

# food Basics

CANADIAN AND PROUD

# ALWAYS MORE FOR LESS

# CRAZY 8 SALE

LOU'S KITCHEN FULLY COOKED ENTREES 375 - 400 G SELECTED VARIETIES



**8 CRAZY**  
**6<sup>88</sup>**  
EACH



HALAL AT SAME PRICE

MEDIUM GROUND BEEF FAMILY PACK WHILE QUANTITIES LAST 10.76/KG

**8 CRAZY**  
**4<sup>88</sup>**  
/LB



**8 CRAZY**  
**2<sup>98</sup>**  
EACH

VILLAGGIO BREAD 590 - 675 G BUNS 6-93 SELECTED VARIETIES



ALWAYS CANADIAN



FRESH ATLANTIC SALMON FILLETS FAMILY PACK 23.99/KG

**8 CRAZY**  
**10<sup>88</sup>**  
/LB

CASABLANCA HONEY 1 KG DIVYA BROWN SUGAR 3.62 KG



**8 CRAZY**  
**5<sup>88</sup>**  
EACH



**8 CRAZY**  
**4<sup>98</sup>**  
EACH



NESTLE REAL DAIRY ICE CREAM 1.5L NOVELTIES 4-105 SELECTED VARIETIES



LAY'S POTATO CHIPS 290 - 235 G SELECTED VARIETIES



**8 CRAZY**  
**2<sup>88</sup>**  
EACH

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



**8 CRAZY**  
**7<sup>48</sup>**  
EACH



LACTANTIA BUTTER 454 G SELECTED VARIETIES

**8 CRAZY**  
**4<sup>88</sup>**  
EACH

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, APRIL 23<sup>RD</sup> TO WEDNESDAY, APRIL 29<sup>TH</sup>, 2026

PRICES IN THIS FLYER AVAILABLE AT ALL ETOBICOKE, MISSISSAUGA, NORTH YORK, RICHMOND HILL, SCARBOROUGH, TORONTO, THORNHILL, EMERALD PARK, MARKHAM, AJAX, OSHTAWA, COURTCRICE, 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](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



**8 CRAZY**  
**1.98**  
EACH

STRAWBERRIES  
PRODUCT OF U.S.A. OR MEXICO  
NO. 1 GRADE 654 G



**8 CRAZY**  
**88¢**  
EACH

SEEDLESS CUCUMBERS  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE



**8 CRAZY**  
**88¢**  
/LB

NAVEL SEEDLESS ORANGES  
PRODUCT OF U.S.A.  
1.94/KG



**8 CRAZY**  
**2.88**  
EACH

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

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](http://foodbasics.ca), where

# ALWAYS GREAT PRICE



IRRESISTIBLE  
MAMMOTH  
BUNS  
6 - 85  
SELECTED VARIETIES

ALWAYS GREAT PRICE  
**2.99**  
EACH



SELECTION  
SMOKED PORK SAUSAGE  
900 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE  
**8.99**  
EACH



ALWAYS GREAT PRICE  
**4.44**  
EACH

IRRESISTIBLE  
SPARKLING WATER  
6 x 1 L  
SELECTED VARIETIES



SELECTION OR  
LIFE SMART  
ORGANIC  
PEANUT BUTTER  
500 G - 1 KG  
SELECTED VARIETIES



ALWAYS GREAT PRICE  
**4.44**  
EACH

# CRAZY 8 SALE

**Black Diamond** OLD • FORT Cheddar Cheese Fromage cheddar

**Black Diamond** MARBLE • MARBLE Cheddar Cheese Fromage cheddar

**BLACK DIAMOND CHEESE** 430G SHREDS 329 G

**NATURAL CHEESE SLICES** 220 - 240 G SELECTED VARIETIES

**8 CRAZY 548 EACH**

**PROSCIUTTO** JAMON • PAM

**MASTRO** GENOVA • DE GENES

**MASTRO** GENOVA • DE GENES

**MASTRO OR SAN DANIELE SLICED DELI MEAT** 100 - 2 X 150 G SELECTED VARIETIES

**8 CRAZY 488 EACH**

**KRAFT** Cheez Whiz SPREAD 400 G SELECTED VARIETIES

**8 CRAZY 398 EACH**

**Honey Nut Cheerios** 400 G

**Cinnamon Toast Crunch** 354 G

**GENERAL MILLS HONEY NUT CHEERIOS** 400 G

**CINNAMON TOAST CRUNCH** 354 G SELECTED VARIETIES

**8 CRAZY 348 EACH**

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

**Kraft** Velveeta slices • tranches

**KRAFT SINGLES OR VELVEETA SLICES** 400 G SELECTED VARIETIES

**Kraft** Singles Original Cheddar Original

**8 CRAZY 398 EACH**

**1 L**

**Beatrice** CHOCOLATE MILK 1 L SELECTED VARIETIES

**Beatrice** CHOCOLATE MILK 1 L SELECTED VARIETIES

**BEATRICE CHOCOLATE MILK** 1 L SELECTED VARIETIES

**8 CRAZY 198 EACH**

**CEDAR PHOENICIA** Chick Peas 540 mL

**CEDAR PHOENICIA** Dark Red Kidney Beans 540 mL - 19 fl oz

**CEDAR BEANS** 540 mL SELECTED VARIETIES

**8 CRAZY 148 EACH**

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

**Smartfood** WHITE CHEESE POPCORN 150 - 235 G SELECTED VARIETIES

**8 CRAZY 2/688**

**CEDAR PHOENICIA** Long Grain Parboiled Rice 8 kg - 17.6 lb

**CEDAR PHOENICIA** Patna Rice 8 kg - 17.6 lb

**CEDAR PATNA OR PARBOILED RICE** 8 KG SELECTED VARIETIES

**8 CRAZY 1098 EACH**

**Cashmere** BATHROOM TISSUE 12 - 245

**Sponge Towels** ULTRA 6 - 65

**Scotties** FACIAL TISSUE 65

**CASHMERE BATHROOM TISSUE** 12 - 245

**SPONGE TOWELS** 6 - 65

**ULTRA PAPER TOWELS** 3 - 65

**SCOTTIES FACIAL TISSUE** 65 SELECTED VARIETIES

**8 CRAZY 688 EACH**

**SAVE \$3 when you buy any**

**1 Dempster's Bagels\* or Bread\***

**+**

**1 any Philadelphia Cream Cheese Product (227 g - 250 g) or Kraft Peanut Butter Spread (750 g - 1 kg)**

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

**\*\*A 2024 breakfast survey of over 9000 Canadians found toast or bagels were the top choice for breakfast.**

**BITE INTO CANADA'S FAVOURITE BREAKFAST**

**PHILADELPHIA** ORIGINAL CREAM CHEESE PRODUCT 227 - 250 G SELECTED VARIETIES

**8 CRAZY 398 EACH**

**LOCKED DOWN**

**KRAFT** PEANUT BUTTER 750 G - 1 KG SELECTED VARIETIES

**8 CRAZY 598 EACH**

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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

PILLER'S  
LIVER SAUSAGE  
230 G  
SELECTED VARIETIES

**25**  
points



HALAL  
AT SAME  
PRICE

MAPLE LODGE OR ZABIHA HALAL  
ULTIMATE CHICKEN FRANKFURTERS  
900 G  
SELECTED VARIETIES

THIS WEEK ONLY  
**5.49**  
EACH

**30**  
points



THE LITTLE POTATO  
COMPANY POTATOES  
PRODUCT OF CANADA, 454 G  
SELECTED VARIETIES

THIS WEEK ONLY  
**3.77**  
EACH

**20**  
points



KRAFT PARMESAN  
SHREDDED CHEESE  
200 G  
SELECTED VARIETIES

LOCKED DOWN  
**8.99**  
EACH

**45**  
points



EARTH'S OWN OAT  
BEVERAGE  
946 ML  
SELECTED VARIETIES

LOCKED DOWN  
**2.99**  
EACH

**15**  
points



GIUSEPPE PIZZERIA  
EASY PIZZI  
560 - 600 G  
SELECTED VARIETIES

LOCKED DOWN  
**6.49**  
EACH

**35**  
points



SNACK PACK  
PUDDING OR  
GEL SNACK  
4.5  
SELECTED VARIETIES

LOCKED DOWN  
**1.99**  
EACH

**15**  
points



BUDWEISER ZERO  
ALCOHOL FREE BEER  
6 x 355 ML  
SELECTED VARIETIES

LOCKED DOWN  
**12.99**  
EACH

**55**  
points



JACK LINK'S  
BEEF JERKY  
230 G  
SELECTED VARIETIES

LOCKED DOWN  
**14.99**  
EACH

**55**  
points



CHRISTIE SNAK PAKS COOKIES  
150 - 200 G SELECTED VARIETIES

LOCKED DOWN  
**2/\$5**

**50**  
points  
when you buy  
any 2



DARE CANDY  
500 - 700 G  
SELECTED VARIETIES

LOCKED DOWN  
**3.99**  
EACH

**20**  
points



LYSOL ALL PURPOSE  
CLEANER  
500 - 950 ML, 1.2 L  
SELECTED VARIETIES

LOCKED DOWN  
**3.99**  
EACH

**20**  
points



GLADE PLUGINS  
SCENTED OIL REFILLS  
5.5  
SELECTED VARIETIES

LOCKED DOWN  
**18.99**  
EACH

**60**  
points

# CHOOSE CANADIAN



GREEN CABBAGE  
PRODUCT OF ONTARIO, CANADA, NO. 1 GRADE  
1.94/KG

**88¢**  
/LB



WHOLE WHITE OR  
CREMINI MUSHROOMS  
PRODUCT OF ONTARIO  
227 G

**2/\$5**



SCHNEIDERS RED HOTS OR  
MAPLE LEAF TOP DOGS WIENERS  
375 G OR  
SCHNEIDERS MEAT PIES  
330 - 400 G / FROZEN SELECTED VARIETIES



**5.99**  
EACH



LEGACY MARINATED  
BONELESS PORK LOIN  
OR PULLED PORK  
ROAST  
800 - 900 G  
SELECTED VARIETIES

**10.99**  
EACH



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

**2.99**  
EACH



DIMPFLMEIER BREAD  
454 - 500 G SELECTED VARIETIES

**2.99**  
EACH



LACTANTIA  
BUTTER  
454 G  
SELECTED VARIETIES

**4.88**  
EACH



LAY'S  
POTATO  
CHIPS  
200 - 235 G  
SELECTED VARIETIES

**2.88**  
EACH



OLD - FORT  
Cheddar Cheese  
Fromage cheddar

BLACK DIAMOND CHEESE  
SHREDS  
400 G  
375 G  
225 - 240 G  
SELECTED VARIETIES

**5.48**  
EACH



KRAFT  
DINNER  
NOODLE  
MEAL  
12 X 200 G

**10.99**  
EACH



ESKA  
SPRING  
WATER  
24 X 500 ML

**4.99**  
EACH



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

**7.48**  
EACH



KRAFT  
PEANUT BUTTER  
750 G - 1 KG  
SELECTED VARIETIES

**5.98**  
EACH

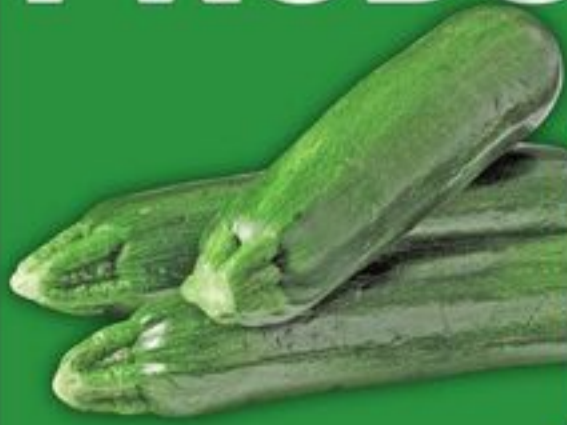


CASHMERE BATHROOM TISSUE 12 - 245  
SPONGE TOWELS ULTRA PAPER TOWELS 3 - 45  
SCOTTIES FACIAL TISSUE 65  
SELECTED VARIETIES

**6.88**  
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



GREEN ZUCCHINI  
PRODUCT OF MEXICO  
4.39/KG

THIS WEEK ONLY   
**1.99**  
/LB



**EXTRA LARGE**

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

THIS WEEK ONLY   
**2.99**  
/LB



RASPBERRIES  
PRODUCT OF U.S.A. OR MEXICO, NO. 1 GRADE  
179 G  
BLACKBERRIES  
PRODUCT OF MEXICO, NO. 1 GRADE  
139 - 179 G

THIS WEEK ONLY   
**3.99**  
EACH



WHOLE WHITE OR CREMINI MUSHROOMS  
PRODUCT OF ONTARIO  
227 G

THIS WEEK ONLY   
**2/\$5**



**WE LOVE LOCAL**  
Ontario

GREEN CABBAGE  
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE  
1.94/KG

THIS WEEK ONLY   
**88¢**  
/LB



CLEMENTINES  
PRODUCT OF MOROCCO  
2 LB

THIS WEEK ONLY   
**4.99**  
EACH



SWEET ASSORTED PEPPERS  
PRODUCT OF HONDURAS OR MEXICO  
PKG OF 4

THIS WEEK ONLY   
**4.99**  
EACH



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

THIS WEEK ONLY   
**4.99**  
EACH



RED MANGO  
PRODUCT OF BRAZIL OR PERU  
ATAULFO HONEY MANGO  
PRODUCT OF MEXICO

THIS WEEK ONLY   
**4/\$5**



SPINACH  
PRODUCT OF U.S.A.  
284 G

THIS WEEK ONLY   
**2.77**  
EACH



BLACK PLUMS  
PRODUCT OF CHILE  
NO. 1 GRADE  
5.49/KG

THIS WEEK ONLY   
**2.49**  
/LB



SUGAR SNAP OR SNOW PEAS  
PRODUCT OF GUATEMALA 176 - 227 G

MINI CUCUMBERS  
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE, 397 G

THIS WEEK ONLY   
**3.99**  
EACH



IRRESISTIBLES NUTS  
200 - 250 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**3.99**  
EACH



THE LITTLE POTATO COMPANY POTATOES  
PRODUCT OF CANADA  
454 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**3.77**  
EACH

**20**  
points

# FLORAL



**pick Ontario**  
10 STEM TULIPS  
WHILE SUPPLIES LAST  
THIS WEEK ONLY   
**8.88**  
EACH



THIS WEEK ONLY   
**\$15**  
EACH



THIS WEEK ONLY   
**16.99**  
EACH



THIS WEEK ONLY   
**22.99**  
EACH

# MEAT



**FRESH FROM THE FARM**  
Local Ontario Local de l'Ontario  
WHOLE CHICKEN POULET ENTIER

**Zabiha Halal**  
Canada No. 1 Halal Brand  
WHOLE CHICKEN POULET ENTIER

**HALAL AT SAME PRICE**

FRESH FROM THE FARM OR ZABIHA HALAL WHOLE CHICKEN AIR CHILLED SELECTED VARIETIES 8.80/KG

**THIS WEEK ONLY**

**3.99** /LB



**Johnsonville**  
MILD ITALIAN SAUSAGES SAUCISSES ITALIENNES DOUCES

**Johnsonville**  
ORIGINAL BREAKFAST SAUSAGES SAUCISSES À DÉJEUNER ORIG.

**JOHNSONVILLE DINNER, BREAKFAST OR SMOKED SAUSAGES**  
375 - 500 G SELECTED VARIETIES

**35 points**

**THIS WEEK ONLY**

**6.99** EACH



**PRIME TURKEY DINDE**  
- 454g - 1lb

**PRIME RAISED WITHOUT ANTIBIOTICS EXTRA LEAN GROUND CHICKEN OR GROUND TURKEY**  
454 G SELECTED VARIETIES

**THIS WEEK ONLY**

**6.99** EACH



**FRESH**

**NEW ZEALAND FRESH LAMB SHOULDER CHOPS FAMILY PACK**  
SELECTED VARIETIES WHILE QUANTITIES LAST 19.82/KG

**THIS WEEK ONLY**

**8.99** /LB



**LIFE SMART NATURALIA FISH FILLETS**  
400 G FROZEN SELECTED VARIETIES

**THIS WEEK ONLY**

**8.99** EACH



**FRESH INSIDE BLADE ROAST OR STEAK FAMILY PACK**  
CUT FROM CANADA AA GRADE OR HIGHER SELECTED VARIETIES 26.43/KG

**THIS WEEK ONLY**

**11.99** /LB



**BUTCHER'S SELECTION ORIGINAL OR HARVEST CREEK HALAL CHICKEN WIENERS**  
400 G SELECTED VARIETIES

**THIS WEEK ONLY**

**4.49** EACH



**SCHNEIDERS RED HOTS OR MAPLE LEAF TOP DOGS WIENERS**  
375 G OR 375 G OR 375 G OR 375 G

**THIS WEEK ONLY**

**5.99** EACH



**MARC ANGELO SOUVLAKI FAMILY PACKS**  
400 - 640 G SELECTED VARIETIES

**THIS WEEK ONLY**

**11.99** EACH



**SWISS CHALET FULLY COOKED BACK RIBS**  
800 G SELECTED VARIETIES

**THIS WEEK ONLY**

**11.99** EACH



**O'SOLE MIO FRESH PASTA**  
250 G SELECTED VARIETIES

**THIS WEEK ONLY**

**3.49** EACH



**SUMMER FRESH TZATZIKI**  
100 G Tzatziki au yaourt

**SUMMER FRESH HUMMUS OR DIPS**  
200 - 227 G SELECTED VARIETIES

**THIS WEEK ONLY**

**3.49** EACH



**ST-HUBERT OR SWISS CHALET MEAT PIES**  
635 - 800 G SELECTED VARIETIES

**THIS WEEK ONLY**

**9.99** EACH



**SCHNEIDERS OR PRIME BREADED CHICKEN**  
400 - 600 - 700 G SELECTED VARIETIES

**THIS WEEK ONLY**

**11.99** EACH



**SELECTION BACON**  
375 G SELECTED VARIETIES

**THIS WEEK ONLY**

**4.99** EACH



**MONSIEUR GUSTAV GOUDA OR CHEDDAR OR NOTRE-DAME BRIE**  
170 - 200 G SELECTED VARIETIES

**THIS WEEK ONLY**

**5.49** EACH



**TRE STELLE RICOTTA OR BOCCONCINI**  
200 - 475 G SELECTED VARIETIES

**THIS WEEK ONLY**

**5.99** EACH



**MAPLE LEAF NATURAL SELECTIONS SLICED DELI MEAT**  
375 - 400 G SELECTED VARIETIES

**THIS WEEK ONLY**

**10.99** EACH



**NORTHERN KING WHOLE TILAPIA OR GOURMETA THAI COOKED**  
65 - 75 CT OR RAW SHRIMP 31 - 40 CT FROZEN 100 G - 1 KG SELECTED VARIETIES

**THIS WEEK ONLY**

**7.49** EACH



**IRRESISTIBLE TORPEDO SHRIMP**  
200 - 340 G FROZEN SELECTED VARIETIES

**THIS WEEK ONLY**

**7.99** EACH



**SEASOUL TINY COOKED SHRIMP**  
340 G FROZEN SELECTED VARIETIES

**THIS WEEK ONLY**

**5.99** EACH



**CATCH DAY PRIZE IN OUR CATCH OF THE DAY BREADED & BATTERED FISH FILLETS**  
350 G FROZEN SELECTED VARIETIES

**THIS WEEK ONLY**

**4.99** EACH

# BAKERY

**DIMPFLMEIER BREAD**  
454 - 500 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**2.99**  
EACH

**NEW**

**Stonemill**  
BAKEHOUSE • BOULANGERIE

**SAN FRANCISCO STYLE SOURDOUGH**  
BREAD • PAIN

550 g

**Stonemill**  
BAKEHOUSE • BOULANGERIE

**MULTIGRAIN RYE**  
AUTHENTIC SOURDOUGH

550 g

**THIS WEEK ONLY**

**4.49**  
EACH

**Dempster's**  
EST. 1980

**TORTILLAS**  
ORIGINAL  
ORIGINALES

NO ARTIFICIAL FLAVORS OR COLORS

**Harvest GOLD**  
EVERY DAY AWESOME™

**Roti HALKA PHULKA**

**DEMPSTER'S 7" OR TIA ROSA TORTILLAS**  
272 - 340 G  
**HARVEST GOLD ROTI**  
105

SELECTED VARIETIES

**THIS WEEK ONLY**

**2.99**  
EACH

**JOS LOUIS**

**L'ORIGINAL** THE

**VACHON SNACK CAKES**  
6 - 12'S  
SELECTED VARIETIES

**THIS WEEK ONLY**

**3.49**  
EACH

**GRANDMOTHER'S TARTS**  
600 G  
SELECTED VARIETIES

**BUTTER TARTS**

**THIS WEEK ONLY**

**5.49**  
EACH

## MORE GREAT SAVINGS FOR LESS

**Black Diamond**

**MARBLE • MARBRE**

**BLACK DIAMOND CHEESTRINGS OR CHEESE STICKS**  
252 - 336 G  
SELECTED VARIETIES

**LOCKED DOWN**

**6.99**  
EACH

**Takis**  
FUEGO

**Takis**  
STACKED

**TAKIS TORTILLA CHIPS**  
198 - 240 G  
SELECTED VARIETIES

**LOCKED DOWN**

**3.29**  
EACH

**Christie**

**Toppables**

**CHRISTIE FAMILY SIZE CRACKERS**  
350 - 454 G  
SELECTED VARIETIES

**LOCKED DOWN**

**3.99**  
EACH

**suprema**

**GIUSEPPE PIZZERIA**  
STUFFED CRUST FARCIE

**DR. OETKER GIUSEPPE SUPREMA OR STUFFED CRUST PIZZA**  
487 - 724 G FROZEN SELECTED VARIETIES

**LOCKED DOWN**

**6.99**  
EACH

**Nesquik**

**ROLO**

**HERSHEY CELLO CANDY**  
165 - 230 G  
SELECTED VARIETIES

**LOCKED DOWN**

**2.79**  
EACH

**REESER'S**  
minis

**LOCKED DOWN**

**4.99**  
EACH

**HENRY!**

**HERSHEY CELLO CANDY**  
165 - 230 G  
SELECTED VARIETIES

**LOCKED DOWN**

**4.99**  
EACH

**MONSTER**  
ENERGY DRINKS

**LOCKED DOWN**

**2.79**  
EACH

**eska**

**ESKA SPRING WATER**  
24 x 500 ML

**LOCKED DOWN**

**4.99**  
EACH

**Fancy Feast**

**FANCY FEAST CAT FOOD**  
85 G  
SELECTED VARIETIES

**LOCKED DOWN**

**90¢**  
EACH

**FRUITÉ**

**FRUITÉ DRINK**  
2 L  
SELECTED VARIETIES

**LOCKED DOWN**

**1.99**  
EACH

**BODYARMOR**  
LYTE

**BODYARMOR**

**BODYARMOR HYDRATION DRINKS**  
473 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**1.99**  
EACH

**NABOB**

**MAXWELL HOUSE OR NABOB COFFEE CAPSULES**  
30'S  
SELECTED VARIETIES

**LOCKED DOWN**

**15.99**  
EACH

# LOCKED DOWN



BECEL MARGARINE  
427 G  
SELECTED VARIETIES

LOCKED DOWN

**449**  
EACH



CRAVE  
DINNER  
MEALS  
200 - 340 G  
FROZEN  
SELECTED VARIETIES

LOCKED DOWN

**388**  
EACH



BURNBRAE  
NATUREGG  
EGG WHITES  
1 KG  
SELECTED VARIETIES

LOCKED DOWN

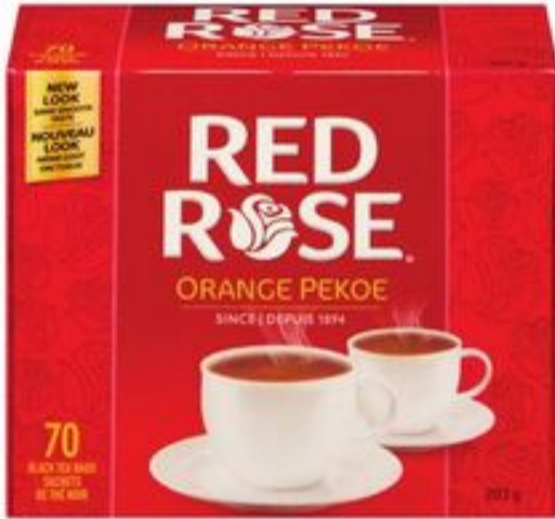
**899**  
EACH



TIM HORTONS COFFEE  
CAPSULES  
12'S  
GROUND COFFEE  
300 G  
SELECTED VARIETIES

LOCKED DOWN

**1099**  
EACH



RED ROSE  
ORANGE PEKOE  
TEA  
70'S  
SELECTED VARIETIES

LOCKED DOWN

**549**  
EACH



AYLMER  
READY TO  
SERVE SOUP  
540 ML  
SELECTED VARIETIES

LOCKED DOWN

**299**  
EACH



KRAFT  
DINNER  
NOODLE  
MEAL  
12 X 200 G

LOCKED DOWN

**1099**  
EACH



STAGG CHILI  
425 ML  
SELECTED VARIETIES

LOCKED DOWN

**379**  
EACH



BILLY BEE  
HONEY  
500 G

LOCKED DOWN

**799**  
EACH



KIKKOMAN  
SOY OR  
TERIYAKI  
SAUCE,  
TEMPURA MIX  
295 - 296 ML  
283 G  
SELECTED VARIETIES

LOCKED DOWN

**449**  
EACH



DR. OETKER SHIRRIFF PIE FILLING  
164 G  
SELECTED VARIETIES

LOCKED DOWN

**299**  
EACH



ROYAL CHINET  
DINNER PLATES  
40'S  
SELECTED VARIETIES

LOCKED DOWN

**849**  
EACH



ALCAN ALUMINUM FOIL  
EACH  
SELECTED VARIETIES

LOCKED DOWN

**399**  
EACH



GLAD CLING WRAP  
90 M  
SELECTED VARIETIES

LOCKED DOWN

**499**  
EACH

# ALWAYS GREAT PRICE



IRRESISTIBLES  
APPLE JUICE  
1.8 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**3.97**  
EACH



SELECTION  
BROCCOLI  
BROCCOLI

SELECTION  
CALIFORNIA  
CALIFORNIEN

ALWAYS GREAT PRICE 

**2.99**  
EACH

SELECTION VEGETABLES  
100 - 750 G FROZEN SELECTED VARIETIES



LIFE SMART  
MARGARINE  
1.7 KG  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**9.88**  
EACH

1.7 KG



SELECTION  
ICE MILK  
4 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**6.99**  
EACH

4 L



SELECTION  
POTATO CHIPS  
200 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**1.49**  
EACH



SELECTION  
MUSHROOMS  
284 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**1.37**  
EACH



IRRESISTIBLES  
SNACKS  
142 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**2.49**  
EACH



SELECTION SOUP MIX  
4'S SELECTED VARIETIES

ALWAYS GREAT PRICE 

**2.49**  
EACH



IRRESISTIBLES  
STRAINED TOMATOES  
PASSATA  
400 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**2.49**  
EACH



SELECTION OR LIFE SMART  
DRY BEANS  
900 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**3.49**  
EACH



SELECTION  
SNACKS  
265 - 285 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**2.88**  
EACH



SELECTION  
JELLY POWDER  
85 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**99¢**  
EACH



IRRESISTIBLE  
CHOCOLATE COVERED  
ALMONDS  
200 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**6.99**  
EACH



SELECTION  
OATS  
1 KG  
INSTANT OATMEAL  
300 - 430 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**2.88**  
EACH



SELECTION  
RINSE AGENT  
427 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**4.79**  
EACH



SELECTION  
SANDWICH BAGS  
300'S  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**6.99**  
EACH



SELECTION  
VALUE SIZE  
PARCHMIN PAPER  
50 M  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**9.99**  
EACH



SELECTION  
BATHROOM  
TISSUE  
30 - 100'S

ALWAYS GREAT PRICE 

**19.99**  
EACH





TACO BELL

# BRING HOME THE BELL

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## YOUR BASE



378 g



137 g

LOCKED DOWN

TACO BELL SEASONED TACO SHELLS  
137 G  
SELECTED VARIETIES

**2.99**  
EACH



TACO BELL TACO KIT  
370 - 426 G  
SELECTED VARIETIES

LOCKED DOWN

**3.99**  
EACH



TACO BELL SUPREME CRUNCHWRAP  
642 G  
SELECTED VARIETIES

LOCKED DOWN

**6.99**  
EACH

## YOUR FLAVOUR



NEW

TACO BELL NACHO CHEESE SAUCE  
425 G  
SELECTED VARIETIES

LOCKED DOWN

**4.99**  
EACH



TACO BELL SAUCE  
287 ML  
SELECTED VARIETIES

LOCKED DOWN

**2.49**  
EACH



TACO BELL CHIPOTLE SAUCE  
354 ML  
SELECTED VARIETIES

LOCKED DOWN

**3.99**  
EACH



28 g



28 g

TACO BELL TACO SEASONING MIX  
28 G  
SELECTED VARIETIES

LOCKED DOWN

**99¢**  
EACH



## YOUR ADD-ON'S



HALAL AT SAME PRICE



THIS WEEK ONLY

**4.88**  
/LB

MEDIUM GROUND BEEF FAMILY PACK  
WHILE QUANTITIES LAST  
10.76/KG