

food Basics

CANADIAN AND PROUD

CRAZY SALE

30 YEARS OF SAVINGS

DOLE
CHOPPED
SALAD
KITS
269 • 346 G
SELECTED VARIETIES

8
CRAZY
3⁸⁸
EACH



VILLAGGIO
BREAD
BUNS
6 • 8'S
SELECTED VARIETIES

8
CRAZY
2⁸⁸
EACH



FRESH PORK COMBINATION CHOPS INCLUDING CENTRE CUT CHOPS OR
FRESH SELECTION PORK SAUSAGES HOT, MILD, HONEY GARLIC, BREAKFAST OR
LEAN GROUND PORK FAMILY PACK 6.35/KG



8
CRAZY
2⁸⁸
/LB



GREAT ON
THE SMOKER



FRESH WHOLE
BEEF BRISKET
VACUUM PACK
CUT FROM USDA SELECT OR HIGHER
WHILE QUANTITIES LAST
10.98/KG

8
CRAZY
4⁹⁸
/LB

8
CRAZY
1⁸⁸
EACH

CAVENDISH FARMS
FRENCH FRIES
800 G
CHEEMO PEROGIES
815 • 907 G
FROZEN
SELECTED VARIETIES



GUARANTEED
FRESHNESS
YOU CAN TRACE
FROM THE CATCH TO THE PLATE



RAINBOW TROUT FILLET
FAMILY PACK
FRESH OR FROZEN
9.88/LB, 21.78/KG OR
OCEAN JEWEL WILD RAW
ARGENTINIAN
SHRIMP 11 • 15 CT
9.39 EA.
FROZEN SELECTED VARIETIES

8
CRAZY
9⁸⁸
/LB OR
EACH



30
points
8
CRAZY
2⁹⁸
EACH

BLACK DIAMOND SLICES 410 G
LIBERTÉ GREEK YOGURT 4 X 100 G
BABYBEL 120 G SELECTED VARIETIES



LOU'S KITCHEN, LIL' JUAN'S OR KALIS
FULLY COOKED ENTREES
375 • 400 G SELECTED VARIETIES

8
CRAZY
6⁸⁸
EACH

30
points
8
CRAZY
3⁸⁸
EACH

CALLIPO TUNA
3 X 80 G
SELECTED VARIETIES



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

8
CRAZY
2⁸⁸
EACH

30
points
8
CRAZY
9⁸⁸
EACH

CLIF BAR
ENERGY BARS
16 X 68 G
SELECTED VARIETIES



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

8
CRAZY
4⁸⁸
EACH

CHOOSE CANADIAN

LOOK FOR THE MAPLE LEAF AT SHELF

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, JUNE 19TH TO WEDNESDAY, JUNE 25TH, 2025

PRICES IN THIS FLYER AVAILABLE AT ALL SAULT STE. MARIE, 853 JANE ST., TORONTO, 900 ALBION RD., ETOBICOKE, & 2200 JANE ST., NORTH YORK, ANCASTER, GRIMSBY, HAMILTON & NIAGARA FALLS LOCATIONS ONLY.

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



food Basics

CANADIAN AND PROUD

STRAWBERRIES
PRODUCT OF U.S.A.
NO. 1 GRADE
454 G

BLACKBERRIES
PRODUCT OF MEXICO
NO. 1 GRADE
150 - 170 G

8
CRAZY
1.88
EACH



CANTALOUPE
PRODUCT OF U.S.A. OR GUATEMALA

RAPINI
PRODUCT OF U.S.A.

8
CRAZY
1.88
EACH



8
CRAZY
68¢
EACH

RED OR ATAULFO MANGOES
PRODUCT OF MEXICO



AVOCADOS PRODUCT OF MEXICO OR PERU, BAG OF 5 OR 6
MINI PEPPERS PRODUCT OF CANADA OR MEXICO, 1 LB BAG
VIDALIA ONIONS PRODUCT OF U.S.A., NO. 1 GRADE 3 LB BAG

8
CRAZY
2.88
EACH

CHOOSE CANADIAN
GET READY TO SAVE! GREAT PRICES START ON THURSDAY
PRICES IN THIS FLYER AVAILABLE AT ALL SAULT STE. MARIE, 853 JANE ST., TORONTO, 900 ALBION RD., ETOBICOKE
To view local store flyer, visit foodbasics.ca, where you can create an account (or sign into your account) and select your



ALWAYS GREAT PRICE ✓
4.99
EACH

SELECTION 10" TORTILLAS
12'S
SELECTED VARIETIES



ALWAYS GREAT PRICE ✓
4.44
EACH

IRRESISTIBLE FRUIT
400 - 600 G FROZEN
SELECTED VARIETIES



IRRESISTIBLE ICE CREAM
1.5 L
NOVELTIES
3 - 5'S SELECTED VARIETIES

ALWAYS GREAT PRICE ✓
4.88
EACH



SELECTION
FULLY COOKED
BREADED
CHICKEN
800 G
FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓
7.99
EACH

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



SCAN TO DOWNLOAD



CRAZY 8 SALE

8 CRAZY 5⁹⁸ EACH

LACTANTIA PURFILTRE MILK 1%, 2%, SKIM 4 L
ACTIVIA YOGURT 12 X 100 G
OIKOS GREEK YOGURT 650 - 750 G SELECTED VARIETIES

8 CRAZY 2⁸⁸ EACH

SCHNEIDERS LUNCH MATE OR GREENFIELD KITS OR ADULT KITS 74 - 120 G SELECTED VARIETIES

8 CRAZY 3⁸⁸ EACH

KELLOGG'S MINI-WHEATS CEREAL 460 G
CORN FLAKES 340 G
SELECTED VARIETIES

8 CRAZY 2⁸⁸ EACH

EGGO WAFFLES 280 G
EGGO FRENCH TOAST STICKS 270 G
SELECTED VARIETIES

8 CRAZY 1⁸⁸ EACH

QUAKER DIPPYS OR CHEWY BARS 120 - 156 G
DEL MONTE CANNED FRUIT 398 ML
CHEEZ-IT CRACKERS 191 - 200 G
SNACK PACK PUDDINGS 4'S SELECTED VARIETIES

30 points

8 CRAZY 3⁸⁸ EACH

HEALTHY CHOICE MEALS 269 - 298 G FROZEN SELECTED VARIETIES

8 CRAZY 6⁹⁸ EACH

COCA-COLA, CANADA DRY GINGER ALE OR PEPSI 12 X 355 ML SELECTED VARIETIES

8 CRAZY 14⁸⁸ EACH

TIMOTHY'S COFFEE CAPSULES 30'S SELECTED VARIETIES

30 points when you buy any 2

8 CRAZY 2/6⁸⁸

DORITOS, RUFFLES POTATO CHIPS OR CHEETOS 200 - 285 G SELECTED VARIETIES

30 points

8 CRAZY 6⁸⁸ EACH

CASHMERE BATHROOM TISSUE 12 = 24'S
SPONGE TOWELS ULTRA 3 - 6'S
SCOTTIES FACIAL TISSUE 6'S SELECTED VARIETIES

8 CRAZY 10⁹⁸ EACH

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

130 points

8 CRAZY 32⁸⁸ EACH

PAMPERS BABY-DRY OR SWADDLERS 108 - 160'S SELECTED VARIETIES

*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.

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019 015 015

30TH 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.

**SAVE
\$2**

SUMMER FRESH TOPPED HUMMUS
255 G SELECTED VARIETIES

**SAVE
\$1**

DEMPSTER'S
SIGNATURE
ENGLISH
MUFFINS
6'S
SELECTED VARIETIES



BEATRICE
B FIT PROTEIN
MILKSHAKE
460 ML
SELECTED VARIETIES

**SAVE
\$1**



BLACK DIAMOND
CHEESTRINGS
586 G
SELECTED VARIETIES

**SAVE
\$1**



MOTT'S FRUITSACTIONS
APPLE SAUCE
6'S
SELECTED VARIETIES

**SAVE
\$1**



P.F.CHANG'S OR
BERTOLLI MEALS
624 G
FROZEN
SELECTED VARIETIES

**SAVE
\$3.50**



CHOLULA
HOT SAUCE
150 ML
SELECTED VARIETIES

**SAVE
\$1**



SUN CHIPS
205 G
SELECTED VARIETIES

**SAVE
\$1**



PEPSI
MINI CANS
6 X 222 ML
SELECTED VARIETIES

**SAVE
\$1**



GATORADE SPORTS DRINK
24 X 591 ML
SELECTED VARIETIES

**SAVE
\$1**



P.F.CHANG'S
SAUCE
330 ML
SELECTED VARIETIES

**SAVE
\$1**



PONTI
BALSAMIC
VINEGAR OR
GLAZE
200 - 500 ML
SELECTED VARIETIES

**SAVE
\$1**



GILLETTE
SHAVE FOAM
311 G
SELECTED VARIETIES

**SAVE
\$1**



ORAL B
BATTERY
OPERATED
TOOTHBRUSH
EACH
SELECTED VARIETIES

**SAVE
\$1**

CHOOSE CANADIAN



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


2.98
/LB



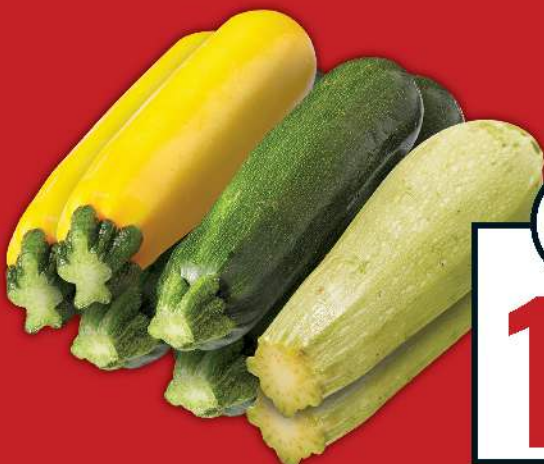
ONTARIO STRAWBERRIES
PRODUCT OF ONTARIO


2.98
EACH



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


1.98
/LB



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


1.88
/LB



SWEET
ASSORTED
PEPPERS
PRODUCT OF CANADA
4/PACK


3.98
EACH



6" POTTED
MINI ROSES
WHILE SUPPLIES LAST


9.98
EACH



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

40
points

7.99
/LB



MARC ANGELO
SOUVLAKI OR
MEDALLIONS
240 - 340 G
SELECTED VARIETIES


8.99
EACH



FLETCHER'S
CURED PORK
COTTAGE ROLL
7.69/KG


3.49
/LB



MONTANA'S BBQ ANGUS BEEF BURGERS
906 G FROZEN SELECTED VARIETIES

60
points

15.99
EACH



MAPLE LODGE OR
ZABIHA HALAL CHICKEN WIENERS
450 G SELECTED VARIETIES



10
points

1.99
EACH



SCHNEIDERS MEAT PIES
330 - 400 G FROZEN
SELECTED VARIETIES




3.99
EACH



VILLAGGIO BREAD
550 - 675 G
BUNS
6 - 8'S
SELECTED VARIETIES


2.88
EACH



DIMPFLMEIER BREAD
454 - 500 G
DEMPSTER'S BAGELS
450 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



Black Diamond
OLD • FORT
Cheddar Cheese
Fromage cheddar

400 g | 38% MOISTURE | 34% FAT

Black Diamond
MARBLE • MARBRÉ
Cheddar Cheese / Fromage cheddar

Galbani
Pizza Mozzarella
Mozzarella

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

4.88
EACH

Cavendish Farms
CRINKLE CUT
COUPE ONDULÉ

CHEEMO
Perogies
POTATO & CHEDDAR CHEESE

CAVENDISH FARMS
FRENCH FRIES 800 G
CHEEMO PEROGIES 815 • 907 G FROZEN
SELECTED VARIETIES

1.88
EACH

ÔIKOS
GREEK YOGURT
NO SUGAR ADDED

Lactantia
Purifiltre
FRESH TASTE • DÔUX LAIT

ACTIVIA
GUT HEALTH / SANTÉ DIGESTIVE

LACTANTIA PURIFILTRE MILK 1% 2% SKIMMED, 4 L
ACTIVIA YOGURT 12 X 100 G
ÔIKOS GREEK YOGURT 650 • 750 G
SELECTED VARIETIES

5.98
EACH

KEURIG
Timothy's
LIGHT
BREAKFAST BLEND

30

TIMOTHY'S
COFFEE CAPSULES 30'S
SELECTED VARIETIES

14.88
EACH

LIBERTÉ
GREC GREEK

Black Diamond
CHEDDAR SLICES

BLACK DIAMOND SLICES 410 G
LIBERTÉ GREEK YOGURT 4 X 100 G
BABYBEL 120 G SELECTED VARIETIES

30
points

2.98
EACH

KEURIG
McCafé
100% ETHICALLY SOURCED ARABICA BEANS
Premium Roast
Medium Dark Roast

30

McCAFÉ
COFFEE CAPSULES 30'S
SELECTED VARIETIES

23.99
EACH

SKYR
YOGURT 2%
PLAIN

Irresistibles
GREEK OR SKYR
YOGURT 750 G
SELECTED VARIETIES

4.77
EACH

Irresistible
MIXED BERRIES
PETITS FRUITS MÉLANGÉS

Irresistible
W BL BL SA
SELECTED VARIETIES

IRRESISTIBLE
FRUIT 400 • 600 G FROZEN
SELECTED VARIETIES

4.44
EACH

Tenderflake
FLAKY PASTRY / UNE PÂTE FEUILLETÉE
EVERY TIME / CHAQUE FOIS

McCain
Deep'n'Delicious
DELICIOUS CAKES

TENDERFLAKE
PIE OR TART
SHELL CRUST 255 • 350 G
FROZEN
SELECTED VARIETIES

35
points

6.49
EACH

Smartfood
WHITE CHEDDAR BLANC

Lay's
Classic
Classique

Lay's
MAGIC MASALA
MAGIQUE

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

2.88
EACH

French's
KETCHUP
SELECTED VARIETIES

Dare
Maple
crème

Bear Paws
Chocolate C
No Artificial Colours or Flav

FRENCH'S
KETCHUP 1 L
SELECTED VARIETIES

3.99
EACH

DARE
COOKIES 168 • 315 G
SELECTED VARIETIES

2.99
EACH

PEPSI
12 CANS

CANADA DRY
GINGER ALE
MADE FROM REAL GINGER

Coca-Cola
ORIGINAL TASTE

COCA-COLA, CANADA DRY
GINGER ALE OR PEPSI
12 X 355 ML SELECTED VARIETIES

6.98
EACH

Nestea
LEMON ICED TEA
THE BLACK-ON-ORANGE

Minute Maid
FIVE ALIVE
OR MINUTE MAID
JUICE OR DRINKS

NESTEA
ICED TEA MIX 715 G
SELECTED VARIETIES

4.99
EACH

FIVE ALIVE OR
MINUTE MAID
JUICE OR DRINKS 8 X 200 ML, 10 X 200 ML
SELECTED VARIETIES

3.79
EACH

Sponge Towels
ULTRA

Cashmere
BATHROOM TISSUE

Scotties
HOUSE & HOME
FACIAL TISSUE

30
points

CASHMERE BATHROOM TISSUE 12 • 24'S
SPONGE TOWELS ULTRA 3 • 6'S
SCOTTIES FACIAL TISSUE 6'S SELECTED VARIETIES

6.88
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.



Buy any 3 participating products and enter for a chance* to win 1 of 4 prizes of **125,000 POINTS**



(\$1,000 value)



TACO BELL CRUNCHWRAP SUPREME 642 G
BAJA CREAMY SAUCE 354 ML
TACO SEASONINGS 28 G
TACO KIT 370 - 420 G
HOT SAUCE 207 ML
SELECTED VARIETIES

*NO PURCHASE NECESSARY. Contest runs June 19th, 2025, to June 25th, 2025. Open to residents of Ontario of the age of majority at time of entry. Four (4) Prizes consisting of 125,000 MOI points valued at approximately \$1,000 (ARV) each. 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: www.foodbasics.ca.

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. 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
VEGETABLES
500 - 750 G FROZEN
SELECTED VARIETIES**

ALWAYS GREAT PRICE ✓
2.67
EACH



**SELECTION
WHITE
VINEGAR
4 L**

ALWAYS GREAT PRICE ✓
2.27
EACH



**SELECTION BATTERED
ORIGINAL CORN DOGS
1.5 KG FROZEN
SELECTED VARIETIES**

ALWAYS GREAT PRICE ✓
12.99
EACH



**IRRESISTIBLE
SPARKLING
SPRING WATER
6 X 1 L
SELECTED VARIETIES**

ALWAYS GREAT PRICE ✓
4.44
EACH

WE LOVE LOCAL



ONTARIO
STRAWBERRIES
PRODUCT OF ONTARIO

THIS WEEK ONLY 
2⁹⁸
EACH



WHOLE WHITE OR
CREMINI MUSHROOMS
PRODUCT OF ONTARIO 227 G

THIS WEEK ONLY 
2/\$5



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

THIS WEEK ONLY 
2⁹⁸
/LB



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

THIS WEEK ONLY 
1⁸⁸
/LB



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

THIS WEEK ONLY 
1⁹⁸
/LB



SWEET
ASSORTED
PEPPERS
PRODUCT OF ONTARIO
4 PACK

THIS WEEK ONLY 
3⁹⁸
EACH



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

THIS WEEK ONLY 
2⁹⁸
EACH



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

THIS WEEK ONLY 
1⁹⁸
/LB



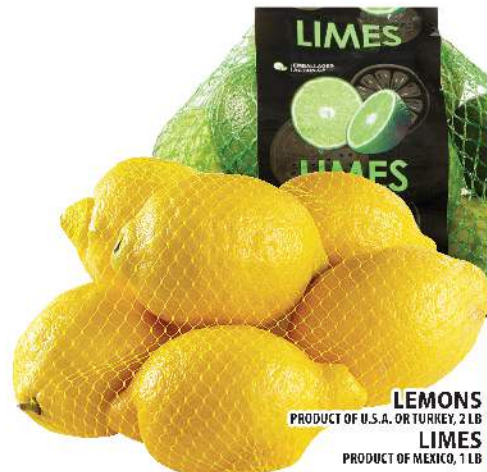
CHERRIES
PRODUCT OF U.S.A., NO. 1 GRADE
10.98/KG

THIS WEEK ONLY 
4⁹⁸
/LB



CAULIFLOWER
PRODUCT OF U.S.A., NO. 1 GRADE
CORN
PRODUCT OF FLORIDA, U.S.A. NO. 1 GRADE PKG OF 4

THIS WEEK ONLY 
3⁹⁸
EACH



LEMONS
PRODUCT OF U.S.A. OR MEXICO, 2 LB
LIMES
PRODUCT OF MEXICO, 1 LB

30
points
THIS WEEK ONLY 
3⁹⁸
EACH



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

THIS WEEK ONLY 
2/\$5



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

THIS WEEK ONLY 
4⁹⁸
/LB



RASPBERRIES
PRODUCT OF U.S.A. OR MEXICO, NO. 1 GRADE 170 G
BLUEBERRIES
PRODUCT OF FLORIDA, U.S.A., NO. 1 GRADE 1 PINT

THIS WEEK ONLY 
3⁹⁸
EACH

FLORAL



8 STEM
CARNATIONS OR
5 STEM
GERBERAS
ASSORTED COLOURS
WHILE QUANTITIES LAST

THIS WEEK ONLY 
\$6
EACH



4 STEM
PEONIES OR
5 STEM ROSES
ASSORTED COLOURS
WHILE QUANTITIES LAST

THIS WEEK ONLY 
\$7
EACH



6" MINI
ROSES OR
ASSORTED
FOLIAGE
ASSORTED COLOURS & VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY 
9⁹⁸
EACH



5" PREMIUM
ORCHIDS
ASSORTED COLOURS
WHILE QUANTITIES LAST

THIS WEEK ONLY 
14⁹⁸
EACH

MEAT




LIFESMART
EXTRA LEAN
GROUND
CHICKEN OR
ZABIHA HALAL
EXTRA LEAN
CHICKEN
450 G
SELECTED VARIETIES

THIS WEEK ONLY

5⁹⁹
EACH




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

40 points

THIS WEEK ONLY

7⁹⁹
/LB




FRESH PORK SIDE RIBS
CENTRE CUT REMOVED
11.00/KG

THIS WEEK ONLY

4⁹⁹
/LB



MEDIUM GROUND BEEF
FAMILY PACK 13.87/KG

THIS WEEK ONLY

6²⁹
/LB



CANADIAN COVE
FRESH MUSSELS
907 G
FRESH

THIS WEEK ONLY

5⁴⁹
EACH



FRESH BONELESS SIRLOIN TIP STEAKS FAMILY PACK OR ROAST
CUT FROM CANADA AA OR HIGHER GRADE OF BEEF INCLUDING HALAL
24.23/KG

THIS WEEK ONLY

10⁹⁹
/LB

INCLUDING HALAL



MAPLE LODGE OR ZABIHA HALAL CHICKEN WIENERS
450 G SELECTED VARIETIES

10 points

THIS WEEK ONLY

1⁹⁹
EACH



SCHNEIDERS MEAT PIES
330-400 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

3⁹⁹
EACH



MAPLE LODGE CHICKEN OR BUTTERBALL TURKEY BACON
300-375 G SELECTED VARIETIES

THIS WEEK ONLY

4⁹⁹
EACH



MONTANA'S BBQ ANGUS BEEF BURGERS
906 G FROZEN SELECTED VARIETIES

60 points

THIS WEEK ONLY

15⁹⁹
EACH



O'SOLE MIO FRESH PASTA
226 G SELECTED VARIETIES

THIS WEEK ONLY

1⁹⁹
EACH



SWISS CHALET DELI SALADS
400-454 G SELECTED VARIETIES

THIS WEEK ONLY

3⁴⁹
EACH



FLETCHER'S CURED PORK COTTAGE ROLL
7.69/KG

THIS WEEK ONLY

3⁴⁹
/LB



MARC ANGELO SOUVLAKI OR MEDALLIONS
240-340 G SELECTED VARIETIES

THIS WEEK ONLY

8⁹⁹
EACH



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

THIS WEEK ONLY

5⁹⁹
EACH



THE DELI SHOP SLICED DELI MEAT
2 X 175-700 G SELECTED VARIETIES

THIS WEEK ONLY

5⁹⁹
EACH



PILLER'S MEAT SNACKS
340-500 G SELECTED VARIETIES

THIS WEEK ONLY

6⁹⁹
EACH



TRE STELLE PARMIGIANO REGGIANO OR GRANA PADANO OR PECORINO ROMANO
200 G PRODUCT OF ITALY SELECTED VARIETIES

THIS WEEK ONLY

7⁹⁹
EACH



CATCH DAY PRIZE JOUR HIGH LINER MARKET CUTS FISH FILLETS OR CATCH OF THE DAY BREADED AND BATTERED FISH FILLETS
227-350 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

3⁹⁹
EACH



SEAJoy SEAWEED SALAD OR MACKEREL FILLETS OR CHELSEA PINK SALMON FILLETS
300-459 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

5⁹⁹
EACH



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

THIS WEEK ONLY

5⁹⁹
EACH



IRRESISTIBLES COCONUT SHRIMP WITH CHILI SAUCE
454 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY

10⁹⁹
EACH

MORE GREAT SAVINGS FOR LESS



CHRISTIE
CRACKERS OR
COOKIES
150 - 303 G
SELECTED VARIETIES

LOCKED DOWN

2/\$5



POST SHREDDIES CEREAL 635 G
ALPEN MUESLI 650 G
SELECTED VARIETIES

LOCKED DOWN

4.99
EACH



PILLSBURY
CRESCENTS OR
WIENER WRAP
100 - 327 G
SELECTED VARIETIES

LOCKED DOWN

1.99
EACH

TENDERFLAKE
PIE OR TART
SHELL CRUST
255 - 350 G FROZEN
SELECTED VARIETIES

LOCKED DOWN

4.49
EACH



McCafé COFFEE CAPSULES 30'S
SELECTED VARIETIES

LOCKED DOWN

23.99
EACH

PRINGLES POTATO CHIPS 148 - 156 G
SELECTED VARIETIES

LOCKED DOWN

2.49
EACH



YOPLAIT YOP 200 ML
SELECTED VARIETIES

LOCKED DOWN

99¢
EACH

LINDT SWISS CLASSIC CHOCOLATE 100 G
SELECTED VARIETIES

LOCKED DOWN

2/\$7



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

LOCKED DOWN

3.99
EACH

MOTT'S CLAMATO COCKTAIL 1.89 L
SELECTED VARIETIES

LOCKED DOWN

2/\$7

BAKERY



DEMPESTER'S ENGLISH MUFFINS 6'S
OAKRUN FARMS CRUMPETS 284 G
SELECTED VARIETIES

THIS WEEK ONLY

2.49
EACH



DIMPFLMEIER BREAD 454 - 500 G
DEMPESTER'S BAGELS 450 G
SELECTED VARIETIES

THIS WEEK ONLY

2.99
EACH



SELECTION DONUTS 400 - 552 G
SELECTED VARIETIES

THIS WEEK ONLY

2.99
EACH



SELECTION SWISS ROLLS 400 G
ANGEL FOOD CAKE 270 - 284 G
SELECTED VARIETIES

THIS WEEK ONLY

4.99
EACH

LOCKED DOWN



Lactantia
Half & Half Cream
Crème à café
10% M.F. | M.G.

Lactantia
Whipping Cream
Crème à fouetter
35% M.F. | M.G.

LACTANTIA CREAM
473 ML - 1 L
SELECTED VARIETIES

LOCKED DOWN

379
EACH

OASIS
HEALTH BREW
ANTIOXIA
100% JUICE-JUS
1.36 L

Tropicana
Watermelon
Lemonade
REFRESHERS
1.36 L

Classic
Classique
Tropicana
LEMONADE
1.36 L

LOCKED DOWN

399
EACH

TROPICANA LEMONADE OR REFRESHERS
1.36 L

OASIS JUICE OR JUICE BLENDS
1.5 - 1.6 L SELECTED VARIETIES

McCain
Deep'n Delicious
MARBLE CAKE
GÂTEAU MARBRE

510 g

35
points

LOCKED DOWN

649
EACH

McCAIN DEEP'N DELICIOUS CAKES
510 G FROZEN SELECTED VARIETIES

Tim Hortons
ORIGINAL BLEND
FINE GRIND COFFEE
READY, MEDIUM
12'S

Tim Hortons
SINCE 1964

Tea
orange poséidon

LOCKED DOWN

1249
EACH

TIM HORTONS
COFFEE CAPSULE
12'S

TEA CAPSULE
12'S
SELECTED VARIETIES

McILHENNY CO.
TABASCO SAUCE
57 ML
SELECTED VARIETIES

15
points

LOCKED DOWN

299
EACH

NESTEA
LEMON ICED TEA
THE GLACE AU CITRON
50% LESS SUGAR
50% MOINS DE SUCRE

715 g

LOCKED DOWN

499
EACH

McILHENNY CO. TABASCO SAUCE
57 ML SELECTED VARIETIES

NESTEA ICED TEA MIX
715 G SELECTED VARIETIES

Ben's Original
Natural Select
Selection Naturelle
ROASTED CHICKEN & WILD RICE
POULET ROASTÉ ET RIS SAUVAGE

Ben's Original
Natural Select
Selection Naturelle
SPANISH STYLE
PASTA LASAGNA MEATSAUCE
PÂTE LASAGNE SAUCE À LA TOMATE

LOCKED DOWN

449
EACH

BEN'S ORIGINAL
NATURAL SELECT
RICE 365 - 397 G
SELECTED VARIETIES

AYLMER
Diced Tomatoes
Tomates en dés

796 ML

LOCKED DOWN

249
EACH

AYLMER
TOMATOES
540 - 796 ML
SELECTED VARIETIES

STARBUCKS
TORREFACTION
PIKE PLACE
ROAST
NOTES OF COCOA & DARK CHOCOLATE
AND HINTS OF CITRUS

STARBUCKS
PIKE PLACE
ROAST
NOTES OF COCOA & DARK CHOCOLATE
AND HINTS OF CITRUS

LOCKED DOWN

1199
EACH

STARBUCKS
GROUND COFFEE
CAPSULES
10'S
SELECTED VARIETIES

Minute Maid
Fruit Flavors
100% JUICE
200 ML

Five Alive
Fruit Flavors
100% JUICE
200 ML

LOCKED DOWN

379
EACH

FIVE ALIVE OR
MINUTE MAID
JUICE OR DRINKS
8 X 200 ML, 10 X 200 ML
SELECTED VARIETIES

Dare
Bear Paws
Chocolate Chip
No Artificial Colours or Flavours

6 pouches - 240 g
2 soft cookies per pouch

Dare
Ultimate
Maple
crème
COOKIES
160 - 315 G
SELECTED VARIETIES

LOCKED DOWN

299
EACH

DARE
COOKIES
160 - 315 G
SELECTED VARIETIES

PELEGRINO
CARBONATED
NATURAL
MINERAL WATER
6 X 1 L

MAISON PERRIER
FRANCE
INFINIMENT
LIME
FOREVER
LIME

50
points

LOCKED DOWN

949
EACH

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

Excel
GUM
9'S
SELECTED VARIETIES

LOCKED DOWN

399
EACH

Black Diamond
COMBO
OLD CHEDDAR
CHEESE
FORMAGE
CHÉDAR FORT

LOCKED DOWN

449
EACH

EXCEL GUM
9'S SELECTED VARIETIES

BLACK DIAMOND
COMBO
3 X 45 G
SELECTED VARIETIES

Fleecy
fresh air
air frais

LOCKED DOWN

799
EACH

FLEECY
FABRIC
SOFTENER
2.6 L
SELECTED VARIETIES

LYSOL
DISINFECTING
WIPES
220'S
SELECTED VARIETIES

LOCKED DOWN

1299
EACH

8 EXTREME TOP PRIZES OF
\$5,000,000

A GAME SO BIG, IT'S GIANT!

Available at
food Basics

Ticket not exactly as shown. Must be 18+ years of age to play. At the time of purchase, some prizes may have already been claimed.

finish
POWERBALL
DISHWASHER
TABS
30 - 55'S
SELECTED VARIETIES

LOCKED DOWN

1399
EACH

Pedigree
VITALITY +
DOG FOOD
8 KG
SELECTED VARIETIES

LOCKED DOWN

2499
EACH

ALWAYS GREAT PRICE



IRRESISTIBLES
GREEK OR
SKYR YOGURT
750 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

4.77
EACH



SELECTION
PUDDING
CUPS
4'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 

1.88
EACH



SELECTION
SNACKS
265 - 285 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2.88
EACH



SELECTION
PASTA
900 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

1.97
EACH



IRRESISTIBLES
SNACKS
142 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2.49
EACH



SELECTION OR
IRRESISTIBLES
PARMESAN
CHEESE
250 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

6.99
EACH



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

ALWAYS GREAT PRICE 

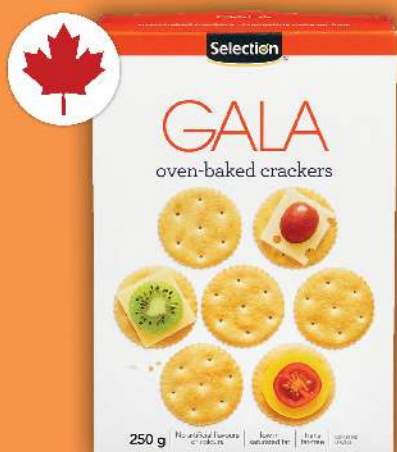
2.88
EACH



SELECTION
CREAM CHEESE
PRODUCT
340 G SELECTED VARIETIES

ALWAYS GREAT PRICE 

3.88
EACH



SELECTION
CRACKERS
225 - 250 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2.27
EACH



SELECTION
TACO SEASONING
35 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

\$1
EACH



IRRESISTIBLES
BBQ SAUCE
360 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3.49
EACH



SELECTION
TABLE SYRUP
710 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2.97
EACH



SELECTION
BAKING
NUTS
100 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2.99
EACH



SELECTION
DE-ALCOHOLIZED
BEER
12 X 355 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

8.49
EACH



SELECTION
DISHWASHING
DETERGENT
650 - 820 ML
SELECTED VARIETIES



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

ALWAYS GREAT PRICE 

1.97
EACH



SELECTION
FACIAL TISSUE
12'S

ALWAYS GREAT PRICE 

2/\$5



ALWAYS GREAT PRICE 

13.99
EACH



SELECTION
BATHROOM
TISSUE
30 = 100'S

ALWAYS GREAT PRICE 

19.99
EACH

COOL TREATS FOR LESS



NESTLÉ NOVELTIES
4-10'S
SELECTED VARIETIES

COOL TREATS FOR LESS
5.49
EACH



SHAW'S ICE CREAM
1.5 L
SELECTED VARIETIES

COOL TREATS FOR LESS
5.99
EACH



NESTLÉ REAL DAIRY ICE CREAM
1.5 L SELECTED VARIETIES

COOL TREATS FOR LESS
5.49
EACH



SELECTION ICE MILK
4 L
SELECTED VARIETIES

COOL TREATS FOR LESS
6.49
EACH



IRRESISTIBLE SUGAR CONES
12'S
SELECTED VARIETIES

COOL TREATS FOR LESS
1.99
EACH



SELECTION ICE CREAM CUPS
36'S
SELECTED VARIETIES

COOL TREATS FOR LESS
3.77
EACH



IRRESISTIBLE LIMITED EDITION ICE CREAM
1.5 L
SELECTED VARIETIES WHILE QUANTITIES LAST

COOL TREATS FOR LESS
4.88
EACH



LECLERC CELEBRATION ICE CREAM SANDWICH
4 X 90 ML
WHILE QUANTITIES LAST

COOL TREATS FOR LESS
4.99
EACH



NESTLÉ FROZEN TREATS
9'S
SELECTED VARIETIES WHILE QUANTITIES LAST

COOL TREATS FOR LESS
9.99
EACH



NESTLÉ PARLOUR SHARE PACK ICED BARS
16 X 80 ML SELECTED VARIETIES WHILE QUANTITIES LAST



COOL TREATS FOR LESS
9.99
EACH



MR. FREEZE, CRUSH OR DR PEPPER JUMBO FREEZE POPS
27 X 150 ML
SELECTED VARIETIES WHILE QUANTITIES LAST

COOL TREATS FOR LESS
7.99
EACH



MR. FREEZE ICE POPS
80 X 20 ML
SELECTED VARIETIES WHILE QUANTITIES LAST

COOL TREATS FOR LESS
4.44
EACH

SUMMER TREATS



DARE MALLOW CANDY
150 G
SELECTED VARIETIES WHILE QUANTITIES LAST

THIS WEEK ONLY
2.49
EACH



NESTLÉ SNACK SIZE CHOCOLATE BAR
8'S
SELECTED VARIETIES WHILE QUANTITIES LAST

THIS WEEK ONLY
1.99
EACH



SELECTION CANDY TUBS
400-750 G
SELECTED VARIETIES

THIS WEEK ONLY
5.99
EACH



HERSHEY'S S'MORES KIT
EACH
SELECTED VARIETIES WHILE QUANTITIES LAST

THIS WEEK ONLY
11.49
EACH

HELLMANN'S[®] MADE IN CANADA FOR OVER 75 YEARS

HELLMANN'S
MAYONNAISE
710 - 890 ML
SELECTED VARIETIES

LOCKED DOWN 
5.99
EACH



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SINCE 1939
Knorr



**KNORR
SIDEKICKS**
120 - 152 G
RICE CUPS
73 G
ASSORTED SELECTION

THIS WEEK ONLY 
1.99
EACH



**KNORR
SOUP MIX**
4'S
SELECTED VARIETIES

THIS WEEK ONLY 
2.99
EACH

 **Great
Canadian Burger**

Scan or visit
Knorr.com/ca for recipes



**CLUB HOUSE
LA GRILLE OR
SEASONING
SPICE BOTTLES**
120 - 248 G
SELECTED VARIETIES

LOCKED DOWN 
5.99
EACH



**FRANK'S
REDHOT
SAUCE**
354 ML
SELECTED VARIETIES

THIS WEEK ONLY 
3.49
EACH



**FRENCH'S
KETCHUP**
1 L
SELECTED VARIETIES

LOCKED DOWN 
3.99
EACH



**FRENCH'S
DIJON
MUSTARD**
355 ML
SELECTED VARIETIES

**30
points**
LOCKED DOWN 
2.49
EACH



**FRENCH'S
MUSTARD**
355 ML
SELECTED VARIETIES

LOCKED DOWN 
2.99
EACH



**Scan to Explore
Summer Grilling
Recipes & Tips**



Get great recipe ideas at clubhouse.ca

* Reg. TM/MD McCormick Canada, London, Canada. N6A 4Z2.

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RedHot**

**CLUB
HOUSE**
laGrille

French's

YOU COULD **WIN** ^{1 OF 3} **\$10,000** CASH PRIZES
TO CREATE YOUR OWN **SOCCER EXPERIENCE**

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**SUMMER
FLAVOUR KICK**



CHRISTIE
FAMILY SIZE
COOKIES
285 - 488 G
SELECTED VARIETIES

LOCKED DOWN
4 49
EACH



CHRISTIE
CRACKERS
180 - 200 G
SELECTED VARIETIES

LOCKED DOWN
2/\$5



CHRISTIE
CRISPERS OR
BITS & BITES
SNACKS
145 G
SELECTED VARIETIES

LOCKED DOWN
3/\$7



CHRISTIE
SNACKS
COOKIES
150 - 200 G
SELECTED VARIETIES

LOCKED DOWN
2/\$5



MAYNARDS
CANDY
308 - 315 G
SELECTED VARIETIES

LOCKED DOWN
3 99
EACH



CADBURY
FINGERS
COOKIES
114 G
SELECTED VARIETIES



LOCKED DOWN
2 99
EACH



CADBURY
CHOCOLATE
POUCHES
144 - 151 G
SELECTED VARIETIES

LOCKED DOWN
4 49
EACH



CADBURY
DAIRY MILK BARS
180 G
SELECTED VARIETIES

LOCKED DOWN
4 49
EACH

*NO PURCHASE NECESSARY. Visit soccerexperience.ca for rules/details, no purchase details and to enter the Contest. Contest ends at 11:59:59 PM ET on August 14, 2025. Open to age-of-majority legal residents of Canada. All qualifying purchases need to occur by August 1, 2025, and be submitted by August 14, 2025. Limit 15 Entries per person/email. Skill testing question required. Three (3) Grand Prizes (ARV: \$10,000 CAD EA) and Five (5) First Prizes (ARV: \$1,000 CAD EA) available to be won. Draw Date: August 28, 2025. Odds of winning a prize depend on the total number of eligible entries received. This contest is sponsored and administered by Mondelez International. Metro Inc. is not connected to the sponsorship and/or administration of this contest.



TIDE
LAUNDRY DETERGENT
52 • 64 LOADS, 2.15 • 2.48 L
SELECTED VARIETIES

THIS WEEK ONLY 
15⁹⁹
EACH



GAIN
ORIGINAL
LAUNDRY
DETERGENT
100 LOADS
4.25 L
SELECTED VARIETIES

THIS WEEK ONLY 
15⁹⁹
EACH



DOWNY
UNSTOPABLES
SCENT BOOSTER
379 G
SELECTED VARIETIES

THIS WEEK ONLY 
9⁹⁹
EACH



BOUNCE
DRYER
SHEETS
200'S
SELECTED VARIETIES

THIS WEEK ONLY 
9⁹⁹
EACH



CHARMIN
ULTRASOFT
BATHROOM
TISSUE
12 = 48 MEGA
BOUNTY
PAPER TOWEL
6'S
SELECTED VARIETIES

THIS WEEK ONLY 
13⁹⁹
EACH



DOWNY ULTRA
FABRIC SOFTENER
2.53 L
SELECTED VARIETIES

THIS WEEK ONLY 
10⁹⁹
EACH



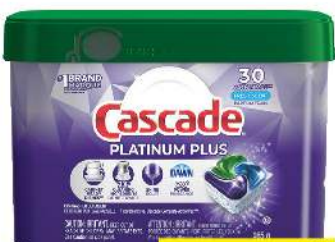
DAWN
DISH DETERGENT
431 - 473 ML
SELECTED VARIETIES

THIS WEEK ONLY 
2/\$5



DOWNY RINSE
AGENT
1.08 L
SELECTED VARIETIES

THIS WEEK ONLY 
10⁹⁹
EACH



CASCADE
DISHWASHER
LOZENGE
30 • 48'S
SELECTED VARIETIES

THIS WEEK ONLY 
15⁴⁹
EACH



SWIFFER
DRY CLOTHS
32'S
SELECTED VARIETIES

THIS WEEK ONLY 
10⁹⁹
EACH



FEBREZE
AIR
FRESHENER
2'S
SELECTED VARIETIES

THIS WEEK ONLY 
6⁹⁹
EACH



FEBREZE
PLUG OIL
AIR FRESHENER
REFILL
2'S • 26 ML
SELECTED VARIETIES

THIS WEEK ONLY 
10⁹⁹
EACH



SCOPE
MOUTHWASH
1L
CREST
TOOTHPASTE
63 ML
SELECTED VARIETIES

LOCKED DOWN 
4⁹⁹
EACH



HERBAL
ESSENCES
HAIR CARE
346 ML
SELECTED VARIETIES



LOCKED DOWN 
2/\$6



PAMPERS
BABY
WIPES
168 • 192'S
SELECTED VARIETIES

LOCKED DOWN 
7⁴⁹
EACH



ALWAYS
PADS
28 • 36'S
TAMPAX
TAMPONS
28 • 36'S
SELECTED VARIETIES



LOCKED DOWN 
10⁹⁹
EACH

ITALIAN HERITAGE MONTH



RADICCHIO
PRODUCT OF U.S.A. OR MEXICO
8.80/KG

ITALIAN HERITAGE MONTH
3⁹⁹
/LB



TRE STELLE
PARMIGIANO REGGIANO, GRANA PADANO OR PECORINO ROMANO
200 G
SELECTED VARIETIES

ITALIAN HERITAGE MONTH
7⁹⁹
EACH



DECECCO
PASTA OR AURORA PASSATA
454 G, 680 ML
SELECTED VARIETIES

ITALIAN HERITAGE MONTH
1⁹⁹
EACH



BERTOLLI
OLIVE OIL
1 L
SELECTED VARIETIES

ITALIAN HERITAGE MONTH
12⁹⁹
EACH



LAVAZZA
ESPRESSO OR PENNISI
CANNOLI SHELLS
250 G
SELECTED VARIETIES

ITALIAN HERITAGE MONTH
6⁹⁹
EACH



LOACKER
WAFERS
175 G
SELECTED VARIETIES



ITALIAN HERITAGE MONTH
1⁹⁹
EACH



AURORA
BREADCRUMBS OR PANKO, MUTTI PIZZA SAUCE OR TOMATO PASTE
227 - 680 G
156 - 398 ML
SELECTED VARIETIES

ITALIAN HERITAGE MONTH
3⁴⁹
EACH



AURORA
HONEY
1 KG

ITALIAN HERITAGE MONTH
7⁹⁹
EACH



COLUSSI OR MISURA
COOKIES
400 - 500 G
SELECTED VARIETIES

ITALIAN HERITAGE MONTH
3⁴⁹
EACH



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

ITALIAN HERITAGE MONTH
4⁴⁹
EACH



UNICO
OLIVES OR SUNDRIED TOMATOES
210 - 375 ML
SELECTED VARIETIES

ITALIAN HERITAGE MONTH
2⁴⁹
EACH



MOLISANA
LASAGNE OR PASTA SAUCE
680 ML, 500 G
SELECTED VARIETIES

ITALIAN HERITAGE MONTH
3⁹⁹
EACH



VITA SANA GNOCCHI, RISO SCOTTI RISOTTO, MOLISANA MARINATED VEGETABLES, RIO MARE INSALATISSIME
160 - 500 G, 250 - 375 ML
SELECTED VARIETIES

ITALIAN HERITAGE MONTH
3⁹⁹
EACH



PRIMO
PIZZA SAUCE
213 ML
SELECTED VARIETIES

10 points
ITALIAN HERITAGE MONTH
1⁴⁹
EACH



SAN BENEDETTO
SPRING WATER
6x1.5 L
SELECTED VARIETIES

ITALIAN HERITAGE MONTH
12⁹⁹
EACH



MUTTI
PASTA SAUCE, GIGI OLIVES OR TUTTO CALABRIA SPREAD
680 ML, 1 L
290 G
SELECTED VARIETIES

ITALIAN HERITAGE MONTH
6⁹⁹
EACH



PAULI
CROISSANTS
65
SELECTED VARIETIES

ITALIAN HERITAGE MONTH
3⁹⁹
EACH



AURORA
LAUNDRY BAR SOAP
185 G

ITALIAN HERITAGE MONTH
1⁴⁹
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.