

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



4⁹⁹ /LB
SAVE AT LEAST \$2/LB

Fresh Ontario
Pork Back Ribs
11.00/kg



1⁹⁹
 Fresh Broccoli
Product of Ontario
bunch

**THIS WEEK
MEMBERS
SAVE OVER \$20**

See online flyer for more deals.



**THANK YOU REWARDS
MEMBER
PRICING**

Fresh Blueberries
Product of Canada
pint

2⁹⁹
SAVE \$2
 NON-MEMBER
\$4.99



Porta Pizza
400-500g pkg
selected varieties

9⁹⁹
SAVE \$4
 NON-MEMBER
\$13.99



Rea Frozen Pork Sausages
720g pkg

6⁹⁹
SAVE \$4
 NON-MEMBER
\$10.99



SUPPORTING LOCAL A FAMILY STANDARD SINCE 1956

FRESH WILD
SALMON SEASON
NOW OPEN

Fresh Wild Caught
Sockeye Salmon
Fillet
44.07/kg

19⁹⁹ /LB
SAVE \$7/LB



40% OFF
 Entremont French
Brie or Canadian
Oka Original
Cheese
from \$3.00/100g

Barilla Pasta
410g pkg
selected varieties

1⁹⁹
SAVE \$1



Fresh Seedless
Green Grapes
Product of U.S.A.
8.80/kg

3⁹⁹ /LB



JOIN US IN SELECT STORES FOR SAMPLING
IN CELEBRATION OF NATIONAL ICE CREAM
DAY, JULY 18TH

Baskin-Robbins or
Häagen-Dazs Ice
Cream 946mL tub or
Baskin-Robbins
Novelties 4 pack
selected varieties

9⁹⁹
SAVE AT LEAST \$3



Classico
Pasta Sauce
218-650mL jar
selected varieties

3⁴⁹
SAVE \$3



Lavazza Oro or
Gran Crema
Espresso Beans
1kg pkg
Product of Italy

26⁹⁹
SAVE \$13



Black Diamond
Cheese Bar or Shreds
320-400g pkg
selected varieties

4⁹⁹
SAVE AT LEAST \$2



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

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

FRESH MARKET PICKS

JULY 16th-22nd

While Supplies Last



4 FOR \$5

Fresh Honey Passion Fruit
Product of Colombia



\$16⁹⁹
case

Fresh Ataulfo Mango Case
Product of Mexico

20-22CT
PER CASE



\$1⁹⁹
lb

Fresh
Bosc Pears
Product of
Argentina
4.39/kg
Extra Fancy Grade

Hello Summer!

\$3⁹⁹
each

Fresh Lemon Drop Melon
Product of U.S.A.



\$6⁹⁹
each

Fresh Jumbo Cantaloupe
Product of U.S.A.
No. 1 Grade



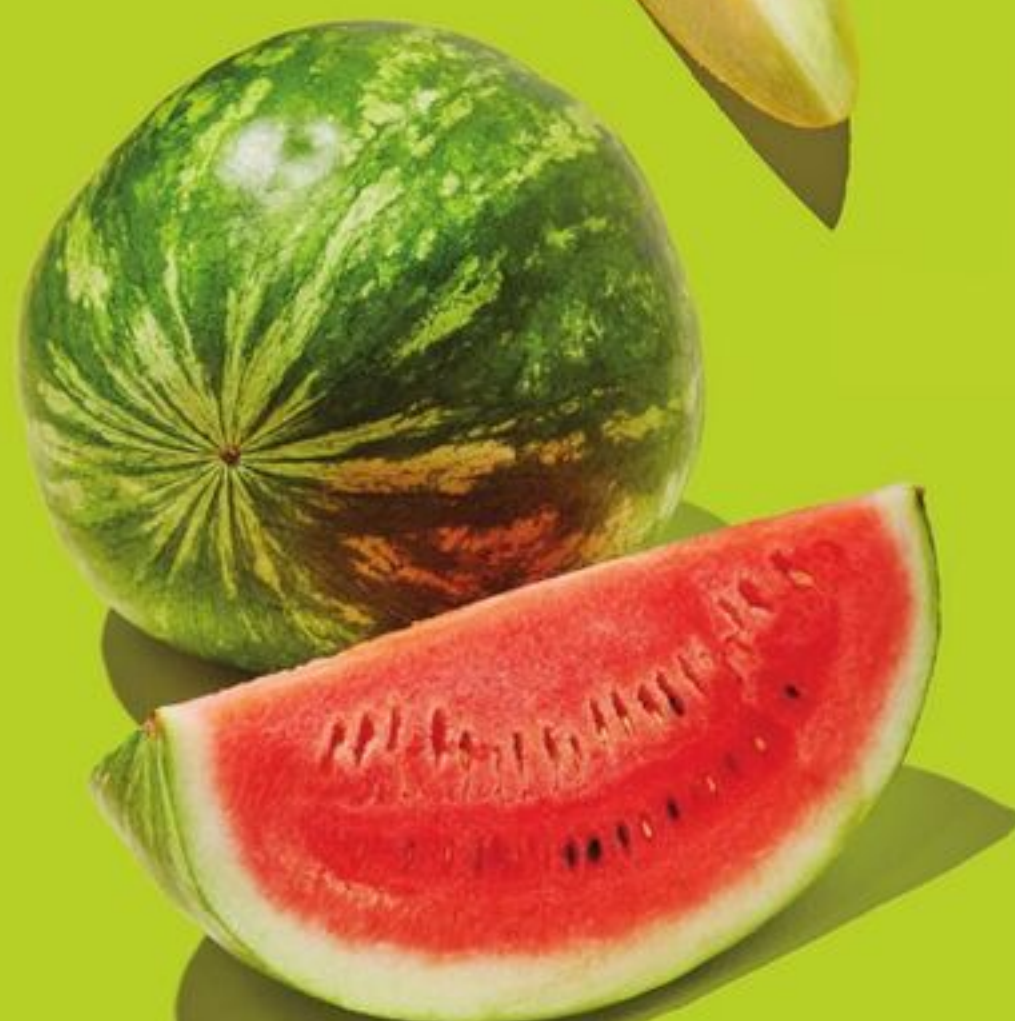
\$5⁹⁹
each

Fresh Canary Melon
Product of U.S.A.
or Brazil



\$7⁹⁹
each

Fresh Seedless
Watermelon
Product of U.S.A.



Maple Leaf Prime
Raised Without
Antibiotics Whole
Chicken
8.80/kg

3⁹⁹
/LB
SAVE \$2/LB



2⁹⁹
/LB
Fresh Green Beans
Product of Ontario or U.S.A.
6.59/kg

Heinz Ketchup
750mL-1L bottle or
Kraft Miracle Whip
890mL jar

4⁹⁹
SAVE AT LEAST \$1.50



Longo's Frozen
Pacific White Shrimp
Ring with Cocktail
Sauce
312g pkg

7⁹⁹
SAVE \$3



Longo's Flavour
Bombs Cherry
Tomatoes on
the Vine
Product of Ontario
341g pkg

4⁹⁹



Fresh Celery
Product of Canada
each

2⁹⁹



3⁹⁹
SAVE \$1
Longo's Artisan
Roasted Garlic
Bread
580g pkg
each

BAKED IN STORE



2^{OR} \$16
SAVE \$1.98 ON 2
Pepsi Beverages
12x355mL pkg
Individual 8.49
selected varieties

Christie Family
Size Cookies or
Crackers
226-486g pkg
selected varieties

4⁹⁹
SAVE AT LEAST 50¢



Kellogg's Cereal
306-510g pkg
selected varieties

3⁹⁹
SAVE AT LEAST \$2



3⁹⁹
Gray Ridge Large
White Eggs
12 pack



6⁴⁹
Beatrice Milk
1%, 2% or skim
4L bag



2²⁹
Longo's
Essentials Bread
675g pkg



3⁹⁹
Oikos or Liberté
Greek Yogourt
4x100g pkg

WE'VE LOCKED DOWN PRICES ON EVERYDAY ITEMS.

Longo's

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

[f](#) [X](#) [i](#) @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 JULY 16TH TO WEDNESDAY JULY 22ND, 2026.

CHERRYFEST

WE'VE CHERRY-PICKED THE BEST SO YOU DON'T HAVE TO!

ORGANIC

Fresh Organic Cherries
Product of U.S.A.
17.61/kg

7⁹⁹
/LB



Certified organic cherries bursting with juicy flavour and wholesome goodness in every bite.



Fresh White Cherries
Product of U.S.A.
22.02/kg

9⁹⁹
/LB



White Cherries are beautifully blushed, irresistibly sweet and perfectly seasonal.

BAKED
IN-STORE!

Longo's
Cherry Pie
1kg pkg

11⁹⁹
SAVE \$1



Half pie
450g pkg
\$6.49
SAVE 50¢

Kyle's Pick Fresh Ultra Premium Cherries
Product of U.S.A.
11lb pkg

7⁹⁹



Kyle's Pick® stems from only the largest, sweetest, firmest and darkest cherries.

MADE IN STORE

Longo's 8"
Black Forest Cake

24⁹⁹

THANK YOU EARN 300 POINTS



Longo's Frozen
Cherry Cheesecake
600g pkg

11⁹⁹
SAVE \$1



Cider Keg Fresh Tart Cherry
Sparkling Cider
750mL bottle

6⁹⁹

THANK YOU EARN 100 POINTS



Longo's Cherry or
Cherry and Lemon
Filled Danishes
4 pack • 446g pkg

4⁹⁹
SAVE \$1



Elite Sweets Cherry
Cheesecake Dessert Cup
100g pkg

2⁴⁹

THANK YOU EARN 100 POINTS





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 Cooked
Jumbo Pacific Shrimp Ring
425g pkg

14⁹⁹

SAVE \$2

NON-MEMBER
\$16.99



Fresh Sweet Potato
Product of U.S.A.
3lb pkg

4⁹⁹

SAVE \$2

NON-MEMBER
\$6.99



Unico Canned Beans
540mL
\$1.66 for one

3^{OR} \$5

SAVE \$0.99 ON 3

NON-MEMBER
\$1.99



Clif Snack Bars
68g bar

1⁹⁹

SAVE AT LEAST 70¢

NON-MEMBER
\$2.69



8 Acres Grass-Fed
Lean or Extra Lean
Ground Beef
400g pkg

9⁹⁹

SAVE \$3

NON-MEMBER
\$12.99



Bothwell Cheese
170g pkg
selected varieties

7⁹⁹

SAVE \$2

NON-MEMBER
\$9.99



Bubble Tea
645mL
selected varieties

2^{OR} \$10

SAVE \$2 ON 2

NON-MEMBER
\$6 EACH



Tre Stelle
Mozzarella
3x250g pkg

14⁹⁹

SAVE \$3

NON-MEMBER
\$17.99



MUST TRY



IN-STORE TASTING
JULY 11 & 12,
JULY 18 & 19
10:30AM-4PM

- Mangosteen's edible arils have a sweet and tangy flavour compared to a blend of peach, lychee, strawberry and vanilla.
- Dark purple, tough outer skin protects 4 to 8 soft, bright white interior wedges.
- The star-shaped pattern on the base reveals exactly how many fruit pieces are hidden inside.

Fresh Mangosteen
Product of Colombia
15.41/kg

6⁹⁹
/LB



2⁴⁹
/LB

Fresh Cosmic Crisp Apples
Product of U.S.A
5.49/kg



ORGANIC

2⁹⁹
/LB

Fresh Organic Bartlett or Bosc Pears
Product of U.S.A
6.59/kg



3⁹⁹
/LB

Fresh Black Leaf Lychee Nuts
Product of China
8.80/kg



ORGANIC

3⁹⁹

Fresh Organic Iceberg Lettuce
Product of Canada
each



4⁹⁹

Longo's Fresh Sweet Coloured Peppers
Product of Ontario
3pk

ORGANIC

Longo's Fresh Organic Salad Blends
Product of U.S.A.
142g pkg

4⁹⁹

SAVE \$1



10⁹⁹
/LB
SAVE \$1/LB

duBreton Raised Without Antibiotics Pork Tenderloin
24.23/kg



15⁹⁹
SAVE AT LEAST \$2

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

ORGANIC

Yorkshire Valley Farms Fresh Organic Chicken Drumsticks
VALUE PACK
19.82/kg

8⁹⁹
/LB

SAVE \$1/LB



FROZEN COOKED LOBSTERS

Starting at **\$9.99** each
(Subject to Availability by Location)



SAVE OVER 30%
\$22.99/LB

Cut from Canada Prime Grade Longo's Certified Angus Beef Rib Steak
50.68/kg



Upper Canada Fresh Steelhead Salmon Fillet or Fresh Atlantic Salmon Steak
26.43/kg

11⁹⁹
/LB

SAVE AT LEAST \$2/LB

Dom Specialty Frozen Smoked Salmon
300g pkg

16⁹⁹
SAVE \$1



10⁹⁹
SAVE AT LEAST \$2

Longo's Frozen Marinated Garlic & Herbs Butterfly Shrimp or Longo's Frozen Tempura Shrimp
340g pkg



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

16⁹⁹

SAVE \$2



Fresh fish is subject to availability.

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

FRESH **CALZONES**
STONE-OVEN

MUST TRY!

8⁹⁹

THANK YOU EARN 100 POINTS

Choose from:
Italian Sausage and Peppers,
Vegetarian, Pepperoni or Cheese

Italian Sausage and Peppers Calzone

Vegetarian Calzone

POWER UP WITH PROTEIN
Wholesome Ingredients. Elevated Flavour. Clean, Satisfying Fuel.

CHIPOTLE BEEF & ROASTED CORN TACO BOWL 420 g

BBO SHIITAKE & FARRO BOWL 435 g

SOUTHERN CRUNCH CHICKEN & POTATO BOWL

Protein Bowls selected varieties

10⁹⁹

THANK YOU 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.

Oka or Saint Paulin Cheese 190g pkg

9⁹⁹

THANK YOU EARN 100 POINTS

GUSTAV Saint-Paulin

OKA ORIGINAL

FRESH DELI CUT

Castello Blue Cheese selected varieties

3⁹⁹ /100G

Longo's Feta Cheese Regular, Light or Macedonian 200g tub

7⁹⁹

THANK YOU EARN 200 POINTS

San Daniele Mortadella Classic, Hot and Lean or Mastro Prosciutto Cotto 125-175g pkg

5⁹⁹

THANK YOU EARN 100 POINTS

Fantino & Mondello Products 100-175g pkg selected varieties

7⁹⁹

THANK YOU EARN 100 POINTS

FRESH DELI SERVED

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

2⁹⁹ /100G

FRESH DELI SERVED

Longo's Oven Roasted or Smoked Turkey selected varieties

3⁹⁹ /100G

La Rocca 8" Red Velvet or Confetti Cake selected varieties

29⁹⁹

SAVE \$2

NEW! Tiramisu Guy Handcrafted Tiramisu Dessert Cups 120g pkg

7⁹⁹

THANK YOU EARN 300 POINTS

NEW

McFadgen's Donuts 300-400g pkg1 selected varieties

3⁹⁹

SAVE \$1

SUMMER INDULGENCE, SICILIAN STYLE

Traditional Ricotta
Pistachio
Ricotta Chocolate Chips
Chocolate Cream
Chantilly
Lemon and More!

MIX & MATCH

Longo's Authentic Sicilian Cannoli selected varieties

1⁹⁹

SAVE UP TO \$1

BAKED IN-STORE

Longo's White Baguette 350g pkg selected varieties

1⁴⁹

SAVE \$1

Longo's Gourmet Muffins 4 pack, 340g pkg selected varieties

4⁹⁹

THANK YOU EARN 100 POINTS

Longo's Crepes 540-630g pkg selected varieties

8⁹⁹

SAVE \$1

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

GROCERY



Haribo Gummies
175g pkg
Individual \$3.99
selected varieties

2 FOR \$5
SAVE \$2.98 ON 2

Lotus Biscoff

4.99
SAVE \$2

Lotus Biscoff
Cookie Spread
380-400g jar



2.99
SAVE UP TO \$1.80

Lotus Biscoff Biscuits
250g pkg or
Sandwich Cookies 150g pkg



Villaggio Bread
550-675g pkg or
Dempster's Bagels
5-6 pack, 350g pkg
selected varieties

3.49
SAVE AT LEAST \$1



Crank Coffee Beans
Organic and Fair Trade
340g pkg

13.99
SAVE \$3

Maple Leaf Mighty
Protein Stick
32g pkg
selected varieties

1.99
SAVE AT LEAST \$1



Made Good Granola Bars,
Mini Cookies, Breakfast
Bars, Crispy Squares or
Oat Cups
120-175g pkg

2.99
SAVE AT LEAST \$2.50

Mutti Cherry or
Finely Chopped
Tomatoes
398mL can or
Catelli Protein+
Pasta 340g pkg

3.49
SAVE AT LEAST \$1



Neal Brothers
BBQ Sauce
350mL bottle

4.49
SAVE \$1.50



3.99
SAVE AT LEAST \$1.80

Menz & Gasser
Fruit Spread
250mL jar



4.49
SAVE AT LEAST \$1.50

Angie's Boom Chickapop
Popcorn
128-198g pkg



9.99
SAVE \$2

Frito-Lay
Variety Pack Chips
16ct
selected varieties



13.99
SAVE AT LEAST \$2

McCafé Coffee
K-Cups
12ct



5 FOR \$5
SAVE 95¢ ON 5

Fancy Feast or
Friskies Cat Food
85-156g cans
Individual \$1.19
selected varieties



22.99
SAVE \$3

Cascade Dishwasher
Detergent Tabs
51-80ct
selected varieties



5.49
SAVE 50¢

Neal Brothers Tortillas
300g pkg or Salsa 410g jar or
Peacasa Chips 128g pkg
selected varieties

DAIRY AND FROZEN

Maple Leaf Natural
Bacon or Ready
Crisp Bacon
65-375g pkg
Individual \$6.99
selected varieties

2 FOR \$12

SAVE \$5.98 WHEN YOU BUY 2



Chapman's L'il Lolly
28 pack
selected varieties

5.99

SAVE \$1.50



Maple Leaf
Top Dogs Wieners
375g pkg
selected varieties

3.99

SAVE AT LEAST \$3



Maple Leaf Prime
Raised Without
Antibiotics Frozen
Chicken
568-700g pkg
selected varieties

14.99

SAVE \$4



Del Monte Juice or
Oasis Health
Break Smoothies
1.6-1.75L carton
selected varieties

3.99

SAVE AT LEAST \$1.80



Longo's
Dips or Hummus
\$3.49 each
200-227g pkg

2 FOR \$6

SAVE \$2.98 WHEN YOU BUY 2



5.99 Dr. Oetker Ristorante or
Casa di Mama Pizza
310-410g
selected varieties

SAVE AT LEAST \$1



8.99 Cavendish Farms Frozen
Fries or Wedges 1.8kg pkg
or VG Gourmet Veggie
Burgers 400g pkg
selected varieties

SAVE \$1



5.99 Black Diamond
Natural Cheese Slices
220-240g pkg
selected varieties

SAVE \$1



2.99 Gay Lea Sour Cream
425-500mL tub
selected varieties

SAVE AT LEAST \$1



Pillsbury Pizza Pops
4 pack, 380g
selected varieties

3.49

SAVE \$1.50



8.99 Kawartha Dairy Ice Cream
1.5L tub
selected varieties

SAVE \$1.50



The Princess Margaret
Cancer Foundation 

ROAD HOCKEY

Fuelled by

Longo's

Brine Pickles
1L jar
Prepared
in Canada

5⁴⁹
SAVE \$1



Barebells Protein Bar
55g bar
Individual \$3.99
selected varieties

2 FOR \$7
SAVE 98¢ ON 2



ORGANIC

Greenhouse Organic
Wellness Juice Shots
4x60mL bottles
selected varieties

14⁹⁹



Earth's Own
Barista Blend
946ml tetra or
Creamers
946mL tetra
selected varieties

4⁹⁹
SAVE AT
LEAST \$1



Longo's Pasta
Sauce
700mL jar
selected varieties

5⁹⁹
SAVE 50¢



Fresh Living Lettuce
Product of Canada
selected varieties

2⁹⁹



Chuck Hughes Mustard
Coleslaw
Mild or Spicy
375mL jar

5⁹⁹
SAVE \$1



Kellogg's Eggo
Waffles
16 pack or
Protein Waffles
8 pack
selected varieties

5⁹⁹
SAVE \$2



Ziploc Food
Storage Bags
10-100ct
selected varieties

4⁴⁹
SAVE AT LEAST 50¢



FROM OUR FAMILY TO YOURS THANK YOU FOR SUPPORTING!

A portion of each featured product sold from
July 9th to July 22nd
will be donated directly to The Princess Margaret Cancer Foundation.

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

NEW MARINATED MEAT & SEAFOOD

Made in-store & ready for the grill.

BUY 2 OR MORE PACKAGES
SAVE 20%

20% off applied at checkout - skewered meat(s) not included

NEW FLAVOURFUL MARINADES

- Bold Buffalo
- Garlic & Herb
- Sweet Chili Ginger Lime
- Sweet Chili Mango
- Pepperific



3.49
SAVE \$1.50

True North Frozen Atlantic Salmon Kabobs
Maple Bbq, Garden Citrus Blend
130g
selected varieties



19.99
SAVE \$3

Cedar Bay Frozen Hickory Maple Planked Salmon
544g



Frozen Raw Easy Peel Black Tiger Shrimp
8-12ct, 680g

26.99
SAVE \$3



4.49
SAVE 50¢

Longo's Grilling Sauces
350mL bottle



2.49
SAVE 50¢

Longo's Rubs
140-180g pkg
selected varieties



12.49
SAVE \$1.50

Mrakovic Beef/Veal/Lamb Chevapi
20 piece pkg



35.99
SAVE \$2

Sapporo Beer
12x500mL cans



**RAISED
WITHOUT
antibiotics**
ENTER FOR A CHANCE

Longo's 
SINCE 1956

WIN

1 of 20 COOLERS
when you buy any two Maple Leaf Prime®
Raised Without Antibiotics Fresh Poultry
and scan your Thank You Rewards card



Maple Leaf Prime Raised
Without Antibiotics Thin Sliced,
Fillets or Diced Fillets
30.84/kg
13⁹⁹ /LB
SAVE \$1/LB



Maple Leaf Prime Raised
Without Antibiotics Ground
Chicken
454g pkg
7⁴⁹
SAVE \$1



SAVE ANTIBIOTICS FOR SAVING LIVES

*Contest starts on June 25th, 2026 and ends on July 22nd, 2026. 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 mathematical skill-testing question to be declared a winner. Approximate odds of winning the Prize depends on the total number of eligible entries received by the Contest Closing Time. Receive one (1) entry into the Contest each time you purchase TWO (2) participating products in a single transaction and scan your registered Longo's Thank You Rewards card at time of checkout at any participating Longo's Stores in Ontario. Details on "No Purchase" entry and full Contest Rules available at participating Longo's stores at the Personal Touch Counter.

LONGO'S MUST-HAVES



Longo's Cheddar & Bacon
Stuffed Beef Burgers
680g

17⁹⁹

**EARN
600 POINTS**



Longo's Cheddar & Bacon Stuffed Beef Burgers are all about that first juicy bite, with savoury beef wrapped around a rich cheddar and bacon filling. Hearty, flavourful and made for the grill, these stuffed burgers cook up tender every time.



Longo's Burger
Sauce & Dip
350mL bottle

3⁹⁹
SAVE 50¢



Longo's Pickled
Hot Pepper Rings
750mL jar

3⁹⁹
SAVE \$1



Longo's Nutless
Snack Clusters
160g pkg
selected varieties

2⁹⁹
SAVE AT LEAST 50¢



Longo's
Mayonnaise
750-890mL jar

5⁴⁹
SAVE 50¢



Longo's
Cookie Thins or
Fingers
150-170g pkg
selected varieties

2⁹⁹
SAVE AT LEAST \$1



Longo's Essentials
Yellow Mustard
400mL pkg
selected varieties

1⁴⁹
SAVE 30¢



DINING AL FRESCO

Fresh stretched mozzarella.

Available daily.

Made from 100% Canadian milk. Watch our Cheese Masters stretch fresh mozzarella on Fridays and Saturdays. Milky, creamy and mild with a smooth, supple texture. Great on pizza, or use to make the ultimate Caprese salad. Pair with fresh tomatoes, basil and Longo's crostini.

MADE IN-STORE!

Fresh Stretched Mozzarella

3.69
/100G



17.99 Longo's Curato Italian Antipasto
Party Pack or Entertaining Tray
Product of Ontario
225g pkg
selected varieties
EARN 300 POINTS



6.99 Mastronardi Fresh
Limited Edition Tomato
Branch
Product of U.S.A.
12oz pkg



Longo's Curato
Balsamic Vinegar Of
Modena
500mL bottle
5.49
SAVE \$1



Fresh Fennel
Product of
Canada or U.S.A.
4.39/kg
1.99
/LB



Longo's Curato Olives
375mL tub
selected varieties
8.99
EARN 100 POINTS



Longo's Mediterranean
Extra Virgin Olive Oil
2L bottle

19.99
SAVE \$5



Curato Taralli
250g pkg
selected varieties
2.99
SAVE AT LEAST \$1



BAKED IN-STORE

Longo's Assorted
Crostini
150g pkg
3.99
EARN 100 POINTS





3⁹⁹

Gray Ridge Large White Eggs
12 pack



2²⁹

Longo's Essentials Bread
675g pkg



6⁴⁹

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



1⁹⁹

Fresh Green or Red Leaf Lettuce
Product of Ontario
each



3⁹⁹

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



3⁹⁹

Oikos or Liberté Greek Yogourt
4x100g pkg
selected varieties



2⁹⁹ /LB

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



10⁹⁹

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



3⁴⁹

Redpath Granulated Sugar
2kg pkg



2 FOR \$4

Longo's Pasta
450g pkg
Individual \$2.29
selected varieties



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



22⁹⁹

Bounty Paper Towels
6=18 rolls



20⁹⁹

Cashmere Bath Tissue
24=72 rolls



WE'VE LOCKED DOWN PRICES ON EVERYDAY ITEMS.

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



CHEF INSPIRED.

EASY ONE-PAN MEAL KITS.
SERVES 2.

READY
IN UNDER
20 MINUTES!



CHOOSE FROM
PASTA, STIR-FRY,
TACO OR
ONE-PAN
MEAL KITS.

ONLY
\$7.50 PER
SERVING!

16⁹⁹ Longo's
Meal Kits
604-950g pkg

Fresh ingredients for simple and
delicious recipes. Kits that are
already curated for you without
being locked into a subscription.



This summer ADD LOCAL TO YOUR LIST.

Longo's

Fresh Red, Green or Black Kale

Fuel your body with the nutrient-dense superfood that turns every meal into a powerhouse of wellness.

Transform simple dishes using this beautifully vibrant, antioxidant-rich kale.

Elevate your plate with the bold, earthy flavour and velvety texture of this gourmet leafy green.



MEET THE FARMER Top Tomato Foods

LOCATION
Markham, Ontario

WHY THEY ARE OUR PARTNER

Top Tomato Foods is a family-owned and operated farm by the de Filippis family for over 60 years. They began with a focus on cabbage, broccoli and cauliflower but have experimented with many varieties in the years since! They are known for their commitment to growing excellent-tasting produce and their long-standing history in the agricultural community.



Fresh Broccolini
Product of Ontario
1lb pkg



Fresh Cauliflower
Product of Ontario



Fresh Broccoli
Product of Ontario

SAVE ON THE BRANDS YOU LOVE AT LONGO'S

HEINZ ESTD 1869 CELEBRATING 50 SEASONS

THE OFFICIAL CONDIMENTS OF THE TORONTO BLUE JAYS

CONTEST

YOU + 5 FRIENDS
COULD HEAD TO
A BLUE JAYS
HOME SERIES**

ENTER AT
BLUEJAYS.COM/HEINZGIVEAWAY



Diana Or Bullseye
BBQ Sauce
425 - 500mL

4.49
SAVE AT
LEAST \$1



Kraft Sald Dressing
425mL & Pure Salad
Dressing 355mL

3.99
SAVE AT
LEAST \$1



Mio Liquid Water
Enhancer
28g pkg
selected varieties

3.99
SAVE \$1



Taco Bell Sauces
207-354mL bottle
selected varieties

3.99
SAVE AT
LEAST \$1



4 FOR \$5
Taco Bell Seasoning
28g pkg
Individual \$1.49
selected varieties
SAVE \$2.96 ON 4



4.49
Taco Bell Kits
260-420g pkg
selected varieties
SAVE \$1.50



4.99
Taco Bell Premium Kits
401-642g pkg
selected varieties
SAVE \$1



**NO PURCHASE NECESSARY. Contest closes 11:59 p.m. ET on August 12, 2026. Open to residents of Canada of age of legal majority. One (1) prize to be won, valued at approx. \$26,850 and consisting of: a trip for six (6) to Toronto to attend the Toronto Blue Jays™ home games on September 25, 26, and 27, 2026; six (6) \$500 Blue Jays™ in-stadium merchandise/concessions gift cards; six (6) \$500 pre-paid credit cards; and Blue Jays merchandise. If winner resides within 300 km of Rogers Centre™, airfare/transportation not included in prize, and actual prize value will be less than stated amount. Limit of one entry per person/email address. Odds of winning depend on number of eligible entries received. Must correctly answer a mathematical skill-testing question to win. Full contest rules and entry form at bluejays.com/HeinzGiveaway.

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SAVE ON THE BRANDS YOU LOVE AT LONGO'S



Exciting contest details at:
Galbani.ca

YOU
COULD

Win* a \$10,000 TRIP to ITALY



Galbani Fresh Sliced
Mozzarella Ball
227g pkg

6⁹⁹



Galbani Fresh
Mozzarella Ball
227g pkg

6⁹⁹



Galbani Fresh
Bocconcini Cheese
Original or Cocktail
227g tub

6⁹⁹



Galbani San Daniele
Prosciutto
Product of Italy

5⁹⁹
/100G



Galbani Sopressata
Mild or Hot
Product of Italy

4⁴⁹
/100G

*No Purchase necessary. Correct answer to skill-testing question required from potential winners. Contest starts on June 15, 2026, at 12:00:01 a.m. Eastern Time ("ET") and ends on August 9, 2026, at 11:59:59 p.m. ET. There is one (1) Grand Prize available to be won by random draw, consisting of a trip for two (2) to Italy. ARV is \$10,000 (CAD). One form of entry for your chance to win is to purchase any Participating Product, submit the purchase receipt, and complete the entry form at <https://galbadolcevita.galbani.com/>. For all participating products and full rules, visit: <https://galbadolcevita.galbani.com/>. Odds of winning the Prize depends on the number of eligible entries received. Contest is open to Canadian residents who are over the age of majority in their province/territory of residence and located in Canada at time of entry. All rights reserved. Trademarks owned or used under license by Lactalis Canada, Toronto ON, M9C 5J1.

NATURAL SPRING WATER



Fiji Natural Spring Water
6x500mL bottles

6⁹⁹
SAVE \$2



Fiji Natural Spring Water
1L bottle

2⁴⁹
SAVE 50¢



Fiji Natural Spring Water
1.5L bottle

2⁹⁹
SAVE \$1

Cheerios Protein
12g of tasty
protein with milk:

NEW!

4⁹⁹ General Mills™ Cheerios™
Protein 317 g
selected varieties

OLD EL PASO

#1 MOST TRUSTED

NEW!

4⁴⁹ Old El Paso™ Dinner Kits
250-400 g
SAVE AT LEAST \$1

**Voted most trusted Mexican Food Products brand,
2026 BrandSpark® Canadian Trust Study.

NATURE VALLEY
LUNCH BOX

SOFT BAKED

MADE WITH WHOLE GRAINS SOURCE OF FIBRE NO ARTIFICIAL COLOURS OR FLAVOURS

#1 MOST TRUSTED

2⁹⁹ Nature Valley™ Granola Bars
148-230 g
selected varieties

*Voted Most Trusted Granola Bar brand (in a tie), 2026 BrandSpark® Canadian Trust Study.

General Mills

FAMILY FAVOURITES

3⁹⁹ General Mills™ Retail Size Cereal
300-430g*
selected varieties

SAVE ON THE BRANDS YOU LOVE AT LONGO'S

YOP
New recipe,
30% less sugar.

YOP
Yogourt Drinks
200mL pkg
selected varieties

99¢
SAVE AT
LEAST 70¢

Yoplait

3⁹⁹ Yoplait Source
Protein Yogourt
500-650g tub
selected varieties

2⁹⁹ Yoplait Yogourt 630g pkg,
Tubes, 8x56g or
Minigo 6x60g pkg
selected varieties

SAVE AT LEAST \$2

LIBERTÉ

Liberté Mediterranean
500 tub
selected varieties

3⁹⁹

SAVE AT LEAST \$1

MADE IN CANADA
TRADEMARKS OF YOPLAIT S.N.C. USED UNDER LICENSE
FROM DOMESTIC AND IMPORTED INGREDIENTS

Your summer lineup

6⁴⁹ Simply Lemonade
2.25L bottle
selected varieties
SAVE \$1.50

3⁹⁹ Minute Maid Zero Sugar Juice
1.54L bottle
selected varieties
SAVE AT LEAST \$1.50

Valid from July 9th to July 22nd, 2026
* Plus applicable taxes, levies, deposits and fees. Valid at participating locations for a limited time. Subject to availability while supplies last. Retailer may sell for less. The trademarks that appear are the property of their respective trademark owners.

Lindt LINDOR

4⁴⁹ Lindt Swiss
Classic or Lindt
Lindor Bar
100g pkg
SAVE AT LEAST \$1

5⁹⁹ Lindt
Excellence
Chocolate
50-100g bar
SAVE \$1

Lindt Swiss Classic Bars
300g

10⁹⁹
SAVE \$3

Lindt Chocolate Bags
150g

11⁴⁹
SAVE \$1.50

Give the
gift of bliss

THE EUROPEAN PANTRY

Simple ingredients. Authentic flavours.

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

4⁹⁹ Kuhne Gourmet
Gherkins
500mL
selected varieties
**SAVE AT
LEAST \$1.50**

3⁹⁹ Kuhne Salad
Dressing
250mL bottle
selected varieties
**SAVE AT
LEAST 50¢**

2⁹⁹ Gerolsteiner
Water
750mL bottle
selected varieties
**SAVE AT
LEAST \$1**

**PURCHASE ONE OF THE ABOVE
PRODUCTS FOR A CHANCE TO WIN
250,000**

SCAN YOUR CARD
AT CHECKOUT

POINTS
\$1,250
VALUE

THANK YOU

JULY 9TH TO JULY 22ND, 2026

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.

SAVE ON THE BRANDS YOU LOVE AT LONGO'S

CARDINAL

Cardinal Roadhouse Beef,
Angus or Smash Burger
852-907g pkg

15⁹⁹
SAVE UP TO \$3



Cardinal Veggie Burger
904g pkg
selected varieties

15⁹⁹
SAVE AT LEAST \$1



Cardinal Roadhouse Maple Whiskey
Pork Ribber or Pulled Beef Au Jus
400-912g pkg
selected varieties

15⁹⁷
SAVE AT LEAST \$2

CAKE of the MONTH



Created with love by our
Certified Cake Decorator from
our Weston Store.
Available for the month
of July only.

8" PIÑA COLADA
CAKE

29⁹⁹

EARN 300
POINTS



Good Food for Good Organic
BBQ Sauce Or Ketchup
250mL
\$6.99 each
selected varieties

2 FOR \$10
SAVE \$3.98 ON 2



Ole Mocktails or White Claw Zero
4x355mL
selected varieties

10⁹⁹
SAVE \$2.98



Thirsty Buddha
Drinks
330mL can
selected varieties

1⁹⁹
SAVE 80¢



Covered Bridge
Lobster Chips
142g pkg

2⁴⁷
SAVE 50¢



WakeWater
355mL can
selected varieties

2⁴⁹
SAVE 50¢



Cwench
Hydration
Drinks
500mL pkg
selected varieties

2⁹⁹
SAVE \$1



Covered Bridge
Weekender Chips
284g pkg

3⁹⁷
SAVE \$1

