

**WE ARE CLOSED
GOOD FRIDAY &
EASTER SUNDAY!**



**ONTARIO
FRESH!**



Feedsmiths
THE GOOD FOOD STORE

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

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

**PREMIUM QUALITY
FRESH ONTARIO
GERBERA DAISIES
BOUQUET**
PRODUCT OF ONTARIO

2 DAY SALE!
849 / EACH
SAVE \$1.50

**LOCALLY MADE
VILLAGE TREATS
EASTER EGGS &
BUNNIES**
ASSORTED • WHILE SUPPLIES LAST

2 DAY SALE!
25% OFF
BLOWOUT SALE!

WE'RE BACK!
WATCH FOR FOODSMITHS
WEEKLY FLYER
SALE PERIOD: APRIL 2 - APRIL 9, 2026

**LOCALLY MADE
BEESWAX
CANDLES**

2 DAY SALE!
10% OFF

**LOCALLY MADE
DREAM COME TRUE KITCHEN
CARROT CAKE**

2 DAY SALE!
16.99 / EACH
SAVE \$1

**JUMBO ROASTED SALTED & UNSALTED
CASHEWS
IN OUR BULK BINS!**

2 DAY SALE!
35% OFF
\$3.18 PER 100 G

THU & SAT ONLY!

**OUR EASTER WEEKEND
Hop Over**

**TWO DAY
SALE!**

**SPEND \$100 IN-STORE,
GET A FREE**

HAPPY EASTER

**\$10
Gift Card**
TOWARDS YOUR
NEXT PURCHASE!

**BRANDT-MEATS
HONEY HAM**
PER 100 G

2 DAY SALE!
229 / 100 G
SAVE 40¢

**NEAL BROTHERS
TORTILLA CHIPS**
ASSORTED • 300 G

2 DAY SALE!
3.99 / EACH
SAVE \$1.50

2-DAY SALES *THURSDAY, APRIL 2 AND SATURDAY, APRIL 4, 2026 2026

foodsmiths.com

EASTER TREATS & TREASURES

ONTARIO KOORNNEEF
PREMIUM TULIPS
PRODUCT OF BEAMSVILLE, ONT



ONTARIO FRESH!



SAVE UP TO \$5.98
OR 2 FOR \$22
11.99 / EACH

Local, Local, Local...

DREAM COME TRUE KITCHEN
SCONES
PRODUCT OF KINGSTON, ONTARIO

BAKED OR FROZEN



SAVE UP TO \$1.48
OR 2 FOR \$7.50
3.99 / EACH

BAKE AT HOME FOR YOUR EASTER BRUNCH!

GOURMET
JELLY BEANS
IN OUR BULK BINS!



SAVE \$1.12
3.37 / 100 G

Local, Local, Local...

TEMPLES
MAPLE SYRUP
250 ML JUG



SAVE \$1
6.99 / EACH

COYOTE
PANCAKE MIX

900 G

ORIGINAL OR BUTTERMILK



SAVE \$1
4.99 / EACH

Local, Local, Local...

SEED TO SAUSAGE
BACON
350 G

REGULAR OR BLACK PEPPER



DAMN GOOD MEAT

OLD FASHIONED DOUBLE SMOKED BACON
350 G

SAVE \$2

12.99 / EACH



SERVING SUGGESTION

THIS EASTER SERVE LOCAL!

EASTER TREATS & TREASURES

HOUSEWARES

EASTER DÉCOR

ASSORTED • WHILE SUPPLIES LAST



20%
OFF

HAFLINGER & TELIC

ALL SANDALS & BOAT SHOES

ASSORTED • IN - STOCK ONLY • WHILE SUPPLIES LAST



20%
OFF

**DON'T LET THIS DEAL HOP AWAY!
THURSDAY & SATURDAY ONLY**

**HAPPY
EASTER**

**SPEND \$100 IN-STORE, GET A FREE \$10
GIFT CARD TOWARDS YOUR NEXT PURCHASE.**

LIMIT ONE PER CUSTOMER.



THIS WEEK'S PRODUCE TOP PICKS

PREMIUM FRESH
LIMES
PRODUCT OF MEXICO/COLOMBIA



SAVE \$1.66
99¢ EACH OR
4/350

PREMIUM FRESH
2 LB CLEMENTINES
PRODUCT OF MOROCCO



SAVE \$1.50
549
/EACH

ELAN ORGANIC
ORGANIC DRIED CRANBERRIES
175 G



SAVE 70¢
529
/EACH

COOKSTOWN GREENS
ORGANIC RAINBOW CARROTS
PRODUCT OF ESSA, ONTARIO



SAVE \$1.20
429
/LB

ONTARIO FRESH!



ONTARIO FRESH
HEIRLOOM TOMATOES
PRODUCT OF ONTARIO



SAVE \$1.50
649
/LB

LOCAL PRODUCE



HALLS APPLE MARKET
SWEET APPLE CIDER
2L
PRODUCT OF BROCKVILLE, ONTARIO



SAVE \$1
699
/EACH



PREMIUM FRESH
ORGANIC DINOSAUR KALE
PRODUCT OF MEXICO



SAVE \$1
299
/EACH

ONTARIO FRESH
PARSNIPS
PRODUCT OF ONTARIO

ONTARIO FRESH!



SAVE \$1.20
229
/LB

NOW IN STOCK **EVERDAY PRICE**

ONTARIO FRESH
PFENNING'S ORGANIC
**ORGANIC 3LB
POTATOES**
PRODUCT OF
NEW HAMBURG, ONTARIO
EACH

**EVERYDAY
PRICE**
6.49
/ EACH

Feedsmiths
THE GOOD FOOD STORE
ORGANIC

CANADA

ONTARIO
FRESH!

Foodland
ONTARIO

CANADIAN FRESH
**5LB
CARROTS**
PRODUCT OF CANADA

**EVERYDAY
PRICE**
7.99
/ EACH

CANADA

ONTARIO
FRESH!

Foodland
ONTARIO

JANINE'S GARDEN
MICROGREENS
PRODUCT OF
BROCKVILLE, ONTARIO

**EVERYDAY
PRICE**
6.99
/ EACH

Feedsmiths
THE GOOD FOOD STORE
GO LOCAL

CANADA

ONTARIO
FRESH!

Foodland
ONTARIO

FRESH *floral & garden*

ONTARIO GROWN
**4' POTTED
PRIM ROSE**
PRODUCT OF ONTARIO

**EVERYDAY
PRICE**
6.49
/ EACH

CANADA

ONTARIO
FRESH!

Foodland
ONTARIO

WILD STONE FLOWERS
**SMALL PREMIUM
MIXED BOUQUETS**
PRODUCT OF ETOBICOKE, ONTARIO

**EVERYDAY
PRICE**
OR 2 FOR \$30
16.99
/ EACH

CANADA

ONTARIO
FRESH!

Foodland
ONTARIO

WILD STONE FLOWERS
**XL PREMIUM
MIXED BOUQUETS**
PRODUCT OF ETOBICOKE, ONTARIO

**EVERYDAY
PRICE**
32.99
/ EACH

CANADA

ONTARIO
FRESH!

Foodland
ONTARIO

SHOP THE SYMBOL:

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



THIS WEEK'S TOP PICKS

BRANDT MEATS OLD FASHION BEEF SALAMI

PER 100 G

CUSTOM SLICED
IN OUR DELI!



SAVE 50¢

4.49
/ 100 G

MCLEAN MEATS BLACK FOREST HAM

PER 100 G
NITRATE FREE



SAVE 50¢

2.99
/ 100 G

CUSTOM SLICED
IN OUR DELI!

BRANDT MEATS MINI HAMS

750 G

BLACK FOREST & HONEY MAPLE



SAVE \$3

10.99
/ EACH

BOURSIIN CHEESE GOURMET CHEESE

150 G



SAVE \$1

8.99
/ EACH

LE BARON DOUBLE CREAM BRIE

PER 250 G



SAVE \$1

8.49
/ EACH

SAINT AGUR CRÈME AU BLEU

150 G



SAVE \$1

8.99
/ EACH

HEWITTS WHIPPING CREAM

500 ML 35% M.F.



SAVE 58¢

\$6.29 EACH OR

2/\$12

ILIOS EXTRA VIRGIN OLIVE OIL

750 ML



GREAT PRICE!

SAVE \$7

14.99
/ EACH

ILIOS CROSTINI

ASSORTED
175-250 G



SAVE 50¢

2.49
/ EACH

THIS WEEK'S TOP PICKS

ARTIZEN CRAFT BEVERAGE CO.

KOMBUCHA

350 ML ASSORTED



SAVE 98¢
\$4.99 EACH OR
2/\$9

COVERED BRIDGE

POTATO CHIPS

142-170 G ASSORTED



SAVE 50¢
3.99
/ EACH

RINAG SAMOSA

ASSORTED



SAVE 88¢
\$2.49 EACH OR
2/\$4.50

ORDER AT THE DELI COUNTER!

SUNFLOWER KITCHEN HUMMUS

227G-500G ASSORTED



SAVE!
10%
OFF

SERVING SUGGESTION

FOODSMITHS FROZEN CROISSANTS

EACH



SAVE 30¢
69¢
EACH

BRIDOR SIMPLY BAGUETTE

EACH



SAVE 98¢
\$2.99 EACH OR
2/\$5

FOODSMITHS CINNAMON ROLLS

4 PACK

CREAM CHEESE OR MAPLE ICING



NEW!
MAPLE ICING

SAVE 50¢
5.99
/ EACH

THIS WEEK'S TOP PICKS

STAHLBUSH
FROZEN VEGETABLES
198 • 340 G



SAVE!
15% OFF

GEROLSTEINER
MINERAL WATER

750 ML



SAVE 50¢
3.99 / EACH

NEAL BROTHERS
SALSA

410 ML
ASSORTED



SAVE \$1
5.99 / EACH

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

Fluid
Solar Roasted Coffee

MADE IN
CLAYTON, ON

BRAZIL NOVA COFFEE

PER 100 G



SAVE \$1
4.69 / 100 G

This coffee is honey processed which means that some of the fruit is allowed to remain on the coffee beans during the drying process; this imparts floral and sweet notes in the final brew.

TASTING NOTES:
Medium full body | Medium low acidity + good flavour | with red fruit | berries | hazelnut | milk chocolate



THIS WEEK'S TOP PICKS

BOLTON'S NATURALS

ARNICA MAGNESIUM BALM

118 ML



ON SALE
17⁹⁹
SAVE \$4

ROUTINE

DEODORANTS

ASSORTED
58 G



ON SALE
29⁹⁹
SAVE \$3

NATRACARE

FEMININE HYGIENE PRODUCTS



15%
OFF

SILVER LININGS

PRE & PROBIOTICS + DIGESTIVE ENZYMES

120 CAPS



ON SALE
38⁹⁹
SAVE \$7

YOUTHEORY

ZERO SUGAR GUMMIES

60 GUMMIES



ON SALE
23⁹⁹
SAVE \$6

NATURAL FACTORS

MAGNESIUM BISGLYCINATE

200 MG

250 VC



ON SALE
31⁹⁹
SAVE \$7





**SAVE IN
OUR BULK
BINS!**

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

**ONLY BUY
WHAT YOU
NEED**

BEST BUY THIS WEEK



**ORGANIC SMOOTH
PEANUT BUTTER**

30% OFF

ON SALE

1.53
/100 G

SAVE 63¢

BEST BUY THIS WEEK



**CHOCOLATE RIVER
ROCKS**

30% OFF

ON SALE

2.58
/100 G

SAVE \$1.11



**DARK CHOCOLATE
COCONUT ALMONDS**

25% OFF

ON SALE

2.47
/100 G

SAVE 82¢



ROSEBUDS

25% OFF

ON SALE

1.49
/100 G

SAVE 50¢



**FRUIT JELLY
CANDIES**

25% OFF

ON SALE

1.34
/100 G

SAVE 45¢



DRIED APRICOTS

25% OFF

ON SALE

2.84
/100 G

SAVE 95¢

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

SAVE IN OUR BULK BINS AND EAT WELL!

CRANBERRY CLASSIC MIX



25% OFF
ON SALE
134
/100 G
SAVE 45c

GREAT NORTHERN BEANS



25% OFF
ON SALE
67c
/100 G
SAVE 22c

PECAN HALVES



25% OFF
ON SALE
359
/100 G
SAVE \$1.20

ORGANIC QUICK COOK OATS



25% OFF
ON SALE
59c
/100 G
SAVE 20c

ORGANIC LIGHT SPELT FLOUR



25% OFF
ON SALE
59c
/100 G
SAVE 20c

BLACK PEPPERCORN



25% OFF
ON SALE
517
/100 G
SAVE \$1.73

ONEKA UNSCENTED SHAMPOO



45g
OF PLASTIC SAVED!
DE PLASTIQUE ECONOMISE!

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

SHAMPOOING
Formulé avec des plantes cultivées sur notre ferme familiale
NON PARFUMÉ
HYPOALLERGENIQUE ET NON-IRRITANT

ALL HAIR TYPES
TOUS TYPES DE CHEVEUX

10% OFF
ON SALE
242
/100 G
SAVE 27c

FIND IN OUR ECO FILL SECTION!

CLEANING VINEGAR



20% OFF
ON SALE
20c
/100 G
SAVE 5c

10%

Feedsmith's
ECO-FRIENDLY FILL STATION
#6225
CLEANING VINEGAR **25c**
/100G



the hospice hub
connecting end of life care



THANK YOU

FOR HELPING SUPPORT
THIS IMPORTANT PROGRAM



FOODSMITHS APRIL BYOB THE HOSPICE HUB



The Hospice Hub is a community-led initiative that provides comprehensive, compassionate, and integrated services to support anyone at end of life and bereavement, including their family and caregivers. They provide education, information, system navigation, and responsive compassionate support services to allow people to live well with as much comfort as possible.

The Hospice Hub is a community support service aimed at helping patients and families navigate this often difficult time at the end of life.

To volunteer visit: <https://www.thehospicehub.ca/volunteer>

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



BE A FOODSMITHS REWARDS CUSTOMER!

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

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

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

**SIGNUP
AT OUR
CASH!**

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



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



ORGANIKA

AUTHENTICALLY CANADIAN 

PROUDLY
CANADIAN



**15%
OFF**

BONE BROTHS & COLLAGENS ASSORTED

Organika bone broths and collagens provide high-protein, nutrient-dense nutrition to support gut health, joint mobility, and skin health.

- #1 Collagen in Canada - Full spectrum Collagen.
- Source of clean protein to boost daily energy.
- Bone broths have a savory taste and broad range of nutrients including minerals and gelatin.



ON SALE
26⁹⁹
SAVE \$9

CONGESTION RELIEF

60 GEL CAPS

Congestion Relief Supreme works to help ease mucus buildup while clearing nasal and sinus congestion with a synergistic blend of organic oregano oil, organic garlic oil and antioxidant-rich black seed oil. Oregano oil has been well-researched for its antibacterial and antifungal properties. Garlic oil is not only used to help alleviate upper respiratory tract congestion, but it also helps to maintain cardiovascular health and reduce blood lipid levels.

- Formulated with organic oregano oil, organic garlic oil and black seed oil.
- Our formula is gluten free
- Relieves excess mucus and nasal congestion associated with upper respiratory tract conditions.

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



Builds Antibodies & Strong Muscles

RL WHEY PROTEIN MEAL REPLACEMENT

VANILLA & CHOCOLATE

Regenerlife High Alpha Whey Protein helps satisfy your appetite and supports healthy weight management as part of an energy-reduced diet! Along with 25 g of high-quality whey protein, we added low-FODMAP Reliefibre® so you can better manage food cravings and feel fuller for longer. This formula also includes essential vitamins, minerals, lecithin, and medium-chain triglycerides (MCTs), and can be used as a meal replacement.

- Provides an excellent source of protein at 25 g per serving
- Source of probiotics
- Provides a complete and nutritious meal replacement
- Provides a high source of fibre from 5 g of Reliefibre per serving

ON SALE
54⁹⁹
SAVE \$14



Supplements and NATURAL BODY CARE



Nanton
nutraceuticals Ltd.

ALL PRODUCTS



Nanton Nutraceuticals is a Canadian company committed to producing the highest quality health supplement products available on the market today.

A natural way to support common health problems.

20% OFF



NAKA ALL PRODUCTS ASSORTED



Naka
Professional



15% OFF

BUY 1, GET 1 FREE
FREE 500M 1L
SILICEA BALSAM
WITH
THE PURCHASE OF
425g MARINE
COLLAGEN



BUY 1, GET 1 FREE
FREE 120ml
COLLOIDAL
SILVER WITH
THE PURCHASE
OF A 600ml
BOTTLE



Supplements and NATURAL BODY CARE



NOW ESSENTIAL OILS & BODY CARE ASSORTED

This natural line encompasses anti-aging moisturizers and serums, bath and body needs, oral care, skin care, and essential oils, all of which avoid harsh chemicals and include synthetic ingredients in their formulations, to provide a more naturally-sourced product line.



15% OFF

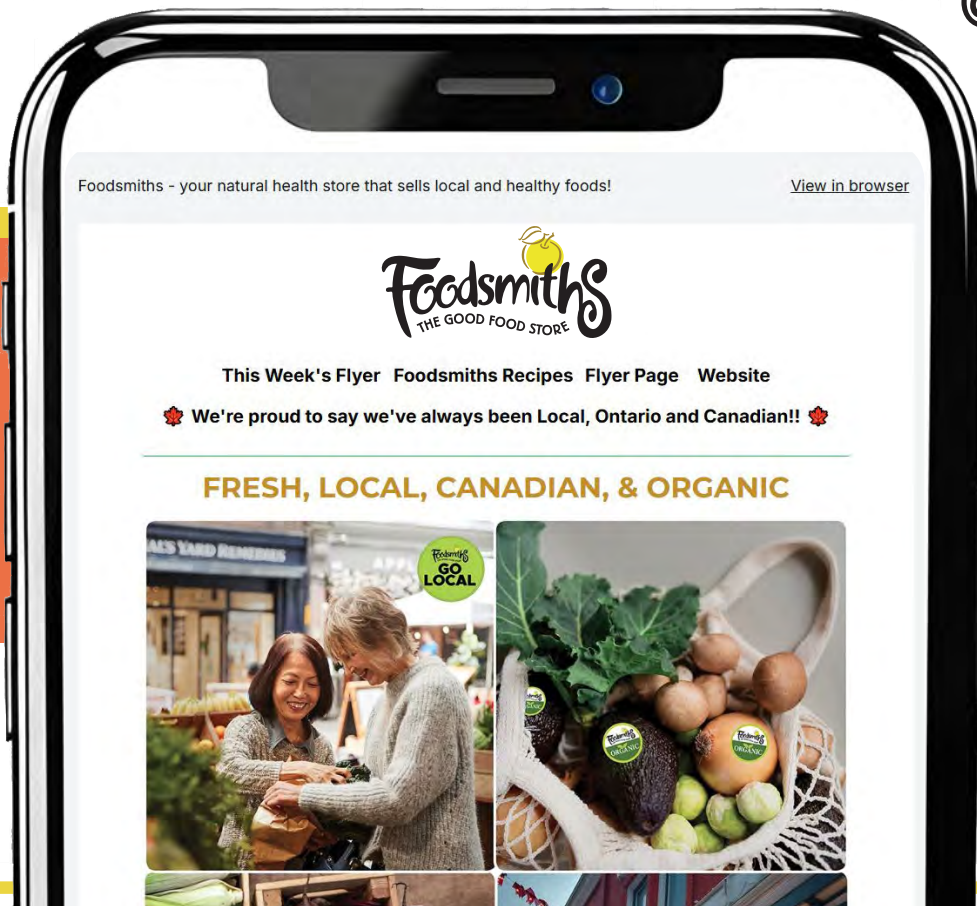
PRICES IN EFFECT APRIL 1 TO APRIL 31, 2026

foodsmiths.com  

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GET IN THE KNOW! BROWSE THE LATEST FLYERS, UPCOMING EVENTS, LOCAL NEWS, AND SEASONAL ITEMS!

