

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

**\$20**  
 Value



**BABY DIAPERS, TRAINING PANTS, WIPES, FOOD, FORMULA, ACCESSORIES OR TOILETRIES**  
 EXCLUSIONS APPLY  
**COUCHES POUR BÉBÉ, CULOTTES D'ENTRAÎNEMENT, LINGETTES, ALIMENTS, PRÉPARATION, ACCESSOIRES OU PRODUITS DE TOILETTE**  
 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  
**FRUITS SURGELÉS NATURELLEMENT IMPARFAITS™ SANS NOM®**  
 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  
**SAVON À VAISSELLE PALMOLIVE**  
 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  
**CAPSULES DE CAFÉ INDIVIDUELLES PC® OU SANS NOM®**  
 21111235\_EA/21593380\_C01

**34.99**

**SEPTEMBER**

**HIT OF THE MONTH**

**LIMIT 6  
AFTER LIMIT  
1.69 EA.**



**95¢**

**UNICO LIGHT TUNA IN OIL  
99 G  
THON PÂLE UNICO  
20069525\_EA**



**Optimum**  
Members-Only Price™  
**1.77**  
Non-members  
**\$2**

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

**LIMIT 6  
AFTER LIMIT  
2.49 EA.**



**\$2**

**HUGGIES UNSCENTED  
1X WIPES  
SELECTED VARIETIES  
56/64'S  
LINGETTES 1X NON  
PARFUMÉES HUGGIES  
20557596\_EA/21084208\_EA**

**LOWEST PRICES  
BEST DEALS**

As compared to other major grocery retailers within your local areas.  
\*\*Must be a registered PC Optimum™ member to get this offer.  
Valid from 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



CUT BY OUR BUTCHERS

**SAVE 46%**

**PORK LOIN COMBINATION CHOPS  
SIRLOIN AND RIB PORTION  
BONE-IN**  
5.4/KG  
CÔTELETTES DE LONGE DE PORC,  
COMBINAISON DE COUPES, PORTIONS  
SURLONGE ET BOUT DE CÔTES  
20822343\_KG

**2.49**  
LB



**SAVE  
THIS WEEK**

**CHICKEN LEGS \*BACK-ATTACHED\*,  
DRUMSTICKS OR THIGHS  
FAMILY SIZE**  
5.49/KG  
CUISSSES DE POULET \*AVEC DOS\*,  
PILONS OU HAUTS DE CUISSE  
20004494\_KG/20058163\_KG

**2.49**  
LB



CUT BY OUR BUTCHERS

**SALE  
SAVE \$4**

**LAMB SHOULDER CHOPS**  
11.00/KG  
CÔTELETTES D'ÉPAULE D'AGNEAU  
21550513\_KG

**4.99**  
LB



**SALE  
SAVE \$1.50**

**HONEYCRISP APPLES PRODUCT OF  
ONTARIO, CANADA FANCY GRADE,  
PC\* EXTRA LARGE GREEN OR RED SEEDLESS  
GRAPES PRODUCT OF U.S.A., NO. 1 GRADE**  
5.49/KG  
POMMES HONEYCRISP, TRÈS GROS RAISINS  
VERTS OU ROUGES SANS PÉPINS PC\*\*  
20132621001\_KG/20425775001\_KG

**2.49**  
LB



**WHEN YOU BUY 2  
SAVE \$1.08**

**COUNTRY HARVEST  
BREAD OR BAGELS  
SELECTED  
VARIETIES  
AND SIZES  
PAIN OU BAGELS  
COUNTRY HARVEST**  
21178597\_EA  
21178640\_EA  
21178642\_EA

**2/7.50**  
LESS  
THAN 2  
\$4.29 EA.



**SAVE  
AT LEAST \$2**

**FRESH ASC TILAPIA  
FILLETS 7.99 LB**  
17.62/KG OR PC\* PACIFIC  
LARGE WHITE SHRIMP  
7.99 EA. RAW OR COOKED  
PEELED 31-40 PER LB  
400 G FROZEN  
FILETS DE TILAPIA ASC  
FRAIS OU GROSSES  
CREVETTES BLANCHES  
DU PACIFIQUE PC\*\*  
20789931\_EA/20897812\_KG

**7.99**  
LB/EA.



PKG OF 3

**SALE  
SAVE \$2**

**CANADA  
ROMAINE HEARTS  
PRODUCT OF CANADA  
3'S  
CŒURS DE LAITUE  
ROMAINE**  
20067389001\_EA

**2.99**



**SALE  
SAVE \$1**

**LIBERTÉ GREEK  
650/750 G OR  
YOPLAIT SOURCE  
YOGURT 16X100 G  
SELECTED VARIETIES  
YOGOURT GREC  
LIBERTÉ OU YOGOURT  
SOURCE YOPLAIT**  
20317317001\_EA/20642273\_EA

**5.99**



**SAVE  
THIS WEEK**

**MCCAIN SUPERFRIES  
OR SPECIALTY  
POTATOES 454-800 G  
OR PC\* FROZEN  
VEGETABLES  
400-750 G SELECTED  
VARIETIES, FROZEN  
SUPERFRIES, POMMES  
DE TERRE DE PÉCIALITÉ  
MCCAIN OU LÉGUMES  
SURGELÉS PC\*\***  
20318915\_EA/20324328002\_EA

**2.99**



**CRACKER BARREL CHEESE  
BARS 400 G. SHREDS  
250-320 G OR PC\*  
SHREDS 250-320 G  
SELECTED VARIETIES  
BARRÉ DE FROMAGE,  
FROMAGE RÂPÉ CRACKER  
BARREL OU FROMAGE  
RÂPÉ PC\*\***  
21290257\_EA/21290616\_EA

**5.77**



**SALE  
SAVE \$5**

**KICKING HORSE  
ORGANIC GROUND COFFEE  
SELECTED VARIETIES  
284 G  
CAFÉ MOULU BIOLOGIQUE  
KICKING HORSE**  
20805126501\_EA  
20805126503\_EA

**7.99**



**1,000**

**\$1 Value**

**SAVE  
AT LEAST \$2**

**ROYALE BATHROOM  
TISSUE 12 DOUBLE ROLLS,  
TIGER TOWEL PAPER  
TOWELS 3=6 ROLLS OR  
FACIAL TISSUE 6'S  
SELECTED VARIETIES  
PAPIER HYGIÉNIQUE,  
ESSUIE-TOUT TIGER  
TOWELS OU  
MOUCHOIRS ROYALE**  
21363770\_EA/21484702\_EA

**6.99**



**PAMPERS ECONO  
PACK DIAPERS  
SELECTED  
VARIETIES  
SIZE N-8,  
58-180'S  
COUCHES  
EMBALLAGE  
ÉCONO PAMPERS**  
21551643\_EA

**32.99**



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.

Flyer prices effective from Thursday, September 12th to Wednesday, September 18th, 2024. SEE BACK PAGE FOR DETAILS.



**PRICE DROP!**

CAMPBELL'S READY TO SERVE  
SELECTED VARIETIES  
515 ML  
SOUPE PRÊTE À DÉGUSTER  
CAMPBELL'S  
21479024\_EA/21479030\_EA

**\$2**



**PRICE DROP!**

DARE VEGGIE CRISPS  
SELECTED VARIETIES  
100 G  
CRISPS LÉGUME DARE  
20973368\_EA/20973370\_EA

**\$2**



**PRICE DROP!**

LIBERTÉ MÉDITERRANÉE YOGURT  
SELECTED VARIETIES  
500 G  
YOGOURT MÉDITERRANÉE LIBERTÉ  
21473714\_EA/21547564\_EA

**\$3**



CLOVER LEAF  
SOCKEYE SALMON  
213 G  
SAUMON SOCKEYE  
CLOVER LEAF  
21314811\_EA

Members save **\$1.50**

Y-Optimum  
Members-Only Price  
**4.99**

Non-members  
**6.49**



PEPPERIDGE FARM  
GOLDFISH CRACKERS  
SELECTED VARIETIES  
156-2276X28 G  
CRAQUELINS GOLDFISH  
PEPPERIDGE FARM  
20300320\_EA/21575295\_EA

Members save **80¢**

Y-Optimum  
Members-Only Price  
**2.49**

Non-members  
**3.29**



BLUEWATER FISH,  
SHRIMP OR AIR FRIED  
SELECTED VARIETIES  
FROZEN  
210-600 G  
POISSON, CREVETTES OU  
FRITS À L'AIR BLUEWATER  
20310745004\_EA/20316252003\_EA

Members save **\$3**

Y-Optimum  
Members-Only Price  
**5.99**

Non-members  
**8.99**



BASSE SNACK MIX  
SELECTED VARIETIES  
415-600 G  
MÉLANGE DE COLLATION  
BASSE  
21158597\_EA/21425408\_EA

Members save **\$2**

Y-Optimum  
Members-Only Price  
**\$5**

Non-members  
**\$7**



KELLOGG'S CEREALS  
SELECTED VARIETIES  
227-451 G  
CÉRÉALES KELLOGG'S  
20591279\_EA/21458014\_EA

Members save **50¢**

Y-Optimum  
Members-Only Price  
**3.99**

Non-members  
**4.49**



NESTLÉ MINIS 50'S OR  
KITKAT 40'S  
SELECTED VARIETIES  
MINIS NESTLÉ OU KIT KAT  
21451527\_EA/21570808\_EA

Members save **\$3**

Y-Optimum  
Members-Only Price  
**10.99**

Non-members  
**13.99**



CHAPMAN'S PREMIUM  
ICE CREAM 2 L OR  
SUPER NOVELTIES 6-20'S  
SELECTED VARIETIES  
FROZEN  
CRÈME GLACÉE PREMIUM  
OU FRIANDISES GLACÉES  
SUPER CHAPMAN'S  
20111532\_EA/20323573001\_EA

**5.99**



GAY LEA BUTTER  
SELECTED VARIETIES  
454 G  
BEURRE GAY LEA  
20559408\_EA/20559466\_EA

SAVE  
THIS WEEK  
**5.99**



MAPLE LEAF TOP DOGS OR  
SCHNEIDERS RED HOTS  
WIENERS  
SELECTED VARIETIES  
375 G  
SAUCISSES FUMÉES TOP DOGS  
MAPLE LEAF OU RED HOTS  
SCHNEIDERS  
20602425\_EA/21093477\_EA

SAVE  
AT LEAST **\$2.95**

**2.99**



CAMPBELL'S TOMATO, CREAM  
OF MUSHROOM, VEGETABLE  
OR CHICKEN NOODLE SOUP  
284 ML  
SOUPE AUX TOMATES,  
CRÈME DE CHAMPIGNONS,  
LÉGUMES OU POULET ET  
NOUILLES CAMPBELL'S  
20176214001\_EA/20176214004\_EA

SALE  
SAVE **\$1**

**99¢**



DARE BEAR PAWS COOKIES  
SELECTED VARIETIES  
150-240 G  
BISCUITS PATTES D'OURS DARE  
21080779\_EA/21283252\_EA

SALE  
SAVE **55¢**

**2.79**



SIMPLY JUICE OR DRINKS  
SELECTED VARIETIES  
1.54 L  
JUS OU BOISSONS SIMPLY  
21086068\_EA/21592206\_EA

SAVE  
AT LEAST **\$1**

**4.49**



PC® SPICES  
SELECTED VARIETIES  
7-82 G  
ÉPICES PC®  
21117298\_EA/21117372\_EA

1,000<sup>PC</sup>  
\$1 Value  
**6.49**



ITALPASTA  
SELECTED VARIETIES  
900 G  
ITALPASTA  
20081342003\_EA/20081342007\_EA

**2.99**



GIUSEPPE PIZZA  
SELECTED VARIETIES  
FROZEN  
439-785 G  
PIZZA GIUSEPPE  
20904584\_EA/21106361\_EA

SALE  
SAVE **\$1**

**5.99**



PC® PAPER TOWELS  
CLUB SIZE  
12 ROLLS  
ESSUIE-TOUT PC®  
21558605\_EA

2,000<sup>PC</sup>  
\$2 Value  
SAVE  
THIS WEEK  
**21.99**



PC® MUM WITH  
GRASS PLANTER  
SELECTED VARIETIES  
13 INCH  
JARDINIÈRE DE  
CHRYSANTHÈMES  
ET VERDURE PC®  
20501301\_EA

**\$25**



FARMER'S MARKET  
MUM HANGING BASKET  
SELECTED VARIETIES  
11 INCH  
PANIER SUSPENDU DE  
CHRYSANTHÈMES  
DÉLICIES DU MARCHÉ®  
20660353\_EA

**\$16**

CUSTOMER RELATIONS 1-866-541-6315. VISIT [yourindependentgrocer.ca](http://yourindependentgrocer.ca) FOR STORE HOURS.

Quantities and/or selection of items may be limited and may not be available in all stores. For inquiries on product availability at your store please contact Customer Relations at the above phone numbers. No Rainchecks OR Substitutions on clearance items or where quantities are advertised as limited. Advertisements, pricing and product selection (flavour, colour, patterns, style) may vary by store location. We are not obligated to sell items based on errors or misprints in typography or photography. Pricing: All references to "Save, Was, Now, Savings, etc." is in comparison to our own regular prices. Coupons must be presented and redeemed at time of purchase. Savings on items shown may vary in each store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. ©/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaw's Inc. and others. All rights reserved. © 2024 Loblaw's Inc. MasterCard and the MasterCard Brand Mark are registered trademarks and PayPass is a trademark of MasterCard International Incorporated. President's Choice Bank a licensee of marks. PC Optimum™ program is provided by President's Choice Services Inc. President's Choice Financial MasterCard is provided by President's Choice Bank. President's Choice Financial personal banking services are provided by the direct banking division of Simplii Financial. ©PC, President's Choice, PC Financial and President's Choice Financial are registered trademarks of Loblaw's Inc. Trademarks used under licence. We reserve the right to limit quantities to reasonable family requirements. PC OPTIMUM MEMBERS ONLY: These offers are only available to valid PC Optimum™ program members. Membership is free. To register as a PC Optimum™ member, see in-store or visit [pcoptimum.ca](http://pcoptimum.ca). We are not obligated to award points based on errors or misprints. No cash value. See [yourindependentgrocer.ca](http://yourindependentgrocer.ca) for full program details including redemption restrictions Minimum redemption 10,000 points. These offers cannot be combined with any other coupons, discounts or promotions 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 Loblaw's Inc. banner. †PRICE DROP offer valid in-store at participating locations between September 12 - October 16, 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.\***



**LARGE CANTALOUPE**  
PRODUCT OF U.S.A.  
EACH  
GROS CANTALOUPE  
20167017001\_EA

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



**DRAGONFRUIT**  
PRODUCT OF VIETNAM OR  
**PINEAPPLE**  
PRODUCT OF COSTA RICA  
EACH  
**PITAYA OU ANANAS**  
20168395001\_EA  
20160992001\_EA

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



**CANADA PC<sup>®</sup> ORGANICS**  
**WHOLE CREMINI OR WHITE MUSHROOMS**  
PRODUCT OF CANADA  
227 G  
**CHAMPIGNONS CREMINI OU BLANCS ENTIERS PC<sup>®</sup> BIOLOGIQUE**  
21021565\_EA  
21021499\_EA

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



**CANADA FARMER'S MARKET**  
**CARROTS OR YELLOW ONIONS**  
PRODUCT OF CANADA,  
CANADA NO. 1 GRADE  
3 LB BAG  
**CAROTTES OU OIGNONS JAUNES DÉLICIES DU MARCHÉ<sup>™</sup>**  
20600927001\_EA/20811994001\_EA

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



**FARMER'S MARKET<sup>™</sup> GRAPE TOMATOES**  
PRODUCT OF CANADA OR U.S.A.  
907 G  
**TOMATES RAISINS DÉLICIES DU MARCHÉ<sup>™</sup>**  
20840038001\_EA

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



**ONTARIO FARMER'S MARKET<sup>™</sup> MINI CUCUMBERS**  
PRODUCT OF ONTARIO  
11'S  
**MINI-CONCOMBRES DÉLICIES DU MARCHÉ<sup>™</sup>**  
21070679001\_EA

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



**ONTARIO NO NAME<sup>™</sup> NATURALLY IMPERFECT GREEN PEPPERS**  
PRODUCT OF ONTARIO  
2.5 LB  
**POIVRONS VERTS NATURELLEMENT IMPARFAITS<sup>™</sup> SANS NOM<sup>™</sup>**  
20969990001\_EA

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



**TAYLOR FARMS CHOPPED SALAD KITS**  
SELECTED VARIETIES  
PRODUCT OF U.S.A.  
267-383 G  
**TROUSSES DE SALADES HACHÉES TAYLOR FARMS**  
21335159\_EA  
21381575\_EA

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

**GREENHOUSE ORGANIC COLD-PRESSED JUICE OR BREAKFAST SHAKES**  
SELECTED VARIETIES  
PRODUCT OF CANADA  
300 ML  
**JUS PRESSE À FROID OU BOISSONS FRAPPÉES POUR DÉJEUNER BIOLOGIQUES GREENHOUSE**  
21197322\_EA  
21246690\_EA

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



**LARGE SALADS**  
SELECTED VARIETIES  
MADE FRESH IN-STORE DAILY  
498-926 G  
**GRANDES SALADES FRAÎCHES**  
21363212\_EA  
21363221\_EA

**\$10-12**

\*Fresh Promise: Applicable to eligible fresh produce items purchased at your Independent Grocer store locations or online at yourindependentgrocer.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 your Independent Grocer 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



**ONTARIO EYE OF ROUND ROAST**  
CUT FROM CERTIFIED ONTARIO CORN FED CANADA AA GRADE BEEF OR HIGHER  
20.92/KG  
**RÔTI DE NOIX DE RONDE**  
20812793\_KG

**9<sup>49</sup>**  
LB



**PC<sup>®</sup> BLUE MENU<sup>®</sup> CHICKEN BREAST**  
AIR CHILLED  
3'S  
**POITRINE DE POULET PC<sup>®</sup> MENU BLEU<sup>™</sup>**  
21340952\_EA

**\$13**



**PORK LOIN CENTRE-CUT CHOPS**  
BONE-IN, FAMILY SIZE  
7.69/KG  
**CÔTELETTES DE LONGE DE PORC, COUPE DU CENTRE**  
20823075\_KG

**3<sup>49</sup>**  
LB



**EXTRA LEAN GROUND BEEF**  
FAMILY SIZE  
17.62/KG  
**BŒUF HACHÉ EXTRA-MAIGRE**  
20873869\_KG

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



**MARCANGELO JUMBO PORK SAUSAGE**  
SELECTED VARIETIES, FROZEN  
500/675 G  
**SAUCISSES GÉANTES DE PORC MARCANGELO**  
21289731\_EA/21289868\_EA

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



**CANADA PC<sup>®</sup> SPLIT CHICKEN WINGS**  
AIR CHILLED  
730 G  
**AILES DE POULET SÉPARÉES PC<sup>®</sup>**  
21340973\_EA

**\$13**



**SCHNEIDERS LUNCHMATE STACKERS OR KITS**  
SELECTED VARIETIES  
90-132 G  
LUNCHMATE STACKERS OU TROUSSE-REPAS SCHNEIDERS<sup>™</sup> LESS THAN 3 \$4.29 EA

**3/10<sup>98</sup>**



**SUFRA<sup>™</sup> HALAL LEAN GROUND BEEF**  
454 G  
**BŒUF HACHÉ MAIGRE HALAL SUFRA<sup>™</sup>**  
21337283\_EA

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



**PC<sup>®</sup> NATURALLY SMOKED BACON**  
375-590 G OR  
**PC<sup>®</sup> STREET CART SAUSAGE**  
600 G  
SELECTED VARIETIES  
**BACON FUMÉ NATURELLEMENT PC<sup>®</sup> OU SAUCISSES KIOSQUE DE RUE PC<sup>®</sup>**  
20152629\_EA/21525048\_EA

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



**PC<sup>®</sup> BURGERS**  
SELECTED VARIETIES, FROZEN  
568 G  
-1.36 KG  
**BURGERS PC<sup>®</sup>**  
20941230\_EA  
20944443\_EA

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



**PC<sup>®</sup> PUB RECIPE OR GLUTEN-FREE CHICKEN**  
SELECTED VARIETIES  
FROZEN  
600/700 G  
**POULET PC<sup>®</sup> RECETTE DU PUB<sup>™</sup> OU SANS GLUTEN**  
21201320\_EA/21201321\_EA

**\$8**

# Seafood

Fresh seafood items subject to availability.



**CANADIAN COVE MUSSELS**  
FRESH  
907 G  
**MOULES CANADIAN COVE**  
21556624\_EA

**6<sup>49</sup>**



**SEAQUEST<sup>®</sup> CRAB OR LOBSTER FLAVOURED POLLOCK FLAKES OR CHUNKS**  
SELECTED VARIETIES  
READY-TO-EAT  
227 G  
**GOBERGE À SAVEUR DE CRABE OU HOMARD**  
**SEAQUEST<sup>®</sup> FLOCONS OU MORCEAUX**  
20699832\_EA/20749901\_EA

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



**SEAQUEST<sup>®</sup> BAY SCALLOPS**  
UNCOOKED  
100-150 PER LB  
400 G OR  
**WATERVIEW MARKET CRISPY CALAMARI**  
UNCOOKED  
300 G FROZEN  
**PÉTONCLES DE BAIE SEAQUEST<sup>®</sup> OU CALMARS CROUSTILLANTS WATERVIEW MARKET**  
21454797\_EA/21558527\_EA

**6<sup>49</sup>**



**PC<sup>®</sup> SHRIMP APPETIZERS**  
SELECTED VARIETIES, FROZEN  
300-454 G  
**HORS-D'ŒUVRE DE CREVETTES PC<sup>®</sup>**  
20135874\_EA  
20978921\_EA

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

# Bakery

**BAKED IN-STORE**



**NATIONAL CINNAMON RAISIN BREAD DAY SEPT. 16TH**

**\$4**

CINNAMON RAISIN BREAD  
550 G  
PAIN CANNELLE ET RAISINS  
20729432\_EA

**BUY 1**

ACE BAKERY PANE RUSTICO OR SOURDOUGH MICHE  
SELECTED VARIETIES  
700 G **5<sup>99</sup>**

**GET 1 FREE**

ACE BAKERY DEMI-BAGUETTE  
SELECTED VARIETIES  
200-275 G **2<sup>99</sup>-3<sup>29</sup>**

21616182\_EA/21624691\_EA  
21314337\_EA

**BAKED IN-STORE**



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

FARMER'S MARKET™ HOMESTYLE TARTS  
SELECTED VARIETIES  
6/12'S  
TARTELETTES  
GOÛT MAISON  
DÉLICES DU MARCHÉ™  
20308897\_EA

**BAKED IN-STORE**



**\$4**

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



**\$7**

FARMER'S MARKET™ SQUARES  
SELECTED VARIETIES  
400/450 G  
CARRÉS DÉLICES DU MARCHÉ™  
21216501\_EA

**MIX & MATCH**

WONDER OR D'ITALIANO  
BREAD OR BUNS  
SELECTED VARIETIES  
AND SIZES  
PAIN OU PETITS PAINS  
WONDER OU D'ITALIANO  
20276296\_EA/20297455\_EA  
20038335\_EA

**BUY 2 OR MORE**

**3<sup>50</sup> EA.**

LESS THAN 2 \$3.99 EA.

**PC® OR BLUE MENU**

ENGLISH MUFFINS  
SELECTED VARIETIES  
6'S  
MUFFINS ANGLAIS  
PC™ OU MENU BLEU™  
20810728\_EA/21015902\_EA

**\$3**

**PC® HOT CROSS BUNS**

EXTRA RAISIN 8'S OR  
EXTRA THICK CINNAMON  
RAISIN BREAD 675 G  
BRIOCHE DE CARÈME  
EXTRA RAISINS OU PAIN  
À LA CANNELLE AVEC  
RAISINS EN TRANCHES  
EXTRA-ÉPAISSES PC™  
20639729\_EA/21577822\_EA

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

# Great to go

Great to go items plus applicable taxes.

**BUY 1**

LARGE IN-STORE  
PREPARED PASTA TRAY  
1-1.2 KG **\$12-16**

GRANDS PLATS DE PÂTES  
PRÉPARÉS EN MAGASIN  
21395979\_EA

**GET 1 FOR \$2**

FOIL GARLIC LOAF  
PAIN À L'AIL DANS  
DU PAPIER  
D'ALUMINIUM  
21020061\_EA



# The Deli

**FROM OUR CHEFS™ SERVICE CASE**

HAMS  
SELECTED VARIETIES  
JAMBONS DU  
COMPTOIR  
DE SERVICE  
CONCOCÉ PAR  
NOS CHEFS™  
20974491\_KG

**2<sup>99</sup> /100 G**

**TRE STELLE**

RICOTTA,  
BOCCONCINI OR  
CRUMBLÉ FETA  
CHEESE  
SELECTED  
VARIETIES  
150-475 G  
RICOTTA,  
BOCCONCINI OU  
FETA ÉMIETTÉ  
TRE STELLE  
20093652\_EA  
20318663\_EA

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

**BUY 1**

FOC SOUP  
SELECTED VARIETIES  
700 ML **8<sup>99</sup>**

SOUPE CONCOCÉ  
PAR NOS CHEFS™  
21560588\_EA

**GET 25% OFF 1**

FOC PIE OR QUICHE  
SELECTED VARIETIES 150-600 G  
PÂTE OU QUICHE CONCOCÉ  
PAR NOS CHEFS™  
21579901\_EA




**PC® GOAT CHEESE**

SELECTED VARIETIES  
140 G **2/\$10**

FROMAGE DE  
CHÈVRE PC™  
20296631\_EA  
20330259\_EA

LESS THAN 2 \$5.99 EA.

**BABYBEL 12'S**  
OR THE  
LAUGHING  
COW 24'S  
SELECTED  
VARIETIES  
BABYBEL OU  
LA VACHE  
QUI RIT  
20166091\_EA  
20300620\_EA

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

**3,000<sup>00</sup>** for every \*10 spent on

**\$3 Value**

**\$9**

LARGE CLASSIC 422 G OR PREMIUM 330 G SALADS  
SALADES CLASSIQUES OU DE QUALITÉ SUPÉRIEURE  
GRAND FORMAT  
21607928\_EA/21608061\_EA

INDIVIDUAL COMBO WITH WEDGES  
361-530 G  
COMBO INDIVIDUEL AVEC POMMES DE TERRE EN QUARTIERS  
21086084\_EA/21022536\_EA

**ZIGGY'S**

Sliced black forest ham  
Jambon forêt-noire

**ZIGGY'S**

Roasted turkey breast  
poitrine de dinde rôtie

**\$4**

**PC® SALSA**

SELECTED VARIETIES  
SALSA PC™  
300/430 G  
20995975\_EA

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

# Floral



**\$25**

SIGNATURE GIFTING BOUQUET  
BOUQUET-CADEAU SIGNATURE  
21436377\_EA/21436378\_EA



**\$12**

INDOOR MUMS EACH  
CHRYSANTHÈMES D'INTÉRIEUR  
20728784\_EA



**\$14**

HARVEST BOUQUET  
BOUQUET DE RÉCOLTE  
21551536\_EA



**\$10**

INTERMEDIATE ROSE BUNCH  
SELECTED VARIETIES  
BOUQUET DE ROSES INTERMÉDIAIRE  
21586298\_EA

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.



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<sup>99</sup>**



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<sup>99</sup>**



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

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



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



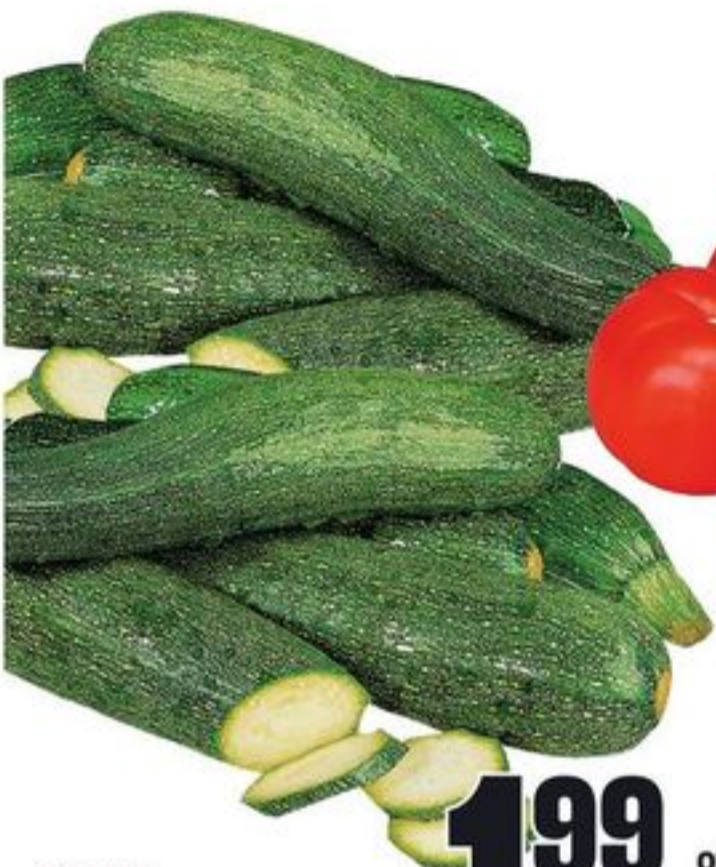
## Fancy Pak Brand Inc.

Fancy Pak Brand is located in the warm sands of Norfolk County in Southwestern Ontario. Premium white, red, yellow and small potatoes are what they are known for, which are soil to table within 24 hours!



**CANADA**  
**SMALL WHITE POTATOES**  
PRODUCT OF CANADA,  
CANADA NO. 1 GRADE  
3 L BASKET  
20185658001\_EA

**6<sup>49</sup>**



**ONTARIO**  
**GREEN ZUCCHINI**  
PRODUCT OF ONTARIO  
4.39/KG  
20426596001\_KG

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



**ONTARIO**  
**VINE RIPE**  
**FIELD TOMATOES**  
PRODUCT OF ONTARIO  
3.28/KG  
20025417001\_KG

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



**ONTARIO**  
**FARMER'S MARKET™**  
**BLUE PLUM**  
PRODUCT OF ONTARIO  
NO. 1 GRADE  
1.5 L  
20011284001\_EA

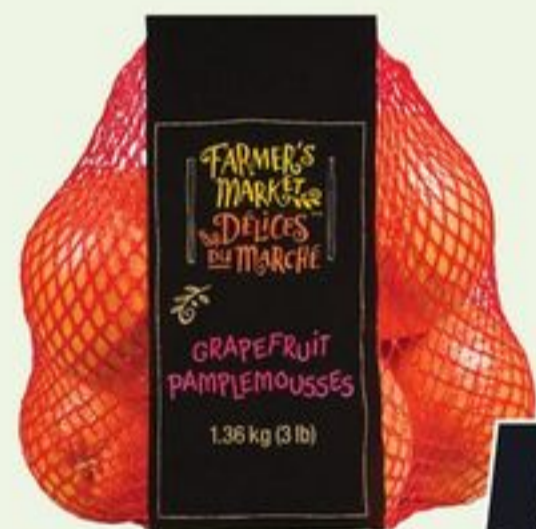
**6<sup>99</sup>**

## Tart, sweet flavours of citrus



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

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



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

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



**FARMER'S MARKET™**  
**LEMONS**  
PRODUCT OF SOUTH AFRICA  
2 LB  
20795315001\_EA

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



**HALOS MANDARINS**  
PRODUCT OF SOUTH AFRICA  
2 LB  
21092325001\_EA

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



**NO NAME™**  
**NATURALLY**  
**IMPERFECT™ LIMES**  
PRODUCT OF MEXICO  
2 LB  
21124368001\_EA

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



**PC™ ORRI MANDARINS**  
PRODUCT OF SOUTH AFRICA  
OR PERU  
2 LB  
20072482001\_EA

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



**BLOOD ORANGE**  
PRODUCT OF AUSTRALIA  
2 LB  
20128918001\_EA

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



**MANDARINS**  
PRODUCT OF SOUTH AFRICA  
4 LB  
20054025001\_EA

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

# Fall harvest



**3 L**  
**ONTARIO FIELD TOMATOES**  
 PRODUCT OF ONTARIO  
 3 L  
 20006556\_EA

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



**ONTARIO MCINTOSH APPLES**  
 PRODUCT OF ONTARIO,  
 CANADA FANCY GRADE  
 5.49/KG  
 20039956001\_KG

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



**3 LB**  
**ONTARIO ROMA TOMATOES**  
 PRODUCT OF ONTARIO  
 3 LB  
 21930001001\_EA

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



**3 L**  
**ONTARIO SHEPHERD OR CUBANELLE PEPPERS**  
 PRODUCT OF ONTARIO  
 3 L  
 21042287001\_EA 21042358001\_EA

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



**3 L**  
**ONTARIO DILL OR SLICER CUCUMBERS**  
 PRODUCT OF ONTARIO  
 3 L  
 20062076001\_EA/21042288001\_EA

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



**FIRST OF THE SEASON**  
**CANADA PIE PUMPKINS**  
 PRODUCT OF CANADA  
 EACH  
 20101185001\_EA

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

# Freshly baked



**BAKED IN-STORE**

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

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



**BAKED IN-STORE**

**TURNOVERS**  
 SELECTED VARIETIES  
 PACKAGE OF 4  
 21469196\_EA

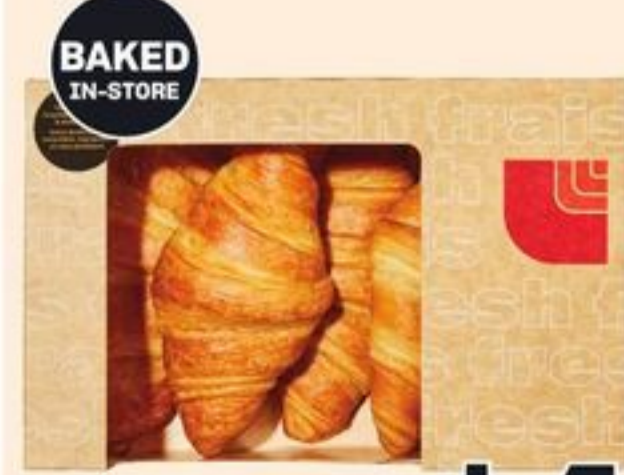
**4<sup>49</sup>**



**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

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



**BAKED IN-STORE**

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

**\$6**

# Natural foods



**7<sup>68</sup>**

PC<sup>®</sup> ORGANICS FREE RANGE EGGS MEDIUM 12'S 20818960001\_EA



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

PC<sup>®</sup> ORGANICS PEANUT BUTTER SELECTED VARIETIES 500 G 20055833\_EA/20298178\_EA



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

PC<sup>®</sup> ORGANICS COCONUT WATER 1 L 21092373\_EA

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

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



**9<sup>49</sup>**

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

MADEGOOD 12/15'S 20990917\_EA 21480147\_EA

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

NATURE CLEAN AUTOMATIC DISHWASHER PACS PACKAGE OF 60 1.08 KG 20914501\_EA

**20<sup>99</sup>**



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

VEGA ONE<sup>®</sup> ALL-IN-ONE PROTEIN POWDER SELECTED VARIETIES 827-876 G 20575566002\_EA 20645554\_EA



PC<sup>®</sup> ORGANICS RAISINS SNACK PACK 14X14 G 21170526\_EA

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

GIMME SEAWEED SNACK SELECTED VARIETIES 6X5 G 20999935\_EA

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

PC<sup>®</sup> ORGANICS QUICK ROLLED OATS SELECTED VARIETIES 1 KG 20705773\_EA 20971286\_EA

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

# Grocery



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

Members save  
**\$5**

Optimum  
Members-Only Price™  
**17<sup>99</sup>**  
Non-members  
**22<sup>99</sup>**

Optimum  
**4,000<sup>00</sup>**  
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  
**5,000<sup>00</sup>**  
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  
**1,500<sup>00</sup>**  
**\$150**  
Value



HELLMANN'S  
MAYONNAISE  
1.42 L  
20173154002\_EA

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

NO NAME®  
MAYONNAISE 890 ML  
OR PC® PICKLES 1 L  
SELECTED VARIETIES  
20433560001\_EA  
20627614002\_EA

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



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

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



CLOVER LEAF  
LIGHT TUNA SALAD  
SELECTED  
VARIETIES  
160 G  
21587767\_EA

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



OASIS 100%  
JUICE BLENDS OR  
HYDRAFRUIT JUICE  
SELECTED VARIETIES  
8X200 ML  
20315764002\_EA/21518021\_EA

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



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

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



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

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



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

**3<sup>49</sup>**



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

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



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

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



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

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



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  
21528274\_EA/21528420\_EA

**50** **100**



COTTONELLE  
BATHROOM TISSUE  
6=24 ROLLS OR  
FLUSHABLE WIPES 2'S  
SELECTED VARIETIES  
20688530\_EA  
21594641\_EA

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



CASHMERE  
BATHROOM  
TISSUE  
SELECTED  
VARIETIES  
24=72 ROLLS  
21188045\_EA  
21443648\_EA

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



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

**26<sup>99</sup>**



MILLIE MOON  
BABY WIPES  
SELECTED VARIETIES  
72'S  
21520487\_EA

**3<sup>49</sup>**

# For your family



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

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



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

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



**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

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



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

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



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

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



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

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



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

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



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

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



**CREST SCOPE CLASSIC** 1 L,  
**ORAL-B MANUAL TOOTHBRUSH**  
OR **CREST REGULAR**  
**4-PACK TOOTH PASTE**  
SELECTED VARIETIES  
20347678002\_EA/20948747\_EA

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



**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

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



**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

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

# For your family



**Cough & Chest Congestion**

FAST RELIEF of:

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



100 mL SYRUP

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

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## 20,000 pts

## \$20 Value

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

21208370\_EA/21551525\_EA



# 24<sup>99</sup>

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



# 19<sup>99</sup>

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

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

# 1<sup>79</sup>

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

# 34<sup>99</sup>



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

# 2<sup>29</sup>

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

# 3<sup>79</sup>

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

# 55<sup>99</sup>

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

# 54<sup>99</sup>

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

# 59<sup>99</sup>



**SALE**  
SAVE UP TO

# 20%

JOHNSONS & JOHNSONS BABY NEEDS  
SELECTED VARIETIES  
20325065001\_EA  
21112321\_EA



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

# 11<sup>99</sup>



**SALE**  
SAVE UP TO

# 20%

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

# 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

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



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

**22<sup>99</sup>**



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

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



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

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



**FLEECY FABRIC SOFTENERS OR DRYER SHEETS**  
SELECTED VARIETIES AND SIZES  
20311072001\_EA/21311739\_EA

**SALE  
SAVE UP TO  
30%**



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

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



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

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



**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

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



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

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



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

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



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

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



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

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



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

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



**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

**500<sup>00</sup>  
50¢ Value**  
**4<sup>49</sup>**



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

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



**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

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



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

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



# For your pet

click here to shop our full assortment



**PURINA CAT CHOW**  
SELECTED VARIETIES  
1.42-2 KG  
20319556001\_EA

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



**TIDY CATS LIGHT WEIGHT LITTER**  
SELECTED VARIETIES  
5.44 KG  
21217951\_EA

**23<sup>99</sup>**



**FANCY FEAST PETITES CAT FOOD**  
SELECTED VARIETIES  
79.4 G  
21439968\_EA

**1<sup>29</sup>**



**WHISKAS CAT FOOD**  
SELECTED VARIETIES  
12'S  
20548822\_EA

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



**PC<sup>®</sup> NUTRITION FIRST<sup>™</sup> CAT FOOD**  
SELECTED VARIETIES  
2 KG  
21303030\_EA

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



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

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



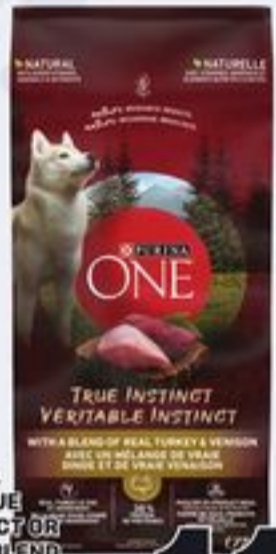
**NO NAME<sup>®</sup> CAT LITTER**  
SELECTED VARIETIES  
7 KG  
20023746002\_EA

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



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

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



**PURINA ONE TRUE INSTINCT<sup>®</sup> SMARTBLEND<sup>™</sup> DOG FOOD**  
SELECTED VARIETIES  
1.72/1.81 KG  
20912587\_EA

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



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

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



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

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



**PC<sup>®</sup> NUTRITION FIRST<sup>™</sup> DRY DOG FOOD**  
SELECTED VARIETIES  
14 KG  
21304669\_EA

**49<sup>99</sup>**

Bring home the delicious taste of **McCafé**

**7<sup>99</sup> McCafé<sup>®</sup> Instant Premium Coffee 100 g**  
21583722\_EA

**10<sup>99</sup> McCafé<sup>®</sup> Premium Roast K-Cup<sup>®</sup> Pods 12's**  
21238598\_EA

**33<sup>99</sup> McCafé<sup>®</sup> Premium Roast K-Cup<sup>®</sup> Pods 48's**  
21238592\_EA

**McCafé<sup>®</sup> ground or bean coffee**  
selected varieties, 640-950 g  
21238559\_EA/21238547\_EA

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**7,500<sup>pts</sup>**  
for every \$50<sup>\*</sup> spent on

**\$7<sup>50</sup> 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<sup>®</sup> Insiders<sup>™</sup>  
World Elite<sup>®</sup> Mastercard<sup>™</sup>

**LEARN MORE**

\*Conditions and assumptions apply; actual value may vary.

**Locally grown  
Locally found**

**PC<sup>®</sup> OUTDOOR FALL MUMS**  
SELECTED VARIETIES  
9.5 INCH  
20213995\_EA **\$9**

**FARMER'S MARKET<sup>™</sup> MUM PLANTER**  
SELECTED VARIETIES  
13 INCH  
20214368\_EA **\$16**

**FARMER'S MARKET<sup>™</sup> MUM HANGING ABASKET**  
SELECTED VARIETIES  
11 INCH  
20660353\_EA **\$16**

**PC<sup>®</sup> CELOSIA WITH GRASS PLANTER**  
SELECTED VARIETIES  
13 INCH  
21432312\_EA **\$25**

**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  
 21558968\_EA

\*Rated the Best New Product for packaged sliced meats by Canadians in a 2024 BrandSpark™ survey. 25% less sodium than regular turkey/ham/salami.

**2024 BEST NEW PRODUCT**

Upgrade your nighttime routine



**13<sup>99</sup>** Always Pads, selected varieties 20-48's  
 21370420\_EA

**34<sup>99</sup>** 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

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



**NEW**



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

**3<sup>49</sup>**

**MAKE EVERY MORNING DELICIOUS FOR THE LOVE OF BREAKFAST**



**1,000<sup>00</sup> \$1 Value**  
**\$4<sup>49</sup>** Simply® beverages selected varieties 1.54 L  
 21086068\_EA

**1,000<sup>00</sup> \$1 Value**  
**\$4<sup>49</sup>** Simply® beverages selected varieties 1.54 L  
 21170793\_EA

**\$4<sup>49</sup>** Minute Maid® beverages selected varieties 1.54 L  
 21592037\_EA

**\$1<sup>99</sup>** 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!

TRADEMARKS OF LIBERTÉ MARQUES S.A.R.L. USED UNDER LICENSE. ©

**\$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® - 500 g  
21588514\_EA

**\$3.99**  
Danino® - 5 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  
2038342000\_EA

**2/\$8**  
NEW  
Activia® - 2 x 150 g  
21588442\_EA

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

**\$6.49**  
Activia® - 8 x 93 mL  
21432512\_EA

**\$12.99**  
Activia® - 2 kg  
21477230\_EA

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

**SUGAR DOWN  
PROTEIN UP**

**TWO GOOD**  
DANONE

**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  
20400000\_EA

**3/\$12.75**  
less than 3 \$4.99 ea.  
Oikos® - 4 x 100 g  
2040510000\_EA  
2040510000\_EA

**2/\$3.50**  
less than 2 \$2.29 ea.  
Oikos® - 190 mL  
21432512\_EA

\*As part of a complete breakfast and balanced diet

**10-HOUR BREW**

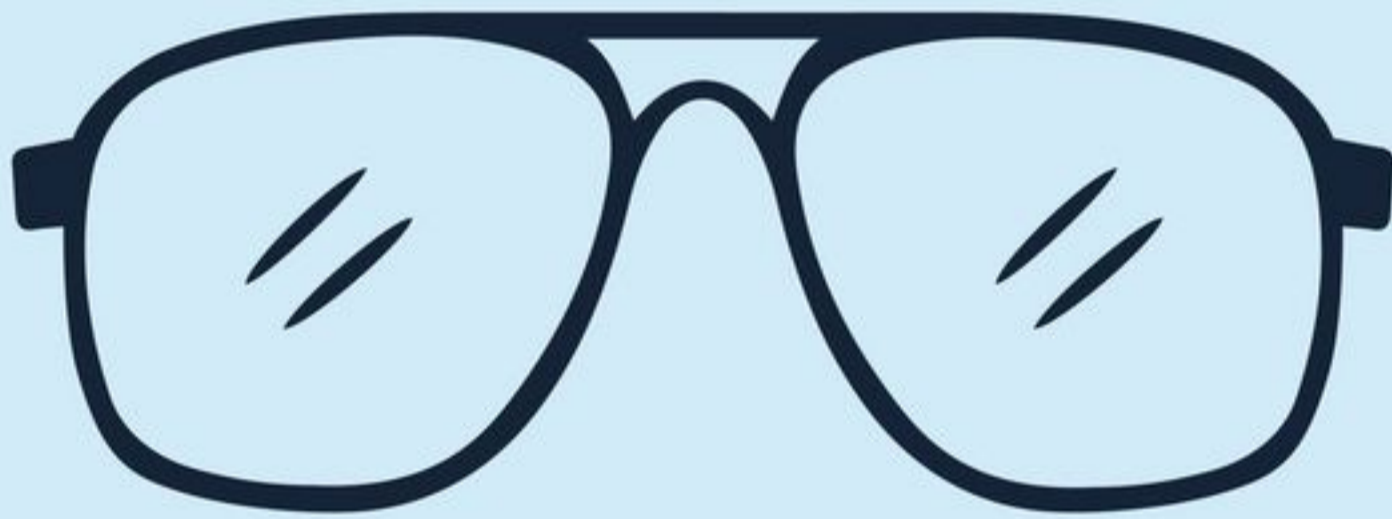
**BOLD  
AND  
SMOOTH  
TASTE**

**2/\$14.50**  
less than 2 \$8.99 ea.  
Stok® - 1.42 L  
21201726\_EA

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Get 100,000<sup>pts</sup>

for every \$300 spent on optical.

September 12 - September 25, 2024

\*FOR EVERY \$300 SPENT IN OPTICAL BEFORE TAXES AND AFTER REDEMPTIONS AND ALL COUPONS AND DISCOUNTS ARE DEDUCTED IN A SINGLE TRANSACTION YOU WILL EARN THE POINTS INDICATED. PRODUCT AVAILABILITY MAY VARY BY STORE. WE ARE NOT OBLIGATED TO AWARD POINTS BASED ON ERRORS OR MISPRINTS. NO CASH VALUE. MINIMUM REDEMPTION 10,000 POINTS. OFFER CANNOT BE COMBINED WITH ANY OTHER POINTS, PROMOTIONS OR OFFERS. SEE TERMS & CONDITIONS FOR REDEMPTION RESTRICTIONS. OFFER VALID AT PARTICIPATING LOCATIONS WITH AN OPTICAL DEPARTMENT BETWEEN SEPTEMBER 12 - SEPTEMBER 25, 2024.