

FRESH SAVINGS FOR THE WEEK OF THURSDAY APRIL 9<sup>TH</sup> TO WEDNESDAY APRIL 15<sup>TH</sup>, 2026.

# Longo's <sup>70</sup>

SINCE 1956



**9<sup>99</sup>** /LB  
**SAVE \$5/LB**

Cut from Canada Prime Grade Longo's Certified Angus Beef Eye of Round Steak or Roast 22.02/kg



Fresh Ataulfo Mangoes  
 Product of Mexico  
 each

**99¢**

**THIS WEEK MEMBERS SAVE OVER \$30**

See online flyer for more deals.



THANK YOU REWARDS  
**MEMBER PRICING**

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

**SAVE \$2**

NON-MEMBER \$4.99

Fresh Raspberries or Blackberries  
 Product of Mexico or U.S.A.  
 6oz pkg



Longo's Natural Spring Water  
 24x500mL pkg

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

**SAVE \$1**

NON-MEMBER \$3.99



Longo's Grain-Fed, Air-Chilled, Boneless, Skinless, Chicken Breasts  
 8.99/LB 19.82/kg  
 VALUE PACK

**MEMBERS SAVE \$10/PACK**



Rea Frozen Italian Pork Sausages  
 720g pkg  
 selected varieties

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

**SAVE \$3**



**40% OFF** Balderson Canadian Cheddar Cheese  
 From \$2.57/100g  
 selected varieties



**2 FOR \$5**

**SAVE UP TO \$1.98 ON 2**



Longo's Potato or Kettle Cooked Chips  
 142-200g pkg  
 Individual \$2.99  
 selected varieties



Fresh Broccoli  
 Product of U.S.A.

**2 FOR \$5**



Stefano Pasta Sauce  
 405-648mL jar  
 selected varieties

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

**SAVE \$2.50**



**4<sup>99</sup>** Black Diamond Bar, Shreds or Cheestrings  
 168-400g pkg  
 selected varieties

**SAVE UP TO \$3**

Quaker Rice Cakes or Crispy Minis  
 90-199g pkg  
 Individual \$3.99  
 selected varieties

**2 FOR \$5**

**SAVE \$2.98 ON 2**



Longo's Ice Cream  
 1L tub  
 selected varieties

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

**SAVE \$2**



**VOTED #1 GROCERY STORE IN ONTARIO!**

**WOW Leger**

\*Longo's ranked first among food retailers in Ontario, 2026 Leger WOW In-Store Experience survey.



**19<sup>99</sup>**  
/LB

**SAVE \$5/LB**

**ORGANIC**

Fresh Organic  
Atlantic Salmon Fillets  
44.07/kg



Fresh Red Seedless  
Grapes  
Product of Peru or Chile  
8.80/kg

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

Ocean Prime  
Frozen Argentina  
Shrimp  
11-15ct, 454g pkg

**12<sup>99</sup>**

**SAVE \$2**



Longo's Bagels  
6 pack, 600g  
selected varieties

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

**SAVE \$1.50**



Fresh English  
Cucumbers  
Product of Ontario  
or Fresh Avocados  
Product of Mexico

**2 FOR \$4**



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

Fresh Granny Smith  
or Fuji Apples  
Product of U.S.A.  
4.39/kg



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

**SAVE UP  
TO \$3.50**



Heinz Ketchup or  
Kraft Miracle Whip  
750mL-1L bottle or jar  
selected varieties

Kraft Salad Dressing  
425mL bottle  
selected varieties

**2<sup>49</sup>**

**SAVE UP \$3**



General Mills  
Cereal  
300-430g pkg  
selected varieties

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

**SAVE \$2**



**7<sup>49</sup>**

**SAVE UP TO \$7.50**



Sponge Towels Paper Towels  
3=6 rolls, Cashmere Bath  
Tissue 8/12=24 rolls or  
Scotties Facial Tissue 6 pack  
selected varieties



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

Gray Ridge Large  
White Eggs  
12 pack



**3<sup>49</sup>**

Redpath  
Granulated Sugar  
2kg pkg



**2<sup>29</sup>**

Longo's  
Essentials Bread  
675g pkg



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

Oikos or Liberté  
Greek Yogourt  
4x100g pkg

**WE'VE LOCKED DOWN PRICES ON EVERYDAY ITEMS.**

**Longo's**

For online flyer, store hours and store locations,  
visit us at Longos.com or call 1-800-9-Longos



@LongosMarkets

We reserve the right to limit quantities. We are diligent in proofing our flyers but unintentional errors in copy or image may occur. We reserve the right to correct any errors. Some images are for illustration purposes only. Savings refer to Longo's regular prices. Prices vary by location.

ZONE 1



**FRESH SAVINGS FOR THE WEEK OF THURSDAY APRIL 9<sup>TH</sup> TO WEDNESDAY APRIL 15<sup>TH</sup>, 2026.**



# THANK YOU REWARDS MEMBER PRICING

Scan your registered Thank You Rewards card and receive exclusive members only pricing on select products in-store.



## NOT A MEMBER? NOT A PROBLEM!

Sign up to become a member and earn 500 Bonus Points when you opt in to receive emails and exclusive offers. Scan the QR code or visit [Longos.com/thank-you-rewards](http://Longos.com/thank-you-rewards)

# THIS WEEK MEMBERS SAVE OVER \$30

Longo's Frozen  
Breaded Pork Cutlets  
840g pkg

# \$20

**SAVE \$5**

NON-MEMBER  
\$25



Longo's Frozen Cooked  
Black Tiger Shrimp Ring  
with Cocktail Sauce  
480g pkg  
selected varieties

# 22<sup>99</sup>

**SAVE \$2**

NON-MEMBER  
\$24



Oomé Smoked Tofu  
220g pkg  
selected varieties

# 5<sup>99</sup>

**SAVE \$1**

NON-MEMBER  
\$6.99



Longo's  
**CURATO**  
PRODUCT OF ITALY

Longo's Curato Grana  
Padano DOP Cheese  
200g pkg

# 11<sup>99</sup>

**SAVE \$1**

NON-MEMBER  
\$12.99



# 2 FOR \$7

Schneiders or Greenfield  
Lunch Kits  
Individual \$3.99  
74-120g pkg  
selected varieties

**SAVE \$2.98 ON 2**

NON-MEMBER  
\$4.99



La Croix  
Sparkling Water  
8x355mL pkg  
selected varieties

# 4<sup>99</sup>

**SAVE \$1**

NON-MEMBER  
\$5.99



Kouzini EVOO  
Organic or Raw Unfiltered  
Product of Greece  
500mL bottle

# 19<sup>99</sup>

**SAVE \$8**

NON-MEMBER  
\$27.99



Longo's Arancini  
with Sauce  
6 pack  
heat and serve  
selected varieties

# FROM 15<sup>99</sup>

**SAVE \$1**

NON-MEMBER  
\$16.99



# 1970s

A FAMIGLIA EXPANSION.



1972

### OUR SECOND OPEN-AIR STYLE MARKET OPENS

in Burlington, the first Longo's store to have a bakery, meat department and salad bar.

1976

### CN TOWER OPENS,

the (then) world's tallest building, and the only place on earth you can see every Longo's at the same time!



### AND...TIFF

(then Festival of Festivals) debuts, laying the foundation for a world-class film festival.



1974

### CONSTRUCTION BEGINS ON THE EATON CENTRE,

reshaping the city's downtown shopping landscape.



### GUS PURCHASES

a large chunk of "open country" west of Toronto. Ground breaks on the 3.5 acres of what would become the first Oakville location.



1978

# Brownie à la Mode

Crafted for Longo's 70th Anniversary celebration, this indulgent treat features a warm, moist brownie topped with rich, real vanilla ice cream—all made with no artificial colours or preservatives. Simple, classic and delicious.



Longo's Brownie à la Mode  
4 pack, 348g pkg

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

THANK YOU EARN 300 POINTS



HERE FOR A LIMITED TIME!



THE EPIC COOKIE

## Ice Cream!

Cookie dough ice cream with chocolate ripple and Longo's EPIC chocolate chip cookie chunks. Made locally with real cream and 100% Canadian milk.

EPIcally delicious!

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

Longo's Epic Cookie Ice Cream  
1L tub

**SAVE \$2**



70 YEARS OF FAMILY STANDARDS

70 YEARS OF FAMILY STANDARDS



# AGED LIKE A FINE PARMIGIANO.

FAMILY STANDARDS SINCE 1956



**3<sup>99</sup>** Kraft Philadelphia  
Cream Cheese  
227-250g pkg  
selected varieties  
**SAVE UP TO \$2**



**2<sup>99</sup>** Classico Pasta Sauce  
218-650mL jar  
selected varieties  
**SAVE UP TO \$3.50**



**3<sup>49</sup>** Iöco Nano  
Bubbles Yogourt  
4x100g pkg  
selected varieties  
**SAVE \$1.50**



**3<sup>99</sup>** Iöco Nano  
Drinkable Yogourt  
6x93mL pkg  
selected varieties  
**SAVE \$1**



Villaggio Rustico Bread  
550g pkg  
**3<sup>49</sup>**  
**SAVE UP TO \$2.19**



Maple Leaf  
Bacon  
375g pkg  
Individual \$6.99  
selected varieties

**2 FOR \$12**  
**SAVE \$5.98 ON 2**



**2 FOR \$12**  
**SAVE \$5.98 ON 2** Maple Leaf  
Ready Crisp Bacon  
65g pkg  
Individual \$6.99  
selected varieties

PRICES ON THIS PAGE EFFECTIVE FROM THURSDAY APRIL 9<sup>TH</sup> TO WEDNESDAY APRIL 15<sup>TH</sup>, 2026.



Activia Yogourt  
12x95-100g pkg  
or Oikos Yogourt  
650-750g tub  
selected varieties

**6.49**

SAVE UP TO \$2



**4.49** Silk Almond or  
Oat Beverage  
1.75-1.89L carton  
selected varieties

SAVE \$1



Campbell's  
Chunky or  
Ready to Serve  
Soup  
515mL can

**3.49**

SAVE AT LEAST 50¢

**2.49** Campbell's  
Condensed Soup  
284mL can  
selected varieties

SAVE AT LEAST 50¢



Italpasta Pasta  
900g pkg  
selected varieties

**1.99**

SAVE \$1.50

Mutti Passata  
680mL jar  
selected varieties

**4.49**

SAVE \$1.50



A KeHE COMPANY



**12.99** San Benedetto Water  
6x1.5L pkg  
selected varieties

SAVE \$3



CHOOSE FROM:  
• Sweet and Spicy  
• True North  
• Spring Mix  
• Four Season

Goodleaf Fresh  
Salad Blends  
Product of Canada  
113g pkg  
selected varieties

**3.99**

SAVE \$1



**2.99** Cadbury Dairy Milk  
Chocolate Bar  
90g pkg  
selected varieties

SAVE \$1.30



**4.99** Ritz Drizzled Minis  
226g pkg  
selected varieties

SAVE \$2

70 YEARS OF FAMILY STANDARDS

**MUST TRY**



**IN-STORE TASTING SAT-SUN 10:30AM - 4PM**

- Not your average passion fruit.
- This honey variety is sweeter, smoother and wonderful tropical treat.

**2 FOR \$5** Fresh Honey Passion Fruit  
Product of Colombia



**13<sup>99</sup>/LB** Yorkshire Valley Farms Organic Boneless, Skinless Chicken Thighs 30.84/kg  
**SAVE \$1/LB**

**15<sup>99</sup>/LB** True North Fresh Boned Canadian Atlantic Salmon Side 35.25/kg  
**SAVE \$1/LB**



**1<sup>99</sup>/LB** Fresh Red or Green Anjou, or Bosc Pears  
Product of U.S.A.  
4.39/kg



**1<sup>69</sup>/LB** Fresh Navel Oranges  
Product of U.S.A.  
3.73/kg



**13<sup>99</sup>/LB** Maple Leaf Prime Raised Without Antibiotics Chicken Breast Fillets, Thin Sliced or Diced 30.84/kg  
**SAVE \$1/LB**



**9<sup>99</sup>** Fresh Tilapia Fillet 22.02/kg  
**VALUE PACK**  
**SAVE \$1/LB**



**2<sup>99</sup>** Fresh Green, Red or Rainbow Swiss Chard  
Product of Mexico  
each



**2<sup>99</sup>** Fresh Organic Iceberg Lettuce  
Product of U.S.A.  
each



Yorkshire Valley Farms Frozen Organic Chicken Meatballs, Thighs or Drumsticks 800g-1kg pkg  
**14<sup>99</sup>**  
**SAVE UP TO \$4**



Frozen or Previously Frozen White Shrimp Skewers 31-40ct, 5 shrimp per skewer  
**1<sup>49</sup>/EA**  
**SAVE 50¢ EACH**

The Little Potato Company Fresh Mini Potatoes Microwave or Oven Roaster Kits 454g pkg selected varieties

**3<sup>99</sup>**  
**SAVE 50¢**



**3<sup>99</sup>** Goodleaf Fresh Salad Blends  
Product of Canada  
113g pkg  
selected varieties



**6<sup>99</sup>** Maple Leaf Prime Ground Chicken or Turkey or duBreton Raised Without Antibiotics Organic Ground Pork 454g pkg  
**SAVE UP TO \$1.50**



**9<sup>99</sup>** Dom Reserve Frozen Orange Roughy Fillets 283g pkg or Longo's Frozen Yellowfin Tuna Steaks 340g pkg  
**SAVE AT LEAST \$1**

Fresh fish is subject to availability.

**FRESH SAVINGS FOR THE WEEK OF THURSDAY APRIL 9<sup>TH</sup> TO WEDNESDAY APRIL 15<sup>TH</sup>, 2026.**

# PIZZA OF THE MONTH

NEW

SLICE  
**4<sup>99</sup>**  
WHOLE  
**26<sup>99</sup>**



APRIL  
**MORTADELLA  
FIOR DI LATTE  
& PESTO**

Pinsa crust  
drizzled with olive  
oil, topped with  
mozzarella cheese,  
sliced mortadella,  
crumbled fiore di  
latte and pesto  
sauce.

Dinner is served!  
Pick up authentic,  
stone-baked pizza  
that's been prepared  
right in-store with  
only the finest  
ingredients.

**TENDERS, BITES  
OR WINGS**

SALT AND PEPPER!



MIX AND  
MATCH

Longo's Fully Cooked Chicken Wings  
Plain Glazed, Barbecue, Sweet and  
Spicy, Salt and Pepper or Buffalo  
500g pkg  
Individual \$11.99

**2 FOR \$23**

SAVE UP TO \$6.98 ON 2

Longo's Fully Cooked  
Tenders or Bites  
Breaded Tenders,  
Parmesan Breaded  
Tenders or Breaded Bites  
500g pkg  
Individual \$14.99

## KALTBACH GRUYÈRE TASTING EVENT

Join us for in-store tasting:

Thursday, April 16<sup>th</sup> - Bayview, York Mills  
and Maple Leaf Square

Friday, April 17<sup>th</sup> - Markham, Glen Erin  
and Queensway

Sunday, April 19<sup>th</sup> - Weston Road, Milton  
and Applewood

Saturday, April 18<sup>th</sup> - All other locations

Swiss Kaltbach Gruyère or  
Kaltbach Truffle Cheese

**20% OFF**  
FROM 6.64/100G



FRESH  
DELI CUT



**3<sup>99</sup>**  
/100G  
Castello Blue Cheese  
or Fontina Cheese  
selected varieties

FRESH  
DELI  
SERVED

Longo's Roast Beef,  
Corned Beef,  
Montreal Smoked  
or Pastrami

**2<sup>99</sup>**  
/100G



**7<sup>99</sup>**  
SAVE \$1  
Fantino & Mondello  
Sliced, Diced or  
Salametti Deli Meats



**10<sup>99</sup>**  
SAVE \$2  
Lilydale Farmhouse  
Classics Sliced Deli  
Meats  
400g pkg  
selected varieties



**29<sup>99</sup>**  
SAVE \$2  
Elite Sweets  
8" Cake  
selected varieties



**5<sup>99</sup>**  
SAVE \$1  
Longo's Loaf Cake  
300-450g pkg  
selected varieties



**3<sup>99</sup>**  
BAKED IN-STORE!  
Lemon & Key Lime  
Cheesecake Danishes  
2 pack  
THANK YOU EARN 200 POINTS Here for a limited time!

PROUDLY MADE IN NOVA SCOTIA!



NEW  
Marvelous Moo's  
Premium Ice  
Cream Cake  
750mL pkg

4 flavours:  
Strawberry  
Cheesecake Crumble  
Toffee Caramel Crunch  
Chocolate Brownie  
Overload  
Caramel Nut Fudge

**19<sup>99</sup>**  
THANK YOU EARN 500 POINTS



Longo's  
Killer Brownie  
Strawberry  
Shortcake  
Brookie  
610g pkg

**7<sup>99</sup>**  
SAVE 95¢



**4<sup>99</sup>**  
THANK YOU EARN 100 POINTS  
Longo's Nut-Free  
Mini Muffins  
12 pack, 252g pkg  
selected varieties



**16<sup>99</sup>**  
SAVE \$2  
Sweets from the Earth  
Gluten-Free Pie  
1kg pkg  
selected varieties

FRESH SAVINGS FOR THE WEEK OF THURSDAY APRIL 9<sup>TH</sup> TO WEDNESDAY APRIL 15<sup>TH</sup>, 2026.

# MEAT BALLS

## SPAGHETTI & MEATBALLS

FEEDS UP TO 4. THAT IS \$5 PER PERSON!



Longo's Spaghetti & Meatballs 1kg pkg

**19<sup>99</sup>**

THANK YOU EARN 300 POINTS



## MEATBALL SANDWICH



**Ultimate Meatball Sandwich**  
A toasted garlic bun topped with meatballs, roasted tomatoes, pesto and fior di latte.

Sandwiches made fresh to order for you. Choose from toppings that are prepared fresh in-store daily. Sandwiches include up to 2 toppings. Extra charge for additional toppings

FROM **11<sup>99</sup>**



## LONGO'S HOMESTYLE MEATBALLS IN SAUCE AND CHEESE.



FULLY COOKED. HEAT AND EAT.

Longo's authentic meatballs! Made with 100% Certified Angus Beef and freshly grated Romano cheese! Homestyle recipe from our family to yours!

FROM **11<sup>99</sup>**  
SAVE \$1



## LONGO'S ORIGINAL MEATBALLS



Longo's Certified Angus Beef Original Meatballs 19.82/kg  
**8<sup>99</sup>** /LB  
SAVE \$1/LB

# APPY HOUR ALL-STARS



Longo's  
Frozen Breaded  
or Battered Fish  
500-600g pkg  
selected varieties



**14<sup>99</sup>**  
SAVE \$1.50

Longo's Frozen  
Tempura Shrimp  
500g pkg



**11<sup>99</sup>**  
SAVE \$1

Longo's Frozen  
Tempura Shrimp  
400g pkg  
COLOSSAL



**12<sup>99</sup>**  
SAVE \$3

Longo's Frozen  
Coconut Battered  
Shrimp  
500g pkg



**11<sup>99</sup>**  
SAVE \$1

Longo's Frozen  
Beer-Battered  
Tempura Shrimp  
Torpedo Shape  
340g pkg



**7<sup>99</sup>**  
SAVE \$1

Toppits Frozen  
Gluten-Free  
Breaded Fish  
400g pkg



**11<sup>99</sup>**  
SAVE \$1

Toppits Frozen Gluten  
Free Battered Shrimp  
340g pkg



**9<sup>99</sup>**  
SAVE \$1



**6<sup>99</sup>** Longo's Frozen Seafood  
Party Pack Appetizers  
310g pkg  
SAVE \$3

Ocean Prime  
Frozen Breaded  
Squid Rings  
908g pkg



**12<sup>99</sup>**  
SAVE \$2

# GROCERY

Tim Hortons Whole Bean  
or Ground Coffee  
300g pkg  
selected varieties

**10<sup>99</sup>**

SAVE UP TO \$4



Tim Hortons K-Cup  
12ct  
selected varieties

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

SAVE UP TO \$4



Tim Hortons  
Nespresso Pods  
10ct  
selected varieties

**7<sup>99</sup>**

SAVE \$3



Made Good Snackers  
142g pkg  
selected varieties

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

SAVE \$1



**2 FOR \$9**

SAVE 98¢ ON 2

Stacy's Pita Chips 208-227g,  
Sun Chips 205g pkg or  
Pop Corners Snacks 142g pkg  
Individual \$4.99  
selected varieties

Frank's RedHot Sauce  
354mL bottle  
selected varieties

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

SAVE \$1



French's Yellow  
Mustard  
400mL bottle

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

SAVE \$1



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

SAVE UP TO \$1.30

Dempster's Bagels  
5-6 pack or  
Tortillas 10"  
selected varieties



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

SAVE \$1

Cafe Amsterdam  
Stroopwafels, Almond  
Fingers or Mini Delights  
200-275g pkg  
selected varieties

Granoro Pasta  
450g pkg  
selected varieties

**1<sup>49</sup>**

SAVE 50¢



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

SAVE \$1.50

Tasty Bite Indian  
Ready to Heat Entrees  
285g pkg  
selected varieties



**2<sup>49</sup>**

SAVE UP TO \$1.50

Betty Crocker Frosting  
or SuperMoist Cake Mixes  
340-450g pkg  
selected varieties

Nature Valley  
Granola Bars  
148-210g pkg,  
Fibre 1 Bars  
125-175g pkg or  
Betty Crocker or  
Mott's Fruit Snacks  
226g pkg  
Individual \$3.99  
selected varieties

**2 FOR \$6**

SAVE UP TO \$3.98 ON 2



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

SAVE 50¢

Neal Brothers  
Organic Corn Chips  
255-276g pkg or  
Peacasa Chickpea Chips  
128g pkg  
selected varieties

Tilda or  
Minute Rice  
Ready to Heat  
250g pkg  
Individual \$3.49  
selected varieties

**2 FOR \$5**

SAVE UP TO \$1.98 ON 2



Club House La Grille  
or Blends Seasoning  
111-248g pkg  
selected varieties

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

SAVE AT LEAST \$1



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

SAVE \$2



Kellogg's Family Size Cereal  
480-650g pkg  
selected varieties

Tidy Cats  
Cat Litter  
2.72kg pkg  
selected varieties

**13<sup>99</sup>**

SAVE \$2



# DAIRY AND FROZEN



Longo's Fresh Pasta  
350g pkg or  
Fresh Pasta Sauce  
350mL pkg  
selected varieties

**4.49**

SAVE UP TO \$1.50



St. Louis Bar & Grill  
Garlic Dill Sauce  
227g pkg  
selected varieties

**3.49**

SAVE \$1.50



MAKE EVERY NIGHT  
**WING NIGHT**

St. Louis Bar & Grill  
Chicken Wings or  
Boneless Bites  
650g pkg  
selected varieties

**13.99**

SAVE \$2



Simply Orange Juice  
1.36L bottle  
selected varieties

**5.99**

SAVE \$2



**6.49** Giuseppe Thin or  
Rising Crust Pizza  
439-720g pkg  
selected varieties

SAVE UP TO \$1.50



Cavendish  
Premium Fries  
400-750g pkg  
Individual \$4.49  
selected varieties

**2 FOR \$8**

SAVE UP TO \$1.58 ON 2



Lactantia  
PurFiltre Milk  
2L cartons  
selected varieties

**5.49**

SAVE UP TO \$1.30



Health Ade  
Kombucha  
473mL bottle  
selected varieties

**3.49**

SAVE \$1.50



**5.99** Kellogg's Eggo Waffles  
16ct or Protein Waffles 8ct  
selected varieties

SAVE UP TO \$2



**12.99** Schneider's Schnitzel's  
Chicken or Pork  
450 pkg

SAVE \$4.30

Summer Fresh  
Topped Hummus  
or Dips  
200-255g pkg  
Individual \$3.49  
selected varieties

**2 FOR \$6**

SAVE \$3.98 ON 2



**6.99** Tre Stelle Mozzarella Ball  
340g pkg  
selected varieties

SAVE UP TO \$2.50



**15.99** Janes Pub Style  
Chicken Strips  
1.5kg pkg  
selected varieties

SAVE \$3



Liam's Pancakes  
300g pkg  
selected varieties

**10.99**

SAVE \$2



# BREAKFAST FINDS

**8<sup>99</sup>** Only Oats  
1kg pkg  
selected varieties  
**SAVE \$1**



Manitoba Harvest  
Organic Granola  
283g pkg  
selected varieties  
**6<sup>99</sup>**  
**SAVE \$1**



**NEW**  
Farm Girl Cereal  
280g pkg  
selected varieties  
**8<sup>99</sup>**  
**SAVE \$2**



**5<sup>49</sup>** Bob's Red Mill  
Rolled Oats  
454g pkg  
selected varieties  
**SAVE AT LEAST 50¢**



Dorset Muesli  
Cereal  
540-620g pkg  
selected varieties  
**6<sup>99</sup>**  
**SAVE \$1.50**



Awake Chocolate  
Energy  
27g bar  
selected varieties  
**1<sup>49</sup>**  
**SAVE 80¢**



RXBAR  
52g pkg  
selected varieties  
**2<sup>49</sup>**  
**SAVE 50¢**



Awake Caffeinated  
Chocolate Energy Bars  
86-108g pkg  
selected varieties  
**6<sup>99</sup>**  
**SAVE UP TO \$2**



# FUEL YOUR DAY!

ChocXO  
Chocolate Cups  
98g pkg  
selected varieties  
**6<sup>99</sup>**  
**SAVE \$2**



Taste of Nature Organic  
Granola Bars  
40g pkg  
selected varieties  
**1<sup>99</sup>**  
**SAVE 50¢**



# LONGO'S MUST-HAVES



Longo's Sirloin Beef Burgers  
1.02kg pkg

**16<sup>99</sup>**  
SAVE \$3



Longo's Falafel Burgers or  
Black Bean Veggie Sliders  
366-504g pkg  
selected varieties

**7<sup>99</sup>**  
SAVE \$1



Longo's Pickled  
Hot Pepper Rings  
750mL jar

**3<sup>99</sup>**  
SAVE \$1



Longo's Baby Dill or  
Bread & Butter Pickles  
750mL jar

**5<sup>49</sup>**  
SAVE 50¢



Longo's Burger  
Sauce & Dip  
350mL bottle

**3<sup>99</sup>**  
SAVE 50¢



Longo's Essentials  
Yellow Mustard  
400mL bottle

**1<sup>49</sup>**  
SAVE 30¢



Longo's Mayonnaise  
750-890mL bottle

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

THANK YOU EARN 100 POINTS



Longo's  
CURATO  
PRODUCT OF ITALY

Longo's Curato  
Sundried or Julienne  
Cut Tomatoes  
314mL jar

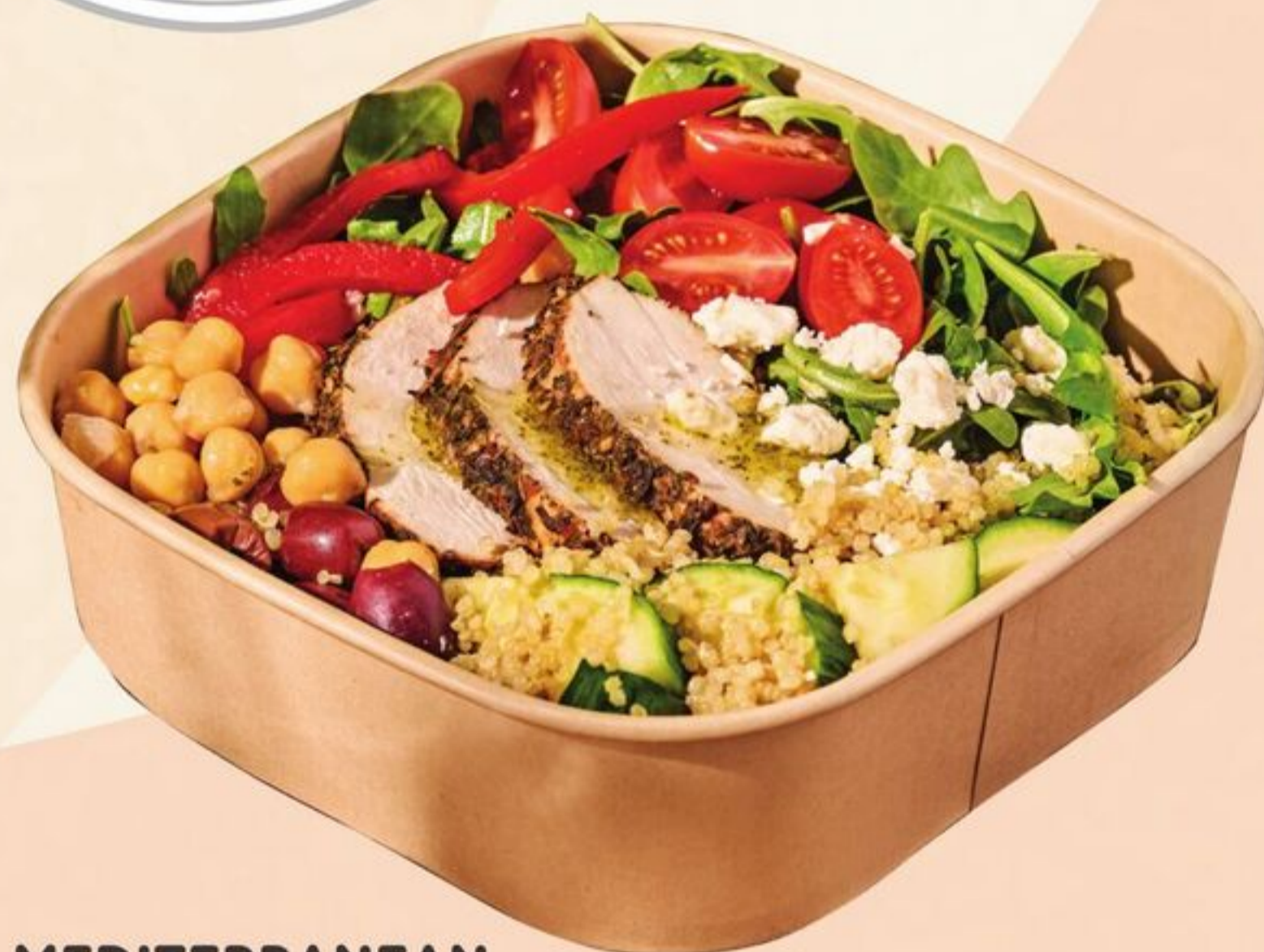
**4<sup>99</sup>**  
SAVE \$1



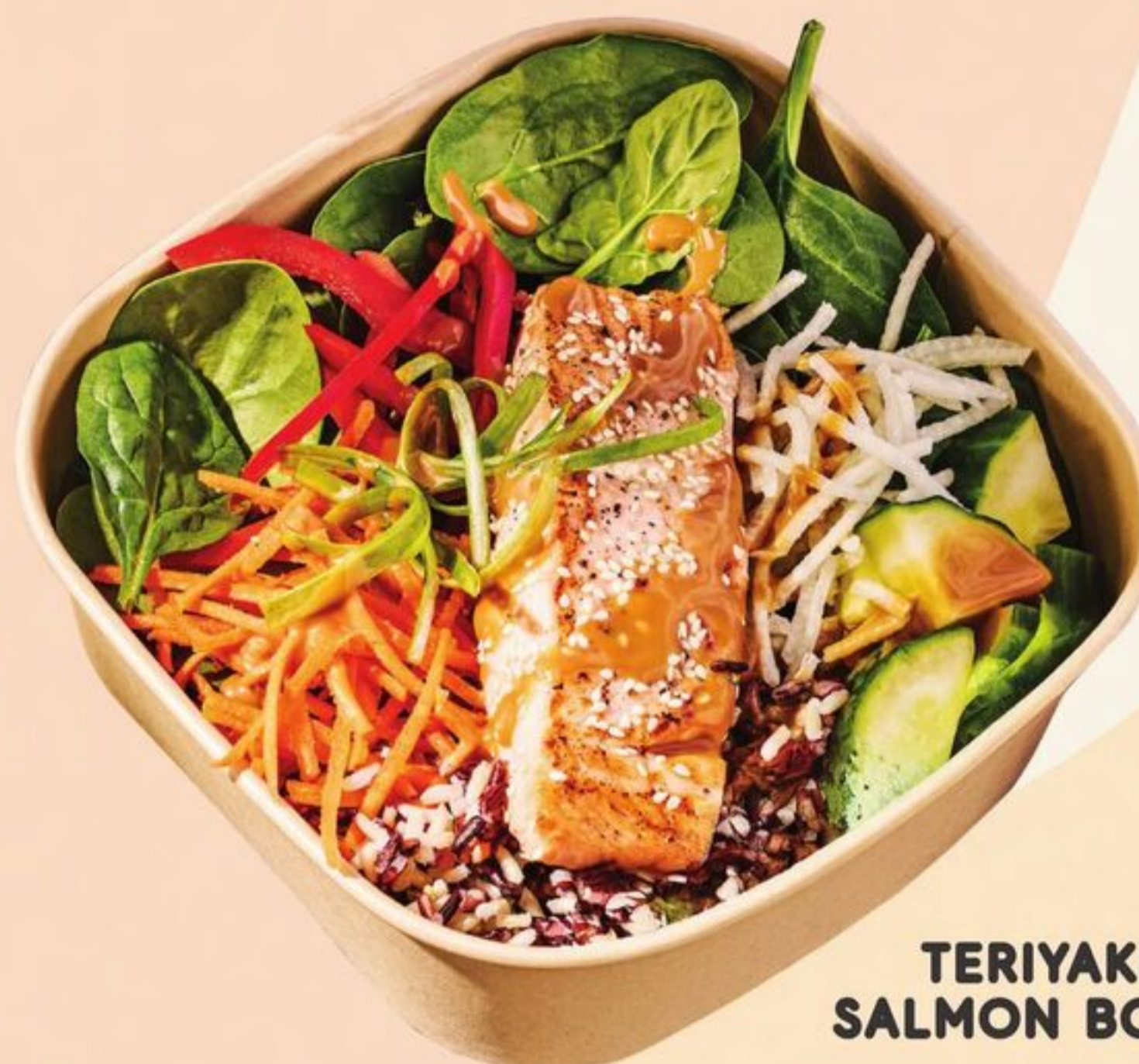


# POWER UP WITH PROTEIN

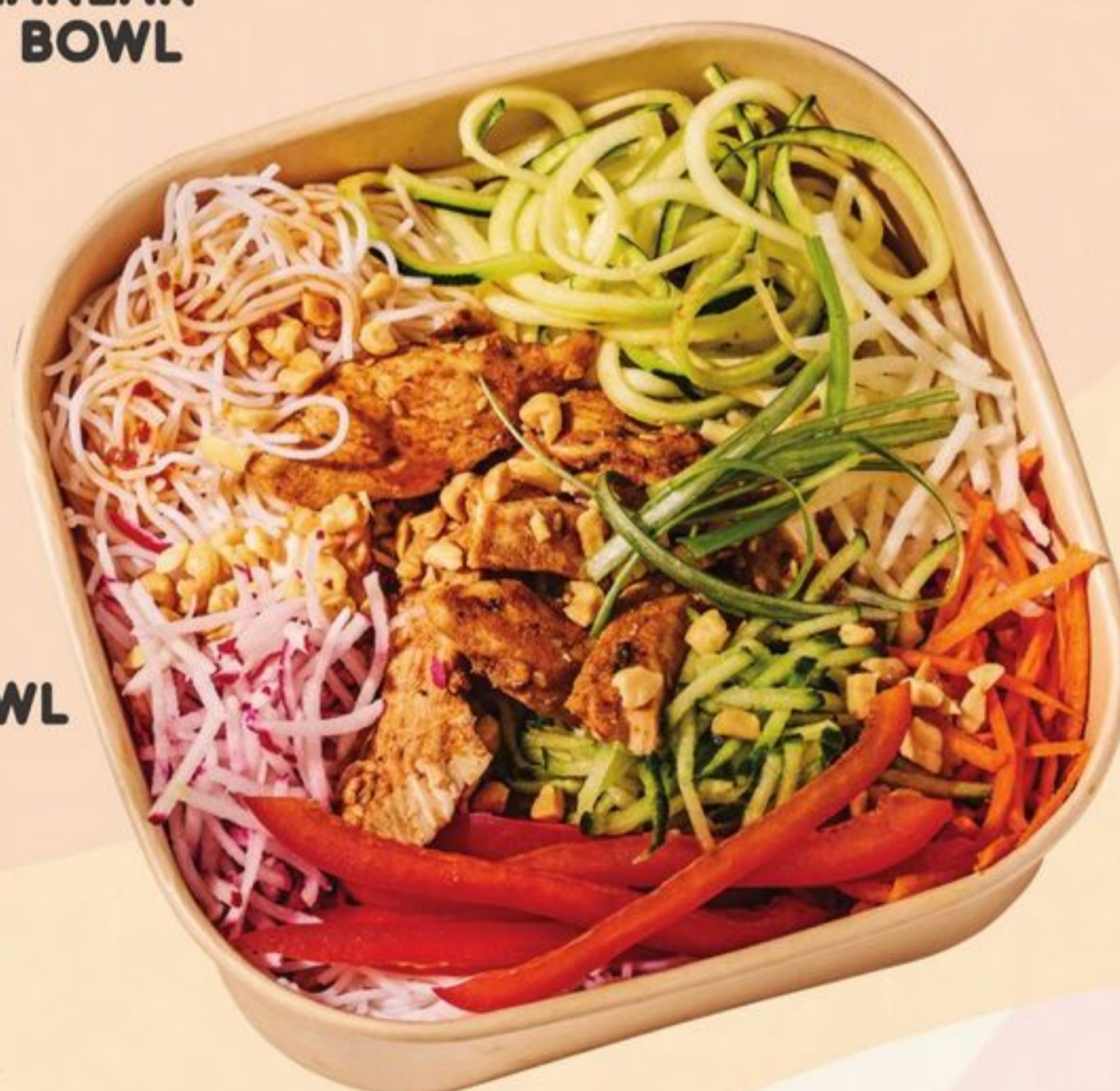
Wholesome Ingredients. Elevated Flavour. Clean, Satisfying Fuel.



**MEDITERRANEAN CHICKEN BOWL**



**TERIYAKI SALMON BOWL**



**SESAME CHICKEN BOWL**



**FALAFEL MAPLE TAHINI BOWL**

Protein Bowls  
selected varieties

**10<sup>99</sup>**



**EARN 100 POINTS**

Enjoy tender grilled chicken, roasted sweet peppers and creamy hummus, or choose delicate salmon paired with nutty brown rice and tangy pickled vegetables. For a plant-forward option, golden falafel meets fresh greens and smooth tahini.

Each bowl delivers a carefully balanced blend of textures and bold, nutrient-dense flavours—designed to energize, nourish and satisfy with every bite.

# SPRING CLEANING

The Pink Stuff cleaning paste  
500g tub or Cleaner  
500-750mL bottle  
selected varieties

**6<sup>99</sup>**  
SAVE \$1



Scrubbing Bubbles Cleaner  
946 bottle,  
385-567g bottle or  
Drop-Ins 5ct  
selected varieties

**5<sup>49</sup>**  
SAVE UP TO \$1.50



Windex Cleaner  
765mL bottle or  
refill  
950mL bottle  
selected varieties

**5<sup>99</sup>**  
SAVE AT LEAST \$1



Dawn Dishwashing  
Liquid  
535-825mL bottle or  
Mr. Clean All  
Purpose Cleaner  
1.21L bottle or  
Magic Eraser  
2ct  
selected varieties

**4<sup>99</sup>**  
SAVE UP TO \$1.50



Nature Clean  
Laundry Sheets  
32 loads  
selected varieties

**7<sup>99</sup>**  
SAVE AT LEAST \$1

Mrs. Meyer's Clean  
Day Multi-Surface  
Bathroom or Glass  
Cleaner  
473-976mL bottle or  
Dish Soap  
473mL bottle  
selected varieties

**5<sup>99</sup>**  
SAVE AT LEAST \$1



Method All-Purpose,  
Glass, Bathroom or  
Wood Cleaner  
709-828mL bottle  
selected varieties

**5<sup>49</sup>**  
SAVE UP TO \$3.50



Finish Quantum  
Dishwashing Detergent Tabs  
60-72ct  
selected varieties

**24<sup>99</sup>**  
SAVE AT LEAST \$5

# LOW PRICE LOCKDOWN



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

**Gray Ridge Large White Eggs**  
12 pack



**2<sup>29</sup>**

**Longo's Essentials Bread**  
675g pkg



**3<sup>49</sup>**

**Redpath Granulated Sugar**  
2kg pkg



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

**Longo's Fresh Mini Seedless Cucumbers**  
Product of Ontario  
11 pack



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

**ORGANIC**

**Fresh Organic Grape Tomatoes**  
Product of Ontario  
681g pkg



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

**Fresh Hydroponic Lettuce**  
Product of Ontario  
2 pack • assorted varieties



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

**Longo's Fresh Russet Potatoes**  
Product of Canada  
10lb bag



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

**Oikos or Liberté Greek Yogourt**  
4x100g pkg



**2<sup>99</sup> /LB**

**Longo's Fresh Ontario Air-Chilled, Grain-Fed Chicken Leg Quarters**  
Value pack • 6.59/kg



**10<sup>99</sup>**

**Organic Meadow Milk**  
1%, 2% or skim  
4L bag



**6<sup>49</sup>**

**Beatrice Milk**  
1%, 2% or skim  
4L bag



**2 FOR \$4**

**Longo's Pasta**  
450g pkg  
Individual \$2.29



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

**Frito-Lay Value Pack Chips**  
325-535g pkg  
selected varieties



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

**Imported Emmental Cheese, Medium Cheddar Cheese or Imported Aged Cheddar Cheese**  
Average weight 400g

**\$5.00/ serving**

**19<sup>99</sup>**

**Longo's Oven-Ready Meals**  
900g-1kg pkg  
Serves up to 4



**20<sup>99</sup>**

**Cashmere Bath Tissue**  
24=72 rolls



**WE'VE LOCKED DOWN PRICES ON EVERYDAY ITEMS.**

FRESH SAVINGS FOR THE WEEK OF THURSDAY APRIL 9<sup>TH</sup> TO WEDNESDAY APRIL 15<sup>TH</sup>, 2026.

# ADD LOCAL TO YOUR LIST.

*Longo's*



**4<sup>99</sup>** Fresh Hydroponic Lettuce  
Product of Ontario  
2 pack • assorted varieties

## MEET THE FARMER Mucci Farms

LOCATION  
Kingsville, ON

## WHY THEY ARE OUR PARTNER

Mucci Farms' humble beginnings started in the early 1960s when two brothers from Italy immigrated to Canada with a passion to grow fresh, flavourful fruits and vegetables. Vertically integrated from seed to retail, Mucci Farms owns and operates over 250 acres of tomato, peppers, cucumber, lettuce and strawberry greenhouses.

**PINT**



**5<sup>99</sup>** Fresh Strawberries  
Product of Ontario  
pint

# SAVE ON THE BRANDS YOU LOVE AT LONGO'S

## FOR EVERY BURGER

IT HAS TO BE  
**HEINZ**  
ESTD 1869



Proudly prepared in  
**CANADA**

Kraft Pure Salad Dressing  
355mL bottle  
selected varieties

**3.49**  
SAVE \$3



Proudly prepared in  
**CANADA**

Renee's Salad Dressing  
350-355mL bottle  
selected varieties

**4.99**  
SAVE \$2



Proudly prepared in  
**CANADA**

Kraft Hazelnut  
Spread with Cocoa  
725g jar

**6.99**  
SAVE \$1



Proudly prepared in  
**CANADA**

Kraft Dinner  
175-200g pkg  
selected varieties

**1.99**  
SAVE 50¢



Heinz Beans  
398mL can  
selected varieties

**1.79**  
SAVE UP TO \$1.70



**4.99**  
SAVE \$2

Baker's Chocolate squares  
170-225g pkg  
selected varieties



Jell-O Pudding Mixes  
99-113g pkg  
selected varieties

**1.49**  
SAVE \$1



Jell-O Powder Mix  
10-85g pkg  
selected varieties

**99¢**  
SAVE UP TO 70¢

# SAVE ON THE BRANDS YOU LOVE AT LONGO'S

## EVERYDAY EUROPEAN FAVOURITES.



Carl Jung  
Non-Alcoholic Wine  
750mL bottle  
selected varieties  
**8<sup>99</sup>**  
SAVE AT LEAST \$1



Ritter Sport  
European Chocolate  
100g bar  
selected varieties  
**3<sup>79</sup>**  
SAVE \$1.20



Kühne  
Barrel Sauerkraut  
796mL jar  
selected varieties  
**3<sup>99</sup>**  
SAVE UP TO \$1.50



Finn Crisp  
Sourdough Rye Thins  
175-200g pkg  
selected varieties  
**3<sup>49</sup>**  
SAVE 50¢

PURCHASE ONE OF THE ABOVE PRODUCTS FOR A CHANCE TO WIN

**250,000**

POINTS  
\$1,250  
VALUE



The Contest is open only to legal residents of Ontario aged 18 years or older who are registered Longo's Thank You Rewards members. The winner must correctly answer a mathematical skill-testing question to be declared a winner. Approximate odds of winning the Prize depend on the total number of eligible entries received by the Contest Closing Time. Details on "No Purchase" entry and full Contest Rules available at participating Longo's stores at the Personal Touch Counter.

THURSDAY APRIL 9<sup>TH</sup> TO WEDNESDAY APRIL 22<sup>ND</sup>, 2026



OLYMPIC



Olympic  
Krema Yogourt  
650g tub  
selected varieties  
**5<sup>49</sup>**  
SAVE \$2.50



Olympic  
Organic Yogourt  
650g tub  
selected varieties  
**4<sup>99</sup>**  
SAVE \$3.50



Beatrice  
Chocolate Milk  
2L carton  
**5<sup>49</sup>**  
SAVE UP TO \$1



YOU COULD

# WIN

1 OF 3 \$10,000  
VIP TRIPS

TO THE  
STANLEY CUP FINAL 2026

PLUS DAILY PRIZES OF GIFT CARDS & MORE!

**FIND THE CUP & CLEAN UP**

[FindAndWin.ca](http://FindAndWin.ca)

**Bonterra**  
Paper Towels  
3=6 rolls or Bath Tissue  
9=27 rolls  
selected varieties  
**6<sup>99</sup>**  
SAVE \$1

**Cashmere**  
UltraLux  
Bath Tissue  
12/24=48 rolls or  
Spongetowels Paper Towels  
6=12 rolls  
selected varieties  
**14<sup>99</sup>**  
SAVE \$5

\*NO PURCHASE NECESSARY. Open to legal age of majority residents of Canada. Contest starts March 1/26, ends May 15/26 (Purchase Period ends May 8/26). 79 prizes available: (i) 3 grand prizes of a 2026 Stanley Cup® Final VIP Experience (ARV \$10,000 CAD each); & (ii) 76 secondary prizes (number decreases as they are claimed), each consisting of Spongetowels for a year (ARV \$600 CAD), Kruger Products value coupons, NHLShop.ca gift cards or retailer grocery gift cards (ARV \$20 CAD to \$200 CAD). Odds of winning depend on number, timing & accuracy of entries. Skill-testing question required. Full Rules at findandwin.ca. ©2026 Kruger Products Inc.™ SCOTTIES is a registered trademark of Kimberly-Clark Worldwide, Inc. used under licence. NHL, the NHL Shield, and the word mark and image of the Stanley Cup are registered trademarks and the 2026 Stanley Cup Final logo is a trademark of the National Hockey League. ©NHL 2026. All Rights Reserved.

## Stonemill

SOURDOUGH

# Great Deal!

Stonemill Bread  
454-550g pkg  
selected varieties  
**3<sup>69</sup>**  
SAVE UP TO \$2.30

# SAVE ON THE BRANDS YOU LOVE AT LONGO'S



**HAYTER'S FARM**  
TASTE & TRADITION

SINCE 1948  
WHOLESALE | 3 GENERATIONS OF FAMILY | PROUDLY CANADIAN

Hayter's Farm Freshly Sliced Turkey Oven Roasted, Smoked and Montreal Flavours

**2.99** /100G

**Raised Without Antibiotics**  
21g of protein per serving

We only sell what we serve at home - high in protein, low in fat and family approved.




**NEW**

**BR**  
BASKIN-ROBBINS™

Baskin-Robbins Ice Cream 946mL or Novelties 4x125mL pkg  
Haagen-Dazs Ice Cream 946mL selected varieties

**9.99**  
SAVE UP TO \$3

**MADE IN CANADA**



**Nestlé®**  
**Favorites**

Nestlé Drumstick 63-140mL pkg  
Del Monte Fruit Bars 10 pack  
Confectionery Novelties 55-125mL pkg or Real Dairy Ice Cream Tubs 1.5L tub selected varieties

**4.99**  
SAVE UP TO \$4

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**VITA COCO Milk**  
ORGANIC  
non-dairy coconut beverage  
rich & creamy original

**VITA COCO Coconut Water**  
HIGH IN POTASSIUM  
PINEAPPLE  
FROM CONCENTRATE

**VITA COCO Coconut Water ORIGINAL**  
HIGH IN POTASSIUM  
NEW! SAME COCONUT  
FROM CONCENTRATE

**VITA COCO Extra Coconut COCONUT WATER**  
FROM CONCENTRATE

Vita Coco Coconut Milk 1L tetra selected varieties

**2.99** Vita Coco Coconut Milk 1L tetra  
SAVE \$1.50

**3.99** SAVE 50¢



**70** SINCE 1956  
**Longo's**

**BRINGING FAMILIES TO THE TABLE SINCE 1956.**

CELEBRATING WITH

**TI Group**  
Where brands get results.