food Basic$

CANADIAN AND PROUD

$1 $2 $3 SALE



CARROTS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
2 LB

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

RUSSET POTATOES
PRODUCT OF CANADA,
NO. 1 GRADE
5 LB

$1 EACH



AVOCADOS
PRODUCT OF MEXICO OR PERU
5 PACK

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

$2 EACH



POMEGRANATE
PRODUCT OF U.S.A.

2/$3



RED MANGOES
PRODUCT OF BRAZIL

$1 EACH



SCHNEIDERS LUNCH MATE OR GREENFIELD KITS OR ADULT KITS
74 - 120 G SELECTED VARIETIES

$2 EACH



LEAN GROUND BEEF & PORK BLEND FAMILY PACK
SELECTED VARIETIES
6.61/KG

$3 /LB



UNICO TOMATO PASTE OR LIGHT TUNA 156 ML, 99 G
PRIMO PIZZA SAUCE
213 ML SELECTED VARIETIES

$1 EACH



O'SOLE MIO FRESH PASTA
255 G
SELECTED VARIETIES

$2 EACH



RACHEL'S EXTRA LEAN GROUND CHICKEN
454 G SELECTED VARIETIES
WHILE QUANTITIES LAST

$3 EACH



SELECTION ENGLISH MUFFINS
6'S
BAGELS
4'S
SELECTED VARIETIES

$1 EACH



BEATRICE CHOCOLATE MILK
750 ML
WHILE QUANTITIES LAST

$1 EACH



DORITOS, LAY'S POTATO CHIPS OR CHEETOS
130 - 145 G SELECTED VARIETIES

$2 EACH



CAMPBELL'S CONDENSED SOUP
284 ML
BEN'S ORIGINAL FAST & FANCY RICE
132 G
SELECTED VARIETIES

$1 EACH



BRANDT SLICED DELI MEAT
80 G SELECTED VARIETIES
WHILE QUANTITIES LAST

$1 EACH



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

$2 EACH



McCAIN FRENCH FRIES
406 G
SMART ONES ENTRÉES
241 - 283 G
CHEEMO PEROGIES
815 - 907 G
FROZEN
SELECTED VARIETIES

$2 EACH



CREST, COLGATE TOOTHPASTE
52 - 100 ML
COLGATE, ORAL-B TOOTHBRUSH
EACH
SELECTED VARIETIES

$1 EACH



POWERADE SPORTS DRINKS
710 ML
PEACE TEA ICED TEA
695 ML
SELECTED VARIETIES

$1 EACH



GENERAL MILLS HONEY NUT CHEERIOS 430 G
POST SHREDDIES 440 G
SELECTED VARIETIES

$3 EACH



MINUTE MAID JUICE OR FRUIT BEVERAGES
8 - 10'S
SELECTED VARIETIES

$3 EACH

125 points value of $1

The moi event is here. More offers. More points. More rewards

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, OCTOBER 29TH TO WEDNESDAY, NOVEMBER 4TH, 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.

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Savings worth celebrating with moi rewards

Over 6,900 points available when you shop in-store or online. Value of $55.*

save MORE with moi

NESTLÉ QUALITY STREET CHOCOLATE
650 G
WHILE QUANTITIES LAST



moi price 12.98* ea.
non moi price 17.98 ea.
*Scan Moi card to receive Moi price

BRAR'S PURE DESI GHEE
800 G
SELECTED VARIETIES

800 G



moi price 9.98* ea.
non moi price 13.98 ea.
*Scan Moi card to receive Moi price

YOPLAIT SKYR YOGURT
750 G SELECTED VARIETIES



THIS WEEK ONLY 5.99 EACH

125 points value of $1

DEMPSTER'S PROTEIN OR FIBRE BREAD
600 G
SELECTED VARIETIES



THIS WEEK ONLY 3.99 EACH

125 points value of $1

AYLMER TOMATOES OR HUNT'S PASTA SAUCE
540 - 796 ML SELECTED VARIETIES



THIS WEEK ONLY 2.49 EACH

125 points value of $1

NESCAFÉ INSTANT COFFEE 100 - 170 G
SWEET & CREAMY 18'S
SELECTED VARIETIES



THIS WEEK ONLY 6.49 EACH

125 points value of $1

SILK DRINKS 1.75 - 1.89 L
ACTIVIA YOGURT 650 G
DANONE OIKOS GREEK YOGURT 4 X 100 G
SELECTED VARIETIES



THIS WEEK ONLY 3.49 EACH

20 points

PEPSI SOFT DRINKS OR BUBLY SPARKLING WATER MINIS
6 X 222 ML SELECTED VARIETIES



THIS WEEK ONLY 3.49 EACH

20 points

HÄAGEN-DAZS ICE CREAM NOVELTIES
450 ML
3-4'S
SELECTED VARIETIES



THIS WEEK ONLY 4.99 EACH

25 points

DR.OETKER RISTORANTE PIZZA
320 - 390 G
CASA DI MAMA
395 - 410 G
FROZEN SELECTED VARIETIES



THIS WEEK ONLY 4.49 EACH

25 points

I CAN'T BELIEVE IT'S NOT BUTTER!
400 G
SELECTED VARIETIES



THIS WEEK ONLY 1.99 EACH

10 points

TOSTITOS TORTILLA CHIPS
210 - 295 G
SELECTED VARIETIES



THIS WEEK ONLY 2/$7

20 points

ESKA SPRING WATER
24 X 500 ML



LOCKED DOWN 4.99 EACH

25 points

KNORR SIDEKICKS SIDE DISH
120 - 162 G
RICE CUPS
73 G
SELECTED VARIETIES



THIS WEEK ONLY 1.99 EACH

50 points when you buy any 2

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



LOCKED DOWN 7.98 EACH

40 points

TIDE OR GAIN LAUNDRY DETERGENT
2.39 - 2.72 L = 61 - 70 LOADS
BOUNCE DRYER SHEETS
200'S SELECTED VARIETIES



THIS WEEK ONLY 9.99 EACH

50 points

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



LOCKED DOWN 6.99 EACH

35 points

TIMOTHY'S COFFEE CAPSULES
30'S
SELECTED VARIETIES



THIS WEEK ONLY 14.99 EACH

55 points

BUY ANY 2 BOXES OF OLD EL PASO KITS



THIS WEEK ONLY 3.99 EACH

OLD EL PASO KITS
250 - 400 G
SELECTED VARIETIES

GET 1 FREE

SELECTION SHREDDED CHEESE
320 G
SELECTED VARIETIES



SAVE $5

*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 Nosso Talho". Please see the Customer Service desk at your Food Basics for full details. For retail sale only; If there is a limit stated in the ad, Rain Checks up to the stated limit may be issued. If there is no limit stated in the ad, we reserve the right to limit quantities to reasonable requirements. Limit: One Rain Check per household per item per day.

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food Basics CANADIAN AND PROUD

ALWAYS FRESH. *ALWAYS IN STOCK. ALWAYS GREAT PRICES.

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

TRICK OR TREAT FOR LESS



4.49 EACH

SELECTION LOLLIPOPS
750 G
WHILE QUANTITIES LAST



5.99 EACH

30 points

ROCKETS HALLOWEEN CANDY
500 G
WHILE QUANTITIES LAST



8.99 EACH

NESTLÉ ASSORTED MINI BARS OR CANDIES
50'S
WHILE QUANTITIES LAST



8.99 EACH

50 points

MAYNARDS FUN TREATS
45'S
WHILE QUANTITIES LAST



8.99 EACH

75 points

KINDER MINI CHOCOLATE
297 - 330 G
SELECTED VARIETIES
WHILE QUANTITIES LAST



HERSHEY'S HALLOWEEN TREATS
100'S
SELECTED VARIETIES
WHILE QUANTITIES LAST

12.98 EACH



CADBURY OR MAYNARDS HALLOWEEN TREATS
90'S
SELECTED VARIETIES
WHILE QUANTITIES LAST

12.98 EACH



MARS FUN SIZE CANDIES
90'S
WHILE QUANTITIES LAST

11.99 EACH

60 points



MARS ASSORTED FUN SIZE CANDIES
95'S
WHILE QUANTITIES LAST

14.99 EACH



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

15.99 EACH

i earn with moi rewards

moi rewards

i redeem and save on what i buy most often

SAVING IS EASY

1. CLICK TO DOWNLOAD
2. ADD YOUR COUPONS
3. SCAN YOUR moi rewards AT CHECKOUT

join today and save

Coupons must be clipped in the Food Basics app before they can be redeemed.

Download on the App Store

GET IT ON Google Play

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



YOPLAIT TUBES DRINKABLE YOGURT
8 X 56 G SELECTED VARIETIES

SAVE $1



YOPLAIT MINIGO YOGURT
6 X 60 G
SELECTED VARIETIES

SAVE $1



PEPPERIDGE FARM PARTY SIZE GOLDFISH CRACKERS
750 G
SELECTED VARIETIES

SAVE $1



KRAFT SALAD DRESSING
710 ML
SELECTED VARIETIES

SAVE $1





COLGATE CHARCOAL TOOTHBRUSH EACH
CHARCOAL TOOTHPASTE 150 ML
SELECTED VARIETIES

SAVE $1



POWERADE SPORT DRINKS
24 X 591 ML
SELECTED VARIETIES

SAVE $1



REDBULL ENERGY DRINKS
4 X 250 ML
SELECTED VARIETIES

SAVE $1



BERTOLLI EXTRA VIRGIN OIL
1 L
SELECTED VARIETIES

LOCKED DOWN 10.99 EACH

55 points



KICKING HORSE GROUND COFFEE
284 G
SELECTED VARIETIES

LOCKED DOWN 12.99 EACH

55 points



FOLIA LETTUCES
227 G
SELECTED VARIETIES

LOCKED DOWN $6 EACH

30 points



KING'S HAWAIIAN ROLLS
340 G
SELECTED VARIETIES

THIS WEEK ONLY 4.49 EACH

35 points



RED ROSE TEA
140'S

LOCKED DOWN 8.99 EACH

125 points
value of $1





CHOLULA TACO SEASONING
28 G
SELECTED VARIETIES

LOCKED DOWN 3/$5

10 points

PRODUCE



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

THIS WEEK ONLY
$3 /LB



CAULIFLOWER
PRODUCT OF CANADA
NO. 1 GRADE

THIS WEEK ONLY
$3 EACH



BLACKBERRIES
PRODUCT OF MEXICO, NO. 1 GRADE 170 G
LIMES
PRODUCT OF MEXICO 1 LB

THIS WEEK ONLY
$3 EACH



TROPICAL GOLD PINEAPPLE
PRODUCT OF COSTA RICA
SEEDLESS NAVEL ORANGES
PRODUCT OF SOUTH AFRICA
3 LB

THIS WEEK ONLY
$4 EACH



HOTHOUSE GRAPE TOMATOES
PRODUCT OF CANADA OR MEXICO, NO. 1 GRADE
283 G
MINI CUCUMBERS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE
397 G

THIS WEEK ONLY
$3 EACH



WHOLE WHITE OR CREMINI MUSHROOMS
PRODUCT OF CANADA
227

THIS WEEK ONLY
2/$5





FOLIA LETTUCE
227 G
SELECTED VARIETIES

THIS WEEK ONLY
$6 EACH

30 points



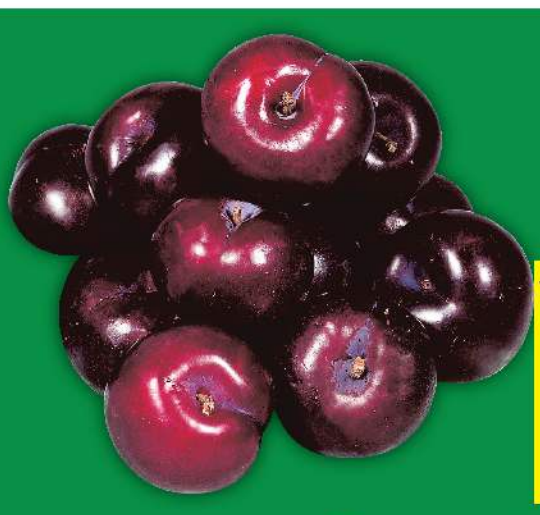
BLUEBERRIES
PRODUCT OF PERU, NO. 1 GRADE
170 G
RASPBERRIES
PRODUCT OF U.S.A. OR MEXICO NO. 1 GRADE
170 G

THIS WEEK ONLY
$4 EACH



GREEN CABBAGE
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
2.20/KG

THIS WEEK ONLY
$1 /LB



BLACK PLUMS
PRODUCT OF CHILE, NO. 1 GRADE
6.61/KG

THIS WEEK ONLY
$3 /LB



BROCCOLI CROWNS
PRODUCT OF CANADA

THIS WEEK ONLY
2/$5



RED DELICIOUS, GALA, CORTLAND, AMBROSIA APPLES
PRODUCT OF ONTARIO, CANADA FANCY GRADE 3 LB

THIS WEEK ONLY
$5 EACH



SWEET ASSORTED PEPPERS
PRODUCT OF CANADA OR MEXICO
PKG OF 4

THIS WEEK ONLY
$4 EACH



HONEYDEWS
PRODUCT OF MEXICO

THIS WEEK ONLY
$5 EACH



SWEET NANTES CARROTS
PRODUCT OF U.S.A. OR MEXICO
NO.1 GRADE
454 G

THIS WEEK ONLY
$3 EACH



BOSTON LETTUCE
PRODUCT OF ONTARIO

THIS WEEK ONLY
$3 EACH



BORNA DATES
400 G

THIS WEEK ONLY
$3 EACH



POM WONDERFUL FRESH POMEGRANATE JUICE
473 ML

THIS WEEK ONLY
$4 EACH



6" CYCLAMEN
WHILE SUPPLIES LAST

THIS WEEK ONLY
$7 EACH



5" ORCHID
WHILE SUPPLIES LAST

THIS WEEK ONLY
$14 EACH

MEAT



LEGACY CURED BONELESS PORK LOIN
ROLLED IN CORNMEAL OR
FRESH PORK TENDERLOIN VACUUM PACK
SELECTED VARIETIES
WHILE QUANTITIES LAST
8.82/KG

THIS WEEK ONLY
$4 /LB



AUTHENTIC FRESH PORK SAUSAGES
HOT, MILD, HONEY GARLIC OR ENGLISH BANGER
SELECTED VARIETIES

THIS WEEK ONLY
$5 EACH



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

THIS WEEK ONLY
$3 /LB



HALAL AT SAME PRICE

FRESH BONELESS SKINLESS CHICKEN BREAST FAMILY PACK
INCLUDES HALAL
SELECTED VARIETIES
WHILE QUANTITIES LAST
13.23/KG

THIS WEEK ONLY
$6 /LB



COHO SALMON FILLET
PREVIOUSLY FROZEN
SELECTED VARIETIES
26.43/KG

THIS WEEK ONLY
$12 /LB



NEW ZEALAND LEAN GROUND LAMB
454 G
SELECTED VARIETIES

THIS WEEK ONLY
$12 EACH



MAPLE LODGE OR ZABIHA HALAL CHICKEN WIENERS
450 G
SELECTED VARIETIES

THIS WEEK ONLY
$2 EACH

30 points



SWANSON MEAT PIE
200 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
$2 EACH



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

THIS WEEK ONLY
$4 /LB



POGO ORIGINAL BREADED SAUSAGE
300 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
$4 EACH



MARC ANGELO ITALIAN SLICED DELI MEAT
85 G
SELECTED VARIETIES

THIS WEEK ONLY
$5 EACH

30 points



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

THIS WEEK ONLY
$6 EACH

35 points



SCHNEIDERS JUICY JUMBOS WIENERS OR SMOKED SAUSAGES
375 - 450 G
SELECTED VARIETIES

THIS WEEK ONLY
$8 EACH



PINTY'S CHICKEN WINGS, CHUNKS OR FILLETS
720 - 750 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
$15 EACH

70 points



TRE STELLE MOZZARELLA BALL
340 G
SELECTED VARIETIES

THIS WEEK ONLY
$6 EACH



MASTRO CHUBS
300 G
SELECTED VARIETIES

THIS WEEK ONLY
$7 EACH



SUMMER FRESH SALADS
700 - 800 G
SELECTED VARIETIES

THIS WEEK ONLY
$8 EACH



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

THIS WEEK ONLY
$8 EACH



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

THIS WEEK ONLY
$3 EACH



IRRESISTIBLE PACIFIC WHITE SHRIMP COOKED OR RAW 31 - 40 CT TORPEDO OR TEMPURA SHRIMP
284 - 340 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
$7 EACH



SUSHI POCKET SALMON TERIYAKI OR TUNA MAYO
528 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
$9 EACH



WHOLE CANADIAN WHITE FISH
755 G FROZEN
SELECTED VARIETIES
WHILE SUPPLIES LAST

THIS WEEK ONLY
$10 EACH

BAKERY



IRRESISTIBLE CROISSANTS 6'S
TARTS 510 G
SELECTED VARIETIES

THIS WEEK ONLY
$4 EACH



SELECTION PASTRIES 660 - 825 G
SNACK TUBS 420 - 608 G
SELECTED VARIETIES

THIS WEEK ONLY
$6 EACH

MIX & MATCH!*

2 FOR $6.50

OR

3 FOR $7.99



*MIX & MATCH ANY VILLAGGIO BREAD, BUNS, DEMPSTER'S WHOLE GRAIN BREAD, BAGELS, 7" TORTILLAS, TIA ROSA TORTILLAS, NATURAL BAKERY BREAD OR HOSTESS SNACK CAKES
SELECTED SIZES SELECTED VARIETIES. OR PAY 3.49 EA.

MORE GREAT SAVINGS FOR LESS



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

LOCKED DOWN
5.49 EACH



KELLOGG'S EGGO THICK & FLUFFY WAFFLES 330 G
FROZEN
SELECTED VARIETIES

LOCKED DOWN
2.99 EACH



CHRISTIE FAMILY SIZE CRACKERS 350 - 481 G
SELECTED VARIETIES

LOCKED DOWN
3.99 EACH



QUAKER QUICK OATS 900 G - 1 KG
INSTANT OATMEAL 232 - 344 G
SELECTED VARIETIES

LOCKED DOWN
3.49 EACH



NESTLÉ CANDY BARS 42 - 50 G
SELECTED VARIETIES

LOCKED DOWN
$1 EACH



BEATRICE B-FIT PROTEIN MILKSHAKE 460 ML
SELECTED VARIETIES

LOCKED DOWN
3.49 EACH



YOPLAIT YOP DRINKABLE YOGURT 200 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE
99¢ EACH



QUAKER DIPPS OR CHEWY BARS 120 - 156 G
SELECTED VARIETIES

LOCKED DOWN
2.49 EACH



HAWKINS CHEEZIES 210 G
WHILE QUANTITIES LAST

THIS WEEK ONLY
$3 EACH



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

LOCKED DOWN
3.99 EACH



MAISON PERRIER SPARKLING WATER 6 X 330 ML
SELECTED VARIETIES

LOCKED DOWN
7.49 EACH



OASIS HYDRA FRUIT JUICE BEVERAGE 8 X 200 ML
SELECTED VARIETIES

LOCKED DOWN
4.49 EACH

LOCKED DOWN



OÎKOS GREEK YOGURT
650 - 750 G
SELECTED VARIETIES

LOCKED DOWN 6.99 EACH



NUTELLA HAZELNUT SPREAD OR PEANUT SPREAD WITH COCOA
725 G
SELECTED VARIETIES

LOCKED DOWN 6.99 EACH



LACTANTIA ULTRA PUR MILK
1.5 L
SELECTED VARIETIES

LOCKED DOWN 5.79 EACH



GOGO SQUEEZ FRUIT SAUCE SNACK
12 X 90 G
SELECTED VARIETIES

LOCKED DOWN 9.99 EACH



GLACEAU VITAMIN WATER
591 ML
SMART WATER
1 L
SELECTED VARIETIES

LOCKED DOWN 1.99 EACH



ORVILLE REDENBACHER POPCORN
340 - 850 G
SELECTED VARIETIES

LOCKED DOWN 3.99 EACH



DARE COOKIES
168 - 310 G
SELECTED VARIETIES

LOCKED DOWN 3.29 EACH



MR. NOODLES INSTANT NOODLES
85 G
SELECTED VARIETIES

LOCKED DOWN 40¢ EACH



CLOVER LEAF TUNA SALAD
160 G
SELECTED VARIETIES

LOCKED DOWN 3.99 EACH



KIKKOMAN BREAD CRUMBS OR SAUCE
227 - 283 G
287 - 296 ML
SELECTED VARIETIES

LOCKED DOWN 4.49 EACH



BLACK DIAMOND CHEESTRINGS
504 G
SELECTED VARIETIES

LOCKED DOWN 9.99 EACH



BUDWEISER ZERO ALCOHOL FREE BEER
6 X 355 ML
SELECTED VARIETIES

LOCKED DOWN 11.49 EACH



FRANK'S REDHOT SAUCE
354 ML
SELECTED VARIETIES

LOCKED DOWN 4.49 EACH



KASHI CEREAL
349 - 510 G
SELECTED VARIETIES

LOCKED DOWN 5.99 EACH



CESAR DOG FOOD
100 G
SELECTED VARIETIES

LOCKED DOWN 1.79 EACH



PEDIGREE DOG FOOD
630 G
SELECTED VARIETIES

LOCKED DOWN 3.79 EACH



WHISKAS CAT FOOD
2 KG
SELECTED VARIETIES

LOCKED DOWN 8.99 EACH



WHISKAS CAT FOOD
12'S
SELECTED VARIETIES

LOCKED DOWN 15.99 EACH

ALWAYS GREAT PRICE



ALWAYS GREAT PRICE **13.99** EACH

SELECTION PIZZA MOZZARELLA
907 G
SELECTED VARIETIES



ALWAYS GREAT PRICE **4.44** EACH

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



SELECTION OR IRRESISTIBLES BREAD CRUMBS
227 - 425 G
SELECTED VARIETIES

ALWAYS GREAT PRICE **2.99** EACH



ALWAYS GREAT PRICE **39.99** EACH

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



SELECTION JELLY POWDER
85 G
SELECTED VARIETIES

ALWAYS GREAT PRICE **99¢** EACH



SELECTION POTATO CHIPS
200 G
SELECTED VARIETIES

ALWAYS GREAT PRICE **1.49** EACH



SELECTION SNACKS
265 - 285 G
SELECTED VARIETIES

ALWAYS GREAT PRICE **2.88** EACH



SELECTION LIGHT TUNA
170 G
SELECTED VARIETIES

ALWAYS GREAT PRICE **1.49** EACH



SELECTION PICKLES
1 L
SELECTED VARIETIES

ALWAYS GREAT PRICE **3.47** EACH



SELECTION PASTA
900 G
SELECTED VARIETIES

ALWAYS GREAT PRICE **1.97** EACH



LIFE SMART NATURALIA TORTILLA CHIPS
350 G
SELECTED VARIETIES

ALWAYS GREAT PRICE **2.99** EACH



SELECTION CONDENSED SOUP
284 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE **1.19** EACH



SELECTION SODA CRACKERS
454 G
SELECTED VARIETIES

ALWAYS GREAT PRICE **3.27** EACH



SELECTION PIZZA EXPRESS
1.2 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE **11.99** EACH



SELECTION GLASS CLEANER
950 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE **1.97** EACH





SELECTION WOODEN UTENSILS
24'S
SELECTED VARIETIES

ALWAYS GREAT PRICE **1.99** EACH



SELECTION FACIAL TISSUES
12'S
SELECTED VARIETIES

ALWAYS GREAT PRICE **13.99** EACH



SELECTION BATHROOM TISSUE
30 = 100'S

ALWAYS GREAT PRICE **19.99** EACH

BAKING FOR LESS





ALWAYS GREAT PRICE
3.77 EACH

SELECTION FLOUR
2.5 KG
SELECTED VARIETIES





LOCKED DOWN
2.99 EACH

REDPATH BAKING SUGAR
1 KG
SELECTED VARIETIES





E.D. SMITH PIE FILLING OR PUMPKIN PUREE
540 - 796 ML
SELECTED VARIETIES

LOCKED DOWN
5.49 EACH





BETTY CROCKER CAKE MIX
375 - 404 G
SELECTED VARIETIES

LOCKED DOWN
2/$5



CRISCO SHORTENING
454 G
SELECTED VARIETIES

LOCKED DOWN
3.49 EACH



TENDERFLAKE PURE LARD
454 G
SELECTED VARIETIES

LOCKED DOWN
3.99 EACH



FRY'S PREMIUM COCOA
227 G
SELECTED VARIETIES

LOCKED DOWN
6.99 EACH



EAGLE BRAND CONDENSED MILK
300 ML
SELECTED VARIETIES

LOCKED DOWN
3.79 EACH



BAKER'S BAKING CHOCOLATE
225 G
SELECTED VARIETIES

LOCKED DOWN
6.99 EACH



SPLENDA SWEETENER
200 - 275 G
SELECTED VARIETIES

LOCKED DOWN
9.99 EACH



HERSHEY'S CHIPITS CHOCOLATE CHIPS
200 - 270 G
SELECTED VARIETIES

LOCKED DOWN
5.49 EACH



LIFE SMART ORGANIC SPICES
11 - 57 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
2.49 EACH



PARKAY MARGARINE
850 G
SELECTED VARIETIES

LOCKED DOWN
5.49 EACH



LACTANTIA BUTTER
454 G
SELECTED VARIETIES

LOCKED DOWN
6.99 EACH



SELECTION CORN STARCH
454 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
3.99 EACH



SELECTION CREAM CHEESE
250 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
3.19 EACH



SELECTION EVAPORATED MILK
354 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE
1.88 EACH



SELECTION BAKING NUTS
100 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
3.69 EACH



IRRESISTIBLE WHIPPED CREAM
225 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
3.99 EACH



SELECTION CHOCOCLATE CHIPS
835 - 925 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
14.99 EACH



SELECTION SHREDDED COCONUT
200 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
2.99 EACH



SELECTION MARSHMALLOWS
454 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
2.99 EACH

CHOOSE CANADIAN



CARROTS
PRODUCT OF ONTARIO
CANADA NO.1 GRADE, 2 LB
YELLOW ONIONS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE, 2 LB
RUSSET POTATOES
PRODUCT OF CANADA
NO. 1 GRADE, 5 LB

$1 EACH



CAULIFLOWER
PRODUCT OF CANADA
NO. 1 GRADE

$3 EACH



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

$8 EACH



SUMMER FRESH SALADS
700 - 800 G
SELECTED VARIETIES

$8 EACH





IRRESISTIBLE CROISSANTS
6'S
TARTS
510 G
SELECTED VARIETIES

$4 EACH





SELECTION ENGLISH MUFFINS
6'S
BAGELS
4'S
SELECTED VARIETIES

$1 EACH



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

$2 EACH



DORITOS, LAY'S POTATO CHIPS OR CHEETOS
130 - 145 G
SELECTED VARIETIES

$2 EACH



BEATRICE CHOCOLATE MILK
750 ML
WHILE QUANTITIES LAST

$1 EACH



MINUTE MAID JUICE OR FRUIT BEVERAGES
8 - 10'S SELECTED VARIETIES

$3 EACH

125 points
value of $1





YOPLAIT SKYR YOGURT
750 G SELECTED VARIETIES

5.99 EACH

125 points
value of $1





HÄAGEN-DAZS ICE CREAM
450 ML
NOVELTIES
3- 4'S
SELECTED VARIETIES

4.99 EACH

25 points



ESKA SPRING WATER
24 X 500 ML SELECTED VARIETIES

4.99 EACH

25 points





DR.OETKER RISTORANTE PIZZA
320 - 390 G
CASA DI MAMA
395 - 410 G FROZEN SELECTED VARIETIES

4.49 EACH

25 points

*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.

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MORE

DIWALI FOR LESS



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

THIS WEEK ONLY
1.99 EACH



RED ONIONS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE
7 LB

THIS WEEK ONLY
5.99 EACH



PARLIAMENT GOLD, NOOR GOLD OR QILLA PREMIUM BASMATI RICE
4.54 KG
SELECTED VARIETIES

LOCKED DOWN
8.88 EACH



TRE STELLE PANEER
300 G
SELECTED VARIETIES

THIS WEEK ONLY
$5 EACH



LEHAR SELECTION
800 G
SELECTED VARIETIES
WHILE SUPPLIES LAST

THIS WEEK ONLY
14.99 EACH



HANS DAHI
650 - 750 G
SELECTED VARIETIES

LOCKED DOWN
2.49 EACH





SURATI SNACKS OR DIVYA ROASTED CHANA
250 - 400 G
SELECTED VARIETIES

LOCKED DOWN
2.49 EACH





ALPHONSO OR ALJUICE BEVERAGES
1.75 L
SELECTED VARIETIES

LOCKED DOWN
3.99 EACH



THIS WEEK ONLY
3.49 EACH

CRISPY ROTI
750 G
SELECTED VARIETIES

25 points





DIVYA PICKLE CONDIMENTS OR FRIED ONIONS
454 - 500 G
SELECTED VARIETIES

LOCKED DOWN
3.49 EACH



NATIONAL COOKING SAUCE
300 - 325 G
SELECTED VARIETIES

LOCKED DOWN
1.99 EACH



DIVYA MUSTARD OR SESAME OIL
500 ML
SELECTED VARIETIES

LOCKED DOWN
3.49 EACH



RUBICON DRINKS
1 L
SELECTED VARIETIES

LOCKED DOWN
2.29 EACH



NATIONAL SPICE MIX
45 - 100 G
GITS MIXES
100 - 200 G
SELECTED VARIETIES

LOCKED DOWN
1.67 EACH



FROOTI MANGO JUICE OR BRITANNIA SUJI RUSK
1 L, 305 G
SELECTED VARIETIES

LOCKED DOWN
1.99 EACH



BRAR'S RASMALAI
850 G
FROZEN
SELECTED VARIETIES

LOCKED DOWN
9.49 EACH



CASABLANCA DRINKS OR BUTTER COOKIES
454 G, 750 ML
SELECTED VARIETIES

LOCKED DOWN
3.99 EACH



BRAR'S SAMOSA
624 G, FROZEN
SELECTED VARIETIES

LOCKED DOWN
6.49 EACH

MORE

DIWALI FOR LESS



SAPORITO VEGETABLE OR CANOLA OIL
3L, SELECTED VARIETIES

LOCKED DOWN
9.99 EACH



NO. 817 ELEPHANT BRAND BASMATI RICE
4 KG
SELECTED VARIETIES

LOCKED DOWN
13.99 EACH





DIVYA LENTILS OR BLACK CHICKPEAS
1.8 - 1.81 KG
SELECTED VARIETIES

LOCKED DOWN
3.99 EACH





CASABLANCA HONEY OR DIVYA CANE SUGAR
1 - 3.62 KG
SELECTED VARIETIES

LOCKED DOWN
6.99 EACH



AASHIRVAAD WHOLE WHEAT FLOUR
9.07 KG
SELECTED VARIETIES

LOCKED DOWN
14.99 EACH





KFI COOKING SAUCE
375 - 395 ML
SELECTED VARIETIES

LOCKED DOWN
3.99 EACH





NOOR DATES OR DIVYA CANE SUGAR
800 - 908 G
SELECTED VARIETIES

LOCKED DOWN
3.99 EACH



MAGGI NOODLES
70 G

LOCKED DOWN
44¢ EACH



DIVYA PARATHA OR NAAN
400 G FROZEN
SELECTED VARIETIES

LOCKED DOWN
1.99 EACH



PARLE-G BISCUITS
300 G
LU OR EBM COOKIES
84 - 130 G
SELECTED VARIETIES

LOCKED DOWN
99¢ EACH



DESI-LICIOUS ICE CREAM
1 L
SELECTED VARIETIES

LOCKED DOWN
5.99 EACH



SHAN MIXES
50 - 100 G
SELECTED VARIETIES

LOCKED DOWN
3/$5





DIVYA TAMARIND PASTE OR COOKING SAUCE
400 G, 375 ML
SELECTED VARIETIES

LOCKED DOWN
2.49 EACH



HANS KHEER
500 G
SELECTED VARIETIES

OCKED DOWN
2.49 EACH



DABUR JUICE
1 L
SELECTED VARIETIES

LOCKED DOWN
2.99 EACH



HALDIRAM'S OR BHIKHARAM SNACKS 90 - 160 G
DIVYA SOYA CHUNKS 400 G
SELECTED VARIETIES

LOCKED DOWN
1.29 EACH



FERRERO ROCHER CHOCOLATE BOX
375 G
SELECTED VARIETIES

THIS WEEK ONLY
12.99 EACH



CADBURY CELEBRATIONS CHOCOLATES
353 G
WHILE QUANTITIES LAST

THIS WEEK ONLY
11.99 EACH

KraftHeinz



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

THIS WEEK ONLY
4.49 EACH



PHILADELPHIA DIPS
227 G
SELECTED VARIETIES

LOCKED DOWN
3.79 EACH



PHILADELPHIA CREAM CHEESE PRODUCT
340 G
SELECTED VARIETIES

THIS WEEK ONLY
6.49 EACH



HEINZ FLAVOURED MAYONNAISE
340 ML
SELECTED VARIETIES

LOCKED DOWN
2.99 EACH



KRAFT DINNER NOODLE MEAL
58 - 156 G
SELECTED VARIETIES

THIS WEEK ONLY
1.25 EACH



HEINZ SOUP
370 - 380 ML
SELECTED VARIETIES

LOCKED DOWN
4.99 EACH

reckitt





FINISH POWERBALL DISHWASHER TABS
30 - 45'S
SELECTED VARIETIES

LOCKED DOWN
13.99 EACH



LYSOL CLEANERS
710 ML - 1.2 L
SELECTED VARIETIES

LOCKED DOWN
3.99 EACH



FINISH JET+DRY RINSE AID
621 ML
SELECTED VARIETIES

LOCKED DOWN
10.99 EACH

PERSONAL CARE FOR LESS



HUGGIES GOODNITES TRAINING UNDERWEAR
44'S SELECTED VARIETIES

LOCKED DOWN
33.99 EACH



BOOST MEAL REPLACEMENT
6 X 237 ML SELECTED VARIETIES

LOCKED DOWN
11.99 EACH



TENA ULTIMATE UNDERWEAR
11'S

LOCKED DOWN
16.49 EACH



ALWAYS MAXI PADS
20 - 32'S
SELECTED VARIETIES

LOCKED DOWN
13.59 EACH

PERSONAL CARE FOR LESS





LOCKED DOWN
5.79 EACH

SENSODYNE TOOTHPASTE
75 - 100 ML
SELECTED VARIETIES





THIS WEEK ONLY
38.99 EACH

125 points

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





LOCKED DOWN
4.99 EACH

NIVEA BODY WASH OR SHOWER GEL
500 ML
SELECTED VARIETIES



DOVE BAR SOAP
6 X 106 G
SELECTED VARIETIES

LOCKED DOWN
10.99 EACH



55 points



HERBAL ESSENCES HAIR CARE
346 ML
SELECTED VARIETIES

LOCKED DOWN
2/$7



GILLETTE DEODORANT
108 G
SELECTED VARIETIES

LOCKED DOWN
6.49 EACH



ALWAYS DISCREET UNDERWEAR
17'S
SELECTED VARIETIES

LOCKED DOWN
18.99 EACH



SCOPE MOUTHWASH
1 L
SELECTED VARIETIES

LOCKED DOWN
4.99 EACH



COLGATE TOOTHPASTE
133 ML
TOOTHBRUSH
2'S
SELECTED VARIETIES

LOCKED DOWN
7.99 EACH



DOVE BODY WASH
591 ML
SELECTED VARIETIES

LOCKED DOWN
9.99 EACH

50 points



PAMPERS SENSITIVE BABY WIPES
56'S
SELECTED VARIETIES

LOCKED DOWN
3.49 EACH



GERBER BABY CEREAL
227 G
SELECTED VARIETIES

LOCKED DOWN
5.49 EACH



GERBER SNACKS
42 G
SELECTED VARIETIES

LOCKED DOWN
2/$6





PAMPERS EASY UPS TRAINING UNDERWEAR
56 - 66'S
SELECTED VARIETIES

LOCKED DOWN
29.99 EACH



SIMILAC INFANT FORMULA
16 X 235 ML
SELECTED VARIETIES

LOCKED DOWN
60.99 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



ALWAYS GREAT PRICE
12.99 EACH

55 points

PERSONNELLE BABY TRAINING PANTS
33'S
SELECTED VARIETIES

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