

food Basics

CANADIAN AND PROUD



10" HANGING BASKETS
ASSORTED VARIETIES SELECTED STORES
WHILE QUANTITIES LAST

THIS WEEK ONLY
12⁹⁸
EACH

V.I.P.

VERY INCREDIBLE PRICE EVENT

MARC ANGELO SOUVLAKI FAMILY PACK
480 - 640 G
SELECTED VARIETIES



INCREDIBLE
8⁸²
EACH

LEAN

INCREDIBLE
5⁴¹
/LB

125 points
value of \$1

LEAN GROUND BEEF FAMILY PACK
INCLUDES HALAL
11.93/KG

HALAL AT SAME PRICE

INCREDIBLE
2⁹⁵
EACH

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

WE LOVE LOCAL Ontario

INCREDIBLE
1⁴⁴
EACH

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

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



INCREDIBLE
1⁹⁶
EACH

INCREDIBLE
2⁷⁵
EACH

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

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



INCREDIBLE
2⁹⁹
EACH

INCREDIBLE
3⁹⁸
EACH

IRRESISTIBLE ICE CREAM
1.5 L
NOVELTIES
3 - 5 S
FROZEN FRUIT
400 - 600 G
ORANGE JUICE
1.36 L
SELECTED VARIETIES

INCREDIBLE
3⁴⁷
EACH

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

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



INCREDIBLE
14⁸⁸
EACH

INCREDIBLE
6⁹⁸
EACH

125 points
value of \$1

SAPORITO EXTRA VIRGIN OLIVE OIL 750 ML
VEGETABLE, CANOLA OR CORN OIL 2 - 3 L
SELECTED VARIETIES

HAPPY VICTORIA DAY!

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, MAY 14TH TO WEDNESDAY, MAY 20TH, 2026

To view local store flyer, visit foodbasics.ca, where you can create an account (or sign into your account) and select your preferred location.

MOST STORES OPEN ON MONDAY MAY 18TH. SEE LOCAL STORE OR 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

To view local store flyer, visit foodbasics.ca, where

MOST STORES OPEN ON MONDAY MAY 13

BBQ ESSENTIALS FOR LESS

SELECTION DELI SALADS
454 G
SELECTED VARIETIES

POTATO AND EGG SALAD
SALADE DE POMMES DE TERRE ET ŒUFS

MAGARONI SALAD
SALADE DE MAGARONI

THIS WEEK ONLY

299
EACH

VALUE SIZE

SELECTION

uncooked QUARTER POUND BEEF BURGERS

FROM FREEZER TO GRILL

20 BUNNIES
226 G

ALWAYS GREAT PRICE

2699
EACH

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

SELECTION

OLD CHEDDAR FORT SLICES • TRANCHES

ALWAYS GREAT PRICE

448
EACH

SELECTION CHEESE SLICES
210 - 230 G
SELECTED VARIETIES

SELECTION

TOMATO KETCHUP
AVEC TOMATES

SELECTION KETCHUP
750 ML • 1 L
SELECTED VARIETIES

ALWAYS GREAT PRICE

349
EACH

SELECTION

100% natural spring water

24 500 mL BOTTLES

ALWAYS GREAT PRICE

299
EACH

SELECTION NATURAL SPRING WATER
24 X 500 ML
SELECTED VARIETIES

VIP

VERY INCREDIBLE PRICE EVENT



INCREDIBLE
5⁹⁹
EACH



INCREDIBLE
5⁹⁶
EACH



INCREDIBLE
3⁴⁹
EACH



INCREDIBLE
2⁹⁹
EACH



INCREDIBLE
6⁹⁷
EACH



INCREDIBLE
1²⁵
EACH



INCREDIBLE
4⁹⁷
EACH



INCREDIBLE
15⁹⁸
EACH



INCREDIBLE
4⁹⁹
EACH



INCREDIBLE
1⁹⁹
EACH



INCREDIBLE
36⁹⁹
EACH



INCREDIBLE
6⁹⁵
EACH

PEPSI i earn with moi rewards

THIS WEEK ONLY
13⁹⁹
EACH

125 points
value of \$1

FRITO LAY VARIETY PACK

ALWAYS GREAT PRICE
19⁹⁹
EACH

250 points
value of \$2

*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.



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

THIS WEEK ONLY
10⁹⁹ EACH

45 points



SCHNEIDERS
RED HOTS
900 G
SELECTED VARIETIES

THIS WEEK ONLY
11⁹⁹ EACH

55 points



FURLANI
GARLIC BREAD
638 - 668 G
SELECTED VARIETIES

THIS WEEK ONLY
3⁹⁹ EACH

20 points



SUNNY D
1.18 L
SELECTED VARIETIES

LOCKED DOWN
1⁷⁹ EACH

10 points



MOTT'S
GARDEN COCKTAIL
1.89 L
SELECTED VARIETIES

LOCKED DOWN
4⁴⁹ EACH

25 points



BECEL PLANT
BASED SPREAD 454 G
BUTTER STICKS 45
SELECTED VARIETIES

LOCKED DOWN
4⁴⁹ EACH

25 points



KIRI CREAM CHEESE PRODUCT
144 G
SELECTED VARIETIES

LOCKED DOWN
4⁹⁹ EACH

25 points



CHAPMAN'S FROZEN YOGURT
2 L
NOVELTIES
45
SELECTED VARIETIES

LOCKED DOWN
5⁹⁹ EACH

30 points



RED ROSE TEA
140'S
SELECTED VARIETIES

LOCKED DOWN
7⁹⁹ EACH

40 points



HORMEL
REAL BACON BITS
100 G
SELECTED VARIETIES

LOCKED DOWN
5⁹⁹ EACH

30 points



SWEET BABY RAY'S
BBQ SAUCE
425 ML
SELECTED VARIETIES

LOCKED DOWN
3⁴⁹ EACH

20 points



COTTONELLE FLUSHABLE WIPES
23
SELECTED VARIETIES

LOCKED DOWN
7⁴⁹ EACH

40 points



DAINTY
JASMINE RICE
1.6 KG
SELECTED VARIETIES

LOCKED DOWN
8⁹⁹ EACH

40 points

CHOOSE CANADIAN



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

3⁹⁹
/LB



WHOLE WHITE OR
CREMINI MUSHROOMS
PRODUCT OF CANADA
227 G

1⁴⁴
EACH



MAPLE LODGE OR
ZABIHA HALAL CHICKEN WIENERS
450 G SELECTED VARIETIES

1⁹⁹
EACH



IRRESISTIBLES STUFFED BEEF BURGERS
1.82 KG FROZEN
SELECTED VARIETIES

1⁸⁹⁹
EACH



ESKA
SPRING WATER
24 X 500 ML

4⁹⁹
EACH



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

6⁹⁵
EACH



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

2⁹⁹
EACH



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

3⁴⁷
EACH



LACTANTIA
PURIFILTRE MILK
2 L
SELECTED VARIETIES

4⁹⁷
EACH



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

2⁷⁵
EACH



KRAFT
SALAD DRESSING
425 ML
SELECTED VARIETIES

2⁹⁹
EACH



KRAFT DINNER
NOODLES
58-200 G
SELECTED VARIETIES

1²⁵
EACH



MIRACLE WHIP
SPREAD
650-890 ML
SELECTED VARIETIES

5⁴⁹
EACH

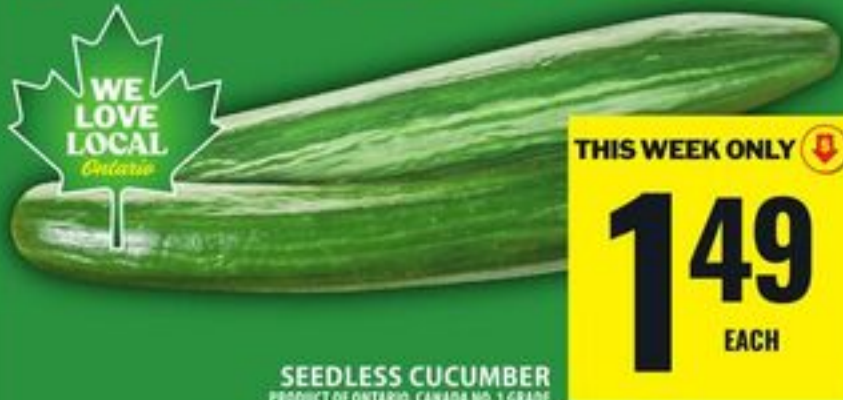


BULL'S-EYE OR DIANA
BARBECUE SAUCE
425-500 ML
SELECTED VARIETIES

2⁹⁹
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



THIS WEEK ONLY

2.49
/LB

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



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



THIS WEEK ONLY

2.99
EACH

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



THIS WEEK ONLY

4.99
EACH

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

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 UNGRADED 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 CHEDDAR 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 230-750 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 PRIE 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 450 G FROZEN SELECTED VARIETIES




THIS WEEK ONLY

11.99 EACH

OCEAN SELECT ATLANTIC WILD PERCH 750 G FROZEN SELECTED VARIETIES

BAKERY



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

THIS WEEK ONLY
2.99
EACH



SELECTION BAGELS OR ENGLISH MUFFINS 342-510 G SELECTED VARIETIES

THIS WEEK ONLY
1.99
EACH



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 PASTRIES OR SNACK TUBS 420-825 G SELECTED VARIETIES

THIS WEEK ONLY
5.99
EACH



SELECTION COOKIES 770 G SELECTED VARIETIES

THIS WEEK ONLY
6.99
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

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
33 G
CAFFEINE FREE

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

2.249
EACH

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

NESTEA 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

LINDT EXCELLENCE 70% CACAO
DARK-NOIR LINDT EXCELLENCE CHOCOLATE BARS

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
600 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
224 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
48 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
206 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

Yoplait LIBERTÉ

LIBERTÉ GREG-GREEK

LIBERTÉ MEDITERRANÉE YOGURT 300 G SELECTED VARIETIES

YOP YOP Yoplait YOP DRINKABLE YOGURT 200 ML SELECTED VARIETIES

LIBERTÉ GREEK YOGURT 4 x 100 G SELECTED VARIETIES

LIBERTÉ KEFIR 1 L SELECTED VARIETIES

Yoplait TUBES OR MINIGO YOGURT 6 x 55 SELECTED VARIETIES

LOCKED DOWN

349 EACH

99c EACH

299 EACH

499 EACH

299 EACH

QUAKER -EST. 1877-

HARVEST CRUNCH CRISPER & CRUNCHIER THAN EVER! 400-475 G SELECTED VARIETIES

QUAKER QUICK OATS 900 G-1 KG SELECTED VARIETIES

QUAKER QUICK OATS INSTANT OATMEAL 232-344 G SELECTED VARIETIES

QUAKER CRISPY MINIS 100-199 G SELECTED VARIETIES

PEARL MILLING COMPANY PANCAKE & WAFFLE MIX 900 G SELECTED VARIETIES

PEARL MILLING COMPANY TABLE SYRUP 750 ML SELECTED VARIETIES

QUAKER LIFE CEREAL 450 G

CAP'N CRUNCH CEREAL 350 G SELECTED VARIETIES

LOCKED DOWN

399 EACH

349 EACH

249 EACH

399 EACH

349 EACH

349 EACH

Kellanova

RICE KRISPIES squares

pop-tarts Original GOUT ORIGINAL

Strawberry Fraise

KELLOGG'S NUTRI GRAIN BARS, RICE KRISPIES SQUARES OR POP-TARTS 176-304 G SELECTED VARIETIES

LOCKED DOWN

299 EACH

Kashi GRANOLA BARS 175-200 G SELECTED VARIETIES

Dark Chocolate, Almond & Sea Salt

Chocolate nut, almond

LOCKED DOWN

299 EACH

Kellogg's Eggo Waffles 500 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

549 EACH

CHEEZ-IT CRACKERS 191-200 G SELECTED VARIETIES

ORIGINAL

LOCKED DOWN

249 EACH

PRINGLES POTATO CHIPS 148-156 G SELECTED VARIETIES

LOCKED DOWN

249 EACH

P&G

ALWAYS ULTRA THIN PADS 29-725

TAMPAX PEARL TAMPONS 185

LOCKED DOWN

549 EACH

OLD SPICE HAIR+BODYWASH 532 ML

2 IN 1

LOCKED DOWN

749 EACH

Charmin Ultra Soft Paper Towels 6 x 125

LOCKED DOWN

1399 EACH

TIDE LAUNDRY DETERGENT 2.5L-2.48L-52-64L0805

PODS 25-425

THIS WEEK ONLY

1299 EACH

FEBREZE AIR FRESHENER 7.5 ML

MR. CLEAN CLEANER 1.2 L

LOCKED DOWN

399 EACH

Charmin Bathroom Tissue 12-485

Bounty Paper Towels 6-125

SELECTED VARIETIES

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
175 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
52⁹⁹
EACH



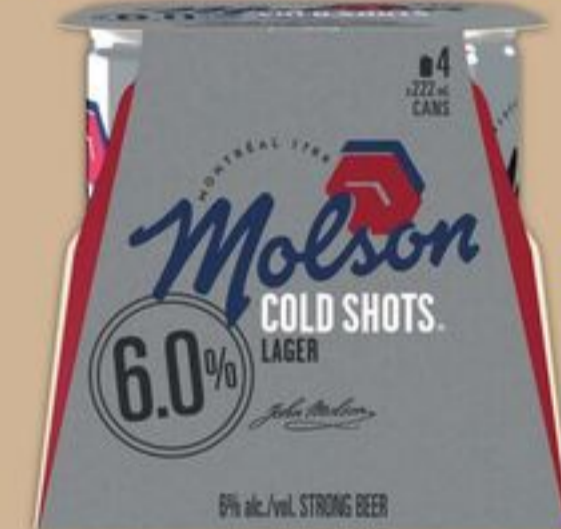
CORONA EXTRA BEER
24 X 330 ML
SELECTED VARIETIES

THIS WEEK ONLY
49⁹⁹
EACH



COORS LIGHT BEER
6 X 473 ML
SELECTED VARIETIES

THIS WEEK ONLY
14⁹⁹
EACH



MOLSON COLD SHOTS STRONG BEER
4 X 222 ML
SELECTED VARIETIES

THIS WEEK ONLY
4⁴⁹
EACH



LÖWENBRÄU PREMIUM BEER
473 ML
SELECTED VARIETIES

THIS WEEK ONLY
2²⁹
EACH



MICHELOB ULTRA LIGHT BEER
473 ML
SELECTED VARIETIES

THIS WEEK ONLY
2⁹⁹
EACH



STELLA ARTOIS BEER
473 ML
SELECTED VARIETIES

THIS WEEK ONLY
3²⁹
EACH



HEINEKEN BEER
500 ML
SELECTED VARIETIES

THIS WEEK ONLY
3²⁹
EACH



LUG TREAD LAGERED ALE
6 X 473 ML
SELECTED VARIETIES

THIS WEEK ONLY
19⁹⁹
EACH



MILL STREET ORGANIC LAGER
6 X 473 ML
SELECTED VARIETIES

THIS WEEK ONLY
19⁹⁹
EACH



MUSKOKA BREWERY DETOUR INDIAN ALE
6 X 473 ML
SELECTED VARIETIES

THIS WEEK ONLY
19⁹⁹
EACH



FLYING MONKEY IPA
6 X 473 ML
SELECTED VARIETIES

THIS WEEK ONLY
19⁹⁹
EACH



SMOKEY BAY CABERNET SAUVIGNON
750 ML
SELECTED VARIETIES

THIS WEEK ONLY
9⁹⁹
EACH



BODACIOUS SMOOTH RED WINE
750 ML
SELECTED VARIETIES

THIS WEEK ONLY
10⁹⁹
EACH



JACKSON-TRIGGS PINOT GRIGIO
750 ML
SELECTED VARIETIES

THIS WEEK ONLY
11⁹⁹
EACH



BASK SAUVIGNON BLANC
750 ML
SELECTED VARIETIES

THIS WEEK ONLY
11⁹⁹
EACH

NON-ALCOHOLIC BEER



SELECTION DE ALCOHOLIZED BEER
12 X 355 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE
9⁴⁹
EACH



GUINNESS NON-ALCOHOLIC DRAUGHT
12 X 355 ML
SELECTED VARIETIES

LOCKED DOWN
10⁹⁹
EACH



HEINEKEN ALCOHOL FREE BEER
6 X 330 ML
SELECTED VARIETIES

LOCKED DOWN
12⁴⁹
EACH



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

LOCKED DOWN
16⁹⁹
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
4.75
SELECTED VARIETIES
ALWAYS GREAT PRICE
2.99
EACH

2. GRAB BURGERS



IRRESISTIBLES STUFFED BEEF BURGERS
1.02 kg / 2.25 lb
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.



HERSHEY CELLO CANDY
145 - 230 g
SELECTED VARIETIES
LOCKED DOWN
4.99
EACH



HERSHEY CHOCOLATE BARS
41 - 58 g
SELECTED VARIETIES
LOCKED DOWN
99¢
EACH



HERSHEY'S MULTI-PACK CHOCOLATES
45
SELECTED VARIETIES
THIS WEEK ONLY
4.49
EACH
25
points

SHOP FASTER WITH CART GENIUS



Discover your
AI-powered product
recommendations

FOODBASICS.CA

MORE

FLAVOURS OF THE WORLD



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

THIS WEEK ONLY
2.77
EACH



TRE STELLE
TRADITIONAL
FETA
850 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



**FRITSCH 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
485 G
YORKSHIRE
TEA
485 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
20.5
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

PARLE RUSK
300 G

LOCKED DOWN

1.79
EACH

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

SHER
CANE 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
18⁹⁹
EACH



10" MAJESTY PALMS
ASSORTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY
22⁹⁹
EACH



ASSORTED TRELLIS & PERENNIALS
ASSORTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY
14⁹⁹
EACH



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

THIS WEEK ONLY
16⁹⁹
EACH



ASSORTED FRUIT PLANTS
ASSORTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY
12⁹⁹
EACH



HANGING BASKETS
ASSORTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY
12⁹⁸
EACH



6" ORGANIC BASIL
ASSORTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY
5⁹⁹
EACH



6" LAVENDER
ASSORTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY
10⁹⁹
EACH



SELECTION GARDEN SOIL
ASSORTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY
2⁹⁸
EACH



COW MANURE
ASSORTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY
2⁹⁸
EACH



POTTING SOIL
ASSORTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY
3⁹⁸
EACH



BLACK, RED OR BROWN MULCH
ASSORTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY
4⁹⁸
EACH

MOST STORES OPEN ON MONDAY MAY 18TH. SEE LOCAL STORE OR 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 84 - 140'S SELECTED VARIETIES

GENTLE SKIN PROTECTION
...12 Hours of Leak Protection

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
37'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

13⁹⁹
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



MEGA SIZE

CLASSIC MIX

42 x 28 g FLAVOURED SNACKS | 1.18 kg

ALWAYS GREAT PRICE

19⁹⁹
EACH

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

250
points

value of \$2