

food Basics

CANADIAN AND PROUD

WOWZA!



EXTRA LARGE

WOWZA!
1.98 /LB

GREEN OR RED SEEDLESS GRAPES
PRODUCT OF CALIFORNIA, U.S.A.
NO. 1 GRADE
4.37/KG



HALAL AT SAME PRICE

WOWZA!
5.48 /LB

LEAN GROUND BEEF
FAMILY PACK
SELECTED VARIETIES
12.08/KG



WOWZA!
3.98 EACH

COCA-COLA, CANADA DRY
GINGER ALE OR PEPSI
SOFT DRINKS
6 X 710 ML
SELECTED VARIETIES



ALWAYS CANADIAN

WOWZA!
9.98 /LB

FRESH ATLANTIC SALMON FILLET
FAMILY PACK
SELECTED VARIETIES
22.00/KG



WOWZA!
3.98 EACH

ESKA
SPRING WATER
24 X 500 ML



WE LOVE LOCAL Canada

WOWZA!
1.25 EACH

BROCCOLI CROWNS
PRODUCT OF CANADA



WOWZA!
3.98 EACH

WATSON RIDGE OR
TA'AM HALAL
FULLY COOKED
BREADED CHICKEN
800 G
FROZEN
SELECTED VARIETIES
WHILE QUANTITIES LAST



WOWZA!
1.98 EACH

DARE COOKIES
OR CRACKERS
100 - 315 G SELECTED VARIETIES



WOWZA!
2.98 EACH

CLEMENTINES
PRODUCT OF SOUTH AFRICA OR PERU, 2 LB
LIMES
PRODUCT OF MEXICO, 1 LB



WOWZA!
4.98 EACH

IRRESISTIBLE
MUFFINS
SELECTED VARIETIES



WOWZA!
4.98 EACH

KRAFT PEANUT BUTTER
250 G - 1 KG
SELECTED VARIETIES



WOWZA!
9.98 EACH

CEDAR PARBOILED OR
PATNA RICE 4 KG
PARLIAMENT
GOLD OR ERAVAT
BASMATI RICE
4.54 KG
SELECTED VARIETIES



WOWZA!
1.44 /LB

ROMA TOMATOES
PRODUCT OF CANADA OR MEXICO, NO. 1 GRADE
3.17/KG



WOWZA!
1.49 EACH

SELECTION PASTA
900 G
SELECTED VARIETIES



WOWZA!
4.98 EACH

DR. OETKER GIUSEPPE PIZZA
RISING OR THIN CRUST
400 - 785 G FROZEN
SELECTED VARIETIES



WOWZA!
4.99 EACH

HÄAGEN-DAZ ICE CREAM
NOVELTIES
450 ML
3 - 4'S
SELECTED VARIETIES



WOWZA!
2.44 EACH

BORNA DATES
400 G

MEGA WOWZA!

save **MORE** with moi

LIMIT 6

moi price
99¢ ea.

CATELLI GARDEN SELECT PASTA SAUCE
600 ML
SELECTED VARIETIES

non moi price **1.67** ea.

*Scan Moi card to receive Moi price

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, JULY 16TH TO WEDNESDAY, JULY 22ND, 2026

PRICES IN THIS FLYER AVAILABLE AT ALL ETOBICOKE, MISSISSAUGA, NORTH YORK, RICHMOND HILL, SCARBOROUGH, TORONTO, THORNHILL, EMERALD PARK, MARKHAM, AJAX, OSHAWA, COURTICE, NEWMARKET, PICKERING, AND BRAMPTON STORE LOCATIONS ONLY.

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

WOWZA!

LACTANTIA
473 mL - 1 L
LIBERTÉ
MÉDITERRANÉE
YOGURT
500 G
SELECTED VARIETIES

349
EACH

SCHNEIDERS
RED HOTS OR
MAPLE LEAF
TOP DOGS
WIENERS
375 G
SELECTED VARIETIES

399
EACH

SELECTION
BREAD
675 G
SELECTED VARIETIES

248
EACH

NATREL
LACTOSE FREE
OR ORGANIC
MILK
2 L
PHILADELPHIA
CREAM CHEESE
PRODUCT
340 G
SELECTED VARIETIES

499
EACH

McCain SUPERFRIES
454 - 650 G
CHEEMO PEROGIES
815 - 907 G
IRRESISTIBLE
ENTRÉES
255 - 329 G
FROZEN
SELECTED VARIETIES

299
EACH

SELECTION
uncooked
QUARTER POUND
BEEF
BURGERS
FROM FREEZER TO GRILL
20 BEEF BURGERS
226 kg

2699
EACH

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

349
EACH

Kraft
Singles
Original Cheddar Original
22 CUPS
KRAFT
SINGLES
410 G
SELECTED VARIETIES

398
EACH

IRRESISTIBLE
SPARKLING
SPRING WATER
6 X 1 L
SELECTED VARIETIES

444
EACH

Doritos, Ruffles
CHIPS OR CHEETOS
200 - 285 G
SELECTED VARIETIES

2/\$7

CLOVER LEAF
ALBACORE OR
YELLOWFIN
TUNA
145 - 179 G
SELECTED VARIETIES

199
EACH

IRRESISTIBLE
OR SELECTION
FRUIT
1.5 - 2 KG
FROZEN
SELECTED VARIETIES

1499
EACH

LAY'S
CLASSIC
CLASSIQUE
235 g
Smartfood
POPCORN
MADE WITH CORN
200 g

299
EACH

TIMOTHY'S OR **IRRESISTIBLES**
COFFEE CAPSULES
30'S
SELECTED VARIETIES

1499
EACH

PALMOLIVE OR
DAWN DISH
DETERGENT
431 - 828 mL
SELECTED VARIETIES

2/\$5

TIDE
LAUNDRY DETERGENT
PODS 45 - 76'S
SELECTED VARIETIES

2199
EACH

CASHMERE
BATHROOM TISSUE 12 - 24'S
SPONGE TOWELS
4'S - 6'S
SCOTTIES FACIAL TISSUE 4'S
SELECTED VARIETIES

699
EACH

IRRESISTIBLE
WHOLE NATURAL ALMONDS, WALNUT
HALVES & PIECES OR PISTACHIOS
750 G - 1 KG
SELECTED VARIETIES

1799
EACH

the app-solute best way to save

only with **moi** rewards

DIGITAL DEAL
1599
EACH
WITH COUPON

125
points
value of \$1

POWER ADE
SPORT DRINKS
24 X 591 ML
SELECTED VARIETIES

5899
EACH

save \$5

SCAN TO DOWNLOAD
While quantities last. Visit our app for details.
*Limit one per customer, per transaction.

this week only

50% MORE DIAPERS
PLUS DE COUCHES

Pampers
baby-dry ULTRA
3X PROTECTION
138 COUCHES

3499
EACH

Pampers
swaddlers
our best dryness
+ comfort ever
plus sécherie
+ confort ultime
160 COUCHES

PAMPERS
SWADDLERS
OR BABY-DRY
DIAPERS
124 - 174'S
SELECTED VARIETIES

125
points
value of \$1

*IN STOCK POLICY: FoodBasics+ 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 Nesso 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.

We reserve the right to limit purchases to reasonable requirements. Limits or some restrictions apply - details available in-store or at FoodBasics.ca. Certain prices and special offers advertised in our flyers may vary by area. To view local store flyer, visit foodbasics.ca, where you can create an account (or sign into your account) and select your preferred location. Some illustrations in this flyer do not necessarily represent items on sale and are for design only. We reserve the right to correct any unintentional error that may occur in the copy or illustration. References for savings or sale prices are in comparison to our regular retail prices. Prices are effective Thursday 8 a.m. through closing Wednesday. Other exemptions may apply. "Compare at" references are in comparison to at least 1 other regular retail price. Commercial resale of our products is prohibited. Upon presentation of the Moi Rewards card, points awarded are calculated on the total amount, before taxes, and excludes the products specified in the terms and conditions of the program. Does not apply to bonus points. Available at stores participating in the Moi program. For \$3 = 1 pt available at Metro; not available at Food Basics. Points redeemable at participating stores starting at a balance of 500 points (\$4 value). Visit moirewards.ca for terms and conditions. Moi Rewards is a trademark of Metro Inc.

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food Basics  **ALWAYS FRESH. *ALWAYS IN STOCK. ALWAYS GREAT PRICES.**

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

?

WOWZA!

SCAN
N' \$WEEP

\$

YOU COULD WIN
100,000
POINTS*



Purchase any participating WOWZA! products each week and scan your Moi Rewards card to be automatically entered.

*NO PURCHASE NECESSARY. Contest runs July 2nd, 2026 to July 29th, 2026. Open to residents of Ontario of the age of majority at time of entry. Four (4) Prizes consisting of 100,000 MOI points valued at approximately \$800 each (ARV) are available to be won. Odds of winning dependent on the number of eligible entries received. Skill testing question required to claim the prize. Certain exceptions and restrictions apply. For official Rules and how to enter visit: www.foodbasics.ca/cn/rules-and-regulations/wowza-sweep-contest. Sponsored by Metro Ontario Inc., 5559 Dundas St. West, Etobicoke, ON M9B 1B9.

\$



3.98
EACH



3.98
EACH



1.98
EACH



3.98
EACH

MEGA
WOWZA!
save MORE
with moi



CATELLI
GARDEN SELECT
PASTA SAUCE
600 ML
SELECTED VARIETIES

LIMIT 6

moi price
99¢*
ea.

non moi price **1.67** ea.

*Scan Moi card to receive Moi price

Dempster's
EST 1890

TORTILLAS
ORIGINAL
ORIGINALES

NO ARTIFICIAL
FLAVOURS OR COLOURS
and includes
Canadian wheat flour

10
TORTILLAS
610 g

WOWZA!

399

EACH

DEMPSTER'S
10" TORTILLAS
426 - 610 G
SELECTED VARIETIES

BIMBO
CANADA

Dempster's
EST 1890

HALF LOAF **WHITE**

NO ARTIFICIAL
FLAVOURS OR COLOURS
100% whole
Canadian wheat flour

380 g

WOWZA!

179

EACH

Hostess

Twinkies

FUN
PACK
AMUSANT

6
TWINKIES
202 g

WOWZA!

299

EACH

HOSTESS
SNACK CAKES
6'S
SELECTED VARIETIES

Dempster's
EST 1890

CINNAMON RAISIN

NO ARTIFICIAL
FLAVOURS OR COLOURS
Canadian wheat flour

380 g

SUN-MAID
Raisin

CINNAMON / MARRÉ À LA
SWIRL / MARRÉ À LA
CANNELLE

RAISINS IN EVERY STITCH
DRIE BAIES À CHAQUE BOUCHÉE

380 - 570 G
SELECTED VARIETIES

WOWZA!

399

EACH

Stonemill
BAKED HOUSE • BOULANGERIE

SOURDOUGH

BREAD • PAIN

550 g

WOWZA!

399

EACH

STONEMILL
BREAD
454 - 550 G
SELECTED VARIETIES

POWER ADE
MIXED BERRY
MÉLANGE DE BAIES

50% MORE PLUS
ELECTROLYTES
D'ELECTROLYTES

710 mL

POWER ADE
FRUIT PUNCH
SAISON SAISON
MIXON AUX FRUITS

50% MORE PLUS
ELECTROLYTES
D'ELECTROLYTES

710 mL

WOWZA!

99¢

EACH

POWERADE
SPORTS DRINK
710 ML
SELECTED VARIETIES

Coca-Cola

MONSTER
ENERGY

4
PACK

4-473 ML DL
4 CAQUETTES DE 473 ML

WOWZA!

899

EACH

vitamin water

zero sugar
zéro sucre

591 mL

vitamin water

591 mL

WOWZA!

149

EACH

GLACEAU
VITAMIN
WATER
591 ML
SELECTED VARIETIES
WHILE QUANTITIES LAST

PEACE TEA
PEACH PEACHÉ

495 ML

PEACE TEA
PEACH PEACHÉ

495 ML

WOWZA!

99¢

EACH

smart water

WATERALIZED TREATED WATER

591 mL

smart water

WATERALIZED TREATED WATER

591 mL

WOWZA!

149

EACH

GLACEAU
SMART WATER
591 ML
SELECTED VARIETIES

Lactantia
SANS
Lactose
FREE

1%
M.F./M.G.

2L

Lactantia
SANS
Lactose
FREE

2%
M.F./M.G.

2L

WOWZA!

599

EACH

LACTANTIA
LACTOSE FREE
MILK
2 L
SELECTED VARIETIES

LACTALIS
CANADA

CHEESTRINGS
FICELO

100% VRAI FROMAGE

504 G
SELECTED VARIETIES

WOWZA!

1149

EACH

55
points

Astro
ORIGINAL
— BALKAN YOGURT —

SO CANADIAN

NATURAL
YOGURT
NO SUGAR

650 - 750 G
SELECTED VARIETIES

WOWZA!

327

EACH

Beatrice

1%
M.F./M.G.

2L

WOWZA!

499

EACH

OLYMPIC
ORGANIC

PLAIN

650g

KREMA
RICH & CREAMY YOGURT

HEAVENLY HONEY
9% M.F.

650g

WOWZA!

499

EACH

OLYMPIC ORGANIC OR
KREMA YOGURT
650 G
SELECTED VARIETIES

LOU'S KITCHEN
FULLY COOKED
BEEF POT ROAST
AU JUS
RÔTI DE BŒUF
BRAISÉ AU JUS

375-400 g
SELECTED VARIETIES
WHILE QUANTITIES LAST

\$8.99
EACH

LOU'S KITCHEN
BARBECUE
PORK BACK RIBS
CÔTES DE DOS DE PORC

585-610 g
SELECTED VARIETIES
WHILE QUANTITIES LAST

\$8.99
EACH

LOU'S KITCHEN
PEAMEAL BACON
BACON DE DOS
DOUBLE SMOKED
BACK BACON

375-454 g
SELECTED VARIETIES
WHILE QUANTITIES LAST

\$6.99
EACH

Johnsonville
BREAKFAST SAUSAGES
SAUCISSES À DÉJUNER

250-375 g
SELECTED VARIETIES
WHILE QUANTITIES LAST

\$4.99
EACH

Johnsonville
SMOKED SAUSAGES
SAUCISSES FUMÉES

375 g
SELECTED VARIETIES
WHILE QUANTITIES LAST

\$4.99
EACH

Johnsonville
DINNER SAUSAGES
SAUCISSES À DÎNER

500 g
SELECTED VARIETIES
WHILE QUANTITIES LAST

\$5.99
EACH

Simply Orange
Jus d'orange pur et naturel à 100 %

1.36 L
NON FAIT DE CONCENTRÉ

\$4.99
EACH

Simply Orange
Jus d'orange pur et naturel à 100 %

1.36 L
NON FAIT DE CONCENTRÉ

\$4.99
EACH

Minute Maid
Simply Lemonade

1.54 L
SELECTED VARIETIES

\$3.99
EACH

Minute Maid
Simply Lemonade

1.54 L
SELECTED VARIETIES

\$3.99
EACH

Minute Maid
Fuze Iced Tea

1.75 L
SELECTED VARIETIES

\$3.49
EACH

Minute Maid
Fuze Iced Tea

1.75 L
SELECTED VARIETIES

\$3.49
EACH

Fruitopia
JUICE BLENDS

1.75 L
SELECTED VARIETIES

\$2.49
EACH

Fruitopia
JUICE BLENDS

1.75 L
SELECTED VARIETIES

\$2.49
EACH

Minute Maid
Apple Juice

1.75 L
SELECTED VARIETIES

\$3.99
EACH

Minute Maid
Apple Juice

1.75 L
SELECTED VARIETIES

\$3.99
EACH

Five Alive
JUICE OR DRINKS

8 x 200 mL, 10 x 200 mL
SELECTED VARIETIES

\$3.99
EACH

Five Alive
JUICE OR DRINKS

8 x 200 mL, 10 x 200 mL
SELECTED VARIETIES

\$3.99
EACH

McCafé
Premium Roast
Torréfaction
supérieure

875 g
SELECTED VARIETIES

\$30.99
EACH

McCafé
Premium Roast
Torréfaction
supérieure

875 g
SELECTED VARIETIES

\$30.99
EACH

McCafé
Premium Roast
Torréfaction
supérieure

40
SELECTED VARIETIES

\$36.99
EACH

McCafé
Premium Roast
Torréfaction
supérieure

40
SELECTED VARIETIES

\$36.99
EACH

Mott's Fruitsations
Apple Sauce

6 x 150 mL
SELECTED VARIETIES

\$2.99
EACH

Mott's Fruitsations
Apple Sauce

6 x 150 mL
SELECTED VARIETIES

\$2.99
EACH

Mott's
CLAMATO COCKTAIL
OR NESTEA ICED TEA

1.89 L
SELECTED VARIETIES

\$3.49
EACH

Mott's
CLAMATO COCKTAIL
OR NESTEA ICED TEA

1.89 L
SELECTED VARIETIES

\$3.49
EACH

Corona Cero
ALCOHOL-FREE
BEER

6 x 330 mL
SELECTED VARIETIES

\$11.99
EACH

Corona Cero
ALCOHOL-FREE
BEER

6 x 330 mL
SELECTED VARIETIES

\$11.99
EACH

contest*
until July 29th



my
brands &
moi

total of
20
million
points
to be won

participate by purchasing
3 products from theses brands

Selection

Irresistible

Personnelle

5
prizes

1,000,000 points
value of \$9,000 each

30
prizes

500,000 points
value of \$4,000 each

details at **moirewards.ca**

metro

food
Basics
CANADIAN AND PROUD

*No purchase required. From July 2 to July 29, 2026. Contest rules at moirewards.ca.
Moi Rewards is a trademark of Metro Inc.

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.



DAIYA DAIRY FREE CHEESE
200 - 227 G
SELECTED VARIETIES



THIS WEEK ONLY
4.99
EACH

25
points



THIS WEEK ONLY
10.99
EACH

55
points



THIS WEEK ONLY
3.49
EACH

20
points

STONEFIRE NAAN
200 - 360 G
SELECTED VARIETIES



LOCKED DOWN
5.99
EACH

30
points

FERRERO ROCHER CHOCOLATE SQUARES
105 G
SELECTED VARIETIES



LOCKED DOWN
6.49
EACH

35
points

NANDO'S PERI-PERI SAUCE
250 ML
SELECTED VARIETIES



SYNERGY KOMBUCHA
480 ML
SELECTED VARIETIES

LOCKED DOWN
3.99
EACH

20
points



LIBERTÉ KÉFIR
1 L
SELECTED VARIETIES

LOCKED DOWN
5.49
EACH

30
points



SMUCKER'S JAM
500 ML
SELECTED VARIETIES

THIS WEEK ONLY
5.49
EACH

30
points



KICKING HORSE ORGANIC COFFEE BEANS
454 G
SELECTED VARIETIES

THIS WEEK ONLY
16.99
EACH

60
points



COTTONELLE FLUSHABLE WIPES
2'S
SELECTED VARIETIES

LOCKED DOWN
7.49
EACH

40
points



ROYAL CHINET PLATES
40'S
SELECTED VARIETIES

LOCKED DOWN
7.49
EACH

40
points



SHOUT STAIN REMOVER
650 ML
SELECTED VARIETIES

LOCKED DOWN
4.99
EACH

25
points



DIVYA NAAN OR PARATHA
1.2 - 2 KG FROZEN
SELECTED VARIETIES

LOCKED DOWN
8.49
EACH

45
points

WE LOVE LOCAL



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

THIS WEEK ONLY
1.99
/LB



MINI CUCUMBERS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
397 G

THIS WEEK ONLY
2.88
EACH



CREMINI MUSHROOMS
PRODUCT OF CANADA
227 G

THIS WEEK ONLY
2/\$5



CAULIFLOWER
PRODUCT OF CANADA
NO. 1 GRADE

THIS WEEK ONLY
2.99
EACH



GREEN, GRAY OR YELLOW ZUCCHINI
PRODUCT OF ONTARIO
4.39/KG

THIS WEEK ONLY
1.99
/LB



ROMAINE HEARTS
PRODUCT OF CANADA
3 PK

SWEET ASSORTED PEPPERS
PRODUCT OF CANADA
PKG OF 4

THIS WEEK ONLY
4.99
EACH



FRESH DILL PICKLING CUKES
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
3 L

THIS WEEK ONLY
4.99
EACH



STRAWBERRIES
PRODUCT OF U.S.A. OR MEXICO, NO. 1 GRADE 454 G
BLUEBERRIES
PRODUCT OF CANADA OR U.S.A., NO. 1 GRADE 1 PINT

THIS WEEK ONLY
3.99
EACH



RUSSET, WHITE OR RED POTATOES
PRODUCT OF CANADA
NO. 1 GRADE

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

THIS WEEK ONLY
3.99
EACH



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

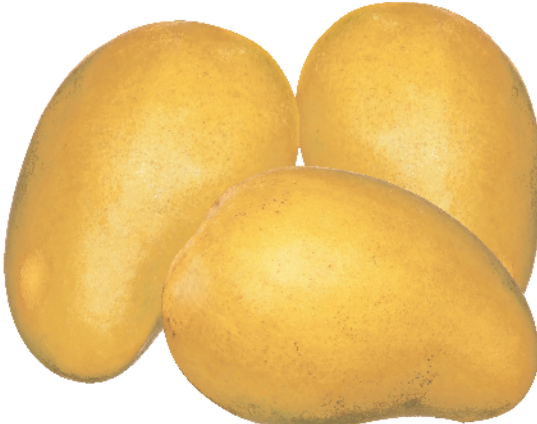
THIS WEEK ONLY
4.99
/LB



LEMONS
PRODUCT OF U.S.A. OR SOUTH AFRICA
2 LB

AVOCADOS
PRODUCT OF MEXICO OR PERU
5 OR 6 PACK

THIS WEEK ONLY
4.99
EACH



ATAULFO HONEY MANGOES
PRODUCT OF MEXICO

THIS WEEK ONLY
99¢
EACH



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

THIS WEEK ONLY
4.99
EACH



BOLTHOUSE JUICES
946 ML
SELECTED VARIETIES

THIS WEEK ONLY
5.99
EACH

FLORAL



SWEETHEART ROSES
WHILE SUPPLIES LAST

THIS WEEK ONLY
\$8
EACH



SIGNATURE BOUQUETS
WHILE SUPPLIES LAST

THIS WEEK ONLY
\$15
EACH



6" SUNFLOWER
WHILE SUPPLIES LAST

THIS WEEK ONLY
4.99
EACH



6" FOLIAGE
WHILE SUPPLIES LAST

THIS WEEK ONLY
8.99
EACH

MEAT



HALAL
AT SAME
PRICE

FRESH FROM THE
FARM OR ZABIHA
HALAL WHOLE
CHICKEN
AIR CHILLED
SELECTED VARIETIES
8.80/KG

THIS WEEK ONLY ^{\$}
3.99
/LB



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

THIS WEEK ONLY ^{\$}
4.99
/LB

FRESH



FRESH PORK
TENDERLOIN
VACUUM PACK
WHILE QUANTITIES LAST
8.80/KG

THIS WEEK ONLY ^{\$}
3.99
/LB



FRESH BONELESS
SKINLESS CHICKEN
THIGHS FAMILY PACK
SELECTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY ^{\$}
7.99
/LB



THIS WEEK ONLY ^{\$}
5.99
EACH

35
points



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

THIS WEEK ONLY ^{\$}
11.99
/LB



SWANSON
MEAT PIES
200 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY ^{\$}
1.79
EACH



THIS WEEK ONLY ^{\$}
4.99
EACH



THIS WEEK ONLY ^{\$}
5.99
EACH



THIS WEEK ONLY ^{\$}
15.99
EACH

60
points

PRODUCT
OF ITALY



MARC ANGELO
ITALIAN
SLICED
DELI MEAT
85 G
SELECTED VARIETIES

THIS WEEK ONLY ^{\$}
4.99
EACH



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

THIS WEEK ONLY ^{\$}
5.99
EACH



IRRESISTIBLE
PARMIGIANO
REGGIANO OR GRANA
PADANO OR EMMENTAL
300-400 G
SELECTED VARIETIES

THIS WEEK ONLY ^{\$}
8.99
EACH



IRRESISTIBLES
STUFFED BEEF
BURGERS
1.02 KG
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY ^{\$}
18.99
EACH



GARDEN FRESH
SALSA OR CHIPS
OR SNACK
FACTORY
PRETZEL CRISPS
OR WE GUAC
GUACAMOLE
200-597 G
473 ML
SELECTED VARIETIES

THIS WEEK ONLY ^{\$}
3.99
EACH



SELECTION
SLICED DELI MEATS
400 G
SELECTED VARIETIES

THIS WEEK ONLY ^{\$}
7.99
EACH



CANADIAN
COVE
MUSSELS
907 G
FRESH
SELECTED VARIETIES

THIS WEEK ONLY ^{\$}
5.99
EACH



NORTHERN KING
WHOLE TILAPIA OR
GOURMET THAI
SHRIMP
1.02 KG
OR RAW 31.40 CT
500G-240 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY ^{\$}
7.49
EACH

BAKERY



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

THIS WEEK ONLY ^{\$}
2.99
EACH



RUDOLPH'S BREAD
500 G
SELECTED VARIETIES

THIS WEEK ONLY ^{\$}
2.99
EACH



GRANDMOTHER'S TARTS
680 G
CT DONUTS
400-520 G
PORTOFINO BREAD
585 G
SELECTED VARIETIES

THIS WEEK ONLY ^{\$}
4.99
EACH



LA PETITE BRETONNE
MINI CROISSANT OR CHOCOLATINE
18-24'S SELECTED VARIETIES



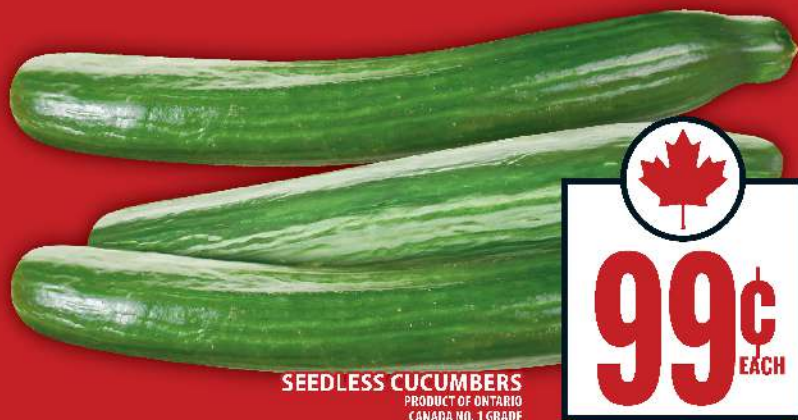
THIS WEEK ONLY ^{\$}
3.99
EACH

food
Basics
CANADIAN AND PROUD

ALWAYS FRESH. *ALWAYS IN STOCK. ALWAYS GREAT PRICES.

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

CHOOSE CANADIAN



SEEDLESS CUCUMBERS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE

99¢
EACH



CAULIFLOWER
PRODUCT OF CANADA, NO. 1 GRADE

2.99
EACH



LEGACY MARINATED BONELESS PORK LOIN OR PULLED PORK ROAST
800 - 900 G SELECTED VARIETIES

10.99
EACH

55
points



PINTY'S CHICKEN WINGS
720 G FROZEN
SELECTED VARIETIES



15.99
EACH

60
points



IRRESISTIBLE MUFFINS
600 G
SELECTED VARIETIES

4.98
EACH



RUDOLPH'S BREAD
500 G
SELECTED VARIETIES

2.99
EACH



DR. OETKER GIUSEPPE RISING OR THIN CRUST PIZZA
480 - 785 G FROZEN SELECTED VARIETIES



4.98
EACH



TIMOTHY'S OR IRRESISTIBLES COFFEE CAPSULES
30'S SELECTED VARIETIES



14.99
EACH



IRRESISTIBLE OR SELECTION FRUIT
1.5 - 2 KG
FROZEN
SELECTED VARIETIES

14.99
EACH



NATREL LACTOSE FREE OR ORGANIC MILK
2 L
PHILADELPHIA CREAM CHEESE PRODUCT
340 G
SELECTED VARIETIES



4.99
EACH



KRAFT SALAD DRESSING
425 ML
SELECTED VARIETIES

2.99
EACH



DORITOS, RUFFLES CHIPS OR CHEETOS
200 - 285 G SELECTED VARIETIES

2/\$7



ESKA SPRING WATER
24 X 500 ML

3.98
EACH



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

6.99
EACH

LOCKED DOWN



NESTLÉ COFFEE
MATE COFFEE
ENHANCER
828 - 946 ML
SELECTED VARIETIES

LOCKED DOWN 
4.99
EACH



NUTELLA
SPREAD
725 G

LOCKED DOWN 
6.99
EACH



BECEL PLANT BASED
BUTTER
454 G
BUTTER STICKS
47 113 G
SELECTED VARIETIES

LOCKED DOWN 
4.79
EACH



BOSTON MARKET MEAL
371 - 397 G
FROZEN
SELECTED VARIETIES

LOCKED DOWN 
5.49
EACH



NATURA SOY
BEVERAGE
3 X 200 ML, 946 ML
SELECTED VARIETIES

LOCKED DOWN 
2.49
EACH



KRAFT
SALAD
DRESSING
425 ML
SELECTED VARIETIES

LOCKED DOWN 
2.99
EACH



CLUB HOUSE OR
LA GRILLE SPICES
13 - 270 G
SELECTED VARIETIES

LOCKED DOWN 
4.99
EACH



MARIE
CALLENDER'S
MEAL
680 G
FROZEN
SELECTED VARIETIES

LOCKED DOWN 
9.49
EACH



HERSHEY,
MARS OR
NESTLÉ BARS
42 - 58 G
SELECTED VARIETIES

LOCKED DOWN 
99¢
EACH



COLAVITA
EXTRA VIRGIN
OLIVE OIL
500 ML
WHILE QUANTITIES LAST

LOCKED DOWN 
12.99
EACH



PRINGLES
POTATO CHIPS
148 - 156 G
SELECTED VARIETIES

LOCKED DOWN 
2.49
EACH



ALFA
FROZEN PIES
1 KG
SELECTED VARIETIES

LOCKED DOWN 
7.99
EACH



RED BULL
ENERGY DRINKS
4 X 250 ML
SELECTED VARIETIES

LOCKED DOWN 
9.99
EACH



PEPSI
MINI CANS
6 X 222 ML
SELECTED VARIETIES

LOCKED DOWN 
3.49
EACH



GLAD
PLASTIC WRAP
EACH
SELECTED VARIETIES

LOCKED DOWN 
2.99
EACH



ALCAN
ALUMINUM FOIL
EACH
SELECTED VARIETIES

LOCKED DOWN 
4.49
EACH

WHY WAIT FOR FUN?

PLAY **SCRATCH**
TICKETS TODAY



PLEASE PLAY RESPONSIBLY.
Freemantle
The Price Is Right®/40 and
Plinko® Freemantle/Kodak
Netherlands B.V. 2026.
Must be 18+ years of age to
play. At the time of purchase,
some INSTANT prizes may
have already been claimed.
Products displayed are
sold separately. Tickets not
exactly as shown.

Play Smart



SCRUBBING
BUBBLES
BATHROOM
CLEANER
946 ML
SELECTED VARIETIES

LOCKED DOWN 
4.99
EACH



LYSOL
DISINFECTANT
WIPES
75 - 825
SELECTED VARIETIES

LOCKED DOWN 
5.99
EACH

ALWAYS GREAT PRICE

Selection
LACTOSE-FREE • SANS LACTOSE
SWISS SUISSE
SLICES • TRANCHES
HIGH IN CALCIUM
TOMBEUR EN CALCIUM

Selection
MILD MARBLE CHEDDAR
DOUX MARBRÉ
SLICES • TRANCHES
HIGH IN CALCIUM
TOMBEUR EN CALCIUM

SELECTION SLICES
210 • 230 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

4.48
EACH

Selection
BRAN FLAKES
775 g

Selection
Corn Flakes
Source of 6 essential nutrients
680 g

SELECTION CEREAL
510 • 775 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

4.97
EACH

Selection
enriched & pre-sifted
all-purpose flour
Ideal for pancakes, pie crusts, pizzas, breads and croissants
2.5 kg

SELECTION FLOUR
2.5 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE

3.77
EACH

Selection
Mixed vegetables
Macedoine de légumes
2 kg

Selection
style Thai
2 kg

SELECTION VEGETABLES
1.5 • 2 KG
FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE

6.49
EACH

Selection
CHEESE PUFFS
FROMAGE

Selection
SOUR CREAM & ONION
RINGS RONDELLES
CRÈME SURE ET OIGNON

SELECTION SNACKS
255 • 285 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.88
EACH

Selection
SLICED Mushrooms
284 mL

Selection
SLICED Mushrooms
284 mL

SELECTION MUSHROOMS
284 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

1.37
EACH

Selection
ozonated 100% natural
spring water
24 x 500 mL
100% RECYCLED & RECYCLABLE PLASTIC PET

SELECTION NATURAL SPRING WATER
24 X 500 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.99
EACH

Selection
ONION OIGNON
4 packets 113 g

SELECTION SOUP MIX
4.5
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.49
EACH

Selection
PARMESAN
Cheese • Fromage
GRATED • RÂPÉ

Irresistible
PARMESAN
FROMAGE RÂPÉ

SELECTION OR IRRESISTIBLE PARMESAN CHEESE
250 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

6.99
EACH

Life Smart
PURE HONEY
MIEL PUR

Life Smart
PURE HONEY
MIEL PUR

LIFE SMART PURE HONEY
375 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

5.99
EACH

Selection
MINI RICE SNACK
ALL DRESSED ASSAISONNÉES
MINI COLLATION DE RIZ

Selection
strawberry • fraise
jelly powder • gelée en poudre
85 g

SELECTION RICE SNACKS
100
SELECTED VARIETIES

ALWAYS GREAT PRICE

1.99
EACH

SELECTION JELLY POWDER
85 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

99¢
EACH

Selection
Whipped Dressing
Sauce à salade fouettée
890 mL

SELECTION WHIPPED DRESSING
890 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

3.99
EACH

Irresistible
ITALIAN
COFFEE BEANS

Irresistible
ESPRESSO ORO
COFFEE BEANS

IRRESISTIBLES COFFEE BEANS
907 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

19.99
EACH

Selection
glass cleaner
nettoyant à vitres
950 mL

Selection
TOILET BOWL
CUVETTE

Selection
BIODEGRADABLE
MULTI-PURPOSE CLEANER

SELECTION GLASS CLEANER
950 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

1.97
EACH

SELECTION MULTI PURPOSE CLEANER
710 • 950 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.99
EACH

Selection
Tissues
Mouchoirs

SELECTION FACIAL TISSUE
125
SELECTED VARIETIES

ALWAYS GREAT PRICE

13.99
EACH

Selection
Soft-Doux
Qualité-Cousins

SELECTION BATHROOM TISSUE
30 • 100'S

ALWAYS GREAT PRICE

19.99
EACH

SUMMER TREATS FOR LESS



KELLOGG'S EGGO
WAFFLES
280 - 330 G
FRENCH TOAST STICKS
270 G
FROZEN
SELECTED VARIETIES

SUMMER TREATS
2.99
EACH



iögo NANO
FROZEN
YOGURT BAR
4 - 8'S
SELECTED VARIETIES

SUMMER TREATS
4.99
EACH



IRRESISTIBLE
ICE CREAM
1.5 L
SELECTED VARIETIES

SUMMER TREATS
4.88
EACH



IRRESISTIBLE
THE CREAMIEST
ICED BAR
4 X 60 ML
SELECTED VARIETIES

SUMMER TREATS
4.88
EACH



IRRESISTIBLE THE CREAMIEST MACARON
ICE CREAM SANDWICHES
3'S SELECTED VARIETIES

SUMMER TREATS
4.88
EACH



SELECTION
VANILLA IN THE MIDDLE
MINI SANDWICHES
18 X 60 ML
SELECTED VARIETIES

SUMMER TREATS
\$6
EACH



SELECTION VANILLA IN THE MIDDLE SANDWICHES
12'S FROZEN SELECTED VARIETIES

SUMMER TREATS
\$6
EACH



SELECTION ICE POPS
24 X 60 ML - 24 X 75 ML
IRRESISTIBLE FRUIT BAR
12 X 60 ML
SELECTED VARIETIES

SUMMER TREATS
6.88
EACH



SELECTION
ICE MILK
4 L
SELECTED VARIETIES

SUMMER TREATS
6.99
EACH



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

SUMMER TREATS
8.88
EACH



DARE MALLOW
CANDY
150 G
SELECTED VARIETIES

SUMMER TREATS
2.49
EACH



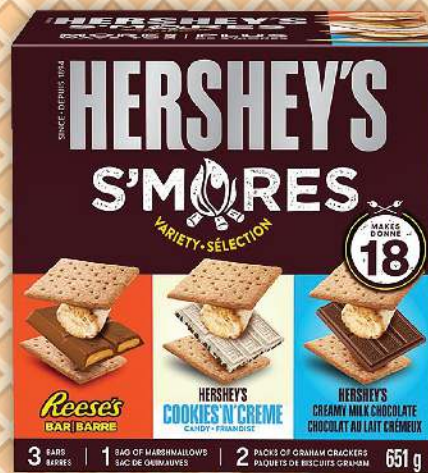
MR. FREEZE ICE POPS
80 X 20 ML
SELECTED VARIETIES

SUMMER TREATS
4.99
EACH
25
points



MAYNARDS
GUMMY CANDY
814 - 816 G
SELECTED VARIETIES

SUMMER TREATS
7.99
EACH



HERSHEY'S
S'MORES
EACH
SELECTED VARIETIES
WHILE QUANTITIES LAST

SUMMER TREATS
11.99
EACH



MORE GOALS FOR LESS



LAY'S
POTATO CHIPS OR
SMARTFOOD
POPCORN
150-235 G
SELECTED VARIETIES

2.99
EACH



QUAKER
CRISPY MINIS
100-199 G
SELECTED VARIETIES

2.49
EACH



PHILADELPHIA
DIPS
227 G
SELECTED VARIETIES

3.79
EACH



CHRISTIE
BITS & BITES
OR CRISPERS
SNACKS
145 G
SELECTED VARIETIES

2.79
EACH



CHEEZ-IT CRACKERS
191-200 G SELECTED VARIETIES

2.49
EACH



TAKIS
TORTILLA CHIPS
198-260 G
SELECTED VARIETIES

3.29
EACH



IRRESISTIBLE
DRINKS
1.36 L
SELECTED VARIETIES

2.98
EACH



SKINNY POP
POPCORN
125 G
SELECTED VARIETIES

2/\$7



BLUE
DIAMOND
ALMONDS
170 G
SELECTED VARIETIES

4.99
EACH



SELECTION PEANUTS
700-800 G SELECTED VARIETIES

5.99
EACH



IRRESISTIBLES
SNACKS
142 G
SELECTED VARIETIES

2.49
EACH



ORVILLE
REDBENBACHER
POPPING CORN
340-850 G
SELECTED VARIETIES

3.99
EACH



SELECTION
POTATO CHIPS
200 G
SELECTED VARIETIES

1.49
EACH



LIFE SMART NATURALIA
TORTILLA CHIPS
350 G
SELECTION SALSA
430 ML
SELECTED VARIETIES

2.99
EACH



SELECTION
DE-ALCOHOLIZED
BEER
12 x 355 ML
SELECTED VARIETIES

9.49
EACH



MICHELOB ULTRA ZERO
ALCOHOL FREE BEER
6 x 355 ML SELECTED VARIETIES

10.99
EACH



BUDWEISER ZERO
NON-ALCOHOLIC BEER
12 x 355 ML
SELECTED VARIETIES

15.29
EACH



CORONA CERO
ALCOHOL-FREE
BEER
12 x 355 ML
SELECTED VARIETIES

21.49
EACH

65
points



SELECTION
WOODEN UTENSILS
24'S
SELECTED VARIETIES

1.99
EACH



SELECTION
PLASTIC RED GLASSES
50'S
SELECTION
PAPER BOWLS
OR PLATES
24-30'S
SELECTED VARIETIES

5.99
EACH



SELECTION
TABLE NAPKINS
500'S
SELECTED VARIETIES

5.99
EACH



SELECTION
GARBAGE BAGS
40'S
SELECTED VARIETIES

10.99
EACH

MORE

CARIBANA

FOR

LESS



BANANA PLANTAIN
PRODUCT OF GUATEMALA
2.82/KG

THIS WEEK ONLY

1.28
/LB



CHELSEA
RED FISH
612 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

7.99
EACH



LOCKED DOWN

1.67
EACH



GRACE OR
COOL RUNNINGS
COCONUT WATER
310 - 520 ML
BIGGA, GRACE OR
COOL RUNNINGS
SOFT DRINKS
250 - 600 ML
SELECTED VARIETIES

LOCKED DOWN

1.25
EACH



GRACE
MACKEREL OR
SARDINES
155 G
AA SARDINES
155 G
SELECTED VARIETIES

LOCKED DOWN

99¢
EACH



HEREFORD
LUNCHEON MEAT
320 G
GRACE OR MAPLE LEAF
VIENNA SAUSAGE
125 - 135 G
SELECTED VARIETIES

LOCKED DOWN

1.67
EACH



GRACE
FESTIVAL
DOUGH MIX
270 G
BULACAN
CASSAVA
454 G FROZEN
SELECTED VARIETIES

LOCKED DOWN

1.99
EACH



JARRITOS
SODA
370 ML
SELECTED VARIETIES

LOCKED DOWN

3/\$5



SANTO
DOMINGO
GROUND
COFFEE
250 G
SELECTED VARIETIES

LOCKED DOWN

5.99
EACH



GRACE HOT PEPPER
OR FISH & MEAT
SAUCE
142 - 170 ML
CANNED LEGUMES
540 ML
SELECTED VARIETIES

LOCKED DOWN

2.49
EACH



THE GREAT GENTLEMAN
GINGER DRINK
6 X 250 ML
SELECTED VARIETIES

LOCKED DOWN

7.99
EACH



DUNNS
RIVER
ACKEE OR
RIBENA
BLACKCURRANT
BEVERAGE
540 - 850 ML
SELECTED VARIETIES

LOCKED DOWN

10.99
EACH



SAPORITO
VEGETABLE, CANOLA,
SUNFLOWER OR
CORN OIL
2.84 - 3 L
SELECTED VARIETIES

LOCKED DOWN

10.99
EACH



CHAO KOH
OR COOL
RUNNINGS
COCONUT
WATER
1 L
SELECTED VARIETIES

LOCKED DOWN

2.99
EACH



SUN EXOTIC
JUICE DRINK
1 L
SELECTED VARIETIES

LOCKED DOWN

1.99
EACH



CARNATION
EVAPORATED MILK
554 ML
SELECTED VARIETIES

LOCKED DOWN

2/\$4



GRACE COCONUT
MILK POWDER
50 G
COOL RUNNINGS
COCONUT MILK
400 ML
SELECTED VARIETIES

LOCKED DOWN

1.29
EACH



GRACE
VIRGIN
COCONUT
OIL
500 ML

LOCKED DOWN

9.99
EACH

MORE

FLAVOURS

OF

THE

WORLD



OKRA
PRODUCT OF HONDURAS
8.80/KG

THIS WEEK ONLY 
3.99
/LB



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

THIS WEEK ONLY 
1.88
EACH



FRUIT (PITAHAYA)
PRODUCT OF ECUADOR
6.59/KG

THIS WEEK ONLY 
2.99
/LB



LONG SQUASH
PRODUCT OF U.S.A. OR MEXICO
3.28/KG

THIS WEEK ONLY 
1.49
/LB



HALAL

ZABIHA HALAL FRESH
WHOLE CHICKEN
AIR-CHILLED
SELECTED VARIETIES
8.80/KG

THIS WEEK ONLY 
3.99
/LB



TASIE GOLDEN POMPANO FISH
OR DO MAR SQUID TENTACLES
600 - 750 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY 
9.99
EACH



HALAL

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

THIS WEEK ONLY 
11.99
/LB



CRISPY
750 G
SELECTED VARIETIES

THIS WEEK ONLY 
3.49
EACH



PAN OR GRACE
CORN MEAL
1 KG
SELECTED VARIETIES

LOCKED DOWN 
3.99
EACH



SHIRLEY BISCUITS
105 G
SELECTED VARIETIES

LOCKED DOWN 
1.19
EACH



PARLIAMENT
BAKED RUSK
300 G
SELECTED VARIETIES

LOCKED DOWN 
1.49
EACH



HANS SMOOTHIE
200 ML
SELECTED VARIETIES

LOCKED DOWN 
67¢
EACH



A TASTE OF SUMMER



FRUITÉ DRINKS
1.36 L
SELECTED VARIETIES

THIS WEEK ONLY

2.99
EACH



OASIS
ORANGE JUICE
1.5 L
SELECTED VARIETIES

THIS WEEK ONLY

4.99
EACH



FRUITÉ DRINKS
2 L
SELECTED VARIETIES

LOCKED DOWN

1.99
EACH



OASIS JUICE
960 mL
SELECTED VARIETIES

LOCKED DOWN

1.99
EACH



DEL MONTE NECTAR
960 mL
SELECTED VARIETIES

LOCKED DOWN

2.25
EACH



ALLEN'S APPLE JUICE
1.89 L
SELECTED VARIETIES

THIS WEEK ONLY

2.99
EACH



DEL MONTE NECTAR OR OASIS FRUIT JUICE BEVERAGE
8 X 200 mL
SELECTED VARIETIES

LOCKED DOWN

4.49
EACH

the app-solute best way to save

only with
moi
rewards

DIGITAL DEAL

15⁹⁹
EACH

WITH COUPON

**POWERADE
SPORT DRINKS***
24 X 591 ML
SELECTED VARIETIES

125
points

value of \$1



save
\$5



Download on the
App Store



GET IT ON
Google Play

CLICK TO DOWNLOAD

While quantities last. Visit our app for details.
*Limit one per customer, per transaction.

this week only