

food Basics⁺

CANADIAN AND PROUD

ALWAYS MORE FOR LESS

WOWZA!

RUDOLPH'S
BREAD
200 G
SELECTION
GARLIC
TOAST
400 G
KING'S
HAWAIIAN
ROLLS
240 G
SELECTED VARIETIES

\$
WOWZA!
2.98
EACH



\$



PRIME, MINA HALAL,
FRESH FROM THE FARM
OR ZABIHA HALAL
FRESH BONELESS
CHICKEN BREAST
FAMILY PACK
AIR CHILLED SELECTED VARIETIES
WHILE QUANTITIES LAST
10.98/KG

\$
WOWZA!
4.98
/LB

IRRESISTIBLE
NUTS
200 - 255 G
SELECTED VARIETIES

\$
WOWZA!
3.98
EACH



\$



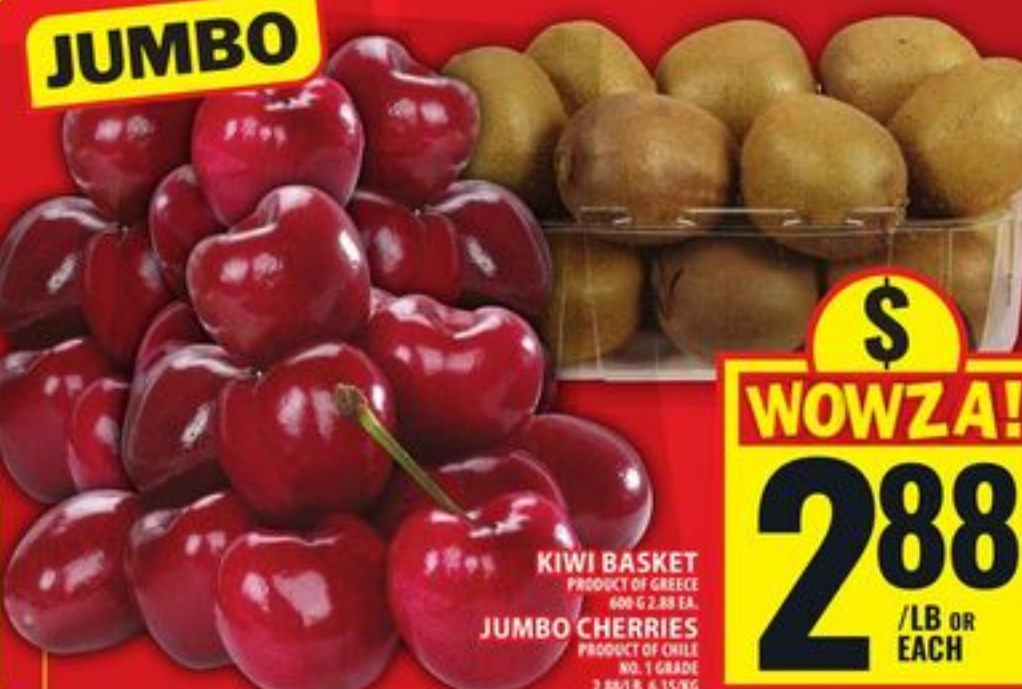
\$
WOWZA!
8.98
EACH



\$
WOWZA!
1.68
EACH

BARILLA PASTA, HUNT'S TOMATO
SAUCE OR AYLMER TOMATOES
340 - 415 G, 540 - 750 ML SELECTED VARIETIES

\$



\$
WOWZA!
2.88
/LB OR
EACH

680 G

\$
WOWZA!
4.98
EACH



DR. OETKER GIUSEPPE RISING OR THIN
CRUST PIZZA 415 - 785 G FROZEN
HELUVA GOOD! DIP 400 G SELECTED VARIETIES

\$



\$
WOWZA!
1.88
/LB OR
EACH

CLOVER LEAF
SOCKEYE
SALMON
211 G

\$
WOWZA!
4.98
EACH



\$



\$
WOWZA!
2.75
EACH

LAY'S
POTATO CHIPS
OR TOSTITOS
TORTILLA CHIPS
200 - 255 G
SELECTED VARIETIES

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.

food Basics

CANADIAN AND PROUD

WOW

JANES
PUB STYLE
CHICKEN NUGGETS
MADE WITH WHITE MEAT
645 - 700 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

JANES
PUB STYLE
CHICKEN STRIPS
MADE WITH WHITE MEAT
NO PRESERVATIVES
AIR FRYER FRIENDLY
645 - 700 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

\$5.88
EACH

Campbell's
Italian Wedding
Habitant
French-Canadian
PEA SOUP
Campbell's
CHUNKY
CHICKEN NOODLE
POULET ET NOUILLES

\$1.98
EACH

HABITANT OR CAMPBELL'S
CHUNKY OR READY TO SERVE SOUP
315 - 796 ML SELECTED VARIETIES

The Original OREO
CRACKERS
100 - 300 G
BITS & BITES
OR CRISPERS
145 G
MAYNARD'S CANDY
150 - 154 G
SELECTED VARIETIES

SOUP PATCH
CRACKERS
100 - 300 G
BITS & BITES
OR CRISPERS
145 G
MAYNARD'S CANDY
150 - 154 G
SELECTED VARIETIES

RITZ
original
CRACKERS
100 - 300 G
BITS & BITES
OR CRISPERS
145 G
MAYNARD'S CANDY
150 - 154 G
SELECTED VARIETIES

\$2.22
EACH

Kellogg's
VERY HIGH FIBRE
MADE WITH 100% WHOLE GRAIN
FAMILY SIZE
MINI WHEATS!
ORIGINAL
400 - 450 G
SELECTED VARIETIES

Kellogg's
VERY HIGH FIBRE
SOURCE OF 12 VITAMINS & MINERALS
FAMILY SIZE
Two Scoops Raisin Bran
400 - 450 G
SELECTED VARIETIES

\$5.48
EACH

KELLOGG'S FAMILY SIZE CEREAL
400 - 450 G SELECTED VARIETIES

CANADA DRY
GINGER ALE
12 x 355 ML CANS

Coca-Cola
ORIGINAL TASTE
12 x 355 ML CANS

PEPSI
12 x 355 ML CANS

\$6.98
EACH

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

75
points

GET READY TO SAVE! GREAT PRICES START ON

To view local store flyer, visit foodbasics.ca, where

VALENTINE ESSENTIALS FOR LESS

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

\$4.49
EACH

NESTLÉ SMARTIES OR MINI KIT KAT VALENTINE CHOCOLATE
100 - 154 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

\$7.99
EACH

LINDT LINDOR
LINDT LINDOR CHOCOLATE
150 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

\$8.99
EACH

FERRERO ROCHER
FERRERO ROCHER CHOCOLATE BITE
200 G
FERRERO CHOCOLATE BOX
154 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

\$8.99
EACH

Baci
PERUGINA BACI CHOCOLATES
150 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

\$15.99
EACH

WOWZA!

Black Diamond
OLD • FORT
Cheddar Cheese
Fromage cheddar

Black Diamond
MARBLE • MARBÉE
SHEDS 320 G
SLICES 220-240 G
GALBANI MOZZARELLA 300 G SELECTED VARIETIES

\$4.99
EACH

SCHNEIDERS
Blue Ribbon
CLASSIC BOLOGNA
BOLOGNE CLASSIQUE

Boursin
AIL & FINES HERBES
GARLIC & FINE HERBS

\$4.99
EACH

SCHNEIDERS BOLOGNA
OR BOURSIN CHEESE
150-300 G SELECTED VARIETIES

Kraft
Singles
Original Cheddar Original

PHILADELPHIA
ORIGINAL
cream cheese

CHEEZ WHIZ
spread

\$3.98
EACH

PHILADELPHIA CREAM CHEESE 227-250 G
CHEEZ WHIZ SPREAD 450 G
SELECTED VARIETIES

Crave
MACARONI & CHEESE
MACARONI ET FROMAGE

Kraft
Dinner
Macaroni & Cheese

\$2.99
EACH

Crave OR KRAFT DINNER MEALS
300-340 G FROZEN SELECTED VARIETIES

Cavendish
Flavour CRISP
FRENCH FRIES

CHEEMO
Perogies
POTATO & SAUSAGE

\$2.99
EACH

CAVENDISH FARMS FRENCH FRIES 454-750 G
CHEEMO PEROGIES 815-815 G FROZEN SELECTED VARIETIES

CLOVER LEAF
FLAKED LIGHT TUNA
SPICY THAI CHILI

CLOVER LEAF
SOLID LIGHT TUNA
PURE OLIVE OIL

\$1.49
EACH

CLOVER LEAF LIGHT OR
FLAVOURED TUNA
85-170 G
SELECTED VARIETIES

MAXWELL HOUSE
COFFEE CAPSULES

NABOB
GROUND COFFEE

HAZELNUT SPREAD

\$5.99
EACH

MAXWELL HOUSE COFFEE CAPSULES 125
NABOB GROUND COFFEE 340 G
HAZELNUT SPREAD 725 G
SELECTED VARIETIES

Folgers
Classic Roast
GROUND COFFEE

Folgers
COFFEE CAPSULES

\$16.99
EACH

FOLGERS GROUND COFFEE 340-470 G
COFFEE CAPSULES 805
SELECTED VARIETIES

QUAKER
HARVEST CRUNCH
ORIGINAL

Life
original

\$3.99
EACH

QUAKER HARVEST CRUNCH CEREAL 400-450 G
LIFE CEREAL 450 G
SELECTED VARIETIES

ESKA
SPRING WATER
24 x 500 ML

\$4.49
EACH

Sponge Towels

Cashmere
BATHROOM TISSUE

SCOTTIES
FACIAL TISSUE

\$7.49
EACH

CASHMERE BATHROOM TISSUE 12-245
SPONGE TOWELS 12-245
ULTRA PAPER TOWELS 1-45
SCOTTIES FACIAL TISSUE 45
SELECTED VARIETIES

Tide
LAUNDRY DETERGENT

Downy
SOFTENER

\$9.99
EACH

TIDE OR GAIN
LAUNDRY DETERGENT 2.4-2.7 L
DOWNY SOFTENER 2.43 L
SELECTED VARIETIES

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.

BLACK DIAMOND CHEESTRINGS OR CHEESE STICKS*
227-336 G
SELECTED VARIETIES

DIGITAL DEAL
\$5.99
EACH
WITH COUPON

save \$2

*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.

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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.



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

*NO PURCHASE NECESSARY. Contest runs January 15, 2026 to February 11, 2026. Open to residents of Ontario of the age of majority at time of entry. Four (4) Prizes consisting of 100,000 M01 points valued at approximately \$800 each (ARV) are available to be won Odds of winning dependent on the number of eligible entries received. Skill testing question required to make prize. Certain exceptions and restrictions apply. For Official Rules and how to enter visit www.oodb.ca/entries and regulations.owawa-sweeet.com. Contest Sponsored by Metro Ontario Inc. 5555 Dundas St. West, Etobicoke, ON M9B 1B9.



Link your cards and earn more Moi points.



Earn 2500 **Moi points*** on your next shop

\$20* in value



Nestlé

DRUMSTICK VANILLA CARAMEL 4x100g 4x100g **\$5.99** EACH

iögo FROZEN YOGURT BARS 4x75g SELECTED VARIETIES **\$4.99** EACH

Häagen-Dazs vanilla vanille 946 ML **\$9.99** EACH

Real Dairy French Vanilla 1.5L 1.5L **\$5.99** EACH

KitKat CHOCOLATE BARS OR CELLO BAGS 100-180g 4x15 SELECTED VARIETIES **\$3.99** EACH

Starbucks GROUNDED COFFEE 100% COFFEE CAPSULES 100% SELECTED VARIETIES **\$11.99** EACH

BIMBO CANADA

Dempster's PROTEIN WHITE 14g PROTEIN 600g **\$3.99** EACH

Jos Louis L'ORIGINAL VACHON SNACK CAKES 6x125g SELECTED VARIETIES **\$3.49** EACH

Stonemill BREAD 400g 400g **\$4.49** EACH

Dempster's PROTEIN BREAD 14g PROTEIN 600g **\$3.99** EACH

Dempster's ENGLISH MUFFINS 6x125g SELECTED VARIETIES **\$2.49** EACH

Takis TORTILLA CHIPS 100g 100g **\$3.29** EACH

Knorr BUTTER & HERB BEURRE ET FINES HERBES 100g 100g **\$1.79** EACH

Unilever **HELLMANN'S** REAL VRAIE MAYONNAISE 500 ML 500 ML **\$5.99** EACH

Lipton Chicken Noodle Poulet et nouilles 100g 100g **\$2.99** EACH

Knorr CREAMY BACON CARBONARA CARBONARA CRÉMEUSES AU BACON 100g 100g **\$1.79** EACH

Knorr CHICKEN POULET 6x100g 6x100g **\$1.99** EACH

TRESEMME HAIR CARE 300 ML 300 ML **\$7.99** EACH

High Liner SIGNATURE HADDOCK 4x125g 4x125g **\$10.99** EACH

High Liner SIGNATURE HADDOCK 4x125g 4x125g **\$10.99** EACH

High Liner SIGNATURE HADDOCK 4x125g 4x125g **\$10.99** EACH

High Liner SIGNATURE HADDOCK 4x125g 4x125g **\$10.99** EACH

High Liner SIGNATURE HADDOCK 4x125g 4x125g **\$10.99** EACH

High Liner SIGNATURE HADDOCK 4x125g 4x125g **\$10.99** EACH

MARS incorporated

Ben's Original BISTRO EXPRESS BASMATI RICE 1.90 1.90 **\$2.79** EACH

Ben's Original STREET FOOD / CUISINE DE RUE 1.90 1.90 **\$3.99** EACH

Ben's Original CONVERTED RICE 1.90 1.90 **\$8.99** EACH

Coca-Cola

smart VITAMIN WATER 500 ML 500 ML **\$1.99** EACH

Bodyarmor HYDRATION DRINK 473 ML 473 ML **\$1.99** EACH

Monster ENERGY DRINKS 473 ML 473 ML **\$2.49** EACH

Selection

all-purpose flour 2.5 kg 2.5 kg **\$3.77** EACH

SELECTION FLOUR 2.5 kg 2.5 kg **\$3.77** EACH

SELECTION EVAPORATED MILK 334 ML 334 ML **\$1.88** EACH

SELECTION COCONUT 200g 200g **\$2.99** EACH

THIS WEEK ONLY

12.99 EACH

125 points = \$1

MONSTER ENERGY DRINKS 355 ML 355 ML **\$12.99** EACH

fuze iced tea 12x330 ML 12x330 ML **\$7.99** EACH

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

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

THIS WEEK ONLY

1⁹⁸
/LB

CANTALOUPE
PRODUCT OF GUATEMALA
NO. 1 GRADE

THIS WEEK ONLY

2⁹⁸
EACH

BLUEBERRIES
PRODUCT OF PERU
NO. 1 GRADE
170 G

THIS WEEK ONLY

2⁹⁸
EACH

FANCY
SPRING MIX
MELANGE PRENTANIER

PESTICIDE FREE LOCALLY GROWN READY TO EAT
SALAD PREPARED GASTRONOMIE PREP. AWARD

VISION GREENS

Net Wt. 100g (3.5oz)
Best Before: 05/2025
Produced in Canada

THIS WEEK ONLY

3⁹⁸
EACH

CRISPY
ROMAINE LETTUCE
LAITUE ROMAINE

PESTICIDE FREE LOCALLY GROWN READY TO EAT
SALAD PREPARED GASTRONOMIE PREP. AWARD

VISION GREENS

Net Wt. 100g (3.5oz)
Best Before: 05/2025
Produced in Canada

THIS WEEK ONLY

3⁹⁸
EACH

RASPBERRIES
PRODUCT OF U.S.A. OR MEXICO, NOT TREATED WITH
PESTICIDES

THIS WEEK ONLY

3⁹⁸
EACH

AVOCADOS
PRODUCT OF MEXICO AND/OR PERU, 5 OR 6 PACK
LIMES
PRODUCT OF MEXICO, 1 LB

THIS WEEK ONLY

3⁹⁸
EACH

25 points

VISION GREENS LETTUCE
113 G



BUTTERCUP,
BUTTERNUT, ACORN OR
SPAGHETTI SQUASH
PRODUCT OF MEXICO
3.26/KG

THIS WEEK ONLY

1.48
/LB



HOTHOUSE GRAPE TOMATOES
PRODUCT OF CANADA OR MEXICO, NO. 1 GRADE 200 G

THE LITTLE POTATO COMPANY POTATOES
PRODUCT OF CANADA, 600 G

THIS WEEK ONLY

2.98
EACH



PLANTAIN BANANAS
PRODUCT OF GUATEMALA
2.18/KG

THIS WEEK ONLY

99¢
/LB



SWEET ASSORTED PEPPERS
PRODUCT OF MICHIGAN AND/OR MEXICO
PKG OF 4

SWEET CORN
PRODUCT OF U.S.A., NO. 1 GRADE
4 PK

THIS WEEK ONLY

4.77
EACH



WE LOVE LOCAL
GROWERS

THIS WEEK ONLY

4.99
EACH

MEAT

HALAL AT SAME PRICE

FRESH WHOLE CHICKEN WINGS
BARRIS
INCLUDES ZABINA HALAL
8.80/KG

THIS WEEK ONLY

3⁹⁹ /LB

HALAL AT SAME PRICE

MEDIUM GROUND BEEF
FAMILY PACK
INCLUDES HALAL
15.41/KG

THIS WEEK ONLY

6⁹⁹ /LB

HALAL AT SAME PRICE

FRESH BONELESS STEWING BEEF
FAMILY PACK
INCLUDES HALAL
22.02/KG

THIS WEEK ONLY

9⁹⁹ /LB

HALAL

NEW ZEALAND FRESH LAMB
SHOULDER CHOPS
FAMILY PACK
HALAL
WHOLE QUANTITIES ONLY
19.82/KG

THIS WEEK ONLY

8⁹⁹ /LB



MAPLE LODGE
ULTIMATE
DINNER,
SUPPER, BREAKFAST
SAUSAGES OR
FRANKFURTERS
FROZEN 125 - 100g
SELECTED VARIETIES



Irresistible
BATTERED CHEESE
STICKS, JALAPENO
POPPERS OR
VEGGIE BURGERS
FROZEN 125 - 112g
SELECTED VARIETIES



Irresistible
BEEF SLIDERS
OR GLUTEN FREE
BREADED
CHICKEN STRIPS
FROZEN 100 - 812g
SELECTED VARIETIES



LEGACY
MARINATED
PULLED PORK
OR PORK LOINS
FROZEN 800 - 900g
SELECTED VARIETIES



Summer Fresh
HUMMUS
PREPARED IN CANADA
200g (7oz)

Summer Fresh
HUMMUS
OR DIPS
200 - 227g
SELECTED VARIETIES

Artichoke & Asilago
Trompettes d'artichauts de
200g (7oz)

THIS WEEK ONLY

2⁹⁹ EACH



MONSIEUR GUSTAV GOUDA
OR DOUBLE
CREAM BRIE OR
JARLSBERG SLICES
OR AGROPUR
2 YEAR CHEDDAR
100 - 400g
SELECTED VARIETIES

THIS WEEK ONLY

8⁹⁹ EACH



MARC ANGELO SOUVLAKI FAMILY PACK
100 - 400g
SELECTED VARIETIES

THIS WEEK ONLY

11⁹⁹ EACH



TRE STELLE
Traditional **FETA**
100g
SELECTED VARIETIES

THIS WEEK ONLY

13⁹⁹ EACH



BAR'S PANIER
Soupe
Maki Panier
200g (7oz)
SELECTED VARIETIES

THIS WEEK ONLY

5⁹⁹ EACH



GOURMET THAI SHRIMP
CHICKEN 40 - 70 CT
OR BANG KRAE
FROZEN 100 - 340g
SELECTED VARIETIES

THIS WEEK ONLY

7⁹⁹ EACH



RAW-CRUS
RAW SCALLOP BUTTERFLIES 40 - 70 CT
FROZEN 100 - 340g
SELECTED VARIETIES

THIS WEEK ONLY

8⁹⁹ EACH



WHOLE RAINBOW TROUT
A POUND TO BOUND
SALMON PORTIONS
250g (8.8oz)
FRESH SELECTED VARIETIES

THIS WEEK ONLY

8⁹⁹ /LB OR EACH

BAKERY

Dempsters BREAD
875 G
BUNS
8'S
SELECTED VARIETIES

Dempsters HOT DOG BUNS
OVER 100,000 PRIZES AVAILABLE INSTANTLY

THIS WEEK ONLY

2⁹⁹ EACH

SELECTION COOKIES 360 - 426 G
CT BAKERY DONUTS 360 - 520 G
SELECTED VARIETIES

OATMEAL RAISIN

THIS WEEK ONLY

4⁹⁹ EACH

Kinderling Valentine's Sweets

THIS WEEK ONLY

3⁹⁹ EACH

VALENTINES SWEETS
304 - 383 G
SELECTED VARIETIES

Brownies

THIS WEEK ONLY

5⁹⁹ EACH

SELECTION SNACK TUBS
420 - 600 G
SELECTED VARIETIES

Cinnamon Rolls moulés à la

THIS WEEK ONLY

5⁹⁹ EACH

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

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

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PROUDLY SUPPORTING OUR CANADIANS



WHOLE WHITE OR
CREMINI MUSHROOMS
PRODUCT OF ONTARIO
227 G

277
EACH



THE LITTLE POTATO COMPANY POTATOES
PRODUCT OF CANADA, 680 G

298
EACH



SUMMER FRESH HUMMUS OR DIPS
200 - 227 G
SELECTED VARIETIES



299
EACH



LEGACY
MARINATED
PULLED PORK
OR PORK LOINS
800 - 900 G
SELECTED VARIETIES

10⁹⁹
EACH



SELECTION COOKIES 340 - 424 G
CT BAKERY DONUTS 340 - 524 G
SELECTED VARIETIES

4⁹⁹
EACH



DEMPSTER'S BREAD
475 G
BUNS 85
SELECTED VARIETIES

299
EACH



LAY'S POTATO
CHIPS OR
TOSTITOS
TORTILLA CHIPS
200 - 285 G
SELECTED VARIETIES

275
EACH



DR. OETKER GIUSEPPE RISING OR
THIN CRUST PIZZA
495 - 780 G SELECTED VARIETIES

4⁹⁸
EACH



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

6⁹⁸
EACH

75
points



CAVENDISH FARMS
FRENCH FRIES
340 - 204 G
CHEEMO PEROGIES
815 - 907 G FROZEN
SELECTED VARIETIES

299
EACH



CAMPBELL'S
BROTH
250 - 900 ML
SELECTED VARIETIES

1⁸⁸
EACH



NABOB GROUND COFFEE
340 G
MAXWELL HOUSE COFFEE CAPSULES
12'S
SELECTED VARIETIES

5⁹⁹
EACH



KRAFT BBQ SAUCE
352 G
SELECTED VARIETIES

249
EACH



CASHMERE BATHROOM TISSUE 12 - 24'S
SPONGE TOWELS
ULTRA PAPER TOWELS 1 - 2'S
SCOTTIES FACIAL TISSUE 4'S
SELECTED VARIETIES

749
EACH

LOCKED DOWN



BLACK DIAMOND SLICES
406
SELECTED VARIETIES

LOCKED DOWN 
398
EACH



GREEN GIANT VEGETABLES
500 - 750 G FROZEN SELECTED VARIETIES

LOCKED DOWN 
349
EACH



PILLSBURY
PREPARED
DOUGH
454 - 496 G
SELECTED VARIETIES

LOCKED DOWN 
399
EACH



ALLEN'S
WHITE OR
CLEANING
VINEGAR
2.5 - 4 L
SELECTED VARIETIES

LOCKED DOWN 
349
EACH



RED BULL
ENERGY DRINKS
4 x 250 ML
SELECTED VARIETIES

LOCKED DOWN 
899
EACH



JORDANS
MORNING CRISP OR
MUESLI
400 G
SELECTED VARIETIES

LOCKED DOWN 
599
EACH



BURNBRAE
EGG CREATIONS
EGG WHITES
300 G
SELECTED VARIETIES

LOCKED DOWN 
449
EACH
25
points



TIM
HORTONS
CAPPUCCINO
454 G
SELECTED VARIETIES

LOCKED DOWN 
899
EACH



SENSIBLE PORTIONS
VEGGIE SNACKS
120 - 142 G
SELECTED VARIETIES

LOCKED DOWN 
2/550



PRINGLES
POTATO CHIPS
140 - 156 G
SELECTED VARIETIES

LOCKED DOWN 
249
EACH

15
points



CAMPBELL'S
BROTH
250 - 300 ML
SELECTED VARIETIES

LOCKED DOWN 
188
EACH



LINDT SWISS CLASSIC
CHOCOLATE
100 G
SELECTED VARIETIES

LOCKED DOWN 
399
EACH



SWEET BABY
RAY'S BBQ SAUCE
425 ML
SELECTED VARIETIES

LOCKED DOWN 
349
EACH



HUNTS
TOMATO PASTE
150 ML
SELECTED VARIETIES

LOCKED DOWN 
149
EACH



FINISH
POWERBALL
DISHWASHER
TABS
30 - 35'S
SELECTED VARIETIES

LOCKED DOWN 
1399
EACH
55
points



LYSOL DISINFECTANT
WIPES
100'S - 80'S
SELECTED VARIETIES

LOCKED DOWN 
549
EACH
30
points

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

Available at 

LCBO \$100
LCBO

For a limited time while quantities last. We reserve the right to modify or terminate this promotion without prior notice. This offer is not valid on previous purchases. Gift cards shown are not sponsors or co-sponsors of this promotion. All trademarks are property of their respective owners. LCBO available in Ontario only.



ALCAN
ALUMINUM FOIL
EACH
SELECTED VARIETIES

LOCKED DOWN 
399
EACH



GLADE AIR
FRESHENERS
224 G
SELECTED VARIETIES

LOCKED DOWN 
299
EACH

ALWAYS GREAT PRICE



IRRESISTIBLE
ORANGE JUICE
1.5 L
SELECTED VARIETIES

ALWAYS GREAT PRICE
3.97
EACH



SELECTION OR LIFE SMART
FRUIT SNACKS
6'S SELECTED VARIETIES

ALWAYS GREAT PRICE
2.49
EACH



SELECTION OR
LIFESMART
VEGETABLE
COCKTAIL
1.89 L
SELECTED VARIETIES

ALWAYS GREAT PRICE
2.99
EACH



SELECTION
INSTANT COFFEE
200 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
5.99
EACH



LIFE SMART
BROTH
900 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE
1.67
EACH



IRRESISTIBLES
SNACKS
142 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
2.49
EACH



SELECTION
TACO MIX
250 G
SELECTED VARIETIES

\$1
EACH



SELECTION OR
IRRESISTIBLES
PARMESAN
CHEESE
200 G SELECTED VARIETIES

ALWAYS GREAT PRICE
6.99
EACH



IRRESISTIBLES
BALSAMIC
VINEGAR OR
GLAZE
250 mL
SELECTED VARIETIES

4.44
EACH



SELECTION
BATHROOM
TISSUE
30-100'S

ALWAYS GREAT PRICE
19.99
EACH



HEINZ KETCHUP
1.5 L
SELECTED VARIETIES

ALWAYS GREAT PRICE
6.99
EACH



Kellogg's
JUMBO
RAISIN BRAN
1.01 kg



Kellogg's
JUMBO
VECTOR
1.01 kg

ALWAYS GREAT PRICE
9.49
EACH



KRAFT BBQ SAUCE
400 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE
2.49
EACH



NATURE VALLEY
FAMILY PACK BARS
525 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
6.99
EACH



CHEEZ-IT CRACKERS
FAMILY SIZE
102 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
3.99
EACH



DOLE FRUIT
CUPS
45
SELECTED VARIETIES

ALWAYS GREAT PRICE
2.99
EACH



BETTY CROCKER
DUNKAROOS
108 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
3.99
EACH



KELLOGG'S RICE KRISPIES SQUARES
440 G



KELLOGG'S POP-TARTS
1.15 kg
SELECTED VARIETIES

ALWAYS GREAT PRICE
9.99
EACH

GAME DAY FOR LESS



DEMPTER'S
10" TORTILLAS
425 - 495 G
SELECTED VARIETIES

3⁹⁹
EACH



QUAKER
CRISPY MINIS
300 - 395 G
SELECTED VARIETIES

2⁴⁹
EACH



HERSHEY
TWIZZLERS OR
NIBS CANDY
375 - 454 G
SELECTED VARIETIES

2⁴⁹
EACH



TROPHY
CASHEWS
150 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

3⁴⁹
EACH



MOTT'S CLAMATO
COCKTAIL
1.89 L
SELECTED VARIETIES

2/\$7



OCEAN SPRAY
CRANBERRY
COCKTAIL OR
JUICE BLENDS
1.77 - 1.89 L
SELECTED VARIETIES

3⁹⁹
EACH



LIFE SMART
NATURALIA
TORTILLA
CHIPS
190 G
SELECTION
SALSA
430 ML
SELECTED VARIETIES

2⁹⁹
EACH



LA COSTENA
FRIED BEANS
OR PEPPERS
186 - 246 ML
SELECTED VARIETIES

2⁹⁹
EACH



CHOLULA
HOT OR
CREMOSA
SAUCE
150 - 325 ML
SELECTED VARIETIES

4⁹⁹
EACH



SELECTION OR
LIFE SMART
DELUXE
MIXED NUTS
1.13 KG
SELECTED VARIETIES

24⁹⁹
EACH



NESTEA
ICED TEA
1.89 L
SELECTED VARIETIES

3⁷⁹
EACH



McCain TASTIEZ BITES
311 G
SELECTED VARIETIES

3⁹⁹
EACH



BOSTON
MARKET
MEAL
151 - 197 G
SELECTED VARIETIES

3⁹⁹
EACH

GAME DAY FOR LESS



MILLER LITE
LIGHT BEER
6 x 355 mL

14⁴⁹
EACH



CORONA
EXTRA BEER
6 x 330 mL

15⁹⁹
EACH



MODELO
ESPECIAL
BEER
6 x 355 mL

17⁴⁹
EACH



HEINEKEN
BEER
6 x 500 mL

18⁹⁹
EACH



COORS LIGHT
BEER
30 x 355 mL

54⁴⁹
EACH



BUD LIGHT
BEER
30 x 355 mL

55⁴⁹
EACH



SELECTION
DE-ALCOHOLIZED BEER
12 x 355 mL
SELECTED VARIETIES

8⁴⁹
EACH



GUINNESS
NON-ALCOHOLIC
BEER
4 x 440 mL

12⁴⁹
EACH



BUDWEISER
NON-ALCOHOLIC
BEER
6 x 355 mL

12⁹⁹
EACH



CORONA CERO
ALCOHOL FREE
BEER
12 x 355 mL

22⁴⁹
EACH



MICHELOB
ULTRA LIGHT
BEER
473 mL

2⁹⁹
EACH



MOLSON
COORS
ORIGINAL
BEER
473 mL

2⁹⁹
EACH



HEINEKEN
BEER
500 mL

3⁴⁹
EACH



STELLA ARTOIS
BEER
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
204 g

LOCKED DOWN

2.99
EACH

OLD EL PASO SHELLS OR TORTILLAS
125 - 334 g SELECTED VARIETIES

OLD EL PASO DINNER KIT SOFT TACO
12 SOFT TORTILLAS
PREP AND SAUCE
400 g

OLD EL PASO DINNER KIT HARD & SOFT TACO
8 Soft Tortillas & 8 Taco Shells
PREP AND SAUCE
400 g

LOCKED DOWN

3.99
EACH

OLD EL PASO TACO KIT
250 - 400 g
SELECTED VARIETIES

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

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

OFFICIAL SUPPORTER OF THE 2026 WINTER OLYMPICS

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

STEP 2: PICK YOUR PROTEIN

SEAHORSE COOKED SHRIMP
91 - 120 CT
140 g
FRESH
SELECTED VARIETIES

THIS WEEK ONLY

6.99
EACH

HALAL AT SAME PRICE

MEDIUM GROUND BEEF FAMILY PACK
INCLUDES HALAL
1.541/KG

THIS WEEK ONLY

6.99
/LB

35 points

070107



Lay's
SOUR CREAM & ONION
CRÈME SURE ET OIGNON
220 g

Tostitos
RESTAURANT STYLE
200-210 g

LAY'S POTATO CHIPS OR TOSTITOS TORTILLA CHIPS
200-210 g
SELECTED VARIETIES

THIS WEEK ONLY

275
EACH

Miss Vickie's
SEA SALT & MALT VINEGAR
200-210 g

Miss Vickie's
ORIGINAL RECIPE
RECETTE ORIGINALE
200 g

MISS VICKIE'S POTATO CHIPS
200-210 g
SELECTED VARIETIES

LOCKED DOWN

399
EACH

Smartfood
POPCORN SOUFFLÉ
200 g

Smartfood
WHITE CHEDDAR
CHEDDAR BLANC
200 g

SMARTFOOD POPCORN OR MUNCHIES SNACK MIX
150-220 g
SELECTED VARIETIES

THIS WEEK ONLY

2/\$7

MONTELLIER
CARBONATED NATURAL SPRING WATER
EAU DE SOURCE NATURELLE GAZEIFIÉE
10X 355 mL SLIM CANS CANETTES MINCES

bubly
sparkling water
beverage
12 355 mL

BUBLY SPARKLING WATER
12 x 355 mL
MONTELLIER CARBONATED WATER
10 x 355 mL
SELECTED VARIETIES

THIS WEEK ONLY

599
EACH

7up mini
90 CANS

PEPSI MINI
ZERO SUGAR
6 CANS

PEPSI OR 7-UP MINI CANS
6 x 222 mL
SELECTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

349
EACH

PEPSI
SOFT DRINKS
6 x 710 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE

579
EACH

新年快乐 HAPPY LUNAR NEW YEAR 2026



MORE

RAMADAN FOR LESS



RED MANGO
PRODUCT OF BRAZIL

1²⁸
EACH



NEW ZEALAND
FRESH LAMB
SHOULDER CHOPS
FAMILY PACK
WHILE QUANTITIES LAST
19.82/KG

8⁹⁹
/LB

HALAL



NOOR
OR ARJUN
BASMATI RICE
2.53 - 4.54 KG
SELECTED VARIETIES

7⁹⁹
EACH



SAPORITO
VEGETABLE,
CANOLA OR
CORN OIL
2.84 - 3.1
SELECTED VARIETIES

9⁹⁹
EACH



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

2⁴⁹
EACH



CEDAR
CANNED BEANS
540 ML
SELECTED VARIETIES

1⁴⁹
EACH



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

4⁹⁹
EACH



PARLE-G
BISCUITS,
LU OR EBM
COOKIES
84 - 280 G
SELECTED VARIETIES

99¢
EACH



CRISPY NAAN
500 G
SELECTED VARIETIES

1⁹⁹
EACH



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

12⁹⁹
EACH



ELZYMI PIES
1000 G
SELECTED VARIETIES

6⁹⁹
EACH



CASABLANCA
POUND CAKES
400 G
SELECTED VARIETIES

2⁹⁹
EACH



HEREFORD
REGULAR
OR HALAL
CORNE
BEEF
340 G
SELECTED VARIETIES

3⁹⁹
EACH



SHAN MIXES
OR DIVYA
GINGER
GARLIC
PASTE
340 G
SELECTED VARIETIES

1⁹⁹
EACH



INDOMIE
NOODLES OR
NATIONAL
SAUCE
5.80 - 5.85 G
300 G
SELECTED VARIETIES

2⁹⁹
EACH



ALPHONSO OR ALJUICE BEVERAGES
1.25 L
CEDAR
CONDENSED
MILK
300 ML
SELECTED VARIETIES

3⁹⁹
EACH



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

1⁴⁹
EACH



CEDAR
PEACHES OR
POMEGRANATE
JUICE
200 - 250 ML
SELECTED VARIETIES

3⁴⁹
EACH

MORE

RAMADAN FOR LESS



MEDJOOL DATES
907 G

9⁹⁸
EACH



BRAR'S
PANEER
375 G
SELECTED VARIETIES

5⁹⁹
EACH



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

9⁹⁹
EACH



PILLSBURY
CHAKKI ATTA
FLOUR
9.07 KG

9⁹⁹
EACH



DIVYA
LENTILS OR
BLACK
CHICKPEAS
1.8 - 1.81 KG
SELECTED VARIETIES

3⁹⁹
EACH

800 G



NANAK
DESI GHEE
800 G

12⁹⁹
EACH



DIVYA
OKRA
FROZEN
315 G
SELECTED VARIETIES

99¢
EACH



39¢
EACH



CRISPY PARA
SNACKS
300 G
SELECTED VARIETIES

2⁹⁹
EACH



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

6⁹⁹
EACH



BRAR'S
SAMOSAS
FROZEN
KID'S
SELECTED VARIETIES

5⁹⁹
EACH



DIVYA
COOKING SAUCE
375 ML
SELECTED VARIETIES

2⁴⁹
EACH



SURATI SNACKS,
DIVYA ROASTED
CHANA, SHERBON
DRINKS
200 - 400'S
1 L
SELECTED VARIETIES

2⁴⁹
EACH



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

2⁹⁹
EACH



NATIONAL
SPICE
MIXES OR
GITS MIXES
45 - 200 G
SELECTED VARIETIES

1⁶⁷
EACH



DESI-LICIOUS
KULFI
FROZEN
1 L
SELECTED VARIETIES

5⁹⁹
EACH



BRAR'S
RASMALAI OR
NANAK GULAB
JAMUN
FROZEN
100 - 300 G
SELECTED VARIETIES

8⁹⁹
EACH



SHER
NATURAL
CANE
BROWN SUGAR
3.62 KG

8⁹⁹
EACH

PERSONAL CARE FOR LESS

HEAD & SHOULDERS
SELECTED VARIETIES

LOCKED DOWN

6⁹⁹
EACH

ALWAYS MAXI PADS
20-32'S
TAMPAX PEARL TAMPONS
3-5'S
SELECTED VARIETIES

THIS WEEK ONLY

10⁹⁹
EACH

ORAL-B DENTAL FLOSS PICS
75'S
SELECTED VARIETIES

LOCKED DOWN

4⁴⁹
EACH

U BY KOTEX MAXI PADS
22'S
SELECTED VARIETIES

LOCKED DOWN

4⁹⁹
EACH

IVORY BAR SOAP
10'S
SELECTED VARIETIES

IVORY BODY WASH
427 ML
SELECTED VARIETIES

THIS WEEK ONLY

5⁴⁹
EACH

OLD SPICE DEODORANT
8'S
SELECTED VARIETIES

THIS WEEK ONLY

5⁹⁹
EACH

OGX HAIR CARE
180 ML
SELECTED VARIETIES

LOCKED DOWN

7⁹⁹
EACH

AVEENO BODY WASH
833 ML
SELECTED VARIETIES

LOCKED DOWN

10⁹⁹
EACH

NATIVE HAIR CARE
407 ML
SELECTED VARIETIES

LOCKED DOWN

13⁹⁹
EACH

PAMPERS EASY UPS TRAINING UNDERWEAR
58-66'S
SELECTED VARIETIES

THIS WEEK ONLY

29⁹⁹
EACH

TUMS ANTACID
72'S
SELECTED VARIETIES

LOCKED DOWN

4⁹⁹
EACH

JAMIESON CHEWABLE C, D3 OR GENTLE IRON
90-240'S
SELECTED VARIETIES

LOCKED DOWN

7⁹⁹
EACH

JAMIESON CALCIUM MAGNESIUM + D3
60-300'S
SELECTED VARIETIES

LOCKED DOWN

11⁹⁹
EACH

JAMIESON B12, MAGNESIUM
90-180'S
SELECTED VARIETIES

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.

FISHERMAN'S FRIEND LOZENGES
10'S
SELECTED VARIETIES

LOCKED DOWN

2/\$4

RICOLA LOZENGES
10'S
SELECTED VARIETIES

LOCKED DOWN

2/\$6

ICY HOT MEDICATED PAIN RELIEF APPLICATOR
27 ML
SELECTED VARIETIES

LOCKED DOWN

7⁹⁹
EACH

BENYLIN COUGH & CHEST CONGESTION SYRUP
100 ML
SELECTED VARIETIES

LOCKED DOWN

8⁹⁹
EACH

TROJAN BARESKIN CONDOMS
10-12'S
SELECTED VARIETIES

LOCKED DOWN

10⁹⁹
EACH

VICKS VAPORUB
1.25 FL OZ
SELECTED VARIETIES

DAYQUIL
120 ML
SELECTED VARIETIES

LOCKED DOWN

12⁹⁹
EACH

ADVIL LIQUI-GELS
100 ML
SELECTED VARIETIES

LOCKED DOWN

14⁴⁹
EACH

BOOS INSTANT BREAKFAST MIX
100 G
SELECTED VARIETIES

LOCKED DOWN

15⁹⁹
EACH

WEBBER NATURALS MAGNESIUM BISGLYCINATE
120'S
SELECTED VARIETIES

LOCKED DOWN

17⁹⁹
EACH

WEBBER NATURALS OMEGA-3 SOFTGELS
120'S
SELECTED VARIETIES

LOCKED DOWN

27⁹⁹
EACH

VITAL PROTEINS COLLAGEN PEPTIDES
284 G
SELECTED VARIETIES

LOCKED DOWN

27⁹⁹
EACH

VEGA SPORT PROTEIN DRINK MIX
820 G
SELECTED VARIETIES

LOCKED DOWN

46⁹⁹
EACH