

VERSION 1



STRAWBERRIES
PUNNET (1.5 LBS) (12)

2⁹⁹

ea.



BELLE GROVE
WHOLE WHITE OR CREAM MUSHROOMS (12)

1⁹⁹

ea.



THE LITTLE POTATO CO.
BABY POTATOES
10 LBS (12)

2⁹⁹

ea.



Attitude
SPRING MIX
MELANGE POTINAIR
12 LBS (12)

2⁹⁹

ea.



FRESH VEGETABLE OR
FRUIT ASSORTMENT
10 LBS (12)

125

points

12⁹⁹

ea.

moi rewards member price



BOOST OR ENSURE
HIGH PROTEIN
HYPERPROTEINE
15.4 LBS (12)

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!



\$ New Lower Prices



2 for \$7.00
DORITOS® HOT DOTS
WHITE, TOSTITOS®
WHITE, TOSTITOS®
HOT DOTS OR
HAMBURGER BUNS
100% WHOLE
GRAIN BUNS
100% WHOLE
GRAIN BUNS



2 for \$7.00
DORITOS® WHITE
WHITE, TOSTITOS®
WHITE, TOSTITOS®
HOT DOTS OR
HAMBURGER BUNS
100% WHOLE
GRAIN BUNS
100% WHOLE
GRAIN BUNS



2 for \$7.00
DORITOS® 100% WHOLE GRAIN BUNS
WHITE, TOSTITOS®
WHITE, TOSTITOS®
HOT DOTS OR
HAMBURGER BUNS
100% WHOLE
GRAIN BUNS
100% WHOLE
GRAIN BUNS



7.99 ea.
WATERBURY MARKET
SHRIMP WITH SAUCE
IRRESISTIBLE
SHRIMP APPETIZERS
200g (7.05 oz)
SELECTED VARIETIES



11.99 ea.
HADDON®
Haddock SANDWICH
200g (7.05 oz)
SELECTED VARIETIES



6.99 ea.
SELECTION
SMOKED HAM
BREADED CHICKEN
100g (3.53 oz)
SELECTED VARIETIES



2.50 ea.
LARGE SALADS
1kg (2.20 lb)
SELECTED VARIETIES



7.99 ea.
CASTELLO
HAMLET OR SOUDA
100g (3.53 oz)
SELECTED VARIETIES



19.99 ea.
CHICKEN 2 GO
CHICKEN MEAL DEAL
200g (7.05 oz)
SELECTED VARIETIES



3.99 ea.
ACTIVIA
YOGURT
100g (3.53 oz)
SELECTED VARIETIES



3.99 ea.
POST CEREAL
100g (3.53 oz)
SELECTED VARIETIES



3.99 ea.
SHREDDIES
100g (3.53 oz)
SELECTED VARIETIES



3.99 ea.
HONEY BUNCHES OF OATS
100g (3.53 oz)
SELECTED VARIETIES



4.49 ea.
LACTANTIA
CREAM
100g (3.53 oz)
SELECTED VARIETIES



2.99 ea.
GOLDFISH OR CHEEZ-IT
CRACKERS OR
VOORTMAN COOKIES
100g (3.53 oz)
SELECTED VARIETIES



3.49 ea.
BUBLY
SPARKLING WATER
100g (3.53 oz)
SELECTED VARIETIES



6.99 ea.
NESTLE
100g (3.53 oz)
SELECTED VARIETIES



6.99 ea.
COCA-COLA
100g (3.53 oz)
SELECTED VARIETIES



3.49 ea.
OLD EL PASO
KITS OR TOPPINGS
100g (3.53 oz)
SELECTED VARIETIES



2.99 ea.
HARIBO
100g (3.53 oz)
SELECTED VARIETIES



2.49 ea.
ANNIE'S PASTA, MID-DAY
SQUARES OR MUFFIN
100g (3.53 oz)
SELECTED VARIETIES



20% off
CERAFIL, CERAFIL,
MAITRE, MAITRE OR MERO
100g (3.53 oz)
SELECTED VARIETIES



4.99 ea.
ROYALE
BEDROOM TISSUE
100g (3.53 oz)
SELECTED VARIETIES



13.99 ea.
PURPLEX OR SUNLIGHT
100g (3.53 oz)
SELECTED VARIETIES



6.99 ea.
HELLMANN'S MAYONNAISE
100g (3.53 oz)
SELECTED VARIETIES



5.99 ea.
LACTANTIA
LACTOSE
100g (3.53 oz)
SELECTED VARIETIES



2.99 ea.
NATURE VALLEY
CEREAL
100g (3.53 oz)
SELECTED VARIETIES

We reserve the right to limit quantities.
DISCOUNTS ARE SUBJECT TO STOCK.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

We reserve the right to limit quantities.
DISCOUNTS ARE SUBJECT TO STOCK.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at mcfiro.co
to see all our offers and to win \$5000 in groceries.

Visit us at mcfiro.co
to see all our offers and to win \$5000 in groceries.

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



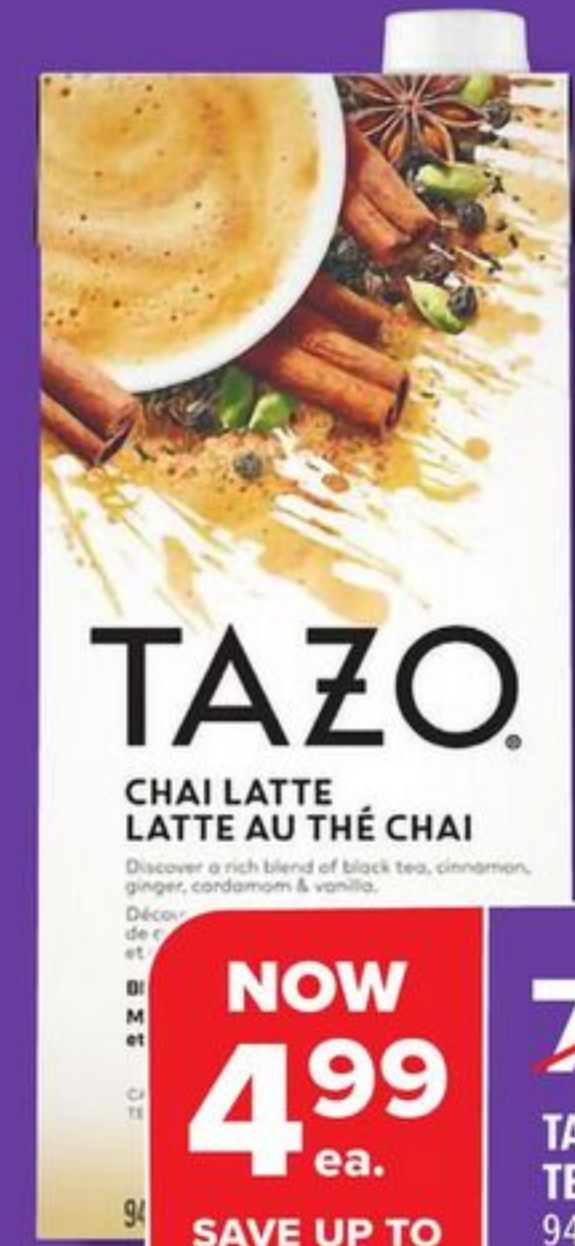
NOW
2⁹⁹
ea.
SAVE UP TO
\$1

~~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 CHINA
8.80kg



1⁹⁹
/lb

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



2⁴⁹
ea.

ASSORTED COLOURED CARROTS
PRODUCT OF MEXICO
8.80kg



4⁷⁹
ea.

BELLE GROVE LION'S MANE MUSHROOMS
175g



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 175g
SELECTED VARIETIES



4⁹⁹
ea.

WILD WONDERS SWEET PEPPERS
30g, PRODUCT OF MEXICO



3⁹⁹
/lb

DOLE CLEMENTINES
PRODUCT OF CHINA
8.80kg



1⁹⁹
ea.

LARGE AVOCADOS
PRODUCT OF MEXICO



4⁴⁹
ea.

SNOW ON SUGAR SHIP PEAS 175-200g



3⁴⁹
ea.

50 points
DOLE GARDEN SALAD 100g



5⁹⁹
ea.

70 points
RED GRAPEFRUIT 175g
PRODUCT OF U.S.A.



3⁹⁹
ea.

UNSWEETENED CROQUETTES
SELECTED VARIETIES



4⁹⁹
ea.

UNSWEETENED WHOLE NATURAL ALMONDS OR WALNUT HALVES & PIECES 100g



4⁹⁹
ea.

60 points
LIFE SMART ORIGINAL GROUND BUNS 200g

Organic



9⁹⁹
ea.

TONICA ORGANIC KOMBUCHA 175g
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 175g
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 Deli DELUXE FRUIT SALAD 100g



3⁹⁹
ea.

MELON CRINKLES MINI SALADS 100-125g
TOMATO CINE PESTO SALAD 125g

Fresh Blooms



15⁰⁰
ea.

TEN DAY GUARANTEED SIGNATURE SERIES FOLIAGE 20cm minimum



12⁹⁹
ea.

SAVE \$7.00
SEASONAL MIXED FLOWER BOUQUET 20cm minimum



14⁹⁹
ea.

POLARIS TUBERIUM FOLIAGE 20cm minimum



32⁹⁹
ea.

COLORADO 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
BUTCHERED WITHOUT ANTIBIOTICS &
EXTRA LEAN GROUND
CHICKEN

I earn with **moi** rewards



4⁹⁹
ea.

MAPLE LEAF ULTIMATE CHICKEN BURRITO
BREAKFAST SACHETS OF CHICKEN BURRITO
15.70kg

60
points



4⁹⁹
ea.

OXLEY BREAKFAST
TURKEY BACON
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
FRESH MEAT
500g

125
points



12⁹⁹
ea.

4TH STREET
PORK BACK RIBS
1/2 lb
PORK BACK RIBS
FRESH MEAT
500g

125
points



12⁹⁹
ea.

JANE'S
PUB STYLE CHICKEN WINGS
1/2 lb
PUB STYLE CHICKEN WINGS
FRESH MEAT
500g

125
points



16⁹⁹
ea.

MONTANA'S
BEEF BURGERS
1/2 lb
BEEF BURGERS
FRESH MEAT
500g

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



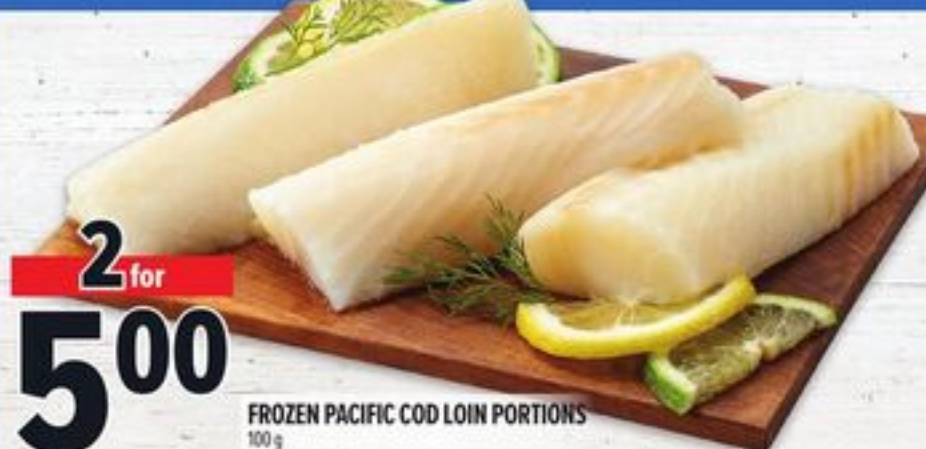
14⁹⁹
ea.

JANE'S
RESTAURANT
STYLE FILLETS
12.27kg

125
points

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

Seafood



2 for \$5.00
PROTEIN PACIFIC COD LOW PORTION PACK
ea.



18.99/lb
FRESH MEDITERRANEAN SEA BASS FILLETS
ea.



3.99
ea.
SELECTION OF CRAB



4.99
ea.
SOLE FILLETS WITH MUSTARD CREAM & SHRIMP STUFFING
\$1 book in points



7.99
ea.
LA BONCANERE SMOKED STEELHEAD SALMON



19.99
ea.
IRISH POINT OYSTERS
12 PACK
\$1 book in points



6.99
ea.
CHELSEA SILVERSIDE SHELLS



7.99
ea.
HOT SMOKED WHISKEY WILD PIKE SALMON



13.99
ea.
KIBON ROASTED SEARED CHICKS



14.99
ea.
GO NITE! SHRIMP RINGS
\$1 book in points

Irresistible Selection



6.99
ea.
IRRESISTIBLE CRISPY CALAMARI



7.99
ea.
IRRESISTIBLE SHRIMP OR DUM SUM DUMPLINGS



9.99
ea.
SOLE FILLETS



10.99
ea.
IRRESISTIBLE GARLIC & HERB BAKED SHRIMP

Deli Favourites



2.69
/100 g
MASTRO CAPICOLLLO OR PROSCIUTTO COTTO



2.99
/100 g
BRANDT KOLBASS SAUSAGE COIL



3.99
/100 g
BALDUCCI CHEDDAR CHEESE



4.49
/100 g
JACOBSEN 3 YEAR AGED GOUDA CHEDDAR



2.99
/100 g
LAFLEUR EXTRA LEAN COOKED HAM



11.49
ea.
PILLER'S PEPPERONI OR SALAMI SLICES
50 points



6.99
ea.
RENDALL PRESIDENT OR BALDUCCI SPREADABLE CHEESE



5.99
/100 g
LE GRUYÈRE SWISS CHEESE



5.49
ea.
BELL'ITALIA PIZZA TOPPINGS
25 points



8.99
ea.
MAPLE LEAF NATURAL SELECTIONS OR SLICED DELI MEAT
50 points



14.99
ea.
BEEMSTER CHEESE



15.99
ea.
FONDUE



3.99
ea.
ADONIS BANNOCKS



10.49
ea.
RANA PASTA KITS
60 points



8.49
ea.
FRESH 2 GO PANZEROTTI & POP CORNS
125 points



8.49
ea.
FRESH 2 GO PANZEROTTI & POP CORNS
125 points

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
1.5L 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.



OLD EL PASO
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.
KNORR SOUP ENVELOPES OR NOVELLON CUPS
SELECTED VARIETIES

199 ea.
KNORR SOUP ENVELOPES OR NOVELLON CUPS
SELECTED VARIETIES



POCKETS
PIZZA POKETS
400g 100% NATURAL
SELECTED VARIETIES

849 ea.
125 points



Knorr
SOUP ENVELOPES OR NOVELLON CUPS
400g 100% NATURAL
SELECTED VARIETIES

99c ea.



Knorr
SOUP ENVELOPES OR NOVELLON CUPS
400g 100% NATURAL
SELECTED VARIETIES

499 ea.



Knorr
SOUP ENVELOPES OR NOVELLON CUPS
400g 100% NATURAL
SELECTED VARIETIES

399 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
ORANGE JUICE
400g 100% NATURAL
SELECTED VARIETIES

279 ea.
40 points



SNAPPLE
BERRY BLAST
400g 100% NATURAL
SELECTED VARIETIES

199 ea.
30 points



M&M'S
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



299

ea.

SANTOSH NAAK
500 g
SELECTED VARIETIES



1699

ea.

ASSORTED LADDOOS
500 g



249

ea.

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



399

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



999

ea.

DIPHA OCHA
300 g
SELECTED VARIETIES



199

ea.

SHAHI NOODLES OR DIPHA
HONEY CARBON PASTE
500 - 750 g
SELECTED VARIETIES



999

ea.

PARLE-G, LIU OR
DIPHA COOKIES
600 - 750 g
SELECTED VARIETIES



649

ea.

DESI-LICIOUS
KURPURE 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
SHEERAM PRINKS
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.

KURKURE CHIPS
100 g
SELECTED VARIETIES

From availability varies by store.

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.



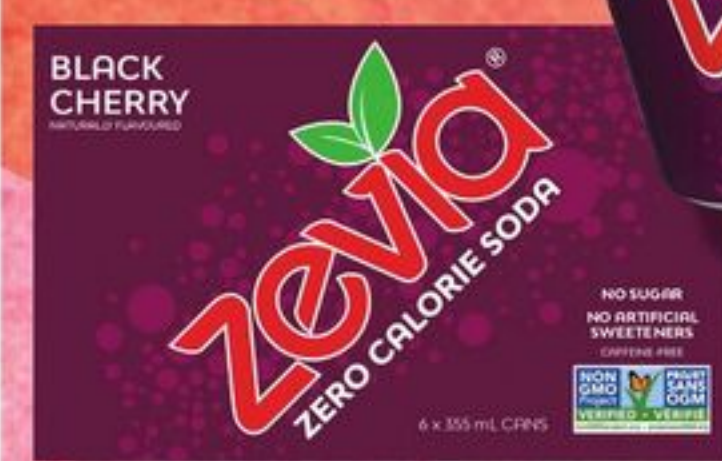
zevia
ZERO CALORIE SODA

BLACK CHERRY

100% SUGAR FREE
NO SUGAR ADDED

749 ea.

ZEVIA ZERO CALORIE SODA 12 x 355 mL
SELECTED VARIETIES



zevia
ZERO CALORIE SODA

BLACK CHERRY

100% SUGAR FREE
NO SUGAR ADDED

749 ea.

ZEVIA ZERO CALORIE SODA 12 x 355 mL
SELECTED VARIETIES



7up
ZERO SUGAR
lemon lime

sodastream

749 ea.

SODASTREAM PEPSI OR 7UP ZERO WATER DRINKERS 640 mL
SELECTED VARIETIES



PEPSI
ZERO SUGAR
dietetic beverage

sodastream

749 ea.

SODASTREAM PEPSI OR 7UP ZERO WATER DRINKERS 640 mL
SELECTED VARIETIES



HOOTMAN'S
Chocolate

NO SUGAR ADDED
SANS SUCRE AJOUTÉ

299 ea.

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



Simply Pudding
KETO PUDDING CETO

SUGAR FREE
SANS SUCRE

0g SUGAR
4g CARBS
20g PROTEIN

VANILLA
VANILLE

349 ea.

SIMPLY DELICIOUS SUGAR FREE PUDDING 400 g
SELECTED VARIETIES



McSWEENEY'S
ZERO SUGAR / SUCRE
JERKY

BEEF • DE BOEUF

599 ea.

McSWEENEY'S ZERO SUGAR JERKY SNACKS 150 g
SELECTED VARIETIES



Red Bull
ZERO

4 PACK

999 ea.

RED BULL ZERO ENERGY DRINKS 4 x 250 mL



McSWEENEY'S
ZERO SUGAR / SUCRE
JERKY

BEEF • DE BOEUF

599 ea.

McSWEENEY'S ZERO SUGAR JERKY SNACKS 150 g
SELECTED VARIETIES



OrthoBionics
B12 B6

100% SUGAR FREE
100% SANS SUCRE

1999 ea.

ORTHOBIONICS SUPPLEMENTS 60 ct
SELECTED VARIETIES



Splenda
PURE CALORIE SWEETENERS

100% SUGAR FREE
100% SANS SUCRE

749 ea.

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



Splenda
PURE CALORIE SWEETENERS

100% SUGAR FREE
100% SANS SUCRE

749 ea.

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



pur
GUM

ASPARTAME FREE

379 ea.

PUR GUM 100
SELECTED VARIETIES



Pur
GUM

ASPARTAME FREE

649 ea.

6. HUGHES NO SUGAR ADDED BBQ SAUCE 480 g
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
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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YORKSHIRE VALLEY FARMS



1 KG



ORGANIC CHICKEN POT PIE

PÂTÉ AU POULET BIOLOGIQUE

700 g



ORGANIC CHICKEN BREAST FILLETS

RAISED WITHOUT ANTIBIOTICS

454 - 700 g

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