

MAY

**HIT
OF THE
MONTH**

**LIMIT 6
AFTER LIMIT
\$2.50 EA.**



\$1⁵⁰

**CHEEZ-IT BAKED
SNACK CRACKERS
SELECTED VARIETIES
191/200 G
CRAQUELINS CUIVS 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
21590582_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

2,000^{pt}

when you buy 2

\$2 Value



TEXAS HAMBURGER OR
HOT DOG BUNS
WHITE OR SESAME
8'S
PAINS À HAMBURGER
OU HOT DOG TEXAS
20711614_EA/20711617_EA

3⁵⁰



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**



NONGSHIM NOODLE CUPS
SELECTED VARIETIES
75 G
**CONTENANTS DE
NOUILLES NONGSHIM**
20032441005_EA

\$1[†]

**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



Independent
Your Independent Grocer

Happy Victoria Day

SALE
SAVE \$2⁵⁰LB

3⁹⁹
LB

MUST BUY
May 16 - 19
SAVE \$6¹¹LB

7⁸⁸
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

CUT BY OUR BUTCHERS

SALE
SAVE \$3⁵⁰LB

9⁹⁹
LB

2⁴⁹
LB

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

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

SALE
SAVE \$1⁰⁰LB

3⁹⁹
LB

SALE
SAVE \$3⁰⁰LB

2⁹⁹
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
\$3⁰⁰ EA.
LESS THAN 2 \$3.49 EA.

SALE
SAVE \$1⁰⁰
AT LEAST \$1

2⁹⁹

SALE
SAVE \$2⁰⁰

\$3⁰⁰

WONDER BREAD OR BUNS
SELECTED VARIETIES AND SIZES
PAIN OU PETITS PAINS WONDER
20276296_EA
20297455_EA
20305135_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/20729779_EA

BREYERS CLASSIC FROZEN DESSERT 1.66 L OR CHAPMAN'S COLLECTION 6/8'S
SELECTED VARIETIES FROZEN
DESSERT GLACÉ CLASSIQUE
BREYERS OU FRIANDISES GLACÉES
COLLECTION CHAPMAN'S
20301305006_EA/20323757001_EA

WHEN YOU BUY 2
SAVE 98¢

11⁴⁹

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

WHEN YOU BUY 2
SAVE 98¢

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

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

WHEN YOU BUY 2
SAVE 98¢

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

LAY'S POTATO CHIPS, POPPABLES
130-235 G OR PRINGLES, SUPER STACKS 148-156 G
SELECTED VARIETIES
CROUSTILLES, POPPABLES LAY'S
OU SUPER STACK PRINGLES
21003823_EA/21241032_EA

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

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

Members save \$1.50

Members-Only Price 2.49

Non-members 3.99

CHRISTIE KID'S COOKIES
SELECTED VARIETIES
180-225 G
BISCUITS POUR ENFANTS CHRISTIE
20303703002_EA/20303703003_EA

Members save \$2

Members-Only Price 2.99

Non-members 4.99

PC® OR BLUE MENU®
ENTRÉES OR BOWLS
SELECTED VARIETIES
FROZEN
212-365 G
PLATS CUISINÉS OU BOLS
PC™ OU MENU BLEU™
20312253001_EA/20839096_EA

10,000^{PC} for every \$50 spent on

\$10 Value

HUGGIES WIPES, DIAPERS, PULL UPS AND GOODNITES TRAINING PANTS
SELECTED VARIETIES
COUCHES HUGGIES OU PAMPERS
20963841_EA/21456748_EA

10,000^{PC} for every \$50 spent on

\$10 Value

PAMPERS, WIPES, TRAINING PANTS OR DIAPERS
SELECTED VARIETIES
LINGETTES, CULOTTES D'ENTRAÎNEMENT OU COUCHES PAMPERS
20304474001_EA/21370844_EA

3,000^{PC} Value

\$3 Value

HUGGIES OR PAMPERS DIAPERS
SELECTED VARIETIES
62-174'S
COUCHES HUGGIES OU PAMPERS
21456492_EA/21551525_EA

34.99

SALE SAVE \$1

5.99

LACTANTIA BUTTER
SELECTED VARIETIES
454 G
20296112005_EA/20639926_EA

\$4

SHOPSY'S DELI-FRESH WIENERS
375 G
SAUCISSES FUMÉES DELI-FRESH SHOPSY'S
21094890_EA

SALE SAVE \$1

\$1

SHRIMP SKEWERS
PLAIN OR MARINATED
PREVIOUSLY FROZEN
55 G
BROCHETTES DE CREVETTES
21204855_EA

500^{PC}

ASTRO OR YOPLAIT PROTEIN YOGURT 625-750 G, SIGGIS OR YOPLAIT YOGURT 4X100 G
SELECTED VARIETIES
YOGOURT AVEC PROTÉINES ASTRO OU YOPLAIT, YOGOURT SIGGIS OU YOPLAIT
20165226001_EA/21587047_EA

3.99

WHEN YOU BUY 2 SAVE \$1.48

FERRERO ROCHER TABLET
SELECTED VARIETIES
90 G
BARRES FERRERO ROCHER
21428863_EA/21570452_EA

2/6.50
LESS THAN 2 \$3.99 EA.

SAVE AT LEAST 95¢

NESTLÉ DRUMSTICK CONFECTIONERY FROZEN DESSERT 1.5 L OR BARS 4-10'S
SELECTED VARIETIES
FROZEN
DRUMSTICK OU DESSERT GLACÉ OU BARRES DE CONFISERIE NESTLÉ
20322380001_EA/20324757003_EA

4.99

NO NAME® PIZZA
SELECTED VARIETIES
FROZEN
369-411 G
PIZZA SANS NOM®
21541429_EA/21541441_EA

3.49

SALE SAVE \$1.80

CLOVER LEAF WHITE TUNA
SELECTED VARIETIES
170 G
THON BLANC CLOVER LEAF
20167571_EA/20326358001_EA

2.49

WHEN YOU BUY 2 SAVE 98¢

KETTLE POTATO CHIPS
SELECTED VARIETIES
198 G
CROUSTILLES KETTLE
21520682_EA/21589837_EA

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

MADEGOOD GRANOLA OR MORNINGS BARS, SOFT BAKED COOKIES, MINIS OR SQUARES
110-150 G
GRANOLA OU BARRES MORNINGS, BISCUITS TENDRES, MINI OU CARRÉS MADEGOOD
21425468_EA/20797052001_EA

3.99

MOTT'S CLAMATO JUICE 100% JUICE BLEND OR COCKTAIL 477-499 L
SELECTED VARIETIES
JUS CLAMATO MOTT'S OU MÉLANGE À JUS 100 % OU COCKTAIL OCEAN SPRAY
2030006008_EA/21575320_EA

3.99

IRISH SPRING OR IVORY BAR SOAP 6X10.4 G/ 10X90 G OR IRISH SPRING, SOFTSOAP OR IVORY BODY WASH 591/621 ML
SELECTED VARIETIES
PAIN DE SAVON IRISH SPRING OU IVORY OU NETTOYANT POUR LE CORPS IRISH SPRING, SOAFTSOAP OU IVORY
20347887002_EA/21219375_EA

4.49

20% off

BULK FOODS

Variable weight, selected varieties in the bulk foods department

BUY 2 5.99

GENERAL MILLS CEREAL
FAMILY SIZE
SELECTED VARIETIES
475-778 G
CÉRÉALES GENERAL MILLS
21103492_EA/21103495_EA

GET 1 FREE

NEILSON MILK
1%, 2%, SKIM OR HOMOGENIZED 3.25%
4 L
LAIT NEILSON
20047439_EA/20108873_EA

CUSTOMER RELATIONS 1-866-541-6315. VISIT yourindependentgrocer.ca FOR STORE HOURS.

Quantities and/or selection of items may be limited and may not be available in all stores. For inquiries on product availability at your store please contact Customer Relations at the above phone number. 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 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 on items shown may vary in each store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. ©/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaw's Inc. and others. All rights reserved. © 2024 Loblaw's Inc. MasterCard and the MasterCard Brand Mark are registered trademarks and PayPass is a trademark of MasterCard International Incorporated. President's Choice Bank a licensee of marks. PC Optimum™ program is provided by President's Choice Services Inc. President's Choice Financial MasterCard is provided by President's Choice Bank. President's Choice Financial personal banking services are provided by the direct banking division of Simplii Financial. ©PC, President's Choice, PC Financial and President's Choice Financial are registered trademarks of Loblaw's Inc. Trademarks used under licence. We reserve the right to limit quantities to reasonable family requirements. PC OPTIMUM MEMBERS ONLY: These offers are only available to valid PC Optimum™ program members. Membership is free. To register as a PC Optimum™ member, see in-store or visit pcoptimum.ca. We are not obligated to award points based on errors or misprints. No cash value. See yourindependentgrocer.ca for full program details including redemption restrictions Minimum redemption 10,000 points. These offers cannot be combined with any other coupons, discounts or promotions or no adjustments on previous purchases. We reserve to modify or cancel these offers without notice. Product availability may vary by store. While supplies last. We reserve the right to limit quantities. *Receive the points specified when you spend the qualifying dollar amount on the displayed participating product(s) and/or category(ies) before taxes and after redemptions and all coupons and discounts are deducted in a single transaction; ** Valid for flyer duration, after which the price will be the same for both PC Optimum™ and non-PC Optimum™ members. Taxes applicable on the purchase amount after discounts. PC Optimum™ member pricing is not applicable to any price match programs for participating stores operating under the Loblaw's Inc. banner. †PRICE DROP 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.



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
DÉLICÉS DU MARCHÉ™
20085851001_EA

4⁹⁹



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

79¢



PKG OF 6
FARMER'S MARKET™
GRAPE TOMATOES
283 G PRODUCT OF MEXICO OR
MINI CUCUMBERS
6'S PRODUCT OF CANADA
TOMATES RAISINS OU
MINI-CONCOMBRES
DÉLICÉS DU MARCHÉ™
21367888001_EA/
20737570001_EA

2⁹⁹



3 LB BAG
ONTARIO FARMER'S MARKET™
SWEET POTATOES 5 LB
PRODUCT OF ONTARIO
OR YELLOW ONIONS 3 LB
PRODUCT OF ONTARIO,
CANADA NO. 1 GRADE
PATATES DOUCES OU
OIGNONS JAUNES
DÉLICÉS DU MARCHÉ™
20697331001_EA/
20811934001_EA

3⁹⁹



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

2⁹⁹

RED MANGO
PRODUCT OF MEXICO
EACH
MANGUE ROUGE
20059635001_EA

1¹⁹



JUMBO CHERRIES
PRODUCT OF U.S.A.
19.82/KG
CERISES GÉANTES
20156990001_KG

8⁹⁹



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



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

\$7

Butcher



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

6⁹⁹



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

2⁹⁹



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

2/\$14
LESS THAN 2 \$7 EA.



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



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
21100091_EA/21100092_EA

6⁹⁹



SUFRA® HALAL CHICKEN LEGS
BACK ATTACHED
1.28 KG
CUISSES DE POULET HALAL
SUFRA™
21430676_EA

\$10



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 300/300 G OR
JANES PUB STYLE BREADED
700 G CHICKEN
SELECTED VARIETIES
FROZEN
PÂTES PC™ OU
POULET PANÉ STYLE
PUB JANES
20003749_EA/
21191828_EA

14⁹⁹



Mix and Mate PC® HORS D'OEUVRES COLLECTION
SELECTED VARIETIES™
FROZEN
225-300 G
COLLECTION DE HORS-D'OEUVRE PC™
20698133_EA/
21116020_EA

2/\$20
LESS THAN 2 \$10.99 EA.

Seafood

Fresh seafood items subject to availability.



TUNA STEAKS
FROZEN OR PREVIOUSLY FROZEN
29.74/KG
DARNES DE THON
20753134_KG

13⁴⁹

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

9⁹⁹



SEAQUEST® COLOSSAL PACIFIC WHITE SHRIMP
RAW-ZIPPERBACK™
16-20 PER LB 300 G
OR CALAMARI RINGS UNCOOKED 340 G FROZEN
CREVETTES BLANCHES COLOSSALES DU PACIFIQUE OU RONDELLES DE CALMAR SEAQUEST®
20027170_EA/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



FARMER'S MARKET™ BUTTER CROISSANTS
SELECTED VARIETIES
6'S
CROISSANTS AU BEURRE DÉLICÉS DU MARCHÉ™
20975943_EA

\$5



BAKED IN-STORE
MINI BRAIDED STRUDELS OR MAPLE PECAN DANISH
SELECTED VARIETIES
4'S
MINI-CHAUSSON TRESSÉ OU DANOISÉ ÉRABLE ET PACANES
21464142_EA/21464199_EA

4⁴⁹



BAKED IN-STORE
BAGUETTE
WHITE OR WHOLE WHEAT
255 G
BAGUETTE
21529211_EA

1⁵⁰



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, GARLIC OR GARLIC PARM. 698 G OR KING'S HAWAIIAN ROLLS 312/340 G
SELECTED VARIETIES
TEXAS TOAST À L'AIL OU AIL ET PARMESAN FURLANI OU PETITS PAINS KING'S HAWAIIAN
20041579_EA/21475970_EA

4⁴⁹



D'ITALIANO BREAD OR BUNS
SELECTED VARIETIES AND SIZES
PAIN OU PETITS PAINS D'ITALIANO
20038335_EA/20627101_EA/20587369_EA

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

Great to go

Great to go items plus applicable taxes.



CHICKEN, FAJITA, TANDOORI OR GYRO
TACO TRAYS
SELECTED VARIETIES
1-1.1 KG
PLATEAUX DE TACOS AU POULET, FAJITA, TANDOORI OU GYRO
21395977_EA/21595419_EA

\$20



CHICKEN WINGS AND WEDGES BUCKET
1.2-2.12 KG
SEAU DE 36 AILES DE POULET ET FRITES EN QUARTIERS
21541872_EA/21541877_EA

\$28



PARTY PLATTERS
SELECTED VARIETIES
696 G/1.8 KG
PLATEAUX DE CÉLÉBRATION
21217521_EA/21217522_EA

\$25



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

6⁴⁹



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

\$5



ZIGGY'S PASTA
SELECTED VARIETIES
1 KG
PÂTES ZIGGY'S®
21521156_EA

10²⁹



SCHNEIDERS PEPPERETTES
SELECTED VARIETIES
250-375 G
PEPPERETTES SCHNEIDERS
20976093_EA/20976110_EA

7⁹⁹
Members-Only Price
11⁹⁹
Non-members



PC® CHICKEN SERVICE CASE MEATS
SELECTED VARIETIES
POULET PC™ POUR LE COMPTOIR DE SERVICE
20301114_KG

2⁹⁹
/100 G

BUY
RAW SALMON OR CHICKEN ENTRÉES 472-637 G
SAUMON CRU OU PLATS CUISINÉS DE POULET
21533960_EA/1595451_EA



FROM \$12

GET 1 50% OFF

RAW SIDE 545-865 G
PLATS D'ACCOMPAGNEMENT NON CUIITS
21595452_EA



NORWEGIAN JARLSBERG CHEESE
FROMAGE JARLSBERG NORVÉGIEN
21388103_KG

2⁹⁹
/100 G



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.

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 ALOËS
21047366_EA

\$8



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

\$28

Garden Centre Open Victoria Day

7AM - 6PM



Freeman Herbs

Specializing in potted organic herb production year-round, Freeman Herbs began in 1947 as a tender fruit and vegetable farm. In 2004, the neighbouring Hendriks family bought the herb operation located in Beamsville, Ont. and now employ over 140 people. Built on core values which include sustainability and integrity, innovation and technology have been the cornerstone of their growth. Spring production includes proudly certified organic potted herbs, veggies, lavender, Boston ferns and value added live garden products.



PC* VEGETABLES IN CAGE
SELECTED VARIETIES
12 INCH
20753922_EA/20753957_EA

\$18



PC* HERB IN WHISKEY BARREL
SELECTED VARIETIES
10 INCH
20753949_EA

\$20



PC* WINDOW BOX PLANTER
SELECTED VARIETIES
24 INCH
20753920_EA

\$32



MIX AND MATCH
PC* GIGANTICO* ANNUALS, HERBS OR VEGETABLES
SELECTED VARIETIES
4.33 INCH
21350302_EA/21350301_EA/21352664_EA
21350306_EA/21350305_EA

5/\$25
LESS THAN 5 \$5.50 EA.



PC* JUMBO ANNUAL HANGING BASKET
SELECTED VARIETIES
20753924_EA

2/\$55
LESS THAN 2 \$32 EA.



MIX AND MATCH
PC* DELUXE ANNUAL HANGING BASKET
SELECTED VARIETIES
11 INCH
20753924_EA

2/\$36
LESS THAN 2 \$20 EA.



PC* COMBO PLANTER
SELECTED VARIETIES
10 INCH
20753963_EA

\$23



PC* SUPER GIGANTICO* ANNUALS
SELECTED VARIETIES
6 INCH
21352513_EA

\$9



PC* 4-SEASON TROPICALS
SELECTED VARIETIES
6 INCH
21347083_EA

\$12



TROPICAL PLANTS
SELECTED VARIETIES
10 INCH
21518651_EA
21214925_EA

\$30-45



CAT PALM
SELECTED VARIETIES
10 INCH
2157215_EA
21518651_EA

\$30



HIBISCUS
SELECTED VARIETIES
6 INCH
21346532_EA

\$10



PC* LILIUM COLLECTION
SELECTED VARIETIES
8 INCH
21350466_EA

2/\$25
LESS THAN 2 \$13 EA.



PC* CAMPANULA
4 INCH
20642640_EA

\$5.50



PC* PERENNIALS
SELECTED VARIETIES
9 CM EACH
21350463_EA

2/\$9
LESS THAN 2 \$5 EA.



PC* PERENNIALS
SELECTED VARIETIES
13 CM
21350465_EA

2/\$18
LESS THAN 2 \$10 EA.



PC* PERENNIALS
SELECTED VARIETIES
15 CM EACH
21350466_EA

2/\$26
LESS THAN 2 \$15 EA.

Our plant guarantee

Evergreens*, trees, shrubs, rose bushes and perennials* are guaranteed for one full year.

Bring your original receipt and the original plant back to one of our Garden Centres and we will be happy to refund your money. All sales of "reduced to clear" plants are final. *Does not apply to evergreen and perennial planters in decorative containers.

100% Canadian grown

How do we recycle?

Empty Pots are shipped back to the greenhouse where they are compacted/ crushed.

Plastic is shredded to make pellets, which are used to make new pots and flats.

Established in 2008.

May 2 - June 19
bring back your empty pots/flats and you can earn

100 pts

for each pot or flat you return



BURPEE OR MCKENZIE SEEDS
SELECTED VARIETIES
EACH
20752992_EA
20752876_EA

1⁸⁹-5⁴⁹

SPRING BULBS
PLANT NOW FOR
SUMMER BLOOMS,
SELECTED
VARIETIES
EACH
21423977_EA
21426050_EA

\$8-17



SHRUBS OR EVERGREENS
SELECTED VARIETIES
2 GALLON
20217146_EA
20217255_EA

\$18-40

GROW YOUR OWN
SELECTION OF
FRUITS AND
VEGETABLES
SELECTED
VARIETIES
EACH
21430587_EA
21430596_EA

4⁹⁹-9⁹⁹

PC[®] FLOWER & GARDEN BED SOIL
50 L
21363856_EA

2/\$20
LESS THAN 2 \$11.50 EA.



PLANT FOOD FERTILIZER OR GRASS SEED
SELECTED VARIETIES AND SIZES
21567431_EA
21359480_EA

\$8-25

NO NAME[®] ALL PURPOSE SOIL
50 L
21358664_EA

2/\$20
LESS THAN 2 \$11.50 EA.



PC[®] POTTING SOIL
25 L
21349090_EA

2/\$12
LESS THAN 2 \$7 EA.

PC[®] VEGETABLE & HERB SOIL
25 L
21349109_EA

2/\$12
LESS THAN 2 \$7 EA.

PC[®] MOISTURE LOCK POTTING SOIL
25 L
21349077_EA

\$10



GARDEN DÉCOR AND POTS
SELECTED SIZES
EACH
21570488_EA
21570439_EA

SEE GARDEN CENTRE FOR RETAILS

GARDEN TOOLS AND WATERING ACCESSORIES
SELECTED VARIETIES AND STYLES
EACH
21570571_EA
21570637_EA

SEE GARDEN CENTRE FOR RETAILS

PC[®] YARD WASTE BAGS
5'S
20429880_EA

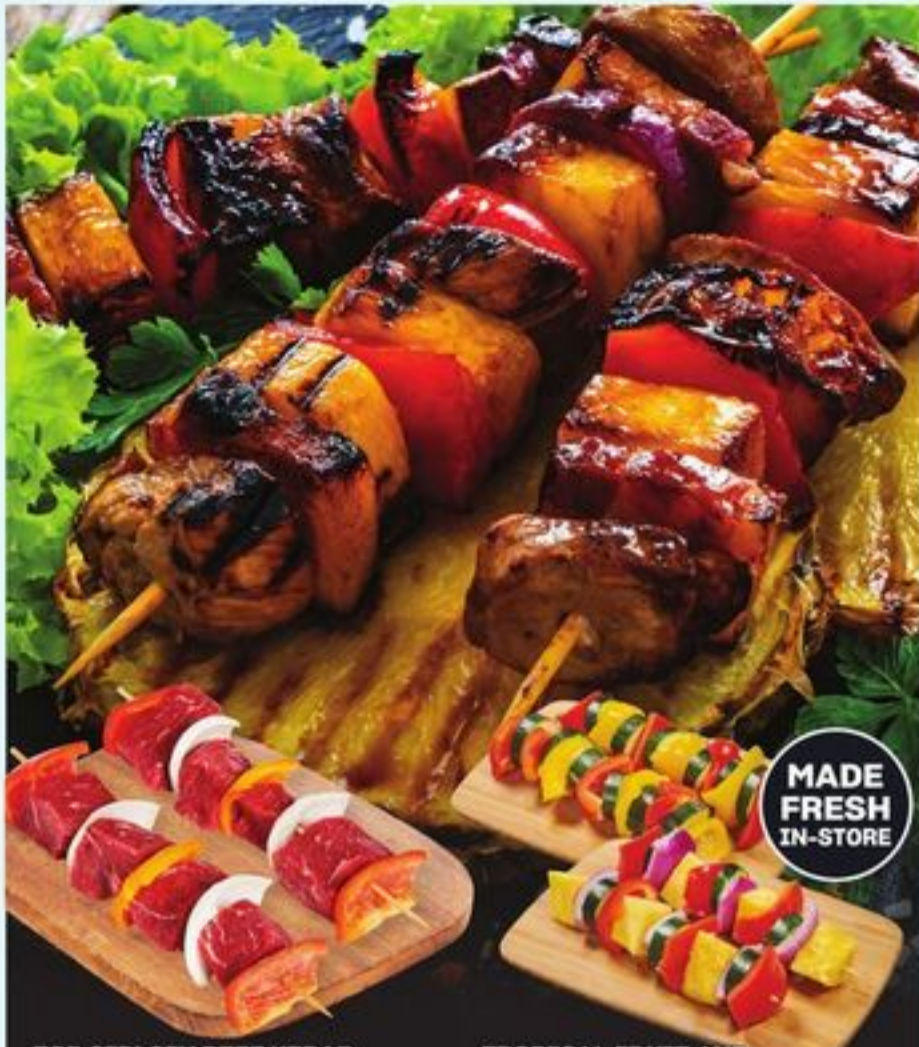
2/\$8
LESS THAN 2 \$4.99 EA.

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Long weekend essentials



TOP SIRLOIN BEEF KEBAB
CUT FROM CANADA AA
GRADE BEEF OR HIGHER
30.84/KG
21462765_KG

13⁹⁹
LB

**TROPICAL FRUIT AND
VEGETABLE KEBABS**
SELECTED VARIETIES
2'S
21456957_EA/21456947_EA

\$6



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

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



**PC[®] GRILLING RAW
SHRIMP SKEWERS**
SELECTED VARIETIES
FROZEN
360 G
21283307_EA/21517019_EA

11⁹⁹



**DEMPSTER'S
HAMBURGER OR
HOT DOG BUNS**
8'S
21311477_EA/21311479_EA

3⁴⁹



**MADE
FRESH
IN-STORE**

**40 WINGS
NAKED OR BREADED**
AVAILABLE UN-SAUCE
OR YOUR CHOICE OF SAUCE
(INCLUDES CELERY &
CARROTS)
21558990_EA

\$45



**MADE
FRESH
IN-STORE**

**IN-STORE PREPARED
CLASSIC ITALIAN
STYLE OR PULLED PORK
SLIDERS**
716/853 G
21562105_EA/21595416_EA

\$15



**MADE
FRESH
IN-STORE**

**SANDWICH
OR WRAP
PLATTERS**
1.1-3.4 KG
21557919_EA/
21558137_EA

\$20-25



**VEGETABLE SAMOSA
PLATTERS**
12 PACK
21558737_EA

\$12



**PREPARED
IN-STORE**

**12-PIECE CHILLED
PACK OUT WINGS
WITH ANY PIZZA
OR FLATBREAD**
21532556_EA/21456401_EA

\$20



**COLDCASE SALAD
PLATTERS**
20113593_KG/20788914_KG

2⁴⁹
/100 G



**MADE
FRESH
IN-STORE**

**GOURMET
BAGUETTE,
DELUXE SUB
OR WRAPS
LARGE
PLATTER**
21558211_EA/
21558212_EA

\$55-65



**MADE
FRESH
IN-STORE**

FRIED TORTILLA CHIPS
450 G OR FRESH
GUACAMOLE 320 G
21534615_EA/21525868_EA

\$5



**PC[®] SMOKIN'
STAMPEDE[®] BBQ
SAUCE**
SELECTED VARIETIES
500 ML
21021473_EA/21021521_EA

3⁴⁹



**PC[®] MEMORIES OF[®]
SAUCE**
SELECTED VARIETIES
350 ML
20311313001_EA/
20311313008_EA

4⁹⁹



PC[®] CROUTONS
SELECTED
VARIETIES
140 G
20796248001_EA

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



**STONE FIRE NAAN
CRISPS 170 G OR PC[®]
MINI HUMMUS 228 G**
SELECTED VARIETIES
20754856_EA/21569500_EA

2/\$7
LESS THAN 2
\$4 EA.



**PC[®] READY TO EAT
POPCORN OR KETTLE
COOKED, LOADS OF
FLAVOUR OR WORLD
OF FLAVOUR POTATO
CHIPS OR PC[®]
GARDEN STIX**
SELECTED VARIETIES
142-250 G
20910769_EA/21422931_EA

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



PC[®] MINI CANS
SELECTED VARIETIES
6X222 ML
21093763_C06/21094147_C06

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



**PC[®] BLUE MENU
OR PC[®] SPARKLING
WATER**
SELECTED
VARIETIES
12X365 ML
20668034002_C01
21518575_C01

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

Long weekend treats

PC ICE CREAM SHOP ICE CREAM
SELECTED VARIETIES
FROZEN
946 ML
21575127_EA/21575303_EA

\$4

PC BLACK LABEL ICE CREAM
SELECTED VARIETIES
FROZEN
500 ML
20604543004_EA/20604543004_EA

\$4

PC COOKIE DOUGH ICECREAM BITES
SELECTED VARIETIES FROZEN
6'S
21506998_EA/21507016_EA

\$5

PC MOCHI FROZEN DESSERT
SELECTED VARIETIES
6'S
21166581_EA/21167338_EA

5⁴⁹

PC WAFFLE BOWLS OR CONES
SELECTED VARIETIES
135/205 G
21263795_EA/21263798_EA

4⁴⁹

PC SYRUP SQUEEZABLE BOTTLE
SELECTED VARIETIES
428 ML
20338077_EA/20339669_EA

5⁴⁹

NO NAME ICE CREAM SANDWICHES OR BARS
CLUB SIZE
SELECTED VARIETIES
FROZEN
24/30'S
2034740002_EA/21013432_EA

\$10

NO NAME ICE MILK
SELECTED VARIETIES
FROZEN
4 L
20015284002_EA

7⁹⁹

NO NAME ICE CREAM CONES OR CUPS
SELECTED VARIETIES
75-80 G
21203830_EA/21203883_EA

\$2

CHAPMAN'S SUPER PREMIUM PLUS ICE CREAM
SELECTED VARIETIES
FROZEN
500 ML
21511147_EA/21511200_EA

4⁹⁹

CHAPMAN'S SUPER NOVELTIES
SELECTED VARIETIES
FROZEN
20072328002_EA/20111532_EA

5⁹⁹

MAGNUM BARS
SELECTED VARIETIES
FROZEN
4'S
2034205003_EA/20950739_EA

4⁹⁹

NO NAME WHIPPED TOPPING
SELECTED VARIETIES
FROZEN
1 L
20113422001_EA

3⁹⁹

NO NAME MARSHMALLOW
SELECTED VARIETIES
400 G
20304672001_EA/21023141_EA

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

PC CHOCOLATE BARS
SELECTED VARIETIES
90-100 G
20024823_EA/20313501_EA

2/\$4.50
LESS THAN 2 \$2.79 EA.



Insiders Report™

Must Try

Welcome to our Best Summer Yet!

APP EXCLUSIVE OFFER

Open your PC Optimum™ app or visit pc optimum.ca to get the offer

2,000 pts

\$2 Value



\$5

PC® FLAVOURED ICE POPS
SELECTED VARIETIES
FROZEN
6X60 ML
21575381_EA



new

APP EXCLUSIVE OFFER

Open your PC Optimum™ app or visit pc optimum.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



APP EXCLUSIVE OFFER

Open your PC Optimum™ app or visit pc optimum.ca to get the offer

2,000 pts

\$2 Value



5.99

PC® CHOPPED SALAD KITS
PRODUCT OF U.S.A.
SELECTED VARIETIES
285-369 G
21378085_EA



Must Try



\$14

PC® PORK BELLY BURNT ENDS
FROZEN
500 G
21565531_EA

Must Try



\$6

PC® BARESE SAUSAGE
250 G
21576127_EA

Must Try



\$17

PC® CHICKEN YAKITORI
480 G
21575909_EA

Must Try



\$5

PC® CINNAMON SUGAR OR CHILI LIME PINEAPPLE SKEWERS
FROZEN
300 G
21560146_EA/21560219_EA

Must Try



\$15

PC® SWEET & SMOKY BARBECUE BUTTERFLIED BLACK TIGER SHRIMP
FROZEN
360 G
21559382_EA

Must Try



\$6

PC® CHEESE OR MUSHROOM FRUSTA
FROZEN
2X165 G
21549514_EA/21549100_EA

\$5

Must Try



PC® CHICKEN MASALA ON RICE, CHICKEN YELLOW CURRY ON RICE OR CHICKEN BUN CHA
FROZEN
300 G
21565933_EA/21565869_EA/21566111_EA



Must Try



PC® BLACK LABEL WHITE BARBECUE SAUCE
350 ML
21589265_EA

Must Try



4.50

PC® M'AQUA COCKTAIL FLAVOURED SPARKLING WATER
SELECTED VARIETIES
6X355 ML
21590669_C06
21590689_C06

Must Try



4.50

PC® CHURRO FLAKE OUTS™ CROISSANT DONUTS
224 G
21590246_EA

\$7



Insiders Report™ 100+ new items for summer

Pick them up today



new



PC® CREAMY DILL PICKLE SLAW KIT
301 G
21588279_EA

5⁹⁹

new



PC® TANDORI SEASONED FULLY COOKED WHOLE CHICKEN
900 G
21587735_EA

12⁹⁹



Insiders Report™

Make summer an on-budget breeze



Click or Scan to Discover More



new



PC® OAK-SMOKED CITRUS AND GIN SCOTTISH ATLANTIC SALMON
125 G
21576457_EA

10⁹⁹

new



PC® BRIOCHE SESAME BUNS
300 G
21576538_EA

4⁹⁹

new



PC® MONTREAL STEAK SPICE SEASONED PIZZA MOZZARELLA AND CHEDDAR CHEESE BLEND
320 G
21575868_EA

5⁹⁹

new



PC® MILK CHOCOLATE COVERED STRAWBERRIES OR BANANAS
SELECTED VARIETIES
FROZEN
200 G
21544053_EA
21520140_EA

5⁴⁹



PC® STREET CART SAUSAGE CHEDDAR OR ORIGINAL
500 G
21525048_EA/21525049_EA

6⁹⁹

new



PC® INBETWEENZ™ DESSERT SQUARE
SELECTED VARIETIES
312 G
21592641_EA

\$8

new



PC® FROSTOVERS™ HAND PIE
SELECTED VARIETIES
150 G
21588644_EA

4⁴⁹



PC® SMOKIN' STAMPEDE FUMÉ CORN RIBS
FROZEN
500 G
21520140_EA

\$5

new



PC® SPARKLING DEALCOHOLIZED APPLE OR PEAR CIDER BEVERAGE
SELECTED VARIETIES
4X330 ML
21588266_C04
21588277_C04

7⁵⁰

new



PC® DARK ALE OR IPA LOW ALCOHOL BEER (LESS THAN 0.5% ALC./VOL.)
4X355 ML
21588335_C04
21589408_C04

\$6



PC® LEMONADE
SELECTED VARIETIES
1.89 L
20772870001_EA
21425929_EA

2/5⁵⁰
LESS THAN 2 \$3.49 EA.

new



PC® SAMOSA LAYERED DIP
350 G
21588729_EA

5⁹⁹



PC® DIPS OR HUMMUS
190-227 G OR PC® NAAN DIPPERS 200 G
SELECTED VARIETIES
20584097_EA
21092033_EA

2/\$7
LESS THAN 2 \$4 EA.



PC® MINI NAAN
TRADITIONNAL OR GARLIC
SELECTED VARIETIES
4'S
21076210_EA
21076234_EA

3⁴⁹

Grocery



BETTY CROCKER DUNKAROOS 168 G,
NATURE VALLEY MUFFIN BAR 175 G,
NATURE VALLEY CRUNCHY DIP 132 G OR
PC® BLUE MENU® PEANUT BUTTER 750 G
SELECTED VARIETIES
20057669001_EA/21449886_EA

2/\$9
LESS THAN 2
\$5.49 EA.



QUAKER CEREAL
SELECTED VARIETIES
288-500 G
20637355_EA/21082500_EA

4²⁹



STARBUCKS
COFFEE ENHANCERS
SELECTED VARIETIES
828 ML
21359473_EA/21436900_EA

6⁹⁹



KOZY SHACK
RICE PUDDING
SELECTED VARIETIES
452-678 G
20323829001_EA/20325154001_EA

3⁹⁹



STARBUCKS ICED
COFFEE 1.18/1.42 L OR
IÖGO YOGURT 16X100 G
SELECTED VARIETIES
20609583001_EA/21215530_EA

7⁹⁹



BLACK DIAMOND
CHEESE BARS
400 G OR SHREDS
300-320 G
SELECTED VARIETIES
20297818003_EA/21279221_EA

6⁹⁹



GAY LEA SOUR CREAM
SELECTED VARIETIES
500 ML
20317536001_EA

3⁴⁹



CRACKER BARREL
CHEESE SLICES
SELECTED VARIETIES
220/240 G
21290705_EA

4⁹⁹



MISS VICKIE'S
KETTLE COOKED
POTATO CHIPS
OR SMARTFOOD
POPCORN
SELECTED
VARIETIES
150-250 G
21240703_EA
20972859_EA

2/\$10
LESS
THAN 2
\$5.49 EA.



CHRISTIE
RITZ, WHEAT
THINS OR
TRISCUIT
CRACKERS
SELECTED
VARIETIES
175-454 G
21030905_EA
21547034_EA

2/7⁵⁰
LESS
THAN 2
\$3.99 EA.



PC® CRACKERS
142-225 G OR
SWISS STICKS
100 G
SELECTED
VARIETIES
20538543003_EA
20588938003_EA

3⁴⁹



DARE
ULTIMATE COOKIES,
VIVA PUFFS, WHIPPET
OR WAGON WHEELS
SELECTED VARIETIES
230-360 G
20025850002_EA
20419986001_EA

2/\$7
LESS THAN 2
\$4.29 EA.



TETLEY TEA 80'S OR
1850 GROUND OR
BEAN COFFEE 340 G
SELECTED VARIETIES
20711164_EA/21196935_EA

8⁹⁹



BALZAC'S GROUND OR
WHOLE BEAN COFFEE
300/340 G OR
DAVID'S TEA
MATCHA SINGLE
SERVE 78 G
SELECTED
VARIETIES
20987612_EA
21405691_EA

12⁹⁹



JORDAN'S CEREAL
SELECTED VARIETIES
375-400 G
21522230_EA/21522267_EA

4⁹⁹



QUE PASA CHIPS,
TACO SHELLS
130/350 G OR
SALSA 420 ML
SELECTED VARIETIES
21031316_EA/21410537_EA

3⁴⁹



LYSOL TOILET CLEANER
710-950 ML,
LYSOL ALL PURPOSE
CLEANERS
650 ML/1.2 L OR
LYSOL GEL 4'S
SELECTED VARIETIES
20310677001_EA
20309873002_EA

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



FLEECY FABRIC
SOFTENER 1.36 L OR
SHEETS 80'S,
OXICLEAN STAIN
REMOVER SPRAYS
354-636 ML OR
GEL STICK 183 ML
SELECTED VARIETIES
EACH
20043178_EA/21311876_EA

5⁴⁹



DOWNY OR GAIN
FABRIC SOFTENER 2.63 L,
BOUNCE, BEADS 379 G,
DOWNY OR GAIN SHEETS
120-200'S OR
ZIPLOC MEGA PACK BAGS
60-260'S
SELECTED VARIETIES
21196085_EA/21549966_EA

9⁹⁹



WHISKAS CAT FOOD
SELECTED VARIETIES
1.5/2 KG
20754051_EA

9⁹⁹

For your family



JERGENS LOTION, COPPERTONE SUNSCREEN, NIVEA CREAM OR BIORÉ FACE CARE SELECTED VARIETIES AND SIZES 21089622_EA/21176321_EA

SALE
SAVE UP TO
25%



J.R. WATKINS OR METHOD BODY WASH 532 ML OR J.R. WATKINS OR SOFTSOAP LIQUID HAND SOAP REFILL 828 ML-1.47 L SELECTED VARIETIES 21167194_EA/21425299_EA

6⁴⁹



DOVE, BATISTE, AVEENO OR GARNIER WHOLE BLENDS HAIR CARE OR STYLING SELECTED VARIETIES AND SIZES 20419882001_EA/20850398_EA

8⁹⁹



TAMPAX PEARL TAMPONS 18'S, ALWAYS PREMIUM INFINITY FLEX FOAM PADS 16'S OR U BY KOTEX CLICK COMPACT UNSCENTED TAMPONS 16'S SELECTED VARIETIES AND SIZES 21284541_EA/21287976_EA

2/\$8
LESS THAN 2
\$4.99 EA.



ASPIRIN 100/120'S, ALEVE 40-100'S, ALEVE-X 72 G, TYLENOL 72-150'S, MOTRIN 60/150'S OR ADVIL 40-72'S PAIN RELIEF TABLETS, CAPLETS, GELS OR RUB SELECTED VARIETIES 21532778_EA/20328051_EA

15⁹⁹



HEAD & SHOULDERS 370 ML, OLD SPICE 400 ML OR HERBAL ESSENCE 400-600 ML HAIR CARE SELECTED VARIETIES AND SIZES 21505016_EA

5⁹⁹



DIAL BODY WASH 473 ML, FOAMING LIQUID HAND SOAP 221 ML OR LIFE BRAND LIQUID HAND SOAP 950 ML SELECTED VARIETIES 21311819_EA/21357582001_EA

2⁹⁹



ALWAYS DISCREET 10-54'S OR TENA 12-48'S INCONTINENCE UNDERWEAR OR PADS SELECTED VARIETIES AND SIZES 20814896_EA/210333778_EA

16⁹⁹



SENSODYNE RAPID RELIEF OR REPAIR AND PROTECT TOOTHPASTE, POLIDENT TABLETS 84-96'S, ORAL-B BATTERY TOOTHBRUSH, CREST PRO HEALTH OR SCOPE MOUTHWASH OR CREST GUM DETOXIFY TOOTHPASTE SELECTED VARIETIES AND SIZES 20437569002_EA/205598749_EA

7⁴⁹



SIX STAR WHEY PROTEIN SELECTED VARIETIES 821/907 G 21559849_EA/21559977_EA

\$5 Value
Optimum 5,000^{mg}



COLGATE OPTIC WHITE OR SENSITIVE PRO RELIEF TOOTHPASTE 70-133 ML, BATTERY TOOTHBRUSHES, MANUAL TOOTHBRUSHES, HELLO TOOTHPASTE 82-98 ML OR COLGATE PERIOGARD TOOTHPASTE SELECTED VARIETIES 21220587_EA/21517424_EA

5⁹⁹

For your baby



PC® CLUB PACK® BABY WIPES 1200'S,
HUGGIES, PAMPERS 6, 9, 10'S
OR BABY WIPES 336-720'S
SELECTED VARIETIES
21432245_EA

\$20



HELLO BELLO OR
MILLIE MOON DIAPERS
SELECTED VARIETIES, CLUB SIZE
21280046_EA/21520459_EA

24⁹⁹



ENFAMIL A+ BABY FORMULA
POWDER REFILL
STAGE 1 & STAGE 2
SELECTED VARIETIES
992 G
20435527002_EA/20435527003_EA

54⁹⁹



PC® ORGANICS
BABY FOOD POUCHES
SELECTED VARIETIES
128 ML
20651248004_EA/210651270002_EA

5/\$7
LESS THAN 5
\$1.79 EA.



BABY GOURMET SNACKS AND
BARS 40-90 G OR JARS 113 ML
SELECTED VARIETIES
21123961_EA/21414273_EA

20%
SALE
SAVE UP TO



Q-TIPS COTTON SWABS
500'S
20323077001_EA

4⁴⁹



SIMILAC STAGE 1 & 2
READY TO FEED
BABY FORMULA
SELECTED VARIETIES
16X235 ML
21334696_C01/21334752_C01

51⁹⁹



HELLO BELLO 10X WIPES
SELECTED VARIETIES
600'S
21280051_EA

19⁹⁹

Pampers

UP TO **100%** LEAKPROOF PROTECTION

34⁹⁹ Swaddlers
diapers
selected varieties
and sizes
21455869_EA

36⁹⁹ Easy Ups
Training Pants
selected varieties
and sizes
21089194_EA

26⁹⁹ Ninjamas
Nighttime Underwear
selected varieties
and sizes
21308929_EA

pull-Ups

SIMPLIFY THE POTTY TRAINING JOURNEY

\$36⁹⁹
Pull-Ups® training pants
selected varieties 66-104's
21021427_EA

HUGGIES

natural care

DO NOT FLUSH

168

Thicker & more absorbent
for a gentle clean*

\$8⁹⁹
Huggies® wipes
selected varieties
168-192's
20558604_EA

Beer & cider

limited time offer May 16 - 22



Savvy Buys



COORS ORIGINAL
6X473 ML CANS
21294687_C06

16⁹⁵



STELLA ARTOIS
473 ML CAN
21337003_EA

3⁴⁵



PABST BLUE RIBBON
473 ML CAN
20954813_EA

2¹⁰



SOMERSBY APPLE CIDER
4X473 ML CANS
21313146_C04

12⁵⁵

Imports



CORONA EXTRA
6X330 ML BOTTLES
21338460_C06

15⁶⁵



SAPPORO
6X500 ML CANS
21014346_C06

17⁹⁵

Explore



BALL'S FALLS SESSION IPA
473 ML CAN
21009874_EA

3²⁵



GLB OCTOPUS WANTS TO FIGHT IPA
473 ML CAN
21185170_EA

3³⁵

Only at the following Your Independent Grocer locations (unless otherwise stated) : 455 McNeely Ave., Carleton Place, 4764-17 Regional Rd. 15, Chelmsford, 62 Thames Rd. E., Exeter, 5200 Hwy #69 N., Hanmer, 1521 Hwy #11 W., Hearst, 131 Howland Dr., Huntsville, 273 King St. W., Ingersoll, 55 Brunetville Rd., Kapuskasing, Kemptville Mall Hwy #43 W., Kemptville, 15 McChesney Ave., Kirkland Lake, 200 Grant Carman, Nepean, 55 Scott St., New Liskeard, 1 Laurentian Ave., North Bay, 685 River Rd., Ottawa, 1900 Dixie Rd., Pickering, 1244 Goderich St., Port Elgin, 1893 Scugog St., Port Perry, 44 Great Northern Rd., Sault Ste. Marie, 1251 Main St., Stittsville, 1836 Regent St. S., Sudbury and 654 Algonquin Blvd. E., Timmins.

We reserve the right to limit quantities. Prices include tax and deposit and may be subject to change without notice. No rainchecks or substitutions. See in-store or yourindependentgrocer.ca for store hours.

Please drink responsibly & designate a driver. Don't drink & drive.

MARC ANGELO

#1 IMPORTED ITALIAN BRAND

MORTADELLA
125 g
21383148_EA
3.99

EUROPEAN CHARCUTERIE
100 g
21289363_EA
7.49

ANTIPASTO MISTO AND ASSORTED • 100 g
20865352_EA
7.49

ASSORTED SALAMI CHUBS
225 - 300 g
21362680_EA/21021493_EA
8.99 - 11.99

100% PRODUCT OF ITALY

* Refers to the #1 Imported Deli Brand

yves
VEGGIE CUISINE™

MMMM... PLANTS

Great plant-based food.

YVES® FAMILY PACK VEGGIE BURGERS
20061102_EA
10.99

YVES® FAMILY PACK VEGGIE DOGS
20032594_EA
6.49

YVES® VEGGIE BACON STRIPS
20573903_EA
5.49

Find us in store or online

Yves Veggie Cuisine® is a registered trademark of Hain-Celestial Canada, ULC.

Sabra

SUNNY DAY Snacks

SABRA HUMMUS SELECTED VARIETIES
283 G
20103342_EA
LESS THAN 2 \$4.49 EA
2/\$8

SABRA HUMMUS SELECTED VARIETIES
482 G
20103342_EA
LESS THAN 2 \$7 EA
2/\$12

SABRA HUMMUS SELECTED VARIETIES
FAMILY SIZE FORMAT FAMILIAL
ROASTED RED PEPPER POYVIRON ROUGE GRILLÉ HUMMUS

Johnsonville

6.99 Smoked Beef Sausage
Assorted varieties (375 g)

5.99 Smoked Pork Sausage
Assorted flavours (375 g)

2/\$13 Fresh Sausage
Assorted varieties (250 - 500 g)

LESS THAN 2 \$6.99 EA.

Dr. Oetker

Pizza for everyone TO ENJOY

\$7.99 Giuseppe Stuffed Crust
(685 - 771 g)
21555844_EA

\$6.49 Tradizionale
(385 - 415 g)
21561829_EA

Armstrong
NATURAL CHEESE 1902

Bring the Love. Bring Armstrong Cheese.

4.99 NATURAL CHEESE SLICES
SELECTED VARIETIES
220-240 g
ARMSTRONG
21333850_EA

5.99 COMBOS SNACKS
SELECTED VARIETIES
180 g
ARMSTRONG
21440781_EA

5.99 NIBBLERS CHEESE SNACKS
SELECTED VARIETIES
200 g
ARMSTRONG
21539032_EA

8.99 MOZZARELLISSIMA & LACTOSE FREE MOZZARELLISSIMA BLOCKS
SELECTED VARIETIES
500 g
SAPUTO
20759241002_EA

2.49 NACHO QUESO SUPREME & FRENCH ONION
HELLUVA GOOD!
20872654_EA

YOUR ESSENTIALS FOR THE BBQ SEASON

15.99 Swiss Chalet BBO or Honey & Garlic Pork Back Ribs (Refrigerated)
21022221_EA/21093780_EA

15.99 Montana's Texan BBQ Pork Back Ribs (Refrigerated)
21203458_EA

I ♥ Reese's DAY

MAY 18TH

Hershey Family Bars, selected varieties (90 - 120 g) 2048182_EA
LESS THAN 2 \$3.29 EA. 2/\$5

Hershey King Size Bars, selected varieties (62 - 85 g) 2048182_EA
LESS THAN 2 \$2.49 EA. 2/4 50

Hershey Single Bars, selected varieties (34 - 58 g) 2050002_EA
LESS THAN 2 \$1.79 EA. 2/2 50

4 Bar / Bars, selected varieties 20525405_EA
LESS THAN 2 \$5.99 EA. 2/\$9

Hershey Multi 4 packs, selected varieties (170 - 198 g) 20525405_EA
LESS THAN 2 \$5.99 EA. 2/\$9

Hershey Packaged Candy, selected varieties (160 - 230 g) 2052597004_EA/21253804_EA
LESS THAN 2 \$5.99 EA. 2/\$9

VAN HOUTTE®

LIVE FLAVOURFULLY™

\$17.99
Van Houtte® 30 K-Cup® pods selected varieties 20743469_EA/21588231_EA

\$13.99
Van Houtte® ground coffee selected varieties 340 g 20973094_EA/20973133_EA

bai

Bai® selected varieties 530 mL 21362966_EA
LESS THAN 2 \$3.29 EA. 2/\$6

NEW

21433571_EA
21362998_EA
21362998_EA
21362998_EA
21583389_EA

DrinkBaiCanada.com
Contains Caffeine. Trademark used under license by Canada Dry Mott's Inc.

Campbell's SNACK INTO Summer

2/\$7 LESS THAN 2 \$3.99 EA.
NEW Pepperidge Farm® Goldfish® Crisps 177 g selected varieties 21575178_EA/21575294_EA

3.99
Snyder's of Hanover® Pretzels 240 g selected varieties 20316052004_EA/20316052002_EA

2/\$4 LESS THAN 2 \$2.49 EA.
NEW Kettle Brand® Kettle Cooked Air Fried Chips 156 g selected varieties 21589837_EA/21589952_EA

2/\$7 LESS THAN 2 \$3.99 EA.
Pepperidge Farm® Goldfish® Crackers 156-227 g, 6x28 G selected varieties 20320900_EA/21574954_EA

LIMITED TIME ONLY

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WE'VE GOT THE FLAVOUR

EXPLORE GRILLING RECIPES & TIPS ON OUR FLAVOUR MAKER APP

6.49
CLUB HOUSE® LA GRILLE SEASONING BLENDS AND RUBS SELECTED VARIETIES 120-240 G 20321740001_EA 20321740002_EA
LESS THAN 2 \$2.49 EA. 2/\$4

2.99
FRENCH S® MUSTARDS SELECTED VARIETIES 325 - 400 ML 20083238_EA

7.99
CLUB HOUSE® SEASONING BLENDS SELECTED VARIETIES 111 - 181 G 20300000001_EA 20300177001_EA

4.99
FRANK'S REDHOT® HOT SAUCES SELECTED VARIETIES 354 ML 20187432001_EA 21352012_EA

2.99
FRENCH S® KETCHUP 750 ML / 1 L STUBBS® BBQ SAUCE 450 ML SELECTED VARIETIES 20035951_EA 21021214_EA

5.49
FISH CRISP® COATING MIXES SELECTED VARIETIES 230-340 G 20333502_EA

3.49
FRENCH S® CREAMY MUSTARD SELECTED VARIETIES 325 ML 21432829_EA 21432834_EA

Get great recipe ideas at clubhouse.ca frankshredhot.ca

RIO MARE

5.99
Rio Mare light tuna selected varieties 3x80 g 20035383_EA

3.99
Rio Mare tuna salad selected varieties 160 g 20971498_EA

Real Italian Taste

SAVE On Your Favourite Household Brands

15.99 Gain laundry detergent 4.55 L/42's, Gain/Downy fabric softener 2.4 L-3.29 L, beads 515 g, Downy/Tide Rinse 48 oz, Bounce Sheets 240's, selected varieties 21405182_EA/20965291_EA

16.99 Tide laundry detergent 3.4 L, Downy fabric softener 2.98-4.16 L, Tide PODS 57/43's, Downy/Gain beads 680 g, selected varieties 21454815_EA/21549792_EA

4.99 Dawn 825 - 982 mL, Dawn EZ Squeeze 535 - 650 mL, Dawn Powerwash Refill 473 mL, selected varieties 21430569_EA/21516486_EA

4.49 Febreze Air 250 g, Car 2 mL, Mr. Clean All Purpose Cleaner 1.2 L, selected varieties 21005017_EA/20976906_EA

12.99 Swiffer Duster Refills 6-10's, Wet Refills 12-24's, Dry Refills 16-32's, selected varieties 21176851_EA/21176876_EA

17.99 Charmin Bath Tissue, 12-48 Rolls, selected varieties 21549779_EA/21484810_EA

17.99 Bounty Paper Towels, 6-12 21515966_EA

10.99 Bounty Napkins 400's 21053171_EA

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Same Size. Less Plastic.

\$2 Value

2,000^{PH}

\$8.99*

SIMPLY ORANGE JUICE
2.63 L
21592119_EA



\$2 Value

2,000^{PH}

\$7.49*

GOLD PEAK ICED TEA
2.63 L
21592193_EA



Made with 12% Less Plastic.

*Plus applicable taxes, levies, deposits and fees. Valid at participating locations for a limited time. Subject to availability while supplies last. Retailer may sell for less. ^{PH}The Coca-Cola Company, used under license.

START YOUR ACTIVIA GUT HEALTH CHALLENGE

2 ACTIVIA PER DAY FOR 14 DAYS



\$4.49
ACTIVIA[®] - 650 g
2068634_EA



\$4.49
ACTIVIA[®] - 2 x 100 g
2068642_EA



\$11.99
ACTIVIA[®] - 2 kg
2047289_EA

less than 2 \$2.29 ea.

2/3.50
ACTIVIA[®] - 100 mL
21348503_EA



\$7.49
ACTIVIA[®] - 12 x 100 g
2030342929_EA



\$6.49
ACTIVIA[®] - 8 x 100 mL
21430502_EA



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

less than 2 \$2.29 ea.

2/3.50
Oikos[®] - 100 mL
21402298_EA



less than 3 \$4.79 ea.

3/\$12
Oikos[®] - 4 x 100 g
2049375005_EA
2049375004_EA

\$6.99
Oikos[®] - 550/750 g
21009880_EA



10-HOUR BREW BOLD AND SMOOTH TASTE



less than 2 \$8.99 ea.

2/14.50
Stok[®] - 1.42 L
21213739_EA
21213737_EA



LOW IN SUGAR BIG ON TASTE

\$4.49
Two Good[®] - 4 x 55 g
21475047_EA



\$4.99
Two Good[®] - 825 g
21475047_EA



DANONE GO!

less than 3 \$1.29 ea.

3/\$3
Danone Go[®] - 190 mL
21349387_EA/21349382_EA



DANONE Danino

less than 2 \$4.49 ea.

2/\$7
Danino[®] - 6 x 93 mL
21520245_EA



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