

food Basics

CANADIAN AND PROUD



30
YEARS
OF
SAVINGS



LEAN GROUND BEEF & PORK BLEND FAMILY PACK 6.53/KG



HAPPY FATHER'S DAY!

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, JUNE 12TH TO WEDNESDAY, JUNE 18TH, 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

BEATRICE CHOCOLATE MILK 750 ML DARE BREAKTIME COOKIES 250 G SELECTED VARIETIES WHILE QUANTITIES LAST

750 ML

MEILLEUR AVANT

SHAKE WELL
BON AGITAGE

1% M.F. M.G.

Beatrice®

Chocolate partly skimmed milk
Lait partiellement sucré au chocolat

1% M.F. M.G.

Beatrice®

All you need - Tout y est

1% M.F. M.G.

MADE WITH REAL COCOA
FAIT AVEC DU VRAI CACAO

750 mL

ADDITIONNÉ DE
VITAMINES • VITAMINES
A + D

ADDED

Dare

Breaktime

OATMEAL

Crunchy Cookies

COOKIES 250 g

\$

INCREDIBLE

99¢

EACH

Ben's Original
Fast & Fancy
Vite & Bon

BROCCOLI & CHEDDAR FLAVOUR
SAVEUR DE BROCOLI ET CHEDDAR

132 g

NEW LOOK! NOUVELLE ALLURE!

QUALITY INGREDIENTS
INGRÉDIENTS DE QUALITÉ

Michelina's

Macaroni and Cheese
Macaroni au fromage

132 g

\$

INCREDIBLE

99¢

EACH

BEN'S ORIGINAL FAST & FANCY RICE 132 G
MICHELINA'S ENTRÉES 227-284 G FROZEN SELECTED VARIETIES

Irresistible

THICK CUT
COUPE ÉPAISSE

SEA SALT
SEL DE MER

150 g

Irresistible

THICK CUT
COUPE ÉPAISSE

SEA SALT
SEL DE MER

150 g

\$

INCREDIBLE

99¢

EACH

IRRESISTIBLE POTATO CHIPS 150 G SELECTED VARIETIES

Selection

Berry
DRINK

283 mL

Selection

Pink
Lemonade
DRINK

283 mL

\$

INCREDIBLE

99¢

EACH

SELECTION DRINK 283 ML FROZEN SELECTED VARIETIES

Selection

GARLIC
Bread • Pain
à l'ail

284 G

Selection

GARLIC
Bread • Pain
à l'ail

284 G

\$

INCREDIBLE

99¢

EACH

SELECTION GARLIC BREADSTICKS 284 G

HAPPY FALL

GET READY TO SAVE! GREAT PRICES START ON T

To view local store flyer, visit foodbasics.ca, where you can crea

BBQ ESSENTIALS FOR LESS

Irresistible

SESAME SEED
HOT-DOG
GRAINES
DE SÉSAME

8 BUNS
8 BUNS

Irresistible

SESAME SEED
HAMBURGER
GRAINES
DE SÉSAME

8 BUNS
8 BUNS

\$

INCREDIBLE

2.99

EACH

IRRESISTIBLE MAMMOTH BUNS 6-8" SELECTED VARIETIES

Selection

Cheddar

900 g

Selection

Classic
Classiques

900 g

\$

INCREDIBLE

8.99

EACH

SELECTION SMOKED SAUSAGES 900 G SELECTED VARIETIES

Life Smart
Mieux-être

60% LESS FAT*
MOINS DE MATIÈRES GRASSES*

CHICKEN BURGERS
BURGERS DE POULET

UNCOOKED - NON CUITS

852 G FROZEN SELECTED VARIETIES

\$

INCREDIBLE

8.99

EACH

Selection

MACARONI
SALAD
SALADE DE MACARONI

454 g

Selection

CREAMY
COLESLAW
SALADE DE CHOU
CRÉMEUSE

454 g

\$

INCREDIBLE

2.99

EACH

SELECTION DELI SALADS 454 G SELECTED VARIETIES

11 LB
AVERAGE

WATERMELONS
PRODUCT OF U.S.A.

\$

INCREDIBLE

4.99

EACH

IRRESISTIBLE
MINI MUFFINS
336 G
SELECTION
COOKIES
360 - 426 G
SELECTED VARIETIES



VIP
VERY INCREDIBLE
PRICE EVENT

PRODUCT
OF ITALY

MARC
ANGELO
ITALIAN
SLICED DELI
MEAT
100 G
PRODUCT OF ITALY
SELECTED VARIETIES

INCREIBLE
3.99
EACH

INCREIBLE
4.99
EACH



INCREIBLE
4.99
EACH

SELECTION CHEESE
400 G
SHREDS
320 G
SELECTED VARIETIES



30
points



McCain
FRENCH FRIES
454 - 650 G
SWANSON
MEALS
280 - 345 G
FROZEN
SELECTED VARIETIES

INCREIBLE
2.93
EACH



30
points
INCREIBLE
3.99
EACH

PHILADELPHIA CREAM CHEESE 250 G
CHEEZ WHIZ SPREAD 450 G
BLACK DIAMOND
NATURAL CHEESE SLICES 220 - 240 G
SELECTED VARIETIES



KRAFT PEANUT BUTTER 750 G - 1 KG
HAZELNUT SPREAD 725 G
NABOB GROUND COFFEE 340 G
MAXWELL HOUSE COFFEE CAPSULES 12'S
SELECTED VARIETIES

30
points
INCREIBLE
5.95
EACH



30
points
INCREIBLE
2.98
EACH

HABITANT, CAMPBELL'S
CHUNKY OR READY TO SERVE SOUP
515 - 796 ML
PEPPERIDGE FARM GOLDFISH CRACKERS
168 - 200 G SELECTED VARIETIES



HELLMANN'S MAYONNAISE
710 - 890 ML
SELECTED VARIETIES

30
points
INCREIBLE
5.94
EACH



INCREIBLE
2/\$5

CHRISTIE PEEK FREANS OR
DAD'S OATMEAL COOKIES 275 - 350 G
DARE COOKIES 168 - 315 G
SELECTED VARIETIES



CLASSICO PASTA SAUCE
218 - 600 ML
SELECTED VARIETIES

30
points
INCREIBLE
3.47
EACH



30
points
INCREIBLE
3.50
EACH

TOSTITOS TORTILLA CHIPS
205 - 295 G
SELECTED VARIETIES



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

INCREIBLE
3.99
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.

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30TH ANNIVERSARY COUPON PARTY

OVER \$30 IN SAVINGS IN APP

30 YEARS OF SAVINGS

SAVING IS EASY

1
CLICK TO DOWNLOAD



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

2
ADD YOUR COUPONS

3
SCAN AT THE REGISTER

High Liner Market Cuts
Haddock • Aiglefin

High Liner Market Cuts
FISH FILLET
227G
FROZEN
SELECTED VARIETIES

SAVE \$1

1.5 LB

MEDLEY OF TOMATOES • TOMATES MÉLANGEES

681 g
GROWN IN CANADA
CULTIVÉES AU CANADA

SAVE \$2

GRAPE, MEDLEY OR CHERRY TOMATOES
PRODUCT OF CANADA OR MEXICO, NO. 1 GRADE
1.5 LB

PARKAY
FRESH & CREAMY TASTE
GOÛT FRAIS ET CRÉMEUX

PARKAY MARGARINE
850 G
SELECTED VARIETIES

SAVE 50¢

Silver Hills
BREAD
615 • 680 G
SELECTED VARIETIES

SAVE \$1

Lactantia
Half & Half Cream
Crème à café

Lactantia
Whipping Cream
Crème à fouetter

LACTANTIA CREAM
473 ML • 1 L
SELECTED VARIETIES

SAVE 50¢

SMUCKER'S
Uncrustables
peanut butter & grape flavoured spread sandwich
sandwich au beurre d'arachide et à la tartinade aromatisée aux raisins

SMUCKER'S UNCRUSTABLES SANDWICH
4'S FROZEN
SELECTED VARIETIES

SAVE \$1

KEURIG
Selection
Our Original Medium Roast

100% COLOMBIAN
SINGLE ORIGIN

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

SAVE \$5

POWERADE
SPORTS DRINK
24 X 591 mL BOTTLES (14.18 L)

POWERADE SPORT DRINKS
24 X 591 ML SELECTED VARIETIES

SAVE \$1

Cadbury
FINGERS
ORIGINAL
ORIGINAUX

CADBURY FINGERS COOKIES
114 G SELECTED VARIETIES

SAVE 50¢

Ben's Original
CONVERTED...
LONG GRAIN RICE / RIZ À GRAINS LONGS

BEN'S ORIGINAL CONVERTED RICE
2.2 KG SELECTED VARIETIES

SAVE \$2

Ben's Original
STREET FOOD / CUISINE DE RUE
BEAN & RICE BURRITO BOWL
BOL BURRITO AVEC HARICOTS ROUGES ET RIZ

BEN'S ORIGINAL STREET FOOD RICE
255 G
SELECTED VARIETIES

SAVE 50¢

IRISH SPRING
ORIGINAL CLEAN
BAR SOAP
6'S
SELECTED VARIETIES

SAVE \$1

Nestlé
NIDO
My first steps
Mes premiers pas

NESTLÉ NIDO NUTRITIONAL SUPPLEMENT
850 G
SELECTED VARIETIES

SAVE \$5

MOTT'S
CLAMATO COCKTAIL
2.54 L

MOTT'S CLAMATO COCKTAIL
2.54 L
SELECTED VARIETIES

SAVE \$1

NEW! VALUE SIZE
TEMPTATIONS
CAT TREATS
154 G
SELECTED VARIETIES

SAVE \$3

CHOOSE CANADIAN



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


1.98
/LB



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


2.98
EACH



WHITE OR CREMINI MUSHROOMS
PRODUCT OF ONTARIO, 227 G

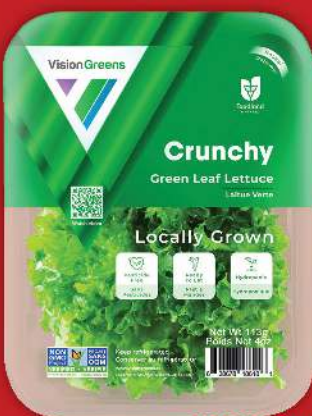



2/\$5



LOCAL STRAWBERRIES
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE, 1.137 L


3.98
EACH



VISION GREENS LETTUCE
PRODUCT OF ONTARIO, 113 G




3.77
EACH



MINI POTATOES
PRODUCT OF CANADA, 680 G




2.98
EACH



SELECTION BACON
375 G
SELECTED VARIETIES


4.99
EACH



**MARC ANGELO
JUMBO PORK
SAUSAGES**
375 - 675 G
FROZEN
SELECTED VARIETIES


7.99
EACH



**LEGACY MARINATED
BONELESS PORK
LOIN OR CARNITA
PULLED PORK ROAST**
800 G - 1 KG
SELECTED VARIETIES




9.99
EACH



THE KEG PRIME RIB BEEF BURGERS
1.02 KG FROZEN
SELECTED VARIETIES

60
points

16.99
EACH



BOURSIN CHEESE
150 G
SELECTED VARIETIES




5.99
EACH



**MASTRO BABY GENOA OR
SLICED TRIO OR
SAN DANIELE MORTADELLA**
250 - 750 G
SELECTED VARIETIES


9.99
EACH



IRRESISTIBLE MAMMOTH BUNS
6 - 8'S SELECTED VARIETIES




2.99
EACH



IRRESISTIBLE MINI MUFFINS
336 G
SELECTION COOKIES
360 - 426 G
SELECTED VARIETIES




3.99
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 CHEESE SHREDS 400 G
320 G
SELECTED VARIETIES

TEX MEX 320 G

4.99 EACH

IRRESISTIBLE POTATO CHIPS 150 G
SELECTED VARIETIES

99¢ EACH

RITZ original 180 g

CHRISTIE CRACKERS 180 - 200 G
SELECTED VARIETIES

1.99 EACH

NESTLÉ REAL DAIRY ICE CREAM 1.5 L
SELECTED VARIETIES

30 points

4.44 EACH

PHILADELPHIA CREAM CHEESE 250 G
250 g (32% fat, 100% cream)

CHEEZ WHIZ SPREAD 450 G

BLACK DIAMOND NATURAL CHEESE SLICES 220 - 240 G
SELECTED VARIETIES

30 points

3.99 EACH

KRAFT PEANUT BUTTER 750 G - 1 KG
HAZELNUT SPREAD 725 G

NABOB GROUND COFFEE 340 G

MAXWELL HOUSE COFFEE CAPSULES 12'S
SELECTED VARIETIES

30 points

5.95 EACH

QUAKER LIFE CEREAL 450 G

HARVEST CRUNCH GRANOLA CEREAL 400 - 475 G
SELECTED VARIETIES

3.99 EACH

PEARL MILLING COMPANY PANCAKE & WAFFLE MIX 905 G

TABLE SYRUP 710 ML

QUAKER OATS 900 G - 1 KG

INSTANT OATMEAL 240 - 344 G
SELECTED VARIETIES

3.49 EACH

BEATRICE CHOCOLATE MILK 750 ML
SELECTED VARIETIES
WHILE QUANTITIES LAST

BECEL MARGARINE 850 G
SELECTED VARIETIES

30 points

99¢ EACH

5.98 EACH

TOSTITOS TORTILLA CHIPS 205 - 295 G
SELECTED VARIETIES

30 points

3.50 EACH

IRRESISTIBLES ORANGE JUICE OR SMOOTHIES 1.34 - 1.65 L
SELECTED VARIETIES

3.97 EACH

IRRESISTIBLE PIZZA 340 - 390 G
SELECTED VARIETIES

3.97 EACH

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

3.99 EACH

HELLMANN'S MAYONNAISE 710 - 890 ML
SELECTED VARIETIES

30 points

5.94 EACH

SCOTTIES FACIAL TISSUE 6'S
SELECTED VARIETIES

30 points

7.49 EACH

CASHMERE BATHROOM TISSUE 12 = 24'S

SPONGE TOWELS ULTRA 3'-6'S
SELECTED VARIETIES

30 points

4.98 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 can not be held liable for any information that may prove to be inaccurate.



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



(\$1,000 value)



QUAKER LIFE CEREAL 450 G
HARVEST CRUNCH GRANOLA CEREAL 400 - 475 G
SELECTED VARIETIES

399 EACH



349 EACH

PEARLMILLINGCOMPANYPANCAKE & WAFFLE MIX 905 G
TABLE SYRUP 710 ML
QUAKER OATS 900 G - 1 KG

INSTANT OATMEAL 240 - 344 G SELECTED VARIETIES

*NO PURCHASE NECESSARY. Contest runs June 12th, 2025, to June 18th, 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
SPARKLING WATER
1 L SELECTED VARIETIES**

ALWAYS GREAT PRICE
99¢
EACH



**SELECTION
ENTRÉES
215 G
FROZEN
SELECTED VARIETIES**

ALWAYS GREAT PRICE
1.37
EACH



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

ALWAYS GREAT PRICE
8.99
EACH



**SELECTION OR
IRRESISTIBLE FRUIT
1.5 - 2 KG FROZEN
SELECTED VARIETIES**

ALWAYS GREAT PRICE
13.99
EACH

WE LOVE LOCAL



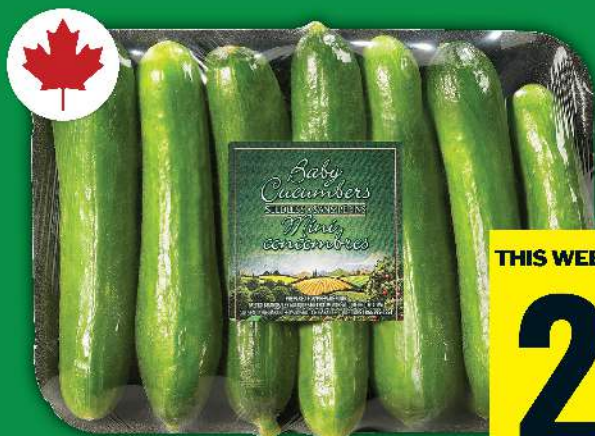
TOMATOES ON THE VINE
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
4.37/KG

THIS WEEK ONLY
1.98
/LB



LOCAL STRAWBERRIES
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE, 1.137 L

THIS WEEK ONLY
3.98
EACH



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

THIS WEEK ONLY
2.98
EACH



VISION GREENS LETTUCE
PRODUCT OF ONTARIO, 113 G



THIS WEEK ONLY
3.77
EACH



WHITE OR CREMINI MUSHROOMS
PRODUCT OF ONTARIO, 227 G



THIS WEEK ONLY
2/\$5



LPC MINI POTATOES
PRODUCT OF CANADA, 680 G



THIS WEEK ONLY
2.98
EACH



MINI SWEET PEPPERS
PRODUCT OF CANADA OR MEXICO
454 G

THIS WEEK ONLY
2.98
EACH



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

THIS WEEK ONLY
1.98
EACH



BLACKBERRIES
PRODUCT OF MEXICO, NO. 1 GRADE 150 - 170 G
STRAWBERRIES
PRODUCT OF U.S.A., NO. 1 GRADE
454 G

THIS WEEK ONLY
3.98
EACH



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

THIS WEEK ONLY
3.98
EACH



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

THIS WEEK ONLY
3.98
EACH



EXTRA LARGE
GOLDEN RIPE PINEAPPLES
PRODUCT OF COSTA RICA
THIS WEEK ONLY
3.48
EACH



VIDALIA ONIONS
PRODUCT OF U.S.A., NO. 1 GRADE
3 LB BAG

THIS WEEK ONLY
3.98
EACH



GREEN GIANT BROCCOLI FLORETS OR MEDLEYS
PRODUCT OF U.S.A., 340 G

THIS WEEK ONLY
3.48
EACH



FLORIDA SWEET CORN
PRODUCT OF U.S.A., NO. 1 GRADE
4 PK

30 points
THIS WEEK ONLY
4.88
EACH

FLORAL



5" SUCCULENTS
ASSORTED VARIETIES
WHILE QUANTITIES LAST
THIS WEEK ONLY
6.98
EACH



5" MONEY TREES OR HYDRANGEAS
ASSORTED VARIETIES
WHILE QUANTITIES LAST
THIS WEEK ONLY
9.98
EACH



LARGE MIXED BOUQUET
ASSORTED VARIETIES
WHILE QUANTITIES LAST
THIS WEEK ONLY
\$12
EACH



DOZEN ROSE BOUQUET
ASSORTED VARIETIES
WHILE QUANTITIES LAST
THIS WEEK ONLY
12.88
EACH

MEAT



FRESH BONELESS SKINLESS CHICKEN BREAST FAMILY PACK 15.41/KG

THIS WEEK ONLY **6.99** /LB




Authentic 100% CANADIAN PORK NO PRESERVATIVES ADDED 100% PORC CANADIEN SANS AGENTS DE CONSERVATION

HONEY GARLIC MIEL ET AIL UNCOOKED SAUSAGE - SAUCISSES NON CUITES

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

MILD ITALIAN ITALIENNE DOUCE UNCOOKED SAUSAGE - SAUCISSES NON CUITES

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

THIS WEEK ONLY **4.99** EACH



FRESH WHOLE CHICKEN WINGS BAGGED INCLUDING ZABIHA HALAL

THIS WEEK ONLY **3.99** /LB



FRESH BONE-IN PORK COMBINATION CHOPS INCLUDING CENTRE CUT CHOPS 9.90/KG

THIS WEEK ONLY **4.49** /LB



WHOLE RAINBOW TROUT 8.99/LB, 19.82/KG SALMON PORTIONS 8.99 EA.

FRESH

THIS WEEK ONLY **8.99** /LB OR EACH



FRESH BONELESS STRIPLOIN STEAKS FAMILY PACK CUT FROM CANADA AA OR HIGHER GRADES OF BEEF 35.25/KG

THIS WEEK ONLY **15.99** /LB



SELECTION BACON 375 G SELECTED VARIETIES

THIS WEEK ONLY **4.99** EACH



MARC ANGELO JUMBO PORK SAUSAGES 375 - 675 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY **7.99** EACH



LEGACY MARINATED BONELESS PORK LOIN OR CARNITA PULLED PORK ROAST 690 G - 1 KG SELECTED VARIETIES

THIS WEEK ONLY **9.99** EACH



6 BURGERS THE KEG PRIME RIB BEEF BURGERS MADE WITH 75% PRIME PORK 1.02 KG FROZEN

60 points

THIS WEEK ONLY **16.99** EACH



IRRESISTIBLES SLICED DELI CHEESE 160 - 180 G SELECTED VARIETIES

THIS WEEK ONLY **4.99** EACH



BOURSIN CHEESE 150 G SELECTED VARIETIES

THIS WEEK ONLY **5.99** EACH



SCHNEIDERS SMOKED SAUSAGES OR FREYBE EUROPEAN WIENERS 375 G SELECTED VARIETIES

THIS WEEK ONLY **5.99** EACH



PRIME RAISED WITHOUT ANTIBIOTICS BREADED CHICKEN OR WINGS 695 - 700 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY **11.99** EACH



SELECTION DELI SALADS 454 G SELECTED VARIETIES

THIS WEEK ONLY **2.99** EACH



RANA PASTA 250 - 300 G SELECTED VARIETIES

THIS WEEK ONLY **4.99** EACH



MONSIEUR GUSTAV GOUDA OR DOUBLE CRÈME BRIE OR JARLSBERG SLICES OR AGROPUR 2 YEAR CHEDDAR 340 - 400 G SELECTED VARIETIES

THIS WEEK ONLY **8.99** EACH



MASTRO BABY GENOA OR SLICED TRIO OR SANDANIELLA MORTADELLA 250 - 750 G SELECTED VARIETIES

THIS WEEK ONLY **9.99** EACH



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

THIS WEEK ONLY **3.49** EACH



NORTHERN KING WHOLE TILAPIA OR THAI GOLD WHOLE SHRIMP 380 G - 1 KG FROZEN SELECTED VARIETIES

THIS WEEK ONLY **7.49** EACH



LIFE SMART NATURALIA FISH FILLETS 400 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY **8.99** EACH



HIGH LINER PAN-SEARED FISH FILLETS OR BREADED AND BATTERED SIGNATURE CUTS FISH FILLETS 425 - 540 G FROZEN SELECTED VARIETIES

THIS WEEK ONLY **11.99** EACH

LOCKED DOWN



**PILLSBURY
PREPARED DOUGH**
340 - 468 G
SELECTED VARIETIES

LOCKED DOWN

2.99
EACH



**SMART ONES
MEALS**
241 - 262 G
FROZEN
SELECTED VARIETIES



LOCKED DOWN

2.99
EACH



**INTERNATIONAL
DELIGHT
ICED COFFEE**
1.89 L
SELECTED VARIETIES

LOCKED DOWN

4.99
EACH



SMUCKER'S JAM
500 ML
SELECTED VARIETIES

LOCKED DOWN

5.49
EACH



**MONSTER
ENERGY DRINKS**
4 X 473 ML
SELECTED VARIETIES

LOCKED DOWN

8.99
EACH



CHEF BOYARDEE
425 G
SELECTED VARIETIES

**10
points**

LOCKED DOWN

1.99
EACH



**ACTIVIA
DRINKABLE
YOGURT**
8 X 99 ML
SELECTED VARIETIES

LOCKED DOWN

5.49
EACH



**TWININGS
HERBAL TEA**
20'S
SELECTED VARIETIES

LOCKED DOWN

4.99
EACH



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



**50
points**

LOCKED DOWN

9.49
EACH



**POWERADE SPORTS
DRINK**
710 ML
PEACE TEA ICED TEA
695 ML
SELECTED VARIETIES

LOCKED DOWN

99¢
EACH



**MR. NOODLES
INSTANT
NOODLES**
85 G
SELECTED VARIETIES

LOCKED DOWN

39¢
EACH



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

LOCKED DOWN

9.99
EACH



**CLOVER LEAF
LIGHT OR
FLAVOURED
TUNA**
85 - 170 G
SELECTED VARIETIES

LOCKED DOWN

1.67
EACH



**CAMPBELL'S
BROTH**
250 - 900 ML
SELECTED VARIETIES

LOCKED DOWN

1.88
EACH



**SCOTTIES
FACIAL
TISSUE**
4'S
SELECTED VARIETIES

**30
points**

LOCKED DOWN

7.49
EACH



**LYSOL
DISINFECTANT
WIPES**
75 - 84'S
SELECTED VARIETIES

LOCKED DOWN

5.99
EACH

• **HAPPY
FATHER'S
DAY**

Available at



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20% OFF
**\$50 Boston Pizza or
Wayfair Gift Cards**
Offer valid June 12 - 18



**40
points**

LOCKED DOWN

7.49
EACH



**PURINA
TIDY CATS
LITTER**
5.44 KG
SELECTED VARIETIES

LOCKED DOWN

22.99
EACH

ALWAYS GREAT PRICE



IRRESISTIBLES
ORANGE JUICE OR SMOOTHIES
1.54 - 1.65 L
SELECTED VARIETIES



ALWAYS GREAT PRICE 

3.97
EACH



IRRESISTIBLE
PIZZA
340 - 390 G
FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3.97
EACH



SELECTION
MOZZA STICKS
336 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

6.48
EACH



SELECTION
FRIES
2 KG
FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE 

5.49
EACH



SELECTION
JELLY POWDER
85 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

99¢
EACH



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

ALWAYS GREAT PRICE 

2.99
EACH



SELECTION
WATER
ENHANCERS
48 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2.79
EACH



IRRESISTIBLES
COCONUT OIL
375 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

5.99
EACH



SELECTION
MUSHROOMS
284 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

1.29
EACH



SELECTION
PIZZA SAUCE
375 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2.29
EACH



SELECTION OR
LIFE SMART
VEGETABLE
COCKTAIL 1.89 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2.99
EACH



SELECTION
CANDY
135 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

1.25
EACH



IRRESISTIBLE
DRESSING
350 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3.79
EACH



SELECTION
TABLE SYRUP
710 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2.97
EACH



SELECTION
GLASS
CLEANER
950 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

1.97
EACH



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

ALWAYS GREAT PRICE 

2/\$5



SELECTION
SANDWICH
BAG
300'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 

6.99
EACH



SELECTION
VALUE SIZE
PARCHMENT
PAPER
164'
SELECTED VARIETIES

ALWAYS GREAT PRICE 

9.99
EACH

BBQ ESSENTIALS FOR LESS



TROPICANA LEMONADE OR REFRESHERS 1.36 L
OASIS JUICE OR JUICE BLENDS 1.5 - 1.6 L

LOCKED DOWN
3.99
EACH



IRRESISTIBLE SLICED DELI CHEESE 160 - 180 G
SELECTED VARIETIES

THIS WEEK ONLY
4.99
EACH



IRRESISTIBLE SLIDERS MINI PRIME RIB BURGERS 852 G FROZEN SELECTED VARIETIES

ALWAYS GREAT PRICE
14.99
EACH



IRRESISTIBLE MINI Brioche BUNS 480 G SELECTED VARIETIES

LOCKED DOWN
4.49
EACH



KRAFT SALAD DRESSING 425 ML SELECTED VARIETIES

LOCKED DOWN
3.49
EACH



CLUB HOUSE LA GRILLE OR SEASONING BLENDS 120 - 248 G SELECTED VARIETIES

LOCKED DOWN
5.99
EACH



SELECTION SNACKS 245 - 285 G SELECTED VARIETIES

ALWAYS GREAT PRICE
2.88
EACH



QUE PASA TORTILLA CHIPS 350 G SELECTED VARIETIES

LOCKED DOWN
4.49
EACH



HEINZ KETCHUP 750 ML - 1 L SELECTED VARIETIES

LOCKED DOWN
4.99
EACH



J.L. KRAFT PURE DRESSING 355 ML SELECTED VARIETIES

25 points
LOCKED DOWN
4.99
EACH



UNICO PEPPERS OR PEPPER RINGS 750 ML SELECTED VARIETIES

LOCKED DOWN
3.49
EACH



DIANA OR BULL'S-EYE BBQ SAUCE 425 - 500 ML
FRENCH'S MUSTARD 550 ML SELECTED VARIETIES

LOCKED DOWN
2.99
EACH



TROPHY NUTS 200 G SELECTED VARIETIES WHILE QUANTITIES LAST

THIS WEEK ONLY
3.49
EACH



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

ALWAYS GREAT PRICE
3.99
EACH



ESKA SPRING WATER 24 X 500 ML

LOCKED DOWN
4.49
EACH

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

LOCKED DOWN
6.29
EACH



GATORADE SPORTS DRINK 6 X 591 ML SELECTED VARIETIES

35 points
LOCKED DOWN
6.49
EACH

SANPELLEGRINO NATURAL OR MOMENTI SPARKLING DRINKS 6 X 330 ML SELECTED VARIETIES

35 points
LOCKED DOWN
6.99
EACH



SELECTION CHARCOAL BRIQUETS 3.77 KG SELECTED VARIETIES

ALWAYS GREAT PRICE
5.99
EACH

SELECTION PAPER BOWLS OR PLATES 24 - 39'S
GLASSES 50'S SELECTED VARIETIES

ALWAYS GREAT PRICE
4.99
EACH



ALCAN ALUMINIUM FOIL 100'

LOCKED DOWN
7.99
EACH



SELECTION GARBAGE BAGS 100'S SELECTED VARIETIES

ALWAYS GREAT PRICE
14.99
EACH



Nestlé®



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



THIS WEEK ONLY 
3.99
EACH



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



THIS WEEK ONLY 
5.49
EACH



iögo
FROZEN
YOGURT
946 ML
YOGURT
BARS
8 X 50 ML
SELECTED VARIETIES

THIS WEEK ONLY 
5.99
EACH



NESTLÉ DRUMSTICK NOVELTIES
6-10'S
HÄAGEN-DAZS ICE CREAM
946 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 
9.99
EACH



STARBUCKS
NESPRESSO
COFFEE
CAPSULES
10'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 
8.99
EACH



STARBUCKS
GROUND
COFFEE
CAPSULES
10'S
SELECTED VARIETIES

LOCKED DOWN 
11.99
EACH



55
points

STARBUCKS
COFFEE
CAPSULES
8-10'S
SELECTED VARIETIES

LOCKED DOWN 
11.99
EACH



NESTLÉ
PARLOUR
HALF DIPPED
ICED BARS
16 X 30 ML
SELECTED VARIETIES
WHILE QUANTITIES LAST

THIS WEEK ONLY 
9.99
EACH

COOL TREATS FOR LESS



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

COOL TREATS
FOR LESS
4.88
EACH



IRRESISTIBLE
THE CREAMIEST
ICED BARS
4'S
SELECTED VARIETIES

COOL TREATS
FOR LESS
4.88
EACH



IRRESISTIBLE
SORBET
946 ML
SELECTED VARIETIES

COOL TREATS
FOR LESS
4.88
EACH



IRRESISTIBLE
THE CREAMIEST ICE CREAM BARS
10 X 72 ML SELECTED VARIETIES

COOL TREATS
FOR LESS
9.88
EACH



SELECTION
ICE CREAM
POPS OR
SANDWICHES
12 OR 24'S
FROZEN
SELECTED VARIETIES

COOL TREATS
FOR LESS
\$5
EACH



IRRESISTIBLE
MACARON ICE CREAM TREATS
3 X 90 ML FROZEN, SELECTED VARIETIES



COOL TREATS
FOR LESS
4.88
EACH



SELECTION
ICE CREAM
CUPS
18'S
SELECTED VARIETIES

COOL TREATS
FOR LESS
1.99
EACH



IRRESISTIBLE
SUGAR CONES
12'S
SELECTED VARIETIES

COOL TREATS
FOR LESS
1.99
EACH



HALO TOP
FROZEN
DESSERT
473 ML
SELECTED VARIETIES

COOL TREATS
FOR LESS
5.99
EACH



SELECTION
ICE CREAM
POPS
24'S
SELECTED VARIETIES

COOL TREATS
FOR LESS
8.49
EACH



iögo

iögo
nanö

This Summer, Go Lactose-Free!



LACTANTIA LACTOSE FREE MILK 2%
SELECTED VARIETIES



THIS WEEK ONLY
5.49
EACH



LACTANTIA LACTOSE FREE MILK 2%
SELECTED VARIETIES

LOCKED DOWN
10.49
EACH



LACTANTIA LACTOSE FREE CREAM 10%
SELECTED VARIETIES

THIS WEEK ONLY
4.99
EACH



BLACK DIAMOND LACTOSE FREE NATURAL CHEESE SLICES
220 G SELECTED VARIETIES

30 points
THIS WEEK ONLY
3.99
EACH



BLACK DIAMOND CHEESTRINGS
252 G SELECTED VARIETIES

THIS WEEK ONLY
5.99
EACH



LACTANTIA LACTOSE FREE BUTTER
250 G SELECTED VARIETIES

LOCKED DOWN
5.99
EACH



iögo YOGURT 16 x 100 G
SELECTED VARIETIES

THIS WEEK ONLY
6.49
EACH



iögo NANO DRINKABLE YOGURT
6 x 93 ML SELECTED VARIETIES

ALWAYS GREAT PRICE
3.99
EACH

ITALIAN HERITAGE MONTH



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

ITALIAN HERITAGE MONTH
99¢
/LB



MASTRO
BABY GENOA
SALAMI
100 G
SELECTED VARIETIES

ITALIAN HERITAGE MONTH
999
EACH



DE CECCO PASTA
454 G
AURORA PASSATA
660 ML
SELECTED VARIETIES

ITALIAN HERITAGE MONTH
199
EACH

1 KG



LAVAZZA COFFEE BEANS
1 KG
SELECTED VARIETIES

ITALIAN HERITAGE MONTH
2699
EACH



UNICO
VEGETABLE OIL
3 L
GALLO OLIVE OIL
1 L
SELECTED VARIETIES

ITALIAN HERITAGE MONTH
999
EACH



LOCKER WAFERS
175 G
SELECTED VARIETIES



ITALIAN HERITAGE MONTH
199
EACH



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

ITALIAN HERITAGE MONTH
349
EACH



AURORA HONEY
1 KG

ITALIAN HERITAGE MONTH
799
EACH



IRRESISTIBLES
HALF BAGUETTES
350 G

ITALIAN HERITAGE MONTH
199
EACH



MOLISANA
DICED TOMATOES
398 ML
AURORA SEA SALT
1 KG
BOUILLON CUBES
66 G
SELECTED VARIETIES

ITALIAN HERITAGE MONTH
149
EACH



RIO MARE TUNA
5 X 88 G
SIMMENTHAL BEEF
5 X 50 G
SELECTED VARIETIES

ITALIAN HERITAGE MONTH
699
EACH



UNICO OR AURORA HOT
PEPPER RINGS OR MIXED
VEGETABLES
AURORA TARALLI
300 G
SELECTED VARIETIES



ITALIAN HERITAGE MONTH
349
EACH



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

ITALIAN HERITAGE MONTH
199
EACH



UNICO TOMATO PASTE
156 ML
SELECTED VARIETIES



ITALIAN HERITAGE MONTH
99¢
EACH



COLUSSI OR
MISURA
COOKIES
400 • 500 G
SELECTED VARIETIES

ITALIAN HERITAGE MONTH
349
EACH



MUTTI TOMATO POLPA,
MOLISANA OR
AURORA ITALIAN
TOMATOES
398 • 796 ML
AURORA
POLENTA MIX
1 KG
SELECTED VARIETIES

ITALIAN HERITAGE MONTH
299
EACH



MUTTI PASTA SAUCE
560 ML
TUTTO CALABRIA SPREAD
299 G
SELECTED VARIETIES



ITALIAN HERITAGE MONTH
699
EACH



MIDI LOAF
CAKES OR
GIOIA GLAZED
PASTRY,
AURORA
CANDY BAG
SELECTED VARIETIES



ITALIAN HERITAGE MONTH
249
EACH

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

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ITALIAN HERITAGE MONTH



PRIMO
TOMATOES OR PASTA SAUCE
680 - 796 ML
SELECTED VARIETIES



ITALIAN
HERITAGE MONTH
1.99
EACH



MARC ANGELO JUMBO PORK SAUSAGES
375 - 675 G FROZEN SELECTED VARIETIES



ITALIAN
HERITAGE MONTH
7.99
EACH



ITALIAN
HERITAGE MONTH
1.67
EACH

PRIMO
BEANS
540 ML
SELECTED VARIETIES



ITALIAN
HERITAGE MONTH
2.49
EACH

UNICO
OLIVES OR
SUNDRIED
TOMATOES
210 - 375 ML
SELECTED VARIETIES



ITALIAN
HERITAGE MONTH
3.99
EACH

MOLISANA
LASAGNE
500 G
MOLISANA
PASTA SAUCE
680 ML
SELECTED VARIETIES



ITALIAN
HERITAGE MONTH
3.99
EACH

RIO MARE
INSALATISSIMME
160 G
RISO SCOTTI
RISOTTO
210 G
MOLISANA
ANTIPASTO
375 ML
SELECTED VARIETIES



ITALIAN
HERITAGE MONTH
4.49
EACH

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



ITALIAN
HERITAGE MONTH
4/\$5

UNICO
LIGHT TUNA
99 G



ITALIAN
HERITAGE MONTH
12.99
EACH

SAN BENEDETTO
SPRING WATER
6x1.5 L
SELECTED VARIETIES



ITALIAN
HERITAGE MONTH
4.99
EACH

AURORA HOT PEPPERS, MUTTI OR
ALLESSIA SAN MARZANO TOMATOES
375 - 796 ML SELECTED VARIETIES



ITALIAN
HERITAGE MONTH
4.49
EACH

LOACKER
QUADRATINI
250 G
GIOIA
CROISSANTS 46
SELECTED VARIETIES



ITALIAN
HERITAGE MONTH
5.99
EACH

KIMBO
ESPRESSO
GROUND
COFFEE
250 G
SELECTED VARIETIES



AURORA EGG NOODLES 250 G
UNICO CORN MEAL 750 G
SELECTED VARIETIES

ITALIAN
HERITAGE MONTH
2.49
EACH



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

ITALIAN
HERITAGE MONTH
2.99
EACH



ITALIAN
HERITAGE MONTH
99c
EACH

MILANO
GIANT LADY
FINGERS
150 G
CUCINA DELLA
NONNA
VANILLIN OR
LIEVITO
2 X 4.3 G, 16 G
SELECTED VARIETIES



ITALIAN
HERITAGE MONTH
3.49
EACH

AURORA OR
GIOIA
SAVOIARDI,
GIOIA
AMARETTI
200 - 400 G
SELECTED VARIETIES



ITALIAN
HERITAGE MONTH
1.67
EACH

AURORA OR
VITAVIGOR
BREADSTICKS OR
AURORA
ROASTED
CHESTNUTS
100 - 125 G
SELECTED VARIETIES



BRIO
CHINOTTO OR
MIO GASSOSA
1 L
SELECTED VARIETIES

ITALIAN
HERITAGE MONTH
1.99
EACH

PERSONAL AND BABY CARE FOR LESS



BANANA BOAT
SUNSCREEN
150 - 315 ML
141 - 226 G
SELECTED VARIETIES

THIS WEEK ONLY

10⁹⁹
EACH



125
points

HUGGIES
SNUG & DRY
DIAPERS
148 - 168'S
84 - 136'S
SELECTED VARIETIES

THIS WEEK ONLY

39⁹⁹
EACH



SCOPE MOUTHWASH
1 L
OLD SPICE DEODORANT
85 G
SELECTED VARIETIES



LOCKED DOWN

4⁹⁹
EACH



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



LOCKED DOWN

29⁹⁹
EACH



DOVE MEN
BODY WASH
532 ML
SELECTED VARIETIES

LOCKED DOWN

7⁹⁹
EACH



COLGATE
TOOTHPASTE
75 - 120 ML
SELECTED VARIETIES

LOCKED DOWN

4⁹⁹
EACH



HERBAL
ESSENCES
HAIR CARE
346 ML
SELECTED VARIETIES

LOCKED DOWN

2/\$6



U BY KOTEX TAMPONS
30 - 96'S
SELECTED VARIETIES



LOCKED DOWN

9⁴⁹
EACH



POISE
PADS
30'S
SELECTED VARIETIES

LOCKED DOWN

2/\$14



TENA
UNDERWEAR
11'S
SELECTED VARIETIES

LOCKED DOWN

16⁴⁹
EACH



GERBER
BABY CEREAL
227 G
SELECTED VARIETIES

LOCKED DOWN

5⁴⁹
EACH



HUGGIES
SIMPLY CLEAN
704'S
SELECTED VARIETIES

LOCKED DOWN

18⁹⁹
EACH



PAMPERS
BABY WIPES
168 - 192'S
SELECTED VARIETIES

LOCKED DOWN

7⁴⁹
EACH



SIMILAC
INFANT
FORMULA
16X 235 ML
SELECTED VARIETIES

LOCKED DOWN

62⁹⁹
EACH



BABY
GOURMET
ORGANIC
BABY
FOOD OR
LOVE CHILD
ORGANIC
PURÉE
128 ML
SELECTED VARIETIES

LOCKED DOWN

2²⁹
EACH



PERSONNELLE
PADS
14 - 64'S
SELECTED VARIETIES

ALWAYS GREAT PRICE

2⁹⁷
EACH



PERSONNELLE
SHOWER GEL OR
BODY WASH
400 - 650 ML
SELECTED VARIETIES



ALWAYS GREAT PRICE

2⁹⁹
EACH



PERSONNELLE
BABY TRAINING
PANTS
33'S
SELECTED VARIETIES

ALWAYS GREAT PRICE

12⁹⁹
EACH

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**\$20
value**

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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.