

metro

NEW YEAR NEW SAVINGS

PRICES LOCKED DOWN

Until February 5th, 2025

Save \$1.70
4.99
ea.

IRRESISTIBLES
YOGURT TUB
750 g
SELECTED VARIETIES



Click here to shop
**100's OF
REDUCED
ESSENTIALS**

1.99
ea.

SELECTION BAGELS
OR ENGLISH
MUFFINS
SELECTED SIZES
SELECTED VARIETIES



Save \$2.50
9.99
ea.

SELECTION
SHREDDED CHEESE
620 g
SELECTED VARIETIES



3.49
ea.

SELECTION
CREAM CHEESE
227 - 250 g
SELECTED VARIETIES



Save \$4
5.99
ea.

IRRESISTIBLES
GROUND COFFEE
340 g
SELECTED VARIETIES



Save \$1.50
4.99
ea.

SELECTION
PEANUTS
700 - 750 g
SELECTED VARIETIES



3.99
ea.

STORE MADE
MELON CHUNKS
360 - 380 g
SELECTED VARIETIES



4.99
ea.

LIFE SMART
EXTRA LEAN GROUND
CHICKEN OR TURKEY
450 g



2.49
/100 g

SELECTION
TURKEY BREAST
COOKED OR SMOKED
DELI SLICED, 11.29%
fat



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11⁹⁹
ea.

SELECTION
CHICKEN WINGS
FROZEN, 800 - 850 g
SELECTED VARIETIES



4⁹⁹
/lb

LIFE SMART NATURALIA
PORK LOIN ROAST
OR VALUE PACK CHOPS
CENTRE CUT BONELESS
11.00/kg



5⁹⁹
ea.

IRRESISTIBLE
CHEESE STICKS
OR JALAPENO POPPERS
FROZEN, 325 - 400 g
SELECTED VARIETIES



Save \$2
7⁹⁹
ea.

IRRESISTIBLES
TORPEDO SHRIMP
FROZEN, 284 g



\$6
ea.

FRESH 2 GO
SIDE DISHES
250 - 350 g
SELECTED VARIETIES



\$5
ea.

SELECTION
OR IRRESISTIBLES
SLICED DELI MEAT
100 - 175 g
SELECTED VARIETIES



Save \$1
5⁹⁹
ea.

LIFE SMART
NATURALIA
TILAPIA FILLETS
FROZEN, 400 g



Save \$5
\$20
ea.

FRESH 2 GO
MEAT LASAGNA
1.5 kg



Save \$1
6⁹⁹
ea.

LIFE SMART
NATURALIA
SOLE FILLETS
FROZEN, 400 g



Save 60¢
3⁹⁹
ea.

SELECTION
10" TORTILLAS
450 g
SELECTED VARIETIES



Save \$1
5⁹⁹
ea.

FRONT STREET BAKERY
ALL BUTTER
CROISSANTS
PKG OF 12, 684 g



Save \$1
4⁹⁹
ea.

SELECTION
SLICED LOAF CAKES
420 g
SELECTED VARIETIES



3⁹⁹
ea.

JUMBO
PINEAPPLES
PRODUCT OF COSTA RICA



Save \$1
2.99
ea.

SELECTION
FROZEN
VEGETABLES
SELECTED SIZES
SELECTED VARIETIES



Save \$1
5.49
ea.

SELECTION
FRIES
2 kg
SELECTED VARIETIES



Save \$1
3.99
ea.

SELECTION
KETCHUP
750 ml - 1 L
SELECTED VARIETIES



PRICES LOCKED DOWN

Until February 5th, 2025

Save 50¢
2.99
ea.

SELECTION
OLIVES
375 ml
SELECTED VARIETIES



Save 50¢
4.99
ea.

SELECTION
MAYONNAISE
750 - 890 ml
SELECTED VARIETIES



Save 30¢
1.49
ea.

IRRÉSISTIBLES
LIFE SMART
CANNED BEANS
540 ml
SELECTED VARIETIES



Save \$1
3.99
ea.

SELECTION
SALSA
650 ml
SELECTED VARIETIES



Save \$1
3.49
ea.

SELECTION
PASTA SAUCE
650 ml
SELECTED VARIETIES



Save \$2
4.99
ea.

IRRÉSISTIBLE
ICE CREAM
1.5 L
SELECTED VARIETIES



Save 80¢
2.49
ea.

SELECTION
CHEWY BAR
156 - 172 g
SELECTED VARIETIES



Save \$1
2.49
ea.

LIFE SMART
FRUIT SNACK
6 x 113 g
SELECTED VARIETIES



Save \$1
4.99
ea.

SELECTION
CEREAL
580 - 755 g
SELECTED VARIETIES





LOW PRICE EVERY DAY

100's of items at the same low price every day.



NOW
4⁹⁹
ea.
was 5.99 ea.

SELECTION
PEANUT BUTTER
1 kg
SELECTED VARIETIES

SELECTION
OATS
900 g - 1 kg
SELECTED VARIETIES

NOW
2⁹⁹
ea.
was 3.99 ea.



SELECTION
LONG GRAIN RICE
900 g
SELECTED VARIETIES

NOW
2⁹⁹
ea.
was 4.99 ea.



SELECTION
PEROGIES
907 g - 1 kg
SELECTED VARIETIES

NOW
2⁴⁹
ea.
was 2.99 ea.



NOW
1⁹⁹
ea.
was 2.49 ea.

IRRESISTIBLES
LOAF
330 g
SELECTED VARIETIES

SELECTION
JUICE OR COCKTAILS
8 x 200 ml
SELECTED VARIETIES

NOW
2⁹⁹
ea.
was 3.79 ea.



SELECTION
RICE
250 g
SELECTED VARIETIES

NOW
2⁹⁹
ea.
was 3.49 ea.



SELECTION
CANNED VEGETABLES
341 - 398 ml
SELECTED VARIETIES

NOW
1⁴⁹
ea.
was 1.79 ea.



SELECTION
CHOCOLATE CHIPS
200 - 270 g
SELECTED VARIETIES

NOW
3⁹⁹
ea.
was 4.79 ea.



LIFE SMART
CRACKERS
100 g
SELECTED VARIETIES

NOW
1⁴⁹
ea.
was 1.79 ea.





LOW PRICE EVERY DAY

100's of items at the same low price every day.

SELECTION
SOUR CREAM
500 ml
SELECTED VARIETIES

NOW
2.99
ea.
was 3.29 ea.



NOW
1.49
ea.
was 2.19 ea.

SELECTION
CHIPS
200 g
SELECTED VARIETIES



SELECTION
SPRING OR
DISTILLED WATER
4L
SELECTED VARIETIES

NOW
1.25
ea.
was 1.49 ea.



SELECTION
WATER ENHANCER
48 ml
SELECTED VARIETIES

NOW
2.99
ea.
was 3.99 ea.



SELECTION
VALUE
PAPER TOWELS
2 un

NOW
2.49
ea.
was 2.99 ea.



SELECTION
BATHROOM TISSUE
30 = 100 rolls

NOW
19.99
ea.



SELECTION
FACIAL TISSUES
1 un
SELECTED VARIETIES

NOW
1.99
ea.
was 2.99 ea.



NOW
6.99
ea.
was 8.99 ea.

IRRESISTIBLES
DOG TREATS
227 g
SELECTED VARIETIES



NOW
7.99
ea.
was 8.99 ea.

SELECTION
CAT LITTER
7 kg
SELECTED VARIETIES

moi rewards

i earn
points
faster
with...

points in every aisle*
+ more on-shelf offers
+ more in-app offers
+ more member contests
+ more points when you link
your eligible RBC card**

i earn
and
save
on the
app



join today
and save 



1

download
the app



2

save by adding personalized
coupons every week



3

use moi rewards card
at checkout

*Certain conditions apply, see moirewards.ca for conditions. For \$3 = 1 pt: available at Metro; not available at Food Basics. Moi Rewards is a trademark of Metro Inc.
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