

VERSION 3



2<sup>99</sup>  
ea.



3<sup>99</sup>  
ea.



1<sup>99</sup>  
/lb



2<sup>49</sup>  
ea.



ONE  
SWEET TOMATO

moi rewards member price

875 6



15<sup>99</sup>  
ea.

SPECIAL PRICE  
19<sup>99</sup>  
for non-members

875 6

Effective March

TH

5

FR

6

SAT

7

SUN

8

MON

9

TUE

1

CELEBRATE INTERNATIONAL WOMEN'S DAY MARCH 8

DOOR BONUS

SAVE \$5.00

20<sup>00</sup> ea.

125 points value of \$1

metro

CANADIAN AND PROUD

FRESH ATLANTIC SALMON  
PORTIONS (100g/3.5oz)  
BONELESS SKIN ON  
2.5 lb pack

3<sup>99</sup> ea.

GROUND IN-STORE DAILY

EXTRA LEAN

EXTRA LEAN GROUND BEEF VALUE PACK - 100% BEEF  
LIFE SMART EXTRA LEAN GROUND CHICKEN OR TURKEY (100% BEEF)  
5<sup>99</sup> ea. or /lb

ARTISAN TURKEY BREAST OR CASTLE HAMBURG  
10 lb pack

3<sup>49</sup> /100 g

BONELESS PORK LOIN CHOPS VALUE PACK OR BONELESS PORK CHOPS  
FRESH PORK SIDE RIBS VALUE PACK (100% PORK)  
3<sup>99</sup> /lb

IRRESISTIBLE MUFFINS  
12 pack

5<sup>99</sup> ea.

PRIME BUFFALO WINGS  
12 pack

125 points value of \$1  
9<sup>99</sup> ea.

VECTOR RICE KRISPIES  
12 pack

3<sup>99</sup> ea.

LACTANTIA BUTTER  
1 lb pack

4<sup>99</sup> ea.

LAYS POTATO CHIPS, SUN CHIPS  
12 pack

2<sup>99</sup> ea.

PHILADELPHIA CREAM CHEESE  
12 pack

3<sup>99</sup> ea.

CASHMERE BRUSHWOOD PAPER TOWELS  
12 pack

4<sup>99</sup> ea.

ESKA NATURAL SPRING WATER  
12 pack

3<sup>99</sup> ea.

LAVAZZA COFFEE  
1 kg

19<sup>99</sup> ea.

Effective March

TH 5

FR 6

SA 7

SU 8

MO 9

TU 10

WE 11

2026

my savings

my metro

**LOW PRICE  
EVERY DAY**  
100% of items at the same low price every day.

**Irresistible**  
FRESH VANILLA  
CARAMEL TORNADO

**NOW**  
**4.99**  
ea.

IRRESISTIBLE ICE CREAM (5L)  
100% NATURAL FLAVORS

**Irresistible**  
SPARKLING WATER  
6 PACK

**NOW**  
**4.99**  
ea.

IRRESISTIBLE SPARKLING WATER  
6x1L

**Selection**  
Coffee cream  
10%

**NOW**  
**3.99**  
ea.

SELECTION CREAM  
SELECTION VARIETIES

**Irresistible**  
SKYR  
GREEK

**NOW**  
**5.99**  
ea.

IRRESISTIBLE YOGURT TUBS  
100% NATURAL FLAVORS

**Irresistible**  
COOKIES  
MAPLE LEAF

**NOW**  
**3.99**  
ea.

IRRESISTIBLE COOKIES  
100% NATURAL FLAVORS

**Selection**  
MARINARA  
ROASTED GARLIC

**NOW**  
**3.99**  
ea.

SELECTION PASTA SAUCE  
100% NATURAL FLAVORS

**\$ New Lower Prices**



**7<sup>00</sup>**  
ea.  
COUNTRY HARVEST  
BREADS OR KNOXD'S  
BAKED RYE BREADS  
100% WHOLE GRAIN BREADS  
100% WHOLE GRAIN BREADS



**30% OFF**  
CASTELLO TICKER  
CHEESE 1.5L  
DANISH FONTINA 1.5L  
DANISH BLUE CHEESE 1.5L  
DANISH SWISS ALMOND 1.5L



**6<sup>99</sup>**  
ea.  
JAMES BREADED  
FISH FILLETS  
100% FISH  
SELECTED BREADED



**19<sup>99</sup>**  
ea.  
COOKED SHRIMP  
100% COOKED  
WILD ARGENTINEAN  
RAW SHRIMP 100% COOKED  
SHRIMP 100% COOKED



**3<sup>49</sup>**  
lb  
FLETCHER'S  
PORK COTTAGE ROLL  
7.85kg



**11<sup>99</sup>**  
ea.  
SWISS CHEDDAR OR  
MONTANA'S  
PORK BACK RIBS  
100% PORK  
PORK COTTAGE ROLL 100% PORK



**6<sup>49</sup>**  
ea.  
BOURSIN  
SAUCED ITALIAN DELI MEAT  
OR BOURSIN CHEESE  
100% BOURSIN CHEESE



**12<sup>99</sup>**  
ea.  
FRESH  
VEGETABLE OR  
FRUIT CARROTS  
100% FRESH



**4<sup>49</sup>**  
ea.  
GENERAL MILLS  
CEREAL  
100% GENERAL MILLS



**6<sup>99</sup>**  
ea.  
SIMPLY  
REFRIGERATED  
JUNKIE 1.5L  
SELECTED BREADED



**3<sup>99</sup>**  
ea.  
MINUTE MADE OR  
PALUTOPA REFRIGERATED  
DRINKS OR FUELLED TEA  
100% MINUTE MADE



**5<sup>49</sup>**  
ea.  
CRACKER BARREL OR BLACK DIAMOND SLICED  
100% CRACKER BARREL



**3<sup>49</sup>**  
ea.  
ASTRO YOGURT TUBES  
100% ASTRO YOGURT



**4<sup>99</sup>**  
ea.  
BICK'S PICKLES OR  
FRENCH'S KETCHUP  
100% BICK'S PICKLES



**2<sup>49</sup>**  
ea.  
PRINGLES CHIPS  
WHITE SPRINK, BASS OR  
ALLEN'S JUICE OR  
COCKTAILS, 100% WHITE  
NETCAR OR ARDOR KED TEA  
100% PRINGLES



**3<sup>99</sup>**  
ea.  
MINUTE MADE, FIVE ALIVE  
JUICE OR DRINKS  
100% MINUTE MADE



**11<sup>49</sup>**  
ea.  
CORONA CERO,  
GUINNESS OR  
MICHELOB ULTRA BEER  
100% CORONA CERO



**5<sup>99</sup>**  
ea.  
HÄAGEN-DAZS  
ICE CREAM  
100% HÄAGEN-DAZS



**3<sup>49</sup>**  
ea.  
SKINNY POP POPCORN  
100% SKINNY POP



**9<sup>99</sup>**  
ea.  
LINDOR  
CHOCOLATE  
100% LINDOR



**10<sup>99</sup>**  
ea.  
BOUNCE  
DOWNY TOWELS  
100% BOUNCE



**10<sup>99</sup>**  
ea.  
BOUNTY  
PAPER TOWELS  
100% BOUNTY



**4<sup>49</sup>**  
ea.  
ZIPLOC  
FOOD BAGS  
100% ZIPLOC

**I earn with moi rewards**



**125**  
ea.  
AMY'S OR GARDEN OF EATIN'  
PASTA 100% AMY'S



**125**  
ea.  
TOSTITOS BOLD GOLD  
TORTILLA CHIPS 100% TOSTITOS



**125**  
ea.  
CELEBRATION  
COOKIES 100% CELEBRATION

Special prices in this flyer are available at select Metro stores only. See store for details.

We reserve the right to limit quantities.  
RESTRICTIONS, LIMITS, PRECISIONS, AND PRICES.  
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at **metro.ca**  
or call 1-800-387-6262  
to win \$5000 in groceries.

moi  
rewards

SAVE BIG  
IN THE APP

Add your coupons in the  
Metro app today.



NOW  
**3.99**  
ea.  
SAVE UP TO  
\$1.50

**5.49\***  
ea.  
OREO  
CAKESTERS  
285 g  
SELECTED VARIETIES

THIS WEEK'S DEALS:

Only until March 11, 2026, in-store or online



NOW  
**3.99**  
ea.  
SAVE UP TO  
\$2.80

**6.75\***  
ea.  
NESTLE CARNATION  
HOT CHOCOLATE  
ENVELOPES  
7 - 10 x 13 - 25 g  
SELECTED VARIETIES



NOW  
**4.99**  
ea.  
SAVE UP TO  
\$2

**6.99\***  
ea.  
SCHNEIDERS JUICY JUMBOS  
OR SMOKED SAUSAGES  
375 - 450 g  
SELECTED VARIETIES



NOW  
**5.99**  
ea.  
SAVE UP TO  
\$1

**6.99\***  
ea.  
AQUASTAR BASA  
FILLETS  
FROZEN, 908 g



NOW  
**1.99**  
ea.  
SAVE UP TO  
\$1.50

**3.49\***  
ea.  
CHEEMO  
PEROGIES  
SELECTED SIZES  
SELECTED VARIETIES



NOW  
**5.99**  
ea.  
SAVE UP TO  
\$3

**8.99\***  
ea.  
CLEARLY CANADIAN  
SPARKLING WATER  
6 x 355 ml  
SELECTED VARIETIES



NOW  
**3.99**  
ea.  
SAVE UP TO  
\$1.50

**5.49\***  
ea.  
CREST TOOTHPASTE  
OR ORAL-B ORAL CARE  
SELECTED SIZES  
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.

# MANAGER'S SPECIALS

3 DAYS ONLY!  
FRIDAY TO  
SUNDAY

**BIG WEEKLY SAVINGS. WHILE SUPPLIES LAST.**

IN-STORE ONLY. NO RAIN CHECKS.



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

SUNSET WANNABEEZ  
SWEET PEPPERS  
PRODUCT OF CANADA OR MEXICO  
2.5 lb



**10<sup>99</sup>**  
/lb

FRESH CANADIAN ATLANTIC  
SALMON FILLETS  
VALUE PACK MIN. 900 g  
2.43/100 g

**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**

Organic 

**Sliced & Diced** CELEBRATE INTERNATIONAL WOMEN'S DAY



CELEBRATE INTERNATIONAL  
WOMEN'S DAY

#GIVETOGAIN

Let's #GiveToGain gender equality by supporting women owned and led businesses. Metro is proud to support the strength and resilience of these women in business – because when women thrive, we all rise.

Hand holding a heart with 'march 8' inside

Christine LaForest  
CEO of Bel Canada Group

BOURBIN  
PLANT BASED  
SPREAD  
175g  
SELECTED VARIETIES

6<sup>49</sup>  
ea.

Susan Niczowski  
Founder and President  
of Summer Fresh Salads Inc.

50  
points

4<sup>49</sup>  
ea.

Margaret Coons  
Nuts For Cheese

NUTS FOR CHEESE  
SPREAD  
125g  
SELECTED VARIETIES

10<sup>99</sup>  
ea.

Natasha and Elysia  
Vanderhure  
Three Farmers

THREE FARMERS  
CHICK PEAS  
125g  
SELECTED VARIETIES

4<sup>49</sup>  
ea.

Vanessa Garza  
Siete Foods

SIETE  
TORTILLA CHIPS  
14.5g  
SELECTED VARIETIES

5<sup>99</sup>  
ea.

Jessica Praskay  
Owner of Black River

BLACK RIVER  
JUICE  
1L  
SELECTED VARIETIES

8<sup>99</sup>  
ea.

Tara, Megan  
& Laura Tomulka  
Rawcology Founders

RAWCOLOGY  
GRAIN FREE  
GRANOLA  
250g  
SELECTED VARIETIES

7<sup>49</sup>  
ea.

Gigi Gill  
CEO of ZoRaw  
Chocolates

ZORAW  
CHOCOLATE  
BARS  
50g  
SELECTED VARIETIES

3<sup>99</sup>  
ea.

Jennifer Boyle  
CEO & Co-Founder  
Farm Girl

FARM GIRL  
CEREAL  
250g  
SELECTED VARIETIES

8<sup>99</sup>  
ea.

Amelia Kirchhoff  
and Julia Sankin  
GoMacro Founders

GoMACRO  
BARS  
60g  
SELECTED VARIETIES

3<sup>99</sup>  
ea.

Margaret Hudson  
Burnbrae Farms

NATUREGG  
EGG WHITES  
100g  
SELECTED VARIETIES

5<sup>99</sup>  
ea.

Susan and Megan  
McElwain  
SavageHot

SAVAGEHOT  
HOT SAUCE  
150ml  
SELECTED VARIETIES

6<sup>99</sup>  
ea.

Julie Bednarski  
Founder / CEO

HEALIX  
HEALTHY CRUNCH  
SEED BUTTER  
350g  
SELECTED VARIETIES

8<sup>49</sup>  
ea.

Carinne Chambers-Saini  
and Francine Chambers  
DIVA Founders

DIVA  
MENSTRUAL CUP  
1pc  
SELECTED VARIETIES

31<sup>99</sup>  
ea.



**Zoey Shamai**  
Founder & CEO



TONICA  
ORGANIC KOMBUCHA  
350 ml  
SELECTED VARIETIES

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



**Miki Talebi**  
Founder & CEO



SMOKED TOFU  
**oomé**  
TOFU FINE  
Greek  
Grecque  
200g

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



**Kimberly Chamberland**  
and **Jasmine Bryne**  
CEO and COO



**MIGHTY MUSHROOM BITES**  
BIG MOUNTAIN  
VEGGIE BITES  
GROUNDING OR BITES  
300 - 360g

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



**Jennifer Italiano**  
Co-Founder & Owner



**live.**  
LIVE  
VEGETABLE  
KIMCHI  
175 ml

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



**Genevieve Broussau**  
Provancher  
CEO & Co-Founder



**DÖSE**  
PREPARE YOURSELF  
GINGER & TURMERIC  
DÖSE  
WELLNESS SHOTS  
100 ml  
SELECTED VARIETIES

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



**Natasa Karambatas**  
President



**KOUKLA**  
KOUKLES DELIGHTS BITES  
CO. 100 g  
SELECTED VARIETIES

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

Celebrate the women in your life



**ARTISTICAL LITTLE SWAN ORCHID**  
BOUTIQUE FLOWERS

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



**GERBERA GRACE BOUQUET**  
VIBRANT COLOURS

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



**GARDENIA**  
6" POT

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



**PREMIUM LONG STEM ROSE BOUQUET OR FANCY PREMIUM ROSE**

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



**CELEBRATION BOUQUET**  
VIBRANT COLOURS

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



**ARRANGEMENT IN A VASE OR POT**  
VIBRANT COLOURS AND STYLES

**STARTING AT 44<sup>99</sup>**  
ea.



**PRESENTATION BOUQUET**  
VIBRANT COLOURS AND STYLES

**STARTING AT 39<sup>99</sup>**  
ea.



**INVITATIONS ALL'ONDA, FREE WINE**  
750 ml  
SELECTED VARIETIES

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



# GET TOGETHER FOR INTERNATIONAL WOMEN'S DAY

We have your catering covered.

*\*Minimum of 48 hours notice on all orders.*



## Place Your Catering Order Today



**Online**  
[fresh2go.metro.ca](https://fresh2go.metro.ca)



**In Store**  
Visit Our Deli



[illegible][illegible]

**metro**  
**FRESH**  
**2 GO**



**MONTREAL  
SMOKED MEAT  
SANDWICH**

**899**  
**ea.**

# **SMOKER & CARVERY**

**HOT &  
MADE TO  
ORDER**

## **More Smokin' Deals**

**SANDWICHES**

**Montreal Smoked or Roast Beef ..... \$8.99 ea.**

**HOT SLICED**

**Montreal Smoked or Roast Beef ..... \$2.99/100g**

**CHICKEN**

**Apple Wood Smoked Chicken ..... \$14.99 ea.**

**RIBS**

**Maple Smoked St. Louis Side Ribs ..... \$19.99 ea.**  
*(full rack)*



MARBLED  
SNACKING SNACKS

**3.99**  
ea.

SNACKITOS

**3.99**  
ea.

ZIZZI  
MOZZARELLA

**9.99**  
ea.

ZIZZI  
MOZZARELLA

**9.99**  
ea.



The image shows a large, round tiramisu cake on a white plate. The cake has a thick white cream filling between two layers of chocolate-dipped ladyfinger biscuits. The top is dusted with cocoa powder and has a single ladyfinger biscuit in the center. To the right of the cake is a box of Pizzelle Reko waffles. The box is clear plastic with a blue and white design. It features the 'Reko' logo and the text 'PIZZELLE', 'CROCCANTI E MORBIDI', and 'VANILLA VANILLE'. Several waffles are visible through the clear sections of the box.



**Aurora**  
BEEF • BOEUF  
100% BEEF  
100% BOEUF  
5 CUBES  
**\$125**  
ea.  
AURORA  
BEEF  
CUBES  
100% BEEF  
100% BOEUF

**Aurora**  
CHICKEN • POULET  
100% CHICKEN  
100% POULET  
5 CUBES  
**\$69**  
ea.  
AURORA  
CHICKEN  
CUBES  
100% CHICKEN  
100% POULET

**SAN BENEDETTO**  
Italian  
ANTICINI Sourd  
100% ANTICINI Sourd  
100% Sourd  
**\$1349**  
ea.  
SANTITAS  
ANTICINI Sourd  
100% ANTICINI Sourd  
100% Sourd

**SAN BENEDETTO**  
Sourd  
100% Sourd  
100% Sourd  
**\$1349**  
ea.  
SANTITAS  
Sourd  
100% Sourd  
100% Sourd

[\[0\]](#) [\[1\]](#) [\[2\]](#) [\[3\]](#) [\[4\]](#) [\[5\]](#) [\[6\]](#) [\[7\]](#) [\[8\]](#) [\[9\]](#)



**YOUR FIRST 3 ORDERS\***

***metro.ca***

**UP TO**  
**\$60**  
**OFF**



**Shop Offer**



\*\$20 off your first 3 online orders of \$80 or more.  
Certain conditions apply. Details on metro.ca

[illegible]

More Great Savings

|                                                                                                                                                                  |                                                                                                                          |                                                                                                                            |                                                                                                                           |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------|
|  <b>2<sup>99</sup></b><br>ea.                                                     |  <b>6<sup>99</sup></b><br>ea.            |  <b>3<sup>79</sup></b><br>ea.              |  <b>8<sup>49</sup></b><br>ea.             |
|  <b>4<sup>99</sup></b><br>ea.                                                    |  <b>5<sup>99</sup></b><br>ea.           |  <b>25<sup>99</sup></b> <b>200</b><br>ea. |  <b>6<sup>99</sup></b><br>ea.            |
|  <b>POP FLY CONTEST</b><br>BLUE JAYS VIP EXPERIENCE<br>+100s of prizes to be won |                                                                                                                          |                                                                                                                            |                                                                                                                           |
|  <b>5<sup>49</sup></b> <b>60</b><br>ea.                                          |  <b>9<sup>49</sup></b> <b>60</b><br>ea. |  <b>80</b><br>ea.                         |  <b>14<sup>29</sup></b> <b>00</b><br>ea. |
|  <b>7<sup>99</sup></b><br>ea.                                                    |  <b>3<sup>99</sup></b><br>ea.           |                                                                                                                            |                                                                                                                           |

|                                                                                                                                                 |                                                                                                                |
|-------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------|
|  <b>DESSERT</b><br>as it should be<br><b>CLASSICALLY CREAMY</b> |                                                                                                                |
|  <b>5<sup>99</sup></b><br>ea.                                   |  <b>5<sup>49</sup></b><br>ea. |
|  <b>5<sup>99</sup></b><br>ea.                                   |  <b>5<sup>49</sup></b><br>ea. |

|                                                                                                                    |                                                                                                                   |                                                                                                                  |                                                                                                                  |
|--------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------|
|  <b>Snack up for Spring Break</b> |                                                                                                                   |                                                                                                                  |                                                                                                                  |
|  <b>4<sup>49</sup></b><br>ea.    |  <b>10<sup>99</sup></b><br>ea. |  <b>2<sup>49</sup></b><br>ea. |  <b>2<sup>99</sup></b><br>ea. |
|  <b>2<sup>99</sup></b><br>ea.    |  <b>6<sup>99</sup></b><br>ea.  |  <b>2<sup>49</sup></b><br>ea. |  <b>2<sup>99</sup></b><br>ea. |

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                         |                                                                                                                                                                                                       |                                                                                                                                                                                   |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>4.49</b><br>ea.<br>CLUB HOUSE<br>SPICES<br>100 - 150 g<br>SELECTED VARIETIES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | <br><b>4.49</b><br>ea.<br>TOWNHOUSE<br>CRACKERS<br>147 - 201 g<br>SELECTED VARIETIES    | <br><b>3.99</b><br>ea.<br>CARR'S CRACKERS<br>120 - 150 g<br>SELECTED VARIETIES                                        | <br><b>5.49</b><br>ea.<br>MCVITIE'S COOKIES<br>232 - 400 g<br>SELECTED VARIETIES                  |
| <br><b>5.49</b><br>ea.<br>ST-ONGE FOUR SPREAD<br>120 ml<br>SELECTED VARIETIES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <br><b>2.49</b><br>ea.<br>CLARK BEANS<br>286 g (10 oz)<br>SELECTED VARIETIES           | <br><b>2.49</b><br>ea.<br>BUSH'S BEST BEANS<br>286 g (10 oz)<br>SELECTED VARIETIES                                   | <br><b>8.99</b><br>ea.<br>KOOLIK'S SAUCE<br>250 ml<br>SELECTED VARIETIES                         |
| <div><div><div>New options.<br/>New flavours.<br/>New reasons<br/>to shop Metro<br/>for new &amp;<br/>trusted brands.</div><div>DISCOVER<br/>NEW</div></div><div><br/>GENERAL MILLS<br/>CERIAL<br/>300 - 420 g<br/>SELECTED VARIETIES<br/><b>4.49</b><br/>ea.</div><div></div></div>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                         |                                                                                                                                                                                                       |                                                                                                                                                                                   |
| <br><b>11.99</b><br>ea.<br>WELCH'S<br>FRUIT SNACK<br>65 g<br>SELECTED VARIETIES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <br><b>3.49</b><br>ea.<br>LECLERC GO PURE<br>BARS<br>150 - 175 g<br>SELECTED VARIETIES | <br>KELLOGG'S<br>POP TARTS OR<br>RICE KRISPIES<br>SQUARES<br>176 - 204 g<br>SELECTED VARIETIES<br><b>2.99</b><br>ea. |                                                                                                                                                                                   |
| <br><b>9.99</b><br>ea.<br>BONNE MAMAN<br>JAM<br>500 ml<br>SELECTED VARIETIES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | <br><b>3.99</b><br>ea.<br>KRAFT<br>PEANUT BUTTER<br>250 g<br>SELECTED VARIETIES        | <br><b>3.49</b><br>ea.<br>BETTY CROCKER<br>FRUIT SNACKS<br>130 g<br>SELECTED VARIETIES                               | <br><b>1.99</b><br>ea.<br>GREEN GIANT<br>CANNED VEGETABLES<br>241 - 288 ml<br>SELECTED VARIETIES |
| <div><div><div><b>LIBERTÉ</b><br/><br/><b>3.49</b><br/>ea.<br/>LIBERTÉ<br/>MEDITERRANEAN YOGURT<br/>500 g<br/>SELECTED VARIETIES</div><div><br/><b>6.49</b><br/>ea.<br/>LIBERTÉ<br/>YOGURT TUB<br/>SELECTED SIZES<br/>SELECTED VARIETIES</div></div><div><br/><b>2.99</b><br/>ea.<br/>LIBERTÉ<br/>GREEK YOGURT<br/>4 x 100 g<br/>SELECTED VARIETIES</div><div><div><br/>yoplait<br/>YOP<br/>DRINKABLE YOGURT<br/>200 ml<br/>SELECTED VARIETIES<br/><b>99¢</b><br/>ea.</div><div><br/><b>2.99</b><br/>ea.<br/>YOP.LAIT TUBES, MINIS<br/>OR SOURCE YOGURT<br/>SELECTED SIZES<br/>SELECTED VARIETIES</div></div><div><div><br/>YOP<br/>DRINKABLE<br/>YOGURT<br/>6 x 200 ml<br/>SELECTED VARIETIES<br/><b>5.99</b><br/>ea.</div><div><br/><b>5.99</b><br/>ea.<br/>YOP.LAIT TUBES, MINIS<br/>OR SOURCE YOGURT<br/>SELECTED SIZES<br/>SELECTED VARIETIES</div></div><div><div><br/>YOP<br/>DRINKABLE<br/>YOGURT<br/>6 x 200 ml<br/>SELECTED VARIETIES<br/><b>5.99</b><br/>ea.</div><div><br/><b>5.99</b><br/>ea.<br/>YOP.LAIT TUBES, MINIS<br/>OR SOURCE YOGURT<br/>SELECTED SIZES<br/>SELECTED VARIETIES</div></div></div> <div><div><br/>YOP<br/>DRINKABLE<br/>YOGURT<br/>6 x 200 ml<br/>SELECTED VARIETIES<br/><b>5.99</b><br/>ea.</div><div><br/><b>5.99</b><br/>ea.<br/>YOP.LAIT TUBES, MINIS<br/>OR SOURCE YOGURT<br/>SELECTED SIZES<br/>SELECTED VARIETIES</div></div> |                                                                                                                                                                         |                                                                                                                                                                                                       |                                                                                                                                                                                   |

  
YOP  
DRINKABLE  
YOGURT  
6 x 200 ml  
SELECTED VARIETIES  
**5.99**  
ea.

  
**5.99**  
ea.  
YOP.LAIT TUBES, MINIS  
OR SOURCE YOGURT  
SELECTED SIZES  
SELECTED VARIETIES





Baby Care



**BABY GOURMET  
BABY PUREE**  
12.5 FL. OZ. (350 mL)  
SELECTED VARIETIES

**249**  
ea.



**120**  
points

**449**  
ea.

**GERBER  
BABY SNACKS**  
2.5 FL. OZ. (75 mL)



**449**  
ea.

**EARTH'S BEST BABY SNACKS**  
4.5 FL. OZ. (130 mL)



**40**  
points

**249**  
ea.

**EARTH'S BEST  
BABY SNACKS**  
2.5 FL. OZ. (75 mL)



**399**  
ea.

**BABY GOURMET  
PUFFS**  
4.5 FL. OZ. (130 mL)



**949**  
ea.

**PAMPERS  
BABY WIPES**  
27.5 FL. OZ. (800 mL)



**1499**  
ea.

**PAMPERS  
BABY WIPES**  
27.5 FL. OZ. (800 mL)



**1349**  
ea.

**LIVE CLEAN  
BABY WIPES**  
27.5 FL. OZ. (800 mL)

Health & Beauty



**COLGATE  
OPTIC WHITE  
TOOTHBRUSH**  
2.0 FL. OZ. (60 mL)  
SELECTED VARIETIES

**499**  
ea.



**699**  
ea.

**SENSODYNE  
TOOTHPASTE**  
3.5 FL. OZ. (100 mL)



**849**  
ea.

**ORAL-B  
DENTAL FLOSS**  
2.0 FL. OZ. (60 mL)



**1049**  
ea.

**LISTERINE  
MOUTHWASH**  
1.0 FL. OZ. (30 mL)



**1199**  
ea.

**NIVEA  
MOISTURIZING CREAM**  
8.0 FL. OZ. (230 mL)



**1299**  
ea.

**AVEENO  
BODY LOTION**  
8.0 FL. OZ. (230 mL)



**70**  
points

**599**  
ea.

**OLD SPICE  
DEODORANT**  
2.0 FL. OZ. (60 mL)



**649**  
ea.

**NIVEA  
DEODORANT**  
2.0 FL. OZ. (60 mL)



**499**  
ea.

**NIVEA  
BODY WASH**  
8.0 FL. OZ. (230 mL)



**80**  
points

**699**  
ea.

**AXE  
BODY WASH**  
8.0 FL. OZ. (230 mL)



**699**  
ea.

**DOVE  
BAR SOAP**  
2.0 FL. OZ. (60 mL)



**799**  
ea.

**SQUATCH  
WOOD BARREL  
BOURBON  
BAR SOAP**  
2.0 FL. OZ. (60 mL)



**1399**  
ea.

**NATIVE  
HAIR CARE**  
8.0 FL. OZ. (230 mL)



**949**  
ea.

**DOVE  
STYLING PRODUCT**  
8.0 FL. OZ. (230 mL)



**599**  
ea.

**LIVE CLEAN  
HAND SOAP**  
8.0 FL. OZ. (230 mL)



**499**  
ea.

**GILLETTE  
SHAVING GEL**  
8.0 FL. OZ. (230 mL)



**1599**  
ea.

**PANTENE  
HAIR CARE**  
8.0 FL. OZ. (230 mL)



**599**  
ea.

**TAMPAX  
ALWAYS  
SANITARY NAPKINS**  
2.0 FL. OZ. (60 mL)



**1849**  
ea.

**TENA  
OVERNIGHT  
PADS**  
2.0 FL. OZ. (60 mL)



nature's signature

NATURAL DISPENSARY

March 5 - April 1, 2026

Enter for a Chance to Win a \$250 Metro Gift Card!



ENTER NOW

March 5th to April 1st

Spring into Health

Allergy relief, immune support & spring wellness essentials — all on sale for a limited time.



Not sure where to start?  
Our in-store wellness experts can guide you — trained in nutrition and supplements.



health

Entire Brand up to 10% OFF



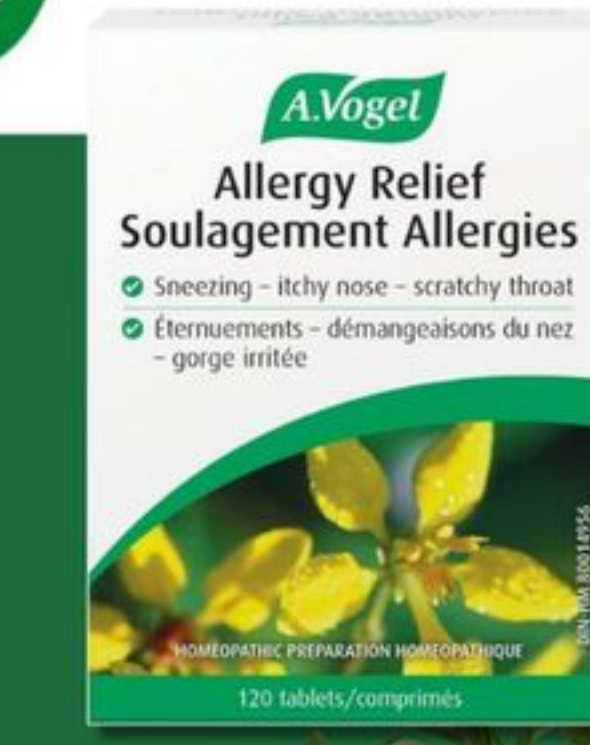
**AOR**  
**Gandha 600**  
Formulated with ashwagandha extract to help moderate stress and support adrenal function.

Entire Brand up to 10% OFF



**AquaOmega**  
**Standard Lemon**  
Delivers omega 3 fatty acids to assist cardiovascular, brain, and joint health.

Entire Brand up to 20% OFF



**A.Vogel**  
**Allergy Relief**  
Soulagement Allergies  
Sneezing - itchy nose - scratchy throat  
Éternuements - démangeaisons du nez - gorge irritée  
Traditionally used to help relieve symptoms associated with seasonal allergies.

Entire Brand up to 30% OFF



**Vitamin D-3 1000 IU**  
Provides 1000 IU of vitamin D3 to help support immune function and maintain bone health.

Entire Brand up to 15% OFF



**St. Francis**  
**Oreganum Plus**  
Traditionally used in herbal medicine to help support immune defence and respiratory health during seasonal challenges.

Entire Brand up to 20% OFF



**Younited**  
**High Performance Multivitamin**  
Uses ultra-premium active forms of B vitamins and the minerals are in the most absorbable forms possible

Entire Brand up to 15% OFF



**pure encapsulations**  
**Daily Stress Formula**  
Formulated to help moderate the body's response to physical and mental stress while supporting adrenal balance.

Entire Brand up to 30% OFF



**Protocol**  
**Cardio Tri-Plex**  
Formulated to help maintain healthy cholesterol levels and cardiovascular function.

Entire Brand up to 10% OFF



**Metagenics**  
**PhytoMulti without Iron**  
Scientifically tested multivitamin optimized with 20+ essential vitamins and minerals for multidimensional health support

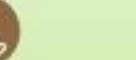
health

Entire Brand up to  
15% OFF



**Allkidz  
Zinc Gummies**

Provides zinc to help maintain immune function and support normal growth and development.

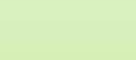


Entire Brand up to  
30% OFF



**Genuine Health  
Clean Collagen Marine**

Supplies hydrolyzed marine collagen peptides to help maintain skin, joint, and connective tissue health.

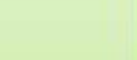
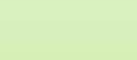


Entire Brand up to  
20% OFF



**Platinum Naturals  
Curcumin Complete 95**

Uses enhanced absorption curcumin to help manage inflammation and joint comfort.

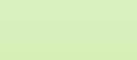
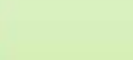


Entire Brand up to  
20% OFF



**Ener-C  
Vitamin C Crystals**

Provide 1000 mg of vitamin C to help support immune function and antioxidant protection in an easy to use format.



Entire Brand up to  
15% OFF



**Natra  
Men LIBIDOboost**

Designed to help support male libido, stamina, and reproductive health.



Entire Brand up to  
25% OFF



**Salus  
Floradix**

Provides easily absorbed iron to help prevent iron deficiency and reduce fatigue.



Entire Brand up to  
20% OFF



**Pure Lab  
Magnesium Glycinate**

Provides magnesium glycinate to help support muscle relaxation and nervous system function.



Entire Brand up to  
20% OFF



**Progressive  
VegeGreens**

Delivers concentrated greens, antioxidants, and phytonutrients to help support daily detoxification and immune health.

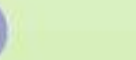


Entire Brand up to  
15% OFF



**Certified Naturals  
Liquid Cal-Mag**

Combines calcium and magnesium to help maintain bone health and proper muscle function.

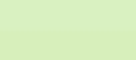


Entire Brand up to  
29% OFF



**New Chapter  
Every Woman's One Daily**

Provides whole food sourced vitamins and minerals to support women's daily nutritional needs.

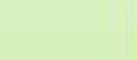


Entire Brand up to  
15% OFF



**Farmberry  
Organic Moringa Leaf Powder**

Delivers naturally occurring vitamins, minerals, and antioxidants to help support overall vitality.

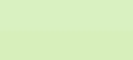


Entire Brand up to  
20% OFF



**Flora  
Milk Thistle Plus**

Formulated to help support liver function and healthy detoxification pathways.



Entire Brand up to  
15% OFF



**LeafSource  
Shilajit**

Traditionally used to help support energy, stamina, and overall vitality.



Entire Brand up to  
15% OFF



**Organic Traditions  
Chlorella Powder**

Provides nutrient dense green algae to assist detoxification and cellular health.



Entire Brand up to  
15% OFF



**Suku  
Kids Multi**

Provides essential vitamins and minerals to help meet children's daily nutritional needs.



Entire Brand up to  
25% OFF



**Organika  
Enhanced Collagen**

Provides collagen peptides combined with supportive nutrients to assist skin and joint health.



Entire Brand up to  
**20% off**

**IRONVEGAN™**





Entire Brand Up To  
**25% off**

**VEGA**

Plant Based  
Energy & Focus  
**vega**



Entire Brand Up To  
**15% off**

 **SCHINOUSSA**  
SUPER FOODS



Entire Brand up to  
**25% OFF**

Entire Brand Up To  
**10% off**

100% Pure Creatine



Entire Brand up to  
**15% OFF**

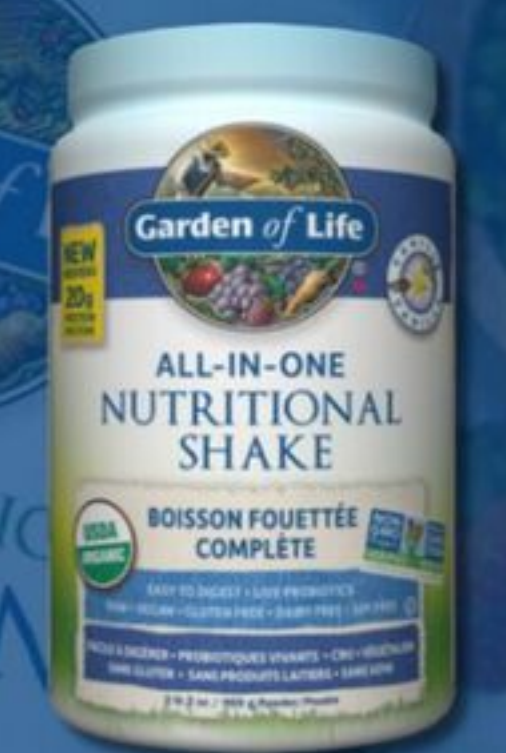


Entire Brand Up To  
**15% off**



**Garden of Life**

Combines protein, greens, vitamins, and probiotics to help support daily nutritional needs and overall wellness.



Selected Items up to  
**10% OFF**



Entire Brand up to  
**10% OFF**



Entire Brand up to  
**20% OFF**



Entire Brand up to  
**20% OFF**







Nestlé®  
Good Food, Good Life

Your favourite  
at any time!



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

STARBUCKS COFFEE  
371L • 340 g (12.1 oz)  
SELECTED VARIETIES



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

NESCAFÉ GOLD  
INSTANT COFFEE  
95 • 100  
SELECTED VARIETIES



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

STARBUCKS VERTUO  
COFFEE CAPSULES  
8 • 10 • 12  
SELECTED VARIETIES



**250**  
points  
value of \$2

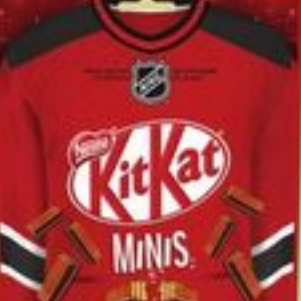
**7<sup>49</sup>**  
ea.

STARBUCKS  
SHAKERS  
SELECTED SIZES  
SELECTED VARIETIES



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

NESTLÉ  
KEO TEA MIX  
500 g



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

NESTLÉ CHOCOLATES  
70 • 200 g  
SELECTED VARIETIES



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

MAISON PERRIER  
OR SAN PELLEGRINO  
SPARKLING WATER  
6 x 1 L  
SELECTED VARIETIES



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

SAN PELLEGRINO  
NATURAL OR CIO  
SPARKLING DRINKS  
6 x 330 ml  
SELECTED VARIETIES



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

BOOST  
MEAL REPLACEMENT  
6 x 230 ml  
SELECTED VARIETIES



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

HÄAGEN-DAZS  
ICE CREAM  
SELECTED SIZES  
SELECTED VARIETIES



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

HÄAGEN-DAZS  
ICE CREAM  
146 ml  
SELECTED VARIETIES



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

iöco FROZEN YOGURT  
OR DEL MONTE SOBBET  
SELECTED SIZES  
SELECTED VARIETIES

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# BUILDING COMMUNITY

One Rink at a Time

© NHL © NHLPA



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

KRAFT PEANUT BUTTER OR HAZELNUT SPREAD 750 g / 140 g  
SELECTED VARIETIES



**4<sup>29</sup>** ea.

KRAFT SALAD DRESSINGS 425 ml  
SELECTED VARIETIES



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

MIRACLE WHIP SPREAD 500 ml  
SELECTED VARIETIES



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

HEINZ MAYONNAISE-STYLE SAUCES OR KETCHUP 340 / 375 ml  
SELECTED VARIETIES



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

CLASSICO PASTA SAUCE 238 / 650 ml  
SELECTED VARIETIES



**1<sup>66</sup>** ea.

KRAFT DINNER MACARONI & CHEESE 56 / 200 g  
SELECTED VARIETIES



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

CRABE OR KRAFT DINNER DELUXE FROZEN MEAL 200 / 340 g  
SELECTED VARIETIES

\*Based on the 2018 BrandScan® Canadian Trust Study.



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

PHILADELPHIA DIPS 227 g  
SELECTED VARIETIES

BUY \$20 OF PARTICIPATING  
KRAFT HEINZ HOCKEYVILLE ITEMS  
**GET 500 POINTS**



Participating products: KRAFT DINNER MACARONI & CHEESE 56 / 200 g; KRAFT PEANUT BUTTER 750 g / 140 g; KRAFT SALAD DRESSINGS 425 ml; KRAFT SINGLES PROCESS CHEESE PRODUCT 410 g; CLASSICO PASTA SAUCE 410 / 650 ml; HEINZ KETCHUP 375 ml / 1 L; PHILADELPHIA CHEESE PRODUCT 227 / 250 g; CRAVE FROZEN ENTREES 200 / 340 g.



BRING HOME THE BELL

SAUCY, CHEESY, CRUNCHY, SPICY

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399  
ea.



799  
ea.



299  
ea.



549  
ea.



499  
ea.



125  
ea.



28 g



29 g



MADE IN CANADA\*  
WITH THE WHOLE  
PLANET IN MIND





BONTERRA  
PAPER TOWELS 3 • 6 rolls  
BATHROOM TISSUE 9 • 27 rolls  
OR FACIAL TISSUE 3 • 6 un

899  
ea.

MADE IN CANADA WITH DOMESTIC AND IMPORTED MATERIALS