

YOU'RE  
INVITED  
OCTOBER 26

# THANK YOU FEST

LOTS OF FUN  
ALL FOR YOU

**1 DAY ONLY**  
SATURDAY OCTOBER 26TH

**50¢**

**PC<sup>®</sup> MAC AND CHEESE**  
SELECTED VARIETIES  
200/225 G  
21529716\_EA/21529753\_EA



**LIMIT 6**  
AFTER LIMIT  
1.29 EA.

**1 DAY ONLY**  
SATURDAY OCTOBER 26TH

**\$5**

**PC<sup>®</sup> FILIPINO LUMPIA  
CHICKEN ADOBO**  
FROZEN  
560 G  
21521355\_EA



**1 DAY ONLY**  
SATURDAY OCTOBER 26TH



**APP EXCLUSIVE OFFER**

Open your PC Optimum<sup>®</sup> app or visit [pcoptimum.ca](http://pcoptimum.ca) to get the offer

**15,000<sup>pts</sup>**

when you spend \$150<sup>+</sup>  
or more on almost  
anything in-store



**\$15**  
Value

\*Spend \$150 or more on almost anything in-store before taxes and after redemptions and all coupons and discounts are deducted in a single transaction (includes purchase of tobacco, lottery tickets, alcohol, gift cards, prepaid card products including phone cards, transit/event tickets, post office transactions, passport photos, cash back, delivery charges, all non-participating 3rd party operations and any other products which are provincially regulated (including pharmacy-related transactions) or as we determine from time to time) you will earn the points indicated.

**YOU'RE INVITED**  
**OCTOBER 26**  
**RAIN OR SHINE**  
**THANK**  
**YOU FEST**  
**LOTS OF FUN**  
**ALL FOR YOU**

**FREE**

**BODYARMOR**  
**drink**

473 mL

**for first**

**200**

**customers**



**Valid only**  
**for Saturday,**  
**October 26th**

\*FREE BODYARMOR drink 473 mL, to the first 200 customers, valid only for Saturday, October 26th, 2024 at Real Atlantic Superstore and Dominion locations. Limit 1 coupon per family. No cash value. Not combinable with any other coupon/offer. No substitutions, refunds or exchanges on free product. While supplies last. We reserve the right to substitute the free product in the event of unavailability for any reason.



Optimum™

Optimum

Members-Only Price™

\$7

Non-members

\$9

Members save \$2

**FARMER'S MARKET™ APPLES**

PRODUCT OF ATLANTIC CANADA, CANADA FANCY GRADE SELECTED VARIETIES  
4 LB BAG  
21307212001\_EA/20630648001\_EA



Optimum

Members-Only Price™

7<sup>99</sup>

Non-members

9<sup>99</sup>

Members save \$2

**PC® OR BLUE MENU® ENTRÉES**

SELECTED VARIETIES, FROZEN  
600 G-1.13 KG  
20326534\_EA/21359210\_EA



Optimum

Members-Only Price™

2<sup>99</sup>

Non-members

3<sup>99</sup>

Members save \$1

**PC® THE DECADENT™ CHOCOLATE CHIP COOKIE**

SELECTED VARIETIES  
280/300 G  
20612257\_EA/20612260\_EA



**APP EXCLUSIVE OFFER**

Open your PC Optimum® app or visit [pcoptimum.ca](http://pcoptimum.ca) to get the offer

Optimum

6,000<sup>pts</sup>

when you spend \$20\* or more on

= \$6

Value

**COCA COLA SOFT DRINKS**

ALL SIZES AND VARIETIES OFFER INCLUSIVE OF SELECT BRANDS ACROSS COCA COLA INCLUDING COKE, MONSTER, NESTEA, POWERADE, BODY ARMOR, CANADA DRY, AHA, FRUITOPIA, SMART WATER, GLACEAU  
20358694002\_C12/20937631\_CD4



# COLLECT & SAVE! BIG

Get one stamp for every \$20\* spent.  
Collect 20 stamps and get 75% off  
one piece of high quality  
Swiss Design Cookware!

75%  
OFF\* EACH

\$20\* SPENT  
= 1 STAMP



\*While supplies last, receive one stamp for every \$20 spent before applicable taxes in a single transaction. Exclusions apply. Cannot be combined with any other coupons or promotional offers. Stamps have no cash value and are non-transferrable. See in store for paper stamp card or PC Optimum™ App to opt into program and receive digital stamp card. A mix of digital and paper stamps collected are not accepted as a complete set. Completed stamp cards can be redeemed up until February 20th, 2025, after which point they expire. All sales are final. Cookware is under warranty for a 2 year period from date of purchase. Exceptions to warranty and replacements apply. For full warranty information, product replacement process, FAQ's and complete offer details, please visit [Pcoptimum.ca/collectandsave](https://Pcoptimum.ca/collectandsave).

# ALWAYS LOW PRICE

Find set prices on everyday items.

ALWAYS  
\$7

PC® PUB RECIPE™ OR  
GLUTEN-FREE CHICKEN  
SELECTED VARIETIES, FROZEN  
500/700 G  
21201320\_EA/21201321\_EA



ALWAYS  
3.50

NO NAME® PIZZA  
SELECTED VARIETIES, FROZEN  
350-411 G  
21541429\_EA/21541441\_EA



ALWAYS  
\$5

NO NAME®  
CHEESE SLICES  
SELECTED VARIETIES  
210/230 G  
21614277\_EA/20742315\_EA



# NEW NEW NEW WAYS TO SAVE

**PRICE DROP**

**FRESH PROMISE**

**MEMBERS SAVE MORE**

**no name®**

**HIT OF THE MONTH**

**IN STOCK PROMISE**

**MULTI BUY**

**ALWAYS \$**

**CLUB SIZE**

**SAVE UP TO 37%**

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



**CHICKEN LEGS BACK ATTACHED OR DRUMSTICKS**  
FAMILY SIZE  
20707353\_EA  
20783907\_EA

**SAVE 25%**

**4<sup>44</sup>** LB  
9.79/KG



**MEDIUM GROUND BEEF**  
20797924\_EA

**CLUB SIZE**

**SAVE 44%**

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



**PORK LOIN COMBINATION CHOPS, SIRLOIN, CENTRE AND RIB PORTION**  
BONE-IN  
21818234\_EA

**SALE**

**\$4**



**STRAWBERRIES**  
PRODUCT OF MEXICO  
OR U.S.A.  
NO. 1 GRADE  
1 LB  
20049779001\_EA

**SAVE 2.00**

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



**DR. OETKER RISTORANTE OR CASA DI MAMA PIZZA**  
SELECTED VARIETIES, FROZEN  
320-410 G  
2029610000\_EA  
20296434006\_EA

**SAVE 25%**

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



**SEAQUEST® COLOSSAL PACIFIC WHITE SHRIMP**  
RAW ZIPPERBACK 16-20 PER LB  
300 G OR FISH FILLETS  
SELECTED VARIETIES 400 G  
FROZEN  
21043887\_EA

**\$5**



**FARMER'S MARKET® RUSSET POTATOES**  
PRODUCT OF ATLANTIC CANADA,  
CANADA NO. 1 GRADE  
10 LB BAG  
200610200011EA

**SALE**

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



**HÄAGEN-DAZS**  
414-450 ML OR BARS  
3/4'S SELECTED VARIETIES, FROZEN  
20302289001\_EA  
21513574\_EA

**SAVE UP TO 42%**

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



**LIBERTÉ YOGURT**  
4X100-G, TROPICANA OR PURE LEAF JUICE  
1.36/1.75L  
SELECTED VARIETIES  
21384655\_EA/21622130\_EA

**SAVE UP TO 2.22**

**5<sup>77</sup>**



**CRACKER BARREL CHEESE BARS** 400 G, SHREDS 250-320 G, PC® SHREDS 250-320 G OR BLACK DIAMOND CHEESTRINGS 12/25'S  
SELECTED VARIETIES  
21066001\_EA  
21292084\_EA

**MULTI BUY**

**2/\$3**  
OR \$1.99 EA.



**COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS**  
SELECTED VARIETIES  
2L  
20296926002\_EA  
20296026002\_EA

**Members-Only Price**

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

**Members save \$5**

**Non-members 16<sup>99</sup>**



**817 BASMATI RICE**  
SELECTED VARIETIES  
4 KG  
20787324\_EA

**SAVE UP TO 50%**

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



**CASHMERE BATHROOM TISSUE** 12 DOUBLE ROLLS, SPONGETOWELS, PAPER TOWELS, 6 ROLLS OR SCOTTIES FACIAL TISSUE 6'S  
SELECTED VARIETIES  
21898012\_EA/21047731\_EA

## SIMPLY DELICIOUS DEALS

**\$9-10**

**5,000<sup>00</sup> - \$5 Value**  
when you buy 2

**12" TAKE AND BAKE PIZZA**  
SELECTED VARIETIES  
510-739 G  
21456393\_EA/21456401\_EA

**\$12**

**12 PIECE PRE-PACKED WINGS WITH CELERY AND CARROTS**  
CHILLED  
728 G  
21532565\_EA/21532573\_EA

**\$24-25**

**5,000<sup>00</sup> - \$5 Value**

**LARGE VEGETABLE OR FRUIT PLATTER**  
PREPARED FRESH  
IN-STORE DAILY  
1.58-2.2 KG  
20081718\_EA/20121599\_EA

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

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

**CADBURY HALLOWEEN CHOCOLATE, MAYNARD'S ASSORTED, CANDY 90'S, HERSHEY'S ASSORTED OR PEANUT FREE 100'S**  
SELECTED VARIETIES  
21528282\_EA/20919382\_EA



# DOMINION

**SAVE UP TO 1.80** **HOT DEALS**

**99¢**

GRAVES 1L, ALLEN'S JUICE OR COCKTAILS 1L, OASIS 100% JUICE BLENDS 960 ML  
SELECTED VARIETIES  
2089417004\_EA  
20328722004\_EA

**SAVE UP TO 2.00** **HOT DEALS**

**2.99**

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

MCCAIN SUPERFRIES OR SPECIALTY POTATOES  
SELECTED VARIETIES FROZEN  
454-800 G  
2032428002\_EA  
207987979\_EA

**SAVE UP TO 2.00 LB** **HOT DEALS**

**3.99 LB**

CAPTAIN JAC CRAB FLAVOURED SEAFOOD  
8.80/KG  
21996019\_KG

**MULTI BUY**

**2/\$10** OR \$5.49 EA.

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

DORITOS FLAVOURED TORTILLA CHIPS OR CHEETOS CHEESE FLAVOURED SNACKS  
SELECTED VARIETIES  
155-300 G  
21269918\_EA/21270193\_EA

**12.99**

3,000<sup>PC</sup> = \$3 Value

KICKING HORSE K-CUPS 10'S, FOLGERS ROAST OR GROUND COFFEE  
544-816 G  
SELECTED VARIETIES  
21282587\_EA  
21478183\_EA

**SAVE UP TO 1.50** **HOT DEALS**

**5.99**

OIKOS GREEK YOGURT 650/750 G  
STOK COFFEE 1.42 L  
SELECTED VARIETIES  
21203779\_EA  
21205945\_EA

**3.29**

LANTIC FINE GRANULATED SUGAR  
2 KG  
20143033\_EA

**SALE**

**3.49**

NO NAME<sup>®</sup> CREAM CHEESE 227/250 G OR NO NAME<sup>®</sup> SOUR CREAM 500 ML  
SELECTED VARIETIES  
20287641002\_EA  
21047871\_EA

**5.99**

INTERNATIONAL DELIGHT COFFEE WHITENER OR COLD FOAM  
SELECTED VARIETIES  
395-946 ML  
20895480003\_EA  
21090982\_EA

**SALE**

**4.99**

HALO TOP FROZEN DESSERT 473 ML OR POPSICLE NOVELTIES 6-12'S  
SELECTED VARIETIES FROZEN  
20684180\_EA  
21087007\_EA

**4.49**

GENERAL MILLS CEREAL  
SELECTED VARIETIES  
297-437 G  
21044058\_EA

**Cheerios**

**SAVE UP TO 1.00** **HOT DEALS**

**2.99**

KETTLE POTATO CHIPS  
SELECTED VARIETIES  
156-198 G  
21204652\_EA  
21204654\_EA

**6.99**

HELLMANN'S MAYONNAISE 710-890 ML OR KRAFT MIRACLE WHIP 650-890 ML  
SELECTED VARIETIES  
2020681008\_EA  
20618579001\_EA

**MULTI BUY**

**2/\$12** OR \$7.79 EA.

NESCAFÉ TASTER'S CHOICE INSTANT COFFEE 100-170 G, SWEET & CREAMY 396 G OR NESQUIK 510-700 G  
SELECTED VARIETIES  
20320167002\_EA  
2064187001\_EA

**SAVE UP TO 4.00** **HOT DEALS**

**10.99**

TIDE, GAIN, IVORY SNOW DETERGENT 1.36-2.6 L/18-35'S, DOWNY, GAIN FABRIC SOFTENER 2.63 L, BOUNCE, BEADS 379 G OR DOWNY/GAIN SHEETS 120-200'S SELECTED VARIETIES  
21090478\_EA  
21093782\_EA

**SALE**

**90¢**

FANCY FEAST 85 G OR FRISKIES 156 G  
CAT FOOD  
SELECTED VARIETIES  
20302299001\_EA  
20318703\_EA

**SAVE UP TO 25% OFF**

**TYLENOL PAIN RELIEF OR COUGH, COLD AND FLU PRODUCTS**  
SELECTED VARIETIES AND SIZES  
20040811\_EA  
20310804001\_EA

5,000<sup>PC</sup> = \$5 Value  
for every '25' spent on

AVEENO FACE, BODY LOTION, BODY WASH, SUN CARE, HAIR CARE OR BABY NEEDS  
SELECTED VARIETIES AND SIZES  
EACH  
20102022001\_EA  
20300171\_EA  
All least \$5 value in points

CUSTOMER RELATIONS 1-866-727-0771. VISIT [newfoundlandgrocerystores.ca](http://newfoundlandgrocerystores.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 number. No Rainchecks OR Substitutions on clearance items or where quantities are advertised as limited. Advertisements on 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. ©/TM 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 Simpli 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 [newfoundlandgrocerystores.ca](http://newfoundlandgrocerystores.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.



# SUPER FRESH

**FRESH  
PROMISE**

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

**4<sup>49</sup>**  
LB  
9.90/KG

**PC® BLACK SABLE  
GRAPES OR EXTRA  
LARGE GREEN OR  
RED SEEDLESS GRAPES**  
PRODUCT OF U.S.A.,  
NO. 1 GRADE  
30710275001\_KG/35435779001\_KG



**\$9**

**HALOS MANDARINS**  
PRODUCT OF CHILE  
2 LB  
2093225001\_EA



**\$5**

**PINEAPPLE**  
PRODUCT OF  
COSTA RICA  
EACH  
2094993001\_EA



**SALE**

**2<sup>50</sup>**  
EA./LB  
5.51/KG

**CANADA  
ENGLISH CUCUMBERS**  
2.50 EACH OR **GREENHOUSE!**  
**TOMATOES** 2.50 LB/2017\_KG  
PRODUCT OF CANADA  
30079133001\_EA/30028703001\_KG



**\$4**

**CANTALOUPE**  
PRODUCT OF U.S.A.  
EACH OR  
**RASPBERRIES**  
PRODUCT OF MEXICO  
OR U.S.A., 6 OZ  
2093707001\_EA  
3008950001\_EA



**MULTI  
BUY**  
**2/\$12**  
OR \$7 EA.

**1,000<sup>00</sup>** **-\$1**  
Value  
when you buy 2

**BOLTHOUSE FARMS  
SMOOTHIES OR JUICE**  
PRODUCT OF U.S.A., SELECTED VARIETIES  
945 ML  
203007988\_EA/203163917\_EA



**MULTI  
BUY**  
**2/\$11**  
OR \$6 EA.

**PC® CHOPPED  
SALAD KITS**  
PRODUCT OF U.S.A.,  
SELECTED VARIETIES  
383-309 G  
21379027\_EA  
21379085\_EA



**\$5**

**GUACAMOLE 320 G OR  
PICO DE GALLO  
SALSA 220 G**  
PREPARED FRESH  
IN-STORE  
20323948\_EA  
20322223\_EA



**SAVE  
2.50 LB**

**17<sup>49</sup>**  
LB  
38.56/KG

**STRIPLOIN  
GRILLING STEAK**  
FAMILY SIZE  
CUT FROM CANADA AAA  
GRADE BEEF OR HIGHER  
20796004\_KG



**CLUB  
SIZE**

**SAVE  
1.50 LB**

**5<sup>49</sup>**  
LB  
12.10/KG

**CHICKEN BREASTS**  
BONE-IN, SKIN-ON,  
FAMILY SIZE  
30796753\_KG



**CLUB  
SIZE**

**\$8**

**LEAN BEEF MEATBALLS**  
PREPARED IN-STORE  
SELECTED VARIETIES  
425 G  
20567887\_EA



**\$7**

**BEEF STIR FRY STRIPS**  
250 G  
21586607\_EA



**SAVE  
1.00**

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

**PC® PORK SAUSAGE**  
SELECTED VARIETIES  
375/500 G  
21584099\_EA/21584343\_EA



**3<sup>99</sup>**  
LB  
8.80/KG

**CHICKEN THIGHS**  
FAMILY SIZE  
30707407\_KG



**CLUB  
SIZE**

**SAVE  
1.00**

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

**PC® FREE FROM®  
GROUND LAMB**  
454 G  
21352008\_EA



**SAVE  
UP TO  
1.00**

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

**PC® NATURALLY  
SMOKED BACON**  
SELECTED VARIETIES  
375-500 G  
20952629\_EA/21353048\_EA



**\$17**

**PC® WINGS**  
SELECTED VARIETIES  
FROZEN  
700-907 G  
20708932\_EA  
20708933\_EA



**13<sup>99</sup>**  
LB  
30.84/KG

**ATLANTIC SALMON  
STEAKS**  
FRESH  
20956605\_KG



**SAVE  
1.00**

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

**CANADIAN COVE  
MUSSELS**  
FRESH  
907 G  
21558424\_EA



**SAVE  
UP TO  
2.00**

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

**40 FATHOMS FISH  
CAKES 1.4 KG OR  
BREADED FILLETS**  
815 G FROZEN  
20962118\_EA/20962064\_EA



\*Fresh Promise: Applicable to eligible fresh produce items purchased at Dominion store locations or online at newfoundlandgrocerystores.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 Dominion 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.



# SUPER FRESH

**Optimum**  
Members-Only Price  
**\$2**  
Non-members  
**\$3**  
Members save **\$1**

**WHITE OR 100% WHOLE WHEAT BREAD**  
450 G  
2177237\_SA

**Optimum**  
Members-Only Price  
**\$5**  
Non-members  
**\$6**  
Members save **\$1**

**FARMER'S MARKET™ LOAF CAKES**  
WHOLE OR SLICED  
SELECTED VARIETIES  
344-400 G  
2148995A\_SA

**SALE**  
**\$4**

**CINNAMON RAISIN BREAD** 550 G OR **MINI CROISSANTS** 10'S  
BAKED IN-STORE  
SELECTED VARIETIES  
2072943\_SA/2079170\_SA

**SALE**  
**\$6**

**DONUTS**  
ASSORTED VARIETIES  
6'S  
PREPARED IN-STORE  
2127961\_SA

**\$6**

**CELEBRATION CUPCAKES**  
CHOCOLATE OR WHITE  
6'S  
2037963\_SA

**MULTI BUY**  
**2/6<sup>50</sup>**  
OR \$3.99 EA.

**COUNTRY HARVEST BREAD OR BAGELS**  
SELECTED SIZES AND VARIETIES  
2178371\_SA/2179640\_SA  
2179642\_SA

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

**PC® OR BLUE MENU™ ENGLISH MUFFINS**  
SELECTED VARIETIES  
6'S  
2049796\_SA/2101273\_SA

**SALE**  
**3<sup>50</sup>**

**CASA MENDOSA TORTILLAS**  
WHITE OR WHOLE WHEAT  
7 INCH  
2079196\_SA/2032298\_SA

**BUY ANY ONE**  
**RAW SALMON OR CHICKEN ENTREES**  
473-637 G  
2153395\_SA  
2153960\_SA  
**\*14-18**  
**GET 50% OFF ONE**  
**RAW SIDE**  
545-865 G  
2195432\_SA

**SALE** **HOT DEALS**  
**1<sup>99</sup>** /100 G

**MAPLE LEAF OR SCHNEIDERS BOLOGNA**  
SELECTED VARIETIES  
2030230\_80

**NATIONAL BOLOGNA DAY**  
THURSDAY, OCTOBER 24

**\$7**

**ASSORTED CHICKEN PLATE WITH SIDES**  
CHILLED  
364-481 G  
2155793\_SA/2106089\_SA

**BUY ANY ONE**  
**FROM OUR CHEFS™ SOUP**  
SELECTED VARIETIES  
700 ML  
2194098\_SA  
**\*8.99**  
**GET 25% OFF ONE**  
**FROM OUR CHEFS™ PIE OR QUICHE**  
SELECTED VARIETIES  
150-600 G  
2157960\_SA

**Chicken Noodle Soup**  
Soupe au poulet et nouilles

**Traditional Chicken Pie**  
Pâté au poulet traditionnel

**SAVE 1.00**  
**7<sup>99</sup>**

**PC® CHEESE BLOCKS**  
SELECTED VARIETIES  
250 G  
20770652\_SA/20770668\_SA

**SWISS SUISSE**

**HAVARTI**

**SAVE 1.30**  
**6<sup>99</sup>**

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

**BARI RICOTTA CHEESE**  
500 G  
2057393\_SA

**SALE**  
**\$5**

**ZIGGY'S® FRESH PASTA**  
SELECTED VARIETIES  
350/340 G  
2152164\_SA/2152170\_SA

**LINGUINE**

**\$4**

**NEW YORK STYLE BAGEL CRISPS**  
SELECTED VARIETIES  
170 G  
20257694902\_SA

**NEW YORK STYLE™ AUTHENTIC BAKED™ AUTHENTIQUE CUIT AU FOUR™ BAGEL CRISPS**  
With Salt and Maple

**SAVE UP TO 1.00**  
**5<sup>99</sup>**

**ZIGGY'S KOLBASSA**  
375 G OR **ZIGGY'S PEPPERONI** 175 G  
SELECTED VARIETIES  
20051860\_SA/2106084\_SA

# EAST COAST MEETS THE WORLD

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

**SAVE 1.30**  
**4<sup>99</sup>**

**BRITANNIA MILK RUSK**  
390 G  
2924034\_EA



BRITANNIA  
**Toastea**  
MILK RUSK  
BISCOTTE AU LAIT

NET WT. PACKS NET 560g (19.75 oz)

**SAVE 2.00**  
**5<sup>99</sup>**

**S&B CRUNCHY GARLIC WITH CHILI OIL**  
100 G  
2027083\_EA



Anything you like

**S&B UMAMI TOPPING**  
Crunchy Garlic  
with Chili oil

NET WT 2.8oz (79 g)

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

**NUTRAMENT VANILLA**  
325 ML  
2943303\_EA



ENERGY NUTRITION DRINK  
BOISSON ÉNERGISANTE NUTRITIVE  
VANILLA/VANILLE  
NUTRITIONAL SUPPLEMENT  
SUPPLÉMENT NUTRITIF

**15g** OF PROTEIN  
IN PROTEINES

**24** VITAMINS  
AND MINERALS  
VITAMINES ET MINÉRAUX

**357 mg** OF CALCIUM  
\*PER 250 ML SERVING\*  
\*PAR PORTION DE 250 ML\*

325 ml

**SAVE 1.00**  
**5<sup>99</sup>**

**TILDA BASMATI RICE**  
2 LB  
2006590\_EA



**Tilda**  
PURE  
BASMATI  
PUR

507 g  
2 LB

**SAVE UP TO 35%**  
**4<sup>49</sup>**

**HOT DEALS**

**NONGSHIM NOODLES**  
SELECTED VARIETIES  
480-508 G  
2100490\_EA



SHIN  
4 PACK PAQUET

NONGSHIM

辛  
SHIN  
NOODLE SOUP  
SOUPE AUX NOUDLES

4 PACK PAQUET

120 g x 4 packs/paquets (480 g)

**SAVE 50%**  
**99¢**

**HOT DEALS**

**KOSA UNSWEETENED COCONUT MILK**  
165 ML  
2027793\_EA



**kosa**  
unsweetened/non sucré

Coconut Milk  
Lait de coco

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

**PALDO NOODLES**  
SELECTED VARIETIES  
408-520 G  
20999838\_EA



팔도 비빔면 4EA

paldo  
BIBIMMEN  
비빔면 4EA

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

**LEE KUM KEE HOISIN SAUCE**  
443 ML  
20045048\_EA



李錦記  
LEE KUM KEE

海鮮醬  
HOISIN SAUCE  
SAUCE HOISIN

445 ml

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

**MASECA CORN FLOUR**  
1.8 KG  
2945945\_EA



**MASECA**

INSTANT CORN MASA MIX  
MÉLANGE INSTANTANÉ DE MASA (FARINE) DE MAÏS  
MASA INSTANTÁNEA DE MAÍZ

2 kg

**SAVE 30%**  
**2<sup>99</sup>**

**HOT DEALS**

**NANAK DAHI**  
750 G  
2013399\_EA



NANAK  
**Dahi**  
All Natural Indian Style Yogurt  
100% VEGETARIAN

**SAVE 4.00**  
**17<sup>99</sup>**

**KRITI GOLD EXTRA VIRGIN OLIVE OIL**  
750 ML  
21400368\_EA



KRITI  
Gold

ORGANIC  
POLYUNSATURATED  
EXTRA VIRGIN  
OLIVE OIL  
FROM LA DRIFT

750 ml

**SAVE 25%**  
**1<sup>49</sup>**

**HOT DEALS**

**ROOSTER INSTANT EGG NOODLES**  
400 G  
20996297\_EA



Instant Noodles  
Noodles Instantanées  
400 g

ROOSTER  
即食麵

**Celebrate Diwali**  
with the taste of  
**Authentic and Exotic Flavours!**

Rubicon EXOTIC  
DRAGON FRUIT  
MANGO  
PINEAPPLE & COCONUT

Shana  
Simply Authentic Food  
ORIGINAL PARATHA  
Okra Sliced Rings

**BRITANNIA™**  
**Good Day**

Take a bite  
into the Delicious  
**Good Day**

Chunkies  
Chocolate

Good Day  
BUTTER COOKIES

Good Day  
PISTACHIO-ALMOND COOKIES

Good Day  
CASHEW COOKIES

Creative visualisation. Selected Varieties 20840892001/02/03\_EA, 21344096\_EA, 21023769/781/105\_EA

**SETTING THE GOLD STANDARD**

Extra Virgin Olive Oil  
750ml

ΚΡΙΤΙ Gold  
FRUITS D'OLIVE  
EXTRA VIERGE  
DE LA GRECE  
EXTRA VIRGIN  
OLIVE OIL  
FROM GREECE

**Danisa**  
TRADITIONAL BUTTER COOKIES

WORLD'S LEADING BUTTER COOKIES  
AUTHENTIC DANISH RECIPE • GUARANTEED QUALITY

**Danisa**  
THE LUXURY OF TASTE

**Possible lives here**

Open the PC Optimum™ app to discover the world of PC® products and services.

President's Choice.

Food  
Optimum  
Financial  
Health  
Express

no name®

just low prices (so switch)

SAVE 33%

HOT DEALS

99¢

NO NAME® TOMATO, CREAM OF MUSHROOM, CHICKEN NOODLE OR VEGETABLE SOUP  
SELECTED VARIETIES  
284 ML  
20209663\_EA  
20418065\_EA



3.99

NO NAME® SODA CRACKERS  
SELECTED VARIETIES  
454 G  
20795391\_EA  
20795392\_EA

plain tops  
soda crackers

salted tops  
soda crackers

454 g 4

SALE

\$2

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



2.79

NO NAME® MUSTARD  
400 ML  
20462036\_EA



SAVE 1.00

\$5

NO NAME® BOLOGNA SLICED  
500 G  
20090722\_EA



SALE

13.99

NO NAME® MEAT LASAGNA  
FROZEN  
2.27 KG  
20099795\_EA

meat lasagna  
lasagne à la viande



SAVE 1.50

HOT DEALS

2.49

NO NAME® VEGETABLES  
SELECTED VARIETIES  
FROZEN  
750 G  
20206375\_EA  
20102260\_EA

green peas  
petits pois



MULTI BUY

2/\$6

OR \$3.49 EA.

NO NAME® PEROGIES  
SELECTED VARIETIES, FROZEN  
907 G  
20411995\_EA  
20411240\_EA

potato & bacon  
potatoes & bacon



1.29

NO NAME® MACARONI AND CHEESE  
SELECTED VARIETIES  
200 G  
21529754\_EA

macaroni & cheese  
dîner de macaroni au fromage



2.49

NO NAME® PASTA  
SELECTED VARIETIES  
900 G  
2020943002\_EA  
2020943003\_EA

spaghetti

elbow macaroni  
macaroni en coudes



MULTI BUY

2/\$11

OR \$6.49 EA.

NO NAME® CHEESE SHREDS  
SELECTED VARIETIES  
320 G  
21082491\_EA  
21082795\_EA

mozzarella  
mozzarella

cheddar

nacho



12.99

NO NAME® ALL-PURPOSE FLOUR  
10 KG  
20922248\_EA

all-purpose flour



3.99

NO NAME® CORN STARCH  
454 G  
21020346\_EA

100% pure corn starch



4.99

NO NAME® BAKING POWDER  
450 G  
20463323\_EA

baking powder  
poudre à pâte



3.99

NO NAME® SPICES  
SELECTED VARIETIES  
5.5-250 G  
20417758\_EA  
20418066\_EA

garlic powder  
poudre d'ail

black pepper  
poivre noir



4.49

NO NAME® SHORTENING  
454 G  
20120854\_EA

all-vegetable shortening  
tout végétal



SAVE 1.30

HOT DEALS

2.49

NO NAME® PARCHMENT PAPER  
10 M  
21378917\_EA

parchment paper



no name®

just low prices (so switch)

\$7

NO NAME® BACON  
SELECTED VARIETIES  
500 G  
20154771\_EA  
20174909\_EA



MULTI BUY

2/\$6  
OR \$3.49 EA.

NO NAME® NATURALLY IMPERFECT™  
FROZEN FRUIT  
400 G  
21545092\_EA  
21545093\_EA



SALE

2<sup>99</sup>

NO NAME® BAGELS  
SELECTED VARIETIES  
6'S  
21217912\_EA  
21217910\_EA



SALE

3<sup>49</sup>

NO NAME®  
CREAM CHEESE  
SELECTED VARIETIES  
227/250 G  
20308105001\_EA  
21047871\_EA



SALE

7<sup>99</sup>

NO NAME® APPLES  
PRODUCT OF ATLANTIC CANADA  
CANADA NO. 1 (CANADA)  
5 LB  
2044845001\_EA



SALE

\$9

NO NAME®  
NATURALLY IMPERFECT™  
AVOCADOS  
PRODUCT OF MEXICO  
3 LB BAG  
21046003001\_EA



SAVE 24%

HOT DEALS

\$6

NO NAME®  
NATURALLY IMPERFECT™  
LEMONS  
PRODUCT OF SOUTH AFRICA  
AND ARGENTINA  
3 LB BAG  
21024487001\_EA



MULTI BUY

2/\$6  
OR \$3.29 EA.

NO NAME®  
COATING MIX  
SELECTED VARIETIES  
142-162 G  
21122617\_EA  
21122643\_EA



SALE

1<sup>79</sup>

NO NAME®  
SEASONED STUFFING MIX  
120 G  
20065472\_EA



SALE

1<sup>49</sup>

NO NAME®  
VEGETABLES  
SELECTED VARIETIES  
341/398 ML  
20005237\_EA  
20324442\_EA



5<sup>99</sup>

NO NAME®  
PAPER TOWELS  
6 ROLLS  
20078423\_EA



1<sup>99</sup>

NO NAME® ALUMINUM  
FOIL 25'  
2109461\_EA



SALE

1<sup>99</sup>

NO NAME® RESEALABLE SANDWICH BAGS  
100'S  
20180293\_EA



SAVE 1.00

3<sup>99</sup>

NO NAME® LAUNDRY  
DETERGENT  
SELECTED VARIETIES  
2.03 L  
21040850\_EA  
21042473\_EA



SAVE UP TO 2.00

3<sup>49</sup>

NO NAME® FABRIC  
SOFTENER 1.36 L OR  
SHEETS 80'S  
SELECTED VARIETIES  
20689485\_EA  
21541338\_EA



SAVE 2.50

2<sup>99</sup>

NO NAME® BLEACH  
SELECTED VARIETIES  
2.4 L  
21485532\_EA



# FRESH PICKS

SHOP NOW

**\$25**

**SIGNATURE GIFTING  
BOUQUET**

21087812\_EA/21087813\_EA



**\$10**

**RAINBOW CARNATION  
BUNCH**

21593430\_EA



**\$16**

**CACTUS UPGRADE**

SELECTED VARIETIES

3 INCH

21824804\_EA



**\$24**

**ORCHID**

SELECTED VARIETIES

3 INCH

21065625\_EA



# SIMPLY DELICIOUS DEALS

**\$6**

**FLATBREAD PIZZA**  
SELECTED VARIETIES  
340-415 G  
21487032\_EA  
21487033\_EA

**\$20**

**CHICKEN, FAJITA OR SOUVLAKI CHICKEN TACO TRAYS**  
1-1.1 KG  
21480184\_EA/21395977\_EA

**\$10**

**LARGE PREMIUM SALADS**  
SELECTED VARIETIES  
330 G  
21460601\_EA

**MULTI BUY**  
**2/\$12**  
OR \$6.49 EA.

**BENTO CALIFORNIA ROLLS**  
SELECTED VARIETIES  
200-220 G  
20073316\_EA

**\$12**

**FRUIT OR VEGGIE TRI PACKS**  
PREPARED FRESH  
IN-STORE DAILY  
830-1200 G  
20022199\_KG  
21299387\_KG

**\$15-17**

**3,000<sup>+</sup> Value**

**FAMILY SIZE SALADS**  
PREPARED FRESH DAILY  
DAILY, SELECTED VARIETIES  
740 G-1.47 KG  
20972489\_EA  
20972512\_EA

**\$5**

**HALLOWEEN FROSTED COOKIES**  
12'S  
21539438\_EA

**\$5**

**MINI HALLOWEEN CUPCAKES**  
CHOCOLATE OR VANILLA  
12'S  
21294838\_EA

**\$25**

**5,000<sup>+</sup> Value**

**PARTY PLATTER**  
SELECTED VARIETIES  
696 G/2.8 KG  
21319521\_EA/21319522\_EA

**\$10**

**PC® CHICKEN SAUSAGE ROLLS**  
FROZEN  
500 G  
21439568\_EA

**SAVE 1.00**

**\$9**

**PC® MOZZARELLA CHEESE STICKS**  
FROZEN  
454 G  
21196020\_EA

**\$9**

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

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

**PC® BLACK LABEL PIZZA**  
SELECTED VARIETIES  
FROZEN  
370-420 G  
21533402\_EA  
21533403\_EA

**MULTI BUY**  
**2/\$14**  
OR \$7.99 EA.

**PILLSBURY PIZZA POPS AND BITES**  
SELECTED VARIETIES  
FROZEN  
693-760 G  
20972498\_EA  
21430938\_EA

**SAVE 1.00**

**\$6**

**NO NAME® CHICKEN NUGGETS**  
FROZEN  
908 G  
21079745\_EA

# NO TRICKS, ALL TREATS

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

**MARS MIXED CHOCOLATE BOX**  
95'S  
21452311\_EA



**FUN SIZE 95 PETITES JOIES**

1.15 kg

Assorted FUN SIZE Candies  
Friandises PETITES JOIES assorties

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

**KINDER MINS**  
SELECTED VARIETIES  
55'S  
21585344\_EA  
21585393\_EA



**55 Kinder bueno mini**

**55 Kinder CHOCOLATE/CHOCOLAT mini**

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

**SKITTLES STARBURSTS MIXED BOX**  
90'S  
21452377\_EA



**FUN SIZE 90 PETITES JOIES**

1.05 kg

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

**SKITTLES STARBURSTS MIXED BOX**  
45'S  
21452351\_EA



**FUN SIZE 45 PETITES JOIES**

554 g

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

**MARS MIXED CHOCOLATE BOX**  
50'S  
21452478\_EA



**FUN SIZE 50 PETITES JOIES**

601 g

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

**MAYNARDS ASSORTED CANDY BOX**  
45'S  
20891513\_EA



**45 FUN TREATS**

552 g

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

**HALLOWEEN RICE KRISPIES MINI SQUARES**  
440 G  
20799842\_EA



**Rice KRISPIES Minis**

40 mini bars

440 g

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

**CHRISTIE OREO COOKIES**  
SELECTED VARIETIES  
440-482 G  
21508501\_EA  
21518364\_EA  
21518365\_EA  
At least \$5 value in points

**5,000 = \$5 Value!**

for every '20' spent on



20 PACKS/SACHETS

482 g

**MULTI BUY**

**2/\$7**

OR \$4.49 EA.

**DARE BEAR PAWS COOKIES**  
SELECTED VARIETIES  
150-240 G  
20897024\_EA  
21283212\_EA



**Bear Paws**

**Scare Paws**

**MULTI BUY**

**2/\$12**

OR \$7.49 EA.

**COCA-COLA OR PEPSI SOFT DRINKS**  
SELECTED VARIETIES  
6X710 ML  
20319148002\_C06  
20313743002\_C06



**PEPSI**

**Coca-Cola**

**MULTI BUY**

**2/\$7**

OR \$3.99 EA.

**KOOL-AID JAMMERS**  
SELECTED VARIETIES  
10X180 ML  
20079976001\_EA  
20079976006\_EA



**Kool-Aid Jammers**

**Tropical Punch**

**Blue Raspberry**

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

**NO NAME® CHEESE FLAVOURED CORN SNACKS OR CORN CHIPS**  
SELECTED VARIETIES  
200 G  
20048216\_EA  
20967493\_EA

**corn chips**  
**croustilles de maïs**



**cheese flavoured crunchy snacks**  
**grignotines croustillantes**  
à la saveur de fromage

200 g

**MULTI BUY**

**2/\$6**

OR \$3.49 EA.

**PC® READY TO EAT POPCORN**  
SELECTED VARIETIES  
225-250 G  
20855781\_EA  
21287641\_EA



**POPCORN MAÏS SOUFFLÉ**

**PURPLE KERNEL**  
POPCORN - MAÏS SOUFFLÉ  
**GRAINS MAUVES**  
à l'ail et au romarin

**MULTI BUY**

**2/\$7**

OR \$3.99 EA.

**PC® TORTILLA CHIPS**  
SELECTED VARIETIES  
320-350 G  
20302765\_EA  
20305186\_EA



**TORTILLA**  
CUTE SIZE ROUND

**TORTILLA**  
- BESOINANT -

**SAVE 1.00**

**HOT DEALS**

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

**PRETZEL PZAZZ SEASONED PRETZEL PIECES**  
SELECTED VARIETIES  
200 G  
21538761\_EA  
21564492\_EA



**Pretzel Pzazz**

**PIECES NOIRCEAUX**

**PIECES MOUSSE AU SUCRE BRUN**  
à la cannelle



# SUPER YOUR EVERYDAY

**SALE**

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

**TASTIEZ**

HIGH LINER FISH, SHRIMP 330-700 G OR TASTIEZ SHAREABLES 400 G  
SELECTED VARIETIES  
FROZEN  
203032000014\_EA  
210644859\_EA

**FISH STICKS**  
Crispy Battered  
200 g

**SAVE UP TO 1.00**

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

**BREYERS CREAMERY STYLE ICE CREAM**  
1.66 L OR CHAPMAN'S COLLECTION NOVELTIES 6/16'S  
SELECTED VARIETIES  
FROZEN  
20322757001\_EA  
203444925004\_EA

**Collection**

**Breyers Creamery Style**  
French Vanilla

**SALE**

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

**CHAPMAN'S SUPER NOVELTIES 6-20'S OR KELLOGG'S EGGO WAFFLES 16'S**  
SELECTED VARIETIES  
FROZEN  
20099730004\_EA  
201883200014\_EA

**Hot Deals**

**Eggo**  
Original - Originale

**Sandwich**  
Ice Cream  
Vanilla

**SALE**

**16<sup>99</sup>**

**GALLO EXTRA VIRGIN OLIVE OIL**  
SELECTED VARIETIES  
1L  
20103358\_EA

**Gallo**  
Extra Virgin Olive Oil  
Huile d'olive extra-vierge

**SALE**

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

**PC BLUE MENU BROTH**  
SELECTED VARIETIES  
900 ML  
2108091\_EA

**CHICKEN BROTH • BOUILLON DE POULET**

**SALE**

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

**KNORR OR LIPTON SOUP MIX**  
SELECTED VARIETIES  
40-166 G  
20297910004\_EA  
20304880002\_EA

**Knorr**  
Lipton

**Tomato Vegetable**  
Tomate et légumes

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

**KRAFT PURE SALAD DRESSING**  
SELECTED VARIETIES  
355 ML  
2108138\_EA

**pure**  
Kraft

**SALE**

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

**TASTY BITE**  
SELECTED VARIETIES  
250/285 G  
21046540\_EA  
21046771\_EA

**TASTY BITE**  
Vegetable Tikka Masala  
Légumes Tikka Masala

**MULTI BUY**

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

**VH SAUCES**  
SELECTED VARIETIES  
341/355 ML  
20306726001\_EA  
20306930001\_EA

**VH**  
TERIYAKI  
MEDIUM GARLIC AIL MEDIUM

**\$5**

**PC ASIAN ENTRÉES OR SOUPS 300 G, GNOCCHI OR RISOTTO 350-400 G**  
SELECTED VARIETIES  
FROZEN  
2035660004\_EA  
2035660005\_EA

**WONTON**

**Gnocchi**  
Pommes de farine

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

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

**PC VEGETABLES**  
1.75 KG OR CAVENDISH FRIES, ONION RINGS, WEDGES OR HASHBROWNS  
1-2.23 KG  
SELECTED VARIETIES  
FROZEN  
20713450\_EA  
20427761\_EA

**California**  
California

**Cavendish**  
Onion Rings  
Rondelles d'oignon

**CLUB SIZE**

**MULTI BUY**

**2/\$6**  
OR \$3.49 EA.

**BETTY CROCKER SUPER MOIST CAKE MIX**  
432/461 G OR FROSTINGS 340/450 G  
SELECTED VARIETIES  
20162647000\_EA

**Betty Crocker**  
SuperMoist

**Creamy**  
Vanilla

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

**NO NAME CLUB SIZE ICE CREAM SANDWICHES OR BARS**  
SELECTED VARIETIES  
FROZEN  
24/30'S  
20347400001\_EA  
20347400002\_EA

**vanilla bars**  
In a chocolatey coating

**fudge bars**

**CLUB SIZE**

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

**50**

**HERSHEY ASSORTED & PEANUT FREE CHOCOLATE**  
50'S  
21528274\_EA  
21528277\_EA

**50**

**MULTI BUY**

**2/\$7**  
OR \$3.29 EA.

**MIO LIQUID WATER ENHANCER, COUNTRY TIME, TANG, CRYSTAL LIGHT OR KOOL AID LIQUID DRINK MIX**  
SELECTED VARIETIES  
48 ML  
20149494001\_EA

**Kool-Aid**  
Liquid

**MULTI BUY**

**2/\$12**  
OR \$6.99 EA.

**GATORADE OR POWERADE SPORTS DRINK**  
SELECTED VARIETIES  
6 X 591 ML  
20902110001\_COM  
20954209\_COM

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

**COTTONELLE BATHROOM TISSUE 6-24 ROLLS OR FLUSHABLE WIPES 2'S**  
SELECTED VARIETIES  
20688230\_EA  
21046641\_EA

**Cottonelle**  
Ultra Comfor

**Cottonelle**  
Flushable Wipes  
Freshcare

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

**CASHMERE BATHROOM TISSUE**  
SELECTED VARIETIES  
24-72 ROLLS  
2099843\_EA  
21443648\_EA

**Cashmere**  
Ultra

# BRIGHT DEALS FOR A BIG FEAST

Share the joy of Diwali with festive essentials at low prices.

SHOP NOW

**\$6**

**LARGE CAULIFLOWER**  
PRODUCT OF CANADA OR U.S.A.,  
NO. 1 GRADE  
201327901, EA



**SALE**

**HOT DEALS**

**1.49**

**HALDIRAM SNACKS**  
SELECTED VARIETIES  
150 G  
20109677, EA  
20104467903, EA



**SALE**

**HOT DEALS**

**\$4** **LB**  
8.82/KG

**INDIAN OKRA**  
PRODUCT OF NICARAGUA,  
HONDURAS OR U.S.A.,  
20091033001, KG



**SAVE 5.99**

**HOT DEALS**

**\$10**

**FARMER'S MARKET<sup>SM</sup>**  
**RED ONIONS**  
PRODUCT OF CANADA  
CANADA NO. 1 GRADE  
10 LB BAG  
20179450001, EA



**10 LB BAG**

**\$5-10**

**FARMER'S MARKET<sup>SM</sup>**  
**BULK PRODUCTS**  
SELECTED VARIETIES  
AND SIZES  
20109675, EA / 21030000, EA



**\$7**

**PC<sup>®</sup> MINI VEGETABLE SAMOSAS**  
FROZEN  
345 G  
20189030, EA



**\$5**

**CRISPY CAKE RUSK**  
600 G  
20489026, EA



**\$24**

**DIWALI GIFT BOUQUET**  
20111026, EA



**SALE**

**2.99**

**HALDIRAM'S READY TO EAT MEALS**  
SELECTED VARIETIES  
200/200 G  
20447028, EA  
20447029, EA



**SAVE 5.00**

**HOT DEALS**

**13.99**

**SHER DURUM ATTA FLOUR**  
20 LB  
20657347, EA



**MULTI BUY**

**2/\$8**  
OR \$4.99 EA

**KFI COOKING SAUCE**  
SELECTED VARIETIES  
375 ML  
20494490001, EA  
20435847, EA



**SAVE 1.00**

**HOT DEALS**

**3.49**

**DABUR REAL FRUIT JUICE**  
SELECTED VARIETIES  
1 L  
21039804, EA  
21039828, EA



**1.49**

**MAGGI NOODLES MASALA**  
230 G  
20670358, EA



**SAVE 1.00**

**HOT DEALS**

**2.99**

**LAY'S INTERNATIONAL FLAVOURS**  
SELECTED VARIETIES  
165 G  
21365049, EA  
21363420, EA



**SAVE UP TO 1.00**

**HOT DEALS**

**2.49**

**BRITANNIA GOOD DAY FIRST FIFTY COOKIES**  
372 G  
SELECTED VARIETIES  
21027905, EA  
21005822, EA



**MULTI BUY**

**2/\$10**  
OR \$5.99 EA

**PC<sup>®</sup> BLUE MENU<sup>SM</sup> OR PC<sup>®</sup> SPARKLING WATER**  
SELECTED VARIETIES  
12 X 355 ML  
20668034003, CD  
21066802, CD



# SUPER YOUR EVERYDAY

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

**DOVE HAIR CARE**  
SELECTED VARIETIES  
142-198 G/273-353 ML  
20306039001\_EA  
20338459001\_EA



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

**TRESEMME HAIR CARE**  
SELECTED VARIETIES  
198-311 G/168-828 ML  
20382809001\_EA  
20379603\_EA



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

**CLAIROL NICE 'N EASY HAIR COLOUR OR ROOT TOUCH-UP**  
SELECTED VARIETIES  
21082764\_EA/21084230\_EA



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

**4,000<sup>00</sup> = \$4 Value**  
when you buy 2

**NIVEA FACE ESSENTIALS CLEANSER OR FACE WIPES**  
SELECTED VARIETIES AND SIZES  
21302384\_EA/21335931001\_EA



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

**VASELINE BODY LOTION 400-600 ML, SIMPLE WIPES OR CLEANSERS**  
SELECTED VARIETIES AND SIZES  
21085001\_EA/21333057\_EA



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

**AVEENO LOTION**  
SELECTED VARIETIES AND SIZES  
532 ML  
20100223004\_EA  
20856293\_EA



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

**DOVE BODY WASH**  
SELECTED VARIETIES  
547 ML  
21384006\_EA



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

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

**DOVE BAR SOAP 6X106 G OR BODY WASH**  
532-695 ML  
SELECTED VARIETIES  
21221317\_EA/21018328\_EA



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

**EVERY MAN JACK BODY WASH 500 ML OR DR. SQUATCH BAR SOAP 141 G**  
SELECTED VARIETIES  
20987291\_EA/20987516\_EA



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

**EDGE OR SKINTIMATE SHAVE PREPS**  
SELECTED VARIETIES  
198 G  
20355789003\_EA  
21179327\_EA



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

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



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

**DOVE DRY SPRAYS 107/113 G OR DEODORANT 74 G**  
SELECTED VARIETIES  
20844533\_EA/20939362\_EA



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

**SENSODYNE OR PRONAMEL TOOTHPASTE 75-100 ML, POLIDENT DENTURE TABLETS 40'S OR POLIGRIP DENTURE ADHESIVE 40-G**  
SELECTED VARIETIES  
20300179001\_EA/20756075\_EA



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

**LISTERINE CLASSIC 1L OR KIDS 500 ML MOUTHWASH**  
SELECTED VARIETIES  
20248438001\_EA/21091207\_EA



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

**COLGATE TOTAL TOOTHPASTE 3-PACK, 2-PACK MANUAL TOOTHBRUSH, BATTERY TOOTHBRUSH, COLGATE TOTAL OR PRO RELIEF MOUTHWASH**  
SELECTED VARIETIES AND SIZES  
2034770002\_EA/2108709\_EA



# SUPER YOUR EVERYDAY

**Optimum**  
**5,000** = **\$5**  
 when you buy 2 Value

**VICKS COUGH AND COLD AND FLU RELIEF PRODUCTS**  
 SELECTED VARIETIES  
 21048104\_EA/21059374\_EA

Vicks VapoRub, DayQuil, NyQuil

**SAVE UP TO 25% OFF**

**WEBBER NATURALS VITAMINS OR SUPPLEMENTS**  
 SELECTED VARIETIES AND SIZES  
 20783425\_EA/21369542\_EA

Omega-3, Magnesium Bisglycinate

**SAVE UP TO 20% OFF**

**FLINTSTONES CHILDREN'S VITAMINS 60-180'S OR ONE A DAY MULTIVITAMINS 60-130'S**  
 SELECTED VARIETIES  
 21294673\_EA/21515317\_EA

ONE A DAY WOMEN Complete Multivitamin, FLINTSTONES COMPLETE Multivitamins & Minerals

**SAVE UP TO 15% OFF**  
 12.49-15.99

**BOOST MEAL REPLACEMENT SHAKES**  
 SELECTED VARIETIES AND SIZES  
 20966348\_CODE/20966341\_CODE

BOOST HIGH PROTEIN HYPERPROTEINE

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

**CULTURELLE PROBIOTICS**  
 SELECTED VARIETIES AND SIZES  
 21227726\_EA/21227738\_EA

Culturelle Kids, Culturelle Digestive Health

**SAVE UP TO 20% OFF**

**U BY KOTEX PADS, LINERS OR TAMPONS**  
 SELECTED VARIETIES AND SIZES  
 21033634\_EA/21297969\_EA

U BY KOTEX PADS, LINERS OR TAMPONS

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

**Optimum**  
**2,000** = **\$2**  
 Value

**TENA UNDERWEAR OR PADS**  
 SELECTED VARIETIES AND SIZES  
 21033778\_EA

TENA OVERNIGHT

## For All Your Hair Care Needs

**4<sup>99</sup>** Pantene hair care, selected sizes and varieties  
 21431190\_EA/21431192\_EA

**3<sup>99</sup>** Herbal Essences & Aussie hair care, selected sizes and varieties  
 21167237\_EA/21247099\_EA

**7<sup>99</sup>** Pantene Nutrient Blends hair care selected sizes and varieties  
 21245064\_EA/21243351\_EA

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## ZARBEE'S INSPIRED BY NATURE

Effective ingredients backed by science

**Immunity** **Cough**

**10.99** Zarbee's Baby 59 mL or Children's 118 mL cough syrup selected varieties  
 21541227\_EA/21541188\_EA/21541207\_EA/21541200\_EA/21541188\_EA

To be sure any Zarbee's<sup>®</sup> product is right for your child, always read and follow the label. For illustrative purposes only. Not all products contain medicinal ingredients shown. See product label for full list. © Kenvue Canada Inc. 2024

# Possible lives here

Open the PC Optimum<sup>™</sup> app to discover the world of PC<sup>®</sup> products and services.

*President's Choice*

**Food Optimum**  
**Financial Health**  
**Express**

# PET ESSENTIALS

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

**BENEFUL  
INCREDIBITES  
VARIETY PACK**  
SELECTED VARIETIES  
12'S  
2157962\_EA



**SALE**

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

**MILK-BONE  
DOG BISCUITS**  
SELECTED VARIETIES  
750-900 G  
2094573\_EA



**SAVE  
UP TO  
1.00**

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

**DENTALIFE  
DOG SNACKS**  
SELECTED VARIETIES  
400-520 G  
2095077\_EA



**SALE**

**42<sup>99</sup>**

**BENEFUL  
DOG FOOD**  
SELECTED VARIETIES  
12.7 KG  
2123704\_CA



**SAVE  
1.00**

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

**FRISKIES  
CAT FOOD**  
SELECTED VARIETIES  
1.4-1.5 KG  
2090315\_EA



**SALE**

**16<sup>99</sup>**

**IAMS<sup>®</sup>  
CAT FOOD**  
SELECTED VARIETIES  
1.36/1.59 KG  
20027033\_EA



**SAVE  
UP TO  
25%**

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

**TEMPTATIONS  
CAT TREATS** 130/190 G,  
**MEATY BITES** 43 G OR  
**SPOONS** 40 G  
SELECTED VARIETIES  
2028019005\_EA  
21479000\_EA



**SALE**

**27<sup>99</sup>**

**WHISKAS CAT FOOD VARIETY PACK**  
SELECTED VARIETIES, 24'S  
2106806\_EA



**SAVE  
22%**

**\$1**

**WHISKAS CAT FOOD**  
SELECTED VARIETIES  
75 G  
20943388\_EA  
2101788\_EA



**TRUSTED  
SOFTNESS,  
BETTER  
TEAR**  
\*vs. leading US  
1-ply bargain brand

**17<sup>99</sup>** Charmin  
Bath Tissue, 12=48 roll, soft,  
21549779\_EA

**NEW**

**Cleans  
Better**  
**17<sup>99</sup>** Charmin  
Bath Tissue,  
12=48 roll, strong,  
21484810\_EA  
\*vs. Leading Canada 2-ply bath tissue

**+50% MORE  
ABSORBENT**  
\*vs. leading ordinary brand.

**17<sup>99</sup>** Bounty  
Paper Towel,  
Select A Size, 6=12 roll,  
21515966\_EA

**THICKER  
AND MORE  
ABSORBENT**  
\*vs. the leading US 2-ply napkin

**10<sup>99</sup>** Bounty  
Napkin 400's,  
21053171\_EA

**#ONLY IN  
CANADA**

**BUY \$25  
TO GET A  
\$10 GIFT CARD**

Minimum purchase of \$25 pre-tax on participating Kruger Products\*\*

**19<sup>99</sup>** Cashmere<sup>®</sup> Bathroom Tissue,  
24=72 Rolls  
2180645\_EA

**19<sup>99</sup>** Scotties<sup>®</sup> Facial Tissue,  
18 pack  
2031608\_EA

**19<sup>99</sup>** Sponge Towels<sup>®</sup> Ultra  
Paper Towels, 12=18 Rolls  
2180651\_EA

**BUY**  
any combination of participating  
Kruger Products<sup>®</sup> totaling \$25  
pre-tax on the same receipt.

**SNAP**  
a picture of your receipt  
and upload within 7 days to  
[OnlyInCanada.ca](http://OnlyInCanada.ca)

**GET  
A \$10  
GIFT CARD\***

Valid: October 1<sup>st</sup> to December 31<sup>st</sup>, 2024 at participating retailers.  
Limit of three (3) Gift Cards per household. Limit of one (1) Gift  
Card per receipt.  
\*Valid on purchases Oct 1/24 to Dec 31/24. Submit receipt within 7 days from date of  
purchase to receive \$10 gift card on purchase of \$25 of participating Scotties, Cashmere,  
Pura, Sponge Towels and Banters products (excludes Premium) on one receipt. Limit  
1 Gift Card per receipt. Not valid in combination with other offers. Terms and conditions  
at [www.onlyincanada.ca](http://www.onlyincanada.ca). Limit 3 Gift Cards per household. Offer valid in only Canada.  
\*\*Registered trademarks of Kruger Products Inc. \*\*Scotties is a registered trademark of  
Kimberly-Clark Worldwide Inc., used under license. \*\*Products claimed as being made  
in Canada have been made with domestic and imported materials.

**oikos**  
GREEK YOGURT

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



**\$5<sup>99</sup>**  
Oikos® selected varieties  
650 g, 750 g  
2305945\_EA



**\$12<sup>99</sup>**  
Oikos® selected varieties  
1.5 kg  
2147261\_EA



OR \$4.99 EA  
**3/12<sup>75</sup>**  
Oikos® selected varieties  
4 x 95 g, 4 x 100 g  
2307895\_EA/2041976004\_EA



**NEW**  
Strawberry  
Cheesecake

OR \$2.29 EA  
**2/3<sup>50</sup>**  
Oikos® selected varieties  
190 mL  
2168814\_EA

\*As part of a complete breakfast and balanced diet

**ACTIVIA**  
active probiotics - probiotiques actifs

**1 BILLION ACTIVE PROBIOTICS\***



**\$7<sup>99</sup>**  
Activia® selected varieties  
12 x 100 g  
21006572\_EA



**\$4<sup>49</sup>**  
Activia® selected varieties  
625 g, 650 g  
21430507\_EA



**\$12<sup>99</sup>**  
Activia® selected varieties 2 kg  
21477239\_EA



OR \$2.29 EA  
**2/3<sup>50</sup>**  
Activia® selected varieties  
190 mL  
21348503\_EA



**\$6<sup>49</sup>**  
Activia® selected varieties  
8 x 93 mL  
21884529\_EA

\*With more than 10<sup>10</sup> CFU Bifidobacterium lactis per serving, a probiotic that contributes to healthy gut flora.

**DANONE**  
NEW BANANA



**\$3<sup>99</sup>**  
Danone® selected varieties  
6 x 93 mL  
21620340\_EA/20316360002\_EA

**DANONE GO!**



OR \$1.29 EA  
**3/3**  
Danone Go® selected varieties  
190 mL  
21048923\_EA

**SUGAR DOWN  
PROTEIN UP**



**\$4<sup>49</sup>**  
Two Good® selected varieties  
4 x 95 g  
21476047\_EA

**NEW CHERRY**

OR \$5.99 EA  
**2/\$10**  
Two Good® selected varieties  
625 g  
21477597\_EA

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**iögo nano**

**A tasty and nutritious snack  
That's a win-win**

**SOURCE OF VITAMIN D**



**\$4<sup>49</sup>** iögo nano DRINKABLE YOGURT  
6 x 93 mL  
SELECTED VARIETIES  
20406781\_EA/20402883\_EA

\*Per 188 mL serving, iögo nano drinkable yogurts have 40% less sugar than the leading drinkable yogurt in Canada.

**high in protein**



**\$7<sup>49</sup>**  
siggis® SKYR YOGURT  
650 - 750 G  
SELECTED VARIETIES  
21053674\_EA  
21053682\_EA

**NEW**



**\$3<sup>99</sup>**  
siggis® SKYR YOGURT  
4 X 100 G  
SELECTED VARIETIES  
21040017\_EA  
21040015\_EA

**NEW**



**\$7<sup>49</sup>** iögo CREAMY, 0% OR LACTOSE-FREE YOGURT  
16 X 100 G  
SELECTED VARIETIES  
21822947\_EA  
2040953001\_EA

**MADE WITH REAL FRUIT**



**\$10<sup>99</sup>** iögo CREAMY YOGURT  
2 KG  
SELECTED VARIETIES  
20409297\_EA  
20409302\_EA

**Possible lives here**

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*President's Choice*



**DELICIOUS!  
QUICK!  
PERFECT!**



**999**

Fresh Filled Pasta selected varieties  
500 - 700 g  
20312412\_EA/ 20334658\_EA

**\$6.79 EA**  
Fresh Filled Pasta 250 - 350 g or Fresh Sauce 300 mL  
selected varieties  
20990085\_EA  
21593793\_EA  
**2/\$12**

# Our butchers cut quality meat in your store every day!



**pork loin schnitzel**  
21588065\_EA

**lean beef meatballs plain**  
21587897\_EA

**pork stir fry strips**  
21588095\_EA

**beef stir fry strips**  
cut from Canada AA grade beef or higher  
21588067\_EA

**chicken stir fry strips**  
21588091\_EA

## MAKE YOUR GAMEDAY EPIC™



**2,000**  
for every '20' spent on

**\$2 Value**

PEPSI SOFT DRINKS  
SELECTED VARIETIES

OFFICIAL SOFT DRINK OF THE NATIONAL FOOTBALL LEAGUE



OR \$7.99 EA.  
**2/\$14**  
PEPSI SOFT DRINK  
selected varieties  
12 x 355 mL  
20322361001\_C12



PEPSI SOFT DRINK  
selected varieties  
2 L  
20296926002\_EA



OR \$4.99 EA.  
**2/\$8**  
PEPSI SOFT DRINK  
selected varieties  
6 x 222 mL  
2189960\_C06



OR \$7.49 EA.  
**2/\$12**  
PEPSI SOFT DRINK  
selected varieties  
6 x 710 mL  
20310546002\_C06



OR \$7.49 EA.  
**2/\$13**  
PEPSI SOFT DRINK  
selected varieties  
8 x 355 mL  
21361864\_C08



**\$1.99**  
PEPSI SOFT DRINK  
selected varieties  
1 L  
20040201001\_EA

### Mobile

**Get 25 GB for \$29/mo.**

when you register for Automatic Top-up.

**20,000**  
after 2 months of service

**\$20 Value**



\*New activations only. Conditions and SIM Card charges apply. Offer is subject to change without notice. Ask us for details.

### Your Household Cleaning Essentials



**11.99**  
Dawn Dishwashing Detergent 2.21-2.64 L, Cascade Dishwasher Tabs 21-26's, Selected Varieties  
21430600\_EA/21516288\_EA

**4.29**  
Dawn 825 - 982 mL, Dawn EZ Squeeze 535 - 650 mL, Dawn Powerwash Refill 473 mL, Selected Varieties  
21430569\_EA/21516486\_EA

**4.29**  
Febreze Air 250 g, Car 2 mL, Small Spaces 7.5 mL, Mr. Clean All Purpose Cleaner 1.2 L, Magic Eraser 2-3's, Clean Freak 473 mL, Refill, Selected Varieties  
21005017\_EA/21574751\_EA

**11.99**  
Swiffer Duster Refills 6-10's, Wet Refills 12-24's, Dry Refills 16-32's, Selected Varieties  
21176851\_EA/20028650\_EA

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### ADD SOME COLOUR TO YOUR SNACKS



20312146\_EA **\$4.99** THE LAUGHING COW, 8P, 133 G 21093442\_EA



CHEESE DIPPER, 4P, 140 G  
21201454\_EA

**Kiri**  
KIRI, 8P, 144 G  
20575221\_EA

THE LAUGHING COW, 8P, 133 G  
20319107\_EA **\$4.99**

BABYBEL, 6P, 120 G  
20574332\_EA



**5.99**  
Smoked Pork Sausage  
selected varieties  
375 g  
20355614\_EA



**6.99**  
Smoked Beef  
selected varieties  
375 g  
20957736\_EA



**6.99**  
Fresh Sausage  
selected varieties  
250 - 500 g  
20303844\_EA/20324373\_EA