

food Basics

CANADIAN AND PROUD

ALWAYS MORE FOR LESS

CRAZY 8 SALE



Villaggio
BUNS & HAMBURGER
TOSCANA
HAMBURGER BUNS

Villaggio
ITALIAN STYLE
CLASSICO
STYLE ITALIAN

8 CRAZY 298 EACH

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



8 CRAZY 398 /LB

FRESH SKINLESS CHICKEN BREAST FAMILY PACK BONE-IN SPLIT 8.77/KG



De Cecco Spaghetti no. 12 Slow dried FOR A SUPERIOR QUALITY PASTA Sèchage lent POUR DES PÂTES DE QUALITÉ SUPÉRIEURE

De Cecco Penne Rigate no. 41 Slow dried FOR A SUPERIOR QUALITY PASTA Sèchage lent POUR DES PÂTES DE QUALITÉ SUPÉRIEURE

Aurora PASTA SAUCE

8 CRAZY 198 EACH

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



ALWAYS CANADIAN

8 CRAZY 1088 /LB

FRESH ATLANTIC SALMON FILLETS FAMILY PACK 23.99/KG



VECTOR HIGH PROTEIN WITH CRUNCHY GRANOLA CLUSTERS

Kellogg's VERY HIGH FIBRE MADE WITH 100% WHOLE GRAIN

MINI-WHEATS! ORIGINAL

8 CRAZY 388 EACH

KELLOGG'S MINI-WHEATS CEREAL 400 G VECTOR CEREAL 400 G SELECTED VARIETIES



8 CRAZY 328 EACH

SELECTION BACON 375 G SELECTED VARIETIES



DR. OETKER GIUSEPPE PIZZERIA THIN CRUST - CROUTE MINCE

DR. OETKER GIUSEPPE PIZZERIA RISING CRUST - LEVE-AU-FOUR

8 CRAZY 498 EACH

DR. OETKER GIUSEPPE THIN OR RISING CRUST PIZZA 439-785 G FROZEN SELECTED VARIETIES



CEDAR PHOENICIA Chick Peas 540 mL - 19 fl oz

CEDAR PHOENICIA Dark Red Kidney Beans 340 mL - 19 fl oz

8 CRAZY 128 EACH

CEDAR BEANS 340 ML SELECTED VARIETIES



Tide 99% STAIN FIGHTER

Downy 7:1

8 CRAZY 798 EACH

TIDE ALL IN ONE LAUNDRY DETERGENT 2.72 L - 70 LOADS DOWNY FABRIC SOFTENERS 2.43 L SELECTED VARIETIES



Saporito CANOLA OIL HUILE DE CANOL 3L

Saporito VEGETABLE OIL HUILE VÉGÉTALE 3L

Saporito CORN OIL HUILE DE MAÏS 2.94 L

8 CRAZY 688 EACH

SAPORITO VEGETABLE, CANOLA OR CORN OIL 2.94-3L SELECTED VARIETIES

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

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

food Basics

CANADIAN AND PROUD

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 8TH



10 STEM TULIPS
WHILE SUPPLIES LAST

8
CRAZY
888
EACH



GET READY TO SAVE! GREAT PRICES START

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

ALWAYS STIRRING UP GREAT PRICES



THIS WEEK ONLY
298
EACH

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



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

THIS WEEK ONLY
598
EACH



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

THIS WEEK ONLY
298
EACH



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

THIS WEEK ONLY
448
EACH



OIKOS GREEK YOGURT
4 X 100 G
SELECTED VARIETIES

THIS WEEK ONLY
348
EACH



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

LOCKED DOWN
649
EACH

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

***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 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.

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contest
until March 11th

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. 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 = **\$4**
points 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.



CLEMENTINES
PRODUCT OF MOROCCO
2 LB

THIS WEEK ONLY
4.99
EACH

20
points



SCHNEIDERS BREAKFAST
SANDWICHES OR EGG BITES
204 - 288 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


2⁷⁷
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


9⁹⁹
EACH



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


9⁹⁹
EACH



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


2⁹⁸
EACH



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


1⁹⁹
EACH



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


5⁹⁸
EACH



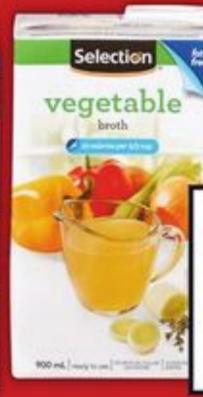
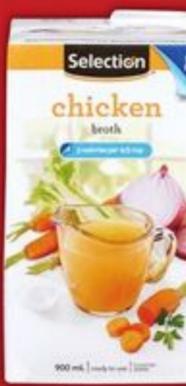
TOSTITOS TORTILLA CHIPS
215 - 295 G
SELECTED VARIETIES


2/6⁸⁸



OLD - FORT Cheddar Cheese Fromage cheddar
BLACK DIAMOND CHEESE SHREDS
NATURAL CHEESE SLICES
GALBANI MOZZARELLA


5⁴⁸
EACH



SELECTION BROTH
900 ML
SELECTED VARIETIES


1⁸⁸
EACH



KRAFT SINGLES
PHILADELPHIA CREAM CHEESE
CHEEZ WHIZ SPREAD


3⁹⁸
EACH



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




5⁴⁸
EACH



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


13⁹⁸
EACH



CASHMERE BATHROOM TISSUE
SPONGE TOWELS ULTRA
PAPER TOWELS
SCOTTIES FACIAL TISSUE


6⁹⁸
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

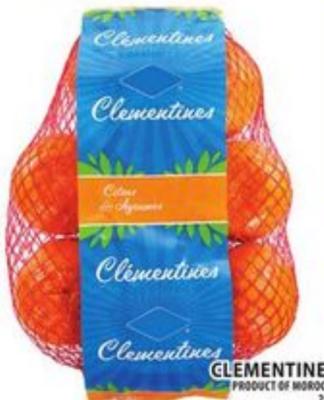
THIS WEEK ONLY 
3.49
EACH



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
540 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 8TH



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
640 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
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
435 - 600 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

9.99
EACH



POGO BREADED
ORIGINAL OR
BEEF SAUSAGES
640 - 750 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

9.99
EACH



IRRESISTIBLES
FRESH PASTA
800 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
140 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

THIS WEEK ONLY

1.99
EACH



Dempster's
EST. 1890
TORTILLAS
ORIGINAL
ORIGINALES
10 TORTILLAS
610 g

Santosh
NAAN
1.6g
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
COFFEE CAPSULES
30'S
SELECTED VARIETIES

LOCKED DOWN

15.99
EACH



fuze
iced tea
Lemon
12 x 341 mL
SELECTED VARIETIES

PEACE TEA
PEACH LOVE PRISM
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
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
POTATO
CHIPS
140 - 156 g
SELECTED VARIETIES

GATORADE
SPORTS
DRINKS
6 x 591 mL
8 x 335 mL
SELECTED VARIETIES

LOCKED DOWN

2.49
EACH

LOCKED DOWN

5.99
EACH

15
points

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

DOEY GOEY
WASSIM-BLAW GOOISSIE
DELICIEUSES GOMMAGES
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
Authentic

McCAFÉ
Premium Roast
Production
Authentic

McCAFÉ COFFEE CAPSULES
30'S

GROUND COFFEE
875 G
SELECTED VARIETIES

LOCKED DOWN

26.99
EACH

BILLY BEE HONEY
500 G

LOCKED DOWN

7.99
EACH

McSWEENEY'S
BEEF JERKY
70 G
SELECTED VARIETIES

LOCKED DOWN

5.49
EACH

ORIGINAL
BEEF • DE BŒUF
JERKY
MADE IN CANADA - LOW SODIUM
GLUTEN FREE
BOUCHE DE PROTÉINES • POUS DE GRAS
SANS GLUTEN 70 g

DAINTY
THE SOFT CORNED
POTABLE RICE

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
Butter & 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
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
SELECTED VARIETIES

LOCKED DOWN

8.99
EACH

ALCAN
ALUMINUM
FOIL
EACH
SELECTED VARIETIES

LOCKED DOWN

3.99
EACH

SCRUBBING
BUBBLES
BATHROOM
CLEANER
400 ML
SELECTED VARIETIES

LOCKED DOWN

4.99
EACH

ZIPLOC
SEAL TOP
BAGS
100'S
SELECTED VARIETIES

LOCKED DOWN

10.99
EACH

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 
10⁴⁹
EACH



SELECTION OR IRRESISTIBLES FRUIT
1.5 - 2 KG FROZEN SELECTED VARIETIES



ALWAYS GREAT PRICE 
13⁸⁸
EACH



SELECTION
SNACKS
265 - 285 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2⁸⁸
EACH



SELECTION
BROTH
900 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1⁸⁸
EACH



SELECTION OR
IRRESISTIBLES
BREAD CRUMBS
227 - 425 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2⁹⁹
EACH



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

ALWAYS GREAT PRICE 
2⁹⁹
EACH



IRRESISTIBLES
CRISPS
150 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
3⁹⁹
EACH



SELECTION
FROZEN
ENTREES
215 G FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1³⁷
EACH



SELECTION
DISHWASHING
DETERGENT
450 - 520 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1⁹⁷
EACH



SELECTION
PAPER TOWELS
SELECTED VARIETIES

ALWAYS GREAT PRICE 
5⁹⁹
EACH



SELECTION
PLUM OR HONEY
GARLIC SAUCE
250 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
3⁴⁹
EACH



SELECTION
LIGHT OR
FLAVOURED
TUNA
85 - 170 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1⁴⁹
EACH



NESTLÉ
CHOCOLATE BARS
45
SELECTED VARIETIES

ALWAYS GREAT PRICE 
4⁷⁹
EACH

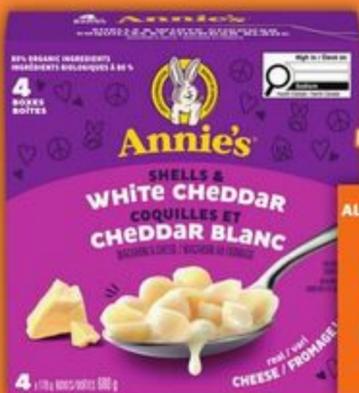


1.61 kg



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

ALWAYS GREAT PRICE 
9⁴⁹
EACH



ANNIE'S
MACARONI & CHEESE
43 170 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
8⁹⁹
EACH



EGGO WAFFLES
1.48 KG FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE 
13⁹⁹
EACH



DOLE FRUIT CUPS
45
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2⁹⁹
EACH



BETTY CROCKER
DUNKAROOS
148 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
3⁹⁹
EACH



HÄAGEN-DAZS
ICE CREAM
946 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
9⁹⁹
EACH



CAVENDISH
FARMS
FRENCH FRIES
1.8 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE 
8⁹⁹
EACH

MORE

RAMADAN FOR LESS



RED ONIONS
PRODUCT OF CANADA
NO. 1 GRADE
7 LB

5⁹⁹
EACH



FRESH BONELESS STEWING BEEF FAMILY PACK
INCLUDES HALAL
22.02/KG

HALAL

9⁹⁹
/LB



NOOR OR ARJUN BASMATI RICE
3.63 - 4.54 KG
SELECTED VARIETIES

7⁹⁹
EACH



DIVYA OKRA
315 G
FROZEN
SELECTED VARIETIES

99¢
EACH



PILLSBURY CHAKKI ATTA FLOUR
9.07 KG

9⁹⁹
EACH



NANAK GHEE
800 G

12⁹⁹
EACH



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

2⁴⁹
EACH



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

3⁹⁹
EACH



CASABLANCA PARA SNACKS
400 G
SELECTED VARIETIES

3⁴⁹
EACH



DIVYA LENTILS OR BLACK CHICKPEAS
1.8 - 1.81 KG
SELECTED VARIETIES

3⁹⁹
EACH



DURU BULGUR
1 KG
SELECTED VARIETIES

2⁹⁹
EACH



HEREFORD REGULAR OR HALAL CORNED BEEF
340 G
SELECTED VARIETIES

3⁹⁹
EACH



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

8⁹⁹
EACH



ELZYMI PIES
400 G
FROZEN
SELECTED VARIETIES

6⁹⁹
EACH



MAGGI INSTANT NOODLE SOUP
75 G
SELECTED VARIETIES

39¢
EACH



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

3⁴⁹
EACH



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

3⁹⁹
EACH



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

4⁹⁹
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 - 99 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 / 680 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
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
- Stains
- Sensitivity
- Swollen Gums
- Bad Breath
- Halitosis
- Enamel Erosion
- Periodontitis

Colgate 360° TOOTHBRUSH
KEEP CLEAN BETTER AND IN PROGRESS

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 FRAICHEUR 24H

LOCKED DOWN

4.49
EACH

PANTENE HAIR CARE
300-350 ML
SELECTED VARIETIES

THIS WEEK ONLY

4.99
EACH

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

LOCKED DOWN

5.49
EACH

BOOST MEAL REPLACEMENT
4.2-237 ML
SELECTED VARIETIES

LOCKED DOWN

12.79
EACH

Gillette DEODORANT
100 G
SELECTED VARIETIES

LOCKED DOWN

6.49
EACH

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

LOCKED DOWN

26.99
EACH

PAMPERS EASY UPS
TRAINING UNDERWEAR
56-66'S
SELECTED VARIETIES

LOCKED DOWN

29.99
EACH

BOOST HIGH PROTEIN HYPERPROTEIN
4.2-237 ML
SELECTED VARIETIES

LOCKED DOWN

12.79
EACH

JAMIESON OMEGA-3, CURCUMIN TURMERIC
96-249'S
SELECTED VARIETIES

LOCKED DOWN

17.99
EACH

JAMIESON VITAMIN E, GLUCOSAMINE
120-349'S
SELECTED VARIETIES

LOCKED DOWN

20.99
EACH

KIND BARS
12'S
SELECTED VARIETIES

LOCKED DOWN

18.99
EACH

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 to find a location near you.

- Urinary Tract Infection
- Cold Sore
- Pink Eye
- Allergies
- & More

Motrin LIQUID GELS
200 mg Ibuprofen Capsules
72 Capsules

TYLENOL EXTRA STRENGTH
FAST RELIEF OF PAIN + FEVER

LOCKED DOWN

10.99
EACH

BENLYN COUGH SYRUP
250 ML

TYLENOL COLD
24'S
SELECTED VARIETIES

LOCKED DOWN

13.99
EACH

Pepto-Bismol CHEWABLE TABLETS
48'S
SELECTED VARIETIES

LOCKED DOWN

14.99
EACH

DayQuil COMPLETE
12'S

NyQuil COMPLETE
12'S

LOCKED DOWN

16.99
EACH

WEBBER NATURALS B12 VITAMIN
1000 mcg
Methylcobalamin
80 Sublingual Tabs

LOCKED DOWN

11.99
EACH

WEBBER NATURALS K2+D3 VITAMIN
120 mcg / 1000 IU
60 Softgels

LOCKED DOWN

12.99
EACH

JAMIESON MULTI GUMMIES
150'S
SELECTED VARIETIES

LOCKED DOWN

16.99
EACH

JAMIESON PROBIOTIC 10 BILLION
60'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 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.