

food Basics

CANADIAN AND PROUD



ALWAYS MORE FOR LESS



THIS WEEK ONLY

6⁹⁸
EACH

NORTHERN KING WHOLE TILAPIA FISH OR ANCHOR'S BAY COOKED PEELED SHRIMP
31-40 CT
400 G - 1 KG FROZEN SELECTED VARIETIES



THIS WEEK ONLY

3⁹⁸
/LB

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



THIS WEEK ONLY

2⁹⁸
EACH

VILLAGGIO BREAD
590-875 G
BUNS
8-13
SELECTED VARIETIES



THIS WEEK ONLY

3⁴⁸
EACH

SCHNEIDERS RED HOTS, MAPLE LEAF TOP DOGS OR MINA HALAL CHICKEN WIENERS
375 - 875 G OR
SCHNEIDERS MEAT PIES
330 - 400 G FROZEN SELECTED VARIETIES
WHILE QUANTITIES LAST



DARE COOKIES OR CRACKERS
100 - 315 G
SELECTED VARIETIES

THIS WEEK ONLY

2²²
EACH



THIS WEEK ONLY

2⁹⁸
/LB

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



THIS WEEK ONLY

3⁴⁸
EACH

HEREFORD CORNED BEEF 340 G
HORMEL SPAM 340 G
GOLD SEAL PINK SALMON 213 G
SELECTED VARIETIES



THIS WEEK ONLY

2⁹⁸
EACH

IRRÉSISTIBLE PIZZA
340 - 390 G FROZEN SELECTED VARIETIES



SELECTION CHEESE
400 G
SHREDS
320 G
SELECTED VARIETIES

THIS WEEK ONLY

4⁸⁸
EACH



THIS WEEK ONLY

5⁴⁸
EACH

GENERAL MILLS FAMILY SIZE CEREAL
455 - 776 G SELECTED VARIETIES



THIS WEEK ONLY

2⁹⁸
EACH

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

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

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, APRIL 9TH TO WEDNESDAY, APRIL 15TH, 2026
PRICES IN THIS FLYER AVAILABLE AT ALL ETOBICOKE, MISSISSAUGA, NORTH YORK, RICHMOND HILL, SCARBOROUGH, TORONTO, THORNHILL, EMERALD PARK, MARKHAM, AJAX, OSHAWA, COURTCREEK, NEWMARKET, PICKERING, AND 8910 HWY 50 BLDG F, 10886 HURONTARIO STREET, 227 VODDEN ST. BRAMPTON 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



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 
288
EACH



THIS WEEK ONLY 
288
EACH

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



THIS WEEK ONLY 
398
EACH

DOLE SALAD KIT 269 - 347 G
SWEET KALE SALAD KIT 340 G



APPROX. 5 LB CASE

THIS WEEK ONLY 
698
EACH

ATAULFO HONEY MANGO CASE
PRODUCT OF MEXICO
2 KG

GET READY TO SAVE! GREAT PRICES START
PRICES IN THIS FLYER AVAILABLE AT ALL ETOBICOKE, MISSISSAUGA, NORTH YORK, NEWMARKET, PICKERING, AND 8910 HWY 50 BLDG.
To view local store flyer, visit foodbasics.ca, where

ALWAYS GREAT PRICE



PREMIÈRE MOISSON BREAD
475 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
299
EACH



SELECTION CEREALS
570 - 775 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
497
EACH



ALWAYS GREAT PRICE 
199
EACH



SELECTION OR LIFE SMART TOMATOES
796 mL
SELECTED VARIETIES



IRRESISTIBLE CABBAGE ROLLS
1.13 KG
FROZENER
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1099
EACH



LACTANTIA
PURIFILTRE MILK
2L
SELECTED VARIETIES

LOCKED DOWN **4.98**
EACH



SCHNEIDERS LUNCH MATE OR
GREENFIELD KITS OR ADULT KITS
74 - 120 G
SELECTED VARIETIES

THIS WEEK ONLY **2.99**
EACH



BEATRICE
CHOCOLATE MILK
1L
SELECTED VARIETIES

LOCKED DOWN **1.98**
EACH



MCGAIN DEEP'N DELICIOUS CAKE 110 G
HAAGEN-DAZS ICE CREAM 450 ML
NOVELTIES 3 - 45
SELECTED VARIETIES

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 170 G
BEN'S
ORIGINAL
FAST & FANCY
RICE 132 G
SELECTED VARIETIES

THIS WEEK ONLY **1.25**
EACH



MAXWELL HOUSE
HOUSE BLEND
MELANGE MAISON
30'S
100% ARABICA COFFEE / CAFFÈ 100% ARABICA
30'S 297 g

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 - 280 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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THIS WEEK ONLY **4.99** EACH

25 points

CLEMENTINES
PRODUCT OF MOROCCO
2.18

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

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
GROUND 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
Sauce Barbecue

LOCKED DOWN **3.49** EACH

20 points

SWEET BABY RAY'S BBQ SAUCE
425 ML
SELECTED VARIETIES

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

LOCKED DOWN **2.99** EACH

15 points

REALEMON LEMON JUICE
945 ML
SELECTED VARIETIES

PLANTERS
Deluxe
SALTED
WHOLE CASHEWS

LOCKED DOWN **4.99** EACH

25 points

PLANTERS CASHEWS
200 G
SELECTED VARIETIES

DAINTY
JASMINE - JASMIN

LOCKED DOWN **9.99** EACH

45 points

DAINTY JASMINE RICE
1.6 KG
SELECTED VARIETIES

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



SELECTION BACON
375 G
SELECTED VARIETIES

THIS WEEK ONLY

4.99 EACH



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

THIS WEEK ONLY

6.99 EACH



WONG WING FRIED RICE
100 G FROZEN

WONG WING SWEET & SOUR CHICKEN
100 G FROZEN

THIS WEEK ONLY

7.49 EACH



SCHNEIDERS HONEY GARLIC FLAVOUR WINGS
400 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

10.99 EACH



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

THIS WEEK ONLY

5.99 EACH



TRE STELLE MOZZARELLA BALL
340 G
SELECTED VARIETIES

THIS WEEK ONLY

5.99 EACH



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

THIS WEEK ONLY

6.99 EACH



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

THIS WEEK ONLY

6.99 EACH



SELECTION DELI SALADS
424 G
SELECTED VARIETIES

THIS WEEK ONLY

2.99 EACH



IRRESISTIBLES HUMMUS OR DIPS
227 G
SELECTED VARIETIES

THIS WEEK ONLY

2.99 EACH



IRRESISTIBLE SLICED DELI CHEESE
160 - 180 G
SELECTED VARIETIES

THIS WEEK ONLY

5.49 EACH



MARC ANGELO SLICED DELI MEAT
85 G
SELECTED VARIETIES

THIS WEEK ONLY

5.99 EACH



LIFE SMART NATURALIA FISH FILLETS
400 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

8.99 EACH



TASIA GOLDEN POMPANO
650 G
SELECTED VARIETIES

THIS WEEK ONLY

9.99 EACH



OCEAN SELECT ATLANTIC WILD PERCH
750 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

11.99 EACH



ENGLISH STYLE FILLETS
315 - 700 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

6.99 EACH

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

SELECTION VALUE PACK COOKIES 770 G
IRRESISTIBLE COFFEE CAKE 250 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



Galbani
Mozzarella
500 G

LOCKED DOWN

5.48

EACH



Michelina's
Macaroni and Cheese
Macaroni au fromage
250 g



Michelina's
Fettuccine Alfredo with Chicken and Broccoli
Fettuccine Alfredo avec poulet et brocoli
250 g

LOCKED DOWN

1.67

EACH



Miracle Whip
original
650 - 890 ML
SELECTED VARIETIES



Kellogg's Eggo
CRISPY FLUFFY
Chocolatey chip
280 g

LOCKED DOWN

5.49

EACH

LOCKED DOWN

3.49

EACH

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 - 200 G
SELECTED VARIETIES



PEACE TEA
ICED TEA
495 ML
POWERADE SPORTS DRINK
750 ML
SELECTED VARIETIES



POWERADE
SPORTS DRINK
750 ML
SELECTED VARIETIES



TIDE
LAUNDRY DETERGENT
1.09 - 1.24 L - 26 - 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
TORTILLA CHIPS
100 - 200 G
SELECTED VARIETIES



Bear Paws
Pâtisseries
CHOCOLATE CHIA + PÂTISSERIE AU CHOCOLAT
120 - 400 G
SELECTED VARIETIES



GATORADE
SPORTS DRINKS
24 x 591 ML
SELECTED VARIETIES



CLARK
CLASSIC
TOMATO SAUCE
390 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

449
EACH

ACTIVIA YOGURT
8 X 100 G
SELECTED VARIETIES



LOCKED DOWN

399
EACH

ORVILLE REDENBACHER
POPPING CORN
140 - 250 G
SELECTED VARIETIES



LOCKED DOWN

479
EACH

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



LOCKED DOWN

499
EACH

POST SHREDDIES CEREAL
635 G
SELECTED VARIETIES



LOCKED DOWN

379
EACH

20
points

LOCKED DOWN

349
EACH

LOCKED DOWN

349
EACH

LOCKED DOWN

449
EACH

ROBIN HOOD FLOUR
1 KG
SELECTED VARIETIES

KOZY SHACK
RICE PUDDING
624 G
SELECTED VARIETIES

GOGO SQUEEZ
APPLE SNACKS
43
SELECTED VARIETIES

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

499
EACH

LOCKED DOWN

449
EACH

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



LOCKED DOWN

379
EACH

LOCKED DOWN

1699
EACH

LOCKED DOWN

799
EACH

LOCKED DOWN

2/\$3

DARE REAL
FRUIT CANDY
150 G
SELECTED VARIETIES

RED BULL
ENERGY DRINKS
8 X 250 ML
SELECTED VARIETIES

BILLY BEE
PURE HONEY
500 G
SELECTED VARIETIES

PARIS PÂTE
76 G
SELECTED VARIETIES



LOCKED DOWN

90c
EACH

LOCKED DOWN

399
EACH

LOCKED DOWN

499
EACH

LOCKED DOWN

499
EACH

FRISKIES
CAT FOOD
150 G
SELECTED VARIETIES

ALCAN
ALUMINUM
FOIL
SACK
SELECTED VARIETIES

ZIPLOC FREEZER
BAGS
15 - 100'S
SELECTED VARIETIES

SCRUBBING
BUBBLES
BATHROOM
CLEANER
946 ML
SELECTED VARIETIES

PERSONAL CARE FOR LESS



LOCKED DOWN

579
EACH

LOCKED DOWN

699
EACH

LOCKED DOWN

999
EACH

LOCKED DOWN

1349
EACH

SENSODYNE
TOOTHPASTE
75 - 100 ML
SELECTED VARIETIES

HEAD & SHOULDERS
2-IN-1
SHAMPOO
370 ML
SELECTED VARIETIES

OLD SPICE
BODYWASH
200 ML
SELECTED VARIETIES

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 45 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 710-950 mL, 1.2 L SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.99
EACH



SELECTION LAUNDRY DETERGENT 1.42 L, 1.24 L, 36 L SELECTED VARIETIES

ALWAYS GREAT PRICE 
3.99
EACH



SELECTION PAPER TOWEL 45 SELECTED VARIETIES

ALWAYS GREAT PRICE 
5.99
EACH



SELECTION BATHROOM TISSUE 30-100

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

KREMA

OLYMPIC ORGANIC 400 G

LOCKED DOWN

4.99 EACH

OLYMPIC ORGANIC OR KREMA YOGURT 400 G
SELECTED VARIETIES

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

LACTANTIA CREAM 473 ML - 1 L
SELECTED VARIETIES

LOCKED DOWN

3.99 EACH



SMUCKER'S

SMUCKER'S JAM OR JELLY 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 FROSTED
SELECTED VARIETIES

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

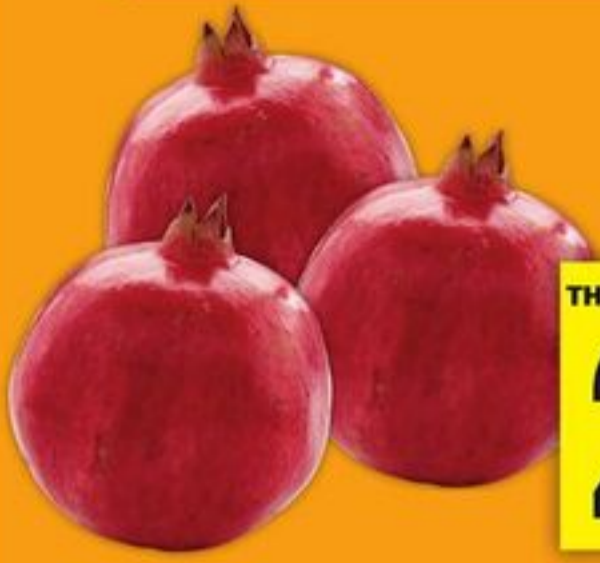
MORE



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 YOGOURT
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
345 G
RUBICON DRINKS
1 L
SELECTED VARIETIES

LOCKED DOWN
2.49
EACH



PATAK'S OR KFI
COOKING SAUCE
750 - 800 G
SELECTED VARIETIES

LOCKED DOWN
3.99
EACH



KURKURE
SNACKS
115 G
SELECTED VARIETIES

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



PARLE PARLE-G
BISCUITS
100 G
LU COOKIES
80 - 120 G
SELECTED VARIETIES

LOCKED DOWN
99¢
EACH



DIVYA
GINGER
GARLIC
PASTE
200 G
SELECTED VARIETIES

LOCKED DOWN
1.99
EACH



LAZEEZ SAMOSAS OR
SPRING ROLLS
400 G FROZEN
NATIONAL SAUCE
300 G
SELECTED VARIETIES

LOCKED DOWN
2.99
EACH



CASABLANCA
BUTTER COOKIES
454 G
SPARKLING DRINK
750 ML
SELECTED VARIETIES

LOCKED DOWN
3.99
EACH



PARLE RUSK
275 - 300 G
NATIONAL
CUSTARD
POWDER
400 G
SELECTED VARIETIES

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

THIS WEEK ONLY
2/550

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

LOCKED DOWN
329
EACH



LOCKED DOWN
299
EACH

CADBURY FINGERS
114 G
SELECTED VARIETIES

LOCKED DOWN
275
EACH

CADBURY
DAIRY MILK
CHOCOLATE
BARS
80 - 100 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
PEANUT
BUTTER
750 G - 1 KG
HAZELNUT
SPREAD
725 G
SELECTED VARIETIES

LOCKED DOWN
398
EACH

LOCKED DOWN
599
EACH

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

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.



<p>OLD EL PASO DINNER KIT HARD & SOFT TACO</p> <p>#1 MOST TRUSTED</p> <p>NEW & IMPROVED Taste!</p> <p>340 g</p>	<p>WHOLE GRAIN FIRST HEARTHEART</p> <p>FAMILY SIZE</p> <p>Naturally Flavored Honey Nut Cheerios</p> <p>MADE WITH REAL HONEY</p> <p>775 g CEREAL</p> <p>GENERAL MILLS FAMILY SIZE CEREAL 455-778 G SELECTED VARIETIES</p>
<p>OLD EL PASO DINNER KIT SOFT TACO</p> <p>LOCKED DOWN</p> <p>3.99 EACH</p>	<p>NATURE VALLEY Sweet & SALTY</p> <p>ALMOND</p> <p>LOCKED DOWN</p> <p>2.99 EACH</p>
<p>100% FIBRE</p> <p>fibre 1 BROWNIES</p> <p>CHOCOLATEY FUDGE</p> <p>5 BROWNIES</p>	<p>NATURE VALLEY CRUNCHY</p> <p>PEANUT BUTTER</p> <p>LOCKED DOWN</p> <p>2.99 EACH</p>
<p>BETTY CROCKER</p> <p>FRUIT SNACKS</p> <p>LOCKED DOWN</p> <p>2.99 EACH</p>	<p>NATURE VALLEY GRANOLA BARS</p> <p>LOCKED DOWN</p> <p>2.99 EACH</p>

*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

<p>ANNIE'S</p> <p>WHITE CHEDDAR COUSCOUS</p> <p>CHEDDAR BLANC</p> <p>170 g</p>	<p>ANNIE'S MACARONI & CHEESE</p> <p>170 G</p> <p>LOCKED DOWN</p> <p>2.49 EACH</p>
<p>OLD EL PASO</p> <p>TACO STAND n' STUFF</p> <p>10 Crunchy Shells GLUTEN-FREE</p> <p>LOCKED DOWN</p> <p>2.99 EACH</p>	<p>PILLSBURY TOASTER STRUDEL</p> <p>326 G FROZEN</p> <p>LOCKED DOWN</p> <p>2.99 EACH</p>
<p>BETTY CROCKER</p> <p>SuperMoist</p> <p>French Vanilla • Vanille française</p> <p>375 g</p>	<p>BETTY CROCKER CAKE MIX</p> <p>375-404 G</p> <p>LOCKED DOWN</p> <p>2/\$4</p>
<p>OLD EL PASO</p> <p>TACO MILD</p> <p>24 g</p> <p>LOCKED DOWN</p> <p>99¢ EACH</p>	<p>PILLSBURY PREPARED DOUGH</p> <p>200-227 G</p> <p>LOCKED DOWN</p> <p>1.99 EACH</p>

*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