

VERSION 7



mmm



988

/lb

RED GRILL STRIP LOIN STEAK BONE IN
VALUE PACK
25.78kg



477

ea.

OLD + FORT
CHEDDAR CHEESE
25.78kg



477

ea.

MARBLE + MARBRÉ
CHEDDAR CHEESE
25.78kg



199

ea.

BULL'S EYE
OR STEADY HAND MARINADE
25.78kg



199

ea.

DARE COOKIES
CHOCOLATE CHIP
25.78kg



199

ea.

BRETON
ORIGINAL
25.78kg



499

ea.

CASHMERE
BATHROOM
TISSUE
25.78kg

Effective January

TH

22

FR

23

SA

24

SU

25

MO

26

VERSION 2

More freshness,
more savings.

mmMAZING!

days



RED SHELL BEEF SHORT RIBS

22.95/kg

GROUND IN-STORE DAILY



GROUND BEEF

9.99/kg



Silk

Almond



ACTIVIA

EXPERT



DIKOS



FRESH CHICKEN

12.99/kg



Shreddies



QUAKER

QUICK OATS



Eggo

ORIGINAL



JUMBO

JUMBO CHERRIES



CLASSICO

ALFREDO



CLASSICO

TOMATO & BASIL



5 PK



Huggies

BABY WIPES



Huggies

NATURAL CARE



Huggies

ONE AND DONE



Pampers

BABY WIPES



Pampers

NATURAL CLEAN



Pampers

SOFT CARE



Lactantia

PURIFITRE

Effective January

22

23

24

25

26

27

28

2026

my savings my metro

mmMAZING!
days

FRESH COHO



10⁹⁹
/lb
of ea.

FRESH COHO SALMON FILLETS VALLEY PACK
SMOKED STEELHEAD TROUT
200g, 20g, 10g

Irresistible



7⁹⁹
ea.

COOKED WHITE
PACIFIC COAST
WILD COASTAL
SHRIMP
100g, 10g, 10g

ARGENTINE
21-25g
LARGE - COOKED
SHRIMP
51-60g
MEDIUM - COOKED
SHRIMP



2⁹⁹
/100 g

SELECTION OLD FASHIONED HAM OR BALDERSOHN CHEESE
100g, 10g, 10g

SCHNEIDERS



7⁹⁹
ea.

SCHNEIDERS
HAVARTI
HAVARTI OR GOSIA
100g, 10g, 10g

CASTELLO
HAVARTI
HAVARTI OR GOSIA
100g, 10g, 10g

Blue Ribbon
CLASSIC BLUEBERRY
100g, 10g, 10g



3⁹⁹
ea.

FRONT STREET BAKERY
CALABRESI, BELGIAN OR RUSTIC COUNTRY BREADS
100g, 10g, 10g

4 PACK



5⁹⁹
ea.

FRONT STREET BAKERY
DONUTS
100g, 10g, 10g, 10g

mmmAZING!
days



mmMAZING!
days

PRIMO
PRIMO PASTA
1.5L
1⁹⁹
ea.

PRIMO
PRIMO PASTA
16.5oz (468g)
2⁴⁹
ea.

PRIMO
PRIMO SAUCE
16.5oz (468g)
1⁹⁹
ea.

PRIMO
PRIMO BEANS
16.5oz (468g)
3 for 5⁰⁰

PRIMO
PRIMO TOMATOES
16.5oz (468g)
1⁹⁹
ea.

McCafé
McCafé Coffee Capsules
30
26⁹⁹
ea.

McCafé
McCafé Coffee Capsules
30
26⁹⁹
ea.

McCafé
McCafé Coffee Capsules
30
26⁹⁹
ea.

McCafé
McCafé Coffee Capsules
30
26⁹⁹
ea.

McCafé
McCafé Coffee Capsules
30
26⁹⁹
ea.

McCafé
McCafé Coffee Capsules
30
26⁹⁹
ea.

HELLMANN'S
HELLMANN'S MAYONNAISE
16.5oz (468g)
6⁹⁹
ea.

HELLMANN'S
HELLMANN'S MAYONNAISE
16.5oz (468g)
6⁹⁹
ea.

HELLMANN'S
HELLMANN'S MAYONNAISE
16.5oz (468g)
6⁹⁹
ea.

Knorr
Knorr Soup Mix
16.5oz (468g)
1⁹⁹
ea.

Knorr
Knorr Soup Mix
16.5oz (468g)
1⁹⁹
ea.

Knorr
Knorr Soup Mix
16.5oz (468g)
1⁹⁹
ea.

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

mmMAZING! days

BIMBO
CANADA

Stonemill
BAKEDHOUSE • BOULANGERIE
NATURALLY FERMENTED
CRANBERRY PUMPKIN SEED
SLIM CRAFTED WHOLEGRAIN BREAD | 454 g

4⁹⁹ ea.

SUNMAID
RAISIN
100% RAISINS
100% RAISINS
400 g

4⁹⁹ ea.

Dempsters
TORTILLAS
100% WHOLE GRAIN
10 TORTILLAS
10 TORTILLAS
10 TORTILLAS

4⁹⁹ ea.

Cupcakes
CHOCOLATE
12 CUPCAKES
12 CUPCAKES
12 CUPCAKES

3⁴⁹ ea.

Twinkies
HONEY
12 TWINKIES
12 TWINKIES
12 TWINKIES

3⁴⁹ ea.

Dempsters
MUFFINS
12 MUFFINS
12 MUFFINS
12 MUFFINS

2⁹⁹ ea.

Jamieson

Jamieson
CHEWABLE
VITAMIN C
500 mg
BONUS 100+20
Supports a healthy immune system

Jamieson
essentials
VITAMIN D3
1,000 IU
BONUS 200+60
Supports a healthy immune system and bone health

SAVE UP TO 30% off

Jamieson
B12
100% B12
100% B12
100% B12

30% off

Jamieson
Calcium
1,000 mg
100% Calcium
100% Calcium
100% Calcium

30% off

Jamieson
Omega-3
1,000 mg
100% Omega-3
100% Omega-3
100% Omega-3

30% off

Jamieson
Probiotic
10 Billion
10 Billion
10 Billion

30% off

Jamieson
Multi
100% Multi
100% Multi
100% Multi

30% off

Jamieson
Magnesium
100% Magnesium
100% Magnesium
100% Magnesium

30% off

Jamieson
Zinc
100% Zinc
100% Zinc
100% Zinc

30% off

CLOROX

GLAD
GUARANTEED STRONG
WHITE
ROOMMATE® 15 L 52 BAGS
42 x 51 cm | 17 x 20 in
Febreze
Fresh Clean by Febreze

6⁹⁹ ea.

GLAD
CHERRY BLOSSOM
3 x 100% GLAD
100% GLAD
100% GLAD

6⁹⁹ ea.

GLAD
LAVENDER
3 x 100% GLAD
100% GLAD
100% GLAD

6⁹⁹ ea.

CLOROX
SCENTIVA
100% SCENTIVA
100% SCENTIVA
100% SCENTIVA

3⁹⁹ ea.

CLOROX
SCENTIVA
100% SCENTIVA
100% SCENTIVA
100% SCENTIVA

3⁹⁹ ea.

CLOROX
BLEACH
100% BLEACH
100% BLEACH
100% BLEACH

4⁹⁹ ea.

moi
rewards

SAVE BIG
IN THE APP

Add your coupons in the
Metro app today.

THIS WEEK'S DEALS:
Only until January 28, 2026, in-store or online



NOW
12.99
ea.
SAVE UP TO
\$7

~~19.99~~*
ea.
IRRESISTIBLES
COFFEE CAPSULES
30 un.
SELECTED VARIETIES



NOW
1.99
ea.
SAVE UP TO
\$1

~~2.99~~*
ea.
OCEAN'S
ALBACORE TUNA
170 g



NOW
2.49
ea.
SAVE UP TO
\$1

~~3.49~~*
ea.
CHEEMO
PEROGIES
SELECTED SIZES
SELECTED VARIETIES



NOW
9.99
ea.
SAVE UP TO
\$4

~~13.99~~*
ea.
CORONA
NON-ALCOHOLIC BEER
6 x 330 ml



NOW
2.99
ea.
SAVE UP TO
\$2.50

~~5.49~~*
ea.
FEBREZE BATHROOM
AIR FRESHENER
75 ml
SELECTED VARIETIES



NOW
15.00
ea.
SAVE UP TO
\$1.99

~~16.99~~*
ea.
GERBERA
BOUQUET
ASSORTED COLOURS

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.

Farm Fresh Produce



Organic



Sliced & Diced **Fresh Blooms**



Fresh Blooms



FREE SAME-DAY PICKUP **SAME FLYER PRICES AND DEALS ONLINE**

Our Butcher's Finest

PLATINUM GRILL ANGUS
TOP SIRLOIN STEAK
11.99/lb

14⁹⁹
/lb

CUT BY OUR BUTCHER

100% CANADIAN ANGUS
RED GRADE BEEF

PORK LOIN RIB OR
SALOIN ROAST
8.99/lb

3⁹⁹
/lb

YORKSHIRE VALLEY FARM
ORGANIC FRESH WHOLE CHICKEN
11.00/lb

4⁹⁹
/lb

YORKSHIRE VALLEY FARM
ORGANIC FRESH WHOLE CHICKEN
11.00/lb

4⁹⁹
/lb

FRESH

FRESH LAMB LAMB CHOPS
OR 2 LAMB TENDERS/LAMB
8.50/lb

12⁹⁹
/lb

SPRING LAMB

FRESH LAMB LEG
SHORT COKE
OR 2 LAMB AND PORK LOIN
19.99/lb

8⁹⁹
/lb

FRESH

FRESH SPIT
CHICKEN WINGS
13.99/lb

5⁹⁹
/lb

RED GRILL
FAST FRY STEAK
LOIN/STAKE BONE IN
OR 2 LAMB TENDERS/LAMB
19.99/lb

11⁸⁸
/lb

FAST FRY

5⁹⁹
ea.

STIRRY'S
PICKLES AND PICKLED
EGGS 12oz (350g)
00000000000000

5⁹⁹
ea.

MAPLE LODGE OR
ZARINA HALAL
BREAKFAST
CHICKEN STRIPS 15%
00000000000000

6⁹⁹
ea.

SCHWEDESBY'S
PICKLES AND PICKLED
EGGS 12oz (350g)
00000000000000

6⁹⁹
ea.

MARC ANGELO
SAUSAGES
12oz (350g)
00000000000000

4⁴⁴
ea.

MAPLE LEAF TOP DOGS OR
CHICKEN PIES
OR 2 LAMB TENDERS/LAMB
ON TONDEPESST SAUSAGE
12oz (350g)
00000000000000

13⁹⁹
ea.

MAPLE LEAF OR
ZARINA HALAL
SMOKED HAM
12oz (350g)
00000000000000

15⁹⁹
ea.

PINTY'S
PICKLES AND PICKLED
EGGS 12oz (350g)
00000000000000

16⁹⁹
ea.

44TH STREET
PILLY COOKED
BEEF POT ROAST 15%
00000000000000

Halal

6⁹⁹
ea.

AL SAFA HALAL
BREADED CHICKEN
PIZZA 12oz (350g)
00000000000000

14⁹⁹
ea.

ZARINA HALAL
ORGANIC CHICKEN WINGS
12oz (350g)
00000000000000

11⁹⁹
ea.

AL SAFA HALAL
BEEF BURGER
12oz (350g)
00000000000000

8⁹⁹
ea.

ZARINA HALAL
SPICY BREADED
CHICKEN
12oz (350g)
00000000000000

Organic

14⁹⁹
ea.

YORKSHIRE
VALLEY FARM
ORGANIC CHICKEN
FILLETS OR BITES
12oz (350g)
00000000000000

14⁹⁹
ea.

YORKSHIRE
VALLEY FARM
ORGANIC CHICKEN
FILLETS OR BITES
12oz (350g)
00000000000000

7⁹⁹
ea.

YORKSHIRE
VALLEY FARM
ORGANIC CHICKEN
FILLETS OR BITES
12oz (350g)
00000000000000

8⁹⁹
ea.

YORKSHIRE
VALLEY FARM
ORGANIC CHICKEN
FILLETS OR BITES
12oz (350g)
00000000000000



6⁹⁹
ea.
FRONT STREET BAKERY
LEMON MERINGUE PIE
175 g



4⁹⁹
ea.
was 6.99 ea.
INESISTIBLE
ICE CREAM
1.5 L
SELECTED VARIETIES

Celebrate
**NATIONAL
PIE
DAY**
JAN 23



FRONT STREET BAKERY
STRAWBERRY
CUSTARD PIE
200 g

6⁹⁹
ea.



7⁹⁹
ea.
FRESH 2 GO
HANDHELD PASTRY PIE
1 ea.
SELECTED VARIETIES



9⁹⁹
ea.
SWISS CHALET
FRESH POT PIE
600 g
SELECTED VARIETIES

CREATE YOUR OWN
MEAT PIES



3⁹⁹
lb
LEAN GROUND PORK
VALUE PACK, 8.80 kg



8⁹⁹
ea.
SWISS CHALET,
ST. HUBERT
OR MONTANA'S
MEAT PIES
PIZZA, 650 - 800 g
SELECTED VARIETIES



8⁹⁹
ea.
ST. HUBERT
BEEF
POT PIE - PÂTE
600 g
SELECTED VARIETIES

MAKE THE PERFECT PIE



5⁹⁹
ea.
FRANCIS HUBERT
PIE DOUGH
1 kg

5⁴⁹
ea.
TENDERLAKES
PIE CRUST
SELECTED VARIETIES



5⁹⁹
ea.
E.D. SMITH
PIE FILLING
600 g
SELECTED VARIETIES



3⁹⁹
ea.
INESISTIBLES
WHIPPED
TOPPING SPRAY
225 g
SELECTED VARIETIES

FLAVOURS OF

italy

LARGE BLOOD ORANGES
100% ITALY
6.59 kg

2⁹⁹
/lb

BABY ARTICHOKE
PRODUCT OF U.S.A.

6⁹⁹
ea.

MARCANDELO
PROSCUITTO OR
QUARTO TRAYS
100% ITALY

11⁹⁹
ea.

SAPUTO
ASAGO
PREPARED
24 OZ

4⁴⁹
/100 g

MARCANDELO
LAME STELLINI
VITELLO
A L'ALCANTARA
24

21⁹⁹
ea.

NEW
MARCANDELO
PORK MEATBALLS
100% ITALY

4⁹⁹
ea.

ALMONDO PRISCHINGO
CAKE
110g

31⁹⁹
ea.

ARROBA TARTALI
20g (0.705 oz)

4⁹⁹
ea.

DAVID BOCCO
PASTA SAUCE
100% ITALY

8⁹⁹
ea.

UNICO
ROASTED PEPPERS OR
SHREDDED TOMATOES
24 OZ

3⁹⁹
ea.

VITAVIGOR
BRANDSTICKS
100% ITALY

3⁴⁹
ea.

UNICO
BLACK OLIVES
100% ITALY

1⁹⁹
ea.

— AND THE WINNER IS... —

A-LIST SNACKS

Celebrate award season with a tasty mix of fan favourites.



3⁹⁹ ea. **TOSTITOS**
TORTILLA CHIPS
SELECTED SIZES
SELECTED VARIETIES

3⁴⁹ ea. **SELECTION SNACKS OR**
IRRESISTIBLES POPCORN
SELECTED SIZES
SELECTED VARIETIES

BEST BUBBLES & SWEETS NOMINEES

[illegible]

BEST SALTY & CRUNCHY NOMINEES



metro.ca
mmMAZING!
offer

60%

OFF*
12-MONTH
DELIVERY PASS

~~\$99⁹⁹~~
\$39⁹⁹



Subscribe Now

*Certain conditions apply. Details on metro.ca

FLAVOURS OF

Lunar New Year

CELEBRATE THE YEAR OF THE HORSE

19⁹⁹

ea.

FROM STREET BAKERY
MANGO BAR CAKE
85 g

3⁸⁸

lb

FROM STREET BAKERY
WHOLE DUCKS
PROVEN, GRADE A
8.55 kg

2⁸⁸

lb

DRAGON FRUIT/PITAHAYA
PRODUCT OF GUATEMALA
6.55 kg

12⁹⁹

ea.

TEU, MILL OR
ROYAL ORCHID
PEANUT BUTTER
8.5 g
SELECTED VARIETIES

1⁹⁸

ea.

SHANGHAI OR BABY BOK CHOY
PRODUCT OF MEXICO
454 g

1⁸⁸

lb

ASIAN
YELLOW PEARS
PRODUCT OF CHINA
EXTRA FANCY GRADE
4.5 kg

99^c

ea.

LUCKY KOI OR
YAT CHESTNUTS,
BAMBOO SHOOTS,
ONE BUCKY NOODLES,
CHICK SOUP
227 ml, 43, 85 g
SELECTED VARIETIES

9⁹⁹

ea.

BILLY BEE
TART
SELECTED VARIETIES

3⁴⁹

ea.

KJ DUMPLINGS
200 g
SELECTED VARIETIES

4⁹⁹

ea.

THAI KITCHEN
FISH SAUCE OR
CURRY PASTE,
KIKKOMAN SOY OR
TERIYAKI SAUCE
112 g, 200, 290 ml
SELECTED VARIETIES

14⁹⁹

ea.

RAINBOW CHARM
BOUQUET
FLOUNCE COLOURS

1²⁵

ea.

CHANGHAI,
CASABLANCA OR
COOL RUNNING
COCONUT MILK
OR MILK
600 ml
SELECTED VARIETIES

2⁹⁹

ea.

LUCKY ME NOODLES OR
YAT BUNTED STEWED
28 g, 5, 9, 10 g
SELECTED VARIETIES

13⁹⁹

ea.

HIBBON
LAYERED
SWEET
24 x 5 g

3⁴⁹

ea.

THAI KITCHEN
COCONUT MILK,
MANGKAI OR
KIKKOMAN
RICE VINEGAR OR
MAGGI SAUCE
700 ml
SELECTED VARIETIES

3⁹⁹

ea.

CASABLANCA
BUTTER COOKIES,
ONY AISE DRINKS
454 g, 1.5 L
SELECTED VARIETIES

1⁶⁹

ea.

YAT OR LUCKY KOI
CHOW MEIN NOODLES FOR
NONGSHIM BOWLS
454 g, 16.5 g
SELECTED VARIETIES

1⁶⁷

ea.

MAPLE LEAF SAUSAGE OR
LUCKY FOR
VERMICELLI NOODLES
151 g, 40 g
SELECTED VARIETIES

5⁹⁹

ea.

HUY FONG, SHIBACHIA,
LEE KUM HEE SOY SAUCE,
KIKKOMAN TERIYAKI
OR SOY SAUCE
200, 70 ml
SELECTED VARIETIES

6⁹⁹

ea.

QUALITY DRINKS:
MILK, ICE CREAM OR
GRACE COCONUT SUGAR
100, 250 g
SELECTED VARIETIES

6⁹⁹

ea.

KEMPIE MAYO OR
LEE KUM HEE SESAME
OIL OR SHIBACHIA MAYO
100, 180 ml
SELECTED VARIETIES

2⁴⁹

ea.

GLICO POCKY,
GARDON WAFERS,
HELLO PANDA COOKIES
10, 200 g
SELECTED VARIETIES

from availability varies by store

Non-GMO



LIFE SMART
MAPLE SYRUP
100% PURE
SELECTED VARIETIES

5⁴⁹
ea.



MUSH
OVERNIGHT OATS
100% WHOLE GRAIN
SELECTED VARIETIES

2⁴⁹
ea.



Simply Protein
OATMEAL
100% WHOLE GRAIN
SELECTED VARIETIES

5⁹⁹
ea.



GO MACRO
BARS
100% WHOLE GRAIN
SELECTED VARIETIES

2⁹⁹
ea.



Kashi
SIMPLY PROTEIN
OATMEAL
100% WHOLE GRAIN
SELECTED VARIETIES

5⁹⁹
ea.



GO MACRO
BARS
100% WHOLE GRAIN
SELECTED VARIETIES

2⁹⁹
ea.



Kashi
SIMPLY PROTEIN
OATMEAL
100% WHOLE GRAIN
SELECTED VARIETIES

5⁹⁹
ea.



LIFE SMART
MAPLE SYRUP
100% PURE
SELECTED VARIETIES

5⁴⁹
ea.



MUSH
OVERNIGHT OATS
100% WHOLE GRAIN
SELECTED VARIETIES

2⁴⁹
ea.



Simply Protein
OATMEAL
100% WHOLE GRAIN
SELECTED VARIETIES

5⁹⁹
ea.



GO MACRO
BARS
100% WHOLE GRAIN
SELECTED VARIETIES

2⁹⁹
ea.



Kashi
SIMPLY PROTEIN
OATMEAL
100% WHOLE GRAIN
SELECTED VARIETIES

5⁹⁹
ea.



GO MACRO
BARS
100% WHOLE GRAIN
SELECTED VARIETIES

2⁹⁹
ea.



Kashi
SIMPLY PROTEIN
OATMEAL
100% WHOLE GRAIN
SELECTED VARIETIES

5⁹⁹
ea.



LIFE SMART
MAPLE SYRUP
100% PURE
SELECTED VARIETIES

5⁴⁹
ea.



MUSH
OVERNIGHT OATS
100% WHOLE GRAIN
SELECTED VARIETIES

2⁴⁹
ea.



Simply Protein
OATMEAL
100% WHOLE GRAIN
SELECTED VARIETIES

5⁹⁹
ea.



GO MACRO
BARS
100% WHOLE GRAIN
SELECTED VARIETIES

2⁹⁹
ea.



Kashi
SIMPLY PROTEIN
OATMEAL
100% WHOLE GRAIN
SELECTED VARIETIES

5⁹⁹
ea.



GO MACRO
BARS
100% WHOLE GRAIN
SELECTED VARIETIES

2⁹⁹
ea.



Kashi
SIMPLY PROTEIN
OATMEAL
100% WHOLE GRAIN
SELECTED VARIETIES

5⁹⁹
ea.



LIFE SMART
MAPLE SYRUP
100% PURE
SELECTED VARIETIES

5⁴⁹
ea.



MUSH
OVERNIGHT OATS
100% WHOLE GRAIN
SELECTED VARIETIES

2⁴⁹
ea.



Simply Protein
OATMEAL
100% WHOLE GRAIN
SELECTED VARIETIES

5⁹⁹
ea.



GO MACRO
BARS
100% WHOLE GRAIN
SELECTED VARIETIES

2⁹⁹
ea.



Kashi
SIMPLY PROTEIN
OATMEAL
100% WHOLE GRAIN
SELECTED VARIETIES

5⁹⁹
ea.



GO MACRO
BARS
100% WHOLE GRAIN
SELECTED VARIETIES

2⁹⁹
ea.



Kashi
SIMPLY PROTEIN
OATMEAL
100% WHOLE GRAIN
SELECTED VARIETIES

5⁹⁹
ea.



LIFE SMART
MAPLE SYRUP
100% PURE
SELECTED VARIETIES

5⁴⁹
ea.



MUSH
OVERNIGHT OATS
100% WHOLE GRAIN
SELECTED VARIETIES

2⁴⁹
ea.



Simply Protein
OATMEAL
100% WHOLE GRAIN
SELECTED VARIETIES

5⁹⁹
ea.



GO MACRO
BARS
100% WHOLE GRAIN
SELECTED VARIETIES

2⁹⁹
ea.



Kashi
SIMPLY PROTEIN
OATMEAL
100% WHOLE GRAIN
SELECTED VARIETIES

5⁹⁹
ea.



GO MACRO
BARS
100% WHOLE GRAIN
SELECTED VARIETIES

2⁹⁹
ea.



Kashi
SIMPLY PROTEIN
OATMEAL
100% WHOLE GRAIN
SELECTED VARIETIES

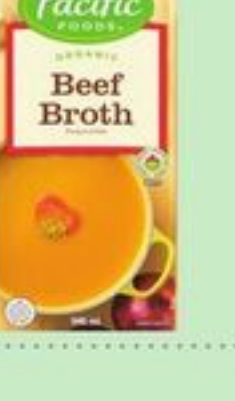
5⁹⁹
ea.

Organic



PACIFIC FOODS
BEEF BROTH
100% ORGANIC
SELECTED VARIETIES

8⁹⁹
ea.



PACIFIC FOODS
BEEF BROTH
100% ORGANIC
SELECTED VARIETIES

8⁹⁹
ea.



GREENHOUSE
CREAMER
100% ORGANIC
SELECTED VARIETIES

6⁴⁹
ea.



GREENHOUSE
CREAMER
100% ORGANIC
SELECTED VARIETIES

6⁴⁹
ea.

Vegetarian



Flourish
PANCAKES
100% ORGANIC
SELECTED VARIETIES

9⁹⁹
ea.



Flourish
PANCAKES
100% ORGANIC
SELECTED VARIETIES

9⁹⁹
ea.



PRANA
GRANOLA
100% ORGANIC
SELECTED VARIETIES

4⁹⁹
ea.



PRANA
GRANOLA
100% ORGANIC
SELECTED VARIETIES

4⁹⁹
ea.

Baby & Beauty



GERBER
BABY SNACKS
100% ORGANIC
SELECTED VARIETIES

4⁴⁹
ea.



GERBER
BABY SNACKS
100% ORGANIC
SELECTED VARIETIES

4⁴⁹
ea.



LIVE CLEAN
BABY SHAMPOO
100% ORGANIC
SELECTED VARIETIES

12⁹⁹
ea.



HUGGIES
BABY WIPES
100% ORGANIC
SELECTED VARIETIES

23⁹⁹
ea.

Nivea Lip Care tube" data-bbox="11 725 25 805"/>

NIVEA
LIP CARE
100% ORGANIC
SELECTED VARIETIES

5⁴⁹
ea.



SOFTSOAP
SHOWER GEL
100% ORGANIC
SELECTED VARIETIES

4⁹⁹
ea.



NIVEA
LIP CARE
100% ORGANIC
SELECTED VARIETIES

11⁴⁹
ea.



SOFTSOAP
SHOWER GEL
100% ORGANIC
SELECTED VARIETIES

12⁹⁹
ea.

Household Helpers



PINE-SOL
ALL PURPOSE
CLEANER
100% ORGANIC
SELECTED VARIETIES

5⁴⁹
ea.



CLOROX
BATHROOM CLEANER
100% ORGANIC
SELECTED VARIETIES

3⁴⁹
ea.



PINE-SOL
ALL PURPOSE
CLEANER
100% ORGANIC
SELECTED VARIETIES

5⁴⁹
ea.



CLOROX
BATHROOM CLEANER
100% ORGANIC
SELECTED VARIETIES

3⁴⁹
ea.



PINE-SOL
ALL PURPOSE
CLEANER
100% ORGANIC
SELECTED VARIETIES

5⁴⁹
ea.



CLOROX
BATHROOM CLEANER
100% ORGANIC
SELECTED VARIETIES

3⁴⁹
ea.

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\$ New Lower Prices

Demeter's
WHITE, 100% WHOLE
WHEAT TORTILLAS
8 1/2" DIAMETER
100% WHOLE WHEAT
FLOUR

2
\$1.70

Demeter's
100% WHOLE
WHEAT
WHITE
TORTILLAS
8 1/2" DIAMETER
100% WHOLE WHEAT
FLOUR

Demeter's
100% WHOLE
WHEAT
WHITE
TORTILLAS
8 1/2" DIAMETER
100% WHOLE WHEAT
FLOUR

JAMES
HADDUCK
LIGHTLY DRESSED
POTATO PELLETS
20 OZ. (1 LB.)
LARGE RAM SHRIMP
20 OZ. (1 LB.)

12.99
ea.

JAMAE L'S
RAMON'S POUTINE
TICKLER HEAD CHEDDAR
DANIOS BLUE CHEESE
3 OZ. (1/2 LB.)

30%
OFF

 16.99 ea. PIKE CUT CANNED TOMATOES 100% TOMATOES 1 L	 5.99 ea. STORE-MADE SMALL MALAGA 1 L	 9.99 ea. SELECTION CHICKEN WINGS OR BREADSTICKS POM. SAUCE 100% CHICKEN 100% WHEAT 1 L	 6.99 MAPLE LEAF NATURAL SELECTIONS ON SANDWICHES SEASONED BEEF MEAT 1 L
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A row of grocery items with their prices. From left to right: two cans of Campbell's soup (one 'Cream of Mushroom', one 'Chicken Noodle') for \$1.25 ea.; a bag of Roam Chicka Pop (Chicken Noodle) for \$3.99 ea.; a bag of Roam Chicka Pop (Pasta & Meatballs) for \$3.99 ea.; and two cans of Primo Beans (one 'Pinto', one 'Black') for \$5.00 ea. The Primo Beans are labeled '3 for \$5.00'.

Ben's Original Tasty Bite Cheesy Macaroni \$3.33 ea.

Ben's Original Pasta Sauce \$1.99 ea.

Bear Paws Active \$1.99 ea.

Rice Krispies \$3.49 ea.

Nutri Grain \$3.49 ea.

I earn with moi rewards

85¢ PEPSI SOFT DRINKS
2x = **1600** MOI POINTS
PEPSI SOFT DRINKS
PEPSI BOTTLE COLA

NEW

90¢ TIDE DETERGENT
2x = **2799** MOI POINTS
TIDE OF GARD DETRIMENTAL
DOWNEY SOUTHERN ON CLOTHES

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

[illegible]

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Moi Rewards card by Jan 31 and shop
at Metro, Food Basics or Jean Coutu
by Feb 28. Terms and conditions apply.



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value**
Ontario only. Limited time offer.

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