

# food Basics

CANADIAN AND PROUD



10" HANGING BASKETS  
ASSORTED VARIETIES SELECTED STORES  
WHILE QUANTITIES LAST

THIS WEEK ONLY  
**12<sup>98</sup>**  
EACH

# V.I.P.

## VERY INCREDIBLE PRICE EVENT

MARC ANGELO SOUVLAKI FAMILY PACK  
480 - 640 G  
SELECTED VARIETIES



INCREDIBLE  
**8<sup>82</sup>**  
EACH



HALAL AT SAME PRICE

LEAN GROUND BEEF FAMILY PACK  
INCLUDES HALAL  
11.93/KG

INCREDIBLE  
**5<sup>41</sup>**  
/LB

125 points  
value of \$1



INCREDIBLE  
**2<sup>95</sup>**  
EACH

SEEDLESS ORANGES PRODUCT OF SOUTH AFRICA, 3 LB  
KIWIS PRODUCT OF CHILE, 400 G BASKET



WHOLE WHITE OR CREMINI MUSHROOMS  
PRODUCT OF CANADA, 227 G  
MINI CUCUMBERS  
PRODUCT OF ONTARIO, CANADA NO.1 GRADE 397 G

INCREDIBLE  
**1<sup>44</sup>**  
EACH

CLOVER LEAF ALBACORE OR YELLOWFIN TUNA  
142 - 170 G  
FLAVOURED SALMON  
80 G  
SELECTED VARIETIES



INCREDIBLE  
**1<sup>96</sup>**  
EACH



TRE STELLE MOZZARELLA BALL  
340 G SELECTED VARIETIES

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

BLACK DIAMOND SLICES  
410 G  
LACTANTIA CREAM CHEESE  
227 - 250 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST



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



LAY'S POTATO CHIPS OR TOSTITOS TORTILLA CHIPS  
200 - 295 G  
SELECTED VARIETIES

INCREDIBLE  
**2<sup>75</sup>**  
EACH



DR. OETKER RISTORANTE PIZZA 200 - 390 G  
CASA DI MAMA 395 - 410 G FROZEN SELECTED VARIETIES

INCREDIBLE  
**3<sup>47</sup>**  
EACH



IRRESISTIBLE ICE CREAM 1.5L  
NOVELTIES 3 - 9.5  
FROZEN FRUIT 400 - 600 G  
ORANGE JUICE 1.36L  
SELECTED VARIETIES

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

IRRESISTIBLES WALNUTS, HALVES & PIECES OR WHOLE NATURAL ALMONDS  
750 G - 1 KG  
SELECTED VARIETIES



INCREDIBLE  
**14<sup>88</sup>**  
EACH



SAPORITO EXTRA VIRGIN OLIVE OIL 750 ML  
VEGETABLE, CANOLA OR CORN OIL 2.3L  
SELECTED VARIETIES

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

125 points  
value of \$1

# HAPPY VICTORIA DAY!

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, MAY 14<sup>TH</sup> TO WEDNESDAY, MAY 20<sup>TH</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.  
MOST STORES OPEN ON MONDAY MAY 18<sup>TH</sup>. SEE LOCAL STORE OR [FOODBASICS.CA](http://FOODBASICS.CA) FOR DETAILS.

# food Basics

CANADIAN AND PROUD

# V.I.P.



WHOLE SEEDLESS WATERMELON  
PRODUCT OF U.S.A.

**WOW**

**INCREDIBLE**  
**344**  
EACH

**\$1 SAUSAGE**



**AUTHENTIC FRESH PORK SAUSAGES**  
HOT, MILD, HONEY GARLIC OR ENGLISH BANGER  
PACKAGE OF 4



**INCREDIBLE**  
**\$4**  
EACH

**SCHNEIDERS JUICY JUMBOS OR SMOKED SAUSAGES OR MINA CHICKEN WIENERS**  
300 - 475 G  
SELECTED VARIETIES  
WHILE SUPPLIES LAST



**INCREDIBLE**  
**398**  
EACH



**SELECTION BUNS**  
8'S  
SELECTED VARIETIES

**INCREDIBLE**  
**193**  
EACH

**HAPPY V**  
GET READY TO SAVE! GREAT PRICES START  
PRICES IN THIS FLYER AVAILABLE AT ALL SAULT STE. MARIE, AND  
To view local store flyer, visit [foodbasics.ca](http://foodbasics.ca), where  
**MOST STORES OPEN ON MONDAY MAY 1**

## BBQ ESSENTIALS FOR LESS



**SELECTION DELI SALADS**  
454 G  
SELECTED VARIETIES

**THIS WEEK ONLY**  
**299**  
EACH



**SELECTION QUARTER POUND BEEF BURGERS VALUE PACK**  
2.26 KG FROZEN SELECTED VARIETIES

**ALWAYS GREAT PRICE**  
**2699**  
EACH



**ALWAYS GREAT PRICE**  
**448**  
EACH

**SELECTION CHEESE SLICES**  
210 - 230 G  
SELECTED VARIETIES



**SELECTION KETCHUP**  
750 ML - 1 L  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**  
**349**  
EACH



**ALWAYS GREAT PRICE**  
**299**  
EACH

**SELECTION NATURAL SPRING WATER**  
24 X 500 ML  
SELECTED VARIETIES

# VIP

## VERY INCREDIBLE PRICE EVENT



**BLACK DIAMOND CHEESTRINGS OR CHEESE STICKS**  
252 - 336 G  
SELECTED VARIETIES

**INCREDIBLE**  
**\$5.99**  
EACH



**IRRESISTIBLE PACIFIC WHITE COOKED SHRIMP 71-90 CT OR RAW SHRIMP 31-40 CT**  
346 G FROZEN SELECTED VARIETIES

**INCREDIBLE**  
**\$5.96**  
EACH



**SILK DRINKS**  
1.75 - 1.89 L  
**OIKOS GREEK YOGURT**  
4 X 100 G  
SELECTED VARIETIES

**INCREDIBLE**  
**\$3.49**  
EACH



**POST SHREDDIES ORIGINAL CEREAL**  
440 G

**POST HONEYCOMB CEREAL**  
400 G  
SELECTED VARIETIES

**INCREDIBLE**  
**\$2.99**  
EACH



**BECEL MARGARINE**  
800 G  
SELECTED VARIETIES

**INCREDIBLE**  
**\$6.97**  
EACH



**BEN'S ORIGINAL FAST & FANCY RICE**  
132 G

**KRAFT DINNER NOODLES**  
58 - 200 G  
SELECTED VARIETIES

**INCREDIBLE**  
**\$1.25**  
EACH



**LACTANTIA PURFILTRÉ MILK**  
2 L  
SELECTED VARIETIES

**INCREDIBLE**  
**\$4.97**  
EACH



**MAXWELL HOUSE GROUND COFFEE**  
864 - 900 G  
SELECTED VARIETIES

**INCREDIBLE**  
**\$15.98**  
EACH



**ESKA SPRING WATER**  
24 X 500 ML

**INCREDIBLE**  
**\$4.99**  
EACH



**PRIMO PASTA SAUCE**  
900 G  
600 ML

**PRIMO TOMATOES**  
796 ML  
SELECTED VARIETIES

**INCREDIBLE**  
**\$1.99**  
EACH



**PAMPERS SWADDLERS DIAPERS**  
124 - 174'S  
SELECTED VARIETIES

**INCREDIBLE**  
**\$36.99**  
EACH



**CASHMERE BATHROOM TISSUE**  
12 - 24'S

**SPONGE TOWELS ULTRA PAPER TOWELS**  
3 - 4'S

**SCOTTIES FACIAL TISSUE**  
4'S  
SELECTED VARIETIES

**INCREDIBLE**  
**\$6.95**  
EACH

**PEPSI i earn with moi rewards**

**THIS WEEK ONLY**  
**\$13.99**  
EACH

**PEPSI SOFT DRINKS OR CRUSH RAINBOW PACK**  
24 X 355 ML  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

**125 points**  
value of \$1

**FRITO LAY VARIETY PACK**  
42 X 28 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**  
**\$19.99**  
EACH

**MEGA SIZE CLASSIC MIX**  
42 X 28 G  
1.18 kg

**250 points**  
value of \$2

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# i earn with moi rewards

## moi rewards

i redeem and save on what i buy most often

redeem  
**500** = **\$4**  
points 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.



THIS WEEK ONLY  
**10<sup>99</sup>**  
EACH

**45**  
points

ANCHOR'S BAY WHOLE TILAPIA FISH  
1.36 KG FROZEN SELECTED VARIETIES



SCHNEIDERS  
RED HOTS  
900 G  
SELECTED VARIETIES

THIS WEEK ONLY  
**11<sup>99</sup>**  
EACH

**55**  
points



FURLANI  
GARLIC BREAD  
638 - 668 G  
SELECTED VARIETIES

THIS WEEK ONLY  
**3<sup>99</sup>**  
EACH

**20**  
points



SUNNY D  
1.18 L  
SELECTED VARIETIES

LOCKED DOWN  
**1<sup>79</sup>**  
EACH

**10**  
points



MOTT'S  
GARDEN COCKTAIL  
1.89 L  
SELECTED VARIETIES

LOCKED DOWN  
**4<sup>49</sup>**  
EACH

**25**  
points



BECEL PLANT  
BASED SPREAD  
BUTTER STICKS 45 G  
SELECTED VARIETIES

LOCKED DOWN  
**4<sup>49</sup>**  
EACH

**25**  
points



KIRI CREAM CHEESE PRODUCT  
144 G  
SELECTED VARIETIES

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

**25**  
points



CHAPMAN'S FROZEN YOGURT  
2 L  
NOVELTIES  
45  
SELECTED VARIETIES

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

**30**  
points



RED ROSE TEA  
140'S  
SELECTED VARIETIES

LOCKED DOWN  
**7<sup>99</sup>**  
EACH

**40**  
points



HORMEL  
REAL BACON BITS  
100 G  
SELECTED VARIETIES

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

**30**  
points



SWEET BABY RAY'S  
BBQ SAUCE  
425 ML  
SELECTED VARIETIES

LOCKED DOWN  
**3<sup>49</sup>**  
EACH

**20**  
points



COTTONELLE FLUSHABLE WIPES  
23  
SELECTED VARIETIES

LOCKED DOWN  
**7<sup>49</sup>**  
EACH

**40**  
points



DAINTY  
JASMINE RICE  
1.6 KG  
SELECTED VARIETIES

LOCKED DOWN  
**8<sup>99</sup>**  
EACH

**40**  
points

# CHOOSE CANADIAN



ASPARAGUS  
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE  
8.80/KG

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



WHOLE WHITE OR  
CREMINI MUSHROOMS  
PRODUCT OF CANADA  
227 G

**1<sup>44</sup>**  
EACH



MAPLE LODGE OR  
ZABIHA HALAL CHICKEN WIENERS  
450 G SELECTED VARIETIES

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



IRRESISTIBLES STUFFED BEEF BURGERS  
1.82 KG FROZEN  
SELECTED VARIETIES

**1<sup>899</sup>**  
EACH



ESKA  
SPRING WATER  
24 X 500 ML

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



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

**6<sup>95</sup>**  
EACH



BLACK DIAMOND SLICES  
419 G  
LACTANTIA  
CREAM CHEESE  
227-258 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

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



DR.OETKER RISTORANTE PIZZA  
249-395 G  
CASA DI MAMA  
395-410 G FROZEN SELECTED VARIETIES

**3<sup>47</sup>**  
EACH



LACTANTIA  
PURIFILTRE MILK  
2 L  
SELECTED VARIETIES

**4<sup>97</sup>**  
EACH



LAY'S  
POTATO CHIPS  
OR TOSTITOS  
TORTILLA CHIPS  
200-295 G  
SELECTED VARIETIES

**2<sup>75</sup>**  
EACH



KRAFT  
SALAD DRESSING  
425 ML  
SELECTED VARIETIES

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



KRAFT DINNER  
NOODLES  
58-200 G  
SELECTED VARIETIES

**1<sup>25</sup>**  
EACH



MIRACLE WHIP  
SPREAD  
650-890 ML  
SELECTED VARIETIES

**5<sup>49</sup>**  
EACH

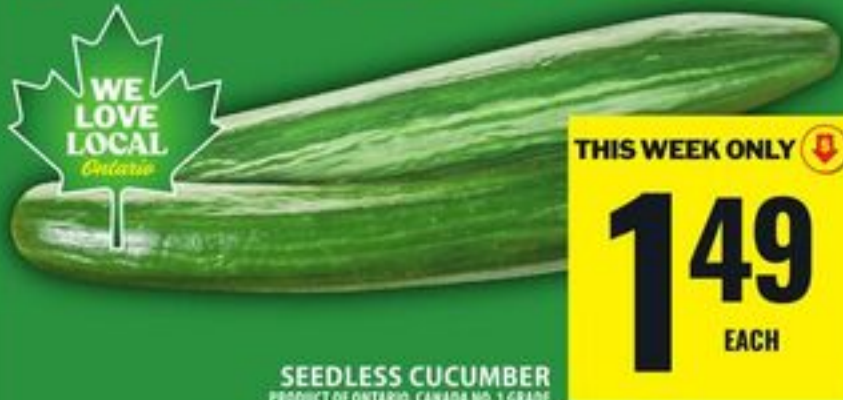


BULL'S-EYE OR DIANA  
BARBECUE SAUCE  
425-500 ML  
SELECTED VARIETIES

**2<sup>99</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



**WE LOVE LOCAL**  
Ontario

SEEDLESS CUCUMBER  
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE

**THIS WEEK ONLY**

**1.49**  
EACH



**THIS WEEK ONLY**

**3.99**  
EACH

BLUEBERRIES  
PRODUCT OF U.S.A. NO. 1 GRADE  
170 G

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



**EXTRA LARGE**

**THIS WEEK ONLY**

**3.99**  
/LB

RED SEEDLESS GRAPES  
PRODUCT OF MEXICO OR CHILE, NO. 1 GRADE  
8.80/KG



**WE LOVE LOCAL**  
Ontario

**THIS WEEK ONLY**

**2.99**  
/LB

SWEET RED, ORANGE OR YELLOW PEPPERS  
PRODUCT OF ONTARIO  
6.59/KG



**THIS WEEK ONLY**

**1.49**  
/LB

SWEET POTATOES  
PRODUCT OF U.S.A.  
3.28/KG



**WE LOVE LOCAL**  
Ontario

**THIS WEEK ONLY**

**3.99**  
/LB

ASPARAGUS  
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE  
8.80/KG



**WE LOVE LOCAL**  
Ontario

THE LITTLE POTATO COMPANY POTATOES  
PRODUCT OF CANADA, 680 G

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

**THIS WEEK ONLY**

**2.99**  
EACH



**THIS WEEK ONLY**

**5.99**  
/LB

CHERRIES  
PRODUCT OF CALIFORNIA, U.S.A.  
NO. 1 GRADE  
13.21/KG



RED MANGOES  
OR ATAULFO  
HONEY  
MANGOES  
PRODUCT OF MEXICO

**THIS WEEK ONLY**

**4/\$5**



FORELLE OR BOSCH PEARS  
PRODUCT OF SOUTH AFRICA  
EXTRA FANCY GRADE  
5.49/KG

**THIS WEEK ONLY**

**2.49**  
/LB



**Attitude**  
BABY SPINACH  
JEUNES ÉPINARDS

**Attitude**  
ARUGULA  
ROQUE

ATTITUDE SALADS  
142 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**3.77**  
EACH



AVOCADOS  
PRODUCT OF MEXICO OR PERU  
5 OR 6 PACK

CLEMENTINES  
PRODUCT OF MOROCCO  
2 LB

**THIS WEEK ONLY**

**4.99**  
EACH



SWEET VIDALIA ONIONS  
PRODUCT OF U.S.A., NO. 1 GRADE  
3 LB

MINI SWEET PEPPERS  
PRODUCT OF CANADA OR MEXICO  
454 G

**THIS WEEK ONLY**

**3.99**  
EACH



NANTES CARROTS  
PRODUCT OF U.S.A. OR MEXICO  
NO. 1 GRADE  
454 G

**THIS WEEK ONLY**

**2.99**  
EACH



SWEET CORN  
PRODUCT OF U.S.A., NO. 1 GRADE  
4 PK

**THIS WEEK ONLY**

**4.99**  
EACH

# FLORAL



**pick Ontario**

**THIS WEEK ONLY**

**8.88**  
EACH

10 STEM TULIPS  
WHILE SUPPLIES LAST



**THIS WEEK ONLY**

**18.88**  
EACH

BOUQUET OFFERING  
OF THE MONTH  
WHILE SUPPLIES LAST



**organic basil**  
6 INCH ORGANIC  
BASIL  
WHILE SUPPLIES LAST

**THIS WEEK ONLY**

**5.99**  
EACH



**THIS WEEK ONLY**

**13.99**  
EACH

5" ORCHID  
WHILE SUPPLIES LAST

# MEAT




**PRIME**  
RAISED WITHOUT antibiotics  
ÉLEVÉ SANS antibiotiques  
All Chilled Chicken  
Poulet réfrigéré à l'air

**THIS WEEK ONLY**

**2.99** /LB

**15**  
points

PRIME FRESH RAISED WITHOUT ANTIBIOTICS CHICKEN DRUMSTICKS FAMILY PACK AIR CHILLED SELECTED VARIETIES 6.59/KG

## BONELESS



**THIS WEEK ONLY**

**14.99** /LB

FRESH BONELESS STRIPLIN STEAKS FAMILY PACK CUT FROM HIGHER GRADE BEEF SELECTED VARIETIES WHILE QUANTITIES LAST 33.05/KG




**HALAL AT SAME PRICE**

**THIS WEEK ONLY**

**3.99** /LB

FRESH CHICKEN WINGS BAGGED INCLUDES ZABIHA HALAL SELECTED VARIETIES 8.80/KG




**THIS WEEK ONLY**

**4.99** /LB

FRESH PORK SIDE RIBS CENTER CUT REMOVED SELECTED VARIETIES 11.00/KG




**THIS WEEK ONLY**

**8.99** /LB OR EACH

FRESH ATLANTIC SALMON PORTIONS 2X113 G SELECTED VARIETIES 8.99 EA.  
WHOLE RAINBOW TROUT FISH FRESH 8.99/LB, 19.82/KG




**THIS WEEK ONLY**

**11.99** /LB

FRESH BONELESS SIRLOIN TIP ROAST OR FAMILY PACK STEAKS CUT FROM CANADA AA OR HIGHER GRADE SELECTED VARIETIES 26.43/KG




**THIS WEEK ONLY**

**1.99** EACH

MAPLE LODGE OR ZABIHA HALAL CHICKEN WINGS SAUCES, FUMES - POULET CHICKEN WIENERS 400 G SELECTED VARIETIES




**THIS WEEK ONLY**

**5.99** EACH



JOHNSONVILLE ORIGINAL BREAKFAST SAUSAGES 100% PORK & CHICKEN 375 G SELECTED VARIETIES  
JOHNSONVILLE CHICKEN CHEESE PRODUCE OF CANADA 375g




**THIS WEEK ONLY**

**8.99** EACH

LEGACY MARINATED BONE-IN PORK CHOPS 400-450 G SELECTED VARIETIES

**THIS WEEK ONLY**

**15.99** EACH

WEBERS BBQ BEER BURGERS 412 G FROZEN SELECTED VARIETIES




**THIS WEEK ONLY**

**3.49** EACH

FONTAINE SANTÉ HUMMUS 227-248 G SELECTED VARIETIES




**THIS WEEK ONLY**

**5.99** EACH

CASTELLO SLICED DELI CHEESE OR HAVARTI 345-380 G SELECTED VARIETIES




**THIS WEEK ONLY**

**6.99** EACH

BUTTERBALL TURKEY BACON OR MAPLE LODGE ULTIMATE DINNER OR BREAKFAST SAUSAGES 375-380 G SELECTED VARIETIES




**THIS WEEK ONLY**

**18.99** EACH

IRRESISTIBLES STUFFED BEEF BURGERS 1.43 LB FROZEN SELECTED VARIETIES




**THIS WEEK ONLY**

**5.99** EACH

PILLER'S KOLBASSA OR PEPPERONI FOR PIZZA 175-375 G SELECTED VARIETIES




**THIS WEEK ONLY**

**8.99** EACH

MASTRO BABY GENOA OR SAN DANIELE MORTADELLA 250-750 G SELECTED VARIETIES




**THIS WEEK ONLY**

**10.99** EACH

MAPLE LEAF NATURAL SELECTIONS SLICED DELI MEAT 375-400 G SELECTED VARIETIES




**THIS WEEK ONLY**

**14.99** EACH

TRE STELLE TRADITIONAL FETA 800 G SELECTED VARIETIES




**THIS WEEK ONLY**

**3.99** EACH

CATCH DAY PRISE JOUR HIGH LINER CATCH OF THE DAY BREADED & BATTERED FISH FILLETS 350 G FROZEN SELECTED VARIETIES WHILE QUANTITIES LAST  
HIGH LINER BREADED FISH BURGERS OR TEMPURA 250 G WHILE QUANTITIES LAST




**THIS WEEK ONLY**

**9.99** EACH

TASIA GOLDEN POMPANO 600 G FROZEN SELECTED VARIETIES




**THIS WEEK ONLY**

**10.99** EACH

IRRESISTIBLES COCONUT SHRIMP WITH SWEET CHILI SAUCE 454 G FROZEN SELECTED VARIETIES




**THIS WEEK ONLY**

**11.99** EACH

OCEAN SELECT ATLANTIC WILD PERCH 750 G FROZEN SELECTED VARIETIES

# BAKERY



THIS WEEK ONLY

**2.99**

EACH

VILLAGGIO BREAD 550-675 G BUNS 6-8'S SELECTED VARIETIES



THIS WEEK ONLY

**1.99**

EACH

SELECTION BAGELS OR ENGLISH MUFFINS 342-510 G SELECTED VARIETIES



IRRESISTIBLE BRIOCHE BREAD OR BUNS 480-500 G  
SUN-MAID OR DEMPSTER'S RAISIN BREAD 340-570 G  
SELECTED VARIETIES

THIS WEEK ONLY

**4.49**

EACH



SELECTION COOKIES 770 G  
SELECTED VARIETIES

THIS WEEK ONLY

**6.99**

EACH



SELECTION PASTRIES OR SNACK TUBS 420-825 G  
SELECTED VARIETIES

THIS WEEK ONLY

**5.99**

EACH

## MORE GREAT SAVINGS FOR LESS



ACTIVIA YOGURT 8 X 100 G  
SELECTED VARIETIES

LOCKED DOWN

**4.49**

EACH



ALLEN'S JUICE OR COCKTAIL 8 X 200 ML  
SELECTED VARIETIES

LOCKED DOWN

**2.99**

EACH



THE LAUGHING COW 133-140 G  
SELECTED VARIETIES

LOCKED DOWN

**3.49**

EACH



MAISON PERRIER SPARKLING WATER BEVERAGE 8 X 330 ML  
SELECTED VARIETIES

LOCKED DOWN

**6.99**

EACH



OCEAN SPRAY CRANBERRY COCKTAIL 6 X 295 ML  
SELECTED VARIETIES

LOCKED DOWN

**5.29**

EACH



RED BULL ENERGY DRINKS 4 X 250 ML  
SELECTED VARIETIES

LOCKED DOWN

**9.99**

EACH



TROPHY PEANUT BUTTER BANANA MIX 850 G  
SELECTED VARIETIES

LOCKED DOWN

**14.49**

EACH



PUREX, PERSIL OR SUNLIGHT LAUNDRY DETERGENT 1.86-4.43 L = 48-110 LOADS  
SELECTED VARIETIES

LOCKED DOWN

**13.99**

EACH

# LOCKED DOWN



**EARTH'S OWN OAT BEVERAGE**  
1.75 L  
SELECTED VARIETIES

**LOCKED DOWN**

**4.29**  
EACH

**PILLSBURY TOASTER STRUDEL**  
324 g FROZEN  
SELECTED VARIETIES

**LOCKED DOWN**

**2.99**  
EACH

**PILLSBURY PIZZA POPS**  
380 g  
SELECTED VARIETIES

**LOCKED DOWN**

**2.99**  
EACH

**KOZY SHACK RICE PUDDING**  
624 g  
SELECTED VARIETIES

**LOCKED DOWN**

**3.49**  
EACH

**TETLEY PURE PEPPERMINT TEA**  
33.6 g  
SELECTED VARIETIES

**LOCKED DOWN**

**3.99**  
EACH

**TETLEY ORANGE PEKOE TEA**  
725  
HERBAL TEA 20'S  
SELECTED VARIETIES

**LOCKED DOWN**

**3.99**  
EACH

**CHEFMASTER MARGARINE**  
427 g  
SELECTED VARIETIES

**LOCKED DOWN**

**2.49**  
EACH

**GREEN GIANT VEGETABLES**  
300-700 g FROZEN  
SELECTED VARIETIES

**LOCKED DOWN**

**3.49**  
EACH

**TAO'S KITCHEN POTSTICKERS**  
FROZEN 404 g  
SELECTED VARIETIES

**LOCKED DOWN**

**3.99**  
EACH

**NO YOLKS EGG NOODLES**  
340 g  
SELECTED VARIETIES

**LOCKED DOWN**

**2.99**  
EACH

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

**LOCKED DOWN**

**22.49**  
EACH

**NESTEA LEMON ICED TEA**  
1.89 L / 18 x 200 mL  
SELECTED VARIETIES

**LOCKED DOWN**

**2.99**  
EACH

**NESTEA LEMON ICED TEA**  
1.89 L / 18 x 200 mL  
SELECTED VARIETIES

**LOCKED DOWN**

**2.99**  
EACH

**MR. NOODLES INSTANT NOODLES**  
85 g  
SELECTED VARIETIES

**LOCKED DOWN**

**40¢**  
EACH

**LINDT EXCELLENCE 90% CACAO**  
SUPREME DARK NOIR SUPRÊME  
100 g

**LINDT EXCELLENCE 70% CACAO**  
DARK-NOIR LINDT EXCELLENCE CHOCOLATE BARS  
100 g

**LOCKED DOWN**

**5.99**  
EACH

**30 points**

**LAKWOOD ORGANIC CRANBERRY JUICE**  
946 mL  
SELECTED VARIETIES

**LOCKED DOWN**

**11.99**  
EACH

**DENTYNE OR TRIDENT CHEWING GUM**  
SACK  
SELECTED VARIETIES

**LOCKED DOWN**

**3.99**  
EACH

**SHOUT STAIN REMOVER**  
400 mL  
SELECTED VARIETIES

**LOCKED DOWN**

**4.99**  
EACH

**ZIPLOC SEAL TOP BAGS**  
42'S  
SELECTED VARIETIES

**LOCKED DOWN**

**8.99**  
EACH

**Lotto MAX**  
BELIEVE IT.  
NOW GIVES YOU MORE

Must be 18+ years of age to play. Terms and Conditions apply.

**GLADE AIR FRESHENER**  
226 g  
SELECTED VARIETIES

**LOCKED DOWN**

**3.79**  
EACH

**GLAD GARBAGE BAGS**  
44'S  
SELECTED VARIETIES

**LOCKED DOWN**

**8.49**  
EACH

# ALWAYS GREAT PRICE



SELECTION CREAM CHEESE PRODUCT  
340 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**3.99**  
EACH



SELECTION INSTANT COFFEE  
200 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**5.99**  
EACH



IRRESISTIBLE GREEK OR SKYR YOGURT  
4 X 100 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**3.49**  
EACH



SELECTION FRUIT CUPS  
4 X 107 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**2.49**  
EACH



SELECTION SPRING WATER  
1.5 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**99¢**  
EACH



SELECTION CONDENSED SOUP  
284 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**1.27**  
EACH



SELECTION WATER ENHANCER  
50 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**2.79**  
EACH



SELECTION SODA CRACKERS  
454 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**3.49**  
EACH



SELECTION PARMESAN CHEESE  
250 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**6.99**  
EACH



SELECTION COOKING SAUCE  
350 - 355 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**2.49**  
EACH



SELECTION SALSA  
430 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**2.99**  
EACH



SELECTION COCONUT  
200 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**2.99**  
EACH



IRRESISTIBLE STUFFED OLIVES  
375 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**3.99**  
EACH



SELECTION FOREVER FUDGE OR VANILLA SUPRISE ICE BARS  
24 X 60 ML  
FROZEN  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**8.88**  
EACH



SELECTION LAUNDRY DETERGENT  
1.42 - 1.8 L  
36 - 40 LOADS  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**3.99**  
EACH



SELECTION BLEACH  
2.4 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**3.99**  
EACH



SELECTION PAPER TOWELS  
85  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**5.99**  
EACH



SELECTION BATHROOM TISSUE  
30 - 100'S

ALWAYS GREAT PRICE 

**19.99**  
EACH



KRAFT BBQ SAUCE 453 ML SELECTED VARIETIES

ALWAYS GREAT PRICE **279** EACH



KRAFT PASTA SALAD MIX 200 G SELECTED VARIETIES WHILE QUANTITIES LAST

THIS WEEK ONLY **279** EACH



ESTD 1896 NABOB COFFEE CO.



MAXWELL HOUSE OR NABOB COFFEE CAPSULES 30'S SELECTED VARIETIES



THIS WEEK ONLY **1599** EACH



PHILADELPHIA DIPS 227 G SELECTED VARIETIES



MIO OR KOOL-AID WATER ENHANCER 48 ML SELECTED VARIETIES



THIS WEEK ONLY **299** EACH



ALWAYS GREAT PRICE **729** EACH



LOCKED DOWN **399** EACH



LOCKED DOWN **249** EACH



LOCKED DOWN **499** EACH

**25** points



LACTANTIA LACTOSE FREE MILK 2L ULTRAPUR MILK 1.5L SELECTED VARIETIES

LOCKED DOWN **579** EACH



NESTLÉ DRUMSTICK 4 X 100 ML - 8 X 140 ML BASKIN-ROBBINS ICE CREAM 340 ML SELECTED VARIETIES



ALWAYS GREAT PRICE **999** EACH



STARBUCKS COFFEE CAPSULES 8-18'S SELECTED VARIETIES

LOCKED DOWN **749** EACH

LOCKED DOWN **1299** EACH



LOCKED DOWN **599** EACH

**30** points



NESTLÉ CANDY BARS 29-56 G SELECTED VARIETIES WHILE QUANTITIES LAST

LOCKED DOWN **99c** EACH



THIS WEEK ONLY **199** EACH



LOCKED DOWN **699** EACH

**35** points



LOCKED DOWN **499** EACH



LOCKED DOWN **399** EACH



SWANSON DINNERS FROZEN 242-345 G SELECTED VARIETIES

THIS WEEK ONLY **399** EACH



# BBQ ESSENTIALS FOR LESS



SELECTION  
CHEESE  
SLICES  
210 - 230 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**4.48**  
EACH



IRRESISTIBLE  
DRINKS  
1.36 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**2.98**  
EACH



MR. FREEZE JUMBO FREEZE POP  
27 X 150 ML  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY ⬇️  
**7.99**  
EACH



OCEAN SPRAY  
CRANBERRY  
COCKTAIL OR  
JUICE BLENDS  
1.77 - 1.89 L  
SELECTED VARIETIES

LOCKED DOWN Ⓛ  
**3.99**  
EACH



IRRESISTIBLE  
MAMMOTH BUNS  
6 - 8.5  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**2.99**  
EACH



IRRESISTIBLE  
SPARKLING  
SPRING WATER  
6 X 1 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**4.44**  
EACH



MOTT'S  
CLAMATO  
COCKTAIL  
1.89 L  
SELECTED VARIETIES

LOCKED DOWN Ⓛ  
**2/\$7**



SELECTION  
MAYONNAISE  
750 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**4.77**  
EACH



CLUB HOUSE  
LA GRILLE  
SPICES  
120 - 248 G  
SELECTED VARIETIES

LOCKED DOWN Ⓛ  
**4.99**  
EACH

**25**  
points



SELECTION  
PICKLES  
1 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**3.27**  
EACH



SELECTION  
WINE  
SAUERKRAUT  
1 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**3.99**  
EACH



SELECTION  
SALAD DRESSING  
425 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**2.47**  
EACH



GRISSOL  
CROUTONS  
135 G  
SELECTED VARIETIES

LOCKED DOWN Ⓛ  
**2.49**  
EACH



CHOLULA HOT OR  
CREMOSA SAUCE  
150 - 236 ML  
SELECTED VARIETIES

LOCKED DOWN Ⓛ  
**4.99**  
EACH



SELECTION  
WOODEN  
UTENSILS  
245  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**1.99**  
EACH



SELECTION  
PLASTIC GLASSES  
505  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**5.99**  
EACH



ROYAL CHINET  
PLATES  
405  
SELECTED VARIETIES

LOCKED DOWN Ⓛ  
**8.49**  
EACH



ALCAN  
ALUMINUM FOIL  
EACH  
SELECTED VARIETIES

LOCKED DOWN Ⓛ  
**3.99**  
EACH

# SUMMER SNACKS FOR LESS



LIFE SMART  
NATURALIA  
TORTILLA CHIPS  
350 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**2.99**  
EACH



SELECTION  
POTATO CHIPS  
290 G  
SELECTED VARIETIES



ALWAYS GREAT PRICE ✓  
**1.49**  
EACH



IRRESISTIBLES  
SNACKS  
142 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**2.49**  
EACH



SELECTION  
SNACKS  
265 - 285 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**2.88**  
EACH



SELECTION  
RICE SNACKS  
100 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓  
**1.99**  
EACH



TAKIS  
TORTILLA CHIPS  
198 - 260 G  
SELECTED VARIETIES

LOCKED DOWN 🔒  
**3.29**  
EACH



BLUE DIAMOND  
ALMONDS  
170 G  
SELECTED VARIETIES

LOCKED DOWN 🔒  
**4.99**  
EACH



SENSIBLE PORTIONS  
VEGGIE SNACKS  
142 G  
SELECTED VARIETIES

LOCKED DOWN 🔒  
**2.99**  
EACH



PLANTERS  
CASHEWS  
145 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY ⬇️  
**3.49**  
EACH



TROPHY  
PEANUTS  
200 - 325 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY ⬇️  
**2/\$5**



SKINNY POP  
POPCORN  
125 G  
SELECTED VARIETIES

LOCKED DOWN 🔒  
**2/\$7**



McSWEENEY'S  
BEEF JERKY  
70 G  
SELECTED VARIETIES

LOCKED DOWN 🔒  
**4.99**  
EACH



VLASIC  
PICKLE  
BALLS  
CORN PUFFS  
54 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY ⬇️  
**1.99**  
EACH



KURKURE  
SNACKS  
115 G  
SELECTED VARIETIES

LOCKED DOWN 🔒  
**1.79**  
EACH



CHRISTIE  
BITS & BITES OR  
CRISPERS SNACKS  
143 G  
SELECTED VARIETIES

LOCKED DOWN 🔒  
**2.79**  
EACH



PEPPERIDGE FARM  
GOLDFISH  
CRACKERS  
168 - 200 G  
SELECTED VARIETIES

LOCKED DOWN 🔒  
**2/\$5**

**15**  
points



NONGSHIM  
SNACKS  
50 - 75 G  
SELECTED VARIETIES

LOCKED DOWN 🔒  
**1.67**  
EACH



GRACE  
PLANTAIN CHIPS  
85 G  
SELECTED VARIETIES

LOCKED DOWN 🔒  
**1.49**  
EACH



ALL BEER, WINE AND CIDER ADVERTISED ARE AVAILABLE AT SELECTED STORES



BUD LIGHT BEER  
30 X 355 ML  
SELECTED VARIETIES

THIS WEEK ONLY  
**52<sup>99</sup>**  
EACH



CORONA EXTRA BEER  
24 X 330 ML  
SELECTED VARIETIES

THIS WEEK ONLY  
**49<sup>99</sup>**  
EACH



COORS LIGHT BEER  
6 X 473 ML  
SELECTED VARIETIES

THIS WEEK ONLY  
**14<sup>99</sup>**  
EACH



MOLSON COLD SHOTS STRONG BEER  
4 X 222 ML  
SELECTED VARIETIES

THIS WEEK ONLY  
**4<sup>49</sup>**  
EACH



LÖWENBRÄU PREMIUM BEER  
473 ML  
SELECTED VARIETIES

THIS WEEK ONLY  
**2<sup>29</sup>**  
EACH



MICHELOB ULTRA LIGHT BEER  
473 ML  
SELECTED VARIETIES

THIS WEEK ONLY  
**2<sup>99</sup>**  
EACH



STELLA ARTOIS BEER  
473 ML  
SELECTED VARIETIES

THIS WEEK ONLY  
**3<sup>29</sup>**  
EACH



HEINEKEN BEER  
500 ML  
SELECTED VARIETIES

THIS WEEK ONLY  
**3<sup>29</sup>**  
EACH



LUG-TREAD LAGERED ALE  
6 X 473 ML  
SELECTED VARIETIES

THIS WEEK ONLY  
**19<sup>99</sup>**  
EACH



MILL STREET ORGANIC LAGER  
SELECTED VARIETIES

THIS WEEK ONLY  
**19<sup>99</sup>**  
EACH



MUSKOKA BREWERY DETOUR INDIAN ALE  
6 X 473 ML  
SELECTED VARIETIES

THIS WEEK ONLY  
**19<sup>99</sup>**  
EACH



FLYING MONKEY IPA  
6 X 473 ML  
SELECTED VARIETIES

THIS WEEK ONLY  
**19<sup>99</sup>**  
EACH



SMOKEY BAY CABERNET SAUVIGNON  
750 ML  
SELECTED VARIETIES

THIS WEEK ONLY  
**9<sup>99</sup>**  
EACH



BODACIOUS SMOOTH RED WINE  
750 ML  
SELECTED VARIETIES

THIS WEEK ONLY  
**10<sup>99</sup>**  
EACH



JACKSON-TRIGGS PINOT GRIGIO  
750 ML  
SELECTED VARIETIES

THIS WEEK ONLY  
**11<sup>99</sup>**  
EACH



BASK SAUVIGNON BLANC  
750 ML  
SELECTED VARIETIES

THIS WEEK ONLY  
**11<sup>99</sup>**  
EACH

## NON-ALCOHOLIC BEER



SELECTION DE ALCOHOLIZED BEER  
12 X 355 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE  
**9<sup>49</sup>**  
EACH



GUINNESS NON-ALCOHOLIC DRAUGHT  
12 X 355 ML  
SELECTED VARIETIES

LOCKED DOWN  
**10<sup>99</sup>**  
EACH



HEINEKEN ALCOHOL FREE BEER  
6 X 330 ML  
SELECTED VARIETIES

LOCKED DOWN  
**12<sup>49</sup>**  
EACH



COORS EDGE NON-ALCOHOLIC BEER  
12 X 355 ML  
SELECTED VARIETIES

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

Please visit foodbasics.ca for store details. Beer and wine prices subject to change in accordance with the LCBO. Prices do not include HST and deposit.



FOR EVERY BURGER  
IT HAS TO BE  
**HEINZ**  
ESTD 1869

# BUILD A BURGER

1. GRAB BUNS



IRRESISTIBLE MAMMOTH BUNS 4-ETS SELECTED VARIETIES  
ALWAYS GREAT PRICE  
**2.99** EACH

2. GRAB BURGERS



IRRESISTIBLES STUFFED BEEF BURGERS 1.02 KG FROZEN SELECTED VARIETIES  
THIS WEEK ONLY  
**18.99** EACH



HEINZ KETCHUP 1.5 L SELECTED VARIETIES  
LOCKED DOWN  
**6.99** EACH



BULL'S-EYE OR DIANA BARBECUE SAUCE 425-500 ML SELECTED VARIETIES  
LOCKED DOWN  
**2.99** EACH

3. TOP IT UP!



HEINZ TRIO PACK 3 x 275 ML SELECTED VARIETIES WHILE QUANTITIES LAST  
THIS WEEK ONLY  
**5.99** EACH



MIRACLE WHIP SPREAD 425-500 ML SELECTED VARIETIES  
LOCKED DOWN  
**5.49** EACH

4. DIY YOUR SIDE



KRAFT SALAD DRESSING 425 ML SELECTED VARIETIES  
LOCKED DOWN  
**2.99** EACH

## BOLD FLAVOUR MEETS MAYO

**NEW**

HEINZ MAYONNAISE-STYLE SAUCES



HEINZ SAUCE STYLE MAYONNAISE 140 ML SELECTED VARIETIES  
LOCKED DOWN  
**2.99** EACH



SO MANY REESE'S,  
SO LITTLE TIME.



LOCKED DOWN  
**4.99** EACH

HERSHEY CELLO CANDY 145-230 G SELECTED VARIETIES



LOCKED DOWN  
**99¢** EACH

HERSHEY CHOCOLATE BARS 43-58 G SELECTED VARIETIES



THIS WEEK ONLY  
**4.49** EACH  
**25** points

HERSHEY'S MULTI-PACK CHOCOLATES 45 SELECTED VARIETIES

# SHOP FASTER WITH CART GENIUS



*food*  
**Basics**

Discover your  
AI-powered product  
recommendations

**FOODBASICS.CA**

# MORE

FLAVOURS OF THE WORLD



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



STELLA  
MEDIUM  
ASIAGO  
500 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**1099**  
EACH



BULK SALTED COD  
26.43/KG

THIS WEEK ONLY   
**1199**  
/LB



MARC ANGELO  
LAMB SPIEDINI  
400 G  
FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY   
**2199**  
EACH



IRRISISTIBLE  
PORTUGUESE  
TARTS  
FROZEN 450 G

THIS WEEK ONLY   
**649**  
EACH



AURORA  
PASTA  
450 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**179**  
EACH



ALESSIA  
SAN MARZANO  
TOMATOES  
796 ML

THIS WEEK ONLY   
**549**  
EACH



BAULI  
CROISSANTS  
65  
SELECTED VARIETIES

THIS WEEK ONLY   
**399**  
EACH



BRIO  
CHINOTTO  
OR MIO  
GASSOSA  
1L  
SELECTED VARIETIES

THIS WEEK ONLY   
**199**  
EACH

# MORE

## FLAVOURS OF THE WORLD



GREEN KALE  
PRODUCT OF U.S.A. OR MEXICO

THIS WEEK ONLY   
**2.77**  
EACH



TRE STELLE  
TRADITIONAL  
FETA  
500 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**14.99**  
EACH



KÜHNE BEETS OR  
CABBAGE  
500 - 720 ML  
GLORIA  
PICKLED  
MARINADES  
OR BABY DILL  
750 ML, 1 L

LOCKED DOWN   
**3.99**  
EACH



CEDAR  
EXTRA VIRGIN  
OLIVE OIL  
850 ML  
SELECTED VARIETIES

LOCKED DOWN   
**9.99**  
EACH



PETIT BEURRE  
COOKIES  
400 G  
HAPPY SWING  
ROLLS  
150 G  
NAPOLITANKE  
WAFERS  
182 G  
SELECTED VARIETIES

LOCKED DOWN   
**1.79**  
EACH



JJ WILK  
PIEROGIES  
907 G  
SELECTED VARIETIES

LOCKED DOWN   
**2.99**  
EACH



FRICTSCH EGG NOODLES  
454 G  
MARQUIS DE DIJON MUSTARD  
375 ML  
RÜGEN FISCH HERRING FILLETS  
200 G  
SELECTED VARIETIES

LOCKED DOWN   
**3.49**  
EACH



BÖK BITES  
404 G  
FROZEN  
SELECTED VARIETIES

LOCKED DOWN   
**5.49**  
EACH



ST DALFOUR  
FRUIT SPREAD  
225 ML  
S&F CHOCOLATE  
SPREAD  
750 G  
SELECTED VARIETIES

LOCKED DOWN   
**5.99**  
EACH



KÜHNE SAUERKRAUT OR GHERKINS  
500 - 796 ML  
S&F ROASTED PEPPER SPREAD  
500 ML  
SELECTED VARIETIES

LOCKED DOWN   
**4.79**  
EACH



NOWKA  
WEINKRAUT  
796 ML  
ARGETA PATE  
95 G  
SELECTED VARIETIES



LOCKED DOWN   
**3.49**  
EACH



YORKSHIRE  
TEA  
800 G  
JACOBS  
KRÖNUNG  
COFFEE  
250 G  
SELECTED VARIETIES



LOCKED DOWN   
**6.79**  
EACH



GLORIA  
CREAM CRACKERS  
200 G  
PODRAVKA  
PATE 90 G  
JORDANKA  
MINERAL WATER  
1.5 L  
SELECTED VARIETIES

LOCKED DOWN   
**1.79**  
EACH



LOCKED DOWN   
**3.79**  
EACH



RITTER SPORT  
CHOCOLATE  
BARS  
100 G  
SELECTED VARIETIES

LOCKED DOWN   
**3.99**  
EACH



CARL JUNG  
DE-ALCOHOLIZED WINE  
750 ML  
MR. GARDEN  
PEACHES  
1.5 L  
SELECTED VARIETIES

LOCKED DOWN   
**6.99**  
EACH



GLORIA  
HERB TEA  
20'S  
SELECTED VARIETIES

LOCKED DOWN   
**1.29**  
EACH



KRAKUS  
COOKIES  
135 G  
SELECTED VARIETIES

LOCKED DOWN   
**1.99**  
EACH

# MORE



## EID FOR LESS

SPINACH  
PRODUCT OF U.S.A.  
METHI LEAVES  
PRODUCT OF U.S.A. OR MEXICO

**THIS WEEK ONLY**

**1.98**  
EACH

NEW ZEALAND  
LAMB SHANKS  
FROZEN  
19.82/KG

**THIS WEEK ONLY**

**8.99**  
/LB

HALAL

10 LB

GELDA NOOR  
BASMATI RICE  
4.54 KG  
SELECTED VARIETIES

**LOCKED DOWN**

**8.99**  
EACH

CEDAR OR  
PHOENICIA  
YOGURT  
650 - 750 G  
SELECTED VARIETIES

**LOCKED DOWN**

**2.49**  
EACH

CEDAR  
CANNED BEANS  
540 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**1.48**  
EACH

PILLSBURY  
CHAKKI ATTA  
FLOUR  
9.07 KG  
SELECTED VARIETIES

**LOCKED DOWN**

**12.99**  
EACH

DIVYA  
DRY LEGUMES  
1.8 - 3.81 KG  
SELECTED VARIETIES

**LOCKED DOWN**

**3.99**  
EACH

PATAK'S OR KFI  
COOKING SAUCE  
375 - 400 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**3.99**  
EACH

DIVYA  
NAAN OR PARATHA  
320 - 400 G FROZEN  
SELECTED VARIETIES

**LOCKED DOWN**

**1.99**  
EACH

SURATI  
FROZEN VEGETABLES  
340 G  
SELECTED VARIETIES

**LOCKED DOWN**

**1.79**  
EACH

CEDAR  
CUCUMBERS,  
MARINADES OR  
GRAPE LEAVES  
1.1  
SELECTED VARIETIES

**LOCKED DOWN**

**4.49**  
EACH

ADONIS  
BAKLAVAS  
275 G

**THIS WEEK ONLY**

**6.49**  
EACH

LAZEEZ  
Vegetable  
Samosa  
400 G  
FROZEN

**LOCKED DOWN**

**2.99**  
EACH

NATIONAL SAUCES  
SELECTED VARIETIES

CASABLANCA  
BUTTER COOKIES  
404 G

**LOCKED DOWN**

**3.99**  
EACH

CASABLANCA  
NON-ALCOHOLIC  
BEVERAGE  
750 ML  
SELECTED VARIETIES

BEST  
NECTAR  
OR  
DIVYA  
KESAR OR  
ALPHONSO  
MANGO PULP  
500 G  
SELECTED VARIETIES

**LOCKED DOWN**

**2.99**  
EACH

ALPHONSO  
FRUIT BEVERAGE  
1.75 L

CEDAR  
CONDENSED MILK  
300 G  
SELECTED VARIETIES

**LOCKED DOWN**

**3.99**  
EACH

NATIONAL  
Kheer Mix  
300 G

NATIONAL  
Custard  
pudding mix  
300 G

Rusk  
300 G

**LOCKED DOWN**

**1.79**  
EACH

PARLE RUSK  
300 G

NATIONAL  
CUSTARD OR  
RICE PUDDING  
MIX  
155 - 300 G  
SELECTED VARIETIES

SHER  
NATURAL/NATUREL  
CANE  
BROWN SUGAR  
1.42 KG  
SELECTED VARIETIES

**LOCKED DOWN**

**9.99**  
EACH

# GARDEN BASICS FOR LESS

**GREAT FOR PATIO**



**KIMBERLEY QUEEN FERN**  
ASSORTED VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY   
**18<sup>99</sup>**  
EACH



**10" MAJESTY PALMS**  
ASSORTED VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY   
**22<sup>99</sup>**  
EACH



**ASSORTED TRELLIS & PERENNIALS**  
ASSORTED VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY   
**14<sup>99</sup>**  
EACH



**10" BOSTON FERN HANGING BASKET OR ASSORTED TEA ROSES**  
ASSORTED VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY   
**16<sup>99</sup>**  
EACH



**ASSORTED FRUIT PLANTS**  
ASSORTED VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY   
**12<sup>99</sup>**  
EACH



**HANGING BASKETS**  
ASSORTED VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY   
**12<sup>98</sup>**  
EACH



**6" ORGANIC BASIL**  
ASSORTED VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY   
**5<sup>99</sup>**  
EACH



**6" LAVENDER**  
ASSORTED VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY   
**10<sup>99</sup>**  
EACH



**SELECTION GARDEN SOIL**  
ASSORTED VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY   
**2<sup>98</sup>**  
EACH



**COW MANURE**  
ASSORTED VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY   
**2<sup>98</sup>**  
EACH



**POTTING SOIL**  
ASSORTED VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY   
**3<sup>98</sup>**  
EACH



**BLACK, RED OR BROWN MULCH**  
ASSORTED VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY   
**4<sup>98</sup>**  
EACH

**MOST STORES OPEN ON MONDAY MAY 18<sup>TH</sup>. SEE LOCAL STORE OR [FOODBASICS.CA](http://FOODBASICS.CA) FOR DETAILS.**

# PERSONAL CARE FOR LESS



PANTENE HAIR CARE  
308 - 355 ML  
SELECTED VARIETIES

LOCKED DOWN

**4.99**  
EACH

**HUGGIES**  
little movers

HUGGIES LITTLE MOVERS OR SNUGLERS DIAPERS 84 - 140'S SELECTED VARIETIES

THIS WEEK ONLY

**34.99**  
EACH

**HUGGIES**  
little snugglers

HUGGIES LITTLE SNUGLERS DIAPERS 48 - 140'S SELECTED VARIETIES

250 points  
value of \$2



NIVEA BODYWASH OR SHOWER GEL  
500 ML  
SELECTED VARIETIES



LOCKED DOWN

**4.99**  
EACH



LISTERINE MOUTHWASH  
1 L  
SELECTED VARIETIES



LOCKED DOWN

**6.29**  
EACH



IRISH SPRING BAR SOAP  
85  
SELECTED VARIETIES

LOCKED DOWN

**5.99**  
EACH

30 points



POISE PADS  
30'S  
SELECTED VARIETIES

LOCKED DOWN

**2/\$14**

35 points



SOFTSOAP HAND SOAP REFILL  
1.47 L  
SELECTED VARIETIES

LOCKED DOWN

**6.99**  
EACH



Q-TIPS  
400'S  
SELECTED VARIETIES

LOCKED DOWN

**4.49**  
EACH



COLGATE TOOTHPASTE  
133 ML  
SELECTED VARIETIES

LOCKED DOWN

**7.99**  
EACH



LIVE CLEAN HAIR CARE  
350 ML  
SELECTED VARIETIES

LOCKED DOWN

**7.99**  
EACH



PAMPERS EASY UPS TRAINING UNDERWEAR  
56 - 64'S  
SELECTED VARIETIES

LOCKED DOWN

**2.99**  
EACH



GILLETTE DISPOSABLE RAZORS  
7'S  
SELECTED VARIETIES

LOCKED DOWN

**11.99**  
EACH



TENA SENSITIVE CARE PADS  
28'S  
SELECTED VARIETIES

LOCKED DOWN

**17.99**  
EACH



L'L GOURMET FRUIT & YOGURT SNACKS  
21.6  
SELECTED VARIETIES

LOCKED DOWN

**4.49**  
EACH

25 points



GERBER BABY CEREAL  
237 G  
SELECTED VARIETIES

LOCKED DOWN

**5.49**  
EACH



JOHNSON'S BABY OIL, CALMING SHAMPOO  
400 - 400 ML  
SELECTED VARIETIES

LOCKED DOWN

**6.49**  
EACH

35 points



PERSONNELLE HAND SOAP  
250 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE

**1.99**  
EACH



PERSONNELLE HAIR CARE  
355 - 375 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE

**2.99**  
EACH



PERSONNELLE BABY TRAINING PANTS  
37'S  
SELECTED VARIETIES

ALWAYS GREAT PRICE

**12.99**  
EACH

55 points



i earn  
with moi  
rewards



Ingredients: Carbonated water, Sugars (sugar/glucose-fructose), Phosphoric acid, Caffeine, Citric acid, Caramel, Natural flavour.

PEPSI 150 CALORIES 24 CANS



THIS WEEK ONLY

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

**Crush Rainbow Pack\***

24 x 355 ml

**PEPSI SOFT DRINKS OR  
CRUSH RAINBOW PACK**  
24 X 355 ML SELECTED VARIETIES  
WHILE QUANTITIES LAST

**125**  
points

value of \$1



**Frito Lay**  
CANADA  
• VARIETY PACKS •

MEGA SIZE

**CLASSIC MIX**

42 x 28 g FLAVOURED SNACKS | 1.18 kg

ALWAYS GREAT PRICE

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

**FRITO LAY  
VARIETY PACK**  
42 X 28 G  
SELECTED VARIETIES

**250**  
points

value of \$2