

# FORTINOS®

Happy Mother's Day!

dozen Ecuadorian roses assorted colours, with greens  
24<sup>99</sup> 50 cm  
21291634\_EA

✓ Air Chilled  
✓ Canadian grown  
✓ Grain fed

PC® Blue Menu® boneless skinless chicken breast Club Pack®  
5<sup>99</sup>lb 13.21/kg  
20127962\_KG

Ontario Pork

pork side ribs "St. Louis Style" or pork tenderloin  
3<sup>99</sup>lb 8.80/kg  
20874584\_KG/21036398\_KG

OVATION

✓ 100% Grass Fed  
✓ Free Range  
✓ NON GMO  
✓ Raised without antibiotics & hormones

Ovation New Zealand lamb loin chops  
10<sup>99</sup>lb 24.23/kg  
21091827\_KG

FRESH Salmon

✓ Thick Centre Cut  
✓ NO WASTE  
✓ Tail, Neck & Belly removed

fresh Atlantic salmon fillet  
13<sup>99</sup>lb 30.84/kg  
20129990\_KG

Foodland ONTARIO

First of the SEASON

asparagus product of Ontario, Canada no. 1 grade  
2<sup>99</sup>lb 6.59/kg  
20174581001\_KG

strawberries product of U.S.A., no. 1 grade  
2<sup>49</sup> 454 g  
20049778001\_EA

Foodland ONTARIO

large English cucumbers 1.69 ea. or tomatoes on the vine 1.69/lb, 3.73/kg, product of Ontario, Canada no. 1 grade  
1<sup>69</sup>lb/ea. 3.73/kg  
20070132001\_EA/20026703001\_KG

Prepared IN STORE DAILY

chocolate covered strawberries product of U.S.A., no. 1 grade  
11<sup>99</sup>lb 26.43/kg  
20068344\_KG

4<sup>99</sup> 65/375 g  
20732366\_EA/20772671\_EA

Maple Leaf, Ready Crisp or Schneiders bacon selected varieties

2133557\_EA

Toppits snow crab legs and claws frozen  
16<sup>99</sup> 500 g

20130433\_EA

Tre Stelle mascarpone  
8<sup>99</sup> 475 g

20038335\_EA/20773424\_EA

D'Italiano bread 600-675 g, hamburger or sausage buns 8's or PC® English muffins 6's, all varieties  
2<sup>99</sup> each



Treat Mom

TO BREAKFAST & DINNER

Breakfast: This Friday - Sunday ONLY! 7 am - 11 am

Dinner: This Saturday & Sunday ONLY!

English Muffin Coffee combo medium sized brewed coffee  
20876166\_EA  
4<sup>99</sup> each



Prime Rib dinner Certified Angus prime rib with your choice of 2 sides  
20540737\_EA  
18<sup>99</sup> each



BUY 2 DINNERS GET 2 BOMBOLINI FREE

Additional combos & sandwiches available (available at most locations) - \$4.99 - 6.99 each

Also available: Salmon, Veal or Chicken Parmigiana, Turkey, Porchetta or Butter Chicken (available at most locations) - \$16.49 each

**MAY**  
**HIT OF THE MONTH**

**Cheez-It baked snack crackers**  
191-200 g,  
selected varieties  
21214560\_EA/21214558\_EA

**\$1.50**



**Planters Deluxe whole cashews**  
salted or unsalted  
200 g  
21021618\_EA/21021617\_EA

**\$3**



**While quantities last!**

**\$3.50**

**New Treasure**  
Long Grain White Rice | Riz à Grain Long Blanc  
2 kg 4.40 lb

**New Treasure long grain or parboiled white rice**  
2 kg  
21596582\_EA/21599501\_EA



**18 pk**

**4.99** each  
**Gray Ridge large eggs 18 pack or PC® Blue Menu® egg whites 1 kg**  
20821364001\_EA/20822787001\_EA



**PC® macaroni and cheese selected varieties**  
21529716\_EA/21529753\_EA  
**1.29** 200/225 g



**Mazola canola or corn oil**  
20015260\_EA/20092556\_EA  
**9.88** 2.84 L



**4.49** 300-600 g  
**PC® frozen fruit selected varieties, frozen**  
20312227\_EA



**3.79** each  
**Lavazza ground coffee 250 g or Loacker quadratini 220-250 g, selected varieties**  
21195373\_EA/21553695\_EA



**6.49** 1.5 L  
**Kawartha Dairy ice cream frozen**  
21591604\_EA



**5.99** each  
**Tropicana juice 2.63 L, Liberté Greek 650/750 g or Méditerranée 900 g yogurt selected varieties**  
20119756001\_EA/20642273\_EA



**6.99** 6/8x330 mL  
**Perrier, Maison Perrier or San Pellegrino sparkling water or fruit drinks selected varieties**  
21433206\_C06/21509060\_C08



**14.99** each  
**Charmin bath tissue 12=48, selected varieties or Bounty paper towels 6=12**  
21515966\_EA/21549779\_EA



**40% OFF**  
**Webber Naturals vitamins selected varieties and sizes**  
20609480\_EA/20783647\_EA



**3.99** each  
**O'Doughs gluten free bagel thins 300 g, Amy's frozen burritos 156/170 g or Violife dairy-free style cheese 200/227 g selected varieties**  
20042092002\_EA/20371439001\_EA

Prices effective at Brampton stores only.

Flyer prices effective from Thursday, May 9th, to Wednesday, May 15th, 2024

Visit us at [fortinos.ca](https://www.fortinos.ca). FOLLOW US ON



Quantities and/or selection of items may be limited and may not be available in all stores. No Rainchecks OR Substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We reserve the right to limit quantities to reasonable family requirements. We are not obligated to sell items based on errors or misprints in typography or photography. Pricing: All references to "Save, Was, Now, Savings, etc.," is in comparison to our own regular prices. Coupons must be presented and redeemed at time of purchase. Savings shown may be greater depending on store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. To register as a PC Optimum™ member visit [pcoptimum.ca](https://www.pcoptimum.ca). We are not obligated to award points based on errors or misprints. No cash value. Minimum redemption 10,000 points. These offers cannot be combined with any other coupons, discounts or promotions. Receive the points specified when you spend the qualifying dollar amount on the displayed product (s) and/or category. The trade-marks, service marks and logos displayed in this flyer are trade-marks of Loblaws Inc. and others. ©2024 Loblaws Inc. All rights reserved.

# Fresh Flowers For Mom!

visit [flowersbyfortinos.ca](http://flowersbyfortinos.ca)



mixed bouquets  
assorted sizes and colours  
21549447\_EA/21159059\_EA

**\$20-50** each



Fortinos  
Signature bouquet  
20967578\_EA

**49<sup>99</sup>** each



12 stem roses  
and alstroemeria  
bouquet  
assorted varieties  
21614382\_EA

**89<sup>99</sup>** each



tinted  
dozen roses  
assorted colours  
21279268\_EA

**39<sup>99</sup>** each



mom and children  
orchid planter  
10 inch ceramic pot  
21607221\_EA

**99<sup>99</sup>** each



hydrangea  
6.5 inch tin  
21186855\_EA

**23<sup>99</sup>** each

GARDEN CENTRES

## NOW OPEN

SUNDAY: 9 AM - 6 PM  
MONDAY - SATURDAY: 8 AM - 8 PM

PC® jumbo annual  
hanging basket  
selected varieties  
12 inch  
20753924\_EA

**2/\$55**  
or \$32 ea.

PC® deluxe annual  
hanging basket  
selected varieties  
11 inch  
20753918\_EA

**2/\$36**  
or \$20 ea.

annual planter  
20582129\_EA

**\$40** 12 inch

PC® Gigantico™  
annuals  
selected varieties  
4.33 inch  
21352664\_EA

when you buy  
5 or more

**\$5** or \$5.50 ea.

assorted roses  
20756622\_EA

**\$24** 2 gallon

Endless Summer  
hydrangea  
selected varieties  
21217181\_EA

**\$35** 3 gallon

# Specialty Pastries



LA ROCCA  
CREATIVE CAKES

**29<sup>99</sup>** 8" cakes  
chocolate fudge torte,  
red velvet or raspberry royale  
1.4/1.5 kg 21596332\_EA



Elite  
SWEETS

**29<sup>99</sup>** 8" cakes  
tiramisu, vanilla mascarpone  
or white chocolate raspberry  
800 g-1.6 kg 21362974\_EA



**25<sup>99</sup>** celebration 8" cake  
chocolate or vanilla  
1.5 kg 21193895\_EA



1/4 slab strawberry  
shortcake  
\$42.99 1.3 kg

**29<sup>99</sup>** strawberry  
shortcake 8"  
1 kg 20592878\_EA/20593060\_EA



**29<sup>99</sup>** mixed fruit 8" flan  
1 kg 20593086\_EA

GALA  
Bakery

8" mousse cakes  
strawberry, chocolate,  
mango or tiramisu  
20592168\_EA

**21<sup>99</sup>** 800 g



heart shaped cake  
or single layer  
8" cake  
chocolate or vanilla  
20592640\_EA

**12<sup>99</sup>** 320-650 g



decorated  
large chocolate  
chip cookie  
20018001\_EA

**10<sup>99</sup>** each



**3<sup>99</sup>** zepole pastry  
or fresh fruit tart  
all varieties  
50-110 g 20592677\_EA/20592789\_EA



**6<sup>99</sup>** cupcakes  
vanilla, chocolate or assorted  
6's 20593078\_EA

assorted  
bakery desserts  
selected varieties  
20592874\_EA

**2<sup>99</sup>** 17-55 g



small: \$1.59  
or \$1.39 for 6 or more  
medium: \$1.99  
or \$1.79 for 6 or more  
large: \$3.19  
or \$2.89 for 6 or more

**19<sup>99</sup>** 12 pack, mediums



Sicilian cannoli  
choice of shell and filling,  
filled fresh on demand  
21046134\_EA

# PRODUCE • Nature's Bounty arriving fresh daily!

**Orri**  
seedless Orri mandarins product of Israel  
**3.99** lb 8.80/kg 20072482001\_KG

**First of the SEASON**  
apricots product of U.S.A., no. 1 grade  
**6.99** lb 15.41/kg 20092504001\_KG

**2.49** lb 5.49/kg  
Forelle pears product of South Africa Extra Fancy grade 20143210001\_KG

**7.99** 140 g  
raspberry heart product of Mexico 21473549001\_EA

**3.49** 170 g  
blueberries product of U.S.A., no. 1 grade 20080137001\_EA

While quantities last!

**First of the SEASON**  
fiddleheads product of Ontario  
**6.99** lb 15.41/kg 20072179001\_KG

**2.99** lb 6.59/kg  
large green peppers product of U.S.A. or Mexico 20425893001\_KG

**3.49** 3 lb  
yellow onions product of Ontario, Canada no. 1 grade 20811994001\_EA

**3.29** each  
Iceberg lettuce product of U.S.A. or Mexico, no. 1 grade 20135326001\_KG

**2.99** lb 6.59/kg  
Heirloom tomatoes product of Ontario, Canada no. 1 grade 20154799001\_KG

**Prepared IN STORE DAILY**  
seedless watermelon cuts product of U.S.A. or Mexico  
**1.49** lb 3.28/kg 20503182\_KG

**Prepared IN STORE DAILY**  
vegetable kebobs made in store  
**4.99** 350 g 21451044\_EA

**Prepared IN STORE DAILY**  
family size sliced watermelon product of U.S.A. or Mexico  
**11.99** 2.4 kg 21546178\_EA

**6.49** 946 mL  
Bolthouse smoothies product of U.S.A. 20280429\_EA/20325816\_EA

**7.99** 425 g  
Mann's snap peas product of U.S.A. 20645558\_EA

# PICK ORGANIC • Over 150 items available every day!

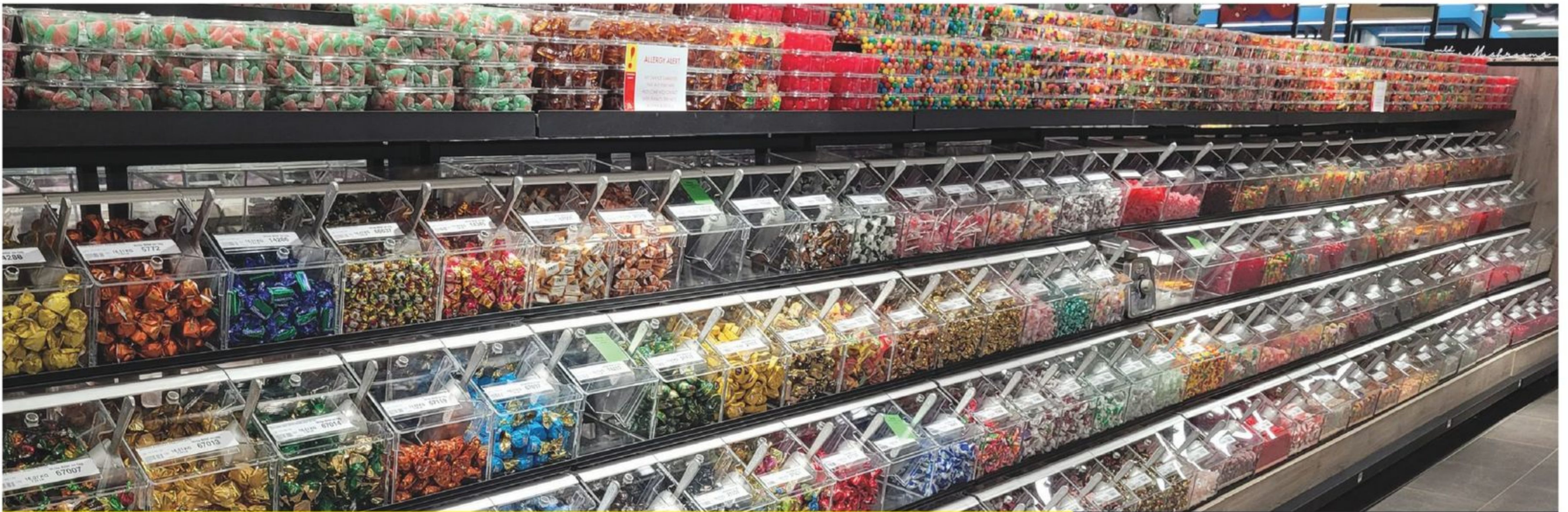
**2.99** 340 g  
organic carrot chips product of U.S.A., no. 1 grade 21350453001\_EA

**4.99** 142 g  
Greenbelt organic salad greens product of Ontario 21469982\_EA/21469983\_EA

**4.49** 255 g  
PC® Organics Axiany or Mixiany tomatoes product of Ontario, Canada no. 1 grade 21284821001\_EA/21285892001\_EA

**4.99** 454 g  
organic lemons product of U.S.A. or Mexico 20972626001\_EA

**6.99** 9.8 oz  
PC® Organics blueberries product of Argentina, no. 1 grade 21179969001\_EA



**20%  
OFF**

**ALL LOOSE BULK FOODS  
Entire Department**

Your savings of 20% off will be deducted at cash.

- ✓ Over 175 varieties of chocolate, candy & dried fruit!
- ✓ Over 125 varieties of nuts, seeds & snacking mixes!
- ✓ Over 150 varieties of spices & baking needs!



# Fire up the Grill



**4.99** lb  
11.00/kg  
pork center cut ribs for sweet & sour  
20836826\_KG



100% Ground CHUCK



**4.99**  
227 g  
Fortinos fresh burgers salt & pepper, garlic & worcestershire, bacon, cheddar or Frank's RedHot  
20969944\_EA



**22.99** lb  
50.68/kg  
frenched rib steak Certified Angus Beef® Brand, cut from Canada AAA or USDA Choice grade beef or higher  
20877746\_KG



**6.99**  
260 g  
beef, chicken or turkey kebabs with vegetables unseasoned or seasoned, selected varieties  
20986419\_EA/20986595\_EA



**5.99** lb  
13.21/kg  
fresh turkey or chicken sausage selected varieties  
21201360\_KG



**9.99**  
500 g  
Fortinos classic seasoned beef burgers selected varieties, classic beef, homestyle BBQ, turkey and beef sliders  
20694945\_EA



**14.99** lb  
33.05/kg  
Yorkshire Valley Farms organic chicken breasts boneless skinless  
20342993\_KG



**11.99**  
454 g  
Yorkshire Valley Farms organic extra lean ground chicken  
21100070\_EA



Marcangelo souvlaki/kabobs selected varieties  
21041735\_EA/21098855\_EA

**14.99**  
480/640 g



**6.99**  
375 g  
Johnsonville breakfast sausages selected varieties  
20143858\_EA/20878286\_EA



**7.99**  
375-800 g  
Lou's peameal bacon sliced, smoked or chub  
20133609\_EA/20285088\_EA



Marcangelo bacon wrapped beef medallions  
21290654\_EA

**25.99**  
678 g



**FRESH Salmon**  
✓ Thick Centre Cut  
✓ NO WASTE  
✓ Tail, Neck & Belly removed  
Skinless!

**15.99** lb  
35.25/kg  
fresh Atlantic salmon fillet  
21176902\_KG



**4.99**  
6 oz  
fresh Atlantic salmon burger  
21188901\_EA

Made FRESH DAILY



**6.99** each  
Atlantic salmon or shrimp kebobs  
20851516\_EA

Made FRESH DAILY



**7.99** each  
swordfish or previously frozen tuna kebobs  
21461175\_EA



**10.99** lb  
24.23/kg  
fresh whole seabream (orata) or European seabass  
20039553\_KG/20115567\_KG



PC® smoked sockeye salmon 150 g or Pacific white raw peeled shrimp 31/40 per lb, 400 g, frozen  
20055009\_EA/20789931\_EA

**10.99** each



**9.99**  
227 g  
True North Seafood Co. crab dip frozen  
21598705\_EA



BOS smoked Atlantic salmon selected varieties  
21192437\_EA/21192708\_EA

**7.99**  
125 g

# GROCERY



**3.99**  
6x222 mL  
Coca-Cola, Pepsi  
or Canada Dry  
soft drinks  
selected varieties  
20354288002\_C06/20857560004\_C06



**1.99**  
132 g  
Ben's Original  
Fast & Fancy rice  
selected varieties  
21397290\_EA/21397499\_EA



**3.29**  
145 g  
Bits & Bites  
or Crispers  
selected varieties  
21395350\_EA/21433256\_EA



**5.99**  
141/170 g  
PAM  
cooking spray  
selected varieties  
20178204001\_EA



**2.29**  
796 mL  
Unico canned  
tomatoes  
selected varieties  
20314629004\_EA



**9.99**  
4x250 mL  
Red Bull  
energy drinks  
selected varieties  
20166737001\_C04



**4.99**  
340/445 mL  
Hellmann's  
Real  
mayonnaise  
selected varieties  
21518017\_EA/21518387\_EA



**5.49**  
each  
Orville  
microwave  
popcorn  
285-492 g  
or kernels 850 g  
selected varieties  
20308686\_EA/20629532002\_EA



**4.49**  
500 mL  
Colavita  
red or white  
vinegar  
20734806\_EA/20734981\_EA



**2.79**  
900 g  
Unico pasta  
selected varieties  
20311358001\_EA



**3.99**  
10x200 mL  
PC® 100%  
juice boxes  
selected varieties  
21061913\_EA



**5.99**  
350 mL  
Wildly Delicious  
BBQ sauce  
selected varieties  
21021737\_EA/21517299\_EA



**4.29**  
275/290 g  
Old Dutch  
Restaurante  
tortilla chips  
selected varieties  
21367510\_EA



**14.99**  
300/340 g, 18's  
Balzac ground,  
whole bean  
or K-Cup coffee  
selected varieties  
20987612\_EA/21363822\_EA



**2.79**  
680 mL  
Hunt's  
pasta sauce  
20296852001\_EA



**4.99**  
80/100 g  
Ferrero  
chocolate  
bags  
21358719\_EA



**4.99**  
430 mL  
Wildly Delicious  
salsa  
selected varieties  
21568187\_EA/21568322\_EA



**5.99**  
306-525 g  
Kellogg's Mini Wheats,  
Raisin Bran or Special K  
cereal selected varieties  
20545264\_EA/20695732\_EA



**2.49**  
4 L  
no name®  
pure white  
vinegar  
20102756\_EA



**4.79**  
160 g  
Clover Leaf  
tuna salads  
21587679\_EA





# NATURE'S TREASURE

by **FORTINOS**

*It's Spring at Nature's Treasure*

Welcome the arrival of warmer weather with foods & supplements to keep you feeling healthy and energized.

De-stress and enjoy spending time with loved ones, getting outdoors, being active and engaged in life.

Explore Nature's Treasure family health-focused products and discover better and healthier versions of your favourite foods.

**24<sup>99</sup>** each

CanPrev magnesium bis-glycinate 120's, synergy B 60's or D3K2 softgels 120's

20776243\_EA/20776245\_EA



*Naturopath formulated!*

*Great support for respiratory health!*

**19<sup>99</sup>** 60's

Suku gummy vitamins selected varieties

21310256\_EA/21311636\_EA



**29<sup>99</sup>** each

NOW vitamin C 250's or NAC extra strength 120's

21418529\_EA/21418543\_EA



**23<sup>99</sup>** each

NutraSea Omega-3 liquid 200 mL, soft gels 30-60's or kids Omega gummy chew 30's, selected varieties

21566820\_EA/20923836\_EA



**49<sup>99</sup>** each

Iron Vegan protein powder or athlete's blend 1 kg or Progressive VegEssentials protein powders 840-850 g

20700876001\_EA/21391726\_EA



**29<sup>99</sup>** each

North Coast Naturals whey isolate 680 g or PVL sport whey or plant-based protein powder 840-908 g

20306852001\_EA/20650127001\_EA



**249** 33 g  
Mid-Day Squares selected varieties

21487220\_EA/21487247\_EA

*Gluten Free!*

**399** 156-350 g

Que Pasa organic tortilla chips selected varieties

21031315\_EA/21031316\_EA



**249** 500-1000 mL

Flow alkaline spring water or vitamin water selected varieties

20987454\_EA/21521432\_EA



**LOCALLY RAISED**

**8<sup>29</sup>** 12's  
Alderwood Farms pasture raised eggs

21434214001\_EA



**999** 284 g

Kicking Horse organic ground coffee selected varieties

20982074\_EA



**599** 325-400 g

Jordan's Morning Crisp cereal or granola selected varieties

21522230\_EA/21522267\_EA



Flyer prices effective from Thursday April 18 to Wednesday May 15, 2024



# Celiac & Food Allergy Awareness

Nature's Treasure takes gluten allergies seriously – that's why we have an entire section dedicated to Gluten & Wheat Free Products. Recognizing the increasing prevalence of this auto-immune disease, we provide the product range that is free of Gluten & other top-allergens to meet any dietary need!

Our Certified Practitioners are in stores daily to help you navigate the best gluten-free choices for anyone new to this diagnosis, or looking for different, tastier options!



**9.99**

227-907 g  
**Bob's Red Mill gluten free oats or hemp seeds selected varieties**

21127426\_EA/21380047\_EA



No emulsifiers,  
No added sugars,  
No GMOs!

**7.99**

295 g  
**Little Creek organic dressing all varieties**

21484650\_EA/21484656\_EA



**4.99**

200-400 g  
**Liviva gluten free noodles selected varieties**

21102192\_EA/21154073\_EA

Non-GMO!



**5.99**

64.5-180 g  
**Schar cookies or crackers selected varieties**

21051334\_EA/21403645\_EA

Made with cassava flour!



**9.99**

425 g  
**Quesava gluten free perogies, samosas, ravioli or 3-cheese poppers frozen**

21455982\_EA/21455984\_EA

**7.99**

241 g  
**Lucky gluten free Thai spring rolls frozen**

21497038\_EA/21497039\_EA

**6.99**

180 g  
**RW Garcia sweet potato or beetroot crackers selected varieties**

20898753002\_EA/21561018\_EA

NEW

**6.99**

140 g  
**Walkers gluten-free shortbread selected varieties**

21505216\_EA/21508151\_EA

Keto!

**4.49**

64 g  
**Unbun gluten free almond flour crackers**

21529822\_EA/21529824\_EA

**5.49**

300 g  
**Prana Granolove granola selected varieties**

21393188\_EA/21475909\_EA

**4.99**

135/154 g  
**FreeYumm gluten free soft baked cookies or bars selected varieties**

21048233\_EA/21048242\_EA

Only 3g of sugar per bag!

**2.99**

50 g  
**Better Bears vegan gummy candy**

21428804\_EA/21496367\_EA

Gluten & refined sugar free!

**19<sup>99</sup>**  
100/125 g

**Blume**  
superfood latte  
or hot cacao  
selected varieties  
21499653\_EA/21530842\_EA



Enjoy High Tea  
With Mom!



On May 12<sup>th</sup>, celebrate in style with afternoon tea. A relaxed occasion that allows everyone to slow down and unwind, it's a perfect time for moms, grandmothers and even moms-to-be.

Delicious, elegant finger foods can be prepared in advance, leaving lots of time to chat and enjoy being together. Considering we don't do this every day, there's a special sense of fun and occasion. Wear hats, dress up and create a day to remember!

Gluten free!



**12<sup>99</sup>**  
266-357 g

**Stellar Eats** baking mix  
21500871\_EA/21568692\_EA

Gluten, nut & dairy free!



LOCALLY MADE

**6<sup>99</sup>**  
116-500 g

**Queen St. Bakery**  
bread or bagels  
selected varieties, frozen  
21411425\_EA/21529684\_EA

Small batch, made without palm oil!

**14<sup>99</sup>**  
240 g

**NutJar** spread  
selected varieties  
21550500\_EA/21550503\_EA



**5<sup>99</sup>**  
1.4 L

**Califia Farms**  
dairy-free beverage  
refrigerated,  
selected varieties  
21030981\_EA/21397053\_EA



Dairy free!

**5<sup>99</sup>**  
200-227 g

**Violife**  
dairy-free cheese  
selected varieties  
21339312\_EA/21433755\_EA



Perfect for  
vegan appetizers  
or tea sandwiches!

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

**Save da Sea**  
plant-based  
smoked salmon  
or tuna salad  
21450747\_EA



**3<sup>99</sup>**  
235 mL

**PC® Organics**  
fruit spread  
selected varieties  
21085953\_EA/21086014\_EA



**5<sup>79</sup>**  
400 g

**PC®** gluten free  
pancake mix  
20796973\_EA



**5<sup>99</sup>**  
250 g

**PC® Organics** salted  
or unsalted butter  
21588696\_EA/21588708\_EA



**2<sup>49</sup>**  
120 g

**PC® Organics**  
rice cakes  
21408855\_EA/21408859\_EA



**5<sup>79</sup>**  
113 g

**PC®** cauliflower  
or butternut squash  
mini crackers  
selected varieties  
21471630\_EA/21471638\_EA

Gluten free!



**6<sup>99</sup>**  
600 g

**PC® Organics**  
frozen fruit  
selected varieties  
20149390\_EA/20431483003\_EA



# Outdoor BBQ

Backyard BBQ season means food, friends and family plus lots of healthy sunshine and Vitamin D. Explore delicious BBQ choices for everyone, from vegetarians & vegans to traditional meat loving carnivores.

Grilled spring vegetables, vegan kabobs, plant based burgers and lots of salads ensure everyone is happy. Get outside!

**8<sup>99</sup>**  
250-296 mL

**Naked & Saucy**  
soy-free sauce  
or nooch dressing  
selected varieties

20984039\_EA/21454574\_EA



**6<sup>99</sup>**  
250 mL

**Good Food For Good**  
ketchup  
or BBQ sauce

21172444\_EA/21172451\_EA

Gluten free!



**5<sup>99</sup>**  
296 mL

**San-J tamari**  
or cooking sauce  
selected varieties

20028533\_EA/2029886001\_EA



**3<sup>99</sup>**  
227 g

**Sunflower Kitchen dips**  
selected varieties

21100651\_EA/21100664\_EA



**3<sup>99</sup>**  
135 g

**humble potato chips**

21524167\_EA/21524235\_EA



**6<sup>99</sup>**  
125-185 g

**elan organic nuts**  
selected varieties

21306310\_EA/21306368\_EA

**1<sup>99</sup>**  
398 mL

**PC® Organics**  
canned beans  
selected varieties

21403943\_EA/21403992\_EA



**4<sup>99</sup>**  
325-473 mL

**PC® Organics**  
mustard or  
sauerkraut

20959827\_EA/21355242\_EA



**5<sup>99</sup>**  
575 mL

**PC® Organics**  
ketchup

20021787\_EA



**3<sup>99</sup>**  
946 mL

**PC® Organics**  
lemonade  
selected varieties

20936902\_EA/21022888\_EA



**6<sup>99</sup>**  
each

**PC® Organics**  
apple cider  
vinegar 1 L or  
olive oil spray 140 g  
selected varieties

21080770\_EA/21102225\_EA



**4<sup>49</sup>**  
227 g

**PC® Organics**  
gluten-free pasta  
selected varieties

21358020\_EA/21358056\_EA

Great for pasta salads!



Rich in naturally occurring probiotics!

**349**  
355 mL

**Tonica kombucha**  
selected varieties

20818822001\_EA/20818822006\_EA



# Stay Hydrated!

Staying properly hydrated is key to living an active & energized lifestyle. Hydration benefits our bodies by supporting nutrient transportation to cells, protecting joints and organs, and promoting removal of waste.

More beverages with reduced or no sugar, artificial flavours or colours make it easier to than ever to stay healthy and hydrated. Nature's Treasure also offers electrolyte infused drinks, plus probiotic and prebiotic beverages that help keep our gut healthy.

Talk to our Certified Practitioners for more information and choose the beverages that work for you.

Zero sugar!

**249**  
355 mL

**Cove organic probiotic soda**  
selected varieties

21496787\_EA/21496788\_EA



**199**  
355 mL

**WakeWater zero sugar, caffeinated sparkling water**  
selected varieties

21404358\_EA/21404371\_EA



Natural caffeine plus L-theanine from green tea!

**NEW**

High in electrolytes & minerals!

**399**  
1 L

**Maple3 pure organic maple water**

21559596\_EA



Up to 2 million vegan probiotics per pop!

**699**  
320 mL

**Squamish Water Kefir Company probiotic popsicles**

21527516\_EA/21527524\_EA



With hidden veggies!

**899**  
5x50 mL

**Eville smoothie cubes or pops**  
selected varieties, frozen

21122023\_EA/21122182\_EA



## Electrolytes & Hydration Support

Infused with minerals & fulvic acid!

**199**  
500 mL

**blk alkaline water**

21561019\_EA/21561074\_EA



**249**  
532 mL

**Roar organic electrolyte drink**  
all varieties

21106394\_EA/21160578\_EA



Made from coconut water, a natural source of potassium!

**249**  
330 mL

**Thirsty Buddha sparkling coconut water**  
selected varieties

21014419\_EA/21068404\_EA



UP TO  
**20% OFF**

**Nuun electrolyte tablets**  
10-12's  
all varieties

21393717\_EA/21393748\_EA



**Organika electrolyte powder 70 g or sticks 360 g**  
all varieties

21414684\_EA/21546545\_EA



Water retention support for balanced hydration levels & reducing excess water!

**Aeryon Wellness supplements**  
all varieties & sizes

21537231\_EA



# Nutritious Organic Avocados

## Avocados contain:

- ✓ 80 calories per 50 gram serving (approximately 1/3 medium avocado)
- and...
- ✓ 3 grams of fibre
- ✓ 0 grams of sugar
- ✓ 5 grams of monounsaturated fat
- ✓ 1 gram of polyunsaturated fat
- ✓ 1 gram of saturated fat



**249** each

**organic avocado**  
product of Mexico or Peru

20146327001\_EA

# Jackfruit Pods

Available year round, jackfruit has a musky aroma with sweet and mellow flavours of banana and pineapple.

Often used as a meat substitute, typically jackfruit is peeled and eaten out of hand, added to desserts or shredded for stews.

We've done the work for you in preparing these bright yellow chunks, ready to enjoy. Full of phytonutrients and antioxidants.

*Potassium-packed snack!*



### TIP: Try freezing.

Then thaw when ready to eat to soften the pods for an even juicier texture!



- Certified Organic
- 7 varieties

# Salads



**Baby Spinach**  
142 g  
203052770\_EA / 21020920\_EA



**Baby Arugula**  
142 g  
20314039\_EA



**Romaine Hearts**  
3 pk  
20599776001\_EA



**Blueberries**  
Product of Argentina,  
no. 1 grade, 277 g  
21179969001\_EA

*The perfect salad topper!*

# Try Something **NEW** This Spring

**2<sup>99</sup>**  
355 mL

**Poppi**  
pre-biotic soda  
selected varieties

21564497\_EA/21564498\_EA



Bringing soda back. The twist? It's better for you this time. Poppi brings you that mouth-watering swirl of flavours and bubbles without feeling bad about it! Get all the soda feels with 5g sugar and 25 calories, or less, and prebiotics for your gut.

**6<sup>99</sup>**  
227 g

**Lotus Foods organic**  
traditional noodles  
selected varieties

21562606\_EA/21562629\_EA



Discover the delicious world of Lotus Foods! These rice & noodles are your ticket to guilt-free dining—certified organic, gluten-free, vegan, and non-GMO. With a focus on quality, the ingredients list is short, pure and simple, ensuring you get nothing but the best!

*Fermented side dishes for a probiotic boost to any meal!*

**9<sup>99</sup>**  
500 mL

**Naturally Amped kraut**  
selected varieties

21561594\_EA/21561631\_EA



Carefully crafted krauts and kimchi with innovative flavour profiles. Curated from whole ingredients sourced locally to ensure maximum freshness and packed with probiotics and enzymes to support a flourishing microbiome. Indulge in a culinary experience that nourishes your body & soul.

**4<sup>99</sup>**  
120 g

**Pokko rice & chickpea chips**

21590759\_EA/21590916\_EA



Guilt-free rice and chickpea chips, deliciously infused with authentic South Asian flavours. Packed with protein-rich chickpeas and nutritious rice for a great source of fibre, bursting with flavour from authentic spices like turmeric & Kashmiri chili. Pokko is sure to become your favourite go-to snack!

**6<sup>99</sup>**  
946 mL

**Better Moo(d)**  
plant-based gluten free  
oat beverage

21585760\_EA

*Infused with organic herbs & flowers!*



What truly differentiates Moodrink plant based oat beverage, is that it achieves outstanding nutrition while providing milk-like neutral taste and great texture. Enjoy 8g plant based protein and 4g fibre in every 250 mL serving!

*Naturally lactose free!*

**12<sup>99</sup>**  
325 g

**L'Ancêtre organic cheese**  
selected varieties

21551880\_EA/21551978\_EA



Our Canadian butters and cheeses offer you a whole new world of flavour. They are simply delicious and are sure to add a distinctive touch to all your gourmet dishes and healthy meals. Not only is organic food better for you—it also tastes fantastic!

**UP TO 20% OFF**

**NutraMeltz**  
sublingual  
supplements

60's  
selected varieties

21578837\_EA/21578909\_EA



A 100% Canadian and family owned company with a modern approach to natural health products. Nutrameltz Inc. was born to make taking supplements as easy as possible for everyone. Utilizing their new Quick Dissolving Tablets (QDT) technology, you just drop one on your tongue and go.

**Alterra Herbasante**  
homeopathic and  
herbal-based remedies

all varieties & sizes

21542211\_EA/21542184\_EA



Established in 1984 in Montreal, Alterra & Herbasante are a family-owned and operated company, with all products manufactured entirely in Canada. They offer a comprehensive line of herbal and homeopathic products tailored to specifically meet the different needs of men, women & children.

*New line extension!*

**Prairie Naturals**  
supplements

all varieties & sizes

21209168\_EA/21592686\_EA



A privately owned family business headquartered near Vancouver, BC, Prairie Naturals makes products designed to help you "Live the Healthy Life". They are dedicated to your health success & design products based on current nutritional research – so you get the results you need and want.

*New all-in-one formula!*

**Genuine Health**  
all-in-one shakes  
643-675g or BCAAs  
with creatine 440g

21564778\_EA/21565340\_EA



A Toronto based family-owned company and for over 30 years have been designing sophisticated gut friendly formulations backed by science and research. Their promise is to provide pure, powerful and proven ingredients for genuine living.

**UP TO 20% OFF**

**ALL Vitamins, Supplements & Protein Powders in our Nature's Treasure department!**

**Genuine Health greens+**  
all varieties & sizes  
20008157\_EA  
20317697\_EA



**AOR professional supplements**  
all varieties & sizes  
21302192\_EA/21309840\_EA



**Platinum Naturals supplements**  
all varieties & sizes  
20026988001\_EA  
20026988002\_EA



**St. Francis herbal tinctures & supplements**  
all varieties & sizes  
20731316\_EA/21192044\_EA



**Orange Naturals supplements**  
all varieties & sizes  
21190140\_EA/21190744\_EA



**A.Vogel premium natural supplements**  
all varieties & sizes  
21235725\_EA/21235730\_EA



**249**  
50 g  
**Clifbar nut butter filled snack**  
all varieties  
21012470001\_EA/21012470003\_EA



4g of sugar or less per serving!  
**499**  
98/100 g

**ChocXO organic chocolate**  
all varieties  
21335526\_EA/21411801\_EA



**399**  
100-150 g  
**Made Good granola snacks**  
selected varieties  
20797052001\_EA/21352121\_EA



**299**  
4x200 mL or 1 L  
**Kiju organic juice**  
selected varieties  
20312710001\_EA/20333714004\_EA



**549**  
220 g  
**Snyder's of Hanover gluten free pretzels**  
all varieties  
21082616\_EA/21082619\_EA



**649**  
234-284 g  
**Amy's frozen entrées**  
selected varieties  
20819961\_EA/20820314\_EA



Sweetened with Stevia,  
0g of sugar!  
**699**  
6x355 mL  
**Zevia sugar-free soda**  
all varieties  
21106231\_C06/21544078\_C06



Flyer prices effective from Thursday April 18, 2024 to Wednesday May 15, 2024

Visit us at [fortinos.ca](https://www.fortinos.ca)



Quantities and/or selection of items may be limited and may not be available in all stores. No Rainchecks OR Substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We reserve the right to limit quantities to reasonable family requirements. We are not obligated to sell items based on errors or misprints in typography or photography. Pricing: All references to "Save, Was, Now, Savings, etc.," is in comparison to our own regular prices. Coupons must be presented and redeemed at time of purchase. Savings shown may be greater depending on store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. The trade-marks, service marks and logos displayed in this flyer are trade-marks of Loblaws Inc. and others. ©2024 Loblaws Inc. All rights reserved.



# MAKE YOUR OWN PIZZA



PANE *Fresco*  
personal  
pizza dough  
21562009\_EA  
**6<sup>99</sup>**  
4 pack

organic  
pizza sauce  
20018438\_KG

**249<sup>lb</sup>**  
5.49/kg



pizza mozzarella  
20959084\_KG

**220** /100 g  
9.99 lb



Casa Italia  
sliced pepperoni  
20731474\_KG

**231** /100 g  
10.49/lb



Piller's Chorizo  
topping 250 g  
or Fantino & Modello  
diced pancetta 125 g  
20976070\_EA/21551779\_EA

**7<sup>99</sup>**  
each



PC® Natural Choice®  
Italian diced pancetta  
150 g or Venetian sliced  
cup and char style  
pepperoni 175 g  
21540009\_EA/20049345\_EA

**6<sup>99</sup>**  
each

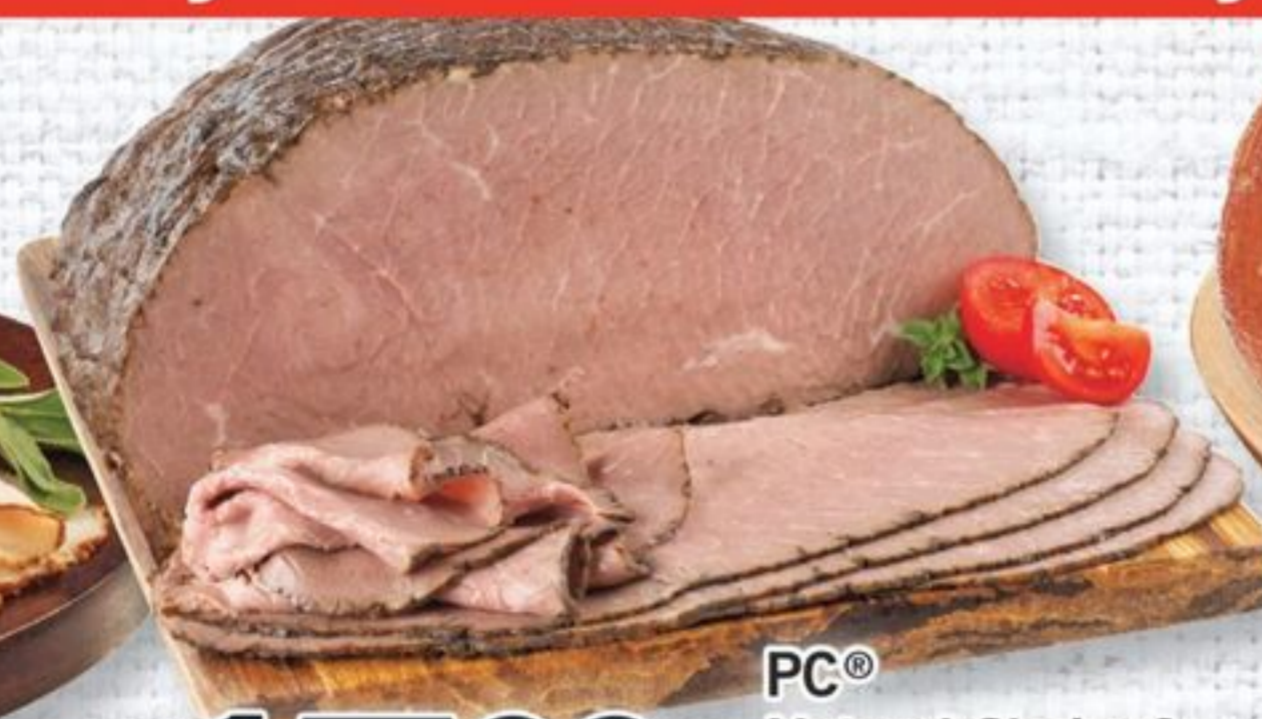


## DELI • Always freshly sliced or shaved your way!



- ✓ Antibiotic free
- ✓ Gluten free
- ✓ Dairy free

**15<sup>99</sup>lb**  
3.53/100 g  
McLean's  
turkey deli meat  
selected varieties  
20561368\_KG/20561619\_KG



**17<sup>99</sup>lb**  
3.97/100 g  
PC®  
Natural Choice®  
Angus roast beef  
deli sliced  
20155374\_KG



**12<sup>99</sup>lb**  
2.86/100 g  
Schneider's  
old fashioned  
smoked ham  
deli sliced  
20315624\_KG



**12<sup>99</sup>lb**  
2.86/100 g  
Ziggy's®  
smoked  
or cooked  
chicken breast  
deli meat  
deli sliced  
20299046\_KG/20311436\_KG



OKA or  
Jarlsberg cheese  
selected varieties,  
deli cut  
20963094\_KG/21388103\_KG

**17<sup>99</sup>lb**  
39.66/kg



**7<sup>99</sup>**  
170 g  
Bothwell cheese  
all varieties  
20828823\_EA/21060074\_EA



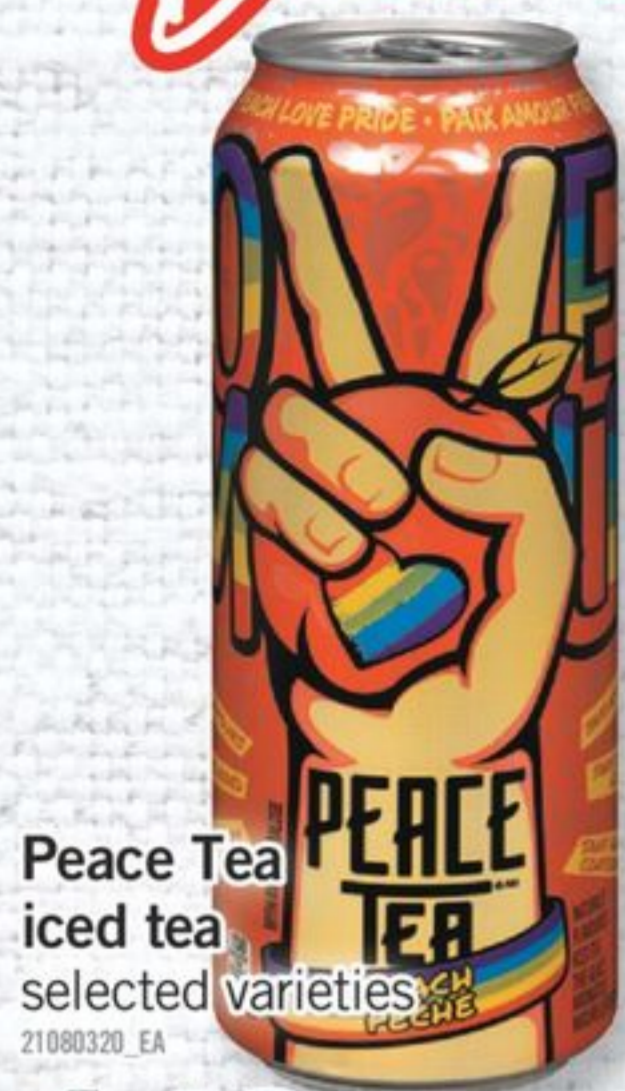
**6<sup>99</sup>**  
each  
Marcangelo  
sliced deli meat 100 g  
or PC® cheese slices  
140-170 g, all varieties  
20216643\_EA/20865352\_EA



antipasto bar  
\$15.79/lb 3.48/100 g

**10<sup>88</sup>lb**  
2.40/100 g  
olive bar  
20062521\_KG/20127732\_KG

# Beverages



Peace Tea  
iced tea  
selected varieties

21080320\_EA  
**149**  
695 mL



Minute Maid  
or Nestea  
beverages  
selected varieties

20861170\_EA  
**349**  
1.89 L



brio soda  
selected varieties

21085133\_EA/21085705\_EA  
**149**  
355 mL



Stappi drinks

21595802\_C04/21595835\_C04  
**449**  
4x200 mL



Corona  
Sunbrew  
0.0% alcohol  
beer

21433615\_C06  
**1199**  
6x330 mL



Stappi  
bitter drinks

21609712\_C6/21609588\_C6  
**399**  
6x100 mL



Coca-Cola,  
Pepsi or  
Canada Dry  
soft drinks  
selected varieties

21181173\_C08/21362875\_C08  
**649**  
8x300 mL



Fiji water

20122176\_EA  
**299**  
1.5 L



Eska natural  
spring water

20071779\_C24  
**549**  
24x500 mL



PC®  
Blue Menu®  
sparkling water  
selected varieties

20320832002\_EA  
**119**  
1 L

# Sweet Treats



Mr. Freeze  
freeze pops

21014370\_C80  
**499**  
80x20 mL



PC® sugar  
ice cream cones  
selected varieties

20340143\_EA  
**299**  
142 g



PC® toppings  
or syrup  
selected varieties

20338077\_EA/20339669\_EA  
**399**  
428 mL



Mr. Freeze  
freeze pops  
selected varieties

21031219\_C01  
**599**  
48x42 mL



Campside  
Super Giant  
marshmallows

20570414002\_EA  
**499**  
700 g



Family Size

21210257\_EA/21210265\_EA  
**999**  
814/816 g



Poppa Corn  
Lucky Elephant  
cotton candy

21287186\_EA  
**499**  
200 g



M&M's  
chocolate  
pouches  
selected varieties

21464560\_EA/21464572\_EA  
**1499**  
650/800 g



PC®  
S'mores Kit

20655672\_EA  
**799**  
600 g



Twizzlers  
candy pack  
selected  
varieties

20022328004\_EA  
**349**  
311-454 g

# DAIRY & FROZEN



**4.49** Danone  
Activia yogurt  
selected varieties  
650 g 20325132003\_EA



**3.49** Gay Lea  
sour cream  
selected varieties  
425/500 mL 20317536001\_EA



MILK2GO  
chocolate or  
strawberry 1% milk  
21062620\_EA

**1.79**  
310 mL



**4.99** PC® orange juice  
selected varieties,  
refrigerated  
1.54 L 21430531\_EA



**4.99** Cracker Barrel  
natural cheese  
slices  
selected varieties  
200-240 g 21290684\_EA/21290705\_EA



**5.49** Danone  
Activia yogurt  
selected varieties  
8's 20325384002\_EA



**3.79** Cheemo perogies  
selected varieties,  
frozen  
815/907 g 20527369\_EA/20527641\_EA



**9.99** no name®  
ice cream  
sandwiches  
24x120 mL 21013432\_EA



**2.99** I Can't Believe  
It's Not Butter!  
margarine  
427 g 20061949001\_EA



**7.99** Giuseppe  
stuffed crust  
pizza  
selected varieties,  
frozen  
685-771 g 21555844\_EA



**4.99** Black Diamond  
Slices processed  
cheese slices  
selected varieties  
410 g 21252564\_EA



**4.49** iöGO nano  
drinkable yogurt  
selected varieties  
6x93 mL 20609687001\_EA



**9.99** Krinos  
fillo twisters  
selected varieties,  
frozen  
840 g-1 kg 20755341\_EA



Danone Oikos  
drinkable yogurt  
selected varieties  
21396076\_EA

**1.99**  
190 mL



**3.79** Yoplait  
Minigo yogurt  
selected varieties  
6x60 g 20275868001\_EA



**7.99** Lactantia  
butter sticks  
selected varieties  
454 g 20056675\_EA



Melona  
ice bars  
selected varieties,  
frozen  
21020136\_EA

**6.49**  
560 mL



PC® original  
lemonade  
21430542\_EA

**4.49**  
1.54 L



**7.49** Pillsbury  
Pizza Pops  
selected varieties,  
frozen  
760 g 21439338\_EA



**4.79** Krinos mini  
spinach rolls  
454 g 20793248\_EA

# Interesting Finds for the FOODIE



## Rachel's beef bacon

21598462\_EA

**9.99**  
300 g

Premium breakfast strips from Ontario-based St. Helen's. Made with Halal beef and smoked giving each strip a crisp texture and rich flavour. A classic twist on bacon.



## Stonemill artisan 12 grain or San Francisco style sourdough bread

**4.49**  
550 g

21556097\_EA

Honouring 100-year-old family baking traditions, Toronto based Stonemill breads still start with a unique sourdough starter flown in from Germany every month. These crusty breads are naturally fermented, with no artificial flavours, colours or preservatives.



## Tocco d'Oro Italian risotto or soup selected varieties

21542079\_EA

**11.99**  
270 g

Imported from Italy, these premium risottos are from the Lombardy region. Made with butter, white wine, vegetables and olive oil, they're an easy meal, ready to eat in 4-5 minutes. 7 varieties! You'll also find their heat & serve soups delicious too with 3 varieties.



The Fentiman family has crafted botanical, non-alcoholic sodas in Northumberland, UK since 1905. These award winning beverages are brewed traditionally and made with premium ingredients.

**9.99**  
4x275 mL

## Fentimans cherry cola, rose lemonade or ginger beer

21051263\_C04/21051337\_C04



## BeaverTails spreads

21548221\_EA/21549780\_EA

**4.49**  
375/425 g

These irresistible spreads are proudly Canadian. The perfect companion for your favourite treat or snack. Creamy & delicious, these spreads are palm oil and gluten-free.

Produced in Ontario for 35 years, Crofters use sustainable farming methods and best tasting fruits sourced from organic farms. Sweetened with fair trade cane sugar, every jar has 33% less sugar than traditional preserves.

**5.99**  
383 mL

## Crofter's premium organic fruit spread selected varieties

20987211\_EA/21345291\_EA



Available in  
Nature's Treasure!

**NEW**

a proud  
**FORTINOS**  
recipe

# MADE FRESH



FRANK'S  
**RedHot**

5 varieties!  
1/2 lb each!

100%  
Ground  
**CHUCK**

## Frank's RedHot burger

Certified Angus Beef seasoned with salt, pepper and Frank's RedHot sauce

21607012\_EA

**4.99**  
each



## Herb & Garlic chicken breast skewer

Marinated in a herb & garlic sauce

21607011\_EA



## Souvlaki chicken breast skewer

Seasoned with rosemary, thyme, parsley, fresh lemon juice & garlic

21607001\_EA



## Herb & Garlic beef skewer

Certified Angus Beef marinated in a herb & garlic sauce

21607011\_EA



**9.99**  
4's

## Turkey burger

Made with Ontario turkey. Raised without antibiotics.

21606850\_EA/21606920\_EA



**9.99**  
4's

## Homestyle BBQ burger

A blend of Certified Angus Beef and Ontario Pork, gluten free.

21606850\_EA/21606920\_EA

# SEAFOOD



**4<sup>99</sup>** Crystal Waters  
fresh crab cakes  
116 g 21540956\_EA

**13<sup>99</sup>** PC® bacon-wrapped  
wild sea scallops  
frozen  
260 g 21220644\_EA

**14<sup>99</sup>** Crystal Waters  
salmon skewers  
selected varieties, frozen  
320/340 g 21547020\_EA/21547850\_EA

**7<sup>99</sup>** BOS smoked  
Atlantic salmon  
selected varieties  
125 g 21192437\_EA/21192711\_EA

# EASY MEALS



**7<sup>99</sup>** Schneiders Juicy  
Jumbos wieners  
selected varieties  
375/450 g 20770591\_EA



**1<sup>99</sup>** Carl Buddig  
sliced meat  
selected varieties  
55 g 20074681\_EA



**4<sup>49</sup>** Lunchables  
selected varieties  
89-138 g 21592663\_EA



**12<sup>99</sup>** each  
Marcangelo  
bacon wrapped  
turkey 340 g  
or chicken herb  
medallions 452 g  
21025498\_EA/21378258\_EA



**15<sup>99</sup>** Royal Meats burgers  
pork and beef  
or beef and lamb  
1.02 kg 21542193\_EA



**15<sup>99</sup>** PC® Thick & Juicy™  
chicken or turkey  
burgers frozen  
1.13 kg 20155317\_EA/20956689\_EA



**11<sup>99</sup>** Janes Pub Style turkey  
strips, nuggets or burgers  
frozen  
600 g 21431735\_EA/21431776\_EA



**7<sup>99</sup>** Marcangelo  
jumbo sausages  
selected varieties,  
frozen  
675 g 21365170\_EA

# EXPERIENCE A WORLD OF FLAVOURS

AVAILABLE AT: 330 Queens Plate Etobicoke, 75 Centennial Pkwy Hamilton, 55 Mountainash, 60 Quarry Edge and 35 Worthington Brampton stores only.



**.99** lb  
2.18/kg  
plantain product of Colombia  
20111926001\_KG



**1.99** lb  
4.39/kg  
Indian eggplant product of U.S.A.  
20055882001\_KG



**\$8**  
454 g  
Sufra Halal lean ground chicken  
21430675\_EA



**5.99**  
4 pack  
Jamaican patty  
21215103\_EA



Suraj naan original or garlic  
21051353\_EA

**3.29**  
5's



1/4 slab  
\$28.99 1.65 kg

7" round eggless cake chocolate or vanilla  
20965403\_EA/20965406\_EA

**15.99**  
800 g/1 kg



**2.99**  
375/450 g  
Zabiha Halal chicken wieners or bologna selected varieties  
20006571\_EA



Toppits basa fillets frozen  
21335552\_EA

**8.99**  
850 g



**14.99** lb  
33.05/kg  
Sufra Halal strip loin steak  
21397465\_KG



**9.99** each  
Suraj basmati rice 3.63 kg or Dabur honey 500 g  
20802858\_EA/20838931\_EA



**4.99**  
300 g  
Happy Dairy paneer  
21343632\_EA



**2.49**  
750 g  
Khaas Halal plain yogurt 0%, 2% or 3% M.F.  
20343515\_EA/20544362001\_EA



Kitchens of India cooking sauces selected varieties  
20313959002\_EA/20814303\_EA

**3.99**  
335 mL



National pickle selected varieties  
20627128001\_EA/20627128002\_EA

**4.99**  
1 kg



**2.99**  
300 g  
MTR ready to eat meal selected varieties  
20769717002\_EA/20769717008\_EA



Ching's instant noodles 240 g or MDH spice blends 100 g selected varieties  
20688275\_EA/21155106\_EA

**1.99** each



**4.99** each  
or Suraj okra 1 kg selected varieties, frozen  
20379701\_EA/20707520001\_EA



Royalty digestifs 400 g or Jabsons roasted peanuts 140/160 g selected varieties  
20875669\_EA/21155002\_EA

**1.99** each



Frooti mango drink 1 L or Surati snacks 250/341 g selected varieties  
20041155\_EA/20322576003\_EA

**2.49** each



# It's all about the dirt!

Ideal for general gardening or top dressing lawns.



**4/\$11** PC® Black Earth all-purpose soil 25 L  
less than 4 \$3 ea. 21357792\_EA

A garden is only as healthy as its soil, this nourishing 4-in-1 soil mix can be used on its own or mix into existing soil for vegetables, for trees and shrubs or flowers. Sphagnum Peat + Composted Manure + Topsoil + Lime.



**2/\$12** PC® Vegetable & Herb soil 25 L  
less than 2 \$7 ea. 21349109\_EA

Enriched lawn soil to help repair and thicken your yard.



**2/\$12** PC® Enriched Lawn soil 25 L  
less than 2 \$7 ea. 21349080\_EA

With added fertilizer for seeds, bulbs and flowers. Ideal soil mix for all garden needs. Great drainage, aeration and moisture retention.



PC® flower and garden bed soil mix 50 L  
21363856\_EA

**2/\$20**  
less than 2 \$11.50 ea.

Improves soil structure, helps regenerate the soil, and is an effective source of nutrients needed for growing plants of all types.

no name® cow manure compost 12.5 kg  
21349331\_EA

**3/\$12**  
less than 3 \$4.50 ea.



Mulch not only makes your garden look great, it helps reduce weed growth and helps keep the soil moist and healthy.



**3/\$12** no name® natural cedar mulch 42.5 L  
less than 3 \$4.50 ea. 21358531\_EA



**3/\$12** no name® red cedar mulch 42.5 L  
less than 3 \$4.50 ea. 21358536\_EA



**3/\$12** no name® black cedar mulch 42.5 L  
less than 3 \$4.50 ea. 21358573\_EA



# BODY & HEALTH



**Optimum**  
**6,000**<sup>PS</sup>  
for every \$15  
spent on

**St. Ives**  
selected varieties  
and sizes

21086101\_EA/21360961\_EA

**Optimum**  
**6,000**<sup>PS</sup>  
for every \$15  
spent on

**Degree,  
Axe or Vaseline**  
selected varieties  
and sizes

21078327\_EA/21085011\_EA

**Aveeno lotion**  
selected varieties

20102023001\_EA/20102023003\_EA

**11<sup>99</sup>**  
532 mL

**Ivory**  
bar soap 10's  
or body wash 621 mL  
selected varieties

20347887001\_EA/20860346001\_EA

**5<sup>49</sup>**  
each

**Herbal Essences**  
hair care 346 mL  
or Nivea or  
Chapstick lip care  
2's, selected varieties

20143913\_EA/20432297002\_EA

**3<sup>99</sup>**  
each



**Degree**  
deodorant  
selected varieties

20296452001\_EA/20303942002\_EA

**3<sup>99</sup>**  
48-85 g



**Listerine**  
mouthwash  
selected varieties

20348438001\_EA/21091207\_EA

**6<sup>99</sup>**  
1 L



**Native**  
body wash  
or hair care  
selected varieties

21435048\_EA/21505267\_EA

**10<sup>99</sup>**  
487-532 mL



**Native**  
deodorant 75 g  
or Cetaphil  
cleanser 500 mL  
all varieties

20432313001\_EA/21346430\_EA

**14<sup>99</sup>**  
each



**Head & Shoulders**  
hair care  
selected varieties

21435219\_EA/21505226\_EA

**10<sup>99</sup>**  
400-613 mL



**U By Kotex**  
tampons 30-32's,  
liners 80-129's  
or pads 22-44's  
selected varieties

21288015\_EA/21518467\_EA

**10<sup>99</sup>**  
each



**Tena**  
protective  
underwear  
selected varieties

21033614\_EA/21033778\_EA

**17<sup>99</sup>**  
13-48's



**PC®**  
Ultra Shake  
selected varieties

20325953001\_C06/20325953002\_C06

**11<sup>99</sup>**  
6x237 mL



**Diesel**  
whey 908 g  
or vegan 350 g  
protein powder  
selected varieties

21068329\_EA/21461735\_EA

up to

**15% OFF**



**ONE** 60 g  
or **Diesel** 50 g  
protein bar  
selected varieties

21120168\_EA/21559717\_EA



**Life Brand®**  
epsom salts

21153253\_EA

**4<sup>99</sup>**  
2 kg



**Life Brand®**  
vitamins  
selected varieties  
and sizes

21138915\_EA/21150323\_EA

up to

**15% OFF**



**Band-Aid**  
bandages  
selected varieties

20315160\_EA/20855050\_EA

**4<sup>99</sup>**  
10-50's



**Claritin**  
or **Aeriis**  
allergy relief  
selected varieties

20074812\_EA/20308018001\_EA

**19<sup>99</sup>**  
15-30's



**Tums**  
antacids  
selected varieties

20117825002\_EA/21235759\_EA

**9<sup>99</sup>**  
140/160's

# BABY



**26<sup>99</sup>**  
36-112's  
Pampers or Huggies super big pack diapers selected varieties  
21455653\_EA/21456473\_EA



**19<sup>99</sup>**  
560-720's  
Pampers or Huggies wipes selected varieties  
21018026\_EA/21371309\_EA



**12<sup>99</sup>**  
17-20's  
Huggies swim diapers small, medium or large  
20569789\_EA/20570040\_EA



**3<sup>99</sup>**  
444/592 mL  
PC® baby oil, bubble bath or wash selected varieties  
20978100\_EA/20978401\_EA



**10<sup>99</sup>**  
each  
Live Clean baby needs 750 mL or PediaSure 4x235 mL selected varieties  
20322414002\_EA/20607347\_EA



**1<sup>79</sup>**  
128 mL  
Love Child pouches all varieties  
20752899001\_EA/207528990021\_EA



**5<sup>99</sup>**  
6x128 mL  
PC® Organics pouches selected varieties  
20991023\_EA/21183931\_EA



**2<sup>79</sup>**  
50 g  
Hot Kid Mum Mums selected varieties  
20316680001\_EA/21024956\_EA



**3<sup>49</sup>**  
71-133 g  
Earth's Best snacks selected varieties  
21534883\_EA/21534914\_EA



**1<sup>29</sup>**  
10/12 g  
Brothers fruit crisps selected varieties  
20549406\_EA/20549408\_EA

# HOUSEHOLD



**5<sup>99</sup>**  
each  
Fleecy fabric softener 1.36 L or dryer sheets 80's selected varieties  
20311072001\_EA/213111876\_EA



**24<sup>99</sup>**  
60/72's  
Finish Quantum dishwasher tabs selected varieties  
21218875\_EA



**4<sup>49</sup>**  
710 mL  
Lysol Action Gel toilet bowl cleaner selected varieties  
21193424\_EA



**13<sup>49</sup>**  
each  
Swiffer Dusters 10's, dry sweeping cloths 32's or wet jet mopping pads 12's selected varieties  
20974300\_EA/20974373\_EA



**4<sup>29</sup>**  
3 pk  
Vileda Scrunge Multi-Use selected varieties  
21414462\_EA/21414468\_EA



**13<sup>99</sup>**  
3 pack  
Air Wick essential oils selected varieties  
20761733\_EA/20795523\_EA



**7<sup>99</sup>**  
84's  
Cottonelle flushable wipes selected varieties  
20688530\_EA/21121587\_EA



**4<sup>29</sup>**  
60 m  
Glad plastic Cling Wrap  
20043471\_EA



**12<sup>99</sup>**  
6's  
no name® facial tissue selected varieties  
20174399\_EA



**22<sup>99</sup>**  
4.43 L  
Persil liquid laundry detergent selected varieties  
20952977\_EA

# Celebrate NATIONAL PET WEEK



**Optimum**  
**1,000** pts  
for every \$10  
spent on

**2.69**  
368 g  
Purina ONE  
wet dog food  
selected varieties  
21303479\_EA/21383287\_EA



**Optimum**  
**3,000** pts  
for every \$15  
spent on

Meow Mix or Milk-Bone  
selected varieties and sizes  
21586251\_EA/21014403\_EA



**Optimum**  
**1,000** pts  
Purina Tidy Cats  
cat litter  
selected varieties  
21206305\_C01/21217951\_C01

**24.99**  
5.44 kg



**Optimum**  
**3,000** pts  
Blue Buffalo  
Tasteful  
dry cat food  
selected varieties  
21360296\_EA/21360315\_EA

**24.99**  
2.2 kg



**Optimum**  
**1,000** pts  
for every \$10  
spent on

**1.19**  
85 g  
Fancy Feast®  
wet cat food  
selected varieties  
20302296012\_EA/20302296014\_EA



**Optimum**  
**1,000** pts  
for every \$10  
spent on

**1.19**  
156 g  
Friskies wet cat food  
selected varieties  
20319657001\_EA/20319657005\_EA



**Optimum**  
**500** pts

**7.99**  
454 g  
Whiskas Temptations  
value size cat treats  
selected varieties  
21105393\_EA/21105449\_EA



IAMS dry dog food  
selected varieties  
20646724003\_EA/20646724004\_EA

**30.99**  
6.8 kg



**5.49**  
454 g  
Hungry Hunter  
chicken feet for  
both cats and dogs  
21378255\_EA



**7.99**  
454 g  
FreshPet Select  
cat food  
20563803\_EA/21094629\_EA



**6.99**  
148-234 g  
Zoë Better Than  
Rawhide dog treats  
21548928\_EA/21302219\_EA



Arm & Hammer  
cat litter  
deodorizer 500 g,  
or Bounce  
pet hair and lint  
guard sheets 40's  
20023049\_EA/21360153\_EA

**4.99**  
each



PC® Extra Meaty  
Trainers dog treats  
selected varieties  
21544772\_EA/21544840\_EA

**6.99**  
283 g



PC®  
Nutrition First®  
dog food  
selected varieties  
21304456\_EA/21307661\_EA

**11.99**  
2 kg



PC®  
Nutrition First®  
dry cat food  
selected varieties  
21303164\_EA/21303268\_EA

**14.99**  
2 kg



PC® Wild Bird  
suet cakes  
selected varieties  
21302909\_EA/21302923\_EA

**2.69**  
320-400 g

# START YOUR ACTIVIA® GUT HEALTH CHALLENGE

**2** ACTIVIA PER DAY FOR **14** DAYS

**\$10.99**  
Activia® - 2 kg  
20419715005



**\$5.49**  
Activia® - 8 x 100 g  
20325384002



**\$4.99**  
Activia® - 2 x 150 g  
21588442



**\$6.99**  
Activia® - 8 x 93 mL  
21430512



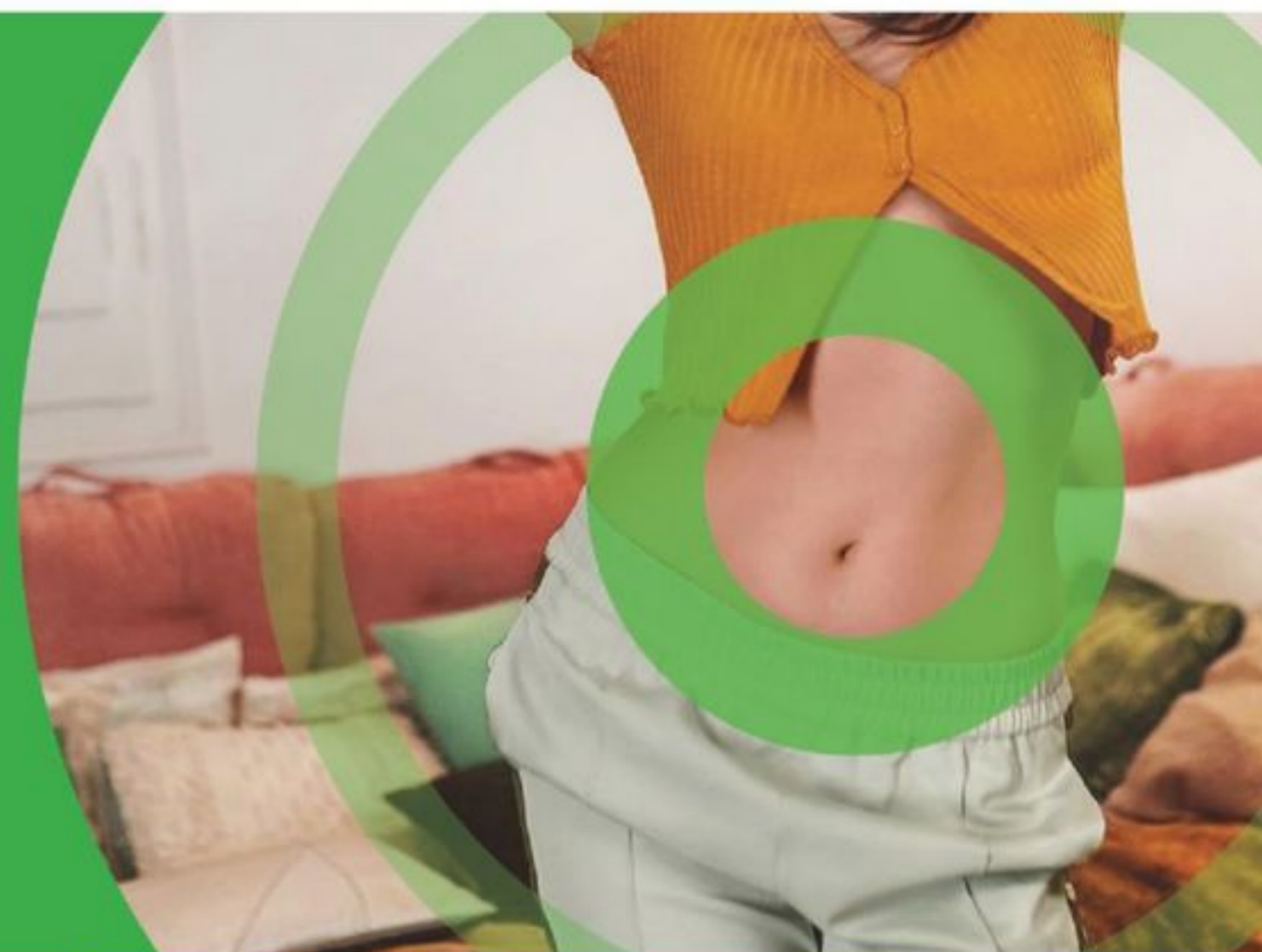
**\$1.99**  
Activia® - 190 mL  
21348503



**\$4.49**  
Activia® - 650 g  
21588674



Activia may help reduce the frequency of minor digestive issues like bloating, gas, discomfort and rumbling when consumed twice per day for 2 weeks as part of a balanced diet and healthy lifestyle. \*2 servings.



## CREAMY TEXTURE, ANYTIME, ANYWHERE

**\$4.49**

Oikos® - 4 x 100 g  
(21006595, 20419715001)



**\$10.99**

Oikos® - 12 x 100 g  
21396062



**\$1.99**

Oikos® - 190 mL  
(21588703, 21588614)



**NEW  
HIGH  
PROTEIN**

**\$6.99**

Oikos® - 650 g - 750 g  
21305945



## LOW IN SUGAR BIG ON TASTE

**\$4.49** **\$5.99**  
Two Good®  
4 x 95 g  
21476047



## TRY COLD FOAM IN YOUR COFFEE

**\$6.49**  
International  
Delight® - 396 g  
(21590982, 1590944)



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# Protein made easy. **NEW!**

Smooth creamy texture. No added sugar.



**\$3.99**

Yoplait® Source®  
Protein 4 x 100 g  
21588150\_EA



**\$4.99**

Yoplait® Source®  
Protein 650 g  
21587047\_EA



**\$5.99**  
Liberté Greek 3%  
Less Sugar  
650/750 g  
21588110\_EA



**\$4.99**  
Liberté Greek  
Crunch 2 x 130 g  
21588326\_EA



**\$4.49**  
Yoplait® Tubes®  
8 x 56 g  
21547595\_EA



**\$1.29**  
Yoplait® YOP®  
200 mL  
21478227\_EA

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# Saputo cheese, it changes everything.

**\$13<sup>99</sup>**

**SAPUTO  
FRIULANO**  
500g  
20708981



**\$5<sup>99</sup>**

**SAPUTO  
FETA ASSORTED  
VARIETIES**  
200g  
21547297



**\$13<sup>99</sup>**  
LB

**SAPUTO  
COGRUET**  
33.05/KG  
20033471



**\$7<sup>99</sup>**

**SAPUTO  
BARI RICOTTA**  
ASSORTED VARIETIES  
500g  
20573933

**\$8<sup>49</sup>-9<sup>99</sup>**

**SAPUTO  
CHEESE FRIES &  
CHEESE PATTIES**  
200g-250g  
21547522\_EA/  
21547788\_EA



Maple Lodge Farms  
Wieners 450g  
619

**\$2.99**



Maple Lodge Farms  
ULTIMATE™ Original  
Frankfurters 900g  
671

**\$6.99**



Zabiha Halal Original  
and Spicy Fully Cooked  
Sausages 375g  
201957, 201958

**\$7.99**











Zabiha Halal Original and  
Spicy Frankfurters 900g  
200671, 200651

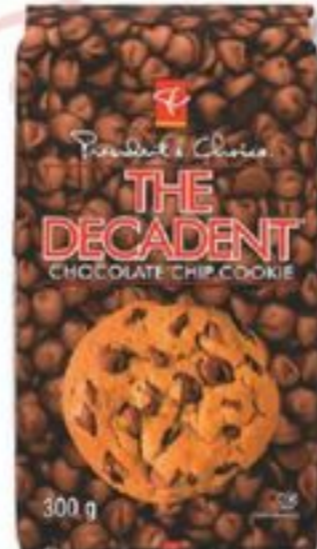
**\$6.99**



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to start earning.**

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- ✓ Digital Card
- ✓ Flyers
- ✓ And more!



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to FREE  
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in welcome  
points\*



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\*Offer available until May 13, 2024; conditions apply.



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Pleated Short

35

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**15,000** pts

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May 9 - 15 | In-Store + Online

That's like  
**\$15**  
in points!

\*Visit [www.joefresh.com/offerdetails](http://www.joefresh.com/offerdetails) for full details



Baby Boys' 2 Piece  
Crinkle Set

24



Mens'  
Button Down

35



Kid Girls'  
Terry Romper

19



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