

food Basics

CANADIAN AND PROUD

ALWAYS MORE FOR LESS

VIP

VERY INCREDIBLE PRICE EVENT

PILLER'S SLICED DELI MEAT
2 x 125 - 275 G
SELECTED VARIETIES

INCREDIBLE
BUY 2, GET 1 FREE
FREE ITEM MUST BE OF
EQUAL OR LESSER VALUE



HALAL AT SAME PRICE

MEDIUM GROUND BEEF FAMILY PACK
INCLUDES HALAL
WHILE QUANTITIES LAST
10.74/KG

INCREDIBLE
4.87
/LB



INCREDIBLE
2.98
EACH

DORITOS, RUFFLES POTATO CHIPS
OR CHEETOS
180 - 285 G
SELECTED VARIETIES



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

INCREDIBLE
5.64
EACH

DR. OETKER RISTORANTE PIZZA
260 - 390 G
CASA DI MAMA PIZZA
395 - 410 G
FROZEN
SELECTED VARIETIES

INCREDIBLE
3.47
EACH



IRRESISTIBLE MUFFINS
600 G
SELECTED VARIETIES

INCREDIBLE
4.97
EACH

CLIF ENERGY BARS
10'S SELECTED VARIETIES

INCREDIBLE
9.95
EACH

125
points
value of \$1



HABITANT, CAMPBELL'S CHUNKY OR READY TO SERVE SOUP
515 - 796 ML
CATELLI GARDEN SELECT SAUCE
600 ML
SELECTED VARIETIES

INCREDIBLE
1.99
EACH

INCREDIBLE
11.98
EACH

125
points
value of \$1



CASHMERE BATHROOM TISSUE 24 - 48'S
SPONGE TOWELS ULTRA PAPER TOWELS
6 - 12'S
SCOTTIES FACIAL TISSUES 12'S SELECTED VARIETIES



IRRESISTIBLE FRUIT
400 - 600 G
FROZEN
IRRESISTIBLE ORANGE JUICE
1.54L
SELECTED VARIETIES

INCREDIBLE
3.97
EACH



GET READY TO SAVE! GREAT PRICES START ON THURSDAY, MARCH 19TH TO WEDNESDAY, MARCH 25TH, 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

V.I.P.



INCREDIBLE 186 EACH

CANTALOUPE
PRODUCT OF GUATEMALA OR HONDURAS, NO. 1 GRADE
BLACKBERRIES
PRODUCT OF MEXICO, NO. 1 GRADE
150 - 170 G



2 LB

INCREDIBLE 293 EACH

AVOCADOS
PRODUCT OF MEXICO AND/OR PERU
5 OR 6 PACK
CLEMENTINES
PRODUCT OF MOROCCO
2 LB
NAVEL ORANGES
PRODUCT OF SOUTH AFRICA
3 LB



INCREDIBLE 82¢ /LB

SWEET POTATOES
PRODUCT OF U.S.A.
1.81/KG



INCREDIBLE 14.88 EACH

IRRESISTIBLES WHOLE NATURAL ALMONDS OR WALNUTS, HALVES & PIECES OR SALTED/UNSALTED PISTACHIOS
750 G • 1 KG SELECTED VARIETIES

GET READY TO SAVE! GREAT PRICES START

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

ALL DAY BREAKFAST FOR LESS




DEMPSTER'S BREAD
475 G
SELECTED VARIETIES

WHITE

THIS WEEK ONLY 269 EACH

100% WHOLE WHEAT
NO ARTIFICIAL FLAVOURS OR COLOURS
Contains 100% Canadian wheat flour



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

LIBERTÉ GREG-GREEK
ASTRO ORIGINAL BALKAN OR iögo YOGURT
650 - 750 G
SELECTED VARIETIES

THIS WEEK ONLY 299 EACH



LACTANTIA LACTOSE FREE MILK
2 L
SELECTED VARIETIES

SANS Lactose FREE

THIS WEEK ONLY 499 EACH



KELLOGG'S MINI-WHEATS CEREAL
400 G
RICE KRISPIES
340 G
SELECTED VARIETIES

THIS WEEK ONLY 388 EACH



KRAFT PEANUT BUTTER
750 G • 1 KG
HAZELNUT SPREAD
725 G
MAXWELL HOUSE COFFEE CAPSULES
12'S
SELECTED VARIETIES

THIS WEEK ONLY 597 EACH

MAXWELL HOUSE
ORIGINAL ROAST TORRÉFACTION ORIGINALE
100% ARABICA COFFEE / CAFÉ 100% ARABICA
114 g

V.I.P.

VERY INCREDIBLE PRICE EVENT

Black Diamond OLD • FORT
Cheddar Cheese Fromage cheddar

Black Diamond MARBLE • MARBRÉ

Black Diamond CHEESE 400 G SHREDS 328 G

NATURAL CHEESE SLICES 220 • 240 G

GALBANI MOZZARELLA 300 G SELECTED VARIETIES

INCREDIBLE
\$5.48
EACH

SELECTION SMOKED BONELESS HALF HAM 675 G SELECTED VARIETIES

OLD FASHIONED SMOKED HAM
JAMBON FUMÉ À L'ANCIENNE
EXTRA NOIR 45% DE PROTÉINES DE VIANDE

INCREDIBLE
\$7.97
EACH

Beatrice CHOCOLATE MILK 1% SELECTED VARIETIES

INCREDIBLE
\$1.98
EACH

Healthy Choice Grilled Chicken & Broccoli Alfredo
Poulet grillé et brocoli Alfredo

simply Grilled Chicken & Broccoli Alfredo
Poulet grillé et brocoli Alfredo

INCREDIBLE
\$3.93
EACH

HEALTHY CHOICE ENTRÉES
250 • 290 G FROZEN SELECTED VARIETIES

EARTH'S OWN OAT BEVERAGE 1.75 L

OASIS DRINKS 1.5 • 1.8 L

DANONE OIKOS GREEK YOGURT 48 • 100 G

LIBERTÉ MEDITERRANÉE YOGURT 500 G

INCREDIBLE
\$3.47
EACH

Häagen-Dazs ICE CREAM 450 ML

NOVELTIES 3 • 4'S SELECTED VARIETIES

INCREDIBLE
\$5.44
EACH

Campbell's BROTH 250 • 900 ML SELECTED VARIETIES

INCREDIBLE
\$1.49
EACH

CLASSICO TOMATO & BASIL TOMATES ET BASILIC 600 mL

CLASSICO ALFREDO 410 mL

CLASSICO PASTA SAUCE 210 • 400 ML SELECTED VARIETIES

INCREDIBLE
\$2.98
EACH

Minute Maid JUICE OR FUZE ICED TEA 8.5 • 200 ML

INCREDIBLE
\$3.25
EACH

Dare COOKIES OR CRACKERS 100 • 315 G SELECTED VARIETIES

Vinta CRISPS 1 LEGUMES 250 G

INCREDIBLE
2/\$5

PEPSI SOFT DRINKS 12 X 355 ML CANS

CANADA DRY GINGER ALE 12 X 355 ML CANS

Coca-Cola ORIGINAL TASTE 12 X 355 ML CANS

INCREDIBLE
\$7.99
EACH

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

eska WATER 24 X 500 ML

INCREDIBLE
\$4.99
EACH

Palmolive DISH SOAP 820 ML SELECTED VARIETIES

INCREDIBLE
\$1.99
EACH

Pampers SWADDLERS DIAPERS 124 • 174'S SELECTED VARIETIES

INCREDIBLE
\$36.95
EACH

***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.

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 morewards.ca for terms and conditions. Moi Rewards is a trademark of Metro Inc.

Metro Inc. disclaims all liability in connection with or that may arise from the visuals provided by advertisers and suppliers with respect to photos, logos, designs, typography and product origin.

UNAUTHORIZED COPYING OF THIS FLYER IN ANY MEDIUM (INCLUDING POSTING ONLINE) WITHOUT THE PRIOR WRITTEN CONSENT OF METRO ONTARIO INC. IS NOT PERMITTED. CUSTOMER CARE: 1-866-595-5554

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.



GENERAL MILLS
HONEY NUT
CHEERIOS
430 G
CINNAMON
TOAST CRUNCH
354 G
SELECTED VARIETIES

LOCKED DOWN
349
EACH

125
points
when you buy 2
value of \$1



BOURSIN CHEESE
250 G
SELECTED VARIETIES

LOCKED DOWN
899
EACH

45
points



MARC ANGELO JUMBO PORK SAUSAGES
375 - 675 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY
699
EACH

35
points



BURNBRAE HARD
BOILED EGGS
264 G
SELECTED VARIETIES

LOCKED DOWN
399
EACH

20
points



OCEAN PRIME
RAW ARGENTINIAN
SHRIMP 11 - 15 CT
454 G SELECTED VARIETIES

THIS WEEK ONLY
1299
EACH

55
points



EAGLE BRAND
CONDENSED MILK
300 ML
SELECTED VARIETIES

LOCKED DOWN
379
EACH

20
points



NESTLÉ CARNATION
HOT CHOCOLATE
400 - 450 G
SELECTED VARIETIES

LOCKED DOWN
629
EACH

35
points



JACK LINK'S
BEEF JERKY
80 G
SELECTED VARIETIES

LOCKED DOWN
599
EACH

30
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



BEN'S ORIGINAL BISTRO EXPRESS RICE
240 - 250 G SELECTED VARIETIES

LOCKED DOWN
279
EACH

15
points



CADBURY DAIRY MILK BARS 144 - 180 G
MINI EGGS 151 G
SELECTED VARIETIES

LOCKED DOWN
449
EACH

25
points



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

LOCKED DOWN
299
EACH

15
points



REALEMON
LEMON JUICE
945 ML
SELECTED VARIETIES

LOCKED DOWN
299
EACH

15
points

CHOOSE CANADIAN



WHOLE WHITE OR
CREMINI MUSHROOMS
PRODUCT OF ONTARIO
227 G

2⁷⁷
EACH



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

2/\$5



MAPLE LODGE OR
ZABIHA HALAL CHICKEN WIENERS
450 G
SELECTED VARIETIES

2/\$5



WATSON RIDGE
FULLY COOKED
BREADED CHICKEN
400 G
FROZEN
SELECTED VARIETIES

6⁹⁹
EACH



IRRESISTIBLE MUFFINS
400 G
SELECTED VARIETIES

4⁹⁷
EACH



SELECTION
SNACK TUBS
420 - 600 G
SELECTED VARIETIES

5⁹⁹
EACH



BEATRICE
CHOCOLATE MILK
1 L
SELECTED VARIETIES

1⁹⁸
EACH



DORITOS, RUFFLES POTATO CHIPS
OR CHEETOS
100 - 285 G
SELECTED VARIETIES

2⁹⁸
EACH



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

5⁴⁸
EACH



CAMPBELL'S
BROTH
250 - 900 ML
SELECTED VARIETIES

1⁴⁹
EACH



LIBERTÉ GREEK YOGURT
4.2 L (100 G)
ASTRO ORIGINAL
BALKAN OR IÖGO
YOGURT
650 - 750 G
SELECTED VARIETIES

2⁹⁹
EACH



DARE COOKIES OR CRACKERS
100 - 315 G SELECTED VARIETIES

2/\$5



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

7⁹⁹
EACH



CASHMERE BATHROOM TISSUE 24 - 48'S
SPONGE TOWELS ULTRA PAPER TOWELS 6 - 12'S
SCOTTIES FACIAL TISSUES 12'S SELECTED VARIETIES

11⁹⁹
EACH
125
points
value of \$1

*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



THIS WEEK ONLY

1⁹⁹
/LB



THIS WEEK ONLY

3⁹⁹
EACH



THIS WEEK ONLY

2⁷⁷
EACH



THIS WEEK ONLY

2⁴⁹
EACH



THIS WEEK ONLY

1²⁹
EACH



THIS WEEK ONLY

3⁹⁹
/LB



THIS WEEK ONLY

3⁹⁹
EACH



THIS WEEK ONLY

4⁹⁹
EACH



THIS WEEK ONLY

2/\$5



THIS WEEK ONLY

1⁹⁹
/LB



THIS WEEK ONLY

3⁹⁹
EACH



THIS WEEK ONLY

4⁹⁹
EACH



THIS WEEK ONLY

3⁹⁹
EACH



THIS WEEK ONLY

4⁷⁷
EACH



THIS WEEK ONLY

3⁹⁹
EACH



THIS WEEK ONLY

2/\$5

FLORAL



THIS WEEK ONLY

8⁸⁸
EACH



THIS WEEK ONLY

10⁸⁸
EACH



THIS WEEK ONLY

11⁹⁸
EACH



THIS WEEK ONLY

16⁹⁹
EACH

MEAT

PRIME
RAISED WITHOUT antibiotics
ÉLEVÉ SANS antibiotiques

PRIME RAISED WITHOUT ANTIBIOTICS CHICKEN DRUMSTICKS OR THIGHS FAMILY PACK AIR CHILLED 9.90/KG

THIS WEEK ONLY

4.49 /LB

Selection
Breakfast à déjeuner

Selection
Italian Italiennes MILD & SPICY

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

THIS WEEK ONLY

4.49 /LB

LEGACY CURED BONELESS PORK LOIN ROLLED IN CORNMEAL 8.80/KG

THIS WEEK ONLY

3.99 /LB

FRESH CHICKEN WINGS BAGGED INCLUDES ZABIHA HALAL 8.80/KG

THIS WEEK ONLY

3.99 /LB

HALAL AT SAME PRICE

WHOLE RAINBOW TROUT 8.99/LB, 19.82 KG
SALMON PORTIONS 8.99 EA, SELECTED VARIETIES

THIS WEEK ONLY

8.99 /LB OR EACH

FRESH BONELESS INSIDE BLADE ROAST OR FAMILY PACK STEAKS CUT FROM CANADA AA OR HIGHER GRADE OF BEEF 26.43/KG

THIS WEEK ONLY

11.99 /LB

HALAL AT SAME PRICE

Zabihah Halal CHICKEN WINGS 430 G SELECTED VARIETIES

THIS WEEK ONLY

2/\$5

DINO CHICKEN NUGGETS 300 G SELECTED VARIETIES

THIS WEEK ONLY

6.99 EACH

SCHNEIDERS JUICY JUMBOS OR SMOKED SAUSAGES 375 - 400 G SELECTED VARIETIES

THIS WEEK ONLY

7.99 EACH

PINTY'S CHICKEN WINGS 720 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

15.99 EACH

60 points

HUMMUS 200 - 227 G SELECTED VARIETIES

THIS WEEK ONLY

2.99 EACH

O'SOLE MIO FRESH PASTA 255 G SELECTED VARIETIES

THIS WEEK ONLY

3.49 EACH

NATURAL CHICKEN POULET NATUREL

MAPLE LEAF PREPPED & READY SHREDDED CHICKEN 270 G SELECTED VARIETIES

THIS WEEK ONLY

7.99 EACH

LEGACY MARINATED BONE-IN PORK CHOPS 440 - 450 G SELECTED VARIETIES

THIS WEEK ONLY

8.99 EACH

SELECTION FETA CHEESE 200 G SELECTED VARIETIES

THIS WEEK ONLY

3.99 EACH

TRE STELLE MOZZARELLA BALL OR CASTELLO SLICED DELI CHEESE 145 - 340 G SELECTED VARIETIES

THIS WEEK ONLY

5.49 EACH

IRRESISTIBLES PEPPERONI STICKS 300 G SELECTED VARIETIES

THIS WEEK ONLY

5.99 EACH

BRAR'S PANEER 375 G SELECTED VARIETIES

THIS WEEK ONLY

5.99 EACH

SEAHORSE BASA STEAK OR ANCHOR'S BAY BASA FILLET OR SEASOUL TORPEDO SHRIMP 200 - 300 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

3.49 EACH

MARINA DEL RAY ARGENTINIAN SHRIMP WITH COCKTAIL SAUCE 100 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

3.99 EACH

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

THIS WEEK ONLY

4.99 EACH

SEAJOY SEAWEED SALAD OR MACKEREL FILLETS 300 - 400 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

5.49 EACH

BAKERY



Dempster's
EST 1880
ENGLISH MUFFINS
ANGLAIS
PLAIN NATURE
NO ARTIFICIAL
Flavours or Colours
6 MUFFINS
340 g

Dempster's
EST 1880
HOT DOG
NO ARTIFICIAL
Flavours or Colours
8 BUNS
340 g

THIS WEEK ONLY

269
EACH

DEMPSTER'S BUNS
25
ENGLISH MUFFINS
85
SELECTED VARIETIES



JOS LOUIS
L'ORIGINAL THE ORIGINAL
324 g

BROWNIES
BROWNIES-CANDIES
NOUVEAU-NEW
6 BROWNIES

VACHON
SNACK CAKES
6-12'S
SELECTED VARIETIES

THIS WEEK ONLY

349
EACH



SELECTION
COOKIES
360-426 G
DONUTS
360-520 G
SELECTED VARIETIES

THIS WEEK ONLY

499
EACH

OATMEAL RAISIN
AVOINE ET RAISINS
436 g
12 MUFFINS ET
POISSONNETS



SELECTION
Cinnamon Rolls
Roulés à la cannelle
glacage saucé au miel
595 g

SELECTION
Brownies
mélange de produits
668 g

THIS WEEK ONLY

599
EACH

MORE GREAT SAVINGS FOR LESS



OCEAN SPRAY
CRANBERRY COCKTAIL
OR JUICE BLENDS
1.77-1.89 L
SELECTED VARIETIES

LOCKED DOWN

399
EACH

MAXWELL HOUSE
GROUND COFFEE
364-508 G
SELECTED VARIETIES

LOCKED DOWN

1599
EACH

QUAKER
DIPPS
CHOCOLATE CHIP
BRISURES CHOCOLATÉES
156 g

QUAKER
CHEWY
CHOCOLATE CHIP
BRISURES CHOCOLATÉES
156 g

LOCKED DOWN

249
EACH

OÏKOS PRO
24 g
PROTEINES
NO ADDED SUGAR
SAUCES SUCRE AJOUTÉ

OÏKOS PRO
24 g
PROTEINES
NO ADDED SUGAR
SAUCES SUCRE AJOUTÉ

OÏKOS PRO
DRINKABLE
YOGURT
300 ML
SELECTED VARIETIES

LOCKED DOWN

299
EACH



PARKAY
MARGARINE
830 G
SELECTED VARIETIES

LOCKED DOWN

449
EACH

COCA-COLA
OR
CANADA DRY
GINGER ALE
MINI CANS
SELECTED VARIETIES

LOCKED DOWN

449
EACH

SANPELLEGRINO
SPARKLING DRINKS
6 X 230 ML
SELECTED VARIETIES

LOCKED DOWN

699
EACH

RED ROSE
ORANGE PEKOE
TEA
140
SELECTED VARIETIES

LOCKED DOWN

899
EACH

KNORR
BOUILLON
CUBES
63-89 G
SELECTED VARIETIES

BETTY CROCKER
INSTANT
MASHED
POTATOES
341-375 G
SELECTED VARIETIES

LOCKED DOWN

249
EACH

FRUITÉ
DRINKS
2 L
SELECTED VARIETIES

LOCKED DOWN

249
EACH

PEACE TEA
ICED TEA
495 ML
POWERADE
SPORTS
DRINKS
750 ML
SELECTED VARIETIES

LOCKED DOWN

125
EACH

NESTLÉ
CANDY BARS
42-50 G
SELECTED VARIETIES

LOCKED DOWN

99¢
EACH

LOCKED DOWN



ROBIN HOOD OR
FIVE ROSES FLOUR
2.5 KG
SELECTED VARIETIES



LOCKED DOWN

5.49
EACH



KELLOGG'S EGGO
WAFFLES
280 - 500 G
FROZEN
SELECTED VARIETIES

LOCKED DOWN

5.49
EACH



LACTANTIA
LACTOSE FREE MILK
4 L
SELECTED VARIETIES

LOCKED DOWN

10.99
EACH



SMUCKER'S
JAM OR JELLY
500 ML
SELECTED VARIETIES

LOCKED DOWN

6.29
EACH



BICK'S PICKLES
1 L
SELECTED VARIETIES

LOCKED DOWN

4.99
EACH



NESTEA
ICED TEA
1.89 L, 10 x 200 ML
SELECTED VARIETIES

LOCKED DOWN

2.99
EACH



PLANTERS
CASHEWS
200 G
SELECTED VARIETIES

LOCKED DOWN

5.29
EACH



ALLEN'S
WHITE OR
CLEANING
VINEGAR
2.5 - 4 L
SELECTED VARIETIES

LOCKED DOWN

3.49
EACH



SUN-MAID
RAISINS
710 G
SELECTED VARIETIES

LOCKED DOWN

7.99
EACH



CHRISTIE FAMILY
SIZE COOKIES
200 - 400 G
SELECTED VARIETIES

LOCKED DOWN

4.49
EACH



KINDER
SURPRISE OR
BUENO
28 - 43 G
SELECTED VARIETIES

LOCKED DOWN

2/\$3



HOT CHOCOLATE
CARNATION
NESTLÉ
7 x 20 G, 10 x 13 G
SELECTED VARIETIES

LOCKED DOWN

5.29
EACH

30
points



RED BULL
ENERGY DRINKS
8 x 250 ML
SELECTED VARIETIES

LOCKED DOWN

16.99
EACH



HUNT'S
TOMATO PASTE
136 ML
SELECTED VARIETIES



LOCKED DOWN

1.29
EACH



PURINA ONE
DOG FOOD
3.6 KG
SELECTED VARIETIES

LOCKED DOWN

2.49
EACH



FANCY FEAST
CAT FOOD
85 G
SELECTED VARIETIES

LOCKED DOWN

90¢
EACH

Lotto MAX

DREAM TO THE MAX

PLAY TODAY!

Must be 18+ years of age to play. Terms and Conditions apply. Play Smart.



PEDIGREE
DOG FOOD
400 G
SELECTED VARIETIES

LOCKED DOWN

3.49
EACH



WHISKAS
CAT TREATS
100 G
SELECTED VARIETIES

LOCKED DOWN

2.99
EACH

ALWAYS GREAT PRICE



IRRESISTIBLE GREEK OR SKYR YOGURT
750 g | 11 g PROTEIN (Greek) / 12 g PROTEIN (Skyr)
SELECTED VARIETIES

ALWAYS GREAT PRICE 

4.99 EACH



SELECTION CEREALS
600 - 775 g
SELECTED VARIETIES

ALWAYS GREAT PRICE 

4.97 EACH



SELECTION CREAM CHEESE PRODUCT
340 g
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3.99 EACH



SELECTION VEGETABLES
500 - 750 g
FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2.99 EACH



SELECTION WATER ENHANCERS
48 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2.79 EACH



SELECTION SNACKS
265 - 285 g
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2.88 EACH



IRRESISTIBLES MELBA TOAST
110 - 200 g
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2.49 EACH



LIFE SMART ORGANIC CANNED BEANS
300 - 350 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE 

1.99 EACH



SELECTION MAYONNAISE
750 - 890 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE 

4.77 EACH



SELECTION COOKING SAUCE
330 - 350 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2.49 EACH



SELECTION SALSAS
430 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2.99 EACH

IRRESISTIBLES CHOCOLATE BAR
300 g
SELECTED VARIETIES

ALWAYS GREAT PRICE 

6.99 EACH



SELECTION JELLY POWDER
85 g
SELECTED VARIETIES

ALWAYS GREAT PRICE 

99¢ EACH

SELECTION PEROGIES
907 g - 1 kg
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2.79 EACH



SELECTION DISHWASHING DETERGENT
650 - 820 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE 

1.97 EACH

SELECTION RINSE AGENT
627 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE 

4.79 EACH



SELECTION PAPER TOWELS
65
SELECTED VARIETIES

ALWAYS GREAT PRICE 

5.99 EACH

SELECTION FACIAL TISSUES
125
SELECTED VARIETIES

ALWAYS GREAT PRICE 

13.99 EACH

EASTER ENTERTAINING FOR LESS



IRRESISTIBLE
FULLY
COOKED
MEATBALLS
500 - 600 G
FROZEN
SELECTED VARIETIES

EASTER SAVINGS

9.99
EACH



Cheesecake
ASSORTMENT - ASSORTIMENT DE
Gâteaux au fromage
CHOCOLATE LOVERS
FOUS DE CHOCOLAT

EASTER SAVINGS

18.99
EACH



IRRESISTIBLE
MINI MOUSSE
OR CHEESECAKE
300 - 350 G
SELECTED VARIETIES

EASTER SAVINGS
7.99
EACH



IRRESISTIBLE
WELLINGTON
SALMON
300 G
SELECTED VARIETIES

EASTER SAVINGS
12.99
EACH



EASTER SAVINGS
4.49
EACH

25
points



TIM HORTONS
GROUND COFFEE
455 - 475 G
SELECTED VARIETIES

EASTER SAVINGS
23.99
EACH



SELECTION
POTATO
CHIPS
200 G
SELECTED VARIETIES

EASTER SAVINGS
1.49
EACH



FERRERO
ROCHER
EASTER
RABBIT
70 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

EASTER SAVINGS
4.49
EACH



IRRESISTIBLE
MINI EASTER
CHOCOLATE
800 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

EASTER SAVINGS
17.99
EACH



STARBUCKS
COFFEE
ENHANCERS
333 ML
SELECTED VARIETIES

EASTER SAVINGS
6.99
EACH



THE LAUGHING
COW CHEESE
PRODUCT
400 G
SELECTED VARIETIES

EASTER SAVINGS
8.99
EACH



PILLSBURY
PREPARED
DOUGH
300 - 325 G
SELECTED VARIETIES

EASTER SAVINGS
1.99
EACH



DOLE
PINEAPPLE
700 ML
SELECTED VARIETIES

EASTER SAVINGS
2.49
EACH



PHILADELPHIA
DIPS
227 G
SELECTED VARIETIES

EASTER SAVINGS
3.79
EACH



GAY LEA
REAL
WHIPPED
CREAM
1.89 L
SELECTED VARIETIES

EASTER SAVINGS
3.99
EACH



CLOVER LEAF
SMOKED OYSTERS
OR MUSSELS
81 G
SELECTED VARIETIES

EASTER SAVINGS
1.99
EACH



TAST!EZ
JALAPENO BITES
BOUCHÉES
DE JALAPENO
AU FROMAGE
315 G
SELECTED VARIETIES

EASTER SAVINGS
4.99
EACH



KNORR
SIDEKICKS
120 - 142 G
OCEAN
SPRAY
CRANBERRY
SAUCE
340 ML
SELECTED VARIETIES

EASTER SAVINGS
1.99
EACH



STOVE TOP
STUFFING MIX
120 G
SELECTED VARIETIES

EASTER SAVINGS
1.49
EACH



FRANCO
AMERICAN
284 ML
CLUB HOUSE
GRAVIES
EACH
SELECTED VARIETIES

EASTER SAVINGS
99¢
EACH



DEL MONTE
CANNED
VEGETABLES
341 - 398 ML
SELECTED VARIETIES

EASTER SAVINGS
1.59
EACH



CRUNCH 'N
MUNCH
POPCORN
99 G
SELECTED VARIETIES

EASTER SAVINGS
2/\$3



MOTT'S
GARDEN
COCKTAIL
1.89 L
SELECTED VARIETIES

EASTER SAVINGS
4.49
EACH



SELECTION
SPARKLING
WATER
12 X 355 ML
SELECTED VARIETIES

EASTER SAVINGS
5.79
EACH



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

EASTER SAVINGS
19.99
EACH

SPRING CLEANING FOR LESS



THIS WEEK ONLY

14⁹⁹

EACH



THIS WEEK ONLY

6⁹⁹

EACH

GAIN OR TIDE LAUNDRY DETERGENT
2.15 - 4.35 L - 52 - 100 LOADS
SELECTED VARIETIES

BOUNTY PAPER TOWELS
3 - 6'S
CHARMIN BATHROOM TISSUE
8 - 24'S
SELECTED VARIETIES



DOWNY
FABRIC
SOFTENER
3.29 L
SCENT
BOOSTER
515 G
SELECTED VARIETIES

THIS WEEK ONLY

14⁹⁹

EACH



DAWN
DISH SOAP
431 ML
SELECTED VARIETIES

THIS WEEK ONLY

2⁴⁹

EACH



MR. CLEAN
CLEANER
1.21 L
SELECTED VARIETIES

LOCKED DOWN

3⁹⁹

EACH



SWIFFER
SWEEP + MOP
PRO
EACH
SELECTED VARIETIES

THIS WEEK ONLY

15⁹⁹

EACH



FEBREZE
PLUG REFILL
2 X 26 ML
SELECTED VARIETIES

LOCKED DOWN

9⁹⁹

EACH



GLAD GARBAGE BAGS
30 - 44'S
SELECTED VARIETIES

LOCKED DOWN

11⁹⁹

EACH



ALLEN'S
WHITE OR
CLEANING
VINEGAR
2.5 - 4 L
SELECTED VARIETIES

LOCKED DOWN

3⁴⁹

EACH



PINE-SOL
CLEANER
1.41 L
CLOXOX
BLEACH
2.4 L
SELECTED VARIETIES

LOCKED DOWN

4⁹⁹

EACH



LYSOL
DISINFECTANT
WIPES
75 - 84'S
SELECTED VARIETIES

LOCKED DOWN

5⁴⁹

EACH

30
points



EASY OFF
OVEN
CLEANER
400 G, 475 ML
SELECTED VARIETIES

LOCKED DOWN

6⁹⁹

EACH



LOCKED DOWN

23⁹⁹

EACH

BRITA WATER FILTRATION SYSTEM EACH
REFILL FILTERS 3'S SELECTED VARIETIES



FINISH
POWERBALL
DISHWASHER TABS
60 - 105'S
SELECTED VARIETIES

LOCKED DOWN

23⁹⁹

EACH

MORE

BAISAKHI

FOR

LESS



JUMBO PAPAYA
PRODUCT OF MEXICO
3.28/KG

THIS WEEK ONLY

149
/LB



BRAR'S
PANEER
325 G
SELECTED VARIETIES

THIS WEEK ONLY

599
EACH



ARJUN
BASMATI RICE
3.63 KG
SELECTED VARIETIES

LOCKED DOWN

799
EACH

20 LB



PILLSBURY
CHAKKI ATTA
FLOUR
9.07 KG

LOCKED DOWN

999
EACH



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

LOCKED DOWN

399
EACH

800 G



NANAK
DESI GHEE
800 G

LOCKED DOWN

1399
EACH



CASABLANCA HONEY OR TATA TEA
AGNI: PREMIUM OR GOLD
1 KG, 220'S, 400 G SELECTED VARIETIES

LOCKED DOWN

699
EACH



SURATI
FROZEN
VEGETABLES
340 G
SELECTED VARIETIES

LOCKED DOWN

167
EACH



CASABLANCA
PUNJABI
COOKIES
1.13 KG
SELECTED VARIETIES

THIS WEEK ONLY

599
EACH



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

LOCKED DOWN

249
EACH



MAGGI
INSTANT SOUP
NOODLES
70 G

LOCKED DOWN

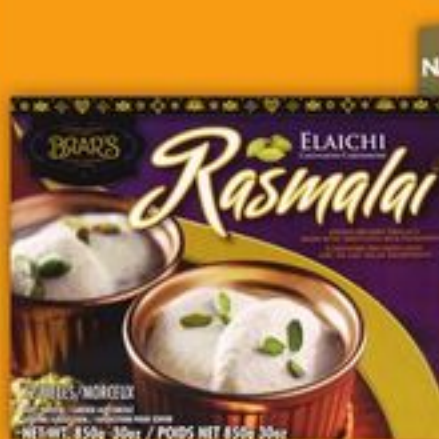
39¢
EACH



DIVYA
NAANS OR
PARATHAS
200 - 400 G FROZEN
SELECTED VARIETIES

LOCKED DOWN

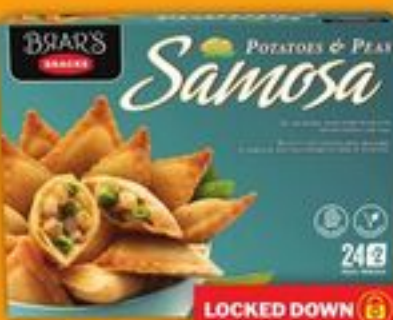
199
EACH



BRAR'S RASMALAI OR NANAK GULAB JAMUN
850 - 900 G SELECTED VARIETIES
SELECTED STORES

LOCKED DOWN

999
EACH



BRAR'S
SAMOSAS
200 G FROZEN
SELECTED VARIETIES

LOCKED DOWN

649
EACH



DIVYA
COOKING SAUCE
1.5 L
SELECTED VARIETIES

LOCKED DOWN

249
EACH



DESI-LICIOUS KULFI
1 L FROZEN
SELECTED VARIETIES



LOCKED DOWN

649
EACH



DIVYA PICKLE
CONDIMENTS OR
FRIED ONIONS
400 - 500 G
SELECTED VARIETIES



LOCKED DOWN

349
EACH



SHER BROWN
CANE SUGAR
3.62 KG

LOCKED DOWN

899
EACH

MORE

EID

FOR

LESS



SPINACH
PRODUCT OF U.S.A.
METHI LEAVES
PRODUCT OF U.S.A./AND/OR MEXICO

1⁸⁸
EACH



NEW ZEALAND
LAMB SHANKS
FROZEN
SELECTED VARIETIES
19.82/KG

HALAL

8⁹⁹
/LB



PARLIAMENT GOLD, NOOR OR LAL QILLA
SUPREME SELLA, ERAVAT BASMATI RICE
4.54 KG SELECTED VARIETIES

9⁹⁹
EACH



SAPORITO
VEGETABLE,
CANOLA OR
CORN OIL
2.84 - 3 L

9⁹⁹
EACH



DIVYA
OKRA
315 G
FROZEN
SELECTED VARIETIES

99^c
EACH



CEDAR
CANNED
BEANS
540 ML
SELECTED VARIETIES

1⁴⁹
EACH



CEDAR PHYLLO PASTRY DOUGH,
FROZEN SPINACH, OR STUFFED VINE LEAVES
375 - 750 G SELECTED VARIETIES

2⁹⁹
EACH



CEDAR
DRY BEANS,
BARLEY,
BULGUR OR
SEMOLINA
907 G
SELECTED VARIETIES

2⁹⁹
EACH



CRISPY NAAN
500 G
SELECTED VARIETIES

1⁸⁹
EACH



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

4⁹⁹
EACH



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

1⁹⁹
EACH



PARLE-G OR LU
COOKIES
84 - 100 G
SELECTED VARIETIES

99^c
EACH



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

4⁹⁹
EACH



ALFA PIE
700 - 850 G
FROZEN
SELECTED VARIETIES

7⁹⁹
EACH



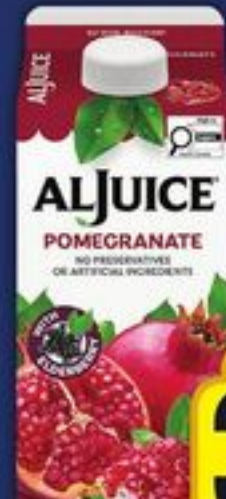
NORDEK
KASHTA CREAM
1.75 L
SELECTED VARIETIES

2⁴⁹
EACH



BÖREK-TWISTS OR BITES,
MAGGI BOUILLON CUBES
454 - 504 G SELECTED VARIETIES

5⁴⁹
EACH



AL OR
ALPHONSO
JUICE
1.75 L
SELECTED VARIETIES

3⁹⁹
EACH



250 ML CEDAR
PEACHES OR
POMEGRANATE
JUICE
250 - 796 ML
SELECTED VARIETIES

3⁴⁹
EACH

PERSONAL CARE FOR LESS



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

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

LISTERINE MOUTHWASH
1 L
SELECTED VARIETIES

LOCKED DOWN

5.99
EACH



HUGGIES
little movers
OUTSTANDING ACTIVE FIT
12 Hours of Leak Protection

HUGE VALUE
GRANDE VALEUR

6
84 DIAPERS
COUCHES

HUGGIES
little snugglers
GENTLE SKIN PROTECTION
12 Hours of Leak Protection

HUGE VALUE
GRANDE VALEUR

38.99
EACH

THIS WEEK ONLY

HUGGIES LITTLE MOVERS, SNUGLERS DIAPERS
84 - 168'S
SELECTED VARIETIES



Colgate
Max Fresh
WHITENING BREATH STRIPS
10x COOL COOL MINT

Colgate
Total
ACTIVE PREVENTION
Fight the Root Cause of:

- Gingivitis
- Plaque
- Tartar
- Sensitivity
- Enamel Erosion
- Stains
- Bad Breath
- Cavities

CLEAN MINT
PLAQUE FIGHTER
24 HOURS

Colgate
360°
TOOTHBRUSH
360°
TOOTHBRUSH

COLGATE TOOTHPASTE
120 - 150 ML
TOOTHBRUSH
EACH
SELECTED VARIETIES

LOCKED DOWN

4.49
EACH



HUGGIES
pull-Ups
Easy Changes with Rotatable Sides
Up to 100% Leak Free
Protection from Messy Moments

66 COUNT UNITS
3T-4T
32-40 lbs • 15-18 kg

goodnites
#1 Bestselling Underwear
100% Leak Free
Clinically Proven Protection
Prevents an Accident

S/M
44-48 LBS
20-31 KG

44 COUNT QUANTITÉ

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

LOCKED DOWN

26.99
EACH



NIVEA
BODYWASH, SHOWER GEL
500 ML
SELECTED VARIETIES

LOCKED DOWN

4.49
EACH

DOVE
HAIR CARE
250 ML
SELECTED VARIETIES

LOCKED DOWN

5.99
EACH

Gillette
CLEAR GEL
GEL SHAVING FOAM
100 G
SELECTED VARIETIES

LOCKED DOWN

5.99
EACH

IVORY
BODYWASH
1.03 L
SELECTED VARIETIES

LOCKED DOWN

9.99
EACH

DOVE
DRY SPRAY
ANTIPERSPIRANT
100 G
SELECTED VARIETIES

LOCKED DOWN

7.99
EACH

Poise
FRESH PROTECTION
PADS
30 PADS
SELECTED VARIETIES

LOCKED DOWN

2/\$14



Gerber
BABY CEREAL
227 G
SELECTED VARIETIES

LOCKED DOWN

5.49
EACH

Gerber
Snacks
LUC CRUNCHIES, CEREAL PUFFS
42 G
SELECTED VARIETIES

LOCKED DOWN

2/\$6

LIVE CLEAN
BABY SHAMPOO & WASH, BABY LOTION
227 - 200 ML
SELECTED VARIETIES

LOCKED DOWN

6.99
EACH

HUGGIES
simply clean
BABY WIPES
704'S
SELECTED VARIETIES

HUGE VALUE
grande valeur
enorme valeur

LOCKED DOWN

18.99
EACH



LOVE CHILD
ORGANICS
FRUIT+VEG OAT BARS
6'S
SELECTED VARIETIES

LOCKED DOWN

4.29
EACH

PERSONNELLE
HAND SOAP
250 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

1.99
EACH

PERSONNELLE
HAIR CARE
350 - 375 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.99
EACH

PERSONNELLE
BODY WASH, SHOWER GEL
400 - 650 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.99
EACH

FOR EVERY BURGER



IT HAS TO BE
HEINZ
ESTD 1869



HEINZ
KETCHUP
750 ML - 1 L
SELECTED VARIETIES

LOCKED DOWN

4.99
EACH



KRAFT
BBQ SAUCE
455 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.79
EACH



KRAFT
SALAD DRESSING
710 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

4.49
EACH



RENÉE'S
DRESSING
750 ML
SELECTED VARIETIES

THIS WEEK ONLY

7.88
EACH



CLASSICO
PASTA SAUCE
218 - 400 ML
SELECTED VARIETIES

LOCKED DOWN

2.98
EACH

NEW

BOLD FLAVOUR MEETS MAYO

THIS WEEK ONLY

2.99
EACH

HEINZ
MAYONNAISE
340 ML
SELECTED VARIETIES



HEINZ
MAYONNAISE-STYLE
SAUCES

ALWAYS GREAT PRICE



SELECTION
MAYONNAISE
750 - 890 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

4.77
EACH



SELECTION
PICKLES
1 L
SELECTED VARIETIES



ALWAYS GREAT PRICE

3.27
EACH



SELECTION
HOT PEPPER RINGS
750 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

3.99
EACH



SELECTION
MUSTARD
400 ML

ALWAYS GREAT PRICE

1.49
EACH



LIFE SMART
SPICES
10 - 32 g
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.49
EACH



SELECTION
RELISH
375 ML

ALWAYS GREAT PRICE

1.49
EACH