New Year
NEW SAVINGS

2.99 /lb

EXTRA LARGE RED OR GREEN OR LARGE BLACK SEEDLESS GRAPES
6.00kg

LARGE PEACHES
LARGE NECTARINES
LARGE BLACK PLUMS
6.00kg

2.99 /lb

STEAM & GO
YELLOW POTATOES 1L
CHOICE, GRADE 1

99¢ ea.

WHOLE SWEET TANGERINES 2kg
FRESH GARDEN SALAD OR COLESLAW 340-397g
PRODUCE

1.99 ea.

moi rewards member price

JORDANS CEREAL
375-500g
EX. 0.75 REMOVED

3.49 ea.

SPECIAL PRICE
3.99
for non-members

Effective January 8 9 10 11 12 13

VERSION A

metro
CANADIAN AND PROUD

MIXED FLOWER BOUQUET
CONTAINS NO NEONICOTINOIDS
20.00 ea.

FRESH ATLANTIC SALMON PORTIONS
FARMED PER LB
3.99 ea.

PLATINUM GRILL ANGUS TOP SIRLOIN STEAK VALUE PACK OR ROAST
CANADIAN ANGUS CERTIFIED BEEF
10.50kg
8.88 /lb

MONTEREGIE LES ARTISAN TURKEY BREAST, BRUNCH PATA BAGUETTE OR MOZZARE, PROLON OR PRINCE PARTIE RIGIDE OR CASTELLO BRANDY
ALL VARIES, SEE SHELF DISCOUNTED
2.99 /100 g

FRESH

FRESH PORK TENDERLOIN VALUE PACK
0.91kg
3.99 /lb

$1 bons in points*
125 points

FRONT STREET BAKERY BAGUETTE, BUNS OR SINGLES OR SUNDAY TWISTS
ALL VARIES, SEE SHELF DISCOUNTED
5.99 ea.

Grass Fed Beef
Selection Lean

• 100% Grass Fed
• Gluten & Hormone Free
• Antibiotics Not Administered Since Birth
• Ontario Beef

FRESH LAMB SHOULDER CHOPS VALUE PACK
0.91kg
5.99 /lb

83¢ PER BOX!
$2 bons in points*
250 points

KRAFT DINNER
ALL VARIES
9.99 ea.

PHILADELPHIA CREAM CHEESE, CREEM WHIP OR FRUIT SPREAD
ALL VARIES
3.99 ea.

GREAT PRICE!

SELECTION DAIRY OR DELICIOUSLY SMOOTH SOUR CREAM OR DIP
VARIES, SEE SHELF DISCOUNTED
4.44 ea.

BAKER CHEF OR DIPPS QUICK CRISPY MINIS OR RICE CAKES
VARIES, SEE SHELF DISCOUNTED
1.99 ea.

NESCAFÉ CHOICE OR TASTER'S CHOICE INSTANT COFFEE 100 - 150 GR OR OIKOS GREEK STYLE YOGURT 650 - 750 GR
VARIES, SEE SHELF DISCOUNTED
6.49 ea.

LACTAID® PURFLITE® 1 LITRE OR KELLOGG'S® RAISIN BRAN® 500 - 650 GR
VARIES, SEE SHELF DISCOUNTED
3.99 ea.

CASHMERE BATHROOM TISSUE, SPONGE PAPER TOWELS OR SCOTTIES FACIAL TISSUE
VARIES, SEE SHELF DISCOUNTED
6.99 ea.

INDIVIDUAL CHIPS, DORITOS OR CHEETOS CHEESE OR SWEETS CHOCOLATE
VARIES, SEE SHELF DISCOUNTED
3.49 ea.

CLOVER LEAF ALBACORE TUNA OR PINK SALMON
ALL VARIES
1.99 ea.

Effective January 8 9 10 11 12 13 14 2026 | my savings my metro

ONLY
99¢
GREAT PRICE!
Ben's Original
Fast & Fancy Vite & Bon
HEINZ ALPHABETTI
HEINZ BEANS ORIGINAL
HEINZ BEANS MAPLE
99¢
Campbell's
Tomato Tomate
Cream of Mushroom Crème de champignons
CAMPBELL'S SOUP
BEN'S ORIGINAL RICE & FANCY RICE
HEINZ BEANS OR PASTA
BURRITO
Michelina's
Macaroni and Cheese
Macaroni au fromage
99¢
MICHELINA'S FROZEN ENTREES OR TAKE'S DINNERS
Irresistible
SEA SALT
SEL DE MER
Reese's
KitKat
99¢
NESTLÉ, HERSHEY'S OR CADBURY CHOCOLATE BARS OR REESE'S OR HERSHEY'S CHIPS
Dasani
Coca-Cola
POWERADE
99¢
COCA-COLA OR DASANI SOFT DRINKS OR POWERADE SPORT DRINKS
metro.ca

New Lower Prices

30% OFF
CASTELLO CHEESE
DANISH FONTINA 17.43/lb
BLUE CHEESE 14.26/lb
TICKLER CHEDDAR 15.53/lb
DELI CUT, PRICES AS MARKED

7.99 ea.
MAPLE LEAF NATURAL SELECTIONS OR SCHNEIDERS SLICED DELI OR FANTINO & MONDELLO ITALIAN DELI 100 - 200 g
SELECTED VARIETIES

DEMPSTER'S WHITE, 100% WHOLE WHEAT BREADS OR BAGELS
SELECTED SIZES
SELECTED VARIETIES
OR 3.99 EA.

2 for 7.00

8.99 ea.
MAPLE LEAF PRIME CHICKEN WINGS OR BREADED CHICKEN
FROZEN, 568 - 700 g
SELECTED VARIETIES

3.99 ea.
STORE MADE
MELON CHUNKS 360 - 380 g
MINI SALADS 122 - 174 g

2 for 14.00
VEGETARIAN, CALIFORNIA OR SPICY CALIFORNIA ROLLS
208 - 236 g
SELECTED VARIETIES

HIGH LINER BREADED, BATTERED OR CATCH OF THE DAY FISH FILLETS
FROZEN, 425 g - 1.32 kg
SELECTED VARIETIES

10.99 ea.

6.49 ea.
ACTIVIA MULTI YOGOURT
SELECTED SIZES
SELECTED VARIETIES

4.99 ea.
OLYMPIC YOGOURT 650 g
SELECTED VARIETIES

3.49 ea.
LIBERTÉ MÉDITERRANÉE 500 g or
GREEK YOGOURT 4 X 100 g
SELECTED VARIETIES

ST. DALFOUR SPREAD 225 ml,
CELESTIAL TEA 18 - 20 un.
PEARL MILLING PANCAKE MIX 905 g or
TABLE SYRUP 710 ml
SELECTED VARIETIES

4.49 ea.

2.49 ea.
LECLERC GO PURE CEREAL BARS 140 - 160 g or
MOTT'S FRUITSATIONS 6 X 104 g - 6 X 113 g
SELECTED VARIETIES

NATURE'S PATH, CHEX CEREAL, EARTH'S OWN BEVERAGES OR ORGANIC MEADOW YOGOURT
SELECTED SIZES
SELECTED VARIETIES

4.99 ea.

LAY'S FAMILY SIZE CHIPS OR MINIS CANISTER SNACKS
SELECTED SIZES
SELECTED VARIETIES

3.99 ea.

4.99 ea.
LINDT EXCELLENCE OR MAYNARDS
SELECTED SIZES
SELECTED VARIETIES

4.99 ea.
HERSHEY OR NESTLÉ CHOCOLATE
SELECTED SIZES
SELECTED VARIETIES

5.99 ea.
HUNGRY-MAN, HEALTHY CHOICE OR P.F.CHANG'S FROZEN MEAL
SELECTED SIZES
SELECTED VARIETIES

5.49 ea.
ESKA NATURAL SPRING WATER 24 X 500 ml

SENSIBLE PORTIONS, HARVEST SNAPS SNACKS, KETTLE CHIPS OR POPPI SODA
SELECTED SIZES
SELECTED VARIETIES

2.99 ea.

4.99 ea.
FRENCH'S KETCHUP 750 ml - 1 L or
BICK'S PICKLES 750 ml - 1 L
SELECTED VARIETIES

2.49 ea.
BUSH'S BEANS 398 ml or
CHEF BOYARDEE CANNED MEAL 411 - 425 g
SELECTED VARIETIES

5.49 ea.
AXE, NIVEA OR DOVE PERSONAL CARE
SELECTED SIZES
SELECTED VARIETIES

4.49 ea.
ENERGIZER BATTERIES, ZIPLOC BAGS OR SELECTION GARBAGE BAGS
SELECTED SIZES
SELECTED VARIETIES

i earn with moi rewards

60 points
5.99 ea.

BEN & JERRY'S ICE CREAM OR MAGNUM NOVELTIES
SELECTED SIZES, SELECTED VARIETIES

75 points
10.99 ea.

TIDE OR GAIN DETERGENT, DOWNY OR GAIN SOFTENERS, DAWN, CASCADE, SWIFFER, BOUNTY OR CHARMIN
SELECTED SIZES, SELECTED VARIETIES

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

This flyer is printed on recyclable paper using vegetable based inks. Please recycle where facilities exist.
*IN STOCK POLICY: Metro offers an in-stock guarantee for all items in its current flyer. If we are temporarily out-of-stock on an advertised item in our current flyer, a Rain Check will be issued redeemable within 30 days from the date of issue. Rain Checks are not issued if the ad in the flyer states, "While Quantities Last", "Special Buy" or "No Rain Checks", or on in-store cooked BBQ Chicken and Hot Pizza, Ready-to-Drink Alcoholic Beverages, Beer, Cider, Wine, and Independent Third Party Vendors. Please see the Customer Service desk at your Metro for full details. If there is a limit stated in the ad, Rain Checks up to the stated limit may be issued. If there is no limit stated in the ad, we reserve the right to limit quantities to reasonable requirements. Limit: One Rain Check per household per item per day. We reserve the right to limit purchases to reasonable requirements. Limits or some restrictions apply - details available in store or at metro.ca. Certain prices and special offers advertised in our flyers may vary by area. We reserve the right to limit quantities. Some illustrations in this flyer do not necessarily represent items on sale and are for design purposes only. Metro Inc. disclaims all liability in connection with or that may arise from the visuals provided by advertisers and suppliers with respect to photos, logos, designs, typography and product origin. We reserve the right to correct any unintentional errors that may occur in the copy or illustrations. Savings where indicated are based on our regular shelf price. Prices are effective Thursday 8:00 a.m. through Wednesday 11:59 p.m. Other exemptions may also apply. Certain prices and special offers advertised in our flyers may vary by area. To view local store flyer, visit metro.ca, where you can create an account (or sign into your account) and select your preferred location. Some seafood, bakery and floral items may not be available in all stores. For retail sale only. Commercial resale of our products is prohibited. Upon presentation of the Moi Rewards card, points awarded are calculated on the total amount, before taxes, and excludes the products specified in the terms and conditions of the program. Does not apply to bonus points. Available at stores participating in the Moi program. For $3 = 1 pt: available at Metro; not available at Food Basics. All dollar values associated with a Moi Rewards offer are rewarded in points, not in actual dollars. Points redeemable at participating stores starting at a balance of 500 points ($4 value). Visit moirewards.ca for terms and conditions. Moi Rewards is a trademark of Metro Inc.

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 1 L SELECTED VARIETIES

NOW 9.99 ea. SAVE UP TO $4.50 | 14.49* ea. P.F. CHANG'S MEALS 626 g SELECTED VARIETIES

NOW 2/$12 SAVE UP TO $5.98 | 2/17.98* ea. ST. HUBERT, SWISS CHALET OU MONTANA'S PIES FROZEN, 450 - 800 g SELECTED VARIETIES

NOW 3.49 ea. SAVE UP TO $2 | 5.49* ea. DAWN EZ-SQUEEZE DISH DETERGENT 535 - 950 ml SELECTED VARIETIES

NOW 2.99 ea. SAVE UP TO $2.50 | 5.49* ea. ZIPLOC SANDWICH BAGS 30 - 50 un 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.*

Farm Fresh Produce

2.49 /lb — COSMIC CRISP® LARGE COSMIC CRISP® APPLES 1.49 kg

4.99 ea. — STRAWBERRIES 454 g Product of Canada, U.S.A. or Mexico

3.99 ea. — BLACKBERRIES 170 g Product of Mexico

20 DAYS — 4.99 ea. — CAULIFLOWER Product of Canada, U.S.A. or Mexico

JUMBO — 6.99 /lb — JUMBO CHERRIES Product of Canada, U.S.A. or Chile 0.454 kg

5 PK — 4.99 ea. — AVOCADOS 5 pk Product of Mexico

2.49 /lb — EXTRA LARGE RED TOUR DE TOMATOES Product of Canada 0.454 kg

2.99 /lb — EXTRA LARGE GREEN SWEET PEPPERS Product of Mexico, U.S.A. or Canada 0.454 kg

2.99 /lb — LARGE CARA CARA ORANGES Product of Chile 0.454 kg

5.99 ea. — WINTER FRUIT POMEGRANATES 2 pk Product of Israel, U.S.A. or Peru

2 ea. — 5.00 — BROCCOLI CROWNS Product of U.S.A. or Mexico

Organic — 1.99 /lb — SWEET POTATOES Product of Canada 0.454 kg

LARGE BOSC OR ANJOU PEARS Product of U.S.A. or Canada 0.454 kg — 2.69 /lb

3.99 /lb — STEM & LEAF CLEANSING BUNDLE 0.454 kg

2.49 /lb — EGGPLANTS OR GREEN ZUCCHINI Product of U.S.A. or Mexico 0.454 kg

Organic — 3.99 /lb — HEIRLOOM TOMATOES Product of Canada 0.454 kg

100% FRESH FRUIT — fruit to go — 11.99 ea. — SUN RIPE BABY BELL® SWEET BITES, NATIVE POTATOES 907 g

100% FRESH VEGETABLE — fruit source — SATIVA® SWEET BURGERS 227 g — NEW — 4.99 ea. — 20 DAYS

20 DAYS — 4.79 ea. — BELLE & ANNIE MUSHROOMS Product of U.S.A. or Canada 227 g

BAGHCHES — 2.49 ea. — 10 DAYS

Organic

55 — 19.99 ea. — ORGANIC ORANGE JUICE FROZEN CONCENTRATE PLUS® 1.36 L

3.49 /lb — ORGANIC "SUGAR CUTE" NAVEL ORANGES Product of Chile 1.000 kg

3.79 ea. — BELLE & ANNIE ORGANIC SLICED WHITE OR SLICED BROWN MUSHROOMS Product of Canada 227 g

LIFE SMART ORGANIC PLANT-FIRM TOFU 397 g — 2.99 ea. — 10 DAYS

Sliced & Diced

25 — 5.99 ea. — READY TO COOK VEGETABLES Product of Canada, U.S.A. or Mexico 454 g

4.99 ea. — CORED PINEAPPLES Product of Costa Rica

1.77 /lb — RED OR YELLOW SEEDLESS WATERMELON QUARTERS Product of Canada, U.S.A. or Mexico 1.000 kg

9.99 ea. — CITRUS MAGIC LARGE DELUXE FRUIT SALAD 907 g

Fresh Blooms

NEW — 30.00 ea. — ROSE BOUQUET BOUQUET Product of Ecuador

ORCHID 12 cm Product of Canada, U.S.A. or Netherlands — SAVE $4.00 — 16.99 ea.

ALOE VERA 14 cm Product of Canada, U.S.A. or Mexico — 12.99 ea.

SPRING BULBS 12 cm Product of Canada, U.S.A. or Netherlands — 9.99 ea.

metro.ca

Our Butcher's Finest

FRESH CHICKEN DRUMSTICKS 2.25 kg
3.99 /lb

LIFE SMART NUTRITION BEEF STEW MEAT 1.5 kg / BONELESS STRIP LOIN STEAK 1.5 kg / BONELESS RIBEYE 1.5 kg
19.99 /lb

NATURAL
Raised without antibiotics. Never given growth promoting hormones. Never fed animal by-products. Raised on vegetarian feed. Raised outside.

BONELESS PORK SHOULDER CROCK POT ROAST PACK
4.99 /lb

PLATINUM GRILL ANGUS CHUCK BLADE ROAST 1.5 kg / CHUCK BLADE STEAK 1.5 kg
7.99 /lb

AS SEEN ON CANADIAN ANGUS

6.99 /lb
MEDIUM GROUND BEEF VALUE PACK 1.5 kg

4.99 /lb
FRESH SPLIT CHICKEN BREAST 1.5 kg

FRESH ROSEMARY & GARLIC BONE-IN PRIME RIB ROAST 1.5 kg
12.99 /lb

LEAN GROUND LAMB 1.5 kg
9.99 ea.

2.99 ea.
SELECTION WIENERS 375 g

4.99 /lb
FEATHER'S CUTTING BOARD PORK CHOPS 750 g

4.99 ea.
SELECTION BACON 375 g

6.99 ea.
MAPLE LEAF ULTIMATE CHICKEN WIENERS OR ULTIMATE BEEF OR ULTIMATE CHICKEN SAUSAGES 375 - 500 g

8.99 ea.
MAPLE LEAF PREMIUM CHICKEN 375 g

12.99 ea.
KELLY'S ORIGINAL SEASONED PORK BACK RIBS

15.99 ea.
PAGO BREADED MEMBERS

16.99 ea.
AVON STREET FULLY COOKED BEEF POT ROAST 2.5 kg

Organic

7.99 ea.
ALBERTON ORGANIC BACON 375 g

7.99 ea.
ALBERTON ORGANIC BREAKFAST SAUSAGES 375 g

14.99 ea.
YORKSHIRE VALLEY FARMS ORGANIC CHICKEN BREAST 1.1 kg - 1.4 kg

14.99 ea.
YORKSHIRE VALLEY FARMS ORGANIC VEGGIE PIECES 1.1 kg - 1.4 kg

ALBERTON ORGANIC FRESH GROUND MEDIUM 1.5 kg

8.99 ea.
ALBERTON ORGANIC EXTRA LEAN GROUND PORK 1.5 kg

12.99 ea.
YORKSHIRE VALLEY FARMS ORGANIC CHICKEN DRUMSTICKS 1 kg

15.99 ea.
YORKSHIRE VALLEY FARMS ORGANIC CHICKEN WINGS 1 kg

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

Baked in my Metro

FRONT STREET BAKERY CHEDDAR CHEESE BISCUITS
7.49 ea. 51 PRICE PER 100 g 125 g

FRONT STREET BAKERY BUN BRIOCHE
4.49 ea.
Not to scale

FRONT STREET BAKERY CHEESE BUNS OR PARMESAN BUNS
5.99 ea.
Not to scale

FRONT STREET BAKERY PARTY ROLLS
3.99 ea.

FRONT STREET BAKERY
Our Absolute Favourite

FRONT STREET BAKERY DARK CAKE
3.99 ea.

FRONT STREET BAKERY CUPCAKES
6.99 ea.
Not to scale

FRONT STREET BAKERY DELUXE CAKES
10.99 ea. 51 PRICE PER 100 g 125 g

SNOWFLAKE BUN BRIOCHE PARMESAN OR PARMESAN OR BURGER
3.69 ea.

SNOWFLAKE
HOT DOG
SNOWFLAKE'S HOT DOG OR CHEESEBURGER BUNS
3.99 ea.

5.99 ea.
Not to scale

FRONT STREET BAKERY BRIOCHE CROISSANTS
5.99 ea.

FRONT STREET BAKERY SWEET PALS COOKIES
8.99 ea. 51 PRICE PER 100 g 125 g

SNOWFLAKE'S ENGLISH MUFFINS
2.99 ea.

FRONTIER
FRONTIER BAKERY
1.99 ea.

BAKERY
MINI MUFFINS
6.49 ea.

NEW!
Irresistible
IRRESISTIBLE PUFFCAKES
7.99 ea. 51 PRICE PER 100 g 125 g

Deli Favourites

VALUE PICK
2.99 ea. 51 PRICE PER 100 g 125 g
SMOKEHOUSE OR SMOKEHOUSE LOW SODIUM OR SMOKEHOUSE

2.99 ea. 51 PRICE PER 100 g 125 g
BOLOGNA SUPERSLICE MILD OR HOT

3.35 ea. 51 PRICE PER 100 g 125 g
IRRESISTIBLES ARTISAN BLOCK CHEESE

3.99 ea. 51 PRICE PER 100 g 125 g
Blockhouse
CHEDDAR CHEESE

3.99 ea. 51 PRICE PER 100 g 125 g
IRRESISTIBLES ARTISAN PASTRAMI

OLYMEL
6.49 ea.
OLYMEL BACON BRUNCH

7.99 ea.
THE TOLLE BLUE OR BLUE LOW SODIUM

Galbani
15.99 ea.
GALBANI MASCARPONE CHEESE

SMOKE HOUSE
8.79 ea.
BELLEVILLE SALAMI OR GOLD LABEL PEPPERONI

Zitto Kitchen
8.99 ea.
FERMENTED SOURDOUGH

7.99 ea.
THE TOLLE FETA CHEESE

13.99 ea. 51 PRICE PER 100 g 125 g
IRRESISTIBLES ARTISAN BLOCK CHEESE 24 MONTHS

3.99 ea.
LUNCH MATES, LUNCHBOXES, SANDWICHES OR WRAPS OR SNACK BOXES OR SNACK BOXES

SUPERIOR CHICKEN
9.99 ea.
SUPERIOR CHICKEN COOKED CHICKEN OR SALLIE OR SALLIE

FRESH & GO
26.99 ea. 250 g 52 PRICE PER 100 g
FRESH & GO PIZZA LARGE DOUBLE PEPPERONI

metro.ca

metro FRESH 2 GO
SAVOUR MOROCCO
FRESH FOR WINTER
LIMITED TIME ONLY
12.00 EACH
Moroccan Tagine Chicken Thighs
Moroccan Tagine Chicken Thighs, 1 kg
Moroccan Tagine Chicken Thighs, 1 kg
15.99 EACH
14.99 EACH
Moroccan Tagine Beef Cheek, 1 kg
Moroccan Tagine Beef Cheek, 1 kg
8.00 EACH
Moroccan Tagine Vegetarian
Moroccan Tagine Vegetarian
4.99 EACH
Moroccan Tagine Vegetarian, 1 kg
Moroccan Tagine Vegetarian, 1 kg
2.49 EACH
Moroccan Tagine Lamb
Moroccan Tagine Lamb

DELI FAVOURITES
MEAT & CHEESE
For Every Taste & Occasion
Speak to a deli counter associate for expert advice on our wide selection & pairings.
BRIDGESTREET ARTISAN MONTREAL SMOKED MEAT, PASTRAMI OR CORNED BEEF
3.99 /100 g
BRIDGESTREET ARTISAN TURKEY BREAST
2.99 /100 g
BRIDGESTREET ARTISAN
4.99 /100 g
BRIDGESTREET ARTISAN
5.99 /100 g
FRONT STREET BAKERY ASIAGO PARMIGIANO CHEESE BREAD
4.69 EA.
PREMIÈRE MOISSON COUNTER STYLE BREADS
5.99 EA.

Seafood

I earn with moi rewards

More Great Savings

FREE SAME-DAY PICKUP

SAME FLYER PRICES AND DEALS ONLINE

ONLINE EXCLUSIVE

FREE

3-CHEESE TORTELLINI 800 g

WHEN YOU SPEND $130 OR MORE*

metro.ca

Enjoy the Offer

$9.49 VALUE

PROMO CODE
TORTELLINI

*Certain conditions apply. Details on metro.ca

BEVERAGE BREAK

Enjoy our curated selection of non-alcoholic beverages.

8.79 ea. MOCKTAIL PREMIER CHIC NON-ALCOHOLIC SPARKLING DRINKS 750 ml SELECTED VARIETIES

5.99 ea. MOTT'S CLAMATO PARTY SIZE 1.75 L SELECTED VARIETIES

8.99 ea. ATYPIQUE SPARKLING NON-ALCOHOLIC CUVÉE ROSÉ 4 x 250 ml SELECTED VARIETIES

13.49 ea. HEINEKEN NON-ALCOHOLIC BEER 6 x 330 ml SELECTED VARIETIES

7.99 ea. SANTAFUNERO NON-ALCOHOLIC WINE 750 ml SELECTED VARIETIES

8.49 ea. LOCO MOCO SERVING MIX 1 kg

8.49 ea. CAESAR SQUEEZED SAUCE MIX 1 L

18.99 ea. BUDWEISER ZERO NON-ALCOHOLIC BEER 12 x 355 ml

NATIONAL TEA DAY

Celebrate on January 12th

4.49 ea. CELESTIAL SEASONINGS TEA BAGS 20-40 ea. SELECTED VARIETIES

6.99 ea. BARRY'S TEA 20 ea. SELECTED VARIETIES

5.99 ea. TETLEY TEA BAGS 50 ea. SELECTED VARIETIES

7.99 ea. SELECTION ORANGE PEKOE TEA 50 ea.

5.99 ea. TAZO TEA 20 ea. SELECTED VARIETIES

3.99 ea. TIM HORTONS TEA 20 ea. SELECTED VARIETIES

5.99 ea. TAYLORS TEA 20 ea. SELECTED VARIETIES

9.99 ea. TWINNINGS TEA BAGS 20 ea. SELECTED VARIETIES

7.99 ea. SLEEPMAN'S GOLD HONEY 500 g SELECTED VARIETIES

5.99 ea. BLACK HUMMER JAM 250 ml SELECTED VARIETIES

7.99 ea. NESTLÉ NESCAFÉ CAPPUCCINO MIX 1.36 kg SELECTED VARIETIES

12.99 ea. LAVAZZA GROUND COFFEE 300 g SELECTED VARIETIES

16.99 ea. BALZAC'S COFFEE CAPSULES 18 ea. SELECTED VARIETIES

14.99 ea. BALZAC'S COFFEE 454 g SELECTED VARIETIES

More Great Savings

3.49 ea. PILLSBURY PIZZA POP OR TOASTER STRUDEL SNACKS
SELECTED SIZES
SELECTED VARIETIES

10 points

3.49 ea. DOLE FRUIT CUPS
PKG OF 4
SELECTED VARIETIES

10.99 ea. SPLENDA SWEETENER
200 - 275 g
SELECTED VARIETIES

4.99 ea. SELECTION PEANUT BUTTER
1 kg
SELECTED VARIETIES

5.49 ea. QUAKER CEREAL 288 - 500 g
SELECTED VARIETIES

19.99 ea. MAXWELL HOUSE OR NABOB COFFEE CAPSULES 30 un.
SELECTED VARIETIES

HELLMANN'S
Back to Routine?
Bring the Flavour.

3.99 ea. HELLMANN'S MAYONNAISE
325 - 445 ml
SELECTED VARIETIES

Trademarks owned or used under license by Unilever Canada, Toronto, Ontario, M4W 3R2

Natrel
Generous by nature

5.79 ea. NATREL ORGANIC COFFEE CREAM
1 L

10.79 ea. NATREL ORGANIC MILK
4 L
SELECTED VARIETIES

Lactantia
Delicious & Easy to Digest

6.29 ea. LACTANTIA LACTOSE FREE MILK
2 L
SELECTED VARIETIES

NEW RECIPE
20g OF PROTEIN*

5.69 ea. LACTANTIA ULTRAPUR MILK
1.5 L
SELECTED VARIETIES

*per 250 mL serving

THE SNACK AVALANCHE CONTEST
YOU COULD WIN $25,000*

11.99 ea. GOGO SQUEEZ SNACK
12 X 90 g, SELECTED VARIETIES

3.99 ea. BABYBEL, THE LAUGHING COW OR KIRI CHEESE
SELECTED SIZES, SELECTED VARIETIES

START YOUR ACTIVIA GUT HEALTH CHALLENGE
1 ACTIVIA EVERY DAY FOR 14 DAYS

YOU COULD WIN* FREE ACTIVIA FOR A YEAR!
SCAN NOW

NEW

3.99 ea. ACTIVIA YOGOURT
4 X 100 g
SELECTED VARIETIES

NEW

6.49 ea. ACTIVIA MULTI YOGOURT
SELECTED SIZES
SELECTED VARIETIES

6.49 ea. ACTIVIA EXPERT YOGOURT
750 g
SELECTED VARIETIES

*NO PURCHASE IS NECESSARY TO PARTICIPATE OR WIN.

A TASTE OF WINTER CHEER

1.99 ea. SPARKLING ICE DRINKS
503 ml, SELECTED VARIETIES

3.99 ea. ROUGEMONT OR ALLEN'S JUICE OR COCKTAILS OR DEL MONTE ON ICE BEVERAGE
1.89 - 2 L
SELECTED VARIETIES

2.99 ea. FRUITÉ DRINKS 2 L
SELECTED VARIETIES

4.69 ea. OASIS JUICE, ARIZONA ICED TEA OR DEL MONTE NECTAR
8 X 200 ml
SELECTED VARIETIES

Assorted flavours

Winter Treats for all!

6.99 ea. REAL DAIRY ICE CREAM OR FROZEN DESSERT
1.5 L, SELECTED VARIETIES

6.99 ea. NESTLÉ FROZEN TREATS OR DRUMSTICK
SELECTED SIZES
SELECTED VARIETIES

5.99 ea. HÄAGEN DAZS ICE CREAM
SELECTED SIZES
SELECTED VARIETIES

HÄAGEN-DAZS TRADEMARKS REPRODUCED UNDER LICENSE BY NESTLÉ CANADA INC., NORTH YORK, ON M2N 6S8. © HDIP 2026. NESTLÉ TRADEMARKS ARE OWNED BY SOCIÉTÉ DES PRODUITS NESTLÉ S.A., VEVEY, SWITZERLAND AND USED UNDER LICENCE. ©2026 NESTLÉ.

THIS TIME OF YEAR REQUIRES THE G.O.A.T OF SNACKS
Goldfish

3.49 ea. GOLDFISH CRISPS
177 g
SELECTED VARIETIES

3.49 ea. GOLDFISH CRACKERS
SELECTED SIZES
SELECTED VARIETIES

NEW

YOU CRAVED, WE CRINKLED.

3.99 ea. CAVENDISH FRIES
SELECTED SIZES
SELECTED VARIETIES

FlavourCrisp® and Quick Crisp™ are trademarks of Cavendish Farms Corporation.

moi rewards

join today and save

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

Organic

LONGRIDGE RICE CAKES 125 g
7.99 ea.

Kashi
KASHI CEREAL BARS 25 - 28 g
3.49 ea.

KICKING HORSE GROUND COFFEE 340 g
13.99 ea.

MAXWELL'S COCONUT OIL 414 mL
21.99 ea.

BETTER THAN BEFORE KONJAC NOODLES 227 g
4.99 ea.

KOURLA
VEGGIE CRISPS 113 g
8.99 ea.

VITA COCO COCONUT BEVERAGE 330 mL
3.99 ea.

Whole Grains

CRUNCHMASTER CRACKERS 150 g
6.49 ea.

PRIMAL CHANGELING CEREAL 300 g
4.99 ea.

ALLERGY SMART COOKIES 200 g
4.99 ea.

Gluten-Free

GOLDEN GRAHAMS CEREAL 300 g
7.49 ea.

BARNEY BUTTER ALMOND BUTTER 170 g
8.99 ea.

CESANO CRACKERS 125 g
7.49 ea.

humble
HUMBLE CHIPS 113 g
4.49 ea.

Household Helpers

SOLUTION DISH DETERGENT OR FOOD WASH 1.47 L
2.49 ea.

CASCADE DISHWASHER DETERGENT 1.47 kg
10.99 ea. 75

Bounty
Charmin
10.99 ea. 75

Downy
10.99 ea. 75

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

CLEANING BURST OR CLEANING GEL 1.5 L
6.99 ea.

GLAD MAKE AT HOME POP YOUR A HOME
12.99 ea.

Start clean.
CLOROX BLEACH 1.5 L
6.49 ea.

Pet

DELICIOUSLY CAT TREATS 85 g
8.49 ea.

INNOCENTIBLES DOG TREATS 1 kg
6.99 ea.

11.49 ea.

BLUE BUFFALO BRUSHING CHEWS 170 - 340 g
12.99 ea.

PURINA ONE DRY CAT FOOD 3.18 kg
13.99 ea.

PEDIGREE DRY DOG FOOD 2.27 kg
28.49 ea.

GET TOUGH ON ODOUR AND SAVE!

ARM & HAMMER CLUMPING LITTER 10 kg
19.99 ea.

Double Duty
CLUMP & SEAL

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

LOCALLY SOURCED ONTARIO

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

NORTH COUNTRY KIELBASA HAM
325 g
SELECTED VARIETIES
7.49 ea.

LEADBETTERS BACON
375 g
SELECTED VARIETIES
5.99 ea.

MUSKOKA FLAVOURED OIL
250 ml
SELECTED VARIETIES
6.99 ea.

MUSKOKA SAUCES
355 ml
SELECTED VARIETIES
6.99 ea.

QUINTA CANADIAN QUINOA
400 g
6.99 ea.

OUTDOOR FLAVOURS SPICE MIXES
88 - 160 g
SELECTED VARIETIES
7.99 ea.

Effective January 8 - 28, 2026

NEW

OREO CAKESTERS

25 CENTS OFF

5.49 ea.

OREO CAKESTERS 300 g SELECTED VARIETIES

25 CENTS OFF

BUY MORE SAVE MORE!

2 for

8.50 Save Now 2 pkg 8.50 ea.

OREO COOKIES SELECTED SIZES SELECTED VARIETIES

CADBURY CHOCOLATE BAR 85–95 g SELECTED VARIETIES

3.99 ea.

CHEESE RITZ DRIZZLED MINIS 200 g SELECTED VARIETIES

25 CENTS OFF

5.49 ea.

WERTHER'S CANDY 70–75 g SELECTED VARIETIES

2.99 ea.

LIMITED EDITION

BUY MORE SAVE MORE!

2 for

7.00 Save Now 2 pkg 7.00 ea.

CROSPIES OR BIG BITES 90 g SELECTED VARIETIES

CADBURY CHOCOLATE BAGS 200–250 g SELECTED VARIETIES

6.79 ea.

20 CENTS OFF

4.49 ea.

CADBURY FINGERS 125 g SELECTED VARIETIES

20 CENTS OFF

BUY MORE SAVE MORE!

2 for

6.50 Save Now 2 pkg 6.50 ea.

CHOCOLATE OREO COOKIES SELECTED SIZES SELECTED VARIETIES

20 CENTS OFF

BUY MORE SAVE MORE!

2 for

7.50 Save Now 2 pkg 7.50 ea.

RITZ CRACKERS SELECTED SIZES SELECTED VARIETIES

BRING HOME A WIN WITH 2 OFFERS FROM General Mills

FREE TOQUE*

OFFICIAL SUPPORTER

WITH PURCHASE OF 1 PARTICIPATING GENERAL MILLS CEREAL.

*Limited quantities available. Offer ends March 31, 2026. Must redeem online. See participating packaging for details.

GENERAL MILLS FAMILY SIZE CEREALS 350-500 g 700-1000 ml

5.99 ea.

OLD EL PASO DINNER KITS 320-450 g

2 for 9.00

*Non-redeemable. Limited offer available. See participating stores for details. Upload receipt online for details.

NATURE VALLEY BARS, TRAIL MIX, LUNCH BOX 184-295 g 10-12 CT

2.99 ea.

LÄRABAR BARS 5-6 CT 170-180 g

9.99 ea.

BETTY CROCKER FRUIT SNACKS 10-12 CT 120-150 g

2.99 ea.

© General Mills