VERSION 1

NEW YEAR NEW SAVINGS

PINT

2.44 ea.

BLUEBERRIES 1 pint
PRODUCE OF CANADA, NO. 1 GRADE

2.99 ea.

SENSIBLE SALAD
PRODUCE OF CANADA

99¢ /lb

GREEN ZUCCHINI OR EGGPLANTS
PRODUCE OF CANADA
2.20 kg

3.99 /lb

SANKO STONE
PRODUCE OF CHINA
8.80 kg

moi rewards

redeem and save on what I buy most often

500 POINTS = $4 IN CHANGE

join today and save

LEARN MORE AT METRORewards.ca

6.99 ea.

JANE'S PUB STYLE BREADED CHICKEN STRIPS OR FILLETS 750 g
FROZEN

7.99 ea.

GREEN STREAK COOKED OR RAW SHRIMP
2 - 454 g, FROZEN

6.00 ea.

SAN DANIELE SLICED PROSCIUTTO OR MASTRO SLICED BEEF MEAT 80 - 90 g
DELICATESSEN

5.49 ea.

FRONT STREET BAKERY HOMESTYLE GOURMET COOKIES
PACK OF 24 - 750 g, FROZEN

2 for

6.00

DEMPSTER'S BAGELS, SIGNATURE BUNS OR ENGLISH MUFFINS
PACK OF 6 - 340 g, FROZEN
ALL 2 FOR

pick Ontario

FRESH CUT TULIPS
BUNCH OF 10
PRODUCE OF CANADA

14.99 ea.

Effective January 2 | 3 | 4

metro.ca

VERSION A

NEW YEAR
NEW SAVINGS

metro

2.99 /100 g

MINISTERIELES ARTISAN BLACK FOREST HAM OR SWISS CHEESE
BLACK FOREST HAM 175-200g
SWISS CHEESE 175-200g

LEAN

GROUND IN-STORE DAILY

3.99 /lb

LEAN GROUND BEEF GRINDS VALUE PACK 680g

9.99 /lb or ea.

FRESH CANO SALMON FILETS VALUE PACK
SHRIMP COOKED LARGE CANADA 454-680g
COOKED SHRIMP 16-20/2 454g-680g

CUT BY YOUR BUTCHER

5.88 /lb

PLATEAU BONELESS ANGUS ROAST OR BRAISER PACK CHUCK 1.8kg

Low Price Every Day

1.99 ea.

SELECTION WHITE BEAUTY OR 100% WHOLE WHEAT BREAD 675g

2 WEEK LOCK DOWN

1.29 /lb

WHOLE PORK LOIN VACUUM PACK 1.5kg

1.69 /lb

WHOLE PORK SHOULDER VACUUM PACK 1.75kg

1.25 ea.

SMARTFOOD SELECTION CHIPS 200g
SELECTION SMARTFOOD 200g

1.99 ea.

HABITANT SOUP Beans CAMPBELL'S CHUNKY SOUP Low Sodium 540ml

4.44 ea.

SELECTION BARILLA PASTA OR SAUCE 340g-425g
SELECTION BARILLA GRILL CHICKEN 300g-340g

2.97 ea.

CLASSICO SAUCE 650ml-680ml

4.99 ea.

LIFE SMART SALAD 2.5-3.0 OR MINI BREAKFAST CREAM CHEESE 340g
SELECTION PHILADELPHIA 340g

3.49 ea.

SILK Almond 946ml
QUAKER 946ml
SELECTION OATMEALS, GRAINS, GRIDS OR TOASTED OATS 454g-680g

6.99 ea.

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

198¢

1.49 ea.

SHICO FLAKES 170g

2.88 ea.

PAGE'S CÉRÉACES CHOCOLATE CHIP OR CHOCOLATE BUTTER COOKIES 300g-350g

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

New Lower Prices

1/2 PRICE — ASSORTED BREAD OR ROLL STORE MADE OR FRESH BAKED, CHOCOLATE CHIP OR CHOCOLATE TRIPLE CREAM CHEESE
SELECTED LOCATIONS

4.49 ea. — Tropicana — TROPICANA ORANGE JUICE, SELECTED VARIETIES

9.99 ea. — PATH STREET — PATH STREET CRUSTLESS STONE BAKED PIZZA OR STONE BAKED FLAT BREAD OR PATH STREET SELECTED SMART NUTRACEUTICAL FOOD INGREDIENTS

12.99 ea. — Jans — JANS FRESH PREPARED SELECTED FISH FILLETS OR JANS SELECTED FROZEN SEAFOOD

4.99 ea. — Lactaid — LACTAID® PURE FIBER, MILK & 1% MILK — 50 points

7.99 ea. — 35 points — BLACK DIAMOND SELECTIONS
SELECTED LOCATIONS

7.00 2 for — Dole — DOLE® PREMIUM SELECTIONS
SELECTED LOCATIONS

3.49 ea. — Cheerios — GENERAL MILLS CEREAL OR GENERAL MILLS SELECTED SNACKS OR GENERAL MILLS SELECTED BAKING PRODUCTS
SELECTED LOCATIONS

8.00 2 for — 35 points — Pure Life — PURE LIFE® SELECTED SPRING WATER
SELECTED LOCATIONS

10.99 ea. — 50 points — 2 X PRICE — PERRIER — PERRIER® SELECTED SPARKLING WATER OR PERRIER® SELECTED FLAVOURED SPARKLING WATER
SELECTED LOCATIONS

7.00 2 for — 30 points — ALLEN'S — ALLEN'S MIXED OR COCKTAILS
SELECTED LOCATIONS

3.99 ea. — Coca-Cola — COCA-COLA CANADA DRY OR POPS SOFT DRINKS
SELECTED LOCATIONS

7.00 — Fudge — FUDGE® CHOCOLATE OR FUDGE® SELECTIONS
SELECTED LOCATIONS

6.00 2 for — Nestlé — NESTLÉ® PORTIONS, SELECTED VARIETIES OR NESTLÉ® SELECTED WAFFLES OR NESTLÉ® SELECTED CREPES
SELECTED LOCATIONS

9.99 ea. — Heinz — HEINZ® APPLE CIDER VINEGAR OR PREMIUM VINEGAR
SELECTED LOCATIONS

2.99 ea. — Bonne Maman — BONNE MAMAN® SELECTED LIFE SAVOUR® MUSTARDS OR SELECTED CHUTNEY
SELECTED LOCATIONS

11.00 2 for — BUY MORE SAVE MORE! — Ginger Bee — GINGER BEE® SELECTED HONEY
SELECTED LOCATIONS

7.50 2 for — Kettle Foods — KETTLE® FOODS® SELECTIONS OR KETTLE® SELECTIONS CHIPS
SELECTED LOCATIONS

4.50 2 for — Bush's — BUSH'S® BEANS
SELECTED LOCATIONS

6.99 ea. — Rustica — RUSTICA® SELECTIONS
SELECTED LOCATIONS

5.99 ea. — Colgate — COLGATE® CRUST CRUSHER OR SENSATIONS® SELECTIONS
SELECTED LOCATIONS

40% off — Jamieson — JAMIESON® VITAMINS
SELECTED LOCATIONS

49.99 ea. — Vega — VEGA® NUTRITIONAL SHAKES
SELECTED LOCATIONS

10.99 ea. — 8 SHEETS — Bounty — BOUNTY® SELECTED PAPER TOWELS OR CHARMIN® BATHROOM TISSUE OR SELECTION FLUSHABLE WIPES
SELECTED LOCATIONS

I earn with moi rewards

5.49 ea. — 45 points — Black Diamond — CRACKER BARREL — SNACKERS BY BLACK DIAMOND SELECTIONS OR BLACK DIAMOND SELECTIONS CHEESE
SELECTED LOCATIONS

7.99 ea. — 50 points — Cascade — Tide — Downy — TIDE® OR CASCADE® DETERGENT, DOWNY® LAUNDRY BOOSTERS, SOFTSHEETS OR CASCADE® DISHWASHER DETERGENT
SELECTED LOCATIONS

FRESH TO GO 4-DAY MEAL DEAL

THURSDAY JANUARY 22nd - SUNDAY JANUARY 25th

VARIOUS SIZES **10.99** ea.

- Assorted California Combo With Wing
- 12 Hot Chicken Tenders, 6 Hot Chicken Wings or 20 Chicken Bites
- Store Made Campanelli Fresh Vegetable Mix & Fresh Fruit Tray
- Cooked BBQ Pork Back Ribs Half A
- 10" X Large Pepperoni & Cheese Hot Pizza
  ALL PRICES EXCLUDE HOT PRODUCT
  SELECTED LOCATIONS

We reserve the right to limit quantities.
DESCRIPTIONS: TAKE PRECEDENCE OVER PHOTOS.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

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Show us your moi card at the store 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

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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

SAVE WITH Personnelle

Quality for Less

SAVE 40% 7.49 EA.

PERSONNELLE COUGH CAUTILLS 24 pk SELECTED VARIETIES

BUCKLEY'S COUGH MEDICATION 250 ml SELECTED VARIETIES

13.99 EA.

SAVE 15% 16.99 EA.

PERSONNELLE ULTRA MAXIMUM RELIEF 50 ml

19.99 EA.

TYLENOL ULTRA RELIEF 50 ml

SAVE 17% 4.99 EA.

PERSONNELLE CALCIUM ANTACID 750 ml SELECTED VARIETIES

5.99 EA.

TUMS ANTACID 750 ml SELECTED VARIETIES

SAVE 40% 5.99 EA.

PERSONNELLE COCOA BUTTER BODY LOTION 500 ml

9.99 EA.

VASELINE INTENSIVE CARE BODY CREAM 400 ml SELECTED VARIETIES

SAVE 11% 3.99 EA.

PERSONNELLE BABY SENSITIVE SKIN WET WIPES 64 pk

4.49 EA.

HUGGIES BABY CLEAN FRAGRANT FREE WIPES 56 pk

SAVE 21% 5.49 EA.

PERSONNELLE SHAMPOO AND CONDITIONER 355 ml SELECTED VARIETIES

6.99 EA.

DOVE SHAMPOO AND CONDITIONER 355 ml SELECTED VARIETIES

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.

FLAVOURS OF italy

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.

DISCOVER

SOUTH ASIAN FOODS

THE STELLE PANEER CUBES

3.99 ea.

PARLE-G CHOCOLATE CHUNKS PACK OF 4 / CASABLANCA BUTTER COOKIES

2.88 ea.

7.99 ea.

APNA FLEETS BASMATI RICE / SHER TEA / TAJ MAHAL TEA

CASABLANCA SWEET CHILLI / JALAPEÑO SAUCE / SAVORY CHIPS

1.29 ea.

SAKSA SPICES

1.99 ea.

BLANES SWEETENED, DRIED PINEAPPLE / GOLDEN PINEAPPLE DESSERT BITES

2.99 ea.

WHOLE TILAPIA FRESH / FROZEN

7.99 ea.

MADE IN DOVE CHICKEN CURRY / VEGETABLE LASAGNA

9.99 ea.

BUNCH MINT

99¢ ea.

FLAT CABBAGE

1.29 /lb

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