



**HAPPY
CIVIC
HOLIDAY!**



ALL LOCATIONS*
OPEN
MONDAY
AUGUST 3RD
8AM - 5PM

*THE MARKET BY LONGO'S BCE AND
FCP LOCATIONS CLOSED AUGUST 3RD.

FRESH MARKET PICKS

JULY 30th-AUGUST 5th
While Supplies Last.



\$1.49
/lb

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



\$3.99
each

Fresh Bambino Melon
Product of U.S.A.



\$12.99
case

Fresh Black or Green Figs
Product of U.S.A.



\$3.99
each

Fresh Golden Pineapple
Product of Costa Rica



\$6.99

Fresh Hula Pop Seedless
Green Grapes
Product of U.S.A.
1lb pkg
No. 1 Grade



Fresh Canadian Produce



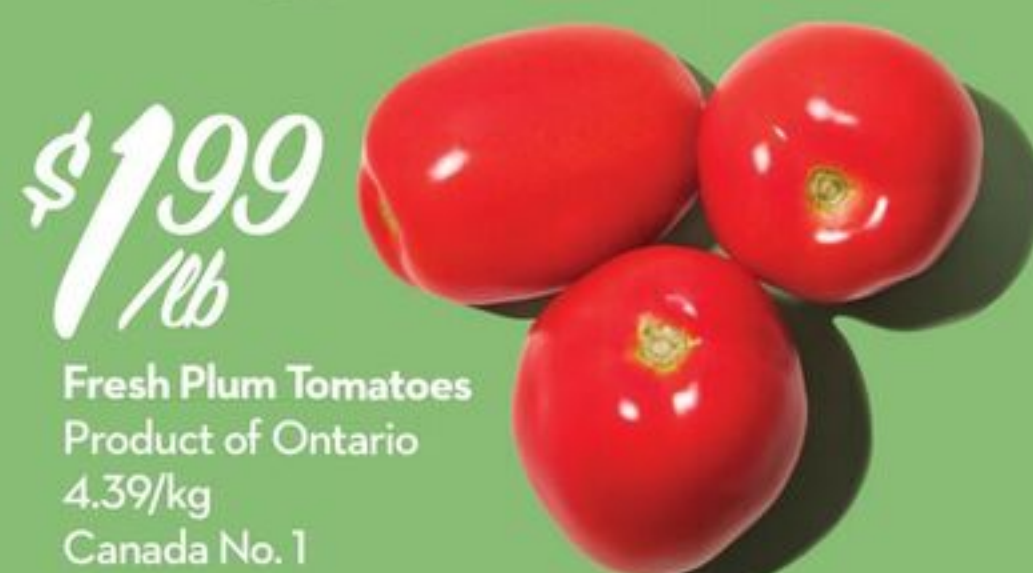
\$1.99
each

Fresh
Celery
Product
of Canada



\$4.99

Fresh Organic Sweet Bell
Pepper
Product of Ontario
Add organic callout



\$1.99
/lb

Fresh Plum Tomatoes
Product of Ontario
4.39/kg
Canada No. 1



\$1.99

Longo's Fresh Seedless
Mini Cucumbers
Product of Ontario
Canada No. 1

FRESH SAVINGS FOR THE WEEK OF THURSDAY JULY 30TH TO WEDNESDAY AUGUST 5TH, 2026.



6⁹⁹ /LB
SAVE \$5/LB

Maple Leaf Prime Raised Without Antibiotics Boneless, Skinless Chicken Breasts or Thighs
15.41/kg
VALUE PACK



2⁹⁹

The Little Potato Company Little Reds, Yellows, Trios or Fingerlings Mini Potatoes
Product of Canada
680g pkg
SAVE \$2

5X THE POINTS

2 DAYS ONLY! AUGUST 1-2

Get 5X the POINTS when you spend \$150 or more in a single transaction between August 1st and August 2nd, 2026, when you scan your registered Thank You Rewards card. See in-store for details.



THANK YOU REWARDS MEMBER PRICING

4⁹⁹
SAVE \$2
NON-MEMBER \$6.99

Fresh Blueberries
Product of Canada
18oz pkg



5⁹⁹
SAVE AT LEAST \$6
NON-MEMBER \$11.99

Sponge Towels Paper
Towels 3=6 or Cashmere
Bath Tissue 8/12=24
selected varieties



6⁹⁹
SAVE \$6
NON-MEMBER \$12.99

Marina Del Rey
Frozen Raw
Argentinian Shrimp
300g pkg



SUPPORTING LOCAL A FAMILY STANDARD SINCE 1956



22⁹⁹ /LB
SAVE \$4/LB

Fresh Wild Caught Sockeye Salmon Fillet
50.68/kg



1⁹⁹ /100G
SAVE UP TO \$1.50/100G

San Daniele Mortadella or Saputo Provolone Cheese
selected varieties



Christie Cookies or Crackers
100-290g pkg
selected varieties
2⁹⁹
SAVE AT LEAST \$1.30



2⁹⁹ /LB

Fresh Broccoli Crowns
Product of Ontario
6.59/kg



Nestlé Drumsticks 4-6 pkg, Del Monte Fruit Bars 10 pkg, Confectionary Novelties 5 pkg or Real Dairy Ice Cream 1.5L tub
3⁹⁹
SAVE AT LEAST \$4



Lay's Potato Chips or Smartfood Popcorn
150-235g pkg
Individual \$3.99
selected varieties
2 FOR \$6
SAVE AT LEAST \$2.98 ON 2



Lavazza Rossa or Crema e Gusto Espresso Beans
1kg bag
selected varieties
26⁹⁹ EACH
SAVE AT LEAST \$6



3⁴⁹
SAVE AT LEAST \$3.50

Schneiders Red Hots or Original Recipe Wieners
375g pkg
selected varieties

SELECT STORES OPEN CIVIC HOLIDAY AUGUST 3, 8AM - 5PM

SEE LONGOS.COM FOR HOLIDAY HOURS



4⁹⁹ /LB
SAVE \$2/LB

Fresh Ontario Pork Tenderloin
 11.00/kg

ORGANIC



4⁹⁹

Fresh Organic Pink Lady or Fuji Apples
 Product of U.S.A
 2lb pkg

Longo's Frozen Cooked Pacific White Shrimp Ring with Cocktail Sauce
 312g pkg
8⁹⁹
SAVE \$2



1⁹⁹
SAVE 50¢

Longo's White Baguette
 350g



BAKED IN-STORE!

1⁹⁹ /LB

Fresh Cara Cara Oranges
 Product of South Africa
 4.39/kg



3⁹⁹ /LB

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



Dr. Oetker Ristorante or Casa di Mama Pizza
 325-410g pkg
4⁴⁹
SAVE AT LEAST \$2.50



2⁹⁹
SAVE AT LEAST \$1

Old El Paso Taco Shells, Tortillas or Components 94-398g pkg
 selected varieties



15⁹⁹
SAVE \$4

Tilda Pure Basmati Rice
 10lb bag



2⁹⁹
SAVE AT LEAST 80¢

Quaker Chewy or Dipps Granola Bars
 120-156g pkg
 selected varieties



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 @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 30TH TO WEDNESDAY AUGUST 5TH, 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 \$35



Longo's All-Beef Hot Dogs or
Debrezini Sausage
940g - 1.1kg pkg

\$15

SAVE \$5

NON-MEMBER
\$20



Fresh Atlantic Salmon Side
Skinless
900g tray

\$30

SAVE \$5

NON-MEMBER
\$35



Loop Sparkling Iced Teas
355mL
selected varieties

1.99

SAVE \$1

NON-MEMBER
\$2.99



Longo's Curato Sinfonia al
Prosecco Cheese
200g

9.99

SAVE \$2

NON-MEMBER
\$11.99



Longo's Quiche
600g pkg
selected varieties

14.99

SAVE \$1

NON-MEMBER
\$15.99



Longo's Goat Cheese
250g log

8.99

SAVE \$1

NON-MEMBER
\$9.99



Cracker Barrel
Natural Cheese Slices
200-240g pkg
selected varieties

4.99

SAVE \$2

NON-MEMBER
\$6.99



Chosen Foods 100% Pure
Avocado Oil
750ml bottle

16.99

SAVE \$3

NON-MEMBER
\$19.99



French's Yellow Mustard
400mL

1.99

SAVE \$1.50

NON-MEMBER
\$3.49



MUST TRY

NATURE'S NUTRIENT POWERHOUSE!

**IN-STORE TASTING
AUG 1 & 2
AND AUG 8 & 9
10:30AM-4PM**



Fresh Jujube Winter Dates
Product of China
17.61/kg

**7⁹⁹
/LB**

- Jujube fruit, also known as jujuba date, red date, winter date, or Chinese date is originally native to East Asia.
- When prepared through simmering or steaming into tea, they will melt-in-your-mouth and infuse a rich, amber hue.
- Nutrient dense with a crunchy and mildly sweet taste when enjoyed fresh, reminiscent of a crisp apple.

Canadian Cove
Fresh Cultivated
Mussels
907g

**6⁹⁹
SAVE \$1**



Frozen
Cooked Lobsters
starting at
\$8.99 each.
(subject to availability
by Location)
While Quantities Last



Longo's Lean or Extra Lean
Ground Beef
454g pkg

10⁴⁹

**EARN
100 POINTS**



Something for Everyone
CALIFORNIA Pears



**2⁹⁹
/LB** Fresh Bartlett Pears
Product of U.S.A.
6.59/kg



**1⁹⁹
/LB** Fresh Pink Lady or
Granny Smith Apples
Product of U.S.A.
4.39/kg



Yorkshire Valley
Farms Fresh Organic
Whole Chicken
13.21/kg

**5⁹⁹
/LB**
SAVE \$2/LB



Longo's
Frozen Smoked
Salmon Coho or
Atlantic
200g

12⁹⁹
SAVE AT LEAST \$1



**1⁹⁹
/LB** Fresh Zucchini or
Eggplant
Product of Canada
4.39/kg



**2⁹⁹
EACH** Fresh Green, Red, or
Black Kale
Product of Ontario



Yorkshire Valley Farms Fresh
Organic Chicken Drumsticks or
Split Wings
19.82/kg

**8⁹⁹
/LB** **VALUE PACK**
SAVE AT LEAST \$1/LB



14⁹⁹ Janes Frozen Fish
Ultimates Or
Lightly Dusted
450-590g
selected varieties
SAVE \$3

ORGANIC



6⁹⁹ Fresh Organic Clementines
2lb pkg or
Product of South Africa
Fresh Organic Lemons
Product of South Africa or
Argentina 1lb pkg



4⁹⁹ Fresh Organic Kiwi
Product of Italy or Greece
1lb pkg



13⁹⁹
SAVE \$1



DuBreton Organic
Boneless Pork Loin
Filet
525g pkg



19⁹⁹ Cedar Bay
Frozen Planked Salmon
Hickory Maple
544g pkg
SAVE \$3
Fresh fish is subject to availability.

FRESH SAVINGS FOR THE WEEK OF THURSDAY JULY 30TH TO WEDNESDAY AUGUST 5TH, 2026.

PIZZA OF THE MONTH

AUGUST

TOMATO GALETTE

Ricotta and basil pesto mix topped with freshly sliced ripe Roma tomatoes topped with extra virgin olive oil, dried oregano and fresh basil leaves.

WHOLE \$15.99
SLICE \$4.99

SALADS FOR EVERY OCCASION.

- PREPARED FRESH IN-STORE DAILY
- PAIR WITH LONGO'S SALAD DRESSINGS

Mediterranean Blend -
Radicchio, Escarole
and Endive
Red Leaf Blend -
Red and Green Leaf
Romaine or Garden Salad Blend -
Iceberg and/or
Boston and Romaine

FROM
1.89
/100G

THANK YOU EARN 20 POINTS/100G



Galbani Fresh
Mozzarella Cheese
227g pkg
selected varieties

6.99



FRESH
DELI
SERVED

4.99
/100G
Canadian Oka
Cheese
selected varieties

Castello Havarti,
Cheddar or Gouda
Cheese
200g pkg
selected varieties

FROM
7.99



Fantino &
Mondello
Products
100-200g pkg
selected varieties

7.99



3.49
/100G
Lilydale Oven Roasted or
Smoked Turkey
selected varieties

Longo's
CURATO
PRODUCT OF ITALY

FRESH
DELI
SERVED



5.99
/100G
Longo's Curato
Prosciutto di Parma 14M

MINI ZEPPOLE, MAXIMUM DELIGHT!



Ricotta, Pistachio
Lemon, Chocolate
Strawberries N Cream
Chocolate Hazelnut
Traditional Amarena
Cherry



Longo's Zeppolini
selected varieties

1.99
EACH
SAVE AT
LEAST 67¢ EACH

6" Fruit Topped
Cheesecake
18.99
SAVE \$1



NUT-FREE,
EGG-FREE AND
DAIRY FREE!



6.99
SAVE \$1
Sweet from the Earth
Loaf Cakes
450-500g
selected varieties



3.99
SAVE \$1
Longo's Artisan
Olive Bread
453g



6.99
Longo's Muffins
6pk
selected varieties
THANK YOU EARN 50 POINTS

FRESH SAVINGS FOR THE WEEK OF THURSDAY JULY 30TH TO WEDNESDAY AUGUST 5TH, 2026.

1990s

LONGO'S GOES TECHNOLOGIC.



70 YEARS OF FAMILY STANDARDS



OPEN ON SUNDAYS!

With retailers in Ontario now open on Sundays, customers can officially enjoy Longo's fresh foods seven days a week.

1992



LONGO'S INTRODUCES ORANGE JUICE.

As the first in our private label line, the most important meal of the day gets an important improvement!

1991

LONGO'S LAUNCHES FRESHNESS-TO-GO,

offering phone or fax grocery orders with quick in-store pickup. For those too young to know what a fax is, just ask your parents!



BLUE JAYS WIN WORLD SERIES.

With back to back championships, downtown streets erupt. Touch 'em all, Joe!



1993

1998

THE LONGO FAMILY FOUNDATION IS LAUNCHED,

dedicating its work to building happier and healthier communities.



1999

A HISTORIC ICE STORM HITS ONTARIO.

Longo's keeps shelves stocked while neighbours rally together.



1997

TITANIC HITS CANADIAN CINEMAS,

making us all believe in love again.



THE STORY CONTINUES...

Stay tuned for next week's flyer for more Longo's and Canadian history.



70 YEARS OF FAMILY STANDARDS

Longo's
CURATO
PRODUCT OF ITALY

Raise a glass to 70 years of celebration with Longo's De-Alcoholized Sparkling Rosé. Delicately bubbly and refreshingly light, this festive rosé captures the joy of special moments without the alcohol. With its soft blush hue and crisp finish, it's perfect for toasts, milestones and everyday celebrations — honouring our past while sparkling toward the future.

Longo's Curato
Dealcoholized
Sparkling Rosé Wine
750mL bottle

8⁹⁹



**EARN
200 POINTS**



6⁹⁹
SAVE \$1
Bonterra Bath Tissue
9=27 rolls or
Paper Towels
3=6 rolls
selected varieties



7⁴⁹
SAVE AT LEAST \$1.50
Scotties Facial
Tissue 6pk or
Ultra Soft 4pk
selected varieties



Buy any 2 Cashmere, Scotties, SpongeTowels or Bonterra products and enter for a chance to win 500,000 Thank You Rewards Points (\$2,500 Value)



10⁹⁹
SAVE \$2
Baskin-Robbins or
Häagen-Dazs Ice Cream
943mL tub or
Baskin-Robbins Novelties 4ct
selected varieties



9⁹⁹
SAVE AT LEAST \$3
Perrier or
Sanpellegrino
Sparkling Water
6x1L pkg
selected varieties

FRESH SAVINGS FOR THE WEEK OF THURSDAY JULY 30TH TO WEDNESDAY AUGUST 5TH, 2026.



FRESH
ADVANCEMENTS LTD.

Produce is our passion!



Fresh Red or Yellow Dragonfruit
Product of Ecuador



Fresh Goldenberries
Product of Colombia
200g pkg



terra freska
produce



2LB BAG

ORGANIC
Fresh Organic Clementines
Product of South Africa
2lb pkg



1LB BAG

ORGANIC
Fresh Organic Lemon
Product of South Africa or Argentina
1lb pkg





Coca-Cola Beverages
12x355mL pkg
selected varieties

849
SAVE \$1
NON-MEMBER \$9.49

THANK YOU REWARDS MEMBER PRICING



Powerade Sports Drink
6x591mL pkg
selected varieties

649
SAVE \$1.50





Diana or Bull's-Eye Barbecue Sauce
425-500mL bottle
selected varieties

299
SAVE AT LEAST \$2.50





Lactantia UltraPur, Organic PurFiltre or Lactose-Free Milk
1.5-2L carton
selected varieties

599
SAVE AT LEAST \$1



Beatrice Chocolate Milk
2L carton

499
SAVE AT LEAST \$1





Schneiders Breakfast Sausage Rounds, Mini-Sizzlers or JMS Oktoberfest Sausages
375g pkg
selected varieties

799
SAVE AT LEAST \$2

70 YEARS OF FAMILY STANDARDS

70 YEARS OF FAMILY STANDARDS



BRINGING FAMILIES TO THE TABLE

SINCE 1956

DESSERT
HOLDINGS

NEW



12⁹⁹
SAVE \$2

Longo's Mixed Berry
Custard Bar Cake
550g pkg

Vanilla cake filled
with mixed berry filling
and creamy custard.

bento



LIMITED
TIME ONLY!

Yuzu Citrus
Salmon
Dragon Roll
237g pkg

\$12

THANK YOU
EARN 200 POINTS



Fresh Sweet
Honeyglow Pineapple
Product of Costa Rica
each



Fresh Seedless
Watermelon
Product of Ontario
each



FRESH SAVINGS FOR THE WEEK OF THURSDAY JULY 30TH TO WEDNESDAY AUGUST 5TH, 2026.



True North
Frozen Atlantic
Salmon Kabobs
130g tray
selected varieties

2.99
/EACH
SAVE \$2



GRILLING SO GOOD NO MATTER HOW YOU SKEWER IT.



Longo's Fresh
Chicken or
Vegetable Kabobs
24.23/kg

10.99
/LB
SAVE \$1/LB



Longo's Fresh Pork or
Vegetable Kabobs or
Brochettes
15.41/kg

6.99
/LB
SAVE \$1/LB



TRY IT
WITH
LONGO'S
PITA BREAD



Longo's Fresh
Chicken Souvlaki
30.84/kg

13.99
SAVE \$1/LB



Longo's Fresh Pork
Souvlaki
22.02/kg

9.99
/LB
SAVE \$1/LB



TRY IT
WITH
LONGO'S
TZATZIKI



Prev Frozen or Frozen
White Shrimp Skewers
31-40ct

1.49
/EACH
SAVE 50¢ EACH



Longo's Frozen
Marinated Garlic
Herb Butterfly
Shrimp
340g

11.99
SAVE \$3



GROCERY



Tazo Tea
20ct
5.49
SAVE \$1.50



Tazo Concentrates
946mL
6.99
SAVE AT LEAST \$1



Black River Juice
1L bottle
5.99
SAVE \$2



Dempster's Grains or
Protein Bread 600G,
Bagels 5-6ct, Dempster's
Signature Buns 6-8ct or
Vachon Snack Cakes 6ct
Individual 3.99
selected varieties
2 FOR \$7
SAVE AT LEAST \$2.98



Green Giant
Canned
Vegetables
341-398mL
1.79
SAVE AT LEAST 40¢



St. Dalfour Spreads
225mL jar
4.99
SAVE AT LEAST \$2.50



California Sandwiches
Past Sauce 730mL or
Pasqualino Pasta Sauce
480mL jar
selected varieties
7.99
SAVE AT LEAST \$1



Keg Classic Clamato
Caesar Mix
1.89L bottle
selected varieties
4.99
SAVE \$1.50



Kicking Horse
Coffee K-Cups
24ct pkg
27.99
SAVE AT LEAST \$5



Kashi Go Active Cereal
349-510g pkg, or
Kashi Cereal 360g pkg, or
Kashi Granola 227g pkg
6.49
SAVE 50¢



Balocco Cookies
700g bag
4.99
SAVE 50¢



Drizzilicious
Mini Rice
Cakes
113g pkg
selected varieties
5.49
SAVE 50¢

ORGANIC

Four Trees By
Phoeapolis Extra
Virgin Olive Oil
500mL bottle
10.99
SAVE \$4



Club House La Grille or
Blends Seasonings
111-248g bottle
selected varieties
4.99
SAVE AT LEAST \$2



Dawn Platinum or
Ultra Dish Soap
896mL-1.12L or
Powerwash Spray
473mL bottle
selected varieties
5.49
SAVE AT LEAST \$1



Ziploc Medium or Large
Freezer Bags
28-44ct, XL Freezer Bags
10ct, or Sandwich Bags
180-200 ct
7.99
SAVE AT LEAST \$2



DAIRY AND FROZEN

BUY ANY 3 AND RECEIVE

1,000*

POINTS



iÖGO Nanö
Drinkable Yogourt
6x93mL pkg or
Lactantia Cream
473mL-1L carton
selected varieties



13⁹⁹ St. Louis Chicken Wings
or Boneless Bites
650g pkg
selected varieties
SAVE \$2

Schneiders Bacon or
Fully Cooked Strips
100-375g pkg
Individual \$5.99
selected varieties

2^{OR} \$10
SAVE \$7.98 ON 2



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

2^{OR} \$8
SAVE \$1.58 ON 2



6⁹⁹ Siggis Skyr Yogurt
650-750g or
iÖGO multipack Yogurt
16x100g
selected varieties
SAVE AT LEAST \$1.50

Silk
Beverages
1.75-1.89L carton
selected varieties

3⁹⁹
SAVE AT LEAST \$1.50



5⁴⁹ Chapman's Yukon
Novelties
5-8ct pkg
selected varieties
SAVE 50¢



10⁹⁹ Piano Piano
Frozen Pizza
474-495g pkg
selected varieties
SAVE \$1

Starbucks
Cold Brew or
Iced Coffee
1.18-1.42L bottle
selected varieties

7⁹⁹
SAVE AT LEAST \$1.50



Schneiders
Smoked
Sausage or
Juicy Jumbos
375-450g pkg
selected varieties

5⁹⁹
SAVE \$4



3⁹⁹ Kellogg's Eggos or
Thick & Fluffy Waffles
270-330g pkg
selected varieties
SAVE 50¢



6⁹⁹ Beyond Meat Burger 226g,
Beyond Sausage 400g,
Beyond Steak Seared Tips 226g or
Beyond Meat
Chicken Tenders 226g
selected varieties
SAVE \$2

LONGO'S MUST-HAVES

ICE CREAM SUMMER TREATS

Longo's Ice Cream Bar or Ice Cream Sandwich
4 pack
selected varieties

4⁹⁹

SAVE AT LEAST \$1



Longo's Popcorn
175-225g pkg
selected varieties

2⁹⁹
SAVE 50¢



Longo's Cantina-Style
Tortilla Chips
300-400g pkg
selected varieties

3⁴⁹
SAVE 50¢



Longo's Smore's Kits
600g

8⁹⁹
SAVE AT LEAST 97¢



Longo's Salsa
430mL jar
selected varieties

4⁴⁹
SAVE 50¢



NEW

NEW

Longo's Fruit
Flavoured Jellies
and Sunsations
284g pkg
selected varieties

5⁹⁹
SAVE \$1



Longo's Flavoured
Marshmallows
170g pkg
selected varieties

4⁹⁹
SAVE \$1



2⁹⁹ Longo's Candy
200g pkg
selected varieties
SAVE AT LEAST 50¢

THIRST QUENCHING!

Longo's Sparkling Water Lemon Lime or Blackberry
12x355mL case
Individual \$5.49

2 FOR \$10
SAVE \$1.98 ON 2



Longo's Half & Half Lemon & Tea and Raspberry Lemonade
1.89L bottle

2.99
SAVE 50¢



Longo's Orange Juice
2.5L jug

7.99
EARN 250 POINTS



Longo's Curato Blood Orange or Lemonade
750mL bottle

2.49
SAVE 50¢



Longo's Sparkling Water
6x1L bottle

5.99
SAVE \$1



Longo's Alkaline Water
1L bottle

1.99
SAVE 50¢



Longo's Alkaline Water
500mL bottle

99¢
SAVE 50¢



SUMMER PICNIC ESSENTIALS

Longo's Sliced
Deli Meat
150g-200g
selected varieties

7⁹⁹

THANK YOU EARN 150 POINTS



Venetian Cacciatore
Mild or Hot
175g
selected varieties

8⁴⁹

THANK YOU EARN 200 POINTS



Goodleaf Farms
Fresh Salad Blends
Product of Ontario
113g pkg

3⁹⁹



Fresh Mini Carrots
Product of Ontario
1lb pkg

1⁹⁹



Longo's Fresh Flavour
Bomb Cherry Tomatoes
on a Vine
Product of Ontario
341g pkg

4⁹⁹



Vinta Crackers
200-225g

3²⁹

SAVE AT LEAST \$1



BAKED IN-STORE!

Longos 9" Sub Buns
4pk

2⁹⁹

SAVE \$1



18⁹⁹

SAVE \$1

Cottage Springs
Weekender Mixed
Pack
8x355mL



7⁹⁹

SAVE \$1

Balderson Royale
Cheddar Snacks
126g pkg

GUACAMOLE MADE FRESH IN-STORE DAILY! TASTE THE DIFFERENCE!

TRADITIONAL
GUACAMOLE!

SMASHED
AVOCADO!

Smashed Avocado or
Traditional Guacamole
225g pkg

6⁹⁹

or Mix and Match

2^{OR} \$12

SAVE UP TO \$1.98 ON 2

- 100% ALL NATURAL
- NO PRESERVATIVES

BUY ANY 2
SMASHED AVOCADO
OR
TRADITIONAL
GUACAMOLE



AND GET A **FREE** BAG OF
LONGO'S TORTILLA CHIPS
WHEN YOU SCAN YOUR



**THANK YOU
REWARDS CARD!**



Longo's Yellow Corn or Blue
Corn & Flax Seed Tortilla Chips
400g pkg



CHEERS TO SUMMER



Bask Crisp Rosé
750mL

11⁹⁹
SAVE \$1

Stella Artois Tall Can
6x473mL cans

18⁹⁹
SAVE \$1



Dillon's Gin Cocktail
Mixed Pack
12x355mL cans

29⁹⁹
SAVE \$3



Peroni Nastro Azzurro
Zero Non-Alcoholic
Beer
6x330mL cans

11⁹⁹
SAVE \$2



Peroni Nastro Azzurro or
Azzurro Stile Capri
6x330mL bottle
selected varieties

15⁹⁹
SAVE \$1



LONGO'S PREPARED VEGETABLES



Stress less with our ready-to-use veggies – from diced onions and sauce-ready soffritto to broccoli and cauliflower florets, sliced veggies, and medleys prepped for grilling and stir-fries.



**PREPARED
FRESH
IN-STORE
DAILY!**



Broccoli Florets



Cauliflower Florets



Trimmed Organic
Rainbow Carrots



Prepared Vegetable
Soup Starter



Sliced Pepper Medley



Prepared Vegetable Stir-Fry



Celery Sticks



Prepared Julienne Vegetables



Prepared Vegetables -
Ready for the Grill



Vegetable Medley

FROM
120
/100G

Longo's
Prepared
Vegetables



**EARN 200
POINTS
PER 100G**



Carrot & Celery Sticks



Asparagus



Diced Red Onion



Diced Soffritto



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 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 30TH TO WEDNESDAY AUGUST 5TH, 2026.

SAVE ON THE BRANDS YOU LOVE AT LONGO'S

Summer with

BellaCasara

Bella Casara fresh cheeses
125g-250g,
selected varieties

Bella Casara Fresh Mozzarella and Burrata Cheese
125-250g tub

FROM 7⁹⁹
SAVE \$2

Your summer lineup

Simply
Lemonade
1.54L bottle
selected varieties

Minute Maid
zero sugar
zéro sucre
1.54L bottle
selected varieties

3⁹⁹
SAVE AT LEAST \$2

Minute Maid
zero sugar
zéro sucre
1.54L bottle
selected varieties

3⁹⁹
SAVE AT LEAST \$2

The trademarks that appear are the property of their respective trademark owners.

Rise
Kombucha
414ml bottle
selected varieties

3⁴⁹
SAVE \$1

Simply Protein Granola Bars
180g pkg

9⁹⁹
SAVE AT LEAST \$1.50

Righteous Gelato
473mL

7⁹⁹
SAVE \$1

Toacker

Quadratini
220-250g pkg
selected varieties

4⁹⁹
SAVE 50¢

Crispy Wafers
175g pkg
selected varieties

3⁴⁹
SAVE \$1

Tortina
126g pkg
selected varieties

3²⁹
SAVE 40¢

FRESH SAVINGS FOR THE WEEK OF THURSDAY JULY 30TH TO WEDNESDAY AUGUST 5TH, 2026.

SAVE ON THE BRANDS YOU LOVE AT LONGO'S

BACK TO SCHOOL SNACKS

Angie's Boom Chickapop Popcorn
136-198g bag
selected varieties

4.49
SAVE \$1.50

No artificial colours

Gluten free

Snack Pack Pudding
4pk
selected varieties

2.49
SAVE AT LEAST 80¢

Made with skim milk



Miss Vickie's
RISTORANTI
SERIES

Miss Vickie's Chips 190-200g bag
Individual \$4.49
selected varieties

2 FOR \$8
SAVE \$1.98 ON 2

Montellier Water 10x355mL
or Bubly Sparkling Water
12x355mL case
Individual \$7.49
selected varieties

2 FOR \$14
SAVE \$1.98 ON 2

Pepsi Beverages
12x355mL case
Individual \$8.49
selected varieties

2 FOR \$16
SAVE \$1.98 ON 2

Sunchips Snacks 205g bag
Individual \$4.79
selected varieties

2 FOR \$9
SAVE AT LEAST 98¢ ON 2



70 SINCE 1956
Longo's

BRINGING FAMILIES TO THE TABLE SINCE 1956.

CELEBRATING WITH

ALTA
MATERIAL HANDLING



70 SINCE 1956
Longo's

BRINGING FAMILIES TO THE TABLE SINCE 1956.

CELEBRATING WITH

arneg
arneg WORLD



SAVE ON THE BRANDS YOU LOVE AT LONGO'S

The image displays four bags of Organic Traditions Superfoods. The top row features two white bags: 'Turmeric Latte' (Latté au curcuma) and 'Chocolate Latte' (Latté au chocolat). The bottom row features two more bags: 'Matcha Latte' (Latté au matcha) and 'Focus Fuel Concentration Plus' (Mushroom Coffee). Each bag includes a central image of the product in a cup and various health-related claims and certifications.

Organic Traditions Superfoods

Turmeric Latte
Latté au curcuma
13 Servings/Portions 150 g

Chocolate Latte
Latté au chocolat
13 Servings/Portions 150 g

Matcha Latte
Latté au matcha
13 Servings/Portions 150 g

Focus Fuel Concentration Plus
Mushroom Coffee • Café aux champignons
140 g

Starbucks Coffee R&G 340g or Starbucks K-Cups 10ct

12⁹⁹

SAVE \$2

**NESTLÉ'S
Great summer treats!**

Nestlé KitKat Bar F1 Race Car 29g

1²⁹

SAVE 68¢

Häagen-Dazs

Perrier & San Pellegrino Sparkling Water 6x330mL or 8x330mL pkg selected varieties

7⁹⁹

SAVE AT LEAST \$1

Häagen-Dazs Ice Cream 414-450g tubs or Novelties 3ct pkg selected varieties

5⁴⁹

SAVE AT LEAST 50¢

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ELEVATE YOUR GRILLING SEASON

The Keg Prime Rib Burgers
908g-1.02kg
selected varieties

24⁹⁹
SAVE \$2



4 burgers x 170 g | 680 g

The Keg Prime Rib Sliders
852g
selected varieties

24⁹⁹
SAVE \$2



12 burgers x 71 g | 852 g



4⁴⁹
SAVE AT LEAST 50¢

START YOUR DAY DELICIOUS

Smucker's Jam
500mL jar
Smucker's No Sugar
Added Jam 310mL
selected varieties

5⁹⁹
**SAVE AT
LEAST \$2**

Folgers Classic
Roast Coffee
816g

19⁹⁹
SAVE \$3

Jif Peanut Butter
1kg
selected varieties

5⁹⁹
**SAVE AT
LEAST \$2**

Smucker's Uncrustables
4ct pkg
selected varieties

4⁹⁹
SAVE \$1

FRESH SAVINGS FOR THE WEEK OF THURSDAY JULY 30TH TO WEDNESDAY AUGUST 5TH, 2026.