

# food Basics

CANADIAN AND PROUD

ALWAYS MORE FOR LESS

# CRAZY 8 SALE

**8 CRAZY 338 EACH**

RACHEL'S FRESH EXTRA LEAN GROUND CHICKEN  
454 G SELECTED VARIETIES  
WHILE QUANTITIES LAST

**8 CRAZY 298 /LB**

FRESH BONELESS PORK COMBINATION CHOPS  
INCLUDES CENTRE CUT CHOPS OR LEAN GROUND PORK  
FAMILY PACK 6.57/KG

**8 CRAZY 498 EACH**

IRRESISTIBLE MUFFINS  
400 G SELECTED VARIETIES

**8 CRAZY 598 EACH**

SCHNEIDERS PEPPERETTES  
250 - 375 G SELECTED VARIETIES

**8 CRAZY 298 EACH**

RUFFLES POTATO CHIPS OR CHEETOS  
180 - 285 G SELECTED VARIETIES

**8 CRAZY 168 EACH**

PRIMO PASTA 900 G SAUCE 600 ML CANNED TOMATOES 540 ML UNICO TUNA 198 G SELECTED VARIETIES

**8 CRAZY 288 EACH**

McCain SUPERFRIES 454 - 650 G IRRESISTIBLE DINNERS 230 - 320 G FROZEN SELECTED VARIETIES

**8 CRAZY 398 EACH**

IRRESISTIBLE FRUIT 400 - 600 G FROZEN ASTRO ORIGINAL BALKAN YOGURT 12 X 100 G SELECTED VARIETIES

**8 CRAZY 248 EACH**

VH COOKING SAUCE 341 - 380 ML BEN'S ORIGINAL BISTRO EXPRESS 240 - 250 G SELECTED VARIETIES

**8 CRAZY 988 EACH**

8 KG CEDAR PARBOILED OR PATNA RICE  
8 KG SELECTED VARIETIES

**8 CRAZY 498 EACH**

CASHMERE BATHROOM TISSUE  
8 - 125 - 245 SELECTED VARIETIES

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, APRIL 16<sup>TH</sup> TO WEDNESDAY, APRIL 22<sup>ND</sup>, 2026

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# food Basics

CANADIAN AND PROUD

# CRAZY

**8 CRAZY 198 EACH**

**STRAWBERRIES**  
PRODUCT OF USA OR MEXICO, NO. 1 GRADE  
454 G

**3 PK 8 CRAZY 288 EACH**

**ROMAINE HEARTS**  
PRODUCT OF U.S.A.  
3 PK

**8 CRAZY 298 EACH**

**APPLES**  
PRODUCT OF ONTARIO, CANADA FANCY GRADE  
3 LB

**RED PRINCE APPLES**  
PRODUCT OF ONTARIO, CANADA FANCY GRADE  
1.13 KG

**WE LOVE LOCAL Ontario**

**8 CRAZY 398 EACH**

**IRRISISTIBLES NUTS**  
200 - 250 G  
SELECTED VARIETIES

GET READY TO SAVE! GREAT PRICES START

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

# ALL DAY BREAKFAST FOR LESS



QUAKER QUICK OATS 900 G - 1 KG  
INSTANT OATMEAL 212 - 344 G  
PEARL MILLING PANCAKE MIX 905 G  
TABLE SYRUP 710 ML  
SELECTED VARIETIES

**THIS WEEK ONLY 298 EACH**

**15 points**

SILK DRINKS 1.75 - 1.89 L  
SELECTED VARIETIES

**THIS WEEK ONLY 348 EACH**

**20 points**

KELLOGG'S FAMILY SIZE CEREAL 400 - 650 G  
EGGO WAFFLES 280 - 360 G FROZEN  
SELECTED VARIETIES

**THIS WEEK ONLY 548 EACH**

**30 points**

BECEL MARGARINE 850 G  
SELECTED VARIETIES

**THIS WEEK ONLY 698 EACH**

**35 points**

KICKING HORSE ORGANIC BEAN COFFEE 454 G  
TIMOTHY'S OR IRRESISTIBLES COFFEE CAPSULES 30'S SELECTED VARIETIES

**THIS WEEK ONLY 1498 EACH**

**125 points**  
value of \$1

# CRAZY 8 SALE

**Black Diamond** OLD-FORT Cheddar Cheese Fromage cheddar

**Black Diamond** MARBLE-MARBRE

**Galbani** Mozzarella

**BLACK DIAMOND CHEESE SHREDS** 400 G \$29.98

**NATURAL CHEESE SLICES** 228 - 240 G \$29.98

**GALBANI MOZZARELLA** 500 G \$29.98

SELECTED VARIETIES

**8 CRAZY 5.48 EACH**

**Irresistible** 31-40 LARGE-GROULES

**Irresistible** 31-40 LARGE-GROULES

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

**8 CRAZY 6.88 EACH**

**Lactantia** PurFiltre PURES TATSU & BOUYS PRAS

**Lactantia** PurFiltre PURES TATSU & BOUYS PRAS

**LACTANTIA PURFILTRÉ MILK** 2 L SELECTED VARIETIES

**8 CRAZY 4.98 EACH**

**Dr. Oetker** Ristorante PIZZA SPINACI

**Dr. Oetker** Casa di Mama

**DR. OETKER RISTORANTE PIZZA** 269 - 390 G

**CASA DI MAMA** 395 - 410 G FROZEN SELECTED VARIETIES

**8 CRAZY 4.48 EACH**

**Kraft** Singles Original Cheddar Original

**PHILADELPHIA** ORIGINAL Cream Cheese

**CHEEZ WHIZ** SPREAD

**KRAFT SINGLES** 4100 G \$39.98

**PHILADELPHIA CREAM CHEESE** 227 - 239 G \$29.98

**CHEEZ WHIZ SPREAD** 450 G \$29.98

SELECTED VARIETIES

**8 CRAZY 3.98 EACH**

**Crave** Buffalo Chicken Macaroni & Cheese

**Crave** Macaroni et Fromage Poulet Buffalo

**Crave** Loaded Cheesy Potatoes with Corn & Angus Beef

**Crave** Pommes de Terre Garnies au Fromage Fumé, Bacon et Bœuf Angus

**Crave Dinner Meals** 300 - 340 G FROZEN SELECTED VARIETIES

**8 CRAZY 3.88 EACH**

**Natrei** LACTOSE FREE MILK

**Silk** PrACTIVIA YOGURT

**ACTIVIA** GUT HEALTH-SANTÉ DIGESTIVE

**NATREI LACTOSE FREE MILK** 2 L

**SILK PROTEIN SOY BEVERAGE** 1.42 L

SELECTED VARIETIES

**8 CRAZY 5.98 EACH**

**Nature Valley** Sweet & Salty ALMOND

**FIBRE 1** BROWNIES CHOCOLATE FIBRE

**NATURE VALLEY GRANOLA BARS** 148 - 175 G

**FIBRE 1 SNACK BARS** 125 G SELECTED VARIETIES

**8 CRAZY 2.88 EACH**

**Beatrice** CHOCOLATE MILK

**CHEEZ-IT** ORIGINAL CRACKERS

**BEATRICE CHOCOLATE MILK** 1 L

**CHEEZ-IT CRACKERS** 191 - 200 G SELECTED VARIETIES

**8 CRAZY 1.98 EACH**

**Cascade** PLATINUM PODS 3-19

**Tide** LAUNDRY DETERGENT

**CASCADE DISHWASHER TABS** 51 - 675 SELECTED VARIETIES

**8 CRAZY 21.88 EACH**

**Scotties** HOUSE & HOME

**Sponge Towels** ULTRA

**SCOTTIES FACIAL TISSUE** 65 SELECTED VARIETIES

**8 CRAZY 6.88 EACH**

**Pampers** swaddlers best dryness & comfort ever

**PAMPERS SWADDLERS DIAPERS** 124 - 1745 SELECTED VARIETIES

**8 CRAZY 36.88 EACH**

**Coca-Cola** i earn with moi rewards

**COCA-COLA OR CANADA DRY GINGER ALE SOFT DRINKS** 24 X 355 ML SELECTED VARIETIES

**THIS WEEK ONLY 13.99 EACH**

**125 points value of \$1**

**POWERADE** SPORT DRINKS

**THIS WEEK ONLY 15.99 EACH**

**125 points value of \$1**

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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

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SEAHORSE COOKED SHRIMP  
91 - 128 CT  
340 G  
FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY **6.99** EACH

**35** points



SWISS CHALET OR MONTANA'S MEAT PIES  
470 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY **7.99** EACH

**40** points



DEL'S TURNOVERS  
340 G  
SELECTED VARIETIES

THIS WEEK ONLY **2.99** EACH

**15** points



OLYMPIC ORGANIC OR KREMA YOGURT  
450 G SELECTED VARIETIES

LOCKED DOWN **4.99** EACH

**25** points



BECEL PLANT BUTTER  
454 G  
PLANT BUTTER STICKS  
45  
SELECTED VARIETIES

LOCKED DOWN **4.49** EACH

**25** points



DR. OETKER GIUSEPPE PIZZERIA EASY PIZZI  
573 - 606 G  
SELECTED VARIETIES

LOCKED DOWN **6.49** EACH

**35** points



TIM HORTONS GROUND COFFEE  
828 - 825 G  
SELECTED VARIETIES

THIS WEEK ONLY **24.99** EACH

**70** points



PLANTERS CASHEWS  
200 G  
SELECTED VARIETIES

LOCKED DOWN **4.99** EACH

**25** points



JACK LINKS BEEF JERKY  
230 G  
SELECTED VARIETIES

LOCKED DOWN **14.99** EACH

**55** points



HABITANT, CAMPBELL'S CHUNKY OR READY TO SERVE SOUP  
515 - 796 ML SELECTED VARIETIES

LOCKED DOWN **2.99** EACH

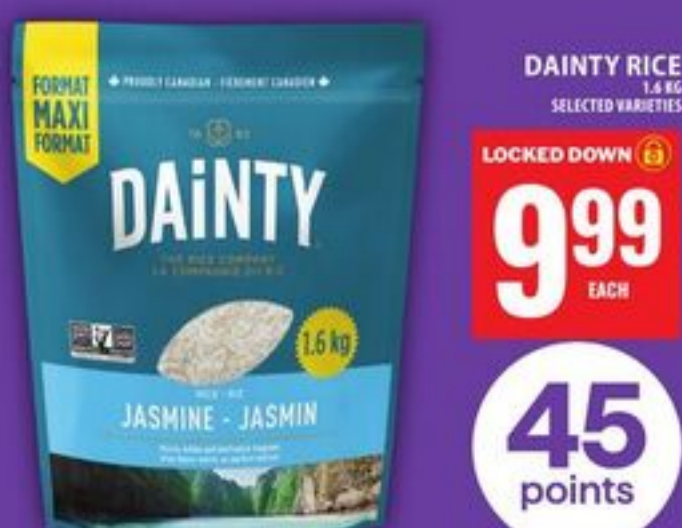
**15** points



CLUB HOUSE OR LA GRILLE SPICES  
120 - 203 G  
SELECTED VARIETIES

LOCKED DOWN **5.99** EACH

**30** points



DAINTY RICE  
1.6 KG  
SELECTED VARIETIES

LOCKED DOWN **9.99** EACH

**45** points



FINISH POWERBALL DISHWASHER TABS  
38 - 45'S  
SELECTED VARIETIES

LOCKED DOWN **13.99** EACH

**55** points

# CHOOSE CANADIAN



**1 LB**

**WE LOVE LOCAL**  
GROWN IN CANADA

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

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

**CRUNCHY**  
GREEN LEAF LETTUCE  
LAITUE VERT

**VISION GREENS**

PESTICIDE FREE  
LOCALLY GROWN  
DUSTY LOOKEMENT  
READY TO EAT  
PRET A MANGER

**FANCY**  
VISION GREENS  
LETTUCCES  
113 G  
SELECTED VARIETIES

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

**5**

**Natural Bacon naturel**  
Original

**SCHNEIDERS**  
Maple Leaf Bacon  
CLASSIC CUT BACON COUPE CLASSIQUE

**5<sup>99</sup>**  
EACH

**POGO**  
All Beef

**POGO**  
Original

**POGO ORIGINAL OR ALL BEEF BREADED SAUSAGES**  
400 - 750 G FROZEN  
SELECTED VARIETIES

**9<sup>99</sup>**  
EACH

**Irresistible**  
BLUEBERRY BLEKETS

**Irresistible**  
BANANA-CHOCOLAT CHIP

**IRRESISTIBLE MUFFINS**  
400 G  
SELECTED VARIETIES

**4<sup>98</sup>**  
EACH

**Irresistible**  
SOURDO BREAD - PAIN AU LEVAIN

**Irresistible**  
TEARDROP STYLE GARLIC TOAST  
Pain grillé à l'ail

**SELECTION GARLIC TOAST**  
400 G  
**IRRESISTIBLES BREAD OR ROLLS**  
500 - 600 G  
SELECTED VARIETIES

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

**Lactantia**  
PurFiltre  
FRESH TASTE - DOUT FRAIS

**Lactantia**  
PurFiltre  
FRESH TASTE - DOUT FRAIS

**LACTANTIA PURFILTRE MILK**  
2 L  
SELECTED VARIETIES

**4<sup>98</sup>**  
EACH

**Dr. Oetker**  
Ristorante  
PIZZA SPINACI

**Dr. Oetker**  
Casa di Mama

**DR. OETKER RISTORANTE PIZZA**  
349 - 390 G  
**CASA DI MAMA PIZZA**  
395 - 410 G FROZEN  
SELECTED VARIETIES

**4<sup>48</sup>**  
EACH

**KRAFT**  
Cheez Whiz

**Kraft**  
Singles  
Original Cheddar Original

**PHILADELPHIA**  
ORIGINAL  
CREAM CHEESE

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

**3<sup>98</sup>**  
EACH

**Diana Sauce**

**BULL'S-EYE**  
BULL'S-EYE OR DIANA BARBECUE SAUCE  
425 ML  
SELECTED VARIETIES

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

**Black Diamond**  
OLD • FORT  
Cheddar Cheese  
Fromage Cheddar

**Black Diamond**  
MARBLE • MARBRÉ

**Black Diamond**  
CHEESE SHREDS  
NATURAL CHEESE SLICES  
GALBANI MOZZARELLA

**5<sup>48</sup>**  
EACH

**HELLMANN'S**  
REAL YRAIE  
MAYONNAISE

**HELLMANN'S**  
REAL YRAIE  
MAYONNAISE

**HELLMANN'S MAYONNAISE**  
750 - 890 ML  
SELECTED VARIETIES

**5<sup>99</sup>**  
EACH

**Ruffles**  
REGULAR NATURE

**Cheetos**  
Puffs Soufflés

**RUFFLES POTATO CHIPS OR CHEETOS**  
180 - 285 G  
SELECTED VARIETIES

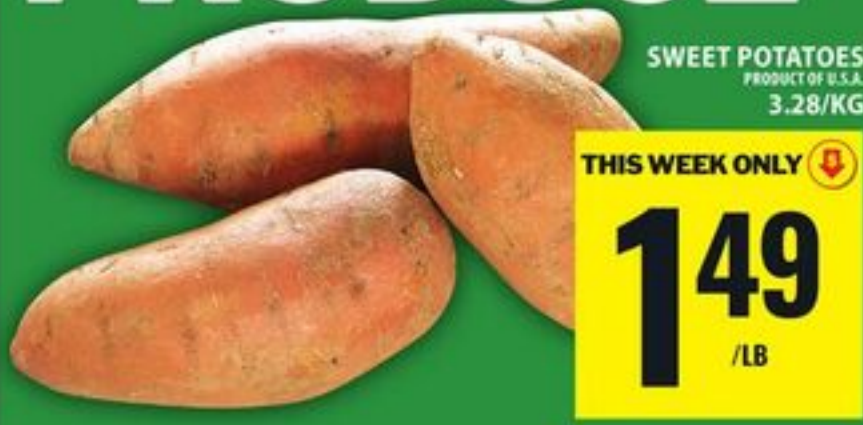
**2<sup>98</sup>**  
EACH

**Cashmere**  
BATHROOM TISSUE  
8 - 125 - 245  
SELECTED VARIETIES

**4<sup>98</sup>**  
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



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

THIS WEEK ONLY   
**1.49**  
/LB



GREEN OR RED SEEDLESS  
GRAPES  
PRODUCT OF SOUTH AFRICA OR CHILE, NO. 1 GRADE  
6.59/KG

THIS WEEK ONLY   
**2.99**  
/LB



WE LOVE LOCAL  
*Canada*

SEEDLESS  
CUCUMBERS  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE

THIS WEEK ONLY   
**1.99**  
EACH



1 LB

WE LOVE LOCAL  
*Canada*

WHOLE WHITE  
OR CREMINI  
MUSHROOMS  
PRODUCT OF ONTARIO  
454 G

THIS WEEK ONLY   
**3.99**  
EACH



TOMATOES  
ON THE VINE  
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  
179 G

BLACKBERRIES  
PRODUCT OF MEXICO, NO. 1 GRADE  
150 - 179 G

THIS WEEK ONLY   
**3.99**  
EACH



GREEN OR GRAY  
ZUCCHINI  
PRODUCT OF MEXICO  
4.39/KG

THIS WEEK ONLY   
**1.99**  
/LB



CLEMENTINES  
PRODUCT OF MOROCCO  
2 LB

THIS WEEK ONLY   
**4.99**  
EACH



WE LOVE LOCAL  
*Canada*

GOURMET MINI  
YELLOW POTATOES  
PETITES POMMES DE TERRE  
JAUNES GOURMET

CANADA NO. 1 SMALL ROUND  
N°1 PETITE RONDE  
2.27 kg / 5 lb

GOURMET  
MINI WHITE  
OR YELLOW  
POTATOES  
PRODUCT OF CANADA  
NO. 1 GRADE  
5 LB

THIS WEEK ONLY   
**2.99**  
EACH



CRUNCHY  
GREEN LEAF LETTUCE  
LAIQUE VERT

VISION GREENS

FANCY  
SPRING MIX  
MÉLANGE PRINTANIER

VISION GREENS

VISION GREENS  
LETTUCES  
113 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**3.99**  
EACH



GREEN BEANS  
PRODUCT OF U.S.A.  
348 G

MINI CUCUMBERS  
PRODUCT OF CANADA, NO. 1 GRADE  
397 G

WE LOVE LOCAL  
*Canada*

THIS WEEK ONLY   
**3.77**  
EACH



SUGAR SNAP OR  
SNOW PEAS  
PRODUCT OF GUATEMALA  
179 - 227 G

THIS WEEK ONLY   
**3.99**  
EACH



ATAULFO HONEY  
MANGOES  
PRODUCT OF MEXICO

THIS WEEK ONLY   
**4/\$5**



AVOCADOS  
PRODUCT OF MEXICO OR PERU  
5 OR 6 PACK

THIS WEEK ONLY   
**4.99**  
EACH



BRAIDED GARLIC  
PRODUCT OF CHINA  
500 G

THIS WEEK ONLY   
**3.99**  
EACH



SUNRYPE FRUIT  
SOURCE BARS  
12 X 37G  
SELECTED VARIETIES

THIS WEEK ONLY   
**10.99**  
EACH

# FLORAL



5 STEM ROSES  
WHILE SUPPLIES LAST

THIS WEEK ONLY   
**\$6**  
EACH



10 STEM  
TULIPS  
WHILE SUPPLIES LAST

pick Ontario

THIS WEEK ONLY   
**8.88**  
EACH



5" ORCHID  
WHILE SUPPLIES LAST

THIS WEEK ONLY   
**10.88**  
EACH



DORMANT  
ROSE  
WHILE SUPPLIES LAST

THIS WEEK ONLY   
**16.99**  
EACH

# MEAT

**PRIME**  
RAISED WITHOUT antibiotics  
ELEVÉ SANS antibiotiques

**THIS WEEK ONLY**

**4.99** /LB

**25 points**

PRIME RAISED WITHOUT ANTIBIOTICS FRESH CHICKEN DRUMSTICKS OR THIGHS FAMILY PACK  
AIR CHILLED  
SELECTED VARIETIES  
11.00/KG

**HALAL AT SAME PRICE**

**THIS WEEK ONLY**

**7.79** /LB

LEAN GROUND BEEF FAMILY PACK  
INCLUDING HALAL  
SELECTED VARIETIES  
17.17/KG

**FRESH**

**THIS WEEK ONLY**

**5.49** /LB

FRESH PORK BACK RIBS VACUUM PACK  
SELECTED VARIETIES WHILE QUANTITIES LAST  
12.10/KG

**HALAL AT SAME PRICE**

**THIS WEEK ONLY**

**11.99** /LB

FRESH SIRLOIN TIP ROAST OR STEAK FAMILY PACK  
INCLUDING HALAL  
CUT FROM CANADA AA OR HIGHER GRADE OF BEEF  
SELECTED VARIETIES  
26.43/KG

**THIS WEEK ONLY**

**11.99** /LB

STEELHEAD TROUT FISH FILLET  
26.43/KG

**LIFE SMART NATURALIA**

- 100% Grass fed
- Free range
- Raised without antibiotics
- Aged for 31 Days
- Product of New Zealand
- Halal Certified

**THIS WEEK ONLY**

**14.99** /LB

LIFE SMART NATURALIA FRESH BONELESS STRIPLIN STEAK  
GRASS FED, HALAL CERTIFIED  
WHILE QUANTITIES LAST  
33.05/KG

**THIS WEEK ONLY**

**2.49** EACH

**15 points**

MAPLE LODGE OR ZABIHA HALAL CHICKEN WIENERS  
408 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**5.99** EACH

SCHNEIDERS OR MAPLE LEAF BACON  
45 - 175 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**8.99** EACH

JANES PUB STYLE FULLY COOKED BREADED CHICKEN  
700 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

**THIS WEEK ONLY**

**14.99** EACH

MONTANA'S BBQ ANGUS BEEF BURGERS  
500 G  
FROZEN  
SELECTED VARIETIES

**THIS WEEK ONLY**

**3.99** EACH

PILLER'S SLICED DELI MEAT  
125 - 175 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**4.49** EACH

IRRESISTIBLES FRESH PASTA  
2 X 225 - 2 X 250 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**7.99** EACH

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

**THIS WEEK ONLY**

**9.99** EACH

POGO ORIGINAL OR ALL BEEF BREADED SAUSAGES  
400 - 500 G  
FROZEN  
SELECTED VARIETIES

**THIS WEEK ONLY**

**6.99** EACH

MASTRO SOPRESSATA SALAMI  
300 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**7.99** EACH

BALDERSTON EXTRA OLD CHEDDAR  
250 - 280 G  
SELECTED VARIETIES

**LOCKED DOWN**

**8.49** EACH

SUMMER FRESH SALADS  
500 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**14.99** EACH

TRE STELLE TRADITIONAL FETA  
500 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**3.49** EACH

SEAHORSE BASA STEAK OR SEA SOUL TORPEDO SHRIMP  
200 - 500 G FROZEN  
SELECTED VARIETIES

**THIS WEEK ONLY**

**5.49** EACH

SEA JOY SEAWEED SALAD OR MACKEREL FILLET  
300 - 450 G  
FROZEN  
SELECTED VARIETIES

**THIS WEEK ONLY**

**8.99** EACH

IRRESISTIBLE SMALL BAY SCALLOPS  
80 - 120 CT 400 G FROZEN  
SELECTED VARIETIES

**THIS WEEK ONLY**

**12.99** EACH

HIGH LINER PAN-SEAR FISH FILLETS OR BATTERED FISH FILLETS OR CATCH OF THE DAY FISH FILLETS  
425 G - 1.32 KG FROZEN  
SELECTED VARIETIES

# BAKERY



DEMPSTER'S BREAD 425 G  
BUNS #5  
SELECTED VARIETIES

THIS WEEK ONLY

**269**  
EACH



SELECTION  
GARLIC TOAST  
488 G  
IRRISISTIBLE  
BREAD OR ROLLS  
500 - 600 G  
SELECTED VARIETIES

THIS WEEK ONLY

**299**  
EACH



SELECTION  
DONUTS  
400 - 552 G  
SELECTED VARIETIES

THIS WEEK ONLY

**299**  
EACH



SELECTION  
COOKIES  
426 G  
LA PETITE  
BRETONNE  
CROISSANTS  
18 - 24'S  
SELECTED VARIETIES

THIS WEEK ONLY

**429**  
EACH

## MORE GREAT SAVINGS FOR LESS



PILLSBURY PREPARED DOUGH  
468 G  
SELECTED VARIETIES

LOCKED DOWN

**329**  
EACH

**20**  
points



NESTLÉ PARLOUR 1.5 L  
NOVELTIES 4 - 12'S  
SELECTED VARIETIES

LOCKED DOWN

**399**  
EACH



EARTH'S OWN  
BEVERAGES  
1.25 L  
SELECTED VARIETIES

LOCKED DOWN

**429**  
EACH



'PRINGLES'  
POTATO CHIPS  
148 - 154 G  
SELECTED VARIETIES

LOCKED DOWN

**249**  
EACH



NUTELLA  
SPREAD  
225 G

LOCKED DOWN

**699**  
EACH



MAXWELL  
HOUSE OR  
NABOB  
COFFEE  
CAPSULES  
18'S  
SELECTED VARIETIES

LOCKED DOWN

**1599**  
EACH



DARE BEAR PAWS  
COOKIES  
336 - 490 G  
SELECTED VARIETIES

LOCKED DOWN

**599**  
EACH



CAMPBELL'S  
CONDENSED  
SOUP  
234 ML  
SELECTED VARIETIES

LOCKED DOWN

**188**  
EACH



SAN PELLEGRINO  
OR MAISON  
PERRIER  
CARBONATED  
WATER  
6 X 75 L  
SELECTED VARIETIES

LOCKED DOWN

**899**  
EACH



FRUITÉ DRINKS  
2 L  
SELECTED VARIETIES

LOCKED DOWN

**199**  
EACH

Lotto  
**NAX**  
NOW GIVES YOU  
**MORE**  
BELIEVE IT.

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

Play Smart



LOCKED DOWN

**699**  
EACH



PALMOLIVE  
OR DAWN  
DISH DETERGENT  
431 - 628 ML  
SELECTED VARIETIES

THIS WEEK ONLY

**249**  
EACH

# LOCKED DOWN



HAZELNUT  
Coffee mate  
FRENCH VANILLE  
Coffee mate

NESTLÉ COFFEE MATE COFFEE ENHANCER  
828 • 946 ML  
SELECTED VARIETIES

LOCKED DOWN

**4.49**  
EACH

Hazelnut Noisettes  
Smooth Crèmeux

KRAFT PEANUT BUTTER  
1 KG  
HAZELNUT SPREAD  
725 G  
SELECTED VARIETIES

LOCKED DOWN

**5.98**  
EACH

Babybel  
100% VEAL PROMOCHE REAL CHEESE  
120 G  
SELECTED VARIETIES

LOCKED DOWN

**3.99**  
EACH

MADE GOOD  
Granola Bars  
Chocolate Chip

MADE GOOD ORGANIC GRANOLA BARS  
5 X 24 G  
SELECTED VARIETIES

LOCKED DOWN

**3.49**  
EACH

VEGGIE CRISPS  
LÉGUMES  
zesty ranch  
ranch mordant

Breton BITES

DARE CRACKERS OR VEGGIE CRISPS  
100 • 225 G  
SELECTED VARIETIES

LOCKED DOWN

**2.99**  
EACH

BULL'S-EYE OR DIANA  
BARBECUE SAUCE  
425 ML  
SELECTED VARIETIES

LOCKED DOWN

**2.99**  
EACH

TACO BELL  
CRUNCHWRAP SUPREME

TACO BELL SUPREME CRUNCH WRAP  
642 G  
SELECTED VARIETIES

LOCKED DOWN

**6.99**  
EACH

ALLEN'S  
Fruit Cocktail  
Apple Juice

ALLEN'S JUICE OR FRUIT COCKTAIL  
8 X 200 ML  
SELECTED VARIETIES

LOCKED DOWN

**2.99**  
EACH

NO YOLKS  
Cholesterol Free Egg White Noodles

NO YOLKS EGG NOODLES  
348 G  
SELECTED VARIETIES

LOCKED DOWN

**2.99**  
EACH

KIKKOMAN  
Soy Sauce  
Sauce Soja

KIKKOMAN  
MÉLANGE POUR PÂTE À TEMPURA  
BATTER MIX  
EXTRA CRISPY  
EXTRA CROUSTILLANT

KIKKOMAN SOY OR TERIYAKI SAUCE, TEMPURA MIX  
295 • 296 ML, 283 G  
SELECTED VARIETIES

LOCKED DOWN

**4.49**  
EACH

Silk  
Almond  
SILK ALMOND BEVERAGE  
946 ML  
SELECTED VARIETIES

LOCKED DOWN

**2.99**  
EACH

eska  
ESKA SPRING WATER  
24 X 500 ML  
SELECTED VARIETIES

LOCKED DOWN

**4.99**  
EACH

Garden of Eatin'  
Veggie Straws  
Original

SENSIBLE PORTIONS VEGGIE SNACKS  
120 • 142 G  
SELECTED VARIETIES

LOCKED DOWN

**2.99**  
EACH

BOSTON MARKET  
MEAL  
FROZEN

BOSTON MARKET MEAL  
12 X 300 G  
SELECTED VARIETIES

LOCKED DOWN

**5.49**  
EACH

CLOROX  
Original  
PINE-SOL  
CLEANER

CLOROX BLEACH  
2.4 L  
SELECTED VARIETIES

LOCKED DOWN

**4.99**  
EACH

pledge  
PLEDGE FURNITURE SPRAY  
275 G  
SELECTED VARIETIES

LOCKED DOWN

**6.99**  
EACH

AIR WICK  
Essential Oils

AIR WICK AIR FRESHENER REFILLS  
2 X 20 ML  
SELECTED VARIETIES

LOCKED DOWN

**10.99**  
EACH

GLAD  
BLACK  
GARBAGE BAGS

GLAD  
COMPOST  
SMALL 10 L

GLAD GARBAGE BAGS  
30 • 48 L  
SELECTED VARIETIES

LOCKED DOWN

**11.99**  
EACH

# ALWAYS GREAT PRICE



IRRESISTIBLE  
GREEK OR SKYR YOGURT  
750 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**4.99**  
EACH



SELECTION OR LIFE SMART  
NATURALIA PEANUT BUTTER  
750 G - 1 KG  
SELECTED VARIETIES



ALWAYS GREAT PRICE   
**4.44**  
EACH



SELECTION  
FLOUR  
2.5 KG  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**3.77**  
EACH



SELECTION OR  
LIFE SMART  
FRUIT SNACKS  
4 - 6'S  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**2.49**  
EACH



IRRESISTIBLES  
SNACKS  
142 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**2.49**  
EACH



SELECTION OR  
LIFE SMART  
DRESSING  
250 - 425 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**2.47**  
EACH



LIFE SMART  
NATURALIA  
TORTILLA CHIPS  
136 G  
SELECTION SALSA  
430 ML  
SELECTED VARIETIES



ALWAYS GREAT PRICE   
**2.99**  
EACH



SELECTION  
PICKLES  
1 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**3.27**  
EACH



IRRESISTIBLES  
BALSAMIC VINEGAR  
OR GLAZE  
250 - 500 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**4.44**  
EACH



SELECTION LIGHT TUNA  
170 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1.49**  
EACH



SELECTION  
WATER  
ENHANCER  
400 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**2.79**  
EACH



SELECTION  
COCONUT  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**2.99**  
EACH



SELECTION  
QUICK'N READY  
BASMATI RICE  
250 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1.99**  
EACH



SELECTION  
JAM  
500 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**4.49**  
EACH



SELECTION  
DISHWASHING  
DETERGENT  
650 - 820 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1.97**  
EACH



SELECTION  
GLASS CLEANER  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1.97**  
EACH



SELECTION  
BLEACH  
2.4 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**3.99**  
EACH



SELECTION  
PAPER TOWELS  
6'S  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**5.99**  
EACH



HELLMANN'S  
MAYONNAISE  
750 - 890 ML  
SELECTED VARIETIES

**THIS WEEK ONLY**

**5.99**  
EACH



KNORR  
BOUILLON CUBES  
52 - 80 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**1.99**  
EACH



LIPTON  
CUP-A-SOUP  
75  
KNORR SOUPS  
EACH  
SELECTED VARIETIES

**THIS WEEK ONLY**

**3/\$5**



KNORR  
SIDEKICKS  
120 - 152 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**1.79**  
EACH



HELLMANN'S  
FLAVOURED  
MAYONNAISE  
340 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**3.99**  
EACH



CHRISTIE PEEK FREANS OR  
DAD'S OATMEAL COOKIES  
275 - 350 G  
SELECTED VARIETIES

**LOCKED DOWN**

**3.29**  
EACH



CHRISTIE  
BITS & BITES  
OR CRISPERS  
SNACKS  
145 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**2.75**  
EACH



CADBURY  
DAIRY MILK  
CHOCOLATE BAR  
144 - 180 G  
SELECTED VARIETIES

**LOCKED DOWN**

**4.49**  
EACH



CHRISTIE  
FAMILY SIZE  
CRACKERS  
200 - 400 G  
SELECTED VARIETIES

**LOCKED DOWN**

**3.99**  
EACH



CHRISTIE  
FAMILY SIZE  
COOKIES  
200 - 400 G  
SELECTED VARIETIES

**LOCKED DOWN**

**4.99**  
EACH



SKITTLES CANDY  
140 - 170 G  
SELECTED VARIETIES

**LOCKED DOWN**

**2.49**  
EACH



MARS  
CHOCOLATE  
BARS  
40 - 52 G  
SELECTED VARIETIES

**LOCKED DOWN**

**99¢**  
EACH



EXCEL GUM  
EACH  
SELECTED VARIETIES

**LOCKED DOWN**

**99¢**  
EACH



WHISKAS  
TEMPTATIONS  
CAT TREATS  
100 G  
SELECTED VARIETIES

**LOCKED DOWN**

**2.99**  
EACH



IAMS  
CAT FOOD  
5.18 KG  
SELECTED VARIETIES

**LOCKED DOWN**

**24.99**  
EACH



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

**LOCKED DOWN**

**3.48**  
EACH

**125**  
points  
when you buy 2  
value of \$1



NATURE VALLEY  
CHEWY BARS  
130 - 210 G

**LOCKED DOWN**

**2.99**  
EACH



BETTY CROCKER  
FRUIT SNACKS  
120 - 226 G  
SELECTED VARIETIES



OLD EL PASO  
TACO KIT  
340 G  
SELECTED VARIETIES

**LOCKED DOWN**

**3.99**  
EACH



OLD EL PASO  
TACO KIT  
340 G  
SELECTED VARIETIES

**LOCKED DOWN**

**3.99**  
EACH

# MORE

## FLAVOURS OF THE WORLD



GREEN OR GREY ZUCCHINI  
PRODUCT OF MEXICO  
4.39/KG

THIS WEEK ONLY   
**1.99**  
/LB

NEW ZEALAND  
SPRING LAMB  
Halal Certified



NEW ZEALAND  
FRESH LAMB  
LOIN CHOPS  
33.05/KG

THIS WEEK ONLY   
**14.99**  
/LB

HALAL



CEDAR BEANS OR CHICK PEA DIP  
400 G  
NORDEX CREAM  
170 ML  
SELECTED VARIETIES

LOCKED DOWN   
**1.49**  
EACH



CEDAR  
EXTRA VIRGIN  
OLIVE OIL  
850 ML  
SELECTED VARIETIES

LOCKED DOWN   
**9.99**  
EACH



PHOENICIA 555  
BASMATI RICE  
4.54 KG  
SELECTED VARIETIES

LOCKED DOWN   
**11.99**  
EACH



ALKANATER  
TAHINI OR  
DELPHI HONEY  
900 G, 1 KG  
SELECTED VARIETIES

LOCKED DOWN   
**6.99**  
EACH



CEDAR OR  
PHOENICIA  
YOGURT  
650 - 750 G  
SELECTED VARIETIES

LOCKED DOWN   
**2.79**  
EACH



ELZYMI  
TWIST PIE  
800 G  
FROZEN  
SELECTED VARIETIES

LOCKED DOWN   
**6.99**  
EACH



DELPHI  
SEA SALT  
750 G  
SELECTED VARIETIES

LOCKED DOWN   
**1.99**  
EACH



CEDAR  
VEGETABLES  
OR PHYLLO  
PASTRY  
375 - 750 G  
FROZEN  
SELECTED VARIETIES

LOCKED DOWN   
**2.99**  
EACH



CEDAR  
VERMICELLI  
300 G  
KNORR  
BOUILLON  
CUBE  
80 G  
SELECTED VARIETIES

LOCKED DOWN   
**1.29**  
EACH



CEDAR  
PITA  
330 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**1.29**  
EACH



CEDAR BURGOL, SEMOLINA OR DRY BEANS  
907 G  
CEDAR STUFFED VINE LEAVES  
375 G  
SELECTED VARIETIES

LOCKED DOWN   
**2.99**  
EACH



CEDAR  
PEACHES OR  
POMEGRANATE  
JUICE  
250 - 750 ML  
SELECTED VARIETIES

LOCKED DOWN   
**3.49**  
EACH



BEST  
NECTAR  
CEDAR  
TEA BAGS  
20'S  
SELECTED VARIETIES

LOCKED DOWN   
**2.99**  
EACH



CEDAR GRAPE LEAVES OR MARINATED VEGETABLES  
1 L  
PHOENICIA CORNED BEEF  
340 G  
SELECTED VARIETIES

LOCKED DOWN   
**4.49**  
EACH



ALFA BOUGATSA  
400 G FROZEN  
SELECTED VARIETIES

LOCKED DOWN   
**5.99**  
EACH



PUCK SPREAD  
500 G  
SELECTED VARIETIES

LOCKED DOWN   
**12.99**  
EACH



**PROUDLY SIMPLE.  
PROUDLY CANADIAN.**



**LACTANTIA  
CREAM CHEESE  
PRODUCT**  
227 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**349**  
EACH

**iögo  
nanö**

**SOURCE  
OF  
CALCIUM &  
VITAMIN D**

**New iögo nanö  
yogurts, anywhere  
you go!**

**Made  
with  
REAL  
FRUIT**



**iögo nanö  
POPPING BUBBLES YOGURT**  
4.8 100%  
SELECTED VARIETIES

**LOCKED DOWN**   
**249**  
EACH



**iögo nanö  
DRINKABLE YOGURT**  
4.3 100%  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**   
**379**  
EACH

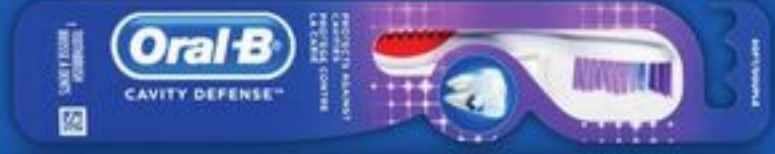


**iögo nanö  
GRAB AND GO YOGURT**  
4.3 100%  
SELECTED VARIETIES

**LOCKED DOWN**   
**349**  
EACH



# PERSONAL CARE FOR LESS



**LOCKED DOWN**

**1.29**  
EACH



**HUGGIES**  
LITTLE MOVERS,  
SNUGLERS  
DIAPERS  
84 - 148'S  
SELECTED VARIETIES

**THIS WEEK ONLY**

**38.99**  
EACH



**IVORY**  
BODY WASH  
421 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**5.49**  
EACH



**DEPEND**  
UNDERWEAR  
17'S  
POISE PADS  
27-46'S  
SELECTED VARIETIES

**LOCKED DOWN**

**17.99**  
EACH



**COLGATE TOOTHPASTE**  
35  
SELECTED VARIETIES

**LOCKED DOWN**

**9.99**  
EACH



**AVEENO**  
BODY LOTION  
333 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**11.99**  
EACH



**NATIVE**  
HAIR CARE  
457 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**13.99**  
EACH



**DOVE**  
BEAUTY  
BAR SOAP  
6'S  
SELECTED VARIETIES

**LOCKED DOWN**

**10.99**  
EACH



**OGX**  
HAIR CARE  
385 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**7.99**  
EACH



**AXE**  
BODY WASH  
346 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**9.49**  
EACH



**PAMPERS**  
SENSITIVE  
BABY WIPES  
56'S  
SELECTED VARIETIES

**LOCKED DOWN**

**3.49**  
EACH



**BABY**  
MUM-MUM  
WAFERS  
24'S  
SELECTED VARIETIES

**LOCKED DOWN**

**2/\$5**



**GERBER**  
BABY PUREE  
128 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**3/\$6**



**HUGGIES**  
SIMPLY CLEAN  
BABY WIPES  
192'S  
SELECTED VARIETIES

**LOCKED DOWN**

**9.49**  
EACH



**NESTLE**  
NIDO  
TODDLER  
NUTRITIONAL  
SUPPLEMENT  
850 G  
SELECTED VARIETIES

**LOCKED DOWN**

**26.49**  
EACH



**PERSONNELLE**  
HAND SOAP  
257 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**1.99**  
EACH



**PERSONNELLE**  
HAIR CARE  
355 - 375 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**2.99**  
EACH



**PERSONNELLE**  
BABY  
TRAINING  
PANTS  
37'S  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**12.99**  
EACH

**55**  
points

Coca-Cola

i earn with moi  
rewards



CANADA DRY

THIS WEEK ONLY



13<sup>99</sup>  
EACH



125  
points

value of \$1

COCA-COLA OR CANADA DRY  
GINGER ALE SOFT DRINKS  
24 X 355 ML SELECTED VARIETIES



POWER  
ADE.

24  
PACK  
591  
mL

THIS WEEK ONLY



15<sup>99</sup>  
EACH

125  
points

value of \$1

POWERADE SPORT DRINKS  
24 X 591 ML  
SELECTED VARIETIES