

DIGITAL COUPONS

UP TO
\$60
IN TOTAL
VALUE

scan
to see all
coupons



Optimum™

Optimum
20,000
for every \$100
spent

\$20
Value



IN THE BABY DEPARTMENT
EXCLUSIONS APPLY
21208370_C01/21456221_EA



Members
save
\$6

Optimum
Members-Only Price™
12⁹⁹
Non-members
18⁹⁹

TILDA BASMATI RICE
10 LB
20153678_EA



Members
save
\$2

Optimum
Members-Only Price™
4⁹⁹
Non-members
6⁹⁹

WINDSOR WATER SOFTENING
SALT CLEAN & PROTECT
SELECTED VARIETIES
18.1 KG
21104810_EA



Optimum™

Members save more.



click or visit
pc optimum.ca
to become a member

See back page for details.



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™
14.99
Non-members
20.99

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,
SNAP'D OR TOWN HOUSE CRACKERS 260-391 G
SELECTED VARIETIES
21350253_EA/21451181_EA

Optimum
3,000 pts

\$3
Value



5.99

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



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



Zehrs™

CUT BY OUR
BUTCHERS



SALE
SAVE \$1⁷⁰LB

**PORK LOIN COMBINATION CHOPS
SIRLOIN AND RIB PORTION**
BONE-IN
6.15/KG
20822343_KG

2⁷⁹
LB



SAVE
AT LEAST \$2⁵⁰LB

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

3⁹⁹
LB



LIVE LOBSTER
1-1.25 LB EACH
28.64/KG
FRESH SEAFOOD
ITEMS SUBJECT
TO AVAILABILITY
20035376_KG

12⁹⁹
LB



JUMBO CAULIFLOWER
PRODUCT OF CANADA
NO. 1 GRADE,
WATERMELON OR
SUGARBABY MELON
PRODUCT OF ONTARIO
11 LB AVERAGE
EACH
20135377001_EA/20067320001_EA

3⁹⁹



ROMAINE HEARTS 3'S
PRODUCT OF CANADA OR
LOCAL STRAWBERRIES
340 G PRODUCT OF
ONTARIO
21194339001_EA
20067389001_EA

2⁹⁹



**NEW ZEALAND
FRENCHED RACK
OF LAMB**
FROZEN
37.46/KG
20082875_KG

16⁹⁹
LB



**FRESH STEELHEAD
TROUT FILLETS**
22.02/KG
FRESH SEAFOOD
ITEMS SUBJECT
TO AVAILABILITY
21025083_KG

9⁹⁹
LB



**NO NAME® LARGE
WHITE EGGS**
12 PACK
20812144001_EA

2⁸⁸



**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



**CRACKER BARREL
CHEESE BARS 400 G,
SHREDS 250-320 G,
PC® SHREDS 250-320 G
OR BLACK DIAMOND
CHEESTRINGS 12/16'S**
SELECTED VARIETIES
21060201_EA/21290384_EA

5⁷⁷



**NO NAME® BAGELS
OR ENGLISH
MUFFINS**
SELECTED
VARIETIES
6'S
21297780_EA/21297816_EA

SAVE
THIS WEEK

2⁵⁰



**SIMPLY JUICE OR
DRINKS 1.54 L OR
LIBERTÉ YOGURT**
4X100 G SELECTED
VARIETIES
21086068_EA/21389653_EA

SAVE
THIS WEEK

3⁹⁹



**COCA-COLA
OR PEPSI
SOFT DRINKS**
SELECTED
VARIETIES
24X355 ML
20306687002_C24
20308197001_C24

11⁴⁹



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

SAVE
AT LEAST \$2

6⁹⁹

**Discover
more value
than ever.**



Flyer prices effective from Thursday, July 25th to Wednesday, July 31st, 2024. SEE BACK PAGE FOR DETAILS.



MR. NOODLE
RAMEN NOODLES
SELECTED VARIETIES
85 G
20322658001_EA/20322658004_EA

40¢



SMARTFOOD
FLAVOURED POPCORN
SELECTED VARIETIES
150-200 G
20972855_EA/20972859_EA

\$3



LACROIX
SPARKLING WATER
SELECTED VARIETIES
8X355 ML
21300994_C08/21301483_C08

4⁵⁰



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

Members save **\$5**
Members-Only Price
8⁹⁹
Non-members
13⁹⁹



PC® PODS 30'S OR
WHOLE BEAN
COFFEE 907 G
SELECTED VARIETIES
21038677_EA/21393334_EA

2,000⁰⁰
\$2 Value
13⁹⁹



PC® OLD FASHION
STYLE BACON
1 KG
20115704_EA/21372769_EA

13⁹⁹



BECEL MARGARINE
637/850 G OR **PC® BUTTER**
QUARTERS 454 G
SELECTED VARIETIES
20297818002_EA/20313456001_EA

SAVE
AT LEAST \$1
6⁹⁹



YOPLAIT TUBE 8X56 G OR
FRUITOPIA OR NESTEA
DRINK 1.75 L
SELECTED VARIETIES
20348331004_EA/21547595_EA

SAVE
THIS WEEK
3⁴⁹



PC® BLUE MENU®
WILD SOCKEYE
SALMON BURGERS
FROZEN
568 G
20650417_EA

SAVE
SAVE \$6
10⁹⁹



HEINZ BEANS OR PASTA
SELECTED VARIETIES
398 ML
20040380003_EA/20177278001_EA

99¢



BEN & JERRY'S
473 ML OR
MAGNUM BARS 4'S
SELECTED VARIETIES
FROZEN
20950739_EA/21428213_EA

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



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

4⁹⁹



HELLMANN'S MAYONNAISE
710-890 ML OR
KRAFT MIRACLE WHIP
650-890 ML
SELECTED VARIETIES
20298681001_EA/20618579001_EA

6⁹⁹



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
330-455 G
21013452_EA/21085515_EA

SAVE
AT LEAST 51¢
3⁹⁹



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

1⁹⁹



GOLD SEAL
SOCKEYE SALMON
213 G
21186814_EA

4⁴⁹



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

7⁹⁹



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

14⁹⁹



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

90¢



ANY SIZE PEXIL, PERSIL OR
SUNLIGHT LAUNDRY DETERGENT,
SNUGGLE FABRIC SOFTENER OR SHEETS
20854516005_EA/20952977_EA

8,000⁰⁰
for every \$35
spent on
\$8 Value
21⁹⁹



PC® PAPER TOWELS
CLUB SIZE
12 ROLLS
21558605_EA

21⁹⁹

CUSTOMER RELATIONS 1-866-541-6315. VISIT zehrs.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 numbers. No Rainchecks OR Substitutions on clearance items or where quantities are limited. Advertisements are subject to change without notice. (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 Loblows Inc. and others. All rights reserved. © 2024 Loblows Inc. MasterCard and the MasterCard Brand Mark are registered trademarks and PayPass is a trademark of MasterCard International Incorporated. President's Choice Bank is 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 Loblows 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 zehrs.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. 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 Loblows Inc. banner. †PRICE DROP offer valid in-store at participating locations between July 11 - August 14, 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

FRESH PROMISE

If it's not fresh, it's free.*



3⁹⁹

BLUEBERRIES PINT
PRODUCT OF CANADA OR U.S.A., NO. 1 GRADE OR **FARMER'S MARKET® KIWI**
600 G PRODUCT OF CHILE
20080137001_EA 21099138001_EA



4⁹⁹

FARMER'S MARKET® CORN BICOLOUR
PRODUCT OF CANADA OR U.S.A., NO. 1 GRADE
4'S
20214929001_EA



3⁹⁹

JUMBO CHERRIES
PRODUCT OF U.S.A., NO. 1 GRADE
8.80/KG
20159690001_KG



3⁹⁹

EXTRA LARGE GREEN OR RED SEEDLESS GRAPES
PRODUCT OF MEXICO OR U.S.A., NO. 1 GRADE
8.80/KG
20711275001_KG/20425775001_KG



2⁹⁹

ONTARIO FARMER'S MARKET® MINI CUCUMBERS
PRODUCT OF ONTARIO
6'S
20737570001_EA



5⁹⁹

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



3⁹⁹

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



4⁴⁹

PC® MIXED SALAD GREENS
SELECTED VARIETIES, PRODUCT OF U.S.A.
142 G
21203743_EA/21203748_EA



FROM \$15-19

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

*Fresh Promise: Applicable to eligible fresh produce items purchased at Zehrs store locations or online at zehrs.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original receipt within 7 days of purchase at the Zehrs store where purchase originated. The fresh promise may not be combined with any other offer. We reserve the right to cancel or change the terms of this guarantee at any time without notice.

Butcher



10⁹⁹

ONTARIO BONELESS BOTTOM BLADE STEAK
FAMILY SIZE CUT FROM CERTIFIED ONTARIO CORN FED CANADA AA GRADE BEEF OR HIGHER
24.23/KG
20797941_KG



3⁴⁹

PC® WHOLE CHICKEN
AIR CHILLED
7.69/KG
20089413_KG



3⁴⁹

PORK LOIN CENTRE-CUT CHOPS
BONE-IN, FAMILY SIZE
7.69/KG
20623075_KG



17⁹⁹

ONTARIO BRAISING BEEF SHORT RIBS
CUT FROM CERTIFIED ONTARIO CORN FED CANADA AA GRADE BEEF OR HIGHER
39.66/KG
20810386_KG



2/\$13

JOHNSONVILLE PORK SAUSAGE
SELECTED VARIETIES
250-500 G
200003902_EA/20303844_EA
LESS THAN 2 \$6.99 EA.



\$11

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



6⁴⁹

JOHNSONVILLE SMOKED SAUSAGES
SELECTED VARIETIES
375 G
20355818_EA



\$17

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



\$15

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

Seafood

Fresh seafood items subject to availability.



3⁹⁹

ATLANTIC SALMON PORTIONS
FRESH, SELECTED VARIETIES
113 G
21018785_EA



2⁴⁹

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



8⁹⁹

PC® PACIFIC LARGE WHITE SHRIMP
RAW ZIPPERBACK
31-40 PER LB
400 G OR MARINA DEL REY WILD ARGENTINIAN SHRIMP RAW EASY PEEL 20-30 PER LB 300 G
20788888_EA/20907159_EA



10⁹⁹

PC® GRILLING RAW SHRIMP SKEWERS LIME AND CHILI 360 G
OR APPETIZERS
SELECTED VARIETIES, FROZEN
340-454 G
21102693_EA
21283307_EA

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
2,000[®] 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 SIZES AND VARIETIES
20627103_EA/20305135_EA

2/5⁵⁰
LESS THAN 2 \$3.49 EA.

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

3⁴⁹

JOS LOUIS
L'ORIGINAL THE ORIGINAL

Little Bites Biscuits

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 AND 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 **\$4**

Y-Optimum
Members-Only Price[®]
7⁹⁹
Non-members **11⁹⁹**

TRE STELLE BOCCONCINI
200 G OR RICOTTA 475 G
SELECTED VARIETIES
20093652_EA/20318663_EA

6⁹⁹

PREPARED IN-STORE

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

\$16

PREPARED IN-STORE

VEGETABLE, CHICKEN OR BEEF SAMOSAS
4-5'S
21572088_EA

FROM \$5

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
PRODUCT OF??
21436378_EA
21436377_EA

\$25

DOZEN ECUADORIAN ROSES
ASSORTED COLOURS
DOZEN
20581749_EA
20581781_EA

\$25

MULTIFLORA ORCHID
SELECTED VARIETIES
3.5 INCH
21065625_EA

\$20

GERBERA DAISY BUNCH
ASSORTED COLOURS
BUNCH
21437443_EA

3/\$30
LESS THAN 3 \$12 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
20347400002_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

6⁴⁹



NO NAME® ALL-PURPOSE FLOUR
SELECTED VARIETIES
2.5 KG
20012256_EA

4⁴⁹



NO NAME® SALAD DRESSING 500 ML OR CROUTONS 145 G
SELECTED VARIETIES
2062489001_EA/21096223_EA

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



NO NAME® BREAD
WHITE OR
WHOLE WHEAT
675 G
21509822_EA/21509877_EA

2²⁹



NO NAME® PEANUT OIL
946 ML
20127458_EA

10⁴⁹



NO NAME® MUFFIN MIX
SELECTED VARIETIES
900 G
20394672001_EA
20394672002_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
20394672001_EA
20394672002_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.

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

7.99



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.



ESKA WATER
24X500 ML
20071779_C24

4.99



MONSTER
SELECTED VARIETIES
473 ML
21588702_EA/20767575_EA

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



BUBLY SPARKLING
WATER
12X355 ML OR
MONTELLIER
10X355 ML
SELECTED
VARIETIES
21508926_C12
21096722_C10

2/\$12
LESS THAN 2
\$6.99 EA.



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



NESCAFÉ
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/21290750_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



NEILSON TRUTASTE MILK
SELECTED VARIETIES
2 L
20150089_EA/20188053001_EA

6.29



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
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
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

10,000 ^{Optimum} for every \$100 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, AUSSIE 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



EXCELLENCE, PREFERENCE, ROOT COVER UP, NATURAL INSTINCTS OR OLIA HAIR CARE SELECTED VARIETIES AND SIZES
20318838_EA/21474551_EA

11⁹⁹



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

15%



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

25%



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



\$1 Value



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

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

20%



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

20%



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

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

SALE SAVE UP TO 20%

BAND-AID CHILDREN AND PREMIUM BANDAGES OR POLYSPORIN OINTMENT
SELECTED VARIETIES AND SIZES
20380516001_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 OR TENA 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
BOIS DE SANTAL

EVERY MAN JACK
SANDALWOOD
BOIS DE SANTAL

EVERY MAN JACK
BEARD OIL
HUILE À BARBE

\$6.99

Every Man Jack deodorant
selected varieties
73/88 g
21080324_EA

\$6.99

Every Man Jack body wash
selected varieties
500 mL
20987291_EA

\$12.99

Every Man Jack beard or skin care products
selected varieties
30-200 mL/ 114 g
21203760_EA

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

\$17⁹⁹

Depend underwear or Poise pads
selected varieties and sizes
21023579_EA/21302119_EA

\$19⁹⁹

\$1 Value

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

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

2⁹⁹



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

3⁴⁹



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

1⁷⁹



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



GOOD START PLUS INFANT FORMULA POWDER
SELECTED VARIETIES
942/1020 G
20985868_EA/20986444_EA

9⁹⁹

55⁹⁹



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

59⁹⁹



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

54⁹⁹



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

51⁹⁹

For your baby

click here to shop our full assortment 

20,000 pts

\$20
Value

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



Optimum **3,000** pts **\$3** Value



26⁹⁹

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



32⁹⁹

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

26⁹⁹ **19⁹⁹**

PAMPERS 12X BABY WIPES UNSCENTED 1008'S 21526483_EA

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



20%



SALE SAVE UP TO 20%

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

26⁹⁹

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

20%



SALE SAVE UP TO 20%

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

20%



SALE SAVE UP TO 20%

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

34⁹⁹



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

one cart, shop smart

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



Kid Colour-Block Raincoat

39



Kid Hooded Flannel Shirt

24



Toddler Casual Sneakers

24



Kid Quilted Pullover

19



Kid Varsity Jacket

35



Toddler Stripe Long Sleeve Top

10



Kid Happy Knit Sweater

24



JOE FRESH

SHOP NOW

Home



EVERYDAY ESSENTIALS™
CAMP CHAIRS
SELECTED VARIETIES
21456922_EA

SALE
SAVE UP TO

30%

\$4 OFF FOR EVERY \$20 SPENT ON

OFF! OR RAID
INSECT REPELLENT
SELECTED VARIETIES
20001279002_EA/20158572_EA



POOLS & ACCESSORIES
SELECTED VARIETIES
21470340_EA

SALE
SAVE UP TO

30%



PC® COOLERS
SELECTED VARIETIES
21457440_EA

SALE
SAVE UP TO

30%



PC® ADULT BENTO BOXES
SELECTED VARIETIES
21452709_EA/21218244_EA

SALE
SAVE UP TO

20%



PC® GLASS FOOD STORAGE CONTAINERS
SELECTED VARIETIES
21161583_EA/21343740_EA

SALE
SAVE UP TO

40%



PC® ADULT STAINLESS STEEL WATER BOTTLES
SELECTED VARIETIES
485-1000 ML
21345521_EA/21345530_EA

SALE
SAVE UP TO

20%



CONTIGO ADULT BOTTLES
SELECTED VARIETIES
21357313_EA/21438344_EA/21574364_EA

SALE
SAVE UP TO

20%



BENTGO ADULT LUNCH SOLUTIONS OR CUTLERIES
SELECTED VARIETIES
21380559_EA/21497888_EA

SALE
SAVE UP TO

30%



SISTEMA FOOD STORAGE CONTAINERS
SELECTED VARIETIES
21073027_EA/21183444_EA

SALE
SAVE UP TO

30%



BLACK & DECKER APPLIANCES
SELECTED VARIETIES
21195531_EA/21396843_EA

SALE
SAVE

15%



NINJA APPLIANCES
SELECTED VARIETIES
21103386_EA/21204063_EA

SALE
SAVE

15%



STARFRIT FRYPANS, JUMBO COOKERS, WOKS OR COOKWARE SET
SELECTED VARIETIES
21050345_EA/21353249_EA

SALE
SAVE UP TO

20%



CANON CALCULATORS
SELECTED VARIETIES
21558132_EA/21558285_EA

SALE
SAVE UP TO

20%



PENCIL CASES
SELECTED VARIETIES
21088372_EA/21581840_EA

SALE
SAVE UP TO

20%



SHARPIE STATIONERY
SELECTED VARIETIES
20357207_EA/21359715_EA

SALE
SAVE UP TO

20%



LESS THAN 2 \$7.99 EA.
2/\$14

**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*

NESTEA®
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.

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.



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