

FORTINOS®



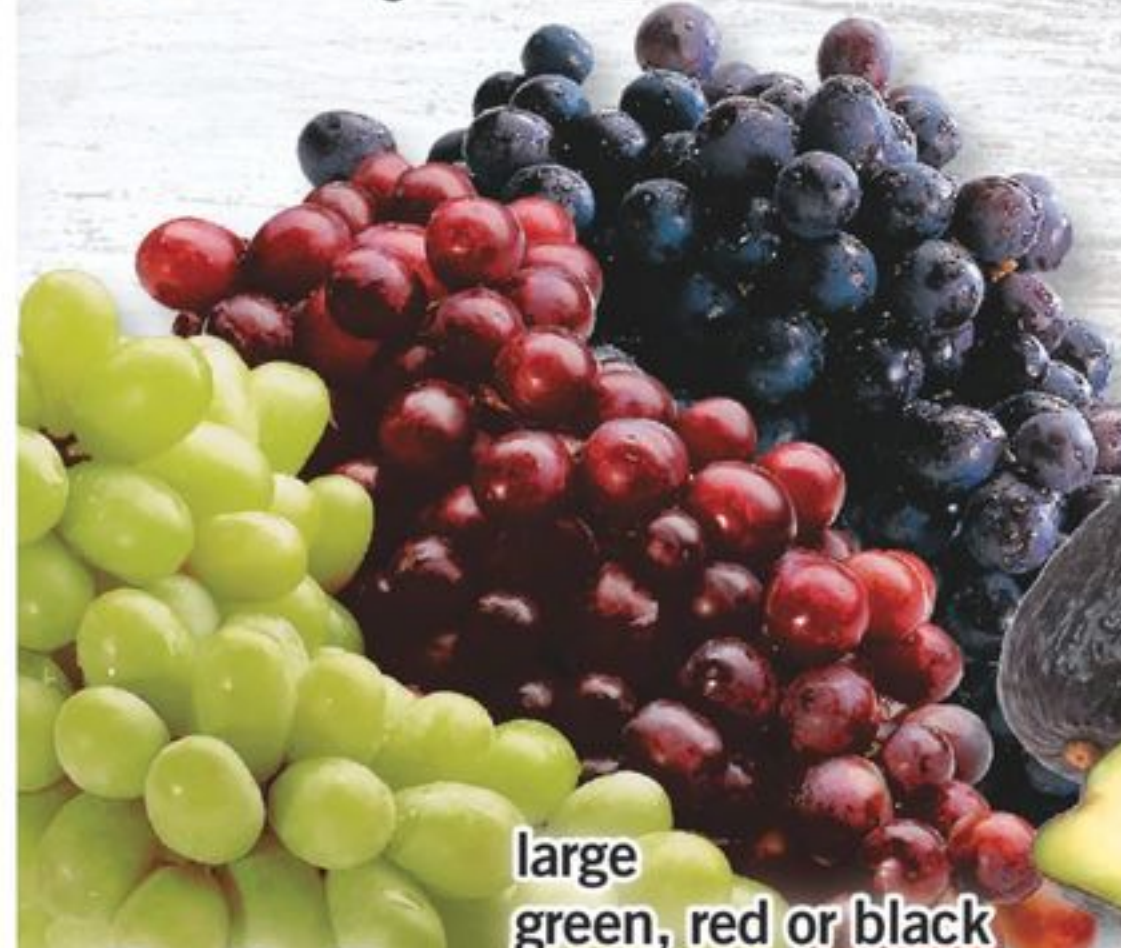
3.99lb
8.80/kg
lean ground beef club pack
20874394_KG



2.99lb
6.59/kg
PC® chicken drumsticks or thighs fresh Air Chilled, bone-in, Club Pack®
20167055_KG



5.99
142 g
fresh Atlantic salmon portions plain, herb, jerk or maple BBQ flavour
21018789_EA



2.99lb
6.59/kg
large green, red or black seedless grapes product of Chile, no. 1 grade
20425775001_EA/20159199001_KG



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



1.99 each
grape tomatoes 283 g, product of Mexico or Guatemala, no. 1 grade or mini cucumbers 6's, product of Canada, Canada no. 1 grade
21367888001_EA/20737570001_EA



6.88
2 kg avg
Ataulfo mango case product of Mexico
21450610001_EA



7.99lb
17.61/kg
veal cutlets bottom round or sirloin tip
20844263_KG



4.99
907 g
Atlantic organic mussels
20892437_EA



11.99lb
26.43/kg
PC® double cream brie by the piece
20786945_KG



3.49
280 g
PC® topped hummus all varieties
20811328_EA/20811384_EA



3.49
375 g
Maple-Leaf Top Dogs or Schneiders Red Hots wieners selected varieties
20602429_EA/21093477_EA



7.99
190 g
OKA or Monsieur Gustav cheese selected varieties
20920756_EA/21397209_EA



2.99 each
Wonder hot dog or hamburger buns 6's/8's, Country Harvest bread 600 g or PC® flatbread 220-300 g, selected varieties
21178642_EA/21178962_EA



3.49
8's
Texas hot dog or hamburger buns white or whole wheat, baked in store
20711617_EA/20711614_EA

MAY HIT OF THE MONTH

Planters whole cashews salted or unsalted, 200 g
21021617_EA/21021618_EA

\$3

CHEEZ-IT baked snack crackers
191-200 g, selected varieties
21214560_EA/21214559_EA

\$1.50

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

\$3.50

While quantities last!

750 mL

Neilson chocolate milk 750 mL or shakes 310 mL or M2GO flavored milk 310 mL
selected varieties
20766719_EA/21040942_EA

1.29 each

Minute Maid frozen punch or lemonade 295 mL, Simply juices 340 mL, Danone or Yoplait drinkable yogurt 190/200 mL
selected varieties
20418528_EA/20767362_EA

.99 each

1 kg

Planters peanut butter smooth or crunchy
21310019_EA/21310060_EA

4.49 1 kg

Cherios, Lucky Charms, Oatmeal Crisp or Chex cereal
selected varieties
21104047_EA/21535236_EA

3.99 300-437 g

Cashmere bath tissue
8/12=24 rolls, **SpongeTowels** 3/6=6 rolls or **Scotties** 6 pack, selected varieties
20318667_EA/21189812_EA

6.99 each

Chapman's premium ice cream, frozen dessert or sorbet 2 L or Super novelties 6-20's,
selected varieties, frozen
20314434001_EA/20323573001_EA

4.99 each

bubly, Montellier sparkling water
10/12x355 mL or **Gatorade** 8x355 mL/6x591 mL
20303218003_C06/21096722_C10

5.49 each

PC® entrées
selected varieties, frozen
20312253001_EA/20317707_EA

3.49 212-365 g

Hellmann's mayonnaise 710/890 mL or Kozlik's mustard 250 mL
selected varieties
20627339002_EA/20834293001_EA

5.99 each

Purex 4.08 L/4.43 L, Sunlight 4 L or Snuggle 2.8 L/3.41 L or sheets 200's,
selected varieties
20083525002_EA

8.99 each

Optimum 1,000 when you buy 2

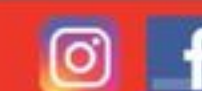
3.49 156-198 g

Kettle Brand classic or air fried chips
selected varieties
21520654_EA

Prices effective at Hamilton, Stoney Creek and Ancaster stores only.

Flyer prices effective from Thursday, May 2nd, to Wednesday, May 8th, 2024

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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.



PRODUCE • Nature's Bounty arriving fresh daily!



3⁹⁹
1 lb
strawberries
product of U.S.A.
20049776001_EA



2²⁹ lb
5.05/kg
Bartlett pears
product of Argentina
or Bosc pears
product of South Africa,
Extra Fancy grade
20172240001_KG/20267815001_KG

1¹⁹ each
product of South Africa
20028593001_EA



3⁴⁹
170 g
blueberries
product of U.S.A.
or Mexico,
no. 1 grade
20152465001_EA



.⁹⁹
large kiwi
product of
Greece or Chile
20130242001_EA
each



VIDALIA

1⁹⁹ lb
4.39/kg
Vidalia onions
product of U.S.A.,
no. 1 grade
20083454001_KG



1⁴⁹ bunch
green onions
product of Mexico,
no. 1 grade
20107500001_EA



5⁹⁹ lb
13.21/kg
colossal garlic
product
of Mexico
or Argentina
20135581001_KG



4⁴⁹ 4's
**Earth Fresh
mini baker
potatoes tray**
product of Canada,
Canada no. 1 grade
21109256001_KG



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



**Prepared
IN STORE DAILY**

1⁴⁹ lb
3.28/kg
**seedless
watermelon cuts**
product of U.S.A.
or Mexico
20503182_KG

4⁹⁹ 350 g
vegetable kebobs
prepared in store
21451044_EA



**Bolthouse
smoothies**
selected varieties,
product of U.S.A.
20013811_EA/20313524_EA

3⁹⁹ 450 mL



NEW

arte salad kits
all varieties,
product of Ontario
21560200_EA/21560292_EA

5⁹⁹ 315-359 g



7⁹⁹ 425 g
**Mann's
snap peas**
product of U.S.A.
20645558_EA

PICK ORGANIC • Over 150 items available every day!



6⁹⁹ 9.8 oz
**PC® Organics
blueberries**
product of Argentina,
no. 1 grade
21179969001_EA



1⁰⁹ lb
2.40/kg
organic bananas
product of
Puerto Rico
20139509001_KG



**PC® Organics
romaine hearts**
product of U.S.A.
20599776001_EA

5⁹⁹ 3's



**Foodland
ONTARIO**

3⁸⁹ 227 g
**PC® Organics
cremini or white
button mushrooms**
product of Ontario
21245220_EA/21005170_EA



**PC® Organics
green onions**
product of Mexico,
no. 1 grade
20603423001_EA

1⁹⁹ bunch

Guacamole

Traditional

Base Guacamole

Perfect on its own or as a base for other ingredients. Combine 2 avocados, 2 tbsp lime juice, 1/3 cup chopped onions, 1 minced garlic clove and 1/2 tsp salt, bunch of chopped cilantro. For heat, add diced jalapeno peppers.



20055266001_EA



20040489001_EA



20003839001_EA



20135581001_EA



20088387001_EA



20091825001_EA

MEXICAN STREET CORN (ELOTES)

Creamy, salty & spicy, Elotes is a Mexico City favourite. Charred corn on the cob, slathered with a creamy sauce of mayo, sour cream, Ancho chili powder & fresh lime juice, sprinkled with Cotija cheese and chopped cilantro.



213699541_EA

20348977001_EA

21381116_EA

20040489001_EA

Messy, savoury, irresistible!

21390262_EA

TIP:
Makes a great corn salad!

Remove corn from the cob, add black beans, chopped scallions, chopped red pepper and increase the sauce. For more heat, include finely chopped jalapeno. Toss and sprinkle with extra cheese.

FULL SERVICE BUTCHER • Custom cuts your way!



9.99 lb
22.02/kg
veal loin chops
20843510_KG



8.49 lb
18.72/kg
boneless veal stew meat
20859401_KG



6.99 lb
15.41/kg
lean ground veal
20856914_KG



9.99
500 g
Fortinos classic seasoned, homestyle BBQ, turkey burgers or sliders
20694945_EA



8.49 lb
18.72/kg
PC® World of Flavours™ split chicken wings Buffalo, Air Chilled
21454262_KG



6.49 lb
14.31/kg
PC® World of Flavours™ jerk chicken legs Air Chilled
21454286_KG



3.99 lb
8.80/kg
pork leg cutlets
20749326_KG



6.99 lb
15.41/kg
pork back ribs
20874581_EA



6.99
375/450 g
Piller's knackwurst, European wieners or Grillwurst selected varieties
20864053_EA



18.99
852 g-1.02 kg
The Keg beef burgers or sliders selected varieties, frozen
20960059_EA



8.99
240 g
Marcangelo Middle Eastern lamb skewers
21535676_EA



14.99
800 g/1 kg
Royal chevaps beef & lamb, chicken or pork & beef, frozen
21188906_EA/21307500_EA

Fire up the Grill



21.99 lb
48.48/kg
fresh Pacific halibut steak
20853054_KG



4.99
6 oz
fresh Atlantic salmon burger
21188901_EA



6.99
each
Atlantic salmon or shrimp kebobs
20851516_EA



7.99
each
swordfish or previously frozen tuna kebobs
21461175_EA



12.99
400 g
PC® white cooked shrimp 31-40 per lb, frozen
20791381_EA



14.99
320/340 g
Crystal Waters salmon skewers selected varieties, frozen
21547020_EA/21547888_EA



12.99
907 g
PC® PEI-mussels in provencale or creamy white wine sauce frozen
20838559_EA/20838560_EA



3.49
227 g
SeaQuest® crab or lobster flavoured pollock selected varieties
20699832_EA/20749798_EA

From our Café

Chilled Drinks

lemonades
hibiscus raspberry & blackberry peach
21294638_EA
240 medium

smoothies
strawberry banana, mango, strawberry & peach
20378639_EA
4²⁰ medium

add yogurt .45 ea.

slushie
blue raspberry, watermelon, passion fruit
20122881_EA
\$4 medium

lime mint smoothie
21473017_EA
195 medium

iced coffee
21122026_EA
270 medium

iced latte
21310840_EA
390 medium

chocolate iced cappuccino
20330076_EA
\$4 medium

Coffee Combos Your choice of:

Comes with medium Coffee or Tea

399 each bagel, muffin, scone, Danish, biscotti, bombolini or toast
20607846_EA

399 each pie slice
20607849_EA

599 each cake slice
20099041_EA

BAKERY • Baked fresh by Bakers with passion!

Elite Sweets cake
tiramisu, vanilla mascarpone or white chocolate raspberry
21155405_EA
2999 800 g-1.6 kg

Gala Bakers mousse cakes
tiramisu, mango, strawberry or chocolate
20592165_EA
2199 800 g

699 gourmet cookies
baked in store, all varieties
21208406_EA

199 butter croissants and pastries
baked in store, all varieties
20705085_EA/21416864_EA

kaiser or submarine buns
all varieties, baked in-store
20009322_EA/20641213_EA
399 4/6's

Country Harvest bagels
all varieties
21178597_EA
349 6's

PC® or Casa Mendosa 10 inch tortillas
white or whole wheat
20318788_EA/20300820_EA
399 each

PC® Gigantico™ or ACE hamburger or sausage buns
all varieties
20790627_EA
479 4/8's

GROCERY



Rougemont
apple juice
selected varieties

349
2 L



229
418/425 g

Chef Boyardee pasta
selected varieties



299
300 g

Voortman
wafer cookies



1399
300/340 g

McCafe
ground coffee
selected varieties



Unico canned beans
selected varieties

159
540 mL



Monster
or Reign
energy drinks
selected varieties

329
444-473 mL



Pringles
party stack
potato chips

399
194/203 g



429
165-200 g

Rice Krispies Homestyle,
Kashi or Special K bars
selected varieties



Carnation
evaporated
milk
selected varieties

229
354 mL



Unico
Passata

279
680 mL



399
10x200 mL

PC® 100%
juice boxes



Lindor or
Ghirardelli
bag
selected varieties

749
142-153 g



349
500 g

no name®
blanched peanuts



199
125 g

Vita Vigor
breadsticks



479
250 g

Catelli
legume pasta



399
240 g

Ben's Original rice
selected varieties



349
341-380 mL

VH sauces
selected varieties



349
425 mL

Sweet
Baby Ray's
BBQ sauce
selected varieties



1399
1 L

Gallo
extra virgin
olive oil



729
3x80 g

Clover Leaf tuna
selected varieties

DAIRY & FROZEN



3.99
650/750 g
Astro
Balkan yogurt
selected varieties
20165226001_EA/20170533002_EA



I Can't Believe
It's Not Butter!
margarine
20061949001_EA

2.99
454 g



4.99
240 g
Cracker Barrel
Natural Slices
21290684_EA



4.49
400-750 g
Cavendish
premium fries
selected varieties,
frozen
20729779_EA/21094815_EA



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



Siggi's
Skyr yogurt
selected varieties
21353892_EA

6.99
650/750 g



3.99
250 g
Heluva Good!
dips
selected varieties
20179979002_EA



7.99
760 g
Pillsbury
Pizza Pops
selected varieties,
frozen
21435938_EA



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



7.99
12/16's
Black
Diamond
Cheestrings
selected varieties
20763661_EA

Frozen Treats

Melona ice bars
selected varieties,
frozen
21020136_EA

6.49
560 mL



Autentico gelato
selected varieties,
frozen
21213951_EA

8.99
1 L



6.49
1.66 L
Breyers
Creamery Style
ice cream
selected varieties,
frozen
20344925006_EA



5.99
18-28's
Chapman's
novelties
selected varieties,
frozen
20348169_EA



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

3.99
946 mL



9.99
24/30's
no name®
ice cream
sandwiches
or bars club size,
selected varieties,
frozen
21013432_EA



6.99
6x100 mL
The Decadent®
ice cream
sandwiches
selected varieties,
frozen
20345934001_EA



5.49
300-600 g
PC® frozen fruit
selected varieties
20312227_EA/21377841_EA



PC®
Cookie Dough
ice cream bites
selected varieties,
frozen
21506998_EA

5.99
6's



5.99
1.65 L
PC® ice cream
selected varieties
20319300003_EA



Breakfast



379
20's
PC®
herbal tea
selected
varieties
21105270_EA



429
each



Pearl Milling Co.
pancake mix 905 g
or syrup 710 mL
selected varieties
21384609_EA/21391619_EA



649
725 g
nutella
hazelnut spread
20436105_EA



399
8's
Kellogg's
Eggo waffles
selected varieties,
frozen
20323436001_EA



649
2 L
a2 partly
skimmed
2% milk
21339272_EA



749
100-396 g
Nescafé
Gold jars or
Sweet & Creamy
selected varieties
21074565_EA/21363371_EA



2199
30's
Lavazza K-Cups
selected varieties
21589797_EA



429
250 mL
Smucker's
jam or jelly
selected varieties
20308397002_EA/20308397007-EA



979
500 g
Dutchman's
Gold honey
21053161_EA/21053162_EA



799
454 g
Lactantia
butter sticks
selected varieties
20056675_EA

Home Baking



399
500-900 g
PC® baking mixes
selected varieties
20219370_EA/20429981_EA



349
140 g
Twinkle
sprinkles
21241806_EA/21241807_EA



499
160 g
Twinkle
swirl frosting
21440755_EA/21440756_EA



349
226-300 g
PC® The Decadent®
chocolate chips
selected varieties
20011473_EA/20430272_EA



599
2.5 kg
Robin Hood or
Five Roses flour
selected varieties
20039497001_EA/20148914001_EA



349
266-550 g
Betty Crocker
cake, brownie
or cookie mix
selected varieties
20136507001_EA/20325452004_EA



229
398 mL
Dole pineapple
selected varieties
20136767001_EA/20136767002_EA



299
1 kg
Lantic sugar
selected varieties
20016320_EA/20097340_EA



279
400 g
no name®
marshmallows
selected varieties
20304672001_EA/20304672002_EA



399
1 kg
PC® Black Label
pizza or
pasta flour
selected varieties
20982877_EA/21040703_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.

24⁹⁹ 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!

19⁹⁹ 60's

Suku gummy vitamins selected varieties

21310256_EA/21311636_EA



29⁹⁹ each

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

21418529_EA/21418543_EA



23⁹⁹ 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



49⁹⁹ each

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

20700876001_EA/21391726_EA



29⁹⁹ 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

829 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

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!

19⁹⁹
100/125 g

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



Enjoy High Tea With Mom!



On May 12th, 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!



12⁹⁹
266-357 g

Stellar Eats baking mix
21500871_EA/21568692_EA

Gluten, nut & dairy free!



LOCALLY MADE

6⁹⁹
116-500 g

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

Small batch, made without palm oil!

14⁹⁹
240 g

NutJar spread
selected varieties
21550500_EA/21550503_EA



5⁹⁹
1.4 L

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



Dairy free!

5⁹⁹
200-227 g

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



Perfect for
vegan appetizers
or tea sandwiches!

7⁹⁹
100 g

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



3⁹⁹
235 mL

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



5⁷⁹
400 g

PC® gluten free
pancake mix
20796973_EA



5⁹⁹
250 g

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



2⁴⁹
120 g

PC® Organics
rice cakes
21408855_EA/21408859_EA



5⁷⁹
113 g

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

Gluten free!



6⁹⁹
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!

8⁹⁹
250-296 mL

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

20984039_EA/21454574_EA



6⁹⁹
250 mL

Good Food For Good
ketchup
or BBQ sauce

21172444_EA/21172451_EA

Gluten free!



5⁹⁹
296 mL

San-J tamari
or cooking sauce
selected varieties

20028533_EA/2029886001_EA



3⁹⁹
227 g

Sunflower Kitchen dips
selected varieties

21100651_EA/21100664_EA



3⁹⁹
135 g

humble potato chips

21524167_EA/21524235_EA



6⁹⁹
125-185 g

elan organic nuts
selected varieties

21306310_EA/21306368_EA

1⁹⁹
398 mL

PC® Organics
canned beans
selected varieties

21403943_EA/21403992_EA



4⁹⁹
325-473 mL

PC® Organics
mustard or
sauerkraut

20959827_EA/21355242_EA



5⁹⁹
575 mL

PC® Organics
ketchup

20021787_EA



3⁹⁹
946 mL

PC® Organics
lemonade
selected varieties

20936902_EA/21022888_EA



6⁹⁹
each

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

21080770_EA/21102225_EA



4⁴⁹
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

2012470001_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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CELEBRATE CINCO DE MAYO



cactus in ceramic pot
21246719_EA
24⁹⁹
5 inch



1⁹⁹ lb jicama
product of Mexico
20008743001_KG
4.39/kg



jalapeno peppers
product of Mexico
or U.S.A.
20088387001_KG
3⁹⁹ lb
8.80/kg



tomatillo
product of Mexico
or U.S.A.
20062443001_KG
2⁹⁹ lb
6.59/kg



1⁶⁹ Jarritos soft drinks
selected varieties
20147354010_EA/20147354012_EA
370 mL



3⁹⁹ Old El Paso dinner kits
selected varieties
20795534_EA/21548144_EA
250-510 g



2⁹⁹ each
La Costena
refried beans 546 mL
or El Yucateco
hot sauce 120 mL
20054076001_EA/21309083_EA



1²⁹ Old El Paso taco seasonings
or Club House guacamole
seasoning selected varieties
21048495_EA/21523405_EA
20/24 g



1,000 OPTIMUM
Coca Cola
De Mexico
21185224_C04

6⁹⁹ 4x355 mL
MEXICO-HECHO EN MEXICO
MADE WITH CANE SUGAR



2⁷⁹ each
Del Monte
corn medley 398 mL
or PC® Mexican
style rice 250 g,
selected varieties
21238913_EA/21401191_EA



4⁴⁹ each
Tajin classic seasoning 142 g
or La Costena sauce 455 mL
20019917_EA/20318656001_EA



3⁴⁹ each
Que Pasa taco shells 130 g
or Manny's flour burritos 482 g
21410537_EA/21531740_EA



Que Pasa
or Takis
tortilla chips
selected varieties
20978992_EA/21036714_EA

3⁹⁹ 156-350 g



3⁹⁹ 420-437 mL
PC® Organics or
Wildly Delicious salsa
selected varieties
21453647_EA/21453650_EA



Cracker Barrel
cheese shreds
selected varieties
21290439_EA

7⁴⁹ 250/320 g



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

CELEBRATE CINCO DE MAYO



7⁹⁹ Mad Mexican guacamole
250 mL
20957153_EA



7⁹⁹ Mad Mexican Pico de Gallo
355 mL
20957175_EA



7⁹⁹ Mad Mexican black bean dip or tomatillo salsa
250 mL
20957166_EA/20957179_EA



7⁹⁹ Mad Mexican salsa verde or salsa morita
250 mL
21481674_EA/21492142_EA



3⁹⁹ PC® bruschetta selected varieties, refrigerated
227 g
20583660_EA



5⁹⁹ Mad Mexican artisan made nacho chips selected varieties
250 g
20959105_EA/21535633_EA



11⁹⁹ Sombbrero aged cotija cheese
290 g
21390256_EA



Sombbrero panela or cotija cheese
21400944_KG/21400945_KG



14⁹⁹ lb
33.05/kg

DELI • Always freshly sliced or shaved your way!



15⁹⁹ lb PC® Natural Choice® turkey breast deli sliced, selected varieties
3.53/100 g
20308072_KG



14⁹⁹ lb Ziggy's® roast beef deli service case sliced, selected varieties
3.31/100 g
21020479_KG



San Daniele prosciutto
21046654_KG

13⁹⁹ lb
3.08/100 g



Beach Road kielbasa deli cut, by the piece
21215388_KG



PC® goat cheese logs all varieties
20296631_EA/20330259_EA

5⁹⁹
140 g



OKA soft cheese or L'Extra brie selected varieties, by the piece
20103289_KG/21157608_KG

17⁹⁹ lb
39.66/kg



PC® cheese slices club size, all varieties
20248921_EA

13⁹⁹
500 g



5⁹⁹
150-220 g



Boursin cheese or Kaukauna cheddar selected varieties
20116794_EA/21359049_EA



NEW

a proud
FORTINOS
recipe

MADE FRESH



FRANK'S
RedHot

5 varieties!
1/2 lb each!

100%
Ground
CHUCK

Frank's Red Hot burger

Certified Angus Beef seasoned with salt, pepper and Frank's Red Hot 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 Turkey burger

Made with Ontario turkey. Raised without antibiotics.

21606850_EA/21606920_EA



9.99 Homestyle BBQ burger

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

21606850_EA/21606920_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

20887211_EA/21345291_EA



Available in
Nature's Treasure!

GARDEN CENTRES

NOT ALL ITEMS AVAILABLE IN ALL LOCATIONS

MONDAY - SATURDAY: 8 AM - 8 PM

SUNDAY: 9 AM - 6 PM

Graduations & Proms

Don't forget to order your corsages & boutonnieres!



2/\$55 PC® jumbo annual hanging basket
selected varieties, 12 inch
or \$32 ea. 20753924_EA

2/\$36 PC® deluxe annual hanging basket
selected varieties, 11 inch
or \$20 ea. 20753918_EA

\$40 12 inch patio planter
20592129_EA



PC® campanula
20642640_EA
\$5
4 inch



PC® perennials
selected varieties, 13 cm
21350465_EA
2/\$18
or \$10 ea.



PC® perennials
selected varieties, 15 cm
21350466_EA
2/\$26
or \$15 ea.



PC® lavender shrub
20926885_EA
\$25
11 inch



Beautiful shades of green. Prefers shade to part-sun.

16⁹⁹
1 gallon
emerald or macho fern
21383856_EA



PC® Boston fern hanging basket
20845440_EA
\$22
10 inch



emerald cedar container grown
20058698_EA
29⁹⁹
5 gallon

Spring Bulk Candy

3⁹⁹
each



ju jubes
475 g
21156403_EA



sour soothers
375 g
21156405_EA



wine gums
475 g
21156406_EA



gummi worms
475 g
21156401_EA



gummi bears
475 g
21156402_EA



jelly beans
550 g
21156404_EA



peach slices
475 g
21174186_EA



big foot
475 g
21174187_EA



ju jubes grab bag
21601766_EA

7⁹⁹
1 kg



jumbo assorted sour soothers grab bag
21601797_EA

7⁹⁹
750 g



9⁹⁹ **assorted gummies carousel**
21601727_EA
765 g



9⁹⁹ **sugared gummi carousel**
21601843_EA
675 g

Cotton Candy

3⁹⁹
each

NEW

strawberry banana cotton candy, watermelon sour cotton candy or unicorn cotton candy
49 g
21595383_EA/21595353_EA



SEAFOOD



4⁹⁹ Crystal Waters
fresh crab cakes
116 g 21540956_EA

13⁹⁹ PC® bacon-wrapped
wild sea scallops
frozen
260 g 21220644_EA

14⁹⁹ Crystal Waters
salmon skewers
selected varieties, frozen
320/340 g 21547020_EA/21547850_EA

7⁹⁹ BOS smoked
Atlantic salmon
selected varieties
125 g 21192437_EA/21192711_EA

EASY MEALS



7⁹⁹ Schneiders Juicy
Jumbos wieners
selected varieties
375/450 g 20770591_EA



1⁹⁹ Carl Buddig
sliced meat
selected varieties
55 g 20074681_EA



4⁴⁹ Lunchables
selected varieties
89-138 g 21592663_EA



12⁹⁹ each
Marcangelo
bacon wrapped
turkey 340 g
or chicken herb
medallions 452 g
21025498_EA/21378258_EA



15⁹⁹ Royal Meats burgers
pork and beef
or beef and lamb
1.02 kg 21542193_EA



15⁹⁹ PC® Thick & Juicy™
chicken or turkey
burgers frozen
1.13 kg 20155317_EA/20956689_EA



11⁹⁹ Janes Pub Style turkey
strips, nuggets or burgers
frozen
600 g 21431735_EA/21431776_EA



7⁹⁹ Marcangelo
jumbo sausages
selected varieties,
frozen
675 g 21365170_EA

BODY & HEALTH



Optimum
6,000^(\$)
for every \$15
spent on

St. Ives
selected varieties
and sizes

21086101_EA/21360961_EA



Optimum
6,000^(\$)
for every \$15
spent on

Degree, Axe or Vaseline
selected varieties
and sizes

21078327_EA/21085011_EA



Colgate
toothpaste 52-90 mL
or toothbrush or
Hall's lozenges 9's,
selected varieties

179
each

20277681002_EA/20500614005_EA



Dove bar soap 6x106 g, body wash or hair care 517-750 mL, selected varieties

899
each

20319039001_EA/21237519_EA

J.R. Watkins hand soap selected varieties

399
300/354 mL

21432848_EA/21438131_EA



Aveeno or Maui Moisture hair care
selected varieties

21085537_EA/21165324_EA

999
177-385 mL



Nivea or Ponds lotion
selected varieties

20348329001_EA/20700027_EA

899
50-625 mL



Sensodyne repair 75 mL or Crest mouthwash 1 L, selected varieties

20308684001_EA/21471656_EA

699
each



Garnier Whole Blends hair care
selected varieties

20941723_EA/20941745_EA

599
370 mL



Old Spice 85 g or Secret 45/73 g deodorant
selected varieties

20098094_EA/20663349003_EA

499
each



Always liners 36-72's, pads 10-26's or Tampax tampons 14-18's, selected varieties

21181430_EA/21444989_EA

499
each



Tena protective underwear
selected varieties

21033614_EA/21033778_EA

1799
13-48's



PC® Ultra Shake
selected varieties

20325953001_C06/20325953002_C06

1199
6x237 mL



Diesel whey protein powder
selected varieties

21067536_EA/21068329_EA

2999
908 g



ONE protein bars
selected varieties

21120168_EA

349
60 g



Life Brand® epsom salts

21153253_EA

499
2 kg



Life Brand® vitamins
selected varieties
and sizes

21138915_EA/21150323_EA

up to
15% OFF



Band-Aid
selected varieties

20315160_EA/20855050_EA

499
10-50's



Claritin or Aerijs allergy relief
selected varieties

20074812_EA/20308018001_EA

1999
15-30's



Advil liqui-gels
selected varieties

20077169001_EA/21198941_EA

1499
70-72's

BABY



36⁹⁹
68-112's
Pampers Easy Ups training pants selected varieties
21089194_EA/21089300_EA



3⁴⁹
56-72's
Pampers or Huggies wipes selected varieties
20557596_EA/20708133_EA



10⁹⁹
each
Live Clean baby needs 750 mL or PediaSure 4x235 mL selected varieties
20322414002_EA/20607347_EA



12⁹⁹
17-20's
Huggies swim diapers small, medium or large
20569789_EA/20570040_EA



23⁹⁹
48-108's
Hello Bello diapers selected varieties
21280050_EA/21457405_EA



1⁷⁹
128 mL
Love Child pouches all varieties
20752899001_EA/20752899002_EA



5⁹⁹
6x128 mL
PC® Organics pouches selected varieties
20991023_EA/21183931_EA



4⁴⁹
227 g
Nestlé Gerber oat cereal selected varieties
20358339006_EA/20574110001_EA



3⁴⁹
71-133 g
Earth's Best snacks selected varieties
21534883_EA/21534914_EA



1²⁹
10/12 g
Brothers fruit crisps selected varieties
20549406_EA/20549408_EA

HOUSEHOLD

Cottonelle Ultra Clean Care 18x312 or Comfort Care 18x268 bath tissue selected varieties
21465800_EA/21465814_EA

23⁹⁹
each



Lysol action gel, toilet bowl cleaner selected varieties
21193424_EA

4⁴⁹
710 mL



Pine-Sol multi purpose cleaner selected varieties
20298679001_EA/20298679002_EA

5⁹⁹
1.41 L



Cascade Platinum dishwasher detergent selected varieties
21516530_EA/21518479_EA

21⁹⁹
51/67's



Glad garbage or compost bags selected varieties
20086819_EA/20297334001_EA

8⁹⁹
10-52's



Air Wick scented oil 3x20 mL or Freshmatic triples 3x180 g selected varieties
20761733_EA/20795523_EA

13⁹⁹
each



Swiffer Power Mop pads selected varieties
21554029_EA/21556993_EA

11⁹⁹
5's



Lysol disinfecting wipes
21397173_EA/21397511_EA

3⁴⁹
30's



4²⁹
60 m
Glad Cling Wrap
20043471_EA



8⁴⁹
180's
PC® dinner napkins
20084398_EA

Celebrate NATIONAL PET WEEK



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

269 Purina ONE
wet dog food
selected varieties
368 g
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

2499 5.44 kg



Optimum
3,000 pts

Blue Buffalo
Tasteful dry cat food
selected varieties
21360296_EA/21360315_EA

2499 2.2 kg



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

119 Fancy Feast®
wet cat food
selected varieties
85 g
20302296012_EA/20302296014_EA



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

119 Friskies wet cat food
selected varieties
156 g
20319657001_EA/20319657005_EA



Optimum
500 pts

799 Whiskas Temptations
value size cat treats
selected varieties
454 g
21105393_EA/21105449_EA



Optimum
3,000 pts

IAMS dry dog food
selected varieties
20646724003_EA/20646724004_EA

3099 6.8 kg



549 Hungry Hunter
chicken feet for
both cats and dogs
454 g
21378255_EA



799 FreshPet Select
cat food
454 g
20563803_EA/21094629_EA



699 Zoë Better Than
Rawhide dog treats
148-234 g
21548928_EA/21302219_EA



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

499 each
20023049_EA/21360153_EA



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

699 283 g



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

1199 2 kg



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

1499 2 kg



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

269 320-400 g

Fortinos Customers

Thanks to your generosity, we were able to donate over ***13,000*** food & personal care bags to our local area food banks!

- Neighbour to Neighbour
- Good Shepherd
- Burlington Food Bank
- Burlington Salvation Army
- Vaughan Food Bank
- Mission Services
- Neighbourhood Connections
- The Exchange
- Fare Share Food Bank Oakville
- Stoney Creek Food Bank
- Regeneration Brampton
- Ste. Louise Outreach
- Knights Table
- Food with Grace
- North York Harvest



Thank you for supporting our Spring Food Drive!

I'm Organic



Lil Snappers[®]

kid size fruit

Oh Snap!



\$7.49 selected varieties
21094642001_EA/
3 lb bag 20999030_EA



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



.99
Activia® - 190 mL
21348503



\$4.49
Activia® - 650 g
21588674



\$4.99
Activia® - 2 x 150 g
21588442



\$6.99
Activia® - 8 x 93 mL
21430512



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)



\$11.99
Oikos® - 1.5 kg
21520280



.99
Oikos® - 190 mL
(21588703, 21588674)



**NEW
HIGH
PROTEIN**

\$6.99
Oikos® - 650 g - 750 g
21305945



LOW IN SUGAR BIG ON TASTE

\$4.49 **\$6.99**
Two Good®
4 x 95 g
21476047



TRY COLD FOAM IN YOUR COFFEE

\$6.99
International
Delight® - 396 g
(21590982, 1590944)



NEW

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CHEER ON TEAM CANADA

\$6.99

Liberté Greek
Tubs 650-750g
20642273_ea
21588215_ea



NEW



OFFICIAL SUPPORTER

\$7.99

General Mills™ Family
Cereal 475-778g,
selected varieties
21103492_ea
21103495_ea



\$4.29

Nature Valley™ Granola Bars
120-230g, Betty Crocker™ and Motts
Fruit Snacks 128-226g,
Pillsbury™ Soft Baked Bars
150g and Cereal Treat Bars 120g
20315520002_ea
208887250_ea



\$3.99

Old El Paso™
Dinner Kits 250-510g
or Salsa 650ml,
selected varieties
5830046218_ea
5830013185_ea



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HUNGRY HUNTER

Fuel Your Cat's Inner Hunter

- Better Digestion
- Reduced Hairballs
- Improved Hydration



Turkey & Beef with Sardines - 906g
21376254_EA

13⁹⁹

Chicken & Salmon with Beef - 906g
21376258_EA



Chicken Feet - 454g
21378255_EA

5⁴⁹



Sardines - 454g
21378245_EA

\$7⁴⁹

bai FOR THE GOOD IN YOU™

Bai® Antioxidant Infusion 530 mL

\$2⁴⁹

NEW



21583389_EA

21362966_EA

21433571_EA

DrinkBaiCanada.com

Contains caffeine. Trademark used under license by Canada Dry Mott's Inc.

THE PERFECT PAIRING

\$3⁹⁹

CHRISTIE OREO Cookies
261-270g
21358407
21573672



NEW!



\$8⁴⁹

CHRISTIE OREO
Gluten Free Cookies
353g
21522147

OREO

TWIST LICK DUNK

10,000^{pts}

That's like \$10 in points.

for every \$100 spent on Happy Active, Happy Her, and Happy Teen gift cards



Offer valid in-store only May 2-8, 2024. Subject to availability; selection may vary by store. We reserve the right to limit quantities. See gift card for details, terms & conditions. Offer applies to every \$100 spent on any combination of Happy Active, Happy Her, and Happy Teen cards in a single transaction. Cannot be combined with any other gift card offers. Not valid on prior purchases. PC Optimum points cannot be redeemed toward the purchase of gift cards.

Free Tote!

When You Spend \$60+
on Joe Fresh Apparel*

May 2 - 12
While Quantities Last | In-Store + Online

* Visit www.joefresh.com/offerdetails for full details



That's a
\$29
value!

Smocked Blouse

35



Kid Girls'
Linen-Blend Dress

29



Linen-Blend Shirt

39

JOE FRESH

SHOP NOW