

[illegible]

2.99 ea.



88¢ ea. FRESH MANGOES
PRODUCT OF PAKISTAN/INDIA

199
ea.

BELLE GROVE
WHOLE WHITE OR CREMINI MUSHROOMS 220g

WHOLE WHITE MUSHROOMS
WHOLE CREMINI MUSHROOMS

Belle Grove
Farm to Market

Foodland
Market

[illegible]

FRESH VEGETABLE OR FRUIT CAROUSELS
\$12.99 ea.

125 points

\$1 back in points*

made for my m & m's

12.99 ea.

\$1 back in points*

125 points

12⁹⁹ ea.

mol rewards member price

6 PACK

BOOST
BOOST OR INSTANT MEAL REPLACEMENT
HIGH PROTEIN HYPERPROTEIN

Ensure
ESSENTIAL DIETARY SUPPLEMENT
100% COMPLETE MEAL REPLACEMENT
ESSENTIALS REQUIRED

9.99 ea.

SPECIAL PRICE 11.99 for non-members

[illegible]

TH	FR	SA	SU	MO
26	27	28	1	2

FR
27SA
28MO
2

ONLY

99¢

GREAT PRICE!



\$ New Lower Prices



2 for 7⁰⁰
ea.

DEMPSTER'S
HOT DOGS
WHITE, TONG, WHOLE
WHEAT BREAD,
HOT DOGS OR
HAMBURGER BUNS
100% WHOLE
GRAIN BREAD
OR BUNS



7⁹⁹
ea.

DEMPSTER'S
WHITE
BREAD
100% WHOLE
GRAIN BREAD
OR BUNS



11⁹⁹
ea.

DEMPSTER'S
100% WHOLE
GRAIN BREAD
OR BUNS



7⁹⁹
ea.

WATERBURY MARKET
SANDWICHES
HONEYMUSTARD
SANDWICHES
SANDWICHES



11⁹⁹
ea.

HADDOCK
SANDWICHES
HONEYMUSTARD
SANDWICHES
SANDWICHES



6⁹⁹
ea.

SELECTION
SMOKED HAM
BREADED CHICKEN
100% WHOLE
GRAIN BREAD
OR BUNS



9⁹⁹
ea.

LARGE SALADS
100% WHOLE
GRAIN BREAD
OR BUNS



7⁹⁹
ea.

CASTELLO
HAMLET OR SODA
100% WHOLE
GRAIN BREAD
OR BUNS



19⁹⁹
ea.

CHICKEN 2 GO
CHICKEN MEAT DEAL
100% WHOLE
GRAIN BREAD
OR BUNS



3⁹⁹
ea.

ACTIVIA
YOGURT
100% WHOLE
GRAIN BREAD
OR BUNS



3⁹⁹
ea.

POST CEREAL
100% WHOLE
GRAIN BREAD
OR BUNS



3⁹⁹
ea.

SHREDDIES
100% WHOLE
GRAIN BREAD
OR BUNS



3⁹⁹
ea.

HONEY BUNCHES
OF OATS
100% WHOLE
GRAIN BREAD
OR BUNS



4⁴⁹
ea.

LACTANTIA
CREAM
100% WHOLE
GRAIN BREAD
OR BUNS



2⁹⁹
ea.

CHEEZ-IT
100% WHOLE
GRAIN BREAD
OR BUNS



3⁹⁹
ea.

PLANTERS NUTS
100% WHOLE
GRAIN BREAD
OR BUNS



3⁹⁹
ea.

REESE'S
PEANUT BUTTER CUPS
100% WHOLE
GRAIN BREAD
OR BUNS



3⁴⁹
ea.

BUBLY
SPARKLING WATER
100% WHOLE
GRAIN BREAD
OR BUNS



6⁹⁹
ea.

NESTLE
100% WHOLE
GRAIN BREAD
OR BUNS



6⁹⁹
ea.

COCA-COLA
100% WHOLE
GRAIN BREAD
OR BUNS



6⁹⁹
ea.

NESTLE
100% WHOLE
GRAIN BREAD
OR BUNS



3⁴⁹
ea.

OLD EL PASO
100% WHOLE
GRAIN BREAD
OR BUNS



2⁹⁹
ea.

HARIBO
100% WHOLE
GRAIN BREAD
OR BUNS



2⁴⁹
ea.

ANNIE'S PASTA
100% WHOLE
GRAIN BREAD
OR BUNS



2⁴⁹
ea.

ANNIE'S PASTA
100% WHOLE
GRAIN BREAD
OR BUNS



20% off

CERAFIL
100% WHOLE
GRAIN BREAD
OR BUNS



4⁹⁹
ea.

MIGHTY PATCH
100% WHOLE
GRAIN BREAD
OR BUNS



13⁹⁹
ea.

PUREX
100% WHOLE
GRAIN BREAD
OR BUNS



13⁹⁹
ea.

SUNLIGHT
100% WHOLE
GRAIN BREAD
OR BUNS



6⁹⁹
ea.

HILLMANN'S
100% WHOLE
GRAIN BREAD
OR BUNS



5⁹⁹
ea.

LACTANTIA
100% WHOLE
GRAIN BREAD
OR BUNS



2⁹⁹
ea.

NATURE VALLEY
100% WHOLE
GRAIN BREAD
OR BUNS



2⁹⁹
ea.

FRUIT & NUT
100% WHOLE
GRAIN BREAD
OR BUNS

We reserve the right to limit quantities.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at: mcfiro.co
or call 1-800-888-8888

WIN \$5000 in groceries

Visit us at: mcfiro.co
or call 1-800-888-8888

Visit us at: mcfiro.co
or call 1-800-888-8888

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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



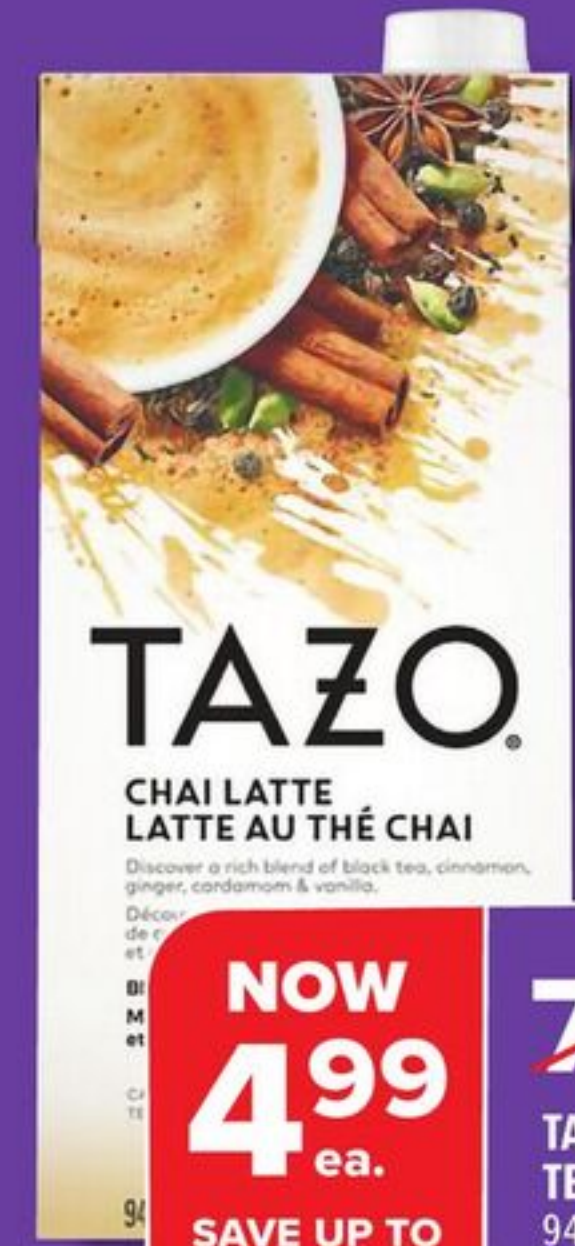
NOW
2⁹⁹
ea.
SAVE UP TO
\$1

~~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 175g
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 PLUMS
PRODUCT OF MEXICO
8.80kg



1⁹⁹
/lb

LARGE SEEDLESS NAVEL ORANGES
PRODUCT OF U.S.A.
8.80kg



2⁹⁹
ea.

RED OR GREEN SWISS CHARD OR DANDELION GREENS
PRODUCT OF U.S.A.



4⁷⁹
ea.

BELLE GROVE LION'S MANE MUSHROOMS



1⁹⁹
/lb

LARGE RED PRINCE APPLES
PRODUCT OF MEXICO
4.70kg



5⁹⁹
ea.

CANARY OR SANTA CLAUS MELONS
PRODUCT OF BRAZIL



40
points

ASSORTED COLOURED CARROTS
PRODUCT OF MEXICO
CONICAL 100g



60
points

WILD WONDERS SWEET PEPPERS
25g 100g 100g



3⁹⁹
/lb

ORIBI CLEMENTINES
PRODUCT OF CHINA
8.80kg



1⁹⁹
ea.

LARGE AVOCADOS
PRODUCT OF MEXICO



3⁸⁸
ea.

GOOD LEAF MICROGREENS
PRODUCT OF MEXICO
100g



3⁴⁹
ea.

DOLE GARDEN SALAD OR COLOURFUL COLESLAW
PRODUCT OF U.S.A.



70
points

LIFE SMART ORIGINAL GROUND ROUND 250g



5⁹⁹
ea.

RED GRAPEFRUIT 1/2
PRODUCT OF U.S.A.



4⁹⁹
ea.

GOOD LEAF MICROGREENS
PRODUCT OF MEXICO
100g



4⁹⁹
ea.

GOOD LEAF MICROGREENS
PRODUCT OF MEXICO
100g



4⁹⁹
ea.

GOOD LEAF MICROGREENS
PRODUCT OF MEXICO
100g



4⁹⁹
ea.

GOOD LEAF MICROGREENS
PRODUCT OF MEXICO
100g



4⁹⁹
ea.

GOOD LEAF MICROGREENS
PRODUCT OF MEXICO
100g



4⁹⁹
ea.

GOOD LEAF MICROGREENS
PRODUCT OF MEXICO
100g

Organic



9⁹⁹
ea.

TONICA ORGANIC KOMBUCHA 333ml



2⁹⁹
/lb

ORGANIC RED DELICIOUS APPLES
PRODUCT OF CANADA
8.80kg



3⁹⁹
ea.

ORGANIC CARROTS 1/2
PRODUCT OF CANADA
8.80kg



3⁹⁹
/lb

ORGANIC TOMATOES
PRODUCT OF CANADA
8.80kg

Sliced & Diced



4⁹⁹
ea.

METRO DELI DELI FRUIT SALAD 100g



3⁹⁹
ea.

METRO DELI DELI FRUIT SALAD 100g

Fresh Blooms



15⁰⁰
ea.

SIGNATURE SERIES POTTED PLANT



12⁹⁹
ea.

SIGNATURE SERIES POTTED PLANT

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

\$2
back in points*



3⁹⁹
/lb

PORK LOIN CHOPS
CUTTY CUT VALUE PACK
8.81kg



12⁹⁹
/lb

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



5⁹⁹
ea.

MAPLE LEAF PRIME
BUTCHERED WITHOUT ANTIBIOTICS &
EXTRA LEAN GROUND
CHICKEN

I earn with **moi** rewards



4⁹⁹
ea.

MAPLE LEAF ULTIMATE CHICKEN DINNER
BREAKFAST SACHETS OF CHICKEN & BACON
15.70kg, 15.70kg

60
points



4⁹⁹
ea.

OXMEAL
BREAKFAST
SACHETS OF CHICKEN & BACON
15.70kg, 15.70kg

50
points



6⁹⁹
ea.

BUTTERBALL
TURKEY BACON
15.70kg, 15.70kg

125
points



11⁹⁹
ea.

ST HUBERT - LA BELLA
MOZZARELLA
CHICKEN STEAK
15.70kg, 15.70kg

125
points



11⁹⁹
ea.

BEEF BURGERS
15.70kg, 15.70kg

125
points



12⁹⁹
ea.

4TH STREET
PORK BACK RIBS
15.70kg, 15.70kg

125
points



12⁹⁹
ea.

JANE'S
PUB STYLE CHICKEN WINGS
15.70kg, 15.70kg

125
points



16⁹⁹
ea.

MONTANA'S
BEEF BURGERS
15.70kg, 15.70kg

125
points

Entertaining Favourites



5⁹⁹
/lb

AUTHENTIC
SAUSAGES
12.27kg



9⁹⁹
ea.

MANC ANGELO
BEEF OR CHICKEN
POPPERS OR
PORK TENDERLOIN ROAST
12.27kg



12⁹⁹
ea.

MANC ANGELO
BEEF OR CHICKEN
KABOBS
12.27kg



18⁹⁹
ea.

YORKSHIRE VALLEY FARMS
ORGANIC CHICKEN
MEATBALLS (10)



6⁹⁹
ea.

IRRESISTIBLE
CHEESE STICKS
12.27kg



7⁹⁹
ea.

WONG WING
ENTRÉES
12.27kg



11⁹⁹
ea.

IRRESISTIBLE
PRIME RIB BEEF SLIDERS
12.27kg



14⁹⁹
ea.

JANE'S
RESTAURANT
STYLE FILLETS
12.27kg

Seafood



Irresistible Selection



Deli Favourites



FLAVOURS OF

italy

ANISE FENNEL

PRODUCE OF U.S.A.

2.73kg

16⁹⁹

/lb

MASTRO

PROSCIUTTO COTTO & LEAN

PRODUCE OF U.S.A.

26⁹⁹

/100 g

WHITE VALLEY

LEAN CHICKEN MEAT

1.5kg

8⁹⁹

ea.

FRONT STREET BAKERY

BLACK HAZELNUT

CAKE 1.5kg

31⁹⁹

ea.

ILLY

COFFEE 250g

CLASSICO

10⁹⁹

ea.

PASTENE

ITALIAN

TOMATOES 400g

2⁹⁹

ea.

MEDINA

SARDINE PERSIMMONS

1.5kg

9⁹⁹

ea.

DELICIOUSO

MINI BURRATA

250g

9⁹⁹

ea.

WILLY

SQUID RINGS

1.5kg

125

points

WILLY

PREPARED SQUID RINGS

1.5kg

12⁹⁹

ea.

FRONT STREET BAKERY

LONG CALABRESSE BREAD

150g

3⁹⁹

ea.

PASTENE

BREAD CRUMBS

ITALIAN FLAVOURED

2⁹⁹

ea.

PASTENE

BREAD CRUMBS

PLAIN

2⁹⁹

ea.

MOLISANA

LASAGNE

400g

3⁹⁹

ea.

MOLISANA

LASAGNE

400g

3⁹⁹

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
1.5L 100% JUICE
SELECTED VARIETIES

649 ea.
80 points



TWO GOOD
YOGURT
500g 100% GREEK
YOGURT
SELECTED VARIETIES

499 ea.



McCAFE
GROUND COFFEE
250g 100% ARABICA
COFFEE
SELECTED VARIETIES

1699 ea.



Timothy's
COFFEE CAPSULES
300 100% ARABICA
COFFEE
SELECTED VARIETIES

1999 ea.



On the Border
CANNED FRUIT
400g 100% FRUIT
SELECTED VARIETIES

299 ea.



Ben's
STREET FOOD / CUISINE DE RUE
400g 100% NATURAL
SELECTED VARIETIES

599 ea.



CHEF BOYARDEE
MEAL
400g 100% NATURAL
SELECTED VARIETIES

249 ea.



LE MONDE
SALAD DRESSING
400g 100% NATURAL
SELECTED VARIETIES

399 ea.



BERTOLLI
PESTO SAUCE
400g 100% NATURAL
SELECTED VARIETIES

499 ea.



TACO
SEASONING
400g 100% NATURAL
SELECTED VARIETIES

99c ea.



EGGOS
WAFFLES
400g 100% NATURAL
SELECTED VARIETIES

349 ea.



STOK
COFFEE BEVERAGE
400g 100% NATURAL
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.
199 ea.



POCKETS
400g 100% NATURAL
SELECTED VARIETIES

849 ea.
125 points



McCain
PIZZA POKETS
400g 100% NATURAL
SELECTED VARIETIES

99c ea.



Knorr
SOUP ENVELOPES OR
BOUILLON CUBES
400g 100% NATURAL
SELECTED VARIETIES

199 ea.



MICHELINA'S
PROTEIN MEAL
400g 100% NATURAL
SELECTED VARIETIES

399 ea.



TOSTITOS
CREAM CHEESE
400g 100% NATURAL
SELECTED VARIETIES

499 ea.

Learn with moi rewards



GARDEN OF EATIN'
SOYBEAN BUTTER
400g 100% NATURAL
SELECTED VARIETIES

399 ea.
50 points



GARDEN OF EATIN'
SOYBEAN BUTTER
400g 100% NATURAL
SELECTED VARIETIES

849 ea.
125 points



TETLEY
TEA
400g 100% NATURAL
SELECTED VARIETIES

449 ea.
100 points



QUAKER
OATS
400g 100% NATURAL
SELECTED VARIETIES

399 ea.
100 points



SUNNY D
400g 100% NATURAL
SELECTED VARIETIES

279 ea.
40 points



SNAPPLE
400g 100% NATURAL
SELECTED VARIETIES

199 ea.
30 points



MARS
CHOCOLATE BARS
400g 100% NATURAL
SELECTED VARIETIES

649 ea.
80 points



UNICO
SOLID LIGHT TUNA
400g 100% NATURAL
SELECTED VARIETIES

199 ea.
60 points



MARY'S ORGANIC
THIN CRUST PIZZA
400g 100% NATURAL
SELECTED VARIETIES

599 ea.
70 points



ORGANIC MEADOW
YOGURT
400g 100% NATURAL
SELECTED VARIETIES

649 ea.
80 points



McVITIE'S
COOKIES
400g 100% NATURAL
SELECTED VARIETIES

549 ea.
70 points



SUN MAID
RAISINS
400g 100% NATURAL
SELECTED VARIETIES

399 ea.
60 points

FLAVOURS
OF

Holi

CELEBRATE THE FESTIVAL OF COLOUR



799

ea.

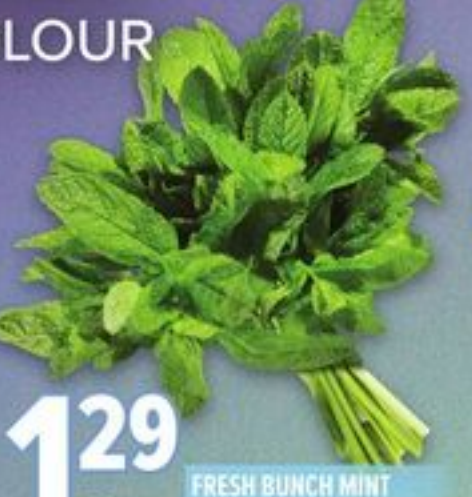
KAASHI PREMIUM OR
AZAM BASMATI RICE
5.02 - 6.54 kg
SELECTED VARIETIES



1599

ea.

BAAR SHEER DEEH STYLE
DURUM ATTA FLOUR
5.0 kg



129

ea.

FRESH BUNCH MINT
PRODUCT OF S.A. IN MEXICO



299

ea.

SANTOSH NAAK
SALT
SELECTED VARIETIES



3 for
500

HONEY ATAULO MANGOES
PRODUCT OF INDIA, IN MEXICO



249

ea.

DAKE DAHI, PHOENICIA
OR CEDAR PHOENIX
500 - 750 g
SELECTED VARIETIES



39¢

ea.

MANGO
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
TATA TEA AGNI
PREMIUM OR GOLD
100, 200, 500
SELECTED VARIETIES



99¢

ea.

DIPHA OCHA
30 g
SELECTED VARIETIES



199

ea.

SHAHI NOODLES OR DHIYA
DUMPER CARPAC PASTE
500 - 750 g
SELECTED VARIETIES



99¢

ea.

PARLE-G, LIU OR
DUM COOKIES
60 - 100 g
SELECTED VARIETIES



649

ea.

DESI-LICIOUS
KURPURE CREAM
1 L
SELECTED VARIETIES



199

ea.

DHIYA
PARATHAS OR NODLES
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
110 g
SELECTED VARIETIES



399

ea.

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



179

ea.

PARLE BISCUIT
OR NATIONAL CUSTARD
170 - 300 g
SELECTED VARIETIES



179

ea.

KIRKURE CHIPS
100 g
SELECTED VARIETIES

From availability varies by store.

GREAT TASTE LESS SUGAR

FANTA
zero sugar
orange

12
100% FRUIT JUICE
100% SUGAR FREE
100% CALORIE FREE
100% SWEETENED
100% NATURAL FLAVORS
100% NO ARTIFICIAL SWEETENERS
100% NO ARTIFICIAL FLAVORS
100% NO ARTIFICIAL COLORS
100% NO ARTIFICIAL PRESERVATIVES
100% NO ARTIFICIAL SWEETENERS
100% NO ARTIFICIAL FLAVORS
100% NO ARTIFICIAL COLORS
100% NO ARTIFICIAL PRESERVATIVES

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% FRUIT JUICE
100% SUGAR FREE
100% CALORIE FREE
100% SWEETENED
100% NATURAL FLAVORS
100% NO ARTIFICIAL SWEETENERS
100% NO ARTIFICIAL FLAVORS
100% NO ARTIFICIAL COLORS
100% NO ARTIFICIAL PRESERVATIVES

749 ea.

ZEVIA ZERO CALORIE SODA 330 mL SELECTED VARIETIES

FANTA
zero sugar
orange

100% FRUIT JUICE
100% SUGAR FREE
100% CALORIE FREE
100% SWEETENED
100% NATURAL FLAVORS
100% NO ARTIFICIAL SWEETENERS
100% NO ARTIFICIAL FLAVORS
100% NO ARTIFICIAL COLORS
100% NO ARTIFICIAL PRESERVATIVES

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.

sodastream
PEPSI OR 7 UP ZERO WATER DRINKMAKERS 600 mL

100% FRUIT JUICE
100% SUGAR FREE
100% CALORIE FREE
100% SWEETENED
100% NATURAL FLAVORS
100% NO ARTIFICIAL SWEETENERS
100% NO ARTIFICIAL FLAVORS
100% NO ARTIFICIAL COLORS
100% NO ARTIFICIAL PRESERVATIVES

749 ea.

SODASTREAM PEPSI OR 7 UP ZERO WATER DRINKMAKERS 600 mL SELECTED VARIETIES

sodastream
DIET M&M'S POWDER SODA 600 mL

100% FRUIT JUICE
100% SUGAR FREE
100% CALORIE FREE
100% SWEETENED
100% NATURAL FLAVORS
100% NO ARTIFICIAL SWEETENERS
100% NO ARTIFICIAL FLAVORS
100% NO ARTIFICIAL COLORS
100% NO ARTIFICIAL PRESERVATIVES

749 ea.

SODASTREAM DIET M&M'S POWDER SODA 600 mL SELECTED VARIETIES

PEPSI
ZERO SUGAR
DIET PEPSI

100% FRUIT JUICE
100% SUGAR FREE
100% CALORIE FREE
100% SWEETENED
100% NATURAL FLAVORS
100% NO ARTIFICIAL SWEETENERS
100% NO ARTIFICIAL FLAVORS
100% NO ARTIFICIAL COLORS
100% NO ARTIFICIAL PRESERVATIVES

60 points

949 ea.

PEPSI ZERO SUGAR SOFT DRINKS 12 x 355 mL SELECTED VARIETIES

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

HOOTMAN'S
Chocolate
CHOCOLAT

100% FRUIT JUICE
100% SUGAR FREE
100% CALORIE FREE
100% SWEETENED
100% NATURAL FLAVORS
100% NO ARTIFICIAL SWEETENERS
100% NO ARTIFICIAL FLAVORS
100% NO ARTIFICIAL COLORS
100% NO ARTIFICIAL PRESERVATIVES

299 ea.

HOOTMAN'S CHOCOLATE 100g SELECTED VARIETIES

Simply Pudding
KETO PUDDING CETO
VANILLA VANILLE

100% FRUIT JUICE
100% SUGAR FREE
100% CALORIE FREE
100% SWEETENED
100% NATURAL FLAVORS
100% NO ARTIFICIAL SWEETENERS
100% NO ARTIFICIAL FLAVORS
100% NO ARTIFICIAL COLORS
100% NO ARTIFICIAL PRESERVATIVES

349 ea.

SIMPLY PUDDING KETO PUDDING CETO 49g SELECTED VARIETIES

McSWEENEY'S
ZERO SUGAR
JERKY
BEEF & DEBOUFF

100% FRUIT JUICE
100% SUGAR FREE
100% CALORIE FREE
100% SWEETENED
100% NATURAL FLAVORS
100% NO ARTIFICIAL SWEETENERS
100% NO ARTIFICIAL FLAVORS
100% NO ARTIFICIAL COLORS
100% NO ARTIFICIAL PRESERVATIVES

599 ea.

McSWEENEY'S ZERO SUGAR JERKY SNACKS SELECTED SIZES SELECTED VARIETIES

McSWEENEY'S
ZERO SUGAR
JERKY
BEEF & DEBOUFF

100% FRUIT JUICE
100% SUGAR FREE
100% CALORIE FREE
100% SWEETENED
100% NATURAL FLAVORS
100% NO ARTIFICIAL SWEETENERS
100% NO ARTIFICIAL FLAVORS
100% NO ARTIFICIAL COLORS
100% NO ARTIFICIAL PRESERVATIVES

599 ea.

McSWEENEY'S ZERO SUGAR JERKY SNACKS SELECTED SIZES SELECTED VARIETIES

Red Bull
ZERO
ENERGY DRINKS

100% FRUIT JUICE
100% SUGAR FREE
100% CALORIE FREE
100% SWEETENED
100% NATURAL FLAVORS
100% NO ARTIFICIAL SWEETENERS
100% NO ARTIFICIAL FLAVORS
100% NO ARTIFICIAL COLORS
100% NO ARTIFICIAL PRESERVATIVES

999 ea.

RED BULL ZERO ENERGY DRINKS 4 x 250 mL

McSWEENEY'S
ZERO SUGAR
JERKY
BEEF & DEBOUFF

100% FRUIT JUICE
100% SUGAR FREE
100% CALORIE FREE
100% SWEETENED
100% NATURAL FLAVORS
100% NO ARTIFICIAL SWEETENERS
100% NO ARTIFICIAL FLAVORS
100% NO ARTIFICIAL COLORS
100% NO ARTIFICIAL PRESERVATIVES

599 ea.

McSWEENEY'S ZERO SUGAR JERKY SNACKS SELECTED SIZES SELECTED VARIETIES

McSWEENEY'S
ZERO SUGAR
JERKY
BEEF & DEBOUFF

100% FRUIT JUICE
100% SUGAR FREE
100% CALORIE FREE
100% SWEETENED
100% NATURAL FLAVORS
100% NO ARTIFICIAL SWEETENERS
100% NO ARTIFICIAL FLAVORS
100% NO ARTIFICIAL COLORS
100% NO ARTIFICIAL PRESERVATIVES

599 ea.

McSWEENEY'S ZERO SUGAR JERKY SNACKS SELECTED SIZES SELECTED VARIETIES

McSWEENEY'S
ZERO SUGAR
JERKY
BEEF & DEBOUFF

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100% CALORIE FREE
100% SWEETENED
100% NATURAL FLAVORS
100% NO ARTIFICIAL SWEETENERS
100% NO ARTIFICIAL FLAVORS
100% NO ARTIFICIAL COLORS
100% NO ARTIFICIAL PRESERVATIVES

599 ea.

McSWEENEY'S ZERO SUGAR JERKY SNACKS SELECTED SIZES SELECTED VARIETIES

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BEEF & DEBOUFF

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599 ea.

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599 ea.

McSWEENEY'S ZERO SUGAR JERKY SNACKS SELECTED SIZES SELECTED VARIETIES

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100% NO ARTIFICIAL FLAVORS
100% NO ARTIFICIAL COLORS
100% NO ARTIFICIAL PRESERVATIVES

599 ea.

McSWEENEY'S ZERO SUGAR JERKY SNACK

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
Greater Toronto Region.

HALENDIA'S
MILD OR HOT
PEPPERETTES
100 g
SELECTED VARIETIES

3⁹⁹
ea.



HALENDIA'S
KOBASSA SAUSAGE
275 g
SELECTED VARIETIES

6⁴⁹
ea.



NOSTRA GOURMET
FOODS PASTA ENTRÉES
FROZEN, 850 g
SELECTED VARIETIES

10⁹⁹
ea.



JACK ASTOR'S
WING OR BBQ SAUCES
350 ml
SELECTED VARIETIES

4⁹⁹
ea.



PASTACO
LASAGNA
800 g
SELECTED VARIETIES

9⁹⁹
ea.



OKAZU MISO
230 ml
SELECTED VARIETIES

12⁹⁹
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.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 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.KrugerBigAssist.ca).
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Organic

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