

# food Basics

CANADIAN AND PROUD

# ALWAYS MORE FOR LESS

# CRAZY 8 SALE

**8 CRAZY 2.98 EACH**

VILLAGGIO BREAD 550-675 G BUNS 6-8'S SELECTED VARIETIES

**8 CRAZY 5.48 /LB**

FRESH FROM THE FARM OR ZABIHA HALAL BONELESS SKINLESS CHICKEN BREAST FAMILY PACK ALL CHILLED 12.08/KG

HALAL AT SAME PRICE

**8 CRAZY 1.98 EACH**

DE CECCO PASTA OR AURORA PASSATA 454 G, 600 ML SELECTED VARIETIES

**8 CRAZY 10.88 /LB**

FRESH ATLANTIC SALMON FILLETS FAMILY PACK 23.99/KG

ALWAYS CANADIAN

**8 CRAZY 3.88 EACH**

VECTOR CEREAL 400 G

KELLOGG'S MINI-WHEATS CEREAL 400 G

**8 CRAZY 3.28 EACH**

SELECTION BACON 375 G SELECTED VARIETIES

**8 CRAZY 4.98 EACH**

DR. OETKER GIUSEPPE THIN OR RISING CRUST PIZZA 435-785 G FROZEN SELECTED VARIETIES

**8 CRAZY 1.28 EACH**

CEDAR BEANS 540 ML SELECTED VARIETIES

**8 CRAZY 7.98 EACH**

TIDE ALL IN ONE LAUNDRY DETERGENT 2.7L - 70 LOADS

DOWNY FABRIC SOFTENERS 2.43L

**8 CRAZY 6.88 EACH**

SAPORITO VEGETABLE, CANOLA OR CORN OIL 2.84 - 3L SELECTED VARIETIES

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, MARCH 5<sup>TH</sup> TO WEDNESDAY, MARCH 11<sup>TH</sup>, 2026

PRICES IN THIS FLYER AVAILABLE AT ALL BRAMPTON, ETOBICOKE, MISSISSAUGA, NORTH YORK, RICHMOND HILL, SCARBOROUGH, TORONTO, THORNHILL, EMERALD PARK, MARKHAM, AJAX, OSHAWA, COURTICE, NEWMARKET, AND PICKERING STORE LOCATIONS ONLY.

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



BARTLETT PEARS  
PRODUCT OF SOUTH AFRICA, EXTRA FANCY GRADE  
2.16/KG

**8**  
**CRAZY**  
**98¢**  
/LB



**EXTRA LARGE**

**8**  
**CRAZY**  
**188**  
/LB

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



DOLE SALAD KITS  
269 - 347 G  
SELECTED VARIETIES  
SWEET ASSORTED PEPPERS  
PRODUCT OF HONDURAS AND/OR MEXICO  
PKGS OF 4



**4 PK**

**8**  
**CRAZY**  
**388**  
EACH

HAPPY INTERNATIONAL  
*Women's Day*  
MARCH 8<sup>TH</sup>



10 STEM TULIPS  
WHILE SUPPLIES LAST

**8**  
**CRAZY**  
**888**  
EACH



GET READY TO SAVE! GREAT PRICES START  
PRICES IN THIS FLYER AVAILABLE AT ALL BRAMPTON, ETOBICOKE, MARKHAM, AJAX, OSHAWA, ONTARIO

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

ALWAYS STIRRING UP GREAT PRICES



THIS WEEK ONLY  
**298**  
EACH

ASTRO ORIGINAL BALKAN OR IÖGO YOGURT  
650 - 750 G  
SELECTED VARIETIES



THIS WEEK ONLY  
**598**  
EACH

ACTIVIA YOGURT  
12 X 100 G  
ACTIVIA EXPERT YOGURT  
750 G  
SELECTED VARIETIES



THIS WEEK ONLY  
**298**  
EACH

LIBERTÉ MÉDITERRANÉE OR GREEK YOGURT  
500 G, 4 X 100 G  
SELECTED VARIETIES



THIS WEEK ONLY  
**448**  
EACH

OLYMPIC ORGANIC YOGURT  
650 G  
ASTRO ORIGINAL BALKAN YOGURT  
12 X 100 G  
SELECTED VARIETIES



THIS WEEK ONLY  
**348**  
EACH

OIKOS GREEK YOGURT  
4 X 100 G  
SELECTED VARIETIES



LOCKED DOWN  
**649**  
EACH

IÖGO YOGURT  
16 X 100 G  
SIGGI'S SKYR YOGURT  
650 - 750 G  
SELECTED VARIETIES

# CRAZY 8 SALE

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

**8 CRAZY 5.98 EACH**

**PILLER'S MEAT SNACKS**  
100 - 500 G SELECTED VARIETIES

**8 CRAZY 7.88 EACH**

**BEATRICE CHOCOLATE MILK**  
1 L SELECTED VARIETIES

**8 CRAZY 1.98 EACH**

**BLACK DIAMOND CHEESE**  
200 G SELECTED VARIETIES

**8 CRAZY 5.48 EACH**

**KRAFT SINGLES** 410 G  
**PHILADELPHIA CREAM CHEESE** 227 - 250 G  
**CHEEZ WHIZ SPREAD** 450 G  
SELECTED VARIETIES

**8 CRAZY 3.98 EACH**

**NESTLÉ REAL DAIRY ICE CREAM**  
1.5 L  
**NOVELTIES**  
4 - 10'S SELECTED VARIETIES

**8 CRAZY 5.48 EACH**

**NATRELL LACTOSE FREE OR ORGANIC MILK** 2 L  
**MAXWELL HOUSE COFFEE CAPSULES** 12'S  
**NABOB GROUND COFFEE** 340 G  
SELECTED VARIETIES

**8 CRAZY 5.98 EACH**

**CHRISTIE COOKIES OR CRACKERS** 100 - 303 G  
**CRISPS OR BITS & BITES** 145 G SELECTED VARIETIES

**8 CRAZY 2/4.88**

**TOSTITOS TORTILLA CHIPS**  
215 - 295 G  
SELECTED VARIETIES

**8 CRAZY 2/6.88**

**CHEEMO PEROGIES**  
815 - 907 G  
**IRRESISTIBLES VEGETABLES**  
500 G FROZEN  
SELECTED VARIETIES

**8 CRAZY 2.98 EACH**

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

**8 CRAZY 13.98 EACH**

**CASHMERE BATHROOM TISSUE** 12 - 24'S  
**SPONGE TOWELS ULTRA** 12 - 24'S  
**PAPER TOWELS** 3 - 6'S  
**SCOTTIES FACIAL TISSUE** 4'S  
SELECTED VARIETIES

**8 CRAZY 6.98 EACH**

**Kraft** **moi rewards**

Buy any 2 products and get 125 points and enter for a chance to win 1 of 4 prizes of **125,000 Points\*\*** (\$1,000 Value)

**HEINZ FLAVOURED MAYONNAISE**  
340 ML SELECTED VARIETIES

**THIS WEEK ONLY 2.99 EACH**

**125 points** when you buy 2 = \$1

\*\*NO PURCHASE NECESSARY. Contest runs from March 5th to March 11th, 2026. Open to residents of Ontario of the age of majority at time of entry. Four (4) Prizes consisting of 125,000 MOI points valued at approximately \$1000 (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.

**\*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 Nosso 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.



THIS WEEK ONLY  
**4.99**  
EACH

**20**  
points

CLEMENTINES  
PRODUCT OF MOROCCO  
2 LB



SCHNEIDERS BREAKFAST  
SANDWICHES OR EGG BITES  
294 - 298 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY  
**6.99**  
EACH  
**35**  
points



SEAHORSE  
COOKED SHRIMP  
91 - 120 CT 340 G FROZEN  
SELECTED VARIETIES  
THIS WEEK ONLY  
**6.99**  
EACH  
**35**  
points



MAISON PERRIER OR  
SAN PELLEGRINO  
CARBONATED WATER  
1 L SELECTED VARIETIES

LOCKED DOWN  
**1.99**  
EACH  
**10**  
points



LAKESIDE PURE  
CRANBERRY JUICE  
946 ML  
SELECTED VARIETIES

LOCKED DOWN  
**11.99**  
EACH  
**55**  
points



BLACK DIAMOND  
COMBOS  
3 X 43 G  
SELECTED VARIETIES  
LOCKED DOWN  
**4.99**  
EACH  
**25**  
points



GAY LEA  
REAL WHIPPED CREAM  
235 G  
SELECTED VARIETIES

LOCKED DOWN  
**3.99**  
EACH  
**20**  
points



SMUCKER'S UNCRUSTABLES  
SANDWICH  
10'S FROZEN  
SELECTED VARIETIES

LOCKED DOWN  
**11.99**  
EACH  
**55**  
points



CHRISTIE SNAK PAKS  
COOKIES  
150 - 200 G  
SELECTED VARIETIES

LOCKED DOWN  
**2/\$5**  
**15**  
points



STARBUCKS NESPRESSO  
COFFEE CAPSULES  
10'S  
SELECTED VARIETIES

LOCKED DOWN  
**9.79**  
EACH  
**50**  
points



JOLLY RANCHER  
GUMMIES CANDY  
102 G  
SELECTED VARIETIES

LOCKED DOWN  
**2.49**  
EACH  
**15**  
points



PURINA TIDY CATS  
CLUMPING LITTER  
5.44 KG  
SELECTED VARIETIES

LOCKED DOWN  
**23.99**  
EACH  
**65**  
points



LOCKED DOWN  
**7.49**  
EACH  
**40**  
points

COTTONELLE FLUSHABLE WIPES  
25  
SELECTED VARIETIES

# CHOOSE CANADIAN



WHOLE WHITE OR  
CREMINI MUSHROOMS  
PRODUCT OF ONTARIO  
227 G

  
**2<sup>77</sup>**  
EACH



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

  
**2/\$5**



POGO BREADED  
ORIGINAL OR  
BEEF SAUSAGES  
600 - 750 G  
FROZEN  
SELECTED VARIETIES

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



JANE'S PUB STYLE  
FULLY COOKED  
BREADED  
CHICKEN WINGS  
600 G  
FROZEN  
SELECTED VARIETIES

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



VILLAGGIO BREAD  
550 - 625 G  
BUNS  
6 - 8'S  
SELECTED VARIETIES

  
**2<sup>98</sup>**  
EACH



SELECTION  
BAGELS  
340 - 510 G  
OAKRUN FARM  
CRUMPETS  
284 G  
SELECTED VARIETIES

  
**1<sup>99</sup>**  
EACH



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

  
**5<sup>98</sup>**  
EACH



TOSTITOS  
TORTILLA  
CHIPS  
215 - 295 G  
SELECTED VARIETIES

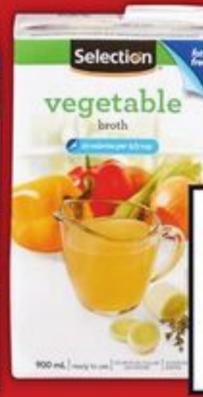
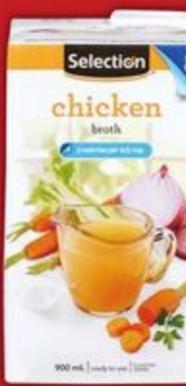
  
**2/6<sup>88</sup>**



OLD - FORT  
Cheddar Cheese  
Fromage cheddar

BLACK DIAMOND CHEESE 400 G  
SHREDS 320 G  
NATURAL CHEESE SLICES 220 - 240 G  
GALBANI MOZZARELLA 500 G SELECTED VARIETIES

  
**5<sup>48</sup>**  
EACH



SELECTION  
BROTH  
900 ML  
SELECTED VARIETIES

  
**1<sup>88</sup>**  
EACH



KRAFT SINGLES 410 G  
PHILADELPHIA CREAM CHEESE 227 - 250 G  
CHEEZ WHIZ SPREAD 450 G  
SELECTED VARIETIES

  
**3<sup>98</sup>**  
EACH



NESTLÉ REAL DAIRY ICE CREAM  
1.5 L  
NOVELTIES  
4 - 10'S  
SELECTED VARIETIES



  
**5<sup>48</sup>**  
EACH



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

  
**13<sup>98</sup>**  
EACH



CASHMERE BATHROOM TISSUE 12 - 24'S  
SPONGE TOWELS ULTRA  
PAPER TOWELS 3 - 6'S  
SCOTTIES FACIAL TISSUE 6'S  
SELECTED VARIETIES

  
**6<sup>98</sup>**  
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



TOMATOES  
PRODUCT OF CANADA OR MEXICO, NO. 1 GRADE  
4.39/KG

THIS WEEK ONLY   
**1.99**  
/LB



RASPBERRIES  
PRODUCT OF U.S.A. OR MEXICO, NO. 1 GRADE 170 G  
STRAWBERRIES  
PRODUCT OF U.S.A. OR MEXICO, NO. 1 GRADE 454 G

THIS WEEK ONLY   
**3.99**  
EACH



WE LOVE LOCAL  
Ontario

WHOLE WHITE OR CREMINI MUSHROOMS  
PRODUCT OF ONTARIO  
227 G

THIS WEEK ONLY   
**2.77**  
EACH



325 G

ASPARAGUS  
PRODUCT OF MEXICO  
NO. 1 GRADE  
325 G

THIS WEEK ONLY   
**3.99**  
EACH



SWEET POTATOES  
PRODUCT OF CANADA AND/OR U.S.A.  
3.28/KG

THIS WEEK ONLY   
**1.49**  
/LB



BLACKBERRIES  
PRODUCT OF MEXICO  
NO. 1 GRADE  
170 G  
TROPICAL GOLD PINEAPPLE  
PRODUCT OF COSTA RICA

THIS WEEK ONLY   
**3.49**  
EACH



WE LOVE LOCAL  
Ontario

MINI SWEET PEPPERS  
PRODUCT OF HONDURAS AND/OR MEXICO  
454 G  
HEIRLOOM TOMATOES  
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE  
567 G

THIS WEEK ONLY   
**3.88**  
EACH



CLEMENTINES  
PRODUCT OF MOROCCO  
2 LB

THIS WEEK ONLY   
**4.99**  
EACH

**20**  
points



CARROTS  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE  
2 LB  
BROCCOLI CROWNS  
PRODUCT OF U.S.A. AND/OR MEXICO

THIS WEEK ONLY   
**2/\$5**



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

THIS WEEK ONLY   
**3.99**  
EACH



SANTA CLAUS OR CANARY MELON  
PRODUCT OF BRAZIL  
2.84/KG

THIS WEEK ONLY   
**1.29**  
/LB



LEMON  
CITRON  
PRODUCT OF U.S.A. AND/OR SOUTH AFRICA  
2 LB  
KIWI  
PRODUCT OF GREECE  
600 G BASKET

THIS WEEK ONLY   
**4.99**  
EACH



PLANTAIN BANANAS  
PRODUCT OF GUATEMALA  
2.76/KG

THIS WEEK ONLY   
**1.25**  
/LB



GREEN FRENCH BEANS  
PRODUCT OF GUATEMALA  
400 G

THIS WEEK ONLY   
**3.99**  
EACH



BROCCOLI SLAW OR RAINBOW SALAD  
140 G

THIS WEEK ONLY   
**2.77**  
EACH



DAIYA DAIRY FREE CHEESE  
SELECTED VARIETIES  
200-220 G

THIS WEEK ONLY   
**4.98**  
EACH

## HAPPY INTERNATIONAL

## Women's Day MARCH 8<sup>TH</sup>



12 STEM ROSES  
WHILE SUPPLIES LAST

THIS WEEK ONLY   
**12.88**  
EACH



WOMEN'S DAY BOUQUET  
WHILE SUPPLIES LAST

THIS WEEK ONLY   
**9.88**  
EACH



6" SPRING BULBS  
WHILE SUPPLIES LAST

THIS WEEK ONLY   
**6.99**  
EACH



6" ROSEBUSH  
WHILE SUPPLIES LAST

THIS WEEK ONLY   
**8.99**  
EACH

# MEAT



**HALAL AT SAME PRICE**

FRESH WHOLE CHICKEN WINGS  
BAGGED  
INCLUDES ZABINA HALAL  
SELECTED VARIETIES  
8.80/KG

THIS WEEK ONLY

**3.99**  
/LB



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

THIS WEEK ONLY

**4.49**  
/LB



PRIME RAISED WITHOUT ANTIBIOTICS  
WHOLE CHICKEN  
AIR CHILLED  
11.00/KG

**PRIME**  
RAISED WITHOUT antibiotics

THIS WEEK ONLY

**4.99**  
/LB

**HALAL**



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

THIS WEEK ONLY

**8.99**  
/LB



CANADIAN COVE MUSSELS  
907 G  
SELECTED VARIETIES

THIS WEEK ONLY

**5.49**  
EACH



FRESH BONELESS STEWING BEEF  
FAMILY PACK  
INCLUDES HALAL  
22.02/KG

THIS WEEK ONLY

**9.99**  
/LB

**HALAL AT SAME PRICE**



FLETCHER'S CURED PORK COTTAGE ROLL  
SELECTED VARIETIES  
6.59/KG

THIS WEEK ONLY

**2.99**  
/LB



SCHNEIDERS JUICY JUMBOS OR SMOKED SAUSAGES  
223 - 400 G  
SELECTED VARIETIES

THIS WEEK ONLY

**7.99**  
EACH



JANES PUB STYLE FULLY COOKED BREADED CHICKEN WINGS  
600 G FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY

**9.99**  
EACH



SWISS CHALET BBQ PORK BACK RIBS  
800 G  
SELECTED VARIETIES

THIS WEEK ONLY

**11.99**  
EACH



LUNCHABLES BURGERS  
89 - 138 G  
SELECTED VARIETIES

THIS WEEK ONLY

**2.99**  
EACH



IRRESISTIBLES SMOKED BONELESS HALF MOON HAM  
SELECTED VARIETIES  
13.21/KG

THIS WEEK ONLY

**5.99**  
/LB



ST HUBERT OR SWISS CHALET MEAT PIES  
455 - 600 G  
FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY

**9.99**  
EACH



POGO BREADED ORIGINAL OR BEEF SAUSAGES  
600 - 750 G  
FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY

**9.99**  
EACH



IRRESISTIBLES FRESH PASTA  
500 G  
SELECTED VARIETIES

THIS WEEK ONLY

**6.99**  
EACH



AGROPUR OKA OR KERRYGOLD DUBLINER OR ENTREMENT BRIE OR CAMEMBERT  
190 - 227 G

THIS WEEK ONLY

**5.99**  
EACH



MASTRO CHUBS  
300 G  
SELECTED VARIETIES

THIS WEEK ONLY

**6.49**  
EACH



TRE STELLE TRADITIONAL FETA  
600 G  
SELECTED VARIETIES

THIS WEEK ONLY

**13.99**  
EACH



SUMMER FRESH HUMMUS OR DIPS  
200 - 227 G  
SELECTED VARIETIES

THIS WEEK ONLY

**3.49**  
EACH



SEAHORSE BASA STEAK OR ANCHOR'S BAY BASA FILLETS OR SEASOUL TORPEDO SHRIMP  
300 - 500 G FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY

**3.49**  
EACH



HIGH LINER BREADED & BATTERED CATCH OF THE DAY FISH FILLETS OR MARKET CUTS FISH  
227 - 350 G  
FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY

**4.99**  
EACH



IRRESISTIBLES PACIFIC WHITE SHRIMP  
COOKED OR RAW  
31 - 40 CT  
340 G  
FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY

**7.99**  
EACH

# BAKERY



**OAKRUN FARM**  
Crumpets  
PLAIN  
NATURE  
284 g

**Selection**  
Bagels  
everything  
tout garni  
sliced - tranchés  
510 g

SELECTION BAGELS 340 - 510 G  
OAKRUN FARM CRUMPETS 284 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**1.99**  
EACH



**Dempster's**  
EST. 1890  
TORTILLAS  
ORIGINAL  
ORIGINALES

**Santosh**  
10 TORTILLAS 425 - 610 G  
10 TORTILLAS 425 - 610 G  
SANTOSH  
NAAN 18 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**3.99**  
EACH



**Selection**  
High in Fiber and Protein  
Golden Doré  
390 g

**Irresistible**  
CHOCOLATE CHIP  
PÉPITES DE CHOCOLAT  
336 g

IRRESISTIBLE MINI MUFFINS OR SELECTION LOAF CAKE 336 - 390 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**3.99**  
EACH



**Selection**  
High in Fiber and Protein  
Chocolate Chip  
Pépites de chocolat  
770 g

**Selection**  
High in Fiber and Protein  
Oatmeal Raisin  
Avoine et raisins  
770 g

SELECTION VALUE PACK COOKIES 770 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**6.99**  
EACH

# MORE GREAT SAVINGS FOR LESS



**HELLMANN'S**  
REAL VRAIE  
MAYONNAISE  
710 - 890 ML  
SELECTED VARIETIES

**THIS WEEK ONLY**

**5.99**  
EACH



**MAXWELL HOUSE**  
ORIGINAL ROAST  
TORREFACTION ORIGINALE  
300 g

**NABOB**  
EST. 1878  
COFFEE CAPSULES  
30'S

MAXWELL HOUSE GROUND COFFEE 864 - 900 G  
MAXWELL HOUSE OR NABOB COFFEE CAPSULES 30'S  
SELECTED VARIETIES

**LOCKED DOWN**

**15.99**  
EACH



**fuze**  
iced tea  
Lemon  
12 x 341 ML  
SELECTED VARIETIES

**LOVE**  
PEACE TEA  
12 x 341 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**7.99**  
EACH



**Christie**  
FRUIT CREME  
300 g

**Dad's**  
OATMEAL  
COOKIES  
290 - 350 G  
SELECTED VARIETIES

**LOCKED DOWN**

**3.49**  
EACH



**Becel**  
Original  
MARGARINE  
1.7 KG  
SELECTED VARIETIES

**IRRESISTIBLES**  
RICED CAULIFLOWER  
CHOU-FLEUR EN RIZ  
340 g  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

**THIS WEEK ONLY**

**1.99**  
EACH

**LOCKED DOWN**

**13.49**  
EACH



**TASTIEZ**  
JALAPENO BITES  
BOUCHÉES DE JALAPENO  
fomage  
311 g

**TASTIEZ**  
MAC & CHEESE  
BOUCHÉES  
DE MACARONI  
AU FROMAGE  
311 g

**SUN CHIPS**  
MULTIGRAINS  
HARVEST CHEDDAR  
CHEDDAR DE CAMPAGNE  
205 g

**LOCKED DOWN**

**4.99**  
EACH

**LOCKED DOWN**

**3.99**  
EACH



**French's**  
Dijon  
MUSTARD  
325 ML  
SELECTED VARIETIES

**French's**  
HONEY  
MIEL  
325 ML  
SELECTED VARIETIES

**Robin Hood**  
ALL PURPOSE  
FLOUR  
ORIGINAL  
2.5 KG

**FIVE ROSES**  
ALL PURPOSE FLOUR  
WHITE  
2.5 KG

**LOCKED DOWN**

**2.59**  
EACH

**LOCKED DOWN**

**5.49**  
EACH



**PRINGLES**  
ORIGINAL  
38 g

**PRINGLES**  
LIME CHEESE  
38 g

**PRINGLES**  
POTATO  
CHIPS  
140 - 156 G  
SELECTED VARIETIES

**GATORADE**  
SPORTS  
DRINKS  
6 x 591 ML  
6 x 235 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**2.49**  
EACH

**15**  
points

**LOCKED DOWN**

**5.99**  
EACH

# LOCKED DOWN



**Black Diamond**  
Original  
Genre **CHEDDAR** Style  
**SLICES**  
410 g

**Black Diamond**  
Genre **CHEDDAR** Style  
**SLICES**  
410 g

**LOCKED DOWN**

**3.98**  
EACH

**BLACK DIAMOND SLICES**  
410 g  
SELECTED VARIETIES

**OOEY GOOEY**  
WASSIM BLOW GOOSEMS  
DELICIEUSES SOUMASSIVES  
MOELLEUSES

**Rice KRISPIES**  
squares  
ORIGINAL GOOT ORIGINAL

**8 bars** 175 g

**KELLOGG'S**  
**NUTRI**  
**GRAIN BARS**  
295 g  
**RICE**  
**KRISPIES**  
**SQUARES**  
175 g  
SELECTED VARIETIES

**LOCKED DOWN**

**2.99**  
EACH

**STARBUCKS**  
**COFFEE ENHANCER**  
820 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**6.99**  
EACH

**ORVILLE**  
**REDBENBACHER**  
**POPPING CORN**  
340-850 G  
SELECTED VARIETIES

**LOCKED DOWN**

**4.99**  
EACH

**McCAFÉ**  
Premium Roast  
Production  
Authenticité

**McCAFÉ**  
Premium Roast  
Produit de haute qualité

**McCAFÉ COFFEE CAPSULES**  
30'S

**GROUND COFFEE**  
875 G  
SELECTED VARIETIES

**LOCKED DOWN**

**2.69**  
EACH

**BILLY BEE HONEY**  
500 G

**LOCKED DOWN**

**7.99**  
EACH

**McSWEENEY'S**  
BEEF JERKY  
70 G  
SELECTED VARIETIES

**LOCKED DOWN**

**5.49**  
EACH

**McSWEENEY'S**  
Original  
**BEEF • DE BŒUF**  
**JERKY**  
MADE IN CANADA - LOW SODIUM  
GLUTEN FREE  
BOUCHE DE PROTÉINES • POUSSE DE GRAS  
SANS GLUTEN 70 g

**DAINTY**  
THE SOFT CORNED  
POTABLE RICE

**DAINTY**  
JASMINE - JASMIN  
1.6 kg

**DAINTY**  
JASMINE RICE  
1.6 kg  
SELECTED VARIETIES

**LOCKED DOWN**

**7.99**  
EACH

**12% MORE! DE PLUS!**

**excel**  
GUM

**QUBES**  
DARE CANDY  
FREE OF ARTIFICIAL FLAVOURS  
SANS ARômes ARTIFICIELS

**EXCEL GUM**  
3'S

**DARE CANDY**  
500 - 700 G  
SELECTED VARIETIES

**LOCKED DOWN**

**3.99**  
EACH

**Betty Crocker**  
Scalloped | Tranches  
Potatoes - des pommes de terre  
Au gratin

**Betty Crocker**  
Mashed | Purée  
Mashed Potatoes - Pommes de terre en purée  
Beurre & Herb  
Beurre et fines herbes

**BETTY**  
**CROCKER**  
**POTATOES**  
141 - 215 G  
SELECTED VARIETIES

**LOCKED DOWN**

**2.49**  
EACH

**Ben's Original**  
Fast & Fancy  
Vite & Bon

**BEN'S ORIGINAL**  
**FAST & FANCY**  
**RICE**  
122 G  
SELECTED VARIETIES

**LOCKED DOWN**

**1.69**  
EACH

**Betty Crocker**  
SuperMoist  
French Vanilla • Vanille française  
sans huile - mélange à pâtisserie

**BETTY CROCKER**  
**CAKE MIX**  
375 G  
SELECTED VARIETIES

**LOCKED DOWN**

**2/\$4**

**NESTEA**  
NESTEA ICED TEA  
10 x 200 ML  
5.0 L  
SELECTED VARIETIES

**LOCKED DOWN**

**2.99**  
EACH

**RED ROSE**  
ORANGE PEKOE  
TEA  
140'S

**RED ROSE**  
**ORANGE PEKOE**  
**TEA**  
140'S  
SELECTED VARIETIES

**LOCKED DOWN**

**8.99**  
EACH

**ALCAN**  
CLASSIC  
50'

**ALCAN**  
CLASSIC  
50'

**ALCAN**  
**ALUMINUM**  
**FOIL**  
EACH  
SELECTED VARIETIES

**LOCKED DOWN**

**3.99**  
EACH

**SCRUBBING**  
**BUBBLES**  
**BATHROOM**  
**CLEANER**  
946 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**4.99**  
EACH

**MEGA PACK / MEGA FORMAT**

**Ziploc**  
Original Seal  
TOP BAGS  
75  
FREEZER  
COMPLIANT  
75'S  
SELECTED VARIETIES

**MEGA PACK / MEGA FORMAT**

**Ziploc**  
Original Seal  
TOP BAGS  
100  
FREEZER  
COMPLIANT  
100'S  
SELECTED VARIETIES

**LOCKED DOWN**

**10.99**  
EACH

**AIR WICK**  
Essential Oils

**AIR WICK**  
**AIR**  
**FRESHENER**  
**REFILLS**  
2 x 20 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**11.99**  
EACH

# ALWAYS GREAT PRICE



SELECTION  
SHREDDED CHEESE  
620 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**10<sup>49</sup>**  
EACH



SELECTION OR IRRESISTIBLES FRUIT  
1.5 - 2 KG FROZEN SELECTED VARIETIES



ALWAYS GREAT PRICE   
**13<sup>88</sup>**  
EACH



SELECTION  
SNACKS  
265 - 285 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**2<sup>88</sup>**  
EACH



SELECTION  
BROTH  
900 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1<sup>88</sup>**  
EACH



SELECTION OR  
IRRESISTIBLES  
BREAD CRUMBS  
227 - 425 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**2<sup>99</sup>**  
EACH



LIFESMART  
NATURALIA  
TORTILLA CHIPS  
350 G  
SELECTION SALSA  
430 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**2<sup>99</sup>**  
EACH



IRRESISTIBLES  
CRISPS  
150 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**3<sup>99</sup>**  
EACH



SELECTION  
FROZEN  
ENTREES  
215 G FROZEN  
SELECTED VARIETIES



ALWAYS GREAT PRICE   
**1<sup>37</sup>**  
EACH



SELECTION  
DISHWASHING  
DETERGENT  
450 - 520 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1<sup>97</sup>**  
EACH



SELECTION  
PAPER TOWELS  
45  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**5<sup>99</sup>**  
EACH



SELECTION  
PLUM OR HONEY  
GARLIC SAUCE  
250 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**3<sup>49</sup>**  
EACH



SELECTION  
LIGHT OR  
FLAVOURED  
TUNA  
45 - 170 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1<sup>49</sup>**  
EACH

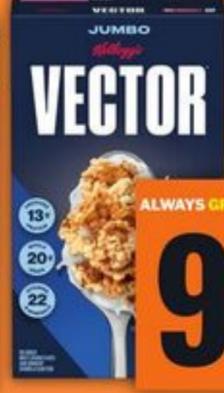


NESTLÉ  
CHOCOLATE BARS  
45  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**4<sup>79</sup>**  
EACH



1.61 kg



KELLOGG'S  
JUMBO SIZE  
CEREAL  
850 G - 1.81 KG  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**9<sup>49</sup>**  
EACH



ANNIE'S  
MACARONI & CHEESE  
418 - 170 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**8<sup>99</sup>**  
EACH



EGGO WAFFLES  
1.48 KG FROZEN  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**13<sup>99</sup>**  
EACH



DOLE FRUIT CUPS  
45  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**2<sup>99</sup>**  
EACH



BETTY CROCKER  
DUNKAROOS  
148 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**3<sup>99</sup>**  
EACH



HÄAGEN-DAZS  
ICE CREAM  
946 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**9<sup>99</sup>**  
EACH



CAVENDISH  
FARMS  
FRENCH FRIES  
1.8 KG  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**8<sup>99</sup>**  
EACH

# MORE

RAMADAN FOR LESS



RED ONIONS  
PRODUCT OF CANADA  
NO. 1 GRADE  
7 LB

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



FRESH BONELESS STEWING BEEF FAMILY PACK  
INCLUDES HALAL  
22.02/KG

HALAL

**9<sup>99</sup>**  
/LB



NOOR OR ARJUN BASMATI RICE  
5.63 - 4.54 KG  
SELECTED VARIETIES

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



DIVYA OKRA  
315 G  
FROZEN  
SELECTED VARIETIES

**99¢**  
EACH



PILLSBURY CHAKKI ATTA FLOUR  
9.07 KG

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



NANAK GHEE  
800 G

**12<sup>99</sup>**  
EACH



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

**2<sup>49</sup>**  
EACH



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

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



CASABLANCA PARA SNACKS  
400 G  
SELECTED VARIETIES

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



DIVYA LENTILS OR BLACK CHICKPEAS  
1.8 - 1.81 KG  
SELECTED VARIETIES

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



DURU BULGUR  
1 KG  
SELECTED VARIETIES

**2<sup>99</sup>**  
EACH



HEREFORD REGULAR OR HALAL CORNED BEEF  
340 G  
SELECTED VARIETIES

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



ALKANATER OR CEDAR TAHINI, PHOENICIA HONEY  
500 - 907 G  
SELECTED VARIETIES

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



ELZYMI PIES  
400 G  
FROZEN  
SELECTED VARIETIES

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



MAGGI INSTANT NOODLE SOUP  
75 G  
SELECTED VARIETIES

**39¢**  
EACH



ROYAL DELIGHT SAMOSAS, MAGGI SAUCES  
283 - 304 G  
340 ML  
SELECTED VARIETIES

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



PATAK'S OR KFI COOKING SAUCE  
375 - 400 ML  
SELECTED VARIETIES

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



CEDAR MARINADES, CUCUMBERS OR GRAPE LEAVES  
796 ML, 1 L  
SELECTED VARIETIES

**4<sup>99</sup>**  
EACH

**ALL AISLES LEAD HOME**

# KITCHENS OF THE WORLD



RAPINI  
PRODUCT OF USA

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**2.88**  
EACH



SAPUTO MINI  
FRIULANO  
500 G  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**10.99**  
EACH



DE CECCO OR  
MOLISANA  
LASAGNE, UNICO  
SUNDRIED  
TOMATOES, DE  
CECCO PASSATA OR  
MUTTI PIZZA SAUCE  
210 - 680 ML / 454 - 500 G  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**3.49**  
EACH



CALLIPO TUNA  
OR AURORA  
HOT PEPPERS  
3 X 80 G, 375 ML  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**4.99**  
EACH



UNICO  
TOMATO  
PASTE  
156 ML  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**99¢**  
EACH



RIO MARE  
INSALATISSIME,  
UNICO KALAMATA  
OLIVES OR  
MOLISANA  
ARTICHOKES  
140 G  
225 - 375 ML  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**3.99**  
EACH



UNICO OLIVES, CAPERS OR  
CORN MEAL, VITA SANA TARALLI  
125 - 375 ML / 225 - 750 G  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**2.49**  
EACH



VITA SANA  
GNOCCHI,  
RISO SCOTTI  
RISOTTO  
OR UNICO  
ARBORIO  
RICE  
210 - 750 G  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**3.99**  
EACH

SAPORITO  
OLIVE OIL  
750 ML

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**9.99**  
EACH



AURORA  
BREAD CRUMBS,  
UNICO PEPPERS  
750 ML  
425 - 680 G  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**3.49**  
EACH



AURORA  
HONEY  
1.8 L

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**7.99**  
EACH

LAVAZZA  
ESPRESSO  
250 G  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**6.99**  
EACH



AURORA  
BOUILLON CUBES,  
SEA SALT, DICED  
TOMATOES, OR  
UNICO TUNA  
66 - 199 G  
1 KG  
398 ML  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**1.49**  
EACH



SAN  
BENEDETTO  
SPRING  
WATER OR  
VITA SANA  
NECTARS  
1.5 L / 480 ML  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**2.99**  
EACH

GIOIA  
CROISSANTS,  
LOCKER  
QUADRATINI  
200 G, 1.5 L  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**4.49**  
EACH



VITA SANA OR MOLISANA  
FLOUR, SUNDRIED  
TOMATOES OR  
TOMATO SAUCE,  
DE CECCO PESTO  
1.1 KG, 196 - 680 ML  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**4.49**  
EACH



COLUSSI  
CAFFELATTE  
COLUSSI  
COOKIES OR  
VITA SANA  
NECTARS  
400 - 500 G  
6 R / 125 ML  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**3.49**  
EACH

BAUDUCCO OR  
POKER WAFERS  
142 - 190 G  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD  
**1.29**  
EACH

# PERSONAL CARE FOR LESS

**Colgate** Max Fresh BREATH STRIPS  
10x FRESH BREATH

**Colgate** Total ACTIVE PREVENTION  
Fight the Root Cause of:

- Plaque
- Tartar
- Bad Breath
- Gingivitis
- Periodontitis
- Enamel Erosion
- Root Sensitivity

**Colgate** 360° TOOTHBRUSH  
DEEP CLEAN BRISTLES IN PROXIMATE

**COLGATE** TOOTH PASTE 120-150 ML  
TOOTHBRUSH EACH  
SELECTED VARIETIES

LOCKED DOWN

**4.49**  
EACH

**LISTERINE** COOL MINT  
KILLS UP TO 99.9% OF GERMS  
TUE JUSQU'À 99.9% DES GERMES

**LISTERINE** FRESHBURST  
KILLS UP TO 99.9% OF GERMS  
TUE JUSQU'À 99.9% DES GERMES

**LISTERINE** MOUTHWASH 1L  
SELECTED VARIETIES

LOCKED DOWN

**5.99**  
EACH

**NIVEA** Bodywash, Shower Gel 500 ML  
SELECTED VARIETIES

**NIVEA MEN** COOLKICK 24H FRESH EFFECT  
EFFET FRAÎCHEUR 24H

LOCKED DOWN

**4.49**  
EACH

**PANTENE** REHYDRATION MISTURE  
RENOUVEAU

**PANTENE** HAIR CARE 300-350 ML  
SELECTED VARIETIES

THIS WEEK ONLY

**4.99**  
EACH

**SCOPE** MOUTHWASH TO CREST  
TOOTH PASTE 43 ML  
ORAL-B TOOTHBRUSH EACH  
SELECTED VARIETIES

**CREST** GUM DETOXYFY

LOCKED DOWN

**5.49**  
EACH

**Gillette** CLEAR GEL GEL TRANSPARENT  
COOL NAVY VAPOUR FRAÎCHE

**GILLETTE** DEODORANT 100 G  
SELECTED VARIETIES

LOCKED DOWN

**6.49**  
EACH

**HUGGIES** PULL-UPS, GOODNITES TRAINING UNDERWEAR  
44-66'S SELECTED VARIETIES

**GOODNITES** TRAINING UNDERWEAR 44-66'S  
SELECTED VARIETIES

LOCKED DOWN

**26.99**  
EACH

**Pampers** EASY UPS TRAINING UNDERWEAR  
56-66'S SELECTED VARIETIES

**Pampers** EASY UPS TRAINING UNDERWEAR  
56-66'S SELECTED VARIETIES

LOCKED DOWN

**29.99**  
EACH

**BOOST** MEAL REPLACEMENT 4.237 ML  
SELECTED VARIETIES

**BOOST** HIGH PROTEIN HYPERPROTEIN 1.5 L

LOCKED DOWN

**12.79**  
EACH

**JAMIESON** OMEGA-3, CURCUMIN TURMERIC 90-240'S  
SELECTED VARIETIES

**JAMIESON** Omega-3 Select

LOCKED DOWN

**17.99**  
EACH

**JAMIESON** VITAMIN E, GLUCOSAMINE 120-360'S  
SELECTED VARIETIES

**JAMIESON** Glucosamine E

LOCKED DOWN

**20.99**  
EACH

**KIND** Almond Peanut Butter & Dark Chocolate  
Amandes, beurre d'arachide et chocolat noir

**KIND** BARS 12'S  
SELECTED VARIETIES

LOCKED DOWN

**18.99**  
EACH

**CRISPY / CROUSTILLANTES**

**SIMPLY PROTEIN** PEANUT BUTTER BEURRE D'ARACHÉE

**SIMPLY PROTEIN** BARS 12'S  
SELECTED VARIETIES

LOCKED DOWN

**20.99**  
EACH

## OUR PHARMACISTS CAN ASSESS & TREAT MINOR CONDITIONS\*



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](http://foodbasics.ca/pharmacy) to find a location near you.

**Motrin** LIQUID GELS  
200 mg Ibuprofen Capsules  
72 Capsules

**TYLENOL** EXTRA STRENGTH  
Acetaminophen  
FAST RELIEF OF PAIN + FEVER

**TYLENOL** EZ-TABS 300'S  
**MOTRIN** LIQUID GELS 72'S  
SELECTED VARIETIES

LOCKED DOWN

**10.99**  
EACH

**BENLYN** COUGH SYRUP 250 ML  
EXTRA STRENGTH

**TYLENOL** COLD 24'S  
SELECTED VARIETIES

LOCKED DOWN

**13.99**  
EACH

**Pepto-Bismol** CHEWABLE TABLETS  
5 CHEWABLE TABLETS

**Pepto-Bismol** CHEWABLE TABLETS  
40 CHEWABLE TABLETS

LOCKED DOWN

**14.99**  
EACH

**DayQuil** COMPLETE

**NyQuil** COMPLETE

**VICKS** DAYQUIL, NYQUIL 254 ML  
SELECTED VARIETIES

LOCKED DOWN

**16.99**  
EACH

**VITAMIN B12** 1000 mcg  
Methylcobalamin  
80 Sublingual Tablets

**WEBBER** NATURALS B12 VITAMIN 80'S  
SELECTED VARIETIES

LOCKED DOWN

**11.99**  
EACH

**VITAMIN K2+D3** 120 mcg / 1000 IU  
60 Softgels

**WEBBER** NATURALS K2+D3 VITAMIN 60'S  
SELECTED VARIETIES

LOCKED DOWN

**12.99**  
EACH

**JAMIESON** MULTI GUMMIES MULTI 130-150'S  
SELECTED VARIETIES

**JAMIESON** MULTI GUMMIES MULTI 130-150'S  
SELECTED VARIETIES

LOCKED DOWN

**16.99**  
EACH

**JAMIESON** PROBIOTIC 10 BILLION  
DAILY MAINTENANCE  
14 UNIQUE STRAINS

**JAMIESON** PROBIOTICS 40'S  
SELECTED VARIETIES

LOCKED DOWN

**24.99**  
EACH



Buy any 2 products  
and get 125 points  
and enter for a  
chance to win  
1 of 4 prizes of

**125,000**

**POINTS\*\***

(\$1,000 value)



**THIS WEEK ONLY**   
**2.99**  
EACH

**125**  
points  
when you  
buy 2 = \$1

**HEINZ**  
**FLAVOURED MAYONNAISE**  
340 ML SELECTED VARIETIES

\*\*NO PURCHASE NECESSARY. Contest runs from March 5<sup>th</sup> to March 11<sup>th</sup>, 2026. Open to residents of Ontario of the age of majority at time of entry. Four (4) Prizes consisting of 125,000 MOI points valued at approximately \$1000 (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).