

# food Basics

CANADIAN AND PROUD

## ALWAYS MORE FOR LESS



THIS WEEK ONLY

**6<sup>98</sup>**  
EACH

NORTHERN KING WHOLE TILAPIA FISH OR ANCHOR'S BAY COOKED PEELED SHRIMP  
31-40 CT  
400 G - 1 KG FROZEN SELECTED VARIETIES



THIS WEEK ONLY

**3<sup>98</sup>**  
/LB



THIS WEEK ONLY

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

VILLAGGIO BREAD  
590-875 G  
BUNS  
8-13  
SELECTED VARIETIES



THIS WEEK ONLY

**3<sup>48</sup>**  
EACH

SCHNEIDERS RED HOTS, MAPLE LEAF TOP DOGS OR MINA HALAL CHICKEN WIENERS  
375 - 475 G OR  
SCHNEIDERS MEAT PIES  
330 - 400 G FROZEN SELECTED VARIETIES  
WHILE QUANTITIES LAST



DARE COOKIES OR CRACKERS  
100 - 315 G  
SELECTED VARIETIES

THIS WEEK ONLY

**2<sup>22</sup>**  
EACH



THIS WEEK ONLY

**2<sup>98</sup>**  
/LB

LOU'S KITCHEN BONELESS PEAMEAL CHUB  
SELECTED VARIETIES  
WHILE QUANTITIES LAST  
6.57/KG



THIS WEEK ONLY

**3<sup>48</sup>**  
EACH

HEREFORD CORNED BEEF 340 G  
HORMEL SPAM 340 G  
GOLD SEAL PINK SALMON 213 G  
SELECTED VARIETIES



THIS WEEK ONLY

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

IRRÉSISTIBLE PIZZA  
340 - 390 G FROZEN SELECTED VARIETIES



THIS WEEK ONLY

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

SELECTION CHEESE  
400 G  
SHREDS  
320 G  
SELECTED VARIETIES



THIS WEEK ONLY

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



GENERAL MILLS FAMILY SIZE CEREAL  
455 - 770 G SELECTED VARIETIES



THIS WEEK ONLY

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

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

LAY'S POTATO CHIPS OR SMARTFOOD POPCORN  
150 - 235 G  
SELECTED VARIETIES

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, APRIL 9<sup>TH</sup> TO WEDNESDAY, APRIL 15<sup>TH</sup>, 2026  
PRICES IN THIS FLYER AVAILABLE AT ALL ETOBICOKE, MISSISSAUGA, NORTH YORK, RICHMOND HILL, SCARBOROUGH, TORONTO, THORNHILL, EMERALD PARK, MARKHAM, AJAX, OSHTAWA, COURTCICE, 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



THIS WEEK ONLY

**98¢**  
/LB

**BARTLETT PEARS**  
PRODUCT OF SOUTH AFRICA, EXTRA FANCY GRADE  
**RED DELICIOUS APPLES**  
PRODUCT OF ONTARIO, EXTRA FANCY GRADE  
2.16/KG



**NAVEL SEEDLESS ORANGES**  
PRODUCT OF SOUTH AFRICA  
3 LB  
**AVOCADOS**  
PRODUCT OF MEXICO  
OR PERU  
5 OR 6 PACK



THIS WEEK ONLY

**288**  
EACH



THIS WEEK ONLY

**288**  
EACH

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



THIS WEEK ONLY

**398**  
EACH

**DOLE SALAD KIT** 269 - 347 G  
**SWEET KALE SALAD KIT** 340 G



**APPROX. 5 LB CASE**

THIS WEEK ONLY

**698**  
EACH

**ATAULFO HONEY MANGO CASE**  
PRODUCT OF MEXICO  
2 KG

**GET READY TO SAVE! GREAT PRICES START**  
PRICES IN THIS FLYER AVAILABLE AT ALL ETOBICOKE, MISSISSAUGA, NORTH YORK, NEWMARKET, PICKERING, AND 8910 HWY 50 BLDG.  
To view local store flyer, visit [foodbasics.ca](http://foodbasics.ca), where

# ALWAYS GREAT PRICE



**PREMIÈRE MOISSON BREAD**  
475 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE

**299**  
EACH



SELECTION CEREALS  
370 - 775 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE

**497**  
EACH



ALWAYS GREAT PRICE

**199**  
EACH



SELECTION OR LIFE SMART TOMATOES  
796 mL  
SELECTED VARIETIES



**IRRESISTIBLE CABBAGE ROLLS**  
1.13 KG  
FROZEN  
SELECTED VARIETIES

ALWAYS GREAT PRICE

**1099**  
EACH



LACTANTIA PURIFILTRE MILK 2L  
SELECTED VARIETIES

LOCKED DOWN **4.98** EACH



THIS WEEK ONLY **2.99** EACH



BEATRICE CHOCOLATE MILK 1L  
SELECTED VARIETIES

LOCKED DOWN **1.98** EACH



THIS WEEK ONLY **4.99** EACH

**25** points



KRAFT SINGLES 498 G  
PHILADELPHIA CREAM CHEESE 227-258 G  
CHEEZ WHIZ SPREAD 458 G  
SELECTED VARIETIES

LOCKED DOWN **3.98** EACH



KRAFT PEANUT BUTTER 758 G - 1 KG  
HAZELNUT SPREAD 725 G  
SELECTED VARIETIES

LOCKED DOWN **5.99** EACH



OCEAN'S LIGHT TUNA 178 G  
BEN'S ORIGINAL FAST & FANCY RICE 132 G  
SELECTED VARIETIES

THIS WEEK ONLY **1.25** EACH



MAXWELL HOUSE HOUSE BLEND MÉLANGE MAISON 30'S  
NABOB ESTD 1896 ZERO WASTE ZERO

THIS WEEK ONLY **14.99** EACH



COCA-COLA, CANADA DRY GINGER ALE OR PEPSI SOFT DRINKS 2L  
SELECTED VARIETIES

THIS WEEK ONLY **2.49** EACH



COCA-COLA, CANADA DRY GINGER ALE OR PEPSI SOFT DRINKS 24 x 355 ML  
SELECTED VARIETIES

THIS WEEK ONLY **13.99** EACH



CHARMIN BATHROOM TISSUE 8-26'S  
BOUNTY PAPER TOWELS 3-6'S  
SELECTED VARIETIES

THIS WEEK ONLY **6.99** EACH

**125** points  
value of \$1



PUREX, PERSIL OR SUNLIGHT LAUNDRY DETERGENT 1.86-4.63 L - 48-110 L OZS  
SELECTED VARIETIES

THIS WEEK ONLY **11.99** EACH

### Mondelez International i earn with moi rewards



THIS WEEK ONLY **4.49** EACH

**60** points



CHRISTIE FAMILY SIZE COOKIES 285-488 G  
RITZ DRIZZLED MINIS OR SNAK PAKS 226-289 G  
SELECTED VARIETIES, WHILE QUANTITIES LAST

THIS WEEK ONLY **4.99** EACH

**60** points

\*IN STOCK POLICY: Food Basics offers an in-stock guarantee for all items in its current flyer. If we are temporarily out-of-stock on an advertised item in our current flyer, a Rain Check will be issued with 10% off the advertised price of the item redeemable within 30 days from the date of issue. Rain Checks are not issued if the ad in the flyer states, "While Quantities Last", "Special Buy" or "No Rain Checks", or on in-store cooked BBQ Chicken and Hot Pizza, Beer, Cider and Wine, Independent Third Party Vendors, "Our Seafood Market" and "Our Butcher Shop by Nossio Talho". Please see the Customer Service desk at your Food Basics for full details. For retail sale only; If there is a limit stated in the ad, Rain Checks up to the stated limit may be issued. If there is no limit stated in the ad, we reserve the right to limit quantities to reasonable requirements. Limit: One Rain Check per household per item per day.

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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.



CLEMENTINES  
PRODUCT OF MOROCCO  
2.18

THIS WEEK ONLY  
**4.99**  
EACH

**25**  
points

**BUTTERBALL**  
RAISED WITHOUT ANTIBIOTICS  
LEAN UNCOOKED  
Turkey Burgers  
original seasoned

THIS WEEK ONLY  
**9.99**  
EACH

**50**  
points

BUTTERBALL TURKEY BURGERS  
852 G, FROZEN SELECTED VARIETIES

**OLYMEL**  
PEPPERONI

THIS WEEK ONLY  
**5.99**  
EACH

**30**  
points

OLYMEL PEPPERONI  
300 G  
SELECTED VARIETIES

**ACTIVIA**  
active probiotics  
Immune system

LOCKED DOWN  
**5.49**  
EACH

**30**  
points

ACTIVIA DRINKABLE YOGURT  
8 X 93 ML SELECTED VARIETIES

**Kiri**  
ORIGINAL

LOCKED DOWN  
**4.99**  
EACH

**25**  
points

KIRI CREAM CHEESE PRODUCT  
144 G  
SELECTED VARIETIES

**MINI**  
EGG Bites!

LOCKED DOWN  
**6.99**  
EACH

**35**  
points

BURNBRAE EGG BAKES OR BITES  
334 - 340 G SELECTED VARIETIES

**KICKING HORSE**  
GROUND COFFEE

THIS WEEK ONLY  
**9.99**  
EACH

**50**  
points

KICKING HORSE GROUND COFFEE  
284 G  
SELECTED VARIETIES

**SWEET BABY RAY'S**  
The Sauce is the Best!

SWEET BABY RAY'S  
BBQ SAUCE  
425 ML  
SELECTED VARIETIES

LOCKED DOWN  
**3.49**  
EACH

**20**  
points

**Ben's**  
Original  
JASMINE RICE  
RIZ JASMIN

LOCKED DOWN  
**1.99**  
EACH

**10**  
points

BEN'S ORIGINAL RICE CUPS  
42 G  
SELECTED VARIETIES

**Realemon**  
LEMON JUICE  
945 ML  
SELECTED VARIETIES

LOCKED DOWN  
**2.99**  
EACH

**15**  
points

**PLANTERS**  
Deluxe  
SALTED  
WHOLE CASHEWS

LOCKED DOWN  
**4.99**  
EACH

**25**  
points

PLANTERS CASHEWS  
200 G  
SELECTED VARIETIES

**DAINTY**  
JASMINE - JASMIN

DAINTY JASMINE RICE  
1.6 KG  
SELECTED VARIETIES

LOCKED DOWN  
**9.99**  
EACH

**45**  
points

**S.O.S.**  
STEEL WOOL PADS

LOCKED DOWN  
**2.99**  
EACH

**15**  
points

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

# CHOOSE CANADIAN



WHOLE WHITE OR CRIMINI MUSHROOMS  
PRODUCT OF ONTARIO, 454 G

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



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

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



WATSON RIDGE FULLY COOKED BREADED CHICKEN  
300 G FROZEN  
SELECTED VARIETIES

**6<sup>99</sup>**  
EACH



PRIME RAISED WITHOUT ANTIBIOTICS FRESH BONELESS SKINLESS CHICKEN BREAST  
THIN SLICE, FILLETS OR DICED  
AIR CHILLED  
26.43/KG

**11<sup>99</sup>**  
/LB



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

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



SELECTION BAGELS  
340 - 510 G  
ENGLISH MUFFINS  
6'S  
SELECTED VARIETIES

**1<sup>99</sup>**  
EACH



SELECTION CHEESE SHREDS  
400 G  
320 G  
SELECTED VARIETIES

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



IRRESISTIBLE PIZZA  
340 - 390 G  
FROZEN  
SELECTED VARIETIES

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



LACTANTIA PURFILTRÉ MILK  
2 L  
SELECTED VARIETIES

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



MCCAIN DEEP'N DELICIOUS CAKE  
510 G  
HÄAGEN-DAZS ICE CREAM  
450 ML  
NOVELTIES  
3 - 4'S  
SELECTED VARIETIES

**4<sup>99</sup>**  
EACH

**25**  
points



KRAFT SINGLES 410 G  
PHILADELPHIA CREAM CHEESE 227 - 250 G  
CHEEZ WHIZ SPREAD 450 G SELECTED VARIETIES

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



MAXWELL HOUSE COFFEE CAPSULES  
30'S  
SELECTED VARIETIES

**14<sup>99</sup>**  
EACH



LAY'S POTATO CHIPS OR SMARTFOOD POPCORN  
150 - 235 G SELECTED VARIETIES

**2<sup>98</sup>**  
EACH  
**125**  
points  
when you buy  
any 2  
value of \$1



COCA-COLA, CANADA DRY GINGER ALE OR PEPSI SOFT DRINKS  
2 L SELECTED VARIETIES

**2<sup>49</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



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

**THIS WEEK ONLY**

**1<sup>99</sup>**  
/LB



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

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

**BLUEBERRIES**  
PRODUCT OF PERU, NO. 1 GRADE  
170 G

**THIS WEEK ONLY**

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



**CAULIFLOWER**  
PRODUCT OF U.S.A., NO. 1 GRADE

**THIS WEEK ONLY**

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



**TROPICAL GOLD PINEAPPLE**  
PRODUCT OF COSTA RICA

**CANTALOUPE**  
PRODUCT OF GUATEMALA OR HONDURAS NO. 1 GRADE

**THIS WEEK ONLY**

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



**BROCCOLI CROWNS**  
PRODUCT OF U.S.A. OR MEXICO

**YELLOW ONIONS**  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE, 2 LB

**THIS WEEK ONLY**

**2/\$5**



**Clementines**  
PRODUCT OF MOROCCO  
2 LB

**THIS WEEK ONLY**

**4<sup>99</sup>**  
EACH

**25 points**



**EXTRA LARGE**

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

**THIS WEEK ONLY**

**3<sup>99</sup>**  
/LB



**SWEET ASSORTED PEPPERS**  
PRODUCT OF HONDURAS OR MEXICO  
PKG OF 4

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

**THIS WEEK ONLY**

**4<sup>99</sup>**  
EACH



**GOURMET MINI YELLOW POTATOES**  
PRODUCT OF CANADA, NO. 1 GRADE  
5 LB

**GOURMET MINI WHITE POTATOES**  
PRODUCT OF CANADA, NO. 1 GRADE  
5 LB

**THIS WEEK ONLY**

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



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

**THIS WEEK ONLY**

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



**PEACHES**  
PRODUCT OF CHILE, NO. 1 GRADE  
4.39/KG

**THIS WEEK ONLY**

**1<sup>99</sup>**  
/LB



**MINI PEPPERS**  
PRODUCT OF CANADA OR MEXICO  
454 G

**THIS WEEK ONLY**

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



**SPINACH BUNCH**  
PRODUCT OF U.S.A.

**THIS WEEK ONLY**

**1<sup>88</sup>**  
EACH



**CHINESE EGGPLANT**  
PRODUCT OF USA, HONDURAS OR MEXICO  
5.47/KG

**THIS WEEK ONLY**

**2<sup>48</sup>**  
/LB



**DAIYA DAIRY FREE CHEESE**  
200 - 220 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**4<sup>99</sup>**  
EACH



**BOLTHOUSE FARMS**  
Green Goodness™ Bonté Verte™  
Strawberry Banana  
Fraises et Banane

**BOLTHOUSE JUICES**  
340-ML  
SELECTED VARIETIES

**THIS WEEK ONLY**

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

# FLORAL



**pick Ontario**

**10 STEM TULIPS**  
WHILE SUPPLIES LAST

**THIS WEEK ONLY**

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



**12 STEM RAINBOW POMS**  
WHILE SUPPLIES LAST

**THIS WEEK ONLY**

**11<sup>88</sup>**  
EACH



**DORMANT ROSE**  
WHILE SUPPLIES LAST

**THIS WEEK ONLY**

**16<sup>99</sup>**  
EACH



**MAJESTY PALM**  
WHILE SUPPLIES LAST

**THIS WEEK ONLY**

**22<sup>99</sup>**  
EACH

# MEAT



**PRIME**  
RAISED WITHOUT antibiotics  
ÉLEVÉ SANS antibiotiques

PRIME RAISED WITHOUT ANTIBIOTICS  
FRESH BONELESS SKINLESS CHICKEN BREAST TENDER SLICES, FILLETS OR DICED AIR CHILLED  
26.43/KG

**THIS WEEK ONLY**

**11.99** /LB



**Authentic**  
100% CANADIAN PORK  
NO PRESERVATIVES ADDED  
100% PORC CANADIEN  
SANS AGENTS DE CONSERVATION

**HONEY GARLIC**  
MIEL ET AIL

**Authentic**  
100% CANADIAN PORK  
GLUTEN FREE  
100% PORC CANADIEN  
SANS GLUTEN

**MILD ITALIAN**  
ITALIENNE DOUCE

**Authentic FRESH PORK SAUSAGES**  
HOT, MILD, HONEY GARLIC OR ENGLISH BANGER

**THIS WEEK ONLY**

**5.49** EACH



**HALAL AT SAME PRICE**

FRESH CHICKEN DRUMSTICKS BAGGED INCLUDING ZABINA HALAL  
6.59/KG

**THIS WEEK ONLY**

**2.99** /LB



**HALAL AT SAME PRICE**

MEDIUM GROUND BEEF FAMILY PACK INCLUDES HALAL  
15.41/KG

**THIS WEEK ONLY**

**6.99** /LB



WHOLE RAINBOW TROUT 8.99/LB, 19.82/KG OR SALMON PORTIONS 8.99/LB.

**THIS WEEK ONLY**

**8.99** /LB OR EACH



**HALAL AT SAME PRICE**

FRESH BONELESS STEWING BEEF FAMILY PACK INCLUDES HALAL  
22.02/KG

**THIS WEEK ONLY**

**9.99** /LB



**THIS WEEK ONLY**

**4.99** EACH

SELECTION BACON 375 G SELECTED VARIETIES



**THIS WEEK ONLY**

**6.99** EACH

DINO CHICKEN NUGGETS

WATSON RIDGE FULLY COOKED (BREADED) CHICKEN 200 G FROZEN SELECTED VARIETIES



**THIS WEEK ONLY**

**7.49** EACH

WONG WING ASIAN STYLE ENTREES 400 - 500 G FROZEN SELECTED VARIETIES



**THIS WEEK ONLY**

**10.99** EACH

SCHNEIDERS CHICKEN WINGS 415 G FROZEN SELECTED VARIETIES



**THIS WEEK ONLY**

**5.99** EACH

PILLER'S KOLBASSA OR PEPPERONI FOR PIZZA 375 - 375 G SELECTED VARIETIES



**THIS WEEK ONLY**

**5.99** EACH

TRE STELLE MOZZARELLA BALL 240 G SELECTED VARIETIES



**THIS WEEK ONLY**

**6.99** EACH

SCHNEIDERS BREAKFAST SANDWICHES OR EGG BITES 204 - 204 G FROZEN SELECTED VARIETIES



**THIS WEEK ONLY**

**6.99** EACH

MARC ANGELO JUMBO PORK SAUSAGES 375 - 475 G FROZEN SELECTED VARIETIES



**THIS WEEK ONLY**

**2.99** EACH

SELECTION DELI SALADS 424 G SELECTED VARIETIES



**THIS WEEK ONLY**

**2.99** EACH

IRRESISTIBLES HUMMUS OR DIPS 227 G SELECTED VARIETIES



**THIS WEEK ONLY**

**5.49** EACH

IRRESISTIBLE SLICED DELI CHEESE 140 - 180 G SELECTED VARIETIES



**THIS WEEK ONLY**

**5.99** EACH

MARC ANGELO SLICED DELI MEAT 85 G SELECTED VARIETIES



**THIS WEEK ONLY**

**8.99** EACH

LIFE SMART NATURALIA FISH FILLETS 400 G FROZEN SELECTED VARIETIES



**THIS WEEK ONLY**

**9.99** EACH

TASIA GOLDEN POMPANO 650 G FROZEN SELECTED VARIETIES



**THIS WEEK ONLY**

**11.99** EACH

OCEAN SELECT ATLANTIC WILD PERCH 750 G FROZEN SELECTED VARIETIES



**THIS WEEK ONLY**

**6.99** EACH

ENGLISH STYLE FILLETS

HIGH LINER BREADED & BATTERED FISH FILLETS OR SHRIMP FAMILY PACK 315 - 700 G FROZEN SELECTED VARIETIES

# BAKERY



**NEW**  
**Dempster's**  
EST. 1890  
**PROTEIN**  
WHITE  
14 g PROTEIN\*600 g



**Natural Bakery**  
DEMPSTER'S PROTEIN BREAD  
400 G  
NATURAL BAKERY RYE BREAD  
500 G  
SELECTED VARIETIES



**Selection**  
Bagels  
everything  
tout garni  
sliced - tranchés  
510 g



**Selection**  
ENGLISH MUFFINS  
ANGLAIS  
Original · Nature  
342 g

THIS WEEK ONLY

**2.99**

EACH

THIS WEEK ONLY

**1.99**

EACH

SELECTION BAGELS 340 - 510 G  
ENGLISH MUFFINS 65  
SELECTED VARIETIES



**Irresistible**  
BUTTER  
Croissants  
AU BEURRE  
270 g | 6 Croissants



**Selection**  
Oatmeal Raisin  
Avoine et raisins  
770 g

THIS WEEK ONLY

**4.49**

EACH

THIS WEEK ONLY

**6.99**

EACH

IRRESISTIBLES MINI MUFFINS OR CROISSANTS 270 - 334 G  
SELECTED VARIETIES

SELECTION VALUE PACK COOKIES 770 G  
IRRESISTIBLE COFFEE CAKE 250 G  
SELECTED VARIETIES

## MORE GREAT SAVINGS FOR LESS



**Black Diamond**  
OLD · FORT  
Cheddar Cheese  
Fromage cheddar  
320 G



**Black Diamond**  
CHEESE SHREDS  
320 G



**Galbani**  
MOZZARELLA  
500 G  
SELECTED VARIETIES

LOCKED DOWN

**5.48**

EACH



**Michelina's**  
Macaroni and Cheese  
Macaroni au fromage  
250 g



**Michelina's**  
Fettuccine Alfredo with Chicken and Broccoli  
Fettuccine Alfredo avec poulet et brocoli  
250 g

LOCKED DOWN

**1.67**

EACH



**Miracle Whip**  
original  
650 - 890 ML  
SELECTED VARIETIES



**Eggo**  
CRISPY FLUFFY  
Chocolatey chip  
280 g

LOCKED DOWN

**5.49**

EACH



**Eggo**  
CRISPY FLUFFY  
original  
280 g

**KELLOGG'S**  
EGGO WAFFLES  
280 G  
FRENCH TOAST STICKS  
270 G  
FROZEN  
SELECTED VARIETIES

LOCKED DOWN

**3.49**

EACH



**Pillsbury**  
PREPARED DOUGH  
504 - 496 G  
SELECTED VARIETIES



**Reese's**  
PEANUT BUTTER CUPS  
100 - 200 G  
SELECTED VARIETIES



**PEACE TEA**  
ICED TEA  
495 ML  
POWERADE SPORTS DRINK  
750 ML  
SELECTED VARIETIES



**TIDE**  
LAUNDRY DETERGENT  
1.09 - 1.24 L - 26 - 32 LOADS  
BOUNCE DRYER SHEETS  
120'S  
DOWNY FABRIC SOFTENER  
280 ML - 1.35 L - 39 - 40 LOADS  
SELECTED VARIETIES

LOCKED DOWN

**3.99**

EACH

LOCKED DOWN

**1.25**

EACH

LOCKED DOWN

**6.99**

EACH

LOCKED DOWN

**6.99**

EACH



**Takis**  
TORTILLA CHIPS  
100 - 200 G  
SELECTED VARIETIES



**Bear Paws**  
Pâtisseries  
CHOCOLATE CHIA + PÂTISSERIE DE CHOCOLAT  
120 - 400 G  
SELECTED VARIETIES



**GATORADE**  
SPORTS DRINKS  
24 x 591 ML  
SELECTED VARIETIES



**CLARK**  
CLASSIC  
TOMATO SAUCE  
390 ML  
SELECTED VARIETIES

LOCKED DOWN

**3.29**

EACH

LOCKED DOWN

**5.99**

EACH

THIS WEEK ONLY

**2.149**

EACH

THIS WEEK ONLY

**1.67**

EACH

# LOCKED DOWN



LOCKED DOWN

**4.49**  
EACH

ACTIVIA YOGURT  
8 X 100 G  
SELECTED VARIETIES



LOCKED DOWN

**3.99**  
EACH

ORVILLE REDENBACHER  
POPPING CORN  
1.40 - 1.50 G  
SELECTED VARIETIES



LOCKED DOWN

**4.79**  
EACH

TENDERFLAKE PIE OR TART SHELL CRUST  
255 - 350 G FROZEN SELECTED VARIETIES



LOCKED DOWN

**4.99**  
EACH

POST SHREDDIES CEREAL  
635 G  
SELECTED VARIETIES



LOCKED DOWN

**3.79**  
EACH

ROBIN HOOD FLOUR  
1 KG  
SELECTED VARIETIES

**20**  
points



LOCKED DOWN

**3.49**  
EACH

KOZY SHACK  
RICE PUDDING  
624 G  
SELECTED VARIETIES



LOCKED DOWN

**3.49**  
EACH

GOGO SQUEEZ  
APPLE SNACKS  
43  
SELECTED VARIETIES



LOCKED DOWN

**4.49**  
EACH

FRANK'S  
REDHOT SAUCE  
354 ML  
SELECTED VARIETIES



LOCKED DOWN

**4.99**  
EACH

HEINZ TOMATO  
KETCHUP  
750 ML - 1 L  
KRAFT  
DINNER  
MEAL  
5 X 200 G  
SELECTED VARIETIES



LOCKED DOWN

**4.49**  
EACH

COCA-COLA OR CANADA DRY  
GINGER ALE MINI CANS  
6 X 222 ML  
SELECTED VARIETIES



LOCKED DOWN

**3.79**  
EACH

DARE REAL  
FRUIT CANDY  
250 G  
SELECTED VARIETIES



LOCKED DOWN

**16.99**  
EACH

RED BULL  
ENERGY DRINKS  
8 X 250 ML  
SELECTED VARIETIES



LOCKED DOWN

**7.99**  
EACH

BILLY BEE  
PURE HONEY  
500 G  
SELECTED VARIETIES



LOCKED DOWN

**2/\$3**

PARIS PÂTE  
76 G  
SELECTED VARIETIES



LOCKED DOWN

**90¢**  
EACH

FRISKIES  
CAT FOOD  
150 G  
SELECTED VARIETIES



LOCKED DOWN

**3.99**  
EACH

ALCAN  
ALUMINUM  
FOIL  
SACK  
SELECTED VARIETIES



LOCKED DOWN

**4.99**  
EACH

ZIPLOC FREEZER  
BAGS  
15 - 100'S  
SELECTED VARIETIES



LOCKED DOWN

**4.99**  
EACH

SCRUBBING  
BUBBLES  
BATHROOM  
CLEANER  
946 ML  
SELECTED VARIETIES

## PERSONAL CARE FOR LESS



LOCKED DOWN

**5.79**  
EACH

SENSODYNE  
TOOTHPASTE  
75 - 100 ML  
SELECTED VARIETIES



LOCKED DOWN

**6.99**  
EACH

HEAD &  
SHOULDERS  
2-IN-1  
SHAMPOO  
750 ML  
SELECTED VARIETIES



LOCKED DOWN

**9.99**  
EACH

OLD SPICE  
BODYWASH  
250 ML  
SELECTED VARIETIES



LOCKED DOWN

**13.49**  
EACH

HUGGIES  
NATURAL CARE  
SENSITIVE  
BABY WIPES  
357'S  
SELECTED VARIETIES

# ALWAYS GREAT PRICE



SELECTION  
CREAM CHEESE PRODUCT  
240 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**3.99**  
EACH



IRRESISTIBLE  
ICE CREAM  
1.5 L  
ICE CREAM  
CREAMIEST  
BARS  
4.5  
FROZEN  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**4.88**  
EACH



SELECTION  
MARGARINE  
850 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**4.88**  
EACH



SELECTION  
GROUND COFFEE  
925 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**14.99**  
EACH



SELECTION  
EVAPORATED MILK  
354 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1.88**  
EACH



SELECTION  
POTATO  
CHIPS  
200 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1.49**  
EACH



SELECTION  
WATER ENHANCER  
48 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**2.79**  
EACH



SELECTION PASTA  
900 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1.97**  
EACH



SELECTION  
CONDENSED SOUP  
204 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1.27**  
EACH



IRRESISTIBLE  
SPARKLING SPRING WATER  
6 x 1 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**4.44**  
EACH



SELECTION  
HONEY  
1 KG  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**10.99**  
EACH



SELECTION  
SODA CRACKERS  
404 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**3.49**  
EACH



SELECTION  
WAFER COOKIES  
200 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**1.79**  
EACH



SELECTION  
WAFFLES  
200 G FROZEN  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**2.77**  
EACH



SELECTION  
MULTI PURPOSE  
CLEANER  
710 - 950 ML, 1.2 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**2.99**  
EACH



SELECTION  
LAUNDRY  
DETERGENT  
1.62 L (1.24 IMP L) - 36 LOADS  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**3.99**  
EACH



SELECTION  
PAPER TOWEL  
4.5  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**5.99**  
EACH



SELECTION  
BATHROOM  
TISSUE  
30 - 100 L

ALWAYS GREAT PRICE   
**19.99**  
EACH



**Del Monte Quality MANGO Nectar** 960 ML  
**OASIS 100% JUICE** 960 ML  
**OASIS JUICE OR DEL MONTE NECTAR** 960 ML  
 SELECTED VARIETIES

**THIS WEEK ONLY**

**1.99** EACH

**OASIS HEALTH BREAK JUICE OR DEL MONTE PINEAPPLE BREEZE** 1.4L  
**THIS WEEK ONLY**

**3.99** EACH

**ALLEN'S APPLE JUICE OR FRUIT COCKTAIL** 9.200 ML  
**LOCKED DOWN**

**2.99** EACH

**DEL MONTE FRUIT JUICE COCKTAIL** 2.5L  
**THIS WEEK ONLY**

**5.99** EACH

**FRUITÉ DRINKS** 1.54L  
**THIS WEEK ONLY**

**2.99** EACH

**Lactantia MY COUNTRY Cultured Butter UNSALTED** 454 g  
**LOCKED DOWN**

**8.49** EACH

**LACTANTIA BUTTER STICKS** 454 G  
 SELECTED VARIETIES

**Black Diamond MARBLE - MARBRÉ CHEESTRINGS OR CHEESE STICKS** 252 - 336 G  
 SELECTED VARIETIES

**LOCKED DOWN**

**6.99** EACH

**OLYMPIC ORGANIC OR KREMA YOGURT** 400 G  
 SELECTED VARIETIES

**LOCKED DOWN**

**4.99** EACH

**25 points**

**IOGO NANO BUBBLES YOGURT** 4 x 100 G  
 SELECTED VARIETIES

**LOCKED DOWN**

**2.49** EACH

**LACTALIS CANADA**

**Lactantia Half & Half Cream Crème à café** 10% 1L  
**LOCKED DOWN**

**3.99** EACH

**LACTANTIA CREAM** 473 ML - 1 L  
 SELECTED VARIETIES

**Lactantia Whipping Cream Crème à fouetter** 35% 473 ML  
**LOCKED DOWN**

**3.99** EACH

**SMUCKER'S**

**SMUCKER'S JAM OR JELLY** 500 ML  
 SELECTED VARIETIES

**THIS WEEK ONLY**

**5.49** EACH

**Carnation 2% Partly Skimmed Evaporated Milk** 354 ML  
**THIS WEEK ONLY**

**2/\$4**

**Eagle Brand ORIGINAL CONDENSED MILK** 340 ML  
**THIS WEEK ONLY**

**3.79** EACH

**MILK-BONE DOG TREATS** 300 - 900 G  
 SELECTED VARIETIES

**THIS WEEK ONLY**

**3.99** EACH

**SMUCKER'S UNCRUSTABLES SANDWICH** 10'S 580 G  
**THIS WEEK ONLY**

**9.99** EACH

**VAN HOUTTE COLOMBIAN DARK** 30'S  
**McCAFÉ OR VAN HOUTTE COFFEE CAPSULES** 30'S  
 SELECTED VARIETIES

**THIS WEEK ONLY**

**26.99** EACH

**McCAFÉ GROUND COFFEE** 875 G  
 SELECTED VARIETIES

**THIS WEEK ONLY**

**30.99** EACH

**NESTEA ICED TEA** 1.89 L  
 SELECTED VARIETIES

**LOCKED DOWN**

**2.99** EACH

**MICHELOB ULTRA ZERO ALCOHOL-FREE BEER** 6 x 355 ML  
 SELECTED VARIETIES

**THIS WEEK ONLY**

**10.99** EACH

**Keurig DrPepper Canada**

**MOTT'S CLAMATO COCKTAIL** 1.89 L  
 SELECTED VARIETIES

**THIS WEEK ONLY**

**2/\$7**

# EAT WELL FOR LESS



PROMISE GLUTEN FREE BREAD OR BUNS 248-480 G SELECTED VARIETIES

THIS WEEK ONLY **6.99** EACH



LIFE SMART TORTILLA CHIPS 350 G SELECTED VARIETIES

ALWAYS GREAT PRICE **2.99** EACH



SENSIBLE PORTIONS VEGGIE SNACKS 142 G SELECTED VARIETIES

LOCKED DOWN **2.99** EACH



KELLOGG'S KASHI GOACTIVE CEREAL 453 G SELECTED VARIETIES

LOCKED DOWN **5.99** EACH



ALPEN MUESLI CEREAL 600 G SELECTED VARIETIES

LOCKED DOWN **4.99** EACH



BOB'S RED MILL MUESLI CEREAL 510 G SELECTED VARIETIES

LOCKED DOWN **7.99** EACH



HALO TOP FROZEN DESSERT 473 ML SELECTED VARIETIES

LOCKED DOWN **5.79** EACH



SKINNY POP POPCORN 125 G SELECTED VARIETIES

LOCKED DOWN **2/\$7**



IRRISISTIBLE PROBIOTIC YOGURT 12 X 100 G SELECTED VARIETIES

ALWAYS GREAT PRICE **5.99** EACH



LIFE SMART ORGANIC CANNED LEGUMES 390 ML SELECTED VARIETIES

ALWAYS GREAT PRICE **1.99** EACH



SILK PLANT BASED PROTEIN YOGURT 500 G SELECTED VARIETIES

LOCKED DOWN **6.49** EACH



LIFE SMART ORGANIC PASTA 454 G SELECTED VARIETIES

ALWAYS GREAT PRICE **2.99** EACH



OAT-LY! OAT DRINK 946 ML SELECTED VARIETIES

LOCKED DOWN **4.99** EACH



LOCKED DOWN **4.99** EACH

**25** points

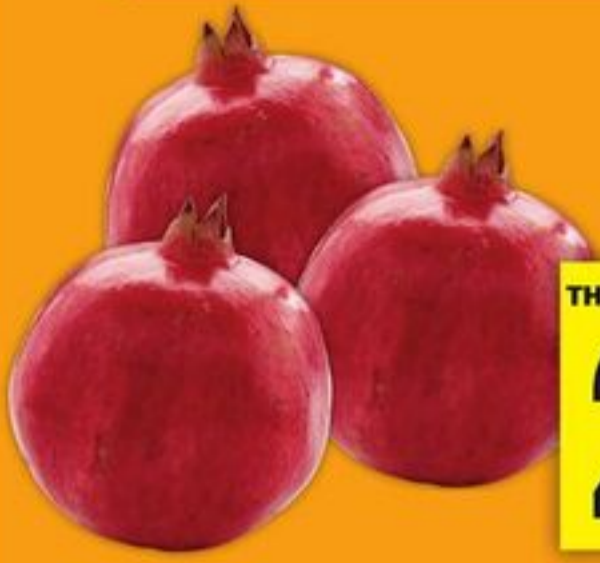
# MORE



**BAISAKHI**

**FOR**

**LESS**



POMEGRANATE  
PRODUCT OF PERU

**THIS WEEK ONLY**  
**2.99**  
EACH



BRAR'S PANEER  
275 G  
SELECTED VARIETIES

**THIS WEEK ONLY**  
**5.99**  
EACH



INDIA GATE  
OR QILLA  
BASMATI RICE  
4.5 KG  
SELECTED VARIETIES

**LOCKED DOWN**  
**12.99**  
EACH



SHER  
ATTA FLOUR  
9.07 KG  
SELECTED VARIETIES

**LOCKED DOWN**  
**15.99**  
EACH



PHOENICIA OR  
CEDAR YOGOURT  
450 - 750 G  
SELECTED VARIETIES

**LOCKED DOWN**  
**2.49**  
EACH



DIVYA  
LENTILS  
OR BLACK  
CHICKPEAS  
1.8 - 1.81 KG  
SELECTED VARIETIES

**LOCKED DOWN**  
**3.99**  
EACH



DIVYA OKRA  
215 G FROZEN  
SELECTED VARIETIES

**LOCKED DOWN**  
**99¢**  
EACH



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



**LOCKED DOWN**  
**39¢**  
EACH



DIVYA  
ROASTED  
CHANA SNACKS  
400 G  
SURATI SNACKS  
341 G  
RUBICON DRINKS  
1 L  
SELECTED VARIETIES

**LOCKED DOWN**  
**2.49**  
EACH



**LOCKED DOWN**  
**3.99**  
EACH



**LOCKED DOWN**  
**1.79**  
EACH



CASABLANCA  
HONEY  
1 KG  
TATA TEA  
PREMIUM, GOLD OR AGNI  
220 G  
450 G  
1 KG  
SELECTED VARIETIES

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



**LOCKED DOWN**  
**99¢**  
EACH



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



**LOCKED DOWN**  
**2.99**  
EACH



**LOCKED DOWN**  
**3.99**  
EACH



**LOCKED DOWN**  
**1.79**  
EACH

# DELIVERING FREE PRODUCTS

VALUE  
OF  
\$8.99



\*Offer valid from April 9<sup>th</sup>, 2026 to April 15<sup>th</sup>, 2026 for online orders of \$100 or more. Limit of one promo code per transaction. Conditions apply.

# FREE

Selection Black Forest Smoked Ham 400 g

**WITH YOUR NEXT ONLINE  
PURCHASE OF \$100 OR MORE\***

PROMO CODE:  
**FREEHAM**

**SHOP [FOODBASICS.CA](https://www.foodbasics.ca)**

**NAZEM KADRI**  
PROFESSIONAL HOCKEY PLAYER  
AND PHILANTHROPIST



**Cadbury**  
MAKE EVERY  
**BITE COUNT**

BUY A CADBURY PRODUCT,  
HELP DONATE A MEAL\*



**MARIE-PHILIP POULIN**  
PROFESSIONAL HOCKEY PLAYER  
AND PHILANTHROPIST



THIS WEEK ONLY  
**2/550**

CHRISTIE OREO  
OR CHIPS AHOY!  
COOKIES  
251 - 303 G  
SELECTED VARIETIES



CHRISTIE PEAK  
FREANS OR DAD'S  
OATMEAL COOKIES  
290 - 350 G  
SELECTED VARIETIES

LOCKED DOWN  
**329**  
EACH



LOCKED DOWN  
**299**  
EACH

CADBURY FINGERS  
114 G  
SELECTED VARIETIES



LOCKED DOWN  
**275**  
EACH

CADBURY  
DAIRY MILK  
CHOCOLATE  
BARS  
80 - 100 G  
SELECTED VARIETIES



LOCKED DOWN  
**449**  
EACH

All statistics sourced from Food Banks Canada, HungerCount 2024. \*Cadbury is donating \$100,000 to Food Banks Canada, and you can help raise \$100,000 more for select affiliate food banks within Canada. A portion of proceeds from the purchase of Cadbury products between April 6th and May 18th, 2026, will be donated, up to a maximum of \$100K. Food Banks Canada meal metric, \$1 = 2 meals. NHLPA and the NHLPA logo are registered trademarks of the National Hockey League Players' Association. © NHLPA. All Rights Reserved.

BITE INTO  
**CANADA'S  
FAVOURITE  
BREAKFAST†**

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

**1** Dempster's Bagels or Bread

+

**1** any Philadelphia Cream Cheese  
Product (227 - 340 g) or Kraft  
Peanut Butter Spread (750 g - 1 Kg)\*

EXPIRES: June 30, 2026

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



\*Includes Philadelphia Cream Cheese (227 - 340 g) and Kraft Peanut Butter (750 g - 1 Kg). Dempster's White and Whole Wheat Bread only. Excludes Dempster's Signature and Whole Grain bread.  
†A 2024 breakfast survey of over 9000 Canadians found toast or bagel were the top choice for breakfast.



LOCKED DOWN  
**398**  
EACH

PHILADELPHIA CREAM CHEESE 227 - 250 G  
CHEEZ WHIZ 450 G SELECTED VARIETIES  
KRAFT SINGLES 410 G



LOCKED DOWN  
**599**  
EACH

KRAFT  
PEANUT  
BUTTER  
750 G - 1 KG  
HAZELNUT  
SPREAD  
725 G  
SELECTED VARIETIES

BUY A GENERAL MILLS PARTICIPATING PRODUCT FOR A CHANCE TO

# WIN\*

**CANADA SOCCER MERCH  
AND FREE GENERAL MILLS PRODUCTS!**

MUST REDEEM ONLINE. OFFER ENDS JULY 31, 2026. SEE PARTICIPATING PACKAGES FOR DETAILS.



|                                                                                                                                        |                                                                                                                                                                                                                          |
|----------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>OLD EL PASO</b><br/>DINNER KIT<br/>HARD &amp; SOFT TACO</p> <p>#1 MOST TRUSTED</p> <p>NEW &amp; IMPROVED Taste!</p> <p>340 g</p> | <p>WHOLE GRAIN FIRST HEARTHEART</p> <p>FAMILY SIZE</p> <p>Naturally Flavored Honey Nut Cheerios</p> <p>MADE WITH REAL HONEY</p> <p>775 g CEREAL</p> <p>GENERAL MILLS FAMILY SIZE CEREAL 455-778 G SELECTED VARIETIES</p> |
| <p><b>OLD EL PASO</b><br/>DINNER KIT<br/>SOFT TACO</p> <p>LOCKED DOWN</p> <p><b>3.99</b> EACH</p>                                      | <p>THIS WEEK ONLY</p> <p><b>5.48</b> EACH</p>                                                                                                                                                                            |
| <p>100% FIBRE</p> <p>fibre 1 BROWNIES</p> <p>CHOCOLATEY FUDGE</p> <p>5 BROWNIES</p>                                                    | <p>NATURE VALLEY Sweet &amp; SALTY</p> <p>ALMOND</p> <p>LOCKED DOWN</p> <p><b>2.99</b> EACH</p>                                                                                                                          |
| <p>NATURE VALLEY CRUNCHY</p> <p>PEANUT BUTTER</p> <p>10 BARS</p>                                                                       | <p>BETTY CROCKER FRUIT SNACKS</p> <p>LOCKED DOWN</p> <p><b>2.99</b> EACH</p>                                                                                                                                             |

\*Voted most trusted Mexican Food Products brand by Canadian shoppers, 2026 BrandSpark® Canadian Trust Study. \*\*Voted most trusted Granola Bar brand (in a tie) by Canadian shoppers, 2026 BrandSpark® Canadian Trust Study.

# Spring Savings

|                                                                                      |                                                                             |
|--------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|
| <p>ANNIE'S<br/>WHITE CHEDDAR COUSCOUS</p> <p>LOCKED DOWN</p> <p><b>2.49</b> EACH</p> | <p>PILLSBURY TOASTER STRUDEL</p> <p>LOCKED DOWN</p> <p><b>2.99</b> EACH</p> |
| <p>OLD EL PASO TACO STAND n' STUFF</p> <p>LOCKED DOWN</p> <p><b>2.99</b> EACH</p>    | <p>OLD EL PASO TACO MILD</p> <p>LOCKED DOWN</p> <p><b>99¢</b> EACH</p>      |
| <p>BETTY CROCKER SuperMoist CAKE MIX</p> <p>LOCKED DOWN</p> <p><b>2/\$4</b></p>      | <p>PILLSBURY PREPARED DOUGH</p> <p>LOCKED DOWN</p> <p><b>1.99</b> EACH</p>  |

\*Voted most trusted Mexican Food Products brand by Canadian shoppers, 2026 BrandSpark® Canadian Trust Study. \*\*Voted most trusted Granola Bar brand (in a tie) by Canadian shoppers, 2026 BrandSpark® Canadian Trust Study.



# i earn with moi rewards



THIS WEEK ONLY   
**4.49**  
EACH

**CADBURY DAIRY MILK CHOCOLATE BAR**  
180 G  
**CADBURY CELLOS**  
144 - 151 G  
SELECTED VARIETIES

**60**  
points



**CHRISTIE FAMILY SIZE COOKIES**  
285 - 488 G

**RITZ DRIZZLED MINIS OR SNAK PAKS**  
226 - 280 G  
SELECTED VARIETIES



THIS WEEK ONLY   
**4.99**  
EACH

**60**  
points