

food Basics

CANADIAN AND PROUD

ALWAYS MORE FOR LESS



THIS WEEK ONLY

2.98

EACH

VILLAGGIO BREAD
550 - 675 G
BUNS
6 - 8'S
SELECTED VARIETIES



THIS WEEK ONLY

3.98

/LB

FRESH SKINLESS CHICKEN BREAST FAMILY PACK
BONE-IN, SPLIT
8.77/KG



DARE COOKIES OR CRACKERS
100 - 315 G
SELECTED VARIETIES

THIS WEEK ONLY

2.22

EACH



SCHNEIDERS RED HOTS, MAPLE LEAF TOP DOGS OR MINA HALAL CHICKEN WIENERS
375 - 675 G OR
SCHNEIDERS MEAT PIES
330 - 400 G FROZEN SELECTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

3.48

EACH



THIS WEEK ONLY

3.48

EACH

HEREFORD CORNED BEEF 340 G
HORMEL SPAM 340 G
GOLD SEAL PINK SALMON 215 G
SELECTED VARIETIES



THIS WEEK ONLY

2.98

/LB

LOU'S KITCHEN BONELESS PEAMEAL CHUB
SELECTED VARIETIES
WHILE QUANTITIES LAST
6.57/KG



SELECTION CHEESE
300 G
SHREDS
120 G
SELECTED VARIETIES

THIS WEEK ONLY

4.88

EACH



THIS WEEK ONLY

2.98

EACH

IRRÉSISTIBLE PIZZA
340 - 390 G FROZEN SELECTED VARIETIES



THIS WEEK ONLY

5.48

EACH

GENERAL MILLS FAMILY SIZE CEREAL
455 - 778 G
SELECTED VARIETIES

THIS WEEK ONLY

2.98

EACH

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

LAY'S POTATO CHIPS OR SMARTFOOD POPCORN
130 - 235 G
SELECTED VARIETIES



THIS WEEK ONLY

7.98

EACH

BEL GIOIOSO MINI BURRATA
226 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, APRIL 9TH TO WEDNESDAY, APRIL 15TH, 2026
PRICES IN THIS FLYER AVAILABLE AT ALL SAULT STE. MARIE, ANCASTER, GRIMSBY, HAMILTON, NIAGARA FALLS, BOLTON & WOODBRIDGE 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



THIS WEEK ONLY

88¢ EACH

ATAULFO HONEY MANGOS
PRODUCT OF MEXICO



WE LOVE LOCAL

THIS WEEK ONLY

98¢ /LB

BARTLETT PEARS
PRODUCT OF SOUTH AFRICA, EXTRA FANCY GRADE
RED DELICIOUS APPLES
PRODUCT OF ONTARIO, EXTRA FANCY GRADE
2.16/KG



NAVEL SEEDLESS ORANGES
PRODUCT OF SOUTH AFRICA
3 LB
AVOCADOS
PRODUCT OF MEXICO OR PERU
5 OR 6 PACK

THIS WEEK ONLY

2.88 EACH



2 LB

THIS WEEK ONLY

2.88 EACH

MINI CUCUMBERS
PRODUCT OF ONTARIO, CANADA NO.1 GRADE
907 G



THIS WEEK ONLY

3.98 EACH

DOLE SALAD KIT 349 - 347 G
SWEET KALE SALAD KIT 340 G

GET READY TO SAVE! GREAT PRICES START
PRICES IN THIS FLYER AVAILABLE AT ALL SAULT STE. MARIE, AND
To view local store flyer, visit foodbasics.ca, where

ALWAYS GREAT PRICE



PREMIÈRE MOISSON BREAD
475 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.99 EACH



SELECTION CEREALS
755 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

4.97 EACH



ALWAYS GREAT PRICE

1.99 EACH

SELECTION OR LIFE SMART TOMATOES
796 mL
SELECTED VARIETIES



IRRESISTIBLE CABBAGE ROLLS
1.13 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE

10.99 EACH



LACTANTIA PURIFILTRE MILK 2L
SELECTED VARIETIES

LOCKED DOWN **4.98** EACH



THIS WEEK ONLY **2.99** EACH



BEATRICE CHOCOLATE MILK 1L
SELECTED VARIETIES

LOCKED DOWN **1.98** EACH



THIS WEEK ONLY **4.99** EACH

25 points



KRAFT SINGLES 498 G
PHILADELPHIA CREAM CHEESE 227-258 G
CHEEZ WHIZ SPREAD 458 G
SELECTED VARIETIES

LOCKED DOWN **3.98** EACH



KRAFT PEANUT BUTTER 758 G - 1 KG
HAZELNUT SPREAD 725 G
SELECTED VARIETIES

LOCKED DOWN **5.99** EACH



OCEAN'S LIGHT TUNA 178 G
BEN'S ORIGINAL FAST & FANCY RICE 132 G
SELECTED VARIETIES

THIS WEEK ONLY **1.25** EACH



MAXWELL HOUSE HOUSE BLEND MÉLANGE MAISON 30'S
NABOB ESTD 1896 ZERO WASTE ZERO

THIS WEEK ONLY **14.99** EACH



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

THIS WEEK ONLY **2.49** EACH



COCA-COLA, CANADA DRY GINGER ALE OR PEPSI SOFT DRINKS 24 x 355 ML
SELECTED VARIETIES

THIS WEEK ONLY **13.99** EACH



CHARMIN BATHROOM TISSUE 8-26'S
BOUNTY PAPER TOWELS 3-6'S
SELECTED VARIETIES

THIS WEEK ONLY **6.99** EACH

125 points
value of \$1



PUREX, PERSIL OR SUNLIGHT LAUNDRY DETERGENT 1.86-4.63 L - 48-110 L OZS
SELECTED VARIETIES

THIS WEEK ONLY **11.99** EACH

Mondelez International i earn with moi rewards **moi rewards**



CADBURY DAIRY MILK CHOCOLATE BAR 180 G
CADBURY CELLOS 144-151 G
SELECTED VARIETIES

THIS WEEK ONLY **4.49** EACH

60 points



CHRISTIE FAMILY SIZE COOKIES 285-488 G
RITZ DRIZZLED MINIS OR SNAK PAKS 226-289 G
SELECTED VARIETIES, WHILE QUANTITIES LAST

THIS WEEK ONLY **4.99** EACH

60 points

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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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CLEMENTINES
PRODUCT OF MOROCCO
2.18

THIS WEEK ONLY
4.99
EACH

25
points

BUTTERBALL
RAISED WITHOUT ANTIBIOTICS
LEAN UNCOOKED
Turkey Burgers
original seasoned

THIS WEEK ONLY
9.99
EACH

50
points

BUTTERBALL TURKEY BURGERS
852 G, FROZEN, SELECTED VARIETIES

PEPPERONI
OLYMEL
PEPPERONI

THIS WEEK ONLY
5.99
EACH

30
points

OLYMEL PEPPERONI
300 G
SELECTED VARIETIES

ACTIVIA
active probiotics
Immune system

LOCKED DOWN
5.49
EACH

30
points

ACTIVIA DRINKABLE YOGURT
8 X 93 ML SELECTED VARIETIES

Kiri
ORIGINAL

LOCKED DOWN
4.99
EACH

25
points

KIRI CREAM CHEESE PRODUCT
144 G
SELECTED VARIETIES

MINI
EGG Bites!

LOCKED DOWN
6.99
EACH

35
points

BURNBRAE EGG BAKES OR BITES
334 - 340 G SELECTED VARIETIES

KICKING HORSE COFFEE

THIS WEEK ONLY
9.99
EACH

50
points

KICKING HORSE GROUND COFFEE
284 G
SELECTED VARIETIES

SWEET BABY RAY'S
The Sauce is the Best!

SWEET BABY RAY'S
BBQ SAUCE
425 ML
SELECTED VARIETIES

LOCKED DOWN
3.49
EACH

20
points

Ben's Original
JASMINE RICE
RIZ JASMIN

LOCKED DOWN
1.99
EACH

10
points

BEN'S ORIGINAL RICE CUPS
42 G
SELECTED VARIETIES

Realemon
LEMON JUICE
945 ML
SELECTED VARIETIES

LOCKED DOWN
2.99
EACH

15
points

PLANTERS
Deluxe
SALTED
WHOLE CASHEWS

LOCKED DOWN
4.99
EACH

25
points

PLANTERS CASHEWS
200 G
SELECTED VARIETIES

DAINTY
JASMINE - JASMIN

DAINTY JASMINE RICE
1.6 KG
SELECTED VARIETIES

LOCKED DOWN
9.99
EACH

45
points

S.O.S.
STEEL WOOL PADS

LOCKED DOWN
2.99
EACH

15
points

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

CHOOSE CANADIAN



WHOLE WHITE OR CRIMINI MUSHROOMS
PRODUCT OF ONTARIO, 454 G

3⁹⁹
EACH



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

2⁹⁹
EACH



WATSON RIDGE FULLY COOKED BREADED CHICKEN
300 G FROZEN
SELECTED VARIETIES

6⁹⁹
EACH



PRIME RAISED WITHOUT ANTIBIOTICS FRESH BONELESS SKINLESS CHICKEN BREAST
TWIN SLICE, FILLETS OR DICED
AIR CHILLED
26.43/KG

11⁹⁹
/LB



VILLAGGIO BREAD
350 - 625 G
BUNS
6 - 85
SELECTED VARIETIES

2⁹⁸
EACH



SELECTION BAGELS
340 - 510 G
ENGLISH MUFFINS
6'S
SELECTED VARIETIES

1⁹⁹
EACH



SELECTION CHEESE
400 G
SHREDS
320 G
SELECTED VARIETIES

4⁸⁸
EACH



IRRESISTIBLE PIZZA
340 - 390 G
FROZEN
SELECTED VARIETIES

2⁹⁸
EACH



LACTANTIA PURFILTRÉ MILK
2 L
SELECTED VARIETIES

4⁹⁸
EACH



MCCAIN DEEP'N DELICIOUS CAKE
510 G
HÄAGEN-DAZS ICE CREAM
450 ML
NOVELTIES
3 - 4'S
SELECTED VARIETIES

4⁹⁹
EACH

25
points



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

3⁹⁸
EACH



MAXWELL HOUSE COFFEE CAPSULES
30'S
SELECTED VARIETIES

14⁹⁹
EACH



LAY'S POTATO CHIPS OR SMARTFOOD POPCORN
150 - 235 G SELECTED VARIETIES

2⁹⁸
EACH
125
points
when you buy
any 2
value of \$1



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

2⁴⁹
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 ON THE VINE
PRODUCT OF CANADA OR MEXICO, NO. 1 GRADE
4.39/KG

THIS WEEK ONLY

1⁹⁹
/LB



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

BLACKBERRIES
PRODUCT OF MEXICO, NO. 1 GRADE
150 - 170 G

BLUEBERRIES
PRODUCT OF PERU, NO. 1 GRADE
170 G

THIS WEEK ONLY

3⁹⁹
EACH



CAULIFLOWER
PRODUCT OF U.S.A., NO. 1 GRADE

THIS WEEK ONLY

3⁹⁹
EACH



TROPICAL GOLD PINEAPPLE
PRODUCT OF COSTA RICA

CANTALOUPE
PRODUCT OF GUATEMALA OR HONDURAS NO. 1 GRADE

THIS WEEK ONLY

2⁹⁹
EACH



BROCCOLI CROWNS
PRODUCT OF U.S.A. OR MEXICO

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

THIS WEEK ONLY

2/\$5



Clementines
PRODUCT OF MOROCCO
2 LB

THIS WEEK ONLY

4⁹⁹
EACH

25 points



EXTRA LARGE

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

THIS WEEK ONLY

3⁹⁹
/LB



SWEET ASSORTED PEPPERS
PRODUCT OF HONDURAS OR MEXICO
PKG OF 4

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

THIS WEEK ONLY

4⁹⁹
EACH



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

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

THIS WEEK ONLY

2⁹⁹
EACH



WHOLE WHITE OR CREMINI MUSHROOMS
PRODUCT OF ONTARIO
454 G

THIS WEEK ONLY

3⁹⁹
EACH



PEACHES
PRODUCT OF CHILE, NO. 1 GRADE
4.39/KG

THIS WEEK ONLY

1⁹⁹
/LB



MINI PEPPERS
PRODUCT OF CANADA OR MEXICO
454 G

THIS WEEK ONLY

3⁹⁹
EACH



SPINACH BUNCH
PRODUCT OF U.S.A.

THIS WEEK ONLY

1⁸⁸
EACH



CHINESE EGGPLANT
PRODUCT OF USA, HONDURAS OR MEXICO
5.47/KG

THIS WEEK ONLY

2⁴⁸
/LB



DAIYA DAIRY FREE CHEESE
200-220 G
SELECTED VARIETIES

THIS WEEK ONLY

4⁹⁹
EACH



BOLTHOUSE JUICES
340-ML
SELECTED VARIETIES

THIS WEEK ONLY

5⁹⁹
EACH

FLORAL



pick Ontario

10 STEM TULIPS
WHILE SUPPLIES LAST

THIS WEEK ONLY

8⁸⁸
EACH



12 STEM RAINBOW POMS
WHILE SUPPLIES LAST

THIS WEEK ONLY

11⁸⁸
EACH



DORMANT ROSE
WHILE SUPPLIES LAST

THIS WEEK ONLY

16⁹⁹
EACH



MAJESTY PALM
WHILE SUPPLIES LAST

THIS WEEK ONLY

22⁹⁹
EACH

MEAT



PRIME
RAISED WITHOUT antibiotics
ÉLEVÉ SANS antibiotiques

PRIME RAISED WITHOUT ANTIBIOTICS
FRESH BONELESS SKINLESS CHICKEN BREAST TENDER SLICES, FILLETS OR DICED AIR CHILLED
26.43/KG

THIS WEEK ONLY

11.99 /LB



Authentic
100% CANADIAN PORK
NO PRESERVATIVES ADDED
100% PORC CANADIEN
SANS AGENTS DE CONSERVATION

HONEY GARLIC
MIEL ET AIL

Authentic
100% CANADIAN PORK
GLUTEN FREE
100% PORC CANADIEN
SANS GLUTEN

MILD ITALIAN
ITALIENNE DOUCE

Authentic FRESH PORK SAUSAGES
HOT, MILD, HONEY GARLIC OR ENGLISH BANGER

THIS WEEK ONLY

5.49 EACH



HALAL AT SAME PRICE

FRESH CHICKEN DRUMSTICKS BAGGED INCLUDING ZABINA HALAL
6.59/KG

THIS WEEK ONLY

2.99 /LB



HALAL AT SAME PRICE

MEDIUM GROUND BEEF FAMILY PACK INCLUDES HALAL
15.41/KG

THIS WEEK ONLY

6.99 /LB



WHOLE RAINBOW TROUT 8.99/LB, 19.82/KG OR SALMON PORTIONS 8.99/LB.

THIS WEEK ONLY

8.99 /LB OR EACH



HALAL AT SAME PRICE

FRESH BONELESS STEWING BEEF FAMILY PACK INCLUDES HALAL
22.02/KG

THIS WEEK ONLY

9.99 /LB



THIS WEEK ONLY

4.99 EACH

SELECTION BACON 375 G SELECTED VARIETIES



THIS WEEK ONLY

6.99 EACH

DINO CHICKEN NUGGETS

WATSON RIDGE FULLY COOKED (BREADED) CHICKEN 200 G FROZEN SELECTED VARIETIES



THIS WEEK ONLY

7.49 EACH

WONG WING FRIED RICE 400 G FROZEN SELECTED VARIETIES



THIS WEEK ONLY

10.99 EACH

SCHNEIDERS HONEY GARLIC FLAVOUR WINGS 400 G FROZEN SELECTED VARIETIES



THIS WEEK ONLY

5.99 EACH

PILLER'S KOLBASSA OR PEPPERONI FOR PIZZA 375 G SELECTED VARIETIES



THIS WEEK ONLY

5.99 EACH

TRE STELLE MOZZARELLA BALL 240 G SELECTED VARIETIES



THIS WEEK ONLY

6.99 EACH

SCHNEIDERS BREAKFAST SANDWICHES OR EGG BITES 204 - 208 G FROZEN SELECTED VARIETIES



THIS WEEK ONLY

6.99 EACH

MARC ANGELO JUMBO PORK SAUSAGES 375 - 475 G FROZEN SELECTED VARIETIES



THIS WEEK ONLY

2.99 EACH

SELECTION DELI SALADS 425 G SELECTED VARIETIES



THIS WEEK ONLY

2.99 EACH

IRRESISTIBLES HUMMUS OR DIPS 227 G SELECTED VARIETIES



THIS WEEK ONLY

5.49 EACH

IRRESISTIBLE SLICED DELI CHEESE 160 - 180 G SELECTED VARIETIES



THIS WEEK ONLY

5.99 EACH

MARC ANGELO SLICED DELI MEAT 85 G SELECTED VARIETIES



THIS WEEK ONLY

8.99 EACH

LIFE SMART NATURALIA FISH FILLETS 400 G FROZEN SELECTED VARIETIES



THIS WEEK ONLY

9.99 EACH

TASIA GOLDEN POMPANO 650 G FROZEN SELECTED VARIETIES



THIS WEEK ONLY

11.99 EACH

OCEAN SELECT ATLANTIC WILD PERCH 750 G FROZEN SELECTED VARIETIES



THIS WEEK ONLY

6.99 EACH

ENGLISH STYLE FILLETS 315 - 390 G FROZEN SELECTED VARIETIES

BAKERY



NEW
Dempster's
EST. 1890
PROTEIN
WHITE
14 g PROTEIN*600 g



Natural Bakery
DEMPSTER'S PROTEIN BREAD 400 G
CANADIAN RYE BREAD 500 G
NATURAL BAKERY RYE BREAD 500 G
SELECTED VARIETIES



Selection
Bagels
everything
tout garni
sliced - tranchés
510 g



Selection
ENGLISH MUFFINS
ANGLAIS
Original · Nature
6 ENGLISH MUFFINS
WITH ENRICHED WHEAT FLOUR
342 g

THIS WEEK ONLY

2.99

EACH

THIS WEEK ONLY

1.99

EACH

SELECTION BAGELS 340 - 510 G
ENGLISH MUFFINS 65
SELECTED VARIETIES



Irresistible
BUTTER
Croissants
AU BEURRE
Pure butter
Pour beurre
270 g | 6 Croissants



Selection
VALUE SIZE - FORMAT VALEUR
High in Fiber and Low in Fat
High in Fiber and Low in Fat
Sugar / Sucre
Health Canada / Santé Canada
Oatmeal Raisin
Avoine et raisins
770 g

THIS WEEK ONLY

4.49

EACH

THIS WEEK ONLY

6.99

EACH

IRRESISTIBLES
MINI MUFFINS OR CROISSANTS
270 - 334 G
SELECTED VARIETIES

SELECTION
VALUE PACK
COOKIES
770 G
IRRESISTIBLE
COFFEE CAKE
750 G
SELECTED VARIETIES

MORE GREAT SAVINGS FOR LESS



Black Diamond
OLD - FORT
Cheddar Cheese
Fromage cheddar
400 G
SHREDS 320 G
NATURAL CHEESE SLICES 230 - 240 G
GALBANI MOZZARELLA 500 G
SELECTED VARIETIES



Black Diamond
MARBLE - MARBRÉ
400 G

LOCKED DOWN

5.48

EACH



Miracle Whip
original
890 mL



Eggo
CRISPY FLUFFY
Chocolatey chip
280 g

LOCKED DOWN

1.67

EACH

LOCKED DOWN

5.49

EACH

LOCKED DOWN

3.49

EACH

MIRACLE WHIP
SPREAD
650 - 890 ML
SELECTED VARIETIES

KELLOGG'S
EGGO
WAFFLES
280 G
FRENCH
TOAST
STICKS
270 G
FROZEN
SELECTED VARIETIES



Pillsbury
PREPARED DOUGH
504 - 496 G
SELECTED VARIETIES



Reese's
PEANUT BUTTER CUPS
100 - 204 G
SELECTED VARIETIES



PEACE TEA
ICED TEA
495 ML
PEACE TEA
SPORTS DRINK
730 ML
SELECTED VARIETIES



POWERADE
SPORTS DRINK
730 ML
SELECTED VARIETIES



TIDE
LAUNDRY DETERGENT
1.09 - 1.24 L - 36 - 32 LOADS
BOUNCE DRYER SHEETS
120'S
DOWNY FABRIC SOFTENER
280 ML - 1.35 L - 39 - 40 LOADS
SELECTED VARIETIES



nutella
SPREAD
725 G

LOCKED DOWN

3.99

EACH

LOCKED DOWN

1.25

EACH

LOCKED DOWN

6.99

EACH

LOCKED DOWN

6.99

EACH



Takis
FUEGO
TAKIS TORTILLA CHIPS
100 - 204 G
SELECTED VARIETIES



Bear Paws
Pâttes d'ours
CHOCOLATE CHIPS + PÂTES DE CHOCOLAT
100 - 204 G
SELECTED VARIETIES



GATORADE
SPORTS DRINKS
24 x 591 mL
SELECTED VARIETIES



CLARK
CLASSIC
TOMATO SAUCE
394 ML
SELECTED VARIETIES

LOCKED DOWN

3.29

EACH

LOCKED DOWN

5.99

EACH

THIS WEEK ONLY

2.149

EACH

THIS WEEK ONLY

1.67

EACH

LOCKED DOWN



LOCKED DOWN

4 49
EACH

ACTIVIA YOGURT
8 X 100 G
SELECTED VARIETIES



LOCKED DOWN

3 99
EACH

ORVILLE REDENBACHER
POPPING CORN
140 - 250 G
SELECTED VARIETIES



LOCKED DOWN

4 79
EACH

TENDERFLAKE PIE OR TART SHELL CRUST
255 - 350 G FROZEN SELECTED VARIETIES



LOCKED DOWN

4 99
EACH

POST SHREDDIES CEREAL
635 G
SELECTED VARIETIES

NESCAFE SWEET & CREAMY INSTANT COFFEE
16 - 18'S
SELECTED VARIETIES



LOCKED DOWN

3 79
EACH

20 points



LOCKED DOWN

3 49
EACH

KOZY SHACK
RICE PUDDING
424 G
SELECTED VARIETIES



LOCKED DOWN

3 49
EACH

GOGO SQUEEZ
APPLE SNACKS
4'S
SELECTED VARIETIES



LOCKED DOWN

4 49
EACH

FRANK'S
REDHOT SAUCE
354 ML
SELECTED VARIETIES



HEINZ TOMATO KETCHUP
750 ML - 1 L

KRAFT DINNER MEAL
5 X 200 G
SELECTED VARIETIES

LOCKED DOWN

4 99
EACH



LOCKED DOWN

4 49
EACH

COCA-COLA OR CANADA DRY
GINGER ALE MINI CANS
6 X 222 ML
SELECTED VARIETIES



LOCKED DOWN

3 79
EACH

DARE REAL
FRUIT CANDY
250 G
SELECTED VARIETIES



LOCKED DOWN

16 99
EACH

RED BULL
ENERGY DRINKS
8 X 250 ML
SELECTED VARIETIES



LOCKED DOWN

7 99
EACH

BILLY BEE
PURE HONEY
500 G
SELECTED VARIETIES



LOCKED DOWN

2 / \$3

PARIS PÂTE
76 G
SELECTED VARIETIES



LOCKED DOWN

90¢
EACH

FRISKIES
CAT FOOD
150 G
SELECTED VARIETIES



LOCKED DOWN

3 99
EACH

ALCAN
ALUMINUM
FOIL
SACK
SELECTED VARIETIES



LOCKED DOWN

4 99
EACH

ZIPLOC FREEZER
BAGS
15 - 100'S
SELECTED VARIETIES



LOCKED DOWN

4 99
EACH

SCRUBBING
BUBBLES
BATHROOM
CLEANER
946 ML
SELECTED VARIETIES

PERSONAL CARE FOR LESS



LOCKED DOWN

5 79
EACH

SENSODYNE
TOOTHPASTE
75 - 100 ML
SELECTED VARIETIES



LOCKED DOWN

6 99
EACH

HEAD & SHOULDERS
2-IN-1
SELECTED VARIETIES



LOCKED DOWN

9 99
EACH

OLD SPICE
BODYWASH
250 ML
SELECTED VARIETIES



LOCKED DOWN

13 49
EACH

HUGGIES
NATURAL CARE
SENSITIVE
BABY WIPES
357'S
SELECTED VARIETIES

ALWAYS GREAT PRICE



SELECTION CREAM CHEESE PRODUCT 240 G SELECTED VARIETIES

ALWAYS GREAT PRICE 
3.99
EACH



IRRESISTIBLE ICE CREAM 1.5 L ICE CREAM CREAMIEST BARS 4.1 L FROZEN SELECTED VARIETIES

ALWAYS GREAT PRICE 
4.88
EACH



SELECTION MARGARINE 850 G SELECTED VARIETIES

ALWAYS GREAT PRICE 
4.88
EACH



SELECTION GROUND COFFEE 925 G SELECTED VARIETIES

ALWAYS GREAT PRICE 
14.99
EACH



SELECTION EVAPORATED MILK 354 mL SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.88
EACH



SELECTION POTATO CHIPS 200 G SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.49
EACH



SELECTION WATER ENHANCER 48 mL SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.79
EACH



SELECTION PASTA 900 G SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.97
EACH



SELECTION CONDENSED SOUP 204 mL SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.27
EACH



IRRESISTIBLE SPARKLING SPRING WATER 6 x 1 L SELECTED VARIETIES

ALWAYS GREAT PRICE 
4.44
EACH



SELECTION HONEY 1 KG SELECTED VARIETIES

ALWAYS GREAT PRICE 
10.99
EACH



SELECTION SODA CRACKERS 404 G SELECTED VARIETIES

ALWAYS GREAT PRICE 
3.49
EACH



SELECTION WAFER COOKIES 200 G SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.79
EACH



SELECTION WAFFLES 200 G FROZEN SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.77
EACH



SELECTION MULTI PURPOSE CLEANER 750 - 950 ML, 1.2 L SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.99
EACH



SELECTION LAUNDRY DETERGENT 3.6 L, 1.24 US GAL SELECTED VARIETIES

ALWAYS GREAT PRICE 
3.99
EACH



SELECTION PAPER TOWEL 65 SHEETS SELECTED VARIETIES

ALWAYS GREAT PRICE 
5.99
EACH



SELECTION BATHROOM TISSUE 30 x 100 L SELECTED VARIETIES

ALWAYS GREAT PRICE 
19.99
EACH



Del Monte Quality MANGO Nectar 960 ML

OASIS 100% JUICE 960 ML

OASIS JUICE OR DEL MONTE NECTAR 960 ML SELECTED VARIETIES

THIS WEEK ONLY

1.99 EACH

OASIS HEALTH BREAK JUICE OR DEL MONTE PINEAPPLE BREEZE 1.4L

THIS WEEK ONLY

3.99 EACH

Del Monte Quality

DEL MONTE FRUIT JUICE COCKTAIL 2.5L SELECTED VARIETIES

THIS WEEK ONLY

5.99 EACH

ALLEN'S APPLE JUICE OR FRUIT COCKTAIL 9.200 ML

LOCKED DOWN

2.99 EACH

FRUITÉ DRINKS 1.54L SELECTED VARIETIES

THIS WEEK ONLY

2.99 EACH

Lactantia MY COUNTRY Cultured Butter UNSALTED 454 g

Lactantia COUNTRY C Butter SALTE 454 g

LOCKED DOWN

8.49 EACH

LACTANTIA BUTTER STICKS 454 G SELECTED VARIETIES

Black Diamond MARBLE - MARBRÉ 251 g

CHEESTRINGS FICELLO 251 g

BLACK DIAMOND CHEESTRINGS OR CHEESE STICKS 251 - 334 G SELECTED VARIETIES

LOCKED DOWN

6.99 EACH

OLYMPIC ORGANIC OR KREMA YOGURT 400 G

LOCKED DOWN

4.99 EACH

25 points

IOGO NANO BUBBLES YOGURT 4 x 100 G

LOCKED DOWN

2.49 EACH



Lactantia Half & Half Cream Crème à café 1L

Lactantia Whipping Cream Crème à fouetter 473 ml (16 FL OZ)

LACTANTIA CREAM 473 ML - 1 L SELECTED VARIETIES

LOCKED DOWN

3.99 EACH



SMUCKER'S JAM OR JELLY 500 ML

SMUCKER'S PURE SANS 500 ml

THIS WEEK ONLY

5.49 EACH

Carnation 2% Partly Skimmed Evaporated Milk 354 ML

THIS WEEK ONLY

2/\$4

Eagle Brand ORIGINAL CONDENSED MILK 340 ML

THIS WEEK ONLY

3.79 EACH

MILK-BONE DOG TREATS 300 - 900 G

THIS WEEK ONLY

3.99 EACH

SMUCKER'S UNCRUSTABLES SANDWICH 10'S 580 g

THIS WEEK ONLY

9.99 EACH

VAN HOUTTE COLOMBIAN DARK 30'S

McCAFÉ OR VAN HOUTTE COFFEE CAPSULES 30'S

THIS WEEK ONLY

26.99 EACH

McCAFÉ GROUND COFFEE 875 G

THIS WEEK ONLY

30.99 EACH



NESTEA ICED TEA 1.89 L

LOCKED DOWN

2.99 EACH

MICHELOB ULTRA ZERO ALCOHOL-FREE BEER 6 x 355 ML

THIS WEEK ONLY

10.99 EACH

MOTT'S CLAMATO COCKTAIL 1.89 L

THIS WEEK ONLY

2/\$7

EAT WELL FOR LESS



PROMISE GLUTEN FREE BREAD OR BUNS 248-480 G SELECTED VARIETIES

THIS WEEK ONLY **6.99** EACH



LIFE SMART TORTILLA CHIPS 350 G SELECTED VARIETIES

ALWAYS GREAT PRICE **2.99** EACH



SENSIBLE PORTIONS VEGGIE SNACKS 142 G SELECTED VARIETIES

LOCKED DOWN **2.99** EACH



KELLOGG'S KASHI GOACTIVE CEREAL 453 G SELECTED VARIETIES

LOCKED DOWN **5.99** EACH



ALPEN MUESLI CEREAL 600 G SELECTED VARIETIES

LOCKED DOWN **4.99** EACH



BOB'S RED MILL MUESLI CEREAL 510 G SELECTED VARIETIES

LOCKED DOWN **7.99** EACH



HALO TOP FROZEN DESSERT 473 ML SELECTED VARIETIES

LOCKED DOWN **5.79** EACH



SKINNY POP POPCORN 125 G SELECTED VARIETIES

LOCKED DOWN **2/\$7**



IRRISISTIBLE PROBIOTIC YOGURT 12 X 100 G SELECTED VARIETIES

ALWAYS GREAT PRICE **5.99** EACH



LIFE SMART ORGANIC CANNED LEGUMES 390 ML SELECTED VARIETIES

ALWAYS GREAT PRICE **1.99** EACH



SILK PLANT BASED PROTEIN YOGURT 500 G SELECTED VARIETIES

LOCKED DOWN **6.49** EACH



LIFE SMART ORGANIC PASTA 454 G SELECTED VARIETIES

ALWAYS GREAT PRICE **2.99** EACH



OAT-LY! OAT DRINK 946 ML SELECTED VARIETIES

LOCKED DOWN **4.99** EACH



LOCKED DOWN **4.99** EACH

25 points

MORE

FLAVOURS OF THE WORLD



GREEN OR
RED SWISS
CHARD OR
DANDELION
PRODUCT OF U.S.A. OR MEXICO

THIS WEEK ONLY 
2.88
EACH



BLACK MISSION FIGS
PRODUCT OF U.S.A. OR MEXICO
227 G

THIS WEEK ONLY 
3.99
EACH



MARC ANGELO
JUMBO PORK
SAUSAGES
375 - 475 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY 
6.99
EACH



CHELSEA
BONED SALTED
FISH BITS
400 G
SELECTED VARIETIES

THIS WEEK ONLY 
4.99
EACH



GALBANI MOZZARELLA CHEESE
227 G
SELECTED VARIETIES

THIS WEEK ONLY 
4.99
EACH



IRRESISTIBLE
HALF BAGUETTES
350 G

THIS WEEK ONLY 
1.99
EACH



AURORA
PASTA
450 G
SELECTED VARIETIES

LOCKED DOWN 
1.79
EACH



PASTORE
RISOTTO
300 G
SELECTED VARIETIES

LOCKED DOWN 
5.49
EACH



POLARA SOFT
DRINKS OR SAN
CARLO CHIPS
4 X 275 ML
150 - 180 G
SELECTED VARIETIES

LOCKED DOWN 
4.99
EACH



AURORA
BREAD CRUMBS
227 - 680 G
SELECTED VARIETIES

LOCKED DOWN 
3.49
EACH

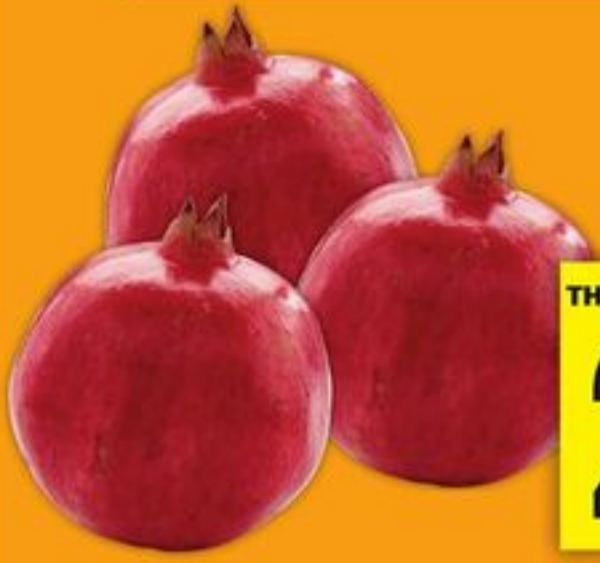
MORE



BAISAKHI

FOR

LESS



POMEGRANATE
PRODUCT OF PERU

THIS WEEK ONLY
2.99
EACH



BRAR'S PANEER
275 G
SELECTED VARIETIES

THIS WEEK ONLY
5.99
EACH



INDIA GATE
OR QILLA
BASMATI RICE
4.5 KG
SELECTED VARIETIES

LOCKED DOWN
12.99
EACH



SHER
ATTA FLOUR
9.07 KG
SELECTED VARIETIES

LOCKED DOWN
15.99
EACH



PHOENICIA OR
CEDAR YOGURT
650 - 750 G
SELECTED VARIETIES

LOCKED DOWN
2.49
EACH



DIVYA
LENTILS
OR BLACK
CHICKPEAS
1.8 - 1.81 KG
SELECTED VARIETIES

LOCKED DOWN
3.99
EACH



DIVYA OKRA
215 G FROZEN
SELECTED VARIETIES

LOCKED DOWN
99¢
EACH



LOCKED DOWN
1.99
EACH



LOCKED DOWN
39¢
EACH



DIVYA
ROASTED
CHANA SNACKS
400 G
SURATI SNACKS
341 G
RUBICON DRINKS
1 L
SELECTED VARIETIES

LOCKED DOWN
2.49
EACH



LOCKED DOWN
3.99
EACH



LOCKED DOWN
1.79
EACH



CASABLANCA
HONEY
1 KG
TATA TEA
PREMIUM, GOLD OR AGNI
220 G
450 G
1 KG
SELECTED VARIETIES

LOCKED DOWN
6.99
EACH



LOCKED DOWN
99¢
EACH



LOCKED DOWN
1.99
EACH



LOCKED DOWN
2.99
EACH



LOCKED DOWN
3.99
EACH



LOCKED DOWN
1.79
EACH

DELIVERING FREE PRODUCTS

VALUE
OF
\$8.99



*Offer valid from April 9th, 2026 to April 15th, 2026 for online orders of \$100 or more. Limit of one promo code per transaction. Conditions apply.

FREE

Selection Black Forest Smoked Ham 400 g

**WITH YOUR NEXT ONLINE
PURCHASE OF \$100 OR MORE***

PROMO CODE:
FREEHAM

SHOP [FOODBASICS.CA](https://www.foodbasics.ca)

NAZEM KADRI
PROFESSIONAL HOCKEY PLAYER
AND PHILANTHROPIST



Cadbury
MAKE EVERY
BITE COUNT

BUY A CADBURY PRODUCT,
HELP DONATE A MEAL*



MARIE-PHILIP POULIN
PROFESSIONAL HOCKEY PLAYER
AND PHILANTHROPIST



CHRISTIE OREO
OR CHIPS AHOY!
COOKIES
251 - 303 G
SELECTED VARIETIES

THIS WEEK ONLY
2/550



CHRISTIE PEEK
FREANS OR DAD'S
OATMEAL COOKIES
290 - 350 G
SELECTED VARIETIES

LOCKED DOWN
329
EACH



CADBURY FINGERS
114 G
SELECTED VARIETIES

LOCKED DOWN
299
EACH



CADBURY
DAIRY MILK
CHOCOLATE
BARS
80 - 100 G
SELECTED VARIETIES

LOCKED DOWN
275
EACH



MAYNARDS
CANDY
308 - 315 G
SELECTED VARIETIES

LOCKED DOWN
449
EACH

All statistics sourced from Food Banks Canada, HungerCount 2024. *Cadbury is donating \$100,000 to Food Banks Canada, and you can help raise \$100,000 more for select affiliate food banks within Canada. A portion of proceeds from the purchase of Cadbury products between April 6th and May 18th, 2026, will be donated, up to a maximum of \$100K. Food Banks Canada meal metric, \$1 = 2 meals. NHLPA and the NHLPA logo are registered trademarks of the National Hockey League Players' Association. © NHLPA. All Rights Reserved.

BITE INTO
**CANADA'S
FAVOURITE
BREAKFAST†**

SAVE \$3
when you buy any

1 Dempster's Bagels or Bread

+

1 any Philadelphia Cream Cheese
Product (227 - 340 g) or Kraft
Peanut Butter Spread (750 g - 1 Kg)*

EXPIRES: June 30, 2026

*See in-store for coupon.
Subject to availability. While supplies last.



*Includes Philadelphia Cream Cheese (227 - 340 g) and Kraft Peanut Butter (750 g - 1 Kg). Dempster's White and Whole Wheat Bread only. Excludes Dempster's Signature and Whole Grain bread.
†A 2024 breakfast survey of over 9000 Canadians found toast or bagel were the top choice for breakfast.



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

LOCKED DOWN
398
EACH



KRAFT
PEANUT
BUTTER
750 G - 1 KG
HAZELNUT
SPREAD
725 G
SELECTED VARIETIES

LOCKED DOWN
599
EACH

BUY A GENERAL MILLS PARTICIPATING PRODUCT FOR A CHANCE TO

WIN*

**CANADA SOCCER MERCH
AND FREE GENERAL MILLS PRODUCTS!**

MUST REDEEM ONLINE. OFFER ENDS JULY 31, 2026. SEE PARTICIPATING PACKAGES FOR DETAILS.





OLD EL PASO
DINNER KIT
HARD & SOFT TACO
NEW & IMPROVED Taste!
4 Soft Tortillas, 4 Taco Shells, 1/2 Cup Taco Seasoning Mix
in 20 minutes
340 g

#1 MOST TRUSTED
by Canadians



WHOLE GRAIN
WITH FIRST INGREDIENT
FAMILY SIZE
Naturally Flavored **Honey Nut Cheerios**
MADE WITH REAL HONEY
775 g CEREAL

GENERAL MILLS FAMILY SIZE CEREAL
455-775 g
SELECTED VARIETIES



OLD EL PASO
DINNER KIT
SOFT TACO
12 SOFT TORTILLAS, 1/2 CUP TACO SAUCE, TACO SEASONING MIX
Ready in 20 minutes

LOCKED DOWN

3.99
EACH

THIS WEEK ONLY

5.48
EACH



100% FIBRE
fibre 1
BROWNIES
CHOCOLATEY FUDGE
5 BROWNIES
NO CALORIES NATURALLY



NATURE VALLEY
Sweet & SALTY
ALMOND
FIBRE 1 BROWNIES 125 G
NATURE VALLEY SWEET & SALTY GRANOLA BARS 175 G
SELECTED VARIETIES

LOCKED DOWN

2.99
EACH



#1 MOST TRUSTED
GRAPE
Gushers
NEW LOOK! NOW AVAILABLE IN 6 FLAVORS!
6 PACKETS (100% FRUIT)
NATURALLY AND ARTIFICIALLY FLAVORED
SWEETENED WITH REAL FRUIT JUICE



NATURE VALLEY
CRUNCHY
PEANUT BUTTER
10 NATURE VALLEY GRANOLA BARS 130-230 G
BETTY CROCKER FRUIT SNACKS 138-226 G
SELECTED VARIETIES

LOCKED DOWN

2.99
EACH

*Voted most trusted Mexican Food Products brand by Canadian shoppers, 2026 BrandSpark® Canadian Trust Study. **Voted most trusted Granola Bar brand (in a tie) by Canadian shoppers, 2026 BrandSpark® Canadian Trust Study.

Spring Savings



Annie's
80% Organic Ingredients
100% Whole Grain Flour
100% Organic Oils & Butter
SHREDDED **WHITE CHEDDAR**
COUSCOUS BY **CHEDDAR BLANC**
WITH REAL CHEDDAR CHEESE
170 g

ANNIE'S MACARONI & CHEESE
170 G
SELECTED VARIETIES

LOCKED DOWN

2.49
EACH



Pillsbury
Toaster Strudel
6 PASTRIES
326 G FROZEN
SELECTED VARIETIES

LOCKED DOWN

2.99
EACH



OLD EL PASO
TACO
STAND n' STUFF
10 Crunchy Shells
GLUTEN-FREE

OLD EL PASO SHELLS OR TORTILLAS
125-334 G
SELECTED VARIETIES

LOCKED DOWN

2.99
EACH



OLD EL PASO
TACO
MILD
24 g

OLD EL PASO SEASONING
24 G
SELECTED VARIETIES

LOCKED DOWN

99¢
EACH



Betty Crocker
SuperMoist
French Vanilla • Vanille française
375 g

BETTY CROCKER CAKE MIX
375-404 G
SELECTED VARIETIES

LOCKED DOWN

2/\$4



Pillsbury
Prepared Dough
200-227 G
SELECTED VARIETIES

LOCKED DOWN

1.99
EACH

*Voted most trusted Mexican Food Products brand by Canadian shoppers, 2026 BrandSpark® Canadian Trust Study. **Voted most trusted Granola Bar brand (in a tie) by Canadian shoppers, 2026 BrandSpark® Canadian Trust Study.



i earn with moi rewards



THIS WEEK ONLY 
4.49
EACH

CADBURY DAIRY MILK CHOCOLATE BAR
180 G
CADBURY CELLOS
144 - 151 G
SELECTED VARIETIES

60
points



CHRISTIE FAMILY SIZE COOKIES
285 - 488 G

RITZ DRIZZLED MINIS OR SNAK PAKS
226 - 280 G
SELECTED VARIETIES



THIS WEEK ONLY 
4.99
EACH

60
points