

# food Basics\$

# ALWAYS MORE FOR LESS

# WOWZA!

**Summer Fresh**  
**Tzatziki**  
Yogurt Dip - Trempe à au yogourt

**Summer Fresh**  
**Hummus**  
Original • Originale

**Summer Fresh**  
**Hummus**  
Original • Originale

**SUMMER FRESH HUMMUS OR DIPS**  
200 • 227 G  
SELECTED VARIETIES

**WOWZA!**  
**248**  
EACH

**FRESH CHICKEN LEG QUARTERS 4.14/KG**

**WOWZA!**  
**188**  
/LB

**Irresistibles**  
**NATURAL ALMONDS**  
WHOLE ENTIERES  
AMANDES NATURELLES

**Irresistibles**  
**ROASTED PISTACHIOS**  
PISTACHES RÔTIES  
SALTED • SALÉES

**IRRESISTIBLES SALTED OR UNSALTED PISTACHIOS**  
200 G  
**WHOLE NATURAL ALMONDS**  
250 G

**WOWZA!**  
**298**  
EACH

**Lou's KITCHEN**  
**BARBEQUE**

**Lou's KITCHEN**  
**BARBEQUE**

**LOU'S KITCHEN BBQ PORK BACK RIBS**  
586 • 610 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

**WOWZA!**  
**798**  
EACH

**Astro ORIGINAL**  
FRUIT ON THE BOTTOM • FRUITS AU

**Lactantia PurFiltre**  
FRESH TASTE • BODY FRAIS

**Beatrice**  
All you need... that's all!

**LACTANTIA PURFILTRÉ MILK**  
1.5 • 2 L

**BEATRICE CHOCOLATE MILK**  
2 L

**ASTRO ORIGINAL YOGURT**  
12 X 100 G  
SELECTED VARIETIES

**WOWZA!**  
**398**  
EACH

**EXTRA LARGE RED SEEDLESS GRAPES**  
PRODUCT OF PERU OR SOUTH AFRICA  
NO. 1 GRADE  
4.37/KG

**WOWZA!**  
**198**  
/LB

**Parliament**  
**ARJUN**  
BASMATI RICE / RIZ BASMATI

**NOOR**  
BASMATI RICE / RIZ BASMATI

**NOOR, ARJUN OR PARLIAMENT BASMATI RICE**  
3.63 • 4.54 KG  
SELECTED VARIETIES

**WOWZA!**  
**698**  
EACH

**Clementines**  
Clementines  
Clementines  
Clementines

**LEMONS**  
PRODUCT OF U.S.A. OR TURKEY  
2 LB BAG

**CLEMENTINES**  
PRODUCT OF MOROCCO  
2 LB BAG

**WOWZA!**  
**298**  
EACH

**750 ML**

**Saporito**  
EXTRA VIRGIN OLIVE OIL  
HUILE D'OLIVE EXTRA VIERGE

**SAPORITO EXTRA VIRGIN OLIVE OIL**  
750 ML

**WOWZA!**  
**898**  
EACH

**i earn, redeem and save with moi rewards**  
GET READY TO SAVE! GREAT PRICES START ON THURSDAY, JANUARY 30<sup>TH</sup> TO WEDNESDAY FEBRUARY 5<sup>TH</sup>, 2025

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

# food Basics

# WOW

**BIMBO CANADA'S**

**2.47** EACH

VILLAGGIO BREAD 550 - 675 G  
BUNS 6 - 8'S  
DEMPSTER'S BAGELS 375 - 510 G  
SELECTED VARIETIES

**LACTANTIA BUTTER**  
454 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

**LACTALIS CANADA**

**4.88** EACH

**Dare**

**1.98** EACH

DARE COOKIES OR CRACKERS  
100 - 315 G  
SELECTED VARIETIES

**Kruger**

**9.98** EACH

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

# SAVINGS FOR THE WIN AGAIN!

**#1 COMPETITIVE PRICES**  
WOW Leger 2024

**#1 ON PRICE AND PROMOTION**  
dunnhumby 2025

**IRRESISTIBLES BREAD**  
500 - 600 G  
ROLLS 6 - 12'S  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**2.99** EACH

**SELECTION**

**4.97** EACH

SELECTION SOFT DRINKS OR FLAVOURED SPARKLING WATER  
12 X 355 mL  
SELECTED VARIETIES

**SELECTION**

**99¢** EACH

SELECTION MAC & CHEDDAR  
200 - 225 G  
SELECTED VARIETIES

**SELECTION**

**6.99** EACH

SELECTION FULLY COOKED BREADED CHICKEN  
800 G FROZEN  
SELECTED VARIETIES

**i earn, redeem and GET READY TO SAVE! GREAT PRICES START**

To view local store flyer, visit [foodbasics.ca](http://foodbasics.ca)

Food Basics ranked first for Price & Promotions performance among grocery retailers in Ontario in the 2024 dunnhumby Retailer Preference Index, a study of customer perceptions and retailer preference conducted among 2,100 respondents in Ontario (6,000 total across Canada) conducted between September 12 and October 20, 2024. WOW 2024 In-Store Customer Experience Study conducted by Leger among 12,000 Ontarians from October 12 to November 22, 2023.

# WOWZA!

\$



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

\$  
**4.99**  
EACH



**SCHNEIDERS OR JANES PUB STYLE CHICKEN WINGS**  
615 - 650 G  
FROZEN  
SELECTED VARIETIES

\$  
**8.99**  
EACH



**LACTANTIA CREAM**  
473 ML - 1 L  
**SIGGI'S SKYR YOGURT**  
4 X 100 G  
SELECTED VARIETIES



\$  
**2.99**  
EACH

\$



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

**20 points**

\$  
**4.49**  
EACH



**PHILADELPHIA CREAM CHEESE PRODUCT**  
340 G  
**NATREL LACTOSE FREE OR ORGANIC MILK**  
2 L  
SELECTED VARIETIES

\$  
**4.99**  
EACH



**POST SHREDDIES CEREAL**  
440 G  
**QUAKER LIFE CEREAL**  
450 G  
SELECTED VARIETIES

\$  
**2.99**  
EACH



**15 points**

**RUFFLES POTATO CHIPS OR CHEETOS**  
180 - 285 G  
SELECTED VARIETIES

\$  
**3.50**  
EACH



**BARILLA PASTA**  
340 - 454 G  
SELECTED VARIETIES

**10 points**

\$  
**1.88**  
EACH



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

\$  
**1.99**  
EACH



**CLASSICO PASTA SAUCE**  
218 - 600 ML  
SELECTED VARIETIES

\$  
**2.99**  
EACH



**ESKA SPRING WATER**  
24 X 500 ML

\$  
**3.99**  
EACH



**PALMOLIVE OR DAWN DISH DETERGENT**  
431 - 828 ML  
SELECTED VARIETIES

\$  
**2/\$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.

\*\*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.

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# the app-solute best way to save

only with **moi** rewards

DIGITAL DEAL

**2.99**  
EACH  
WITH COUPON

CHRISTIE  
FAMILY SIZE  
CRACKERS\*  
350 - 481 G  
SELECTED VARIETIES



DIGITAL DEAL

**3.49**  
EACH  
WITH COUPON

CHRISTIE  
FAMILY SIZE  
COOKIES\*  
285 - 457 G  
SELECTED VARIETIES



save  
**50¢**



Download on the  
App Store



GET IT ON  
Google Play

CLICK TO DOWNLOAD

While quantities last. Visit our app for details.  
\*Limit one per customer, per transaction.

# this week only

# i earn with moi rewards

**moi**  
rewards

i redeem and  
save on what  
i buy most often

redeem  
**500**  
points = \$4  
in rewards



join today and save

Limit of one Moi Rewards bonus offer per account per day. Certain conditions apply. see moirewards.ca for conditions. Moi Rewards is a trademark of Metro Inc.



OCEAN PRIME  
RAW ARGENTINA SHRIMP  
11 - 15 CT  
454 G FROZEN  
SELECTED VARIETIES

**50**  
points

THIS WEEK ONLY  
**12<sup>99</sup>**  
EACH



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

**50**  
points

THIS WEEK ONLY  
**13<sup>99</sup>**  
EACH



KRINOS  
AUTHENTIC GREEK FETA  
200 G  
SELECTED VARIETIES

**25**  
points

THIS WEEK ONLY  
**5<sup>99</sup>**  
EACH



PRINGLES MEGAS OR  
MINGLES SNACKS  
155 - 203 G  
SELECTED VARIETIES

**10**  
points

LOCKED DOWN  
**2<sup>99</sup>**  
EACH



DR. OETKER GIUSEPPE  
STUFFED CRUST PIZZA  
685 - 771 G  
SELECTED VARIETIES

**35**  
points

LOCKED DOWN  
**7<sup>49</sup>**  
EACH



EXCEL GUM  
3'S  
SELECTED VARIETIES

**15**  
points

LOCKED DOWN  
**3<sup>79</sup>**  
EACH



MINUTE RICE  
1.4 KG  
SELECTED VARIETIES

**30**  
points

LOCKED DOWN  
**6<sup>29</sup>**  
EACH



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

**15**  
points

THIS WEEK ONLY  
**3<sup>33</sup>**  
EACH



QUAKER  
HARVEST CRUNCH  
400 - 475 G  
SELECTED VARIETIES

**15**  
points

THIS WEEK ONLY  
**3<sup>49</sup>**  
EACH



CRACKER BARREL  
CHEESE SNACKS  
168 G  
SELECTED VARIETIES

**20**  
points

LOCKED DOWN  
**4<sup>99</sup>**  
EACH



STARBUCKS  
ICED COFFEE  
1.42 L  
SELECTED VARIETIES

**30**  
points

LOCKED DOWN  
**6<sup>99</sup>**  
EACH



FUZE OR PEACE  
TEA ICED TEA  
12 X 341 ML  
SELECTED VARIETIES

**30**  
points

LOCKED DOWN  
**6<sup>99</sup>**  
EACH



GLAD  
PLASTIC  
WRAP  
60 ML

PURINA  
TIDY CATS  
LITTER  
5.44 KG  
SELECTED VARIETIES

**15**  
points

LOCKED DOWN  
**3<sup>99</sup>**  
EACH

**60**  
points

LOCKED DOWN  
**22<sup>99</sup>**  
EACH



# WOWZA!

## SCAN N' \$WEEP



# YOU COULD WIN 25,000 POINTS



Purchase any participating WOWZA! products each week and scan your Moi Rewards card to be automatically entered.



550 - 675 g

6 - 8's

375 - 510 g

**WOWZA!**  
**247**  
EACH

454 g

**WOWZA!**  
**488**  
EACH

100 - 315 g

**WOWZA!**  
**198**  
EACH

6 = 12's

24 = 48's

**WOWZA!**  
**998**  
EACH



\*NO PURCHASE NECESSARY. Contest runs January 16, 2025 to February 12, 2025. Open to residents of Ontario of the age of majority at time of entry. Four (4) Prizes consisting of 25,000 MOI points valued at approximately \$200 each (ARV). Odds of winning dependent on the number of eligible entries received. Skill testing question required to claim the prize. Certain exceptions and restrictions apply. For official Rules and how to enter visit <https://www.foodbasics.ca/en/rules-and-regulations/wowza-sweep-contest>. Sponsored by Metro Ontario Inc., 5559 Dundas St. West, Etobicoke, ON M9B 1B9.

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\$

TONS OF NEW DEALS EVERY WEEK



DANONE DANINO DRINKABLE YOGURT 6 X 93 ML SELECTED VARIETIES

349 EACH



ACTIVIA YOGURT 8 X 100 G SELECTED VARIETIES

399 EACH



DANONE TWO GOOD GREEK YOGURT 625 G SELECTED VARIETIES

449 EACH

Oikos Greek Yogurt 4 X 100 G SELECTED VARIETIES

349 EACH



SILK PLANT BASED YOGURT 650 G SELECTED VARIETIES

25 points 549 EACH



399 EACH

MISS VICKIE'S POTATO CHIPS OR SUN CHIPS 190 - 205 G SELECTED VARIETIES



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

599 EACH



GATORADE WATER 1 L SELECTED VARIETIES WHILE QUANTITIES LAST

249 EACH



CHEETOS OR DORITOS MINIS CANISTERS 102 - 145 G SELECTED VARIETIES

298 EACH



CELSIUS ENERGY DRINK 355 ML SELECTED VARIETIES

10 points 275 EACH



SCOPE MOUTHWASH 1 L BURT'S BEES TOOTHPASTE 95 - 105 ML SELECTED VARIETIES

499 EACH



FEBREZE AIR FRESHENERS 2'S SELECTED VARIETIES

649 EACH



HEAD & SHOULDERS HAIR CARE 370 ML SELECTED VARIETIES

599 EACH

CASCADE PLATINUM PLUS DISHWASHER TABS 30'S SELECTED VARIETIES

1499 EACH



ALWAYS SANITARY NAPKINS 20 - 72'S TAMPAX TAMPONS 18'S SELECTED VARIETIES

499 EACH

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



**High Liner**  
Market Cuts  
Haddock • Aiglefin  
227 G FROZEN  
SELECTED VARIETIES

**\$**  
**5.99**  
EACH



**High Liner**  
Signature Cuts  
Haddock  
425 g  
WILD CAUGHT  
ENGLISH STYLE FILLETS



**High Liner**  
Signature Cuts  
Haddock  
425 - 515 G FROZEN  
SELECTED VARIETIES  
BEER BATTERED  
FILLETS

**\$**  
**9.99**  
EACH



**High Liner**  
Catch of the Day  
Haddock Fillets  
580 G - 1.32 KG FROZEN  
SELECTED VARIETIES

**\$**  
**10.99**  
EACH



**High Liner**  
Pan-Sear  
Haddock  
500 g  
WILD CAUGHT  
TRADITIONAL



**High Liner**  
Pan-Sear  
Haddock  
500 - 540 G FROZEN  
SELECTED VARIETIES  
ROASTED GARLIC  
& HERBS

**\$**  
**9.99**  
EACH



**FRUITÉ DRINKS**  
2 L  
OASIS JUICE OR  
DEL MONTE NECTAR  
960 ML  
SELECTED VARIETIES

**\$**  
**1.99**  
EACH



**Lassonde**

**ALLEN'S**  
Apple Juice  
1.89 L, 8 X 200 ML  
SELECTED VARIETIES

**\$**  
**2.99**  
EACH



**FRUITÉ**  
Iced Tea  
The Glacé  
Lemon-Citron  
1.54 L

**FRUITÉ**  
Orange  
1.54 L

**\$**  
**2.99**  
EACH



**OASIS**  
HEALTH BREAK  
JUICE OR  
JUICE BLENDS  
1.5 - 1.6 L  
SMOOTHIES  
1.6 L  
SELECTED VARIETIES

**\$**  
**3.99**  
EACH



**OASIS**  
HEALTH BREAK  
BERRY  
POMEGRANATE  
1.6 L



**DEL MONTE**  
JUICE OR  
COCKTAILS  
2.5 L  
SELECTED VARIETIES

**\$**  
**5.99**  
EACH



**Post**  
Honeycomb  
CLASSIC TASTE  
SPOON-SIZE  
Shredded  
Wheat  
& BRAN  
CEREAL / CÉRÉALES 525 g

**\$**  
**2.99**  
EACH

**SHREDDED  
WHEAT OR  
HONEYCOMB  
CEREALS**  
400 - 525 G  
SELECTED VARIETIES



**ADVANTAGE  
SOLUTIONS**

**Weetabix**  
WHOLE GRAIN  
CEREAL  
400 G  
SELECTED VARIETIES

**\$**  
**2.99**  
EACH



**Tim Hortons**  
CHICKEN NOODLE  
POULET ET NOUILLES  
540 ML

**\$**  
**2.99**  
EACH



**Tetley**  
ORANGE PEKOE  
TEA  
72'S  
HERBAL  
TEA  
20 - 24'S  
SELECTED VARIETIES  
227 g

**TETLEY**  
ORANGE  
PEKOE TEA  
72'S  
HERBAL  
TEA  
20 - 24'S  
SELECTED VARIETIES

**\$**  
**3.99**  
EACH



**Tim Hortons**  
ORIGINAL BLEND  
Mlange ORIGINAL  
FINE GRIND COFFEE • CAFÉ MOULURE FINE  
ROAST: MEDIUM  
TORREFACTION: MOYENNE  
300 g

**\$**  
**9.49**  
EACH

**ALWAYS FRESH. \* ALWAYS IN STOCK. ALWAYS GREAT PRICES.**  
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# PRODUCE



**SWEET POTATOES**  
PRODUCT OF U.S.A.  
**LARGE PURPLE SWEET POTATOES**  
PRODUCT OF U.S.A., HONDURAS OR MEXICO  
2.82/KG

**THIS WEEK ONLY**   
**1.28**  
/LB



**RASPBERRIES OR BLACKBERRIES**  
PRODUCT OF MEXICO, NO. 1 GRADE 150 - 170 G  
**BLUEBERRIES**  
PRODUCT OF PERU OR CHILE, NO. 1 GRADE 170 G

**THIS WEEK ONLY**   
**2.98**  
EACH



**WE LOVE LOCAL**  
Ontario

**SEEDLESS CUCUMBERS**  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE

**THIS WEEK ONLY**   
**1.68**  
EACH



**CAULIFLOWER**  
PRODUCT OF U.S.A.  
NO. 1 GRADE

**THIS WEEK ONLY**   
**3.98**  
EACH



**JUMBO**

**JUMBO CHERRIES**  
PRODUCT OF CHILE  
NO. 1 GRADE  
12.96/KG

**THIS WEEK ONLY**   
**5.88**  
/LB



**BROCCOLI CROWNS**  
PRODUCT OF U.S.A. OR MEXICO

**THIS WEEK ONLY**   
**2/\$5**



**AVOCADOS** PRODUCT OF MEXICO, BAG OF 5 OR 6  
**LIMES** PRODUCT OF MEXICO, 1 LB BAG  
**KIWIS** PRODUCT OF GREECE, 600 G

**THIS WEEK ONLY**   
**3.98**  
EACH



**FRESH ATTITUDE SALADS**  
PRODUCT OF U.S.A.  
142 G

**THIS WEEK ONLY**   
**3.77**  
EACH



**USA**

**ANJOU PEARS**  
PRODUCT OF U.S.A.  
EXTRA FANCY GRADE  
4.37/KG

**THIS WEEK ONLY**   
**1.98**  
/LB



**325 G**

**ASPARAGUS**  
PRODUCT OF MEXICO OR PERU  
NO. 1 GRADE  
325 G

**THIS WEEK ONLY**   
**3.98**  
EACH



**WE LOVE LOCAL**  
Ontario

**ONTARIO APPLES**  
PRODUCT OF ONTARIO  
CANADA FANCY GRADE  
3 LB BAG

**THIS WEEK ONLY**   
**4.98**  
EACH



**RED MANGOES**  
PRODUCT OF BRAZIL,  
PERU OR ECUADOR

**THIS WEEK ONLY**   
**98¢**  
EACH



**PEACHES OR NECTARINES**  
PRODUCT OF CHILE  
NO. 1 GRADE  
2 LB

**THIS WEEK ONLY**   
**5.98**  
EACH



**GREEN BEANS**  
PRODUCT OF U.S.A.  
340 G

**THIS WEEK ONLY**   
**3.48**  
EACH



**LIGHTHOUSE DIPS**  
340 G

**THIS WEEK ONLY**   
**3.99**  
EACH



**YVES VEGGIE CUISINE GROUND ROUNDS**  
200 - 340 G

**THIS WEEK ONLY**   
**4.99**  
EACH

# FLORAL



**8" PRIMROSE BOWL**  
ASSORTED COLOURS  
WHILE QUANTITIES LAST

**THIS WEEK ONLY**   
**8.98**  
EACH



**5" BROMELIAD**  
ASSORTED COLOURS  
WHILE QUANTITIES LAST

**THIS WEEK ONLY**   
**10.98**  
EACH



**12 STEM POM BOUQUET**  
ASSORTED MIXES  
WHILE QUANTITIES LAST

**THIS WEEK ONLY**   
**10.88**  
EACH



**MIXED LARGE BOUQUET**  
ASSORTED MIXES  
WHILE QUANTITIES LAST

**THIS WEEK ONLY**   
**\$12**  
EACH

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

# MEAT



FRESH WHOLE CHICKEN WINGS BAGGED INCLUDING ZABIHA HALAL 8.80/KG

THIS WEEK ONLY **3.99** /LB



FRESH FROM THE FARM OR ZABIHA HALAL WHOLE CHICKEN AIR CHILLED 7.69/KG

THIS WEEK ONLY **3.49** /LB

NEW ZEALAND SPRING LAMB

- Fresh
- 100% Grass fed
- Free range
- Raised without antibiotics or added hormones
- Halal Certified



FRESH NEW ZEALAND LAMB LEG WHILE QUANTITIES LAST 14.31/KG

THIS WEEK ONLY **6.49** /LB



JOHNSONVILLE DINNER, BREAKFAST OR SMOKED SAUSAGES 375 - 500 G SELECTED VARIETIES

THIS WEEK ONLY **5.99** EACH

GUARANTEED FRESHNESS YOU CAN TRACE FROM THE CATCH TO THE TABLE



FRESH RAINBOW TROUT FILLET FAMILY PACK 24.23/KG

THIS WEEK ONLY **10.99** /LB



EXTRA LEAN

FRESH EXTRA LEAN GROUND BEEF FAMILY PACK 16.51/KG

THIS WEEK ONLY **7.49** /LB



FLETCHER'S COTTAGE ROLL 655 - 800 G FROZEN SELECTED VARIETIES 7.69/KG

THIS WEEK ONLY **3.49** /LB



IRRESISTIBLE BATTERED CHEESE STICKS OR JALAPENO POPPERS 325 - 493 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY **6.49** EACH



SCHNEIDERS JUICY JUMBOS ORIGINALS 375 - 450 G SELECTED VARIETIES

THIS WEEK ONLY **6.99** EACH



MARC ANGELO OVEN ROASTS OR STUFFED CHICKEN BREAST 350 G - 1 KG SELECTED VARIETIES

THIS WEEK ONLY **10.99** EACH



WE GUAC GUACAMOLE 227 G SELECTED VARIETIES

LOCKED DOWN **3.99** EACH



TRE STELLE RICOTTA OR BOCCONCINI 200 - 475 G SELECTED VARIETIES

THIS WEEK ONLY **5.99** EACH



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

THIS WEEK ONLY **6.49** EACH



ST-HUBERT OR SWISS CHALET MEAT PIES 655 - 800 G SELECTED VARIETIES

THIS WEEK ONLY **8.99** EACH



O' SOLE MIO FRESH PASTA 225 G SELECTED VARIETIES

THIS WEEK ONLY **2.49** EACH



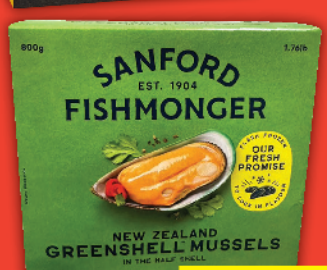
SEASOUL COOKED SHRIMP OR GOURMETA THAI SHRIMP COOKED 65 - 75 CT OR RAW SHRIMP 31 - 40 CT 300 - 340 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY **5.99** EACH



IRRESISTIBLES SALT & PEPPER CALAMARI 340 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY **6.99** EACH



SANFORD NEW ZEALAND GREENSHELL MUSSELS 800 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY **14.99** EACH

# BAKERY



SELECTION GARLIC BREAD 284 G LEBANESE CEDAR PITA 330 G SELECTED VARIETIES

THIS WEEK ONLY **1.29** EACH



SELECTION 7" TORTILLAS 340 G ENGLISH MUFFINS 6'S SELECTED VARIETIES

THIS WEEK ONLY **1.99** EACH



DIMPFLMEIER BREAD 454 - 500 G SELECTED VARIETIES

THIS WEEK ONLY **2.99** EACH



IRRESISTIBLE PIE 750 G - 1 KG SELECTED VARIETIES

THIS WEEK ONLY **6.99** EACH

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

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



**ALWAYS FRESH**



**ALWAYS GREAT PRICES**



**ALWAYS IN STOCK**

# ALWAYS Save Every Day



**IRRÉSISTIBLE  
FRUIT**  
400 - 600 G FROZEN  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓

**4.44**  
EACH



**SELECTION  
SPARKLING WATER**  
1 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓

**99¢**  
EACH



**IRRÉSISTIBLES  
SHEPHERD'S PIE**  
800 G FROZEN  
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓

**9.99**  
EACH



**IRRÉSISTIBLES  
CRANBERRY  
COCKTAIL OR  
JUICE BLENDS OR  
SELECTION  
GARDEN BLEND**  
1.89 L SELECTED VARIETIES

ALWAYS GREAT PRICE ✓

**2.99**  
EACH

# LOCKED DOWN



MAXWELL HOUSE GROUND COFFEE  
864 - 900 G  
SELECTED VARIETIES

LOCKED DOWN   
**9.99**  
EACH



SPECIAL K OR KASHI BARS  
125 - 175 G  
SELECTED VARIETIES

LOCKED DOWN   
**2.99**  
EACH



PILLSBURY PREPARED DOUGH  
454 - 496 G  
SELECTED VARIETIES

LOCKED DOWN   
**3.99**  
EACH



**20**  
points

LOCKED DOWN   
**4.99**  
EACH



RED BULL ENERGY DRINK  
355 ML  
SELECTED VARIETIES

LOCKED DOWN   
**2/\$7**



HARVEST SNAPS CRISP PEAS  
94 G  
SELECTED VARIETIES

LOCKED DOWN   
**2.99**  
EACH



LIPTON SOUP ENVELOPE  
4'S  
SELECTED VARIETIES

LOCKED DOWN   
**2.99**  
EACH



UNICO TOMATO PASTE  
156 ML  
SELECTED VARIETIES

LOCKED DOWN   
**99¢**  
EACH



LINDT EXCELLENCE CHOCOLATE BARS  
100 G  
SELECTED VARIETIES

LOCKED DOWN   
**2/750**



PAM COOKING SPRAY  
141 - 170 G  
SELECTED VARIETIES

LOCKED DOWN   
**4.99**  
EACH



GRISSOL MELBA TOAST  
350 - 400 G  
SELECTED VARIETIES

LOCKED DOWN   
**5.49**  
EACH



McSWEENEY'S BEEF JERKY  
70 G  
SELECTED VARIETIES

LOCKED DOWN   
**5.49**  
EACH



BURNBRAE EGGS 2 GO!  
264 G  
SELECTED VARIETIES

LOCKED DOWN   
**3.99**  
EACH



KIND GRANOLA BARS  
5 X 35 G  
SELECTED VARIETIES

LOCKED DOWN   
**4.79**  
EACH



SHOUT STAIN REMOVER  
650 ML  
SELECTED VARIETIES

LOCKED DOWN   
**3.99**  
EACH



SCRUBBING BUBBLES BATHROOM CLEANER  
950 ML  
TOILET BOWL CLEANER  
6'S SELECTED VARIETIES

**25**  
points

LOCKED DOWN   
**4.99**  
EACH



LYSOL DISINFECTING WIPES  
75 - 84'S  
SELECTED VARIETIES

LOCKED DOWN   
**5.99**  
EACH



GLADE PLUGS AIR FRESHENER  
EACH

LOCKED DOWN   
**5.99**  
EACH

# ALWAYS GREAT PRICE



LIFE SMART  
FREE RUN EGGS  
12'S  
SELECTED VARIETIES

ALWAYS GREAT PRICE

# 5.99

EACH



IRRESISTIBLE  
PIZZA  
340 - 390 G FROZEN  
SELECTED VARIETIES

ALWAYS GREAT PRICE

# 3.97

EACH



SELECTION OR  
IRRESISTIBLES  
BREADCRUMBS  
227 - 425 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE

# 2.99

EACH



SELECTION OR  
IRRESISTIBLES  
COFFEE PODS  
72 - 100'S  
SELECTED VARIETIES

ALWAYS GREAT PRICE

# 3.29

EACH



IRRESISTIBLES  
CARBONATED  
SPRING WATER  
6 X 1 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE

# 4.44

EACH



SELECTION  
VEGETABLES  
500 - 750 G  
FROZEN  
SELECTED VARIETIES

ALWAYS GREAT PRICE

# 2.57

EACH



SELECTION OR  
LIFE SMART  
DELUXE  
MIXED NUTS  
1.13 KG  
SELECTED VARIETIES

ALWAYS GREAT PRICE

# 19.99

EACH



SELECTION  
HONEY GARLIC OR  
PLUM SAUCE  
750 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE

# 3.49

EACH



SELECTION PICKLES  
1 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE

# 3.29

EACH



SELECTION SOUP  
284 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE

# 99¢

EACH



SELECTION COOKIES  
270 - 325 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE

# 2.27

EACH

SELECTION JUICES OR  
COCKTAILS  
8 X 200 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE

# 2.77

EACH



LIFE SMART  
ALMOND OR  
SOY BEVERAGE  
1.89 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE

# 3.49

EACH



SELECTION FLAKES OF  
HAM OR  
CHICKEN  
156 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE

# 2.27

EACH



SELECTION MULTI PURPOSE  
CLEANERS  
710 - 950 ML, 1.2 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE

# 2/\$5



SELECTION SANDWICH  
BAGS  
300'S

ALWAYS GREAT PRICE

# 6.99

EACH



SELECTION CLUMPING  
CAT LITTER  
18 KG  
SELECTED VARIETIES

ALWAYS GREAT PRICE

# 9.99

EACH



SELECTION GARBAGE  
BAGS  
100'S  
SELECTED VARIETIES

ALWAYS GREAT PRICE

# 12.99

EACH

# GAME DAY FOR LESS



**GAY LEA SOUR CREAM**  
425 - 500 ML  
SELECTED VARIETIES

**LOCKED DOWN**  
**2.69**  
EACH



**SELECTION SHREDDED CHEESE**  
620 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**  
**9.99**  
EACH



**JOHNSONVILLE SMOKED SAUSAGES**  
375 G  
SELECTED VARIETIES

**THIS WEEK ONLY**  
**5.99**  
EACH



**STONEFIRE NAAN DIPPERS**  
200 - 400 G  
SELECTED VARIETIES

**THIS WEEK ONLY**  
**2.99**  
EACH



**20 points**



**HERSHEY CHOCOLATE CELLO**  
160 - 230 G  
SELECTED VARIETIES

**LOCKED DOWN**  
**4.49**  
EACH



**LA COSTENA BEANS OR JALAPEÑO PEPPERS**  
186 - 546 ML  
SELECTED VARIETIES

**LOCKED DOWN**  
**2.99**  
EACH



**CLUB HOUSE GRavy MIX**  
EACH  
SELECTED VARIETIES

**LOCKED DOWN**  
**99¢**  
EACH



**SELECTION OR LIFE SMART TOMATOES**  
540 - 796 ML  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**  
**1.77**  
EACH



**McILHENNY CO. TABASCO PEPPER SAUCE**  
57 ML  
SELECTED VARIETIES

**LOCKED DOWN**  
**2.99**  
EACH



**CHOLULA HOT SAUCE**  
150 ML  
SELECTED VARIETIES

**LOCKED DOWN**  
**5.99**  
EACH



**LIFE SMART NATURALIA TORTILLA CHIPS**  
350 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**  
**2.99**  
EACH



**SELECTION SNACKS**  
265 - 400 G  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**  
**2.49**  
EACH



**SELECTION PAPER BOWLS OR PLATES**  
24 - 30'S  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**  
**4.99**  
EACH



**50 plastic red glasses**  
verres rouges en plastique

**ALWAYS GREAT PRICE**  
**4.99**  
EACH



**LOCKED DOWN**  
**3.99**  
EACH



**SELECTION NON-ALCOHOLIC BEER**  
12 X 353 ML

**ALWAYS GREAT PRICE**  
**8.49**  
EACH

# Ramadan Kareem

CELEBRATE! SHARE! ENJOY!



POMEGRANATES  
PRODUCT OF TURKEY

**1.88**  
EACH

NEW ZEALAND  
SPRING LAMB

- Fresh
- 100% Grass fed
- Free range
- Raised without antibiotics or added hormones
- Halal Certified



FRESH NEW ZEALAND LAMB LEG  
WHILE QUANTITIES LAST  
14.31/KG

**6.49**  
/LB



CEDAR  
CANNED BEANS  
540 ML  
SELECTED VARIETIES

**1.49**  
EACH



CEDAR OR  
KHAAS HALAL YOGURT, HANS DAHI  
650 - 750 G SELECTED VARIETIES

**2.49**  
EACH



PARLIAMENT  
GOLD, LAL QILLA  
SUPREME SELLA OR  
QILLA PREMIUM  
BASMATI RICE  
4.54 KG  
SELECTED VARIETIES

**12.99**  
EACH



BRAR'S SAMOSAS OR  
MOTHER'S MOMOS  
350 - 624 G FROZEN  
SELECTED VARIETIES

**5.99**  
EACH



SAPORITO  
VEGETABLE,  
CANOLA,  
SUNFLOWER OR  
CORN OIL  
2.84 - 3 L  
SELECTED VARIETIES

**9.99**  
EACH



PARLE-G, LU OR  
EBM COOKIES  
84 - 300 G  
SELECTED VARIETIES

**99¢**  
EACH



CRISPY  
ROTI  
750 G  
SELECTED VARIETIES

**3.99**  
EACH



ALKANATER OR  
CEDAR TAHINI,  
PHOENICIA  
HONEY  
500 - 908 G  
SELECTED VARIETIES

**9.99**  
EACH



PATAK'S OR  
KFI COOKING SAUCES  
213 - 400 ML  
SELECTED VARIETIES

**3.99**  
EACH



SURATI  
SNACKS OR  
RUBICON  
DRINKS  
1 L 200 - 341 G  
SELECTED VARIETIES

**2.49**  
EACH



NOOR DATES, DIVYA TEA, ROOH AFZA  
SYRUP, NESTLE MILO DRINK MIX  
400 - 800 G, 800 ML, 216'S SELECTED VARIETIES

**4.99**  
EACH



DIVYA  
ENTREES,  
NAANS OR  
PARATHAS  
240 - 400 G  
FROZEN  
SELECTED VARIETIES

**1.99**  
EACH



NORDEX  
CREAM OR  
BEST NECTARS  
170 G, 1 L  
SELECTED VARIETIES

**2.99**  
EACH



CEDAR OR GOLD SEAL SARDINES,  
BRUNSWICK FILLETS  
92 - 125 G SELECTED VARIETIES

**1.49**  
EACH



CEDAR  
MARINADES,  
CUCUMBERS OR  
GRAPE LEAVES  
1 L  
SELECTED VARIETIES

**4.99**  
EACH



INDOMIE  
INSTANT  
NOODLES  
5 X 80 G - 5 X 85 G  
SELECTED VARIETIES

**3.49**  
EACH

**ALL AISLES LEAD HOME**

# KITCHENS OF THE WORLD



**GREEN CABBAGE**  
PRODUCT OF ONTARIO  
1.94/KG

**ALL AISLES LEAD HOME**  
KITCHENS OF THE WORLD  
**88¢**  
/LB



**WHITE, YELLOW, RED OR RUSSET POTATOES OR BEETS**  
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE 5 LB BAG

**ALL AISLES LEAD HOME**  
KITCHENS OF THE WORLD  
**388**  
EACH



**S&F HAZELNUT SPREAD, ST. DALFOUR JAM OR JACOBS KRÖNUNG COFFEE**  
250 - 750 G, 225 ML  
SELECTED VARIETIES

**ALL AISLES LEAD HOME**  
KITCHENS OF THE WORLD  
**499**  
EACH



**FRITSCH EGG NOODLES, RÜGEN FISCH HERRING, KUEHNE OR MARQUIS DE DIJON MUSTARD**  
200 - 454 G, 250 - 375 ML  
SELECTED VARIETIES

**ALL AISLES LEAD HOME**  
KITCHENS OF THE WORLD  
**299**  
EACH



**KRAKUS COOKIES, KRAS WAFERS, S&F PETIT BEURRE**  
135 - 400 G  
SELECTED VARIETIES

**ALL AISLES LEAD HOME**  
KITCHENS OF THE WORLD  
**167**  
EACH



**BÖREK BITES OR VEGETA SEASONING**  
454 - 500 G  
FROZEN  
SELECTED VARIETIES

**ALL AISLES LEAD HOME**  
KITCHENS OF THE WORLD  
**499**  
EACH



**JJ WILK PIEROGIES**  
907 G  
**NOWKA OR GLORIA SAUERKRAUT**  
796 ML  
FROZEN  
SELECTED VARIETIES

**ALL AISLES LEAD HOME**  
KITCHENS OF THE WORLD  
**299**  
EACH



**ADRIATIC QUEEN SARDINES OR SEA PODRAVKA SPREADS**  
90 - 105 G  
**DRUGA SEA SALT**  
1 KG  
SELECTED VARIETIES

**SIELSKI'S GHERKINS, KUHN RED CABBAGE OR POLKA BEETS**  
720 - 750 ML, 1 L  
SELECTED VARIETIES

**ALL AISLES LEAD HOME**  
KITCHENS OF THE WORLD  
**349**  
EACH



**RIGA SPRATS OR S&F PORTUGUESE SARDINES**  
120 - 160 G  
SELECTED VARIETIES

**ALL AISLES LEAD HOME**  
KITCHENS OF THE WORLD  
**199**  
EACH



**GLORIA BABY DILL PICKLES**  
1 L  
**S&F ROASTED PEPPERS**  
500 ML  
SELECTED VARIETIES

**ALL AISLES LEAD HOME**  
KITCHENS OF THE WORLD  
**399**  
EACH



**PODRAVKA BOUILLON CUBES OR SOUP**  
58 - 80 G  
SELECTED VARIETIES

**ALL AISLES LEAD HOME**  
KITCHENS OF THE WORLD  
**125**  
EACH



**HAPPY SWING WAFERS, PALLY OR PRENS COOKIES, PETIT BEURRE BISCUITS**  
150 - 400 G  
SELECTED VARIETIES

**ALL AISLES LEAD HOME**  
KITCHENS OF THE WORLD  
**149**  
EACH



**JORDANKA WATER**  
1.5 L  
**S&F OR GLORIA CREAM CRACKERS**  
200 G  
SELECTED VARIETIES

**ALL AISLES LEAD HOME**  
KITCHENS OF THE WORLD  
**149**  
EACH



**NUTRAFRUIT CANDY OR S&F SYRUP CHERRIES**  
350 G, 796 ML  
SELECTED VARIETIES

**ALL AISLES LEAD HOME**  
KITCHENS OF THE WORLD  
**449**  
EACH



**MR. GARDEN PEACH HALVES**  
1.7 L  
**CARL JUNG DRINKS**  
750 ML  
SELECTED VARIETIES

**ALL AISLES LEAD HOME**  
KITCHENS OF THE WORLD  
**599**  
EACH



**GLORIA OR THREE CROWN TEAS**  
20'S  
**CREMICA BUTTER SHORT BREAD COOKIES**  
170 G  
SELECTED VARIETIES

**ALL AISLES LEAD HOME**  
KITCHENS OF THE WORLD  
**125**  
EACH



**MARIA BISCUITS**  
800 G  
SELECTED VARIETIES

**ALL AISLES LEAD HOME**  
KITCHENS OF THE WORLD  
**349**  
EACH





# Dairy and Plant-Based Delights for Every Taste!



LACTANTIA LACTOSE FREE OR ULTRA PUR MILK  
1.5 - 2 L  
SELECTED VARIETIES



LOCKED DOWN

**5.49**  
EACH



BLACK DIAMOND CHEESTRINGS OR CHEESE STICKS  
252 - 336 G  
SELECTED VARIETIES



LOCKED DOWN

**5.99**  
EACH



BLACK DIAMOND NATURAL CHEESE SLICES  
220 - 240 G  
SELECTED VARIETIES



LOCKED DOWN

**4.99**  
EACH



SIGGI'S SKYR YOGURT  
750 G  
SELECTED VARIETIES

LOCKED DOWN

**5.49**  
EACH



IÖGO YOGURT  
16 X 100 G  
SELECTED VARIETIES

LOCKED DOWN

**6.49**  
EACH



OLYMPIC ORGANIC YOGURT  
650 G  
SELECTED VARIETIES

LOCKED DOWN

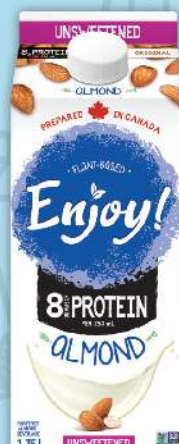
**4.99**  
EACH



LACTANTIA CHOCOLATE MILK  
6 X 237 ML  
SELECTED VARIETIES

LOCKED DOWN

**5.49**  
EACH



ENJOY! ALMOND OR OAT BEVERAGE  
1.75 L  
SELECTED VARIETIES

LOCKED DOWN

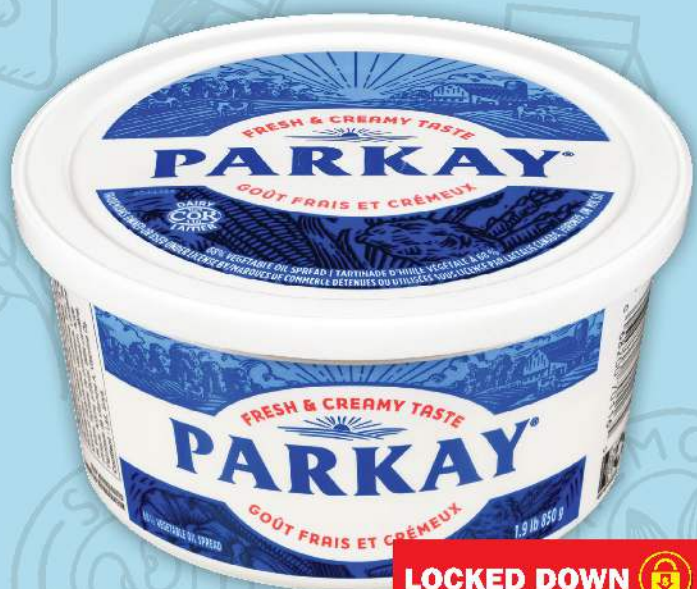
**3.99**  
EACH



BEATRICE B-FIT PROTEIN MILKSHAKE  
460 ML  
SELECTED VARIETIES

LOCKED DOWN

**2.99**  
EACH



PARKAY MARGARINE  
850 G  
SELECTED VARIETIES

LOCKED DOWN

**3.99**  
EACH



LACTANTIA CREAM CHEESE PRODUCT  
227 G  
SELECTED VARIETIES

**10** points

LOCKED DOWN

**2.99**  
EACH





make happy tummies

Join Us. 100% of donations help feed hungry tummies at schools in our neighbourhoods.

Donate in-store

makehappytummies.ca

TM 2025 Make Happy Tummies

Thank you to our Make Happy Tummies partners. Look for their products in-store.



DANONE DANINO DRINKABLE YOGURT 6 X 93 ML SELECTED VARIETIES



VH SAUCE 341/380 ML SELECTED VARIETIES



SPONGE TOWELS ULTRA 6'S SELECTED VARIETIES



VITA COCO COCONUT WATER 1 L SELECTED VARIETIES



BURNBRAE EGGS 2 GO! 264 G SELECTED VARIETIES



QUAKER HARVEST CRUNCH 400/475 G SELECTED VARIETIES



SIMPLY ORANGE JUICE 1.54 L SELECTED VARIETIES



BUDDIG SLICED DELI MEAT 55 G SELECTED VARIETIES



BEN'S ORIGINAL BISTRO EXPRESS 240 - 250 G SELECTED VARIETIES



LINDT DA EXCELLENCE CHOCOLATE BARS 100 G SELECTED VARIETIES



BLACK DIAMOND CHEESTRINGS 336 G SELECTED VARIETIES



CHOLULA HOT SAUCE 150 ML SELECTED VARIETIES



DARE BEAR PAWS COOKIES 240 G SELECTED VARIETIES



NESTLÉ NESQUIK SYRUP 510 - 700 ML 540 G SELECTED VARIETIES



MADE GOOD GRANOLA BARS 5 X 24 G SELECTED VARIETIES



CHRISTIE CAKESTERS COOKIES 285 G SELECTED VARIETIES



BEATRICE MILK 2 L SELECTED VARIETIES



GREEN GIANT VEGETABLES 500 - 750 G SELECTED VARIETIES



NATURE'S PATH HERITAGE FLAKES 907 G SELECTED VARIETIES



KELLOGG'S MINI-WHEATS CEREAL 450 - 460 G SELECTED VARIETIES



PINTY'S SOUTHERN STYLE BONELESS CHICKEN THIGHS 780 G FROZEN SELECTED VARIETIES



FARMS GOLDFISH CRACKERS 168 - 200 G SELECTED VARIETIES



iÖGO NANO DRINKABLE YOGURT 6 X 93 ML SELECTED VARIETIES



MAPLE LEAF NATURAL SELECTIONS SLICED DELIMIT 150 - 175 G SELECTED VARIETIES



CLOVER LEAF LIGHT TUNA 170 G SELECTED VARIETIES



BECEL SPREAD 454 G SELECTED VARIETIES



RUDOLPH'S BREAD 500 G SELECTED VARIETIES



KELLOGG'S NUTRI GRAIN BARS 295 G SELECTED VARIETIES



BUBLY SPARKLING WATER 12 X 355 ML SELECTED VARIETIES



KRAFT PEANUT BUTTER 750 G - 1 KG SELECTED VARIETIES



MCCAIN POTATOES 454 - 650 G FROZEN SELECTED VARIETIES



BOB'S RED MILL ROLLED OATS 907 G SELECTED VARIETIES



MAPLE LODGE CHICKEN WIENERS 450 G SELECTED VARIETIES



OASIS APPLE JUICE 960 ML SELECTED VARIETIES



KELLOGG'S RICE KRISPIES 340 G SELECTED VARIETIES

Products may be sold in a format other than as shown and/or may not be available at all stores.

# Donation Match Days

## February 1 and February 8

We'll match up to \$15,000 each day!

Metro Ontario Inc. will donate up to a maximum of \$15,000 on each of the Match Funds days, February 1 and February 8, to a cumulative of \$30,000. Participating Food Basics stores in Ontario only. For more information on the Make Happy Tummies campaign, please visit: [makehappytummies.ca](http://makehappytummies.ca)

# food Basics\$

# SAVINGS FOR THE WIN AGAIN!



Food Basics ranked first for Price & Promotions performance among grocery retailers in Ontario in the 2024 dunnhumby Retailer Preference Index, a study of customer perceptions and retailer preference conducted among 2,100 respondents in Ontario (6,000 total across Canada) conducted between September 12 and October 20, 2024.

WOW 2024 In-Store Customer Experience Study conducted by Leger among 12,000 Ontarians from October 12 to November 22, 2023.