



Optimum™

Optimum  
**1,000** (pt)

**\$1**  
Value



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

**\$4**



Members  
save  
**\$9**



**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™

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

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



Members  
save  
**\$1.50**



**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

Optimum  
Members-Only Price™

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

Non-members  
**\$5**



Members  
save  
**\$6**



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

Optimum  
Members-Only Price™

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

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

Optimum  
**5,000** pts  
 for every \$12\*  
 spent on

**\$5**  
 Value

**MADE  
 FRESH  
 IN-STORE**



**IN-STORE MADE FRESH PORK SAUSAGES**  
 SELECTED VARIETIES  
**SAUCISSES DE PORC FRAÎCHES**  
**FAITES EN MAGASIN**  
 21451702\_KG/21451704\_KG



Members  
 save  
**\$4.50**



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

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

Optimum  
**2,000** pts

**\$2**  
 Value



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

**3.99**



Members  
 save  
**\$2**



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

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

Scan to see  
our complete  
digital flyer



**Independent**  
Your Independent Grocer



**SAVE  
THIS WEEK**

**SALE  
SAVE 46%**

**\$3**  
LB

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

**PORK SIDE RIB PORTION**  
6.61/KG  
**PORTION DE CÔTES DE FLANC  
DE PORC**  
20836871\_KG

**CHICKEN THIGHS**  
BONELESS SKINLESS  
FAMILY SIZE  
10.52/KG  
**HAUTS DE CUISSE DE POULET**  
20162170\_KG



**SAVE  
AT LEAST 41%**

**SALE  
SAVE \$2**

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

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

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

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



PKG  
OF 5

PKG  
OF 3

**D'ITALIANO WHEN YOU BUY 2  
SAVE \$1.08**

**SALE  
SAVE \$1.55**

**SAVE  
THIS WEEK**

**D'ITALIANO  
BREAD OR BUNS**  
SELECTED SIZES  
AND VARIETIES  
**PAIN OU  
PETITS PAINS  
D'ITALIANO**  
20038335\_EA  
21450797\_EA  
20627101\_EA

**2/6<sup>50</sup>**  
LESS  
THAN 2  
\$3.79 EA.

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

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

**ONTARIO  
FARMER'S MARKET™  
GREENHOUSE PEPPERS**  
PRODUCT OF ONTARIO  
3'S  
**POIVRONS DE SERRE  
DÉLICIES DU MARCHÉ™**  
20085851001\_EA

**\$4**



**SALE  
SAVE \$2**

**SALE  
UP TO \$1.50**

**SAVE  
THIS WEEK**

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

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

**PC® ORANGE JUICE,  
TEA OR LEMONADE**  
SELECTED VARIETIES  
1.54 L  
**JUS D'ORANGE, THÉ  
OU LIMONADE PC™**  
21430531\_EA/21430542\_EA

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

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

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



**SAVE  
THIS WEEK**

**SAVE  
UP TO 60%**

**SALE  
SAVE UP TO**

**LIBERTÉ GREEK  
YOGURT** 650/750 G  
OR **YOPLAIT** 16X100 G  
SELECTED VARIETIES  
**YOGURT GREC  
LIBERTÉ OU YOPLAIT**  
2031737001\_EA  
20642273\_EA

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

**TIDE LAUNDRY  
DETERGENT** 3L,  
12-16'S, **DOWNY**  
OR **GAIN** FABRIC  
SOFTENER  
946 ML-1.31 L OR  
BEADS 141 G  
SELECTED VARIETIES  
**DÉTERGENT À LESSIVE  
TIDE, ASSOULISSANT  
TEXTILE OU PERLES  
DOWNY OU GAIN**  
21549771\_EA/21579685\_EA

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

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

**40%**

**Members save \$2**

**Optimum Members-Only Price \$5**

**Non-members \$7**

**BASSÉ MIX**  
SELECTED VARIETIES  
415-600 G  
MÉLANGE BASSÉ  
2158597\_EA  
21524508\_EA

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

**\$2 Value**

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

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

**\$2 Value**

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

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

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

**\$3 Value**

**WHEN YOU BUY 2**  
**SAVE \$1<sup>98</sup>**

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

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

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

**PC<sup>®</sup> BLUE MENU NOVA SCOTIAN JUMBO SEA SCALLOPS**  
20-40 PER LB  
FROZEN  
400 G  
PÉTONCLES GÉANTS DE LA NOUVELLE-ÉCOSSE  
PC<sup>®</sup> MENU BLEU<sup>™</sup>  
20638148\_EA

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

**SAVE**  
**UP TO \$2**

**PC<sup>®</sup> PUB RECIPE<sup>™</sup> OR GLUTEN-FREE CHICKEN**  
SELECTED VARIETIES,  
FROZEN  
600/700 G  
POULET PC<sup>™</sup> RECETTE DU PUB<sup>™</sup> OU SANS GLUTEN  
21201320\_EA/21201321\_EA

**\$6**

**SAVE THIS WEEK**

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

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

**BLACK DIAMOND CHEESE BARS 400 G, SHREDS 300-320 G OR PC<sup>®</sup> SHREDS 250-320 G**  
SELECTED VARIETIES  
BARRES DE FROMAGE, FROMAGE RÂPÉ  
BLACK DIAMOND OU FROMAGE RÂPÉ PC<sup>™</sup>  
21060183\_EA  
21279221\_EA

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

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

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

**SAVE UP TO \$1**

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

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

**SAVE UP TO \$3**

**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/21624856\_EA

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

**SAVE THIS WEEK**

**BEN & JERRY'S<sup>®</sup> 373 ML OR MAGNUM BARS 4'S**  
SELECTED VARIETIES FROZEN  
BEN & JERRY'S OU BARRES MAGNUM  
20950739\_EA/21428378\_EA

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

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

**CLIF ENERGY BARS**  
SELECTED VARIETIES  
12X68 G  
BARRÉS D'ÉNERGIE CLIF  
20312621\_C12

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

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

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

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

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

**SAVE UP TO \$2**

**GATORADE OR POWERADE<sup>®</sup> SPORTS DRINK**  
SELECTED VARIETIES  
24X591 ML  
BOISSON DÉSALTÉRANTE GATORADE OU POWERADE  
20258835002\_C24  
20854130\_C24

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

**SAVE UP TO \$3**

**FINISH 40:55'S, CASCADE 30-48'S OR CASCADE ACTION PACS 60'S, GAIN LAUNDRY DETERGENT 4.55 L/4.2 S, GAIN OR DOWNY FABRIC SOFTENER 3.81-3.83 L**  
SELECTED VARIETIES  
FINISH, CASCADE OU ACTION PACS CASCADE, DÉTERGENT À LESSIVE GAIN, ASSOULISSANT TEXTILE GAIN OU DOWNY  
20965291\_EA  
20660832001\_EA

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

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

**\$3 Value**

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

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

**LISTERINE CLASSIC 1 L MAUI SCALP CARE SHAMPOO<sup>®</sup> 385 ML OR OGX<sup>®</sup> ARGAN OIL OF MOROCCO SHAMPOO 385 ML**  
RINCE-BOUCHE CLASSIQUE LISTERINE OU SHAMPOOING À L'HUILE D'ARGAN OGX  
21091222\_EA/20340206004\_EA

CUSTOMER RELATIONS 1-866-541-6315. VISIT [yourindependentgrocer.ca](http://yourindependentgrocer.ca) FOR STORE HOURS.

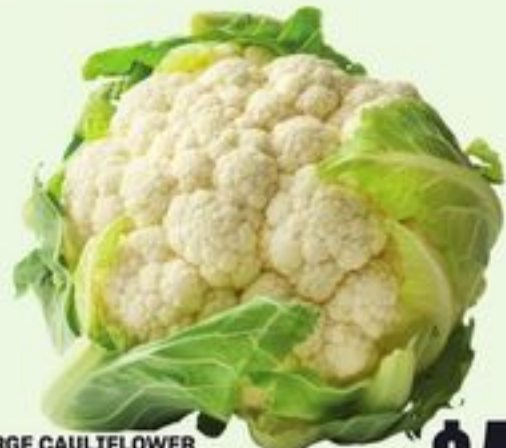
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# Produce



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



**LARGE CAULIFLOWER**  
PRODUCT OF CANADA OR U.S.A.,  
NO. 1 GRADE  
EACH  
**GROS CHOU-FLEUR**  
20135377001\_EA

**\$5**



**CANADA EXTRA LARGE BROCCOLI**  
PRODUCT OF CANADA  
EACH  
**TRÈS GROS BROCOLI**  
20145621001\_EA

**\$4**



**LARGE CANTALOUPES**  
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  
**GROS CANTALOUPS OU RAISINS SWEET CARNIVAL PC®**  
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  
**POMMES DE TERRE RUSSET OU BLANCHES DÉLICIES DU MARCHÉ™**  
20601020001\_EA  
20600997001\_EA

**\$6**



**COCONUT** PRODUCT OF DOMINICAN REPUBLIC OR RED MANGO  
PRODUCT OF BRAZIL  
**NOIX DE COCO OU MANGUE ROUGE**  
20005774001\_KG/20059635001\_KG

**\$2**

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

**\$3**



**PC® MIXED SALAD GREENS**  
SELECTED VARIETIES,  
PRODUCT OF U.S.A.  
142 G  
**MÉLANGE DE LÉGUMES-FEUILLES PC®**  
21203746\_EA/21203747\_EA

**\$4**



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

**4.50**



**ONTARIO BEEFSTEAK TOMATOES**  
PRODUCT OF ONTARIO  
5.51/KG  
**TOMATES BEEFSTEAK**  
20426141001\_KG

**2.50 LB**



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

**\$10-12**

\*Fresh Promise: Applicable to eligible fresh produce items purchased at Your Independent Grocer store locations or online at yourindependentgrocer.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 Your Independent Grocer 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



**LEAN GROUND BEEF**  
FAMILY SIZE  
15.41/KG  
**BOEUF HACHÉ MAIGRE**  
20874394\_KG

**6.99 LB**



**PC® WHOLE CHICKEN**  
AIR CHILLED  
7.69/KG  
**POULET ENTIER PC®**  
20089413\_KG

**3.49 LB**



**BEEF STIR FRY STRIPS**  
CUT FROM CANADA AA GRADE  
BEEF OR HIGHER  
250 G  
**LANIÈRES DE BŒUF À SAUTER**  
21588067\_EA

**\$8**



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

**9.49 LB**



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

**14.99**



**PC® WORLD OF FLAVOURS™ JERK CHICKEN LEGS**  
AIR CHILLED  
13.21/KG  
**CUISSES DE POULET À LA JERK PC®**  
SAVEURS DU MONDE™  
21454286\_KG

**5.99 LB**



**SUFRA® HALAL LEAN GROUND BEEF**  
454 G  
**BOEUF HACHÉ MAIGRE HALAL SUFRA®**  
21397283\_EA

**8.99**



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

**3/10.98**  
LESS THAN 3 \$4.29 EA.



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

**\$17**



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

**10.99**

# Seafood

Fresh seafood items subject to availability.



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

**6.49**



**SEAQUEST CRAB OR LOBSTER FLAVOURED POLLOCK FLAKES OR CHUNKS**  
SELECTED VARIETIES  
READY-TO-EAT  
227 G  
**GOBERGE À SAVEUR DE CRABE OU HOMARD SEAQUEST FLOCONS OU MORCEAUX**  
20699832\_EA  
20749798\_EA

**2.49**



**SEA CRAVE® WILD SOCKEYE SALMON PORTIONS**  
FROZEN  
260 G  
**PORTIONS DE SAUMON SOCKEYE SAUVAGE SEA CRAVE®**  
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  
**CREVETTES SAUVAGES D'ARGENTINE**  
MARINA DEL REY  
OU CREVETTES ARGENTINES GÉANTES SAUVAGES PC®  
20907159\_EA  
21332386\_EA

**8.99**

# Bakery

**BAKED  
IN-STORE**



**IN-STORE BAKED COOKIES**  
SELECTED VARIETIES  
18'S  
**BISCUITS CUITS EN MAGASIN**  
21454952\_EA

**\$7**

**BAKED  
IN-STORE**



**BULK ROLLS**  
SELECTED VARIETIES  
**PETITS PAINS EN VRAC**  
20076950\_EA

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



**PC® MINI MUFFINS**  
SELECTED VARIETIES  
12'S  
**MINI-MUFFINS PC®**  
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  
**CROISSANTS AU BEURRE OU PETITS PAINS**  
**DÉLICIES DU MARCHÉ™**  
20975943\_EA/21577824\_EA

**\$5**



**PC® NAAN 2'S OR  
MINI NAAN 4'S**  
ORIGINAL OR GARLIC  
**PAINS NAAN OU  
MINI NAAN PC®**  
20322759\_EA/21076234\_EA



**3.29**



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



**2/7.50**  
LESS THAN 2  
\$4.49 EA.



**VACHON OR LITTLE BITES**  
SELECTED VARIETIES  
AND SIZES  
**VACHON OU LITTLE BITES**  
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  
**SANDWICHS MOELLEUX OU SOUS-MARINS**  
20155717\_EA/20160224\_EA  
20422189\_EA/21362145\_EA

**\$6-7**



**PASTA TRAYS**  
PREPARED IN-STORE  
510-611 G  
**PLATEAUX DE PÂTES**  
21395975\_EA/21395976\_EA

**\$9**



**INDIVIDUAL COMBO  
WITH WEDGES**  
361-530 G  
**COMBO INDIVIDUEL  
AVEC POMMES DE TERRE  
EN QUARTIERS**  
21086084\_EA/21022536\_EA

**\$9**



**12" TAKE  
AND BAKE  
PIZZA**  
SELECTED VARIETIES  
510-739 G  
**PIZZA**  
12 PO CUIRE  
À LA MAISON  
21456393\_EA  
21456401\_EA

**\$9-10**

# The Deli



**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®**  
20216643\_EA/20310580\_EA

**6.49**



**ZIGGY'S® SLICED  
DELI MEAT**  
SELECTED VARIETIES  
175 G  
**CHARCUTERIES  
TRANCHÉES ZIGGY'S®**  
21590279\_EA/21592461\_EA

**\$4**



**ALEXIS DE  
PORTNEUF BRISE DE  
MATIN OR  
LE CALENOS** 125 G  
OR **BABYBEL 6'S**  
SELECTED VARIETIES  
**BRISE DU MATIN  
OU LE CALENOS**  
**ALEXIS DE  
PORTNEUF OU  
BABYBEL**  
20044812\_EA/20315135\_EA

**4.99**



**SABRA HUMMUS**  
SELECTED VARIETIES  
283 G  
**HUMMUS SABRA**  
20103342\_EA

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



**STONEFIRE  
NAAN CRISPS**  
SELECTED VARIETIES  
170 G  
**CRAQUELINS  
CROUSTILLANTS  
DE PAIN NAAN  
STONEFIRE**  
21565690\_EA/21565701\_EA

**\$4**

# Floral



**EQUADORIAN  
ROSES**  
ASSORTED  
COLOURS  
DOZEN  
**ROSES DE  
L'ÉQUATEUR**  
20581781\_EA/20581749\_EA

**\$25**



**5 INCH DOUBLE  
SPIKE ORCHID**  
EACH  
**ORCHIDÉE  
À DEUX TIGES  
DANS UN POT  
DE 5 POUCES**  
20293541\_EA

**\$22**



**POTTED  
MINI ROSE**  
ASSORTED  
COLOURS  
6 INCH  
**MINI ROSIER  
EN POT**  
20279494\_EA

**\$12**



**CARNATION  
BUNCH  
BOUQUET  
D'ŒILLETS**  
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

ALERT: PLS ADDRESS YELLOW NOTES ON THIS PAGE

# Go greener with taste

CONFIRM IF 2ND IMAGE WAS TO BE REMOVED

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.



COPY MISSING

CALLOUT 9PT  
OPERATIVE  
DESCRIPTIVE  
SIZE  
00000000\_EA

**0<sup>00</sup>**  
LB



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

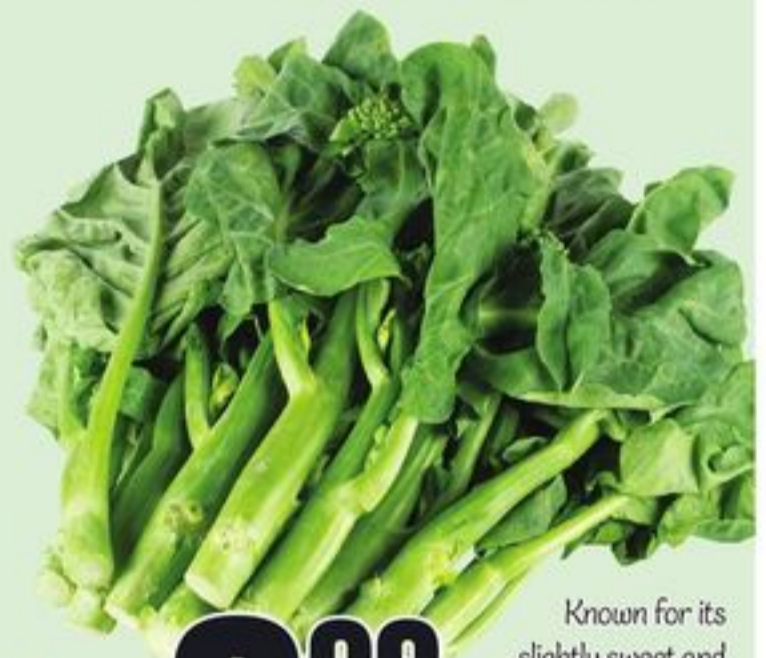
**2<sup>99</sup>**  
LB

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  
4.39/KG  
20087682001\_KG



**1<sup>99</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.  
6.59/KG  
20524922001\_KG

**2<sup>99</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**  
730 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**  
1.7 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  
10X355 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>50</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  
Non-members **15<sup>99</sup>**

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



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

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

**20%**



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

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

**15%**



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

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

**15%**



**1,000<sup>¢</sup>**

**\$1**  
Value



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

**15%**

**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**  
SELECTED  
VARIETIES  
AND SIZES  
21302119\_EA

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



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

**20%**

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

**\$5**

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

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



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

**15%**

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

**15%**

**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



**2,500<sup>ml</sup>**  
**\$2<sup>50</sup>**  
 Value

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

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



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

**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>**



# Home



**HALLOWEEN SERVEWARE**  
SELECTED VARIETIES  
21498419\_EA/21498356\_EA

**SALE**  
SAVE UP TO

**30%**



**HALLOWEEN DÉCOR**  
SELECTED VARIETIES  
21576582\_EA/21576480\_EA/21176280\_EA

**SALE**  
SAVE UP TO

**30%**



**HALLOWEEN BAGS & PAILS**  
SELECTED VARIETIES  
21496809\_EA/21576468\_EA

**SALE**  
SAVE UP TO

**30%**



**ENERGIZER MAX AA24, AAA16 OR 9V6 BATTERIES**  
SELECTED VARIETIES  
21026466\_EA/21062566\_EA

**SAVE**  
UP TO \$6<sup>00</sup>

**\$16<sup>†</sup>**



**PC® METAL BAKEWARE**  
SELECTED VARIETIES  
21154308\_EA/21499789\_EA

**SALE**  
SAVE UP TO

**20%**



**BLACK & DECKER APPLIANCES**  
SELECTED VARIETIES  
21195531\_EA/21396843\_EA

**SALE**  
SAVE UP TO

**15%**



**PC® DINNERWARE, DRINKWARE OR SERVEWARE**  
SELECTED VARIETIES  
20155343\_EA/20748408\_EA

**SALE**  
SAVE UP TO

**35%**



**PC® GLASS FOOD STORAGE CONTAINERS**  
SELECTED VARIETIES  
21070296\_EA/21339856\_EA

**SALE**  
SAVE UP TO

**30%**



**PC® PILLOWS**  
SELECTED VARIETIES  
21220214\_EA

**SALE**  
SAVE UP TO

**25%**



**PC® HYGRO COTTON BATH TOWELS**  
SELECTED VARIETIES  
21306987\_EA

**2/\$30**  
LESS THAN 2 \$18 EA.

**BUY 1 GET 1  
50% OFF**

**EVERYDAY ESSENTIALS™ PILLLOW**  
SECOND ITEM MUST BE OF EQUAL OR LESSER VALUE  
\$8  
21099991\_EA



**BUY 1 GET 1  
50% OFF**

**LIFE AT HOME™ 3-WICK CANDLES**  
SELECTED VARIETIES, 14 OZ  
SECOND ITEM MUST BE OF EQUAL OR LESSER VALUE  
\$16  
21555881\_EA/21560010\_EA



<sup>†</sup>Customer is responsible for the payment of any applicable deposit or product/packaging recycling fee that may apply.

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

**\$10 Value**

**RETAIL THERAPY GIFT CARDS**

**RETAIL THERAPY**

**GAP THE BAY BATH & BODY WORKS**

**OLD NAVY Indigo Foot Locker**

**ONLINE EXCHANGE REQUIRED happy**

Offer valid in-store only. Subject to availability; selection may vary by store. We reserve the right to limit quantities. See gift card for details, terms & conditions. Offer applies to every \$100 spent on Retail Therapy gift cards in a single transaction. Cannot be combined with any other gift card offers. Not valid on prior purchases. PC Optimum points cannot be redeemed toward the purchase of gift cards.

**NEW**

**Campbell's CHUNKY SPICY**

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

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

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

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

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

© 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!**

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

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

**4.29** PATAK'S PASTE selected varieties 284 mL 20307957001\_EA

SCAN FOR RECIPE INSPIRATION

**Mornings Made Easy**

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

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

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

**\$1.49** fruit punch

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

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

**Total Ocular Health from the brands you trust**

**Dry Eye**

**SAVE UP TO 20% OFF**

**Systane ULTRA** 20180473\_EA/21460366\_EA/21455841\_EA

**Eye Vitamins** Vitalux 21332955\_EA/213337538\_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  
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**

**\$4<sup>49</sup>**  
Two Good® - 4 x 95 g  
21478047\_EA

**2/\$10**  
NEW CHERRY  
Two Good® - 8 x 53 ml  
21477597\_EA

LESS THAN 2 \$5.99 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

**+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

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**#ONLY IN  
CANADA**

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

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

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

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