

VERSION 1



2⁹⁹
ea.

12 BASKETS PER
BASKET OF 12 BASKETS, 12.5 LBS. (5.7 KG)



3⁹⁹
ea.

1 BASKET PER
BASKET OF 1 BASKET, 12.5 LBS. (5.7 KG)



1⁹⁹
/lb

LARGE BLOOD ORANGES OR
JUMBO PINKS (MINIMUM 4.5 LBS)



2⁴⁹
ea.

ONE
SWEET TOMATO



15⁹⁹
ea.

SPECIAL PRICE
19⁹⁹
for non-members

Effective March

TH

5

FR

6

SAT

7

SUN

8

MON

9

TUE

1

CELEBRATE INTERNATIONAL WOMEN'S DAY MARCH 8

DOOR BONUS

20⁰⁰ ea.

125 points value of \$1

metro

CANADIAN AND PROUD

FRESH ATLANTIC SALMON

PORTIONS: 100g/100g

ROCK LOSTER TAILS

2.5 lb/box

3⁹⁹ ea.

GROUND IN-STORE DAILY

EXTRA LEAN

EXTRA LEAN GROUND BEEF VALUE PACK - 100% BEEF TENDERLOIN

LIFE SMART EXTRA LEAN GROUND CHICKEN OR TURKEY 100% 1.0 lb.

5⁹⁹ ea. or /lb

ARTISAN TURKEY BREAST OR CASTLE HAMBURG

100% TURKEY

3⁴⁹ /100 g

BUTTERLESS PORK LOIN CHOPS VALUE PACK OR BONELESS PORK CHOPS VALUE PACK

1.0 lb/box

3⁹⁹ /lb

BUCKLE UP! MUFFINS

BUCKLE UP! MUFFINS

5⁹⁹ ea.

NEW

PRIME

BUFFALO WINGS

MAPLE LEAF PRIME BACON WITHOUT ANTIBIOTICS CHICKEN WINGS

SCHNEIDER'S DIP'S

125 points value of \$1

9⁹⁹ ea.

VECTOR

RICE KRISPIES

2 SCOOPS Raisin Bran

INCRESTIBLE

INCRESTIBLE

3⁹⁹ ea.

INCRESTIBLE

INCRESTIBLE

3⁹⁹ ea.

Lactantia

Country Churned Butter

SALTED

4⁹⁹ ea.

PHILADELPHIA

ORIGINAL

PHILADELPHIA

ORIGINAL

3⁹⁹ ea.

SunChips

Lay's

QUE PASA

PHILADELPHIA

PHILADELPHIA

2⁹⁹ ea.

PHILADELPHIA

ORIGINAL

PHILADELPHIA

ORIGINAL

3⁹⁹ ea.

eska

eska

eska

eska

3⁹⁹ ea.

eska

eska

eska

eska

3⁹⁹ ea.

Cashmere

Sponge Towels

eska

eska

4⁹⁹ ea.

eska

eska

eska

eska

3⁹⁹ ea.

eska

eska

eska

eska

3⁹⁹ ea.

eska

eska

eska

eska

3⁹⁹ 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.



NOW
4.99
ea.

INEVITABLE ICE CREAM
1.5L (50.7 FL OZ)



NOW
4.99
ea.

INEVITABLE SPARKLING WATER
6x1L (6L) (203.2 FL OZ)



NOW
3.99
ea.

SELECTION COFFEE CREAM
10%
1L (33.8 FL OZ)



NOW
5.99
ea.

INEVITABLE YOGURT TUBS
5%
1.5L (50.7 FL OZ)



NOW
3.99
ea.

INEVITABLE COOKIES
12 COOKIES
120g (4.23 OZ)



NOW
3.99
ea.

SELECTION PASTA SAUCE
400g (14.1 FL OZ)

\$ New Lower Prices



7⁰⁰
ea.
COUNTRY HARVEST BREAD OR RUSCH'S BREAD
100% WHOLE GRAIN BREAD
100% WHOLE GRAIN BREAD



30% OFF
CASTELLO TICKER BREAD OR RUSCH'S BREAD
100% WHOLE GRAIN BREAD
100% WHOLE GRAIN BREAD



6⁹⁹
ea.
JANES BREADED FISH FILLETS
SELECTED VARIETIES



19⁹⁹
ea.
COOKED SHRIMP
JANES BREADED
SELECTED VARIETIES



3⁴⁹
lb.
FLETCHER'S PORK CHOPS
100% PORK



11⁹⁹
ea.
MONTANA'S PORK BACK RIBS
100% PORK



6⁴⁹
ea.
BOURGIN SWISS CHALET OR BOURGIN CHEESE
100% PORK



12⁹⁹
ea.
FRESH FRUIT CARRELS
100% PORK



4⁴⁹
ea.
GENERAL MILLS CEREAL
100% PORK



6⁹⁹
ea.
SIMPLY ORANGE JUICE
100% PORK



3⁹⁹
ea.
MINUTE MAID FRUIT FLAVORED WATER
100% PORK



5⁴⁹
ea.
CRACKER BARREL OR BLACK DIAMOND SLICED CHEESE
100% PORK



3⁴⁹
ea.
ASTRO ORIGINAL YOGURT TUBES
100% PORK



4⁹⁹
ea.
BEA'S PICKLES OR FRENCH'S KETCHUP
100% PORK



2⁴⁹
ea.
MINUTE MAID FRUIT FLAVORED WATER
100% PORK



3⁹⁹
ea.
MINUTE MAID FRUIT FLAVORED WATER
100% PORK



11⁴⁹
ea.
MINUTE MAID FRUIT FLAVORED WATER
100% PORK



5⁹⁹
ea.
HÄAGEN-DAZS ICE CREAM
100% PORK



3⁴⁹
ea.
SKINNY POP POPCORN
100% PORK



9⁹⁹
ea.
LINDT LINDOR CHOCOLATE
100% PORK



10⁹⁹
ea.
BOUNCE DOWNY SOFTENERS
100% PORK



10⁹⁹
ea.
BOUNTY PAPER TOWELS
100% PORK



4⁴⁹
ea.
ZIPLOC FOOD STORAGE BAGS
100% PORK

Learn with me! rewards



125
ea.
AMY'S SO GOOD FROZEN MEALS
100% PORK



125
ea.
TOSTITOS BOLD GOLD TORTILLA CHIPS
100% PORK



125
ea.
CELEBRATION COOKIES
100% PORK

We reserve the right to limit quantities.
DISCOUNTS THAT PRECEDE OTHER PROMOTIONS.
SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES.

Visit us at micro.co
or at **WIN \$5000** in groceries.

Micro Rewards is a trademark of Micro Inc.

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.

contest
until March 11th

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. Moi Rewards is a trademark of Metro Inc.

Farm Fresh Produce



4.99
/lb

JUMBO GREEN GRAPES
PRODUCT OF PERU, 14 TUBES
6.00kg



1.99
ea.

LARGE AVOCADOS
PRODUCT OF MEXICO



1.99
/lb

SWEET POTATOES
PRODUCT OF MEXICO
6.30kg



2.99
ea.

BELLE GROVE WHITE ONIONS
PRODUCT OF CALIFORNIA
MICROSPIN® 171g



2.49
/lb

LARGE BARRETT PEAR
PRODUCT OF CALIFORNIA
POTATO CHIPS
5.49kg



3.99
ea.

BLACKBERRIES 171g
PRODUCT OF MEXICO



2.49
ea.

YELLOW ONIONS 171g
PRODUCT OF MEXICO
CANADA, 14 TUBES



2.99
/lb

EXTRA LARGE BEEFSTEAK TOMATOES
PRODUCT OF CALIFORNIA
6.59kg



5.99
ea.

CANARY OR LAMP CUCUMBERS
PRODUCT OF MEXICO



3.99
/lb

LARGE PEACHES
PRODUCT OF CALIFORNIA
14 TUBES
6.30kg



2.99
/lb

PACCHIPS
PRODUCT OF CALIFORNIA
CANADIAN, 14 TUBES
6.30kg



3.99
ea.

LITTLE POTATO KITES 171g
PRODUCT OF CALIFORNIA
MICROSPIN® 171g



3.99
/lb

DRAGON FRUIT
PRODUCT OF CALIFORNIA
POTATO CHIPS
5.49kg



5.49
ea.

LOCAL APPLES 171g
PRODUCT OF CALIFORNIA
14 TUBES
6.30kg



4.49
ea.

HAVEN GREENS 171g
PRODUCT OF CALIFORNIA
MICROSPIN® 171g



5.99
ea.

LYRING LETTUCE 171g
PRODUCT OF CALIFORNIA
MICROSPIN® 171g



4.99
ea.

FAVORITOS
CHOCOLATES FAVORITOS
PRODUCT OF CALIFORNIA
MICROSPIN® 171g



4.99
ea.

GUSTA VEGGIE SLICES
PRODUCT OF CALIFORNIA
MICROSPIN® 171g



2.49
ea.

TOFU
PRODUCT OF CALIFORNIA
MICROSPIN® 171g



4.99
ea.

DOLE CAESAR SALAD KITS 171g
PRODUCT OF CALIFORNIA
MICROSPIN® 171g

Organic

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

5.99
ea.

BENTO KITS
225 g/8oz

6.99
ea.

SMALL SALADS
380 g/13.5oz

6.99
ea.

**LARGE WATERMELON OR
MIXED MELON CHUNKS**
875 g

**READY TO COOK
VEGETABLE KITS** 300 - 400g

5.99
ea.

70
pieces

16.99
ea.

**RAINBOW CHARD
BOUQUET**
1.5 kg/3.3 lb

12.99
ea.

HYDRANGEAS
1.5 kg/3.3 lb

39.99
ea.

**KALEIDOSCOPE
ORCHIDS**
1.5 kg/3.3 lb

14.99
ea.

**FRESH CUT
TULIPS**
1.5 kg/3.3 lb

NEW

pick Ontario

SAVE \$2.00



MARCH 8

16⁹⁹
ea.

**RAINBOW CHERRY
DOUQUET**
12 FLOWERS



12⁹⁹
ea.

HYDRANGEAS
12 FLOWER COLOURS



NEW

39⁹⁹
ea.

**KALLISTOSCOPE
ORCHIDS**



pick Ontario

**FRESH CUT
TULIPS**
12 FLOWERS
AVAILABLE WHILE STOCKS LAST

SAVE \$2.00

14⁹⁹
ea.

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

649
ea.

Susan Niczowski
Founder and President
of Summer Fresh Salads Inc.

50
points

SUMMER FRESH
HUMMUS & PITA CHIPS
200-227g
SELECTED VARIETIES

449
ea.

Margaret Coons
Nuts For Cheese

NUTS FOR CHEESE
SPREAD
125g
SELECTED VARIETIES

1099
ea.

Natasha and Elysia
Vanderhure
Three Farmers

THREE FARMERS
CHICK PEAS
125g
SELECTED VARIETIES

449
ea.

Vanessa Garza
Siete Foods

SIETE
TORTILLA CHIPS
14.5g
SELECTED VARIETIES

599
ea.

Jessica Praskay
Owner of Black River

BLACK RIVER
JUICE
1L
SELECTED VARIETIES

899
ea.

Tara, Megan
& Laura Tomulka
Rawcology Founders

RAWCOLOGY
GRAIN FREE
GRANOLA
300g
SELECTED VARIETIES

749
ea.

Gigi Gill
CEO of ZoRaw
Chocolates

ZORAW
CHOCOLATE
BARS
50-55g
SELECTED VARIETIES

399
ea.

Jennifer Boyle
CEO & Co-Founder
Farm Girl

FARM GIRL
CEREAL
200g
SELECTED VARIETIES

899
ea.

Amelia Kirchhoff
and Julia Sankin
GoMacro Founders

GO MACRO
BARS
60-65g
SELECTED VARIETIES

399
ea.

Margaret Hudson
Burnbrae Farms

NATUREGG
EGG WHITES
100g
SELECTED VARIETIES

599
ea.

Susan and Megan
McElwain
SavageHot

SAVAGEHOT
HOT SAUCE
150ml
SELECTED VARIETIES

699
ea.

Julie Bednarski
Founder / CEO

HEALTHY CRUNCH
SEED BUTTER
300g
SELECTED VARIETIES

849
ea.

Carinne Chambers-Saini
and Francine Chambers
DIVA Founders

DIVA
MENSTRUAL CUP
1pc
SELECTED VARIETIES

3199
ea.



Zoey Shamai
Founder & CEO



TONICA
ORGANIC KOMBUCHA
350 ml
SELECTED VARIETIES

3⁹⁹
ea.



Miki Talebi
Founder & CEO



SMOKED TOFU
oomé
TOFU FINE
Greek
Grecque
200g

6⁴⁹
ea.



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



MIGHTY MUSHROOM BITES
BIG MOUNTAIN
VEGIE BITES
GROUND OR BITES
300 - 360g

6⁹⁹
ea.



Jennifer Italiano
Co-Founder & Owner



live.
LIVE
VEGETABLE
KIMCHI
175 ml

7⁹⁹
ea.



Genevieve Broussau
Provancher
CEO & Co-Founder



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

13⁹⁹
ea.



Natasa Karambatas
President



KOUKLA
KOUKLES DELIGHTS BITES
CO. 100 g
SELECTED VARIETIES

8⁹⁹
ea.

Celebrate the women in your life



ARTISTICAL LITTLE SWAN ORCHID
BOUTIQUE FLOWERS

22⁹⁹
ea.



GERBERA GRACE BOUQUET
VIBRANT COLOURS

25⁰⁰
ea.



GARDENIA
6" POT

22⁹⁹
ea.



PREMIUM LONG STEM ROSE BOUQUET OR FANCY PREMIUM ROSE

39⁹⁹
ea.



CELEBRATION BOUQUET
VIBRANT COLOURS

20⁰⁰
ea.



ARRANGEMENT IN A VASE OR POT
VIBRANT COLOURS AND STYLES

44⁹⁹
ea.



PRESENTATION BOUQUET
VIBRANT COLOURS AND STYLES

39⁹⁹
ea.



INVITATIONS ALL'ONDA, FREE WINE
750 ml
SELECTED VARIETIES

8⁴⁹
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



In Store
Visit Our Deli

Seafood



19⁹⁹
/lb

FRESH CANADIAN ORGANIC CHIRIKOO SALMON FILLETS
420g/15oz



18⁰⁰
ea.

FAMILY PACK SUSHI/GRASSY OISHI
40 - 50g





2 LB

12⁹⁹
ea.

PACIFIC WHITE CHOWDER SKEWERS
150g



5⁹⁹
ea.

PACIFIC CANADIAN COVE ORGANIC MUSSELS 1 LB



9⁹⁹
/lb

RAY SCALLOPS
600G/21.0Z, 2.10PO



7⁹⁹
/lb

STORM HAD SEAFOOD SALMONS
1.000G/35.27OZ





4⁹⁹
ea.

LOSTER MEAT CHAIR DE HOMARD
150g



8⁹⁹
ea.

OCEAN PRIME WHOLE CLEANED SQUID 600g ea.



9⁹⁹
ea.

CEDAR RAY CANADIAN LOSTER MEAT & CHEESE



16⁹⁹
ea.

AQUA STAR WILD SCOTTIE SALMON PORTIONS 160g ea.



IRRESISTIBLES SMOKED ATLANTIC SALMON 100% ATLANTIC SALMON SMOKED IN CANADA \$5.99 ea.	IRRESISTIBLES MARINATED MUSSELS 100% MUSSELS MARINATED IN CANADA \$9.99 ea.	IRRESISTIBLES PACIFIC WHITE SHRIMP 100% PACIFIC WHITE SHRIMP FRESHLY DUMPOLED \$9.99 ea.	IRRESISTIBLES RAW SALMON 100% SALMON FRESHLY DUMPOLED \$17.99 ea.	IRRESISTIBLES ATLANTIC SALMON PAKE 100% ATLANTIC SALMON PAKE \$17.99 ea.
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metro
FRESH
2 GO



**MONTREAL
SMOKED MEAT
SANDWICH**

899
ea.

SMOKER & CARVERY

More Smokin' Deals

**HOT &
MADE TO
ORDER**

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)

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

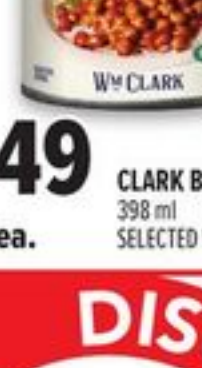
More Great Savings

 2⁹⁹ ea. RITZ CRACKERS 160 g	 6⁹⁹ ea. JACK LINK'S JERKY SNACKS 10g JACK LINK'S	 3⁷⁹ ea. JOLLY RANCHER CANDY 100 g	 8⁴⁹ ea. WHITTAKER'S CREAMY MILK CHOCOLATE 100g
 4⁹⁹ ea. QUAKER PROTEIN INSTANT OATMEAL 100 g	 5⁹⁹ ea. LAVAZZA COFFEE CAPSULES 100 g	 25⁹⁹ 200 ea. McCafe COFFEE CAPSULES 100 g	 6⁹⁹ ea. CARLSBERG BEER 330 ml

 5⁴⁹ 60 ea. POP FLY CONTEST	 9⁴⁹ 60 ea. BLUE JAYS VIP EXPERIENCE +100s of prizes to be won	 80 ea. OCEAN SPRAY CRANBERRY DRINKS 1.5L	 14²⁹ 00 ea. HEINEKEN BEER 330 ml
 5⁴⁹ 60 ea. CANADA DRY SOFT DRINKS 1.5L	 9⁴⁹ 60 ea. CANADA DRY SOFT DRINKS 1.5L	 7⁹⁹ ea. ERCI MEDALS	 3⁹⁹ ea. FERRO ROCHER CHOCOLATE BARS

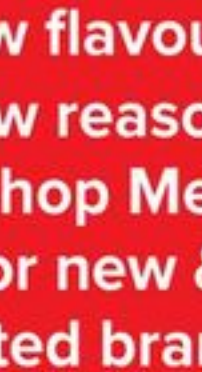
 5⁹⁹ ea. BREYERS ICE CREAM 100 g	 5⁴⁹ ea. OREO LEGEND	 5⁴⁹ ea. OREO COOKIES
 5⁹⁹ ea. BREYERS ICE CREAM 100 g	 5⁴⁹ ea. OREO COOKIES	 5⁴⁹ ea. OREO COOKIES

 4⁴⁹ ea. TOWN HOUSE CRACKERS	 10⁹⁹ ea. EGGO WAFFLES	 2⁴⁹ ea. PRINGLES POTATO CHIPS	 2⁹⁹ ea. POP-TARTS
 2⁹⁹ ea. CHEEZ-IT CRACKERS	 6⁹⁹ ea. EGGO WAFFLES	 2⁴⁹ ea. PRINGLES POTATO CHIPS	 2⁹⁹ ea. POP-TARTS

 449 ea. CLUB HOUSE SPICES 150-180 g SELECTED VARIETIES	 449 ea. TOWNHOUSE CRACKERS 200-240 g SELECTED VARIETIES	 399 ea. CARR'S CRACKERS 150-180 g SELECTED VARIETIES	 549 ea. MCVITIE'S COOKIES 112-400 g SELECTED VARIETIES
 549 ea. ST. DALFOUR SPREAD 125 g SELECTED VARIETIES	 249 ea. CLARK BUTTER CREAM 100 g NEW FLAVS	 249 ea. BUSH'S BEST BEANS 200 g SELECTED VARIETIES	 899 ea. KOSLIK'S SAUCE 100 g SELECTED VARIETIES

Discover **NEW**

New options.
New flavours.
New reasons
to shop Metro
for new &
trusted brands.

 1199 ea. WELCH'S FRUIT SNACK 100 g SELECTED VARIETIES	 349 ea. GO PURE LEDGES 140-175 g SELECTED VARIETIES	 299 ea. KELLOGG'S RICE KRISPIES SQUARES 150-180 g SELECTED VARIETIES	 449 ea. REESSE'S PUFFS 100-120 g SELECTED VARIETIES
 999 ea. KRAFT PEANUT BUTTER 500 g SELECTED VARIETIES	 399 ea. KRAFT PEANUT BUTTER 500 g SELECTED VARIETIES	 349 ea. BETTY CROCKER FRUIT SNACKS 100 g SELECTED VARIETIES	 199 ea. GREEN GIANT CANNED VEGETABLES 240-280 g SELECTED VARIETIES

LIBERTÉ



349
ea.

LIBERTÉ
SMOOTHIE
500 g
SELECTED VARIETIES

LIBERTÉ GREEK



649
ea.

LIBERTÉ GREEK
YOGURT TUB
SELECTED SALES

LIBERTÉ GREEK COTTAGE CHEESE



299
ea.

LIBERTÉ GREEK
COTTAGE CHEESE
200 g
SELECTED VARIETIES

Yoplait



99¢
ea.

YOP DRINKABLE YOGURT
100 g
SELECTED VARIETIES

Yoplait



299
ea.

YOP TUBES, MIXING
OR SOURCE YOGURT
SELECTED SALES

Yoplait



599
ea.

YOP DRINKABLE
YOGURT
1.5 L
SELECTED VARIETIES

MADE IN CANADA

TECHNOLOGIE DE LA CRÈME D'YOGURT, S.A. © 2014 METRO STORES
TECHNOLOGIE DE LA CRÈME D'YOGURT, S.A. © 2014 METRO STORES (AMERICA) INC.
METRO STORES (AMERICA) INC. 2014

Organic

SHADY MAPLE FARMS
MAPLE SYRUP
250 ml
SELECTED VARIETIES

13⁹⁹
ea.

BORDEN'S RED MILL
OATMEAL
250 g
SELECTED VARIETIES

6⁴⁹
ea.

BORDEN'S RED MILL
FLOUR
500 g
SELECTED VARIETIES

12⁹⁹
ea.

Vegetarian

KIND
GRANOLA BARS
250 g
SELECTED VARIETIES

1⁷⁹
ea.

Chosen
DAIRY CREAMERY
MAYONNAISE
500 ml
SELECTED VARIETIES

12⁹⁹
ea.

Almond
Butter
425 g
SELECTED VARIETIES

12⁴⁹
ea.

Oggi's
SICILIANA
PIZZA
350 g
SELECTED VARIETIES

11⁹⁹
ea.

Non-GMO





IMAGINE BROTH
100% VEGETARIAN
GOURMET BROTHES

5.99 ea.



50 points

2.99 ea.

ALMOND MOMENTS
BLUE CHAMORRO ALMOND DRINK BEVERAGES
100% FRUIT FLAVORED BEVERAGES



90 points

7.99 ea.

ORGANIC PCN
Cauliflower Rice Balls



5.99 ea.

jovial!
gluten free
gluten free
100% GUILT FREE
100% GUILT FREE



ONE DECREE CEREAL
100% SELECTED GRAINES

5.99 ea.



125 points
value of \$1

15.99 ea.

CAFÉ COFFEE
100% SELECTED GRAINES



100% WHOLE GRAIN
100% WHOLE GRAIN

5.99 ea.



100% WHOLE GRAIN
100% WHOLE GRAIN

5.99 ea.



100% WHOLE GRAIN
100% WHOLE GRAIN

5.99 ea.

Household Helpers

12.99 ea.

ARISTO **Energizer**
MAX
AA BATTERIES
18 ct. 15 MIN. DRAIN
SPRING POWER

12.99 ea.

GLAD
13 GALLON
BLACK
TRASH BAGS
45 ct.
GLAD GARBAGE BAGS
13 GAL. BLACK
45 COUNT

10.99 ea.

Cascade
PLATINUM
DISHWASHER
CLEANER
26 oz.

10.99 ea.

DOWNEY
SCENT BOOSTER
32 oz. BOTTLE
DOWNEY
SCENT BOOSTER
32 OZ. BOTTLE

Pet

6.99 ea.

TEMPOTAMIN CAT TREATS
65 g. SELECT CAT BREEDS

32.99 ea.

FRISIES PURRY MIX CAT FOOD
17 lb. SELECT CAT BREEDS

12.49 ea.

BEGINN'
STRIPS
3.5 oz. BAG
VARIETY PACK

12.99 ea.

DENTASTIX
25 ct.
DENTAL
TREATS
FOR DOGS

[illegible]

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

Baby Care



**BABY GOURMET
BABY PUREE**
12.5 FL OZ (369 mL)
SELECTED VARIETIES

249
ea.



120
points

449
ea.

**GERBER
BABY SNACKS**
2.5 FL OZ (74 mL)



449
ea.

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



40
points

249
ea.

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



399
ea.

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



949
ea.

**PAMPERS
BABY WIPES**
27.5 FL OZ (812 mL)



1499
ea.

**PAMPERS
BABY WIPES**
27.5 FL OZ (812 mL)



1349
ea.

**LIVE CLEAN
BABY WIPES**
27.5 FL OZ (812 mL)

Health & Beauty



499
ea.

**COLGATE
OPTIC WHITE
TOOTHBRUSH**
2x1



699
ea.

**SENSODYNE
TOOTHPASTE**
2x1



849
ea.

**ORAL-B
DENTAL FLOSS**
2x1



1049
ea.

**LISTERINE
MOUTHWASH**
1 L



1199
ea.

**NIVEA
MOISTURIZING CREAM**
2x1



1299
ea.

**AVEENO
BODY LOTION**
2x1



70
points

599
ea.

**OLD SPICE
DEODORANT**
2x1



649
ea.

**NIVEA
DEODORANT**
2x1



499
ea.

**NIVEA
BODY WASH**
2x1



80
points

699
ea.

**AXE
BODY WASH**
2x1



699
ea.

**DOVE
BAR SOAP**
2x1



799
ea.

**SQUATCH
WOOD BARREL
BOURBON
BAR SOAP**
2x1



1399
ea.

**NATIVE
HAIR CARE**
2x1



949
ea.

**DOVE
STYLING PRODUCT**
2x1



599
ea.

**LIVE CLEAN
HAND SOAP**
2x1



499
ea.

**GILLETTE
SHAVING GEL**
2x1



1599
ea.

**PANTENE
HAIR CARE**
2x1



599
ea.

**TAMPAX
ALWAYS
SANITARY NAPKINS**
2x1



1849
ea.

**TENA
OVERNIGHT
INCONTINENCE
PADS**
2x1



Nestlé®
Good Food, Good Life

Your favourite
at any time!



1199
ea.

STARBUCKS COFFEE
371L - 340 g (12.15 oz)
SELECTED VARIETIES



799
ea.

NESCAFÉ GOLD
INSTANT COFFEE
95 - 100 g
SELECTED VARIETIES



1399
ea.

STARBUCKS VERTUO
COFFEE CAPSULES
8 - 10 oz
SELECTED VARIETIES



250
points
value of \$2

749
ea.

STARBUCKS
SHMAWK
SELECTED SIZES
SELECTED VARIETIES



699
ea.

NESTLÉ
KEO TEA MIX
500 g



579
ea.

NESTLÉ CHOCOLATES
70 - 200 g
SELECTED VARIETIES



1249
ea.

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



849
ea.

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



1299
ea.

BOOST
HIGH PROTEIN
HYPERPROTEINE
6 x 250 ml
SELECTED VARIETIES



599
ea.

HÄAGEN-DAZS
ICE CREAM
SELECTED SIZES
SELECTED VARIETIES



999
ea.

HÄAGEN-DAZS
ICE CREAM
146 ml
SELECTED VARIETIES



649
ea.

iöco FROZEN YOGURT
OR DEL MONTE SORBET
SELECTED SIZES
SELECTED VARIETIES

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BUILDING COMMUNITY

One Rink at a Time

© NHL © NHLPA

6⁹⁹ ea.
KRAFT PEANUT BUTTER OR HAZELNUT SPREAD 750 g / 1 kg
SELECTED VARIETIES

4²⁹ ea.
KRAFT SALAD DRESSINGS 425 ml
SELECTED VARIETIES

6⁹⁹ ea.
MIRACLE WHIP SPREAD 305 g
SELECTED VARIETIES

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

4⁹⁹ ea.
CLASSICO PASTA SAUCE 238 / 550 ml
SELECTED VARIETIES

1⁶⁶ ea.
KRAFT DINNER MACARONI & CHEESE 56 / 200 g
SELECTED VARIETIES

5⁴⁹ ea.
CRAVE OR KRAFT DINNER DELUXE FROZEN MEAL 200 / 340 g
SELECTED VARIETIES

*Based on the 2018 BrandScan® Canadian Trust Study.

PHILADELPHIA
Dips
DILL PICKLE

PHILADELPHIA
Dips
FRENCH ONION

4⁹⁹ 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 / 1 kg; KRAFT SALAD DRESSINGS 425 ml; KRAFT SINGLES PROCESS CHEESE PRODUCT 410 g; CLASSICO PASTA SAUCE 410 / 500 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.



499
ea.



499
ea.



125
ea.

MADE IN CANADA*

WITH THE WHOLE PLANET IN MIND



MADE IN CANADA

SEPTIC SAFE

3 MEGA 6 ROLLS

BONTERRA

For a better planet • Pour une meilleure planète

3 MEGA 6 ROLLS

ESSUIE-TOILET

9-27 ROLLS

Bonterra

For a better planet • Pour une meilleure planète

9-27 ROLLS

ESSUIE-TOILET

3-6 ROLLS

Bonterra

For a better planet • Pour une meilleure planète

3-6 ROLLS

ESSUIE-TOILET

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