

food Basics

CANADIAN AND PROUD

ALWAYS MORE FOR LESS



WOWZA!

NORTHERN KING
WHOLE TILAPIA
FISH OR
ANCHOR'S BAY
COOKED SHRIMP
31-40 CT
400 G-1 KG
SELECTED VARIETIES



\$
WOWZA!
6.88
EACH

\$



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

\$
WOWZA!
4.98
/LB



\$
WOWZA!
2.98
EACH



AVOCADOES
PRODUCT OF MEXICO, 5-6 COUNT
CLEMENTINES
PRODUCT OF SOUTH AFRICA, 2 LB

\$



SELECTION BACON
375 G SELECTED VARIETIES

\$
WOWZA!
3.33
EACH



\$
WOWZA!
2.98
EACH



McCain
FRENCH
FRIES
454-650 G
FROZEN
SELECTED VARIETIES

\$



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

\$
WOWZA!
2.88
EACH



LAY'S POTATO
CHIPS
200-253 G
SELECTED VARIETIES

\$
WOWZA!
2.88
EACH



CAULIFLOWER
PRODUCT OF CANADA
NO. 1 GRADE
BORNA DATES
400 G

\$
WOWZA!
1.88
EACH

LIBERTÉ OR
OIKOS
GREEK YOGURT
650-750 G
IÖGO YOGURT
16X 100 G
SELECTED VARIETIES



\$
6.48
EACH

\$



\$6.00 PER CASE
APPROX. 9 LB CASE

\$
WOWZA!
50¢
EACH



\$
WOWZA!
19.98
EACH

TIDE LAUNDRY DETERGENT 83-100 LOADS, 3.46-3.9 L
PODS 45-76'S
GAIN FLINGS PODS 76'S
CASCADE DISHWASHER TABS 51-90'S
SELECTED VARIETIES

\$



BERTOLLI
OLIVE OIL
1 L
SELECTED VARIETIES
LIMIT 6
12.99 AFTER LIMIT

\$
9.98
EACH

CHOOSE CANADIAN

LOOK FOR THE MAPLE LEAF AT SHELF



GET READY TO SAVE! GREAT PRICES START ON THURSDAY, JULY 17TH TO WEDNESDAY, JULY 23RD, 2025
PRICES IN THIS FLYER AVAILABLE AT ALL BRAMPTON, ETOBICOKE, MISSISSAUGA, NORTH YORK, RICHMOND HILL, SCARBOROUGH, TORONTO, THORNHILL, EMERALD PARK, MARKHAM, AJAX, OSHAWA, COURTCES, NEW MARKET, AND PICKERING STORE 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.

WOWZA!



NATRELL LACTOSE FREE OR ORGANIC MILK 2L
PHILADELPHIA CREAM CHEESE PRODUCT 340 G
 SELECTED VARIETIES

\$4.99 EACH



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

\$4.49 EACH



BEATRICE CHOCOLATE MILK 1L
 SELECTED VARIETIES

\$1.99 EACH



SNACK PACK PUDDING 4'S
MOTT'S APPLE SAUCE 620 ML
 SELECTED VARIETIES

\$1.99 EACH



QUAKER DIPPS OR CHEWY BARS 120 - 156 G
 SELECTED VARIETIES

\$1.99 EACH



QUAKER QUICK OATS 900 G - 1 KG
INSTANT OATMEAL 232 - 344 G
 SELECTED VARIETIES

\$2.99 EACH



ACTIVIA YOGURT 12 X 100 G
 SELECTED VARIETIES

\$5.99 EACH



CLASSICO PASTA SAUCE 218 - 600 ML
 SELECTED VARIETIES

\$3.49 EACH



TOSTITOS TORTILLA CHIPS 205 - 295 G
 SELECTED VARIETIES

2/\$7



MAXWELL HOUSE OR NABOB COFFEE CAPSULES 30'S
 SELECTED VARIETIES

\$14.99 EACH



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

\$6.99 EACH



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

\$32.99 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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013013D13



CASTELLO HAVARTI
425 g
SELECTED VARIETIES

\$ 8.99
EACH



Arla

CASTELLO Trickler
EXTRA MATURE CHEDDAR CHEESE - FROMAGE CHEDDAR EXTRA MATURE
200 g

TRE STELLE MOZZARELLA
BALL OR CASTELLO CHEDDAR
200 - 340 g SELECTED VARIETIES

\$ 4.99
EACH



PRODUCT OF ITALY

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

\$ 7.99
EACH



TRE STELLE TRADITIONAL FETA
850 g
SELECTED VARIETIES

\$ 13.99
EACH

TRE STELLE MASCARPONE
475 g
SELECTED VARIETIES

\$ 9.99
EACH



OASIS

HEALTH BREAK
ANTIOXIA

OASIS
100% JUICE OR JUICE BLENDS
1.5 L, 1.6 L

OASIS
SMOOTHIE
LACTOSE FREE

\$ 3.99
EACH



Lassonde

DEL MONTE JUICE
2.5 L
SELECTED VARIETIES

\$ 5.99
EACH



FRUITÉ
Iced Tea Thé Glacé
Lemon-Citron

FRUITÉ
Orange

\$ 2.99
EACH



Irresistible
ICE CREAM
CHERRY

Irresistible
ICE CREAM BARS
VANILLA

IRRESISTIBLE ICE CREAM
1.5 L
NOVELTIES
3 - 5\$
SELECTED VARIETIES

\$ 4.88
EACH



Selection

VANILLA IN THE MIDDLE
12 SANDWICHES

Creamy Orange
12 BARS

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

\$ 5
EACH



SELECTION
NEAPOLITAN - NAPOLITAIN
ICE MILK - LAIT GLACÉ

SELECTION ICE MILK
1 L
SELECTED VARIETIES

\$ 6.49
EACH



Lysol
All-Purpose Cleaner
650 - 950 ML, 1.2 L
SELECTED VARIETIES

\$ 3.99
EACH



RECKITT BENCKISER

Lysol
Disinfecting Wipes
75 WIPES

Lysol
All in One Disinfectant Spray
350 g
SELECTED VARIETIES

\$ 5.49
EACH



AIR WICK
120 DAYS OF FRAGRANCE
JOURS DE PARFUM

AIR WICK ESSENTIAL OILS REFILLS
2 X 26 ML
SELECTED VARIETIES

\$ 10.99
EACH



FINISH POWERBALL
DISHWASHER TABS
30 - 55'S
SELECTED VARIETIES

\$ 13.99
EACH



finish
POWERBALL
QUANTUM ULTIMATE

500 g



Lysol
Laundry Disinfectant
2.7 L

LYSOL LAUNDRY SANITIZER
2.7 L
DISINFECTING WIPES
220'S SELECTED VARIETIES

\$ 12.99
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.

?

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.



12 CANS

150 CANS

12 x 355 ml CANS

12 CANS

150 CANS

12 x 355 ml CANS

12 CANS

140 CANS

12 x 355 mL CANS (4.26 L)

6⁹⁸
EACH

12 x 355 ml



1.5 L

1.5 L

4⁴⁴
EACH



19.58/KG

8⁸⁸
/LB

320 - 400 G

4⁴⁴
EACH

400 g

*NO PURCHASE NECESSARY. Contest runs July 3rd, 2025 to July 30th, 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.

WE LOVE LOCAL



RUSSET POTATOES
PRODUCT OF CANADA, NO. 1 GRADE, 5 LB
MINI CUCUMBERS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE

THIS WEEK ONLY
2⁹⁸
EACH



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

THIS WEEK ONLY
1⁸⁸
/LB



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

THIS WEEK ONLY
1⁹⁸
/LB



WHITE OR CREMINI MUSHROOMS
PRODUCT OF ONTARIO
454 G

20 points

THIS WEEK ONLY
3⁹⁸
EACH



3 CROUPE DE BŒUF ASSORTED PEPPERS
PRODUCT OF CANADA 4 PACK
ROMAINE HEARTS
PRODUCT OF CANADA



THIS WEEK ONLY
3⁹⁸
EACH



YELLOW PLUMS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE 1.5 L
APRICOTS
PRODUCT OF ONTARIO, 1 L

THIS WEEK ONLY
5⁹⁸
EACH



FRESH DILL PICKLING CUCUMBERS
PRODUCT OF CANADA
3 L BASKET

THIS WEEK ONLY
4⁹⁸
EACH



RED TART CHERRIES
PRODUCT OF ONTARIO
5 KG PAIL

THIS WEEK ONLY
2⁸⁸⁸
EACH



DOLE GARDEN SALAD OR COLESLAW



SPINACH
284 G
DOLE GARDEN SALAD OR COLESLAW
340 - 397 G

THIS WEEK ONLY
2/\$5



BLUEBERRIES
PRODUCT OF CANADA, NO. 1 GRADE
KIWIS
PRODUCT OF CHILE 600 G
STRAWBERRIES
PRODUCT OF U.S.A., NO. 1 GRADE
454 G



THIS WEEK ONLY
3⁹⁸
EACH



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

THIS WEEK ONLY
3⁹⁸
/LB



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



THIS WEEK ONLY
3⁹⁸
EACH



CANTALOUPE
PRODUCT OF U.S.A.
ORGANIC RASPBERRIES
PRODUCT OF USA OR MEXICO, NO. 1 GRADE

THIS WEEK ONLY
2⁹⁸
EACH



LIMES
PRODUCT OF MEXICO
1 LB

THIS WEEK ONLY
3⁹⁸
EACH



WATERMELONS
PRODUCT OF U.S.A.

THIS WEEK ONLY
5⁹⁸
EACH

FLORAL



5" ORCHID
WHILE SUPPLIES LAST

THIS WEEK ONLY
11⁸⁸
EACH



5" FOLIAGE
ASSORTED VARIETIES
WHILE SUPPLIES LAST

THIS WEEK ONLY
8⁹⁸
EACH



6 STEM CRAZY DAISIES
ASSORTED COLOURS
WHILE SUPPLIES LAST

THIS WEEK ONLY
6⁸⁸
EACH



15 STEM CARNATIONS
ASSORTED COLOURS
WHILE SUPPLIES LAST

THIS WEEK ONLY
10⁸⁸
EACH

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

MEAT

PRIME FRESH
RAISED WITHOUT
ANTIBIOTICS
EXTRA LEAN
GROUND
CHICKEN OR
TURKEY
AIR CHILLED 454 G

THIS WEEK ONLY

5.99
EACH

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

THIS WEEK ONLY

4.99
EACH

INCLUDES HALAL

FRESH WHOLE CHICKEN WINGS
INCLUDING ZABIHA HALAL
BAGGED
8.80/KG

THIS WEEK ONLY

3.99
/LB

FRESH

FRESH PORK TENDERLOIN VACUUM PACK
WHILE QUANTITIES LAST
8.80/KG

THIS WEEK ONLY

3.99
/LB

MAPLE LEAF
NATURAL SELECTIONS OR
SCHNEIDERS
SLICED DELI MEAT OR
BOLOGNA
150 - 500 G SELECTED VARIETIES

THIS WEEK ONLY

5.49
EACH

FRESH BONELESS PORK COMBINATION CHOPS
INCLUDING CENTRE CUT CHOPS
11.00/KG

THIS WEEK ONLY

4.99
/LB

MAPLE LODGE OR ZABIHA HALAL CHICKEN WIENERS
375 G
SELECTED VARIETIES

THIS WEEK ONLY

2/\$5

BUTCHER'S SELECTION BBQ PORK BACK RIBS
500 G
FROZEN
SELECTED VARIETIES

LOCKED DOWN

5.99
EACH

IRRESISTIBLES ARTISAN SMOKED BONELESS HALF HAM
SELECTED VARIETIES
13.21/KG

THIS WEEK ONLY

5.99
/LB

BUTTERBALL TURKEY BURGERS
852 G, FROZEN
BUTTERBALL SMOKED BONELESS TURKEY HAM
600 G
SELECTED VARIETIES

THIS WEEK ONLY

11.99
EACH

O'SOLE MIO FRESH PASTA
225 G
SELECTED VARIETIES

THIS WEEK ONLY

1.99
EACH

MASTRO OR SANDANIELE SLICED DELI MEAT
100 - 2 X 150 G
SELECTED VARIETIES

THIS WEEK ONLY

5.99
EACH

BOURSIN CHEESE
150 G
SELECTED VARIETIES

THIS WEEK ONLY

5.99
EACH

BEYOND MEAT PLANT BASED BURGERS, STRIPS, GRINDS OR SAUSAGES
226 - 400 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

6.99
EACH

DO MAR SQUID TENTACLES
370 G
FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

9.99
EACH

SEA HORSE BASA STEAK OR ANCHOR'S BAY BASA FILLETS OR SEASOUL TORPEDO SHRIMP
200 - 500 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

3.49
EACH

SEAJOY SEAWEED SALAD OR MACKEREL FILLET OR CHELSEA PINK SALMON FILLETS OR IRRESISTIBLES DIM SUM
200 - 450 G FROZEN
SELECTED VARIETIES

THIS WEEK ONLY

5.99
EACH

LIFE SMART NATURALIA FISH FILLETS
400 G
FROZEN SELECTED VARIETIES

THIS WEEK ONLY

8.99
EACH

BAKERY

DEMPTER'S BAGELS
450 - 510 G
DEMPTER'S 7" OR TIA ROSA TORTILLAS
272 - 340 G
SELECTED VARIETIES

THIS WEEK ONLY

2.99
EACH

SUN-MAID OR DEMPTER'S RAISIN BREAD
340 - 570 G
SELECTED VARIETIES

THIS WEEK ONLY

3.49
EACH

IRRESISTIBLES BUTTER CROISSANTS
270 G
SELECTION LOAF CAKE
400 - 420 G
SELECTED VARIETIES

THIS WEEK ONLY

3.99
EACH

BUTTER TARTS
GRANDMOTHER'S TARTS
680 G SELECTED VARIETIES

THIS WEEK ONLY

5.49
EACH

30 points

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.

CHOOSE CANADIAN



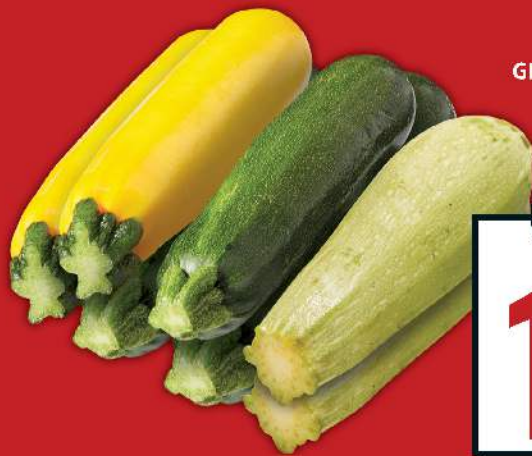
CAULIFLOWER
PRODUCT OF CANADA NO. 1 GRADE

1⁸⁸
EACH



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

1⁹⁸
/LB



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

1⁸⁸
/LB



RUSSET POTATOES
PRODUCT OF CANADA NO. 1 GRADE 5 LB
MINI CUCUMBERS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE

2⁹⁸
EACH



ROMAINE HEARTS
PRODUCT OF CANADA
SWEET ASSORTED PEPPERS
PRODUCT OF CANADA
4 PACK

3⁹⁸
EACH



WHITE OR
CREMINI
MUSHROOMS
PRODUCT OF ONTARIO
454 G

20
points
3⁹⁸
EACH



PRIME FRESH RWA
EXTRA LEAN GROUND
CHICKEN OR TURKEY
AIR CHILLED
454 G

5⁹⁹
EACH



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

4⁹⁹
EACH



MAPLE LODGE OR
ZABIHA HALAL CHICKEN WIENERS
375 G SELECTED VARIETIES



2/\$5



BUTCHER'S SELECTION BBQ PORK BACK RIBS
500 G FROZEN SELECTED VARIETIES

5⁹⁹
EACH



BOURSION
CHEESE
150 G
SELECTED VARIETIES

5⁹⁹
EACH



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



5⁹⁹
EACH



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

2⁸⁸
EACH



IRRESISTIBLES BUTTER CROISSANTS
270 G
SELECTION LOAF CAKE
400 - 420 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.



05D6D6D6

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.

the app-solute best way to save

only with
moi
rewards

CHRISTIE
FAMILY SIZE
COOKIES*

285 - 488 G
SELECTED VARIETIES

DIGITAL DEAL

349
EACH

WITH COUPON

The Original
OREO
l'original

100% SUSTAINABLY
SOURCED COCOA
CACAÔ DE SOURCES
DURABLES À 100 %

439 g



save
\$1



CHRISTIE
FAMILY SIZE
CRACKERS*

350 - 481 G
SELECTED VARIETIES

DIGITAL DEAL

299
EACH

WITH COUPON



save
50¢



Download on the
App Store



GET IT ON
Google Play

CLICK TO DOWNLOAD

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

this week only

i earn with moi rewards

moi
rewards

i redeem and
save on what
i buy most often



30
points

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.

GALA CAKE
500 G
SELECTED VARIETIES

THIS WEEK ONLY
5.99
EACH



35
points

LEGACY MARINATED BONELESS PORK LOIN OR PULLED PORK ROAST
800 • 880 G SELECTED VARIETIES

THIS WEEK ONLY
9.99
EACH



GRAB 'N SNACK KITS
45 • 48 G
SELECTED VARIETIES

15
points

THIS WEEK ONLY
2.49
EACH



35
points

BLACK DIAMOND CHEESTRINGS OR CHEESE STICKS
252 • 336 G SELECTED VARIETIES

LOCKED DOWN
6.99
EACH



25
points

GAY LEA SPREADABLES BUTTER
227 G
SELECTED VARIETIES

LOCKED DOWN
4.99
EACH



NESCAFÉ INSTANT COFFEE
475 G
SELECTED VARIETIES

60
points

LOCKED DOWN
15.99
EACH



SWANSON MEALS
1.19 KG
FROZEN
SELECTED VARIETIES

55
points

LOCKED DOWN
10.99
EACH



BEN'S ORIGINAL BISTRO EXPRESS RICE
490 G
SELECTED VARIETIES

25
points

LOCKED DOWN
4.49
EACH



20
points

LIPTON OR KNORR SOUP
4'S
SELECTED VARIETIES

LOCKED DOWN
3.49
EACH



ALLEN'S APPLE JUICE
1.89 L
SELECTED VARIETIES

15
points

LOCKED DOWN
2.99
EACH



GUINNESS NON-ALCOHOLIC DRAUGHT BEER
4 X 440 mL SELECTED VARIETIES

50
points

LOCKED DOWN
9.99
EACH



COTTONELLE FLUSHABLE WIPES
4'S
SELECTED VARIETIES

55
points

LOCKED DOWN
10.49
EACH



MILK-BONE DOG SNACKS
900 • 900 G
SELECTED VARIETIES

20
points

LOCKED DOWN
3.99
EACH



**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

4⁴⁴
EACH



**IRRESISTIBLE
ICE CREAM**
1.5 L
NOVELTIES
3 - 4'S
SELECTED VARIETIES



ALWAYS GREAT PRICE

4⁸⁸
EACH



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

ALWAYS GREAT PRICE

23⁹⁹
EACH



**SELECTION
WHITE VINEGAR**
4 L

ALWAYS GREAT PRICE

2²⁷
EACH

LOCKED DOWN



KRAFT SINGLES
410 G
PARKAY MARGARINE
850 G
SELECTED VARIETIES

LOCKED DOWN

3.99
EACH



KELLOGG'S
MINI-WHEATS CEREAL
460 G
RICE KRISPIES
340 G
SELECTED VARIETIES



LOCKED DOWN

3.99
EACH



THE LAUGHING COW
400 G
BABYBEL
240 G
SELECTED VARIETIES

LOCKED DOWN

7.99
EACH



HELLMANN'S
MAYONNAISE
710 - 890 ML
SELECTED VARIETIES

LOCKED DOWN

5.99
EACH



PRINGLES
POTATO CHIPS
140 - 156 G
SELECTED VARIETIES



LOCKED DOWN

2.49
EACH



CLUB HOUSE
LA GRILLE
SPICES OR
SEASONINGS
113 - 270 G
SELECTED VARIETIES



LOCKED DOWN

4.49
EACH



SWANSON
DINNERS
280 - 345 G
SELECTED VARIETIES

LOCKED DOWN

3.99
EACH



HEREFORD
CORNE BEEF OR
SPAM
LUNCHEON
MEAT
340 G
SELECTED VARIETIES

LOCKED DOWN

3.99
EACH



MOTT'S
CLAMATO COCKTAIL
1.89 L
SELECTED VARIETIES

LOCKED DOWN

2/\$7



BARILLA PASTA
340 - 410 G
SELECTED VARIETIES

LOCKED DOWN

1.99
EACH



LINDT
CHOCOLATE
BARS
100 G
SELECTED VARIETIES



LOCKED DOWN

4.99
EACH



QUE PASA
TORTILLA
CHIPS
350 G
SELECTED VARIETIES

LOCKED DOWN

3.99
EACH



STOK
COLD BREW
COFFEE
1.42 L
SELECTED VARIETIES

LOCKED DOWN

7.49
EACH



ROGERS FIVE
GRAIN GRANOLA
750 G
SELECTED VARIETIES

LOCKED DOWN

5.79
EACH



S.O.S.
STEEL WOOL
PADS
10'S
SELECTED VARIETIES

LOCKED DOWN

2.49
EACH



GLAD
CLING WRAP
30 M
SELECTED VARIETIES

LOCKED DOWN

2.49
EACH



DAWN
EZ-SQUEEZE
DISHWASHING
DETERGENT
535 - 650 ML
SELECTED VARIETIES

LOCKED DOWN

4.49
EACH



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

LOCKED DOWN

13.99
EACH

800
GUARANTEED WINS
OVER
\$5 MILLION IN PRIZES
ONLY UNTIL
AUGUST 14
BUY NOW

Available at
food Basics

wintario50



Play Smart

WINTARIO50 lottery game is available until August 14, 2025. Ticket not exactly shown. Must be 18+ years of age to play.

FREE \$10 Food Basics gift card
with the purchase of a
\$50 Boston Pizza, DoorDash or Wayfair gift card
Offer valid July 17 - 23



Subject to availability. While supplies last. See gift cards for details, terms, conditions and (if applicable) fees. All trademarks are property of their respective owners. The gift cards featured are not sponsors or otherwise affiliated with this company.

ALWAYS GREAT PRICE



SELECTION OR
LIFE SMART
sour cream
500 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE 

249
EACH



IRRÉSISTIBLES OR
SELECTION FRUITS
1.5 - 2 KG
SELECTED VARIETIES

ALWAYS GREAT PRICE 

1388
EACH



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

ALWAYS GREAT PRICE 

349
EACH



SELECTION OR
LIFE SMART
FRUIT SNACKS
6'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 

249
EACH



SELECTION
SNACKS
280 - 288 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

288
EACH



SELECTION LIGHT OR FLAVOURED TUNA
85 - 170 G SELECTED VARIETIES

ALWAYS GREAT PRICE 

149
EACH



SELECTION
SPARKLING WATER
1 L
SELECTED VARIETIES

ALWAYS GREAT PRICE 

99¢
EACH



SELECTION
PIZZA SAUCE
375 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE 

229
EACH



SELECTION
COOKIES
270 - 325 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

227
EACH



SELECTION SODA CRACKERS
454 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

327
EACH



SELECTION
SOUP MIX
4'S
SELECTED VARIETIES

ALWAYS GREAT PRICE 

249
EACH



SELECTION
DE-ALCOHOLIZED
BEER
12 X 355 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE 

849
EACH



SELECTION
GRAHAM CRUMBS
400 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

399
EACH



SELECTION
GRANOLA BARS
156 - 172 G
SELECTED VARIETIES

ALWAYS GREAT PRICE 

249
EACH



SELECTION
GLASS CLEANER
950 mL
SELECTED VARIETIES

ALWAYS GREAT PRICE 

197
EACH



SELECTION
VALUE SIZE
PARCHMENT
PAPER
50 M
SELECTED VARIETIES

ALWAYS GREAT PRICE 

999
EACH



SELECTION
FACIAL TISSUE
12'S

ALWAYS GREAT PRICE 

1399
EACH



SELECTION
BATHROOM
TISSUE
30 - 100'S

ALWAYS GREAT PRICE 

1999
EACH

COOL TREATS FOR LESS



NESTLÉ NOVELTIES
6-12'S
SELECTED VARIETIES

COOL TREATS
FOR LESS
3.99
EACH



HÄAGEN-DAZS
ICE CREAM BARS
3'S
SELECTED VARIETIES

COOL TREATS
FOR LESS
5.49
EACH



COOL TREATS
FOR LESS
5.99
EACH



HÄAGEN-DAZS
ICE CREAM
450 ML
SELECTED VARIETIES

COOL TREATS
FOR LESS
5.49
EACH



SELECTION
ICE CREAM
CUPS
36'S
SELECTED VARIETIES

COOL TREATS
FOR LESS
3.77
EACH



SELECTION
ICE MILK
4L
SELECTED VARIETIES

COOL TREATS
FOR LESS
6.49
EACH



SELECTION
ICED POPS
12-24'S
FROZEN
SELECTED VARIETIES

COOL TREATS
FOR LESS
\$5
EACH



SELECTION
VANILLA
IN THE MIDDLE
12'S OR 18'S
SELECTED VARIETIES

COOL TREATS
FOR LESS
\$5
EACH



IRRESISTIBLE
ICE CREAM BARS
4 X 72 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



COOL TREATS
FOR LESS
8.99
EACH



KISKO KIDS
FREEZIES
18 X 20 ML
SELECTED VARIETIES
WHILE QUANTITIES LAST

COOL TREATS
FOR LESS
4/\$5

ALL AISLES LEAD HOME KITCHENS OF THE WORLD



COCONUT
PRODUCT OF THE DOMINICAN REPUBLIC

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.98
EACH



YUCCA
PRODUCT OF COSTA RICA
3.28/KG

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.49
/LB



EDDOES
PRODUCT OF COSTA RICA
5.47/KG

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.48
/LB



SCOTCH
BONNET PEPPERS
PRODUCT OF U.S.A OR MEXICO
13.21/KG

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
5.99
/LB



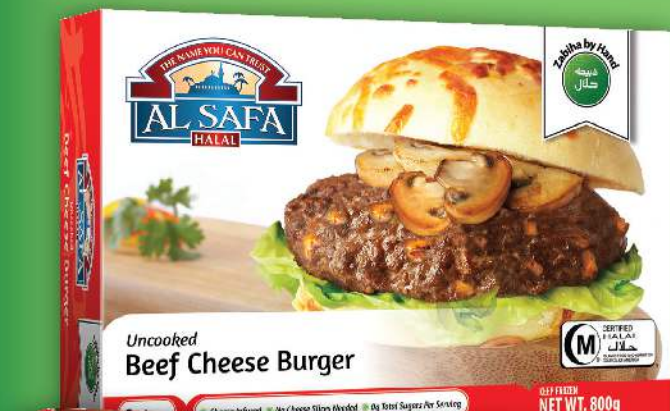
CHELSEA RED FISH
612 G
FROZEN
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
7.99
EACH



SAVERIA PANEER
3416
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
5.49
EACH



Uncooked
Beef Cheese Burger



Uncooked
Angus Beef Burgers

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

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
13.99
EACH



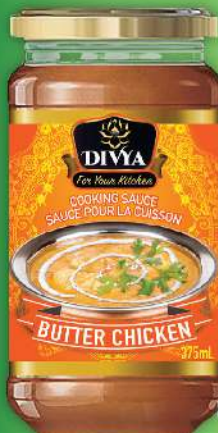
CASABLANCA CLASSICS
POUND CAKE
QUATRE-QUARTS
MARBLE - MARBRÉ
Pure Vegetarian
Végétarien pur
400g



CASABLANCA CLASSICS
Pistachio
Cookies
Biscuits aux Pistaches
Net Wt / Poids Net 340 g (12 oz.)
Produit au Canada / Produit du Canada

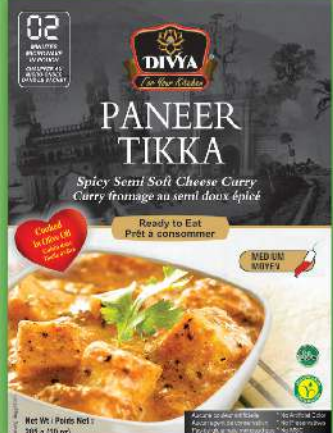
CASABLANCA
POUND CAKE OR
COOKIES
340-400 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.99
EACH



DIVYA
COOKING SAUCES
375 ML
SEEDLESS TAMARIND
400 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
2.49
EACH



DIVYA
ENTRÉES
285-315 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.79
EACH



MAGGI
NOODLES
70 G

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
39¢
EACH



CASABLANCA
BUTTER COOKIES
454 G
SPARKLING DRINKS
750 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3.99
EACH

SAVOUR THE CARIBBEAN



PLANTAIN BANANAS
PRODUCT OF GUATEMALA
2.16/KG

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
98¢
/LB



FRESH SLICED
BEEF OXTAIL
WHILE QUANTITIES LAST
28.64/KG

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
12.99
/LB



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

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
9.99
EACH



HOLIDAY LUNCHEON MEAT OR
MAPLE LEAF FLAKES
156 - 340 G SELECTED VARIETIES



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.99
EACH



GRACE, CASABLANCA OR COOL RUNNINGS
COCONUT WATER, CASABLANCA OR GRACE
COCONUT MILK, VITA MALT DRINK
330 - 520 ML SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.25
EACH



DAINTY
SUPER PATNA,
CEDAR
PARBOILED RICE
7 - 8 KG
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
14.99
EACH



JARRITOS
SODA OR
PICARD'S
CHIP NUTS
370 ML, 80 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.67
EACH



GRACE
MACKEREL OR
SARDINES
155 G
SELECTED VARIETIES



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
99¢
EACH



MUNCIEE,
DEVON
CUSTARD
CREAMS OR
PETIT BEURRE
COOKIES
170 - 400 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.67
EACH



TRIBENA
NECTAR,
GRACE OR
DUNN'S
RIVER ACKEES
540 - 850 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
9.99
EACH



GRACE SOUPS OR
BOUILLON CUBES
43 - 60 G
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
88¢
EACH



GRACE OR
COOL
RUNNINGS
SYRUP OR
ROBINSON
BLACKCURRANT
NECTAR
235 - 465 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3.99
EACH



EXCELSIOR CRACKERS,
OVALTINE COOKIES, OR KRAS WAFERS
150 - 300 G
GRACE OR MEKONG WHITENERS
297 - 300 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.99
EACH



OVALTINE
DRINK MIX, GRACE
COCONUT SUGAR
400 - 500 G
SELECTED VARIETIES



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
6.99
EACH



BULACAN
CASSAVA OR
GRACE
FESTIVAL
MIX
270 - 454 G
SELECTED VARIETIES



ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.99
EACH



GRACE SOFT DRINKS,
PEANUT PUNCH OR
PLANTAIN CHIPS
85 G, 240 - 335 ML SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.25
EACH



GRACE
LIMA
BEANS OR
PIGEON
PEAS
540 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
1.99
EACH



COOL
RUNNINGS
SYRUP OR
ROBINSON
BLACKCURRANT
NECTAR
235 - 465 ML
SELECTED VARIETIES

ALL AISLES LEAD HOME
KITCHENS OF THE WORLD
3.99
EACH

food Basics\$

CANADIAN AND PROUD



SAVINGS FOR THE WIN AGAIN!



WOW
2024



WOW
2025



dunnhumby
2025

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

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

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