

VERSION 3

GROUND  
IN-STORE  
DAILY

MEDIUM



4.88  
/lb  
or ea.

MEDIUM GROUND BEEF VALUE PACK 4.88/lb, 10.76/kg OR  
MEDIUM HALAL GROUND BEEF 454 g, 4.88 EA.

FRESH



3.99  
/lb

FRESH PORK BACK RIBS VALUE PACK OR  
FRESH PORK TENDERLOIN VALUE PACK  
8.80/kg



6.99  
/lb

RED GRILL BONELESS STEWING BEEF CUBES  
VALUE PACK  
15.41/kg



10.99  
/lb  
or ea.

FRESH TILAPIA FILLETS OR FROZEN COHO SALMON FILLETS  
OR PREVIOUSLY FROZEN  
MIN. 900 g, 10.99/lb, 2.43/100 g  
PACIFIC WHITE COOKED SHRIMP RING  
312 g, FROZEN, 10.99 EA.

moi rewards member price

JORDANS CEREAL  
325 - 400 g  
SELECTED VARIETIES



3.99  
ea.

SPECIAL PRICE  
4.99  
ea.  
for non-members

Effective April

TH 23 | FR 24 | SA 25

### DOZEN ROSES

12 STEM BUNCH  
ASSORTED COLOURS

SAVE \$5.00  
**20<sup>00</sup>** ea.



# metro

CANADIAN AND PROUD



MAPLE LEAF BACON OR SCHNEIDERS BACON, JUICY JUMBOS, SMOKED PORK OR CHICKEN SAUSAGES OR MINA HALAL CHICKEN WIENERS  
375 - 675 g, SELECTED VARIETIES

**4<sup>99</sup>** ea.



RASPBERRIES 170 g  
PRODUCT OF U.S.A. OR MEXICO

**1<sup>99</sup>** ea.



SAN DANIELE PROSCIUTTO, MASTRO GENOA SALAMI OR HAM, SAPUTO PROVOLONE OR TRE STELLE MOZZARELLA  
DELI SLICED OR SHAVED, 13.56/lb

**2<sup>99</sup>** /100 g



MINI CUCUMBERS 397 g  
PRODUCT OF ONTARIO, CANADA No. 1 GRADE, 1.99 EA.  
LARGE RED, ORANGE OR YELLOW SWEET PEPPERS  
PRODUCT OF CANADA OR MEXICO, 1.99/lb, 4.39/kg

**1<sup>99</sup>** ea. or /lb



FRONT STREET BAKERY  
DANISH, TURNOVERS, BRAIDED STRUDELS OR PARISIAN TWISTS  
320 - 512 g, SELECTED VARIETIES

**5<sup>99</sup>** ea.



Cotton Candy

BLACK OR RED PLUMS 2 lb  
PRODUCT OF CHILE, No. 1 GRADE, 3.99 EA.  
COTTON CANDY GRAPES  
PRODUCT OF CHILE, No. 1 GRADE, 3.99/lb, 8.80/kg

**3<sup>99</sup>** ea. or /lb



KICKING HORSE, CAFÉ WILLIAM OR FOLGERS COFFEE  
SELECTED SIZES, SELECTED VARIETIES

**16<sup>99</sup>** ea.



POST CEREAL OR EGGO'S  
SELECTED SIZES  
SELECTED VARIETIES

125 points  
value of \$1

**2<sup>99</sup>** ea.



BLACK DIAMOND CHEESE  
SELECTED SIZES, SELECTED VARIETIES

**4<sup>99</sup>** ea.



RUFFLES CHIPS OR TOSTITOS TORTILLA CHIPS  
SELECTED SIZES  
SELECTED VARIETIES

125 points  
value of \$1  
when you buy 2  
**3<sup>49</sup>** ea.



REAL DAIRY ICE CREAM OR DRUMSTICK  
SELECTED SIZES  
SELECTED VARIETIES

125 points  
value of \$1

**4<sup>99</sup>** ea.



IRRISISTIBLE FROZEN FRUIT  
SELECTED SIZES, SELECTED VARIETIES

**3<sup>99</sup>** ea.



CASHMERE BATHROOM TISSUE OR SPONGE PAPER TOWELS  
2 - 8 un., SELECTED VARIETIES

**3<sup>99</sup>** ea.



COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS  
12 X 355 ml  
SELECTED VARIETIES

125 points  
value of \$1

**7<sup>99</sup>** ea.



DECECCO OR MOLISANA PASTA 450 - 454 g  
SELECTED VARIETIES

**1<sup>99</sup>** ea.

Effective April

TH 23 | FR 24 | SA 25 | SU 26 | MO 27 | TU 28 | WE 29

2026

# 4-DAY MEAL DEAL

APRIL 23RD – APRIL 26TH, 2026

**YOUR CHOICE** **11.99** ea.



**X-LARGE**

**16" X-LARGE PEPPERONI & CHEESE PIZZA**  
WALK-IN ORDERS ONLY  
NO TOPPING SUBSTITUTES



**HOT MAMMOTH BBQ CHICKEN**  
1 kg

**1 KG**

**15 PCS**



**12 HOT TENDERS, 15 CHICKEN WINGS OR 20 CHICKEN BITES**

**12 PCS**



**PARTY SIZE**

**PARTY SIZE DELUXE FRUIT SALAD**  
1.5 kg

**20 PCS**



**ASSORTED CALIFORNIA COMBO OR CALIFORNIA ROLL VARIETY PACK**  
420 - 424 g  
SELECTED VARIETIES



**FRONT STREET BAKERY MINI DESSERT CAKES**  
260 - 425 g, SELECTED VARIETIES

**metro.ca**

# \$ New Lower Prices

**2 for 7.00**  
**DEMPSTER'S SIGNATURE BUNS OR WHOLE GRAIN BREADS**  
 SELECTED SIZES, SELECTED VARIETIES  
 OR 3.99 EA.

**11.99** ea.  
**HIGH LINER SIGNATURE, PAN-SEAR OR CATCH OF THE DAY FISH FILLETS**  
 FROZEN, 425 g - 1.32 kg, SELECTED VARIETIES

**16.99** ea.  
**125** points  
 value of \$1  
**IRRESISTIBLE BEEF BURGERS**  
 FROZEN, 852 g - 1.02 kg  
 SELECTED VARIETIES

**3.99** ea.  
**FONTAINE SANTÉ OR ADONIS HUMMUS OR BRETAGNE PÂTE**  
 150 - 250 g, SELECTED VARIETIES

**2.99** /100 g  
**SELECTION TURKEY BREAST**  
 COOKED OR SMOKED  
 DELI SLICED 13.56/lb

**13.99** ea.  
**FRESH VEGETABLE OR FRUIT CAROUSEL**  
 955 g - 1.4 kg

**2.99** ea.  
**QUAKER OATS, NATURE VALLEY BARS OR DOLE FRUIT CUPS**  
 SELECTED SIZES, SELECTED VARIETIES

**5.79** ea.  
**NATREIL FINE-FILTERED MILK 2 L**  
 SELECTED VARIETIES

**6.99** ea.  
**SAN PELLEGRINO CIAO OR NATURALI SPARKLING DRINKS 6 X 330 ml**  
**MUSKOKA BREWERY NON-ALCOHOLIC BEER 4 X 355 ml, SELECTED VARIETIES**

**5.49** ea.  
**PLANTERS NUTS 200 g**  
 SELECTED VARIETIES

**3.49** ea.  
**DARE COOKIES OR CRACKERS**  
 SELECTED SIZES, SELECTED VARIETIES

**5.49** ea.  
**G.H. CRETORS POPCORN, NEAL BROTHERS SNACKS OR LA CROIX SPARKLING WATER**  
 SELECTED SIZES, SELECTED VARIETIES

**2 for 9.00**  
 LESS THAN 2 PAY 5.79 EA.  
**DORITOS OR CHEETOS SNACKS**  
 SELECTED SIZES, SELECTED VARIETIES

**4.99** ea.  
**HEINZ KETCHUP OR BICK'S PICKLES**  
 750 ml - 1 L  
 SELECTED VARIETIES

**3.33** ea.  
**BEN'S ORIGINAL RICE OR TASTY BITE SIDE DISH**  
 240 - 285 g  
 SELECTED VARIETIES

**60** points  
**4.99** ea.  
**NATURE'S PATH, CHEX CEREAL OR EARTH'S OWN BARISTA BEVERAGES**  
 SELECTED SIZES, SELECTED VARIETIES

**20% off**  
**CERAVE, CETAPHIL, ATHENA, METHOD OR NATIVE**  
 SELECTED SIZES, SELECTED VARIETIES

**2.99** ea.  
**ALCAN FOIL, GLAD WRAP OR REYNOLDS PARCHMENT PAPER**  
 SELECTED SIZES, SELECTED VARIETIES

**14.99** ea.  
**TIDE OR GAIN DETERGENT, DOWNY SOFTENERS, CASCADE OR BOUNTY**  
 SELECTED SIZES, SELECTED VARIETIES

**i earn with moi rewards**

**85** points  
**6.99** ea.  
**NESTEA ICED TEA**  
 12 X 341 ml  
 SELECTED VARIETIES

**75** points  
**5.99** ea.  
**SIMPLY ORANGE JUICE, APPLE JUICE, LEMONADE OR CRANBERRY JUICE**  
 SELECTED SIZES, SELECTED VARIETIES

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

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](http://metro.ca) Give us your opinion for a chance to WIN \$1,000 in groceries

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this week's deals:

Only until April 29, 2026, in-store or online

# add your moi rewards coupons



**NOW**  
**2<sup>99</sup>**  
ea.  
SAVE UP TO  
\$1.30

~~4<sup>29</sup>~~  
ea.  
**KRAFT**  
SALAD DRESSING  
425 ml  
SELECTED VARIETIES



**NOW**  
**2<sup>49</sup>**  
ea.  
SAVE UP TO  
\$1

~~3<sup>49</sup>~~  
ea.  
**SOBER CARPENTER**  
NON-ALCOHOLIC BEER OR  
CLEVER MOCKTAILS  
355 - 473 ml  
SELECTED VARIETIES



**NOW**  
**12<sup>99</sup>**  
ea.  
SAVE UP TO  
\$4

~~16<sup>99</sup>~~  
ea.  
**GERBERA**  
BOUQUET  
ASSORTED VARIETIES  
AND COLOURS



**NOW**  
**3<sup>99</sup>**  
ea.  
SAVE UP TO  
\$1

~~4<sup>99</sup>~~  
ea.  
**PELMEN**  
PEROGIES  
500 g  
SELECTED VARIETIES



**NOW**  
**7<sup>49</sup>**  
ea.  
SAVE UP TO  
\$2.30

~~9<sup>79</sup>~~  
ea.  
**LINDT LINDOR**  
CHOCOLATES  
150 g  
SELECTED VARIETIES



**NOW**  
**6<sup>99</sup>**  
ea.  
SAVE UP TO  
\$1

~~7<sup>99</sup>~~  
ea.  
**KRAFT MIRACLE**  
WHIP DRESSING  
890 ml  
SELECTED VARIETIES

**LIMIT ONE REDEMPTION PER CUSTOMER**

Offer available only on the My Metro app with a moiD account. Limit of one coupon redemption with a moiD 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.



If you're not satisfied. We're not satisfied.

**1<sup>99</sup>** /lb  
**LARGE SEEDLESS NAVEL ORANGES**  
 PRODUCT OF U.S.A.  
 4.39/kg

**4<sup>99</sup>** ea.  
**STRAWBERRIES** 454 g  
 No. 1 GRADE  
**GREENHOUSE STRAWBERRIES** 284 g  
 PRODUCT OF ONTARIO  
 CANADA NO. 1 GRADE

**1<sup>99</sup>** ea.  
**SEEDLESS CUCUMBERS**  
 PRODUCT OF ONTARIO  
 CANADA NO. 1 GRADE

**99¢** /lb  
**GREEN CABBAGE**  
 PRODUCT OF ONTARIO  
 CANADA No. 1 GRADE  
 2.18/kg

**1<sup>99</sup>** /lb  
**LARGE RED PRINCE APPLES**  
 PRODUCT OF ONTARIO  
 CANADA EXTRA FANCY GRADE  
 4.39/kg

**3<sup>99</sup>** ea.  
**BLACKBERRIES** 170 g  
 PRODUCT OF MEXICO

**1<sup>99</sup>** /lb  
**GREEN ZUCCHINI**  
 PRODUCT OF U.S.A. OR MEXICO  
 4.39/kg

**2<sup>99</sup>** ea.  
**GREEN OR RED LEAF LETTUCE**  
 PRODUCT OF U.S.A.

**3<sup>99</sup>** /lb  
**ORRI CLEMENTINES**  
 PRODUCT OF ISRAEL  
 8.80/kg

**3<sup>99</sup>** /lb  
**MINI ITALIAN EGGPLANTS**  
 PRODUCT OF ONTARIO  
 8.80/kg

**5<sup>99</sup>** ea.  
**SWEET CORN** 4 PK  
 PRODUCT OF FLORIDA, U.S.A.  
 No. 1 GRADE

**3<sup>99</sup>** ea.  
**RUSSET POTATOES** 5 lb  
 PRODUCT OF CANADA  
 CANADA No. 1 GRADE

**1<sup>99</sup>** /lb  
**JUMBO PAPAYAS**  
 PRODUCT OF MEXICO  
 4.39/kg

**1<sup>99</sup>** ea.  
**COCONUT**  
 PRODUCT OF THE DOMINICAN REPUBLIC

**5<sup>99</sup>** ea.  
**VIDALIA SWEET ONIONS** 3 lb  
 PRODUCT OF U.S.A., No. 1 GRADE

**3<sup>99</sup>** ea.  
**WILD WONDERS TOMATOES** 283 g  
 PRODUCT OF CANADA OR MEXICO

**4<sup>99</sup>** ea.  
**CHOCOLATS FAVORIS FONDUE**  
 85 g  
 SELECTED VARIETIES

**9<sup>99</sup>** ea.  
**LOOP BOOSTER OR RECOVER SHOTS**  
 4 X 60 ml

**5<sup>49</sup>** ea.  
**GUSTA VEGGIE SLICES** 155 g  
 SELECTED VARIETIES

**6<sup>49</sup>** ea.  
**OOMÉ READY TO EAT SMOKED TOFU** 220 g  
 SELECTED VARIETIES

Organic

**3<sup>99</sup>** ea.  
**TONICA ORGANIC KOMBUCHA** 355 ml  
 SELECTED VARIETIES

**4<sup>99</sup>** ea.  
**ORGANIC MINI CUCUMBERS** 340 g  
 PRODUCT OF CANADA  
 CANADA No. 1 GRADE OR  
 PRODUCT OF MEXICO  
 No. 1 GRADE

**3<sup>99</sup>** ea.  
**BELLE GROVE ORGANIC SLICED WHITE OR CRIMINI MUSHROOMS** 227 g  
 PRODUCT OF ONTARIO

**70** points  
**5<sup>99</sup>** ea.  
**LPC ORGANIC LITTLE YELLOWS** 680 g  
 PRODUCT OF CANADA  
 CANADA No. 1 GRADE

Sliced & Diced

**1<sup>49</sup>** /lb  
**SEEDLESS WATERMELON QUARTERS**  
 3.28/kg

**5<sup>99</sup>** ea.  
**READY TO COOK VEGETABLES**  
 GRILLING MIX 350 g  
 STIR-FRY MIX 440 g

**5<sup>99</sup>** ea.  
**CORED PINEAPPLES**  
 600 g

**10<sup>99</sup>** ea.  
**FAMILY SIZE SALADS**  
 466-692 g

Fresh Blooms

**12<sup>99</sup>** ea.  
**FRESH CUT TULIPS**  
 12 STEM BUNCH  
 ASSORTED COLOURS

**11<sup>99</sup>** ea.  
**ROSEBUSH**  
 6" POT  
 ASSORTED COLOURS

**4<sup>99</sup>** ea.  
**AFRICAN VIOLET**  
 4" POT  
 ASSORTED COLOURS

**2 for 20<sup>00</sup>** or 11.99 ea.  
**DAFFODILS**  
 10 STEM BUNCH  
 ASSORTED COLOURS

# Our Butcher's Finest

**11<sup>88</sup>** /lb

**CUT BY OUR BUTCHER**

**RED GRILL PRIME RIB ROAST CHEF STYLE OR CAP ON RIB STEAK VALUE PACK**  
CUT FROM CANADA AA GRADE OR HIGHER  
26.19/kg

**12<sup>88</sup>** /lb

**CUT FROM 100% CANADIAN AA GRADE BEEF**

**RED GRILL EASY CARVE PRIME RIB ROAST**  
CUT FROM CANADA AA GRADE OR HIGHER  
28.40/kg

**INSIDE POP UP**  
Digital Cooking Thermometer

**YORKSHIRE VALLEY Farms**

**Organic**

**YORKSHIRE VALLEY FARMS ORGANIC FRESH WHOLE CHICKEN OR CHICKEN LEG QUARTERS**  
13.21/kg

**5<sup>99</sup>** /lb

**LIFE SMART NATURALIA GRASS FED BEEF TENDERLOIN STEAK**  
PRODUCT OF NEW ZEALAND  
59.50/kg

**LIFE SMART NATURALIA**

- Steaks aged for a minimum of 28 days
- Free range grass fed
- Raised without antibiotics
- Raised without added hormones

**FAST FRY**

**6<sup>99</sup>** /lb

**BONELESS PORK LOIN CHOPS**  
FAST FRY, CENTRE CUT  
15.41/kg

**LIFE SMART NATURALIA PORK SAUSAGES**  
HOT OR MILD ITALIAN OR LEAN GROUND PORK 500 g

**7<sup>99</sup>** ea.

**LIFE SMART NATURALIA**

- Raised without antibiotics
- Grain fed
- 100% Canadian Pork is raised without added hormones

**PRIME RAISED WITHOUT ANTIBIOTICS**

**5<sup>99</sup>** ea.

**MAPLE LEAF PRIME RAISED WITHOUT ANTIBIOTICS EXTRA LEAN GROUND CHICKEN**  
454 g

**FRESH**

**13<sup>99</sup>** /lb

**FRESH LAMB LOIN CHOPS**  
NEW ZEALAND SPRING LAMB  
30.84/kg

**NEW ZEALAND SPRING LAMB**

- 100% Grass fed
- Free range
- Raised without antibiotics or added hormones

**4<sup>99</sup>** ea.

**MAPLE LODGE OR ZABIHA HALAL CHICKEN BACON** 375 g

**4<sup>99</sup>** ea.

**MARC ANGELO PORK MEATBALLS** 400 g  
SELECTED VARIETIES

**4<sup>99</sup>** ea.

**GOLD LABEL CHICKEN OR PORK SMOKED SAUSAGES** 375 g, SELECTED VARIETIES

**5<sup>99</sup>** ea.

**OLYMELE BREAKFAST SAUSAGES** 375 g  
SELECTED VARIETIES

**5<sup>99</sup>** ea.

**IRRÉSISTIBLE APPETIZERS**  
FROZEN, 216-400 g  
SELECTED VARIETIES

**5<sup>49</sup>** ea.

**WATSON RIDGE CHICKEN BALLS**  
FROZEN, 800 g

**11<sup>99</sup>** ea.

**SWISS CHALET, ST-HUBERT OR MONTANA'S MEAT PIES**  
FROZEN, 650-800 g  
SELECTED VARIETIES

**13<sup>99</sup>** ea.

**NEW ZEALAND SPRINGVALE BEEF OR LAMB ROLLS**  
FROZEN, 340 g

## Organic

**14<sup>99</sup>** ea.

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

**15<sup>99</sup>** ea.

**YORKSHIRE VALLEY FARMS ORGANIC CHICKEN BURGERS**  
FROZEN, 678 g

**17<sup>99</sup>** ea.

**YORKSHIRE VALLEY FARMS ORGANIC CHICKEN MEATBALLS**  
FROZEN, 800 g

**8<sup>99</sup>** ea.

**duBRETON ORGANIC BACON** 250 g

## Halal

**10<sup>99</sup>** ea.

**AL SAFA HALAL BEEF BURGERS**  
FROZEN, 800 g  
SELECTED VARIETIES

**11<sup>99</sup>** ea.

**AL SAFA HALAL BEEF PATTIES**  
FROZEN, 1.17 kg  
SELECTED VARIETIES

**14<sup>99</sup>** ea.

**ZABIHA HALAL CHICKEN WINGS**  
FROZEN, 908 g  
SELECTED VARIETIES

**8<sup>99</sup>** ea.

**ZABIHA HALAL BREADED CHICKEN**  
FROZEN, 700-800 g  
SELECTED VARIETIES

If you're not satisfied. We're not satisfied.



DM3DM3DM3 DM3

# THRILL YOUR GRILL



BUDWEISER BEER  
12 x 473 ml  
**34.99** ea.

Meat & seafood lovers will enjoy our variety of kabobs, burgers & more.



**7.99** /lb  
SEASONED BEEF SLIDERS BURGERS  
17.61/kg



**7.99** /lb  
STORE MADE SEASONED BEEF BURGERS  
17.61/kg  
SELECTED VARIETIES



**11.99** /lb  
RED GRILL BEEF SHORT RIBS  
CUT FROM CANADA AA OR USDA SELECT GRADE OR HIGHER  
26.43/kg



**7.99** /lb  
FRESH BONELESS SKINLESS CHICKEN THIGHS  
17.61/kg



**5.99** /lb  
BONELESS PORK LOIN CHOPS  
VALUE PACK, CENTRE CUT  
13.21/kg



**6.99** ea.  
TRE STELLE HALOUMI CHEESE  
200 g



**9.99** ea.  
SIKORSKI GRILLING SAUSAGE  
375 g



FRESH STORE MADE MEAT KABOBS  
22.02/kg  
OR PORK  
6.99/lb 15.41/kg  
SELECTED VARIETIES

**9.99** /lb



STORE MADE SAUSAGES  
VALUE PACK, 13.21/kg  
SELECTED VARIETIES

**5.99** /lb



**3.99** ea.  
ROCK LOBSTER TAIL SKEWER WITH BUTTER  
PREVIOUSLY FROZEN, 50 g



**3.99** ea.  
BACON WRAPPED SCALLOP MEDALLION SKEWER  
PREVIOUSLY FROZEN, 100 g



FRESH STORE MADE SALMON KABOBS  
100 g  
SELECTED VARIETIES

**3.99** ea.



PACIFIC WHITE SHRIMP SKEWERS  
FROZEN OR PREVIOUSLY FROZEN, 55 g

**1.29** ea.

# Seafood



**WILD CAUGHT**

**9<sup>99</sup>** /lb

**WILD CAUGHT ALASKAN COD FILLETS**  
FROZEN OR PREVIOUSLY FROZEN  
2.20/100 g



**DOM CEDAR PLANKED SALMON**  
454 g  
SELECTED VARIETIES

**15<sup>99</sup>** ea.



**4<sup>99</sup>** ea.

**7 SEAS SOLE WITH STUFFING**  
PREVIOUSLY FROZEN, 210 g



**7<sup>99</sup>** /lb

**LOUIS KEMP SEA LEGS SURIMI**  
PREVIOUSLY FROZEN, 1.76/100 g



**7<sup>99</sup>** ea.

**HOT SMOKED WHISKEY WILD PINK SALMON NUGGETS** 150 g



**9<sup>99</sup>** /lb

**STORE MADE JUMBO SHRIMP WITH SAUCE**  
PREVIOUSLY FROZEN, 26/30  
2.20/100 g



**7<sup>99</sup>** ea.

**MARIA DEL REY RAVIOLI**  
SHRIMP & BURRATA OR LOBSTER & SHRIMP  
250 g



**8<sup>99</sup>** ea.

**AQUA STAR COCONUT SHRIMP**  
CREVETTES À LA NOIX DE COCO  
500 g



**11<sup>99</sup>** ea.

**FISH & CHIPS FOR THE AIR FRYER**  
COLD NUGGETS - SEASIDE FRIES



**13<sup>99</sup>** ea.

**OCEAN JEWEL WHOLE MEDITERRANEAN SEA BASS**  
FROZEN, 640 g



**8<sup>99</sup>** ea.

**AQUA STAR BUTTERFLY CRUNCHY SHRIMP**  
CREVETTES CROUSTILLANTES PAPillons  
500 g



**8<sup>99</sup>** ea.

**AQUA STAR BREADED SHRIMP**  
FROZEN, 500 g  
SELECTED VARIETIES



**11<sup>99</sup>** ea.

**CEDAR BAY AIR FRYER SALMON N'N BROCCOLI BITES OR FISH'N'CHIPS BITES** FROZEN, 453-510 g



**13<sup>99</sup>** ea.

**OCEAN JEWEL WHOLE MEDITERRANEAN SEA BASS**  
FROZEN, 640 g

## Irresistible



**3<sup>99</sup>** ea.

**IRRESISTIBLE SMOKED SALMON SPREAD** 160 g



**4<sup>99</sup>** ea.

**NATURALIA POLLOCK OR BASA FILLETS**  
FROZEN, 400 g



**10<sup>99</sup>** ea.

**IRRESISTIBLE SMOKED SOCKEYE SALMON OR ATLANTIC SMOKED SALMON**  
FROZEN, 130 g



**10<sup>99</sup>** ea.

**IRRESISTIBLE SHRIMP SKEWERS**  
FROZEN, 400 g

## Deli Favourites



**2<sup>99</sup>** /100 g

**SELECTION OLD FASHIONED HAM**  
COOKED OR SMOKED DELI SLICED, 13.56/lb



**2<sup>99</sup>** /100 g

**MAPLE LEAF OR SCHNEIDERS BOLOGNA**  
DELI SLICED, 13.56/lb



**2<sup>99</sup>** /100 g

**MASTRO ROSEMARY ROASTED HAM**  
13.56/lb



**4<sup>79</sup>** /100 g

**CASTELLO REGULAR GORGONZOLA CHEESE**  
DELI CUT, PRICES AS MARKED, 21.73/lb



**4<sup>49</sup>** ea.

**MARCANGELO SNACKISSIMO SNACKS**  
60-70 g  
SELECTED VARIETIES



**4<sup>99</sup>** ea.

**BELLITALIA PIZZA TOPPINGS**  
150-175 g, SELECTED VARIETIES



**10<sup>99</sup>** ea.

**BALDERSON CHEDDAR CHEESE**  
250-280 g  
SELECTED VARIETIES



**2 for 22<sup>00</sup>**

**BELLA CASARA BURRATA CHEESE** 250 g OR 14.99 EA.



**6<sup>99</sup>** ea.

**SAN DANIELE SLICED PROSCIUTTO OR MASTRO SLICED DELI MEAT**  
100-150 g, SELECTED VARIETIES



**7<sup>99</sup>** ea.

**IRRESISTIBLE SLICED CHEESE**  
160-180 g, SELECTED VARIETIES



**7<sup>99</sup>** ea.

**TRE STELLE RICOTTA OR BOCCONCINI**  
200-475 g  
SELECTED VARIETIES



**15<sup>99</sup>** ea.

**SAPUTO MINI FRIULANO CHEESE** 500 g



**6<sup>29</sup>** ea.

**O'SOLE MIO FRESH PASTA** 567 g  
SELECTED VARIETIES



**9<sup>99</sup>** ea.

**SUMMER FRESH SALADS**  
750-900 g  
SELECTED VARIETIES

earn more with moi rewards

get **250** points\* When you buy fried chicken and salad

**4<sup>79</sup>** ea. **SELECTION SALADS** 454 g  
SELECTED VARIETIES

**16<sup>00</sup>** ea. **FRESH 2 GO FRIED CHICKEN** 8 un.

# FLAVOURS OF

# italy

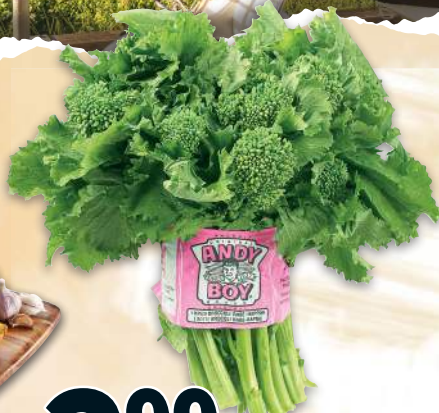


made in my metro **m**

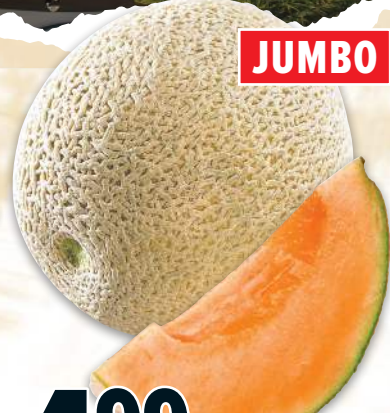
**2.99** ea. FRONT STREET BAKERY CANNOLI 90-95 g, SELECTED VARIETIES



**3.99** ea. PANE ITALIAN GARLIC BREAD 550 g



**2.99** ea. RAPINI PRODUCT OF U.S.A.



**4.99** ea. JUMBO CANTALOUPE PRODUCT OF GUATEMALA



**3.59** /100 g PARMIGIANO REGGIANO AGED 24 MONTHS DELI CUT, PRICES AS MARKED 5.39/100 g WHEN YOU BUY LESS THAN 500 g



**4.59** /100 g LUPA PECORINO ROMANO CHEESE DELI CUT, PRICES AS MARKED, 20.82/lb



**13.99** /lb INSIDE VEAL LEG CUTLET FOR SCALLOPINI VALUE PACK GRAIN FED 30.84/kg



**6.99** ea. IRRESISTIBLES UNCOOKED SQUID RINGS FROZEN, 454 g



**4.49** /100 g SAPUTO ASIAGO CHEESE DELI CUT, PRICES AS MARKED, 20.37/lb



**2.99** /100 g MASTRO PROSCIUTTO COTTO X-LEAN DELI SLICED, 13.56/lb



**2.99** /100 g MASTRO CAPOCOLLO MILD OR HOT DELI SLICED, 13.56/lb



**2.49** /100 g SAN DANIELE MORTADELLA SELECTED VARIETIES DELI SLICED, 11.29/lb



MOLISANA OR DE CECCO PASTA 450-454 g SELECTED VARIETIES

**1.99** ea.



**1.79** ea. UNICO BEANS 540 ml SELECTED VARIETIES



MOLISANA PASSATA 680 ml SELECTED VARIETIES

**1.99** ea.



GIOIA BISCUITS 200 g SELECTED VARIETIES

**1.69** ea.



**99¢** ea. UNICO TOMATO PASTE 156 ml SELECTED VARIETIES



**3.99** ea. UNICO OLIVES 375 ml SELECTED VARIETIES



**3.29** ea. VITA SANA NECTAR DRINKS 680 ml SELECTED VARIETIES



**3.49** ea. LOACKER WAFERS OR VICENZI COOKIES 125-175 g SELECTED VARIETIES



**8.99** ea. AURORA HONEY 1 kg SELECTED VARIETIES



**1.29** ea. AURORA BOUILLON CUBES 66 g SELECTED VARIETIES



**5.49** ea. CALLIPO SOLID LIGHT TUNA 3 X 80 g SELECTED VARIETIES



**14.99** ea. ILLY COFFEE 250 g SELECTED VARIETIES



**12.49** ea. SAN BENEDETTO WATER 6 X 1.5 L SELECTED VARIETIES



**3.99** ea. MOLISANA, AURORA OR UNICO PEPPERS OR MARINADES 375-750 ml SELECTED VARIETIES



**1.79** ea. AURORA SEA SALT 1 kg SELECTED VARIETIES

**FRONT STREET BAKERY**  
OUR ABSOLUTE FINEST



**5<sup>99</sup>** ea.  
FRONT STREET BAKERY  
DONUTS  
PKG OF 4, 340 - 520 g  
SELECTED VARIETIES



**4<sup>99</sup>** ea.  
FRONT STREET BAKERY  
COOKIE BITES  
PKG OF 24, 336 - 360 g  
SELECTED VARIETIES



**4<sup>29</sup>** ea.  
FRONT STREET BAKERY  
BAGELS  
PKG OF 4, 432 - 456 g



**4<sup>99</sup>** ea.  
FRONT STREET BAKERY  
SCONES  
PKG OF 4, 264 g  
SELECTED VARIETIES

**Spring Desserts**



**22<sup>99</sup>** ea.  
FRONT STREET BAKERY  
TRIPLE STRAWBERRY OR TRIPLE FRUIT BOSTON CAKE  
1200 g



**7<sup>99</sup>** ea.  
FRONT STREET BAKERY  
STRAWBERRY CUSTARD  
PIE 800 g



**12<sup>99</sup>** ea.  
FRONT STREET BAKERY  
MINI GOURMET CAKES  
300 - 350 g  
SELECTED VARIETIES



**4<sup>49</sup>** ea.  
FRONT STREET BAKERY  
HOMESTYLE WHITE OR  
WHOLE WHEAT BREADS  
675 g, SELECTED VARIETIES



**3<sup>99</sup>** ea.  
PREMIÈRE MOISSON  
BAGUETTES  
325 g, SELECTED VARIETIES



**6<sup>49</sup>** ea.  
IRRESISTIBLE  
MINI MUFFINS 336 g  
SELECTED VARIETIES



**6<sup>99</sup>** ea.  
IRRESISTIBLE  
BUTTER TARTS  
510 g  
SELECTED VARIETIES



**8<sup>99</sup>** ea.  
CARBONAUT  
GLUTEN FREE  
BREAD 550 g  
SELECTED VARIETIES



**3<sup>99</sup>** ea.  
STONEFIRE PIZZA CRUST,  
FLAT BREAD NAAN,  
ROUNDS OR DIPPERS  
200 - 460 g



**4<sup>99</sup>** ea.  
DEMPSTER'S  
10" TORTILLAS  
426 - 610 g  
SELECTED VARIETIES



**3<sup>99</sup>** ea.  
D'ITALIANO  
BREADS  
675 g  
SELECTED VARIETIES

**Snacks & Beverages**



**3<sup>49</sup>** ea.  
SELECTION  
NATURAL SPRING WATER  
24 X 500 ml



**4<sup>99</sup>** ea.  
STACY'S  
PITA CHIPS  
SELECTED SIZES  
SELECTED VARIETIES



**3<sup>69</sup>** ea.  
C4 ENERGY  
ENERGY DRINKS  
473 ml  
SELECTED VARIETIES



**6<sup>99</sup>** ea.  
SPARKMOUTH  
NON-ALCOHOLIC  
MOCKTAILS 4 x 355 ml  
SELECTED VARIETIES



**24<sup>99</sup>** ea.  
CORONA CERO  
NON-ALCOHOLIC BEER  
12 X 355 ml



**7<sup>99</sup>** ea.  
FUZE ICED TEA  
12 X 341 ml  
SELECTED VARIETIES



**3<sup>99</sup>** ea.  
SNYDER'S  
PRETZEL SNACKS  
240 g  
SELECTED VARIETIES



**5<sup>79</sup>** ea.  
TOSTITOS SALSA  
SELECTED SIZES  
SELECTED VARIETIES



**8<sup>29</sup>** ea.  
TATE'S  
COOKIES 198 g  
SELECTED VARIETIES



**4<sup>99</sup>** ea.  
TIM TAM  
COOKIES  
175 - 200 g  
SELECTED VARIETIES



**5<sup>49</sup>** ea.  
SKITTLES OR STARBURST  
CANDY  
235 - 320 g  
SELECTED VARIETIES



**4<sup>49</sup>** ea.  
EXCEL  
GUM  
3 X 18 cm,  
SELECTED VARIETIES



**3<sup>99</sup>** ea.  
KOZY SHACK PUDDING  
624 g, SELECTED VARIETIES



**10<sup>99</sup>** ea.  
SMUCKER'S  
UNCRUSTABLES  
SANDWICHES  
10 X 52 - 58 g  
SELECTED VARIETIES



**6<sup>99</sup>** ea.  
PILLBURY PIZZA POPS  
693 - 760 g  
SELECTED VARIETIES



**4<sup>99</sup>** ea.  
MCCAIN FRIES  
SELECTED SIZES  
SELECTED VARIETIES

**FREE SAME-DAY PICKUP**

**SAME FLYER PRICES AND DEALS ONLINE**



# SCORE WITH FAN FAVES

Get ready for the big game with a winning line-up.



**2.99** ea. PRIME HYDRATION SPORTS DRINKS 500 ml SELECTED VARIETIES

**1.99** ea. GATORADE SPORTS DRINKS 710 ml SELECTED VARIETIES

**2.99** ea. CELSIUS OR ALANI NU ENERGY DRINKS 355 ml SELECTED VARIETIES



**8.99** ea. FIJI NATURAL SPRING WATER 6 x 330 ml



**4.99** ea. ESKA NATURAL SPRING WATER 12 x 500 ml, 15 x 330 ml SELECTED VARIETIES



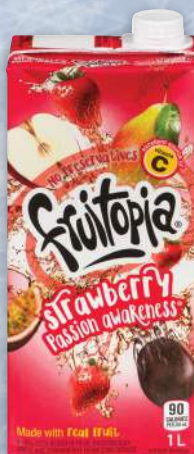
**4.49** ea. SPLENDA WATER ENHANCER 92 ml SELECTED VARIETIES



**4.79** ea. MINUTE MAID JUICE, FIVE ALIVE DRINKS OR FUZE ICED TEA 8 - 10 x 200 ml SELECTED VARIETIES



MINUTE MAID OR FRUITOPIA JUICE OR DRINKS 1L SELECTED VARIETIES **3.19** ea.



**4.49** ea. MATT & STEVE'S CAESAR COCKTAIL MIX 1.36 L



**9.99** ea. WHITE CLAW ZERO NON-ALCOHOLIC BEVERAGE 4 x 355 ml SELECTED VARIETIES



**9.99** ea. CR\*FT NON-ALCOHOLIC BEER 4 x 473 ml SELECTED VARIETIES

# More Great Savings

**BOYARDEE CANNED MEAL**  
418 - 425 g  
SELECTED VARIETIES

**2.99** ea.

**40** points

**DEL MONTE CANNED FRUITS**  
398 ml  
SELECTED VARIETIES

**3.29** ea.

**NANDO'S PERINAISE MAYONNAISE**  
450 ml  
SELECTED VARIETIES

**6.49** ea.

**70** points

**HELLMANN'S MAYONNAISE**  
445 ml  
SELECTED VARIETIES

**5.49** ea.

**GOLD SEAL WILD SOCKEYE SALMON**  
213 g  
SELECTED VARIETIES

**6.49** ea.

**AYLMER TOMATOES**  
540 - 796 ml  
SELECTED VARIETIES

**3.19** ea.

**CLUB HOUSE SIGNATURE OR LA GRILLE SEASONINGS**  
111 - 248 g  
SELECTED VARIETIES

**4.49** ea.

**SUGAR TWIN SWEETENER**  
200 un.  
SELECTED VARIETIES

**6.29** ea.

**HARVEST CRUNCH CEREAL**  
400 - 510 g, SELECTED VARIETIES

**4.79** ea.

**70** points

**QUAKER OATS**  
240 - 314 g  
SELECTED VARIETIES

**4.99** ea.

**TAZO TEA** 946 ml  
SELECTED VARIETIES

**90** points

**7.49** ea.

**NUTELLA HAZELNUT SPREAD**  
725 g

**10.49** ea.

**MADE WITH REAL FRUIT. THAT'S SO NOT BORING.**

**iöGO MULTI YOGOURT**  
16 X 100 g  
SELECTED VARIETIES

**8.49** ea.

**HUNGRY-MAN FROZEN MEAL**  
SELECTED SIZES  
SELECTED VARIETIES

**6.99** ea.

**SILK BEVERAGE**  
1.75 - 1.89 L  
SELECTED VARIETIES OR 4.99 EA.

**2 for 9.00**

**Natrel**

**Enjoy the great taste of dairy without discomfort.**

**NATREL LACTOSE-FREE MILK**  
2 L  
SELECTED VARIETIES

**6.69** ea.

**NATREL LACTOSE-FREE BUTTER**  
250 g  
SELECTED VARIETIES

**6.99** ea.

**LIFE SMART LACTOSE-FREE COLOURED CHEESE**  
375 g  
SELECTED VARIETIES

**6.49** ea.

**BR BASKIN-ROBBINS**

**BASKIN ROBBINS ICE CREAM**  
SELECTED SIZES  
SELECTED VARIETIES

**9.99** ea.

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**Häagen-Dazs**

**EXTRÄÄZ**

**HÄAGEN-DAZS ICE CREAM**  
SELECTED SIZES  
SELECTED VARIETIES

**5.99** ea.

HÄAGEN-DAZS TRADEMARKS REPRODUCED UNDER LICENSE BY: NESTLÉ CANADA INC., NORTH YORK, ON M2N 6S8. ©HDIP 2026

**BUY ANY 3 PARTICIPATING GENERAL MILLS PRODUCTS AND GET 400 moi POINTS**

**6.99** ea. GENERAL MILLS CEREAL  
SELECTED SIZES  
SELECTED VARIETIES

**2.99** ea. NATURE VALLEY CHEWY BAR OR BETTY CROCKER FRUIT SNACKS  
SELECTED SIZES  
SELECTED VARIETIES

**4.49** ea. OLD EL PASO MEXICAN KITS OR SALSA  
SELECTED VARIETIES

**WIN CANADA SOCCER MERCH AND FREE GENERAL MILLS PRODUCTS!**  
WITH RECEIPT UPLOAD ONLINE. OFFER ENDS JULY 31, 2026. SEE PARTICIPATING PRODUCTS FOR DETAILS.

**WIN** CANADA SOCCER MERCH AND FREE GENERAL MILLS PRODUCTS!

\*Voted most trusted Mexican Food Products brand by Canadian shoppers, 2026 BrandSpark® Canadian Trust Study. \*\*Voted most trusted Granola Bar brand (in a tie) by Canadian shoppers, 2026 BrandSpark® Canadian Trust Study.

## Gluten-Free



**11<sup>99</sup>** ea.  
DAIYA PIZZA  
346-550 g  
SELECTED VARIETIES



**6<sup>49</sup>** ea.  
OZERY BAKERY  
SEEDWISE SNACKS  
150 g, SELECTED VARIETIES

## Non-GMO



**3<sup>99</sup>** ea.  
FINN CRISP  
CRACKERS 175-250 g  
SELECTED VARIETIES



**7<sup>99</sup>** ea.  
BOB'S RED MILL  
OATMEAL 907 g  
SELECTED VARIETIES



**8<sup>49</sup>** ea.  
COOL WAY  
KETO BARS  
6 X 88 ml  
SELECTED VARIETIES



**4<sup>49</sup>** ea.  
THREE FARMERS  
CHICKPEA SNACKS  
120 g  
SELECTED VARIETIES

**ALWAYS HYDRATING,  
NOW SPARKLING.**

**2<sup>99</sup>** ea.  
THIRSTY BUDDHA  
COCONUT WATER  
330 ml, SELECTED VARIETIES

## Organic



**4<sup>99</sup>** ea.  
AMY'S SOUP 398 ml  
SELECTED VARIETIES



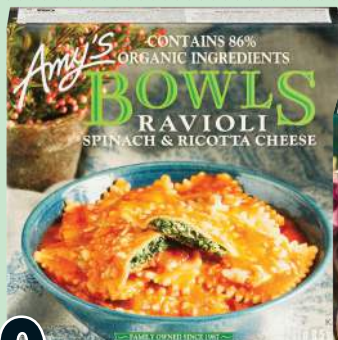
**4<sup>49</sup>** ea.  
MADE GOOD  
GRANOLA BARS OR  
COOKIES  
SELECTED SIZES, SELECTED VARIETIES



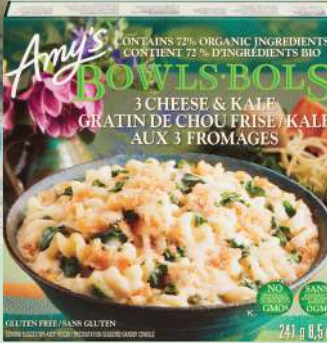
**6<sup>99</sup>** ea.  
CHOCXO  
CHOCOLATE  
CUPS 98 g  
SELECTED VARIETIES



**15<sup>49</sup>** ea.  
NUTIVA  
COCONUT OIL  
860 ml  
SELECTED VARIETIES



**7<sup>99</sup>** ea.  
AMY'S FROZEN MEALS  
234-284 g  
SELECTED VARIETIES



**80** points

**6<sup>99</sup>** ea.  
LIFE SMART  
PURE HONEY  
375 g  
SELECTED VARIETIES

**6<sup>49</sup>** ea.  
CALIFIA FARMS  
ALMOND BEVERAGE  
1.4 L  
SELECTED VARIETIES

## Baby & Beauty



**3<sup>49</sup>** ea.  
BABY GOURMET  
BABY PURÉE 128 ml  
SELECTED VARIETIES



**4<sup>49</sup>** ea.  
GERBER  
BABY SNACKS  
SELECTED SIZES  
SELECTED VARIETIES



**8<sup>99</sup>** ea.  
AVEENO  
BABY CARE  
SELECTED SIZES  
SELECTED VARIETIES

**125** points  
value of \$1



**31<sup>99</sup>** ea.  
HUGGIES  
BABY DIAPERS  
36-96 un.  
SELECTED VARIETIES

## Household Helpers

**5<sup>79</sup>** ea.  
LYSOL  
TOILET CLEANERS  
710 ml  
SELECTED VARIETIES

**6<sup>49</sup>** ea.  
PINE-SOL  
CLEANERS  
SELECTED SIZES, SELECTED VARIETIES

**9<sup>99</sup>** ea.  
ROYAL CHINET  
PLATES  
40 un.  
SELECTED VARIETIES

**7<sup>49</sup>** ea.  
FLEECY  
SOFTENERS  
1.36 L  
SELECTED VARIETIES



**6<sup>99</sup>** ea.  
SENSODYNE  
TOOTHPASTE  
110-135 ml  
SELECTED VARIETIES



**10<sup>49</sup>** ea.  
DOVE  
BAR SOAP  
6 X 106 g  
SELECTED VARIETIES



**11<sup>99</sup>** ea.  
ROYALE TIGER  
PAPER TOWEL  
3-6 ROLLS  
SELECTED VARIETIES

**13<sup>99</sup>** ea.  
ROYALE  
BATHROOM TISSUE  
12-24 ROLLS  
SELECTED VARIETIES

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**17<sup>99</sup>** ea.  
NEUTROGENA  
SUNBLOCK  
SELECTED SIZES  
SELECTED VARIETIES

**18<sup>99</sup>** ea.  
TENA  
ADULT INCONTINENCE  
14-39 un.  
SELECTED VARIETIES

**NEW & IMPROVED FORMULA**

**50% MORE  
CLEANING POWER\***

**13<sup>99</sup>** ea.  
FINISH  
DISHWASHER DETERGENT  
30-45 un.  
SELECTED VARIETIES

**24<sup>99</sup>** ea.  
FINISH  
DISHWASHER DETERGENT  
60 un.  
SELECTED VARIETIES

TRY OUR  
BEST CLEAN

\*BASED ON INCREASED INGREDIENTS VS. FINISH® QUANTUM

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WIN 2\* TICKETS TO THE



STANLEY CUP FINAL 2026

OR 1 OF 10 \$300 NHLSHOP.CA GIFT CARDS

EARN 5X THE ENTRIES FOR EVERY P&G PRODUCT PURCHASED!

boosted clean+

- ✓ cleaner
- ✓ brighter
- ✓ whiter
- ✓ fresher

\*vs Tide Simply



TIDE LAUNDRY DETERGENT  
SELECTED SIZES  
SELECTED VARIETIES

14<sup>99</sup> ea.



6<sup>99</sup> ea.

GAIN FLINGS LAUNDRY DETERGENT  
16 un

NEW

Unlimited Collection  
SCENTS THAT  
LUXE UP  
LAUNDRY



DOWNY UNSTOPPABLES SCENT BOOSTERS  
303 g  
SELECTED VARIETIES

90 points  
9<sup>99</sup> ea.



CASCADE RINSE AID  
473 ml

7<sup>99</sup> ea.



DOWNY SOFTENERS OR PURIFYING RINSE  
SELECTED SIZES  
SELECTED VARIETIES

14<sup>99</sup> ea.



META MUCIL FIBRE GUMMIES  
72 un

21<sup>49</sup> ea.



SWIFFER POWER MOP  
1 un

125 points  
19<sup>99</sup> ea.



FEBREZE AIR FRESHENERS  
SELECTED SIZES  
SELECTED VARIETIES

7<sup>99</sup> ea.



SCOPE MOUTHWASH  
1 L  
SELECTED VARIETIES

4<sup>99</sup> ea.



36<sup>99</sup> ea.

PAMPERS BABY DIAPERS  
66 - 160 un  
SELECTED VARIETIES



OLD SPICE BODY WASH  
532 - 709 ml  
SELECTED VARIETIES

9<sup>99</sup> ea.



OLD SPICE HAIR CARE  
400 ml  
SELECTED VARIETIES

6<sup>99</sup> ea.

HOW TO ENTER

1. SCAN THE QR CODE OR GO TO [PGBRANDSAVER.CA/SIGNUP/NHL](http://PGBRANDSAVER.CA/SIGNUP/NHL) TO SIGN UP!
2. PROVIDE THE INFORMATION REQUESTED TO ENTER THE SWEEPSTAKES.
3. UPLOAD YOUR RECEIPT TO VALIDATE YOUR PURCHASES TO RECEIVE YOUR ADDITIONAL ENTRIES.



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**NEW**

**I'VE GOT THE**  
**PLANT**  
**POWER**  
**2X** more protein\*

**749**  
ea.

SILK®  
PROTEIN DRINK  
1.42 L  
SELECTED VARIETIES

CHOCOLATE

**50%**  
**LESS SUGAR\***  
THAN DAIRY MILK

**Silk**  
**Protein**

**18 g**  
**PROTEIN†**

REGULAR

**50%**  
**LESS SUGAR\***  
THAN DAIRY MILK

**Silk**  
**Protein**

**18 g**  
**PROTEIN†**

**TRY  
NOW**

\* Than 1% M.F. chocolate dairy milk for Silk Protein chocolate. / Than 2% M.F. dairy milk for Silk Protein regular.  
† Per 250 mL serving Silk® © 2026 WhiteWave Services, Inc. All rights reserved.

# FOR EVERY BURGER

IT HAS TO BE  
**HEINZ**  
ESTD 1869



**4.99**  
ea. HEINZ  
KETCHUP  
1L



**4.99**  
ea. BULL'S-EYE BBO SAUCE 425 ml  
OR DIANA SAUCE 375 - 500 ml  
SELECTED VARIETIES



**3.99**  
ea. KRAFT  
BBQ SAUCE  
455 ml  
SELECTED VARIETIES



CRAVE  
FROZEN ENTRÉES  
200 - 340 g  
KRAFT DINNER DELUXE  
FROZEN MEALS  
340 g  
SELECTED VARIETIES

**6.49**  
ea.

VOTED  
PRODUCT  
OF THE YEAR  
CANADA  
2026  
BY CONSUMERS

Winner Meal in a Bowl  
category. Survey of 4,000  
people by Kantar.



**7.99**  
ea. MIRACLE WHIP  
SPREAD  
890 ml  
SELECTED VARIETIES



**4.29**  
ea. KRAFT  
SALAD DRESSINGS  
425 ml  
SELECTED VARIETIES



**4.49**  
ea. MIO LIQUID  
WATER ENHANCER  
48 ml  
POWDERED  
DRINK MIX  
10 un  
SELECTED VARIETIES

# BOLD FLAVOUR MEETS MAYO

DISCOVER  
NEW



HEINZ  
MAYONNAISE-STYLE  
SAUCES  
340 ml  
SELECTED VARIETIES

**3.99**  
ea.

HEINZ MAYONNAISE-STYLE SAUCES



**3.49** ea.  
MAYNARDS CANDY  
135 - 154 g  
SELECTED VARIETIES



**5.99** ea.  
MAYNARDS CANDY  
308 - 315 g  
SELECTED VARIETIES



**70** points  
**5.49** ea.  
CHRISTIE FAMILY SIZE COOKIES  
OR OREO CAKESTERS  
SELECTED SIZES  
SELECTED VARIETIES



**4.99** ea.  
DAD'S COOKIES  
300 - 320 g  
SELECTED VARIETIES

**4.49** ea.  
PEEK FREANS COOKIES  
300 - 350 g  
SELECTED VARIETIES



**40** points  
**3.49** ea.  
RITZ CRACKERS  
SELECTED SIZES  
SELECTED VARIETIES

**40** points  
**3.49** ea.  
TRISCUIT OR WHEAT THINS CRACKERS  
SELECTED SIZES  
SELECTED VARIETIES



**70** points  
**5.49** ea.  
CHRISTIE RITZ DRIZZLED CRACKERS  
226 g  
SELECTED VARIETIES



**4.29** ea.  
CRISPERS OR BITS & BITES SNACKS  
145 g  
SELECTED VARIETIES  
WHILE QUANTITIES LAST

\*NO PURCHASE NECESSARY. Data rates may apply. Visit [www.SPKMusicContest.ca](http://www.SPKMusicContest.ca) for rules/details, Free Method of Entry details, and to enter the Contest. Open to age-of-majority legal residents of Canada. The contest period starts March 23, 2026 at 12:00:00 a.m. ET and ends May 30, 2026 at 11:59:59 p.m. ET (the "Contest Period"). Purchase one (1) or more eligible products during the Contest Period (see official contest rules and regulations for full list of eligible products) enter the UPC barcode by June 13, 2026 at 11:59:59 p.m. ET to [www.SPKMusicContest.ca](http://www.SPKMusicContest.ca). Limit of one (1) entry per person per day, up to a maximum limit of eighty-three (83) entries total (regardless of the type of entry). Total of four (4) prizes available to be won, each consisting of a trip for four (4) people (for the winner and three (3) guests) to one festival of their choice: (Escapade Music Festival scheduled to take place June 26, 27 and 28, 2026 (specific dates subject to change) ("EMF"), FVDED in the Park scheduled to take place July 3 and 4, 2026 (specific dates subject to change) ("FVDED"), Osheaga® Music and Arts Festival scheduled to take place July 31 to August 2, 2026 (specific dates subject to change) ("Osheaga"), or VELD® Music Festival scheduled to take place July 31 to August 2, 2026 (specific dates subject to change) ("VELD"). Prize includes: (i) tickets to one (1) music festival (see official contest rules and regulations for available festivals, festival locations, and dates); (ii) round-trip airfare (economy class) to and from the destination city (in the event that the confirmed winner resides within a one hundred and fifty (150) kilometre radius of the destination city (as determined by the Sponsor in its sole and absolute discretion), Sponsor will determine, in its sole and absolute discretion, whether or not the applicable prize will include airline travel, another form of transportation to and from the Destination City, or reimbursement in gift cards (see below)); (iii) hotel accommodations (two (2) double occupancy rooms or one (1) quad occupancy, based on availability) for up to four (4) nights (varies based on festival selected); and (iv) one (1) x \$1,000 CAD prepaid gift card for food and non-alcoholic beverages at the festival; and (v) one (1) x \$500 CAD gift card for ground transportation; (ARV, \$10,000 CAD each – based on a hypothetical St. Johns, NFLD to Surrey, BC departure and destination example and up to three (3) nights of accommodations; in the event the actual retail value of the prize is less than \$10,000 CAD, as determined by the Sponsor in its sole discretion, the Sponsor will award the difference in gift cards). Odds depend on number of eligible entries received. Limit of one (1) prize per household. Skill testing question required. Live Nation Canada and participating Festivals are each not a Sponsor of the Contest, and are in no way responsible for the administration of the Contest, the verification of winners, or the fulfillment of prize. All inquiries regarding the Contest should be directed to Sponsor. Live Nation is a registered trademark of Live Nation Worldwide, Inc. Veld is a registered trademark of Veld Music Festival Holdings Inc. Osheaga Music and Arts Festival logo and Osheaga are trademarks of Gestion Evenko Festival Inc. Escapade is a trademark of 2617322 Ontario Inc.