

food Basics

CANADIAN AND PROUD

WOWZA!

EXTRA
LEAN

HALAL
AT SAME
PRICE

EXTRA LEAN GROUND BEEF
FAMILY PACK
SELECTED VARIETIES
WHILE QUANTITIES LAST
12.96/KG

WOWZA!
5.88
/LB

EXTRA
LARGE

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

WOWZA!
1.48
/LB

Silk Protéines
18g
1.42L
ACTIVIA YOGURT
12 X 100 G
SILK PROTEIN BEVERAGE
1.42L
SELECTED VARIETIES

ACTIVIA
2.2% TO 5% FAT
GUT HEALTH • SANTÉ DIGESTIVE
3 BARS
12 X 100 G

DANONE
ONE PLANET, ONE HEALTH
5.98
EACH

Piller's
SLICED DELI MEAT
2 X 125 - 375 G
SELECTED VARIETIES

Piller's
BUY 2, GET 1 FREE
BUY ANY 2 AT REGULAR
RETAIL AND GET 1 FREE

Goldfish CHEDDAR
BAKED WITH REAL CHEESE
HABITANT, CAMPBELL'S
CHUNKY OR
READY TO SERVE SOUP
515 - 796 ML
PEPPERIDGE FARMS
GOLDFISH CRACKERS
168 - 200 G
SELECTED VARIETIES

Campbell's
1.98
EACH

Dove
sensitive skin
BODYWASH
325 ML OR
BAR SOAP
3 X 106 G
AXE PHOENIX DEODORANT
85 G
SELECTED VARIETIES

Dove
original
3 BARS
1 X 106 G

U
4.85
EACH

General Mills
FAMILY SIZE CEREAL
317 - 725 G SELECTED VARIETIES

General Mills
4.98
EACH

Nestlé
NESCAFÉ, NESCAFÉ GOLD
OR TASTER'S CHOICE
INSTANT COFFEE
95 - 170 G SELECTED VARIETIES
WHILE QUANTITIES LAST

Nestlé
6.48
EACH

LA MOLISANA
PASTA OR REGINA
MOLISANA PASSATA
450 G
610 ML
SELECTED VARIETIES

WOWZA!
1.98
EACH

SELECTION CHEESE
400 G
SHREDS
320 G
SELECTED VARIETIES

WOWZA!
4.88
EACH

GIUSEPPE
RISING CRUST-LEVÉ-AU-FOUR
PEPPERONI
DR. OETKER GIUSEPPE
RISING CRUST PIZZA
480 - 785 G FROZEN
HELUGA GOOD! DIP
800 G SELECTED VARIETIES

WOWZA!
4.98
EACH

HELUGA GOOD!
FRENCH ONION
ORIGINAL & LE FRAIGOLE
800 G

WOWZA!
4.98
EACH

IRRESISTIBLE
MUFFINS
600 G
SELECTED VARIETIES

WOWZA!
4.98
EACH

LEGACY CURED
BONELESS
PORK LOIN
ROLLED IN CORNMEAL
SELECTED VARIETIES
7.23/KG

WOWZA!
3.28
/LB

FOLIA
BABY CARROTS
PRODUCT OF ONTARIO 907 G
FOLIA LETTUCE
227 G SELECTED VARIETIES

WOWZA!
4.88
EACH

LEMONS
PRODUCT OF U.S.A. OR
SOUTH AFRICA, 2 LB
LIMES
PRODUCT OF MEXICO, 1 LB

WOWZA!
2.98
EACH

SEEDLESS
CUCUMBER
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
88¢/LB, 1.94/KG

WOWZA!
88¢
EACH
ON 1 LB

MEGA WOWZA!

save MORE with moi

Tide LAUNDRY DETERGENT
1.18 L = 32 LOADS
PODS 29%
BOUNCE DRYER SHEETS 32%
SELECTED VARIETIES

moi price
5.98*
ea.

non moi price 6.98
ea.

McCain
FRENCH FRIES
1.5 KG
SELECTED VARIETIES

moi price
4.98*
ea.

non moi price 5.98
ea.

CHOOSE CANADIAN | LOOK FOR THE MAPLE LEAF AT SHELF

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, SEPTEMBER 10TH TO WEDNESDAY, SEPTEMBER 16TH, 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, where you can create an account (or sign into your account) and select your preferred location.



WOWZA!

IRRESISTIBLE
SALTED OR UNSALTED
ROASTED CASHEWS
506 G
SELECTED VARIETIES

\$19.99
EACH

SAVERA PANEER
341 G
SELECTED VARIETIES

\$4.49
EACH

IRRESISTIBLE PACIFIC WHITE SHRIMP
COOKED OR RAW 31 - 40 CT
340 G FROZEN SELECTED VARIETIES

\$6.99
EACH

LACTANTIA
PURIFILTRE MILK
2 L
BEATRICE CHOCOLATE MILK
2 L
SELECTED VARIETIES

\$4.99
EACH

NESTLÉ COFFEE MATE
COFFEE ENHANCER
828 - 946 ML
ASTRO ORIGINAL BALKAN YOGURT
12 X 100 G
IRRESISTIBLE ORANGE JUICE
1.36 L SELECTED VARIETIES

\$3.99
EACH

DEMPSTER'S WHOLE GRAIN BREAD
800 G
SIGNATURE BUNS
6 - 9.5
SELECTED VARIETIES

\$2.99
EACH

NATREL
LACTOSE FREE OR ORGANIC MILK
2 L
SELECTED VARIETIES

\$4.99
EACH

HÄAGEN-DAZS ICE CREAM
NOVELTIES
450 ML
IÖGO NANO YOGURT BARS
8 X 59 ML
SELECTED VARIETIES

\$4.99
EACH

CAMPBELL'S BROTH
250 - 900 ML
SELECTED VARIETIES

\$1.49
EACH

KRAFT CHEEZ WHIZ SPREAD
460 G
PHILADELPHIA CREAM CHEESE
227 - 250 G
SELECTED VARIETIES

\$3.99
EACH

POST SHREDDIES CEREAL
440 G
QUAKER CAP'N CRUNCH
350 G
SELECTED VARIETIES

\$2.99
EACH

30 points

TOSTITOS TORTILLA CHIPS
210 - 295 G SELECTED VARIETIES

2/\$7

BUBBL'Y SPARKLING WATER
12 X 355 ML
MONTELLIER CARBONATED WATER
10 X 355 ML
SELECTED VARIETIES

\$6.49
EACH

MAXWELL HOUSE COFFEE CAPSULES
12'S
NABOB GROUND COFFEE
340 G
COFFEE MATE COFFEE WHITENER
450 G
SELECTED VARIETIES

\$5.99
EACH

ESKA SPRING WATER
24 X 500 ML

\$4.99
EACH

GATORADE SPORTS DRINKS
6 X 591 ML
SELECTED VARIETIES

\$5.99
EACH

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

\$7.49
EACH

PALMOLIVE DISH DETERGENT
828 ML
SELECTED VARIETIES

\$1.99
EACH

9" GARDEN MUMS
WHILE SUPPLIES LAST
ASSORTED COLOURS

\$8.98
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

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

DIGITAL DEAL
4.49
EACH
WITH COUPON

save \$2

only with moi rewards

*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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\$

\$

WOWZA!
250
EACH

CHRISTIE RITZ
OR TRISCUIT
CRACKERS
162 - 200 G
SELECTED VARIETIES

Mondelez
International

\$



CHRISTIE
OREO OR
CHIPS AHOY!
COOKIES
251 - 350 G
SELECTED VARIETIES



WOWZA!
275
EACH



CHRISTIE PEEK
FREANS OR
DAD'S OATMEAL
COOKIES
290 - 350 G
SELECTED VARIETIES



WOWZA!
275
EACH



\$



CHRISTIE
BITS & BITES
OR CRISPERS
SNACKS
165 G
SELECTED VARIETIES



WOWZA!
279
EACH



CADBURY CANDY BARS
80 - 100 G
MAYNARDS CANDY
160 - 154 G
SELECTED VARIETIES



WOWZA!
250
EACH



\$

NEW

WOWZA!
399
EACH

MARIGOLD OR
P.F. CHANG'S SAUCE
350 - 400 ML
SELECTED VARIETIES



\$



P.F. CHANG'S
OR MARIGOLD
MEAL
312 - 354 G
FROZER
SELECTED VARIETIES

NEW



WOWZA!
699
EACH



HUNGRY-MAN
MEAL
360 - 455 G
FROZER
SELECTED VARIETIES



WOWZA!
499
EACH



SNACK PACK
PUDDING OR
GEL SNACK
4'S
SELECTED VARIETIES

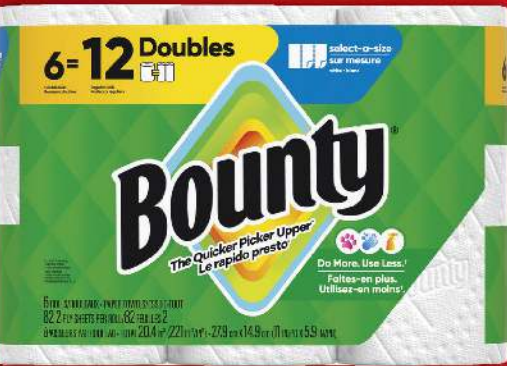
WOWZA!
199
EACH



ORVILLE REDENBACHER'S
POPPING CORN
340 - 850 G
SELECTED VARIETIES



WOWZA!
499
EACH



\$



\$

\$



DAWN
DISH SOAP
431 - 502 ML
SELECTED VARIETIES

WOWZA!
249
EACH



PAMPERS
SENSITIVE
BABY WIPES
56'S
SELECTED VARIETIES

WOWZA!
349
EACH



WOWZA!
1399
EACH

BOUNTY
PAPER TOWEL
6 = 12'S
CHARMIN
BATH TISSUE
12 = 48'S
SELECTED VARIETIES



ALWAYS
ULTRA THIN
PADS
30 - 32'S
TAMPAX
TAMPONS
18'S
SELECTED VARIETIES



WOWZA!
549
EACH



PANTENE
HAIR CARE
308 - 355 ML
SELECTED VARIETIES

WOWZA!
479
EACH

Dempster's
EST 1890
BAGELS
ORIGINAL L'ORIGINAL
NO ARTIFICIAL FLAVOURS OR COLOURS
Canadian wheat flour

Dempster's
EST 1890
BAGELS
EVERYTHING
TOUT GARNI
NO ARTIFICIAL FLAVOURS OR COLOURS
Canadian wheat flour

Dempster's
EST 1890
TORTILLAS
ORIGINAL ORIGINALES
NO ARTIFICIAL FLAVOURS OR COLOURS
Canadian wheat flour

Dempster's
EST 1890
TORTILLAS
100% WHOLE WH
100% DE BLE
NO ARTIFICIAL FLAVOURS OR COLOURS
Canadian wheat flour

Dempster's
EST 1890
CINNAMON RAISIN
CANADIAN WHOLE GRAIN
NO ARTIFICIAL FLAVOURS OR COLOURS
Canadian wheat flour

SUN-MAID
NEW LOOK
TASTE GREAT TASTE!
Raisin
CINNAMON / MARBRÉ À LA CANNELLE
BAKING IN EVERY BITE!
DES RAISINS DANS CHAQUE BOULANGERIE!
NO ARTIFICIAL FLAVOURS OR COLOURS
RAISIN BREAD

Dempster's
EST 1890
BAGELS
450 - 510 G
SELECTED VARIETIES

349
EACH

Dempster's 10" TORTILLAS
428 - 610 G
SELECTED VARIETIES

399
EACH

SUN-MAID OR DEMPSTER'S RAISIN BREAD
340 - 570 G
SELECTED VARIETIES

399
EACH

Stonemill
BAGERIE - BOULANGERIE
FROM OUR ARTISAN OVEN
SOURDOUGH
BREAD - PAIN
No artificial ingredients
No artificial flavours or colours
Canadian wheat flour

Stonemill BREAD
450 - 550 G
SELECTED VARIETIES

399
EACH

Hostess
Twinkies
FUN PACK AMUSANT
6
202 g

Hostess SNACK CAKES
6'S
SELECTED VARIETIES

299
EACH

SCHNEIDERS
EST 1890
Flaky Pastry made from Scratch
MINI CHICKEN & VEGETABLE PIES
Small and tender, delicious and easy to eat. Perfect for parties and gatherings.
6 PIES
430 g

SCHNEIDERS
EST 1890
Flaky Pastry made from Scratch
ORIGINAL BEEF PIES
PÂTES À BOUF ORIGINALES
No artificial ingredients
No artificial flavours or colours
Canadian wheat flour

SCHNEIDERS MEAT PIES
330 - 400 G
FROZEN
SELECTED VARIETIES

399
EACH

SCHNEIDERS
EST 1890
Blue Ribbon
CLASSIC BOLOGNA
Bologna made from real meat and natural ingredients.
BOLOGNE CLASSIQUE
Fait avec viande réelle et ingrédients naturels.
375 g

SCNHEIDERS BOLOGNA
375 G
SELECTED VARIETIES

SCHNEIDERS
EST 1890
Dutch Treat
GARLIC BOLL
BOL
High in Fiber
No artificial ingredients
No artificial flavours or colours
Canadian wheat flour

499
EACH

MAPLE LEAF
Real. Simple. Vrai. Simple.
natural selections
SMOKED BLACK FOREST HAM
JAMON FORET-NOIRE FUMÉ
No artificial ingredients
No artificial flavours or colours
Canadian wheat flour

MAPLE LEAF NATURAL SELECTIONS SLICED DELI MEAT
375 - 400 G
SELECTED VARIETIES

999
EACH

MAPLE LEAF
Real. Simple. Vrai. Simple.
natural selections
OVEN ROASTED CHICKEN BREAST
POITRINE DE POULET ROTIE AU FOUR
No artificial ingredients
No artificial flavours or colours
Canadian wheat flour

375 g

SCHNEIDERS
EST 1890
Natural Bacon naturel
Original
5 ingredients
No artificial ingredients
No artificial flavours or colours
Canadian wheat flour

SCHNEIDERS OR MAPLE LEAF BACON
65 - 375 G
SELECTED VARIETIES

499
EACH

SCHNEIDERS
EST 1890
Hickory Smoked Fume au hickory
CLASSIC CUT BACON COUPE CLASSIQUE
No artificial ingredients
No artificial flavours or colours
Canadian wheat flour

375 g

SCHNEIDERS
EST 1890
Mini-Sizzlers
BREAKFAST SAUSAGES
No artificial ingredients
No artificial flavours or colours
Canadian wheat flour

SCHNEIDERS BREAKFAST SANDWICHES OR EGG BITES
225 - 285 G
FROZEN

SCHNEIDERS MINI SIZZLERS OR OKTOBERFEST SAUSAGES
375 G
FROZEN
SELECTED VARIETIES

499
EACH

SCHNEIDERS
EST 1890
Breakfast Bites
Boulettes déjeuner
10g
EGG with SPINACH, RED PEPPER & PARMESAN
OUF avec ÉPINARD, POIVRON ROUGE & PARMESAN

375 g

McCain
STRAIGHT CUT
COUPE RÉGULIÈRE
800 g

McCain FRENCH FRIES
800 G FROZEN
SELECTED VARIETIES

249
EACH

McCain
TAST!EZ
cherry JALAPENO BITES
BOUCHÉES DE JALAPENO
fromage

McCain TASTIEZ BITES
311 G
SELECTED VARIETIES

399
EACH

McCain
TAST!EZ
MAC & CHEESE
Boulettes
DE MACARONI
AU FROMAGE

311 g

McCain
Deep'n Delicious
MIDDLE CUT
CUT À MI-MANÈGE

McCain DEEP'N DELICIOUS CAKES
510 G FROZEN
SELECTED VARIETIES

499
EACH

CLOROX
Original
33% MORE CONCENTRATED
7X FASTER
CAUTION / ATTENTION
HYPO-ALLERGENIC
CLOROX BLEACH
2.4 L
PINE-SOL CLEANER
1.4 L
SELECTED VARIETIES

499
EACH

CLOROX
Original
33% MORE CONCENTRATED
7X FASTER
CAUTION / ATTENTION
HYPO-ALLERGENIC
CLOROX BLEACH
2.4 L
PINE-SOL CLEANER
1.4 L
SELECTED VARIETIES

499
EACH

GLAD
GUARANTEED STRONG
BLACK
REGULAR 74 L
40 BAGS
85 x 85 cm | 26 x 33 in

GLAD GARBAGE BAGS
30 - 44'S
SELECTED VARIETIES

1199
EACH

BRITA
WATER FILTRATION SYSTEM
REFILL FILTERS
3'S
SELECTED VARIETIES

2399
EACH



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

\$
WOWZA!
2.48
EACH



FUZE OR PEACE TEA ICED TEA
12 X 355 mL
SELECTED VARIETIES

\$
WOWZA!
7.99
EACH



GLACEAU
VITAMIN
WATER
591 mL
SELECTED VARIETIES

\$
WOWZA!
1.99
EACH



GLACEAU
SMARTWATER
1 L
SELECTED VARIETIES

\$
WOWZA!
1.99
EACH



POWERADE
SPORTS DRINKS
710 mL
SELECTED VARIETIES

\$
WOWZA!
1.49
EACH



PEACE TEA
ICED TEA
695 mL
SELECTED VARIETIES

\$
WOWZA!
1.49
EACH



MONSTER
ENERGY DRINKS
473 mL
SELECTED VARIETIES

\$
WOWZA!
2.49
EACH



MONSTER
ENERGY DRINKS
8 X 355 mL
SELECTED VARIETIES

\$
WOWZA!
13.99
EACH

WE LOVE LOCAL



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

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

THIS WEEK ONLY

1⁹⁹
EACH

CAULIFLOWER
PRODUCT OF CANADA, NO. 1 GRADE

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

THIS WEEK ONLY

2⁹⁹
EACH

SWEET ASSORTED PEPPERS
PRODUCT OF CANADA
PKG OF 4

ROMAINE HEARTS
PRODUCT OF CANADA
3 PK

THIS WEEK ONLY

3⁹⁹
EACH

SEEDLESS WATERMELON
PRODUCT OF CANADA

THIS WEEK ONLY

3⁹⁹
EACH

WHOLE WHITE OR CREMINI MUSHROOMS
PRODUCT OF CANADA, 227 G

BROCCOLI CROWNS
PRODUCT OF CANADA

THIS WEEK ONLY

2/\$5

YELLOW FLESH & CHAIR JAUNE
Washed POTATOES / POMMES de TERRE lavées
5 lb | 2.27 kg
PRODUCT OF CANADA NO. 1 GRADE
PRODUCT OF PRINCE EDWARD ISLAND
PRODUIT DEL'ILE-DE-PRINCE-EDOUARD

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

THIS WEEK ONLY

3⁹⁹
EACH

CANTALOUPE
PRODUCT OF CANADA
NO. 1 GRADE

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 FAMILY GRADE
2 L BASKET

THIS WEEK ONLY

2⁹⁹
EACH

5⁹⁹
EACH

RED MANGOES
PRODUCT OF BRAZIL

THIS WEEK ONLY

1⁴⁹
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

3⁹⁹
EACH

CLEMENTINES
PRODUCT OF SOUTH AFRICA OR PERU
2 LB

KIWIS
PRODUCT OF CHILE
600 G BASKET

THIS WEEK ONLY

4⁹⁹
EACH

TROPICAL GOLD PINEAPPLE
PRODUCT OF COSTA RICA

AVOCADOS
PRODUCT OF MEXICO OR PERU
5 OR 6 PACK

THIS WEEK ONLY

3⁹⁹
EACH

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

CANARY MELON
PRODUCT OF U.S.A. OR BRAZIL

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

THIS WEEK ONLY

2⁹⁹
/LB

1²⁹
/LB

POMEGRANATE
PRODUCT OF U.S.A.

THIS WEEK ONLY

2/\$5

GREENHOUSE ORGANIC GINGER DEFENCE
420 ML

THIS WEEK ONLY

9⁹⁹
EACH

50 points

FLORAL

5 STEM SUNFLOWERS
WHILE SUPPLIES LAST

THIS WEEK ONLY

\$6
EACH

12 STEM ROSES
WHILE SUPPLIES LAST

THIS WEEK ONLY

12⁸⁸
EACH

ASSORTED FALL BULBS
WHILE SUPPLIES LAST

THIS WEEK ONLY

2/\$6

5" ORCHID
WHILE SUPPLIES LAST

THIS WEEK ONLY

13⁹⁸
EACH

MEAT



COHO
SALMON FILLET
PREVIOUSLY FROZEN SELECTED VARIETIES
26.43/KG

THIS WEEK ONLY
11.99
/LB



FRESH CAP OFF
RIB STEAKS
FAMILY PACK
CUT FROM UNGRADED BEEF
WHILE QUANTITIES LAST
28.64/KG

THIS WEEK ONLY
12.99
/LB



RACHEL'S ORIGINAL CORNED BEEF
BRISKET OR PASTRAMI
SELECTED VARIETIES
17.61/KG

THIS WEEK ONLY
7.99
/LB



FRESH BONELESS
EYE OF ROUND ROAST
OR STEAKS
CUT FROM CANADA AA GRADE OR HIGHER
SELECTED VARIETIES
26.43/KG

THIS WEEK ONLY
11.99
/LB



LIFE SMART
EXTRA LEAN GROUND CHICKEN OR TURKEY
450 G
ZABIHA HALAL EXTRA LEAN GROUND CHICKEN
450 G
SELECTED VARIETIES

THIS WEEK ONLY
5.99
EACH



JOHNSONVILLE
DINNER, BREAKFAST OR SMOKED SAUSAGES
250 - 500 G
SELECTED VARIETIES

THIS WEEK ONLY
6.99
EACH



MAPLE
LODGE OR
ZABIHA
HALAL
CHICKEN
WIENERS
450 G
SELECTED VARIETIES

THIS WEEK ONLY
1.99
EACH



BUTCHER'S SELECTION
PORK OR
HARVEST CREEK HALAL
CHICKEN WIENERS
900 G SELECTED VARIETIES

THIS WEEK ONLY
3.99
EACH



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

THIS WEEK ONLY
5.99
EACH



BALDERSON
CHEDDAR OR
PILLER'S
MEAT SNACKS
250 - 500 G
SELECTED VARIETIES

THIS WEEK ONLY
7.99
EACH



IRRESISTIBLES
SMOKED BONELESS
HALF MOON HAM
SELECTED VARIETIES
15.41/KG

THIS WEEK ONLY
6.99
/LB



IRRESISTIBLE
PARMIGIANO
REGGIANO OR
GRANA PADANO
OR EMMENTAL
200 - 400 G
SELECTED VARIETIES

THIS WEEK ONLY
8.99
EACH



TRE STELLE
MASCARPONE
475 G
SELECTED VARIETIES

THIS WEEK ONLY
9.99
EACH



NEW ZEALAND
LAMB SHANKS
FROZEN
SELECTED VARIETIES
19.82/KG

THIS WEEK ONLY
8.99
/LB



HIGH LINER
CATCH OF THE
DAY BREADED
& BATTERED
FISH FILLETS
OR MARKET
CUTS
FISH FILLETS
227 - 350 G
FROZEN,
SELECTED VARIETIES

THIS WEEK ONLY
4.99
EACH



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

THIS WEEK ONLY
7.49
EACH



ATLANTIC
WILD PERCH
OR TASIA
WHOLE MILKFISH
650 - 750 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
10.99
EACH



IRRESISTIBLES
POPCORN
SHRIMP
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
11.99
EACH

BAKERY



CEDAR
LEBANESE PITA
330 G
SELECTION GARLIC
BREADSTICK
284 G
SELECTED VARIETIES

THIS WEEK ONLY
1.29
EACH



SELECTION
BREAD
675 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
2.48
EACH



SELECTION DONUTS
400 - 552 G
SELECTED VARIETIES

THIS WEEK ONLY
2.99
EACH



SELECTION
SQUARES
400 - 450 G
IRRESISTIBLES
TARTS
510 G
SELECTED VARIETIES

THIS WEEK ONLY
4.49
EACH



PROMISE
GLUTEN-FREE
BREAD
240 - 480 G
SELECTED VARIETIES

THIS WEEK ONLY
6.99
EACH

CHOOSE CANADIAN



SEEDLESS CUCUMBER
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
88¢ EA.
FIELD TOMATOES
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
88¢/LB - 1.94/KG

88¢
/LB OR EACH



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

1.99
EACH



MAPLE LODGE OR ZABIHA HALAL CHICKEN WIENERS
450 G
SELECTED VARIETIES



1.99
EACH



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

5.99
EACH



CEDAR LEBANESE PITA
330 G
SELECTION GARLIC BREADSTICK
284 G
SELECTED VARIETIES

1.29
EACH



SELECTION DONUTS
400 - 552 G
SELECTED VARIETIES

2.99
EACH



SELECTION CHEESE SHREDS
400 G
320 G
SELECTED VARIETIES

4.88
EACH



DR. OETKER GIUSEPPE PIZZA
430 - 785 G FROZEN
HELUVA GOOD! DIP
680 G
SELECTED VARIETIES



4.98
EACH



ACTIVIA YOGURT
12 X 100 G
SILK PROTEIN BEVERAGE
1.42 L
SELECTED VARIETIES

5.98
EACH



HÄAGEN-DAZS ICE CREAM
450 ML
NOVELTIES 3 - 4'S
iöGO YOGURT BARS
8'S SELECTED VARIETIES

4.99
EACH



KRAFT SALAD DRESSING
425 ML
SELECTED VARIETIES

2.99
EACH



TIM HORTONS READY TO SERVE SOUP
540 ML
SELECTED VARIETIES

2.99
EACH



GATORADE SPORTS DRINKS
6X591 ML SELECTED VARIETIES

5.99
EACH



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

7.49
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



SILK DRINKS
1.75 - 1.89 L
SELECTED VARIETIES

LOCKED DOWN 

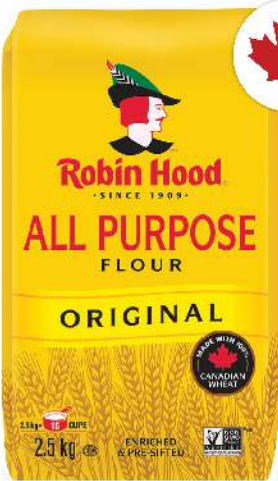
3.99
EACH



LOCKED DOWN 

15.99
EACH

MAXWELL HOUSE GROUND COFFEE
864 - 900 G
COFFEE CAPSULES
30'S
SELECTED VARIETIES



ROBIN HOOD OR
FIVE ROSES
FLOUR
2.5 KG
SELECTED VARIETIES

LOCKED DOWN 

5.49
EACH



KELLOGG'S
VECTOR CEREAL
400 G
CORN FLAKES
340 G
SELECTED VARIETIES

LOCKED DOWN 

3.99
EACH



OCEAN SPRAY
SPARKLING
CRANBERRY
DRINKS
6 X 340 ML
SELECTED VARIETIES

LOCKED DOWN 

5.99
EACH



KRAFT
SALAD DRESSING
425 ML
SELECTED VARIETIES

LOCKED DOWN 

2.99
EACH



FRUITÉ
DRINK
2 L
SELECTED VARIETIES

LOCKED DOWN 

1.99
EACH



OLD EL PASO SHELLS OR TORTILLAS
125 - 334 G
REFRIED BEANS
398 ML
SELECTED VARIETIES

LOCKED DOWN 

2.99
EACH



TAKIS
TORTILLA CHIPS
198 - 260 G
SELECTED VARIETIES

LOCKED DOWN 

3.29
EACH



VH SAUCE
341 - 380 ML
SELECTED VARIETIES

LOCKED DOWN 

3.49
EACH



TAJIN
SEASONING
142 G
SELECTED VARIETIES

LOCKED DOWN 

5.99
EACH



CARNATION
EVAPORATED MILK
354 ML
SELECTED VARIETIES

LOCKED DOWN 

2/\$4



FRANK'S
REDHOT SAUCE
354 ML
SELECTED VARIETIES

LOCKED DOWN 

4.49
EACH



WOWBUTTER
TOASTED
SOY SPREAD
500 G
SELECTED VARIETIES

LOCKED DOWN 

4.99
EACH



WHISKAS
CAT FOOD
75 G
SELECTED VARIETIES

LOCKED DOWN 

1.50
EACH



PURINA
FRISKIES
CAT FOOD
1.42 KG
SELECTED VARIETIES

LOCKED DOWN 

5.99
EACH



MEOW MIX
CAT FOOD
1.42 KG
SELECTED VARIETIES

LOCKED DOWN 

6.99
EACH



PEDIGREE
VITALITY +
DOG FOOD
8 KG
SELECTED VARIETIES

LOCKED DOWN 

25.99
EACH

ALWAYS GREAT PRICE



SELECTION
JUICE BLEND
2.5L
SELECTED VARIETIES

ALWAYS GREAT PRICE

4.99
EACH



SELECTION
VEGETABLES
500 - 750 G
FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE

3.29
EACH



SELECTION
SHREDDED CHEESE
620 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

10.49
EACH



SELECTION PIZZA
2'S
SELECTED VARIETIES

ALWAYS GREAT PRICE

11.99
EACH



SELECTION
POTATO CHIPS
200 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

1.49
EACH



SELECTION
MAYONNAISE
750 - 850 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

4.99
EACH



IRRESISTIBLES
SNACKS
142 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.49
EACH



SELECTION
TACO
SEASONING
24 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

\$1
EACH



IRRESISTIBLES
COCONUT OIL
375 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

6.99
EACH



SELECTION PARBOILED OR WHITE RICE
900 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

3.49
EACH



ALWAYS GREAT PRICE

4.44
EACH



ALWAYS GREAT PRICE

99¢
EACH



ALWAYS GREAT PRICE

1.79
EACH



ALWAYS GREAT PRICE

2.49
EACH



SELECTION
WOODEN
UTENSILS
24'S
SELECTED VARIETIES

ALWAYS GREAT PRICE

1.99
EACH



SELECTION
PAPER CUPS
12'S
SELECTED VARIETIES

ALWAYS GREAT PRICE

4.99
EACH



SELECTION
FACIAL
TISSUES
12'S

ALWAYS GREAT PRICE

13.99
EACH



SELECTION
BATHROOM
TISSUE
30-100'S

ALWAYS GREAT PRICE

19.99
EACH

SUMMER TREATS FOR LESS



IRRESISTIBLE ICE CREAM
1.5L
SELECTED VARIETIES

SUMMER TREATS
4.88
EACH



IRRESISTIBLE ICE CREAM BARS
4 x 88 mL
SELECTED VARIETIES

SUMMER TREATS
4.88
EACH



IRRESISTIBLE SORBET
946 mL
SELECTED VARIETIES

SUMMER TREATS
4.88
EACH



IRRESISTIBLE MACARON
ICE CREAM SANDWICHES
3 x 90 mL
SELECTED VARIETIES

SUMMER TREATS
4.88
EACH



SELECTION ICE MILK
4L
SELECTED VARIETIES

SUMMER TREATS
6.99
EACH



SELECTION
VANILLA IN THE
MIDDLE
SANDWICHES
12 OR 24'S
SELECTED VARIETIES

SUMMER TREATS
\$6
EACH



SELECTION ICE POPS
24'S
SELECTED VARIETIES

SUMMER TREATS
6.88
EACH



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

SUMMER TREATS
8.88
EACH

MORE

FLAVOURS OF THE WORLD



RAPINI
PRODUCT OF U.S.A.

THIS WEEK ONLY 
2/\$5



PRODUCT OF ITALY

IRRESISTIBLE
PARMIGIANO
REGGIANO OR
GRANA PADANO OR
EMMENTAL
200 - 400 G
SELECTED VARIETIES

THIS WEEK ONLY 
8.99
EACH



SIMMENTHAL BEEF 3 X 90 G
AURORA MUFFALETTA 473 ML
RIO MARE LIGHT TUNA 3 X 80 G
SELECTED VARIETIES

LOCKED DOWN 
6.99
EACH



1L



COLAVITA
EXTRA VIRGIN
OLIVE OIL
1L
SELECTED VARIETIES

LOCKED DOWN 
14.99
EACH



AURORA OR UNICO
PEPPER RINGS
210 - 750 ML
AURORA
BREAD CRUMBS
227 - 680 G
SELECTED VARIETIES

LOCKED DOWN 
3.49
EACH



MILANO
LADY FINGERS
OR BAUDUCCO
WAFERS
142 - 150 G
SELECTED VARIETIES

LOCKED DOWN 
99¢
EACH



AURORA SEA SALT, GNOCCHI OR BOUILLON CUBES
1 KG, 66 - 500 G SELECTED VARIETIES

LOCKED DOWN 
1.49
EACH



LAVAZZA COFFEE
250 G
SELECTED VARIETIES



LOCKED DOWN 
5.99
EACH



IRRESISTIBLE
TIRAMISU
500 G

THIS WEEK ONLY 
6.99
EACH



MUTTI
TOMATO PASTE
156 ML
UNICO
ARBORIO RICE
OR KALAMATA
OLIVE
750 G, 375 ML
SELECTED VARIETIES

LOCKED DOWN 
3.99
EACH



UNICO
TOMATO PASTE
156 ML
SELECTED VARIETIES



LOCKED DOWN 
99¢
EACH



AURORA
HONEY
1 KG
SELECTED VARIETIES

LOCKED DOWN 
7.99
EACH



DE CECCO PESTO
190 G
VITA SANA OR MOLISANA FLOUR
1 KG
MOLISANA DRIED TOMATOES
314 ML
SELECTED VARIETIES

LOCKED DOWN 
4.49
EACH



UNICO
SOLID LIGHT TUNA
99 G
SELECTED VARIETIES

LOCKED DOWN 
4/\$5



UNICO
OLIVES
OR MUTTI
POLPA
375 - 390 ML
VITA SANA
TARALLI
225 G
SELECTED VARIETIES



LOCKED DOWN 
2.49
EACH



MUTTI
PASSATA OR
TOMATOES
680 - 796 ML
SELECTED VARIETIES

LOCKED DOWN 
4.49
EACH



BAULI
CROISSANT
65
GIOIA
SAVOIARDI
OR COLUSSI
COOKIE
400 - 500 G
SELECTED VARIETIES

LOCKED DOWN 
3.99
EACH



COLAVITA OLIVE OIL
500 ML
SELECTED VARIETIES
WHILE QUANTITIES LAST



LOCKED DOWN 
9.99
EACH

MORE

FLAVOURS

OF

THE

WORLD



JUMBO PAPAYA
PRODUCT OF MEXICO
3.28/KG

THIS WEEK ONLY 
1.49
/LB



FRESH YELLOW DATES
PRODUCT OF EGYPT
11.00/KG

THIS WEEK ONLY 
4.99
/LB



DRAGON FRUIT - PITAHAYA
PRODUCT OF ECUADOR
6.59/KG

THIS WEEK ONLY 
2.99
/LB



FLAT CABBAGE
PRODUCT OF CANADA
3.28/KG

THIS WEEK ONLY 
1.49
/LB



ZABIHA HALAL
EXTRA LEAN
GROUND CHICKEN
450 G
SELECTED VARIETIES

THIS WEEK ONLY 
5.99
EACH



MINO
IMITATION
CRAB STICK
454 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY 
4.99
EACH



ICIM TURKISH
LABNEH
550 G
SELECTED VARIETIES

THIS WEEK ONLY 
7.99
EACH



CRISPY ROTI
750 G
SELECTED VARIETIES

THIS WEEK ONLY 
3.49
EACH



GRACE COCONUT
WATER OR
PLANTAIN CHIPS
85 G, 500 ML
SELECTED VARIETIES

LOCKED DOWN 
1.33
EACH



MILI OR GRACE
COCONUT MILK
400 ML
GRACE CONDENSED
MILK
297 ML SELECTED VARIETIES

LOCKED DOWN 
1.39
EACH



CEDAR
LEGUMES
907 G
SELECTED VARIETIES

LOCKED DOWN 
2.99
EACH



GRACE HOT,
FISH OR MEAT
SAUCE
142 - 170 ML
SELECTED VARIETIES

LOCKED DOWN 
2.49
EACH

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moi rewards
i redeem and
save on what
i buy most often

redeem

500

points

=

\$4

in rewards



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GREENHOUSE
GINGER DEFENCE
420 ML

THIS WEEK ONLY

999
EACH

50
points



SCHNEIDERS OR PRIME BREADED CHICKEN
600 - 700 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
1199
EACH

55
points



LA FOURNÉE DORÉE
SESAME BUNS
200 G

THIS WEEK ONLY
399
EACH

30
points



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

LOCKED DOWN
2149
EACH

65
points



PAM
COOKING
SPRAY
141 - 170 G
SELECTED VARIETIES

LOCKED DOWN
549
EACH

30
points



KIRI CREAM CHEESE PRODUCT
144 G
SELECTED VARIETIES

LOCKED DOWN
499
EACH

25
points



OÏKOS
DRINKABLE
GREEK YOGURT
300 ML
SELECTED VARIETIES

LOCKED DOWN
299
EACH

15
points



GLAD CLING WRAP
60 M
SELECTED VARIETIES

LOCKED DOWN
449
EACH

25
points



SMUCKER'S
UNCRUSTABLES SANDWICH
4'S SELECTED VARIETIES

LOCKED DOWN
499
EACH

25
points



HERSHEY'S OR MARS
MULTI CHOCOLATE BARS
4'S
SELECTED VARIETIES

LOCKED DOWN
499
EACH

25
points



RYVITA CRACKERS
250 G
SELECTED VARIETIES

LOCKED DOWN
399
EACH

20
points



PURINA CAT CHOW
CAT FOOD
4 KG
SELECTED VARIETIES

LOCKED DOWN
1699
EACH

60
points



CATELLI
PASTA
340 G
SELECTED VARIETIES

LOCKED DOWN
299
EACH

15
points

the app-solute best way to save

only with
moi
rewards

DIGITAL DEAL

4.49
EACH

WITH COUPON

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



save
\$2



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*Limit one per customer, per transaction.

this week only