



Optimum™

Members save more.



click or visit
pcoptimum.ca
to become a member

See back page for details.

Members save
\$7



PC® BATHROOM TISSUE
30=100 ROLLS
PAPIER HYGIÉNIQUE PC®
21450846_EA

Optimum
Members-Only Price™
14⁹⁹
Non-members
21⁹⁹

Optimum
2,000^{CA}
when you buy 2

\$2
Value



LA BAGUETTERIE BREAD,
ROLLS OR BURGER BUNS
SELECTED VARIETIES
260-454 G
PAIN, PETITS PAINS
OU BAINS À BURGER
LA BAGUETTERIE
21094256_EA/21094261_EA

2/\$6
LESS THAN 2
\$3.49 EA.



Members save
\$1.50

NO NAME® FROZEN FRUIT
SELECTED VARIETIES
300/400 G
FRUITS SURGELÉS
SANS NOM®
21545097_EA/21545106_EA

Optimum
Members-Only Price™
1⁹⁹
Non-members
3⁴⁹

Optimum
10,000 pts
 for every \$50
 spent in

\$10
 Value



THE BABY DEPARTMENT
 EXCLUSIONS APPLY
LE DÉPARTEMENT DE BÉBÉ
 21102958_EA/211056742_EA



Members
 save
\$3.50



Optimum
 Members-Only Price
4.99
 Non-members
8.49

GIUSEPPE PIZZA
 SELECTED VARIETIES FROZEN
 439-785 G
PIZZA GIUSEPPE
 20904584_EA/21106361_EA



Members
 save
\$6

Optimum
 Members-Only Price
16.99
 Non-members
22.99

VAN HOUTTE K-CUPS
 SELECTED VARIETIES
 24/30'S
K-CUPS VAN HOUTTE
 20743469_EA

APRIL
HIT OF THE MONTH

limit 8
after limit
3.99 ea.



MR. BEAST FEASTABLES CHOCOLATE BAR
SELECTED VARIETIES
60 G
BARRE DE CHOCOLAT
MR. BEAST FEASTABLES
21588617_EA/21589802_EA

\$3

limit 6
after limit
2.99 ea.



CAVENDISH FRIES
SELECTED VARIETIES
FROZEN
800 G
FRITES CAVENDISH
21559837_EA/21559976_EA

\$2

limit 6
after limit
2.99 ea.



LECLERC GO PURE
SELECTED VARIETIES
140-175 G
BARRES GO PURE LECLERC
21221434_EA

Members-Only Price[†]
\$2
Non-members
2⁹⁹

LOWEST PRICES
BEST DEALS

As compared to other major grocery retailers within your local areas.
† Must be a registered PC Optimum[®] member to get this offer.
Valid from April 1 - 30, 2024. While quantities last. See in-store for details.



More offers. More points.

Get the most offers when you:

1. Use the PC Optimum™ App
2. Check out the weekly flyer
3. Visit the digital coupon board



CLICK FOR THIS COUPON AND MORE

Scan to see our complete digital flyer



valu-mart



CANADA
PC[®] CHICKEN DRUMSTICKS 8'S OR THIGHS BONE-IN 6'S
AIR CHILLED
PILONS OU HAUTS DE CUISSE DE POULET PC[™]
21341035_EA/21341042_EA

air chilled
SALE
SAVE \$2

\$8

PORK TENDERLOIN
CRYOVAC PKG 2'S
6.59/KG
FILET DE PORC
20520970_KG



SALE
SAVE \$1.50/LB

2.99
LB



PC[®] NATURALLY SMOKED BACON
SELECTED VARIETIES
375-500 G
BACON FUMÉ NATURELLEMENT PC[™]
20057892_EA/20152629_EA

5.99



PC[®] EXTRA LARGE GREEN OR RED SEEDLESS GRAPES
PRODUCT OF CHILE OR SOUTH AFRICA, NO. 1 GRADE
5.49/KG
TRÈS GROS RAISINS VERTS OU ROUGES SANS PÉPINS PC[™]
20425775001_KG/20159199001_KG

SALE
SAVE \$1.50/LB

2.49
LB



FRESH STEELHEAD TROUT FILLETS
22.02/KG
FRESH SEAFOOD
ITEMS SUBJECT TO AVAILABILITY.
FILETS DE TRUITE STEELHEAD FRAIS
21329074_KG

SALE
SAVE \$7/LB

9.99
LB

BULK CORN
PRODUCT OF U.S.A., NO. 1 GRADE
EACH
MAÏS EN VRAC
20131170001_EA

59¢

CAMPBELL'S CONDENSED SOUP
SELECTED VARIETIES
284 ML
SOUPE CONDENSÉE CAMPBELL'S
20176214001_EA
20176214004_EA

SAVE 50%
SAVE \$1

\$1



PC[®] OR BLUE MENU[®]
ENTRÉES OR BOWLS
300-365 G OR
PILLSBURY POPS 4'S
SELECTED VARIETIES
FROZEN
PLATS CUISINÉS OU BOLS PC[™] OU MENU BLEU[™] OU PILLSBURY POPS
20309869_EA
21435996_EA

SAVE
AT LEAST \$1

2.99

DANONE ACTIVIA 650 G, OIKOS YOGURT 4X95/100 G OR MINUTE MAID ZERO SUGAR DRINK 1.54 L
SELECTED VARIETIES
YOGOURT ACTIVIA DANONE, OIKOS OU BOISSON ZÉRO SUCRE MINUTE MAID
20419715004_EA
21107643_EA

SAVE
THIS WEEK

3.49



NO NAME[®] CHEESE BARS
400 G, SHREDS
320 G OR
PC[®] CHEESE SHREDS 300/320 G
SELECTED VARIETIES
BARRES DE FROMAGE, FROMAGE RÂPÉ SANS NOM[®] OU FROMAGE RÂPÉ PC[™]
21060183_EA/21289745_EA

SAVE
THIS WEEK

4.49



GATORADE OR POWERADE SPORTS DRINK
SELECTED VARIETIES
24X591 ML
BOISSON DÉSALTÉRANTE
20298835002_C24
20854130_C24

SAVE
THIS WEEK

18.99



PC[®] SALSA
SELECTED VARIETIES
650 ML
SALSA PC[™]
20309646002_EA
20309646003_EA

WHEN YOU BUY 2
SAVE 98¢

2/\$7
LESS THAN 2 \$3.99 EA.



D'ITALIANO BREAD OR BUNS
SELECTED VARIETIES AND SIZES
PAIN OU PETITS PAINS D'ITALIANO
20038335_EA
20587369_EA
20677376_EA

BUY 2 OR MORE

3.25
EA.
LESS THAN 2 \$3.99 EA.



PRICE DROP

SENSIBLE PORTIONS VEGGIE STRAWS
SELECTED VARIETIES
120-142 G
PAILLES AUX LÉGUMES
26377204001_EA

\$2



PRICE DROP

OIKOS OR ACTIVIA SMOOTHIE
SELECTED VARIETIES
190 ML
BOISSON FOUETTÉE OIKOS
OU **ACTIVIA**
21396076_EA/21348503_EA

\$1



PRICE DROP

PC® CHOCOLATE COVERED NUTS AND DRIED FRUITS
SELECTED VARIETIES
200-400G
NOIX ET FRUITS SÈCHÉS ENROBÉS DE CHOCOLAT PC™
21396076_EA/21348503_EA

\$4



1,000^{PC}

\$1 Value

FARMER'S MARKET™ LOAF CAKES
WHOLE OR SLICED
SELECTED VARIETIES
344-400 G
GÂTEAUX QUATRE-QUARTS DÉLICÉS DU MARCHÉ™
21488954_EA

5⁹⁹



4,000^{PC}

\$4 Value

SMALL VEGETABLE PLATTER 872-962 G OR FRUIT PLATTER 1.17-1.2 KG
PETIT PLATEAU DE LÉGUMES
OU **DE FRUITS FRAIS**
20079394_EA/20171929_EA

\$15



SEAQUEST™ CRAB OR LOBSTER FLAVOURED POLLOCK FLAKES OR CHUNKS READY-TO-EAT, SELECTED VARIETIES
227 G
GOBERGE À SAVEUR DE CRABE OU HOMARD
SEAQUEST™ FLOCONS OU MORCEAUX
20699832_EA/20749901_EA

Members save \$1.50

Members-Only Price
2⁴⁹
Non-members 3⁹⁹



NO NAME® FROZEN VEGETABLES
SELECTED VARIETIES
750 G
LÉGUMES SURGELÉS SANS NOM®
20306375_EA/20312260_EA

2⁹⁹



PC® OR BLUE MENU® FISH, BREADED OR BATTERED
SELECTED VARIETIES
FROZEN
550-680 G
POISSON PC™ OU MENU BLEU™ PANÉ
OU EN PÂTE
20324259091_EA/20324259002_EA

SAVE THIS WEEK

13⁹⁹



PC® WOOD-FIRED, THIN AND CRISPY, FOCACCIA, LOADS OF OR FLATBREAD PIZZAS
SELECTED VARIETIES FROZEN
330-455 G
PIZZAS FEU DE BOIS, MINCE ET CROUSTILLANTE, FOCACCIA, PLEINE DE OU PAIN PLAT PC™
20971494_EA/21540352_EA

5,000^{PC} for every \$15 spent on

\$5 Value



BECEL MARGARINE
637/850 G OR
PC® BUTTER QUARTERS 454 G
SELECTED VARIETIES
MARGARINE BECEL OU BÂTONNETS DE BEURRE PC™
20297818003_EA/20313456002_EA

6⁹⁹



STARBUCKS ICED COFFEE
1.18/1.42 L OR **DANONE ACTIVIA YOGURT** 12X100 G
SELECTED VARIETIES
CAFÉ GLACÉ STARBUCKS OU YOGOURT ACTIVIA DANONE
20303412001_EA/21215530_EA

6⁹⁹



PC® GREEK 650/750 G OR PC® CREAMY YOGURT
16X100 G
SELECTED VARIETIES
YOGOURT GREC PC™ OU CRÉMEUX PC™
21518314_EA/21518484_EA

5⁹⁹



KELLOGG'S CEREALS
FAMILY SIZE,
SELECTED VARIETIES
480-650 G
CÉRÉALES KELLOGG'S
21430738_EA/21430755_EA

5⁹⁹



MAGNUM BARS 3/4'S OR POPSICLE NOVELTIES 6-12'S
SELECTED VARIETIES FROZEN
BARRES MAGNUM OU FRIANDISES GLACÉES POPSICLE
20763171_EA/20763171_EA

4⁹⁹



DARE ULTIMATE COOKIES, VIVA PUFFS, WHIPPET OR WAGON WHEELS
SELECTED VARIETIES
230-300 G
BISCUITS SUPRÊME, VIVA PUFFS, WHIPPET OU WAGON WHEELS DARE
20025850002_EA/20419986003_EA

2/\$6
LESS THAN 2 \$3.49 EA.



ITALPASTA
SELECTED VARIETIES
900 G
ITALPASTA
20081342001_EA/20081342007_EA

2⁴⁹



NO NAME® EXTRA VIRGIN PURE OR LIGHT OLIVE OIL
750 ML
HUILE D'OLIVE EXTRA VIERGE, PURE OU LÉGÈRE SANS NOM®
20047715_EA/20160496002_EA

8⁹⁹



HUGGIES OR PAMPERS DIAPERS
SELECTED VARIETIES
62-174'S
COUCHES HUGGIES OU PAMPERS
21456748_EA/21551567_EA

34⁹⁹



KETTLE CHIPS OR PC® VEGGIE PUFFS
SELECTED VARIETIES
142-198 G
CROUSTILLES KETTLE OU SOUFFLÉS À BASE DE PLANTES PC™
21558684_EA/21520652_EA

2/\$5
LESS THAN 2 \$2.99 EA.



CAMPBELL'S READY TO SERVE OR CHUNKY SOUP
SELECTED VARIETIES
515 ML
SOUPE PRÊTE À DÉGUSTER OU CHUNKY CAMPBELL'S
21479030_EA/21489519_EA

1⁹⁹



PC® NATURAL SPRING WATER
24X500 ML
EAU DE SOURCE NATURELLE PC™
20137898_C24

2/\$6
LESS THAN 2 \$3.79 EA.

CUSTOMER RELATIONS 1-800-296-2332. VISIT valumart.ca FOR STORE HOURS.

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Produce



BLACKBERRIES
PRODUCT OF MEXICO OR
RASPBERRIES PRODUCT
OF U.S.A.
170 G
MÛRES OU FRAMBOISES
20051015001_EA/2012833001_EA

3⁴⁹



2 LB BAG
FARMER'S MARKET™
MANDARINS
PRODUCT OF SOUTH AFRICA
2 LB
MANDARINS
DÉLICIES DU MARCHÉ™
20099819001_EA

5⁹⁹



PKG OF 3
ROMAINE HEARTS
PRODUCT OF U.S.A.
3'S
ROMAINE HEARTS
20067389001_EA

4⁹⁹



GREENHOUSE TOMATOES
ON THE VINE
PRODUCT OF CANADA
OR MEXICO
4.39/KG
TOMATES DE SERRE
SUR VIGNE
20026783001_KG

1⁹⁹
LB



5 LB BAG
CANADA
GOLDENHEART POTATOES
PRODUCT OF CANADA,
CANADA NO. 1 GRADE
5 LB BAG
POMMES DE TERRE
GOLDENHEART
21605220001_EA

3⁴⁹



LARGE AVOCADOS
PRODUCT OF MEXICO
EACH
GROS AVOCATS
20055260001_EA

2⁴⁹

1,000⁰⁰
when you buy 2

\$1 Value

BOLTHOUSE FARMS
SMOOTHIES
OR JUICE
PRODUCT OF
U.S.A.
SELECTED
VARIETIES
946 ML
BOISSONS
FOUETTÉES
OU JUS
BOLTHOUSE
FARMS
20301788_EA/
20325816_EA

2/\$12
LESS THAN 2
\$6.99 EA.

GOOD LEAF

ONTARIO
GOOD LEAF FRESH
MIXED GREENS
PRODUCT OF ONTARIO
SELECTED VARIETIES
113 G
MÉLANGE DE
LÉGUMES-FEUILLES
FRAIS GOOD LEAF
21560589_EA/21560734_EA

6⁴⁹

PKG OF 6

FARMER'S MARKET™
GRAPE TOMATOES
283 G, PRODUCT OF
U.S.A. OR MEXICO
OR **MINI CUCUMBERS**
6'S, PRODUCT OF
CANADA
TOMATES RAISINS OU
MINI-CONCOMBRES
DÉLICIES DU
MARCHÉ™
21367888001_EA/
20737570001_EA

3⁹⁹

FRUIT PARFAITS
SELECTED VARIETIES,
PREPARED FRESH
IN-STORE DAILY
IN THE SALAD BAR
260 G
PARFAITS
AUX FRUITS FRAIS
20051469_EA/20139618_EA

\$5

Butcher



EXTRA LEAN
GROUND BEEF
FAMILY SIZE
17.62/KG
BŒUF HACHÉ
EXTRA-MAIGRE
20873869_KG

7⁹⁹
LB



CANADA
PC® BLUE MENU®
CHICKEN BREAST
BONELESS SKINLESS
AIR CHILLED
3'S
POITRINE DE POULET
PC® MENU BLEU™
21340952_EA

\$12



LEAN BEEF MEATBALLS
425 G
BOULETTES DE BŒUF MAIGRE
21587897_EA

\$8



ONTARIO
EYE OF ROUND OVEN ROAST
CUT FROM CERTIFIED
ONTARIO CORN FED
CANADA AA GRADE
BEEF OR HIGHER
17.62/KG
RÔTI DE NOIX DE RONDE
20812793_KG

7⁹⁹
LB



MARCANGELO FROZEN
JUMBO PORK SAUSAGE
SELECTED VARIETIES
500-675 G
SAUCISSES DE PORC
GÉANTES SURGELÉES
MARCANGELO
21289731_EA/21289868_EA

7⁹⁹



PC® BLUE MENU®
GROUND CHICKEN
OR TURKEY
454 G
DINDE OU
POULET HACHÉ
PC® MENU BLEU™
21100091_EA/21100092_EA

2/\$12
LESS THAN 2
\$8 EA.



SUFRA® HALAL
LEAN GROUND BEEF
454 G
BŒUF HACHÉ
MAIGRE HALAL
SUFRA™
21397283_EA

8⁹⁹



PC® SMOKIES™
SELECTED
VARIETIES
1 KG
PC® SMOKIES™
20732535_EA/20733617_EA

\$14



PC® PIES
800/900 G
OR JANES
PUB STYLE
BREADED
CHICKEN
700 G
SELECTED VARIETIES
FROZEN
PÂTES PC™ OU
POULET PANÉ
STYLE PUB JANES
20003749_EA/
21191828_EA

14⁹⁹



LOU'S ENTRÉES
SELECTED
VARIETIES,
FULLY COOKED
375-700 G
PLATS CUISINÉS
LOU'S
20078077_EA/20182404_EA

\$10

Seafood

Fresh seafood items subject to availability.



COD OR HADDOCK
FILLETS
FROZEN OR
PREVIOUSLY
FROZEN
27.54/KG
FILETS DE MORUE
OU D'AIGLEFIN
21506246_KG

12⁴⁹
LB



CANADIAN COVE
MUSSELS
FRESH
907 G
MOULES
CANADIAN COVE
21556624_EA

6⁴⁹



BLUE TIDE SALMON
OR TUNA SASHIMI
FROZEN
100 G
SASHIMI DE SAUMON
OU THON BLUE TIDE
21562810_EA/21563038_EA

7⁹⁹



PC® BLUE MENU®
NOVA SCOTIAN
JUMBO SEA SCALLOPS
20-40 PER LB, FROZEN
400 G
PÉTONCLES
GÉANTS DE LA
NOUVELLE-
ÉCOSSE PC™
MENU BLEU™
20038148_EA

21⁹⁹

Bakery



MINI CUPCAKES
SELECTED VARIETIES
12'S
MINI PETITS GÂTEAUX
21298140_EA

5⁴⁹

PRICE DROP



PC® ALL BUTTER CROISSANTS
SELECTED VARIETIES, FROZEN
312-360 G
CROISSANTS PUR BEURRE PC®
21545086_EA/21545111_EA

\$4



FARMER'S MARKET®
ANGEL CAKE OR
MINI ANGEL CAKES
SELECTED VARIETIES
270/283 G
GÂTEAU DES ANGES OU
MINI-GÂTEAUX
DES ANGES D
ÉLICES DU MARCHÉ™
21313115_EA



6⁴⁹



BAGUETTE
WHITE OR WHOLE
WHEAT
255 G
BAGUETTE
21529211_EA/21530097_EA

1⁵⁰



CASA MENDOSA OR
WONDER TORTILLAS
SELECTED VARIETIES
10 INCH
TORTILLAS CASA
MENDOSA OU WONDER
20318788_EA/20976626_EA



3⁷⁵
EA.
BUY 2 OR MORE
LESS THAN \$4.49 EA.



PC® NAAN ROUNDS
ORIGINAL OR WHOLE
WHEAT
B'S
PAINS NAAN
RONDS PC®
20757871_EA/20866020_EA



\$4
EA.
BUY 2 OR MORE
LESS THAN \$4.49 EA.



VACHON SNACK CAKE
SELECTED VARIETIES
AND SIZES
PETIT GÂTEAU VACHON
20005728_EA/20963606_EA

Members save \$1
3⁴⁹
Members-Only Price™
Non-members 4⁴⁹

Great to go

Great to go items plus applicable taxes.



18 PIECE BONELESS
BITES
684 G
18 MORCEAUX DE
BOUCHÉES DÉOSSÉS
21574551_EA

\$15

The Deli



OKA SOFT CHEESE
SELECTED VARIETIES
190 G
FROMAGE À PÂTE
MOLLE OKA
20920756_EA

8⁹⁹



PREPARED
IN-STORE
GENERAL TAO
CHICKEN, TERIYAKI
CHICKEN, SZECHUAN
BEEF OR BUTTER
CHICKEN WITH RICE
ENTRÉES
900 G
PLATS CUISINÉS DE
POULET GÉNÉRAL
TAO, POULET
TERIYAKI, BŒUF À
LA SICHUANAISE
OU POULET AU
BEURRE AVEC RIZ
21533950_EA/21533951_EA

\$16



FROM OUR CHEFS
PIES
590-600 G
PÂTES CONCOCTÉ
PAR NOS CHEFS™
21579901_EA/
21583390_EA

11⁹⁹



ZIGGY'S® SERVICE
CASE HAMS
SELECTED
VARIETIES
JAMBONS ZIGGY'S®
DU COMPTOIR
DE SERVICE
20313480_KG

1⁹⁹
/100 G



PARTY PLATTERS
SELECTED
VARIETIES
696 G-1.15 KG
PLATEAUX DE
CÉLÉBRATION
21217522_EA/21217539_EA

\$25



PREPARED
IN-STORE
SUB SANDWICHES
BEEF, HAM, TURKEY
OR ASSORTED
331/364 G
SOUS-MARINS
21362145_EA

\$6



MADE FRESH
IN-STORE
GOURMET FLATBREAD
350-415 G
PAIN PLAT GOURMET
21487152_EA/21540391_EA

\$6



PC® CHEESE BLOCKS
SELECTED
VARIETIES
250 G
BARRES DE
FROMAGE PC®
20770652_EA

7⁹⁹



MARCANGELO
SLICED MEATS
SELECTED
VARIETIES
100 G
VIANDES
TRANCHÉES
MARCANGELO
20864839_EA

8²⁹

Floral



SIGNATURE
BOUQUETS
SELECTED
VARIETIES
BOUQUETS
SIGNATURES
21436377_EA/21436378_EA

\$25



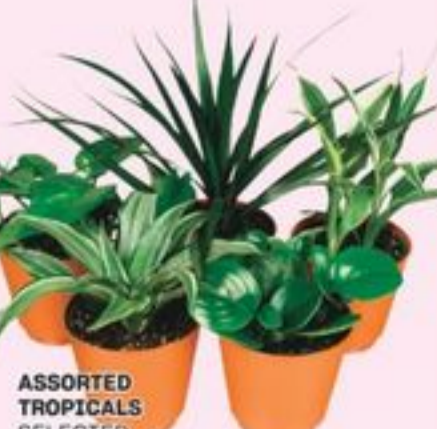
10 STEM TULIPS
ASSORTED COLOURS
10 TULIPES SUR TIGE
21521853_EA

\$11



CELEBRATE
ADMINISTRATIVE
PROFESSIONALS DAY
WEDNESDAY
APRIL 24TH
SMALL GARDEN
PLANTER
PETITE JARDINIÈRE
21096894_EA

\$20



ASSORTED
TROPICALS
SELECTED
VARIETIES
4 INCH
PLANTES
TROPICALES
ASSORTIES
21279871_EA

\$8