

food Basics

CANADIAN AND PROUD

ALWAYS MORE FOR LESS

WOWZA!



WOWZA!
2⁹⁸
EACH

VILLAGGIO BREAD 550 • 675 G
BUNS 6 • 8'S
DEMPESTER'S BAGELS 450 • 510 G
SELECTED VARIETIES



WOWZA!
4⁸⁸
/LB

FRESH BONELESS EYE OF ROUND ROAST VACUUM PACK
WHOLE, CUT FROM USDA SELECT GRADE OR HIGHER WHILE QUANTITIES LAST
10.76/KG



WOWZA!
2⁹⁸
EACH

NAVEL ORANGES
PRODUCT OF EGYPT OR MOROCCO, 3LB BAG
AVOCADOS
PRODUCT OF MEXICO OR PERU, 5 OR 6 PACK BAG
LIMES
PRODUCT OF MEXICO, COLOMBIA OR BRAZIL, 1 LB



WOWZA!
5⁹⁸
EACH

SCHNEIDERS PEPPERETTES
250 • 375 G
SELECTED VARIETIES



WOWZA!
3⁹⁸
EACH

IRRESISTIBLE ICE CREAM
1.5 L
SELECTED VARIETIES



WOWZA!
1⁸⁸
EACH

BLUEBERRIES
PRODUCT OF U.S.A., NO. 1 GRADE
PINT
CANTALOUPES
PRODUCT OF U.S.A.



WOWZA!
2⁹⁸
EACH

SILK DRINKS
1.74 • 1.89 L
ASTRO ORIGINAL BALKAN OR IÖGO YOGURT
650 • 750 G
SELECTED VARIETIES



WOWZA!
1⁸⁸
/LB

RED, YELLOW OR ORANGE PEPPERS
PRODUCT OF CANADA
GREEN PEPPERS
PRODUCT OF U.S.A.
4.14/KG



WOWZA!
7⁹⁸
EACH

40 points

DAWN OR LAZEEZ FROZEN PARATHA, PARLIAMENT DAILY DELIGHT BASMATI RICE 2.4 KG, 4.54 KG SELECTED VARIETIES



WOWZA!
6⁹⁸
EACH

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

CHOOSE CANADIAN | LOOK FOR THE MAPLE LEAF AT SHELF

GET READY TO SAVE! GREAT PRICES START ON THURSDAY, JULY 3RD TO WEDNESDAY, JULY 9TH, 2025

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



food Basics

CANADIAN AND PROUD

WOW



388
EACH

**SCHNEIDERS OR MAPLE LEAF
READY CRISP BACON**
65 • 375 G
SELECTED VARIETIES



DARE CRACKERS OR COOKIES
100 • 315 G SELECTED VARIETIES

222
EACH



548
EACH

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



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

698
EACH

CHOOSE CANADA

GET READY TO SAVE! **GREAT PRICES START ON**

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

SAVINGS FOR THE WIN AGAIN!



**PREMIERE
MOISSON
BREAD**
475 G
SELECTED VARIETIES

299
EACH



**SELECTION
SMOKED PORK SAUSAGES**
900 G SELECTED VARIETIES

899
EACH



444
EACH

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



**IRRESISTIBLE
PIZZA**
340 • 390 G
FROZEN
SELECTED VARIETIES

397
EACH

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

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

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

WOWZA!



SELECTION COOKIES 360 - 426 G
CT BAKERY DONUTS 360 - 520 G
SELECTED VARIETIES

\$3.99 EACH



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

\$8.99 EACH



BLACKDIAMOND CHEESE SHREDS 400 G
GALBANI MOZZARELLA 500 G
SELECTED VARIETIES

\$5.99 EACH



NESCAFÉ OR TASTER'S CHOICE INSTANT COFFEE 100 - 170 G
NABOB GROUND COFFEE 340 G
MAXWELL HOUSE COFFEE CAPSULES 12'S
SELECTED VARIETIES

\$5.99 EACH



LACTANTIA PURFILTRE MILK 2 L
BEATRICE CHOCOLATE MILK 2 L
SELECTED VARIETIES

\$4.99 EACH



DR. OETKER SUPREMA OR STUFFED CRUST PIZZA 487 - 724 G
FROZEN
SELECTED VARIETIES

\$6.99 EACH



FRUITOPIA JUICE BLEND, FUZE OR PEACE TEA ICED TEA 1.75 L
SELECTED VARIETIES

15 points

\$2.49 EACH



CATELLI GARDEN SELECT PASTA SAUCE 600 ML
SELECTED VARIETIES

\$1.67 EACH



IRRESISTIBLES MAPLE SYRUP 500 ML
SELECTED VARIETIES

\$6.99 EACH



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

\$2.99 EACH



CHARMIN ULTRA SOFT BATHROOM TISSUE 8 = 24'S
BOUNTY PAPER TOWEL 3 - 6'S
SELECTED VARIETIES

\$6.99 EACH



GAIN OR TIDE LAUNDRY DETERGENT 52 - 100 LOADS, 2.15 - 4.25 L
CASCADE DISHWASHER TABS 30 - 48'S
SELECTED VARIETIES

\$14.99 EACH

*IN STOCK POLICY: Food Basics+ offers an in-stock guarantee for all items in its current flyer. If we are temporarily out-of-stock on an advertised item in our current flyer, a Rain Check will be issued with 10% off the advertised price of the item redeemable within 30 days from the date of issue. Rain Checks are not issued if the ad in the flyer states, "While Quantities Last", "Special Buy" or "No Rain Checks", or on in-store cooked BBQ Chicken and Hot Pizza, Beer, Cider and Wine, Independent Third Party Vendors, "Our Seafood Market" and "Our Butcher Shop by Nossio Talho". Please see the Customer Service desk at your Food Basics for full details. For retail sale only; If there is a limit stated in the ad, Rain Checks up to the stated limit may be issued. If there is no limit stated in the ad, we reserve the right to limit quantities to reasonable requirements. Limit: One Rain Check per household per item per day.

**We reserve the right to limit purchases to reasonable requirements. Limits or some restrictions apply - details available in store or at Foodbasics.ca. Certain prices and special offers advertised in our flyers may vary by area. To view local store flyer, visit foodbasics.ca, where you can create an account (or sign into your account) and select your preferred location. Some illustrations in this flyer do not necessarily represent items on sale and are for design only. We reserve the right to correct any unintentional error that may occur in the copy or illustration. References for savings or sale prices are in comparison to our regular retail prices. Prices are effective Thursday 8 a.m. through closing Wednesday. Other exemptions may apply. "Compare at" references are in comparison to at least 1 other regular retail price. Commercial resale of our products is prohibited. Upon presentation of the Moi Rewards card, points awarded are calculated on the total amount, before taxes, and excludes the products specified in the terms and conditions of the program. Does not apply to bonus points. Available at stores participating in the Moi program. For \$3 = 1 pt; available at Metro; not available at Food Basics. Points redeemable at participating stores starting at a balance of 500 points (\$4 value). Visit moirewards.ca for terms and conditions. Moi Rewards is a trademark of Metro Inc.

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Dempster's Signature English Muffins
6S
SELECTED VARIETIES

Dempster's Signature English Muffins
6S
SELECTED VARIETIES

BIMBO CANADA

Dempster's Muffin Tops
270 G
SELECTED VARIETIES

Dempster's Muffin Tops
270 G
SELECTED VARIETIES

Dempster's 10" Tortillas
426-610 G
SELECTED VARIETIES

Dempster's 10" Tortillas
426-610 G
SELECTED VARIETIES

Vachon Snack Cakes
6 - 12'S
SELECTED VARIETIES

Vachon Snack Cakes
6 - 12'S
SELECTED VARIETIES

Sun-Maid Raisin Bread
340 - 570 G
SELECTED VARIETIES

Sun-Maid Raisin Bread
340 - 570 G
SELECTED VARIETIES

Summer Fresh Bean Medley Salad
300 G
SELECTED VARIETIES

Summer Fresh Bean Medley Salad
300 G
SELECTED VARIETIES

Summer Fresh Tzatziki
Yogurt Cucumber Dip
454 G
SELECTED VARIETIES

Summer Fresh Tzatziki
Yogurt Cucumber Dip
454 G
SELECTED VARIETIES

Summer Fresh Roasted Garlic Hummus
255 G
SELECTED VARIETIES

Summer Fresh Roasted Garlic Hummus
255 G
SELECTED VARIETIES

Summer Fresh Greek Pasta Feta Salad
750 - 900 G
SELECTED VARIETIES

Summer Fresh Greek Pasta Feta Salad
750 - 900 G
SELECTED VARIETIES

Summer Fresh Hummus Original
200 - 227 G
SELECTED VARIETIES

Summer Fresh Hummus Original
200 - 227 G
SELECTED VARIETIES

Summer Fresh Tzatziki
Yogurt Dip - Trempette au yogourt
227 g/8oz

Summer Fresh Tzatziki
Yogurt Dip - Trempette au yogourt
227 g/8oz

Summer Fresh Greek Pasta Feta Salad
750 - 900 G
SELECTED VARIETIES

Summer Fresh Greek Pasta Feta Salad
750 - 900 G
SELECTED VARIETIES

Summer Fresh Rotini Salad
750 - 900 G
SELECTED VARIETIES

Summer Fresh Rotini Salad
750 - 900 G
SELECTED VARIETIES

Lou's Kitchen Double Smoked Back Bacon
375 G
SELECTED VARIETIES

Lou's Kitchen Double Smoked Back Bacon
375 G
SELECTED VARIETIES

Lou's Kitchen Fully Cooked Pork Back Ribs
585 - 610 G
SELECTED VARIETIES WHILE QUANTITIES LAST

Lou's Kitchen Fully Cooked Pork Back Ribs
585 - 610 G
SELECTED VARIETIES WHILE QUANTITIES LAST

Lil' Juan's Mexican Style Beef Birria
300 g

Lil' Juan's Mexican Style Beef Birria
300 g

Lou's Kitchen Beef Pot Roast
375 - 400 G
SELECTED VARIETIES

Lou's Kitchen Beef Pot Roast
375 - 400 G
SELECTED VARIETIES

Life Smart Ricotta
400 G
SELECTED VARIETIES

Life Smart Ricotta
400 G
SELECTED VARIETIES

Life Smart Naturalia Haddock Aiglefin
400 G
SELECTED VARIETIES

Life Smart Naturalia Haddock Aiglefin
400 G
SELECTED VARIETIES

Life Smart Chicken Burgers
352 G
SELECTED VARIETIES

Life Smart Chicken Burgers
352 G
SELECTED VARIETIES

ALWAYS FRESH. *ALWAYS IN STOCK. ALWAYS GREAT PRICES.
To view local store flyer, visit foodbasics.ca, where you can create an account (or sign into your account) and select your preferred location.



WOWZA!

SCAN N' \$WEEP



YOU COULD WIN 25,000 POINTS

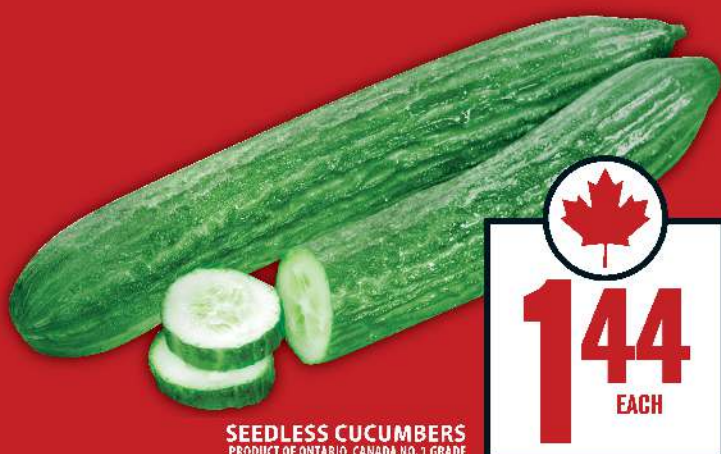


Purchase any participating WOWZA! products each week
and scan your Moi Rewards card to be automatically entered.



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

CHOOSE CANADIAN



SEEDLESS CUCUMBERS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE

144
EACH



HOTHOUSE TOMATOES
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
4.37/KG

198
/LB



SWEET ASSORTED PEPPERS
PRODUCT OF CANADA
4 PACK

398
EACH



FOLIA LETTUCE KITS
227 G
SELECTED VARIETIES

498
EACH



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

20
points
298
EACH



6" ROSEBUSH
ASSORTED COLOURS
WHILE QUANTITIES LAST

988
EACH



LIFE SMART OR ZABIHA HALAL EXTRA LEAN GROUND CHICKEN
450 G SELECTED VARIETIES

599
EACH



PRIME FRESH RAISED WITHOUT ANTIBIOTICS CHICKEN DRUMSTICKS OR THIGHS FAMILY PACK
AIR CHILLED
11.00/KG

499
/LB



MAPLE LODGE OR ZABIHA HALAL CHICKEN WIENERS
375 G SELECTED VARIETIES



10
points
199
EACH



WEBERS BBQ BEEF BURGERS
612 G FROZEN
SELECTED VARIETIES

1299
EACH



MARC ANGELO SOUVLAKI OR CHICKEN MEDALLIONS
240 - 340 G SELECTED VARIETIES



899
EACH



JANES ULTIMATES FULLY COOKED FILLETS OR BITES
700 - 720 G FROZEN SELECTED VARIETIES

45
points
1199
EACH



DEMPSTER'S BAGELS 450 - 510 G
VILLAGGIO BREAD BUNS 6 - 8'S
550 - 675 G
SELECTED VARIETIES

298
EACH



SELECTION COOKIES 360 - 426 G
CT BAKERY DONUTS 360 - 520 G
SELECTED VARIETIES



399
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

Galbani
Pizza Mozzarella
CHÈSE-MOZZARELLA

BLACK DIAMOND CHEESE
400 G
SHREDS

GALBANI MOZZARELLA
500 G SELECTED VARIETIES

5⁹⁹
EACH

Irresistible
ICE CREAM
PRALINES
CREAM

Irresistible
ICE CREAM
CHERRY

IRRESISTIBLE ICE CREAM
1.5 L
SELECTED VARIETIES

3⁹⁸
EACH

Lactantia
PurFiltre
FRESH TASTE • GOÛT FRAIS

Beatrice
CHOCOLATE MILK

LACTANTIA PURFILTRÉ MILK
2 L

BEATRICE CHOCOLATE MILK
2 L SELECTED VARIETIES

4⁹⁹
EACH

Irresistible
Gusto Italiano
DOUBLE PEPPERONI

Irresistible
LA PIZZA
BACON, HAM, MOZZARELLA
+ CHEDDAR CHEESE
BACON, JAMBON, MOZZARELLA ET C.

IRRESISTIBLE PIZZA
340 - 390 G
FROZEN
SELECTED VARIETIES

3⁹⁷
EACH

PEACE TEA
PEACH

Fruitoopia
Fruit Integration

fuze
iced tea

15 points

FRUITOPIA JUICE BLEND, FUZE OR PEACE TEA ICED TEA
1.75 L SELECTED VARIETIES

2⁴⁹
EACH

Bear Paws
Chocolate Chip
No Artificial Colours or Flavours

Dare
VEGGIE CRISPS
LÉGUMES
zesty ranch
ranch mordant

DARE CRACKERS OR COOKIES
100 - 315 G
SELECTED VARIETIES

2²²
EACH

Astro
ORIGINAL
BALKAN YOGOURT

iögo
NATURAL TASTE
0% SUGAR

ASTRO ORIGINAL BALKAN OR IÖGO YOGURT
650 - 750 G
SELECTED VARIETIES

2⁹⁸
EACH

OÏKOS
GREEK YOGURT

TWO GOOD
8 g PROTEIN
2 g SUGAR

DANONE OIKOS OR TWO GOOD GREEK YOGURT
475
SELECTED VARIETIES

3⁴⁹
EACH

Selection
apricot
peach

Selection
cranberry
raspberry

SELECTION SPARKLING WATER
1 L SELECTED VARIETIES

99¢
EACH

SELECTION
SMOOTH
PEANUT BUTTER

LIFE SMART
NATURAL
PEANUT BUTTER

SELECTION OR LIFE SMART NATURAL PEANUT BUTTER
250 G - 4 KG
SELECTED VARIETIES

4⁴⁴
EACH

Cheetos
Puffs Souffles

Ruffles
REGULAR
NATURE

Doritos

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

2⁹⁹
EACH

Miracle Whip
SPREAD

HEINZ
TOMATO KETCHUP
AUX TOMATES

MIRACLE WHIP SPREAD
890 ML SELECTED VARIETIES

30 points

HEINZ KETCHUP
1.5 L

5⁴⁹
EACH

6⁹⁹
EACH

PEPSI

CANADA DRY
GINGER ALE

Coca-Cola
ORIGINAL TASTE

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

6⁹⁸
EACH

Irresistibles
MAPLE SYRUP

MILK-BONE
DOG SNACKS

IRRESISTIBLES MAPLE SYRUP
500 ML SELECTED VARIETIES

20 points

MILK-BONE DOG SNACKS
800 - 900 G
SELECTED VARIETIES

6⁹⁹
EACH

3⁹⁹
EACH

Cashmere
ULTRA
BATHROOM TISSUE

CASHMERE ULTRA BATHROOM TISSUE
12 = 24'S
SELECTED VARIETIES

7⁹⁹
EACH

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the app-solute best way to save

only with
moi
rewards

DIGITAL DEAL

5.99
EACH

WITH COUPON

GATORADE
SPORTS DRINK*
8 X 355 ML
SELECTED VARIETIES



save
\$1

POPCORNERS*
142 G
SELECTED VARIETIES

DIGITAL DEAL

3.99
EACH

WITH COUPON



save
\$1



Download on the
App Store



GET IT ON
Google Play

CLICK TO DOWNLOAD

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

this week only

contest*
until July 30th

moi
rewards

buy two participating products
and swipe your **moi rewards** card
for a chance to win.



Selection

Irresistible

Personnelle

20
MILLION

moi points

you could win one of

10 X
500,000
points

60 X
250,000
points

details on moirewards.ca

metro

food
Basics

*No purchase required. The contest is open to residents of Ontario, Quebec and New Brunswick. To participate you need to be a member of the Moi Rewards program and be eligible for this contest. The contest begins on July 3rd, 2025 at 00:01 AM (E.T.) and ends on July 30th, 2025 at 23:59:59 (E.T.). Prizes: There are seventy (70) prizes of moi points to be won, including ten (10) prizes of 500,000 points (value of \$4,000 CAD each) and sixty (60) prizes of 250,000 points (value of \$2,000 CAD each). The total value of all prizes is \$160,000 CAD. To participate: Purchase a minimum of two (2) products from our participating private label brands in a single transaction, and present your moi card at checkout to be automatically entered. Offer valid in-store or online at participating banners (Metro, Jean Coutu, Food Basics, Super C and Brunet). The chances of winning a prize will depend on the number of valid entries received. A mathematical skill-testing question is required. Other conditions apply. Contest rules and details are available at moirewards.ca. moi rewards is a trademark of Metro Inc.

i earn with moi rewards

moi rewards

i redeem and
save on what
i buy most often

redeem

500

points

=

\$4

in rewards



join today and save

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



20
points

THIS WEEK ONLY

2.99

EACH

DEL'S PASTRY TURNOVERS
360 G
SELECTED VARIETIES



45
points

THIS WEEK ONLY

8.99

EACH

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



55
points

THIS WEEK ONLY

12.99

EACH

PILLER'S POLISH
SAUSAGE RING
1 KG
SELECTED VARIETIES



30
points

LOCKED DOWN

5.49

EACH

FIVE ROSES OR
ROBIN HOOD FLOUR
2.5 KG SELECTED VARIETIES



30
points

LOCKED DOWN

5.49

EACH

YOPLAIT YOP
DRINKABLE YOGURT
6 X 200 ML SELECTED VARIETIES



35
points

LOCKED DOWN

6.49

EACH

TETLEY TEA
40 - 48'S
SELECTED VARIETIES



20
points

THIS WEEK ONLY

3.99

EACH

QUAKER HARVEST CRUNCH OR
LIFE CEREAL
400 - 475 G
SELECTED VARIETIES



10
points

LOCKED DOWN

1.99

EACH

CHEF
BOYARDEE
CANNED
MEAL
418 - 425 G
SELECTED VARIETIES



25
points

LOCKED DOWN

4.49

EACH

MARS CHOCOLATE
CANDY POUCHES
165 G SELECTED VARIETIES



45
points

LOCKED DOWN

8.99

EACH

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



45
points

LOCKED DOWN

8.99

EACH

BUDWEISER ZERO
ALCOHOL-FREE BEER
6 X 341 ML SELECTED VARIETIES



20
points

LOCKED DOWN

3.99

EACH

MILK-BONE
DOG SNACKS
800 - 900 G
SELECTED VARIETIES



55
points

LOCKED DOWN

10.49

EACH

COTTONELLE
FLUSHABLE
WIPES
4'S SELECTED VARIETIES



**ALWAYS
FRESH**



**ALWAYS
GREAT
PRICES**



**ALWAYS
IN STOCK**

ALWAYS Save Every Day



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

ALWAYS GREAT PRICE ✓
4.44
EACH



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



ALWAYS GREAT PRICE ✓
2.99
EACH



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

ALWAYS GREAT PRICE ✓
8.99
EACH



**SELECTION
OATS OR
OATMEAL**
380 G - 1 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE ✓
2.88
EACH

WE LOVE LOCAL



HOTHOUSE TOMATOES
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
4.37/KG

THIS WEEK ONLY 
1.98
/LB



SEEDLESS CUCUMBERS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE

THIS WEEK ONLY 
1.44
EACH



WHOLE WHITE MUSHROOMS OR CREMINI MUSHROOMS
PRODUCT OF ONTARIO
454 G

THIS WEEK ONLY 
3.98
EACH



SWEET ASSORTED PEPPERS
PRODUCT OF CANADA
4 PACK

THIS WEEK ONLY 
3.98
EACH



FOLIA LETTUCE KITS
227 G
SELECTED VARIETIES

THIS WEEK ONLY 
4.98
EACH

20 points



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

THIS WEEK ONLY 
2.98
EACH



BUNCH RADISHES
PRODUCT OF CANADA

THIS WEEK ONLY 
1.44
EACH



PORTABELLA MUSHROOMS
334 G
PRODUCT OF ONTARIO

THIS WEEK ONLY 
4.98
EACH



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

THIS WEEK ONLY 
1.98
/LB



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

THIS WEEK ONLY 
3.98
/LB



VIDALIA SWEET ONIONS
PRODUCT OF U.S.A., NO. 1 GRADE, 3 LB BAG
CORN
PRODUCT OF FLORIDA, U.S.A., NO. 1 GRADE PKG OF 4

THIS WEEK ONLY 
3.98
EACH



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

THIS WEEK ONLY 
3.98
EACH



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

THIS WEEK ONLY 
2/\$5



PINEAPPLES
PRODUCT OF COSTA RICA

THIS WEEK ONLY 
3.44
EACH

EXTRA LARGE



LEMONS
PRODUCT OF ARGENTINA OR TURKEY
2 LB

THIS WEEK ONLY 
3.98
EACH



11 LBS AVERAGE

WHOLE SEEDLESS WATERMELONS
PRODUCT OF U.S.A.

THIS WEEK ONLY 
5.98
EACH

FLORAL



6" ROSEBUSH
ASSORTED COLOURS
WHILE QUANTITIES LAST

THIS WEEK ONLY 
9.88
EACH



5" MONEY TREE
ASSORTED COLOURS
WHILE QUANTITIES LAST

THIS WEEK ONLY 
9.88
EACH



SEASONAL BOUQUET
ASSORTED COLOURS
WHILE QUANTITIES LAST

THIS WEEK ONLY 
\$8
EACH



12 STEM RAINBOW POM BOUQUET
ASSORTED COLOURS
WHILE QUANTITIES LAST

THIS WEEK ONLY 
10.98
EACH

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

MEAT



LIFE SMART
OR ZABIHA
HALAL EXTRA
LEAN GROUND
CHICKEN
450 G
SELECTED VARIETIES

THIS WEEK ONLY ^{\$}
5.99
EACH



PRIME FRESH
RAISED WITHOUT
ANTIBIOTICS
CHICKEN
DRUMSTICKS OR
THIGHS FAMILY
PACK
AIR CHILLED
11.00/KG

THIS WEEK ONLY ^{\$}
4.99
/LB



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
TROUT OR
SALMON
PORTIONS
FRESH SELECTED VARIETIES
19.82/KG

THIS WEEK ONLY ^{\$}
8.99
/LB



INCLUDING
HALAL

THIS WEEK ONLY ^{\$}
7.99
/LB



10
points

THIS WEEK ONLY ^{\$}
1.99
EACH



THIS WEEK ONLY ^{\$}
7.99
EACH



THIS WEEK ONLY ^{\$}
8.99
EACH



THIS WEEK ONLY ^{\$}
12.99
EACH



THIS WEEK ONLY ^{\$}
3.49
EACH



THIS WEEK ONLY ^{\$}
4.99
EACH



THIS WEEK ONLY ^{\$}
7.49
EACH



THIS WEEK ONLY ^{\$}
11.99
EACH



THIS WEEK ONLY ^{\$}
3.49
EACH



THIS WEEK ONLY ^{\$}
5.99
EACH



THIS WEEK ONLY ^{\$}
5.99
EACH



THIS WEEK ONLY ^{\$}
8.99
EACH

BAKERY



THIS WEEK ONLY ^{\$}
2.99
EACH



THIS WEEK ONLY ^{\$}
3.99
EACH



THIS WEEK ONLY ^{\$}
4.99
EACH



THIS WEEK ONLY ^{\$}
9.99
EACH

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

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

LOCKED DOWN



DANONE OIKOS OR
TWO GOOD GREEK YOGURT
4'S
SELECTED VARIETIES

LOCKED DOWN

349
EACH



NATURE VALLEY
GRANOLA BARS
130 - 230 G
BETTY CROCKER
128 - 226 G
SELECTED VARIETIES

LOCKED DOWN

299
EACH



LACTANTIA
LACTOSE FREE MILK
4 L SELECTED VARIETIES

LOCKED DOWN

1049
EACH



NUTELLA
HAZELNUT SPREAD
725 G

LOCKED DOWN

699
EACH



SAN PELLEGRINO NATURALI OR
MOMENTI SPARKLING DRINKS
6 X 330 ML
SELECTED VARIETIES

35
points

LOCKED DOWN

699
EACH



GATORADE
SPORTS DRINKS
6 X 591 ML
SELECTED VARIETIES

LOCKED DOWN

599
EACH



PEPPERIDGE
FARM
GOLDFISH
CRACKERS
167 - 200 G
SELECTED VARIETIES

40
points
when you buy
any 2

LOCKED DOWN

2/\$5



BARILLA
PASTA
340 - 410 G
SELECTED VARIETIES

LOCKED DOWN

199
EACH



CLUB HOUSE
SPICES
13 - 270 G
SELECTED VARIETIES

LOCKED DOWN

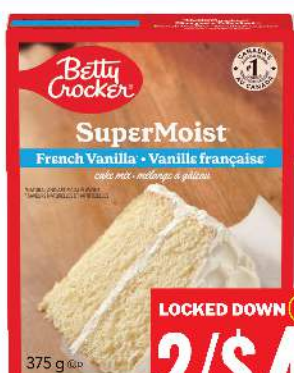
449
EACH



FRANK'S REDHOT
SAUCE
354 ML
SELECTED VARIETIES

LOCKED DOWN

399
EACH



BETTY CROCKER
CAKE MIX
375 - 404 G
SELECTED VARIETIES

LOCKED DOWN

2/\$4



FRUITOPIA OR FIVE
ALIVE ALIVE DRINKS
1 L SELECTED VARIETIES

15
points

LOCKED DOWN

199
EACH



LOTUS
BISCOFF
BISCUITS
250 G
SELECTED VARIETIES

LOCKED DOWN

379
EACH



GARDEIN
PLANT BASED
ENTRÉES
235 - 390 G FROZEN
SELECTED VARIETIES

35
points

LOCKED DOWN

649
EACH



ALCAN
ALUMINUM FOIL
50'
SELECTED VARIETIES

LOCKED DOWN

399
EACH



SOLO
PAPER PLATES
44'S
SELECTED VARIETIES

LOCKED DOWN

499
EACH



FLEECY
FABRIC
SOFTENER
4.7 L, 199 LOADS
SELECTED VARIETIES

LOCKED DOWN

1199
EACH



GLAD
GARBAGE
BAGS
50' - 44'S
SELECTED VARIETIES

LOCKED DOWN

1199
EACH

ALWAYS GREAT PRICE



SELECTION OR LIFE SMART COTTAGE CHEESE
500 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

3⁸⁸
EACH



SELECTION FRIES
2 KG
FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE 

5⁴⁹
EACH



SELECTION JUICE BLEND
2.5 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 

4⁹⁹
EACH



SELECTION ENTRÉES
215 G
FROZEN
SELECTED VARIETIES

ALWAYS GREAT PRICE 

1³⁷
EACH



SELECTION SPARKLING WATER
1 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 

99¢
EACH



SELECTION PEANUTS
250 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

4⁹⁷
EACH



SELECTION SNACKS
280 - 285 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2⁸⁸
EACH



SELECTION OR IRRESISTIBLES PARMESAN CHEESE
250 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

6⁹⁹
EACH



SELECTION CANNED VEGETABLES
341 - 398 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

1²⁷
EACH



SELECTION COOKIES
270 - 325 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2²⁷
EACH



SELECTION BBQ SAUCE
320 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

1⁴⁹
EACH

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

ALWAYS GREAT PRICE 

1⁷⁹
EACH



SELECTION OR IRRESISTIBLES BREAD CRUMBS
227 - 425 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2⁹⁹
EACH

IRRESISTIBLES TEA
20 S
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2⁹⁹
EACH



SELECTION DISHWASHING DETERGENT
650 - 820 ML
SELECTED VARIETIES

ALWAYS GREAT PRICE 

1⁹⁷
EACH

SELECTION CLEANERS
710 ML, 1.2 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 

2/\$5



SELECTION SANDWICH BAGS
300'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 

6⁹⁹
EACH

SELECTION PARCHMENT PAPER
164'
SELECTED VARIETIES

ALWAYS GREAT PRICE 

9⁹⁹
EACH

COOL TREATS FOR LESS



Irresistible
ICE CREAM
PRALINES & CREAM
Made with cream

Irresistible
ICE CREAM
CHERRY
Made with cream

IRRESISTIBLE ICE CREAM
7.5 L
SELECTED VARIETIES

COOL TREATS FOR LESS
3.98
EACH



Irresistible
ICE CREAM BARS
VANILLA
The flavoured ice cream bar in a milk chocolate coating

Irresistible
ICE CREAM BARS
CHOCOLATE BROWNIES
Chocolate ice cream bar with chunky brownie pieces in a milk chocolate coating

IRRESISTIBLE ICE CREAM BARS
4'S
SELECTED VARIETIES

COOL TREATS FOR LESS
4.88
EACH



Irresistible
The Creamiest
MACARON ICE CREAM SANDWICHES
VANILLA ICE CREAM MACARON

Irresistible
The Creamiest
MACARON ICE CREAM SANDWICHES
STRAWBERRY ICE CREAM MACARON

IRRESISTIBLE THE CREAMIEST MACARON ICE CREAM SANDWICHES
3'S
SELECTED VARIETIES

COOL TREATS FOR LESS
4.88
EACH



Irresistible
MANGO SORBET
Made with mango puree

Irresistible
RASPBERRY SORBET
Made with raspberries

IRRESISTIBLE SORBET
946 ML FROZEN
SELECTED VARIETIES

COOL TREATS FOR LESS
4.88
EACH



Selection
ICE CREAM CONES

SELECTION ICE CREAM CONES
18'S
SELECTED VARIETIES

COOL TREATS FOR LESS
1.99
EACH



Selection
ICE CREAM CUPS

SELECTION ICE CREAM CUPS
36'S
SELECTED VARIETIES

COOL TREATS FOR LESS
3.77
EACH



HALO TOP
150 CALORIES
• PER 188 mL •
Frozen Dessert
Good Source of Protein
Produced in Canada

HALO TOP FROZEN DESSERT
473 ML
SELECTED VARIETIES

COOL TREATS FOR LESS
5.99
EACH



Häagen-Dazs
vanilla almond
vanille amande

Häagen-Dazs
strawberry
fraise

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

COOL TREATS FOR LESS
5.49
EACH



Selection
TRIPLE FRUITY
24 POPS
ORANGE CHERRY & GRAPE

Selection
VANILLA IN THE MIDDLE
12 SANDWICHES

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

COOL TREATS FOR LESS
\$5
EACH



Nesquik
WAKE UP YOUR MILK!
REVEILLEZ VOTRE LAIT!
COCOA-CACAO

Nesquik
WAKE UP YOUR MILK!
REVEILLEZ VOTRE LAIT!
STRAWBERRY FRAISE

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

COOL TREATS FOR LESS
7.49
EACH



Mr. Freeze
ICE POPS
80 X 20 ML
SELECTED VARIETIES
WHILE QUANTITIES LAST

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

COOL TREATS FOR LESS
4.44
EACH



Dr Pepper
GIANT FREEZIES
DR PEPPER
NATURAL FLAVOUR
27 X 150 ML
Net 4.05 L

Mr. Freeze
JUMBO
27 X 150 ML
Net 4.05 L

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

COOL TREATS FOR LESS
8.99
EACH

ALL AISLES LEAD HOME KITCHENS OF THE WORLD



7 LB

RED ONIONS
PRODUCT OF EGYPT
NO. 1 GRADE
7 LB

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

6⁹⁸
EACH



OCEAN JEWEL
RAW
THIN CUTS
MEDITERRANEAN SEA BASS
OUTER, HEAD-ON
BAR COMMUN DE LA MEDITERRANÉE
DORSER, AND TÊTE

**2 pièces
morceaux**
640 g

**OCEAN JEWEL
SEA BASS OR
SEA BREAM**
640 G
FROZEN
SELECTED VARIETIES

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

11⁹⁹
EACH



**CEDAR
OLIVE OIL**
850 mL

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

11⁹⁹
EACH



CEDAR
PHOENICIA
Dark Red Kidney Beans
540 mL - 19 fl oz

CEDAR
PHOENICIA
Chick Peas
540 mL - 19 fl oz

CEDAR
PHOENICIA
Chick pea Dip
Hummus Tahini
Trempe de
540 mL - 19 fl oz

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

1⁴⁹
EACH



**NOOR OR
LAL QILLA
SUPREME
SELLA BASMATI
RICE**
4.54 KG
SELECTED VARIETIES

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

10⁹⁹
EACH



HANS
DAIRY
Dahi
100% NATURAL YOGURT
ATTRACTION
SANTALIN, CACAO
GELATIN FREE

CEDAR
PHOENICIA
Plain Yogurt
Yogourt nature
3.25%
650 g

PHOENICIA
YOGURT
YOGOURT
750 g

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

2⁴⁹
EACH



CEDAR
Chopped Spinach
Épinards hachés
750 g - 16.5 lb

Kashta Cream - Crème
750 g

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

2⁹⁹
EACH



ALKANATER
TAHINA
100% GROUND SESAME SEEDS
NET WEIGHT: 908G (2LB)

ALSHIFA
NATURAL HONEY
MILD NATURAL HONEY

CEDAR BAKERY
PITA
330 G
SELECTED VARIETIES

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

9⁹⁹
EACH



alfa
Twist • Torsade
Spanakopita
1kg

CEDAR
PHYLLO OR KATAIFI PASTRY,
CEDAR FROZEN VEGETABLES, JJ WILKS
PIEROGIES OR NORDEX CREAM
170 - 907 G SELECTED VARIETIES

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

7⁹⁹
EACH



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

CEDAR
FALAFEL MIX OR
DELPHI SALT
397 - 750 G
SELECTED VARIETIES

DELPHI
SEA SALT
PRESEASONED

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

4⁹⁹
EACH



ADRIATIC QUEEN
SARDINES
in soybean oil
à l'huile de soya
Net Weight / Poids Net 105 g
DRAINED WEIGHT / Poids égoutté 74 g

CEDAR
PHOENICIA
SARDINES
سردين مغربي
IN SOYA OIL

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

1⁴⁹
EACH



CEDAR
PHOENICIA
Whole Hearts of Palm
380 mL - 16 fl oz

CEDAR
PHOENICIA
LUPIN BEANS
380 mL - 16 fl oz

CEDAR
PHOENICIA
Vermicelli
380 g (17.5 oz)

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

3⁹⁹
EACH



CEDAR
PHOENICIA
Peach Halves
796 mL - 28 fl oz

CEDAR
PHOENICIA
SWEETENED CONDENSED MILK
LAIT CONDENSÉ SUCRÉ
300 mL

CEDAR
CONDENSED MILK OR
PEACHES
300 - 796 mL
SELECTED VARIETIES

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

3⁴⁹
EACH



MAATOUK
COFFEE
CEDEAR TEA OR
NESTLÉ
MILO DRINK MIX
200 - 400 G
SELECTED VARIETIES

MILO
Chocolate Malt Drink Mix
400 g

CEDAR
PHOENICIA
Dry Beans, Bulgur, Wheat or Semolina
907 G - 2 lb

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

4⁹⁹
EACH

DMUL9DMUL9DMUL9DMUL9



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.