

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

IRRESISTIBLES
NUTS
200 - 255 G
SELECTED VARIETIES

WOWZA!
3.98
EACH



\$



WOWZA!
8.98
EACH



WOWZA!
1.68
EACH

\$



WOWZA!
2.88
/LB OR
EACH



WOWZA!
3.48
EACH

\$



WOWZA!
1.88
/LB OR
EACH



WOWZA!
4.98
EACH

\$



WOWZA!
4.98
EACH

\$



WOWZA!
2.75
EACH

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, FEBRUARY 5TH TO WEDNESDAY, FEBRUARY 11TH, 2026
PRICES IN THIS FLYER AVAILABLE AT ALL SAULT STE. MARIE, ANCASTER, GRIMSBY, HAMILTON & NIAGARA FALLS LOCATIONS ONLY.
To view local store flyer, visit foodbasics.ca, where you can create an account (or sign into your account) and select your preferred location.

food Basics

CANADIAN AND PROUD

WOW

JANES
PUB STYLE CHICKEN NUGGETS
MADE WITH WHITE MEAT
695 - 700 G
SELECTED VARIETIES WHILE QUANTITIES LAST

JANES
PUB STYLE CHICKEN STRIPS
MADE WITH WHITE MEAT
NO PRESERVATIVES
AIR FRYER FRIENDLY
700 g

\$ 5.88 EACH

Campbell's
Italian Wedding
Habitant
French-Canadian PEA SOUP
Campbell's
CHUNKY CHICKEN NOODLE SOUP
315 - 796 ML SELECTED VARIETIES

\$ 1.98 EACH

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

RITZ
original
Mondelez
International
\$ 2.22 EACH

Kellogg's
VERY HIGH FIBRE
FAMILY SIZE
MINI WHEATS!
ORIGINAL
\$ 5.48 EACH

Kellogg's
VERY HIGH FIBRE
FAMILY SIZE
Two Scoops Raisin Bran
400 g
KELLOGG'S FAMILY SIZE CEREAL
400 - 600 G SELECTED VARIETIES

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

\$ 6.98 EACH

75 points

GET READY TO SAVE! GREAT PRICES START ON PRICES IN THIS FLYER AVAILABLE AT ALL SAULT STE. M. 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

HERSHEY'S Kisses
milk chocolate + chocolat au lait
180 g

\$ 4.49 EACH

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

KitKat
Smarties

\$ 7.99 EACH

LINDOR
LINDT LINDOR CHOCOLATE
150 G
SELECTED VARIETIES WHILE QUANTITIES LAST

LINDOR

\$ 8.99 EACH

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

\$ 8.99 EACH

Baci
MILK CHOCOLATE CHOCOLAT AU LAIT
150 G
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
SHREDS 400 G
NATURAL CHEESE SLICES 220-240 G
GALBANI MOZZARELLA 300 G SELECTED VARIETIES

\$4.99
EACH

SCHNEIDERS
Blue Ribbon
CLASSIC BOLOGNA
BOLOGNE CLASSIQUE

BOURSIGN
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
Deluxe
Cream 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 540-870 G
COFFEE CAPSULES 805
SELECTED VARIETIES

QUAKER
HARVEST CRUNCH
ORIGINAL

Life
WHOLE GRAIN CEREAL
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*
220-330 G
SELECTED VARIETIES

DIGITAL DEAL
\$5.99
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.

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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.

TM 2026 Make Happy Tummies



**iögo NANO
DRINKABLE YOGURT**
6 x 93 mL SELECTED VARIETIES



**VITA COCO
COCONUT WATER**
1 L SELECTED VARIETIES



**BOB'S RED MILL
GLUTEN FREE ROLLED OATS**
907 G SELECTED VARIETIES



**LACTANTIA
PURIFILTRE MILK**
4 L SELECTED VARIETIES



**MAPLE LEAF
DELI SLICED MEAT**
175 G SELECTED VARIETIES



**QUAKER HARVEST CRUNCH
GRANOLA CEREAL**
475 G SELECTED VARIETIES



**MCCAIN
SMILES POTATOES**
FROZEN 650 G SELECTED VARIETIES



**DARE BEAR PAWS
CHOCOLATE CHIP COOKIES**
240 G SELECTED VARIETIES



**MADE GOOD
ORGANIC CHEWY
GRANOLA BARS**
5.5 SELECTED VARIETIES



**SIMPLY
ORANGE
JUICE**
2.25 L SELECTED VARIETIES



**GREEN GIANT
PEACHES & CREAM CORN**
750 G FROZEN SELECTED VARIETIES



**KRAFT
PEANUT BUTTER**
1 KG SELECTED VARIETIES



VH SAUCE
341 - 380 mL
SELECTED VARIETIES



SARA LEE LITTLE BITES
150 - 234 G
SELECTED VARIETIES



**BLACK DIAMOND
CHEESTRINGS**
334 G
SELECTED VARIETIES



**KELLOGG'S
MINI-WHEATS! CEREAL**
400 G SELECTED VARIETIES



**KELLOGG'S
NUTRI GRAIN
CEREAL BARS**
235 G



**BUBLY
SPARKLING WATER**
12 x 155 mL
SELECTED VARIETIES



**LINDT EXCELLENCE
CHOCOLATE BARS**
100 G SELECTED VARIETIES



**DANONE DANINO
DRINKABLE YOGURT**
6 x 93 mL SELECTED VARIETIES



**SPONGE TOWELS ULTRA
PAPER TOWELS**
3 x 5 SELECTED VARIETIES



**CHOLULA
HOT SAUCE**
150 mL
SELECTED VARIETIES



**BURNBRAE FARMS
EGG BAKES!
SPINACH & RICOTTA**
340 G



**PEPPERIDGE FARMS
GOLDFISH CRACKERS**
200 G SELECTED VARIETIES



**NESTLE
NESQUIK
SYRUP**
700 mL SELECTED VARIETIES



**PINTY'S
CHICKEN WINGS OR CHUNKS**
720 - 730 G FROZEN
SELECTED VARIETIES



**CHRISTIE
SNAK PAKS COOKIES**
150 G SELECTED VARIETIES



**CLOVER LEAF
TUNA**
170 G
SELECTED VARIETIES



**SIMPLY PROTEIN
BARS** 12.5
SELECTED VARIETIES



**MAPLE LODGE
CHICKEN WIENERS**
400 G SELECTED VARIETIES



**DEL MONTE
NECTAR**
900 mL
SELECTED VARIETIES



**KELLOGG'S
RICE KRISPIES CEREAL**
340 G SELECTED VARIETIES

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

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Link your cards and
earn more Moi points.

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

\$20*
in value



DRUMSTICK
VANILLA CARAMEL
4 COMBIS

iögo
FROZEN YOGURT BARS
Strawberry Cheesecake

iögo nano
FROZEN YOGURT POPS

Häagen-Dazs
vanilla vanilla
946 ML

Real Dairy
French Vanilla
1.5 L

KitKat
CHOCOLATE BARS OR CELLO BAGS

Aero Minis
CHOCOLATE BARS OR CELLO BAGS

STARBUCKS
PIKE PLACE ROAST
COFFEE CAPSULES

STARBUCKS
TORREFACTION PIKE PLACE ROAST
COFFEE CAPSULES

\$

\$

\$

\$

\$

\$

\$

\$

\$

\$

4.99
EACH

5.99
EACH

3.99
EACH

9.99
EACH

11.99
EACH

DRUMSTICK VANILLA CARAMEL 4 COMBIS

iögo FROZEN YOGURT BARS Strawberry Cheesecake

iögo nano FROZEN YOGURT POPS

HÄAGEN-DAZS ICE CREAM 946 ML

Real Dairy Premium Ice Cream French Vanilla 1.5 L

KitKat CHOCOLATE BARS OR CELLO BAGS

Aero Minis CHOCOLATE BARS OR CELLO BAGS

STARBUCKS PIKE PLACE ROAST COFFEE CAPSULES

STARBUCKS TORREFACTION PIKE PLACE ROAST COFFEE CAPSULES

BIMBO CANADA'S

Dempster's EST 1990
PROTEIN
WHITE
14 g PROTEIN

NEW
Dempster's EST 1990
PROTEIN
WITH WHOLE GRAINS —
600 g

DEMPSTER'S PROTEIN BREAD
600 g
SELECTED VARIETIES

JOS LOUIS
L'ORIGINAL
VACHON SNACK CAKES
6-1/2" SELECTED VARIETIES

STONEMILL
BREAD
550 g
SELECTED VARIETIES

STONEMILL BREAD
454-558 g
SELECTED VARIETIES

Dempster's EST 1990
ENGLISH MUFFINS
ANGLAIS
PLAIN NATURE
348 g

DEMPSTER'S ENGLISH MUFFINS
348 g
SELECTED VARIETIES

Takis FUEGO
TAKIS TORTILLA CHIPS
100-240 g
SELECTED VARIETIES

NEW
Dempster's EST 1990
PROTEIN
WHITE
14 g PROTEIN

NEW
Dempster's EST 1990
PROTEIN
WITH WHOLE GRAINS —
600 g

DEMPSTER'S PROTEIN BREAD
600 g
SELECTED VARIETIES

JOS LOUIS
L'ORIGINAL
VACHON SNACK CAKES
6-1/2" SELECTED VARIETIES

STONEMILL
BREAD
550 g
SELECTED VARIETIES

STONEMILL BREAD
454-558 g
SELECTED VARIETIES

Dempster's EST 1990
ENGLISH MUFFINS
ANGLAIS
PLAIN NATURE
348 g

DEMPSTER'S ENGLISH MUFFINS
348 g
SELECTED VARIETIES

Takis FUEGO
TAKIS TORTILLA CHIPS
100-240 g
SELECTED VARIETIES



Knorr BUTTER & HERB
BEURRE ET FINES HERBES

Pasta / Pâtes

Our Promise
Notre promesse

No Artificial
Flavouring or Colours
Sans arômes ou
colorants artificiels

179 EACH



Knorr CREAMY BACON
CARBONARA

FLAVOURED
CARBONARA CRÉMEUSES AU BACON
AROMATISÉES

Pasta / Pâtes

Our Promise
Notre promesse

No Artificial
Flavouring or Colours
Sans arômes ou
colorants artificiels

179 EACH



Knorr CREAMY BACON
CARBONARA

FLAVOURED
CARBONARA CRÉMEUSES AU BACON
AROMATISÉES

Pasta / Pâtes

Our Promise
Notre promesse

No Artificial
Flavouring or Colours
Sans arômes ou
colorants artificiels

179 EACH



Unilever



HELLMANN'S
REAL MAYONNAISE

750 ml / 25 FL OZ

5.99 EACH



Knorr CHICKEN
POULET

6 PACK

Our Promise
Notre promesse

No Artificial
Flavouring or Colours
Sans arômes ou
colorants artificiels

1.99 EACH



Lipton Chicken Noodle
Soupe Poulet et nouilles

100 g

2.99 EACH



Knorr Onion Dip

Recipe Ready

2.99 EACH



Knorr BOUILLON
CUBES

40 g / 1.41 oz

1.99 EACH



TRESemmé

7.99 EACH



Knorr CREAMY BACON
CARBONARA

FLAVOURED
CARBONARA CRÉMEUSES AU BACON
AROMATISÉES

Pasta / Pâtes

Our Promise
Notre promesse

No Artificial
Flavouring or Colours
Sans arômes ou
colorants artificiels

179 EACH



Knorr CREAMY BACON
CARBONARA

FLAVOURED
CARBONARA CRÉMEUSES AU BACON
AROMATISÉES

Pasta / Pâtes

Our Promise
Notre promesse

No Artificial
Flavouring or Colours
Sans arômes ou
colorants artificiels

179 EACH

High Liner
Signature Cuts
HADDOCK
FISH FILLETS
425 G
\$10.99 EACH

High Liner
Pan-Seared
PACIFIC SALMON
FISH FILLETS
425 G
\$10.99 EACH

High Liner
Pan-Seared
HADDOCK
FISH FILLETS
425 G
\$10.99 EACH

High Liner
English Style
Filletts
FISH FILLETS
425 G
\$7.99 EACH

High Liner
Catch of the Day
FISH FILLETS
425 G
\$10.99 EACH

High Liner
BREADED & BATTERED
FISH FILLETS FAMILY PACK OR SHRIMP
FROZEN \$15 - 700 G SELECTED VARIETIES



Ben's Original
Bistro EXPRESS™
BASMATI RICE
RIZ BASMATI

20% OFF
\$1.90

\$2.79
EACH

BEN'S ORIGINAL BISTRO EXPRESS RICE
360 - 210 g
SELECTED VARIETIES

MARS
incorporated



Ben's Original
STREET FOOD / CUISINE DE RUE
RIZ BASMATI EXPRESS
RIZ BASMATI EXPRESS
360 - 210 g
SELECTED VARIETIES

\$3.99
EACH

BEN'S ORIGINAL STREET FOOD RICE
360 - 210 g
SELECTED VARIETIES



Ben's Original
CONVERTED™
BASMATI RICE
RIZ BASMATI

20% OFF
\$1.90

\$8.99
EACH

BEN'S ORIGINAL CONVERTED RICE
360 - 210 g
SELECTED VARIETIES



GLACEAU
VITAMIN WATER
120 FL. OZ.
SMART WATER
1L
SELECTED VARIETIES

LOCKED DOWN 

1.99
EACH

15
points




THIS WEEK ONLY 

1.99
EACH

15
points

BODY ARMOR
HYDRATION DRINK
475 ML SELECTED VARIETIES



MONSTER
ENERGY DRINKS
473 ML
SELECTED VARIETIES

THIS WEEK ONLY 

2.49
EACH

20
points





enriched & pre-sifted
all-purpose flour
*ideal for pancakes, pie crusts, pizzas,
breads and croissants*



2.5 kg

\$

3⁷⁷
EACH





**SELECTION
FLOUR**
2.5 kg
SELECTED VARIETIES



**SELECTION
EVAPORATED
MILK**
250 ml
SELECTED VARIETIES

\$

1⁸⁸
EACH





**SWEETENED
SHREDDED
COCONUT
MIXED COCO
SUCRÉE
RAPLE**



250 g

\$

2⁹⁹
EACH

THIS WEEK ONLY

12⁹⁹
EACH

125
points
= \$1

MONSTER ENERGY

ORIGINAL

355 mL CANS/CANETTES

8 PACK

ENERGY DRINK / BOISSON ENERGISANTE
WITH / AVEC SUGAR / SUCRE,
GLUCOSE & SUCRALOSE

MONSTER ENERGY DRINKS

LOCKED DOWN

7⁹⁹
EACH

65
points

Fuze Iced Tea

Peach Tea

8-200 mL CANS

LOCKED DOWN

7⁹⁹
EACH

65
points

LOVE Perfect Tea

Peach Love Tea

8-200 mL CANS

LOCKED DOWN

7⁹⁹
EACH

65
points

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

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

1⁹⁸
/LB

CANTALOUPE
PRODUCT OF GUATEMALA
NO. 1 GRADE
BLUEBERRIES
PRODUCT OF PERU
NO. 1 GRADE
17.6

THIS WEEK ONLY

2⁹⁸
EACH

FANCY
SPRING MIX
MELANGE PRONTANIER
LOCALLY GROWN
FRESH & DELICIOUS
READY TO EAT
POST & BANNED

VISION GREENS
ROMAINE LETTUCE
LAITUE ROMAINE
LOCALLY GROWN
FRESH & DELICIOUS
READY TO EAT
POST & BANNED

THIS WEEK ONLY

3⁹⁸
EACH

25 points

VISION GREENS LETTUCE
111 G

RASPBERRIES
PRODUCT OF U.S.A. OR MEXICO, NO. 1 GRADE 17.6
AVOCADOS
PRODUCT OF MEXICO AND/OR PERU, NO. 1 GRADE
LIMES
PRODUCT OF MEXICO, 1 LB

THIS WEEK ONLY

3⁹⁸
EACH

CANARY MELON
PRODUCT OF BRAZIL
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

3⁹⁸
/LB

WHOLE WHITE OR CREMINI MUSHROOMS
PRODUCT OF ONTARIO
227 G

THIS WEEK ONLY

2⁷⁷
EACH

GALA
PRODUCT OF ONTARIO, CANADA FANCY GRADE
3 LB

THIS WEEK ONLY

4⁹⁸
EACH

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

THIS WEEK ONLY

1⁴⁸
/LB

HOTHOUSE GRAPE TOMATOES
PRODUCT OF CANADA OR MEXICO, NO. 1 GRADE 281 G
THE LITTLE POTATO COMPANY POTATOES
PRODUCT OF CANADA, 688 G

THIS WEEK ONLY

2⁹⁸
EACH

PLANTAIN BANANAS
PRODUCT OF GUATEMALA
2.18/KG

THIS WEEK ONLY

99¢
/LB

SWEET ASSORTED PEPPERS
PRODUCT OF MEXICO AND/OR MEXICO
PIS-OR-4
SWEET CORN
PRODUCT OF U.S.A., NO. 1 GRADE
4 PK

THIS WEEK ONLY

4⁷⁷
EACH

DOLE SALADS
SALAD-197 G
SELECTED VARIETIES

THIS WEEK ONLY

2⁸⁸
EACH

PEACHES
PRODUCT OF CHILE, NO. 1 GRADE
NECTARINES
PRODUCT OF CHILE
6.57/KG

THIS WEEK ONLY

2⁹⁸
/LB

SOUTHWEST RANCH DIP
RANCH SUD-OUEST
HOMESTYLE RANCH FACON
LITEHOUSE DIP
340 G

THIS WEEK ONLY

3⁹⁹
EACH

FRUIT OR VEGETABLE TRAY
500 G-1.13 KG

THIS WEEK ONLY

1¹⁹
EACH

FLORAL

10 STEM TULIPS
WHILE SUPPLIES LAST

THIS WEEK ONLY

8⁸⁸
EACH

MIX & MATCH
BOUQUETS
WHILE SUPPLIES LAST

THIS WEEK ONLY

2/\$12

6" ASSORTED BULBS
WHILE SUPPLIES LAST

THIS WEEK ONLY

6⁹⁸
EACH

5" ORCHID
WHILE SUPPLIES LAST

THIS WEEK ONLY

12⁸⁸
EACH

MEAT

FRESH WHOLE CHICKEN WINGS
BAGGED
INCLUDES 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 AT SAME PRICE

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

THIS WEEK ONLY

8⁹⁹
/LB

HALAL

IRRESISTIBLES HALF MOON PACIFIC WHITE SHRIMP RING WITH SAUCE
367 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

13⁹⁹
EACH

SELECTION FRESH PORK SAUSAGES
FAMILY PACK
HOT, MILD, HONEY GARLIC OR BREAKFAST
SELECTED VARIETIES
9.90/KG

THIS WEEK ONLY

4⁴⁹
/LB

MAPLE LODGE ULTIMATE DINNER, SUPPER, BREAKFAST SAUSAGES OR FRANKFURTERS
INCLUDES CARIBBEAN HALAL
275-300 G
SELECTED VARIETIES

THIS WEEK ONLY

6⁴⁹
EACH

IRRESISTIBLE BATTERED CHEESE STICKS, JALAPENO POPPERS OR VEGGIE BURGERS
FROZEN 125-131 G
SELECTED VARIETIES

THIS WEEK ONLY

6⁹⁹
EACH

IRRESISTIBLE BEEF SLIDERS OR GLUTEN FREE BREADED CHICKEN STRIPS
FROZEN 900-912 G
SELECTED VARIETIES

THIS WEEK ONLY

7⁹⁹
EACH

LEGACY MARINATED PULLED PORK OR PORK LOINS
FROZEN 900-912 G
SELECTED VARIETIES

THIS WEEK ONLY

10⁹⁹
EACH

SUMMER FRESH HUMMUS
ARTICHOKE & AILAGE
TOMATES D'ARTICHOKE
275 G

THIS WEEK ONLY

2⁹⁹
EACH

MONSIEUR GUSTAV GOUDA OR DOUBLE CREAM BRIE OR JARLSBERG SLICES OR AGROPUR 2 YEAR CHEDDAR
FROZEN 125-131 G
SELECTED VARIETIES

THIS WEEK ONLY

8⁹⁹
EACH

MARC ANGELO SOUVLAKI
FAMILY PACK
800-900 G
SELECTED VARIETIES

THIS WEEK ONLY

11⁹⁹
EACH

TRE STELLE TRADITIONAL FETA
800 G
SELECTED VARIETIES

THIS WEEK ONLY

13⁹⁹
EACH

BRAR'S PANEER
275 G
SELECTED VARIETIES

THIS WEEK ONLY

5⁹⁹
EACH

GOUMETA THAI SHRIMP
COOKED 85-75 G
OR FROZEN 100-140 G
FROZEN 100-140 G
SELECTED VARIETIES

THIS WEEK ONLY

7⁹⁹
EACH

RAW-CRUS SMALL BAY SCALLOPS
FROZEN 400-425 G
SELECTED VARIETIES

THIS WEEK ONLY

8⁹⁹
EACH

WHOLE RAINBOW TROUT
FROZEN 100-140 G
SALMON PORTIONS
FRESH 2.111 G-2.131 G
FRESH SELECTED VARIETIES

THIS WEEK ONLY

8⁹⁹
/LB OR EACH

BAKERY

DEMPSTER'S BREAD BUNS
625 G
SELECTED VARIETIES

THIS WEEK ONLY

2⁹⁹
EACH

SELECTION COOKIES
360-425 G
CT BAKERY DONUTS
360-520 G
SELECTED VARIETIES

THIS WEEK ONLY

4⁹⁹
EACH

VALENTINE'S SWEETS
300-380 G
SELECTED VARIETIES

THIS WEEK ONLY

3⁹⁹
EACH

BROWNIES
420-480 G
SELECTED VARIETIES

THIS WEEK ONLY

5⁹⁹
EACH

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

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

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i redeem and
save on what
i buy most often

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



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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 - 4'S
SCOTTIES FACIAL TISSUE 4'S
SELECTED VARIETIES

749
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

6.99
EACH



IRRESISTIBLES
BALSAMIC
VINEGAR OR
GLAZE
250 mL
SELECTED VARIETIES

4.44
EACH



SELECTION
BATHROOM
TISSUE
30-100'S

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 SIZE
CEREAL
1.01 kg
SELECTED VARIETIES

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



13⁹⁹
EACH



3⁹⁹
EACH

DEMPSTER'S
10" TORTILLAS
425 - 435 G
SELECTED VARIETIES



1⁹⁹
EACH

GAY LEA
SOUR CREAM
250 ML
SELECTED VARIETIES



2⁴⁹
EACH

QUAKER
CRISPY MINIS
100 - 110 G
SELECTED VARIETIES



2⁴⁹
EACH

HERSHEY
TWIZZLERS OR
NIBS CANDY
175 - 454 G
SELECTED VARIETIES



3⁴⁹
EACH

TROPHY
CASHEWS
165 G
SELECTED VARIETIES
WHILE QUANTITIES LAST



2/\$7

MOTT'S CLAMATO
COCKTAIL
1.89 L
SELECTED VARIETIES



3⁹⁹
EACH

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



2⁹⁹
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



4⁹⁹
EACH

CHOLULA
HOT OR
CREMOSA
SAUCE
150 - 325 ML
SELECTED VARIETIES



24⁹⁹
EACH

SELECTION OR
LIFE SMART
DELUXE
MIXED NUTS
1.13 KG
SELECTED VARIETIES



3⁸⁸
EACH



3⁷⁹
EACH

NESTEA
ICED TEA
1.89 L
SELECTED VARIETIES



3⁹⁹
EACH

McCain TASTIEZ BITES
311 G
SELECTED VARIETIES



3⁹⁹
EACH

BOSTON
MARKET
MEAL
101 - 197 G
SELECTED VARIETIES

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



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
12x 355 mL
limebubly.

BUBLY SPARKLING WATER
12x 355 mL
MONTELLIER CARBONATED WATER
10x 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
6x 222 mL
SELECTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

349
EACH

PEPSI
SOFT DRINKS
6x 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
2.43 - 4.54 KG
SELECTED VARIETIES

7⁹⁹
EACH



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

9⁹⁹
EACH



2⁴⁹
EACH

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



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

1⁹⁹
EACH



12⁹⁹
EACH

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



ELZYMI PIES
SELECTED VARIETIES

CASABLANCA
POUND CAKES
400 G
SELECTED VARIETIES

6⁹⁹
EACH

2⁹⁹
EACH



3⁹⁹
EACH

HEREFORD
REGULAR
OR HALAL
CORNE
BEEF
340 G
SELECTED VARIETIES



SHAN
BOMBAY
BIRYANI
340 G
SELECTED VARIETIES

1⁹⁹
EACH

2⁹⁹
EACH



3⁹⁹
EACH

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



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

1⁴⁹
EACH

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
50000
2x
TAMPAX PEARL TAMPONS
3-5
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

THIS WEEK ONLY

5⁴⁹
EACH

OLD SPICE DEODORANT
8'S
SELECTED VARIETIES

THIS WEEK ONLY

5⁹⁹
EACH

OGX HAIR CARE
18'S
SELECTED VARIETIES

LOCKED DOWN

7⁹⁹
EACH

AVEENO BODY WASH
8.33 FL. OZ.
SELECTED VARIETIES

LOCKED DOWN

10⁹⁹
EACH

NATIVE HAIR CARE
40'S
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
2'S
SELECTED VARIETIES

LOCKED DOWN

2/\$4

RICOLA LOZENGES
10'S
SELECTED VARIETIES

LOCKED DOWN

2/\$6

ICY HOT MEDICATED PAIN RELIEF APPLICATOR
2'S
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 DAYQUIL NYQUIL
10'S
SELECTED VARIETIES

LOCKED DOWN

12⁹⁹
EACH

ADVIL LIQUI-GELS
10'S
SELECTED VARIETIES

LOCKED DOWN

14⁴⁹
EACH

BOOST INSTANT BREAKFAST MIX
10'S
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
10'S
SELECTED VARIETIES

LOCKED DOWN

27⁹⁹
EACH

VEGA SPORT PROTEIN DRINK MIX
10'S
SELECTED VARIETIES

LOCKED DOWN

46⁹⁹
EACH