

food Basics

CANADIAN AND PROUD

ALWAYS MORE FOR LESS

CRAZY 8 SALE



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

PRICES IN THIS FLYER AVAILABLE AT 2301 SANDWICH WEST PARKWAY, CRD D UNIT 200, LA SALLE, 1655 MANNING ROAD, TECUMSEH, 2090 LAUZON RD. WINDSOR, 880 GOYEAU ST., WINDSOR AND 2750 TECUMSEH ROAD WEST, WINDSOR STORE 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

CRAZY



BARTLETT PEARS
PRODUCT OF SOUTH AFRICA, EXTRA FANCY GRADE
1.50/KG

8
CRAZY
68¢
/LB



**EXTRA
LARGE**

8
CRAZY
1.88
/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
PAG. 04



4 PK

8
CRAZY
3.88
EACH

HAPPY
INTERNATIONAL
Women's Day
MARCH 8TH

10 STEM TULIPS
WHILE SUPPLIES LAST

8
CRAZY
8.88
EACH



pick Ontario

GET READY TO SAVE! GREAT PRICES START
PRICES IN THIS FLYER AVAILABLE AT 2301 SANDWICH WEST PARKWAY, C
WINDSOR AND 2750 TE

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

ALWAYS
STIRRING UP
GREAT
PRICES



THIS WEEK ONLY
2.98
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
5.98
EACH



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

THIS WEEK ONLY
2.98
EACH



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

THIS WEEK ONLY
4.48
EACH



OÏKOS
GREEK
YOGURT
4 X 100 G
SELECTED VARIETIES

THIS WEEK ONLY
3.48
EACH



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

LOCKED DOWN
6.49
EACH

CRAZY 8 SALE



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)

**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.

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.

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

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contest
until March 11th

my brands & moi



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
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.



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



LAKEWOOD PURE
CRANBERRY JUICE
946 ML
SELECTED VARIETIES

LOCKED DOWN
11.99
EACH

55
points



BLACK DIAMOND
COMBOS
3 X 42 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
182 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 - 675 G
BUNS
6-85
SELECTED VARIETIES

2⁹⁸
EACH



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

1⁹⁹
EACH



LACTANTIA
PURIFILTRE
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
34% M.G.



BLACK DIAMOND CHEESE 400 G
SHREDS 320 G
NATURAL CHEESE SLICES 220 - 240 G
GALBANI MOZZARELLA 500 G SELECTED VARIETIES

5⁴⁸
EACH



SELECTION
BROTH
900 ML
SELECTED VARIETIES

1⁸⁸
EACH



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

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 12-24'S
SPONGE TOWELS ULTRA
PAPER TOWELS 3-6'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 
1.99
/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

HEIRLOOM TOMATOES
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE
567 G
MINI SWEET PEPPERS
PRODUCT OF HONDURAS AND/OR MEXICO
454 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



LEMONS
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
200-220 G
SELECTED VARIETIES

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



**PRIME RAISED
WITHOUT
ANTIBIOTICS
WHOLE CHICKEN**
AIR CHILLED
11.00/KG

THIS WEEK ONLY
4.99
/LB



**FRESH LAMB
SHOULDER
CHOPS**
FAMILY PACK
WHILE QUANTITIES LAST
19.82/KG

HALAL

THIS WEEK ONLY
8.99
/LB



**CANADIAN
COVE MUSSELS**
907 G
SELECTED VARIETIES

THIS WEEK ONLY
5.49
EACH



**HALAL
AT SAME
PRICE**



**FRESH BONELESS
STEWING BEEF**
FAMILY PACK
INCLUDES HALAL
22.02/KG

THIS WEEK ONLY
9.99
/LB



**FLETCHER'S
CURED PORK
COTTAGE ROLL**
SELECTED VARIETIES
6.59/KG

THIS WEEK ONLY
2.99
/LB



**SCHNEIDER'S
JUICY JUMBOS
OR SMOKED
SAUSAGES**
SELECTED VARIETIES

THIS WEEK ONLY
7.99
EACH



**JANES
PUB STYLE
FULLY COOKED
BREADED
CHICKEN WINGS**
600 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
BAKED BEANITOS
80 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**
455 - 600 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
9.99
EACH



**POGO BREADED
ORIGINAL OR
BEEF SAUSAGES**
800 - 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
SOPRESSATA
OR
CALABRESE**
300 G
SELECTED VARIETIES

THIS WEEK ONLY
6.49
EACH



**TRE STELLE
TRADITIONAL
FETA**
500 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



**SEA HORSE
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
340 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
426 - 610 g

SANTOSH
NAAN
1 KG
SELECTED VARIETIES

THIS WEEK ONLY

3.99
EACH



Selection
High in Fiber
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
Chocolate Chip
Pépites de chocolat
770 g

Selection
High in Fiber
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
MAYONNAISE
710 - 890 mL
SELECTED VARIETIES

THIS WEEK ONLY

5.99
EACH



MAXWELL HOUSE
GROUND COFFEE
864 - 900 g

MAXWELL HOUSE OR 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 PRIZE
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
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



TAST!EZ
JALAPENO BITES
BOUCHÉES DE JALAPENO
FROMAGE
321 g
SELECTED VARIETIES

TAST!EZ
MAC & CHEESE
BOUCHÉES DE MACARONI
AU FROMAGE
321 g
SELECTED VARIETIES

LOCKED DOWN

4.99
EACH

SUN CHIPS
MULTIGRAINS - HARVEST CHEDDAR
CHEDDAR DE CAMPAGNE
205 g
SELECTED VARIETIES

LOCKED DOWN

3.99
EACH



French's
MUSTARD
325 mL
SELECTED VARIETIES

French's
HONEY MIEL
325 mL
SELECTED VARIETIES

LOCKED DOWN

2.59
EACH

Robin Hood
ALL PURPOSE FLOUR
ORIGINAL
2.5 KG
SELECTED VARIETIES

FIVE ROSES
ALL PURPOSE FLOUR
WHITE
2.5 KG
SELECTED VARIETIES

LOCKED DOWN

5.49
EACH



PRINGLES
POTATO CHIPS
140 - 156 g
SELECTED VARIETIES

LOCKED DOWN

2.49
EACH

15 points

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

LOCKED DOWN

5.99
EACH

LOCKED DOWN



Black Diamond SLICES
Genre **CHEDDAR** Style
410 g

LOCKED DOWN

3⁹⁸
EACH

BLACK DIAMOND SLICES
410 G
SELECTED VARIETIES

Kellogg's NUTRI GRAIN
295 g

LOCKED DOWN

2⁹⁹
EACH

KELLOGG'S NUTRI GRAIN BARS
295 G
RICE KRISPIES SQUARES
176 G
SELECTED VARIETIES

STARBUCKS COFFEE ENHANCER
820 mL

LOCKED DOWN

6⁹⁹
EACH

STARBUCKS COFFEE ENHANCER
820 ML
SELECTED VARIETIES

ORVILLE REDENBACHER POPPING CORN
340-850 G

LOCKED DOWN

4⁹⁹
EACH

ORVILLE REDENBACHER POPPING CORN
340-850 G
SELECTED VARIETIES

McCafé COFFEE CAPSULES
395

LOCKED DOWN

26⁹⁹
EACH

McCAFÉ COFFEE CAPSULES
395
GROUND COFFEE
875 G
SELECTED VARIETIES

BILLY BEE HONEY
500 G

LOCKED DOWN

7⁹⁹
EACH

BILLY BEE HONEY
500 G

McSWEENEY'S BEEF JERKY
70 g

LOCKED DOWN

5⁴⁹
EACH

McSWEENEY'S BEEF JERKY
70 G
SELECTED VARIETIES

DAINTY JASMINE RICE
1.6 kg

LOCKED DOWN

7⁹⁹
EACH

DAINTY JASMINE RICE
1.6 KG
SELECTED VARIETIES

EXCEL GUM
375

LOCKED DOWN

3⁹⁹
EACH

EXCEL GUM
375
DARE CANDY
500-700 G
SELECTED VARIETIES

Betty Crocker Mashed Potatoes
141-215 g

LOCKED DOWN

2⁴⁹
EACH

BETTY CROCKER POTATOES
141-215 G
SELECTED VARIETIES

BEN'S ORIGINAL FAST & FANCY RICE
112 g

LOCKED DOWN

1⁶⁹
EACH

BEN'S ORIGINAL FAST & FANCY RICE
112 G
SELECTED VARIETIES

Betty Crocker SuperMoist Cake Mix
375-404 g

LOCKED DOWN

2/\$4

BETTY CROCKER CAKE MIX
375-404 G
SELECTED VARIETIES

NESTEA ICED TEA
1.89 L

LOCKED DOWN

2⁹⁹
EACH

NESTEA ICED TEA
1.89 L
SELECTED VARIETIES

RED ROSE ORANGE PEKOE TEA
140

LOCKED DOWN

8⁹⁹
EACH

RED ROSE ORANGE PEKOE TEA
140'S
SELECTED VARIETIES

ALCAN ALUMINUM FOIL
50

LOCKED DOWN

3⁹⁹
EACH

ALCAN ALUMINUM FOIL
EACH
SELECTED VARIETIES

SCRUBBING BUBBLES BATHROOM CLEANER
946 mL

LOCKED DOWN

4⁹⁹
EACH

SCRUBBING BUBBLES BATHROOM CLEANER
946 ML
SELECTED VARIETIES

ZIPLOC SEALTOP BAGS
75

LOCKED DOWN

10⁹⁹
EACH

ZIPLOC SEALTOP BAGS
75
SELECTED VARIETIES

AIR WICK AIR FRESHENER REFILLS
2.8/20 mL

LOCKED DOWN

11⁹⁹
EACH

AIR WICK AIR FRESHENER REFILLS
2.8/20 ML
SELECTED VARIETIES

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
285 - 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
ENTRÉES
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
599
SELECTED VARIETIES



SELECTION
PLUM OR HONEY
GARLIC SAUCE
250 ML
SELECTED VARIETIES



ALWAYS GREAT PRICE 
3⁴⁹
EACH



SELECTION
LIGHT OR
FLAVOURED
TUNA
45 - 170 G
SELECTED VARIETIES



NESTLÉ
CHOCOLATE BARS
45
SELECTED VARIETIES

ALWAYS GREAT PRICE 
4⁷⁹
EACH



KELLOGG'S
JUMBO SIZE
CEREAL
1.01 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE 
9⁴⁹
EACH



ANNIE'S
MACARONI & CHEESE
430 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
8⁹⁹
EACH



EGGO WAFFLES
1.68 KG FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE 
13⁹⁹
EACH



DOLE FRUIT CUPS
45
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2⁹⁹
EACH



BETTY CROCKER
DUNKAROOS
168 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

WE LOVE LOCAL
Canada



RED ONIONS
PRODUCT OF CANADA
NO. 1 GRADE
7 LB

5⁹⁹
EACH



FRESH
BONELESS
STEWING
BEEF FAMILY
PACK
INCLUDES HALAL
22.02/KG

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, 730 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
800 G
FROZEN
SELECTED VARIETIES

6⁹⁹
EACH



MAGGI INSTANT
NOODLE SOUP
75 G
SELECTED VARIETIES

39¢
EACH



ROYAL DELIGHT
SAMOSAS, MAGGI
SAUCES
283 - 304 G
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

2⁸⁸
EACH



SAPUTO MINI
FRIULANO
500 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

10⁹⁹
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

3⁴⁹
EACH



CALLIPO TUNA
OR AURORA
HOT PEPPERS
3 X 80 G, 375 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

4⁹⁹
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
160 G
225 : 375 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

3⁹⁹
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

2⁴⁹
EACH



VITA SANA
GNOCCHI,
RISO SCOTTI
RISOTTO
OR UNICO
ARBORIO
RICE
250 : 750 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

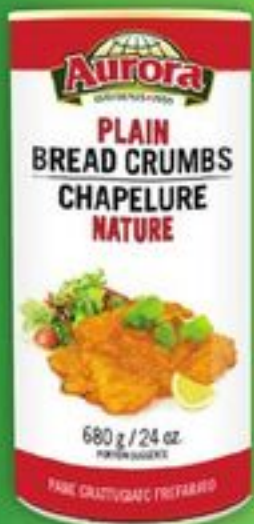
3⁹⁹
EACH



SAPORITO
OLIVE OIL
750 ML

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

9⁹⁹
EACH



AURORA
BREAD CRUMBS,
UNICO PEPPERS
750 ML
425 : 680 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

3⁴⁹
EACH



AURORA
HONEY
1 KG

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

7⁹⁹
EACH



LAVAZZA
ESPRESSO
250 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

6⁹⁹
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

1⁴⁹
EACH



SAN
BENEDETTO
SPRING
WATER OR
VITA SANA
NECTARS
1.5 L/480 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

2⁹⁹
EACH



GIOIA
CROISSANTS,
LOCKER
QUADRATINI
250 G, 150 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

4⁴⁹
EACH



VITA SANA OR MOLISANA
FLOUR, SUNDRIED
TOMATOES OR
TOMATO SAUCE,
DE CECCO PESTO
1 KG, 196 : 680 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

4⁴⁹
EACH



COLUSSI
COOKIES OR
VITA SANA
NECTARS
400 : 500 G
6 X 125 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

3⁴⁹
EACH



BAUDUCCO OR
POKER WAFERS
142 : 150 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD

1²⁹
EACH

PERSONAL CARE FOR LESS



Colgate
Max Fresh
Breath Strips
10x LONGER
Lasts

Colgate
Total
Active Prevention
Fight the Root Cause of:
Gingivitis
Tooth Decay
Bad Breath
Tartar Buildup
Enamel Erosion
Sensitivity

Colgate
TOOTHPASTE
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 FRAÎCHEUR 24H

LOCKED DOWN

4.49
EACH



PANTENE
HAIR CARE
300 - 350 ML
SELECTED VARIETIES

PANTENE
HAIR CARE
300 - 350 ML
SELECTED VARIETIES

THIS WEEK ONLY

4.99
EACH



SCOPE
MOUTHWASH
400 - 500 ML
SELECTED VARIETIES

CREST
GUM DETOXYF
TOOTHPASTE
40 - 60 ML
TOOTHBRUSH
EACH
SELECTED VARIETIES

LOCKED DOWN

5.49
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
MEAL
REPLACEMENT
4 x 237 ML
SELECTED VARIETIES

LOCKED DOWN

12.79
EACH



Jamieson
OMEGA-3
SELECT
1000 mcg
Methylcobalamin
B12 Sublingual Tab
BONUS 33% MORE
webber naturals

LOCKED DOWN

17.99
EACH



Jamieson
GLUCOSAMINE
500 mg
100 Capsules

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*

pharmacy



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.



MOTRIN
LIQUID GELS
200 mg Ibuprofen Capsules
FAST RELIEF OF PAIN + FEVER

TYLENOL
EXTRA STRENGTH
FAST RELIEF OF PAIN + FEVER

TYLENOL
EZ-TABS
100'S
MOTRIN LIQUID GELS
SELECTED VARIETIES

LOCKED DOWN

10.99
EACH



BENLYN
COUGH SYRUP
250 ML
TYLENOL COLD
40'S
SELECTED VARIETIES

LOCKED DOWN

13.99
EACH



PEPTO-BISMOL
CHEWABLE TABLETS
40'S
SELECTED VARIETIES

LOCKED DOWN

14.99
EACH



DayQuil
COMPLETE
254 ML
VICKS
DAYQUIL,
NYQUIL
254 ML
SELECTED VARIETIES

LOCKED DOWN

16.99
EACH



WEBBER
NATURALS
VITAMIN
B12
1000 mcg
Methylcobalamin
B12 Sublingual Tab
BONUS 33% MORE
webber naturals

LOCKED DOWN

11.99
EACH



WEBBER
NATURALS
VITAMIN
K2+D3
120 mcg / 1000 IU
Helps Maintain a Healthy Immune System & Build Strong Bones
60 Softgels
webber naturals

LOCKED DOWN

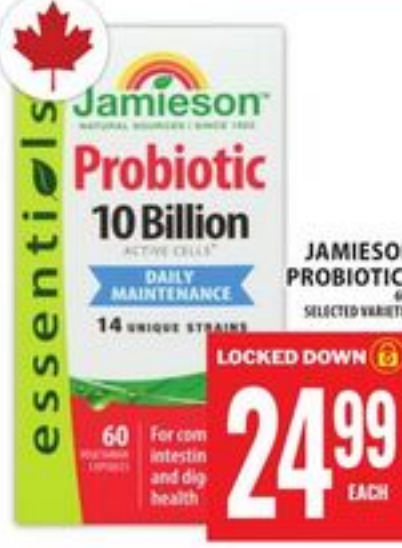
12.99
EACH



Jamieson
MULTI
GUMMIES
150'S
SELECTED VARIETIES

LOCKED DOWN

16.99
EACH



Jamieson
PROBIOTIC
10 BILLION
ACTIVE CULTURE
DAILY MAINTENANCE
14 UNIQUE STRAINS
60 Capsules
For comfort in the gut and digestive health

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.