

Foodsmiths

THE GOOD FOOD STORE

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

YOUR LOCAL, ONTARIO, CANADIAN DESTINATION

ROCK HARBOUR
COCKTAIL SHRIMP
WITH SAUCE

311 G



SAVE \$2
8.99
/ EACH

SHRIMP COCKTAIL WITH SAUCE
CREVETTES À COCKTAIL AVEC SAUCE
20 COUNT 311g NET WT
FOODS NET

PREMIUM FRESH
NANTES CARROTS

1 LB BAG

PRODUCT OF MEXICO

Net Weight / Poids net: 454g

SAVE 20¢
4.29
/ EACH

Nantes Carrots
Carottes de Nantes

Local, Local, Local...

PATCHWORKS GARDENS
ORGANIC COLESLAW

300 G

PRODUCT OF BATTERSEA, ON



ONTARIO
FRESH!



SAVE \$1
5.99
/ EACH

Coleslaw

CANADA
ONTARIO
FRESH!



Fresh Everyday!

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

BRANDT MEATS
POLISH HAM
PER 100 G

ONTARIO
FRESH!



SAVE 30¢
2.19
/ 100 G



ILCHESTER
APPLEWOOD
SMOKED
CHEDDAR
PER 100 G

SAVE 70¢
6.29
/ 100 G



ELAN ORGANIC

RAW
ALMONDS
200 G

SAVE \$1.50
8.49
/ EACH



source of iron / source de fer
high in fiber / teneur élevée en fibres
source of calcium / source de calcium
200 g



THIS WEEK'S PRODUCE TOP PICKS

ONTARIO FRESH MCINTOSH APPLES

PRODUCT OF ONTARIO
3 LB BAG



SAVE \$1.10

3.89
/ EACH

PREMIUM FRESH GREEN ZUCCHINI

PRODUCT OF MEXICO



SAVE \$1

3.49
/ LB

ONTARIO FRESH GREEN CABBAGE

PRODUCT OF ONTARIO



SAVE 50¢

79¢
/ LB

CANADIAN FRESH LITTLE POTATO CO.

PRODUCT OF ALBERTA
1.5 LB BAG



SAVE \$2.98

\$5.49 EACH OR
2/\$9

COOKSTOWN GREENS ORGANIC MICRO KALE

75g



SAVE \$1

5.99
/ EACH

PREMIUM FRESH BRUSSELS SPROUTS

PRODUCT OF MEXICO
340 G



SAVE 50¢

3.99
/ 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.

DAILY TOP PICKS



Fresh Everyday!

ONTARIO FRESH!




CANADA

ONTARIO FRESH!

Foodland ONTARIO

ONTARIO FRESH
IDA RED APPLES
PRODUCT OF ONTARIO
LB

EVERYDAY PRICE

2.99 / LB



CANADA

ONTARIO FRESH!

Feedsmiths ORGANIC

Foodland ONTARIO

GREENBELT ORGANIC
ORGANIC
SPRING MIX
PRODUCT OF LYNDEN, ON
142 G

EVERYDAY PRICE

6.99 / EACH



CANADA

ONTARIO FRESH!

Feedsmiths ORGANIC

Foodland ONTARIO

PATCHWORKS GARDEN
ORGANIC
CANDY BEETS
PRODUCT OF BATTERSEA, ON
LB

EVERYDAY PRICE

5.99 / LB



CANADA

ONTARIO FRESH!

Feedsmiths ORGANIC

Foodland ONTARIO

ONTARIO FRESH
BEAN SPROUTS
PRODUCT OF ONTARIO
454 G

EVERYDAY PRICE

3.99 / EACH

THIS WEEK'S TOP PICKS

BRANDT MEATS MONTREAL SMOKED MEAT

PER 100 G



MONTREAL SMOKED MEAT
VIANDE FUMÉE DE MONTRÉAL

GOOD SOURCE OF PROTEIN
BONNE SOURCE DE PROTÉINES

MEAT PROTEIN
22%
PROTÉINES DE VIANDE

Est. 1958

FULLY COOKED
ENTièrement CUIT

LACTOSE FREE
SANS LACTOSE

GLUTEN FREE
SANS GLUTEN

SOY FREE
SANS SOJA

SAVE 40¢

3.49
/ 100 G

BRANDT MEATS SAUSAGES

PER 375 G



SAVE \$1

6.99
/ EACH

LE GRAND PESTO

156 G - 170 G
ASSORTED



SAVE \$1

7.99
/ EACH

DAIYA DAIRY-FREE SHREDDED CHEESE

200 G
ASSORTED



SAVE 50¢

6.99
/ EACH

LA SOYAIRE BAKED MISO BURGERS

280 G



SAVE 30¢

4.69
/ EACH



KRINOS SHEEP MILK FETA

200 G



SAVE \$1

8.49
/ EACH

CASTELLO DANISH CAMEMBERT

125 G



SAVE \$1

7.99
/ EACH

SIMPLA YOGURT

450G
ASSORTED



SAVE 98¢

\$9.49 EACH OR
2 / \$18

THIS WEEK'S TOP PICKS

BRIDOR
GOLDEN BAGUETTE
EACH



SAVE 30¢

2.99
/ EACH



**BAKED
IN STORE!**



**KETTLE CHIPS
POTATO
CHIPS**

198 G
ASSORTED

great taste...naturally.

SAVE 50¢

3.99
/ EACH

TRADITIONAL CHEESE COMPANY
IRISH CHEDDARS

150 G



SAVE \$1.50

13.49
/ EACH

SUPREME
PIEROGIES

454 G

ASSORTED



SAVE \$1

5.99
/ EACH

EMCO
GRANOLA

340 G



SAVE \$1

3.99
/ EACH

FOODSMITHS
**CINNAMON
ROLLS**

4 PACK



SAVE 50¢

5.99
/ EACH

FOODSMITHS
**DESSERT
SQUARES**

EACH



SAVE 58¢

**\$3.29 EACH OR
2/\$6**

THIS WEEK'S TOP PICKS

TASTE OF THAI FLAVOURED NOODLES

113-163 G
ASSORTED



SAVE 50¢
5.99
/ EACH

ECOMAX LAUNDRY SOAP

3 L



SAVE \$1.50
16.49
/ EACH

EST. 1998
EQUATOR
COFFEE ROASTERS

NTH DEGREE
PER 100 G



This coffee has a loyal fanbase in our community who love the smokey, tobacco, old-school, dark roast punch that it brings. This coffee is straight to the point, it does not mess around, if you're looking for boldness, strength, and smoke, this is it!

TASTING NOTES:
Smokey | Molasses | Powerful

SAVE 50¢
4.99
/ 100 G

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



**MADE IN
ALMONTE, ON**



FOODSMITHS MARCH BYOB BIG BROTHERS, BIG SISTERS

Big Brothers, Big Sisters of Lanark County mentoring program provides boys, girls, young men, and young women with a role model to talk to and share the experiences of growing up with.

Through regular outings, a relationship is developed between the mentor and the mentee, which is built on trust and common interests, and is supported by our experienced case-workers. The result is a life-changing experience for both the mentor and the mentee.

Interested in mentoring?
Visit lanark.bigbrothersbigsisters.ca/volunteer/

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**



**YOUR
NEIGHBOURS
SHOP HERE!
★ ★ ★ ★ ★
AND GET
REWARDED!**

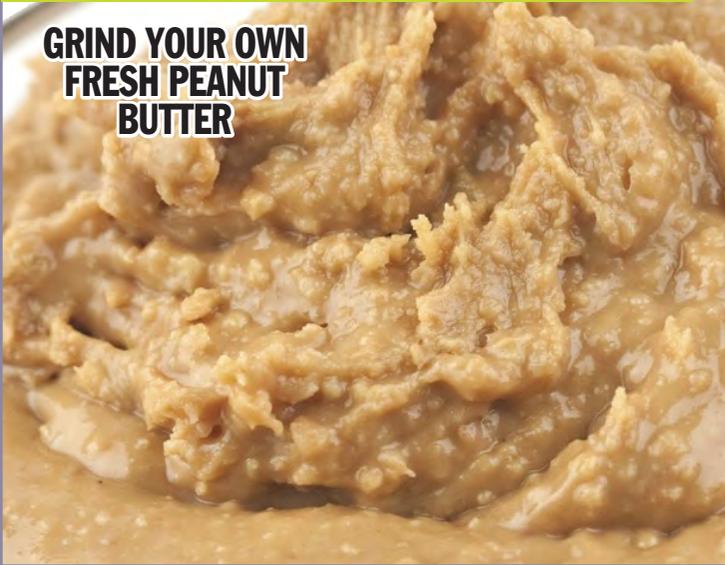


**SAVE IN
OUR BULK
BINS!**

**BUY A LITTLE,
SAVE A LOT!!**

**ONLY BUY
WHAT YOU
NEED**

BEST BUY THIS WEEK



**GRIND YOUR OWN
FRESH PEANUT
BUTTER**

30% OFF

ON SALE

76¢

/100 G

SAVE 33¢

BEST BUY THIS WEEK



**REAL FRUIT JUICE
BEARS / BERRIES**

30% OFF

ON SALE

2.09

/100 G

SAVE 90¢



**SHORT GRAIN
WHITE RICE**

25% OFF

ON SALE

76¢

/100 G

SAVE 32¢



POPPING CORN

25% OFF

ON SALE

37¢

/100 G

SAVE 12¢



**DARK CHOCOLATE
ALMONDS**

25% OFF

ON SALE

2.92

/100 G

SAVE 97¢



LICORICE BUDDIES

25% OFF

ON SALE

1.04

/100 G

SAVE 35¢

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

SAVE IN OUR BULK BINS AND EAT WELL!

COCONUT MANGO / HEMP GRANOLA



25% OFF
ON SALE
1.27 /100 G
SAVE 42¢

DRIED SWEETEND CRANBERRIES



25% OFF
ON SALE
1.27 /100 G
SAVE 42¢

DRIED CURRANTS



25% OFF
ON SALE
1.34 /100 G
SAVE 45¢

BREADMAKER WHITE FLOUR



25% OFF
ON SALE
29¢ /100 G
SAVE 10¢

WALNUT HALVES



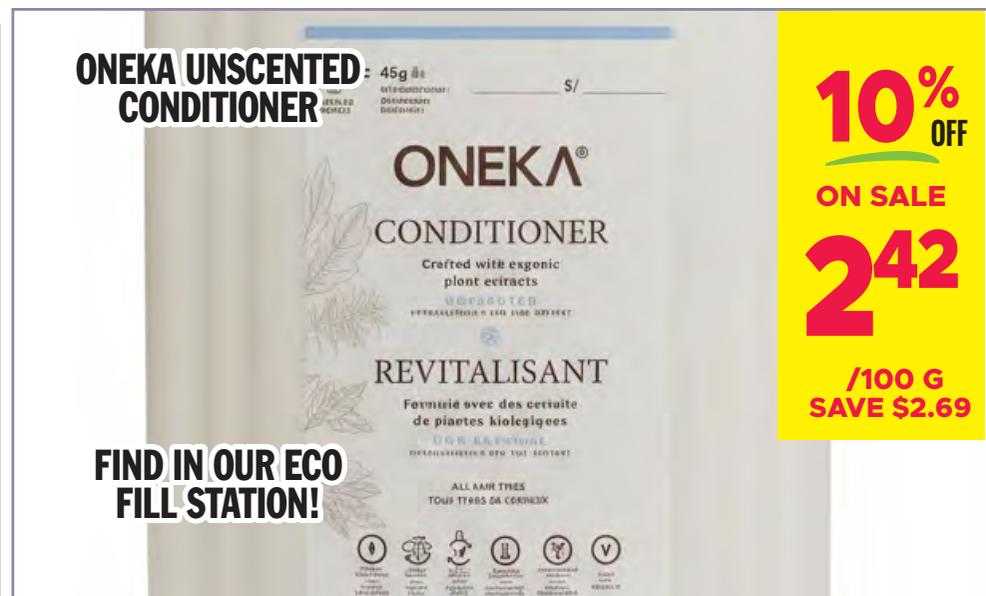
25% OFF
ON SALE
3.22 /100 G
SAVE \$1.07

TURMERIC POWDER



25% OFF
ON SALE
2.25 /100 G
SAVE 75¢

ONEKA UNSCENTED CONDITIONER 45g #1



ONEKA®
CONDITIONER
Crafted with exogenic plant extracts

REVITALISANT
Fourni avec des extraits de plantes bioleigees

FIND IN OUR ECO FILL STATION!

10% OFF
ON SALE
2.42 /100 G
SAVE \$2.69

ECOMAX ORANGE ALL PURPOSE CLEANER



Feedsmiths
ECO-FRIENDLY FILL STATION

#13043 ECO MAX
NATURAL ORANGE ALL PURPOSE CLEANER

39¢ /100G

20% OFF
ON SALE
31¢ /100 G
SAVE 8¢

THIS WEEK'S TOP PICKS

HURRAW!
NEW!
VEGAN
LIP BALMS

ASSORTED



Planted in purpose.
Bee, palm, shaw, & soy-free.
Cruelty-free & vegan.



A. VOGEL **ALL PRODUCTS**

ASSORTED VARIETIES AND SIZES



A. Vogel is a line of products that are completely natural, pure, consistent and effective. Herbal remedies will naturally play a major role in the future of medicine.



PRICES IN EFFECT THURSDAY, FEBRUARY 26 TO THURSDAY, MARCH 12, 2026

foodsmiths.com

THIS WEEK'S TOP PICKS

ST. FRANCIS
DETOX

ASSORTED PRODUCTS

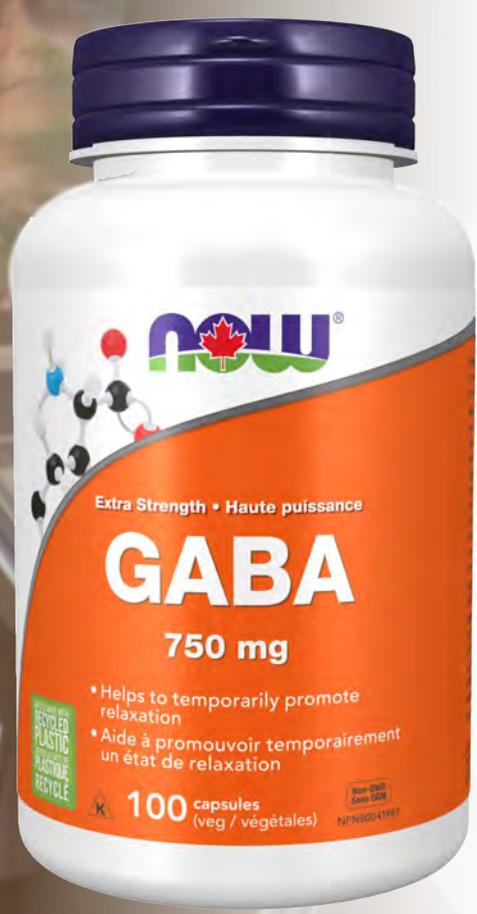
Healthy, holistic detoxification. Supporting your body's innate detoxification pathways is the most sustainable way to "cleanse" for the long term.



15% OFF



Promotes Relaxation



NOW
GABA 750 MG
100 VEG CAPS



By supporting a naturally balanced level of brain stimulation, GABA's presence within the central nervous system may help promote relaxation and ease nervous tension.

- Helps to temporarily promote relaxation
- Extra Strength
- Natural L-Form
- Vegetarian / Vegan

ON SALE
24.99
SAVE \$5

PRICES IN EFFECT SUNDAY, MARCH 1 TO TUESDAY, MARCH 31, 2026

foodsmiths.com



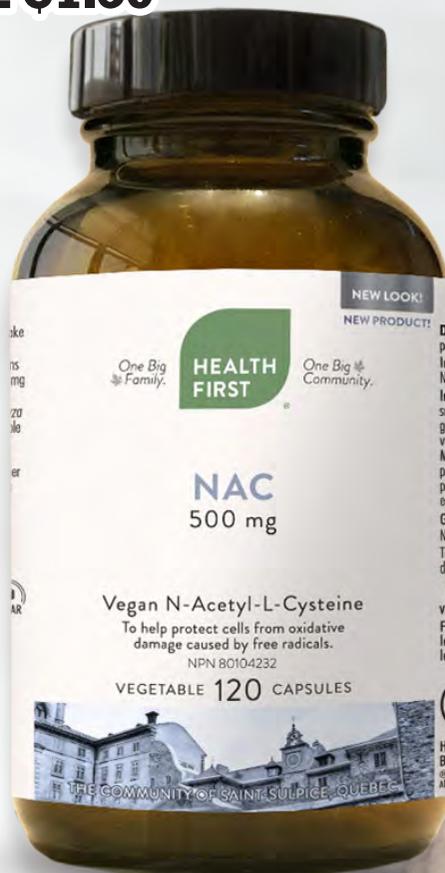
ON SALE
16⁴⁹
SAVE \$1.50

VEGAN NAC

120 CAPSULES

N-Acetyl-L-Cysteine (NAC) is a stable form of the amino acid cysteine, an important building block for antioxidants in the body. NAC acts as a direct source of cysteine, which is required to make glutathione — one of the body's most important antioxidants for protecting cells against free radical damage.

- Health First NAC is completely vegan and derived from non-GMO corn
- Our formula provides 500 mg of NAC per capsule and is gluten free
- Source of antioxidants



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



Designed for the Aging Gut

SENIORS 35 BILLION 30 VC

Natural Factors Senior's Multi Probiotic provides eight lactobacilli and bifidobacteria species for targeted support of both the small and large intestines. This senior-specific formula helps replenish these bacteria species, which decline with age. By supporting gastrointestinal health, probiotics may help relieve constipation, gas, and bloating.

- Helps support gastrointestinal health
- Source of probiotics
- Formulated for seniors

ON SALE
26⁹⁹
SAVE \$4



Supplements and NATURAL BODY CARE



15% OFF

CANPREV NATURAL HEALTH PRODUCTS



ALL ASSORTED PRODUCTS

Their comprehensive line of naturopathic remedies is formulated by their in-house natural health practitioners to be safe, effective and accessible for Canadian families, so you can bring natural medicine home.



KRILL OIL SYNERGY

180 SOFTGEL CAPS

Krill Oil Synergy, with Neptune Krill Oil and astaxanthin, boosts heart health, hormonal balance, and antioxidant protection. This premium formula, made from 100% pure NKO Krill Oil, delivers high concentrations of EPA and DHA, essential omega-3 fatty acids that support overall health.

- Enhances cardiovascular wellness
- Supports hormonal equilibrium
- Provides robust antioxidant defence

ON SALE
56⁹⁹
SAVE \$3



100% CANADIAN OWNED & OPERATED

PRICES IN EFFECT SUNDAY, MARCH 1 TO TUESDAY, MARCH 31, 2026

foodsmiths.com





15% OFF



Living Alchemy™

ALL PRODUCTS

Living Alchemy specializes in manufacturing and distributing traditionally fermented, certified organic, whole food supplements exclusively to the natural health channel.

PROTECT YOUR KIDNEYS



ALL PRODUCTS

Kidneys are the organs that remove many toxins. They filter, balance, regulate, and fine-tune your internal environment every single day. Supporting kidney and urinary health isn't just about detox—it's about protecting one of your body's most essential systems for long-term balance and resilience.

- ✓ Made in Canada
- ✓ Third-Party Tested
- ✓ Premium Ingredients

15% OFF



Supplements and NATURAL BODY CARE

NATURE'S WAY

ASSORTED HERBS & BOTANICALS

For over 50 years, Nature's Way has looked to the natural world for inspiration. Their high-quality vitamins and supplements are formulated to help you find your way to wellness and to reach your full potential.



25% OFF



25% OFF

NUTRASEA

FISH & PLANT BASED OMEGA'S

NutraSea's omega-3 products contain EPA and DHA. The beneficial forms of omega-3 used to help support a variety of health benefits like cardiovascular health, brain and cognitive function.

NAKA PLATINUM

Support your hair, skin and nails with Naka's Collagen BOGO deal.

Buy one Marine Collagen, get one Silicea Balsam FREE!



VALUE OF \$48.99

BUY 1, GET 1 FREE

FREE 500ML SILICEA BALSAM WITH THE PURCHASE OF 425g MARINE COLLAGEN

Sale ends March 31st