

VERSION 1



STRAWBERRIES
PUNNET (WGT 1.125 LBS)

2⁹⁹

ea.



BELLE GROVE
WHOLE WHITE OR CREAM MUSHROOMS (12)

1⁹⁹

ea.



THE LITTLE POTATO
CO. SMALL POTATOES
100% ALL-NATURAL
TRY FREE OF AGE!
CANDIDLY HONEST

2⁹⁹

ea.



Attitude
FRESH
SPRING MIX
MÉLANGE PRINTANIER

2⁹⁹

ea.



FRESH VEGETABLE OR
FRUIT ASSORTMENT
100% 1 LBS

125

points

12⁹⁹

ea.



Boost
HIGH PROTEIN
HYPERPROTEIN

Ensure
REGULAR

9⁹⁹

ea.

SPECIAL PRICE
11⁹⁹
for non-members

Effective February-March

TH

26

FR

27

SA

28

SU

1

MO

2

RAINBOW CHARM BOUQUET

SAVE \$2.00

14⁹⁹

ea.

COOKED CHICKEN

PACKED, MEAT, BONE, SKIN, NO SKIN

10⁹⁹

ea. or /lb

FRESH ATLANTIC SALMON FILLETS VALUE PACK

10⁹⁹

ea. or /lb

COOKED CHICKEN

PACKED, MEAT, BONE, SKIN, NO SKIN

2⁹⁹

/100 g

FRONT STREET BAKERY SOURDOUGH, LONG

3⁹⁹

ea.

oikos

6⁴⁹

ea.

Campbell's

1⁴⁹

ea.

KitKat

3⁹⁹

ea.

metro

CANADIAN AND PROUD

FRESH

1⁹⁹

/lb

RED GRILL

6⁹⁹

/lb

BACON

3²⁹

ea.

SELECTION

4⁸⁸

ea.

OREO

2²²

ea.

AYLMER

1⁶⁷

ea.

Effective February-March

26 27 28 1 2 3 4 2026

my savings my metro

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) VARIETY

CLUB HOUSE

99¢

CLUB HOUSE
CHICKEN POULET
FRANCO
Fast & Fancy
Vite & Bon

BEN'S FAST & FANCY PRICE, FRANCO-AMERICAN COUNTRY,
CLUB HOUSE GRABBY MIX, SPICES OF OLD EL PASO SEASONING

Irresistible

99¢

Irresistible
SEA SALT
KitKat
JELLO

IRRESISTIBLE CHIPS,
IRRESISTIBLE, KITKAT OR
JELLO JELLY POWDER

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

99¢

Coca-Cola
PEACH TEA
YOP
SELECTION

metro.ca

\$ New Lower Prices

2 for \$7.00

Dempsters
HOT DOGS
100% BEEF
HOT DOGS
100% BEEF
HOT DOGS
100% BEEF

2 for \$7.00

Dempsters
WHITE BURGERS
100% BEEF
WHITE BURGERS
100% BEEF
WHITE BURGERS
100% BEEF

2 for \$7.00

Dempsters
100% BEEF BURGERS
100% BEEF
100% BEEF BURGERS
100% BEEF
100% BEEF BURGERS
100% BEEF

\$7.99 ea.

WORTH MY MARKET
SHIMP WITH SAUCE &
UNDEVELOPED
SHIMP APPETIZERS
100% BEEF
SHIMP WITH SAUCE &
UNDEVELOPED
SHIMP APPETIZERS
100% BEEF

\$11.99 ea.

HADDOCK
100% BEEF
HADDOCK
100% BEEF
HADDOCK
100% BEEF

 STRIPS OF FRIES 250p ea.	 SELECTION OF MEATS AND VEG 99p ea.	 CASTELLO HARVATI CHICKEN NUGGETS 79p ea.	 CASTELLO HARVATI CHICKEN NUGGETS 79p ea.	 FRESH & GO BBQ CHICKEN MEAL DEAL 199p ea.
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LACTANTIA
CREAM
CONDENSED MILK

4⁹⁹
ea.

Cheer-It® Crackers & Cookies
Goldenfish® Crackers & Cookies

GOLDENFISH OR CHEER-IT
CRACKERS OR
VICTORIAN COOKIES

2⁹⁹
ea.

85 percent less sugar than other leading brands

3.49 ea. **bubly mini** SPARKLING WATER SWEETENED FLAVORED

NEW

6.99 ea. **bubly mini** SPARKLING WATER SWEETENED FLAVORED

Coca-Cola or Canada Dry SOFT DRINKS NESTEA Iced Tea

6.99 ea. **NESTEA** Iced Tea SWEETENED FLAVORED

Coca-Cola ORIGINAL TASTE

OLUPEÑO
TORTILLAS

OLUPEÑO
TACO
CASSEEROLE
SHELLS

OLUPEÑO
TORTILLAS
AND TOPPINGS

3.49
ea.

HARIBO
Goldbears

DAIRY MILK
Candy

2.99
ea.

NESTLE'S
PUDDING
WITH FRUIT
SQUARES OR
YOGURT
SQUARES ON
YOGURT
SQUARES

65
cents

2.49
ea.

20% off

CERAVE.
CLEANSER. PITCHED ON HEAD.

MIGHTY PATCH
HYPOALLERGENIC ADHESIVE
PATCHES

ROYALE
Original
DISINFECTANT SPRAY

ROYALE
Violet
DISINFECTANT SPRAY

FINISH
DISHWASHER CLEANER

PUREX
4-1
TOILET CLEANER

SUNLIGHT
LAUNDRY DETERGENT

4⁹⁹

ROYALE
DISINFECTANT TOILET
CLEANER

13⁹⁹

PUREX & SUNLIGHT OXYGENBLEACH: SMOOGLES OPTIMUM;
LOAD GARAGE BASIN OR FINISH

I learn with **moi** rewards

125 points = \$1 towards 1 item

6.99 ea.

MELLAR'S [®] MARGARINA
1 LBS. (454 G) TUBS
OR 1 LBS. (454 G) TUBS

125 points = \$1 towards 1 item

5.99 ea.

1 LBS. (454 G) TUBS
OR 1 LBS. (454 G) TUBS

130 points = \$1 towards 1 item

2.99 ea.

1 LBS. (454 G) TUBS
OR 1 LBS. (454 G) TUBS

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






[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



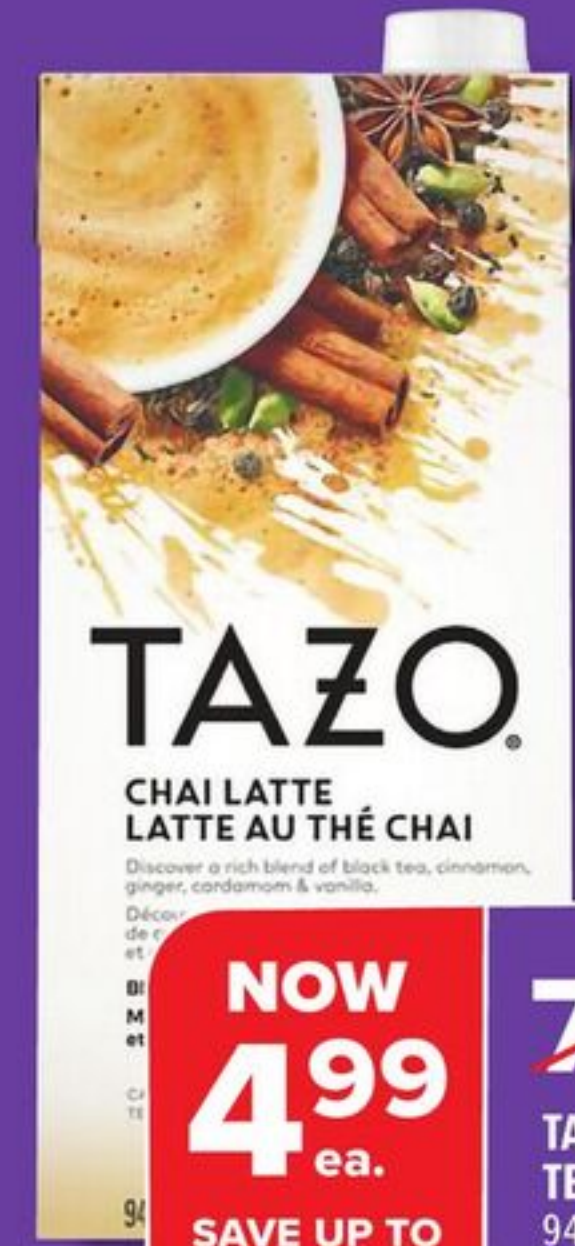
NOW
2⁹⁹
ea.
SAVE UP TO
\$1

~~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



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
8.50kg



4⁹⁹
/lb

ASPARAGUS
PRODUCT OF MEXICO
11.00kg



3⁹⁹
/lb

LARGE PEACHES OR BLACK PLUMS
PRODUCT OF CHINA
LARGE PEACHES 8.50kg



1⁹⁹
/lb

LARGE SEEDLESS NAVEL ORANGES
PRODUCT OF U.S.A.
8.50kg



2⁴⁹
ea.

ASSORTED COLOURED CARROTS
PRODUCT OF MEXICO
CARROTS 100g



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
30g, PRODUCT OF MEXICO



3⁹⁹
/lb

OREO CLEMENTINES
PRODUCT OF CHINA
8.50kg



1⁹⁹
ea.

LARGE AVOCADOS
PRODUCT OF MEXICO



4⁴⁹
ea.

SNOW ON SUGAR SNAP PEAS 100-200g



3⁴⁹ **50**
ea. points

DOLE GARDEN SALAD 100g



5⁹⁹
ea.

RED GRAPEFRUIT 100g



3⁹⁹
ea.

UNSWEETENED CROQUETTES
SELECTED VARIETIES



4⁹⁹
ea.

UNSWEETENED WHOLE NATURAL ALMONDS OR WALNUT HALVES & PIECES 100g



4⁹⁹ **60**
ea. points

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



3⁹⁹
/lb

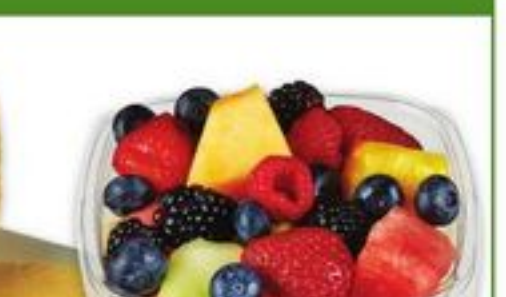
ORGANIC TOMATOES ON THE VINE
PRODUCT OF CANADA OR MEXICO
8.50kg

Sliced & Diced



4⁹⁹
ea.

Metro Deli DELUXE FRUIT SALAD 100g



3⁹⁹
ea.

MELON CROSTINI 100-200g



3⁹⁹
ea.

MINI SALADS 100-200g



3⁹⁹
ea.

TOMATO CINE PESTO SALAD 100g

Fresh Blooms



15⁰⁰
ea.

TEN DAY GUARANTEED SIGNATURE SERIES FOLIAGE 20cm minimum



12⁹⁹
ea.

SEASONAL MIXED FLOWER BOUQUET 20cm minimum



14⁹⁹
ea.

POLARIS TERRARIUM FOLIAGE 10cm minimum



32⁹⁹
ea.

COLORFUL WATERFALL ORCHIDS 20cm minimum

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
8.81kg



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 SAGUOS OF CHICKEN & BACON
15.70kg

60
points



4⁹⁹
ea.

OXLEY
BREAKFAST
SAUSAGES
15.70kg

50
points



6⁹⁹
ea.

BUTTERBALL
TURKEY BACON
15.70kg

125
points



11⁹⁹
ea.

ST HUBERT - LA BELLA
MOZZARELLA
CHEESE STICKS
15.70kg

125
points



11⁹⁹
ea.

Beef Burgers
1/2 lb
BEEF BURGERS
15.70kg

125
points



12⁹⁹
ea.

4TH STREET
PORK BACK RIBS
15.70kg

125
points



12⁹⁹
ea.

JANE'S
PUB STYLE CHICKEN WINGS
15.70kg

125
points



16⁹⁹
ea.

MONTANA'S
BEEF BURGERS
15.70kg

125
points

Entertaining Favourites



5⁹⁹
/lb

AUTHENTIC
SAUSAGES
15.70kg



9⁹⁹
ea.

MANC ANGELO
BEEF OR CHICKEN
POPPERS OR
PORK TENDERLOIN ROAST
15.70kg



12⁹⁹
ea.

MANC ANGELO
BEEF OR CHICKEN
KABOBS
15.70kg



18⁹⁹
ea.

YORKSHIRE VALLEY FARMS
ORGANIC CHICKEN
MEATBALLS (10)
15.70kg



6⁹⁹
ea.

IRRESISTIBLE
CHEESE STICKS
15.70kg



7⁹⁹
ea.

WONG WING
ENTRÉES
15.70kg



11⁹⁹
ea.

IRRESISTIBLE
PRIME RIB BEEF SLIDERS
15.70kg



14⁹⁹
ea.

JANE'S
RESTAURANT
STYLE CHICKEN
FILLETS
15.70kg

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

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

6.49 ea. 80 points	4.99 ea. TWO GOOD YOGURT SWEETENED VANILLA	16.99 ea. 300 points McCafe	19.99 ea. 300 points TIMOTHY'S COFFEE CAPSULES RESEALABLE
2.99 ea. DEL MONTE CANNED FRUIT FRUIT OF THE LAGOON	5.99 ea. BEN'S STREET FOOD & CUISINE RICE	2.49 ea. BOYARBEE Beef Baranji Beef Baranji with Onions	3.99 ea. 300 points LEGRIC COLD SALAD DRESSING SWEETENED VANILLA
4.99 ea. BERTOLLI PASTA SAUCE MEATY TOMATO	99c ea. OLD EL PASO SEASONING TACO	3.49 ea. EGGOS ORIGINAL PANCAKES	8.99 ea. 40 points STOK COLD BREW COFFEE SWEETENED VANILLA
8.49 ea. 849 points MCCAIN POCKETS SWEETENED VANILLA	99c ea. YOPLAIT YOGURT SWEETENED VANILLA	STOCK UP ON KNORR® & EARN MOI REWARDS 100 moi points when you buy any 3 Knorr participating products	
3.99 ea. 399 points MCCAIN'S FROZEN MEATLESS CHUNKS SWEETENED VANILLA	4.99 ea. THE STELLA KITCHEN SWEETENED VANILLA	2.29 ea. 229 points KNORR'S CHICKEN AND CORN CAKES SWEETENED VANILLA	1.99 ea. 199 points KNORR SOUP SWEETENED VANILLA

i earn with **moi** rewards

 Cayla Soft Butter CAYLA'S SOFT BUTTER SWEETENED BUTTER Cayla Soft Caramel CAYLA'S SOFT CARAMEL SWEETENED CARAMEL 3 99 ea. 50 points	 Cayla Butter CAYLA'S BUTTER ALL-PURPOSE BUTTER Cayla Butter CAYLA'S BUTTER ALL-PURPOSE BUTTER 8 49 ea. 125 points \$1 made in Canada	 Tetley Tea TETLEY TEA PURE INSTANT TEA 4 49 ea. 100 points	 QUAKER OATMEAL QUAKER OATMEAL SWEETENED OATMEAL QUAKER INSTANT OATMEAL QUAKER INSTANT OATMEAL SWEETENED OATMEAL 3 99 ea. 100 points
 Sunny D Orange Juice SUNNY D ORANGE JUICE 40 points 2 79 ea.	 Snapple Raspberry SNAPPLE RASPBERRY RASPBERRY BEVERAGE Snapple Raspberry SNAPPLE RASPBERRY RASPBERRY BEVERAGE 1 99 ea. 30 points	 M&M's Chocolate Bars M&M'S CHOCOLATE BARS CHOCOLATE BARS 6 49 ea. 80 points	 Unico Soled Light UNICO SOLED LIGHT SOLED LIGHT Unico Soled Light UNICO SOLED LIGHT SOLED LIGHT 1 99 ea. 60 points
 Mary's Organic Thin Crackers MARY'S ORGANIC THIN CRACKERS 5 99 ea. 70 points	 Organic Meadow Yogurt ORGANIC MEADOW YOGURT YOGURT 6 49 ea. 80 points	 Digestive Biscuits DIGESTIVE BISCUITS BISCUITS Digestive Biscuits DIGESTIVE BISCUITS BISCUITS 5 49 ea. 70 points	 Sun-Maid Raisins SUN-MAID RAISINS RAISINS Sun-Maid Raisins SUN-MAID RAISINS RAISINS 3 99 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.

DAKE DAILI, 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, TEA & HONEY
PREMIUM OR GOLD
100, 200, 500 g
SELECTED VARIETIES



999

ea.

DIPHA OCHA
200 g
SELECTED VARIETIES



199

ea.

SHAHI
DODHI DODHI
500 g
SELECTED VARIETIES



999

ea.

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



649

ea.

DESI-LADDUS
KUTTES CREAM
1 L
SELECTED VARIETIES



199

ea.

DIPHA
PARATHA OR NAAN
200 - 400 g
SELECTED VARIETIES



499

ea.

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



399

ea.

DIPHA LENTILS
OR CHICK PEAS
1 L, 100 g
SELECTED VARIETIES



179

ea.

PARLE BISCUIT
OR NATIONAL CUSTARD
170 - 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.



4⁹⁹ ea.

LYSOL BATHROOM CLEANERS
SELECTED SIZES
SELECTED VARIETIES



4⁹⁹ ea.

LYSOL ALL PURPOSE OR TOILET BOWL CLEANERS
SELECTED SIZES
SELECTED VARIETIES



5⁹⁹ ea.

PINE-SOL ALL PURPOSE CLEANERS
SELECTED SIZES
SELECTED VARIETIES



3⁹⁹ ea.

VIM CREAM CLEANERS
20 FL OZ
SELECTED VARIETIES
WHILE QUANTITIES LAST



4⁹⁹ ea.

VIM POWER AND SHINE CLEANERS
20 FL OZ
SELECTED VARIETIES



6⁹⁹ ea.

CLOREX GREEN WORKS CLEANING WIPES
7 IN



125 points

FINISH DISHWASHER DETERGENT OR JET DRY
SELECTED SIZES
SELECTED VARIETIES



13⁹⁹ ea.

FINISH DISHWASHER DETERGENT OR JET DRY
SELECTED SIZES
SELECTED VARIETIES



7⁹⁹ ea.

CLOREX BLEACH
2.6 L



125 points

SUNLIGHT OR PUREX LAUNDRY DETERGENT
1.4 L



13⁹⁹ ea.

SNUGGLE FABRIC SOFTENER
2.7 L



24⁴⁹ ea.

TIDE LAUNDRY DETERGENT
3.48 L



25⁹⁹ ea.

TIDE PODS
1.2 L



11⁹⁹ ea.

AFFRESH WASHING MACHINE CLEANER
1.3 L



13⁹⁹ ea.

WOOLITE WOOLITE LAUNDRY DETERGENT
1.3 L



125 points

RESOLVE STAIN REMOVER
1.3 L



13⁹⁹ ea.

LYSOL LAUNDRY DISINFECTANT
1.3 L



8⁹⁹ ea.

LYSOL LAUNDRY DISINFECTANT
1.3 L



We take pride in sourcing locally from the
Escarpment Region.

WRAP IT UP
RAW WRAP
210 g

8⁹⁹
ea.



NOSTRA GOURMET
FOODS PASTA
ENTREES
FROZEN, 850 g
SELECTED VARIETIES

10⁹⁹
ea.



UNIOPOL ROLLED
CHICKEN WITH
GARLIC, DILL OR
JALAPENO
11.75/lb

2⁵⁹
/100g



QUINTA
CANADIAN QUINOA
400 g

6⁹⁹
ea.



JAKEMAN'S
MAPLE CREAM
COOKIES OR
PANCAKE MIX
400 - 500 g

4⁹⁹
ea.



JENSEN
CHEESE CURDS
12.66/lb
SELECTED VARIETIES

2⁷⁹
/100g



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

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 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, Atlantic, PEI, NS, NB, NL) plus one (\$1) \$75,000 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

12⁹⁹ ea.

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



14⁹⁹ ea.

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