

BURGERS

CLASSIC

HAYTER'S

TURKEY BURGE

**8 BURGERS** 

ASSORTED

CANADA

T

**ONTARIO** FRESH!

BOULART

**BUN** 4 PACK

CANADA

BOB'S RED MILL **OATMEAL BARS** 

SAVE 50¢

/ 4 PK EA

SAVE \$1

**PLAIN CIABATTA** 







THIS WEEK IN OUR FLYER **MORE INFO INSIDE!** 



**ONTARIO** 

FRESH!

# BE A FOODSMITHS REWARDS CUSTOMER!

Foodsmiths' Customer Rewards Program makes it easy to earn and redeem points fast!

You get 1 point for every \$1 you spend!!
Receive a \$10 reward for every 500 points you earn!

SIGNUP AT OUR CASH!

OR ON OUR WEBSITE: FOODSMITHS. COM





THIS WEEK AND EVERY WEEK IN OUR FLYER:

SEE THIS SIGN AND EARN EXTRA REWARD POINTS ON SELECT ITEMS

GET REWARDED **FASTER** BY SHOPPING EXTRA POINTS DEALS IN OUR FLYER EVERY WEEK!







#### THIS WEEK'S GARDEN FRESH PRODUCE















#### THIS WEEK'S GARDEN FRESH PRODUCE





**NOW IN STOCK** 



PREMIUM QUALITY











# SPECIALS SPECIALS REDAY MARS & SATURDAY MARS IN OUR BUILK PELAYUS

IN OUR BULK TAMARI WEEKEND MIX

IN OUR BULK
ROASTED CASHEWS
SALTED OR UNSALTED



RELAXUS
SILICONE TRAVEL
BOTTLES

3 РАСК

Dual-purpose soft silicone travel bottles with clear window for monitoring liquid levels are durable, leak-proof, store liquids up to 100 ml and meet the TSA liquid allowance standard.



PERFECT FOR TRAVELLING!



BLUE DIAMOND
ALMOND
MILK
946 ML ASSORTED









ROCK HARBOUR ARGENTINA SHRIMP

340 G

PROUDLY CANADIAN COMPANY







3 PACK
PRODUCT OF MEXICO/SPAIN



#### THIS WEEK'S TOP PICKS!



ITALIAN PASTA

//100 G

SALAD PER 100 G



#### **REAL FRUIT JUICE BEARS OR BERRIES**



**SAVE \$8.97/KG** 

IN OUR BULK BINS **GOURMET JELLY** 



#### **NEW IN THE STORE**



#### THIS WEEK'S TOP PICKS!







**SAVE \$11.37/KG** 

IN OUR BULK BINS **SMALL PURE CHOCOLATE CHIPS** 



**BEYOND MEAT** 

#### **BEYOND BURGERS**

226 G 2 PACK

Made with simple, plantbased ingredients like peas, mung beans and rice, the Beyond Burger features 20g of protein and marbling made from cocoa butter designed to melt and tenderize like beef.

SAVE \$1



BEYOND









#### THIS WEEK'S TOP PICKS!







A delicious blend of caffeine from black or green tea, golden organic honey, fruit juice, and vitamins designed to fuel.









#### FRESH DEALS THROUGHOUT THE STORE





# COOMBE CASTLE RED LEICESTER

200 G

Famous for its distinctive deep red colour which comes from the addition of annatto to the cheese. Typically aged for between 3 and 6 months for a nutty taste and firm texture.

SAVE 50¢

699 / EACH







Combines some of the finest cheeses from five counties, each with their own distinct flavours.



SAVE 50¢ | 99 | EACH

SPRING CREEK
IN OUR COOLER
PICKLED QUAIL

454 G 3 FLAVOURS

**EGGS** 



799 / EACH

BRIDOR
BAKED IN STORE
HALF
BAGUETTE
IN OUR BAKERY







#### FRESH DEALS THROUGHOUT THE STORE

#### **NEW IN THE STORE**



KETTLE BRAND

### AIR FRIED CHIPS

156 G

HIMALAYAN SALT OR SALT & VINEGAR

#### 25% LESS FAT THAN REGULAR KETTLE BRAND CHIPS

Air Fried kettle chips are batch cooked in kettles then air fried for a crispy and light crunch.

#### EVERYDAY PRICE

449 / EACH













#### FRESH DEALS IN OUR GROCERY AISLES!





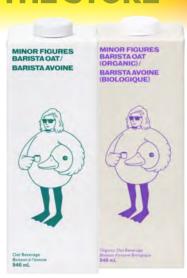








MINOR FIGURES **OAT MILK BARISTA REGULAR & ORGANIC** 946 ML



**EVERYDAY PRICE EVERYDAY PRICE** 

/ EACH



**BUNCHA FARMERS** STAIN **REMOVER** STICK



All Natural Stain Remover works on grass, red wine, ketchup, blood, grease, underarm stains, and so much more. Even the most stubborn stains are washed away.



SAMOSA CHIPS

Simply *the best* vegan & vegetarian Indian food...











MASALA PEA

#### FOODSMITHS MARCH **TAKES A VILLAGE DOG RESCUE**

It Takes a Village is a small South-Eastern Ontario based, registered non-profit organization that focuses on finding homes for dogs in need. It is foster based, made up entirely of dedicated volunteers and experienced rescuers who have united to improve the lives of dogs who find themselves without a home.

#### we will feature an adoptable dog every week!

Interested in adopting? Visit www.ittakesavillagedogrescue.com

For every transaction at our cash, Foodsmiths donates 5¢ to our monthly charity, plus all net proceeds from paper and reusable bag sales are donated to our monthly charity, too!

"I want to work like a dog, doing what I was born to do with joy and purpose. I want to play like a dog, with total, jolly abandon."

-- Oprah Winfrey, Actress, Media Celebrity

THANK YOU FOR HELPING SUPPORT THIS IMPORTANT PROGRAM



# CHOOSE YOUR BEANS GRIND THEM TO PERFECTION AT OUR COFFEE MILL





LIFE'S LITTLE MOMENTS

LIVE LIFE
TODAY
LIKE THERE IS NO
COFFEE
TOMORROW

-- MEIK WIKING THE LITTLE BOOK OF HYGGE

#### TANZANIAN HIGHLANDS PEABERRY LOCALLY ROASTED COFFEE FULL CITY ROAST PER 100G

This Peaberry is from a group of tiny farms, some of which produce only a few bags of this special coffee each year. It is an excellent cup brewed in a drip/French press/Chemex as well as making a great espresso option. Enjoy the raw sugar and cocoa tones in every sip.

**NOTES:** Sweet chocolate liqueur, cacao nibs















COMPOSTABL





**FLUID** 

## SAVE IN OUR BULK BINS!

#### **ECO FRIENDLY - LESS WASTE!**



YOU CAN BRING YOUR OWN CONTAINER, TOO! ONE KG = 2.2 LBS





























#### Supplements & Natural Body Care



#### **ALL PRODUCTS**

ASSORTED VARIETIES AND SIZES







From the beginning, Living Alchemy has set out to enhance the lives of people by improving their health. Our goal is not only to alleviate symptoms, but to provide natural solutions to these unsolved long-term problems through the creation of fermented organic whole food supplements.

As proud Canadians do we cherish our beautiful environment and we hope you are enjoying and taking care of what Mother Nature has provided us!



The information and product descriptions appearing in this flyer have been supplied by product manufacturers and are for information purposes only. They are not intended to provide or replace medical advice to individuals from a qualified health care practitioner. Consult your physician if you have any health concerns, and before initiating any new diet, exercise or supplement.



#### EYE HEALTH SUPPORT!

#### **LUTEIN 20MG**

BONUS SIZE - 150 SOFT GELS

In the age of screen time, we need to do everything we can to help support the health of our eyes. One of the main jobs of the carotenoids lutein and zeaxanthin is to support the health of the lens and retina from high-energy wave lengths of visible light.\*

A naturally-sourced, pure, high potency lutein and zeaxanthin derived from marigold petals.

Formulated and made in Canada







#### **SUNFLOWER SOAPS**

ASSORTED VARIETIES • 113G

Soap bars are vegan and made without animal fats or palm oil.

Feel good about the products you are purchasing knowing that packaging is printed locally and products are made from raw ingredients sourced from Canadian companies.



800 EACH THIS EARN
40
POINTS





#### No more dry mouth!



BUY
THIS
EARN

100
POINTS

199



#### XYLIMELTS 40 MELTS

XyliMelts in time-release adhering pastilles with xylitol stimulate saliva at night during sleep and throughout the day. Discreet and safe, they reduce the incidence of cavities and freshen the breath. They dissolve slowly in 4 to 6 hours to provide xylitol most effectively when the saliva flow is at its lowest. Gluten, GMO and sugar-free, our lozenges are considered very effective by dentists.

# The Purest Supplements and Vitamins

better health starts here







#### **ALL SUPPLEMENTS**

Industry leaders for innovative, evidence-based natural health products. Accredited analytical laboratory assures the quality, identity, and potency of every single product.

#### Supplements & Natural Body Care



#### MACA 750 MG

ORGANIC GELATINIZED MACA ROOT TO HELP SUPPORT HORMONAL BALANCE AND THE EMOTIONAL ASPECTS OF SEXUAL HEALTH.

180 VEGETABLE CAPSULES

Health First Maca contains a certified organic blend of red, black and yellow maca and is sustainably harvested in Peru.

An important thing to know about maca is never to consume it raw, as it's almost impossible for our digestive systems to break down. Peruvians use the cooking process of gelatinization to boil down their maca, and then they grind it into a powder for medicinal purposes

Health First Maca is also gelatinized to ensure you are reaping all of its wonderful benefits!





## HAWTHORN EXTRACT 300MG

90 VEG CAPSULES

2099 EACH SAVE \$3

Hawthorn leaves, flowers and berries have been used for generations by herbalists as a cardiovascular tonic. Hawthorn promotes cardiovascular health by supporting cardiac muscle tone and vascular integrity. Hawthorn Extract also exhibits powerful free radical scavenging activity. Hawthorn Extract is standardized to 1.8% Vitexin that, along with other natural components, has been found to support normal blood flow and may help to maintain healthy blood pressure already within the healthy range.



USED IN HERBAL MEDICINE TO HELP MAINTAIN AND SUPPORT CARDIOVASCULAR HEALTH





The Original Zero Waste Toothpaste

#### **TOOTHPASTE AND TOOTHPASTE TABLETS**

ASSORTED VARIETIES & SIZES

Yes, Nelson Naturals toothpaste comes in jars. It's not the plastic tube you grew up with, and that's a good thing. Singleuse plastics are filling and contaminating our landfills and oceans, and we all need to make changes.









AERYON

WELLNESS

**Balance your Hormones** 

Restore your Mojo

**SAVE \$6** 

#### **RECLAIM**

30 VEGGIE CAPSULES OR 60 VEGGIE CAPSULES

Designed to balance the female hormone system, regulate cycles, and alleviate PMS, cravings and moodiness. Disruptions in hormone balance can cause a cascade of negative effects on the female endocrine (hormonal) system. This formula promotes healthy mood stabilizes menstrual cycle irregularities, maintains immune function, healthy skin and support cognitive wellness.



## Conscious, Clean & Cruelty Free!



DETOX
YOUR
MAKEUP
BAG.
MAKE CLEAN
BEAUTY A
PRIORITY.





#### **MULTI-VITAMIN PROTEIN BAR**

Assorted Varieties • 50G

These wholesome nutrition bars are: wholly raw, gluten free, lactose free, vegan, soy free, corn free with very low sodium — made from some of the oldest & best natural foods for brain nutrition & refueling your body. There are no artificial ingredients and no preservatives or any refined sugars added. The various natural nuts, selected seeds, fruits and berries provide abundant wholesome flavour, texture & natural sweetness to all our bars.





#### OHANA PRO PROTEIN SHOTS

Assorted Varieties • 30G

Ohana Pro is a delicious 3.2 oz 30 gram protein shot available in four innovative fruit flavors! This unique heat stable product requires no refrigeration, and with virtually indestructible packaging, Ohana Pro can be taken anywhere any time.





#### **SPROUTED PROTEIN BARS**

Assorted Varieties • 64G

## Fuel your next adventure with the power of plants!

Take the power of plant-based nutrition with you on the go. Sprouted Protein bars are clean, delicious, and fully loaded with the best possible ingredients for a quick on-the-go protein solution.





# SUPPORT IMMUNITY AND COLLAGEN PRODUCTION

CORN-FREE, SUGAR-FREE VITAMIN C



Daily Replenishment

Pure Lab Vitamin C 1000 mg

Vitamin C is vital to collagen
production, immunity and wound
healing. 120 servings

**SAVE \$2** 

SLOW RELEASE · ACTION PROLONGÉE **SAVE \$3** 

All-Day Support

Pure Lab Vitamin C 1000 Slow Release Designed to maintain blood levels of

Designed to maintain blood levels of vitamin C steadily through your day. 120 servings



Excipient-Free

**Pure Lab Vitamin C Powder** 

Contains only 100% pure vitamin C. Dissolves easily. 250 mg vitamin C per scoop, 500 servings.