

# food Basics

CANADIAN AND PROUD

## CRAZY SALE

30 YEARS OF SAVINGS

IRRESISTIBLES  
WHOLE ALMOND,  
WALNUT HALVES  
& PIECES OR  
PISTACHIOS  
750 G - 1 KG  
SELECTED VARIETIES

8  
CRAZY  
12<sup>88</sup>  
EACH



JUMBO



8  
CRAZY  
1<sup>88</sup>  
/LB

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

30  
points

8  
CRAZY  
5<sup>88</sup>  
EACH



CASABLANCA HONEY 1KG  
TATA TEA GOLD 450 G  
TATA COFFEE GOLD 100 G SELECTED VARIETIES

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

8  
CRAZY  
2<sup>88</sup>  
EACH



CORN PRODUCT OF FLORIDA, U.S.A., NO. 1 GRADE PKG OF 4  
LEMONS PRODUCT OF U.S.A. OR TURKEY 2LB  
LIMES PRODUCT OF MEXICO, COLOMBIA OR BRAZIL, 1 LB

8  
CRAZY  
2<sup>88</sup>  
EACH

30  
points

8  
CRAZY  
3<sup>48</sup>  
EACH



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



DEMPSTER'S BUNS  
8'S  
SELECTED VARIETIES

8  
CRAZY  
1<sup>98</sup>  
EACH

8  
CRAZY  
4<sup>88</sup>  
EACH



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



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

8  
CRAZY  
2<sup>48</sup>  
EACH

30  
points

8  
CRAZY  
10<sup>88</sup>  
EACH



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



SELECTION BUTTER  
454 G  
SELECTED VARIETIES

8  
CRAZY  
4<sup>88</sup>  
EACH

# HAPPY CANADA DAY

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, JUNE 26<sup>TH</sup> TO WEDNESDAY, JULY 2<sup>ND</sup>, 2025  
MOST STORES CLOSED TUESDAY JULY 1<sup>ST</sup>, 2025. SEE LOCAL STORE OR [FOODBASICS.CA](http://FOODBASICS.CA) FOR DETAILS.

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

## CANADIAN AND PROUD



PRIME OR  
MINA HALAL  
BONELESS  
SKINLESS  
CHICKEN  
BREAST  
FAMILY PACK  
AIR CHILLED  
WHILE QUANTITIES LAST  
10.98/KG

30  
points



4.98  
/LB



\*\$1 BURGER  
1/4 LB

LEAN GROUND  
BEEF & PORK  
BLEND BURGERS  
PACKAGE OF 4\*  
WHILE QUANTITIES LAST

\$4  
EACH



\*\$1 SAUSAGE

100% CANADIAN PORK  
GLUTEN FREE  
100% PORC CANADIEN  
SANS GLUTEN

MILD ITALIAN  
ITALIENNE DOUCE  
UNCOOKED SAUSAGE - SAUCISSES NON-CUITES

Ingredients: Pork, Water, Salt,  
Modified Vinegar, Spices  
Ingrédients: Porc, Eau, Sel,  
Vinaigre Modifié, Épices

\$4  
EACH

FRESH AUTHENTIC PORK SAUSAGES  
HOT, MILD, HONEY GARLIC OR ENGLISH BANGER  
PACKAGE OF 4\*  
WHILE QUANTITIES LAST



LIMIT 6  
AFTER LIMIT \$2.98 EACH

Vrai.  
Simple.  
Natural  
Top  
Dogs  
Original

375g



SCHNEIDERS  
RED HOTS OR  
MAPLE LEAF  
TOP DOGS  
WIENERS  
375 G  
SELECTED VARIETIES  
LIMIT OF 6



2.48  
EACH



# HAPPY CA

GET READY TO SAVE! GREAT PRICES START ON

MOST STORES CLOSED TUESDAY JULY 1<sup>ST</sup>, 2025

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



# CELEBRATE CANADA DAY!



**2.99**  
EACH

**IRRESISTIBLE MAMMOTH BUNS**  
6-8" SELECTED VARIETIES



**SELECTION KETCHUP**  
1L  
SELECTED VARIETIES

**3.27**  
EACH

**SELECTION MAYONNAISE**  
750 - 890 ML  
SELECTED VARIETIES



**4.77**  
EACH



**SELECTION QUARTER POUND BEEF BURGERS**  
VALUE PACK  
2.26 KG  
FROZEN  
SELECTED VARIETIES

**23.99**  
EACH

**CHECK OUT YOUR COUPONS IN THE FOODBASICS APP**

30<sup>TH</sup> Anniversary  
Coupon Party  
**OVER \$30**  
IN SAVINGS  
IN APP

**30**  
YEARS  
OF  
SAVINGS

**SCAN TO DOWNLOAD**









30<sup>TH</sup> ANNIVERSARY  
COUPON PARTY  
**OVER  
\$30**  
IN SAVINGS  
IN APP

**30**  
YEARS  
OF  
SAVINGS

# SAVING IS EASY

- 1  
CLICK TO  
DOWNLOAD
- Download on the  
App Store
- GET IT ON  
Google Play
- 2  
ADD YOUR  
COUPONS
- 3  
SCAN YOUR  
AT CHECKOUT
- 

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

ALMONDS-AMANDES  
MILK CHOCOLATE COVERED  
ENROBÉES DE CHOCOLAT AU LAIT  
250 g

WALNUTS  
MOITIÉS ET MORCEAUX  
NOIX DE GRENOBLE  
250 g

IRRESISTIBLES PISTACHIOS,  
WALNUTS OR ALMONDS  
200 - 250 G  
SELECTED VARIETIES

**SAVE  
\$2**

MAPLE LODGE OR ZABIHA HALAL ULTIMATE  
CHICKEN FRANKFURTERS  
900 G SELECTED VARIÉTÉ

**SAVE  
\$2**

MUFFIN TOPS  
CHAPEAUX DE MUFFINS  
270 g

**SAVE  
\$2**

PARKAY  
MARGARINE  
850 G  
SELECTED VARIETIES

**SAVE  
50¢**

BEN'S  
ORIGINAL  
STREET FOOD / CUISINE DE RUE  
255 g

**SAVE  
50¢**

SMUCKER'S  
UNCRUSTABLES  
4'S FROZEN  
SELECTED VARIETIES  
232 g

**SAVE  
\$1**

iöGO YOGURT  
450 G  
SELECTED VARIETIES

**SAVE  
50¢**

POWERADE  
SPORT DRINKS  
24 X 591 mL  
SELECTED VARIETIES

**SAVE  
\$1**

KEURIG  
100% COLOMBIAN  
SINGLE ORIGIN  
72 - 100'S  
SELECTED VARIETIES

**SAVE  
\$5**

BILLY BEE  
HONEY  
500 G  
SELECTED VARIETIES

**SAVE  
\$1**

CHOLULA  
HOT SAUCE  
150 mL  
SELECTED VARIETIES

**SAVE  
\$1**

MOTT'S CLAMATO  
COCKTAIL  
2.54 L  
SELECTED VARIETIES

**SAVE  
\$1**

ORAL-B  
DENTAL FLOSS  
75'S  
SELECTED VARIETIES

**SAVE  
\$1**

NESTLÉ  
NIDO  
NUTRITIONAL SUPPLEMENT  
850 G  
SELECTED VARIETIES

**SAVE  
\$5**

CADBURY  
FINGERS  
COOKIES  
114 G  
SELECTED VARIETIES

**SAVE  
50¢**

WHISKAS  
TEMPTATIONS  
CAT TREATS  
434 G  
SELECTED VARIETIES

**SAVE  
\$3**



# *food* **Basics\$**



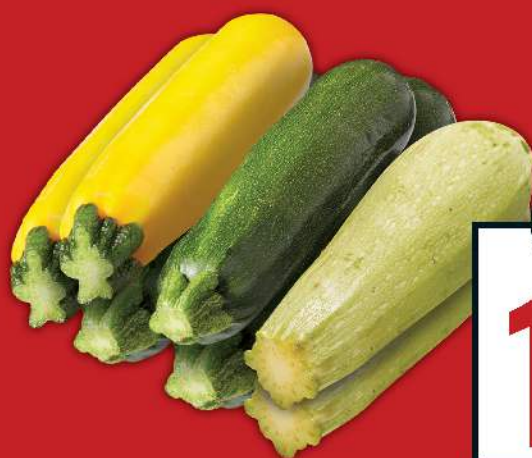
**CANADIAN AND PROUD**

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





# CHOOSE CANADIAN



GREEN,  
YELLOW OR  
GREY ZUCCHINI  
PRODUCT OF ONTARIO  
4.14/KG

**1.88**  
/LB



TOMATOES  
ON THE VINE  
PRODUCT OF ONTARIO  
CANADA NO.1 GRADE  
4.14/KG

**1.88**  
/LB



SWEET  
ASSORTED  
PEPPERS  
PRODUCT OF CANADA  
4 PACK

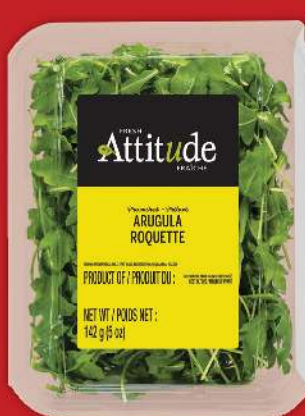
**30**  
points

**3.98**  
EACH



ONTARIO ASPARAGUS  
PRODUCT OF ONTARIO  
8.77/KG

**3.98**  
/LB



FRESH  
ATTITUDE  
SALAD KITS  
142 G

**3.77**  
EACH



6" BEGONIAS  
ASSORTED COLOURS  
WHILE QUANTITIES LAST

**6.98**  
EACH



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

**5.99**  
EACH



MARC ANGELO SOUVLAKI FAMILY PACK  
480 - 640 G SELECTED VARIETIES

**10.99**  
EACH



LEGACY MARINATED  
BONE-IN PORK CHOPS OR  
FLATTENED  
BUTTERFLIED  
TENDERLOIN  
400 - 440 G SELECTED VARIETIES

**7.99**  
EACH



JANES PUB STYLE  
FULLY COOKED  
BREADED CHICKEN  
660 G FROZEN SELECTED VARIETIES

**8.99**  
EACH



SCHNEIDERS FULLY  
COOKED BREADED  
FILLETS OR BITES OR  
CHICKEN WINGS  
600 - 615 G FROZEN  
SELECTED VARIETIES

**10.99**  
EACH



**55**  
points



SWISS CHALET BBQ PORK BACK RIBS  
600 G SELECTED VARIETIES

**11.99**  
EACH



DEMPSTER'S BUNS  
8'S SELECTED VARIETIES

**30**  
points

**1.98**  
EACH



RUDOLPH'S BREAD  
500 G  
DEMPSTER'S  
WHOLE GRAIN BREAD  
600 G  
SELECTED VARIETIES

**2.99**  
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



SELECTION BUTTER  
454 G  
SELECTED VARIETIES



**4<sup>88</sup>**  
EACH



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



**3<sup>98</sup>**  
EACH



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

**4<sup>88</sup>**  
EACH



MAXWELL HOUSE OR NABOB COFFEE CAPSULES  
30'S SELECTED VARIETIES



30 points

**14<sup>88</sup>**  
EACH



ACTIVIA YOGURT  
12 X 100 G  
OIKOS GREEK YOGURT  
650 - 750 G  
SELECTED VARIETIES

**5<sup>98</sup>**  
EACH



IRRESISTIBLE PIZZA  
1.08 - 1.13 KG  
FROZEN  
SELECTED VARIETIES

**9<sup>97</sup>**  
EACH



BEATRICE CHOCOLATE MILK  
1 L  
LACTANTIA MILKSHAKE  
460 ML  
SELECTED VARIETIES

**1<sup>88</sup>**  
EACH



LACTANTIA LACTOSE FREE MILK  
2 L  
SELECTED VARIETIES

**4<sup>88</sup>**  
EACH



20 points

DARE CANDY  
500 - 700 G  
SELECTED VARIETIES

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



McCafé COFFEE CAPSULES  
30'S  
SELECTED VARIETIES

**23<sup>99</sup>**  
EACH



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

**2<sup>88</sup>**  
EACH



SELECTION OR LIFE SMART SOUR CREAM  
500 ML  
SELECTED VARIETIES

**2<sup>49</sup>**  
EACH



SELECTION OR IRRESISTIBLE  
1.5 - 2 KG FROZEN  
SELECTED VARIETIES

**13<sup>99</sup>**  
EACH



CHRISTIE COOKIES OR CRACKERS  
100 - 303 G SELECTED VARIETIES



**2/<sup>4<sup>88</sup></sup>**



SELECTION GLASS CLEANER  
950 ML  
SELECTED VARIETIES

**1<sup>97</sup>**  
EACH



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



**2/\$5**



30 points



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

**10<sup>88</sup>**  
EACH

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i earn  
with moi  
rewards



**Crush** Rainbow Pack\*

**125**  
points  
=\$1



Ingredients: Carbonated water, Sugars (sugar/glucose-fructose), Phosphoric acid, Caffeine, Citric acid, Caramel, Natural flavour.

**PEPSI OR CRUSH SOFT DRINKS**  
24 X 355 ML  
SELECTED VARIETIES



**12<sup>99</sup>**  
EACH



**250**  
points  
=\$2



**FRITO LAY**  
**COTTAGE COLLECTION**  
624 G  
SELECTED VARIETIES

**14<sup>99</sup>**  
EACH



**contest\***

from June 5 to July 2

i win big with  
**moi**  
rewards  
4 prizes to be won

a  
pre-engineered  
**BONNEVILLE**  
home  
proudly Canadian  
company

**3 travel  
vouchers**  
to explore Canada



B

**moi**  
rewards

i swipe my **moi** rewards card  
to be automatically entered  
for a chance to win



members can get **5x contest  
entries\*\*** when linking their  
eligible RBC® card

**metro**

**food  
Basics**

\*No purchase required. To participate, you must be an eligible member of the Moi Rewards Program, from June 5 to July 2, 2025. Prizes: four (4) prizes to be won (total value of all prizes is \$590,000 CAD). Chances of winning a prize will depend on the number of valid entries received. Mathematical skill-testing question is required. Rules, prize conditions, and contest details are available at [moirewards.ca](https://moirewards.ca). Moi Rewards is a trademark of Metro Inc.

\*\*Members of the Moi Rewards Program who are eligible to participate in the Contest and who hold a moi RBC Visa credit card linked to a valid Moi Rewards member card during the Contest Period will automatically receive five times (5x) the participations for each purchase or no-purchase entry, provided the Contest entry limits and criteria for each method of entry set out in the Contest Rules are met. For purchase entries, purchases do not have to be paid for with their moi RBC Visa credit card. All other Contest rules also apply. @VIM - trademark(s) of Royal Bank of Canada. All other trademark(s) are the property of their respective owner(s), used under licence.





**ALWAYS  
FRESH**



**ALWAYS  
GREAT  
PRICES**



**ALWAYS  
IN STOCK**

# ALWAYS Save Every Day



**SELECTION  
SPARKLING WATER  
1 L**

SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**99¢**  
EACH



**IRRESISTIBLE PIZZA  
1.08 - 1.13 KG  
FROZEN  
SELECTED VARIETIES**

**ALWAYS GREAT PRICE**

**997**  
EACH



**SELECTION  
ORIGINAL WIENERS  
VALUE PACK  
900 G**

SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**599**  
EACH



**IRRESISTIBLES  
SNACKS  
142 G**

SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**249**  
EACH



# WE LOVE LOCAL



**TOMATOES ON THE VINE**  
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE  
4.14/KG

**THIS WEEK ONLY**  
**1<sup>88</sup>**  
/LB



**FRESH ATTITUDE SALAD KITS**  
142 G

**THIS WEEK ONLY**  
**3<sup>77</sup>**  
EACH



**WHITE OR CREMINI MUSHROOMS**  
PRODUCT OF ONTARIO  
227 G

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



**GREEN, YELLOW OR GREY ZUCCHINI**  
PRODUCT OF ONTARIO  
4.14/KG

**THIS WEEK ONLY**  
**1<sup>88</sup>**  
/LB



**SWEET ASSORTED PEPPERS**  
PRODUCT OF CANADA  
4 PACK

**30 points**

**THIS WEEK ONLY**  
**3<sup>98</sup>**  
EACH



**COCKTAIL TOMATOES**  
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE 1 LB  
**MINI CUCUMBERS**  
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE

**THIS WEEK ONLY**  
**2<sup>98</sup>**  
EACH



**ONTARIO ASPARAGUS**  
PRODUCT OF ONTARIO  
8.77/KG

**THIS WEEK ONLY**  
**3<sup>98</sup>**  
/LB



**BARTLETT PEARS**  
PRODUCT OF ARGENTINA  
EXTRA FANCY GRADE  
4.37/KG

**THIS WEEK ONLY**  
**1<sup>98</sup>**  
/LB



**BLUEBERRIES**  
PRODUCT OF FLORIDA, U.S.A., NO. 1 GRADE 1 LB BAG  
**RASPBERRIES**  
PRODUCT OF U.S.A. OR MEXICO, NO. 1 GRADE 170 G  
**BLACKBERRIES**  
PRODUCT OF U.S.A OR MEXICO, NO. 1 GRADE 150 - 170 G  
**STRAWBERRIES**  
PRODUCT OF U.S.A., NO. 1 GRADE 454 G

**THIS WEEK ONLY**  
**3<sup>98</sup>**  
EACH



**GREEN OR RED SEEDLESS GRAPES**  
PRODUCT OF MEXICO  
NO. 1 GRADE  
8.77/KG

**THIS WEEK ONLY**  
**3<sup>98</sup>**  
/LB



**ORANGE**  
**NAVEL ORANGES**  
PRODUCT OF SPAIN OR EGYPT 3 LB BAG  
**AVOCADOS**  
PRODUCT OF MEXICO OR PERU, BAG OF 5 OR 6

**THIS WEEK ONLY**  
**4<sup>88</sup>**  
EACH



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

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



**APRICOTS**  
PRODUCT OF U.S.A., NO. 1 GRADE  
8.77/KG

**THIS WEEK ONLY**  
**3<sup>98</sup>**  
/LB



**FIELD ROAST STADIUM DOG**  
283 G

**THIS WEEK ONLY**  
**6<sup>98</sup>**  
EACH



**SUNRYPE FRUIT TO GO**  
24 PK  
**SUNRYPE FRUIT SOURCE BARS**  
12 X 37 G

**THIS WEEK ONLY**  
**10<sup>88</sup>**  
EACH

# FLORAL



**6" BEGONIAS**  
ASSORTED COLOURS  
WHILE QUANTITIES LAST

**THIS WEEK ONLY**  
**6<sup>98</sup>**  
EACH



**5" PREMIUM ORCHIDS**  
ASSORTED COLOURS  
WHILE QUANTITIES LAST

**THIS WEEK ONLY**  
**10<sup>88</sup>**  
EACH



**10 STEM ROSE BOUQUET OR 15 STEM CARNATION BOUQUET**  
ASSORTED COLOURS  
WHILE QUANTITIES LAST

**THIS WEEK ONLY**  
**10<sup>88</sup>**  
EACH



**MIXED BOUQUET**  
ASSORTED COLOURS  
WHILE QUANTITIES LAST

**THIS WEEK ONLY**  
**\$15**  
EACH



# MEAT



**PRIME TURKEY DINDE**  
Extra Lean Ground Turkey with Rosemary Extract  
— 454 g • 1 lb —  
Dinde hachée extra-maigre avec extrait de rosemary



**PRIME RAISED WITHOUT antibiotics**  
**ÉLEVÉ SANS antibiotiques**  
Air Chilled  
Extra Lean Ground Chicken  
— 454 g • 1 lb —  
Poulet haché extra-maigre refroidi à l'air

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

**THIS WEEK ONLY**

**5.99**

EACH

**FRESH**



**THIS WEEK ONLY**

**5.49**

/LB

**FRESH PORK BACK RIBS VACUUM PACK**  
WHILE QUANTITIES LAST  
12.10/KG



**INCLUDING ZABIHA HALAL**

**THIS WEEK ONLY**

**3.99**

/LB

**FRESH WHOLE CHICKEN WINGS**  
BAGGED INCLUDING ZABIHA HALAL  
8.80/KG



**NEW ZEALAND SPRING LAMB**

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

**45 points**

**THIS WEEK ONLY**

**8.99**

EACH

**NEW ZEALAND LEAN GROUND LAMB**  
454 G SELECTED VARIETIES



**COHO SALMON FILLET FAMILY PACK**  
PREVIOUSLY FROZEN  
26.43/KG

**THIS WEEK ONLY**

**11.99**

/LB

**FRESHNESS YOU CAN TRACE**  
FROM THE CATCH TO THE PLATE



**FRESH BONELESS STRIPLOIN STEAKS FAMILY PACK**  
CUT FROM CANADA AA OR HIGHER GRADE OF BEEF  
39.66/KG

**THIS WEEK ONLY**

**17.99**

/LB



**SELECTION BACON**  
375 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**4.99**

EACH



**LEGACY MARINATED BONE-IN PORK CHOPS OR FLATTENED BUTTERFLIED TENDERLOIN**  
400 - 440 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**7.99**

EACH



**JANES PUB STYLE WINGS**  
Sweet Honey GARLIC  
600 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**8.99**

EACH

**JANES PUB STYLE FULLY COOKED BREADED CHICKEN**  
600 G FROZEN  
SELECTED VARIETIES



**MARC ANGELO SOUVLAKI FAMILY PACK**  
400 - 600 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**10.99**

EACH



**MASTRO OR SAN DANIELE SLICED DELI MEAT**  
100 G • 2 X 150 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**4.99**

EACH

**PROSCIUTTO**  
100 G • 2 X 150 G  
SELECTED VARIETIES



**SUMMER FRESH SALADS**  
750 - 900 G  
SELECTED VARIETIES

**LOCKED DOWN**

**7.99**

EACH



**SCHNEIDERS FULLY COOKED BREADED FILLETS OR BITES OR CHICKEN WINGS**  
600 - 615 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**10.99**

EACH

**SCHNEIDERS FULLY COOKED BREADED FILLETS OR BITES OR CHICKEN WINGS**  
600 G FROZEN  
SELECTED VARIETIES



**SWISS CHALET BBQ PORK BACK RIBS**  
600 G SELECTED VARIETIES

**55 points**

**THIS WEEK ONLY**

**11.99**

EACH



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

**THIS WEEK ONLY**

**2.99**

EACH



**IRRESISTIBLES BOCCONCINI**  
200 G

**THIS WEEK ONLY**

**4.99**

EACH



**IRRESISTIBLES GOAT CHEESE**  
250 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**7.49**

EACH



**TRE STELLE TRADITIONAL FETA**  
375 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**8.99**

EACH



**SEAHORSE BASA STEAK OR ANCHOR'S BAY BASA FILLET OR SEA SOUL TORPEDO SHRIMP**  
200 - 500 G  
FROZEN  
SELECTED VARIETIES

**THIS WEEK ONLY**

**3.49**

EACH



**IRRESISTIBLES CRISPY CALAMARI OR SALT & PEPPER CALAMARI OR RAW SQUID RINGS**  
340 - 454 G  
FROZEN  
SELECTED VARIETIES

**THIS WEEK ONLY**

**6.99**

EACH



**NORTHERN KING WHOLE TILAPIA OR THAI GOLD WHOLE SHRIMP**  
300 G • 1 KG FROZEN  
SELECTED VARIETIES

**THIS WEEK ONLY**

**7.49**

EACH

**1 kg (2.2 lb)**



**IRRESISTIBLES PACIFIC WHITE COOKED OR RAW SHRIMP**  
331 - 40 CT 340 G OR 280 - 340 G  
FROZEN  
SELECTED VARIETIES

**THIS WEEK ONLY**

**7.99**

EACH



# MORE GREAT SAVINGS FOR LESS



**ACTIVIA** active probiotics  
650g  
vanilla

**ACTIVIA** active probiotics  
650g  
2.2% probiotic yogurt

**LOCKED DOWN**

**349** EACH

**ACTIVIA YOGURT**  
650 G  
SELECTED VARIETIES



**Whole Grain**  
Naturally Flavored  
**Honey Nut Cheerios**  
MADE WITH REAL HONEY  
430 G

**Whole Grain**  
**OATMEAL CRISP**  
Almond  
399 - 437 G

**LOCKED DOWN**

**399** EACH

**GENERAL MILLS**  
**HONEY NUT CHEERIOS**  
430 G  
**OATMEAL CRISP**  
399 - 437 G  
SELECTED VARIETIES



**Gay Lea** Real WHIPPED CREAM  
225 G  
SELECTED VARIETIES

**25** points

**LOCKED DOWN**

**449** EACH

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

**LOCKED DOWN**

**399** EACH



**Marie Callender's** Creamy Chicken Alfredo  
Poulet à la sauce crémeuse Alfredo  
123x341 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**899** EACH

**fuze** iced tea  
Lemon  
123x341 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**699** EACH



**RITZ** original  
180 g

**LOCKED DOWN**

**2/\$5**

**CHRISTIE CRACKERS**  
180 - 200 G  
SELECTED VARIETIES

**Oreo mini** 6 SNACK PAKS  
MADE WITH REAL COCOA

**LOCKED DOWN**

**2/\$5**

**CHRISTIE SNACK PAK COOKIES**  
150 - 200 G  
SELECTED VARIETIES



**SPARKLING ICE** 500 ML  
SELECTED VARIETIES WHILE QUANTITIES LAST

**THIS WEEK ONLY**

**125** EACH

**Bounty** 3-6 Doubles  
8-24 TRIPLES  
Charmin Ultra Soft  
8-24'S  
BOUNTY PAPER TOWELS  
3-6'S  
SELECTED VARIETIES

**LOCKED DOWN**

**699** EACH

## BAKERY



**Rudolph's** BREAD  
500 G  
DEMPSTER'S WHOLE GRAIN BREAD  
600 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**299** EACH



**two-bite** vanilla & chocolate  
vanille et chocolat  
204 G  
SELECTED VARIETIES

**two-bite** s'mores  
s'mores  
204 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**399** EACH

**SELECTION OR TWO-BITE CUPCAKES**  
204 G  
SELECTED VARIETIES



**Bagels** everything tout garni  
sliced • tranchés  
510 g

**ENGLISH MUFFINS ANGLAIS**  
Original • Nature  
342 g

**SELECTION BAGELS**  
340 - 510 G  
**ENGLISH MUFFINS**  
342 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**188** EACH



**Miche** "Blanche"  
Sliced • tranchée  
600 g

**SELECTION GARLIC TOAST**  
680 G  
**IRRÉSISTIBLES BREAD OR ROLLS**  
500 - 600 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**299** EACH



**Brownies** moist & fudgy  
mouillés et fondants  
420 - 600 G

**SELECTION SNACK TUBES**  
420 - 600 G  
**VALUE PACK COOKIES**  
770 G  
SELECTED VARIETIES

**THIS WEEK ONLY**

**599** EACH



**Irresistible** APPLE  
PIE • TARTE POMMES  
1 kg

**IRRÉSISTIBLE PIE**  
750 G - 1 KG  
SELECTED VARIETIES

**THIS WEEK ONLY**

**699** EACH



# LOCKED DOWN



**LOCKED DOWN**

**349**

EACH

SILK DRINKS 1.74 - 1.89 L  
OIKOS OR TWO GOOD GREEK YOGURT 4'S  
SELECTED VARIETIES



**LOCKED DOWN**

**299**

EACH

PILLSBURY PIZZA POPS 380 G  
TOASTER STRUDEL 326 G  
FROZEN  
SELECTED VARIETIES



BABYBEL 360 G  
SELECTED VARIETIES

**LOCKED DOWN**

**1299**

EACH



**55**  
points

**LOCKED DOWN**

**1099**

EACH

SWANSON SKILLET MEALS 1.19 KG FROZEN  
SELECTED VARIETIES



KELLOGG'S TOWN HOUSE OR  
CHEEZ-IT SNAP'D CRACKERS  
213 - 391 G SELECTED VARIETIES

**LOCKED DOWN**

**299**

EACH



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

**LOCKED DOWN**

**999**

EACH



RED BULL  
ENERGY DRINKS  
250 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**299**

EACH



CLOVER LEAF SOCKEYE SALMON 142 G  
GOLD SEAL PINK SALMON 213 G  
SELECTED VARIETIES

**LOCKED DOWN**

**399**

EACH



**50**  
points  
when you buy  
any 2

VOORTMAN  
TURNOVERS  
300 G  
SELECTED VARIETIES

**LOCKED DOWN**

**2/\$5**



NANDO'S  
PERI PERI SAUCE  
250 ML  
SELECTED VARIETIES

**35**  
points

**LOCKED DOWN**

**649**

EACH



BLUE  
DIAMOND  
ALMOND  
BREEZE  
BEVERAGE  
940 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**299**

EACH



McCafé COFFEE  
CAPSULES  
30'S  
SELECTED VARIETIES

**LOCKED DOWN**

**2399**

EACH



SUNNY D 1.18 L  
SELECTED VARIETIES

**LOCKED DOWN**

**199**

EACH



BUDWEISER  
ZERO  
NON-ALCOHOLIC  
BEER  
12 X 355 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**1599**

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

**Canada  
Day  
Celebrations**

**FREE \$15  
Food Basics  
gift card**

with the purchase of a  
\$100 LCBO gift card



Offer valid June 26 - July 2



Available at  
**food  
Basics**



LYSOL  
DISINFECTING  
WIPES  
75 - 84'S  
SELECTED VARIETIES

**LOCKED DOWN**

**599**

EACH



FINISH  
POWERBALL  
DISHWASHER  
TABS  
30 - 55'S  
SELECTED VARIETIES

**LOCKED DOWN**

**1399**

EACH

For a limited time while quantities last. We reserve the right to modify or terminate this promotion without prior notice. This offer is not valid on previous purchases. Gift cards shown are not sponsors or co-sponsors of this promotion. All trademarks are property of their respective owners. LCBO available in Ontario only.



# ALWAYS GREAT PRICE



SELECTION OR  
LIFE SMART  
SOUR CREAM  
500 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**249**  
EACH



SELECTION OR  
IRRÉSISTIBLES FRUIT  
1.5 - 2 KG FROZEN  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**1399**  
EACH



LIFE SMART  
ALMOND OR  
SOY BEVERAGE  
1.75 - 1.89 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**349**  
EACH



SELECTION  
PEROGIES  
907 G - 1 KG  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**227**  
EACH



IRRÉSISTIBLES CRISPS  
150 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**399**  
EACH



SELECTION  
RED WINE OR APPLE CIDER  
VINEGAR  
500 ML, 1 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**179**  
EACH



LIFE SMART  
NATURALIA  
TORTILLA CHIPS  
350 G  
SELECTION SALSA  
430 ML  
SELECTED VARIETIES



ALWAYS GREAT PRICE 

**299**  
EACH



SELECTION  
BASMATI OR  
JASMINE RICE  
400 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**199**  
EACH



SELECTION  
WATER  
ENHANCER  
480 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**279**  
EACH



SELECTION  
PEANUTS  
700 - 800 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**497**  
EACH



SELECTION  
WAFER  
COOKIES  
200 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**179**  
EACH



IRRÉSISTIBLE  
MUSTARD  
500 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**449**  
EACH



SELECTION  
EVAPORATED  
MILK  
354 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**177**  
EACH



SELECTION  
CANNED FRUIT  
796 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**379**  
EACH



SELECTION  
GLASS  
CLEANER  
950 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**197**  
EACH



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

ALWAYS GREAT PRICE 

**2/\$5**



IRRÉSISTIBLES  
DOG TREATS  
227 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**699**  
EACH



SELECTION  
CLUMPING  
CAT LITTER  
18 KG  
SELECTED VARIETIES

ALWAYS GREAT PRICE 

**999**  
EACH



# ALWAYS GREAT PRICE



BLACK DIAMOND  
CHEESTRINGS  
588 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE

11<sup>99</sup>  
EACH



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

ALWAYS GREAT PRICE

3<sup>99</sup>  
EACH



YOPLAIT YOP  
DRINKABLE  
YOGURT  
12 X 200 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE

10<sup>99</sup>  
EACH

946 ML



ALWAYS GREAT PRICE

9<sup>99</sup>  
EACH



PHILADELPHIA  
CREAM CHEESE  
PRODUCT  
450 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE

7<sup>49</sup>  
EACH



CAVENDISH FARMS  
FRENCH FRIES  
1.8 KG FROZEN  
SELECTED VARIETIES

ALWAYS GREAT PRICE

8<sup>99</sup>  
EACH



ALWAYS GREAT PRICE

2<sup>99</sup>  
EACH



ALWAYS GREAT PRICE

3<sup>99</sup>  
EACH



CHRISTIE  
PARTY SIZE  
RITZ CRACKERS  
900 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE

9<sup>99</sup>  
EACH



OLD EL PASO  
TACO SEASONING  
177 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE

6<sup>99</sup>  
EACH



STARBUCKS  
NESPRESSO  
COFFEE CAPSULES  
10'S  
SELECTED VARIETIES

ALWAYS GREAT PRICE

8<sup>99</sup>  
EACH



NATURE VALLEY  
FAMILY PACK BARS  
525 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE

6<sup>99</sup>  
EACH



NUTELLA  
1 KG

ALWAYS GREAT PRICE

10<sup>77</sup>  
EACH



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

ALWAYS GREAT PRICE

9<sup>99</sup>  
EACH



# BBQ ESSENTIALS FOR LESS



SELECTION SLICES  
210 - 230 G  
SELECTED VARIETIES

THIS WEEK ONLY

**3.99**

EACH



THIS WEEK ONLY

**9.99**

EACH



THIS WEEK ONLY

**15.99**

EACH



SUMMER FRESH SALADS  
750 - 900 G  
SELECTED VARIETIES

LOCKED DOWN

**7.99**

EACH



IRRESISTIBLES LEMONADE OR ICED TEA  
1.5 L  
SELECTED VARIETIES

THIS WEEK ONLY

**2.99**

EACH



UNICO PEPPERS  
750 ML  
SELECTED VARIETIES

LOCKED DOWN

**3.49**

EACH



LOCKED DOWN

**3.99**

EACH



THIS WEEK ONLY

**4.99**

EACH



LOCKED DOWN

**2.49**

EACH



25 points

LOCKED DOWN

**4.99**

EACH



ALWAYS GREAT PRICE

**3.27**

EACH



LOCKED DOWN

**6.29**

EACH



ALWAYS GREAT PRICE

**22.99**

EACH



ALWAYS GREAT PRICE

**2.88**

EACH



LOCKED DOWN

**20.49**

EACH



ALWAYS GREAT PRICE

**4.44**

EACH



LOCKED DOWN

**2/\$7**



LOCKED DOWN

**3.99**

EACH



ALWAYS GREAT PRICE

**4.99**

EACH



ALWAYS GREAT PRICE

**4.99**

EACH



LOCKED DOWN

**7.99**

EACH



ALWAYS GREAT PRICE

**14.99**

EACH







**HEINZ**  
ESTD 1869



**THE UNMISTAKABLE  
TASTE OF SUMMER**

# BUILD A BURGER

## 1. GRAB BUNS



**IRRESISTIBLE  
MAMMOTH  
BUNS**  
6-8'S  
SELECTED VARIETIES

ALWAYS GREAT PRICE

**2.99**  
EACH

## 2. GRAB BURGERS



**LEAN GROUND  
BEEF & PORK  
BLEND BURGERS**  
PACKAGE OF 4\*  
WHILE QUANTITIES LAST

THIS WEEK ONLY

**\$4**  
EACH

## 3. TOP IT UP!



**KRAFT SINGLES** 410 G  
**KRAFT EXTRA CHEDDAR SLICES** 390 G  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY

**3.99**  
EACH



**HEINZ  
KETCHUP**  
750 ML - 1 L  
SELECTED VARIETIES

LOCKED DOWN

**4.99**  
EACH



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



LOCKED DOWN

**2.99**  
EACH



**HEINZ TRIO PACK**  
3 X 375 ML SELECTED VARIETIES  
WHILE QUANTITIES LAST

THIS WEEK ONLY

**5.99**  
EACH



**KRAFT  
BBQ SAUCE**  
425 ML  
SELECTED VARIETIES

ALWAYS GREAT PRICE

**2.49**  
EACH



**SELECTION  
PICKLES**  
1 L  
SELECTED VARIETIES

ALWAYS GREAT PRICE

**3.27**  
EACH

## 4. DIY YOUR SIDE



**KRAFT  
SALAD  
DRESSING**  
425 ML  
SELECTED VARIETIES

LOCKED DOWN

**2.99**  
EACH



**J.L. KRAFT  
PURE  
DRESSING**  
355 ML  
SELECTED VARIETIES

**25  
points**

LOCKED DOWN

**4.99**  
EACH

## 5. SIP AND RELAX



Winner Better-for-you  
Beverage category.  
Survey of 4,000  
people by Kantar.



**MIO, CRYSTAL LIGHT OR KOOL-AID**  
**WATER ENHANCER**  
49 ML SELECTED VARIETIES



THIS WEEK ONLY

**2.99**  
EACH



**SELECTION SPRING WATER**  
12 X 500 ML SELECTED VARIETIES

ALWAYS GREAT PRICE

**1.99**  
EACH







# Celebrate Canada Day with Canadian Brands



LACTANTIA CREAM  
473 mL - 1 L  
SELECTED VARIETIES

LOCKED DOWN

379  
EACH



LACTANTIA ULTRAPUR MILK  
1.5 L  
SELECTED VARIETIES

LOCKED DOWN

549  
EACH



LACTANTIA PURFILTRÉ MILK  
1.5 L  
SELECTED VARIETIES

THIS WEEK ONLY

479  
EACH



ENJOY! ALMOND OR OAT BEVERAGE  
1.75 L  
SELECTED VARIETIES

THIS WEEK ONLY

399  
EACH



BLACK DIAMOND NATURAL CHEESE SLICES  
220 - 240 G  
SELECTED VARIETIES

LOCKED DOWN

499  
EACH



CRACKER BARREL SHREDDED CHEESE  
320 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE

699  
EACH



LACTANTIA CREAM CHEESE PRODUCT  
227 G  
SELECTED VARIETIES



THIS WEEK ONLY

299  
EACH



ASTRO ORIGINAL YOGURT  
12 X 100 G  
SELECTED VARIETIES

THIS WEEK ONLY

549  
EACH



IÖGO NANO DRINKABLE YOGURT  
6 X 93 mL  
SELECTED VARIETIES

ALWAYS GREAT PRICE

399  
EACH



OLYMPIC ORGANIC YOGURT  
650 G  
SELECTED VARIETIES

THIS WEEK ONLY

399  
EACH





# Nestlé®



**NESCAFÉ GOLD INSTANT COFFEE**  
95-100 G  
**SWEET AND CREAMY SACHETS**  
16-18'S  
SELECTED VARIETIES

**35**  
points

**LOCKED DOWN**

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



**NESTLÉ NESQUIK SYRUP**  
510-700 ML  
**NESQUIK POWDER MIX**  
540 G  
SELECTED VARIETIES



**LOCKED DOWN**

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



**STARBUCKS**  
**COFFEE CAPSULES**  
8-10'S  
SELECTED VARIETIES

**55**  
points

**LOCKED DOWN**

**11<sup>99</sup>**  
EACH



**STARBUCKS**  
**GROUND COFFEE**  
340 G  
**CAPSULES**  
10'S  
SELECTED VARIETIES

**LOCKED DOWN**

**11<sup>99</sup>**  
EACH



**NESTLÉ COFFEE MATE**  
**COFFEE ENHANCER**  
828-946 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**4<sup>49</sup>**  
EACH



**STARBUCKS**  
**COFFEE ENHANCER**  
828 ML  
SELECTED VARIETIES

**LOCKED DOWN**

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



**NESTLÉ**  
**MINI CHOCOLATES**  
135-203 G  
SELECTED VARIETIES

**LOCKED DOWN**

**4<sup>49</sup>**  
EACH



**NESTLÉ**  
**CHOCOLATE BARS**  
4'S  
SELECTED VARIETIES

**ALWAYS GREAT PRICE**

**4<sup>29</sup>**  
EACH



**NESTLÉ**  
**CHOCOLATE BARS**  
99 G  
SELECTED VARIETIES

**LOCKED DOWN**

**2<sup>49</sup>**  
EACH



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

**50**  
points

**LOCKED DOWN**

**9<sup>49</sup>**  
EACH



**GERBER**  
**PUFFS OR LIL' CRUNCHIES SNACK**  
32 G  
SELECTED VARIETIES

**LOCKED DOWN**

**3<sup>29</sup>**  
EACH



**NESTLÉ**  
**BOOST MEAL REPLACEMENT**  
880 G  
SELECTED VARIETIES

**LOCKED DOWN**

**15<sup>99</sup>**  
EACH



**MAISON PERRIER**  
**SPARKLING WATER BEVERAGE**  
8 X 330 ML SELECTED VARIETIES

**35**  
points

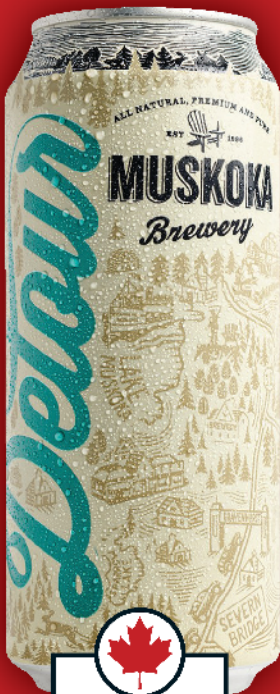
**LOCKED DOWN**

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



# HAPPY CANADA DAY!

ALL BEER, WINE AND CIDER ADVERTISED  
ARE AVAILABLE AT SELECTED STORES



**1850**  
EACH

MUSKOKA  
BEER  
6 X 473 ML  
SELECTED VARIETIES



**1889**  
EACH

FLYING MONKEYS  
PALE ALE  
6 X 473 ML  
SELECTED VARIETIES



**1739**  
EACH

BEAU'S LUG TREAD  
BEER  
6 X 473 ML  
SELECTED VARIETIES



**1712**  
EACH

CREEMORE  
LAGER  
6 X 473 ML  
SELECTED VARIETIES



**1854**  
EACH

BONESHAKER  
PALE ALE  
6 X 473 ML  
SELECTED VARIETIES



**1260**  
EACH

ACE HILL  
LIGHT BEER  
6 X 355 ML  
SELECTED VARIETIES



**1761**  
EACH

STEAM WHISTLE  
PILSNER BEER  
6 X 473 ML  
SELECTED VARIETIES



**1712**  
EACH

MILL ST.  
ORGANIC BEER  
6 X 473 ML  
SELECTED VARIETIES



**332**  
EACH

NICKEL  
BROOK BEER  
473 ML  
SELECTED VARIETIES



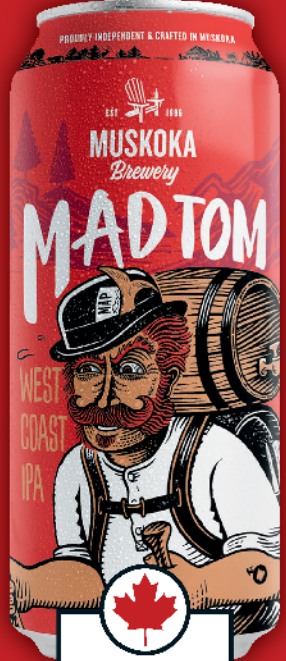
**341**  
EACH

COLLECTIVE  
ARTS BEER  
473 ML  
SELECTED VARIETIES



**323**  
EACH

GREAT  
LAKES BEER  
473 ML  
SELECTED VARIETIES



**341**  
EACH

MUSKOKA  
MAD TOM BEER  
473 ML  
SELECTED VARIETIES

Please visit [foodbasics.ca](http://foodbasics.ca) for store details. Beer and wine prices subject to change in accordance with the LCBO.



# SUMMER SNACKS FOR LESS



WONDERFUL  
PISTACHIOS  
450 G  
SELECTED VARIETIES

THIS WEEK ONLY   
**988**  
EACH



DAVID ROBERTS  
PEANUTS  
200 G

THIS WEEK ONLY   
**177**  
EACH



IRRESISTIBLES  
SNACKS  
142 G  
SELECTED VARIETIES

LOCKED DOWN   
**249**  
EACH



ORVILLE  
REDENBACHER  
POPCORN  
820 G  
SELECTED VARIETIES

LOCKED DOWN   
**649**  
EACH



CHRISTIE  
CRISPERS OR  
BITS & BITES  
SNACKS  
145 G  
SELECTED VARIETIES

LOCKED DOWN   
**3/\$7**



KURKURE  
CHIPS  
115 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**179**  
EACH



PRINGLES  
POTATO CHIPS  
148 - 156 G  
SELECTED VARIETIES

LOCKED DOWN   
**249**  
EACH



SELECTION  
CHIPS  
200 G  
SELECTED VARIETIES

ALWAYS GREAT PRICE   
**149**  
EACH



BLUE DIAMOND  
ALMONDS  
170 G  
SELECTED VARIETIES

LOCKED DOWN   
**479**  
EACH



TAKIS  
TORTILLA CHIPS  
280 G  
SELECTED VARIETIES

LOCKED DOWN   
**299**  
EACH



G.H. CRETORS  
MIX POPCORN  
213 G  
SELECTED VARIETIES

LOCKED DOWN   
**429**  
EACH



JACK LINK'S  
BEEF JERKY  
230 G  
SELECTED VARIETIES

LOCKED DOWN   
**1349**  
EACH





# ALL AISLES LEAD HOME

# KITCHENS OF THE WORLD



OKRA  
PRODUCT OF HONDURAS  
6.59/KG

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

2<sup>99</sup>  
/LB



FLAT CABBAGE OR LOBOK  
PRODUCT OF U.S.A. OR MEXICO  
2.18/KG

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

99¢  
/LB



TURMERIC  
PRODUCT OF INDIA  
13.21/KG

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

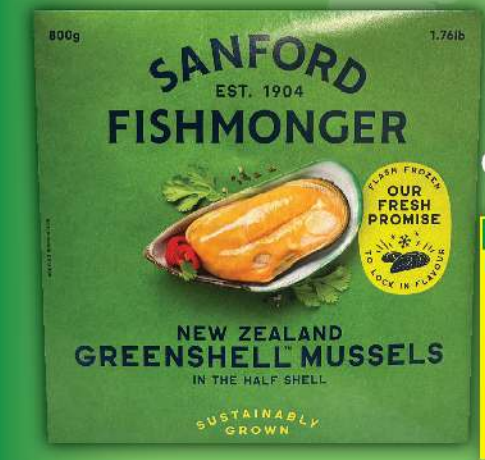
5<sup>99</sup>  
/LB



BORNA DATES  
400 G

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

2<sup>98</sup>  
EACH



SANFORD  
NEW ZEALAND  
GREENSHELL MUSSELS  
800 G FROZEN  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

14<sup>99</sup>  
EACH



FONTAINE  
FRESH SEASONED  
VEAL KEFTA  
GRAIN-FED  
500G  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

9<sup>99</sup>  
EACH



AL SAFA ANGUS OR CHEESE  
BEEF BURGERS  
800 G FROZEN SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

13<sup>99</sup>  
EACH



CASABLANCA  
POUND CAKE AND COOKIES  
340 - 400 G  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

2<sup>49</sup>  
EACH



TATA OR SHAN  
SPICES  
50 - 100 G  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

1<sup>99</sup>  
EACH



NATIONAL  
VERMICELLI  
150 G

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

89¢  
EACH



BEST  
NECTARS  
1 L  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

2<sup>99</sup>  
EACH



HANS  
SMOOTHIES  
200 ML  
SELECTED VARIETIES

ALL AISLES LEAD HOME  
KITCHENS OF THE WORLD

67¢  
EACH



# ITALIAN HERITAGE MONTH



ANISE  
PRODUCT OF U.S.A.  
2.18/KG

ITALIAN HERITAGE MONTH  
**99¢**  
/LB



TRE STELLE  
MOZZARELLA  
BALL  
340 G  
SELECTED VARIETIES

ITALIAN HERITAGE MONTH  
**4.99**  
EACH



DE CECCO PASTA OR  
AURORA PASSATA  
454 G  
660 ML  
SELECTED VARIETIES

ITALIAN HERITAGE MONTH  
**1.99**  
EACH



PRIMO  
TOMATOES OR  
PASTA SAUCE  
680 - 796 ML  
SELECTED VARIETIES

ITALIAN HERITAGE MONTH  
**1.99**  
EACH



LAVAZZA ESPRESSO OR  
PENNISI CANNOLI SHELLS  
15'S, 250 G SELECTED VARIETIES

ITALIAN HERITAGE MONTH  
**6.99**  
EACH



REKO PIZZELLE  
200 G  
SELECTED VARIETIES

ITALIAN HERITAGE MONTH  
**3.99**  
EACH



MOLISANA OR AURORA ITALIAN  
TOMATOES, AURORA POLENTA MIX  
796 ML, 1 KG SELECTED VARIETIES

ITALIAN HERITAGE MONTH  
**2.99**  
EACH



FILIPPO BERIO  
OLIVE OIL  
1 L  
SELECTED VARIETIES

ITALIAN HERITAGE MONTH  
**15.99**  
EACH



PRIMO  
BEANS  
540 ML  
SELECTED VARIETIES

ITALIAN HERITAGE MONTH  
**1.67**  
EACH



MOLISANA SUNDRIED  
TOMATOES OR  
AURORA ANTIPASTO, BERTOLLI  
BALSAMIC VINEGAR  
314 - 500 ML  
SELECTED VARIETIES

ITALIAN HERITAGE MONTH  
**3.99**  
EACH



BAULI  
CROISSANTS OR  
LOACKER  
COOKIES  
6'S, 100 G  
SELECTED VARIETIES



ITALIAN HERITAGE MONTH  
**3.99**  
EACH



CUCINA  
DELLA NONNA  
VANILLIN OR  
LIEVITO  
1 L, 680 ML  
SELECTED VARIETIES



ITALIAN HERITAGE MONTH  
**99¢**  
EACH



MOLISANA  
TOMATO PASTE OR  
AURORA CHERRY  
TOMATOES,  
AURORA OR VITA  
SANA GNOCCHI  
398 ML, 140 - 500 G  
SELECTED VARIETIES

ITALIAN HERITAGE MONTH  
**1.99**  
EACH



UNICO LIGHT  
TUNA  
99 G

ITALIAN HERITAGE MONTH  
**4/\$5**



FIUGGI  
WATER,  
VITA SANA  
OR YOGA  
NECTARS  
1 L, 680 ML  
SELECTED VARIETIES

ITALIAN HERITAGE MONTH  
**2.99**  
EACH



AURORA EGG NOODLES,  
UNICO CORN MEAL OR VITA SANA TARALLI  
225 - 750 G SELECTED VARIETIES

ITALIAN HERITAGE MONTH  
**2.49**  
EACH



MIDI LOAF  
CAKES OR  
AURORA  
CANDY BAG  
150 - 290 G  
SELECTED VARIETIES



ITALIAN HERITAGE MONTH  
**2.49**  
EACH



AURORA OR  
VITAGIVOR  
BREADSTICKS,  
AURORA  
ROASTED  
CHESTNUTS  
100 - 125 G  
SELECTED VARIETIES



ITALIAN HERITAGE MONTH  
**1.67**  
EACH



# PERSONAL AND BABY CARE FOR LESS



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



**THIS WEEK ONLY**

**4.99** EACH



**TAMPAX PEARL**  
18 TAMPONS | 18 ALWAYS SANITARY NAPKINS  
20-22'S  
**TAMPAX PEARL TAMPONS**  
18'S  
SELECTED VARIETIES

**LOCKED DOWN**

**5.29** EACH



**HEAD & SHOULDERS HAIR CARE**  
370 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**5.99** EACH



**OGX HAIR CARE**  
100-385 ML  
SELECTED VARIETIES

**45 points**

**8.99** EACH



**GARNIER WHOLE BLENDS HAIR CARE**  
370 ML  
SELECTED VARIETIES

**THIS WEEK ONLY**

**5.49** EACH



**NIVEA BODY WASH**  
500 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**4.49** EACH



**U BY KOTEX PADS OR TAMPONS**  
14-64'S  
SELECTED VARIETIES

**30 points**

**5.49** EACH



**PAMPERS EASY UPS**  
56-66'S  
SELECTED VARIETIES

**LOCKED DOWN**

**2.99** EACH



**BAND-AID FLEXIBLE FABRIC**  
50'S  
SELECTED VARIETIES

**LOCKED DOWN**

**4.99** EACH



**NESTLÉ BOOST MEAL REPLACEMENT**  
5 X 237 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**12.79** EACH



**JAMIESON VITAMIN E OR GLUCOSAMINE SUPPLEMENTS**  
120-360'S  
SELECTED VARIETIES

**LOCKED DOWN**

**19.99** EACH



**JAMIESON PROBIOTIC 10 BILLION**  
60'S  
SELECTED VARIETIES

**LOCKED DOWN**

**23.99** EACH

# QUIT



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 **pharmacy**

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**SELSUN BLUE SHAMPOO**  
300 ML  
SELECTED VARIETIES

**LOCKED DOWN**

**9.99** EACH



**JAMIESON MULTI VITAMINS**  
130-150'S  
SELECTED VARIETIES

**LOCKED DOWN**

**15.99** EACH



**WEBBER NATURALS MAGNESIUM**  
120'S  
SELECTED VARIETIES

**LOCKED DOWN**

**17.99** EACH



**JAMIESON VITAMIN B12 OR VITAMIN B**  
120-150'S  
SELECTED VARIETIES

**LOCKED DOWN**

**19.99** EACH



**ASPIRIN OR ALEVE**  
20-50'S  
SELECTED VARIETIES

**LOCKED DOWN**

**5.99** EACH



**TYLENOL**  
200'S  
SELECTED VARIETIES

**LOCKED DOWN**

**19.99** EACH



**CLIF BAR ENERGY BARS**  
12'S  
SELECTED VARIETIES

**LOCKED DOWN**

**21.99** EACH



**VEGA SPORT PROTEIN**  
812-897 G  
SELECTED VARIETIES

**LOCKED DOWN**

**48.99** EACH



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[avionrewards.com/moi](https://avionrewards.com/moi)

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