



FAMILY DAY

FRI FEB 13 & SAT FEB 14

2 DAY SALE



Foodsmiths

THE GOOD FOOD STORE

106 WILSON ST. W. PERTH, ON
FOODSMITHS.COM 613.267.5409

MON-THU 8AM - 7PM
FRI 8AM - 8PM SAT 8AM - 6PM
SUNDAY 9AM - 5PM



WE ARE OPEN FAMILY DAY!
MONDAY FEB 16 - 9-5

L'EXTRA
DOUBLE
CREAM BRIE
PER 100g



2 DAY SALE!
SAVE \$1.47
3.89
/ 100g

REIDS DAIRY
ICE CREAM
1.5 L



2 DAY SALE!
SAVE \$2.50
6.99
/ EACH

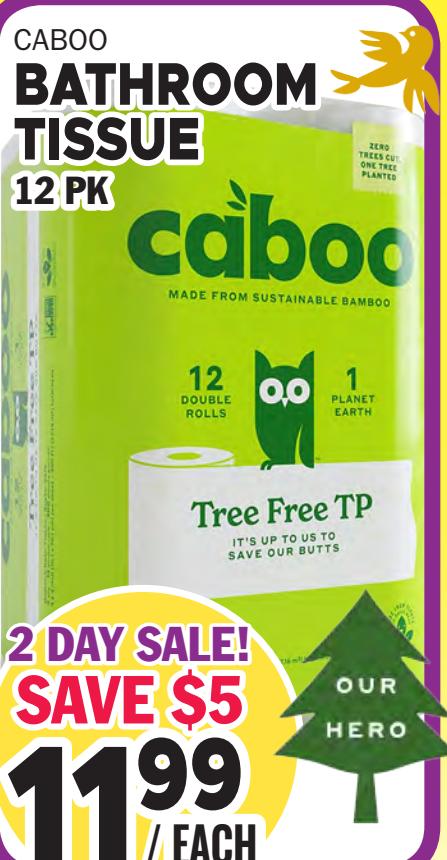
NIN JIOM

COUGH
SYRUP
300ML



2 DAY SALE!
SAVE \$3
18.99
/ EACH

CABOO
BATHROOM
TISSUE
12 PK



2 DAY SALE!
SAVE \$5
11.99
/ EACH

MILK
CHOCOLATE
ALMONDS



FIND THEM
IN OUR
BULK BINS!

2 DAY SALE!
SAVE \$1.47
2.72
/ 100g

ONTARIO GROWN
PREMIUM
TULIPS
BUNCH



2 DAY SALE!
SAVE \$2
11.99
/ EACH

THIS WEEK'S PRODUCE TOP PICKS

ONTARIO FRESH
ROYAL GALA APPLES
PRODUCT OF ONTARIO



SAVE 50¢

2.49
/ LB



PREMIUM QUALITY
KENT MANGOES
PRODUCT OF BRAZIL



SAVE \$2.98

\$3.99 EACH OR
2/\$7

HALL'S APPLE MARKET
FRESH APPLE CIDER
2L



SAVE \$1
6.99
/ EACH

UNLESS OTHERWISE STATED. WHILE SUPPLIES LAST. NO RAIN CHECKS OR SUBSTITUTIONS. IMAGES ARE REPRESENTATIONAL ONLY. PRODUCTS MAY NOT BE EXACTLY AS SHOWN. E & OE.

PREMIUM FRESH
LEMONS
PRODUCT OF USA



SAVE \$2.96

\$1.49 EACH OR
4/\$5



SAVE \$1

5.99
/ EACH

ONTARIO FRESH
RED CABBAGE
PRODUCT OF ONTARIO



SAVE 30¢

99¢
/ LB

IPANEMA VALLEY
BANANA BROWNIES
PRODUCT OF BRAZIL
250G



SAVE \$1

6.99
/ EACH

CANADIAN FRESH
LIVING LETTUCE
PRODUCT OF CANADA



SAVE \$1

3.99
/ EACH

ONTARIO FRESH
ORGANIC RED POTATOES
PRODUCT OF ONTARIO
5 LB



SAVE \$2

7.99
/ EACH

ARRIVING THIS WEEK

for your sweetie



FOR SOMEONE SPECIAL

all you need is love...



NOW

A romantic essential oils kit. Feel wonderful every day with these natural fragrances.

\$42.99
each

BLUME

25 Servings
This Mint Cocoa Superfood Latte not only tastes good, it makes you feel good.

\$28.99
each

PEACE BY CHOCOLATE

Peace is beautiful in every language — and so is love!

\$7.99
each

...and chocolate

VILLAGE TREATS

Slabs are their signature chocolate mixed with whole almonds. A classic treat.

\$6.99
each

NOW

NOW

Organic Lavender Oil & natural Almond Oil to create a luxurious combination that soothes and relaxes.

\$28.99
each



lavender almond
massage oil
huile de massage
à la lavande et
à l'amande
vitamin infused blend

AURA CACIA

Add some comfort to your bath with Heart Song Bubble Bath.

\$14.99
each

AURA CACIA

HEART SONG BUBBLE BATH

BAIN MOUSSANT CHANSON DU CŒUR

comforting
réconfortante

MADE WITH
Geranium,
Lavender & Rose
Pure Essential Oils

BE BY THE SEA

BE BY THE SEA

9 x 40 g
Awaken, calm and relieve your senses with essential oil-infused shower steamer variety pack. Set includes all three blends.

\$31.99
each

SHOWER STEAMERS VARIETY PACK

douche à vapeur pack de variété
éveiller calme le soulagement

9 x 40 g

FINE CHOCOLATE

High quality, hand-crafted, locally made chocolate bars.

\$13.99
each



VILLAGE TREATS

Slabs are their signature chocolate mixed with whole almonds. A classic treat.

\$6.99
each



A TABLE FOR TWO VALENTINE'S MENU

Strawberry Ricotta Bruschetta

INGREDIENTS

- 1/8 baguette sliced
- 1 ounce strawberries
- 1/8 tablespoon balsamic reduction
- 1/8 teaspoon agave
- 1 1/4 ounce ricotta
- 1/8 tablespoon olive oil
- basil leaves for garnish



INSTRUCTIONS

1. Chop strawberries into small pieces and add to a bowl. Add balsamic reduction and agave to the bowl, mix and set aside.
2. Mix ricotta and oil in a separate bowl then spread cheese mixture on baguette slices.
3. Top with strawberry mixture and garnish with basil leaves.

Creamy Tuscan Chicken



INSTRUCTIONS

1. Preheat oven to 375°F, arrange a rack in center of oven. In a large ovenproof skillet over med-high heat, heat 1 tbsp oil. Generously season chicken with salt & pepper and cook, turning half-way through, 5 mins per side, until golden brown. Transfer chicken to a plate.
2. In the same skillet, on med. heat, heat remaining oil. Stir in garlic, thyme, and red pepper flakes. Cook and stir for 1 minute. Stir in broth, tomatoes, cream, Parmesan, dash of salt. Bring to a simmer, return chicken and juices to skillet.
3. Transfer skillet to oven, bake until chicken is cooked through and reads 165°F on thermometer, 10-12 minutes.
4. Arrange chicken on a plate, spoon sauce over top, garnish with basil.

INGREDIENTS

- 3 tablespoons extra-virgin olive oil
- 4 boneless, skinless chicken breasts
- Kosher salt
- ground black pepper
- 2 garlic cloves, finely chopped
- 1 tablespoon fresh thyme leaves
- 1 teaspoon crushed red pepper flakes
- 3/4 cup low-sodium chicken broth
- 1/2 cup chopped sundried tomatoes
- 1/2 cup heavy cream
- 1/4 cup finely grated parmesan
- torn fresh basil for garnish

Sautéed Mushrooms

INGREDIENTS

- 1/2 pound mushrooms
- 1/2 tablespoon butter
- 1/4 tablespoon avocado oil
- 1 garlic cloves, minced
- chopped parsley or green onion
- salt & pepper

INSTRUCTIONS

1. Cut mushrooms in half. Heat a pan over med-heat, add mushrooms, stir occasionally.
2. Drain the liquid then add oil, butter and garlic.
3. Sauté until golden brown. Garnish with parsley or green onion.



A TABLE FOR TWO AND FONDUE

Honey Champagne Fondue



INGREDIENTS

- 16 ounces Swiss or Gruyere shredded cheese
- 4 teaspoon cornstarch
- 1 teaspoon dry mustard
- 1 tablespoon lemon juice
- 1/4 cup shallot
- 1 clove minced garlic
- 1 1/4 cup champagne
- 1/2 teaspoon pepper

INSTRUCTIONS

1. Toss cheese with cornstarch and mustard.
2. Melt the butter in a fondue pot, over medium heat and sauté the shallots and garlic until soft.
3. Add the champagne and bring to a boil.
4. Add cheese, a little at a time until it melts, stir in honey and lemon juice. Simmer for 2-3 minutes.
5. Add the pepper, stir, and serve warm.



Dippers: Thinly sliced beef, chicken, or pork. Shrimp, scallops, or sausages.

Potatoes, broccoli, cauliflower, mushrooms, zucchini, and onions.

Broth Fondue

INSTRUCTIONS

1. Mix all ingredients and pour into a fondue pot.
2. Simmer to blend flavours for 10 minutes.
3. Bring to a boil when ready to use.
4. Dip your favourite meats, sea food, vegetables, or potatoes.



Berry Crisp

INSTRUCTIONS

1. Prep toppings: combine oats, flour, sugar, brown sugar, cinnamon and salt. Melt the butter and stir into mixture.
2. Prep filling: in a bowl add berries, flour, sugar, salt, lemon juice, and vanilla extract then gently toss to combine.
3. Pour filling into an 8x8 dish and top with the oat mixture. Bake at 350° F for 40-45 minutes until golden brown and bubbling. Serve with vanilla ice cream.

INGREDIENTS

Topping:

- 1/3 cup rolled oats
- 1/3 cup all purpose flour
- 1/8 cup sugar
- 1/4 cup brown sugar
- 1/2 teaspoon ground cinnamon
- 10 1/2 ounces beef broth
- 1 cup dry white wine (optional)
- 1 cups water
- 1 ounce onion soup mix

Filling:

- 1.5 cup any frozen berries
- 1/8 cup all purpose flour
- 1/8 cup sugar
- pinch of salt
- 1/4 teaspoon vanilla extract
- 1/4 teaspoon lemon juice

THIS WEEK'S TOP PICKS

**BRANDT
ROASTED CHICKEN**
PER 100 G

Authentic European  **Authentique Européen**

Premium · Premier Choix

OVEN ROASTED CHICKEN BREAST
POITRINE DE POULET RÔTI AU FOUR

GOOD SOURCE OF PROTEIN
BONNE SOURCE DE PROTÉINES

Est. 1958

SAVE 40¢
3.09 / 100 G

NUTRIENTS NUTRITES **GLUTEN FREE SANS GLUTÉ**



CUSTOM SLICE IN OUR DELI!



**BRANDT
ROAST BEEF**
PER 100 G

Authentic European  **Authentique Européen**

COOKED ROAST BEEF
RÔTI DE BŒUF CUIT

NO ARTIFICIAL FLAVOURS
SANS ARÔMES ARTIFICIELS

MEAT PROTEIN 19%
PROTEINES DE VIANDE 19%

Est. 1958

FULLY COOKED
ENTIÈREMENT CUIT

LACTOSE FREE **GLUTEN FREE** **SOY FREE**

KEEP REFRIGERATED
GARDER RÉFRIGÉRÉ

SAVE 40¢
3.39 / 100 G



SERVING SUGGESTION



**BRIDOR
1/2 BAGUETTE**
EACH



SAVE 38¢
\$1.69 EACH OR
2/\$3

**SAINT AGUR
BLUE CHEESE**
PER 100 G



SAVE \$1
8.99 / 100 G



**BELLAVITANO
WEDGES**
150 G



SAVE \$1
12.99 / EACH

**LA SOYARIE
SHEFU TOFU
BBQ BITES**
175 G



SAVE 50¢
3.99 / EACH



**BRIDOR
MULTIGRAIN LOAF**
EACH



SAVE 50¢
4.99 / EACH



THIS WEEK'S TOP PICKS

ONTARIO FRESH!

SMALL BATCH
FRESH FROM
THEIR FARM!



CROSSWIND FARMS

GOAT CHEVRE

250 G

ASSORTED



SAVE \$1

13.99
/ EACH

RIVIERA

PETITE POTS

4 X 120 G
ASSORTED



SAVE 98¢

\$7.49 EACH OR

2/\$14

MOONSHINE MAMA'S
HYDRATION DRINKS

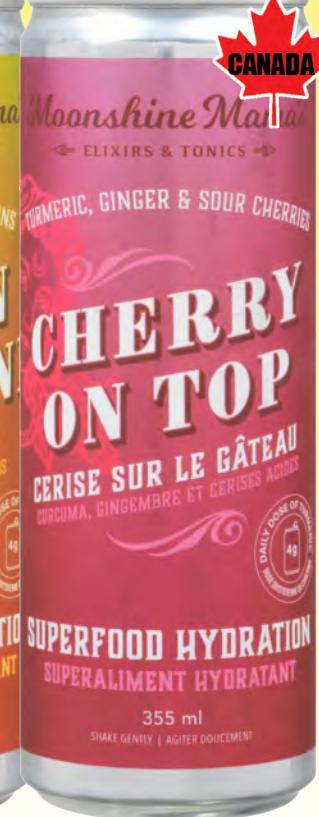
355ML
ASSORTED



SAVE 98¢

\$5.99 EACH OR

2/\$11



O'DOUGHGS

GLUTEN FREE MUFFINS

BLUEBERRY OR CHOCOLATE

4-PACK



SAVE 70¢

7.29
/ EACH



WOW DESSERTS

CAKE SLICES

EACH
ASSORTED

REG. \$6.99



SAVE!

10% OFF



THIS WEEK'S TOP PICKS

COVERED BRIDGE POTATO CHIPS
170 G ASSORTED

CREAMY DILL PICKLE ANETH CHIPS
KETTLE COOKED • CUITES A LA MARMITE
Net Wt. 170g | 6oz Poids Net

HIMALAYAN PINK SALT
SEL ROSE DE L'HIMALAYA
KETTLE COOKED • CUITES A LA MARMITE
Net Wt. 142g | 5oz Poids Net

SAVE 50¢
3.99 / EACH

CARR'S TABLE WATER CRACKERS
125 G

SAVE 50¢
3.99 / EACH

HALL'S APPLE MARKET SPARKLING APPLE CIDER
275 ML
REGULAR OR
APPLE CRANBERRY

SAVE 98¢
**\$3.99 EACH OR
2/\$7**

COYOTE PANCAKE MIXES
900 G
ORIGINAL OR
BUTTERMILK

PANCAKE & WAFFLE MIX
MADE WITH THE GOODNESS OF WHOLE WHEAT
BUTTERMILK • BABEURRE

MÉLANGE À CRÊPES ET A GAUFRES

SAVE \$1
4.99 / EACH

TEMPLES MAPLE SYRUP
250 ML
GLASS OR JUG

SAVE \$1
6.99 / EACH

JESSIE'S JAMS JAMS & JELLIES
250 ML
ASSORTED

SAVE \$1
5.99 / EACH

ROCK HARBOUR BACON WRAPPED SCALLOPS
200 G

WE ARE A PROUDLY CANADIAN COMPANY NOUS SOMMES UNE ENTREPRISE FIEREMENT CANADIENNE

ROCK HARBOUR SEAFOOD

BACON WRAPPED SCALLOPS
READY TO COOK

BACON WRAPPED SCALLOPS
PRÉT A CUISINER

SAVE \$2
9.99 / EACH

FOODSMITHS FROZEN CHOCOLATE CROISSANTS
EACH

SAVE 20¢
1.59 / EACH

BAKE FRESH AT HOME!

THIS WEEK'S TOP PICKS



 **Fluid**
Solar Roasted Coffee

PITCH BLACK

PER 100 G



Locally roasted in Clayton, ON using solar-powered technology, this sustainable, small-batch coffee offers a sharp, bittersweet taste. It is designed for those who prefer a deeply roasted, robust, and memorable, rich cup.

TASTING NOTES: intensely dark, full-bodied French Roast with notes of carbon and charcoal.

SAVE 20¢

5.49
/ 100 G

CHOOSE YOUR
FAVOURITE BEANS:
GRIND THEM TO PERFECTION
AT OUR COFFEE MILL



**MADE IN
CLAYTON, ON**

THIS WEEK'S TOP PICKS



Sauces



25%
OFF



Legumes



25%
OFF

Bioitalia

ALL SAUCES, DURUM WHEAT
PASTAS, & LEGUMES ARE ALL

25% OFF



Pastas



25%
OFF

ORGANIC FOR EVERYONE
The goodness of
high-quality organic
food from
Italy to Canada.





FOODSMITHS FEBRUARY BYOB

WILLOW CREEK STABLES

Willow Creek Stables is a rescue centre for critically endangered Newfoundland Ponies. They provide abandoned, neglected, and abused Newfoundland Ponies a safe home so they can heal and thrive. Over 70 ponies have been rescued by their program!

They offer farm visits 7 days a week, by appointment, welcoming small and large groups to learn the story of their critically endangered Newfoundland Ponies, why they're endangered, how they're being protected, and why they are special.

Interested in visiting the farm? Visit www.willowcreekstables.ca

For every transaction at our cash, Foodsmiths donates 5¢ to our monthly charity, plus all net proceeds from paper and reusable bag sales are donated to our monthly charity, too!

THANK YOU

FOR HELPING SUPPORT THIS IMPORTANT PROGRAM

BE A FOODSMITHS REWARDS CUSTOMER!

Foodsmiths' Customer Rewards Program makes it easy to earn and redeem points fast!

You get 1 point for every \$1 you spend!!

Receive a \$10 reward for every 500 points you earn!

**SIGNUP
AT OUR
CASH!**

**OR ON OUR
WEBSITE:
FOODSMITHS.
COM**





**SAVE IN
OUR BULK
BINS!**
**BUY A LITTLE,
SAVE A LOT!!**
**ONLY BUY
WHAT YOU
NEED**

BEST BUY THIS WEEK

PECAN PIECES



30% OFF
ON SALE
3.07
/100 G
SAVE \$1.32

BEST BUY THIS WEEK

**ALMONDS
ROASTED SALTED/
UNSALTED**



30% OFF
ON SALE
2.09
/100 G
SAVE 90¢

BEER NUTS



25% OFF
ON SALE
1.12
/100 G
SAVE 37¢

**CHOCOLATE
MACAROONS**



25% OFF
ON SALE
1.64
/100 G
SAVE 55¢

**VIRGINIA PEANUTS
SALTED/UNSALTED**



25% OFF
ON SALE
1.12
/100 G
SAVE 37¢

THOMPSON RAISINS



25% OFF
ON SALE
1.12
/100 G
SAVE 37¢

SAVE IN OUR BULK BINS AND EAT WELL!

SUNFLOWER SEEDS
ROASTED UNSALTED

25%
OFF
ON SALE
89¢
/100 G
SAVE 30¢

RED LENTILS

25%
OFF
ON SALE
52¢
/100 G
SAVE 17¢

BROWN FLAXSEED

25%
OFF
ON SALE
74¢
/100 G
SAVE 25¢

ORGANIC RAW
SUGAR

25%
OFF
ON SALE
59¢
/100 G
SAVE 20¢

ORGANIC LARGE FLAKE
OATS

25%
OFF
ON SALE
59¢
/100 G
SAVE 20¢

CUMIN GROUND

25%
OFF
ON SALE
3.38
/100 G
SAVE \$1.12

MULLEIN LOOSE
LEAF TEA

10%
OFF
ON SALE
12.60
/100 G
SAVE \$1.40

ECOMAX HAND &
BODY WASH

20%
OFF
ON SALE
79¢
/100 G
SAVE 20¢

FOUND IN OUR
SUPPLEMENT
DEPARTMENT!

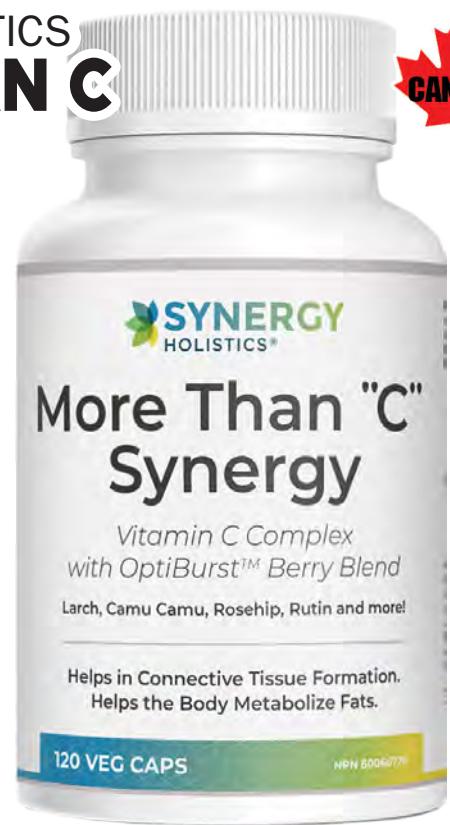
THIS WEEK'S TOP PICKS

SYNERGY HOLISTICS
**MORE THAN C
SYNERGY**

120 VC

SAVE \$6

39.99
/ EACH



QUANTUM

**DIGITAL BLUE
EYE HEALTH**

60 SG

Quantum[®]
HEALTH

Digital Blue[®]

Eye Health
HELPS EYES FILTER BLUE LIGHT &
SUPPORTS VISUAL PERFORMANCE*

20mg LUTEIN
4mg ZEAXANTHIN
100mg CURCUMIN, OMEGA-3

SUPPLEMENT
60 Softgels

SAVE \$11

27.99
/ EACH

ANNE MARIE BORLIND
ALL PRODUCTS

ASSORTED



CERTIFIED NATURAL COSMETICS

THIS WEEK'S TOP PICKS

ST. FRANCIS IMMUNITY

COLD & FLU PRODUCTS



15%
OFF

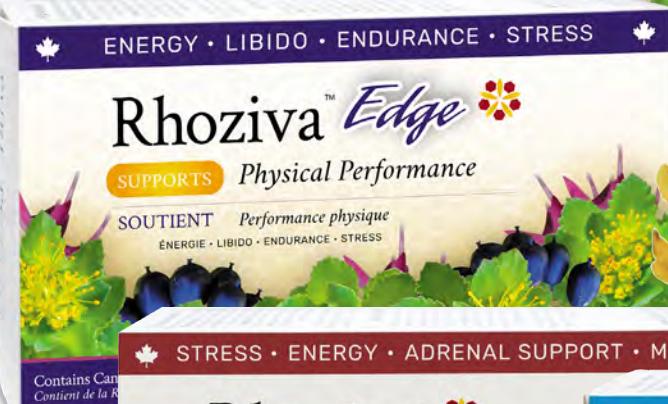
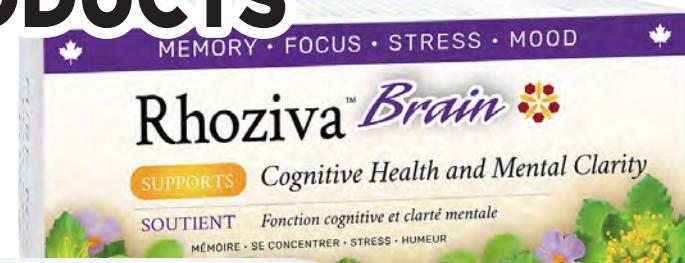
REBOOT NIYAMA

ALL PRODUCTS



NANTON ALL PRODUCTS

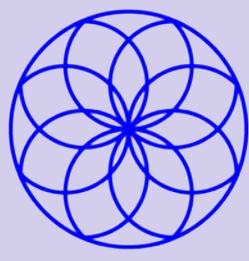
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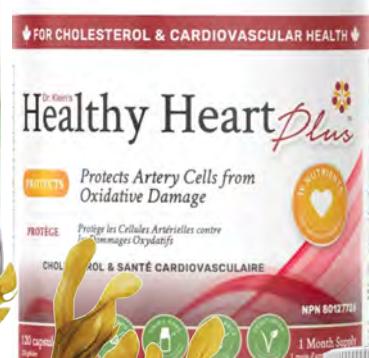
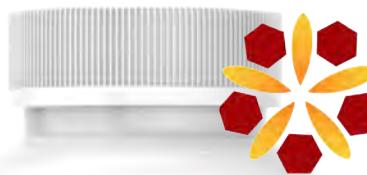
NAKA ALL PRODUCTS ASSORTED



15%
OFF



Nanton
nutraceuticals ltd.



15%
OFF

Supplements and NATURAL BODY CARE

HEALTH
FIRST

FAMILY FIRST MULTI

60 & 120 CHEWS

Health First Cal Mag Supreme is formulated with Real fruit and vegetable extracts like mango, kiwi, broccoli, spinach, buffered vitamin C, active forms of B vitamins and plant-sourced calcium and magnesium.

- Supports the biological functions that maintain good health and immunity for kids and adults alike!
- Contains Natural orange flavour with clean sweeteners, xylitol and monk fruit.
- Highly absorbable forms of vitamins and minerals.

Made in Canada and sold exclusively by Health First Network Members to support healthy Canadian communities.



ON SALE
\$16⁹⁹
save \$4

ON SALE
\$26⁹⁹
save \$5



Immune Support

**natural
Factors**

SUPER IMMUNE FORMULA 90 SG

ON SALE
\$11.99
save \$3

Combines seven essential nutrients to help maintain immune system function, connective tissue formation, and healthy mucous membranes. Each softgel contains vitamins A and D3, omega-3 essential fatty acids eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), and essential trace minerals magnesium, zinc, and copper for one-per-day support.

- Supports immune function, healthy skin, and mucous membranes.
- Contributes to the body's ability to metabolize nutrients
- Helps prevent vitamin A, vitamin D, magnesium, zinc, and copper deficiencies.



Kyolic®

Aged Garlic Extract™

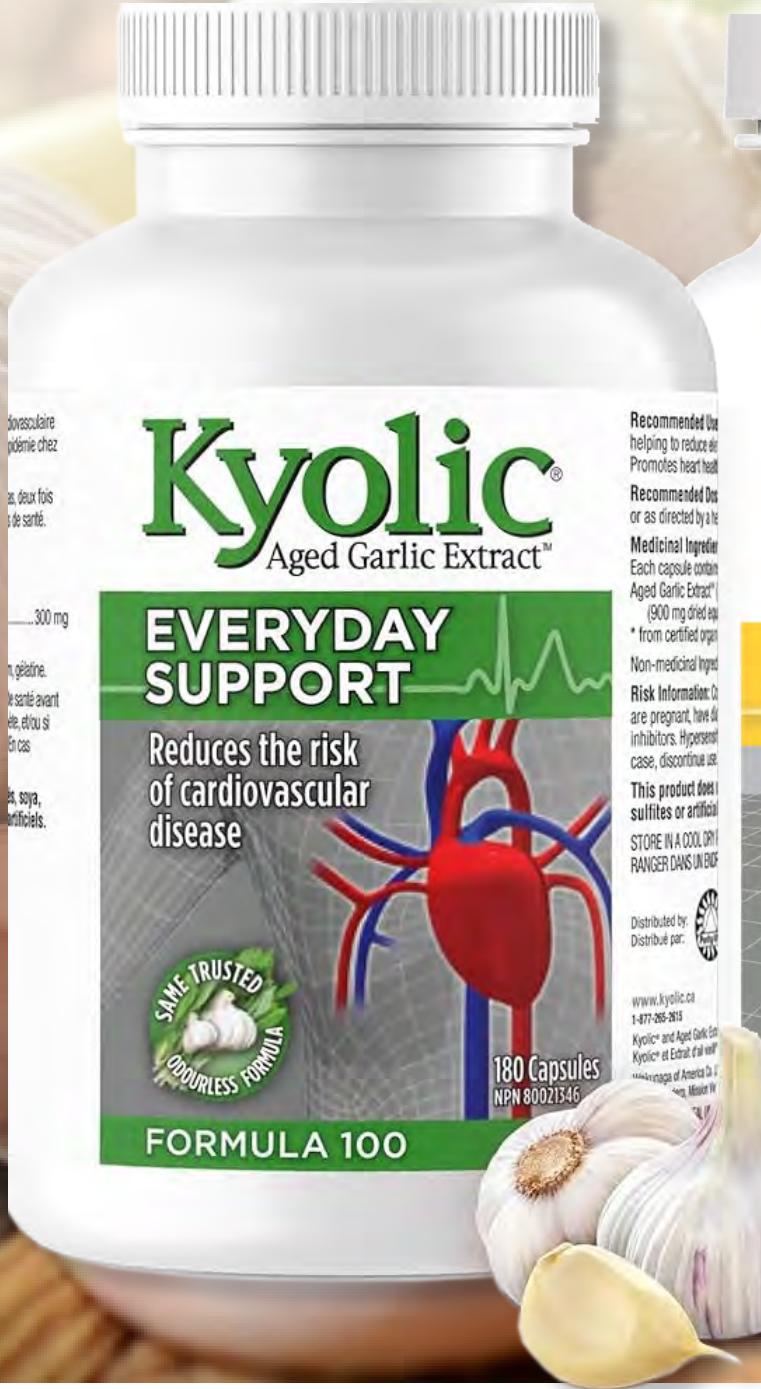
15%
OFF

KYOLIC FORMULA 100

90 CAPS & 180 CAPS

This formula supports and strengthens your cardiovascular system by maintaining circulatory function and promoting overall heart health.

- Aged Garlic Extract™ [300 mg] (per capsule).
- Kyolic Aged Garlic Extract formulas are odourless and gentle on the stomach, thanks to the unique aging process.

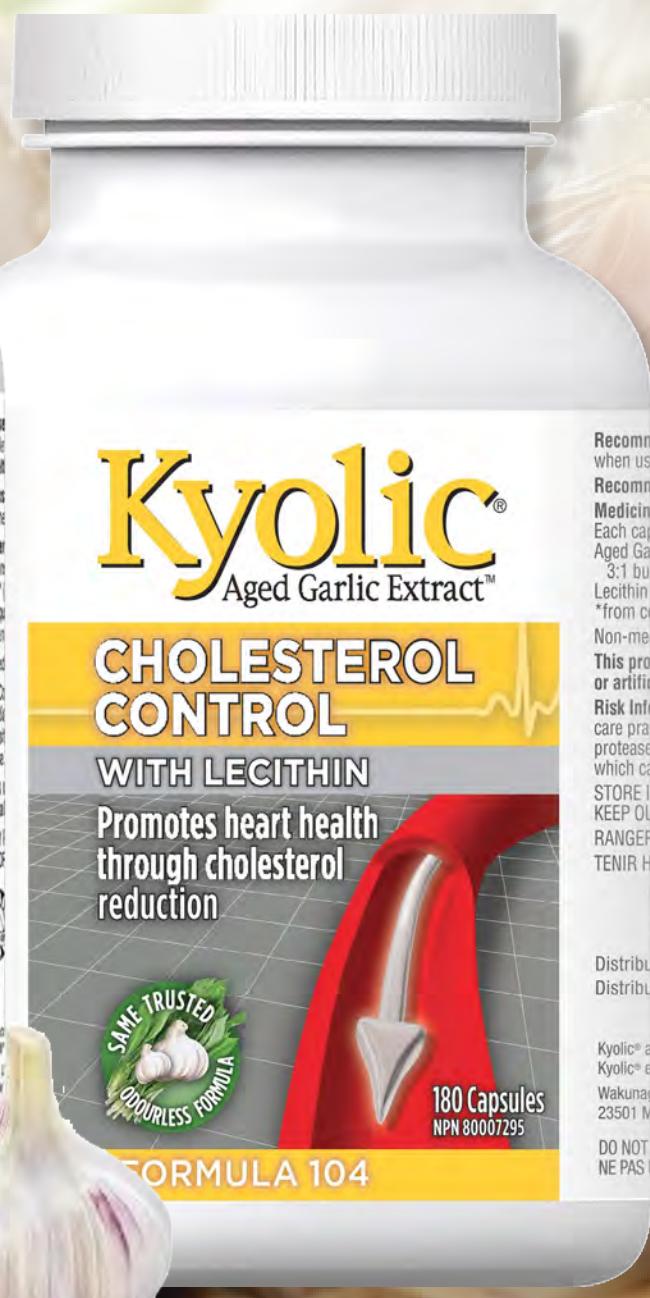


KYOLIC FORMULA 104

180 CAPS & 360 CAPS

This combination of Lecithin and Aged Garlic Extract™ supports healthy cholesterol levels and overall cardiovascular health.

- Aged Garlic Extract™ [300 mg]; Lecithin [190 mg] (per capsule).
- For the maintenance of healthy cholesterol and homocysteine levels.



AVAILABLE FRESH IN THE DELI!

MEAL DEALS! FAMILY & SNACK BOXES

FAMILY MEAL



REGULAR SNACK BOX

9.99

1 SAUSAGE ROLL OR SAMOSA OF YOUR CHOICE,
2 PIZZA FINGERS, 2 SPINACH or CHEESE ROLLS,
1 DELI SALAD OF YOUR CHOICE, YOUR CHOICE
SWEET AND SPICY TAMARIND DIPPER, HUMMUS
DIPPER OR TZATZIKI DIPPER.



REGULAR

SAMOSA FAMILY MEAL DEAL

DINNER FOR FOUR:

ANY COMBO OF... 8 SAMOSAS

ANY CHOICE OF... 2 16-OUNCE SALADS

AND... 1 8-OUNCE DIPPING SAUCE

29.99

INTERNATIONAL



AVAILABLE FRESH IN THE DELI!

DELI BOWLS!

EGG SALAD BOWL

6.99

SPINACH, SPROUTS, EGG SALAD,
SWEET PEPPERS & CUCUMBER.

TUNA SALAD BOWL

6.99

SPINACH, SPROUTS, TUNA SALAD,
SWEET PEPPERS & CUCUMBER.

SMOKED MEAT BOWL

6.99

SPINACH, SPROUTS, SMOKED MEAT,
SWEET PEPPERS & CUCUMBER, MUSTARD
OR MAYO

HAM N' CHEESE BOWL

6.99

SPINACH, SPROUTS, HAM, CHEESE SLICE,
SWEET PEPPERS & CUCUMBER, MUSTARD
OR MAYO

TUNA SALAD BOWL

6.99

SPINACH, SPROUTS, TUNA SALAD,
SWEET PEPPERS & CUCUMBER.

ROAST BEEF BOWL

6.99

SPINACH, SPROUTS, ROASTED BEEF,
SWEET PEPPERS & CUCUMBER, MUSTARD
OR MAYO

ROAST TURKEY BOWL

6.99

SPINACH, SPROUTS, ROAST TURKEY
SWEET PEPPERS & CUCUMBER, MUSTARD
OR MAYO

SALAMI/CHEESE BOWL

6.99

SPINACH, SPROUTS, SALAMI, CHEESE SLICE,
SWEET PEPPERS & CUCUMBER, MUSTARD
OR MAYO

VEGETARIAN

VEGGIE PATE BOWL

6.99

SPINACH, SPROUTS, FONTAINE SANTE
VEGETABLE PATE, SWEET PEPPERS &
CUCUMBER, MUSTARD OR MAYO

GLUTEN-FREE

FALAFEL BOWL

6.99

SPINACH, SPROUTS, FALAFEL,
SWEET PEPPERS & CUCUMBER, MUSTARD
OR MAYO

ORDER AT OUR DELI COUNTER!

LUNCH EXPRESS



EGG SALAD BOWL



HAM N' CHEESE BOWL

FRESHLY MADE
WITH EVERY ORDER