

RESET YOUR SPRING ROUTINE

with feel-good swaps



Look for this icon to discover how easy it is to make smart swaps.



GT KOMBUCHA
480 ml
SELECTED VARIETIES

65 points

3.99 ea.



3.49 ea.

POPPY SODA
355 ml
SELECTED VARIETIES

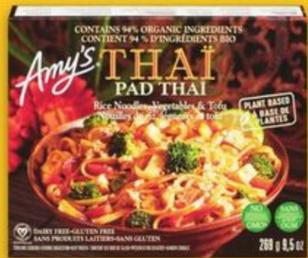


pop for poppi – all the bubbles + loaded with prebiotics to support your gut health.



SPRING BULBS
6" POT
SELECTED VARIETIES

9.99 ea.



6.99 ea.

AMY'S FROZEN ENTRÉES
255 - 269 g
SELECTED VARIETIES



3.99 ea.

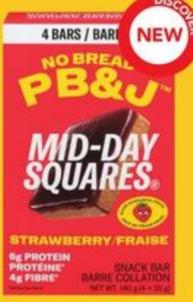
MADE GOOD GRANOLA BARS
5 x 30 g
SELECTED VARIETIES



MID-DAY SQUARES
PB & J
140 g
SELECTED VARIETIES

90 points

7.99 ea.



2.99 ea.

ANNIE'S NOODLE MEAL
149 - 170 g
SELECTED VARIETIES



6.99 ea.

BLACK RIVER JUICE
1 L
SELECTED VARIETIES



3.99 ea.

SKINNY POP POPCORN
125 g
SELECTED VARIETIES



13.99 ea.

BAREBELLS PROTEIN BARS
4 x 55 g
SELECTED VARIETIES



8.99 ea.

FARM GIRL CEREAL
280 g
SELECTED VARIETIES



7.99 ea.

PARTAKE NON-ALCOHOLIC BEER
4 x 355 ml
SELECTED VARIETIES



6.99 ea.

RIGHTEOUS FROZEN DESSERT
473 ml
SELECTED VARIETIES



12.99 ea.

JAMIESON MAGNESIUM BISGLYCINATE
70 UN
SELECTED VARIETIES

PLANT POWER MADE EASY

satisfying swaps for
a lighter plate



SWAP
steak for Beyond
steak - build a
balanced pasta salad
with plant-based
protein.

70
points

7.99
ea.

BEYOND STEAK
PLANT-BASED
SEARED STEAK
POURRIE À BASE DE PLANTES
NORMAL

BEYOND MEAT PLANT-BASED
SAUSAGES, GROUND
OR FROZEN STEAK STRIPS
226 - 400 g
SELECTED VARIETIES

70
points

5.99
ea.

CARBONAUT
GLUTEN FREE
PLANT-BASED
WRAPS

CARBONAUT WRAPS
156 g
SELECTED VARIETIES

7.99
ea.

WHOLLY VEGGIE!
Buffalo
Cauliflower
Wings

WHOLLY VEGGIE!
FROZEN MEALS
375 g
SELECTED VARIETIES

9.99
ea.

gardein
SUPRÊME
CHICKEN
TENDERS FILETS DE
VEGE-POULET

GARDEIN SUPRÊME
FROZEN MEALS
390 - 425 g
SELECTED VARIETIES

SILK
BEVERAGES
946 ml
SELECTED
VARIETIES

2.99
ea.

Silk
oat

EARTH'S OWN
OAT BEVERAGES
946 ml
SELECTED
VARIETIES

2.99
ea.

EARTH'S OWN
ZERO
SUGAR
OAT
UNSWEETENED
ORIGINAL

CALIFIA FARMS
OAT BEVERAGE
1.4 L
SELECTED
VARIETIES

5.99
ea.

CALIFIA
OAT
OAT BEVERAGE
1.4 L

OAT-LY
BARISTA
BEVERAGE
946 ml
SELECTED
VARIETIES

6.49
ea.

OAT-LY!
OAT DRINK
BOISSON
D'AVOINE
BARISTA

NOBLE BEAN
TEMPEH
240 g
SELECTED
VARIETIES

5.49
ea.

NOBLE BEAN
TEMPEH

70
points

7.99
ea.

JUST EGGS
227 g
SELECTED VARIETIES

TINKYADA PASTA
340 - 454 g
SELECTED
VARIETIES

4.49
ea.

Tinkyada
PASTAJOY

NATURE'S FLAIR
PLANT BASED
MUFFINS
330 - 336 g
SELECTED
VARIETIES

6.29
ea.

Nature's Flair

CASBAH
COUSCOUS
198 g
SELECTED
VARIETIES

3.99
ea.

Casbah
COUSCOUS

BFree
GLUTEN FREE
TORTILLAS
168 - 252 g
SELECTED
VARIETIES

7.49
ea.

BFree
Tortillas

ENJOY!
CHEESE
200 g
SELECTED
VARIETIES

4.99
ea.

ENJOY!
CHEESE

DAIYA
PLANT-BASED
CHEESE
200 - 227 g
SELECTED
VARIETIES

5.99
ea.

Daiya
PLANT-BASED
CHEESE

CHA'S ORGANICS
COCONUT ROLLS
100 g
SELECTED
VARIETIES

6.99
ea.

CHA'S ORGANICS
COCONUT ROLLS

PLANT-IT FOOD CO.
FROZEN MEALS
325 g

6.99
ea.

PLANT-IT FOOD CO.
FROZEN MEALS

PUTTER'S PICKLES
1 L
SELECTED
VARIETIES

5.99
ea.

PUTTER'S
PICKLES

SILVER HILL'S
ORGANIC
GRAIN BREADS
510g - 680 g
SELECTED
VARIETIES

5.99
ea.

SILVER HILL'S
ORGANIC
GRAIN BREADS

GO-BIO
CUBES
60 g
SELECTED
VARIETIES

4.49
ea.

GO-BIO
CUBES

PLANT-IT FOOD CO.
FROZEN MEALS
325 g

6.99
ea.

PLANT-IT FOOD CO.
FROZEN MEALS

PUTTER'S PICKLES
1 L
SELECTED
VARIETIES

5.99
ea.

PUTTER'S
PICKLES

SILVER HILL'S
ORGANIC
GRAIN BREADS
510g - 680 g
SELECTED
VARIETIES

5.99
ea.

SILVER HILL'S
ORGANIC
GRAIN BREADS

LifeSmart
Mieux
-ette

LIFE SMART
ORGANIC
RICE
900 g
SELECTED
VARIETIES

5.49
ea.

LIFE SMART
ORGANIC
RICE

LIFE SMART
ORGANIC
SESAME OIL
185 ml
SELECTED
VARIETIES

4.99
ea.

LIFE SMART
ORGANIC
SESAME OIL

LIFE SMART
ORGANIC
SESAME OIL
185 ml
SELECTED
VARIETIES

4.99
ea.

LIFE SMART
ORGANIC
SESAME OIL

START FRESH

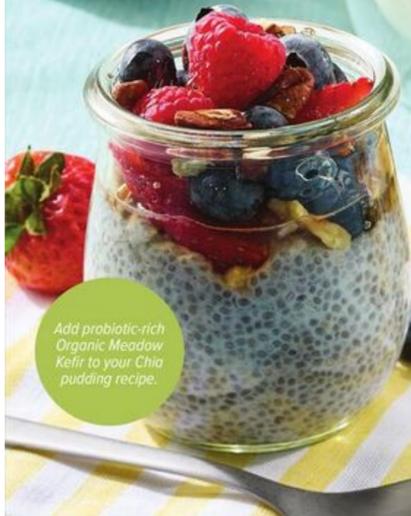
everyday dairy,
made better



Make a smooth
whipped coffee
with A2 Milk –
loaded with Omega
3 fatty acids.



Make a protein-
packed, nutrient-rich
Chocolate Protein
Shake with Vega
Protein & Organic
Meadow Yogurt.



Add probiotic-rich
Organic Meadow
Kefir to your Chia
pudding recipe.



SWAP
oatmeal for protein-
packed MUSH –
ready-to-eat oats for
on the go + good
source of fibre



249
ea. MUSH
OVERNIGHT OATS
148 ml
SELECTED VARIETIES

Protein helps build and repair tissues and supports muscle maintenance,
making it an essential part of a healthy, balanced lifestyle.



12.99
ea. VEGA
PROTEIN
4 x 330 ml
SELECTED VARIETIES



10.49
ea. MUSCLE MILK
4 x 330 ml
SELECTED VARIETIES



14.99
ea. PREMIER PROTEIN
4 x 325 ml
SELECTED VARIETIES



12.99
ea. ENSURE
HIGH PROTEIN
SELECTED SIZES
SELECTED VARIETIES

SMART SPREADS

EARTH BALANCE
BUTTERY SPREAD
425 g
SELECTED VARIETIES



6.99
ea.



6.49
ea. ORGANIC MEADOW
YOGURT
4 x 100 g
SELECTED VARIETIES

ORGANIC
MEADOW
KEFIR
1L
SELECTED
VARIETIES



6.49
ea.



8.49
ea. A2 MILK
2L
SELECTED
VARIETIES



7.49
ea. SAVOR
GRASS-FED BUTTER
227 g
SELECTED VARIETIES



5.49
ea. DAIYA
MAC & CHEESE
156 g
SELECTED
VARIETIES

ROLLING
MEADOW
DAIRY
MILK 2%
2L
SELECTED
VARIETIES



6.99
ea.



6.49
ea. RIVIERA YOGURT
500 g
SELECTED VARIETIES

MELT ORGANIC
PLANT BUTTER
368 g
SELECTED VARIETIES



6.49
ea.



70
points
5.49
ea. ORGANIC MEADOW
CHOCOLATE MILK 2%
946 ml
SELECTED VARIETIES



4.99
ea. MI-DEL
PIE CRUST
200 g
SELECTED VARIETIES



14.99
ea. BLOOMING PLANTS
5" SPRING
MUSHROOM POT
ASSORTED VARIETIES

Your
groceries,
decoded.

My Health My Choices make it easy to find the products
that are right for you. Now with NEW attributes:



GREEN BOWL
quinoa pea
17g protein, 71% fibre

6.49 ea.
GREEN BOWL ENTREES
250 g
SELECTED VARIETIES

GOOD LEAF TRUE NORTH BLEND
113% ZERO
BABY GREENS

4.99 ea.
GOODLEAF SALAD MIXES
PRODUCT OF CANADA
113 g
SELECTED VARIETIES

4.99 ea.
FRESH ATLANTIC SALMON PORTIONS
SKINLESS, 113 g
SELECTED VARIETIES

FEEL-GOOD FAVOURITES

free from the usual suspects,
big on taste



MOTHER RAW
GREEK
242 ml
SELECTED VARIETIES

MOTHER RAW
CAESAR
242 ml
SELECTED VARIETIES

6.49 ea.
MOTHER RAW ORGANIC DRESSINGS
242 ml
SELECTED VARIETIES

ORGANIC
CHICKEN BREAST FILLETS
RAISED WITHOUT ANTIBIOTICS

12.99 ea.
YORKSHIRE VALLEY FARMS
ORGANIC CHICKEN FILLETS,
DINO NUGGETS OR BITES
FROZEN, 454 - 600 g

125 points
12.99 ea.
MANITOBA HARVEST
HEMP OIL
500 ml
SELECTED VARIETIES

ORGANIC
DICED TOMATOES

6.49 ea.
EAT WHOLESOME FOOD CO.
CANNED TOMATOES
796 ml
SELECTED VARIETIES

NON-GMO
NONNA PIA'S
PASTA SAUCE
660 ml
SELECTED VARIETIES

7.99 ea.

PLANT-BASED
DI MARTINO PASTA
500 g
SELECTED VARIETIES

4.49 ea.

125 points
12.99 ea.
PASTA TAVOLA
RAVIOLI
400 g
SELECTED VARIETIES

NON-GMO
CHICKAPEA PASTA
227 g
SELECTED VARIETIES

5.99 ea.

DAINTY
RICE
460 g
SELECTED VARIETIES

4.99 ea.

LIVIVA
NOODLES
120 g
SELECTED VARIETIES

4.49 ea.

KRAFT
DINNER
170 g
SELECTED VARIETIES

3.99 ea.

ORGANIC
FARMER'S MARKET
VEGETABLES
398 ml
SELECTED VARIETIES

4.99 ea.

AMY'S
SOUP
398 ml
SELECTED VARIETIES

5.49 ea.

BRIANNAS
DRESSING
296 ml
SELECTED VARIETIES

8.99 ea.

MRS. RENFRO'S
SALSA OR NAKED & SAUCY SAUCES
SELECTED SIZES
SELECTED VARIETIES

6.99 ea.

LifeSmart
Mieux-
-ette

LIFE SMART
BROTH
946 ml
SELECTED VARIETIES

3.49 ea.

HYDRATE & REFRESH

sip clean & reset daily routines with better-for-you bubbles, teas & coffees



SWAP

sparkling water for naturally flavoured La Croix – hydration without any added sugars.



5.49 ea.
LA CROIX SPARKLING WATER
8 x 355 ml
SELECTED VARIETIES

<p>5.99 ea. TRADITIONAL MEDICINALS TEA 16 UN SELECTED VARIETIES</p>	<p>125 points 8.49 ea. UNCLE LEE'S TEA 100 UN SELECTED VARIETIES</p>	<p>8.99 ea. NUMI TEA 18 UN SELECTED VARIETIES</p>	<p>6.49 ea. STASH ORGANIC TEA 16 UN SELECTED VARIETIES</p>
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<p>7.99 ea. FEVER-TREE DRINKS 4 x 200 ml SELECTED VARIETIES</p>	<p>7.49 ea. FRUIT D'OR JUICE 946 ml SELECTED VARIETIES</p>	<p>125 points 8.99 ea. R. W. KNUDSEN JUICE 946 ml SELECTED VARIETIES</p>	<p>125 points 17.99 ea. CAFÉ WILLIAM COFFEE BEANS 300 g SELECTED VARIETIES</p>	<p>250 points 31.99 ea. KICKING HORSE COFFEE BEANS 850 g SELECTED VARIETIES</p>
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<p>40 points 2.49 ea. REMEDY KOMBUCHA 355 ml STEAZ ICED GREEN TEA 473 ml SELECTED VARIETIES</p>	<p>40 points 2.99 ea. COVE SODA 355 ml SELECTED VARIETIES</p>	<p>50 points 3.99 ea. RISE KOMBUCHA 414 ml ZEVIA SOFT DRINKS 355 ml SELECTED VARIETIES</p>	
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2.49 ea.
LIFE SMART NATURALIA ALMOND BEVERAGE
946 ml
SELECTED VARIETIES



11⁹⁹ ea. OGGI PIZZA 450-452 g SELECTED VARIETIES



8⁹⁹ ea. GENERAL ASSEMBLY PIZZA SELECTED SIZES SELECTED VARIETIES



11⁹⁹ ea. DAIYA FLAT BREAD SELECTED SIZES SELECTED VARIETIES



10⁹⁹ ea. CAULIPOWER PIZZA 336 g SELECTED VARIETIES



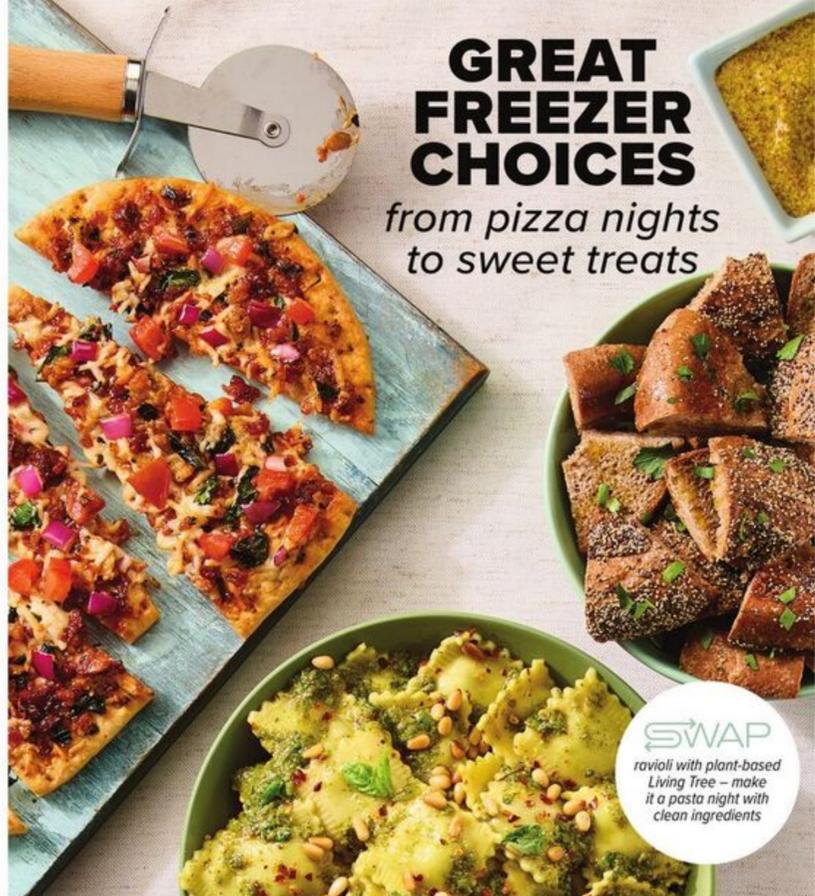
10⁹⁹ ea. PIANO-PIANO PIZZA 474-495 g SELECTED VARIETIES



9⁴⁹ ea. STELLAS PEROGIES 520 g SELECTED VARIETIES



5⁴⁹ ea. AMY'S BURRITOS 156-170 g SELECTED VARIETIES



GREAT FREEZER CHOICES

from pizza nights to sweet treats

SWAP
ravioli with plant-based Living Tree - make it a pasta night with clean ingredients

		
11 ⁹⁹ ea. MIDDLETON'S FROZEN MEALS 300 g SELECTED VARIETIES	7 ⁴⁹ ea. LIVING TREE FOODS RAVIOLI 250 g SELECTED VARIETIES	7 ⁹⁹ ea. QUEEN ST. BAKERY BAGELS 464 g SELECTED VARIETIES



BEN & JERRY'S FROZEN DESSERT
473 ml SELECTED VARIETIES

Plant-Based 

6⁹⁹ ea.

MAGNUM ICED BARS
3 x 90 ml SELECTED VARIETIES

Plant-Based 

6⁴⁹ ea.

NORA'S FROZEN DESSERT
500 ml SELECTED VARIETIES

Gluten-Free 

7⁹⁹ ea.

NANA POPS! ICED BARS
3 x 80 ml SELECTED VARIETIES

Plant-Based 

80 points

6⁹⁹ ea.

Plant-Based 

		
125 points		
9 ⁴⁹ ea. VG GOURMET VEGGIE BITES 300 g SELECTED VARIETIES		

BREAKFAST REBOOT

rise & shine with whole-grain fibre & healthy spreads



SWAP

cereal with low sugar Farm Girl – enjoy a bowl of nutritious, protein-packed fruit hoops.

70 points
5.99 ea.
 NATURE'S PATH ORGANIC WAFFLES
 210 g
 SELECTED VARIETIES

7.49 ea.
 GREENHOUSE ORGANIC SMOOTHIES
 900 ml
 SELECTED VARIETIES

13.99 ea.
 SHADY MAPLE FARMS MAPLE SYRUP
 375 ml
 SELECTED VARIETIES

7.99 ea.
 BOB'S RED MILL OATMEAL
 907 g
 SELECTED VARIETIES

4.99 ea.
 NATURE'S PATH CEREAL
 375 - 400 g
 SELECTED VARIETIES

8.99 ea.
 FARM GIRL CEREAL
 280 g
 SELECTED VARIETIES

5.49 ea.
 ONE DEGREE CEREAL
 227 - 284 g
 SELECTED VARIETIES

8.99 ea.
 RAWCOLOGY GRANOLA
 200 g
 SELECTED VARIETIES

7.99 ea.
 GRANO LOVE CEREAL
 300 g
 SELECTED VARIETIES

11.49 ea.
 ONLY OATS OATMEAL
 1 kg

9.99 ea.
 NATURE'S PATH ORGANIC CEREAL
 907 g
 SELECTED VARIETIES

125 points
8.99 ea.
 HOLY CRAP CEREAL
 225 g
 SELECTED VARIETIES

5.49 ea.
 WELL COLD-PRESSED JUICES
 333 ml
 SELECTED VARIETIES

125 points
14.99 ea.
 PEACE RIVER HONEY
 500 g
 SELECTED VARIETIES

11.99 ea.
 MARANATHA ALMOND BUTTER
 340 g
 SELECTED VARIETIES

9.99 ea.
 NUTS TO YOU SPREAD
 365 g
 SELECTED VARIETIES

12.49 ea.
 PB2 POWDERED PEANUT BUTTER
 454 g
 SELECTED VARIETIES

4.49 ea.
 LIFE SMART ORGANIC FROZEN WAFFLES
 240 g
 SELECTED VARIETIES

5.49 ea.
 LIFE SMART ORGANIC PEANUT BUTTER
 500 g
 SELECTED VARIETIES

SNACK LIGHTER

simple ingredients,
feel-good flavour

899
ea.

KIND
GRANOLA BARS
5 x 40 g
SELECTED VARIETIES

849
ea.

KIND
PROTEIN BARS
4 x 62 g
SELECTED VARIETIES

399
ea.

BRETON
CRACKERS
135 g
SELECTED VARIETIES



699
ea.

MARY'S
CRACKERS
156 g
SELECTED VARIETIES



65
points

399
ea.

ANGIE'S
POPCORNS
136 - 198 g
SELECTED VARIETIES



299
ea.

PROBAR
PROTEIN BARS
70 g
SELECTED VARIETIES

SWAP

popcorn for whole
grain BoomChickaPop -
same great snack but
lower in calories
+ whole grain



65
points

299
ea.

SENSIBLE
PORTIONS
120 - 142 g
SELECTED VARIETIES



899
ea.

SCHAR
CRACKERS
210 g
SELECTED VARIETIES



299
ea.

SUMMER FRESH
SNACK 'N GO
118 g
SELECTED VARIETIES



549
ea.

NAIRN'S
FLAT BREAD
150 g
SELECTED VARIETIES



749
ea.

RAINCOAST
CRISPS
150 g
SELECTED VARIETIES



349
ea.

PLUMM GOOD
RICE CAKES
95 g
SELECTED
VARIETIES



749
ea.

FATSO
PEANUT
BUTTER
500 g
SELECTED
VARIETIES



399
ea.

SUN TROPICS
COCO ROLLS
100 g
SELECTED
VARIETIES



599
ea.

TERRA
CHIPS
141 g
SELECTED
VARIETIES



599
ea.

TUTTI
GOURMET COOKIES
180 g
SELECTED VARIETIES



949
ea.

KOUKLA
BITES
120 - 150 g
SELECTED
VARIETIES

Fairtrade



60
points

499
ea.

ZAZUBEAN
CHOCOLATE BARS
85 g
SELECTED VARIETIES

moi rewards

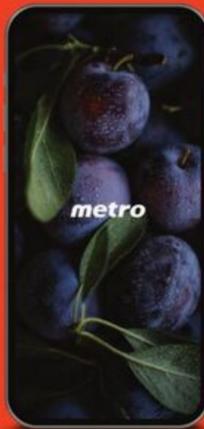
i earn
points
faster
with...

points in every aisle*
+ more on-shelf offers
+ more in-app offers
+ more member contests
+ more points when you link
your eligible RBC card**

i earn
and
save
on the
app



join today
and save 



1

download
the app



2

save by adding personalized
coupons every week



3

use moi rewards card
at checkout

*Certain conditions apply, see moirewards.ca for conditions. For \$3 = 1 pt: available at Metro; not available at Food Basics. Moi Rewards is a trademark of Metro Inc.
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