

food Basics

CANADIAN AND PROUD

ALWAYS MORE FOR LESS



CHRISTIE RITZ OR TRISCUIT CRACKERS
162 - 200 G
BITS & BITES OR CRISPERS
145 G
SELECTED VARIETIES

EASTER SAVINGS

1.98
EACH

triscuit
ORIGINAL

Crispers
DILL PICKLE
COMBINATION & L'AMETH

RITZ
original

180 g

BONELESS

FRESH BONELESS STRIPLOIN STEAKS
FAMILY PACK OR ROAST
CUT FROM UNGRADED BEEF
WHILE QUANTITIES LAST
19.58/KG

EASTER SAVINGS

8.88
/LB

LACTANTIA CREAM
473 ML - 1 L
SELECTED VARIETIES

EASTER SAVINGS

2.99
EACH

Lactantia
Whipping Cream
Crème à fouetter

35% BUTTERFAT

Lactantia
Half & Half Cream
Crème à café

10% BUTTERFAT

ALWAYS CANADIAN

FRESH ATLANTIC SALMON FILLETS
FAMILY PACK
19.58/KG

EASTER SAVINGS

8.88
/LB

Cheetos
Puffs
Santitas

Doritos
PACHO CHEESE

Ruffles
REGULAR NATURE

EASTER SAVINGS

2.98
EACH

DORITOS, RUFFLES CHIPS OR CHEETOS
180 - 285 G SELECTED VARIETIES

Maple Leaf
Natural Bacon naturel
Original

SCHNEIDERS OR MAPLE LEAF BACON
65 - 375 G
SELECTED VARIETIES

EASTER SAVINGS

3.98
EACH

CLOVER LEAF
MSC
SOCKEYE SALMON
WILD RED PACIFIC

EASTER SAVINGS

4.98
EACH

CLOVER LEAF SOCKEYE SALMON
213 G

Selection
OLD CHEDDAR FORT

Maple Leaf
TEX MEX
3 CHEESE BLEND - MÉLANGE DE 3 FROMAGES

Selection
MILD MARBLE CHEDDAR
DOUX MARBRE
SLICES - TRANCHES

SELECTION CHEESE
SHREDS 400 G
SLICES 210 - 230 G
SELECTED VARIETIES

EASTER SAVINGS

4.88
EACH

75 points

CASHMERE BATHROOM TISSUE
24 - 48'S
SPONGE TOWELS
ULTRA PAPER TOWELS
6 - 12'S
SCOTTIES FACIAL TISSUE
12'S
SELECTED VARIETIES

EASTER SAVINGS

11.98
EACH

125 points
value of \$1

Sponge Towels
ULTRA

Cashmere
24 - 48
2nd

Scotties
Original

Irresistible

APPLE
PIE - TARTE
POMMES

IRRESISTIBLE PIE
750 G - 1 KG SELECTED VARIETIES

EASTER SAVINGS

5.99
EACH

125 points
value of \$1

HAPPY EASTER

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, APRIL 2ND TO WEDNESDAY, APRIL 8TH, 2026
MOST STORES CLOSED ON FRIDAY APRIL 3RD AND ALL STORES WILL BE CLOSED ON SUNDAY APRIL 5TH, 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



EASTER SAVINGS

98¢ EACH

BROCCOLI CROWNS
PRODUCT OF U.S.A. AND/OR MEXICO



EASTER SAVINGS

1.28 EACH

WHOLE WHITE OR CRIMINI MUSHROOMS
PRODUCT OF ONTARIO, CANADA
227 G



EASTER SAVINGS

1.88 /LB

STEM & LEAF CLEMENTINES
PRODUCT OF SPAIN
4.14/KG



EASTER SAVINGS

2.98 EACH

LEMONS
PRODUCT OF SOUTH AFRICA OR USA
2 LB



EASTER SAVINGS

3.88 EACH

SWEET/ASSORTED PEPPERS
PRODUCT OF HONDURAS AND/OR MEXICO
PKG OF 4
KIWI BASKET
PRODUCT OF GREECE OR CHILE
600 G
MINI SWEET PEPPERS
PRODUCT OF HONDURAS AND/OR MEXICO
454 G

HAPPY

GET READY TO SAVE! GREAT PRICES START
MOST STORES CLOSED ON FRIDAY APRIL 3RD

To view local store flyer, visit foodbasics.ca, where

EASTER FAVOURITES FOR LESS



NESTLÉ KIT KAT EASTER BUNNY
85 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

EASTER SAVINGS

3.49 EACH



FERRERO ROCHER EASTER BUNNY
70 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

EASTER SAVINGS

4.49 EACH



LINDT GOLD BUNNY
100 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

EASTER SAVINGS

6.99 EACH



800 G

EASTER SAVINGS

14.99 EACH

IRRESISTIBLE MINI CHOCOLATE EGGS
800 G SELECTED VARIETIES
WHILE QUANTITIES LAST

125 points
value of \$1



CADBURY MINI EGGS
875 G
WHILE QUANTITIES LAST

EASTER SAVINGS

17.99 EACH

BEATRICE CHOCOLATE MILK 1 L
I CAN'T BELIEVE IT'S NOT BUTTER! 427 G
YOPLAIT TUBES DRINKABLE YOGURT 8 X 56 G
SELECTED VARIETIES

EASTER SAVINGS
1.99
EACH

NATURAL SELECTIONS
SHAVED - ÉMINCÉE
MADE WITH NATURAL INGREDIENTS
150 G
SELECTED VARIETIES

MAPLE LEAF
SLICED DELI MEAT OR BOLOGNA
150 - 500 G
SELECTED VARIETIES

EASTER SAVINGS
4.99
EACH

NATREL FINE FILTERED MILK 4 L
TASTER'S CHOICE
OR **NESCAFÉ**
INSTANT COFFEE
100 - 170 G
SELECTED VARIETIES

EASTER SAVINGS
6.49
EACH

CHEEMO
PEROGIES
200 G
SELECTED VARIETIES

CAVENDISH
FLAVOUR CRISP
200 G
SELECTED VARIETIES

EASTER SAVINGS
2.99
EACH

CLASSICO
PASTA SAUCE
218 - 400 ML
SELECTED VARIETIES

EASTER SAVINGS
2.98
EACH

NESTLÉ REAL DAIRY ICE CREAM 1.5 L
NOVELTIES
4 - 10'S
SELECTED VARIETIES

CAVENDISH
FRENCH FRIES
454 - 750 G
CHEEMO
PEROGIES
815 - 907 G
IRRESISTIBLE MEALS
230 - 320 G
FROZEN
SELECTED VARIETIES

EASTER SAVINGS
4.99
EACH

QUAKER
QUICK OATS
900 G - 1 KG
PEARL MILLING
INSTANT OATMEAL
232 - 344 G
QUAKER
PANCAKE MIX
906 G
TABLE SYRUP
710 ML
SELECTED VARIETIES

EASTER SAVINGS
2.99
EACH

NABOB
TRADITION
GROUND COFFEE
930 G

EASTER SAVINGS
19.99
EACH

CAMPBELL'S
SOUP
284 ML
SELECTED VARIETIES

OCEAN'S
LIGHT TUNA
170 G
CAMPBELL'S
SOUP
284 ML
SELECTED VARIETIES

EASTER SAVINGS
1.25
EACH

CHIPS AHoy!
ORIGINAL
ORIGINALS
251 - 303 G
SELECTED VARIETIES

OREO
The Original
251 - 303 G
SELECTED VARIETIES

EASTER SAVINGS
2/\$5

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

EASTER SAVINGS
7.99
EACH

TIDE
ALL IN ONE LAUNDRY DETERGENT
2.72 L = 70 LOADS
GAIN
LAUNDRY DETERGENT
2.6 L = 61 LOADS
DOWNY
FABRIC SOFTENER
2.63 L = 120 LOADS
SELECTED VARIETIES

EASTER SAVINGS
9.99
EACH

BUY ANY 2 BOXES OF GENERAL MILLS FAMILY SIZE CEREAL

EASTER SAVINGS
5.99
EACH

GENERAL MILLS FAMILY SIZE CEREAL
455 - 778 G
SELECTED VARIETIES

GET 1 FREE

LACTANTIA
ULTRAPUR MILK
1.5 L
SELECTED VARIETIES

SAVE \$4.99

UltraPur
20g PROTEIN
NO SUGAR ADDED
10 ESSENTIAL NUTRIENTS
1.5 L

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EASTER FLORAL FOR LESS



pick Ontario



10 STEM TULIPS
ASSORTED COLOURS
WHILE QUANTITIES LAST

EASTER SAVINGS

8⁸⁸
EACH



MIXED SIGNATURE
BOUQUET
ASSORTED MIXES
WHILE QUANTITIES LAST

EASTER SAVINGS

\$15
EACH



BOUQUET OF THE MONTH
ASSORTED MIXES
WHILE QUANTITIES LAST

EASTER SAVINGS

18⁸⁸
EACH



EASTER BLOOM BOUQUET
ASSORTED MIXES
WHILE QUANTITIES LAST

EASTER SAVINGS

24⁸⁸
EACH



6" EASTER LILLIES
WHILE QUANTITIES LAST

EASTER SAVINGS

8⁹⁹
EACH



6" HYDRANGEAS
ASSORTED COLOURS
WHILE QUANTITIES LAST

EASTER SAVINGS

16⁹⁹
EACH



6" ORGANIC BASIL
WHILE QUANTITIES LAST

EASTER SAVINGS

5⁹⁹
EACH



6" LAVENDAR
SELECT STORES
WHILE QUANTITIES LAST

EASTER SAVINGS

10⁹⁹
EACH

BONUS \$10
Indigo eGift card
with the purchase of a
\$50 or more Indigo gift card

Offer valid April 2 - 8
claim your bonus at
giftcardpromos.ca



\$5 OFF
\$50 Uber
gift cards
Offer valid April 2 - 8

Offer valid in-store only at participating Metro and Food Basics locations April 2-8, 2024 or while supplies last. To qualify for this promotion, customer must purchase \$50 or more in Indigo gift cards. Receive one (1) \$10 Bonus Indigo eGift card. To claim your Bonus \$10 eGift Card(s), go to giftcardpromos.ca. Claim must be made by April 8, 2024. Bonus eGift cards are available while supplies last. Further details, terms, and conditions may be available on the website and/or on the specific gift card(s) purchased. All trademarks are property of their respective owners. The gift cards featured are not sponsors or otherwise affiliated with this company.

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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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Greenhouse
ORGANIC
Ginger+Defence
FOR IMMUNITY
WELLNESS SHOTS
Fermented Ginger and Lemongrass 8000 mg
Ginger Juice 8100 mg
Turmeric Juice 3250 mg
4 x 60 mL Wellness Shots

Greenhouse
ORGANIC
Smart+energy
100 mg of Natural Caffeine
WELLNESS SHOTS
Antioxidant-Rich
Sugar-Free Energy
100% Plant-Based
4 x 60 mL Wellness Shots

THIS WEEK ONLY
899
EACH

40
points

GREENHOUSE
WELLNESS SHOTS
4 x 60 mL
SELECTED VARIETIES

SWISS CHALET
PORK BACK RIBS
CÔTES DE DOS DE PORC
10 MIN

THIS WEEK ONLY
1199
EACH

SWISS CHALET BBQ PORK BACK RIBS
600 G
SELECTED VARIETIES

55
points



SEAHORSE COOKED SHRIMP
95 - 120 CT 340 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
699
EACH

35
points



BEATRICE B-FIT
PROTEIN MILKSHAKE
400 ML
SELECTED VARIETIES

LOCKED DOWN
299
EACH

15
points



ACTIVIA EXPERT
YOGURT
4 X 100 G
SELECTED VARIETIES

LOCKED DOWN
349
EACH

20
points



HERSHEY'S
CHOCOLATE BAR
50 - 120 G
SELECTED VARIETIES

LOCKED DOWN
249
EACH

15
points



EXCEL GUM
EACH
SELECTED VARIETIES

LOCKED DOWN
449
EACH

25
points



MCCAIN DEEP'N DELICIOUS CAKES
510 G FROZEN
SELECTED VARIETIES

LOCKED DOWN
649
EACH

35
points



SMUCKER'S UNCRUSTABLES SANDWICHES
10'S FROZEN
SELECTED VARIETIES

LOCKED DOWN
1199
EACH

55
points



JACK LINK'S
BEEF JERKY
80 G
SELECTED VARIETIES

LOCKED DOWN
599
EACH

30
points



OASIS JUICE
960 ML
SELECTED VARIETIES

LOCKED DOWN
199
EACH

10
points



S.O.S
STEEL WOOL PADS
10'S
SELECTED VARIETIES

LOCKED DOWN
299
EACH

15
points



DAINTY LONG RICE
400 G
SELECTED VARIETIES

LOCKED DOWN
299
EACH

15
points

CHOOSE CANADIAN



THE LITTLE POTATO CO.
LITTLE YELLOW POTATOES
PRODUCT OF CANADA, 680 G
SELECTED VARIETIES

2.99 EACH

MINI CUCUMBERS
PRODUCT OF CANADA
NO. 1 GRADE
397 G

2.99 EACH

ST-HUBERT OR SWISS CHALET MEAT PIES
655 - 800 G FROZEN SELECTED VARIETIES

9.99 EACH

JANES RESTAURANT FULLY COOKED BREADED CHICKEN FILLETS, BITES OR STRIPS
700 - 720 G FROZEN SELECTED VARIETIES

11.99 EACH

55 points

IRRESISTIBLE PIE
750 G - 1 KG
SELECTED VARIETIES

5.99 EACH

125 points
value of \$1

SELECTION SQUARES OR SWISS ROLLS
400 - 450 G
SELECTED VARIETIES

5.49 EACH

SELECTION CHEESE SHREDS
330 G
SLICES
210 - 230 G
SELECTED VARIETIES

4.88 EACH

75 points

NESTLÉ REAL DAIRY ICE CREAM
1.5 L
NOVELTIES
4 - 10'S
SELECTED VARIETIES

4.99 EACH

LACTANTIA CREAM
473 ML - 1 L
SELECTED VARIETIES

2.99 EACH

CAVENDISH FARMS FRENCH FRIES
454 - 750 G
CHEEMO PEROGIES
815 - 907 G
IRRESISTIBLE MEALS
344 - 320 G FROZEN
SELECTED VARIETIES

2.99 EACH

BEATRICE TUBES DRINKABLE YOGURT
8 X 56 G
SELECTED VARIETIES

1.99 EACH

DORITOS, RUFFLES CHIPS OR CHEETOS
180 - 285 G SELECTED VARIETIES

2.98 EACH

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

7.99 EACH

CASHMERE BATHROOM TISSUE
24 - 48'S
SPONGE TOWELS ULTRA PAPER TOWELS
6 - 12'S
SCOTTIES FACIAL TISSUE
12'S SELECTED VARIETIES

11.98 EACH

125 points
value of \$1

*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



RASPBERRIES
PRODUCT OF U.S.A. OR MEXICO, NO. 1 GRADE 170 G

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

THIS WEEK ONLY

3⁹⁹
EACH



EXTRA LARGE

THIS WEEK ONLY

3⁹⁹
/LB

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



CANTALOUPE
PRODUCT OF GUATEMALA AND/OR HONDURAS, NO. 1 GRADE

TROPICAL GOLD PINEAPPLE
PRODUCT OF COSTA RICA

THIS WEEK ONLY

2⁹⁹
EACH



WE LOVE LOCAL
Canada

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

GRAPE TOMATOES
PRODUCT OF CANADA OR MEXICO, NO. 1 GRADE 283 G

THIS WEEK ONLY

2⁹⁹
EACH



JUMBO ROMAINE HEARTS
3 PK

ANDY BOY

AVOCADOS
PRODUCT OF MEXICO AND/OR PERU
5 OR 6 PACK

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

THIS WEEK ONLY

3⁹⁹
EACH



Attitude
ARUGULA ROQUETTE

Attitude
BABY SPINACH

THIS WEEK ONLY

3⁷⁷
EACH

ATTITUDE FRESH SALAD MIX
142 G
SELECTED VARIETIES



Clementines
PRODUCT OF MOROCCO
2 LB

THIS WEEK ONLY

4⁹⁹
EACH

IRRESISTIBLE HERBS
21 G
SELECTED VARIETIES

THIS WEEK ONLY

2/\$4



BRUSSELS SPROUTS
PRODUCT OF U.S.A. AND/OR HOLLAND
6.59/KG

THIS WEEK ONLY

2⁹⁹
LB



WE LOVE LOCAL
Canada

THE LITTLE POTATO COMPANY

LITTLE TRIOS
"Trio de P'tites Patates"

THIS WEEK ONLY

2⁹⁹
EACH

THE LITTLE POTATO COMPANY POTATOES
PRODUCT OF CANADA, 680 G
SELECTED VARIETIES



Carrots
Carottes

CARROTS OR YELLOW ONIONS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
2 LB

THIS WEEK ONLY

2/\$5



Petit Gourmet
French Beans - Haricots Verts

GREEN FRENCH BEANS
PRODUCT OF GUATEMALA, 400 G

THIS WEEK ONLY

3⁹⁹
EACH



HOMESTYLE RANCH
RANCH DIPS

SOUTHWEST RANCH
RANCH DIPS

LIGHTHOUSE DIPS
340 G
SELECTED VARIETIES

THIS WEEK ONLY

3⁹⁹
EACH

Greenhouse
Smart Energy
WELLNESS SHOTS

Greenhouse
Ginger Defence
FOR IMMUNITY

GREENHOUSE WELLNESS SHOTS
4.5 FL OZ
SELECTED VARIETIES

THIS WEEK ONLY

8⁹⁹
EACH

40 points



FRUIT OR VEGETABLE TRAY
920 G - 1.33 KG
SELECTED VARIETIES

THIS WEEK ONLY

11⁹⁹
EACH

FLORAL



6" SPRING BULBS OR SINGLE BLOOM HYDRANGEAS
WHILE SUPPLIES LAST

THIS WEEK ONLY

6⁹⁹
EACH



5" ORCHID
WHILE SUPPLIES LAST

THIS WEEK ONLY

14⁹⁸
EACH



pick Ontario

10 STEM TULIPS
WHILE SUPPLIES LAST

THIS WEEK ONLY

8⁸⁸
EACH



SIGNATURE BOUQUET
WHILE SUPPLIES LAST

THIS WEEK ONLY

\$15
EACH

MEAT

**JUMBO
21 - 25 CT**



IRRESISTIBLE
LARGE SHRIMP
RING WITH SAUCE
600 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
16⁹⁹
EACH



SELECTION
FRESH PORK
SAUSAGES
FAMILY PACK
HOT, MILD, HONEY GARLIC
OR BREAKFAST
9.90/KG

THIS WEEK ONLY
4⁴⁹
/LB



PRIME
RAISED
WITHOUT
antibiotics



PRIME
RAISED
WITHOUT
ANTIBIOTICS
WHOLE
CHICKEN
AIR CHILLED
11.00/KG

THIS WEEK ONLY
4⁹⁹
/LB



FRESH
BONE-IN PORK
COMBINATION
CHOPS
INCLUDES CENTRE CUT CHOPS
9.90/KG

THIS WEEK ONLY
4⁴⁹
/LB



IRRESISTIBLE
SMOKED BONELESS HALF MOON HAM
13.21/KG

THIS WEEK ONLY
5⁹⁹
/LB

HALAL



NEW ZEALAND
LEAN GROUND
LAMB
454 G
SELECTED VARIETIES

THIS WEEK ONLY
10⁹⁹
EACH



BUTTERBALL
TURKEY OR
MAPLE LODGE
CHICKEN BACON
300 - 375 G
SELECTED VARIETIES

THIS WEEK ONLY
4⁹⁹
EACH



ST-HUBERT
OR SWISS
CHALET
MEAT PIES
405 - 400 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
9⁹⁹
EACH



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

THIS WEEK ONLY
10⁹⁹
EACH



JANES RESTAURANT
FULLY COOKED
BREADED CHICKEN
FILLETS, BITES
OR STRIPS
300 - 375 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
11⁹⁹
EACH

55
points



FONTAINE SANTÉ
HUMMUS
227 - 240 G
SELECTED VARIETIES

THIS WEEK ONLY
2⁹⁹
EACH



SELECTION
FETA
2 X 114 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
6⁴⁹
EACH



MARC ANGELO
SOUVLAKI
FAMILY PACK
400 - 640 G
SELECTED VARIETIES

THIS WEEK ONLY
11⁹⁹
EACH



POGO
ORIGINAL
BREADED
SAUSAGES 20'S
3.5 KG FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
16⁹⁹
EACH



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

THIS WEEK ONLY
4⁴⁹
EACH



PILLER'S
MEAT
SNACKS
300 - 500 G
SELECTED VARIETIES

THIS WEEK ONLY
7⁹⁹
EACH



IRRESISTIBLE
PARMIGIANO
REGGIANO OR
GRANA PADANO
OR EMMENTAL
200 - 400 G
SELECTED VARIETIES

THIS WEEK ONLY
7⁹⁹
EACH



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

THIS WEEK ONLY
8⁹⁹
EACH



SEA HORSE
BASA STEAK OR
ANCHOR'S BAY
BASA FILLET
OR SEASOUL
TORPEDO SHRIMP
200 - 500 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
3⁴⁹
EACH



SEAJOY
SEAWEED
SALAD OR
MACKEREL
FILLETS
300 - 425 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
5⁴⁹
EACH



GOURMETA
THAI SHRIMP
COOKED 65 - 75 CT OR
RAW 31 - 40 CT
300 - 340 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
7⁴⁹
EACH



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

THIS WEEK ONLY
12⁹⁹
EACH

BAKERY

6 Ciabatta
Irresistibles Bread or Rolls
500 - 600 G
SELECTED VARIETIES

Miche
600 g

THIS WEEK ONLY

2.99
EACH

Villaggio CLASSICO
ITALIAN STYLE
675 g

Dempster's 12 GRAIN
100% WHOLE GRAINS
SOURCE OF VITAMIN D
46 g OF WHOLE GRAINS
6 g OF FIBRE
600 g

THIS WEEK ONLY

2.99
EACH

SUN-MAID Raisin
CINNAMON SWIRL / MARRÉCIN CANNELLE
800 g

POM
BUN
BROSCH
800 g

THIS WEEK ONLY

4.49
EACH

SELECTION SQUARES OR SWISS ROLLS
400 - 450 G
SELECTED VARIETIES

THIS WEEK ONLY

5.49
EACH

SELECTION CHEESECAKE
510 G FROZEN

IRRESISTIBLE PORTUGUESE TARTS
450 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

5.99
EACH

CHARLOTTE'S CAKE
475 G
SELECTED VARIETIES

THIS WEEK ONLY

5.99
EACH

MORE GREAT SAVINGS FOR LESS

Kraft Singles
CHEDDAR ORIGINAL
410 G

PHILADELPHIA
ORIGINAL CREAM CHEESE
227 - 250 G

Cheez Whiz
410 G

LOCKED DOWN

3.98
EACH

DR. OETKER RISTORANTE PIZZA
249 - 390 G

CASA DI MAMA
395 - 410 G FROZEN
SELECTED VARIETIES

LOCKED DOWN

5.79
EACH

Simply Orange
2.5 L

LOCKED DOWN

7.69
EACH

SELECTION OR LIFE SMART DELUXE MIXED NUTS OR CASHEWS
1.13 KG

LOCKED DOWN

19.99
EACH

PRINGLES POTATO CHIPS
140 - 150 G
SELECTED VARIETIES

LOCKED DOWN

2.49
EACH

15 points

ALLEN'S APPLE JUICE
450 - 590 ML
SELECTED VARIETIES

LOCKED DOWN

3.29
EACH

COCA-COLA OR CANADA DRY GINGER ALE MINI CANS
6 x 225 ML
SELECTED VARIETIES

LOCKED DOWN

4.49
EACH

MARIE CALLENDER'S MEAL
600 G

GARDEIN SUPRÊME
390 - 425 G FROZEN
SELECTED VARIETIES

LOCKED DOWN

9.49
EACH

FRANCO AMERICAN CLUB HOUSE GRAVY
284 ML
SELECTED VARIETIES

LOCKED DOWN

99¢
EACH

KRAFT MIRACLE WHIP SPREAD
450 - 590 ML
SELECTED VARIETIES

THIS WEEK ONLY

4.99
EACH

MISS VICKIE'S ORIGINAL RECIPE RICE
100 - 200 G
SELECTED VARIETIES

LOCKED DOWN

3.99
EACH

TROPHY PEANUTS
200 - 325 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

2/\$5

LOCKED DOWN



OLD • FORT
Cheddar Cheese
Fromage cheddar

400 g | 38% MOISTURE | 54% FAT



BLACK DIAMOND
CHEESE
400 G
SHREDS
320 G
NATURAL
CHEESE SLICES
230 - 240 G
GALBANI
MOZZARELLA
500 G
SELECTED VARIETIES

LOCKED DOWN

548
EACH



Green Giant
Géant Vert

100% NATURAL / NATUREL
SWEETLETS

GREEN
GIANT OR
IRRESISTIBLES
VEGETABLES
500 - 750 G
FROZEN
SELECTED VARIETIES



GREEN BEANS
HARICOTS VERTS

LOCKED DOWN

299
EACH



BABYBEL
CHEESE
240 G
SELECTED VARIETIES

LOCKED DOWN

899
EACH



ORVILLE
REDENBACHER
POPPING CORN
340 - 850 G
SELECTED VARIETIES

LOCKED DOWN

399
EACH



CARNATION
EVAPORATED
MILK
354 ML
SELECTED VARIETIES

LOCKED DOWN

2/\$4



VAN HOUTTE COFFEE CAPSULES
30'S
SELECTED VARIETIES

LOCKED DOWN

2899
EACH



ANNIE'S
MACARONI & CHEESE
170 G
BETTY CROCKER
POTATOES
141 - 215 G
SELECTED VARIETIES

LOCKED DOWN

249
EACH



BERTOLLI
OLIVE OIL
750 ML, 1 L
SELECTED VARIETIES

LOCKED DOWN

1399
EACH



KINDER
SURPRISE
60 G
SELECTED VARIETIES

LOCKED DOWN

429
EACH



BARRY'S
ORANGE
PEKOE TEA
80'S

LOCKED DOWN

599
EACH



STOVE TOP
STUFFING MIX
120 G
SELECTED VARIETIES

LOCKED DOWN

149
EACH



McCafé
COFFEE CAPSULES
12'S
SELECTED VARIETIES

LOCKED DOWN

1299
EACH



POWERADE
SPORTS DRINKS
710 ML
PEACE
TEA ICED TEA
495 ML
SELECTED VARIETIES

LOCKED DOWN

125
EACH



BODY
ARMOUR
HYDRATION
DRINKS
473 ML
SELECTED VARIETIES

LOCKED DOWN

199
EACH



FRISKIES
CAT FOOD
156 G
SELECTED VARIETIES

LOCKED DOWN

90¢
EACH



CLOROX BLEACH
2.4 L
SELECTED VARIETIES

LOCKED DOWN

499
EACH



COTTONELLE
FLUSHABLE
WIPES
41.42 G
SELECTED VARIETIES

LOCKED DOWN

1099
EACH



FINISH
POWERBALL
DISHWASHER
TABS
60 - 72'S
SELECTED VARIETIES

LOCKED DOWN

2399
EACH

ALWAYS GREAT PRICE



SELECTION
EVAPORATED MILK
1.5 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 

1.88
EACH



IRRESISTIBLE FRUIT
1.5 KG FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE 

14.99
EACH



LIFE SMART
TORTILLA CHIPS
350 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



LIFE SMART
MARGARINE
1.7 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE 

9.88
EACH

SELECTION
WATER
ENHANCER
48 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2.79
EACH

SELECTION
CANDY
135 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

1.25
EACH

SELECTION OR LIFE SMART
CANNED
FRUIT
796 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3.79
EACH

SELECTION
DISHWASHING
DETERGENT
400-828 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

1.97
EACH

SELECTION
BLEACH
2.4 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3.99
EACH

IRRESISTIBLES
PASSATA
690 G

ALWAYS GREAT PRICE 

2.49
EACH

SELECTION OR LIFE SMART
TOMATOES
540-796 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

1.99
EACH



DOLE FRUIT OR
GEL CUPS
45
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2.99
EACH



KELLOGG'S
JUMBO SIZE
CEREAL
850 G - 1.81 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE 

9.49
EACH



BETTY
CROCKER
DUNKAROOS
140 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3.99
EACH



KRAFT
BBQ SAUCE
455 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2.79
EACH



HÄAGEN-DAZS ICE CREAM
946 ML
NESTLÉ DRUMSTICK
6-8'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 

9.99
EACH

EGGO WAFFLES
1.68 KG FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE 

13.99
EACH



HEINZ KETCHUP
1.5 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 

6.99
EACH



CHEEZ-IT
CRACKERS FAMILY
SIZE
352 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3.99
EACH

ALWAYS STIRRING UP GREAT PRICES



LIBERTÉ GREEK YOGURT
650-750 G
SELECTED VARIETIES

THIS WEEK ONLY

6⁹⁹
EACH

ACTIVIA YOGURT
12 x 100 G
SELECTED VARIETIES

LOCKED DOWN

6⁴⁹
EACH

SIGGI'S SKYR YOGURT
750 G
SELECTED VARIETIES

LOCKED DOWN

6⁴⁹
EACH

iöGO YOGURT
16 x 100 G
SELECTED VARIETIES

LOCKED DOWN

6⁴⁹
EACH

LIBERTÉ KÉFIR
1 L
SELECTED VARIETIES

LOCKED DOWN

4⁹⁹
EACH

ACTIVIA EXPERT YOGURT
750 G
SELECTED VARIETIES

LOCKED DOWN

6⁴⁹
EACH

YOPLAIT YOP DRINKABLE YOGURT
200 ML
SELECTED VARIETIES

LOCKED DOWN

99¢
EACH

OÏKOS PRO DRINKABLE GREEK YOGURT
300 ML
SELECTED VARIETIES

LOCKED DOWN

2⁹⁹
EACH

IRRESISTIBLE GREEK OR SKYR YOGURT
750 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

4⁹⁹
EACH

IRRESISTIBLE YOGURT
16 x 100 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

6⁴⁷
EACH

IRRESISTIBLE GREEK OR SKYR YOGURT
4 x 100 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

3⁴⁹
EACH

IRRESISTIBLE PROBIOTIC YOGURT
12 x 100 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

5⁹⁹
EACH

MORE

BAISAKHI

FOR

LESS



ANDY BOY RAPINI
PRODUCT OF U.S.A.

THIS WEEK ONLY

2.88

EACH



TRE STELLE
PANEER
300 G
SELECTED VARIETIES

THIS WEEK ONLY

4.99

EACH



10 LB

PARLIAMENT GOLD, LAL QILLA
SUPREME SELLA OR ERAVAT PREMIUM
BASMATI RICE
4.54 KG SELECTED VARIETIES



LOCKED DOWN

9.99

EACH



HANS DAHI,
PHOENICIA
OR
CEDAR
YOGURT
450 - 750 G
SELECTED VARIETIES

LOCKED DOWN

2.49

EACH



CEDAR
CANNED BEANS
540 ML
SELECTED VARIETIES

LOCKED DOWN

1.49

EACH



LEHAR BARFI OR KAJU KATLI
200 - 250 G
SELECTED VARIETIES

LOCKED DOWN

6.99

EACH



TATA TEA
AGNI PREMIUM OR GOLD
1 KG, 220'S, 450 G SELECTED VARIETIES

LOCKED DOWN

6.99

EACH



SURATI
FROZEN
VEGETABLES
340 G
SELECTED VARIETIES

LOCKED DOWN

1.67

EACH



BRAR'S
GHEE
800 G

LOCKED DOWN

13.99

EACH



SHER OR MEERA BESAN, BRAR'S CORN FLOUR
1.81 KG SELECTED VARIETIES

LOCKED DOWN

5.49

EACH



SURATI
SNACKS, DIVYA
ROASTED
CHANA OR
RUBICON
DRINKS
200 - 400 G, 1 L
SELECTED VARIETIES



LOCKED DOWN

2.49

EACH



MAGGI
INSTANT SOUP
NOODLES
70 G

LOCKED DOWN

39¢

EACH



DIVYA
LENTILS OR
BLACK
CHICK PEAS
1.8 - 1.81 KG
SELECTED VARIETIES

LOCKED DOWN

3.99

EACH



DIVYA
COOKING SAUCE
120 ML
SELECTED VARIETIES



LOCKED DOWN

2.49

EACH



DIVYA NAANS
OR PARATHAS
230 - 400 G FROZEN
SELECTED VARIETIES

LOCKED DOWN

1.99

EACH



DESI-LICIOUS KULFI
1 L FROZEN
SELECTED VARIETIES

LOCKED DOWN

6.49

EACH



CASABLANCA
BUTTER COOKIES
454 G
SELECTED VARIETIES

LOCKED DOWN

3.99

EACH



BRAR'S
RASMALAI OR
NANAK
GULAB JAMUN
810 - 900 G
SELECTED VARIETIES

LOCKED DOWN

9.99

EACH



NESTLÉ ICED TEA MIX
650 G
SELECTED VARIETIES

THIS WEEK ONLY

6⁴⁹

EACH



NESCAFÉ GOLD INSTANT COFFEE
90 - 100 G
SELECTED VARIETIES



THIS WEEK ONLY

7⁹⁹

EACH



STARBUCKS
COFFEE ENHANCERS
820 ML
SELECTED VARIETIES

LOCKED DOWN

6⁹⁹

EACH



STARBUCKS
COFFEE CAPSULES
10'S
SELECTED VARIETIES

THIS WEEK ONLY

9⁹⁹

EACH



NESTLÉ
NESQUIK
SYRUP
510 - 700 ML
NESQUIK
POWDER MIX
540 G
SELECTED VARIETIES

LOCKED DOWN

7⁴⁹

EACH



STARBUCKS NESPRESSO COFFEE CAPSULES
8 - 10'S
SELECTED VARIETIES

LOCKED DOWN

12⁷⁹

EACH



SAN PELLEGRINO
SPARKLING DRINKS
6 x 330 ML
SELECTED VARIETIES



LOCKED DOWN

6⁹⁹

EACH



MAISON PERRIER SPARKLING WATER
8 x 330 ML
SELECTED VARIETIES

LOCKED DOWN

7⁹⁹

EACH



NESTLÉ
CHOCOLATE
BAR
99 G
SELECTED VARIETIES

LOCKED DOWN

2⁴⁹

EACH

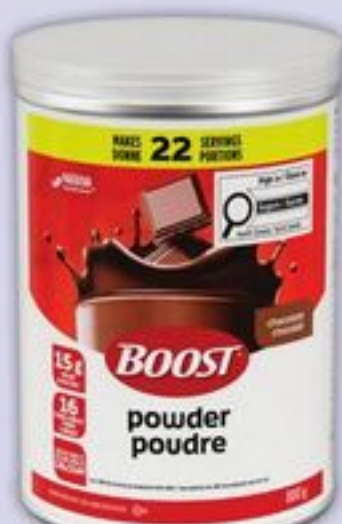


NESTLÉ
CHOCOLATE
BARS
4'S
CELLOS
135 - 180 G
SELECTED VARIETIES

LOCKED DOWN

3⁹⁹

EACH



BOOST
INSTANT
BREAKFAST
SELECTED VARIETIES

LOCKED DOWN

15⁹⁹

EACH



NESTLÉ NIDO
TODDLER
NUTRITIONAL
SUPPLEMENT
850 G
SELECTED VARIETIES

LOCKED DOWN

26⁴⁹

EACH




contest*
moi
 rewards



HELLMAN'S MAYONNAISE
1.42 L
SELECTED VARIETIES

THIS WEEK ONLY

949
EACH



HELLMANN'S MAYONNAISE
750 - 890 ML
SELECTED VARIETIES

THIS WEEK ONLY

599
EACH



HELLMANN'S MAYONNAISE
445 ML
FLAVOURED
340 ML
SELECTED VARIETIES

LOCKED DOWN

399
EACH

When purchasing two (2) Hellmann's products get a chance to

WIN* a Canada Soccer Team VIP Experience

to participate

- buy 2 Hellmann's participating products
- use your moi rewards card at checkout
- you're automatically entered




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MUTTI TOMATOES OR PASSATA
680 - 796 ML
SELECTED VARIETIES



THIS WEEK ONLY

449
EACH



ITALPASTA ARTISAN PASTA
450 G
SELECTED VARIETIES

THIS WEEK ONLY

199
EACH



ITALPASTA ARTISAN PASTA
450 G
SELECTED VARIETIES

THIS WEEK ONLY

199
EACH



MUTTI TOMATO POLPA
398 ML

THIS WEEK ONLY

249
EACH



MUTTI TOMATO PASTE OR PIZZA SAUCE
156 - 398 ML
SELECTED VARIETIES

THIS WEEK ONLY

349
EACH



MUTTI SAN MARZANO TOMATOES
398 ML

THIS WEEK ONLY

549
EACH



MUTTI PASTA SAUCE
460 ML
SELECTED VARIETIES

THIS WEEK ONLY

849
EACH

PERSONAL CARE FOR LESS



LISTERINE MOUTHWASH
1 L
SELECTED VARIETIES

THIS WEEK ONLY

5.99
EACH



POISE
FRESH PROTECTIONS
PADS

DEPEND
UNDERWEAR
17.5
POISE
PADS
27 - 46'S
SELECTED VARIETIES

LOCKED DOWN

17.99
EACH



CREST TOOTHPASTE
120 ML
SELECTED VARIETIES

LOCKED DOWN

3.49
EACH



IVORY
BODY WASH
621 ML
SELECTED VARIETIES

THIS WEEK ONLY

5.49
EACH



COLGATE TOOTHPASTE
120 ML
TOOTHBRUSH
4'S
SELECTED VARIETIES

LOCKED DOWN

5.49
EACH



GARNIER HAIR CARE
SELECTED VARIETIES

THIS WEEK ONLY

5.49
EACH



OLD SPICE DEODORANT
SELECTED VARIETIES

THIS WEEK ONLY

5.99
EACH



OGX HAIR CARE
385 ML
SELECTED VARIETIES

LOCKED DOWN

7.99
EACH



PAMPERS SENSITIVE BABY WIPES
56'S
SELECTED VARIETIES

LOCKED DOWN

3.49
EACH



EDGE SHAVE GEL
190 G
SELECTED VARIETIES

LOCKED DOWN

3.99
EACH



BAND-AID
FLEXIBLE FABRIC
50'S
SELECTED VARIETIES

LOCKED DOWN

4.99
EACH



CLIF ENERGY BARS
10'S
SELECTED VARIETIES

LOCKED DOWN

16.99
EACH

OUR PHARMACISTS CAN ASSESS & TREAT MINOR CONDITIONS*

pharmacy



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 to find a location near you.



JAMIESON VITAMIN A, D3
SELECTED VARIETIES

LOCKED DOWN

6.99
EACH



JAMIESON VITAMIN D3 GUMMIES, ZINC
SELECTED VARIETIES

LOCKED DOWN

10.99
EACH



JAMIESON CALCIUM MAGNESIUM + D3, MELATONIN
SELECTED VARIETIES

LOCKED DOWN

11.99
EACH



WEBBER NATURALS OMEGA-3 SOFTGELS
SELECTED VARIETIES

LOCKED DOWN

27.99
EACH



VITAL PROTEINS COLLAGEN PEPTIDES
284 G
SELECTED VARIETIES

LOCKED DOWN

27.99
EACH



GENUINE HEALTH NUTRITIONAL SUPPLEMENT
208 - 229 G
SELECTED VARIETIES

LOCKED DOWN

32.99
EACH



REACTINE ALLERGY RELIEF
48'S
SELECTED VARIETIES

THIS WEEK ONLY

34.99
EACH



VEGA PROTEIN SHAKE
827 - 876 G
SELECTED VARIETIES

LOCKED DOWN

48.99
EACH