

# food Basics

CANADIAN AND PROUD

# ALWAYS MORE FOR LESS

# CRAZY 8 SALE



**8 CRAZY 338 EACH**

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



**8 CRAZY 298 /LB**

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



**8 CRAZY 498 EACH**

**IRRESISTIBLE MUFFINS**  
600 G SELECTED VARIETIES



**8 CRAZY 598 EACH**

**SCHNEIDERS PEPPERETTES**  
330 - 375 G SELECTED VARIETIES



**8 CRAZY 298 EACH**

**RUFFLES POTATO CHIPS OR CHEETOS**  
180 - 285 G SELECTED VARIETIES



**8 CRAZY 168 EACH**

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



**8 CRAZY 288 EACH**

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



**8 CRAZY 398 EACH**

**IRRESISTIBLE FRUIT 400 - 600 G FROZEN ASTRO ORIGINAL BALKAN YOGURT 12 X 100 G**  
SELECTED VARIETIES



**8 CRAZY 248 EACH**

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



**8 CRAZY 1988 EACH**

**KIMBO ESPRESSO BEANS 1 KG**



**8 CRAZY 988 EACH**

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



**8 CRAZY 498 EACH**

**CASHMERE BATHROOM TISSUE 8 - 125 - 245**  
SELECTED VARIETIES

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, APRIL 16<sup>TH</sup> TO WEDNESDAY, APRIL 22<sup>ND</sup>, 2026  
PRICES IN THIS FLYER AVAILABLE AT ALL SAULT STE. MARIE, ANCASTER, GRIMSBY, HAMILTON, NIAGARA FALLS, BOLTON & WOODBRIDGE 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**  
**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

**IRRISISTIBLES NUTS**  
200 - 250 G  
SELECTED VARIETIES

GET READY TO SAVE! GREAT PRICES START FROM 10:00 AM. PRICES IN THIS FLYER AVAILABLE AT ALL SAULT STE. MARIE, AND...  
To view local store flyer, visit [foodbasics.ca](http://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**

**BECEL 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 Cheddar Cheese Fromage cheddar

**Black Diamond** MARBLE-MARBRE

**Galbani** Mozzarella

**BLACK DIAMOND CHEESE SHREDS** 400 G \$29.98

**NATURAL CHEESE SLICES** 228 - 240 G \$29.98

**GALBANI MOZZARELLA** 500 G \$29.98

SELECTED VARIETIES

**8 CRAZY 5.48 EACH**

**Irresistible** 31-40 LARGE-GROULES

**Irresistible** 31-40 LARGE-GROULES

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

**8 CRAZY 6.88 EACH**

**Lactantia** PurFiltre PURES TATSIS - LAIT PASTEURISÉ

**Lactantia** PurFiltre PURES TATSIS - LAIT PASTEURISÉ

**LACTANTIA PURFILTRÉ MILK** 2 L SELECTED VARIETIES

**8 CRAZY 4.98 EACH**

**Dr. Oetker** Ristorante PIZZA SPINACI

**Dr. Oetker** Casa di Mama

**DR. OETKER RISTORANTE PIZZA** 269 - 390 G

**CASA DI MAMA** 395 - 410 G FROZEN SELECTED VARIETIES

**8 CRAZY 4.48 EACH**

**Kraft** Singles Original Cheddar Original

**PHILADELPHIA** ORIGINAL Cream Cheese

**CHEEZ WHIZ** SPREAD

**KRAFT SINGLES** 4100 G \$39.98

**PHILADELPHIA CREAM CHEESE** 227 - 239 G \$29.98

**CHEEZ WHIZ SPREAD** 450 G \$29.98

SELECTED VARIETIES

**8 CRAZY 3.98 EACH**

**Crave** BUFFALO CHICKEN MACARONI & CHEESE

**Crave** MACARONI ET FROMAGE POULET BUFFALO

**Crave** LOADED CHEESY POTATOES WITH CORN & ANJOU BEEF

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

**Crave** DINNER MEALS 300 - 340 G FROZEN SELECTED VARIETIES

**8 CRAZY 3.88 EACH**

**Natrei** LACTOSE FREE MILK

**Silk** PrACTIVIA YOGURT LACTOSE FREE MILK

**ACTIVIA** GUT HEALTH - SANTÉ DIGESTIVE

**NATREI LACTOSE FREE MILK** 2 L \$29.98

**SILK PROTEIN SOY BEVERAGE** 1.42 L \$29.98

SELECTED VARIETIES

**8 CRAZY 5.98 EACH**

**Nature Valley** Sweet & SALTY ALMOND

**FIBRE 1** BROWNIES CHOCOLATEY FIBRE

**NATURE VALLEY GRANOLA BARS** 148 - 175 G

**FIBRE 1 SNACK BARS** 125 G SELECTED VARIETIES

**8 CRAZY 2.88 EACH**

**Beatrice** CHOCOLATE MILK

**CHEEZ-IT** ORIGINAL CRACKERS

**BEATRICE CHOCOLATE MILK** 1 L \$19.98

**CHEEZ-IT CRACKERS** 191 - 200 G SELECTED VARIETIES

**8 CRAZY 1.98 EACH**

**Cascade** PLATINUM

**Tide** PODS 3-19

**Tide** 4+ months 100 LOADS

**TIDE LAUNDRY DETERGENT** 3.3 L - 100 LOADS

**PODS** 45 - 765

**CASCADE DISHWASHER TABS** 51 - 675

SELECTED VARIETIES

**8 CRAZY 21.88 EACH**

**Scotties** HOUSE & HOME

**Sponge Towels** ULTRA

**SCOTTIES FACIAL TISSUE** 65 SELECTED VARIETIES

**8 CRAZY 6.88 EACH**

**Pampers** swaddlers best dryness & comfort ever

**Pampers** swaddlers our best dryness & comfort ever

**PAMPERS SWADDLERS DIAPERS** 124 - 1745 SELECTED VARIETIES

**8 CRAZY 36.88 EACH**

**Coca-Cola** i earn with 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** 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

Limit of one Moi Rewards bonus offer per account per day. Certain conditions apply. see moirewards.ca for conditions. Moi Rewards is a trademark of Metro Inc.



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  
828 - 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  
38 - 45'S  
SELECTED VARIETIES

LOCKED DOWN  
**13.99**  
EACH

**55**  
points

# CHOOSE CANADIAN



**1 LB**

**WE LOVE LOCAL**  
Produce

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

**3<sup>99</sup>**  
EACH

**CRUNCHY**  
GREEN LEAF LETTUCE  
LAITUE 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

**3<sup>99</sup>**  
EACH

**Natural Bacon naturel**  
Original

**SCHNEIDERS**  
Maple Leaf Bacon  
CLASSIC CUT BACON COUPE CLASSIQUE

**5<sup>99</sup>**  
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

**9<sup>99</sup>**  
EACH

**Irresistible**  
BANANA-CHOCOLAT CHIP

**Irresistible**  
BLUEBERRY BLEUETS

**IRRESISTIBLE MUFFINS**  
400 G  
SELECTED VARIETIES

**4<sup>98</sup>**  
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

**2<sup>99</sup>**  
EACH

**Lactantia**  
PurFiltre

**Lactantia**  
PurFiltre

**LACTANTIA PURFILTRE MILK**  
2 L  
SELECTED VARIETIES

**4<sup>98</sup>**  
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

**4<sup>48</sup>**  
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

**3<sup>98</sup>**  
EACH

**Diana Sauce**

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

**2<sup>99</sup>**  
EACH

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

**Black Diamond**  
MARBLE • MARBRÉ

**Black Diamond**  
SHREDS

**Black Diamond**  
NATURAL CHEESE SLICES

**Black Diamond**  
GALBANI MOZZARELLA

**BLACK DIAMOND CHEESE**  
400 G

**NATURAL CHEESE SLICES**  
220 - 240 G

**GALBANI MOZZARELLA**  
500 G  
SELECTED VARIETIES

**5<sup>48</sup>**  
EACH

**HELLMANN'S**  
REAL YRAIE  
MAYONNAISE

**HELLMANN'S**  
REAL YRAIE  
MAYONNAISE

**HELLMANN'S MAYONNAISE**  
750 - 890 ML  
SELECTED VARIETIES

**5<sup>99</sup>**  
EACH

**Ruffles**  
REGULAR NATURE

**Cheetos**  
Puffs Soufflés

**RUFFLES POTATO CHIPS OR CHEETOS**  
180 - 285 G  
SELECTED VARIETIES

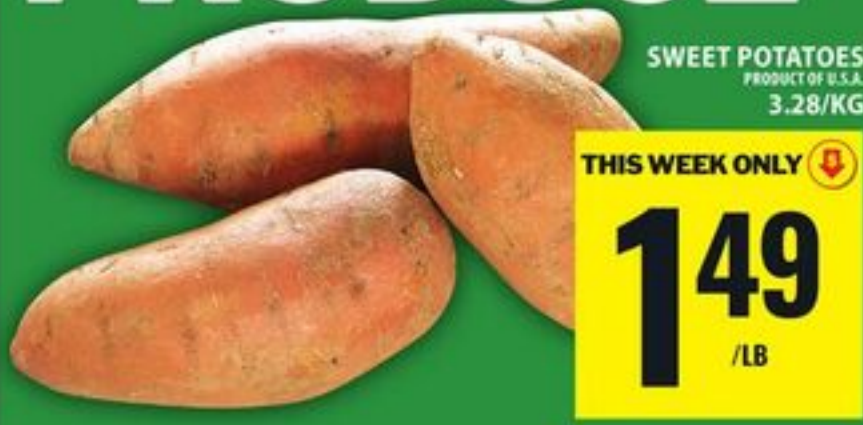
**2<sup>98</sup>**  
EACH

**Cashmere**  
BATHROOM TISSUE  
8 - 125 - 245  
SELECTED VARIETIES

**4<sup>98</sup>**  
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  
*Canada*

SEEDLESS  
CUCUMBERS  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE

THIS WEEK ONLY   
**1.99**  
EACH



1 LB

WE LOVE LOCAL  
*Canada*

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  
*Canada*

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  
LAITUE VERT

VISION GREENS

FANCY  
SPRING MIX  
MÉLANGE PRINTANIER

VISION GREENS

VISION GREENS  
LETTUCES  
113 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**3.99**  
EACH



WE LOVE LOCAL  
*Canada*

Green Beans  
HARICOTS VERTS

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

100% FRUIT & VEGGIE BAR  
fruit source

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

pick Ontario

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 SALAMI  
300 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**7.99** EACH

BALDERSTON EXTRA OLD CHEDDAR  
250 - 280 G  
SELECTED VARIETIES

**LOCKED DOWN**

**8.49** EACH

SUMMER FRESH SALADS  
500 G  
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 FISH FILLETS OR CATCH OF THE DAY FISH FILLETS  
425 G - 1.32 KG FROZEN  
SELECTED VARIETIES

# BAKERY



DEMPSTER'S BREAD 475 G  
BUNS #5  
SELECTED VARIETIES

THIS WEEK ONLY  
**2.69**  
EACH



THIS WEEK ONLY  
**2.99**  
EACH



THIS WEEK ONLY  
**2.99**  
EACH



THIS WEEK ONLY  
**4.29**  
EACH

## MORE GREAT SAVINGS FOR LESS



LOCKED DOWN  
**3.29**  
EACH

**20**  
points



LOCKED DOWN  
**3.99**  
EACH



LOCKED DOWN  
**4.29**  
EACH



LOCKED DOWN  
**2.49**  
EACH



LOCKED DOWN  
**6.99**  
EACH



LOCKED DOWN  
**15.99**  
EACH



LOCKED DOWN  
**5.99**  
EACH



LOCKED DOWN  
**1.88**  
EACH



LOCKED DOWN  
**8.99**  
EACH



LOCKED DOWN  
**1.99**  
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  
**6.99**  
EACH



THIS WEEK ONLY  
**2.49**  
EACH

# LOCKED DOWN



HAZELNUT  
Coffee mate  
FRENCH VANILLE  
Coffee mate

NESTLÉ COFFEE MATE COFFEE ENHANCER  
828 • 946 ML  
SELECTED VARIETIES

LOCKED DOWN

**449**  
EACH

Hazelnut Noisettes  
Smooth Crémeux

KRAFT PEANUT BUTTER  
1 KG  
HAZELNUT SPREAD  
725 G  
SELECTED VARIETIES

LOCKED DOWN

**598**  
EACH

Babybel  
100% VEAL PROMOCHE REAL CHEESE  
DANS LACTOSE FREE  
100% LACTOSE FREE  
100% VEAL PROMOCHE REAL CHEESE  
x6

BABYBEL CHEESE  
120 G  
SELECTED VARIETIES

LOCKED DOWN

**399**  
EACH

MADE GOOD  
Granola Bars  
Chocolate Chip

MADE GOOD ORGANIC GRANOLA BARS  
5x24 G  
SELECTED VARIETIES

LOCKED DOWN

**349**  
EACH

VEGGIE CRISPS  
LÉGUMES  
zesty ranch  
ranch mordant

Breton BITES

DARE CRACKERS OR VEGGIE CRISPS  
100 • 225 G  
SELECTED VARIETIES

LOCKED DOWN

**299**  
EACH

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

LOCKED DOWN

**299**  
EACH

TACO BELL  
CRUNCHWRAP SUPREME

TACO BELL SUPREME CRUNCH WRAP  
642 G  
SELECTED VARIETIES

LOCKED DOWN

**699**  
EACH

ALLEN'S  
Fruit Cocktail  
Apple Juice

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

LOCKED DOWN

**299**  
EACH

PERFECT NOODLES EVERY TIME  
NO YOLKS  
Cholesterol Free Egg White Noodles  
EXTRA BROAD  
Cooked in Low Sodium

NO YOLKS EGG NOODLES  
348 G  
SELECTED VARIETIES

LOCKED DOWN

**299**  
EACH

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

**449**  
EACH

Silk  
Almond  
SILK ALMOND BEVERAGE  
946 ML  
SELECTED VARIETIES

LOCKED DOWN

**299**  
EACH

eska  
ESKÄ SPRING WATER  
24 x 500 ML  
SELECTED VARIETIES

LOCKED DOWN

**499**  
EACH

Garden of Eatin'  
Veggie Straws  
Original  
Sensible Portions  
VEGGIE SNACKS  
120 • 142 G  
SELECTED VARIETIES

LOCKED DOWN

**299**  
EACH

BOSTON MARKET  
CHICKEN PARMESAN  
POULET AU PARMESAN  
SWEET & SOUR CHICKEN  
POULET AIGRE-DOUX

BOSTON MARKET MEAL  
125 • 300 G  
FROZEN  
SELECTED VARIETIES

LOCKED DOWN

**549**  
EACH

CLOROX  
Original  
PINE-SOL  
CLEANER  
1.49 L  
CLOROX BLEACH  
2.4 L  
SELECTED VARIETIES

LOCKED DOWN

**499**  
EACH

pledge  
PLEDGE FURNITURE SPRAY  
275 G  
SELECTED VARIETIES

LOCKED DOWN

**699**  
EACH

AIR WICK  
Essential Oils  
AIR WICK AIR FRESHENER REFILLS  
2 x 20 ML  
SELECTED VARIETIES

LOCKED DOWN

**1099**  
EACH

GLAD  
BLACK  
SMALL 10 L  
GLAD GARBAGE BAGS  
30 • 48 L  
SELECTED VARIETIES

GLAD  
COMPOST  
SMALL 10 L  
2 x 20 ML  
SELECTED VARIETIES

LOCKED DOWN

**1199**  
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 BEEF BŒUF  
6 SERVINGS

Knorr CHICKEN POULET  
6 SERVINGS

Knorr VEGETABLE LÉGUMES  
20 SERVINGS

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

**THIS WEEK ONLY**

**1.99**  
EACH

**3/\$5**

Knorr Sidekicks  
CREAMY BACON CARBONARA  
CARBONARA CRÉMEUSES AU BACON

HELLMANN'S  
CHIPOTLE  
GARLIC & LEMON

HELLMANN'S  
FLAVOURED MAYONNAISE  
340 ML  
SELECTED VARIETIES

**THIS WEEK ONLY**

**1.79**  
EACH

**LOCKED DOWN**

**3.99**  
EACH



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

**LOCKED DOWN**

**3.29**  
EACH

Christie Crispers  
BITE SIZE CRISPER SNACKS  
145 G  
SELECTED VARIETIES

Christie Bits & Bites  
Méli-Méli  
ORIGINAL

Christie Crispers  
ORIGINAL

Christie Bits & Bites  
OR CRISPERS  
SNACKS  
145 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**2.75**  
EACH

Cadbury DAIRY MILK  
MILK CHOCOLATE  
CHOCOLAT AU LAIT

Cadbury Mini Eggs  
151 G

CADBURY DAIRY MILK  
CHOCOLATE BAR  
144 - 180 G

CADBURY MINI EGGS  
151 G  
SELECTED VARIETIES

**LOCKED DOWN**

**4.49**  
EACH



Christie RITZ  
FAMILY SIZE  
200

Christie Toppables  
FAMILY SIZE

Chips Ahoy!  
ORIGINAL ORIGINAL

The Original OREO  
Vanilla Cream

CHRISTIE FAMILY SIZE  
CRACKERS  
200 - 454 G  
SELECTED VARIETIES

**LOCKED DOWN**

**3.99**  
EACH

CHRISTIE FAMILY SIZE  
COOKIES  
200 - 400 G  
SELECTED VARIETIES

**LOCKED DOWN**

**4.99**  
EACH



original original  
**Skittles Gummies**

**LOCKED DOWN**

**2.49**  
EACH

SKITTLES CANDY  
140 - 170 G  
SELECTED VARIETIES

Mars CHOCOLATE BARS  
48 - 52 G  
SELECTED VARIETIES

SNICKERS  
102 G

excel  
WHITE BLANCHE 12

excel  
FRESH MINT

MARS CHOCOLATE BARS  
48 - 52 G  
SELECTED VARIETIES

**LOCKED DOWN**

**99¢**  
EACH

EXCEL GUM  
EACH  
SELECTED VARIETIES

**LOCKED DOWN**

**99¢**  
EACH

Mega Pack Mega-format  
Tasty CHICKEN Flavour  
Savour de POULET succulent

Whiskas Temptations  
CAT TREATS  
100 G  
SELECTED VARIETIES

IAMS  
PROACTIVE HEALTH  
CAT FOOD  
5.18 KG  
SELECTED VARIETIES

**LOCKED DOWN**

**2.99**  
EACH

**LOCKED DOWN**

**2.49**  
EACH



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

**LOCKED DOWN**

**3.48**  
EACH

NATURE VALLEY TRAIL MIX  
FRUIT & NUT  
MADE WITH REAL FRUIT

Betty Crocker Fruit Snacks  
128 - 226 G  
SELECTED VARIETIES

Gushers  
NEW! NEW!  
ADDITIONELLE!

NATURE VALLEY CHEWY BARS 130 - 210 G  
BETTY CROCKER FRUIT SNACKS 128 - 226 G  
SELECTED VARIETIES

**LOCKED DOWN**

**2.99**  
EACH



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

OLD EL PASO  
DINNER KIT  
HARD & SOFT TACO

OLD EL PASO  
DINNER KIT  
SOFT TACO

OLD EL PASO  
TACO KIT  
340 G  
SELECTED VARIETIES

**LOCKED DOWN**

**3.99**  
EACH

# MORE

FLAVOURS OF THE WORLD



ANDY BOY  
RAPINI  
PRODUCT OF U.S.A.

THIS WEEK ONLY   
**288**  
EACH



RADICCHIO  
PRODUCT OF U.S.A. OR MEXICO  
8.80/KG

THIS WEEK ONLY   
**399**  
/LB



FONTAINE FRESH BREADED VEAL CUTLETS  
GRAIN FED  
28.64/KG

THIS WEEK ONLY   
**1299**  
/LB



WHOLE EUROPEAN SEA BASS  
FRESH  
26.43/KG

THIS WEEK ONLY   
**1199**  
/LB



TRE STELLE  
MASCARPONE  
475 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**1099**  
EACH



IRRÉSISTIBLE  
PORTUGUESE  
TARTS  
450 G  
FROZEN

THIS WEEK ONLY   
**649**  
EACH



PANTANELLA  
SPELT PASTA  
400 - 454 G  
SELECTED VARIETIES

LOCKED DOWN   
**369**  
EACH



ALESSIA  
SAN MARZANO  
TOMATOES  
796 ML  
SELECTED VARIETIES

LOCKED DOWN   
**549**  
EACH



POLARA SOFT  
DRINKS  
473 ML  
SAN CARLO CHIPS  
150 - 180 G  
SELECTED VARIETIES

LOCKED DOWN   
**499**  
EACH



AURORA  
CANDY BAG  
150 G  
SELECTED VARIETIES

LOCKED DOWN   
**249**  
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  
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  
750 - 700 ML  
SELECTED VARIETIES

LOCKED DOWN  
**3.49**  
EACH



BEST  
NECTAR  
CEDAR  
TEA BAGS  
20'S  
SELECTED VARIETIES

LOCKED DOWN  
**2.99**  
EACH



CEDAR GRAPE LEAVES OR MARINATED VEGETABLES  
1 L  
PHOENICIA  
CORNEED 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

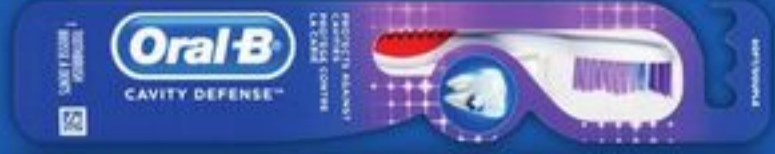


**iögo nanö  
GRAB AND GO YOGURT**  
4.8 100%  
SELECTED VARIETIES

**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



**LOCKED DOWN**

**9.99** EACH



**LOCKED DOWN**

**11.99** EACH



**LOCKED DOWN**

**13.99** EACH



**LOCKED DOWN**

**10.99** EACH



**LOCKED DOWN**

**7.99** EACH



**LOCKED DOWN**

**9.49** EACH



**LOCKED DOWN**

**2/\$5**



**LOCKED DOWN**

**3/\$6**



**LOCKED DOWN**

**9.49** EACH



**ALWAYS GREAT PRICE**

**1.99** EACH



**ALWAYS GREAT PRICE**

**2.99** EACH



**ALWAYS GREAT PRICE**

**12.99** EACH

**55 points**

Coca-Cola

i earn with moi  
rewards



CANADA DRY

THIS WEEK ONLY



13<sup>99</sup>  
EACH



125  
points

value of \$1

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



POWER ADE.

24  
PACK  
591  
mL

THIS WEEK ONLY



15<sup>99</sup>  
EACH

125  
points

value of \$1

POWERADE SPORT DRINKS  
24 X 591 ML  
SELECTED VARIETIES