food Basic$

CANADIAN AND PROUD

ALWAYS MORE FOR LESS

NOVEMBER 11TH REMEMBRANCE DAY



BROCCOLI CROWNS
PRODUCT OF CANADA

THIS WEEK ONLY
1.44 EACH



FRESH BONE-IN PORK COMBINATION CHOPS
INCLUDES CENTRE CUT CHOPS SELECTED VARIETIES
4.89/KG

THIS WEEK ONLY
2.22 /LB



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

THIS WEEK ONLY
1.88 /LB



OCEAN JEWEL WILD RAW ARGENTINIAN SHRIMP
11 - 15 CT
454 G
FROZEN
9.98 EA.



FRESH ATLANTIC SALMON FILLETS FAMILY PACK
9.98/LB; 22.00/KG

THIS WEEK ONLY
9.98 /LB OR EACH



SEEDLESS NAVEL ORANGES
PRODUCT OF SOUTH AFRICA, 3 LB
LIMES
PRODUCT OF MEXICO, 1 LB

THIS WEEK ONLY
2.98 EACH



KHAAS MILK WITH CREAM
4 L
SELECTED VARIETIES

THIS WEEK ONLY
6.98 EACH



MAPLE LODGE OR ZABIHA HALAL CHICKEN BACON OR SELECTION BACON
375 G
SELECTED VARIETIES

2.98 EACH



IRRESISTIBLE WHOLE NATURAL ALMONDS OR WALNUTS, HALVES & PIECES OR PISTACHIOS
750 G - 1 KG
SELECTED VARIETIES

THIS WEEK ONLY
14.98 EACH



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

THIS WEEK ONLY
5.98 EACH



BLACK DIAMOND CHEESE
400 G
SHREDS
320 G
GALBANI MOZZARELLA
500 G
SELECTED VARIETIES

LOCKED DOWN
4.98 EACH



IRRESISTIBLE MUFFINS
600 G
SELECTED VARIETIES

THIS WEEK ONLY
4.98 EACH



McCAIN SUPERFRIES
454 - 650 G
SELECTED VARIETIES

THIS WEEK ONLY
2.98 EACH



PRIMO PASTA
900 G
SAUCE OR TOMATOES
680 - 796 ML
SELECTED VARIETIES

THIS WEEK ONLY
1.68 EACH



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

THIS WEEK ONLY
11.98 EACH

125 points value of $1



KRAFT PEANUT BUTTER
750 G - 1 KG
HEINZ KETCHUP
750 ML - 1 L
SELECTED VARIETIES

THIS WEEK ONLY
4.98 EACH

125 points value of $1



DR.OETKER GIUSEPPE PIZZA
480 - 785 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
4.98 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, NOVEMBER 5TH TO WEDNESDAY, NOVEMBER 11TH, 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.

FB_RAD20261102_01_GTA_V4

Savings worth celebrating with moi rewards

Over 10,415 points available when you shop in-store or online. Value of $83.*





THIS WEEK ONLY **5.49** EACH

125 points value of $1

GENERAL MILLS FAMILY SIZE CEREAL
317 - 725 G SELECTED VARIETIES



THIS WEEK ONLY **9.99** EACH

125 points value of $1

KRAFT DINNER NOODLE MEAL
12 X 200 G



THIS WEEK ONLY **13.99** EACH

125 points value of $1

COCA-COLA OR CANADA DRY GINGER ALE SOFT DRINKS
24 X 355 ML SELECTED VARIETIES



THIS WEEK ONLY **3.99** EACH

125 points value of $1

AXE DEODORANT BODY SPRAY
113 G
BODY WASH
473 ML
SELECTED VARIETIES



THIS WEEK ONLY **3.99** EACH

50 points

SUN-MAID, DEMPSTER'S RAISIN BREAD OR CINNABON BREAD
340 - 600 G
SELECTED VARIETIES



LOCKED DOWN **3.49** EACH

20 points

LACTANTIA CREAM
473 ML - 1 L
BABYBEL CHEESE
120 G
SELECTED VARIETIES



THIS WEEK ONLY **6.49** EACH

35 points

IÖGO YOGURT
16 X 100 G
SIGGI'S SKYR YOGURT
750 G
SELECTED VARIETIES



THIS WEEK ONLY **4.99** EACH

125 points value of $1

MAPLE LEAF NATURAL SELECTIONS OR SCHNEIDERS SLICED DELI MEAT OR BOLOGNA
150 - 375 G SELECTED VARIETIES



LOCKED DOWN **1.99** EACH

10 points

BEATRICE CHOCOLATE MILK
1 L
SELECTED VARIETIES



LOCKED DOWN **6.99** EACH

60 points

LIBERTÉ GREEK YOGURT
750 G
SELECTED VARIETIES





THIS WEEK ONLY **5.49** EACH

55 points

NATREL ORGANIC OR LACTOSE FREE FINE-FILTERED MILK
2 L
SELECTED VARIETIES



THIS WEEK ONLY **5.99** EACH

30 points

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



LOCKED DOWN **2/$7**

20 points

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



LOCKED DOWN **4.99** EACH

25 points

ESKA SPRING WATER
24 X 500 ML



THIS WEEK ONLY **2.99** EACH

50 points

MIO OR KOOL-AID WATER ENHANCERS
48 ML
SELECTED VARIETIES



THIS WEEK ONLY **2.49** EACH

15 points

PALMOLIVE OR DAWN DISH DETERGENT
431 - 828 ML
SELECTED VARIETIES



redeem 500 points = $4 in rewards

join today and save

*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.

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.

Metro inc. disclaims all liability in connection with or that may arise from the visuals provided by advertisers and suppliers with respect to photos, logos, designs, typography and product origin.

UNAUTHORIZED COPYING OF THIS FLYER IN ANY MEDIUM (INCLUDING POSTING ONLINE) WITHOUT THE PRIOR WRITTEN CONSENT OF METRO ONTARIO INC. IS NOT PERMITTED. **CUSTOMER CARE: 1-866-595-5554**

FB_RAD20261102_04_B

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.

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



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

SAVE $5



GATORADE SPORTS DRINKS
8 X 355 ML
SELECTED VARIETIES

SAVE $1



MAPLE LODGE ULTIMATE DINNER OR BREAKFAST SAUSAGES
375 - 500 G SELECTED VARIETIES

SAVE $2



KRAFT SALAD DRESSING
710 ML
SELECTED VARIETIES

SAVE $1



IÖGO YOGURT
650 G
SELECTED VARIETIES

SAVE $1



PEPPERIDGE FARM PARTY SIZE GOLDFISH CRACKERS
750 G
SELECTED VARIETIES

SAVE $1



CRACKER BARREL CHEESE SNACKS
168 G
SELECTED VARIETIES

SAVE $1



IRISH SPRING BODYWASH
591 ML
SELECTED VARIETIES

SAVE $1



SELECTION VEGETABLE OR CANOLA OIL
3 L
SELECTED VARIETIES

SAVE $1



FOLIA LETTUCES
227 G
SELECTED VARIETIES

LOCKED DOWN $6 EACH

30 points



BAKERY² BAGUETTE
235 G

ALWAYS GREAT PRICE 99¢ EACH

25 points



HÄAGEN-DAZS ICE CREAM
450 ML
SELECTED VARIETIES

LOCKED DOWN 5.99 EACH

125 points

value of $1



TIM HORTONS COFFEE CAPSULES
30'S
SELECTED VARIETIES

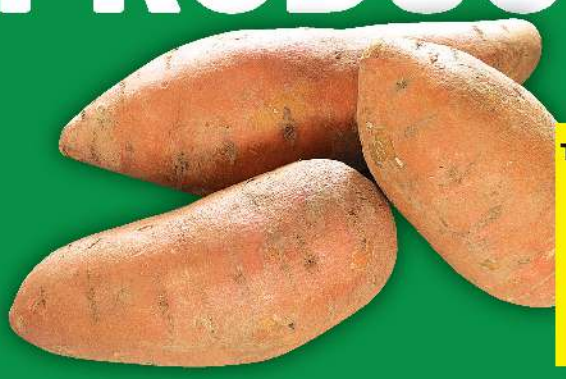
LOCKED DOWN 22.99 EACH

125 points

value of $1

D11D11D11

PRODUCE



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

THIS WEEK ONLY
1.49 /LB



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

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

THIS WEEK ONLY
1.99 EACH



BLUEBERRIES
PRODUCT OF PERU, NO. 1 GRADE
170 G

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
3.99 EACH



WHOLE WHITE OR CREMINI MUSHROOMS
PRODUCT OF CANADA
227 G

THIS WEEK ONLY
2/$5



MINI CUCUMBERS
PRODUCT OF ONTARIO, CANADA NO.1 GRADE 397 G

COCKTAIL TOMATOES
PRODUCT OF CANADA OR MEXICO, NO.1 GRADE 453 G

THIS WEEK ONLY
3.49 EACH



SWEET ASSORTED PEPPERS
PRODUCT OF CANADA OR MEXICO

THIS WEEK ONLY
3.99 EACH



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

THIS WEEK ONLY
4.99 EACH



AVOCADOS
PRODUCT OF MEXICO
5 PACK

THIS WEEK ONLY
3.99 EACH



FOLIA LETTUCES
227 G
SELECTED VARIETIES

THIS WEEK ONLY
$6 EACH

30 points



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

THIS WEEK ONLY
1.49 /LB



CAULIFLOWER
PRODUCT OF CANADA
NO. 1 GRADE

THIS WEEK ONLY
3.99 EACH



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

SANTA CLAUS MELON
PRODUCT OF BRAZIL
3.28/KG

THIS WEEK ONLY
1.49 /LB



CANTALOUPES
PRODUCT OF U.S.A.
NO. 1 GRADE

THIS WEEK ONLY
2.99 EACH

EXTRA LARGE



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

THIS WEEK ONLY
3.99 /LB



SPINACH
PRODUCT OF CANADA OR U.S.A.
1 LB

THIS WEEK ONLY
3.99 EACH



THE LPC POTATOES
PRODUCT OF CANADA
454 G
SELECTED VARIETIES

THIS WEEK ONLY
3.49 EACH



BARTLETT PEARS
PRODUCT OF ONTARIO
CANADA FANCY GRADE
2L BASKET

THIS WEEK ONLY
4.99 EACH

FLORAL

pick Ontario



HYACINTH IN GLASS
WHILE SUPPLIES LAST

THIS WEEK ONLY
4.99 EACH



10 STEM TULIPS
WHILE SUPPLIES LAST

THIS WEEK ONLY
8.88 EACH



6" POINSETTIA
WHILE SUPPLIES LAST

THIS WEEK ONLY
6.99 EACH



6" ZYGOCACTUS
WHILE SUPPLIES LAST

THIS WEEK ONLY
8.99 EACH

MEAT



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

THIS WEEK ONLY
3.99 /LB

HALAL AT SAME PRICE

20 points



SELECTION FRESH PORK SAUSAGES FAMILY PACK
SELECTED VARIETIES
9.90/KG

THIS WEEK ONLY
4.49 /LB



THIS WEEK ONLY
6.99 EACH

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

35 points



HALAL AT SAME PRICE

FRESH BONELESS STEWING BEEF FAMILY PACK
SELECTED VARIETIES
22.02/KG

THIS WEEK ONLY
9.99 /LB



HALAL AT SAME PRICE

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

THIS WEEK ONLY
9.99 /LB



FRESH WHOLE BEEF BRISKET VACUUM PACK
CUT FROM CANADA AA OR HIGHER GRADE OF BEEF
WHILE QUANTITIES LAST
15.41/KG

THIS WEEK ONLY
6.99 /LB



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

THIS WEEK ONLY
3.99 EACH

20 points



SCHNEIDERS BREAKFAST SANDWICHES OR EGG BITES
294 - 288 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
4.99 EACH



SWISS CHALET OR MONTANA'S SINGLE SERVE PIES
470 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
7.99 EACH

40 points



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

THIS WEEK ONLY
11.99 EACH

55 points



PILLER'S KOLBASSA OR PEPPERONI FOR PIZZA
175 - 375 G SELECTED VARIETIES

THIS WEEK ONLY
5.99 EACH

30 points



TRE STELLE RICOTTA OR BOCCONCINI
200 - 475 G
SELECTED VARIETIES

THIS WEEK ONLY
5.99 EACH

55 points



MARC ANGELO OVEN READY ROASTS
350 G - 1 KG
SELECTED VARIETIES

THIS WEEK ONLY
11.99 EACH

125 points
value of $1



SCHNEIDERS OR MAPLE LEAF SMOKED BONELESS HALF HAM
600 - 700 G
SELECTED VARIETIES

THIS WEEK ONLY
11.99 EACH



IRRESISTIBLES HUMMUS OR DIPS
200 - 227 G
SELECTED VARIETIES

THIS WEEK ONLY
3.49 EACH



IRRESISTIBLES PEPPERONI STICKS
300 G
SELECTED VARIETIES

THIS WEEK ONLY
6.99 EACH



MONSIEUR GUSTAV GOUDA OR DOUBLE CRÈME BRIE OR JARLSBERG SLICES OR AGROPUR 2-YEAR CHEDDAR
300 - 400 G SELECTED VARIETIES

THIS WEEK ONLY
8.99 EACH



O SOLE MIO MEAL KITS
908 G
SELECTED VARIETIES

THIS WEEK ONLY
12.99 EACH

55 points



SEASOUL COOKED SHRIMP OR SEAJOY SEAWEED SALAD OR ATLANTIC MACKEREL FILLETS
300 - 454 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
5.49 EACH



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

THIS WEEK ONLY
7.49 EACH



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

THIS WEEK ONLY
10.99 EACH



IRRESISTIBLES POPCORN SHRIMP
700 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY
11.99 EACH

BAKERY



SELECTION LOAF CAKE OR LA PETITE BRETONNE CROISSANTS
390 - 400 G, 24'S
SELECTED VARIETIES

THIS WEEK ONLY
3.99 EACH





GRANDMOTHER'S TARTS
680 G
CT BAKERY DONUTS
3 - 4'S
SELECTED VARIETIES

THIS WEEK ONLY
4.99 EACH

MIX & MATCH!*

2 FOR $6.50

OR

3 FOR $7.99



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

MORE GREAT SAVINGS FOR LESS





CHRISTIE RITZ OR TRISCUIT CRACKERS
162 - 200 G
SELECTED VARIETIE

THIS WEEK ONLY
2/$5



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

LOCKED DOWN
5.49 EACH





BUBLY POP
6 X 355 ML
SELECTED VARIETIES

LOCKED DOWN
7.99 EACH



KELLOGG'S NUTRI GRAIN BARS OR RICE KRISPIES SQUARES
176 - 295 G OR
GENERAL MILLS NATURE VALLEY BARS
148 - 175 G SELECTED VARIETIES

LOCKED DOWN
2.99 EACH



LOCKED DOWN
2.49 EACH

IRRESISTIBLE SIGNATURE COOKIES
240 G
SELECTED VARIETIES



OASIS JUICE BLEND OR ARIZONA ICED TEA
960 ML
SELECTED VARIETIES

LOCKED DOWN
1.99 EACH

65 points



LOCKED DOWN
10.99 EACH

TETLEY TEA BAGS
216'S

250 points
value of $2



KICKING HORSE COFFEE BEANS
454 G
SELECTED VARIETIES

LOCKED DOWN
21.99 EACH



GAY LEA SOUR CREAM
425 - 500 ML
SELECTED VARIETIES

LOCKED DOWN
3.29 EACH



OAT-LY! OAT DRINK
946 ML
SELECTED VARIETIES

LOCKED DOWN
4.99 EACH



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

LOCKED DOWN
3.99 EACH



ORVILLE REDENBACHER POPCORN
340 - 850 G SELECTED VARIETIES

LOCKED DOWN
3.99 EACH

LOCKED DOWN





TROPICANA REFRESHERS
1.36 L
PURE LEAF ICED TEA
1.75 L
SELECTED VARIETIES

LOCKED DOWN **4.49** EACH

125 points value of $1





LOCKED DOWN **6.99** EACH

NUTELLA HAZELNUT SPREAD
725 G
PEANUT SPREAD WITH COCOA
725 G
WHILE QUANTITIES LAST



BECEL PLANT BASED BUTTER
454 G
SELECTED VARIETIES

LOCKED DOWN **4.49** EACH



GREEN GIANT VEGETABLES
500 - 750 G
FROZEN
SELECTED VARIETIES

LOCKED DOWN **3.49** EACH

50 points



PRINGLES POTATO CHIPS
148 - 156 G
SELECTED VARIETIES

LOCKED DOWN **2.49** EACH



OCEAN SPRAY SPARKLING CRANBERRY BEVERAGE
6 X 340 ML
SELECTED VARIETIES

LOCKED DOWN **6.99** EACH

125 points value of $1





CHRISTIE OREO OR CHIPS AHOY COOKIES
251 - 303 G
SNAK PAKS
150 - 200 G
SELECTED VARIETIES

LOCKED DOWN **2.99** EACH



HELLMANN'S MAYONNAISE
750 - 890 ML
SELECTED VARIETIES

LOCKED DOWN **6.49** EACH



PAM COOKING SPRAY
141 - 170 G
SELECTED VARIETIES

LOCKED DOWN **5.49** EACH



DAINTY BASMATI RICE
900 G
SELECTED VARIETIES

LOCKED DOWN **6.49** EACH



BLACK DIAMOND COMBOS
3 X 43 G
SELECTED VARIETIES

LOCKED DOWN **4.99** EACH



SWANSON DINNERS
262 - 345 G
FROZEN
SELECTED VARIETIES

LOCKED DOWN **3.99** EACH

50 points



BUBLY SPARKLING WATER
12 X 355 ML
MONTELLIER CARBONATED WATER
10 X 355 ML
SELECTED VARIETIES

LOCKED DOWN **7.49** EACH



FRENCH'S MUSTARD
550 ML
SELECTED VARIETIES

LOCKED DOWN **2.99** EACH





SHOUT STAIN REMOVER
650 ML
SELECTED VARIETIES

LOCKED DOWN **3.99** EACH

20 points



SCRUBBING BUBBLES TOILET BOWL CLEANER
710 ML
SELECTED VARIETIES

LOCKED DOWN **4.99** EACH

25 points

ALWAYS GREAT PRICE



IRRESISTIBLE ORANGE JUICE
2.5 L
SELECTED VARIETIES

ALWAYS GREAT PRICE
6.99 EACH



SELECTION JAM
500 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE
4.49 EACH



SELECTION EVAPORATED MILK
354 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE
1.88 EACH





SELECTION OATS
1 KG
INSTANT OATMEAL
380 - 430 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
2.99 EACH



SELECTION DRIED APRICOTS
300 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
9.99 EACH



SELECTION SPRING WATER
1.5 L

ALWAYS GREAT PRICE
99¢ EACH



SELECTION RICE SNACKS
100 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
1.99 EACH



IRRESISTIBLE OR SELECTION PARMESAN CHEESE
250 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
6.99 EACH



SELECTION CRACKERS
225 - 250 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
2.49 EACH



IRRESISTIBLE BALSAMIC GLAZE OR VINEGAR
250 - 500 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE
4.44 EACH



IRRESISTIBLE SPARKLING SPRING WATER 6 X 1 L
SELECTED VARIETIES

ALWAYS GREAT PRICE
4.44 EACH



SELECTION INSTANT BROTH
400 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
4.49 EACH



IRRESISTIBLE SWISS CHOCOLATE BAR
300 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
6.99 EACH



SELECTION PINEAPPLE
540 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE
1.99 EACH



SELECTION LAUNDRY DETERGENT
1.62 - 1.8 L, 36 - 40 LOADS
SELECTED VARIETIES

ALWAYS GREAT PRICE
3.99 EACH



SELECTION FABRIC SOFTENER SHEETS
80'S
SELECTED VARIETIES

ALWAYS GREAT PRICE
3.99 EACH



SELECTION SCENT BOOSTERS
422 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
8.99 EACH



SELECTION FACIAL TISSUE
12'S
SELECTED VARIETIES

ALWAYS GREAT PRICE
13.99 EACH

D10D10D10D10

ALWAYS STIRRING UP GREAT PRICES



ASTRO ORIGINAL BALKAN YOGURT
650 - 750 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
3.47 EACH



YOPLAIT YOP DRINKABLE YOGURT
200 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE
99¢ EACH





LIBERTÉ MÉDITERRANÉE YOGURT
500 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
3.49 EACH



IRRESISTIBLE GREEK OR SKYR YOGURT
750 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
5.49 EACH



LIBERTÉ GREEK YOGURT
4 X 100 G
SELECTED VARIETIES

ALWAYS GREAT PRICE
2.99 EACH



IÖGO NANO DRINKABLE YOGURT
24 X 93 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE
13.49 EACH



ACTIVIA YOGURT
12 X 100 G
SELECTED VARIETIES

LOCKED DOWN
6.49 EACH



OÎKOS DRINKABLE GREEK YOGURT
300 ML
SELECTED VARIETIES

LOCKED DOWN
2.99 EACH



YOPLAIT TUBES OR MINIGO YOGURT
6-8'S
SELECTED VARIETIES

LOCKED DOWN
2.99 EACH



SIGGI'S SKYR YOGURT OR ACTIVIA EXPERT YOGURT
4 X 100 G
SELECTED VARIETIES

LOCKED DOWN
3.49 EACH

PROTEIN FOR LESS



LACTANTIA ULTRA PUR MILK
2 L
SELECTED VARIETIES

LOCKED DOWN
7.49 EACH

35 points



YOPLAIT SKYR YOGURT
750 G
SELECTED VARIETIES

LOCKED DOWN
5.99 EACH





GENERAL MILLS CHEERIOS OR OATMEAL CRISP PROTEIN CEREAL
317 - 455 G SELECTED VARIETIES

THIS WEEK ONLY
5.49 EACH

125 points
value of $1



KELLOGG'S VECTOR GRANOLA CEREAL
311 G
SELECTED VARIETIES

LOCKED DOWN
4.99 EACH



CORE POWER LACTOSE FREE PROTEIN MILK SHAKE
414 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE
3.99 EACH





CATELLI PROTEIN + PASTA
340 G
SELECTED VARIETIES

LOCKED DOWN
3.49 EACH



JACK LINK'S BEEF JERKY
80 G
SELECTED VARIETIES

LOCKED DOWN
6.49 EACH



CLARK BAKED BEANS
398 ML
SELECTED VARIETIES

THIS WEEK ONLY
1.49 EACH





BOOST MEAL REPLACEMENT
6 X 237 ML
SELECTED VARIETIES

LOCKED DOWN
11.99 EACH



PURE PROTEIN BARS
6 X 50 G
SELECTED VARIETIES

LOCKED DOWN
13.49 EACH



DEMPSTER'S PROTEIN TORTILLAS OR BAGELS
340 - 450 G
SELECTED VARIETIES

LOCKED DOWN
4.99 EACH

Available at pharmacy locations only. Visit foodbasics.ca/pharmacy to find a location near you.



PREMIER PROTEIN PROTEIN SHAKES
4 X 325 ML
SELECTED VARIETIES

LOCKED DOWN
14.99 EACH



SIMPLY PROTEIN SNACK BARS
12 X 40 G SELECTED VARIETIES

LOCKED DOWN
20.99 EACH

65 points



VEGA PROTEIN DRINK MIX
521 - 526 G
SELECTED VARIETIES

THIS WEEK ONLY
22.99 EACH



VITAL PROTEINS COLLAGEN PEPTIDES POWDER
284 G
SELECTED VARIETIES

THIS WEEK ONLY
29.99 EACH

D606D6

CHOOSE CANADIAN



BROCCOLI CROWNS
PRODUCT OF CANADA

1.44 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



7.99 EACH

40 points

SWISS CHALET OR MONTANA'S SINGLE SERVE PIES
470 G FROZEN SELECTED VARIETIES



11.99 EACH

55 points

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



4.98 EACH

IRRESISTIBLE MUFFINS
600 G SELECTED VARIETIES



4.99 EACH

GRANDMOTHER'S TARTS
680 G

CT BAKERY DONUTS
3 - 4'S
SELECTED VARIETIES







4.98 EACH

BLACK DIAMOND CHEESE 400 G
SHREDS 320 G
GALBANI MOZZARELLA 500 G
SELECTED VARIETIES





3.49 EACH

20 points

LACTANTIA CREAM
473 ML - 1 L
BABYBEL CHEESE
120 G
SELECTED VARIETIES



1.99 EACH

10 points

CAMPBELL'S BROTH
250 - 900 ML
SELECTED VARIETIES



HANS LASSI
1 L
SELECTED VARIETIES

3.49 EACH





4.98 EACH

125 points
value of $1

DR. OETKER GIUSEPPE PIZZA
480 - 785 G FROZEN SELECTED VARIETIES





4.98 EACH

125 points
value of $1

KRAFT PEANUT BUTTER
750 G - 1 KG
HEINZ KETCHUP
750 ML - 1 LS
SELECTED VARIETIES



13.99 EACH

125 points
value of $1

COCA-COLA OR CANADA DRY GINGER ALE SOFT DRINKS
24 X 355 ML SELECTED VARIETIES



11.98 EACH

125 points
value of $1

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

*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.

MORE

DIWALI FOR LESS



OKRA
PRODUCT OF HONDURAS
8.80/KG

THIS WEEK ONLY
3.99 /LB



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

THIS WEEK ONLY
5.99 EACH



THIS WEEK ONLY
6.99 EACH

MUSAFIR PANEER BITES, BREADED BURGERS OR NUGGETS
336 - 480 G FROZEN SELECTED VARIETIES



THIS WEEK ONLY
4.49 EACH

55 points

TRE STELLE PANEER OR HALLOUMI
200 - 300 G
SELECTED VARIETIES



LOCKED DOWN
8.88 EACH

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



LOCKED DOWN
2.49 EACH

HANS DAHI
650 - 750 G
SELECTED VARIETIES

900 G



LOCKED DOWN
8.88 EACH

TATA PREMIUM TEA
900 G
SELECTED VARIETIES



THIS WEEK ONLY
12.99 EACH

LEHAR MITHAI GIFT BOX
800 G
WHILE SUPPLIES LAST



THIS WEEK ONLY
3.99 EACH

20 points

SANTOSH NAAN
1 KG
SELECTED VARIETIES



LOCKED DOWN
6.99 EACH

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



LOCKED DOWN
3.99 EACH

KFI COOKING SAUCE
375 - 395 ML
SELECTED VARIETIES



LOCKED DOWN
1.79 EACH

SURATI VEGETABLES
340 G FROZEN
SELECTED VARIETIES





LOCKED DOWN
1.29 EACH

BHIKHARAM CHANDMAL OR HALDIRAM'S SNACKS
90 - 160 G
SELECTED VARIETIES



LOCKED DOWN
5.99 EACH

SHER BESAN CHANA OR BRAR SWEET CORN FLOUR
1.81 KG
SELECTED VARIETIES



LOCKED DOWN
5.99 EACH

DESI-LICIOUS KULFI
1 L
FROZEN
SELECTED VARIETIES



LOCKED DOWN
1.49 EACH

PRIMO BEANS
540 ML
SELECTED VARIETIES



LOCKED DOWN
3.49 EACH

DIVYA CHIKKI OR TATA TEA
400 G, 50'S
SELECTED VARIETIES



LOCKED DOWN
3.99 EACH

DIVYA ALPHONSO MANGO PULP
850 G
SELECTED VARIETIES

D13D13D13D13

MORE

DIWALI FOR LESS



PILLSBURY CHAKKI ATTA
9.07 KG
SELECTED VARIETIES

LOCKED DOWN
11.99 EACH



DIVYA LENTILS OR BLACK CHICKPEAS
1.8 - 1.81 KG
SELECTED VARIETIES

LOCKED DOWN
3.99 EACH



INDIAN GATE, LAL QILLA OR NOOR SUPREME BASMATI RICE
4.5 - 4.54 KG
SELECTED VARIETIES

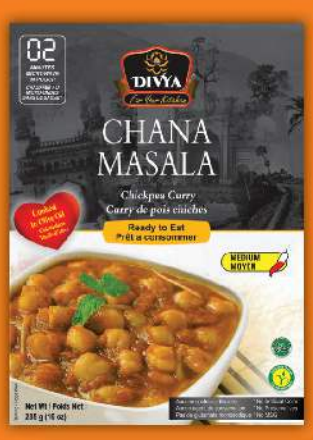
LOCKED DOWN
11.88 EACH

800 G



BRAR'S PURE DESI GHEE
800 G
SELECTED VARIETIES

THIS WEEK ONLY
13.99 EACH





DIVYA ENTRÉES
285 G
FROZEN
SELECTED VARIETIES

LOCKED DOWN
3/$5



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

LOCKED DOWN
3.99 EACH





MAGGI SAUCE OR ROYAL DELIGHT SAMOSAS
340 ML, 400 - 500 G
FROZEN
SELECTED VARIETIES

LOCKED DOWN
3.49 EACH



MARIGOLD COOKING SAUCE
400 ML
SELECTED VARIETIES

LOCKED DOWN
3.99 EACH



WAGH BAKRI TEA
907 G
SELECTED VARIETIES

LOCKED DOWN
10.99 EACH

3 L



SAPORITO VEGETABLE OR CANOLA OIL
3 L
SELECTED VARIETIES

LOCKED DOWN
9.99 EACH



ALPHONSO OR ALJUICE BEVERAGES
1.75 L
SELECTED VARIETIES

LOCKED DOWN
3.99 EACH



DIVYA SESAME OR MUSTARD OIL
500 ML
SELECTED VARIETIES

LOCKED DOWN
3.49 EACH





DIVYA CONDIMENTS OR FRIED ONIONS
454 - 500 G
SELECTED VARIETIES

LOCKED DOWN
3.49 EACH



HANS LASSI
1 L
SELECTED VARIETIES

LOCKED DOWN
3.49 EACH



PARLIAMENT OR PARLE RUSK
273 - 300 G
SELECTED VARIETIES

LOCKED DOWN
1.79 EACH





SURATI SNACKS
250 - 341 G
SELECTED VARIETIES

LOCKED DOWN
2.49 EACH



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

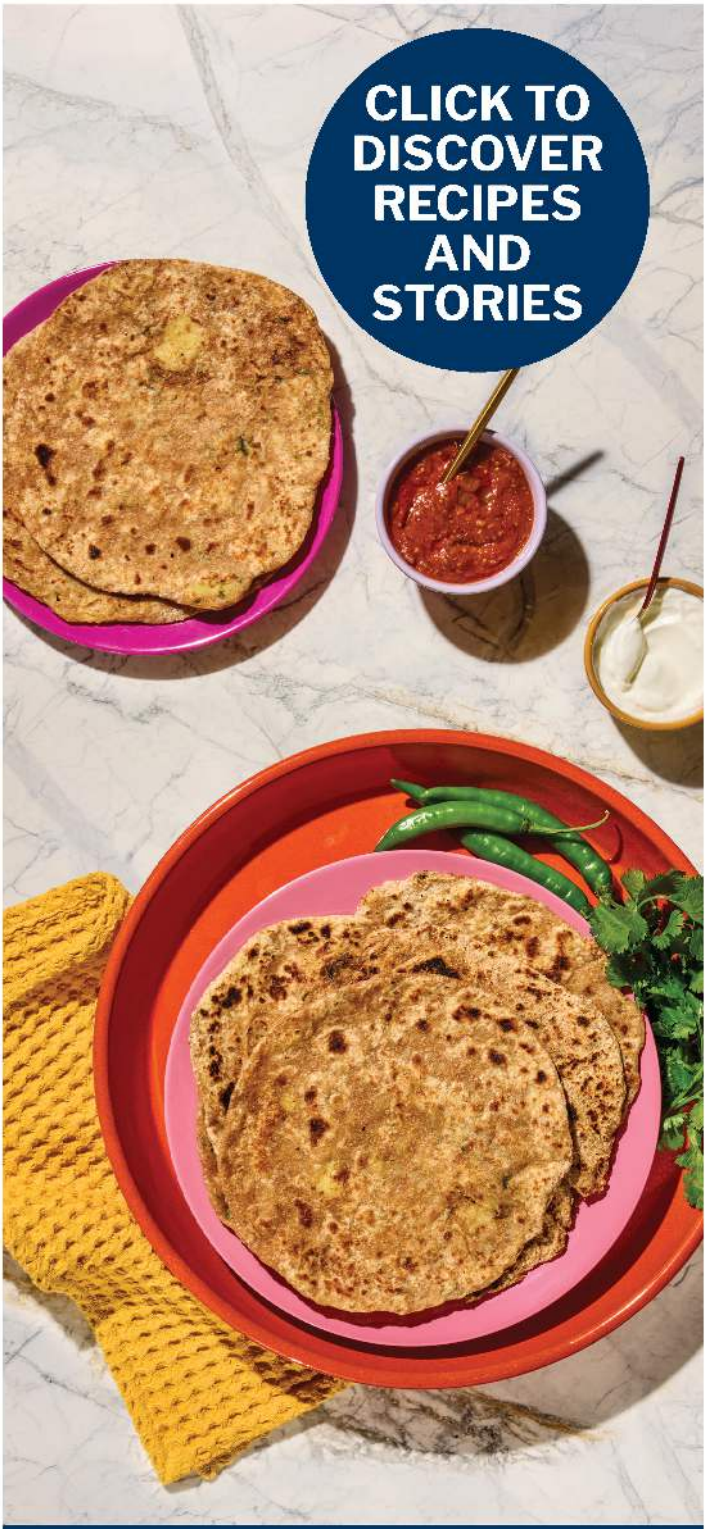
LOCKED DOWN
1.99 EACH



DIVYA ORANGE PEKOE TEA
216'S
SELECTED VARIETIES

LOCKED DOWN
6.99 EACH

D14 D14 D14



MORE

FLAVOURS OF DIWALI

1st Edition

FALL CLEANING FOR LESS







BOUNTY PAPER TOWEL 3=6'S
CHARMIN BATHROOM TISSUE 8=24'S
SELECTED VARIETIES

THIS WEEK ONLY
6.99 EACH



TIDE LAUNDRY DETERGENT
1.09 · 1.18 L – 26 · 32 LOADS
SELECTED VARIETIES

LOCKED DOWN
6.99 EACH



FEBREZE TRASH ODOUR FIGHTER STARTER KIT
EACH

LOCKED DOWN
4.99 EACH



FEBREZE TRASH ODOUR FIGHTER REFILLS
2'S

LOCKED DOWN
6.49 EACH



MR. CLEAN CLEANER
1.21 L
SELECTED VARIETIES

LOCKED DOWN
3.99 EACH





SWIFFER WET CLOTHS
10 - 12'S
SWIFFER WET JET REFILLS
1.25 L
SELECTED VARIETIES

LOCKED DOWN
6.99 EACH



PINE-SOL ALL PURPOSE CLEANER 1.41 L
CLOROX BLEACH 2.4 L
SELECTED VARIETIES

THIS WEEK ONLY
3.99 EACH





GLAD GARBAGE BAGS
30 - 44'S
SELECTED VARIETIES

LOCKED DOWN
11.99 EACH





BRITA WATER FILTRATION SYSTEM
EACH
REFILL FILTERS
3'S
SELECTED VARIETIES

LOCKED DOWN
23.99 EACH



SELECTION GLASS CLEANER
950 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE
1.97 EACH



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

ALWAYS GREAT PRICE
3.29 EACH



SELECTION PAPER TOWELS
12 – 24'S

ALWAYS GREAT PRICE
19.99 EACH





ALLEN'S VINEGAR
2.5 - 4 L
SELECTED VARIETIES

LOCKED DOWN
3.49 EACH

70 points

DELIVERING THE SAME IN-STORE DEALS



$75 OFF

$25 OFF YOUR FIRST 3 ORDERS*

PROMO CODES:

25FOOD1
25FOOD2
25FOOD3

FOODBASICS.CA

*Limit of one promo code per transaction.
Conditions apply. Valid on orders of $75 or more.

D16D16D16D16