETIES

BOISSONS ALPHONSO
OU ALJUICE 1.75 L
LAIT CONDENSÉ
CEDAR 100 ML
VARIETES SÉLECTIONNÉES

3.99
EACH



SHALINI SNAKS,
DIVYA SOYA
CHUNKS
100 - 200 G
SELECTED VARIETIES

COLLATIONS
SHALINI,
MORCEAUX DE
SOYA DIVYA
100 - 200 G
VARIETES SÉLECTIONNÉES

1.49
EACH



CEDAR
PEACHES OR
POMEGRANATE
JUICE
100 - 200 ML
SELECTED VARIETIES

PÊCHES OU
JUS DE GRENADE
CEDAR
100 - 200 ML
VARIETES SÉLECTIONNÉES

3.49
EACH

MORE

RAMADAN FOR LESS



MEDJOL DATES
DATTES MEDJOL

9.98
EACH



BRAR'S PANEER
PANEER BRAR'S

5.99
EACH



NOOR OR LAL QILLA SELLA, PARLIAMENT
GOLD OR ERAVAT BASMATI RICE

9.99
EACH



PILLSBURY
CHAKKI ATTA
FLOUR
FARINE CHAKKI
ATTA PILLSBURY

9.99
EACH



DIVYA LENTILS OR
BLACK CHICKPEAS
LENTILLES OU POIS
CHICHES NOIRS DIVYA

3.99
EACH



NANAK
DESI GHEE
GHEE DESI NANAK

12.99
EACH



DIVYA OKRA
OKRAS DIVYA

99¢
EACH



39¢
EACH

2.99
EACH



CASABLANCA HONEY, TATA TEA AGNI,
PREMIUM OR GOLD

6.99
EACH



BRAR'S SAMOSAS
SAMOSAS BRAR'S

5.99
EACH

ROTTER CHUTNEY DIVYA
COOKING SAUCE
SAUCE À CUISSON DIVYA

2.49
EACH



2.49
EACH



2.99
EACH

1.67
EACH



5.99
EACH



8.99
EACH

8.99
EACH

PERSONAL CARE FOR LESS

HEAD & SHOULDERS
250 ML
SELECTED VARIETIES

HEAD & SHOULDERS
250 ML
VARIETIES SÉLECTIONNÉES

LOCKED DOWN

6⁹⁹
EACH

ALWAYS MAXI PADS
20 PADS • SERVIETTES

TAMPAX PEARL TAMPONS
20 PADS • SERVIETTES

THIS WEEK ONLY

10⁹⁹
EACH

ORAL-B DENTAL FLOSS PICS
100' • 3.05' • 1.55'

ORAL-B TOOTHBRUSH
2-1 MEN

LOCKED DOWN

4⁴⁹
EACH

KOTEX MAXI PADS
22 PADS • SERVIETTES

KOTEX MAXI TAMPONS
22 PADS • SERVIETTES

LOCKED DOWN

4⁹⁹
EACH

IVORY BAR SOAP
100% PURE

IVORY BODY WASH
100% PURE

THIS WEEK ONLY

5⁴⁹
EACH

OLD SPICE DEODORANT
1.5 L

OLD SPICE BODY WASH
1.5 L

THIS WEEK ONLY

5⁹⁹
EACH

OGX HAIR CARE
100 ML

LOCKED DOWN

7⁹⁹
EACH

AVEENO BODY WASH
250 ML

AVEENO DEODORANT
1.5 L

LOCKED DOWN

10⁹⁹
EACH

NATIVE HAIR CARE
100 ML

LOCKED DOWN

13⁹⁹
EACH

PAMPERS EASY UPS
TRAINING UNDERWEAR

THIS WEEK ONLY

29⁹⁹
EACH

TUMS ANTACID
725

LOCKED DOWN

4⁹⁹
EACH

JAMIESON IRON/FERROUS
1000 mg

LOCKED DOWN

7⁹⁹
EACH

JAMIESON CALCIUM/MAGNESIUM
1000 mg

LOCKED DOWN

11⁹⁹
EACH

JAMIESON B12/MAGNESIUM
1000 mg

LOCKED DOWN

13⁹⁹
EACH

OUR PHARMACISTS CAN ASSESS & TREAT MINOR CONDITIONS*

pharmacy



Speak with our pharmacist for details.

*Treatment options will be determined based on an assessment by our pharmacist and may not include a prescribed medication. Referral to another healthcare provider may be required.

Available at pharmacy locations only. Visit foodbasics.ca/pharmacy to find a location near you.

FISHER'S FRIEND LOZENGES
100

LOCKED DOWN

2/\$4

RICOLA LOZENGES
100

LOCKED DOWN

2/\$6

ICY HOT MEDICATED PAIN RELIEF APPLICATOR
2.5 L

LOCKED DOWN

7⁹⁹
EACH

BENYLIN COUGH & CHEST CONGESTION SYRUP
100 ML

LOCKED DOWN

8⁹⁹
EACH

TROJAN CONDOMS
10

LOCKED DOWN

10⁹⁹
EACH

NYQUIL LIQUID GELS
100 ML

DAYQUIL LIQUID GELS
100 ML

LOCKED DOWN

12⁹⁹
EACH

ADVIL LIQUID GELS
100 ML

LOCKED DOWN

14⁴⁹
EACH

BOOS INSTANT BREAKFAST MIX
100 G

LOCKED DOWN

15⁹⁹
EACH

WEBBER NATURALS MAGNESIUM BISGLYCINATE
200 mg

LOCKED DOWN

17⁹⁹
EACH

WEBBER NATURALS OMEGA-3 SOFTGELS
1000 mg

LOCKED DOWN

27⁹⁹
EACH

VITAL PROTEINS COLLAGEN PEPTIDES
200 G

LOCKED DOWN

27⁹⁹
EACH

VEGA SPORT PROTEIN DRINK MIX
100 G

LOCKED DOWN

46⁹⁹
EACH