

no name®

just low prices  
(so switch)

ALWAYS  
\$2.50

NO NAME® WAFFLES  
SELECTED VARIETIES  
FROZEN, 8'S  
20216375002\_EA



ALWAYS  
\$3.50

NO NAME® PIZZA SINGLES  
SELECTED VARIETIES  
FROZEN, 350-411 G  
21541441\_EA



ALWAYS  
\$3

NO NAME® NATURALLY IMPERFECT FRUIT  
SELECTED VARIETIES  
FROZEN, 300/400 G  
21545104\_EA



ALWAYS  
\$10

NO NAME® NOVELTIES  
FROZEN, SELECTED VARIETIES  
24/30'S  
21014332\_EA



# SUPER COUPONS

## More offers. More points.

pts

pts

pts

pts

pts

UP TO  
**\$50**  
IN TOTAL  
VALUE



With digital coupon, get

**2,000** pts

for every \$10\*  
spent on

**=\$2**  
Value<sup>1</sup>

PC<sup>®</sup> ORGANIC BABY FOOD  
6-185 G, 6X128 ML, 946 ML OR  
PC<sup>®</sup> PEDIATRIC NUTRITIONAL SUPPLEMENT  
6X235 ML SELECTED VARIETIES  
DORRHOECS, GA.  
\*AT LEAST \$2 VALUE IN POINTS

CLICK FOR THIS  
COUPON AND MORE

Cannot be used with any other points, promotions or offers.





**We match prices\*  
so you can just shop!**

\*SEE PAGE 2 FOR DETAILS



**REAL CANADIAN  
SUPERSTORE**

**HOT  
DEAL**

**1<sup>99</sup>**  
LB  
4.39/KG

**WHOLE PORK PICNIC**  
BONE-IN FRESH  
21161819\_KG



**BLUEBERRIES**  
PRODUCT OF CANADA OR  
U.S.A., NO. 1 GRADE  
CLUB SIZE  
20141763001\_EA

**3<sup>97</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
6.99 EA



**2 LB**

**HOT  
DEAL**

**8<sup>99</sup>**  
LB  
19.82/KG

**BEEF SHORT RIBS OR  
BRAISING STYLE RIBS**  
CUT FROM CANADA AA GRADE  
WESTERN BEEF  
207K2312\_KG



**MAXWELL HOUSE  
GROUND COFFEE**  
SELECTED VARIETIES, 631-900 G  
21479234\_EA/21606482\_EA

**8<sup>99</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
10.99 EA



**2 FREE**

**UP TO  
\$24<sup>98</sup>  
VALUE**

**WHEN YOU SPEND  
\$300 OR MORE**

in-store or through PC Express™ online pickup or delivery

**2 COCA-COLA OR  
CANADA DRY SOFT  
DRINKS 12X1 L OR DASANI  
REMINERALIZED  
WATER 12X1.5 L  
SELECTED VARIETIES  
20299050\_C12/2069788\_C12  
CUSTOMER RESPONSIBLE FOR  
PROPER RECYCLING AND DISPOSAL**



**HOT  
DEAL**

**2<sup>99</sup>**

**COUNTRY  
HARVEST  
BREAD 600/1550 G  
OR BAGELS 6'S  
SELECTED VARIETIES  
21178571\_EA/21178642\_EA**



**5<sup>99</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
7.49 EA

**SEAQUEST™ COLOSSAL  
RAW WHITE SHRIMP**  
16-20/18, 300G, CHUB  
MACKEREL 1 KG OR RAW  
SHRIMP HEAD ON, SHELL ON,  
340 G FROZEN  
21043887\_EA/21079543\_EA



**10<sup>99</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
13.99 EA

**PC™ SMOKIES™  
SAUSAGES**  
SELECTED VARIETIES, 1 KG  
20732535\_EA



**2<sup>49</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
3.29 EA

**REAL CANADIAN  
NATURAL SPRING  
WATER**  
24X500 ML  
20154975\_C24



**4<sup>49</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
5.97 EA

**INTERNATIONAL  
DELIGHT COFFEE  
ENHANCER**  
SELECTED VARIETIES  
946 ML  
20895480002\_EA  
20895480003\_EA



**5<sup>97</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
7.29 EA

**SIMPLY JUICE  
OR GOLD PEAK  
ICED TEA**  
SELECTED VARIETIES 2.53 L  
21592316\_EA/21032185\_EA



**2<sup>99</sup>**

**LIMIT 2**  
OVER LIMIT PAY  
4.79 EA

**TOSTITOS  
TORTILLA CHIPS**  
SELECTED VARIETIES  
205-295 G  
21069575\_EA/21069581\_EA



**22<sup>47</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
29.99 EA

**BOUNTY  
PAPER TOWELS**  
8-24 ROLLS  
2110979\_EA



**5<sup>99</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
7.99 EA

**1,000<sup>00</sup> = \$1 Value**

**OLD SPICE, SECRET,  
OR GILLETTE DRY  
SPRAY 116-144 G OR  
DEODORANT/  
ANTIPERSPIRANT**  
45-108 G, SELECTED VARIETIES  
2066598001\_EA/21077913\_EA



**THE #1 MOST TRUSTED GROCERY STORE  
FOR LOW PRICES IN WESTERN CANADA FOR 3 YEARS IN A ROW.\***

\*Voted most trusted Grocery Store for Low Prices (Western Canada) by Canadian shoppers based on the BrandSpark® Canadian Trust Study, years 2022, 2023 and 2024.

Flyer prices effective from Thursday, July 25th to Wednesday, July 31st, 2024

**JULY**

**HIT  
OF THE  
MONTH**



**Wheat Thins, Vegetable Thins and Triscuit Crackers, 175-200g, selected varieties**



**Maynards Candy, 308/315 g, selected varieties**



**Softsoap liquid hand soap refill, 1.47L, selected varieties**



**Hostess Twinkies or Cupcakes, 6 pack, selected varieties**

See in-store for retails

**LOWEST PRICES  
BEST DEALS**

As compared to other major grocery retailers within your local trade areas. \*Must be a registered PC Optimum™ member to get this offer. Valid from July 1st - 31st, 2024. While quantities last. No rainchecks!

# BABY SHOP

## FOR LESS

SHOP NOW

APP EXCLUSIVE OFFER\*

Optimum™

# 20,000 pts

when you spend \$100\* or more on baby diapers, training pants, wipes, formula, food, accessories, toiletries and gear

\$20 Value<sup>1</sup>

\*Open your PC Optimimum™ app or visit [optimimum.ca](http://optimimum.ca) to get the offer. At least \$20 value in points. 21490321.SA/21948791.SA/21988370.SA



24<sup>99</sup>

LIMIT 4 OVER LIMIT PAY 29.99 EA

Optimum 2,000 pts

MILLIE MOON PACK DIAPERS SELECTED VARIETIES SIZES 1-4, 5A-10B'S 21229445.SA/21229456.SA



11<sup>99</sup>

LIMIT 4 OVER LIMIT PAY 12.99 EA

ENSURE OR BOOST ORIGINAL MEAL REPLACEMENT SHAKES SELECTED VARIETIES AND SIZES 2020479002.CM 20209443.CM



10 g OF PROTEIN\* OR PROTÉINES\* 230 CALORIES\* 26 VITAMINS & MINERALS\* VITAMINES ET MINÉRAUX\* \*per 100 mL (3.3 FL OZ)

# LONG WEEKEND FORECAST? SIZZLIN' DEALS.



**\$12**

**NO NAME® ROASTED IN SHELL PEANUTS**  
PRODUCT OF U.S.A., 2 KG  
20293477\_EA



**CLUB SIZE**

**4.49**

**MARZETTI DIPS**  
SELECTED VARIETIES, 254-340 G  
20204684\_EA/20322970\_EA

**1,000<sup>+</sup> = \$1 Value**  
when you buy 2



**\$16**

**PC® BONELESS, SKINLESS CHICKEN BREAST 3-5, SPLIT CHICKEN WINGS OR BONELESS, SKINLESS THIGHS** UP TO 725 G BONELESS, SKINLESS  
21340952\_EA/21340907\_EA



**7.99**

**HARVEST WIENERS OR FARMER SAUSAGE**  
SELECTED VARIETIES  
500/675 G  
20237532\_EA

**LIMIT 4 OVER LIMIT PAY 8.99 EA**



**18.99**  
LB  
41.87 KG

**CAP-OFF RIB STEAK**  
CUT FROM CANADA AAA GRADE WESTERN BEEF  
20822034\_KG



**CLUB SIZE**

**4.99**

**FRESH SALMON OR STEELHEAD PORTIONS 4 OZ. OR ATLANTIC LOBSTER TAILS**  
FROZEN THAWED FOR YOUR CONVENIENCE  
2-3 OZ  
21087257\_EA/21194848\_EA



**2/\$6**  
OR 3 EA

**PC® GUACAMOLE**  
SELECTED VARIETIES  
227 G  
21448079\_EA  
21448092\_EA



**2/\$5**  
OR 2.99 EA

**NO NAME® HOT DOG OR HAMBURGER BUNS**  
SELECTED VARIETIES  
12'S  
21309643\_EA



**\$6**

**FARMER'S MARKET™ TWO-BITE BROWNIES\***  
608 G  
21430067\_EA



**1.49**

**LIMIT 4 OVER LIMIT PAY 1.99 EA**

**GRACE HOT PEPPER SAUCE**  
170 ML  
20106545\_EA



**3.99**

**LIMIT 4 OVER LIMIT PAY 5.49 EA**

**FLYING GOOSE SRIRACHA SAUCE**  
730 ML  
21499072\_EA



**4.99**

**MATT & STEVE'S THE EXTREME BEAN**  
SELECTED VARIETIES  
500 ML  
20018220\_EA  
20018014\_EA

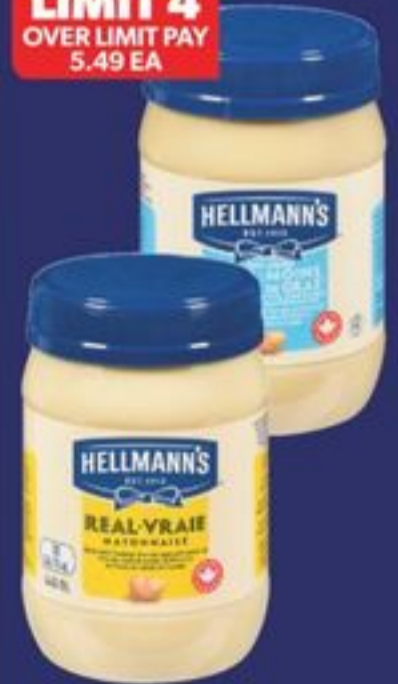
**LIMIT 4 OVER LIMIT PAY 5.99 EA**



**3.99**

**HELLMANN'S REAL MAYONNAISE**  
SELECTED VARIETIES  
340/445 ML  
2000823200\_EA  
20008233002\_EA

**LIMIT 4 OVER LIMIT PAY 5.49 EA**



**2/\$11**  
OR 6.49 EA

**JACK LINK'S MEAT SNACKS**  
65-81 G OR SNACK STICKS 150G  
SELECTED VARIETIES  
20001983002\_EA  
20001983004\_EA



**4.47**

**LIMIT 4 OVER LIMIT PAY 5.49 EA**

**ZIPLOC STORAGE BAGS**  
SELECTED VARIETIES  
10-90'S  
202001451001\_EA  
20879415\_EA



\*Spend \$300 or more in-store or through PC Express™ online pick up before applicable taxes in a single transaction at any Real Canadian Superstore™ location and receive 2 free Coca-Cola soft drinks 12x1 L or Dasani demineralized water 12x1.5 L. Excludes purchase of tobacco, alcohol products, prescriptions, gift cards, phone cards, lottery tickets, joefresh.com, all third party operations (post office, gas bars, dry cleaners, etc.) and any other products which are provincially regulated. The retail value of up to \$24.98 will be deducted from the total amount of your purchase before sales taxes are applied. Limit one coupon per family and/or customer account. No cash value. Cannot be combined with any other coupons or promotional offers. No substitutions, refunds or exchanges on free item. 21550432\_EA/21550433\_EA. Quantities and/or selection (flavour, colour, patterns, style) 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 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. Coupons must be presented and redeemed at time of purchase. Applicable taxes are extra. Customer is responsible for the payment of any applicable deposit or product/packaging recycling fee that may apply. No sales to retail outlets. Some items may have "plus deposit and environmental charge" where applicable. ®/™ 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. \*We match prices: Applies only to our major supermarket competitors' flyer items. Major supermarket competitors are determined solely by us based on a number of factors which can vary by store location. We will match the competitor's advertised price only during the effective date of the competitor's flyer advertisement. WE RESERVE THE RIGHT TO LIMIT QUANTITIES (note that our major supermarket competitors may not). Due to the fact that product is ordered prior to the time of our Ad Match checks, quantities may be limited. We match identical items (defined as same brand, size, and attributes) and in the case of fresh produce, meat, seafood and bakery, we match a comparable item (as determined solely by us). We will not match: competitor's private label offers on non-identical items, "spend x get x", "Free", "Clearance", discounts or coupons obtained through loyalty programs including PC Optimum™, PC Optimum Member Only Pricing, participating items under the Save it Forward™ program timeframe, or offers related to our third party operations (post office, gas bars, dry cleaners etc.). We reserve the right to cancel or change the terms of this program at any time. PC OPTIMUM MEMBERS ONLY: These offers are only available to valid PC Optimum™ program members. Membership is free. To register, see in-store or visit pcoptimum.ca. No cash value. See pcoptimum.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 and no adjustments on previous purchases. 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. 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. Please see in-store or online at superstore.ca for your particular store's hours.

# LONG WEEKEND FORECAST? SIZZLIN' DEALS.



**1<sup>99</sup>**

**SAN PELLEGRINO SPARKLING WATER**  
SELECTED VARIETIES, 750 ML/7L  
20183964001\_EA/210124695\_EA



**4<sup>99</sup>**

**PC® SOFT DRINKS**  
SELECTED VARIETIES, 12X355 ML  
20218887027\_C12/20699670601\_C12



**4<sup>99</sup>**

**PC® OR BLUE MENU® SPARKLING WATER**  
SELECTED VARIETIES, 12X355 ML  
20668034002\_C01/212047982\_C01



**5<sup>99</sup>**

**COCA-COLA OR PEPSI SOFT DRINKS**  
SELECTED VARIETIES, 8X300/355 ML  
21081073\_C06/21362875\_C06

**LIMIT 4**  
OVER LIMIT PAY  
7.29 EA



**6<sup>99</sup>**

**SAN PELLEGRINO CARBONATED WATER**  
6X500 ML OR SPARKLING FRUIT BEVERAGES  
6X330 ML  
SELECTED VARIETIES  
21240143\_C06/21432206\_C06

**LIMIT 4**  
OVER LIMIT PAY  
7.99 EA



**8<sup>27</sup>**

**MONSTER ENERGY DRINKS**  
SELECTED VARIETIES, 4X473 ML  
20937631\_C04

**LIMIT 4**  
OVER LIMIT PAY  
9.99 EA



# ALCOHOL-FREE ALTERNATIVES

**7<sup>99</sup>**

**ABOVE NON-ALCOHOLIC COCKTAILS**  
SELECTED VARIETIES, 4X355 ML  
20471294\_C04/21479471\_C04

**LIMIT 4**  
OVER LIMIT PAY  
8.99 EA



**7<sup>49</sup>**

**KRONENBORG BLANC 0.0% OR CARLSBERG 0.0% ALCOHOL FREE BEER**  
6X330 ML  
21294396\_C04/21583390\_C06

**LIMIT 4**  
OVER LIMIT PAY  
8.99 EA



**6<sup>99</sup>**

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

**LIMIT 4**  
OVER LIMIT PAY  
8.99 EA



**8<sup>49</sup>**

**PC® DE-ALCOHOLIZED BEER**  
SELECTED VARIETIES, 12X355 ML  
20210728\_C12/202032533\_C12

**LIMIT 4**  
OVER LIMIT PAY  
9.99 EA



**9<sup>99</sup>**

**GUINNESS NON-ALCOHOLIC BEER**  
6X440 ML  
21587137\_C04

**LIMIT 4**  
OVER LIMIT PAY  
12.49 EA



**19<sup>99</sup>**

**CORONA SUNBREW NON-ALCOHOLIC BEER**  
12X355 ML  
21108055\_C12

**LIMIT 4**  
OVER LIMIT PAY  
12.49 EA



# ALWAYS LOW PRICE

ALWAYS  
\$5

KAISER OR ITALIAN BUNS  
SELECTED VARIETIES  
BAKED-IN-STORE, 18'S  
3000138\_SA/3000138\_SA



ALWAYS  
\$4.50

NO NAME® NATURAL  
CHEESE SLICES  
SELECTED VARIETIES  
210/230 G  
2014210\_SA



ALWAYS  
\$4

PC® SCOOP SHOP  
TUBS ICE CREAM  
SELECTED VARIETIES,  
FROZEN, 946 ML  
2019127\_SA/2019127\_SA



ALWAYS  
\$4

PC® BLACK  
LABEL ICE  
CREAM  
SELECTED VARIETIES,  
FROZEN, 500 ML  
2019185\_SA



ALWAYS  
\$5.50

BASSE  
POPCORN  
MIX 520 G  
2018146\_SA



ALWAYS  
\$1

PC® BLUE MENU®  
OR FREE & CLEAR®  
SPARKLING WATER  
SELECTED VARIETY, 1 L  
2018201001\_SA/2018201002\_SA

ALWAYS  
\$5

PC® ORGANICS  
COCONUT  
WATER  
1 L  
20192273\_SA



ALWAYS  
\$4.50

PC® ORGANICS  
ANIMAL COOKIES  
SELECTED VARIETIES, 250 G  
20192497\_SA



ALWAYS  
\$3.50

PC® ORGANICS  
APPLE SAUCE  
SELECTED VARIETIES  
850 ML, 6X100 ML  
20192493001\_SA  
20192493002\_SA



ALWAYS  
\$2.50

PC®  
DISHWASHING  
LIQUID  
SELECTED VARIETIES  
638 ML-1 L  
20192286\_SA/20192286\_SA



ALWAYS  
\$6

LIFE BRAND®  
FACE WIPES  
SELECTED VARIETIES, 50'S  
20192824\_SA





# AISLES OF COOL

Treats to beat the heat at great prices.

**3<sup>97</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
6.99 EA

**BREYERS CREAMERY STYLE ICE CREAM OR CONFECTIONARY FROZEN DESSERT**  
SELECTED VARIETIES, FROZEN, 1.66 L  
301932901, SA/3034453001, SA

**PC® SQUEEZABLE TOPPINGS 428 ML OR PC® CONES 120-205 G**  
SELECTED VARIETIES  
3006769, SA/32303791, SA

**5<sup>49</sup>**



**10<sup>49</sup>**

**HERSHEY'S CHIPITS**  
SELECTED VARIETIES, 775-825 G  
31433941, SA/31433941, SA

**12<sup>99</sup>**

**HERSHEY'S REESE CANDY BAGS**  
SELECTED VARIETIES  
800/900 G  
3110309, SA/31103073, SA

**SAVOR ICE CREAM**  
SELECTED VARIETIES, 473 ML  
3034430, SA/30344401, SA

**4<sup>99</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
6.79 EA



# AISLES OF SWEET

Sweet for your taste buds and wallet.

**2/6<sup>50</sup>**

OR 3.99 EA

**MR. BEAST FEASTABLES CHOCOLATE BARS**  
60 G  
3158974, SA/3158982, SA

**CARNABY SWEET CANDY TUBS**  
SELECTED VARIETIES  
500 G  
31382890, SA/31382890, SA

**4<sup>50</sup>**

**LIMIT 6**  
OVER LIMIT PAY  
5.49 EA



**\$3**

**SKITTLES CANDY OR GUMMIES**  
SELECTED VARIETIES  
290/320 G  
3096336, SA/30963401, SA

**\$2**

**HERSHEY'S TWIZZLERS LICORICE**  
SELECTED VARIETIES, 311-454 G  
3062338964, SA/3062338971, SA

**JOLLY RANCHER CHEWY CANDY OR GUMMIES BAGS**  
SELECTED VARIETIES, 182-198 G  
31064864, SA/31064762, SA

**\$2**

**LIMIT 6**  
OVER LIMIT PAY  
5.99 EA

**LIMIT 6**  
OVER LIMIT PAY  
3.99 EA

**LIMIT 6**  
OVER LIMIT PAY  
3.29 EA





# FROM YOUR FARMERS

## HOME-GROWN HEROES

Shop farm to table at great prices.



Daily Fresh

### Daily Fresh

Daily Fresh is a family farm that is passionate about local - from growing locally sourced produce to donating to their local communities. Enjoy their broccoli crowns from Abbotsford, BC in our stores!

**2.49**  
LB

5.49/KG

**BROCCOLI CROWNS**  
PRODUCT OF CANADA,  
CANADA NO. 1 GRADE  
20026163001\_80



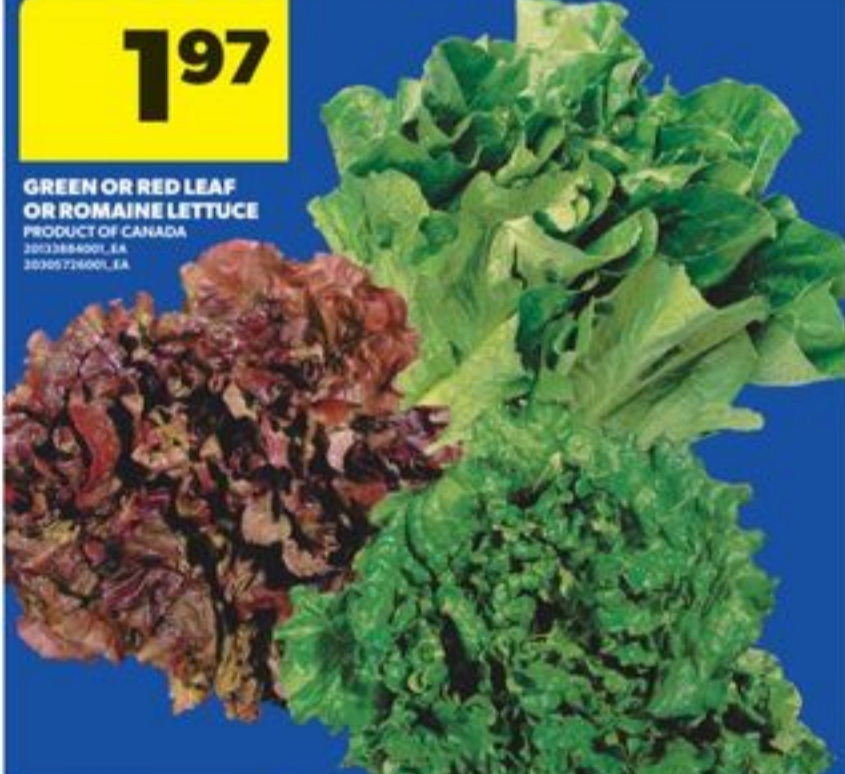
**99¢**  
LB  
2.18/KG

**GREENHOUSE TOMATOES ON THE VINE**  
PRODUCT OF CANADA  
NO.1 GRADE  
20026703001\_80



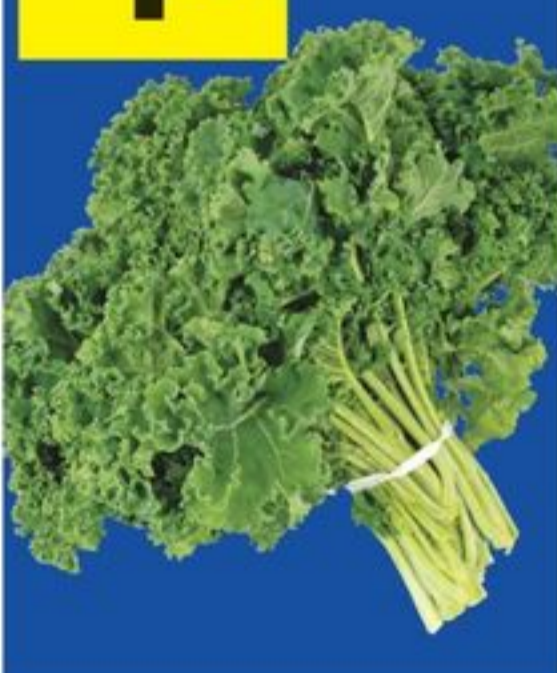
**1.97**

**GREEN OR RED LEAF OR ROMAINE LETTUCE**  
PRODUCT OF CANADA  
20023884001\_8A  
20305724001\_8A



**1.50**

**KALE**  
PRODUCT OF WESTERN PROVINCES  
20138695001\_8A



**4.97**

**PC® GREENHOUSE STRAWBERRIES**  
PRODUCT OF WESTERN PROVINCES, CANADA  
NO.1 GRADE, 340 G  
2102742001\_8A



**5.99**

**PC® VARIETY TOMATOES**  
PRODUCT OF WESTERN PROVINCES, 681 G  
2094899001\_8A



**CLUB SIZE**

**\$1**

**BUNCHED RADISH**  
PRODUCT OF WESTERN PROVINCES  
2002222001\_8A



**4.50**

**PC® ORGANICS WHOLE CREMINI OR WHITE MUSHROOMS**  
PRODUCT OF CANADA, 454 G  
21219537001\_8A/21219494001\_8A



**CLUB SIZE**

**4.99**

**WELL JUICE**  
PRODUCT OF CANADA  
SELECTED VARIETIES, 333 ML  
2106461\_8A/2106454\_8A



# SUPER FRESH

**7<sup>99</sup>**

**NO NAME<sup>®</sup> NATURALLY IMPERFECT<sup>™</sup> APPLES**  
 PRODUCT OF CANADA NO. 2 GRADE, 6 LB  
 204499001\_SA



**4<sup>99</sup>**

**MINI SEEDLESS WATERMELON**  
 PRODUCT OF U.S.A.  
 2044279001\_SA



**5<sup>99</sup>**

**PC<sup>®</sup> MANDARINS**  
 PRODUCT OF PERU, 3 LB  
 204499001\_SA



**7<sup>99</sup>**

**FARMER'S MARKET<sup>™</sup> NECTARINES 2L OR PEACHES 3L**  
 PRODUCT OF U.S.A., NO. 1 GRADE  
 2044346001\_SA/2044359001\_SA



**\$5**

**FARMER'S MARKET<sup>™</sup> ROMA TOMATOES**  
 PRODUCT OF CANADA OR U.S.A., 3 LB  
 2044346001\_SA



**\$7**

**NATURALLY IMPERFECT<sup>™</sup>**  
 Naturellement imparfaits

lemons - citrons  
 1.81 kg (4 lb)

**NO NAME<sup>®</sup> NATURALLY IMPERFECT<sup>™</sup> LEMONS**  
 PRODUCT OF SOUTH AFRICA, 4 LB  
 2034499001\_SA



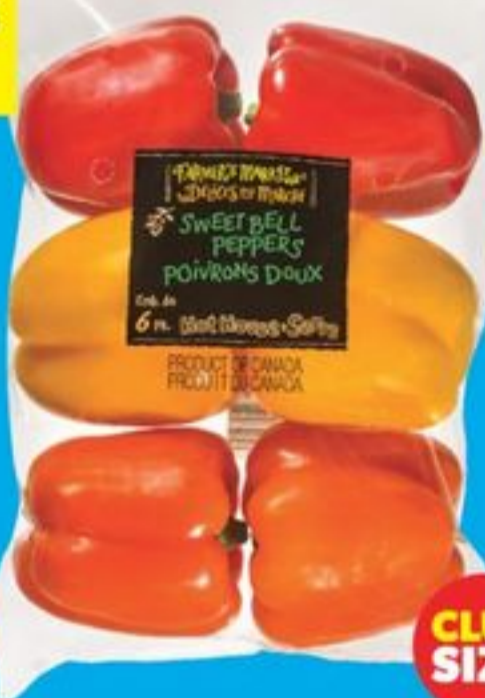
**5<sup>97</sup>**

**FARMER'S MARKET<sup>™</sup> MINI CUCUMBERS**  
 PRODUCT OF WESTERN PROVINCES, 15'S  
 2034499001\_SA



**6<sup>98</sup>**

**FARMER'S MARKET<sup>™</sup> MIXED SWEET PEPPERS**  
 PRODUCT OF WESTERN PROVINCES, 6'S  
 2034499001\_SA



**3<sup>47</sup>**

**PC<sup>®</sup> LITTLE GEMS MIXED, RED OR YELLOW MINI POTATOES**  
 PRODUCT OF U.S.A., NO. 1 GRADE, 680 G  
 2044359001\_SA/2044346001\_SA



**5<sup>99</sup>**

**ORGANIC RASPBERRIES**  
 PRODUCT OF U.S.A. OR MEXICO, 170 G  
 2044359001\_SA



**\$5**

**NO NAME<sup>®</sup> NATURALLY IMPERFECT<sup>™</sup> LIMES**  
 PRODUCT OF MEXICO, 907 G  
 2034499001\_SA



# SUPER FRESH

**\$6**

**PC® BLUE MENU® GROUND CHICKEN OR MINCED TURKEY 454 G**  
2100091, SA/2100092, SA



**9.99**

**NO NAME® THICK SLICED BACON 1 KG**  
2100010, SA

**LIMIT 4 OVER LIMIT PAY 12.99 EA**



**13.99**

**PC® BURGERS**  
SELECTED VARIETIES  
FROZEN, 852 G-1.36 KG  
2004226, SA



**10.99**  
LB  
24.23/KG

**BONELESS BLADE ROAST OR STEAK**  
CUT FROM CANADA AA GRADE WESTERN BEEF  
2004276, KG



**CLUB SIZE**

**4.99**  
LB  
11.00/KG

**CHICKEN WINGS**  
FRESH  
2079253, KG/2079256, KG



**\$11**

**LIMIT 4 OVER LIMIT PAY 13.00 EA**

**MARCANGELO SAUSAGE, BREAKFAST SAUSAGE OR PATTIES**  
SELECTED VARIETIES,  
850 G-1.4 KG  
2079000, SA



**11.99**

**LIMIT 4 OVER LIMIT PAY 12.99 EA**

**MARCANGELO SOUVLAKI**  
SELECTED VARIETIES, 480-940 G  
2004003, SA



**3.29**  
LB  
7.25/KG

**FRESH PINK SALMON**  
HEADLESS, DRESSED, 2 PER BAG  
2107005, KG



**6.99**

**SEAQUEST® RAW SHELL ON SHRIMP OR COOKED PEELED SHRIMP 56-65/LB, 300 G OR SEAQUEST BAY SCALLOPS 100-150/LB, 400 G**  
FROZEN  
2043005, SA/2103021, SA



**15.99**  
LB  
35.25/KG

**FRESH WILD SOCKEYE SALMON FILLETS**  
2107004, KG



**9.99**

**PC® SMOKED SALMON**  
SELECTED VARIETIES  
FROZEN, 150 G  
2002008, SA/2140076, SA



**11.99**

**SEAQUEST® COOKED SHRIMP PIECES**  
71-120/LB, 680 G OR  
SEAQUEST® SHRIMP RING WITH SAUCE 454 G  
2043012, SA/2007001, SA



**ALWAYS \$10**

**WILD SMOKED SALMON, PINK SALMON, SOLE, BASA, BLUE COD, POLLOCK, BREADED SQUID OR POPCORN SHRIMP, CRAB FLAVORED POLLOCK OR SEAFOOD MEDLEY**  
200-508 G  
2147004, SA/2147004, SA



# SUPER FRESH

**10<sup>99</sup>**

**MAPLE LEAF NATURAL SELECTIONS SLICED DELI MEAT**  
SELECTED VARIETIES, 375/400G  
2077305, SA/2077306, SA



**17<sup>99</sup>**

**FREYBE EUROPEAN WIENERS**  
900 G  
2322765, SA



**7<sup>99</sup>**

**BALDERSON CHEESE**  
SELECTED VARIETIES, 250/280 G  
2166455, SA



Optimum

Members-Only Price™

**10<sup>99</sup>**

Non-members

**12<sup>99</sup>**

Members save **\$2**

**PC® CHEESE BLOCK CLUB PACK®**  
SELECTED VARIETIES, 300G  
2024828, SA

Must be a registered PC Optimiser™ member to load and get this offer.



**\$16**

Optimum

**1,000<sup>00</sup>**

Value

**TRE STELLE MOZZARELLA BALL**  
3X250 G  
2166477, SA



**CLUB SIZE**

**8<sup>49</sup>**

**OLIVIERI FRESH FILLED PASTA, SKILLET GNOCCHI, 300-700 G OR FRESH SAUCE 400 ML**  
SELECTED VARIETIES  
2001946, SA/2001947, SA



**\$8**

**LIMIT 4 OVER LIMIT PAY 9.79 EA**



Optimum

Members-Only Price™

**3<sup>99</sup>**

Non-members

**4<sup>99</sup>**

Members save **\$1**

**PC® NAAN DIPPERS**  
300 G OR SABRA HUMMUS 283 G  
SELECTED VARIETIES  
2000028, SA/2000029, SA

Must be a registered PC Optimiser™ member to load and get this offer.



**1<sup>99</sup>**

**WHITE OR WHOLE WHEAT BREAD**  
BAKED IN-STORE  
SELECTED VARIETIES, 450 G  
2166457, SA



**2/\$6**

OR 3.49 EA



**3<sup>99</sup>**

**LIMIT 4 OVER LIMIT PAY 4.49 EA**



**5<sup>50</sup>**

**FARMER'S MARKET™ COFFEE CAKE**  
SELECTED VARIETIES, 500 G  
2166504, SA



**\$6**

**FARMER'S MARKET™ MUFFINS**  
SELECTED VARIETIES, 6'S  
2166524, SA/2166525, SA



**\$13**

**LIMIT 4 OVER LIMIT PAY 16.00 EA**



# SUPER YOUR EVERYDAY

**\$6**

FARMER'S MARKET™ MANGO SLICES  
250G  
2119973\_EA



**\$4**

FARMER'S MARKET™ CRYSTALLIZED GINGER  
250 G  
2119968\_EA



**\$4**

FARMER'S MARKET™ SUNFLOWER SEEDS  
ROASTED, SALTED, 400 G  
2119930\_EA



**\$4**

FARMER'S MARKET™ PITTED DATES  
300 G  
2119965\_EA



**\$6**

FARMER'S MARKET™ PINEAPPLE CHUNKS  
400 G  
2119962\_EA



**\$4**

FARMER'S MARKET™ APRICOTS  
375 G  
2119901\_EA



**\$4**

FARMER'S MARKET™ RAW ALMONDS  
400 G  
2119107\_EA



**\$9**

R.W. RAW PECAN HALVES  
375 G  
2143237\_EA



**\$15**

OLIO D'OLIVA ALMONDS  
550 G  
2119937\_EA



President's Choice

## CLICK-N-STORE

### PANTRY ORGANIZING CONTAINERS

SHOP NOW

Seal and stack to get your pantry in order with our space-saving containers. With different sizes for storing a variety of dry-foods, you'll be organizing a photo-worthy pantry in no time



UP TO **20% OFF**  
7:00-11:50 AFTER SAVINGS

PC® CLICK AND STORE PANTRY STORAGE  
SELECTED VARIETIES  
20796505\_EA/21174343\_EA

# SUPER

# DEALS

**3,000** = \$3  
Value!  
for every \*10\*  
spent on

**MINUTE MAID, NUTRI, FIVE ALIVE, FRUITOPIA, SIMPLY JUICES, BEVERAGES, NESTEA OR GOLD PEAK ICED TEA**  
SELECTED VARIETIES, REFRIGERATED, 1.54/1.75 L  
20345603004\_EA/21012895\_EA  
At least \$3 value in points



**4,000** = \$4  
Value!  
for every \*10\*  
spent on

**COCA-COLA 6X710 ML, 6X300 ML, MONSTER 473 ML, POWERADE 710 ML, GLACEAU 591 ML OR SMARTWATER 6X1 L**  
SELECTED VARIETIES  
20333741002\_C06/20853723\_EA  
At least \$4 value in points



**3,000** = \$3  
Value!  
for every \*12\*  
spent on

**LINDT EXCELLENCE 50-100 G, SWISS CLASSIC 100 G OR LINDOR CHOCOLATE BAGS 142-151 G**  
SELECTED VARIETIES  
20256859001\_EA/21337806\_EA  
At least \$3 value in points



**4,000** = \$4  
Value!  
for every \*12\*  
spent on

**CHRISTIE CORE COOKIES 198-303 G OR RITZ 180-304 G**  
SELECTED VARIETIES  
21338407\_EA/21547034\_EA  
At least \$4 value in points



**3/6.99**  
OR 2.99 EA

**CADBURY CHOCOLATE BAR**  
SELECTED VARIETIES, 80-100 G  
20034341001\_EA/21379363\_EA



**3.67**  
**LIMIT 6**  
OVER LIMIT PAY  
4.49 EA

**LINDT EXCELLENCE CHOCOLATE TABLET**  
SELECTED VARIETIES  
50-138 G  
20312527009\_EA/21088410\_EA



**2/\$8**  
OR 4.79 EA

**EXCEL GUM MULTIPACK**  
SELECTED VARIETIES  
45-77 G  
21434776\_EA/21433026\_EA



**4.29**  
**LIMIT 6**  
OVER LIMIT PAY  
4.99 EA

**M&M'S CHOCOLATE CANDIES**  
SELECTED VARIETIES  
155-200 G  
21371767\_EA/21371768\_EA



**1,500** = \$1.50  
Value!  
when you buy 3

**CHEETOS SNACKS 180-285 G, DORITOS TORTILLA CHIPS 210-280 G OR RUFFLES POTATO CHIPS 190/200 G**  
SELECTED VARIETIES  
21348922\_EA/21348918\_EA



**2.99**  
**LIMIT 6**  
OVER LIMIT PAY  
4.49 EA

**FIBRE 1 OR NATURE VALLEY SWEET & SALTY BARS**  
SELECTED VARIETIES  
125-210 G  
2067918005\_EA/21213539\_EA



**2.99**  
**LIMIT 4**  
OVER LIMIT PAY  
4.79 EA

**POST OR WEETABIX CEREAL**  
SELECTED VARIETIES  
311-325 G  
20731084\_EA/21427214\_EA



**2.99**  
**LIMIT 4**  
OVER LIMIT PAY  
4.39 EA

**DANONE ACTIVIA 625-650 G OR TWO GOOD 4X95 G, YOGURT**  
SELECTED VARIETIES  
2023312003\_EA/21476647\_EA



**4.99**  
**LIMIT 4**  
OVER LIMIT PAY  
6.49 EA

**QUAKER HARVEST CRUNCH PROTEIN**  
SELECTED VARIETIES  
325 G  
21579947\_EA/21579104\_EA



**3.33**  
**LIMIT 4**  
OVER LIMIT PAY  
4.99 EA

**QUAKER HARVEST OR CAP'N CRUNCH, LIFE OR SQUARES CEREAL**  
SELECTED VARIETIES  
325-510 G  
20637395\_EA/21218824\_EA



**10,000** = \$10  
Value!  
when you spend \*40\* on

**CHARMIN BATHROOM TISSUE, BOUNTY PAPER TOWELS, TIDE LAUNDRY DETERGENT, DOWNY, GAIN OR IVORY SNOW SCENT BEADS AND DOWNY OR TIDE RINSE & REFRESH**  
SELECTED VARIETIES AND SIZES  
21083670\_EA/21548778\_EA



**12.97**  
**LIMIT 4**  
OVER LIMIT PAY  
19.99 EA

**SPONGE TOWELS**  
SELECTED VARIETIES  
6-12 ROLLS  
21083409\_EA



**6.99**  
**LIMIT 4**  
OVER LIMIT PAY  
9.99 EA

**ROYALE FACIAL TISSUE**  
6X126 SHEETS  
20908163\_EA



# SUPER YOUR EVERYDAY

**2<sup>99</sup>**

PEPPERIDGE FARM  
GOLDFISH CRACKERS  
156-227 G OR CRISPS 177 G  
SELECTED VARIETIES  
20330906\_EA/21575285\_EA

**LIMIT 4**  
OVER LIMIT PAY  
3.99 EA



**2<sup>99</sup>**

KELLOGG'S  
CHEEZ-IT 191-200 G,  
SNAP'D OR KEEBLER  
TOWN HOUSE  
CRACKERS 213-391 G  
SELECTED VARIETIES  
21245660\_EA/21451181\_EA

**LIMIT 4**  
OVER LIMIT PAY  
3.39 EA



**3<sup>99</sup>**

ORVILLE  
REDENBACHER  
POPCORN 385-492 G  
OR KERNEL JAR 850 G  
SELECTED VARIETIES  
20304668\_EA/20429532003\_EA

**LIMIT 2**  
OVER LIMIT PAY  
4.50 EA



**2<sup>47</sup>**

NO NAME<sup>®</sup>  
MARSHMALLOWS  
SELECTED VARIETIES, 400 G  
20304672001\_EA/21023141\_EA

**LIMIT 4**  
OVER LIMIT PAY  
2.79 EA



**4<sup>99</sup>**

ROGERS FINE  
GRANULATED SUGAR  
4 KG  
20178131\_EA

**LIMIT 4**  
OVER LIMIT PAY  
5.99 EA



**14<sup>49</sup>**

BERTOLLI OLIVE OIL  
SELECTED VARIETIES, 500 ML  
20006702\_EA/20149537001\_EA



**1<sup>99</sup>**

PRIME DRINKS  
SELECTED VARIETIES  
500 ML  
21529798\_EA

**LIMIT 4**  
OVER LIMIT PAY  
2.99 EA



**1<sup>47</sup>**

SUNRYPE JUICE  
SELECTED VARIETIES, 900 ML/1 L  
20640192001\_EA/207144072008\_EA

**LIMIT 4**  
OVER LIMIT PAY  
2.29 EA



**2<sup>99</sup>**

MINUTE MAID,  
FIVE ALIVE OR  
NESTEA ICED TEA  
DRINK BOXES  
SELECTED VARIETIES  
8/10x200 ML  
20276003\_EA/21002167\_EA

**LIMIT 4**  
OVER LIMIT PAY  
3.99 EA



**1<sup>69</sup>**

UNICO BEANS,  
CHICKPEAS,  
LENTILS OR  
TOMATOES  
SELECTED VARIETIES  
540/796 ML  
2031447001\_EA/20314829001\_EA

**LIMIT 4**  
OVER LIMIT PAY  
1.99 EA



**1<sup>97</sup>**

CATELLI GARDEN  
SELECT PASTA SAUCE  
SELECTED VARIETIES, 640 ML  
20095184001\_EA

**LIMIT 4**  
OVER LIMIT PAY  
2.99 EA



**7<sup>99</sup>**

POGO  
SELECTED VARIETIES  
FROZEN, 8/10'S  
20053302001\_EA

**LIMIT 4**  
OVER LIMIT PAY  
9.99 EA



**.89**

SAPPORO  
ICHIBAN NOODLES  
SELECTED VARIETIES, 100 G  
20275907001\_EA/20275907004\_EA

**LIMIT 6**  
OVER LIMIT PAY  
1.19 EA



**1<sup>49</sup>**

CLOVER LEAF  
LIGHT TUNA OR  
BRUNSWICK FILLETS  
SELECTED VARIETIES, 65-170 G  
20318426001\_EA/20273583\_EA

**LIMIT 4**  
OVER LIMIT PAY  
1.99 EA



**4,500<sup>00</sup>** = **\$450**  
Value!  
for every \$17\* spent on

BEN'S ORIGINAL  
BISTRO, DRY RICE,  
NATURAL SELECT  
OR SPECIALTY RICE  
SELECTED VARIETIES  
340 G-2.2 KG  
21405476\_EA/21535549\_EA  
At least \$4.50 value in points





# SUPER YOUR EVERYDAY

**6<sup>99</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
9.29 EA

**KRAFT SINGLES** 825 G  
OR **CHEEZ WHIZ** 900 G  
SELECTED VARIETIES  
20659603001\_EA/21188312\_EA



**7<sup>89</sup>**

**NO NAME® CHEESE BAR**  
SELECTED VARIETIES, 700 G  
20973773\_EA



**2/\$8**  
OR 6.49 EA

**COFFEEMATE**  
COFFEE ENHANCER  
SELECTED VARIETIES  
REFRIGERATED, 828/946 ML  
21093311\_EA/21064632\_EA



**3<sup>99</sup>**

**PC® ORANGE JUICE**  
OR **LEMONADE**  
SELECTED VARIETIES  
REFRIGERATED, 1.54 L  
21430531\_EA/21430542\_EA



**4<sup>49</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
5.49 EA

**PC® COLD BREW COFFEE**  
SELECTED VARIETIES  
REFRIGERATED, 900 ML  
21022542\_EA/21397631\_EA



**3<sup>33</sup>**

**OIKOS YOGURT**  
SELECTED VARIETIES  
4X95/300 G  
2049710004\_EA/20423055\_EA



**5<sup>49</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
6.49 EA

**SIGGI'S SKYR**  
YOGURT TUBS  
SELECTED VARIETIES  
650/750 G  
21333865\_EA/21433649\_EA



**Optimum**  
Members-Only Price™

**5<sup>99</sup>**

**Non-members**  
**9<sup>99</sup>**

Members  
save  
**\$4**

**HIGH LINER BREADED**  
OR **BATTERED FISH**  
500-700 G OR **SHRIMP** 330 G  
SELECTED VARIETIES, FROZEN  
20303209003\_EA/21017229004\_EA  
\*\*Must be a registered PC Optimum™  
member to load and get this offer.



**5<sup>99</sup>**

**NESCAFÉ GOLD OR**  
**SWEET & CREAMY**  
**INSTANT COFFEE**  
SELECTED VARIETIES, 90-351 G  
21074563\_EA/21343371\_EA

**LIMIT 4**  
OVER LIMIT PAY  
7.99 EA



**29<sup>99</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
35.99 EA

**TIM HORTONS &**  
**VAN HOUTTE**  
**K-CUP PODS**  
SELECTED VARIETIES, 48'S  
21240798\_EA/21338813\_EA



**\$27**

**PC® NUTRITION FIRST™**  
**DRY DOG FOOD**  
SELECTED VARIETIES, 7 KG  
21304726\_EA/21305879\_EA



**4<sup>49</sup>**

**METHOD**  
ALL PURPOSE  
CLEANER 828 ML  
OR **LIQUID DISH**  
**SOAP** 532 ML  
SELECTED VARIETIES  
21432668\_EA/21518332\_EA

**LIMIT 4**  
OVER LIMIT PAY  
5.49 EA



**8<sup>99</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
10.99 EA

**PALMOLIVE**  
DISHWASHING LIQUID  
SELECTED VARIETIES, 4.27 L  
21516683\_EA



**11<sup>49</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
12.99 EA

**GLAD GARBAGE BAGS**  
SELECTED VARIETIES, 20-40'S  
2056439001\_EA/21363477\_EA



# FEEL GOOD CHOICES AT FEEL GOOD PRICES

**2<sup>99</sup>**  
**BIOITALIA ORGANIC PASTA**  
 SELECTED VARIETIES, 500 G  
 2004757003, SA/2004757004, SA

**LIMIT 4**  
 OVER LIMIT PAY  
 3.69 EA

**2<sup>99</sup>**  
**POPPISODA**  
 SELECTED VARIETIES, 355 ML  
 2106455, SA/2106452, SA

**LIMIT 12**  
 OVER LIMIT PAY  
 3.49 EA

**7<sup>99</sup>**  
**RISE KOMBUCHA**  
 SELECTED VARIETIES  
 REFRIGERATED, 1 L  
 2106233, SA/2106230, SA

**LIMIT 4**  
 OVER LIMIT PAY  
 8.99 EA

**3<sup>99</sup>**  
**HARDBITE POTATO CHIPS IN AVOCADO OIL, 128 G, OR VEGGIE CHIPS 150 G**  
 SELECTED VARIETIES  
 2007429, SA/2007428, SA

**LIMIT 4**  
 OVER LIMIT PAY  
 4.79 EA

**4<sup>99</sup>**  
**PRANA GRANO LOVE CEREAL**  
 SELECTED VARIETIES, 300 G  
 2107206, SA/2107200, SA

**LIMIT 4**  
 OVER LIMIT PAY  
 6.99 EA

**4<sup>49</sup>**  
**LESSER EVIL PUFFS, 140 G OR POPCORN 142 G**  
 SELECTED VARIETIES  
 2109006, SA/2109001, SA

**LIMIT 4**  
 OVER LIMIT PAY  
 5.99 EA

**4<sup>99</sup>**  
**PC<sup>®</sup> HEMP HEARTS 227 G OR ORGANICS FLAXSEED 400/454 G**  
 SELECTED VARIETIES  
 2033329, SA/2007298, SA

**LIMIT 4**  
 OVER LIMIT PAY  
 5.99 EA

**5<sup>99</sup>**  
**GOOD FOOD FOR GOOD KETCHUP OR BARBECUE SAUCE**  
 SELECTED VARIETIES, 250 ML  
 2073444, SA/2073461, SA

**LIMIT 4**  
 OVER LIMIT PAY  
 7.49 EA

**6<sup>49</sup>**  
**PC<sup>®</sup> ORGANICS BASMATI OR JASMINE RICE**  
 SELECTED VARIETIES, 900 G  
 2134415, SA/2134403, SA

**LIMIT 4**  
 OVER LIMIT PAY  
 7.49 EA

**5<sup>49</sup>**  
**PC<sup>®</sup> ORGANICS CHEESE**  
 SELECTED VARIETIES, 200 G  
 20034037, SA/2033775460, SA

**LIMIT 4**  
 OVER LIMIT PAY  
 6.49 EA

**8<sup>99</sup>**  
**THE PLANT-IT FOOD COMPANY FROZEN ENTRÉES**  
 SELECTED VARIETIES, 325 G  
 2106453, SA

**LIMIT 4**  
 OVER LIMIT PAY  
 9.99 EA

**7<sup>49</sup>**  
**PC<sup>®</sup> ORGANICS MINI BARS 200 G, HEALTHY CRUNCH SUPERFOODS 235 G OR SALENTO PROVISIONS CHOCOLATE COVERED FRUIT 100 G**  
 SELECTED VARIETIES  
 2148223, SA/2148994, SA

**LIMIT 4**  
 OVER LIMIT PAY  
 8.49 EA

**2/\$7**  
 OR 5.00 EA

**ANNIE'S COOKIES OR CRACKERS**  
 213 G  
 2004440, SA/200982, SA

**LIMIT 4**  
 OVER LIMIT PAY  
 5.49 EA

**4<sup>79</sup>**  
**PC<sup>®</sup> ORGANICS SOUR CREAM**  
 500 G  
 2106276, SA

**LIMIT 4**  
 OVER LIMIT PAY  
 5.49 EA

**6<sup>99</sup>**  
**NATURE'S BAKERY BROWNIE OR FIG BARS**  
 SELECTED VARIETIES, 270/340 G  
 2144902, SA/2144907, SA

**LIMIT 4**  
 OVER LIMIT PAY  
 8.49 EA

# SHOP THE WORLD IN OUR AISLES\*

From bok choy to basmati rice, find international ingredients at low prices.

SHOP NOW

**9<sup>99</sup>**  
LB  
22.02/KG

**BEEF RIB FINGER MEAT**  
BONELESS, CRYOVAC  
30017062\_EA/30017062\_EA



**2<sup>99</sup>**  
LB  
6.59/KG

**JAPANESE SWEET YAM**  
PRODUCT OF U.S.A.  
30034922001\_EA



**9<sup>99</sup>**

**WHITE SHRIMP, HEAD ON, HEADLESS OR SHRIMP PEELLED**  
400/454 G, FROZEN  
30017062\_EA/30017062\_EA



**THAI GOLD**  
FRESH FROZEN SHRIMP  
新鮮凍凍白蝦  
Fresh Frozen Shrimp  
Crevettes Crues Congelées  
1lb/454g 400g

**7<sup>99</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
8.99 EA

**MASECA**  
INSTANT CORN MASA MIX  
MÉLANGE INSTANTANÉ DE MASA (FARINE) DE MAÏS  
MASA INSTANTÁNEA DE MAÍZ  
2 kg



**MASECA INSTANT CORN MASA FLOUR**  
2 KG  
30034943\_EA

**2<sup>29</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
2.79 EA

**SURAJ**<sup>®</sup> DAHI YOGURT  
SELECTED VARIETIES, 750 G  
30009012\_EA



**3<sup>99</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
4.99 EA

**Grace**  
**Corned Beef**  
**Boeuf Salé**  
PRODUCT OF BRAZIL • PRODUIT DU BRÉSIL  
340 g



**GRACE CORNED BEEF**  
SELECTED VARIETIES, 340 G  
3001340001\_EA

**1<sup>99</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
2.39 EA

**PUCK** THICKENED CREAMY PRODUCT  
160 G  
30440448\_EA

**THICKENED CREAMY PRODUCT**  
BLEND OF SKIM MILK POWDER AND PALM OIL  
**PRODUIT CRÉMEUX ÉPAISSIE**  
MÉLANGE DE POUDRE DE LAIT ÉCRÉMÉ ET DE L'huile DE PALME



**2<sup>99</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
4.39 EA

**KIKKOMAN** SOY SAUCE  
SELECTED VARIETIES  
148 ML  
30045716\_EA



**ALWAYS \$2**

**SURAJ** JUICE  
SELECTED VARIETIES, 1 L  
30009044\_EA/30009012\_EA

**PINEAPPLE COCONUT**  
EXOTIC JUICE DRINK

**MANGO**  
EXOTIC JUICE DRINK



**6<sup>99</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
11.99 EA

**TILDA** BASMATI RICE  
1.81 KG  
30017008\_EA

**Tilda**  
PURE BASMATI  
BASMATI PUR  
GLUTEN FREE  
SAFE GLUTEN



**1<sup>27</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
1.99 EA

**Grace** COCONUT WATER  
SELECTED VARIETIES, 500 ML  
30029471\_EA



**9<sup>99</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
12.99 EA

**Knorr** BOUILLON CHICKEN MIX  
1 KG  
30034974\_EA

**Chicken / Poulet**  
Broth Mix  
Mélange pour bouillon  
PRODUCT OF U.S.A. (CONTAINS 100% CHICKEN)



\* Please note that not all items are available in all stores.


# SHOP THE WORLD IN OUR AISLES\*

From bok choy to basmati rice, find international ingredients at low prices.

[SHOP NOW](#)

**1.27**  
LB  
2.80/KG

**NAPA**  
PRODUCT OF U.S.A.  
20002390, EA



**1.98**

**BEAN SPROUTS**  
PRODUCT OF CANADA, 340 G  
20007099, EA



**5.49**

**SURAJ® PUNJABI BISCUITS**  
1.1 KG  
2000448, EA

**LIMIT 4**  
OVER LIMIT PAY  
6.19 EA



**32.99**

**AQUASTAR KING CRAB LEGS & CLAWS**  
FROZEN, 500 G  
2000709, EA



**7.99**

**PMC TILPIA**  
FROZEN, 1.36 KG  
204226, EA



**1.49**

**BUENAS PANCAIT CANTON NOODLES**  
227 G  
2000448, EA

**LIMIT 6**  
OVER LIMIT PAY  
1.99 EA



**4.99**

**SURAJ® GROUND TURMERIC**  
1 KG  
2000962, EA

**LIMIT 4**  
OVER LIMIT PAY  
5.89 EA



**5.49**

**GOLD KILI INSTANT MIX**  
SELECTED VARIETIES, 18 G  
20004373601, EA / 2000965, EA



**1.49**

**GRACE DRY LIMA BEANS**  
540 ML  
2000304, EA

**LIMIT 4**  
OVER LIMIT PAY  
1.99 EA



**1.99**

**GRACE GREEN PIGEON PEAS**  
425 ML  
2000703, EA



**4.99**

**OVALTINE OR NESTLÉ MILO DRINK MIX**  
SELECTED VARIETIES, 400 G  
20073625, EA



**5.49**

**SHAN GINGER GARLIC PASTE**  
700 G  
2040776, EA

**LIMIT 4**  
OVER LIMIT PAY  
7.49 EA



**1.99**

**GRACE VIENNA CHICKEN SAUSAGES**  
SELECTED VARIETIES, 130 G  
2000448002, EA



**2.99**

**CLIC DRY BEANS OR LENTILS**  
SELECTED VARIETIES, 907 G  
2001291, EA

**LIMIT 4**  
OVER LIMIT PAY  
3.49 EA



**3.99**

**SURAJ® COCONUT OIL**  
500 ML  
2000344, EA

**LIMIT 4**  
OVER LIMIT PAY  
4.89 EA



\* Please note that not all items are available in all stores.

# SUNSHINE,

## Caribbean Carnival deals that'll get you dancing.

# SOCA & SAVINGS

**1<sup>27</sup>**

**RED MANGOS**  
PRODUCT OF MEXICO  
2009933001\_EA



**1<sup>99</sup>**  
LB  
4.39/KG

**CARIBBEAN SWEET POTATOES**  
PRODUCT OF HONDURAS  
2018996001\_KG



**1<sup>77</sup>**  
LB  
3.90/KG

**CASSAVA**  
PRODUCT OF COSTA RICA  
2008762001\_KG



**19<sup>99</sup>**

**NEW ZEALAND STEWING GOAT BONE-IN, 1 KG**  
20143053\_EA



**2<sup>99</sup>**

**ROOSTER® SWEETENED CONDENSED MILK**  
300 ML  
20128907\_EA



**1<sup>79</sup>**

**GRACE BUTTER BEANS**  
540 ML  
20183204\_EA

**LIMIT 4**  
OVER LIMIT PAY  
2.29 EA



**.99**

**GRACE SARDINES IN TOMATO SAUCE**  
155 G  
20064719001\_EA

**LIMIT 4**  
OVER LIMIT PAY  
1.29 EA



**2<sup>49</sup>**

**RUBICON JUICE**  
SELECTED VARIETIES, 1 L  
2002834001\_EA/20296770002\_EA

**LIMIT 4**  
OVER LIMIT PAY  
2.99 EA



**10<sup>99</sup>**

**PRANA PLAIN PARATHA FAMILY PACK**  
FROZEN, 2.4 KG  
20172364\_EA



**ALWAYS**  
**\$4**

**SURAJ® OKRA**  
FROZEN, SELECTED VARIETIES, 1 KG  
20179701\_EA



**3<sup>99</sup>**

**RUBICON ORGANIC COCONUT WATER**  
1 L  
20183064\_EA

**200<sup>+</sup>**



**.99**

**TIGER MALT BEVERAGE**  
341 ML  
20038327\_EA

**LIMIT 6**  
OVER LIMIT PAY  
1.29 EA



\* Please note that not all items are available in all stores.

# Kosher products? Check.

Find Kosher must-haves at great prices.\*

**1.97**  
LB  
4.34/KG

EGGPLANT  
PRODUCT OF U.S.A.  
2015379001\_EA



**5.99**

PC® CARA CARA ORANGES  
PRODUCT OF SOUTH AFRICA, 3 LB  
20497744001\_EA



**10.99**  
LB  
24.23/KG

MARVID SKINLESS  
CHICKEN BREAST  
FROZEN  
204977914\_KG



**4.49**  
LB  
9.90/KG

MARVID WHOLE  
CHICKEN  
FROZEN  
204977907\_KG



**13.49**  
LB  
29.74/KG

CONTINENTAL  
KOSHER MEDIUM  
GROUND BEEF  
201833913\_KG



**26.99**  
LB  
59.50/KG

CONTINENTAL  
KOSHER REGULAR  
MINUTE STEAK  
20163706\_KG



**2.29**

**LIMIT 4**  
OVER LIMIT PAY  
2.89 EA

DAGIM CHUNK  
TUNA IN WATER  
170 G OR FOODFEST  
HORSE RADISH 250 ML  
SELECTED VARIETIES  
20127930\_EA/20774380\_EA



**6.49**

**LIMIT 4**  
OVER LIMIT PAY  
7.99 EA

OSEM CONSOMME  
SOUP OR SEASONING  
MIX 400 G OR  
GIVAT WHIPPED  
CREAM 227 G  
SELECTED VARIETIES  
2027911001\_EA/20295630\_EA



**2.99**

SNAPPY SNAX  
CORN CHIPS  
SELECTED VARIETIES, 312 G  
20027910\_EA/20294011\_EA

**LIMIT 4**  
OVER LIMIT PAY  
4.49 EA



**7.99**

**LIMIT 4**  
OVER LIMIT PAY  
12.99 EA

KEDEM GRAPE JUICE  
SELECTED VARIETIES, 1.89 L  
20194022001\_EA



**17.99**

**LIMIT 4**  
OVER LIMIT PAY  
24.99 EA

CROWN NATURAL  
PURE HONEY  
1 KG  
21542937\_EA



**21.99**

ZAVAT CHALAV  
SHREDDED CHEESE  
SELECTED VARIETIES, 800 G  
21063618\_EA/21180387\_EA

**LIMIT 4**  
OVER LIMIT PAY  
30.99 EA



**9.99**

**LIMIT 4**  
OVER LIMIT PAY  
11.99 EA

SHEFA  
BEEF SALAMI  
375 G  
20077194\_EA



**9.99**

**LIMIT 4**  
OVER LIMIT PAY  
10.99 EA

SHEFA ALL BEEF  
FRANKFURTER  
OR KNOCKERS  
SELECTED VARIETIES, 450 G  
20063364\_EA/20417118\_EA



\*Items on this page only available at 550 Kenaston Blvd., Winnipeg MB, 350 S.E. Marine Drive, Vancouver BC and 10505 Southport Road SW, Calgary AB locations.

# BABY SHOP

# FOR LESS

SHOP NOW

**3<sup>99</sup>**

PC<sup>®</sup> ORGANICS FROZEN BABY FOOD  
SELECTED VARIETIES, 1X32 ML/2X128 G  
2104329, EA/2104329, EA

UP TO **1,000<sup>®</sup>** in \$1 Value



**1<sup>79</sup>**

LOVE CHILD ORGANIC POUCHES  
SELECTED VARIETIES, 128 ML  
2122965, EA/2122965, EA



**2/\$9**  
OR 4.99 EA

GERBER ORGANIC SNACKS 28-150 G OR CEREAL 200 G  
SELECTED VARIETIES  
2107119, EA/2107119, EA



LITTLE BELLIES ORGANIC PICK-ME-STICKS 16 G OR ORGANIC MUM-MUM 50/60 G SNACKS  
SELECTED VARIETIES  
2054640, EA/2054640, EA

**2<sup>99</sup>**

**LIMIT 6**  
OVER LIMIT PAY  
3.49 EA



UP TO **20% OFF**  
5.99-71.99 AFTER SAVINGS

PHILIPS AVENT FEEDING AND NURSING ACCESSORIES  
SELECTED VARIETIES  
2102394, EA/2102394, EA



GERBER INFANT CEREAL 227 G OR AMARA ORGANIC INFANT SMOOTHIE MELTS 23 G  
SELECTED VARIETIES  
201583709, EA/2104340, EA

**2/\$9**  
OR 5.49 EA



## FORMULA DEALS

**54<sup>99</sup>**

ENFAMIL A+ INFANT FORMULA REFILLS  
SELECTED VARIETIES, 992 G  
20435527002, EA/20435527003, EA

**LIMIT 2**  
OVER LIMIT PAY  
62.99 EA



**59<sup>99</sup>**

ENFAMIL A+ READY TO FEED INFANT FORMULA  
SELECTED VARIETIES, 16X237 ML  
21046370, CUV/2104632, CUV

**LIMIT 2**  
OVER LIMIT PAY  
69.99 EA



**58<sup>99</sup>**

ENFAMIL A+ NEUROPRO POWDER REFILLS  
890 G  
21089079, EA

**LIMIT 2**  
OVER LIMIT PAY  
64.99 EA



## NURSING SUPPORT AT LOW PRICES



UP TO **20% OFF**  
7.99-47.99 AFTER SAVINGS

MEDELA FEEDING AND NURSING ACCESSORIES  
SELECTED VARIETIES AND SIZES  
2101039, EA/21034709, EA



**11<sup>99</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
15.99 EA

LANSINOH DISPOSABLE NURSING PADS  
100'S  
21059463, EA



BOOBY BOONS LACTATION COOKIES  
SELECTED VARIETIES, 168 G  
21076463, EA/21076491, EA

**7<sup>99</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
10.99 EA



# BABY SHOP

# FOR LESS

SHOP NOW



**43<sup>97</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
52.99 EA



**PAMPERS SWADDLERS ULTRA VALUE PACK DIAPERS**  
SIZE 3-6, SELECTED VARIETIES  
120-182'S  
21458875\_EA/21453888\_EA



**26<sup>97</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
29.99 EA

**3,000<sup>pts</sup>** = \$3 Value

**PAMPERS EASY UPS CLUB PACK TRAINING PANTS** 30-36'S OR **NINJAMAS** 34-44'S  
SELECTED VARIETIES  
21458875\_EA/21458882\_EA



**26<sup>97</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
29.99 EA

**PAMPERS 12X SENSITIVE BABY WIPES**  
1008'S  
21458883\_EA



**HUGGIES LITTLE SWIMMERS SWIM DIAPERS**  
SELECTED VARIETIES, 17-20'S  
20988798\_EA/301570040\_EA

**12<sup>99</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
15.99 EA



UP TO **20% OFF**  
18.99-63.99 AFTER SAVINGS

**5,000<sup>pts</sup>** = \$5 Value!  
for every \$25\* spent on

**DIAPER GENIE OR ANGELCARE BABY PRODUCTS**  
SELECTED VARIETIES AND SIZES  
21527890\_EA/21548794\_EA  
\*At least \$3 value in points



**HUGGIES 6X BABY WIPES**  
SELECTED VARIETIES, 258-384'S  
21348446\_EA/21343400\_EA

**13<sup>99</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
16.99 EA



## BABY CARE AT GREAT PRICES

**3,000<sup>pts</sup>** = \$3 Value!  
for every \$15\* spent on

**JOHNSON'S OR AVEENO BABY NEEDS**  
SELECTED VARIETIES AND SIZES  
20308969\_EA/21131063\_EA  
\*At least \$3 value in points



**3,000<sup>pts</sup>** = \$3 Value!  
for every \$15\* spent on

**VASELINE PETROLEUM JELLY OR DOVE BABY NEEDS**  
SELECTED VARIETIES AND SIZES  
2018420402\_EA/21017298\_EA  
\*At least \$3 value in points



**CETAPHIL OR CERAVE BABY NEEDS**  
SELECTED VARIETIES AND SIZES  
21014772\_EA/21439175\_EA

UP TO **20% OFF**  
8.79-18.39 AFTER SAVINGS



**APP EXCLUSIVE OFFER\***

**Optimum**  
**20,000<sup>pts</sup>**

when you spend \$100\* or more on baby diapers, training pants, wipes, formula, food, accessories, toiletries and gear

**\$20 Value<sup>1</sup>**



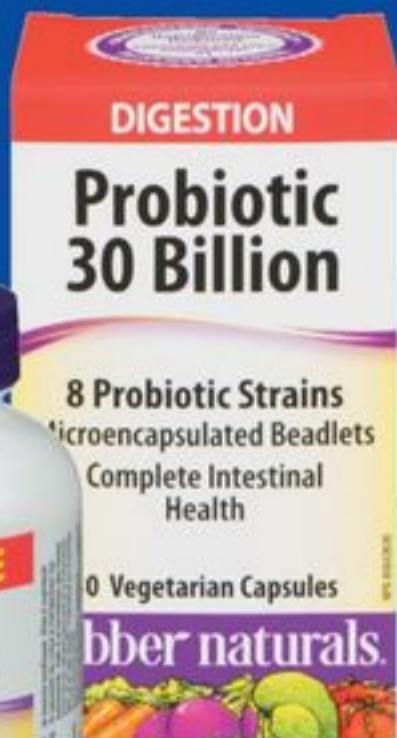
\*Open your PC, Optimum™ app or visit pointofpurchase.ca to get the offer.  
\*At least \$20 value in points



# HOT DEALS

**2,000<sup>00</sup> = \$2 Value**  
when you buy 2

**WEBBER NATURALS VITAMINS OR SUPPLEMENTS**  
SELECTED VARIETIES AND SIZES  
20783661\_EA/21049542\_EA



**BIC DISPOSABLE RAZORS**  
SELECTED VARIETIES, 1-9'S  
20037524\_EA/2010082002\_EA

**\$5**

**LIMIT 4 OVER LIMIT PAY 7.49 EA**



**7<sup>99</sup>**

**PANTENE NUTRIENT BLENDS HAIR CARE**  
SELECTED VARIETIES, 95-285 ML  
21043301\_EA/21049004\_EA



**UP TO 30% OFF**  
10.49-14.99 AFTER SAVINGS

**BABY BUM OR SUN BUM SUNCARE PRODUCTS**  
SELECTED VARIETIES AND SIZES  
30-250 ML, 13 G  
21091965\_EA/21020460\_EA



**8<sup>79</sup>**

**LIMIT 4 OVER LIMIT PAY 10.49 EA**

**BANANA BOAT ADULTS OR KIDS SUNCARE PRODUCTS**  
SELECTED VARIETIES AND SIZES  
75-315 ML, 14.1-226 G  
21067451\_EA/21035412\_EA



**1,500<sup>00</sup> = \$150 Value**  
when you buy 2

**LADY OR MEN'S SPEEDSTICK PREMIUM DEODORANT**  
SELECTED VARIETIES, 45-85 G  
2043238001\_EA  
20647071\_EA

**11<sup>99</sup>**

**LIMIT 4 OVER LIMIT PAY 13.49 EA**

**HAWAIIAN TROPIC SUN CARE PRODUCTS**  
SELECTED VARIETIES AND SIZES  
240/480 ML, 170 G  
20637630\_EA/20643762\_EA



**13<sup>99</sup>**

**LIMIT 4 OVER LIMIT PAY 16.99 EA**

**AVEENO OR NEUTROGENA SUNCARE PRODUCTS**  
SELECTED VARIETIES AND SIZES  
32-88 ML, 42/141 G  
21013248\_EA  
21013301\_EA



**THINKBABY OR THINKSPORT SUNCARE PRODUCTS**  
SELECTED VARIETIES AND SIZES  
59-177 ML  
21459808\_EA/21094350\_EA

**UP TO 20% OFF**  
11.99-27.99 AFTER SAVINGS



# ELEVATE YOUR WELL BEING

ALWAYS  
**\$8**

LIFE BRAND™  
EPSOM SALTS  
4 KG  
2026799.SA



**17<sup>99</sup>**

TENA UNDERWEAR OR PADS  
SELECTED VARIETIES AND SIZES  
209994.SA



UP TO  
**20% OFF**  
2.79-10.99 AFTER SAVINGS

PC® ULTRA SHAKES  
AND PROTEIN BARS  
SELECTED VARIETIES AND SIZES  
2022933602.SA



UP TO  
**20% OFF**  
13.49-51.99 AFTER SAVINGS

PC® SPORTS SUPPLEMENTS  
SELECTED VARIETIES AND SIZES  
2099942.SA/2026906.SA



UP TO  
**20% OFF**  
4.79-7.99 AFTER SAVINGS

AFTER BITE  
SELECTED VARIETIES AND SIZES  
202698901.SA/202698902.SA



**9<sup>99</sup>**

LIMIT 4  
OVER LIMIT PAY  
11.99 EA

U BY KOTEX LINERS  
90-129'S, PADS 22-44'S OR  
TAMPONS 30-32'S  
SELECTED VARIETIES  
2026991.SA/2026992.SA



**9<sup>99</sup>**

LIMIT 4  
OVER LIMIT PAY  
12.99 EA

ALWAYS LINERS 92-99'S,  
PADS 7-92'S OR TAMPAX  
TAMPONS 22-36'S  
SELECTED VARIETIES  
2026993.SA/2026994.SA



**18<sup>99</sup>**

CLARITIN 15-40'S OR  
AERIUS 20'S ALLERGY  
TABLETS  
SELECTED VARIETIES  
2026981.SA/20269802.SA



**15<sup>99</sup>**

PEPCID OR IMODIUM  
ANTACID OR  
DIGESTIVE RELIEF  
TABLETS, LIQUIDS, OR  
CAPLETS  
SELECTED VARIETIES AND SIZES  
202694004.SA/202694006.SA



**21<sup>99</sup>**

REACTINE ALLERGY  
TABLETS 24-36'S OR  
BENADRYL ALLERGY  
CAPLETS 100'S  
SELECTED VARIETIES  
202697901.SA/2026981.SA



**14<sup>99</sup>**

LIMIT 4  
OVER LIMIT PAY  
18.49 EA

SESAME STREET  
CHILDREN'S VITAMINS  
SELECTED VARIETIES, 160'S  
2026995.SA/2026996.SA



15,000 = \$15 Value  
when you buy 2

NICORETTE GUM 100'S,  
LOZENGES 80'S, QUICK MIST 150'S  
OR NICODERM PATCHES 7'S  
SELECTED VARIETIES  
202694006.SA/20269901.SA



# Back School

## GROOMING GOALS AT LOW PRICES

**3<sup>97</sup>**

DOVE OR DEGREE DEODORANT  
SELECTED VARIETIES, 45-76 G  
20758077003\_EA/210001965\_EA

**LIMIT 4**  
OVER LIMIT PAY  
5.79 EA



**5<sup>99</sup>**

IVORY BODY WASH  
SELECTED VARIETIES, 1035 ML  
21432377\_EA/21432366\_EA

**LIMIT 4**  
OVER LIMIT PAY  
8.49 EA



DOVE BODY WASH  
325/400 ML OR BAR SOAP  
3X106 G  
SELECTED VARIETIES  
21220015\_EA/21100474\_EA

**4<sup>88</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
6.29 EA



UP TO  
**20% OFF**  
3.59-9.19 AFTER SAVINGS

OLD SPICE BODY WASH  
473-507 ML OR BAR SOAP  
4X100 G  
SELECTED VARIETIES  
21075813\_EA/21432427\_EA



UP TO  
**20% OFF**  
21.59-79.99 AFTER SAVINGS

BRAUN, GILLETTE, OR VENUS ELECTRIC  
SHAVERS & GROOMERS  
SELECTED VARIETIES  
21433008\_EA/21000064\_EA



SKINTIMATE OR XTREME DISPOSABLE  
RAZORS  
SELECTED VARIETIES, 3-12'S  
21022969\_EA/21176319\_EA

**5<sup>99</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
6.99 EA



# Back School

## ORAL CARE DEALS FOR THEIR FRESH START

**84<sup>c</sup>**

COLGATE OR CREST TOOTH PASTE  
50-100 ML OR MANUAL TOOTHBRUSH | EA.  
SELECTED VARIETIES  
20328739001\_EA/20975582\_EA



**6<sup>99</sup>**

CREST GUM OR PRO TOOTH PASTE  
75-110 ML, PRO-HEALTH MOUTHWASH  
1 L OR SCOPE SQUEEZ CONCENTRATES  
50 ML  
SELECTED VARIETIES  
20598749\_EA/2030684001\_EA



**3<sup>99</sup>**

CREST 3D WHITE OR PRO-HEALTH TOOTH PASTE  
70-90 ML OR ORAL-B FLOSS  
40/50M  
SELECTED VARIETIES  
21335004\_EA/21506738\_EA



**6<sup>99</sup>**

SENSODYNE RAPID RELIEF OR REPAIR AND PROTECT TOOTH PASTE, POLIDENT TABLETS  
SELECTED VARIETIES AND SIZES  
84-96'S  
20437369002\_EA/21333935\_EA



LIFE BRAND® 2 PK TOOTHBRUSH | 1EA, OR FLOSSERS | 24-90'S  
SELECTED VARIETIES  
21204602\_EA/21233101\_EA

**2<sup>99</sup>**

**LIMIT 4**  
OVER LIMIT PAY  
3.99 EA



Back School

# HAIR CARE THEY WANT AT LOW PRICES

3<sup>97</sup>

LIMIT 4 OVER LIMIT PAY 6.21 EA

DOVE HAIR CARE  
SELECTED VARIETIES  
142-198 G/7195-355 ML  
20306030001\_EA  
203784430001\_EA



3<sup>49</sup>

GARNIER FRUCTIS HAIR CARE  
SELECTED VARIETIES  
334-370 ML  
21007198\_EA  
21007302\_EA



L'ORÉAL HAIR EXPERTISE OR BOND REPAIR HAIR CARE  
SELECTED VARIETIES, 150-391 ML  
20428992\_EA/21017966\_EA



6<sup>99</sup>

5<sup>99</sup>

AUSSIE OR HERBAL ESSENCES HAIR CARE  
SELECTED VARIETIES  
198-773 ML  
21072373\_EA  
21072426\_EA



8<sup>99</sup>

LIMIT 4 OVER LIMIT PAY 10.49 EA

GARNIER NUTRISSE HAIR COLOUR  
SELECTED VARIETIES  
30980434\_EA/21043832\_EA



CAROL'S DAUGHTER OR SHEA MOISTURE HAIR CARE  
SELECTED VARIETIES  
340 G/718-384 ML  
21433370\_EA/21080202\_EA



9<sup>99</sup>

Back School

# SKINCARE ROUTINE AT GREAT PRICES

7<sup>99</sup>

LIMIT 4 OVER LIMIT PAY 8.99 EA

AVEENO OR LUBRIDERM LOTION  
SELECTED VARIETIES AND SIZES  
2030982001\_EA/21434467\_EA



7<sup>99</sup>

LIMIT 4 OVER LIMIT PAY 9.99 EA

VITABATH, OMBRA OR LIVE CLEAN FOAM BATH  
SELECTED VARIETIES  
500 ML-1.1 L  
21009738003\_EA/21009738004\_EA



UP TO 20% OFF  
1.80-13.99 AFTER SAVINGS

LIFE BRAND® CLEANSERS, MOISTURIZERS OR TREATMENTS  
SELECTED VARIETIES AND SIZES  
21017438\_EA/21003327\_EA



10<sup>99</sup>

BIORÉ NOSE STRIPS 14'S OR PANOXYL ACNE TREATMENTS  
SELECTED VARIETIES AND SIZES  
21002440\_EA/21073093\_EA



OLAY COMPLETE OR POND'S MOISTURIZERS  
SELECTED VARIETIES AND SIZES  
20448329002\_EA/20052123\_EA



8<sup>99</sup>

LIMIT 4 OVER LIMIT PAY 9.99 EA

# HOT DEALS

\$1

PLAYDOH SINGLE CAN  
OR AMAZING BUBBLE  
WAND 5 OZ

20045028\_EA/21558276\_EA



\$3

PC® GEL ICE-PACK, SISTEMA  
SANDWICH BOX TO-GO 450 ML,  
LICENSED SMALL BUCKET  
AND SHOVEL, CRAYOLA  
SIDEWALK CHALK 4'S, GRIP  
KIDS PAIL AND SHOVEL,  
NATURAL ELEMENTS FOAM SEA  
SPONGE OR EXFOLIATING BATH  
GLOVES SELECTED VARIETIES OR  
NO NAME® FOOD STORAGE  
CONTAINERS

SELECTED VARIETIES AND SIZES  
21619828\_EA/21619446\_EA/21619535\_EA  
21619446\_EA/21559689\_EA/20719333\_EA  
21257933\_EA/21519461\_EA/21649058\_EA/21549096\_EA



\$4

NATURAL ELEMENTS  
EXFOLIATING LOOFAH, SCRUBS,  
HEAD BAND, CLEANSING PADS  
OR CHARCOAL EXFOLIATING  
GLOVES SELECTED VARIETIES  
MAPEO TECHNICAL ERASERS 2'S  
OR UNIVERSAL ERASER WITH  
REFILLABLE HOLDER

21293984\_EA/21584295\_EA  
21619503\_EA/21619494\_EA



\$5

NATURAL ELEMENTS  
MAKEUP REMOVER  
TOWELS 4'S OR SEA  
SPONGE 3'S, JUMBO  
CHALK 12'S OR FUBBLES  
BUBBLES SOLUTION

16 OZ  
21649036\_EA/20730498\_EA  
21619512\_EA/21619487\_EA



Items on this page may not be available in the following West locations: Courtenay, Cranbrook, Abbotsford, Whitehorse, Edmonton (Heritage Gate, Windermere Way), Calgary (Seton Way, East Village), Lethbridge, Fort McMurray, St. Albert, Regina (Golden Mile), Yorkton, Winnipeg (Kenaston), Brandon, and Steinbach. See back page for flyer details.

# Back School

# SUPER START THEIR YEAR FOR LESS.

**5,000** = \$5 Value  
when you spend \$25\* on

**MINI BARBIE LAND**  
4.00-14.00  
21607904\_EA/21609234\_EA



UP TO **20% OFF**  
7.00-24.00 AFTER SAVINGS

**PLAY-DOH PLAYSETS**  
21280441\_EA/21209484\_EA



UP TO **20% OFF**  
10.00-104.00 AFTER SAVINGS

**LEGO SETS**  
21274043\_EA/21680221\_EA



UP TO **20% OFF**  
1.60-6.40 AFTER SAVINGS

**PENCIL CASES**  
SELECTED VARIETIES  
21088372\_EA/21580840\_EA



UP TO **20% OFF**  
6.40-11.60 AFTER SAVINGS

**EXPO BRAND STATIONERY**  
SELECTED VARIETIES  
21281894\_EA/21281897\_EA



UP TO **20% OFF**  
1.00-8.40 AFTER SAVINGS

**HIGHLIGHTERS**  
SELECTED VARIETIES  
20198237\_EA/21584652\_EA



**123**

**BIC CRISTAL EXTRA SMOOTH ASSORTED BALLPOINT PENS**  
MEDIUM POINT (1.0MM), 10 PACK  
20773008\_EA

**LIMIT 4**  
OVER LIMIT PAY 3.00 EA



**947**

**CRAYOLA SUPER TIPS MARKERS**  
50 PACK  
20602100\_EA

**LIMIT 4**  
OVER LIMIT PAY 11.50 EA



**234**

**LIMIT 4**  
OVER LIMIT PAY 6.50 EA

**CRAYOLA COLOURED PENCILS**  
SHARPENER INCLUDED, 24 PACK  
20133764\_EA



UP TO **30% OFF**  
15.00-19.50 AFTER SAVINGS

**THERMOS KIDS BOTTLES OR FOOD JARS**  
SELECTED VARIETIES, 290-470 ML  
21579332\_EA/21579345\_EA



UP TO **20% OFF**  
12.00-14.00 AFTER SAVINGS

**1,000** = \$1 Value

**CONTIGO KIDS BOTTLES**  
414-591 ML  
21493406\_EA/21493410\_EA



UP TO **20% OFF**  
13.00-15.00 AFTER SAVINGS

**PC® ADULT STAINLESS STEEL WATER BOTTLES**  
SELECTED VARIETIES  
485-1000 ML  
21349521\_EA/21349530\_EA



UP TO **20% OFF**  
6.50-20.00 AFTER SAVINGS

**PC® PANTRY FOOD STORAGE**  
SELECTED VARIETIES  
21075153\_EA/21075163\_EA



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**Back  
School**

**SUPER START  
THEIR YEAR  
FOR LESS.**

UP TO  
**30% OFF**  
7.00-12.50 AFTER SAVINGS

**PC® KIDS BENTO BOXES—LUNCH, SNACK OR STAINLESS STEEL**  
SELECTED VARIETIES  
21492723\_EA/21492751\_EA



**2.50**

**LIMIT 4  
OVER LIMIT PAY  
4.00 EA**

**PC® KIDS CUTLERY**  
21492782\_EA/21492792\_EA



**\$6**

**LIMIT 4  
OVER LIMIT PAY  
10.00 EA**

**PC® TRITAN KIDS WATER BOTTLE**  
LILAC, PINK, TEAL OR BLUE  
520 ML  
21346314\_EA/21492993\_EA



**7.50**

**LIMIT 4  
OVER LIMIT PAY  
13.00 EA**

**PC® KIDS FOOD JARS**  
SELECTED VARIETIES, 350 ML  
21295315\_EA/21295320\_EA



UP TO  
**30% OFF**  
7.50-8.00 AFTER SAVINGS

**PC® KIDS LUNCH BAGS**  
SELECTED VARIETIES  
21493395\_EA/21561183\_EA



UP TO  
**20% OFF**  
18.00-128.00 AFTER SAVINGS

**STARFRIT COOKWARE**  
SELECTED VARIETIES  
21352489\_EA/20952965\_EA



**\$100**

**SODASTREAM ART MACHINE**  
BLACK OR WHITE  
21473653\_EA/21473645\_EA



UP TO  
**20% OFF**  
8.00-48.00 AFTER SAVINGS

**EVERYDAY ESSENTIALS™ COOKWARE, ROASTERS, SAUCE PANS AND SETS**  
SELECTED VARIETIES  
21423911\_EA/21434663\_EA



UP TO  
**30% OFF**  
11.00-110.00 AFTER SAVINGS

**EVERYDAY ESSENTIALS™ APPLIANCES**  
SELECTED VARIETIES  
20063721\_EA/200634500602\_EA



UP TO  
**20% OFF**  
6.00-14.00 AFTER SAVINGS

**PC® SOFT GRIP GADGETS**  
21190092\_EA



UP TO  
**20% OFF**  
3.00-13.00 AFTER SAVINGS

**EVERYDAY ESSENTIALS™ BOWLS AND COLANDERS**  
21306305\_EA



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**Back School**

**DORM DECOR THEY WANT FOR LESS**

UP TO **35% OFF**  
3.00-70.00 AFTER SAVINGS

PC® DINNERWARE, DRINKWARE OR SERVEWARE  
2037293\_EA/2036945\_EA



**BUY 1 GET 1 50% OFF**

LIFE AT HOME™ SCENTED CANDLES  
ASSORTED SCENTS, 14 OZ  
SECOND ITEM MUST BE OF EQUAL OR LESSER VALUE  
\$6.00  
21059872\_EA/21059853\_EA



UP TO **35% OFF**  
42.00-61.00 AFTER SAVINGS

PC® ORGANICS SHEET SETS  
SELECTED VARIETIES  
2105984\_EA



**BUY 1 GET 1 50% OFF**

EVERYDAY ESSENTIALS™ BATH TOWELS  
SELECTED VARIETIES  
SECOND ITEM MUST BE OF EQUAL OR LESSER VALUE  
\$10.00  
21434220\_EA



**BUY 1 GET 1 50% OFF**

EVERYDAY ESSENTIALS™ PILLOW  
SECOND ITEM MUST BE OF EQUAL OR LESSER VALUE  
\$8.00  
21059901\_EA



**BUY 1 GET 1 50% OFF**

LIFE AT HOME™ THROWS OR CUSHIONS  
SELECTED VARIETIES  
SECOND ITEM MUST BE OF EQUAL OR LESSER VALUE  
\$25.00-40.00  
21066281\_EA/21062310\_EA



**\$5**

NO NAME® PLASTIC PARTY CUPS  
RED OR BLUE, 18.5 OZ., 50'S  
21066297\_EA/21066261\_EA

**LIMIT 4 OVER LIMIT PAY 6.99 EA**



UP TO **20% OFF**  
2.50-11.50 AFTER SAVINGS

PC® PLANET FIRST™ BAMBOO PLATES, BIRCH CUTLERY OR WHEAT STRAWS  
SELECTED VARIETIES  
21350819\_EA/21353076\_EA



UP TO **20% OFF**  
4.50-6.00 AFTER SAVINGS

NO NAME® PAPER PLATES  
SELECTED VARIETIES  
40-PACK  
21384140\_EA/21384148\_EA



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# CELEBRATE EXTRA INNINGS OF SUMMER



LIMIT 4  
**4.99**

OVER LIMIT PAY 6.99 EA

Schneiders Regular Bologna selected varieties, 375-500 g  
20039186\_EA



LIMIT 4  
**3.99**

OVER LIMIT PAY 5.49 EA

Schneiders® Original Recipe Wieners 375g, Select Varieties  
21444538\_EA



LIMIT 4  
**2.99**

OVER LIMIT PAY 3.99 EA

Schneiders® Mini-Charcuterie Kits or Lunchmate™ Kits 75-120g Select Varieties  
20165736\_EA

MADE WITH REAL FRUITS & VEGGIES

**NEW!**

"Cheerios™ VEGGIE blends cereal is made with fruit puree and vegetable powder. See complete list of ingredients. It is not intended to replace fruit or vegetables in the diet."

Betty Crocker

INCLUDES REAL OREO PIECES!

**NEW**

BEST OF BOTH: CRUNCHY & DELICIOUS

**NEW!**

<p>LIMIT 4 <b>3.99</b></p> <p>OVER LIMIT PAY 4.49 EA</p> <p>General Mills™ Retail Size Cheer, Datmeal Crisp™, Cheerios Blends, Loaded and Nature Valley™ Granola 300g-437g 20040113_EA</p>	<p>LIMIT 4 <b>5.47</b></p> <p>OVER LIMIT PAY 6.49 EA</p> <p>General Mills™ Family Cereal 475-778 g 20040113_EA</p>	<p>LIMIT 6 <b>2.99</b></p> <p>OVER LIMIT PAY 3.99 EA</p> <p>Nature Valley™ Granola Bars 120-230g, Betty Crocker™ and Mott's Fruit Snacks 128-226g, Pillsbury™ Soft Baked Bars 150g and Cereal Treat Bars 120g 20165736_EA/20165737_EA</p>	<p>LIMIT 4 <b>3.49</b></p> <p>OVER LIMIT PAY 3.99 EA</p> <p>Nature Valley™ Muffin Bars 175g, Crunchy Dipped Bars 132g, Dunkarpos™ 168g 20040113_EA/20040114_EA</p>
<p>LIMIT 4 <b>3.97</b></p> <p>OVER LIMIT PAY 4.48 EA</p> <p>Old El Paso salsa 650 ml or dinner kits 250-570 g selected varieties 20040113_EA/20040114_EA</p>	<p><b>3.49</b></p> <p>Liberte® Greek 4x100 g, Greek Crunch 2x130 g, Mediterranean™ 500 g, 4x100 g or Yoplait™ Source™ Protein 650 g 20040113_EA/20040114_EA</p>	<p><b>.97</b></p> <p>Yoplait™ YOP™ 200 ml 20040113_EA/20040114_EA</p> <p>LIMITED EDITION FLAVOUR</p>	<p>LIMIT 4 <b>6.49</b></p> <p>OVER LIMIT PAY 7.99 EA</p> <p>Liberte Greek 900 g-1 kg, Yoplait™ Source™ &amp; Creamy 16x100 g 20040113_EA/20040114_EA</p> <p><b>BIG SIZE</b></p>

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## NEW LOOK SUPER VALUE

# Ziggy's®

- **NEW 175 g size**
- **NEW flavours to enjoy**
- **CLUB SIZE available**

**NEW SIZE**

**ALWAYS \$3.50**

**ZIGGY'S SLICED DELI MEAT 175 G, SELECTED VARIETIES 21096300\_EA/21096401\_EA**



**NEW FLAVOURS**

**\$6**

**\$10**

**ZIGGY'S SLICED DELI MEAT TRIOS 300 G, SELECTED VARIETIES 21096517\_EA/21096532\_EA**

**ZIGGY'S SLICED DELI MEAT 600 G, SELECTED VARIETIES 21096533\_EA**



**CLUB SIZE**

# one cart, shop smart

Check everything off your back-to-school list, all in one place.



Kid Hooded Flannel Shirt

24



Toddler Casual Sneakers

24



Kid Varsity Jacket

35



Toddler Stripe Long Sleeve Top

10



## JOE FRESH

SHOP NOW



Get  
**50,000<sup>pts</sup>**

when you buy 2 pairs of Joe Fresh or FreshSpex adult eyeglasses.

starting from

**\$299**  
Single vision

starting from

**\$499**  
Progressive vision



\*The Adult Two Pair program includes two pairs of Joe Fresh or FreshSpex frames with single vision lenses, including polycarbonate lenses and anti-reflective coating. \*\*The Adult Two Pair program includes two pairs of Joe Fresh or FreshSpex frames with progressive lenses, including polycarbonate lenses and anti-reflective coating. Total price may vary based on lens material and frame options. Two pair offer is only valid for the same prescription, for the same individual and cannot be shared. Offer cannot be combined with any other discount, sale or coupon offer. See Optimum in store for details. Frame selection may vary by store. Not all participating locations with an Optimum department.

†Special \$299 or \$499 or \$599 or progressive lens before lens and other materials and all taxes and discounts are included in a single transaction. Includes purchase of lenses, lenslets, contact, gift cards, prepaid card and/or credit including store cards, travel, event tickets, post office transactions, postage, profits, cash back, delivery charges, of non-participating company operations and any other products which are prohibited, regulated (including pharmacy-related transactions) or are not otherwise sold here. We limit to earn the points. Maximum amount may vary by store. We are not obligated to award points based on errors or omissions. No cash value.

Optimum  
**10,000<sup>pts</sup>** = **\$10 Value<sup>1</sup>**  
for every \$100<sup>\*</sup> spent on

ANY COMBINATION OF HAPPY BIRTHDAY, HAPPY CUSTOM AND HAPPY KID GIFT CARDS  
At least \$10 value in points



<sup>1</sup>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.

THE MOBILE SHOP



OUT WITH THE OLD  
IN WITH THE NEW

EARN UP TO

**350,000<sup>pts</sup>**

WHEN YOU TRADE IN YOUR OLD PHONE

Subject to credit approval. PC Optimum<sup>®</sup> points earned vary by device and plan. Conditions apply. Visit themobileshop.ca for full details.

**AD  
MATCH**

**We match prices\*  
so you can just shop!**

Every week, we actively check our major competitors' flyers and match the price on hundreds of items.

Look for the Ad Match message in store for the items we've actively matched. Plus, we'll match any major competitor's flyer item if you show us!

Since we Ad Match, we may not have sold at the After Limit price (and may not in the future).

\*We match prices applies only to our major supermarket competitors' flyer items. Major supermarket competitors are determined solely by us based on a number of factors which can vary by store location. We will match the competitor's advertised price only during the effective date of the competitor's flyer advertisement. WE RESERVE THE RIGHT TO LIMIT QUANTITIES (note that our major supermarket competitors may not). Due to the fact that product is ordered prior to the time of our Ad Match checks, quantities may be limited. We match identical items (defined as same brand, size, and attributes) and in the case of fresh produce, meat, seafood and bakery, we match a comparable item (as determined solely by us). **We will not match:** competitor's private label offers on non-identical items, "spend x get x", "Free", "Clearance", discounts or coupons obtained through loyalty programs including PC Optimum<sup>®</sup>, PC Optimum Member Only Pricing, participating items under the Save it Forward<sup>™</sup> program timeframe, or offers related to our third party operations (post office, gas bars, dry cleaners etc.). We reserve the right to cancel or change the terms of this program at any time.