

# 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

POTATOES  
PRODUCT OF ONTARIO, CANADA  
10 LB

**8 CRAZY**  
**1.88**  
EACH



**10 LB**  
**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 30<sup>TH</sup> TO WEDNESDAY, MAY 6<sup>TH</sup>, 2026

To view local store flyer, visit [foodbasics.ca](http://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 6  
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](http://foodbasics.ca), where

# ALWAYS GREAT PRICE

**ALWAYS GREAT PRICE**

**2.48** EACH

**SELECTION BREAD**  
675 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**1.49** EACH

**SELECTION CHIPS**  
200 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**2.99** EACH

**SELECTION SPRING WATER**  
24 x 500 mL  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**6.49** EACH

**IRRESISTIBLES BOCCONCINI**  
2 x 126 G  
SELECTED VARIETIES

# CRAZY 8 SALE

Hostess  
**Cupcakes**  
CHOCOLATE CHOCOLAT  
206 g  
6  
THIS WEEK ONLY  
**2.98**  
EACH

Hostess  
**Twinkies**  
206 g  
6  
THIS WEEK ONLY  
**2.98**  
EACH

HOSTESS SNACK CAKES  
6'S  
SELECTED VARIETIES

Dempster's  
ENGLISH MUFFINS  
ANGLAIS  
WHOLE GRAINS  
GRAINS ENTIERS  
6  
340 g

Dempster's  
ENGLISH MUFFINS  
ANGLAIS  
PLAIN NATURE  
6  
340 g

DEMPSTER'S  
ENGLISH MUFFINS  
6'S  
SELECTED VARIETIES

**2.28**  
EACH

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

Smartfood  
WHITE CHEDDAR BLAN  
2  
6  
8  
**2/6.88**  
EACH

Black Diamond  
OLD - FORT  
Cheddar Cheese  
Fromage cheddar  
400 g | 50% MOZZ 50% CHEDDAR

Black Diamond  
MARBLE - MARBRÉ  
400 g

Black Diamond  
MARBLE - MARBRÉ  
400 g

BLACK DIAMOND CHEESE  
SHREDS 120 G  
NATURAL CHEESE SLICES 220 - 240 G  
SELECTED VARIETIES

**5.48**  
EACH

Kraft  
DINNER NOODLE MEAL  
12 X 200 G

KP  
ORIGINAL  
12 BOXES  
CANADA

8  
**10.98**  
EACH

1L

Beatrice  
1%  
A-D

Beatrice  
1%  
A-D

BEATRICE  
CHOCOLATE MILK  
1L  
SELECTED VARIETIES

8  
**1.98**  
EACH

BRAR'S  
DAIRY  
Pure Desi  
Ghee  
Clarified Butter / Beurre Clarifié  
800g (NET WT) / 800g (NET WT)

BRAR'S  
DESI GHEE  
800 G  
SELECTED VARIETIES

8  
**13.98**  
EACH

Chapman's  
Yogurt  
no sugar added  
Vanilla  
ICE CREAM

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

8  
**5.88**  
EACH

Casablanca  
HONEY  
1KG

TATA TEA  
PREMIUM  
220'S  
SELECTED VARIETIES

CASABLANCA  
CLASSICS  
PURE PURE  
HONEY MIEL  
1KG

TATA TEA  
PREMIUM  
220'S  
DESH  
ANDHKA SWAD

8  
**6.98**  
EACH

12

PEPSI  
CANADA DRY  
GINGER ALE

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

8  
**7.98**  
EACH

Coca-Cola,  
Canada Dry  
Ginger Ale or  
Pepsi  
Soft Drinks  
2L  
SELECTED VARIETIES

8  
**2.48**  
EACH

LOVE  
PEACE TEA  
Lemon

fuze  
iced tea  
Lemon  
Naturally Flavored Tea

8  
**6.98**  
EACH

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

BIMBO i earn with moi rewards moi rewards

NEW  
Dempster's  
PROTEIN  
WHITE  
14 g PROTEIN\*

Dempster's  
12 GRAIN  
SOURCE OF VITAMIN D  
46g 6g

THIS WEEK ONLY  
**2.99**  
EACH

15 points

Dempster's  
Signature  
PULL-APARTS

Dempster's  
Signature  
Hawai Sweet  
PULL-APART

THIS WEEK ONLY  
**2.99**  
EACH

15 points

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

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

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

THIS WEEK ONLY  
**2.99**  
EACH

**15**  
points



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

THIS WEEK ONLY  
**12.99**  
EACH

**55**  
points



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

THIS WEEK ONLY  
**13.99**  
EACH

**55**  
points



PILLSBURY  
PREPARED DOUGH  
468 G  
SELECTED VARIETIES

LOCKED DOWN  
**3.29**  
EACH

**20**  
points



ROBIN HOOD  
FLOUR  
1 KG  
SELECTED VARIETIES

LOCKED DOWN  
**3.79**  
EACH

**20**  
points



KIND  
CEREAL BARS  
\$ 8.35 G  
SELECTED VARIETIES

LOCKED DOWN  
**4.99**  
EACH

**25**  
points



BURNBRAE FARMS  
EGG BITES! OR EGG BAKES!  
336 - 346 G SELECTED VARIETIES

LOCKED DOWN  
**6.99**  
EACH

**35**  
points



BUDWEISER ZERO  
ALCOHOL FREE BEER  
6 x 355 ML  
SELECTED VARIETIES

LOCKED DOWN  
**12.99**  
EACH

**55**  
points



PLANTERS  
CASHEWS  
200 G  
SELECTED VARIETIES

LOCKED DOWN  
**4.99**  
EACH

**25**  
points



HORMEL  
REAL BACON  
100 G  
SELECTED VARIETIES

LOCKED DOWN  
**5.99**  
EACH

**30**  
points



DARE WHIPPET COOKIES  
200 - 285 G  
SELECTED VARIETIES

LOCKED DOWN  
**2.99**  
EACH

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



DAINTY  
JASMINE RICE  
1.6 KG  
SELECTED VARIETIES

LOCKED DOWN  
**9.99**  
EACH

**45**  
points



FINISH POWERBALL  
DISHWASHER TABS  
30 - 45  
SELECTED VARIETIES

LOCKED DOWN  
**13.99**  
EACH

**55**  
points

# CHOOSE CANADIAN



SEEDLESS CUCUMBERS  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE

**179**  
EACH



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

**299**  
/LB



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



**799**  
EACH



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



**1199**  
EACH



**399**  
EACH

DEMPSTER'S  
10% TORTILLAS  
430 - 610 G  
SELECTED VARIETIES



**228**  
EACH

DEMPSTER'S  
ENGLISH MUFFINS  
6'S  
SELECTED VARIETIES



KRAFT DINNER  
NOODLE MEAL  
12 X 200 G

**1098**  
EACH



**288**  
EACH

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



**198**  
EACH

BEATRICE  
CHOCOLATE MILK  
1L  
SELECTED VARIETIES



**288**  
EACH

RUFFLES  
POTATO CHIPS  
OR CHETOS  
100 - 205 G  
SELECTED VARIETIES



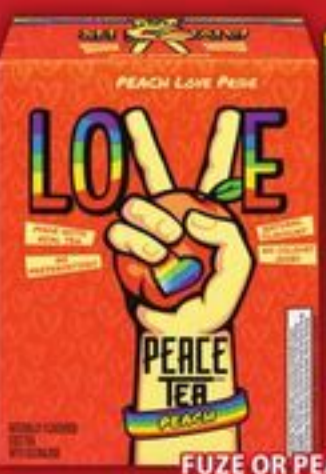
**2/688**

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



**798**  
EACH

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



**698**  
EACH

FUZE OR PEACE TEA ICED TEA  
12X241 ML  
SELECTED VARIETIES

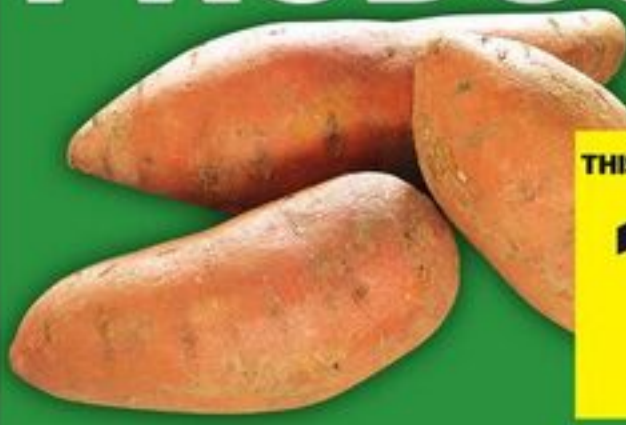


**548**  
EACH


BLACK DIAMOND CHEESE  
SHREDS 400 G  
NATURAL CHEESE SLICES 230 - 240 G  
SELECTED VARIETIES

\*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



**SWEET POTATOES**  
PRODUCT OF U.S.A.  
3.28/KG

**THIS WEEK ONLY** 

**149**  
/LB



**EXTRA LARGE**

**THIS WEEK ONLY** 

**299**  
/LB

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



**TROPICAL GOLD PINEAPPLE**  
PRODUCT OF COSTA RICA

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

**THIS WEEK ONLY** 

**377**  
EACH



**WE LOVE LOCAL**  
*Ontario*

**THIS WEEK ONLY** 

**179**  
EACH

**SEEDLESS CUCUMBERS**  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE



**WE LOVE LOCAL**  
*Ontario*

**THIS WEEK ONLY** 

**2/\$5**

**WHOLE WHITE OR CREMINI MUSHROOMS**  
PRODUCT OF ONTARIO  
227 G



**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



**AVOCADOS**  
PRODUCT OF MEXICO OR PERU  
5 OR 6 PACK

**LEMONS**  
PRODUCT OF SOUTH AFRICA  
OR U.S.A.  
2 LB

**THIS WEEK ONLY** 

**499**  
EACH



**Clementines**

**CLEMENTINES**  
PRODUCT OF MOROCCO  
2 LB

**THIS WEEK ONLY** 

**499**  
EACH



**GREEN OR GREY ZUCCHINI SQUASH**  
PRODUCT OF MEXICO  
4.39/KG

**THIS WEEK ONLY** 

**199**  
/LB



**WE LOVE LOCAL**  
*Ontario*

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

**THIS WEEK ONLY** 

**299**  
/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** 

**399**  
EACH



**RED MANGOES**  
PRODUCT OF BRAZIL OR PERU

**ATAULFO HONEY MANGOES**  
PRODUCT OF MEXICO

**THIS WEEK ONLY** 

**4/\$5**



**STEM AND LEAF CLEMENTINES**  
PRODUCT OF SPAIN  
6.59/KG

**THIS WEEK ONLY** 

**299**  
/LB



**WE LOVE LOCAL**  
*Ontario*

**7 LB**

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

**THIS WEEK ONLY** 

**688**  
EACH

# FLORAL



**THIS WEEK ONLY** 

**\$6**  
EACH

**CARNATIONS**  
WHILE SUPPLIES LAST



**THIS WEEK ONLY** 

**\$15**  
EACH

**MIXED BOUQUET**  
WHILE SUPPLIES LAST



**5" ORCHID**  
WHILE SUPPLIES LAST

**THIS WEEK ONLY** 

**12<sup>98</sup>**  
EACH



**DORMANT ROSE**  
WHILE SUPPLIES LAST

**THIS WEEK ONLY** 

**16<sup>99</sup>**  
EACH

# MEAT



HALAL  
AT SAME  
PRICE

FRESH WHOLE  
CHICKEN WINGS  
INCLUDING HALAL BAGGED  
8.80/KG

THIS WEEK ONLY

**3.99**  
/LB



HALAL  
AT SAME  
PRICE

EXTRA LEAN  
GROUND BEEF  
FAMILY PACK  
INCLUDES HALAL  
19.82/KG

THIS WEEK ONLY

**8.99**  
/LB



FRESH PORK SIDE RIBS  
CENTER CUT REMOVED  
11.00/KG

THIS WEEK ONLY

**4.99**  
/LB



HALAL

NEW ZEALAND  
FRESH LEAN GROUND LAMB  
454 G SELECTED VARIETIES

THIS WEEK ONLY

**10.99**  
EACH

**55**  
points



COHO SALMON FILLET  
PREVIOUSLY FROZEN SELECTED VARIETIES  
26.43/KG

THIS WEEK ONLY

**11.99**  
/LB



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

THIS WEEK ONLY

**11.99**  
/LB



FLETCHER'S  
CURED PORK  
COTTAGE ROLL  
7.69/KG

THIS WEEK ONLY

**3.49**  
/LB

**20**  
points



SCHNEIDERS OR  
MAPLE LEAF  
BACON  
45 - 375 G  
SELECTED VARIETIES

THIS WEEK ONLY

**5.99**  
EACH



MARC ANGELO  
MARINATED  
CHICKEN  
BREAST OR  
STIR FRY  
300 - 424 G  
SELECTED VARIETIES

THIS WEEK ONLY

**6.99**  
EACH



POGO ORIGINAL  
BREADED  
SAUSAGES  
1.3 KG  
SELECTED VARIETIES

THIS WEEK ONLY

**16.99**  
EACH



TRE STELLE  
TRADITIONAL  
FETA  
200 G SELECTED VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY

**4.99**  
EACH



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

THIS WEEK ONLY

**7.99**  
EACH



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

THIS WEEK ONLY

**10.99**  
EACH

**55**  
points



JANES  
RESTAURANT  
STYLE FULLY  
COOKED BREADED  
BITES, FILLETS,  
STRIPS OR  
BURGERS  
700 - 710 G FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY

**11.99**  
EACH



FONTAINE SANTÉ  
HUMMUS  
227 - 240 G SELECTED VARIETIES

THIS WEEK ONLY

**3.49**  
EACH



IRRISISTIBLES  
GOAT CHEESE  
250 G SELECTED VARIETIES

THIS WEEK ONLY

**7.49**  
EACH



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

THIS WEEK ONLY

**8.99**  
EACH



O' SOLE MIO  
MEAL KITS  
900 G  
SELECTED VARIETIES

THIS WEEK ONLY

**12.99**  
EACH



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

THIS WEEK ONLY

**6.49**  
EACH



SEAHORSE  
BASA STEAK OR  
ANCHOR'S BAY  
BASA FILLETS  
OR SEA SOUL  
TORPEDO  
SHRIMP  
200 - 500 G  
FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY

**3.49**  
EACH



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

THIS WEEK ONLY

**5.49**  
EACH



IRRISISTIBLE  
PACIFIC WHITE  
SHRIMP  
COOKED  
OR RAW  
31 - 40 CT  
340 G FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY

**7.99**  
EACH

# BAKERY



SELECTION  
ITALIAN BREAD  
675 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**2.99**  
EACH



DEMPSTER'S BAGELS  
450 G  
SELECTED VARIETIES



LOCKED DOWN 📌  
**3.69**  
EACH



DEMPSTER'S  
TORTILLAS  
610 G  
SELECTED VARIETIES

THIS WEEK ONLY 📌  
**3.99**  
EACH



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



THIS WEEK ONLY 📌  
**4.49**  
EACH

## MORE GREAT SAVINGS FOR LESS



THE LAUGHING COW  
133 - 140 G  
SELECTED VARIETIES

LOCKED DOWN 📌  
**3.49**  
EACH



CHEFMASTER  
MARGARINE  
427 G  
SELECTED VARIETIES

LOCKED DOWN 📌  
**2.49**  
EACH



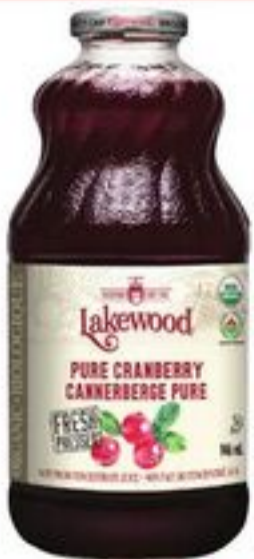
MADE GOOD  
GRANOLA BARS  
5 x 24 G  
SELECTED VARIETIES

LOCKED DOWN 📌  
**3.49**  
EACH



McCAIN  
TASTIEZ  
BITES  
311 G FROZEN  
SELECTED VARIETIES

LOCKED DOWN 📌  
**4.99**  
EACH



LAKWOOD  
CRANBERRY JUICE  
946 ML  
SELECTED VARIETIES

LOCKED DOWN 📌  
**11.99**  
EACH



GLACÉAU  
VITAMIN OR  
SMART WATER  
391 ML - 1 L  
SELECTED VARIETIES

LOCKED DOWN 📌  
**1.99**  
EACH



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

LOCKED DOWN 📌  
**3.99**  
EACH



HERSHEY'S  
TWIZZLERS LICORICE  
375 - 454 G  
SELECTED VARIETIES

LOCKED DOWN 📌  
**2.99**  
EACH

# MORE



## CINCO DE MAYO FOR LESS



JARRITOS  
SOFT DRINK  
370 ML  
SELECTED VARIETIES

LOCKED DOWN   
**167**  
EACH



CEDAR RICE  
8 KG  
SELECTED VARIETIES

LOCKED DOWN   
**1098**  
EACH



THE GREAT  
GENTLEMAN  
GINGER BEER  
6 X 250 ML  
SELECTED VARIETIES

LOCKED DOWN   
**799**  
EACH



MASECA  
CORN MEAL  
1.8 KG  
SELECTED VARIETIES

LOCKED DOWN   
**899**  
EACH



CHARRAS  
CORN TOSTADAS  
350 G  
HERDEZ  
GUACAMOLE SALSA  
431 ML  
SELECTED VARIETIES

LOCKED DOWN   
**449**  
EACH



LA COSTENA  
BEANS OR  
PEPPERS  
340 G

LOCKED DOWN   
**349**  
EACH



CHOLULA  
HOT SAUCE OR  
CREMOSA  
330 - 230 ML  
LA COSTENA  
SALSA  
431 ML  
SELECTED VARIETIES

LOCKED DOWN   
**499**  
EACH

# MORE



## FLAVOURS OF THE WORLD



CEDAR  
LENTILS  
907 G  
CEDAR  
STUFFED VINE  
LEAVES  
375 G  
SELECTED VARIETIES

LOCKED DOWN   
**299**  
EACH



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

LOCKED DOWN   
**449**  
EACH



Y & Y  
JASMINE  
RICE  
8 KG  
SELECTED VARIETIES

LOCKED DOWN   
**1388**  
EACH



LEE  
KUM KEE  
SRIRACHA  
CHILI  
SAUCE  
445 ML

LOCKED DOWN   
**449**  
EACH



LEE KUM  
KEE SOY  
SAUCE  
500 ML

LOCKED DOWN   
**249**  
EACH



SIX  
FORTUNE  
NOODLE  
440 G

LOCKED DOWN   
**399**  
EACH



GLICO  
POCKY  
BISCUIT  
STICKS  
144 - 174 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 and may not include a prescribed medication. Referral to another healthcare provider may be required.

Available at pharmacy locations only. Visit [foodbasics.ca/pharmacy](http://foodbasics.ca/pharmacy) to find a location near you.



INFANTS  
TYLENOL DROPS  
24 ML  
SELECTED VARIETIES

LOCKED DOWN   
**949**  
EACH

**45**  
points



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

THIS WEEK ONLY   
**1999**  
EACH

**60**  
points



SESAME STREET  
KIDS VITAMIN  
180'S  
SELECTED VARIETIES

LOCKED DOWN   
**1699**  
EACH



VEGA PROTEIN MIX  
526 G  
SELECTED VARIETIES

LOCKED DOWN   
**2299**  
EACH



WEBBER  
NATURALS  
K2+D3 VITAMIN  
60'S  
SELECTED VARIETIES

LOCKED DOWN   
**1399**  
EACH



JAMIESON  
CURCUMIN  
TURMERIC  
90'S  
SELECTED VARIETIES

THIS WEEK ONLY   
**1799**  
EACH

**60**  
points



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

THIS WEEK ONLY   
**1599**  
EACH

**60**  
points



CLARITIN  
ALLERGY + SINUS  
10'S  
SELECTED VARIETIES

LOCKED DOWN   
**2199**  
EACH



WEBBER  
NATURALS  
B12 VITAMIN  
80'S  
SELECTED VARIETIES

LOCKED DOWN   
**1299**  
EACH



REACTINE ALLERGY  
48'S  
SELECTED VARIETIES

LOCKED DOWN   
**3499**  
EACH

**70**  
points



DULCOLAX  
LAXATIVE  
30'S  
SELECTED VARIETIES

LOCKED DOWN   
**759**  
EACH



GREAT LAKES  
WELLNESS  
COLLAGEN  
PEPTIDES  
284 G  
SELECTED VARIETIES

LOCKED DOWN   
**2299**  
EACH

# HAPPY MOTHER'S DAY

Buy a **\$50 lululemon** gift card, get a **FREE \$10 Food Basics** gift card



Offer valid April 30 - May 6

Subject to availability. While supplies last. See gift cards for details, terms, conditions and (if applicable) fees. All trademarks are property of their respective owners. The gift cards featured are not sponsors or otherwise affiliated with this company.

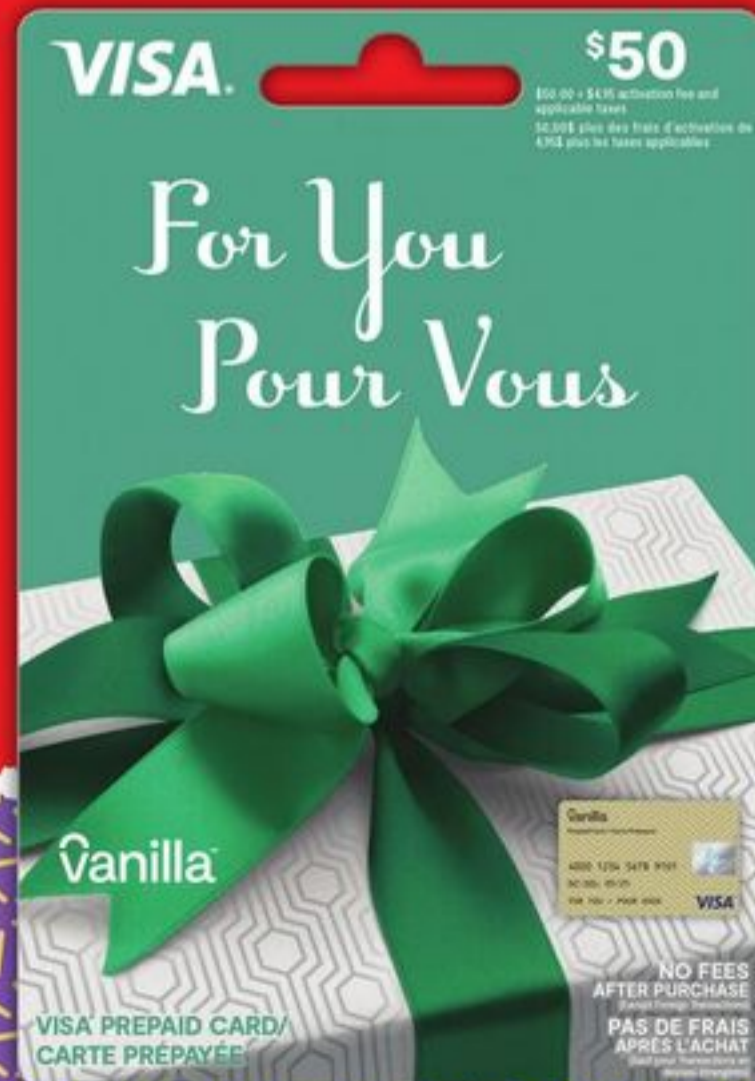
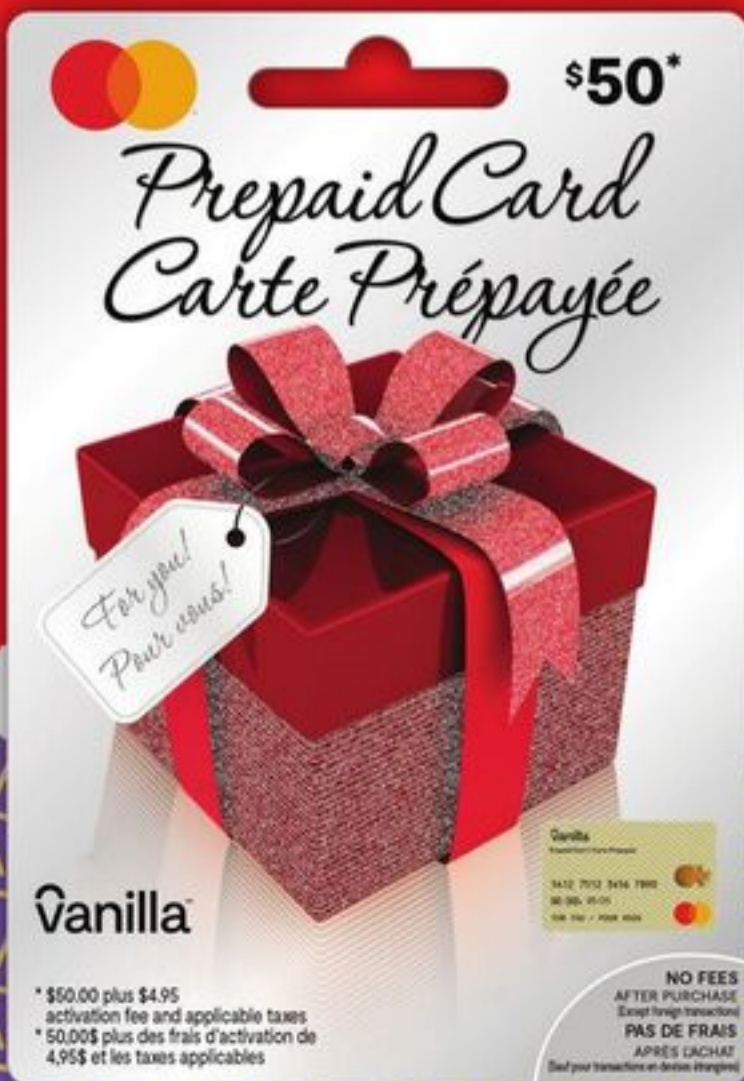
## The Gift That Always Fits

No hidden fees

Funds never expire

No monthly fees

Accepted Worldwide



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