



LIMIT 6
AFTER LIMIT
\$2.50 EA.



\$1⁵⁰

CHEEZ-IT BAKED
SNACK CRACKERS
SELECTED VARIETIES
191/200 G
CRAQUELINS CUIITS CHEEZ-IT
21214560_EA/21350253_EA

LIMIT 6
AFTER LIMIT
\$4.50 EA.



\$3

PLANTERS DELUXE
WHOLE CASHEWS
SALTED OR UNSALTED
200 G
NOIX DE CAJOU DE LUXE
PLANTERS
21021617_EA/21021618_EA



\$3⁵⁰

NEW TREASURE LONG GRAIN
WHITE RICE
2 KG
RIZ BLANC À LONG GRAIN
NEW TREASURE
21596582_EA

**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 May 1 - 31, 2024. While quantities last. See in-store for details.



Insiders Report™

Make summer an on-budget breeze

Click or Scan to Discover More



Members save \$3



Optimum

Members-Only Price™

13⁹⁹

Non-members

16⁹⁹

PC® WINGS 700-907 G OR
BBQ PORK BACK RIBS 680 G
SELECTED VARIETIES
FROZEN
AILES OU CÔTES DE DOS
DE PORC BARBECUE PC®
20708932_EA/20071715_EA

Optimum

1,500⁰⁰

when you buy 2

\$1⁵⁰
Value



LA BAGUETTERIE
BURGER BUNS
SELECTED VARIETIES
4'S
PAINS À HAMBURGER
LA BAGUETTERIE
21094256_EA/21094261_EA

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



Members save \$12



Optimum

Members-Only Price™

12⁹⁹

Non-members

24⁹⁹

ROYALE BATHROOM TISSUE
30=60 ROLLS OR
TIGER TOWELS 6=12 ROLLS
PAPIER HYGIÉNIQUE OU
ESSUIE-TOUT TIGER ROYALE
21378233_EA/21484732_EA

**PRICE
DROP**



PC[®] TORTILLA CHIPS
SELECTED VARIETIES
320-350 G
**CROUSTILLES DE
TORTILLA PC[®]**

20302765_EA/20305180_EA

\$2⁺

**PRICE
DROP**



PC[®] SALSA
SELECTED VARIETIES
430 ML

SALSA PC[®]
20323181001_EA/20431884001_EA

\$2⁺

**PRICE
DROP**



**NERDS GUMMY
CLUSTERS**
SELECTED VARIETIES
142 G

**FRIANDISES NERDS
GUMMY CLUSTERS**
21564627_EA

\$2⁺

**PRICE
DROP**



**PUREX LAUNDRY
DETERGENT**
SELECTED VARIETIES
1.92-2.03 L

**DÉTERGENT À LESSIVE
PUREX**
20856516005_EA

\$5⁺

*Offer valid in-store at participating locations between May 16 - June 12, 2024 before applicable taxes and while quantities last. Offer applies only to select products. Offer may be modified and/or cancelled without notice. See in-store for full details.



APP EXCLUSIVE OFFER*

*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer

\$8
VALUE

**Up to
8,000^{pts}**
are up for grabs

**Collect
5,000^{pts}**
(1,000 points
per participating
product)



**BONUS
3,000^{pts}**
for buying all five!



Click to open the
PC Optimum™ app

Ends June 12



Scan to see our complete digital flyer



valu-mart

Happy Victoria Day

CUT BY OUR BUTCHERS

SAVE THIS WEEK

3.99 LB

MUST BUY
MAY 16 - 19

SAVE \$6.11/LB

7.88 LB

PORK BACK RIBS
CRYOVAC PKG 2'S
8.80/KG
CÔTES DE DOS DE PORC
20289672_KG

STRIPLOIN GRILLING STEAK
BONE-IN, FAMILY SIZE, CUT FROM CANADA AA OR USDA SELECT GRADE BEEF OR HIGHER
17.37/KG
BIFTECK DE CONTRE-FILET À GRILLER
20959377_KG

SALE

SAVE \$3.50/LB

10.99 LB

1 LB

2.49

FRESH ATLANTIC SALMON FILLETS
FAMILY SIZE
24.23/KG
FRESH SEAFOOD ITEMS SUBJECT TO AVAILABILITY.
FILETS DE SAUMON DE L'ATLANTIQUE FRAIS
20720065_KG

STRAWBERRIES
PRODUCT U.S.A. OR MEXICO
NO. 1 GRADE
1 LB
FRAISES
20049778001_EA

SALE

SAVE \$1/LB

3.99 LB

SAVE 50%

SAVE \$3/LB

2.99 LB

GRADE A DUCK
FROZEN
8.80/KG
CANARD CATÉGORIE A
20078881_KG

ONTARIO ASPARAGUS
PRODUCT OF ONTARIO
NO. 1 GRADE
6.59/KG
ASPERGES
20174581001_KG

BUY 2 OR MORE

\$3.00 EA.

LESS THAN 2 \$3.49 EA.

CAVENDISH FARMS PREMIUM FRIES
400-750 G FROZEN OR PC® OR BLUE MENU®
KETCHUP 750 ML/1 L
SELECTED VARIETIES
FRITES DE QUALITÉ SUPÉRIEURE LES FERMES CAVENDISH OU KETCHUP PC® OU MENU BLEU®
20090124_EA/20131845_EA

SAVE AT LEAST \$1.25

2.99

BREYERS CLASSIC FROZEN DESSERT
SELECTED VARIETIES
1.66 L
DESSERT GLACÉ CLASSIQUE BREYERS
20301305006_EA

SALE

SAVE \$2.20

2.99

SAVE THIS WEEK

11.49

COCA-COLA OR PEPSI SOFT DRINKS
SELECTED VARIETIES
24X355 ML
BOISSONS GAZEUSES
COCA-COLA OU PEPSI
20308197001_C24/
20306687002_C24

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

WHEN YOU BUY 2

SAVE 98¢

2/\$4
LESS THAN 2 \$2.49 EA.

GIUSEPPE PIZZERIA
SELECTED VARIETIES
FROZEN
439-785 G
PIZZA GIUSEPPE
21106361_EA

SAVE THIS WEEK

4.99

See in-store or visit valumart.ca for holiday store hours.

Flyer prices effective from Thursday, May 16th to Wednesday, May 22nd, 2024. SEE BACK PAGE FOR DETAILS.

Produce



11 LB
AVG

SEEDLESS WATERMELONS
PRODUCT OF U.S.A. OR MEXICO
EACH
MELONS D'EAU SANS PÉPINS
20067326001_EA

7⁹⁹



PKG
OF 3

ONTARIO
FARMER'S MARKET™
GREENHOUSE PEPPERS
PRODUCT OF ONTARIO
3'S
POIVRONS DE SERRE
DÉLICIES DU MARCHÉ™
20085851001_EA

4⁹⁹



RED MANGO
PRODUCT OF MEXICO
EACH
MANGUE ROUGE
20059635001_EA

1¹⁹



PKG
OF 6

FARMER'S MARKET™
GRAPE TOMATOES 280 G
PRODUCT OF MEXICO
MINI CUCUMBERS 6'S
PRODUCT OF ONTARIO
TOMATES RAISINS OU
MINI-CONCOMBRES
DÉLICIES DU MARCHÉ™
21367888001_EA/
20737570001_EA

2⁹⁹



2 LB
BAG

FARMER'S MARKET™
MINI CARROTS
PRODUCT OF U.S.A.,
NO. 1 GRADE
2 LB
CAROTTES
MINIATURES
DÉLICIES DU MARCHÉ™
20031454001_EA

4⁴⁹



HONEYCRISP APPLES
PRODUCT OF U.S.A.,
EXTRA FANCY GRADE
6.59/KG
POMMES HONEYCRISP
20132621001_KG

2⁹⁹
LB



PKG
OF 4

PC® BLOOD ORANGES
2 LB PRODUCT
OF U.S.A. OR
PC® ORGANICS
PORTOBELLO
MUSHROOM 8'S
PRODUCT OF
CANADA, CANADA
NO. 1 GRADE
ORANGES
SANGUINES PC™
OU CHAMPIGNONS
PORTOBELLO PC™
BIOLOGIQUE
20128918001_EA/21005197_EA

2 LB
BAG

6⁹⁹



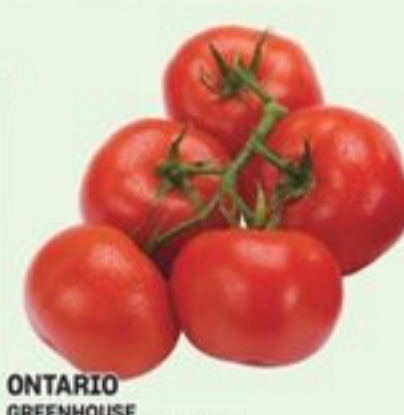
JUMBO CHERRIES
PRODUCT OF U.S.A.
19.82/KG
CERISES GÉANTES
20159690001_KG

8⁹⁹
LB



ARTE SALAD
BLEND KITS
PRODUCT OF
CANADA
SELECTED
VARIETIES
315-359 G
TROUSSES DE
SALADE ARTE
21560158_EA/
21560200_EA

2/\$11
LESS THAN 2
\$5.99 EA.



ONTARIO
GREENHOUSE
TOMATOES ON THE VINE
PRODUCT OF ONTARIO
4.39/KG
TOMATES DE SERRE
SUR VIGNE
20026703001_KG

1⁹⁹
LB



MADE
FRESH
IN-STORE

PREMIUM SALADS
SELECTED VARIETIES
245-367 G
SALADES DE QUALITÉ
SUPÉRIEURE
21237366_EA/21237411_EA

\$7

Butcher



LEAN GROUND BEEF
FAMILY SIZE
15.41/KG
BŒUF HACHÉ MAIGRE
20874394_KG

6⁹⁹
LB



CANADA
PC® SPLIT CHICKEN WINGS
AIR CHILLED
730 G
AILLES DE POULET SÉPARÉES
PC™
21340973_EA

\$13



CHICKEN LEGS
FAMILY SIZE,
BACK ATTACHED
6.59/KG
CUISSÉS DE POULET
20153925_KG

2⁹⁹
LB



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



LEAN BEEF MEATBALLS
425 G
BOULETTES DE BŒUF MAIGRE
21587897_EA

\$8



MAPLE LODGE FARMS
ULTIMATE CHICKEN
SAUSAGES
SELECTED VARIETIES
500 G
SAUCISSES DE POULET
ULTIMATE MAPLE LODGE
21378310_EA/21378346_EA

6⁹⁹



SUFRA® HALAL
CHICKEN BREAST
BONELESS,
SKINLESS
3'S
POITRINES DE
POULET HALAL
SUFRA®
21430678_EA

\$12



PC® NATURALLY SMOKED
BACON 375-500 G OR
PC® STREET CART SAUSAGE
500 G
SELECTED VARIETIES
BACON FUMÉ
NATURELLEMENT PC™
OU SAUCISSES
CLASSIQUES KIOSQUE
DE RUE PC™
20152629_EA/21525048_EA

5⁹⁹



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

14⁹⁹



Mix and
match
PC® BURGERS
SELECTED
VARIETIES
FROZEN
568 G-1.36 KG
BURGERS PC™
20941230_EA/
20941443_EA

2/\$30
LESS THAN 2
\$16.99 EA.

Seafood

Fresh seafood items subject to availability.



TUNA STEAKS
FROZEN OR
PREVIOUSLY
FROZEN
29.74/KG
DARNES
DE THON
20751134_KG

13⁴⁹
LB

FRESH ASC
TILAPIA FILLETS
22.02/KG
FILETS DE TILAPIA
ASC FRAIS
20897812_KG

9⁹⁹
LB



SEAQUEST® COLOSSAL
PACIFIC WHITE SHRIMP
RAW ZIPPERBACK®
16-20 PER LB.
FROZEN
300 G
CREVETTES BLANCHES
COLOSSALES DU
PACIFIQUE SEAQUEST®
21043887_EA

7⁹⁹



SEAQUEST® FISH FILLETS:
400 G OR PC® SHRIMP OR
FISH CAKES 170/290 G
SELECTED VARIETIES
FROZEN
FILETS DE POISSON
SEAQUEST® OU
GALETTES DE
CREVETTES OU
POISSON PC™
20153570_EA/21001233_EA

6⁹⁹

Bakery



FARMER'S MARKET COOKIES
SELECTED VARIETIES
12'S
BISCUITS DÉLICÉS DU MARCHÉ™
20566774_EA

5⁹⁹



PC® S'MORES
CREAM PIE
FROZEN
730 G
TARTE À LA CRÈME S'MORES PC®
21574358_EA

10⁹⁹



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

1⁵⁰



PC® COOKIE DOUGH
INBETWEENZ
DESSERT SQUARE
SELECTED VARIETIES
312/337 G
CARRÉS ENTRE'DEUX
À LA PÂTE À BISCUITS PC®
21582554_EA

\$8



PC® FLATBREAD 220/300 G
OR SURAJ® NAAN 5'S
SELECTED VARIETIES
PAIN PLAT PC® OU
NAAN SURAJ®
20910042_EA/21051353_EA

\$3



FURLANI TEXAS TOAST,
638 G CRINKLING'S
HAWAIIAN ROLLS
312/340 G
SELECTED VARIETIES
TEXAS TOAST À
L'AIL FURLANI OU
PETITS PAINS KING'S
HAWAIIAN
20041579_EA/21489831_EA

4⁴⁹



D'ITALIANO
BREAD OR BUNS
SELECTED VARIETIES
AND SIZES
PAIN OU PETITS PAINS
D'ITALIANO
20038335_EA/20587369_EA/
20673736_EA

BUY 2 OR MORE
3⁵⁰
EA.
LESS THAN 2 \$3.99 EA.

Great to go

Great to go items plus applicable taxes.



PREMIUM SALADS
425-454 G
SALADES DE QUALITÉ
SUPÉRIEURE
FRAÎCHES
21544608_EA/21544611_EA



\$5



CHICKEN, FAJITA, TANDOORI
OR GYRO TACO TRAYS
SELECTED VARIETIES
1-1.1 KG
PLATEAUX DE TACOS AU POULET, FAJITA,
TANDOORI OU GYRO
21354582_EA/21395977_EA

\$20



CHICKEN
FAVORITES
ASSORTED
VARIETIES
SERVED HOT
OR CHILLED
320-700 G
MORCEAUX
PRÉFÉRÉS
DE POULET
20137058_EA/20992187_EA

\$16



CLASSIC ITALIAN
STYLE OR PULLED
PORK SLIDERS
716/853 G
MINI-BURGERS
STYLE ITALIEN
CLASSIQUE OU
PORC EFFILOCHÉ
21562105_EA/21595416_EA

\$15

The Deli



SCHNEIDERS PEPPERETTES
SELECTED VARIETIES
250-375 G
PEPPERETTES SCHNEIDERS
20976093_EA/21196171_EA



Members save **\$4**
Optimum Members-Only Price **7⁹⁹**
Non-members **11⁹⁹**



PARTY PLATTERS
SELECTED
VARIETIES
696 G/1.8 KG
PLATEAUX DE
CÉLÉBRATION
21217522_EA/21217539_EA

\$25



PC® NATURAL CHOICE
OR BLUE MENU® SLICED
DELI MEATS 175 G OR
PC® CHEESE SLICES
140-170 G
SELECTED VARIETIES
CHARCUTERIES PC®
LE CHOIX NATUREL®
OU MENU BLEU™
OU TRANCHES DE
FROMAGE PC®
20216643_EA/20310580_EA

6⁴⁹



BABYBEL 6'S OR
THE LAUGHING
COW 8'S
SELECTED
VARIETIES
BABYBEL OU LA
VACHE QUI RIT
20319107_EA/20574332_EA

2/\$9
LESS THAN 2 \$4.99 EA.



SABRA HUMMUS
SELECTED
VARIETIES
283 G
HUMMUS SABRA
20005858_EA/20103117_EA

2/\$8
LESS THAN 2 \$4.49 EA.

Floral



COLOUR POP
DAISIES
MARGUERITES
COLOUR POP
21437439_EA

3/\$30
LESS THAN 3 \$12 EA.



SIGNATURE GIFT
BOUQUETS
SELECTED
VARIETIES
BOUQUETS-
CADEAUX
SIGNATURE
21436377_EA/21436378_EA

\$25



ALOE VERA
4 INCH POT
ALOÈS
21047366_EA

\$8



DOUBLE
SPIKE ORCHID
IN CERAMIC
SELECTED
VARIETIES
EACH
ORCHIDÉE À
DEUX TIGES
DANS UN POT
EN CÉRAMIQUE
20293541_EA

\$28