

# food Basics



CANADIAN AND PROUD

# ALWAYS MORE FOR LESS

# CRAZY 8 SALE

**8 CRAZY 338 EACH**

**RACHEL'S FRESH EXTRA LEAN GROUND CHICKEN**  
454 G SELECTED VARIETIES WHILE QUANTITIES LAST

**8 CRAZY 298 /LB**

**FRESH BONELESS PORK COMBINATION CHOPS**  
INCLUDES CENTRE CUT CHOPS OR LEAN GROUND PORK FAMILY PACK 6.57/KG

**8 CRAZY 498 EACH**

**IRRESISTIBLE MUFFINS**  
600 G SELECTED VARIETIES

**8 CRAZY 598 EACH**

**SCHNEIDERS PEPPERETTES**  
250 - 375 G SELECTED VARIETIES

**8 CRAZY 298 EACH**

**RUFFLES POTATO CHIPS OR CHEETOS**  
180 - 255 G SELECTED VARIETIES

**8 CRAZY 168 EACH**

**PRIMO PASTA**  
900 G SAUCE 680 ML CANNED TOMATOES 540 ML UNICO TUNA 198 G SELECTED VARIETIES

**8 CRAZY 288 EACH**

**MCCAIN SUPERFRIES**  
454 - 650 G IRRESISTIBLE DINNERS 230 - 320 G FROZEN SELECTED VARIETIES

**8 CRAZY 398 EACH**

**IRRESISTIBLE FRUIT**  
400 - 600 G FROZEN

**ASTRO ORIGINAL BALKAN YOGURT**  
12 X 100 G SELECTED VARIETIES

**8 CRAZY 248 EACH**

**VH COOKING SAUCE**  
341 - 350 ML BEN'S ORIGINAL BISTRO EXPRESS 240 - 250 G SELECTED VARIETIES

**8 CRAZY 498 EACH**

**CASHMERE BATHROOM TISSUE**  
8 - 12'S - 24'S SELECTED VARIETIES

**8 CRAZY 988 EACH**

**CEDAR PARBOILED OR PATNA RICE**  
8 KG SELECTED VARIETIES

**GET READY TO SAVE! GREAT PRICES START ON THURSDAY, APRIL 16<sup>TH</sup> TO WEDNESDAY, APRIL 22<sup>ND</sup>, 2026**  
PRICES IN THIS FLYER AVAILABLE AT ALL ETOBICOKE, MISSISSAUGA, NORTH YORK, RICHMOND HILL, SCARBOROUGH, TORONTO, THORNHILL, EMERALD PARK, MARKHAM, AJAX, OSHAWA, COURTCICE, NEWMARKET, PICKERING, AND 8910 HWY 50 BLDG F, 10886 HURONTARIO STREET, 227 VODDEN ST. BRAMPTON STORE 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.

# food Basics

CANADIAN AND PROUD

# CRAZY



**8 CRAZY**  
**1.98**  
EACH

**STRAWBERRIES**  
PRODUCT OF USA OR MEXICO, NO.1 GRADE  
454 G



**3 PK**

**8 CRAZY**  
**2.88**  
EACH

**ROMAINE HEARTS**  
PRODUCT OF U.S.A.  
3 PK



**8 CRAZY**  
**2.98**  
EACH

**APPLES**  
PRODUCT OF ONTARIO, CANADA FANCY GRADE  
3 LB  
**RED PRINCE APPLES**  
PRODUCT OF ONTARIO, CANADA FANCY GRADE  
1.13 KG



**8 CRAZY**  
**3.98**  
EACH

**IRRESISTIBLES NUTS**  
200 - 250 G  
SELECTED VARIETIES

**GET READY TO SAVE! GREAT PRICES START**  
PRICES IN THIS FLYER AVAILABLE AT ALL ETOBICOKE, MISSISSAUGA, NORTH YORK, NEWMARKET, PICKERING, AND 8910 HWY 50 BLDG  
To view local store flyer, visit [foodbasics.ca](http://foodbasics.ca), where

# ALL DAY BREAKFAST FOR LESS



QUAKER QUICK OATS 900 G - 1 KG  
INSTANT OATMEAL 232 - 344 G  
PEARL MILLING PANCAKE MIX 905 G  
TABLE SYRUP 710 ML  
SELECTED VARIETIES

**THIS WEEK ONLY**  
**2.98**  
EACH



**15 points**



**SILK DRINKS**  
1.75 - 1.89 L  
SELECTED VARIETIES

**THIS WEEK ONLY**  
**3.48**  
EACH

**20 points**

KELLOGG'S FAMILY SIZE CEREAL 480 - 650 G  
EGGO WAFFLES 280 - 560 G FROZEN  
SELECTED VARIETIES

**THIS WEEK ONLY**  
**5.48**  
EACH



**30 points**



**THIS WEEK ONLY**  
**6.98**  
EACH

**35 points**

**BECEL MARGARINE**  
850 G  
SELECTED VARIETIES

KICKING HORSE ORGANIC BEAN COFFEE 454 G  
TIMOTHY'S OR IRRESISTIBLES COFFEE CAPSULES 30'S  
SELECTED VARIETIES

**THIS WEEK ONLY**  
**14.98**  
EACH



**125 points**  
value of \$1

# CRAZY 8 SALE

**Black Diamond** OLD • FORT 144A FLO8  
Cheddar Cheese Fromage cheddar

**Black Diamond** 144A FLO8  
MARBLE • MARBRÉ  
Cheddar Cheese Fromage cheddar

**Galbani** 144A FLO8  
Pizzo Mozzarella

**8 CRAZY 548 EACH**

BLACK DIAMOND CHEESE 400 G  
SHREDS 320 G  
NATURAL CHEESE SLICES 220 - 240 G  
GALBANI MOZZARELLA 500 G  
SELECTED VARIETIES

**Irresistible** 144B FLO8  
31-40 PZ  
SHRIMP • CREVETTES  
LARGE • GROSSES

**Irresistible** 144B FLO8  
31-40 PZ  
SHRIMP • CREVETTES  
LARGE • GROSSES

**8 CRAZY 688 EACH**

IRRESISTIBLE PACIFIC WHITE SHRIMP  
COOKED OR RAW 31 - 40 CT  
340 G FROZEN SELECTED VARIETIES

**Lactantia** 144C FLO8  
PurFiltre  
FRESH TASTE • GOÛT FRAIS

**Lactantia** 144C FLO8  
PurFiltre  
FRESH TASTE • GOÛT FRAIS

**8 CRAZY 498 EACH**

LACTANTIA PURFILTRÉ MILK 2 L  
SELECTED VARIETIES

**Dr. Oetker** 144D FLO8  
Ristorante  
PIZZA SPINACI

**Dr. Oetker** 144D FLO8  
Casa di Mama

**8 CRAZY 448 EACH**

DR. OETKER RISTORANTE PIZZA 269 - 390 G  
CASA DI MAMA 395 - 410 G FROZEN SELECTED VARIETIES

**Kraft** 144E FLO8  
Singles  
Original Cheddar Original

**Philadelphia** 144E FLO8  
ORIGINAL  
CREAM CHEESE FROMAGE À LA CRÈME

**Cheez Whiz** 144E FLO8  
CHEESE SPREAD FROMAGE À LA CRÈME

**8 CRAZY 398 EACH**

KRAFT SINGLES 410 G  
PHILADELPHIA CREAM CHEESE 227 - 250 G  
CHEEZ WHIZ SPREAD 450 G  
SELECTED VARIETIES

**Crave** 144F FLO8  
MACARONI & CHEESE  
POULET BUFFALO

**Crave** 144F FLO8  
LOADED CHICKEN  
POTATOES WITH  
BACON & ANGUS BEEF

**8 CRAZY 388 EACH**

Crave DINNER MEALS 200 - 340 G  
FROZEN SELECTED VARIETIES

**Natre** 144G FLO8  
FINE-FILTERED FIBRENT FIBRE  
SANS LACTOSE  
FREE

**Silk** 144G FLO8  
ProACTIVIA YOGURT  
12 X 100 G

**ACTIVIA** 144G FLO8  
2.2% MG  
GUT HEALTH SANTE DIGESTIVE

**8 CRAZY 598 EACH**

NATREL LACTOSE FREE MILK 2 L  
SILK PROACTIVIA SOY BEVERAGE 1.42 L  
SELECTED VARIETIES

**Nature Valley** 144H FLO8  
Sweet & SALTY  
ALMOND

**Fibre 1** 144H FLO8  
18% FIBRE  
BROWNIES  
CHOCOLATEY FUDGE

**8 CRAZY 288 EACH**

NATURE VALLEY GRANOLA BARS 148 - 175 G  
FIBRE 1 SNACK BARS 125 G SELECTED VARIETIES

**Beatrice** 144I FLO8  
CHOCOLATE MILK 1 L

**Cheez-It** 144I FLO8  
baked snack crackers  
ORIGINAL

**8 CRAZY 198 EACH**

BEATRICE CHOCOLATE MILK 1 L  
CHEEZ-IT CRACKERS 191 - 290 G  
SELECTED VARIETIES

**Cascade** 144J FLO8  
PLATINUM  
PODS 3-1

**Tide** 144J FLO8  
4+ months  
100 LOADS

**8 CRAZY 2188 EACH**

TIDE LAUNDRY DETERGENT 3.9 L = 100 LOADS  
PODS 45 - 76'S  
CASCADE DISHWASHER TABS 51 - 67'S  
SELECTED VARIETIES

**Scotties** 144K FLO8  
HOUSE & HOME  
Designer Series  
6 Soft Towels

**Sponge Towels** 144K FLO8  
ULTRA  
3 DOUBLES™ = 6

**8 CRAZY 688 EACH**

SPONGE TOWELS ULTRA PAPER TOWELS 3 = 6'S  
SCOTTIES FACIAL TISSUE 6'S SELECTED VARIETIES

**Pampers** 144L FLO8  
swaddlers  
best dryness  
& comfort ever

**Pampers** 144L FLO8  
swaddlers  
best dryness  
& comfort ever

**8 CRAZY 3688 EACH**

PAMPERS SWADDLERS DIAPERS 124 - 174'S  
SELECTED VARIETIES

**Coca-Cola** i earn with moi rewards

**Canada Dry** 144M FLO8  
CANADA DRY  
24 x 355 mL

**8 CRAZY 1399 EACH**

COCA-COLA OR CANADA DRY GINGER ALE SOFT DRINKS 24 X 355 ML SELECTED VARIETIES

**125 points value of \$1**

**Powerade** 144N FLO8  
POWERADE  
SPORTS DRINK  
24 x 591 mL

**8 CRAZY 1599 EACH**

POWERADE SPORT DRINKS 24 X 591 ML SELECTED VARIETIES

**125 points value of \$1**

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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

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SEAHORSE  
COOKED  
SHRIMP  
91 - 120 CT  
340 G  
FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY  
**6.99**  
EACH

**35**  
points



SWISS CHALET OR  
MONTANA'S MEAT PIES  
470 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY  
**7.99**  
EACH

**40**  
points



DEL'S TURNOVERS  
360 G  
SELECTED VARIETIES

THIS WEEK ONLY  
**2.99**  
EACH

**15**  
points



OLYMPIC ORGANIC OR KREMA YOGURT  
650 G SELECTED VARIETIES



LOCKED DOWN  
**4.99**  
EACH

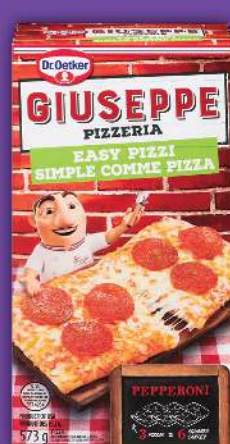
**25**  
points



BECEL PLANT BUTTER 454 G  
PLANT BUTTER STICKS 4x5  
SELECTED VARIETIES

LOCKED DOWN  
**4.49**  
EACH

**25**  
points



DR. OETKER GIUSEPPE  
PIZZERIA EASY PIZZI!  
573 - 600 G  
SELECTED VARIETIES

LOCKED DOWN  
**6.49**  
EACH

**35**  
points



TIM HORTONS  
GROUND COFFEE  
825 - 875 G  
SELECTED VARIETIES

THIS WEEK ONLY  
**24.99**  
EACH

**70**  
points



PLANTERS CASHEWS  
200 G  
SELECTED VARIETIES

LOCKED DOWN  
**4.99**  
EACH

**25**  
points



JACK LINKS  
BEEF JERKY  
230 G  
SELECTED VARIETIES

LOCKED DOWN  
**14.99**  
EACH

**55**  
points



HABITANT, CAMPBELL'S CHUNKY  
OR READY TO SERVE SOUP  
515 - 796 ML SELECTED VARIETIES

LOCKED DOWN  
**2.99**  
EACH

**15**  
points



CLUB HOUSE OR  
LA GRILLE SPICES  
120 - 203 G  
SELECTED VARIETIES

LOCKED DOWN  
**5.99**  
EACH

**30**  
points



DAINTY RICE  
1.6 KG  
SELECTED VARIETIES

LOCKED DOWN  
**9.99**  
EACH

**45**  
points



FINISH POWERBALL  
DISHWASHER TABS  
30 - 45'S  
SELECTED VARIETIES

LOCKED DOWN  
**13.99**  
EACH

**55**  
points

# CHOOSE CANADIAN



**1 LB**

**WE LOVE LOCAL**  
Ontario

**WHOLE WHITE OR CREMINI MUSHROOMS**  
PRODUCT OF ONTARIO  
454 G

**3.99**  
EACH

**CRUNCHY**  
GREEN LEAF LETTUCE  
LAITUE VERT

**FANCY**  
VISION GREENS  
SPRING MIX  
MÉLANGE PRINTANIER

**VISION GREENS**  
113 G  
SELECTED VARIETIES

**3.99**  
EACH

**5** Servings  
Real. Simple. **MAPLE LEAF** Vrai. Simple.

**Natural Bacon naturel**  
Original

**SCHNEIDERS**  
Nikery Smoked Fume au hickory  
CLASSIC CUT BACON COUPE CLASSIQUE

**SCHNEIDERS OR MAPLE LEAF BACON**  
65 - 375 G  
SELECTED VARIETIES

**5.99**  
EACH

**POGO**  
All Beef

**POGO**  
Original

**POGO ORIGINAL OR ALL BEEF BREADED SAUSAGES**  
600 - 750 G FROZEN  
SELECTED VARIETIES

**9.99**  
EACH

**Irresistible**  
BLUEBERRY BLEUVETS

**Irresistible**  
BANANA & CHOCOLAT CHIP

**IRRESISTIBLE MUFFINS**  
600 G  
SELECTED VARIETIES

**4.98**  
EACH

**Irresistible**  
TEXAS + STYLE  
GARLIC Toast  
Pain grillé à l'ail

**Irresistible**  
SOURDO BREAD - PAIN AU LEVAIN

**SELECTION GARLIC TOAST IRRESISTIBLE BREAD OR ROLLS**  
500 - 600 G  
SELECTED VARIETIES

**2.99**  
EACH

**Lactantia**  
PurFiltre

**Lactantia**  
PurFiltre

**LACTANTIA PURFILTRÉ MILK**  
2 L  
SELECTED VARIETIES

**4.98**  
EACH

**Dr. Oetker**  
Ristorante  
PIZZA SPINACI

**Dr. Oetker**  
Casa di Mama

**DR. OETKER RISTORANTE PIZZA** 269 - 390 G  
**CASA DI MAMA PIZZA** 395 - 410 G FROZEN  
SELECTED VARIETIES

**4.48**  
EACH

**KRAFT**  
Cheez Whiz

**Kraft**  
Singles  
Original Cheddar Original

**PHILADELPHIA**  
ORIGINAL  
CREAM CHEESE

**KRAFT SINGLES** 419 G  
**PHILADELPHIA CREAM CHEESE** 227 - 250 G  
**CHEEZ WHIZ SPREAD** 450 G  
SELECTED VARIETIES

**3.98**  
EACH

**Diana Sauce**

**BULL'S-EYE**  
BOLD ORIGINAL  
ORIGINAL BEEF SAUCE

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

**2.99**  
EACH

**Black Diamond**  
OLD • FORT  
Cheddar Cheese  
Fromage cheddar

**Black Diamond**  
MARBLE • MARBRÉ

**Galbani**  
PIZZA  
Mozzarella

**BLACK DIAMOND CHEESE** 400 G  
**NATURAL CHEESE SLICES** 220 - 240 G  
**GALBANI MOZZARELLA** 500 G  
SELECTED VARIETIES

**5.48**  
EACH

**HELLMANN'S**  
REAL VRAIE  
MAYONNAISE

**HELLMANN'S**  
REAL VRAIE  
MAYONNAISE

**HELLMANN'S MAYONNAISE**  
750 - 890 ML  
SELECTED VARIETIES

**5.99**  
EACH

**Ruffles**  
REGULAR  
NATURE

**Cheetos**  
Puffs  
Soufflés

**RUFFLES POTATO CHIPS OR CHEETOS**  
190 - 285 G  
SELECTED VARIETIES

**2.98**  
EACH

**Cashmere**  
12 - 24  
ROLLS  
12 - 24  
CHOUSSIS

**CASHMERE BATHROOM TISSUE**  
8 - 12'S = 24'S  
SELECTED VARIETIES

**4.98**  
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



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

THIS WEEK ONLY   
**1.49**  
/LB



GREEN OR RED SEEDLESS  
GRAPES  
PRODUCT OF SOUTH AFRICA OR CHILE, NO. 1 GRADE  
6.59/KG

THIS WEEK ONLY   
**2.99**  
/LB



WE LOVE LOCAL  
Ontario

SEEDLESS  
CUCUMBERS  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE

THIS WEEK ONLY   
**1.99**  
EACH



1 LB

WE LOVE LOCAL  
Ontario

WHOLE WHITE  
OR CREMINI  
MUSHROOMS  
PRODUCT OF ONTARIO  
454 G

THIS WEEK ONLY   
**3.99**  
EACH



TOMATOES  
ON THE VINE  
PRODUCT OF CANADA OR MEXICO  
NO. 1 GRADE  
4.39/KG

THIS WEEK ONLY   
**1.99**  
/LB



RASPBERRIES  
PRODUCT OF U.S.A. OR MEXICO  
NO. 1 GRADE  
170 G  
BLACKBERRIES  
PRODUCT OF MEXICO, NO. 1 GRADE  
150 - 170 G

THIS WEEK ONLY   
**3.99**  
EACH



GREEN OR GRAY  
ZUCCHINI  
PRODUCT OF MEXICO  
4.39/KG

THIS WEEK ONLY   
**1.99**  
/LB



CLEMENTINES  
PRODUCT OF MOROCCO  
2 LB

THIS WEEK ONLY   
**4.99**  
EACH



WE LOVE LOCAL  
Canada

GOURMET MINI  
YELLOW POTATOES  
PETITES POMMES DE TERRE  
JAUNES GOURMET

CANADA NO. 1 SMALL ROUND  
N°1 PETITE RONDE  
2.27 kg / 5 lb

GOURMET  
MINI WHITE  
OR YELLOW  
POTATOES  
PRODUCT OF CANADA  
NO. 1 GRADE  
5 LB

THIS WEEK ONLY   
**2.99**  
EACH



CRUNCHY  
GREEN LEAF LETTUCE  
LAITUE VERT

PESTICIDE FREE  
SANS PESTICIDES  
LOCALLY GROWN  
CULTIVE LOCALEMENT  
READY TO EAT  
PRÊT À MANGER

FANCY  
SPRING MIX  
MÉLANGE PRINTANIER

FREE  
SIDES  
LOCALLY GROWN  
CULTIVE LOCALEMENT  
READY TO EAT  
PRÊT À MANGER

VISION GREENS  
LETTUCES  
113 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**3.99**  
EACH



WE LOVE LOCAL  
Canada

GREEN BEANS  
PRODUCT OF U.S.A.  
340 G  
MINI CUCUMBERS  
PRODUCT OF CANADA, NO. 1 GRADE  
397 G

THIS WEEK ONLY   
**3.77**  
EACH



Green Giant  
Sugar Snap Peas • Pois sucres sec

Green Giant  
Snow Peas • Pois mange-tout

SUGAR SNAP OR  
SNOW PEAS  
PRODUCT OF GUATEMALA  
170 - 227 G

THIS WEEK ONLY   
**3.99**  
EACH



THIS WEEK ONLY   
**4/\$5**

ATAULFO HONEY  
MANGOES  
PRODUCT OF MEXICO



THIS WEEK ONLY   
**4.99**  
EACH

AVOCADOS  
PRODUCT OF MEXICO OR PERU  
5 OR 6 PACK



THIS WEEK ONLY   
**3.99**  
EACH

BRAIDED GARLIC  
PRODUCT OF CHINA  
500 G



100% FRUIT & VEGGIE BAR  
WITH REAL FRUIT

THIS WEEK ONLY   
**10.99**  
EACH

SUNRYPE FRUIT  
SOURCE BARS  
12 X 37G  
SELECTED VARIETIES

# FLORAL



THIS WEEK ONLY   
**\$6**  
EACH

5 STEM ROSES  
WHILE SUPPLIES LAST



THIS WEEK ONLY   
**8.88**  
EACH

pick Ontario



THIS WEEK ONLY   
**10.88**  
EACH

5" ORCHID  
WHILE SUPPLIES LAST



THIS WEEK ONLY   
**16.99**  
EACH

DORMANT  
ROSE  
WHILE SUPPLIES LAST

# MEAT

**PRIME**  
RAISED WITHOUT antibiotics  
**ÉLEVÉ SANS antibiotiques**

**THIS WEEK ONLY**

**4.99** /LB

**25 points**

PRIME RAISED WITHOUT ANTIBIOTICS FRESH CHICKEN DRUMSTICKS OR THIGHS FAMILY PACK AIR CHILLED SELECTED VARIETIES 11.00/KG

**HALAL AT SAME PRICE**

**THIS WEEK ONLY**

**7.79** /LB

LEAN GROUND BEEF FAMILY PACK INCLUDING HALAL SELECTED VARIETIES 17.17/KG

**FRESH**

**THIS WEEK ONLY**

**5.49** /LB

FRESH PORK BACK RIBS VACUUM PACK SELECTED VARIETIES WHILE QUANTITIES LAST 12.10/KG

**HALAL AT SAME PRICE**

**THIS WEEK ONLY**

**11.99** /LB

FRESH SIRLOIN TIP ROAST OR STEAK FAMILY PACK INCLUDING HALAL CUT FROM CANADA AA OR HIGHER GRADE OF BEEF SELECTED VARIETIES 26.43/KG

**THIS WEEK ONLY**

**11.99** /LB

STEELHEAD TROUT FISH FILLET 26.43/KG

**LIFE SMART NATURALIA**

- 100% Grass fed
- Free range
- Raised without antibiotics
- Aged for 21 Days
- Product of New Zealand
- Halal Certified

**FRESH BONELESS STRIPLIN STEAK**  
GRASS FED, HALAL CERTIFIED WHILE QUANTITIES LAST 33.05/KG

**THIS WEEK ONLY**

**14.99** /LB

**THIS WEEK ONLY**

**2.49** EACH

**15 points**

MAPLE LODGE OR ZABIHA HALAL CHICKEN WIENERS 450 G SELECTED VARIETIES

**THIS WEEK ONLY**

**5.99** EACH

SCHNEIDERS OR MAPLE LEAF BACON 65 - 275 G SELECTED VARIETIES

**THIS WEEK ONLY**

**8.99** EACH

JANES PUB STYLE FULLY COOKED BREADED CHICKEN 700 G FROZEN SELECTED VARIETIES WHILE QUANTITIES LAST

**THIS WEEK ONLY**

**14.99** EACH

MONTANA'S BBQ ANGUS BEEF BURGERS 905 G FROZEN SELECTED VARIETIES

**THIS WEEK ONLY**

**3.99** EACH

PILLER'S SLICED DELI MEAT 125 - 175 G SELECTED VARIETIES

**THIS WEEK ONLY**

**4.49** EACH

IRRESISTIBLES FRESH PASTA 2.8 225 - 2 X 250 G SELECTED VARIETIES

**THIS WEEK ONLY**

**7.99** EACH

SCHNEIDERS JUICY JUMBOS WIENERS OR SMOKED SAUSAGES 375 - 910 G SELECTED VARIETIES

**THIS WEEK ONLY**

**9.99** EACH

POGO ORIGINAL OR ALL BEEF BREADED SAUSAGES 600 - 750 G FROZEN SELECTED VARIETIES

**THIS WEEK ONLY**

**6.99** EACH

MASTRO CHUBS 300 G SELECTED VARIETIES

**THIS WEEK ONLY**

**7.99** EACH

BALDERSON CHEDDAR 250 - 280 G SELECTED VARIETIES

**LOCKED DOWN**

**8.49** EACH

SUMMER FRESH SALADS 750 - 910 G SELECTED VARIETIES

**THIS WEEK ONLY**

**14.99** EACH

TRE STELLE TRADITIONAL FETA 850 G SELECTED VARIETIES

**THIS WEEK ONLY**

**3.49** EACH

SEAHORSE BASA STEAK OR SEASOUL TORPEDO SHRIMP 200 - 500 G FROZEN SELECTED VARIETIES

**THIS WEEK ONLY**

**5.49** EACH

SEA JOY SEAWEED SALAD OR MACKEREL FILLET 300 - 450 G FROZEN SELECTED VARIETIES

**THIS WEEK ONLY**

**8.99** EACH

IRRESISTIBLE SMALL BAY SCALLOPS 80 - 120 CT 400 G FROZEN SELECTED VARIETIES

**THIS WEEK ONLY**

**12.99** EACH

HIGH LINER PAN-SEAR FISH FILLETS OR BREADED & BATTERED FISH FILLETS OR CATCH OF THE DAY FISH FILLETS 425 G - 1.32 KG FROZEN SELECTED VARIETIES

# BAKERY

**Dempster's** EST 1890  
**WHITE**  
 NO ARTIFICIAL FLAVOURS OR COLOURS  
 2nd Grade Canadian Wheat Flour  
 EMPEROR CAKING WHITE BREAD  
 675 G BUNS 8'S  
 SELECTED VARIETIES

**HOT DOG**  
 NO ARTIFICIAL FLAVOURS OR COLOURS  
 BAKED IN CANADA  
 8 BUNS POINTS

**THIS WEEK ONLY**   
**269**  
 EACH

**Irresistible**  
**SOURDOUGH**  
 BREAD • PAIN AU LEVAIN  
 Slow-ripened. Cuit sur cote de pierre

**SELECTION GARLIC TOAST**  
 680 G  
**IRRESISTIBLE BREAD OR ROLLS**  
 500 - 680 G  
 SELECTED VARIETIES

**SELECTION**  
**TEXAS \* STYLE GARLIC Toast**  
 Pain grillé à l'ail  
 5-8 MINUTES  
 16 BUNS READY TO GRILL

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

**Selection**  
**DONUTS • BEIGNES**  
**Glazed**  
 Glacés  
 552 g  
 12 BUNS POINTS

**SELECTION DONUTS**  
 400 - 552 G  
 SELECTED VARIETIES

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

**Selection**  
**DONUTS • BEIGNES**  
**Powdered**  
 au sucre en poudre  
 400 g  
 12 BUNS POINTS

**Selection**  
**OATMEAL RAISIN**  
 AVOINE ET RAISINS  
 426 g  
 12 BUNS POINTS

**SELECTION COOKIES**  
 426 G  
**LA PETITE BRETONNE**  
**CROISSANTS**  
 18 - 24'S  
 SELECTED VARIETIES

**THIS WEEK ONLY**   
**429**  
 EACH

**LA PETITE BRETONNE**  
**micro croissant**  
 350 g

## MORE GREAT SAVINGS FOR LESS

**SAFE TO BAKE**  
**Cookie Dough**  
 Chocolatey Chunk  
 468 g

**LOCKED DOWN**   
**329**  
 EACH

**SAFE TO BAKE**  
**Cookie Dough**  
 Chocolatey Chip  
 468 g

**20 points**

**PILLSBURY PREPARED DOUGH**  
 468 G  
 SELECTED VARIETIES

**Nestlé PARLOUR**  
 Vanilla  
 1.5 L  
 NOVELTIES 6 - 12'S  
 SELECTED VARIETIES

**LOCKED DOWN**   
**399**  
 EACH

**EARTH'S OWN**  
 BEVERAGES  
 1.5 L  
 SELECTED VARIETIES

**LOCKED DOWN**   
**429**  
 EACH

**PRINGLES**  
 ORIGINAL  
 140 g

**LOCKED DOWN**   
**249**  
 EACH

**nutella**  
 725 g

**LOCKED DOWN**   
**699**  
 EACH

**MAXWELL HOUSE**  
 COFFEE CAPSULES  
 30'S  
 SELECTED VARIETIES

**LOCKED DOWN**   
**1599**  
 EACH

**DARE BEAR PAWS**  
 COOKIES  
 536 - 490 G  
 SELECTED VARIETIES

**LOCKED DOWN**   
**599**  
 EACH

**Campbell's**  
 Cream of Chicken  
 Crème de poulet  
 284 mL

**LOCKED DOWN**   
**188**  
 EACH

**SAN PELLEGRINO**  
 OR MAISON PERRIER  
 CARBONATED WATER  
 6 X 1 L  
 SELECTED VARIETIES

**LOCKED DOWN**   
**899**  
 EACH

**FRUITÉ**  
 DRINKS  
 2 L  
 SELECTED VARIETIES

**LOCKED DOWN**   
**199**  
 EACH

**Lotto MAX**  
**NOW GIVES YOU MORE**  
 BELIEVE IT.  
 Must be 18+ years of age to play. Terms and Conditions apply.

**Play Smart**

**TIDE LAUNDRY DETERGENT**  
 1.09 - 1.24 L - 26 - 32 LOADS  
 100% LIQUID  
 29'S

**BOUNCE DRYER SHEETS**  
 120'S  
 SELECTED VARIETIES

**LOCKED DOWN**   
**699**  
 EACH

**PALMOLIVE OR DAWN**  
 DISH DETERGENT  
 451 - 628 ML  
 SELECTED VARIETIES

**THIS WEEK ONLY**   
**249**  
 EACH

# LOCKED DOWN



**NESTLÉ COFFEE MATE COFFEE ENHANCER**  
828 • 946 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**4 49**  
EACH

**KRAFT PEANUT BUTTER**  
1 KG  
**HAZELNUT SPREAD**  
725 G  
SELECTED VARIETIES

**LOCKED DOWN**

**5 98**  
EACH

**BABYBEL CHEESE**  
120 G  
SELECTED VARIETIES

**LOCKED DOWN**

**3 99**  
EACH

**MADE GOOD ORGANIC GRANOLA BARS**  
5 X 24 G  
SELECTED VARIETIES

**LOCKED DOWN**

**3 49**  
EACH

**DARE CRACKERS OR VEGGIE CRISPS**  
100 • 225 G  
SELECTED VARIETIES

**Breton BITES**

**LOCKED DOWN**

**2 99**  
EACH

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

**LOCKED DOWN**

**2 99**  
EACH

**TACO BELL SUPREME CRUNCHWRAP**  
642 G  
SELECTED VARIETIES

**LOCKED DOWN**

**6 99**  
EACH

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

**LOCKED DOWN**

**2 99**  
EACH

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

**LOCKED DOWN**

**2 99**  
EACH

**KIKKOMAN SOY OR TERIYAKI SAUCE, TEMPURA MIX**  
295 • 296 ML, 283 G  
SELECTED VARIETIES

**LOCKED DOWN**

**4 49**  
EACH

**SILK ALMOND BEVERAGE**  
946 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**2 99**  
EACH

**ESKA SPRING WATER**  
24 X 500 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**4 99**  
EACH

**SENSIBLE PORTIONS VEGGIE SNACKS**  
120 • 142 G  
SELECTED VARIETIES

**LOCKED DOWN**

**2 99**  
EACH

**BOSTON MARKET CHICKEN PARMESAN**  
371 • 397 G  
FROZEN  
SELECTED VARIETIES

**LOCKED DOWN**

**5 49**  
EACH

**CLOROX BLEACH**  
2.4 L  
SELECTED VARIETIES

**LOCKED DOWN**

**4 99**  
EACH

**PLEDGE FURNITURE SPRAY**  
275 G  
SELECTED VARIETIES

**LOCKED DOWN**

**6 99**  
EACH

**AIR WICK AIR FRESHENER REFILLS**  
2 X 26 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**10 99**  
EACH

**GLAD GARBAGE BAGS**  
30 • 44'S  
SELECTED VARIETIES

**LOCKED DOWN**

**11 99**  
EACH

# ALWAYS GREAT PRICE



**IRRESISTIBLE GREEK OR SKYR YOGURT**  
750 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**4.99**  
EACH



**SELECTION OR LIFE SMART NATURALIA PEANUT BUTTER**  
750 G • 1 KG  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**4.44**  
EACH



**SELECTION FLOUR**  
2.5 KG  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**3.77**  
EACH



**SELECTION OR LIFE SMART FRUIT SNACKS**  
4 • 6'S  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**2.49**  
EACH



**IRRESISTIBLES SNACKS**  
142 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**2.49**  
EACH



**SELECTION OR LIFE SMART DRESSING**  
250 - 425 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**2.47**  
EACH



**LIFE SMART NATURALIA TORTILLA CHIPS**  
350 G

**SELECTION SALSA**  
430 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**2.99**  
EACH



**SELECTION PICKLES**  
1 L  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**3.27**  
EACH



**IRRESISTIBLES BALSAMIC VINEGAR OR GLAZE**  
250 - 500 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**4.44**  
EACH



**SELECTION LIGHT TUNA**  
170 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**1.49**  
EACH



**SELECTION WATER ENHANCER**  
40 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**2.79**  
EACH



**SELECTION COCONUT**  
296 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**2.99**  
EACH



**SELECTION QUICK'N READY BASMATI RICE**  
250 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**1.99**  
EACH



**SELECTION JAM**  
500 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**4.49**  
EACH



**SELECTION DISHWASHING DETERGENT**  
650 - 820 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**1.97**  
EACH



**SELECTION GLASS CLEANER**  
950 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**1.97**  
EACH



**SELECTION BLEACH**  
2.4 L  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**3.99**  
EACH



**SELECTION PAPER TOWELS**  
6'S  
SELECTED VARIETIES

**ALWAYS GREAT PRICE** 

**5.99**  
EACH



**HELLMANN'S  
MAYONNAISE**  
750 - 890 ML  
SELECTED VARIETIES

**THIS WEEK ONLY**   
**5.99**  
EACH



**KNORR  
BOUILLON CUBES**  
63 - 69 G  
SELECTED VARIETIES

**THIS WEEK ONLY**   
**1.99**  
EACH



**LIPTON  
CUP-A-SOUP**  
25  
KNORR SOUPS  
EACH  
SELECTED VARIETIES

**THIS WEEK ONLY**   
**3/\$5**



**KNORR  
SIDEKICKS**  
120 - 152 G  
SELECTED VARIETIES

**THIS WEEK ONLY**   
**1.79**  
EACH



**HELLMANN'S  
FLAVOURED  
MAYONNAISE**  
340 ML  
SELECTED VARIETIES

**LOCKED DOWN**   
**3.99**  
EACH



**CHRISTIE PEK FREANS OR  
DAD'S OATMEAL COOKIES**  
275 - 350 G  
SELECTED VARIETIES

**LOCKED DOWN**   
**3.29**  
EACH



**CHRISTIE  
BITS & BITES  
OR CRISPERS  
SNACKS**  
145 G  
SELECTED VARIETIES

**THIS WEEK ONLY**   
**2.75**  
EACH



**CADBURY  
DAIRY MILK  
CHOCOLATE BAR**  
144 - 180 G  
**CADBURY  
MINI EGGS**  
151 G  
SELECTED VARIETIES

**LOCKED DOWN**   
**4.49**  
EACH



**CHRISTIE  
FAMILY SIZE  
CRACKERS**  
350 - 454 G  
SELECTED VARIETIES

**LOCKED DOWN**   
**3.99**  
EACH



**CHRISTIE  
FAMILY SIZE  
COOKIES**  
285 - 498 G  
SELECTED VARIETIES

**LOCKED DOWN**   
**4.99**  
EACH



**SKITTLES CANDY**  
140 - 170 G  
SELECTED VARIETIES

**LOCKED DOWN**   
**2.49**  
EACH



**MARS  
CHOCOLATE  
BARS**  
49 - 52 G  
SELECTED VARIETIES

**LOCKED DOWN**   
**99¢**  
EACH



**EXCEL GUM**  
EACH  
SELECTED VARIETIES

**LOCKED DOWN**   
**99¢**  
EACH



**WHISKAS  
TEMPTATIONS  
CAT TREATS**  
190 G  
SELECTED VARIETIES

**LOCKED DOWN**   
**2.99**  
EACH



**IAMS  
CAT FOOD**  
3.18 KG  
SELECTED VARIETIES

**LOCKED DOWN**   
**24.99**  
EACH



**GENERAL MILLS HONEY NUT CHEERIOS CEREAL** 430 G  
**CINNAMON TOAST CRUNCH CEREAL** 354 G  
SELECTED VARIETIES

**LOCKED DOWN**   
**3.48**  
EACH

**125**  
points  
when you buy 2  
value of \$1



**NATURE VALLEY  
CHEWY BARS**  
130 - 210 G  
**BETTY CROCKER  
FRUIT SNACKS**  
128 - 226 G  
SELECTED VARIETIES

**LOCKED DOWN**   
**2.99**  
EACH



**OLD EL PASO  
DINNER KIT**  
340 G  
SELECTED VARIETIES

**LOCKED DOWN**   
**3.99**  
EACH





# MORE

## FLAVOURS OF THE WORLD



GREEN OR GREY ZUCCHINI  
PRODUCT OF MEXICO  
4.39/KG

THIS WEEK ONLY   
**1.99**  
/LB

NEW ZEALAND SPRING LAMB  
Halal Certified



NEW ZEALAND FRESH LAMB LOIN CHOPS  
33.05/KG

THIS WEEK ONLY   
**14.99**  
/LB

HALAL



CEDAR BEANS OR CHICK PEA DIP 400 G  
NORDEX CREAM 170 ML  
SELECTED VARIETIES

LOCKED DOWN   
**1.49**  
EACH



CEDAR EXTRA VIRGIN OLIVE OIL 850 ML  
SELECTED VARIETIES

LOCKED DOWN   
**9.99**  
EACH



PHOENICIA 555 BASMATI RICE 4.54 KG  
SELECTED VARIETIES

LOCKED DOWN   
**11.99**  
EACH



ALKANATER TAHINI OR DELPHI HONEY 900 G, 1 KG  
SELECTED VARIETIES

LOCKED DOWN   
**6.99**  
EACH



CEDAR OR PHOENICIA YOGURT 650 - 750 G  
SELECTED VARIETIES

LOCKED DOWN   
**2.79**  
EACH



ELZUMI TWIST PIE 800 G  
FROZEN  
SELECTED VARIETIES

LOCKED DOWN   
**6.99**  
EACH



DELPHI SEA SALT 750 G  
SELECTED VARIETIES

LOCKED DOWN   
**1.99**  
EACH



CEDAR VEGETABLES OR PHYLLO PASTRY 375 - 750 G  
FROZEN  
SELECTED VARIETIES

LOCKED DOWN   
**2.99**  
EACH



CEDAR VERMICELLI 500 G  
KNORR BOUILLON CUBE 90 G  
SELECTED VARIETIES

LOCKED DOWN   
**1.29**  
EACH



CEDAR PITA 330 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**1.29**  
EACH



CEDAR BURGOL, SEMOLINA OR DRY BEANS 907 G  
CEDAR STUFFED VINE LEAVES 375 G  
SELECTED VARIETIES

LOCKED DOWN   
**2.99**  
EACH



CEDAR PEACHES OR POMEGRANATE JUICE 250 - 750 ML  
SELECTED VARIETIES

LOCKED DOWN   
**3.49**  
EACH



BEST NECTAR 1 L  
CEDAR TEA BAGS 20'S  
SELECTED VARIETIES

LOCKED DOWN   
**2.99**  
EACH



CEDAR GRAPE LEAVES OR MARINATED VEGETABLES 1 L  
PHOENICIA CORNED BEEF 340 G  
SELECTED VARIETIES

LOCKED DOWN   
**4.49**  
EACH



ALFA BOUGATSA 450 G FROZEN  
SELECTED VARIETIES

LOCKED DOWN   
**5.99**  
EACH



PUCK SPREAD 500 G  
SELECTED VARIETIES

LOCKED DOWN   
**12.99**  
EACH



**PROUDLY SIMPLE.  
PROUDLY CANADIAN.**



**LACTANTIA  
CREAM CHEESE  
PRODUCT**  
227 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**349**  
EACH

**iögo  
nanö**

**New iöGO nanö  
yogurts, anywhere  
you go!**

**SOURCE  
OF  
CALCIUM &  
VITAMIN D**

**Made  
with  
REAL  
FRUIT**



**iöGO NANÖ  
POPPING BUBBLES YOGURT**  
4 x 100 G  
SELECTED VARIETIES

**LOCKED DOWN**  
**249**  
EACH



**iöGO NANÖ  
DRINKABLE YOGURT**  
6 x 93 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**  
**379**  
EACH



**iöGO NANÖ  
GRAB AND GO YOGURT**  
4 x 90 G  
SELECTED VARIETIES

**LOCKED DOWN**  
**349**  
EACH



# PERSONAL CARE FOR LESS



**LOCKED DOWN**

**1.29**

EACH



**HUGGIES LITTLE MOVERS, SNUGLERS DIAPERS**  
84 - 168'S  
SELECTED VARIETIES

**THIS WEEK ONLY**

**38.99**

EACH



**LOCKED DOWN**

**5.49**

EACH

**IVORY BODY WASH**  
621 ML  
SELECTED VARIETIES



**LOCKED DOWN**

**17.99**

EACH

**DEPEND UNDERWEAR**  
17'S  
**POISE PADS**  
27 - 66'S  
SELECTED VARIETIES



**LOCKED DOWN**

**9.99**

EACH

**COLGATE TOOTH PASTE**  
3'S  
SELECTED VARIETIES



**LOCKED DOWN**

**11.99**

EACH

**AVEENO BODY LOTION**  
532 ML  
SELECTED VARIETIES



**LOCKED DOWN**

**13.99**

EACH

**NATIVE HAIR CARE**  
487 ML  
SELECTED VARIETIES



**LOCKED DOWN**

**10.99**

EACH

**DOVE BEAUTY BAR SOAP**  
6'S  
SELECTED VARIETIES



**LOCKED DOWN**

**7.99**

EACH

**OGX HAIR CARE**  
385 ML  
SELECTED VARIETIES



**LOCKED DOWN**

**9.49**

EACH

**AXE BODY WASH**  
946 ML  
SELECTED VARIETIES



**LOCKED DOWN**

**2/\$5**

**BABY MUM-MUM WAFERS**  
24'S  
SELECTED VARIETIES



**LOCKED DOWN**

**3/\$6**

**GERBER BABY PURÉE**  
128 ML  
SELECTED VARIETIES



**LOCKED DOWN**

**9.49**

EACH

**HUGGIES SIMPLY CLEAN BABY WIPES**  
192'S  
SELECTED VARIETIES



**ALWAYS GREAT PRICE**

**1.99**

EACH

**PERSONNELLE HAND SOAP**  
251 ML  
SELECTED VARIETIES



**ALWAYS GREAT PRICE**

**2.99**

EACH

**PERSONNELLE HAIR CARE**  
355 - 375 ML  
SELECTED VARIETIES



**ALWAYS GREAT PRICE**

**12.99**

EACH

**PERSONNELLE BABY TRAINING PANTS**  
37'S  
SELECTED VARIETIES

**55 points**

Coca-Cola

i earn with moi  
rewards



CANADA DRY

THIS WEEK ONLY



1399  
EACH



Coca-Cola

125  
points

value of \$1

COCA-COLA OR CANADA DRY  
GINGER ALE SOFT DRINKS  
24 X 355 ML SELECTED VARIETIES



THIS WEEK ONLY



1599  
EACH

125  
points

value of \$1

POWERADE SPORT DRINKS  
24 X 591 ML  
SELECTED VARIETIES