FRESH SAVINGS FOR THE WEEK OF THURSDAY NOVEMBER 5TH TO WEDNESDAY NOVEMBER 11TH, 2026.

Longo's SINCE 1956 70



7.99/LB
Maple Leaf Prime Raised Without Antibiotics Boneless, Skinless Chicken Breasts
17.61/kg
VALUE PACK
SAVE $4/LB



ORGANIC
3.99
Fresh Organic Raspberries or Blackberries
Product of Mexico
6oz pkg

THIS WEEK MEMBERS SAVE OVER $30
See online flyer for more deals.

THANK YOU REWARDS
MEMBER PRICING

3.99
Longo's Fresh McIntosh or Gala Apples
Product of Ontario
3lb bag
SAVE $2
NON-MEMBER $5.99



8.99
Lactantia PūrFiltre Organic Milk
4L bag
selected varieties
SAVE $3
NON-MEMBER $11.99



6.99
Marina Del ReyFrozen Argentinian Shrimp
300g pkg
selected varieties
SAVE $6
NON-MEMBER $12.99





4.49/EACH
Fresh Canadian Atlantic Salmon Portion
113g
SKIN-ON
SAVE 50¢

FRESH DELI CUT



2.99/100G
Hayter's Farm Raised Without Antibiotics Turkey or Canadian Swiss Cheese



Kellogg's Cereal
210-525g pkg
selected varieties
3.49
SAVE AT LEAST $2.50



3.99
Longo's Fresh Tri-Colour Peppers
Product of Canada or Mexico
3 pack



6.99
Perrier or Sanpellegrino Sparkling Water
6x330mL or 8x330mL pkg
selected varieties
SAVE AT LEAST $2



10.99
Cashmere Bath Tissue 12=48/24=48 rolls or SpongeTowels Paper Towels
6=12 rolls
selected varieties
SAVE $9



Maple Leaf Prime Raised Without Antibiotics Breaded Chicken
568-700g pkg
selected varieties
10.99
SAVE AT LEAST $8



6.49
iögo Multipack 16x100g pkg or Siggi's Yogourt
650g tub
selected varieties
SAVE AT LEAST $2

SUPPORTING LOCAL A FAMILY STANDARD SINCE 1956

FRESH MARKET PICKS

NOV. 5th-11th

HAPPY DIWALI



FULL PINT

$6.99 each

Fresh Blueberries
Product of Peru
No 1 Grade



$9.99

6" Potted Marigold
for Diwali



ONTARIO GROWN

$4

4.5" Gerbera Daisy
assorted varieties

SAVE $2.99



$1.99/bunch

Fresh Bunch Spinach
Product of U.S.A.



$1.99/lb

Fresh Northern Spy, Empireor
Courtland Apples
4.39/kg • Product of Ontario
Canada Extra Fancy

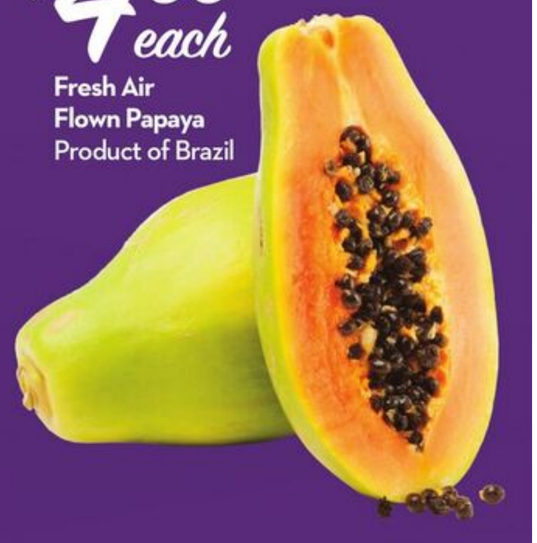


$5.99 each

Fresh Pomegranate
Product of USA

$4.99 each

Fresh Air
Flown Papaya
Product of Brazil





$1.99/lb

Fresh White,
Yellow or Red Potatoes
4.39/kg
Product of Canada • Canada No. 1



Longo's Fresh Ontario Pork Dinner Sausages
13.21/kg
5.99/LB
SAVE $1/LB





MUST TRY

4.99 **Sunset Fresh Bombs Squad Vine-Ripened Tomatoes**
Product of U.S.A.
341g pkg

- Ignite your taste buds from the crunchy textures, sweet flavours and aromas from each unique variety.
- Create a gourmet meal, salad or snack straight from the vine for explosive flavour.



Longo's Frozen Cooked Black Tiger Shrimp Platter with Cocktail Sauce 480g pkg or **Longo's Frozen Cooked Pacific White Shrimp Ring with Cocktail Sauce** 737g pkg
19.99
SAVE $5



Longo's Tandoori Style Naan
Original or Garlic
500g pkg
2 FOR $5
SAVE 98¢ ON 2



Fresh Green Seedless Grapes
Product of U.S.A. or Peru
8.80/kg
3.99/LB



ORGANIC
4.99 **Fresh Organic Kiwi**
Product of Chile
454g pkg



Italpasta Pasta 900g pkg or **Soup Cut Pasta** 450g pkg
selected varieties
1.99
SAVE AT LEAST 50¢



Maxwell House Ground Coffee
864g canister
15.99
SAVE $7



Moresh 100% Moroccan Extra Virgin Olive Oil
1L bottle
10.99
SAVE $7



Dempster's Whole Grains Bread 600g pkg, **Bagels** 5-6 pack, **Dempster's or Tia Rosa Tortillas** 5-7" or **Vachon Snack Cakes** 6 pack
selected varieties
3.49
SAVE AT LEAST $1.30

LOW PRICE LOCKDOWN



3.99 **Gray Ridge Large White Eggs**
12 pack



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



2.29 **Longo's Essentials Bread**
675g pkg



5.99 **Longo's Essentials Country Churned Butter**
454g pkg
selected varieties

WE'VE LOCKED DOWN PRICES ON EVERYDAY ITEMS.

Longo's

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

@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 NOVEMBER 5TH TO WEDNESDAY NOVEMBER 11TH, 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 $40

True North Fresh Atlantic Salmon Side Skinless
900g pkg
$30
SAVE $5
NON-MEMBER $35



Longo's Frozen Breaded Chicken or Veal Cutlets
560g pkg
$20
SAVE $5
NON-MEMBER $25



Fresh Santa Clause, Canary or Moon Melon
Product of Brazil
4.99
SAVE $1
NON-MEMBER $5.99



7.99 **Promise Gluten-Free Loaf Bread or Rolls**
240-480g pkg
selected varieties
SAVE $1
NON-MEMBER $8.99



10.99 **Longo's Sopressata**
Mild or Hot
225g pkg
SAVE $2
NON-MEMBER $12.99



4.99 **Traditional Medicinals Organic Tea**
16ct
selected varieties
SAVE $2
NON-MEMBER $6.99



1.99 **Oasis or Del Monte Juice**
960mL-1L tetra
selected varieties
SAVE $1.50
NON-MEMBER $3.49



2.99 **Yoplait Minigo Yogourt**
6x60g pkg or
Tubes 8x56g pkg
selected varieties
SAVE $2
NON-MEMBER $4.99



FRESH SAVINGS FOR THE WEEK OF THURSDAY OCTOBER 29TH TO WEDNESDAY NOVEMBER 4TH, 2026.

MUST TRY

IN-STORE TASTING, SAT & SUN OCT. 31 & NOV. 1 NOV. 7 & 8 10:30AM-4PM



GoodLeaf Farms Fresh Microgreens
Product of Ontario
50g pkg

3.99
SAVE $1

- Packed with up to 166 times more nutrients than their mature vegetable counterparts.
- Elevates any dish from smoothies, sandwiches or soups!
- Proudly grown in Canada 365 days a year.



14.99/LB
SAVE UP TO $6/LB
Cut from Canada Prime Grade Longo's Certified Angus Beef Tri-Tip Steak or Roast
33.05/kg

9.99/LB
SAVE $1/LB
Fresh Wild Caught Pacific Snapper Fillet or Value Pack Fresh Tilapia Fillet
22.02/kg



Harvest Fresh Veggie Pho Soup or Stir Fry Kits
338-400g pkg

4.99



Fresh Mangoes
Product of Brazil

2 FOR $5



3.99/LB
SAVE $3/LB
Fresh Ontario Pork Loin Bone-in Rib End Chops
8.80/kg



NEW Longo's Frozen Coquilles St. Jacques
180g pkg or
Longo's Frozen Marinated Garlic & Herbs Butterfly Shrimp
340g pkg

9.99
SAVE AT LEAST $1



2.49
SAVE 50¢
Cantonese Chow Mein or Pancit Miki Pre-Cooked Noodles
400-454g pkg



Longo's Fresh Sliced or Whole King Oyster Mushrooms
Product of Ontario
200g pkg

4.99



6.99/LB
SAVE AT LEAST $1/LB
Maple Leaf Prime Raised Without Antibiotics Split Chicken Wings
15.41/kg

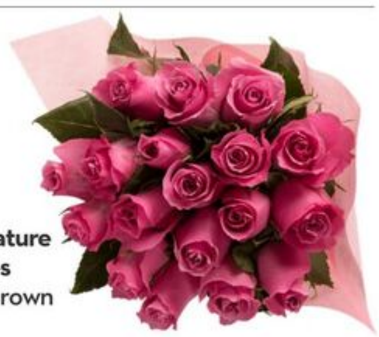


Brasmar Frozen Octopus
200g pkg or
Marina Del Rey Frozen Raw Argentina Shrimp
8-12ct, 454g pkg

15.99
SAVE $1



5.99
SAVE $1
oomé Smoked Tofu
Maple Soy, Habanero Hunnie, Just Smoke, Greek or Tokyo BBQ
220g pkg



Longo's Signature 18 Stem Roses
Ecuadorian Grown
Long Stem

34.99
SAVE $5



13.99/LB
SAVE $1/LB
Maple Leaf Prime Raised Without Antibiotics Chicken Breast Fillets or Thin Sliced Fillets
30.84/kg



Longo's Frozen Raw Easy Peel Black Tiger Shrimp
13-15ct or
Cooked 16-20ct
454g pkg

19.99
SAVE AT LEAST $3

Fresh fish is subject to availability.

FRESH SAVINGS FOR THE WEEK OF THURSDAY OCTOBER 29TH TO WEDNESDAY NOVEMBER 4TH, 2026.

PIZZA OF THE MONTH



WHOLE $15.99

SLICE $4.99

NOVEMBER

POTATO RACLETTE

Sweet and nutty Swiss raclette sings when it's paired with rosemary, potato, mushrooms and oven-roasted ham.

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

FRESH SALADS

LONGO'S MEAL SIZE



Our **Meal Size Salads** are made with premium ingredients, big portions and delicious flavour combinations - the perfect grab-and-go meal.

Longo's Meal Size Salad
275-455g pkg
selected varieties

FROM 9.99

EARN 100 POINTS

- MADE FRESH
- GENEROUS, MEAL-SIZED PORTIONS
- AVAILABLE IN THE KITCHEN DEPARTMENT

FRESH DELI CUT



Vieux Suisse Cheese

5.99/100G

FRESH DELI CUT



Castello Havarti or Tre Stelle Provolone Cheese

3.49/100G

FRESH DELI SERVED

Longo's CURATO PRODUCT OF ITALY



Longo's Curato Spicy Calabrese Salami or Longo's Curato Prosciutto Cotto

3.49/100G

FALL INTO SNACK MODE



The Laughing Cow or Cheese Dippers
120-144g pkg
4.49

Babybel 6 pack or Kiri Cream Cheese
102-120g pkg
5.99

FANTINO & MONDELLO

Elevate Pizza Night



Fantino & Mondello Toppings
Pepperoni, Pancetta or Chorizo
125-200g pkg
Individual $8.49
selected varieties

2 FOR $14

SAVE $3.98 ON 2



Longo's 8" Mango Mousse Cake

26.99 EARN 800 POINTS

MADE IN-STORE!

NEW



Longo's Gourmet Tartlet
selected varieties

2.99 EARN 25 POINTS

EXCITING FLAVOURS!

NEW



1.99 **Longo's French Macaron**
selected varieties
EARN 25 POINTS

Longo's CURATO PRODUCT OF ITALY

NEWEST ADDITION TO OUR CURATO LINE!

SOSPIRI
Sweet Sigh of Italy
Light and soft pastry filled with rich, velvety cream for a decadent experience that melts in every bite.
Available in Chantilly, Pistachio or Chocolate.



3.99 EARN 100 POINTS



21.99 SAVE $1

La Rocca 6" Egg-Free Cake
600g pkg
selected varieties



NEW

5.99 **Longo's Savoury Twists**
Pesto, Herb & Garlic, Cheddar Jalapeno or Calzone
4 pack
EARN 300 POINTS

HERE FOR A LIMITED TIME!



8.97 SAVE $1

Longo's Cranberry Butterscotch Coffee Cake
750g pkg

MARITOZZO a taste of Roman Tradition
A soft, lightly sweetened brioche-style bun generously filled with rich, airy and luscious whipped cream.
Available in Chantilly or Pistachio



4.49 EARN 100 POINTS

FRESH SAVINGS FOR THE WEEK OF THURSDAY OCTOBER 29TH TO WEDNESDAY NOVEMBER 4TH, 2026.

MARINATED MEAT & SEAFOOD

Made in-store and ready for the oven.

BUY 2 OR MORE PACKAGES

SAVE 20%

*EXCLUDING KABOBS OR SKEWERS
*SAVINGS APPLIED AT CHECKOUT



FLAVOURFUL MARINADES

- Bold Buffalo
- Garlic & Herb
- Sweet Chili Ginger Lime
- Sweet Chili Mango
- Pepperific

WHATEVER YOU GROW WILL SAVE A BRO.

MOVEMBER®

This is the 15th year that Longo's Team Members are putting their razors down and supporting the cause, and they "moustache" you for help. Please help us in supporting the cause by purchasing one of the items below during the month of November. The Longo's Family Charitable Foundation will match donations made, up to a maximum of $10,000.

50¢ FROM EACH SALE WILL BE DONATED TO MOVEMBER.

THE EPIC COOKIE



Longo's Epic Cookie 127g

3.29

BAKE YOUR OWN ALSO AVAILABLE IN OUR BAKERY FREEZER SECTION.

2 PACK $5.99 EACH OR 4 PACK $11.99



HERE FOR A LIMITED TIME!

3.29 Longo's Hot Chocolate Epic Cookie 127g

A DELICIOUS MIX OF CRANBERRIES, PUMPKIN SEEDS, ALMONDS, WALNUTS AND PECANS.



Longo's Movember Mix 375g pkg

$9

$3 FROM EACH SALE WILL BE DONATED TO MOVEMBER.

FRESH SAVINGS FOR THE WEEK OF THURSDAY OCTOBER 29TH TO WEDNESDAY NOVEMBER 4TH, 2026.

GROCERY



Tasty Bite Indian Entrées Ready to Heat
285g pkg
selected varieties

2.99

SAVE $1.50



General Mills Cereal
300-430g pkg
selected varieties

2.99

SAVE $3

BUY ANY
OLD EL PASO DINNER KITS 250-400g pkg **AND LONGO'S CHEESE BARS OR SHREDS** 320-400g pkg

AND GET A FREE OLD EL PASO SALSA 650mL jar*
*Retail Value $6.49





Old El Paso Dinner Kit
250-400g pkg
selected varieties

3.99

SAVE AT LEAST $1.50



Longo's Cheese Bar or Shreds
320-400g
selected varieties

6.99

THANK YOU REWARDS **EARN 100 POINTS**

HAPPY DIWALI



Patak's Original Cooking Sauce
400mL jar
selected varieties

4.99

SAVE $1.50



Kraft Peanut Butter 750g-1kg jar or **Kraft Hazelnut Spread with Cocoa**
725g jar
selected varieties

4.99

SAVE AT LEAST $3



Quaker Chewy Granola Bars
120-156g pkg
selected varieties

2.99

SAVE 80¢



Miss Vickie's Kettle Cooked or Ruffles Potato Chips
180-200g pkg
Individual $4.79
selected varieties

2 FOR $9

SAVE AT LEAST 98¢ ON 2



13.99

Crank Coffee Beans
Organic and Fairtrade
Roasted in Canada
340g pkg
selected varieties

SAVE $3



4.99

Laura Secord Chocolate Chips
250g pkg
selected varieties

SAVE $1



Menz & Gasser Prima Frutta Fruit Spread
250mL jar
selected varieties

3.99

SAVE AT LEAST $1.80



Annie's Mac & Cheese
4x170g pkg
selected varieties

7.99

SAVE $5



Hu Organic Chocolate Bar
60g pkg
selected varieties

5.99

SAVE $2



Swiss Chalet or St-Hubert Sauce
284-398mL can or
Gravy or Sauce Mix
25-51g pkg
selected varieties

1.99

SAVE AT LEAST 50¢



Dutchman's Gold Honey
1kg jar
selected varieties

14.99

SAVE AT LEAST $3



Jackson's Potato Chips
142g pkg or
Chiquita Plantain Chips
227g pkg
selected varieties

4.99

SAVE AT LEAST $1

FRESH SAVINGS FOR THE WEEK OF THURSDAY OCTOBER 29TH TO WEDNESDAY NOVEMBER 4TH, 2026.

DAIRY AND FROZEN



Oasis Orange Juice
1.5L bottle
selected varieties

4.99

SAVE $2

$5 OFF* WHEN YOU PURCHASE ONE PORTA PIZZA AND A 6 PACK OF PERONI 0.0% CANS



*While supplies last.



Olivieri Skillet Gnocchi
280-300g pkg
selected varieties

4.99

SAVE $2

Les Fermes Cavendish Farms

GRAB FRIES & DIP TOGETHER



Cavendish Farms Premium Fries
540-750g pkg
selected varieties

4.79

SAVE AT LEAST $5

MADE IN CANADA

SCHNEIDERS EST. 1890

SAVE $5



Buy **(1) Cavendish Farms Fries 400-750g** and **(1) Schneiders Frozen Dip** and **Save $5**

All trademarks are the property of their respective owners.



6.49 **Tre Stelle Mozzarella Cheese**
340g pkg
selected varieties

SAVE AT LEAST $2.50



Silk High Protein Beverage
1.4L bottle
selected varieties

6.49

SAVE $1



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

5.49

SAVE $1.50



Marigold Frozen Entrées
354g pkg
selected varieties

8.99

THANK YOU REWARDS **EARN 100 POINTS**



Activia Yogourt
8x100g pkg
selected varieties

4.49

SAVE AT LEAST $1.50



2.99 **Gay Lea Sour Cream**
425-500g tub
selected varieties

SAVE AT LEAST 50¢



9.99 **The Pie Commission Frozen Pie**
290-330g pkg
selected varieties

SAVE $1



Chapman's Premium Ice Cream
2L tub
selected varieties

7.99

SAVE $1

FRESH SAVINGS FOR THE WEEK OF THURSDAY OCTOBER 29TH TO WEDNESDAY NOVEMBER 4TH, 2026.

ADD LOCAL TO YOUR LIST.

Longo's

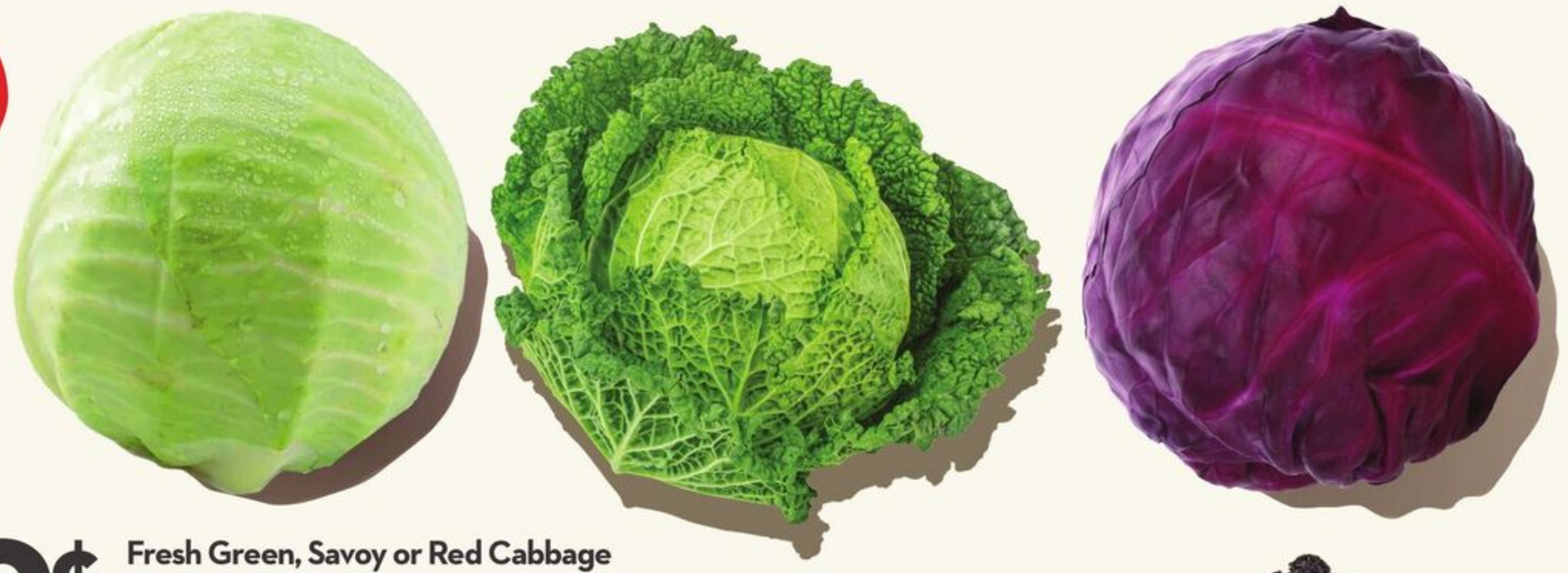


MEET THE FARMER
Top Tomato Foods

LOCATION
Markham, Ontario

WHY THEY ARE OUR PARTNER

Top Tomato Foods is a family-owned and operated farm by the De Filippis family for over 60 years. They began with a focus on cabbage, broccoli and cauliflower but have experimented with many varieties in the years since! They are known for their commitment to growing excellent-tasting produce and their long-standing history in the agricultural community.



99¢/LB **Fresh Green, Savoy or Red Cabbage**
Product of Ontario
2.18/kg



Fresh Green, Tuscan or Red Kale
Product of Ontario
2 FOR $5



VEGAN KALE-TOMATO BOWL WITH HUMMUS

SERVES 4 TOTAL TIME: 20 min

INGREDIENTS

3 tbsp Longo's Signature Extra Virgin Olive Oil
1 tbsp white wine vinegar
1/4 tsp each salt and pepper
5 cups chopped stemmed kale
1 1/3 cups Longo's Classic Hummus
1 container (255 g) Longo's Grape Tomatoes, halved
1/4 cup Longo's Organic Raw Hulled Pumpkin Seeds
Pocketless pita or Longo's Flatbread Crisps (optional)

DIRECTIONS

Whisk together oil, vinegar, salt and pepper in large bowl. Add kale; toss to coat. Let stand for 10 minutes to soften.

Spoon 1/3 cup of the hummus into each of 4 bowls. Top with kale mixture, tomatoes and pumpkin seeds, dividing evenly.

Serve each with half a pita bread (if using).

FRESH STONE-OVEN PIZZA, PINSA & CALZONE



It's no surprise that Longo's does pizza right! Our loaded pizza menu includes tried and true classics and offers a deliciously exclusive Pizza of the Month. Our made-to-order pizzas are hand-stretched by our experts, topped with only the freshest ingredients and baked in our traditional stone ovens.

FRESH STONE-OVEN PIZZA

Neapolitan Style Pizza
Our made-to-order pizzas are hand-stretched by our experts, topped with only the freshest ingredients and baked in our traditional stone ovens.

WHOLE FROM **$12.99**
*EARN 250 POINTS

SLICE FROM **$3.99**
*Points are earned on the purchase of whole pizza only.



FRESH STONE-OVEN PINSA

Stone baked blend of double zero flour and sourdough make this pinsa's crust light and airy with a crunchy texture.

WHOLE **$26.99**
*EARN 400 POINTS

SLICE **$4.99**

*Points are earned on the purchase of whole Pinsa only.



It's all about the dough! A delightfully crispy experior blended with a soft, airy interior, which gives Pinsa its unique crust. It's also characterized by its distinct oval or elongated shape.

FRESH STONE-OVEN CALZONES

A traditional Italian stone-oven baked Neapolitan pizza dough stuffed with ingredients like mozzarella, provolone, Longo's Italian sausage crumble and roasted vegetables to name a few.

$8.99

EARN 150 POINTS



Originating in Naples, a Calzone is a folded pizza, which makes it an easy, portable meal when you're on-the-go.

FRESH SAVINGS FOR THE WEEK OF THURSDAY OCTOBER 29TH TO WEDNESDAY NOVEMBER 4TH, 2026.

LONGO'S SEASONAL COFFEE

LIMITED TIME ONLY SEASONAL LIMITED TIME ONLY

10.97 Longo's Maple Pecan, Pumpkin Spice or Gingerbread Ground Coffee
300g pkg

THANK YOU REWARDS **EARN 150 POINTS**

LONGO'S PUMPKIN SPICE

Longo's Pumpkin Spice Coffee captures the flavours of the season in every sip. Smooth coffee is blended with notes of pumpkin, cinnamon, nutmeg and cloves to create a warm, aromatic cup. Whether enjoyed with breakfast or as an afternoon treat, Longo's Pumpkin Spice Coffee delivers the comforting taste of fall all year round.



LONGO'S MAPLE PECAN

Start your day with the rich, comforting flavour of Longo's Maple Pecan Coffee. Smooth, medium-roasted coffee blended with the warm sweetness of maple and the nutty taste of pecans for a balanced, inviting cup. Enjoy it on crisp mornings, during an afternoon break or whenever you're looking for a cozy coffee experience with a distinctly Canadian-inspired flavour.



LONGO'S GINGERBREAD

Warm and festive, Longo's Gingerbread Flavoured Coffee brings smooth notes of gingerbread cookies, cinnamon and spice–perfect for cozy moments and holiday memories. A seasonal flavoured coffee that's lovely with milk or cream. 100% Arabica beans, seasonal. Made in Canada from imported ingredients.



FRESH SAVINGS FOR THE WEEK OF THURSDAY OCTOBER 29TH TO WEDNESDAY NOVEMBER 4TH, 2026.

FALL CLEANING

BIG SAVINGS



Lysol All-Purpose Cleaner
650mL bottle or
Toilet Bowl Cleaner
710mL bottle
selected varieties

4.99

SAVE $1



Finish Quantum Dishwashing Detergent
30-45ct
selected varieties

16.99

SAVE AT LEAST $2



Swiffer Power Mop 1ct

29.99

SAVE $20

While quantities last.



Method All-Purpose Cleaner or Glass Cleaner
828mL bottle
selected varieties

5.99

SAVE $1



Dawn Platinum or Ultra Dish Soap
896mL-1.12L bottle or
Powerwash Spray
473mL bottle
selected varieties

5.49

SAVE AT LEAST $1



3.99

Vim Cleaner
500-750mL bottle
selected varieties

SAVE UP TO $2



Mrs. Meyer's Clean Day Dish Soap or Multi-Surface Cleaner
473mL bottle
selected varieties

5.99

SAVE $1



Windex Glass Cleaner
765mL bottle or
Refills 950mL bottle or
Scrubbing Bubbles Easy Peasy Foam Toilet Bowl Cleaner 2ct
selected varieties

5.99

SAVE AT LEAST 50¢



Scrubbing Bubbles Bathroom Cleaner
946mL bottle or
Spray 385-567g bottle or
Scrubbing Bubbles Drop Ins 5 pack
selected varieties

5.49

SAVE AT LEAST 50¢



5.99

Pine-Sol Household Cleaner
1.41L bottle or
Clorox Original Bleach
2.4L jug
selected varieties

SAVE AT LEAST 80¢



6.99

SAVE $1

The Pink Stuff Cleaning Paste
500g tub or
Multi-Purpose Cleaner
500-750mL bottle
selected varieties

FRESH SAVINGS FOR THE WEEK OF THURSDAY OCTOBER 29TH TO WEDNESDAY NOVEMBER 4TH, 2026.

MANGIA AND MINGLE



ITALY'S CHEESEMAKING TRADITIONS SPAN CENTURIES, WITH EACH REGION PROUDLY BRINGING ITS OWN SPECIALTIES. OUR CHEESE MASTERS HAVE CURATED A SELECTION OF AUTHENTIC CHEESES AND CURED MEATS FROM RENOWNED PRODUCERS FROM THE MOUNTAINS OF THE NORTH TO SUN-DRENCHED CALABRIA. SO COME IN, CHAT ABOUT CHEESE AND CREATE AN ITALIAN SPREAD THAT'S SURE TO IMPRESS.

····· CHEESE ·····

1 Longo's Curato Gorgonzola DOP Semi-Soft Blue-Veined Cheese
Produced in Northern Italy using traditional methods, this classic blue cheese offers a rich, creamy texture and a bold, savoury flavour. Delicious with pears, honey or crusty bread.

2 Longo's Curato Sinfonia al Prosecco Firm Ripened Cheese
Created with love for our 70th anniversary, this unique Italian cheese is infused with prosecco for delicate fruity notes and a subtle sparkle of flavour. A lively addition to any cheeseboard.

3 Longo's Curato Taleggio DOP Soft Surface Ripened Cheese
Originating in Lombardy, Taleggio is a washed-rind cheese with a buttery texture and mild, tangy flavour. A wonderfully approachable choice for cheeseboards and appetizers.

4 Alta Badia Mountain Cheese
Made in the alpine region of Alto Adige, this cow's milk cheese develops a complex, nutty flavour through careful aging. A standout choice for rustic cheeseboards.

····· MEAT ·····

5 Villani Salametti Calabria
Inspired by the bold flavours of Calabria, these bite-sized salami deliver a savoury, gently spiced flavour perfect for antipasto platters, snacking and easy entertaining. Made with selected pork, natural flavours and premium ingredients. Also available in Barolo, Fennel, Calabrian Chilli and Truffle.

6 Villani Guanciale
Made from carefully cured pork jowl, this Italian specialty delivers a sweet and savoury flavour and silky texture. Great as antipasto and in authentic carbonara.

7 Longo's Curato Prosciutto di Parma Aged Minimum 14 Months
Aged for 14 months in the hills of Parma, this renowned Italian prosciutto is delicately sweet with a buttery texture. Serve thinly sliced with cheese, fruit or fresh bread.

8 Villani Pancetta Nero
Crafted from premium pork, this melt-in-your-mouth pancetta is seasoned with fresh garlic and black pepper and cured for at least 80 days.

LOW PRICE LOCKDOWN



3.99

Gray Ridge Large White Eggs
12 pack



2.29

Longo's Essentials Bread
675g pkg



6.49

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



5.99

Fresh McIntosh Apples
Product of Ontario
3lb bag



6.99

Fresh Bosc Pears
Product of Ontario
2L basket



3.99

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



3.99

Oikos or Liberté Greek Yogourt
4x100g pkg
selected varieties



2.99 /LB

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



5.99

Longo's Essentials Country Churned Butter
454g pkg
selected varieties



2.99

Redpath Granulated Sugar
2kg pkg



2 FOR $4

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



9.99

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



5.99

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

$5.00/ serving



19.99

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



22.99

Bounty Paper Towels
6=18 rolls



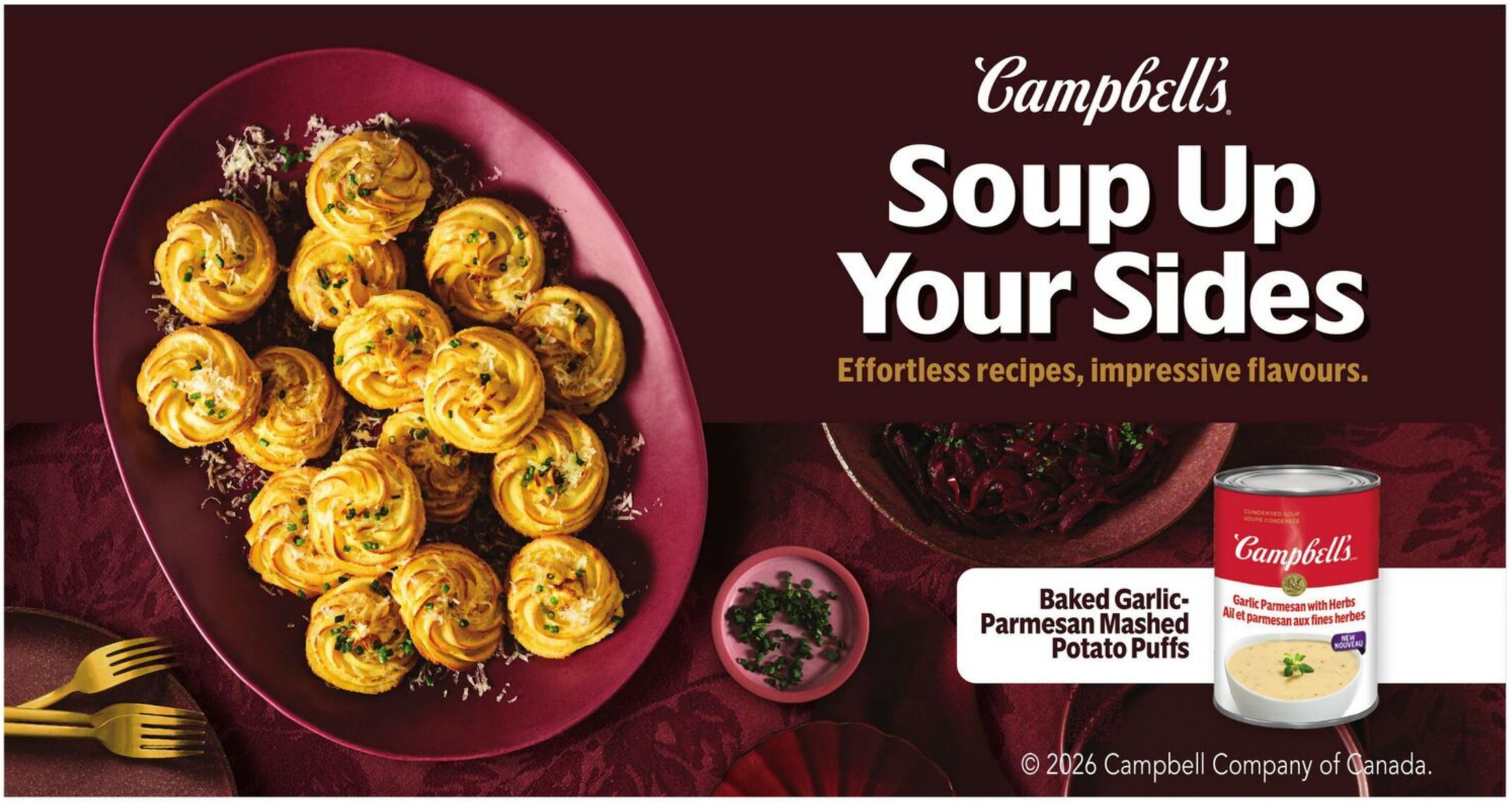
20.99

Cashmere Bath Tissue
24=72 rolls

WE'VE LOCKED DOWN PRICES ON EVERYDAY ITEMS.

FRESH SAVINGS FOR THE WEEK OF THURSDAY OCTOBER 29TH TO WEDNESDAY NOVEMBER 4TH, 2026.

SAVE ON THE BRANDS YOU LOVE AT LONGO'S





Campbell's Broth
900mL tetra or
Concentrated Broth
250mL tetra
selected varieties

2.49

SAVE AT LEAST 50¢



1.49

SAVE AT LEAST 30¢

Campbell's Condensed Soups, Chicken Noodle Original or Spicy, **Tomato** Original or Spicy, **Cream of Mushroom or Vegetable**
284mL can



2.49
Campbell's Condensed Soup
284mL can
selected varieties

SAVE AT LEAST 50¢



Campbell's Chunky Soup
515mL can
selected varieties

3.29

SAVE AT LEAST 70¢



3.29
Campbell's Ready to Serve Soup
515mL can
selected varieties

SAVE AT LEAST 50¢



Habitant Soup
796mL can
selected varieties

3.29

SAVE AT LEAST 70¢



Kettle Brand Potato Chips
198g pkg
selected varieties

3.49

SAVE AT LEAST $1

FRESH SAVINGS FOR THE WEEK OF THURSDAY OCTOBER 29TH TO WEDNESDAY NOVEMBER 4TH, 2026.

SAVE ON THE BRANDS YOU LOVE AT LONGO'S



Elmhurst Plant-Based Creamer
473mL pkg

6.49

SAVE $1.50



Mary's Organic Crackers
142-184g pkg
selected varieties

6.49

SAVE $1.50



Elmhurst Plant-Based Beverage
946mL carton

7.49

SAVE $1.50



Bob's Red Mill Xanthan Gum
227g pkg

19.99

SAVE $3



Green Organic Frozen Vegetables
300-500g pkg

3.99

SAVE $1

BUY ANY 3

Maple Leaf® Natural, Ready Crisp® or Schneiders® Bacon and scan your Thank You Rewards Card to

ENTER FOR A CHANCE TO WIN* AN

UGLY CHRISTMAS SWEATER

THANK YOU REWARDS

Longo's





Maple Leaf Bacon or Ready Crisp Bacon
65-375g pkg
Individual $6.99
selected varieties

2 FOR $12

SAVE AT LEAST $5.98 ON 2



Schneiders Bacon or Fully Cooked Bacon
100-375g pkg
Individual $6.99
selected varieties

2 FOR $12

SAVE AT LEAST $5.98 ON 2

*Contest starts on October 29, 2026 and ends on November 25, 2026. The Contest is open only to legal residents of Ontario aged 18 years or older who are registered Longo's Thank You Rewards members. The winner must correctly answer mathematical skill-testing question to be declared a winner. Approximate odds of winning the Prize depends on the total number of eligible entries received by the Contest Closing Time. Receive one (1) entry into the Contest each time you purchase THREE (3) participating products in a single transaction and scan your registered Longo's Thank You Rewards card at time of checkout at any participating Longo's Stores in Ontario. Details on "No Purchase" entry and full Contest Rules available at participating Longo's stores at the Personal Touch Counter.

SINCE 1956

Longo's



BRINGING FAMILIES TO THE TABLE SINCE 1956.

CELEBRATING WITH

GTA SIGN BROKERS

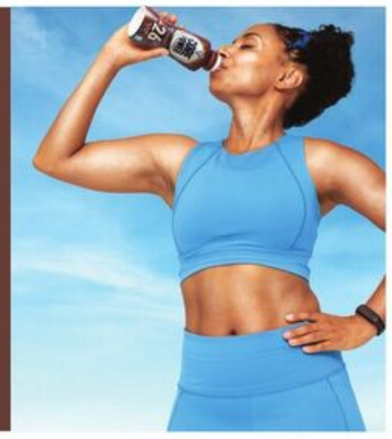
FRESH SAVINGS FOR THE WEEK OF THURSDAY OCTOBER 29TH TO WEDNESDAY NOVEMBER 4TH, 2026.

SAVE ON THE BRANDS YOU LOVE AT LONGO'S

quality
PROTEIN
to help build muscle

* Fairlife, LLC. Used under license.







Powerade Sports Drink
6x591mL pkg
selected varieties

6.49
SAVE $1.50



Core Power Protein Shake
414mL bottle
selected varieties

4.49
SAVE AT LEAST $1



Powerade Sports Drink
710mL bottle
Individual $2.29
selected varieties

2 FOR $4
SAVE $1.98 ON 2



Bodyarmor Hydration Drink
473mL bottle
selected varieties

1.99
SAVE $1.50

*Plus applicable taxes, levies, deposits and fees. Valid at participating locations for a limited time. Subject to availability while supplies last. Not valid in conjunction with any other offer. Retailer may sell for less. All products must be purchased at the same time, single units at regular price.
The trademarks that appear are the property of their respective trademark owners.

SOLO POMODORO
MUTTI
PARMA

TASTE THE DIFFERENCE
ITALY'S # 1* BRAND OF TOMATOES



Mutti Cherry or Finely Chopped Tomatoes
398mL can
selected varieties

2.99
SAVE AT LEAST $1.50



Mutti Pizza Sauce or Organic Diced Tomatoes
398mL can
selected varieties

3.49
SAVE AT LEAST $1.50



Mutti Pasta Sauce
680mL jar
selected varieties

8.99
SAVE $2



Mutti Passata or Tomato Paste
680mL jar or
Whole Peeled Tomatoes
796mL can
selected varieties

4.99
SAVE AT LEAST $1

* Circana S.r.l – Tot Italy Hyper + Super + Small Self Service of the top brands by value sales in the Tomato Derivatives category – Progressive JAN 2025 – DEC 2025

Habitat for Humanity®
Greater Toronto Area

MAKING HOMES POSSIBLE.

The Longo's Women's Build Team joins Habitat GTA on November 17 with a goal of raising $25,000. Every donation helps build safe, affordable homes, and the Longo Family Foundation will match donations up to $10,000, doubling your impact. Let's build stronger communities together!



FRESH SAVINGS FOR THE WEEK OF THURSDAY OCTOBER 29TH TO WEDNESDAY NOVEMBER 4TH, 2026.

SAVE ON THE BRANDS YOU LOVE AT LONGO'S

FALL FOR CAKE

THE SEASON'S DECADENT TREAT



Longo's Seasonal Bar Cake
500g pkg
selected varieties
12.99
SAVE $2

EXCLUSIVE COOKING CLASSES

AT THE LOFT
GATHER · COOK · LEARN

JOIN THE FUN!

Learn easy recipes in a hands-on cooking class featuring the next power couple:

WALNUTS & PRUNES



california prunes
Prunes. For life.

California WALNUTS

SCAN TO SIGN UP

SINCE 1956

Longo's

BRINGING FAMILIES TO THE TABLE SINCE 1956.



CELEBRATING WITH

ORKIN CANADA™

STONEWALL KITCHEN

Stonewall Kitchen Crackers
142g pkg
selected varieties
5.99
SAVE AT LEAST $2



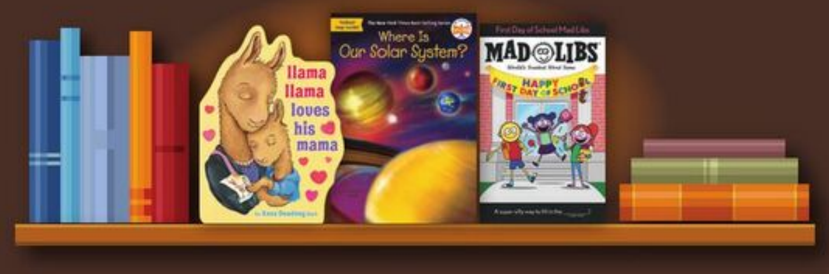
Stonewall Kitchen Fruit Spread
340-368g jar
selected varieties
5.99
SAVE AT LEAST $2

FRESH SAVINGS FOR THE WEEK OF THURSDAY OCTOBER 29TH TO WEDNESDAY NOVEMBER 4TH, 2026.

SAVE ON THE BRANDS YOU LOVE AT LONGO'S

Buy 2 specially marked boxes of Kellogg's® cereal and get a

FREE BOOK†





Kellogg's Family Size Cereal
480-650g pkg
selected varieties

5.99
SAVE $2

†Exclusions apply. Both boxes must be purchased within one transaction by January 31st, 2027. See specially marked boxes of Kellogg's® cereal for details. © 2026 WK Kellogg Canada Corp.

DOM®/MD



DOM Specialty Frozen Smoked Steelhead Salmon
300g pkg

14.99
SAVE $3



7.99 **DOM Specialty Frozen Escargots**
85g pkg
SAVE $4



6.99 **DOM Specialty Frozen Organic Blue Mussels**
454g pkg
SAVE $2

Fantastic fall Savings!

Dempster's Signature Buns 6-8ct, **Pull Aparts Rolls** 425-475g pkg, **Villaggio Bread** 550-675g pkg, **Dempster's English Muffins** 6ct, **Nature's Bakery Rye** 500g pkg or **Hostess Snack Cakes** 6ct
selected varieties

3.29
SAVE AT LEAST 50¢



Dr. Oetker

PIZZA for everyone TO ENJOY



6.49 **Ristorante or Casa di Mama Frozen Pizza**
325-410g pkg
selected varieties
SAVE AT LEAST 80¢



8.99 **Giuseppe Stuffed Crust Pizza**
685-724g pkg or **Dr. Oetker Suprema Pizza** 487-520g pkg
selected varieties
SAVE AT LEAST $1



6.99 **Giuseppe Thin or Rising Crust Pizza**
439-785g pkg
selected varieties
SAVE AT LEAST $1

FRESH SAVINGS FOR THE WEEK OF THURSDAY OCTOBER 29TH TO WEDNESDAY NOVEMBER 4TH, 2026.