

[illegible]

ONLY

99¢

GREAT PRICE!

Ben's Original

Fast & Fancy

Vite & Bon

99¢

Campbell's

Tomato

Soup

Campbell's

Crème de Champignon

Soup

HEINZ

BEANS

ORIGINAL

HEINZ

BEANS

MAPLE

HEINZ

Alpha

Certi

HEINZ

BEANS

ORIGINAL

CAMPBELL'S SOUP

BEN'S ORIGINAL FAST & FANCY RICE

100g

12/12/2019/2020

HEINZ

BEANS OR PASTA

8g PROTEIN

12/12/2019/2020

TRIN'S BURRITO

99¢

Michelina's

Macaroni and Cheese

Macaroni au Fromage

Irresistible

SEA SALT

SEA OF MER

Reese's

KitKat

99¢

SEA SALT

SEA OF MER

120g

NESTLE, MARS, HERSEY'S OR

CHOCOLATE CHIPS

12/12/2019/2020

CANADA DRY

1L

Coca-Cola

1L

POWERADE

1L

99¢

COCA-COLA OR

CANADA DRY

1L

12/12/2019/2020

POWERADE

1L

12/12/2019/2020

metro.ca

\$ New Lower Prices



i earn with **moi** rewards



We reserve the right to limit quantities.
DESCRIPTIONS TAKE PRECEDENCE OVER PHOTOS.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES

We accept Visa, MasterCard and American Express at most stores.

Visit us at: **metro.ca**
Give us your opinion for a chance to
WIN \$1,000 in groceries

We are a part of a multi-product company serving various clients. Please recycle where facilities exist.

moi
rewards

SAVE BIG
IN THE APP

Add your coupons in the
Metro app today.

THIS WEEK'S DEALS:

Only until January 15, 2026, in-store or online



NOW
4.99
ea.
SAVE UP TO
\$3

7.99
ea.
NESTLÉ
HOT CHOCOLATE
400 - 450 g
SELECTED VARIETIES



NOW
1.49
ea.
SAVE UP TO
\$0.50

1.99
ea.
ESKA
SPARKLING WATER
1L
SELECTED VARIETIES



NOW
9.99
ea.
SAVE UP TO
\$4.50

14.49
ea.
P.F. CHANG'S
MEALS
624 g
SELECTED VARIETIES



NOW
2/\$12
SAVE UP TO
\$5.98

2/17.98
ea.
ST. HUBERT, SWISS
CHALET OR
MONTANA'S PIES
FROZEN, 650 - 800 g
SELECTED VARIETIES



NOW
3.49
ea.
SAVE UP TO
\$2

5.49
ea.
DAWN EZ-SQUEEZE
DISH DETERGENT
535 - 650 ml
SELECTED VARIETIES



NOW
2.99
ea.
SAVE UP TO
\$2.50

5.49
ea.
ZIPLOC
SANDWICH BAGS
30 - 50 cm
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.

MANAGER'S SPECIALS

3 DAYS ONLY!
FRIDAY TO
SUNDAY

BIG WEEKLY SAVINGS. WHILE SUPPLIES LAST.

IN-STORE ONLY. NO RAIN CHECKS.

RASPBERRIES
PRODUCT OF U.S.A. OR MEXICO
170 g

2⁹⁹
ea.



FRESH
CHICKEN DRUMSTICKS
5.05/kg

2²⁹
/lb



SARTORI PASILLA
CHILE BELLAVITANO
DELI CUT, PRICES AS MARKED
22.17/lb

5⁹⁹
/100 g



IRRESISTIBLE ARTISAN
DOUBLE CRÈME BRIE
170 g

5⁹⁹
ea.



249
/lb

LARGE COSMIC CRISP APPLES
PRODUCT OF U.S.A.
5.49/kg

499
ea.

STRAWBERRIES 10-14
PRODUCT OF FLORIDA, U.S.A.
5 PK

399
ea.

BLACKBERRIES 10-14
PRODUCT OF CALIFORNIA, U.S.A.

499
ea.

20
points

CAULIFLOWER
PRODUCT OF U.S.A. 16-18 HEADS

699
/lb

JUMBO CHERRIES
PRODUCT OF CALIF. 10-12 HEADS
75.41/kg

499
ea.

AVOCADOS 6-8 OZ
PRODUCT OF MEXICO

249
/lb

EXTRA LARGE BEEFSTEAK TOMATOES
PRODUCT OF CALIF. 10-12 HEADS
5.49/kg

299
/lb

EXTRA LARGE GREEN PEPPERS
PRODUCT OF CALIFORNIA, U.S.A.
6.59/kg

299
/lb

LARGE CARA CARA
PRODUCT OF U.S.A.
6.59/kg

599
ea.

WINTER FROST PINKERBERRIES 10-14
PRODUCT OF CALIFORNIA, U.S.A.

500
/lb

BROCCOLI CROWNS
PRODUCT OF U.S.A. 16-18 HEADS

199
/lb

SWEET POTATOES
PRODUCT OF CALIFORNIA
4.39/kg

269
/lb

LARGE BOOSC OR ANJOU PEARS
PRODUCT OF CALIFORNIA
5.59/kg

399
/lb

STEM & LEAF CLEMENTINES
PRODUCT OF CALIF. 10-12 HEADS
8.80/kg

249
/lb

EGGPLANTS OR GREEN ZUCCHINI
PRODUCT OF U.S.A. 16-18 HEADS
5.49/kg

399
/lb

HEIRLOOM TOMATOES
PRODUCT OF CALIFORNIA
8.80/kg

1199
ea.

SUN DRYE
HEARTY FRUIT BARS 10-12 PK
100% FRUIT & VEGGIES

499
ea.

20
points

SAVORY TOFU BURGERS 10-12 PK
100% TOFU & VEGGIES

479
ea.

20
points

BELLE GROVE RASPBERRIES 10-12 PK
100% FRUIT & VEGGIES

249
ea.

20
points

BELLE GROVE RADISHES 10-12 PK
100% FRUIT & VEGGIES

55 points 1999 ea. SUNNY FRUIT ORGANIC CRIED PIES ON PLUMS 100% PLUM	349 lb. ORGANIC SEEDLESS WATER ORANGES 100% ORANGE 7.5lb/box	379 ea. BELLE GROVE ORGANIC SLICED WHITE CHEDDAR MACARONI 5.1lb	299 ea. LIFE SMART ORGANIC PLAIN TOFU 100% TOFU	10 points 299 ea. ORGANIC BISCUITS
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25
pieces

5⁹⁹
ea.

READY TO COOK
VEGETABLES
CUT TO 1/2" SLICES
TOMATOES AND 1/4"
PELLETS 100% SUGAR
FREE

4⁹⁹
ea.

CORED PINEAPPLES
100% SUGAR FREE

NEW

30⁰⁰
ea.

ROSE REVERIE
BOUQUET
100% SUGAR FREE

ORCHIDS
12" POT
100% SUGAR FREE

16⁹⁹
ea.

SAVE \$3.00

9⁹⁹
ea.

STORER MADE
LARGE PINEAPPLE
FRUIT SALAD 100%
SUGAR FREE

1⁷⁷
/lb

RED OR YELLOW SEEDLESS
WATERMELON QUARTERS
3.56kg

ALOE VERA
6" POT

12⁹⁹
ea.

SPRING BULBS
6" POT
100% SUGAR FREE

9⁹⁹
ea.

16⁹⁹
ea.

NEW

30⁰⁰
ea.

ROSE REVERE
BOUQUET
ROSEAU & COUSINS

ORCHIDS
2.5" POT
BLOOMING

SAVE \$3.00

16⁹⁹
ea.

ALOE VERA

12⁹⁹
ea.

SPRING BULBS
6" POT
BLOOMING

9⁹⁹
ea.

Our Butcher's Finest

**FRESH CHICKEN
QUARTERS**
1.80kg

3⁹⁹
/lb

**BONELESS PORK
SIRLOIN CHOPS**
100g pack

4⁹⁹
/lb

MEDIUM GROUND BEEF
WULFE BACK
5.47kg

6⁹⁹
/lb

**FRESH ROSEMARY
LAMB LEGS**
2.5kg

12⁹⁹
/lb

LEAN GROUND LAMB
2.5kg

9⁹⁹
ea.

FRESH SPLIT CHICKEN BREAST
2.5kg

4⁹⁹
/lb

**PLATINUM GRILL ANGUS
EYE OF ROUND ROAST**
100g pack

7⁹⁹
/lb

**100% CANADIAN
ANGUS**
100g pack

5⁹⁹
/lb

**LIFE SMART! NATURAL
GRASS-FED BONELESS
RIB STEAK OR
STRIP LOIN STEAK**
100g pack

19⁹⁹
/lb

FRESH SALMON
100g pack

12⁹⁹
/lb

Always opt for a minimum of 10g of fat. Free range poultry products. Natural without added hormones.

The collage features several food items with their respective prices:

- Top Left:** A box of "Newman's Own® Premium Italian" hot sauce and a package of "B.B.Q." chicken. Price: **2.99** ea.
- Top Center:** A large package of "Fletcher's Pork COTTAGE ROLL" (11.00kg). Price: **4.99** /lb.
- Top Right:** A package of "Bacon" and a box of "Ultimate Maple & Lobster" chicken skewers. Price: **6.99** ea.
- Middle Left:** A box of "Newman's Own® Premium Italian" hot sauce and a package of "B.B.Q." chicken. Price: **2.99** ea.
- Middle Center:** A package of "Fletcher's Pork COTTAGE ROLL" (11.00kg). Price: **4.99** /lb.
- Middle Right:** A package of "Bacon" and a box of "Ultimate Maple & Lobster" chicken skewers. Price: **6.99** ea.
- Bottom Left:** A box of "Newman's Own® Premium Italian" hot sauce and a package of "B.B.Q." chicken. Price: **2.99** ea.
- Bottom Center:** A box of "KELSEYS Original" POGO breaded chicken. Price: **15.99** ea.
- Bottom Right:** A box of "KELSEYS Original" POGO breaded chicken. Price: **15.99** ea.

7.99
ea.

duBreton
ORGANIC BACON 200g

7.99
ea.

duBreton
McLEAN ORGANIC
BREAKFAST SAUSAGES
400g
SELECTED VARIETIES

8.99
ea.

duBreton
ORGANIC PORK
SAUSAGES
400g
SELECTED VARIETIES

14.99
ea.

YORKSHIRE
VALLEY FARMS
ORGANIC CHICKEN
BREAST FILETS
1kg
SELECTED VARIETIES

14.99
ea.

YORKSHIRE
VALLEY FARMS
ORGANIC CHICKEN
FILLETS OR SKINS
1kg
SELECTED VARIETIES

12.99
ea.

YORKSHIRE
VALLEY FARMS
ORGANIC CHICKEN
DRUMSTICKS
1kg
SELECTED VARIETIES

14.99
ea.

YORKSHIRE
VALLEY FARMS
ORGANIC CHICKEN
MEAT PIES
1kg
SELECTED VARIETIES

15.99
ea.

YORKSHIRE
VALLEY FARMS
ORGANIC
CHICKEN WINGS
1kg
SELECTED VARIETIES

Baked in my Metro



FRONT STREET BAKERY
CHEESE BUNS ON
CHEESE STICKS
125 g

749

125

ea.

\$1

back in

points



FRONT STREET BAKERY
RYE BREADS
200 g

449

ea.



FRONT STREET BAKERY
CHEESE STICKS
125 g

599

ea.



FRONT STREET BAKERY
PANIN ROLLS
125 g

399

ea.



FRONT STREET BAKERY
CHEESE BUNS ON
CHEESE STICKS
125 g

749

125

ea.

\$1

back in

points



FRONT STREET BAKERY
RYE BREADS
200 g

449

ea.



FRONT STREET BAKERY
CHEESE STICKS
125 g

599

ea.



FRONT STREET BAKERY
PANIN ROLLS
125 g

399

ea.

FRONT STREET BAKERY
OUR ABSOLUTE FINEST



FRONT STREET BAKERY
CAKE SLICES
125 g

399

ea.



FRONT STREET BAKERY
MINI DESSERT CAKES
125 g

1099

125

ea.

\$1

back in

points



FRONT STREET BAKERY
HAMPSTER'S RYE BREAD
200 g

369

ea.



FRONT STREET BAKERY
DORITOS' HOT DOG OR
HAMBURGER BUNS
125 g

399

ea.



FRONTIER BAKERY
PITA
125 g

199

ea.



FRONTIER BAKERY
PITA
125 g

199

ea.



FRONT STREET BAKERY
DORITOS' HOT DOG OR
HAMBURGER BUNS
125 g

399

ea.



FRONTIER BAKERY
PITA
125 g

199

ea.



FRONTIER BAKERY
PITA
125 g

199

ea.



FRONTIER BAKERY
PITA
125 g

199

ea.

Deli Favourites



VALUE PICK
SAN DANIELE
MORTADELLA
100 g

299

/100 g



MASTRO CAPICOLL
MILD OR HOT
100 g

299

/100 g



IRRESISTIBLES ARTISAN
EMMENTAL CHEESE
100 g

335

/100 g



IRRESISTIBLES ARTISAN
EMMENTAL CHEESE
100 g

399

/100 g



OLYME
SLICED DELI MEAT
100 g

399

/100 g



OLYME
SLICED DELI MEAT
175 g

649

ea.



THE STILLE
BOCETTA OR BOCCONCINI
175 g

799

ea.



GALBANI
BACCANONE CHEESE
175 g

1599

ea.



SMOKE
HOUSE
SALAMI
125 g

879

ea.



SCHNEIDERS
BOLOGNA
125 g

899

ea.



THE STILLE
PETA CHEESE
125 g

799

ea.



IRRESISTIBLES ARTISAN
PARMIGIANO REGGIANO
24 MONTHS
125 g

1399

125

ea.

\$1

back in

points



FAMILY
PACK COOKIES
125 g

399

ea.



FAMILY
PACK COOKIES
125 g

999

ea.



FRESH STUFFED
PASTA OR SKILLET
125 g

2699

250

ea.

\$2

back in

points





Seafood



2 for \$5.00

FROZEN PACIFIC COD LOW PORTIONS 100g

WILD CAUGHT



SEAFORD BOX
FROZEN 2.575kg

\$9.99 /lb



INCLUDES

SNOW CRAB, RAW SHRIMP, LOBSTER CLAWS AND CLAMS



40 points

\$3.99 ea.

TRUE BLUE MARYLAND CRAB CAKES
PREPARED FROZEN, 100g



\$3.99 ea.

SELECTION BOSTON CRAB
FROZEN 100g, 120g



\$6.99

FRESH ATLANTIC SALMON PINWHEEL 100g



\$8.99 ea.

STORE MADE SEAFOOD CLAM PIE WITH CHEESE
PREPARED FROZEN, 350g



\$1 bonus points

\$4.99 ea.

125 points

CLEAR OCEAN COATED SALAD SCALLOPS
FROZEN 100g



\$9.99 ea.

CEDAR BAY CANADIAN LOBSTER MAC & CHEESE
FROZEN 100g



\$9.99 ea.

BETTER FISH BARRAMUNDI
FROZEN 100g



\$1 bonus points

\$14.99 ea.

125 points

TRUE WORTH HOT SMOKED SALMON
FROZEN 100g

249 ea. UNICO BEANS OR TOMATOES in Milk SWEETENED CONDENSED	129 ea. UNICO TOMATO PASTE 16 OZ.	199 ea. UNICO SOLID LIGHT TINS 100g	399 ea. UNICO OLIVES 16 OZ.
279 ea. CLEARLY CANADIAN SPARKLING WATER 500ML	1049 ea. CRAFT NON-ALCOHOLIC BEER 4% ALC/VOL (8% ALC BY VOLUME)	1249 ea. COLLECTIVE ARTS HAZY PALE ALE 6 PACK	1279 ea. SAPPORO 0.0% SAPPORO OR SLEEMAN NON-ALCOHOLIC BEER 4.0% ALC/VOL (8.0% ALC BY VOLUME)
579 ea. SELECTION PEANUTS SWEETENED HAZELNUTS	349 ea. PRINCELES MEGA CHIPS SWEETENED HAZELNUTS	399 ea. PLANTERS TRAIL MIX SWEETENED HAZELNUTS	499 ea. SUN CHIPS MULTI-GRAIN CHIPS SWEETENED HAZELNUTS
449 ea. RYVITA CRACKERS 100% WHOLE GRAIN CRACKERS	479 ea. CELEBRATION LESLIE'S COOKIES SWEETENED HAZELNUTS	449 ea. EXCEL GUM EXCEL GUM SWEETENED HAZELNUTS	249 ea. HERSHEY KING SIZE CHOCOLATE BARS 60% CACAO SWEETENED HAZELNUTS



**ONLINE
EXCLUSIVE**

metro.ca

Enjoy the Offer

*Certain conditions apply. Details on metro.ca

FREE

3-CHEESE TORTELLINI

800 g

WHEN YOU SPEND \$130 OR MORE*



\$9⁴⁹
VALUE

PROMO CODE
TORTELLINI

More Great Savings



349 ea.
ON THE BORDER PIZZERIA POPS OR
TOASTER STRUDEL SAUCKS
100g (3.5oz)



349 ea.
DOLE FRUIT CUPS
100g (3.5oz)



1099 ea.
SPLENDA SWEETENER
100g (3.5oz)



499 ea.
SMOOTH PEANUT BUTTER
100g (3.5oz)



549 ea.
LIFE CEREAL
100g (3.5oz)



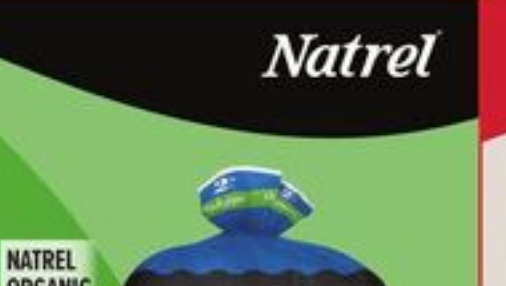
1999 ea.
MAXWELL HOUSE COFFEE
100g (3.5oz)



399 ea.
HELLMANN'S MAYONNAISE
100g (3.5oz)



579 ea.
NATREL ORGANIC COFFEE CREAM
100g (3.5oz)



629 ea.
LACTANTIA LACTOSE FREE MILK
100g (3.5oz)



569 ea.
LACTANTIA ULTRA-PUR MILK
100g (3.5oz)



1199 ea.
KIRI YOGURT
100g (3.5oz)



399 ea.
GOGU SQUEEZE SNACK
100g (3.5oz)



399 ea.
ACTIVIA GUT HEALTH CHALLENGE
100g (3.5oz)



199 ea.
ICEBERG JUICE
100g (3.5oz)



399 ea.
ALLEN'S JUICE
100g (3.5oz)



299 ea.
FRUITE DRINKS
100g (3.5oz)



469 ea.
OASIS JUICE
100g (3.5oz)



699 ea.
REAL DAIRY ICE CREAM
100g (3.5oz)



699 ea.
NESTLE FROZEN TREATS
100g (3.5oz)



599 ea.
HÄAGEN-DAZS ICE CREAM
100g (3.5oz)

moi rewards



join today and save

Certain conditions apply,
see moirewards.ca for conditions.
Moi Rewards is a trademark of Metro Inc.

Organic

LUNDBERG
RICE CAKES 375g
SELECTED VARIETIES

7⁹⁹
ea.

Kashi
KASHI
GRANOLA BARS 175g
SELECTED VARIETIES

3⁴⁹
ea.

KICKING HORSE
GROUND COFFEE 100g
SELECTED VARIETIES

13⁹⁹
ea.

ROCKWELL'S
COCONUT OIL 500ml
SELECTED VARIETIES

21⁹⁹
ea.

BETTER THAN
NOODLES
KONJAC NOODLES 500g
SELECTED VARIETIES

4⁹⁹
ea.

KOUKLA
DELIGHTS
BITE SIZE COCONUT BEVERAGE 1L
SELECTED VARIETIES

8⁹⁹
ea.

VITA COCO
COCONUT BEVERAGE 1L
SELECTED VARIETIES

3⁹⁹
ea.

Whole Grains

CRUNCHMASTER
CRACKERS 100g
SELECTED VARIETIES

6⁴⁹
ea.

PRANA
GRANOLA CEREAL 250g
SELECTED VARIETIES

4⁹⁹
ea.

ALLERGY SMART
COOKIES 100g
SELECTED VARIETIES

4⁹⁹
ea.

GOLDYS
SUPERSEED CEREAL 250g
SELECTED VARIETIES

7⁴⁹
ea.

BARNEY BUTTER
ALMOND BUTTER 250g
SELECTED VARIETIES

8⁹⁹
ea.

SEAMARK
MINI BISCOTTI CRACKERS 100g
SELECTED VARIETIES

7⁴⁹
ea.

humble
POTATO CHIPS 100g
SELECTED VARIETIES

4⁴⁹
ea.

Household Helpers

SELECTION DISH
DETERGENT OR
FOOD WRAP 500ml
SELECTED VARIETIES

2⁴⁹
ea.

CASCADE
DISHWASHER
DETERGENT 750ml
SELECTED VARIETIES

10⁹⁹
ea.

Bounty
PAPER TOWELS OR CLOTHS 100% COTTON
SELECTED VARIETIES

10⁹⁹
ea.

Charmin
TOILET OR CLOTHS
BATHROOM TISSUE 100% COTTON
SELECTED VARIETIES

10⁹⁹
ea.

DELICIOUS
CAT TREATS 100g
SELECTED VARIETIES

8⁴⁹
ea.

UNDESTRUCTIBLE
DOG TREATS 100g
SELECTED VARIETIES

6⁹⁹
ea.

FANCY FEAST
MULTIPACK WET
CAT FOOD 100g
SELECTED VARIETIES

11⁴⁹
ea.

MILK BONE
BRUSHING CHEWS 100g
SELECTED VARIETIES

12⁹⁹
ea.

5X
faster
vs. leading all-
purpose cleaners*
*on limescale

SCRUBBING
BUBBLES
GEL PEST
CLEANER 500ml
SELECTED VARIETIES

6⁹⁹
ea.

GLAD
MADE AT HOME
FOR YOUR HOME.
GLAD
BLACK GARAGE BAGS 100% COTTON
SELECTED VARIETIES

12⁹⁹
ea.

Start clean. CLOROX
CLOROX BLEACH 1L
SELECTED VARIETIES

6⁴⁹
ea.

GET TOUGH ON ODOUR
AND SAVE!

ARM & HAMMER
CLUMPING LITTER 100% COTTON
SELECTED VARIETIES

19⁹⁹
ea.

DOUBLE DUTY
CLUMP SEAL 100% COTTON
SELECTED VARIETIES

28⁴⁹
ea.

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

Baby Care



GERBER
BABY SNACKS
100g (3.5oz) tubs
ea.

4⁴⁹



HUGGIES
natural care
BABY WIPES
100% cotton
ea.

9⁹⁹



PAMPERS
natural care
BABY WIPES
100% cotton
ea.

22⁹⁹



GERBER
BABY CEREAL
100g (3.5oz) tubs
ea.

5⁹⁹



LIVE CLEAN
BABY SHAMPOO
100g (3.5oz) tubs
ea.

12⁹⁹



L'OREAL KIDS
BABY SHAMPOO
100g (3.5oz) tubs
ea.

6⁴⁹

Health & Beauty



NIVEA
LIP CARE
100g (3.5oz) tubs
ea.

5⁴⁹



POND'S
FACIAL MOISTURIZING
CREAM
100g (3.5oz) tubs
ea.

11⁴⁹



OLAY
FACE CARE
100g (3.5oz) tubs
ea.

13⁹⁹



HERBAL ESSENCES
HAIR MOUSSE
100g (3.5oz) tubs
ea.

5⁹⁹



HERBAL ESSENCES
HAIR CARE
100g (3.5oz) tubs
ea.

9⁹⁹



BARE
HEAD & SHOULDERS
HAIR CARE
100g (3.5oz) tubs
ea.

13⁴⁹



PANTENE PRO-V
HAIR CARE
100g (3.5oz) tubs
ea.

6⁴⁹



THE UNSCENTED
COMPANY
BODY SOAP
100g (3.5oz) tubs
ea.

12⁴⁹



LIVE CLEAN
BODY WASH
100g (3.5oz) tubs
ea.

8⁹⁹



EVERY MAN JACK
BODY WASH
100g (3.5oz) tubs
ea.

9⁴⁹



AVEENO
BODY WASH
100g (3.5oz) tubs
ea.

12⁴⁹



AVEENO
BODY LOTION
100g (3.5oz) tubs
ea.

12⁹⁹



SENSODYNE
TOOTHPASTE
100g (3.5oz) tubs
ea.

6⁴⁹



CREST
TOOTHPASTE
100g (3.5oz) tubs
ea.

4⁹⁹



ORAL-B
DENTAL FLOSS
100g (3.5oz) tubs
ea.

7⁹⁹



LISTERINE
MOUTHWASH
100g (3.5oz) tubs
ea.

7⁴⁹



IRISH SPRING
BAR SOAP
100g (3.5oz) tubs
ea.

4⁴⁹



SOFTSOAP
HAND SOAP
100g (3.5oz) tubs
ea.

7⁹⁹



SOFTSOAP
HAND SOAP
100g (3.5oz) tubs
ea.

5⁹⁹



EVERY MAN JACK
DEODORANT
100g (3.5oz) tubs
ea.

7⁴⁹



PERSONELLE
DISPOSABLE RAZORS
100g (3.5oz) tubs
ea.

3⁹⁹



POISE
ADULT INCONTINENCE
PADS
100g (3.5oz) tubs
ea.

7⁹⁹



TAMPAX
SANITARY TAMPONS
100g (3.5oz) tubs
ea.

6⁹⁹



DIVA
MENSTRUAL CUP
100g (3.5oz) tubs
ea.

20% off



We take pride in sourcing locally from the
Greater Toronto Region.

HALENDIA'S
MILD OR HOT
PEPPERETTES
100 g
SELECTED VARIETIES

3⁹⁹
ea.



THE PIE COMMISSION
PIES
FROZEN, 290 - 330 g
SELECTED VARIETIES

9⁹⁹
ea.



HALENDIA'S
KOBASSA SAUSAGE
275 g
SELECTED VARIETIES

6⁴⁹
ea.



NO.7
HOT SAUCES
150 ml
SELECTED VARIETIES

7⁹⁹
ea.



BUBBIE'S
BISCOTTI THINS
100 g
SELECTED VARIETIES

4⁴⁹
ea.



CRAZY D'S
SPARKLING
PREBIOTIC SODA
355 ml
SELECTED VARIETIES

2⁹⁹
ea.



Effective January 8 - 28, 2026

BRING HOME A WIN WITH 2 OFFERS FROM 

FREE TOQUE*

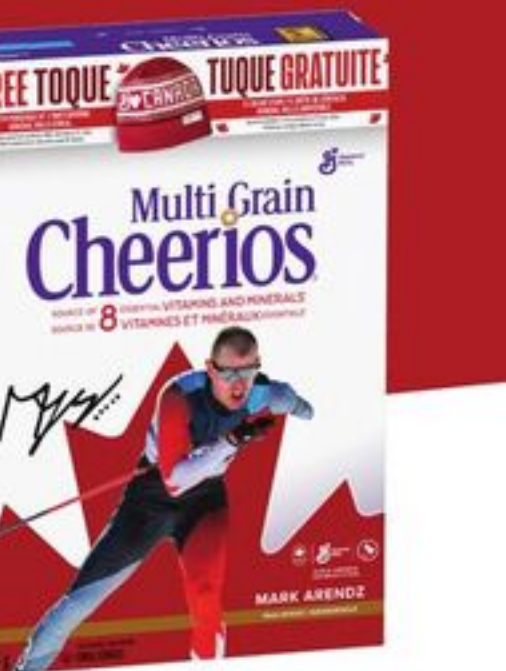
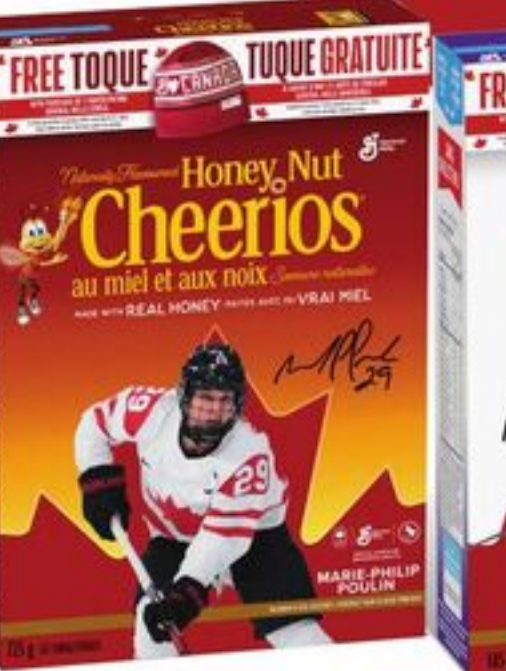
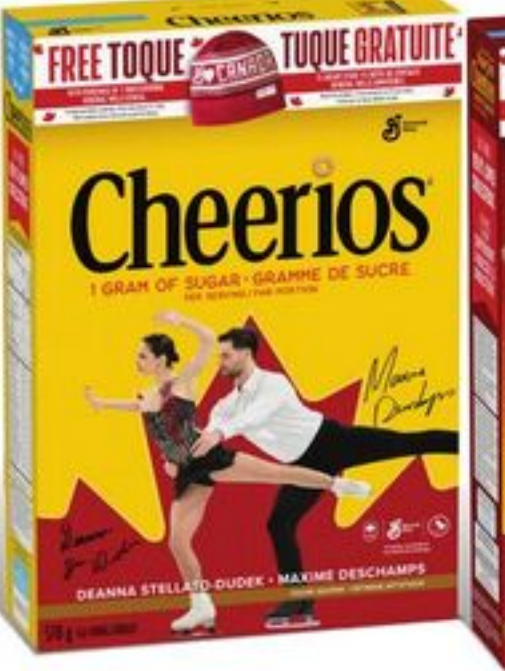


WITH PURCHASE OF 1 PARTICIPATING GENERAL MILLS CEREAL.
*Limited quantities available. Offer ends March 31, 2024. Most redeem online. See participating packaging for details.



GENERAL MILLS FAMILY SIZE CEREALS
SELECTED SIZES
SELECTED VARIETIES

5⁹⁹ ea.





OLD EL PASO MEXICAN KITS
SELECTED SIZES
SELECTED VARIETIES

2 for 9⁰⁰



BUY 2 OLD EL PASO® KITS AND GET **\$10 TO FILL UP**** YOUR TACOS
UPLOAD YOUR RECEIPT ONLINE

**Must redeem online. Limited offer available. Offer ends March 31, 2024. See participating packaging for details.



NATURE VALLEY GRANOLA BARS
100% WHOLE GRAIN
SELECTED VARIETIES

2⁹⁹ ea.



LARABAR BARS
54 BARS
SELECTED VARIETIES

9⁹⁹ ea.

BETTY CROCKER FRUIT SNACKS
100% FRUIT
SELECTED VARIETIES

2⁹⁹ ea.