





ONLY

99¢

GREAT PRICE!

Heinz Beans on Pasta

HEINZ BEANS ORIGINAL

HEINZ BEANS ALPHA GEM

HEINZ BEANS MAPLE

99¢

Campbell's Tomato

Campbell's Cream of Mushroom

Campbell's Vegetable

Campbell's Soup

99¢

Chicken Poulet

Fast & Fancy Vite & Bon

Ben's Original

99¢

Irresistible SEA SALT

KitKat

JELLO

99¢

Coca-Cola Soft Drinks

1L

Coca-Cola

PEOPLE

TOP

Water

99¢

metro.ca

**\$ New Lower Prices**

[illegible][illegible]

Lactoflo Cream  
Condensed Milk  
1% Fat Lactoflo  
1% Fat Lactoflo  
1% Fat Lactoflo  
1% Fat Lactoflo

**4.49**  
ea.

**Goldfish®**  
Cheese & Cheddar  
Cheese & Cheddar  
Cheese & Cheddar  
Cheese & Cheddar

**2.99**  
ea.

**85¢ ea.** **bubly mini** Daily Sparkling Water, 12 Cans (12 oz. each)  
**349¢ ea.** **bubly mini** Daily Sparkling Water, 6 Cans (12 oz. each)  
**699¢ ea.** **bubly mini** Daily Sparkling Water, 9 Cans (12 oz. each)  
**699¢ ea.** **Coca-Cola or Canada Dry** Soft Drink, 12 Cans (12 oz. each)  
**699¢ ea.** **NESTEA** Refreshing Beverages, 12 Cans (12 oz. each)  
**699¢ ea.** **Coca-Cola** Original Taste, 12 Cans (12 oz. each)

[illegible][illegible]

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 \$1000** in groceries

[illegible]

moi  
rewards

SAVE BIG  
IN THE APP

Add your coupons in the  
Metro app today.



NOW  
**12<sup>99</sup>**  
ea.  
SAVE UP TO  
\$4

~~16<sup>99</sup>~~  
ea.  
FRESH CUT  
TULIPS  
15 STEM BUNCH  
ASSORTED COLOURS

THIS WEEK'S DEALS:

Only until March 4, 2026, in-store or online



NOW  
**4<sup>99</sup>**  
ea.  
SAVE UP TO  
\$2

~~6<sup>99</sup>~~  
ea.  
JACK LINK'S  
BEEF JERKY DUOS  
80 g  
SELECTED VARIETIES



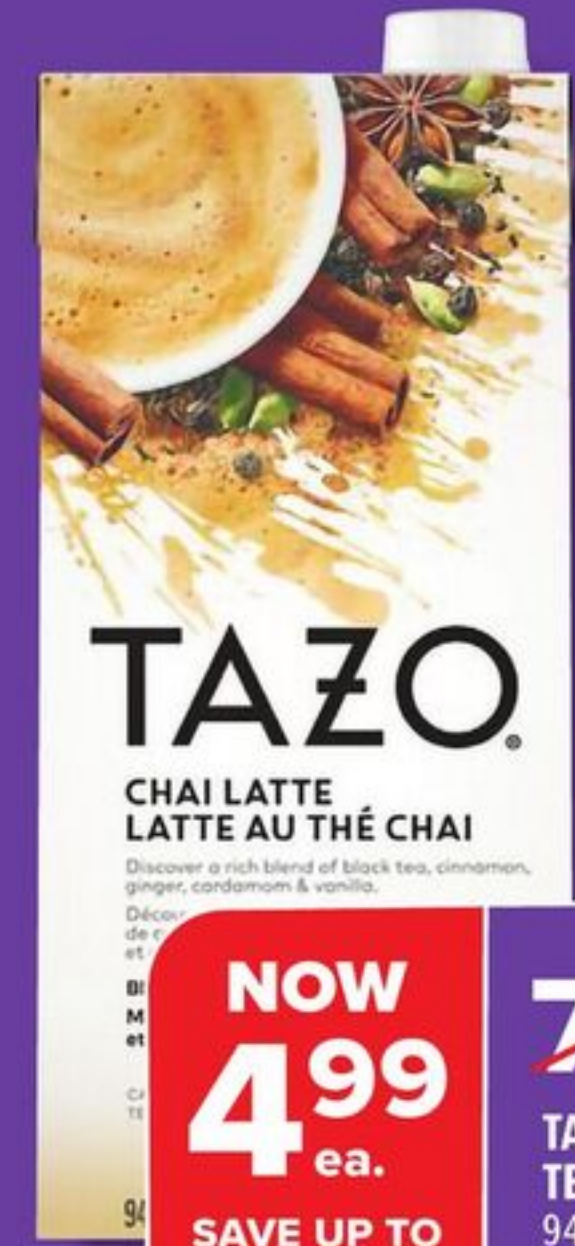
NOW  
**2<sup>99</sup>**  
ea.  
SAVE UP TO  
\$1

~~3<sup>99</sup>~~  
ea.  
GRISSOL  
FINE BREADS  
120 - 200 g  
SELECTED VARIETIES



NOW  
**9<sup>99</sup>**  
ea.  
SAVE UP TO  
\$2

~~11<sup>99</sup>~~  
ea.  
FERRERO ROCHER  
CHOCOLATES  
200 g  
SELECTED VARIETIES



NOW  
**4<sup>99</sup>**  
ea.  
SAVE UP TO  
\$3

~~7<sup>99</sup>~~  
ea.  
TAZO  
TEA  
946 ml  
SELECTED VARIETIES



NOW  
**3<sup>99</sup>**  
ea.  
SAVE UP TO  
\$2

~~5<sup>99</sup>~~  
ea.  
POM WONDERFUL  
POMEGRANATE JUICE  
473 ml



NOW  
**3<sup>99</sup>**  
ea.  
SAVE UP TO  
\$3

~~6<sup>99</sup>~~  
ea.  
NATREL  
COFFEE CREAM  
1 L  
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.

**contest**  
until March 11<sup>th</sup>

my  
brands &  
**moi**



participate by purchasing two  
products from these brands

**Selection** ✓

*Irresistible*

**Personnelle**

**5**  
prizes

**1,000,000** points  
value of \$8,000 each

**30**  
prizes

**500,000** points  
value of \$4,000 each

\*No purchase required. From February 12 to March 11, 2026. Contest rules at [moirewards.ca](https://moirewards.ca). Moi Rewards is a trademark of Metro Inc.

Farm Fresh Produce

**JUMBO**

**4<sup>99</sup> /lb**

**Jumbo Green Sweetcorn**  
PRODUCT OF MEXICO  
10.50kg

**3<sup>99</sup> ea.**

**Blackberry**  
PRODUCT OF MEXICO  
8.50kg

**3<sup>99</sup> /lb**

**Assorted Cucumbers**  
PRODUCT OF CANADA  
8.50kg

**4<sup>99</sup> /lb**

**Asparagus**  
PRODUCT OF MEXICO  
11.00kg

**3<sup>99</sup> /lb**

**Large Reddish Black Plum**  
PRODUCT OF CANADA  
8.50kg

**1<sup>99</sup> /lb**

**Large Seedless Sweet Potatoes**  
PRODUCT OF CANADA  
8.50kg

**4<sup>99</sup> /lb**

**Jumbo Cantaloupes**  
PRODUCT OF CANADA  
4.30kg

**40 points**

**2<sup>49</sup> ea.**

**Assorted Carrots**  
PRODUCT OF CANADA  
8.50kg

**4<sup>79</sup> ea.**

**Bella Grove Lettuce**  
PRODUCT OF CANADA  
8.50kg

**1<sup>99</sup> /lb**

**Large Red Pinks**  
PRODUCT OF CANADA  
8.50kg

**3<sup>88</sup> ea.**

**Good Leaf Microgreens**  
PRODUCT OF CANADA  
8.50kg

**4<sup>99</sup> ea.**

**Wild Wonders Sweet Peppers**  
PRODUCT OF MEXICO  
8.50kg

**3<sup>99</sup> /lb**

**Small Clementines**  
PRODUCT OF CANADA  
8.50kg

**4<sup>99</sup> ea.**

**Large Avocado**  
PRODUCT OF MEXICO  
8.50kg

**4<sup>99</sup> ea.**

**Green Field Snap Peas**  
PRODUCT OF CANADA  
8.50kg

**70 points**

**5<sup>99</sup> ea.**

**Red Grapes**  
PRODUCT OF CANADA  
8.50kg

**3<sup>99</sup> ea.**

**Insaladables**  
PRODUCT OF CANADA  
8.50kg

**4<sup>99</sup> ea.**

**Whole Natural**  
PRODUCT OF CANADA  
8.50kg

Organic

**9<sup>99</sup> ea.**

**Organic Red Delicious Apples**  
PRODUCT OF CANADA  
8.50kg

**2<sup>99</sup> /lb**

**Organic Carrots**  
PRODUCT OF CANADA  
8.50kg

**3<sup>99</sup> ea.**

**Organic Carrots**  
PRODUCT OF CANADA  
8.50kg

**3<sup>99</sup> /lb**

**Organic Tomatoes**  
PRODUCT OF CANADA  
8.50kg

Sliced & Diced

**4<sup>99</sup> ea.**

**Cut Pineapples**  
PRODUCT OF CANADA  
8.50kg

**3<sup>99</sup> ea.**

**Watermelon**  
PRODUCT OF CANADA  
8.50kg

Fresh Blooms

**15<sup>00</sup> ea.**

**Seasonal Mixed**  
PRODUCT OF CANADA  
8.50kg

**12<sup>99</sup> ea.**

**Seasonal Mixed**  
PRODUCT OF CANADA  
8.50kg

Our Butcher's Finest



**7<sup>99</sup>**  
/lb

Platinum Grill Angus Whole Eye of Round Vac Pack  
12.5kg  
Bois de cerise entière Angus Grill Platine emballée sous vide  
12.5kg



**9<sup>99</sup>**  
/lb

Platinum Grill Angus Boneless Inside Blade Steak Vacuum Pack or Roast  
22.02kg  
Assiette de poulet Angus Grill Platine décaisé en emballage économique  
de bœuf ou en vide  
22.02kg



**6<sup>99</sup>**  
/lb

Fresh Split Chicken Wings  
15.4kg  
Ailes de poulet fraîches séparées  
15.4kg



**4<sup>99</sup>**  
/lb

Yorkshire Valley Farms Organic Fresh Whole Chicken  
11.2kg  
Poulet entier biologique frais Yorkshire Valley Farms  
11.2kg



**20<sup>99</sup>**  
/lb

Life Smart Molecular Gastric Food Strip Lamb Steak  
20.9kg  
Biftecks de contre-filet de bœuf  
Molecular Gastric Food Strip à l'agneau  
20.9kg



**3<sup>99</sup>**  
/lb

Pork Loin Chops  
Centre of Tender Pork  
8.8kg  
Côtelettes de longe de  
porc en emballage économique  
8.8kg



**12<sup>99</sup>**  
/lb

Fresh Lamb Loin Chops or  
Boneless Lamb Long  
21.4kg  
Agneau frais en côtelettes  
de longe ou en bœuf  
21.4kg



**5<sup>99</sup>**  
ea.

Maple Leaf Prime  
Poulet entier biologique  
Extra Large Grand  
Chicken  
10.5kg  
Poulet entier biologique  
Prime Maple Leaf  
demi-cuillettes  
10.5kg

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**4<sup>99</sup>**  
ea.

Maple Lodge Ultimate  
Breakfast Sausages or Chicken Sausages  
12.5kg  
Saucisses Ultimate de  
porc ou de poulet  
Maple Lodge  
12.5kg



**4<sup>99</sup>**  
ea.

Maple Lodge Ultimate  
Breakfast Sausages or Chicken Sausages  
12.5kg  
Saucisses Ultimate de  
porc ou de poulet  
Maple Lodge  
12.5kg



**6<sup>99</sup>**  
ea.

Butterball Turkey Bacon  
10.5kg  
Bacon de dinde Butterball  
10.5kg



**11<sup>99</sup>**  
ea.

St Hubert's  
Chicken Sausages  
12.5kg  
Saucisses St Hubert  
de poulet  
12.5kg



**11<sup>99</sup>**  
ea.

Al Safa Beef Burgers  
12.5kg  
Burgers de bœuf Al Safa  
12.5kg



**12<sup>99</sup>**  
ea.

Al Safa Beef Burgers  
12.5kg  
Burgers de bœuf Al Safa  
12.5kg



**12<sup>99</sup>**  
ea.

Janes  
Chicken Wings  
12.5kg  
Ailes de poulet  
Janes  
12.5kg



**16<sup>99</sup>**  
ea.

Montana's  
Beef Burgers  
12.5kg  
Burgers de bœuf Montana's  
12.5kg

Entertaining Favourites



**5<sup>99</sup>**  
/lb

Authentic Sausages  
12.5kg  
Saucisses Authentiques  
12.5kg



**9<sup>99</sup>**  
ea.

Marc Angelo Beef or Chicken  
12.5kg  
Burgers de bœuf ou de poulet  
Marc Angelo  
12.5kg



**12<sup>99</sup>**  
ea.

Marc Angelo Kabobs  
12.5kg  
Brochettes de poulet  
Marc Angelo  
12.5kg



**18<sup>99</sup>**  
ea.

Yorkshire Valley Farms  
Organic Chicken  
12.5kg  
Brochettes de poulet  
Yorkshire Valley Farms  
12.5kg



**6<sup>99</sup>**  
ea.

Inevitable Cheese Slices  
12.5kg  
Tranches de fromage  
Inevitable  
12.5kg



**7<sup>99</sup>**  
ea.

Wong Wing Burgers  
12.5kg  
Burgers Wong Wing  
12.5kg



**11<sup>99</sup>**  
ea.

Inevitable Prime Beef Steaks  
12.5kg  
Burgers Inevitable  
12.5kg



**14<sup>99</sup>**  
ea.

Janes Ultimate  
Breakfast Sausages  
12.5kg  
Saucisses Ultimate  
12.5kg

Seafood



**2 for \$5.00**  
Frozen Pacific Cod Loins Portions  
Poissons surgelés de longue mer du Pacifique  
100 g



**18.99/lb**  
Fresh Mediterranean Sea Bass Fillets  
Filets frais de bar méditerranéen  
100 g



**3.99 ea.**  
Selection of Seafood  
Sélection de fruits de mer  
100 g



**4.99 125 points**  
Sole Fillets with Shrimp Stuffing  
Filets de sole farcis de crevettes à la sauce  
100 g



**7.99**  
La Bouchonnière Smoked Salmon  
Saumon fumé  
100 g



**19.99 125 points**  
Irish Point Oysters  
Huîtres Irish Point  
100 g



**6.99 ea.**  
Chateau Sherbrooke Seafood  
Sélection de fruits de mer  
100 g



**7.99**  
Hot Smoked Wild Salmon  
Saumon sauvage fumé  
100 g



**13.99**  
Klean Butter  
Beurre  
100 g



**14.99 125 points**  
Go Wild Argentinian Shrimp  
Crevettes de l'Argentine  
100 g

**Inévitable**



**6.99 ea.**  
Inévitable Seafood Selection  
Sélection de fruits de mer  
100 g

**7.99**



**7.99**  
Inévitable Seafood Selection  
Sélection de fruits de mer  
100 g

**9.99**



**9.99**  
Inévitable Seafood Selection  
Sélection de fruits de mer  
100 g

**10.99**



**10.99**  
Inévitable Seafood Selection  
Sélection de fruits de mer  
100 g

**Deli Favourites**



**2.69 /100 g**  
Deli Favourites Selection  
Sélection de produits de charcuterie  
100 g



**2.99 /100 g**  
Bacon  
Jambon  
100 g



**2.99**  
Pork Sausages  
Saucisses  
100 g



**3.99 /100 g**  
Cheese  
Fromage  
100 g



**4.49 /100 g**  
Butter  
Beurre  
100 g



**2.99 /100 g**  
Pork Sausages  
Saucisses  
100 g



**14.49 50 points**  
Pork Sausages  
Saucisses  
100 g



**6.99**  
Pork Sausages  
Saucisses  
100 g



**5.99 /100 g**  
Pork Sausages  
Saucisses  
100 g



**5.49 25 points**  
Pork Sausages  
Saucisses  
100 g



**8.99 50 points**  
Pork Sausages  
Saucisses  
100 g



**14.99**  
Pork Sausages  
Saucisses  
100 g



**15.99**  
Pork Sausages  
Saucisses  
100 g



**3.99 20 points**  
Pork Sausages  
Saucisses  
100 g



**10.49 60 points**  
Pork Sausages  
Saucisses  
100 g



**8.49 125 points**  
Pork Sausages  
Saucisses  
100 g



***metro.ca***

UP TO  
**33%**  
OFF

YOUR  
**FIRST 3 ORDERS\***



**Shop Offer**

\*\$25 off your first 3 online orders of \$75 or more. For new customers only.  
Certain conditions apply. Details on metro.ca

## More Great Savings

|                                                                                                            |                                                                                                                                             |                                                                                                                 |                                                                                                                                              |
|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>6.49</b> ea.</p> <p><b>80 points</b></p>                                                             | <p><b>4.99</b> ea.</p> <p>Two Good Yogurt<br/>No Sugar Added<br/>No Artificial Sweeteners<br/>Super Soft Food<br/>DIPPER &amp; DRIZZLER</p> | <p><b>300 points</b></p> <p><b>16.99</b></p> <p>McCafé<br/>Coffee<br/>Café McCafé<br/>DIPPER &amp; DRIZZLER</p> | <p><b>300 points</b></p> <p><b>19.99</b> ea.</p> <p>Timoré's<br/>Cakes &amp; Cookies<br/>Café Timoré's<br/>DIPPER &amp; DRIZZLER</p>         |
| <p><b>2.99</b> ea.</p> <p>On the Border<br/>Salsa<br/>DIPPER &amp; DRIZZLER</p>                            | <p><b>5.99</b> ea.</p> <p>Ben's<br/>STREET FOOD / CUISINE DE RUE<br/>DIPPER &amp; DRIZZLER</p>                                              | <p><b>2.49</b> ea.</p> <p>Chef Boyardee<br/>Beef Ravioli<br/>DIPPER &amp; DRIZZLER</p>                          | <p><b>3.99</b> ea.</p> <p>Le Ciel<br/>Soft Dressing<br/>DIPPER &amp; DRIZZLER</p>                                                            |
| <p><b>4.99</b> ea.</p> <p>Knorr's<br/>Pasta Sauce<br/>DIPPER &amp; DRIZZLER</p>                            | <p><b>99¢</b> ea.</p> <p>Knorr's<br/>TACO<br/>DIPPER &amp; DRIZZLER</p>                                                                     | <p><b>3.49</b> ea.</p> <p>Eggo<br/>Waffles<br/>DIPPER &amp; DRIZZLER</p>                                        | <p><b>40 points</b></p> <p><b>8.99</b> ea.</p> <p>STOK<br/>CIDER<br/>DIPPER &amp; DRIZZLER</p>                                               |
| <p><b>8.49</b> ea.</p> <p><b>125 points</b></p> <p>Pockets<br/>Pizza Pockets<br/>DIPPER &amp; DRIZZLER</p> | <p><b>99¢</b> ea.</p> <p>Knorr's<br/>Pasta Sauce<br/>DIPPER &amp; DRIZZLER</p>                                                              | <p><b>99¢</b> ea.</p> <p>Knorr's<br/>Pasta Sauce<br/>DIPPER &amp; DRIZZLER</p>                                  | <p><b>STOCK UP ON KNORR® &amp; EARN MOI REWARDS</b></p> <p><b>100 moi points</b></p> <p>when you buy only a Knorr participating products</p> |
| <p><b>3.99</b> ea.</p> <p>Knorr's<br/>Pasta Sauce<br/>DIPPER &amp; DRIZZLER</p>                            | <p><b>4.99</b> ea.</p> <p>Knorr's<br/>Pasta Sauce<br/>DIPPER &amp; DRIZZLER</p>                                                             | <p><b>2.29</b> ea.</p> <p>Knorr's<br/>Pasta Sauce<br/>DIPPER &amp; DRIZZLER</p>                                 | <p><b>1.99</b> ea.</p> <p>Knorr's<br/>Pasta Sauce<br/>DIPPER &amp; DRIZZLER</p>                                                              |

i earn with **moi** rewards

|                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                                              |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  <p>Gay Lea Soft Cream<br/>1/2 Gallon<br/>100% Cream<br/>Culinary Grade</p> <p>Gay Lea Soft Butter<br/>1/2 Gallon<br/>100% Butter<br/>Culinary Grade</p> <p><b>3.99</b> <b>50</b><br/>ea. points</p>         |  <p>Gay Lea Butter<br/>1/2 Gallon<br/>100% Butter<br/>Culinary Grade</p> <p>Gay Lea Butter Margarine<br/>1/2 Gallon<br/>100% Butter Margarine<br/>Culinary Grade</p> <p><b>8.49</b> <b>125</b><br/>ea. points</p> |  <p>Tertley Pure Papermint<br/>250g<br/>100% Pure Papermint<br/>Culinary Grade</p> <p>Tertley Pure Vanilla<br/>250g<br/>100% Pure Vanilla<br/>Culinary Grade</p> <p><b>4.49</b> <b>100</b><br/>ea. points</p> |  <p>Quaker Oats<br/>1/2 Gallon<br/>100% Oats<br/>Culinary Grade</p> <p>Quaker Oatmeal<br/>1/2 Gallon<br/>100% Oatmeal<br/>Culinary Grade</p> <p><b>3.99</b> <b>100</b><br/>ea. points</p>                   |
|  <p>Sunny D Drink<br/>1.2L<br/>100% Orange Juice<br/>Culinary Grade</p> <p>Sunny D Juice<br/>1/2 Gallon<br/>100% Orange Juice<br/>Culinary Grade</p> <p><b>40</b><br/>points</p> <p><b>2.79</b><br/>ea.</p> |  <p>Snapple Apple<br/>1/2 Gallon<br/>100% Apple Juice<br/>Culinary Grade</p> <p>Snapple Orange<br/>1/2 Gallon<br/>100% Orange Juice<br/>Culinary Grade</p> <p><b>1.99</b> <b>30</b><br/>ea. points</p>           |  <p>Mars Chocolate Bars<br/>1/2 Gallon<br/>100% Chocolate<br/>Culinary Grade</p> <p>Mars Chocolate<br/>1/2 Gallon<br/>100% Chocolate<br/>Culinary Grade</p> <p><b>6.49</b> <b>80</b><br/>ea. points</p>      |  <p>Unico Solid Light<br/>1/2 Gallon<br/>100% Solid Light<br/>Culinary Grade</p> <p>Unico Solid Dark<br/>1/2 Gallon<br/>100% Solid Dark<br/>Culinary Grade</p> <p><b>1.99</b> <b>60</b><br/>ea. points</p> |
|  <p>Mary's Organic<br/>1/2 Gallon<br/>100% Organic<br/>Culinary Grade</p> <p>Mary's Organic<br/>1/2 Gallon<br/>100% Organic<br/>Culinary Grade</p> <p><b>5.99</b> <b>70</b><br/>ea. points</p>             |  <p>Organic Meadow<br/>1/2 Gallon<br/>100% Organic<br/>Culinary Grade</p> <p>Organic Meadow<br/>1/2 Gallon<br/>100% Organic<br/>Culinary Grade</p> <p><b>6.49</b> <b>80</b><br/>ea. points</p>                  |  <p>Digestive<br/>1/2 Gallon<br/>100% Digestive<br/>Culinary Grade</p> <p>Digestive<br/>1/2 Gallon<br/>100% Digestive<br/>Culinary Grade</p> <p><b>5.49</b> <b>70</b><br/>ea. points</p>                    |  <p>Sun-Blast<br/>1/2 Gallon<br/>100% Sun-Blast<br/>Culinary Grade</p> <p>Sun-Blast<br/>1/2 Gallon<br/>100% Sun-Blast<br/>Culinary Grade</p> <p><b>3.99</b> <b>60</b><br/>ea. points</p>                  |

FLAVOURS  
OF  
*Holi*  
CELEBRATE THE FESTIVAL OF COLOUR

CELEBRATE THE FESTIVAL OF COLOUR



# GREAT TASTE LESS SUGAR



**FANTA**  
zero sugar  
orange

12 PACK



**FANTA**  
zero sugar  
orange

NATURALLY FLAVOURED  
DIETETIC BEVERAGE

**60 points**

**949** ea.

FANTA ZERO SUGAR SOFT DRINKS 12 x 355 mL  
SELECTED VARIETIES

Satisfy your cravings with low sugar/zero sugar snacks, drinks & more.



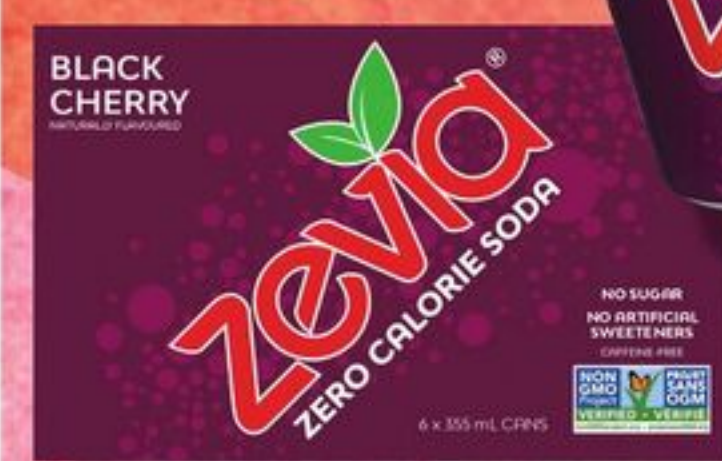
**zevia**  
ZERO CALORIE SODA

BLACK CHERRY

100% SUGAR FREE  
NO SUGAR ADDED  
100% NATURAL FLAVORS

**749** ea.

ZEVIA ZERO CALORIE SODA 12 x 355 mL  
SELECTED VARIETIES



**zevia**  
ZERO CALORIE SODA

BLACK CHERRY

100% SUGAR FREE  
NO SUGAR ADDED  
100% NATURAL FLAVORS

**749** ea.

ZEVIA ZERO CALORIE SODA 12 x 355 mL  
SELECTED VARIETIES



**7up**  
ZERO SUGAR  
lemon lime

sodastream

PEPSI OR 7UP ZERO WATER DRINKERS 640 mL  
SELECTED VARIETIES

**749** ea.



**PEPSI**  
ZERO SUGAR  
dietetic beverage

sodastream

PEPSI OR 7UP ZERO WATER DRINKERS 640 mL  
SELECTED VARIETIES

**749** ea.



**HOOTMAN'S**  
Chocolate

NO SUGAR ADDED  
SANS SUCRE AJOUTÉ

CHOCOLAT

**299** ea.

HOOTMAN'S NO SUGAR ADDED COOKIES 142 x 220 g  
SELECTED VARIETIES



**Simply Pudding**  
KETO PUDDING CETO

SUGAR FREE  
SANS SUCRE

0g  
4g  
20g

VANILLA  
VANILLE

NET WT / POIDS NET 48 g (1.7 oz)

**349** ea.

SIMPLY DELICIOUS SUGAR FREE PUDDING 48 g  
SELECTED VARIETIES



**McSWEENEY'S**  
ZERO SUGAR / SUCRE

BEEF • BŒUF  
**JERKY**

100% SUGAR FREE  
100% SANS SUCRE

**599** ea.

McSWEENEY'S ZERO SUGAR JERKY SNACKS 100g  
SELECTED VARIETIES



**McSWEENEY'S**  
ZERO SUGAR  
JERKY SNACKS

100g

**599** ea.



**Red Bull**  
ZERO

4 PACK

**999** ea.

RED BULL ZERO ENERGY DRINKS 4 x 250 mL



**Red Bull**  
ZERO

ASPARTAME FREE

**pur**

**379** ea.

PUR GUM 100g  
SELECTED VARIETIES



**youtheory**  
B12 B6

100% SUGAR FREE  
100% SANS SUCRE

**1999** ea.

YOU THEORY SUPPLEMENTS 60 ct  
SELECTED VARIETIES



**Splenda**  
NATURAL SWEETENERS

100% SUGAR FREE  
100% SANS SUCRE

**749** ea.

SPLENDA NO CALORIE SWEETENER PACK (100g) 100g  
SELECTED VARIETIES



**Splenda**  
NATURAL SWEETENERS

100% SUGAR FREE  
100% SANS SUCRE

**749** ea.



**SUGARFREE**  
HOT SAUCE

ORIGINAL

**649** ea.

6. HUGHES NO SUGAR ADDED HOT SAUCE 480 mL  
SELECTED VARIETIES



# CREATE A CLEAN ROUTINE

**Freshen up all your square feet with our wide variety of brand-name solutions.**





We take pride in sourcing locally from the  
Eastern Ontario Region.

ST. ALBERT  
MEDIUM OR OLD  
CHEDDAR CHEESE  
270 g  
SELECTED VARIETIES

9<sup>99</sup>  
ea.



ST. ALBERT  
MILD CHEDDAR  
CHEESE  
270 g  
SELECTED VARIETIES

8<sup>99</sup>  
ea.



SKOTIDAKIS  
GREEK YOGURT  
500 g  
SELECTED VARIETIES

5<sup>49</sup>  
ea.



QUINTA  
CANADIAN QUINOA  
400 g

6<sup>99</sup>  
ea.



JOE THE DOG  
ORGANIC GROUND COFFEE  
OR COFFEE BEANS  
340 g  
SELECTED VARIETIES

12<sup>99</sup>  
ea.



DONINI  
CHOCOLATE BARS  
100 g  
SELECTED VARIETIES

5<sup>99</sup>  
ea.



Effective February 26 - March 25, 2026



# NOMINATE A MINOR HOCKEY ASSOCIATION

for their chance to receive up to **\$100,000\***

NOMINATE AT [KrugerBigAssist.ca](https://www.krugerbighelp.ca)







90 points

**8<sup>99</sup>** ea.

CASHMERE BATHROOM TISSUE  
12 = 24 rolls  
SELECTED VARIETIES



90 points

**8<sup>99</sup>** ea.

SCOTTIES FACIAL TISSUE  
6 un  
SELECTED VARIETIES



90 points

**8<sup>99</sup>** ea.

SPONGE PAPER TOWELS  
3 = 6 rolls  
SELECTED VARIETIES

**PROUDLY ASSISTING CANADIAN FAMILIES ON AND OFF THE ICE.**

\*No purchase necessary. Nominations start Oct 1/25 and Feb 22/26. Nominate an eligible Canadian hockey association for the opportunity to receive one of five (\$125,000 CAD) donations. Five (\$5) donations will be made ("Finalists"), one per region (DN, OC, Pacific, BC, YT, NT, Nunavut, AB, SK, MB, Atlantic, PEI, NS, NB, NL) plus one (\$175,000 CAD) donation "Grand Prize" will be made among applications received from Finalists by March 13/26. Start your nomination or see full terms at [KrugerBigAssist.ca](https://www.krugerbighelp.ca).  
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1 KG

**12<sup>99</sup>** ea.

YORKSHIRE VALLEY FARMS  
ORGANIC CHICKEN DRUMSTICKS OR WINGS  
FROZEN, 1 kg



**14<sup>99</sup>** ea.

YORKSHIRE VALLEY FARMS  
ORGANIC MEAT PIES OR CHICKEN FILLETS OR BITES  
FROZEN, 454 - 700 g  
SELECTED VARIETIES