

food Basics

CANADIAN AND PROUD

ALWAYS MORE FOR LESS

CRAZY 8 SALE



Rachel's
EXTRA LEAN Ground Chicken
Poulet hachée
EXTRA MÂGE

8 CRAZY 338 EACH

RACHEL'S FRESH EXTRA LEAN GROUND CHICKEN
454 G SELECTED VARIETIES
WHILE QUANTITIES LAST



FRESH BONELESS PORK COMBINATION CHOPS
INCLUDES CENTRE CUT CHOPS OR LEAN GROUND PORK
FAMILY PACK
6.57/KG

8 CRAZY 298 /LB



IRRESISTIBLE MUFFINS
400 G
SELECTED VARIETIES

8 CRAZY 498 EACH



SCHNEIDERS PEPPERETTES
250 - 375 G
SELECTED VARIETIES

8 CRAZY 598 EACH



RUFFLES POTATO CHIPS OR CHEETOS
180 - 285 G
SELECTED VARIETIES

8 CRAZY 298 EACH



PRIMO PASTA
900 G
SAUCE
600 ML
CANNED TOMATOES
540 ML
UNICO TUNA
198 G
SELECTED VARIETIES

8 CRAZY 168 EACH



McCain SUPERFRIES
454 - 650 G
IRRESISTIBLE DINNERS
230 - 320 G FROZEN
SELECTED VARIETIES

8 CRAZY 288 EACH



IRRESISTIBLE FRUIT
400 - 600 G FROZEN

ASTRO ORIGINAL BALKAN YOGURT
12 X 100 G
SELECTED VARIETIES

8 CRAZY 398 EACH



VH COOKING SAUCE
341 - 380 ML
BEN'S ORIGINAL BISTRO EXPRESS
240 - 250 G
SELECTED VARIETIES

8 CRAZY 248 EACH



CEDAR PARBOILED OR PATNA RICE
8 KG
SELECTED VARIETIES

8 CRAZY 988 EACH



CASHMERE BATHROOM TISSUE
8 - 125 - 245
SELECTED VARIETIES

8 CRAZY 498 EACH

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, APRIL 16TH TO WEDNESDAY, APRIL 22ND, 2026
PRICES IN THIS FLYER AVAILABLE AT ALL ETOBICOKE, MISSISSAUGA, NORTH YORK, RICHMOND HILL, SCARBOROUGH, TORONTO, THORNHILL, EMERALD PARK, MARKHAM, AJAX, OSHAWA, COURTCREE, 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

CRAZY

8 CRAZY
198 EACH

STRAWBERRIES
PRODUCT OF USA OR MEXICO, NO. 1 GRADE
454 G

3 PK

8 CRAZY
288 EACH

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

8 CRAZY
298 EACH

APPLES
PRODUCT OF ONTARIO, CANADA FANCY GRADE
3 LB
RED PRINCE APPLES
PRODUCT OF ONTARIO, CANADA FANCY GRADE
1.13 KG

WE LOVE LOCAL Ontario

8 CRAZY
398 EACH

IRRESISTIBLES NUTS
200 - 250 G
SELECTED VARIETIES

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

ALL DAY BREAKFAST FOR LESS

QUAKER QUICK OATS 900 G - 1 KG
INSTANT OATMEAL 212 - 344 G
PEARL MILLING PANCAKE MIX 905 G
TABLE SYRUP 710 ML
SELECTED VARIETIES

THIS WEEK ONLY
298 EACH

15 points

THIS WEEK ONLY
348 EACH

20 points

SILK DRINKS
1.75 - 1.89 L
SELECTED VARIETIES

KELLOGG'S FAMILY SIZE CEREAL 400 - 650 G
EGGO WAFFLES 280 - 360 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
548 EACH

30 points

THIS WEEK ONLY
698 EACH

35 points

BECHEL MARGARINE
850 G
SELECTED VARIETIES

KICKING HORSE ORGANIC BEAN COFFEE 454 G
TIMOTHY'S OR IRRESISTIBLES COFFEE CAPSULES 30'S SELECTED VARIETIES

THIS WEEK ONLY
1498 EACH

125 points
value of \$1

CRAZY 8 SALE

Black Diamond OLD • FORT **144N FLO8**
Cheddar Cheese Fromage cheddar

Black Diamond MARBLE • MARBRÉ **144N FLO8**
MARBLE CHEDDAR

Galbani **144N FLO8**
Mozzarella

BLACK DIAMOND CHEESE SHREDS 400 G \$4.98
NATURAL CHEESE SLICES 228 • 240 G \$3.98
GALBANI MOZZARELLA 500 G \$3.98
SELECTED VARIETIES

8 CRAZY 5.48 EACH

Irresistible **144N FLO8**
31-40 CT LARGE - GROSSES

Irresistible **144N FLO8**
31-40 CT LARGE - GROSSES

IRRESISTIBLE PACIFIC WHITE SHRIMP
COOKED OR RAW 31 • 40 CT \$6.88
340 G FROZEN SELECTED VARIETIES

8 CRAZY 6.88 EACH

Lactantia **144C FLO8**
PurFiltre 2L

Lactantia **144C FLO8**
PurFiltre 2L

LACTANTIA PURFILTRE MILK 2L \$4.98
SELECTED VARIETIES

8 CRAZY 4.98 EACH

Dr. Oetker **144D FLO8**
Ristorante PIZZA SPINACI

Dr. Oetker **144D FLO8**
Casa di Mama

DR. OETKER RISTORANTE PIZZA 269 • 390 G \$4.48
CASA DI MAMA 395 • 410 G FROZEN SELECTED VARIETIES

8 CRAZY 4.48 EACH

Kraft **144N FLO8**
Singles Original Cheddar Original

Philadelphia **144N FLO8**
ORIGINAL PHILADELPHIA CREAM CHEESE

Cheez Whiz **144N FLO8**
CHEEZ WHIZ SPREAD

KRAFT SINGLES 4100 G \$3.98
PHILADELPHIA CREAM CHEESE 227 • 239 G \$3.98
CHEEZ WHIZ SPREAD 450 G \$3.98
SELECTED VARIETIES

8 CRAZY 3.98 EACH

Crave **144F FLO8**
BUFFALO CHICKEN MACARONI & CHEESE

Crave **144F FLO8**
MACARONI ET FROMAGE POULET BUFFALO

Crave **144F FLO8**
LOADED CHEESY POTATOES WITH CORN & ANJOU BEEF

Crave **144F FLO8**
POMMES DE TERRE GARNIES AU FROMAGE FORT, BACON ET BOUUF ANJOU

Crave Dinner Meals 300 • 340 G \$3.88
FROZEN SELECTED VARIETIES

8 CRAZY 3.88 EACH

Natrel **144G FLO8**
FINE FILTERED FRESHENED EGGS

Silk **144G FLO8**
50% PrACTIVIA YOGURT

ACTIVIA **144G FLO8**
GUT HEALTH • SANTE DIGESTIVE

NATREL LACTOSE FREE MILK 2L \$5.98
SILK PROTEIN SOY BEVERAGE 1.42 L \$5.98
SELECTED VARIETIES

8 CRAZY 5.98 EACH

Nature Valley **144H FLO8**
Sweet & SALTY ALMOND

Nature Valley **144H FLO8**
Sweet & SALTY ALMOND

Nature Valley Granola Bars 148 • 175 G \$2.88
FIBRE 1 SNACK BARS 125 G SELECTED VARIETIES

8 CRAZY 2.88 EACH

Beatrice **144I FLO8**
CHOCOLATE MILK

Cheez-It **144I FLO8**
ORIGINAL CHEEZ-IT CRACKERS

BEATRICE CHOCOLATE MILK 1L \$1.98
CHEEZ-IT CRACKERS 191 • 200 G \$1.98
SELECTED VARIETIES

8 CRAZY 1.98 EACH

Cascade **144J FLO8**
PLATINUM PODS 3-19

Tide **144J FLO8**
4+ months 100 LOADS

TIDE LAUNDRY DETERGENT 3.3 L • 100 LOADS \$21.88
PODS 45 • 765 \$21.88
CASCADE DISHWASHER TABS 51 • 675 \$21.88
SELECTED VARIETIES

8 CRAZY 21.88 EACH

Scotties **144K FLO8**
HOUSE & HOME

Sponge Towels **144K FLO8**
ULTRA

SCOTTIES FACIAL TISSUE 65 \$6.88
SPONGE TOWELS ULTRA PAPER TOWELS 1 • 45 \$6.88
SELECTED VARIETIES

8 CRAZY 6.88 EACH

Pampers **144L FLO8**
swaddlers best dryness

Pampers **144L FLO8**
swaddlers best dryness

PAMPERS SWADDLERS DIAPERS 124 • 1745 \$36.88
SELECTED VARIETIES

8 CRAZY 36.88 EACH

Coca-Cola i earn with moi rewards **moi rewards**

COCA-COLA OR CANADA DRY GINGER ALE SOFT DRINKS 24 X 355 ML SELECTED VARIETIES **THIS WEEK ONLY** \$13.99 EACH
125 points value of \$1

POWERADE **144N FLO8**
24 PACK 591 ML BOTTLES (14.18 L)

POWERADE SPORT DRINKS 24 X 591 ML SELECTED VARIETIES **THIS WEEK ONLY** \$15.99 EACH
125 points value of \$1

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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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SEAHORSE
COOKED
SHRIMP
91 - 138 CT
340 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
6.99
EACH

35
points



SWISS CHALET OR
MONTANA'S MEAT PIES
470 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY
7.99
EACH

40
points



DEL'S TURNOVERS
340 G
SELECTED VARIETIES

THIS WEEK ONLY
2.99
EACH

15
points



OLYMPIC ORGANIC OR KREMA YOGURT
450 G SELECTED VARIETIES

LOCKED DOWN
4.99
EACH

25
points



BECEL PLANT BUTTER 454 G
PLANT BUTTER STICKS 45
SELECTED VARIETIES

LOCKED DOWN
4.49
EACH

25
points



DR. OETKER GIUSEPPE
PIZZERIA EASY PIZZI
573 - 606 G
SELECTED VARIETIES

LOCKED DOWN
6.49
EACH

35
points



TIM HORTONS
GROUND COFFEE
825 - 825 G
SELECTED VARIETIES

THIS WEEK ONLY
24.99
EACH

70
points



PLANTERS CASHEWS
200 G
SELECTED VARIETIES

LOCKED DOWN
4.99
EACH

25
points



JACK LINKS
BEEF JERKY
230 G
SELECTED VARIETIES

LOCKED DOWN
14.99
EACH

55
points



HABITANT, CAMPBELL'S CHUNKY
OR READY TO SERVE SOUP
515 - 796 ML SELECTED VARIETIES

LOCKED DOWN
2.99
EACH

15
points



CLUB HOUSE OR
LA GRILLE SPICES
120 - 203 G
SELECTED VARIETIES

LOCKED DOWN
5.99
EACH

30
points



DAINTY RICE
1.6 KG
SELECTED VARIETIES

LOCKED DOWN
9.99
EACH

45
points



FINISH POWERBALL
DISHWASHER TABS
30 - 45'S
SELECTED VARIETIES

LOCKED DOWN
13.99
EACH

55
points

CHOOSE CANADIAN



1 LB

WE LOVE LOCAL
GROWN IN CANADA

WHOLE WHITE OR CREMINI MUSHROOMS
PRODUCT OF ONTARIO
454 G

3⁹⁹
EACH

CRUNCHY
GREEN LEAF LETTUCE
LAIQUE VERT

VISION GREENS

PESTICIDE FREE
LOCALLY GROWN
DUSTY LOOKEMENT

READY TO EAT
PRET A MANGER

FANCY
VISION GREENS
LETTUCCES
113 G
SELECTED VARIETIES

SPRING MIX
MÉLANGE PRINTANIER

LOCALLY GROWN
CULTIVE LOCALMENT

READY TO EAT
PRÊT À MANGER

3⁹⁹
EACH

Natural Bacon naturel
Original

SCHNEIDERS
Maple Leaf Bacon
CLASSIC CUT BACON COUPE CLASSIQUE

5⁹⁹
EACH

SCHNEIDERS OR MAPLE LEAF BACON
65 - 375 G
SELECTED VARIETIES

POGO
All Beef

POGO
Original

POGO ORIGINAL OR ALL BEEF BREADED SAUSAGES
400 - 750 G FROZEN
SELECTED VARIETIES

9⁹⁹
EACH

Irresistible
BANANA-CHOCOLAT CHIP

Irresistible
BLUEBERRY BLEUETS

IRRESISTIBLE MUFFINS
400 G
SELECTED VARIETIES

4⁹⁸
EACH

Irresistible
SOURDO BREAD - PAIN AU LEVAIN

Irresistible
TERRA + STYLE
GARLIC TOAST
Pain grillé à l'ail

SELECTION GARLIC TOAST
600 G

IRRESISTIBLES BREAD OR ROLLS
500 - 600 G
SELECTED VARIETIES

2⁹⁹
EACH

Lactantia
PurFiltre

Lactantia
PurFiltre

LACTANTIA PURFILTRE MILK
2 L
SELECTED VARIETIES

4⁹⁸
EACH

Dr. Oetker
Ristorante
PIZZA SPINACI

Dr. Oetker
Casa di Mama

DR. OETKER RISTORANTE PIZZA
360 - 390 G

CASA DI MAMA PIZZA
395 - 410 G FROZEN
SELECTED VARIETIES

4⁴⁸
EACH

KRAFT
Cheez Whiz

Kraft
Singles
Original Cheddar Original

PHILADELPHIA
ORIGINAL
CREAM CHEESE

KRAFT SINGLES
410 G

PHILADELPHIA CREAM CHEESE
227 - 250 G

CHEEZ WHIZ SPREAD
450 G
SELECTED VARIETIES

3⁹⁸
EACH

Diana Sauce

BULL'S-EYE
BARBECUE SAUCE

BULL'S-EYE OR DIANA BARBECUE SAUCE
425 ML
SELECTED VARIETIES

2⁹⁹
EACH

Black Diamond
OLD • FORT
Cheddar Cheese
Fromage Cheddar

Black Diamond
MARBLE • MARBRÉ

Black Diamond
SHREDS

Black Diamond
SLICES

Black Diamond
GALBANI MOZZARELLA

BLACK DIAMOND CHEESE
400 G

NATURAL CHEESE SLICES
220 - 240 G

GALBANI MOZZARELLA
500 G
SELECTED VARIETIES

5⁴⁸
EACH

HELLMANN'S
REAL YRAIE
MAYONNAISE

HELLMANN'S
REAL YRAIE
MAYONNAISE

HELLMANN'S MAYONNAISE
750 - 890 ML
SELECTED VARIETIES

5⁹⁹
EACH

Ruffles
REGULAR NATURE

Cheetos
Puffs Soufflés

RUFFLES POTATO CHIPS OR CHEETOS
180 - 285 G
SELECTED VARIETIES

2⁹⁸
EACH

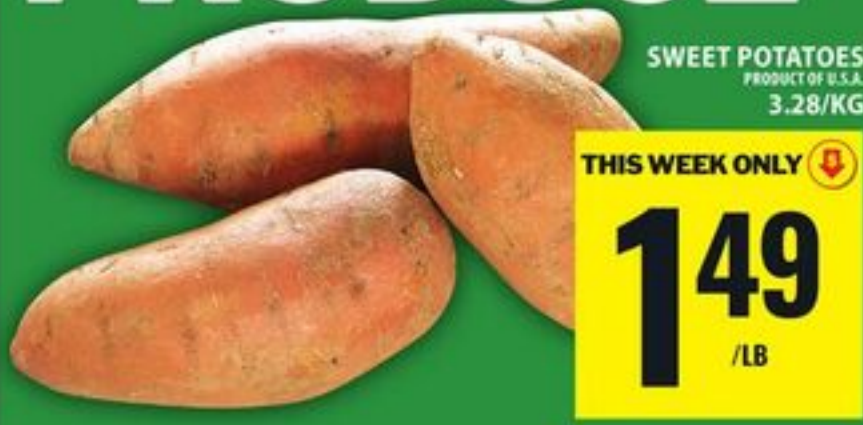
Cashmere
BATHROOM TISSUE

CASHMERE BATHROOM TISSUE
8 - 125 - 245
SELECTED VARIETIES

4⁹⁸
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



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

THIS WEEK ONLY
1.49
/LB



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

THIS WEEK ONLY
2.99
/LB



WE LOVE LOCAL
Cucumbers

SEEDLESS
CUCUMBERS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE

THIS WEEK ONLY
1.99
EACH



1 LB

WE LOVE LOCAL
Cremini

WHOLE WHITE
OR CREMINI
MUSHROOMS
PRODUCT OF ONTARIO
454 G

THIS WEEK ONLY
3.99
EACH



TOMATOES
ON THE VINE
PRODUCT OF CANADA OR MEXICO
NO. 1 GRADE
4.39/KG

THIS WEEK ONLY
1.99
/LB



RASPBERRIES
PRODUCT OF U.S.A. OR MEXICO
NO. 1 GRADE
179 G

BLACKBERRIES
PRODUCT OF MEXICO, NO. 1 GRADE
150 - 179 G

THIS WEEK ONLY
3.99
EACH



GREEN OR GRAY
ZUCCHINI
PRODUCT OF MEXICO
4.39/KG

THIS WEEK ONLY
1.99
/LB



CLEMENTINES
PRODUCT OF MOROCCO
2 LB

THIS WEEK ONLY
4.99
EACH



WE LOVE LOCAL
Potatoes

GOURMET MINI
YELLOW POTATOES
PETITES POMMES DE TERRE
JAUNES GOURMET

CANADA NO. 1 SMALL ROUND
N°1 PETITE RONDE
2.27 kg / 5 lb

GOURMET
MINI WHITE
OR YELLOW
POTATOES
PRODUCT OF CANADA
NO. 1 GRADE
5 LB

THIS WEEK ONLY
2.99
EACH



CRUNCHY
GREEN LEAF LETTUCE
LAIQUE VERT

VISION GREENS

FANCY
SPRING MIX
MÉLANGE PRINTANIER

VISION GREENS

VISION GREENS
LETTUCES
133 G
SELECTED VARIETIES

THIS WEEK ONLY
3.99
EACH



GREEN BEANS
PRODUCT OF U.S.A.
348 G

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

THIS WEEK ONLY
3.77
EACH



Green Giant
Sugar Snap Peas

Green Giant
Snow Peas

SUGAR SNAP OR
SNOW PEAS
PRODUCT OF GUATEMALA
179 - 227 G

THIS WEEK ONLY
3.99
EACH



ATAULFO HONEY
MANGOES
PRODUCT OF MEXICO

THIS WEEK ONLY
4/\$5



AVOCADOS
PRODUCT OF MEXICO OR PERU
5 OR 6 PACK

THIS WEEK ONLY
4.99
EACH



BRAIDED GARLIC
PRODUCT OF CHINA
500 G

THIS WEEK ONLY
3.99
EACH



SUNRYPE FRUIT
SOURCE BARS
12 X 37G
SELECTED VARIETIES

THIS WEEK ONLY
10.99
EACH

FLORAL



5 STEM ROSES
WHILE SUPPLIES LAST

THIS WEEK ONLY
\$6
EACH



10 STEM
TULIPS
WHILE SUPPLIES LAST

THIS WEEK ONLY
8.88
EACH



5" ORCHID
WHILE SUPPLIES LAST

THIS WEEK ONLY
10.88
EACH



DORMANT
ROSE
WHILE SUPPLIES LAST

THIS WEEK ONLY
16.99
EACH

MEAT



PRIME
RAISED WITHOUT antibiotics
ELEVÉ SANS antibiotiques

THIS WEEK ONLY

4.99 /LB

25 points

PRIME RAISED WITHOUT ANTIBIOTICS FRESH CHICKEN DRUMSTICKS OR THIGHS FAMILY PACK
AIR CHILLED
SELECTED VARIETIES
11.00/KG



HALAL AT SAME PRICE

THIS WEEK ONLY

7.79 /LB

LEAN GROUND BEEF FAMILY PACK
INCLUDING HALAL
SELECTED VARIETIES
17.17/KG



FRESH

THIS WEEK ONLY

5.49 /LB

FRESH PORK BACK RIBS VACUUM PACK
SELECTED VARIETIES WHILE QUANTITIES LAST
12.10/KG



HALAL AT SAME PRICE

THIS WEEK ONLY

11.99 /LB

FRESH SIRLOIN TIP ROAST OR STEAK FAMILY PACK
INCLUDING HALAL
CUT FROM CANADA AA OR HIGHER GRADE OF BEEF
SELECTED VARIETIES
26.43/KG



THIS WEEK ONLY

11.99 /LB

STEELHEAD TROUT FISH FILLET
26.43/KG



LIFE SMART NATURALIA

- 100% Grass fed
- Free range
- Raised without antibiotics
- Aged for 31 Days
- Product of New Zealand
- Halal Certified

THIS WEEK ONLY

14.99 /LB

LIFE SMART NATURALIA FRESH BONELESS STRIPLIN STEAK
GRASS FED, HALAL CERTIFIED
WHILE QUANTITIES LAST
33.05/KG



THIS WEEK ONLY

2.49 EACH

15 points

MAPLE LODGE OR ZABIHA HALAL CHICKEN WIENERS
408 G
SELECTED VARIETIES



THIS WEEK ONLY

5.99 EACH

SCHNEIDERS OR MAPLE LEAF BACON
45 - 175 G
SELECTED VARIETIES



THIS WEEK ONLY

8.99 EACH

JANES PUB STYLE FULLY COOKED BREADED CHICKEN
700 G
FROZEN
SELECTED VARIETIES
WHILE QUANTITIES LAST



THIS WEEK ONLY

14.99 EACH

MONTANA'S BBQ ANGUS BEEF BURGERS
500 G
FROZEN
SELECTED VARIETIES



THIS WEEK ONLY

3.99 EACH

PILLER'S SLICED DELI MEAT
125 - 175 G
SELECTED VARIETIES



THIS WEEK ONLY

4.49 EACH

IRRESISTIBLES FRESH PASTA
2 X 225 - 2 X 250 G
SELECTED VARIETIES



THIS WEEK ONLY

7.99 EACH

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



THIS WEEK ONLY

9.99 EACH

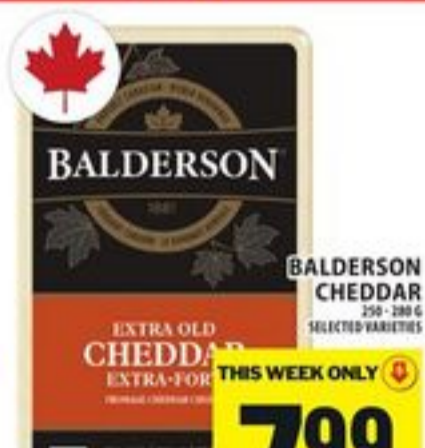
POGO ORIGINAL OR ALL BEEF BREADED SAUSAGES
400 - 500 G
FROZEN
SELECTED VARIETIES



THIS WEEK ONLY

6.99 EACH

MASTRO SOPRESSATA
300 G
SELECTED VARIETIES



THIS WEEK ONLY

7.99 EACH

BALDERSON EXTRA OLD CHEDDAR
250 - 280 G
SELECTED VARIETIES



LOCKED DOWN

8.49 EACH

SUMMER FRESH SALADS
SELECTED VARIETIES



THIS WEEK ONLY

14.99 EACH

TRE STELLE TRADITIONAL FETA
500 G
SELECTED VARIETIES



THIS WEEK ONLY

3.49 EACH

SEAHORSE BASA STEAK OR SEA SOUL TORPEDO SHRIMP
200 - 500 G FROZEN
SELECTED VARIETIES



THIS WEEK ONLY

5.49 EACH

SEA JOY SEAWEED SALAD OR MACKEREL FILLET
300 - 450 G
FROZEN
SELECTED VARIETIES



THIS WEEK ONLY

8.99 EACH

IRRESISTIBLE SMALL BAY SCALLOPS
80 - 120 CT 400 G FROZEN
SELECTED VARIETIES



THIS WEEK ONLY

12.99 EACH

HIGH LINER PAN-SEAR FISH FILLETS OR BATTERED & BREADED FISH FILLETS OR CATCH OF THE DAY FISH FILLETS
425 G - 1.32 KG FROZEN
SELECTED VARIETIES

BAKERY



DEMPSTER'S BREAD 425 G
BUNS #5
SELECTED VARIETIES

THIS WEEK ONLY

269
EACH



THIS WEEK ONLY

299
EACH



SELECTION
DONUTS
400 • 552 G
SELECTED VARIETIES

THIS WEEK ONLY

299
EACH



SELECTION
COOKIES
426 G
LA PETITE
BRETONNE
CROISSANTS
18 • 24'S
SELECTED VARIETIES

THIS WEEK ONLY

429
EACH

MORE GREAT SAVINGS FOR LESS



PILLSBURY PREPARED DOUGH
468 G
SELECTED VARIETIES

LOCKED DOWN

329
EACH

20
points



LOCKED DOWN

399
EACH



LOCKED DOWN

429
EACH



LOCKED DOWN

249
EACH



LOCKED DOWN

699
EACH



LOCKED DOWN

1599
EACH



LOCKED DOWN

599
EACH



LOCKED DOWN

188
EACH



LOCKED DOWN

899
EACH



LOCKED DOWN

199
EACH

Lotto
NAX
BELIEVE IT.
NOW GIVES YOU
MORE

Must be 18+ years of age to play. Terms and Conditions apply

Play Smart



LOCKED DOWN

699
EACH



THIS WEEK ONLY

249
EACH

LOCKED DOWN



HAZELNUT
Coffee mate
FRENCH VANILLE
Coffee mate

NESTLÉ COFFEE MATE COFFEE ENHANCER
828 • 946 ML
SELECTED VARIETIES

LOCKED DOWN

4.49
EACH

Hazelnut Noisettes
Smooth Crèmeux

KRAFT PEANUT BUTTER
1 KG
HAZELNUT SPREAD
725 G
SELECTED VARIETIES

LOCKED DOWN

5.98
EACH

Babybel
100% VEAL PROMOCHE REAL CHEESE
120 G
SELECTED VARIETIES

LOCKED DOWN

3.99
EACH

MADE GOOD
Granola Bars
Chocolate Chip

MADE GOOD ORGANIC GRANOLA BARS
5x24 G
SELECTED VARIETIES

LOCKED DOWN

3.49
EACH

VEGGIE CRISPS
LÉGUMES
zesty ranch
ranch mordant

Breton BITES

DARE CRACKERS OR VEGGIE CRISPS
100 • 225 G
SELECTED VARIETIES

LOCKED DOWN

2.99
EACH

BULL'S-EYE OR DIANA
BARBECUE SAUCE
425 ML
SELECTED VARIETIES

LOCKED DOWN

2.99
EACH

TACO BELL
CRUNCHWRAP SUPREME

TACO BELL SUPREME CRUNCH WRAP
642 G
SELECTED VARIETIES

LOCKED DOWN

6.99
EACH

ALLEN'S
Fruit Cocktail
Apple Juice

ALLEN'S JUICE OR FRUIT COCKTAIL
8x200 ML
SELECTED VARIETIES

LOCKED DOWN

2.99
EACH

NO YOLKS
Cholesterol Free Egg White Noodles

NO YOLKS EGG NOODLES
348 G
SELECTED VARIETIES

LOCKED DOWN

2.99
EACH

KIKKOMAN
Soy Sauce
Sauce Soja

KIKKOMAN
MÉLANGE POUR PÂTE À TEMPURA
BATTER MIX
EXTRA CRISPY
EXTRA CROUSTILLANT

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

LOCKED DOWN

4.49
EACH

Silk
Almond

SILK ALMOND BEVERAGE
946 ML
SELECTED VARIETIES

LOCKED DOWN

2.99
EACH

eska

ESKA SPRING WATER
24 x 500 ML
SELECTED VARIETIES

LOCKED DOWN

4.99
EACH

Garden of Eatin'
Veggie Straws
Original

SENSIBLE PORTIONS VEGGIE SNACKS
120 • 142 G
SELECTED VARIETIES

LOCKED DOWN

2.99
EACH

BOSTON MARKET
MEAL

BOSTON MARKET MEAL
1250 • 300 G
SELECTED VARIETIES

LOCKED DOWN

5.49
EACH

CLOROX
Original

PINE-SOL
CLEANER

CLOROX BLEACH
2.4 L
SELECTED VARIETIES

LOCKED DOWN

4.99
EACH

pledge

PLEDGE FURNITURE SPRAY
275 G
SELECTED VARIETIES

LOCKED DOWN

6.99
EACH

AIR WICK
Essential Oils

AIR WICK AIR FRESHENER REFILLS
2 x 20 ML
SELECTED VARIETIES

LOCKED DOWN

10.99
EACH

GLAD
BLACK
GARBAGE BAGS

GLAD
COMPOST

GLAD GARBAGE BAGS
30 • 48 L
SELECTED VARIETIES

LOCKED DOWN

11.99
EACH

ALWAYS GREAT PRICE



IRRISISTIBLE
GREEK OR SKYR YOGURT
750 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
4.99
EACH



SELECTION OR LIFE SMART
NATURALIA PEANUT BUTTER
750 G - 1 KG
SELECTED VARIETIES



ALWAYS GREAT PRICE 
4.44
EACH



SELECTION
FLOUR
2.5 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE 
3.77
EACH



SELECTION OR
LIFE SMART
FRUIT SNACKS
4 - 6'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.49
EACH



IRRISISTIBLES
SNACKS
142 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.49
EACH



SELECTION OR
LIFE SMART
DRESSING
250 - 425 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.47
EACH



LIFE SMART
NATURALIA
TORTILLA CHIPS
136 G
SELECTION SALSA
430 ML
SELECTED VARIETIES



ALWAYS GREAT PRICE 
2.99
EACH



SELECTION
PICKLES
1 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 
3.27
EACH



IRRISISTIBLES
BALSAMIC VINEGAR
OR GLAZE
250 - 500 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
4.44
EACH



SELECTION LIGHT TUNA
170 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.49
EACH



SELECTION
WATER
ENHANCER
400 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.79
EACH



SELECTION
COCONUT
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.99
EACH



SELECTION
QUICK'N READY
BASMATI RICE
250 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.99
EACH



SELECTION
JAM
500 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
4.49
EACH



SELECTION
DISHWASHING
DETERGENT
650 - 820 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.97
EACH



SELECTION
GLASS CLEANER
SELECTED VARIETIES

ALWAYS GREAT PRICE 
1.97
EACH



SELECTION
BLEACH
2.4 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 
3.99
EACH



SELECTION
PAPER TOWELS
6'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 
5.99
EACH



HELLMANN'S
MAYONNAISE
750 - 890 ML
SELECTED VARIETIES

THIS WEEK ONLY

5.99
EACH



KNORR
BOUILLON CUBES
52 - 80 G
SELECTED VARIETIES

THIS WEEK ONLY

1.99
EACH



LIPTON
CUP-A-SOUP
75
KNORR
SOUPS
EACH
SELECTED VARIETIES

THIS WEEK ONLY

3/\$5



KNORR
SIDEKICKS
120 - 152 G
SELECTED VARIETIES

THIS WEEK ONLY

1.79
EACH



HELLMANN'S
FLAVOURED
MAYONNAISE
340 ML
SELECTED VARIETIES

LOCKED DOWN

3.99
EACH



CHRISTIE PEEK FREANS OR
DAD'S OATMEAL COOKIES
275 - 350 G
SELECTED VARIETIES

LOCKED DOWN

3.29
EACH



CHRISTIE
BITS & BITES
OR CRISPERS
SNACKS
145 G
SELECTED VARIETIES

THIS WEEK ONLY

2.75
EACH



CADBURY
DAIRY MILK
CHOCOLATE BAR
144 - 180 G
SELECTED VARIETIES

LOCKED DOWN

4.49
EACH



CHRISTIE
FAMILY SIZE
CRACKERS
200 - 400 G
SELECTED VARIETIES

LOCKED DOWN

3.99
EACH



CHRISTIE
FAMILY SIZE
COOKIES
200 - 400 G
SELECTED VARIETIES

LOCKED DOWN

4.99
EACH



SKITTLES CANDY
140 - 170 G
SELECTED VARIETIES

LOCKED DOWN

2.49
EACH



MARS
CHOCOLATE
BARS
40 - 52 G
SELECTED VARIETIES

LOCKED DOWN

99¢
EACH



EXCEL GUM
EACH
SELECTED VARIETIES

LOCKED DOWN

99¢
EACH



WHISKAS
TEMPTATIONS
CAT TREATS
100 G
SELECTED VARIETIES

LOCKED DOWN

2.99
EACH



IAMS
CAT FOOD
5.18 KG
SELECTED VARIETIES

LOCKED DOWN

24.99
EACH



GENERAL MILLS HONEY NUT CHEERIOS CEREAL 430 G
CINNAMON TOAST CRUNCH CEREAL 354 G
SELECTED VARIETIES

LOCKED DOWN

3.48
EACH

125
points
when you buy 2
value of \$1



NATURE VALLEY
CHEWY BARS
130 - 210 G

LOCKED DOWN

2.99
EACH



BETTY CROCKER
FRUIT SNACKS
120 - 226 G
SELECTED VARIETIES



OLD EL PASO
TACO KIT
340 G
SELECTED VARIETIES

LOCKED DOWN

3.99
EACH



OLD EL PASO
TACO KIT
340 G
SELECTED VARIETIES

LOCKED DOWN

3.99
EACH

MORE

FLAVOURS OF THE WORLD



BREADFRUIT
PRODUCT OF THE DOMINICAN REPUBLIC
4.39/KG

THIS WEEK ONLY
1.99
/LB



SUGAR MANGOES
PRODUCT OF DOMINICAN REPUBLIC
14.31/KG

THIS WEEK ONLY
6.49
/LB



HALAL

HALAL LEAN GROUND BEEF FAMILY PACK
SELECTED VARIETIES
17.17/KG

THIS WEEK ONLY
7.79
/LB



MINO IMITATION
CRAB STICKS
454 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
4.99
EACH



ADONIS
GARLIC SAUCE
250 G
SELECTED VARIETIES

THIS WEEK ONLY
3.99
EACH



CASABLANCA
PARA SNACK
400 G
SELECTED VARIETIES

THIS WEEK ONLY
2.99
EACH



INDOMIE
INSTANT NOODLES
55
SELECTED VARIETIES

LOCKED DOWN
2.99
EACH



GRACE
SARDINES OR
MACKEREL
155 G
SELECTED VARIETIES

LOCKED DOWN
1.19
EACH



EXCELSIOR
CRACKERS
300 G

LOCKED DOWN
2.29
EACH



MELONA
FROZEN DESSERT BARS
8 X 70 ML
SELECTED VARIETIES

LOCKED DOWN
5.99
EACH

MORE

FLAVOURS OF THE WORLD



GREEN OR GREY ZUCCHINI
PRODUCT OF MEXICO
4.39/KG

THIS WEEK ONLY
1.99
/LB

NEW ZEALAND
SPRING LAMB
Halal Certified



NEW ZEALAND
FRESH LAMB
LOIN CHOPS
33.05/KG

THIS WEEK ONLY
14.99
/LB

HALAL



CEDAR BEANS OR CHICK PEA DIP
400 G
NORDEX CREAM
170 ML
SELECTED VARIETIES

LOCKED DOWN
1.49
EACH



CEDAR
EXTRA VIRGIN
OLIVE OIL
850 ML
SELECTED VARIETIES

LOCKED DOWN
9.99
EACH



PHOENICIA 555
BASMATI RICE
4.54 KG
SELECTED VARIETIES

LOCKED DOWN
11.99
EACH



ALKANATER
TAHINI OR
DELPHI HONEY
900 G, 1 KG
SELECTED VARIETIES

LOCKED DOWN
6.99
EACH



CEDAR OR
PHOENICIA
YOGURT
650 - 750 G
SELECTED VARIETIES

LOCKED DOWN
2.79
EACH



ELZYMI
TWIST PIE
800 G
FROZEN
SELECTED VARIETIES

LOCKED DOWN
6.99
EACH



DELPHI
SEA SALT
750 G
SELECTED VARIETIES

LOCKED DOWN
1.99
EACH



CEDAR
VEGETABLES
OR PHYLLO
PASTRY
375 - 750 G
FROZEN
SELECTED VARIETIES

LOCKED DOWN
2.99
EACH



CEDAR
VERMICELLI
300 G
KNORR
BOUILLON
CUBE
80 G
SELECTED VARIETIES

LOCKED DOWN
1.29
EACH



CEDAR BAKERY
PITA
330 G
SELECTED VARIETIES

THIS WEEK ONLY
1.29
EACH



CEDAR BURGOL, SEMOLINA OR
DRY BEANS
907 G
CEDAR STUFFED VINE LEAVES
375 G
SELECTED VARIETIES

LOCKED DOWN
2.99
EACH



CEDAR
PEACHES OR
POMEGRANATE
JUICE
250 - 750 ML
SELECTED VARIETIES

LOCKED DOWN
3.49
EACH



BEST
NECTAR
CEDAR
TEA BAGS
20
SELECTED VARIETIES

LOCKED DOWN
2.99
EACH



CEDAR GRAPE LEAVES OR
MARINATED VEGETABLES
1 L
PHOENICIA
CORNEE BEEF
340 G
SELECTED VARIETIES

LOCKED DOWN
4.49
EACH



ALFA BOUGATSA
400 G FROZEN
SELECTED VARIETIES

LOCKED DOWN
5.99
EACH



PUCK SPREAD
500 G
SELECTED VARIETIES

LOCKED DOWN
12.99
EACH



**PROUDLY SIMPLE.
PROUDLY CANADIAN.**



**LACTANTIA
CREAM CHEESE
PRODUCT**
227 G
SELECTED VARIETIES

THIS WEEK ONLY

349
EACH

**iögo
nanö**

**SOURCE
OF
CALCIUM &
VITAMIN D**

**New iögo nanö
yogurts, anywhere
you go!**

**Made
with
REAL
FRUIT**



**iögo nanö
POPPING BUBBLES YOGURT**
4.8 100%
SELECTED VARIETIES

LOCKED DOWN
249
EACH



**iögo nanö
DRINKABLE YOGURT**
4.8 100%
SELECTED VARIETIES

ALWAYS GREAT PRICE
379
EACH

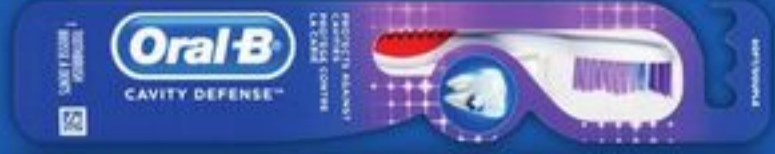


**iögo nanö
GRAB AND GO YOGURT**
4.8 100%
SELECTED VARIETIES

LOCKED DOWN
349
EACH



PERSONAL CARE FOR LESS



LOCKED DOWN
1.29
EACH



HUGGIES
LITTLE MOVERS, SNUGLERS DIAPERS
84-148'S SELECTED VARIETIES
THIS WEEK ONLY
38.99
EACH



LOCKED DOWN
5.49
EACH



LOCKED DOWN
17.99
EACH

IVORY BODY WASH 421 ML SELECTED VARIETIES

DEPEND UNDERWEAR 17'S POISE PADS 27-46'S SELECTED VARIETIES



LOCKED DOWN
9.99
EACH



LOCKED DOWN
11.99
EACH



LOCKED DOWN
13.99
EACH

COLGATE TOOTHPASTE 35 SELECTED VARIETIES

AVEENO BODY LOTION 333 ML SELECTED VARIETIES

NATIVE HAIR CARE 407 ML SELECTED VARIETIES



LOCKED DOWN
10.99
EACH



LOCKED DOWN
7.99
EACH



LOCKED DOWN
9.49
EACH

DOVE BEAUTY BAR SOAP 65 SELECTED VARIETIES

OGX HAIR CARE 385 ML SELECTED VARIETIES

AXE BODY WASH 346 ML SELECTED VARIETIES



LOCKED DOWN
2/\$5



LOCKED DOWN
3/\$6



LOCKED DOWN
9.49
EACH

LOCKED DOWN
3.49
EACH

BABY MUM-MUM WAFERS 24'S SELECTED VARIETIES

GERBER BABY PUREE 128 ML SELECTED VARIETIES

HUGGIES SIMPLY CLEAN BABY WIPES 192'S SELECTED VARIETIES



ALWAYS GREAT PRICE
1.99
EACH



ALWAYS GREAT PRICE
2.99
EACH



ALWAYS GREAT PRICE
12.99
EACH
55 points

LOCKED DOWN
26.49
EACH

PERSONNELLE HAND SOAP 257 ML SELECTED VARIETIES

PERSONNELLE HAIR CARE 353-375 ML SELECTED VARIETIES

PERSONNELLE BABY TRAINING PANTS 37'S SELECTED VARIETIES

Coca-Cola

i earn with moi
rewards



CANADA DRY

THIS WEEK ONLY



13⁹⁹
EACH



Coca-Cola

COCA-COLA OR CANADA DRY
GINGER ALE SOFT DRINKS
24 X 355 ML SELECTED VARIETIES

125
points

value of \$1



POWER ADE.

24
PACK
591
mL

50%
MORE
ELECTROLYTES*

POWERADE.
50% MORE
ELECTROLYTES*
VS
THE LEADING
SPORTS DRINK
+ VITAMINS C & B12

SPORTS DRINK
24 x 591 mL
BOTTLES (14.18 L)

130
CALORIES
PER BOTTLE

THIS WEEK ONLY



15⁹⁹
EACH



POWER ADE.

125
points

POWERADE SPORT DRINKS
24 X 591 ML
SELECTED VARIETIES

value of \$1