

106 WILSON ST. W. PERTH, ON
FOODSMITHS.COM 613.267.5409
MON-THU 8AM - 7PM
FRI 8AM - 8PM SAT 8AM - 6PM
SUNDAY 9AM - 5PM
PRICES IN EFFECT THURSDAY, AUGUST 28 TO
THURSDAY SEPTEMBER 11 ONLY
**PLEASE NOTE: OUR FLYER RUNS FOR
2 WEEKS, AUGUST 28 TO SEPTEMBER 11!**
UNLESS OTHERWISE STATED. WHILE SUPPLIES LAST. NO RAIN CHECKS OR SUBSTITUTIONS.
PRICES SUBJECT TO CHANGE WITHOUT NOTICE. IMAGES ARE REPRESENTATIONAL ONLY.
PRODUCTS MAY NOT BE EXACTLY AS SHOWN. E & OE.



OPEN!
LABOUR DAY MONDAY
SEP 1: 9AM - 5PM

**HAVE A WONDERFUL
LONG WEEKEND!**

**HAPPY
Labour Day
LONG
WEEKEND**

**2 Day
SALE**

**FRIDAY, AUG 29
SATURDAY AUG 30**

2-DAY SALE

**KETTLE BRAND
KETTLE CHIPS**
198 G

SAVE \$1.98
2/\$7

2-DAY SALE

**CUSTOM SLICED IN OUR DELI
BRANDT
ROAST BEEF**
PER 100 G

SAVE 70¢
2.99
/ 100 G

2-DAY SALE

**MCLEAN MEATS
ORGANIC TURKEY BACON**
250 G

SAVE \$1.50
8.99
/ EACH

**NO ADDED SUGAR
NO NITRITES
NO PRESERVATIVES
NO GLUTEN, DAIRY
OR SOY**

2-DAY SALE

**SYLVIA'S 4TH LINE FLORALS
LOCAL SUNFLOWERS**
BUNCH PRODUCT OF LANARK, ONTARIO

SAVE \$1.98
2/\$16
OR \$8.88 EACH

2-DAY SALE

**PINEHEDGE
ORGANIC
YOGURT OR
KEFIR**
1 KG

**MADE IN
ONTARIO!**

SAVE \$1
7.99
/ EACH

2-DAY SALE

**IN OUR BULK
MILK CHOCOLATE
ALMONDS**

35% OFF
SAVE \$1.47
2.72
/ 100 G

2-DAY SALE

**IN OUR HOUSEWARES
BACK TO SCHOOL GEAR**
ASSORTED

**20%
OFF**

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**



**YOUR
NEIGHBOURS
SHOP HERE!
★★★★★
AND GET
REWARDED!**



**DID YOU
KNOW?**
CNIB Guide
Dogs has a
Canine Campus
training facility
in Carleton
Place!

FOODSMITHS SEPTEMBER BYOB CNIB GUIDE DOGS

THIS ONE IS CLOSE TO OUR HEART!

Everyone who would like to have a guide dog should have that opportunity!

At CNIB Guide Dogs, they raise, train and match dogs with Canadians who are blind or partially sighted. They also raise their voices to ensure people with sight loss have opportunities to live, work and play without barriers.

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!

CNIB.CA

**THANK you
FOR HELPING SUPPORT THIS IMPORTANT PROGRAM**

THIS WEEK'S GARDEN FRESH PRODUCE **TOP PICKS**

PREMIUM QUALITY
ONTARIO GROWN
FRESH FIELD
TOMATOES
PRODUCT OF ONTARIO



SAVE 71¢
2²⁸
/LB

PREMIUM QUALITY
ONTARIO GROWN
NEW CROP
FRESH SWEET
CARROTS
PRODUCT OF ONTARIO



SAVE 51¢
1⁴⁸
/LB

PREMIUM QUALITY
ONTARIO GROWN
FRESH SEEDLESS
PINK WATERMELON
QUARTER PIECE
PRODUCT OF ONTARIO



SAVE \$1.98
2/\$6
OR \$3.48 EACH

PREMIUM QUALITY
ONTARIO GROWN
NEW CROP
FRESH RED SKIN
POTATOES
PRODUCT OF ONTARIO



SAVE 51¢
1⁴⁸
/LB

PICCIONI BROS
PREMIUM QUALITY
CERTIFIED ORGANIC
ONTARIO GROWN
FRESH ORGANIC
WHITE MUSHROOMS
227 G
PRODUCT OF DUNDAS, ONTARIO



SAVE 81¢
4¹⁸
/EACH

PATCHWORK GARDENS
PREMIUM QUALITY
CERTIFIED ORGANIC
LOCALLY GROWN
FRESH ORGANIC
DOWNTOWN
SALAD GREENS
122 G
PRODUCT OF BATTERSEA, ONTARIO



SAVE \$1.11
5⁸⁸
/EACH

THIS WEEK'S GARDEN FRESH PRODUCE **TOP PICKS**

PREMIUM QUALITY
ONTARIO GROWN
**FRESH CURLY OR
FLAT LEAF
PARSLEY**
BUNCH
PRODUCT OF ONTARIO



SAVE 61¢
2.88
/ EACH

PREMIUM QUALITY
ONTARIO GROWN
**FRESH RED
CABBAGE**
PRODUCT OF ONTARIO



SAVE 31¢
98¢
/ LB

FRESH ONTARIO NOW IN STOCK! (WHILE SUPPLIES LAST)

COOKSTOWN GREENS
PREMIUM QUALITY
CERTIFIED ORGANIC
ONTARIO GROWN
**FRESH ORGANIC
BLONDE POTATOES**
1 LB
PRODUCT OF ESSA, ONTARIO



**EVERYDAY
PRICE**
6.49
/ EACH

GREENBELT ORGANIC GREENS
PREMIUM QUALITY
ONTARIO GROWN
FRESH SALAD GREENS
142 G
SPRING MIX
ARUGULA
SUPER CRUNCH
ROMAINE
PRODUCT OF LYNDEN, ONTARIO



**EVERYDAY
PRICE**
6.99
/ EACH

RAVENSFIELD FARM
PREMIUM QUALITY
CERTIFIED ORGANIC
LOCALLY GROWN
**FRESH ORGANIC
GREEN OR PURPLE
BEANS**
230 G
PRODUCT OF MABERLY, ONTARIO



**EVERYDAY
PRICE**
4.99
/ EACH

COOKSTOWN GREENS
PREMIUM QUALITY
CERTIFIED ORGANIC
ONTARIO GROWN
**FRESH ORGANIC HEARTY
MICRO MIX**
100 G
PRODUCT OF ESSA, ONTARIO



**EVERYDAY
PRICE**
6.99
/ EACH

SAVE IN OUR BULK BINS AND EAT WELL!

BEST BUY THIS WEEK

PECAN PIECES

30% OFF

ON SALE

3.07

/100 G

SAVE \$1.32

BEST BUY THIS WEEK

PSYLLIUM HUSK

30% OFF

ON SALE

4.19

/100 G

SAVE \$1.80

LARGE ROLLED OATS

25% OFF

ON SALE

52¢

/100 G

SAVE 17¢

SULTANA RAISINS

25% OFF

ON SALE

1.34

/100 G

SAVE 45¢

BRIDGE MIX

25% OFF

ON SALE

3.74

/100 G

SAVE \$1.25

CHUNKY HEMP GRANOLA

25% OFF

ON SALE

1.27

/100 G

SAVE 42¢

RAW SUNFLOWER SEEDS

25% OFF

ON SALE

74¢

/100 G

SAVE 25¢

DILL SEED

25% OFF

ON SALE

1.87

/100 G

SAVE 63¢

THIS WEEK'S TOP PICKS!

FAMILIA
GRANOLA
320 G - 400 G
APPLE HONEY
SALTED CARAMEL
SWISS MUESLI



Back to School
SAVE \$2
5.49
/ EACH

GREAT PRICE!

MCLEAN MEATS
ORGANIC
TURKEY BACON
250 G



SAVE 50¢
9.99
/ EACH



NO ADDED SUGAR
NO NITRITES
NO PRESERVATIVES
NO GLUTEN, DAIRY
OR SOY



PATIENCE
NEW! FRUIT CRAN
DRIED FLAVOURED
CRANBERRIES

45 G



Back to School

SAVE \$1

4.99
/ EACH

Each box of fruit-flavoured FruitCran dried cranberries includes 5 21g-bags, so you can indulge in a delicious break on the trail, at the office, camping, or packed in lunches! High in fibre and tasty!

A Quebec company!

In BerryMelon or Passionfruit.

REID'S DAIRY
LOCALLY MADE
MINI ICE CREAM
SINGLE CUPS

100 ML
ASSORTED



SAVE 10¢

89¢
/ EACH

REID'S DAIRY
LOCALLY MADE
ICE CREAM

1.5 L
ASSORTED

MADE WITH
LOCALLY PRODUCED
FRESH CREAM



SAVE \$1

8.49
/ EACH

THIS WEEK'S TOP PICKS!

BRANDT
HONEY MAPLE HAM
PER 100 G
CUSTOM SLICED IN OUR DELI



CABANA
NATURAL LEMONADE
591 ML
ASSORTED



SAVE 60¢

2.19
/ 100 G

SAVE 98¢

2/\$5

COOMBE CASTLE
BRITISH SELECTION PACK



120 G 6 X 20 G



SAVE 70¢

8.29
/ EACH

Cheddar
Double Gloucester
Red Leicester

ILIOS
CROSTINI

175 G - 250 G

ASSORTED



SAVE 50¢

2.49
/ EACH

BABYBEL
DAIRY FREE VEGAN SNACKS

100 G

5 X 20 G



SAVE 70¢

5.99
/ EACH



ARLA CASTELLO
CHEESE SLICES

145 G - 175 G

HAVARTI
MOZZARELLA
MILD CHEDDAR
MARBLE
PROVOLONE
SWISS



SAVE 50¢

7.99
/ EACH

TEECCINO
ORGANIC DARK ROAST DANDELION BEVERAGE

60 G

SAVE \$1

9.99
/ EACH



THIS WEEK'S TOP PICKS!

BRIDOR
12 GRAIN BUNS
4 PACK

CANADA

SAVE 70¢
4.29
/ EACH

BRIDOR
**BAKED IN STORE
GOLDEN
BAGUETTE**
IN OUR BAKERY

CANADA

SAVE 30¢
2.69
/ EACH

SUNFLOWER KITCHEN
HUMMUS
227 G REGULAR
OR ORGANIC ASSORTED

CANADA



SAVE!
50¢ OFF!!

CROOKED HILLS
**LOCAL RAW
LIQUID HONEY**
500 ML

FeedSmith's
GO LOCAL

CANADA



SAVE 50¢
8.99
/ EACH



BAKER'S SOURCE
**CROISSANT
BUTTER BUN**
4 PACK
IN OUR BAKERY

CANADA



SAVE 50¢
4.99
/ EACH

ST. ALBERT
CHEESE BLOCK
270 G ASSORTED

CANADA

SAVE UP TO \$1.25
10%
OFF



NATURSAC
**OXO-BIODEGRADABLE
WASTE BAGS**
ASSORTED

CANADA

**BLOW OUT
SALE!**

WHILE SUPPLIES LAST

50%
OFF



GO CANADIAN, GO ONTARIO, GO LOCAL!

ROCK HARBOUR

COOKED SHRIMP RING WITH SAUCE

311 G
IN OUR FREEZER



SAVE \$1
8.99
/ EACH



DEEBEE'S

ORGANIC FRUIT JUICE FREEZE POPS

10 PACK
FREEZE AT HOME!



SAVE \$1
6.99
/ EACH



AMINO SNACKS
AMINO BALLS
40 G 2 PACK ASSORTED
**PEA PROTEIN
INFUSED SNACKS**



SAVE 98¢
2/\$7



BBQ THE BEST



SEED TO SAUSAGE
**RIB EYE OR
STRIP LOIN
STEAK**

MELT IN YOUR
MOUTH BEEF
**STARTING AT
\$5.49***
/ 100 G
OR 24.90 PER LB

(* PRICES CAN CHANGE WITHOUT NOTICE)

ONTARIO CANNERY
SINCE 1925

**SPRAGUE
BAKED
BEANS**
COWBOY OR
MAPLE
398 ML



EVERYDAY PRICE

4.99
/ EACH





CHOOSE YOUR
BEANS
GRIND THEM TO PERFECTION
AT OUR COFFEE MILL

**ON SALE
THIS WEEK**

LIFE'S LITTLE
MOMENTS

YOU
TALKIE
A GOOD
COFFEE!

 **Fluid**
Solar Roasted Coffee

GUATEMALA TANGO

FULL CITY ROAST PER 100G

This lovely high-altitude grown bean from the Huehuetenango region is producer processed from planting to shipping. The farms are in an ideal geographic location providing exceptional cupping with distinct acidity, fruited flavours and a clean aftertaste.

NOTES: Berries, sweet caramel, vanilla, golden raisin



4.99
/ 100G
SAVE 70¢

WELCOME TO THE WEEKEND!
FREE COFFEE & TEA
SATURDAY and SUNDAY



FLUID
**LOCALLY
ROASTED
ORGANIC
COFFEE**

CRANK
**ONTARIO
ROASTED
ORGANIC
COFFEE**

STASH
**ALL
NATURAL
TEA**

CELESTIAL
**ALL
NATURAL
TEA**



**OUR FRESH
BREWED
COFFEE
OR TEA IS
JUST**

99¢

**(MONDAY TO
FRIDAY)**

*Hungry?
Why Wait?*

**ENJOY A COFFEE OR
TEA AND MUFFIN
FOR JUST
\$2.99**

BACK TO SCHOOL Snack Ideas!



[illegible]



2 Weeks Of School Lunches

Week 1

Monday

Turkey + Cheddar Wrap
Kiwi
Berries
Applesauce
Corn Chips with Flax - Bulk Bin Item

Tuesday

Hummus + Pita Bread
Grape Tomatoes
Sliced Oranges
Made Good - Trail Bar
Sunny Fruit - Dried Mango Slices

Wednesday

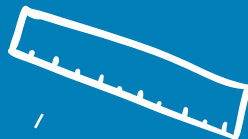
Salsa + Tortilla Chips
Pitted Dates
Berries
Watermelon Balls
Fruit Berry Gummies - Bulk Bin Item

Thursday

Egg Salad Sandwich
Red Pepper Slices
Cantaloupe
Coconut Chia Snaps

Friday

Hard Boiled Eggs
Baby Carrots + Ranch Dressing
Sliced Peach
Annie's Cheddar Bunnies
Yogurt Pretzels - Bulk Bin Item



Week 2

Monday

Pasta Salad
Berries
Oatmeal Apple Muffin
Cucumber Slices
Candied Ginger - Bulk Bin Item

Tuesday

Sliced Ham & Cheese Sandwich
Carrot Sticks with Hummus
Banana
All Free Brownie
Raisins - Bulk Bin Item

Wednesday

Crackers
Cheddar Cheese Cubes
Pepperoni Slices
Grapes
Organic Gummy Bears - Bulk Bin Item

Thursday

Bagel + Cream Cheese
Sunny Fruit Apricots
Berries
Chocolate Covered Raisins - Bulk Bin Item

Friday

Veggie Wraps with Hummus
Clementine
Nature's Path - Corn Puffs Dry Cereal
Made Good - Granola Bar
Bob Snail - Fruit Roll Apple/Cherry



Supplements and NATURAL BODY CARE

EXTRA STRENGTH

natural Factors®

OSTEOMOVE JOINT CARE EXTRA STRENGTH

120 TABLETS

Comprehensive joint-support formula that works.

- Promotes healthy joint structure, function, comfort, and mobility
- Helps protect against deterioration of joint cartilage
- Helps relieve joint pain associated with osteoarthritis

ON SALE
\$42.99
save \$11



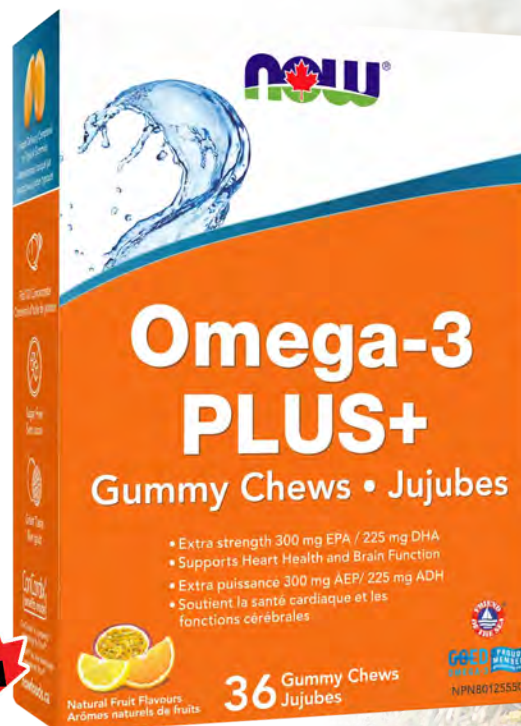
HEART HEALTH & BRAIN FUNCTION

ON SALE
\$24.99
save \$14

OMEGA-3 PLUS+ GUMMY CHEWS

36 GUMMY CHEWS

- Extra strength 300 mg EPA / 225 mg DHA
- Supports Heart Health and Brain Function
- Molecular Distilled Triglyceride form for improved absorption
- Sugar-free
- Natural Fruit Flavours
- Suitable for ages 6 years and up



Supplements and NATURAL BODY CARE

HEALTH
FIRST

ON SALE
\$39.99
save \$13

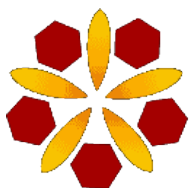
LION'S MANE 60 VEG CAPS

Studies have shown lion's mane's ability to augment NGF (nerve growth factor), which is essential for supporting multiple areas of brain health and mental performance.

- *Certified Organic*
- *High potency extract to help support cognitive health and immune function*
- *Grown sustainably*



Made in Canada and sold exclusively by Health First Network Members to support healthy Canadian communities.



Nanton
nutraceuticals Ltd.



ALL PRODUCTS

ASSORTED VARIETIES AND SIZES

Nanton Nutraceuticals is a Canadian company committed to producing the highest quality health supplement products available on the market today.

A natural way to support common health problems.

ON SALE
15% OFF
ALL PRODUCTS



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Supplements and NATURAL BODY CARE



RenewLife®

DETOX & PROBIOTICS ALL PRODUCTS

ASSORTED VARIETIES & SIZES



QUALITY, PURITY, AND POTENCY, GUARANTEED

Probiotics are important for your gut health. As you age, your population of friendly bacteria naturally starts to decline. This can be due to antibiotics, stress, infections, and/or poor diet. Unbalanced gut flora can lead to uncomfortable occasional digestive upsets such as gas, bloating, constipation, and diarrhea. By promoting an ideal balance of 'friendly bacteria', probiotics can help set you up for optimal digestive health.

As well, using herbal cleanses made from naturally sourced ingredients to help detoxify your body and support a balanced digestive system can help relieve occasional upsets like bloating and constipation.



Supplements and NATURAL BODY CARE



Living Alchemy®

Fermented Supplements



ON SALE 10% OFF

ALL PROBIOTICS

FERMENTED WHOLE FOOD PROBIOTICS THAT SUPPORT GASTROINTESTINAL HEALTH



Living Alchemy's line of fermented, organic digestive wellness supplements addresses indigestion, bloating, gas, IBD symptoms, and general gut health. With Kefir-Kombucha fermented soy as a base, 45+ beneficial bacteria strains, and whole food herbs to target specific gut needs, their products help to bolster your gut microbiome.

EXCEPTIONAL BIOAVAILABILITY AND EFFECTIVENESS

PROPRIETARY LIVING CULTURE

ENCOURAGES HEALTHY FLORA



Naka Professional



ALL PRODUCTS

ASSORTED VARIETIES & SIZES

Naka is a leading Canadian manufacturer and distributor of premium quality herbal products for the health food market.

ON SALE 15% OFF

ALL PRODUCTS



Supplements and NATURAL BODY CARE



ALL PRODUCTS

ASSORTED VARIETIES AND SIZES



ON SALE
15% OFF
ALL PRODUCTS

All CanPrev formulations are designed by licensed Canadian health practitioners to help you on your journey to optimum health and well being.



Kyolic®
Aged Garlic Extract™

ODORLESS, AGED GARLIC EXTRACT ALL PRODUCTS

ASSORTED VARIETIES & SIZES

Only the finest organic garlic is used in Kyolic supplements. The production of Kyolic Aged Garlic Extract begins with garlic grown on Wakunaga farms under strictly-controlled organic conditions.


**PROTECT YOUR
HEART
HEALTH
WITH RESEARCH
PROVEN KYOLIC
AGED GARLIC
EXTRACT.**



ON SALE
10% OFF
ALL PRODUCTS



Supplements and NATURAL BODY CARE



**SUPPORT
YOURSELF
NATURALLY**



L-THEANINE ON SALE!

**15%
OFF**

**The secret ingredient for stress first
discovered in green tea that helps
calm the busy brain without sedatives
or stimulants**

Do you get anxious under stress? Do you lose your concentration easily? Do you have trouble falling asleep because of stressful thoughts?

Stress is a universal experience that can wreak havoc on our ability to cope with life. L-theanine promotes relaxation without the sedating effects that many herbs and pharmaceuticals have. Discovered in 1949 as a natural component of green tea leaves, it balances our primary neurotransmitters— serotonin, GABA and dopamine— while promoting the alpha brain waves responsible for a simultaneous feeling of alertness and relaxation.

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.

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