

food Basics

CANADIAN AND PROUD



WOWZA!
9.98
EACH OR /LB



WOWZA!
2.88
EACH



HALAL
AT SAME
PRICE

PRIME, MINA HALAL,
FRESH FROM THE
FARM OR ZABIHA
HALAL BONELESS
SKINLESS CHICKEN
BREAST FAMILY PACK
AIR CHILLED SELECTED VARIETIES
WHILE QUANTITIES LAST
10.98/KG

WOWZA!
4.98
/LB



WOWZA!
1.88
EACH

WOWZA!



SELECTION
SALTED OR
UNSALTED
BUTTER
454 G

WOWZA!
4.98
EACH



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

WOWZA!
1.98
EACH



DEL MONTE
NECTAR OR
OASIS JUICE
BEVERAGE
946 ML
ALLEN'S
APPLE JUICE
1 L
SELECTED VARIETIES

WOWZA!
1.25
EACH



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

WOWZA!
5.98
EACH



VH COOKING
SAUCE
341 - 590 ML
SELECTED VARIETIES

WOWZA!
2.48
EACH



VILLAGGIO
BREAD
600 - 675 G
BUNS
6 - 8'S
VACHON
SNACK
CAKES
6 - 12'S
SELECTED VARIETIES

WOWZA!
2.77
EACH

MEGA WOWZA!



NESTLÉ
MINI BARS OR CANDY
50'S
SELECTED VARIETIES
WHILE QUANTITIES
LAST

moi price
7.98*
ea.

non moi price **10.99**
ea.



PEPSI OR
COCA-COLA
SOFT DRINKS
6 X 710 ML
SELECTED VARIETIES

moi price
2.98*
ea.

non moi price **3.98**
ea.



COSMIC CRISP APPLES
PRODUCT OF U.S.A., EXTENDED SHELF LIFE
BLACKBERRIES
PRODUCT OF MEXICO, NO. 1 GRADE 150 - 170 G, 1.98 EA.

WOWZA!
1.98
/LB OR EACH



CLEMENTINES
PRODUCT OF SOUTH AFRICA
OR PERU
2 LB

WOWZA!
2.98
EACH



CAMPBELL'S
CONDENSED
SOUP
284 ML
SELECTED VARIETIES

WOWZA!
88¢
EACH



NOOR PITTED DATES
800 G
DIVYA CHICKPEAS
OR LENTILS
1.8 - 1.91 KG
SELECTED VARIETIES

WOWZA!
3.88
EACH



TILDA
BASMATI
RICE
4.54 KG
SELECTED VARIETIES

WOWZA!
12.98
EACH



LAY'S POTATO CHIPS
300 - 335 G
SELECTED VARIETIES

WOWZA!
2.98
EACH



SCHNEIDERS JUICY
JUMBOS WIENERS OR
SMOKED SAUSAGES
300 - 675 G
MAPLE LODGE OR
ZABIHA HALAL ULTIMATE
CHICKEN FRANKFURTERS
900 G SELECTED VARIETIES WHILE QUANTITIES LAST

WOWZA!
3.98
EACH

HAPPY LABOUR DAY

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, SEPTEMBER 3RD TO WEDNESDAY, SEPTEMBER 9TH, 2026

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

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

MOST STORES CLOSED ON MONDAY SEPTEMBER 7TH. SEE LOCAL STORE OR FOODBASICS.CA FOR DETAILS.

WOWZA!



SELECTION
BREAD
675 G
SELECTED VARIETIES

\$2.48
EACH



PILLER'S KOLBASSA OR
PEPPERONI FOR PIZZA OR TRE
STELLE RICOTTA OR BOCCONCINI
175 - 475 G SELECTED VARIETIES

\$4.99
EACH



BLACK DIAMOND CHEESE
SHREDS 329 G
NATURAL CHEESE SLICES 230 - 240 G
SELECTED VARIETIES

\$4.99
EACH



KAWARTHA OR
SHAW'S ICE
CREAM
1.5 L
SELECTED VARIETIES



\$6.99
EACH



LACTANTIA PURIFILTRE MILK 2 L
PHILADELPHIA
CREAM CHEESE PRODUCT 340 G
BEATRICE CHOCOLATE MILK 2 L
SELECTED VARIETIES

\$4.99
EACH



SMART ONES
MEALS
241 - 283 G
MCCAIN
FRENCH
FRIES
800 G
FROZEN
SELECTED VARIETIES

\$1.99
EACH



CLOVER LEAF PINK SALMON
142 - 213 G
OCEAN'S WHITE TUNA
170 G
SELECTED VARIETIES

\$2.99
EACH



MAXWELL HOUSE GROUND COFFEE
854 - 900 G
COFFEE CAPSULES
30'S
SELECTED VARIETIES

\$15.99
EACH



TOSTITOS TORTILLA CHIPS
210 - 295 G SELECTED VARIETIES

\$2/\$7



GENERAL MILLS HONEY NUT
CHEERIOS CEREAL 430 G
CINNAMON TOAST CRUNCH 354 G
KELLOGG'S MINI-WHEATS 450 - 496 G
SELECTED VARIETIES

\$3.99
EACH



SAPORITO VEGETABLE, CANOLA, OR
SUNFLOWER OIL
3 L
SELECTED VARIETIES

\$9.99
EACH



TIDE OR GAIN
LAUNDRY
DETERGENT
2.39 - 2.72 L = 51 - 70 LOADS
BOUNCE
DRYER SHEETS
200'S
SELECTED VARIETIES

\$9.99
EACH



LUCKY KOI
NOODLE
BOWL
85 G
SELECTED VARIETIES



99¢
EACH



LUCKY KOI INSTANT
CHOW MEIN OR RICE
VERMICELLI NOODLES
400 - 454 G
SELECTED VARIETIES

1.67
EACH



LUCKY KOI
SOY SAUCE
450 ML
SELECTED VARIETIES

1.99
EACH



LUCKY KOI
SRIRACHA, OYSTER
OR HOISIN SAUCE
450 - 500 ML SELECTED VARIETIES

2.99
EACH



LUCKY KOI
JASMINE
RICE
8 KG
SELECTED VARIETIES

14.88
EACH

the
app-solute
best way
to save

SCAN TO
DOWNLOAD

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

this week only



only with
moi
rewards

save
\$1

save
\$1

DIGITAL DEAL
2.149
EACH
WITH COUPON

GATORADE
SPORTS DRINKS*
24 X 591 ML
SELECTED VARIETIES

DIGITAL DEAL
3.399
EACH
WITH COUPON

POPCORNERS*
142 G
SELECTED VARIETIES

*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.

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food Basics **ALWAYS FRESH. *ALWAYS IN STOCK. ALWAYS GREAT PRICES.**
CANADIAN AND PROUD
To view local store flyer, visit foodbasics.ca, where you can create an account (or sign into your account) and select your preferred location.



MASTRO OR
SAN DANIELE
SLICED DELI
MEAT
100-2 X 150 G
SELECTED VARIETIES

WOWZA!
4.68
EACH

\$



\$



MASTRO
CHUBS
200-300 G
SELECTED VARIETIES

WOWZA!
6.49
EACH



MASTRO BABY
GENOA OR
SLICED TRIO OR
SAN DANIELE
MORTADELLA
OR PROSCIUTTO
200-750 G
SELECTED VARIETIES

WOWZA!
9.99
EACH

JANES PUB STYLE
FULLY COOKED
BREADED CHICKEN
700 G
FROZEN
SELECTED VARIETIES
WHILE QUANTITIES LAST

WOWZA!
6.99
EACH



\$



JANES
RESTAURANT
STYLE
FULLY COOKED
CHICKEN
FILLETS, BITES
OR BURGERS
700-750 G
FROZEN
SELECTED VARIETIES

WOWZA!
11.99
EACH



\$

PRIMO
BEANS
540 ML
SELECTED VARIETIES

WOWZA!
1.69
EACH



\$

PRIMO
PIZZA SAUCE
213 ML
SELECTED VARIETIES

WOWZA!
1.49
EACH



PRIMO PASTA SAUCE OR
TOMATOES
600-790 ML
SELECTED VARIETIES

WOWZA!
1.99
EACH

PRIMO PASTA
500-900 G
SELECTED VARIETIES

WOWZA!
1.99
EACH



900 G

\$

\$



\$

PRIMO
PASSATA
400 ML
SELECTED VARIETIES

WOWZA!
2.49
EACH



\$



\$



JAMIESON
CALCIUM
MAGNESIUM +D3,
MELATONIN
60-240'S

WOWZA!
11.99
EACH



JAMIESON B12 VITAMIN,
MAGNESIUM
90-100'S
SELECTED VARIETIES

WOWZA!
13.99
EACH

WOWZA!
7.99
EACH



JAMIESON
CHEWABLE
VITAMIN C, D3
OR IRON
90-240'S
SELECTED VARIETIES



JAMIESON OMEGA-3, PROBIOTICS
60-240'S
SELECTED VARIETIES



WOWZA!
18.99
EACH



JAMIESON MULTI-VITAMIN
115'S
SELECTED VARIETIES

WOWZA!
19.99
EACH

SMUCKER'S
strawberry

NO SUGAR ADDED
SANS SUCRE AJOUTÉ

FRUIT AND CONCENTRATED FRUIT JUICE
FAIT AVEC FRUITS ET JUS DE FRUITS

310 - 500 ML
SELECTED VARIETIES

WOWZA!
4.99
EACH

SMUCKER'S
raspberry Spread
confiture de fraises

High in Fiber
9g Sugars / Sucres

Health Canada / Santé Canada

SANS COLORANTS ARTIFICIELS
SANS AROMES ARTIFICIELS
SANS AGENTS DE CONSERVATION

COLOURS FLAVOIRS
ERVATIVES

310 - 500 ML
SELECTED VARIETIES

WOWZA!
4.99
EACH

Jif
Creamy
Crèmeux

GLUTEN FREE
SANS GLUTEN

500 G
SELECTED VARIETIES

WOWZA!
3.99
EACH

Folgers
THE COFFEE CO.
Classic Roast[®]
Consistently Smooth with Full-Bodied Flavor

12z
CUPS RECOMMENDED IN SELECT LOCATIONS**
CONSUME BY 10/24/2024. MUST BE USED BY 10/24/2024. COFFEE CAPSULES (WITH LAMINATE FRAMES)

12z
FOLGERS COFFEE CAPSULES
12z
SELECTED VARIETIES

WOWZA!
7.49
EACH

Carnation
Excellent Source Of Protein
Evaporated Milk

CLASSIC PUMPKIN PIE
CLASSIC PUMPKIN PIE

350 ML
SELECTED VARIETIES

WOWZA!
2/\$4

Carnation
Excellent Source Of Protein
2% Partly Skimmed
Milk

CLASSIC FIVE-MINUTE
CLASSIC FIVE-MINUTE

350 ML
SELECTED VARIETIES

WOWZA!
2/\$4

Eagle Brand
ORIGINAL
SWEETENED CONDENSED MILK
TRUSTED FOR OVER 150 YEARS

Magic Cookie Bars

350 ML
SELECTED VARIETIES

WOWZA!
3.79
EACH

CLUB HOUSE
POUTINE
GRAVY MIX • MÉLANGE À SAUCE

NO ARTIFICIAL COLOURS OR FLAVOURS
SANS COLORANT NI AROMES ARTIFICIELS

42g

WOWZA!
99¢
EACH

CLUB HOUSE
BROWN | BRUNE
GRAVY MIX • MÉLANGE À SAUCE

NO ARTIFICIAL COLOURS OR FLAVOURS
SANS COLORANT NI AROMES ARTIFICIELS

42g

WOWZA!
99¢
EACH

FRANK'S
RedHot SAUCE

564 ML
SELECTED VARIETIES

WOWZA!
4.49
EACH

CLUB HOUSE
MÉLANGES
ITALIANO
BLENDS

120g

WOWZA!
5.99
EACH

CLUB HOUSE
LA GRILLE
SEASONING | ASSAISONNEMENT

MONTREAL STEAK
SPICE | ÉPICES
SAUCE DE MONTRÉAL

180g

WOWZA!
5.99
EACH

CLUB HOUSE
LA GRILLE
SEASONING | ASSAISONNEMENT

MONTREAL STEAK
SPICE | ÉPICES
SAUCE DE MONTRÉAL

180g

WOWZA!
5.99
EACH

French's
Tomato
KETCHUP
aux tomates

1L
SELECTED VARIETIES

WOWZA!
3.99
EACH

French's
Classic
YELLOW
PREPARED MUSTARD
MOUTARDE PRÉPARÉE

550 ML
SELECTED VARIETIES

WOWZA!
2.99
EACH

BURNBRAE
FARMS • FERME
Naturegg
SIMPLY
EGG WHITES[™]
100% PURE LIQUID EGG WHITES

1kg

WOWZA!
8.99
EACH

BURNBRAE
FARMS • FERME
EGGS 2go!
OEUFS presto!

FREE RUN
POULES EN LIBERTÉ

280g

WOWZA!
4.49
EACH

BURNBRAE
FARMS • FERME
EGG Bites!

MINI

150g

WOWZA!
6.49
EACH

BURNBRAE
FARMS • FERME
HARD BOILED EGGS

264g

WOWZA!
4.49
EACH

BURNBRAE
FARMS • FERME
EGG Bites!

MINI

150g

WOWZA!
6.49
EACH

Babybel
Original

100% REAL CHEESE
100% FROM FRESH MILK

133g

WOWZA!
3.99
EACH

boursin
AIL & FINE HERBS
AVEC HERBES FRAÎCHES
GARLIC & FINE HERBS
WITH FRESH HERBS

150g

WOWZA!
4.99
EACH

GoGo SQUEEZ
no sugar added
sans sucre ajouté
apple apple
pomme pomme

1.98 kg - 21 pouches

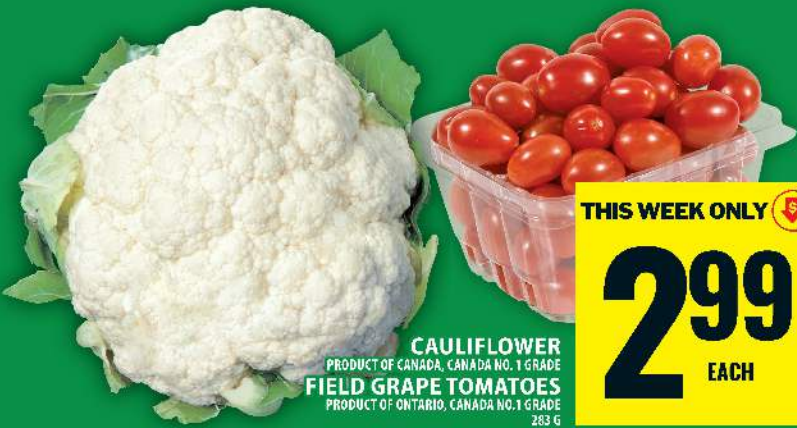
WOWZA!
15.99
EACH

WE LOVE LOCAL



GREEN, YELLOW OR
GRAY ZUCCHINI
PRODUCT OF ONTARIO
FIELD TOMATOES
PRODUCT OF ONTARIO,
CANADA NO. 1 GRADE
4.39/KG

THIS WEEK ONLY
1.99
/LB



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

THIS WEEK ONLY
2.99
EACH



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

THIS WEEK ONLY
3.99
EACH



CANTALOUPE
PRODUCT OF CANADA
NO. 1 GRADE

THIS WEEK ONLY
2.99
EACH



WHOLEWHITE OR CREMINI MUSHROOMS
PRODUCT OF CANADA
227 G
BROCCOLI CROWNS
PRODUCT OF CANADA

THIS WEEK ONLY
2/\$5



PAULA RED APPLES
OR GINGER GOLD
APPLES
PRODUCT OF ONTARIO
CANADA FANCY GRADE
3 LB

THIS WEEK ONLY
4.99
EACH



BLUE PLUMS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE
1.5 L
BLUE GRAPES
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE
2 L
BARTLETT PEARS
PRODUCT OF ONTARIO, CANADA FANCY GRADE
2 L BASKET

THIS WEEK ONLY
5.99
EACH



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

THIS WEEK ONLY
5.99
EACH



SEEDLESS
WATERMELON
PRODUCT OF ONTARIO

THIS WEEK ONLY
5.99
EACH



RED MANGOES
PRODUCT OF BRAZIL

THIS WEEK ONLY
1.49
EACH



AVOCADOS
PRODUCT OF MEXICO OR PERU, 5 OR 6 PACK
LIMES
PRODUCT OF MEXICO, 1 LB

THIS WEEK ONLY
3.99
EACH



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

THIS WEEK ONLY
3.99
/LB



LEMONS
PRODUCT OF U.S.A. OR SOUTH AFRICA
2 LB
STRAWBERRIES
PRODUCT OF U.S.A. OR
CANADA, NO. 1 GRADE
454 G

THIS WEEK ONLY
4.99
EACH



ASIAN
YELLOW PEARS
PRODUCT OF CHINA, FANCY GRADE
4.39/KG

THIS WEEK ONLY
1.99
/LB



POMEGRANATES
PRODUCT OF U.S.A.

THIS WEEK ONLY
2/\$5



KIWIS
PRODUCT OF CHILE
600 G BASKET

THIS WEEK ONLY
5.99
EACH



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

THIS WEEK ONLY
1.29
/LB

FLORAL



FRESHLY YOURS
ROSE BOUQUET
WHILE SUPPLIES LAST

THIS WEEK ONLY
10.88
EACH



BOUQUET
OF THE MONTH
WHILE SUPPLIES LAST

THIS WEEK ONLY
18.88
EACH



6" POINT PEELE MUMS
WHILE SUPPLIES LAST

THIS WEEK ONLY
6.99
EACH



9" GARDEM MUMS
WHILE SUPPLIES LAST

THIS WEEK ONLY
8.98
EACH

MEAT



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

THIS WEEK ONLY
3.99
/LB



SELECTION FRESH PORK SAUSAGES FAMILY PACK
SELECTED VARIETIES
9.90/KG

THIS WEEK ONLY
4.49
/LB



FRESH SPLIT
CHICKEN WINGS
BAGGED
SELECTED VARIETIES
11.00/KG

THIS WEEK ONLY
4.99
/LB



PRIME RAISED WITHOUT
ANTIBIOTICS FRESH
BONELESS SKINLESS
CHICKEN THIGHS
AIR CHILLED, FAMILY PACK
SELECTED VARIETIES
19.82/KG

THIS WEEK ONLY
8.99
/LB



FRESH
907 G

CANADIAN COVE
MUSSELS
907 G
SELECTED VARIETIES

THIS WEEK ONLY
5.99
EACH



LIFE SMART
NATURALIA LEAN
GROUND BEEF
HALAL
454 G
SELECTED VARIETIES

THIS WEEK ONLY
9.99
EACH



SELECTION SMOKED
BONELESS HALF HAM
675 G
SELECTED VARIETIES

THIS WEEK ONLY
8.99
EACH



LOU'S
KITCHEN
FULLY
COOKED
ENTRÉES
454 G
SELECTED VARIETIES

THIS WEEK ONLY
8.99
EACH



ST-HUBERT
OR SWISS
CHALET MEAT
PIES
655 - 800 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
9.99
EACH



MARC ANGELO
SOUVLAKI FAMILY PACK
480 - 640 G
SELECTED VARIETIES

THIS WEEK ONLY
11.99
EACH

55
points



O'SOLE MIO
FRESH PASTA
255 G
SELECTED VARIETIES

THIS WEEK ONLY
2.99
EACH



SELECTION
DELI SALADS
454 G
SELECTED VARIETIES

THIS WEEK ONLY
2.99
EACH



TRE STELLE
MOZZARELLA BALL
340 G
SELECTED VARIETIES

THIS WEEK ONLY
5.99
EACH



POGO ORIGINAL
BREADED SAUSAGE
690 - 750 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
9.99
EACH



SEAHORSE BASA
STEAKS OR
ANCHOR'S BAY-BASA
FILLETS OR SEASOUL
TORPEDO SHRIMP
FROZEN 200 - 500 G SELECTED VARIETIES

THIS WEEK ONLY
3.49
EACH



SEAJOY
SEAWEED
SALAD OR
SALTED
ATLANTIC
MACKEREL
OR SEASOUL
COOKED
SHRIMP
300 - 450 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
5.49
EACH



IRRESISTIBLE
TEMPURA OR
SHRIMP
284 - 340 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
7.99
EACH



HIGH LINER BREADED
& BATTERED FISH
FILLET FAMILY PACK
OR SHRIMP
FROZEN, 315 - 700 G, SELECTED VARIETIES

THIS WEEK ONLY
7.99
EACH

BAKERY



DEMPSTER'S
BAGELS OR
DIMPFLMEIER
BREAD
450 - 510 G
SELECTED VARIETIES

THIS WEEK ONLY
2.99
EACH



SELECTION
CROISSANTS
500 G
SELECTED VARIETIES

THIS WEEK ONLY
4.49
EACH



IRRESISTIBLE
BRIOCHE
BREAD OR
BUNS
480 - 500 G
SELECTED VARIETIES

LOCKED DOWN
4.99
EACH



SELECTION OR LA PETITE BRETONNE COOKIES
360 - 500 G
SELECTED VARIETIES

THIS WEEK ONLY
4.99
EACH



IRRESISTIBLE PIE OR COFFEE CAKE
750 G - 1 KG
SELECTED VARIETIES



THIS WEEK ONLY
6.99
EACH

CHOOSE CANADIAN



GREEN, YELLOW OR GRAY ZUCCHINI
PRODUCT OF ONTARIO
FIELD TOMATOES
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE
4.39/KG


1.99
/LB



10 LB

POTATOES
PRODUCT OF ONTARIO
10 LB


1.88
EACH



LEGACY MARINATED PORK
CHOPS OR TENDERLOIN
440 - 450 G
SELECTED VARIETIES


7.99
EACH



POGO ORIGINAL BREADED SAUSAGE
600 - 750 G
FROZEN
SELECTED VARIETIES


9.99
EACH



DEMPSTER'S BAGELS OR
DIMPFLMEIER BREAD
450 - 510 G
SELECTED VARIETIES


2.99
EACH



SELECTION OATMEAL RAISIN
AND LA PETITE BRETONNE COOKIES
360 - 500 G
SELECTED VARIETIES


4.99
EACH



SELECTION
SALTED OR
UNSALTED
BUTTER
454 G


4.98
EACH



KAWARTHA OR SHAW'S ICE CREAM
1.5 L
SELECTED VARIETIES


6.99
EACH



OLD - FORT
Cheddar Cheese
Fromage cheddar

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


4.99
EACH



GREEN GIANT VEGETABLES
500 - 750 G FROZEN VARIETIES


3.49
EACH



KRAFT
SALAD DRESSING
425 ML
SELECTED VARIETIES


2.99
EACH



KRAFT DINNER
NOODLE MEAL
12 x 200 G


9.99
EACH



LAY'S
POTATO CHIPS
200 - 235 G
SELECTED VARIETIES


2.98
EACH



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


5.98
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.

LOCKED DOWN



LACTANTIA LACTOSE FREE OR NATREL ORGANIC MILK
4 L
SELECTED VARIETIES

LOCKED DOWN 

10⁹⁹
EACH



GREEN GIANT VEGETABLES
500 - 750 G FROZEN
SELECTED VARIETIES

LOCKED DOWN 

3⁴⁹
EACH



BLACK DIAMOND CHEESTRINGS OR CHEESE STICKS
252 - 336 G
SELECTED VARIETIES

LOCKED DOWN 

6⁴⁸
EACH



CHAPMAN'S LOLLY FROZEN TREATS
28 X 50 ML
SELECTED VARIETIES

LOCKED DOWN 

5²⁹
EACH

30 points



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

LOCKED DOWN 

3⁹⁹
EACH

PILLSBURY PREPARED DOUGH
200 - 227 G
SELECTED VARIETIES

LOCKED DOWN 

1⁹⁹
EACH



HARIBO GOLDBEARS
175 g
GUMMY CANDIES
CONFISERIE GÉLIFIÉE

LOCKED DOWN 

2⁹⁹
EACH

NATURE VALLEY GRANOLA BARS
175 G
FIBRE 1 SNACK BARS
125 G
SELECTED VARIETIES

LOCKED DOWN 

2⁹⁹
EACH



GATORADE SPORTS DRINKS
6 X 591 ML
8 X 355 ML
SELECTED VARIETIES

LOCKED DOWN 

5⁹⁹
EACH



CHEF BOYARDEE CANNED MEAL
418 - 425 G
SELECTED VARIETIES

LOCKED DOWN 

1⁹⁹
EACH



FRUITE DRINKS
2 L
SELECTED VARIETIES

LOCKED DOWN 

1⁹⁹
EACH

TACO BELL TACO KITS
370 - 420 G
SELECTED VARIETIES

LOCKED DOWN 

3⁹⁹
EACH



AYLMER TOMATOES
540 - 750 ML
HUNT'S TOMATO SAUCE
390 - 680 ML
SELECTED VARIETIES

LOCKED DOWN 

2⁴⁹
EACH

ESKA SPRING WATER
24 X 500 ML

LOCKED DOWN 

4⁹⁹
EACH



FANCY FEAST OR FRISKIES CAT FOOD
85 - 156 G
SELECTED VARIETIES

LOCKED DOWN 

90¢
EACH

BENEFUL DOG FOOD
283 G
SELECTED VARIETIES

LOCKED DOWN 

2⁷⁹
EACH



PINE-SOL CLEANER
1.4 L
SELECTED VARIETIES

LOCKED DOWN 

4⁹⁹
EACH

BRITA WATER FILTRATION SYSTEM EACH
REFILL FILTERS
35
SELECTED VARIETIES

LOCKED DOWN 

23⁹⁹
EACH

BACK 2 SCHOOL OFFER

\$10 OFF
\$50 AnyCard gift cards
Offer valid September 3 - 9

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



Selection
CREAM CHEESE
PRODUCT
340 g
NO ARTIFICIAL FLAVOURS OR COLOURS

SELECTION
CREAM CHEESE PRODUCT
340 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

3.99

EACH



Selection
SMOOTH
PEANUT BUTTER
1 kg

Life Smart
NaturaLia
100% NATURAL - NATUREL
PEANUT BUTTER - BEURRE D'ARACHIDE
SMOOTH - CRÉMEUX
750 g

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

ALWAYS GREAT PRICE

4.44

EACH



Selection
EVAPORATED MILK
VITAMINS C AND D ADDED
VITAMINES C ET D AJOUTÉES
LAIT ÉVAPORÉ
354 mL
SUGGESTED SERVING
PRÉSENTATION SUGGÉRÉE

SELECTION
EVAPORATED MILK
340 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

1.88

EACH



Selection
Medium Roast
890 g

Irresistible
SINGLE ORIGIN
COLOMBIAN
72 - 100'S
EASY-PEEL

SELECTION OR IRRESISTIBLE COFFEE PODS
72 - 100'S
SELECTED VARIETIES

ALWAYS GREAT PRICE

3.99

EACH



Selection
SPRING WATER
1.5 L

SELECTION
SPRING WATER
1.5 L

ALWAYS GREAT PRICE

99¢

EACH



Irresistible
GREEK DRESSING
350 mL

Irresistible
BLUE CHEESE DRESSING
350 mL

IRRESISTIBLE
SALAD DRESSING
350 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

3.49

EACH



Irresistible
SPARKLING SPRING WATER
6 X 1 L
SELECTED VARIETIES

IRRESISTIBLE
SPARKLING SPRING WATER
6 X 1 L
SELECTED VARIETIES

ALWAYS GREAT PRICE

4.44

EACH



Selection
Beans
390 mL
SELECTED VARIETIES

SELECTION
BEANS
390 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

1.49

EACH



Selection
Spaghetti
PASTA • PÂTES
900 g

Selection
Macaroni
PASTA • PÂTES
900 g

SELECTION
PASTA
500 - 900 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

1.97

EACH



Life Smart
NaturaLia
ORGANIC BIOLOGIQUE
CHICK PEAS
390 mL 14 fl oz

Life Smart
NaturaLia
RED KIDNEY BEANS
390 mL 14 fl oz

LIFE SMART
ORGANIC BEANS
390 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

1.99

EACH



Selection
WATER ENHANCER
48 ML
SELECTED VARIETIES

SELECTION
WATER ENHANCER
48 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.79

EACH



Selection
BREAD CRUMBS
237 - 425 G
SELECTED VARIETIES

SELECTION OR
IRRESISTIBLES
BREAD CRUMBS
237 - 425 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.99

EACH



Irresistible
CRISPS
150 G
SELECTED VARIETIES

IRRESISTIBLE
CRISPS
150 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

4.49

EACH



Selection
RAISIN BRAN FLAKES
755 g

SELECTION
CEREAL
510 - 775 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

4.97

EACH



Selection
RINSE AGENT
671 mL
SELECTED VARIETIES

SELECTION
RINSE AGENT
671 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

4.79

EACH



Selection
GLASS CLEANER
950 mL
SELECTED VARIETIES

SELECTION
GLASS CLEANER
950 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

1.97

EACH



Selection
MULTI PURPOSE CLEANER
710 - 950 ML, 1.2 L
SELECTED VARIETIES

SELECTION
MULTI PURPOSE CLEANER
710 - 950 ML, 1.2 L
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.99

EACH



Selection
CLUMPING CAT LITTER
18 KG
SELECTED VARIETIES

SELECTION
CLUMPING CAT LITTER
18 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE

9.99

EACH

SUMMER SNACKS FOR LESS



QUAKER
CRISPY
MINIS
190 - 199 G
SELECTED VARIETIES

LOCKED DOWN

1.99

EACH



SELECTION
POTATO CHIPS
200 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

1.49

EACH



TAKIS
TORTILLA CHIPS
190 - 200 G
SELECTED VARIETIES

LOCKED DOWN

3.29

EACH



ORVILLE
REDENBACHER
POPPING CORN
340 - 850 G
SELECTED VARIETIES

LOCKED DOWN

4.99

EACH



LIFE SMART NATURALIA
TORTILLA CHIPS
350 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.99

EACH



PRINGLES CHIPS
140 - 156 G
SELECTED VARIETIES

LOCKED DOWN

2.49

EACH



PLANTERS
CASHEWS
200 G
SELECTED VARIETIES

LOCKED DOWN

5.49

EACH



SENSIBLE
PORTIONS
VEGGIE
SNACKS
120 - 142 G
SELECTED VARIETIES

LOCKED DOWN

2.99

EACH



SELECTION
SNACKS
265 - 285 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.88

EACH



IRRESISTIBLES
SNACKS
142 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.49

EACH



CHEEZ-IT
CRACKERS
191 - 200 G
SELECTED VARIETIES

THIS WEEK ONLY

1.99

EACH



SELECTION OR
LIFE SMART
CASHEWS OR
DELUXE MIXED
NUTS
1.13 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE

24.99

EACH



PEPPERIDGE FARM
GOLDFISH CRACKERS
168 - 200 G
SELECTED VARIETIES

LOCKED DOWN

2/\$5



SELECTION
PEANUTS
700 - 800 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

5.99

EACH

HAPPY LONG WEEKEND

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



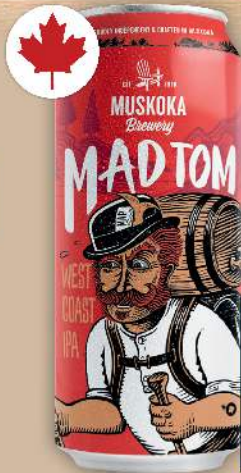
GREAT LAKES
INDIA
PALE ALE
473 ML

379
EACH



HOP CITY
INDIA
PALE ALE
473 ML

399
EACH



MUSKOKA
MAD TOM
INDIA SESSION
ALE 473 ML

399
EACH



NICKEL BROOK
INDIA
PALE ALE
473 ML

399
EACH



MOLSON
COLD SHOTS LAGER
4 X 222 ML
SELECTED VARIETIES

549
EACH



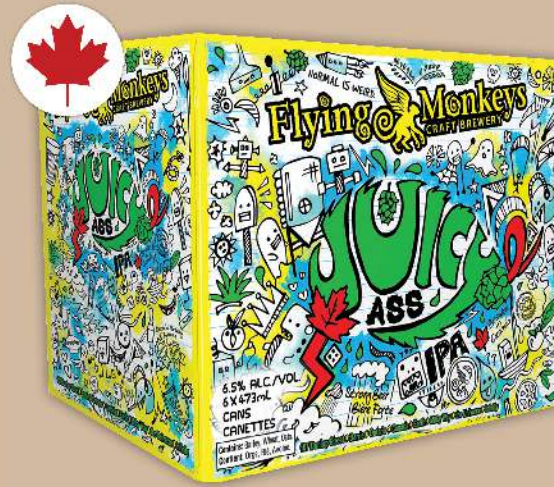
COORS LIGHT
LIGHT BEER
6 X 473 ML

1699
EACH



MUSKOKA
DETOUR INDIA
SESSION ALE
6 X 473 ML

1999
EACH



FLYING MONKEY
INDIA PALE ALE
6 X 473 ML

2199
EACH



CORONA
EXTRA BEER
24 X 330 ML

5199
EACH



BUD LIGHT
LIGHT BEER
30 X 355 ML

5299
EACH



MINDFUL
ROSÉ WINE
750 ML

1199
EACH



BODACIOUS
RED WINE
750 ML

1199
EACH



BASK
SAUVIGNON
BLANC WINE
750 ML

1299
EACH



JACKSON-TRIGGS
PINOT GRIGIO WINE
750 ML

1299
EACH

NON-ALCOHOLIC BEER



PARTAKE
NON-ALCOHOLIC
BEER
6 X 355 ML
SELECTED VARIETIES

899
EACH



SELECTION
DE-ALCOHOLIZED
BEER
12 X 355 ML
SELECTED VARIETIES

949
EACH



GUINNESS
NON-ALCOHOLIC
DRAUGHT
4 X 440 ML
SELECTED VARIETIES

1199
EACH



BUDWEISER ZERO
ALCOHOL FREE BEER
12 X 355 ML SELECTED VARIETIES

1529
EACH

Please visit foodbasics.ca for store details. Beer and wine prices subject to change in accordance with the LCBO.

BACK TO SCHOOL FAVOURITES



DARE BEAR PAWS OR ULTIMATE COOKIES
100 - 315 G
SELECTED VARIETIES

LOCKED DOWN **2.99** EACH



DARE VINTA OR BRETON CRACKERS
100 - 225 G
SELECTED VARIETIES

LOCKED DOWN **2.99** EACH



MARS OR NESTLÉ CHOCOLATE BAR
48 - 60 G
SELECTED VARIETIES



LOCKED DOWN **99¢** EACH



CRUNCH 'N MUNCH
99 G
SELECTED VARIETIES WHILE QUANTITIES LAST

THIS WEEK ONLY **1.50** EACH



SELECTION JUICES OR FRUIT COCKTAILS
8 X 200 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE **3.29** EACH



SELECTION PUDDING CUPS
4'S
SELECTED VARIETIES

ALWAYS GREAT PRICE **1.99** EACH



CORE POWER LACTOSE FREE PROTEIN MILK SHAKE
414 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE **3.99** EACH



SELECTION FRUIT CUPS
4 X 107 ML
LIFE SMART APPLE SNACKS
4 - 6'S
SELECTED VARIETIES



ALWAYS GREAT PRICE **2.49** EACH



MAYNARDS FUN TREATS
45'S
SELECTED VARIETIES WHILE QUANTITIES LAST

THIS WEEK ONLY **9.99** EACH



SELECTION GRANOLA BARS
156 - 172 G
SELECTED VARIETIES

ALWAYS GREAT PRICE **2.49** EACH



SELECTION POTATO CHIPS
24 X 16 G
SELECTED VARIETIES WHILE QUANTITIES LAST

THIS WEEK ONLY **6.99** EACH



LAY'S TREAT BAGS
40 X 16 G
SELECTED VARIETIES WHILE QUANTITIES LAST

THIS WEEK ONLY **11.99** EACH



ALWAYS GREAT PRICE **1.99** EACH

ALWAYS GREAT PRICE **3.99** EACH

ALWAYS GREAT PRICE **5.99** EACH

ALWAYS GREAT PRICE **7.99** EACH

SUMMER TREATS FOR LESS



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



SUMMER TREATS
4.99
EACH



NESTLÉ NESQUIK SYRUP
510 • 700 mL
NESQUIK POWDER MIX
540 G
SELECTED VARIETIES

SUMMER TREATS
4.99
EACH



HALO TOP FROZEN DESSERT
473 mL
SELECTED VARIETIES



SUMMER TREATS
5.99
EACH



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

SUMMER TREATS
9.99
EACH



IRRÉSISTIBLE ICE CREAM
1.5L
SELECTED VARIETIES



SUMMER TREATS
4.88
EACH



IRRÉSISTIBLE ICE CREAM BARS
4x 88 mL
SELECTED VARIETIES



SUMMER TREATS
4.88
EACH



SELECTION ICE MILK
4L
SELECTED VARIETIES

SUMMER TREATS
6.99
EACH



SELECTION ICE CREAM CUPS
36'S
SELECTED VARIETIES

SUMMER TREATS
3.77
EACH

MORE

MOONFEST FOR LESS



DRAGON FRUIT - PITAHAYA
PRODUCT OF ECUADOR
6.59/KG

THIS WEEK ONLY

2⁹⁹ /LB



GOURMETA THAI SHRIMP
COOKED 65 - 75 CT OR
RAW 31 - 40 CT
OR NORTHERN KING
WHOLE TILAPIA
FROZEN, 300 G - 1 KG
SELECTED VARIETIES

THIS WEEK ONLY

7⁴⁹ EACH



**Y&Y OR ROYAL ORCHID JASMINE OR
BOTAN CALROSE RICE**
4.8 KG SELECTED VARIETIES

LOCKED DOWN

12⁹⁸ EACH



**KEWPIE MAYO OR
LEE KUM KEE
SRIRACHA MAYO**
445 - 465 ML
BULDAK NOODLES
650 - 700 G
SELECTED VARIETIES

LOCKED DOWN

6⁹⁹ EACH



K.J. DUMPLINGS
380 - 450 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

2⁹⁹ EACH



HOLIDAY LUNCHEON MEAT
340 g
REFRIGERATED SERVING
REFRIGERATE AFTER OPENING

FLAKES OF HAM
156 g
READY TO EAT

**HOLIDAY LUNCHEON OR
MAPLE LEAF
FLAKED MEAT**
156 - 340 G
SELECTED VARIETIES

LOCKED DOWN

1⁸⁸ EACH



**Y&Y NOODLES
OR NONG SHIM
NOODLES BOWL**
62 - 454 G
SELECTED VARIETIES

LOCKED DOWN

1⁶⁹ EACH



BILLY BEE HONEY
1 KG
SELECTED VARIETIES

LOCKED DOWN

9⁸⁸ EACH

**IRRÉSISTIBLE JAPANESE
CHEESECAKE**
500 G

THIS WEEK ONLY

9⁸⁸ EACH



SKYFLAKES CRACKERS
800 G

HUY FONG SRIRACHA SAUCE
460 - 714 ML

KIKKOMAN SOY SAUCE
591 ML
SELECTED VARIETIES

LOCKED DOWN

5⁹⁹ EACH



**AUTHENTIC ASIA
OR PHFOOD ENTRÉE
FROZEN 250 - 500 G
SOY BEAN PASTE**
500 G
SELECTED VARIETIES

LOCKED DOWN

4⁹⁹ EACH

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

LOCKED DOWN

3⁹⁹ EACH



KIKKOMAN BREAD CRUMBS
PANKO

**BLUE DRAGON CURRY PASTE,
KIKKOMAN PANKO OR
LEE KUM KEE SAUCE**
140 - 445 ML
220 - 283 G
SELECTED VARIETIES

LOCKED DOWN

4⁴⁹ EACH



**MAPLE LEAF VIENNA
SAUSAGE OR BLUE DRAGON
STIR FRY SAUCE**
113 G, 140 ML
SELECTED VARIETIES

LOCKED DOWN

1⁶⁹ EACH

INDOMIE INSTANT NOODLES
8.75 - 185 G
SELECTED VARIETIES

LOCKED DOWN

2⁹⁹ EACH



SAPPORO ICHIBAN
COOK IN 3 MINUTES
CUT IN 3 MINUTES
JAPANESE STYLE NOODLES & CHICKEN FLAVOURED SOUP SAUCE
WILLIS & LA JAPONAISE ET BASE DE SOUPE À SAVOIR DE POULET

**Y&Y OR LUCKY KOI
WATER CHESTNUTS OR
BAMBOO SHOOTS**
227 ML

**OH! RICEY OR SAPPORO
INSTANT NOODLES**
70 - 100 G
SELECTED VARIETIES

LOCKED DOWN

99¢ EACH



**DEVON BISCUITS OR
GLICO POCKY STICKS**
SELECTED VARIETIES

LOCKED DOWN

1⁶⁷ EACH

OKF DRINK
SELECTED VARIETIES

LOCKED DOWN

3⁴⁹ EACH

MORE



FLAVOURS

OF

THE

WORLD



WE
LOVE
LOCAL
Canada

BABy BOK CHOY OR
SHANGHAI BOK CHOY
PRODUCT OF CANADA
454 G

THIS WEEK ONLY 
249
EACH



CHINESE EGGPLANT
PRODUCT OF MEXICO OR HONDURAS
4.39/KG

THIS WEEK ONLY 
199
/LB



COCONUT
PRODUCT OF THE DOMINICAN REPUBLIC

THIS WEEK ONLY 
199
EACH



GARLIC
PRODUCT OF CHINA
5 PK

THIS WEEK ONLY 
149
EACH



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

THIS WEEK ONLY 
399
/LB

HALAL



PACIFIC COD
STEAK
FROZEN 454 G
SELECTED VARIETIES

THIS WEEK ONLY 
1599
EACH



HAPPY DAIRY
PANEER
300 G
SELECTED VARIETIES

THIS WEEK ONLY 
549
EACH

30
points



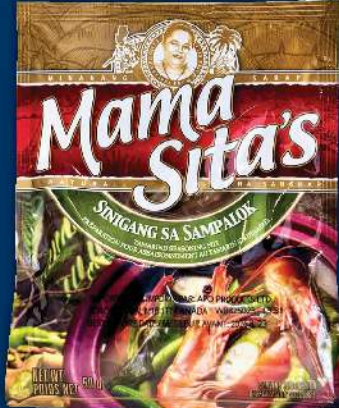
NAMAK PARA
SNACKS
360 G
SELECTED VARIETIES

THIS WEEK ONLY 
349
EACH



AA-1
SARDINES
155 G
SELECTED VARIETIES

LOCKED DOWN 
99¢
EACH



MAMA SITA'S
SEASONING MIX
25 - 75 G
SELECTED VARIETIES

LOCKED DOWN 
129
EACH



WHOLE STEAMED
SABA BANANAS
454 G, FROZEN
SELECTED VARIETIES

LOCKED DOWN 
299
EACH



SILVER SWAN
SOY SAUCE
1 L
SELECTED VARIETIES

LOCKED DOWN 
349
EACH

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.



THIS WEEK ONLY
5.99
EACH

30
points

MAPLE LEAF NATURAL SELECTIONS
OR SCHNEIDERS SLICED DELI MEAT
150 - 175 G
SELECTED VARIETIES



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

THIS WEEK ONLY
3.99
/LB

20
points



8
CANS

THIS WEEK ONLY
11.99
EACH

55
points

MARC ANGELO SOUVLAKI FAMILY PACK
480 - 640 G
SELECTED VARIETIES



LOCKED DOWN
21.49
EACH

65
points



LOCKED DOWN
6.99
EACH

35
points

SAN PELLEGRINO
SPARKLING DRINKS
6 X 330 ML
SELECTED VARIETIES



IMPERIAL
MARGARINE
800 G
SELECTED VARIETIES

LOCKED DOWN
6.99
EACH

35
points



BLACK DIAMOND
COMBOS
3 X 43 G
SELECTED VARIETIES

LOCKED DOWN
4.99
EACH

25
points



LOCKED DOWN
5.99
EACH

30
points

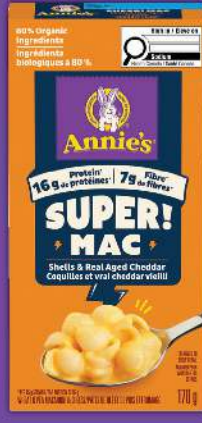
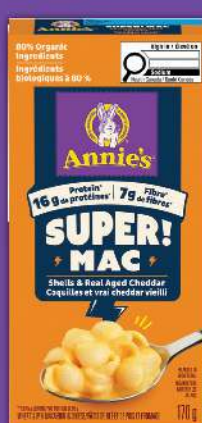
DR. OETKER
GIUSEPPE
PIZZERIA
EASY PIZZI
560 - 600 G
SELECTED VARIETIES



LOCKED DOWN
5.99
EACH

30
points

PILLSBURY POPS PIZZA SNACKS
760 G
SELECTED VARIETIES



LOCKED DOWN
2.99
EACH

15
points

ANNIE'S
SUPER MAC
NOODLE
MEAL
170 G
SELECTED VARIETIES



LOCKED DOWN
5.99
EACH

30
points

FERRERO
ROCHER
CHOCOLATE
SQUARES
105 G
SELECTED VARIETIES



LOCKED DOWN
4.49
EACH

25
points

GLAD CLING WRAP
60 M
SELECTED VARIETIES



LOCKED DOWN
7.49
EACH

40
points

DAD'S
ROOT BEER
4 X 355 ML
SELECTED VARIETIES

the app-solute best way to save

only with
moi
rewards

DIGITAL DEAL

21⁴⁹
EACH

WITH COUPON

GATORADE
SPORTS
DRINKS*

24 X 591 ML
SELECTED VARIETIES



save
\$1

save
\$1



POPCORNERs*
142 G
SELECTED VARIETIES

DIGITAL DEAL

3⁹⁹
EACH

WITH COUPON



Download on the
App Store



GET IT ON
Google Play

CLICK TO DOWNLOAD

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

this week only

You could **WIN**
\$15,000
TO PACK MORE THAN LUNCHES

ENTER TODAY!

packmorethanlunches.ca

NEW

IOGO NANO GRAB AND GO YOGURT
BUBBLES YOGURT
 4 X 90 G
 4 X 100 G
 SELECTED VARIETIES

IOGO NANO GRAB AND GO YOGURT
BUBBLES YOGURT
 4 X 90 G
 4 X 100 G
 SELECTED VARIETIES

ALWAYS GREAT PRICE

349
EACH

ALWAYS GREAT PRICE

349
EACH

*No purchase necessary. Contest starts on August 10, 2026 (12:00:01 a.m. ET) and ends on September 27, 2026 (11:59:59 pm ET). One form of entry for your chance to win the Grand Prize is to purchase any Participating Product, submit the purchase receipt, and complete the entry form at packmorethanlunches.ca (the "Website"). Maximum of ten (10) entries per household. One (1) participating product purchased equals one (1) chance to win a Grand Prize. There is one (1) Grand Prize available to be won by random draw, consisting of \$15,000 CAD. The winner must correctly answer a skill testing question. The Odds of winning depend on the number of eligible entries received. For all participating products and full rules, visit the Website. 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. ©2026 Lactalis Canada. All rights reserved. Trademarks owned or used under license by Lactalis Canada, Toronto ON, M9C 5J1.

QUICK EVERYDAY FAMILY DINNERS

Knorr CREAMY BACON CARBONARA
 CARBONARA CRÉMEUSES AU BACON
 120 g

Knorr CREAMY ROASTED GARLIC ALL ROTI CREAMSIDES
 73 g

Knorr THREE CHEESE MUSHROOM RISOTTO
 TROIS FROMAGES ET CHAMPIGNONS
 73 g

KNORR SIDEKICKS
 120 - 152 G
 RICE OR NOODLE BOWLS
 73 G
 SELECTED VARIETIES

LOCKED DOWN

199
EACH

Chicken Feta Pasta Bake
 Scan or visit Knorr.com/ca for recipes

HELLMANN'S
 EST. 1913

HELLMANN'S MAYONNAISE
 340 - 445 ML
 SELECTED VARIETIES

HELLMANN'S MAYONNAISE
 750 - 890 ML
 SELECTED VARIETIES

LOCKED DOWN

399
EACH

HELLMANN'S MAYONNAISE
 750 - 890 ML
 SELECTED VARIETIES

HELLMANN'S MAYONNAISE
 750 - 890 ML
 SELECTED VARIETIES

LOCKED DOWN

599
EACH

Step Up Lunchtime
 Scan or visit Hellmanns.ca for more 'Back To School' recipes!

PERSONAL CARE FOR LESS



PANTENE
HAIR CARE
308-355 ML
SELECTED VARIETIES

LOCKED DOWN

4⁷⁹
EACH



LISTERINE
MOUTHWASH
1 L
SELECTED VARIETIES

LOCKED DOWN

6²⁹
EACH



NIVEA
BODY
WASH OR
SHOWER
GEL
500 ML
SELECTED VARIETIES

LOCKED DOWN

4⁴⁹
EACH



ALWAYS ULTRA THIN PADS
20 - 22'S
TAMPAX TAMPONS
18'S
SELECTED VARIETIES



LOCKED DOWN

5⁴⁹
EACH



IRISH SPRING BAR SOAP
6 X 104.8 G
SELECTED VARIETIES

LOCKED DOWN

5⁹⁹
EACH



GILLETTE
DEODORANT
100 G
SELECTED VARIETIES

LOCKED DOWN

6⁴⁹
EACH



BATISTE DRY
SHAMPOO
200 ML
SELECTED VARIETIES

LOCKED DOWN

10⁹⁹
EACH



PAMPERS EASY UPS TRAINING UNDERWEAR
46 - 66'S
SELECTED VARIETIES



LOCKED DOWN

2⁹⁹
EACH



COLGATE
TOOTHPASTE
133 ML
TOOTHBRUSH
2'S
SELECTED VARIETIES

LOCKED DOWN

7⁹⁹
EACH



ALWAYS DISCREET
UNDERWEAR
17'S
SELECTED VARIETIES

LOCKED DOWN

18⁹⁹
EACH



PAMPERS SENSITIVE
BABY WIPES
56'S
SELECTED VARIETIES

LOCKED DOWN

3⁴⁹
EACH



BABY
GOURMET
FRUIT &
YOGURT
SNACKS
23 G
SELECTED VARIETIES

LOCKED DOWN

4⁴⁹
EACH



Q-TIPS 400'S
SELECTED VARIETIES

LOCKED DOWN

4⁴⁹
EACH



GERBER TODDLER
SNACKS
42 G
SELECTED VARIETIES

LOCKED DOWN

2/\$6



SIMILAC INFANT
FORMULA
16 X 235 ML
SELECTED VARIETIES

LOCKED DOWN

60⁹⁹
EACH



PERSONNELLE
HAND SOAP
251 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

1⁹⁹
EACH



PERSONNELLE
HAIR CARE
355-375 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

2⁹⁹
EACH



PERSONNELLE BABY
TRAINING PANTS
33'S
SELECTED VARIETIES

ALWAYS GREAT PRICE

12⁹⁹
EACH

55 points