

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

CLASSICO SLICED ITALIAN 675 g



THIS WEEK ONLY **3.98** /LB

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



THIS WEEK ONLY **2.22** EACH

DARE COOKIES OR CRACKERS 100 - 335 G SELECTED VARIETIES

VEGGIE CRISPS / LÉGUMES zesty ranch mordant

Bear Paws Chocolate Chip No Artificial Colours or Flavours 6 pouches - 240 g 2 soft cookies per pouch



THIS WEEK ONLY **3.48** EACH

SCHNEIDERS RED HOTS, MAPLE LEAF TOP DOGS OR MINA HALAL CHICKEN WIENERS 375 - 475 G OR SCHNEIDERS MEAT PIES 330 - 400 G FROZEN SELECTED VARIETIES WHILE QUANTITIES LAST



THIS WEEK ONLY **3.48** EACH

HEREFORD CORNED BEEF 340 G HORMEL SPAM 340 G GOLD SEAL PINK SALMON / SAUMON ROSE SAUVÉE 213 G SELECTED VARIETIES



THIS WEEK ONLY **2.98** /LB

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



THIS WEEK ONLY **4.88** EACH

SELECTION CHEESE 400 G SHREDS 320 G SELECTED VARIETIES

TEX MEX 3 CHEESE BLEND / MÉLANGE DE 3 FROMAGES 320 g



THIS WEEK ONLY **2.98** EACH

IRRESISTIBLE PIZZA 340 - 390 G FROZEN SELECTED VARIETIES



THIS WEEK ONLY **5.48** EACH

GENERAL MILLS FAMILY SIZE CEREAL 455 - 770 G SELECTED VARIETIES



THIS WEEK ONLY **2.98** EACH

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

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

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, APRIL 9TH TO WEDNESDAY, APRIL 15TH, 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



THIS WEEK ONLY

88¢ EACH

ATAULFO HONEY MANGOS
PRODUCT OF MEXICO



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



THIS WEEK ONLY

288 EACH

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



THIS WEEK ONLY

288 EACH

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



THIS WEEK ONLY

398 EACH

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

GET READY TO SAVE! GREAT PRICES START

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
375 - 775 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

497 EACH



ALWAYS GREAT PRICE

199 EACH

SELECTION OR LIFE SMART TOMATOES
796 mL
SELECTED VARIETIES



1.13 kg | 6 ROLLS
CIGARES

ALWAYS GREAT PRICE

1099 EACH

IRRESISTIBLE CABBAGE ROLLS
1.13 KG
FROZEN
SELECTED VARIETIES



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

NABOB
ESTD 1896
COFFEE CO.
ZERO WASTE
ZERO

MAXWELL HOUSE OR NABOB
COFFEE CAPSULES
30'S
SELECTED VARIETIES

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 - 4.43 L - 48 - 110 LBS
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
RITZ DRIZZLED MINIS
OR SNAK PAKS
285 - 488 G
226 - 289 G
SELECTED VARIETIES, WHILE QUANTITIES LAST

THIS WEEK ONLY **4.99**
EACH

60
points

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4

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
2.1 LB

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
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
THIN 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
WHITES POMMES DE TERRE JAUNES GOURMET

GOURMET MINI WHITE POTATOES
PETITES POMMES DE TERRE BLANCHES GOURMET

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 FARMS
Green Goodness™ Bonté Verte™
Strawberry Banana
Fraises et Banane

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/EA.

THIS WEEK ONLY

8.99 /LB OR EACH



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



DINO CHICKEN NUGGETS 200 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

6.99 EACH



WONG WING Fried Rice 400 G FROZEN SELECTED VARIETIES

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 G SELECTED VARIETIES

THIS WEEK ONLY

5.99 EACH



TRE STELLE MOZZARELLA BALL 240 G SELECTED VARIETIES

THIS WEEK ONLY

5.99 EACH



SCHNEIDERS Breakfast Sandwiches or Egg Bites 204 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

6.99 EACH



MARC ANGELO JUMBO PORK SAUSAGES 375 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

6.99 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

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 FROZEN 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 (100 G EACH)
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
270 g | 6 Croissants



Selection
Oatmeal Raisin
Avoine et raisins
770 g



Irresistible
MINI MUFFINS
270 - 334 G
SELECTED VARIETIES



Irresistible
COFFEE CAKE
GATEAU PAUSE-CAFÉ
ENGLISH TOFFEE
CARAMEL ANGLAIS
750 g

THIS WEEK ONLY

4.49

EACH

THIS WEEK ONLY

6.99

EACH

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



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



Black Diamond
MARBLE · MARBRÉ
340 g

LOCKED DOWN

5.48

EACH

LOCKED DOWN

1.67

EACH



Miracle Whip
original
650 - 890 ML
SELECTED VARIETIES

LOCKED DOWN

5.49

EACH



Eggo
CRISPY FLUFFY
Chocolatey chip
280 g

LOCKED DOWN

3.49

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
PEACE TEA
SPORTS DRINK
730 ML
SELECTED VARIETIES



Tide
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

LOCKED DOWN

3.99

EACH

LOCKED DOWN

1.25

EACH

LOCKED DOWN

6.99

EACH

LOCKED DOWN

6.99

EACH



Takis
TAKIS TORTILLA CHIPS
100 - 200 G
SELECTED VARIETIES



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



GATORADE
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

4 49
EACH

ACTIVIA YOGURT
8 X 100 G
SELECTED VARIETIES



LOCKED DOWN

3 99
EACH

ORVILLE REDENBACHER
POPPING CORN
1.40 - 1.50 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



LOCKED DOWN

3 79
EACH

20
points

LOCKED DOWN

3 49
EACH

LOCKED DOWN

3 49
EACH

LOCKED DOWN

4 49
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



LOCKED DOWN

4 99
EACH

LOCKED DOWN

4 49
EACH

HEINZ TOMATO
KETCHUP
750 ML - 1 L
KRAFT
DINNER
MEAL
5 X 200 G
SELECTED VARIETIES

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



LOCKED DOWN

3 79
EACH

LOCKED DOWN

1 699
EACH

LOCKED DOWN

7 99
EACH

LOCKED DOWN

2 / \$3

DARE REAL
FRUIT CANDY
250 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

3 99
EACH

LOCKED DOWN

4 99
EACH

LOCKED DOWN

4 99
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

5 79
EACH

LOCKED DOWN

6 99
EACH

LOCKED DOWN

9 99
EACH

LOCKED DOWN

13 49
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 404 G 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

OLYMPIC ORGANIC OR KREMA YOGURT 400 G
SELECTED VARIETIES

LOCKED DOWN

4.99 EACH

25 points

IOGO NANO BUBBLES YOGURT 4 x 100 G
SELECTED VARIETIES

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 JAM OR JELLY 500 ML
SELECTED VARIETIES

THIS WEEK ONLY

5.49 EACH

Carnation 2% Partly Skimmed Evaporated Milk 354 ML
SELECTED VARIETIES

THIS WEEK ONLY

2/\$4

Eagle Brand ORIGINAL CONDENSED MILK 340 ML
SELECTED VARIETIES

THIS WEEK ONLY

3.79 EACH

MILK-BONE DOG TREATS 300 - 900 G
SELECTED VARIETIES

THIS WEEK ONLY

3.99 EACH

SMUCKER'S UNCRUSTABLES SANDWICH 10'S
SELECTED VARIETIES

THIS WEEK ONLY

9.99 EACH



VAN HOUTTE COLOMBIAN DARK 30'S

McCAFÉ OR VAN HOUTTE COFFEE CAPSULES 30'S
SELECTED VARIETIES

THIS WEEK ONLY

26.99 EACH

McCAFÉ GROUND COFFEE 875 G
SELECTED VARIETIES

THIS WEEK ONLY

30.99 EACH

NESTEA ICED TEA 1.89 L
SELECTED VARIETIES

LOCKED DOWN

2.99 EACH

MICHELOB ULTRA ZERO ALCOHOL-FREE BEER 6 x 355 ML
SELECTED VARIETIES

THIS WEEK ONLY

10.99 EACH

MOTT'S CLAMATO COCKTAIL 1.89 L
SELECTED VARIETIES

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

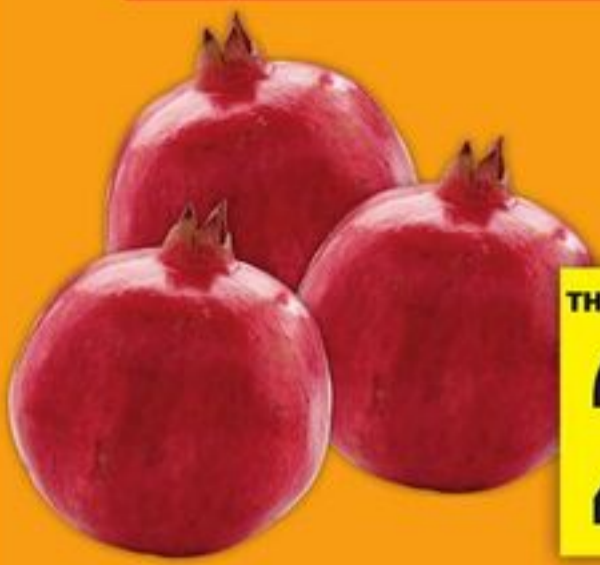
MORE



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
9.27 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
341 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
100 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 PEEK
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



**CADBURY
DAIRY MILK
CHOCOLATE
BARS**
80 - 100 G
SELECTED VARIETIES



LOCKED DOWN
299
EACH

CADBURY FINGERS
114 G
SELECTED VARIETIES

LOCKED DOWN
275
EACH

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

KRAFT SINGLES 410 G
PHILADELPHIA CREAM CHEESE 227 - 250 G
CHEEZ WHIZ 450 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!
#1 MOST TRUSTED Mexican Food Products brand by Canadian shoppers, 2026 BrandSpark® Canadian Trust Study.

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

OLD EL PASO
DINNER KIT
SOFT TACO
LOCKED DOWN
3.99 EACH

THIS WEEK ONLY
5.48 EACH

fibre 1
BROWNIES
CHOCOLATEY FUDGE
5 BROWNIES

NATURE VALLEY
Sweet & SALTY
ALMOND
LOCKED DOWN
2.99 EACH

Gushers
NEW LOOK! NOW AVAILABLE IN 6 FLAVORS!
#1 MOST TRUSTED Granola Bar brand (in a tie) by Canadian shoppers, 2026 BrandSpark® Canadian Trust Study.

NATURE VALLEY
CRUNCHY
PEANUT BUTTER
LOCKED DOWN
2.99 EACH

Spring Savings

Annie's
80% Organic Ingredients
100% Whole Grain Flour
SHREDDED **WHITE CHEDDAR**
COUSCOUS BY **CHEDDAR BLANC**
170 g

ANNIE'S
MACARONI & CHEESE
170 G
SELECTED VARIETIES
LOCKED DOWN
2.49 EACH

Pillsbury
Toaster Strudel
6 PASTRIES

PILLSBURY
TOASTER STRUDEL
326 G
FROZEN
SELECTED VARIETIES
LOCKED DOWN
2.99 EACH

OLD EL PASO
TACO
STAND n' STUFF
10 Crunchy Shells
GLUTEN-FREE
#1 MOST TRUSTED Mexican Food Products brand by Canadian shoppers, 2026 BrandSpark® Canadian Trust Study.

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
Crescent Croissants
8 CROISSANTS

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