

# metro

## NEW YEAR NEW SAVINGS

# PRICES LOCKED DOWN

Until February 5th, 2025

Save \$3.00  
**9<sup>99</sup>**  
ea.

IRRESISTIBLES  
MAPLE SYRUP  
500 - 540 ml

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

Save \$1.80  
**3<sup>49</sup>**  
ea.

SELECTION  
PASTA SAUCE  
SELECTED SIZES  
SELECTED VARIETIES

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

SELECTION  
BREADED CHICKEN  
FROZEN, 800 g  
SELECTED VARIETIES

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

SELECTION  
FETA  
REGULAR OR LIGHT  
200 g

Save \$1.50  
**2<sup>99</sup>**  
ea.

SELECTION  
FROZEN  
VEGETABLES  
SELECTED SIZES  
SELECTED VARIETIES

Save 50¢  
**3<sup>99</sup>**  
ea.

SELECTION  
COFFEE CREAM  
473 ml - 1 L  
SELECTED VARIETIES

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

25  
points

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

baked in  
my metro  
**m**

**\$5**  
ea.

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

Save \$2  
**4<sup>99</sup>**  
ea.

IRRESISTIBLE  
ICE CREAM  
1.5 L  
SELECTED VARIETIES



# PRICES LOCKED DOWN

Until February 5th, 2025

**2.49**  
/100 g

SELECTION  
OLD FASHIONED HAM  
COOKED OR SMOKED  
DELI SLICED, 11.29/lb



**5.99**  
/lb

MEDIUM  
GROUND BEEF  
VALUE PACK, 13.21/kg



GROUND  
• IN-STORE •  
DAILY

**6.99**  
ea.

LIFE SMART NATURALIA  
PORK SAUSAGES  
HOT OR MILD ITALIAN  
OR LEAN GROUND PORK  
500 g



**3.99**  
/lb

FRESH CHICKEN  
DRUMSTICKS  
OR THIGHS  
8.80/kg



**\$20**  
ea.

FRESH 2 GO  
MEAT LASAGNA  
1.5 kg



**99¢**  
/lb

GREEN CABBAGE  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE  
2.18/kg



**1.99**  
ea.

LARGE MANGOES  
PRODUCT OF PERU



**88¢**  
ea.

LARGE LEMONS  
PRODUCT OF U.S.A.  
OR TURKEY



**2.99**  
ea.

FRONT STREET BAKERY  
FRENCH OR ITALIAN BREAD  
450 g  
SELECTED VARIETIES



**3.99**  
ea.

LARGE PACK KAISERS  
OR PANINI BUNS  
PKG OF 12, 650 - 675 g  
SELECTED VARIETIES



Save \$2  
**7.99**  
ea.

IRRESISTIBLES  
PACIFIC WHITE  
RAW SHRIMP  
FROZEN, 51/60 SIZE, 340 g



**3.99**  
ea.

SELECTION  
10" TORTILLAS  
450 g  
SELECTED VARIETIES



Save \$2  
**7.99**  
ea.

IRRESISTIBLES  
TEMPURA  
OR TORPEDO SHRIMP  
FROZEN, 284 - 340 g



**3.49**  
ea.

SELECTION  
SALADS  
454 g  
SELECTED VARIETIES





Save \$1  
**4.99**  
ea.

IRRESISTIBLES  
YOGOURT  
SELECTED SIZES  
SELECTED VARIETIES



Save 50¢  
**5.99**  
ea.

IRRESISTIBLES  
MARGARINE  
907 g  
SELECTED VARIETIES



Save \$1  
**4.49**  
ea.

SELECTION  
JAM  
500 ml  
SELECTED VARIETIES



# PRICES LOCKED DOWN

Until February 5th, 2025

Save 50¢  
**1.49**  
ea.

IRRESISTIBLES  
LIFE SMART  
CANNED BEANS  
540 ml  
SELECTED VARIETIES



Save \$1  
**99¢**  
ea.

SELECTION  
MAC & CHEESE  
200 - 225 g  
SELECTED VARIETIES



Save \$1  
**3.99**  
ea.

SELECTION  
OIL  
946 ml  
SELECTED VARIETIES



Save \$1.50  
**3.99**  
ea.

SELECTION  
KETCHUP  
750 ml - 1 L  
SELECTED VARIETIES



Save 50¢  
**4.99**  
ea.

SELECTION  
MAYONNAISE  
750 - 890 ml  
SELECTED VARIETIES



Save 80¢  
**2.49**  
ea.

SELECTION  
VINEGAR  
4 L



## PICK UP THE ESSENTIALS, FOR LESS

Save \$1  
**6.99**  
ea.

SELECTION  
BATHROOM  
TISSUE  
12 - 24 rolls



Save \$1  
**1.99**  
ea.

SELECTION  
DISH DETERGENT  
828 ml  
SELECTED VARIETIES



**1.99**  
ea.

PERSONNELLE  
HAND SOAP  
251 ml  
SELECTED VARIETIES



**2.99**  
ea.

PERSONNELLE  
SANITARY  
NAPKINS  
SELECTED SIZES  
SELECTED VARIETIES







# LOW PRICE EVERY DAY

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

SELECTION  
SALAD DRESSING  
475 ml  
SELECTED VARIETIES

NOW **2<sup>99</sup>**  
ea.  
was 3.79 ea.



SELECTION  
LEMONADE  
1.75 L  
SELECTED VARIETIES

NOW **2<sup>99</sup>**  
ea.  
was 3.99 ea.



SELECTION  
PICKLES  
1 L  
SELECTED VARIETIES

NOW **3<sup>99</sup>**  
ea.  
was 5.49 ea.



IRRESISTIBLE  
PIZZA  
1.13 kg  
SELECTED VARIETIES

NOW **9<sup>99</sup>**  
ea.  
was 10.49 ea.



SELECTION  
FROZEN MEAL  
SELECTED SIZES  
SELECTED VARIETIES

NOW **1<sup>49</sup>**  
ea.  
was 2.29 ea.



IRRESISTIBLES  
FRIES  
454 g  
SELECTED VARIETIES

NOW **3<sup>99</sup>**  
ea.  
was 4.49 ea.



SELECTION  
OR IRRESISTIBLES  
COFFEE CAPSULES  
72-100 un  
SELECTED VARIETIES

NOW **32<sup>99</sup>**  
ea.  
was 37.99 ea.



SELECTION  
NON-ALCOHOLIC BEER  
12 x 355 ml  
SELECTED VARIETIES

NOW **8<sup>49</sup>**  
ea.  
was 8.99 ea.



IRRESISTIBLES  
CRANBERRY JUICE  
OR COCKTAIL  
1.89 L  
SELECTED VARIETIES

NOW **3<sup>49</sup>**  
ea.  
was 3.99 ea.



SELECTION  
SOFT DRINKS  
2 L  
SELECTED VARIETIES

NOW **1<sup>49</sup>**  
ea.  
was 1.99 ea.







# LOW PRICE EVERY DAY

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

SELECTION SOUP  
284 ml  
SELECTED VARIETIES

**NOW**  
**125**  
ea.  
was 1.79 ea.



SELECTION CANNED VEGETABLES  
341 - 398 ml  
SELECTED VARIETIES

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



**NOW**  
**179**  
ea.  
was 1.99 ea.

SELECTION DICED TOMATOES  
796 ml  
SELECTED VARIETIES

SELECTION RICE  
250 g  
SELECTED VARIETIES

**NOW**  
**299**  
ea.  
was 3.49 ea.



IRRESISTIBLE COOKIES  
SELECTED SIZES  
SELECTED VARIETIES

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



SELECTION OR LIFE SMART MANDARIN ORANGES  
284 ml  
SELECTED VARIETIES

**NOW**  
**149**  
ea.  
was 1.99 ea.



PERSONNELLE ADULT INCONTINENCE  
SELECTED SIZES  
SELECTED VARIETIES

**NOW**  
**1199**  
ea.  
was 14.79 ea.



PERSONNELLE BODY WASH  
SELECTED SIZES  
SELECTED VARIETIES

**NOW**  
**299**  
ea.  
was 4.79 ea.



**NOW**  
**199**  
ea.  
was 2.49 ea.

SELECTION FOIL  
25 ft

SELECTION NAPKINS  
250 un

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



SAVE WITH THE BRANDS YOU CAN ONLY FIND AT METRO



# 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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