

because your health matters

**metro**

**WINTER EDITION**

Effective dates  
January 2nd to  
January 15th, 2025



**3.99**  
ea.

SKINNY POP  
POPCORN  
125 - 150 g  
SELECTED VARIETIES



JORDANS  
NO ADDED SUGAR  
GRANOLA  
325 g  
SELECTED VARIETIES

**5.99**  
ea.

low sugar; only 199 cal



peanut free & non-gmo

**6.99**  
ea.

STRONG ROOTS  
FROZEN MEALS  
350 g  
SELECTED VARIETIES

it's  
**2025:**

spotlight on  
**EATING WELL**

add healthy choices to your shopping list



**8.99**  
ea.

EGGLIFE  
EGG WHITE WRAPS  
170 g  
SELECTED VARIETIES



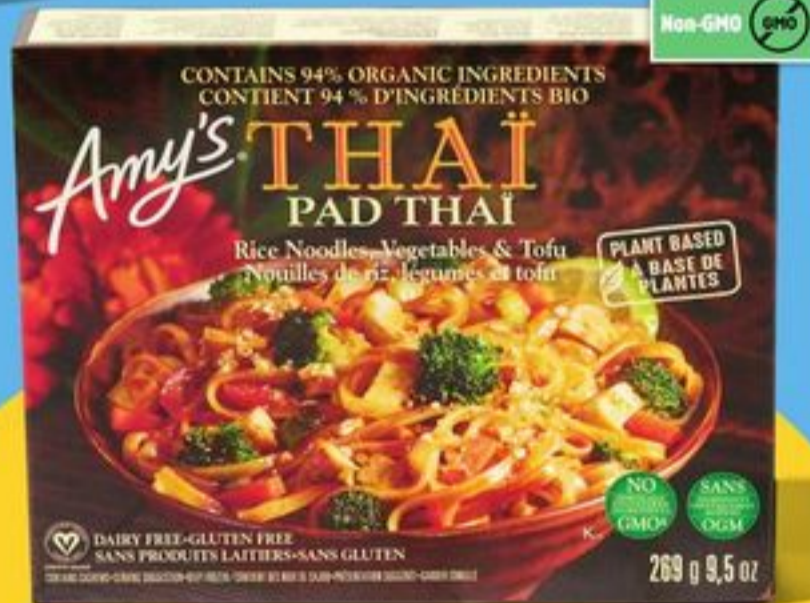
**4.49**  
ea.

EARTH'S OWN  
BARISTA  
OAT BEVERAGE  
946 ml  
SELECTED VARIETIES



**4.99**  
ea.

NUTS TO YOU  
PEANUT BUTTER  
500 g  
SELECTED VARIETIES



**5.99**  
ea.

AMY'S  
FROZEN MEAL  
227 - 269 g  
SELECTED VARIETIES

plant based; gluten free



**4.99**  
ea.

BOB'S RED MILL  
BROWNIE BAKING MIX  
397 g  
SELECTED VARIETIES

high-quality cocoa powder

VEGGIES MADE GREAT  
FRITTATAS  
340 g  
SELECTED VARIETIES

**6.99**  
ea.



my health my choices **LEARN MORE**



**NEAL BROTHERS PASTA SAUCE**  
680 ml  
SELECTED VARIETIES  
**8<sup>99</sup>**  
ea.

**JOVIAL PASTA**  
227 - 340 g  
SELECTED VARIETIES  
**5<sup>99</sup>**  
ea.

**gluten free farfalle sans gluten**

**GARDEIN MEATLESS MEATBALLS**  
300 g  
**7<sup>99</sup>**  
ea.

**meatless meatballs boulettes sans viande**

**spotlight on HEALTHY MEALS**  
make easy meals that are delicious and nutritious

**4<sup>29</sup>** ea. **GOGO QUINOA PASTA**  
227 g  
SELECTED VARIETIES

**20** points

**3<sup>99</sup>** ea. **DI MARTINO PASTA**  
500 g  
SELECTED VARIETIES

**5<sup>99</sup>** ea. **IMAGINE BROTH**  
946 ml  
SELECTED VARIETIES

**7<sup>99</sup>** ea. **OIL SESAME**  
250 ml

**16<sup>99</sup>** ea. **O-LIVE EXTRA VIRGIN OLIVE OIL**  
1 L

**7<sup>99</sup>** ea. **BRAGG SOY SEASONING**  
473 ml



**did you know?**  
Yorkshire Valley Chicken Bites are Non-GMO, grain fed and contain no animal by-products.

**40** points

**8<sup>99</sup>** ea. **BOB'S RED MILL TRI-COLOUR QUINOA**  
309 g  
SELECTED VARIETIES

**5<sup>49</sup>** ea. **WELL JUICES**  
333 ml  
SELECTED VARIETIES

**5<sup>99</sup>** ea. **CHA'S MEAL KITS**  
55 g  
SELECTED VARIETIES

**10<sup>99</sup>** ea. **CHA'S CEYLON RICE**  
900 g  
SELECTED VARIETIES

**20** points

**12<sup>99</sup>** ea. **YORKSHIRE VALLEY FARMS ORGANIC CHICKEN FILLETS OR BITES**  
FROZEN, 454 - 480 g

**3<sup>99</sup>** ea. **GUSTA VEGGIE GROUND**  
340 g  
SELECTED VARIETIES

**4<sup>49</sup>** ea. **AMY'S READY TO SERVE SOUP**  
398 ml  
SELECTED VARIETIES

**Organic**

**TINKYADA PASTA**  
280 - 340 g  
SELECTED VARIETIES  
**3<sup>99</sup>**  
ea.

spotlight on  
saving  
time

make tasty & healthy meals in less time

**NEW**

**CRAFTY RAMEN**  
SPICY CHICKEN TANTAMEN  
CHICKEN SESAME RAMEN

BROTH  
NOODLES  
PROTEIN  
TOPPINGS

**10<sup>99</sup>**  
ea.

CRAFTY RAMEN  
FROZEN MEAL  
500 - 540 g  
SELECTED VARIETIES

**LIVIVA**  
Noodles de  
SHIRATAKI  
Noodles

LIVIVA  
SHIRATAKI  
NOODLES  
120 g  
SELECTED VARIETIES

**4<sup>99</sup>**  
ea.

**PIETRO'S**  
gluten-free  
CRISPED FARFALLE  
TORTILLONE DI FARFALLE

PIETRO'S PASTA  
300 g  
SELECTED VARIETIES

**9<sup>99</sup>**  
ea.

**Go Bio!**

ORGANIC BOUILLON CUBES  
VEGETABLE  
LÉGUMES  
CUBES DE BOUILLON  
BIOLOGIQUE

GOBIO!  
BOUILLON CUBES  
66 g  
SELECTED VARIETIES

**3<sup>49</sup>**  
ea.

**Pacific**  
FOODS  
creamy  
Butternut  
Squash Soup

PACIFIC  
FOODS SOUP  
1 L  
SELECTED VARIETIES

**30**  
points

**6<sup>99</sup>**  
ea.

**CHICKAPEA**

CHICKAPEA PASTA  
198 g  
SELECTED VARIETIES

**6<sup>49</sup>**  
ea.

**nuPasta**

nuPASTA  
210 g  
SELECTED VARIETIES

**3<sup>99</sup>**  
ea.

**Daiya**  
CHEDDAR

DAIYA CHEESE SAUCE  
402 g  
SELECTED VARIETIES

**9<sup>49</sup>**  
ea.

**WHOLLY VEGGIE!**

WHOLLY VEGGIE!  
FRIES  
425 g  
SELECTED VARIETIES

**7<sup>99</sup>**  
ea.

FRESH FOR WINTER  
Cozy  
Cravings

LIMITED TIME ONLY

Make dinnertime easier and healthier  
by picking up these ready-to-go meals

metro  
FRESH  
2 GO

**14<sup>99</sup>**  
EACH

16" Stone Classic Grilled Vegetables,  
Provolone, Goat Cheese and Chicken Pizza  
330 Cals/Slice, 8 Slices

**10<sup>00</sup>**  
EACH

Kale and Quinoa Chicken Bowl, 550 g  
1130 Cals/Serving, Serves 1

**7<sup>00</sup>**  
EACH

Grilled Vegetables, Chicken and  
Goat Cheese Wrap  
510 Cals/Serving, Serves 1

**13<sup>88</sup>**  
EACH

Skinless Herb BBQ Chicken, 900 g  
260 Cals/Serving, Serves 4

Organic



**NEW**

GT'S KOMBUCHA  
480 ml  
SELECTED VARIETIES

**3<sup>99</sup>**  
ea.



**7.99** ea.  
VG GOURMET FROZEN MEAL  
400 g  
SELECTED VARIETIES

# perfectly plant-based



metro brings you a flavourful selection of international and ethnic cuisine – with a plant-based twist. protein, fiber & nutrient-rich, we're putting a **spotlight** on the health benefits of meatless meals.

**8.99** ea.  
KONSCIOUS POKE BOWL  
295 g  
SELECTED VARIETIES



clean ingredients; gluten free



packed with protein: 14 g



THE PLANT-IT FOOD CO. FROZEN MEAL  
325 g  
SELECTED VARIETIES  
**8.99** ea.

source of fibre; gluten free



KIKKOMAN SOY SAUCE  
591 ml  
**5.99** ea.



WHOLLY VEGGIE! CAULIFLOWER WINGS  
375 g  
SELECTED VARIETIES  
**6.99** ea.



DR. PRAEGER'S FROZEN ENTREE  
281 g  
SELECTED VARIETIES  
**6.49** ea.

tasty option for a healthy snack



VIOLIFE SHREDDED CHEESE  
200 g  
SELECTED VARIETIES  
**35** points  
**7.99** ea.



IMPOSSIBLE PLANT-BASED CHICKEN NUGGETS  
FROZEN, 383 g  
**6.99** ea.



BEYOND MEAT PLANT-BASED SAUSAGES  
235 - 400 g  
SELECTED VARIETIES  
**6.99** ea.



rich in vitamins A, E, C & D



NOTCO CHICKEN BURGER  
340 g  
SELECTED VARIETIES  
**6.99** ea.

Plant-Based

PLANT-BASED



OAT-LY OAT BEVERAGE  
946 ml  
SELECTED VARIETIES  
**5.49** ea.



**spotlight on**  
**plant-based**  
savour your favourite comfort foods  
made with plant-based ingredients

high protein; clean ingredients

**PLANT UP FROZEN ENTREES**  
288-300 g  
SELECTED VARIETIES

**35** points  
**7.99** ea.



**2.99** ea.  
**KRAFT DINNER MAC & CHEESE**  
170 g  
SELECTED VARIETIES



**45** points  
**9.99** ea.

dairy-free; gluten free



**4.99** ea.  
**AMY'S BURRITO**  
155 g  
SELECTED VARIETIES



**6.49** ea.  
**VIOLIFE SLICED CHEESE**  
200 g  
SELECTED VARIETIES



**1.99** ea.  
**NOBLE BEAN TEMPEH**  
240 g  
SELECTED VARIETIES



**4.49** ea.  
**PLANT UP PUFFS**  
100 g  
SELECTED VARIETIES

**did you know?**  
aloe vera plants  
contain  
antioxidants  
that can help  
improve your  
immune  
system.

**ALOE VERA 6" POT**  
ASSORTED STYLE POTS

**12.99** ea.



**19g** protein  
**7.49** ea.  
**GARDEIN SUPRÊME FROZEN ENTREES**  
255 g  
SELECTED VARIETIES



**7.99** ea.  
**KONSCIOUS ONIGIRI**  
204 g  
SELECTED VARIETIES

6 g of protein; NON-GMO



**8.99** ea.  
**NUTS FOR CHEESE SPREAD**  
210 g  
SELECTED VARIETIES

**Non-GMO** **GMO**

**20** points  
**4.99** ea.  
**BLUE DIAMOND ALMOND BREEZE BEVERAGE**  
1.89 l  
SELECTED VARIETIES

# spotlight on SMART SNACKING

3<sup>99</sup> ea. HUMBLE POTATO CHIPS 125 g SELECTED VARIETIES

15 points  
3<sup>99</sup> ea. PURPLESFUL POPCORN 136 g SELECTED VARIETIES

2<sup>99</sup> ea. POPCORNERS CHIPS 142 g SELECTED VARIETIES

1<sup>99</sup> ea. FRANKIE'S CHIPS 120 g SELECTED VARIETIES



from all-natural & plant-based to low-fat & gluten-free, snack on treats you can feel good about



4<sup>99</sup> ea. SENSIBLE PORTIONS GARDEN VEGGIE TORTILLA CHIPS 170 g SELECTED VARIETIES



5<sup>99</sup> ea. TERRA CHIPS 141 g SELECTED VARIETIES



3<sup>99</sup> ea. NEAL BROTHERS CHIPS 200 g SELECTED VARIETIES



3<sup>49</sup> ea. SENSIBLE PORTIONS VEGGIE STRAWS 120-142 g SELECTED VARIETIES



8<sup>99</sup> ea. NO SUGAR KETO BOMB OR CUPZ 10-12 x 17 g SELECTED VARIETIES



6<sup>99</sup> ea. ZEVIA BEVERAGE 5 x 325 ml SELECTED VARIETIES



2<sup>49</sup> ea. MID-DAY SQUARES 33 g SELECTED VARIETIES

Click here to learn more about low sugar snacking

## DIABETES CARE COMMUNITY

If you have diabetes, it's essential to carry healthy snacks that help keep you full between meals and prevent low blood sugar.

high source of fibre

fibre and protein help keep you satisfied longer

3<sup>49</sup> ea. RISE KOMBUCHA 474 ml SELECTED VARIETIES

3<sup>99</sup> ea. THREE FARMERS SNACKS 140 g SELECTED VARIETIES

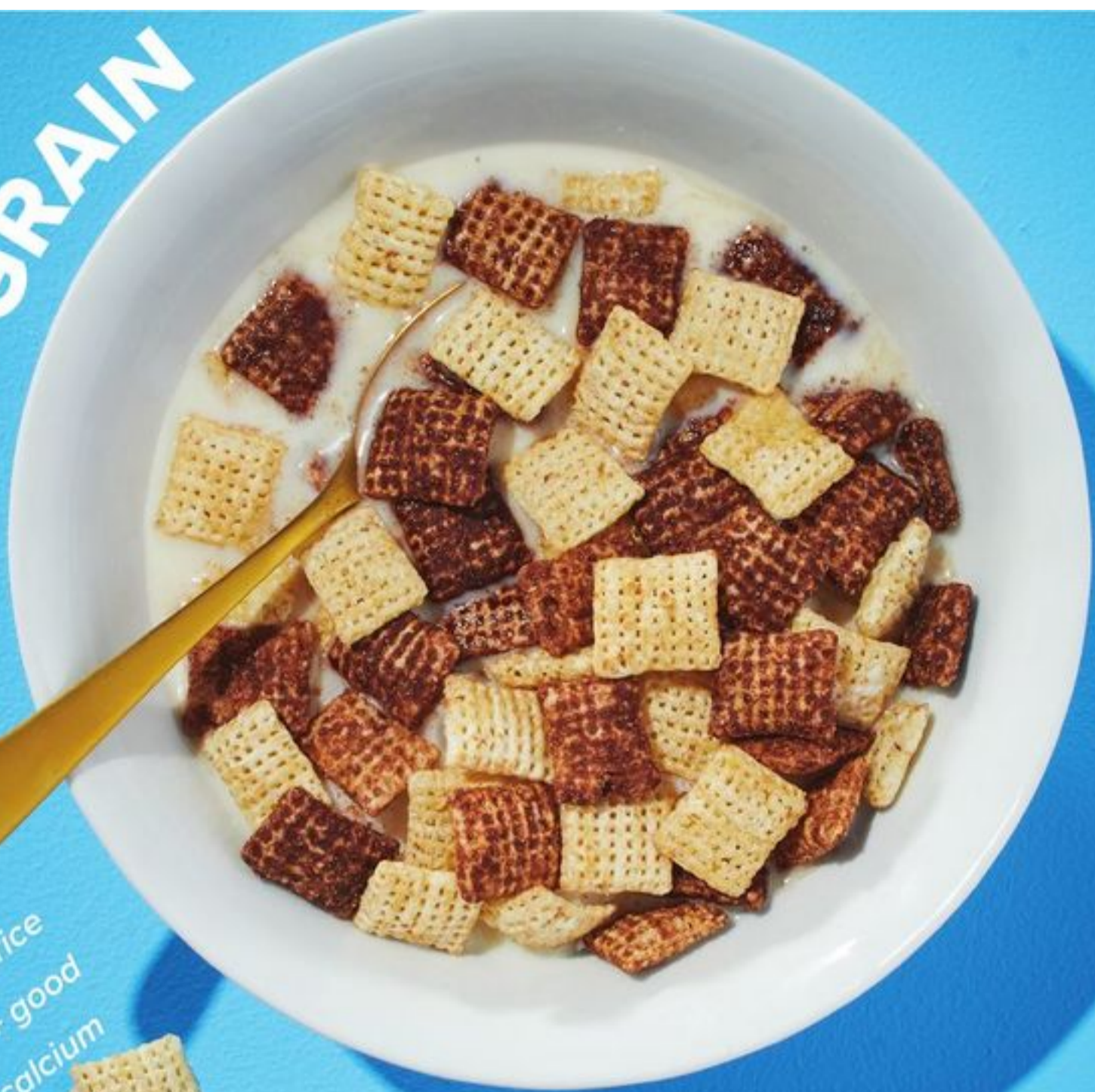
3<sup>99</sup> ea. ZORAW CHOCOLATE BAR 52 g SELECTED VARIETIES

Lactose-Free

5<sup>99</sup> ea. RIGHTEOUS FROZEN DESSERT 473 ml SELECTED VARIETIES

# WHOLE GRAIN

made with 13 g  
of whole grain rice  
per serving + good  
source of calcium



**11.99**  
ea.

**FLOURISH**  
PANCAKE & WAFFLE MIX  
430 g  
SELECTED VARIETIES



**4.99**  
ea.

**CHEX**  
CEREAL  
345-360 g  
SELECTED VARIETIES



**5.99**  
ea.

**NATURE'S PATH**  
CEREAL  
300 g  
SELECTED VARIETIES



**50**  
points

**10.99**  
ea.

**BOB'S RED MILL**  
PROTEIN OATS  
907 g  
SELECTED VARIETIES



**13.99**  
ea.

**SHADY MAPLE**  
FARMS  
MAPLE SYRUP  
375 ml  
SELECTED VARIETIES



**6.99**  
ea.

**VEGGIES MADE GREAT**  
BREAKFAST  
POTATO BAKES  
340 g  
SELECTED VARIETIES



**3.99**  
ea.

**BETTERMOO(D)**  
OAT BEVERAGE  
946 ml  
SELECTED VARIETIES



**19.99**  
ea.

**SALT SPRING**  
COFFEE  
900 g  
SELECTED VARIETIES

## did you know?



almond butter is loaded with healthy  
omega-3 fatty acids & fibre, which  
can help your heart & gut health.



**7.99**  
ea.

**THE GRAIN**  
ESCAPE  
GLUTEN-FREE  
BREAD  
528 g  
SELECTED VARIETIES



**5.99**  
ea.

**CROFTER'S**  
JAM  
383 ml  
SELECTED VARIETIES



**12.99**  
ea.

**NATURE'S NUTS**  
SMOOTH  
NATURAL  
ALMOND  
BUTTER  
500 g  
SELECTED VARIETIES

made with only one ingredient; no added sugar



**2.99**  
ea.

**EARTH'S OWN**  
OAT BEVERAGE  
946 ml  
SELECTED VARIETIES



**8.99**  
ea.

**QUEEN STREET**  
BAGELS  
464 g  
SELECTED VARIETIES

**KEEN.**  
No Bake Energy Bite Mix  
Collation énergétique sans cuisson



**6.49**  
ea.

**KEEN**  
ENERGY BITES  
255-270 g  
SELECTED VARIETIES

Energy made KEEN-ly  
APPLE CINNAMON - OAT CHOCOLATE CHIP - COCONUT COCOA

**KEENENERGY.CA**

**spotlight on**  
**enjoying**  
**dairy-free**

smooth & creamy plant-based yogourts are nutritious & delicious

**BEYOND MOO OATGURT**  
 350 g  
 SELECTED VARIETIES  
**4<sup>99</sup>** ea.

**RIVIERA COCONUT MILK VEGAN DELIGHT**  
 650 g  
 SELECTED VARIETIES  
**5<sup>99</sup>** ea.

**YOGGU!**  
 Original / Original  
 Do your gut some good™  
 Plant-Based Yogurt  
 Yogourt Végétale  
 450 g  
**7<sup>99</sup>** ea.

low sugar & packed with probiotics

**30** points

**SESMARK ANCIENT GRAINS**  
 100-150 g  
 SELECTED VARIETIES  
**3<sup>99</sup>** ea.

**BOB'S RED MILL ROLLED OATS**  
 907 g  
 SELECTED VARIETIES  
**7<sup>49</sup>** ea.

**LOVE GOOD FATS BARS**  
 40 g  
 SELECTED VARIETIES  
**2<sup>99</sup>** ea.

**TRUBAR PROTEIN BARS**  
 50 g  
 SELECTED VARIETIES  
**2<sup>49</sup>** ea.

**PATIENCE FRUIT**  
 946 ml  
 SELECTED VARIETIES  
**11<sup>99</sup>** ea.

**CALIFIA FARMS BEVERAGE**  
 1.4 L  
 SELECTED VARIETIES  
**5<sup>99</sup>** ea.

**A2 MILK**  
 2 L  
 SELECTED VARIETIES  
**6<sup>99</sup>** ea.

**did you know?**

oats and chia seeds can help you feel full and reduce cravings.

**PRANA OVERNIGHT CHIA OATS**  
 250 g  
 SELECTED VARIETIES  
**6<sup>99</sup>** ea.

**LAKEWOOD BLACK CHERRY JUICE**  
 946 ml  
**50** points  
**8<sup>49</sup>** ea.

**TUTTI GOURMET BISCOTTI**  
 180 g  
 SELECTED VARIETIES  
**5<sup>99</sup>** ea.

**Gluten-Free**

**ENJOY LIFE CHOCOLATE CHIPS**  
 255-283 g  
 SELECTED VARIETIES  
**6<sup>99</sup>** ea.



# moi rewards

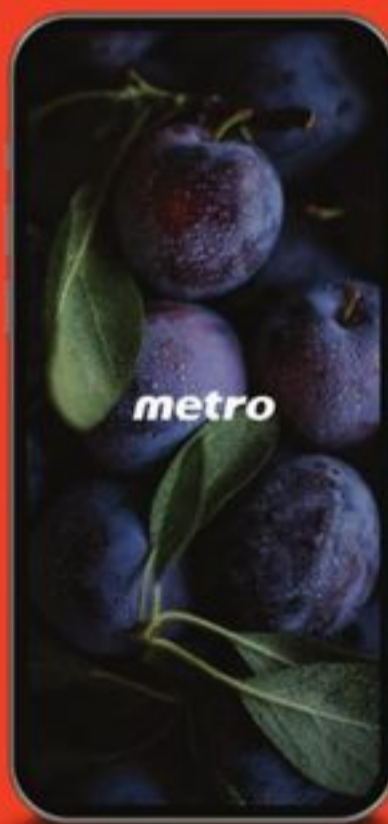
i earn  
points  
faster  
with...

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

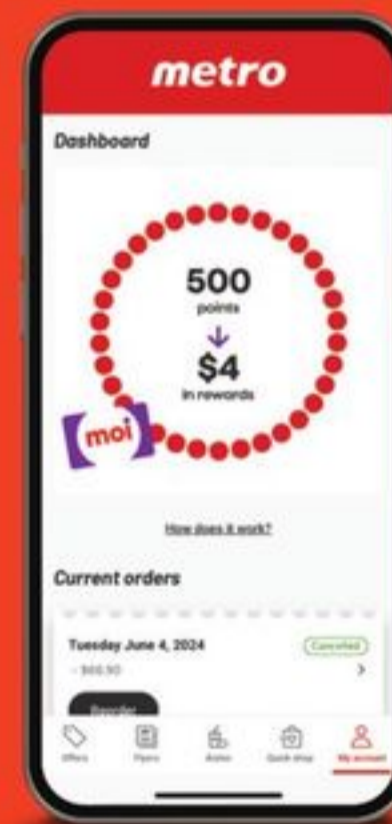


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and save



1

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the app



2

save by adding personalized  
coupons every week



3

use moi rewards card  
at checkout

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