

Your

# GO-TO

for festive feasts.



**metro**  
CANADIAN AND PROUD



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

RASPBERRIES 1 lb  
BLACKBERRIES 1 lb  
BLACKBERRIES 1 lb



**BEST PRICE**  
**IN YEARS**

**1<sup>49</sup>**  
/lb



**99¢**  
/lb

TOMATOES ON THE VINE  
2.5 lb



**GREAT PRICE!**

**4<sup>88</sup>**  
/lb



**1<sup>44</sup>**  
/lb

RED PRINCE  
LARGE RED PRINCE APPLES  
3.5 lb



**GREAT PRICE!**

**2<sup>99</sup>**  
/lb



**2<sup>99</sup>**  
ea. or /lb

BOLTHOUSE FRESH  
baby greens leaf  
RADICCHIO



**3<sup>99</sup>**  
/lb

IRRESISTIBLE  
SPIRAL SLICED HONEY HAM OR  
SMOKED HAM



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

LACTANTIA PURIFIT MILK  
TROPICANA OR PURE LEAF JUICE OR DRINKS



**GREAT PRICE!**

**4<sup>44</sup>**  
ea.



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

HÄAGEN-DAZS ICE CREAM OR DRUMSTICK  
DRUMSTICK



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

LACTANTIA BUTTER  
COUNTRY CHURNED BUTTER



HOLIDAY  
FESTIVE  
FAVOURITES

5 KG

SAN DANIELLE  
WHOLE  
PROSCIUTTO

79<sup>00</sup>  
ea.

GREAT  
PRICE!

CLASSICO  
SAN DANIELLE  
PROSCIUTTO  
Ham • Jambon

AQUA STAR COOKED SALMON  
WILD PINK ARGENTINIAN  
BONE SHIMP • 100 g  
DOM NORDVEGEN FJØRØ  
SMOKED SALMON 400 g

19<sup>99</sup>  
ea.

DELICIOUS SEA  
Dinner White Salmon  
CROQUETTES Bœuf  
DU PAYS DE  
SAUMURES  
WILD CAUGHT  
SALMON

EXTRA  
Norwegian Fjord

12<sup>99</sup>  
ea.

STORE MADE  
CAPRESSES  
NET WT 1000g (35.3 oz)

125  
ea.

CLUB  
TURKEY LUNCHEON

STOVE TOP STUFFING, FRANC-AMERICAN OR  
CLUB HOUSE GRABY

STOVE TOP

349  
ea.

Tostitos

Ruffles

Doritos

BUFFLES CHIPS, DORITOS OR CHEETOS  
SALADS, TOSTITOS TORTILLA CHIPS

250  
points

15<sup>99</sup>  
ea.

NET WT 100g (3.5 oz)  
\$2  
back in  
points

Quality  
Street

HOLIDAY ENTERTAINING

**Irresistible**  
CHEESE STICKS  
JALAPENO  
POPPERS OR  
SAUSAGE ROLLS  
100% REAL MEAT

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

**Irresistible**  
HOT SAUSAGE ROLLS  
NEW

**Irresistible**  
MEDITERRANEAN  
MOZZARELLA  
BATTERED CHEESE STICKS

**Irresistible**  
MEATBALLS  
100% REAL MEAT  
GLUTEN FREE

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

**Irresistible**  
MEATBALLS  
BOULETTES

**Irresistible**  
MEATBALLS  
BOULETTES

**Irresistible**  
PARTY PACK  
ASSORTMENT  
FESTIVE

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

**Irresistible**  
GOURMET BOURNE  
SAUSAGES  
WITH  
BRUSCHETTA

**Irresistible**  
CANNIBAL BITE  
GOURMET SAUSAGES OR  
PARTY PACK PARTY PACK

**Irresistible**  
PINEAPPLE  
BITE  
BOUCHÉES  
W/CRISP PASTRY

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

**Irresistible**  
LUMPIAS  
NEW

**Irresistible**  
APPETIZERS  
ROLLS 20-25  
GLUTEN FREE

**\$1**  
back in  
points

**125**  
points

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

**Irresistible**  
COCONUT SHRIMP  
CRISP  
TEMPURA SHRIMP  
CRISP

**Irresistible**  
COCONUT SHRIMP  
CRISP  
TEMPURA SHRIMP  
CRISP

**\$1**  
back in  
points

**125**  
points

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

**Irresistible**  
PACIFIC WHITE SHRIMP RING

\$ New Lower Prices



**2 for \$7.00**  
D'ITALIANO ORIGINAL BREAD  
12 SLICES  
SELECTED VARIETIES



**2 for \$7.00**  
D'ITALIANO ORIGINAL BREAD  
12 SLICES  
SELECTED VARIETIES



**2 for \$7.00**  
D'ITALIANO ORIGINAL BREAD  
12 SLICES  
SELECTED VARIETIES



**2 for \$7.00**  
D'ITALIANO ORIGINAL BREAD  
12 SLICES  
SELECTED VARIETIES



**9.99 125**  
MAPLE LEAF OR SMOKED TURKEY HAM  
BUTTERFLY CUT  
SELECTED VARIETIES



**9.99 125**  
MAPLE LEAF OR SMOKED TURKEY HAM  
BUTTERFLY CUT  
SELECTED VARIETIES



**9.99 125**  
MAPLE LEAF OR SMOKED TURKEY HAM  
BUTTERFLY CUT  
SELECTED VARIETIES



**9.99 125**  
MAPLE LEAF OR SMOKED TURKEY HAM  
BUTTERFLY CUT  
SELECTED VARIETIES



**4.49**  
ACTIVE YOGURT TUBES  
SELECTED VARIETIES



**4.49**  
ACTIVE YOGURT TUBES  
SELECTED VARIETIES



**4.49**  
ACTIVE YOGURT TUBES  
SELECTED VARIETIES



**4.49**  
ACTIVE YOGURT TUBES  
SELECTED VARIETIES



**3.99 250**  
MINUTE MAID OR FIVE ALIVE DRINK  
PULSED OR FIVE ALIVE  
SELECTED VARIETIES



**3.99 250**  
MINUTE MAID OR FIVE ALIVE DRINK  
PULSED OR FIVE ALIVE  
SELECTED VARIETIES



**3.99 250**  
MINUTE MAID OR FIVE ALIVE DRINK  
PULSED OR FIVE ALIVE  
SELECTED VARIETIES



**3.99 250**  
MINUTE MAID OR FIVE ALIVE DRINK  
PULSED OR FIVE ALIVE  
SELECTED VARIETIES



**3.99**  
CELEBRATION COOKIES  
SELECTED VARIETIES



**3.99**  
CELEBRATION COOKIES  
SELECTED VARIETIES



**3.99**  
CELEBRATION COOKIES  
SELECTED VARIETIES



**3.99**  
CELEBRATION COOKIES  
SELECTED VARIETIES



**1.79**  
BEN'S ORIGINAL RICE  
SELECTED VARIETIES



**1.79**  
BEN'S ORIGINAL RICE  
SELECTED VARIETIES



**1.79**  
BEN'S ORIGINAL RICE  
SELECTED VARIETIES



**1.79**  
BEN'S ORIGINAL RICE  
SELECTED VARIETIES



**4.49**  
ZIPLOC SELECTION GARBAGE BAGS  
SELECTED VARIETIES



**4.49**  
ZIPLOC SELECTION GARBAGE BAGS  
SELECTED VARIETIES



**4.49**  
ZIPLOC SELECTION GARBAGE BAGS  
SELECTED VARIETIES



**4.49**  
ZIPLOC SELECTION GARBAGE BAGS  
SELECTED VARIETIES



**5.49**  
OREO CAKESTERS  
SELECTED VARIETIES



**5.49**  
OREO CAKESTERS  
SELECTED VARIETIES



**5.49**  
OREO CAKESTERS  
SELECTED VARIETIES



**5.49**  
OREO CAKESTERS  
SELECTED VARIETIES



**4.99**  
RITZ FAMILY SIZE CRACKERS  
SELECTED VARIETIES



**4.99**  
RITZ FAMILY SIZE CRACKERS  
SELECTED VARIETIES



**4.99**  
RITZ FAMILY SIZE CRACKERS  
SELECTED VARIETIES



**4.99**  
RITZ FAMILY SIZE CRACKERS  
SELECTED VARIETIES

Special prices in this flyer are available at select Metro stores only. See store for details.

We reserve the right to limit quantities. SEE STORE FOR RESTRICTIONS. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at [metro.ca](http://metro.ca) to see all our offers and to learn more about our rewards program.



**11.99 250**  
FRESH 2 GO CHICKEN WINGS OR PAPPARDELLE  
SELECTED VARIETIES



**11.99 250**  
FRESH 2 GO CHICKEN WINGS OR PAPPARDELLE  
SELECTED VARIETIES



**11.99 250**  
FRESH 2 GO CHICKEN WINGS OR PAPPARDELLE  
SELECTED VARIETIES



**11.99 250**  
FRESH 2 GO CHICKEN WINGS OR PAPPARDELLE  
SELECTED VARIETIES



**7.99**  
BENE'S CAESAR DRESSING  
SELECTED VARIETIES



**7.99**  
BENE'S CAESAR DRESSING  
SELECTED VARIETIES



**7.99**  
BENE'S CAESAR DRESSING  
SELECTED VARIETIES



**7.99**  
BENE'S CAESAR DRESSING  
SELECTED VARIETIES



**7.99 250**  
NESCAFE OR NESTLE'S CHOICE INSTANT COFFEE  
SELECTED VARIETIES



**7.99 250**  
NESCAFE OR NESTLE'S CHOICE INSTANT COFFEE  
SELECTED VARIETIES



**7.99 250**  
NESCAFE OR NESTLE'S CHOICE INSTANT COFFEE  
SELECTED VARIETIES



**7.99 250**  
NESCAFE OR NESTLE'S CHOICE INSTANT COFFEE  
SELECTED VARIETIES



**9.99**  
CAMPBELL'S SOUP  
SELECTED VARIETIES



**9.99**  
CAMPBELL'S SOUP  
SELECTED VARIETIES



**9.99**  
CAMPBELL'S SOUP  
SELECTED VARIETIES



**9.99**  
CAMPBELL'S SOUP  
SELECTED VARIETIES



**11.99**  
CORONA CERO BEER  
SELECTED VARIETIES



**11.99**  
CORONA CERO BEER  
SELECTED VARIETIES



**11.99**  
CORONA CERO BEER  
SELECTED VARIETIES



**11.99**  
CORONA CERO BEER  
SELECTED VARIETIES



**12.99**  
MERCY CHOCOLATE  
SELECTED VARIETIES



**12.99**  
MERCY CHOCOLATE  
SELECTED VARIETIES



**12.99**  
MERCY CHOCOLATE  
SELECTED VARIETIES



**12.99**  
MERCY CHOCOLATE  
SELECTED VARIETIES



**10.99**  
DOWNY FABRIC SOFTENER  
SELECTED VARIETIES



**10.99**  
DOWNY FABRIC SOFTENER  
SELECTED VARIETIES



**10.99**  
DOWNY FABRIC SOFTENER  
SELECTED VARIETIES



**10.99**  
DOWNY FABRIC SOFTENER  
SELECTED VARIETIES



**5.99**  
LAY'S POTATO CHIPS  
SELECTED VARIETIES



**5.99**  
LAY'S POTATO CHIPS  
SELECTED VARIETIES



**5.99**  
LAY'S POTATO CHIPS  
SELECTED VARIETIES



**5.99**  
LAY'S POTATO CHIPS  
SELECTED VARIETIES

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**Healthy  
Together**

# MAKE THE OUT OF REACH REACHABLE



**HELP SOMEONE IN NEED BY DONATING IN-STORE. WE'LL MATCH IT.**

Between November 27, 2025 - December 24, 2025, Metro Inc. will match every \$2.00 donation with a Metro gift card of the same value, up to a maximum of \$100,000, and donate the gift card to local food banks in Ontario. To learn more about the food bank receiving the funds raised in this store, see posted signage or speak to a Metro Employee.

moi  
rewards

SAVE BIG  
IN THE APP

Add your coupons in the  
Metro app today.

THIS WEEK'S DEALS:  
Only until December 17, 2025, in-store or online



NOW  
**299**  
ea.  
SAVE UP TO  
\$1

**399**  
ea.  
LECLERC  
COOKIES  
240 g  
SELECTED VARIETIES



NOW  
**199**  
ea.  
SAVE UP TO  
\$1.50

**349**  
ea.  
BETTY CROCKER  
POTATOES  
141 - 215 g  
SELECTED VARIETIES



NOW  
**199**  
ea.  
SAVE UP TO  
\$1.30

**329**  
ea.  
DEL MONTE  
NECTAR  
960 ml  
SELECTED VARIETIES



NOW  
**2199**  
ea.  
SAVE UP TO  
\$6

**2799**  
ea.  
SELECTION CASHEWS  
OR MIXED NUTS  
1.15 kg  
SELECTED VARIETIES



NOW  
**499**  
ea.  
SAVE UP TO  
\$4

**899**  
ea.  
GAIN  
SCENT BOOSTERS  
303 - 379 g  
SELECTED VARIETIES



NOW  
**599**  
ea.  
SAVE UP TO  
\$2

**799**  
ea.  
PREMIÈRE MOISSON  
SOUP  
700 ml  
SELECTED VARIETIES

LIMIT ONE REDEMPTION PER CUSTOMER  
Offer available only on the My Metro app with a mailD account. Limit of one coupon redemption with a mailD account, 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. \*Price may vary at select locations.

# *Turn a picture into a plate.*

**Every drawing submitted becomes a donation  
to Breakfast Club of Canada.**

**Submit your drawings online at [metro.ca/holiday](https://metro.ca/holiday)**



**metro**



Farm Fresh Produce

**4<sup>99</sup>**  
ea.  
BLUEBERRIES 1/2 PINT  
PRODUCT OF WASH. STATE  
PINT

**3<sup>99</sup>**  
/lb  
EXTRA LARGE RED OR  
GREEN OR LARGE  
BLACK SEEDLESS GRAPES  
8.80 kg

**2<sup>99</sup>**  
ea.  
RAPINI  
PRODUCT OF U.S.A.

**1<sup>99</sup>**  
/lb  
SWEET POTATOES  
PRODUCT OF MICH.  
4.30 kg

**2<sup>99</sup>**  
ea.  
CRANBERRIES 1/2 lb  
PRODUCT OF U.S.A.

**4<sup>99</sup>**  
ea.  
JUMBO PINEAPPLES  
PRODUCT OF HAWAII  
CORED PINEAPPLES 1.00 kg  
JUMBO

**1<sup>49</sup>**  
/lb  
JUNCO FENNEL  
PRODUCT OF U.S.A.

**99¢**  
/lb  
GREEN CABBAGE  
PRODUCT OF MICHIGAN  
CABBAGE 1.50 kg

**4<sup>99</sup>**  
ea.  
LEMONS 1/2 lb  
PRODUCT OF U.S.A.

**8<sup>99</sup>**  
/lb  
JUNCO CHERRIES  
PRODUCT OF U.S.A.

**2<sup>49</sup>**  
ea.  
CARROTS OR  
YELLOW ONIONS 1 lb  
PRODUCT OF U.S.A.

**4<sup>99</sup>** **20**  
ea. points  
GREEN FRENCH BEANS  
PRODUCT OF CALIFORNIA

**9<sup>99</sup>** **45**  
ea. points  
VANILLA PERSIMMONS 1/2 lb  
PRODUCT OF U.S.A.

**13<sup>99</sup>**  
ea.  
POM WONDERFUL  
POMEGRANATES  
PRODUCT OF U.S.A.

**3<sup>49</sup>**  
ea.  
ANGEL SWEET OR  
ONE SWEET  
CHERRY TOMATOES  
2015  
PRODUCT OF MICHIGAN

**3<sup>79</sup>**  
ea.  
BELLE GROVE  
MUSHROOMS  
PRODUCT OF U.S.A.

**7<sup>99</sup>**  
ea.  
MOYERS  
CHOCOLATE  
CARAMEL APPLE  
100g

**2<sup>99</sup>**  
ea.  
PASTA  
PRODUCT OF U.S.A.

**2<sup>99</sup>**  
/lb  
BRUSSELS SPROUTS  
PRODUCT OF BELGIUM  
6.50 kg

**1<sup>29</sup>**  
/lb  
BUTTERBEANS  
PRODUCT OF U.S.A.

Organic

**2<sup>99</sup>**  
/lb  
ORGANIC FULL  
CRANWY SMITH OR  
GALA APPLES  
PRODUCT OF U.S.A.

**3<sup>29</sup>**  
ea.  
ORGANIC HERBS  
PRODUCT OF U.S.A.

**4<sup>99</sup>**  
ea.  
ORGANIC  
SWEET POTATOES  
PRODUCT OF U.S.A.

**6<sup>99</sup>** **30**  
ea. points  
ORGANIC  
CAMPARI TOMATOES  
PRODUCT OF U.S.A.

Sliced & Diced

**9<sup>99</sup>**  
ea.  
LARGE SALAD  
SMALL FRUIT TRAY  
1 KG

**13<sup>99</sup>**  
ea.  
NACHOS PLATTER  
BERRY KETO TRAY  
PUMPKIN SEEDS  
TRAY WITH DIP

**14<sup>99</sup>**  
ea.  
PORKETTA  
PORKETTA  
PORKETTA

**40<sup>00</sup>**  
ea.  
GRACEFUL BOUQUET  
GRACEFUL BOUQUET

**16<sup>99</sup>**  
ea.  
PORKETTA  
PORKETTA  
PORKETTA

***metro.ca* LIMITED-TIME OFFER**

Your  
**GO-TO** for  
unlimited deliveries.

**Subscribe Now**



**COMES OUT TO**

**\$125**

**PER WEEK\***

**6 OR 12 MONTH PLAN**

**SAME PRICES  
& FLYER DEALS  
AS IN-STORE**

\*Certain conditions apply. Details on metro.ca

Our Butcher's Finest

SKINLESS

FRESH SKINLESS CHICKEN BREAST 12.99kg

3<sup>99</sup>  
/lb

BREADED CHICKEN BREAST CUTLET VALUE PACK 22.82kg

9<sup>99</sup>  
/lb

FRESH

FRESH PORK BACK RIBS HALF PCK 13.21kg

5<sup>99</sup>  
/lb

RED GRILL WHOLE BEEF BRISKET VAC PACK 15.41kg

6<sup>99</sup>  
/lb

100% CANADIAN ANGUS

PLATINUM GRILL ANGUS BONELESS FRESH BROWN ROAST OR VALLEY PORK STEAK 22.82kg

9<sup>99</sup>  
/lb

YORKSHIRE VALLEY FARM

ORGANIC FRESH WHOLE CHICKEN, CHICKEN DRUMSTICKS OR LEG QUARTERS 13.21kg

5<sup>99</sup>  
/lb

LEGACY

PEPPERONI CHICKEN PASTA 13.95kg

4<sup>99</sup>  
/lb

BUTTERBALL

BUTTERBALL FRESH TURKEY SPIT BREAST 17.63kg

7<sup>99</sup>  
/lb

250 points

82¢ each in packs

125 points

51¢ each in packs

50 points

51¢ each in packs

50 points

51¢ each in packs

CHICKEN BREAST

MAPLE LODGE CHICKEN BACON OR ZARINA MALL 1.1kg

4<sup>99</sup>  
ea.

CHICKEN BREAST

MAPLE LODGE CHICKEN BACON OR ZARINA MALL 1.1kg

6<sup>99</sup>  
ea.

CHICKEN BREAST

CHICKEN CHALLET OR MONTANA'S PORK BACK RIBS 1.1kg

12<sup>99</sup>  
ea.

CHICKEN BREAST

VICENTINA ITALIAN STYLE PORCHETTA 1.1kg

21<sup>99</sup>  
ea.

KEESER'S

KEESER'S FRESH HESH BROWNS 1.1kg

2<sup>99</sup>  
ea.

LEVERQUE

SHOKED PORK TONIC CHICKEN 8.80kg

3<sup>99</sup>  
/lb

LOU'S

LOU'S KITCHEN SMOKED HAM 1.1kg

7<sup>99</sup>  
ea.

MARK ANGELO

MARK ANGELO FINE LEBB PORK SLOAN ROAST OR PILEL'S SMOKED HAM 1.1kg

9<sup>99</sup>  
ea.

MARK ANGELO

MARK ANGELO THREE MEAT PIE 1.1kg

5<sup>99</sup>  
ea.

MARK ANGELO

MARK ANGELO DINNERS SAGUO 1.1kg

6<sup>99</sup>  
ea.

INVESTIBLE

INVESTIBLE GORDA BOWLS, SPANISH OR PASTA LASAGNA 1.1kg

6<sup>99</sup>  
ea.

BEYOND BOWLS

BEYOND BOWLS 1.1kg

7<sup>99</sup>  
ea.

PACO

PACO PASTA LASAGNA 1.1kg

11<sup>99</sup>  
ea.

PRIME

PRIME CHICKEN STRIPS 1.1kg

12<sup>99</sup>  
ea.

PINTY'S

PINTY'S CHICKEN OR BREADED CHICKEN 1.1kg

15<sup>99</sup>  
ea.

INVESTIBLE

INVESTIBLE MEAT LASAGNA 1.1kg

15<sup>99</sup>  
ea.

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT [metro.ca](https://metro.ca)

## Holiday Entertaining

**\$1**  
back in  
corner

**125**  
points

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

**HOLIDAY  
DESSERT CAKES**  
100% WHOLE GRAIN  
FLOUR

**\$1**  
back in  
corner

**125**  
points

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

**FRONT STREET BAKERY LOG CAKE** 100g  
BUTTER VANILLA

**COPPERBATH  
SPICE COOKIES**

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

**CREATE & TREAT  
READY TO BAKE  
COOKIE KIT** 400g

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

**75**  
points

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

**FRONT STREET BAKERY  
ICE BOX COOKIES**  
SUGAR VANILLA  
SELECTED FRUIT

**\$2**  
back in  
corner

**250**  
points

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

**FRONT STREET BAKERY  
CARROT CAKE** 110g

**\$1**  
back in  
corner

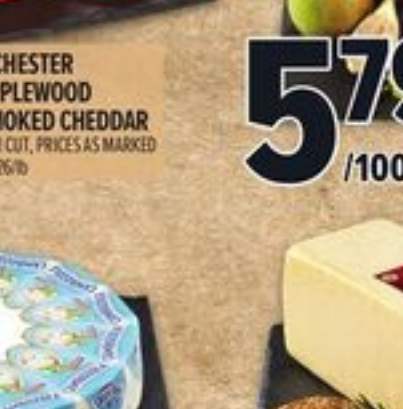
**125**  
points

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

**FRONT STREET BAKERY  
BLACK FOREST & WHITE  
RASPBERRY LOG CAKE**

|                                                                                                                                                                |                                                                                                                                                                                                                                             |                                                                                                                                                                                                |                                                                                                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>BROSCHE<br/>Brioche BREAD</b></p> <p><b>5<sup>99</sup></b><br/>ea.</p> |  <p><b>STONORE<br/>SUPREME PUFFIN PASTRY</b><br/>FLAT BREAD OR<br/>PIZZA POUCH</p> <p><b>3<sup>99</sup> - 3<sup>00</sup></b><br/>ea.     <b>points</b></p> |  <p><b>5<sup>99</sup></b><br/>ea.</p> <p><b>PIONEER MOONSHINE<br/>COUNTRY BREADS</b><br/>100% WHOLE WHEAT</p> |  <p><b>3<sup>99</sup></b><br/>ea.</p> <p><b>FROST STREET BAKERY<br/>PUFFIN ROLLS</b><br/>100% WHOLE WHEAT</p> |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

## Deli Favourites

|                                                                                                                                                    |                                                                                                                |                                                                                                                |                                                                                                                |
|----------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
|  <p><b>VALUE PICK</b></p> <p><b>29<sup>99</sup></b><br/>/100 g</p> |  <p><b>349</b><br/>/100 g</p> |  <p><b>579</b><br/>/100 g</p> |  <p><b>579</b><br/>/100 g</p> |
|  <p><b>699</b><br/>ea.</p>                                         |  <p><b>599</b><br/>ea.</p>    |  <p><b>599</b><br/>/100 g</p> |  <p><b>449</b><br/>/100 g</p> |
|  <p><b>799</b><br/>ea.</p>                                         |  <p><b>879</b><br/>ea.</p>    |  <p><b>599</b><br/>ea.</p>    |  <p><b>1149</b><br/>ea.</p>   |
|  <p><b>1549</b><br/>ea.</p>                                       |  <p><b>649</b><br/>ea.</p>   |  <p><b>999</b><br/>ea.</p>   |  <p><b>799</b><br/>ea.</p>   |
|  <p><b>LIMITED TIME</b></p>                                      |  <p><b>50</b><br/>ea.</p>   |  <p><b>399</b><br/>ea.</p>  |  <p><b>599</b><br/>ea.</p>  |

## cheesy holiday APPETIZERS

Impress your guests with our array of flavourful cheeses – perfect for platters & charcuterie boards.



**10<sup>99</sup>**  
ea. BOURSIN  
TRIO CREAM CHEESE



**449**  
/100g

CASTELLO  
TICKLER CHEDDAR  
DELI CUT. PRICE'S AS MARKED



649/100g



**299**  
/100g



999



**499**  
/100g

**CASTELLO**  
WINE



899



749



**399**



349

**BUY MORE  
SAVE MORE!**



429/100g



## A scenic view of a vineyard in Italy. In the foreground, a vintage silver car is parked on a gravel path, with a person wearing a straw hat and a plaid shirt sitting in the driver's seat. The background features rolling green hills with terraced vineyards and a small village with yellow buildings. The text "FLAVOURS OF" is written in a bold, sans-serif font, and "italy" is written in a large, white, cursive script. A green and red horizontal line is positioned below the word "italy".

**2.49**  
/lb

**LARGE FOREBELL PEARS**  
WAXED & UNWAXED  
COUNTRY CHOICE  
6-8oz

**2.99**  
ea.

**ENJOYE O ESCALOLE**  
CILANTRO

**SANPELLEGRINO**  
TRIGRAPHIC ITALIAN WATER

**SPARKLING DRINKS**

**6** 16.9 FL OZ (500 mL) CANS

**SPARKLING DRINKS**

**6** 16.9 FL OZ (500 mL) CANS

**ILLY**

**CLASSICO**  
TRADITIONAL ITALIAN ROAST

**INTENSO**  
TRADITIONAL ITALIAN ROAST

**11.5 FL OZ (330 mL) CANS**

**11.5 FL OZ (330 mL) CANS**

**ILLY COFFEE**  
100% ARABICA BEANS

**5.99**  
ea.

**5.99**  
ea.

**11.99**  
ea.

**11.99**  
ea.

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**FRESH**  
**2 GO**



**WHAT'S FOR DINNER?**

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*Skip the Dishes offers available at select stores only.*



**ORDER NOW**

**FRESH 2 GO  
PIZZA**

1 un  
SELECTED VARIETIES

**SAVE UP TO \$5**

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

# Seafood

**4.49** ea.

**FRESH WILDCATCHED SALMON FILLETS**  
FRESH WILDCATCHED SALMON FILLETS 10lb

Foodland  
fresh

**125** points

**\$1** back in points

**15.99** ea.

**DOM CEDAR PLANKED SALMON**  
DOM CEDAR PLANKED SALMON 10lb

**9.99** ea.

**PACIFIC WHITE SHRIMP**  
PACIFIC WHITE SHRIMP 10lb

**3.99** ea.

**TRUE BLUE MARYLAND CRAB CAKES**  
TRUE BLUE MARYLAND CRAB CAKES 10lb

**7.99** /lb

**LEXUS KEMP SEA LANES SALMON**  
LEXUS KEMP SEA LANES SALMON 10lb

**7.99** ea.

**HOT SMOOKED WILD PINK SALMON**  
HOT SMOOKED WILD PINK SALMON 10lb

**30** points

**NATURA LIA BISCUITS OR FALAFEL PATTIES**  
NATURA LIA BISCUITS OR FALAFEL PATTIES 10lb

**BACCALA**

**15.99** ea.

**FIVE STAR SEAFOOD OYSTERS**  
FIVE STAR SEAFOOD OYSTERS 10lb

**17.00** ea.

**FRESH MAPLE STANDARD OYSTERS**  
FRESH MAPLE STANDARD OYSTERS 10lb

**12.99** ea. or 1lb

**BENITO EXPRESS CRISPY FAMILY PACK**  
BENITO EXPRESS CRISPY FAMILY PACK 10lb

**12.99** ea.

**BENITO EXPRESS VARIETY PACK**  
BENITO EXPRESS VARIETY PACK 10lb

|                                                                                                                                                                                                  |                                                                                                                                                                                                |                                                                                                                                                                                                                        |                                                                                                                                                                                                                         |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>IRRESISTIBLE SMOKED ATLANTIC SALMON</b><br/>100% PURE</p> <p><b>30</b><br/>pieces</p> <p><b>5<sup>99</sup></b><br/>ea.</p> <p>ATLANTIC SALMON<br/>SMOKED ATLANTIC SALMON<br/>100% PURE</p> | <p><b>IRRESISTIBLE WILD CAUGHT TUNA STEAKS</b><br/>100% PURE</p> <p><b>40</b><br/>pieces</p> <p><b>8<sup>99</sup></b><br/>ea.</p> <p><b>Irresistible</b><br/>TUNA<br/>STEAKS<br/>100% PURE</p> | <p><b>IRRESISTIBLE SHAYOHO MARLEY BLEND IN A MEE</b><br/>100% PURE</p> <p><b>40</b><br/>pieces</p> <p><b>9<sup>99</sup></b><br/>ea.</p> <p><b>Irresistible</b><br/>SHAYOHO MARLEY BLEND<br/>IN A MEE<br/>100% PURE</p> | <p><b>IRRESISTIBLE SHAYOHO MARLEY BLEND IN A MEE</b><br/>100% PURE</p> <p><b>40</b><br/>pieces</p> <p><b>10<sup>99</sup></b><br/>ea.</p> <p><b>Irresistible</b><br/>SHAYOHO MARLEY BLEND<br/>IN A MEE<br/>100% PURE</p> |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

|                                                                                                                                                                                    |                                                                                                                                                                                 |                                                                                                                                                                                               |                                                                                                                                                                         |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p><b>PRINGLES CHIPS</b><br/>SELECTED FLAVORS</p> <p><b>2.99</b><br/>ea.</p>                      |  <p><b>WALKER'S</b><br/>SHORTBREAD COOKIES<br/>SELECTED FLAVORS</p> <p><b>4.99</b><br/>ea.</p> |  <p><b>IRRESISTIBLE</b><br/>SNACKS<br/>SELECTED FLAVORS</p> <p><b>1.99</b><br/>ea.</p>                       |  <p><b>OREO</b><br/>HOLIDAY COOKIES<br/>WHITE CHOCOLATE</p> <p><b>2.22</b><br/>ea.</p> |
|  <p><b>MONTE VERDE</b><br/>PANETTONE<br/>1 lb. loaf</p> <p><b>5.99</b><br/>ea.</p>                 |  <p><b>Biscoff</b><br/>COOKIES<br/>10.5 oz. bag</p> <p><b>3.99</b><br/>ea.</p>                 |  <p><b>M&amp;M'S</b><br/>MILK CHOCOLATE<br/>10.5 oz. bag</p> <p><b>5.99</b><br/>ea.</p>                      |  <p><b>KINDER</b><br/>SURPRISE EGGS<br/>10.5 oz. bag</p> <p><b>6.99</b><br/>ea.</p>    |
|  <p><b>WHITE CLAW</b><br/>HARD SELTZER<br/>ZERO<br/>12 oz. can</p> <p><b>9.49</b><br/>ea.</p>      |  <p><b>PHILLIPS 4</b><br/>HAZY IPA<br/>12 oz. can</p> <p><b>8.49</b><br/>ea.</p>               |  <p><b>GROVI</b><br/>HARD SELTZER<br/>GREEN<br/>12 oz. can</p> <p><b>12.49</b><br/>ea.</p>                   |  <p><b>ALLEN'S</b><br/>APPLE CIDER<br/>12 oz. can</p> <p><b>3.99</b><br/>ea.</p>       |
|  <p><b>STARBUCKS</b><br/>COFFEE<br/>PIKE PLACE ROAST<br/>12 oz. can</p> <p><b>7.99</b><br/>ea.</p> |  <p><b>TAZO</b><br/>TEA<br/>LEMON<br/>12 oz. can</p> <p><b>4.99</b><br/>ea.</p>                |  <p><b>Beatrice</b><br/>BUTTERMILK<br/>12 oz. can</p> <p><b>20</b><br/>points</p> <p><b>3.99</b><br/>ea.</p> |  <p><b>Cheetos</b><br/>CHEDDAR CHEESE<br/>10.5 oz. bag</p> <p><b>3.49</b><br/>ea.</p>  |





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PRIMO PASTA SAUCE  
16 oz. (1.125 L)  
SELECTED VARIETIES



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STEFANO PASTA SAUCE  
16 oz. (1.125 L)  
SELECTED VARIETIES



**2.99**  
ITALPASTA LASAGNE  
17 oz.  
SELECTED VARIETIES



**5.49**  
SOMETHING SPECIAL TOP SPREAD & MARINADE  
16 oz. (1.125 L)  
SELECTED VARIETIES



**4.99**  
KELLOGG'S RICE KRISPIES  
10 oz. (283 g)  
SELECTED VARIETIES



**4.99**  
KELLOGG'S RAISIN BRAN  
10 oz. (283 g)  
SELECTED VARIETIES



**45¢**  
KRAFT PARMESAN CHEESE  
1/2 lb. (227 g)  
SELECTED VARIETIES



**3.99**  
KASHI GRANOLA BARS  
10 oz. (283 g)  
SELECTED VARIETIES



**5.79**  
ULTRACR 20g PROTEIN MILK  
1 L (33.8 FL OZ)  
SELECTED VARIETIES



**5.79**  
ULTRACR 20g PROTEIN MILK  
1 L (33.8 FL OZ)  
SELECTED VARIETIES



**6.49**  
LACTANTIA LACTOSE FREE MILK  
1 L (33.8 FL OZ)  
SELECTED VARIETIES



**6.49**  
LACTANTIA LACTOSE FREE MILK  
1 L (33.8 FL OZ)  
SELECTED VARIETIES



**7.99**  
TRACKLEMENTS CONDIMENT  
250 g (8.8 oz)  
SELECTED VARIETIES



**7.99**  
TRACKLEMENTS CONDIMENT  
250 g (8.8 oz)  
SELECTED VARIETIES



**10.49**  
HÄAGEN-DAZS ICE CREAM  
1 L (33.8 FL OZ)  
SELECTED VARIETIES



**10.49**  
HÄAGEN-DAZS ICE CREAM  
1 L (33.8 FL OZ)  
SELECTED VARIETIES



**10.49**  
HÄAGEN-DAZS ICE CREAM  
1 L (33.8 FL OZ)  
SELECTED VARIETIES



**10.49**  
HÄAGEN-DAZS ICE CREAM  
1 L (33.8 FL OZ)  
SELECTED VARIETIES



**6.99**  
DORITOS  
10 oz. (283 g)  
SELECTED VARIETIES



**6.99**  
DORITOS  
10 oz. (283 g)  
SELECTED VARIETIES



**6.99**  
DORITOS  
10 oz. (283 g)  
SELECTED VARIETIES



**6.99**  
DORITOS  
10 oz. (283 g)  
SELECTED VARIETIES



**6.99**  
DORITOS  
10 oz. (283 g)  
SELECTED VARIETIES



**6.99**  
DORITOS  
10 oz. (283 g)  
SELECTED VARIETIES



**6.99**  
DORITOS  
10 oz. (283 g)  
SELECTED VARIETIES



**6.99**  
DORITOS  
10 oz. (283 g)  
SELECTED VARIETIES



**2 for \$10.00**  
INVESTIBLE FROZEN FRUIT  
10 oz. (283 g)  
SELECTED VARIETIES



**9.00**  
INVESTIBLE PIZZA  
10 oz. (283 g)  
SELECTED VARIETIES



**13.00**  
INVESTIBLE SPARKLING WATER  
10 oz. (283 g)  
SELECTED VARIETIES



**6.00**  
INVESTIBLE CELERO ENERGY DRINK  
10 oz. (283 g)  
SELECTED VARIETIES



**2 for \$7.00**  
TUBES OF SOUP  
10 oz. (283 g)  
SELECTED VARIETIES



**2 for \$7.00**  
DOLE FRUIT CUPS  
10 oz. (283 g)  
SELECTED VARIETIES



**2 for \$6.00**  
GO PURE CEREAL BARS  
10 oz. (283 g)  
SELECTED VARIETIES



**2 for \$6.00**  
LECKER GO PURE CEREAL BARS  
10 oz. (283 g)  
SELECTED VARIETIES



**15 points**  
GLACÉAU VITAMIN WATER  
10 oz. (283 g)  
SELECTED VARIETIES



**8.50**  
WHIPPED CREAM  
10 oz. (283 g)  
SELECTED VARIETIES



**8.50**  
MAPLE SNICKERDOODLE COOKIES  
10 oz. (283 g)  
SELECTED VARIETIES



**7.50**  
VINTA VOLCAN CRACKERS  
10 oz. (283 g)  
SELECTED VARIETIES

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COOKIES  
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COOKIE**

[illegible]

MARTELLI FIAT 500  
CANTUCCI COOKIES  
10.5

18<sup>99</sup>  
ea.

Sperlan  
TORTONE  
150g

7<sup>99</sup>  
ea.

VERGANI  
PANETTONE  
100g  
SELECTED VARIETIES

3<sup>99</sup>  
ea.

GIGI AURORA  
ON LUSON  
PANETTONE  
400g - 300g  
SELECTED VARIETIES

11<sup>99</sup>  
ea.

THE MARIE  
EXCLUSOR OR  
MILKLETT  
PANETTONE  
OR PANDORO  
750g  
SELECTED VARIETIES

14<sup>99</sup>  
ea.

MOTTA OR  
FASCONARO  
PANETTONE  
OR PANDORO  
500 - 800g  
SELECTED VARIETIES

21<sup>99</sup>  
ea.

SANTANGELO OR  
PASTICCERIA  
PANETTONE OR  
PANDORO  
200g - 1kg  
SELECTED VARIETIES

23<sup>99</sup>  
ea.

PALUANI 1921  
PANDORO, CHIOSTRO  
OR LUSON MASON  
PANETTONE  
600 - 750g - 1kg  
SELECTED VARIETIES

29<sup>99</sup>  
ea.

MUZZI TOMMASO  
PALUANI CREAM OR  
LUSON PANDORO OR  
PANETTONE  
500 - 750g - 1kg  
SELECTED VARIETIES

18<sup>99</sup>  
ea.

CHIOSTRO TIN  
VERGANI AGRUMI OR  
SCARPELLO PANETTONE  
750g - 1kg  
SELECTED VARIETIES

32<sup>99</sup>  
ea.

FASCONARO  
WRAPPED  
PANETTONE  
750g  
SELECTED VARIETIES

19<sup>99</sup>  
ea.

FASCONARO ORO  
OR STREGA  
PANETTONE OR  
PANDORO  
1kg  
SELECTED VARIETIES

46<sup>99</sup>  
ea.

BAULI OR  
MILKLETT  
PANETTONE OR  
PANDORO  
200 - 800g  
SELECTED VARIETIES

16<sup>99</sup>  
ea.

FASCONARO 1953  
PANETTONE  
1kg  
SELECTED VARIETIES

41<sup>99</sup>  
ea.

FASCONARO  
DOLCE & GABBANA  
PASTICCHIO, NOCCOLA OR  
MARRONINO PANETTONE 1kg  
SELECTED VARIETIES

71<sup>99</sup>  
ea.

FABRI AMARENA  
PANETTONE  
1kg

31<sup>99</sup>  
ea.

A delicious selection of light, airy  
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ITEM AVAILABILITY VARIES BY STORE - WHILE QUANTITIES LAST

Organic

MARINATA  
PEANUT BUTTER  
100% PEANUT BUTTER  
SELECTED VARIETIES

8<sup>99</sup>  
ea.

MARINATA  
Peanut Butter  
SELECTED VARIETIES

3<sup>99</sup>  
ea.

FARMER'S MARKET  
CANNED  
VEGETABLES  
SELECTED VARIETIES

4<sup>49</sup>  
ea.

ORGANIC  
Green Tea  
SELECTED VARIETIES

8<sup>49</sup>  
ea.

GO BIO  
BOUILLON CUBES #10  
SELECTED VARIETIES

3<sup>99</sup>  
ea.

PEACE RIVER  
HONEY  
SELECTED VARIETIES

14<sup>49</sup>  
ea.

MANITOBA HARVEST  
HEMP HEARTS #10  
SELECTED VARIETIES

10<sup>99</sup>  
ea.

Gluten-Free

ROSE  
MONSIEUR  
SELECTED VARIETIES

3<sup>99</sup>  
ea.

CRETORS  
CHOCOLATE  
SELECTED VARIETIES

4<sup>99</sup>  
ea.

MAPLE LEAF  
MIGHTY PROTEIN  
CHICKEN STICKS  
SELECTED VARIETIES

2<sup>49</sup>  
ea.

TRY NEW  
MIGHTY PROTEIN  
SELECTED VARIETIES

2<sup>49</sup>  
ea.

Household Helpers

15  
POUR  
SCOTTIES  
FACIAL TISSUES  
SELECTED VARIETIES

2<sup>49</sup>  
ea.

LOW  
EVERY DAY  
SELECTION  
COMPOSTABLE NAPKINS  
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ea.

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SAVE MORE!  
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20<sup>00</sup>  
each  
OR  
10 for  
199<sup>00</sup>  
each  
SELECTED VARIETIES

20<sup>00</sup>  
ea.

FEBREZE  
AIR FRESHENERS  
SELECTED VARIETIES

5<sup>49</sup>  
ea.

Ziploc  
FREEZER OR  
SANDWICH BAGS  
SELECTED VARIETIES

9<sup>99</sup>  
ea.

ALCAN  
ALUMINUM FOIL  
SELECTED VARIETIES

5<sup>49</sup>  
ea.

RED BIRCH  
CUTLERY  
SELECTED VARIETIES

2<sup>49</sup>  
ea.

SELECTION  
RED CUPS  
SELECTED VARIETIES

7<sup>49</sup>  
ea.

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OR CASCADE  
DISH SOAP  
SELECTED VARIETIES

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ea.

SELECTION  
WINDFIELL  
WASHING FLUID  
SELECTED VARIETIES

15<sup>99</sup>  
ea.

Pet

BUY MORE  
SAVE MORE!  
2 for  
5<sup>00</sup>  
each  
SELECTED VARIETIES

5<sup>00</sup>  
ea.

15  
POUR  
TINY TARTARUS  
CAT TREATS  
SELECTED VARIETIES

2<sup>99</sup>  
ea.

VITALIFE  
DOG TREATS  
SELECTED VARIETIES

14<sup>49</sup>  
ea.

COOKIES  
DOG TREATS  
SELECTED VARIETIES

8<sup>49</sup>  
ea.

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**3<sup>99</sup>**

MUTTI PASTA  
680 ml  
SELECTED VARIETIES

**7<sup>99</sup>**

MUTTI PASTA SAUCE  
680 ml  
SELECTED VARIETIES

**2<sup>49</sup>**

MUTTI POLPA  
370 ml

**3<sup>49</sup>**

MUTTI PIZZA SAUCE OR  
TOMATO PASTE  
150-300 ml  
SELECTED VARIETIES

**3<sup>99</sup>**

MUTTI PEEL TOMATOES  
750 ml

**4<sup>99</sup>**

MUTTI SAN MARZANO  
TOMATOES  
300 ml

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**5<sup>49</sup>**

KRAFT PURE BUTTER  
500 g  
SELECTED VARIETIES

**4<sup>99</sup>**

KRAFT PURE PASTA SAUCE  
500 ml  
SELECTED VARIETIES

**2<sup>99</sup>**

KRAFT GARDEN OF EATIN'  
SELECT PASTA SAUCE  
500 ml  
SELECTED VARIETIES

**3<sup>99</sup>**

SHAKE 'N BAKE  
COATING MIX  
140 g  
SELECTED VARIETIES

**25**  
points

**4<sup>99</sup>**

PHILADELPHIA  
DIPS  
220 g  
SELECTED VARIETIES

**4<sup>99</sup>**

BAKER'S CHOCOLATE  
100 g  
SELECTED VARIETIES

**1<sup>25</sup>**

JELL-O JELLY POWDER  
3.5 oz  
SELECTED VARIETIES

**10<sup>99</sup>**

NABORS OR TASSIMO  
COFFEE CAPSULE  
8.17 oz  
SELECTED VARIETIES

**3<sup>49</sup>**

TOWN HOUSE OR CHEEZ-IT  
CRACKERS  
SELECTED VARIETIES

**2<sup>99</sup>**

CHEEZ-IT  
FAMILY SIZE  
10.5 oz  
SELECTED VARIETIES

**2<sup>99</sup>**

PRINGLES CHIPS  
1.25 oz  
SELECTED VARIETIES

**2<sup>99</sup>**

NUTRI-GRAIN KIDS  
HRI-BITES  
170-284 g  
SELECTED VARIETIES

**8<sup>99</sup>**

GAIN DETERGENT OR  
FABRIC SOFTENER  
SELECTED SIZES

**8<sup>99</sup>**

GAIN SCENT BOOSTERS OR  
DRYER SHEETS  
SELECTED SIZES

**15<sup>49</sup>**

FERTIZE OIL  
REFILLS  
2.2 oz  
SELECTED VARIETIES

**99¢**

FERTIZE PLUG  
DIFFUSER  
1 oz

**5<sup>99</sup>**

HEAD & SHOULDERS  
HAIR CARE  
12.5-12.5 fl. oz.  
SELECTED VARIETIES

**36<sup>99</sup>**

PAMPERS BABY DIAPERS  
48-48 ct.  
SELECTED VARIETIES

**28<sup>99</sup>**

PAMPERS EASY UPS  
TRAINING PANTS  
48-48 ct.  
SELECTED VARIETIES

**3<sup>99</sup>**

PAMPERS BABY WIPES  
58-58 ct.  
SELECTED VARIETIES

**4<sup>20</sup>**

ALWAYS DISCREET ADULT  
INCONTINENCE  
17-68 ct.  
SELECTED VARIETIES

**3<sup>99</sup>**

CREST PRO-HEALTH  
TOOTHPASTE  
4.3-120 ml  
SELECTED VARIETIES

**6<sup>99</sup>**

CREST ORAL CARE  
4.3-120 ml  
SELECTED VARIETIES