VERSION A

NEW YEAR NEW SAVINGS

PINT

2.44 ea.

BLUEBERRIES
PRODUCE OF CANADA, NO. FAMOUS

2.99 ea.

ROMAINE HEARTS
PRODUCE OF CANADA

99¢ /lb

GREEN ZUCCHINI OR EGGPLANTS
PRODUCE OF CANADA
2.99 kg

3.99 /lb

SANKISTRINS
PRODUCE OF CANADA
2.00 kg

6.99 ea.

JANE'S PUB STYLE BREADED CHICKEN
FROZEN, 700 GRAMS

7.99 ea.

BREESTRAND
COOKED OR RAW SHRIMP
2 - 454 G, FROZEN

6.00 ea.

SAN DANIELE SLICED PROSCIUTTO OR MASTRO SLICED BEEF
MEAT OR DELI, 100 GRAMS

5.49 ea.

FRONT STREET BAKERY
HOMESTYLE GOURMET COOKIES
FROZEN, 700 GRAMS

2 for 6.00

DEMPSTER'S
BAGELS, SIGNATURE BUNS OR ENGLISH MUFFINS
BREAD, 675 GRAMS
BUNS, 1.0 KG

14.99 ea.

FRESH CUT TULIPS
PRODUCE OF CANADA
BUNCH OF 20

moi rewards

redeem and save on what I buy most often

500 points = $4 in rewards

join today and save

Effective January 2 - 8

metro.ca

VERSION A

NEW YEAR
NEW SAVINGS

metro

2.99 /100 g

MINISTERIELES ARTISAN BLACK FOREST SMOKED SWISS CHEESE
BLACK FOREST SMOKED SWISS CHEESE

LEAN

GROUND IN-STORE DAILY

LEAN GROUND BEEF GROUND BEEF VALUE PACK 680g

3.99 /lb

9.99 /lb or ea.

FRESH CANO SALMON FILLETS VALUE PACK
SAVORY SELECT SALMON SALMON, WILD, CANO, COHO OR SOCKEYE
CANO SHRIMP 16-20/LB, 2KG, FROZEN

CUT BY YOUR BUTCHER

5.88 /lb

PLATEAU GRILLE ANGUS BONELESS INSIDE ROUND ROAST OR VALUE PACK SAME CUT 2.7kg

Low Price Every Day

1.99 ea.

SELECTION WHITE BEAUTY OR WHOLE WHEAT BREAD 675g

2 WEEK LOCK DOWN

1.29 /lb

WHOLE PORK LOIN VACUUM PACK 2.84kg

1.69 /lb

WHOLE PORK SHOULDER VACUUM PACK 3.75kg

1.25 ea.

SELECTION LAY'S OR SMARTFOOD CHIPS 200g-235g

1.99 ea.

HABITANT SOUP Beans OR CAMPBELL'S CHUNKY SOUP Soup 540ml-680ml

4.44 ea.

SELECTION DAYLIGHT SHREDDED CHEESE 320g-400g

3.99 ea.

COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS Cans 12 x 355ml

4.99 ea.

LIFE SMART SOLID OR PHILADELPHIA ORIGINAL OR WHIPPED CREAM CHEESE 250g-454g

3.49 ea.

SILK ALMOND OR QUAKER ALMOND, SOY OR CHOCOLATE BEVERAGE 946ml-1.14L

6.99 ea.

CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWELS OR SUPERTHICK TISSUE 6 rolls-12 rolls

2.97 ea.

CLASSICO SAUCE OR SOUP 650ml-680ml

198 g

1.49 ea.

UNICO TUNA 99g

Effective January 2 3 4 5 6 7 8 2025 | my savings my metro

New Lower Prices

1/2 PRICE
LIGHT OR DARK MEAT FROZEN CHICKEN FOR SOUP OR STIR FRY TRIPLE CHEAP CHICKEN
SELECT ALLOWANCE CODES
4.49 EA.

SUMMER FRESH BURGER OR HOT DOG BUNS
SELECT VARIETIES
9.99 EA.

PATRI CHEESE CRUSTS OR FRESH DOUGH BALLS
SELECT VARIETIES
12.99 EA.

JANES FRESH FROZEN FOODS
SELECT VARIETIES
SELECT ALLOWANCE CODES
SERVICE CHARGE
SALMON 2Lb MAX
12.99 EA.

LACTAITED FRESH MILK 2L
SELECT VARIETIES
4.99 EA.
50 points

35 points
BLACK DIAMOND CHEESE
SELECT VARIETIES
7.99 EA.

FRUIT CUPS OR SNACKS
SELECT VARIETIES
2 for 7.00

Dole
SELECT VARIETIES
3.49 EA.

CHEETOS OR FRITOS
SELECT VARIETIES
CHECK THE FAMILY SIZE CHARGES ON CHEETOS
SELECT ALLOWANCE CODES

35 points
PURE LIFE NATURAL SPRING WATER
24 PACK
8.00 EA.

PERRIER MINERAL WATER OR SAMPLE LEMONS
SELECT VARIETIES
SELECT ALLOWANCE CODES
10.99 EA.
50 points

30 points
ALLEN'S JUICE OR COCKTAILS
SELECT VARIETIES
2 for 7.00

PRINGLES CRISPS OR LAY'S MAXX WAVES TORTILLA CHIPS
SELECT VARIETIES
2.99 EA.

2 for 7.00
COOKIES OR CRACKER
SELECT VARIETIES
SELECT ALLOWANCE CODES

2 for 6.00
ANNIE'S FIRST BATCHES, BOTTLE OR MAGNIFICENT CHIPS
SELECT VARIETIES
SELECT ALLOWANCE CODES

Organic
BOLTHOUSE FARMS SMOOTHIES OR JUICE
SELECT VARIETIES
9.99 EA.

BUY MORE SAVE MORE
2 for 11.00
ADD THREE 2 PACKS TO SAVE
BEACH-NUT ICE CREAM
SELECT VARIETIES

SMARTIES
KitKat
99¢ EA.
NESTLE CHOCOLATE BARS
SELECT VARIETIES

2 for 7.50
SUNSHINE FLORAL, FLORAL ARRANGEMENTS OR CANDLES
SELECT VARIETIES

2 for 4.50
BUGLES SNACKS
SELECT VARIETIES
SELECT ALLOWANCE CODES

Rustica
6.99 EA.
RUSTICA SOURDOUGH BREAD
SELECT VARIETIES

Colgate
ORAL-B, COLGATE OR SENSODYNE
SELECT VARIETIES
SELECT ALLOWANCE CODES
5.99 EA.

B D C
40% OFF
JAMESON VITAMINS
SELECT VARIETIES

Vega
49.99 EA.
VEGA NUTRITIONAL
SELECT VARIETIES
SELECT ALLOWANCE CODES

Bounty
Charmin
10.99 EA.
ENERGIZER BATTERIES, BOUNTY PAPER TOWELS OR CHARMIN BATH TISSUE OR SELECTED GARBAGE BAGS
SELECT VARIETIES
SELECT ALLOWANCE CODES

I earn with moi rewards

45 points
Black Diamond
CRACKER BARREL OR BLACK DIAMOND RED CHEDDER
SELECT VARIETIES
SELECT ALLOWANCE CODES
5.49 EA.

50 points
Cascade
Tide
Downy
TIDE OR CLAIM DETERGENT, DOWNY LIQUID FABRIC SOFTENER OR CASCADE DISHWASHER
SELECT VARIETIES
SELECT ALLOWANCE CODES
7.99 EA.

FRESH & GO
4-DAY MEAL DEAL
PRICE EFFECTIVE JANUARY 21st - FEBRUARY 24TH, 2026

Assorted California Combos 420-424g	Q Hot Chicken Tenders, Grilled Chicken Strips or 20-Chicken Block	Store Made Carousels Fresh Kaiserettes 355 g Fresh Fruit 1 kg	Cooked BBQ Pork Back Ribs 1.5 kg	10" or Large Pepperoni & Cheese Melt Pizza
				10.99 EA.

Special prices in this flyer are available at select Metro stores only. See store for details.

We reserve the right to limit quantities.
EXCEPTIONS: TAX PRODUCTS CIGS PACKS.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES

Accepted Payment Methods
Visa MasterCard Debit

Visit us at: metro.ca
Show us your moi card at checkout to WIN $1,000 in groceries

moi rewards

add your **coupons** to the **My Metro App** for these exclusive deals.

moi rewards

SAVE BIG WITH metro MEGA APP DEALS

Only until **January 8, 2025**

Save $1.49 **1.50** ea.

CHRISTIE OREO OR CHIPS AHOY SNACK PACK COOKIES
150 - 156 g
Selected Varieties

Save $1.50 **1.99** ea.

QUAKER CHEWY OR DIPPS BARS
120 - 156 g
Selected Varieties

DEMPSTER'S GRAIN BREAD
600 g
Selected Varieties

Save $2 **2.49** ea.

Save $3 **4.99** ea.

NESTLE ASSORTED MINI CHOCOLATES
25 ct
Selected Varieties

Save $2.50 **1.99** ea.

KOOL-AID JAMMERS
10 x 180 ml
Selected Varieties

Save $2 **10.99** ea.

JANES ULTIMATES OR PAN SEAR BREADED FISH
FROZEN, 500 - 870 g
Selected Varieties

NATIVE DEODORANT
75 g
Selected Varieties

Save $8 **9.99** ea.

LIMIT ONE REDEMPTION PER ITEM PER CUSTOMER
Offer available only on the My Metro app with a linked Moi Rewards card. Limit of one coupon redemption per Moi Rewards card, unless expressly stated otherwise in the terms of the offer. Offer coupon must be loaded at time of purchase. Available while supplies last. See app for full coupon details.

Learn and save on the app

1 download the app

2 save by adding personalized coupons every week

3 use moi rewards card at checkout

metro

food Basics

moi rewards

i earn at over 275 stores across Ontario

join today and save

Certain conditions apply, see moirewards.ca for conditions. Moi Rewards is a trademark of Metro Inc.

Farm Fresh Produce

5 ct
4.99 ea. AVOCADOS 4 ct. PRODUCE OF MEXICO

3.99 ea. BLACKBERRIES 6 ct. PRODUCE OF MEXICO

1.69 /lb SWEET POTATOES PRODUCE OF USA 100kg

2.99 ea. BELLA CRAFT MUSHROOMS OR CRAVIN MUSHROOMS 227g PRODUCE OF CANADA

JUMBO
6.99 /lb SWEET CHERRIES PRODUCE OF USA, MEXICO 0.454kg

2.99 /lb LARGE CARA CARA ORANGES PRODUCE OF USA 0.454kg

5.00 ea. LARGE ARTICHOKES PRODUCE OF USA

2.99 ea. RED OR GREEN LEAF LETTUCE OR BARCELONA QUEEN PRODUCE OF USA

4.99 ea. KIWI BASKETS 454g PRODUCE OF CHILE

4.99 ea. CLEMENTINES 2 lb PRODUCE OF USA

2.49 ea. CARROTS OR YELLOW ONIONS 2 lb PRODUCE OF USA, CANADA

CHAMPAGNE GRAPES 454g PRODUCE OF USA

3.99 ea.

fresh FORWARD
MIXED BERRY PACKETS 454g PRODUCE OF MEXICO
6.99 ea. 30 points

2.49 /lb LARGE ANJOU PEARS PRODUCE OF USA 1.00kg

3.99 ea. RUSSET POTATOES 10 lb PRODUCE OF USA, CANADA
15 points

2.49 ea. BELGIAN CARROTS 454g PRODUCE OF USA

4.99 ea. MEYER LEMONS 454g PRODUCE OF USA

6.49 ea. GOMÉ READY TO EAT GRADED OATS 454g GROCERY, DAIRY AND DELI

5.99 ea. DALIA FOODS STIR FRIES, CRUMBLES, OR MEXICAN BLOCKS 454g DAIRY AND DELI

4.49 ea. ATTITUDE SALADS 454g GROCERY, DAIRY AND DELI

Organic

1.1 L
TONICA ORGANIC KOMBUCHA 1.1 L GROCERY

3 lb bag
9.99 ea. **6.99** ea. ORGANIC RED DELICIOUS APPLES 3 lb PRODUCE OF USA, CANADA

3.49 ea. ORGANIC CARROTS 454g PRODUCE OF USA, CANADA

5.99 ea. ORGANIC PINEAPPLES PRODUCE OF COSTA RICA
25 points

Sliced & Diced

Metro Plus
STORE MADE ORGANIC PARFAITS 454g DAIRY AND DELI
4.49 ea.

CORED GOLDEN PINEAPPLES PRODUCE OF COSTA RICA
4.99 ea. 20 points

STORE MADE SPICED SALADS 454g DAIRY AND DELI
5.99 ea.

Flowers in Bloom

LARGE GERBERA DAISY BOUQUETS 2 ct. FLOWERS
2/ **28.00** ea. 56.99 ea.

LONG LASTING
FOLIAGE PLANTS 6" POT FLOWERS
26.99 ea. 65 points

11.99 ea. PRIMROSE BOWLS 6" POT FLOWERS

metro.ca

Our Butcher's Finest

12.99 ea. — 40 points
PROVIGO SELECT FARMS GOURMET CHICKEN DRUMSTICKS OR WINGS
Frozen, 1.5 kg

18.99 /lb — EAT IN STORE
PLATINUM GRILL ANGUS BEEF BONELESS CHUCK LOCKER STEAK
Lean, 454 g

6.99 /lb
VEAL SHOULDER CHOPS
Lean, 454 g

5.99 /lb
CHICKEN BELLES
Boneless, Skinless, Frozen, 1.5 kg

4.99 /lb
COOK MORE SAVE MORE
PORK BELLY SLICES OR STRIPS
Extra Lean, 454 g

10.99 /lb
SPECIAL LUNCH
PRESS LOOK SAVE CHOPS OR LOCKER STEAK
Lean, 454 g

7.99 /lb — PLATINUM GRILL ANGUS WOOD BRAND CHOPS OR STEAKS
Lean, 454 g

7.99 /lb — PLATINUM GRILL ANGUS WOOD BRAND CANADIAN BEEF TENDERLOIN OR STEAKS
Lean, 454 g

7.99 /lb — EAST FRY
PLATINUM GRILL ANGUS WOOD BRAND ROAST
Lean, 454 g

19.99 /lb — PLATINUM GRILL ANGUS CHOPPED SIRLOIN STEAK
Lean, 454 g

I earn with moi rewards

3.99 ea. — 10 points
BUTTERBALL CHICKEN BREAST
Frozen, 1.5 kg

6.99 ea. — 20 points
SCHNEIDERS MEAT PIES OR BAKED BEANS
Frozen, 1.5 kg

7.99 ea. — 25 points
MAPLE LEAF SAUSAGE MEAT PLATTER
Frozen, 1.5 kg

7.99 ea. — 25 points
SWIFT LIVE CHICKEN PULLET OR STEWING HEN
Frozen, 1.5 kg

3.99 /lb
FLETCHER'S PORK LOIN FULL ROLL
Frozen, 1.5 kg

4.99 /lb
SELECTION PEAMEALSTYLE BACON
Frozen, 1.5 kg

8.99 ea.
LOU'S CUSTOM EXPRESS
Frozen, 1.5 kg

12.00 ea.
LEGACY BONELESS PORK LOIN ROAST
Frozen, 1.5 kg

5.99 ea.
SCHNEIDERS MEAT PIES
Frozen, 1.5 kg

5.99 ea.
MAPLE LEAF SAUSAGE MEAT
Frozen, 1.5 kg

9.99 ea.
SELECTION CORN DOG
Frozen, 1.5 kg

12.99 ea.
MARK VELLANO'S LASAGNA
Frozen, 1.5 kg

5.99 ea.
SWIFT CHICKEN ULTIMATE CHICKEN BREAST OR TENDERS
Frozen, 1.5 kg

5.99 ea.
CANADIAN PIONEER PATTIES
Frozen, 1.5 kg

11.99 ea.
SELECTION BEEF BURGERS
Frozen, 1.5 kg

13.99 ea.
TIMES 3 JAMAICAN PATTIES
Frozen, 1.5 kg

Seafood

Heat & Serve Pasta Entrées

metro.ca

metro FRESH 2 GO

MAKE IT A COMBO

Choose a Combo and pick any 2 sides*

CHOOSE FROM OVER 10 SIDES

Includes Rice, Potatoes, Vegetables, Pasta and Salads

COMBO 1
12.99 ea.
FRESH 2 GO
HOT GOLD RADIANTE® MEAL DEAL®
INCLUDES 12 HUNTER'S BBQ CHICKEN
AND 1 LITER HOT OR COLD
SERVES 3

COMBO 2
17.99 ea.
FRESH 2 GO
HOT GOLD RADIANTE® BBQ CHICKEN
MEAL DEAL®
INCLUDES 18 HUNTER'S BBQ CHICKEN
AND 1 LITER HOT OR COLD
SERVES 4

COMBO 3
26.99 ea.
FRESH 2 GO
HOT GOLD RADIANTE® BBQ CHICKEN & RIB
MEAL DEAL®
INCLUDES 18 HUNTER'S BBQ CHICKEN
2 FULL RACKS, HOT & COLD HOT OR COLD
SERVES 5

*VALID IN ONLY

DON'T FORGET TO ADD

2.99 ea. ST-HUBERT BBQ SAUCE 300 ml

4.99 ea. ADONIS SAUCE CABOCE 250 g

ASSORTED SIDES

SELECTION SALADS
500 g
SELECTED VARIETIES

YOUR CHOICE **5.99 ea.**

HEISER'S PREMIUM POTATOES
1 kg
SELECTED VARIETIES

MEAL IDEAS

SILVER PICKER
OR GRILLED SANDCRAB
SELECTION
150 - 170 g
SELECTED VARIETIES
9.99 ea.

SWISS CHALET
PIE PIES
SELECTION
SELECTED VARIETIES
8.99 ea.

FRESH 2 GO
PENNE CHORIZO, BEFS
AND CHICKEN OR BOLOGNESE
SERVES 2 OR 3
SELECTED VARIETIES
20.00 ea.

BEAUTY PLANET
SOUP OR
SELECTED VARIETIES
7.49 ea.

Front Street Bakery — Our Absolute Finest

Choose Your Savings Thursday Saturday

55 SAVINGS — 18.99 ea. FRONT STREET BAKERY CREAM CAKE LARGE 32 oz.

9.99 ea. FRONT STREET BAKERY MINI GOURMET CAKES 24-Pack 600 g

2.29 ea. FRONT STREET BAKERY COOKIES 12 oz. ASSORTED

4.79 ea. FRONT STREET BAKERY CHOC CROISSANTS 4-Pack 320 g

4.79 ea. FRONT STREET BAKERY PLAIN BUNS 6-Pack 300 g

30 SAVINGS — 5.49 ea. FRONT STREET CINNAMON BUNS 6-Pack 450 g, ASSORTED

2.79 ea. FRONT STREET BAKERY MARGHERITA BREAD 1.5 kg

4.49 ea. FRONT STREET BAKERY BUCCHI BREAD 900 g

3.79 ea. FRONT STREET BAKERY GRAIN BREAD 900 g

25 SAVINGS — 3.79 ea. FRONT STREET BAKERY PLAIN BAGELS 6-Pack 510 g

15 SAVINGS — 3.69 ea. PALI ARGIOR ITALIAN STYLE BREADS 400 g, ASSORTED

20 SAVINGS — 3.99 ea. DEMPSTER'S OR TA-DA! TORTILLAS 10-Pack 340 g, ASSORTED

7.99 ea. CARDINAL BREADS 454 g, ASSORTED

6.99 ea. BYRES TORTILLAS, CHIPS OR DIP 300 g, ASSORTED

Breakfast Favourites

5.99 ea. POST CEREAL 350 g, ASSORTED

6.99 ea. TIM HORTONS COFFEE CAPSULES 10-Pack 100 g, ASSORTED

7.99 ea. LAVAZZA ESPRESSO COFFEE 250 g, ASSORTED

12.99 ea. NESCAFÉ DOLCE GUSTO COFFEE 24 pk, ASSORTED; GROUND COFFEE 342 g, ASSORTED

6.99 ea. BONNE MAMAN JAM 30 g, ASSORTED

BUY MORE SAVE MORE! 2 for 9.00 EACH PRICE PER ULTRA — JIF PEANUT BUTTER 1.5 L, TRADITIONAL

4.49 ea. SELECTION COFFEE FILTERS 40 Pkg, ASSORTED

4.49 ea. THE STELLE CREAM CHEESE 250 g, ASSORTED 50 SAVINGS

50 SAVINGS — 4.99 ea. ARYLA NORDICA COTTAGE CHEESE 2% MILK FAT 500 g

3.49 ea. LIGHTLIFE/LIVE LIGHT BUTTER MARGARINE 454 g

50 SAVINGS — 5.99 ea. LIBERTÉ KEFIR 1.5 L, ASSORTED

50 SAVINGS — 5.79 ea. LACTAIDA ULTRA FAT-FREE MILK 1.75 L, ASSORTED

A tasty and nutritious snack

2 for 9.00 EACH PRICE PER ULTRA — IOGO nanio YOGURT 4-Pack 480 g, ASSORTED

30 SAVINGS — 6.29 ea. LACTAIDA 2% MILK 1.75 L, ASSORTED

BUY MORE SAVE MORE! 2 for 8.00 EACH PRICE PER ULTRA — LIBERTÉ CLASSIC YOGURTS 650 g, ASSORTED

Prices effective Thursday, Sept. 4 and Saturday, Sept. 6 unless otherwise indicated. Prices in effect from 12:01 AM to 11:59 PM. Limited quantities available. Some items may not be available at all locations.

FREE SAME-DAY PICKUP — SAME FLYER PRICES AND DEALS ONLINE

Meal Essentials

DEL MONTE
CANNED VEGETABLES
OR BEAN
398 ml - 540 ml
2 for 5.00

KRAFT DINNER
OR MACARONI
AND CHEESE
225 g - 350 g
3 for 5.00

PRIMO
PRIMO SOUP
OR STEW
398 ml - 540 ml
2 for 5.00

CLARK BEANS
OR CLARK SPAGHETTI
398 ml - 540 ml
2 for 4.00

35 POINTS
TASTIEZ
HALLOWEEN TASTIEZ BITES
OR CANDY
200 g - 300 g
7.99 ea.

GREEN GIANT
OR SWEET PEAS
PEAS OR CORN
341 ml - 398 ml
1.99 ea.
5 POINTS

BOSTON MARKET
OR STOUFFER'S
FROZEN MEAL
OR SIDE DISH
454 g - 680 g
5.49 ea.

40 POINTS
CARAMELLE
OR CARAMELLE DRINKS
OR CANDY
1 L - 2 L
7.99 ea.

BARILLA
PASTA
OR SAUCE
454 g - 680 g
2 for 5.00

MEAL CHOICE
OR SIDE
OR MEAL CHOICE
OR SIDE
OR MEAL CHOICE
OR SIDE
SELECTION
OR SEASONING
OR SIDE DISH
OR SEASONING
OR SIDE DISH
OR SEASONING
OR SIDE DISH

NEW YEAR, NEW GOAL:

EATING WELL

RYVITA
SNACK BREADS
OR CRISPS
SELECT VARIETIES

2 for
8.00 or 4.49 ea.

TIMOTHY'S
SPROUTED SPROUTS
OR
SELECT VARIETIES

12.99 ea.

3.99 ea.

MONTCHEVRE
TEA
OR
SELECT VARIETIES

DANDY HONEY
OR
SELECT VARIETIES

4.99 ea.

EVIAN NATURAL
SPRING WATER

13.49 ea.

GATORADE ZERO
POWDER STICKS
OR
SELECT VARIETIES

BUY MORE
SAVE MORE!

2 for
13.00 Each/ea.
2 for 27.99 ea.

25.99 ea.

BRITA WATER PITCHER
OR REFILLS
5-7 pcs

PRODUCT OF CALIFORNIA

4.99 ea.

BLUE DIAMOND
ALMONDS
OR
SELECT VARIETIES

DON'T FORGET THESE HOUSEHOLD ESSENTIALS

5.99 ea.

MAYNE CLEAN DESIN SPRAY
OR
SELECT VARIETIES

3.49 ea.

MAYNE CLEAN
DISH SPRAY REFILL STRIPS
OR
SELECT VARIETIES

5.49 ea.

PLANTERS CASHEWS
OR
SELECT VARIETIES

3.99 ea.

PLANTERS
DEAL MIX
OR
SELECT VARIETIES

Non-GMO

CELESTIAL SEASONINGS 4.99 ea.

CARGINAT SMOKED HAM 7.49 ea.

VOLVIC STILL WATER 2.49 ea.

MARAMATHA ALMOND BUTTER 8.99 ea.

CAMPBELL'S SOUPS 4.49 ea.

LIFE SMART PEANUT BUTTER 4.99 ea.

ORGANIC MEADOW YOGURT 5.49 ea.

ORECCHIETTE LIQUID HONEY 6.99 ea.

Plant-Based

MORNING FARM SAUSAGE MIX 8.99 ea.

SUNBUTTER SPREAD 9.49 ea.

GREENHOUSE VEGETABLE OR ORCHARD 5.99 ea.

SMART SWEETS CANDY 3.99 ea.

Organic

PACIFIC FOODS BROTH 6.99 ea.

MELT BUTTERY SPREAD 5.99 ea.

LC'S MANDARINS 3.99 ea.

LIFE SMART YOGURT 7.39 ea.

Baby, Beauty & Health

BUY MORE SAVE MORE! 2 for 6.00 EACH FAMILY HAIR CARE OR SKIN CARE

BABY HAIR CARE ACT MOIST 3.99 ea.

BABY'S BEST SHEER BABY 3.99 ea.

LINE CLEAR BABY CARE 6.99 ea.

CHILDREN'S TYLENOL 9.99 ea.

55 points 9.99 ea. OLAY BODY CARE

NATIVE BODY WASH 13.99 ea.

HERBAL ESSENCES HAIR CARE 3.99 ea.

OLAY BAR SOAP 6.99 ea. 40 points

Household Helpers

ZIPLOC SANDWICH BAGS 3.99 ea.

LYSOL WIPES 5.99 ea.

ALCAN PARCHMENT PAPER 4.49 ea.

BUY MORE SAVE MORE! 2 for 6.00 EACH FAMILY PER DETAIL

FINISH GEL CLEANER OR CLOROX BLEACH 5.99 ea.

BUY MORE SAVE MORE! 2 for 18.00 EACH FAMILY PER DETAIL

LIQUID PLUMR OR DRAIN CLEANER 10.99 ea.

PAY LESS THAN 10 GLAD BLACK GARBAGE BAGS 12.99 ea.

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT metro.ca

8 KG
15.88 EA.
TOP TEN FINE FRAGRANT SO HEUNG JASMINE RICE
SELECTED MARKETS
2.88 EA.
RICE PAPER US
PRODUCT OF CHINA
5.99 LB.
FRESH PORK BELLIES
SLICED AT THE RICE
SELECTED MARKETS
HAPPY LUNAR NEW YEAR
YEAR OF THE SNAKE
1 KG
9.99 EA.
BEE FIT
HONEY
1 KG
SELECTED MARKETS
4.88 EA.
LIFE SMART NATURALLY
DUMPLINGS
FROZEN 400 g
2.99 EA.
DA HUAN PACKS
OR LACY TOY SEASONING
50 - 85 G
SELECTED MARKETS
5.99 EA.
SEASONAL
CHOICE OF SOY SAUCE
SELECTED MARKETS
HONEY TREE
PRODUCT OF
16.88 EA.
3 L
9.99 EA.
SAPORITO
VEGETABLE OIL
OR CANOLA OIL
2.5 L
SELECTED MARKETS
1.69 EA.
TOP TEN LIFE STYLE
CHICKEN BROTH
OR STOCK
SELECTED MARKETS
3.99 EA.
MORESTONE OR CANADA
CORNED BEEF, SPAM
LUNCHEON MEAT
OR
LUNCHEON MEAT
SELECTED MARKETS
2.88 EA.
SO SAUCES
OR
SELECTED MARKETS
1.99 EA.
STRONG ANGEL FROZEN
SLICED FISH TOY SAUCE OR
SWEET & SOUR SAUCE
400 g - 454 g, 454 g - 400 g
SELECTED MARKETS
1.68 EA.
TOP TEN SPECIAL
WONTON WRAPPERS
OR SPRING ROLL WRAPPERS
SELECTED MARKETS
2.99 EA.
TOP TEN KITCHEN
ORGANIC COCONUT MILK OR
COCONUT CREAM
SELECTED MARKETS
3.99 EA.
SELECTED
CHOICE OF
SELECTED MARKETS
98¢ EA.
SELECTED
CHOICE OF
SELECTED MARKETS
4.99 EA.
ZEYO LABEL
CHOICE OF SELECTED PRODUCT
SELECTED MARKETS
2.49 EA.
RUBICON
MANGO
SELECTED MARKETS
Unit availability varies by store.

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6.99 /lb
LAMB SQUARE
NEW ZEALAND SPRING LAMB
FROZEN, 0.6 kg

MASTRO
GENOA SALAMI
ITALIAN STYLE
SELECTED VARIETIES
2.49 /100 g

5.99 ea.
GALBANI
MOZZARELLA
OR MOZZARELLA
BALLS
SELECTED VARIETIES

BASTAIA

11.99 ea.
CHECCA
DANCE SAUCE
OR PESTO
250 g

AURORA
TOMATOES
ITALIAN STYLE
SELECTED VARIETIES
2 **3.00**

2.99 ea.
AURORA
TARALLI BARESI
300 g
SELECTED VARIETIES

UNICO
TOMATO PASTE
156 ml
89¢ ea.

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