

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

1 DAY ONLY
SATURDAY OCTOBER 26TH

50¢

PC® 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® FILIPINO LUMPIA
CHICKEN ADOBO**
FROZEN
560 G
21521355_EA



1 DAY ONLY
SATURDAY OCTOBER 26TH

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

15,000 pts
when you spend \$150+
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 (excludes purchase of tobacco, lottery tickets, alcohol, gift cards, prepaid card products including phone cards, transit/vent 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

Members save \$2

Non-members

\$9

FARMER'S MARKET™ APPLES

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



Optimum

Members-Only Price™

7⁹⁹

Members save \$2

Non-members

9⁹⁹

PC® OR BLUE MENU® ENTRÉES

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



Optimum

Members-Only Price™

2⁹⁹

Members save \$1

Non-members

3⁹⁹

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 to get the offer

6,000^{pts}

= \$6 Value

when you spend \$20* or more on

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_C04



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.

ALWAYS LOW PRICE

Find set prices on everyday items.

ALWAYS
\$7

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



ALWAYS
3.50

NO NAME® PIZZA
SELECTED VARIETIES, FROZEN
350-411 G
21541425_EA/21541441_EA



ALWAYS
\$5

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



ALWAYS
2.50

NO NAME® WAFFLES
SELECTED VARIETIES, FROZEN
8'S
20065295_EA/20316375001_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%

2⁹⁹ LB
6.59/KG

HOT DEALS



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

SAVE 25%

4⁴⁴ LB
9.79/KG

HOT DEALS

MEDIUM GROUND BEEF
20797924_EA



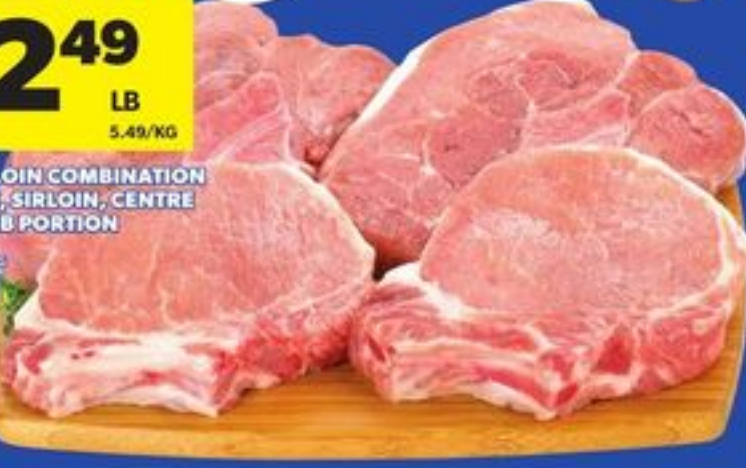
CLUB SIZE

SAVE 44%

2⁴⁹ LB
5.49/KG

HOT DEALS

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



SALE

\$4

HOT DEALS

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



SAVE 2.00

3⁴⁹

HOT DEALS

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



SAVE 25%

5⁹⁹

HOT DEALS

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

4⁹⁹

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



SAVE UP TO 42%

3⁹⁹

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



SAVE UP TO 2.22

5⁷⁷

HOT DEALS

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.

HOT DEALS

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



Members-Only Price
11⁹⁹
Members save \$5

Non-members
16⁹⁹

817 BASMATI RICE
SELECTED VARIETIES
4 KG
20787324_EA



SAVE UP TO 50%

6⁹⁹

HOT DEALS

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

5,000⁰⁰ 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/21532567_EA



\$24-25

5,000⁰⁰ Value

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



12⁹⁹

1,000⁰⁰ Value

CADBURY HALLOWEEN CHOCOLATE, MAYNARDS 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**

2⁹⁹

1,000⁰⁰ = \$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**

3⁹⁹ LB

CAPTAIN JAC CRAB FLAVORED SEAFOOD
8.80/KG
21996019_KG

MULTI BUY

2/\$10 OR \$5.49 EA.

2,000⁰⁰ = \$2 Value
when you buy 2

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

12⁹⁹

3,000⁰⁰ = \$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**

5⁹⁹

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

3²⁹

LANTIC FINE GRANULATED SUGAR
2 KG
20143033_EA

SALE

3⁴⁹

NO NAME[®] CREAM CHEESE 227/250 G OR NO NAME[®] SOUR CREAM 500 ML
SELECTED VARIETIES
20287641002_EA
21047871_EA

5⁹⁹

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

SALE

4⁹⁹

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

4⁴⁹

GENERAL MILLS CEREAL
SELECTED VARIETIES
297-437 G
21040458_EA

Cheerios

SAVE UP TO 1.00 **HOT DEALS**

2⁹⁹

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

6⁹⁹

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**

10⁹⁹

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

5,000⁰⁰ = \$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
20102023001_EA
20300171_EA
All least \$5 value in points

CUSTOMER RELATIONS 1-866-727-0771. VISIT 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. We are not obligated to award points based on errors or misprints. No cash value. See 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.***

4⁴⁹
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
2094093001_EA



SALE

2⁵⁰
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
30038950001_EA



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

1,000⁰⁰ **-\$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
20323848_EA
20322223_EA



**SAVE
2.50 LB**

17⁴⁹
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**

5⁴⁹
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
20367887_EA



\$7

BEEF STIR FRY STRIPS
250 G
21388007_EA



**SAVE
1.00**

5⁹⁹

PC® PORK SAUSAGE
SELECTED VARIETIES
375/500 G
21384099_EA/21384343_EA



3⁹⁹
LB
8.80/KG

CHICKEN THIGHS
FAMILY SIZE
30797407_KG



**CLUB
SIZE**

**SAVE
1.00**

14⁹⁹

**PC® FREE FROM®
GROUND LAMB**
454 G
21332008_EA



**SAVE
UP TO
1.00**

6⁹⁹

**PC® NATURALLY
SMOKED BACON**
SELECTED VARIETIES
375-500 G
20932629_EA/21333048_EA



\$17

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



13⁹⁹
LB
30.84/KG

**ATLANTIC SALMON
STEAKS**
FRESH
20956605_KG



**SAVE
1.00**

6⁴⁹

**CANADIAN COVE
MUSSELS**
FRESH
907 G
21338424_EA



**SAVE
UP TO
2.00**

14⁹⁹

**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
2/6⁵⁰
OR \$3.99 EA.

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

SALE
2⁴⁹

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

SALE
3⁵⁰

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
2153396_SA
***14-18**
GET 50% OFF ONE
RAW SIDE
545-865 G
2195432_SA

SALE **HOT DEALS**
1⁹⁹ /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
7⁹⁹

PC® CHEESE BLOCKS
SELECTED VARIETIES
250 G
2079062_SA/2079068_SA

SWISS SUISSE

HAVARTI

SAVE 1.30
6⁹⁹

1,000⁰⁰ **-\$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
2025769902_SA

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

SAVE UP TO 1.00
5⁹⁹

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
4⁹⁹

BRITANNIA MILK RUSK
390 G
2924034_EA



BRITANNIA
Toastea
MILK RUSK
BISCOTTE AU LAIT

NET WT 390g NET 560g (19.75 oz)

SAVE 2.00
5⁹⁹

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



Anything you like

S&B UMAMI TOPPING
Made in Japan
Crunchy Garlic
with Chili oil
MILD

NET WT 100g NET 170 g

SALE
3⁹⁹

NUTRAMENT VANILLA
325 ML
2943303_EA



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

Nutrament

15g OF PROTEIN (IN PROTEINES)
24 VITAMINS AND MINERALS (VITAMINES ET MINÉRAUX)
357 mg OF CALCIUM (357 mg DE CALCAIRE)
325 ml

SAVE 1.00
5⁹⁹

TILDA BASMATI RICE
2 LB
2006590_EA



Tilda
PURE
BASMATI
PUR

507 g
2 LB

SAVE UP TO 35%
4⁴⁹

HOT DEALS

NONGSHIM NOODLES
SELECTED VARIETIES
480-508 G
2100490_EA



SHIN 4 PACK PAQUET

NONGSHIM

후라멘 SHIN
NOODLE SOUP
SOUPE AUX NOUDLES

4 PACK PAQUET

120 g x 4 packs/paqs (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
3⁹⁹

PALDO NOODLES
SELECTED VARIETIES
408-520 G
20999838_EA



팔도 비빔면 4EA

paldo
비빔면
BIBIMMEN

4EA

SALE
3⁴⁹

LEE KUM KEE HOISIN SAUCE
443 ML
20045048_EA



李錦記
海鮮醬
HOISIN SAUCE
SAUCE HOISIN

445 ml

SALE
8⁴⁹

MASECA CORN FLOUR
1.8 KG
2945945_EA



MA SE CA

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

2 kg

SAVE 30%
2⁹⁹

HOT DEALS

NANAK DAHI
750 G
2013399_EA



NANAK
Dahi
All Natural Indian Style Yogurt
100% VEGETARIAN

SAVE 4.00
17⁹⁹

KRITI GOLD EXTRA VIRGIN OLIVE OIL
750 ML
2140386_EA



KRITI Gold
ORGANIC POLYUNSATURATED
EXTRA VIRGIN OLIVE OIL FROM ITALY
100% PURE
Produced in Italy
Produced in Italy

SAVE 25%
1⁴⁹

HOT DEALS

ROOSTER INSTANT EGG NOODLES
400 G
20996297_EA



Instant Noodles
Noodles Instantanées
即食麵
400 g

Celebrate Diwali
with the taste of
Authentic and Exotic Flavours!

Rubicon EXOTIC DRAGON FRUIT JUICE DRINK
Rubicon EXOTIC MANGO JUICE DRINK
Rubicon EXOTIC PINEAPPLE & COCONUT JUICE DRINK

Shana Simply Authentic Food ORIGINAL PARATHA Paratha Originals
Okra Sliced Rings

BRITANNIA™
Good Day

Take a bite into the Delicious Good Day

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

KRITI Gold
HUILE 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

prepared yellow mustard
moutarde jaune préparée



SAVE 1.00

\$5

NO NAME® BOLOGNA SLICED
500 G
20090722_EA

sliced - smoked bologna
fumé - tranché

500 g



SALE

13.99

NO NAME® MEAT LASAGNA FROZEN
2.27 KG
20099795_EA

CLUB SIZE - FORMAT CLUB

meat lasagna
lasagne à la viande

CLUB SIZE



SAVE 1.50 **HOT DEALS**

2.49

NO NAME® VEGETABLES FROZEN
SELECTED VARIETIES
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
perogies - porc
pommes de terre et 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



12.99

NO NAME® ALL-PURPOSE FLOUR
10 KG
20922248_EA

CLUB SIZE

all-purpose flour

CLUB SIZE



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

ground black pepper
poivre noir moulu



4.49

NO NAME® SHORTENING
454 G
20120854_EA

all-vegetable shortening
tout végétal

454 g 1 lb



SAVE 1.30 **HOT DEALS**

2.49

NO NAME® PARCHMENT PAPER
10 M
21379177_EA

non-stick cooking & baking parchment paper

10m

non-stick cooking & baking parchment paper

10m



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

2⁹⁹

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



SALE

3⁴⁹

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



SALE

7⁹⁹

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

1⁷⁹

NO NAME® SEASONED STUFFING MIX
120 G
20065472_EA



SALE

1⁴⁹

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



5⁹⁹

NO NAME® PAPER TOWELS
6 ROLLS
20078423_EA



1⁹⁹

NO NAME® ALUMINUM FOIL 25'
2109461_EA



SALE

1⁹⁹

NO NAME® RESEALABLE SANDWICH BAGS
100'S
20180293_EA



SAVE 1.00

3⁹⁹

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



SAVE UP TO 2.00

3⁴⁹

NO NAME® FABRIC SOFTENER 1.36 L OR SHEETS 80'S
SELECTED VARIETIES
20689485_EA
21540338_EA



SAVE 2.50

2⁹⁹

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⁺ 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⁺ 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

7⁹⁹

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
21439938_EA

SAVE 1.00

\$6

NO NAME® CHICKEN NUGGETS
FROZEN
908 G
21079745_EA

NO TRICKS, ALL TREATS

17⁹⁹

MARS MIXED CHOCOLATE BOX
95'S
21452311_EA



FUN SIZE 95 PETITES JOIES

1.15 kg

Assorted FUN SIZE Candies
Friandises PETITES JOIES assorties

8⁹⁹

KINDER MINS
SELECTED VARIETIES
55'S
21583344_EA
21583393_EA



55 Kinder bueno mini

55 Kinder CHOCOLATE/CHOCOLAT mini

12⁹⁹

SKITTLES STARBURSTS MIXED BOX
90'S
21452377_EA



FUN SIZE 90 PETITES JOIES

1.05 kg

8⁹⁹

SKITTLES STARBURSTS MIXED BOX
45'S
21452351_EA



FUN SIZE 45 PETITES JOIES

554 g

9⁹⁹

MARS MIXED CHOCOLATE BOX
50'S
21452478_EA



FUN SIZE 50 PETITES JOIES

601 g

8⁹⁹

MAYNARDS ASSORTED CANDY BOX
45'S
20891513_EA



45 FUN TREATS

552 g

8⁹⁹

HALLOWEEN RICE KRISPIES MINI SQUARES
440 G
20799842_EA



Rice KRISPIES Minis

40 mini bars

440 g

13⁹⁹

CHRISTIE OREO COOKIES
SELECTED VARIETIES
440-482 G
21508501_EA
21518364_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
21283032_EA



Bear Paws

Scare Paws

MULTI BUY

2/\$12
OR \$7.49 EA.

COCA-COLA OR PEPSI SOFT DRINKS
SELECTED VARIETIES
6X710 ML
20310548002_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

1⁹⁹

NO NAME® CHEESE FLAVOURED CORN SNACKS OR CORN CHIPS
SELECTED VARIETIES
200 G
20048216_EA
20962493_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
Dét. des grains

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

3⁹⁹

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



Pretzel Pzazz

PIECES NOIRCEAUX

PIECES CANNELLE

SUPER YOUR EVERYDAY

SALE

7⁹⁹

TASTIEZ

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

203032000014_EA
210644859_EA

FISH STICKS

SAVE UP TO 1.00

5⁹⁹

Collection

BREYERS CREAMERY STYLE ICE CREAM
1.66 L OR CHAPMAN'S COLLECTION
NOVELTIES 6/16'S
SELECTED VARIETIES
FROZEN

20322757001_EA
203444925004_EA

SALE

5⁹⁹

HOT DEALS

CHAPMAN'S SUPER NOVELTIES 6-20'S OR KELLOGG'S EGGO WAFFLES 16'S
SELECTED VARIETIES
FROZEN

20099730004_EA
201883200014_EA

EGGO

Original - Originale

SALE

16⁹⁹

GALLO EXTRA VIRGIN OLIVE OIL
SELECTED VARIETIES
1L

20193358_EA

SALE

1⁷⁹

PC BLUE MENU BROTH
SELECTED VARIETIES
900 ML

2189891_EA

CHICKEN BROTH • BOUILLON DE POULET

SALE

1⁹⁹

KNORR OR LIPTON SOUP MIX
SELECTED VARIETIES
40-166 G

20297914006_EA
20304818002_EA

Lipton Tomato Vegetable
Tomate et légumes

5⁹⁹

KRAFT PURE SALAD DRESSING
SELECTED VARIETIES
355 ML

21581938_EA

pure

SALE

3⁴⁹

TASTY BITE

TASTY BITE
SELECTED VARIETIES
250/285 G
21566540_EA
21566771_EA

Vegetable Tikka Masala
Légumes Tikka Masala

MULTI BUY

2/\$8
OR \$4.79 EA.

VH SAUCES
SELECTED VARIETIES
341/355 ML

20306726001_EA
20309493001_EA

VH TERIYAKI
VH MEDIUM GARLIC AIL MEDIUM

\$5

PC ASIAN ENTRÉES OR SOUPS 300 G, GNOCCCHI OR RISOTTO 350-400 G
SELECTED VARIETIES
FROZEN

2035660014_EA
2035660014_EA

WONTON

Gnocchi

10⁹⁹

1,000⁰⁰ 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

CAVENDISH
ONION RINGS
RONDELLES D'ONION

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

20162647006_EA

Betty Crocker SuperMoist

Betty Crocker Creamy Frosting
VANILLA

10⁹⁹

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

10⁹⁹

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

20902119001_COM
20954209_COM

9⁹⁹

6-24 ROLLS OR FLUSHABLE WIPES 2'S
SELECTED VARIETIES

20688232_EA
21546641_EA

Cottonelle ULTRA COMFOR

Cottonelle FLUSHABLE WIPES FRESHCARE

19⁹⁹

72

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
20104467907, 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 MARKETSM
RED ONIONS
PRODUCT OF CANADA
CANADA NO. 1 GRADE
10 LB BAG
20179450001, EA



10 LB BAG

\$5-10

FARMER'S MARKETSM
BULK PRODUCTS
SELECTED VARIETIES
AND SIZES
20109675, EA / 210300000, EA



\$7

PC[®] 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
20104758, EA
20104759, EA



SAVE 5.00

HOT DEALS

13.99

SHER DURUM ATTA FLOUR
20 LB
20057347, EA



MULTI BUY

2/\$8
OR \$4.99 EA

KFI COOKING SAUCE
SELECTED VARIETIES
375 ML
20494490001, EA
20435447, 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
20070358, EA



SAVE 1.00

HOT DEALS

2.99

LAY'S INTERNATIONAL FLAVOURS
SELECTED VARIETIES
165 G
21065049, EA
21063420, EA



SAVE UP TO 1.00

HOT DEALS

2.49

BRITANNIA GOOD DAY FIRST FIFTY COOKIES
372 G
SELECTED VARIETIES
21027905, EA
21050822, EA



MULTI BUY

2/\$10
OR \$5.99 EA

PC[®] BLUE MENUSM OR PC[®] SPARKLING WATER
SELECTED VARIETIES
12 X 355 ML
20068034003, CD
21069402, CD



SUPER YOUR EVERYDAY

5⁹⁹

DOVE HAIR CARE
SELECTED VARIETIES
142-198 G/273-353 ML
20306030001_EA
203384530001_EA



6⁴⁹

TRESEMME HAIR CARE
SELECTED VARIETIES
198-311 G/168-828 ML
20332800001_EA
20379603_EA



8⁹⁹

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



7⁹⁹

4,000⁰⁰ = \$4 Value
when you buy 2

NIVEA FACE ESSENTIALS CLEANSER OR FACE WIPES
SELECTED VARIETIES AND SIZES
21302364_EA/213359310001_EA



6⁹⁹

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



9⁹⁹

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



10⁴⁹

DOVE BODY WASH
SELECTED VARIETIES
547 ML
21384006_EA



8⁹⁹

1,000⁰⁰ = \$1 Value

DOVE BAR SOAP 6X106 G OR BODY WASH
532-695 ML
SELECTED VARIETIES
21221317_EA/21518328_EA



8⁴⁹

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



3⁹⁹

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



9⁹⁹

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



7⁹⁹

DOVE DRY SPRAYS 107/113 G OR DEODORANT 74 G
SELECTED VARIETIES
20844533_EA/20935262_EA



5⁴⁹

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



6⁹⁹

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



7⁹⁹

COLGATE TOTAL TOOTHPASTE 3-PACK, 2-PACK MANUAL TOOTHBRUSH, BATTERY TOOTHBRUSH, COLGATE TOTAL OR PRO RELIEF MOUTHWASH
SELECTED VARIETIES AND SIZES
2034770002_EA/2106709_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

Flintstones Complete, One A Day Women

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 Digestive Health, Culturelle Kids

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, tampons

17⁹⁹

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

TENA UNDERWEAR OR PADS
 SELECTED VARIETIES AND SIZES
 21033778_EA

Tena underwear, pads

For All Your Hair Care Needs

4⁹⁹ Pantene hair care, selected sizes and varieties
 21431190_EA/21431192_EA

3⁹⁹ Herbal Essences & Aussie hair care, selected sizes and varieties
 21167237_EA/21247099_EA

7⁹⁹ 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™ 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

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President's Choice

Food Optimum
 Financial Health
 Express

PET ESSENTIALS

13⁹⁹

BENEFUL INCREDBITES VARIETY PACK
SELECTED VARIETIES
12'S
2157962_EA



SALE

4⁹⁹

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



SAVE UP TO 1.00

9⁹⁹

DENTALIFE DOG SNACKS
SELECTED VARIETIES
408-528 G
2095077_EA



SALE

42⁹⁹

BENEFUL DOG FOOD
SELECTED VARIETIES
12.7 KG
2123704_CA



SAVE 1.00

7⁹⁹

FRISKIES CAT FOOD
SELECTED VARIETIES
1.4-1.5 KG
2096315_EA



SALE

16⁹⁹

IAMS CAT FOOD
SELECTED VARIETIES
1.36/1.59 KG
2087953_EA



SAVE UP TO 25%

2⁹⁹

TEMPTATIONS CAT TREATS 130/190 G, MEATY BITES 43 G OR SPOONS 40 G
SELECTED VARIETIES
20285905_EA
21479000_EA



SALE

27⁹⁹

WHISKAS CAT FOOD VARIETY PACK
SELECTED VARIETIES, 24'S
2088596_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

17⁹⁹

Charmin Bath Tissue, 12=48 roll, soft,
21549779_EA



NEW

Cleans Better

17⁹⁹

Charmin Bath Tissue, 12=48 roll, strong,
21484810_EA

*vs. Leading Canada 2-ply bath tissue



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

17⁹⁹

Bounty Paper Towel, Select A Size, 6=12 roll,
21515966_EA



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

10⁹⁹

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**

19⁹⁹ Cashmere® Bathroom Tissue, 24=72 Rolls
2180645_EA

19⁹⁹ Scotties® Facial Tissue, 18 pack
2031608_EA

19⁹⁹ Sponge Towels® Ultra Paper Towels, 12=18 Rolls
2189851_EA





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*

Valid: October 1* to December 31*, 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. 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***



\$5⁹⁹
Oikos® selected varieties
650 g, 750 g
23035945_EA



\$12⁹⁹
Oikos® selected varieties
1.5 kg
21477261_EA



OR \$4.99 EA
3/12⁷⁵
Oikos® selected varieties
4 x 95 g, 4 x 100 g
23078965_EA/20419765004_EA



NEW
Strawberry
Cheesecake

OR \$2.29 EA
2/3⁵⁰
Oikos® selected varieties
190 mL
21688514_EA

*As part of a complete breakfast and balanced diet

ACTIVIA
active probiotics - probiotiques actifs

1 BILLION ACTIVE PROBIOTICS*



\$7⁹⁹
Activia® selected varieties
12 x 100 g
21006572_EA



\$4⁴⁹
Activia® selected varieties
625 g, 650 g
21430507_EA



\$12⁹⁹
Activia® selected varieties 2 kg
21477239_EA



OR \$2.29 EA
2/3⁵⁰
Activia® selected varieties
190 mL
21348503_EA



\$6⁴⁹
Activia® selected varieties
8 x 93 mL
21084529_EA

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

DANONE
NEW BANANA



\$3⁹⁹
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**



\$4⁴⁹
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



\$4⁴⁹ iögo nano DRINKABLE YOGURT
6 x 93 mL
SELECTED VARIETIES
20806781_EA/20802883_EA

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

high in protein



\$7⁴⁹
siggis® SKYR YOGURT
650 - 750 G
SELECTED VARIETIES
21053674_EA
21053982_EA

NEW



\$3⁹⁹
siggis® SKYR YOGURT
4 X 100 G
SELECTED VARIETIES
21080017_EA
21080015_EA

NEW



\$7⁴⁹ iögo CREAMY, 0% OR LACTOSE-FREE YOGURT
16 X 100 G
SELECTED VARIETIES
21822947_EA
2060953001_EA

MADE WITH REAL FRUIT




\$10⁹⁹ iögo CREAMY YOGURT
2 KG
SELECTED VARIETIES
20609297_EA
20630092_EA

Possible lives here

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

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

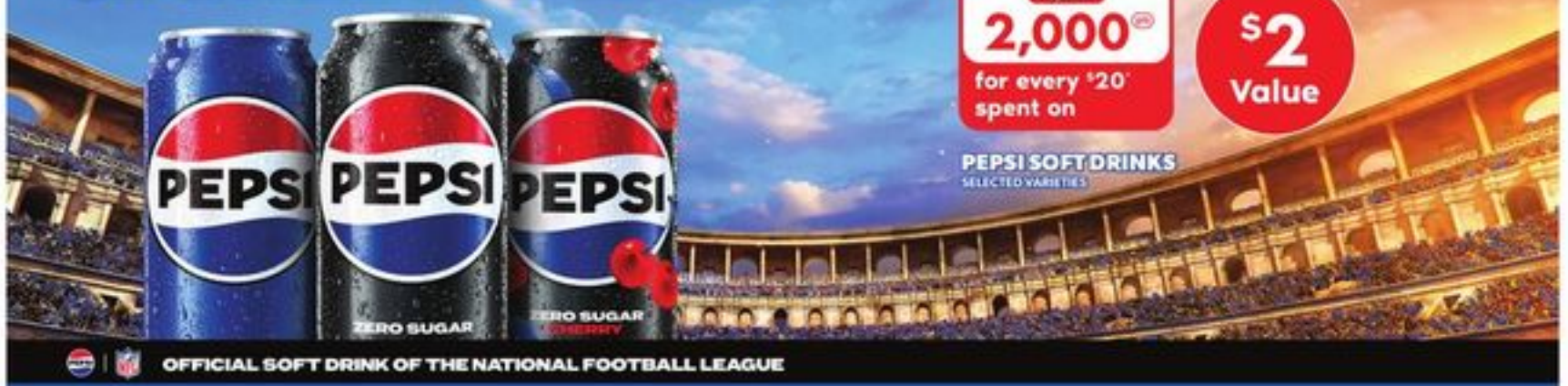
lean beef meatballs plain
21587897_EA

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



\$4.99 THE LAUGHING COW, 8P, 133 G



CHEESE DIPPER, 4P, 140 G
21201454_EA

\$4.99
KIRI, 8P, 144 G
20575221_EA

THE LAUGHING COW, 8P, 133 G
20319107_EA

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