

# food Basics

CANADIAN AND PROUD

## ALWAYS MORE FOR LESS



GET READY TO SAVE! GREAT PRICES START ON THURSDAY, MARCH 12<sup>TH</sup> TO WEDNESDAY, MARCH 18<sup>TH</sup>, 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



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

THIS WEEK ONLY   
**1.98**  
EACH



THIS WEEK ONLY   
**88¢**  
EACH

ATAULFO HONEY MANGO  
PRODUCT OF MEXICO



BROCCOLI CROWNS  
PRODUCT OF U.S.A. AND/OR MEXICO

THIS WEEK ONLY   
**1.44**  
EACH



pick Ontario

THIS WEEK ONLY   
**6.99**  
EACH

6" POTTED SPRING BULBS  
ASSORTED VARIETIES  
WHILE QUANTITIES LAST

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

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

# MORE

EID FOR LESS



**1.99**  
EACH

HANS DAHI  
450 - 750 G  
SELECTED VARIETIES



CEDAR SPINACH  
FROZEN  
750 G  
CEDAR  
LENTILS OR  
BURGOL  
907 G  
SELECTED VARIETIES

**2.99**  
EACH



ALPHONSO  
OR ALJUICE  
FRUIT  
BEVERAGE  
1.75 L  
SELECTED VARIETIES

**3.99**  
EACH



NOOR  
BASMATI RICE  
4.54 KG  
SELECTED VARIETIES

**7.99**  
EACH



800 G

20 LB

**13.99**  
EACH

SHER ATTA FLOUR,  
BRAR'S DESI GHEE  
9.07 KG, 800 G SELECTED VARIETIES

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

**3.98** EACH

SCHNEIDERS LUNCH MATE OR  
GREENFIELD KITS OR ADULT KITS  
74 - 120 G SELECTED VARIETIES

**2.99** EACH

NATREL  
LACTOSE FREE  
OR ORGANIC  
MILK  
2 L  
SELECTED VARIETIES

**5.98** EACH

POST SHREDDIES CEREAL 440 G  
GENERAL MILLS HONEY NUT  
CHEERIOS 430 G  
KELLOGG'S RICE KRISPIES 340 G  
SELECTED VARIETIES

**3.33** EACH

STARBUCKS GROUND COFFEE 340 G  
COFFEE CAPSULES 10'S  
TETLEY ORANGE PEKOE TEA 216'S  
SELECTED VARIETIES

**9.99** EACH

MAXWELL HOUSE  
GROUND COFFEE  
864 - 900 G  
SELECTED VARIETIES

**15.99** EACH

TOSTITOS  
TORTILLA  
CHIPS  
215 - 295 G  
SELECTED VARIETIES

**2/6.88**

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

**7.99** EACH

CHRISTIE  
PEEK FREANS  
OR DAD'S  
OATMEAL  
COOKIES  
210 - 350 G  
SELECTED VARIETIES

**2/5.50**

PRIMO PASTA, SAUCE,  
TOMATOES OR PASSATA 500 - 900 G, 680 - 790 ML  
UNICO TUNA 190 G SELECTED VARIETIES

**1.99** EACH

PUREX, PERSIL  
OR SUNLIGHT  
LAUNDRY  
DETERGENT  
1.58 - 4.43 L = 48 - 110 LOADS

**11.99** EACH

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

**6.98** EACH

BUBLY  
SPARKLING WATER  
12 X 355 ML  
MONTELLIER  
CARBONATED WATER  
10 X 355 ML  
SELECTED VARIETIES

**6.49** EACH

**125** points  
value of \$1

PEPSI  
MINI  
CANS  
6 X 222 ML  
SELECTED VARIETIES

**3.49** EACH

**50** points

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# 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](http://moirewards.ca) for conditions. Moi Rewards is a trademark of Metro Inc.



RENÉE'S  
SALAD  
DRESSINGS  
750 ML  
SELECTED VARIETIES

THIS WEEK ONLY  
**788**  
EACH

**40**  
points



WONG WING ASIAN  
STYLE ENTRÉES  
FROZEN 400 - 500 G  
SELECTED VARIETIES

THIS WEEK ONLY  
**749**  
EACH

**40**  
points



DIMPFLMEIER BREAD  
454 - 500 G  
SELECTED VARIETIES

THIS WEEK ONLY  
**299**  
EACH

**15**  
points



BEATRICE B-FIT  
PROTEIN MILKSHAKE  
460 ML  
SELECTED VARIETIES

LOCKED DOWN  
**299**  
EACH

**15**  
points



ACTIVIA EXPERT YOGURT  
4 X 100 G  
SELECTED VARIETIES

LOCKED DOWN  
**349**  
EACH

**20**  
points



SNACK PACK PUDDING OR  
GEL SNACK  
45  
SELECTED VARIETIES

LOCKED DOWN  
**229**  
EACH

**15**  
points



STARBUCKS NESPRESSO  
COFFEE CAPSULES  
10'S SELECTED VARIETIES

LOCKED DOWN  
**979**  
EACH

**50**  
points



OLD EL PASO  
TACO KIT  
250 - 400 G  
SELECTED VARIETIES

LOCKED DOWN  
**399**  
EACH

**20**  
points



KRAFT DINNER  
NOODLE MEAL  
5 X 200 G  
SELECTED VARIETIES

LOCKED DOWN  
**499**  
EACH

**25**  
points



CORONA CERO ALCOHOL-FREE BEER  
6 X 330 ML  
BUDWEISER ALCOHOL FREE BEER  
6 X 355 ML  
SELECTED VARIETIES

LOCKED DOWN  
**1249**  
EACH

**55**  
points



REALEMON JUICE  
945 ML  
SELECTED VARIETIES

LOCKED DOWN  
**299**  
EACH

**15**  
points



HARIBO GOLDBEARS  
GUMMIES  
175 G  
SELECTED VARIETIES

LOCKED DOWN  
**199**  
EACH

**10**  
points



S.O.S.  
STEEL WOOL PADS  
10'S  
SELECTED VARIETIES

LOCKED DOWN  
**299**  
EACH

**15**  
points

# CHOOSE CANADIAN



GREEN CABBAGE  
PRODUCT OF ONTARIO, CANADA  
NO. 1 GRADE  
1.94/KG

**88¢**  
/LB



MINI  
CUCUMBERS  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE

**399**  
EACH



SCHNEIDERS RED HOTS OR  
MAPLE LEAF TOP DOGS WIENERS  
375 G  
SCHNEIDERS MEAT PIES  
330 - 400 G FROZEN SELECTED VARIETIES



**449**  
EACH



SCHNEIDERS OR MAPLE LEAF  
SMOKED BONELESS HALF HAM  
600 - 700 G SELECTED VARIETIES



**999**  
EACH



SELECTION  
BAGELS  
340 - 510 G  
XTRA BREAD  
675 G  
SELECTED VARIETIES

**198**  
EACH



IRRESISTIBLE MINI MUFFINS  
336 G  
TARTS  
510 G  
SELECTED VARIETIES



**399**  
EACH



SELECTION  
CHEESE  
400 G  
SHREDS  
320 G  
SELECTED VARIETIES

**488**  
EACH



NESTLÉ PARLOUR  
1.5 L  
NOVELTIES  
6 - 12'S  
SELECTED VARIETIES



**298**  
EACH



LACTANTIA PURFILTRE MILK 2% (HOMOGENIZED MILK - \$4.98 EA.)  
BEATRICE CHOCOLATE MILK 2%  
ASTRO ORIGINAL  
BALKAN YOGURT 12.5 300 G  
OLYMPIC ORGANIC YOGURT 450 G  
SELECTED VARIETIES

**398**  
EACH



TIM HORTONS  
READY TO SERVE  
SOUP  
540 ML  
SELECTED VARIETIES

**329**  
EACH



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

**398**  
EACH



KRAFT DINNER  
NOODLE MEAL  
5 X 200 G  
SELECTED VARIETIES

**499**  
EACH  
**25**  
points



LAY'S POTATO CHIPS OR  
SMARTFOOD POPCORN  
150 - 235 G SELECTED VARIETIES



**298**  
EACH

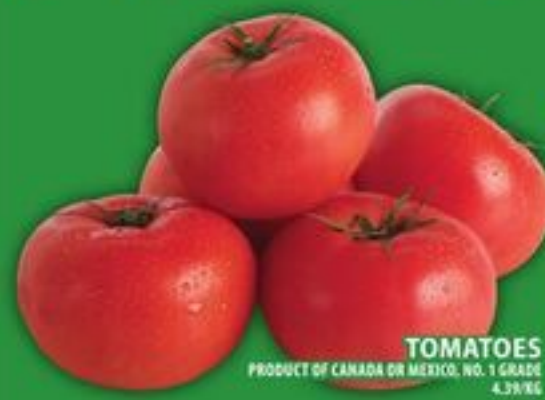


CASHMERE BATHROOM TISSUE  
22 - 24'S  
SPONGE TOWELS/ULTRA PAPER TOWELS  
3 - 4'S  
SCOTTIES FACIAL TISSUE  
6'S SELECTED VARIETIES

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



**LEMONS**  
PRODUCT OF U.S.A. AND/OR SOUTH AFRICA, 2 LB  
**AVOCADOS**  
PRODUCT OF MEXICO AND/OR PERU, 5 OR 6 PACK

THIS WEEK ONLY

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



WE LOVE LOCAL

**WHOLE WHITE OR CREMINI MUSHROOMS**  
PRODUCT OF ONTARIO  
227 G

THIS WEEK ONLY

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



**RASPBERRIES**  
PRODUCT OF U.S.A. OR MEXICO, NO. 1 GRADE 170 G  
**BLACKBERRIES**  
PRODUCT OF MEXICO, NO. 1 GRADE 150 - 170 G

THIS WEEK ONLY

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



**CANTALOUPE**  
PRODUCT OF GUATEMALA AND/OR HONDURAS, NO. 1 GRADE

THIS WEEK ONLY

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



EXTRA LARGE

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

THIS WEEK ONLY

**3<sup>99</sup>**  
/LB



**MINI SWEET PEPPERS**  
PRODUCT OF CANADA AND/OR MEXICO  
454 G  
**MINI CUCUMBERS**  
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE  
597 G

THIS WEEK ONLY

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



**CLEMENTINES**  
PRODUCT OF MOROCCO  
2 LB  
**KIWIS**  
PRODUCT OF GREECE  
600 G BASKET

THIS WEEK ONLY

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



**CARROTS OR YELLOW ONIONS**  
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE  
2 LB

THIS WEEK ONLY

**2/\$5**



**ASPARAGUS**  
PRODUCT OF MEXICO  
8.80/KG

THIS WEEK ONLY

**3<sup>99</sup>**  
/LB



**RUSSET POTATOES**  
PRODUCT OF PRINCE EDWARD ISLAND, CANADA NO. 1  
5 LB  
**YELLOW FLESH POTATOES**  
PRODUCT OF CANADA, NO. 1 GRADE  
5 LB

THIS WEEK ONLY

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



**SWEET ASSORTED PEPPERS**  
PRODUCT OF HONDURAS AND/OR MEXICO  
PKG OF 4  
**ROMAINE HEARTS**  
PRODUCT OF U.S.A. AND/OR MEXICO  
3 PK

THIS WEEK ONLY

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



**GREEN CABBAGE**  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE  
1.94/KG

THIS WEEK ONLY

**88¢**  
/LB



**VISION GREENS LETTUCE**  
113 G  
SELECTED VARIETIES

THIS WEEK ONLY

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



**RENÉE'S SALAD DRESSING**  
750 ML  
SELECTED VARIETIES

THIS WEEK ONLY

**7<sup>88</sup>**  
EACH

**40 points**

# FLORAL

pick Ontario



THIS WEEK ONLY

**\$8**  
EACH



THIS WEEK ONLY

**8<sup>88</sup>**  
EACH



THIS WEEK ONLY

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



**5" ORCHID**  
WHILE SUPPLIES LAST

THIS WEEK ONLY

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

# MEAT



SCHNEIDERS  
OR MAPLE  
LEAF SMOKED  
BONELESS  
HALF HAM  
600 - 700 G  
SELECTED VARIETIES



**THIS WEEK ONLY**

**9.99**

EACH



**AUTHENTIC  
FRESH PORK  
SAUSAGES**  
HOT, MILD, HONEY GARLIC OR  
ENGLISH BANGER  
SELECTED VARIETIES



**THIS WEEK ONLY**

**4.99**

EACH



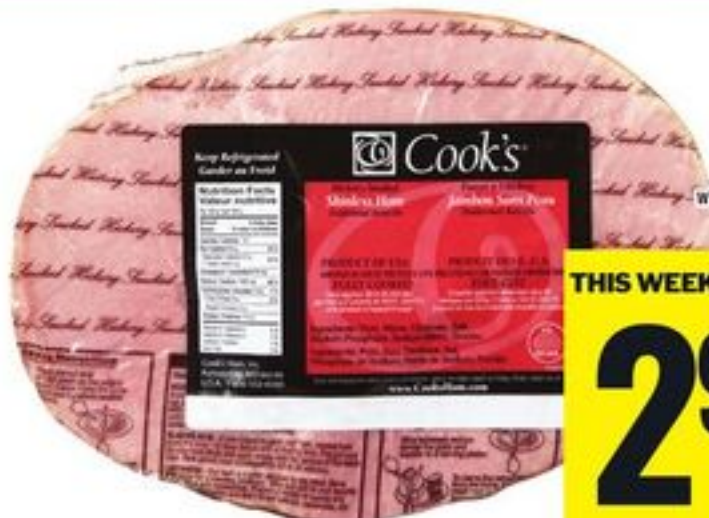
**HALAL  
AT SAME  
PRICE**

FRESH CHICKEN DRUMSTICKS  
BAGGED INCLUDES ZABHA HALAL SELECTED VARIETIES

**THIS WEEK ONLY**

**2.99**

/LB



**COOK'S  
SMOKED  
HAM  
PORTIONS**  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

**THIS WEEK ONLY**

**2.99**

/LB



COHO SALMON FILLET  
PREVIOUSLY FROZEN SELECTED VARIETIES

**THIS WEEK ONLY**

**11.99**

/LB



**NATURALIA  
LEAN GROUND BEEF**  
454 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**8.99**

EACH



POGO ORIGINAL  
BREADED  
SAUSAGES  
PKG OF 4  
300 G FROZEN  
SELECTED VARIETIES

**THIS WEEK ONLY**

**3.99**

EACH



SCHNEIDERS  
RED HOTS OR  
MAPLE LEAF  
TOP DOGS  
WIENERS  
375 G  
SELECTED VARIETIES



**LOCKED DOWN**

**4.49**

EACH



**THIS WEEK ONLY**

**5.99**

EACH



**THIS WEEK ONLY**

**5.99**

EACH



**THIS WEEK ONLY**

**6.99**

EACH



**THIS WEEK ONLY**

**3.49**

EACH



**PRODUCT  
OF ITALY**

**THIS WEEK ONLY**

**5.99**

EACH



**THIS WEEK ONLY**

**7.99**

EACH



**THIS WEEK ONLY**

**10.99**

EACH



**THIS WEEK ONLY**

**4.49**

EACH



**THIS WEEK ONLY**

**4.99**

EACH



**THIS WEEK ONLY**

**7.99**

EACH



**THIS WEEK ONLY**

**8.99**

EACH



**THIS WEEK ONLY**

**7.49**

EACH



**THIS WEEK ONLY**

**7.49**

EACH



**THIS WEEK ONLY**

**7.99**

EACH



**THIS WEEK ONLY**

**12.99**

EACH

# BAKERY



**Dempster's**  
EST. 1890  
100% WHOLE GRAINS  
**12 GRAIN**  
SOURCE OF VITAMIN D  
46g OF WHOLE GRAIN\* 6g OF FIBRE\*  
600g

**Dempster's**  
EST. 1890  
TORTILLAS  
ORIGINAL  
ORIGINALES  
NO ARTIFICIAL  
FLAVOURS OR COLOURS  
10  
340g

**THIS WEEK ONLY**

**2.99**  
EACH

DEMPSTER'S WHOLE GRAIN BREAD 600g  
DEMPSTER'S OR TIA ROSA TORTILLAS 272 - 340g  
SELECTED VARIETIES



**Irresistible**  
TARTS  
TARTELETTES  
510g | 6  
SELECTED VARIETIES

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

**THIS WEEK ONLY**

**3.99**  
EACH

IRRESISTIBLE MINI MUFFINS 336g  
TARTS 510g  
SELECTED VARIETIES



**Irresistible**  
SLICED LOAF  
**Brioche**  
MICHÉ TRANCHÉE  
500g

**Irresistible**  
MINI BUNS  
**Brioche**  
MINI PAINS

**THIS WEEK ONLY**

**4.49**  
EACH

IRRESISTIBLE BRIOCHE BREAD OR BUNS 480 - 500g  
SELECTED VARIETIES



**Selection**  
Cinnamon  
Cannelés  
825g

**Selection**  
RASBERRY  
DANISHES  
660g

**THIS WEEK ONLY**

**5.99**  
EACH

SELECTION PASTRIES 660 - 825g  
SELECTED VARIETIES

## MORE GREAT SAVINGS FOR LESS



**Black Diamond**  
OLD • FORT  
Cheddar Cheese  
Fromage cheddar  
400g SHREDS 320g  
NATURAL CHEESE SLICES 220 - 240g  
GALBANI MOZZARELLA 500g  
SELECTED VARIETIES

**LOCKED DOWN**

**5.48**  
EACH



**NATURE VALLEY**  
Sweet & SALTY  
ALMOND  
5  
GENERAL MILLS NATURE VALLEY  
GRANOLA BARS 148 - 175g  
FIBRE 1 125g  
SELECTED VARIETIES

**fibre 1**  
BROWNIES  
5  
LOCKED DOWN

**2.99**  
EACH



**Ocean Spray**  
CRANBERRY COCKTAIL  
OR JUICE BLENDS  
1.77 - 1.89L  
SELECTED VARIETIES

**LOCKED DOWN**

**3.99**  
EACH



**Shaw's**  
ICE CREAM  
MOOSE TRACKS  
1.5L

**SHAW'S ICE CREAM**  
1.5L  
SELECTED VARIETIES

**LOCKED DOWN**

**6.99**  
EACH



**PHILADELPHIA**  
DIPS  
227g  
SELECTED VARIETIES

**LOCKED DOWN**

**3.79**  
EACH

**1.13 KG**  
SELECTION OR LIFE SMART  
DELUXE MIXED  
NUTS OR  
CASHEWS  
1.13kg  
SELECTED VARIETIES

**LOCKED DOWN**

**19.99**  
EACH



**Dole**  
pineapple  
tidbits  
200ml  
SELECTED VARIETIES

**Dole**  
pineapple  
slices  
500g  
SELECTED VARIETIES

**LOCKED DOWN**

**2.49**  
EACH

**Melitta**  
COFFEE  
BEANS  
407g  
SELECTED VARIETIES

**LOCKED DOWN**

**28.99**  
EACH



**FRANCO AMERICAN**  
TURKEY GRAVY  
250ml  
SELECTED VARIETIES

**LOCKED DOWN**

**99¢**  
EACH

**Knorr**  
CREAMY BACON  
CARBONARA  
SAUCE  
120 - 150g  
SELECTED VARIETIES

**LOCKED DOWN**

**1.99**  
EACH



**PEACE TEA**  
TEA ICED  
TEA  
495ml  
SELECTED VARIETIES

**POWERADE**  
SPORTS  
DRINKS  
750ml  
SELECTED VARIETIES

**LOCKED DOWN**

**1.25**  
EACH

**Maison Perrier**  
FRANCE  
SPARKLING  
WATER  
1.0L  
SELECTED VARIETIES

**LOCKED DOWN**

**7.99**  
EACH

# LOCKED DOWN



**LIBERTÉ GREEK**  
LACTOSE FREE  
PLAIN  
750 g

**LIBERTÉ GREEK**  
EXTRA CREAMY  
PLAIN  
1.5 L

**LOCKED DOWN**

**649**  
EACH

LIBERTÉ GREEK YOGURT  
650-750 g  
SELECTED VARIETIES

**NABOB**  
COFFEE CO.  
ESTD 1896

MEDIUM ROAST  
TORREFACTION MOYENNE  
BODY & CORPS  
ACIDITÉ 7-10  
Balanced, Lively & Clean  
Fairtrade, UTZ Certified

GROUND COFFEE 930 g

**LOCKED DOWN**

**20<sup>99</sup>**  
EACH

NABOB TRADITION  
GROUND COFFEE  
930 g  
SELECTED VARIETIES

**Coca-Cola**  
ORIGINAL TASTE  
mini  
6 x 222 mL (1.33 L)

**LOCKED DOWN**

**449**  
EACH

COCA-COLA  
MINI CANS  
6 x 222 mL  
SELECTED VARIETIES

**Kraft**  
**Stove Top**  
TURKEY-DINDE

STOVE TOP  
STUFFING MIX  
120 g  
SELECTED VARIETIES

**LOCKED DOWN**

**149**  
EACH

**PRINGLES**  
ORIGINAL  
POTATO CHIPS OR MINGLES  
SNACKS  
155-200 g  
SELECTED VARIETIES

**LOCKED DOWN**

**279**  
EACH

**Tim Hortons**  
CHICKEN ROULET  
POULET ET BOULET

TIM HORTONS  
READY TO  
SERVE SOUP  
340 mL  
SELECTED VARIETIES

**LOCKED DOWN**

**329**  
EACH

**FRANK'S**  
REDHOT SAUCE  
354 mL  
SELECTED VARIETIES

**LOCKED DOWN**

**479**  
EACH

**NESTLÉ**  
CARNATION HOT  
CHOCOLATE  
400-450 g  
SELECTED VARIETIES

**LOCKED DOWN**

**629**  
EACH

**35**  
points

**PURE LEAF**  
LEMON-CITRON  
ICED TEA  
1.75 L

**TROPICANA**  
REFRESHERS  
DRINKS  
1.36 L  
SELECTED VARIETIES

**LOCKED DOWN**

**449**  
EACH

**25**  
points

**VAN HOUTTE**  
COLOMBIAN DARK  
DARK ROAST  
30  
GRAND CRISTAL 263 g

**LOCKED DOWN**

**28<sup>99</sup>**  
EACH

VAN HOUTTE COFFEE CAPSULES  
30'S  
SELECTED VARIETIES

**Robin Hood**  
ALL PURPOSE  
FLOUR  
ORIGINAL  
1 kg  
SELECTED VARIETIES

**LOCKED DOWN**

**349**  
EACH

**MOTT'S**  
CLAMATO  
COCKTAIL  
2.5 L  
SELECTED VARIETIES

**LOCKED DOWN**

**479**  
EACH

**BARRY'S**  
TEA  
IRISH  
BREAKFAST  
80

**LOCKED DOWN**

**749**  
EACH

BARRY'S TEA  
80'S  
SELECTED VARIETIES

**DAINTY**  
BASMATI  
RICE  
1 kg  
SELECTED VARIETIES

**LOCKED DOWN**

**649**  
EACH

**35**  
points

**FANCY FEAST**  
CAT FOOD  
85 g  
SELECTED VARIETIES

**LOCKED DOWN**

**90¢**  
EACH

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

**LOCKED DOWN**

**499**  
EACH

**GLAD**  
GUARANTEED STRONG  
BLACK  
LARGE 90 L  
30

**GLAD**  
COMPOST  
SMALL 10 L

**LOCKED DOWN**

**11<sup>99</sup>**  
EACH

GLAD GARBAGE BAGS  
30-44'S  
SELECTED VARIETIES

**LYSOL**  
LAUNDRY  
DISINFECTANT  
2.7 L  
SELECTED VARIETIES

**LOCKED DOWN**

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

## PERSONAL CARE FOR LESS

**HERBAL**  
ESSENCES  
HAIR CARE  
240 mL  
SELECTED VARIETIES

**LOCKED DOWN**

**2/\$8**

**SENSODYNE**  
TOOTHPASTE  
110-135 mL  
SELECTED VARIETIES

**LOCKED DOWN**

**649**  
EACH

**OLAY**  
BEAUTY  
BAR SOAP  
3-4'S  
SELECTED VARIETIES

**LOCKED DOWN**

**699**  
EACH

**PAMPERS**  
EASY UPS  
TRAINING  
UNDERWEAR  
4T/5T  
56-64'S  
SELECTED VARIETIES

**LOCKED DOWN**

**29<sup>99</sup>**  
EACH

# ALWAYS GREAT PRICE



SELECTION  
FLOUR  
2.5 KG  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**3.77**  
EACH



IRRESISTIBLE  
ICE CREAM  
1.5 L  
ICE CREAM  
BARS  
4.5 FROZEN  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**4.88**  
EACH



SELECTION  
EVAPORATED MILK  
354 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1.88**  
EACH



SELECTION  
GROUND COFFEE  
925 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**15.99**  
EACH



SELECTION OR  
IRRESISTIBLES  
PARMESAN CHEESE  
250 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**6.99**  
EACH



SELECTION  
POTATO CHIPS  
200 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1.49**  
EACH



IRRESISTIBLES  
SNACKS  
142 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**2.49**  
EACH



SELECTION  
DRY BEANS  
900 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**3.49**  
EACH



SELECTION  
CONDENSED SOUP  
284 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1.27**  
EACH



SELECTION  
LIGHT OR  
FLAVOURED  
TUNA  
85-120 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1.49**  
EACH



IRRESISTIBLE  
SPARKLING  
SPRING WATER  
6 x 1 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**4.44**  
EACH



SELECTION  
SODA  
CRACKERS  
454 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**3.49**  
EACH



IRRESISTIBLE  
COOKIES  
200 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**3.79**  
EACH



SELECTION  
CRISPY RICE  
SQUARE  
320 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**6.49**  
EACH



SELECTION  
GLASS  
CLEANER  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1.97**  
EACH



SELECTION  
SANDWICH BAG  
300'S  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**6.99**  
EACH



SELECTION  
VALUE SIZE  
PARCHMENT  
PAPER  
50 M  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**9.99**  
EACH



SELECTION  
BATHROOM  
TISSUE  
30 x 100'S

ALWAYS GREAT PRICE   
**19.99**  
EACH

# EASTER FAVOURITES FOR LESS



IRRESISTIBLES  
MINI MILK  
CHOCOLATE  
EGGS  
200 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

EASTER SAVINGS

**4.49**  
EACH



LINDT LINDOR  
EASTER EGGS  
100 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

EASTER SAVINGS

**4.99**  
EACH



SELECTION  
SOLID MILK  
CHOCOLATE  
RABBIT  
100 G  
WHILE QUANTITIES LAST

EASTER SAVINGS

**1.79**  
EACH



NESTLÉ  
KIT KAT  
BUNNY  
85 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

EASTER SAVINGS

**3.99**  
EACH



SELECTION  
MILK CHOCOLATE  
MINI EGGS  
200 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

EASTER SAVINGS

**4.49**  
EACH



FERRERO  
KINDER  
SURPRISE  
EGGS  
100 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

EASTER SAVINGS

**6.49**  
EACH



NESTLÉ AERO EASTER  
LAMB CHOCOLATE  
25 G  
CADBURY  
CREME EGGS  
34 G  
MINI EGGS  
23 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

EASTER SAVINGS

**1.11**  
EACH



FERRERO  
KINDER  
SURPRISE  
60 G  
SELECTED VARIETIES

EASTER SAVINGS

**4.29**  
EACH



EASTER SAVINGS

**6.79**  
EACH



CADBURY MINI EGGS  
200 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

EASTER SAVINGS

**5.79**  
EACH



HERSHEY'S  
SOLID EASTER  
BUNNY EASTER  
CHOCOLATE  
97 - 170 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

EASTER SAVINGS

**5.99**  
EACH



PEEPS MARSHMALLOW  
EASTER CANDY  
85 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST



EASTER SAVINGS

**2.49**  
EACH



NESTLÉ  
EASTER HIDE  
ME EGGS  
100 - 153 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

EASTER SAVINGS

**5.49**  
EACH



TERRY'S  
EASTER  
CHOCOLATE  
145 G  
CADBURY  
CARAMEL  
BUTTONS  
96 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

EASTER SAVINGS

**5.99**  
EACH



LINDT GOLD  
BUNNY EASTER  
CHOCOLATE  
100 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

EASTER SAVINGS

**7.99**  
EACH



FERRERO KINDER  
SURPRISE MAXI  
150 G  
FERRERO ROCHER  
RABBIT  
162.5 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

EASTER SAVINGS

**12.99**  
EACH

# ALL AISLES LEAD HOME

# KITCHENS OF THE WORLD



RED OR GREEN  
SWISS CHARD OR  
DANDELION  
PRODUCT OF U.S.A. AND/OR MEXICO

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

**2<sup>88</sup>**  
EACH



BLACK MISSION  
FIGS  
PRODUCT OF U.S.A. AND/OR MEXICO  
227 G

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

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



FONTAINE  
FRESH  
BREADED  
VEAL  
CUTLETS  
GRAIN-FED  
28.64/KG

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

**12<sup>99</sup>**  
/LB



FRESH WHOLE EUROPEAN SEA BASS  
26.43/KG

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

**11<sup>99</sup>**  
/LB



GALBANI  
MOZZARELLA  
BALL  
227 G  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

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



IRRESISTIBLES  
CIABATTA OR  
FRENCH  
BAGUETTE  
325 G  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

**1<sup>49</sup>**  
EACH



MOLISANA  
ARBORIO RICE  
1 KG

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

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



MOLISANA  
MUFFULETTA  
500 ML  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

**4<sup>49</sup>**  
EACH



GIGI  
LUPINI BEANS  
1 L

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

**6<sup>49</sup>**  
EACH



DAVID ROCCO  
LEMON  
CIAMBELLA  
CAKE  
400 G

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

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

# MORE

EID

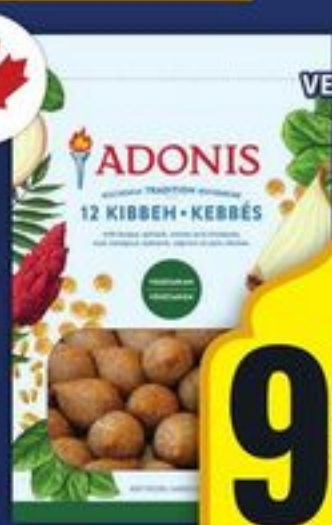
FOR

LESS



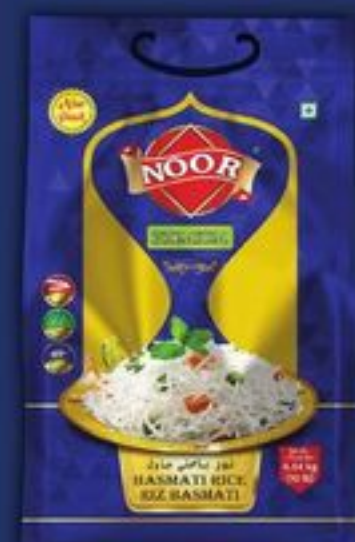
MEDJOOL DATES  
907 G

**9.99**  
EACH



ADONIS  
VEGETABLE OR  
HALAL BEEF  
KIBBEH  
FROZEN  
540 G  
SELECTED VARIETIES

**9.99**  
EACH



ARJUN  
BASMATI  
RICE  
3.63 KG  
SELECTED VARIETIES

**7.99**  
EACH



PHOENICIA OR CEDAR  
YOGURT  
650 - 750 G  
NORDEX KESHTA  
CREAM  
170 ML  
SELECTED VARIETIES

**2.49**  
EACH



CEDAR  
CANNED  
BEANS  
540 ML  
SELECTED VARIETIES

**1.49**  
EACH



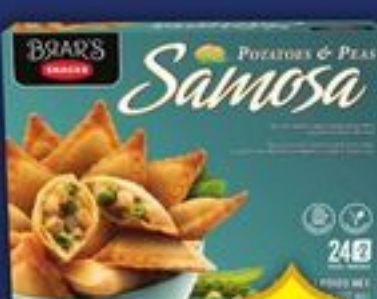
PILLSBURY  
CHAKKI ATTA FLOUR  
9.07 KG

**9.99**  
EACH



NOOR DATES, ROOH AFZA SYRUP OR  
SHERBON JUICE  
800 G, 600 ML, 2 L SELECTED VARIETIES

**4.99**  
EACH



BRAR'S  
SAMOSAS  
624 G  
FROZEN  
SELECTED VARIETIES

**6.49**  
EACH



CEDAR  
MARSHMALLOWS  
OR ROSE OR  
ORANGE WATER  
250 G, 250 - 350 ML  
SELECTED VARIETIES

**1.99**  
EACH



DIVYA  
LENTILS OR  
BLACK  
CHICK PEAS  
1.8 - 1.81 KG  
SELECTED VARIETIES

**3.99**  
EACH



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

**3.99**  
EACH



SURATI SNACKS,  
DIVYA ROASTED  
CHANA, RUBICON  
DRINKS  
200 - 400 G, 1 L  
SELECTED VARIETIES

**2.49**  
EACH



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

**4.99**  
EACH



DIVYA  
NAANS OR  
PARATHAS  
320 - 400 G FROZEN  
SELECTED VARIETIES

**1.99**  
EACH



BEST NECTARS,  
DIVYA  
MANGO PULP  
1 L, 650 G  
SELECTED VARIETIES

**2.99**  
EACH



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

**8.99**  
EACH



PARLE G OR  
LU COOKIES  
84 - 300 G  
SELECTED VARIETIES

**99¢**  
EACH



INDOMIE  
NOODLES OR  
MAGGI SAUCE  
5 X 80 - 5 X 85 G, 340 ML  
SELECTED VARIETIES

**3.49**  
EACH

**DELIVERING  
FREE  
PRODUCTS**

**VALUE  
OF  
\$6.99**



\*Offer valid from March 12 to March 18, 2026  
for online orders of \$100 or more. Conditions apply.

**FREE**

Selection Brownie Bites, Value Pack, Moist & Fudgy 608 g

**WITH YOUR NEXT ONLINE  
PURCHASE OF \$100 OR MORE\***

PROMO CODE:  
**BROWNIES**

**SHOP [FOODBASICS.CA](https://www.foodbasics.ca)**

VH SAUCE  
341 - 380 ML  
SELECTED VARIETIES

HUNT'S TOMATO SAUCE OR MANWICH  
398 - 680 ML  
SELECTED VARIETIES

LOCKED DOWN

329 EACH

LOCKED DOWN

249 EACH

AYLMER TOMATOES  
540 - 796 ML  
SELECTED VARIETIES

PAM COOKING SPRAY  
141 - 170 G  
SELECTED VARIETIES

LOCKED DOWN

249 EACH

LOCKED DOWN

549 EACH

SNACK PACK  
PUDDING OR GEL SNACK  
45  
SELECTED VARIETIES

ORVILLE REDENBACHER POPCORN  
820 G  
SELECTED VARIETIES

LOCKED DOWN

229 EACH

LOCKED DOWN

749 EACH

15 points

P.F. CHANG'S MEAL  
312 G FROZEN  
SELECTED VARIETIES

P.F. CHANG'S SAUCE  
350 ML  
SELECTED VARIETIES

MARIE CALLENDER'S MEAL  
640 G FROZEN  
SELECTED VARIETIES

GARDEIN FROZEN MEAL  
398 - 425 G  
SELECTED VARIETIES

LOCKED DOWN

699 EACH

LOCKED DOWN

449 EACH

LOCKED DOWN

949 EACH

LOCKED DOWN

949 EACH



i earn  
with moi  
rewards



PEPSI  
MINI CANS  
6 X 222 ML  
SELECTED VARIETIES

THIS WEEK ONLY

349  
EACH



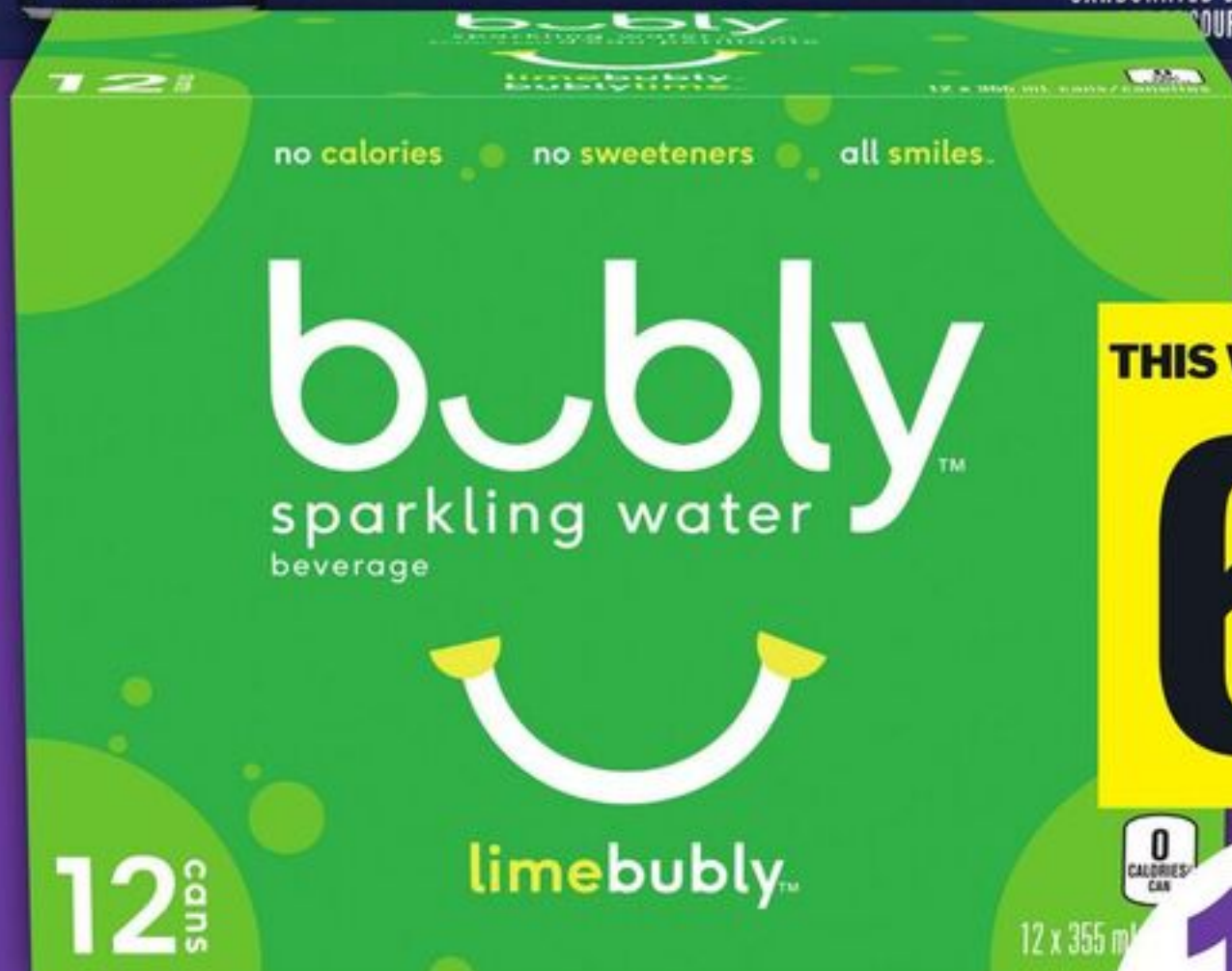
50  
points



10X  
355 mL  
SLIM CANS  
CANETTES  
MINCES

0  
CALORIES/  
CAN

CARBONATED SPRING WATER  
SOURCE GAZÉIFIÉE



no calories • no sweeteners • all smiles.

bubly  
sparkling water  
beverage

12  
cans

limebubly™

12 x 355 mL

THIS WEEK ONLY

649  
EACH

0  
CALORIES/  
CAN

125  
points

value of \$1

BUBLY SPARKLING WATER  
12 X 355 ML  
MONTELLIER CARBONATED WATER  
10 X 355 ML  
SELECTED VARIETIES