VERSION 1

Your GO-TO for holiday essentials.

3.99 ea.

ROMAINE HEARTS 3 PACK PRODUCE PLU 4562 ORGANIC

1.99 ea. or /lb

BLACKBERRIES 125 g
STEM & LEAF CLEMENTINES PRODUCE PLU 3186, 3187, 3188

1.99 ea.

SNACKING TOMATOES 454 g
PRODUCE PLU 4664

99¢ /lb

SPANISH ONIONS PRODUCE PLU 4093
SWEET POTATOES PRODUCE PLU 4628
2.268 kg

mo! rewards member price

400 ¢

Irrésistible
Irrésistible
700 ¢
MILLEFEUILLE
CHOCOLATE
CHOCOLATE
CHOCOLAT

VERSION A

CHRISTMAS SWEATER BOUQUET
18.00 ea.

metro
CANADIAN AND PROUD

FRESH ATLANTIC SALMON PORTIONS OR WHOLE SALMON TRIMMED
FROM FARM TO TABLE
3.99 ea.

BONELESS SKINLESS

FRESH BONELESS SKINLESS CHICKEN BREAST FILLET PACK
10.10 kg
4.88 /lb

BUY TWO GET ONE FREE
VALID FROM DECEMBER 4 TO 10
ONE ON LESS OR EQUAL VALUE

IRRÉSISTIBLE APPETIZERS
VARIOUS VARIETIES
FROZEN FOOD AISLE

FRESH PORK SIDE RIBS
FROM FARM TO TABLE
BONELESS PORK SIRLOIN CHOPS VALUE PACK
5.100 kg
2.99 /lb

SAN DANIELE PROSCIUTTO, MASTRO RAIN, SAPUTO PROFILONI OR DELIZIA MOZZARELLA
DELI OR DAIRY AISLE, OR FROZEN FOOD AISLE, 175 G–PK

2.99 /100 g

$1 BOOK IN POINTS*
125 POINTS

SCHNEIDERS BACON
VARIOUS VARIETIES
4.99 ea.

BOURSIN CREAM CHEESE, SAUSAGE OR SALMON DELLA SAUSAGE
4.99 ea.

SILK RECOMMENDED SERVING OF ONE% GREEK YOGURT OR GENERAL MILLS, POST OR MARTHA STEWART CEREALS
VARIOUS VARIETIES, SELECTED VARIETIES
3.49 ea.

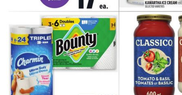
BLACK DIAMOND BARS OR SHREDDED CHEESE
VARIOUS VARIETIES
DELI OR DAIRY AISLE

$1 BOOK IN POINTS*
125 POINTS
4.88 ea.

864 g
$2 BOOK IN POINTS*
250 POINTS
MAXWELL HOUSE COFFEE
VARIOUS VARIETIES
17.99 ea.

EUROPEAN ICE CREAM
VARIOUS VARIETIES
6.99 ea.

DR. OETKER PIZZA RISTORANTE OR CASA DI MAMA
FROZEN FOOD AISLE
3.49 ea.



CHARMIN BATHROOM TISSUE OR BOUNTY PAPER TOWELS
VARIOUS VARIETIES
5.99 ea.

CLASSICO PASTA SAUCE
VARIOUS VARIETIES
2.99 ea.

24 PACK
COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS
ESKA NATURAL SPRING WATER
GREAT PRICE!
3.49

Effective December 4 5 6 7 8 9 10 2025 | my savings my metro

HOLIDAY BAKING FAVOURITES

BETTY CROCKER CAKE MIX OR FROSTING
OR 50 g, 125 POINTS

$1 EXCLUSIVE points*

125 points

1.99 ea.

REDPATH BROWN OR ICING SUGAR
OR 2 kg

2.49 ea.

3.49 ea.

CRISCO ALL-VEGETABLE SHORTENING OR EAGLE BRAND CONDENSED MILK
OR 454 g

3.99 ea.

3.99 ea.

14.99 ea.

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New Lower Prices

7.00 — WINNERS BRIOCHE OR MONTREUX® SANDWICH BUNS 450 G–540 G (1.59 kg–1.19 kg) EACH (PRICE PER 1 kg: 4.41–5.88)

11.99 ea. — ANGUS CHOICE CHICKEN OR BEEF PATTIES OR CHICKEN OR CAPICOLA® THE GOOD PALLETS 1.36 kg–1.87 kg (PRICE PER 1 kg: 6.41–8.82)

5.99 lb. **65** — SMOKEHOUSE ARTISAN SMOKED HAM OR SMOKED HAM OR HALF MAPLE SMOKED HAM (PRICE PER 1 kg: 13.21)

19.99 ea. — VEGAN PRIME COOKED SHRIMP 454 G (PRICE PER 1 kg: 44.07) SMOKEHOUSE® SMOKED SHRIMP FOR SHRIMP FRYING 454 G (PRICE PER 1 kg: 44.07)

3.99 ea. **65** — CRAVE® FROZEN MEALS 320 G–360 G (PRICE PER 1 kg: 11.08–12.47)

6.99 ea. — LIBERTÉ® YOGHURT TUBE 500 G (PRICE PER 1 kg: 13.98)

6.49 ea. — NATREL ORGANIC MILK 2 L OR BUTTER 454 G (PRICE PER 1 kg: 14.30)

9.99 ea. — 500 ML VECTOR® CHILDREN'S CEREAL 1 L OR MINUTE MAID® OR MINUTE MAID® PREMIUM 1.89 L–2.84 L (PRICE PER 1 kg: 3.52–5.26)

SHOT $4.99 — BUY TWO GET ONE FREE — MINI MAID SOFT DRINKS 2 L (PRICE PER 1 kg: 0.83)

7.49 ea. **125** — SAN PELLEGRINO® ESSENTIALE® SPARKLING WATER 1 L (PRICE PER 1 kg: 0.75)

2.79 ea. **15** — DAISY® DICED OR DICE, MINCED OR SLICED GARLIC 170 G (PRICE PER 1 kg: 16.41)

4.99 ea. — CHEX® CEREAL OR ORGANIC MEADOW® CEREAL 350 G–450 G (PRICE PER 1 kg: 11.09–14.26)

5.99 ea. — ACTIVIA® YOGHURT 650 G (PRICE PER 1 kg: 9.21) DOLE® BERRY TUBS OR BRETHERS® CREAM 500 G (PRICE PER 1 kg: 11.98)

3.49 ea. — CHEEZ-IT® OR CHEEZ-IT® CRACKERS 200 G–300 G (PRICE PER 1 kg: 11.63–17.47)

3.99 ea. — HARVEST® CHIPS, SKINNY POP® POPCORN OR SMART SWEETS 142 G–150 G (PRICE PER 1 kg: 26.60–28.07)

1.99 ea. — CAMPBELL'S® SOUP 284 G–540 G OR CHUNK LIGHT® BRAND TUNA 170 G (PRICE PER 1 kg: 11.70–11.76)

6.99 ea. — HELLMANN'S® MAYONNAISE 890 G OR OR FRENCH'S® CLASSIC® 850 G (PRICE PER 1 kg: 7.86–8.22)

2.49 ea. — MOM'S® OR MOM'S® CHOP SUEY® OR BEAN® CANNED BEANS 398 G–540 G (PRICE PER 1 kg: 4.61–6.22)

3.49 ea. — BEN'S ORIGINAL® RICE 454 G OR CHOPPED RICE 907 G OR BUTTER RICE OR RICE 907 G (PRICE PER 1 kg: 3.84–7.70)

4.99 ea. — HEINZ® KETCHUP 1 L OR BICK'S® PICKLES 1.75 L (PRICE PER 1 kg: 2.85)

5.99 ea. — SENSODYNE® CONCY OR GLIDE® ORAL CARE 70 ml–75 ml (PRICE PER 1 kg: 79.87–85.57)

2.99 ea. — PALMOLIVE® OR DAWN® DISH DETERGENT 828 ml–887 ml OR ALCAN® ALUMINUM, PLASTIC OR GLAD® WRAP 30 m–75 m (PRICE PER 1 kg: 3.37–4.03)

8.99 ea. — KIRKLAND SIGNATURE® TISSUE, PAPER TOWEL OR SCOTTIES® FACIAL TISSUE 90 SHEETS–96 SHEETS (PRICE PER 1 kg: 0.09–0.10)

8.99 ea. — TIDE® DETERGENT, BOUNCE® SHEETS OR PERGEON® MOTHERCARE® 50 SHEETS–90 SHEETS (PRICE PER 1 kg: 0.09–0.18)

earn with moi rewards

LAY'S® FAMILY SIZE 235 g–275 g (PRICE PER 1 kg: 12.87–14.18)
35 — **3.99**

CHESTERS® FLAMIN' HOT® OR CHEESY® OR CHESTERS® 184 g–200 g (PRICE PER 1 kg: 26.95–29.35)
40 — **5.49**

RITZ® CHEESE OR FAMILY SIZE CRACKERS 300 g–340 g (PRICE PER 1 kg: 11.76–13.33)
40 — **4.99**

4-DAY MEAL DEAL

DECEMBER 18TH – DECEMBER 7TH, 2025

YOUR CHOICE **11.99** ea.

- BUTTERBALL® TURKEY DRUMSTICKS OR THIGHS 1.36 kg–1.87 kg (PRICE PER 1 kg: 6.41–8.82)
- FRESH WHITE CARROTS 2 kg (PRICE PER 1 kg: 2.99)
- HOT WOULD'S BBQ WAMBOTOU® CHICKEN
- FROZEN 2 LB 20 CHICKEN WINGS
- CHOICE OF CALIFORNIA, CHUNKY OR CALIFORNIA BOWL VARIETY PACK 454 g–567 g (PRICE PER 1 kg: 7.93–9.69)

We reserve the right to limit quantities.
FOR SHIPPING, PICK-PACK-PACK AND PACKING, PLEASE CONTACT 1-866-ALL-FOOD (1-866-255-5363).

Visit us at: smartfood.ca
Show us your receipt: Scan receipt and WIN $1,000 in groceries.

*PRICES ACCURATE AS OF DECEMBER 4TH, 2025 UNTIL CLOSING UNLESS OTHERWISE SPECIFIED. Prices may vary in Northern Ontario and Manitoba. **PRICE PER 1 kg: Price per kilogram is a comparative price based on a metric system. Price per kilogram is not shown if a product is already priced in kilograms or a metric system. ***Sale Price: Value of all coupons redeemable within 30 days from the date of issue. Sign Of Savings are not issued if the net price is less than zero. ****Limit 1 Free per household. ®Registered trademark of Loblaw Companies Limited. ™Trademark of Loblaw Companies Limited. ©2025 Loblaw Companies Limited. Prices and offers effective on Thursday December 4, 2025 at 12:01 AM and on Thursday December 11, 2025 at 12:01 AM. Prices and offers effective on Thursday December 18, 2025 at 12:01 AM and on Thursday December 25, 2025 at 12:01 AM

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.

NOW 12.00 ea.
SAVE UP TO $3.99

15.99* ea.
SELECTION WASHER FLUID
4 x 3.78 L
SELECTED VARIETIES

THIS WEEK'S DEALS:

Only until December 10, 2025, in-store or online

NOW 5.99 ea.
SAVE UP TO $1

6.99* ea.
OCEAN SPRAY SPARKLING DRINKS
6 x 340 ml
SELECTED VARIETIES

NOW 3.99 ea.
SAVE UP TO $2

5.99* ea.
TWININGS TEA
20 ml
SELECTED VARIETIES

NOW 2.99 ea.
SAVE UP TO $2

4.99* ea.
LPC CREAMER POTATO KITS
PRODUCT OF CANADA, CANADA NO 1 GRADE, 454 g
SELECTED VARIETIES

NOW 1.99 ea.
SAVE UP TO $1

2.99* ea.
FRENCH'S DIJON MUSTARD
325 ml
SELECTED VARIETIES

NOW 14.99 ea.
SAVE UP TO $5

19.99* ea.
ORCHIDS
2.5" POT
ASSORTED COLOURS

NOW 1.99 ea.
SAVE UP TO $1

2.99* ea.
PALMOLIVE DISH DETERGENT
591 - 828 ml
SELECTED VARIETIES

LIMIT ONE REDEMPTION PER CUSTOMER

*Offer available only on the My Metro app with a moiID account. Limit of one coupon redemption with a moiID 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

TO BENEFIT Breakfast CLUB of Canada™

ONLINE EXCLUSIVE

FREE

BELGIAN COOKIES 650 g

metro.ca

Enjoy the Offer

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

$15.99 VALUE

PROMO CODE
COOKIE

Farm Fresh Produce

2.99 ea. RASPBERRIES 170 g
PRODUCT OF CANADA

PINT
4.99 ea. BLUEBERRIES 340 g
PRODUCT OF MEXICO
GROWN IN PERU

1.99 lb. VINE RIPENED TOMATOES
PRODUCT OF CANADA
4.99kg

3.49 2.99 ea. WHOLE GARLIC
PRODUCT OF CHINA
MEDIUM MUSHROOMS 454 g
PRODUCT OF CANADA

5 PK
4.99 ea. AVOCADOS
PRODUCT OF MEXICO
CLEMENTINES 1.5 kg
PRODUCT OF MEXICO

3.99 2.99 ea. CRANBERRIES 340 g
PRODUCT OF CANADA

4.99 ea. LEMONS 2 lb
PRODUCT OF U.S.A. OR CANADA

1.99 SEEDLESS CUCUMBERS
PRODUCT OF CANADA
GRAPE 1.50GB

4.99 ea. KIWI BASKETS
PRODUCT OF GREECE

JUMBO
ZUMBO PINEAPPLES
PRODUCT OF CHINA
CORED PINEAPPLES 900 g
4.99 ea. NEW

3.49 lb. BRUSSELS SPROUTS
PRODUCT OF CANADA OR USA
1000 g

25 PRICES
5.99 ea. SPICY ALL DRESSED
PRODUCT OF CANADA
SPICY ALL DRESSED
PRODUCT OF CANADA

9.99 ea. VANILLA PERSIMMONS
PRODUCT OF CHINA
PRODUCT OF CHINA

10 PRICES
2.99 LARGE POMEGRANATES
PRODUCT OF CHILE

NEW
4.49 ea. GOURMET SALAD MIXES 142 g
PRODUCT OF CANADA
PRODUCT OF CANADA

20 PRICES
4.99 ea. BABY POTATOES
PRODUCT OF CANADA
BABY POTATOES
PRODUCT OF CANADA

20 PRICES
4.99 ea. LIFE CHOICE BUTTERCUP SQUASH 1 kg
PRODUCT OF CANADA

NEW
PLANT BASED ROAST OF ROAST
LIFE & GUSTO
19.99 ea. THE MOUNTAIN PLANT BASED ROAST 907 g

JUMBO
5.99 lb. JUMBO CHESTNUTS
PRODUCT OF ITALY
10.20kg

35 PRICES
7.99 ea. ASSORTED CHOCOLATE CARAMEL APPLE 454 g

Organic

ORGANIC GREEN CABBAGE
PRODUCT OF CANADA
1.69 lb. 1.77kg

25 PRICES
5.99 ea. LITTLE PAPAIN
LIFE ORGANIC STILL PILLOWS
PRODUCT OF CANADA

15 PRICES
3.49 ORGANIC BABY CARROTS
PRODUCT OF U.S.A.

ORGANIC ORGANIC BABY
PRODUCT OF CANADA
12.99 ea. 1.36kg

Sliced & Diced

Sold at Metro

4.99 ea. SELECT FRUIT SALAD 454 g
BANANAS 454 g
BROCCOLI SALAD KIT
TOMATO CHOP SALAD 454 g

50
13.99 ea. SWEET BERRY FRUIT TRAY 1.13 kg
CHEESE & FRUIT TRAY WITH DIP 1.13 kg
MEZZETTA PLATTER 1.13 kg

Holiday Blooms

40.00 ea. CHRISTMAS MAGIC BOUQUET
PRODUCT OF CANADA
ARTIFICIAL

38.99 ea. ASSORTED MIXED PLANTING
PRODUCT OF CANADA
MIXED PLANTS
MIXED PLANTS

NEW
19.99 ea. ANTHURIUM
PRODUCT OF CANADA
PRODUCT OF CANADA

SELF WATERING
5.99 ea. POINSETTIAS
PRODUCT OF CANADA
PRODUCT OF CANADA

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Holiday Roasts

PLATINUM GRILL ANGUS TOP SIRLOIN ROAST
AVG 2.5 kg
11.99 /lb

CUT FROM 100% CANADIAN AAA ANGUS BEEF

PLATINUM GRILL ANGUS BONELESS RIB EYE ROAST
AVG 2.5 kg
11.99 /lb

MAMA'S
Hormone and antibiotic free
Raised on a vegetarian diet
Raised humanely, free to roam
Raised without stress

LIFE CREAMY MUSTARD GLAZED PORK SHOULDER PICNIC ROAST OR PORK SHOULDER BLADE ROAST
3.5 kg
3.99 /lb

PLATINUM GRILL GREAT BRITAIN STYLE PORK ROAST
AVG 2.5 kg
7.99 /lb

FRESH BONELESS CHICKEN BREASTS
3.99 /lb

FRESH ROSEMARY & GARLIC BONELESS LAMB LEG
AVG 2.5 kg
11.99 /lb

50 SERVINGS

BREADED CHICKEN BREAST CUTLETS VALUE PACK
AVG 2.5 kg
5.99 /lb

50 SERVINGS

CRUMBED PORK LOIN CUTLETS VALUE PACK
3.5 kg
3.99 /lb

$1 OFF 2 WHEN BUNDLED

BUTTERBALL

125 SERVINGS

BUTTERBALL FRESH TURKEY BONELESS RIB GRILLER
10 kg
4.99 /lb

PRIME ALBERTA NATURAL

MAPLE LEAF PORK BASED WITHOUT ANTIBIOTICS BONELESS CHICKEN WINGS
1.36 kg
8.99 /lb

BOLOGNA
3.99 ea. SELECTION BOLOGNA 475 g
EXCLUSIVE BRAND

MAPLE LEAF TOP BREAKFAST SCRAMBLED EGGS OR BEEF MEDLEY
Beef Mix
4.99 ea.

BUTTERBALL FRESH TURKEY
AVG 10 kg – 10.99 kg – 11.99 kg
5.99 ea. 125 SERVINGS
$1 OFF 2 WHEN BUNDLED

McCAIN ORGANIC BREAKFAST SAUSAGES OR CLASSIC ORGANIC BACON 340 g
Organic
7.99 ea. 25 SERVINGS

FLETCHER'S
4.99 /lb FLETCHER'S PORK COTTAGE ROLL
AVG 2.5 kg – 10.00 kg

7.99 ea. SELECTION SMOKED HAM 475 g
EXCLUSIVE BRAND

11.00 ea. LUCKY BONELESS PORK LOIN ROAST 900 g
EXCLUSIVE BRAND

12.99 ea. ISAAC ANGELO KEBOBS
AVG 1.5 kg – 2.5 kg

ULTIMATE
4.99 ea. MAPLE LEAF ULTIMATE CHICKEN BREAKFAST SANDWICHES 140 g

6.99 ea. GRIDDLEMILLE BREAKFAST SANDWICHES 180 g
EXCLUSIVE BRAND

7.99 ea. SCHWEIDOS HOLD PIES
EXCLUSIVE BRAND

BUTTERBALL
22.99 ea. BUTTERBALL BONELESS TURKEY BREAST ROAST
AVG 2.5 kg – 3.5 kg
250 SERVINGS
$2 OFF 2 WHEN BUNDLED

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Bakery Favorites

Deli Favourites

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4-DAY MEAL DEAL

DECEMBER 4TH - DECEMBER 7TH, 2025

YOUR CHOICE 11.99 ea.

16" X-LARGE PEPPERONI & CHEESE PIZZA
WALK-IN ORDERS ONLY
NO TOPPING SUBSTITUTES

HOT WHOLE BBQ MAMMOTH CHICKEN
1 kg

STORE MADE CAROUSELS
FRESH VEGETABLE 955 g
FRESH FRUIT 1.4 kg

FRESH 2 GO 20 CHICKEN BITES

ASSORTED CALIFORNIA COMBO OR CALIFORNIA ROLL VARIETY PACK
420 - 424 g, SELECTED VARIETIES

setting your
HOLIDAY TABLE

Get ready to host your festive feast with all the essentials.

29.99 ea.
FRESH 2 LB
HAM AND HARIBOROS
MADE IN CANADA
REGULAR OR MAPLE BACON

SPRING ROLLS OR FILLING
$10 ea.

CHICKEN OR PORK SATAY
MADE IN CANADA
$8 ea.

29.99 ea.
FRESH 2 LB
REGGIA AND CHEESE
MADE IN CANADA

TRE STELLE
CREAM CHEESE
VARIOUS VARIETIES
4.99 ea.

NOW 2.99 ea.
SELECTION
SOUR CREAM
VARIOUS VARIETIES

4.49 ea.
GET FOR
WHIPPED TOPPING
VARIOUS VARIETIES

8.99 ea.
BIG TEASE
POULTRY POWDER

4.99 ea.
TWIGZ
CRAFT PRETZELS
VARIOUS VARIETIES

9.99 ea.
DAINTY
JASMINE RICE
2 KG

Seafood

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FREE SAME-DAY PICKUP SAME FLYER PRICES AND DEALS ONLINE

STOCKING STUFFERS

they actually want

Stuff their stockings with sweets, treats & everyday essentials.

BETTER SPORT CHOCOLATE BARS
Assorted
3.99 ea.

FERRERO & KINDER CHOCOLATE EGG
Assorted
6.99 ea.

HERSHEY'S KISSES CHOCOLATE
Assorted
5.49 ea.

FERRERO CHRISTMAS CHOCOLATE
Assorted
13.99 ea.

5.49 ea.
FERRERO & KINDER CHOCOLATE
Assorted

9.49 ea.
HERSHEY'S CHOCOLATE
Assorted

3.49 ea.
KINDER SURPRISE
Assorted

12.99 ea.
TOBLERONE CHOCOLATE
Assorted

7.99 ea.
LINDT BEAR CHOCOLATE
Assorted

9.99 ea.
CARAMELLO CHOCOLATE
Assorted

5.99 ea.
M&M'S CHOCOLATE
Assorted

6.99 ea.
TORRY'S CHOCOLATE
Assorted

6.49 ea.
CADBURY CHOCOLATE
Assorted

12.99 ea.
TOBLERONE CHOCOLATE BAR
Assorted

4.99 ea.
WRIGLEY'S SOUR PATCH KIDS CANDY
Assorted

3.49 ea.
JOY CANDY
Assorted

3.49 ea.
LAURA SCUDDER'S CHOCOLATE SHELL-OFF CHOCOLATE BOWL
Assorted

4.79 ea.
EXCEL GUM
Assorted

WHILE SUPPLIES LAST

THE GOOD STUFF: PERSONAL CARE

4.99 ea.
JAMIESON VITAMIN D
Assorted

5.99 ea.
G.U.M MINT FLAVOURED
Assorted

3.99 ea.
BLISTEX LIP BALM
Assorted

15.99 ea.
NATIVE DEODORANT
Assorted

13.99 ea.
HERO MIGHTY PATCH
Assorted

4.49 ea.
GLYSOMED HAND CREAM
Assorted

More Great Savings

4.99 ea. — SELECTION CANNED VEGETABLES 398 ml

BUY MORE SAVE MORE — 2 for 6.00 (3.00 ea.) — SELECTION CHIPS 200 g

DOLE PINEAPPLE JUICE 5.99 ea.

HARVEST MONTANA CRACKERS 3.99 ea.

BUY MORE SAVE MORE — 2 for 13.00 (6.50 ea.) — 35 — MONTELLIER SPARKLING WATER 750 ml, PLAIN OR FLAVOURED

2 for 8.49 ea. — 40 — COCA-COLA, A&W OR SAPPORO 355 ml

2.99 ea. — 15 — SELECTION ENERGY DRINKS 473 ml

2.99 ea. — IMPERFECTABLE WATER CRACKERS OR PRETZEL SNACKS 200 g

1.99 ea. — PRIMO TOMATOES, SAUCE OR BEANS 540 ml

7.99 ea. — MAILLE DIJON MUSTARDS 100 ml

12.49 ea. — SELECTION OR SAPPORO BEER 6 x 355 ml, NON-ALCOHOLIC BEER 473 ml, SELECTION WINES

15.99 ea. — UNIBROUE ALCOHOL FREE BEER 6 x 341 ml

10.99 ea. — NESTLÉ AFTER EIGHT CHOCOLATE 200 g, MILK QUARTER LAST

5.49 ea. — RED ROSE TEA BAGS 216 ct.

2.99 ea. — TOP SOURCE, TUBES OR WHOLE WALNUT 100 g

3.49 ea. — HELLMANN'S WATER CRAVIN' CRACKERS 200 g, SELECTION BISCUITS 300 g, SELECTION CRACKERS 200 g

23.99 ea. — VAN HOUTTE OR McCAFÉ SELECTION COFFEE CAPSULES 10 ct., DECAF OR FLAVOURED

7.99 ea. — COOMBS ICE CREAM 1 L, SELECTION SORBET 1 L

6.49 ea. — MAGNUM MINI ICE CREAMS 6 x 55 ml

4.49 ea. — IMPERFECTABLE CHRISTMAS 500 g

Low Price Every Day

NOW 1.49 — SELECTION CANNED VEGETABLES 398 ml

NOW 1.25 — SELECTION TOMATOES 500 g

NOW 2.99 — SELECTION WATER CRACKER 200 g

SELECTION PEANUTS 375 - 750 g

NOW 4.99 — SELECTION PEANUT BUTTER 1 kg

NOW 3.99 — IMPERFECTABLE SWEETENERS 1 kg

NOW 3.99 — SELECTION CREAM 946 ml, 473 ml, 1 L, 1 L 10%

NOW 2.99 — SELECTION SOUR CREAM 500 g

NOW 4.49 — SELECTION SALSA 454 ml

3.49 ea. — LIFE SMART NUTRIBALLS TORTILLA CHIPS 175 g

NOW 4.99 — SELECTION SLICED CHEESE 200 g, SELECTION BLOCK CHEESE 400 g

NOW 2.99 — SELECTION LEMONADE DRINKS 2 L

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Non-GMO

NATURE'S NUTS ALL NATURAL PEANUT BUTTER 1 kg
14.99 ea.

ORGANIC MEADOW CHICKPEA 540 ml
6.99 ea.

CELESTIAL 398 ml
5.49 ea.

LIFE SMART CHICK PEAS 540 ml
1.99 ea.

Organic

CRAVE COFFEE 340 g
15.99 ea.

IMAGINE BROTH 946 ml
6.49 ea.

LIFE SMART MAPLE SYRUP 250 ml
5.49 ea.

Plant-Based

CAZBURAN CHEESELAIN 200 g
4.99 ea.

EARTH BALANCE SPREAD 454 g
7.49 ea.

GREENWOOD CREAMER 946 ml
6.49 ea.

MADE GOOD GRANOLA BARS 24 x 25 g
4.49 ea.

CRUFTER'S JAM 500 ml
5.99 ea.

BUD'S BEST MILL SEASONING MIX 35 g
5.99 ea.

CRUNCHMASTER CRACKERS 90 - 150 g
6.49 ea.

Baby & Beauty

BUY MORE SAVE MORE 2
6.00 ea.
DOVE TRIPLE OR LARGER
BABY OR TODDLER PAMPERS PURE PROTECTION DIAPERS 104 - 128 ct
10.49 ea.
PAMPERS BABY WIPES 56 - 72 ct

AXE DEODORANT 113 - 150 g
6.99 ea.

CLEAR CLEAN BODY WASH 400 ml
8.99 ea.

TRESEMMÉ HAIR CARE 355 - 400 ml
6.99 ea.

U BY KOTEX SUPER ABSORBENCY 16 - 22 ct
5.99 ea.

Household Helpers

LAUNDRY DETERGENT 4.4 L
4.99 ea.

LYSOL DUAL ACTION GERMICIDE CLEANER BLEACH 946 ml
7.99 ea.

FINISH DISHWASHER DETERGENT 1.5 - 2.4 L
17.99 ea.

LYSOL LAUNDRY SANITIZER DISINFECTANT 1.5 L
8.99 ea.

LYSOL CLEANERS 946 ml - 1.5 L

BUY MORE SAVE MORE 2
8.50 ea.
LYSOL DISINFECTANT SPRAY 350 g

LYSOL DISINFECTANT WIPES 35 - 80 ct

BUY MORE SAVE MORE 2
8.50 ea.
LYSOL DISINFECTANT SPRAY 350 g

method | heavenly-scented hand wash

METHOD HAND SOAP 354 ml
5.49 ea.

SPEND $25 GET $10

Cashmere

CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWELS OR FACIAL TISSUE
Exclusions apply.
8.99 ea.

BUY 1 SOAP
Exclusions apply.
GET 1 $10 gift card

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25 cents
4.99 ea.
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2.49 ea.
MILK-BONE SOFT & CHEWY
6.99 ea.
COOKIE PAL ORAL TREATS
8.49 ea.
CALIFORNIA CHANNEL ORAL TREATS
Top picks from
SANTA CLAWS
Stuff the stockings of your furry besties with their fave tasty treats.
PURINA BENEFUL DOG FOOD
BUY MORE SAVE MORE!
4/$5
7.99 ea.
JAX DOG TREATS
45 cents
8.99 ea.
MILK-BONE COMFORT CHOPS
DENTALIFE CHEWS
BUY MORE SAVE MORE!
2/$18
BELGIAN CRISPS DOG TREATS
BUY MORE SAVE MORE!
2/$7
BLUE BITS OR BLUE STIX DOG TREATS
6.99 ea.
55 cents
11.49 ea.
PROMERA DENTASTIX DOG TREATS
13.49 ea.
GOODIE PUP DOG TREATS
15 cents
2.99 ea.
TEMPTATIONS CAT TREATS
14.49 ea.
ACULIFE DOG TREATS
50 cents
10.99 ea.
NATURE'S RECIPE KITTIES
WRAP UP BRAND NAME PET FOOD
5
4.99 ea.
NATURE'S RECIPE WET DOG FOOD
13.99 ea.
IAMS CAT FOOD
65 cents
20.49 ea.
CESAR MULTIPACK WET DOG FOOD
BUY MORE SAVE MORE!
5/$5.50
FRISKIES CAT FOOD
18.99 ea.
IAMS DRY DOG FOOD

LOCALLY SOURCED ONTARIO

We take pride in sourcing locally from the **Northern Ontario Region.**

NORTH COUNTRY PEPPERETTES
454 g
SELECTED VARIETIES
8.49 ea.

LEADBETTERS WOOD FIRED BACON
375 g
SELECTED VARIETIES
5.99 ea.

HUBBERT'S MAPLE SYRUP
500 ml
SELECTED VARIETIES
10.99 ea.

QUINTA QUINOA
400 g
6.99 ea.

SAUGEEN COUNTRY DAIRY
908 g
SELECTED VARIETIES
5.99 ea.

CRAZY GOOD SPICES
28 - 90 g
SELECTED VARIETIES
6.99 ea.

Effective December 4, 2025 - January 7, 2026

metro IS PROUD TO SUPPORT ONTARIO LEARN MORE

SNOWDONIA CHEESE CO.
PURE CHEESE INDULGENCE
6.99 ea. SNOWDONIA CHUTNEY 200 - 300 ml SELECTED VARIETIES
11.99 ea. SNOWDONIA CHEDDAR CHEESE 200 - 250 g SELECTED VARIETIES
SCHWEIDERS
ELEVATED ENTERTAINING
SCHWEIDERS PEPPERETTES 100 - 150 g SELECTED VARIETIES
9.99 ea.
TRUSTED BY CANADIANS
SINCE 1885
DUTCHMAN'S GOLD HONEY 500 g
8.99 ea.
100% pure and unpasteurized
MAPLE LEAF HIGHER PROTEIN CHICKEN STICKS 30 g SELECTED VARIETIES
2.49 ea.
SIMPLE INGREDIENTS. A WORLD OF FLAVOUR.
NO ARTIFICIAL PRESERVATIVES
NO ARTIFICIAL FLAVOURS
NO ARTIFICIAL COLOURS
KRAFT PURE DRESSING 473 ml SELECTED VARIETIES
3.99 ea.
Holiday Savings FOR EVERY OCCASION!
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PILLSBURY COOKIE DOUGH 454 g SELECTED VARIETIES
4.99 ea.
BETTY CROCKER DECORATED CAKE MIX 425 - 475 g SELECTED VARIETIES
1.99 ea.
4.99 ea. CHEX CEREAL 305 - 360 g SELECTED VARIETIES
CRUNCH OR SUGAR CRUNCH CEREAL 300 g SELECTED VARIETIES
3.49 ea.
Winter Treats for all!
NESTLÉ BEAR, SANTA'S ELF, FRENCH DESSERT'S OR OREO ICE CREAM 500 ml SELECTED VARIETIES
6.49 ea.
NESTLÉ PARLOUR FROZEN DESSERTS OR MINI MONETTES SELECTED VARIETIES
4.99 ea.
J&PB TRY IT FOR THE FIRST TIME.
ONLY WITH
SMUCKER'S JAM 250 - 500 ml SELECTED VARIETIES
6.49 ea.
JIF PEANUT BUTTER 454 g SELECTED VARIETIES
6.49 ea.