

Garden foods

A BOLTON TRADITION SINCE 1972

SEE MORE
SALMONFEST
DEALS INSIDE.



2⁹⁹
EACH
SAVE \$2 EACH

Fresh Canadian
Atlantic Salmon Portion
Plain or Marinated
113g
SKIN-ON



3⁹⁹
SAVE \$2

Arte* Fresh Salad Kits
286-373g pkg
selected varieties



**THIS WEEK
MEMBERS
SAVE OVER** **\$45**

See online flyer for more deals.



**THANK YOU REWARDS
MEMBER
PRICING**

Fresh Seedless Green,
Red or Black Grapes
Product of U.S.A.
6.59/kg

2⁹⁹
/LB

SAVE \$2/LB

NON-MEMBER
\$4.99/LB • \$11.00/KG



9⁹⁹ Longo's Pure
Maple Syrup
500mL bottle
selected varieties

SAVE AT LEAST \$4

NON-MEMBER
\$13.99



Longo's Meal Kits
604-950g pkg
selected varieties

11⁹⁹

SAVE \$6

NON-MEMBER
\$17.99



Choose from Pasta, Stir-Fry
or Taco Meal Kits



**SAVE OVER
25%**

Cut from
Canada
AAA Grade
Striploin
Grilling Steak
41.87/kg

18.99/LB
SAVE \$8/LB



Maple Leaf
Natural
Selections
Deli Meat
175g pkg
Individual \$7.99
selected varieties

2⁹⁹ OR \$10
**SAVE UP
TO \$8.98**



11⁹⁹

San Benedetto
Natural Spring
Water
6x1.5L pkg
selected varieties

SAVE \$6



3⁹⁹
/LB

Fresh Palmer
Mangoes
Product of Brazil
8.80/kg

FLOWN
IN
FRESH



Fresh Celery
Product of Canada

2⁹⁹ OR \$5



6⁹⁹

Giuseppe Stuffed
Crust Pizza
685-724g pkg or
Dr. Oetker
Suprema Pizza
487-520g pkg
selected varieties

SAVE \$3



Classico
Pasta Sauce
218-600mL jar
selected varieties

2⁹⁹
SAVE \$3.50



11⁹⁹

Charmin
Bath Tissue
12=48 rolls
selected varieties

SAVE \$10



4⁹⁹

Longo's Curato
Tuna in Olive Oil
3x80g pkg

SAVE \$1.50



9⁹⁹

Unico
Vegetable Oil
3L jug

SAVE \$3

FRESH WEEKLY SAVINGS VISIT IN-STORE FOR 100s MORE



17TH ANNUAL SALMONFEST



Fresh Wild Caught
Coho Salmon Fillet
44.07/kg

19⁹⁹ /LB
SAVE \$5/LB



ORGANIC

Fresh Organic
Atlantic Salmon Fillet
50.68/kg

22⁹⁹ /LB
SAVE \$4/LB



11⁹⁹ /LB
SAVE \$3/LB



Fresh Canadian
Atlantic Salmon Side
37.46/kg

16⁹⁹ /LB
SAVE \$1/LB



Fresh Atlantic Salmon
Skewer
Plain or Marinated
140g pkg

4⁹⁹ EACH
SAVE \$2 EACH



Bento Sushi
Salmon Combo
337g pkg

\$17
EARN 200 POINTS



\$15
EARN 150 POINTS

Bento Salmon
Poke Bowl
437g pkg

Longo's Rub
140-180g pkg
selected varieties

2⁴⁹
SAVE 50¢



Fresh Lemons
Product of
South Africa
2lb bag

3⁹⁹



2LB
BAG

Fresh
Brussels Sprouts
Product of Canada
or U.S.A.
2lb bag

4⁹⁹



2LB
BAG



1⁹⁹ BUNCH
Fresh Dill
Product of Ontario



THIS WEEK'S GARDEN PICKS!



3⁹⁹ GiGi Dolce Sfoglia
Bow Ties, Palm Leaves
or Sweet Hearts
225g pkg
SAVE \$1.50



Stella Asiago Cheese
3⁴⁹ /100G

ORGANIC



2⁰⁰ /LB
\$5

Fresh Organic Green,
Red or Black Kale
Product of Ontario



WE'VE BROUGHT BACK
OVER 100
OF YOUR
FAVOURITES!



For online flyer, store hours and store locations,
visit us at Longos.com or call 1-800-9-Longos

We reserve the right to limit quantities. We are diligent in proofing our flyers but unintentional errors in copy or image may occur. We reserve the right to correct any errors. Some images are for illustration purposes only. Savings refer to regular prices. Prices vary by location.

ZONE 2



FRESH SAVINGS FOR THE WEEK OF THURSDAY SEPTEMBER 17TH TO WEDNESDAY SEPTEMBER 23RD, 2026.



THANK YOU REWARDS MEMBER PRICING

Scan your registered Thank You Rewards card and receive exclusive members only pricing on select products in-store.



**NOT A MEMBER?
NOT A PROBLEM!**

Sign up to become a member and earn 500 Bonus Points when you opt in to receive emails and exclusive offers. Scan the QR code or visit Longos.com/thank-you-rewards

THIS WEEK MEMBERS SAVE OVER \$45



SALMONFEST

Fresh Atlantic
Salmon Side
SKINLESS
900g tray

\$30

SAVE \$5

NON-MEMBER
\$35



**SALMONFEST
SAVINGS**

**MIX &
MATCH**

Choose from Longo's
Tourtière,
Steak and Mushroom
or Chicken Pot Pie
190g pkg
Individual \$6.99

2 FOR \$12

SAVE \$1.98 ON 2

NON-MEMBER
\$6.99



BAKED IN-STORE!

Longo's
White Baguette
350g pkg

1.49

SAVE \$1

NON-MEMBER
\$2.49



10" Garden Mum
Ontario Grown
selected varieties

\$10

SAVE \$2

NON-MEMBER
\$12



9.99

SAVE \$6

NON-MEMBER
\$15.99

Yorkshire Valley Farms
Frozen Organic Breakfast
Patties
630g pkg
selected varieties

**HOT
DEAL**

Mo's Australian
100% Arabica
Roast Coffee
Whole Bean
Organic and
Fairtrade
500g pkg

14.99

SAVE \$10

NON-MEMBER
\$24.99



Blume SuperBelly
Hydration Powder
28g pkg
selected varieties

12.99

SAVE \$4

NON-MEMBER
\$16.99



2.99

**SAVE AT
LEAST \$2**

NON-MEMBER
\$4.99

Yoplait Minigo Yogourt
6x60g pkg or
Yoplait Tubes 8x56g pkg
selected varieties



Haribo Gummies
175g pkg
Individual \$3.99
selected varieties

2 FOR \$5

SAVE \$2.98 ON 2

NON-MEMBER
\$3.99



MUST TRY

4⁹⁹
/LB

Fresh Sumo
Mandarins or
Blood Oranges
Product of Australia
11.00/kg

- Sumo Mandarins: Exceptionally sweet, easy-peel premium mandarins.
- Blood Oranges: Bold red citrus bursting with rich flavour.
- Navel Oranges: Sweet, seedless and perfect for everyday snacking.
- Cara Cara Oranges: Sweet, pink-fleshed citrus with a unique flavour.

Fresh Seedless
Navel or Cara Cara
Oranges
Product of Australia
6.59/kg

2⁹⁹
/LB

IN-STORE
TASTING,
SEPTEMBER
19, 20, 26 & 27
10:30AM-4PM



Maple Leaf Prime
Raised Without
Antibiotics Whole
Chicken
11.00/kg

4⁹⁹
/LB

SAVE \$1/LB



Longo's Frozen Cooked
Pacific White Shrimp Ring
with Cocktail Sauce
737g pkg

19⁹⁹

SAVE \$5



7⁹⁹ Fresh Wild Blueberries
Product of Ontario
pint

ORGANIC



3⁴⁹
/LB Fresh Organic
Sweet Tango Apples
Product of U.S.A.
7.69/kg



13⁹⁹ duBreton Organic
Marinated Boneless
Pork Loin Filet
525g pkg

SAVE \$1

Longo's Frozen
Cooked Black Tiger
Shrimp
16-20ct, 454g pkg

19⁹⁹

SAVE \$4



4⁹⁹ Longo's Fresh
Tri-Colour Peppers
Product of Canada
3 pack



Fresh Cauliflower
Product of Ontario
each

3⁹⁹



13⁹⁹ Maple Leaf Prime Raised
Without Antibiotics
Chicken Breast Fillets
30.84/kg

SAVE \$1/LB

Longo's Frozen
Fresh Water Shrimp
6-8ct, 454g pkg

19⁹⁹

SAVE \$3



4⁴⁹ The Little Potato Company
Microwave or Oven-Roaster
Mini Potato Kits
Product of Canada
454g pkg
selected varieties



14" Fall Planter Bowl
Ontario Grown
selected varieties

\$25 EACH



7⁹⁹ Yorkshire Valley Farms
Fresh Organic Chicken
Drumsticks or Wings
17.61/kg
VALUE PACK

SAVE AT LEAST \$1/LB

Longo's Frozen Raw
Easy Peel Black Tiger
Shrimp
13-15ct, 454g pkg

19⁹⁹

SAVE \$4



Fresh fish is subject to availability.

FRESH SAVINGS FOR THE WEEK OF THURSDAY SEPTEMBER 17TH TO WEDNESDAY SEPTEMBER 23RD, 2026.



CHICKEN CUTLET SANDWICH



VEAL CUTLET SANDWICH



CRISPY VEAL & RAPINI SANDWICH



BREADED EGGPLANT SANDWICH

FROM \$9.99 Freshly Made Hot Sandwiches selected varieties

EARN 150 POINTS

MEATBALL SANDWICH

CHOOSE YOUR OWN SANDWICH-MAKING ADVENTURE





2 FOR \$15
SAVE \$3 ON 2

Bento Sushi California Rolls
California, Spicy or Vegetable
California Roll
208-236g pkg
Individual \$9



7.99 Balderson Havarti, Gouda or Cheddar Cheese Snacks 126-200g pkg selected varieties



FROM 11.49 Balderson Cheddar Cheese 250-280g pkg selected varieties



Mastro Genoa Salami or Soppressata
Mild or Hot or Red Wine Salami
100-150g pkg
selected varieties

FROM 6.99



Santa Lucia Fresh Mozzarella Cheese
2x125g pkg

9.99



5.99 /100G Galbani Prosciutto Di San Daniele Product of Italy



4.79 /100G Galbani Soppressata Mild or Hot



3.99 /100G Longo's Oven Roasted or Smoked Turkey selected varieties



3.49 /100G Italia Capocollo or Sopressa Veneta selected varieties



32.97 8" La Rocca Pumpkin Pie Cake 1.3 kg

EARN 800 POINTS



FROM 18.99 Dufflet Pumpkin Spice Cakelet or 8" Pumpkin Spice Cheesecake

SAVE \$1



7.99 Cherry Cheesecake Brownie Bar 290g pkg

EARN 300 POINTS



6.99 Longo's Curato Mini Cheesecake Cones 200g pkg

EARN 300 POINTS



3.99 Longo's Three Cheese Bread 400g pkg

SAVE \$1



5.99 St. Viateur Bagel Montreal Bagels 6 pack, 480g pkg selected varieties

SAVE \$1



7.99 Promise Gluten Free Soft White or Brioche Loaf 480g pkg

SAVE \$1



8.99 Longo's Killer Brownies 283-396g pkg selected varieties

EARN 100 POINTS

FRESH SAVINGS FOR THE WEEK OF THURSDAY SEPTEMBER 17TH TO WEDNESDAY SEPTEMBER 23RD, 2026.



The Princess Margaret
Cancer Foundation 

ROAD HOCKEY

Fuelled by

Longo's



6⁹⁹ Schneiders Breakfast Sausage
Rounds or Links or Oktoberfest
Sausages 375g pkg
selected varieties
SAVE AT LEAST \$3



4⁹⁹ Longo's Fresh
Grape Tomatoes
Product of Ontario
600g pkg



2⁰⁰ FOR \$5 Fresh Seedless
English Cucumbers
Product of Canada



7⁹⁹ Yorkshire Tea Red Box
80ct
selected varieties
SAVE \$1



7⁹⁹ EACH
SAVE \$1



4⁹⁹



2⁹⁹
SAVE \$1



7⁴⁹
SAVE \$1



Glad Garbage Bags
20-40ct
selected varieties

10⁹⁹
SAVE \$2



Brine Pickles
1L jar
Product of Canada
selected varieties

5⁴⁹
SAVE \$1



Silk Plant-Based
Beverage
946mL tetra
selected varieties

3⁴⁹
SAVE \$1



FROM OUR FAMILY TO YOURS THANK YOU FOR SUPPORTING!

A portion of each featured product sold from
September 17 - 29
will be donated directly to The Princess Margaret Cancer Foundation.

FRESH SAVINGS FOR THE WEEK OF THURSDAY SEPTEMBER 17TH TO WEDNESDAY SEPTEMBER 23RD, 2026.

BREADED OR BATTERED



Longo's Frozen
Breaded or
Battered Fish
500-600g pkg
selected varieties

16⁹⁹
SAVE \$2



Longo's Frozen
Tempura Shrimp
400g pkg
COLOSSAL

14⁹⁹
SAVE \$1



Longo's
Frozen Tempura
Shrimp
500g pkg

11⁹⁹
SAVE \$1



Longo's Frozen
Coconut Breaded
Shrimp
500g pkg

11⁹⁹
SAVE \$1



Longo's
Frozen Breaded
Calamari Rings
500g pkg

8⁹⁹
SAVE \$2



Longo's Frozen
Beer-Flavoured
Battered
Tempura Shrimp
340g pkg

6⁹⁹
SAVE \$2



By The Sea
Frozen Fish Meals
283-510g pkg
selected varieties

10⁹⁹
SAVE \$2



8⁹⁹ Frozen Seafood
Party Pack
Appetizers
310g pkg
SAVE \$1



11⁹⁹ Toppits Frozen
Gluten-Free
Breaded Fish
400g pkg
selected varieties
SAVE \$2

SALMONFEST

True North
Frozen Atlantic
Salmon Kabobs
130g pkg

2⁹⁹
SAVE \$2



True North Frozen
Naturally Smoked
Atlantic Salmon
50g pkg
Plain or Beet Blush

2⁴⁹
SAVE \$1.50



7⁹⁹ True North Frozen
Atlantic Salmon Burgers
568g pkg
SAVE \$4

DOM Specialty
Frozen Smoked
Steelhead Salmon
300g pkg

15⁹⁹
SAVE \$2



Longo's Frozen
Smoked Coho Salmon
200g pkg

13⁹⁹
SAVE \$1



Longo's Frozen
Atlantic Salmon
200g pkg

12⁹⁹
SAVE \$1



19⁹⁹ Cedar Bay Frozen
Planked Salmon
544g pkg
SAVE \$3



SUPPORTING CANADIAN FARMERS IS A FAMILY AFFAIR.

Longo's



ORGANIC

Fresh Organic Carrots
Product of Ontario
2lb bag

3⁴⁹



MEET THE FARMER

Pfenning's Organic Farms.

LOCATION

New Hamburg, Ontario.

WHY THEY ARE OUR PARTNER

We are proud to partner with the Pfenning family to be able to bring all of their fresh organic vegetable offerings to our Longo's family.



ORGANIC

Fresh Organic Curly or
Flat Leaf Parsley
Product of Ontario
bunch

1⁹⁹



ORGANIC

Fresh Organic
Red or Gold Beets
Product of Ontario
bunch

2⁹⁹



ORGANIC

Fresh Organic
Green, Red or
Black Kale
Product of Ontario

2^{OR} \$5



PUMPKIN SPICE

MAKES EVERYTHING NICE!

DELICIOUS
BAKED GOODS
HERE FOR A
LIMITED TIME!



Longo's
Pumpkin Spice
Coffee Cake
750g pkg

9⁹⁷

THANK YOU EARN 500 POINTS



Longo's Pumpkin
Chocolate Loaf Cake
435g pkg

6⁹⁹

THANK YOU EARN 300 POINTS



Longo's Pumpkin
Spice Scones
6 pack, 450g pkg

4⁹⁹

SAVE \$1



Longo's Pumpkin
Cream Cheese Danish
2 pack

FROM
3⁹⁹

THANK YOU EARN 200 POINTS



- ALL-BUTTER DOUGH!
- 100% PUMPKIN PURÉE

BAKED
FRESH DAILY



LIMITED TIME!

Longo's Pumpkin
Spice Flavoured
Ground Coffee
300g pkg

10⁹⁷

THANK YOU EARN 150 POINTS



ShaSha Snap Cookies
250-340g pkg

4⁹⁷

SAVE AT
LEAST 50¢



10⁹⁹

SAVE \$1

Longo's
Pumpkin Pie
900g pkg



GROCERY

From Canada's Only Rice Mill

Dainty Rice
1.6kg pkg
selected varieties

9⁹⁹

SAVE \$3

Dainty Organic Rice
Basmati or Jasmine
460g pkg

4⁹⁹

SAVE \$1

General Mills
Family Size Cereal
475-725g pkg

4⁹⁹

SAVE \$3

POP & PLAY!

Orville
Reinhardt

Hasbro
GAMES

YOU COULD WIN*

1 OF 10 LONGO'S \$500 GIFT CARDS

WHEN YOU PURCHASE ANY 1 TIME PARTICIPATING ORVILLE REINHARDT® POPCORN.

Orville Popcorn
340-492 g/kg

4⁹⁹

SAVE \$2.50

SCAN & GET ENTERED TO WIN

Get one (1) contest entry per product purchased.

NO PURCHASE NECESSARY WHILE SUPPLIES LAST. The contest starts on September 17th, 2020 and ends on October 21st, 2020. The Contest begins only in legal territories of Ontario aged 18 years or older who are registered Longo's Thank You Rewards members with a valid email address or phone number. There are two (2) available prizes consisting of \$500 LGO LONGO'S gift card. Potential prize winners are selected by random. Draw and reveal conducted securely under mathematical skill-testing conditions to be disclosed a winner. Approximate odds of winning one of the 10 (10) total prizes are 1 in 100 million (1 in 100 million). Prizes will be awarded by random drawing on October 21, 2020. Prizes (ONE (1) entry into the Contest) for each participating product purchased with a registered Longo's Thank You Rewards Card once per household at check-out at any Participating Longo's Stores in Ontario, with the exception. Details on "No Purchase" entry and full Contest Rules are available at participating Longo's stores at the Personal Touch Counter and online at <http://www.longo.com/getmyentryorvillecontest>.

MONTREAL, QUEBEC & TROUBLE, HASBRO GAMES © 2020 Hasbro

THANK YOU
REWARDS

70
years
of
Longo's

UNREAL
 BLUEBERRY CHEESECAKE
 91-142g pkg
 100% REAL INGREDIENTS

UNREAL
 RASPBERRY CHEESECAKE
 91-142g pkg
 100% REAL INGREDIENTS

UNREAL
 TRIPLE CHOCOLATE
 91-142g pkg
 100% REAL INGREDIENTS

UNREAL
 ORANGE CHEESECAKE
 91-142g pkg
 100% REAL INGREDIENTS

Dempster's Whole Grains or Protein Bread 600g pkg,
Dempster's Signature Buns 6-8 pack,
Dempster's English Muffins 6 pack or
Dempster's Pull Apart Rolls 425-475g pkg

3⁴⁹

SAVE AT LEAST \$1

Three Dempster's bread products are shown. On the left is a dark blue bag of 'Signature Classic Buns' featuring a red maple leaf logo and a picture of a burger. In the center is a white bag of 'Protein Bread' with a red maple leaf logo and the word 'PROTEIN' in large green letters. On the right is a brown bag of 'Pull Apart Rolls' with a red maple leaf logo and a picture of a roll. All bags have white paper liners visible at the top.

649

Gatorade Sports Drink
6x591mL pkg
selected varieties

SAVE \$1.50

Three bags of snack chips are displayed. On the left is a bag of Tostitos Originalsitos, featuring a yellow and orange design with a bowl of chips. In the center is a bag of Ruffles Cheddar & Sour Cream, with a blue and orange design showing a stack of chips. On the right is a bag of Doritos, with a black and orange design showing a single chip.

VH Sauce
341-380mL bottle
selected varieties

3⁹⁹

SAVE \$1

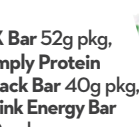
Three bottles of VH Sauce are displayed. From left to right: a bottle of Sweet & Sticky Soy Sauce (red label), a bottle of Teriyaki Sauce (purple label), and a bottle of Honey Garlic Sauce (pink label). Each bottle has a yellow cap and a 'VH' logo. The labels also feature images of food.[illegible]

Three bags of Bob's Red Mill Rolled Oats are displayed. The bags are light blue with yellow and red accents. The left bag is labeled 'Vanilla & Cinnamon', the middle bag is 'Flaxseed & Vanilla', and the right bag is 'Cinnamon & Apple'. Each bag shows a bowl of oatmeal and the Bob's Red Mill logo.

RX Bar 52g pkg,
Simply Protein
Snack Bar 40g pkg,
Think Energy Bar
60g pkg or
That's It Fruit Bar
35g pkg
Individual \$2.79

2^{FOR}\$5

SAVE AT LEAST 60% ON 2



3⁹⁹ Tetley Tea
Canister
20-24ct

SAVE \$1

4 FOR \$5

Club House Gravy or Seasoning Mix
 20-47g pkg
 Individual \$1.99
 selected varieties

SAVE AT LEAST \$2.96 ON 4

5 FOR \$5

SAVE 95¢ ON 5 ON 2

Fancy Feast or
Friskies Cat Food
85-156g can
Individual \$1.19
selected varieties

FRESH SAVINGS FOR THE WEEK OF THURSDAY SEPTEMBER 17TH TO WEDNESDAY SEPTEMBER 23RD, 2026.

DAIRY AND FROZEN



GREENFIELD
NATURAL MEAT CO.

Making meat right

6⁹⁹ Greenfield Raised Without Antibiotics Bacon or Wieners 375g pkg selected varieties
SAVE AT LEAST \$2

NEVER EVER ANTIBIOTICS HUMANELY RAISED CRATE FREE
TOUJOURS SANS ANTIBIOTIQUES ÉLEVÉ HUMAINEMENT SAUCISSES FUMÉES JUMBO

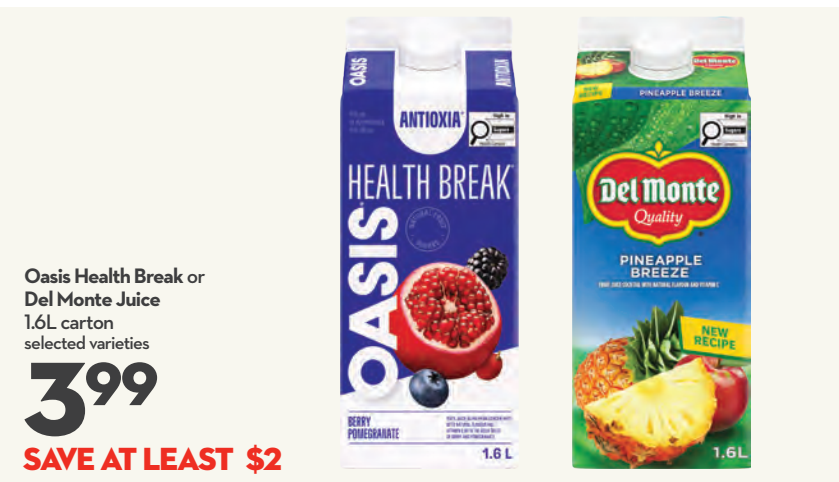
Carbon zero made for a CARBON NEUTRAL COMPANY



5⁹⁹ Chapman's Canadian Collection Novelties 8 pack or Chapman's Lolly 28 pack selected varieties
SAVE \$2

CHAPMAN'S Lolly

CHAPMAN'S Collection



Oasis Health Break or Del Monte Juice 1.6L carton selected varieties
3⁹⁹
SAVE AT LEAST \$2

OASIS HEALTH BREAK

Del Monte Quality PINEAPPLE BREEZE



Ontario Ravioli Frozen Pasta 454g pkg selected varieties
5⁹⁹
SAVE \$1

Ontario Ravioli

Ontario Fusilli

Ontario Tortellini



4⁹⁹ Black Diamond Natural Cheese Slices 200-240g pkg selected varieties
SAVE AT LEAST \$2

6⁹⁹ Tre Stelle Mozzarella Cheese 340g pkg selected varieties
SAVE AT LEAST \$2

Black Diamond

Tre Stelle deluxe MOZZARELLA



5⁴⁹ Nestlé Drumstick 4 pack, Del Monte Fruit Bars 10 pack or Real Dairy Ice Cream 1.5L tub selected varieties
SAVE AT LEAST \$2.50

15⁹⁹ Yorkshire Valley Farms Organic Chicken Bites or Fillets 454-480g pkg selected varieties
SAVE \$3

Nestlé Drumstick

Del Monte

Real Dairy

YORKSHIRE VALLEY FARMS ORGANIC CHICKEN BITES

YORKSHIRE VALLEY FARMS ORGANIC CHICKEN BREAST FILLETS

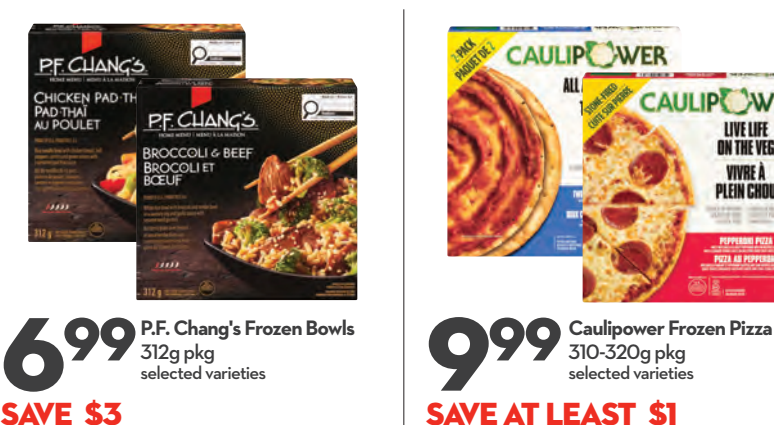


2⁹⁹ Gay Lea Sour Cream 425-500g tub selected varieties
SAVE AT LEAST 50¢

3⁹⁹ Becel Margarine or Plant-Based Butter 400-454g pkg selected varieties
SAVE AT LEAST \$1.50

Gay Lea Sour Cream

Becel



6⁹⁹ P.F. Chang's Frozen Bowls 312g pkg selected varieties
SAVE \$3

9⁹⁹ Caulipower Frozen Pizza 310-320g pkg selected varieties
SAVE AT LEAST \$1

P.F. CHANG'S

CAULIPOWER

FRESH SAVINGS FOR THE WEEK OF THURSDAY SEPTEMBER 17TH TO WEDNESDAY SEPTEMBER 23RD, 2026.

FALL BAKING



Robin Hood or
Five Roses Flour
2.5kg pkg
selected varieties

5⁴⁹

SAVE AT LEAST 50¢



Betty Crocker Frosting or
SuperMoist Cake Mix
340-450g pkg
selected varieties

1⁹⁹

SAVE AT LEAST \$1



9⁹⁹

SAVE \$1

Ghirardelli
Chocolate Chips
250-326g pkg
selected varieties

Eagle Brand
Condensed Milk
300mL can
selected varieties

4⁴⁹

SAVE AT LEAST \$1



E.D. Smith Pie Filling or
Pure Pumpkin
540-796mL can
selected varieties

5⁴⁹

SAVE AT LEAST 50¢



Club House Pure
Vanilla Extract
46mL bottle

7⁹⁹

SAVE \$1



Redpath Sugar
2kg pkg

2⁹⁹



Longo's Almonds or
Flaked Coconut
100-250g pkg
selected varieties

3⁴⁹

SAVE AT LEAST 50¢



ORDER ON
LONGOS.COM



ENTERTAINING MADE EASY

GRAZING DELIGHTS SHOWSTOPPER

60 pieces

69⁹⁹

EARN 300 POINTS

A selection of our favourite appetizers. Selection includes our award-winning Longo's Tahini Filled Falafel Bites, crispy vegetable spring rolls, mini rice balls, beef empanadas, tempura shrimp, breaded coconut shrimp and a trio of dips.



FIRM CHEESE FAVOURITES

Firm favourites from around the globe featuring Merlot Bellavitano, Asiago, Snowdonia Aged Cheddar and Spanish Manchego. Served with a selection of fresh and dried fruit, nuts and Longo's Rustic Crisps.

Serves 8-10 people

Longo's Fruit
Medley Tray
2.3kg pkg

25⁹⁹

EARN 250 POINTS



MADE FRESH IN-STORE DAILY.

Longo's Veggie
Tray with Ranch or
Hummus Dip
1.9kg pkg

19⁹⁹

EARN 200 POINTS



Kazoku Sushi Platter

53 pieces • Serves up to 6
California Roll (18pc),
Spicy California Roll (18pc),
Vegetable California Roll (9pc)
and Cucumber Hosomaki (8pc).
Includes wasabi, ginger
and soy sauce.

\$35

EARN 350 POINTS



LEAVE THE FEAST TO US



TURKEY TRADITIONAL MEAL KIT

Serves 6-8

- Fully Cooked Oven Roasted Turkey Raised Without Antibiotics
- Savoury Bread Stuffing
- Red Skinned Roasted Garlic Mashed Potatoes
- Garlic Buttered Green Beans
- Longo's Homestyle Cranberry Sauce
- Longo's Gravy for Turkey

\$164⁹⁹

ORDER EARLY

Price goes up September 21, 2026, to \$174.99. While supplies last.

EARN 1000 POINTS

JUST HEAT AND SERVE

LEG OF LAMB TRADITIONAL MEAL KIT

Serves 5-7

- Fully Cooked Bone-in Leg of Lamb Raised Without Antibiotics
- Garlic Buttered Green Beans
- Mini Roasted Rosemary Potatoes
- Roasted Root Vegetables

\$164⁹⁹

ORDER EARLY

Price goes up September 21, 2026, to \$174.99. While supplies last.

EARN 1000 POINTS



TURKEY ROAST TRADITIONAL MEAL KIT

Serves 4-6

- Fully Cooked Oven Roasted Turkey Breast Roast Raised Without Antibiotics
- Savoury Bread Stuffing
- Red Skinned Roasted Garlic Mashed Potatoes
- Garlic Buttered Green Beans
- Longo's Gravy for Turkey

\$84⁹⁹

ORDER EARLY

Price goes up September 21, 2026, to \$89.99. While supplies last.

EARN 500 POINTS

PORCHETTA TRADITIONAL MEAL KIT

Serves 4-6

- Fully Cooked Roasted Porchetta Raised Without Antibiotics
- Longo's Curato Crushed Hot Chili Pepper Spread
- Mini Roasted Rosemary Potatoes
- Steamed Vegetables
- Garlic Buttered Green Beans

\$84⁹⁹

ORDER EARLY

Price goes up September 21, 2026, to \$89.99. While supplies last.

EARN 500 POINTS



Order from September 8 - October 4 on Longos.com. Or visit Guest Services in-store. In-store pickup only.

FRESH SAVINGS FOR THE WEEK OF THURSDAY SEPTEMBER 17TH TO WEDNESDAY SEPTEMBER 23RD, 2026.



LONGO'S CHICKEN WINGS. TENDERS. BITES



TRY IT WITH

Longo's Plum Sauce
1L bottle or
Buffalo Wing Sauce
295mL bottle

Longo's Chicken Wings,
Chicken Tenders or Bites
500g pkg
Individual FROM \$11.99
selected varieties

2 for \$23
SAVE UP TO \$5.98 ON 2



4.99

Carrots and Celery
with Ranch Dip
485g pkg



EARN
100 POINTS



3⁹⁹

Gray Ridge Large White Eggs
12 pack

2²⁹

Longo's Essentials Bread
675g pkg



6⁴⁹

Beatrice Milk
1%, 2% or skim
4L bag



6⁹⁹

Fresh McIntosh Apples
Product of Ontario
3L basket or 3lb bag



6⁹⁹

Fresh Bosc Pears
Product of Ontario
2L basket



3⁹⁹

Longo's Fresh Red or White Potatoes
Product of Canada
10lb bag



3⁹⁹

Oikos or Liberté Greek Yogourt
4x100g pkg
selected varieties



2⁹⁹ /LB

Longo's Fresh Ontario Air-Chilled, Grain-Fed Chicken Leg Quarters
Value pack • 6.59/kg



10⁹⁹

Organic Meadow Organic Milk
1%, 2% or skim
4L bag



2⁹⁹

Redpath Granulated Sugar
2kg pkg



2 FOR \$4

Longo's Pasta
450g pkg
Individual \$2.29
selected varieties



9⁹⁹

Imported Emmental Cheese, Medium Cheddar Cheese or Imported Aged Cheddar Cheese
Average weight 400g



5⁹⁹

Frito-Lay Value Pack Chips
325-535g pkg
selected varieties

\$5.00/ serving

19⁹⁹

Longo's Oven-Ready Meals
900g-1kg pkg
Serves up to 4



22⁹⁹

Bounty Paper Towels
6=18 rolls



20⁹⁹

Cashmere Bath Tissue
24=72 rolls



WE'VE LOCKED DOWN PRICES ON EVERYDAY ITEMS.

FRESH SAVINGS FOR THE WEEK OF THURSDAY SEPTEMBER 17TH TO WEDNESDAY SEPTEMBER 23RD, 2026.

SAVE ON THE BRANDS YOU LOVE AT LONGO'S

MEET THE BIG CHEESE!



Join us for tastings of Swiss Gruyère AOP Cheese between 10am-3pm

Thursday, Sept. 17 - Aurora, Yonge & Sheppard and Leaside

Friday, Sept. 18 - Brooklyn, Bathurst and Applewood

Saturday, Sept. 19 - Richmond Hill, Boxgrove and Southeast Oakville

Sunday, Sept. 20 - Guelph, Stouffville and Green Lane

All other locations Saturday, Sept. 19

Swiss Gruyère AOP Cheese
22.02/kg

6⁹⁹
/100G

Swiss Appenzeller Classic Cheese
22.02/kg

5⁹⁹
/100G



Join us as Longo's Cheese Masters sample from a 77lb wheel of Swiss Gruyère AOP cheese.



PINTY'S®

FUEL YOUR FOOTBALL SUNDAYS



18⁹⁹
SAVE \$1

Pinty's Premium Frozen Chicken
700-750g pkg
selected varieties



FALL IN LOVE WITH ITALY

COLAVITA

Colavita Extra Virgin Olive Oil
1L bottle

15⁹⁹
SAVE AT LEAST \$7



Baci

Baci Perugina Chocolate
Milk or Dark
125g pkg

7⁹⁹
SAVE \$3



Scotti

Scotti Arborio Rice
1kg pkg

6⁹⁹
SAVE AT LEAST \$2

5⁹⁹
SAVE \$1



FIUGGI

Fiuggi Natural Spring Water
6x1L bottles
selected varieties

17⁹⁹
SAVE \$4



7⁹⁹ Zerto Shredded Cheese
Asiago or Parmesan
140g tub

4²⁹
/100G

From Mild & Creamy to Bold & Complex

ZERTO
AUTHENTIC • AUTHENTIQUE

TASTE TRADITION. ENJOY EXCELLENCE.

Premium Cheeses Crafted for Everyday Moments, The Zerto way.

FROM 7⁹⁹ Zerto Fresh Mozzarella Cheese
170-250g pkg
selected varieties



SAVE ON THE BRANDS YOU LOVE AT LONGO'S

duBreton

ORGANIC

duBreton Organic
Pork Tenderloin
44.07/kg

19⁹⁹
/LB
SAVE \$1/LB



ORGANIC



9⁹⁹
SAVE \$1
duBreton Organic
Pork Centre Cut
Chops or Cutlets
340-350g pkg

ORGANIC



8⁹⁹
SAVE \$1
duBreton
Organic Bacon
250g pkg



DELICIOUS MEALS IN MINUTES!

MORE THAN A
MEAL
A PARENTING
HACK



Olivieri Family Pack
Fresh Pasta
500-700g pkg
selected varieties
7⁹⁹
SAVE \$4



Olivieri Skillet Gnocchi
280-300g pkg
selected varieties
4⁴⁹
SAVE \$2.50



Olivieri Fresh Pasta Sauce
600mL pkg
selected varieties
5⁹⁹
SAVE \$4

Unico



3 FOR \$5
SAVE 99¢ ON 3
Unico Beans
540mL can
Individual \$1.99
selected varieties

2⁴⁹
SAVE 50¢
Unico Tomatoes
796mL can
selected varieties



1⁸⁹
SAVE 40¢
Unico Solid Light Tuna
198g can
selected varieties

De Cecco Pasta
454g pkg
selected varieties

2⁹⁹
SAVE 50¢



70 SINCE 1956
Longo's



BRINGING FAMILIES TO THE TABLE SINCE 1956.

CELEBRATING
WITH



SAVE ON THE BRANDS YOU LOVE AT LONGO'S

EXCLUSIVE COOKING CLASS

Join the fun at THE LOFT! Discover delicious Prosciutto di Parma recipes in this hands-on, interactive cooking class.

Available at the following Longo's locations

- Oct 6

Weston

Oct 6

Walkers Line

Oct 8

Queensway
- Oct 7

Leaside

Oct 8

Kleinburg



SIGN UP TODAY! LIMITED SEATS

Go to Longos.com/Cooking-Classes to book/register



organic traditions Superfoods Skip the Cafe Line SUPERFOOD LATTES IN THE COMFORT OF HOME



14⁹⁹ Organic Traditions Organic Mushroom Coffee or Matcha, Chocolate or Turmeric Latte 140-150g pkg SAVE \$5

1 BILLION Probiotics PER SERVING



PURCHASE ONE OF THE ABOVE PRODUCTS FOR A CHANCE TO WIN 250,000 POINTS \$1,250 VALUE SEPTEMBER 17TH TO SEPTEMBER 31ST, 2026

Finn Crisp Sourdough Rye Thins 175-200g pkg selected varieties 3⁴⁹ SAVE AT LEAST 50¢

Kuhne Gourmet Gherkins 500mL jar 4⁹⁹ SAVE \$1.50

Kuhne Red Cabbage 720mL jar 3⁹⁹ SAVE \$1

Kuhne Sauerkraut with Wine 720mL jar 4⁴⁹ SAVE \$1

St. Dalfour Spreads 225mL jar 4⁹⁹ SAVE \$2

Ritter Sport European Chocolate 100g pkg 3⁹⁹ SAVE \$1

Carl Jung Non-Alcoholic Wine 750mL bottle selected varieties 8⁹⁹ SAVE AT LEAST \$1

SAVE ON THE BRANDS YOU LOVE AT LONGO'S

Nestlé Chocolate
Multipack or Cellos
76-203g pkg
selected varieties

5⁴⁹
SAVE \$1.50



**Tasty
Autumn**
with Nestlé

Nescafé Instant Coffee 170g jar or
Sweet & Creamy 18x19g pkg

7⁴⁹
SAVE \$2.50



NEW!

CIAO!

7⁹⁹ Perrier or Sanpellegrino
Sparkling Water
6x330mL pkg or 8x330mL pkg
selected varieties
SAVE AT LEAST \$1



Baskin-Robbins or Häagen-Dazs Ice Cream
946mL tub, Baskin-Robbins 4x125mL pkg,
Nestlé Drumstick 8x140mL pkg
or 6x180mL pkg
selected varieties

10⁹⁹
SAVE AT LEAST \$3



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8⁹⁹ Black River Juice
1L bottle
selected varieties
SAVE \$2

5⁹⁹ Black River Juice
1L bottle
selected varieties
SAVE \$2

New recipe. Better taste.
REDISCOVER ACTIVIA®

Activia Yogourt
650g tub
selected varieties

3⁴⁹
**SAVE AT
LEAST \$1.50**



NO
GELATIN

6⁴⁹ Activia Yogourt
12x95-100g pkg
selected varieties
SAVE AT LEAST \$1.50

**PROBIOTICS
100X
STRONGER
IN SURVIVABILITY**
vs. standard yogurt cultures
(in a simulated gut model)

**THE TASTE OF
PERFECTION**



6⁹⁹ Oikos Yogurt
650-750g tub
selected varieties
**SAVE AT
LEAST \$1**

**FEED YOUR
STRENGTH.†**



6⁹⁹ Oikos Pro
Yogurt
650g tub
selected varieties
**SAVE AT
LEAST \$1.50**

**PUMPKIN LATTE
RIGHT AT HOME**



5⁴⁹ Silk or
International
Delight Coffee
Enhancer
890-946mL or
Cold Foam
369g canister
selected varieties
**SAVE AT
LEAST \$1.50**

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†As part of a complete breakfast and balanced diet.
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Silk® / International Delight® © 2026 WhiteWave
Services, Inc. All rights reserved.



CANADIAN CRAFTED SINCE 1890



4⁹⁹ Schneiders
Juicy Jumbos Wieners
375-450g pkg
selected varieties
SAVE \$4

4⁹⁹ Schneiders
Smoked Sausages
375g pkg
selected varieties
SAVE \$4

SAVE ON THE BRANDS YOU LOVE AT LONGO'S



Quadratini
220-250g pkg
selected varieties

4.99

SAVE 50¢



Crispy Wafers
175g pkg
selected varieties

3.49

SAVE \$1



Tortina
126g pkg
selected varieties

3.29

SAVE 40¢



Campbell's



3.29 Campbell's Ready to
Serve or Chunky Soup
515mL can
selected varieties

SAVE 70¢



3.49 Kettle Brand Chips
198g pkg
selected varieties

SAVE \$1



3.29 Habitant Soup
796mL can
selected varieties

SAVE 70¢



1.69 Franco Gravy
284mL can
selected varieties

SAVE 30¢

New School Year, Fresh Start.



enter for a chance to win* a

**\$10,000
Scholarship**



scan to
learn
more

Tide Liquid Laundry Detergent
52-64 loads or
Power Pods 25ct
selected varieties

12.99

SAVE AT
LEAST \$3

*NO PURCHASE NECESSARY. Void outside Canada and where prohibited. Open to legal residents of Canada, 17 years of age or older as of the last day of the month prior to entry, enrolled or accepted into a Canadian undergraduate, graduate, or postgraduate program. Sweepstakes begins 12:00 a.m. ET on 07/01/26 and ends 11:59 p.m. ET on 10/31/2026. 16 prizes available, each consisting of a \$10,000 CAD scholarship, awarded as a check made co-payable to winner and their School. Mathematical skill testing question required. Odds of winning depend on total number of eligible entries received for each drawing. For official rules and eligibility, visit tide.ca/scholarship/officialrules. © 2026 P&G

reckitt

Lysol
All Purpose
Cleaner
650mL bottle
selected varieties

4.99

SAVE \$1



Finish Quantum
Dishwashing Detergent
30-45ct
selected varieties

16.99

SAVE AT
LEAST \$2



Lysol
Disinfecting Wipes
74-85ct or
Spray 350g canister
selected varieties

6.49

SAVE AT
LEAST 50¢



Finish Quantum
Jet Dry Rinse Aid
946mL bottle
selected varieties

14.99

SAVE \$2

