

THIS WEEK'S PRODUCE TOP PICKS

ONTARIO FRESH
SMALL GRAPEFRUIT
PRODUCT OF USA



SAVE \$1.87
\$1.99 EACH OR
3/\$5

PREMIUM FRESH
GRAPE TOMATOES
PRODUCT OF MEXICO



SAVE 50¢
349
/ EACH

PREMIUM FRESH
CELERY
PRODUCT OF USA



SAVE \$1
499
/ EACH

SERVING SUGGESTION

CANADIAN FRESH
LITTLE TRIO POTATOES
PRODUCT OF ALBERTA
1.5 LB BAG



SAVE \$2.98
\$5.49 EACH OR
2/\$9

PREMIUM FRESH
COLOSSAL GARLIC
PRODUCT OF SPAIN



SAVE \$2.47
\$1.99 EACH OR
3/\$5

PREMIUM FRESH
ORGANIC GINGER ROOT
PRODUCT OF PERU



SAVE \$1.20
479
/ LB

PREMIUM FRESH
GREEN ONIONS
PRODUCT OF MEXICO



SAVE UP TO 58¢
\$2.29 EACH OR
2/\$4

THIS WEEK'S PRODUCE **EVERYDAY PRICE**



CANADA

ONTARIO FRESH!
Foodland ONTARIO

EVERYDAY PRICE

2.99 / LB

ONTARIO FRESH
CORTLAND APPLES
PRODUCT OF ONTARIO
LB



EVERYDAY PRICE

6.99 / EACH

PREMIUM FRESH
CLEMENTINES
PRODUCT OF MOROCCO
2 LB



CANADA

ONTARIO FRESH!
Foodland ONTARIO

EVERYDAY PRICE

1.99 / LB

ONTARIO FRESH
SWEET CARROTS
PRODUCT OF ONTARIO
LB



CANADA

ONTARIO FRESH!
Foodland ONTARIO

EVERYDAY PRICE

3.49 / LB

ONTARIO FRESH
PARSNIPS
PRODUCT OF ONTARIO
LB

SHOP THE SYMBOL:

- ✓ **SUPPORT LOCAL**
- ✓ **BUY CANADIAN**
- ✓ **HIGH-QUALITY**



THIS WEEK'S TOP PICKS

OLYMEL
SMOKED TURKEY
PER 100 G



**CUSTOM SLICED
IN OUR DELI!**

SAVE \$1
2.99
/ 100 G

FOODSMITHS
**CHICKEN
ON A BUN**
EACH



SAVE \$1
5.49
/ EACH



**MADE
IN STORE!**

ALDERWOOD
**BREAKFAST
SAUSAGES**
375 G



SAVE \$1
10.99
/ EACH

ILCHESTER
**SMOKED
APPLEWOOD
BITES**
6 X 15 G



SAVE 50¢
5.99
/ EACH

COOMBE CASTLE
**RED
LEICASTER**
200 G



SAVE 50¢
7.99
/ EACH

REIDS DAIRY
ICE CREAM
1.5 L



SAVE \$1.50
7.99
/ EACH

ST. ALBERT
CHEESES
270 G

MARBLE, MILD,
MEDIUM, OR OLD
REG. \$12.49 - \$10.99

SAVE!
**10%
OFF**

ILIOS
**BELGIAN
WAFFLES**
220 G



SAVE 50¢
4.99
/ EACH

SILVER HILLS
**SPROUTED
BAGELS**
400 G



SAVE 58¢
\$7.29 EACH OR
2/\$14



THIS WEEK'S TOP PICKS

LIGHTLIFE HOTDOGS
340 G



SAVE 50¢

5.49 / EACH

APPLESNAX ORGANIC APPLE SAUCE
6 X 113 G



SAVE \$1.50

3.99 / EACH

LESSER EVIL POPCORN
140 - 142 G ASSORTED



SAVE \$1

4.99 / EACH

LESSER EVIL POPCORN
140 - 142 G ASSORTED



SAVE \$1

4.99 / EACH

DAD'S ROOT BEER
355 ML



SAVE 58¢

\$2.29 EACH OR 2/\$4

ILIOS AUTHENTIC ITALIAN PIZZAS
330 - 410 G ASSORTED



SAVE \$1

4.99 / EACH

ANNIE'S HOMEGROWN ORGANIC PASTA
149 - 170 G ASSORTED



SAVE UP TO \$1.50

4.99 / EACH

YOUR BREAD BOX SOURDOUGH BREAD
ASSORTED LOAVES



SAVE 70¢

10.29 / EACH

NATURE'S FLAIR CUPCAKES
4 PACK 220 G



SAVE 70¢

6.29 / EACH

FOODSMITHS CHOCOLATE CHUNK COOKIES
4 PK



SAVE \$1

7.99 / EACH

THIS WEEK'S TOP PICKS

TRU EARTH
DRYER BALLS

EACH



SAVE 80¢

3.99
/ EACH

CABOO
BATHROOM TISSUE

12 PK



SAVE \$5

11.99
/ EACH

OVEN BAKED
LARGE BREED DOG FOOD

LAMB
25 LBS



SAVE \$7

9.99
/ EACH

Fluid
Solar Roasted Coffee

TANZANIAN PEABERRY

PER 100 G



This Peaberry is from a group of tiny farms, some of which produce only a few bags of this special coffee each year. It is excellent brewed in a drip/French press/Chemex as well as making a great espresso option. Enjoy the raw sugar and cocoa tones in every sip.

TASTING NOTES:
Sweet Chocolate Liqueur | Cacao Nibs

SAVE \$1

4.99
/ 100 G

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



MADE IN CLAYTON, 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!**

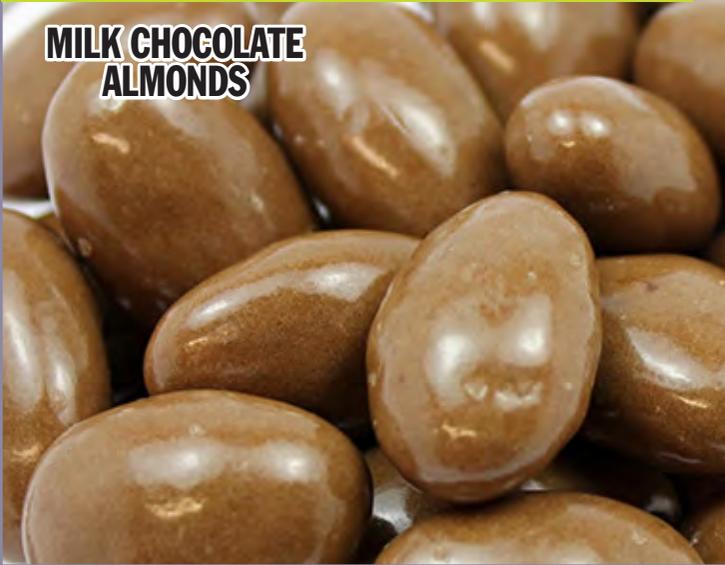


**SAVE IN
OUR BULK
BINS!**

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

**ONLY BUY
WHAT YOU
NEED**

BEST BUY THIS WEEK



**MILK CHOCOLATE
ALMONDS**

30% OFF

ON SALE

2.93

/100 G

SAVE \$1.26

BEST BUY THIS WEEK



ALMOND BUTTER

30% OFF

ON SALE

2.58

/100 G

SAVE \$1.11



BRIDGE MIX

25% OFF

ON SALE

2.99

/100 G

SAVE \$1



**REGULAR / SOUR
JU JUBES**

25% OFF

ON SALE

82¢

/100 G

SAVE 27¢



**OAT BRAN /
REGULAR SESAME
STICKS**

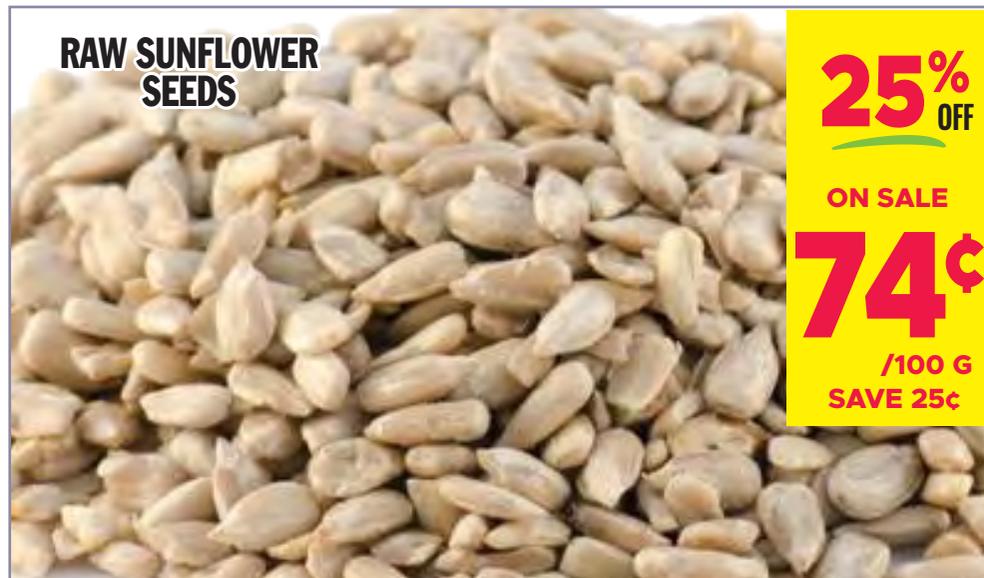
25% OFF

ON SALE

1.42

/100 G

SAVE 47¢



**RAW SUNFLOWER
SEEDS**

25% OFF

ON SALE

74¢

/100 G

SAVE 25¢

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!

WALNUT PIECES

25% OFF

ON SALE

2⁹⁹

/100 G

SAVE \$1

GOLDEN RAISINS

25% OFF

ON SALE

1¹⁹

/100 G

SAVE 40¢

DRIED TART CHERRIES

25% OFF

ON SALE

3⁵²

/100 G

SAVE \$1.17

FLAXSEED MEAL

25% OFF

ON SALE

59¢

/100 G

SAVE 20¢

BREADMAKER WHOLE WHEAT FLOUR

25% OFF

ON SALE

29¢

/100 G

SAVE 10¢

HIMALAYAN SALT

25% OFF

ON SALE

1²⁸

/100 G

SAVE 42¢

DRIED LAVENDER FLOWERS

10% OFF

ON SALE

13⁰⁴

/100 G

SAVE \$1.45

FIND AT OUR ECO FILL STATION!

ECOMAX HYPOALLERGENIC DISH SOAP



ECO-FRIENDLY FILL STATION

ECO MAX HYPOALLERGENIC DISH SOAP

65¢ /100g

20% OFF

ON SALE

52¢

/100 G

SAVE 13¢



THIS WEEK'S TOP PICKS



NADA
NEW!
**TOOTHBRUSHES
+ REFILLS**
ASSORTED

Toothbrush includes 3 Brush Heads and 1 Handle.

**10%
OFF**

PREFERRED NUTRITION **VITAMIN D3**

1000 IU 180 SG, 1000 IU 600 SG, OR 2500 IU 600 SG

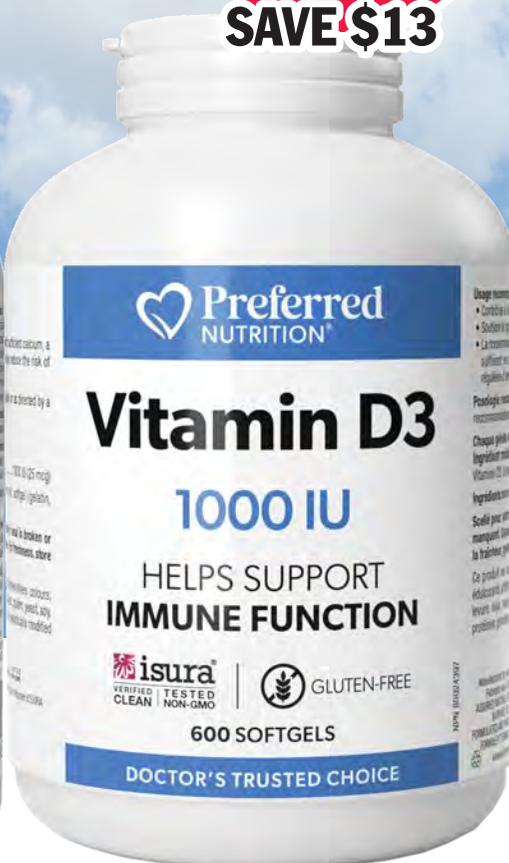
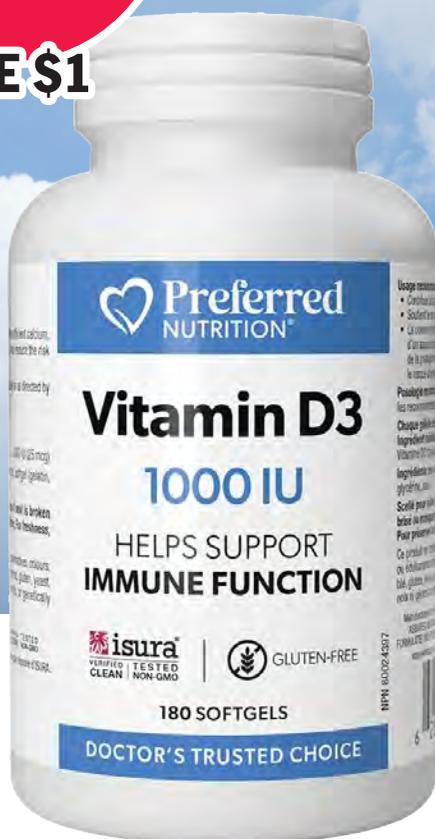
Preferred Nutrition Vitamin D3 1000 IU softgels help support immune function and build strong bones and teeth.



ON SALE
7⁹⁹
SAVE \$1

ON SALE
13⁹⁹
SAVE \$13

ON SALE
18⁹⁹
SAVE \$17



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
24⁹⁹
SAVE \$5

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

foodsmiths.com



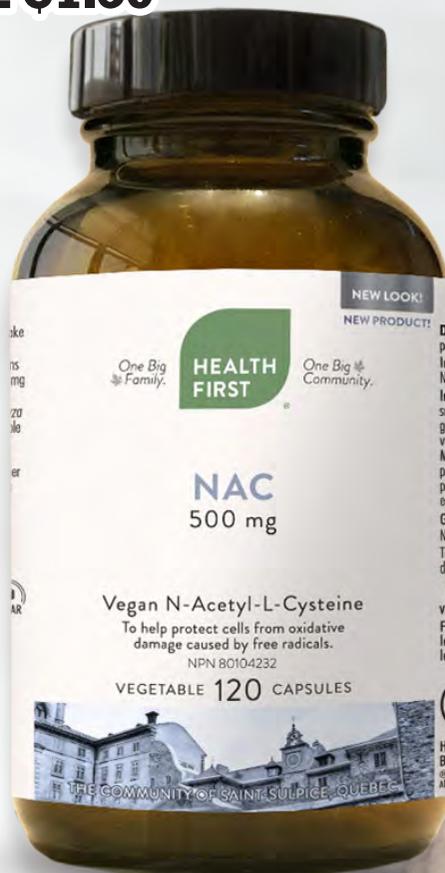
ON SALE
16⁴⁹
SAVE \$1.50

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