

DIGITAL COUPONS

UP TO
\$60
 IN TOTAL
 VALUE

scan
to see all
coupons



Optimum™

Optimum
20,000
 when you spend
 \$100* or more

\$20
 Value



IN THE BABY DEPARTMENT
 EXCLUSIONS APPLY
 21208370_C01/21456221_EA



Members
save
\$8

Optimum
 Members-Only Price™
9.99
 Non-members
17.99

HIGH LINER PAN-SEAR
 SELECTS OR SIGNATURE CUTS
 SELECTED VARIETIES FROZEN
 425-540 G
 20844670_EA/21186254_EA



Members
save
\$6

Optimum
 Members-Only Price™
12.99
 Non-members
18.99

TILDA BASMATI RICE
 10 LB
 20153678_EA



Optimum™

Members save more.



click or visit
pc optimum.ca
to become a member

See back page for details.



Members save \$6

Optimum
Members-Only Price™
14⁹⁹
Non-members
20⁹⁹

CLIF ENERGY BARS
SELECTED VARIETIES
12X68 G
20130914003_C12/20312621_C12

Optimum
4,000 pts
for every \$10⁺
spent on

\$4
Value



KELLOGG'S CHEEZ-IT 191-200 G OR SNAP'D OR
TOWN HOUSE CRACKERS 260-391 G
SELECTED VARIETIES
21350253_EA/21451181_EA

Optimum
3,000 pts

\$3
Value



PC® BLUE MENU® UNSALTED
OR PC® SALTED PISTACHIOS
PRODUCT OF U.S.A.
225 G
20940014_EA/20940332_EA

6⁴⁹



DIGITAL COUPONS

UP TO
\$60
IN TOTAL
VALUE

CLICK FOR THIS
COUPON AND MORE 



More offers. More points.

Get the most offers when you:

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

Scan to see
our complete
digital flyer



Independent
Your Independent Grocer



CHICKEN BREASTS SKINLESS
BONE-IN OR **SPLIT CHICKEN**
WINGS FAMILY SIZE
11.00/KG
20055906_KG/20761916_KG

SAVE
AT LEAST \$1⁵⁰LB

4⁹⁹
LB



CUT BY OUR
BUTCHERS

SALE
SAVE \$5⁵⁰LB

6⁹⁹
LB

WEST SIRLOIN TIP STEAK
CUT FROM CANADA AA GRADE
WESTERN BEEF
15.41/KG
20825944_KG



PORK TENDERLOIN
CRYOVAC PKG OF 2
8.80/KG
20854535_KG

SALE
SAVE \$2⁰⁰LB

3⁹⁹
LB



11 LB
AVG

SALE
SAVE \$3⁰⁰

4⁹⁹

SEEDLESS WATERMELON
PRODUCT OF U.S.A.
11 LB AVERAGE
EA.
20067326001_EA



SEAQUEST® COLOSSAL PACIFIC
WHITE SHRIMP
RAW ZIPPERBACK® 16-20 PER LB
FROZEN
300 G
21043887_EA

SALE
SAVE \$3⁰⁰

5⁹⁹



SAVE
THIS WEEK

1⁴⁹
EA.
LB

WEST ENGLISH CUCUMBERS 1.49 EA. OR
GREENHOUSE TOMATOES ON THE
VINE 1.49 LB 3.28/KG PRODUCT
OF WESTERN PROVINCES
20070132001_EA/20026703001_KG



PC® FROZEN
VEGETABLES
350-750 G, **MCCAIN**
SUPERFRIES OR
SPECIALTY POTATOES
454-800 G SELECTED
VARIETIES FROZEN
20318915_EA/20324328002_EA

SAVE
AT LEAST 75¢

2⁹⁹



CHAPMAN'S PREMIUM
ICE CREAM 2 L OR
SUPER NOVELTIES 6-20'S
SELECTED VARIETIES FROZEN
20111532_EA/20323573001_EA

SAVE
THIS WEEK

\$5



NO NAME® CHEESE
BAR 700 G OR
PC® SHREDS 620 G
SELECTED VARIETIES
20975773_EA/21060177_EA

SAVE
THIS WEEK

8⁴⁹



NO NAME® BAGELS
OR **ENGLISH**
MUFFINS
SELECTED
VARIETIES
6'S
21217970_EA/21313119_EA

SAVE
THIS WEEK

2⁵⁰



SIMPLY JUICE OR
DRINKS 1.54 L OR
LIBERTÉ YOGURT
4X100 G SELECTED
VARIETIES
21080608_EA/21389653_EA

SAVE
THIS WEEK

3⁹⁹



COCA-COLA OR
PEPSI SOFT DRINKS
SELECTED
VARIETIES
24 X 355 ML
20306687003_C24
20308197001_C24

11⁴⁹



ROYALE BATHROOM
TISSUE 12 DOUBLE
ROLLS, **TIGER TOWEL**
PAPER TOWELS
3-6 ROLLS OR
FACIAL TISSUE 6'S
SELECTED VARIETIES
21363770_EA/21484702_EA

6⁹⁹

Independent™

Your Independent Grocer



Members save \$5

Optimum Members-Only Price **8⁹⁹**
Non-members **13⁹⁹**

NATURESOURCE SALAD TOPPERS
SELECTED VARIETIES
575-625 G
21166217_EA/21166271_EA



8,000⁺ for every '35' spent on **\$8 Value**

ANY SIZE PUREX, PERSIL OR SUNLIGHT LAUNDRY DETERGENT, SNUGGLE FABRIC SOFTENER OR SHEETS
20856516005_EA
20952977_EA



2,000⁺ **\$2 Value**

SAVE THIS WEEK **21⁹⁹**
PC[®] PAPER TOWELS CLUB SIZE 12 ROLLS
21558605_EA



2,000⁺ **\$2 Value**

SALE SAVE \$3 **13⁹⁹**

PC[®] PODS 30'S OR WHOLE BEAN COFFEE 907 G
SELECTED VARIETIES
21038677_EA/21038334_EA



SALE SAVE \$4

PC[®] SMOKED SALMON SELECTED VARIETIES FROZEN 150 G
20955009_EA/21047088_EA **9⁹⁹**



SALE SAVE \$4

PC[®] OLD FASHION STYLE BACON 1 KG
20115704_EA
21372769_EA **13⁹⁹**



SAVE AT LEAST \$1

6⁹⁹
BECEL MARGARINE 637/850 G OR PC[®] BUTTER QUARTERS 454 G
SELECTED VARIETIES
20297818002_EA/20313450001_EA



WHEN YOU BUY 2 SAVE \$2⁹⁸

2/\$11
BEN & JERRY'S 473 ML OR MAGNUM BARS SELECTED VARIETIES FROZEN 4'S
209550739_EA/21428213_EA
LESS THAN 2 \$6.99 EA.



SAVE \$2⁹⁸

4⁹⁹
HALO TOP FROZEN DESSERT 473 ML OR HÄAGEN-DAZS 414-450 ML OR BARS 3/4'S SELECTED VARIETIES FROZEN
21513555_EA/21087003_EA



SAVE THIS WEEK

3⁴⁹
YOPLAIT TUBE 8X56 G OR FRUITOPIA OR NESTEA DRINK 1.75 L
SELECTED VARIETIES
20348231004_EA/21547595_EA



SAVE THIS WEEK

3⁹⁹
PC[®] THIN AND CRISPY, LOADS OF, FOCACCIA OR FLAT BREAD PIZZAS 330-455 G OR CRAVE OR KRAFT DINNER ENTRÉES 200-340 G
SELECTED VARIETIES FROZEN
21013452_EA/21085515_EA



SAVE THIS WEEK

1⁹⁹
NO NAME[®] POTATO CHIPS SELECTED VARIETIES 200 G
21302821_EA/21302932_EA



SALE SAVE \$2

4⁴⁹
GOLD SEAL SOCKEYE SALMON 213 G
21186814_EA



SAVE THIS WEEK

99¢
HEINZ BEANS OR PASTA SELECTED VARIETIES 398 ML
20940380003_EA
20177278001_EA



SAVE THIS WEEK

6⁹⁹
HELLMANN'S MAYONNAISE 710-890 ML OR KRAFT MIRACLE WHIP 650-890 ML
SELECTED VARIETIES 710-890 ML
20288681001_EA/20618579001_EA



SAVE AT LEAST \$1

7⁹⁹
AVEENO OR LUBRIDERM LOTIONS SELECTED VARIETIES AND SIZES
20133076_EA
20432375001_EA



SAVE AT LEAST \$1

14⁹⁹
FINISH ULTRAMAX 30'S OR ULTIMATE 40'S, QUANTUM 45'S, ALL IN 1 MAX 55'S, CASCADE 30-48'S, GAIN LAUNDRY 4.55 L/42'S, GAIN/DOWNY/FABRIC SOFTENER 2.4-3.29 L, BEADS 515 G OR BOUNCE SHEETS 250'S
SELECTED VARIETIES
20959627_EA
20660832001_EA



SAVE AT LEAST \$1

90¢
FANCY FEAST 85 G OR FRISKIES CAT FOOD 156 G
SELECTED VARIETIES
20302296001_EA
20316703_EA

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

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WB WW WY BACK

Produce



PINT

WEST BLUEBERRIES
PRODUCT OF WESTERN PROVINCES,
NO. 1 GRADE
PINT
20080137001_EA

2⁹⁹



PKG OF 4

FARMER'S MARKET™ CORN BICOLOUR
PRODUCT OF CANADA OR U.S.A., NO. 1 GRADE
4'S
20214529001_EA

5⁹⁹



PKG OF 6

WEST FARMER'S MARKET™ MINI CUCUMBERS
PRODUCT OF WESTERN PROVINCES
6'S
20737570001_EA

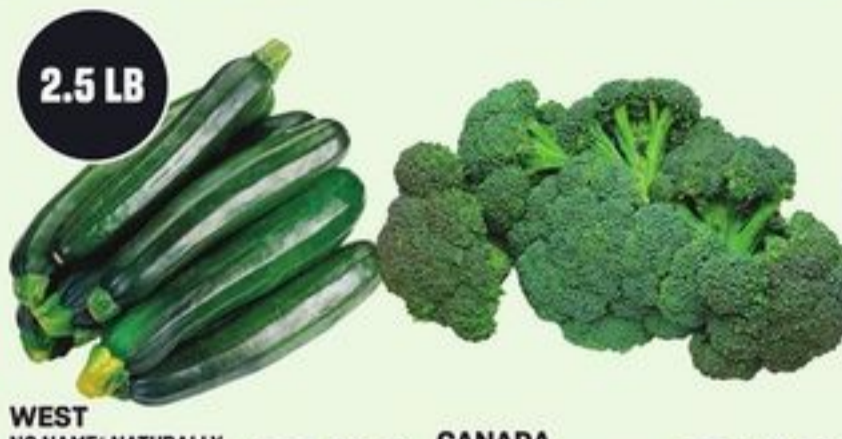
2⁹⁹



3 LB

HALOS MANDARINS
PRODUCT OF SOUTH AFRICA
3 LB
21163100001_EA

9⁹⁹



2.5 LB

WEST NO NAME™ NATURALLY IMPERFECT™ ZUCCHINI
PRODUCT OF WESTERN PROVINCES
2.5 LB
21105530001_EA

3⁹⁹

CANADA BROCCOLI CROWNS
PRODUCT OF CANADA
7.69/KG
20026161001_KG

3⁴⁹



FARMER'S MARKET™ KIWI
PRODUCT OF CHILE
600 G
21099138001_EA

4⁹⁹



PC™ RED CHERRY PLUMS
PRODUCT OF U.S.A.,
NO. 1 GRADE
13.21/KG
21333711001_KG

5⁹⁹



PC™ CUT VEGETABLES
SELECTED VARIETIES,
PRODUCT OF U.S.A.
340/454 G
20039812_EA/20186654_EA

3⁹⁹



PC™ MIXED SALAD GREENS
SELECTED VARIETIES,
PRODUCT OF U.S.A.
142 G
21203748_EA

4⁴⁹



PREPARED IN-STORE

FAMILY SIZE SALADS
SELECTED VARIETIES
740 G-1.47 KG
20972500_EA
20972512_EA

FROM \$15-19

Butcher



LEAN GROUND BEEF
FAMILY SIZE
15.41/KG
20805731_KG

6⁹⁹



CANADA PC™ CHICKEN DRUMSTICKS 8'S OR THIGHS BONE-IN 6'S AIR CHILLED
21341035_EA/21341042_EA

\$12



PREPARED IN-STORE

MADE IN-STORE BURGERS
MEDIUM GROUND BEEF
SELECTED VARIETIES
17.62/KG
20708100_KG

7⁹⁹



CUT BY OUR BUTCHERS

WEST STRIPLON GRILLING STEAK BONELESS,
FAMILY SIZE, CUT FROM CANADA AAA GRADE WESTERN BEEF OR HIGHER
44.07/KG
20821010_KG

19⁹⁹



JOHNSONVILLE PORK SAUSAGE
SELECTED VARIETIES
250-500 G
20003902_EA/20303844_EA

2/\$13
LESS THAN 2 \$6.99 EA.



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

2⁹⁹



JOHNSONVILLE SMOKED SAUSAGES
SELECTED VARIETIES
375 G
20355818_EA

6⁴⁹



PC™ WINGS
SELECTED VARIETIES,
FROZEN
700-907 G
20708932_EA/20708933_EA

\$17



PC™ BBQ PORK BACK RIBS 680 G OR KOREAN BEEF SHORT RIBS 500 G
SELECTED VARIETIES
FROZEN
20071715_EA/21394197_EA

\$15

Seafood

Fresh seafood items subject to availability.



FRESH ATLANTIC SALMON FILLETS
FAMILY SIZE
35.25/KG
21085873_KG

15⁹⁹



SEAQUEST™ CRAB OR LOBSTER FLAVOURED POLLOCK FLAKES OR CHUNKS
SELECTED VARIETIES,
READY-TO-EAT
227 G
20699832_EA/20749901_EA

3⁴⁹



SEA HARVEST BAY SCALLOPS 40-60 PER LB 400 G OR SEAQUEST™ CALAMARI RINGS UNCOOKED 340 G
FROZEN
20027170_EA/21531287_EA

8⁹⁹



PC™ GRILLING RAW SHRIMP SKEWERS LIME AND CHILI
360 G OR TRUE NORTH ATLANTIC SALMON BURGERS
568 G
FROZEN
21283307_EA/
21378345_EA

10⁹⁹

Bakery

PC[®] CHEESECAKE
FROZEN 800 g
SELECTED VARIETIES
420/800 G
20147627_EA

Members save **1⁹⁹**

Y-Optimum
Members-Only Price[®]
\$10
Non-members
11⁹⁹

8 INCH PIES
SELECTED VARIETIES
595-750 G
21293475_EA

5⁹⁹

BAKED IN-STORE

TURNOVERS
SELECTED VARIETIES
4'S
21469196_EA

4⁴⁹

BAKED IN-STORE

PLAIN CROISSANTS
6'S
21030153_EA

\$4

Y-Optimum
2,000⁰⁰
when you buy 2

\$2 Value

ACE BAKERY BURGER OR SAUSAGE BUNS
SELECTED VARIETIES
4'S
21025441_EA/21596224_EA

4⁷⁹

MIX & MATCH
WONDER OR D'ITALIANO HAMBURGER OR HOT DOG BUNS
SELECTED VARIETIES AND SIZES
20520828_EA/20627103_EA

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

PC[®] NAAN 2'S OR MINI NAAN 4'S
ORIGINAL OR GARLIC
20322759_EA/21076234_EA

3⁴⁹

VACHON SNACK CAKES OR SARA LEE LITTLE BITES
SELECTED VARIETIES AND SIZES
20963606_EA/21556098_EA

\$4

Great to go

Great to go items plus applicable taxes.

12 PIECE PRE-PACK SAUCED WINGS WITH CELERY AND CARROTS AND 12 INCH PIZZA
21456401_EA/21600433_EA

\$20

30 PIECE WINGS & WEDGES BUCKET
1.2-2.12 KG
21541872_EA
21541877_EA

\$25

The Deli

PC[®] SPLENDIDO[™] PROSCIUTTO SERVICE CASE
21048241_KG

3⁴⁹
/100 G

OKA CHEESE
SELECTED VARIETIES
190 G
20920756_EA/20921279_EA

8⁹⁹

BUY ANY
RAW SALMON OR CHICKEN ENTRÉES
472-637 G
21533955_EA/21533960_EA

\$14-20

GET 50% OFF

RAW SIDE
545-865 G
21595452_EA

SCHNEIDERS PEPPERETTES
SELECTED VARIETIES
250-375 G
20976110_EA/21433636_EA

Members save **3⁵⁰**

Y-Optimum
Members-Only Price[®]
7⁹⁹
Non-members
11⁴⁹

TRE STELLE BOCCONCINI
SELECTED VARIETIES
200 G
20318663_EA

6⁹⁹

PREPARED IN-STORE

3 PACK SUBS BEEF, HAM AND TURKEY SANDWICH
1 KG
21362130_EA

\$16

PREPARED IN-STORE

SAUSAGE ROLLS 4'S OR VEGETABLE, CHICKEN OR BEEF SAMOSAS 4-5'S
21065808_EA/21393053_EA
21572088_EA

\$7

SNACK FACTORY PRETZEL CRISPS
200 G
20948904_EA/20948940_EA

\$6

PC[®] GOAT CHEESE
SELECTED VARIETIES
140 G
20296631_EA/
20330259_EA

2/\$10
LESS THAN 2 \$5.99 EA.

Floral

SIGNATURE GIFT BOUQUET
21436378_EA
21436377_EA

\$25

Y-Optimum
5,000⁰⁰

\$5 Value

DOZEN ECUADORIAN ROSES ASSORTED COLOURS
DOZEN
20581749_EA
20581781_EA

\$22

5 INCH ORCHID
SELECTED VARIETIES
EACH
20293541_EA

\$25

CARNATION BUNCH
21470580_EA
21470641_EA

3/\$21
LESS THAN 3 \$9 EA.

no name®

click here to shop our full assortment



just value. (so switch)



NO NAME® MEAT LASAGNA
FROZEN
2.27 KG
20099795_EA

13⁹⁹



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



\$10



NO NAME® FROZEN FRUIT
SELECTED VARIETIES
300/400 G
21545097_EA/21545106_EA

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



NO NAME® MEATBALLS
SELECTED VARIETIES
FROZEN
680 G
21537713_EA/21538491_EA

9⁹⁹



NO NAME® BACON
REGULAR OR
SALT REDUCED
500 G
20156771_EA/20174909_EA

6⁹⁹



NO NAME® ALL-PURPOSE FLOUR
SELECTED VARIETIES
2.5 KG
20012356_EA

4⁴⁹



NO NAME® SALAD DRESSING 500 ML OR CROUTONS 145 G
SELECTED VARIETIES
20628489001_EA/21096223_EA



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



NO NAME® BREAD
WHITE OR
WHOLE WHEAT
520 G
21509597_EA/21509610_EA

2²⁹



NO NAME® PEANUT OIL
946 ML
20127458_EA

10⁴⁹



NO NAME® MUFFIN MIX
SELECTED VARIETIES
900 G
21165861_EA
21165877_EA



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



NO NAME® ROAST AND GROUND COFFEE
SELECTED VARIETIES
925 G
21380616_EA

11⁹⁹



NO NAME® ALMONDS OR WALNUTS
SELECTED VARIETIES
100 G
20127455001_EA/20599246_EA

4⁴⁹



NO NAME® MARSHMALLOW
SELECTED VARIETIES
400 G
20304672001_EA
20304672002_EA

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



NO NAME® HONEY GRAHAM WAFERS
SELECTED VARIETIES
400 G
20606356_EA

4⁴⁹



NO NAME® DRINKS
SELECTED VARIETIES
2 L
20320439003_EA
20320439005_EA

2/\$3⁵⁰
LESS THAN 2
\$2.29 EA.



NO NAME® CHILI SAUCE
455 ML
20683482_EA

5⁹⁹



NO NAME® SPICES
SELECTED VARIETIES
5.5-250 G
20617758_EA
20618086_EA

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



NO NAME® COATING MIX
SELECTED VARIETIES
142-162 G
21122657_EA
21122663_EA

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

no name®

click here to shop our full assortment



just value. (so switch)



3⁵⁰

NO NAME® PIZZA
SELECTED VARIETIES
FROZEN
350-411 G
21541441_EA/21541444_EA



CANADA
NO NAME® NATURALLY
IMPERFECT™ APPLES
PRODUCT OF CANADA,
CANADA NO. 2 GRADE
6 LB
20868985001_EA

9⁹⁹



1⁴⁹

NO NAME® GRAVY
SELECTED VARIETIES
398 ML
20185228001_EA/20185228002_EA



6⁴⁹

NO NAME® MAYONNAISE
SELECTED VARIETIES
890 ML
20627614001_EA/20627614002_EA



3⁷⁹

NO NAME®
DINNER ROLLS
WHITE OR
WHOLE WHEAT
12'S
21431222_EA/21431228_EA



2/\$5
LESS THAN 2
\$3.29 EA.

NO NAME® FRUIT
BOWLS 4X107 ML OR
FRUIT IN GELS 4X123 G
SELECTED VARIETIES
2032614001_EA/20521655_EA



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

NO NAME® COOKIES
SELECTED VARIETIES
198-368 G
20316133_EA/20322024_EA



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

NO NAME®
CHEESE
BARS
SELECTED
VARIETIES
400 G
21289706_EA
21289745_EA



2/\$3
LESS THAN 2
\$1.79 EA.

NO NAME® RICE
CRACKERS
SELECTED
VARIETIES
100 G
20297188002_EA
20297188003_EA



1²⁹

NO NAME®
MACARONI & CHEESE
200 G
21529754_EA



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

NO NAME® PASTA
SELECTED
VARIETIES
900 G
20315613002_EA
20315613003_EA



6⁹⁹

NO NAME® SIMPLE
CHEESE STRINGABLE
SELECTED VARIETIES
16'S
20765349_EA/20765347_EA



\$1

NO NAME®
CHEESE SNACKS
SELECTED VARIETIES
84-87 G
2089882_EA



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

NO NAME®
DRINK BOXES
SELECTED
VARIETIES
10X200 ML
205038943_EA
20503895003_EA



2²⁹

NO NAME®
SANDWICH BAGS
SELECTED VARIETIES
100'S
20180393_EA



2²⁹

NO NAME®
PLASTIC WRAP
SELECTED VARIETIES
30 M
20058286_EA



1⁴⁹

NO NAME® FOIL
25'
21119986_EA

Summer beverages



PC[®] OR BLUE MENU[®] SPARKLING WATER SELECTED VARIETIES 12X355 ML 20668034002_C01 21518575_C01

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



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

4.50



MAISON PERRIER SLEEK CANS SELECTED VARIETIES 8X330 ML 21576465_C08/21575772_C08

7.99



PC[®] DE-ALCOHOLIZED BEER SELECTED VARIETIES 12X355 ML 20121729_C12/20325253_C12

8.99



CORONA SUNBREW 0.0% ALCOHOL SELECTED VARIETIES 6X330 ML 21433615_C06

9.99



PARTAKE NON-ALCOHOLIC BEER SELECTED VARIETIES 4X355 ML 21208552_C04/21208553_C04

6.99



GRUVI NON ALCOHOLIC ALCOHOL FREE WINE SELECTED VARIETIES 4X275 ML 21512576_C04/21512624_C04

11.99



BUDWEISER ZERO FULL-FLAVOURED ZERO ALCOHOL BREW SELECTED VARIETIES 12X355 ML 21295370_C12

15.99



PC[®] NATURAL SPRING WATER 24X500 ML 20137898_C24

2/\$6
LESS THAN 2 \$3.99 EA.



BODYARMOR SPORTS DRINK SELECTED VARIETIES 473 ML 21582808_EA/21585195_EA

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



CELSIUS VIBE SPARKLING ENERGY DRINK SELECTED VARIETIES 355 ML 21576458_EA/21576466_EA 21576519_EA

2/\$6
LESS THAN 2 \$3.66 EA.



PRIME HYDRATION DRINK SELECTED VARIETIES 500 ML 21529789_EA/21562805_EA

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



PC[®] SOFT DRINKS SELECTED VARIETIES 12X355 ML 20218887038_C12 20690671001_C12

2/\$11
LESS THAN 2 \$6.99 EA.



MONSTER SELECTED VARIETIES 473 ML 21588702_EA/20767575_EA

2/\$6.50
LESS THAN 2 \$3.99 EA.



GATORADE 6X591 ML, BUBLY SPARKLING WATER 12X355 ML OR MONTELLIER 10X355 ML SELECTED VARIETIES 20303218003_C06/21508925_C12

6.99



STARBUCKS COLD BREW CONCENTRATE 946 ML 21295438_EA

9.99



VAN HOUTTE K-CUPS SELECTED VARIETIES 10-12'S 21522097_EA/21583559_EA

9.99



NESSCAFÉ 100-170 G OR SWEET & CREAMY 144-351 G SELECTED VARIETIES 21431370_EA 21581144_EA

2/\$12
LESS THAN 2 \$7.79 EA.



STARBUCKS GROUND COFFEE 311-340 G, K-CUPS 10'S, OR INSTANT COFFEE 90 G SELECTED VARIETIES 20548682002_EA/21585663_EA

9.99

Grocery



PC® THE DECADENT® CHOCOLATE CHIP COOKIES
SELECTED VARIETIES
280/300 G
20612257_EA/20612260_EA

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



PILLSBURY READY TO BAKE DOUGH
SELECTED VARIETIES
318-468 G
20317832003_EA/20318034001_EA

3.49



GAY LEA SPREADABLES
SELECTED VARIETIES
227 G
20119926001_EA/20119926002_EA

4.49



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

\$4



CRACKER BARREL CHEESE SLICES
SELECTED VARIETIES
220/240 G
21290684_EA/21290705_EA

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



DANINO YOGURT
6X93 ML OR
YOPLAIT PROTEIN
YOGURT 650 G
SELECTED VARIETIES
21520250_EA/21587047_EA

3.99



DAIRYLAND PROTEIN MILK
SELECTED VARIETIES
1.89 L
21554346_EA/21554411_EA

5.99



BLACK DIAMOND STICKS 252 G OR
AMOOZA! SNACKS
228 G
SELECTED VARIETIES
20986474_EA/21403514_EA

5.99



DARE BEAR PAWS COOKIES
SELECTED VARIETIES
150-240 G
21080779_EA/21283252_EA

2/\$7
LESS THAN 2
\$4.49 EA.



LECLERC CÉLÉBRATION COOKIES
SELECTED VARIETIES
240 G
20853797001_EA
20965368_EA

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



CHRISTIE COOKIES
SELECTED VARIETIES
150-520 G
21361508_EA/21520747_EA

4,000^{pt}
for every \$12
spent on

\$4
Value



LARABAR FRUIT & NUT ENERGY BAR
SELECTED VARIETIES
16X45/48 G
20031362001_C16
20031362007_C16

19.99



NATURE VALLEY GRANOLA BARS
120-230 G,
BETTY CROCKER
OR MOTT'S
FRUIT SNACKS
128-226 G
SELECTED VARIETIES
20315520002_EA
20318474001_EA

3/9.99
LESS THAN 3
\$3.99 EA.



PC® TEA 24'S OR
NESCAFÉ RICH
INSTANT 95 G
SELECTED VARIETIES
21105270_EA/21589014_EA

2.99



STARBUCKS NESPRESSO COMPATIBLE CAPSULES 10'S, PC® ROAST OR GROUND COFFEE 340 G OR LIPTON TEA 72-100'S
SELECTED VARIETIES
21240795_EA/21380541_EA

7.99



PALMOLIVE DISH SOAP
SELECTED VARIETIES
591/828 ML
20861400_EA/21004388_EA

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



WHISKAS CAT FOOD
SELECTED VARIETIES
24'S
21169508_EA

27.99



CESAR DOG FOOD
SELECTED VARIETIES
12'S
20548229_EA

Members save **\$4**
Members-Only Price
17.99
Non-members
21.99



GLAD OUTDOOR BAGS
SELECTED VARIETIES
20-40'S
21164510_EA/21165454_EA

11.49



TIDE PODS
85/112'S OR
POWER PODS
63'S
SELECTED VARIETIES
21450133_EA
21450151_EA

29.99

Optimum
10,000^{pt}
for every \$100^{pt}
spent on

\$10
Value

ANY COMBINATION OF HAPPY BIRTHDAY,
HAPPY CUSTOM, AND HAPPY KID GIFT CARDS



Offer valid in-store only. 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 Birthday, Happy Custom, and Happy Kid 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.

For your family



HEAD & SHOULDERS OR HERBAL ESSENCES HAIR CARE SELECTED VARIETIES AND SIZES 21283590_EA/21505016_EA

6⁹⁹



DOVE BAR SOAP 6X106 G OR BODY WASH 532-695 ML SELECTED VARIETIES 21237519_EA/21518329_EA

7⁹⁹



COLGATE TOTAL TOOTHPASTE 3-PACK, 2-PACK MANUAL TOOTHBRUSH, BATTERY TOOTHBRUSH, COLGATE TOTAL OR PRO RELIEF MOUTHWASH SELECTED VARIETIES AND SIZES 20124776002_EA/21166709_EA

7⁴⁹



FINESSE HAIR CARE AND STYLING SELECTED VARIETIES AND SIZES 20308415002_EA/20312912004_EA

2⁹⁹



COPPERTONE ADULTS OR KIDS SUN CARE PRODUCTS SELECTED VARIETIES AND SIZES 21524980_EA/21524982_EA

11⁹⁹



ALWAYS 2.7X OR 3.5X PADS, LINERS OR TAMPONS 26-216'S SELECTED VARIETIES 21018760_EA/21525803_EA

9⁹⁹



LISTERINE CLASSIC 1 L OR KIDS MOUTHWASH 500 ML SELECTED VARIETIES 20348438001_EA/21091207_EA

6⁹⁹



DIAL FOAMING LIQUID HAND SOAP 221 ML OR BODY WASH 473 ML SELECTED VARIETIES 20704566_EA/21311819_EA

3⁹⁹



PAMPERS SUPER BIG PACK DIAPERS SELECTED VARIETIES 36-108'S 21370875_EA/21455660_EA

\$27



PREMIER PROTEIN POWDER AND READY TO DRINK SHAKES SELECTED VARIETIES AND SIZES 21031108_EA/21469945_EA

SALE SAVE UP TO 15%



LIFE BRAND PAIN OR ALLERGY RELIEF TABLETS, CAPLETS, SPRAYS, LIQUIDS, PATCHES OR RUBS SELECTED VARIETIES AND SIZES 21134305_EA/21229420_EA

SALE SAVE UP TO 25%



HARRY'S OR FLAMINGO RAZORS, CARTRIDGES, SHAVE GEL OR BALM SELECTED VARIETIES AND SIZES 21360919_EA/21512887_EA



\$1 Value 1,000



J.R. WATKINS BODY WASH 523 ML OR LIQUID HAND SOAP REFILL 828 ML/1 L SELECTED VARIETIES 20968244_EA/21432700_EA



5⁹⁹



NIVEA BODY WASH 500 ML, ROLL-ON DEODORANT 50 ML OR ANTIPERSPIRANT 51/52 G SELECTED VARIETIES 20321421004_EA/21169839_EA

4⁴⁹



CULTURELLE ADULT, CHILDREN OR BABY DIGESTIVE HEALTH TABLETS, CHEWS OR DROPS SELECTED VARIETIES AND SIZES 20974460_EA

SALE SAVE UP TO 20%



ICY HOT PAIN RELIEF RUBS 56-106 G, 118 ML SPRAYS 73 ML/85 G APPLICATORS, 3/5'S PATCHES OR DULCOLAX DIGESTIVE RELIEF 5 MG TABLETS 25-100'S, KIDS OR ADULT CHEWS 15/30'S OR 10 MG SUPPOSITORY SELECTED VARIETIES AND SIZES 21361052_EA/21470181_EA



SALE SAVE UP TO 20%



CENTRUM MULTIVITAMINS, EMERGEN-C OR CALTRATE SUPPLEMENTS SELECTED VARIETIES AND SIZES 20997357_EA 21283427_EA



SALE SAVE UP TO 20%



WEBBER NATURALS VITAMINS OR SUPPLEMENTS SELECTED VARIETIES AND SIZES 20783429_EA/21369542_EA

SALE SAVE UP TO 25%



CREST 3D WHITE OR PRO-HEALTH TOOTHPASTE, SCOPE PRO HEALTH OR KIDS RINSE 500 ML OR ORAL-B MANUAL TOOTHBRUSH OR FLOSS SELECTED VARIETIES AND SIZES 20346131002_EA/21506728_EA



4⁹⁹



COLGATE OPTIC WHITE OR SENSITIVE PRO RELIEF TOOTHPASTE 70-133 ML, KIDS MANUAL TOOTHBRUSH, HELLO TOOTHPASTE 82-98 ML OR COLGATE PERIOGARD TOOTHPASTE SELECTED VARIETIES AND SIZES 21177027_EA/21353925_EA



5⁹⁹



U BY KOTEX SELECTED VARIETIES AND SIZES 21291969_EA 21364230_EA

12⁹⁹

For your family

JOHN FRIEDA HAIR CARE
210-283 G/
100-350 ML
20310284001_EA
20310284004_EA

8⁹⁹

NATIVE DEODORANT 75 G OR DRY SPRAY 99 G
SELECTED VARIETIES
21346394_EA
21346430_EA

15⁹⁹

SENSODYNE OR PRONAMEL TOOTHPASTE 75-100 ML, POLIDENT DENTURE TABLETS 40'S OR POLIGRIP DENTURE ADHESIVE 40 G
SELECTED VARIETIES
20301179001_EA/20756075_EA

4⁹⁹

SENSODYNE OR PRONAMEL TOOTHPASTE SELECTED VARIETIES
110-135 ML
20247931002_EA
20432268002_EA

5⁹⁹

U BY KOTEX LINERS 40-50'S, PADS 12-24'S OR TAMPONS 15-16'S
SELECTED VARIETIES
21103639_EA/21287976_EA

5⁹⁹

LIFE BRAND® CLEANSERS, MOISTURIZERS, TREATMENTS OR BODY LOTIONS
SELECTED VARIETIES AND SIZES
21201372_EA/21201413_EA

20%

BAND-AID CHILDREN AND PREMIUM BANDAGES OR POLYSPORIN OINTMENT
SELECTED VARIETIES AND SIZES
20300516001_EA
21337716_EA

15%

CREST SCOPE OUTLAST AND PROHEALTH ADVANCED RINSE 1 L, CREST PRO HEALTH GUM DETOXIFY TOOTHPASTE 110 ML, ORAL-B FLOSS TWIN PACK OR BATTERY TOOTHBRUSH
SELECTED VARIETIES AND SIZES
20308684001_EA/20598749_EA

7⁴⁹

VAGISIL FEMININE WASH
SELECTED VARIETIES
360 ML
21572762_EA
21572743_EA

10²⁹

ALWAYS DISCREET UNDERWEAR OR PADS
SELECTED VARIETIES AND SIZES
20914896_EA

17⁹⁹

PEPTO BISMOL DIGESTIVE RELIEF LIQUIDS 350/480 ML OR CHEWABLE TABLETS 24/48'S
SELECTED VARIETIES
20317480001_EA
20320251001_EA

14⁹⁹

NATIVE BODY WASH
SELECTED VARIETIES
532 ML
21435048_EA
21435100_EA

11⁹⁹

EVERY MAN JACK

NATURALLY DERIVED. OUTDOOR INSPIRED.

EVERY MAN JACK SANDALWOOD
73/88 g
21080324_EA

\$6.99

EVERY MAN JACK SANDALWOOD
500 mL
20987291_EA

\$6.99

EVERY MAN JACK BEARD OIL
30-200 mL/ 114 g
21203760_EA

\$12.99

OGX

Healthy hair IN 1 WASH*
*vs. non-conditioning shampoo

8⁹⁹

OGX, Aveeno or Maui Hair Care selected varieties and sizes
20340206004_EA
21221295_EA

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Trusted Protection for you!

Brought to you by

Kimberly-Clark

Depend underwear or Poise pads
selected varieties and sizes
21023579_EA

\$17⁹⁹

Cottonelle Bathroom Tissue
selected varieties
18=72 rolls
21594687_EA/21594688_EA

\$1,000⁰⁰

\$1 Value

\$19⁹⁹

youtheory

save up to **30% off**
Youtheory Health supplements, selected varieties and sizes

21546942_EA
21546918_EA

+try youtheory today

Progressive
UNLOCK NEXT LEVEL NUTRITION

20% OFF
Progressive, Iron Vegan or Smart Solutions selected varieties and sizes

21409108_EA
20946636_EA

GOOD HEALTH STARTS WITH A STRONG FOUNDATION

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For your baby

click here to shop our full assortment 

20,000 pts

\$20 Value

for every \$100* spent in the baby department.



LITTLE BELLIES ORGANIC PICK-ME-STICKS
SELECTED VARIETIES
16 G
21540210_EA/21540211_EA

2.99



GERBER ORGANIC SNACKS 28-150 G
OR CEREAL 208 G
SELECTED VARIETIES
20358339007_EA/20574110001_EA

2/\$9

LESS THAN 2 \$4.99 EA.

EARTH'S BEST PUFFS/STRAWS
OR ORGANIC MUM MUM SNACKS
SELECTED VARIETIES
50/60 G
21024948_EA

3.49



BABY GOURMET ORGANIC BABY FOOD POUCHES
SELECTED VARIETIES
113/128 ML
20368074001_EA/21123983_EA

1.79



PEDIASURE COMPLETE
SELECTED VARIETIES
4X235 ML
20322414001_EA/20322414002_EA



9.99



GOOD START PLUS INFANT FORMULA POWDER
SELECTED VARIETIES
942/1020 G
2095868_EA/20986444_EA

55.99



ENFAMIL A+ READY-TO-FEED FORMULA
SELECTED VARIETIES
18X237 ML
21208370_C01/21208382_C01

59.99



ENFAMIL A+ INFANT FORMULA POWDER
SELECTED VARIETIES
992 G
20435527002_EA/20435527003_EA



54.99



SIMILAC PRO-ADVANCE STEP 1 OR 2 POWDER FORMULA
SELECTED VARIETIES
837-859 G
21436985_EA/21437126_EA

51.99

For your baby

click here to shop our full assortment 

20,000 pts

\$20
Value

for every \$100* spent in the baby department.



PAMPERS EASY UPS CLUB PACK TRAINING PANTS 56-74'S OR NINJAMAS NIGHTTIME UNDERWEAR 34-44'S, SELECTED VARIETIES 21308932_EA

26⁹⁹



PAMPERS 12X BABY WIPES UNSCENTED 1008'S 21526483_EA

26⁹⁹

HUGGIES 9/10X BABY WIPES SELECTED VARIETIES 336-704'S 21401195_EA

19⁹⁹

32⁹⁹

PAMPERS ECONO PACK DIAPERS SELECTED VARIETIES SIZE N-8, 58-180'S 21551525_EA/21551643_EA



HUGGIES PULL UPS OR GOODNITES CLUB PACK TRAINING PANTS SELECTED VARIETIES 28-74'S 20963841_EA/20963933_EA

26⁹⁹



AVEENO OR JOHNSON'S BABY NEEDS SELECTED VARIETIES AND SIZES 21112321_EA/20157402002_EA

SALE
SAVE UP TO

20%



CERAVE OR CETAPHIL BABY NEEDS SELECTED VARIETIES AND SIZES 21115535_EA/21439175_EA

SALE
SAVE UP TO

20%



HUGGIES ECONO PACK DIAPERS SELECTED VARIETIES SIZE N-7, 60-200'S 21456635_EA/21456748_EA

34⁹⁹



VASELINE OR DOVE BABY NEEDS, SELECTED VARIETIES AND SIZES 20184304001_EA/21014652_EA

SALE
SAVE UP TO

20%



**PEPSI®
SOFT DRINK**

SELECTED VARIETIES
12 X 355 mL
20322361001_C12



less than 2 \$3.99 ea.
2/6⁵⁰
**Starbucks®
Frappuccino
drink**

selected varieties
414 mL
20660857_EA
20662689_EA



**ROCKSTAR®
ENERGY DRINK**

less than 2 \$3.79 ea.
2/\$6
**Rockstar®
energy drink**

selected varieties
473 mL
20368415003_EA
20368415011_EA

This product may not be suitable for everyone. Read the label and follow directions for use.



less than 2 \$7.99 ea.
2/\$14
**LIPTON®
LEMON
ICED TEA**

selected varieties
12 x 340 mL
21296745_C12



less than 3 \$1.79 ea.
3/3⁹⁹
**Brisk®
Iced Tea**

selected varieties, 710 mL can
21586813_EA/21082610_EA



less than 2 \$8.99 ea.
2/\$15 **Brisk® Iced Tea**

selected varieties, 12 x 355 mL, 20311671001_C12

**STOCK UP
ON BACK-TO-SCHOOL
FAVOURITES**





LESS THAN 2 \$7.49 EA.
2/\$13*

COCA-COLA®
SOFT DRINKS
selected varieties
8x300 mL
21181173_C08



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

COCA-COLA® OR
CANADA DRY® mini cans
selected varieties
6x222 mL
20354227001_C06
20354288002_C06



LESS THAN 4 \$1.69 EA.
4/\$5*

PEACE TEA®
beverages
selected varieties
695 mL
21082228_EA



\$8⁹⁹*

NESTLE®
iced tea
selected varieties
12x341 mL
20130460002_C12



LESS THAN 2 \$3.99 EA.
2/6⁵⁰*

MONSTER ENERGY®
beverages
selected varieties
473 mL
20938249_EA

*Plus applicable taxes, levies, deposits and fees. The trademarks that appear are the property of their respective trademark owners.

P&G  **IT'S OUR HOME**

**COMMITTED TO
RESPONSIBLE SOURCING**



1799
Charmin Bath Tissue, 12=48 Rolls,
Selected Varieties
21549779_EA/21484810_EA



1099
Bounty Napkins 400's
21053171_EA

1799
Bounty Paper Towels, 6=12
21515966_EA

For every tree we use, two trees are regrown through our partnerships with our suppliers to match the current and future mix of trees in a forest.

