

PERTH'S
Foodsmiths
 1976  2026
 • GOOD FOOD STORE •

SEE PG. 10-11
 FOR **BRUNCH, DESSERT,
 AND COCKTAIL**
 RECIPES

**FRESH
 IDEAS**
for Mom

**WIN THESE
 GIFT CARDS**
for Mom

**FILL OUT A
 BALLOT IN STORE!**



**WIN THIS
 BASKET**
for Mom

**FILL OUT A
 BALLOT IN STORE!**



MASTRO
**ROSEMARY
 HAM**
 PER 100 G


**ONTARIO
 FRESH!**



SAVE 50¢
2.99
 / 100 G



DREAM COME TRUE
SCONES
 EACH • ASSORTED



SAVE 98¢
2/\$8



ST REGIS
**DE-ALCOHOLIZED
 PREMIUM WINE**
 750 ML • ASSORTED

SAVE 15% OFF

ST. REGIS DE-ALCOHOLIZED DESALCOOLISE
 Shiraz Rose
 ST. REGIS DE-ALCOHOLIZED DESALCOOLISE
 Orange Bitter
 ST. REGIS SELECTION-SELECTION
 Sauvignon Blanc
 ST. REGIS SELECTION-SELECTION
 Pinot Noir

SERVING SUGGESTION



TWININGS
WELLNESS TEA
 20 TB • ASSORTED

GREAT TASTING WAY TO
 SUPPORT EVERYDAY
 WELLNESS

SAVE \$1
5.99
 / EACH

Chai
 GREEN TEA LEMON
 HERBAL TEA Lemon & Ginger



WILDSTONE FLOWERS
**ONTARIO GROWN
 XL MIXED
 BOUQUETS**
 PRODUCT OF ETOBICOKE, ON


**ONTARIO
 FRESH!**



SAVE \$6
28.99
 / EACH



BEST IN OUR BULK BINS

BEST BUY
MILK CHOCOLATE PEANUTS



30% OFF
\$2.30/100G

BEST BUY
VIRGINIA PEANUTS SALTED/UNSALTED



30% OFF
\$1.04/100G

DARK CHOCOLATE COVERED GINGER



25% OFF
\$5.62/100G

M&M PEANUTS



25% OFF
\$3.22/100G

WALNUT PIECES



25% OFF
\$2.99/100G

PURE JUMBO CHOCOLATE CHIPS



25% OFF
\$2.39/100G

UNSALTED ROASTED ALMONDS



25% OFF
\$2.24/100G

BUY A LITTLE, SAVE A LOT!

**ORGANIC
CRUNCHY
PEANUT**



25% OFF
\$1.42/100G

**HEMP
GRANOLA**



25% OFF
\$1.27/100G

**MILK CHOCOLATE
WAFERS**



25% OFF
\$1.72/100G

**GOLDEN
RAISINS**



25% OFF
\$1.19/100G

**GROUND
CARDAMON**



25% OFF
\$8.25/100G

**ONEKA
UNSCENTED
SHAMPOO**



**SAVE YOUR
CONTAINER
AND REFILL!**

**ILIAS & SONS
OLIVE OIL**



20% OFF
\$3.91/100G

20% OFF
\$2.15/100G



PRICES IN EFFECT THURSDAY, MAY 7 TO THURSDAY, MAY 14, 2026

foodsmiths.com  

THIS WEEK'S PRODUCE TOP PICKS

PREMIUM FRESH
BLACKBERRIES

170 G
PRODUCT OF MEXICO



SAVE \$1

3.99
/ EACH

PREMIUM FRESH
SEEDLESS GRAPES

LB • GREEN AND RED
PRODUCT OF PERU



SAVE \$1

6.99
/ LB

PREMIUM FRESH
CLEMENTINES

2 LBS
PRODUCT OF MOROCCO



SAVE \$1.20

5.79
/ EACH

PREMIUM FRESH
ROSEMARY BUNCH

EACH
PRODUCT OF COLOMBIA



SAVE \$1

1.99
/ EACH

CANADIAN FRESH
HOT HOUSE TOMATOES

GREENHOUSE GROWN
LB

PRODUCT OF CANADA



SAVE \$1

4.99
/ LB

CARLETON MUSHROOM FARM
BROWN/WHITE MUSHROOMS

227 G
PRODUCT OF OSGOODE, ON



SAVE 70c

2.79
/ EACH

LITTLE POTATO CO.
LITTLE TRIOS

1.5 LB • EACH
\$5.49 EA. OR 2/\$9

PRODUCT OF CANADA



SAVE \$2.98

2/\$9

ELAN ORGANIC
ORGANIC PITTED PRUNES

225 G • EACH
PRODUCT OF CANADA



SAVE \$1

6.99
/ EACH

PREMIUM FRESH
RASPBERRIES

170 G
PRODUCT OF MEXICO



EVERYDAY
PRICE

5.99
/ LB

PREMIUM FRESH
BOK CHOY

LB
PRODUCT OF MEXICO



EVERYDAY
PRICE

3.99
/ LB

ONTARIO GROWN
**ORGANIC DINO/
BLACK KALE**

EACH
PRODUCT OF ONTARIO



EVERYDAY
PRICE

4.49
/ EACH

GARDEN IDEAS FOR MOM!

RAVENSBERGEN
PREMIUM QUALITY
**ONTARIO GROWN
10" HANGING
GERANIUM**
PRODUCT OF ONTARIO



ONTARIO
FRESH!



PREMIUM QUALITY
**ONTARIO GROWN
FRESH TULIPS
BUNCH**
PRODUCT OF ONTARIO



ONTARIO
FRESH!



EVERYDAY
PRICE

13.99
/ EACH

PREMIUM QUALITY
**ONTARIO GROWN
10' BOSTON FERNS**
EACH
PRODUCT OF ONTARIO



ONTARIO
FRESH!



EVERYDAY
PRICE

27.99
/ EACH

DG'S GREENHOUSE
PREMIUM QUALITY
**ONTARIO GROWN
4" POTTED
HERB**
PRODUCT OF
GEORGETOWN, ONTARIO
ASSORTED



EVERYDAY PRICE

3/\$12
OR \$4.29 EACH

THIS SUMMER
**CREATE
A HERB
GARDEN**
MOM WILL LOVE



ONTARIO
FRESH!



FRESH DEALS THROUGHOUT THE STORE

BRANDT MEATS HONEY MAPLE HAM

PER 100 G



SAVE 40¢
2.29
/ 100 G

ORGANIC MEADOW 10% CREAM

500 ML



SAVE 98¢
\$4.99 EACH OR
2/\$9

ARTIZEN KOMBUCHA

350 ML
ASSORTED



SAVE 98¢
\$4.99 EACH OR
2/\$9

L'EXTRA BRIE

PER 100 G



SAVE 50¢
3.89
/ 100 G

GUSTAV MILD GOUDA

PER 100 G



SAVE 50¢
3.29
/ 100 G

TRENTIN GORGONZOLA

PER 100 G



SAVE 30¢
3.69
/ 100 G

FOODSMITHS FRENCH LOAF

EACH



SAVE 50¢
5.49
/ EACH

NORTHERN BAKEHOUSE GLUTEN FREE BAGELS

400 G
ASSORTED



SAVE 50¢
7.99
/ EACH

CIRCLE OF LIFE GF/WHEAT FREE TREATS

250 - 400 G
ASSORTED



SAVE!
10% OFF

FAMILIA GRANOLA

320 - 400 G



SAVE 50¢
6.99
/ EACH

FOODSMITHS
MIXED BEAN SALAD
PER 100 G



ORDER AT THE DELI COUNTER!

SAVE 30¢
1.69 / 100G

NEAL BROTHERS
TORTILLA CHIPS
300 G ASSORTED



SAVE 50¢
4.99 / EACH

PEACE BY CHOCOLATE
CHOCOLATE BARS
92 - 100 G ASSORTED



SAVE!
10% OFF

ILIOS
BELGIAN WAFFLES



SAVE 50¢
4.99 / EACH

LESSER EVIL
POPCORN
140 - 142 G ASSORTED



SAVE \$1
4.99 / EACH

ALDERWOOD
BREAKFAST SAUSAGES
375 G ASSORTED



SAVE \$1
10.99 / EACH

FOODSMITHS
FROZEN CHOCOLATE CROISSANT



SAVE 58¢
\$1.79 EACH OR 2/\$3

COYOTE
PANCAKE MIX
900 G



SAVE \$1
4.99 / EACH

FRESH DEALS THROUGHOUT THE STORE

ILIOS GOURMET FROZEN PIZZA

330-410 G
ASSORTED



SAVE UP TO \$2

4.99 / EACH

HOUSEWARES GIFTS FOR MOTHER'S DAY

ASSORTED VARIETIES • SEE IN-STORE FOR SPECIALS
WHILE SUPPLIES LAST

SAVE!
25% OFF



Fluid
Solar Roasted Coffee

LITTLE ITALY ESPRESSO

PER 100 G

A sweet mild espresso. Mild acidity with texture in the mouthfeel. Aromatic qualities come through with the Central American coffee beans. This espresso is roasted to full city, a lighter roast that develops more of the region flavour profiles.

ROASTED IN CLAYTON, ONTARIO

TASTING NOTES:
Silky Body | Sweet Cane Sugar |
Floral Hints | Bittersweet Chocolate

FIND IT IN OUR BULK BINS



SAVE 70¢
4.99 / 100 G



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

FOODSMITHS MOTHER'S DAY FOOTWEAR SALE!

SANDAL SALE

MAY 7 TO
MAY 14

ALL IN-STOCK SANDALS

**Finn
Comfort**



MEPHISTO®

WIDE SELECTION • HIGH QUALITY

20% OFF



PRICES IN EFFECT THURSDAY, MAY 7 TO THURSDAY, MAY 14, 2026

foodsmiths.com



Blueberry Lemon Ricotta Stuffed French Toast



INGREDIENTS

- 2 Large Eggs
- ½ Cup Whole Milk
- 1 Tbsp Granulated Sugar
- ¼ Tsp Nutmeg
- Sourdough Bread, 1 in slices
- ½ Cup Ricotta
- 1 Tbsp Blueberry Jam
- ¼ Cup Blueberries
- Zest of half a lemon
- Powdered Sugar

INSTRUCTIONS

1. In an 8" or 9" pan use a fork to whisk the eggs, milk, sugar and nutmeg.
2. Slice a pocket into each piece of bread.
3. Place the bread in the egg mixture and soak for 10 minutes. Flip and soak for another 10 minutes
4. In a medium bowl mix ricotta, jam, blueberries and lemon zest. Divide mixture between the pockets of bread.
5. Melt butter in a large skillet over medium-low heat. Cook until golden brown, about 3-4 minutes each side.
6. Top with ricotta, jam, lemon zest, blueberries and powdered sugar then enjoy.

Fruit Salad

INGREDIENTS

- 1 lb Strawberries, Chopped
- 1 lb Pineapple, Chopped
- 12 oz Blueberries
- 12 oz Grapes, In Halves
- 4 Kiwis, Peeled & Chopped
- 3 Mandarin Oranges, Chopped
- 2 Bananas, Sliced

DRESSING

- ¼ Cup Honey
- 2 Tsp Lime Zest
- 1 ½ Tbsp Lime Juice

INSTRUCTIONS

1. Add all fruit to a large bowl.
2. In another bowl whisk together the honey, lime zest and lime juice.
3. Pour dressing over the fruit and mix to coat evenly.



Raspberry Chocolate Mousse



INGREDIENTS

Mousse:

- 100 mL Milk
- 110 g Dark Chocolate
- 15 mL EV Olive Oil
- 200 mL Heavy Cream
- 2 g Gelatine

Raspberry Jam:

- 150 g Frozen Raspberries
- 15 g Fine Sugar

INSTRUCTIONS

1. Add the raspberries and sugar to a small pot over high heat and bring to a boil while stirring constantly
2. Reduce heat to medium and cook for 10-15 minutes until thickened. Cool completely.
3. For the mousse whip the heavy cream in a bowl until it forms peaks.
4. Melt the chocolate in the microwave at 15 second intervals until melted completely.
5. Heat the milk up until it is warm then add the gelatine and mix until dissolved.
6. Pour the milk into the chocolate then mix slowly to make a ganache. Add the olive oil and mix gently again. Cool until it is just warm.
7. Fold in the whipped cream to the ganache mixture.

ASSEMBLY

Spoon 2 Tbsp of raspberry jam into the serving cups then fill with chocolate mousse. Chill for 2 hours then top with additional raspberries.

Hibiscus Rose Mocktail

INGREDIENTS

- 3 oz Chilled Hibiscus Tea
- ½ - 1 Tsp Sweetener
- 1 oz Orange Juice
- ¼ Tsp Rosewater
- Sparkling Water or Non-Alcoholic Rosé

INSTRUCTIONS

1. Prepare hibiscus tea according to package instructions. Use double the amount of tea that is recommended. While it is still warm add the sweetener and stir. Set aside to chill.
2. Pour the hibiscus tea and orange juice in a glass with ice.
3. Add the rosewater, then top with sparkling water or non-alcoholic rosé.
4. Gently stir and serve.



FRESH DEALS IN NATURAL BODY CARE

LA VIGNE NATURALS ALL PRODUCTS

ASSORTED

20% OFF
SAVE!



AERYON WELLNESS ALL PRODUCTS

ASSORTED

20% OFF
SAVE!



SAAVY BABY CHAMOMILE BABY OIL

118 ML

ON SALE
8⁹⁹
SAVE \$2



NAKA NUTRI FLEX

500 ML

ON SALE
36⁹⁹
SAVE \$11



GREEN BEAVER TOOTHPASTE

ALL PRODUCTS



10% OFF
SAVE!



NEW ROOTS MENOPEACE

60 CAPS



ON SALE
42⁹⁹
SAVE \$8





FOODSMITHS BYOB **MAY**

STEWART PARK FESTIVAL

The Stewart Park Festival is a great celebration of community. It offers a fantastic weekend of music, great food and amazing vendors, right in the heart of downtown Perth Ontario.

The Festival is a three day, by donation, music festival that showcases International and Canadian artists.

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

THANK YOU
FOR HELPING SUPPORT
THIS IMPORTANT PROGRAM

JULY 17-19, 2026

ALL NUTRASEA OMEGA-3 OILS 200 ML & 500 ML

High quality, purity, and pleasant taste make Nature's Way NutraSea Omega-3 a good choice for cardiovascular, brain, and eye health. High EPA or DHA options available.



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

Supplements and NATURAL BODY CARE



FAMILY FIRST MULTI

60 & 120 CHEWS

A multivitamin acts like an insurance policy by filling in the small nutritional gaps in your daily diet. Increased stress, declining nutrient levels in our food due to depleted soil, or dietary restrictions can leave our bodies short on the nutrients we need.

- Buffered vitamin C, active forms of B vitamins and plant-sourced Aquamin™ calcium and magnesium
- Includes 8 real fruit and vegetable extracts from ingredients such as mango, broccoli and spinach
- Helps build strong bones and teeth while maintaining eye, skin, membrane, and immune health

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



ON SALE
14⁹⁹
SAVE \$6

ON SALE
23⁹⁹
SAVE \$8



Healthy Liver Function

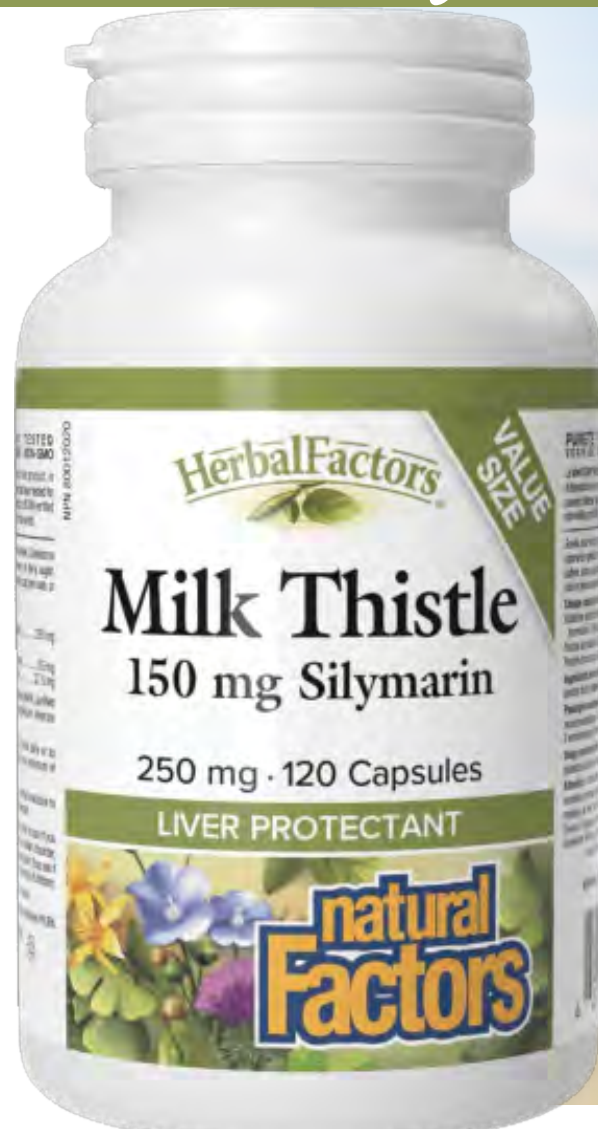
MILK THISTLE

120 CAPS

ON SALE
21⁹⁹
SAVE \$7

Natural Factors Milk Thistle extract contains standardized silymarin and is considered to be one of the highest quality milk thistle extracts in the world.

- 250 mg Silymarin per capsule
- Contains milk thistle extract, dandelion root powder, and turmeric powder
- Promotes healthy liver function



PRICES IN EFFECT MAY 1 TO MAY 31, 2026

foodsmiths.com

Supplements and NATURAL BODY CARE

ALL MAGNESIUM PRODUCTS

Pure Lab Vitamins offer a specialized lineup of magnesium supplements, designed to be highly absorbable, bowel-friendly, promote relaxation and improve sleep. *A natural way to support common health problems.*



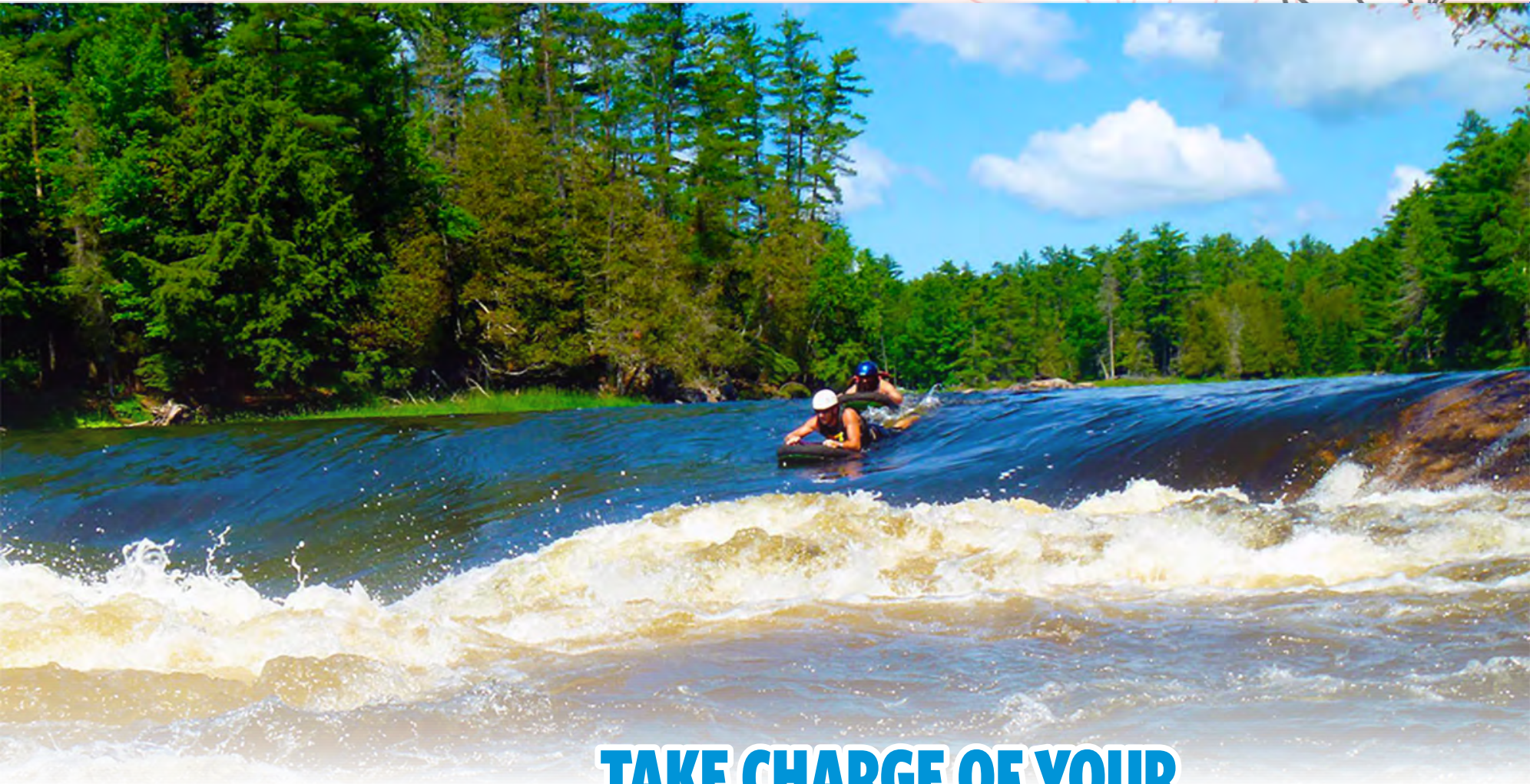
YOUUNITED



ALL PRODUCTS ON SALE
ASSORTED VARIETIES AND SIZES



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TAKE CHARGE OF YOUR OWN HEALTH



ON SALE
15% OFF
ALL PRODUCTS

ALL PRODUCTS

Formulation matters! You want your supplements to do what they say they are going to do and have a real impact on your health.

CanPrev products are high-quality, developed by Canadian natural health practitioners, high bioavailability, and clean formulas free from unnecessary fillers.



chorus[®] SUPERNATURAL

POWERED BY NATURE.
PERFECTED BY SCIENCE.



THE SUPER FOUR

NEW TO FOODSMITHS

All Chorus products contain only 100% natural-source ingredients and are free of petro-chemicals, sulfates, parabens, artificial fragrance or colour. All our products carry the CertClean designation, ensuring the highest level of ingredient safety and integrity.



15% OFF
ALL PRODUCTS



REAL INGREDIENTS. REAL RESULTS. SUPER NATURAL BEAUTY.



50% OFF
SAVE \$24.49



hübner



Original silicea Colloidal Gel

Supports healthy hair, firm skin, strong nails & the formation of collagen

The only silica product **PURE ENOUGH** to be utilized both...



Orally + Topically

Accept NO artificial imitations - insist on the **100% PURE World Famous Original!**

196 MG MAXIMUM STRENGTH **500 ml** NPN 80033647

NAKA **SILICEA BALSAM COLLOIDAL GEL** 500ML



Original silicea is a colloidal preparation of silica in an active highly-dispersed form. Helps support healthy hair, skin and nails as well as supports the formation of collagen in the body.

- Healthy hair
- Strong nails
- Firm skin
- Formation of collagen
- 100% Pure
- Beautiful healthy hair, stronger nails and bones, Smoother looking skin and much more!
- Preservative free, additive free, excipient free

- ✓ Fast Absorption
- ✓ Exclusive Formulas
- ✓ Doctor Formulated
- ✓ Premium Ingredients
- ✓ Proven Results



FIBRE SUPPLEMENT

ON SALE
\$16.99

save \$4

PSYLLIUM HUSK
200 CAPS

Psyllium husk can be a convenient way to increase the intake of dietary fibre. It has the ability to swell up to 50 times its initial volume when added to liquid.

- Bulk forming laxative for the gentle relief of constipation and/or irregularity
- Convenient capsule format
- Soluble Fibre source
- Vegetarian / Vegan



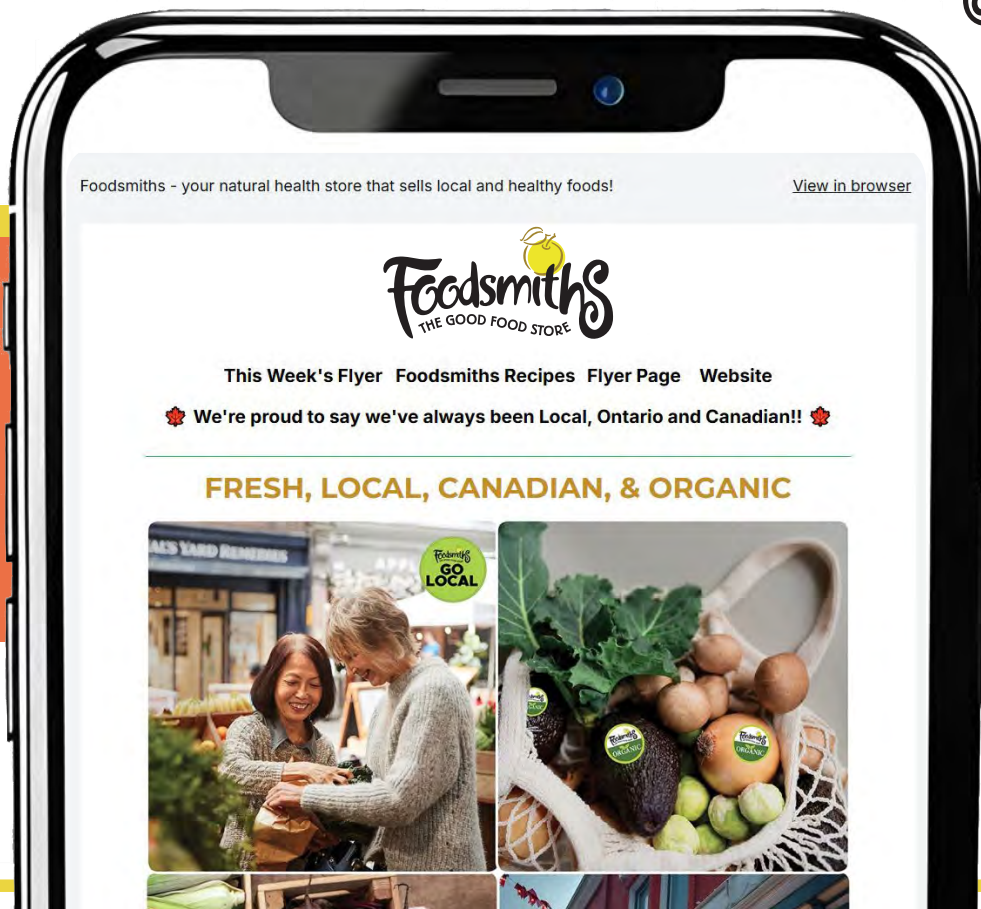
PRICES IN EFFECT MAY 1 TO MAY 31, 2026

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

