



Optimum™



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

Optimum  
Members-Only Price™  
**12<sup>99</sup>**  
Non-members  
**21<sup>99</sup>**



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™  
**3<sup>49</sup>**  
Non-members  
**\$5**



BASSE MIX  
SELECTED VARIETIES  
415-600 G  
21158597\_EA/21524508\_EA

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



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™  
**5<sup>99</sup>**  
Non-members  
**11<sup>99</sup>**

Optimum  
**5,000**<sup>(pt)</sup>  
for every \$12<sup>\*</sup>  
spent on

**\$5**  
Value



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



Members  
save  
**\$4.50**

Optimum  
Members-Only Price™  
**7.99**  
Non-members  
**12.49**

**SCHNEIDERS PEPPERETTES**  
SELECTED VARIETIES  
300 G  
20976110\_EA/21433636\_EA



Members  
save  
**\$1**

Optimum  
Members-Only Price™  
**3.99**  
Non-members  
**4.99**

**GOLD SEAL SOCKEYE SALMON**  
213 G  
21186814\_EA

Optimum  
**2,000**<sup>(pt)</sup>

**\$2**  
Value



**3.99**

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



Members  
save  
**\$2**

Optimum  
Members-Only Price™  
**5.99**  
Non-members  
**7.99**

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

Scan to see  
our complete  
digital flyer



**Zehrs**™



**SALE**  
**SAVE 49%**

**\$2** LB

**4<sup>77</sup>** LB

**PORK SIDE RIB PORTION**  
4.41/KG  
20836871\_KG

**CHICKEN BREASTS FAMILY SIZE  
OR HALAL CHICKEN BREASTS**  
BONELESS SKINLESS  
10.52/KG  
20028450\_KG/20750088\_KG



**SAVE**  
**AT LEAST 41%**

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

**FRESH ASC TILAPIA  
FILLETS OR  
STEELHEAD TROUT  
FILLETS**  
22.02/KG  
FRESH SEAFOOD  
ITEMS SUBJECT  
TO AVAILABILITY  
20897812\_KG/21025083\_KG



**SAVE**  
**THIS WEEK**

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

**ONTARIO  
JUMBO PUMPKINS**  
PRODUCT OF  
ONTARIO  
EACH  
20081484001\_EA



**SALE**  
**SAVE 55%**

**1<sup>88</sup>**

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



**WHEN YOU BUY 2**  
**SAVE 98¢**

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

**D'ITALIANO  
BREAD OR BUNS**  
SELECTED SIZES  
AND VARIETIES  
20038335\_EA  
21450797\_EA  
20626915\_EA



**PKG  
OF 5**

**SALE**  
**SAVE \$1<sup>55</sup>**

**3<sup>44</sup>**

**AVOCADO BAG**  
PRODUCT OF MEXICO  
5'S  
20142232001\_EA



**PKG  
OF 3**

**SAVE**  
**THIS WEEK**

**\$4**

**ONTARIO  
FARMER'S MARKET™  
GREENHOUSE PEPPERS**  
PRODUCT OF ONTARIO  
3'S  
20085851001\_EA



**SAVE**  
**THIS WEEK**

**4/\$5**  
LESS THAN 4  
\$1.49 EA.

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



**SAVE**  
**UP TO \$1<sup>50</sup>**

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

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



**NO NAME® CANOLA OR  
VEGETABLE OIL**  
3 L  
20028656\_EA/20103390\_EA

**\$7**



**SAVE**  
**THIS WEEK**

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

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

**JAMIESON  
VITAMINS OR  
SUPPLEMENTS**  
SELECTED  
VARIETIES  
AND SIZES  
20299993\_EA  
20342623\_EA

**SALE**  
**SAVE UP TO**

**40%**

**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%**

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

**WINDSOR  
CLEAN &  
PROTECT WATER  
SOFTENING  
PELLETS**  
18.1 KG  
21104810\_EA

**SALE**  
**SAVE \$2<sup>30</sup>**

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

**3,000<sup>PC</sup>**  
when you buy 2

**\$3 Value**

**WHEN YOU BUY 2 SAVE \$1.98**

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

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

**2,000<sup>PC</sup>**  
for every "10" spent on

**\$2 Value**

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

**2,000<sup>PC</sup>**  
when you buy 4

**\$2 Value**

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

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

**SAVE UP TO \$2**

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

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

**SALE SAVE \$6**

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

**PC® BLUE MENU®**  
NOVA SCOTIAN  
JUMBO SEA SCALLOPS  
20-40 PER LB, FROZEN  
400 G  
20638148\_EA

**SALE SAVE \$2**

**\$6**

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

**SAVE THIS WEEK**

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

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

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

**BLACK DIAMOND CHEESE**  
BARS 400 G, SHREDS  
300-320 G OR  
PC® SHREDS 250-320 G  
SELECTED VARIETIES  
21060183\_EA  
21279221\_EA

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

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

**SAVE UP TO \$1**

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

**GOLD SEAL PINK SALMON OR CLOVER LEAF WHITE TUNA**  
SELECTED VARIETIES  
170/213 G  
20326358001\_EA/21186867\_EA

**SAVE UP TO \$3**

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

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

**SAVE THIS WEEK**

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

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

**SALE SAVE \$4**

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

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

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

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

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

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

**SAVE UP TO \$3**

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

**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

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

**NO NAME® WINDSHIELD WASHER FLUID**  
-35°C, 3.78 L  
20720431\_EA

**3,000<sup>PC</sup>**  
when you buy 2

**\$3 Value**

**LISTERINE CLASSIC 1 L, MAUI SCALP CARE SHAMPOO 385 ML OR OGX ARGAN OIL OF MOROCCO SHAMPOO 385 ML**  
21091222\_EA/20340266004\_EA

CUSTOMER RELATIONS 1-866-541-6315. VISIT [zehrs.ca](http://zehrs.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 Loblaw's Inc. and others. All rights reserved. © 2024 Loblaw's Inc. MasterCard and the MasterCard Brand Mark are registered trademarks and PayPass is a trademark of MasterCard International Incorporated. President's Choice Bank a licensee of marks. PC Optimum™ program is provided by President's Choice Services Inc. President's Choice Financial MasterCard is provided by President's Choice Bank. President's Choice Financial personal banking services are provided by the direct banking division of Simplii Financial. ©PC, President's Choice, PC Financial and President's Choice Financial are registered trademarks of Loblaw's Inc. Trademarks used under licence. We reserve the right to limit quantities to reasonable family requirements. **PC OPTIMUM MEMBERS ONLY:** These offers are only available to valid PC Optimum™ program members. Membership is free. To register as a PC Optimum™ member, see in-store or visit [pcoptimum.ca](http://pcoptimum.ca). We are not obligated to award points based on errors or misprints. No cash value. See [zehrs.ca](http://zehrs.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.



# Produce



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



**JUMBO CAULIFLOWER**  
EACH PRODUCT OF CANADA,  
NO. 1 GRADE OR  
**PC\* TOMATOES VARIETY PACK 681 G**  
PRODUCT OF CANADA OR MEXICO  
20135377001\_EA/20949866001\_EA

**\$5**



**CANADA EXTRA 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**



**10 LB BAG**  
**ONTARIO FARMER'S MARKET RUSSET OR WHITE POTATOES**  
PRODUCT OF ONTARIO,  
CANADA NO. 1 GRADE  
10 LB BAG  
20601020001\_EA  
20600997001\_EA

**\$6**



**COCONUT** PRODUCT OF DOMINICAN REPUBLIC  
**OR RED MANGO**  
PRODUCT OF BRAZIL  
20005774001\_EA  
20059635001\_EA

**1<sup>50</sup>**

**DRAGONFRUIT**  
PRODUCT OF VIETNAM  
EACH  
20168395001\_EA

**\$3**



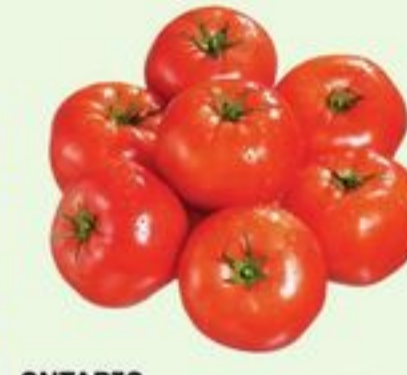
**PC\* MIXED SALAD GREENS**  
SELECTED VARIETIES,  
PRODUCT OF U.S.A.  
142 G  
21203746\_EA/21203747\_EA

**\$4**



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

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



**ONTARIO GREENHOUSE BEEFSTEAK TOMATOES**  
PRODUCT OF ONTARIO  
4.41/KG  
20426141001\_KG

**\$2 LB**



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

**\$10-12**

\*Fresh Promise: Applicable to eligible fresh produce items purchased at Zehrs store locations or online at zehrs.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 Zehrs store where purchase originated. The fresh promise may not be combined with any other offer. We reserve the right to cancel or change the terms of this guarantee at any time without notice.

# Butcher



**EXTRA LEAN GROUND BEEF**  
FAMILY SIZE  
18.72/KG  
20557711\_KG

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



**PC\* BLUE MENU\* CHICKEN THIGHS**  
BONELESS SKINLESS  
AIR CHILLED  
8'S  
213491017\_EA

**\$13**



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

**\$8**



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

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



**MARCANGELO FRESH PORK SAUSAGES**  
VALUE PACK  
SELECTED VARIETIES  
1 KG  
20867488\_EA/21067660\_EA

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



**CHICKEN LEGS**  
BACK ATTACHED  
FAMILY SIZE  
6.59/KG  
20153925\_KG

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



**SUFRA\* HALAL LEAN GROUND BEEF**  
454 G  
21397283\_EA

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



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

**3/10<sup>98</sup>**  
LESS THAN 3 \$4.29 EA.



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

**\$17**



**ST-HUBERT OR SWISS CHALET PIES**  
SELECTED VARIETIES,  
FROZEN  
650-800 G  
20719334\_EA  
21047194\_EA

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

# Seafood

Fresh seafood items subject to availability.



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

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



**SEAQUEST\* CRAB OR LOBSTER FLAVOURED POLLOCK FLAKES OR CHUNKS**  
SELECTED VARIETIES  
READY-TO-EAT  
227 G  
20699832\_EA  
20749798\_EA

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



**SEA CRAVE\* WILD SOCKEYE SALMON PORTIONS**  
FROZEN  
260 G  
21531662\_EA

**\$12**



**MARINA DEL REY\* WILD ARGENTINIAN SHRIMP RAW**  
EASY PEEL 20-30 PER LB  
300 G OR  
**PC\* JUMBO WILD ARGENTINIAN SHRIMP RAW**  
ZIPPERBACK\* 21-30 PER LB  
340 G  
FROZEN  
20907159\_EA  
21332386\_EA

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

# 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  
20963606\_EA/21556098\_EA

**\$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 MATIN® OR  
LE CALENDOS** 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

**\$9**

**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

**\$25**



**DOUBLE SPIKE  
ORCHID**  
5 INCH  
20997631\_EA

**\$22**



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

**\$12**



**CARNATION  
BUNCH**  
21437446\_EA

**2/\$20**  
LESS THAN 2  
\$12 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

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



**CANADA**  
SHANGHAI  
BOK CHOY OR  
SHANGHAI  
BOK CHOY JR  
PRODUCT OF CANADA  
6.59/KG  
21202231001\_EA/21202245001\_EA

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



**CANADA**  
NAPA CABBAGE  
PRODUCT OF CANADA  
4.39/KG  
20015025001\_KG

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

**CANADA**  
GAI LON CHINESE  
BROCCOLI  
PRODUCT OF CANADA  
6.59/KG  
20003604001\_KG

**2<sup>99</sup>**  
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  
3.28/KG  
20082109001\_KG

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

**CASSAVA**  
PRODUCT OF  
COSTA RICA  
3.28/KG  
20087682001\_KG



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

**LEMON GRASS**  
PRODUCT OF  
DOMINICAN REPUBLIC  
OR MEXICO  
EACH  
21394081\_EA



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



**JAPANESE SWEET YAMS**  
PRODUCT OF U.S.A.  
5.49/KG  
20524922001\_KG

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

**YELLOW YAMS**  
PRODUCT OF  
COSTA RICA  
15.41/KG  
20070018001\_KG

**6<sup>99</sup>**  
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  
**50'S**  
485 g

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

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

**100**  
Nestlé  
**100'S**  
1.15 kg

**95**  
FUN SIZE  
**95**  
PETITES JOIES  
1.15 kg

Members save **\$9**

Optimum<sup>®</sup>  
Members-Only Price<sup>™</sup>  
**12<sup>99</sup>**  
Non-members  
**21<sup>99</sup>**

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

**55**  
Kinder  
**bueno mini**  
297 g

**55**  
Kinder  
**CHOCOLATE/CHOCOLAT mini**  
297 g

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

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

**50**  
FUN SIZE  
**50**  
PETITES JOIES  
601 g

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

MARS MIXED CHOCOLATE BOX  
50'S  
21452478\_EA

**50**  
582 g

**50**  
1 kg

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

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

**100**  
1 kg

**100**  
1 kg

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

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

**8**  
FULL SIZE BARS  
BARRÉS DE PÂTES  
364 g

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

NESTLÉ ASSORTED  
BARS FULL SIZED  
8'S  
20895425\_EA

**90**  
FUN SIZE  
**90**  
PETITES JOIES  
1.05 kg

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

SKITTLES STARBURST  
90'S  
21452577\_EA

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

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

**PC<sup>®</sup> BLUE MENU<sup>®</sup>  
OR PC<sup>®</sup>  
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

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



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

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



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

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



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

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



**SIGGIS YOGURT 4X100 G OR FRUITÉ DRINK 1.54 L**  
SELECTED VARIETIES  
21589525\_EA/21595744\_EA

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



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

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



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

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



**GAY LEA OR LACTANTIA BUTTER STICKS OR LACTANTIA LACTOSE FREE BUTTER**  
SELECTED VARIETIES  
454 G  
20148873001\_EA  
21601669\_EA

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



**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

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



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

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



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

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



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

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



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

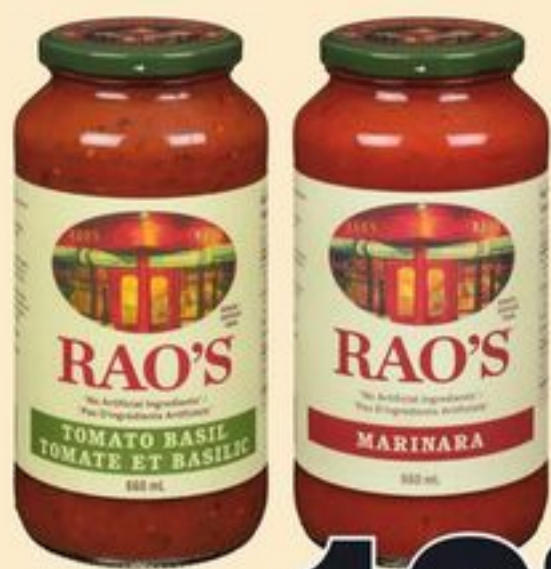
**10<sup>99</sup>**



**TIDY CATS LITTER**  
SELECTED VARIETIES  
2.72 KG  
21206503\_EA

Members save \$3  
**12<sup>99</sup>**  
Members-Only Price  
**15<sup>99</sup>**  
Non-members

# Bring the taste of Italy home



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

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



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

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



MUTTI PASSATA  
SELECTED VARIETIES  
690 ML  
20288490001\_EA/20288490002\_EA

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



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

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



PC<sup>®</sup> 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

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



PC<sup>®</sup> PASTA SAUCE  
SELECTED VARIETIES  
410/650 ML  
20131344009\_EA  
20320838001\_EA

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



PC<sup>®</sup> SPLENDIDO<sup>®</sup>  
COLD-PRESSED OR  
COLD-EXTRACTED  
DELICATO EXTRA  
VIRGIN OLIVE OIL  
1 L  
20081865\_EA  
21401612\_EA

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



PC<sup>®</sup> BLACK LABEL  
PARMIGIANO  
REGGIANO CHEESE  
PRODUCT OF ITALY  
AGED 36 MONTHS  
200 G  
20626019\_EA

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



CANADA  
FARMER'S MARKET<sup>™</sup>  
ROMA TOMATOES  
PRODUCT OF CANADA  
3 LB  
20887458001\_EA

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



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

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



PC<sup>®</sup> BASIL, BAY LEAF,  
SAGE, ROSEMARY  
OR OREGANO  
PRODUCT OF COLUMBIA,  
MEXICO, ECUADOR  
28 G  
21184798\_EA/21212481\_EA



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

# For your family



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

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



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

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



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



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



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

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

**4,000<sup>00</sup>**  
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

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



OLAY  
INDULGENT  
MOISTURE  
BODY WASH  
591 ML  
21585376\_EA

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



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



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



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

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



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

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



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



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



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

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



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

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



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



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

# For your family

**2,500<sup>¢</sup>**  
when you buy 2

**\$2<sup>50</sup>**  
Value

**HALLS**  
RELIEF  
SOULAGEMENT

30

HONEY LEMON FLAVOUR  
SAVOUR CITRUS

CHERRY FLAVOUR  
SAVOUR CERISE

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

**Emergen-C**  
1,000 MG  
Vitamin C  
1,000 mg de vitamine C  
Super Orange

**Centrum**  
MULTIGUMMIES

ADULTA  
150 GUMMIES

**SALE**  
**SAVE UP TO**

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

**20%**

**BAND-AID**  
FLEXIBLE  
FABRIC

**Polysporin**

**SALE**  
**SAVE UP TO**

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

**15%**

**Glucerna**

**Ensure**

**SALE**  
**SAVE UP TO**

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

**15%**

**OPTI-FREE**  
Replenish

**Systane**  
COMPLETE

**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<sup>¢</sup>**

**\$1**  
Value

**TAMPAX**  
PEARL

**always**  
ULTRA THIN

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

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

**Poise**  
PADS

39 PADS / COUVERTES

POISE PADS  
SELECTED  
VARIETIES  
AND SIZES  
21302119\_EA

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

**life**  
Foaming  
cleanser  
moussant

**life**  
Exfoliating  
scrub

**SALE**  
**SAVE UP TO**

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

**20%**

**life**  
Fresh  
Parfum  
free

**life**  
Aloe Vera  
Alées

**\$5**

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

**LISTERINE**  
TOTAL CARE

**LISTERINE**  
TOTAL CARE  
ZERO

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

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

**PERFECT SPORTS**  
DIESEL

**SALE**  
**SAVE UP TO**

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

**15%**

**BENYLIN**  
EXTRA STRENGTH  
Cough & Chest  
Congestion

**TYLENOL**  
COLD

TYLENOL COMPLETE  
COUGH, COLD AND  
FLU TABLETS 18/20'S  
OR BENYLIN COUGH  
SYRUPS 100 ML  
SELECTED  
VARIETIES  
20322277001\_EA  
20296733001\_EA

**15%**

**Restoralax**  
Daily Gummies  
RestoraFIBRE

**Pepto**  
Bismol

**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

**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

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

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

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

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

**36<sup>99</sup>**



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

**36<sup>99</sup>**

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

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

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

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

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

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

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

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



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

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



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

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



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

**68<sup>49</sup>**



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

**52<sup>99</sup>**



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

**54<sup>99</sup>**

# 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



**3<sup>79</sup>**



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

**3<sup>79</sup>**



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

**\$1 Value**



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



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

# Household cleaning



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

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



**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

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



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

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



**CLOROX BLEACH**  
2.4 L  
21283179\_EA

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



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

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



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

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

**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

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



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

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



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

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



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

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



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

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



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

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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<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  
21078965\_EA  
21419715004\_EA

NEW  
Strawberry  
Cheesecake



LESS THAN 2 \$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



LESS THAN 2 \$2.29 EA.

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



**6<sup>49</sup>**  
Activia® - 8 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!  
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<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<sup>99</sup>**  
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. \*\*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.