

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

SA

7

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8

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9

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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/1.0 lb

5⁹⁹ ea. or /lb

ARTISAN TURKEY BREAST OR CASTELLO HAM/BAIT

100% TURKEY

3⁴⁹ /100 g

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

1.0 lb/1.0 lb

3⁹⁹ /lb

BUCKLE UP! MUFFINS

125 points value of \$1

5⁹⁹ ea.

PRIME BUFFALO WINGS

125 points value of \$1

9⁹⁹ ea.

VECTOR RICE KRISPIES

3⁹⁹ ea.

INCRESTIBLE

3⁹⁹ ea.

Lactantia Butter

4⁹⁹ ea.

LAY'S

2⁹⁹ ea.

PHILADELPHIA

3⁹⁹ ea.

TEX MEX

4⁸⁸ ea.

Cashmere

4⁹⁹ ea.

eska

3⁹⁹ ea.

Lactantia Purifltre

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.

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

2.00 ea. **COUNTRY HARVEST BRAND OF BRODO'S®** COUNTRY HARVEST BRAND OF BRODO'S®

30% off **CASTLE TUCKER CHEDDAR 5.5 LBS. DANCING FOUNTAIN® CHEDDAR BLUE CHEESE 5.5 LBS.**

6.99 ea. **JAMES BEARRD® BREAD CRUMBS 1.5 LBS. JAMES BEARRD® PASTA FILLS 1.5 LBS.**

19.99 ea. **COOKED SHIMP WILD ARIZONA™ WILD ARIZONA™ SHREDDED SAUSAGE & SAUSAGE SAUSAGE**

 3.49 /lb FLETCHER'S PORK COTTLET ROLL 25% OFF	 11.99 ea. SMOKED CHALOT MONTANA'S PORK BACK RIBS SMOKED SAUSAGE SMOKED CHALOT	 6.49 ea. BOURGIN' SMOKED TROUT SMOKED TROUT SMOKED TROUT	 12.99 ea. FRESH VEGETABLE FRUIT CAROLES
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GENERAL MILLS

Cheerios
CEREAL
\$4.49 ea.

Lucky Charms
CEREAL
\$4.99 ea.

Simply Orange
SIMPLY REFRIGERATED JUICE
\$6.99 ea.

Minute Tapioca
REFRIGERATED DRINKS ON PULCE CED T...
\$3.99 ea.

5.49
ea.

CRACKER BARREL OR BLACK DIAMOND®
ASTRO MILK OR CREAMY YOGURT
\$0.12 PER UNIT

3.49
ea.

ASTRO YOGURT TUBES
\$0.12 PER UNIT

4.99
ea.

FRENCH'S PICKLES OR
FRENCH'S PICKLES & SAUCE
\$0.12 PER UNIT

FRINGLES CHIPS, FRUITY DRINKS, SUGAR OR ALLULOSY JUICE OR COCKTAILS, OR MONTE JACOBO OR ARZONA ICE TEA 249		399 MINUTE MAID, FIRE ALIVE JUICE OR DRINK OR FRUITY'S CLAMATO OR SHRIMP CATALAN SAUCE, 8.5 FL. OZ. CANS	 1149 CORONA CERO, CORONA CUBANA, CORONA MEXICANO OR MICHOLIO ULTRA NON-ALCOHOLIC BEER 12 FL. OZ. CANS
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10⁹⁹
 ea. **10⁹⁹**
 TIDE SHIMPS DETERGENT, DOWNY SCENT BOOSTER, BOUNCE OR SWIFFER
 (SEE BACK FOR RESTRICTIONS)

10⁹⁹
 ea. **10⁹⁹**
 BOUNTY 4-PLY 26" x 56" PAPER TOWELS • 8 ROLLS
 CHARMIN 3-PLY 12" x 14" TOILET PAPER • 12 ROLLS

44⁹⁹
 ea. **44⁹⁹**
 ZIPLOC 13" x 18" GALLON STORAGE BAGS OR 10" x 16" SMALL KITCHEN BAGS • 10 BAGS
 ENERGIZER 1.5V AA BATTERIES • 12 BATTERIES

I learn with **moi rewards**

 125 rewards of \$1 6.49 ANY OF OUR PROTEIN MEALS SELECTED MEALS	 125 rewards of \$1 4.49 MULTIGRAIN MULTI-CHEESE, BOLD SHREDDED SHREDDED MULTI-CHEESE	 125 rewards of \$1 3.99 CHOCOLATE LEMON COOKIES SELECTED COOKIES	 125 rewards of \$1 3.99 CHOCOLATE LEMON COOKIES SELECTED COOKIES
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We reserve the right to limit quantities.
 DESCRIPTIONS TAKE PRECEDENCE OVER PHOTOS.
 SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL STORES

We accept Visa, MasterCard and American Express at most stores.





Visit us at: metro.ca
 Give us your opinion for a chance to
 WIN \$1,000 in groceries






[illegible]

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 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 AND CHERRY MUSHROOMS
PRODUCT OF CANADA



2.49
/lb

LARGE BARTLETT PEARS
PRODUCT OF CANADA
5.49kg



3.99
ea.

BLACKBERRIES 1kg
PRODUCT OF MEXICO



2.49
ea.

YELLOW ONIONS 1kg
PRODUCT OF CANADA
CANADA 14, 14.2kg



2.99
/lb

EXTRA LARGE BEEFSTEAK TOMATOES
PRODUCT OF CANADA
6.59kg



3.99
ea.

LITTLE POTATO CO. POTATO CHIPS
PRODUCT OF CANADA



2.99
/lb

LARGE PEACHES
PRODUCT OF CANADA
6.30kg



2.99
/lb

LARGE MACADAMIA NUTS
PRODUCT OF CANADA
6.30kg



3.99
ea.

LYCIUM POWER KITES 1kg
PRODUCT OF CANADA



3.99
/lb

DRAGON FRUIT
PRODUCT OF CANADA
5.49kg



5.49
ea.

LOCAL APPLES 1kg
PRODUCT OF CANADA



4.49
ea.

HAVEN GREENS 1kg
PRODUCT OF CANADA



5.99
ea.

LYRING LETTUCE 1kg
PRODUCT OF CANADA



4.99
ea.

GUSTA VEGGIE SLICES 1kg
PRODUCT OF CANADA



2.49
ea.

TOFU 1kg
PRODUCT OF CANADA



4.99
ea.

DOLE CAESAR SALAD KITS 1kg
PRODUCT OF CANADA



4.99
ea.

GUSTA VEGGIE SLICES 1kg
PRODUCT OF CANADA



2.49
ea.

TOFU 1kg
PRODUCT OF CANADA



4.99
ea.

DOLE CAESAR SALAD KITS 1kg
PRODUCT OF CANADA



4.99
ea.

GUSTA VEGGIE SLICES 1kg
PRODUCT OF CANADA



2.49
ea.

TOFU 1kg
PRODUCT OF CANADA

Organic

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

5⁹⁹
ea.

BENTO KITS
225 g/8oz

6⁹⁹
ea.

SMALL SALADS
385 g/13.5oz

6⁹⁹
ea.

LARGE WATERMELON OR MIXED MELON CHUNKS
875g

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

5⁹⁹
ea.

16⁹⁹
ea.

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

12⁹⁹
ea.

HYDRANGEAS
1.5kg/3.3lb

39⁹⁹
ea.

**KALEIDOSCOPE
ORCHIDS**
1.5kg/3.3lb

14⁹⁹
ea.

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

pick Ontario



MARCH 8

16⁹⁹
ea.

**RAINBOW CHEER
DOUQUET**
12 FLOWERS



12⁹⁹
ea.

HYDRANGEAS
12 FLOWER COLOURS



NEW

39⁹⁹
ea.

**KALDERSCOPE
ORCHIDS**



pickOntario

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

SAVE \$2.00

14⁹⁹
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
150 ml
SELECTED VARIETIES

13⁹⁹
ea.



Natasa Karambatas
President



KOUKULA
KOUKULA 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

5⁹⁹
ea.

PACIFIC WHITE CHOWDER SKEWERS
100g

PACIFIC WHITE CHOWDER SKEWERS
100g

FRESH CANADIAN COVE ORGANIC MUSSELS 1 LB
450g

12⁹⁹
ea.

PACIFIC WHITE CHOWDER SKEWERS
100g

9⁹⁹
/lb

RAY SCALLOPS
WATERFORD, 2.500g

7⁹⁹
/lb

STORM HAD SEAFOOD ASSORTMENT
1.000g

4⁹⁹
ea.

WILDCO COOKED LOBSTER MEAT
300g

8⁹⁹
ea.

OCEAN PRIME WHOLE CLEANED SQUID
1.000g

9⁹⁹
ea.

CEDAR RAY CANADIAN LOBSTER MAC & CHEESE
1.000g

16⁹⁹
ea.

AQUA STAR WILD SCOTTIE'S SALMON PORTIONS
1.000g

16⁹⁹
ea.

AQUA STAR WILD SCOTTIE'S SALMON PORTIONS
1.000g

19⁹⁹
/lb

FRESH CANADIAN ORGANIC CHIRIKOO SALMON FILLETS
4200g

18⁰⁰
ea.

FAMILY PACK SUSHI/GRILL CHICKEN
40 - 50g

2 LB

5⁹⁹
ea.

PACIFIC WHITE CHOWDER SKEWERS
100g

PACIFIC WHITE CHOWDER SKEWERS
100g

FRESH CANADIAN COVE ORGANIC MUSSELS 1 LB
450g

12⁹⁹
ea.

PACIFIC WHITE CHOWDER SKEWERS
100g

9⁹⁹
/lb

RAY SCALLOPS
WATERFORD, 2.500g

7⁹⁹
/lb

STORM HAD SEAFOOD ASSORTMENT
1.000g

4⁹⁹
ea.

WILDCO COOKED LOBSTER MEAT
300g

8⁹⁹
ea.

OCEAN PRIME WHOLE CLEANED SQUID
1.000g

9⁹⁹
ea.

CEDAR RAY CANADIAN LOBSTER MAC & CHEESE
1.000g

16⁹⁹
ea.

AQUA STAR WILD SCOTTIE'S SALMON PORTIONS
1.000g

16⁹⁹
ea.

AQUA STAR 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 FRESH IN CANADA \$9.99 ea.	IRRESISTIBLES RAW SALMON 100% SALMON RAW IN CANADA \$17.99 ea.	IRRESISTIBLES ATLANTIC SALMON PIQUE 100% ATLANTIC SALMON PIQUE IN CANADA \$17.99 ea.
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[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)

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

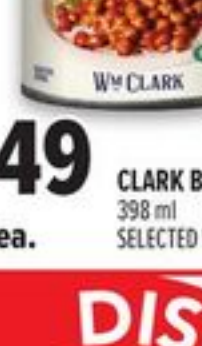
 2⁹⁹ ea.	 6⁹⁹ ea.	 3⁷⁹ ea.	 8⁴⁹ ea.
 4⁹⁹ ea.	 5⁹⁹ ea.	 25⁹⁹ 200 ea.	 6⁹⁹ ea.

 POP FLY CONTEST BLUE JAYS VIP EXPERIENCE +100s of prizes to be won		 80 points	 14²⁹ ea.
 5⁴⁹ 60 points	 9⁴⁹ 60 points	 7⁹⁹ ea.	 3⁹⁹ ea.

 DESSERT as it should be CLASSICALLY CREAMY		 5⁴⁹ ea.	 5⁴⁹ ea.
 5⁹⁹ ea.	 5⁴⁹ ea.	 5⁴⁹ ea.	

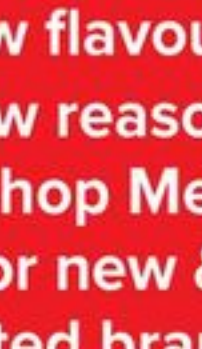
Snack up for Spring Break

 4⁴⁹ ea.	 10⁹⁹ ea.	 2⁴⁹ ea.	 2⁹⁹ ea.
 2⁹⁹ ea.	 6⁹⁹ ea.	 2⁴⁹ ea.	 2⁹⁹ ea.

 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 SELECTED VARIETIES	 249 ea. BUSH'S ZERO BEANS 200 g SELECTED VARIETIES	 899 ea. KOZLIK'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 170-180 g SELECTED VARIETIES	 449 ea. REESE'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. **649** ea.

LIBERTÉ SMOOTHIE
500 g
SELECTED VARIETIES

LIBERTÉ GREEK PROTEIN
LIBERTÉ GREEK PROTEIN TUB
SELECTED SALES

LIBERTÉ GREEK PROTEIN

LIBERTÉ GREEK YOGURT
150-180 g
SELECTED VARIETIES

299 ea.

yoplait

99¢ ea.

YOP DRINKABLE YOGURT
150-180 g
SELECTED VARIETIES

299 ea.

YOP DRINKABLE YOGURT
150-180 g
SELECTED VARIETIES

YOP TUBES

YOP TUBES, MIXING OR SOURCE YOGURT
SELECTED SALES

299 ea.

#1 MOST TRUSTED
in Canada

OASIS 4 YEAR

SMOOTHIES OR HEALTH DRINKS
REFRIGERATED JUICE
1.5 L
SELECTED VARIETIES

499 ea.

MADE IN CANADA

OASIS

OASIS ORANGE JUICE
1.5 L
SELECTED VARIETIES

599 ea.

AN OASIS OF LIGHT FOR CANADIAN MORNINGS.



Celebrate International Women's Day by prioritizing your health! Ask your pharmacist about our Women's Health Physician Referral Service — discreet, convenient, and designed for you.

ALIGN PROBIOTIC
21-66 yrs.
SELECTED VARIETIES

33⁹⁹

align
PROBIOTIC

DIGESTIVE SUPPORT
Helps restore healthy balance of the
digestive tract

28 CAPSULES

WOMEN'S HEALTH

Probiotic 5 Billion

with 200 mg Cranberry
Microcapsulated Beadlets

Complete Intestinal Health

15 Vegetarian Capsules

Webber Naturals

14.99

**KEEP YOUR
COMMUNITY
SAFE**

Return unused medication to our pharmacy for safe disposal.



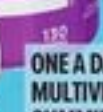
Click [here](#) to find a pharmacy location near you

Jamieson's
MULTIVITAMIN
Multi
120 Gummies
100% DV of 13 Essential Vitamins & Minerals

Jamieson's
MULTIVITAMIN
Multi
120 Gummies
100% DV of 13 Essential Vitamins & Minerals

19.99
ea.

JAMIESON'S
MULTIVITAMIN
GUMMIES
120 GUMMIES
SELECTED VARIETIES



16⁹⁹
ea.

ONE A DAY
MULTIVITAMIN
GUMMIES 130
SELECTED VITAMIN

WEBER NATURALS
BIOTIN 45-90 mcg
SELECTED VARIETIES

1149
ea.



OLLY SLEEP
50mL
SELECTED VARIETIES

250
points
value of \$2

24.99
ea.

OLLY
EXTRA
SLEEP
50mL
EXTRA
SOMMEIL
50mL

[illegible]

Aleve BACK & BODY PAIN
naproxen sodium capsules, 225 mg
Red relief of muscle pain, backaches and body pain
EFFECTIVE TO LAST UP TO 12 HOURS

20

15⁹⁹ VOLTAREN EMULGEL 100 - 150 g
CLUSTED JABITES

[illegible]

BENLYN
COUGH SYRUP
750 ml
SELECTED VARIETIES

14⁹⁹
ea.

BENLYN
EXTRA STRENGTH
MUCUS PHLEGMA
FAST RELIEF OF:
• Mucus
• Wheezing
• Chest
• Congestion
• Sore Throat
• Pain

7.99
ea.

RICOLA
COUGH DROPS
34 - 45 mg.
SELECTED VARIETIES



Fast and effective temporary relief for sore throats.

Cepacol™

EXTRA STRENGTH

Benzocaine & Menthol

Soothes Free Honey Lemon

36 Lozenges

9.99

ea.

CÉPACOL LOZENGES
24 - 36 ct.
SELECTED VARIETIES



Mucinex
Chest Congestion
Cough Suppressant
Expectorant
Decongestant
Antihistamine

Mucinex
COLD MEDICATION
100-mL or 20-oz.
SOLICIT WARETS

15⁹⁹
ea.

13.99
ea.

BANANA BOAT
SUN CARE
SELECTED SIZES
SELECTED VARIETIES



Premier Protein

125
POUNDS
value of \$1

14.99
ea.

PREMIER PROTEIN BEVERAGE
4.325 L
SELECTED VARIETIES

PRICES ARE IN EFFECT UNTIL WEDNESDAY APRIL 1ST, 2026
AVAILABLE AT METRO PHARMACY LOCATIONS ONLY.

metro.ca / pharmacy

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 OZ. (70 g) VARIETIES



449
ea.

EARTH'S BEST BABY SNACKS
4.5 OZ. (125 g) SELECTED VARIETIES



40
points

249
ea.

**EARTH'S BEST
BABY SNACKS**
4.5 OZ. (125 g) VARIETIES



399
ea.

**BABY GOURMET
PUFFS**
4.5 OZ. (125 g) SELECTED VARIETIES



949
ea.

**PERSONNELLE
BABY WIPES**
27" x 18" (68.5 x 45.7 cm)
160 WIPES



1499
ea.

**PAMPERS
BABY WIPES**
27" x 18" (68.5 x 45.7 cm)
336 WIPES



1349
ea.

**LIVE CLEAN
TEARLESS
BABY WIPES**
27" x 18" (68.5 x 45.7 cm)
336 WIPES

Health & Beauty



**COLGATE
OPTIC WHITE
TOOTHBRUSH**
2x1
SELECTED VARIETIES

499
ea.



699
ea.

**SENSODYNE
TOOTHPASTE**
50 mL (1.7 FL. OZ.)
SELECTED VARIETIES



849
ea.

**ORAL-B
DENTAL FLOSS**
2x1
SELECTED VARIETIES



1049
ea.

**LISTERINE
MOUTHWASH**
1 L (33.8 FL. OZ.)
SELECTED VARIETIES



1199
ea.

**NIVEA
MOISTURIZING CREAM**
125 g (4.4 OZ.)
SELECTED VARIETIES



1299
ea.

**AVEENO
BODY LOTION**
125 g (4.4 OZ.)
SELECTED VARIETIES



70
points

599
ea.

**OLD SPICE
DEODORANT**
150 g (5.3 OZ.)
SELECTED VARIETIES



649
ea.

**NIVEA
DEODORANT**
150 g (5.3 OZ.)
SELECTED VARIETIES



499
ea.

**NIVEA
BODY WASH**
400 mL (13.5 FL. OZ.)
SELECTED VARIETIES



80
points

699
ea.

**AXE
BODY WASH**
400 mL (13.5 FL. OZ.)
SELECTED VARIETIES



699
ea.

**DOVE
BAR SOAP**
110 g (3.9 OZ.)
SELECTED VARIETIES



799
ea.

**SQUATCH
WOOD BARREL
BOURBON
BAR SOAP**
110 g (3.9 OZ.)
SELECTED VARIETIES



1399
ea.

**NATIVE
HAIR CARE**
100 mL (3.4 FL. OZ.)
SELECTED VARIETIES



949
ea.

**DOVE
STYLING PRODUCT**
100 mL (3.4 FL. OZ.)
SELECTED VARIETIES



599
ea.

**LIVE CLEAN
HAND SOAP**
100 mL (3.4 FL. OZ.)
SELECTED VARIETIES



499
ea.

**GILLETTE
SHAVING GEL**
100 mL (3.4 FL. OZ.)
SELECTED VARIETIES



1599
ea.

**PANTENE
HAIR CARE**
100 mL (3.4 FL. OZ.)
SELECTED VARIETIES



1999
ea.

**TAMPAX
ALWAYS
SANITARY NAPKINS**
100% COTTON
100% COTTON
100% COTTON



1849
ea.

**TENA
OVERNIGHT
PADS**
100% COTTON
100% COTTON
100% COTTON



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
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 SOBBET
SELECTED SIZES
SELECTED VARIETIES

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BUILDING
COMMUNITY

One Rink at a Time

© NHL © NHLPA



1

6⁹⁹

ea.

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



4²⁹

ea.

KRAFT SALAD DRESSINGS 425 ml
SELECTED VARIETIES



6⁹⁹

ea.

MIRACLE WHIP SPREAD 305 g
SELECTED VARIETIES



NEW

3⁹⁹

ea.

HEINZ MAYONNADE-STYLE SAUCES OR KETCHUP 240 / 275 ml
SELECTED VARIETIES



4⁹⁹

ea.

CLASSICO PASTA SAUCE 238 / 650 ml
SELECTED VARIETIES



1⁶⁶

ea.

KRAFT DINNER MACARONI & CHEESE 56 / 200 g
SELECTED VARIETIES



1

5⁴⁹

ea.

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

*Based on the 2018 BrandScan® Canadian Trust Study.



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 / 140 g; KRAFT SALAD DRESSINGS 425 ml; KRAFT SINGLES PROCESS CHEESE PRODUCT 410 g; CLASSICO PASTA SAUCE 410 / 650 ml; HEINZ KETCHUP 275 ml / 1 L; PHILADELPHIA CREAM 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.
TACO BELL SEASONED SHELL KITS
117g
SELECTED VARIETIES



7⁹⁹
ea.
TACO BELL PREMIUM KITS
642g
SELECTED VARIETIES



2⁹⁹
ea.
TACO BELL SAUCES
207g
SELECTED VARIETIES



5⁴⁹
ea.
TACO BELL CREAMY SAUCES
254ml
SELECTED VARIETIES



4⁹⁹
ea.
TACO BELL POPS
425g
SELECTED VARIETIES



1²⁵
ea.
TACO BELL SEASONING
28g
SELECTED VARIETIES



4⁹⁹
ea.
TACO BELL MULTIGRAIN
27g
SELECTED VARIETIES



4⁹⁹
ea.
TACO BELL SOFT TACO
27g
SELECTED VARIETIES

MADE IN CANADA*
WITH THE WHOLE
PLANET IN MIND



4⁹⁹
ea.
TACO BELL MULTIGRAIN SOFT TACO
27g
SELECTED VARIETIES



3 MEGA
6
BONTERRA
For a better planet • Pour une meilleure planète



9-27
BONTERRA
For a better planet • Pour une meilleure planète



3-6
BONTERRA
For a better planet • Pour une meilleure planète

8⁹⁹
ea.
BONTERRA PAPER TOWELS 3-6 rolls
BATHROOM TISSUE 9-27 rolls
OR FACIAL TISSUE 3-6 un

*Made in Canada with domestic and imported materials.