

Optimum
20,000 PTS
 for every \$100*
 spent on

\$20
 Value



BABY DIAPERS, TRAINING PANTS, WIPES, FOOD, FORMULA, ACCESSORIES OR TOILETRIES
 EXCLUSIONS APPLY
 21208370_EA/21551525_EA



Members save \$1.50

Optimum
 Members-Only Price™
1.99
 Non-members
3.49

NO NAME® NATURALLY IMPERFECT™ FROZEN FRUIT
 SELECTED VARIETIES FROZEN
 400 G
 21545097_EA/21545106_EA



Members save \$2

Optimum
 Members-Only Price™
1.99
 Non-members
3.99

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

APP EXCLUSIVE OFFER
 Open your PC Optimum™ app or visit pcoptimum.ca to get the offer

Optimum
10,000 PTS

\$10
 Value



PC® OR NO NAME® SINGLE SERVE COFFEE PODS
 SELECTED VARIETIES
 72/102'S
 21111235_EA/21593380_C01

34.99

SEPTEMBER

HIT OF THE MONTH



UNICO LIGHT TUNA IN OIL
99 G
20069525_EA



QUAKER CHEWY GRANOLA BARS
SELECTED VARIETIES
120 G
21359366_EA/21359369_EA



HUGGIES UNSCENTED 1X WIPES
SELECTED VARIETIES
56/64'S
20557596_EA/21084208_EA

See in-store for retails.

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local areas.
**Must be a registered PC Optimum™ member to get this offer.
Valid from September 1 - 30, 2024. While quantities last. See in-store for details.



DIGITAL COUPONS

UP TO
\$50
IN TOTAL
VALUE

More offers. More points.

**CLICK FOR THESE
COUPONS AND MORE**



5,000 points

When you spend \$30 or more on in-store Fresh Fruits or Vegetables

Ends on October 2nd, 2024



2,000 points

When you buy 2 PC® flatbreads 330-395 g or Thin Crust 343-397 g pizza, selected varieties, frozen

Ends on October 2nd, 2024



2,000 points

When you buy 2 PC® Naan 2 pk traditional or garlic 250 g

Ends on October 2nd, 2024



1,000 points

When you buy 2 PC® The Decadent® Chocolate Chip Cookie selected varieties 280/300 g

Ends on October 2nd, 2024



\$2 off

PC® Pub Recipe chicken strips, fully cooked, 1.4 kg

Ends on October 2nd, 2024



\$5 off

Pinty's Honey Garlic or Buffalo Chicken Wings valid on 780 g

Ends on October 2nd, 2024



\$1 off

PC® pasta, selected varieties 454 g

Ends on October 2nd, 2024



\$5 off

Huggies Skin Essentials Diapers or Training Pants Any variety

Ends on October 2nd, 2024



5,000 points

When you spend \$30 or more on Pet Department, Includes Pet Food, Treats, Toys & Supplies

Ends on October 2nd, 2024

Scan to see our complete digital flyer



Independent
Your Independent Grocer



CHICKEN BREASTS
BONELESS SKINLESS FAMILY SIZE
13.21/KG
20028450_KG

CUT BY OUR BUTCHERS



WEST SIRLOIN TIP ROAST
CUT FROM CANADA AA GRADE WESTERN BEEF
15.41/KG
20825943_KG/20825944_KG

SALE
SAVE \$3^{LB}

5⁹⁹
LB

SALE
SAVE \$5^{LB}

6⁹⁹
LB

PREPARED IN-STORE



PORK SAUSAGES
PREPARED IN-STORE, SELECTED VARIETIES
13.21/KG
21451702_KG/21451704_KG



PORK TENDERLOIN
CRYOVAC
PKG OF 2
8.80/KG
20854535_KG



HONEYCRISP APPLES
PRODUCT OF WESTERN PROVINCES, CANADA
FANCY GRADE, PC*
EXTRA LARGE GREEN OR RED SEEDLESS GRAPES
PRODUCT OF U.S.A., NO. 1 GRADE
5.49/KG
20132621001_KG/20425775001_KG

SALE
SAVE \$1^{LB}

5⁹⁹
LB

SALE
SAVE \$2^{LB}

3⁹⁹
LB

SALE
SAVE \$1^{50LB}

2⁴⁹
LB



COUNTRY HARVEST BREAD OR BAGELS
SELECTED VARIETIES AND SIZES
21178597_EA
21178640_EA
21178642_EA



FRESH ATLANTIC SALMON FILLETS
FAMILY SIZE
30.84/KG
FRESH SEAFOOD ITEMS SUBJECT TO AVAILABILITY
21085873_KG

PKG OF 3



ROMAINE HEARTS
PRODUCT OF CANADA OR U.S.A.
3'S
20067389001_EA

WHEN YOU BUY 2
SAVE \$1⁰⁸

2/7⁵⁰
LESS THAN 2 \$4.29 EA.

SALE
SAVE \$4^{LB}

13⁹⁹
LB

SALE
SAVE \$1

3⁹⁹



LIBERTÉ GREEK
650/750 G OR YOPLAIT SOURCE YOGURT 16X100 G
SELECTED VARIETIES
20317317001_EA/20642273_EA



MCCAIN SUPERFRIES OR SPECIALTY POTATOES 454-800 G OR PC* FROZEN VEGETABLES
400-750 G SELECTED VARIETIES, FROZEN
20318915_EA/20324328002_EA



NO NAME® CHEESE BARS 700 G OR PC*
CHEESE SHREDS 620 G
SELECTED VARIETIES
20975775_EA/21060177_EA

SALE
SAVE \$1

5⁹⁹

SAVE THIS WEEK

2⁹⁹

SAVE THIS WEEK

8⁴⁹



KICKING HORSE ORGANIC GROUND COFFEE
SELECTED VARIETIES
284 G
20805126001_EA
20805126003_EA

1,000⁰⁰ **\$1 Value**



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



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

SALE
SAVE \$5

7⁹⁹

SAVE AT LEAST \$2

6⁹⁹

32⁹⁹



September 12-15

Help feed kids in your community

*Participating grocery stores across Canada will collectively donate a maximum of \$2,000,000. Excludes purchase of PC branded alcohol. See in store for details.

Produce



CANTALOUPE
PRODUCT OF U.S.A.
EACH
20167017001_EA

4⁹⁹



DRAGON FRUIT
PRODUCT OF VIETNAM
EACH
20168395001_EA

3⁴⁹



WEST FARMER'S MARKET[™] YELLOW ONIONS
PRODUCT OF WESTERN PROVINCES, CANADA
NO. 1 GRADE
20811994001_EA

3⁴⁹



FARMER'S MARKET[™] CARROTS
PRODUCT OF CANADA OR U.S.A., CANADA NO. 1 GRADE
2 LB BAG
20626628001_EA

3⁴⁹



FARMER'S MARKET[™] GRAPE TOMATOES
PRODUCT OF CANADA OR MEXICO
907 G
20840038001_EA

7⁴⁹



WEST FARMER'S MARKET[™] MINI CUCUMBERS
PRODUCT OF WESTERN PROVINCES
15'S
21035960001_EA

6⁹⁹



CANADA NO NAME[™] NATURALLY IMPERFECT[™] GREEN PEPPERS
PRODUCT OF CANADA
2.5 LB
20969990001_EA

5⁹⁹



TAYLOR FARMS CHOPPED SALAD KITS
SELECTED VARIETIES
PRODUCT OF U.S.A.
267-383 G
TROUSSES DE SALADES HACHÉES
TAYLOR FARMS
21335959_EA
21381575_EA

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



MANN'S SNAP OR SNOW PEAS
PRODUCT OF U.S.A.
170/227 G
20712967_EA/20712998_EA

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



LARGE SALADS
SELECTED VARIETIES,
MADE FRESH IN-STORE DAILY
498-926 G
21363212_EA
21363221_EA

\$10-12

Butcher



BEEF STIR FRY STRIPS
CUT FROM CANADA AA GRADE BEEF OR HIGHER
250 G
21588067_EA

\$7



PC[®] BLUE MENU[™] GROUND CHICKEN OR TURKEY
454 G
21100091_EA/21100092_EA

\$7



MARINATED PORK TENDERLOIN
13.21/KG
20636671_KG

5⁹⁹ LB



EXTRA LEAN GROUND BEEF
FAMILY SIZE
16.51/KG
20805639_KG

7⁴⁹ LB



MARCANGELO JUMBO PORK SAUSAGE
SELECTED VARIETIES
FROZEN
500/675 G
21289731_EA/21289668_EA

7⁹⁹



CANADA PC[®] SPLIT CHICKEN WINGS
AIR CHILLED
730 G
21340973_EA

\$16



SCHNEIDERS LUNCHMATE STACKERS OR KITS
SELECTED VARIETIES
90-132 G
21310034_EA
20770777_EA

3/10⁹⁸
LESS THAN 3 \$4.29 EA.



SUFRA[®] HALAL LEAN GROUND BEEF
454 G
21397283_EA

8⁹⁹



PC[®] NATURALLY SMOKED BACON
375-500 G OR
PC[®] STREET CART SAUSAGE
500 G
SELECTED VARIETIES
20152629_EA/21525048_EA

6⁹⁹



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

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



PC[®] PUB RECIPE[™] OR GLUTEN-FREE CHICKEN
SELECTED VARIETIES
FROZEN
600/700 G
21201320_EA/21201321_EA

\$8

Seafood

Fresh seafood items subject to availability.



TUNA STEAKS
FROZEN OR PREVIOUSLY FROZEN
29.74/KG
20753134_KG

13⁴⁹ LB



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

3⁴⁹



PC[®] PACIFIC LARGE WHITE SHRIMP
RAW ZIPPERBACK[®]
31-40 PER LB,
FROZEN
400 G
20788888_EA

8⁹⁹



PC[®] SHRIMP APPETIZERS
SELECTED VARIETIES,
FROZEN
300-454 G
20135874_EA
20978921_EA

10⁹⁹

Bakery

BAKED IN-STORE



NATIONAL CINNAMON RAISIN BREAD DAY SEPT. 16TH

\$4

CINNAMON RAISIN BREAD
550 G
20729432_EA

BUY 1
ACE BAKERY
PANE RUSTICO OR
SOURDOUGH MICHE
SELECTED VARIETIES
700 G
21616182_EA/21624691_EA

5⁹⁹

GET 1 FREE
ACE BAKERY
DEMI-BAQUETTE
SELECTED VARIETIES
200-275 G
21314337_EA

2⁹⁹-3²⁹

BAKED IN-STORE



6⁹⁹

FARMER'S MARKET[™] HOMESTYLE TARTS
SELECTED VARIETIES
6/12'S
20308897_EA

BAKED IN-STORE



\$4

PREMIUM BAGELS
SELECTED VARIETIES
BAKED IN-STORE
6'S
21016648_EA



\$7

FARMER'S MARKET[™] SQUARES
SELECTED VARIETIES
400/450 G
21216501_EA

MIX & MATCH
WONDER OR
D'ITALIANO
BREAD OR BUNS
SELECTED VARIETIES
AND SIZES
20305674_EA/20520828_EA
20038335_EA

BUY 2 OR MORE

3⁵⁰
EA.
LESS THAN 2 \$3.99 EA.

PC[®] OR BLUE MENU[®] ENGLISH MUFFINS
SELECTED VARIETIES
6'S
20810728_EA/21015902_EA

\$3

PC[®] HOT CROSS BUNS
EXTRA RAISINS 8'S
OR EXTRA THICK
CINNAMON RAISIN
BREAD 675 G
20639729_EA/21577822_EA

4⁴⁹

Great to go

Great to go items plus applicable taxes.

BUY 1
LARGE IN-STORE
PREPARED
PASTA TRAY
1-1.2 KG
21395979_EA

\$12-16

GET 1
FOIL GARLIC LOAF
21020061_EA

\$2

The Deli

FROM OUR CHEFS[™] SERVICE CASE HAMS
SELECTED VARIETIES
20974491_KG

2⁹⁹
/100 G

TRESTELLE BOCCONCINI
SELECTED VARIETIES
200 G
20093652_EA
20318663_EA

6⁹⁹

BUY 1
FROM OUR CHEFS[™]
SOUP
SELECTED VARIETIES
700 ML
21560588_EA

8⁹⁹

GET 25% OFF 1
FROM OUR CHEFS[™]
PIE OR QUICHE
SELECTED VARIETIES
150-600 G
21579901_EA

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

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

BABYBEL 12'S OR THE LAUGHING COW 24'S
SELECTED VARIETIES
20160091_EA
20300620_EA

10⁹⁹

3,000[™]
for every *10 spent on

\$3 Value

\$8

LARGE CLASSIC 422 G OR PREMIUM 330 G SALADS
21607928_EA/21608061_EA

INDIVIDUAL COMBO WITH WEDGES
361-530 G
21086084_EA/21022536_EA

ZIGGY'S[®] SLICED MEAT
SELECTED VARIETIES
175 G
21590279_EA/21592461_EA

\$4

PC[®] SALSA
SELECTED VARIETIES
300/430 G
20959575_EA

5⁴⁹

Floral



\$25

SIGNATURE GIFTING BOUQUET
21436377_EA/21436378_EA



\$12

CALLA LILY
21105494_EA



\$14

FARM FRESH BOUQUET
EACH
21210212_EA



\$10

INTERMEDIATE ROSE BUNCH
SELECTED VARIETIES
21593444_EA

September 12-15



Help feed kids in your community

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

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



PC® FROZEN FRUIT
SELECTED VARIETIES
FROZEN
300-600 G
20312227_EA/20910293_EA

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



PC® LOADS OF™ WHITE OR CHEDDAR CHEESE CRACKERS
200 G
21302901_EA/21302925_EA

2/\$5
LESS THAN 2
\$3.49 EA.



PC® WORLD OF FLAVOURS POTATO CHIPS
SELECTED VARIETIES
200 G
20839412001_EA/21521668_EA

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



PC® LOADS OF™ FLAVOUR POTATO CHIPS
SELECTED VARIETIES
200 G
20840911001_EA/20840911004_EA

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



PC® SCALLOPED CRACKERS
SELECTED VARIETIES
185 G
20603888001_EA
20603888002_EA

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



PC® COFFEE PODS
SELECTED VARIETIES
30'S
21033681_EA
21038762_EA

14.99



PC® TORTILLA CHIPS
SELECTED VARIETIES
320-350 G
20302785_EA
20305180_EA

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



PC® DRY ROASTED PEANUTS
SELECTED VARIETIES
700 G
20057990001_EA/20057990003_EA

5.99



PC® BATHROOM TISSUE
12=24 ROLLS OR PC MAX® PAPER TOWELS 3=6 ROLLS
SELECTED VARIETIES
21450718_EA/21540603_EA

7.99



PC® CASHEWS
SELECTED VARIETIES
200 G
21054943_EA/21052659_EA

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



PC® GRANOLA BARS
SELECTED VARIETIES
120-175 G
20912735_EA/20913606_EA

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

From Your Farmers



Daily Fresh Produce Ltd.

Located in Abbotsford, B.C., Daily Fresh Produce Ltd. has been operating this family run farm since 1990 by Gursev Singh Sandhu and his family. Their specialty is broccoli, sweet corn, cauliflower and Brussels sprouts. Grill up some butter-brushed sweet corn for a true summer treat, plus cauliflower loves to be roasted! A whole roasted head, drizzled with lemony tahini, makes a dramatic main dish, while small florets become caramelized and crunchy - the perfect filling for tacos.



CANADA
LARGE CAULIFLOWER
 PRODUCT OF CANADA, CANADA NO. 1 GRADE
 EACH
 20135377001_EA

4⁹⁹



WEST
GREEN ZUCCHINI
 PRODUCT OF
 WESTERN PROVINCES
 4.39/KG
 20426596001_KG

1⁹⁹
LB



WEST
FARMER'S MARKET™
GALA APPLES
 PRODUCT OF
 WESTERN PROVINCES
 CANADA FANCY GRADE
 5 LB BAG
 21195877001_EA

8⁹⁹



WEST
BARTLETT PEARS
 PRODUCT OF
 WESTERN PROVINCES,
 CANADA FANCY GRADE
 5.49/KG
 20172240001_KG

2⁴⁹
LB

Tart, sweet flavours of citrus



FARMER'S MARKET™ NAVEL ORANGES
 PRODUCT OF SOUTH AFRICA
 3 LB
 20162945001_EA

5⁹⁹



FARMER'S MARKET™ GRAPEFRUIT
 PRODUCT OF SOUTH AFRICA
 3 LB
 20118409001_EA

5⁹⁹



FARMER'S MARKET™ LEMONS
 PRODUCT OF SOUTH AFRICA
 3 LB
 20738811001_EA

6⁹⁹



HALOS
MANDARINS
 PRODUCT OF
 SOUTH AFRICA
 3 LB
 21163100001_EA

9⁹⁹



PC® ORRI MANDARINS
 PRODUCT OF PERU
 2 LB
 20072482001_EA

6⁹⁹



FARMER'S MARKET™
MANDARINS
 PRODUCT OF PERU
 OR SOUTH AFRICA
 3 LB
 20864961001_EA

7⁹⁹



NO NAME® NATURALLY
IMPERFECT™ LIMES
 PRODUCT OF MEXICO
 OR HAWAII
 2 LB
 21124368001_EA

5⁹⁹

Fall harvest

**BAG
of 7**



**CANADA
GOURDS**
PRODUCT OF CANADA
7'S
20042184_EA

5⁹⁹

**BAG
of 6**



**CANADA
MINI PUMPKINS BAGGED**
PRODUCT OF CANADA
6'S
20054508_EA

5⁹⁹



**WEST
MCINTOSH APPLES**
PRODUCT OF WESTERN PROVINCES,
CANADA FANCY GRADE
5.49/KG
20039956001_KG

2⁴⁹
LB



**CANADA
PIE PUMPKINS**
PRODUCT OF CANADA
EACH
20101185001_EA

4⁹⁹



**CANADA
SWEET POTATOES**
PRODUCT OF CANADA
5.49/KG
20127708001_KG

2⁴⁹
LB



**WEST
LEEKES**
PRODUCT OF
WESTERN PROVINCES
20090117001_EA

5⁹⁹

Freshly baked

**BAKED
IN-STORE**



**MINI BRAIDED STRUDELS
OR MAPLE PECAN DANISH**
SELECTED VARIETIES
PACKAGE OF 4
21464137_EA/21464199_EA

4⁴⁹

**BAKED
IN-STORE**



TURNOVERS
SELECTED VARIETIES
PACKAGE OF 4
21469196_EA

4⁴⁹

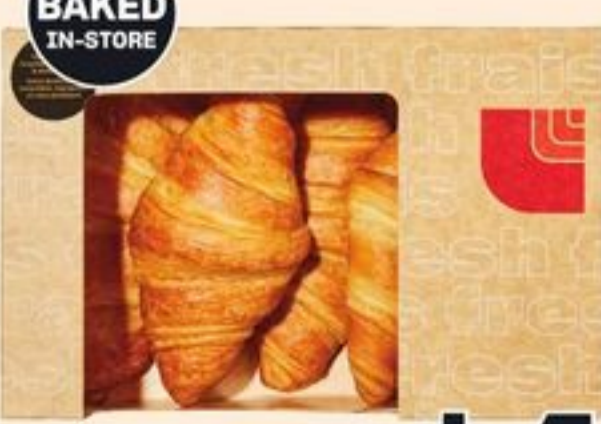
**BAKED
IN-STORE**



**IN-STORE
BAKED COOKIES**
SELECTED VARIETIES
PACKAGE OF 18
21454952_EA

\$7

**BAKED
IN-STORE**



PLAIN CROISSANTS
PACKAGE OF 6
21030153_EA

\$4

**BAKED
IN-STORE**



MINI DANISH
ASSORTED VARIETIES
PACKAGE OF 8
21476309_EA

4⁴⁹

**BAKED
IN-STORE**



CINNAMON BUNS
DANISH OR
CREAM CHEESE ICED
PACKAGE OF 10
21467583_EA

\$6

Natural foods



PC[®] ORGANICS FREE RANGE EGGS MEDIUM 12'S 20818960001_EA

7⁸⁴



PC[®] ORGANICS PEANUT BUTTER SELECTED VARIETIES 500 G 20055833_EA/20298178_EA

5⁷⁹



PC[®] ORGANICS COCONUT WATER 1 L 21092373_EA

4⁵⁰

SILK NON-DAIRY BEVERAGES SELECTED VARIETIES REFRIGERATED 1.74-1.89 L 20315090001_EA 21243598_EA

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



SCHAR GLUTEN-FREE HAMBURGER OR HOT DOG BUNS 4'S 21475422_EA 21475424_EA

9⁴⁹

MADEGOOD 12/15'S 20990917_EA 21480147_EA

11⁹⁹

CLIF ENERGY BARS 6'S, 408 G OR ENERGY MINI BARS 10'S, 280 G 20347485003_EA 21387586_EA

11⁹⁹



VEGA ONE[®] ALL-IN-ONE PROTEIN POWDER SELECTED VARIETIES 827-876 G 20575566002_EA 20645554_EA

59⁹⁹



PC[®] ORGANICS RAISINS SNACK PACK 14X14 G 21170526_EA

3⁹⁹

GIMME SEAWEED SNACK SELECTED VARIETIES 6X5 G 20999935_EA

8⁹⁹

PC[®] ORGANICS QUICK ROLLED OATS SELECTED VARIETIES 1 KG 20705773_EA 20971286_EA

4⁹⁹

Grocery



VAN HOUTTE K-CUPS
SELECTED VARIETIES
24-30'S
20743469_EA/21588231_EA

Members save
\$5

Optimum
Members-Only Price
17⁹⁹
Non-members
22⁹⁹

Optimum
4,000⁰⁰
for every '15'
spent on

\$4
Value



ROBIN HOOD OR FIVE ROSES FLOUR 2.5/5 KG OR
CARNATION OR EAGLE MILK 300/354 ML
SELECTED VARIETIES
20039497001_EA/20896887_EA



Optimum
5,000⁰⁰
for every '25'
spent on

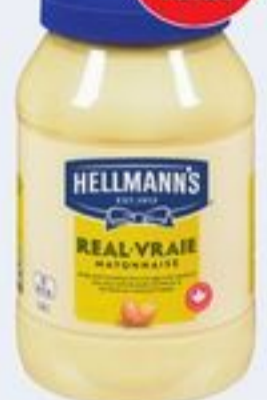
\$5
Value



AVEENO, JOHNSON & JOHNSON BABY PRODUCTS,
BAND-AID KIDS, POLYSPORIN KIDS, MOTRIN KIDS,
TYLENOL, BENADRYL, BENYLIN OR LISTERINE KIDS
SELECTED VARIETIES AND SIZES
20182023001_EA/20301106_EA

Optimum
1,500⁰⁰

\$150
Value



HELLMANN'S
MAYONNAISE
1.42 L
20173154002_EA

11⁴⁹



NO NAME[®]
MAYONNAISE 890 ML
OR PC[®] PICKLES 1 L
SELECTED VARIETIES
20433560001_EA
206227614002_EA

5⁴⁹



CLOVER LEAF SMOKED
OYSTERS OR MUSSELS
SELECTED VARIETIES
85 G
20617497_EA/20618779_EA

2⁴⁹



CLOVER LEAF
LIGHT TUNA SALAD
SELECTED
VARIETIES
160 G
21587767_EA

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



OASIS 100% JUICE BLENDS,
DEL MONTE NECTAR,
HYDRAFRUIT OR
ARIZONA TEA
SELECTED VARIETIES
960 ML
20336722001_EA
20336722014_EA

2⁴⁹



BUBLY
SPARKLING
WATER
12X355 ML
OR MONTELLIER
10X355 ML
OR GATORADE
6X591 ML
SELECTED
VARIETIES
21097177_C12
21096722_C10
20303218003_C06

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



BEN'S STREET FOOD
SELECTED VARIETIES
255 G
21610756_EA/21610792_EA

4⁹⁹



MINUTE RICE
SELECTED VARIETIES
1.2/1.4 KG
20074783001_EA
20074783002_EA

7⁴⁹



DR. OETKER
MOMENTI
160-185 G OR
GIUSEPPE GARLIC
FINGERS 317 G OR
CHEF GUSTO MINI
PIZZA BAGELS 198 G
SELECTED VARIETIES
FROZEN
21164021_EA/21541408_EA

3⁴⁹



PC[®] GNOCCHI OR RISOTTO
350-400 G OR PC[®] ASIAN
ENTRÉES OR SOUPS 300 G
SELECTED VARIETIES
FROZEN
21546609_EA/21565996_EA

\$5



GREEN GIANT
SPECIALTY VEGGIES
SELECTED VARIETIES
FROZEN
283-454 G
21530406_EA/21586778_EA

5⁴⁹



BETTY CROCKER
PREMIUM CAKE,
BROWNIE MIXES
OR MUG CAKE
SELECTED VARIETIES
266-550 G
20078877001_EA/21547849_EA

4⁴⁹



BURNBRAE EGG BAKES
SELECTED VARIETIES
FROZEN
2/4'S
21060397_EA/21097732_EA

2⁹⁹



KELLOGG'S EGGO WAFFLES
SELECTED VARIETIES
FROZEN
16'S
20099730002_EA/20099730004_EA

\$5



NESTLÉ DRUMSTICK
4'S OR
HAAGEN-DAZ
414-450 ML OR
BARS 3/4'S
SELECTED
VARIETIES
FROZEN
20322380001_EA
21513555_EA

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



HERSHEY ASSORTED
CHOCOLATE OR CANDY
SELECTED VARIETIES
AND SIZES
21528234_EA/21528420_EA

50 **100**



COTTONELLE
BATHROOM TISSUE
6=24 ROLLS OR
FLUSHABLE WIPES 2'S
SELECTED VARIETIES
2668830_EA
21594641_EA

9⁹⁹



PUREX BATHROOM
TISSUE
SELECTED
VARIETIES
24=72 ROLLS
21180854_EA
21443672_EA

19⁹⁹



HUGGIES PULL UPS
SELECTED
VARIETIES
48-74'S
21371199_EA

26⁹⁹



MILLIE MOON
BABY WIPES
SELECTED VARIETIES
72'S
21520487_EA

3⁴⁹

For your family



GARNIER FRUCTIS 334-370 ML OR HERBAL ESSENCES 346 ML HAIR CARE SELECTED VARIETIES 21007198_EA/21247098_EA

3⁹⁹



PANTENE HAIR CARE SELECTED VARIETIES 308-355 ML 21431190_EA/21431192_EA

4⁹⁹



NIVEA LUMINOUS, Q10 MOISTURIZERS, TREATMENTS OR EUCERIN LOTIONS SELECTED VARIETIES AND SIZES 21247151_EA/21085698_EA

**SALE
SAVE UP TO**

20%



OLAY BODY WASH SELECTED VARIETIES 532/650 ML 21000948_EA

8⁹⁹



METHOD BODY WASH 532 ML OR LIQUID HAND SOAP REFILL 828 ML/1 L SELECTED VARIETIES 21425039_EA/21425299_EA

7⁹⁹



EVERY MAN JACK BODY WASH 500 ML OR DEODORANT 73/85 G SELECTED VARIETIES 20987291_EA/21080324_EA

7⁹⁹



GILLETTE MACH 3 OR VENUS DISPOSABLE RAZORS 1-8'S SELECTED VARIETIES 20179414002_EA/20984907_EA

9⁹⁹



OLD SPICE OR SECRET DEODORANT SELECTED VARIETIES 68-144 G 20757237001_EA/21163772_EA

7⁹⁹



DOVE OR DEGREE DEODORANTS SELECTED VARIETIES 45-76 G 20188212001_EA/20302753001_EA

4⁹⁹



CREST SCOPE CLASSIC 8 L ORAL-B MANUAL TOOTHBRUSH OR CREST REGULAR 4-PACK TOOTH PASTE SELECTED VARIETIES 20347678002_EA/20948747_EA

5⁹⁹



SENSODYNE RAPID RELIEF OR REPAIR AND PROTECT TOOTH PASTE, POLIDENT TABLETS 84-96'S, COLGATE TOTAL TOOTH PASTE 3-PACK OR BATTERY TOOTHBRUSH, CREST PRO HEALTH OR SCOPE MOUTHWASH OR CREST GUM DETOXIFY TOOTH PASTE SELECTED VARIETIES AND SIZES 20437569002_EA/20588749_EA

7⁴⁹



SENSODYNE OR PRONAMEL TOOTH PASTE 75-100 ML, POLIDENT OR POLIGRIP, COLGATE TOTAL OR SENSITIVE PRO-RELIEF TOOTH PASTE, COLGATE 360° MANUAL TOOTHBRUSHES OR COLGATE MOUTHWASH SELECTED VARIETIES 20301179001_EA/21166717_EA

4⁹⁹

For your family



Cough & Chest Congestion

FAST RELIEF of:

- Cough with Phlegm
- Chest Congestion
- Minor Bronchial Irritation
- Sore Throat Pain



100 mL SYRUP
DIN 02285418

TYLENOL COMPLETE COUGH, COLD AND FLU TABLETS AND CAPSULES 18/20'S OR BENYLIN COUGH SYRUP 100 ML SELECTED VARIETIES
20322277001_EA/20296733001_EA



SALE
SAVE UP TO

25%

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



SALE
SAVE UP TO

15%

FLINTSTONE'S CHILDREN'S VITAMINS OR ONE A DAY ADULT MULTIVITAMINS SELECTED VARIETIES
21515167_EA/21448383_EA

SALE
SAVE UP TO

20%

ENSURE AND BOOST HIGH PROTEIN MEAL REPLACEMENT SHAKES SELECTED VARIETIES AND SIZES
20308731001_EA/20966361_EA

SALE
SAVE UP TO

20%



SALE
SAVE UP TO

15%

SYSTANE EYEDROPS 15-30 ML OR CLEAR CARE & OPTI-FREE CONTACT LENS SOLUTIONS 600/720 ML SELECTED VARIETIES
21350360_EA/21459841_EA



9.99

U BY KOTEX 2X PADS, LINERS OR TAMPONS SELECTED VARIETIES 24-129'S
21361876_EA/21361872_EA



POISE PADS SELECTED VARIETIES AND SIZES
21302119_EA

19.99



34.99

OLAY REGENERIST MOISTURIZERS SELECTED VARIETIES AND SIZES
21500387_EA/21411706002_EA



\$5

LIFE BRAND LIQUID HAND SOAP REFILL SELECTED VARIETIES 2L
21357613003_EA/21357613004_EA



\$5

LIFE BRAND MOUTHWASH SELECTED VARIETIES 1L
21201386_EA/21202724_EA



SALE
SAVE UP TO

20%

PURE PROTEIN BARS AND POWDER SELECTED VARIETIES AND SIZES
20539046_EA/20322070001_EA



6.99

AUSSIE, HERBAL ESSENCES OR OLD SPICE HAIR CARE SELECTED VARIETIES
21428821_EA/215171326_EA



SALE
SAVE UP TO

25%

LIFE BRAND PAIN OR ALLERGY RELIEF TABLETS, CAPLETS, SPRAYS, LIQUIDS, PATCHES OR RUBS SELECTED VARIETIES AND SIZES
21229420_EA/211134305_EA

For your baby

click here to shop our full assortment 

20,000 pts

\$20 Value

for every \$100* spent on Baby Diapers, Training Pants, Wipes, Food, Formula, Accessories or Toiletries exclusions apply

21208370_EA/21561525_EA



PAMPERS OR HUGGIES SUPER BIG PACK DIAPERS SELECTED VARIETIES SIZE N-8, 36-120'S 21370843_EA/21456418_EA

24⁹⁹



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

19⁹⁹

LOVE CHILD ORGANIC POUCHES SELECTED VARIETIES 99/128 ML 21121965_EA/21121969_EA

1⁷⁹

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

34⁹⁹



BABY GOURMET PUFFIES OR CRUNCHERS SELECTED VARIETIES 32 G 21597336_EA/21597406_EA

2²⁹

BABY GOURMET ORGANIC PUFFIES, CRUNCHY CROCS OR FRUIT & VEGGIE BITES BABY SNACKS 23-90 G OR EARTH'S BEST BARS 133 G SELECTED VARIETIES 21414273_EA/21534911_EA

3⁷⁹

GERBER SNACKS OR ENTRÉES SELECTED VARIETIES 42-187 G 20304618007_EA/20304618008_EA

2/\$6

LESS THAN 2 \$3.49 EA.



GOOD START PLUS POWDER OR READY TO FEED INFANT FORMULA SELECTED VARIETIES AND SIZES 942-1020 G 250 ML 21599587_EA

55⁹⁹

ENFAMIL A+ BABY FORMULA POWDER REFILL SELECTED VARIETIES 992 G 20435527002_EA 20435527003_EA

54⁹⁹

ENFAMIL A+ READY-TO-FEED BABY FORMULA STAGE 1 & 2 SELECTED VARIETIES 18X237 ML 21208370_C01 21208382_C01

59⁹⁹



JOHNSONS & JOHNSONS BABY NEEDS SELECTED VARIETIES 20325065001_EA 21112321_EA

20%

AVEENO BABY NEEDS SELECTED VARIETIES 532-568 ML 20157402002_EA 20380479001_EA

11⁹⁹

LIVE CLEAN, DOVE OR HONEST BABY NEEDS SELECTED VARIETIES 20607347_EA 21303537_EA

20%

Fall cleaning



GAIN LAUNDRY DETERGENT
4.55 L/42'S, GAIN OR DOWNY FABRIC SOFTENER 2.4-3.29 L, BEADS 515 G, DOWNY OR TIDE RINSE 48 OZ OR BOUNCE SHEETS 240'S
SELECTED VARIETIES
21405174_EA/21549954_EA

15⁹⁹



CASCADE AUTO DISH PLATINUM PLUS 51'S OR PLATINUM 67'S
SELECTED VARIETIES
21516530_EA/21518479_EA

22⁹⁹



FINISH POWERBALL QUANTUM ULTRAMAX DISHWASHER DETERGENT
SELECTED VARIETIES
30/40'S
21218146_EA/21565525_EA

13⁹⁹



TIDE PODS
112/85'S OR POWER PODS 63'S
SELECTED VARIETIES
21450133_EA/21450237_EA

29⁹⁹



FLEECY FABRIC SOFTENERS OR DRYER SHEETS
SELECTED VARIETIES AND SIZES
2031107201_EA/21311739_EA

30%



GLAD OUTDOOR WASTE BAGS
SELECTED VARIETIES
10-40'S
21165454_EA/21165477_EA

10⁹⁹



SWIFFER DUSTERS
6-10'S OR DRY AND WET CLOTHS 12-32'S
SELECTED VARIETIES
20028650_EA/20974371_EA

11⁹⁹



PUREX 4.08-4.43 L, PERSIL 2.21 L OR SUNLIGHT 4 L LAUNDRY DETERGENT, SNUGGLE FABRIC SOFTENER 2.8-3.41 L OR SHEETS 200'S
SELECTED VARIETIES
20083525001_EA/20952139_EA

13⁹⁹



TRU EARTH LAUNDRY OR FABRIC SOFTENER STRIPS
SELECTED VARIETIES
32'S
21425514_EA
21555733_EA

13⁹⁹



LYSOL LAUNDRY DISINFECTANT 1.2 L OR RESOLVE IN WASH POWDER OR SPRAYS 625 G/650 ML
SELECTED VARIETIES
21193402_EA/21487308_EA

7⁹⁹



OSKAR BROOM WITH DUSTPAN OR SUPER TWIST XL MOP
SELECTED VARIETIES
20001949_EA/20057952_EA

10⁹⁹



AIR WICK SCENTED OIL 1+1 KITS OR REFILLS
SELECTED VARIETIES
2X20 ML
21166513_EA
21428258_EA

10⁹⁹



CLOROX BLEACH 2.4 L OR PINE-SOL CLEANER 1.41 L
SELECTED VARIETIES
2029679001_EA/21283179_EA

5⁴⁹



LYSOL TOILET CLEANER 710-950 ML, ALL PURPOSE CLEANERS 650 ML/1.2 L OR GEL 4'S
SELECTED VARIETIES
2031067001_EA
21193411_EA

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



FEBREZE AIR FRESHENER 250 G, WAX MELTS 77 G, CAR CLIP 2 ML, MR. CLEAN CLEANER 473 ML/1.2 L OR MAGIC ERASERS, PKG OF 2
SELECTED VARIETIES
21005017_EA/21574859_EA

4⁴⁹



WEIMAN CLEANERS
SELECTED VARIETIES
355-946 ML
20304402_EA
20327964002_EA

6⁹⁹



FANTASTIK 650 ML, SCRUBBING BUBBLES 946-950 ML, WINDEX 765 ML, GLADE SMALL CANDLES 1'S OR GLADE WAX MELTS 6'S
SELECTED VARIETIES
2012523001_EA/20323855001_EA

4⁹⁹



METHOD ALL PURPOSE CLEANERS 828 ML OR LIQUID DISH DETERGENT 532 ML
SELECTED VARIETIES
21432667_EA/21518328_EA

4⁹⁹

For your pet

click here to shop our full assortment



PURINA CAT CHOW
SELECTED VARIETIES
1.42-2 KG
20319556001_EA

9⁹⁹



TIDY CATS LIGHT WEIGHT LITTER
SELECTED VARIETIES
5.44 KG
21217951_EA

23⁹⁹



FANCY FEAST PETITES CAT FOOD
SELECTED VARIETIES
79.4 G
214239968_EA

1²⁹



WHISKAS CAT FOOD
SELECTED VARIETIES
12'S
20548822_EA

17⁹⁹



PC[®] NUTRITION FIRST[®] CAT FOOD
SELECTED VARIETIES
2 KG
21303030_EA

14⁹⁹



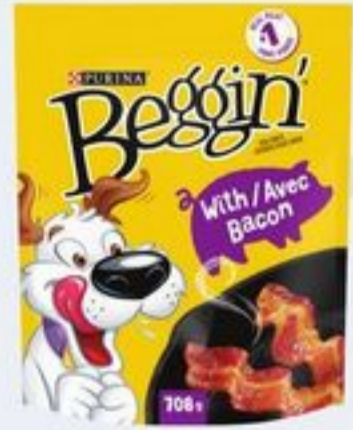
MEOW MIX CAT FOOD
SELECTED VARIETIES
1.36-1.6 KG
21586251_EA

6⁹⁹



NO NAME[®] CAT LITTER
SELECTED VARIETIES
7 KG
20023746002_EA

8⁹⁹



BEGGIN' STRIPS DOG TREATS
SELECTED VARIETIES
708/850 G
21101589_EA

9⁹⁹



PURINA ONE TRUE INSTINCT[®] OR SMARTBLEND[®] DOG FOOD
SELECTED VARIETIES
1.72/1.81 KG
20912587_EA

11⁹⁹



PEDIGREE DENTASTIX TREATS FOR DOGS
SELECTED VARIETIES
100 G-1.9 KG
21081180_EA

11⁹⁹



MILK-BONE SOFT & CHEWY TREATS FOR DOGS
SELECTED VARIETIES
708 G
21047843_EA

11⁹⁹



PC[®] NUTRITION FIRST[®] DRY DOG FOOD
SELECTED VARIETIES
14 KG
21304669_EA

49⁹⁹

Bring home the delicious taste of **McCafé**.

7⁹⁹ McCafé[®] Instant Premium Coffee 100 g
21583722_EA

10⁹⁹ McCafé[®] Premium Roast K-Cup[®] Pods 12's
21238598_EA

33⁹⁹ McCafé[®] Premium Roast K-Cup[®] Pods 48's
21238592_EA

McCafé[®] ground or bean coffee selected varieties, 640-950 g
21238559_EA/21238547_EA

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Optimum 7,500^{pts}
for every \$50^{*} spent on

\$7⁵⁰ Value

BOSTON PIZZA 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 \$50 spent on Boston Pizza gift 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.

financial

Get up to **\$1,100** in average value every year.*

PC[®] Insiders[™]
World Elite[®] Mastercard[®]

LEARN MORE

*Conditions and assumptions apply; actual value may vary.

**Locally grown
Locally found**

PC[®] OUTDOOR FALL MUMS
SELECTED VARIETIES
9.5 INCH
20213955_EA

\$9

FARMER'S MARKET[™] MUM PLANTER
SELECTED VARIETIES
13 INCH
20214368_EA

\$20

MAPLE LEAF
Natural selections
 Real. Simple.
 Naturally delicious.



Members save \$1
 \$7
 Non-members \$8

Maple Leaf® Natural Selections® Sliced Deli Meats selected varieties 125-175 g
 20009282_EA/20045285_EA

SCHNEIDERS
 100% DELICIOUS TASTE.
 25% LESS SODIUM.



Schneiders® Sliced Deli Meats selected varieties 175 g
 21550791_EA

*Rated the Best New Product for packaged sliced meats by Canadians in a 2023 BrandSpark™ survey. 25% less sodium than regular turkey/ham/salami.

Upgrade your nighttime routine



13⁹⁹ Always Pads, selected varieties 20-48's
 21370420_EA

34⁹⁹ Olay Regenerist Moisturizers selected varieties and sizes
 21236887_EA

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our butchers cut quality meat in your store every day!



marinated pork tenderloin
 20636671_KG

marinated top sirloin beef kebab
 made in-store
 20638715_KG

peppercorn crusted striploin
 cut from Canada AA or USDA Select grade beef or higher
 21447282_KG

gourmet beef burgers
 fresh, made in-store
 20798283_KG

MORE IS MORE



MAGNUM
 MORE CHOCOLATE
 MORE INDULGENCE



4.99 Magnum Bars 3's or mini 4's, Selected Varieties
 21576005_EA/21575849_EA

NEW! GLOBAL CRAVINGS



CRAVE Frozen Meals
 Selected varieties
 200 - 340 g
 21085515_EA/21604021_EA

2/\$11 LESS THAN 2 \$6.49 EA.

BEN & JERRY'S
 SAY YES TO DESSERT!



4.99 Ben & Jerry's, Selected Varieties, 473 mL
 21575899_EA/21568089_EA

Breyers
 PAIRS PERFECTLY WITH FALL



4.99 Breyers Creamery Style, Breyers CoBrand 1.66 L Popsicle Ice Pops 6/12's, Selected Varieties
 20344925002_EA/20344925006_EA

A NEW WAY TO EGG

CRAVE Scramble Kits
 selected varieties
 57 - 85 g
 21566900001_EA

3⁹⁹



NEW



Bagel Bites
 Breakfast Bagel Bites®
 Selected varieties 198 g
 20213483001_EA/20213483003_EA

3⁴⁹

MAKE EVERY MORNING DELICIOUS FOR THE LOVE OF BREAKFAST



1,000⁰⁰ \$1 Value
\$4⁴⁹ Simply® beverages selected varieties 1.54 L
 21086068_EA

1,000⁰⁰ \$1 Value
\$4⁴⁹ Simply® beverages selected varieties 1.54 L
 21170793_EA

\$4⁴⁹ Minute Maid® beverages selected varieties 1.54 L
 21592037_EA

\$1⁹⁹ Simply® beverages selected varieties 340 mL
 20767362_EA/20766577_EA

*Plus applicable taxes, levies, deposits and fees. Valid at participating locations for a limited time. Subject to availability while supplies last. Retailer may sell for less. The trademarks that appear are the property of their respective trademark owners.

LIBERTÉ
FAMILY FAVOURITES

\$5.99
Liberté® Méditerranée®
900 g
21305347_EA

\$5.99
Liberté Greek®
650-750 g
21547533_EA
20642273_EA

NEW!

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\$3.69
Yoplait® Minigo®
6x60 g
21619388_EA
21619318_EA

\$6.99
Yoplait® Yop® 6pk
6x200 mL
21478984_EA
21478751_EA

Yoplait®
LUNCH BOX
favourites

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**Nourish their potential,
ONE YOGURT AT A TIME**

DANONE
ONE PLANET. ONE HEALTH

\$4.49
Activia® - 850 g
21688514_EA

\$3.99
Danino® - 6 x 93 mL
21520250_EA

3/\$3
less than 3 \$1.29 EA.
Danone Go!® - 190 mL
21349087_EA
21349123_EA

\$4.49
Two Good®
4 x 95 g
21476047_EA

Proud supporter of
Breakfast CLUB
of Canada

ACTIVIA

1 BILLION ACTIVE PROBIOTICS*

\$6.99
Activia® - 12 x 100 g
2038342001_EA

2/\$3.50
less than 2 \$2.29 ea.
Activia® - 190 mL
21349087_EA

\$6.49
Activia® - 8 x 93 mL
21488802_EA

\$12.99
Activia® - 2 kg
21477220_EA

*With more than 17 CFU Bifidobacterium lactis per serving, a probiotic that contributes to healthy gut flora.

**SUGAR DOWN
PROTEIN UP**

Two Good®
14g PROTEIN
14g SUGAR

2/\$10
less than 2 \$5.99 ea.
Two Good® - 825 g
21475507_EA

**START THE DAY WITH
A PROTEIN SNACK***

\$7.49
Oikos® - 190 g
20000000_EA

3/\$12.75
less than 3 \$4.99 ea.
Oikos® - 4 x 100 g
2048510000_EA
20025700_EA

2/\$3.50
less than 2 \$2.29 ea.
Oikos® - 190 mL
21407090_EA

*As part of a complete breakfast and balanced diet

10-HOUR BREW

**BOLD
AND
SMOOTH
TASTE**

2/\$14.50
less than 2 \$8.99 ea.
Stok® - 1.42L
21031708_EA

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