

VERSION 7



2⁹⁹
ea.

STRAWBERRIES
1.5 LBS. BASKET
\$1.99



3⁹⁹
ea.

ANY 3
CORN COBS
OR
KIWIS
\$3.99



1⁹⁹
/lb

LARGE BLOOD ORANGES OR
JUMBO PINKS
\$1.99 /lb



2⁴⁹
ea.

HARVEST FRESH
KALE SLAW
SALAD DE CHOU
\$2.49



ONE
SWEET TOMATO

SUNSET
SWEET CHERRY TOMATOES
\$1.99



15⁹⁹
ea.

CADURRY
EASTER CHOCOLATES
\$15.99



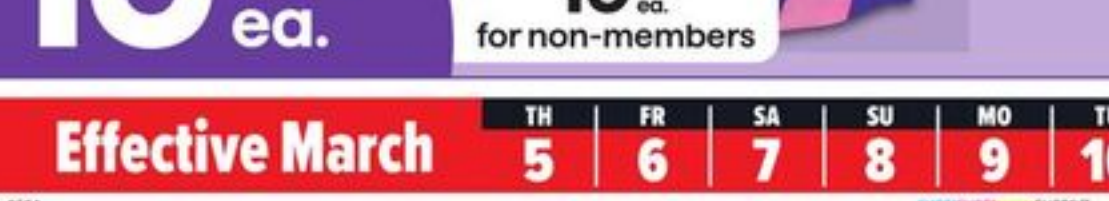
875 6

CADURRY
EASTER CHOCOLATES
\$8.75



19⁹⁹
for non-members

SPECIAL PRICE
\$19.99



Effective March

TH 5
FR 6
SA 7
SU 8
MO 9
TU 1

CELEBRATE INTERNATIONAL WOMEN'S DAY MARCH 8

DOOR BONUS

SAVE \$5.00

20⁰⁰ ea.

125 points value of \$1



CANADIAN AND PROUD



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

3⁹⁹ ea.



GROUND IN-STORE DAILY

EXTRA LEAN

5⁹⁹ ea. or /lb



ARTISAN TURKEY BREAST OR CASTLE HAMBART

3⁴⁹ /100 g



EXTRA LEAN GROUND BEEF VALUE PACK - 100% TURKISH LIFE SMART EXTRA LEAN GROUND CHICKEN OR TURKEY (100% TURKISH)

2⁹⁹ /lb



IRRESISTIBLE MUFFINS

5⁹⁹ ea.



PRIME BUFFALO WINGS

125 points value of \$1 9⁹⁹ ea.



VECTOR RICE KRISPIES

3⁹⁹ ea.



LACTANTIA BUTTER

4⁹⁹ ea.



LAYS POTATO CHIPS

2⁹⁹ ea.



PHILADELPHIA CREAM CHEESE

3⁹⁹ ea.



TEX MEX

4⁸⁸ ea.



CASHMERE TOWELS

4⁹⁹ ea.



ESKA NATURAL SPRING WATER

3⁹⁹ ea.



LAVAZZA COFFEE

19⁹⁹ ea.

Effective March

TH

5

FR

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SA

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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
NEW! FRESH VANILLA
Irresistible ICE CREAM (5L)
100% WHOLE MILK CREAM

NOW
4.99
ea.

Irresistible
SPARKLING WATER
6 PACK

NOW
4.99
ea.

Selection
Coffee cream 10%
1L

NOW
3.99
ea.

Irresistible
YOGURT TUBS
2%
PLAIN

NOW
5.99
ea.

Irresistible
COOKIES
CHOCOLATE CHIP

NOW
3.99
ea.

Selection
MARINARA
PASTA SAUCE

NOW
3.99
ea.

\$ New Lower Prices

A row of four grocery items on sale:

- COUNTRY HARVEST**: Assorted breads or rolls, \$2.00 ea.
- JANE'S BITES**: Assorted bite-sized snacks, 30% off.
- JANE'S GRINDERS**: Assorted grinder-style burgers, \$6.99 ea.
- COOKED SHRIMP**: Assorted cooked shrimp, \$19.99 ea.

 3.49 /lb FLETCHER'S® PORK COTTAGE ROLL 250g	 11.99 ea. SWISS CHALET® MONTANA'S® PORK BACK BITS PASTECOS 400 g	 6.49 ea. boursin® MARBLED SLICED ITALIAN DELI MEAT OR PASTECOS CHEESE 300 g, 10.5 oz	 12.99 ea. FRESH VEGETABLES OR PASTECOS CARROTS 800 g, 1.8 lb
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GENERAL MILLS
CEREAL
4.49
ea.

6.99
ea.

3.99
ea.

[illegible]

Learn with **in!** rewards

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

We reserve the right to limit quantities available.
 DISCOUNTS ON PURCHASING CASH PROCEEDS
 SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES

We accept Visa, Mastercard and American Express.
 We are a proud member of the Metro Group.

Visit us at **metro.ca**
 Save your money online or in-store with Metro Rewards

We accept cash on delivery orders.
 Metro Rewards is a registered trademark of Metro Inc.

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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.



5⁹⁹
ea.

SUNSET WANNABEEZ
SWEET PEPPERS
PRODUCT OF CANADA OR MEXICO
2.5 lb



10⁹⁹
/lb

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

contest
until March 11th

my
brands &
moi

total of
20
million
points
to be won

participate by purchasing two
products from these brands

Selection ✓

Irresistible

Personnelle

5
prizes

1,000,000 points
value of \$8,000 each

30
prizes

500,000 points
value of \$4,000 each

*No purchase required. From February 12 to March 11, 2026. Contest rules at moirewards.ca. Moi Rewards is a trademark of Metro Inc.

Farm Fresh Produce



4.99
/lb

JUMBO GREEN GRAPES
PRODUCT OF ITALY, 10.74kg
6.00kg



1.99
ea.

LARGE AVOCADOS
PRODUCT OF MEXICO



1.99
/lb

ANISE FENNEL
PRODUCT OF U.S.A.
3.30kg



2.99
ea.

BELLE GROVE WHITE OR CHINA EGGPLANTS
PRODUCT OF U.S.A.



2.49
/lb

LARGE BARLETT PEARS
PRODUCT OF CALIFORNIA
10.74kg
5.49kg



3.99
ea.

BLACKBERRIES 10kg
PRODUCT OF MEXICO



1.99
/lb

SWEET POTATOES
PRODUCT OF GUATEMALA
4.28kg



2.99
/lb

EXTRA LARGE BUTTERFLY TOMATOES
PRODUCT OF GUATEMALA
6.58kg



5.99
ea.

CANDARY OR SANTA CLAS MELONS
PRODUCT OF MEXICO



3.99
/lb

LARGE PEACHES
10.74kg
5.49kg



4.49
ea.

LARGE MACADAMIAS 10kg
PRODUCT OF AUSTRALIA



2.49
ea.

HAVER GROWERS 10kg
PRODUCT OF CANADA



3.99
ea.

YELLOW ONIONS 10kg
PRODUCT OF GUATEMALA



70 points

LOCAL APPLES 10kg
PRODUCT OF CANADA
SELECTED VARIETIES



3.99
ea.

LPC POTATO KITS only
10kg
SELECTED VARIETIES



5.99
ea.

LETTUCE 10kg
PRODUCT OF CANADA



3.99
/lb

DRAGON FRUIT (HYDROCHARTIS)
PRODUCT OF GUATEMALA
8.00kg



5.49
ea.

GUSTA VEGGIE SLICES
10kg
SELECTED VARIETIES



2.49
ea.

TOFU 10kg
SELECTED VARIETIES



4.99
ea.

DOLE CAESAR SALAD KITS 10kg
SELECTED VARIETIES



4.99
ea.

CHOCOLATES FAVORITES
10kg
SELECTED VARIETIES



5.49
ea.

GUSTA VEGGIE SLICES
10kg
SELECTED VARIETIES



2.49
ea.

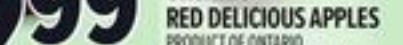
TOFU 10kg
SELECTED VARIETIES



4.99
ea.

DOLE CAESAR SALAD KITS 10kg
SELECTED VARIETIES

Organic

 ORGANIC LEMONS 4 1/2 lb PRODUCT OF U.S.A. & DOMESTICALLY GROWN ORGANIC GREEN BEANS 4 1/2 lb PRODUCT OF U.S.A. & DOMESTICALLY GROWN	 ORGANIC RED DELICIOUS APPLES 6.50/kg PRODUCT OF U.S.A. & DOMESTICALLY GROWN	 ORGANIC GREEN CABBAGE 4 1/2 lb PRODUCT OF U.S.A. & DOMESTICALLY GROWN	 ORGANIC GREEN LETTUCE 4 1/2 lb PRODUCT OF U.S.A. & DOMESTICALLY GROWN	 ORGANIC POTTING MIX 4 1/2 lb PRODUCT OF U.S.A. & DOMESTICALLY GROWN
4.99 ea.	2.99 1 lb	1.99 1 lb	4.99 ea.	4.99 ea.

Sliced & Diced



5⁹⁹
ea.

SNACKER BUNCHES

BENTO KITS
210 - 270g



6⁹⁹
ea.

SMALL SALADS
300 - 360g



6⁹⁹
ea.

LARGE WATERMELON AND MIXED MELON CHUNKS
475g



70 points

READY TO COOK VEGETABLE KITS 340 - 440g



16⁹⁹
ea.

RAINBOW CASCADE BOUQUET
100% FLOWERS



12⁹⁹
ea.

HYDRANGEAS
750 - 800cm FLOWERS



39⁹⁹
ea.

KALEIDOSCOPE ORCHIDS



14⁹⁹
ea.

FRESH CUT TULIPS
100% FLOWERS

NEW

pickOntario

SAVE \$2.00

CELEBRATE INTERNATIONAL
WOMEN'S DAY
 MARCH 8



16⁹⁹
 ea.

**RAINBOW CHASER
 BOUQUET**
 10 FLOWERS • 10 BERRIES



39⁹⁹
 ea.

NEW!
**KALEIDOSCOPE
 ORCHIDS**
 9" POTTED



12⁹⁹
 ea.

HYDRANGEAS
 12" POT
 ASSORTED COLORS



pick Ontario

**FRESH CUT
 TULIPS**
 12" TALL
 ASSORTED COLORS

SAVE \$2.00

14⁹⁹
 ea.



14⁹⁹
 ea.

TULIPS
 12" TALL
 ASSORTED COLORS

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
200g
SELECTED VARIETIES

7⁴⁹
ea.

Gigi Gill
CEO of ZoRaw
Chocolates

ZORAW
CHOCOLATE
BARS
52-55g
SELECTED VARIETIES

3⁹⁹
ea.

Jennifer Boyle
CEO & Co-Founder
Farm Girl

FARM GIRL
CEREAL
200g
SELECTED VARIETIES

8⁹⁹
ea.

Amelia Kirchoff
and Julia Sankin
GoMacro Founders

GO MACRO
BARS
65-69g
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
350g
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
VEGGIE BITES
GROUND OR BITES
300 - 360g

6⁹⁹
ea.



Jennifer Italiano
Co-Founder & Owner



live.
VEGETABLE
KIMCHI
175 ml

7⁹⁹
ea.



Genevieve Broussau
Provancher
CEO & Co-Founder



DÖSE
WELLNESS SHOTS
GINGER & TURMERIC
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
4200g

18⁰⁰
ea.

FAMILY PACK SUSHI/GRILL CHICKEN
40 - 50g



2 LB



12⁹⁹
ea.

PACIFIC WHITE CHOWDER SKEWERS
100g

5⁹⁹
ea.

PACIFIC CANADIAN COVE ORGANIC MUSSELS 1 LB

9⁹⁹
/lb

RAY SCALLOPS
WATERFORD, 2.500kg

7⁹⁹
/lb

STORM HAD SEAFOOD ASSORTED
1.000kg, 1.000kg, 1.000kg



4⁹⁹
ea.

LOBSTER MEAT CHAIR DE HOMARD
1.000g



8⁹⁹
ea.

OCEAN PRIME WHOLE CLEANED SQUID
1.000g



9⁹⁹
ea.

CEDAR BAY CANADIAN LOBSTER MAC & CHEESE
1.000g



16⁹⁹
ea.

AQUASAVE WILD SCOTTIE'S SALMON PORTIONS
1.000g

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 DUMPIED \$9.99 ea.	IRRESISTIBLES RAW SALMON 100% SALMON FRESHLY DUMPIED \$17.99 ea.	IRRESISTIBLES ATLANTIC SALMON PIQUE 100% ATLANTIC SALMON PIQUE \$17.99 ea.
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YOUR FIRST 3 ORDERS*

metro.ca

UP TO
\$60
OFF



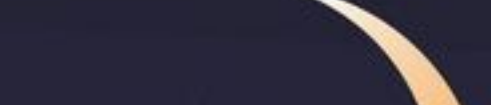
Shop Offer



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

FLAVOURS OF Ramadan

A JOURNEY OF FAITH, FASTING & INNER RENEWAL



99¢
ea. **PARLE-G**, 12.5 OZ BAKED COOKIES OF 300+ SELECTED VARIETIES

399¢
ea. **Kashi Click**, 12 OZ CEREAL

399¢
ea. **ANCHO'S BUTTER CHICKEN**, 12 OZ SAUCE

199¢
ea. **CEDAR CREAM LIQUEUR**, 750 ML BOTTLE OF 300+ SELECTED VARIETIES

SABUTI SNACKS, RUBBON OR SHERBON DINKES
 200 - 240 g 1L
 SELECTED VARIETIES

249
 ea.

SABUTI
 CHAKURO MURI RURI
 200 g 1L
 SELECTED VARIETIES

1399
 ea.

NANA K
 Pure Ghee
 200 g 1L
 SELECTED VARIETIES

499
 ea.

MOON DATES OR
 SHERBON JUICE
 200 g 1L
 SELECTED VARIETIES

[illegible]

167¢ ea. NATIONAL SPICY MIXES OR GIFTS MIXES
100% SELECTED VARIETIES

179¢ ea. KURKURE CHUP
100% SELECTED VARIETIES

599¢ ea. BRARI'S SAMOSAS
100% SELECTED VARIETIES

199¢ ea. DOYA
PARATHA OR NUAN
100% SELECTED VARIETIES

167 **NATIONAL**
SPICE MIXES OR
GIFTS MIXES
ea. 45-200 g
SELECTED VARIETIES

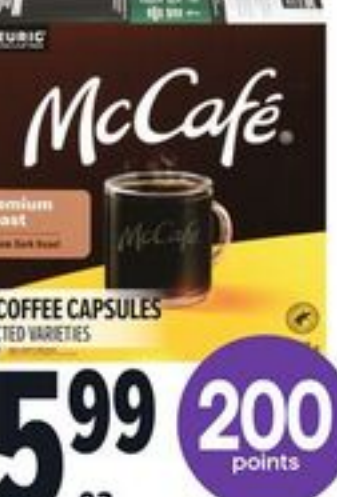
179  ea.

599 **BBQ'S SAMOSAS**
624 g
ea. SELECTED VARIETIES

199 **DIVYA**
PARATHA OR NAAN
320-400 g
ea. SELECTED VARIETIES

Item availability varies by store.

More Great Savings

 2⁹⁹ ea. RITZ CRACKERS 160 g	 6⁹⁹ ea. JACK LINK'S JERKY SNACKS 30g JACKSON'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 ROSSA COFFEE CAPSULES 100 g	 25⁹⁹ 200 ea. McCafe COFFEE CAPSULES 100 g	 6⁹⁹ ea. CARLSBERG ALCOHOL FREE WINE 100 g

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

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

 4⁴⁹ ea. TOWN HOUSE CRACKERS 100 g	 10⁹⁹ ea. EGGO Waffles 100 g	 2⁴⁹ ea. PRINGLES POTATO CHIPS 100 g	 2⁹⁹ ea. POP TARTS 100 g
 2⁹⁹ ea. CHEEZ-IT CRACKERS 100 g	 6⁹⁹ ea. EGGO Waffles 100 g	 2⁴⁹ ea. PRINGLES POTATO CHIPS 100 g	 2⁹⁹ ea. POP TARTS 100 g

 4.49 ea. CLUB HOUSE SPICES 100 - 160 g SELECTED VARIETIES	 4.49 ea. TOWNHOUSE CRACKERS 147 - 201 g SELECTED VARIETIES	 3.99 ea. CARR'S CRACKERS 120 - 160 g SELECTED VARIETIES	 5.49 ea. MCVITIE'S COOKIES 232 - 400 g SELECTED VARIETIES
 5.49 ea. ST-ONGE FOUR SPREAD 120 ml SELECTED VARIETIES	 2.49 ea. CLARK BEANS 286 g (10 oz) SELECTED VARIETIES	 2.49 ea. BUSH'S BEST BEANS 286 g (10 oz) SELECTED VARIETIES	 8.99 ea. KOOLIK'S SAUCE 250 ml SELECTED VARIETIES
New options. New flavours. New reasons to shop Metro for new & trusted brands. DISCOVER NEW  GENERAL MILLS CERIAL 300 - 420 g SELECTED VARIETIES 4.49 ea.  GENERAL MILLS CEREAL 300 - 420 g SELECTED VARIETIES 4.49 ea.			
 11.99 ea. WELCH'S FRUIT SNACK 65 g SELECTED VARIETIES	 3.49 ea. LECLERC GO PURE BARS 150 - 175 g SELECTED VARIETIES	 KELLOGG'S POP TARTS OR RICE KRISPIES SQUARES 176 - 204 g SELECTED VARIETIES 2.99 ea.	
 9.99 ea. BONNE MAMAN JAM 500 ml SELECTED VARIETIES	 3.99 ea. KRAFT PEANUT BUTTER 250 g SELECTED VARIETIES	 3.49 ea. BETTY CROCKER FRUIT SNACKS 130 g SELECTED VARIETIES	 1.99 ea. GREEN GIANT CANNED VEGETABLES 241 - 288 ml SELECTED VARIETIES
LIBERTÉ  3.49 ea. LIBERTÉ MEDITERRANEAN YOGURT 500 g SELECTED VARIETIES  6.49 ea. LIBERTÉ YOGURT TUB SELECTED SIZES SELECTED VARIETIES  2.99 ea. LIBERTÉ GREEK YOGURT 4 x 100 g SELECTED VARIETIES  yoplait YOP DRINKABLE YOGURT 200 ml SELECTED VARIETIES 99¢ ea.  2.99 ea. YOP LAIT TUBES, MINIS OR SOUCE YOGURT SELECTED SIZES SELECTED VARIETIES  yoplait YOP DRINKABLE YOGURT 6 x 200 ml SELECTED VARIETIES 5.99 ea.  2.99 ea. YOP LAIT TUBES, MINIS OR SOUCE YOGURT SELECTED SIZES SELECTED VARIETIES  yoplait YOP DRINKABLE YOGURT 6 x 200 ml SELECTED VARIETIES 5.99 ea.  2.99 ea. YOP LAIT TUBES, MINIS OR SOUCE YOGURT SELECTED SIZES SELECTED VARIETIES  yoplait YOP DRINKABLE YOGURT 6 x 200 ml SELECTED VARIETIES 5.99 ea.  2.99 ea. YOP LAIT TUBES, MINIS OR SOUCE YOGURT SELECTED SIZES SELECTED VARIETIES			
#1 MOST TRUSTED Smoothies or Healthy Juices in Canada 4 YEAR AWARD SMOOTHIES OR HEALTHY JUICES REFRIGERATED JUICE 1.5 L (50.7 FL OZ) SELECTED VARIETIES 4.99 ea. AN OASIS OF LIGHT FOR CANADIAN MORNINGS.  OASIS SMOOTHIE 1.5 L (50.7 FL OZ) SELECTED VARIETIES 4.99 ea.  OASIS ORANGE JUICE 1.5 L (50.7 FL OZ) SELECTED VARIETIES 5.99 ea.			



Nestlé®
Good Food, Good Life

Your favourite
at any time!



11⁹⁹
ea.

STARBUCKS COFFEE
371L • 340 g (12 oz)
SELECTED VARIETIES



7⁹⁹
ea.

NESCAFÉ GOLD
INSTANT COFFEE
95 • 100
SELECTED VARIETIES



13⁹⁹
ea.

STARBUCKS VERTUO
COFFEE CAPSULES
8 • 10 • 12
SELECTED VARIETIES



250
points
value of \$2

7⁴⁹
ea.

STARBUCKS
SHAKERS
SELECTED SIZES
SELECTED VARIETIES



6⁹⁹
ea.

NESTLÉ
ZERO SUGAR
800 ml



5⁷⁹
ea.

NESTLÉ
KEO TEA MIX
500 g



2⁹⁹
ea.

NESTLÉ
CHOCOLATE BARS
85 • 100 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.

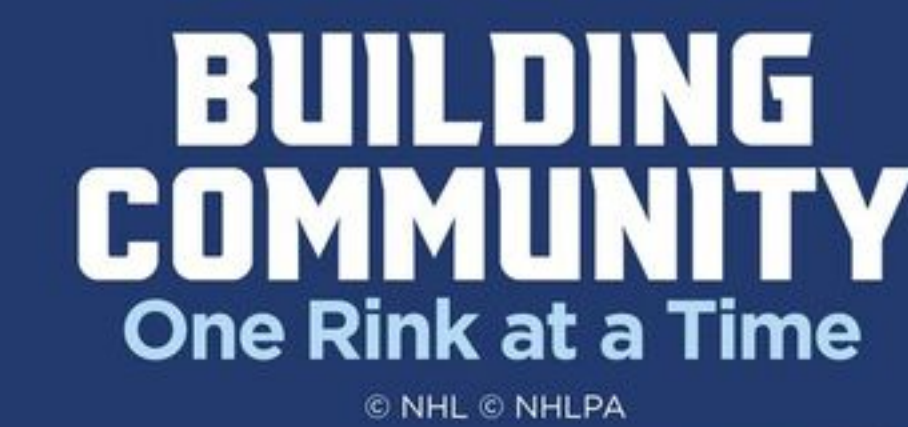
HÄAGEN-DAZS
ICE CREAM
146 ml
SELECTED VARIETIES



6⁴⁹
ea.

iöco FROZEN YOGURT
OR DEL MONTE SOBBET
SELECTED SIZES
SELECTED VARIETIES

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Participating products: KRAFT DINNERS MACARONI & CHEESE 156 - 200 g, KRAFT PEANUT BUTTER 150 g - 1 lb, KRAFT SALAD DRESSINGS 425 mL, KRAFT SINGLE'S PROCESS CHEESE PRODUCT 410 g, CLASSICO PASTA SAUCE 150 - 500 mL, HEINZ KETCHUP 375 mL - 1L, KRAFT PHILLY CHEESE STEAK SANDWICHES 212 - 250 g, KRAFT FROZEN ENTREES 200 - 300 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
BATHROOM TISSUE
Essence 2007

Bonterra

For a better planet • Pour une meilleure planète



9-27
BATH
Bonterra

For a better planet • Pour une meilleure planète

Plastic-Free Packaging
Emballage sans plastique

MADE IN CANADA



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

899
ea.



Bonterra

Plastic-Free Packaging
Emballage sans plastique

3-6
MEGA

MADE IN CANADA

*Made in Canada with domestic and imported materials.