

food Basics

CANADIAN AND PROUD



CRAZY SALE

CRAZY FOR LOCAL

WE LOVE LOCAL Ontario

FIRST OF THE SEASON

8 CRAZY

10 FOR 1.98 EACH

SWEET CORN
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE

WE LOVE LOCAL Ontario

8 CRAZY

4.98 EACH

YELLOW PLUMS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE
1.5 L BASKET

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

PEACHES
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE
3 L BASKET

NECTARINES
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE
2 L BASKET

WE LOVE LOCAL Canada

8 CRAZY

2.48 EACH

CELERY
PRODUCT OF CANADA, NO. 1 GRADE

4 DAY SALE LIMIT OF 2

8 CRAZY

13.98 /LB

FRESH BONELESS TENDERLOIN VACUUM PACK
PRODUCT OF UNGRADED BEEF
SELECTED VARIETIES
WHILE QUANTITIES LAST
30.82/KG

8 CRAZY

4.88 EACH

SELECTION BUTTER
454 G
SELECTED VARIETIES

UNSALTED NON SALE BUTTER - BEURRE

SALTED - SALE BUTTER - BEURRE

8 CRAZY

2.88 EACH

NESTLÉ PARLOUR 1.5 L NOVELTIES
6-12'S
SELECTED VARIETIES

PARLOUR dipped bars

PARLOUR Vanilla

8 CRAZY

2.88 EACH

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

DEMPTER'S BAGELS
450 - 510 G
SELECTED VARIETIES

TOSCANA

CLASSIC

8 CRAZY

4.98 EACH

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

MARBLE - MARBRÉ
Cheddar Cheese Fromage Cheddar

Galbani

8 CRAZY

3.98 EACH

MAPLE LEAF NATURAL SELECTIONS OR SCHNEIDERS SLICED DELI MEAT OR BOLOGNA
150 - 375 G
SELECTED VARIETIES

natural selections

Schneiders

Blue Ribbon

CLASSIC BOLOGNA

BOLOGNE CLASSIQUE

8 CRAZY

1.88 EACH

BARILLA OR CATELLI PASTA
360 - 410 G
CATELLI GARDEN SELECT PASTA SAUCE 600 ML
SELECTED VARIETIES

Barilla

CATELLI

PENNE RIGATE

8 CRAZY

3.28 EACH

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

Natural Top Dogs

Schneiders

RedHots

8 CRAZY

4.98 EACH

IRRESISTIBLE MUFFINS
600 G
SELECTED VARIETIES

Irresistible

BANANA CHOCOLATE CHIP

BANANE CHOCOLAT

8 CRAZY

1.98 EACH

CHRISTIE SNACK PAKS COOKIES CRACKERS CRISPERS OR BITS & BITES
150 - 200 G
162 - 200 G
145 G
SELECTED VARIETIES

Crispers

RITZ

original

8 CRAZY

5.88 EACH

CASABLANCA HONEY, TATA TEA OR DIVYA CANE SUGAR
1 - 1.62 KG
SELECTED VARIETIES

TATA TEA AGNI

HONEY MIEL

DIVYA

BROWN SUGAR

save MORE with moi

STRAWBERRIES
PRODUCT OF U.S.A., NO. 1 GRADE
454 G

moi price 1.68* ea.

non moi price 1.98 ea.

*Scan Moi card to receive Moi price

i earn with moi rewards

LAY'S POTATO CHIPS
200 - 235 G
SELECTED VARIETIES

8 CRAZY

2.88 EACH

125 points value of \$1

COCA-COLA, CANADA DRY GINGER ALE OR PEPSI SOFT DRINKS
12 X 355 ML
SELECTED VARIETIES

8 CRAZY

7.98 EACH

125 points value of \$1

NESCAFÉ OR TASTER'S CHOICE INSTANT COFFEE
100 - 170 G
SELECTED VARIETIES

8 CRAZY

6.48 EACH

125 points value of \$1

HAPPY CIVIC DAY!

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, JULY 30TH TO WEDNESDAY, AUGUST 5TH, 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.

ALL STORES OPEN MONDAY AUGUST 3RD, 2026. SEE LOCAL STORE OR FOODBASICS.CA FOR STORE HOURS.

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

CRAZY 8 SALE



LACTANTIA
PURIFILTRE MILK
2L
SELECTED VARIETIES

8
CRAZY
4.98
EACH



GATORADE
SPORTS DRINKS
6 X 351 ML
SELECTED VARIETIES

8
CRAZY
5.98
EACH



LACTANTIA
CREAM
473 ML - 1L
SELECTED VARIETIES

8
CRAZY
3.48
EACH



CHEEZ-IT
CRACKERS
121 - 200 G
SELECTED VARIETIES

8
CRAZY
1.98
EACH

BBQ ESSENTIALS FOR LESS



LOU'S KITCHEN
BBQ PORK
BACK RIBS
585 - 610 G
BUTTERBALL
TURKEY BURGERS
852 G FROZEN
ZABIHA HALAL
UNBREADED
CHICKEN BURGERS
908 G FROZEN
SELECTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY
8.98
EACH



SELECTION DELI SALADS
800 G
SELECTED VARIETIES

THIS WEEK ONLY
4.99
EACH



IRRESISTIBLE
MAMMOTH BUNS
6 - 8'S SELECTED VARIETIES

ALWAYS GREAT PRICE
2.99
EACH



TOSTITOS TORTILLA CHIPS OR
SMARTFOOD POPCORN
150 - 295 G SELECTED VARIETIES

8
CRAZY
2/6.88



KRAFT PEANUT
BUTTER
750 G - 1 KG
HAZELNUT
SPREAD
235 G
SELECTED VARIETIES

8
CRAZY
5.98
EACH



IRRESISTIBLE
DRINKS
1.5 L
SELECTED VARIETIES

8
CRAZY
2.98
EACH



KICKING HORSE ORGANIC
COFFEE BEANS
454 G
FOLGERS
GROUND COFFEE
544 - 814 G
COFFEE CAPSULES
30'S
SELECTED VARIETIES

8
CRAZY
16.98
EACH



FRENCH'S
KETCHUP
1L

LOCKED DOWN
3.99
EACH



TIDE OR GAIN LAUNDRY DETERGENT
2.35 - 2.72 L - 61 - 70 LOADS SELECTED VARIETIES

8
CRAZY
9.88
EACH



CHARMIN BATHROOM TISSUE
12 - 48'S
BOUNTY PAPER TOWELS
6 - 12'S
SELECTED VARIETIES

8
CRAZY
13.88
EACH



SELECTION SPRING WATER
24 X 500 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE
2.99
EACH



i earn with moi rewards



THIS WEEK ONLY
1.99
EACH

125
points
value of \$1
when you buy 3



THIS WEEK ONLY
3.99
EACH

30
points



THIS WEEK ONLY
7.49
EACH

65
points



THIS WEEK ONLY
1.99
EACH

25
points

*IN STOCK POLICY: Food Basics+ 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 Nossio Tallo". 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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WE LOVE LOCAL



BLUEBERRIES
PRODUCT OF CANADA
NO. 1 GRADE
1 PINT

THIS WEEK ONLY
2⁹⁹
EACH



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

THIS WEEK ONLY
1⁹⁹
/LB



WHOLE WHITE OR
CREMINI MUSHROOMS
PRODUCT OF CANADA
454 G

THIS WEEK ONLY
3⁹⁹
EACH



CAULIFLOWER
PRODUCT OF CANADA
NO. 1 GRADE

THIS WEEK ONLY
2⁹⁹
EACH



ROMAINE
HEARTS
PRODUCT OF CANADA
3 PK
SWEET
ASSORTED
PEPPERS
PRODUCT OF CANADA
PKG OF 4

THIS WEEK ONLY
3⁹⁹
EACH



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

THIS WEEK ONLY
2⁹⁹
EACH



GOURMET MINI
WHITE POTATOES
PRODUCT OF CANADA, NO. 1 GRADE
518

THIS WEEK ONLY
2⁹⁹
EACH



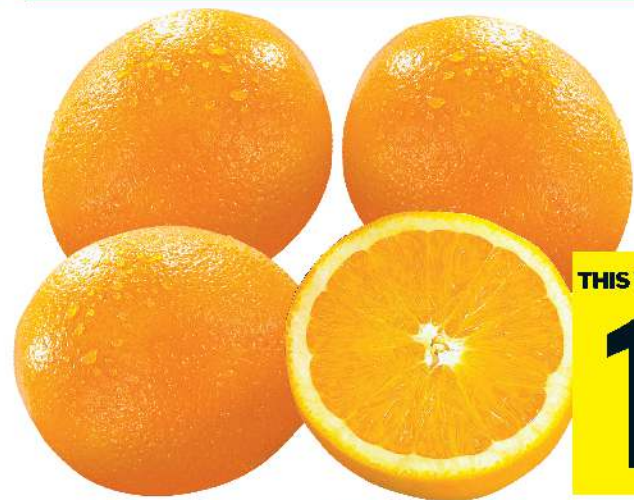
BROCCOLI
CROWNS
PRODUCT OF CANADA

THIS WEEK ONLY
2/\$5



SEEDLESS
WATERMELON
PRODUCT OF ONTARIO

THIS WEEK ONLY
5⁹⁹
EACH



SEEDLESS
ORANGES
PRODUCT OF SOUTH AFRICA
CLEMENTINES
PRODUCT OF SOUTH AFRICA
4.39/KG

THIS WEEK ONLY
1⁹⁹
/LB



RASPBERRIES
PRODUCT OF U.S.A. OR MEXICO
NO. 1 GRADE
170 G
TROPICAL GOLD
PINEAPPLE
PRODUCT OF COSTA RICA

THIS WEEK ONLY
3⁹⁹
EACH



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

THIS WEEK ONLY
3⁹⁹
/LB



SWEET VIDALIA
ONIONS
PRODUCT OF U.S.A.
NO. 1 GRADE 3 LB
AVOCADOS
PRODUCT OF MEXICO OR PERU
5 OR 6 PACK

THIS WEEK ONLY
3⁹⁹
EACH



DRAGON FRUIT
(PITAHAYA)
PRODUCT OF ECUADOR
6.59/KG

THIS WEEK ONLY
2⁹⁹
/LB



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

THIS WEEK ONLY
4⁹⁹
EACH



RED ONIONS
PRODUCT OF EGYPT
NO. 1 GRADE
7 LB

THIS WEEK ONLY
6⁹⁹
EACH



HONEY ATAULFO
MANGOES
PRODUCT OF MEXICO

THIS WEEK ONLY
99¢
EACH

FLORAL



5 STEM
SUNFLOWERS
WHILE SUPPLIES LAST

THIS WEEK ONLY
\$6
EACH



FRESHLY YOURS
BOUQUET
WHILE SUPPLIES LAST

THIS WEEK ONLY
10⁸⁸
EACH



8" POTTED BASIL
WHILE SUPPLIES LAST

THIS WEEK ONLY
7⁹⁹
EACH



5" ORCHIDS
WHILE SUPPLIES LAST

THIS WEEK ONLY
10⁸⁸
EACH

MEAT

Authentic
100% CANADIAN PORK
NO PRESERVATIVES ADDED
100% PORC CANADIEN
SANS AGENTS DE CONSERVATION

HONEY GARLIC
MIEL ET AIL
UNCOOKED SAUSAGE - SAUCISSES NON-CUITE

Authentic
100% CANADIAN PORK
GLUTEN FREE
100% PORC CANADIEN
SANS GLUTEN

MILD ITALIAN
ITALIENNE DOUCE
UNCOOKED SAUSAGE - SAUCISSES NON-CUITE

Ingredients: Pork, Kibitz, Salt, Mild Italian Vegetables.
Ingredients: Pork, Salt, Mild Italian Vegetables, Eggs, and Mild Italian Vegetables.

Authentic FRESH PORK SAUSAGES
HOT, MILD, HONEY GARLIC OR ENGLISH BANGER
PKG OF 4
SELECTED VARIETIES

THIS WEEK ONLY

5.49
EACH

PRIME
RAISED WITHOUT antibiotics
ÉLEVÉ SANS antibiotiques

Air Chilled Chicken
Poulet refroidi à l'air

PRIME
RAISED WITHOUT antibiotics
ÉLEVÉ SANS antibiotiques

Air Chilled Chicken
Poulet refroidi à l'air

PRIME RAISED WITHOUT ANTIBIOTICS FRESH BONELESS SKINLESS CHICKEN BREAST
THIN SLICES OR FILLETS
AIR CHILLED
SELECTED VARIETIES
26.43/KG

THIS WEEK ONLY

11.99
/LB

55
points

HALAL AT SAME PRICE

FRESH CHICKEN DRUMSTICKS
BAGGED
INCLUDING ZABIHA HALAL
SELECTED VARIETIES
6.59/KG

THIS WEEK ONLY

2.99
/LB

FRESH BONE-IN PORK COMBINATION CHOPS
INCLUDING CENTER CUT CHOPS
SELECTED VARIETIES
9.90/KG

THIS WEEK ONLY

4.49
/LB

WHOLE RAINBOW TROUT
SELECTED VARIETIES
8.99/LB, 19.62/KG OR
SALMON PORTIONS
2X 113 G
SELECTED VARIETIES, 8.99 EACH

THIS WEEK ONLY

8.99
/LB OR EACH

Life Smart
Mieux - vite
NATURALIA

LEAN GROUND BEEF • BŒUF HACHÉ MAIGRE
PREVIOUSLY FROZEN / PRODUIT DÉCONGELÉ
PRODUCT OF NEW ZEALAND / PRODUIT DE NOUVELLE-ZÉLANDE
454g

NATURALIA LEAN GROUND BEEF
454 G
SELECTED VARIETIES

THIS WEEK ONLY

9.99
EACH

Fletcher's
PORK COTTAGE ROLL
CURED

THIS WEEK ONLY

3.99
/LB

20
points

FLETCHER'S CURED PORK COTTAGE ROLL
SELECTED VARIETIES
8.80/KG

Pogo
Original

THIS WEEK ONLY

3.99
EACH

POGO ORIGINAL BREADED SAUSAGES
PKG OF 4
300 G FROZEN
SELECTED VARIETIES

WONG WING
Chicken Chow Mein
Nouilles à l'orientale au poulet

THIS WEEK ONLY

5.99
EACH

WONG WING ASIAN STYLE ENTREES
400 - 500 G FROZEN
SELECTED VARIETIES

PRIME
RAISED WITHOUT antibiotics
ÉLEVÉ SANS antibiotiques

SCHNEIDERS OR PRIME BREADED CHICKEN
640 - 700 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

11.99
EACH

55
points

O Sole Mio
4 cheese TORTELLINI
4 fromages

THIS WEEK ONLY

2.99
EACH

O SOLE MIO FRESH PASTA
255 G SELECTED VARIETIES

Summer Fresh
Tzatziki
Yogurt Dip - Fromage au yaourt

THIS WEEK ONLY

3.49
EACH

SUMMER FRESH HUMMUS OR DIPS
200 - 227 G
SELECTED VARIETIES

Maple Leaf
Natural Chicken
Poulet naturel

THIS WEEK ONLY

7.99
EACH

MAPLE LEAF PREPPED & READY SHREDDED CHICKEN
250 G SELECTED VARIETIES

St. Hubert
MEAT PIES

THIS WEEK ONLY

10.49
EACH

ST-HUBERT OR SWISS CHALET MEAT PIES
635 - 800 G FROZEN
SELECTED VARIETIES

Irresistibles
PROVOLONE
CHEESE

THIS WEEK ONLY

5.49
EACH

IRRESISTIBLES SLICED DELI CHEESE
160 - 180 G SELECTED VARIETIES

OKA
ORIGINAL

THIS WEEK ONLY

5.99
EACH

AGROPUR OKA OR KERRYGOLD DUBLINER OR ENTREMONT BRIE OR CAMEMBERT
190 - 227 G SELECTED VARIETIES

MASTRO
SOPRESSATA
SALAMI

THIS WEEK ONLY

6.99
EACH

MASTRO CHUBS
300 G SELECTED VARIETIES

Tre Stelle
MASCARPONE

THIS WEEK ONLY

9.99
EACH

TRE STELLE MASCARPONE
475 G SELECTED VARIETIES

GOURMETA
Thai Shrimp

THIS WEEK ONLY

6.99
EACH

GOURMETA THAI SHRIMP
COOKED 65 - 75 CT OR RAW 31 - 40 CT OR NORTHERN KING WHOLE TILAPIA
340 G - 1 KG, FROZEN, SELECTED VARIETIES

HIGH LINER
BREADED
OR BATTERED FISH
FILLETS FAMILY PACK
OR WILD PINK SALMON FILLETS

THIS WEEK ONLY

8.99
EACH

HIGH LINER BREADED OR BATTERED FISH FILLETS FAMILY PACK OR WILD PINK SALMON FILLETS
345 - 700 G FROZEN SELECTED VARIETIES

TASIA
GOLDEN POMPANO

THIS WEEK ONLY

9.99
EACH

TASIA GOLDEN POMPANO
600 G FROZEN SELECTED VARIETIES

OCEAN SELECT
ATLANTIC WILD OCEAN PERCH

THIS WEEK ONLY

11.99
EACH

OCEAN PERCH POISSON ROUGE
750 G FROZEN
SELECTED VARIETIES

BAKERY



THIS WEEK ONLY 
3.99
EACH



THIS WEEK ONLY 
2.99
EACH

DIMPFLMEIER
BREAD
454 - 500 G
SELECTION
GARLIC TOAST
680 G
SELECTED VARIETIES



THIS WEEK ONLY 
4.99
EACH



SELECTION LOAF
CAKE
390 - 400 G
SELECTED VARIETIES

THIS WEEK ONLY 
3.99
EACH

MORE GREAT SAVINGS FOR LESS



MOTT'S CLAMATO
COCKTAIL
1.89 L
SELECTED VARIETIES
LOCKED DOWN 
2/\$7



GREEN GIANT VEGETABLES
500 - 750 G
FROZEN
SELECTED VARIETIES

LOCKED DOWN 
3.48
EACH



FRUITÉ
DRINKS
2 L
SELECTED VARIETIES
LOCKED DOWN 
1.99
EACH



POST
SHREDDIES CEREAL
625 G
HONEY BUNCHES OF OATS
CEREAL
625 G
SELECTED VARIETIES

LOCKED DOWN 
4.99
EACH



CADBURY
BARS
33 - 50 G
SELECTED VARIETIES

LOCKED DOWN 
99¢
EACH



CHEFMASTER
MARGARINE
427 G
SELECTED VARIETIES

LOCKED DOWN 
1.99
EACH



KRAFT GRATED
PARMESAN
CHEESE
250 G
SELECTED VARIETIES

LOCKED DOWN 
7.99
EACH



SPARKLING
ICE DRINKS
500 ML
SELECTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY 
1.25
EACH



YOPLAIT YOP
DRINKABLE YOGURT
200 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
99¢
EACH



ASTRO ORIGINAL
BALKAN YOGURT
650 - 750 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
3.27
EACH



IÖGO NANO
DRINKABLE YOGURT
6 X 93 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
3.49
EACH



LACTANTIA
LACTOSE FREE
MILK 2 L
SELECTED VARIETIES

LOCKED DOWN 
5.99
EACH

LOCKED DOWN



TROPICANA REFRESHERS 1.36L
PURE LEAF ICED TEA 1.75L
SELECTED VARIETIES

LOCKED DOWN
4.49
EACH

25
points



MONSTER ENERGY DRINKS
4 x 473 mL
SELECTED VARIETIES

LOCKED DOWN
9.49
EACH



DARE COOKIES
OR CRACKERS
100 - 315 G
SELECTED VARIETIES

LOCKED DOWN
2.99
EACH



QUAKER LIFE CEREAL \$50 G
CAP'N CRUNCH \$30 G
SELECTED VARIETIES

LOCKED DOWN
3.49
EACH



CARNATION EVAPORATED MILK
334 mL
SELECTED VARIETIES

LOCKED DOWN
2/\$4



KRAFT SHREDDED PARMESAN CHEESE
200 G
SELECTED VARIETIES

LOCKED DOWN
8.99
EACH



MAXWELL HOUSE GROUND COFFEE
864 - 900 G
SELECTED VARIETIES

LOCKED DOWN
15.99
EACH



DR. OETKER GIUSEPPE PIZZERIA EASY PIZZI
560 - 690 G
SELECTED VARIETIES

LOCKED DOWN
5.99
EACH



SAN PELLEGRINO SPARKLING DRINKS
6 x 330 mL
SELECTED VARIETIES

LOCKED DOWN
5.99
EACH



OCEAN SPRAY CRANBERRY COCKTAIL
6 x 340 mL
SELECTED VARIETIES

LOCKED DOWN
5.99
EACH



HERSHEY CELLO CANDY
170 - 235 G
SELECTED VARIETIES

LOCKED DOWN
4.79
EACH

25
points



HEINZ PORK & BEANS OR CANNED MEALS
398 mL
SELECTED VARIETIES

LOCKED DOWN
1.79
EACH



ALLEN'S WHITE OR PICKLING VINEGAR
SELECTED VARIETIES

LOCKED DOWN
3.49
EACH



HEREFORD LUNCHEON MEAT
300 G
SELECTED VARIETIES

LOCKED DOWN
1.67
EACH



GLAD PLASTIC WRAP
SELECTED VARIETIES

LOCKED DOWN
2.99
EACH



ZIPLOC SEAL TOP BAGS
15 - 100'S
SELECTED VARIETIES

LOCKED DOWN
4.99
EACH



FLEECY FABRIC SOFTENER
2.6 L
SELECTED VARIETIES

LOCKED DOWN
8.99
EACH



AIR WICK AIR FRESHENER
5 x 20 mL
SELECTED VARIETIES

LOCKED DOWN
18.99
EACH

PERSONAL CARE FOR LESS



COLGATE TOOTHPASTE
3 x 90 - 150 mL
SELECTED VARIETIES

LOCKED DOWN
8.99
EACH



TAMPAX TAMPONS
28 - 36'S
SELECTED VARIETIES

LOCKED DOWN
11.69
EACH



TENA ULTIMATE UNDERWEAR
11'S SELECTED VARIETIES

LOCKED DOWN
16.49
EACH



GOOD START BABY FORMULA
900 G
SELECTED VARIETIES

LOCKED DOWN
34.99
EACH

ALWAYS GREAT PRICE



IRRESISTIBLE
ORANGE JUICE
2.5L
SELECTED VARIETIES

ALWAYS GREAT PRICE
6.99
EACH



SELECTION
VEGETABLES
500 - 750G
FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE
2.99
EACH



SELECTION
MARGARINE
850 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
4.99
EACH



IRRESISTIBLE ARTISAN PIZZA
370 - 440 G FROZEN SELECTED VARIETIES

ALWAYS GREAT PRICE
6.97
EACH



IRRESISTIBLES
SNACKS
142 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
2.49
EACH



SELECTION COCONUT
200 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
2.99
EACH



SELECTION
RICE SNACKS
100 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
1.99
EACH



LIFE SMART
COOKING SPRAY
110 - 142 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
4.99
EACH



SELECTION
CONDENSED
SOUP
284 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE
1.27
EACH



SELECTION OR
LIFE SMART
TOMATOES
540 - 796 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE
1.99
EACH



IRRESISTIBLE
SPARKLING
SPRING WATER
6 X 1.1 L SELECTED VARIETIES

ALWAYS GREAT PRICE
4.44
EACH



SELECTION
OLIVES
398 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE
1.99
EACH



SELECTION
COOKIES
907 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
4.79
EACH



IRRESISTIBLES
COFFEE BEANS
907 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
19.99
EACH



SELECTION
GLASS CLEANER
950 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE
1.97
EACH



SELECTION
TOILET BOWL
CLEANER
710 - 950 ML, 1.2 L
SELECTED VARIETIES

ALWAYS GREAT PRICE
2.99
EACH



SELECTION
RINSE AGENT
907 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE
4.79
EACH



SELECTION
PAPER TOWEL
65

ALWAYS GREAT PRICE
5.99
EACH



THIS WEEK ONLY

7⁹⁹

EACH

NESCAFÉ
GOLD INSTANT
COFFEE
90 - 100 G
SELECTED VARIETIES

NEW LOOK!

NESCAFÉ
SWEET & CREAMY
ORIGINAL

NESCAFÉ
INSTANT
COFFEE
16-18'S
SELECTED VARIETIES

THIS WEEK ONLY

6⁴⁸

EACH

125
points
value of \$1

iögo
nanö
FROZEN YOGURT POPS

iögo
FROZEN YOGURT
BARS
4 - 8'S
SELECTED VARIETIES

LOCKED DOWN

5⁹⁹

EACH

NEW!

BR
BASKIN-ROBBINS

BASKIN
ROBBINS
ICE CREAM
946 ML
SANDWICH
4 X 125 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

9⁹⁹

EACH

946 ML

Häagen-Dazs

HÄAGEN-DAZS
ICE CREAM
946 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

9⁹⁹

EACH

Strawberry

Cheerios
Protein

12-
PACKETS
OF 100 G

GENERAL
MILLS
CHEERIOS
CEREAL
317 - 455 G
SELECTED VARIETIES

THIS WEEK ONLY

4⁹⁹

EACH

PIZZA
POPS

PEPPERONI + BACON

8 POPS

PILLSBURY POPS
PIZZA SNACK
760 G
SELECTED VARIETIES

THIS WEEK ONLY

5⁹⁹

EACH

125
points
value of \$1

OLD EL PASO

DINNER KIT

HARD &
SOFT TACO

OLD EL PASO
TACO KITS
250 - 400 G
SELECTED VARIETIES

THIS WEEK ONLY

3⁹⁹

EACH

Betty
Crocker

SuperMoist

French Vanilla • Vanille française

cake mix • mélange à gâteau

BETTY
CROCKER
CAKE MIX
375 - 404 G
SELECTED VARIETIES

LOCKED DOWN

2/\$4

NATURE VALLEY
CRUNCHY

OATS 'N' HONEY

MADE WITH
WHOLE GRAIN
OATS

NATURE VALLEY GRANOLA BARS
130 - 210 G
GUSHERS FRUIT SNACKS
138 G
SELECTED VARIETIES

Gushers

VARIETY PACK
SAVEURS VARIÉES

COURTIN GRAPE
COURTIN RAISIN
STRAWBERRY SPLASH
COURTIN FRAISIE

LOCKED DOWN

2⁹⁹

EACH

French's

Tomato
KETCHUP
aux tomates

FRENCH'S
KETCHUP
1 L
SELECTED VARIETIES

LOCKED DOWN

3⁹⁹

EACH

French's

Classic
YELLOW

PREPARED MUSTARD

FRENCH'S
MUSTARD
225 ML
SELECTED VARIETIES

LOCKED DOWN

1⁹⁹

EACH

FRANK'S
RedHot

ORIGINAL CHILI
SAUCE

FRANK'S
REDHOT SAUCE
354 ML
SELECTED VARIETIES

LOCKED DOWN

4⁴⁹

EACH

CLUB
HOUSE

La Grille

MONTREAL STEAK
SAUCE

CLUB HOUSE
LA GRILLE SPICES
120 - 240 G
SELECTED VARIETIES

LOCKED DOWN

5⁹⁹

EACH

CHOLULA

HOT SAUCE
SAUCE PÂQUÉE

CHOLULA
HOT SAUCE
150 ML
SELECTED VARIETIES

LOCKED DOWN

4⁹⁹

EACH

24
TRIPLES

Cashmere
Ultra

CASHMERE
ULTRA
BATHROOM
TISSUE
8 - 24'S
SELECTED VARIETIES

THIS WEEK ONLY

7⁹⁹

EACH

DOUBLES = 6

Sponge
Towels

ULTRA

SPONGE TOWELS ULTRA
PAPER TOWELS
8'S
SELECTED VARIETIES

THIS WEEK ONLY

7⁹⁹

EACH

Scotties

Supreme

HOUSE & HOME

Designer Series Série Designer

SCOTTIES
SUPREME
FACIAL
TISSUE
6'S
SELECTED VARIETIES

THIS WEEK ONLY

7⁹⁹

EACH

SCOTTIES

HOUSE & HOME

MAISON et DEMEURE

Designer Series Série Designer

SCOTTIES
FACIAL
TISSUE
6'S
SELECTED VARIETIES

THIS WEEK ONLY

7⁹⁹

EACH

12 = 24
DOUBLES

Cashmere

MADE IN - FABRIQUÉ AU
CANADA

CASHMERE
BATHROOM
TISSUE
12 - 24'S
SELECTED VARIETIES

THIS WEEK ONLY

7⁹⁹

EACH

CHOOSE CANADIAN



WE LOVE LOCAL
Ontario

FIRST OF THE SEASON

SWEET CORN
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE

10 FOR 1.98 EACH

WE LOVE LOCAL
Ontario

YELLOW PLUMS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE, 1.5 L BASKET

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

PEACHES
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE, 3 L BASKET

NECTARINES
PRODUCT OF ONTARIO, 2 L BASKET

4.98 EACH

WONG WING

Chicken Chow Mein
Nouilles à l'orientale au poulet

4 SERVINGS

WONG WING

Fried Rice
Riz frit

4 SERVINGS

WONG WING ASIAN STYLE ENTRÉES
400 - 500 G FROZEN SELECTED VARIETIES

5.99 EACH

SCHNEIDERS

ORIGINAL CRISPY CHICKEN TENDERS
FILETS DE POULET CROUSTILLANTS ORIGINAUX

PRIME

RAISED WITHOUT antibiotics
ÉLEVÉ SANS antibiotiques

Dino Chicken Nuggets
Croquettes de poulet de dinosaure

11.99 EACH

55 points

Dempster's

TORTILLAS ORIGINAL ORIGINALES
NO ARTIFICIAL FLAVOURS OR COLOURS

10 SERVINGS

Dempster's

TORTILLAS 100% WHOLE WHEAT 100 % DE BLE ENTIER
NO ARTIFICIAL FLAVOURS OR COLOURS

10 SERVINGS

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

3.99 EACH

Dimpflmeier

Munich
LIGHT RYE
SEIGLE LÉGER

SELECTION GARLIC TOAST
Pain grillé à l'ail

DIMPFLMEIER BREAD
454 - 500 G

SELECTION GARLIC TOAST
680 G SELECTED VARIETIES

2.99 EACH

Lay's

Magic Masala Magique

Lay's

CLASSIC CLASSIQUE

LAY'S POTATO CHIPS
200 - 235 G SELECTED VARIETIES

2.88 EACH

125 points
value of \$1

Nestlé PARLOUR
Vanilla

Nestlé PARLOUR
dipped bars

NESTLÉ PARLOUR
1.5 L NOVELTIES
6 - 12'S SELECTED VARIETIES

2.88 EACH

Smartfood

WHITE CHEDDAR BLANC

Tostitos

ROUNDS-RONDES

TOSTITOS TORTILLA CHIPS OR SMARTFOOD POPCORN
150 - 295 G SELECTED VARIETIES

2/\$6.88

Green Giant
Géant Vert

Green Giant
Géant Vert

GREEN GIANT VEGETABLES
500 - 750 G FROZEN SELECTED VARIETIES

3.48 EACH

PEPSI

CANADA DRY
GINGER

Coca-Cola
ORIGINAL TASTE

COCA-COLA, CANADA DRY GINGER ALE OR PEPSI
SOFT DRINKS 12 X 355 ML SELECTED VARIETIES

7.98 EACH

125 points
value of \$1

Kraft

Smooth Crèmeux

Kraft

HAZELNUT SPREAD
725 G SELECTED VARIETIES

5.98 EACH

Coca-Cola
ZERO SUGAR ZERO SUCRE

Coca-Cola
ORIGINAL TASTE

CANADA DRY
GINGER ALE

COCA-COLA OR CANADA DRY GINGER ALE
2 L SELECTED VARIETIES

1.99 EACH

25 points

Cashmere

CASHMERE BATHROOM TISSUE
12 - 24'S SELECTED VARIETIES

7.99 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.

SUMMER TREATS FOR LESS



IRRESISTIBLE
ICE CREAM
1.5L
NOVELTIES
3-4'S
SELECTED VARIETIES

SUMMER TREATS
4.88
EACH



IRRESISTIBLE ICE CREAM BARS
4 x 88 mL
SELECTED VARIETIES



SUMMER TREATS
4.88
EACH



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

SUMMER TREATS
4.88
EACH



IRRESISTIBLE
SORBET
946 mL
SELECTED VARIETIES

SUMMER TREATS
4.88
EACH



SELECTION
ICE POPS
24'S
SELECTED VARIETIES

SUMMER TREATS
6.88
EACH



SELECTION ICE MILK
4L
SELECTED VARIETIES

SUMMER TREATS
6.99
EACH



SELECTION VANILLA
IN THE MIDDLE
SANDWICHES
12 OR 18'S
FROZEN
SELECTED VARIETIES

SUMMER TREATS
\$6
EACH



SELECTION FOREVER FUDGE OR
VANILLA SURPRISE ICE BARS
24 x 60 mL FROZEN SELECTED VARIETIES



SUMMER TREATS
8.88
EACH



SELECTION COOL
FLAVOURS
ICE POPS
36 x 59 mL
SELECTED VARIETIES
WHILE QUANTITIES LAST

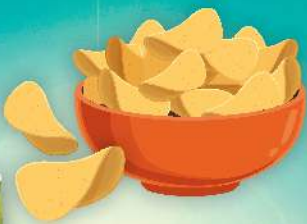
SUMMER TREATS
4.99
EACH



SELECTION
GUMMY
CANDY
750 g
SELECTED VARIETIES

SUMMER TREATS
5.99
EACH

SUMMER SNACKS FOR LESS



SELECTION CHIPS
200 G
SELECTED VARIETIES



ALWAYS GREAT PRICE

1.49

EACH



LIFE SMART NATURALIA
TORTILLA CHIPS
350 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.99

EACH



PRINGLES POTATO CHIPS
140 - 156 G
SELECTED VARIETIES

LOCKED DOWN

2.49

EACH



TAKIS TORTILLA CHIPS
198 - 260 G
SELECTED VARIETIES

LOCKED DOWN

3.29

EACH



SENSIBLE PORTIONS
VEGGIE SNACKS
142 G
SELECTED VARIETIES

LOCKED DOWN

2.99

EACH



QUE PASA TORTILLA CHIPS
350 G
SELECTED VARIETIES

LOCKED DOWN

4.49

EACH



VLASIC PICKLE BALLS
56 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

1.99

EACH



ORVILLE REDENBACHER
POPCORN
820 G
SELECTED VARIETIES

LOCKED DOWN

7.99

EACH



HAWKINS CHEEZIES
210 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY

2.99

EACH



SELECTION SNACKS
265 - 285 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.88

EACH



TROPHY SNACK MIX
200 G
SELECTED VARIETIES
WHILE QUANTITIES LAST



THIS WEEK ONLY

2.99

EACH



BLUE DIAMOND ALMONDS
170 G
SELECTED VARIETIES

LOCKED DOWN

4.99

EACH



SELECTION PEANUTS
700 - 900 G
SELECTED VARIETIES



ALWAYS GREAT PRICE

5.99

EACH



SELECTION CASHEWS OR
DELUXE MIXED NUTS
1.13 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE

24.99

EACH



ANGIE'S POPCORN
136 G
SELECTED VARIETIES

LOCKED DOWN

3.99

EACH



OLD FASHIONED
BEEF • DE BOEUF
JERKY
70 G
SELECTED VARIETIES

LOCKED DOWN

5.49

EACH



JACK LINK'S BEEF JERKY
80 G
SELECTED VARIETIES

LOCKED DOWN

6.49

EACH

35
points



SKINNY POP
POPCORN
125 G
SELECTED VARIETIES

LOCKED DOWN

2/\$7



ALL BEER, WINE AND CIDER ADVERTISED ARE AVAILABLE AT SELECTED STORES



GREAT LAKES
INDIAN PALE ALE
473 ML

THIS WEEK ONLY

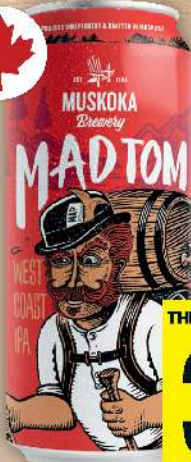
3.79
EACH



HOPCITY
BREWING CO.
BARKING SQUIRREL
AMBER LAGER
ALC. 5.0% VOL.

THIS WEEK ONLY

3.99
EACH



MUSKOKA
Brewery
MAD TOM
WEST COAST STYLE IPA
ALC. 6.8% VOL.

THIS WEEK ONLY

3.99
EACH



Headstock
INDIA PALE ALE
NICKEL BROOK
BREWERY

THIS WEEK ONLY

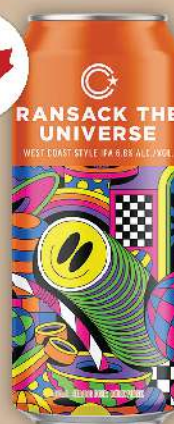
3.99
EACH



COWBELL
HAZY DAYS
Juicy IPA

THIS WEEK ONLY

3.99
EACH



RANSACK THE
UNIVERSE
WEST COAST STYLE IPA
ALC. 6.8% VOL.

THIS WEEK ONLY

3.99
EACH



COLLECTIVE ARTS
INDIAN PALE ALE
473 ML

THIS WEEK ONLY

3.99
EACH



DRINK
STEAM WHISTLE
PILSNER
6x 473ml

THIS WEEK ONLY

19.99
EACH



MUSKOKA
Brewery
Detour
INDIA SESSION ALE
BEER - BIÈRE
4.3% alc./vol.

THIS WEEK ONLY

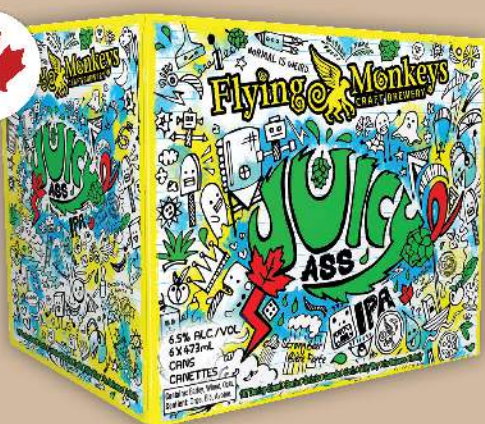
19.99
EACH



Lug-Tread
LAGERED ALE - ALE LAGERISÉE
5.2% ALC.
6x 473ml

THIS WEEK ONLY

19.99
EACH



BEAU'S
LUG-TREAD
LAGERED ALE
6x 473 ML

THIS WEEK ONLY

21.99
EACH



CREEMORE
PREMIUM LAGER
6x 473 ML

THIS WEEK ONLY

19.99
EACH



BONESHAKER
Unfiltered India Pale Ale
6x 473ml
CANS - CANETTES
7.1% alc./vol.
Strong Brew - Bière forte

THIS WEEK ONLY

21.99
EACH

NON-ALCOHOLIC BEER



SELECTION
DE-ALCOHOLIZED
BEER
12x 355 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

9.49
EACH



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

LOCKED DOWN

10.99
EACH



CORONA CERO
ALCOHOL FREE
BEER
6x 355 ML
SELECTED VARIETIES

LOCKED DOWN

11.99
EACH



Budweiser
ZERO ALCOHOL
FREE BEER
12x 355 ML
SELECTED VARIETIES

LOCKED DOWN

15.29
EACH

Please visit foodbasics.ca for store details. Beer and wine prices subject to change in accordance with the LCBO. Prices do not include HST and deposit.

MORE

FLAVOURS

OF

THE

WORLD



INDIAN OR CHINESE
EGGPLANTS
PRODUCT OF HONDURAS OR MEXICO
4,39/KG

THIS WEEK ONLY 
1.99
/LB



EDDOES
PRODUCT OF COSTA RICA
4,39/KG

THIS WEEK ONLY 
1.99
/LB



GUAVA
PRODUCT OF MEXICO
11.00/KG

THIS WEEK ONLY 
4.99
/LB



FRESH GINGER
PRODUCT OF CHINA
4,39/KG

THIS WEEK ONLY 
1.99
/LB



ZABIHA HALAL FRESH
CHICKEN DRUMSTICKS
BAGGED
6.59/KG

THIS WEEK ONLY 
2.99
/LB



PACIFIC COD
STEAK
454 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY 
15.99
EACH



HAPPY DAIRY PANEER
300 G
SELECTED VARIETIES

THIS WEEK ONLY 
5.49
EACH



CASABLANCA
PUNJABI
COOKIES
1.3 KG
SELECTED VARIETIES

LOCKED DOWN 
5.99
EACH



HANS SMOOTHIE
200 ML
SELECTED VARIETIES

LOCKED DOWN 
67¢
EACH



PARLIAMENT
BAKED RUSK
300 G
SELECTED VARIETIES

LOCKED DOWN 
1.49
EACH



CASABLANCA
COCONUT MILK
OR WATER
400 - 520 ML
SELECTED VARIETIES

LOCKED DOWN 
1.25
EACH



NATIONAL SAUCES
300 - 325 G
SELECTED VARIETIES

LOCKED DOWN 
1.99
EACH

ESTD 1869

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^{**}



HEINZ
KETCHUP
1.5L
SELECTED VARIETIES

LOCKED DOWN 
6⁹⁹
EACH



BULL'S-EYE
OR DIANA
BARBECUE SAUCE
475 - 500 ML
SELECTED VARIETIES

LOCKED DOWN 
2⁹⁹
EACH



HEINZ
KETCHUP
375 ML
SELECTED VARIETIES

LOCKED DOWN 
2⁷⁹
EACH



HEINZ
TRIO PACK
3 X 375 ML
SELECTED VARIETIES
WHILE QUANTITIES LAST

LOCKED DOWN 
5⁹⁹
EACH



KRAFT
BBQ SAUCE
455 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2⁷⁹
EACH



HEINZ
BURGER MAYONNAISE
340 ML
SELECTED VARIETIES

LOCKED DOWN 
2⁹⁹
EACH



RENÉE'S
SALAD DRESSING
750 ML
SELECTED VARIETIES

THIS WEEK ONLY 
7⁸⁸
EACH



KRAFT SALAD
DRESSING
425 ML
SELECTED VARIETIES

LOCKED DOWN 
2⁹⁹
EACH



KRAFT DINNER
CHEESY RAMEN
95 - 97 G
SELECTED VARIETIES

THIS WEEK ONLY 
2⁴⁹
EACH



J.L. KRAFT PURE
DRESSING
355 ML
SELECTED VARIETIES

LOCKED DOWN 
3⁹⁹
EACH



LOCKED DOWN 
3⁹⁸
EACH



LOCKED DOWN 
3⁴⁹
EACH



LOCKED DOWN 
3⁷⁹
EACH

^{**}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. \$26,892 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/kinggiveaway. [™]TORONTO BLUE JAYS, [™]50 SEASONS DESIGN, BIRD LEAD DESIGN, AND RELATED MARKS AND DESIGNS ARE TRADEMARKS AND/OR COPYRIGHT OF ROGERS BLUE JAYS BASEBALL PARTNERSHIP (P, "RJBPP"). © 2026 RJBPP.

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.



BOLTHOUSE
FARMS
JUICES
1.54 L
SELECTED VARIETIES

THIS WEEK ONLY \$
7.99
EACH

40
points



MAPLE LODGE OR ZABIHA HALAL
ULTIMATE CHICKEN FRANKFURTERS
900 G SELECTED VARIETIES

THIS WEEK ONLY \$
4.99
EACH

25
points



THE WORTHY
CRUMB SCONES
300 G
SELECTED VARIETIES

THIS WEEK ONLY \$
4.99
EACH

25
points



ACTIVIA DRINKABLE YOGURT
8 X 93 ML
SELECTED VARIETIES

LOCKED DOWN \$
5.49
EACH

30
points



THE LAUGHING COW
CHEESE PRODUCT
400 G
SELECTED VARIETIES

LOCKED DOWN \$
8.49
EACH

45
points



HUNGRY-MAN MEAL
360 - 455 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY \$
4.99
EACH

25
points



SWANSON
SKILLET MEALS
1.19 KG FROZEN
SELECTED VARIETIES

THIS WEEK ONLY \$
11.99
EACH

55
points



DEL MONTE VEGETABLES
341 - 398 ML
SELECTED VARIETIES

LOCKED DOWN \$
1.79
EACH

10
points



MINUTE RICE CUPS
2 X 125 G
SELECTED VARIETIES

LOCKED DOWN \$
2.50
EACH

15
points



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

LOCKED DOWN \$
8.99
EACH

45
points



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

LOCKED DOWN \$
21.49
EACH

65
points



YORKSHIRE
BLACK TEA BAGS
80'S
SELECTED VARIETIES

LOCKED DOWN \$
6.79
EACH

35
points



ROYAL CHINET
PLATES 40'S
SELECTED VARIETIES

LOCKED DOWN \$
7.49
EACH

40
points



i earn with moi rewards



THIS WEEK ONLY 

1.99

EACH

125
points

value of \$1
when you buy 3

KNORR SIDEKICKS SIDE DISH
120 - 162 G
KNORR RICE OR NOODLE BOWL
73 G
SELECTED VARIETIES



THIS WEEK ONLY 

3.99

EACH

30
points

HELLMANN'S MAYONNAISE
340 - 445 ML
SELECTED VARIETIES

Coca-Cola®

i earn with moi
rewards



THIS WEEK ONLY



1.99
EACH

25
points

COCA-COLA OR
CANADA DRY GINGER ALE
2 L SELECTED VARIETIES



THIS WEEK ONLY



7.49
EACH

65
points

FUZE OR PEACE TEA ICED TEA
12 X 341 ML
SELECTED VARIETIES