

metro

NEW YEAR NEW SAVINGS

PRICES LOCKED DOWN

January 9th - February 5th, 2025

100's OF REDUCED ESSENTIALS

3⁹⁹
/lb

FRESH CHICKEN
DRUMSTICKS
OR THIGHS
8.80kg



2⁴⁹
/100 g

SELECTION
TURKEY BREAST
COOKED OR SMOKED
DELI CUT, 11.29/LB



Save \$1
3⁹⁹
ea.

IRRESISTIBLES
FROZEN ENTREES
SELECTED SIZES
SELECTED VARIETIES



Save \$1
2⁹⁹
ea.

FRONT STREET BAKERY
FRENCH OR ITALIAN
BREAD
450 - 475 g
SELECTED VARIETIES



Save 50¢
2⁴⁹
ea.

SELECTION
CHEWY BARS
156 - 172 g
OR FRUIT CUPS
4 X 107 ml
SELECTED VARIETIES



Save \$2
7⁹⁹
ea.

IRRESISTIBLES
COOKED OR RAW
PACIFIC WHITE SHRIMP
51 - 60 size
FROZEN, 340 g



Save \$2.50
9⁹⁹
ea.

SELECTION
SHREDDED CHEESE
620 g
SELECTED VARIETIES



Save \$1.50
4⁹⁹
ea.

SELECTION
PEANUTS
700 - 750 g
SELECTED VARIETIES



Save 50¢
5⁹⁹
ea.

IRRESISTIBLES
ORANGE JUICE
SELECTED SIZES
SELECTED VARIETIES



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Save \$1 /lb
1.99
/lb

LARGE RED DELICIOUS APPLES
PRODUCT OF ONTARIO,
CANADA EXTRA FANCY GRADE
4.39/kg



\$5
ea.

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



Save 50¢
1.99
ea.

LARGE MANGOES
PRODUCT OF PERU



Save \$2
7.99
ea.

SELECTION HAMS
675 g
SELECTED VARIETIES



8.49
ea.

IRRESISTIBLES ARTISAN DRY SAUSAGE
300 g
SELECTED VARIETIES



6.99
ea.

SELECTION BREADED CHICKEN STRIPS
FROZEN, 800 g
SELECTED VARIETIES



2.99
ea.

SELECTION WIENERS
450 g
SELECTED VARIETIES



Save \$2
7.99
ea.

IRRESISTIBLES DIM SUM OR SHRIMP GYOZA
FROZEN, 280 - 400 g
SELECTED VARIETIES



Save \$1
1.99
ea.

SELECTION BAGELS OR ENGLISH MUFFINS
SELECTED SIZES
SELECTED VARIETIES



Save \$2
12.99
ea.

IRRESISTIBLES POPCORN SHRIMP
FROZEN, 700 g



Save \$1
4.99
ea.

SELECTION SLICED LOAF CAKES
420 g
SELECTED VARIETIES



Save \$1
3.99
ea.

LARGE PACK KAISERS OR PANINI BUNS
PKG OF 12, 650 - 840 g
SELECTED VARIETIES



Save 50¢
349
ea.

SELECTION
POPCORN
564 g
SELECTED VARIETIES



Save \$2
4.99
ea.

IRRESISTIBLE
ICE CREAM
1.5 L
SELECTED VARIETIES



Save 50¢
1.49
ea.

IRRESISTIBLES
LIFE SMART
CANNED BEANS
540 ml
SELECTED VARIETIES



PRICES LOCKED DOWN

January 9th - February 5th, 2025

Save \$1.50
5.99
ea.

IRRESISTIBLES
YOGOURT
16 x 100 g
SELECTED VARIETIES



Save 50¢
3.49
ea.

SELECTION
CREAM CHEESE
FROMAGE
À LA CRÈME
227 - 250 g
SELECTED VARIETIES



Save \$1
2.99
ea.

IRRESISTIBLES
TEA
20 un
SELECTED VARIETIES



Save \$1
4.99
ea.

SELECTION
CEREAL
580 - 755 g
SELECTED VARIETIES



Save \$1
5.49
ea.

SELECTION
FRIES
2 kg
SELECTED VARIETIES



Save 50¢
3.99
ea.

SELECTION
FLOUR
2.5 kg
SELECTED VARIETIES



PICK UP THE ESSENTIALS, FOR LESS

Save \$1.50
3.99
ea.

SELECTION
SALSA
650 ml
SELECTED VARIETIES



Save \$1.80
3.49
ea.

SELECTION
PASTA SAUCE
SELECTED SIZES
SELECTED VARIETIES



Save \$1
3.99
ea.

SELECTION
KETCHUP
750 ml - 1 L
SELECTED VARIETIES



Save \$1.50
5.99
ea.

SELECTION
HONEY
375 g





LOW PRICE EVERY DAY

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

SELECTION
CANNED
VEGETABLES
341 - 398 ml
SELECTED VARIETIES

NOW
149
ea.
was 1.79 ea.



SELECTION
SOUP
284 ml
SELECTED VARIETIES

NOW
125
ea.
was 1.49 ea.



SELECTION
SIDE RICE
250 g
SELECTED VARIETIES

NOW
299
ea.
was 3.49 ea.



SELECTION
PICKLES
1 L
SELECTED VARIETIES

NOW
399
ea.
was 5.49 ea.



NOW
199
ea.
was 2.49 ea.



IRRESISTIBLES LOAF
330 g
SELECTED VARIETIES

SELECTION
PEROGIES
907 g - 1 kg
SELECTED VARIETIES

NOW
299
ea.
was 3.49 ea.



SELECTION
OATS
900 g - 1 kg
SELECTED VARIETIES

NOW
299
ea.
was 4.29 ea.



SELECTION
LONG GRAIN RICE
900 g
SELECTED VARIETIES

NOW
299
ea.
was 4.99 ea.



NOW
149
ea.
was 2.19 ea.

SELECTION
CHIPS
200 g
SELECTED VARIETIES



SELECTION
7" TORTILLAS
340 g
SELECTED VARIETIES

NOW
249
ea.
was 3.99 ea.





LOW PRICE EVERY DAY

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

IRRESISTIBLE COOKIES
240 - 280 g
SELECTED VARIETIES

NOW **349** ea.
was 4.49 ea.



SELECTION CHOCOLATE CHIPS
200 - 270 g
SELECTED VARIETIES

NOW **399** ea.
was 4.79 ea.



IRRESISTIBLES CRANBERRY JUICE OR COCKTAIL
1.89 L
SELECTED VARIETIES

NOW **349** ea.
was 3.99 ea.



SELECTION WATER ENHANCER
48 ml
SELECTED VARIETIES

NOW **299** ea.
was 3.99 ea.



10 points

NOW **299** ea.
was 3.79 ea.



SELECTION JUICE OR COCKTAILS
8 x 200 ml
SELECTED VARIETIES

LIFE SMART RICE CRACKERS
100 g
SELECTED VARIETIES

NOW **149** ea.
was 1.79 ea.



PERSONNELLE TRAINING PANTS
33 - 44 un
SELECTED VARIETIES

NOW **1399** ea.
was 21.99 ea.



PERSONNELLE BABY PUREE
128 ml
SELECTED VARIETIES

NOW **125** ea.
was 2.19 ea.



SELECTION LAUNDRY
1.8 L
SELECTED VARIETIES

NOW **399** ea.
was 5.99 ea.



PERSONNELLE BABY WET WIPES
64 un

NOW **249** ea.
was 3.99 ea.



NOW **399** ea.
was 4.99 ea.

SELECTION BLEACH
2.4 L



NOW **249** ea.
was 3.49 ea.

SELECTION GLASS CLEANER
950 ml

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

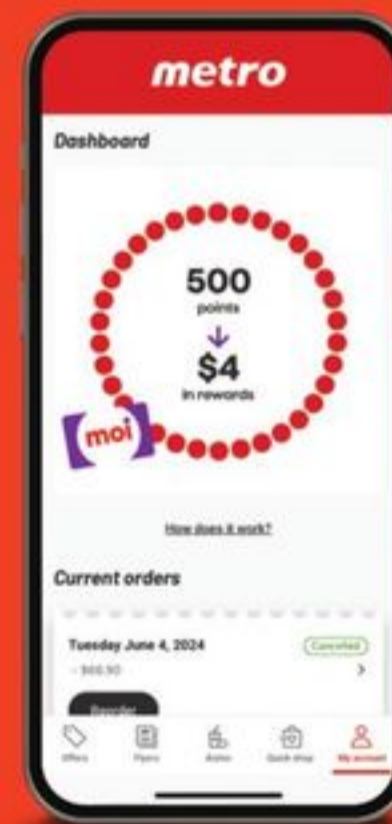


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