VERSION 1

# NEW YEAR NEW SAVINGS

PINT

**2.44 ea.**

BLUEBERRIES 1 kg
PRODUCE OF CANADA, PEI, MADE

**2.99 ea.**

ROMAINE HEARTS
PRODUCE OF CANADA

**99¢ /lb**

GREEN ZUCCHINI OR EGGPLANTS
PRODUCE OF CANADA
2.99 kg

**3.99 /lb**

SANKO STONE
PRODUCE OF CANADA
2.00 kg

**moi rewards**

redeem and save on what I buy most often

500 POINTS = $4 IN REWARDS

join today and save

LEARN MORE AT MOIREWARDS.CA

**6.99 ea.**

JANES PUB STYLE BREADED CHICKEN STRIPS, FALL OUT OF THE SEA OR FISH FILLET PIECES

**7.99 ea.**

SUN-CRUZ FISH & SEAFOOD COOKED OR RAW SHRIMP
2-10 SIZE, FROZEN, PRODUCE

**6.00 ea.**

SAN DANIELE SLICED PROSCIUTTO OR MANETTI GENOA SLICED SALAMI OR 1 kg
DELICATESSEN

**5.49 ea.**

FRONT STREET BAKERY HOMESTYLE GOURMET COOKIES
PACK OF 6 OR 700 g, PRODUCE OR BAKERY

2 for

**6.00**

DEMPSTER'S BAGELS, SIGNATURE BUNS OR ENGLISH MUFFINS
PACK OF 6 OR 700 g, PRODUCE OR BAKERY
VALID 1/08 - 1/14

pick Ontario

FRESH CUT TULIPS
BUNCH OF 10
PRODUCE OF CANADA

**14.99 ea.**

Effective January 2 3 4 5 6 7 8

metro.ca

VERSION A

NEW YEAR
# NEW SAVINGS

# metro

2.99 /100 g

SWISS CHEESE BLOCKS ARTISAN BLACK FOREST SMOKE OR SWISS CHEESE
BLACK FOREST SMOKE OR SWISS CHEESE 150-200g

LEAN

GROUND • IN-STORE • DAILY

3.99 /lb

LEAN GROUND BEEF OR GROUND BEEF VALUE PACK
500g

9.99 /lb or ea.

FRESH CANNED SALMON FILLETS VALUE PACK
SMOKED COLD SALMON SLICES 100g-200g, CANNED SALMON 213-418g, PRIDE OF ALASKA SALMON 213-418g, CANNED SHRIMP 142-213g, SALTWATER PRAWN

CUT BY OUR BUTCHER

5.88 /lb

PLATINUM GRILL ANGUS RIBMELETS INSIDE BONING ROAST OR VALUE PACK STEAK
1.36 kg

Low Price Every Day

1.99 ea.

SELECTION WHITE BEAUTY OR 100% CANOLA OIL PRODUCT
946 mL

2.99 /lb

FRESH PORK SIRLOIN VALUE PACK
1.36kg

1.25 ea.

SMARTFOOD OR SELECTION CHIPS
200g-235g
OR SELECTION
OR SMARTFOOD

1.99 ea.

HABITANT SOUP Beans
CAMPBELL'S CHUNKY SOUP Soup
540mL



4.44 ea.

SELECTION MACCARONI AND CHEESE
OR SELECTION
OR SELECTION

3.99 ea.

COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS Soft Drinks
2L

3.49 ea.

GENERAL MILLS CEREAL OR CHOCOLATCHAU OR COOKIES OR CRACKERS
OR GENERAL MILLS
OR CHOCOLATCHAU
OR CHOCOLATCHAU



3.49 ea.

SILK ALMOND BEVERAGE Almond
QUAKER OATMEAL, GRAINS, GRAINS OR TOASTER OR OATMEAL
OR SILK
OR QUAKER
OR QUAKER

6.99 ea.

CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWEL OR SUPERTHICK TISSUE 12 rls.
OR CASHMERE
OR SPONGE TOWELS
OR CASHMERE

4.99 ea.

OMEGA 3 PLANT BASED EGGS 24 oz.
OR PRESERVE FRUIT SPREAD 250 mL
OR PRESERVE
OR PRESERVE



2.97 ea.

CLASSICO SAUCE
680mL
OR CLASSICO
OR CLASSICO

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 SANDWICHES, SELECTED VARIETIES OR SELECTED TURKEY & HAM CHEESE — 2 LB. MIN. PURCHASE REQUIRED

**4.49** EA. — TUSCAN SUMMER OR SUMMER DELIGHT SUMMER SAUSAGE OR SUMMER SAUSAGE WITH CHEESE — 10 OR MORE EA. 3.49 EA.

**9.99** EA. — PATELLI PASTA, STORE MADE RAVIOLI OR STORE MADE PASTA OR STORE MADE SAUCE — 10 OZ. EXC. SPECIALTY RAVIOLI, 2 LB. SPARTI SPAGHETTI & ZESTI MARGARIS — 1 LB. EA.

**12.99** EA. — JANES PREMIUM BREADED PORTIONS OR BREADED FISH FILLETS OR HAND MADE BREADED SALMON — 24 OR 40 OZ.

**4.99** EA. — LACTAIDE PURE LIFE MILK — 4 L. — 50 POINTS — 1 LB. MIN. PURCHASE REQUIRED

**35 7.99** EA. — BLACK DIAMOND SELECTIONS — 200 GR. — 35 POINTS — 1 LB. MIN. PURCHASE REQUIRED

**99¢** EA. — POP CIRCLE OR POP CIRCLE PUDDING — 1 L. — 35 POINTS — 1 LB. MIN. PURCHASE REQUIRED

**2/7.00** — DOLE FRUIT CUPS — 4 PACK — 35 POINTS — 1 LB. MIN. PURCHASE REQUIRED

**2/8.00** — 35 POINTS — 1 LB. MIN. PURCHASE REQUIRED — PURE LIFE SPARKLING SPRING WATER — 24 PACK — 12 OZ. — 35 POINTS — 1 LB. MIN. PURCHASE REQUIRED

**10.99** EA. — 50 POINTS — 1 LB. MIN. PURCHASE REQUIRED — PERRIER SPARKLING MINERAL WATER OR PERRIER SPARKLING MINERAL WATER WITH FLAVOR — 24 PACK — 250 ML

**2/7.00** — 30 POINTS — 1 LB. MIN. PURCHASE REQUIRED — ALLEN'S JUICE OR COCKTAILS — 1.89 L. — 30 POINTS — 1 LB. MIN. PURCHASE REQUIRED

**2.99** EA. — FRANCO-AMERICAN OR LIFE SAVERS MACARONI — 7.5 OZ. — 10 POINTS — 1 LB. MIN. PURCHASE REQUIRED

**7.00** EA. — SWIFT CHICKEN OR CHICKEN — 1 KG. — 35 POINTS — 1 LB. MIN. PURCHASE REQUIRED

**2/6.00** — SENSIBLE PORTIONS, SELECTED VARIETIES — 85 G. — 20 POINTS — 1 LB. MIN. PURCHASE REQUIRED

**9.99** EA. — BRAGG APPLE CIDER VINEGAR OR PREMIUM JUICE — 946 ML — 50 POINTS — 1 LB. MIN. PURCHASE REQUIRED

**BUY MORE SAVE MORE — 2/11.00** — SOY PRODUCTS OR SOY MILK — 1 L. — 35 POINTS — 1 LB. MIN. PURCHASE REQUIRED — MEADOW RICH ICE CREAM — 1.5 L. — 35 POINTS — 1 LB. MIN. PURCHASE REQUIRED

**99¢** EA. — NESTLE SMARTIES OR KIT KAT — 40 G. — 10 POINTS — 1 LB. MIN. PURCHASE REQUIRED

**7.50** EA. — SUPREME ROCHER, SUPREME CHOCOLATE, SUPREME CHOCOLATE BARS OR SUPREME — 100 G. — 15 POINTS — 1 LB. MIN. PURCHASE REQUIRED

**6.99** EA. — RUSTICA — 1 KG. — 30 POINTS — 1 LB. MIN. PURCHASE REQUIRED

**4.50** EA. — BUSH'S BEANS — 398 ML — 20 POINTS — 1 LB. MIN. PURCHASE REQUIRED

**5.99** EA. — COLGATE — 2 PACK — 100 ML — 15 POINTS — 1 LB. MIN. PURCHASE REQUIRED

**40% OFF** — SUPERSTORE VITAMINS — 15 POINTS — 1 LB. MIN. PURCHASE REQUIRED

**49.99** EA. — VEGA NUTRITIONAL SHAKES — 30 POINTS — 1 LB. MIN. PURCHASE REQUIRED

**10.99** EA. — BOUNTY PAPER TOWELS OR CHARMIN BATHROOM TISSUE OR SELECTED PLAN PURCHASE DAILY — 6 PACK — 20 POINTS — 1 LB. MIN. PURCHASE REQUIRED

## I earn with moi rewards

**45 POINTS — 5.49** EA. — DECK MASTER — CRACKER BARREL — CRACKER BARREL OR BLACK DIAMOND SELECTIONS — 200 GR. — 45 POINTS — 1 LB. MIN. PURCHASE REQUIRED

**50 POINTS — 7.99** EA. — CASCADE, TIDE OR DOWNY — TIDE OR CASCADE DETERGENT, DOWNY CONCENTRATE OR BOUNTY SOFTWASH OR CASCADE DISHWASHER DETERGENT — 50 POINTS — 1 LB. MIN. PURCHASE REQUIRED

## FRESH & GO 4-DAY MEAL DEAL

THURSDAY JANUARY 22nd - SUNDAY JANUARY 25th

- Assorted California Combo With Wing
- 2-Wet Chicken Tenders, 2-Wet Chicken Wings or 20-Chicken Bites
- Store Made Campanelli Fresh Vegetable Mix & Fresh Fruit Cup
- Cooked BBQ Pork Back Ribs Half A
- 10" X-Large Pepperoni & Cheese Hot Pizza — 1 PER CUSTOMER — INSTORE PREPARED

VIGGO SHRIMP **10.99** EA.

We reserve the right to limit quantities.
DESCRIPTIONS: RAW PROCESSED & COOK PACKED.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Accepted for Payment: Visa, MasterCard, Debit, Cash, Cheque, Money Order

Visit us at: moiFOOD.ca
Show us your receipt from any of these in-store flyers for **MINI $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 PRODUCE

**3.99** ea. BLACKBERRIES 125 g PRODUCE PRODUCE

**1.69** /lb SWEET POTATOES PRODUCE PRODUCE 1.69 kg

**2.99** ea. BELLA CRAFT MUSHROOMS OR CRAVIN MUSHROOMS PRODUCE PRODUCE 227 g/454 g

JUMBO
**6.99** /lb SWEET CHERRIES PRODUCE PRODUCE 6.09 kg

**2.99** /lb LARGE CARA CARA ORANGES PRODUCE PRODUCE 1.09 kg

**4.99** ea. KIWI BASKETS 454 g PRODUCE PRODUCE

**2.49** ea. CARROTS OR YELLOW ONIONS 2 kg PRODUCE PRODUCE ORIGINAL CHOICE

FRESH FOODS
MIXED NUTS OR PINEAPPLE 454 g
**6.99** ea. 30 points

CLEMENTINES 1 kg
**4.99** ea.

CARDELLA'S MEDITERRANEAN 454 g FRESH FOODS FRESH FOODS

CAMPINO SPROUTS 340 g
**3.99** ea.

MEYER LEMONS 454 g PRODUCE PRODUCE
**4.99** ea.

LARGE ANJOU PEARS PRODUCE PRODUCE 1.09 kg
**2.49** /lb

RUSSET POTATOES 2.27 kg PRODUCE PRODUCE
**3.99** ea. 15 points

JULIENNE CARROTS 454 g PRODUCE PRODUCE
**2.49** ea.

LIMES 454 g PRODUCE PRODUCE
**3.99** ea.

SOME READY TO EAT SMOKED SALMON 100 g SEAFOOD SEAFOOD
**6.49** ea.

DALIGA FROZEN TOFU SHEETS, CRUMBLES, OR GRILLER BLOCKS 454 g/227 g/454 g FROZEN FROZEN
**5.99** ea.

VEGETABLE SALADS 454 g PRODUCE PRODUCE
**4.49** ea.

## Organic

TONICA ORGANIC KOMBUCHA 1.1 L
**9.99** ea.

3 lb bag
ORGANIC RED DELICIOUS APPLES 1.36 kg PRODUCE PRODUCE
**6.99** ea.

ORGANIC CARROTS 454 g PRODUCE PRODUCE
**3.49** ea.

ORGANIC PINEAPPLES PRODUCE PRODUCE
**5.99** ea. 25 points

## Sliced & Diced

Buy 10 get 1 free

STORE MADE ORGANIC PARFAITS 250 g
**4.49** ea.

CORED GOLDEN PINEAPPLES
**4.99** ea. 20 points

STORE MADE SPICED SALADS 454 g
**5.99** ea.

## Flowers in Bloom

LARGE GERBERA BUNCH 2 stems
2/
**28.00** ea. 14.99 ea.

PRIMROSE BOWLS 12 cm
**11.99** ea.

LONG LASTING
FOLIAGE PLANTS 12 cm
**26.99** ea. 65 points

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.

metro.ca

YOUR ONLINE GROCERIES

# UNEXPECTED GUESTS? NO WORRIES!

# GET YOUR GROCERIES DELIVERED IN 2 HOURS* RIGHT ON TIME!

*Conditions apply. Details on metro.ca.

Order Now