

# FORTINOS®



**7.99**lb  
17.61/kg

natural  
roasted  
pistachios  
salted or  
unsalted  
20664648\_KG



**2.99**lb  
6.59/kg

boneless pork loin rib end  
or center cut chops or roast  
20827787\_KG



*Ideal for smoking!*

CUT FROM CANADA  
**AAA**

**4.99**lb  
11.00/kg

whole beef brisket  
boneless cryovac pkg,  
cut from Canada AAA or  
USDA Choice grade beef  
20798405\_KG

butcher trimmed  
\$6.49/lb \$14.31/kg



- ✓ Air Chilled
- ✓ Canadian grown
- ✓ Grain fed

**4.49**lb  
9.90/kg

PC® chicken breast  
bone in, skin on club pack  
20187266\_EA



**JUMBO**

**2.99**  
each

jumbo cantaloupe  
product of Honduras or  
Guatemala, no. 1 grade  
20167017001\_EA



large ripe avocado  
or organic avocado  
product of Mexico, 1.69 ea.  
or large ripe papaya  
product of Costa Rica  
or Mexico, 1.69/lb, 3.73/kg  
20817066001\_EA/20055266001\_EA

**1.69**lb/ea  
3.73/kg



**1.49**  
each

large English cucumbers  
product of Ontario, Canada  
no. 1 grade or PC® coleslaw  
product of U.S.A., 397 g  
20070132001\_EA/21204248\_EA



**3.49**  
3's

romaine hearts  
product of U.S.A.  
or Mexico  
20067389001\_EA



2-4 lb  
**AVERAGE**

**3.49**lb  
7.69/kg

fresh whole  
Atlantic salmon  
20083992\_KG

PC® smoked  
sockeye salmon  
150 g or white  
cooked shrimp  
31/40 per lb,  
400 g, frozen  
20055009\_EA/20791381\_EA

**9.99**  
each



**2.99**  
227 g

PC® hummus  
or dips  
all varieties  
20574522\_EA



**6.99**  
198 g

Old Croc  
aged cheddar  
selected varieties  
21506072\_EA



**6.99**  
600/700 g

Janes Pub Style  
breaded chicken or turkey  
selected varieties, frozen  
21191828\_EA/21431735\_EA

Maple Leaf  
Natural Selections  
sliced deli meat  
all varieties  
20065285\_EA

**4.99**  
150/175 g



**2.99**  
each

Dempster's grain bread 600 g,  
Dempster's English muffin 6's  
or PC® pizza crust or flatbread  
220-300 g, selected varieties  
20251602\_EA/20006502\_EA



**4.79**  
280-372 g

plain croissants 6's,  
chocolate 4's or  
mini croissants 10's  
all varieties,  
baked in-store  
21291173\_EA

Administrative Professionals Day  
Wed. April 24

**\$20-50** each mixed bouquets  
21549451\_EA



PC® cheese bars 400 g,  
shreds 300/320 g  
or Heluva Good!  
French onion dip 680 g  
selected varieties  
20312788001\_EA/21060183\_EA

**4.49**  
each



Classico TOMATO & BASIL  
pasta sauce  
all varieties  
20323101001\_EA/20323101002\_EA  
**3.29**  
410/650 mL

PC® or Blue Menu®  
sparkling water  
or pop  
selected varieties  
20162061002\_EA/20311645012\_EA  
**.99**  
1/2 L



PC® pancake mix 905 g  
or syrup 750 mL  
or instant oatmeal 280-364 g  
20374908\_EA/20175129\_EA  
**1.99**  
each

Nescafé  
or Taster's Choice  
instant coffee  
100/170 g  
or Lavazza  
Nespresso-compatible  
pods 10's  
selected varieties  
20661811001\_EA/20873036\_EA  
**4.99**  
each



Chapman's  
Original ice cream  
selected varieties,  
frozen  
20315236001\_EA/208548431\_EA  
**3.49**  
2 L



Celebration  
cookies 240/350 g  
or Nugabar bars 140-175 g  
selected varieties  
21376778\_EA/21529899\_EA  
**2.99**  
each



PC® frozen fruit  
selected varieties  
300-600 g  
20312227\_EA/21377841\_EA  
**3.99**



Value Size  
**4.49**  
275-480 g  
Frito value size snacks  
21240828\_EA/21370250\_EA



Oasis juice  
selected varieties,  
refrigerated  
21376778\_EA/21529899\_EA  
**3.49**  
1.5/1.6 L



Gallo  
extra virgin  
olive oil  
selected varieties  
20105368\_EA  
**12.99**  
1 L

PC® roasted  
peanuts 700 g,  
Planters cashews  
or mixed nuts 200 g,  
or Jack Links  
jerky 74-81 g  
selected varieties  
20057990003\_EA/21021618\_EA  
**4.49**  
each



Pampers or Huggies  
club pack diapers  
selected varieties  
21456635\_EA/21551564\_EA  
**34.99**  
66-180's



Clif  
energy bars  
selected varieties  
20130914003\_C12/20312621\_C12  
**12.99**  
12x68 g

Prices effective at Vaughan, Toronto, Etobicoke and Bolton stores only.

Flyer prices effective from Thursday, April 18th, to Wednesday, April 24th, 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://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.

this product is printed using vegetable-based inks



# PRODUCE • Nature's Bounty arriving fresh daily!



**5.49**  
5's  
bagged avocados  
product of Mexico  
20142232001\_EA



**Now in SEASON**

**6.99** lb  
15.41/kg  
rhubarb  
product of Ontario, Canada  
no. 1 grade  
20159921001\_EA



**6 per CASE**

**19.99**  
case  
Alphonso mangos  
product of India  
20151701001\_EA

**Try Me!**  
This Saturday & Sunday  
11am - 5pm

**Air FLOWN**  
for peak flavour!

**3.99**  
each  
Palmer mango  
product of Brazil  
20025410001\_EA



**4.69**  
454 g  
Little Potato Company oven or BBQ ready potato kit  
selected varieties, product of Canada, Canada no. 1 grade  
21401334\_EA/21400126\_EA



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



**4.49** lb  
9.90/kg  
red, orange or yellow rustico peppers  
product of Spain or Mexico  
20768438001\_EA/20086362001\_EA



**2.69**  
each  
endive or escarole  
product of U.S.A.  
20020368001\_EA/20181243001\_EA

**2.29**  
bunch  
curly or Italian parsley  
product of U.S.A.  
20015746002\_EA/20139141001\_EA



**3.99**  
each  
honeydew halves  
product of Guatemala or Mexico  
20636826\_EA



**Prepared IN STORE DAILY**

seedless watermelon slices  
product of U.S.A. or Mexico  
20021359\_EA

**2.79** lb  
6.16/kg



**Bolthouse smoothies**  
selected varieties, product of U.S.A.  
20280429\_EA/20325816\_EA

**6.49**  
946 mL



**Taylor Farms salad kits**  
selected varieties, product of U.S.A.  
21381584\_EA/21381575\_EA

**5.69**  
267-383 g



**PC® spring mix, baby spinach or 50/50 blend**  
selected varieties, product of U.S.A.  
21204253\_EA/212043861\_EA

**6.49**  
283-312 g

# PICK ORGANIC • Over 150 items available every day!



**4.99**  
2 pack  
PC® Organics portobello caps  
product of Ontario  
20626950\_EA



**5.69**  
2's  
PC® Organics sweet peppers  
product of Canada or Mexico  
20690699001\_EA



**5.49**  
350 g  
organic French beans  
product of Mexico or Guatemala  
21126944001\_EA



**3.29**  
454 g  
PC® Organics mini carrots  
product of U.S.A., no. 1 grade  
20185409\_EA



**3.49**  
each  
organic red mango  
product of Mexico  
20084654001\_EA

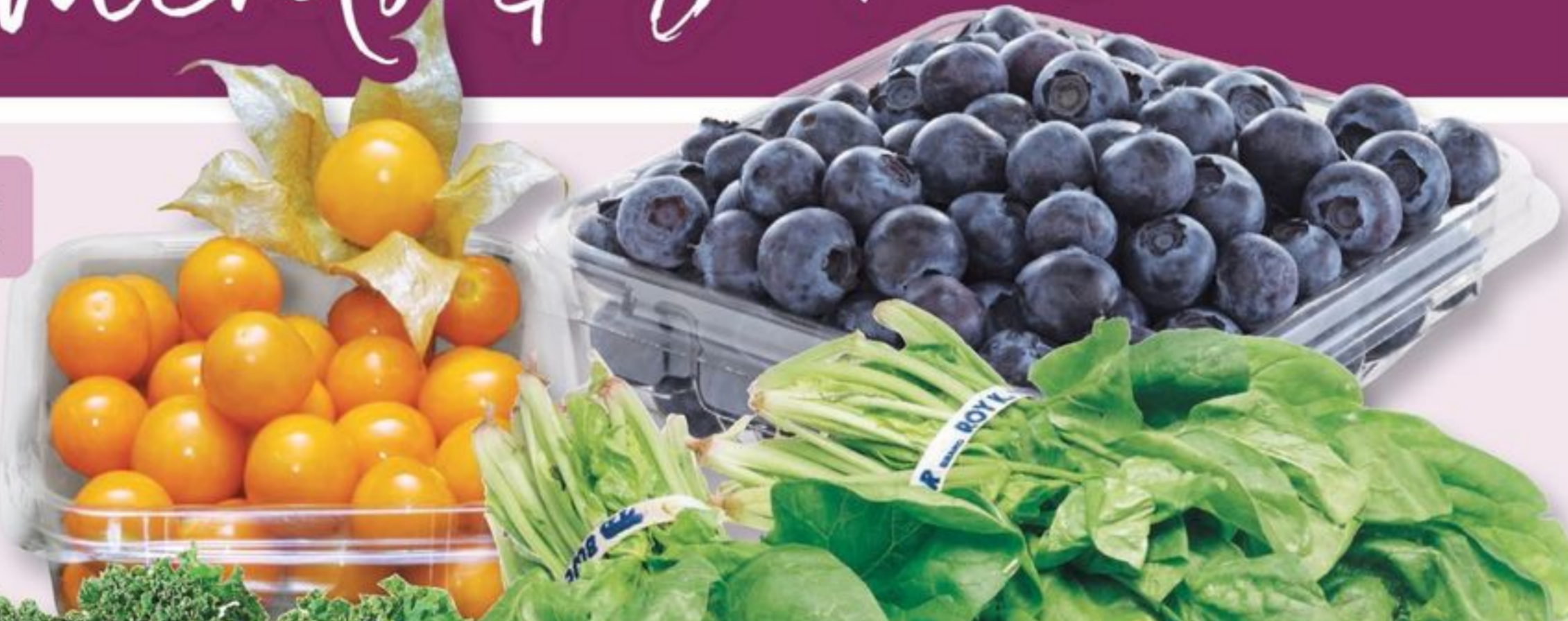
# Love Your Gut Ferments & Superfoods!

Fermentation is the process by which a substance is broken down naturally by enzymes or microorganisms creating easily digestible foods as yogurt, sauerkraut, kimchi. These foods are high in healthy bacteria resulting in less bloating, reduced brain fog and higher energy for our bodies. For optimal gut loving health, add a fermented food or drink to your next meal!

Rich in antioxidants and vitamins A & C.

**blueberries or golden gooseberry**  
6 oz

20152465001\_EA/20972906\_EA



One of the richest vegetable source nutrients like vitamins A, B and C and minerals like Calcium, Magnesium and Potassium. A high source of insoluble fibre or "roughage", promoting a healthy functioning digestive tract.

**spinach, black Tuscan, red or green kale**

20162840001\_EA/20138805001\_EA

**avocado**

20055266001\_EA

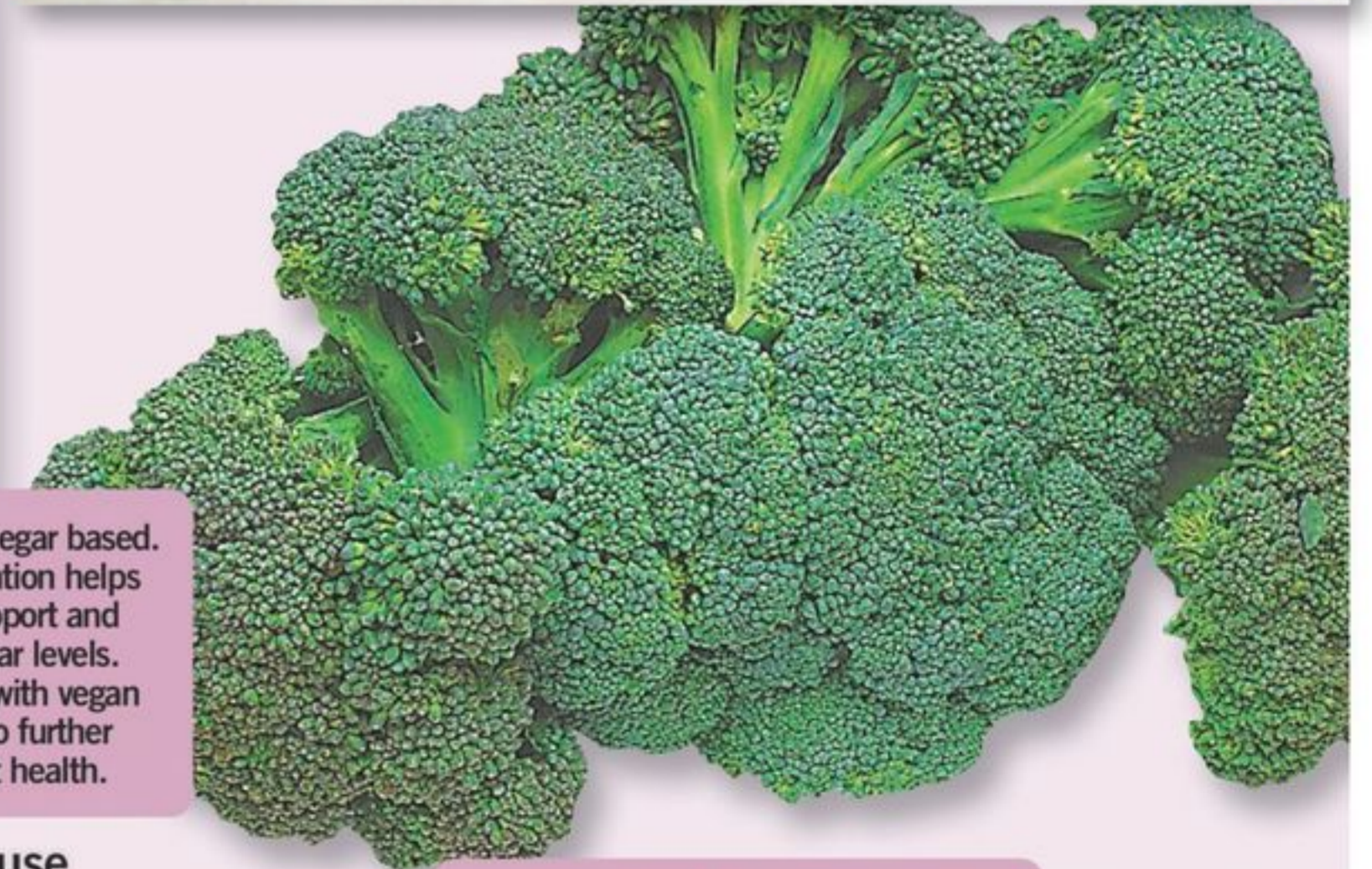
High in healthy saturated fat as well as fibre. Add to salads or spread on gluten-free toast!



Apple cider vinegar based. This fermentation helps with gut support and reduces sugar levels. Also infused with vegan probiotics to further support gut health.

**Greenhouse inside job boosters**  
4x60 mL

21404621\_EA/21372874\_EA



A great food for cleansing the digestive tract - not only a rich source of fibre, but also high in cancer-fighting Indole-3-carbinol.

**broccoli crowns**

20026161001\_EA

## Bulk Foods



Great source of soluble fibre.

**psyllium seed husks**

20655446\_KG



High in plant based omegas and fibre.

**chia seeds**

20655499\_KG



10 g of plant based protein per 2 tbsps! High in fibre.

**hulled hemp seeds**

20977592\_KG



Supports lowering LDL cholesterol levels.

**rolled oats**

20146120\_KG

# FULL SERVICE BUTCHER • Custom cuts your way!



**4.99** lb  
11.00/kg  
boneless centre-cut  
pork loin cutlet  
20826455\_KG



**9.99** lb  
22.02/kg  
veal loin chop  
20843510\_KG



**5.99** lb  
13.21/kg  
lean ground beef,  
veal and pork  
combination mince  
20874641\_KG



**9.99** lb  
22.02/kg  
boneless blade  
steak or roast  
cut from Canada AA  
or USDA Select grade  
beef or higher  
20818547\_KG



Yorkshire Valley  
Farms organic  
chicken wings  
frozen  
20940328\_EA

**15.99**  
1 kg



Yorkshire Valley  
Farms boneless  
chicken breast  
frozen  
20940326\_EA

**24.99**  
1 kg



**21.99** lb  
48.48/kg  
PC® Free From®  
strip loin steak  
21219108\_KG



**9.99**  
454 g



Johnsonville  
smoked sausages  
selected varieties  
20355614\_EA

**6.49**  
375 g



**15.99**  
680 g  
PC® pork back ribs  
selected varieties,  
frozen  
20071715\_EA



**13.99**  
340 g  
Marcangelo  
bacon wrapped sirloin  
beef medallions  
21025464\_EA



**5.99**  
65 g  
PC® Free From®  
fully cooked bacon slices  
regular or thick  
20905021\_EA

# SEAFOOD • We'll Clean & Scale Your Fish at No Charge... just ask!



**12.99** lb  
28.64 /kg  
fresh rainbow  
trout fillet  
20990494\_KG



**14.99** lb  
33.05/kg  
fresh  
pickerel fillet  
20138948\_KG



**4.99**  
141 g  
Atlantic salmon  
pinwheels  
21219758\_EA



**14.99** lb  
33.05/kg  
tuna loin  
centre-cut  
previously frozen  
20693117\_KG



Wild!  
Marina Del Rey  
wild Argentinian  
raw shrimp  
20-30 per lb, frozen  
20907159\_EA

**10.99**  
300 g



Northern King  
seafood  
mix 600 g  
or Triple Crown  
salad shrimp  
400 g, frozen  
20573063\_EA/21576332\_EA

**8.99**  
each



PC® Zipperback®  
raw Pacific  
white shrimp  
31-40 per lb,  
frozen  
20788888\_EA

**10.99**  
400 g



PC® shrimp  
appetizers  
selected varieties,  
frozen  
20080117\_EA/20135874\_EA

**10.99**  
340-454 g

# BUY ANY 1, GET 1 FREE

Olivieri  
fresh filled  
pasta or  
family sized  
skillet gnocchi  
selected varieties  
20311584\_EA

**BUY**



**9.99**  
500-700 g

**GET  
FREE**



Olivieri  
Skillet gnocchi  
280-350 g  
value \$6.99  
21022065\_EA



**8.99**  
298 g  
California  
sushi roll  
20335472\_EA

✓ Fairtrade organic  
✓ roasted in-store  
✓ 20 varieties

**14.99** lb  
33.05/kg  
bean roast  
coffee beans  
20101583\_KG

# DELI • Always freshly sliced or shaved your way!



**8.99** lb  
1.98/100 g  
Ziggy's®  
Black Forest  
or honey maple ham  
deli sliced  
20323392\_KG



**14.99** lb  
3.31/100 g  
PC®  
Natural Choice®  
turkey or chicken  
breast  
selected varieties,  
deli sliced  
20302980\_KG



**14.99** lb  
3.31/100 g  
PC®  
Natural Choice®  
Angus roast beef  
deli sliced  
20155374\_KG



**12.99** lb  
2.86/100 g  
Venetian  
genoa salami  
regular or hot,  
deli sliced  
or shaved  
20303649\_KG



**12.99** lb  
28.64/kg  
Arla Havarti cheese  
all varieties  
20180982\_KG



**8.99**  
240 g  
Babybel cheese  
all varieties  
20167537\_EA/20300620\_EA



**11.99**  
300/375 g  
PC®  
Natural Choice®  
strips  
all varieties  
20786418\_EA/207873941\_EA



**6.99**  
140-170 g  
PC® cheese slices  
all varieties  
20219790\_EA



# BAKERY • Baked fresh by Bakers with passion!



**29.99**  
960 g-1.4 kg  
LA ROCCA  
CREATIVE CAKES  
8" cakes  
raspberry royale,  
banana chocolate chip  
or super caramel crunch  
21596332\_EA



**29.99**  
1 kg  
mixed fruit  
8" flan  
20593086\_EA



**6.99**  
4x75 g  
Portuguese tarts  
20695415\_EA



**.99**  
150 g  
assorted 6 pack  
buns \$5.49  
pane fresco  
piccolo ciabatta  
21116815\_EA



**11.49**  
600 g  
PC® cheesecake  
all varieties, frozen  
20147627\_EA



**4.49**  
each  
Dempster's  
bagels 6's or  
King's Hawaiian  
rolls 340 g  
20563221\_EA



**3.99**  
420-568 g  
D'Italiano hamburger  
or sausage buns  
all varieties  
20626949\_EA/20627101\_EA



**4.99**  
384/640 g  
Casa Mendosa  
large tortillas  
all varieties  
20276307\_EA/20318788\_EA

# GROCERY



**649** Coca-Cola, Canada Dry or Pepsi soft drinks selected varieties  
8x300/355 mL 21181173\_C08/21362875\_C08



**500** <sup>Optimum</sup>

Loacker wafers selected varieties  
20321447001\_EA/20325908\_EA

**379** 150/175 g



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



**279** Molisana pasta selected varieties  
450 g 20303498013\_EA



**179** Primo canned tomatoes selected varieties  
796 mL 21187403\_EA



Lindor chocolate bag selected varieties  
21390291\_EA

**749** 142-151 g



Tilda basmati rice  
20065191\_EA

**599** 907 g



Christie cookies  
21358407\_EA/21361508\_EA

**399** 251-303 g



Pam avocado or organic extra virgin olive oil spray  
21361501\_EA/21361505\_EA

**679** 141 g



**499** P.F. Chang's sauce selected varieties  
350 mL 21557057\_EA/21557144\_EA



Skittles or Starburst candy selected varieties  
20307863001\_EA

**349** 151-191 g



**349** Dole fruit selected varieties  
540 mL 21484246\_EA/21484248\_EA



**449** Cheetos snacks or popcorn selected varieties  
180-285 g 21370169\_EA/21434295\_EA



**379** Finn Crisp dry bread selected varieties  
175/250 g 20073201\_EA/20130264\_EA



DeCecco pasta sauce all varieties  
21170608\_EA

**479** 400 g



**349** Ritter Sport chocolate selected varieties  
100 g 20609816001\_EA/21167994\_EA



Club House one step seasoning blends selected varieties  
2030806001\_EA/2030806002\_EA

**649** 111-181 g



**629** Pringles snack stacks  
12x19 g 21069445\_EA



Nonna Pia's balsamic glaze  
20839367\_EA

**899** 250 mL



**429** Gold Seal pink salmon  
213 g 21186867\_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

21556097\_EA

**4.49**  
550 g

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** Fentimans cherry cola,  
rose lemonade or ginger beer  
4x275 mL 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** Crofter's  
premium organic  
fruit spread  
selected varieties  
383 mL 20987211\_EA/21345291\_EA



Available in  
Nature's Treasure!





# 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



**7.99**

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

21484650\_EA/21484656\_EA

No emulsifiers,  
No added sugars,  
No GMOs!



**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



**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

**2.99**  
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.

**6.99**  
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!*

**9.99**  
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.

**4.99**  
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!

**6.99**  
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!*

**12.99**  
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)



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# Try It, You'll Love It. Guaranteed™!

If you are not completely satisfied with the quality of any President's Choice® food products, simply return it along with receipt or original package for an exchange or refund.



PC® lemonade selected varieties  
20773870001\_EA

**2.99**  
1.89 L



PC® plum sauce club size  
20124925\_EA

**5.49**  
750 mL



PC® pita crackers selected varieties  
20588938003\_EA

**2.99**  
142 g



PC® K-Cup coffee selected varieties  
20585365\_EA

**7.99**  
12's



PC® albacore tuna selected varieties  
21081491\_EA

**3.49**  
170 g



PC® chocolate covered nuts or fruit selected varieties  
20984524\_EA

**8.99**  
700/908 g



PC® mustard selected varieties  
20050452001\_EA/20050452002\_EA

**2.49**  
325 mL



PC® fruit jam selected varieties  
20180006\_EA

**4.99**  
500 mL



PC® Splendido® olive oil selected varieties  
20081865\_EA

**16.99**  
1 L



PC® pasta sauce selected varieties  
20131344009\_EA

**4.29**  
410/650 mL



PC® de-alcoholized beer selected varieties  
20121729\_C12

**7.99**  
12x355 mL



PC® sea salt, peppercorns or Himalayan rock salt  
20064552\_EA/20319194001\_EA

**3.99**  
45-100 g



PC® mini granola bars selected varieties, Club Pack®  
20038723\_EA

**11.49**  
745 g



PC® tea  
21403494\_EA/21404537\_EA

**4.79**  
48's



PC® pickles selected varieties  
20433826001\_EA

**3.79**  
500 mL



PC® Loads Of™ ice cream selected varieties, frozen  
20746245004\_EA

**6.99**  
1.5 L



PC® Ice Cream Shop ice cream selected varieties, frozen  
2029983011\_EA

**4.49**  
946 mL



PC® raspberry hibiscus or lavender lemonade ice pops selected varieties, frozen  
21432016\_EA

**5.99**  
6's



PC® Cream First™ ice cream selected varieties, frozen  
2075157002\_EA

**6.99**  
1.5 L



PC® Mochi frozen dessert selected varieties  
21167338\_EA

**5.99**  
6's

# DAIRY & FROZEN



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



**399** Kellogg's Eggo waffles selected varieties, frozen  
8's 20302779\_EA/20323436001\_EA



**399** Heluva Good! dips selected varieties  
250 g 20179979002\_EA



**179** MILK2GO chocolate or strawberry 1% milk  
310 mL 21062620\_EA



**649** Dr. Oetker Ristorante or Casa Di Mama pizza selected varieties, frozen  
320-390 g 20296100001\_EA/20852957\_EA



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



**449** Danone Oikos Greek yogurt selected varieties  
4's 20419715001\_EA



**499** Black Diamond Slices processed cheese product selected varieties  
410 g 21252564\_EA



**549** Natrel fine filtered milk selected varieties  
2 L 20301315004\_EA

## Italian Favourites



**249** Barilla pasta selected varieties  
21404912\_EA  
340/410 g



**199** Unico tuna  
198 g 20113745\_EA



**649** Bibi Bitter  
4x237 mL 21508903\_EA



**449** nutella hazelnut spread  
20435988\_EA  
375 g



**899** Autentico gelato selected varieties, frozen  
21214832\_EA  
1 L



**379** Garofalo passata  
21524271\_EA  
680 mL



**1099** illy K-Cup coffee  
21507632\_EA/21507666\_EA  
10's



**549** Molisana regina arborio rice  
20124911\_EA  
1 kg



**329** Vita Sana taralli  
20803259\_EA  
225 g



**2799** Mama Yolanda's lasagna selected varieties, frozen  
21217142\_EA  
2.72 kg



optimum™

More offers. More points.



3,000 pts

for every \$10\* spent on any Kellogg's cereals selected varieties

210-650 g  
20067427\_EA  
21430738\_EA



3,000 pts

for every \$10\* spent on Pearl Milling Co. or Quaker

pancake mix 650-905 g or syrup 710 mL selected varieties  
21384609\_EA/21391619\_EA



2,500 pts

for every \$12\* spent on Oasis juice

selected varieties, refrigerated  
1.5/1.6 L  
3.49  
21376778\_EA/21529899\_EA



2,000 pts

for every \$20\* spent on Finish dish products

selected varieties and sizes  
21217949\_EA/20548797\_EA



3,000 pts

for every \$10\* spent on Old El Paso products

selected varieties and sizes  
20795534\_EA/21049495\_EA



1,500 pts

for every \$8\* spent on

Celebration cookies 240/350 g, Nugabar or Go Pure bars 140-175 g

selected varieties  
20965372\_EA/21430815\_EA



Buy 2 get 1,500 pts

Buy 3 get 2,500 pts

Buy 4 get 5,000 pts

on General Mills cereals

all varieties and sizes  
21103495\_EA/21104055\_EA



Buy 2 get 3,000 pts

on V8 vegetable cocktail

936 mL - 1.89 L  
20077351002\_EA  
20077351001\_EA



Buy 2 get 5,000 pts

on Quaker baking mixes

900 g  
20301064001\_EA  
20324656002\_EA



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More offers. More points.

pts pts pts pts

Buy 2 get

2,000 pts

on Rice Krispies Homestyle, Kashi or Special K bars selected varieties

165-200 g  
20849832001\_EA  
21010759\_EA



Buy 2 get

3,000 pts

on Goldfish snack crackers family pack, selected varieties

750 g  
21163265\_EA



Buy 2 get

2,000 pts

on Slim Jim sausage snacks selected varieties

112 g  
21586325\_EA  
21586351\_EA



Buy 2 get

2,000 pts

on Miss Vickie's kettle cooked potato chips selected varieties

190/200 g  
21369419\_EA  
21525084\_EA



Buy 2 get

2,000 pts

on Ritz, Triscuits, Toppables or Wheat Thins selected varieties

180-386 g  
21030647\_EA  
21449871\_EA



Buy 2 get

2,000 pts

on Prego pasta sauce selected varieties

645 mL  
20325820001\_EA  
21340617\_EA



Buy 2 get

1,000 pts

on Tre Stelle cream cheese selected varieties

200 g  
4.99  
21002993\_EA  
21316018\_EA



Buy 2 get

2,000 pts

on Goldfish baked snack crackers selected varieties

167-200 g  
20545560\_EA  
21472373\_EA



Buy 2 get

2,000 pts

on Snyder's pretzels selected varieties

240 g  
20316052001\_EA  
20316052003\_EA



Buy 2 get

1,000 pts

on Smucker's Uncrustables sandwich

4x52 g/4x58 g  
21543055\_EA



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optimum™

More offers. More points.

pts pts pts pts

Buy 1 get  
**2,000** pts

on Tru Earth  
laundry  
detergent strips

64 Loads

31.99

21554580\_EA

21554777\_EA



Buy 1 get  
**2,000** pts

on High Liner  
Pan-Sear or  
breaded fish

selected varieties,

frozen

425-540 g

14.99

21525916\_EA



Buy 1 get  
**1,000** pts

on Chapman's  
Super Premium  
ice cream

selected varieties,

frozen

500 mL

3.99

21511200\_EA



Buy 1 get  
**1,500** pts

on Folgers 1850  
ground coffee

340 g

10.99

21194208\_EA/21392918\_EA



Buy 1 get  
**1,000** pts

on Green Giant  
Specialty  
vegetables

selected varieties,

269-454 g

21042008\_EA

21530406\_EA



Buy 1 get  
**1,000** pts

on Libretto Pizza  
selected varieties,

frozen

528/590 g

13.99

21510007\_EA



Buy 1 get  
**1,000** pts

on Tru Earth eco strips,  
laundry detergent,  
fabric softener  
or toilet bowl cleaner

selected varieties

12/32 strips

12.99

21425514\_EA/21522020\_EA



Buy 1 get  
**1,000** pts

on Cavendish Farms fries  
selected varieties, frozen

400-750 g

4.49

21584147\_EA

21584155\_EA



Buy 1 get  
**1,000** pts

on Robin Hood  
or Five Roses flour

selected varieties,

2.5 kg

20039497001\_EA

20106104\_EA



Buy 1 get  
**500** pts

on Wright's  
Liquid Smoke

selected varieties

103 mL

2.99

21333699\_EA



Buy 1 get  
**500** pts

on Adam's  
peanut butter

selected varieties

500 g

20367670001\_EA

21108127\_EA



Buy 1 get  
**500** pts

on Nano or  
Siggi's yogurt

4x100 g

21590027\_EA

20609687001\_EA



Buy 1 get  
**500** pts

on Old Dutch  
potato chips

selected varieties,

180 g

20689864005\_EA



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# BODY & HEALTH



**6<sup>99</sup>** Dove or Degree deodorant selected varieties  
74/107 g 20939262\_EA/21078327\_EA



**1<sup>49</sup>** each Crest toothpaste 50/100 mL or Oral-B toothbrush selected varieties  
20077991\_EA/20338731001\_EA



**3<sup>99</sup>** 300/354 mL Method hand wash selected varieties  
20432113001\_EA/20432113004\_EA



**5<sup>49</sup>** each Dove bar soap 3x106 g or body wash 325/400 mL selected varieties  
20329036001\_EA/21220717\_EA



L'Oréal hair care or styling selected varieties  
20163393\_EA/20340308004\_EA  
**5<sup>99</sup>** 180/385 mL



**4<sup>79</sup>** 75/100 mL Sensodyne toothpaste selected varieties  
20301179003\_EA/20301179006\_EA



Vaseline lotion selected varieties  
20539440003\_EA/20539440004\_EA  
**5<sup>99</sup>** 295 mL



**12<sup>99</sup>** each L'Oréal Féria, Preference, root cover up or Excellence hair colour selected varieties  
20304162028\_EA/20306667004\_EA



OGX hair care selected varieties  
20846852\_EA/21206201\_EA  
**8<sup>99</sup>** 100-350 mL



**10<sup>99</sup>** each Always pads, liners or Tampax tampons selected varieties and sizes  
21000869\_EA/21178847\_EA



**18<sup>99</sup>** each Depends or Poise 12-60's or liners 114-126's selected varieties  
20558843005\_EA/21100737\_EA



**3<sup>49</sup>** 58-60 g Quest or Grenade bars selected varieties  
20959040\_EA/21210215\_EA



Mars protein powder selected varieties  
21462849\_EA/21463746\_EA  
**39<sup>99</sup>** 875 g



Flintstones or One A Day vitamins selected varieties  
21294982\_EA/21515167\_EA  
**16<sup>99</sup>** 80-130's



**7<sup>99</sup>** each Life Brand epsom salts unscented 4 kg or lavender or eucalyptus 2 kg  
21256700\_EA/21257468\_EA



**3<sup>99</sup>** 24-30's Halls lozenge bags selected varieties  
20315680001\_EA/20315680012\_EA



Aerius or Claritin selected varieties  
20153318\_EA/21172407\_EA  
**29<sup>99</sup>** 30-50's

# BABY



**10,000** pts

for every \$50 spent on baby diapers, formula, wipes, accessories or food selected varieties and sizes  
20962515\_EA/21172000\_EA



Pampers Easy Ups 56-74's or Ninjamas 34-44's selected varieties  
21089367\_EA/21308932\_EA 56

**24.99** each



**8.99** Pampers or Huggies wipes selected varieties  
168-216's 20304474001\_EA/20799372\_EA



Johnson and Johnson baby wash or shampoo selected varieties  
21112321\_EA

**5.49** 400-600 mL



**11.99** PC® pediatric ready to drink selected varieties  
20432096001\_EA/20432096002\_EA 6x235 mL



**1.79** Gerber pouches selected varieties  
128 mL 21024938\_EA/21024943\_EA



**1.99** Baby Gourmet pouches all varieties  
128 mL 20368074001\_EA/20433609002\_EA



**3.99** Love Child oaty chomps selected varieties  
138 g 20944539\_EA/20944548\_EA



**2.49** PC® Organics rice rusks 50 g or Once Upon A Farm refrigerated pouches 85 mL, selected varieties  
21092647\_EA/21191599\_EA



**1.49** Baby Bellies snacks selected varieties  
8/12 g 21295883\_EA

# HOUSEHOLD



Tide Pods 112/85's or Tide Power Pods 63's selected varieties  
21450131\_EA/21450151\_EA

**29.99** each



Bona hard surface cleaner refills  
21431520\_EA/21433137\_EA

**9.99** 1.89 L



Clorox multi purpose cleaners selected varieties  
20168000\_EA/20646183\_EA

**4.49** 887-946 mL



Palmolive liquid dish soap selected varieties  
20861400\_EA/21004392\_EA

**3.49** 591 mL



**23.99** Royale facial tissue 2 ply  
18 pk 21361857\_EA

# PET NEEDS



Fancy Feast or Friskies wet cat food selected varieties  
20302296001\_EA/20319657005\_EA

**.99** 85-156 g



PC® Nutrition First® dry cat food selected varieties  
21303028\_EA/21303031\_EA

**27.99** 4 kg



PC® Wild Bird suet cakes  
21302923\_EA/21302948\_EA

**2.79** 300-320 g



Purina ONE dry dog food selected varieties  
20946525\_EA

**10.99** 1.72-1.81 kg



Cesar Canine Cuisine selected varieties  
20548229\_EA/20628583004\_EA

**19.99** 12x100 g

# Celebrate Administrative Professionals Day Wed. April 24



store made arrangements  
20183189\_EA

starting at

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



cut tulips  
assorted colours  
20180973\_EA

**9<sup>99</sup>**  
10 stems



petite bouquet  
20680462\_EA

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



Aquatico tulip vase  
21565168\_EA

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



Administrative Professionals arrangement  
assorted colours  
21590921\_EA

from

**\$21-35**  
each



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

bonsai tree in 5" pot  
21116488\_EA

**NEW**

**PW**  
PROVEN WINNERS  
The #1 Plant Brand™

**leafjoy™ BRING NATURE INSIDE**

Unique hydroponic houseplants.  
Easy to care for!

- ✓ Perfect for the novice gardener
- ✓ Place anywhere in your home
- ✓ Add water when needed



H2O Elkhorn planter  
21607089\_EA

**\$22**  
each



H2O bamboo decor ring  
21607156\_EA

**\$22**  
each



Proven Winners H2O leafjoy bowl  
21599207\_EA

**\$30**  
each



Proven Winners H2O Venti bowl  
21599329\_EA

**\$45**  
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

# BULK



**.66** /100 g  
2.99/lb  
roasted sunflower seeds salted or unsalted  
20071873\_KG



**286** /100 g  
12.99/lb  
psyllium seeds husks  
20655446\_KG



**331** /100 g  
14.99/lb  
hulled hemp seeds  
20977592\_KG



**176** /100 g  
7.99/lb  
chia seeds  
20655499\_KG



**110** /100 g  
4.99/lb  
rice snack mix  
20185491\_KG



**110** /100 g  
4.99/lb  
toasted corn nuts selected varieties  
20010434\_KG



**176** /100 g  
7.99/lb  
dried mango slices  
20116177\_KG



**.55** /100 g  
2.49/lb  
pitted cooking dates  
20160982\_KG



**.77** /100 g  
3.49/lb  
gummi grizzly bears  
21127204\_KG



**.77** /100 g  
3.49/lb  
jubes  
21127264\_KG



**.77** /100 g  
3.49/lb  
sour watermelon slices  
21127285\_KG



**.77** /100 g  
3.49/lb  
wine gums  
21127278\_KG



**.77** /100 g  
3.49/lb  
peach slices  
21206506\_KG



**176** /100 g  
7.99/lb  
panda natural licorice  
21081341\_KG



**353** /100 g  
15.99/lb  
dark or milk caramels with sea salt  
21333708\_KG



**.88** /100 g  
3.99/lb  
salt water taffy  
21577223\_KG

# 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



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**\$8.99**

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3=6 half sheet  
paper towels

**\$11.99**

**Royale® Original  
and Velour®**  
15=30 bath tissue

\*Royale® tissue products are manufactured by Irving Consumer Products Limited, an affiliate of J.D. Irving, Limited. J.D. Irving, Limited and affiliated corporations have planted a billion trees since 1957. Each year, forests managed by J.D. Irving, Limited and affiliated corporations remove more carbon than is emitted in the lifecycle of Royale® tissue products. For more information, visit royale.ca/carbon-neutral.

why can't housework be  
a bit more **houseplay?**



**\$17.99**

**Method  
Laundry  
Detergent 1.58 L**  
21432663\_EA

**\$6.29**

**Method  
All Purpose  
Cleaners 828 mL**  
21518332\_EA

**\$6.29**

**Method  
Daily Shower  
Spray 828 mL**  
21518335\_EA

**\$5.79**

**Method  
Dish Soap 532 mL**  
21432670\_EA

**method**

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**SUMMER**  
with **Kraft** | **HEINZ**

**YOU COULD WIN 20,000,000<sup>pts</sup>**  
PC Optimum® Points

**Heinz Ketchup**  
selected varieties  
20115102001\_EA  
**\$5.49**  
750 mL - 1 L

**MiO, Tang, Kool-Aid,  
Country Time & Crystal Light  
Liquid Drink Mix**  
selected varieties  
**\$3.29**  
48 mL

**Kraft Salad Dressings**  
selected varieties  
21584931\_EA/21584749\_EA  
**\$3.99**  
425 - 475 mL

**Miracle Whip Spread**  
selected varieties  
20298681001\_EA  
**\$6.49**  
650 - 890 mL

**Diana Sauce 500 mL**  
**Bull's-Eye BBQ Sauce 425 mL**  
selected varieties  
20547834005\_EA, 21184617\_EA  
**\$3.49**  
each

\*NO PURCHASE IS NECESSARY TO PARTICIPATE OR WIN. Visit KraftSummer.ca for full contest rules and details.

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Carte-cadeau**

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**12**

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