

PERTH'S

Foodsmiths

1976  2026

• GOOD FOOD STORE •

Celebrating 50 years in Business

FROM THE ARCHIVES:



"The Corner Store"
2 Wilson St. E. Perth, ON.
ca. 1980

JOIN US JUNE 19TH FOR OUR
50TH ANNIVERSARY CELEBRATION!

THIS WEEK'S PICKS

CANADIAN FRESH 
PREMIUM QUALITY
MCINTOSH APPLES
PRODUCT OF CANADA
3 LB



ONTARIO FRESH 
PREMIUM QUALITY
SWEET RED BELL PEPPERS
PRODUCT OF ONTARIO
LB



ONTARIO FRESH
BRANDT MEATS
MONTREAL SMOKED MEAT
PER 100 G



CANADIAN MADE
GREENHOUSE JUICE CO. 
ORGANIC PROTEIN SHAKES
300 ML
ASSORTED VARIETIES



CANADIAN MADE
COVERED BRIDGE
POTATO CHIPS
142 - 170 G
ASSORTED VARIETIES



BEST IN OUR BULK BINS

BEST BUY
SMOOTH PEANUT BUTTER



30% OFF
83¢/100G

BEST BUY
PEPITA/PUMPKIN SEEDS UNSALTED



30% OFF
\$2.02/100G

DELUXE MIXED NUTS SALTED



25% OFF
\$3.97/100G

DRY ROASTED ALMONDS



25% OFF
\$2.39/100G

SWEETENED DRIED CRANBERRIES



25% OFF
\$1.27/100G

BANANA CHIPS



25% OFF
\$1.12/100G

BUY A LITTLE, SAVE A LOT!

SMALL CHOCOLATE CHIPS

25% OFF
\$2.54/100G

NAVY BEANS

25% OFF
67¢/100G

WALNUT HALVES

25% OFF
\$3.22/100G

BASMATI RICE

25% OFF
74¢/100G

MIXED PEPPERCORNS

25% OFF
\$5.63/100G

QUICK COOK OATS

25% OFF
52¢/100G

ONEKA CEDAR & SAGE CONDITIONER

10% OFF
\$2.42/100G

ECOMAX ORANGE DISH SOAP

20% OFF
52¢/100G



SAVE YOUR CONTAINER AND REFILL!

PRICES IN EFFECT THURSDAY, APRIL 23 TO THURSDAY, APRIL 30, 2026

foodsmiths.com  

THIS WEEK'S PRODUCE TOP PICKS

PREMIUM FRESH
LEMONS

\$1.29 EACH OR 4/\$4.50
PRODUCT OF USA
/SOUTH AFRICA



SAVE \$1.46

4/4⁵⁰

PREMIUM FRESH
ORGANIC AVOCADOES

\$5.29 EACH OR 2/\$9
PRODUCT OF MEXICO



SAVE \$2.98

2/\$9

YUPIK
HIMALAYAN PINK SALT FINE

1 KG
PACKAGED IN CANADA



SAVE \$4

8⁹⁹ / EACH



PREMIUM FRESH
THYME BUNCHES

EACH
PRODUCT OF COLOMBIA



SAVE \$1.10

1⁸⁹ / EACH

PREMIUM FRESH
RAINBOW CHARD

BUNCH
PRODUCT OF MEXICO



SAVE 70¢

3²⁹ / EACH

FRESH, LOCAL, CANADIAN GROWN PRODUCE

COOKSTOWN GREENS
ORGANIC MICRO BROCCOLI

75 G
PRODUCT OF ESSA, ONTARIO

ONTARIO FRESH!



SAVE \$1.10

5⁸⁹ / EACH

PREMIUM FRESH
BRUSSEL SPROUTS

340 G
\$3.49 EACH OR 2/\$6
PRODUCT OF USA



SAVE \$1.98

2/\$6

NOW IN STOCK EVERYDAY PRICE

ONTARIO GROWN
RED PRINCE APPLES

3 LB
PRODUCT OF CANADA



EVERYDAY PRICE
8.99
/ EACH

RAVENSFIELD
ORGANIC JERUSALEM ARTICHOKE

1 LB
PRODUCT OF ONTARIO



EVERYDAY PRICE
6.99
/ LB

ONTARIO GROWN
CHERRY MEDLEY TOMATOES

341 G
PRODUCT OF ONTARIO



EVERYDAY PRICE
7.99
/ EACH

FRESH floral & garden

RAVENSBERGEN AND SONS LTD.
10' BOSTON FERNS

EACH
PRODUCT OF ONTARIO



EVERYDAY PRICE
27.99
/ EACH

WILD STONE FLOWERS
SMALL MIXED BOUQUETS

PRODUCT OF ETOBICOKE, ONTARIO
\$16.99 EACH OR 2/\$30



EVERYDAY PRICE
16.99
/ EACH

WILD STONE FLOWERS
XL PREMIUM MIXED BOUQUETS

PRODUCT OF ETOBICOKE, ONTARIO
EACH



EVERYDAY PRICE
32.99
/ EACH

SHOP THE SYMBOL:

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



PILLERS
MUSTARD SEED SALAMI
 PER 100 G

CANADA

SAVE 30¢
2.69
 / 100 G

CUSTOM SLICED IN OUR DELI!

SKOTIDAKIS
SHEEP MILK FETA
 200 G ASSORTED

CANADA

SAVE \$1
7.49
 / EACH

HAPPY PLANET
JUICE
 1.75 L ASSORTED

CANADA

SAVE!
10% OFF

feel good food™ (and juice)
Organic Valencia Orange
 1.75 L

100% Juice from Concentrate

ST ALBERT
MILD COLOURED CHEESE
 270 G

CANADA

SAVE \$1
10.49
 / EACH

HOPE ECO FARMS
SWEET GRASS BUFFALO CHEESE
 PER 100 G

SAVE \$1
8.99
 / 100 G

GO LOCAL

BACKERHAUS
POTATO SCALLION BUN
 4 PACK

CANADA

SAVE 98¢
\$4.99 EACH OR
2/\$9

AIDANS
GLUTEN FREE BAKED GOODS
 ASSORTED

CANADA

SAVE!
15% OFF

BAXTER'S BAKERY
TARTS
 6 PACK ASSORTED

CANADA

SAVE \$1
6.99
 / EACH

Ilios
DARK CHOCOLATE RICECAKES
 100 G

CANADA

SAVE 30¢
3.99
 / EACH

FRESH DEALS THROUGHOUT THE STORE

CELESTIAL
TEA
20 TB
ASSORTED VARIETIES



SAVE \$1
5.99
/ EACH

BOTTLEGREEN
CORDIALS
500 ML
ASSORTED VARIETIES



SAVE \$1
10.99
/ EACH

LA SOYAIRE
BBQ NUGGETS



SAVE 50¢
3.99
/ EACH

BIOITALIA
LEGUME PASTAS
250 G
ASSORTED



SAVE 50¢
6.49
/ EACH

CROOKED HILLS
CREAMED HONEY
500 G



SAVE \$1
8.49
/ EACH

KRINOS
SPINACH SWIRLS
225 G



BAKED IN STORE!



SAVE 98¢
\$3.49 EACH OR
2/\$6

LA PRESSERIE
PLANT BASED ENTRÉES



SAVE \$1
7.99
/ EACH

PLANTROPY
JACKFRUIT MEALS
280 - 380 G
ASSORTED



SAVE!
10% OFF

ORDER AT OUR DELI COUNTER!

FRESH DEALS THROUGHOUT THE STORE

SOCIAL CLUB PASTA SAUCE

680 - 730 ML
ASSORTED



SAVE \$1
6.99
/ EACH

HOUSEWARES SELECT MUGS

ASSORTED VARIETIES
WHILE SUPPLIES LAST



FELICETTI PASTA

340 - 500 G
ASSORTED



SAVE!
15%
OFF

GRAIN PRO FLOUR

2.5 KG
ASSORTED

SAVE!
10%
OFF



SAVE!
25%
OFF

Fluid Solar Roasted Coffee

GUATEMALA TANGO

PER 100 G

This lovely high-altitude grown bean from the Huehuetenango region is producer processed from planting to shipping. The farms are in an ideal geographic location providing exceptional cupping with distinct acidity, fruited flavours and a clean aftertaste.

TASTING NOTES:
Berries | Sweet Caramel | Vanilla | Golden Raisin

FIND IT IN OUR BULK BINS



SAVE 70¢
4.99
/ 100 G

UNLESS OTHERWISE STATED. WHILE SUPPLIES LAST. NO RAIN CHECKS OR SUBSTITUTIONS. IMAGES ARE REPRESENTATIONAL ONLY. PRODUCTS MAY NOT BE EXACTLY AS SHOWN. E & OE.

FRESH DEALS IN NATURAL BODY CARE

WILD ROSE HERBAL D-TOX KITS

ASSORTED VARIETIES



20% OFF
SAVE!

NUUN ELECTROLYTES

ASSORTED VARIETIES
10 SERVINGS



15% OFF
SAVE!

CHEEKS AHOY REUSABLE CLOTHS

ASSORTED



10% OFF
SAVE!

FUTURE IS BAMBOO ECO FLOSS PICKS

ASSORTED



ON SALE 5.99
SAVE 80¢

ATLANTICK TICK KIT

EACH



ON SALE 17.99
SAVE \$2

A. VOGEL CALCIUM ABSORBER

400 T



ON SALE 16.99
SAVE \$5



the hospice hub
connecting end of life care



THANK YOU

FOR HELPING SUPPORT
THIS IMPORTANT PROGRAM

FOODSMITHS APRIL BYOB THE HOSPICE HUB

The Hospice Hub is a community-led initiative that provides comprehensive, compassionate, and integrated services to support anyone at end of life and bereavement, including their family and caregivers. They provide education, information, system navigation, and responsive compassionate support services to allow people to live well with as much comfort as possible.

The Hospice Hub is a community support service aimed at helping patients and families navigate this often difficult time at the end of life.

To volunteer visit: <https://www.thehospicehub.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!



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!**



ORGANIKA

AUTHENTICALLY CANADIAN 

PROUDLY
CANADIAN



**15%
OFF**

BONE BROTHS & COLLAGENS ASSORTED

Organika bone broths and collagens provide high-protein, nutrient-dense nutrition to support gut health, joint mobility, and skin health.

- #1 Collagen in Canada - Full spectrum Collagen.
- Source of clean protein to boost daily energy.
- Bone broths have a savory taste and broad range of nutrients including minerals and gelatin.



ON SALE
26⁹⁹
SAVE \$9

CONGESTION RELIEF

60 GEL CAPS

Congestion Relief Supreme works to help ease mucus buildup while clearing nasal and sinus congestion with a synergistic blend of organic oregano oil, organic garlic oil and antioxidant-rich black seed oil. Oregano oil has been well-researched for its antibacterial and antifungal properties. Garlic oil is not only used to help alleviate upper respiratory tract congestion, but it also helps to maintain cardiovascular health and reduce blood lipid levels.

- Formulated with organic oregano oil, organic garlic oil and black seed oil.
- Our formula is gluten free
- Relieves excess mucus and nasal congestion associated with upper respiratory tract conditions.

Made in Canada and sold exclusively by Health First Network Members to support healthy Canadian communities.



Builds Antibodies & Strong Muscles

RL WHEY PROTEIN MEAL REPLACEMENT

VANILLA & CHOCOLATE

Regenerlife High Alpha Whey Protein helps satisfy your appetite and supports healthy weight management as part of an energy-reduced diet! Along with 25 g of high-quality whey protein, we added low-FODMAP Reliefibre® so you can better manage food cravings and feel fuller for longer. This formula also includes essential vitamins, minerals, lecithin, and medium-chain triglycerides (MCTs), and can be used as a meal replacement.

- Provides an excellent source of protein at 25 g per serving
- Source of probiotics
- Provides a complete and nutritious meal replacement
- Provides a high source of fibre from 5 g of Reliefibre per serving

ON SALE
54⁹⁹
SAVE \$14



Supplements and NATURAL BODY CARE



Nanton
nutraceuticals Ltd.

ALL PRODUCTS



Nanton Nutraceuticals is a Canadian company committed to producing the highest quality health supplement products available on the market today.

A natural way to support common health problems.

20% OFF



NAKA ALL PRODUCTS ASSORTED



Naka
Professional



15% OFF

BUY 1, GET 1 FREE
FREE 500M 1L
SILICEA BALSAM
WITH
THE PURCHASE OF
425g MARINE
COLLAGEN



BUY 1, GET 1 FREE
FREE 120ml
COLLOIDAL
SILVER WITH
THE PURCHASE
OF A 600ml
BOTTLE



Supplements and NATURAL BODY CARE



NOW ESSENTIAL OILS & BODY CARE ASSORTED

This natural line encompasses anti-aging moisturizers and serums, bath and body needs, oral care, skin care, and essential oils, all of which avoid harsh chemicals and include synthetic ingredients in their formulations, to provide a more naturally-sourced product line.



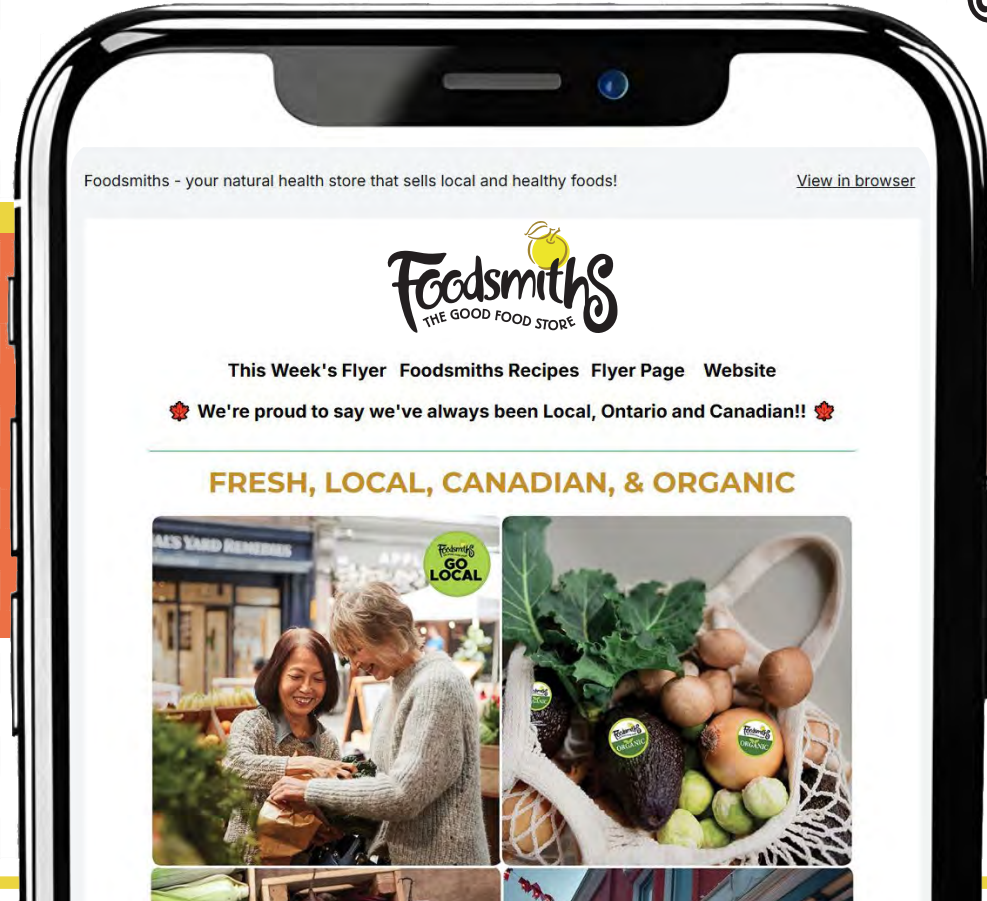
15% OFF

PRICES IN EFFECT APRIL 1 TO APRIL 30, 2026

foodsmiths.com  

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**GET IN THE KNOW!
 BROWSE THE LATEST FLYERS,
 UPCOMING EVENTS, LOCAL
 NEWS, AND SEASONAL ITEMS!**

