

FRESH SAVINGS FOR THE WEEK OF THURSDAY APRIL 16TH TO WEDNESDAY APRIL 22ND, 2026.

Longo's ⁷⁰

SINCE 1956



7⁹⁹ /LB
SAVE UP TO \$7/LB

Longo's Certified Angus Beef
 Prime Grade Lean Ground
 Round or Stewing Beef
 17.61/kg



3⁹⁹

Fresh Strawberries
 Product of U.S.A.
 454g pkg

THIS WEEK MEMBERS SAVE OVER \$30

See online flyer for more deals.



THANK YOU REWARDS MEMBER PRICING

3⁹⁹

SAVE \$2
 NON-MEMBER \$5.99

Longo's Fresh Clementines
 Product of Morocco or Israel
 2lb pkg



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

8⁹⁹

SAVE \$2
 NON-MEMBER \$10.99



Longo's Frozen Cooked Black Tiger Shrimp
 16-20ct, 454g pkg

16⁹⁹

SAVE \$6
 NON-MEMBER \$22.99



NEW BRUNSWICK
 DELICIOUSLY CANADIAN



4⁹⁹
SAVE \$1



Fresh Canadian Atlantic Salmon Portion
 113g pkg
 SKIN ON



FRESH DELI CUT



2⁹⁹ /100G

Maple Leaf Natural Selections or Bittner's Oven Roasted Turkey Breast



11⁹⁹
SAVE \$10



Charmin Bath Tissue
 12=48 rolls or
 Bounty Paper Towels
 6=12 rolls
 selected varieties



2^{OR} \$5



Longo's Fresh Mini Seedless Cucumbers
 Product of Ontario
 6 pack



Longo's Frozen Fruit
 600g pkg
 selected varieties
3⁹⁹
SAVE \$2



Mutti Polpa Finely Chopped Tomatoes
 398mL can
1⁹⁹
SAVE \$2.50



Kraft Peanut Butter
 750g-1kg jar
 selected varieties
5⁹⁹
SAVE AT LEAST \$2



Kicking Horse Organic and Fairtrade Coffee Beans
 454g pkg
 selected varieties
14⁹⁹
SAVE UP TO \$9

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

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



Cut from Canada AAA Grade
T-Bone Grilling Steak
37.46/kg

16⁹⁹
/LB

SAVE \$6/LB

ORGANIC



Fresh Organic Royal Gala,
Fuji or Pink Lady Apples
Product of U.S.A. or Argentina
6.59/kg

2⁹⁹
/LB

Marina Del Rey
Frozen Argentinian
Shrimp
300g pkg
selected varieties



8⁹⁹

SAVE \$4



BAKED IN-STORE!



3⁹⁹

SAVE \$1

Longo's
Sourdough Boule
540g pkg



2⁹⁹
/LB

Fresh Sweet Red, Yellow or
Orange Peppers
Product of Ontario
6.59/kg

FLOWN
IN
FRESH



3⁹⁹

Fresh Air-Flown Papaya
Product of Brazil
each

Longo's
Sparkling Water
12x355mL pkg
Individual \$5.49
selected varieties



2 FOR \$10

SAVE \$1.98 ON 2

Lay's Potato Chips
144-235g pkg
Individual \$4.49
selected varieties



2 FOR \$8

SAVE \$1.98 ON 2

Cascade Dishwasher
Detergent Tabs
51-80ct
selected varieties



19⁹⁹

SAVE \$6

Jordans
Cereal or Granola
325-400g pkg
selected varieties



5⁹⁹

SAVE UP TO \$2



3⁹⁹

Gray Ridge Large
White Eggs
12 pack



3⁴⁹

Redpath
Granulated Sugar
2kg pkg



2²⁹

Longo's
Essentials Bread
675g pkg



3⁹⁹

Oikos or Liberte
Greek Yogourt
4x100g pkg

WE'VE LOCKED DOWN PRICES ON EVERYDAY ITEMS.



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



@LongosMarkets

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

ZONE 1



FRESH SAVINGS FOR THE WEEK OF THURSDAY APRIL 16TH TO WEDNESDAY APRIL 22ND, 2026.



THANK YOU REWARDS MEMBER PRICING

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



NOT A MEMBER? NOT A PROBLEM!

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

THIS WEEK MEMBERS SAVE OVER \$30

Longo's Frozen
Breaded Pork Cutlets
840g pkg

\$20

SAVE \$5

NON-MEMBER
\$25



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

22⁹⁹

SAVE \$2

NON-MEMBER
\$24



Oomé Smoked Tofu
220g pkg
selected varieties

5⁹⁹

SAVE \$1

NON-MEMBER
\$6.99



Longo's
CURATO
PRODUCT OF ITALY

Longo's Curato Grana
Padano DOP Cheese
200g pkg

11⁹⁹

SAVE \$1

NON-MEMBER
\$12.99



2 FOR \$7

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

SAVE \$2.98 ON 2

NON-MEMBER
\$4.99



La Croix
Sparkling Water
8x355mL pkg
selected varieties

4⁹⁹

SAVE \$1

NON-MEMBER
\$5.99



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

19⁹⁹

SAVE \$8

NON-MEMBER
\$27.99



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

FROM 15⁹⁹

SAVE \$1

NON-MEMBER
\$16.99



1970s

A FAMIGLIA EXPANSION.



1972

OUR SECOND OPEN-AIR STYLE MARKET OPENS

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

1976

CN TOWER OPENS,

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



AND...TIFF

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



1974

CONSTRUCTION BEGINS ON THE EATON CENTRE,

reshaping the city's downtown shopping landscape.



GUS PURCHASES

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



1978

Brownie à la Mode

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



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

11⁹⁹

THANK YOU EARN 300 POINTS



THE
EPIC
COOKIE

Ice Cream!

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

EPIcally delicious!

3⁹⁹

Longo's Epic Cookie Ice Cream
1L tub

SAVE \$2



70 YEARS OF FAMILY STANDARDS

70 YEARS OF FAMILY STANDARDS



AGED LIKE A FINE PARMIGIANO.

FAMILY STANDARDS SINCE 1956



3⁹⁹ Kraft Philadelphia
Cream Cheese
227-250g pkg
selected varieties
SAVE UP TO \$2



2⁹⁹ Classico Pasta Sauce
218-650mL jar
selected varieties
SAVE UP TO \$3.50



3⁴⁹ iöco Nano
Bubbles Yogourt
4x100g pkg
selected varieties
SAVE \$1.50



3⁹⁹ iöco Nano
Drinkable Yogourt
6x93mL pkg
selected varieties
SAVE \$1



Villaggio Rustico Bread
550g pkg
3⁴⁹
SAVE UP TO \$2.19



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

2 FOR \$12
SAVE \$5.98 ON 2



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

PRICES ON THIS PAGE EFFECTIVE FROM THURSDAY APRIL 16TH TO WEDNESDAY APRIL 22ND, 2026.



Activia Yogourt
12x95-100g pkg
selected varieties

6⁴⁹

SAVE UP TO \$2



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

4⁴⁹

SAVE \$1



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

3⁴⁹

SAVE AT LEAST 50¢



Campbell's
Condensed Soup
284mL can
selected varieties

2⁴⁹

SAVE AT LEAST 50¢



Italpasta Pasta
900g pkg
selected varieties

1⁹⁹

SAVE \$1.50



Mutti Passata
680mL jar
selected varieties

4⁴⁹

SAVE \$1.50



A KeHE COMPANY



San Benedetto Water
6x1.5L pkg
selected varieties

12⁹⁹

SAVE \$3



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

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

3⁹⁹

SAVE \$1



Cadbury Dairy Milk
Chocolate Bar
90g pkg
selected varieties

2⁹⁹

SAVE \$1.30



Ritz Drizzled Minis
226g pkg
selected varieties

4⁹⁹

SAVE \$2

70 YEARS OF FAMILY STANDARDS

MUST TRY

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



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

2 FOR \$5

Fresh Honey Passion Fruit
Product of Colombia



13.99 /LB
SAVE \$1/LB

Yorkshire Valley Farms
Organic Boneless,
Skinless Chicken Thighs
30.84/kg

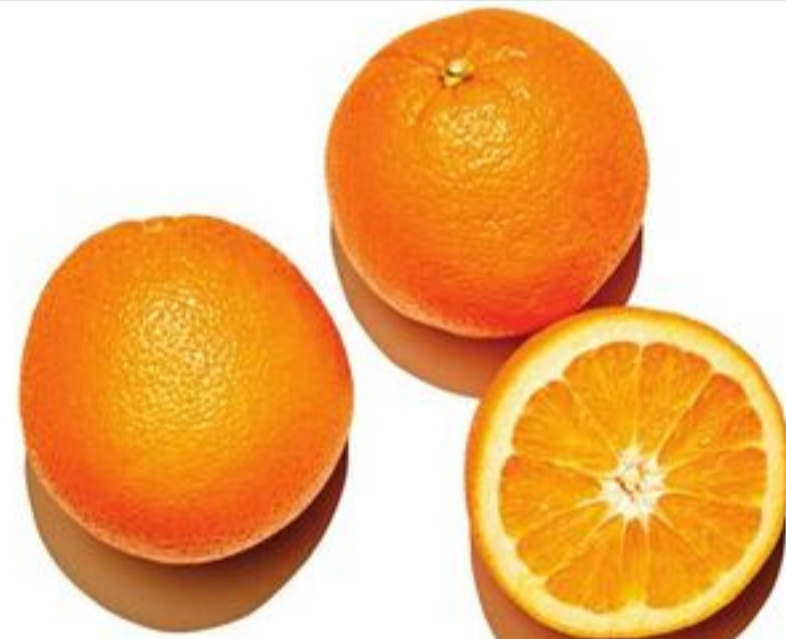
15.99 /LB
SAVE \$1/LB

True North Fresh
Boned Canadian
Atlantic Salmon Side
35.25/kg



1.99 /LB

Fresh Red or Green Anjou,
or Bosc Pears
Product of U.S.A.
4.39/kg



1.69 /LB

Fresh Navel Oranges
Product of U.S.A.
3.73/kg



13.99 /LB
SAVE \$1/LB

Maple Leaf Prime Raised
Without Antibiotics
Chicken Breast Fillets,
Thin Sliced or Diced
30.84/kg



9.99
SAVE \$1/LB

Fresh Tilapia Fillet
22.02/kg
VALUE PACK



2.99

Fresh Green, Red or
Rainbow Swiss Chard
Product of Mexico
each



2.99

Fresh Organic
Iceberg Lettuce
Product of U.S.A.
each



Yorkshire Valley Farms
Frozen Organic
Chicken Meatballs,
Thighs or Drumsticks
800g-1kg pkg

14.99
SAVE UP TO \$4



Frozen or
Previously Frozen
White Shrimp
Skewers 31-40ct,
5 shrimp per skewer

1.49 /EA
SAVE 50¢ EACH

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

3.99
SAVE 50¢



3.99

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



6.99
SAVE UP TO \$1.50

Maple Leaf Prime Ground
Chicken or Turkey or duBreton
Raised Without Antibiotics
Organic Ground Pork
454g pkg



9.99
SAVE AT LEAST \$1

Dom Reserve Frozen
Orange Roughy Fillets
283g pkg or Longo's Frozen
Yellowfin Tuna Steaks
340g pkg

Fresh fish is subject to availability.

FRESH SAVINGS FOR THE WEEK OF THURSDAY APRIL 16TH TO WEDNESDAY APRIL 22ND, 2026.

PIZZA OF THE MONTH

NEW

SLICE
4⁹⁹
WHOLE
26⁹⁹



APRIL MORTADELLA FIOR DI LATTE & PESTO

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

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

TENDERS, BITES OR WINGS

SALT AND PEPPER!



MIX AND MATCH

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

2 FOR \$23

SAVE UP TO \$6.98 ON 2

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

KALTBACH GRUYÈRE TASTING EVENT

Join us for in-store tasting:

Thursday, April 16th - Bayview, York Mills and Maple Leaf Square

Friday, April 17th - Markham, Glen Erin and Queensway

Sunday, April 19th - Weston Road, Milton and Applewood

Saturday, April 18th - All other locations

Swiss Kaltbach Gruyère or Kaltbach Truffle Cheese

20% OFF
FROM 6.64/100G



FRESH DELI CUT



3⁹⁹ /100G
Castello Blue Cheese or Fontina Cheese selected varieties

FRESH DELI SERVED

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

2⁹⁹ /100G



7⁹⁹
SAVE \$1
Fantino & Mondello Sliced, Diced or Salametti Deli Meats



10⁹⁹
SAVE \$2
Lilydale Farmhouse Classics Sliced Deli Meats 400g pkg selected varieties



29⁹⁹
SAVE \$2
Elite Sweets 8" Cake selected varieties



5⁹⁹
SAVE \$1
Longo's Loaf Cake 300-450g pkg selected varieties



3⁹⁹
BAKED IN-STORE!
Lemon & Key Lime Cheesecake Danishes 2 pack
THANK YOU EARN 200 POINTS Here for a limited time!

PROUDLY MADE IN NOVA SCOTIA!

NEW

Marvelous Moo's Premium Ice Cream Cake 750mL pkg

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

19⁹⁹
THANK YOU EARN 500 POINTS



Longo's Killer Brownie Strawberry Shortcake Brookie 610g pkg

7⁹⁹
SAVE 95¢



4⁹⁹
THANK YOU EARN 100 POINTS
Longo's Nut-Free Mini Muffins 12 pack, 252g pkg selected varieties



16⁹⁹
SAVE \$2
Sweets from the Earth Gluten-Free Pie 1kg pkg selected varieties

FRESH SAVINGS FOR THE WEEK OF THURSDAY APRIL 16TH TO WEDNESDAY APRIL 22ND, 2026.

MEAT BALLS

SPAGHETTI & MEATBALLS

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



Longo's Spaghetti & Meatballs
1kg pkg

19⁹⁹

THANK YOU EARN 300 POINTS



MEATBALL SANDWICH



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

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

FROM **11⁹⁹**



LONGO'S HOMESTYLE MEATBALLS IN SAUCE AND CHEESE.



FULLY COOKED. HEAT AND EAT.

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

FROM **11⁹⁹**
SAVE \$1



LONGO'S ORIGINAL MEATBALLS



Longo's Certified Angus Beef Original Meatballs
19.82/kg
8⁹⁹/LB
SAVE \$1/LB

APPY HOUR ALL-STARS



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



14⁹⁹
SAVE \$1.50

Longo's Frozen
Tempura Shrimp
500g pkg



11⁹⁹
SAVE \$1

Longo's Frozen
Tempura Shrimp
400g pkg
COLOSSAL



12⁹⁹
SAVE \$3

Longo's Frozen
Coconut Battered
Shrimp
500g pkg



11⁹⁹
SAVE \$1

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



7⁹⁹
SAVE \$1

Toppits Frozen
Gluten-Free
Breaded Fish
400g pkg



11⁹⁹
SAVE \$1

Toppits Frozen Gluten
Free Battered Shrimp
340g pkg



9⁹⁹
SAVE \$1



6⁹⁹ Longo's Frozen Seafood
Party Pack Appetizers
310g pkg
SAVE \$3

Ocean Prime
Frozen Breaded
Squid Rings
908g pkg



12⁹⁹
SAVE \$2

GROCERY

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

10⁹⁹

SAVE UP TO \$4



Tim Hortons K-Cup
12ct
selected varieties

11⁹⁹

SAVE UP TO \$4



Tim Hortons
Nespresso Pods
10ct
selected varieties

7⁹⁹

SAVE \$3



Made Good Snackers
142g pkg
selected varieties

4⁹⁹

SAVE \$1



2 FOR \$9

SAVE 98¢ ON 2

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

Frank's RedHot Sauce
354mL bottle
selected varieties

4⁹⁹

SAVE \$1



French's Yellow
Mustard
400mL bottle

1⁹⁹

SAVE \$1



3⁹⁹

SAVE UP TO \$1.30

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



2⁹⁹

SAVE \$1

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

Granoro Pasta
450g pkg
selected varieties

1⁴⁹

SAVE 50¢



2⁹⁹

SAVE \$1.50

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



2⁴⁹

SAVE UP TO \$1.50

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

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

2 FOR \$6

SAVE UP TO \$3.98 ON 2



4⁹⁹

SAVE 50¢

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

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

2 FOR \$5

SAVE UP TO \$1.98 ON 2



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

5⁹⁹

SAVE AT LEAST \$1



5⁹⁹

SAVE \$2

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

Tidy Cats
Cat Litter
2.72kg pkg
selected varieties

13⁹⁹

SAVE \$2



DAIRY AND FROZEN



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

4.49

SAVE UP TO \$1.50



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

3.49

SAVE \$1.50



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

13.99

SAVE \$2



MAKE EVERY NIGHT
**WING
NIGHT**

St. Louis
BAR & GRILL

Simply Orange Juice
1.36L bottle
selected varieties

5.99

SAVE \$2



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

SAVE UP TO \$1.50



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

2 FOR \$8

SAVE UP TO \$1.58 ON 2



Lactantia
PurFiltre Milk
2L cartons
selected varieties

5.49

SAVE UP TO \$1.30



Health Ade
Kombucha
473mL bottle
selected varieties

3.49

SAVE \$1.50



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

SAVE UP TO \$2



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

SAVE \$4.30

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

2 FOR \$6

SAVE \$3.98 ON 2



6.99 Tre Stelle Mozzarella Ball
340g pkg
selected varieties

SAVE UP TO \$2.50



15.99 Janes Pub Style
Chicken Strips
1.5kg pkg
selected varieties

SAVE \$3



Liam's Pancakes
300g pkg
selected varieties

10.99

SAVE \$2



BREAKFAST FINDS

8⁹⁹ Only Oats
1kg pkg
selected varieties
SAVE \$1



Manitoba Harvest
Organic Granola
283g pkg
selected varieties
6⁹⁹
SAVE \$1



NEW
8⁹⁹
SAVE \$2

Farm Girl Cereal
280g pkg
selected varieties



5⁴⁹
SAVE AT LEAST 50¢

Bob's Red Mill
Rolled Oats
454g pkg
selected varieties



6⁹⁹
SAVE \$1.50

Dorset Muesli
Cereal
540-620g pkg
selected varieties



Awake Chocolate
Energy
27g bar
selected varieties
1⁴⁹
SAVE 80¢



RXBAR
52g pkg
selected varieties
2⁴⁹
SAVE 50¢



Awake Caffeinated
Chocolate Energy Bars
86-108g pkg
selected varieties
6⁹⁹
SAVE UP TO \$2



FUEL YOUR DAY!

ChocXO
Chocolate Cups
98g pkg
selected varieties
6⁹⁹
SAVE \$2



Taste of Nature Organic
Granola Bars
40g pkg
selected varieties
1⁹⁹
SAVE 50¢



LONGO'S MUST-HAVES



Longo's Sirloin Beef Burgers
1.02kg pkg

16⁹⁹
SAVE \$3



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

7⁹⁹
SAVE \$1



Longo's Pickled
Hot Pepper Rings
750mL jar

3⁹⁹
SAVE \$1



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

5⁴⁹
SAVE 50¢



Longo's Burger
Sauce & Dip
350mL bottle

3⁹⁹
SAVE 50¢



Longo's Essentials
Yellow Mustard
400mL bottle

1⁴⁹
SAVE 30¢



Longo's Mayonnaise
750-890mL bottle

5⁹⁹

THANK YOU EARN 100 POINTS



Longo's
CURATO
PRODUCT OF ITALY

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

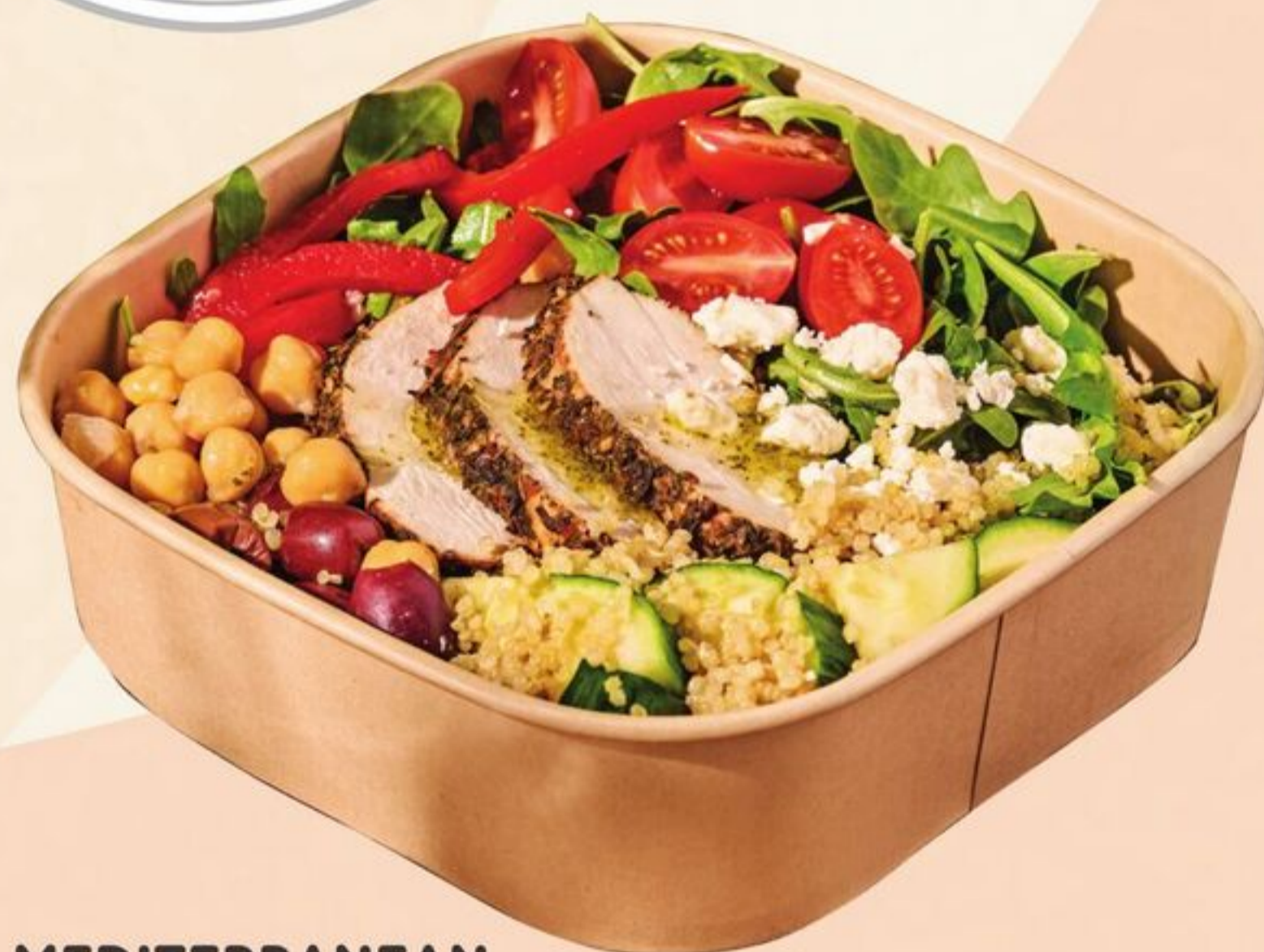
4⁹⁹
SAVE \$1



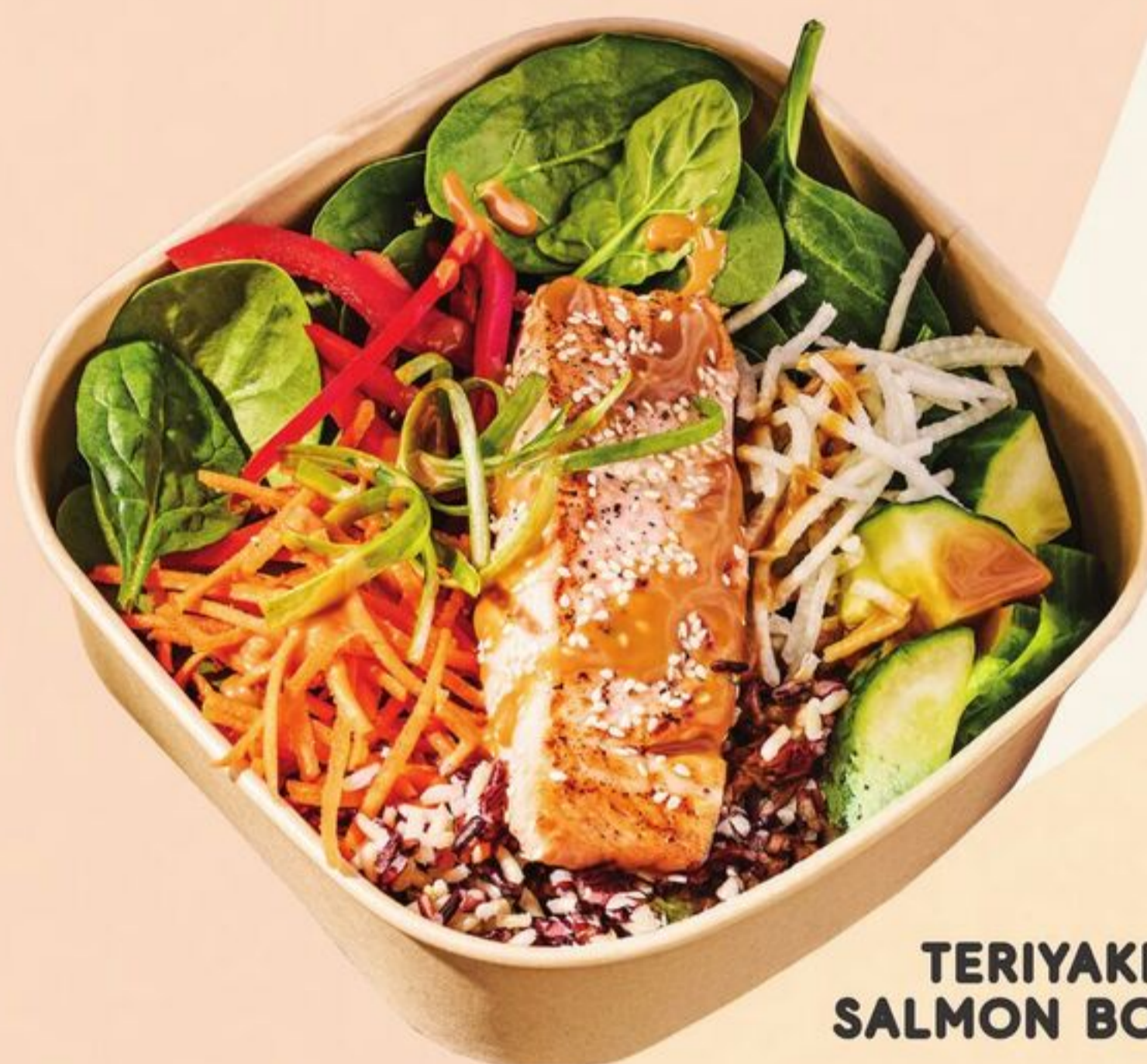


POWER UP WITH PROTEIN

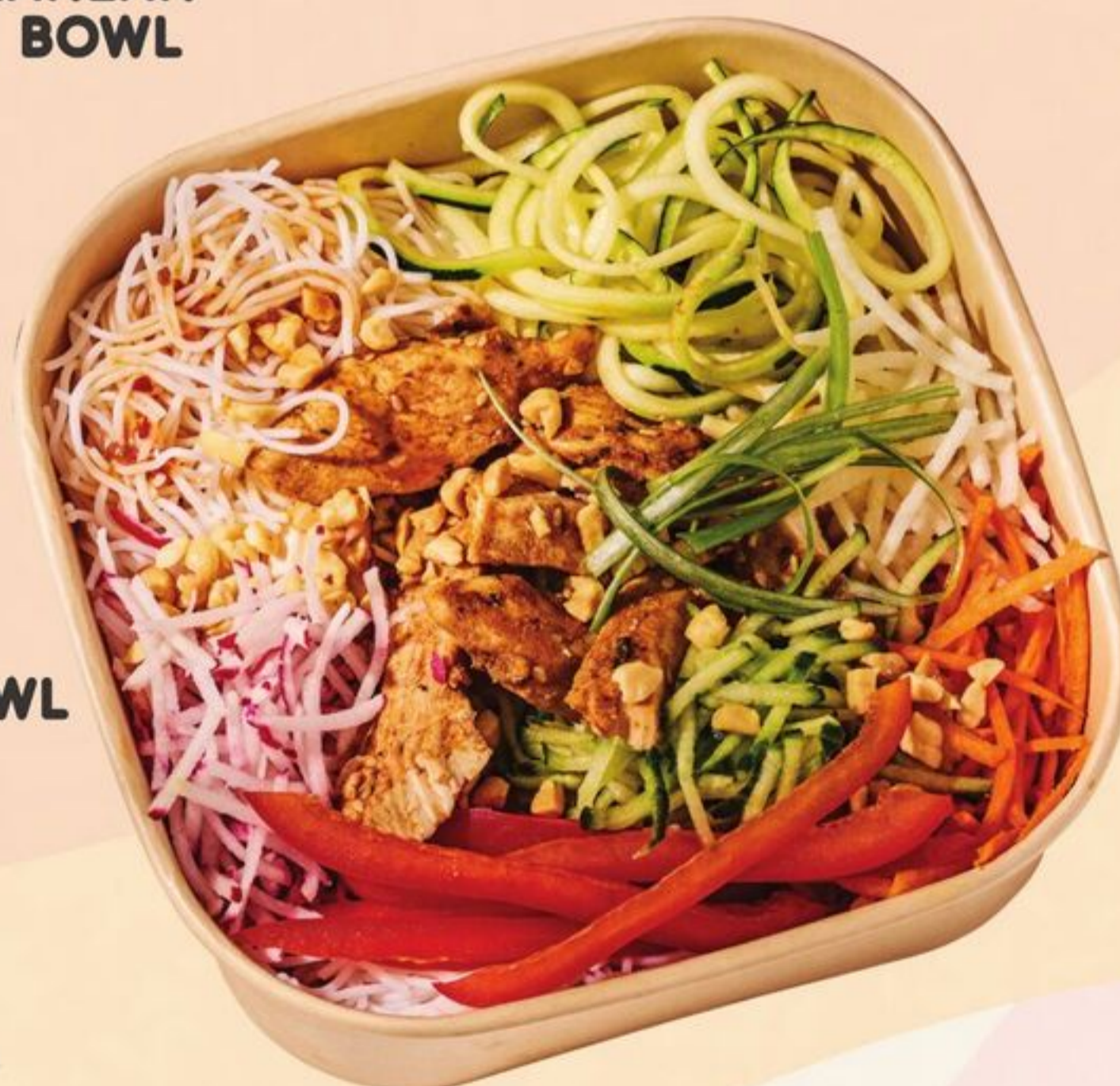
Wholesome Ingredients. Elevated Flavour. Clean, Satisfying Fuel.



MEDITERRANEAN CHICKEN BOWL



TERIYAKI SALMON BOWL



SESAME CHICKEN BOWL



FALAFEL MAPLE TAHINI BOWL

Protein Bowls
selected varieties

10⁹⁹



EARN 100 POINTS

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

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

SPRING CLEANING

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

6⁹⁹
SAVE \$1



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

5⁴⁹
SAVE UP TO \$1.50



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

5⁹⁹
SAVE AT LEAST \$1



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

4⁹⁹
SAVE UP TO \$1.50



Nature Clean
Laundry Sheets
32 loads
selected varieties

7⁹⁹
SAVE AT LEAST \$1



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

5⁹⁹
SAVE AT LEAST \$1



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

5⁴⁹
SAVE UP TO \$3.50



24⁹⁹
SAVE AT LEAST \$5

Finish Quantum
Dishwashing Detergent Tabs
60-72ct
selected varieties

LOW PRICE LOCKDOWN



3⁹⁹

Gray Ridge Large White Eggs
12 pack



2²⁹

Longo's Essentials Bread
675g pkg



3⁴⁹

Redpath Granulated Sugar
2kg pkg



4⁹⁹

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



6⁹⁹

ORGANIC

Fresh Organic Grape Tomatoes
Product of Ontario
681g pkg



4⁹⁹

Fresh Hydroponic Lettuce
Product of Ontario
2 pack • assorted varieties



3⁹⁹

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



3⁹⁹

Oikos or Liberté Greek Yogourt
4x100g pkg



2⁹⁹ /LB

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



10⁹⁹

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



6⁴⁹

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



2 FOR \$4

Longo's Pasta
450g pkg
Individual \$2.29



5⁹⁹

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



9⁹⁹

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

\$5.00/ serving

19⁹⁹

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



20⁹⁹

Cashmere Bath Tissue
24=72 rolls



WE'VE LOCKED DOWN PRICES ON EVERYDAY ITEMS.

FRESH SAVINGS FOR THE WEEK OF THURSDAY APRIL 16TH TO WEDNESDAY APRIL 22ND, 2026.

ADD LOCAL TO YOUR LIST.

Longo's



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

MEET THE FARMER Mucci Farms

LOCATION
Kingsville, ON

WHY THEY ARE OUR PARTNER

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

PINT



5⁹⁹ Fresh Strawberries
Product of Ontario
pint

SAVE ON THE BRANDS YOU LOVE AT LONGO'S

FOR EVERY BURGER

IT HAS TO BE
HEINZ
ESTD 1869



Proudly prepared in
CANADA

Kraft Pure Salad Dressing
355mL bottle
selected varieties

3.49
SAVE \$3



Proudly prepared in
CANADA

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

4.99
SAVE \$2



Kraft Hazelnut
Spread with Cocoa
725g jar

6.99
SAVE \$1



Kraft Dinner
175-200g pkg
selected varieties

1.99
SAVE 50¢



Heinz Beans
398mL can
selected varieties

1.79
SAVE UP TO \$1.70



4.99
SAVE \$2

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



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

1.49
SAVE \$1



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

99¢
SAVE UP TO 70¢

SAVE ON THE BRANDS YOU LOVE AT LONGO'S

EVERYDAY EUROPEAN FAVOURITES.



Carl Jung
Non-Alcoholic Wine
750mL bottle
selected varieties
8⁹⁹
SAVE AT LEAST \$1



Ritter Sport
European Chocolate
100g bar
selected varieties
3⁷⁹
SAVE \$1.20



Kühne
Barrel Sauerkraut
796mL jar
3⁹⁹
SAVE UP TO \$1.50



Finn Crisp
Sourdough Rye Thins
175-200g pkg
selected varieties
3⁴⁹
SAVE 50¢

PURCHASE ONE OF THE ABOVE PRODUCTS FOR A CHANCE TO WIN

250,000

POINTS
\$1,250
VALUE



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

THURSDAY APRIL 16TH TO WEDNESDAY APRIL 22ND, 2026



OLYMPIC



Olympic
Krema Yogourt
650g tub
selected varieties
5⁴⁹
SAVE \$2.50



Olympic
Organic Yogourt
650g tub
selected varieties
4⁹⁹
SAVE \$3.50



Beatrice
Chocolate Milk
2L carton
5⁴⁹
SAVE UP TO \$1



YOU COULD
WIN
1 OF 3 \$10,000
VIP TRIPS

TO THE
STANLEY CUP[®] FINAL 2026
PLUS DAILY PRIZES OF GIFT CARDS & MORE!

FIND THE CUP[®] & CLEAN UP

FindAndWin.ca



Bonterra Paper Towels
3=6 rolls or Bath Tissue
9=27 rolls
selected varieties

6⁹⁹
SAVE \$1

Cashmere Bath Tissue
12/24=48 rolls or
Spongetowels Paper Towels
6=12 rolls
selected varieties

14⁹⁹
SAVE \$5

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

Stonemill[®]

SOURDOUGH

Great Deal!

Stonemill Bread
454-550g pkg
selected varieties

3⁶⁹
SAVE UP TO \$2.30



SAVE ON THE BRANDS YOU LOVE AT LONGO'S



HAYTER'S FARM
TASTE & TRADITION

SINCE 1948
WHOLESALE | 3 GENERATIONS OF FAMILY | PROUDLY CANADIAN

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

2.99 /100G

Raised Without Antibiotics
21g of protein per serving

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



NEW

BR
BASKIN-ROBBINS™

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

9.99
SAVE UP TO \$3

MADE IN CANADA

Nestlé

Nestlé® Favorites

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

4.99
SAVE UP TO \$4

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

VITA COCO Coconut Water
HIGH IN POTASSIUM
PINEAPPLE
FROM CONCENTRATE

VITA COCO Coconut Water ORIGINAL
HIGH IN POTASSIUM
NEW! SAME COCONUT
NEVER FROM CONCENTRATE

VITA COCO Extra Coconut COCONUT WATER
FROM CONCENTRATE

Vita Coco Coconut Water 1L tetra selected varieties

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

3.99
SAVE 50¢



70 SINCE 1956
Longo's

BRINGING FAMILIES TO THE TABLE SINCE 1956.

CELEBRATING WITH

TI Group
Where brands get results.