



SAVE 58%

1⁹⁹
LB

WHOLE CHICKEN
4.39/KG
POULET ENTIER
21399564_KG



4⁴⁹
LB

MEDIUM GROUND BEEF
FAMILY SIZE
9.90/KG
BŒUF HACHÉ MI-MAIGRE
20865673_KG



SAVE
UP TO \$5^{LB}

9⁹⁹
LB

FRESH ATLANTIC SALMON
FILLETS FAMILY SIZE,
COD OR HADDOCK FILLETS
PREVIOUSLY FROZEN
22.02/KG
FILETS DE SAUMON DE
L'ATLANTIQUE FRAIS
OU FILETS DE MORUE
OU D'AIGLEFIN
20720065_KG/21506245_KG



WHEN YOU BUY 4
SAVE \$1

4/\$3
LESS THAN 4
\$1 EA.

CILANTRO
PRODUCT OF CANADA,
U.S.A. OR MEXICO
BUNCH OR **RED MANGO**
PRODUCT OF BRAZIL
EACH
CORIANDRE OU
MANGUE ROUGE
20059635001_EA/20091825001_EA



WHEN YOU BUY 2
SAVE \$1

2/\$3
LESS THAN 2
\$2 EA.

ONTARIO
ENGLISH CUCUMBERS
PRODUCT OF ONTARIO
EACH
CONCOMBRES ANGLAIS
20070132001_EA

NOVEMBER

**HIT
OF THE
MONTH**



**PC® KETTLE COOKED
POTATO CHIPS**
SELECTED VARIETIES
200 G
**CROUSTILLES CUITES
À LA MARMITE PC®**
21422931_EA/21576276_EA

\$1⁷⁵



**HERSHEY'S CHOCOLATE
POUCHES**
SELECTED VARIETIES
180-230 G
**SACS DE CHOCOLAT
HERSHEY'S**
20303970004_EA/20545259_EA

Optimum
Members-Only Price™
\$3
Non-members
3⁵⁰



PILLER'S KOLBASSA
250-375 G OR
**QUATTROCENTO PARM
WEDGE 200 G**
SELECTED VARIETIES
**KOLBASSA PILLER'S OU
MORCEAU DE PARMESAN
QUATTROCENTO**
20308469_EA/21599680_EA

\$4



D'ITALIANO GUSTO BAGELS
SELECTED VARIETIES
6'S
BAGELS GUSTO D'ITALIANO
21576835_EA/21577075_EA

\$3

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local areas.
**Must be a registered PC Optimum™ member to get this offer.
Valid from November 1 - 30, 2024. While quantities last. See in-store for details.



Scan to see our complete digital flyer

\$1



PC[®] BLUE MENU[®] OR FREE & CLEAR[®] SPARKLING WATER
SELECTED VARIETIES
1 L
EAU PÉTILLANTE
PC[™] MENU BLEU[™] OU CLAIR ET NET[™]
20320832004_EA/20162061007_EA

PC[®] ORGANICS BABY FOOD POUCH
SELECTED VARIETIES, 128 ML
SACHET D'ALIMENTS POUR BÉBÉ PC[™] BILOGIQUE
20666167004_EA
21056742_EA



CHEEMO PEROGIES
FROZEN, 330 G
PEROGIES CHEEMO
21597974_EA



NO NAME[®] CHEESE SNACKS
SELECTED VARIETIES
84-87 G
COLLATIONS AU FROMAGE SANS NOM[®]
20889881_EA/20889882_EA

\$2

RASPBERRIES
PRODUCT OF MEXICO
OR U.S.A.
170 G
FRAMBOISES
20328338001_EA



CAMPBELL'S CHUNKY OR READY TO SERVE SOUP
SELECTED VARIETIES, 515 ML
SOUPE CHUNKY OU PRÊTE À SERVIR CAMPBELL'S
21475030_EA/21480447_EA

4/\$5
LESS THAN 4
1.49 EA.

KRAFT DINNER ORIGINAL MACARONI AND CHEESE
SELECTED VARIETIES
225 G
MACARONI AU FROMAGE ORIGINAL KRAFT DINNER
21549526_EA



\$3

ARMOR ALL WINDSHIELD WASHER FLUID
-40°C
3.78 L
LAVE-GLACE ARMOR ALL
21128753_EA



EARTH'S OWN NON-DAIRY REFRIGERATED BEVERAGES
SELECTED VARIETIES
1.75/1.89 L
BOISSONS NON LAITIÈRES RÉFRIGÉRÉES
EARTH'S OWN
20299698002_EA
20913872_EA



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

\$3 PER POUND



MCCAIN SUPERFRIES OR SPECIALTY POTATOES 454-800 G OR MEDLEYS 400 G SELECTED VARIETIES FROZEN
SUPERFRIES OU POMMES DE TERRE SPÉCIALES OU MÉLANGE MCCAIN
20324328002_EA/21557319_EA

\$5

FARMER'S MARKET[™] COOKIES
SELECTED VARIETIES
12'S
BISCUITS DÉLICIES DU MARCHÉ[™]
20566294_EA



NESCAFÉ SWEET & CREAMY
144-351 G, FLAVOURED
100-170 G OR TASTER'S CHOICE 100 G
SELECTED VARIETIES
CAFÉ SUCRÉ ET CRÉMEUX, AROMATISÉ OU TASTER'S CHOICE NESCAFÉ
20661811001_EA/20873036_EA

\$4

CASHMERE BATHROOM TISSUE
8-16 ROLLS OR SCOTTIES FACIAL TISSUE 6'S SELECTED VARIETIES
PAPIER HYGIÉNIQUE CASHMERE OU MOUCHOIRS SCOTTIES
20318667_EA/21204742_EA



PHILADELPHIA CREAM CHEESE OR DIPS
SELECTED VARIETIES
227/250 G
FROMAGE À LA CRÈME OU TREMPETTES PHILADELPHIA
20299760001_EA
20866924010_EA

Lest we forget

The Poppy Design is a registered trademark of The Royal Canadian Legion, Dominion Command and is used under license.

Remembrance Day is Monday, November 11th

PRICE DROP!

FARMER'S MARKET POTATOES
PRODUCT OF ONTARIO
CANADA NO. 1 GRADE
10 LB BAG
POMMES DE TERRE DÉLICIES DU MARCHÉ
2061020001_EA/20600997001_EA

\$5

PRICE DROP!

IOGO NANO YOGURT
SELECTED VARIETIES
6X93 ML
YOGOURT
NANÔ IOGO
20609687001_EA
21219007_EA

3²⁵

PRICE DROP!

KASHI CEREAL
SELECTED VARIETIES
340-460 G
CÉRÉALES KASHI
20591675_EA/20594319_EA

\$5

PRICE DROP!

NO NAME® VINEGAR WHITE CLUB PACK
4 L
VINAIGRE BLANC SANS NOM®
20102756_EA

\$2

Members save \$1.99

PC® BLUE MENU OR PC® SPARKLING WATER OR SOFT DRINKS
SELECTED VARIETIES
12X355 ML
EAU PÉTILLANTE OU BOISSONS GAZEUSES PC™
MENU BLEU™ OU PC™
20690671001_C12/20668034002_C01

Members-Only Price \$4
Non-members **5⁹⁹**

GET 2,000⁺ = \$2 Value for every \$9⁺ spent on

QUAKER HARVEST CRUNCH CEREAL
SELECTED VARIETIES
400-510 G
CÉRÉALES CROQUE NATURE QUAKER
21219824_EA/21239228_EA

\$3⁹⁹

GET 2,000⁺ = \$2 Value when you buy 2

PACE SALSA 642 ML OR PREGO PASTA SAUCE 645 ML
SELECTED VARIETIES
SALSA PACE OU SAUCE POUR PÂTES PREGO
20307531001_EA/21340384_EA

3⁹⁹

SAVE UP TO 99¢

BLACK DIAMOND CHEESE BARS 400 G, SHREDS 300-320 G OR PC® CHEESE SHREDS 250-320 G
SELECTED VARIETIES
BARRES DE FROMAGE, FROMAGE RÂPÉ BLACK DIAMOND OU FROMAGE RÂPÉ PC™
21060207_EA/21279221_EA

\$5

SAVE UP TO 50¢

PC® ORANGE JUICE 1.54 L, LIBERTE YOGURT 4X100 G
SELECTED VARIETIES
JUS D'ORANGE PC™ OU YOGURT LIBERTÉ
21389653_EA/21430531_EA

3⁹⁹

SAVE UP TO \$1.99

PC® NATURALLY SMOKED BACON
SELECTED VARIETIES
375-500 G
BACON FUMÉ NATURELLEMENT PC™
20057892_EA/20152629_EA

\$6

SAVE UP TO 99¢

TAZO TEA 20'S, LIPTON TEA GREEN 72'S OR YELLOW 100'S, LAVAZZA GROUND COFFEE QUALITÀ ROSSA/CREMA GUSTO 250 G
SELECTED VARIETIES
THÉ TAZO, THÉ VERT OU YELLOW LIPTON, CAFÉ MOULU QUALITÀ ROSSA/CREMA GUSTO LAVAZZA
21308145_EA/21553714_EA

\$5

SAVE THIS WEEK

HÄAGEN-DAZS 414-450 ML OR BARS 3/4'S
SELECTED VARIETIES
FROZEN
DESSERT GLACÉ OU BARRES HÄAGEN-DAZS
20302298001_EA/21513578_EA

4⁹⁹

SAVE UP TO 99¢

TERRY'S CHOCOLATE
SELECTED VARIETIES
147-157 G
CHOCOLAT TERRY'S
21194228_EA/21194244_EA

5⁹⁹

WHEN YOU BUY 2 SAVE 98¢

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

2/\$3
LESS THAN 2 \$1.99 EA.

SAVE UP TO \$1

PC® WOOD-FIRED PIZZA 351-413 G OR FRUSTA OR CALZONE 240-350 G
SELECTED VARIETIES, FROZEN
PIZZA CUIE AU FEU DE BOIS OU FRUSTA CUIE AU FEU DE BOIS OU FRUSTA OU CALZONE PC™
21540352_EA/21549514_EA

\$5

GET 2,000⁺ = \$2 Value when you buy 2

MISS VICKIE'S POTATO CHIPS OR TOSTITOS TORTILLA CHIPS
SELECTED VARIETIES
190-295 G
CROUSTILLES MISS VICKIE'S OU CROUSTILLES DE TORTILLA TOSTITOS
21240703_EA/21050581_EA

2/\$10
LESS THAN 2 \$5.49 EA.

SAVE UP TO \$1

HELLMANN'S MAYONNAISE 710-890 ML OR KRAFT MIRACLE WHIP 650-890 ML
SELECTED VARIETIES
MAYONNAISE HELLMANN'S OU MIRACLE WHIP KRAFT
20298681001_EA/20618579001_EA

6⁹⁹

WHEN YOU BUY 2 SAVE \$1.48

NATURE VALLEY GRANOLA BARS 125-230 G OR BETTY/CROCKER OR MOTT'S FRUIT SNACKS 128-226 G
SELECTED VARIETIES
120-230 G
BARRES GRANOLA VAL NATURE OU COLLATIONS AUX FRUITS BETTY CROCKER OU MOTT'S
20315520002_EA
20318474001_EA

2/6⁵⁰
LESS THAN 2 \$3.99 EA.

SAVE THIS WEEK

INDOMIE INSTANT NOODLES
SELECTED VARIETIES
5'S
NOUILLES INSTANTANÉES INDOMIE
20686719_EA

3²⁹

SALE SAVE 67¢

CAMPBELL'S® CONDENSED COOKING OR EATING SOUPS
SELECTED VARIETIES
284 ML
SOUPE CONDENSÉE À CUISSON OU À DÉGUSTER CAMPBELL'S
20297246002_EA
20979160_EA

1⁹⁹

SALE SAVE \$2

KIND BARS
SELECTED VARIETIES
12X40 G
BARRES KIND
20784073_C12
20866784001_C12

18⁹⁹

SAVE UP TO 20¢

FANCY FEAST 85 G OR FRISKIES 156 G CAT FOOD
SELECTED VARIETIES
NOURRITURE POUR CHAT FANCY FEAST OU FRISKIES
20302296001_EA
20316703_EA

90¢

CUSTOMER RELATIONS 1-866-541-6315. VISIT yourindependentgrocer.ca FOR STORE HOURS.

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YIG BACK



Produce



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



PC® ADORA GRAPES OR EXTRA LARGE GREEN OR RED SEEDLESS GRAPES
PRODUCT OF U.S.A., NO. 1 GRADE
8.82/KG
RAISINS ADORA OU TRÈS GROS RAISINS VERTS OU ROUGES SANS PÉPINS PC™
20711275001_KG / 20425775001_KG

\$4
LB



ONTARIO SELECT SQUASH VARIETIES OR SWEET POTATOES
PRODUCT OF ONTARIO
3.31/KG
CERTAINES VARIÉTÉS DE COURGES OU PATATES DOUCES
20071263001_KG / 20127760001_KG

1.50
LB



NO NAME® NATURALLY IMPERFECT GREEN PEPPERS
PRODUCT OF CANADA OR MEXICO
2.5 LB BAG
POIVRONS VERTS NATURELLEMENT IMPARFAITS™ SANS NOM®
20921434001_EA

\$8



CANADA PC® ORGANICS BABY KING OYSTER 170 G, ENOKI OR UMAMI MIX 150 G MUSHROOMS
PRODUCT OF CANADA
PETITS PLEUROTES DU PANICAUT, ENOKIS OU UMAMIS PC™ BIOLOGIQUE
21548173_EA

\$5



ONTARIO FARMER'S MARKET CARROTS OR YELLOW ONIONS
PRODUCT OF ONTARIO, CANADA NO. 1 GRADE
3 LB BAG
CAROTTES OU OIGNONS JAUNES DÉLICÉS DU MARCHÉ™
20600927001_EA
20811994001_EA

3.50



MARZETTI'S DIPS
SELECTED VARIETIES, PRODUCT OF U.S.A.
254-340 G
TREMPETTES
20039279_EA
20322970_EA

2/\$11
LESS THAN 2 \$6 EA.



TAYLOR FARMS CHOPPED SALAD KITS
SELECTED VARIETIES
PRODUCT OF MEXICO
257-499 G
TROUSSES DE SALADES HACHÉES
TAYLOR FARMS
21209541_EA
21414456_EA

2/\$12
LESS THAN 2 \$7 EA.



ONTARIO ROYAL GALA APPLES
PRODUCT OF ONTARIO, CANADA
FANCY GRADE
5.51/KG
POMMES ROYAL GALA
20083526001_KG

2.50
LB



BLUEBERRIES
PRODUCT OF PERU
6 OZ
BLEUETS
20152465001_EA

\$3



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



ONTARIO CAP-OFF RIB STEAK
FAMILY SIZE CUT FROM CERTIFIED ONTARIO CORN FED CANADA AA GRADE BEEF OR HIGHER
44.07/KG
BIFTECK DE CÔTE PARÉ
20811610_KG

19.99
LB



CANADA PC® BLUE MENU® CHICKEN BREAST
AIR CHILLED, BONELESS, SKINLESS
3'S
POITRINE DE POULET PC™ MENU BLEU®
21340952_EA

\$13



BREADED PORK LOIN SCHNITZEL
300 G
ESCALOPE DE LONGE DE PORC PANÉE
21588065_EA

\$7



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



PC® BLUE MENU® GROUND CHICKEN OR TURKEY
454 G
DINDE OU POULET HACHÉ PC™ MENU BLEU®
21100091_EA / 21100092_EA

\$7



SUFRA® HALAL CHICKEN LEGS
BACK ATTACHED
CUISSES DE POULET HALAL SUFRA™
21430676_EA

\$10



PILLER'S HAMS
SELECTED VARIETIES
600 G
JAMBONS PILLER'S
21608818_EA / 21608901_EA

\$10



ST-HUBERT OR SWISS CHALET PIES
SELECTED VARIETIES, FROZEN
650-800 G
PÂTÉS ST-HUBERT OU SWISS CHALET
20719298_EA
20719334_EA

\$11



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

\$8

Seafood

Fresh seafood items subject to availability.



TUNA STEAKS
FROZEN OR PREVIOUSLY FROZEN
29.74/KG
DARNES DE THON
20753134_KG

13.49
LB



CANADIAN COVE MUSSELS
FRESH
907 G
MOULES CANADIAN COVE
21556624_EA

6.49



PC® PACIFIC LARGE WHITE SHRIMP
RAW ZIPPERBACK®
31-40 PER LB
FROZEN
400 G
GROSSES CREVETTES BLANCHES DU PACIFIQUE PC™
20788888_EA / 21531287_EA

8.49



SEA CRAVE® WILD PACIFIC SOLE PORTIONS
FROZEN
260 G
PORTIONS DE SOLE DU PACIFIQUE SAUVAGE SEA CRAVE™
21599157_EA

9.49

Bakery

**BAKED
IN-STORE**



PREMIUM BULK BAGELS
EACH
BAGELS DE CHOIX EN VRAC
20038964_EA

8/\$4
LESS THAN 8
79¢ EA.



**BAKED
IN-STORE**

CHEESE BREAD 450 G OR STICKS 6'S
PAIN OU BÂTONNET AU FROMAGE
20742704_EA/21019824_EA

\$6



**FARMER'S MARKET®
BAR CAKES**
SELECTED VARIETIES
675-770 G
GÂTEAUX RECTANGULAIRES
DÉLICIES DU MARCHÉ™
21500612_EA/21500763_EA

\$15



**MINI BRAIDED STRUDELS OR
MAPLE PECAN DANISH**
SELECTED VARIETIES
4'S
MINI-CHAUSSON
TRESSÉ OU DANOISE
ÉRABLE ET PACANES
21464137_EA/21464199_EA

4⁴⁹



**COUNTRY HARVEST
BREAD OR BAGELS**
SELECTED VARIETIES
OR SIZES
PAIN OU BAGELS
COUNTRY HARVEST
21178597_EA/21178640_EA
21178642_EA

2/7⁵⁰
LESS
THAN 2
\$4.29 EA.



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



2/7⁵⁰
LESS
THAN 2
\$4.49 EA.



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

3²⁹

Great to go

Great to go items plus applicable taxes.



**RAW SALMON
OR CHICKEN
ENTRÉES**
IN-STORE
PREPARED
342-637 G
SAUMON
CRU OU
PLATS
CUISINÉS
DE POULET
21533960_EA
21595452_EA

\$14-20



**TENDERS DINNER
COMBO FOR TWO**
9 PIECE STRIPS
FULLY COOKED 320 G
COMES WITH TWO
SMALL SIDES
134-454 G
819 G
**COMBO DE
REPAS DE FILETS
POUR DEUX**
21086335_EA

\$18

The Deli



**TRESTELLE
BOCCONCINI**
200 G OR
RICOTTA 475 G
SELECTED
VARIETIES
**BOCCONCINI
OU RICOTTA**
TRESTELLE
20093652_EA
20318663_EA

6⁹⁹



OKA SOFT CHEESE
IN-STORE
DELI CUT,
SELECTED
VARIETIES
**FROMAGE À PÂTE
MOLLE OKA**
21162370_KG

3⁴⁹
/100 G



**12 PIECE PRE-PACK
SAUCED WINGS 728 G**

+ 12" TAKE AND BAKE PIZZA
SELECTED VARIETIES 510-739 G

12 MORCEAUX D'AILES EN SAUCE PRÉEMBALLÉS

+ PIZZA 12 PO CUIRE À LA MAISON
21456393_EA/21532562_EA

\$20



**MARCANGELO
SLICED MEATS
OR SALAMI
CHUBS**
SELECTED
VARIETIES
**VIANDES
TRANCHÉES OU
SAUCISSONS
DE SALAMI
MARCANGELO**
20864839_EA
21021491_EA

\$2 Value
2,000⁰⁰
for every *10⁰⁰
spent on



**PC® NATUREL
CHOIX® CHICKEN
BREAST DELI
SERVICE**
SELECTED
VARIETIES
**POITRINE DE
POULET PC™ LE
CHOIX NATUREL®
DU COMPTOIR
DE SERVICE**
20301114_KG

2⁹⁹
/100 G

BUY ANY ONE
LARGE
IN-STORE
PREPARED
PASTA TRAY
\$13-18

1-1.2 KG
GRANDS PLATS
DE PÂTES PRÉPARÉS
EN MAGASIN
21395979_EA

GET ONE
FOIL GARLIC BREAD
SELECTED VARIETIES
MADE FRESH
IN-STORE **GARLIC LOAF**
PAIN À L'AIL EN PAPIER™
D'ALUMINIUM
\$2



MIX AND MATCH
OLIVIERI PASTA
250-350 G
OR SAUCE
300 ML
SELECTED
VARIETIES
**CRÉEZ VOTRE
COMBINAISON
PÂTES OU
SAUCE**
OLIVIERI
20114410_EA
20915838_EA

2/\$12
LESS THAN 2
\$6.79 EA.



**SNACK FACTORY
PRETZEL CRISPS**
SELECTED
VARIETIES
200 G
PRETZEL CRISPS
SNACK FACTORY
20948940_EA

\$6



**LESLEY STOWE
RAINCOAST CRISPS**
SELECTED VARIETIES
150 G
**CRAQUELINS
RAINCOAST CRISPS**
LESLEY STOWE
21025538_EA/21030996_EA

\$8

Floral



**ECUADORIAN
ROSES**
ASSORTED
COLOURS
DOZEN
**ROSES DE
L'EQUATEUR**
20581781_EA/20581749_EA

\$25



**CARNATIONS
ASSORTED
COLOURS
CÉILLETS**
21437446_EA

2/\$20
LESS THAN 2
\$12 EA.



**5 INCH MONEY
TREE
ARBRE À MONNAIE
DANS UN POT
DE 5 POUÇES**
21047905_EA

\$18



**HOLIDAY TREE
UPGRADE**
SELECTED
VARIETIES
**ARBRE
DES FÊTES
DE QUALITÉ
SUPÉRIEURE**
21340090_EA

\$15

DOLLAR DEALS

Everything for \$5 or less.

\$1

COLGATE OR CREST TOOTHPASTE 50-100 ML OR MANUAL TOOTHBRUSH 1 EA. SELECTED VARIETIES
DENTIFRICE OU BROSSÉ À DENTS MANUELLE COLGATE OU CREST
20077991_EA/20975582_EA



CONTENANTS DE SOUPE NOUILLES INSTANTANÉE SANS NOM[®] CERTAINES VARIÉTÉS 65 G
NO NAME[®] INSTANT NOODLE SOUP CUPS
20301246001_EA
20301246002_EA



BABY BELLIES OR LITTLE BELLIES BABY SNACKS SELECTED VARIETIES 8/12 G
COLLATIONS POUR BÉBÉ BABY BELLIES OU LITTLE BELLIES
21539335_EA/21539350_EA



NO NAME[®] RICE CRACKERS SELECTED VARIETIES 100 G
CRAQUELINS DE RIZ SANS NOM[®]
20297188002_EA
20297188003_EA

\$2



BAGEL BITES PIZZA SNACKS SELECTED VARIETIES FROZEN 198 G
COLLATIONS DE PIZZA BAGEL BITES
20213483001_EA



BABY GOURMET PUFFIES OR CRUNCHERS SELECTED VARIETIES 32 G
PUFFIES OU CRUNCHERS BABY GOURMET
21597336_EA/21597406_EA



NO NAME[®] ENGLISH MUFFINS WHITE OR WHOLE WHEAT 6'S
MUFFINS ANGLAIS SANS NOM[®]
21297780_EA/21297819_EA



NAVEL ORANGES PRODUCT OF SOUTH AFRICA 4.41/KG
ORANGES NAVEL
20426078001_KG

I CAN'T BELIEVE IT'S NOT BUTTER! MARGARINE SELECTED VARIETIES 427 G
MARGARINE I CAN'T BELIEVE IT'S NOT BUTTER! MARGARINE
20061949001_EA

BUSH'S BAKED BEANS SELECTED VARIETIES 398 ML
FÈVES BUSH'S BEST
20101518001_EA
20857051_EA



POMEGRANATE PRODUCT OF U.S.A. EACH
GRENADES
20134767001_EA



ONTARIO GREENHOUSE BEEFSTEAK TOMATOES PRODUCT OF ONTARIO 4.41/KG
TOMATES BEEFSTEAK DE SERRE
20426141001_KG

DOLLAR DEALS

Everything for \$5 or less.

2/\$3

LESS THAN 2
1.75 EA.

RAVINE CANNED MUSHROOM PIECES AND STEMS
284 ML
CHAMPIGNONS EN CONSERVE RAVINE
MORCEAUX ET PIEDS
21298248_EA



2/\$3

LESS THAN 2
1.70 EA.

NO NAME® CANNED VEGETABLES
SELECTED VARIETIES
341/398 ML
LÉGUMES EN CONSERVE
SANS NOM®
20303822_EA/20323322_EA



MIX & MATCH

\$3

DARE BEAR PAWS COOKIES
SELECTED VARIETIES
168-240 G
BISCUITS PATTES D'OURS DARE
21080779_EA/21080791_EA



QUAKER CRISPY MINIS OR LARGE RICE CAKES
SELECTED VARIETIES
90-173 G
CRISPY MINIS OU GRANDES GALETTES DE RIZ QUAKER
20850854_EA/20850958_EA



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



HARIBO GUMMY CANDY
SELECTED VARIETIES
170-175 G
FRIANDISES GÉLIFIÉES HARIBO
21519578_EA/21519517_EA



BEN'S BISTRO EXPRESS
SELECTED VARIETIES
240/250 G
BISTRO EXPRESS BEN'S
21404827_EA/21404840_EA



PC® APPLETREET® APPLE SAUCES
SELECTED VARIETIES
6X100 ML
PURÉE DE POMMES PC®
RÉGAL AUX POMMES®
20309701001_EA/20309701002_EA



QUAKER DIPPS OR CHEWY GRANOLA BARS
SELECTED VARIETIES
120-156 G
BARRES GRANOLA CHEWY OU DIPPS
21359366_EA/20847582_EA



DOLLAR DEALS

Everything for \$5 or less.

\$4

LARGE CANTALOUPES,
PRODUCT OF U.S.A.,
OR MINI SEEDLESS
WATERMELONS
PRODUCT OF U.S.A.
OR MEXICO
GROS CANTALOUPS OU
MINI MELONS
20167017001_EA
20145279001_EA

EXTRA LARGE
BROCCOLI
PRODUCT OF CANADA
TRÈS GROS BROCOLI
20145621001_EA

NO NAME®
CANNED FRUIT
SELECTED VARIETIES
796 ML
FRUITS EN CONSERVE
SANS NOM®
206130711_EA
206138241_EA

PC® THE DECADENT®
CHOCOLATE CHIP COOKIE
SELECTED VARIETIES
280/300 G
BISCUITS AUX BRISURES DE
CHOCOLAT PC® LE DECADENT®
206122511_EA
206122611_EA

CRAVE OR KRAFT DINNER ENTRÉES
200-340 G OR HUNGRY-MAN
ENTRÉES 360-455 G
SELECTED VARIETIES FROZEN
PLATS CUISINÉS CRAVE OU KRAFT
DINNER OU REPAS HUNGRY-MAN
20296014004_EA
21085515_EA

FRIED CHICKEN
Reconstituted Chicken with
Mustard Potatoes and Corn
with a Side
PRODUCT OF U.S.A.
POULET FRIIT
Poulet épicé accompagné
par des pommes de terre au
mustard et du maïs
PRODUIT DES ÉTATS-UNIS

KELLOGG'S
EGGO
CRISPY FLUFFY
Waffles
Buttermilk
original

KELLOGG'S
EGGO
CRISPY FLUFFY
Waffles
original

NOV MORE ICING
PLUS DE GLACAGE
PLUS DE PLAISIR!
Pillsbury
Toaster
Strudel
Saucisse
6 PÂTISSERIES
6 PÂTISSERIES

Pillsbury
Toaster
Scrambles
pastries
tartelettes
Sausage
Saucisse

PILLSBURY TOASTER
STRUDEL 326 G OR
SCRAMBLES 204 G
SELECTED VARIETIES
FROZEN
TOASTER STRUDEL OU
SCRAMBLES PILLSBURY
20172664001_EA
21474507_EA

no name®
clingstone
peach slices
in juice from
concentrate
Simple
CHOICE GRADE
796 mL 28 fl oz

no name®
fruit cocktail
in mixed fruit juice
from concentrate
Simple
CHOICE GRADE

FRANK'S
RedHot
ORIGINAL/ORIGINAL
20187632001_EA
21584993_EA

FRANK'S
RedHot
Squeeze
Presser
CREAMY TERIYAKI
BUFFALO
375 mL

VH.
TERIYAKI
Sauce-fry sauce pour sauté
375 mL

VH.
MEDIUM GARLIC
AIL MEDIUM
341/355 ML FRES
SAUCES VH
20308726001_EA
20309693001_EA

HELLMANN'S
MAYONNAISE
SELECTED
VARIETIES
340/445 ML
MAYONNAISE
HELLMANN'S
20008233001_EA
21591867_EA

HELLMANN'S
CHIPOTLE
SAUCE STYLE
MAYONNAISE
TYPE DRESSING
348 mL

FRANK'S RED HOT OR
THICK SAUCE
SELECTED VARIETIES
354 ML
SAUCE OU SAUCE
ÉPAISSE RED HOT
FRANK'S
20187632001_EA
21584993_EA

HELLMANN'S
REAL VRAIE
MAYONNAISE
445 ML

HEINZ KETCHUP
SELECTED VARIETIES
375 ML
KETCHUP HEINZ
20128881_EA/21626173_EA

HEINZ
1869
TOMATO
KETCHUP
AUX TOMATES
375 mL

HEINZ
1869
TOMATO
KETCHUP
AUX TOMATES
375 mL

KELLOGG'S
EGGO WAFFLES
SELECTED
VARIETIES
FROZEN 8'S
GAUFRES EGGO
KELLOGG'S
20302779_EA/20323436004_EA

Q-TIPS
500'S
Q-TIPS
20323077001_EA

Q-tips
COTON-TIGE
COTTON SWABS

DOLLAR DEALS

Everything for \$5 or less.

3/\$5
LESS THAN 2
1.99 EA.

PC® BLUE MENU®
CANNED TOMATOES
SELECTED VARIETIES
796 ML
TOMATES EN CONSERVE
PC® MENU BLEU®
20034188_EA/20328587_EA



2/\$5
LESS THAN 2
2.99 EA.

BARILLA PASTA
SELECTED VARIETIES
340/410 G
PÂTES BARILLA
21404912_EA/21515800_EA



2/\$5
LESS THAN 2
2.99 EA.

GERBER SNACKS
OR ENTRÉES
SELECTED VARIETIES
42-187 G
COLLATIONS OU PLATS
CUISINÉS GERBER
20304618003_EA/203046180037_EA



2/\$5
LESS THAN 2
2.99 EA.

STAGG CHILI
SELECTED VARIETIES
398 ML
CHILI STAGG
20091906_EA/20300125001_EA



2/\$5
LESS THAN 2
2.79 EA.

PC® WHITE
TUNA
SELECTED VARIETIES
170 G
THON BLANC
PC®
20529153_EA



2/\$5
LESS THAN 2
2.50 EA.

FRISKIES CAT TREATS
SELECTED VARIETIES
170 G
GÂTERIES POUR CHATS
FRISKIES
20686841_EA



\$5



PC® COOKIE DOUGH BITES
SELECTED VARIETIES
FROZEN 6'S
BOUCHÉES À LA PÂTE À
BISCUITS PC®
21506998_EA/21545109_EA



FARMER'S MARKET™ BUTTER CROISSANTS
OR CROISSANT BUNS SELECTED VARIETIES
270/300 G
CROISSANTS AU BEURRE OU
PETITS-PAÏNS CROISSANTS AU
BEURRE DÉLICÉS DU MARCHÉ™
20975943_EA/21577824_EA



QUAKER MUFFIN OR
COOKIE MIX
SELECTED VARIETIES
900 G
MÉLANGE À MUFFIN OU
À BISCUIT QUAKER
20301064001_EA/21611938_EA



BEN & JERRY'S 473 ML OR MAGNUM
4'S SELECTED VARIETIES FROZEN
BEN & JERRY'S OU BARRES MAGNUM
20950739_EA/21428403_EA



BREYERS CREAMERY STYLE ICE CREAM
1.66 L OR POPSICLE NOVELTIES 6/12'S
SELECTED VARIETIES FROZEN
CRÈME GLACÉE STYLE CRÈMERIE BREYERS
OU FRIANDISES GLACÉES POPSICLE
20344925006_EA/20684180_EA



PC® ASIAN ENTRÉES OR SOUPS 300 G,
GNOCCHI OR RISOTTO 350-400 G
SELECTED VARIETIES FROZEN
PLATS CUISINÉS ASIATIQUES OU
SOUPES, GNOCCHI OU RISOTTO PC®
21546625_EA/21560588_EA



CHEEZ-IT SNAP'D OR
TOWN HOUSE CRACKERS
SELECTED VARIETIES
260-391 G
CRAQUELINS SNAP'D
CHEEZ-IT OU TOWN HOUSE
21107393_EA/21451181_EA



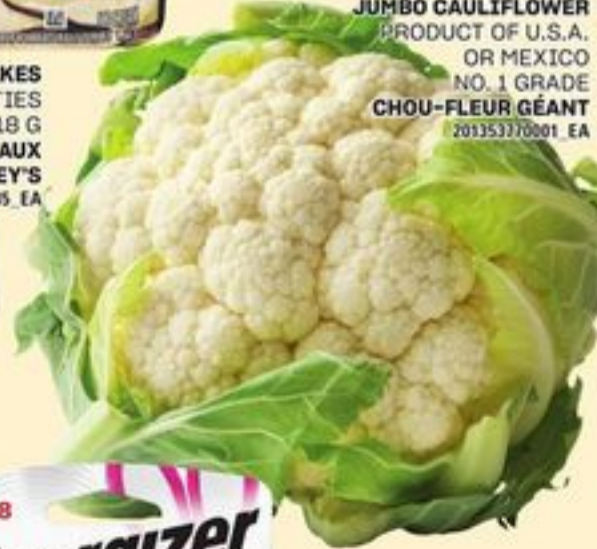
KIMBERLEY'S CUPCAKES
SELECTED VARIETIES
315-318 G
PETITS GÂTEAUX
KIMBERLEY'S
21595235_EA



JUMBO CAULIFLOWER
PRODUCT OF U.S.A.
OR MEXICO
NO. 1 GRADE
CHOU-FLEUR GÉANT
203353270001_EA



BLACK DIAMOND
CHEESE COMBOS
SELECTED VARIETIES
129 G
COMBOS DE FROMAGE
BLACK DIAMOND
21208641_EA/21208897_EA



LIMIT 4
AFTER 4
\$7 EA.

ENERGIZER
BATTERIES
AA8 OR AAA 4
PILES ENERGIZER
21103981_EA/21184803_EA
CUSTOMER IS RESPONSIBLE FOR
THE PAYMENT OF ANY APPLICABLE
MUNICIPAL AND/OR PROVINCIAL
DEPOSIT OR PRODUCT/PACKAGING
RECYCLING FEE THAT MAY APPLY.

Find new holiday Must Trys in aisle today

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Must Try **1,000** **\$1 Value**



\$5

PC® ASIAN SOUPS OR ENTRÉES FROZEN 300 G 21565868_EA

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

Must Try **2,000** **\$2 Value**



\$9

PC® FRENCH ONION SOUP STRAWS FROZEN 240 G 21612011_EA

Must Try



\$15

PC® HOLIDAY FEAST TURKEY (AND FIXINS) PIE FROZEN 800 G 21612959_EA

Must Try



\$15

PC® THE ULTIMATE PORK RIB ROAST FROZEN 1.1 KG 21616767_EA

Must Try



\$6

PC® BRUSSELSLAW PRODUCT OF U.S.A. 253 G 21626132_EA

Must Try



\$5

PC® PARADISE CRUNCH SUPER SWEET MINI PEPPERS PRODUCT OF CANADA OR MEXICO 454 G 21534092001_EA

Must Try



\$5

PC® ALL-BUTTER CHOCOLATE CHIP OR GRAINS AND SEEDS BRIOCHE LOAF 400 G 21607097_EA/21607172_EA

Must Try



\$8

PC® CRUSTASTIC™ SUGAR CRAVE PIE BAR 430 G 21609501_EA

Must Try



Did someone say cheesecake? 40 years of cheesecake later, we may have just outdone ourselves.

ONLY \$10

PC® NORTHERN SPANISH-STYLE BASQUE CHEESECAKE FROZEN 600 G 21609491_EA

Must Try



\$8

PC® CRUSTASTIC™ JOLLYBERRY GINGERBREAD PIE BAR 430 G 21609492_EA

Must Try



\$17

PC® FRENCH ROAST FINE GRIND 800 G OR WHOLE BEAN COFFEE 820 G 21592427_EA 21592555_EA



Insiders Report™

Celebrate big, spend small



PC[®] THAI BASIL SHRIMP SPRING ROLLS
FROZEN
294 G
20950440_EA

\$11



PC[®] BACON-WRAPPED WILD SEA SCALLOPS
FROZEN
260 G
21220644_EA

\$14



PC[®] TEMPURA TORPEDO SHRIMP
FROZEN
340 G
20978921_EA

\$11



PC[®] HOLIDAY FEAST TURKEY STUFFING BURGERS
FROZEN
568 G
21547041_EA

\$15



PC[®] CHOP HARVEST CRUNCH SALAD KIT
PRODUCT OF U.S.A.
285 G
21547869_EA

\$6



PC[®] WORLD OF FLAVOURS POTATO CHIPS
SELECTED VARIETIES
200 G
21538818_EA

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



PC[®] RUBY HOT CHOCOLATE
350 G
21400647_EA

5⁴⁹



PC[®] CANDY CANE COFFEE PODS
12'S
21543666_EA

\$7



PC[®] CANDY CANE ICE CREAM 1.5 L OR BAR G'S
20819224_EA
20911591_EA

5⁹⁹



PC[®] FRUIT CAKE
500 G
21462898_EA

\$9



PC[®] CHEESECAKE
SELECTED VARIETIES
FROZEN
420/600 G
20318102_EA

\$10

Sweet treats to give or enjoy



QUALITY STREET
TIN
650 G
21548444_EA

19⁹⁹



POT OF GOLD CHOCOLATE
SELECTED VARIETIES
243-245 G
21547694_EA/21545433_EA

6⁹⁹



NESTLÉ TURTLES
ORIGINAL OR ASSORTED
SELECTED VARIETIES
300-350 G
21205166_EA/21106317_EA

11⁹⁹



NESTLÉ AFTER EIGHT CHOCOLATE
SELECTED VARIETIES
200 G
21542944_EA/21393727_EA

5⁹⁹



FERRERO ROCHER GRAND ASSORTMENT 119 G,
GRAND ROCHER 125 G,
COLLECTION BOX T15 156 G
OR JEWEL BOX T16 200 G
20098034_EA/20982688_EA

8⁹⁹



M&M RED & GREEN OR MINT
SELECTED VARIETIES
165 G
21612631_EA/21612641_EA

5⁹⁹

Fall baking



NO NAME® CANOLA OIL SPRAY
170 G
21563294_EA

2⁷⁹



BURNBRAE NESTLAID WHITE EGGS
SELECTED VARIETIES
12'S
20816075001_EA/21069384001_EA

SAVE UP TO \$1.09

5⁴⁹



SAVE UP TO \$1

ROBIN HOOD OR FIVE ROSES FLOUR
SELECTED VARIETIES
2.5 KG
20039497001_EA
20148914002_EA

5⁹⁹



LANTIC SUGAR
OLD FASHION BROWN OR BRILLIANT YELLOW
1 KG
20016320_EA
20169394_EA

3⁷⁹



HERSHEY'S CHIPITS
SELECTED VARIETIES
180-270 G
21452844_EA
21452924_EA

4⁹⁹



NO NAME® ALMONDS OR WALNUTS
SELECTED VARIETIES
100 G
20127455001_EA
20599246_EA

4⁴⁹



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

7⁴⁹



NO NAME® SOUR CREAM
SELECTED VARIETIES
500 ML
20299657_EA

2/7⁵⁰
LESS THAN 2 \$4.29 EA.



E. D. SMITH PURE PUMPKIN PIE FILLING 796 ML OR **PIE FILLINGS** 540 ML
SELECTED VARIETIES
20922361_EA
20297753001_EA

6⁹⁹



CRISCO VEGETABLE SHORTENING
SELECTED VARIETIES
454 G
21475300_EA
21475369_EA

4⁷⁹



SHIRRIFF PIE FILL OR DR. OETKER PIE CRUST MIX
SELECTED VARIETIES
28-260 G
21615000_EA
21616647_EA

2⁴⁹



CARNATION EVAPORATED MILK
SELECTED VARIETIES
354 ML
20896887_EA

2⁴⁹



NO NAME® OR PC® MARSHMALLOW
SELECTED VARIETIES
400 G
20304672001_EA
21008975_EA

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



NO NAME® GRAHAM CRUMBS
SELECTED VARIETIES
400 G
20323233_EA

4⁴⁹



BAKER'S CHOCOLATE SQUARES
SELECTED VARIETIES
170-227 G
20296971001_EA
20316019001_EA

5⁹⁹



NO NAME® PIE SHELLS
SELECTED VARIETIES
350-380 G
20153259_EA
20671251_EA

3⁴⁹



PC® PUFF PASTRY
450 G
21288850_EA

5⁴⁹



COOL WHIP DESSERT TOPPING
SELECTED VARIETIES
FROZEN
1 L
20030369001_EA

4⁹⁹

Quick and Easy Meal Time

BUY 1

LARGE IN-STORE PREPARED PASTA TRAY
1-1.2 KG
\$13-18
21395979_EA

GET 1

FOIL GARLIC BREAD
382-1060 G
2102061_EA

FOR \$2



**GARLIC LOAF
PAIN À L'AIL**

HEAT AND SERVE | RÉCHAUFFER ET SERVIR
GARLIC LOAF | PAIN À L'AIL

330 g



SHEPHERD'S PIE, MEATBALLS WITH MARINARA SAUCE OR RIB TIP WITH MASHED POTATOES
1.1-1.6 KG
21624670_EA/21624751_EA/21624761_EA

\$20



PREPARED IN-STORE CLASSIC ITALIAN STYLE OR PULLED PORK MINI SLIDER BUNS
12'S
21595416_EA/21562105_EA

\$16

Optimum
5,000 pts

\$5
Value



CHICKEN, FAJITA, GYRO OR SOUVLAKI CHICKEN TACO TRAYS
1-1.1 KG
21395977_EA

\$20



FROM OUR CHEFS PIES OR QUICHE SELECTED VARIETIES
590/600 G
21579901_EA
21583326_EA

2/\$20
LESS THAN 2
\$11.99 EA.



FROM OUR CHEFS™ SOUP SELECTED VARIETIES
700 ML
21560588_EA
21560668_EA

2/\$16
LESS THAN 2
\$8.99 EA.

Grocery



GALLO EXTRA VIRGIN OLIVE OIL
SELECTED VARIETIES
1 L
20069755_EA
20105368_EA

17⁹⁹



PC FROZEN FRUIT
CLUB SIZE,
SELECTED VARIETIES
FROZEN
1.5/2 KG
21099410_EA
21380700_EA

17⁹⁹



HIGH LINER FISH OR SHRIMP 350-700 G OR
GIUSEPPE STUFFED CRUST PIZZA 685-771 G
SELECTED VARIETIES
FROZEN
20303200001_EA/21555844_EA

7⁹⁹



CHOLULA HOT SAUCE
SELECTED VARIETIES
150 ML
21109033_EA
21392271_EA

6⁹⁹



NO NAME SAUCE OR GRAVY
SELECTED VARIETIES
398 ML
20185228001_EA

1⁴⁹



KNORR OR LIPTON SOUP MIX
SELECTED VARIETIES
40-166 G
20297514001_EA/20308188002_EA

1⁹⁹



TOFFIFEE CHOCOLATE
246 G
21541146_EA

6⁹⁹



KNORR SIDEKICKS
SELECTED VARIETIES
121-153 G
20321430001_EA
20321430004_EA

3/6⁹⁹
LESS THAN 3
\$2.79 EA.



PC OR MOLISANA PASSATA
SELECTED VARIETIES
680 ML
20016661_EA/21124832_EA

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



EL MONTEREY TAQUITOS
SELECTED VARIETIES
FROZEN
595 G
21022952_EA

12⁹⁹



SWANSON SKILLET FAMILY OR OVEN MEALS
SELECTED VARIETIES
FROZEN
879 G-1.19 KG
20745335_EA
21559129_EA

10⁹⁹



KNORR GRAVY AND PASTA SAUCE MIX
SELECTED VARIETIES
22-48 G
20321329001_EA
20323323001_EA

2/\$3
LESS THAN 2
\$1.99 EA.



SCHNEIDERS BREAKFAST SANDWICHES OR EGG BITES
SELECTED VARIETIES
FROZEN
204-288 G
21623187_EA/21623288_EA

4⁹⁹



PC CANDY CANE ICE CREAM 1.5 L OR BAR 6'S
20810224_EA
20911591_EA

5⁹⁹



PC OR BLUE MENU VEGETABLE COCKTAIL OR CLAMATO
SELECTED VARIETIES
1.89 L
20307025001_EA
20506849003_EA

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



PURE LIFE WATER
24X500 ML
20060696_C24

4⁹⁹



CASHMERE BATHROOM TISSUE
SELECTED VARIETIES
24-72 ROLLS
21189845_EA
21443648_EA

19⁹⁹



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

8⁹⁹

For your family



HEAD & SHOULDERS
100-613 ML OR
HERBAL ESSENCES
BIO-RENEW HAIR
CARE 600 ML
SELECTED VARIETIES
21083390_EA/21505226_EA

9⁹⁹



AXE HAIR CARE
SELECTED VARIETIES
473 ML
21170078_EA/21432191_EA

4⁹⁹



L'ORÉAL PARIS
EXCELLENCE
HAIR COLOUR
SELECTED
VARIETIES
EACH
2030551008_EA
20318838_EA

10⁹⁹

5,000⁰⁰
when you buy 2

\$5 Value



SALE
SAVE UP TO



SAVE
UP TO \$6⁰²



NEUTROGENA
FACE, BODY
LOTION, SUN
OR HAIR CARE
PRODUCTS
SELECTED
VARIETIES
AND SIZES
20657370_EA
20853160002_EA

20%

GARNIER MICELLAR
WATER 400 ML,
SKIN ACTIVE CREAMS
OR SKIN NATURAL
MOISTURIZERS
SELECTED VARIETIES
AND SIZES
21351904002_EA
21571477_EA

8⁹⁷

AVEENO OR
LUBRIDERM LOTION
OR NEUTROGENA
HAND CREAM
SELECTED VARIETIES
AND SIZES
20318600_EA

8⁹⁷

500⁰⁰



METHOD BODY WASH
532 ML OR LIQUID HAND
SOAP REFILL 828 ML/1 L
SELECTED VARIETIES
21425039_EA/21425299_EA

7⁹⁹

1,000⁰⁰



DOVE BAR SOAP
6X106 G OR
BODY WASH
532-695 ML
SELECTED VARIETIES
21221317_EA/21518329_EA

8⁹⁹



SOFTSOAP
LIQUID HAND
SOAP REFILL
SELECTED VARIETIES
1.47 L
21166983_EA/21167194_EA

6⁴⁹



SECRET 45/73 G,
GILLETTE 108 G OR
IVORY 68 G DEODORANT
OR ANTIPERSPIRANT
SELECTED VARIETIES
21220709_EA/21426466_EA

6⁹⁹

3,000⁰⁰
when you buy 2

\$3 Value



DEGREE DRY
SPRAYS 107 G OR
DEODORANT 74 G
SELECTED VARIETIES
21078327_EA/21196402_EA

5⁹⁹



SCHICK HYDRO,
INTUITION OR
XTREME 3 RAZORS
SELECTED VARIETIES
1-8'S
20322736004_EA
21123965_EA

9⁹⁹



SENSODYNE OR
PRONAMEL
TOOTH PASTE
SELECTED
VARIETIES
110-135 ML
20247931001_EA
20432268002_EA

6⁴⁹



LISTERINE
CLASSIC 1 L OR
KIDS 500 ML
MOUTHWASH
SELECTED VARIETIES
20348438001_EA/21091297_EA

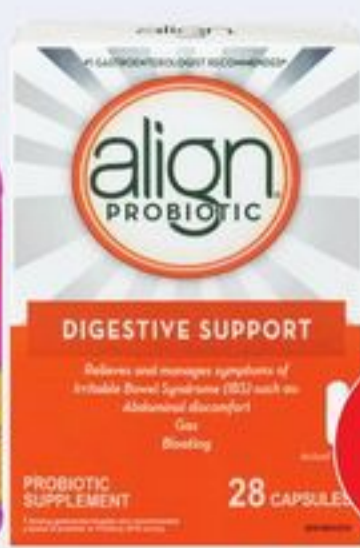
6⁹⁹



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

5⁴⁹

For your family



\$2 Value

PEPTO BISMOL UPSET STOMACH RELIEF PRODUCTS, ROLAIDS ANTACIDS, METAMUCIL FIBRE SUPPLEMENT OR ALIGN PROBIOTICS
SELECTED VARIETIES AND SIZES
20097597001_EA/20540754_EA

2,000⁺
when you spend '20*

TROJAN CONDOMS
SELECTED VARIETIES AND SIZES
20354384_EA
21295553_EA

7¹⁹-19⁹⁹



SALE
SAVE UP TO

SALE
SAVE UP TO

TYLENOL COLD, COUGH AND FLU PRODUCTS 18/20'S OR BENYLIN COUGH RELIEF SYRUP 100 ML
SELECTED VARIETIES
20296733001_EA/20322277003_EA

15%

PURE PROTEIN POWDERS OR BARS
SELECTED VARIETIES AND SIZES
20322070001_EA/20539046_EA

20%



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%

ALWAYS PADS 26-62'S OR LINERS 116-216'S OR TAMPAX TAMPONS 38-50'S
SELECTED VARIETIES
20567455_EA
21374646_EA

13⁹⁹

DEPEND UNDERWEAR
SELECTED VARIETIES AND SIZES
21023579_EA
21099850_EA

19⁹⁹



ST. IVES SCRUBS, CLEANSERS OR BODY LOTION
SELECTED VARIETIES AND SIZES
21086101_EA

4⁹⁹

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

\$5

COLGATE PREMIUM ADULT OR KIDS TOOTHPASTE 70-150 ML OR COLGATE MANUAL TOOTHBRUSH EA.
SELECTED VARIETIES
20306410001_EA
21166613_EA

3⁴⁹



SALE
SAVE UP TO

SAVE UP TO 20%

SALE
SAVE UP TO

PC® SPORTS SUPPLEMENTS
SELECTED VARIETIES AND SIZES
20696552_EA
21313808_EA

20%

LIFE BRAND® FIRST AID PRODUCTS
SELECTED VARIETIES AND SIZES
21225374_EA
21279902_EA

1⁷⁹-14³⁹

LIFE BRAND® PAIN MANAGEMENT PRODUCTS
SELECTED VARIETIES AND SIZES
21134354_EA
21457058_EA

20%

Natural foods



NATURE CLEAN
PLASTIC FREE
LAUNDRY OR
CLEANER STRIPS
SELECTED
VARIETIES
32/36'S
21451364_EA
21451469_EA

8⁹⁹



PROGRESSIVE
MULTIVITAMINS
SELECTED
VARIETIES
120'S
21564955_EA
21565115_EA

SALE
SAVE UP TO
13%



NATURAL CALM
MAGNESIUM
SUPPLEMENT
SMALL
SELECTED
VARIETIES
226 G
21416025_EA
21416047_EA

29⁹⁹



OLYMPIC ORGANIC
YOGURT OR OLYMPIC
KREMA YOGURT
SELECTED
VARIETIES
650 G
20316485005_EA
20316485006_EA

5⁹⁹



LIVIVA ORGANIC
GLUTEN-FREE BEAN
AND SHIRATAKI PASTA
SELECTED VARIETIES
200-400 G
21154070_EA, 21154073_EA

4⁹⁹



PC* ORGANICS
FRUIT
FROZEN
SELECTED VARIETIES
600 G
20431483001_EA
20431483002_EA

7⁹⁹



PC* ORGANICS
CANNED BEANS
SELECTED
VARIETIES
398 ML
21403943_EA
21403992_EA

1⁴⁹



LUNDBERG
FAMILY FARMS
ORGANIC
RICE
SELECTED
VARIETIES
156-907 G
20652588_EA
20652730_EA

SALE
SAVE UP TO
20%



RENEW LIFE
SELECTED
VARIETIES AND
SIZES
21448440_EA
21448449_EA

SALE
SAVE UP TO
10%



SKINNY POP
POPCORN
SELECTED
VARIETIES
125/150 G
20785418002_EA
20987338_EA

3⁹⁹



LUCKY GLUTEN FREE
VEGGIE SPRING ROLLS
241 G OR WHOLLY
VEGGIE PLANT
BASED MOZZARELLA
STICKS 283/375 G
SELECTED VARIETIES
21433520_EA, 21497039_EA

7⁹⁹



PC* ORGANICS
NUTS OR
DRIED FRUIT
SELECTED
VARIETIES
AND SIZES
21195390_EA
21195403_EA

SALE
SAVE UP TO
20%

GENUINE HEALTH

NEXT-LEVEL
NUTRITION TO
FUEL YOUR
BEST SELF

#1
Greens
Superfood
in Canada



\$66.99
fermented organic
vegan proteins+
unflavoured 600 g
21299254_EA

\$36.99
greens+ original
tropical fruit 228 g
21592541_EA

\$64.99
greens+ extra
energy
natural orange 399 g
20008157_EA

GENUINEHEALTH.COM



PROUDLY CANADIAN

SALE
SAVE UP TO
15%

PVL OR NCN
PROTEIN
SELECTED
VARIETIES
AND SIZES
21562114_EA

FUEL ALL DAY

Whether you're a CrossFitter, lifter, team athlete, or just big on fitness, **WHEY PRO+™** will fuel you up for long-lasting athletic energy. Tested safe for athletes by Informed Choice & powered by a nourishing 25g /serving of fast and slow-digesting proteins will help you play all day.

PVL.com | [@PUREVITALABS](https://www.instagram.com/purevitalabs)

GreatLakes Wellness

Clump free, complete dissolve collagen. Simply beautiful.

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@greatlakeswellness #GreatLakesGreatYou

BOOM CHICKA POP REAL SIMPLE INGREDIENTS. NOTHING FAKE.

4⁴⁹

ANGIE'S BOOMCHICKAPOP®
POPCORN & PUFFS
136 - 198 g
20811709_EA

NON GMO

NO ARTIFICIAL COLOURS, FLAVOURS, OR PRESERVATIVES

GLUTEN FREE

For your pet

click here to shop our full assortment 



WHISKAS TEMPTATIONS CAT TREATS
SELECTED VARIETIES
454 G
21012108_EA

6⁹⁹



IAMS™ CAT FOOD
SELECTED VARIETIES
1.36/1.59 KG
21027553_EA

Members save **\$3**
14⁹⁹
Non-members **17⁹⁹**



PURINA CAT CHOW
SELECTED VARIETIES
1.42-2 KG
20319556001_EA

9⁹⁹



MILK-BONE COMFORT CHEWS
DOG TREATS
SELECTED VARIETIES
210/312 G
21620569_EA

8⁹⁹



TIDY CATS LIGHT WEIGHT LITTER
SELECTED VARIETIES
2.72 KG
21206496_EA

13⁹⁹



MEOW MIX CAT FOOD
SELECTED VARIETIES
1.42 KG
21586251_EA

6⁹⁹



DENTALIFE DOG SNACKS
SELECTED VARIETIES
40B-595 G
21011580001_EA

9⁹⁹



NO NAME™ CAT LITTER
SELECTED VARIETIES
18 KG
20177169002_EA

11⁹⁹



IAMS™ DOG FOOD
SELECTED VARIETIES
6.12/6.8 KG
20646724002_EA

3,000⁰⁰ **\$3 Value**
32⁹⁹



PURINA ONE DRY DOG FOOD
SELECTED VARIETIES
6-7 KG
20339412_EA

30⁹⁹



PURINA DOG CHOW
SELECTED VARIETIES
11.4/14 KG
21520622_C01

35⁹⁹



PC™ NUTRITION FIRST™ CAT FOOD
SELECTED VARIETIES
4 KG
21303157_EA

24⁹⁹

For a Fresh and Clean Home this Fall

reckitt®
10,000⁰⁰ for every \$30 spent on **\$10 Value**
all Lysol cleaners, Finish Dish Tabs, Air Wick air care, Lysol and Resolve laundry, Air Wick Twins refills or Essential Mist kit 3/20 mL selected varieties



less than **2 \$7.99 ea.**
2/\$13
Lysol® disinfecting wipes selected varieties 75's
21449826_EA
21449829_EA



14⁹⁹ EA
Finish® dishwasher detergents 30-55's or rinse aid 946 mL selected varieties
21565525_EA
21408439_EA



6⁹⁹ EA
Resolve® stain remover 650 mL or Lysol® laundry disinfectant 1.2 L selected varieties
21487308_EA
20323370_EA



11⁹⁹ EA
Air Wick® Scented Oils™ refills 2 x 20 mL or Air Wick® Essential Mist™ - Kit 20 mL selected varieties
21518111_EA
21495649_EA

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ZIP MORE GIVE MORE

Every Ziploc® brand product you purchase, provides a meal to a Canadian family in need.*

3⁹⁹

Ziploc snack, sandwich or storage bags selected varieties 10-90's
2087415_EA
20300467801_EA



7,500⁰⁰ for every \$15 spent on **\$7.50 Value**
GLADE AIR CARE OR SCRUBBING BUBBLES BATHROOM CLEANERS SELECTED VARIETIES AND SIZES
21449308_EA



1 GET IT CLEAN 2 KEEP IT FRESH
20972519_EA

Bring home the delicious taste of McCafé



NEW McCafé® Nespresso Medium Roast Capsules 10's
21616732_EA
\$7⁹⁹



McCafé® Premium Roast Ground Coffee 875 g
21633684_EA
\$21⁹⁹



McCafé® Premium Roast K-Cup® Pods 30's
21240975_EA
\$19⁹⁹

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LAVAZZA

ICONIC CRAFTSMANSHIP. ARTFULLY BLENDED.



19⁹⁹
Lavazza QUALITÀ ROSSA 30 K-Cup® pods
21589798_EA



19⁹⁹
Lavazza QUALITÀ ORO 30 K-Cup® pods
21589700_EA

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TIS THE SEASON

PROTECT YOUR IMMUNE SYSTEM

SAVE UP TO 30%

Jamieson vitamins or supplements selected varieties and sizes
20964323_EA/20964306_EA
20143037_EA/21940000_EA
20187693_EA



Jamieson



Serving suggestion

PREPARE FOR A YEAR OF EASY PAIRINGS

"Rice on the plate makes for a more nutritious meal"

Source: "Evaluation of rice consumption with overall diet quality and key nutrient intakes." National Health & Nutrition Examination Study (2005-2010)

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BEN'S ORIGINAL[™]
Bistro Express[™] Ready to Heat Rice
240-250 g
21404827_EA

\$3



BEN'S ORIGINAL[™]
CONVERTED[™] Long Grain or Whole Grain Brown Rice 2.2kg
21397514_EA

\$9.99



VH[®]
Sauces 341-355 mL
21127163_EA

LESS THAN 2 \$4.79 EA. 2/\$8



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

Pepperidge Farm[®] Goldfish[®] Crackers,
156-227 g
selected varieties
21575295_EA/21472373_EA




3.49

Snyder's of Hanover[®] Pretzels,
240 g
selected varieties
20314052004_EA/20314052001_EA



2.99

Kettle[®] Brand Kettle Chips,
156-198 g
selected varieties
21589837_EA/21520692_EA

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PC Optimum[™] members can save up to 35% on home and auto insurance*



Save up to **35%**

*Conditions apply. Subject to change. For full details see www.pcinsurance.ca.

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1,000[™] when you buy 2
less than 2 \$5.99 ea.
2/\$10

Black Diamond
Combo, 3 x 43g
Black Diamond
Natural Cheese Slices, 220g - 240g
20208997_EA
2037880_EA

\$1 Value COMBO

\$10.49
Black Diamond
Cheestrings
28 pk, 589 g
20765883_EA

\$5.49
Black Diamond
Cheese Sticks
189 - 252 g
20537373_EA
20988474_EA

\$6.99 LACTOSE FREE

Lactantia
Butter Sticks, 454g
2052952_EA/2044044_EA

Kraft
Parmesan shredded cheese, 200g
20249427001_EA
21092951_EA

\$6.49 LACTOSE FREE

Lactantia
Margarine, 850g
President
Butter, 250g
20249427001_EA
21092951_EA

Possible lives here



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

President's Choice



Food
Optimum
Financial
Health
Express

LIBERTÉ

LESS THAN 2 \$5.69 EA.

2/\$9

Liberté Méditerranée® selected varieties 500 g

20788062002_EA



\$3.99

Liberté Greek, Liberté Méditerranée® selected varieties 4 x 100 g

21389655_EA



\$6.99

Liberté Greek® selected varieties 650-750 g

20642273_EA
20704361001_EA



\$6.99

Liberté Méditerranée® selected varieties 900 g

21305347_EA

NEW!



\$3.69

Yoplait® Minigo selected varieties 6x60 g

21619388_EA



\$3.69

Yoplait Tubes® selected varieties 8x56 g

21547595_EA
21547629_EA

LESS THAN 4 \$1.99 EA.

4/\$6

Yoplait® YOP selected varieties 200 mL

21478096_EA
21478186_EA



NEW!

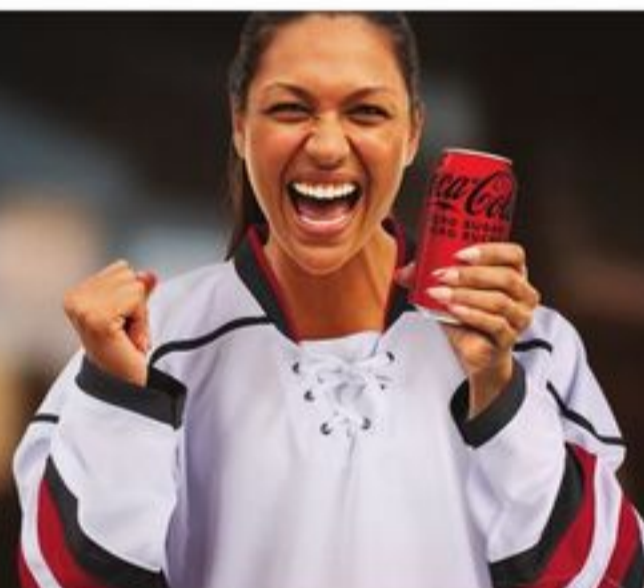


\$4.99

Yoplait Source® Protein 650 g

21588406_EA
21588150_EA

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TAKE A SHOT ON GREAT TASTE

Best **Coke** Ever?



LESS THAN 2 \$7.99 EA.

2/\$14*

COCA-COLA® beverages selected varieties 12x355 mL

20318694002_C12



LESS THAN 2 \$7.49 EA.

2/\$13*

AHA® SPARKLING WATER selected varieties 12x355 mL

21240797_C12



LESS THAN 2 \$3.99 EA.

2/\$6.50*

Canada Dry® beverages selected varieties 2 L

20311362001_EA



LESS THAN 2 \$2.49 EA.

2/\$4*

POWERADE® beverages selected varieties 710 mL

20853723_EA



LESS THAN 2 \$2.49 EA.

2/\$4*

BODYARMOR® SuperDrink® selected varieties 473 mL

21585195_EA

November 7th - November 13th 2024

*Plus applicable taxes, levies, deposits and fees. Valid at participating locations for a limited time. Subject to availability while supplies last. Retailer may sell for less. The trademarks that appear are the property of their respective trademark owners.

Don't leave any points behind at the pump!



Earn **10^{pts}** per litre

Add your phone number to your account on the PC Optimum™ app. Enter your phone number on the pump keypad before entering your payment card.

OR



Earn **10^{pts}** per litre

Insert your PC Optimum™ card into the card reader before entering your payment card.

OR



Earn at least **3c** per litre in points

Pay with your PC® Mastercard® and earn points on fuel.¹



¹ Points amount shown includes the 10 points per dollar for all purchases with the President's Choice Financial® Mastercard®. In addition, earn at least 10 PC Optimum™ points per purchased litre of gasoline or diesel fuel at Esso™ stations in Canada when you pay with your President's Choice Financial® Mastercard®. You will also earn at least 10 PC Optimum™ points per litre awarded to all PC Optimum™ loyalty members at Esso™ stations in Canada. Earn an additional 10 points per litre of premium gasoline (Octane 89, 91, 93) at Esso™ stations. Should fuel prices fall below \$1/L, causing total PC points per litre awarded to fall below 30 points per litre, points will be topped up to ensure a minimum of 30 points per litre are awarded in all transactions paid with a PC Financial® Mastercard® at Esso™ locations. For full details including how points are awarded to your PC Optimum™ account and rounding rules, visit pcfinancial.ca/en/legal-stuff/pc-optimum-mastercard/. PC®, PC Financial®, and President's Choice Financial® are trademarks of Loblaw Inc., used under license. Mastercard® is a registered trademark, and the circles design is a trademark of Mastercard International Incorporated. President's Choice Bank is a licensee of the marks. President's Choice Financial® Mastercard® is provided by President's Choice Bank. Esso is a trademark of Imperial Oil Limited. Imperial Oil, licensee.