

# food Basics

CANADIAN AND PROUD

# ALWAYS MORE FOR LESS



# WOWZA!



# MEGA WOWZA!



GET READY TO SAVE! GREAT PRICES START ON THURSDAY, AUGUST 27<sup>TH</sup> TO WEDNESDAY, SEPTEMBER 2<sup>ND</sup>, 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](http://foodbasics.ca), where you can create an account (or sign into your account) and select your preferred location.



# WOWZA!



**SCHNEIDERS LUNCH MATE OR GREENFIELD KITS OR ADULT KITS**  
74 - 126 G SELECTED VARIETIES

**\$2.49** EACH



**BLACK DIAMOND CHEESE** 400 G  
**NATURAL CHEESE SLICES** 220 - 240 G  
SELECTED VARIETIES

**\$4.99** EACH



**DEMPSTER'S WHOLE GRAIN BREAD** 600 G  
**SIGNATURE BUNS** 6 - 8'S  
SELECTED VARIETIES

**\$2.99** EACH



**SWISS CHALET OR MONTANA'S BBQ PORK BACK RIBS**  
600 - 650G SELECTED VARIETIES WHILE QUANTITIES LAST

**\$9.99** EACH



**HEREFORD CORNED BEEF OR SPAM LUNCHEON MEAT**  
340 G SELECTED VARIETIES

**\$3.49** EACH



**SELECTION PASTRIES** 600 - 825 G  
**SNACK TUBS** 430 - 606 G  
SELECTED VARIETIES

**\$5.99** EACH



**PHILADELPHIA CREAM CHEESE PRODUCT** 340 G  
**SIMPLY LEMONADE** 2.25 L  
SELECTED VARIETIES

**\$4.99** EACH



**SWANSON, HEALTHY CHOICE OR CRAVE MEALS**  
200 - 345 G FROZEN SELECTED VARIETIES

**\$3.99** EACH



**MCCAIN SUPERFRIES**  
454 - 600 G SELECTED VARIETIES

**\$2.99** EACH



**DORITOS, RUFFLES CHIPS, OR CHEETOS**  
100 - 285 G SELECTED VARIETIES

**2/\$7**



**QUAKER QUICK OATS** 709 G - 1 KG  
**INSTANT OATMEAL** 240 - 304 G  
SELECTED VARIETIES

**\$2.99** EACH



**RUSTICA PIZZA**  
665 - 866 G FROZEN SELECTED VARIETIES

**\$5.99** EACH



**QUAKER CRISPY MINIS**  
100 - 199 G SELECTED VARIETIES

**\$1.99** EACH



**KRAFT DINNER NOODLE MEAL**  
12 X 200 G

**\$9.99** EACH



**TIM HORTONS GROUND COFFEE** 615 - 875 G  
**COFFEE CAPSULES** 30'S  
SELECTED VARIETIES

**\$22.99** EACH



**COCA-COLA, CANADA DRY GINGER ALE OR PEPSI SOFT DRINKS**  
2 L SELECTED VARIETIES

**\$2.49** EACH



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

**\$7.99** EACH



**CHARMIN BATHROOM TISSUE** 8-24  
**BOUNTY PAPER TOWELS** 3-6'S  
SELECTED VARIETIES

**\$6.99** EACH

the app-solute best way to save

only with **moi** rewards



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

this week only



**CHIPS AHOY!** ORIGINAL OREO  
**CHISTIE FAMILY SIZE COOKIES\***  
265 - 488 G SELECTED VARIETIES

**\$3.99** EACH WITH COUPON



**PREMIUM PLUS** SALTED TOPS  
**CHRISTIE FAMILY SIZE CRACKERS\***  
350 - 481 G SELECTED VARIETIES

**\$2.99** EACH WITH COUPON

\*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 and 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 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.

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**food Basics** CANADIAN AND PROUD **ALWAYS FRESH. \*ALWAYS IN STOCK. ALWAYS GREAT PRICES.**

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**Fritos**  
ORIGINAL  
340 g

**Hostess**  
**HICKORY STICKS**  
ORIGINAL  
275 g

**Miss Vickie's**  
ORIGINAL RECIPE  
RECETTE ORIGINALE  
190 g

**Doritos**  
minis  
102-145 g

**Cheetos**  
minis  
102-145 g

**DORITOS OR CHEETOS MINIS**  
102-145 G  
SELECTED VARIETIES

**WOWZA!**  
**2.99**  
EACH

**Frito Lay**  
CLASSIC MIX  
MÉLANGE CLASSIC  
397-448 g

**WOWZA!**  
**9.99**  
EACH

**GATORADE**  
SPORTS DRINKS  
710 mL  
SELECTED VARIETIES

**WOWZA!**  
**1.49**  
EACH

**bubly**  
mini  
6 x 222 mL

**WOWZA!**  
**3.49**  
EACH

**PEPSI**  
MINI ZERO SUGAR  
6 x 222 mL

**WOWZA!**  
**3.49**  
EACH

**MISS VICKIE'S POTATO CHIPS**  
190 g

**FRITOS CORN CHIPS**  
340 g

**HICKORY STICKS**  
275 g

**WOWZA!**  
**3.99**  
EACH

**Cinnamon Toast Crunch**  
BLASTED WITH REAL CINNAMON  
591 g

**NATURE VALLEY**  
CRUNCHY  
PEANUT BUTTER  
130-210 g

**BETTY CROCKER**  
FRUIT SNACKS  
128-226 g

**PIZZA POPS**  
3 CHEESE • 3 FROMAGES  
380 g

**Toaster Strudel**  
326 g

**WOWZA!**  
**2.49**  
EACH

**Honey Nut Cheerios**  
MADE WITH REAL HONEY  
317-776 g

**OLD EL PASO**  
DINNER KIT  
HARD & SOFT TACO  
250-400 g

**OLD EL PASO**  
DINNER KIT  
SOFT TACO  
250-400 g

**OLD EL PASO**  
TACO KITS  
250-400 g

**OLD EL PASO**  
SEASONING  
24 g

**WOWZA!**  
**5.99**  
EACH

**WOWZA!**  
**3.99**  
EACH

**WOWZA!**  
**99¢**  
EACH

**Dare**  
original  
**WAGON WHEELS**  
315 g

**Vinta**  
snacks  
200 g

**Breton Bites**  
200 g

**VEGGIE CRISPS**  
LÉGUMES  
100 g

**Dare**  
Ultimate  
**Maple**  
crème  
300 g

**Bear Paws**  
Chocolate Chip  
210 g

**Viva Puffs**  
300 g

**juicee BEARS**  
500-700 g

**Gubes**  
ORIGINAL  
500-700 g

**WOWZA!**  
**2.99**  
EACH

**WOWZA!**  
**2.99**  
EACH

**WOWZA!**  
**2.99**  
EACH

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**2.99**  
EACH

**WOWZA!**  
**2.99**  
EACH

**WOWZA!**  
**2.99**  
EACH

**WOWZA!**  
**2.99**  
EACH

**WOWZA!**  
**3.99**  
EACH



**OIKOS PRO**  
24g PROTEINES  
NO ADDED SUGAR  
300 mL 0.95 L

OIKOS DRINKABLE GREEK YOGURT  
300 mL  
SELECTED VARIETIES

**DANONE**  
ONE PLANET. ONE HEALTH

**OIKOS**  
DANONE OIKOS GREEK YOGURT  
4X 100 G  
SELECTED VARIETIES

**Silk**  
Protéines  
18g  
1.42 L

SILK PROTEIN BEVERAGE  
1.42 L  
SELECTED VARIETIES

**WOWZA!**  
2.99 EACH

**15 points**

**WOWZA!**  
3.99 EACH

**WOWZA!**  
6.49 EACH

**ACTIVIA**  
12x 100 g  
SELECTED VARIETIES

**WOWZA!**  
6.49 EACH

**STOK**  
COLD BREW COFFEE / CAFE  
1.42 L

STOK COLD BREW  
1.42 L  
SELECTED VARIETIES

**WOWZA!**  
7.99 EACH

**SANPELLEGRINO**  
CIAO! CHERRY  
6 CANS  
330 mL

**MAISON PERRIER**  
FRANCE  
FOREVER LIME  
8x 330 mL

**NESCAFÉ**  
ESPRESSO CONCENTRATE  
500 mL  
SELECTED VARIETIES

**WOWZA!**  
6.99 EACH

**WOWZA!**  
7.99 EACH

**WOWZA!**  
7.99 EACH

**WOWZA!**  
6.99 EACH

**35 points**

**SAN PELLEGRINO**  
SPARKLING DRINKS  
6x 330 mL  
SELECTED VARIETIES

**MAISON PERRIER**  
CARBONATED WATER  
8x 330 mL  
SELECTED VARIETIES

**WOWZA!**  
1.99 EACH

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

**WOWZA!**  
8.99 EACH

**45 points**

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

**Knorr**  
BUTTER & HERB  
BEURRE ET FINES HERBES  
Pasta / Pâtes  
120 g

**HELLMANN'S**  
REAL MAYONNAISE  
445 mL

**Knorr**  
CHICKEN POULET  
6 BOUILLON CUBES  
83 g

**WOWZA!**  
1.99 EACH

**WOWZA!**  
3.99 EACH

**WOWZA!**  
1.99 EACH

**Knorr**  
CREAMY BACON CARBONARA  
CARBONARA CRÉMEUSES AU BACON  
Pasta / Pâtes  
120 g

**WOWZA!**  
1.99 EACH

**WOWZA!**  
7.49 EACH

**WOWZA!**  
8.99 EACH

**TRESEMMÉ**  
HAIR CARE  
828 mL OR 298-311 g  
SELECTED VARIETIES

**DOVE MEN**  
BODY WASH  
532 mL  
SELECTED VARIETIES





\$



\$



\$



SUMMER FRESH TOPPED HUMMUS 255 G SELECTED VARIETIES

WOWZA! 3.99 EACH

WOWZA! 3.99 EACH

SUMMER FRESH SALADS 200 - 300 G SELECTED VARIETIES



WOWZA! 2.99 EACH

SUMMER FRESH HUMMUS OR DIP 200 - 227 G SELECTED VARIETIES



\$

SUMMER FRESH HUMMUS OR DIP 434 G SELECTED VARIETIES

WOWZA! 5.49 EACH



SUMMER FRESH SALAD 200 - 300 G SELECTED VARIETIES



WOWZA! 7.99 EACH



PILLER'S SLICED DELI MEAT 125 - 175 G SELECTED VARIETIES

WOWZA! 3.99 EACH



PILLER'S LIVER SAUSAGE 250 G SELECTED VARIETIES

WOWZA! 4.49 EACH



PILLER'S SMOKED BONELESS HALF HAM 800 G SELECTED VARIETIES WHILE QUANTITIES LAST

WOWZA! 11.99 EACH



PILLER'S SLICED DELI MEAT 2 X 125 - 375 G SELECTED VARIETIES

WOWZA! 6.49 EACH



PILLER'S MEAT SNACKS 300 - 500 G SELECTED VARIETIES



WOWZA! 6.99 EACH



WOWZA! 7.99 EACH

CASHMERE BATHROOM TISSUE 12-24'S SELECTED VARIETIES



SPONGE TOWELS ULTRA PAPER TOWELS 3-6'S SELECTED VARIETIES

WOWZA! 7.99 EACH



CASHMERE ULTRA BATHROOM TISSUE 8-24'S SELECTED VARIETIES

WOWZA! 7.99 EACH



SCOTTIES FACIAL TISSUE 6'S SELECTED VARIETIES

WOWZA! 7.99 EACH



SCOTTIES SUPREME FACIAL TISSUE 6'S SELECTED VARIETIES

WOWZA! 7.99 EACH

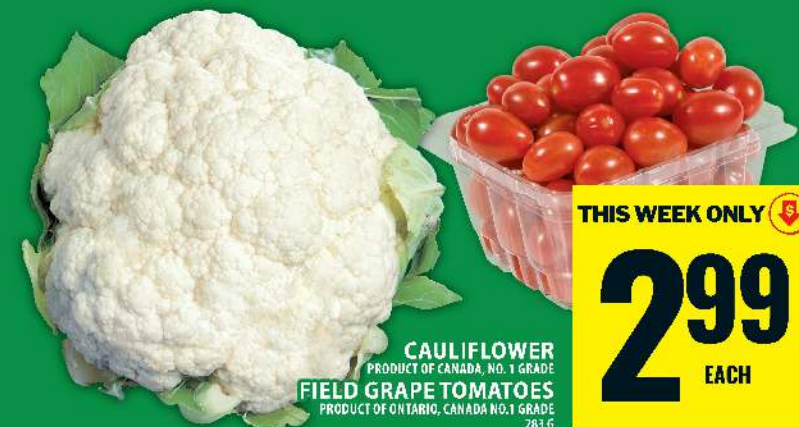


# WE LOVE LOCAL



PAULA RED APPLES  
PRODUCT OF ONTARIO  
EXTRA FANCY GRADE  
4.39/KG

THIS WEEK ONLY   
**1.99**  
/LB



CAULIFLOWER  
PRODUCT OF CANADA, NO. 1 GRADE  
FIELD GRAPE TOMATOES  
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE  
263 G

THIS WEEK ONLY   
**2.99**  
EACH



ROMAINE HEARTS  
PRODUCT OF CANADA, 3 PK  
SWEET CORN  
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE 4 PK

THIS WEEK ONLY   
**3.99**  
EACH



CANTALOUPE  
PRODUCT OF CANADA  
NO. 1 GRADE

THIS WEEK ONLY   
**2.99**  
EACH



WHOLE WHITE OR  
CREMINI MUSHROOMS  
PRODUCT OF CANADA  
227 G

BROCCOLI CROWNS  
PRODUCT OF CANADA

THIS WEEK ONLY   
**2/\$5**



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

THIS WEEK ONLY   
**4.99**  
EACH

FIELD TOMATOES  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE  
3 L BASKET

THIS WEEK ONLY   
**5.99**  
EACH



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

BLUE GRAPES  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE  
2 L BASKET

BARTLETT  
PEARS  
PRODUCT OF ONTARIO  
CANADA FANCY GRADE  
2 L BASKET

THIS WEEK ONLY   
**5.99**  
EACH

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

THIS WEEK ONLY   
**6.99**  
EACH



RASPBERRIES PRODUCT OF U.S.A. OR MEXICO NO. 1 GRADE, 170 G  
BLACKBERRIES PRODUCT OF MEXICO, NO. 1 GRADE, 150 - 170 G

THIS WEEK ONLY   
**3.99**  
EACH



AVOCADOS  
PRODUCT OF MEXICO OR PERU  
5 OR 6 PACK

LIMES  
PRODUCT OF MEXICO  
1 LB

THIS WEEK ONLY   
**3.99**  
EACH



HAVEN SALAD  
KIT  
200 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**4.99**  
EACH



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

CLEMENTINES  
PRODUCT OF SOUTH AFRICA OR PERU  
2 LB

GRAPEFRUIT  
PRODUCT OF TURKEY  
3 LB

THIS WEEK ONLY   
**4.99**  
EACH



HAMI OR  
CANARY  
MELON  
PRODUCT OF U.S.A.  
2.84/KG

THIS WEEK ONLY   
**1.29**  
/LB

RED MANGOES  
PRODUCT OF BRAZIL OR MEXICO

THIS WEEK ONLY   
**1.49**  
EACH



SUNRISE TOFU  
180 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**3.99**  
EACH

DAIYA  
GLUTEN  
FREE  
CHEESE  
200 - 220 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**5.49**  
EACH

# FLORAL



5 STEM  
SUNFLOWERS OR  
ROSES  
WHILE SUPPLIES LAST

THIS WEEK ONLY   
**\$6**  
EACH



MIXED  
BOUQUET  
WHILE SUPPLIES LAST

THIS WEEK ONLY   
**8.88**  
EACH



8" BASIL  
WHILE SUPPLIES LAST

THIS WEEK ONLY   
**6.99**  
EACH



5" ORCHID  
WHILE SUPPLIES LAST

THIS WEEK ONLY   
**14.98**  
EACH



# MEAT



HALAL  
AT SAME  
PRICE

FRESH CHICKEN  
DRUMSTICKS  
BAGGED  
SELECTED VARIETIES  
6.59/KG

THIS WEEK ONLY   
**2.99**  
/LB



AUTHENTIC FRESH PORK SAUSAGES  
SELECTED VARIETIES

THIS WEEK ONLY   
**5.99**  
EACH



**PRIME**  
RAISED  
WITHOUT  
antibiotics

PRIME RAISED  
WITHOUT ANTIBIOTICS  
FRESH WHOLE CHICKEN  
AIR CHILLED SELECTED VARIETIES  
11.00/KG

THIS WEEK ONLY   
**4.99**  
/LB



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

THIS WEEK ONLY   
**7.99**  
/LB



WHOLE  
RAINBOW  
TROUT  
8.99/LB, 19.82/KG  
SALMON  
PORTIONS  
2 X 113 G  
SELECTED VARIETIES  
8.99 EA.

THIS WEEK ONLY   
**8.99**  
/LB OR  
EACH



MEDIUM  
GROUND BEEF  
FAMILY PACK  
SELECTED VARIETIES  
WHILE QUANTITIES LAST  
16.51/KG

THIS WEEK ONLY   
**7.49**  
/LB



LEVESQUE  
SMOKED  
HALF PORK  
PICNIC  
ROAST  
SELECTED VARIETIES  
8.80/KG

THIS WEEK ONLY   
**3.99**  
/LB



SELECTION  
BACON  
375 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**3.99**  
EACH



SCHNEIDERS RED HOTS OR  
MAPLE LEAF TOP DOGS WIENERS  
375 G  
SCHNEIDERS MEAT PIES  
330 - 400 G FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY   
**4.99**  
EACH



BEYOND MEAT PLANT-  
BASED SAUSAGES,  
GROUNDS OR  
BREADED TENDERS  
325 - 400 G FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY   
**7.99**  
EACH



TRE STELLE  
PANEER OR  
HALLOUMI  
200 - 300 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**4.49**  
EACH

**25**  
points



PRODUCT  
OF ITALY

MARC ANGELO ITALIAN  
SLICED DELI MEAT  
85 G SELECTED VARIETIES



MONSIEUR  
GUSTAV  
GOUDA OR  
CHEDDAR OR  
NOTRE-DAME  
VBRIE  
170 - 200 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**5.99**  
EACH



SWISS CHALET OR  
MONTANA'S  
SINGLE SERVE PIES  
470 G  
FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY   
**7.99**  
EACH



SELECTION  
DELI SALADS  
800 G  
SELECTED VARIETIES

LOCKED DOWN   
**4.99**  
EACH



IRRESISTIBLE  
RAW SHRIMP  
& SCALLOPS  
340 G  
FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY   
**5.49**  
EACH



GOURMETA  
THAI SHRIMP  
COOKED 65 - 75 CT OR  
RAW 31 - 40 CT OR  
NORTHERN KING  
WHOLE TILAPIA  
300 G - 1 KG FROZEN  
OR CHELSEA PINK  
SALMON FILLET  
400 G FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY   
**7.49**  
EACH



IRRESISTIBLES  
POPCORN SHRIMP OR  
ATLANTIC WILD  
OCEAN PERCH  
700 - 750 G FROZEN  
SELECTED VARIETIES

THIS WEEK ONLY   
**11.99**  
EACH

# BAKERY



DEMPSTER'S BREAD  
675 G  
BUNS  
8'S  
SELECTED VARIETIES

THIS WEEK ONLY   
**2.69**  
EACH



4  
Buns  
Brioches  
Sesame  
Brioche  
Buns  
200g  
Pré-cuise  
Pré-cuise

LA FOURNÉE DORÉE  
SESAME BUNS  
4'S

THIS WEEK ONLY   
**3.99**  
EACH



IRRESISTIBLE MINI MUFFINS  
336 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**4.99**  
EACH



CHARLOTTE'S CAKE  
400 - 475 G  
SELECTION CHEESECAKE  
FROZEN 510 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**5.99**  
EACH



# LOCKED DOWN



BECEL  
MARGARINE  
400 G  
SELECTED VARIETIES

LOCKED DOWN  
**4.49**  
EACH



PEARL MILLING COMPANY  
PANCAKE & WAFFLE MIX  
905 G  
TABLE SYRUP  
710 ML  
SELECTED VARIETIES



LOCKED DOWN  
**3.99**  
EACH



GAY LEA SOUR CREAM  
250 ML  
SELECTED VARIETIES

LOCKED DOWN  
**2.49**  
EACH



MOTT'S  
CLAMATO  
COCKTAIL  
1.89 L  
SELECTED VARIETIES

LOCKED DOWN  
**2/\$7**



MR. NOODLES  
INSTANT NOODLES  
64 G  
SELECTED VARIETIES

LOCKED DOWN  
**99¢**  
EACH



OCEAN SPRAY  
CRANBERRY  
COCKTAIL  
OR JUICE  
BLENDS  
1.77 - 1.89 L  
SELECTED VARIETIES

LOCKED DOWN  
**3.99**  
EACH



MADE GOOD ORGANIC  
GRANOLA BARS  
5'S  
SELECTED VARIETIES

LOCKED DOWN  
**3.33**  
EACH



TETLEY  
TEA  
40 - 48'S  
SELECTED VARIETIES

LOCKED DOWN  
**6.99**  
EACH



CADBURY  
CHOCOLATE  
144 - 180 G  
SELECTED VARIETIES

LOCKED DOWN  
**4.99**  
EACH



PAM COOKING SPRAY  
141 - 170 G  
SELECTED VARIETIES

LOCKED DOWN  
**5.49**  
EACH

**30**  
points



BUDWEISER ZERO  
ALCOHOL-FREE  
BEER  
12 x 355 ML  
SELECTED VARIETIES

LOCKED DOWN  
**15.29**  
EACH



EXCEL GUM  
3 x 16 UN  
SELECTED VARIETIES

LOCKED DOWN  
**3.99**  
EACH



OAT-LY  
OAT DRINK  
946 ML  
SELECTED VARIETIES

LOCKED DOWN  
**4.99**  
EACH



OCEAN'S  
ALBACORE  
WHITE TUNA  
170 G  
SELECTED VARIETIES

LOCKED DOWN  
**2.99**  
EACH



ARM & HAMMER  
TOOTHPASTE  
120 ML  
SELECTED VARIETIES

LOCKED DOWN  
**2.99**  
EACH



SOFTSOAP  
HAND SOAP  
REFILL  
1.47 L  
SELECTED VARIETIES

LOCKED DOWN  
**6.99**  
EACH



S.O.S. STEEL WOOL PADS  
10'S  
SELECTED VARIETIES

LOCKED DOWN  
**2.99**  
EACH



BRITA WATER  
FILTRATION  
SYSTEM  
EACH  
REFILL FILTERS  
3'S  
SELECTED VARIETIES

LOCKED DOWN  
**23.99**  
EACH



IVORY BODY WASH  
1.03 L  
SELECTED VARIETIES

LOCKED DOWN  
**7.99**  
EACH



HUGGIES  
GOODNITES  
PULL-UPS  
TRAINING  
UNDERWEAR  
44 - 46'S  
SELECTED VARIETIES

LOCKED DOWN  
**29.99**  
EACH

## 20% OFF SELECT gift card

Offer valid Aug 27 - Sept 2

Subject to availability. While supplies last. See gift cards for details, terms, conditions and (if applicable) fees. All trademarks are property of their respective owners. The gift cards featured are not sponsors or otherwise affiliated with this company.



ALWAYS GREAT PRICE



IRRESISTIBLE ORANGE JUICE  
2.5 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE

6<sup>99</sup> EACH



SELECTION ENTRÉES  
215 G  
FROZEN  
SELECTED VARIETIES

ALWAYS GREAT PRICE

1<sup>37</sup> EACH



SELECTION MARGARINE  
850 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE

4<sup>99</sup> EACH



SELECTION INSTANT COFFEE  
200 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE

5<sup>99</sup> EACH



SELECTION POTATO CHIPS  
200 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE

1<sup>49</sup> EACH



IRRESISTIBLE SWISS CHOCOLATE BAR  
300 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE

6<sup>99</sup> EACH



LIFE SMART NATURALIA TORTILLA CHIPS  
350 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE

2<sup>99</sup> EACH



IRRESISTIBLE MELBA TOAST  
110 - 200 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE

2<sup>49</sup> EACH



IRRESISTIBLES BASIL PESTO  
270 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE

3<sup>79</sup> EACH



IRRESISTIBLE BALSAMIC VINEGAR OR GLAZE  
250 - 300 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE

4<sup>44</sup> EACH



IRRESISTIBLES SNACKS  
142 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE

2<sup>49</sup> EACH



SELECTION COCONUT  
200 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE

2<sup>99</sup> EACH



IRRESISTIBLE BBQ SAUCE  
360 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE

3<sup>49</sup> EACH



SELECTION PIZZA EXPRESS  
125  
SELECTED VARIETIES

ALWAYS GREAT PRICE

1<sup>19</sup> EACH



SELECTION WOODEN UTENSILS  
24'S  
SELECTED VARIETIES

ALWAYS GREAT PRICE

1<sup>99</sup> EACH



SELECTION ECO COMPOSTABLE COFFEE CUPS  
12'S  
SELECTED VARIETIES

ALWAYS GREAT PRICE

4<sup>99</sup> EACH



SELECTION FACIAL TISSUES  
12'S

ALWAYS GREAT PRICE

1<sup>39</sup> EACH



SELECTION BATHROOM TISSUE  
30 - 100'S

ALWAYS GREAT PRICE

1<sup>99</sup> EACH



# SUMMER TREATS FOR LESS



**Häagen-Dazs**

vanilla almond  
vanille amande

3 x 38 ml

**SUMMER TREATS**

**5.49** EACH

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



**Baskin-Robbins**

**SUMMER TREATS**

**9.99** EACH

BASKIN ROBBINS ICE CREAM  
946 ML  
ICE CREAM SANDWICHES  
4'S  
SELECTED VARIETIES



**Irresistible**

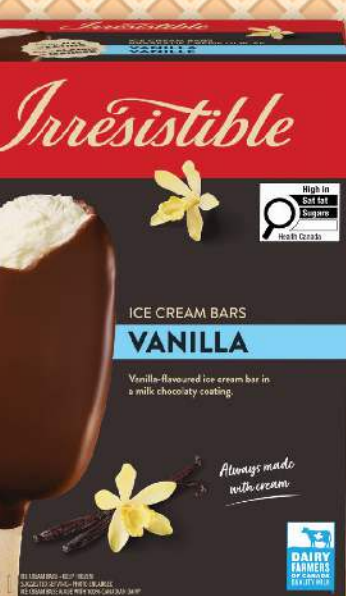
ICE CREAM  
CARAMEL TORNADO

ICE CREAM  
CHERRY

**SUMMER TREATS**

**4.88** EACH

IRRESISTIBLE ICE CREAM  
1.5 L  
SELECTED VARIETIES



**Irresistible**

ICE CREAM BARS  
CHERRY

ICE CREAM BARS  
VANILLA

**SUMMER TREATS**

**4.88** EACH

IRRESISTIBLE ICE CREAM BARS  
4 X 88 ML  
SELECTED VARIETIES



**Selection**

**NEAPOLITAN - NAPOLITAINE**  
ICE MILK - LAIT GLACÉ

**SUMMER TREATS**

**6.99** EACH

SELECTION ICE MILK  
4 L  
SELECTED VARIETIES



**Selection**

**VANILLA IN THE MIDDLE**

18 MINI SANDWICHES

**SUMMER TREATS**

**4.99** EACH

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



**Irresistible**

FRUIT BARS  
ASSORTMENT - ASSORTIMENT DE BARRES AUX FRUITS

**Selection**

**FRUITY FIESTA**

24 POPS

**SUMMER TREATS**

**4.99** EACH

SELECTION ICE POPS  
24'S  
IRRESISTIBLE FRUIT BARS  
12'S  
SELECTED VARIETIES



**Selection**

**VaNiLLa SURPRISE**

24 BARS

**Selection**

**Forever Fudge**

24 BARS

**SUMMER TREATS**

**4.99** EACH

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



# BACK TO SCHOOL FAVOURITES



**BOSTON MARKET MEALS**  
369 - 397 G  
FROZEN  
SELECTED VARIETIES

**THIS WEEK ONLY**

**3.49**  
EACH



**CRUNCH'N MUNCH**  
99 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

**THIS WEEK ONLY**

**1.50**  
EACH



**SELECTION CEREALS**  
510 - 775 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**4.97**  
EACH



**JORDANS MORNING CRISP OR MUESLI CEREAL**  
400 G  
SELECTED VARIETIES

**LOCKED DOWN**

**6.49**  
EACH



**KOZYSHACK RICE PUDDING**  
6.8 x 113 G  
SELECTED VARIETIES

**LOCKED DOWN**

**5.29**  
EACH

**30 points**



**SUN-MAID RAISINS**  
14 x 14 G  
SELECTED VARIETIES

**LOCKED DOWN**

**4.49**  
EACH



**SELECTION GRANOLA BARS**  
156 - 172 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**2.49**  
EACH



**KELLOGG'S EGGO WAFFLES**  
280 G  
FROZEN  
SELECTED VARIETIES

**LOCKED DOWN**

**3.49**  
EACH



**SELECTION PANCAKE MIX**  
905 G  
TABLE SYRUP  
710 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**2.97**  
EACH



**GOLDFISH CRACKERS**  
168 - 200 G  
SELECTED VARIETIES

**LOCKED DOWN**

**2/\$5**



**McCAFE COFFEE CAPSULES**  
30'S  
SELECTED VARIETIES

**LOCKED DOWN**

**26.99**  
EACH



**LECLERC CELEBRATION COOKIES**  
200 - 240 G  
SELECTED VARIETIES

**LOCKED DOWN**

**3.49**  
EACH



**SELECTION OR LIFE SMART NATURALIA PEANUT BUTTER**  
259 G - 1 KG  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**4.44**  
EACH



**YOPLAIT TUBES OR MINIGO YOGURT**  
8-8'S  
SELECTED VARIETIES

**LOCKED DOWN**

**2.99**  
EACH



**SELECTION FRUIT CUPS**  
4'S  
LIFE SMART APPLE SNACKS  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**2.49**  
EACH



**SELECTION OR IRRESISTIBLE FRUIT**  
1.5 - 2 KG  
FROZEN  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**14.99**  
EACH



**SELECTION WAFFLES**  
280 - 320 G  
FROZEN  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**2.99**  
EACH



**SELECTION OATS - 1 KG INSTANT OATMEAL**  
340 - 430 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**2.99**  
EACH



**BAUDUCCO WAFERS**  
142 G  
SELECTED VARIETIES

**LOCKED DOWN**

**1.29**  
EACH



**RUBICON JUICE DRINKS**  
4 x 200 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**3.49**  
EACH



**SELECTION ALUMINUM FOIL**  
EACH

**ALWAYS GREAT PRICE**

**1.99**  
EACH



**SELECTION PLASTIC WRAP**  
EACH

**ALWAYS GREAT PRICE**

**3.99**  
EACH



**SELECTION ECO TABLE NAPKINS**  
500'S

**ALWAYS GREAT PRICE**

**5.99**  
EACH



**SELECTION SANDWICH BAGS**  
300'S  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**7.99**  
EACH



# MORE

## FLAVOURS OF THE WORLD



EGGPLANTS  
PRODUCT OF ONTARIO  
4.39/KG

THIS WEEK ONLY  
**1.99**  
/LB



ADONIS  
GARLIC  
SAUCE  
250 G

THIS WEEK ONLY  
**3.99**  
EACH



PRIMO BEANS  
440 ML  
SELECTED VARIETIES

THIS WEEK ONLY  
**1.68**  
EACH



DELPHI HONEY  
1 L  
ALKANATER  
TAHINI  
900 G  
SELECTED VARIETIES

LOCKED DOWN  
**6.99**  
EACH



CEDAR OR  
PHOENICIA  
YOGURT  
650 - 750 G  
BABA  
GHANNOUJ  
370 G  
SELECTED VARIETIES

LOCKED DOWN  
**2.49**  
EACH



CEDAR PATNA OR PARBOILED RICE  
2.8 L  
SELECTED VARIETIES

LOCKED DOWN  
**10.99**  
EACH



CEDAR SPINACH OR PHYLLO PASTRY  
375 - 750 G FROZEN  
BURGOL OR RED LENTILS  
907 G  
SELECTED VARIETIES

LOCKED DOWN  
**2.99**  
EACH



CEDAR  
EXTRA VIRGIN  
OLIVE OIL  
2.8 L  
SELECTED VARIETIES

LOCKED DOWN  
**29.99**  
EACH



IRRESISTIBLE  
PORTUGUESE  
TARTS  
450 G

THIS WEEK ONLY  
**5.99**  
EACH



CEDAR POMEGRANATE  
JUICE, CONDENSED  
MILK OR PEACHES  
250 - 796 ML  
SELECTED VARIETIES

LOCKED DOWN  
**3.49**  
EACH



KNORR  
BOUILLON  
CUBES  
80 G  
CEDAR  
VERMICELLI  
500 G  
SELECTED VARIETIES

LOCKED DOWN  
**1.29**  
EACH



MONTANA MOLOKHIA  
375 G FROZEN  
DELPHI SEA SALT  
750 G  
SELECTED VARIETIES

LOCKED DOWN  
**1.99**  
EACH



CEDAR  
MARINATED  
VEGETABLES  
OR GRAPE  
LEAVES  
1 L  
PHOENICIA  
CORNE  
BEEF  
340 G  
SELECTED VARIETIES

LOCKED DOWN  
**4.49**  
EACH



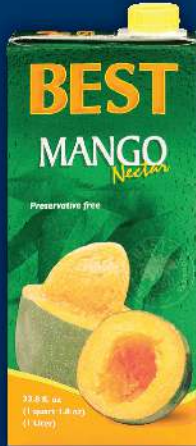
ELZYMI PIE  
400 G FROZEN  
SELECTED VARIETIES

LOCKED DOWN  
**6.99**  
EACH



PHOENICIA  
555  
BASMATI  
RICE  
4.54 KG  
SELECTED VARIETIES

LOCKED DOWN  
**11.99**  
EACH



NORDEX  
KASHTA  
CREAM  
170 G  
BEST  
NECTAR  
1 L  
CEDAR TEA  
20'S  
SELECTED VARIETIES

LOCKED DOWN  
**2.99**  
EACH



NESTLÉ MILO OR  
MAATOUK TURKISH  
COFFEE  
200 - 400 G SELECTED VARIETIES

LOCKED DOWN  
**5.99**  
EACH



CEDAR MARINATED  
VEGETABLES, AJVAR  
OR PALM HEARTS  
398 - 660 ML  
SELECTED VARIETIES



LOCKED DOWN  
**3.99**  
EACH



# MORE

FLAVOURS

OF

THE

WORLD



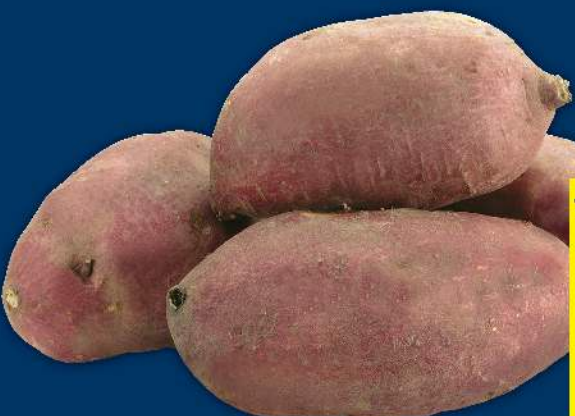
FRESH YELLOW DATES  
PRODUCT OF EGYPT  
11.00/KG

THIS WEEK ONLY   
**4.99**  
/LB



FLAT CABBAGE  
PRODUCT OF CANADA  
2.18/KG

THIS WEEK ONLY   
**99¢**  
/LB



LARGE PURPLE  
SWEET POTATOES  
PRODUCT OF U.S.A. OR HONDURAS  
3.73/KG

THIS WEEK ONLY   
**1.69**  
/LB



BRAIDED GARLIC  
PRODUCT OF CHINA  
500 G

THIS WEEK ONLY   
**3.99**  
EACH



ZABIHA HALAL  
FRESH CHICKEN DRUMSTICKS  
BAGGED  
SELECTED VARIETIES  
6.59/KG

THIS WEEK ONLY   
**2.99**  
/LB



TASTY BRAND FISH BALLS  
180 G  
FROZEN  
SELECTED VARIETIES



THIS WEEK ONLY   
**2.79**  
EACH



PUCK LABNEH  
400 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**4.99**  
EACH



CRISPY POUND CAKE OR SHORTBREAD COOKIES  
350 - 368 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**3.49**  
EACH



HANS MAKHAN  
WHIPPED BUTTER  
300 G  
SELECTED VARIETIES

LOCKED DOWN   
**5.99**  
EACH



HANS LASSI  
1 L  
SELECTED VARIETIES

LOCKED DOWN   
**3.49**  
EACH



HANS KHEER  
RICE PUDDING  
500 G  
SELECTED VARIETIES

LOCKED DOWN   
**2.49**  
EACH



BRAR'S MILK CAKE  
350 - 400 G  
FROZEN  
SELECTED VARIETIES

LOCKED DOWN   
**7.99**  
EACH



# CHOOSE CANADIAN



PAULA  
RED APPLES  
PRODUCT OF ONTARIO  
EXTRA FANCY GRADE  
4.39/KG

**1.99**  
/LB



CARROTS  
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE  
2 LB  
YELLOW ONIONS  
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE  
2 LB

**1.44**  
EACH



DEMPSTER'S BREAD  
675 G OR  
BUNS  
8'S  
SELECTED VARIETIES

**2.69**  
EACH



IRRESISTIBLE MINI MUFFINS  
336 G  
SELECTED VARIETIES

**4.99**  
EACH



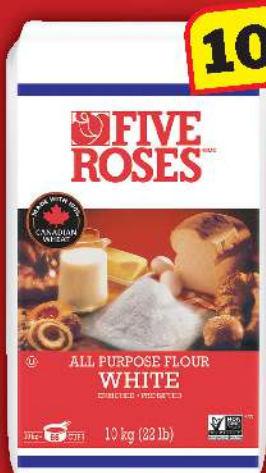
SCHNEIDERS  
RED HOTS OR MAPLE LEAF TOP DOGS WIENERS  
375 G  
SCHNEIDERS MEAT PIES  
330 - 400 G FROZEN - SELECTED VARIETIES

**4.99**  
EACH



SWISS CHALET OR MONTANA'S  
SINGLE SERVE PIES  
670 G  
FROZEN  
SELECTED VARIETIES

**7.99**  
EACH



**10 KG**



FIVE ROSES OR  
ROBIN HOOD FLOUR  
10 KG  
SELECTED VARIETIES

**11.98**  
EACH



NESTLÉ REAL DAIRY ICE CREAM  
1.5 L  
NOVELTIES  
4 - 10'S  
SELECTED VARIETIES



**3.98**  
EACH



LACTANTIA PURFILTRE MILK  
1%, 2%, SKIMMED  
4 L  
LACTOSE FREE MILK  
2 L SELECTED VARIETIES

**4.98**  
EACH



DORITOS,  
RUFFLES CHIPS  
OR CHEETOS  
180 - 285 G  
SELECTED VARIETIES

**2/\$7**



SELECTION OR  
LIFE SMART NATURALIA  
PEANUT BUTTER  
750 G - 1 KG  
SELECTED VARIETIES

**4.44**  
EACH



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

**7.99**  
EACH



KRAFT DINNER  
NOODLE MEAL  
12 x 200 G

**9.99**  
EACH



CASHMERE  
BATHROOM TISSUE  
8 - 12'S = 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.



# 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](http://moirewards.ca) for conditions. Moi Rewards is a trademark of Metro Inc.

**THE LITTLE POTATO CO.**  
A LITTLE ROASTED GARLIC, ROSEMARY & THYME™  
UN PEU D'AIL RÔTI, DE ROMARIN ET DE THYM  
FRESH POTATOES - POMMES DE TERRE FRAÎCHES  
with seasoning pack avec un sachet d'assaisonnement

5 little minutes is all it takes  
5 p'tites minutes, c'est tout ce qu'il faut

WE LOVE LOCAL Canada

LPC POTATOES  
PRODUCT OF CANADA  
NO. 1 GRADE  
454 G  
SELECTED VARIETIES

THIS WEEK ONLY **349** EACH

**20** points

Real. Simple. Vrai. Simple.  
**MAPLE LEAF**  
**Natural Chicken**  
Poulet naturel  
Slow Roasted Shredded Chicken  
Poulet émincé rôti lentement  
250 g

MAPLE LEAF PREPARED & READY SHREDDED CHICKEN  
SELECTED VARIETIES

THIS WEEK ONLY **799** EACH

**40** points

**KING'S HAWAIIAN**  
ROLLS  
340 G  
SELECTED VARIETIES

THIS WEEK ONLY **449** EACH

**50** points

**EARTH'S OWN OAT BEVERAGE**  
946 ML  
SELECTED VARIETIES

LOCKED DOWN **499** EACH

**25** points

**PILLSBURY PREPARED DOUGH**  
340 - 400 G  
SELECTED VARIETIES

LOCKED DOWN **299** EACH

**15** points

**DR. OETKER GIUSEPPE STUFFED CRUST OR SUPREMA PIZZA**  
487 - 724 G  
FROZEN  
SELECTED VARIETIES

LOCKED DOWN **699** EACH

**35** points

**KICKING HORSE GROUND COFFEE**  
284 G  
SELECTED VARIETIES

LOCKED DOWN **1299** EACH

**55** points

**STAGG CHILI**  
425 ML  
SELECTED VARIETIES

LOCKED DOWN **379** EACH

**20** points

**HORMEL REAL BACON BITS**  
100 G

LOCKED DOWN **599** EACH

**30** points

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

LOCKED DOWN **2149** EACH

**65** points

**ALLEN'S JUICE OR FRUIT COCKTAIL**  
8 X 200 ML  
SELECTED VARIETIES

LOCKED DOWN **299** EACH

**15** points

**GLAD CLING WRAP**  
EACH  
SELECTED VARIETIES

LOCKED DOWN **449** EACH

**25** points

**MINUTE RICE**  
600 - 700 G  
SELECTED VARIETIES

LOCKED DOWN **499** EACH

**25** points



Get more  
Moi points  
for even  
more  
savings.



Extra Moi  
points at  
participating  
stores\*.



Even more  
Moi points  
everywhere  
you shop\*.



AVION  
REWARDS™

moi  
rewards



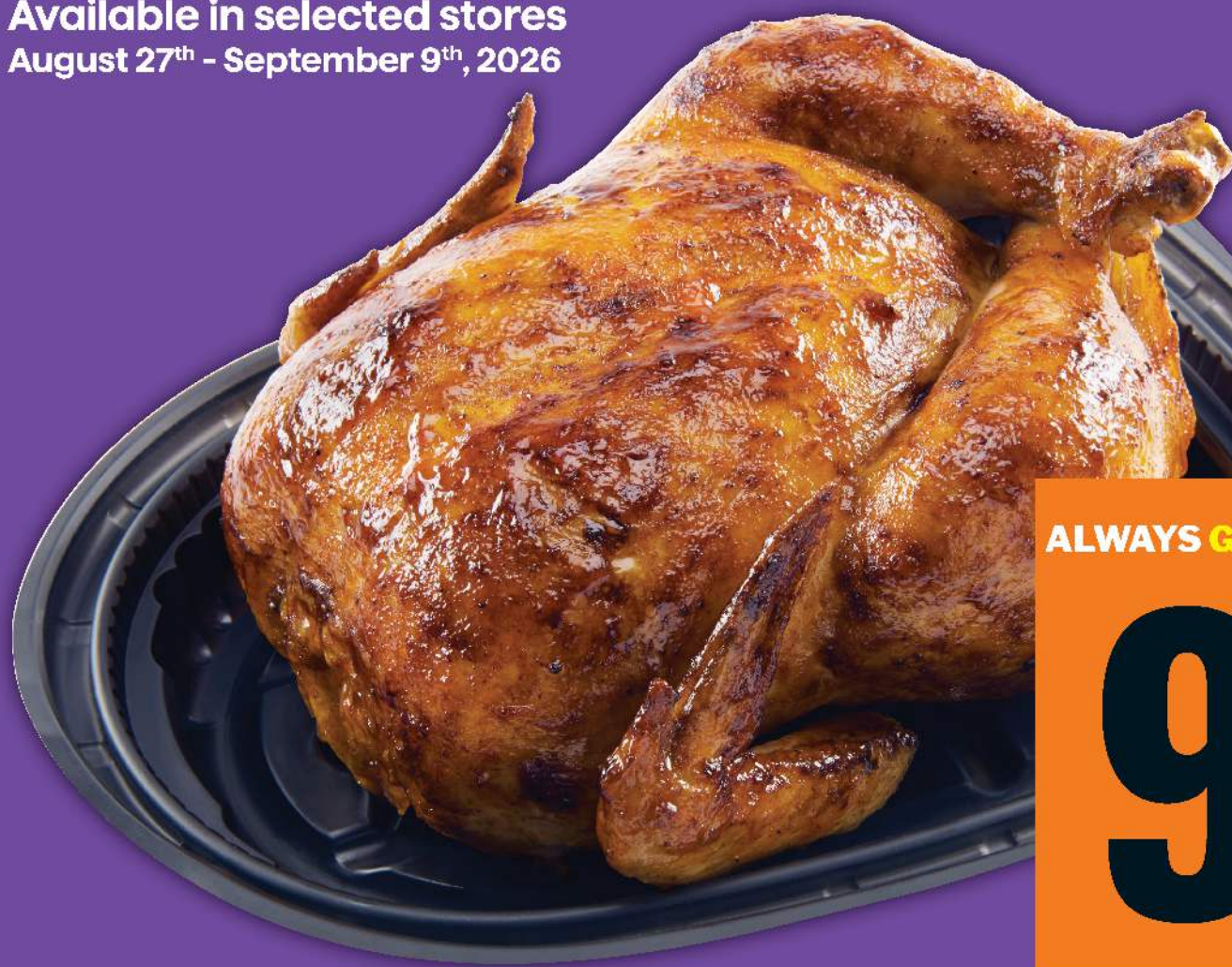


i earn with  
**moi rewards**



Buy 1 BBQ Chicken and  
3 Knorr Sidekicks and receive  
**375 moi points = \$3**

Available in selected stores  
August 27<sup>th</sup> - September 9<sup>th</sup>, 2026



**HOT BBQ CHICKEN**  
700 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE

**997**  
EACH



**KNORR SIDEKICKS**  
120 - 162 G  
SELECTED VARIETIES

LOCKED DOWN

**199**  
EACH



# FUEL THEIR SCHOOL DAY, THE DAIRY WAY!



LACTANTIA  
CREAM  
473 mL • 1 L  
SELECTED VARIETIES

THIS WEEK ONLY

**349**  
EACH



LACTANTIA  
LACTOSE FREE  
CREAM  
473 mL • 1 L  
SELECTED VARIETIES

LOCKED DOWN

**549**  
EACH



BEATRICE B-FIT  
PROTEIN MILKSHAKE  
450 mL  
SELECTED VARIETIES

LOCKED DOWN

**349**  
EACH



BLACK DIAMOND  
CHEESTRINGS  
504 G  
SELECTED VARIETIES

LOCKED DOWN

**1149**  
EACH



BLACK  
DIAMOND  
COMBO  
3 X 43 G  
SELECTED VARIETIES

LOCKED DOWN

**499**  
EACH



**25**  
points



CRACKER  
BARREL  
CHEESE  
SNACKS  
168 G  
SELECTED VARIETIES

LOCKED DOWN

**499**  
EACH



IÖGO YOGURT  
16 X 100 G  
SIGGI'S SKYR YOGURT  
650 • 750 G  
SELECTED VARIETIES

LOCKED DOWN

**649**  
EACH



SIGGI'S  
SKYR YOGURT  
4 X 100 G  
SELECTED VARIETIES

LOCKED DOWN

**349**  
EACH



IÖGO NANO  
DRINKABLE  
YOGURT  
6 X 93 ML  
GRAB & GO  
YOGURT  
4 X 90 G  
BUBBLES YOGURT  
4 X 100 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE

**349**  
EACH



ASTRO BALKAN  
YOGURT  
650 • 750 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE

**327**  
EACH





GAIN FLINGS  
76'S  
SELECTED VARIETIES

THIS WEEK ONLY   
**19<sup>98</sup>**  
EACH



CASCADE  
DISHWASHER TABS  
51 - 80'S  
SELECTED VARIETIES

THIS WEEK ONLY   
**19<sup>98</sup>**  
EACH



DOWNY  
FABRIC  
SOFTENER  
2.63 L = 120 LOADS  
SELECTED VARIETIES

THIS WEEK ONLY   
**9<sup>99</sup>**  
EACH



DOWNY  
SCENT  
BOOSTER  
303 - 379 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**9<sup>99</sup>**  
EACH



DAWN  
DISH SOAP  
431 - 502 ML  
SELECTED VARIETIES

THIS WEEK ONLY   
**2<sup>49</sup>**  
EACH



FEBREZE AIR FRESHENER  
230 G, 7.5 ML  
SELECTED VARIETIES

LOCKED DOWN   
**4<sup>49</sup>**  
EACH



SWIFFER  
DRY CLOTHS  
32'S  
SELECTED VARIETIES

LOCKED DOWN   
**10<sup>99</sup>**  
EACH



FEBREZE PLUG IN AIR FRESHENER  
3 X 26 ML  
SELECTED VARIETIES

LOCKED DOWN   
**17<sup>49</sup>**  
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