

VERSION 1

Your

GO-TO

for festive feasts.

CANADIAN AND PROUD



199

ea.

RASPBERRIES 1lb
BLACKBERRIES 1lb
BLACKBERRIES 1lb



BEST PRICE

IN YEARS

149

/lb

FROZEN BUTTERBALL
ORIGINS & TURKEY
RAISED WITHOUT
antibiotics
ÉLEVÉ SANS antibiotiques



99¢

/lb

TOMATOES ON THE VINE
2.5lb



GREAT PRICE!

488

/lb

LEAN
GROUND BEEF
VALUE PACK
7lb 700g



144

/lb

RED PRINCE
LARGE RED PRINCE APPLES
3.5lb



GREAT PRICE!

299

/lb

FRESH SPLIT
CHICKEN BREAST
6.5lb



299

ea.

BOLTHOUSE FRESH
BABY CARROTS
MINI CARROTS COIFFES



299

ea.

HAVER
BABY GREEN LEAF
POUSSES VERTES



399

ea.

IRRESISTIBLE
WILD BLUEBERRIES
BAVAYAGES



399

ea.

LACTANTIA PURIFIT
WATER, IRRESISTIBLE FROZEN FRUITS,
TROPICANA OR PURE LEAF JUICE OR DRINKS



499

ea.

HAËGEN-DAZS ICE CREAM OR DRINKSTICK
VANILLA Caramel



499

ea.

LACTANTIA BUTTER
COUNTRY CHURNED BUTTER
UNSALTED



499

ea.

LACTANTIA BUTTER
COUNTRY CHURNED BUTTER
SALTED



499

ea.

LACTANTIA BUTTER
COUNTRY CHURNED BUTTER
UNSALTED

HOLIDAY
FESTIVE
FAVOURITES



2⁹⁹
/100 g

BRANDT VOLAUFSER COIL,
MEZCLADE, POLISH HAM, HONEY MAPLE HAM OR
SALZETON POLSKIE KURCOWE HAM
200/250/300 g



19⁹⁹
ea.



12⁹⁹
ea.

STORE MADE
CAPRESOLI
100 g (3.5 oz)



1²⁵
ea.

STOVE TOP STUFFING, FRANCIS AMERICAN OR
CLUB HOUSE GRABY
100 g (3.5 oz)



3⁴⁹
ea.

BUFFLES CHIPS, DORITOS OR CHEETOS
SNACKS, TOSTITOS TORTILLA CHIPS
200/250/300 g



250
points

15⁹⁹
ea.



\$2
back in
points

HOLIDAY ENTERTAINING

Irresistible
CHEESE STICKS
JALAPENO
POPPERS OR
SAUSAGE ROLLS
100% MEAT
NEW

5⁹⁹
ea.

Irresistible
MEATBALLS
100% MEAT
NEW

8⁹⁹
ea.

Irresistible
PARTY PACK
ASSORTMENT
FESTIVE

8⁹⁹
ea.

Irresistible
CANNIBY BITE
GOURMET SAUSAGES OR
PASTY PARTY PACK
100% MEAT
NEW

5⁹⁹
ea.

Irresistible
COCONUT SHIMP
TARTAR SAUCE
NEW

125
points

10⁹⁹
ea.

Irresistible
PACIFIC WHITE SHIMP RING
100% MEAT
NEW

125
points

10⁹⁹
ea.

\$ New Lower Prices



2 for \$7.00
D'ITALIANO BREAD, ROLLS OR BUNS
SELECTED BRANDS
OR 3 LBS.



\$2.00
Doritos Baked Beans
15.5 oz. can



\$2.00
Doritos Baked Beans
15.5 oz. can



11.99
FRESH 2 GO CHICKEN WINGS OR PIZZA
SELECTED BRANDS
OR 12.99



9.99
MAPLE LEAF OR SCHWEITZER SMOKED HAM
SELECTED BRANDS



125 points
BUTTERBALL TURKEY HAM
SELECTED BRANDS



35 points
KEWEENAW DRESSING
SELECTED BRANDS



6.99
Hwy 200 SAUSAGE
SELECTED BRANDS



7.00
MIX MATCH VEGETARIAN CALIFORNIA ROLLS
SELECTED BRANDS



4.49
ACTIVIA YOGURT
SELECTED BRANDS



4.49
ACTIVIA YOGURT
SELECTED BRANDS



3.49
Hwy 200 DRINKABLE YOGURT
SELECTED BRANDS



7.99
NESCAFE INSTANT COFFEE
SELECTED BRANDS



3.99
FIVE ALIVE DRINK OR PURE CIDER TEA
SELECTED BRANDS



2.50
FIVE ALIVE DRINK OR PURE CIDER TEA
SELECTED BRANDS



1.99
PILLSBURY CRESCENTS
SELECTED BRANDS



6.49
Hwy 200 SAUSAGE
SELECTED BRANDS



3.99
CELEBRATION COOKIES
SELECTED BRANDS



3.99
CELEBRATION COOKIES
SELECTED BRANDS



11.99
CORONA BEER
SELECTED BRANDS



7.99
MALIBU WATER
SELECTED BRANDS



1.79
Ben's ORIGINAL PASTA
SELECTED BRANDS



1.79
Ben's ORIGINAL PASTA
SELECTED BRANDS



3.99
QUE PASA KETTLE CHIPS
SELECTED BRANDS



3.99
QUE PASA KETTLE CHIPS
SELECTED BRANDS



5.49
AXE BODY WASH
SELECTED BRANDS



5.49
AXE BODY WASH
SELECTED BRANDS



4.49
ZIPLOC GARBAGE BAGS
SELECTED BRANDS



4.49
ZIPLOC GARBAGE BAGS
SELECTED BRANDS



10.99
DOWNY FABRIC SOFTENER
SELECTED BRANDS



10.99
DOWNY FABRIC SOFTENER
SELECTED BRANDS



10.99
TIDE DETERGENT
SELECTED BRANDS



10.99
TIDE DETERGENT
SELECTED BRANDS



5.49
COKE CAKES
SELECTED BRANDS



5.49
COKE CAKES
SELECTED BRANDS



4.99
RITZ CRACKERS
SELECTED BRANDS



4.99
RITZ CRACKERS
SELECTED BRANDS

We reserve the right to limit quantities. All quantities are approximate. Some products may not be available in all stores. Visit us at micro.ca for more information. © 2014 Micro. All rights reserved.

**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



metro



Farm Fresh Produce



4⁹⁹
ea.

BLUEBERRIES
1 PINT (12 OZ.)
PRODUCT OF U.S.A.



3⁹⁹
/lb

EXTRA LARGE RED OR
GREEN OR LARGE
BLACK SEEDLESS GRAPES
8.80kg



4⁹⁹ **20**
ea. points

GREEN FRENCH BEANS
1 LB (16 OZ.)
PRODUCT OF U.S.A.



1⁹⁹
/lb

SWEET POTATOES
PRODUCT OF U.S.A.
4.30kg



2⁹⁹
ea.

CRANBERRIES 100g
PRODUCT OF U.S.A.



4⁹⁹
ea.

JUMBO PINEAPPLES
1 PINEAPPLE (100g)
PRODUCT OF U.S.A.



2⁴⁹
ea.

CARROTS OR
YELLOW ONIONS 10
2.50kg



99¢
/lb

GREEN CABBAGE
PRODUCT OF U.S.A.
2.50kg



4⁹⁹
ea.

LEMONS 10
PRODUCT OF U.S.A.



8⁹⁹
/lb

JUMBO CHERRIES
PRODUCT OF U.S.A.
10.22kg



2⁹⁹
/lb

BRUSSELS SPROUTS
PRODUCT OF U.S.A.
6.50kg



3⁹⁹
ea.

LITTLE POTATO CO.
PRODUCT OF CANADA
6.50kg



9⁹⁹ **45**
ea. points

VANILLA PERSIMMONS
1 PERSIMMON (100g)
PRODUCT OF U.S.A.



13⁹⁹
ea.

POM WONDERFUL
POMEGRANATES
PRODUCT OF U.S.A.



3⁴⁹
ea.

ANGEL SWEET OR
ONE SWEET
POMEGRANATES
PRODUCT OF U.S.A.



3⁷⁹
ea.

BELLE GROVE
HIGHBUSH BLUEBERRIES
PRODUCT OF U.S.A.



7⁹⁹
ea.

MOYERS
CHOCOLATE
CARAMEL APPLE
100g



4⁹⁹
ea.

FRESH POMEGRANATE
JARS 100g
PRODUCT OF U.S.A.



1²⁹
/lb

BUTABAGAS
PRODUCT OF U.S.A.
2.84kg



6⁰⁰
ea.

IRRESISTIBLE
FRESH HERBS 10g
PRODUCT OF U.S.A.



2⁹⁹
/lb

IRRESISTIBLE
ORGANIC HERBS
10g (10g)
PRODUCT OF U.S.A.



3²⁹
ea.

ORGANIC FULL
CRANBERRY OR
GALA APPLES
PRODUCT OF U.S.A.



4⁹⁹
ea.

ORGANIC
CAMPARI TOMATOES
PRODUCT OF U.S.A.



6⁹⁹ **30**
ea. points

ORGANIC
SWEET POTATOES
PRODUCT OF U.S.A.



9⁹⁹
ea.

LACIO DIP
LARGE SALADS
SMALL FRUIT TRAY
100g



13⁹⁹
ea.

NACHOS PLATTER
BEANS, CHEESE, TOMATO
PUMPKIN SEEDS
DIP WITH DOP
50 points



14⁹⁹
ea.

POINSETTIA
1 POKKETTIA
1 POKKETTIA
1 POKKETTIA



20⁰⁰
ea.

POINSETTIA
1 POKKETTIA
1 POKKETTIA
1 POKKETTIA

***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

Holiday Entertaining

\$1
back in
corner

125
points

22⁹⁹
ea.

**HOLIDAY
DESSERT CAKES**
1000g (2.2lb)
12/12/2019

\$1
back in
corner

125
points

21⁹⁹
ea.

**FRONT STREET BAKERY
LOG CAKE 100g**
SELECTED VARIETIES

\$2
back in
corner

250
points

32⁹⁹
ea.

**FRONT STREET BAKERY
CARROT CAKE 110g**
SELECTED VARIETIES

**COPPERBATH
SPICE COOKIES**

5⁹⁹
ea.

**CREATE & TREAT
EASY COMFORT
COOKIE KIT 400g**

13⁹⁹
ea.

**FRONT STREET BAKERY
ICE BOX COOKIES**
SELECTED VARIETIES

75
points

5⁹⁹
ea.

 BRIOCHE BREAD 5⁹⁹ ea.	 STOUFFER'S SUPREME PUFF PASTRY FLAT BREAD OR PIZZA POUCH 3⁹⁹ - 3⁰⁰ ea. points	 5⁹⁹ ea. PIONEER WOMAN PIONEER MOOSHY COUNTRY BREADS 100% WHOLE WHEAT	 3⁹⁹ ea. FRONT STREET BAKERY PANNINI ROLLS 100% WHOLE WHEAT
--	--	---	---

Deli Favourites

 VALUE PICK 299 /100g	 349 /100g	 579 /100g	 579 /100g
 699 ea.	 599 ea.	 599 /100g	 449 /100g
 799 ea.	 879 ea.	 599 ea.	 1149 ea.
 1549 ea.	 649 ea.	 999 ea.	 799 ea.
 LIMITED TIME 1299 ea.	 699 ea.	 399 ea.	 599 ea.

metro
FRESH
2 GO



WHAT'S FOR DINNER?

**PICK UP IN STORE OR
FREE DELIVERY**

on all orders of \$20 or more

Skip the Dishes offers available at select stores only.



ORDER NOW

**FRESH 2 GO
PIZZA**

1 un
SELECTED VARIETIES

SAVE UP TO \$5

11⁹⁹
ea.

[illegible]

IRRESISTIBLE SMOKED ATLANTIC SALMON 100% SALMON 30 pounds 5⁹⁹ ea. IRRESISTIBLE SMOKED ATLANTIC SALMON 100% SALMON	IRRESISTIBLE WILD CAUGHT TUNA STEAKS 40 pounds 8⁹⁹ ea. IRRESISTIBLE WILD CAUGHT TUNA STEAKS	40 pounds 9⁹⁹ ea. IRRESISTIBLE WILD CAUGHT TUNA STEAKS	40 pounds 10⁹⁹ ea. IRRESISTIBLE WILD CAUGHT TUNA STEAKS
--	--	---	--

PRINGLES CHIPS SELECTED FLAVORS 2.99 ea.	WALKER'S SHORTBREAD COOKIES SELECTED FLAVORS 4.99 ea.	NEW! IRRESISTIBLE MACARINES 17g SELECTED FLAVORS 1.99 ea.	OREO HOLIDAY COOKIES HOLIDAY COOKIES HOLIDAY COOKIES 2.22 ea.
MONTA VERDE PANETTONE 14oz. Imported Italy 5.99 ea.	Biscoff BISCUITS BISCUITS 3.99 ea.	m&m's M&M'S CHOCOLATE 17g SELECTED FLAVORS 5.99 ea.	Kinder SURPRISE EGG 100% Cacao 6.99 ea.
WHITE CLAW HARD SELTZER 12oz. 0% ABV 9.49 ea.	PHILLIPS 4 IPA HAZY IPA 12oz. 4.2% ABV 8.49 ea.	GRÜVI NON-ALCOHOLIC BEER 12oz. 0% ABV 12.49 ea.	ALLEN'S APPLE SLICES & CREAMS SELECTED FLAVORS 3.99 ea.
STARBUCKS COFFEE 12oz. 100% Arabica Beans 7.99 ea.	TAZO TEA 12oz. 100% Natural Tea 4.99 ea.	Beatrice BUTTER MILK 12oz. 100% Natural Butter Milk 3.99 ea.	Cheetos CHEDDAR CHEESE 12oz. 100% Natural Cheddar Cheese 3.49 ea.



Irreversible

Irreversible



3⁹⁹
ea.

FINN CRISP CRACK
175 - 200 g
SELECTED VARIETIES



10⁹⁹
ea.

PIANO PIANO PIZZA
434 - 495 g
SELECTED VARIETIES



199
ea. **ACROPOLIS TAPENADE**
190 g
SELECTED VARIETIES



10⁹⁹
ea.

PIANO PIANO PIZZA
434 - 495 g
SELECTED VARIETIES



5⁹⁹
ea.



599
ea.



3⁹⁹
ea.

**SNYDER'S
PRETZEL SNACKS**
240 g
SELECTED VARIETIES



49
ea.

**CHUCK HUGHES
CONDIMENT**
375 ml
SELECTED VARIETIES



3.99
ea.

**SNYDER'S
PRETZEL SNACKS**
240 g
SALT CURED VARIETIES

PRE-MADE
O SHRIMP
RI AFTER

PRE-MADE
O SHRIMP
RI AFTER



**KAZOKU
SUSHI PLATTER**
53 pieces



PARTY PLATTER
required with 48 hours,
store or online



OVER 8 LBS



**KAZOKU
SUSHI PLATTER**
53 pieces



99^{cs}



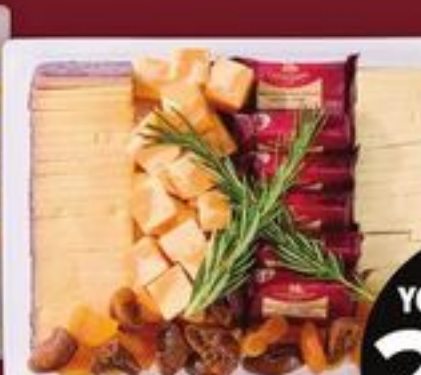
**OVER 8 LBS
OF FRUIT**



99^{cs}



FRESH 2 GO MINI BURRATA
TEAR AND SHARE
1 oz





FRESH 2 GO MINI BURRATA
TEAR AND SHARE
1 oz



metro
FRESH
2 GO

ENTERTAINING MADE EASY

We have your catering covered.

**Minimum of 48 hours notice on all orders.*



Place Your Catering Order Today



Online
fresh2go.metro.ca



In Store
Visit Our Deli

merry varieties of
COLD ONES

Cheers to the holidays with our variety of refreshing favourites.



THE PERFECT WINE FOR YOUR FESTIVE FEAST



Advertised prices are subject to change and exclude HST and deposit fees, which are added at checkout. Beec, wine and cider are available at select stores. See metro.ca for availability.

More Great Savings



2 for \$7.99
PRIMO PASTA SAUCE
16 oz. (1.125 L)
SELECTED VARIETIES



6.99
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. (113 g)
SELECTED VARIETIES



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



5.79
LACTANTIA ULTRA PURE MILK
1 L (33.8 FL OZ)
SELECTED VARIETIES



5.79
LACTANTIA ULTRA PURE 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

Best-tasting, Best-quality
Cheeseboard Champions for the Holiday Season



7.99
TRACKLEMENTS CONDIMENT
250 g (8.8 oz)
SELECTED VARIETIES

STOCK UP FOR THE HOLIDAYS



10.49
HÄAGEN-DAZS ICE CREAM
10 oz. (283 g)
SELECTED VARIETIES



6.99
iGGO FROZEN YOGURT
10 oz. (283 g)
SELECTED VARIETIES



6.99
iGGO SORBET OR GELATO
10 oz. (283 g)
SELECTED VARIETIES

GET 500 MOI POINTS
Spend \$15 on participating General Mills items.



500 **\$4**
moi rewards points*
SELECTED VARIETIES

BUY MORE SAVE MORE!
ALL THE ESSENTIALS YOU NEED AT BETTER VALUE



2 for \$10.00
INVISIBLE FRIDGE FREEZER
10 oz. (283 g)
SELECTED VARIETIES



2 for \$9.00
INVISIBLE PIZZA
10 oz. (283 g)
SELECTED VARIETIES



2 for \$13.00
BUBLY SPARKLING WATER
10 oz. (283 g)
SELECTED VARIETIES



2 for \$6.00
BUBLY ENERGY DRINKS
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 \$12.00
JACK LINK'S JERKY SNACKS
10 oz. (283 g)
SELECTED VARIETIES



2 for \$5.50
GLACÉAU VITAMIN WATER
10 oz. (283 g)
SELECTED VARIETIES



2 for \$8.50
WHIPPED CREAM
10 oz. (283 g)
SELECTED VARIETIES



2 for \$8.50
MAPLE SNICKERDOODLE COOKIES
10 oz. (283 g)
SELECTED VARIETIES



2 for \$7.50
VINTA VOLCANO CRACKERS
10 oz. (283 g)
SELECTED VARIETIES

**ONLINE
EXCLUSIVE**

metro.ca

Enjoy the Offer

*Minimum purchase of \$150 (before taxes) required.
Certain conditions apply. Details on metro.ca

FREE

**BELGIAN
COOKIES
650 g**



\$15⁹⁹
VALUE

**PROMO CODE
COOKIE**

10.99 each

6.99 each

6.99 each

16.99 each

10.99 each

10.99 each

jolly delights for your

SWEET TABLE

Our range of treats, candies & cookies also make great host(ess) gifts & stocking stuffers.

22.99 each

11.99 each

12.99 each

15.99 each

15.99 each

1.49 each

18.99 each

2.99 each

10.99 each

2.49 each

4.99 each

5.99 each

5.99 each

4.99 each

4.99 each

4.99 each

19.99 each

10.99 each

14.99 each

Organic

MARINATA
PEANUT BUTTER
100%
SELECTED NUTS

8⁹⁹
ea.

LIFE SMART
VEGETABLES
SELECTED NUTS

3⁹⁹
ea.

FARMER'S MARKET
CANNED
PUMPKIN
SELECTED NUTS

4⁴⁹
ea.

ORGANIC
Green Tea

8⁴⁹
ea.

GO BIO!
CHICKEN
POULET
SELECTED NUTS

3⁹⁹
ea.

PEACE RIVER
HONEY
SELECTED NUTS

14⁴⁹
ea.

MANITOBA HARVEST
HEMP HEARTS
SELECTED NUTS

10⁹⁹
ea.

Gluten-Free

ROSE
MONSIEUR
SELECTED NUTS

3⁹⁹
ea.

CRETORS
CHOCOLATE
POPCORN
SELECTED NUTS

4⁹⁹
ea.

MAPLE LEAF
MIGHTY PROTEIN
CHICKEN STICKS
SELECTED NUTS

2⁴⁹
ea.

NEAL BROTHERS
SALSA
SELECTED NUTS

5⁴⁹
ea.

EARTH'S OWN
SOFT CREAM
SELECTED NUTS

6⁴⁹
ea.

TRY NEW

MIGHTY PROTEIN

GENERAL MILLS
CHEX CEREAL
SELECTED NUTS

5⁴⁹
ea.

VIOLENE
EX WITH STYLE
SELECTED NUTS

6⁴⁹
ea.

Household Helpers

15
POUR

2⁴⁹
ea.

LOW EVERY DAY

3⁹⁹
ea.

BUY MORE
SAVE MORE!

2⁰⁰
ea.

FABER'S
AIR FRESHENERS
SELECTED NUTS

5⁴⁹
ea.

Ziploc

9⁹⁹
ea.

ALCAN

5⁴⁹
ea.

RED BIRCH
CUTLERY
SELECTED NUTS

2⁴⁹
ea.

SELECTION
RED CUPS
SELECTED NUTS

7⁴⁹
ea.

SAVE \$4*

when you buy any 3
Carlton Cards

DAWN

10⁹⁹
ea.

CASCADE

15⁹⁹
ea.

4 PACK

15⁹⁹
ea.

Pet

BUY MORE
SAVE MORE!

2⁰⁰
ea.

15
POUR

2⁹⁹
ea.

VITALIFE
DOG TREATS
SELECTED NUTS

14⁴⁹
ea.

COOKIES
DOG TREATS
SELECTED NUTS

8⁴⁹
ea.

FOR PERSONALIZED COUPONS, DOWNLOAD OUR APP OR VISIT metro.ca

Baby Care

GERBER BABY MEALS
12 PZ
SELECTED VARIETIES

4⁹⁹
ea.

GERBER BABY SNACKS
12 PZ
SELECTED VARIETIES

3⁹⁹
ea.

BABY MIMI MUM
RICE PUDDING
12 PZ
SELECTED VARIETIES

2 for
6⁰⁰
each (each 120 mL)
PLUS \$3.99 EA.

BABY MIMI MUM
BABY MIMI MUM
12 PZ
SELECTED VARIETIES

7⁴⁹
ea.

EARTH'S BEST
SMOOTHIE CO.
12 PZ
SELECTED VARIETIES

1⁹⁹
ea.

EARTH'S BEST
BABY SNACKS
12 PZ
SELECTED VARIETIES

4⁴⁹
ea.

PAMPERS
BABY WIPES
27-336
SELECTED VARIETIES

14⁹⁹
ea.

PENATEN
DIAPER WASH
CREAM 11.5
oz

6⁴⁹
ea.

Health & Beauty

TRESEME
HAIR CARE
12 PZ
SELECTED VARIETIES

6⁹⁹
ea.

LIVE CLEAN
HAIR CARE
12 PZ
SELECTED VARIETIES

7⁹⁹
ea.

GUM
FLOSS
12 PZ
SELECTED VARIETIES

2⁹⁹
ea.

COLGATE
TOOTHBRUSH
12 PZ
SELECTED VARIETIES

3⁹⁹
ea.

OGX
HAIR CARE
12 PZ
SELECTED VARIETIES

9⁹⁹
ea.

JOHN FRIDA
HAIR CARE
12 PZ
SELECTED VARIETIES

12⁹⁹
ea.

LISTERINE
MOUTHWASH
12 PZ
SELECTED VARIETIES

10⁹⁹
ea.

PRONAMES
TOOTH PASTE
12 PZ
SELECTED VARIETIES

6⁹⁹
ea.

IRISH SPRING
SOAP BARS
12 PZ
SELECTED VARIETIES

5⁴⁹
ea.

OLAY
BODY WASH
12 PZ
SELECTED VARIETIES

9⁹⁹
ea.

NATIVE
BODY WASH
12 PZ
SELECTED VARIETIES

13⁹⁹
ea.

NEUTROGENA
SKIN CARE
12 PZ
SELECTED VARIETIES

10⁹⁹
ea.

Aveeno
MOISTURIZING
LOTION
12 PZ
SELECTED VARIETIES

8⁴⁹
ea.

JERGENS
MOISTURIZING
LOTION
12 PZ
SELECTED VARIETIES

11⁹⁹
ea.

GILLETTE
SHAVING GEL
12 PZ
SELECTED VARIETIES

4⁹⁹
ea.

SCHICK
RAZOR
12 PZ
SELECTED VARIETIES

13⁹⁹
ea.

KAMILL
HAND CREAM
12 PZ
SELECTED VARIETIES

3⁹⁹
ea.

U BY KOTEX
SANITARY NAPKINS OR
TAMPONS
12 PZ
SELECTED VARIETIES

10⁹⁹
ea.

TENA
OVERNIGHT
PADA
12 PZ
SELECTED VARIETIES

17⁹⁹
ea.

The Perfect
Stocking Surprise

VISA \$50
For You
Pour Vous
Discover original finds from small businesses.
Découvrez des créations originales provenant de petites entreprises.

Etsy \$50
Discover original finds from small businesses.
Découvrez des créations originales provenant de petites entreprises.

Indigo \$50
The gift card for booklovers
Le carte cadeau pour les personnes passionnées de lecture
Indigo Chapters Indigo Kids Indigo LT

AnyCard \$50 NO FEES
anywhere • everywhere
Amazon.ca Google Play eBay Indigo
Microsoft Xbox Game Pass Prime Video Roku
Hulu Netflix Disney+ HBO Max
200+ Choices
Celebrate

Rakuten kobo \$25
Choose from millions of eBooks and audiobooks
Choisissez parmi des millions de livres numériques et de livres audio
L'abonnement est en cours d'essai gratuit pendant 30 jours.
Rakuten.com



Subject to availability. While supplies last. See gift cards for details, terms, conditions and (if applicable) fees. All trademarks are property of their respective owners. The gift cards featured are not sponsored or otherwise affiliated with this company. Vanilla Visa® Prepaid Card is issued by Peoples Trust Company pursuant to license by Visa Inc. ®Trademark of Visa International Service Association and used under license by Peoples Trust Company. 1330 available in Ontario only. PlayStation and PS Family logo are registered trademarks of Sony Interactive Entertainment LLC.

3⁹⁹

ea.

MUTTI PASTA
680 ml
SELECTED VARIETIES

7⁹⁹

ea.

MUTTI PASTA SAUCE
680 ml
SELECTED VARIETIES

2⁴⁹

ea.

MUTTI POLPA
370 ml

3⁴⁹

ea.

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

3⁹⁹

ea.

MUTTI PEEL TOMATOES
750 ml

4⁹⁹

ea.

MUTTI SAN MARZANO
TOMATOES
300 ml

5⁴⁹

ea.

KRAFT PURE BUTTER
500 g
SELECTED VARIETIES

4⁹⁹

ea.

KRAFT PURE PASTA SAUCE
500 ml
SELECTED VARIETIES

2⁹⁹

ea.

KRAFT PURE PASTA SAUCE
500 ml
SELECTED VARIETIES

3⁹⁹

ea.

KRAFT SHAKE
140 g
SELECTED VARIETIES

25

points

PHILIPPAN DIPS
220 g
SELECTED VARIETIES

4⁹⁹

ea.

BAKERS CHOCOLATE
100 g
SELECTED VARIETIES

1²⁵

ea.

JELL-O JELLY POWDER
3.5 g
SELECTED VARIETIES

10⁹⁹

ea.

NABORS OR TASSIMO
COFFEE CAPSULE
8.4 g
SELECTED VARIETIES

3⁴⁹

ea.

TOWN HOUSE CRACKERS
200 g
SELECTED VARIETIES

2⁹⁹

ea.

CHEEZ-IT CRACKERS
200 g
SELECTED VARIETIES

2⁹⁹

ea.

PRINGLES CHIPS
140 g
SELECTED VARIETIES

2⁹⁹

ea.

NUTRI GRAIN BARS, BITE KNOPIES,
SQUARES OR POP TARTS
170 - 284 g
SELECTED VARIETIES

8⁹⁹

ea.

GAIN DETERGENT OR
FABRIC SOFTENERS
1.25 L
SELECTED VARIETIES

8⁹⁹

ea.

GAIN SCENT BOOSTERS OR
BOILER SHEETS
1.25 L
SELECTED VARIETIES

15⁴⁹

ea.

FERTEC OIL
1.25 L
SELECTED VARIETIES

99¢

ea.

FERTEC PLUG
DIFFUSER
1 pc

5⁹⁹

ea.

HEAD & SHOULDERS
HAIR CARE
375 - 525 ml
SELECTED VARIETIES

36⁹⁹

ea.

PAMPERS BABY DIAPERS
48 - 58 g
SELECTED VARIETIES

28⁹⁹

ea.

PAMPERS EASY UPS
TRAINING PANTS
48 - 58 g
SELECTED VARIETIES

3⁹⁹

ea.

PAMPERS BABY WIPES
58 - 74 cm
SELECTED VARIETIES

4⁹⁹

ea.

TAMPAX SANITARY NAPKINS
OR LINER NAPKINS
10 - 22 g
SELECTED VARIETIES

42⁰⁰

ea.

ALWAYS DISCREET ADULT
INCONTINENCE
17 - 68 g
SELECTED VARIETIES

3⁹⁹

ea.

CREST TOOTH PASTE
43 - 120 ml
SELECTED VARIETIES

6⁹⁹

ea.

ORAL-B ORAL CARE
43 - 120 ml
SELECTED VARIETIES