

food Basics

CANADIAN AND PROUD

ALWAYS MORE FOR LESS

WOWZA!

NEW ZEALAND
SHORT CUT LAMB LEG
FROZEN
10.98/KG

WOWZA!
4.98
/LB



FRESH
BONE-IN PORK
COMBINATION
CHOPS
INCLUDING CENTRE CUT CHOPS
4.37/KG

WOWZA!
1.98
/LB

MAPLE LODGE
ULTIMATE OR
ZABIHA HALAL
CHICKEN
FRANKFURTERS
900 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

WOWZA!
3.98
EACH



CHRISTIE COOKIES OR CRACKERS 180 - 303 G
CRISPERS OR BITS & BITES 145 G
CADBURY DAIRY MILK CHOCOLATE BARS 80 - 100 G
SELECTED VARIETIES



WOWZA!
1.98
EACH



WOWZA!
4.44
EACH

PILLER'S KOLBASSA, MASTRO OR
SAN DANIELE SLICED DELI MEAT OR
IRRÉSISTIBLES GOAT CHEESE
100 - 375 G SELECTED VARIETIES



COCA-COLA OR
PEPSI SOFT
DRINKS
6 X 710 ML
SELECTED VARIETIES

WOWZA!
3.25
EACH



NESTLÉ
PARLOUR
1.5L
NOVELTIES
6-12'S
SELECTED VARIETIES

WOWZA!
2.88
EACH



LACTANTIA
BUTTER
454 G
SELECTED VARIETIES

WOWZA!
4.88
EACH



CLOVER LEAF
SOCKEYE SALMON
213 G
SELECTED VARIETIES

WOWZA!
3.98
EACH



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

WOWZA!
9.98
EACH

CHOOSE CANADIAN

LOOK FOR THE MAPLE LEAF AT SHELF

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, MAY 29TH TO WEDNESDAY, JUNE 4TH, 2025

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



food Basics

CANADIAN AND PROUD

WOW



CAULIFLOWER
PRODUCT OF U.S.A., NO. 1 GRADE
RASPBERRIES
PRODUCT OF U.S.A. OR MEXICO
NO. 1 GRADE



WOWZA!
1.88
EACH



WOWZA!
1.88
/LB

PEACHES
PRODUCT OF U.S.A., NO. 1 GRADE
4.14/KG



WOWZA!
2.98
EACH

SWEET ASSORTED PEPPERS
PRODUCT OF ONTARIO OR MEXICO
PKG OF 4
MINI PEPPERS
PRODUCT OF MEXICO
454 G
CORN
PRODUCT OF FLORIDA, U.S.A. NO 1 GRADE
PKG OF 4



BIMBO
1.98
EACH

DEMPSTER'S
BREAD
675 G
BUNS
8'S
SELECTED VARIETIES

CHOOSE CANADA

GET READY TO SAVE! GREAT PRICES START ON

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

SAVINGS FOR THE WIN AGAIN!



SELECTION
ITALIAN
BREAD
675 G
SELECTED VARIETIES

ALWAYS GREAT PRICE

2.99
EACH



SELECTION
CANNED VEGETABLES
341 - 398 ML
SELECTED VARIETIES



ALWAYS GREAT PRICE

1.27
EACH



ALWAYS GREAT PRICE

4.44
EACH



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



ALWAYS GREAT PRICE

8.99
EACH

SELECTION
SMOKED
SAUSAGES
900 G
SELECTED VARIETIES

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.

WOW 2025 In-store customer experience study conducted by Leger among 11,000 Ontarians from October 17 to November 15, 2024.

WOWZA!



OLD • FORT
Cheddar Cheese
Fromage cheddar

400 g | 38% MOISTURE 34% FAT



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

\$
4.98
EACH



\$

SELECTION BACON
375 G
SELECTED VARIETIES

\$
4.49
EACH



BECEL MARGARINE 850 G
BABYBEL CHEESE 240 G
THE LAUGHING COW 400 G
SELECTED VARIETIES

\$
6.99
EACH



BLACK DIAMOND NATURAL CHEESE SLICES 220 - 240 G
ENJOY ALMOND BEVERAGE 1.75 L
SELECTED VARIETIES



\$
3.99
EACH



BEATRICE CHOCOLATE MILK 1 L
LACTANTIA MILK SHAKE 460 ML
SELECTED VARIETIES

\$
1.99
EACH



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

\$
4.49
EACH



iöGO YOGURT 16 X 100 G
SELECTED VARIETIES

30
points
\$
5.99
EACH



TIMOTHY'S COFFEE CAPSULES 30'S
SELECTED VARIETIES

125
points
when you buy
any 2
\$
12.99
EACH



LAY'S POTATO CHIPS OR SMARTFOOD POPCORN 150 - 235 G
SELECTED VARIETIES

\$
2.99
EACH



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

\$
9.99
EACH



DAWN OR PALMOLIVE DISH DETERGENT 431 - 828 ML
SELECTED VARIETIES

\$
2/\$5



PUREX, PERSIL OR SUNLIGHT LAUNDRY DETERGENT 48 - 110 LOADS
1.86 - 4.43 L
SELECTED VARIETIES

\$
11.99
EACH

*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 Nossio 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

0100160D16

food
Basics\$



CANADIAN AND PROUD

**BECAUSE WE'RE
NOT SORRY
FOR CHOOSING
CANADIAN**



CHOOSE CANADIAN



**TOMATOES
ON THE VINE**
PRODUCT OF CANADA
CANADA NO. 1 GRADE
4.37/KG

1⁹⁸
/LB



ONTARIO ASPARAGUS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
6.57/KG

2⁹⁸
/LB



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

1⁹⁸
EACH



**WHOLE
WHITE OR CREMINI
MUSHROOMS**
PRODUCT OF ONTARIO
454 G

3⁹⁸
EACH



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

3⁹⁸
EACH



6" MINI ROSES
ASSORTED COLOURS
WHILE QUANTITIES LAST

9⁹⁸
EACH



**30
points**

5⁹⁹
EACH

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



**FRESH FROM THE FARM OR
ZABIHA HALAL BONELESS
SKINLESS CHICKEN BREAST**
AIR CHILLED
17.61/KG

7⁹⁹
/LB



FLETCHER'S CURED PORK COTTAGE ROLL
7.69/KG

**20
points**

3⁴⁹
/LB



SWISS CHALET BBQ PORK BACK RIBS
600 G SELECTED VARIETIES

**55
points**

11⁹⁹
EACH



**IRRESISTIBLES
HUMMUS**
200 - 227 G
SELECTED VARIETIES

3⁴⁹
EACH



SILANI FETA
200 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

5⁹⁹
EACH



**DEMPSTER'S
BREAD 675 G
BUNS 8'S
SELECTED VARIETIES**

1⁹⁸
EACH



**DIMPFLMEIER BREAD 454 - 500 G
DEMPSTER'S
ENGLISH MUFFINS 6'S
SELECTED VARIETIES**

2⁸⁸
EACH

*We are currently working on updating the origin of all our products. This information comes from certification agencies, product suppliers, and other Metro partners. We cannot be held liable for any information that may prove to be inaccurate.

CHOOSE CANADIAN



LACTANTIA BUTTER
454 G
SELECTED VARIETIES

4⁸⁸
EACH



CHRISTIE COOKIES OR CRACKERS
180 - 303 G
CRISPERS OR BITS & BITES
145 G
CADBURY DAIRY MILK CHOCOLATE BARS
80 - 100 G SELECTED VARIETIES

1⁹⁸
EACH



OLD • FORT
Cheddar Cheese
Fromage cheddar



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

4⁹⁸
EACH



NESTLÉ PARLOUR
1.5 L
NOVELTIES
6 - 12'S
SELECTED VARIETIES

2⁸⁸
EACH



BECEL MARGARINE 850 G
BABYBEL CHEESE 240 G
THE LAUGHING COW 400 G
SELECTED VARIETIES

6⁹⁹
EACH



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

4⁴⁹
EACH



BLACK DIAMOND NATURAL CHEESE SLICES
220 - 240 G
ENJOY ALMOND BEVERAGE
1.75 L
SELECTED VARIETIES



3⁹⁹
EACH



TIMOTHY'S COFFEE CAPSULES
30'S
SELECTED VARIETIES

12⁹⁹
EACH

125
points
when you buy
any 2



KRAFT BBQ SAUCE
455 mL
SELECTED VARIETIES

2⁴⁹
EACH



BUBLY SPARKLING WATER
12 x 355 mL
MONTELLIER CARBONATED WATER
10 x 355 mL
SELECTED VARIETIES

6²⁹
EACH



ALLEN'S JUICE OR COCKTAILS
8 x 200 mL
SELECTED VARIETIES

2⁹⁹
EACH



SELECTION SPARKLING WATER
1 L
SELECTED VARIETIES

99¢
EACH



SELECTION OR LIFE SMART SOUR CREAM
500 mL
SELECTED VARIETIES

2⁴⁹
EACH



COCA-COLA OR PEPSI SOFT DRINKS
6 x 710 mL SELECTED VARIETIES



3²⁵
EACH



SELECTION PEROGIES
307 G - 1 KG
SELECTED VARIETIES

2²⁷
EACH



SELECTION FRUIT
1.5 - 2 KG FROZEN
SELECTED VARIETIES

13⁹⁹
EACH



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

9⁹⁸
EACH

*We are currently working on updating the origin of all our products. This information comes from certification agencies, product suppliers, and other Metro partners. We cannot be held liable for any information that may prove to be inaccurate.

NEW!
SAME-DAY
DELIVERY



\$60 OFF
\$15 OFF YOUR FIRST 4 ORDERS*
PROMO CODES:
HOME1 - HOME2 - HOME3 - HOME4

SHOPFOODBASICS.CA

earn and
save online
with
moi

*Conditions apply. Valid on orders of \$75 or more.

Reckitt Benckiser

LYSOL
DISINFECTANT
WIPES
75 - 84'S
ALL IN ONE
DISINFECTANT
SPRAY
350.6
SELECTED VARIETIES

LYSOL
CLEANERS
650 ML - 1.2 L
SELECTED VARIETIES

LYSOL
LAUNDRY
DISINFECTANT
2.7 L
SELECTED VARIETIES

FINISH
JET DRY
621 ML
SELECTED VARIETIES

FINISH
POWERBALL
DISHWASHER
TABS
30 - 55'S
SELECTED VARIETIES

FINISH
QUANTUM
ULTIMATE
500 g

FINISH
QUANTUM
ULTRAMAX
345 g

LYSOL
All in One
Disinfectant
Spray
350.6
SELECTED VARIETIES

LYSOL
All Purpose
Cleaner
Nourriture tout usage
LAVAGE
CUISSON
SELECTED VARIETIES

LYSOL
10X
CLEAN
POWER
SELECTED VARIETIES

Kraft Heinz

MIRACLE WHIP
SALAD DRESSING
890 ML
SELECTED VARIETIES

30
points

DIANA OR BULL'S EYE
BBQ SAUCE
425 - 500 ML
SELECTED VARIETIES

HEINZ
KETCHUP
750 ML - 1 L
KRAFT DINNER
5'S
PURE SALAD
DRESSING
355 ML
SELECTED VARIETIES

KRAFT
SALAD DRESSING
425 ML
SELECTED VARIETIES

KRAFT
Rancher's
Choice
Campagna
425 ML
SELECTED VARIETIES

KRAFT
CREAMY
Caesar
425 ML
SELECTED VARIETIES

MIO
LIQUID WATER FLAVORED
LEMONADE
48 ML
SELECTED VARIETIES

KOOL-AID
LIQUID LIQUIDS
48 ML
SELECTED VARIETIES

Nestlé

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

STARBUCKS
TORRÉFACTION
ESPRESSO
ROAST
10 ALUMINUM CAPSULES
CAPSULES EN ALUMINIUM
POUR MACHINES À CAFÉ À PRESSION
NOTES DE MÊLANGE ET SUCRE CARAMELISE

STARBUCKS
COFFEE CAPSULES
TIPS
SELECTED VARIETIES

Real Dairy
PREMIUM
ICE CREAM
1.5 L
NOVELTIES
4 - 10'S
SELECTED VARIETIES

STARBUCKS
COFFEE ENHANCER
820 ML
SELECTED VARIETIES

STARBUCKS
ALMOND & OAT
NON-DAIRY
COFFEE ENHANCER
820 ML
SELECTED VARIETIES

KitKat
Nestlé
45 g
WITH 10 TABLETS
NATURAL FLAVOURS
SAVOURS NATURELLES

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

NESTLÉ
CHOCOLATE BARS
42 - 50 g
SELECTED VARIETIES

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



JANES ULTIMATE FULLY COOKED BREADED FILLETS, BITES OR RESTAURANT STYLE TENDERS
700 - 850 G
FROZEN
SELECTED VARIETIES



JANES PUB STYLE FULLY COOKED CHICKEN WINGS
650 G FROZEN
SELECTED VARIETIES

\$
8.99
EACH

\$
11.99
EACH

\$
8.99
EACH

JANES PUB STYLE FULLY COOKED BREADED CHICKEN OR TURKEY
600 - 700G
FROZEN
SELECTED VARIETIES



\$
5.99
EACH

MASTRO CHUBS OR SLICED TRIO
150 - 300 G
SELECTED VARIETIES



\$
8.99
EACH

MASTRO BABY GENOA, SLICED GENOA OR SLICED TRIO, SAN DANIELE MORTADELLA
200 - 250 G
SELECTED VARIETIES
WHILE QUANTITIES LAST



\$
1.25
EACH

SPARKLING ICE DRINKS
503 mL
SELECTED VARIETIES
WHILE QUANTITIES LAST



\$
2.99
EACH

ALLEN'S JUICE OR COCKTAILS
8 x 200 mL
SELECTED VARIETIES



\$
2.99
EACH

ALLEN'S APPLE JUICE
1.89 L
SELECTED VARIETIES



10 points
\$
1.99
EACH

FRUITÉ DRINKS
2 L
SELECTED VARIETIES



\$
2.99
EACH

FRUITÉ ICED TEA OR DRINKS
1.54 L
SELECTED VARIETIES



\$
5.98
EACH

Oikos GREEK YOGURT
650 - 750 G
SELECTED VARIETIES



\$
5.98
EACH

ACTIVIA YOGURT
12 x 100 G
SELECTED VARIETIES



\$
5.49
EACH

ACTIVIA DRINKABLE YOGURT
8 x 93 mL
SELECTED VARIETIES



\$
3.49
EACH

SILK DRINKS
1.74 - 1.89 L
SELECTED VARIETIES



\$
4.99
EACH

INTERNATIONAL DELIGHT ICED COFFEE
1.89 L
SELECTED VARIETIES

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.



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.



180 - 303 g

80 - 100 g

145 g



675 g



6 = 12's



454 g



24 = 48's

12's

6 x 710 ml



*NO PURCHASE NECESSARY. Contest runs May 8, 2025 to June 4, 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.

the app-solute best way to save

only with
moi
rewards

DIGITAL DEAL

14⁹⁹
EACH

WITH COUPON

**POWERADE
SPORT
DRINKS***

24 X 591 ML
SELECTED VARIETIES



**save
\$4.00**



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.



20
points

PILLER'S LIVERWURST
250 G
SELECTED VARIETIES

THIS WEEK ONLY
399
EACH



55
points



THIS WEEK ONLY
1199
EACH

SWISS CHALET BBQ PORK BACK RIBS
600 G SELECTED VARIETIES



10
points

THIS WEEK ONLY
149
EACH

BAGELS
4'S
SELECTED VARIETIES



PARKAY MARGARINE
850 G
SELECTED VARIETIES

20
points

LOCKED DOWN
399
EACH



35
points

LOCKED DOWN
699
EACH

BURNBRAE FARMS EGG BAKES!
336 • 340 G SELECTED VARIETIES



DARE CANDY
500 - 700 G
SELECTED VARIETIES

20
points

LOCKED DOWN
399
EACH



15
points

LOCKED DOWN
249
EACH

VOORTMAN WAFER COOKIES
300 G SELECTED VARIETIES



DOLE
FRUIT CUPS
4'S
SELECTED VARIETIES

15
points

LOCKED DOWN
299
EACH



35
points

LOCKED DOWN
699
EACH

NESSCAFÉ GOLD INSTANT COFFEE 95 • 100 G
SACHETS 16 • 18'S
SELECTED VARIETIES



30
points

LOCKED DOWN
549
EACH

PAM
COOKING SPRAY
141 • 170 G
SELECTED VARIETIES



ALLEN'S VINEGAR
2.5 • 4 L
SELECTED VARIETIES

20
points

LOCKED DOWN
349
EACH



50
points

LOCKED DOWN
949
EACH

SAN PELLEGRINO OR
MAISON PERRIER CARBONATED WATER
6 X 1 L SELECTED VARIETIES



35
points

LOCKED DOWN
649
EACH

COCA-COLA OR
CANADA DRY GINGER ALE
8 X 300 ML
SELECTED VARIETIES



**ALWAYS
FRESH**



**ALWAYS
GREAT
PRICES**



**ALWAYS
IN STOCK**

ALWAYS Save Every Day



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

ALWAYS GREAT PRICE

2⁹⁹
EACH



**SELECTION OR
LIFE SMART VEGETABLE
COCKTAILS**
1.89 L SELECTED VARIETIES



ALWAYS GREAT PRICE

2⁹⁹
EACH



**IRRESISTIBLE
VEGGIE BURGERS**
512 G FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE

8⁹⁹
EACH



IRRESISTIBLE PIZZA
1.08 - 1.13 KG FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE

9⁹⁷
EACH

PRODUCE



ONTARIO
ASPARAGUS
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
6.57/KG

THIS WEEK ONLY
2⁹⁸
/LB



TOMATOES ON THE VINE
PRODUCT OF CANADA, CANADA NO. 1 GRADE
4.37/KG

THIS WEEK ONLY
1⁹⁸
/LB



KIWI FRUIT
PRODUCT OF GREECE, 600 G
BLACKBERRIES
PRODUCT OF MEXICO NO. 1 GRADE
150 - 170 G
STRAWBERRIES
PRODUCT OF U.S.A., NO. 1 GRADE

THIS WEEK ONLY
3⁹⁸
EACH



WHOLE
WHITE OR CREMINI
MUSHROOMS
PRODUCT OF ONTARIO
454 G

THIS WEEK ONLY
3⁹⁸
EACH



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

THIS WEEK ONLY
1⁹⁸
EACH



MEAT



FRESH WHOLE CHICKEN WINGS INCLUDING ZABIHA HALAL 8.80/KG

THIS WEEK ONLY ^{\$}
3.99
/LB



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

THIS WEEK ONLY ^{\$}
4.99
EACH



30
points



FRESH FROM THE FARM OR ZABIHA HALAL BONELESS SKINLESS CHICKEN BREAST AIR CHILLED 17.61/KG

THIS WEEK ONLY ^{\$}
7.99
/LB

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



FRESH RAINBOW TROUT FILLET FAMILY PACK 24.23/KG

THIS WEEK ONLY ^{\$}
10.99
/LB



FRESH BONELESS INSIDE BLADE FAMILY PACK STEAKS OR ROAST CUT FROM CANADA AA OR USDA SELECT OR HIGHER 24.23/KG

THIS WEEK ONLY ^{\$}
10.99
/LB



20
points



LOCKED DOWN ^{\$}
6.99
EACH



THIS WEEK ONLY ^{\$}
8.99
EACH



THIS WEEK ONLY ^{\$}
11.99
EACH



THIS WEEK ONLY ^{\$}
4.99
EACH



THIS WEEK ONLY ^{\$}
5.99
EACH



THIS WEEK ONLY ^{\$}
5.99
EACH



THIS WEEK ONLY ^{\$}
14.99
EACH



THIS WEEK ONLY ^{\$}
3.49
EACH



THIS WEEK ONLY ^{\$}
3.49
EACH



THIS WEEK ONLY ^{\$}
3.99
EACH



THIS WEEK ONLY ^{\$}
5.99
EACH

BAKERY



THIS WEEK ONLY ^{\$}
1.29
EACH



THIS WEEK ONLY ^{\$}
2.88
EACH



THIS WEEK ONLY ^{\$}
3.99
EACH



THIS WEEK ONLY ^{\$}
4.99
EACH

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.

LOCKED DOWN



LACTANTIA CREAM
473 ML - 1 L
SELECTED VARIETIES

LOCKED DOWN

379
EACH



KELLOGG'S FAMILY SIZE CEREAL
480 - 650 G
SELECTED VARIETIES



LOCKED DOWN

599
EACH



NATREL
LACTOSE FREE MILK
2 L
SELECTED VARIETIES

LOCKED DOWN

599
EACH



HEREFORD CORNED BEEF,
SPAM OR KLIK LUNCHEON MEAT
340 G SELECTED VARIETIES



LOCKED DOWN

399
EACH



PILLSBURY
PREPARED DOUGH
200 - 227 G
SELECTED VARIETIES

LOCKED DOWN

199
EACH



TETLEY
HERBAL TEA
20 - 72'S
SELECTED VARIETIES

LOCKED DOWN

399
EACH



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



LOCKED DOWN

629
EACH



MAISON PERRIER
SPARKLING WATER BEVERAGE
8 X 330 ML
SELECTED VARIETIES



LOCKED DOWN

699
EACH



LOCKED DOWN

299
EACH



STAGG CHILI
425 G
SELECTED VARIETIES

LOCKED DOWN

329
EACH



BEN'S ORIGINAL
STREET FOOD
RICE
255 G
SELECTED VARIETIES

LOCKED DOWN

349
EACH



BILLY BEE
HONEY
1 KG
SELECTED VARIETIES

LOCKED DOWN

999
EACH



GUINNESS
NON-ALCOHOLIC
DRAUGHT
4 X 480 ML
SELECTED VARIETIES

LOCKED DOWN

999
EACH



McCAFÉ COFFEE
CAPSULES
30'S
SELECTED VARIETIES

LOCKED DOWN

2499
EACH



WHISKAS
PERFECT
PORTIONS
CAT FOOD
75 G
SELECTED VARIETIES

LOCKED DOWN

149
EACH



BENEFUL
DOG FOOD
283 G
SELECTED VARIETIES

LOCKED DOWN

279
EACH



NATURE'S
RECIPE
DOG FOOD
1.8 KG
SELECTED VARIETIES

LOCKED DOWN

1599
EACH



BOUNTY
PAPER
TOWEL
6=12'S
SELECTED VARIETIES

LOCKED DOWN

1399
EACH

ALWAYS GREAT PRICE



SELECTION
SPARKLING
WATER
1L
SELECTED VARIETIES

ALWAYS GREAT PRICE 
99¢
EACH



SELECTION FRUIT
1.5 - 2 KG
FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE 
13.99
EACH



SELECTION OR LIFE SMART SOUR CREAM
500 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.49
EACH



SELECTION
HONEY GARLIC OR
PLUM SAUCE
350 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.49
EACH



SELECTION FLOUR
2.5 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE 
3.77
EACH



SELECTION
GRANOLA BARS
156 - 172 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.27
EACH



SELECTION
WATER
ENHANCER
48 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.79
EACH



SELECTION
PEANUTS
700 - 800 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
4.97
EACH



IRRESISTIBLE
SALAD DRESSING
350 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
3.79
EACH



SELECTION
SOUP
4'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.49
EACH



SELECTION
SODA CRACKERS
454 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
3.27
EACH



IRRESISTIBLES
COCONUT OIL
375 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
5.99
EACH



SELECTION
BAKING NUTS
400 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.99
EACH



SELECTION
PEROGIES
907 G - 1 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE 
2.27
EACH



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

ALWAYS GREAT PRICE 
4.99
EACH



SELECTION
GLASSES
50'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 
4.99
EACH



IRRESISTIBLES
DOG TREATS
227 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 
6.99
EACH



SELECTION
CLUMPING
LITTER
18 KG

ALWAYS GREAT PRICE 
9.99
EACH

ALWAYS GREAT PRICE



CRACKER
BARREL
SHREDDED
CHEESE
320 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

6⁹⁹
EACH



NATURE VALLEY
FAMILY PACK
BARS
525 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

6⁹⁹
EACH



BLACK DIAMOND
CHEESTRINGS
588 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

11⁹⁹
EACH



NUTELLA SPREAD
1 KG

ALWAYS GREAT PRICE 

10⁷⁷
EACH



PHILADELPHIA
CREAM CHEESE
PRODUCT
450 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

7⁴⁹
EACH



KELLOGG'S
RICE KRISPIES
SQUARES
30'S, 660 G
JUMBO
POP-TARTS
24'S, 1.15KG
SELECTED VARIETIES

ALWAYS GREAT PRICE 

9⁹⁹
EACH



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

ALWAYS GREAT PRICE 

3⁹⁹
EACH



CAVENDISH FARMS
FRENCH FRIES
1.8 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE 

8⁹⁹
EACH



KRAFT BBQ SAUCE
455 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2⁴⁹
EACH



BETTY CROCKER
DUNKAROOS
168 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3⁹⁹
EACH



BODY ARMOUR
HYDRATION DRINK
473 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

1⁹⁹
EACH



CHEEZ-IT CRACKERS
FAMILY SIZE
352 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3⁹⁹
EACH

ALWAYS STIRRING UP GREAT PRICES



LIBERTÉ GREEK
PLAIN 750g
16g PROTEIN PER 100g

LIBERTÉ GREEK
HIGH PROTEIN
17g PROTEIN PER 100g

LOCKED DOWN

649
EACH

LIBERTÉ GREEK YOGURT
650 - 750 G
SELECTED VARIETIES

Yoplait YOP
DRINKABLE YOGURT
200 ML
SELECTED VARIETIES

LOCKED DOWN

99¢
EACH

ACTIVIA
active probiotics • probiotiques actifs

ACTIVIA
active probiotics • probiotiques actifs

probiotic smoothie
probiotique

probiotic smoothie
probiotique

LOCKED DOWN

1 00
EACH

ACTIVIA SMOOTHIE DRINKABLE YOGURT
190 ML
SELECTED VARIETIES

OLYMPIC
Kids ENFANTS

ORGANIC • BIOLOGIQUE
STRAWBERRY FRAISE

LOCKED DOWN

549
EACH

OLYMPIC ORGANIC DRINKABLE YOGURT
4 X 190 ML
SELECTED VARIETIES

iögo nano
STRAWBERRY FRAISE

LOCKED DOWN

399
EACH

IÖGO NANO DRINKABLE YOGURT
6 X 93 ML
SELECTED VARIETIES

Yoplait YOP
DRINKABLE YOGURT
12 X 200 mL
1% M.F./M.G.

LOCKED DOWN

1099
EACH

YOPLAIT YOP DRINKABLE YOGURT
12 X 200 ML
SELECTED VARIETIES

Irresistibles
SKYR
YOGURT 2% M.F.
19g PROTEIN

Irresistibles
GREEK
YOGURT 0% M.F.
17g PROTEIN

LOCKED DOWN

477
EACH

IRRESISTIBLES GREEK OR SKYR YOGURT
750 G
SELECTED VARIETIES

Irresistibles
SKYR
YOGURT 2% M.F.
9g PROTEIN

Irresistibles
GREEK
YOGURT 2% M.F.
8g PROTEIN

THIS WEEK ONLY

299
EACH

IRRESISTIBLES GREEK OR SKYR YOGURT
4 X 100 G
SELECTED VARIETIES

MORE TOMATOES FOR LESS

THIS WEEK ONLY

1.98
/LB

**ROMA (ITALIAN)
TOMATOES**
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
4.37/KG



**TOMATOES
ON THE VINE**
PRODUCT OF CANADA
NO. 1 GRADE
4.37/KG

THIS WEEK ONLY

1.98
/LB

THIS WEEK ONLY

2.98
EACH

GRAPE TOMATOES
PRODUCT OF ONTARIO OR MEXICO
NO. 1 GRADE
284 G



**COCKTAIL
TOMATOES**
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
453 G

THIS WEEK ONLY

2.98
EACH

THIS WEEK ONLY

5.98
EACH

**GRAPE TOMATOES OR
CHERRY TOMATOES**
PRODUCT OF ONTARIO OR MEXICO
NO. 1 GRADE
680 G



TOMATO MEDLEY
PRODUCT OF CANADA OR
MEXICO, NO. 1 GRADE
681 G

THIS WEEK ONLY

5.98
EACH

THIS WEEK ONLY

3.98
EACH

HEIRLOOM TOMATOES
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
567 G



ITALIAN HERITAGE MONTH



**FORELLE
PEARS**
PRODUCT OF SOUTH AFRICA
EXTRA FANCY GRADE
4.37/KG

ITALIAN
HERITAGE MONTH
1.98
/LB



SAPUTO MOZZARELLA FRESCA
190 G
SELECTED VARIETIES
WHILE QUANTITIES LAST

ITALIAN
HERITAGE MONTH
3.49
EACH



**BERTOLLI
OLIVE OIL**
750 ML, 1 L
SELECTED VARIETIES

ITALIAN
HERITAGE MONTH
12.99
EACH



**BAUDUCCO
WAFERS OR
MILANO LADY
FINGERS**
142 - 150 G
SELECTED VARIETIES



ITALIAN
HERITAGE MONTH
99¢
EACH



**UNICO OR
AURORA PEPPER
RINGS OR MIXED
VEGETABLES,
AURORA TARALLI**
225 - 750 ML,
300 G
SELECTED VARIETIES

ITALIAN
HERITAGE MONTH
3.49
EACH



**AURORA
HONEY**
1 KG

ITALIAN
HERITAGE MONTH
7.99
EACH



**RIO MARE TUNA,
SIMMENTHAL
BEEF,
AURORA
MUFFALETTA**
3 X 80 G,
3 X 90 G, 473 ML
SELECTED VARIETIES

ITALIAN
HERITAGE MONTH
6.99
EACH



PRIMO BEANS
540 ML
SELECTED VARIETIES

ITALIAN
HERITAGE MONTH
1.67
EACH



**KIMBO
ESPRESSO**
250 G
SELECTED VARIETIES

ITALIAN
HERITAGE MONTH
5.99
EACH



**MUTTI
TOMATOES OR
PASSATA**
680 - 796 ML
**MOLISANA
LASAGNE**
500 G
SELECTED VARIETIES

ITALIAN
HERITAGE MONTH
3.99
EACH



**COLUSSI OR
MISURA COOKIES**
400 - 500 G
SELECTED VARIETIES

ITALIAN
HERITAGE MONTH
3.49
EACH



**SAN
BENEDETTO
SPRING WATER**
6 X 1.5 L
SELECTED VARIETIES

ITALIAN
HERITAGE MONTH
12.99
EACH



**VITA SANA
GNOCCHI,
SCOTTI RISOTTO,
RIO MARE
INSALATISSIME**
160 - 500 G
SELECTED VARIETIES

ITALIAN
HERITAGE MONTH
3.99
EACH



**MUTTI
PASTA SAUCE,
GIGI OLIVES OR
TUTTO CALABRIA
SPREAD**
660 ML, 1 L, 240 G
SELECTED VARIETIES

ITALIAN
HERITAGE MONTH
6.99
EACH



**VITA SANA
"00" OR
MOLISANA
PIZZA FLOUR,
MOLISANA
ARBORIO RICE**
1 KG SELECTED VARIETIES

ITALIAN
HERITAGE MONTH
4.49
EACH



**AURORA
BREAD
CRUMBS,
MUTTI PIZZA
SAUCE OR
TOMATO PASTE**
680 G, 156 - 398 ML
SELECTED VARIETIES

ITALIAN
HERITAGE MONTH
3.49
EACH



**UNICO
TOMATO PASTE**
156 ML
SELECTED VARIETIES

ITALIAN
HERITAGE MONTH
99¢
EACH



**MOLISANA
SUN-DRIED
TOMATOES OR
BERTOLLI
BALSAMIC
VINEGAR**
374 - 500 ML
SELECTED VARIETIES

ITALIAN
HERITAGE MONTH
3.99
EACH

Tropicana® REFRESHERS™

MADE WITH
REAL FRUIT JUICE

LOCKED DOWN 

399
EACH

TROPICANA
REFRESHERS
1.36 L
SELECTED VARIETIES



Tropicana® LEMONADE

REAL LEMONS &
CANE SUGAR

LOCKED DOWN 

399
EACH

TROPICANA
LEMONADE
1.36 L
SELECTED VARIETIES



STARBUCKS® COFFEE

THIS WEEK ONLY 

699
EACH

STARBUCKS
ICED COFFEE
1.42 L
SELECTED VARIETIES



PURE LEAF®

THIS WEEK ONLY 

449
EACH

PURE LEAF
ICED TEA
1.75 L
SELECTED VARIETIES



SPRING CLEANING FOR LESS



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

ALWAYS GREAT PRICE ✓
2/\$5



SELECTION
GLASS
CLEANER
950 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓
1.97
EACH



SELECTION
BLEACH
2.4 L
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓
3.99
EACH



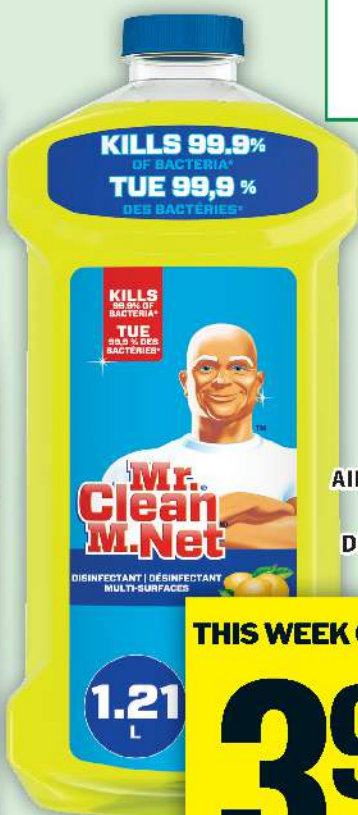
SELECTION
WHITE
VINEGAR
4 L

ALWAYS GREAT PRICE ✓
2.27
EACH



SELECTION VALUE
PAPER TOWEL
2'S
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓
2.79
EACH



FEBREZE
AIR FRESHENER
250 G
MR. CLEAN
DISINFECTANT
1.21 L
SELECTED VARIETIES

THIS WEEK ONLY
3.99
EACH



DOWNY
SCENT
BOOSTER
379 G
SELECTED VARIETIES

LOCKED DOWN
8.99
EACH



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



LOCKED DOWN
4.49
EACH



GLAD
GARBAGE
BAGS
30 - 44'S
SELECTED VARIETIES



THIS WEEK ONLY
11.99
EACH



S.O.S SCOURING PADS
10'S
SELECTED VARIETIES

THIS WEEK ONLY
1.99
EACH



GLAD PLASTIC FILM
90 M
SELECTED VARIETIES

LOCKED DOWN
3.99
EACH



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

LOCKED DOWN
20.99
EACH



CLOROX FOAMING
BATHROOM CLEANER
887 ML
SELECTED VARIETIES

LOCKED DOWN
4.49
EACH

PERSONAL AND BABY CARE FOR LESS



PANTENE PRO-V
HAIR CARE
308 - 355 ML
SELECTED VARIETIES

THIS WEEK ONLY 
4.49
EACH



HUGGIES PULL-UPS
66'S
GOODNITES
44'S
SELECTED VARIETIES

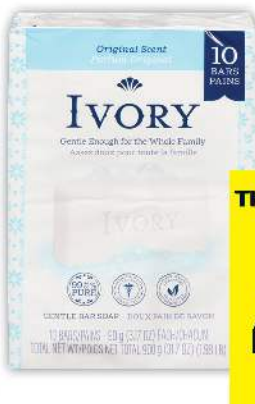


LOCKED DOWN 
29.99
EACH



SCOPE MOUTHWASH
1 L
CREST TOOTHPASTE
63 ML
SELECTED VARIETIES

LOCKED DOWN 
4.99
EACH



IVORY BAR SOAP
10 X 90 G
BODY WASH
621 ML
SELECTED VARIETIES

THIS WEEK ONLY 
4.99
EACH



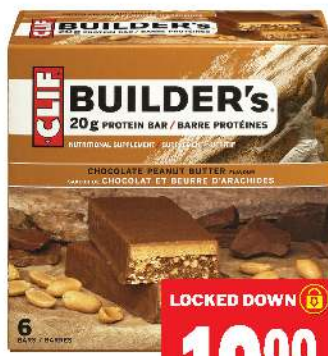
GILLETTE
ANTIPERSPIRANT
100 G
SELECTED VARIETIES

LOCKED DOWN 
5.99
EACH



LARABAR
45 - 48 G
SELECTED VARIETIES

LOCKED DOWN 
4/\$5



CLIF BUILDER'S
PROTEIN BAR
68.68 G
SELECTED VARIETIES

LOCKED DOWN 
10.99
EACH



SIMPLY PROTEIN
SNACK BAR
12 X 40 G
SELECTED VARIETIES

LOCKED DOWN 
20.99
EACH



NESTLÉ
BOOST MEAL
REPLACEMENT
380 G
SELECTED VARIETIES

LOCKED DOWN 
15.99
EACH



JAMIESON
CHEWABLE
VITAMIN C OR D3
120 - 240'S
GENTLE IRON
90'S
SELECTED VARIETIES

LOCKED DOWN 
7.99
EACH



JAMIESON
CALCIUM
MAGNESIUM + D3
200'S
MELATONIN
60'S
SELECTED VARIETIES

LOCKED DOWN 
11.99
EACH



JAMIESON
VITAMIN B12
100'S
MAGNESIUM
90'S
SELECTED VARIETIES

LOCKED DOWN 
12.99
EACH



NEW

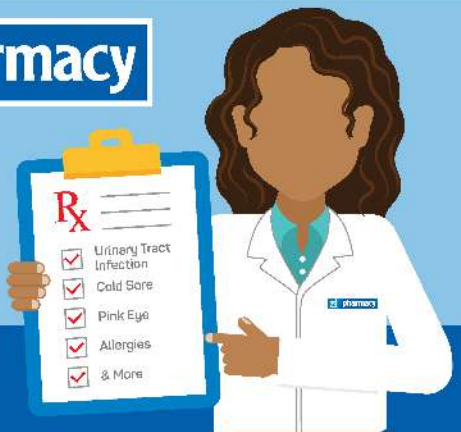
pharmacy

OUR PHARMACISTS CAN ASSESS & TREAT MINOR CONDITIONS*

Speak with our pharmacist for details.

*Treatment options will be determined based on an assessment by our pharmacist and may not include a prescribed medication. Referral to another healthcare provider may be required.

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



TYLENOL
100'S
SELECTED VARIETIES

LOCKED DOWN 
10.99
EACH



HERO
MIGHTY
PATCHES
24'S
SELECTED VARIETIES

LOCKED DOWN 
13.99
EACH



LOCKED DOWN 
16.99
EACH

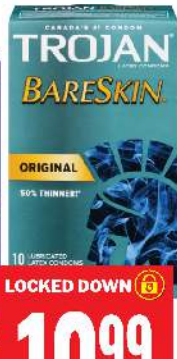


REACTINE
30'S
SELECTED VARIETIES

LOCKED DOWN 
23.99
EACH



TROJAN
CONDOMS
10 - 12'S
SELECTED VARIETIES



LOCKED DOWN 
10.99
EACH

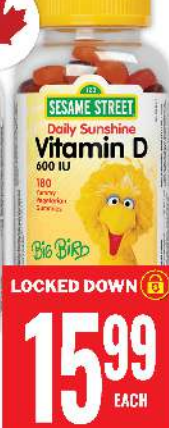


WEBBER
NATURALS
VITAMIN B12
80'S
SELECTED VARIETIES

LOCKED DOWN 
10.99
EACH



SESAME STREET
MULTI
VITAMINS OR
VITAMIN D
180'S
SELECTED VARIETIES



LOCKED DOWN 
15.99
EACH



GENUINE
HEALTH
COLLAGEN
POWDER
140 G
SELECTED VARIETIES

LOCKED DOWN 
22.99
EACH

food Basics\$

CANADIAN AND PROUD



SAVINGS FOR THE WIN AGAIN!



WOW
2024



WOW
2025



dunnhumby
2025

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.

WOW 2025 In-store customer experience study conducted by Leger among 11,000 Ontarians from October 17 to November 15, 2024.