

food Basics

CANADIAN AND PROUD

HAPPY THANKSGIVING



BROCCOLI CROWNS
PRODUCT OF CANADA
99¢ EA.

CARROTS 2 LB
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE
99¢ EA.

ONIONS 2 LB
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE
99¢ EA.

RUTABAGAS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE
99¢/LB, 2.18/LB

THIS WEEK ONLY
99¢
/LB OR EACH



OLD CHEDDAR FORT



SELECTION CHEESE
400 G
SHREDS
320 G
SELECTED VARIETIES

THIS WEEK ONLY
3.98
EACH



HALAL AT SAME PRICE

LEAN GROUND BEEF FAMILY PACK
INCLUDES HALAL
SELECTED VARIETIES
12.08/KG

THIS WEEK ONLY
5.48
/LB



EXTRA LARGE

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

THIS WEEK ONLY
1.77
/LB



COOK'S HAM PORTION
SELECTED VARIETIES
WHILE QUANTITIES LAST
4.37/KG

THIS WEEK ONLY
1.98
/LB



UNSALTED NON SALÉ
BUTTER · BEURRE

SELECTION SALTED OR UNSALTED BUTTER
454 G

SALTED · SALÉ
BUTTER · BEURRE

LOCKED DOWN
4.88
EACH



FRESH

NEW ZEALAND FRESH SHORT CUT LAMB LEG
SELECTED VARIETIES
WHILE QUANTITIES LAST
13.18/KG

HALAL

THIS WEEK ONLY
5.98
/LB



SELECTION

SELECTION PUMPKIN PIE
400 G

THIS WEEK ONLY
3.98
EACH

Real Dairy
Nestlé
REAL DAIRY
ICE CREAM
1.5 L
NOVELTIES
4-10'S
SELECTED VARIETIES

THIS WEEK ONLY
3.98
EACH

Lactantia
Half & Half Cream
Crème à café
1 L

Beatrice
Low fat cultured buttermilk
beurre de culture
à faible en gras
1 L

LOCKED DOWN
2.98
EACH

Lactantia Cream
473 mL · 1 L

Beatrice Buttermilk
1 L
SELECTED VARIETIES

THIS WEEK ONLY
2.98
EACH

Cashmere
ORIGINAL
SOFT & STRONG
Doux et résistant

THIS WEEK ONLY
11.98
EACH

Canada Dry
GINGER ALE

LOCKED DOWN
7.98
EACH

Chips Ahoy!
ORIGINAL ORIGINAL

Dare or Christie Cookies
768 · 310 G
SELECTED VARIETIES

Dare
Ultimate
Maple
crème

THIS WEEK ONLY
2.22
EACH

De Cecco
Spaghetti
Magna del 1831

DE CECCO PASTA
454 G
PASSATA
460 ML
SELECTED VARIETIES

De Cecco
Penne Rigate
Magna del 1831

THIS WEEK ONLY
1.98
EACH

CHOOSE CANADIAN | **LOOK FOR THE MAPLE LEAF AT SHELF**

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, OCTOBER 1ST TO WEDNESDAY, OCTOBER 7TH, 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.



HAPPY THANKSGIVING

CROWD PLEASERS



Dempster's 100% WHOLE GRAIN BREAD 450 G
SOURCE OF VITAMIN B 450 G
VILLAGGIO BREAD 550-675 G
CLASSICO STYLE ITALIAN
BAGELS 450-510 G
SELECTED VARIETIES

THIS WEEK ONLY

2.99 EACH



SELECTION BACON 375 G
NATURALLY SMOKED • FUMÉ NATURELLEMENT
375 g

THIS WEEK ONLY

3.49 EACH



IRRESISTIBLES TINY SHRIMP RING 284 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

5.44 EACH



LACTANTIA PURIFILTRE MILK 1% 2% SKIMMED ALL
SELECTED VARIETIES

LOCKED DOWN

5.98 EACH



CASABLANCA HONEY 1 KG
DIVYA CANE SUGAR 3.62 KG
OR TEA BAG 216'S
SELECTED VARIETIES

THIS WEEK ONLY

5.98 EACH



IRRESISTIBLE TORPEDO OR TEMPURA SHRIMP 284-340 G
FROZEN
IRRESISTIBLE BATTERED CHEESE STICKS, JALAPEÑO POPPERS OR MINI QUICHES 216-400 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

6.99 EACH



BECHEL MARGARINE 800 G
SIMPLY ORANGE JUICE 2.25 L
SELECTED VARIETIES

THIS WEEK ONLY

6.99 EACH



MAXWELL HOUSE COFFEE CAPSULES 12'S
NABOB GROUND COFFEE 840 G
SELECTED VARIETIES

THIS WEEK ONLY

5.99 EACH



IRRESISTIBLE FULLY COOKED MEATBALLS OR PARTY PACK PUFF PASTRIES 255-680 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

9.99 EACH



PHILADELPHIA CREAM CHEESE 227-250 G
KRAFT SINGLES 410 G
CHEEZ WHIZ SPREAD 450 G
SELECTED VARIETIES

LOCKED DOWN

3.98 EACH



GENERAL MILLS HONEY NUT CHEERIOS 430 G
CINNAMON TOAST CRUNCH 354 G
SELECTED VARIETIES

THIS WEEK ONLY

3.33 EACH



IRRESISTIBLE APPLE PIE 750 G • 1 KG
SELECTED VARIETIES

THIS WEEK ONLY

5.98 EACH



KRAFT DINNER 55 G OR 200 G
CLARK BAKED BEANS 390 ALL
SELECTED VARIETIES

THIS WEEK ONLY

1.25 EACH



HABITANT, CAMPBELL'S CHUNKY OR READY TO SERVE SOUP 315-796 ML
SELECTED VARIETIES

THIS WEEK ONLY

2/\$5



PILLER'S KOLBASSA OR PEPPERONI FOR PIZZA OR MARGARITO ITALIAN SLICED DELI MEAT 85-375 G
TRE STELLE RICOTTA OR BOCCONCINI OR IRRESISTIBLES GOAT CHEESE 200-475 G
SELECTED VARIETIES

THIS WEEK ONLY

4.99 EACH



ESKA SPRING WATER 24 X 500 ML

LOCKED DOWN

4.99 EACH



ROBIN HOOD OR FIVE ROSES FLOUR 2.5 KG
SELECTED VARIETIES

THIS WEEK ONLY

3.99 EACH



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

THIS WEEK ONLY

2/\$7



PALMOLIVE OR DAWN DISH DETERGENT 431-828 ML
SELECTED VARIETIES

THIS WEEK ONLY

2/\$5



TIDE LAUNDRY DETERGENT 2.15-2.48 L • 52-64 LOADS
CASCADE DISHWASHER TABS 30-45'S
SELECTED VARIETIES

THIS WEEK ONLY

12.99 EACH



HELUVA GOOD DIP 680 G
SELECTED VARIETIES

THIS WEEK ONLY

4.99 EACH

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WE LOVE LOCAL



CAULIFLOWER
PRODUCT OF CANADA, NO. 1 GRADE

THIS WEEK ONLY
2.99
EACH



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

THIS WEEK ONLY
2.99
EACH



SWEET ASSORTED PEPPERS 4 PK
PRODUCT OF CANADA, NO. 1 GRADE
WHITE OR CRIMINI MUSHROOMS 454 G
PRODUCT OF CANADA



THIS WEEK ONLY
3.99
EACH



ACORN,
BUTTERCUP,
BUTTERNUT OR
SPAGHETTI
SQUASH
PRODUCT OF CANADA
3.28/KG

THIS WEEK ONLY
1.49
/LB



BRUSSELS SPROUTS
PRODUCT OF CANADA
6.59/KG

THIS WEEK ONLY
2.99
/LB



CRANBERRIES
340 G
PRODUCT OF CANADA

THIS WEEK ONLY
2.88
EACH



ROMAINE
HEARTS
PRODUCT OF CANADA

THIS WEEK ONLY
3.99
EACH



PIE PUMPKINS
PRODUCT OF ONTARIO

THIS WEEK ONLY
2/\$5



BARTLETT OR
BOSC PEARS
2 L
PRODUCT OF ONTARIO
CANADA FANCY GRADE

THIS WEEK ONLY
4.99
EACH



SWEET POTATOES
PRODUCT OF U.S.A.
3.28/KG

THIS WEEK ONLY
1.49
/LB



RASPBERRIES
170 G
PRODUCT OF U.S.A. OR MEXICO, NO. 1 GRADE
BLACKBERRIES
150 - 170 G
PRODUCT OF MEXICO, NO. 1 GRADE
BLUEBERRIES
170 G
PRODUCT OF PERU, NO. 1 GRADE
PINEAPPLES
PRODUCT OF COSTA RICA

THIS WEEK ONLY
3.99
EACH



POMEGRANATES
PRODUCT OF U.S.A.

THIS WEEK ONLY
1.99
EACH



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

THIS WEEK ONLY
4.99
EACH



FRENCH BEANS
400 G
PRODUCT OF GUATEMALA

THIS WEEK ONLY
3.88
EACH



AVOCADOS
5 OR 6 PACK
PRODUCT OF MEXICO OR PERU

THIS WEEK ONLY
3.99
EACH



CANTALOUPE
PRODUCT OF U.S.A., NO. 1 GRADE

THIS WEEK ONLY
2.99
EACH



IRRESISTIBLES HERBS
21 G
SELECTED VARIETIES

THIS WEEK ONLY
2/\$5

FLORAL



TULIPS
16 STEMS
WHILE SUPPLIES LAST

THIS WEEK ONLY
8.88
EACH



BOUQUET
OF THE MONTH
WHILE SUPPLIES LAST

THIS WEEK ONLY
18.88
EACH



6" POINT
PELEE OR
VARNISHED
PUMPKINS
WHILE SUPPLIES LAST

THIS WEEK ONLY
5.99
EACH



6" KALANCHOE
WHILE SUPPLIES LAST

THIS WEEK ONLY
9.99
EACH

MEAT



THIS WEEK ONLY

2.99 /LB

FRESH PORK COMBINATION CHOPS
INCLUDES CENTRE CUT CHOPS
SELECTED VARIETIES
6.59/KG



THIS WEEK ONLY

2.99 /LB

PRIME RAISED WITHOUT ANTIBIOTICS
CHICKEN DRUMSTICKS FAMILY PACK
AIR CHILLED SELECTED VARIETIES
6.59/KG

15 points



LEGACY CURED BONELESS PORK LOIN
ROLLED IN CORNMEAL
3.99/LB, 8.80/KG

RESER HASH BROWN POTATOES 567 G
SELECTED VARIETIES
WHILE QUANTITIES LAST
3.99 EA.

THIS WEEK ONLY

3.99 /LB OR EACH



THIS WEEK ONLY

7.99 /LB

HALAL AT SAME PRICE

FRESH FROM THE FARM OR ZABIHA HALAL BONELESS SKINLESS CHICKEN BREAST FAMILY PACK
AIR CHILLED SELECTED VARIETIES

40 points



PRIME RAISED WITHOUT ANTIBIOTICS
EXTRA LEAN GROUND CHICKEN
454 G
SELECTED VARIETIES

THIS WEEK ONLY

6.99 EACH



IRRESISTIBLES HALF MOON PACIFIC WHITE SHRIMP RING
70 • 80 CT 567 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

14.99 EACH



THIS WEEK ONLY

4.99 EACH



THIS WEEK ONLY

5.99 EACH



THIS WEEK ONLY

8.99 EACH



THIS WEEK ONLY

11.99 EACH



THIS WEEK ONLY

3.49 EACH



THIS WEEK ONLY

7.99 EACH



THIS WEEK ONLY

7.99 EACH



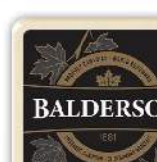
THIS WEEK ONLY

10.99 EACH



THIS WEEK ONLY

5.99 EACH



THIS WEEK ONLY

6.99 EACH



THIS WEEK ONLY

9.99 EACH



THIS WEEK ONLY

9.99 EACH



THIS WEEK ONLY

3.49 EACH



THIS WEEK ONLY

5.49 EACH



THIS WEEK ONLY

11.99 /LB



THIS WEEK ONLY

13.99 EACH

CHOOSE CANADIAN



BROCCOLI CROWNS
PRODUCT OF CANADA



99¢
EACH



CARROTS 2 LB, 99¢ EA.
ONIONS 2 LB, 99¢ EA.
RUTABAGAS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE
99¢/LB, 2.18/EG



99¢
/LB OR EACH



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



7.99
EACH



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



4.99
EACH



IRRESISTIBLE PIE 750 G • 1 KG
PORTUGUESE TARTS 450 G
SELECTED VARIETIES



5.98
EACH



VILLAGGIO BREAD 550 - 675 G
BAGELS 450 - 510 G
SELECTED VARIETIES



2.99
EACH



SELECTION SALTED OR UNSALTED BUTTER 454 G



4.88
EACH



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



3.98
EACH



CAMPBELL'S BROTH 250 - 500 ML
SELECTED VARIETIES



1.88
EACH



GREEN GIANT VEGETABLES 500 - 750 G FROZEN
SELECTED VARIETIES



2.99
EACH



SELECTION CHEESE SHEDS 400 G
320 G
SELECTED VARIETIES



3.98
EACH



LACTANTIA CREAM 473 ML • 1 L
BEATRICE BUTTERMILK 1 L
SELECTED VARIETIES



2.98
EACH



CANADA DRY GINGER ALE OR PEPSI SOFT DRINKS 12 X 355 ML
SELECTED VARIETIES



7.98
EACH



CASHMERE BATHROOM TISSUE 24 = 48'S
SPONGETOWELS ULTRA PAPER TOWELS 6 = 12'S
SCOTTIES FACIAL TISSUE 12'S
SELECTED VARIETIES



11.98
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.

i earn with moi rewards



members
save more

+
members-only price

+
personalized coupons

+
bonus points



SWISS CHALET BBQ PORK BACK RIBS
600 G
SELECTED VARIETIES

55
points



DOM
SMOKED NORWEGIAN
STEELHEAD SALMON
70 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
\$3.49
EACH

20
points



SILK
ALMOND
BEVERAGE
946 ML
SELECTED VARIETIES

LOCKED DOWN
\$2.99
EACH

15
points



THE LAUGHING COW
400 G
SELECTED VARIETIES

LOCKED DOWN
\$8.49
EACH

45
points



DR.OETKER
GIUSEPPE STUFFED
CRUST PIZZA
685 - 724 G
SUPREMA
487 - 525 G
SELECTED VARIETIES

LOCKED DOWN
\$7.49
EACH

125
points



SMUCKER'S UNCRUSTABLES SANDWICH
10'S FROZEN
SELECTED VARIETIES

LOCKED DOWN
\$9.99
EACH

50
points



HIDDEN VALLEY
THE ORIGINAL
RANCH
473 ML
SELECTED VARIETIES

LOCKED DOWN
\$4.49
EACH

25
points



WINDSOR
HIMALAYAN
PINK SALT
500 G
SELECTED VARIETIES

LOCKED DOWN
\$6.49
EACH

35
points



BERTOLLI
WINE VINEGAR
500 ML
SELECTED VARIETIES

LOCKED DOWN
\$3.49
EACH

20
points



STARBUCKS
ICED COFFEE
1.2 L
SELECTED VARIETIES

LOCKED DOWN
\$7.99
EACH

40
points



PEDIGREE DENTA STIX
DOG TREATS
600 G
SELECTED VARIETIES

LOCKED DOWN
\$11.99
EACH

55
points



PURINA
CAT CHOW CAT FOOD
4 KG
SELECTED VARIETIES

LOCKED DOWN
\$16.99
EACH

60
points

BAKERY



Dempster's Signature Brioche Pull-Aparts
500 - 600 G
12'S
12'S
SELECTED VARIETIES

Irresistible Sourdough Bread - Pain Au Levain
500 - 600 G
12'S
12'S
SELECTED VARIETIES

THIS WEEK ONLY

2.99

EACH



Irresistible Pecan Pie - Tarte Pacanes
600 - 800 G
SELECTED VARIETIES

Irresistible Pumpkin Pie - Tarte Citrouille
600 - 800 G
SELECTED VARIETIES

THIS WEEK ONLY

6.99

EACH



Selection Croissants
10'S
510 G
SELECTED VARIETIES

Irresistible Tarts - Tartelettes
510 G
SELECTED VARIETIES

THIS WEEK ONLY

3.99

EACH



Irresistible Brioche Sliced Loaf - Miche Tranchée
500 G
SELECTED VARIETIES

King's Hawaiian Bread
480 - 500 G
SELECTED VARIETIES

THIS WEEK ONLY

4.49

EACH



Sun-Maid Raisin Bread - Cinnamon Swirl / Marbré à la Cannelle
340 - 570 G
SELECTED VARIETIES

Dempster's Cinnamon Raisin Bread
340 - 570 G
SELECTED VARIETIES

THIS WEEK ONLY

4.49

EACH



Black Forest Cake - Gâteau forêt noire
400 - 510 G
SELECTED VARIETIES

Selection Cherry Cheesecake - Cheesecake à la Cerise
400 - 510 G
SELECTED VARIETIES

THIS WEEK ONLY

5.99

EACH

MORE GREAT SAVINGS FOR LESS



M&M's Candy
1.3 KG
WHILE QUANTITIES LAST

THIS WEEK ONLY

15.98

EACH



Tetley Pure Peppermint Tea
32 G
20 TEA BAGS

Tetley Orange Pekoe Tea
20 - 24'S
72'S
SELECTED VARIETIES

LOCKED DOWN

2.99

EACH



Hellmann's Real Mayonnaise
340 - 445 ML
SELECTED VARIETIES

LOCKED DOWN

2.99

EACH



Quaker Dipps
150 G
SELECTED VARIETIES

Quaker Chewy Bars
120 - 156 G
SELECTED VARIETIES

LOCKED DOWN

2.49

EACH



Beatrice Chocolate Milk
2 L
1% M.F.

Gay Lea Sour Cream
250 ML
14% M.F.

LOCKED DOWN

4.99

EACH

LOCKED DOWN

2.49

EACH

15 points



Club House Spice Box
18 - 39 G
SELECTED VARIETIES

Nabob Ground Coffee
930 G

LOCKED DOWN

3.99

EACH

LOCKED DOWN

20.99

EACH



Powerade Sports Drinks
710 ML
PEACE TEA ICED TEA
695 ML
SELECTED VARIETIES

Monster Energy Drinks
8 X 355 ML
SELECTED VARIETIES

LOCKED DOWN

1.49

EACH

LOCKED DOWN

15.99

EACH



Clorox Bleach
2.4 L

Pine-Sol Cleaner
1.41 L
SELECTED VARIETIES

Bounty Paper Towels
3 - 6'S

Charmin Bath Tissue
8 - 24'S
SELECTED VARIETIES

LOCKED DOWN

4.99

EACH

LOCKED DOWN

6.99

EACH

HAPPY THANKSGIVING



Irresistible
BOUCHÉES FARCIES
AU FROMAGE & LA CRÈME
JALAPENO
POPPERS STUFFED
WITH CREAM CHEESE

Irresistible SPANAKOPITA APPETIZERS, JALAPENO STUFFED POPPERS OR QUICHE APPETIZERS
216 - 400 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
6⁹⁹
EACH



Irresistible
GOURMET SAUSAGES
SAUCISSES GOURMANDES
WITH SAUCE PÂTISSÈRE

Irresistible CHICKEN BITES, GOURMET SAUSAGE ROLLS OR PUFF PASTRY APPETIZERS
255 - 680 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
9⁹⁹
EACH



Two BITE SCONES OR WORTHY CRUMB PUMPKIN TARTS
319 - 475 G
SELECTED VARIETIES

THIS WEEK ONLY
5⁹⁹
EACH



LA ROCCA CAKE
600 G
SELECTED VARIETIES

THIS WEEK ONLY
14⁹⁹
EACH



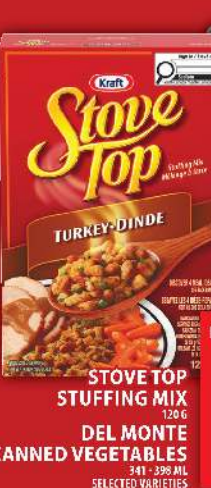
FRANCO AMERICAN TURKEY GRAVY
284 ML
CLUB HOUSE GRAVIES
EACH
SELECTED VARIETIES

LOCKED DOWN
99¢
EACH



CHAPMAN'S FROZEN YOGURT
2 L
NOVELTIES
4'S
SELECTED VARIETIES

THIS WEEK ONLY
5⁹⁹
EACH



STOVE TOP STUFFING MIX
120 G



DEL MONTE CANNED VEGETABLES
341 - 390 ML
SELECTED VARIETIES

LOCKED DOWN
1⁴⁹
EACH



TENDERFLAKE PIE OR TART SHELL CRUST
255 - 350 G
FROZEN
SELECTED VARIETIES

LOCKED DOWN
4⁴⁹
EACH



McCain Superfries
1.5 KG
CRINKLE CUT
COUPÉ ONDULÉE

LOCKED DOWN
5⁹⁹
EACH

30 points



FRENCH'S MUSTARD
325 ML
SELECTED VARIETIES

LOCKED DOWN
2⁷⁹
EACH



CAMPBELL'S BROTH
250 - 960 ML
SELECTED VARIETIES

LOCKED DOWN
1⁸⁸
EACH



KRAFT COOL WHIP
1 L FROZEN
SELECTED VARIETIES

LOCKED DOWN
4⁴⁹
EACH



SELECTION PINEAPPLE SLICES
540 ML 19 fl oz
SELECTED VARIETIES

LOCKED DOWN
1⁹⁹
EACH



DEL MONTE JUICE COCKTAIL
1.6 L
SELECTED VARIETIES

LOCKED DOWN
3⁹⁹
EACH



Irresistible EGG NOG
1 L
SELECTED VARIETIES
WHILE QUANTITIES LAST

ALWAYS GREAT PRICE
2⁹⁹
EACH



PILLSBURY PREPARED DOUGH
454 - 496 G
SELECTED VARIETIES

LOCKED DOWN
3⁹⁹
EACH



Irresistibles WHIPPED CREAM
225 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
3⁹⁹
EACH



SELECTION ECO WOOD FORKS
24'S
SELECTED VARIETIES

ALWAYS GREAT PRICE
1⁹⁹
EACH



SELECTION PLASTIC WRAP
30 M

ALWAYS GREAT PRICE
2⁷⁹
EACH



HANDI-FOIL PAN
EACH

ALWAYS GREAT PRICE
7⁹⁹
EACH



SELECTION PARCHMENT PAPER
50 AT

ALWAYS GREAT PRICE
9⁹⁹
EACH

HAPPY THANKSGIVING



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

LOCKED DOWN

399
EACH

30
points



MOTT'S
CLAMATO COCKTAIL
2.54 L
SELECTED VARIETIES

LOCKED DOWN

479
EACH



IRRESISTIBLE
SPARKLING
SPRING WATER
6 x 1 L
SELECTED VARIETIES

ALWAYS GREAT PRICE

444
EACH



MISS VICKIE'S
POTATO CHIPS
190 - 200 G
SELECTED VARIETIES

LOCKED DOWN

399
EACH



SELECTION
POTATO CHIPS
200 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

147
EACH



SELECTION
SNACKS
205 - 285 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

288
EACH



PRINGLES
MINGLES SNACKS
155 G
CHIPS
179 - 186 G
SELECTED VARIETIES

LOCKED DOWN

279
EACH



LIFE SMART
NATURALIA
TORTILLA CHIPS
350 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

299
EACH



IRRESISTIBLE
STUFFED OLIVES
375 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

399
EACH



IRRESISTIBLE
CRISPS
150 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

449
EACH



PHILADELPHIA
DIPS
227 G
SELECTED VARIETIES

LOCKED DOWN

379
EACH



MONTE VERDE
PANETTONE
750 G
WHILE QUANTITIES LAST

THIS WEEK ONLY

649
EACH



CLOVER LEAF
SMOKED OYSTERS
85 G
SELECTED VARIETIES

LOCKED DOWN

199
EACH



SELECTION DE-ALCOHOLIZED BEER
12 x 355 ML
SELECTED VARIETIES



ALWAYS GREAT PRICE

899
EACH



HEINEKEN
ALCOHOL FREE
BEER
6 x 330 ML
SELECTED VARIETIES

LOCKED DOWN

1249
EACH



COORS EDGE
NON ALCOHOLIC
BEER
12 x 355 ML
SELECTED VARIETIES

LOCKED DOWN

1699
EACH

Healthy Together

MAKE THE OUT OF REACH REACHABLE

HELP SOMEONE
IN NEED BY
DONATING
AT CHECKOUT.
WE'LL MATCH IT.



Between September 24, 2026 - October 14, 2026, Metro Inc. will match every \$2.00 donation with a Food Basics gift card of the same value, up to a maximum of \$100,000, and donate the gift card to local food banks in Ontario. To learn more about the food bank receiving the funds raised in this store, see posted signage or speak to a Food Basics Employee.

TOGETHER HELPING LOCAL FOOD BANKS

All bags will be donated
to local community
Food Banks



ACTUAL PRODUCT SELECTION MAY VARY

Visit foodbasics.ca for details. While quantities last.

BAKING FOR LESS



Selection

enriched & pre-sifted

all-purpose flour

ideal for pancakes, pie crusts, pizzas, breads and croissants

SEE RECIPE ON SIDE!

2.5 kg | all-purpose white flour

SELECTION FLOUR 2.5 KG SELECTED VARIETIES

ALWAYS GREAT PRICE

3⁷⁷ EACH

Redpath

SUSTAINABLY SOURCED & ENVIRONMENTALLY FRIENDLY SUGAR

ICING SUGAR
SUCRE À GLACER

Pure cane sugar / Sucre de canne pure

Redpath 1 kg

Redpath

SUSTAINABLY SOURCED & ENVIRONMENTALLY FRIENDLY SUGAR

DARK BROWN SUGAR
CASSONADE FONCÉE

Pure cane sugar / Sucre de canne pure

Redpath BAKING SUGAR 1 KG SELECTED VARIETIES

LOCKED DOWN

2⁹⁹ EACH

Selection

BAKING POWDER
POUDRE À PÂTE

450 g

SELECTION BAKING POWDER 450 G SELECTED VARIETIES

ALWAYS GREAT PRICE

4⁹⁹ EACH

BAKER'S

UNSWEETENED CHOCOLATE
CHOCOLAT NON SUCRÉ

225 g

BAKER'S BAKING CHOCOLATE 225 G SELECTED VARIETIES

LOCKED DOWN

6⁹⁹ EACH

Selection

UNSALTED NON SALT BUTTER • BEURRE

454 g

SELECTION BUTTER STICKS 4X 113 G SELECTED VARIETIES

ALWAYS GREAT PRICE

8⁴⁹ EACH

ORIGINAL

Eagle Brand

SWEETENED CONDENSED MILK

TRUSTED FOR OVER 150 YEARS

300 mL

EAGLE BRAND CONDENSED MILK 300 ML SELECTED VARIETIES

LOCKED DOWN

3⁷⁹ EACH

Tenderflake

PURE LARD

1 lb 454 g

TENDERFLAKE PURE LARD 454 G SELECTED VARIETIES

LOCKED DOWN

3⁹⁹ EACH

Selection

CORN STARCH

454 g

SELECTION CORN STARCH 454 G SELECTED VARIETIES

ALWAYS GREAT PRICE

3⁹⁹ EACH

E.D. SMITH

CHERRY CERISES

540 mL

E.D. SMITH PIE FILLING 540 ML SELECTED VARIETIES

LOCKED DOWN

5⁴⁹ EACH

Splenda

NO CALORIE SWEETENER

200 - 275 g

Splenda

NO CALORIE SWEETENER

200 - 275 g

SPLENDA SWEETENER 200 - 275 G SELECTED VARIETIES

LOCKED DOWN

9⁹⁹ EACH

Club House

pure lemon
EXTRAIT
EXTRAIT DE CITRON pur

43 mL

CLUB HOUSE EXTRACT 43 ML SELECTED VARIETIES

LOCKED DOWN

3⁴⁹ EACH

Crisco

All-Vegetable shortening

454 g (1 lb)

CRISCO SHORTENING 454 G SELECTED VARIETIES

LOCKED DOWN

3⁴⁹ EACH

Selection

SWEETENED SHREDDED COCONUT
NOIX DE COCO SUCRÉE RAPÉE

200 g

SELECTION COCONUT 200 G SELECTED VARIETIES

ALWAYS GREAT PRICE

2⁹⁹ EACH

Selection

marshmallows
guimauves

250 g

SELECTION MARSHMALLOWS 250 - 270 G SELECTED VARIETIES

ALWAYS GREAT PRICE

2⁹⁹ EACH

Selection

Pecan
PIECES • MORCEAUX
Pacane

100 g

Selection

Blanched • Mondées
Almonds
SLIVERED • EFFILÉES
Amandes

100 g

SELECTION BAKING NUTS 100 G SELECTED VARIETIES

ALWAYS GREAT PRICE

3⁴⁹ EACH

Selection

SEMI-SWEET CHOCOLATE chips • pépites de CHOCOLAT MI-SUCRÉ

270 g

SELECTION CHOCOLATE CHIPS 250 - 270 G SELECTED VARIETIES

ALWAYS GREAT PRICE

4⁹⁹ EACH

TRICK OR TREAT FOR LESS



SELECTION
LOLLIPOPS
750 G
WHILE QUANTITIES LAST

5⁹⁹
EACH



5⁹⁹
EACH

30
points



MAYNARDS
FUN TREATS
45'S
WHILE QUANTITIES LAST

9⁹⁹
EACH



11⁹⁹
EACH

55
points



12⁹⁹
EACH



17⁹⁹
EACH

60
points



CADBURY
FAVOURITES
TREAT SIZE BARS
90'S
WHILE QUANTITIES LAST

19⁹⁹
EACH



17⁹⁹
EACH

60
points



NESTLÉ
ASSORTED
MINI BARS & CANDIES
100'S
WHILE QUANTITIES LAST

18⁹⁹
EACH



MAYNARDS
FUN TREATS CANDY
90'S
WHILE QUANTITIES LAST

15⁹⁹
EACH



RICE KRISPIES
MINIS
40'S
WHILE QUANTITIES LAST

7⁹⁹
EACH



SELECTION POTATO CHIPS
24 X 16 G
WHILE QUANTITIES LAST

6⁹⁹
EACH



PRINGLES
CHIPS
24 X 19 G
WHILE QUANTITIES LAST

10⁹⁹
EACH



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

11⁹⁹
EACH



TAKIS
TORTILLA CHIPS
1.13 KG
WHILE QUANTITIES LAST

15⁹⁹
EACH

LOCKED DOWN



**LIBERTÉ
GREEK YOGURT**
750 G
SELECTED VARIETIES

LOCKED DOWN
6⁹⁹
EACH



**BETTY CROCKER
CAKE MIX**
375 - 404 G
SELECTED VARIETIES



LOCKED DOWN
2/\$4



**BOB'S RED MILL
FLAXSEED**
368 G
SELECTED VARIETIES

LOCKED DOWN
4⁴⁹
EACH



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

LOCKED DOWN
5⁴⁹
EACH



**OCEAN'S LIGHT OR
SNACKIT TUNA**
95 - 130 G
SELECTED VARIETIES

LOCKED DOWN
1⁹⁹
EACH



**QUAKER
CRISPY MINIS**
90 - 199 G
SELECTED VARIETIES

LOCKED DOWN
2⁹⁹
EACH



**JIF
PEANUT BUTTER**
500 G
SELECTED VARIETIES

LOCKED DOWN
4⁴⁹
EACH



**MOTT'S
FRUITATIONS
APPLE SAUCE**
95
SELECTED VARIETIES

LOCKED DOWN
2⁹⁹
EACH



**ALLEN'S APPLE
JUICE**
1.89 L
SELECTED VARIETIES

LOCKED DOWN
3²⁹
EACH



**RED BULL
ENERGY DRINKS**
8 x 250 mL
SELECTED VARIETIES

LOCKED DOWN
16⁹⁹
EACH



**NESTLE MULTI BARS
OR MINI BITES**
4'S OR 135 - 180 G
SELECTED VARIETIES

LOCKED DOWN
3⁹⁹
EACH



OLD EL PASO SHELLS OR TORTILLAS
10 Crunchy Shells
125 - 334 G
GLUTEN FREE
REFRIED BEANS
398 mL
SELECTED VARIETIES

LOCKED DOWN
2⁹⁹
EACH



**MINUTE RICE
INSTANT RICE**
24 - 125 G
SELECTED VARIETIES

LOCKED DOWN
2⁷⁹
EACH



MINUTE RICE
1.2 - 1.4 KG
SELECTED VARIETIES

LOCKED DOWN
5⁹⁹
EACH

**30
points**



WHISKAS CAT FOOD
75 G
SELECTED VARIETIES

LOCKED DOWN
1⁵⁰
EACH



**WHISKAS
CAT FOOD**
2 KG
SELECTED VARIETIES

LOCKED DOWN
8⁹⁹
EACH

CHEERS TO
**thanks
giving**

Buy a \$100 LCBO
gift card and get a
FREE \$10
Food Basics gift card

Offer valid
October 1 - 7



Available at
**food
Basics**



**MILK BONE
DOG TREATS**
709 G
SELECTED VARIETIES

LOCKED DOWN
10⁹⁹
EACH



**PEDIGREE
VITALITY +
DOG FOOD**
8 KG
SELECTED VARIETIES

LOCKED DOWN
25⁹⁹
EACH

For a limited time while quantities last. We reserve the right to modify or terminate this promotion without prior notice. This offer is not valid on previous purchases. Gift cards shown are not sponsors or co-sponsors of this promotion. All trademarks are property of their respective owners. LCBO available in Ontario only.

01010101010

ALWAYS GREAT PRICE



Selection
melts perfectly
PIZZA MOZZARELLA
fond à la perfection

17% HP
52% MOISTURE
HUMIDITÉ

SELECTION SHREDDED CHEESE
907 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

13⁹⁹
EACH



Selection
2 PIZZAS RISING CRUST
LEVÉ-AU-FOUR
PEPPERONI

2 PIZZAS RISING CRUST
LEVÉ-AU-FOUR
PEPPERONI BACON

2 PIZZAS | 1.41 kg (2 x 707 g)

SELECTION PIZZA
23
FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE

11⁹⁹
EACH



Selection
ORANGE JUICE
JUS D'ORANGE

SELECTION JUICE BLEND
2.5 L
SELECTED VARIETIES

ALWAYS GREAT PRICE

4⁹⁹
EACH



SELECTION WATER
1.5 L
SELECTED VARIETIES

ALWAYS GREAT PRICE

99¢
EACH



Selection
PENNE CHICKEN
PENNE AU POULET
Ready in 4 Pré en minutes

215 g



Selection
FETTUCCINE ALFREDO
Ready in 4 Pré en minutes

215 g

SELECTION ENTRÉES
215 G
FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE

137
EACH



Selection
Cream of CHICKEN
Crème de POULET

SELECTION CONDENSED SOUP
284 ML
SELECTED VARIETIES



Selection
Cream of MUSHROOM
Crème de CHAMPIGNONS

ALWAYS GREAT PRICE

119
EACH



Irresistibles
SEA SALT
SEL DE MER

142 g



Irresistibles
SRIRACHA

142 g

IRRESISTIBLES SNACKS
142 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

249
EACH



Selection
honey garlic
miel et ail

350 mL



Selection
plum prunes

350 mL

SELECTION COOKING SAUCE
350 - 355 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

249
EACH



Irresistible
MELBA TOAST
BISCOTTES MELBA

200 g

IRRESISTIBLE MELBA TOAST
110 - 200 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

249
EACH



Irresistibles
BASIL PESTO au BASILIC

200 g

IRRESISTIBLES PESTO
200 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

379
EACH



Selection
MINI RICE SNACK
CHEDDAR
MINI COLLATION DE RIZ

100 g

SELECTION RICE SNACKS
100 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

199
EACH



Selection
CREAM CHEESE
PRODUIT

340 g

SELECTION CREAM CHEESE PRODUCT
340 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

399
EACH



Selection
BEEF BŒUF
concentrated beef
bouillon concentré

500 mL

SELECTION CONCENTRATED BOUILLON
500 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE

588
EACH



Selection
Mellow Blend
INSTANT COFFEE

200 g

SELECTION INSTANT COFFEE
200 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

599
EACH



Selection
Country Meadow
Fraîcheur des prairies

36 SHEETS

SELECTION FABRIC SOFTENER SHEETS
36 SHEETS
SELECTED VARIETIES

ALWAYS GREAT PRICE

399
EACH



Selection
ultra OXI

1.62 L / 20-25°C
CAUTION/ATTENTION

SELECTION LAUNDRY DETERGENT
1.62 L / 20-25°C
SELECTED VARIETIES

ALWAYS GREAT PRICE

399
EACH



Selection
Lavender
Frais

422 g

SELECTION SCENT BOOSTERS
422 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

899
EACH



Selection
Absorbent
Absorbant

12-24 SHEETS

SELECTION PAPER TOWELS
12 - 24'S
SELECTED VARIETIES

ALWAYS GREAT PRICE

1999
EACH

MORE

FLAVOURS

OF

THE

WORLD



PAPAYA
PRODUCT OF MEXICO
3.90/KG

THIS WEEK ONLY 
1.77
/LB



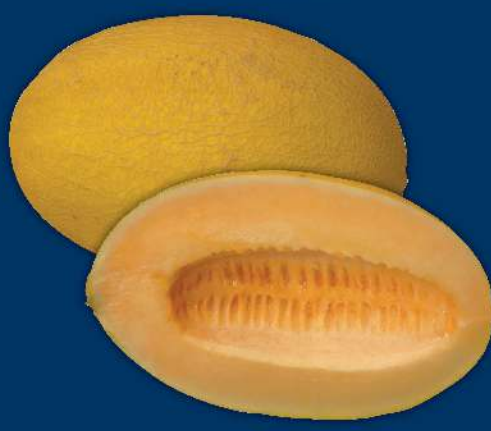
SPINACH OR METHI LEAVES
PRODUCT OF CANADA OR U.S.A.

THIS WEEK ONLY 
1.99
EACH



CILANTRO
PRODUCT OF U.S.A. OR MEXICO

THIS WEEK ONLY 
1.49
EACH



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

THIS WEEK ONLY 
1.29
/LB



HAPPY DAIRY PANEER
300 G
SELECTED VARIETIES

THIS WEEK ONLY 
5.49
EACH



ATLANTIC WILD
PERCH OR TASIE
MILK FISH
650 - 750 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY 
10.99
EACH



HALAL



ZABIHA HALAL FRESH
BONELESS SKINLESS
CHICKEN BREAST
FAMILY PACK
AIR-CHILLED
SELECTED VARIETIES
17.61/KG

THIS WEEK ONLY 
7.99
/LB



DON PANCHITO
TORTILLAS
700 G
SELECTED VARIETIES

THIS WEEK ONLY 
3.99
EACH



NUTIMILK
CONDENSED MILK
OR KOPIKO CANDY
120 - 380 G
SELECTED VARIETIES

THIS WEEK ONLY 
1.67
EACH



ELZYMI TWIST PIES
800 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY 
6.99
EACH



GRACE SOFT DRINKS
OR PEANUT PUNCH
250 - 355 mL
SELECTED VARIETIES

LOCKED DOWN 
1.29
EACH



PAN OR GRACE
CORN MEAL
1 - 2 KG
SELECTED VARIETIES

LOCKED DOWN 
3.99
EACH

PERSONAL CARE FOR LESS



COLGATE TOOTHPASTE
52 • 95 ML
TOOTHBRUSH
EACH
SELECTED VARIETIES

LOCKED DOWN
1 29
EACH



HUGGIES LITTLE
MOVERS,
SNUGGLERS
DIAPERS
84 - 168'S
SELECTED VARIETIES

THIS WEEK ONLY
38 99
EACH



250
points



SENSODYNE TOOTHPASTE
130 • 135 ML
SELECTED VARIETIES

LOCKED DOWN
6 99
EACH



OGX HAIR CARE
385 ML
SELECTED VARIETIES

LOCKED DOWN
7 99
EACH



DEGREE ANTIPERSPIRANT
76 G
SELECTED VARIETIES

LOCKED DOWN
3 99
EACH



TAMPAX
TAMPONS
36'S
SELECTED VARIETIES

LOCKED DOWN
11 19
EACH



AVEENO
BODY LOTION
532 ML
SELECTED VARIETIES

LOCKED DOWN
12 49
EACH



SOFTSOAP HAND SOAP
221 ML
SELECTED VARIETIES

LOCKED DOWN
2 / \$5



OLD SPICE
BODY WASH
709 ML
SELECTED VARIETIES

LOCKED DOWN
7 99
EACH



TENA SENSITIVE
CARE PADS
28'S
SELECTED VARIETIES

LOCKED DOWN
17 99
EACH



GERBER
ORGANIC PURÉE
128 ML
SELECTED VARIETIES

LOCKED DOWN
3 / \$6



BABY GOURMET
ORGANIC PURÉE
128 ML
SELECTED VARIETIES

LOCKED DOWN
2 / \$4



HUGGIES SIMPLY CLEAN
BABY WIPES
192'S
SELECTED VARIETIES

LOCKED DOWN
9 79
EACH



HUGGIES
NATURAL CARE
BABY WIPES
352'S
SELECTED VARIETIES

LOCKED DOWN
14 79
EACH



NESTLÉ NIDO
TODDLER
NUTRITIONAL
SUPPLEMENT
850 G
SELECTED VARIETIES

LOCKED DOWN
25 79
EACH



PERSONNELLE
HAND SOAP
251 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE
1 99
EACH



PERSONNELLE
HAIR CARE
355 • 375 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE
2 97
EACH



PERSONNELLE
BABY TRAINING
PANTS
33'S
SELECTED VARIETIES

55
points

— MAKE — HOSTING *Delicious*



**CHRISTIE RITZ, WHEAT THINS
OR TRISCUIT CRACKERS**
162 - 200 G
SELECTED VARIETIES

LOCKED DOWN

2.99
EACH

**CHRISTIE BITS & BITES OR
CRISPERS SNACKS**
145 G
SELECTED VARIETIES

LOCKED DOWN

2.79
EACH

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

LOCKED DOWN

3.99
EACH

**CHRISTIE
FAMILY SIZE COOKIES**
285 - 480 G
SELECTED VARIETIES

**CHRISTIE
OREO CAKESTERS**
SOFT SNACK CAKES
(5 x 57 g) 285 g

LOCKED DOWN

4.99
EACH

CADBURY CANDY BARS
80 - 100 G
SELECTED VARIETIES

LOCKED DOWN

2.75
EACH

MAYNARDS CANDY
308 - 315 G
SELECTED VARIETIES

LOCKED DOWN

4.49
EACH