

FRESH SAVINGS FOR THE WEEK OF THURSDAY SEPTEMBER 10TH TO WEDNESDAY SEPTEMBER 16TH, 2026.



SAVE OVER
\$160
BOGO

BUY ONE GET ONE
FREE
EVENT!

SEE BACK PAGE FOR
MORE BOGO DEALS!



ORGANIC

Yorkshire Valley Farms
Frozen Organic
Chicken Drumsticks
1kg pkg

BUY ONE GET ONE
FREE
SAVE \$17.99



Fresh Carrots or Onions
Product of Canada
2lb pkg

BUY ONE GET ONE
FREE
SAVE \$2.99



Cardinal Lean
Ground Beef
454g pkg

BUY ONE GET ONE
FREE
SAVE \$10.49



Harvest Fresh
Vegetable Meal Kits
338-400g pkg

BUY ONE GET ONE
FREE
SAVE \$4.99



Longo's or Summer Fresh
Dips or Hummus
200-255g pkg
selected varieties

BUY ONE GET ONE
FREE
SAVE \$4.49



3LB BAG

BUY ONE GET ONE
FREE
SAVE \$6.99

Lil Snappers Fresh Gala,
Granny Smith or Pink
Lady Apples
Product of U.S.A.
3lb pkg



Longo's
SPAGHETTINI
PASTA / PÂTES

BUY ONE GET ONE
FREE
SAVE \$2.49

Longo's Pasta
450g pkg
selected varieties



Dr. Oetker Ristorante or
Casa di Mama Pizza
320-410g pkg
selected varieties

BUY ONE GET ONE
FREE
SAVE \$6.99



Bounty Paper
Towels
6=12 rolls
selected varieties

BUY ONE GET ONE
FREE
SAVE \$21.99



Monsieur Gustav
Canadian Havarti Cheese
Creamy or Jalapeño

BUY ONE GET ONE
FREE
SAVE \$3.99/100G



Free package must be of
equal or lesser value.

SUPPORTING LOCAL A FAMILY STANDARD SINCE 1956

FRESH MARKET PICKS

SEPTEMBER 10th-16th

While supplies last.

15 LBS!

\$6.99
each

Fresh
Watermelon
Product
of Ontario



\$1.49
/lb

Fresh Seedless
Navel Oranges
Product of
South Africa
3.29/kg



TREE
RIPENED

\$3.99
each

Fresh Maya
Mangoes
Product of Israel



\$3.99
/lb

Fresh White
Flesh Dragon Fruit
Product of Ecuador
8.80/kg



\$4.99
each

Fresh
Canary Melon
Product of Brazil



Fresh Lemons
Product of South Africa

\$3.99

2LB
BAG



Longo's

BOGO

BUY ONE GET ONE
FREE
EVENT!



Reser's Mashed Potatoes
567-680g pkg
selected varieties

BUY ONE GET ONE
FREE
SAVE \$6.49



BUY ONE GET ONE
FREE
SAVE \$9.99

No Bread PB&J
Mid-Day Squares
PB&J Strawberry,
Grape or Apple
Cinnamon
4x33g pkg



Fresh Brussels Sprouts
Product of Ontario
1lb bag

BUY ONE GET ONE
FREE
SAVE \$3.99



Marina Del Rey
Frozen Argentinian
Shrimp 300g pkg
selected varieties

BUY ONE GET ONE
FREE
SAVE \$12.99



Longo's Lawn & Garden
Waste Bags 10ct

BUY ONE GET ONE
FREE
SAVE \$9.99



BUY ONE GET ONE
FREE
SAVE \$4.99

Natural One Juice
900mL bottle
selected varieties



BUY ONE GET ONE
FREE
SAVE \$4.99

Fresh Wild Wonder
Tomatoes
Product of Ontario
340g pkg



BUY ONE GET ONE
FREE
SAVE \$10.99

Longo's
Picnic Salads
800-908g tub
selected varieties



ORGANIC
Longo's Fresh Organic
Salad Blends
Product of U.S.A.
142g pkg
selected varieties
BUY ONE GET ONE
FREE
SAVE \$5.99



Nature Valley
Granola Bars
130-230g pkg or
Betty Crocker Fruit by the
Foot or Fruit Gushers
128-141g pkg
selected varieties

BUY ONE GET ONE
FREE
SAVE AT
LEAST \$3.99



BUY ONE GET ONE
FREE
SAVE \$6.99

Longo's
Loaf Cake
300-435g pkg
selected varieties

Longo's

For online flyer, store hours and store locations,
visit us at Longos.com or call 1-800-9-Longos

f X @LongosMarkets

We reserve the right to limit quantities. We are diligent in proofing our flyers but unintentional errors in copy or image may occur. We reserve the right to correct any errors. Some images are for illustration purposes only. Savings refer to Longo's regular prices. Prices vary by location.

ZONE 1



FRESH SAVINGS FOR THE WEEK OF THURSDAY SEPTEMBER 10TH TO WEDNESDAY SEPTEMBER 16TH, 2026.



THANK YOU REWARDS MEMBER PRICING

Scan your registered Thank You Rewards card and receive exclusive members only pricing on select products in-store.



NOT A MEMBER? NOT A PROBLEM!

Sign up to become a member and earn 500 Bonus Points when you opt in to receive emails and exclusive offers. Scan the QR code or visit Longos.com/thank-you-rewards

THIS WEEK MEMBERS SAVE OVER

\$20

ORGANIC

duBreton Organic
Pork Sausages
400g pkg
selected varieties

6⁹⁹

SAVE \$3

NON-MEMBER
\$9.99



19⁹⁹

SAVE \$5

NON-MEMBER
\$24.99

Longo's Frozen
Cooked Black Tiger
Shrimp Ring with
Cocktail Sauce
480g pkg
COLOSSAL



5⁹⁹

SAVE \$1

NON-MEMBER
\$6.99

Oomé Smoked Tofu
220g pkg
selected varieties



Longo's
Assorted Donuts
340-580g pkg • 4 pack
Individual 5.99
selected varieties

2^{or} \$10

SAVE \$5.98 ON 2

NON-MEMBER
\$7.99



FROM 15⁹⁹

SAVE \$1

NON-MEMBER
FROM \$16.99

Longo's Arancini
with Sauce
6 pack
HEAT AND SERVE
selected varieties

Smart Water
1L bottle

2⁹⁹

SAVE \$1

NON-MEMBER
\$3.99



25⁹⁹

SAVE \$3

NON-MEMBER
\$28.99

McCafé Premium
Roast CoffeeK-Cups
30ct



2^{or} \$7

SAVE \$2.98 ON 2

NON-MEMBER
\$4.99

Schneiders or Greenfield
Lunch Kits
74-120g pkg • Individual \$3.99
selected varieties



MUST TRY

HONEY ALMOND

IN-STORE TASTING
SEPT 5, 6, 12, & 13
10:30AM-4PM

COOKIE DOUGH

CINNAMON CHURRO

GLUTEN & DAIRY FREE, NON-GMO AND PRESERVATIVE FREE!

- Made with simple ingredients like sweet dates, crunchy nuts, creamy nut butters, & rich cocoa.
- No preservatives or fillers and no weird ingredients you cannot pronounce.
- The perfect grab & go option for a busy workday, refueling after a workout, or as a wholesome treat paired with coffee.

7⁹⁹ Nosh Energy Balls
150g pkg
selected varieties
SAVE \$2



Cut from Canada AAA Grade
Striploin Grilling Steak
50.68/kg

22⁹⁹/LB
SAVE \$4/LB



Fresh Canadian
Atlantic Salmon Side
37.46/kg

16⁹⁹/LB
SAVE \$1/LB



4⁹⁹ Fresh Local
Concord Grapes
Product of Ontario
1.5lb clamshell



5⁹⁹ Fresh Local Strawberries
Product of Ontario
quart
Weather permitting.



7⁴⁹ Maple Leaf Prime
Raised Without Antibiotics
Ground Chicken
454g pkg
SAVE \$1



ORGANIC
22⁹⁹/LB
SAVE \$4/LB Fresh Organic
Atlantic Salmon Fillet
50.68/kg



2⁹⁹/LB Fresh Green Beans
Product of Ontario
6.59kg



ORGANIC
Fresh Organic Green,
Red or Black Kale
Product of Ontario
2 FOR \$5



ORGANIC
Yorkshire Valley Farms
Fresh Organic Whole
Chicken
15.41/kg
6⁹⁹/LB
SAVE \$1/LB



Longo's Frozen Cooked
Pacific Shrimp Ring
425g pkg
JUMBO or
Marina Del Rey
Frozen Raw Easy Peel
Argentinian Shrimp
8-12ct, 454g pkg
15⁹⁹
SAVE \$1



ORGANIC
Sunny Fruit Organic
Dried Mangoes, Plums,
or Figs Fruit Portion Packs
5x20g-5x50g pkg
4⁹⁹
Sunny Fruit Organic
Dried Apricots
Fruit Portion Pack 5x50g pkg
\$8.99



Sunflowers
5 stem bunch
Individual \$7.99
assorted varieties
2 FOR \$14



duBreton Raised
Without Antibiotics
Boneless Pork
Shoulder Roast
13.21/kg
5⁹⁹/LB
SAVE \$1/LB



Longo's Frozen
Wild Caught
Sole Fillets
340g pkg
7⁹⁹
SAVE \$1

Fresh fish is subject to availability.

FRESH SAVINGS FOR THE WEEK OF THURSDAY SEPTEMBER 10TH TO WEDNESDAY SEPTEMBER 16TH, 2026.

PIZZA OF THE MONTH



SEPTEMBER

GRUYÈRE, CARAMELIZED ONION, BACON & HONEY

Sweet and salty, cheesy, crispy, umami... mozzarella cheese topped with caramelized onion, bacon, Gruyère cheese and drizzled with honey.

Dinner is served! Pick up authentic, stone-baked pizza that's been prepared right in-store with only the finest ingredients.

WHOLE \$15.99
SLICE \$4.99

TENDERS, BITES OR WINGS



MIX AND MATCH

Longo's Fully Cooked Chicken Wings
Plain Glazed, Barbecue, Sweet and Spicy, Buffalo or Salt and Pepper
500g pkg
Individual \$11.99

2 FOR \$23
SAVE UP TO \$6.98 ON 2

Longo's Fully Cooked Tenders or Bites
Breaded Tenders, Parmesan Breaded Tenders or Breaded Bites
500g pkg
Individual \$14.99

BUY ANY 2
Longo's Sliced Deli Meat or Cheese
150-200g pkg
Individual \$6.99
and **GET ONE FREE**
Villaggio Rustico Loaf
550-675g pkg

2 FOR \$12
SAVE UP TO \$9.27 ON 2



BUY ANY 2 GET ONE FREE

Galbani Fresh Mozzarella Cheese or Bocconcini Cheese
227g pkg
selected varieties

7.99



FROM 6.99

Tre Stelle Ricotta or Feta Cheese
200-475g tub
selected varieties



FRESH DELI SERVED

Maple Leaf Natural Selections Deli Meats or Bittner's Oven Roasted Turkey Breast
selected varieties

3.99 /100G



FRESH DELI SERVED

Italia Salami Soppressata or Prosciutto Salami
selected varieties

3.69 /100G



Lilydale Farmhouse Classics Sliced Deli Meat
400g pkg
selected varieties

11.99
SAVE \$1



FRESH DELI SERVED

Longo's Roast Beef, Corned Beef, Montreal Smoked or Pastrami

2.99 /100G



CAKE of the MONTH

8" Turtle Chocolate Cake

29.99

EARN 300 POINTS



8.99
SAVE \$1

Longo's Coffee Cake
750g pkg
selected varieties



BAKED IN-STORE!

Longo's Mini Turnovers
6 pack
selected varieties

2.99
SAVE \$1



1.99
SAVE 50¢

Elite Sweets Dessert Cup
85-100g pkg
selected varieties



Longo's Mini Brioche Buns
480g pkg

4.49
SAVE \$1



70 SINCE 1958

Longo's Dubai-Style Pistachio Brownie Cup
260g pkg

11.99
SAVE \$1



6.99
EARN 50 POINTS

Longo's Cupcakes
4 pack, 220g pkg
selected varieties



Longo's Crepes
540-630g pkg
selected varieties

8.99
SAVE \$1



FRESH SAVINGS FOR THE WEEK OF THURSDAY SEPTEMBER 10TH TO WEDNESDAY SEPTEMBER 16TH, 2026.

STOCK UP FOR A GREAT SCHOOL YEAR.



Pearl Milling
BUTTER-BEURRE
Syrup
710mL bottle
selected varieties

Pearl Milling Company
Pancake Mix
905g pkg or Syrup
710mL bottle
selected varieties

Longo's Granola
325g pkg,
Pearl Milling Company
Pancake Mix
905g pkg or Syrup
710mL bottle
selected varieties

3.49
SAVE UP TO \$1.50



Jordans Cereal or Granola
325-400g pkg
selected varieties

6.99
SAVE AT LEAST \$1



Wowbutter Toasted Soy Spread
500g jar or
Sunbutter Sunflower Seed Butter
454g jar
selected varieties

5.99
SAVE UP TO \$2



Farm Girl Cereal
280g pkg
selected varieties

8.99
SAVE AT LEAST \$2



Schär Artisan Baker
Gluten-Free Bread
400g pkg
selected varieties

6.99
SAVE \$4



Kiju Organic Juice 4x200mL tetras or
Oasis Juice 8x200mL tetras
Individual \$3.49
selected varieties

2.00 ~~OR \$6~~
SAVE \$2.98 ON 2



Nerds Gummy Clusters
142g pkg
selected varieties

3.29
SAVE AT LEAST 68¢



Snack Pack Pudding
4 pack
selected varieties

2.49
SAVE AT LEAST 80¢

BACK TO ROUTINE, BACK TO SAVINGS!



Longo's Country
Sliced Bread
700-750g pkg
selected varieties

4⁹⁹

THANK YOU EARN 50 POINTS



Longo's Sliced Cheese
150-200g pkg
Individual \$6.99
selected varieties

2⁹⁹ FOR \$12



Longo's Fat-Free
or Greek-Style Yogourt
225g pkg
Individual \$4.49

2⁹⁹ FOR \$8

SAVE 98¢



4⁹⁹ School Safe Nut-Free
Mini Loaves
8 pack
280g pkg
selected varieties

SAVE \$1

Three Farmers Multipack
Sweet Chili, Dill Pickle Fava
Bean or Barbecue Chickpea
5x28g pkg

7⁹⁹

SAVE \$2



Longo's Single
Size Salads
125-255g pkg
selected varieties

4⁹⁹

THANK YOU EARN 100 POINTS

SATISFY YOUR CRAVING



NEW

Indulge in a sweet moment with Longo's Curato Cheesecake Cones. Creamy, velvety cheesecake is perfectly paired with a crisp cone for a frozen dessert that feels both nostalgic and fun. Perfectly portioned and irresistibly satisfying, these cones are made for easy entertaining, casual treats, and those moments when you're craving something delightfully indulgent.

Longo's Curato
Almond Florentine
Mini Cheesecake Cones
4 pack
200g pkg

6⁹⁹

Longo's
CURATO
PRODUCT OF ITALY



Longo's **70**
SINCE 1956

**BRINGING FAMILIES
TO THE TABLE
SINCE 1956.**

TASTE OF ITALY

Celebrating 70 years of quality and tradition, Longo's Curato Spritz and Longo's Curato Limonata each bring their own refreshing taste of Italy to every sip. Longo's Curato Spritz delights with a crisp, lightly bittersweet finish, while Curato Limonata refreshes with vibrant citrus flavour. No artificial flavours or colours.

NEW

Longo's Curato
Spritz or Limonata
200-275mL bottle
Individual \$1.99
selected varieties

3 FOR \$5

SAVE \$2.47 ON 3

Longo's
CURATO
PRODUCT OF ITALY



FRESH SAVINGS FOR THE WEEK OF THURSDAY SEPTEMBER 10TH TO WEDNESDAY SEPTEMBER 16TH, 2026.



MAPLE LEAF

7⁹⁹ Schneiders Meat Pies or Quiche
330-400g pkg
selected varieties
SAVE \$2

7⁹⁹ Schneiders Breakfast Sandwiches or Bites
224-288g pkg
selected varieties
SAVE \$1



DANONE
ONE PLANET. ONE HEALTH

4⁹⁹ Activia Yogourt
8x100g pkg
selected varieties
SAVE AT LEAST \$1

3⁹⁹ Silk Beverages
1.75-1.89L carton
selected varieties
SAVE \$1.50



Dempster's
EST 1890

3⁴⁹ Stonemill Bread
450-550g pkg or
Dempster's Bagels
5-6 pack
selected varieties
SAVE AT LEAST \$1.30



CRACKER BARREL

6⁹⁹ Cracker Barrel
Cheese Bar or Shreds
320-400g pkg
selected varieties
SAVE AT LEAST \$1

5⁴⁹ Cracker Barrel
Natural Cheese Slices
200-240g pkg
selected varieties
SAVE AT LEAST \$1.50



JARLSBERG

4⁹⁹ Jarlsberg Cheese
/100G
FRESH DELI CUT

Frico
SINCE 1898

2⁹⁹ Frico Mild Gouda
/100G
FRESH DELI CUT



Boursin

7⁹⁹ Boursin Cheese
150g pkg
selected varieties

2000s

FROM OUR CASA TO YOURS.



GROCERY GATEWAY

Longo's partners with Grocery Gateway, Canada's leading online grocery service, providing a new route for delivery: The information superhighway!

2004



THE STORY CONTINUES...

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



2006



NUIT BLANCHE DEBUTS,

filling downtown with all-night art. The following day, our coffee aisle saw a record number of tired eyes.

2009



THANK YOU REWARDS

Longo's introduces the Thank You Rewards loyalty program, thanking customers for decades of support.

2001

HOME DELIVERY

Longo's launches home delivery by phone, fax and, soon after, online orders. Can you hear us now?!



2007



TORONTO FC PLAYS THEIR FIRST MLS SEASON,

bringing soccer to the city! If you listen closely during gametime, you can hear the chants all the way from Longo's Liberty Village.

70 YEARS OF FAMILY STANDARDS

70 YEARS OF FAMILY STANDARDS

ITALPASTA
Since 1989 • Depuis 1989

1.99 Italpasta Pasta 900g pkg
or Artisan Pasta 450g pkg
selected varieties
SAVE AT LEAST 50¢

4.99 Mutti Passata
680mL bottle or
Whole Peeled Tomatoes
796mL can
selected varieties
SAVE \$1

PEPSI

2 FOR \$15 Pepsi Beverages
12x355mL pkg
Individual \$7.99
selected varieties
SAVE \$2.98 ON 2

2 FOR \$8 Lay's Potato Chips, Miss Vickie's Kettle
Cooked Potato Chips or Smartfood Popcorn
177-235g pkg • Individual \$4.49
selected varieties
SAVE \$1.98 ON 2

General Mills

General Mills
Cereal
300-430g pkg
selected varieties
3.49
SAVE AT LEAST \$2.50

BAKED IN-STORE!

Longo's All Butter
Croissants
6 pack
300g pkg
3.99
SAVE \$1

No artificial colours,
No artificial flavours,
No artificial preservatives!

CASTLE ROCK
Vineyards

Fresh Seedless Green,
Red or Black Grapes
Product of U.S.A.

Dare

Dare Crackers
100-225g pkg
selected varieties
3.29
SAVE AT LEAST \$1

PRICES ON THIS PAGE EFFECTIVE FROM THURSDAY AUGUST 27TH TO WEDNESDAY SEPTEMBER 2ND, 2026.



Fresh Red or
Black Plums
Product of U.S.A.

MID-DAY SQUARES™

COMING
SOON

No Bread PB&J
Mid-Day Squares
Apple Cinnamon
4x33g pkg



Lindt
MAÎTRE CHOCOLATIER SUISSE
DEPUIS 1845



5⁹⁹
Lindt
Excellence Bar
50-100g pkg
selected varieties
SAVE \$1

10⁹⁹
Lindt Lindor
Chocolate Bag
150g pkg
selected varieties
SAVE \$2

WK Kellogg Co



Kellogg's Cereal
250-525g pkg
selected varieties

3⁹⁹
SAVE AT LEAST \$2

**ORGANIC
MEADOW**



6⁹⁹
Organic Meadow
Organic Milk
4x250mL tetras
selected varieties
SAVE AT LEAST \$1



6⁹⁹
Organic Meadow
Organic Cheese Sticks
168g pkg
selected varieties
SAVE \$2

**MADE
GOOD**



Made Good Mornings
Organic Soft Baked
Oat Bars
150g pkg
selected varieties

3⁹⁹
SAVE AT LEAST \$1.50



FRESH SAVINGS FOR THE WEEK OF THURSDAY SEPTEMBER 10TH TO WEDNESDAY SEPTEMBER 16TH, 2026.

70 YEARS OF FAMILY STANDARDS

GROCERY



Ritter Sport
European
Chocolate Bar
100g pkg
selected varieties
3⁹⁹
SAVE \$1



Clif Bar Singles
68g pkg
Individual \$2.49
selected varieties
3^{OR} \$5
SAVE AT LEAST
\$2.39 ON 3

Clif Bar
816g pkg
12 pack
selected varieties
\$19.99
SAVE UP TO \$5



Doritos Tortilla Chips
210-280g pkg
Individual \$4.99
selected varieties
2^{OR} \$9
SAVE 98¢ ON 2



Frank's RedHot
Sauce
354mL bottle
selected varieties
4⁹⁹
SAVE \$1



5⁹⁹
SAVE \$2
Awake Caffeinated
Chocolate Energy Bites
108g pkg
selected varieties



4⁴⁹
SAVE \$1
Coca-Cola Beverages
6x222mL cans
selected varieties



Kraft Salad Dressing
425mL bottle
selected varieties
3⁹⁹
SAVE \$1



2^{OR} \$4
SAVE 98¢ ON 2
Bush's Baked Beans
398mL can
Individual \$2.49
selected varieties



3⁹⁹
SAVE AT LEAST 80¢
Menz & Gasser
Fruit Spread
250mL jar
selected varieties



Barebells
Protein Bar
55g pkg
selected varieties
2⁹⁹
SAVE \$1



2⁹⁹
SAVE AT LEAST 80¢
Quaker Chewy
Granola Bars
120-156g pkg
selected varieties



2⁹⁹
SAVE AT LEAST 80¢
Villaggio Bread 675g pkg,
Villaggio Crustini or Sausage
Buns 6-8 pack, Dempster's
English Muffins 6 pack or
Hostess Snack Cakes 6 pack
selected varieties



The Keg Gravy
or Sauce Mix
22-31g pkg
selected varieties
1⁹⁹
SAVE 50¢



Spyce Girlz or
GoodSpice Seasoning
55-110g pkg
selected varieties
5⁴⁹
SAVE \$2



Febreze Air Freshener
230g canister or 1ct,
Dawn Dish Soap
535-650mL bottle
or Refill 473mL bottle,
Mr. Clean Cleaners
1.2L bottle or
Magic Eraser 2ct
selected varieties
3⁹⁹
SAVE AT LEAST \$1

COOK BURGERS YOUR FAMILY WILL FLIP OVER.



8⁹⁹
/LB
SAVE \$1/LB

Longo's Certified Angus Beef
Medium Beef Patties
19.82/kg

Longo's Certified
Angus Prime Grade
Beef Burgers
24.23/kg

10⁹⁹
/LB
SAVE \$1/LB



Longo's Chuck & Brisket
Beef Patties
680g pkg

15⁹⁹

**EARN
100 POINTS**



Royal Meats
Pork & Beef Burgers
852g pkg

\$15
SAVE \$2



15⁹⁹
SAVE \$2

Longo's Bacon & Cheddar
Stuffed Beef Burgers
680g pkg



7⁹⁹
SAVE \$4

True North Frozen
Atlantic Salmon Burgers
568g pkg



7⁹⁹
SAVE \$1

Hayter's Farm
Turkey Burgers
450g pkg
selected varieties

PREPARED FRESH IN-STORE DAILY.



3⁹⁹
SAVE \$1

La Fournee Doree
Sesame Buns
200g pkg

Longo's Burger Topper
350g pkg
Top any burger with
ready-to-serve fresh
ingredients.

3⁹⁹
**EARN
50 POINTS**



DAIRY AND FROZEN



Maple Leaf Natural Bacon
or Chicken Sausage
300-375g pkg
selected varieties

5⁹⁹

SAVE AT LEAST \$1



10⁹⁹

SAVE \$2

Baskin-Robbins or
Häagen-Dazs Ice Cream
946mL tub or
Baskin-Robbins Novelties
4 pack
selected varieties



Häagen-Dazs
Ice Cream
414-450mL tub or
Novelties 3 pack
selected varieties

5⁴⁹

SAVE AT LEAST \$1.50

Longo's
CURATO
PRODUCT OF ITALY



Longo's Curato
Fresh Pasta
250g pkg
selected varieties

5⁹⁹

SAVE \$1

McCain Premium Fries
454-650g pkg
selected varieties

5⁴⁹

EARN
200 POINTS



Tre Stelle
Cream Cheese Spread
200g pkg
selected varieties

3⁹⁹

SAVE AT LEAST \$1.50

Simply
Orange Juice
1.36L bottle
selected varieties

5⁹⁹

SAVE AT LEAST \$2



Cheemo Perogies
745-907g pkg
selected varieties

3⁹⁹

SAVE 50¢



Longo's Frozen Meatballs
Swedish or Beef
900g pkg

13⁹⁹

SAVE \$2

Rise Kombucha
414mL bottle
selected varieties

3⁹⁹

SAVE \$1



Longo's Pizza Dough
700g pkg
Individual \$2.99
selected varieties

2⁰⁰ \$5

SAVE UP TO \$1.98 ON 2



Martha Stewart
Frozen Pizza or Pinsa
457-563g pkg
selected varieties

11⁹⁷

SAVE \$2

Kawartha Dairy
Ice Cream
1.5L tub
selected varieties

8⁹⁹

SAVE \$1.50



LONGO'S MUST-HAVES

FRUIT POPS

Longo's Fruit Pops
4x70mL pkg
selected varieties

6⁹⁹
SAVE \$1



NEW

Longo's Protein Granola
300g pkg
selected varieties

6⁹⁹
EARN 100 POINTS



Longo's Animal, Honey
Graham Bear or
Chocolate Bear Cookies
226g pkg
selected varieties

2⁹⁹
EARN 50 POINTS



A STAR LINEUP!

Longo's Popcorn
175-225g pkg
selected varieties

2⁹⁹
SAVE 50¢



DRESSING UP YOUR GREENS JUST GOT A WHOLE LOT EASIER!

Longo's
Minigrette
7x15mL pkg

4⁹⁹
SAVE \$1



Hot New
LIMITED EDITIONS!

Hurry! While supplies last.



8⁹⁷

Longo's Limited Edition
70th Anniversary
Lunch Bag



EARN
50 POINTS

Longo's
Limited Edition
70th Anniversary
Canvas Cooler Bag
or Puffer Cooler Bag

12⁹⁷



EARN
200 POINTS



SOME OF OUR Best Friends ARE CANADIAN FARMERS

Longo's



Fresh White, Red or
Yellow Potatoes
Product of Canada



Longo's Fresh
Yellow Potatoes
Product of Canada
10lb bag



Longo's Fresh White or
Red Potatoes
Product of Canada
10lb bag

3⁹⁹

10LB
BAG



MEET THE FARMER

Emre Farms

LOCATION

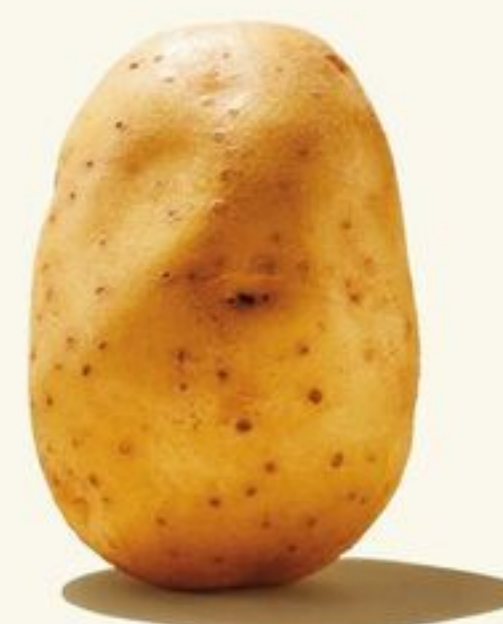
Norfolk County

WHY THEY ARE OUR PARTNER

Emre Farms is a family run business started in 1930. Located in Norfolk County, they have been a partner with Longo's for over 30 years.



Fresh White, Red or
Yellow Mini Potatoes
Product of Canada



APPLE THYME MASHED POTATOES

SERVES 8 to 10 | Prep Time: 10 min | Roast Time: 10 min

INGREDIENTS

- 2 kg Longo's Russet Potatoes, peeled and sliced 1/2-inch thick
- 3 Ontario Honeycrisp or Gala apples, peeled and cut into 8 wedges
- 1/2 cup Longo's Farm Fresh Milk A2 Protein 3.25%
- 1/4 cup Longo's Essentials Country Churned Salted Butter
- 1 tbsp roughly chopped fresh Longo's Thyme (approx.)
- 2 cloves garlic, roughly chopped
- 1/2 tsp salt
- Pinch each Longo's Essentials Ground Nutmeg and pepper (or to taste)

DIRECTIONS

Place potatoes and apples in large pot; cover with cold water and season generously with salt. Bring to a boil; simmer for 8 to 10 minutes or until potatoes are tender when pierced with a fork. Drain well and return to pot. Set potatoes and apples over burner set on low for 2 to 3 minutes to evaporate any excess liquid.

Meanwhile, in separate small pot, bring milk, butter, thyme and garlic to a gentle simmer. Strain out garlic pieces and thyme; stir in salt, nutmeg and pepper.

Mash potatoes and apples starting with a potato masher then switching to a hand blender. With blender running on low, slowly pour in milk mixture until incorporated. Increase speed and mix until fluffy (do not overmix, as potatoes will become gluey). Spoon into serving bowl and garnish with additional fresh thyme.

FRESH SAVINGS FOR THE WEEK OF THURSDAY SEPTEMBER 10TH TO WEDNESDAY SEPTEMBER 16TH, 2026.



POWER UP YOUR PICNIC

Fresh. Filling. Powered by Protein!

Discover four new Power Bowls made with bold flavours, wholesome ingredients and high protein. Designed to keep you satisfied and energized, each bowl delivers a balanced, filling meal — whether you're craving comfort, global flavours or a plant-forward option.

SOUTHERN CRUNCH CHICKEN & POTATO

425g pkg • 21g protein



21g
of PROTEIN
PER BOWL

CHICKEN HARISSA & QUINOA

360g pkg • 20g protein



20g
of PROTEIN
PER BOWL

BARBECUE SHIITAKE & FARRO

415g pkg • 16g protein



16g
of PROTEIN
PER BOWL



CHIPOTLE BEEF & ROASTED CORN TACO

420g pkg • 32g protein



32g
of PROTEIN
PER BOWL

High-Protein Meals
Up to 32g of protein per bowl

10⁹⁹



**EARN
100 POINTS**

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

Smashed Avocado or
Traditional Guacamole
225g pkg

6⁹⁹

or Mix and Match

2^{OR} \$12

SAVE UP TO \$1.98 ON 2

TRADITIONAL
GUACAMOLE!

SMASHED
AVOCADO!

- 100% ALL NATURAL
- NO PRESERVATIVES

BUY ANY 2
SMASHED AVOCADO
OR
TRADITIONAL
GUACAMOLE

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



**THANK YOU
REWARDS CARD!**



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

LEAVE THE FEAST TO US

JUST HEAT AND SERVE

TURKEY TRADITIONAL MEAL KIT

Serves 6-8

- Fully Cooked Oven Roasted Turkey Raised Without Antibiotics
- Savoury Bread Stuffing
- Red Skinned Roasted Garlic Mashed Potatoes
- Garlic Buttered Green Beans
- Longo's Homestyle Cranberry Sauce
- Longo's Gravy for Turkey

\$164⁹⁹

ORDER EARLY
Price goes up
September 21, 2026,
to \$174.99.
While supplies last.

LEG OF LAMB TRADITIONAL MEAL KIT

Serves 5-7

- Fully Cooked Bone-In Leg of Lamb Raised Without Antibiotics
- Garlic Buttered Green Beans
- Mini Roasted Rosemary Potatoes
- Roasted Root Vegetables

\$164⁹⁹

ORDER EARLY
Price goes up
September 21, 2026,
to \$174.99.
While supplies last.

NEW!

TURKEY ROAST TRADITIONAL MEAL KIT

Serves 4-6

- Fully Cooked Oven Roasted Turkey Breast Raised Without Antibiotics
- Savoury Bread Stuffing
- Red Skinned Roasted Garlic Mashed Potatoes
- Garlic Buttered Green Beans
- Longo's Gravy for Turkey

\$84⁹⁹

ORDER EARLY
Price goes up
September 21, 2026,
to \$89.99.
While supplies last.

PORCHETTA TRADITIONAL MEAL KIT

Serves 4-6

- Fully Cooked Roasted Porchetta Raised Without Antibiotics
- Longo's Curato Crushed Hot Chili Pepper Spread
- Mini Roasted Rosemary Potatoes
- Steamed Vegetables
- Garlic Buttered Green Beans

\$84⁹⁹

ORDER EARLY
Price goes up
September 21, 2026,
to \$89.99.
While supplies last.

Order from September 8 - October 4 on Longos.com. Or visit Guest Services in-store. In-store pickup only.



Sapporo Premium Beer
6x500mL cans

16⁹⁹
SAVE \$2

Creekside Shiraz
VQA
750mL bottle
selected varieties

14⁹⁹
SAVE \$1



18⁹⁹
SAVE \$1

Cottage Springs
Punched Up Vodka
Soda Mixed Pack
8x355mL cans



Fresh Moscato VQA
750mL bottle

12⁹⁹
SAVE \$1

FRESH SAVINGS FOR THE WEEK OF THURSDAY SEPTEMBER 10TH TO WEDNESDAY SEPTEMBER 16TH, 2026.



3⁹⁹

Gray Ridge Large White Eggs
12 pack



2²⁹

Longo's Essentials Bread
675g pkg



6⁴⁹

Beatrice Milk
1%, 2% or skim
4L bag



6⁹⁹

Fresh McIntosh Apples
Product of Ontario
3L basket or 3lb bag



6⁹⁹

Fresh Bosc Pears
Product of Ontario
2L basket



3⁹⁹

Longo's Fresh Red or White Potatoes
Product of Canada
10lb bag



3⁹⁹

Oikos or Liberté Greek Yogourt
4x100g pkg
selected varieties



2⁹⁹ /LB

Longo's Fresh Ontario Air-Chilled, Grain-Fed Chicken Leg Quarters
Value pack • 6.59/kg



10⁹⁹

Organic Meadow Organic Milk
1%, 2% or skim
4L bag



2⁹⁹

Redpath Granulated Sugar
2kg pkg



2 FOR \$4

Longo's Pasta
450g pkg
Individual \$2.29
selected varieties



9⁹⁹

Imported Emmental Cheese, Medium Cheddar Cheese or Imported Aged Cheddar Cheese
Average weight 400g



5⁹⁹

Frito-Lay Value Pack Chips
325-535g pkg
selected varieties



\$5.00/
serving

19⁹⁹

Longo's Oven-Ready Meals
900g-1kg pkg
Serves up to 4



22⁹⁹

Bounty Paper Towels
6=18 rolls



20⁹⁹

Cashmere Bath Tissue
24=72 rolls



WE'VE LOCKED DOWN PRICES ON EVERYDAY ITEMS.

FRESH SAVINGS FOR THE WEEK OF THURSDAY SEPTEMBER 10TH TO WEDNESDAY SEPTEMBER 16TH, 2026.

SAVE ON THE BRANDS YOU LOVE AT LONGO'S

TO INFINITY... AND BACK TO SCHOOL

Babybel Kiri GoGo's

Disney PIXAR TOY STORY 5

Mini Babybel Cheese
120g pkg,
Laughing Cow Cheese
or Cheese Dippers
133-140g pkg or
Kiri Cream Cheese Spread
144g pkg
selected varieties
FROM 4⁴⁹

Pack them an A+ lunch

fuze iced tea
Lemon
200 mL

Minute Maid Fruit Punch
Made With Real Fruit
200 mL

Minute Maid Apple Juice
100% APPLE JUICE FROM CONCENTRATE WITH VITAMIN C
100% Juice
200 mL

3⁷⁹ Minute Maid or Fuze Juice Boxes
8x200mL tetra or 10x200mL tetra
selected varieties
SAVE AT LEAST \$1.20

Valid from September 3rd to September 16th, 2026.
*Plus applicable taxes, levies, deposits and fees. Valid at participating locations for a limited time. Subject to availability while supplies last.
Retailer may sell for less.
The trademarks that appear are the property of their respective trademark owners.

BACK TO SCHOOL

\$10 OFF
\$50 Boston Pizza
and H&M gift cards
Offer valid Sept 3 - 9

H&M
Always the perfect gift
Use in store and online at hm.com
Toujours le cadeau idéal
À utiliser en magasin et sur hm.com

Boston Pizza
\$50

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.

we dig plants. EARTH'S OWN

100% CANADIAN 100% DELISH

Earth's Own Protein Chilled Beverages
1.75L carton
selected varieties
4⁹⁹
SAVE AT LEAST \$1.50

Earth's Own Creamer or Barista Beverage
946mL tetra • Individual \$5.49
selected varieties
2^{OR} \$10
SAVE AT LEAST \$1.98 ON 2

Earth's Own Chilled Beverages
1.75-1.89L carton
selected varieties
3⁹⁹
SAVE AT LEAST \$1.50

SAVE ON THE BRANDS YOU LOVE AT LONGO'S



Kellogg's Cereal BACK TO SCHOOL ESSENTIALS



5⁹⁹ Kellogg's Family
Size Cereal
480-650g pkg
selected varieties
SAVE AT LEAST \$1.50

6⁴⁹ Kashi GoActive Cereal 479-501g,
Kashi Organic Cereal 360-510g pkg,
Kashi Gut Happy Granola 227g pkg or
Vector Granola Cereal 311-340g pkg
selected varieties
SAVE AT LEAST 50¢

PACK IN EASY SNACKS!



3 for \$10 Rice Krispies Square Bars 176g pkg,
Nutri-Grain Bars 295g pkg, or Pop-Tarts Pastries 384g pkg
Individual \$3.99
selected varieties
SAVE UP TO \$4.37 ON 3



Kellogg's Eggo
16 pack or
Protein Waffles
8 pack
selected varieties
5⁹⁹
SAVE \$2

Pringles
Potato Chips
148-156g pkg
selected varieties
2⁹⁹
SAVE AT LEAST 50¢



CHOOSE



Kind Bars
or Granola
175-312g pkg
selected varieties

4⁹⁹
**SAVE AT
LEAST 50¢**

GET NUTRIENTS IN EVERY BITE
100% WHOLE GRAINS*, GLUTEN FREE



2⁹⁹ Dare Bear Paws, Ultimates, Whippet,
Wagon Wheels or Simple Pleasures 168-315g pkg
selected varieties
SAVE AT LEAST \$1.50

SAVE ON THE BRANDS YOU LOVE AT LONGO'S

**YOU'VE GOT
LUNCH
IN THE
BAG**

**HELP KEEP
FOOD WHERE
IT BELONGS**



4.49 Ziploc Food Storage Bags
10-100ct
selected varieties
SAVE AT LEAST 50¢

SO TASTY,



**The Entire Class
Wants A Bite**



Nature's Path Heritage Flakes
907g pkg or EnviroKidz Cereal
650g pkg
selected varieties

8.99

SAVE UP TO \$3

Nature's Path
Organic Cereal
300g pkg
selected varieties

5.99

SAVE UP TO \$1

Nature's Path Granola
300-325g pkg
selected varieties

5.99

SAVE AT LEAST \$1

Amy's
Organic Burrito
156-170g pkg
selected varieties

6.99

SAVE \$1.50



Amy's
Organic Entrées
269-284g pkg
selected varieties

6.99

SAVE \$1.50



Cwench
Hydration Drink
500mL tetra
Individual \$2.99
selected varieties

2 FOR \$5

SAVE \$2.98 ON 2



Oatly Plant-Based
Drink
946mL-1L tetra
selected varieties

4.99

SAVE \$1



1.49 Flow Mineral
Spring Water
500mL tetra
selected varieties
SAVE 50¢

2.49 Flow Mineral
Spring Water
1L tetra
SAVE 50¢



Bio-K Probiotic Drink
6x98g pkg
selected varieties

19.99

SAVE AT LEAST \$7



SAVE ON THE BRANDS YOU LOVE AT LONGO'S



**BRINGING FAMILIES
TO THE TABLE
SINCE 1956.**

CELEBRATING
WITH

biochem
environmental solutions



**SERVING UP
GOODNESS**

SINCE 1877

QUAKER.

Quaker Crispy Minis
Rice Chips or Cakes
90-100g pkg
selected varieties

2⁹⁹

SAVE UP TO \$1



Quaker Cereal
375-510g pkg
selected varieties

3⁹⁹

SAVE UP TO \$3



Quaker Steel Cut,
Large Flake or
Instant Oats
709g-1kg pkg
selected varieties

3⁹⁹

SAVE UP TO \$1.80



Quaker
Instant Oats
168-344g pkg
selected varieties

3⁹⁹

SAVE AT LEAST \$1.50



**NATURAL
SPRING
WATER**



Fiji Natural Spring Water
6x500mL bottles

6⁹⁹
SAVE \$2

Fiji Natural Spring Water
1L bottle

2⁴⁹
SAVE 50¢

Fiji Natural Spring Water
1.5L bottle

2⁹⁹
SAVE \$1

Garofalo

HISTORY OF EXCELLENCE
Crafted in Gragnano, Naples, the
Birthplace of Pasta, for over 200 years



Garofalo Diced or
Cherry Tomatoes
398mL can
selected varieties

1⁹⁹

SAVE 50¢



Garofalo Pasta
500g pkg
selected varieties

2⁹⁹

SAVE \$1



Martelli Organic
Italian Tomatoes
796mL can

3⁹⁹

SAVE \$1



Martelli San
Marzano Tomatoes
796mL can

5⁹⁹

SAVE \$1



For the  of food™

FRESH SAVINGS FOR THE WEEK OF THURSDAY SEPTEMBER 10TH TO WEDNESDAY SEPTEMBER 16TH, 2026.