

DON'T MISS OUR EGGS-TRAORDINARY EASTER OFFERS!

SEE PG. 3 FOR DETAILS.

**MON-THU 8AM - 7PM FRI 8AM - 8PM
SAT 8AM - 6PM SUN 9AM - 5PM**



ONTARIO FRESH!



Foodsmiths
THE GOOD FOOD STORE

**106 WILSON ST. W. PERTH, ON
FOODSMITHS.COM 613.267.5409**

**BRANDT MEATS
ROASTED TURKEY**
PER 100 G



**OVEN ROASTED TURKEY BREAST
POITRINE DE DINDE RÔTIE AU FOUR**

GOOD SOURCE OF PROTEIN
BONNE SOURCE DE PROTÉINES

Est. 1958

SAVE \$1.50

3.49
/ 100 G

NO NITRITES
SANS NITRITES

GLUTEN FREE
SANS GLUTEN

LOW IN FAT
FAIBLE Teneur en gras

ONTARIO FRESH!



**CUSTOM SLICED
IN OUR DELI!**



WE'RE BACK!
WATCH FOR FOODSMITHS
WEEKLY FLYER
SALE PERIOD: MAR 26 - APRIL 2, 2026

**YOUR LOCAL, ONTARIO,
CANADIAN DESTINATION**

**ONTARIO FRESH
SWEET CARROTS**
PRODUCT OF ONTARIO



ONTARIO FRESH!



**HAPPY
EASTER
DINNER!**



SAVE 70¢

1.29
/ LB

SERVING SUGGESTION

Local, Local, Local...



**CARLETON MUSHROOM FARMS
WHITE MUSHROOMS**
PRODUCT OF OSGOODE, ONTARIO

ONTARIO FRESH!



SAVE \$1

2.49
/ EACH



**REIDS DAIRY
MILK**

1 L
ASSORTED DAIRY.

ONTARIO FRESH!



**1% M.F.
PARTLY SKIMMED MILK**

**REID'S DAIRY.
2% M.F.
PARTLY SKIMMED MILK**

**REID'S DAIRY.
3.25% M.F.
HOMOGENIZED MILK**

**REID'S DAIRY.
1% M.F.
PARTLY SKIMMED CHOCOLATE MILK**

**SAVE!
10% OFF**

1 Litre

1 Litre

1 Litre

**HURON COUNTY
WHOLE FROZEN TURKEYS**
REG \$14.49/KG



**HAPPY
EASTER
DINNER!**

SAVE!

20% OFF

FRESH TURKEY WITH GIBLETS / DINDE FRAÎCHE AVEC ABATTS

HURON COUNTY MEATS



SERVING SUGGESTION



EASTER TREATS & TREASURES



SHOP LOCAL!
VILLAGE TREATS
EASTER CHOCOLATES

XL MIXED
SPRING
BOUQUET
REG. \$32.99



EGGS
REG. \$3.69
OR 3/\$10



NO WHEY
CHOCOLATE
VEGGS
REG. \$19.99



GEMARO Bakery
Gluten & Allergen Free Products

Gluten Free, Egg Free, Dairy Free
Corn Free, Tree Nut & Peanut Free
Soy Free, Preservative & Trans Fat Free
Hot Cross Buns
6 in a Pack
www.gemarobakery.com

GLUTEN
FREE HOT
CROSS BUNS
REG. \$13.99



PLANT-BASED.
GLUTEN FREE.
ALLERGEN FRIENDLY.

NO WHEY
CREAM
VEGGS
REG. \$19.99



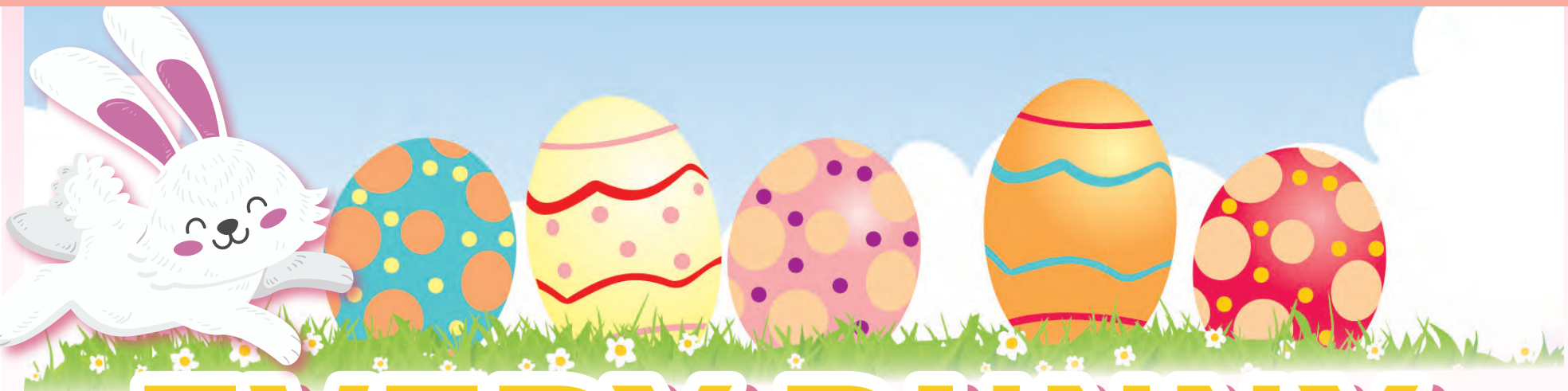
BUNNIES
REG. \$3.49-13.49



NO WHEY
MILKLESS
EASTER BUNNY
REG. \$10.99



EASTER EGGS-TRAORDINARY DEALS



EVERY-BUNNY Saves!

Join us...

**THURSDAY APRIL 2 & SATURDAY APRIL 4
FOR OUR 2-DAY SALE & GIFT CARD PROMO!**

SPEND \$100 IN-STORE, GET A

\$10 Gift Card

TOWARDS YOUR NEXT PURCHASE.

one per customer.



EASTER TREATS & TREASURES

HAFLINGER & TELIC

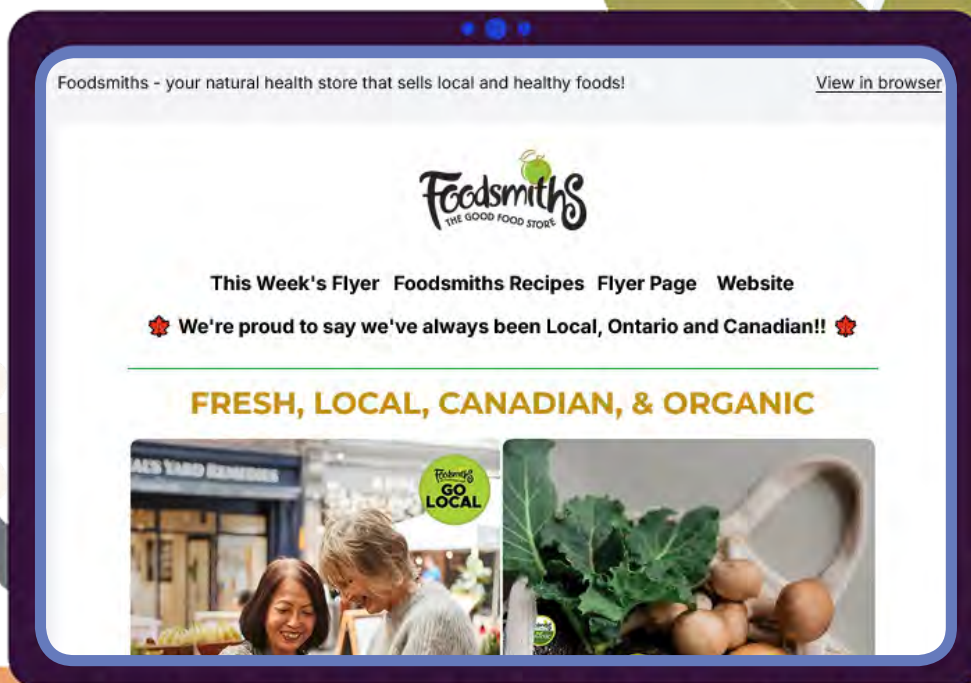
ALL SANDALS & BOAT SHOES

ASSORTED • IN - STOCK ONLY • WHILE SUPPLIES LAST

ON SALE
20%
OFF



Spring
IS IN THE AIR



GET FOODSMITHS NEWS, RECIPES, PROMOTIONS AND MORE IN YOUR INBOX!

SUBSCRIBE TO OUR eNEWSLETTER!

@WWW.FOODSMITHS.COM

ALL EASTER HOUSEWARES



ON SALE
20%
OFF

**SPRING IS FINALLY IN THE AIR, AND IT'S TIME TO LET YOUR HOME BLOOM!
NAPKINS, PLACEMATS, TEA TOWELS, PINCH BOWLS, PLANTERS, MUGS,
CANDLES. AND SO MUCH MORE!**

- 1. PRESSED FLOWER VOTIVES**
REG. \$4.99
- 2. ASSORTED EASTER NAPKINS**
REG. \$7.99
- 3. BUNNY & CHICK CHARACTERS**
REG. \$14.99-\$16.99
- 4. JUMBO FLOWER STRAWS**
REG. \$4.99
- 5. ASSORTED PINCH BOWLS**
REG. \$4.99-\$8.99
- 6. SPRING TEA TOWELS**
REG. \$8.99-\$16.99
- 7. SPRING PLACEMATS**
REG. \$4.99-\$13.99
- 8. DEVIL EGG HOLDER**
REG. \$29.99

THIS WEEK'S PRODUCE TOP PICKS

PREMIUM FRESH
AVOCADOES
PRODUCT OF MEXICO



SAVE \$1.87
\$1.99 EACH OR
3/\$5

PREMIUM FRESH
CARA CARA
ORANGES
PRODUCT OF USA



SAVE \$1
249
/LB

LOCAL PRODUCE



COOKSTOWN GREENS
ORGANIC
MICRO ARUGULA
PRODUCT OF ESSA, ONTARIO



SAVE \$1
599
/EACH

PATCHWORK GARDENS
ORGANIC CANDY
BEETS
PRODUCT OF BATTERSEA, ONTARIO



SAVE \$1.50
449
/LB

PREMIUM FRESH
SWEET RAINBOW
BELL PEPPERS
PRODUCT OF MEXICO
3 PACK



SAVE \$1.50
849
/EACH

SERVING SUGGESTION

PREMIUM FRESH
BROCCOLI
PRODUCT OF MEXICO



SAVE \$1.20
429
/EACH

ELAN ORGANIC
ORGANIC
GINGER
CHUNKSⁿ
175 G



organic . biologique
CRYSTALLIZED GINGER
GINGEMBRE CRISTALLISÉ
CHUNKS • CUBES



Imported

Imports

SAVE \$1.50
699
/EACH

source of copper
source de cuivre 175 g

UNLESS OTHERWISE STATED. WHILE SUPPLIES LAST. NO RAIN CHECKS OR SUBSTITUTIONS. IMAGES ARE REPRESENTATIONAL ONLY. PRODUCTS MAY NOT BE EXACTLY AS SHOWN. E & OE.

IN STOCK NOW **EVERDAY PRICE**

ONTARIO FRESH
HALL'S APPLE MARKET
SWEET APPLE CIDER
PRODUCT OF BROCKVILLE, ONTARIO
2L

EVERYDAY PRICE
7.99 / EACH

Feedsmiths GO LOCAL
CANADA
ONTARIO FRESH!
Foodland

PREMIUM FRESH
CLEMENTINES
PRODUCT OF MOROCCO
2 LB

EVERYDAY PRICE
6.99 / EACH

Feedsmiths GO LOCAL
CANADA
ONTARIO FRESH!
Foodland

PFENNING'S ORGANIC
ORGANIC DELICATA SQUASH
PRODUCT OF MEXICO
LB

EVERYDAY PRICE
4.49 / LB

Feedsmiths ORGANIC
CANADA
ONTARIO FRESH!
Foodland

FRESH *floral & garden*

ONTARIO FRESH
GERBERA DAISIES
PRODUCT OF BEAMSVILLE, ONTARIO
EACH

EVERYDAY PRICE
9.99 / EACH

CANADA
ONTARIO FRESH!
Foodland

WILD STONE FLOWERS
PREMIUM MIXED BOUQUETS
PRODUCT OF ETOBICOKE, ONTARIO

EVERYDAY PRICE
16.99 / EACH

CANADA
ONTARIO FRESH!
Foodland

ONTARIO FRESH
PREMIUM TULIPS
PRODUCT OF BEAMSVILLE, ONTARIO
EACH

EVERYDAY PRICE
13.99 / EACH

CANADA
ONTARIO FRESH!
Foodland

SHOP THE SYMBOL:

- ✓ **SUPPORT LOCAL**
- ✓ **BUY CANADIAN**
- ✓ **HIGH-QUALITY**



THIS WEEK'S TOP PICKS

PILLERS

D'AMOUR SALAMI

PER 100 G

CANADA



CUSTOM SLICED IN OUR DELI!

SAVE 30¢

3.19 / 100 G

AMYS KITCHEN

BURRITOS

170 G



SAVE 50¢

5.49 / EACH

TOFURKY

PLANT-BASED ROAST

& WILD RICE STUFFING

1LB



SAVE \$4

24.99 / EACH

HAPPY EASTER DINNER!

LE BARON

DOUBLE CREAM BRIE

PER 100 G



BRIE & PEAR CROSTINI!

SAVE 50¢

3.19 / 100 G

SERVING SUGGESTION

OKA

CLASSIC OKA

PER 100 G



SAVE 50¢

3.49 / 100 G



LA SOYARIE

ORGANIC HERB TOFU

454 G



SAVE 70¢

3.99 / EACH



SERVING SUGGESTION

ROLLING MEADOW **BUTTERS**

SALTED & UNSALTED

250 G



SAVE 50¢

7.99 / EACH



ALDERWOOD FARMS

PASTURE RAISED EGGS

DOZEN



SAVE 50¢

8.99 / EACH



CROSSWIND FARMS

GOAT CHEVRE

ASSORTED

250 G

ONTARIO FRESH!



SAVE \$1

13.99 / EACH

THIS WEEK'S TOP PICKS

GREAT GENTLEMAN BEERS & TONICS

6 PACK



SAVE \$1.50
11.99
/ EACH

HUMBLE POTATO CHIPS

135 G ASSORTED



SAVE \$1.50
3.99
/ EACH

AIDANS GLUTEN FREE BAKED GOODS

ASSORTED



SAVE!
10%
OFF

SWEETS FROM THE EARTH VEGAN CUPCAKES

4 PACK ASSORTED



SAVE UP TO \$3
10.99
/ EACH

TWIGZ NEW! CRAFT PRETZELS

130 G ASSORTED



SAVE 50¢
5.49
/ EACH

BRIDOR MULTIGRAIN LOAF

EACH



SAVE 50¢
4.99
/ EACH



Local, Local, Local...

MRS. GARRETT'S BUTTER TARTS

6 PACK BUTTER, PECAN, OR RAISIN TARTS



SAVE 50¢
12.99
/ EACH



FOODSMITHS FROZEN CINNAMON ROLLS

EACH



SAVE 58¢
\$1.29 EACH OR 2/\$2



THIS WEEK'S TOP PICKS

GREEN ORGANIC FROZEN VEGETABLES

300 - 500 G



SAVE \$1
4.99
/ EACH



ILIOS BROTH

946 ML



SAVE 50¢
3.49
/ EACH

SPRAGUE BAKED BEANS

398 ML ASSORTED



SAVE 50¢
3.99
/ EACH

EQUATOR COFFEE ROASTERS

OUTLIER DARK COFFEE

PER 100 G



It is the perfect medium-dark coffee for those who prefer a cup that isn't too smokey, or too acidic. Outlier aims to capture the best of both worlds with it's orange-like acidity at the initial sip, to it's smokey walnut finish. It is neither a dark roast, nor a medium roast, it is the Outlier.

TASTING NOTES:
Dark Chocolate | Full-Bodied

SAVE 50¢
4.99
/ 100 G

CHOOSE YOUR
FAVOURITE BEANS:
GRIND THEM TO PERFECTION
AT OUR COFFEE MILL



MADE IN
ALMONTE, ON



FOODSMITHS MARCH BYOB BIG BROTHERS, BIG SISTERS



Big Brothers, Big Sisters of Lanark County mentoring program provides boys, girls, young men, and young women with a role model to talk to and share the experiences of growing up with.

Through regular outings, a relationship is developed between the mentor and the mentee, which is built on trust and common interests, and is supported by our experienced case-workers. The result is a life-changing experience for both the mentor and the mentee.

Interested in mentoring?
Visit lanark.bigbrothersbigsisters.ca/volunteer/

For every transaction at our cash, Foodsmiths donates 5¢ to our monthly charity, plus all net proceeds from paper and reusable bag sales are donated to our monthly charity, too!

THANK YOU
FOR HELPING SUPPORT THIS IMPORTANT PROGRAM

BE A FOODSMITHS REWARDS CUSTOMER!

Foodsmiths' Customer Rewards Program makes it easy to earn and redeem points fast!

You get 1 point for every \$1 you spend!!

Receive a \$10 reward for every 500 points you earn!

**SIGNUP
AT OUR
CASH!**

**OR ON OUR
WEBSITE:
FOODSMITHS.
COM**



**YOUR
NEIGHBOURS
SHOP HERE!**
★ ★ ★ ★ ★
**AND GET
REWARDED!**



**SAVE IN
OUR BULK
BINS!**

**BUY A LITTLE,
SAVE A LOT!!**

**ONLY BUY
WHAT YOU
NEED**

BEST BUY THIS WEEK



**UNSALTED
SUNFLOWER SEEDS**

30% OFF

ON SALE

83¢

/100 G

SAVE 36¢

BEST BUY THIS WEEK



**CHOCOLATE JU
JUBES**

30% OFF

ON SALE

265

/100 G

SAVE \$1.14



SOUR GUMMY BEARS

25% OFF

ON SALE

112

/100 G

SAVE 37¢



**COLOURFUL JELLY
BEANS**

25% OFF

ON SALE

89¢

/100 G

SAVE 30¢



**DRY ROASTED
PEANUTS**

25% OFF

ON SALE

89¢

/100 G

SAVE 30¢



**BERRY PATCH
GRANLOLA**

25% OFF

ON SALE

127

/100 G

SAVE 42¢

UNLESS OTHERWISE STATED. WHILE SUPPLIES LAST. NO RAIN CHECKS OR SUBSTITUTIONS. IMAGES ARE REPRESENTATIONAL ONLY. PRODUCTS MAY NOT BE EXACTLY AS SHOWN. E & OE.

SAVE IN OUR BULK BINS AND EAT WELL!

HEALTHY HEART MIX

25% OFF

ON SALE

1.87

/100 G
SAVE 62c

CHIA SEEDS

25% OFF

ON SALE

1.19

/100 G
SAVE 40c

ORGANIC WHITE QUINOA

25% OFF

ON SALE

1.04

/100 G
SAVE 35c

HARD WHITE FLOUR

25% OFF

ON SALE

26¢

/100 G
SAVE 8c

ORGANIC RAW SUGAR

25% OFF

ON SALE

59¢

/100 G
SAVE 20c

GROUND CLOVES

25% OFF

ON SALE

7.13

/100 G
SAVE \$2.37

MULLEIN LEAF TEA

15% OFF

ON SALE

11.90

/100 G
SAVE \$2.10

CROOKED HILLS HONEY

20% OFF

ON SALE

1.19

/100 G
SAVE 30c

FIND IN OUR
NATURAL BODY
CARE DEPARTMENT

THIS WEEK'S TOP PICKS



NADA
NEW!
**TOOTHBRUSHES
+ REFILLS**
ASSORTED

Toothbrush includes 3 Brush Heads and 1 Handle.

**10%
OFF**

PREFERRED NUTRITION **VITAMIN D3**

1000 IU 180 SG, 1000 IU 600 SG, OR 2500 IU 600 SG

Preferred Nutrition Vitamin D3 1000 IU softgels help support immune function and build strong bones and teeth.



ON SALE
7⁹⁹
SAVE \$1

ON SALE
13⁹⁹
SAVE \$13

ON SALE
18⁹⁹
SAVE \$17



THIS WEEK'S TOP PICKS

ESW BEAUTY MASKS

ASSORTED

RAW JUICE
CLEANSE
MASK
SET

ON SALE
6⁹⁹

SAVE \$1

ESW BEAUTY

ONEKA BODY LOTIONS

ASSORTED

475 ML

ONEKA®

NOURISHING
LOTION

Crafted with plants grown on our family farm
UNSCENTED
HYPOALLERGENIC AND NON-IRRITANT

LOTION
NOURRISSANTE

Formulée avec des plantes cultivées
sur notre ferme familiale
NON PARFUMÉE
HYPOALLERGÉNIQUE ET NON-IRRITANTE

ONEKA®
BODY LOTION
CEDAR + SAGE

LOTION
POUR LE CORPS
CÈDRE + SAUGE

All skin types
Tous types de peau

475 ML - 16 FL OZ

ONEKA®
BODY LOTION
ANGELICA + LAVENDER

ON SALE
28⁹⁹

SAVE \$3

GREEN BEAVER TOOTHPASTES

ASSORTED

75 ML

CANADA

ON SALE
6⁹⁹

SAVE \$1

100% NATURAL
Green Beaver
TOOTHPASTE

FLUORIDE FREE
SULFATE FREE
MADE IN CANADA

WEDDERSPOON HONEY DROPS

ASSORTED

120 G

CANADA

ON SALE
11⁹⁹

SAVE \$2

Wedderspoon
ORGANIC
MANUKA HONEY DROPS
LEMON
WITH BEE PROPOLIS
PRODUCT OF NEW ZEALAND

MANUKA
CITRON
Avec de la Propolis d'Abilles
de la Nouvelle Zélande

120 g

Wedderspoon
ORGANIC
MANUKA HONEY DROPS
WITH ECHINACEA
PRODUCT OF NEW ZEALAND

PASTILLES DE MIEL DE
MANUKA
MIEL
AVEC DE L'ÉCHINACÉE
PRODUIT DE LA NOUVELLE ZÉLANDE

120 g

Wedderspoon
ORGANIC
MANUKA HONEY DROPS
GINGER
WITH ECHINACEA
PRODUCT OF NEW ZEALAND

PASTILLES DE MIEL DE
MANUKA
GINGEMBRE
AVEC DE L'ÉCHINACÉE
PRODUIT DE LA NOUVELLE ZÉLANDE

120 g

GENUINE HEALTH MARINE COLLAGEN

210 G

marine
clean collagen

wild caught fish
10g of hydrolyzed collagen per serving

UNFLAVOURED

210 g
POWDER

dairy free gluten free non GMO

ON SALE
38⁹⁹

SAVE \$4

A. VOGEL ECHINA FORCE EXTRA

30 TABS + 120 TABS

ON SALE
44⁹⁹

SAVE \$15

A.Vogel
Echinaforce® Extra
COLD & FLU • RHUME ET GRIPPE
Extra Strength • Extra Fort

ON SALE
17⁹⁹

SAVE \$6

A.Vogel
Echinaforce® Extra
COLD & FLU • RHUME ET GRIPPE
Extra Strength • Extra Fort

TREATMENT
TRAITEMENT

120 tablets/comprimés

THIS WEEK'S TOP PICKS

ST. FRANCIS
DETOX

ASSORTED PRODUCTS

Healthy, holistic detoxification. Supporting your body's innate detoxification pathways is the most sustainable way to "cleanse" for the long term.



15% OFF



Promotes Relaxation



NOW
GABA 750 MG
100 VEG CAPS



By supporting a naturally balanced level of brain stimulation, GABA's presence within the central nervous system may help promote relaxation and ease nervous tension.

- Helps to temporarily promote relaxation
- Extra Strength
- Natural L-Form
- Vegetarian / Vegan

ON SALE
24⁹⁹
SAVE \$5

PRICES IN EFFECT SUNDAY, MARCH 1 TO TUESDAY, MARCH 31, 2026

foodsmiths.com



ON SALE
16⁴⁹
SAVE \$1.50

VEGAN NAC

120 CAPSULES

N-Acetyl-L-Cysteine (NAC) is a stable form of the amino acid cysteine, an important building block for antioxidants in the body. NAC acts as a direct source of cysteine, which is required to make glutathione — one of the body's most important antioxidants for protecting cells against free radical damage.

- Health First NAC is completely vegan and derived from non-GMO corn
- Our formula provides 500 mg of NAC per capsule and is gluten free
- Source of antioxidants



Made in Canada and sold exclusively by Health First Network Members to support healthy Canadian communities.



Designed for the Aging Gut

SENIORS 35 BILLION

30 VC

Natural Factors Senior's Multi Probiotic provides eight lactobacilli and bifidobacteria species for targeted support of both the small and large intestines. This senior-specific formula helps replenish these bacteria species, which decline with age. By supporting gastrointestinal health, probiotics may help relieve constipation, gas, and bloating.

- Helps support gastrointestinal health
- Source of probiotics
- Formulated for seniors

ON SALE
26⁹⁹
SAVE \$4



Supplements and NATURAL BODY CARE



15% OFF

CANPREV NATURAL HEALTH PRODUCTS



ALL ASSORTED PRODUCTS

Their comprehensive line of naturopathic remedies is formulated by their in-house natural health practitioners to be safe, effective and accessible for Canadian families, so you can bring natural medicine home.



KRILL OIL SYNERGY

180 SOFTGEL CAPS

Krill Oil Synergy, with Neptune Krill Oil and astaxanthin, boosts heart health, hormonal balance, and antioxidant protection. This premium formula, made from 100% pure NKO Krill Oil, delivers high concentrations of EPA and DHA, essential omega-3 fatty acids that support overall health.

- Enhances cardiovascular wellness
- Supports hormonal equilibrium
- Provides robust antioxidant defence

ON SALE
56⁹⁹
SAVE \$3



CANADA 100% CANADIAN OWNED & OPERATED

PRICES IN EFFECT SUNDAY, MARCH 1 TO TUESDAY, MARCH 31, 2026

foodsmiths.com



15% OFF



Living Alchemy™

ALL PRODUCTS

Living Alchemy specializes in manufacturing and distributing traditionally fermented, certified organic, whole food supplements exclusively to the natural health channel.

PROTECT YOUR KIDNEYS



ALL PRODUCTS

Kidneys are the organs that remove many toxins. They filter, balance, regulate, and fine-tune your internal environment every single day. Supporting kidney and urinary health isn't just about detox—it's about protecting one of your body's most essential systems for long-term balance and resilience.

- ✓ Made in Canada
- ✓ Third-Party Tested
- ✓ Premium Ingredients

15% OFF



Supplements and NATURAL BODY CARE

NATURE'S WAY

ASSORTED HERBS & BOTANICALS

For over 50 years, Nature's Way has looked to the natural world for inspiration. Their high-quality vitamins and supplements are formulated to help you find your way to wellness and to reach your full potential.



25% OFF



25% OFF

NUTRASEA

FISH & PLANT BASED OMEGA'S

NutraSea's omega-3 products contain EPA and DHA. The beneficial forms of omega-3 used to help support a variety of health benefits like cardiovascular health, brain and cognitive function.

NAKA PLATINUM

Support your hair, skin and nails with Naka's Collagen BOGO deal.

Buy one Marine Collagen, get one Silicea Balsam FREE!



VALUE OF \$48.99

BUY 1, GET 1 FREE

FREE 500ML SILICEA BALSAM WITH THE PURCHASE OF 425g MARINE COLLAGEN

Sale ends March 31st