

VERSION 1



STRAWBERRIES
PUNNET (WGT 1.125 LBS)

2⁹⁹

ea.



BELLE GROVE
WHOLE WHITE OR CREAM MUSHROOMS (12)

1⁹⁹

ea.



THE LITTLE POTATO CO.
BABY POTATOES
NET WT. 1.125 LBS

2⁹⁹

ea.



Attitude
SPRING MIX
NET WT. 1.125 LBS

12⁹⁹

ea.



FRESH VEGETABLE OR
FRUIT ASSORTMENT
NET WT. 1.125 LBS

125

points



FRESH VEGETABLE OR
FRUIT ASSORTMENT
NET WT. 1.125 LBS

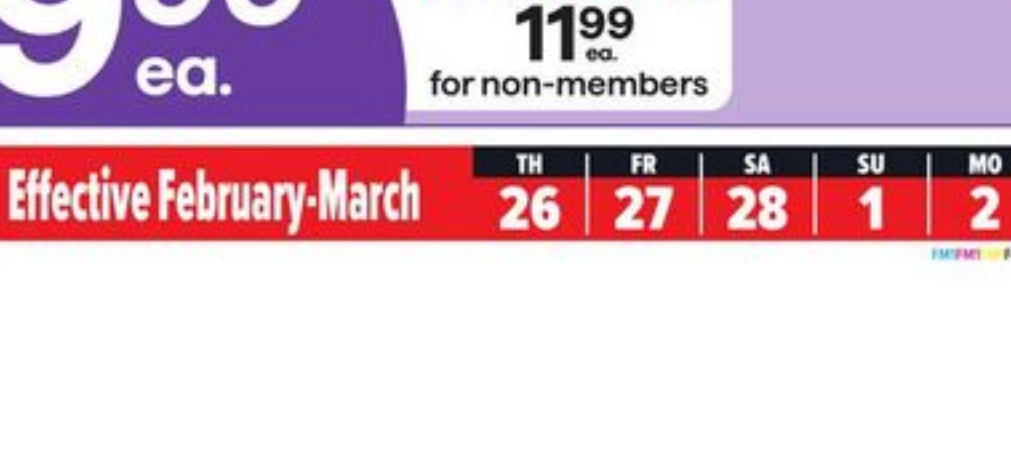
125

points

moi rewards member price



Boost
HIGH PROTEIN
HYPERPROTEIN



Ensure
HIGH PROTEIN
HYPERPROTEIN

9⁹⁹

ea.

SPECIAL PRICE

11⁹⁹

for non-members

Effective February-March

TH

26

FR

27

SA

28

SU

1

MO

2

ONLY

99¢

GREAT PRICE!

HEINZ BEANS OR PASTA

99¢

HEINZ BEANS ORIGINAL
HEINZ BEANS ALPHA GEM
HEINZ BEANS MAPLE

Campbell's

99¢

Campbell's
TOMATO
Campbell's
Cream of Mushroom
Campbell's
Vegetable
CAMPBELL'S SOUP
200 ml
(6.7 FL OZ) VARIETIES

CLUB HOUSE

99¢

CLUB HOUSE
CHICKEN POULET
FRANCO
Fast & Fancy
Vite & Bon

Irresistible

99¢

Irresistible
SEA SALT
KitKat
JELLO

99¢

COCA-COLA SOFT DRINKS,
PEACH TEA, KIWI TEA,
ESKA SPARKLING WATER,
SELECTION WATER OR
YOP DRINKABLE YOGURT

1L

Coca-Cola
PEACH TEA
YOP
ESKA

metro.ca

\$ New Lower Prices

 SELECTA MARINATED AND GRILLED BREADED CHICKEN 250¢ each 82¢ lb. or more	 9.99 each LARGE SALADS \$10.99	 7.99 each CASTELLA HAMSTER OR BOUDA WITH SAUCES	 19.99 each FRESH 'N GO BBQ CHICKEN MEAL DEAL
--	--	---	--

A collage of various food products. On the left, a Lactantia Cream Cheese package is shown with a price tag of 4.49 ea. In the center, there are two boxes of Cheez-It crackers: one for Cheddar & Cheddar Cheddar and another for Cheddar & Cheddar Cheddar. On the right, there are two boxes of Goldfish crackers: one for Cheddar & Cheddar Cheddar and another for Cheddar & Cheddar Cheddar. The prices for the Goldfish crackers are 2.99 ea.

85% less sugar than other leading brands

3.49 ea.

bubly mini
sparkling water
unsweetened
6 1/2 oz.

NEW

bubly mini
sparkling water
unsweetened
6 1/2 oz.

Coca-Cola or Canada Dry
NATURAL SWEETENED TEA
with lemon
100% natural flavors
0g sugar
0g carbs

6.99 ea.

NESTEA
NATURAL SWEETENED TEA
with lemon
0g sugar
0g carbs

Coca-Cola
ORIGINAL TASTE
6 1/2 oz.



OLD EL PASO
TORTILLAS
TACO CRUNCHY SHELLS

\$3.49
ea.



HARIBO
Goldbears

\$2.99
ea.



DORITOS
MISSION QUESO PASA

\$2.49
ea.

20% OFF CERAVE MOISTURIZING CREAM, MIGHTY PATCH, NEUTROGENA, ROYALE BATH TISSUE, PUREX DISINFECTANT, SUNLIGHT BLEACH. SEE AD FOR DETAILS.

Learn with mol rewards

- 125** **6.99** HELLMUTH'S MAYONNAISE (1.5L) **\$1** OFF (LIMIT 2)
- 125** **5.99** LACTASE (1.5L) **\$1** OFF (LIMIT 2)
- 130** **2.99** NATURE VALLEY CRUNCHY (1.5L) **\$1** OFF (LIMIT 2)
- 130** **2.99** GENERAL MILLS CRISPER BARS OR FRUIT SNACKS (1.5L) **\$1** OFF (LIMIT 2)

[illegible]

moi
rewards

SAVE BIG
IN THE APP

Add your coupons in the
Metro app today.



NOW
12⁹⁹
ea.
SAVE UP TO
\$4

~~16⁹⁹~~
ea.
FRESH CUT
TULIPS
15 STEM BUNCH
ASSORTED COLOURS

THIS WEEK'S DEALS:

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



NOW
4⁹⁹
ea.
SAVE UP TO
\$2

~~6⁹⁹~~
ea.
JACK LINK'S
BEEF JERKY DUOS
80 g
SELECTED VARIETIES



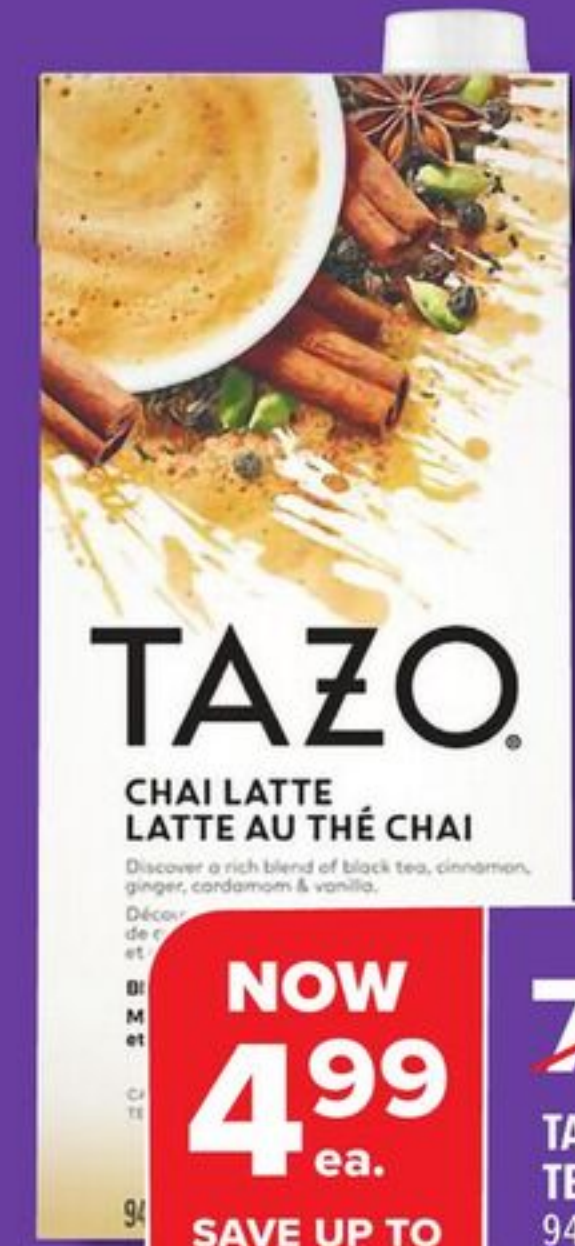
NOW
2⁹⁹
ea.
SAVE UP TO
\$1

~~3⁹⁹~~
ea.
GRISSOL
FINE BREADS
120 - 200 g
SELECTED VARIETIES



NOW
9⁹⁹
ea.
SAVE UP TO
\$2

~~11⁹⁹~~
ea.
FERRERO ROCHER
CHOCOLATES
200 g
SELECTED VARIETIES



NOW
4⁹⁹
ea.
SAVE UP TO
\$3

~~7⁹⁹~~
ea.
TAZO
TEA
946 ml
SELECTED VARIETIES



NOW
3⁹⁹
ea.
SAVE UP TO
\$2

~~5⁹⁹~~
ea.
POM WONDERFUL
POMEGRANATE JUICE
473 ml



NOW
3⁹⁹
ea.
SAVE UP TO
\$3

~~6⁹⁹~~
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 11th

my
brands &
moi

total of
20
million
points
to be won

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. Moi Rewards is a trademark of Metro Inc.

Farm Fresh Produce



4⁹⁹
/lb

JUMBO GREEN ZUCCHINI SQUARES
PRODUCT OF MEXICO
11.00kg



3⁹⁹
ea.

BLACKBERRIES 100g
PRODUCT OF MEXICO



3⁹⁹
/lb

HEIRLOOM TOMATOES
PRODUCT OF MEXICO
8.80kg



4⁹⁹
/lb

ASPARAGUS
PRODUCT OF MEXICO
11.00kg



3⁹⁹
/lb

LARGE PEACHES OR BLACK PRINCE LARGE NECTARINES
PRODUCT OF MEXICO
8.80kg



1⁹⁹
/lb

LARGE SEEDLESS NAVEL ORANGES
PRODUCT OF U.S.A.
4.50kg



2⁴⁹
ea.

ASSORTED COLOURED CARROTS
PRODUCT OF MEXICO
CARROTS, 1000g



4⁷⁹
ea.

BELLE GROVE LION'S MANE MUSHROOMS
100g



1⁹⁹
/lb

LARGE RED PRINCE APPLES
PRODUCT OF MEXICO
4.70kg



5⁹⁹
ea.

CANARY OR SANTA CLAUS MELONS
PRODUCT OF BRAZIL



3⁸⁸
ea.

GOOD LEAF MICROGREENS 100g
SELECTED VARIETIES



4⁹⁹
ea.

WILD WONDERS SWEET PEPPERS
300g, PRODUCT OF MEXICO



3⁹⁹
/lb

OREO CLEMENTINES
PRODUCT OF CANADA
8.80kg



1⁹⁹
ea.

LARGE AVOCADOS
PRODUCT OF MEXICO



4⁴⁹
ea.

SNOW ON SUGAR SNAP PEAS 100-200g



3⁴⁹
ea.

DOLE GARDEN OF EATIN' COLOURED CAULIFLOWER
PRODUCT OF U.S.A.



5⁹⁹
ea.

RED GRAPEFRUIT 100g
PRODUCT OF U.S.A.



3⁹⁹
ea.

UNSEASONED CROQUETTES
SELECTED VARIETIES



4⁹⁹
ea.

UNSEASONED WHOLE NATURAL ALMONDS OR WALNUTS
HALVES & PIECES 100g



4⁹⁹
ea.

LIFE SMART ORIGINAL GROUND ROUND 200g

Organic



9⁹⁹
ea.

TONICA ORGANIC KOMBUCHA 100g
SELECTED VARIETIES



2⁹⁹
/lb

ORGANIC RED DELICIOUS APPLES
PRODUCT OF CANADA
ORGANIC ANJOU OR BOSCH PEARS
U.S.A. EXTRA FANCY GRADE
6.50kg



3⁹⁹
ea.

ORGANIC CARROTS 100g
PRODUCT OF CANADA, CANADA
No NITRATES (U.S.A. No NITRATES)



3⁹⁹
/lb

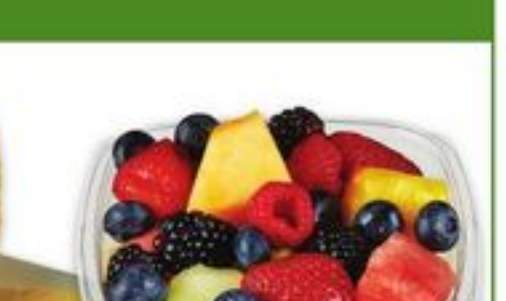
ORGANIC TOMATOES ON THE VINE
PRODUCT OF CANADA OR MEXICO
8.80kg

Sliced & Diced



4⁹⁹
ea.

Metro my metro SLICED PINEAPPLE 100g
DELUXE FRUIT SALAD 100g



3⁹⁹
ea.

MELON CRINKLES 100-200g
MINI SALADS 100-200g
TOMATO CINE PESTO SALAD 100g

Our Butcher's Finest



7⁹⁹
/lb

PLATINUM GRILL ANGUS
WHOLE EYE OF ROUND
VAC PACK
15.61kg



9⁹⁹
/lb

PLATINUM GRILL ANGUS
BONELESS INSIDE BLADE STEAK VALUE PACK OR ROAST
22.02kg



6⁹⁹
/lb

FRESH SPLIT CHICKEN WINGS
5.17kg



4⁹⁹
/lb

YORKSHIRE VALLEY FARMS
ORGANIC FRESH WHOLE CHICKEN
7.03kg



20⁹⁹
/lb

LIFE SMART NATURAL
GRASS FED STRIP LOIN STEAK
8.25kg

250
points*



3⁹⁹
/lb

PORK LOIN CHOPS
CUTTING CUT VALUE PACK
8.87kg



12⁹⁹
/lb

FRESH LAMB LOIN CHOPS OR
ROSEMARY & GARLIC
BONELESS LAMB LEGS
20.64kg



5⁹⁹
ea.

MAPLE LEAF PRIME
BUTCHER'S CHOICE PRIME
BEEF
1.81kg

I earn with **moi** rewards



4⁹⁹
ea.

MAPLE LEAF ULTIMATE CHICKEN DINNER
BREADED SAGUENAY CHICKEN & RICE
15.70kg

60
points



4⁹⁹
ea.

OXMOOR BREAKFAST
SAUSAGES
1.81kg

50
points



6⁹⁹
ea.

BUTTERBALL
TURKEY BACON
1.81kg

125
points



11⁹⁹
ea.

ST HUBERT MOZZARELLA
CHICKEN
1.81kg

125
points



11⁹⁹
ea.

BEEF BURGERS
1.81kg

125
points



12⁹⁹
ea.

4TH STREET
PORK CHOPS
1.81kg

125
points



12⁹⁹
ea.

JANE'S
WINGS
1.81kg

125
points



16⁹⁹
ea.

MONTANA'S
BEEF BURGERS
1.81kg

125
points

Entertaining Favourites



5⁹⁹
/lb

AUTHENTIC
SAUSAGES
12.27kg



9⁹⁹
ea.

MANC ANGELO
BEEF OR CHICKEN
POPPERS OR
PORK TENDERLOIN ROAST
1.81kg



12⁹⁹
ea.

MANC ANGELO
BEEF OR CHICKEN
KABOBS
1.81kg



18⁹⁹
ea.

YORKSHIRE VALLEY FARMS
ORGANIC CHICKEN
MEATBALLS
1.81kg



6⁹⁹
ea.

IRRESISTIBLE
CHEESE STICKS
1.81kg



7⁹⁹
ea.

WONG WING
ENTRÉES
1.81kg



11⁹⁹
ea.

IRRESISTIBLE
PRIME RIB BEEF SLIDERS
1.81kg



14⁹⁹
ea.

JANE'S RESTAURANT
FILLETS
1.81kg

Seafood



Irresistible Selection



Deli Favourites



metro
FRESH
2 GO



WHAT'S FOR DINNER?

**PICK UP IN STORE OR
FREE DELIVERY**

on all orders of **\$20 or more**

Skip the Dishes offers available at select stores only.



ORDER NOW

**FRESH 2 GO
PIZZA**

1 un
SELECTED VARIETIES

SAVE UP TO \$5

11.99
ea.

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



TROPICANA
UNSWEETENED
JUICE OR
PURE-LESS
ICED TEA
1.8L 100% JUICE
SELECTED VARIETIES

649 ea.
80 points



TWO GOOD
YOGOURT
100% NATURAL
2 LITRE
SELECTED VARIETIES

499 ea.



McCAFE
GROUND COFFEE
100% ARABICA
250g
SELECTED VARIETIES

1699 ea.



Timothy's
COFFEE CAPSULES
100% NATURAL
250g
SELECTED VARIETIES

1999 ea.



On the Border
CANNED FRUIT
100% NATURAL
250g
SELECTED VARIETIES

299 ea.



Ben's
STREET FOOD / CUISINE DE RUE
100% NATURAL
250g
SELECTED VARIETIES

599 ea.



CHEF BOYARDEE
MEAL
100% NATURAL
250g
SELECTED VARIETIES

249 ea.



LE MONDE
SALAD DRESSING
100% NATURAL
250g
SELECTED VARIETIES

399 ea.



BERTOLLI
PESTO SAUCE
100% NATURAL
250g
SELECTED VARIETIES

499 ea.



TACO
SEASONING
100% NATURAL
250g
SELECTED VARIETIES

99c ea.



EGGOS
WAFFLES
100% NATURAL
250g
SELECTED VARIETIES

349 ea.



STOK
COFFEE BEVERAGE
100% NATURAL
250g
SELECTED VARIETIES

899 ea.



Knorr
STOCK UP ON KNORR
& EARN moi REWARDS

100 moi points
when you buy any
8 Knorr participating
products

229 ea.
KNORR SOUP ENVELOPES OR NOVELLON CUPS
SELECTED VARIETIES

199 ea.
KNORR SOUP ENVELOPES OR NOVELLON CUPS
SELECTED VARIETIES



POCKETS
100% NATURAL
250g
SELECTED VARIETIES

849 ea.
125 points



TROPICANA
UNSWEETENED
JUICE OR
PURE-LESS
ICED TEA
1.8L 100% JUICE
SELECTED VARIETIES

99c ea.



TROPICANA
UNSWEETENED
JUICE OR
PURE-LESS
ICED TEA
1.8L 100% JUICE
SELECTED VARIETIES

99c ea.



TROPICANA
UNSWEETENED
JUICE OR
PURE-LESS
ICED TEA
1.8L 100% JUICE
SELECTED VARIETIES

99c ea.



TROPICANA
UNSWEETENED
JUICE OR
PURE-LESS
ICED TEA
1.8L 100% JUICE
SELECTED VARIETIES

90 points
when you buy any
8 Knorr participating
products

399 ea.



TROPICANA
UNSWEETENED
JUICE OR
PURE-LESS
ICED TEA
1.8L 100% JUICE
SELECTED VARIETIES

90 points
when you buy any
8 Knorr participating
products

399 ea.



TROPICANA
UNSWEETENED
JUICE OR
PURE-LESS
ICED TEA
1.8L 100% JUICE
SELECTED VARIETIES

90 points
when you buy any
8 Knorr participating
products

399 ea.



TROPICANA
UNSWEETENED
JUICE OR
PURE-LESS
ICED TEA
1.8L 100% JUICE
SELECTED VARIETIES

90 points
when you buy any
8 Knorr participating
products

399 ea.

Learn with moi rewards



GARDEN OF EATIN'
SOYBEAN BUTTER
100% NATURAL
250g
SELECTED VARIETIES

399 ea.
50 points



GARDEN OF EATIN'
SOYBEAN BUTTER
100% NATURAL
250g
SELECTED VARIETIES

849 ea.
125 points



GARDEN OF EATIN'
SOYBEAN BUTTER
100% NATURAL
250g
SELECTED VARIETIES

449 ea.
100 points



GARDEN OF EATIN'
SOYBEAN BUTTER
100% NATURAL
250g
SELECTED VARIETIES

399 ea.
100 points



SUNNY D
100% NATURAL
250g
SELECTED VARIETIES

279 ea.
40 points



SUNNY D
100% NATURAL
250g
SELECTED VARIETIES

199 ea.
30 points



M&M'S
CHOCOLATE BARS
100% NATURAL
250g
SELECTED VARIETIES

649 ea.
80 points



UNICO
SOLID LIGHT TUNA
100% NATURAL
250g
SELECTED VARIETIES

199 ea.
60 points



MARY'S ORGANIC
REAL THIN COOKIES
100% NATURAL
250g
SELECTED VARIETIES

599 ea.
70 points



ORGANIC MEADOW
YOGOURT
100% NATURAL
250g
SELECTED VARIETIES

649 ea.
80 points



McVITIE'S
COOKIES
100% NATURAL
250g
SELECTED VARIETIES

549 ea.
70 points



SUN MAID
RAISINS
100% NATURAL
250g
SELECTED VARIETIES

399 ea.
60 points

FLAVOURS
OF

Holi

CELEBRATE THE FESTIVAL OF COLOUR



799

ea.

KAASHI PREMIUM OR
AZAM BASMATI RICE
5.02 - 6.54 kg
SELECTED VARIETIES



1599

ea.

BAAR SHEER DEEH STYLE
DURUM ATTA FLOUR
5.0 kg



299

ea.

SANTOSH NAAK
500 g
SELECTED VARIETIES



1699

ea.

ASSORTED LADDUS
ASSORTED LADDUS



249

ea.

HAKE DAHI, PHOENIX
OR CEDAR PHOENIX
500 - 750 g
SELECTED VARIETIES



399

ea.

MAGGI
INSTANT SOUP NOODLES
600 g, 70 g



329

ea.

LAZEEZ SPRING ROLLS
OR SAMOSAS
600 g
SELECTED VARIETIES



179

ea.

SURATI
FROZEN VEGETABLES
500 g
SELECTED VARIETIES



699

ea.

CLASSIC ARCHA HONEY
TEA, TATA TEA
PREMIUM OR GOLD
100, 200, 500 g
SELECTED VARIETIES



999

ea.

DIPHA OCHA
300 g
SELECTED VARIETIES



199

ea.

SHAHI
DHAHI
500 g
SELECTED VARIETIES



999

ea.

PARLE-G, LIU OR
DHAHI COOKIES
500 g
SELECTED VARIETIES



649

ea.

DHAHI LADDUS
MANGA MANGO
1 kg
SELECTED VARIETIES



199

ea.

DHAHI
PARATHA OR NAAN
200 - 400 g
SELECTED VARIETIES



499

ea.

CEDAR MARINADES,
CUCUMBERS OR
GRAPE LEAVES
100 g, 1 kg
SELECTED VARIETIES



249

ea.

SURATI SNACKS,
DIPHA BAKED CHANA,
RUBICON OR
SHEERON DRINKS
200, 400 g, 1 L
SELECTED VARIETIES



299

ea.

INDOMIE
INSTANT NOODLES
100 g
SELECTED VARIETIES



399

ea.

DHAHI LENTILS
OR CHICK PEAS
1 kg, 200 g
SELECTED VARIETIES



179

ea.

PARLE BISCUIT
OR NATIONAL CUSTARD
100 g, 200 g
SELECTED VARIETIES



179

ea.

KIRKURE CHIPS
100 g
SELECTED VARIETIES

From availability varies by store.

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
Northern Ontario Region.

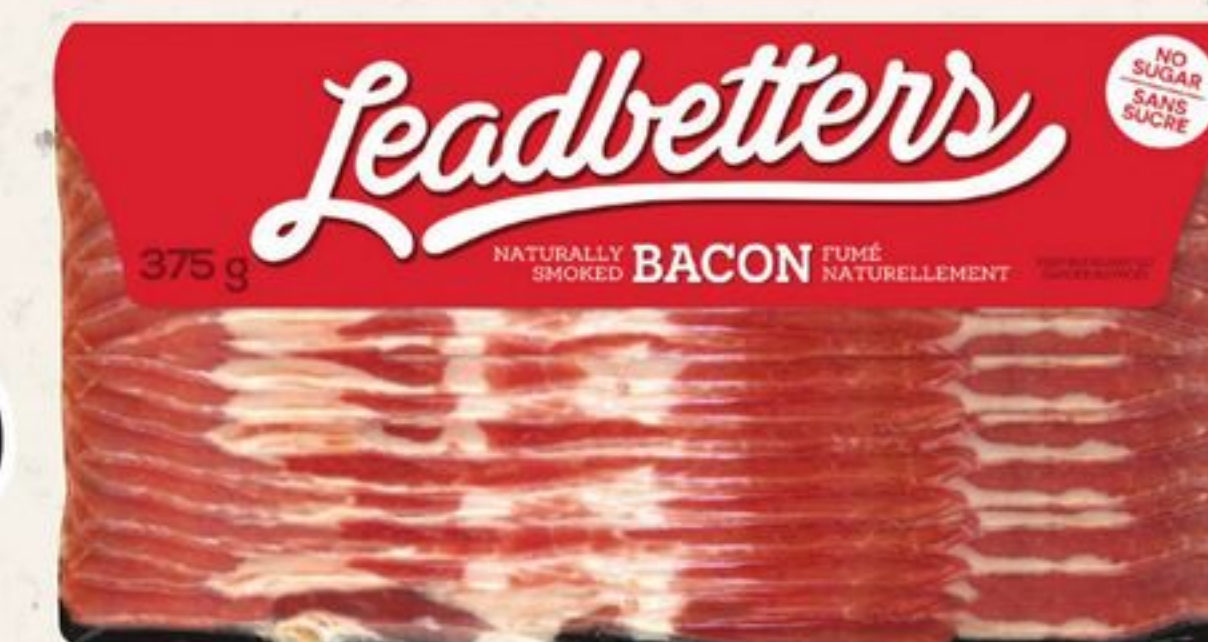
**NORTH COUNTRY
KIELBASA HAM**
325 g
SELECTED VARIETIES

7⁴⁹
ea.



**LEADBETTERS
BACON**
375 g
SELECTED VARIETIES

5⁹⁹
ea.



**MUSKOKA
FLAVOURED OIL**
250 ml
SELECTED VARIETIES

6⁹⁹
ea.



**QUINTA
CANADIAN QUINOA**
400 g

6⁹⁹
ea.



**MUSKOKA
SAUCES**
250 - 355 ml
SELECTED VARIETIES

6⁹⁹
ea.



**OUTDOOR FLAVOURS
SPICE MIXES**
88 - 160 g
SELECTED VARIETIES

7⁹⁹
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





90
points

8⁹⁹
ea.

CASHMERE
BATHROOM TISSUE
12 = 24 rolls
SELECTED VARIETIES



90
points

8⁹⁹
ea.

SCOTTIES FACIAL TISSUE
6 un
SELECTED VARIETIES



90
points

8⁹⁹
ea.

SPONGE
PAPER TOWELS
3 = 6 rolls
SELECTED VARIETIES

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

*No purchase necessary. Nominations start Oct 1st and Feb 22nd 2026. 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 (\$1) \$75,000 CAD donation "Grand Prize" will be made among applications received from Finalists by March 13th 2026. Start your nomination or see full terms at KrugerBigAssist.ca.
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1 KG

12⁹⁹
ea.

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



700 g



454 - 700 g

14⁹⁹
ea.

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