

# food Basics

CANADIAN AND PROUD

ALWAYS MORE FOR LESS

# CRAZY 8 SALE

**RUDOLPH'S BREAD**  
500 G  
SELECTED VARIETIES



**8 CRAZY 288** EACH

**EXTRA LEAN**



**8 CRAZY 588** /LB

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

HALAL AT SAME PRICE

**CLOVER LEAF ALBACORE OR YELLOWFIN TUNA**  
142 - 179 G  
SELECTED VARIETIES



**8 CRAZY 198** EACH

**LEGACY CURED BONELESS PORK LOIN**  
ROLLED IN CORNMEAL  
6.35/KG



**8 CRAZY 288** /LB

**Irresistible BUTTER CHICKEN POULET AU BEURRE**



**8 CRAZY 288** EACH

**McCain Superfries**  
51 SHOESTRING FRIANNE



McCain FRENCH FRIES OR POTATOES 600 - 800 G  
IRRESISTIBLE MEALS 230 - 320 G  
FROZEN SELECTED VARIETIES

**High Liner BEER BATTERED Fillets**



**High Liner ENGLISH STYLE Fillets**



**8 CRAZY 588** EACH

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

**TILDA BASMATI RICE**  
4.54 KG



**8 CRAZY 1298** EACH

**10 LB**

**Nestlé PARLOUR Vanilla**



**8 CRAZY 288** EACH

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

**Sponge Towels ULTRA**



**8 CRAZY 1188** EACH

**Cashmere BATHROOM TISSUE** 24 x 48'S



SPONGE TOWELS ULTRA PAPER TOWELS 6 x 12'S  
SCOTTIES FACIAL TISSUE 12'S SELECTED VARIETIES

**Lay's CLASSIC CLASSIQUE**



**8 CRAZY 288** EACH

LAY'S POTATO CHIPS 200 - 235 G SELECTED VARIETIES

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, FEBRUARY 26<sup>TH</sup> TO WEDNESDAY, MARCH 4<sup>TH</sup>, 2026

To view local store flyer, visit [foodbasics.ca](http://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**  
**188**  
EACH

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



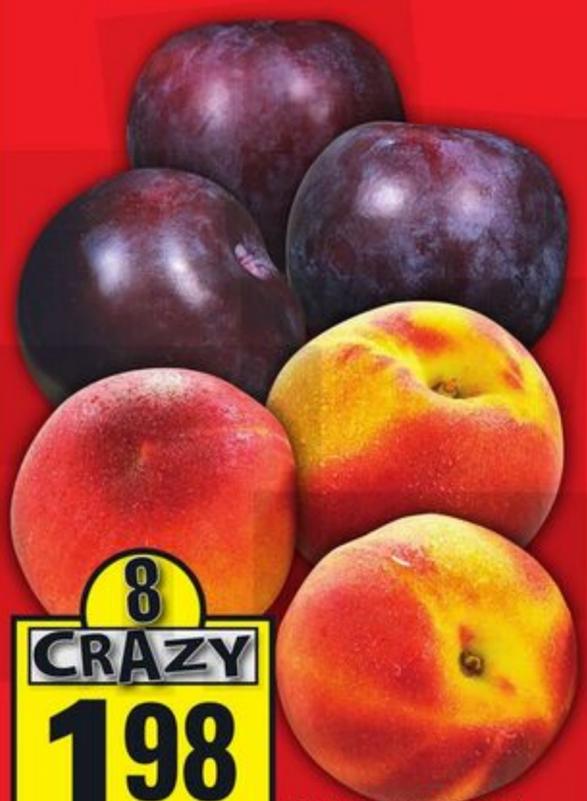
**WE LOVE LOCAL**  
Canada

**5 LB**

**8**  
**CRAZY**  
**148**  
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**  
**198**  
/LB

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

GET READY TO SAVE! GREAT PRICES START 0

To view local store flyer, visit [foodbasics.ca](http://foodbasics.ca), where

# SAVINGS FOR THE WIN AGAIN!



ALWAYS GREAT PRICE ✓  
**99¢**  
EACH

BAKERY<sup>2</sup>  
BAGUETTE  
235 G



SELECTION POTATO CHIPS  
200 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**149**  
EACH



ALWAYS GREAT PRICE ✓  
**444**  
EACH

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



18 MONTHS  
300 g

ALWAYS GREAT PRICE ✓  
**799**  
EACH

SELECTION  
FULLY  
COOKED  
BREADED  
CHICKEN  
FROZEN  
300 G  
SELECTED VARIETIES

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

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

**Galbani** PIZZA MOZZARELLA

**BLACK DIAMOND CHEESE SHREDS** 400 G

**NATURAL CHEESE SLICES** 220 - 240 G

**GALBANI MOZZARELLA** 300 G SELECTED VARIETIES

**8 CRAZY 548 EACH**

**SCHNEIDERS RedHots** ALL PORK TOUT PORK

**SCHNEIDERS MEAT PIES** FROZEN 330 - 400 G SELECTED VARIETIES

**8 CRAZY 448 EACH**

**Beatrice** CHOCOLATE MILK 1L

**QUAKER DIPPS OR CHEWY GRANOLA BARS** 120 - 156 G SELECTED VARIETIES

**8 CRAZY 198 EACH**

**Lactantia PurFiltre** 1% 2% SKIMMED 4L SELECTED VARIETIES

**8 CRAZY 648 EACH**

**50 points**

**Silk** Almond

**Silk** Protein soy

**SILK DRINKS** 1.75 - 1.89 L SELECTED VARIETIES

**8 CRAZY 348 EACH**

**Dr. Oetker Ristorante** PIZZA SPINACI

**CASA DI MAMA**

**HUNGRY-MAN** FRESH CHICKEN CATALANES

**DR. OETKER RISTORANTE PIZZA** 269 - 390 G

**CASA DI MAMA** 395 - 410 G

**HUNGRY-MAN ENTRÉES** 340 - 455 G FROZEN SELECTED VARIETIES

**8 CRAZY 448 EACH**

**LARGE**

**SELECTION LARGE SIZE EGGS** 30'S SELECTED VARIETIES

**8 CRAZY 888 EACH**

**Dare Bear Paws** Chocolate Chip

**LECLERC CELEBRATION COOKIES** 200 - 240 G

**DARE COOKIES** 168 - 315 G SELECTED VARIETIES

**8 CRAZY 288 EACH**

**QUAKER HARVEST CRUNCH CEREAL** 400 - 475 G

**LIFE CEREAL** 450 G SELECTED VARIETIES

**8 CRAZY 388 EACH**

**Ben's Original** BISTRO EXPRESS BASMATI RICE 512 BASMATI

**Habitant** French Canadian PEA SOUP

**Campbell's CHUNKY** CHICKEN NOODLES

**Campbell's** Italian Wedding

**HABITANT, CAMPBELL'S CHUNKY OR READY TO SERVE SOUP** 315 - 790 ML

**BEN'S ORIGINAL BISTRO EXPRESS RICE** 240 - 250 G SELECTED VARIETIES

**8 CRAZY 248 EACH**

**Palmolive** essential clean ORIGINAL

**DAWN** 100% LIQUID SOAP

**PALMOLIVE OR DAWN DISH DETERGENT** 431 - 828 ML SELECTED VARIETIES

**8 CRAZY 248 EACH**

**PEPSI**

**CANADA DRY** GINGER ALE

**Coca-Cola** ORIGINAL TASTE

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

**8 CRAZY 798 EACH**

**Nestlé** **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**

**LOCKED DOWN**

**\*IN STOCK POLICY:** Food Basics offers an in-stock guarantee for all items in its current flyer. If we are temporarily out-of-stock on an advertised item in our current flyer, a Rain Check will be issued with 10% off the advertised price of the item redeemable within 30 days from the date of issue. Rain Checks are not issued if the ad in the flyer states, "While Quantities Last", "Special Buy" or "No Rain Checks", or on in-store cooked BBQ Chicken and Hot Pizza, Beer, Cider and Wine, Independent Third Party Vendors, "Our Seafood Market" and "Our Butcher Shop by Nossio Talho". Please see the Customer Service desk at your Food Basics for full details. For retail sale only; If there is a limit stated in the ad, Rain Checks up to the stated limit may be issued. If there is no limit stated in the ad, we reserve the right to limit quantities to reasonable requirements. Limit: One Rain Check per household per item per day.

We reserve the right to limit purchases to reasonable requirements. Limits or some restrictions apply - details available in store or at FoodBasics.ca. Certain prices and special offers advertised in our flyers may vary by area. To view local store flyer, visit foodbasics.ca, where you can create an account (or sign into your account) and select your preferred location. Some illustrations in this flyer do not necessarily represent items on sale and are for design only. We reserve the right to correct any unintentional error that may occur in the copy or illustration. References for savings or sale prices are in comparison to our regular retail prices. Prices are effective Thursday 8 a.m. through closing Wednesday. Other exemptions may apply. "Compare at" references are in comparison to at least 1 other regular retail price. Commercial resale of our products is prohibited. Upon presentation of the Moi Rewards card, points awarded are calculated on the total amount, before taxes, and excludes the products specified in the terms and conditions of the program. Does not apply to bonus points. Available at stores participating in the Moi program. For \$3 = 1 pt; available at Metro; not available at Food Basics. Points redeemable at participating stores starting at a balance of 500 points (\$4 value). Visit moirewards.ca for terms and conditions. Moi Rewards is a trademark of Metro Inc.

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**contest**  
until March 11<sup>th</sup>

my  
brands &

**moi**

total of  
**20**  
**million**  
points  
to be won

participate by purchasing two  
products from these brands

**Selection**

*Irresistible*

**Personnelle**

**5**  
prizes

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

**30**  
prizes

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

**metro**

**food**  
**Basics**

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

# i earn with moi rewards

## moi rewards

i redeem and save on what i buy most often

redeem **500** points = **\$4** in rewards



join today and save

Limit of one Moi Rewards bonus offer per account per day. Certain conditions apply. see moirewards.ca for conditions. Moi Rewards is a trademark of Metro Inc.



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

THIS WEEK ONLY **749** EACH

**40** points



SCHNEIDERS CHICKEN WINGS 615 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY **999** EACH

**50** points



SCHNEIDERS PEPPERONI OR THURINGER SAUSAGE 500 G SELECTED VARIETIES

THIS WEEK ONLY **1099** EACH

**55** points



SIGGI'S SKYR YOGURT 4 x 100 G SELECTED VARIETIES

LOCKED DOWN **349** EACH

**20** points



BURNBRAE HARD BOILED EGGS 264 G SELECTED VARIETIES

LOCKED DOWN **399** EACH

**20** points



NESTLÉ CARNATION HOT CHOCOLATE 400 - 450 G SELECTED VARIETIES

LOCKED DOWN **629** EACH

**35** points



STARBUCKS NESPRESSO COFFEE CAPSULES 103 SELECTED VARIETIES

LOCKED DOWN **979** EACH

**50** points



KELLOGG'S TOWN HOUSE 247 - 391 G SELECTED VARIETIES

LOCKED DOWN **299** EACH

**15** points



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

LOCKED DOWN **349** EACH

**25** points



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

LOCKED DOWN **649** EACH

**35** points



LAKWOOD PURE CRANBERRY JUICE 946 ML SELECTED VARIETIES

LOCKED DOWN **1199** EACH

**55** points



JACK LINK'S JERKY 80 G SELECTED VARIETIES

LOCKED DOWN **599** EACH

**30** points



FINISH POWERBALL DISHWASHER TABS 40 - 575 SELECTED VARIETIES

LOCKED DOWN **1399** EACH

**55** points

# CHOOSE CANADIAN



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

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

**148**  
EACH



WE LOVE LOCAL Ontario

1 LB

WHOLE WHITE OR CREMINI MUSHROOMS  
PRODUCT OF ONTARIO  
454 G

**399**  
EACH



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

**1199**  
/LB



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

**1199**  
EACH



RUDOLPH'S BREAD  
500 G  
SELECTED VARIETIES

**288**  
EACH



SELECTION COOKIES OR SQUARES  
160 - 450 G  
SELECTED VARIETIES



**499**  
EACH



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

**648**  
EACH

50 points



LAY'S POTATO CHIPS  
200 - 235 G  
SELECTED VARIETIES

**288**  
EACH



OLD - FORT  
Cheddar Cheese Fromage cheddar

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

**548**  
EACH



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

**798**  
EACH



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

**288**  
EACH



QUAKER 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  
24 - 48'S  
SCOTTIES FACIAL TISSUE  
12'S SELECTED VARIETIES

**1188**  
EACH

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

# PRODUCE



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

THIS WEEK ONLY  
**2<sup>98</sup>**  
EACH



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

THIS WEEK ONLY  
**3<sup>98</sup>**  
EACH



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

THIS WEEK ONLY  
**3<sup>99</sup>**  
EACH



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

THIS WEEK ONLY  
**3<sup>98</sup>**  
/LB



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

THIS WEEK ONLY  
**2<sup>49</sup>**  
/LB



WE LOVE LOCAL  
Ontario  
1 LB  
WHOLE WHITE OR CREMINI MUSHROOMS  
PRODUCT OF ONTARIO  
454 G

THIS WEEK ONLY  
**3<sup>99</sup>**  
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  
**4<sup>88</sup>**  
EACH



DOLE COLE SLAW OR GARDEN SALAD  
340 - 397 G



THIS WEEK ONLY  
**2<sup>77</sup>**  
EACH



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

THIS WEEK ONLY  
**4<sup>99</sup>**  
EACH



GREEN GIANT SUGAR SNAP PEAS  
NET WT. / POIDS NET 227 G



SNOW PEAS  
178 G

THIS WEEK ONLY  
**3<sup>99</sup>**  
EACH



APPLES  
PRODUCT OF ONTARIO  
CANADA FANCY GRADE  
3 LB

THIS WEEK ONLY  
**4<sup>99</sup>**  
EACH



WE LOVE LOCAL  
Ontario  
THE LITTLE POTATO COMPANY  
POTATOES  
PRODUCT OF CANADA  
454 G  
SELECTED VARIETIES

THIS WEEK ONLY  
**3<sup>49</sup>**  
EACH



WE LOVE LOCAL  
Ontario  
HEIRLOOM TOMATOES  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE  
547 G

THIS WEEK ONLY  
**3<sup>99</sup>**  
EACH



KIWIS  
PRODUCT OF GREECE  
600 G BASKET

THIS WEEK ONLY  
**4<sup>99</sup>**  
EACH



POM  
WONDERFUL  
FRESH  
POMEGRANATE  
JUICE  
473 ML

THIS WEEK ONLY  
**3<sup>99</sup>**  
EACH

# FLORAL



PICK ONTARIO

THIS WEEK ONLY  
**8<sup>88</sup>**  
EACH



NEW

THIS WEEK ONLY  
**9<sup>88</sup>**  
EACH



5" ORCHID  
WHILE SUPPLIES LAST

THIS WEEK ONLY  
**10<sup>88</sup>**  
EACH



6" SUCCULENTS  
WHILE SUPPLIES LAST

THIS WEEK ONLY  
**11<sup>88</sup>**  
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

**HALAL AT SAME PRICE**

FRESH CHICKEN DRUMSTICKS BAGGED INCLUDES ZABIHA HALAL 6.59/KG

**THIS WEEK ONLY**

**2.99** /LB

**FRESH**

FRESH PORK TENDERLOIN VACUUM PACK WHILE QUANTITIES LAST 8.80/KG

**THIS WEEK ONLY**

**3.99** /LB

STEELHEAD TROUT FISH FILLET FAMILY PACK FRESH 26.43/KG

**THIS WEEK ONLY**

**11.99** /LB

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

**THIS WEEK ONLY**

**11.99** /LB

**HALAL AT SAME PRICE**

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

**THIS WEEK ONLY**

**4.49** EACH

SCHNEIDERS OR MAPLE LEAF BACON 45 - 375 G SELECTED VARIETIES

**THIS WEEK ONLY**

**5.49** EACH

SELECTION SMOKED BONELESS HALF HAM 875 G SELECTED VARIETIES

**THIS WEEK ONLY**

**7.99** EACH

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

**THIS WEEK ONLY**

**11.99** EACH

O'SOLE MIO FRESH PASTA 250 G SELECTED VARIETIES

**THIS WEEK ONLY**

**3.49** EACH

TRE STELLE RICOTTA OR BOCCONCINI 200 - 475 G SELECTED VARIETIES

**THIS WEEK ONLY**

**5.99** EACH

MAPLE LODGE OR ZABIHA HALAL CHICKEN BACON 175 G SELECTED VARIETIES

**THIS WEEK ONLY**

**4.99** EACH

MARC ANGELO SOUVLAKI FAMILY PACK 400 - 400 G SELECTED VARIETIES

**THIS WEEK ONLY**

**11.99** EACH

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

**THIS WEEK ONLY**

**5.49** EACH

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

**THIS WEEK ONLY**

**5.99** EACH

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

**THIS WEEK ONLY**

**7.99** EACH

SCHNEIDERS PEPPERETTES 250 - 375 G SELECTED VARIETIES

**THIS WEEK ONLY**

**7.99** EACH

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

**THIS WEEK ONLY**

**5.49** EACH

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

**THIS WEEK ONLY**

**6.99** EACH

IRRESISTIBLES TORPEDO SHRIMP 200 G FROZEN SELECTED VARIETIES

**THIS WEEK ONLY**

**7.99** EACH

TASIA GOLDEN POMPANO FISH 600 G FROZEN SELECTED VARIETIES

**THIS WEEK ONLY**

**9.99** EACH

# SEAFOOD FOR LESS

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

**THIS WEEK ONLY**

**10<sup>99</sup>** EACH

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

**THIS WEEK ONLY**

**10<sup>99</sup>** EACH

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

**THIS WEEK ONLY**

**3<sup>99</sup>** EACH

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

**THIS WEEK ONLY**

**3<sup>49</sup>** EACH

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

**THIS WEEK ONLY**

**6<sup>99</sup>** EACH

**ANCHOR'S BAY CROAKER FISH**  
1 KG FROZEN SELECTED VARIETIES

**THIS WEEK ONLY**

**9<sup>99</sup>** EACH

**FRESH**

**THIS WEEK ONLY**

**8<sup>99</sup>** /LB

WHOLE RAINBOW TROUT FISH  
19.82/KG

**OCEAN CHARM WILD PINK SALMON FILLET**  
340 G FROZEN SELECTED VARIETIES

**THIS WEEK ONLY**

**6<sup>99</sup>** EACH

**ROCK HARBOUR PACIFIC WHITE SHRIMP**  
RAW EAST PEEK 200 CT 340 G FROZEN SELECTED VARIETIES

**THIS WEEK ONLY**

**16<sup>99</sup>** EACH

## MUSAFIR

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

**MUSAFIR MASALA PANEER BITES**  
FROZEN 330G SELECTED VARIETIES

**THIS WEEK ONLY**

**6<sup>99</sup>** EACH

**MUSAFIR PANEER NUGGETS**  
FROZEN 480 G SELECTED VARIETIES

**THIS WEEK ONLY**

**6<sup>99</sup>** EACH

**MUSAFIR BUTTER CHICKEN BITES**  
FROZEN 357 G SELECTED VARIETIES

**THIS WEEK ONLY**

**6<sup>99</sup>** EACH

**Zabiha Halal**

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

**THIS WEEK ONLY**

**3<sup>99</sup>** /LB

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

**THIS WEEK ONLY**

**5<sup>99</sup>** EACH

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

**THIS WEEK ONLY**

**8<sup>99</sup>** EACH

**LOU'S KITCHEN**

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

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

**THIS WEEK ONLY**

**6<sup>99</sup>** EACH

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

**THIS WEEK ONLY**

**7<sup>99</sup>** EACH

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

**THIS WEEK ONLY**

**9<sup>99</sup>** EACH

# BAKERY



THIS WEEK ONLY

**4.99** EACH



Irresistible APPLE PIE - TARTE POMMES

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

THIS WEEK ONLY

**6.99** EACH

**MIX & MATCH!\***

**2 \$6.50** FOR

OR

**3 \$7.99** FOR

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



## MORE GREAT SAVINGS FOR LESS



# LOCKED DOWN



iöGO YOGURT  
16 x 300 G  
SELECTED VARIETIES

LOCKED DOWN

**649**  
EACH



GREEN GIANT VEGETABLES  
500 - 750 G FROZEN  
SELECTED VARIETIES

LOCKED DOWN

**349**  
EACH



NESTEA ICED TEA  
1.89 L  
10 x 200 ML  
SELECTED VARIETIES

LOCKED DOWN

**299**  
EACH



BARILLA PASTA  
340 - 410 G  
SELECTED VARIETIES

LOCKED DOWN

**199**  
EACH



PEPPERIDGE FARM  
GOLDFISH CRACKERS  
160 - 200 G  
SELECTED VARIETIES

LOCKED DOWN

**299**  
EACH



TWINNINGS  
HERBAL TEA  
20'S  
SELECTED VARIETIES

LOCKED DOWN

**549**  
EACH



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

LOCKED DOWN

**249**  
EACH



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

LOCKED DOWN

**349**  
EACH



CHEF BOYARDEE  
CANNED MEAL  
418 - 425 G  
SELECTED VARIETIES

LOCKED DOWN

**199**  
EACH



CADBURY DAIRY  
MILK BARS  
10 - 100 G  
SELECTED VARIETIES

LOCKED DOWN

**275**  
EACH



SPLENDA SWEETENER  
200 - 275 G  
SELECTED VARIETIES

LOCKED DOWN

**1099**  
EACH



PARKAY MARGARINE  
810 G  
SELECTED VARIETIES

LOCKED DOWN

**449**  
EACH



TAKIS TORTILLA CHIPS  
100 - 200 G  
SELECTED VARIETIES

LOCKED DOWN

**329**  
EACH



RED BULL ENERGY DRINKS  
4 x 250 ML  
SELECTED VARIETIES

LOCKED DOWN

**899**  
EACH



GARDEIN SUPRÊME MEAL  
390 - 425 G  
SELECTED VARIETIES

LOCKED DOWN

**949**  
EACH



GAIN LAUNDRY DETERGENT  
2.4 L - 41 L LOADS  
SELECTED VARIETIES

LOCKED DOWN

**899**  
EACH



GAIN FABRIC SOFTENER  
2.43 L  
SELECTED VARIETIES

LOCKED DOWN

**899**  
EACH

**YOU COULD SCRATCH YOUR WAY TO A BIG WIN!**

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

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

**MORE GAMES TO PLAY, MORE CHANCES TO WIN!**

**PLAY TODAY**

For more information, call 1-877-888-8888.

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GAIN SCENT BOOSTER  
230 G  
SELECTED VARIETIES

LOCKED DOWN

**899**  
EACH



GAIN DRYER SHEETS  
200'S  
SELECTED VARIETIES

LOCKED DOWN

**899**  
EACH

# ALWAYS GREAT PRICE



**IRRESISTIBLE ORANGE JUICE**  
1.54 L  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**397**  
EACH



**IRRESISTIBLE PIZZA**  
140 - 190 G  
FROZEN  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**397**  
EACH



**SELECTION SNACKS**  
265 - 285 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**288**  
EACH



**1.7 KG**

**LIFE SMART MARGARINE**  
1.7 KG  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**988**  
EACH



**IRRESISTIBLE SPARKLING SPRING WATER**  
6 x 1 L  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**444**  
EACH



**SELECTION ENTRÉES**  
215 G FROZEN SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**137**  
EACH



**SELECTION JAM**  
500 ML

**LIFE SMART NATURALIA FRUIT SPREAD**  
250 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**449**  
EACH



**SELECTION JELLY POWDER**  
85 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**99¢**  
EACH



**SELECTION SPICES**  
5.5 - 150 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**99¢**  
EACH



**SELECTION BBQ SAUCE**  
320 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**127**  
EACH



**SELECTION QUICK'N READY RICE**  
250 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**199**  
EACH



**IRRESISTIBLES BALSAMIC VINEGAR OR GLAZE**  
250 - 300 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**444**  
EACH



**IRRESISTIBLES BASIL PESTO**  
270 ML

**ALWAYS GREAT PRICE**

**379**  
EACH



**SELECTION DE-ALCOHOLIZED BEER**  
12 x 355 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**849**  
EACH



**SELECTION GLASS CLEANER**  
250 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**197**  
EACH



**SELECTION RINSE AGENT**  
827 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**479**  
EACH



**SELECTION BLEACH**  
2.4 L  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**399**  
EACH



**SELECTION CLUMPING CAT LITTER**  
18 L  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**999**  
EACH

# BAKING FOR LESS



**Redpath**  
ICING SUGAR  
SUCRE À GLACER  
1 kg

**Redpath**  
DARK BROWN SUGAR  
CASSONADE FONCÉE  
1 kg

**LOCKED DOWN**

**2.99**  
EACH

REDPATH BAKING SUGAR  
1 kg  
SELECTED VARIETIES

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

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

**LOCKED DOWN**

**5.99**  
EACH

HERSHEY'S CHIPITS  
200 - 270 G  
SELECTED VARIETIES

**Tenderflake**  
PURE LARD  
454 g

**LOCKED DOWN**

**3.99**  
EACH

TENDERFLAKE PURE LARD  
454 G  
SELECTED VARIETIES

**Crisco**  
All-Vegetable Shortening  
454 g (1 lb)

**LOCKED DOWN**

**3.49**  
EACH

CRISCO SHORTENING  
454 G  
SELECTED VARIETIES

**Selection**  
honey graham wafers  
408 g

**LOCKED DOWN**

**3.99**  
EACH

SELECTION HONEY GRAHAM WAFERS  
408 G

**Selection**  
all-purpose flour  
2.5 kg

**ALWAYS GREAT PRICE**

**3.77**  
EACH

SELECTION FLOUR  
2.5 KG  
SELECTED VARIETIES

**Selection**  
Almonds SLICED - TRANCHÉES  
100 g

**Selection**  
Pecan PIÈCES - MORCEAUX  
100 g

**LOCKED DOWN**

**2.99**  
EACH

SELECTION BAKING NUTS  
100 G  
SELECTED VARIETIES

**Selection**  
EVAPORATED milk - lait ÉVAPORÉ  
354 mL

**ALWAYS GREAT PRICE**

**1.88**  
EACH

SELECTION EVAPORATED MILK  
354 ML  
SELECTED VARIETIES

**Selection**  
SWEETENED SHREDDED COCONUT  
SUCRÉE RAPEE  
200 g

**Selection**  
UNSWEETENED MEDIUM BRESKATED  
NON SUCRÉE MORTIÈRE MÉDICALE  
200 g

**ALWAYS GREAT PRICE**

**2.99**  
EACH

SELECTION COCONUT  
200 G  
SELECTED VARIETIES

**Selection**  
BAKING POWDER  
POUDRE À PÂTE  
450 g

**ALWAYS GREAT PRICE**

**4.99**  
EACH

SELECTION BAKING POWDER  
450 G  
SELECTED VARIETIES

**Selection**  
miniatures  
250 g

**ALWAYS GREAT PRICE**

**2.49**  
EACH

SELECTION MARSHMALLOWS  
250 G  
SELECTED VARIETIES

**Selection**  
graham crumbs  
chapelure graham  
400 g

**ALWAYS GREAT PRICE**

**3.99**  
EACH

SELECTION GRAHAM CRUMBS  
400 G  
SELECTED VARIETIES

**Selection**  
CHERRY  
PIE FILLING OR TOPPING  
540 mL

**ALWAYS GREAT PRICE**

**4.99**  
EACH

SELECTION PIE FILLING  
540 ML  
SELECTED VARIETIES

**Selection**  
QUICK OATS  
GRUAU RAPIDE  
1 kg

**ALWAYS GREAT PRICE**

**2.88**  
EACH

SELECTION QUICK OATS  
1 KG  
SELECTED VARIETIES

# MORE

## RAMADAN FOR LESS



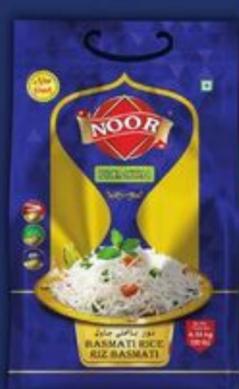
GARLIC  
PRODUCT OF CHINA  
5 PK  
FRESH MINT  
BUNCH  
PRODUCT OF CANADA

**1.29**  
EACH



ZABIHA HALAL FRESH  
CHICKEN DRUMSTICKS  
AIR CHILLED  
6.59/KG

**2.99**  
/LB



NOOR OR  
ARJUN  
BASMATI RICE  
3.43 - 4.54 KG  
SELECTED VARIETIES

**7.99**  
EACH



CEDAR  
CANNED  
BEANS  
540 ML  
SELECTED VARIETIES

**1.49**  
EACH

**800 G**



NANAK  
DESI GHEE  
800 G

**12.99**  
EACH



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

**9.99**  
EACH



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

**6.99**  
EACH



ALKANATER OR  
CEDAR TAHINI  
900 - 107 ML  
SELECTED VARIETIES

**8.99**  
EACH



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

**1.99**  
EACH



DIVYA  
OKRA  
315 G FROZEN  
SELECTED VARIETIES

**99¢**  
EACH



ELZYMI  
TWIST PIE  
FROZEN 800 G  
SELECTED VARIETIES

**6.99**  
EACH



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

**2.99**  
EACH



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

**3.99**  
EACH



INDOMIE  
NOODLES  
12.80 - 13.85 G  
SELECTED VARIETIES

**2.99**  
EACH



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

**4.99**  
EACH



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

**4.99**  
EACH



CEDAR  
SARDINES OR  
VERMICELLI  
PASTA  
120 - 500 G  
SELECTED VARIETIES

**1.49**  
EACH



DIVYA ENTRÉES  
285 - 315 G  
SELECTED VARIETIES

**1.79**  
EACH

# HAPPY HOLI

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



**JUMBO PAPAYA**  
PRODUCT OF MEXICO  
3.28/KG

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

**1.49**  
/LB



**SAVERA PANEER**  
341 G  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

**5.49**  
EACH



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

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

**9.99**  
EACH

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



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

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

**2.49**  
EACH



**DIVYA LENTILS OR BLACK CHICKPEAS**  
1.8 - 1.81 KG  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

**3.99**  
EACH



**20 LB**

**PILLSBURY CHAKKI ATTA FLOUR**  
9.07 KG

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

**9.99**  
EACH



**SURATI FROZEN VEGETABLES**  
340 G  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

**1.67**  
EACH



**LAZEEZ Vegetable Samosa**  
30 Pcs

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

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

**2.99**  
EACH

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

**2.88**  
EACH



**ALPHONSO OR ALJUICE BEVERAGES**  
1.75 L

**CEDAR CONDENSED MILK**  
300 ML  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

**3.99**  
EACH



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

**DIVYA FRIED ONIONS**  
454 g 10

**MAGGI INSTANT NOODLES**  
70 G  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

**2.99**  
EACH

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

**39c**  
EACH



**DIVYA NAAN OR PARATHA**  
320 - 400 G  
FROZEN SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

**1.99**  
EACH



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

**DIVYA SOYA CHUNKS**  
200 - 200 G  
SELECTED VARIETIES

**BRAR'S SAMOSAS**  
634 G  
FROZEN SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

**1.49**  
EACH

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

**5.99**  
EACH



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

**BRAR'S RASMALAI**  
350 - 900 G  
FROZEN SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

**8.99**  
EACH



**DESI-LICIOUS KULFI**  
1 L  
FROZEN SELECTED VARIETIES

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

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

**5.99**  
EACH

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

**1.67**  
EACH



Nestlé®

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

**100,000  
POINTS\*\***

(\$800 value)



**LOCKED DOWN**

**799**  
EACH

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

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

**LOCKED DOWN**

**199**  
EACH

**10**  
points

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

**LOCKED DOWN**

**899**  
EACH

\*\*NO PURCHASE NECESSARY. Contest runs from February 26th to March 4<sup>th</sup>, 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](http://www.foodbasics.ca).