



Optimum™

# MEMBERS SAVE MORE.



click or visit  
pcoptimum.ca  
to become a member

See back page for details.

**\$4**

Optimum  
**1,000** PTS

**=\$1**  
Value

**JUMBO PUMPKIN**  
PRODUCT OF CANADA  
EACH  
**CITROUILLE GÉANTES**  
2008148400L\_EA



Optimum

Members-Only Price™

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

Non-members

**21<sup>99</sup>**

Members save  
**\$9**

**95**

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**MARS HALLOWEEN MIXED CHOCOLATE 95'S**  
OR **NESTLÉ ASSORTED CHOCOLATE 100'S**  
**CHOCOLATS VARIÉS D'HALLOWEEN MARS**  
OU **ASSORTIMENT DE CHOCOLATS NESTLÉ**  
21452511\_EA/21595523\_EA



Optimum

Members-Only Price™

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

Non-members

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

Members save  
**\$6**

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**KING COLE TEA 120-216'S**  
OR **TETLEY TEA 216'S**,  
SELECTED VARIETIES  
**THÉ KING COLE**  
OU **TETLEY**  
21250568\_EA/21611946\_EA



Optimum

Members-Only Price™

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

Non-members

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

Members save  
**\$6**

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



Optimum

Members-Only Price™

3.49

Non-members  
\$5

Members save  
\$1.51



PC® THIN AND CRISPY™,  
LOADS OF, FOCACCIA  
OR FLAT BREAD  
PIZZAS

SELECTED VARIETIES FROZEN  
330-455 G

PIZZAS MINCE ET  
CROUSTILLANTE™,  
PLEINE DE, FOCACCIA  
OU PAIN PLAT PC™

20971494\_EA/21013452\_EA



CHICKEN, BACON &  
CARAMELIZED ONION  
FLATBREAD

PAIN PLAT  
POULET, BACON ET  
OIGNONS CARAMELISES

340 g

Optimum

Members-Only Price™

7.99

Non-members  
11.99

Members save  
\$4



SCHNEIDERS  
PEPPERETTES

SELECTED VARIETIES  
250-375 G

PEPPERETTES

SCHNEIDERS

20978190\_EA/21433636\_EA



SCHNEIDERS

Pepperettes

PEPPERONI

300 g

Optimum

Members-Only Price™

3.99

Non-members  
4.99

Members save  
\$1

GOLD SEAL SOCKEYE  
SALMON

213 G

SAUMON SOCKEYE

GOLD SEAL

2106014\_EA



GOLD SEAL

WILD SOCKEYE SALMON

SOURCE OF OMEGA-3 POLYUNSATURATES

SAVE  
1.00

3.99

HOT  
DEALS

Optimum  
2,000

= \$2  
Value

CHAPMAN'S SUPER  
PREMIUM PLUS  
ICE CREAM

SELECTED VARIETIES, FROZEN  
500 ML

CRÈME GLACÉE SUPER  
PREMIUM PLUS

CHAPMAN'S

2151067\_EA/2151200\_EA



CHAPMAN'S

THE ONLY  
STRAWBERRY

CHAPMAN'S

CHAPMAN'S

VANILLA  
TRILOGY

CHAPMAN'S

ICE CREAM

Optimum

Members-Only Price™

5.99

Non-members  
7.99

Members save  
\$2

GLAD WHITE  
INDOOR BUNDLE

SELECTED VARIETIES  
10-48'S

ENSEMBLE DE SACS  
BLANCS POUR

L'INTÉRIEUR GLAD

20257334001\_EA/21613985\_EA



GLAD

MADE USING  
50% RECYCLED  
PLASTIC

WHITE  
SMALL  
25 L

44  
BAGS



GLAD

WHITE

ROOMMATE™ 15 L  
52 BAGS

42 x 54 cm | 17 x 20 in

**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 24%**  
**\$3** LB  
6.61/KG

**HOT DEALS**



**PORK SIDE RIB PORTION / PORTION DE CÔTES DE FLANC DE PORC**  
20454211001\_EA

**SALE**  
**3.99** LB  
8.80/KG

**HOT DEALS**



**CHICKEN BREASTS SKINLESS BONE-IN OR CHICKEN WINGS / POITRINES DE POULET OU AILES DE POULET**  
20454211001\_EA

**CLUB SIZE**

**SAVE 40%**  
**11.99**

**HOT DEALS**

**SUNRISE WAX BOLOGNA / BOLOGNE CIRÉ SUNRISE**  
20997095\_EA



**SAVE 30%**  
**3.50**

**HOT DEALS**

**AVOCADO BAG / SAC D'AVOCATS**  
20442273001\_EA



**SAVE 55%**  
**\$2**

**HOT DEALS**

**RASPBERRIES / PRODUCT OF MEXICO OR U.S.A. / 170 G / FRAMBOISES**  
20128938001\_EA



**7.99**

**PC® PACIFIC LARGE WHITE SHRIMP / RAW OR COOKED PEELED / 31-40 PER LB, FROZEN / 400 G / GROSSES CREVETTES BLANCHES DU PACIFIQUE PC®**  
20789933\_EA  
20791381\_EA



**MULTI BUY**  
**4/\$5**  
OR \$1.49 EA.

**HOT DEALS**

**MICHELINA'S ENTRÉES / SELECTED VARIETIES FROZEN / 156-284 G / PLATS CUISINÉS MICHELINA'S**  
2023731709\_EA  
20204363009\_EA



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

**HOT DEALS**

**FARMER'S MARKET™ GREENHOUSE PEPPERS / PRODUCT OF CANADA / 3'S / POIVRONS DE SERRE DÉLICIES DU MARCHÉ™**  
202025009\_EA



**SALE**  
**\$7**

**HOT DEALS**

**NO NAME® CANOLA OR VEGETABLE OIL / 3 L / HUILE DE CANOLA OU VÉGÉTALE SANS NOM®**  
20028654\_EA / 2002037301\_EA



**SAVE UP TO 1.00**  
**6.49**

**LIBERTÉ GREEK YOGURT / 650/750 G OR YOPLAIT / 16X100 G / SELECTED VARIETIES / YOGOURT GREC / LIBERTÉ OU YOPLAIT**  
2023731709\_EA  
20024363009\_EA



**SAVE UP TO 30%**  
**3.49**

**HOT DEALS**

**PC® ORANGE JUICE, TEA OR LEMONADE / SELECTED VARIETIES / 1.54 L / JUS D'ORANGE, THÉ OU LIMONADE PC®**  
21430033\_EA  
21430542\_EA



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

**D'ITALIANO BREAD OR BUNS / SELECTED VARIETIES AND SIZES / PAIN OU PETITS PAINS D'ITALIANO**  
20038335\_EA  
21450792\_EA  
20027701\_EA



**SAVE UP TO 60%**  
**3.99**

**HOT DEALS**

**TIDE LIQUID LAUNDRY DETERGENT / 1L, 12-16'S, DOWNY OR GAIN / FABRIC SOFTENER / 246 ML-1.31 L OR BEADS / 141 G / SELECTED VARIETIES / DÉTERGENT À LESSIVE / TIDE, ASSOUPPLISSANT / TEXTILE OU PERLES / DOWNY OU GAIN**  
215489771\_EA  
21579645\_EA



**SAVE UP TO 40% OFF**

**JAMIESON VITAMINS OR SUPPLEMENTS / SELECTED VARIETIES AND SIZES / VITAMINES OU SUPPLÉMENTS / JAMIESON**  
20299953\_EA  
20342633\_EA



**Optimum**  
Members-Only Price™  
**\$5**  
Non-members  
**\$7**

Members save **\$2**

**BASSÉ MIX**  
SELECTED VARIETIES  
415-600 G  
MÉLANGE BASSÉ  
2158593\_EA  
21524508\_EA

**SWEET & SPICY PUB**  
MIX-MÉLANGE  
PUB SUCRE  
ET ÉPICE

**PEANUT LOVER'S**  
mix + mélange  
MATEUR D'ARACHIDES

**Optimum**  
**2,000** = **\$2**  
Value!  
for every "10"  
spent on

**QUAKER INSTANT OATMEAL**  
SELECTED VARIETIES  
216-430 G  
GRUAU INSTANTANÉ  
QUAKER  
2170234\_EA  
21702360\_EA  
At least \$2 value in pellets

**INSTANT OATMEAL**  
MAPLE &  
BROWN SUGAR

**FLAVOUR VARIETY-ASSORTIMENT**

**Optimum**  
**3,000** = **\$3**  
Value  
when you buy 2

**LISTERINE CLASSIC 1L**  
**MAUI SCALP CARE SHAMPOO** 385 ML OR  
**OGX ARGAN OIL OF MOROCCO SHAMPOO** 385 ML  
SELECTED VARIETIES  
**RINCE-BOUCHE CLASSIQUE**  
**LISTERINE OU SHAMPOING À L'HUILE D'ARGAN OGX**  
2034800004\_EA  
21093222\_EA.2

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

**Optimum**  
**4,000** = **\$4**  
Value  
when you buy 4

**CHEETOS MAC'N CHEESE**  
SELECTED VARIETIES  
184/170 G  
**MACARONI AU FROMAGE CHEETOS**  
21390921\_EA  
21390928\_EA

**Cheetos**  
MAC'N CHEESE  
MACARONI AU FROMAGE

**MULTI BUY**  
**2/\$8**  
OR \$4.99 EA.

**Optimum**  
**3,000** = **\$3**  
Value  
when you buy 2

**CHRISTIE COOKIES**  
SELECTED VARIETIES  
170-303 G  
**BISCUITS CHRISTIE**  
21394407\_EA  
21391513\_EA

**The Original OREO**  
Original

**Chips! Ahoy!**  
ORIGINAL ORIGINAL

**SAVE 1.00** **HOT DEALS**

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

**GOLD SEAL PINK SALMON OR OCEANS WHITE TUNA**  
SELECTED VARIETIES  
170/213 G  
**SAUMON ROSE GOLD SEAL OU THON BLANC OCEAN'S**  
2032838001\_EA  
21088657\_EA

**GOLD SEAL**  
WILD PINK SALMON  
SAUMON ROSE

**CLOVER LEAF**  
SOLID WHITE TUNA  
SAUMON BLANC

**SALE**

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

**OIKOS GREEK YOGURT** 4X100 G OR  
**DANINO** 6X93 ML  
SELECTED VARIETIES  
**YOGOURT GREC OIKOS OU DANINO**  
20623055\_EA  
21520258\_EA

**OIKOS**

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

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

**BAXTER OR SCOTTSBURN BUTTER**  
SELECTED VARIETIES  
454 G  
**BEURRE BAXTER OU SCOTTSBURN**  
20254568\_EA  
20462779\_EA  
20774734\_EA

**SCOTTSBURN Butter**  
SALTED

**Baxter SUSSEX butter**

**SAVE 5.00** **HOT DEALS**

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

**PC BACON-WRAPPED WILD SEA SCALLOPS**  
FROZEN  
260 G  
**PÉTONCLES SAUVAGES GÉANTS BARDÉS DE BACON PC**  
21220644\_EA

**Wild Sea Scallops**  
Pétoncles géants sauvages

**SAVE UP TO 3.00**

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

**CHEF BOMBAY ENTRÉES OR SNACKS**  
240-354 G OR **STRONG ROOTS ENTRÉES** 350 G  
SELECTED VARIETIES, FROZEN  
**PLATS CUISINÉS OU COLLATIONS CHEF BOMBAY OU PLATS CUISINÉS STRONG ROOTS**  
20973182\_EA

**NEW**

**CHEF BOMBAY**

**SALE**

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

**BEN & JERRY'S** 473 ML OR  
**MAGNUM BARS** 4'S  
SELECTED VARIETIES, FROZEN  
**BEN & JERRY'S OU BARRES MAGNUM**  
20950779\_EA  
21428378\_EA

**MAGNUM**  
SUSSEX LAMEL

**BEN & JERRY'S**  
Smooth Fudge

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

**BLACK DIAMOND CHEESE BARS** 400 G,  
**SHREDS** 300-320 G OR  
**PC SHREDS** 250-320 G  
SELECTED VARIETIES  
**BARRES DE FROMAGE, FROMAGE RAPÉ, BLACK DIAMOND OU FROMAGE RAPÉ PC**  
20975773\_EA  
21060183\_EA  
21292721\_EA

**Black Diamond**  
Marble + Marbre

**TRIPLE CHEDDAR**  
FROMAGE RAPÉ

**SAVE 4.00**

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

**CLIF ENERGY BARS**  
SELECTED VARIETIES  
12X56 G  
**BARRES D'ÉNERGIE CLIF**  
20130994003\_C12  
20312631\_C12

**CLIF**

**32<sup>99</sup>**

**PAMPERS ECONO PACK DIAPERS**  
SIZE N-8, 58-180'S  
SELECTED VARIETIES  
**COUCHES EMBALLAGE ÉCONO PAMPERS**  
21619990\_EA  
21536443\_EA

**Pampers swaddlers**  
360  
with protection

**Pampers baby-dry**  
128

**24<sup>99</sup>**

**HUGGIES OR PAMPERS SUPER BIG PACK DIAPERS**  
SIZE N-8, 32-108'S  
SELECTED VARIETIES  
**COUCHES FORMAT GÉANT HUGGIES OU PAMPERS**  
21466418\_EA  
21001813\_EA

**HUGGIES little snugglers**

**Pampers swaddlers**  
84

**SAVE UP TO 2.00**

**21<sup>99</sup>**

**GATORADE OR POWERADE SPORTS DRINK**  
24X591 ML  
**BOISSON DÉSALTÉRANTE GATORADE OU POWERADE**  
20328835003\_C24  
20854136\_C24

**GATORADE**

**3<sup>29</sup>**

**NO NAME WINDSHIELD WASHER FLUID**  
-35°C, 3.78L  
**LAVE-GLACE SANS NOM**  
20720431\_EA

**-35°C windshield washer fluid**  
liquide lave-glacé

**SAVE UP TO 3.00**

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

**FINISH ULTRAMAX 30'S OR ULTIMATE 40'S, QUANTUM 45'S, ALL IN 1 MAX 55'S, CASCADE 30-48'S, GAIN LAUNDRY 4.55L/42'S, GAIN OR DOWNY FABRIC SOFTENER 2.4-3.29 L, BEADS 515 G OR BOUNCE SHEETS 250'S**  
SELECTED VARIETIES  
**ULTRAMAX OR ULTIMATE, QUANTUM, ALL IN 1 MAX FINISH, DÉTERGENT À LESSIVE CASCADE, GAIN, ASSOULISSANT TEXTILE, FEUILLES GAIN OU DOWNY OU FEUILLES BOUNCE**  
20466832001\_EA, 208959422\_EA

**Gain**

**Cascade**

CUSTOMER RELATIONS 1-866-727-0771. VISIT atlanticsuperstore.ca FOR STORE HOURS.

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# SUPER FRESH



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

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

LARGE CANTALOUPE  
\$4 EACH OR  
PC<sup>®</sup> SWEET CARNIVAL  
GRAPES PRODUCT OF U.S.A.,  
NO. 1 GRADE \$4 LB 8.82/KG  
GROS CANTALOUPS  
OU RAISINS SWEET  
CARNIVAL PC<sup>™</sup>  
2018707001\_EA/21236795001\_KG



**SALE**  
**\$3**

LARGE BROCCOLI  
PRODUCT OF CANADA OR  
DRAGONFRUIT  
PRODUCT OF VIETNAM  
EACH  
GROS BROCOLI  
OU PITAYA  
20145423001\_EA  
20188395001\_EA



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

CANADA  
GREENHOUSE  
BEEFSTEAK  
TOMATOES  
PRODUCT OF CANADA  
TOMATES  
BEEFSTEAK  
DE SERRE  
20182614001\_KG



**\$6**

ATLANTIC  
FARMER'S MARKET<sup>™</sup>  
RUSSET OR WHITE  
POTATOES  
PRODUCT OF  
ATLANTIC CANADA,  
CANADA NO. 1 GRADE  
10 LB BAG  
POMMES DE TERRE  
RUSSET OU BLANCHES  
DÉLICIES DU MARCHÉ<sup>™</sup>  
20180202001\_EA  
20180097001\_EA



**SALE**  
**1<sup>77</sup>**

COCONUT PRODUCT OF  
DOMINICAN REPUBLIC OR  
RED MANGO  
PRODUCT OF BRAZIL  
EACH  
NOIX DE COCO OU  
MANGUE ROUGE  
20180174001\_EA  
20180633001\_EA



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

LARGE CAULIFLOWER  
PRODUCT OF CANADA OR U.S.A.,  
NO. 1 GRADE  
EACH  
GROS CHOU-FLEUR  
20183277001\_EA



**\$4**

PC<sup>®</sup> MIXED SALAD  
GREENS  
PRODUCT OF U.S.A.,  
SELECTED VARIETIES  
142 G  
MÉLANGE DE  
LÉGUMES-FEUILLES  
PC<sup>™</sup>  
21087143\_EA/21087144\_EA



**\$10-12**

LARGE SALADS  
MADE FRESH IN-STORE DAILY  
498-928 G  
GRANDES SALADES  
FRAÎCHES  
21183221\_EA/21183212\_EA



**6<sup>99</sup>** LB  
15.41/KG

LEAN GROUND BEEF  
CUT FROM CANADA AA  
GRADE BEEF OR HIGHER  
BŒUF HACHÉ MAIGRE  
201760251\_KG



**CLUB  
SIZE**

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

**HOT  
DEALS**

CHICKEN LEGS  
BACK ATTACHED, FAMILY SIZE  
CUISSÉS DE POULET  
20183222\_KG



**CLUB  
SIZE**

**\$8**

BEEF STIR FRY STRIPS  
CUT FROM CANADA AA GRADE  
BEEF OR HIGHER  
250 G  
LANIÈRES DE BŒUF  
À SAUTER  
21088061\_KG



**12<sup>49</sup>** LB  
27.54/KG

CANADA  
TOP SIRLOIN ROAST  
CUT FROM CANADA AA  
GRADE BEEF OR HIGHER  
RÔTI DE HAUT DE  
SURLONGE  
201760251\_KG



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

MARCANGELO JUMBO  
PORK SAUSAGE  
SELECTED VARIETIES  
FROZEN  
500-675 G  
SAUCISSES  
GÉANTES DE PORC  
MARCANGELO  
21289731\_EA/21289808\_EA



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

**HOT  
DEALS**

WHOLE CHICKEN  
CUT-UP  
POULET ENTIER  
20148915\_KG



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

SUFRA<sup>®</sup> HALAL LEAN  
GROUND BEEF  
454 G  
BŒUF HACHÉ MAIGRE  
HALAL SUFRA<sup>™</sup>  
21097283\_EA



**MULTI  
BUY**  
**3/10<sup>98</sup>**  
OR \$4.29 EA.

SCHNEIDERS  
LUNCHMATE  
STACKERS OR KITS  
SELECTED VARIETIES  
90-132 G  
STACKERS OU  
TROUSSE-REPAS  
LUNCHMATE  
SCHNEIDERS  
21318004\_EA/21317077\_EA



**ALWAYS  
\$7**

PC<sup>®</sup> PUB RECIPES<sup>™</sup>  
OR GLUTEN-FREE  
CHICKEN  
SELECTED VARIETIES  
FROZEN  
600/700 G  
POULET PC<sup>™</sup>  
RECETTE DU PUB<sup>™</sup>  
OU SANS GLUTEN  
21088320\_EA/21088321\_EA



**SAVE  
UP TO  
1.50** **2<sup>49</sup>**

**HOT  
DEALS**

SEAQUEST<sup>®</sup> CRAB OR LOBSTER  
FLAVOURED POLLOCK FLAKES  
OR CHUNKS  
SELECTED VARIETIES, READY-TO-EAT  
227 G  
GOBERGE À SAVOIR DE CRABE  
OU HOMARD SEAQUEST<sup>™</sup>  
FLOCONS OU MORCEAUX  
20189183\_EA/20249798\_EA



**SAVE  
3.00** **\$12**

**HOT  
DEALS**

SEA CRAVE<sup>®</sup> WILD  
SOCKEYE SALMON  
PORTIONS  
FROZEN  
260 G  
PORTIONS DE  
SAUMON SOCKEYE  
SAUVAGE SEA CRAVE<sup>™</sup>  
21031862\_EA



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

PC<sup>®</sup> BATTERED  
WILD COD BITES  
454 G OR WILD YELLOWFIN  
TUNA STEAKS 220 G  
FROZEN  
BOUCHÉES DE MORUE  
SAUVAGE PANÉES OU DARNES  
DE THON JAUNE SAUVAGE PC<sup>™</sup>  
21088983\_EA/21088982\_EA



\*Fresh Promise: Applicable to eligible fresh produce items purchased at Atlantic Superstore store locations or online at atlantic.superstore.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 Atlantic Superstore 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

**SALE**

**\$7**

**IN-STORE BAKED COOKIES**  
SELECTED VARIETIES  
18'S  
**BISCUITS CUIITS EN MAGASIN**  
21434992\_EA



**MULTI BUY**

**8/\$4**  
OR 79¢ EA.

**BULK ROLLS**  
SELECTED VARIETIES  
EACH BAKED IN-STORE  
**PETITS PAINS EN VRAC**  
20076930\_EA



**Optimum**  
Members-Only Price\*  
**5.49**  
Non-members  
**\$6**

Members save  
**51¢**

**PC® MINI MUFFINS**  
SELECTED VARIETIES  
12'S  
**MINI-MUFFINS PC®**  
21444829\_EA



**\$5**

**FARMER'S MARKET® BUTTER CROISSANTS OR BUNS**  
SELECTED VARIETIES  
270/300 G  
**CROISSANTS AU BEURRE OU PETITS PAINS DÉLICÉS DU MARCHÉ™**  
20870943\_EA/21577924\_EA



**3.29**

**PC® NAAN 2'S OR MINI NAAN 4'S**  
ORIGINAL OR GARLIC  
**PAINS NAAN OU MINI NAAN PC®**  
20322759\_EA/20076234\_EA



**MULTI BUY**

**2/8.50**  
OR \$4.99 EA.

**CASA MENDOSA OR WONDER TORTILLAS**  
SELECTED VARIETIES  
10 INCH  
**TORTILLAS CASA MENDOSA OU WONDER**  
20226768\_EA/20980732\_EA



**SALE**

**\$4**

**500¢**

**YACHON OR LITTLE BITES**  
SELECTED VARIETIES AND SIZES  
**YACHON OU LITTLE BITES**  
20862604\_EA/21556600\_EA



**\$6-7**

**SOFTY OR SUB SANDWICHES**  
IN-STORE PREPARED  
PREPACKAGED  
205-384 G  
**SANDWICHES MOELLEUX OU SOUS-MARINS**  
20392712\_EA/21043463\_EA



**\$4**

**ZIGGY'S® SLICED MEATS**  
SELECTED VARIETIES  
175 G  
**CHARCUTERIES TRANCHÉES ZIGGY'S®**  
20904854\_EA



**SAVE UP TO 1.50**

**6.49**

**PC® OR BLUE MENU® SLICED DELI MEATS 175 G OR PC® DELI CHEESE SLICES 140-170 G**  
SELECTED VARIETIES  
**CHARCUTERIES TRANCHÉES PC® OU MENU BLEU® OU TRANCHES DE FROMAGE PC®**  
20219643\_EA/20350580\_EA



**\$9**

**PASTA TRAYS**  
PREPARED IN-STORE  
510-611 G  
**PLATEAUX DE PÂTES**  
21089075\_EA/21299576\_EA



**\$8**

**INDIVIDUAL CHICKEN COMBO WITH WEDGES**  
361-530 G  
**COMBO INDIVIDUEL DE POULET AVEC POMMES DE TERRE EN QUARTIERS**  
21060084\_EA



**SAVE UP TO 1.30**

**4.99**

**ALEXIS DE PORTNEUF LE CALENDOS® OR BABYBEL®**  
SELECTED VARIETIES  
**LE CALENDOS ALEXIS DE PORTNEUF OU BABYBEL**  
20044811\_EA/20574322\_EA



**\$9-10**

**12" TAKE AND BAKE PIZZA**  
SELECTED VARIETIES  
510-739 G  
**PIZZA 12 PO CUIRE À LA MAISON**  
21456295\_EA/21456401\_EA



**MULTI BUY**

**2/\$8**  
OR \$4.49 EA.

**SABRA**  
SELECTED VARIETIES  
283 G  
**SABRA**  
20903342\_EA



**\$4**

**STONEFIRE NAAN CRISPS**  
SELECTED VARIETIES  
170 G  
**CRAQUELINS CROUSTILLANTS DE PAIN NAAN STONEFIRE**  
21045990\_EA/20562702\_EA



*Theodore & Pringle*  
OPTICAL



**50% OFF  
EVERYTHING**

**Yes, absolutely  
EVERYTHING in store.\***

**October 17 - 23, 2024**



\*OFFER AVAILABLE BETWEEN OCTOBER 17 - 23, 2024. WHILE QUANTITIES LAST. OFFER DOES NOT APPLY TO EYE EXAMS AND CANNOT BE COMBINED WITH ANY OTHER OFFER, DISCOUNT OR PROMOTION, INCLUDING ANY ELIGIBLE EMPLOYEE DISCOUNT. TAXES EXTRA, WHERE APPLICABLE. NO ADJUSTMENT ON PREVIOUS PURCHASES. FRAMES AND/OR ACCESSORY SELECTION MAY VARY BY STORE. SEE IN-STORE OPTICIAN FOR DETAILS. OFFER MAY BE MODIFIED OR CANCELLED WITHOUT NOTICE.

# SUPER 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

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

**CANADA**  
BABY BOK CHOY OR  
BABY BOK CHOY JR  
PRODUCT OF CANADA  
454 G  
21002233001\_EA/21002233001\_EA

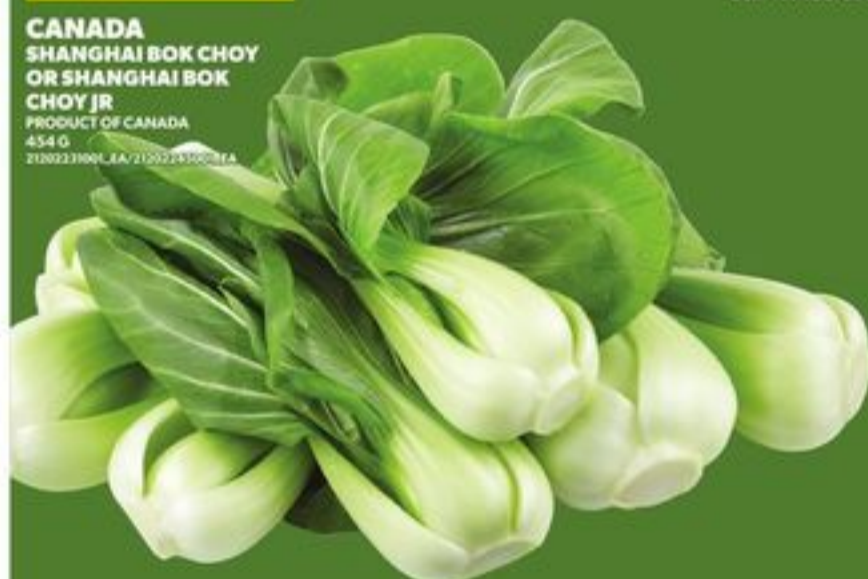


Baby (or Shanghai) bok choy is a cruciferous vegetable with crunchy greenish-white stalks topped with dark green leaves, both of which are edible. Baby bok choy is slightly sweeter than full-sized bok choy and can be used fresh in salads or cooked in soups and stir-fries.



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

**CANADA**  
SHANGHAI BOK CHOY  
OR SHANGHAI BOK  
CHOY JR  
PRODUCT OF CANADA  
454 G  
21002233001\_EA/21002233001\_EA



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



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

**CANADA**  
NAPA CABBAGE  
PRODUCT OF CANADA  
20019023001\_KG



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.

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

**CANADA**  
GAI LON CHINESE  
BROCCOLI  
PRODUCT OF CANADA  
20003604001\_KG



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

**1<sup>69</sup>**  
LB  
3.73/KG

**LOBOK OR  
DAIKON RADISH**  
PRODUCT OF CHINA  
20082109001\_KG



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.

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

**CASSAVA**  
PRODUCT OF COSTA RICA  
20067802001\_KG



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.

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

**LEMONGRASS**  
PRODUCT OF DOMINICAN  
REPUBLIC OR MEXICO  
EACH  
2034681\_EA



Lemongrass (or citronella root) is an herb with long, thin green stalks and white roots. It has a sour lemon flavour that is used to season many Thai and Vietnamese cooked dishes. Add lemongrass to soups, sauces and marinades, or add the stalks to boiling water for tea.

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

**JAPANESE  
SWEET YAMS**  
PRODUCT OF U.S.A.  
20054922001\_KG



**\$6<sup>00</sup>**  
LB  
13.23/KG

**YELLOW YAMS**  
PRODUCT OF COSTA RICA  
20070018001\_KG



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.

# FRESH PICKS

SHOP NOW

**\$24**

**DOZEN ROSES**  
ASSORTED COLOURS  
21529061\_EA



**\$24**

**5 INCH DOUBLE SPIKE ORCHID**  
EACH  
20293541\_EA



**\$14**

**6 INCH POTTED MINI ROSE**  
ASSORTED COLOURS  
20279494\_EA



**\$10**

**RAINBOW MINI CARNATION BUNCH**  
21599430\_EA



no name®

just low prices (so switch)

SAVE  
2.00

HOT  
DEALS

\$7

NO NAME® NATURALLY IMPERFECT™ APPLES  
PRODUCT OF ATLANTIC CANADA, CANADA NO. 2 GRADE  
6 LB  
20668955001,EA



SAVE  
2.99

HOT  
DEALS

\$5

NO NAME® NATURALLY IMPERFECT™ LEMONS  
PRODUCT OF SOUTH AFRICA  
3 LB  
2124487001,EA



SALE

\$7

NO NAME® NATURALLY IMPERFECT™ PEPPERS MIXED  
PRODUCT OF CANADA OR MEXICO  
2.5 LB  
20921434001,EA



\$10

PRICE  
DROP

NO NAME® CHICKEN WINGS  
SELECTED VARIETIES  
FROZEN  
908 G  
21045311,EA  
21045312,EA

honey garlic  
chicken wings  
sauces à la crème  
miel et ail



mild barbecue  
chicken wings  
sauces à la crème  
barbecue douces



LIMIT 4  
AFTER LIMIT  
\$12 EA.

\$15

NO NAME® BEEF BURGERS  
FROZEN  
1.36 KG  
2014154,EA

beef  
burgers



SAVE  
1.00

HOT  
DEALS

3<sup>49</sup>

NO NAME® WIENERS  
450 G  
20002784,EA

original  
hot dogs  
saucisses fumées  
originales



MULTI  
BUY

2/\$6

OR \$3.79 EA.

NO NAME® JUICE DRINK  
SELECTED VARIETIES  
10X200 ML  
20033042,EA  
2003305001,EA



SALE

4<sup>99</sup>

NO NAME® JAM  
SELECTED VARIETIES  
500 ML  
2003332001,EA



ALWAYS  
\$2<sup>50</sup>

NO NAME® WAFFLES  
SELECTED VARIETIES, FROZEN  
8'S  
20116375001,EA

original  
waffles



SALE

2<sup>49</sup>

NO NAME® ENGLISH MUFFINS  
WHITE OR WHOLE WHEAT  
6'S  
2126480,EA  
2126483,EA



12<sup>99</sup>

NO NAME® ROAST AND GROUND COFFEE  
SELECTED VARIETIES  
925 G  
21306616,EA



SALE

2<sup>99</sup>

NO NAME® BAGELS  
SELECTED VARIETIES  
6'S  
2127967,EA  
2127970,EA



SALE

2<sup>99</sup>

NO NAME® PEANUT BUTTER  
SELECTED VARIETIES  
500 G  
2029623001,EA



3<sup>49</sup>

NO NAME® WHOLE GRAIN OATS  
SELECTED VARIETIES  
900 G-1 KG  
20923994,EA  
20923828,EA



2<sup>79</sup>

NO NAME® CANOLA OIL COOKING SPRAY  
170 G  
21143254,EA



SAVE  
UP TO 34%

HOT  
DEALS

99¢

NO NAME® TOMATO, CREAM OF MUSHROOM, CHICKEN NOODLE OR VEGETABLE SOUP  
284 ML  
20302431,EA  
20418885,EA



MULTI  
BUY

2/\$3

OR \$1.79 EA.

NO NAME® RICE CRACKERS  
SELECTED VARIETIES  
100 G  
20297188002,EA  
20297188003,EA



no name®

just low prices (so switch)

SALE

1.49

NO NAME®  
VEGETABLES  
SELECTED VARIETIES  
341/398 ML  
20302131\_EA  
20322322\_EA



MULTI  
BUY

3/4.98

OR \$1.99 EA.

NO NAME® CHUNK OR  
FLAKED LIGHT TUNA  
170 G  
20521647\_EA  
20521648\_EA



5.99

NO NAME® CANOLA  
OR VEGETABLE OIL  
946 ML  
20088990\_EA  
20768660\_EA



2.99

NO NAME® PURE  
WHITE VINEGAR  
CLUB SIZE  
4 L  
20402756\_EA



SALE

4.49

NO NAME® PICKLES  
SELECTED VARIETIES  
1 L  
20328255\_EA



2.99

NO NAME®  
SALAD DRESSING  
SELECTED VARIETIES  
475 ML  
20628489001\_EA  
20628489003\_EA



3.49

NO NAME®  
CROUTONS  
SELECTED VARIETIES  
145 G  
21046223\_EA



2.49

NO NAME® MUSTARD  
400 ML  
20402036\_EA



1.99

NO NAME® CHEESE  
FLAVOURED CORN  
SNACKS OR CORN  
CHIPS  
SELECTED VARIETIES  
200 G  
20048210\_EA  
20062493\_EA



3.99

NO NAME® BLANCHED PEANUTS  
SELECTED VARIETIES  
500 G  
20318042001\_EA  
20318042002\_EA



SALE

4.49

NO NAME® HONEY  
GRAHAM WAFERS  
SELECTED VARIETIES  
400 G  
20060356\_EA



SAVE  
1.00

HOT  
DEALS

2.49

NO NAME®  
BLEACH  
SELECTED VARIETIES  
1.27 L  
21489585\_EA  
21507048\_EA



5.99

NO NAME®  
PAPER TOWELS  
6-8 ROLLS  
20078425\_EA



SAVE  
UP TO  
3.00

HOT  
DEALS

7.99

NO NAME®  
GARBAGE  
BAGS  
SELECTED VARIETIES  
20-100'S  
21164660\_EA



2.99

NO NAME®  
RESEALABLE  
SANDWICH BAGS  
100'S  
20180393\_EA



SAVE  
1.00

HOT  
DEALS

2.99

NO NAME®  
PLASTIC WRAP  
SELECTED VARIETIES  
60 M  
21030602\_EA



SAVE  
1.00

6.49

NO NAME®  
FREEZER  
ZIPPER BAGS  
MEDIUM OR LARGE  
30/40'S  
20155482\_EA  
20218374\_EA



# NO TRICKS, ALL TREATS

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

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

40  
328 g

50  
485 g

Optimum  
Members-Only Price\*  
**12<sup>99</sup>**  
Non-members  
**21<sup>99</sup>**  
Members save \$9

MARS FUN SIZE 95'S  
OR NESTLÉ MINIS 100'S  
21452311\_EA/21995523\_EA

100  
1.15 kg

95  
PETITES JOIES

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

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

55  
55  
KINDER  
CHOCOLATE/CHOCOLAT  
mini

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

MARS MIXED  
CHOCOLATE BOX  
50'S  
21452478\_EA

50  
PETITES JOIES

601 g

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

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

50  
50

582 g  
513 g

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

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

100  
100

1.17 kg

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

NESTLÉ ASSORTED  
FULL SIZED BARS  
8'S  
20885423\_EA

8

364 g

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

SKITTLES STARBURST  
FUN SIZE  
90'S  
21452377\_EA

90  
PETITES JOIES

1.05 kg

**MULTI BUY**

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

ONTPELLIER  
10X  
355 ML  
12X  
355 ML

BUBLY SPARKLING  
WATER 12X355 ML OR  
MONTELLIER 10X355 ML  
SELECTED VARIETIES  
21097172\_C12  
21097172\_C10

bubly  
sparkling water  
limebubly

**MULTI BUY**

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

PC® BLUE MENU® OR  
PC® SPARKLING WATER  
SELECTED VARIETIES  
12X355 ML  
21518575\_C01  
20668034002\_C01

SPARKLING WATER

CALAMANDI CITRUS & STRAWBERRY  
SPARKLING WATER

**MULTI BUY**

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

GATORADE OR  
POWERADE SPORTS  
DRINK  
SELECTED VARIETIES  
6X591 ML  
2030328003\_C06  
20854209\_C06

GATORADE  
POWERADE

# SUPER YOUR EVERYDAY

**SALE**

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

**PILLSBURY READY TO BAKE CHUB COOKIE, ROLLS, CRUST OR BISCUITS**  
SELECTED VARIETIES  
318-468 G  
20217812003\_EA  
20218034001\_EA

**SALE**

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

**BECHEL MARGARINE**  
SELECTED VARIETIES  
637/850 G  
20297818002\_EA  
21279189\_EA

**HOT DEALS**

**6<sup>50</sup>**

**KRAFT PEANUT BUTTER**  
750 G/1 KG OR HAZELNUT SPREAD 725 G  
SELECTED VARIETIES  
20029181001\_EA  
21285418\_EA

**SAVE UP TO 1.50**

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

**KELLOGG'S FAMILY SIZE CEREAL**  
SELECTED VARIETIES  
480-650 G  
2144974\_EA  
2140081\_EA

**HOT DEALS**

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

**INTERNATIONAL DELIGHT COFFEE WHITENER OR COLD FOAM**  
SELECTED VARIETIES  
396-946 ML  
20895480002\_EA  
20895480001\_EA

**SALE**

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

**SIGGIS YOGURT 4X100 G OR FRUITÉ DRINK 1.54L**  
SELECTED VARIETIES  
20200281001\_EA  
21200281002\_EA

**SAVE 2.00**

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

**LACTANTIA BUTTER STICKS OR LACTOSE FREE BUTTER**  
SELECTED VARIETIES  
454 G  
20058427\_EA  
21069665\_EA

**HOT DEALS**

**MULTI BUY**

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

**LECLERC CÉLÉBRATION COOKIES**  
SELECTED VARIETIES  
240 G  
20853797001\_EA  
20853797002\_EA

**MULTI BUY**

**2/\$7**  
OR \$3.99 EA.

**DARE BRETON OR VINTA CRACKERS**  
SELECTED VARIETIES  
132/225 G  
20310364001\_EA  
21532685\_EA

**MULTI BUY**

**2/\$7**  
OR \$3.99 EA.

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

**SALE**

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

**TWINING'S HERBAL TEA 20'S OR TIM HORTON'S HOT CHOCOLATE**  
500 G OR CAPPUCCINO FRENCH VANILLA, DOUBLE DOUBLE OR MOCHA 6'S  
SELECTED VARIETIES  
20149885\_EA  
20208012001\_EA

**SAVE UP TO 4.00**

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

**PC® WHOLE BEAN, ROAST AND GROUND 340 G OR MAXWELL HOUSE GROUND COFFEE 631-900 G**  
SELECTED VARIETIES  
21380541\_EA  
21604883\_EA

**HOT DEALS**

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

**SAVE UP TO 30%**

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

**QUE PASA TORTILLA CHIPS**  
SELECTED VARIETIES  
300/350 G  
2001319\_EA  
2001315\_EA

**HOT DEALS**

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

**ZIPLOC MEGAPACKS**  
SELECTED VARIETIES  
75-270'S  
21194501\_EA/211945100\_EA

**SALE**

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

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

**Members-Only Price\***

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

**Members save \$2**

**Non-members 14<sup>99</sup>**

**TIDY CATS CAT LITTER**  
SELECTED VARIETIES  
2.72 KG  
21269503\_EA

# TASTE OF ITALY

**MULTI BUY**  
**2/\$5**  
OR \$2.99 EA.

**DELVERDE PASTA**  
SELECTED VARIETIES  
250-450 G  
3037973004\_EA  
3040239L\_EA

**SAVE 3.00** **HOT DEALS**  
**10<sup>99</sup>**

**RAO'S PASTA SAUCE**  
SELECTED VARIETIES  
660 ML  
30086654004\_EA  
30086654001\_EA

**MULTI BUY**  
**2/\$9**  
OR \$4.99 EA.

**BARILLA LASAGNA 454 G OR NESTED PASTA 450 G**  
SELECTED VARIETIES  
30902949\_EA/3023983\_EA

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

**MUTTI PASSATA**  
SELECTED VARIETIES  
680 ML  
30288490001\_EA  
30288490002\_EA

**MULTI BUY**  
**2/\$4**  
OR \$2.49 EA.

**PC PASTA**  
SELECTED VARIETIES  
454 G  
30001579\_EA  
30001584\_EA

**MULTI BUY**  
**2/\$9**  
OR \$4.99 EA.

**PC PASTA SAUCE**  
SELECTED VARIETIES  
430/650 ML  
3033344009\_EA  
3033349005\_EA

**SALE**  
**18<sup>99</sup>**

**PC SPLENDIDO COLD-PRESSED OR COLD-EXTRACTED DELICATO EXTRA VIRGIN OLIVE OIL**  
1 L  
30001843\_EA  
30401612\_EA

**SAVE 2.00** **HOT DEALS**  
**7<sup>99</sup>**

**BOTTICELLI PASTA SAUCE**  
SELECTED VARIETIES  
370/770 ML  
3184485\_EA

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

**CARBONE PASTA SAUCE**  
SELECTED VARIETIES  
660 ML  
31495439\_EA

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

**PC BLACK LABEL PARMIGIANO REGGIANO CHEESE**  
PRODUCT OF ITALY  
AGED 36 MONTHS  
200 G  
30626019\_EA

**8<sup>50</sup>**

**FARMER'S MARKET ROMA TOMATOES**  
PRODUCT OF CANADA  
3 LB  
30887458001\_EA

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

**BROCCOLINI**  
PRODUCT OF USA  
30334907\_EA

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

**PC BASIL, BAY LEAF, SAGE, ROSEMARY OR OREGANO**  
PRODUCT OF COLOMBIA  
MEXICO, ECUADOR  
2184799\_EA  
30234481\_EA

# SUPER YOUR EVERYDAY

10<sup>99</sup>

**NATIVE HAIR CARE**  
SELECTED VARIETIES  
177/487 ML  
21901267\_EA/21905287\_EA



7<sup>49</sup>

**HERBAL ESSENCES HAIR CARE**  
SELECTED VARIETIES  
118-400 ML  
21977075\_EA/21977085\_EA



8<sup>99</sup>

**OGX, AVEENO OR MAUI HAIR CARE**  
SELECTED VARIETIES AND SIZES  
30312551004\_EA/2195324\_EA



FROM 22<sup>49</sup>

**OLAY TOTAL EFFECTS MOISTURIZER OR TREATMENTS OR EUCERIN BODY LOTION**  
SELECTED VARIETIES AND SIZES  
20976366\_EA/21080494\_EA



7<sup>99</sup>

**NIVEA FACE ESSENTIALS CLEANSING OR PURE AND NATURAL MOISTURIZERS OR BODY LOTION**  
SELECTED VARIETIES AND SIZES  
20468865\_EA/20700027\_EA



SAVE UP TO 1.50

4<sup>99</sup>

**ST. IVES LOTIONS, FACE SCRUBS OR EXFOLIATING TONERS OR POND'S COLD CREAM**  
SELECTED VARIETIES AND SIZES  
20348329073\_EA/20243024\_EA



8<sup>49</sup>

**OLD SPICE BODY WASH**  
SELECTED VARIETIES  
532/709 ML  
21900653\_EA/21900657\_EA



13<sup>99</sup>

**OLAY INDULGENT MOISTURE BODY WASH**  
591 ML  
21485376\_EA



4<sup>99</sup>

**NIVEA BODY WASH 500 ML, DEODORANT ROLL-ON 50 ML OR ANTIPERSPIRANT 51/52 G**  
SELECTED VARIETIES  
21969995\_EA/21502921\_EA



4<sup>99</sup>

**DOVE OR DEGREE DEODORANT OR ANTIPERSPIRANT**  
SELECTED VARIETIES  
45-76 G  
20184232001\_EA  
20184232003\_EA



7<sup>49</sup>

**OLD SPICE OR GILLETTE DEODORANT OR ANTIPERSPIRANT**  
SELECTED VARIETIES  
73-144 G  
20701678\_EA  
207197237001\_EA



19<sup>99</sup>

**GILLETTE PROSHIELD, PROGLIDE OR VENUS RAZORS**  
SELECTED VARIETIES  
1'S  
21354957\_EA/21357262\_EA



6<sup>49</sup>

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



5<sup>49</sup>

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



7<sup>99</sup>

**CREST SCOPE OUTLAST AND PROHEALTH ADVANCED RINSE 1 L, CREST PRO HEALTH GUM DETOXIFY TOOTH PASTE 110 ML, ORAL-B FLOSS TWIN PACK OR ORAL-B BATTERY TOOTHBRUSH**  
SELECTED VARIETIES AND SIZES  
20308648001\_EA/20596745\_EA





# SUPER YOUR EVERYDAY

**2,500<sup>0</sup> = \$2<sup>50</sup>**  
when you buy 2 Value

**HALLS BAGS**  
SELECTED VARIETIES  
20-30'S  
2031560013\_EA  
2031560001\_EA

**HALLS RELIEF SOULAGEMENT**  
CHERRY FLAVOUR SAUCEUR CERISE

**SAVE UP TO 20% OFF**

**CENTRUM MULTIVITAMINS, EMERGEN-C OR CALTRATE BONE HEALTH SUPPLEMENTS**  
SELECTED VARIETIES AND SIZES  
20497357\_EA/21283427\_EA

**Centrum MULTIGUMMIES**  
ADULT/ADULTE

**Emergen-C<sup>®</sup>**  
1,000 MG Vitamin C  
1000 mg de vitamine C  
Super Orange

**SAVE UP TO 15% OFF**  
4.99-13.59

**BAND-AID BANDAGES OR POLYSPORIN OINTMENT**  
SELECTED VARIETIES AND SIZES  
21335482\_EA/20390516001\_EA

**BAND-AID FLEXIBLE FABRIC**  
Comfortable protection that stretches & flexes as you move  
Stays on for up to 24 hours

**Polysporin ORIGINAL**  
Infection Protection + Vitamin E<sup>®</sup>  
Prévenir l'infection + Vitamine E<sup>®</sup>

**SAVE UP TO 15% OFF**  
12.49-13.49

**GLUCERNA OR ENSURE MEAL REPLACEMENT SHAKES**  
SELECTED VARIETIES AND SIZES  
2018032001\_EA/2030871061\_EA

**Glucerna**  
Diabetes Diabetes  
COMPLETE BALANCED NUTRITION<sup>®</sup>  
ALIMENTATION COMPLETE ET ÉQUILIBRÉE<sup>®</sup>

**Ensure**  
COMPLETE BALANCED NUTRITION<sup>®</sup>  
ALIMENTATION COMPLETE ET ÉQUILIBRÉE<sup>®</sup>  
HIGH PROTEIN HYPERPROTEINÉ

**SAVE UP TO 15% OFF**

**SYSTANE EYE-DROPS**  
15-30 ML OR OPTI-FREE LENS CARE SOLUTION  
2X300 ML, SELECTED VARIETIES  
20307823\_EA/21207933\_EA

**Systane COMPLETE**  
LUBRICANT EYE DROPS  
Optimal Dry Eye Relief  
The All-in-One Drop for all types of Dry Eye

**OPTI-FREE Replenish**  
All Day Comfort

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

**POISE PADS**  
SELECTED VARIETIES AND SIZES  
21302119\_EA

**Poise PADS**  
12-HOUR PROTECTION

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

**1,000<sup>0</sup> = \$1 Value**

**ALWAYS LINERS** 92-96'S, PADS 7-92'S OR **TAMPAX TAMPONS** 22-36'S  
SELECTED VARIETIES  
21022063\_EA/21374629\_EA

**always ULTRA THIN**  
100% COTTON COTTON

**TAMPAX PEARL**  
S+ SUPER PLUS  
LEAKGUARD<sup>®</sup> PROTECTION

**SAVE UP TO 20% OFF**  
3.89-14.39

**LIFE BRAND<sup>®</sup> CLEANSERS, TREATMENTS OR MOISTURIZERS**  
SELECTED VARIETIES AND SIZES  
21417438\_EA/21421633\_EA

**life Foaming moussant**

**life Clear ACTION<sup>®</sup>**  
Acne Oils-Absorbing Patches  
Timbres anti-acné absorbant le sébum

**\$5**

**LIFE BRAND<sup>®</sup> LIQUID HAND SOAP REFILL**  
SELECTED VARIETIES  
2L  
2132781003\_EA  
2132781004\_EA

**life Aloe Vera**

**life Fresh Scent Parfum**

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

**LISTERINE ULTRA CLEAN OR TOTAL CARE MOUTHWASH**  
SELECTED VARIETIES  
1L  
20751283\_EA/21088044\_EA

**LISTERINE TOTAL CARE ZERO**

**LISTERINE TOTAL CARE**

**SAVE UP TO 15% OFF**  
3.99-47.99

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

**DIESEL NEW ZEALAND WHEY PROTEIN**

**DIESEL PERFECT SPORTS**

**SAVE UP TO 15% OFF**

**TYLENOL COMPLETE COUGH, COLD AND FLU TABLETS OR CAPSULES 18/20'S OR BENYLIN COUGH SYRUPS** 100 ML  
SELECTED VARIETIES  
20322279001\_EA  
20294733001\_EA

**TYLENOL COMPLETE**  
Extra Strength  
Cough & Chest Congestion

**BENYLIN EXTRA STRENGTH**  
Cough & Chest Congestion

**SAVE UP TO 20% OFF**

**PEPTO BISMOL, RESTORALAX OR RESTORAFIBRE DIGESTIVE HEALTH CHEWS** 24-90'S, LIQUIDS 350/480 ML OR POWDERS 119-765 G,  
SELECTED VARIETIES  
20319797002\_EA/213809001\_EA

**Pepto Bismol**

**RestoraFIBRE**  
Daily Gummies  
Gélules quotidiennes

**RestoraAX**  
Daily Gummies



# BABY SHOP

## FOR LESS

SHOP NOW



### 26<sup>99</sup>

**PAMPERS EASY UPS CLUB PACK TRAINING PANTS** 56-74'S OR **NINJAMAS NIGHTTIME UNDERWEAR** 34-44'S  
SELECTED VARIETIES  
21309032\_EA



### \$20

**PC® 12X BABY WIPES**  
UNSCENTED  
1200'S  
21432345\_EA



### 19<sup>99</sup>

**PAMPERS 9X OR HELLO BELLO 6X BABY WIPES**  
SELECTED VARIETIES, 504-600'S  
21309031\_EA/21309036\_EA



### 36<sup>99</sup>

**HUGGIES ECONO PULL-UPS TRAINING PANTS**  
SELECTED VARIETIES  
66-104'S  
21303427\_EA/21303423\_EA



### 36<sup>99</sup>

**HUGGIES ECONO PACK DIAPERS**  
SELECTED VARIETIES  
SIZE N-7, 60-200'S  
21340322\_EA/21340633\_EA



### 19<sup>99</sup>

**DIAPER GENIE DIAPER PAIL REFILLS OR SIGNATURE EASY ROLL REFILLS** 10'S  
SELECTED VARIETIES  
21348956\_EA



SAVE UP TO  
**30% OFF**  
4.19-10.49

**MUNCHKIN FOOD ACCESSORIES**  
SELECTED VARIETIES  
21341170\_EA/21308447\_EA



## BABY CARE AT GREAT PRICES

SAVE UP TO  
**20% OFF**  
1.23-12.79

**PC® TOILETRIES**  
**BABY NEEDS OR DAPPLE DISH SOAP**  
SELECTED VARIETIES  
20887349\_EA/20979161\_EA



SAVE UP TO  
**20% OFF**  
2.00-10.39

**JOHNSON & JOHNSON**  
**BABY NEEDS**  
SELECTED VARIETIES  
21132321\_EA/20325065017\_EA



### 11<sup>99</sup>

**LIVE CLEAN**  
**BABY WASH**  
SELECTED VARIETIES  
750 ML  
20607347\_EA  
20606005\_EA



### 8<sup>99</sup>

**BABY BUTZ** 113 G,  
**SUDOCREM** 125 G OR  
**ZINCOPAX** 12/100 G  
SELECTED VARIETIES  
2046304001\_EA/20715790\_EA



SAVE UP TO  
**20% OFF**

**CERA VE** **BABY NEEDS**  
SELECTED VARIETIES  
21439175\_EA/21439186\_EA





# BABY SHOP

## FOR LESS

SHOP NOW



### FORMULA DEALS

### 59<sup>99</sup>

**ENFAMIL A+ READY TO FEED INFANT FORMULA**  
SELECTED VARIETIES  
18X237 ML  
21069376\_C01/21069382\_C01



### 29<sup>99</sup>

**ENFAGROW A+ TODDLER NUTRITIONAL SUPPLEMENT**  
SELECTED VARIETIES  
907 G  
21407931\_EA/21407971\_EA



### 8<sup>99</sup>

**NESTLÉ CERELAC BABY CEREAL WITH HONEY & WHEAT**  
400 G  
21064977\_EA



### 68<sup>49</sup>

**ENFAMIL NEUROPRO READY TO FEED INFANT FORMULA**  
18X237 ML  
21090960\_C01



### 52<sup>99</sup>

**SIMILAC READY TO FEED BABY FORMULA**  
STAGE 1 OR 2, 16X235 ML  
21334996\_C01/21334792\_C01



### 54<sup>99</sup>

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



### BABY FOOD & SNACKS

### MULTI BUY

### 2/\$9

OR \$4.99 EA.

**GERBER ORGANIC SNACKS 28-150 G OR AMARA ORGANIC INFANT SMOOTHIE MELTS 23 G**  
SELECTED VARIETIES  
21097799\_EA/21426240\_EA



### 3<sup>79</sup>

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



### 3<sup>79</sup>

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



### 3<sup>99</sup>

**PC ORGANICS FROZEN BABY FOOD**  
SELECTED VARIETIES  
8X32ML/2X128G  
21241170\_EA/21286447\_EA



# CLEANING ESSENTIALS

Get all your cleaning needs here!

**SAVE 2.00** **HOT DEALS**

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

2,500 **Value** **2.50**

**FAMILY GUARD DISINFECTANT SPRAY**  
SELECTED VARIETIES  
436 G/346 ML  
2142802\_EA

**MULTI BUY**

**2/\$13**  
OR \$7.99 EA.

4,000 **Value** **\$4**  
when you buy 2

**LYSOL WIPES 75-84'S, DISINFECTANT SPRAY 350 G OR TOILET BOWL CLEANER 946 ML**  
SELECTED VARIETIES  
21449205\_EA  
21449203\_EA

**SAVE 2.00** **HOT DEALS**

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

**CLOROX DISINFECTING WIPES**  
SELECTED VARIETIES  
75'S  
20348537002\_EA

**SALE**

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

**NEUTRA-AIR DISINFECTANT SPRAY & FRESHENER**  
SELECTED VARIETIES  
283 G  
21433302\_EA

**SAVE 50%** **HOT DEALS**

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

**CLOROX BLEACH**  
2.4 L  
21382078\_EA

**SALE**

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

**NO NAME® DISINFECTANT WIPES**  
SELECTED VARIETIES  
75'S  
21384771\_EA

**SAVE UP TO 3.00** **HOT DEALS**

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

**LYSOL LAUNDRY DISINFECTANT 1.2L, RESOLVE IN WASH POWDER OR SPRAYS**  
625 G/650 ML  
SELECTED VARIETIES  
20323720\_EA  
21487308\_EA

**SAVE UP TO 30%** **HOT DEALS**

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

**PUREX LAUNDRY DETERGENT 1.92-2.03 L OR FLEECY FABRIC SOFTENER 2.6 L OR SHEETS 120'S**  
SELECTED VARIETIES  
20496216005\_EA/21311762\_EA

**SAVE UP TO 6.50**

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

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

**21<sup>99</sup>**

**FINISH QUANTUM, ULTIMATE AND ULTRAMAX OR DISHWASHER DETERGENT TABS**  
SELECTED VARIETIES  
51-64'S  
2127949\_EA

**SALE**

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

**DAWN DISHWASHING LIQUID**  
SELECTED VARIETIES  
431-473 ML  
21420581\_EA/21016054\_EA

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

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

# WICKED



Turn heads with our spellbinding new collection, inspired by the movie Wicked. Select Stores + Online

Kid Wicked Glinda & Elphaba Pullovers

24 ea.



Toddler Wicked Glinda Tulle Dress

34



Wicked Defy Gravity Hoodie

39



Kid Wicked Hoodie

29



Wicked Green Jogger Set

39



Adult Wicked Pullover

39



Wicked Glinda & Elphaba Tulle Dresses

39 ea.



JOE FRESH

SHOP NOW

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  
happy

ONLINE EXCHANGE REQUIRED

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<sup>99</sup>**  
Campbell's® Ready to Serve Soups 515 mL, selected varieties 21480539\_EA

**1<sup>99</sup>**  
Campbell's® Ready to Use & Concentrated Broths 250 mL – 900 mL, selected varieties 20322348001\_EA 21347245\_EA

**4<sup>49</sup>**  
Pace® Chunky Salsa 642 mL, selected varieties 20307531001\_EA

**2<sup>99</sup>**  
Campbell's® Chunky® Soup 515 mL, selected varieties 21547142\_EA/21617836\_EA

**3<sup>99</sup>**  
Prego® Pasta Sauce 645 mL, selected varieties 20325820001\_EA

© 2024 Campbell Company of Canada

**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<sup>29</sup>** **500<sup>+</sup>**  
PATAK'S COOKING SAUCE selected varieties 400 mL 20217180002\_EA

**3<sup>29</sup>** **500<sup>+</sup>**  
PATAK'S READY TO HEAT selected varieties 285 mL 21588103\_EA/21588293\_EA

**4<sup>29</sup>** **500<sup>+</sup>**  
PATAK'S PASTE selected varieties 284 mL 20307957001\_EA

SCAN FOR RECIPE INSPIRATION

**Mornings Made Easy**

**\$3<sup>49</sup>**  
Pillsbury® Toaster Strudel 326 g or Scrambles 204 g selected varieties frozen 20172664001\_EA

**\$4<sup>99</sup>**  
Burnbrae frozen egg bites 336 g selected varieties frozen 21550807\_EA

**\$2<sup>99</sup>**  
no name® punch or lemonade 283 mL selected varieties frozen 20552134002\_EA

**\$1<sup>49</sup>**  
fruit punch

**\$3<sup>49</sup>**  
Eggo Original - Originals  
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<sup>49</sup>**  
Oikos® - 850 g, 750 g  
21305945\_EA



**\$12<sup>99</sup>**  
Oikos® - 1.5 kg  
21477261\_EA



**3<sup>99</sup>**  
Oikos® - 4 x 95 g, 4 x 100 g  
21076965\_EA  
21419715004\_EA

NEW  
Strawberry  
Cheesecake



OR \$2.29 EA  
**2/3<sup>50</sup>**  
Oikos® - 190 ml  
21588614\_EA

\*As part of a complete breakfast and balanced diet

ACTIVIA  
active probiotics - probiotiques actifs

1 BILLION ACTIVE PROBIOTICS\*



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



**\$4<sup>49</sup>**  
Activia® - 850 g  
21430507\_EA



**\$12<sup>99</sup>**  
Activia® - 2 kg  
21477228\_EA



OR \$2.29 EA  
**2/3<sup>50</sup>**  
Activia® - 190 ml  
21348503\_EA



**6<sup>49</sup>**  
Activia® - 18 x 53 ml  
2108458\_EA

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

**DANONE**  
NEW BANANA  
DANONE  
LACTOSE FREE  
MINIONS  
**\$3<sup>99</sup>**  
Danone® - 6 x 53 ml  
21620340\_EA  
2031636002\_EA

**DANONE**  
GO!  
OR \$1.29 EA  
**3/3**  
Danone Go®  
190 ml  
21348029\_EA

**SUGAR DOWN  
PROTEIN UP**  
NEW CHERRY  
**\$4<sup>49</sup>**  
OR \$5.99 EA  
**2/10**  
Two Good® - 4 x 95 g  
21476047\_EA  
Two Good® - 825 g  
21477597\_EA

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TRUSTED  
SOFTNESS,  
BETTER  
TEAR\*  
\*vs. leading US  
1-ply bargain brand  
**17<sup>99</sup>**  
Charmin  
Bath Tissue, 12=48 roll, soft,  
21549779\_EA

Cleans Better  
So You Can Use  
Less\*  
**17<sup>99</sup>**  
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<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  
© 2024 P&G

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



**\$19**  
Scotties® Facial Tissue,  
18 pack  
2031608\_EA



**\$19<sup>99</sup>**  
Sponge Towels® Ultra  
Paper Towels, 12=18 Rolls  
2189851\_EA

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, 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](http://www.onlyincanada.ca). Limit 3 Gift Cards per household. Offer valid in only Canada.  
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