



Optimum™

Optimum
1,000 (pt)

\$1
Value



WEST JUMBO PUMPKINS
PRODUCT OF WESTERN PROVINCES
EACH
20081484001_EA

\$4



Members
save
\$9



MARS HALLOWEEN MIXED CHOCOLATE 95'S OR NESTLÉ ASSORTED CHOCOLATE 100'S
21452511_EA/21595523_EA

Optimum
Members-Only Price™
12⁹⁹
Non-members
21⁹⁹



Members
save
\$1.50



PC® THIN AND CRISPY™, LOADS OF, FOCACCIA OR FLAT BREAD PIZZAS
SELECTED VARIETIES
FROZEN
330-455 G
20971494_EA/21013452_EA

Optimum
Members-Only Price™
3⁴⁹
Non-members
\$5



Members
save
\$6



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

Optimum
Members-Only Price™
5⁹⁹
Non-members
11⁹⁹

Optimum
5,000^{pts}
for every \$12⁺
spent on

\$5
Value

**MADE
FRESH
IN-STORE**



**IN-STORE MADE FRESH
PORK SAUSAGES
SELECTED VARIETIES**
21451702_KG/21451704_KG



Members
save
\$4



Optimum
Members-Only Price™
7⁹⁹
Non-members
11⁹⁹

SCHNEIDERS PEPPERETTES
SELECTED VARIETIES
300 G
20976110_EA/21433636_EA

Optimum
2,000^{pts}

\$2
Value



3⁹⁹

**CHAPMAN'S SUPER
PREMIUM PLUS ICE CREAM**
SELECTED VARIETIES,
FROZEN
500 ML
21511087_EA/21511200_EA



Members
save
\$2



Optimum
Members-Only Price™
5⁹⁹
Non-members
7⁹⁹

GLAD INDOOR BAGS
SELECTED VARIETIES
12-48'S
21613985_EA/21613985_EA

Scan to see our complete digital flyer



Independent
Your Independent Grocer



SALE
SAVE \$2^{LB}
3⁹⁹
LB

PORK TENDERLOIN
CRYOVAC PKG OF 2
8.80/KG
20854535_KG



SALE
SAVE \$3^{50LB}
5⁴⁹
LB

CHICKEN THIGHS
BONELESS, SKINLESS,
FAMILY SIZE
12.10/KG
20162170_KG



11⁹⁹
LB

FRESH STEELHEAD TROUT FILLETS
26.43/KG
FRESH SEAFOOD ITEMS
SUBJECT TO AVAILABILITY
20066089_KG/21025083_KG



WHEN YOU BUY 2
SAVE 98¢
2/\$5
LESS THAN 2 \$2.99 EA.

RASPBERRIES
PRODUCT OF MEXICO OR U.S.A.
170 G
20128938001_EA



D'ITALIANO BREAD OR BUNS
SELECTED VARIETIES AND SIZES
29038335_EA
21450797_EA
20626915_EA

WHEN YOU BUY 2
SAVE \$1⁰⁸
2/6⁵⁰
LESS THAN 2 \$3.79 EA.



AVOCADO BAG
PRODUCT OF MEXICO
6'S
20142232001_EA

PKG OF 6
SAVE 42%
3⁹⁹



WEST FARMER'S MARKET™ RUSSET POTATOES
PRODUCT OF WESTERN PROVINCES, CANADA
NO. 1 GRADE
10 LB BAG
20601020001_EA

10 LB BAG
SALE
SAVE \$2⁹⁹
\$6



GOLD SEAL SOCKEYE SALMON
213 G
21186814_EA

SALE
SAVE \$2
3⁹⁹



PC® ORANGE JUICE, TEA OR LEMONADE
SELECTED VARIETIES
1.54 L
21430531_EA/21430542_EA

SAVE UP TO \$1⁵⁰
3⁴⁹



MICHELINA'S ENTRÉES
SELECTED VARIETIES
FROZEN
156-284 G
21208614_EA/21208633_EA

SAVE THIS WEEK
4/\$5
LESS THAN 4 \$1.49 EA.



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

SAVE THIS WEEK
6⁴⁹



TIDE LAUNDRY DETERGENT 1 L, 12-16'S, **DOWNY** OR **GAIN** FABRIC SOFTENER
946 ML-1.31 L OR **BEADS** 141 G
SELECTED VARIETIES
21549771_EA/21579685_EA

SAVE UP TO 60%
3⁹⁹



JAMIESON VITAMINS OR SUPPLEMENTS
SELECTED VARIETIES AND SIZES
20299993_EA
20342823_EA

SALE
SAVE UP TO 40%



Members save \$2

Members-Only Price \$5

Non-members \$7

BASSE MIX SELECTED VARIETIES
415-800 G
2158597_EA
21524508_EA



2,000^{PC} for every \$10^{PC} spent on

\$2 Value

QUAKER INSTANT OATMEAL SELECTED VARIETIES
216-430 G
21190254_EA/21190260_EA



2,000^{PC} when you buy 4

\$2 Value

CHEETOS MAC'N CHEESE SELECTED VARIETIES
164/170 G
21390921_EA/21390928_EA

2⁴⁹



3,000^{PC} when you buy 2

\$3 Value

WHEN YOU BUY 2 SAVE \$1⁹⁸

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

CHRISTIE COOKIES SELECTED VARIETIES
170-303 G
21358407_EA
21361517_EA



SALE SAVE \$3

SEAQUEST® COLOSSAL PACIFIC WHITE SHRIMP RAW ZIPPERBACK®
16-20 PER LB, FROZEN
300 G
21043887_EA

5⁹⁹



SALE SAVE \$2⁵⁰

ASIAN INSPIRATIONS ENTRÉES OR MULDOON'S PORK BITES SELECTED VARIETIES FROZEN
400 G
21047378_EA/21047671_EA

4⁴⁹



SAVE THIS WEEK

OIKOS GREEK YOGURT 4X100 G OR DANINO 6X93 ML SELECTED VARIETIES
20625055_EA/21520250_EA

3⁹⁹



NO NAME® CHEESE BARS 700 G OR PC® CHEESE SHREDS 620 G SELECTED VARIETIES
20975373_EA/21060183_EA

9⁴⁹



LACTANTIA BUTTER SELECTED VARIETIES
454 G
20296112005_EA/20639926_EA

5⁹⁹



SAVE UP TO \$1

GOLD SEAL PINK SALMON OR OCEANS WHITE TUNA SELECTED VARIETIES
170/213 G
20326358001_EA/21186867_EA

2⁹⁹



SAVE UP TO \$3

CHEF BOMBAY ENTRÉES AND SNACKS 240-354 G OR STRONG ROOTS ENTRÉES 350 G SELECTED VARIETIES FROZEN
21624856_EA/20973182_EA

4⁹⁹



SAVE THIS WEEK

BEN & JERRY'S 473 ML OR MAGNUM BARS PKG OF 4 SELECTED VARIETIES FROZEN
20950739_EA/21428378_EA

4⁹⁹



SALE SAVE \$4

CLIF ENERGY BARS SELECTED VARIETIES
12X68 G
20130914003_C12
20312621_C12

16⁹⁹



PAMPERS ECONO PACK DIAPERS SIZE N-8, 58-180'S SELECTED VARIETIES
21611990_EA/21551643_EA

32⁹⁹



HUGGIES OR PAMPERS SUPER BIG PACK DIAPERS SIZE N-8, 32-108'S SELECTED VARIETIES
21456418_EA/21101513_EA

24⁹⁹



SAVE THIS WEEK

GATORADE OR POWERADE SPORTS DRINK SELECTED VARIETIES
24X591 ML
20298835002_C24
20854130_C24

21⁹⁹



SAVE UP TO \$3

FINISH 40-55'S, CASCADE 30-48'S OR CASCADE ACTION PACS 60'S, GAIN LAUNDRY DETERGENT 4.55 L/42'S, GAIN OR DOWNY FABRIC SOFTENER 3.81-3.83 L SELECTED VARIETIES
20965291_EA
20660832001_EA

14⁹⁹



3,000^{PC} when you buy 2

\$3 Value

LISTERINE CLASSIC 1L, MAUI SCALP CARE SHAMPOO 385 ML OR OGX SHAMPOO OIL OF MOROCCO SHAMPOO 385 ML SELECTED VARIETIES
21091222_EA/20340206004_EA

3²⁹

CUSTOMER RELATIONS 1-800-296-2332. VISIT 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 number. No Rainchecks OR Substitutions on clearance items or where quantities are advertised as limited. Advertised regular 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 Loblaws Inc. and others. All rights reserved. © 2024 Loblaws Inc. MasterCard and the MasterCard Brand Mark are registered trademarks and PayPass is a trademark of MasterCard International Incorporated. President's Choice Bank is a licensee of marks. PC Optimum™ program is provided by President's Choice Services Inc. President's Choice Financial MasterCard is provided by President's Choice Bank. President's Choice Financial personal banking services are provided by the direct banking division of Simplii Financial. ©PC, President's Choice, PC Financial and President's Choice Financial are registered trademarks of Loblaws Inc. Trademarks used under licence. We reserve the right to limit quantities to reasonable family requirements. PC OPTIMUM MEMBERS ONLY: These offers are only available to valid PC Optimum™ program members. Membership is free. To register as a PC Optimum™ member, see in-store or visit pcoptimum.ca. We are not obligated to award points based on errors or misprints. No cash value. See 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 Loblaws Inc. banner.



WB WW WY BACK

Produce



LARGE CAULIFLOWER
PRODUCT OF CANADA OR U.S.A., NO. 1 GRADE EACH OR **PC[®] LITTLE GEMS[™] MINI POTATOES** 680 G PRODUCT OF WESTERN PROVINCES, CANADA NO. 1 GRADE SELECTED VARIETIES
20135377001_EA/21247300001_EA

\$5



CANADA LARGE BROCCOLI
PRODUCT OF CANADA EACH
20145621001_EA

\$4



LARGE CANTALOUPE
PRODUCT OF U.S.A., \$5 EACH OR **PC[®] SWEET CARNIVAL GRAPES** PRODUCT OF U.S.A., NO. 1 GRADE \$5 LB 11.02/KG
20167017001_EA/21336795001_KG

\$5 EA./LB



WEST FARMER'S MARKET[™] CARROTS 2 LB OR **ONIONS** 3 LB PRODUCT OF WESTERN PROVINCES, CANADA NO. 1 GRADE
20626628001_EA/20811994001_EA

\$3



RED MANGO
PRODUCT OF BRAZIL EACH
20059635001_EA

\$2



PLANTAIN
PRODUCT OF COLUMBIA, HONDURAS OR GUATAMALA 3.31/KG
20111926001_KG

1⁵⁰ LB



PC[®] MIXED SALAD GREENS
SELECTED VARIETIES, PRODUCT OF U.S.A. 142 G
21203744_EA/21203748_EA

\$4



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

4⁵⁰



GREENHOUSE BEEFSTEAK TOMATOES
PRODUCT OF CANADA OR MEXICO 5.51/KG
20426141001_KG

2⁵⁰ LB



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

\$10-12

Butcher



EXTRA LEAN GROUND BEEF
FAMILY SIZE 16.51/KG
20805639_KG

7⁴⁹ LB



PC[®] BLUE MENU[™] CHICKEN BREAST
AIR CHILLED BONELESS SKINLESS PKG OF 3
21340952_EA

\$16



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

\$8



WEST STRIPLLOIN STEAK
FAMILY SIZE, CUT FROM CANADA AAA GRADE WESTERN BEEF 44.07/KG
20821010_KG

19⁹⁹ LB



MARCANGELO JUMBO PORK SAUSAGE
SELECTED VARIETIES FROZEN 500-675 G
21289731_EA/21289868_EA

7⁹⁹



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

\$7



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

8⁹⁹



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

3/10⁹⁸
LESS THAN 3 \$4.29 EA



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

\$17



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

\$8

Seafood

Fresh seafood items subject to availability.



SEAQUEST[®] CRAB OR LOBSTER FLAVOURED POLLOCK FLAKES OR CHUNKS
SELECTED VARIETIES, READY-TO-EAT 227 G
20749798_EA
20749901_EA

3⁴⁹



SMOKED SALMON NUGGETS
SELECTED VARIETIES PREVIOUSLY FROZEN 48.48/KG
21545940_KG

21⁹⁹ LB



SEA CRAVE WILD SOCKEYE SALMON PORTIONS
FROZEN 260 G
21531662_EA

\$12



SEA HARVEST BAY SCALLOPS 40-60 PER LB 400 G OR **SEAQUEST[®] CALAMARI RINGS** UNCOOKED 340 G FROZEN
20027170_EA
21531287_EA

8⁹⁹

Bakery

BAKED
IN-STORE



IN-STORE BAKED COOKIES
SELECTED VARIETIES
18'S
21454952_EA

\$7

BAKED
IN-STORE



BULK ROLLS
SELECTED VARIETIES
20076950_EA

8/\$4
LESS THAN 8
79c EA.



PC® MINI MUFFINS
SELECTED VARIETIES
12'S
21488839_EA

Members save
51¢
Optimum
Members-Only Price
5.49
Non-members
\$6



FARMER'S MARKET® BUTTER CROISSANTS OR BUNS
SELECTED VARIETIES
270/300 G
20975943_EA/21577824_EA

\$5



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

3.29



CASA MENDOSA OR WONDER TORTILLAS
SELECTED VARIETIES
10 INCH
20318788_EA/20976626_EA

2/7.50
LESS THAN 2
\$4.49 EA.



VACHON OR LITTLE BITES
SELECTED VARIETIES
AND SIZES
selected sizes and varieties

\$4

Great to go

Great to go items plus applicable taxes.



SOFTY OR SUB SANDWICHES
IN-STORE PREPARED
PREPACKAGED
205-364 G
20155717_EA/20160224_EA
20422189_EA/21362145_EA

\$6-7

The Deli



PC® OR BLUE MENU® SLICED DELI MEATS 175 G OR
PC® DELI CHEESE SLICES 140-170 G
SELECTED VARIETIES
20216643_EA/20310580_EA

6.49



PASTA TRAYS
PREPARED IN-STORE
510-611 G
21395975_EA/21395976_EA

\$9



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

\$4



ALEXIS DE PORTNEUF BRISE DE PORTNEUF 125 G OR
BABYBEL 6'S
SELECTED VARIETIES
20044812_EA/20315135_EA

4.99



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

\$8

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

\$9-10



SABRA HUMMUS
SELECTED VARIETIES
283 G
20103342_EA

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

STONEFIRE NAAN CRISPS
SELECTED VARIETIES
170 G
21565690_EA/21565701_EA

\$4

Floral



EQUADORIAN ROSES
ASSORTED COLOURS
DOZEN
20581781_EA/20581749_EA

\$22



5 INCH DOUBLE SPIKE ORCHID
EACH
20293541_EA

\$28



POTTED MINI ROSE
ASSORTED COLOURS
4 INCH
20284956_EA

\$9



CARNATION BUNCH
21470641_EA

3/\$21
LESS THAN 3
\$9 EA.



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 fresh fruits or vegetables

Ends on October 30th, 2024



\$2 off

PC® Blue Menu® chicken breast boneless skinless 3's

Ends on October 30th, 2024



3,000 points

PC® Smokies™ 1 kg

Ends on October 30th, 2024



\$2 off

Nescafé Gold® premium instant coffee or frothy mixes selected varieties

Ends on October 30th, 2024



2,000 points

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

Ends on October 30th, 2024



2,000 points

When you buy 2 PC® Gigantico Buns selected varieties 6's

Ends on October 30th, 2024



3,000 points

PC® Bathroom Tissue 30=100 rolls

Ends on October 30th, 2024



\$5 off

Huggies Skin Essentials diapers or training pants any variety

Ends on October 30th, 2024



5,000 points

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

Ends on October 30th, 2024

Go greener with taste

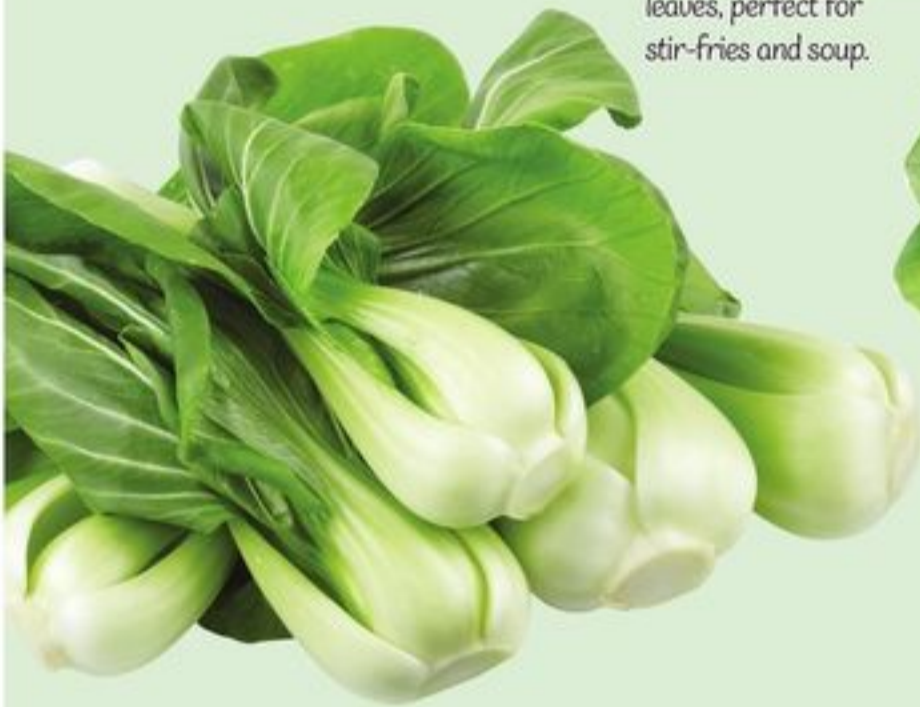
Baby (or Shanghai) bok choy is a cruciferous vegetable with crunchy greenish-white stalks topped with dark green leaves, both of which are edible. Baby bok choy is slightly sweeter than full-sized bok choy and can be used fresh in salads or cooked in soups and stir-fries.



CANADA
BABY BOK CHOY OR
BABY BOK CHOY JR
PRODUCT OF CANADA
6.59/KG
21202236001_EA/21561078001_EA

2⁹⁹
LB

Enhance your culinary creations with a subtle, sweet taste of bok choy with its crisp and tender leaves, perfect for stir-fries and soup.



SHANGHAI
BOK CHOY OR
SHANGHAI
BOK CHOY JR
PRODUCT OF U.S.A.
6.59/KG
21202231001_EA/21202245001_EA

2⁹⁹
LB

Chinese (or napa) cabbage has thin, cream-coloured leaves with green tips. It has a milder taste than other cabbage varieties and can be used raw or cooked. Shred or chop Chinese cabbage for stir-fries and slaws, or use large outer leaves to make cabbage rolls.



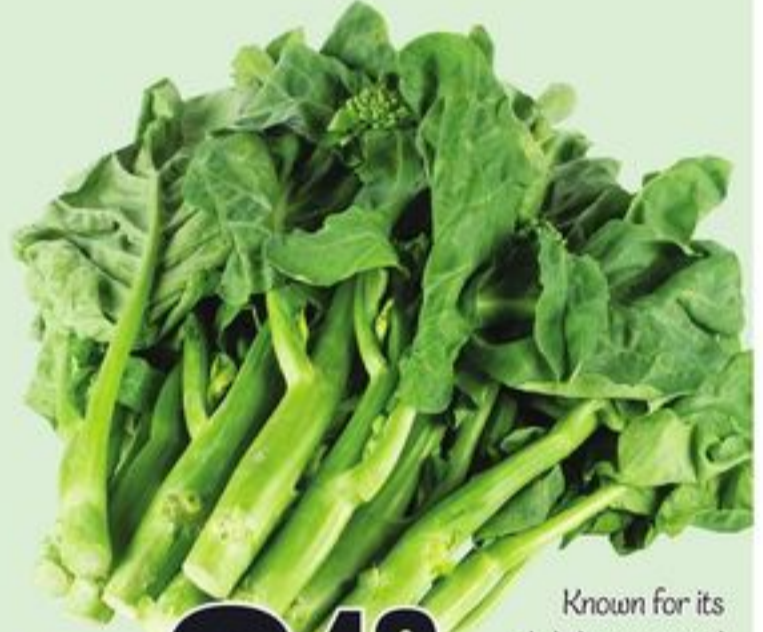
NAPA CABBAGE
PRODUCT OF U.S.A.
4.39/KG
20015025001_KG

1⁹⁹
LB

CANADA
GAI LON CHINESE
BROCCOLI
PRODUCT OF CANADA
7.69/KG
20003604001_KG

3⁴⁹
LB

Known for its slightly sweet and pleasantly bitter flavor, Gai-Lan adds a delightful twist to your favorite dishes.



LoBok (or Chinese radish) is a variety of daikon radish. They are beige with pale green crowns and their flesh is crisp with a sharp radish flavour. Shred lobok raw and use raw in salads or add to your next stir-fry.



LO BOK OR
DAIKON RADISH
PRODUCT OF CHINA
3.73/KG
20082109001_KG

1⁶⁹
LB

CASSAVA
PRODUCT OF
COSTA RICA
5.49/KG
20087682001_KG

2⁴⁹
LB

LEMON GRASS
PRODUCT OF U.S.A.
EACH
21394081_EA

2⁹⁹

Cassava (or yuca) is a starchy root vegetable with a tough brown skin and crisp, white flesh. It has a similar flavour to a potato and can be cooked in many ways. Peel and slice for fried cassava or shred and bake in breads and cakes.



JAPANESE SWEET YAMS
PRODUCT OF U.S.A.
7.69/KG
20524922001_KG

3⁴⁹
LB

YELLOW YAMS
PRODUCT OF
COSTA RICA
13.21/KG
20070018001_KG

5⁹⁹
LB

Yams are similar in size and shape to sweet potatoes but are not related at all. Yams have rough brown skin and their flesh can be white, yellow, purple, or pink. They have a somewhat bland flavour and can be used as a substitute for potatoes and sweet potatoes in many recipes.



Wickedly delicious

40
Nestlé
KitKat
485 g

50
Nestlé
MINIS
485 g

9⁹⁹

NESTLÉ MINIS 50'S
OR KITKAT 40'S
SELECTED VARIETIES
21451527_EA/21570808_EA

100
Nestlé
PROUDLY PREPARED IN CANADA
PREMIERE AVEC PRODUITS

95
FUN SIZE
PETITES JOIES
1.15 kg

100'S
NESTLÉ ASSORTED CHOCOLATE
21452511_EA/21595523_EA

Members save **\$9**

Optimum[®]
Members-Only Price[™]
12⁹⁹
Non-members
21⁹⁹

55
Kinder
bueno mini
297 g

55
Kinder
CHOCOLATE/CHOCOLAT mini
297 g

9⁹⁹

KINDER MINIS
SELECTED VARIETIES
55'S
21588344_EA/21588395_EA

50
FUN SIZE
PETITES JOIES
601 g

13⁹⁹

MARS MIXED CHOCOLATE BOX
50'S
21452478_EA

50
582 g

50
1 kg

11⁹⁹

HERSHEY'S ASSORTED
OR PEANUT FREE
SELECTED VARIETIES
50'S
21528274_EA/21528277_EA

100
1 kg

100
1 kg

17⁹⁹

HERSHEY'S ASSORTED
OR PEANUT FREE
SELECTED VARIETIES
100'S
21528282_EA/21528420_EA

8
FULL SIZE BARS
BARRÉS DE PÂTES
364 g

10⁹⁹

NESTLÉ ASSORTED
BARS FULL SIZED
8'S
20895425_EA

90
FUN SIZE
PETITES JOIES
1.05 kg

14⁹⁹

SKITTLES STARBURST
90'S
21452577_EA

10X
355 ML
10X355 ML OR
BUBLY
SPARKLING
WATER
12X355 ML
SELECTED
VARIETIES
21096722_C10
21097177_C12

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

**PC[®] BLUE MENU[®]
OR PC[®]
SPARKLING
WATER
SELECTED
VARIETIES
12X355 ML
21518575_C01
20668034002_C01**

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

**GATORADE OR
POWERADE
SPORTS DRINK
SELECTED
VARIETIES
6X591 ML
20303218003_C06
20854209_C06**

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

Grocery



PILLSBURY READY TO BAKE CHUB COOKIE, ROLLS, CURST OR BISCUITS
SELECTED VARIETIES
318-468 G
20317832003_EA/20318034001_EA

3⁴⁹



BECEL MARGARINE
SELECTED VARIETIES
637/850 G
20297818002_EA/21279389_EA

6⁹⁹



KRAFT PEANUT BUTTER 750 G-1 KG OR HAZELNUT SPREAD 725 G
SELECTED VARIETIES
20039581001_EA/21285418_EA

6⁵⁰



KELLOGG'S FAMILY SIZE CEREAL
SELECTED VARIETIES
480-650 G
21449784_EA/21450811_EA

5⁹⁹



SIGGIS YOGURT 4X100 G OR FRUITÉ DRINK 1.54 L
SELECTED VARIETIES
21589925_EA/21595744_EA

3⁹⁹



INTERNATIONAL DELIGHT COFFEE WHITENER OR COLD FOAM
SELECTED VARIETIES
396-946 ML
20895480002_EA/20895480003_EA

5⁹⁹



IMAGINE ORGANIC BROTH 1 L OR YORKSHIRE ORGANIC SOUP 398 ML
SELECTED VARIETIES
20321614005_EA
21560109_EA

5⁴⁹



LACTANTIA BUTTER STICKS OR LACTOSE FREE BUTTER
SELECTED VARIETIES
454 G
20056675_EA
21601669_EA

6⁹⁹



LECLERC CÉLÉBRATION COOKIES
SELECTED VARIETIES
240 G
20853797001_EA
20965370_EA

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



DARE BRETON OR VINTA CRACKERS
SELECTED VARIETIES
132/225 G
20313040001_EA
21520685_EA

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



CHEEZ-IT CRACKERS
SELECTED VARIETIES
191/200 G
21214559_EA
21214560_EA

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



TWINING'S HERBAL TEA 20'S OR TIM HORTON'S HOT CHOCOLATE 500 G OR CAPPUCCINO FRENCH VANILLA, DOUBLE DOUBLE OR MOCHA 8'S
SELECTED VARIETIES
20149985_EA/20308033001_EA

5⁹⁹



PC® WHOLE BEAN, ROAST OR GROUND 340 G OR MAXWELL HOUSE GROUND COFFEE 631-900 G
SELECTED VARIETIES
21380541_EA/21606882_EA

9⁹⁹



QUE PASA TORTILLA CHIPS
SELECTED VARIETIES
300/350 G
21031315_EA/21031316_EA

3⁴⁹



ZIPLOC MEGA PACKS
SELECTED VARIETIES
75-270'S
21196101_EA/21196100_EA

9⁹⁹



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

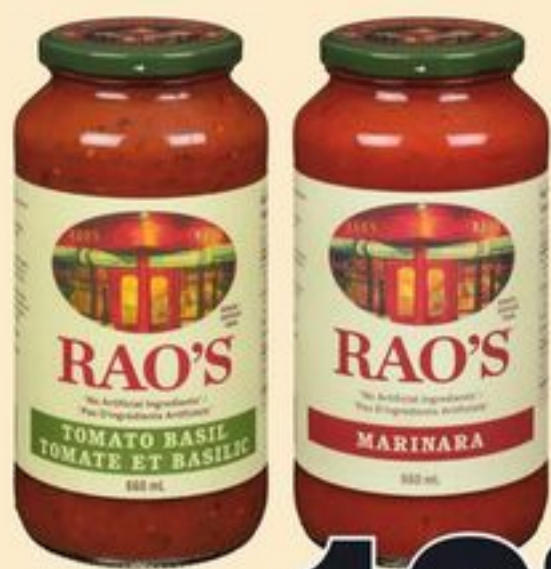
10⁹⁹



TIDY CATS LITTER
SELECTED VARIETIES
2.72 KG
21206503_EA

Members save \$3
12⁹⁹
Members-Only Price
Non-members **15⁹⁹**

Bring the taste of Italy home



RAO'S PASTA SAUCE
SELECTED VARIETIES
660 ML
20086654004_EA/20086654001_EA

10⁹⁹



MUTTI PASSATA
SELECTED VARIETIES
690 ML
20288490001_EA/20288490002_EA

4⁹⁹



DELVERDE PASTA
SELECTED VARIETIES
250-450 G
20317975004_EA/20652596_EA

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



BARILLA LASAGNA 454 G OR
NESTED PASTA 450 G
SELECTED VARIETIES
20902949_EA/21531693_EA

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



BOTTICELLI
PASTA SAUCE
SELECTED VARIETIES
370/710 ML
21544485_EA

7⁹⁹



PC[®] PASTA
SELECTED VARIETIES
454 G
21001578_EA/21001588_EA

2/\$4
LESS THAN 2
\$2.49 EA.



CARBONE PASTA SAUCE
SELECTED VARIETIES
660 ML
21495459_EA

11⁹⁹



PC[®] PASTA SAUCE
SELECTED VARIETIES
410/650 ML
20131344009_EA
20320838001_EA

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



PC[®] SPLENDIDO[®]
COLD-PRESSED OR
COLD-EXTRACTED
DELICATO EXTRA
VIRGIN OLIVE OIL
1 L
20081865_EA
21401612_EA

18⁹⁹



PC[®] BLACK LABEL
PARMIGIANO
REGGIANO CHEESE
PRODUCT OF ITALY
AGED 36 MONTHS
200 G
20626019_EA

12⁹⁹



CANADA
FARMER'S MARKET[™]
ROMA TOMATOES
PRODUCT OF CANADA
3 LB
20887458001_EA

7⁹⁹



BROCCOLINI OR RAPINI
PRODUCT OF USA
EACH
20154907_EA/20048070001_EA

3⁹⁹



PC[®] BASIL, BAY LEAF,
SAGE, ROSEMARY
OR OREGANO
PRODUCT OF COLUMBIA,
MEXICO, ECUADOR
28 G
21184798_EA/21212481_EA



2⁹⁹

For your family



NATIVE
HAIR CARE
SELECTED
VARIETIES
177/487 ML
21505267_EA
21505287_EA

10⁹⁹



HERBAL ESSENCES
PURE PLANTS
HAIR CARE
SELECTED VARIETIES
118-400 ML
21571175_EA/21571185_EA

7⁴⁹



OGX, AVEENO OR
MAUI HAIR CARE
SELECTED SIZES
AND VARIETIES
20312551004_EA
21165324_EA



8⁹⁹



OLAY TOTAL
EFFECTS
MOISTURIZER OR
TREATMENTS
OR EUCERIN
BODY LOTION
SELECTED
VARIETIES
AND SIZES
20976366_EA
21085698_EA

SALE
SAVE UP TO

25%



NIVEA FACE ESSENTIAL
CLEANSING OR
PURE AND NATURAL
MOISTURIZERS OR
BODY LOTION
SELECTED VARIETIES
AND SIZES
20688865_EA/20700027_EA

SALE
SAVE UP TO \$4

7⁹⁹

4,000⁰⁰
when you buy 2

\$4
Value



ST.IVES LOTIONS, FACE SCRUBS,
EXFOLIATING TONERS OR
PONDS COLD CREAM
SELECTED VARIETIES AND SIZES
20348325002_EA/21086101_EA



OLD SPICE BODY WASH
SELECTED VARIETIES
532/709 ML
21500655_EA/21500657_EA

8⁴⁹



OLAY
INDULGENT
MOISTURE
BODY WASH
591 ML
21585376_EA

13⁹⁹



NIVEA BODY WASH
500 ML, DEODORANT
ROLL-ON 50 ML OR
ANTIPERSPIRANT
51/52 G
SELECTED
VARIETIES
21169899_EA/21502921_EA



4⁹⁹



DOVE OR DEGREE
DEODORANT OR
ANTIPERSPIRANT
SELECTED VARIETIES
45-76 G
20188212001_EA
20188212003_EA

4⁹⁹



OLD SPICE OR
GILLETTE DEODORANT
OR ANTIPERSPIRANT
SELECTED VARIETIES
73-144 G
20701678_EA
20757237001_EA

7⁴⁹



GILLETTE
PROSHIELD,
PROGLIDE OR VENUS
RAZORS
SELECTED
VARIETIES
1'S
21356957_EA
21357262_EA



19⁹⁹



COLGATE OPTIC WHITE
OR SENSITIVE PRO
RELIEF TOOTHPASTE
70-133 ML,
KIDS MANUAL
TOOTHBRUSHES,
HELLO TOOTHPASTE
82-98 ML OR
COLGATE PERIOGARD
TOOTHPASTE
SELECTED VARIETIES
AND SIZES
21177027_EA/21353925_EA

6⁴⁹



CREST 3D WHITE
OR PRO-HEALTH
TOOTHPASTE, SCOPE
PRO HEALTH OR KIDS
RINSE 500 ML OR
ORAL-B MANUAL
TOOTHBRUSH OR FLOSS
SELECTED VARIETIES
AND SIZES
21092358_EA/21506728_EA

5⁴⁹



CREST SCOPE
OUTLAST AND
PROHEALTH
ADVANCED RINSE 1L,
CREST PRO HEALTH
GUM DETOXIFY
TOOTHPASTE 110 ML,
ORAL-B FLOSS
TWIN PACK OR
ORAL-B BATTERY
TOOTHBRUSH
SELECTED VARIETIES
AND SIZES
20308649001_EA
20598749_EA



7⁹⁹

For your family

2,500[¢]
when you buy 2

\$2⁵⁰
Value



HALLS BAGS
SELECTED VARIETIES
20-30'S
20315680013_EA/20315680001_EA



SALE
SAVE UP TO

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

20%



SALE
SAVE UP TO

**BAND-AID BANDAGES
OR POLYSPORIN OINTMENT**
SELECTED VARIETIES
AND SIZES
21335482_EA/20380516001_EA

15%



SALE
SAVE UP TO

**GLUCERNA OR ENSURE MEAL
REPLACEMENT SHAKES**
SELECTED VARIETIES
AND SIZES
20180283001_EA/20308731001_EA

15%



SALE
SAVE UP TO

SYSTANE EYE-DROPS
15-30 ML OR
**OPTI-FREE LENS
CARE SOLUTION**
2X300 ML
SELECTED
VARIETIES
20307823_EA
21207552_EA

15%

1,000[¢]
\$1
Value



ALWAYS LINERS
92-96'S, PADS
7-92'S OR TAMPAX
TAMPONS 22-36'S
SELECTED
VARIETIES
21025063_EA
21374659_EA

11⁹⁹



POISE PADS
SELECTED
VARIETIES
AND SIZES
21302119_EA

19⁹⁹



SALE
SAVE UP TO

**LIFE BRAND®
CLEANSERS,
TREATMENTS OR
MOISTURIZERS**
SELECTED
VARIETIES
AND SIZES
21195828_EA
21421633_EA

20%



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

\$5



**LISTERINE
ULTRA CLEAN
OR TOTAL CARE
MOUTHWASH**
SELECTED
VARIETIES
1 L
20701283_EA/21088044_EA

8⁴⁹



SALE
SAVE UP TO

**PERFECT SPORTS
SUPPLEMENTS**
SELECTED
VARIETIES
AND SIZES
21068329_EA
21559794_EA

15%



**TYLENOL COMPLETE
COUGH, COLD AND
FLU TABLETS 18/20'S
OR BENYLIN COUGH
SYRUPS 100 ML**
SELECTED
VARIETIES
2032227001_EA
20296733001_EA

15%



SALE
SAVE UP TO



**PEPTO BISMOL,
RESTORALAX OR
RESTORAFIBRE
DIGESTIVE
HEALTH CHEWS**
24-90'S,
LIQUIDS
350/480 ML
OR POWDERS
119-765 G
SELECTED
VARIETIES
AND SIZES
20319797002_EA
21380900_EA

SALE
SAVE UP TO

20%

For your baby

click here to shop our full assortment



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

26⁹⁹

PC® 12X BABY WIPES UNSCENTED 1200'S 21432245_EA

\$20



PAMPERS 9X OR HELLO BELLO 6X BABY WIPES SELECTED VARIETIES 504-600'S 21280051_EA/21018026_EA

19⁹⁹

HUGGIES ECONO PULL-UPS TRAINING PANTS SELECTED VARIETIES 66-104'S 21021427_EA/21021423_EA

36⁹⁹



HUGGIES ECONO PACK DIAPERS SELECTED VARIETIES SIZE N-7, 60-200'S 21240322_EA 21456635_EA

36⁹⁹

DIAPER GENIE DIAPER PAIL REFILLS OR SIGNATURE EASY ROLL REFILLS SELECTED VARIETIES 18'S 21549766_EA

19⁹⁹

MUNCHKIN FOOD ACCESSORIES SELECTED VARIETIES 21241170_EA 21286447_EA

30%

SALE SAVE UP TO

Baby care at great prices



SALE SAVE UP TO

20%

PC® TOILETRIES BABY NEEDS OR DAPPLE DISH SOAP SELECTED VARIETIES 20887369_EA/20978141_EA



SALE SAVE UP TO

20%

JOHNSON & JOHNSON BABY NEEDS SELECTED VARIETIES 21112321_EA/20325065017_EA



SALE SAVE UP TO

LIVE CLEAN BABY WASH SELECTED VARIETIES 750 ML 20607347_EA 20800005_EA

11⁹⁹

BABY BUTZ 113 G, SUDOCREM 125 G OR ZINCOFAX 13/100 G SELECTED VARIETIES 20603040001_EA/20715799_EA

8⁹⁹

CERAVE BABY NEEDS SELECTED VARIETIES 21439175_EA 21439186_EA

20%

Formula deals

click here to shop our full assortment



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

59⁹⁹



ENFAGROW A+ INFANT NUTRITIONAL SUPPLEMENT SELECTED VARIETIES 907 G 21407931_EA/21407971_EA

29⁹⁹



NESTLÉ CERELAC BABY CEREAL WITH HONEY & WHEAT 400 G 21564977_EA

8⁹⁹



ENFAMIL NEUROPRO READY-TO-FEED INFANT FORMULA 18X237 ML 21590060_C01

68⁴⁹



SIMILAC READY-TO-FEED BABY FORMULA SELECTED VARIETIES STAGE 1 OR 2, 16X235 ML 21334696_C01/21334752_C01

52⁹⁹



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

54⁹⁹

Baby food & snacks



GERBER ORGANIC SNACKS 28-150 G OR AMARA ORGANIC INFANT SMOOTHIE MELTS 23 G SELECTED VARIETIES 21097119_EA/21426240_EA



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



BABY GOURMET ORGANIC PUFFIES, CRUNCHY CROCS, FRUIT & VEGGIE 23-90 G OR EARTH'S BEST BARS 133 G SELECTED VARIETIES 21049432_EA/21414276_EA



3⁷⁹



LOVE CHILD ORGANIC OATY CHOMPS OR SEAFRIENDS BABY SNACKS SELECTED VARIETIES 100-140 G 20944539_EA/21463929_EA



3⁷⁹

1,000⁰⁰

\$1 Value



PC ORGANICS FROZEN BABY FOOD SELECTED VARIETIES 8X32 ML/2X128 G 21241170_EA/21286447_EA



3⁹⁹

Household cleaning



FAMILY GUARD DISINFECTING SPRAY
SELECTED VARIETIES
496 G/946 ML
21428112_EA

4⁹⁹



LYSOL WIPES 75-84'S, DISINFECTANT SPRAY 50 G OR TOILET BOWL CLEANER 946 ML
SELECTED VARIETIES
21449826_EA/21449829_EA

2/\$13
LESS THAN 2 \$7.99 EA.



CLOROX DISINFECTING WIPES
SELECTED VARIETIES
75'S
20348537002_EA

4⁹⁹



LYSOL NEUTRA-AIR DISINFECTANT SPRAY & FRESHENER
SELECTED VARIETIES
283 G
21433312_EA

6⁴⁹



CLOROX BLEACH
2.4 L
21283179_EA

3⁴⁹



NO NAME® DISINFECTANT WIPES
SELECTED VARIETIES
75'S
21386771_EA

3⁹⁹



LYSOL LAUNDRY DISINFECTANT 1.2 L OR RESOLVE IN WASH POWDER OR SPRAYS
625 G/650 ML
SELECTED VARIETIES
20323370_EA/21487308_EA

7⁹⁹

PUREX LAUNDRY DETERGENT 1.92-2.03 L OR FLEECY FABRIC SOFTENER 2.6 L OR SHEETS 120'S
SELECTED VARIETIES
20850516005_EA/21311767_EA

6⁹⁹



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

29⁹⁹



FINISH QUANTUM, ULTIMATE & ULTRAMAX 51-64'S DISHWASHER DETERGENT TABS
SELECTED VARIETIES
21217949_EA

21⁹⁹



DAWN DISHWASHING LIQUID
SELECTED VARIETIES
431-473 ML
21430501_EA/21516564_EA

2⁹⁹



GLAD OUTDOOR BAGS
SELECTED VARIETIES
10-90'S
21165477_EA

10⁹⁹

Optimum
10,000 (pt)
 for every \$100 spent on

\$10 Value

RETAIL THERAPY GIFT CARDS

RETAIL THERAPY

GAP THE BAY BATH & BODY WORKS

OLD NAVY Indigo Foot Locker

ONLINE EXCHANGE REQUIRED **happy**

Offer valid in-store only. Subject to availability; selection may vary by store. We reserve the right to limit quantities. See gift card for details, terms & conditions. Offer applies to every \$100 spent on Retail Therapy 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.

NEW

Campbell's CHUNKY SPICY

2.99 Campbell's® Ready to Serve Soups 515 mL, selected varieties 21480539_EA

1.99 Campbell's® Ready to Use & Concentrated Broths 250 mL – 900 mL, selected varieties 20322348001_EA 21347245_EA

4.49 Pace® Chunky Salsa 642 mL, selected varieties 20307531001_EA

2.99 Campbell's® Chunky® Soup 515 mL, selected varieties 21547142_EA/21617836_EA

3.99 Prego® Pasta Sauce 645 mL, selected varieties 20325820001_EA

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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

PATAK'S MAKES PERFECT

HAPPY DIWALI!

4.29 PATAK'S COOKING SAUCE selected varieties 400 mL 20217180002_EA

3.29 PATAK'S READY TO HEAT selected varieties 285 mL 21588103_EA/21588293_EA

4.29 PATAK'S PASTE selected varieties 284 mL 20307957001_EA

SCAN FOR RECIPE INSPIRATION

Mornings Made Easy

\$3.49 Pillsbury® Toaster Strudel 326 g or Scrambles 204 g selected varieties frozen 20172664001_EA

\$4.99 Burnbrae frozen egg bites 336 g selected varieties frozen 21550807_EA

\$2.99 no name® punch or lemonade 283 mL selected varieties frozen 20552134002_EA

\$1.49 fruit punch

\$3.49 Burmrae frozen egg bakes 2/4's selected varieties frozen 21060397_EA

\$3.49 Kellogg's Eggo waffles 8's or Thick & Fluffy 6's selected varieties frozen 20302779_EA

Total Ocular Health from the brands you trust

Dry Eye

SAVE UP TO 20% OFF

Systane ULTRA 20180473_EA/21460366_EA/21455841_EA

Eye Vitamins Vitalux 21332955_EA/21337538_EA

Contact Lens Care Opti-Free 20790840_EA/20307823_EA/21290645_EA

Systane eyedrops 15-30 mL. Clear Care & Opti-free contact lens solutions 600/720 mL or Vitalux eye vitamins 50-120's selected varieties

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youtheory

SAVE UP TO 20% OFF

Youtheory health supplements selected varieties and sizes

collagen 180 capsules

turmeric 45 capsules

21546942_EA 21546918_EA

+try youtheory today

oikos
GREEK YOGURT

START THE DAY WITH
A PROTEIN SNACK*



\$7.49
Oikos® - 850 g, 750 g
21305945_EA



\$12.99
Oikos® - 1.5 kg
21477261_EA



3.99
Oikos® - 4 x 95 g, 4 x 100 g
21078965_EA
21419715004_EA

NEW
Strawberry
Cheesecake



LESS THAN 2 \$2.29 EA.

2/3.50
Oikos® - 190 ml
21588614_EA

*As part of a complete breakfast and balanced diet

ACTIVIA
active probiotics - probiotiques actifs

1 BILLION ACTIVE PROBIOTICS*



\$7.99
Activia® - 12 x 100 g
21006572_EA



\$4.49
Activia® - 850 g
21430507_EA



\$12.99
Activia® - 2 kg
21477228_EA



LESS THAN 2 \$2.29 EA.

2/3.50
Activia® - 190 ml
21348503_EA



6.49
Activia® - 8 x 53 ml
2108458_EA

*With more than 10¹⁰ CFU Bifidobacterium lactis per serving, a probiotic that contributes to healthy gut flora.

DANONE
NEW BANANA
DANONE
LACTOSE FREE
MINIONS
\$3.99
Danone® - 6 x 53 ml
21620340_EA
2031636002_EA

DANONE
GO!
LESS THAN 3 \$1.29 EA.
3/\$3
Danone Go®
190 ml
21348029_EA

**SUGAR DOWN
PROTEIN UP**
NEW CHERRY
TWO GOOD
LESS THAN 2 \$5.99 EA.
2/\$10
Two Good® - 4 x 95 g
21478047_EA
Two Good® - 825 g
21477597_EA

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TRUSTED
SOFTNESS,
BETTER
TEAR*
*vs. leading US
1-ply bargain brand
17.99 Charmin
Bath Tissue, 12=48 roll, soft,
21549779_EA

Cleans Better
So You Can Use
Less*
17.99 Charmin
Bath Tissue, 12=48 roll, strong,
21484810_EA
*vs. Leading USA 1-Ply Bargain Brand
MORE
ABSORBENT

+50% MORE
ABSORBENT*
*vs. leading ordinary brand.
17.99 Bounty
Paper Towel,
Select A Size, 6=12 roll,
21515966_EA

THICKER
AND MORE
ABSORBENT*
*vs. the leading US 2-ply napkin
10.99 Bounty
Napkin 400's,
21053171_EA
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#ONLY IN
CANADA
BUY \$25
TO GET A
\$10 GIFT CARD
Minimum purchase of \$25 pre-tax on participating Kruger Products®*

BUY
any combination of participating
Kruger Products® totaling \$25
pre-tax on the same receipt.
SNAP
a picture of your receipt
and upload within 7 days to
OnlyInCanada.ca
GET
A \$10
GIFT CARD*



\$19.99
Purex® Bathroom Tissue,
24=72 Rolls
2189854_EA



\$19.99
Scotties® Facial Tissue,
18 pack
2031608_EA



\$19.99
Sponge Towels® Ultra
Paper Towels, 12=18 Rolls
2189851_EA

Valid: October 1st to December 31st, 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, Purex, 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. Limit 3 Gift Cards per household. Offer valid in only Canada.
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