

food Basics

CANADIAN AND PROUD

ALWAYS MORE FOR LESS

CRAZY 8 SALE

RUDOLPH'S BREAD
500 G
SELECTION
GARLIC TOAST
480 G
KING'S HAWAIIAN ROLLS
340 G
SELECTED VARIETIES



8 CRAZY
2.98
EACH

30'S

WOW

LIMIT OF 2



SELECTION
LARGE EGGS
30'S
SELECTED VARIETIES
AFTER LIMIT 9.59 EA

8 CRAZY
6.88
EACH



8 CRAZY
2.88
EACH

RUFFLES POTATO CHIPS OR CHEETOS
180 - 285 G
SELECTED VARIETIES



RASPBERRIES
PRODUCT OF U.S.A. OR MEXICO
NO. 1 GRADE
170 G

8 CRAZY
1.88
EACH



8 CRAZY
2.88
EACH

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



WE LOVE LOCAL
Ontario

RUSSET
Washed POTATOES / POMMES de TERRE lavées

10 lb / 4.54 kg
CANADA No. 1
PRODUCT OF/PRODUIT DU QUÉBEC

POTATOES
PRODUCT OF ONTARIO, CANADA
10 LB

8 CRAZY
1.88
EACH



NOOR
BASMATI RICE
4.54 KG
8 CRAZY
6.88
EACH

COLAVITA
OLIVE OIL
1 L
SELECTED VARIETIES
8 CRAZY
12.98
EACH



LACTANTIA PURFILTRÉ MILK
2 L
SELECTED VARIETIES

8 CRAZY
3.88
EACH



8 CRAZY
12.98
EACH

HANGING BASKETS



HIGHLINER BREADED AND BATTERED FISH FILLET OR SHRIMP FAMILY PACK
315 - 700 G FROZEN
SELECTED VARIETIES

8 CRAZY
4.88
EACH

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, APRIL 30TH TO WEDNESDAY, MAY 6TH, 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

CRAZY

BONELESS

8 CRAZY 1.88 /LB

FRESH BONELESS PORK LOIN HALVES VACCUM PACK
WHILE QUANTITIES LAST
4.14/KG

8 CRAZY 4.88 EACH

FRESH AUTHENTIC PORK SAUSAGES
HOT, MILD, HONEY GARLIC OR ENGLISH BANGER
SELECTED VARIETIES

8 CRAZY 5.88 EACH

125 points value of \$1

MEDIUM GROUND BEEF BURGERS
PACKAGE OF 8
454 G SELECTED VARIETIES

8 CRAZY 2.88 EACH

125 points value of \$1

DEMPSTER'S SIGNATURE BUNS
6-8'S SELECTED VARIETIES

GET READY TO SAVE! GREAT PRICES START

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

CRAZY

8 CRAZY 2.98 EACH

HOSTESS SNACK CAKES
6'S SELECTED VARIETIES

8 CRAZY 2/6.88

DORITOS TORTILLA CHIPS OR SMARTFOOD POPCORN
150-235 G
SELECTED VARIETIES

8 CRAZY 10.98 EACH

KRAFT DINNER NOODLE MEAL
12 X 200 G

8 CRAZY 13.98 EACH

BRAR'S DESI GHEE
800 G
SELECTED VARIETIES

8 CRAZY 6.98 EACH

CASABLANCA HONEY
1 KG
TATA TEA PREMIUM
220'S SELECTED VARIETIES

8 CRAZY 2.48 EACH

COCA-COLA, CANADA DRY GINGER ALE OR PEPSI SOFT DRINKS
2L
SELECTED VARIETIES

8 CRAZY 2.99 EACH

15 points

DEMPSTER'S WHOLE GRAIN, SIGNATURE OR PROTEIN BREAD
600 G SELECTED VARIETIES

***IN STOCK POLICY:** Food Basics offers an in-stock guarantee for all items in its current flyer. If we are temporarily out of stock, the item is not available until the date of issue. Rain Checks are not issued if the ad in the flyer states: Hot Pizza, Beer, Cider and Wine, Independent Third Party Vendors, "Our Seafood Market" and "Our Butcher Shop". 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, per item per day.

We reserve the right to limit purchases to reasonable requirements. Limits or some restrictions apply - details available in local store flyer, visit foodbasics.ca, where you can create an account (or sign into your account) and select design only. We reserve the right to correct any unintentional error that may occur in the copy or illustration. Refer to the terms and conditions of the program. Other exemptions may apply. "Compare at" references are in comparison to at least 1 card, points awarded are calculated on the total amount, before taxes, and excludes the products specified in the terms and conditions of the program. For \$3 = 1 pt; available at Metro; not available at Food Basics. Points redeemable at participating store.

Metro Inc. disclaims all liability in connection with or that may arise from the visuals provided by advertisers and suppliers. UNAUTHORIZED COPYING OF THIS FLYER IN ANY MEDIUM (INCLUDING POSTING ONLINE) WITHOUT THE PERMISSION OF METRO INC.

8 SALE

Dempster's ENGLISH MUFFINS ANGLAIS
WHOLE GRAINS GRAINS ENTIERS
PLAIN NATURE

DEMPSTER'S ENGLISH MUFFINS 6'S SELECTED VARIETIES

8 CRAZY 228 EACH

Black Diamond OLD-FORT Cheddar Cheese Fromage cheddar
MARBLE • MARBRÉ

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

8 CRAZY 548 EACH

1L **Beatrice** CHOCOLATE MILK 1%
SELECTED VARIETIES

8 CRAZY 198 EACH

Chapman's ICE CREAM
FROZEN YOGOURT
no sugar added

CHAPMAN'S ICE CREAM 1L
FROZEN YOGOURT 2L SELECTED VARIETIES

8 CRAZY 588 EACH

PEPSI **CANADA DRY** GINGER ALE
Coca-Cola ORIGINAL TASTE

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

8 CRAZY 798 EACH

LOVE PEACH LOVE PEACH
fuze iced tea
Lemon

FUZE OR PEACE TEA ICED TEA 12 X 341 ML SELECTED VARIETIES

8 CRAZY 698 EACH

moir rewards
Dempster's PULL-APART ROLLS
Signature
Hawai Sweet

DEMPSTER'S PULL-APART ROLLS 12'S SELECTED VARIETIES

THIS WEEK ONLY 299 EACH
15 points

out-of-stock on an advertised item in our current flyer, a Rain Check will be issued with 10% off the advertised price, "While Quantities Last", "Special Buy" or "No Rain Checks", or on in-store cooked BBQ Chicken and y Nosso Taiho". Please see the Customer Service desk at your Food Basics for full details. For retail sale only, we reserve the right to limit quantities to reasonable requirements. Limit: One Rain Check per household.

able in store or at Foodbasics.ca. Certain prices and special offers advertised in our flyers may vary by area, your preferred location. Some illustrations in this flyer do not necessarily represent items on sale and are for prices for savings or sale prices are in comparison to our regular retail prices. Prices are effective Thursday 8 a.m. other regular retail price. Commercial resale of our products is prohibited. Upon presentation of the Moi Rewards rms and conditions of the program. Does not apply to bonus points. Available at stores participating in the s starting at a balance of 500 points (\$4 value). Visit moirewards.ca for terms and conditions. Moi Rewards is a

pliers with respect to photos, logos, designs, typography and product origin.

FOR WRITTEN CONSENT OF METRO ONTARIO INC. IS NOT PERMITTED. CUSTOMER CARE: 1-866-595-5554

i earn with

moi rewards
i redeem
save on w
i buy most

redeem
500 = **\$4**
points in reward



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.

Schneiders Applewood Smoked ORIGINAL HAM
Faisle au bois de pommier
NATURAL SMOKED HAM JAMBON FUMÉ NATUREL ORIGINAL

THIS WEEK ONLY 1299 EACH
55 points

SCHNEIDERS OR MAPLE LEAF SMOKED BONELESS HALF HAM 600-700 G SELECTED VARIETIES

Safe to Bake Pillsbury **Cookie Dough** Chocolatey Chunk
Safe to Bake Pillsbury **Cookie Dough** Chocolatey Chip

LOCKED DOWN **329 EACH**
20 points

PILLSBURY PREPARED DOUGH 468 G SELECTED VARIETIES

KIND HEALTHY GRAINS™
Dark Chocolate Peanut Butter
chewy with a crunch
100% WHOLE GRAINS*
GLUTEN FREE

KIND CEREAL BARS 3 X 33 SELECTED VARIETIES

LOCKED DOWN **499 EACH**
25 points

Budweiser ZERO™
FULL-FLAVOURED ZERO ALCOHOL BEER
BIÈRE SAUVAGEUSE ZERO ALCOOL

BUDWEISER ZERO ALCOHOL FREE BEER 6 X 355 ML SELECTED VARIETIES

LOCKED DOWN **1299 EACH**
55 points

Hormel Real-Vrai BACON
FRESH-MIXED

HORMEL REAL BACON 100'S SELECTED VARIETIES

LOCKED DOWN **599 EACH**
30 points

DAINTY JASMINE - JASMIN

DAINTY JASMINE RICE 1.6 kg SELECTED VARIETIES

LOCKED DOWN **999 EACH**
45 points

moi rewards

and
hat
often



**DEMPSTER'S WHOLE GRAIN,
SIGNATURE OR PROTEIN BREAD**
600 G
SELECTED VARIETIES

2.99
EACH

15
points



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

13.99
EACH

55
points



**ROBIN HOOD
FLOUR**
1 KG
SELECTED VARIETIES

3.79
EACH

20
points



**BURNBRAE FARMS
EGG BITES! OR EGG BAKES!**
336 - 348 G SELECTED VARIETIES

6.99
EACH

35
points



**PLANTERS
CASHEWS**
200 G
SELECTED VARIETIES

4.99
EACH

25
points



DARE WHIPPET COOKIES
200 - 285 G
SELECTED VARIETIES

2.99
EACH

125
points
when you buy 2
value of \$1



**FINISH POWERBALL
DISHWASHER TABS**
500 - 45'S
SELECTED VARIETIES

13.99
EACH

55
points

CHOOS CANADI



SEEDLESS CUCUMBERS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE

1.79
EACH



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



7.99
EACH



3.99
EACH



**KRAFT
DINNER
NOODLE
MEAL**
12 X 200G

10.98
EACH



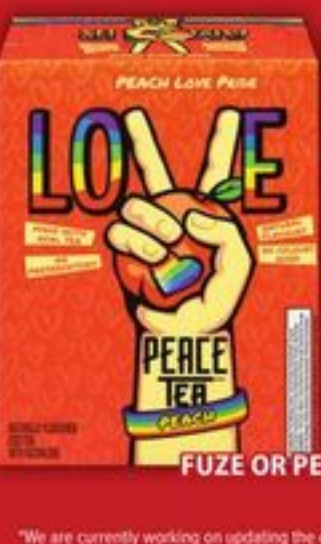
**BEATRICE
CHOCOLAT
MILK**
SELECTED VARIETIES

1.98
EACH



**DORITOS TORTILLA
CHIPS OR
SMARTFOOD
POPCORN**
150 - 215 G
SELECTED VARIETIES

2/6.88



FUZE OR PEACE TEA ICED TEA
12X341 ML
SELECTED VARIETIES

6.98
EACH

*We are currently working on updating the origin of all our products. This information comes from certification agency.

E
AN



WE LOVE LOCAL
Ontario

SWEET YELLOW,
ORANGE OR RED
PEPPERS
PRODUCT OF ONTARIO
6.59/KG

2.99
/LB



JANES RESTAURANT STYLE
FULLY COOKED BREADED BITES,
FILLETS, STRIPS OR BURGERS
700 - 750 G
FROZEN
SELECTED VARIETIES

11.99
EACH



DEMPSTER'S
ENGLISH MUFFINS
65
SELECTED VARIETIES

2.28
EACH



NESTLÉ PARLOUR 1.5 L
NOVELTIES 6 - 12'S
SELECTED VARIETIES

2.88
EACH



RUFFLES
POTATO CHIPS
OR CHEETOS
180 - 205 G
SELECTED VARIETIES

2.88
EACH



Coca-Cola
ORIGINAL TASTE

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

7.98
EACH

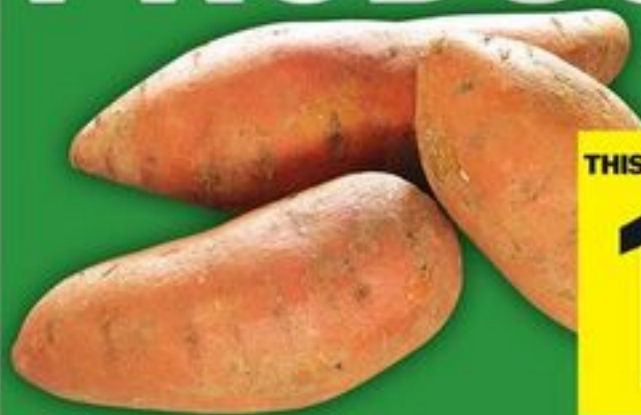


OLD-FORT
Cheddar Cheese
Fromage cheddar

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

5.48
EACH

PRODUCE



SWEET POTATOE
PRODUCT OF U.S.
3.28/KG

THIS WEEK ONLY
1.49
/LB



TROPICAL GOLD
PINEAPPLE
PRODUCT OF COSTA RICA
BLACKBERRIES
PRODUCT OF MEXICO, NO. 1 GRADE
150 - 170 G

THIS WEEK ONLY
3.77
EACH



WE LOVE LOCAL
Ontario



WHOLE WHITE
OR CREMINI
MUSHROOMS
PRODUCT OF ONTARIO
227 G

THIS WEEK ONLY
2/\$5



AVOCADO
PRODUCT OF MEXICO OR PERU
5 OR 6 PK
LEMON
PRODUCT OF SOUTH AFRICA
OR U.S.
21

THIS WEEK ONLY
4.99
EACH



GREEN
OR GREEN
ZUCCHINI
SQUASH
PRODUCT OF MEXICO
4.39/KG

THIS WEEK ONLY
1.99
/LB



WE LOVE LOCAL
Ontario

SWEET ONIONS

MINI CUCUMBERS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE 397 G
SWEET ONIONS
PRODUCT OF MEXICO OR PERU, 3 LB

THIS WEEK ONLY
3.99
EACH



STEM AND LEAF
CLEMENTINE
PRODUCT OF SPAIN
6.59/KG

THIS WEEK ONLY
2.99
/LB

FLORAL



THIS WEEK ONLY
\$6
EACH

CARNATIONS
WHILE SUPPLIES LAST



THIS WEEK ONLY
\$15
EACH

MIXED BOUQUET
WHILE SUPPLIES LAST

EXTRA LARGE

THIS WEEK ONLY

2⁹⁹ /LB

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

WE LOVE LOCAL
Ontario

THIS WEEK ONLY

1⁷⁹ EACH

SEEDLESS CUCUMBERS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE

MEAT

HALAL AT SAME PRICE

THIS WEEK ONLY

3⁹⁹ /LB

FRESH WHOLE CHICKEN WINGS
INCLUDING HALAL BAGGED
8.80/KG

COSMIC CRISP

BARTLETT PEARS
PRODUCT OF ARGENTINA
EXTRA FANCY GRADE

COSMIC CRISP APPLES
PRODUCT OF U.S.A.
EXTRA FANCY GRADE
5.49/KG

THIS WEEK ONLY

2⁴⁹ /LB

THIS WEEK ONLY

4⁹⁹ /LB

FRESH PORK SIDE RIBS
CENTER CUT REMOVED
11.00/KG

Clementines

CLEMENTINES
PRODUCT OF MOROCCO
2 LB

THIS WEEK ONLY

4⁹⁹ EACH

THIS WEEK ONLY

11⁹⁹ /LB

COHO SALMON FILLET
PREVIOUSLY FROZEN SELECTED VARIETIES
26.43/KG

WE LOVE LOCAL
Ontario

SWEET YELLOW, ORANGE OR RED PEPPERS
PRODUCT OF ONTARIO
6.59/KG

THIS WEEK ONLY

2⁹⁹ /LB

THIS WEEK ONLY

3⁴⁹ /LB

FLETCHER'S CURED PORK COTTAGE ROLL
7.69/KG

20 points

THIS WEEK ONLY

5⁹⁹ EACH

SCHNEIDER'S OR MAPLE LEAF BACON
43 - 175 G
SELECTED VARIETIES

RED MANGOES
PRODUCT OF BRAZIL OR PERU

ATAULFO HONEY MANGOES
PRODUCT OF MEXICO

THIS WEEK ONLY

4/\$5

THIS WEEK ONLY

4⁹⁹ EACH

TRE STELLE TRADITIONAL FETA
200 G SELECTED VARIETIES
WHILE SUPPLIES LAST

THIS WEEK ONLY

7⁹⁹ EACH

SCHNEIDER'S JUICY JUMBO OR SMOKE SAUSAGE
175 G
SELECTED VARIETY

WE LOVE LOCAL
Ontario

7 LB

THIS WEEK ONLY

6⁸⁸ EACH

RED ONIONS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
7 LB

THIS WEEK ONLY

3⁴⁹ EACH

FONTAINE SANTÉ HUMMUS
227 - 240 G SELECTED VARIETIES

THIS WEEK ONLY

7⁴⁹ EACH

IRRESISTIBLES GOAT CHEESE
290 G SELECTED VARIETIES

5" ORCHID
WHILE SUPPLIES LAST

THIS WEEK ONLY

12⁹⁸ EACH

DORMANT ROSE
WHILE SUPPLIES LAST

THIS WEEK ONLY

16⁹⁹ EACH

THIS WEEK ONLY

6⁴⁹ EACH

THE DELI-SHOP SLICED DELI MEAT
2 X 175 - 200 G
SELECTED VARIETIES

THIS WEEK ONLY

3⁴⁹ EACH

SEAHORS BASA STEAK OR ANCHOR'S BASA FILLET OR SEASOUR TORPED SHRIMP
200 - 300 FROZ
SELECTED VARIETY

HALAL AT SAME PRICE

THIS WEEK ONLY

8⁹⁹ /LB

EXTRA LEAN GROUND BEEF FAMILY PACK INCLUDES HALAL 19.82/KG

BAKERY

SELECTION ITALIAN BREAD 675 G SELECTED VARIETIES

ALWAYS GREAT PRICE

2⁹⁹ EACH

HALAL

THIS WEEK ONLY

10⁹⁹ EACH

55 points

NEW ZEALAND FRESH LEAN GROUND LAMB 454 G SELECTED VARIETIES

Dempster's EST. 1990

TORTILLAS 100% WHOLE WHEAT 100% DE BLE ENTIER

THIS WEEK ONLY

3⁹⁹ EACH

FRESH BONELESS EYE OF ROUND ROAST OR STEAKS CUT FROM CANADA AA GRADE OR HIGHER 26.43/KG

THIS WEEK ONLY

11⁹⁹ /LB

LOU'S FULLY COOKED BBQ PORK BACK RIBS 600 G SELECTED VARIETIES

THIS WEEK ONLY

10⁹⁹ EACH

55 points

POGO ORIGINAL BREADED SAUSAGES 1.5 KG SELECTED VARIETIES

THIS WEEK ONLY

16⁹⁹ EACH

JANES RESTAURANT STYLE FULLY COOKED BREADED BITES, FILLETS, STRIPS OR BURGERS 700 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

11⁹⁹ EACH

MORE GREAT SA

THE LAUGHING COW 133 - 140 SELECTED VARIETIES

LOCKED DOWN

3⁴⁹ EACH

MADE GOOD Granola Bars Chocolate Chip

MADE GOOD GRANOLA BARS 5 X 24 SELECTED VARIETIES

LOCKED DOWN

3⁴⁹ EACH

MONSIEUR GUSTAV GOUDA OR DOUBLE CRÈME BRIE OR JARLSBERG SLICES OR AGROPUR 2 YEAR CHEDDAR 300 - 400 G SELECTED VARIETIES

THIS WEEK ONLY

8⁹⁹ EACH

O'SOLE MIO MEAL KITS 900 G SELECTED VARIETIES

THIS WEEK ONLY

12⁹⁹ EACH

LAKWOOD PURE CRANBERRY JUICE 946 mL SELECTED VARIETIES

LOCKED DOWN

11⁹⁹ EACH

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

THIS WEEK ONLY

5⁴⁹ EACH

IRRESISTIBLE PACIFIC WHITE TINY SHRIMP RING WITH SAUCE 284 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

7⁹⁹ EACH

NESTLÉ MULTI PACK CHOCOLATE BARS 45 MINIS CELLO PACK 135 - 180 G SELECTED VARIETIES

LOCKED DOWN

3⁹⁹ EACH

ERY S L O P

Dempster's
EST 1890
BAGELS
ORIGINAL
L'ORIGINAL
NO ARTIFICIAL FLAVOURS OR COLOURS
and includes Canadian wheat flour

Dempster's
EST 1890
BAGELS
EVERYTHING TOUT GARNI
LOCKED DOWN
369
EACH

DEMPSTER'S BAGELS
450 G
SELECTED VARIETIES

Dempster's
EST 1890
CINNAMON RAISIN
NO ARTIFICIAL FLAVOURS OR COLOURS
and includes Canadian wheat flour
BAKED IN CANADA

SUN-MAID
NEW LOOK SAME GREAT TASTE!
Raisin
CINNAMON / MARRÉ À LA CANNELLE
RAISINS IN EVERY BITE!
LES RAISINS DANS CHAQUE BONDÉLÉ
No Artificial Flavour or Colour
Sans arôme ni colorant artificiel
RAISIN BREAD - PAIN AUX RAISINS

THIS WEEK ONLY
449
EACH

DEMPSTER'S SLICED BREAD
340 G
SUN-MAID RAISIN BREAD
340 G
SELECTED VARIETIES

WINGS FOR LESS

CHEFMASTER
Margarine
427 G
SELECTED VARIETIES
LOCKED DOWN
249
EACH

TASTIEZ
MAC & CHEESE
Triangles
DE MACARONI
AU FROMAGE
McCain
TASTIEZ
BITES
311 G FROZEN
SELECTED VARIETIES
LOCKED DOWN
499
EACH

GLACÉAU
VITAMIN OR
SMART WATER
591 ML - 3 L
SELECTED VARIETIES
LOCKED DOWN
199
EACH

Twizzlers
twists torsade
LOCKED DOWN
299
EACH

HERSHEY'S
TWIZZLERS LICORICE
375 - 454 G
SELECTED VARIETIES

M

CINCO DE MA

JARRITOS
Soft Drink
375 ml
SELECTED VARIETIES
LOCKED DOWN
167
EACH

THE GREAT GENTLEMAN
GINGER BEER
6 X 250 ml
SPICY GINGER
PIQUANT AU GINGEMBRE
THE GREAT GENTLEMAN
GINGER BEER
6 X 250 ml
SELECTED VARIETIES
LOCKED DOWN
799
EACH

CHARRAS
CORN TOSTADA
350 G
HERDEZ
GUACAMOLE SALSAS
431 G
SELECTED VARIETIES
LOCKED DOWN
449
EACH

M

FLAVOURS

CEDAR
PHOENICIA
Red Split Lentils
Lentilles rouges fendues
Cedar
Stuffed Vine Leaves
Feuilles de vignes farcies
LOCKED DOWN
299
EACH

Y&Y
JASMINE RICE
8 kg
SELECTED VARIETIES
LOCKED DOWN
1388
EACH

RE

AYO FOR LESS



CEDAR RICE
8 KG
SELECTED VARIETIES

LOCKED DOWN
10⁹⁸
EACH



MASECA CORN MEAL
1.8 KG
SELECTED VARIETIES

LOCKED DOWN
8⁹⁹
EACH



LA COSTEÑA BEANS OR PEPPERS
186 - 128 ML

LOCKED DOWN
3⁴⁹
EACH



CHOLULA HOT SAUCE OR CREAMOSA LA COSTEÑA SALSA
150 - 234 ML
SELECTED VARIETIES

LOCKED DOWN
4⁹⁹
EACH

RE

THE WORLD



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

LOCKED DOWN
4⁴⁹
EACH



LEE KUM KEE SRIRACHA CHILI SAUCE
443 ML

LOCKED DOWN
4⁴⁹
EACH



LEE KUM KEE SOY SAUCE
500 ML

LOCKED DOWN
2⁴⁹
EACH



SIX FORTUNE NOODLE
640 G

LOCKED DOWN
3⁹⁹
EACH



GLICO POCKY BISCUIT STICKS
144 - 124 G
SELECTED VARIETIES

LOCKED DOWN
4⁹⁹
EACH

OUR PHARMACISTS CAN ASSESS & TREAT MINOR CONDITIONS

Speak with our pharmacist for details.

*Treatment options will be determined based on an assessment by our pharmacist. Referral to another healthcare provider may be required.

Available at pharmacy locations only. Visit [ford.com](#) for more information.



INFANT TYLENOL DROP
240 ML
SELECTED VARIETIES

LOCKED DOWN
9⁴⁹
EACH

45
points



SESAME STREET KIDS VITAMIN D
180 TABLETS
SELECTED VARIETIES

LOCKED DOWN
16⁹⁹
EACH



WEBBER NATURAL VITAMIN K2+D3
60 SOFTGELS
SELECTED VARIETIES

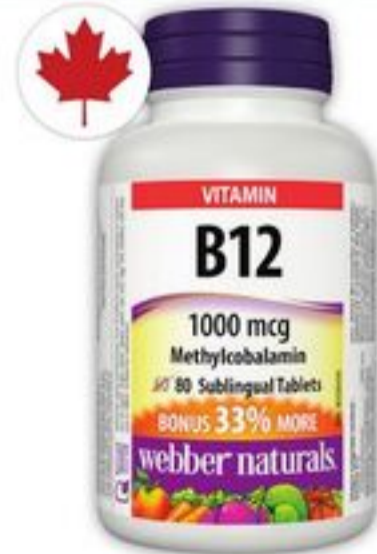
LOCKED DOWN
13⁹⁹
EACH



JAMIESON CRANBERRY, APPLE CIDER VINEGAR
60 - 120'S SELECTED VARIETIES

THIS WEEK ONLY
15⁹⁹
EACH

60
points



WEBBER NATURAL VITAMIN B12
80 SUBLINGUAL TABLETS
SELECTED VARIETIES

LOCKED DOWN
12⁹⁹
EACH



DULCOLAX LAXATIV
30 TABLETS
SELECTED VARIETIES

LOCKED DOWN
7⁵⁹
EACH

pharmacy

and may not be required.

pharmacy to find a location near you.

Jamieson
NATURAL NUTRITION SINCE 1947

Glucosamine
500 mg

Jamieson
NATURAL NUTRITION SINCE 1947

EXTRA STRENGTH E 400 IU

BONUS 100+20 Natural antioxidant support

JAMIESON VITAMIN E, GLUCOSAMINE
120-360'S
SELECTED VARIETIES

THIS WEEK ONLY

19⁹⁹ EACH

60 points

Vega
protein and greens
protéines et légumes verts

VEGA PROTEIN MIX
524 G
SELECTED VARIETIES

LOCKED DOWN

22⁹⁹ EACH

VALUE SIZE

Jamieson
NATURAL NUTRITION SINCE 1947

Curcumin Turmeric
550 mg

JAMIESON CURCUMIN TURMERIC
90'S
SELECTED VARIETIES

THIS WEEK ONLY

17⁹⁹ EACH

60 points

Claritin
Non-Drowsy
Allergy + Sinus

CLARITIN ALLERGY + SINUS
30'S
SELECTED VARIETIES

LOCKED DOWN

21⁹⁹ EACH

60 points

REACTINE
Cetirizine Hydrochloride Tablets, McNeil Std., 10 mg

REACTINE ALLERGY
48'S
SELECTED VARIETIES

LOCKED DOWN

34⁹⁹ EACH

70 points

Great Lakes Wellness
Collagen Collagène

GREAT LAKES WELLNESS COLLAGEN PEPTIDES
284 G
SELECTED VARIETIES

LOCKED DOWN

22⁹⁹ EACH

HAPPY MOTHER'S DAY

Buy a **\$50** gift card
FREE Food Basics



Offer valid A
Subject to availability. While supplies last. See gift cards for details, terms, conditions and (if applicable) affiliated.

The That Always

No hidden fees

No monthly fees

\$50*

Prepaid Card
Carte Prépayée

Vanilla

For you! Pour vous!

NO FEES AFTER PURCHASE
Except foreign transactions
PAS DE FRAIS APRES L'ACHAT
APRES L'ACHAT
Sauf pour transactions en devises étrangères

Vanilla Prepaid Mastercard® is issued by Peoples Trust Company under licence by M design is a trademark of Mastercard International Incorporated. Vanilla Visa® Prepaid International Service Associati Trust

ER'S



lululemon

rd, get a
E \$10
cs gift card



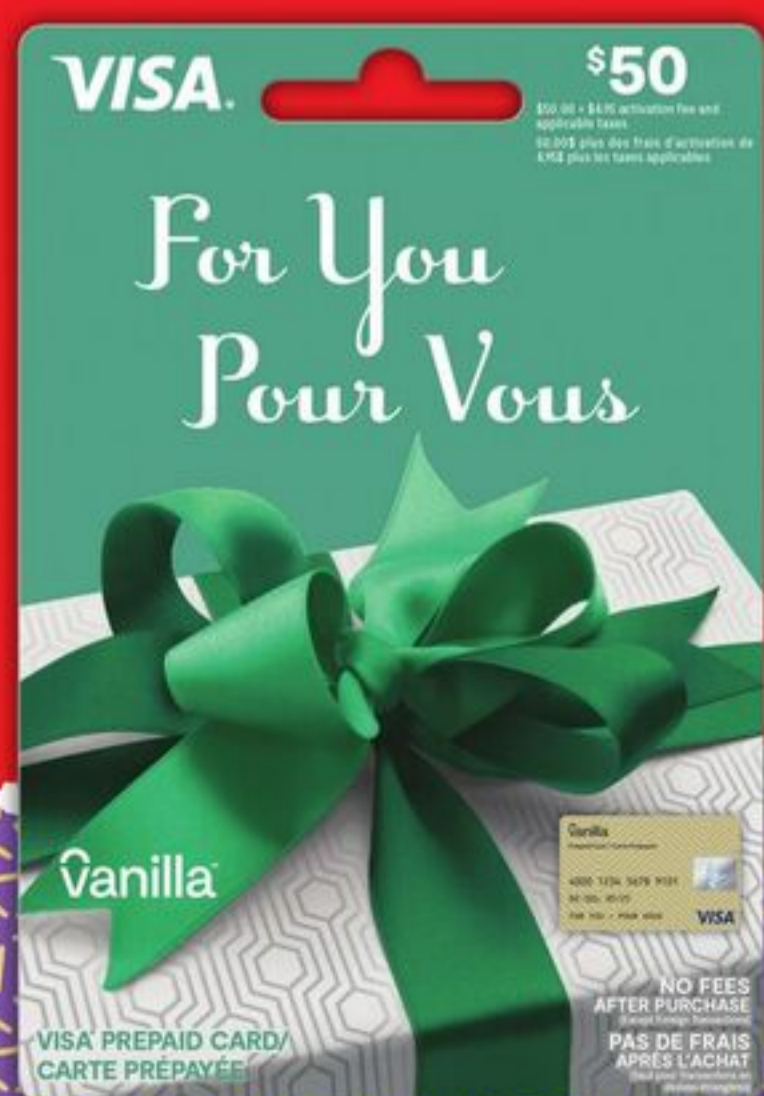
April 30 - May 6

Fees. All trademarks are property of their respective owners. The gift cards featured are not sponsors or otherwise affiliated with this company.

Gift Always Fits

Funds never expire

Accepted Worldwide



Mastercard International Incorporated. Mastercard is a registered trademark, and the circles logo is a registered trademark of Mastercard International Incorporated. The word "Mastercard" is a registered trademark of Mastercard International Incorporated. Visa is a registered trademark of Visa U.S.A. Inc. and used under licence by Peoples Trust Company. *Trademark of Visa U.S.A. Inc. and used under licence by Peoples Trust Company.