VERSION 5

2.99 ea.

STRAWBERRIES
PRODUCE OF CANADA
PRODUCT OF CANADA, PRODUCT OF USA, PRODUCT OF MEXICO

3.99 ea.

1.99 /lb

CITRUS OF SUPER ORANGES OR JUMBO TANGELO MANDELLO
PRODUCE OF USA
0.99/kg

2.49 ea.

SWEET CHERRY TOMATOES OR
ROMAINE, BROCCOLI OR KALE SLAW SALADS
PRODUCE OF CANADA

moi rewards member price

875¢

MEMBER PRICE
EXPIRES
MARCH 31

15.99 ea.

SPECIAL PRICE
19.99
for non-members

Effective March 5 6 7 8 9 10

MON TUES WED THURS FRI SAT

VERSION 6

CELEBRATE INTERNATIONAL
WOMEN'S DAY MARCH 8

BUDGETBOX
UP TO 20 ITEMS
20.00 ea. | 125 BONUS AIR MILES

metro
CANADIAN AND PROUD

FRESH ATLANTIC SALMON
FILLETS OR WHOLE
FROM THE SEA SALT
SEA SALT
3.99 ea.

GROUND IN STORE DAILY

EXTRA LEAN

EXTRA LEAN GROUND BEEF BULK PACK 1.5 kg
LIFE SWEET EXTRA LEAN GROUND CHICKEN OR TURKEY 454 g
5.99 ea. or /lb

ARTISANS
ARTISANS
ARTISANS

LOW PRICE EVERY DAY

100's of items at the same low price every day.

NOW 4.99 ea.

IRRÉSISTIBLE ICE CREAM 1L
(EXCLUDES MINI)

NOW 4.99 ea.

IRRÉSISTIBLE SPARKLING WATER
6 PACK
(EXCLUDES MINI)

SELECTION CREAM
(EXCLUDES MINI)

NOW 3.99 ea.

IRRÉSISTIBLE YOGURT 500G
(EXCLUDES MINI)

NOW 5.99 ea.

NOW 3.99 ea.

IRRÉSISTIBLE COOKIES
(EXCLUDES MINI)

SELECTION PASTA SAUCE
(EXCLUDES MINI)

NOW 3.99 ea.

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New Lower Prices

7.00 2 ea.
COUNTRY HARVEST BREAKFAST SAUSAGE OR BACON OR BREAKFAST WITH BACON 300 g - 400 g, 2 ea. EACH (EXCLUDES 2 ea. PRICE)

30% OFF
CASCADIA FRESH OR CARDINAL GLEN SWEDISH FINTORPA 1.5 kg - 2 kg OR SWEDISH MEATBALLS 1.5 kg - 2 kg

6.99 ea.
JANE'S ORIGINAL FISH FILLETS 454 g - 680 g, EXCLUDES 454 g PRICE

19.99 ea.
CROWD GARDEN™ WILD ARGENTINEAN RAW SHRIMP 454 g - 680 g OR WILD SOCKEYE SALMON 340 g - 680 g

3.49 lb.
FLETCHER'S PORK COTTAGE ROLL 1.66 kg - 2.66 kg

11.99 ea.
SWISS CHALET OR MONTREAL STEAK PORK BACK RIBS 1.5 kg - 2 kg, EXCLUDES 500 g - 600 g

6.49 ea.
MARCHMONDE® SLICED COLBY OR MILD WHITE CHEDDAR CHEESE 454 g - 500 g, EXCLUDES 454 g PRICE

12.99 ea.
FRESH VEGETABLE OR FRUIT TRAYS 454 g - 1.36 kg

GENERAL MILLS CEREAL 300 g - 400 g
4.49 ea.

6.99 ea.
SIMPLY REFRIGERATED JUICE 1.75 L, EXCLUDES 1.75 L PRICE

3.99 ea.
SIMPLY MADE OR PROSTIPPU REFRIGERATED DRINKS OR TEA 1.75 L - 2.25 L, EXCLUDES 1.75 L PRICE

5.49 ea.
CRACKER BARREL OR BLACK DIAMOND ALTO MULTI OR ULTIMATE YOGURT 650 g - 750 g, EXCLUDES 650 g PRICE

3.49 ea.
ASTRO YOGURT TUBE 80 - 175 g, EXCLUDES 80 g PRICE

4.99 ea.
ROCK'S PICKLES OR FRENCH'S KETCHUP 1.5 L - 2.25 L, EXCLUDES 1.5 L PRICE

PRINGLES CHIPS, CLAMATO OR DOLE OR OCEAN SPRAY OR COCKTAIL DEL MONTE VECTOR OR ARIZONA ICED TEA 2 L
2.49 ea.

3.99 ea.
MINUTE MAID, POM ALOE JUICE OR ORANGE, APPLE OR MOTT'S CLAMATO OR GARDEN COCKTAIL 1.75 L - 2.25 L, EXCLUDES 1.75 L PRICE

11.49 ea.
CORONA EXTRA, CORONA LIGHT OR MODELO ESPECIAL BEER 24 x 355 mL, EXCLUDES 24 x 355 mL PRICE

HÄAGEN-DAZS ICE CREAM 1.14 L - 1.46 L
5.99 ea.

3.49 ea.
SKINNY POP POPCORN, SKINNY POP OR TOP OR SMART CHEESE 100 g - 200 g, EXCLUDES 100 g PRICE

9.99 ea.
LINDT LINDOR CHOCOLATE 137 g - 215 g

10.99 ea.
CERTAIN DRY, DOWNY OR BOUNCE 1.42 L - 2.04 L

10.99 ea.
BOUNTY PAPER TOWELS OR CHARMIN BATHROOM TISSUE OR SCOTT 1000 SHEETS 6 x 6 - 12 x 12 ea., EXCLUDES 6 x 6 PRICE

4.49 ea.
ZIPLOC BAGS, GLAD TRASH BAGS OR SCOTT BATHROOM TISSUE 12 x 12 - 24 x 24 ea., EXCLUDES 12 x 12 PRICE

I earn with moi rewards

125 moi points
6.49 ea.
JANE'S OR SWIFT SAUSAGE 454 g - 500 g, EXCLUDES 454 g PRICE

125 moi points
4.49 ea.
PRINGLES CHIPS, PRETZEL, MIXED OR SNACKTIVITY® POPCORN 100 g - 200 g, EXCLUDES 100 g PRICE

125 moi points
3.99 ea.
CHEESE OR CELEBRATIONS 227 g - 454 g, EXCLUDES 227 g PRICE

We reserve the right to limit quantities.
WE'RE OPTIMIZING OUR PRICE FOR EVERYDAY LOWER PRICES.
NO MORE PRICING TO MATCH THE LOWEST PRICE.

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moi rewards

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THIS WEEK'S DEALS:

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

NOW 3.99 ea. SAVE UP TO $1.50 | 5.49* ea. OREO CAKESTERS 285 g SELECTED VARIETIES

NOW 3.99 ea. SAVE UP TO $2.80 | 6.79* 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 moi10 account. Limit of one coupon redemption with a moi10 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.*

total of **20 million** points to be won

participate by purchasing two products from these brands

Selection | Irrésistible | 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

JUMBO
4.99 /lb — CONNI QUEEN GRAPES ... 9.98/kg
1.99 ea. — LARGE AVOCADOS ... CONTAINS 1 AVOCADO
1.99 /lb — SWEET POTATOES ... 4.38/kg
Sale 3.49 — Regular 4.49 — Frozen Garlic Cloves — WILLY GROVE WHOLE MUSHROOMS ... 5.98/kg
2.99 ea. — WILLY GROVE WHOLE MUSHROOMS ... 5.98/kg
2.49 /lb — LARGE BARTLETT PEARS ... 5.49/kg
3.99 ea. — BLACKBERRIES ... PRODUCE OF MEXICO
Sale 3.49 — Regular 4.49 — Frozen Garlic Cloves — YELLOW ONIONS ... CONTAINS 1 ONION
2.99 /lb — EXTRA LARGE VEGETABLE TOMATOES ... 6.60/kg
5.99 ea. — CANARY OR GARIFULIA MELON ... PRODUCE OF CHILE
3.99 /lb — MANGO PINEAPPLE ... 8.80/kg; LARGE NECTARINES ... 8.80/kg
2.99 /lb — Frozen Garlic Cloves — PARSNIPS ... 6.60/kg
3.99 ea. — LITTLE POTATO CO. — LITTLE POTATOES ... 6.60/kg
3.99 /lb — DRAGON FRUIT/PITAHAYA ... 8.80/kg
Sale 5.49 ea. — Regular 7.49 ea. — 70 CENTS OFF — COOK APPLES ... 8.80/kg
4.49 ea. — Frozen Garlic Cloves — haven — HAVEN BREAD ... 5.98/kg
5.99 ea. — LOOSE LETTUCES ... PRODUCE OF MEXICO
4.99 ea. — CHOCOLATES FLAVORED CHEESES ... 9.98/kg
NEW — 4.99 ea. — GUSTA — GUSTA SALSAS ... 5.98/kg
2.49 ea. — Frozen Garlic Cloves — tofu — LIFE SMART TOFU ... 5.98/kg
4.99 ea. — DOLCI CACIAR QUALITY ... 5.98/kg

Organic

ORGANIC LEMONS ... 4.99 ea.
ORGANIC GREEN CABBAGE ... 4.49/kg
2.99 /lb — ORGANIC GALA APPLES ... 6.60/kg
1.99 /lb — ORGANIC GREEN CABBAGE ... 4.49/kg
4.99 ea. — GREENWELL ORGANIC BLUEBERRIES ... 9.98/kg

Sliced & Diced

5.99 ea. — BENTO KITS ... 2.5–4.5kg
6.99 ea. — SWEET SALADS ... 2.5–4.5kg
6.99 ea. — LARGE WATERMELON OR SEEDLESS MELON CHUNKS ... 4.5–5.5kg
5.99 ea. — READY TO COOK VEGETABLES KITS ... 2.5–4.5kg
70 CENTS OFF

WOMEN'S DAY MARCH 8

16.99 ea. — ASSORTED FLORAL BOUQUET ... 2.5–3.5kg
NEW — 39.99 ea. — KALANCHOE PLANTS ... 2.5–3.5kg
pick Ontario
12.99 ea. — HYDRANGEAS ... 2.5–3.5kg
FRESH CUT TULIPS ... 2.5–3.5kg
SAVE $2.00
14.99 ea.

metro.ca

CELEBRATE INTERNATIONAL WOMEN'S DAY

march 8

#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.

Christine LeForest
CEO of Bel Canada Group

BOURSIN PLANT BASED
200 G
SELECTED VARIETIES

6.49 ea.

Margaret Cavers
Nuts For Cheese

NUTS FOR CHEESE SPREAD
125 G
SELECTED VARIETIES

10.99 ea.

Veronica Garza
Sunk Foods

SUNK
TORTILLA CHIPS
170 G
SELECTED VARIETIES

5.99 ea.

Tara, Megan & Laura Tomulka
Rawcology Founders

RAWCOLOGY
GRAIN FREE GRANOLA
400 G
SELECTED VARIETIES

7.49 ea.

Jennifer Boville
CEO & Co-Founder
Farm Girl

FARM GIRL
CEREAL
350 G
SELECTED VARIETIES

8.99 ea.

Margaret Hudson
Bundoran Farms

NATURES
EGG WAFFLES
300 G

5.99 ea.

Julie Bodnarski
Founder / CEO

HEALTHY CRUNCH
SEED BUTTER
250 G
SELECTED VARIETIES

8.49 ea.

Susan Niczowski
Founder and President
of Summer Fresh Salads Inc.

SUMMER FRESH
HUMMUS OR DIPS
250 G
SELECTED VARIETIES

4.49 ea.

Natasha and Elysia Vandenhurk
Three Farmers

THREE FARMERS
CHICK PEAS
540 G
SELECTED VARIETIES

4.49 ea.

Jessica Preskey
Owner of Black River

BLACK RIVER
JUICE
1 L
SELECTED VARIETIES

8.99 ea.

Gigi Gill
CEO of Zolfino
Chocolates

ZOLFINO
DRAGÉE
CHOCOLATE
BARS
50 - 70 G
SELECTED VARIETIES

3.99 ea.

Amelia Kirchoff and Jade Sunkin
GoMacro Founders

GOMACRO
BARS
65 - 70 G
SELECTED VARIETIES

3.99 ea.

Susan and Megan McElwain
Sassyeater

SASSYEAT
HOT SAUCE
250 ML

6.99 ea.

Corinne Chambers-Saint and Francine Chambers
DIVA ™ Founders

DIVA
DISH EXP
MENSTRUAL CUP
SELECTED VARIETIES

31.99 ea.

Zony Shamai
Founder & CEO

TONICA ORGANIC KOMBUCHA
355 ml
SELECTED VARIETIES
3.99 EA.

Kimberly Chamberlaind and Jasmine Bryce
CEO and COO

MIGHTY MUSHROOM BITES
SELECTED VARIETIES
6.99 EA.

Genevieve Brousseau Provencher
CEO & Co-Founder

DOSE
SELECTED VARIETIES
13.99 EA.

Mikki Tolski
Founder & CEO

oomé
Creeds
Créneque
274g

oomé
Maple Soy
Érable et Soya
274g

6.49 EA.

Jennifer Italiano
Co-Founder & Owner

live.
LIVE VEGETABLE SELECTIONS
473 ml
7.99 EA.

Natasa Karambelias
President

KOUKLA
SELECTED VARIETIES
8.99 EA.

Celebrate the women in your life

ARTISTICAL LITTLE GARDEN BASKETS
SELECTED VARIETIES
22.99 EA.

GENEROUS GRACE BOUQUET
SELECTED VARIETIES
25.00 EA.

PRINCESS BOUQUET OR ROSE BOUQUET OR FANCY PREMIUM ROSE
39.99 EA.

CELEBRATION BOUQUET
SELECTED COLOURS
20.00 EA.

ALOHAPINK
6" POT
22.99 EA.

INVITATIONS
CHILLAX RED WHITE
750 ml
SELECTED VARIETIES
8.49 EA.

ARRANGEMENT
SELECTED COLOURS AND STYLES
STARTING AT
44.99 EA.

PRESENTATION BOUQUET
SELECTED COLOURS AND STYLES
STARTING AT
39.99 EA.

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PLATINUM GRILL

Platinum Grill beef is 100% Canadian AAA Angus, aged for rich flavour, and expertly cut in store to Metro's highest standards.

Look for the Platinum Grill sticker in-store.

PLATINUM GRILL ANGUS 100% Canadian AAA Angus Aged for rich flavour Cut in-store to Metro's highest standards

PLATINUM GRILL ANGUS T-BONE STEAK 454-510g
19.99 /lb

PLATINUM GRILL ANGUS PORTERHOUSE STEAK BONE-IN RIBEYE ROAST 510-567g
35.99 /lb

PLATINUM GRILL ANGUS BONELESS RIBEYE ROAST 510-567g
9.99 /lb

PLATINUM GRILL ANGUS BONELESS WHOLE RIBEYE ROAST OR VALUE PACK STEAKS 510-567g
9.99 /lb

PLATINUM GRILL ANGUS TENDERLOIN TOP STEAK VALUE PACK 510-567g
8.99 /lb

PLATINUM GRILL ANGUS CLUB BROIL CHICK 227-255g
9.99 /lb

PLATINUM GRILL ANGUS TOP SIRLOIN STEAK 454-510g
13.99 /lb

Easy Meal Ideas

5.99 /lb RACHEL'S CORNED BEEF BRISKET 12.27kg

12.99 ea. MARIA TOLLAKIS'S LASAGNA 1.36kg/1.45kg (1.36kg/1.45kg)

6.99 ea. SCHNEIDERS BEEF POTS 454g/454g (454g/454g)

19.99 ea. THE BIG PRIME RIB BEEF BURGERS 1.36kg/1.36kg (1.36kg/1.36kg) OR PORK BACK RIBS 1.36kg/1.36kg

i earn with moi rewards

MAPLE LEAF PRIME FULL-FLAVOUR BACON OR MORNINGSIDE OR THICK 375-454g
5.99 /lb 125 moi points value of $1.50

CHICKEN LOVERS UNCLE BUCK'S OR PRIDE CHICKEN SPLIT BREASTS 1.13kg
7.99 /lb 125 moi points value of $1.50

LIFE'S FRESH PROMISE PORK SAUSAGES 1.36kg/1.36kg
7.99 ea. 125 moi points value of $1.50

DUBREUIL GARDEN ORGANIC EXTRA LEAN GROUND PORK 454g
8.99 ea. 125 moi points value of $1.50

5.99 ea. MAGIC ANGELO MARINATED CHICKEN BREAST PORTIONS 2kg (227-255g/225g)

6.99 ea. SELECTION SMOKED SAUSAGES 1.36kg/1.36kg (1.36kg/1.36kg)

7.99 ea. IMPOSSIBLE IMPOSSIBLE PLANT-BASED BURGERS OR SAUSAGES OR FROZEN CHICKEN NUGGETS 227-384g

7.99 ea. MAPLE LEAF SCHNEIDERS BACON 375g/375g (375g/375g) 90 points

8.99 ea. KIRKINO FILLO TWISTERS 454g/454g (454g/454g)

11.99 ea. SELECTION JAMAICAN PATTIES 1.36kg/1.36kg (1.36kg/1.36kg)

14.99 ea. PILLER'S SMOKED HAM 1.36kg/1.36kg (1.36kg/1.36kg)

BUTTERBALL BUTTERBALL OR TURKEY BREAST ROAST 2.27kg/2.27kg (2.27kg/2.27kg)
22.99 ea. 125 moi points value of $1.50

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Seafood

19.99 lb. FRESH CANADIAN ORGANIC CHINOOK SALMON FILLETS

FAMILY PACK
FAMILY PACK SUPREME SUSHI
18.00 ea.

1.29 ea. PACIFIC WHITE SHRIMP COOKED CHUNK MEDIUMSIZE

2 LB
5.99 ea. FRESH CANADIAN COW ORGANIC MUSSELS 1.1 kg

9.99 lb. BAY SCALLOPS MEDIUM-LARGE, 2 LBMIN.

FAMILY PACK
7.99 lb. STONE MADE SCAMPI SALMON SCAMPI SALMON 1.1 kg

4.99 ea. SMOKED CHINOOK LOBSTER MEAT 142 g

8.99 ea. CEDAR PRIMO WHOLE CLAMMED SOUP 454 g

9.99 ea. CEDAR BAY LOBSTER CLAMMED MILK & CORN 454 g

16.99 ea. ASIAN STAR WILD SALMON PORTIONS 454 g

Irrésistible

5.99 ea. IRRÉSISTIBLES SMOKED SALMON SALMON SMOKED

9.99 ea. IRRÉSISTIBLES PACIFIC MUSSELS MUSSELS

9.99 ea. IRRÉSISTIBLES PACIFIC SHRIMP SHRIMP SAUTÉ 454 g

17.99 ea. IRRÉSISTIBLES SALMON SALMON OR YELLOWFIN TUNA TUNA 454 g

LIMITED QUANTITIES AVAILABLE

Deli Favourities

2.99 /100 g. SMOKED SHOULDER OF LOUGHRIN RANCH

2.99 /100 g. MAPLE LEAF CLASSIC SLICED OR WHOLE SMOKED HAM 175 g

BUY MORE SAVE MORE
3.29 /100 g when you buy 500 g or more BERTHIER 2% MILK AGED CHEDDAR 175 g

BUY MORE SAVE MORE
3.49 /100 g when you buy 500 g or more IRRÉSISTIBLES ARTISAN SMOKED MEAT & CHEESE BAGUE OR MEDAILLON

3.99 /100 g IRRÉSISTIBLES ARTISAN SMOKED MEAT & CHEESE BAGUE, CLASSIC BEEF OR PASTRAMI

8.49 ea. PILLER'S MEDIUM SALAMI OR POLISH SAUSAGE 454 g

9.99 ea. The Stelle CHEESE 175 g

The Stelle CHEESE 175 g

3.99 /100 g. SARTORI PRIVILLE SWEET BELLA ARTISAN 175 g

8.79 ea. BELLEVILLE SMOKE HOUSE SMOKED SALAMI, PEPPERONI

12.99 ea. MASTER SALAMI SALAMI 454 g

50 points

6.49 ea. MR. ONION SPREADS 175 g

6.49 ea. PRESIDENT'S CHOICE PARMESAN CRISPS 175 g

6.99 ea. PRESIDENT'S CHOICE SAUCE 454 g

4 PACK
13.00 ea. FRESH 2-CO PANINI SANDWICHES 4 x 125 g

125 points
15.99 ea. FRESH 2-GO 10" SHRIMP, STONE BAKED PIZZA 125 g

FRESH 2 GO

metro.ca

Irresistible

IRRESISTIBLE MINI BAGUETTES 2 x 250 g
2.99 ea.

IRRESISTIBLE MINI BRIOCHE BUNS 6 x 75 g
6.49 ea.

NEW

IRRESISTIBLE PORTUGUESE CUSTARD TARTS 6 x 75 g
7.99 ea.

IRRESISTIBLE BUTTER TARTS 12 x 50 g
6.99 ea.

Fruity Favourites

FRONT STREET BAKERY TRIPLE FRUIT OR TRIPLE STRAWBERRY BUTTER CAKE 1.5 kg
22.99 ea.

FRONT STREET BAKERY FRUIT TOPPED CHOCOLATE CAKE 1.5 kg
11.99 ea.

FRONT STREET BAKERY CHOCOLATE TRUFFLE OR VANILLA MINI CAKE 6 x 75 g
31.99 ea.

FRONT STREET BAKERY GOURMET FRUIT TOPPED CHEESECAKE 1.5 kg
4.49 ea.

PREMIER MEUNIER SOURDOUGH BAGUETTE 2 x 250 g
3.99 ea.

PREMIER MEUNIER SOURDOUGH SLICED BREAD 675 g / 24 oz (NAMPA ONLY)
3.49 ea.

FREEZE & BAKE

FROZEN OR FRESH BREAD 2 x 250 g (NAMPA ONLY)
3.49 ea.

FRONT STREET BAKERY FRENCH ROLLS 12 x 75 g
4.29 ea.

BRIOCHE DE LOUIS BRIOCHE 500 g
5.99 ea.

LOS LOUIS TACHOS CHIPS 1 x 200 g (NAMPA ONLY)
3.49 ea.

PREMIER MEUNIER CINNATOAST 2 x 250 g (NAMPA ONLY)
7.49 ea.

VELLEROY BRIOCHE ROLLS 6 x 75 g
3.99 ea.

Meal Essentials

TIM HORTONS SOUP 540 ml
2.99 ea.

TABASCO HOT SAUCE 60 ml
3.49 ea.

MARKET TASTE 250 ml
5.99 ea.

ORGANIC VINEGARS 250 ml (NAMPA ONLY)
6.99 ea.

STEFANO MARINARA

STEFANO PROUDLY ITALIAN CANADIAN

STEFANO FRUITS PASTA SAUCE 540 ml
STEFANO BEANS IN SAUCE SOUP 540 ml
6.99 ea.

DAINTY RICE 1 kg (NAMPA ONLY)
9.99 ea.

PESTO

PROVINCIALES PESTO 90 ml
4.49 ea.

iögo nano

New iögo nano yogurts, anywhere you go!

NEW! CALCIUM + VITAMIN C

REAL FRUIT

FRUIT BASE YOGURT WITH FLAVOURED PEARLS 4 x 90 g
3.99

iögo nano DRINKABLE YOGURT 4 x 90 g (NAMPA ONLY)
3.99

iögo nano FRUIT BASE POUCH YOGURT 4 x 90 g (NAMPA ONLY)
3.99

IMAGINE READY IN A SNAP!

CONAGRA, HEALTHY CHOICE OR MARIE CALLENDER'S FROZEN MEALS 2 x 2.12 kg (NAMPA ONLY)
2 / 8.00

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UP TO

$60

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FLAVOURS OF Ramadan

A JOURNEY OF FAITH, FASTING & INNER RENEWAL

RICE PREMIUM OR BROWN BASMATI RICE 2 kg - 4.5 kg SELECTED VARIETIES

7.99 EA.

19.99 EA. BAKLEY CAKE VANILLA OR CHOCOLATE 900 g

11.99 EA. NEW ZEALAND GRASS FED LAMB SHOULDER FROZEN, 36.4 kg

1.69 EA. CEDAR CANNED BEANS 540 ml SELECTED VARIETIES

99¢ EA. FRESH BUNCH MINT PRODUCE OF U.S.A. OR MEXICO

8.99 EA. WHOLE GOLDEN PUMPKINS FROZEN, 900 g

16.99 EA. GERBERA BOUQUET PLANTING GUIDE

99¢ EA. PARLE G., LU OR CLICK COOKIES 200 g - 400 g SELECTED VARIETIES

3.99 EA. AYCO OR PATAK COOKING SAUCE 350 g - 400 g SELECTED VARIETIES

1.99 EA. CEDAR COCONUT MILK, WHITE OR ORANGE 540 ml - 1.36 L SELECTED VARIETIES

2.49 EA. SUNLIT UNCOLA, MANGO OR QUENCH DRINKS 355 - 473 ml SELECTED VARIETIES

13.99 EA. NANAK GHEE 946 ml SELECTED VARIETIES

4.99 EA. MAHER BATTLE OR SHAKTI OIL 1.5 L SELECTED VARIETIES

9.99 EA. PARLIAMENT GOLD, MAYA OR LIFE SELECT CIGARETTES OR BELLA MOON FULL OR BROWN BASMATI RICE SELECTED VARIETIES

6.49 EA. SPICY CHICKEN AUBURN OR CHAUM SELECTED VARIETIES

1.29 EA. CASABLANCA MAYA, DORMILA OR DORMILA CHIPS 200 g - 300 g SELECTED VARIETIES

4.99 EA. HEREFORD OR PRIDEMAX CORNED BEEF 340 g SELECTED VARIETIES

2.49 EA. HOME FOOD PRODUCTS OR CEDAR FRUITY DIP 500 ml SELECTED VARIETIES

7.99 EA. ALFA PIES 1.36 kg SELECTED VARIETIES

1.67 EA. NATURAL OATS MILKS OR 1% MILK 946 ml SELECTED VARIETIES

1.79 EA. KARKARA CHIPS 150 g - 175 g SELECTED VARIETIES

5.99 EA. BRAR'S SAMOSAS 12 PK SELECTED VARIETIES

1.99 EA. ALIA PARATHA OR NAAN 340 - 400 g SELECTED VARIETIES

Item availability varies by store

More Great Savings

RITZ RICE CRACKERS 2.99 EA.

DUCK LAKE'S JERKY SNACKS 6.99 EA.

JOLLY RANCHER GUMMIES 3.79 EA.

WHITMAN'S CHOCOLATE BAR 40 CENTS OFF 8.49 EA.

PROTEIN 12 GRAMS 4.99 EA.

LAVAZZA CAPSULES 5.99 EA.

McCafé 200 POINTS 25.99 EA.

CARL JUNG WINE 6.99 EA.

POP FLY CONTEST

BLUE JAYS VIP EXPERIENCE

2 TICKETS TO GAME TO BE WON

CANADA DRY SOFT DRINKS 5.49 EA. 60 POINTS

mini 9.49 EA. 60 POINTS

OCEAN SPRAY CRANBERRY JUICE DRINKS 80 POINTS 7.49 EA.

HEINEKEN NON-ALCOHOLIC BEER 14.29 EA.

90 POINTS 7.99 EA.

FERRERO CHOCOLATE BARS 50 POINTS 3.99 EA.

DESSERT as it should be CLASSICALLY CREAMY

Breyers 5.99 EA.

OREO LEGENDS 5.49 EA.

CHESTERS 5.49 EA.

Oreo 5.49 EA.

Snack up for Spring Break

4.49 EA.

CHEEZ-IT 2.99 EA.

Eggo 80 POINTS 6.99 EA.

PRINGLES 2.49 EA.

POP TARTS 2.99 EA.

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4.49 ea. CLUB HOUSE SPICES 125 ml SELECTED VARIETIES

4.49 ea. TOWNHOUSE CRACKERS 200 g - 300 g SELECTED VARIETIES

3.99 ea. CARR'S CRACKERS 175 - 355 g SELECTED VARIETIES

5.49 ea. NILLIER'S COOKIES 300 g - 350 g SELECTED VARIETIES

5.49 ea. ST-DALFOUR SPREAD 125 ml SELECTED VARIETIES

2.49 ea. CLARK BEANS 540 ml SELECTED VARIETIES

2.49 ea. BUSH'S BEST BEANS 398 ml SELECTED VARIETIES

8.99 ea. HUSEIN'S SAUCE 355 ml SELECTED VARIETIES

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New reasons
to shop Metro
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4.49 ea. GENERAL MILLS CEREAL 275 g - 350 g SELECTED VARIETIES

11.99 ea. WELCH'S FRUIT SNACK 454 g SELECTED VARIETIES

3.49 ea. GOLLONG AND PERRY SAUCE 500 g SELECTED VARIETIES

2.99 ea. KELLOGG'S POP TARTS OR RICE KRISPIES TREATS OR CRAVE 384 g - 420 g SELECTED VARIETIES

9.99 ea. BONNE MAMAN JAM 370 ml SELECTED VARIETIES

3.99 ea. KRAFT PEANUT BUTTER 500 g SELECTED VARIETIES

3.49 ea. BETTY CROCKER FRUIT SNACKS 142 g - 176 g SELECTED VARIETIES

1.99 ea. UNION GIANT CANNED VEGETABLES 540 ml - 796 ml SELECTED VARIETIES

LIBERTÉ

3.49 ea. LIBERTÉ MEDITERRANEO YOGURT 500 g SELECTED VARIETIES

6.49 ea. LIBERTÉ GREEK YOGURT TUB 750 g - 1 kg SELECTED VARIETIES

2.99 ea. LIBERTÉ GREEK YOGURT 100 g - 150 g SELECTED VARIETIES

yoplait

99¢ ea. YOP DRINKABLE YOGURT 250 ml SELECTED VARIETIES

2.99 ea. YOPLAIT TUBES, MINGO OR GLIDERS YOGURT 60 g - 80 g SELECTED VARIETIES

5.99 ea. YOP DRINKABLE YOGURT 1 L - 1.25 L SELECTED VARIETIES

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Nielsen Consumer Panel, 4 consecutive years, ending 2019

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5.99 ea. OASIS ORANGE JUICE 1.75 L SELECTED VARIETIES

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DANDY MAPLE FARMS MAPLE SYRUP
13.99 ea.

LIFE CHEESE CHEESE
6.49 ea.

KIND'S BEE MILD HONEY
9.99 ea. 125 value of $1

Vegetarian

KIND GRANOLA BARS
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CHEESE FOODS VEGETARIANS
12.99 ea.

NUTS TO YOU NUT BUTTER
12.49 ea.

DAYA PIZZA
11.99 ea.

Non-GMO

IMAGINE BROTH
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50 value
ALLIE CHANNEL ALMOND BEVERAGE
2.99 ea.

90 value
ORGANIC PROVIDER MILK
7.99 ea.

JOVIAL PASTA
5.99 ea.

ONE ORGANIC COFFEE
5.49 ea.

CAFE WILLIAM COFFEE
125 value of $1
15.99 ea.

CARE'S OWN BEVERAGES
2.99 ea.

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40 value
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PEDIGREE DENTASTIX DOG TREATS
11.99 ea. 125 value of $1

BEAGLY BRUSH STICK DOG TREATS
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ZOÉ CAT DRY CAT FOOD
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BLUE BUFFALO DRY CAT FOOD
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BLUE BUFFALO DRY DOG FOOD
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D3 1000 IU — 100 Tablets — **11.99** ea.

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OLLY — 250 mg — 60 Gummies

NOCK-DERMA SYRUP — 125 mg — 60 ml — **14.49** ea.

ZzzQuil — 125 mg — 60 ml

NATURAL CALM — MAGNESIUM — 227g — **21.99** ea.

CALM — 227g

Blistex — LIP MEDEX — 4.25 g — **3.99** ea.

ALEVE — 220 mg — 100 Tablets — **7.49** ea.

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TYLENOL — Cold + Flu Severe — 24 Caplets — **13.99** ea.

BENYLIN — Cough Syrup — 500 ml — **14.99** ea.

NEOCITRAN — Cold, Flu & Sore Throat — 24 Sachets — **13.49** ea.

CLARITIN — Allergy Relief Spray — 120 Sprays — **9.99** ea.

Ricola — Herbal Cough Drops — 40 Cubes — **7.99** ea.

Cepacol — Extra Strength — 16 Lozenges — **9.99** ea.

Mucinex — Cold — 12 Tablets — **15.99** ea.

ST-FRANCIS — Immune Support — 60 Tablets — **28.99** ea.

Deep Breathe — 60 Tablets

Liquid I.V. — Hydration Multiplier — Berry Acai — 10 Sticks — **13.99** ea.

Liquid I.V. — Hydration Multiplier — Lemon Lime — 10 Sticks — **11.99** ea.

Premier Protein — 325 ml — **14.99** ea.

LANDISS — Marine Collagen — 300 g — **42.99** ea.

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EARTH'S BEST BABY SNACKS 4.49 ea.

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BABY GOURMET PUREE 3.99 ea.

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PERSONALLY YOURS BABY WIPES 14.99 ea.

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Your favourite at any time!

11.99 ea. STARBUCKS COFFEE 311 - 400 g OR 90 - 117 g SELECTED VARIETIES

NESCAFÉ GOLD INSTANT COFFEE 100 g - 200 g SELECTED VARIETIES

7.99 ea.

250 POINTS

13.99 ea. STARBUCKS VERTUO COFFEE CAPSULES SELECTED VARIETIES

NEW

STARBUCKS FRAPPUCCINO SELECTED SIZES SELECTED VARIETIES

250 POINTS value of $2

7.49 ea.

6.99 ea. NESTEA ICED TEA MIX 900 g

5.79 ea. NESTLÉ CHOCOLATES 70 - 100 g SELECTED VARIETIES

12.49 ea. MAISON PERRIER SPARKLING WATER OR SAN PELLEGRINO SPARKLING WATER 6 x 750 ml SELECTED VARIETIES

8.49 ea. SAN PELLEGRINO SPARKLING FRUIT SPARKLING DRINKS 6 x 330 ml SELECTED VARIETIES

NEW

12.99 ea. BOOST MEAL REPLACEMENT 6 x 237 ml SELECTED VARIETIES

HÄGEN-DAZS ICE CREAM 473 ml SELECTED VARIETIES

5.99 ea.

HÄGEN-DAZS ICE CREAM 473 ml SELECTED VARIETIES

9.99 ea.

6.49 ea. iÖGO FROZEN YOGURT OR iÖGO nanö FROZEN YOGURT PUCK SELECTED VARIETIES

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6.99 ea. KRAFT PEANUT BUTTER OR HAZELNUT SPREAD 1 kg - 1.4 kg SELECTED VARIETIES

4.29 ea. KRAFT SALAD DRESSINGS 475 ml SELECTED VARIETIES

6.99 ea. MIRACLE WHIP SPREAD 500 ml SELECTED VARIETIES

NEW

3.99 ea. HEINZ MAYONNAISE STYLE SAUCE OR KETCHUP 750 ml - 1 L SELECTED VARIETIES

4.99 ea. CLASSICO PASTA SAUCE 218 - 650 ml SELECTED VARIETIES

1.66 ea. KRAFT DINNER MACARONI & CHEESE 156 - 205 g SELECTED VARIETIES

NEW

CRAVE FOR KRAFT DINNER DELUXE FROZEN MEAL 300 - 340 g SELECTED VARIETIES

5.49 ea.

*Based on the 2018 NielsenSport® Canadian Fan Study.

PHILADELPHIA

4.99 ea. PHILADELPHIA DIPS 227 g SELECTED VARIETIES

BUY $20 OF PARTICIPATING KRAFT HEINZ HOCKEYVILLE ITEMS

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Participating products: KRAFT DINNER MACARONI & CHEESE 156 - 205 g, KRAFT PEANUT BUTTER 750 g - 1 kg, KRAFT SALAD DRESSINGS 425 ml, KRAFT SINGLES PROCESS CHEESE PRODUCT 410 g, CLASSICO PASTA SAUCE 410 - 650 ml, HEINZ KETCHUP 250 ml - 1 L, PHILADELPHIA CREAM CHEESE PRODUCT 227 - 250 g, CRAVE FROZEN ENTRÉES 310 - 340 g.

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NEW

3.99 ea. TACO BELL QUESADILLA SHELL KITS SELECTED VARIETIES

7.99 ea. TACO BELL PREMIUM KITS SELECTED VARIETIES

TACO BELL SAUCES SELECTED VARIETIES **2.99** ea.

NEW

5.49 ea. TACO BELL DIPS 475 - 480 g SELECTED VARIETIES

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MADE IN CANADA*

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