

**PRICE  
DROP!**



**SALE  
SAVE \$2.99**

**CANADA  
FARMER'S MARKET™  
RUSSET POTATOES  
PRODUCT OF CANADA  
10 LB BAG  
20601020001\_EA**

**\$6**

**PRICE  
DROP!**



**SALE  
SAVE \$1.24**

**IÖGO NANO YOGURT  
SELECTED VARIETIES  
6X93 ML  
20609687001\_EA/21219007\_EA**

**3.25**

**PRICE  
DROP!**



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

**\$5**

**PRICE  
DROP!**



**SALE  
SAVE \$1**

**PC® OR BLUE MENU® ENTRÉES  
OR BOWLS  
SELECTED VARIETIES FROZEN  
212-365 G  
20312253001\_EA/20839096\_EA**

**3.50**

**PRICE  
DROP!**



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

**\$3**

\*Offer valid in-store at participating locations between October 21 - November 27, 2024 before applicable taxes and while quantities last. Offer applies only to select products. Offer may be modified and/or cancelled without notice. See in-store for full details.

Scan to see our complete digital flyer



**Independent**  
Your Independent Grocer



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

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



CUT BY OUR BUTCHERS

**CANADA BEEF SHORT RIBS KOREAN STYLE**  
CUT FROM CANADA AA GRADE BEEF OR HIGHER  
22.02/KG  
20810383\_KG/20810384\_KG

**SAVE \$5<sup>LB</sup>**  
**9<sup>99</sup>**  
LB



CUT BY OUR BUTCHERS

**PORK LOIN COMBINATION CHOPS**  
SIRLOIN, CENTRE AND RIB PORTION BONE-IN  
5.49/KG  
21618256\_KG

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

5 LB



**CHINESE MANDARINS**  
PRODUCT OF CHINA  
5 LB  
20088143001\_EA

**6<sup>88</sup>**



**FRESH ATLANTIC SALMON FILLETS**  
FAMILY SIZE  
30.84/KG  
FRESH SEAFOOD ITEMS SUBJECT TO AVAILABILITY  
21085873\_KG

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

**SAVE \$4<sup>LB</sup>**

PKG OF 6



**CANADA FARMER'S MARKET<sup>™</sup> MINI CUCUMBERS**  
PRODUCT OF CANADA  
6'S  
20737570001\_EA

**\$3**



**KICKING HORSE ORGANIC WHOLE BEAN COFFEE**  
SELECTED VARIETIES  
454 G  
20322468001\_EA  
20322468006\_EA

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

**SAVE \$2**



**NO NAME<sup>®</sup> CHEESE BARS 700 G OR PC<sup>®</sup> SHREDS 620 G**  
SELECTED VARIETIES  
20975773\_EA/21060177\_EA

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



**LACTANTIA BUTTER**  
SELECTED VARIETIES  
454 G  
20296112005\_EA/20639926\_EA

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



**D'ITALIANO BREAD OR BUNS**  
SELECTED VARIETIES  
20038335\_EA  
21450797\_EA  
20627103\_EA

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

**WHEN YOU BUY 2 SAVE \$1<sup>08</sup>**



**JAMIESON VITAMINS OR SUPPLEMENTS**  
SELECTED VARIETIES AND SIZES  
20299993\_EA  
20303216001\_EA

**50%**

**SAVE UP TO**



**PUREX BATHROOM TISSUE 12 DOUBLE ROLLS, SPONGETOWELS PAPER TOWELS 6 ROLLS, SCOTTIES FACIAL TISSUE 6'S**  
SELECTED VARIETIES  
21186225\_EA/21189812\_EA

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

# Black Friday

DON'T MISS OUR HOT DEALS!

FLYER OFFERS AVAILABLE NOV 21 TO NOV 27



**BRITA**  
DENALI WHITE PITCHER  
OR 3-PACK FILTER  
SELECTED VARIETIES  
20094145\_EA/21524887\_EA

GET 5,000<sup>+</sup> = \$5 Value  
**LIMIT 4**  
AFTER LIMIT \$25 EA.

**\$20**



**Energizer**  
AAA 4 OR AAA 8  
21103981\_EA/21184803\_EA

12 50% LONGER LASTING PLUS LONG LIFE  
10 50% LONGER LASTING PLUS LONG LIFE

**LIMIT 4**  
AFTER LIMIT \$7 EA.

**\$5<sup>+</sup>**

ENERGIZER BATTERIES  
AAA 8 OR AAA 4  
21103981\_EA/21184803\_EA  
CUSTOMER IS RESPONSIBLE FOR THE PAYMENT OF ANY APPLICABLE DEPOSIT OR PRODUCT/PACKAGING RECYCLING FEE THAT MAY APPLY.



**FARMER'S MARKET<sup>™</sup>**  
BAG APPLES  
PRODUCT OF WESTERN PROVINCES, CANADA FANCY GRADE 5 LB  
20630646001\_EA/21195877001\_EA

Members save \$2

Optimum Members-Only Price \$8  
Non-members \$10



**PC<sup>®</sup> OR BLUE MENU<sup>®</sup> FISH**  
SELECTED VARIETIES FROZEN 550-680 G  
20324259001\_EA/20324259002\_EA

Members save \$6

Optimum Members-Only Price \$10<sup>99</sup>  
Non-members \$16<sup>99</sup>



**FERRERO CORE HOLIDAY BUNDLE**  
SELECTED VARIETIES 119-200 G  
20098034\_EA

Members save \$3

Optimum Members-Only Price \$6<sup>99</sup>  
Non-members \$9<sup>99</sup>



**NO NAME<sup>®</sup> NUTS 100 G, CHERRIES MARASCHINO 375 ML, VEGETABLE SHORTENING 454 G, LARD 454 G, GRAHAM CRUMBS 400 G OR ARTIFICIAL VANILLA EXTRACT**  
20050959\_EA/20171622\_EA

GET 3,000<sup>+</sup> = \$3 Value for every \$10<sup>+</sup> spent on



**PC<sup>®</sup> ROAST AND GROUND COFFEE**  
SELECTED VARIETIES 800-930 G  
21393374\_EA/21592427\_EA

GET 3,000<sup>+</sup> = \$3 Value

**SALE SAVE \$2**

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



**RUFFLES POTATO CHIPS OR DORITOS FLAVOURED TORTILLA CHIPS**  
SELECTED VARIETIES 180-280 G  
21369118\_EA/21241053\_EA

GET 3,000<sup>+</sup> = \$3 Value when you buy 3



**ACTIVIA YOGURT 650 G OR MINUTE MAID LEMONADE 1.54 L**  
SELECTED VARIETIES  
20325132003\_EA/21434119\_EA

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

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



**BEN & JERRY'S 473 ML OR MAGNUM BARS 4'S**  
SELECTED VARIETIES FROZEN  
20950739\_EA/21428213\_EA

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



**BAKED IN-STORE COOKIES**  
SELECTED VARIETIES 18'S  
21454952\_EA

**\$7**



**PC<sup>®</sup> PODS 12'S OR STARBUCKS NESPRESSO COMPATIBLE CAPSULES 10'S**  
SELECTED VARIETIES  
20585365\_EA/21549729\_EA

**SAVE UP TO \$2**

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



**TOBLERONE CHOCOLATE**  
SELECTED VARIETIES 360 G  
20986903\_EA/20986959\_EA

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



**KETTLE POTATO CHIPS**  
SELECTED VARIETIES 156/198 G  
21520652\_EA/21520654\_EA

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



**CAMPBELL'S READY TO SERVE 515 ML OR HABITANT SOUP 900 ML**  
SELECTED VARIETIES  
20297246001\_EA/20299690002\_EA

**SAVE UP TO 67<sup>¢</sup>**

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



**COTTONELLE BATHROOM TISSUE**  
SELECTED VARIETIES 18=72 ROLLS  
21594687\_EA/21594688\_EA

**SALE SAVE \$7**

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



**ENSURE REGULAR OR BOOST ORIGINAL READY TO DRINK SHAKES**  
SELECTED VARIETIES AND SIZES  
20304767002\_C06/20319843\_C06

**SALE SAVE \$2**

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



**TIDE LIQUID 2.04 L OR PODS 18/23/31'S LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER 1.89-2.63 L, DOWNY OR GAIN SCENT BOOSTERS 379 G OR BOUNCE DRYER SHEETS 120-200'S**  
SELECTED VARIETIES  
21550428\_EA/21593782\_EA

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

**Independent** CUSTOMER RELATIONS 1-800-296-2332. VISIT [yourindependentgrocer.ca](http://yourindependentgrocer.ca) FOR STORE HOURS.

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**OUTDOOR/SEASONAL:** For your local store's hours and for a list of your Independent Grocer locations that DO NOT participate in this flyer, visit [www.yourindependentgrocer.ca](http://www.yourindependentgrocer.ca) or call Customer Relations at 1-800-296-2332.

**Quantities and/or selection of items may be limited and may not be available in all stores.** Outdoor seasonal items (e.g. lawn and garden) may only be available at select store locations. Please check your local store for pricing, limits and availability. We reserve the right to limit quantities to reasonable family requirements. Rainchecks may be available for out of stock items excluding clearance items or where quantities are advertised as limited. We reserve the right to substitute the out of stock item for an equivalent item in lieu providing a raincheck. **Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location.** All references in our flyer to "Save", "Was", "Now" etc. is in comparison to our own regular prices. **Savings on items advertised within flyer may vary by store location.** Coupons must be presented and redeemed at time of purchase. We are not obligated to sell items based on errors or misprints in typography or photography. 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. **COLLECT AND SAVE PROGRAM:** "While supplies last, receive one stamp for every \$20 spent before applicable taxes in a single transaction. Exclusions apply. Cannot be combined with any other coupons or promotional offers. Stamps have no cash value and are non-transferable. See in store for paper stamp card or PC Optimum<sup>™</sup> App to opt into program and receive digital stamp card. A mix of digital and paper stamps collected are not accepted as a complete set. Completed stamp cards can be redeemed up until February 20th, 2025, after which point they expire. All sales are final. Cookware is under warranty for a 2 year period from date of purchase. Exceptions to warranty and replacements apply. For full warranty information, product replacement process, FAQ's and complete offer details, please visit [pcoptimum.ca/collectandsave](http://pcoptimum.ca/collectandsave).

WB WW WY BACK



# Produce



**POMEGRANATE**  
PRODUCT OF U.S.A. \$2 EACH  
OR **SWEET POTATOES** PRODUCT  
OF CANADA \$2 LB 4.41/KG  
20134767001\_EA/20127708001\_KG

**\$2**  
EA  
/LB



**CANADA**  
**PC\* ORGANICS WHOLE  
CREMINI OR WHITE  
MUSHROOMS**  
PRODUCT OF CANADA  
227 G  
21021565\_EA/21021499\_EA



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



**PINEAPPLE**  
PRODUCT OF COSTA RICA  
EACH  
20119813001\_EA

**\$5**

**PKG  
OF 6**



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

**\$5**



**PC\* ADORA GRAPES OR  
EXTRA LARGE GREEN OR  
RED SEEDLESS GRAPES**  
PRODUCT OF U.S.A.,  
NO. 1 GRADE  
8.82/KG  
20711275001\_KG/20425775001\_KG

**\$4**  
LB



**BOLTHOUSE FARMS  
SMOOTHIES OR JUICE**  
PRODUCT OF U.S.A.,  
SELECTED  
VARIETIES  
946 ML  
20301788\_EA  
20325816\_EA

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



**PC\* CHOPPED OR  
PREMIUM SALAD  
KITS**  
PRODUCT OF  
U.S.A.,  
SELECTED  
VARIETIES  
253-369 G  
21334801\_EA  
21378038\_EA

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



**SATSUMA MANDARINS**  
PRODUCT OF U.S.A.  
8.82/KG  
20925159001\_KG

**\$4**  
LB



**WEST  
GREENHOUSE TOMATOES  
ON THE VINE**  
PRODUCT OF  
WESTERN PROVINCES  
4.41/KG  
20026703001\_KG

**\$2**  
LB



**CORED PINEAPPLE**  
MADE IN-STORE DAILY  
595 G  
21016085\_EA

**\$7**

# Butcher

**CUT BY OUR  
BUTCHERS**



**WEST  
EYE OF ROUND ROAST**  
CUT FROM CANADA  
AA GRADE WESTERN  
BEEF OR HIGHER  
22.02/KG  
20836734\_KG

**9.99**  
LB



**SPLIT CHICKEN  
WINGS**  
FAMILY SIZE  
12.10/KG  
20761916\_KG

**5.49**  
LB

**CUT BY OUR  
BUTCHERS**



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

**\$7**



**EXTRA LEAN GROUND  
BEEF**  
FAMILY SIZE  
17.62/KG  
20805639\_KG

**7.99**  
LB



**PC\* FREE FROM\* SAUSAGES**  
SELECTED VARIETIES  
500 G  
20119782\_EA/20562167\_EA

**\$7**

**PKG  
OF 8**



**PC\* CHICKEN  
DRUMSTICKS 8'S OR  
THIGHS BONE-IN 6'S**  
AIR CHILLED  
21341035\_EA  
21341042\_EA

**\$12**

**HALAL**



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

**8.99**



**PC\* NATURALLY  
SMOKED BACON**  
SELECTED  
VARIETIES  
375-500 G  
20152629\_EA/21525048\_EA

**\$7**



**PC\* MOZZARELLA  
CHEESE STICKS  
OR SPRING ROLLS**  
SELECTED  
VARIETIES,  
FROZEN  
454/574 G  
20698096\_EA  
21116020\_EA

**\$10**



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

**\$8**

# Seafood

Fresh seafood items subject to availability.



**COD FILLETS**  
PREVIOUSLY  
FROZEN  
29.74/KG  
21210093\_KG

**13.49**  
LB



**PC\* HOT SMOKED  
CANDIED OR SPICY  
SALMON STRIPS**  
READY-TO-EAT  
150 G  
20976930\_EA  
20977683\_EA

**9.99**



**PC\* PACIFIC LARGE  
WHITE SHRIMP  
RAW ZIPPERBACK\***  
31-40 PER LB  
FROZEN  
400 G  
20788888\_EA

**8.49**



**PC\* SHRIMP  
APPETIZERS**  
SELECTED  
VARIETIES,  
FROZEN  
294-454 G  
20135874\_EA  
20978921\_EA

**\$10**

# Bakery

**BAKED  
IN-STORE**



**BAGUETTE**  
WHITE OR WHOLE WHEAT  
255 G  
21529211\_EA

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



**LA ROCCA CAKE SLICE** 137-187 G OR  
**CHARLOTTE'S PARFAIT** 133-145 G  
SELECTED VARIETIES  
21496254\_EA/21496255\_EA

**\$4**

**BAKED  
IN-STORE**



**KIMBERLEY'S CUPCAKES**  
SELECTED VARIETIES  
6'S  
21595212\_EA

**\$5**



**BULK ROLLS**  
SELECTED VARIETIES  
20076950\_EA

**8/\$4**  
LESS THAN 8  
79¢ EA.



**ACE BAKERY BISTRO LOAF**  
WHITE OR SOURDOUGH  
595 G  
21616092\_EA/21616156\_EA

**4<sup>49</sup>**



**PC® OR BLUE MENU®**  
**ENGLISH MUFFINS**  
SELECTED VARIETIES  
6'S  
20810728\_EA/21015902\_EA

**2<sup>69</sup>**



**KING'S HAWAIIAN ROLLS**  
SELECTED VARIETIES  
AND SIZES  
21475970\_EA/21489831\_EA

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



**PC® FLATBREAD** 220/300 G OR  
**SURAJ® NAAN** 6'S  
SELECTED VARIETIES  
20910044\_EA/21051353\_EA

**\$3**

## Great to go

Great to go items plus applicable taxes.

### BUY ANY ONE

**FROM OUR CHEF™**  
**SOUP**  
SELECTED VARIETIES  
700 ML  
21560588\_EA



### GET 25% OFF ONE

**FROM OUR CHEF™**  
**PIE OR QUICHE**  
SELECTED VARIETIES  
150-600 G  
21579901\_EA



## The Deli



**OKA**  
SELECTED VARIETIES  
190 G  
20920756\_EA/20921279\_EA

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



**BABY BEL G'S,**  
**LAUGHING COW**  
12'S OR CHEESE  
DIPPERS  
SELECTED VARIETIES  
20319107\_EA/20574332\_EA

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



**GCV CHICKEN FAVORITES**  
SELECTED VARIETIES (TENDERS, FRIED CHICKEN OR BONELESS BITES), SERVED HOT OR CHILLED  
320-700 G  
20137058\_EA/20992187\_EA

**\$16**

**SUB SANDWICH**  
IN-STORE PREPARED BEEF, HAM, TURKEY OR ASSORTED  
331/364 G  
21623682\_EA

**\$7**



**MASTRO TRIOS**  
SELECTED VARIETIES  
150/250 G  
21064064\_EA/21554465\_EA

**\$10**



**PC® NATURAL CHOICE™**  
**TURKEY SERVICE CASE MEATS**  
SELECTED VARIETIES  
20059548\_KG

**3<sup>49</sup>**  
/100 G



**12" TAKE AND BAKE PIZZA**  
SELECTED VARIETIES  
510-739 G  
21456393\_EA  
21456401\_EA

**\$9-10**  
2,000 Value when you buy 2



**ZIGGY'S® PASTA**  
SELECTED VARIETIES  
350/360 G  
21521168\_EA/21521170\_EA

**\$5**



**YVES VEGGIE GROUND MEAT OR SAUSAGES**  
SELECTED VARIETIES  
156-380 G  
20507159\_EA  
20596775\_EA

**2/\$12**  
LESS THAN 2  
\$6.50 EA.



**PC® TOPPED HUMMUS**  
280 G OR  
**LA PANZELLA**  
170 G  
SELECTED VARIETIES  
20811384\_EA  
21348433\_EA

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

## Floral



**PREMIUM GIFTING BOUQUET**  
SELECTED VARIETIES  
21436381\_EA/21436382\_EA

**\$35**



**INTERMEDIATE ROSE BUNCH**  
9 STEM  
21593444\_EA

**\$10**



**ROSEMARY**  
4 INCH  
21354963\_EA

**\$12**



**POINSETTIA IN UPGRADED TIN**  
8 INCH  
20287881\_EA

**\$24**

# Baked Instore Goodies



**BAKED IN-STORE**  
**MINI BRAIDED STRUDELS OR MAPLE PECAN DANISH**  
 SELECTED VARIETIES  
 4'S  
 21464137\_EA/21464199\_EA

**4<sup>49</sup>**



**BAKED IN-STORE**  
**TURNOVERS**  
 SELECTED VARIETIES  
 4'S  
 214659196\_EA

**4<sup>49</sup>**



**BAKED IN-STORE**  
**CINNAMON BUNS, DANISH OR CREAM CHEESE ICED**  
 10'S  
 21467583\_EA

**\$6**



**BAKED IN-STORE**  
**PLAIN CROISSANTS**  
 6'S  
 21030153\_EA

**\$4**



**BAKED IN-STORE**  
**MINI DANISH**  
 ASSORTED VARIETIES  
 8'S  
 214763209\_EA

**4<sup>49</sup>**



**BAKED IN-STORE**  
**MINI COOKIES**  
 SELECTED VARIETIES  
 24'S  
 21596672\_EA

**\$5**

## It's Party Season

Please allow 24 to 48 hours in advance



**CLASSIC TEA SANDWICH PLATTER**  
 AN ASSORTMENT OF FINGER-SIZED SANDWICHES MADE WITH WHITE AND WHOLE WHEAT BREAD INCLUDING HAM AND CHEESE, TUNA, AND EGG SALAD  
 SERVES 6-8  
 21558137\_EA

**\$20**



**WRAP STARS, PINWHEELS OR GAME NIGHT PLATTER SMALL**  
 ROLL UP TO THE PARTY WITH A TRAY OF WRAPS, PINWHEELS OR ASSORTED DELI MEAT ON FRESH SUB BUNS SERVES 8-10  
 21557919\_EA/21558135\_EA

**\$25**



**ALL WRAPPED UP, DELUXE VEGETARIAN OR GAME NIGHT LARGE PLATTER**  
 A WRAPPED AND READY-TO-EAT ARRAY OF FRESH TORTILLAS, INCLUDING CHICKEN CAESAR, CRISPY CHICKEN LOUISIANA HOT, SWEET CHILI CHICKEN, AND TURKEY AVOCADO BACON, PERFECTLY PAIRED WITH MIXED OLIVES SERVES 10-12  
 21557920\_EA/21558136\_EA

**\$55**



**THE ENTERTAINER**  
 A MUST-HAVE FOR ANY PARTY, IT OFFERS GUESTS A SELECTION OF OUR FAVORITE SANDWICHES INCLUDING ITALIAN CLASSIC, CHICKEN BRIE FIG, BOCCONCINI ROASTED TOMATO ON FRESH BAKED BAGUETTE, HAND ROLLED TORTILLA WRAPS WITH CHICKEN CAESAR, TURKEY AVOCADO BACON, AND CRISPY CHICKEN LOUISIANA HOT. FRESHLY PREPARED SUBS MADE WITH ROAST BEEF, ASSORTED, HAM AND CHEESE, PERFECTLY PAIRED WITH MIXED OLIVES SERVES 8-10  
 21558213\_EA

**\$60**



**GOURMET SANDWICH PLATTER**  
 AN ASSORTMENT OF ARTISAN SANDWICHES INCLUDING ITALIAN CLASSIC, ROAST BEEF GOUDA, TURKEY BACON CLUB, CHICKEN BRIE FIG, HAM AND CHEESE ON FRESHLY BAKED BAGUETTE, PERFECTLY PAIRED WITH MIXED OLIVES SERVES 12-14  
 21558211\_EA

**\$65**



**CHARCUTERIE BOARD**  
 SELECTED VARIETIES  
 211-433 G  
 21405538\_EA  
 21405571\_EA

**\$12-15**

GET \$2.50 Value



**WING N TENDERS PLATTER**  
 20 CHICKEN WINGS BREADED OR UNBREADED, SAUCE OF YOUR CHOICE, 12 CHICKEN TENDERS PAIRED WITH CARROTS AND CELERY  
 21559272\_EA

**\$45**



**CHICKEN WINGS PLATTER**  
 FLAVORFUL CHICKEN WINGS BREADED AND UN-BREADED, AVAILABLE PLAIN OR WITH YOUR CHOICE OF SAUCE, PAIRED WITH CELERY AND CARROTS SERVED CHILLED (INCLUDES 40 PIECES)  
 SERVES 8-10  
 21558990\_EA

**\$45**



**CHICKEN FAVOURITES LARGE**  
 A SELECTION OF OUR FAVORITE CHICKEN BITES; 30 FLAVORFUL CHICKEN WINGS, BREADED AND UN-BREADED, 12 CLASSIC AND CRUNCHY CHICKEN STRIPS, 20 JUICY BREADED BONELESS CHICKEN BITES, PAIRED WITH CELERY AND CARROTS SERVED CHILLED (INCLUDES 62 PIECES)  
 21559159\_EA

**\$75**

# You get, we give.

When you get participating products\* marked in aisle, a portion of proceeds from every purchase will be donated to help feed one million kids.

In support of



**children's  
charity**



\*In conjunction with our partners, a maximum of \$600,000 will be collectively donated to President's Choice Children's Charity from purchases of participating products made at Loblaws, Zehrs, Valu-Mart, Your Independent Grocer, Atlantic Superstore, Dominion and Provigo stores between November 14 - 27, 2024.



YOPLAIT TUBE 8X56 G OR  
MINIGO YOGURT 6X60 G  
SELECTED VARIETIES  
21547595\_EA/21619318\_EA

**3<sup>69</sup>**



NESTLÉ CHOCOLATE  
TABLETS  
SELECTED VARIETIES  
90-120 G  
20640580\_EA/21247054\_EA

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



SIGGI'S  
SELECTED VARIETIES  
4X100 G  
21589925\_EA/21590027\_EA

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



SIGGI'S SKYR YOGURT  
SELECTED VARIETIES  
650/750 G  
21353874\_EA/21353892\_EA

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



AMOOZA CHEESE SNACKS  
SELECTED VARIETIES  
228 G  
21403514\_EA/21536895\_EA

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



CRACKER BARREL  
NATURAL CHEESE SLICES  
SELECTED VARIETIES  
220/240 G  
21290684\_EA/21290682\_EA

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

# Festive cheer



OUTDOOR HOLIDAY ARRANGEMENT  
SELECTED VARIETIES  
21349738\_EA

**\$40**

HOLIDAY WREATH WITH BOW  
SELECTED VARIETIES  
24 INCH  
21349757\_EA



**\$35**



GREENERY LANTERN  
21215675\_EA

**\$35**

4 INCH CONIFER  
21638836\_EA



**\$9**



6 INCH POINSETTIA  
20036549\_EA

**\$11**

# Holiday treats



HOLIDAY JU JUBE MIX  
CHERRY AND LIME FLAVOUR  
21626754\_KG

**\$2** /100 G



HOLIDAY JUBES  
21626733\_KG

**\$2** /100 G



CHOCOLATE PRESENTS  
21626536\_KG

**\$3** /100 G



PEPPERMINT PRETZELS  
150 G  
21626664\_EA

**\$14**



WHITE PEPPERMINT CARMELS  
70 G  
21626645\_EA

**\$14**



HOLIDAY JELLY BEANS  
21626742\_KG

**\$1.50** /100 G

RED AND GREEN JELLY WREATHS OR HOLIDAY JELLY MIX  
21626586\_KG/21626537\_KG



**\$2** /100 G



HOLIDAY JUMBO GUMS  
21626520\_KG

**\$2** /100 G



# Grocery



FRANK'S RED HOT OR THICK SAUCE 354 ML, FRENCH'S KETCHUP 750 ML/1 L OR MUSTARD 325 ML OR STUBB'S BBQ SAUCE 450 ML SELECTED VARIETIES  
20187632001\_EA/20835951\_EA



DOVE BAR SOAP 6X106 G, BODY WASH 532-695 ML OR HAIR CARE PRODUCTS 97-750 ML SELECTED VARIETIES  
20319039001\_EA/21221317\_EA



TYLENOL OR TYLENOL KIDS SELECTED VARIETIES AND SIZES 60-150'S  
20129494001\_EA/20310804002\_EA



NO NAME® ALL-PURPOSE FLOUR SELECTED VARIETIES 10 KG  
20022248\_EA

**11.99**



NESTLÉ CONFECTIONERY FROZEN DESSERT 1.5 L OR BARS 4-10'S OR DRUMSTICK 4'S SELECTED VARIETIES FROZEN  
20322085001\_EA/20322380001\_EA

**5.49**



NO NAME® NATURALLY IMPERFECT™ FRUIT SELECTED VARIETIES FROZEN 2 KG  
21033168\_EA/21480144\_EA

**15.99**



GALLO EXTRA VIRGIN OLIVE OIL 1 L  
20105368\_EA

**17.99**



PC® OR BLUE MENU® ENTRÉES SELECTED VARIETIES FROZEN 212.27 KG  
20134930\_EA 21178593\_EA

**14.99**



AYLMER TOMATOES ORIGINAL OR ACCENTS SELECTED VARIETIES 540/796 ML  
21206804\_EA/21207587\_EA

**1.99**



TERRY'S ORANGE CHOCOLATE 145-157 G OR TOFFIFEE CHOCOLATE 246 G  
21194228\_EA/21541146\_EA

**5.99**



OLD EL PASO DINNER KITS 264-510 G OR SALSA 650 ML SELECTED VARIETIES  
20305182001\_EA/20795534\_EA

**\$5**



PRIMO PASTA SAUCE 680 ML OR UNICO PASTA 700/750 G SELECTED VARIETIES  
20731317003\_EA 20794827\_EA

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



GREEN GIANT VEGETABLES SELECTED VARIETIES FROZEN 400-750 G  
21022302\_EA/21022355\_EA

**1.00** Value when you buy 2



KRAFT SALAD DRESSING SELECTED VARIETIES 425 ML  
21584146\_EA/21584850\_EA

**3.49**



CHEEMO PEROGIES SELECTED VARIETIES FROZEN 745-907 G  
20527159\_EA/20527369\_EA

**3.99**



CHAPMAN'S SUPER PREMIUM PLUS ICE CREAM SELECTED VARIETIES FROZEN 500 ML  
21511147\_EA/21511200\_EA

**3.99**



KELLOGG'S EGGO WAFFLES 8'S OR PILLSBURY TOASTER STRUDEL 326 G OR SCRAMBLES 204 G SELECTED VARIETIES FROZEN  
20172664001\_EA 20302779\_EA

**2/\$7**  
LESS THAN 2 \$7.99 EA.



NO NAME® TOMATO, CREAM OF MUSHROOM, CHICKEN NOODLE OR VEGETABLE SOUP SELECTED VARIETIES 284 ML  
20302431\_EA 20618885\_EA

**89¢**



MOTT'S CLAMATO JUICE 1.89 L OR OCEAN SPRAY 100% JUICE BLEND OR COCKTAIL 1.77 L-1.89 L SELECTED VARIETIES  
20300066008\_EA 21575320\_EA

**3.99**



PC® NATURAL SPRING WATER 24X500 ML  
20137898\_C24

**\$3**



PURE LIFE WATER 24X500 ML  
20060696\_C24

**4.99**



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

**8.99**

# For your pet

click here to shop our full assortment



Members save \$2

Optimum  
Members-Only Price  
**9.99**  
Non-members  
**11.99**

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



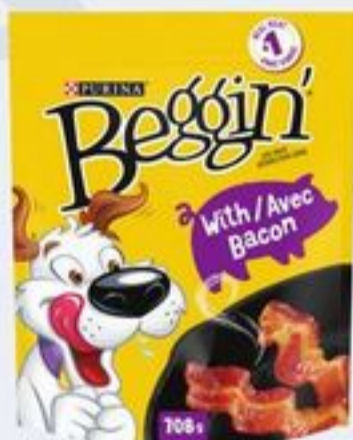
**IAMS DOG FOOD**  
SELECTED VARIETIES  
6.12/6.8 KG  
20646724002\_EA

**31.99**



**CESAR DOG FOOD**  
SELECTED VARIETIES  
24'S  
21359656\_EA

**35.99**



**BEGGIN' STRIPS DOG TREATS**  
SELECTED VARIETIES  
708/850 G  
21101589\_EA

**10.99**



**PURINA ONE DOG FOOD**  
SELECTED VARIETIES  
1.72/1.81 KG  
20912587\_EA

**13.99**



**MILK-BONE SOFT & CHEWY TREATS FOR DOGS**  
SELECTED VARIETIES  
708 G  
21047843\_EA

**11.99**



**TEMPTATIONS CAT TREATS** 160/180 G,  
**PURRRR-ÉE** 48 G,  
**SPOONS** 40 G OR  
**MEATY BITES** 43 G  
SELECTED VARIETIES  
20298151005\_EA/21479803\_EA

**3.29**



**FANCY FEAST CAT FOOD**  
SELECTED VARIETIES  
12'S  
20307537\_EA

**13.99**



**FRISKIES CAT FOOD**  
SELECTED VARIETIES  
7.26/7.5 KG  
20912590\_C01

**21.99**



**TIDY CATS LIGHT WEIGHT LITTER**  
SELECTED VARIETIES  
5.44 KG  
21217951\_C01

**23.99**

## Don't leave any points behind at the pump!



Earn 10<sup>pts</sup> 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.



Earn 10<sup>pts</sup> per litre

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



Earn at least 3<sup>pts</sup> in points

Pay with your **PC® Mastercard®** and earn points on fuel.<sup>1</sup>

<sup>1</sup> 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 available to all PC Optimum™ loyalty members at Esso™ stations in Canada. Earn an additional 10 points per litre of premium gasoline (Octane 91, 91, 93) at Esso™ stations. Should fuel prices fall below \$1.1, resulting total 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 [www.pcfinancial.com/pcoptimum-mastercard](http://www.pcfinancial.com/pcoptimum-mastercard). PC®, PC Financial®, and President's Choice Financial® are trademarks of Lloyds Bank Inc., used under license. Mastercard® is a registered trademark, and the circle 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, Esso.

## LAVAZZA

ICONIC CRAFTSMANSHIP, ARTFULLY BLENDED.



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**LAVAZZA QUALITÀ ROSSA**  
K-Cup® pods 30's  
21589798\_EA

**\$18.99**



**LAVAZZA QUALITÀ ORO**  
K-Cup® pods 30's  
21589700\_EA

**\$18.99**

## McCafé

Bring home the delicious taste of



**McCafé® K-Cup® Pods**  
30's - 21240975\_EA

**\$20.99**



**McCafé® K-Cup® Pods**  
48's - 21238592\_EA

**\$29.99**

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**Kicking Horse® Coffee**  
K-Cup® Pods 10's  
21628567\_EA

**\$12.99**

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## Folgers

LOVED BY MILLIONS. TASTE WHY.



GET 1,000<sup>pts</sup> - \$1 Value

**13.99**

**Folgers® Coffee**  
816 g selected varieties  
21478183\_EA



GET 2,000<sup>pts</sup> - \$2 Value

**17.99**

**Folgers® K-Cup® Coffee Pods**  
30's selected varieties  
20811386\_EA



**7.99**

**Folgers® K-Cup® Coffee Pods**  
12's selected varieties  
20565705\_EA



**9.99**

**Folgers® 1850™ Coffee**  
340 g selected varieties  
21196505\_EA

## Winter FAVOURITES

ROUGEMONT  
2 L  
20185265003\_EA  
less than 2 \$4.49 ea.

2/\$7



**OASIS JUICE**  
SELECTED VARIETIES  
8x200 mL  
20944313\_EA

**\$5.49 EA**

**ARIZONA DEL MONTE**  
960 mL  
20894117004\_EA  
21581272\_EA

**\$2.99 EA**

ASSORTED FLAVOURS



**Shop & earn more**  
**November 21<sup>st</sup> to 28<sup>th</sup>**

Excludes gaming hardware, software and accessories, prescription drugs and optical.  
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**8**  
 days only  
 Nov 21-28th

Optimum  
 Earn  
**15,000** pts  
 for every \$50 spent on  
 small appliances, home, baby,  
 health & beauty and pharmacy.

APP EXCLUSIVE OFFER

Open the app.  
 It's as easy as that!

**\$15**  
 value!

**Effective November 21 to 27**



**HUGGIES ECONO PACK DIAPERS**  
 SELECTED VARIETIES  
 SIZE N-3, 50-200'S  
 2155591 EA/2155540 EA

**34<sup>99</sup>**



**MILLIE MOON CLUB SIZE DIAPERS**  
 SELECTED VARIETIES  
 SIZE 1-6, 50-100'S  
 2157453 EA/2157461 EA

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



**PAMPERS SWADDLERS**  
 ULTRA VALUE PACK  
 DIAPERS  
 SELECTED VARIETIES  
 SIZE 3-6, 120-192'S  
 2155539 EA

**43<sup>99</sup>**



**PAMPERS EASY UPS**  
 GIANT PACK TRAINING PANTS  
 SELECTED VARIETIES  
 60-120'S  
 2169255 EA/2169297 EA

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



**PC 12X BABY WIPES**  
 UNSCENTED  
 1200'S  
 2133245 EA

**\$20**



**BABY GOURMET ORGANIC FRUIT OR**  
**VEGETABLE BABY FOOD POUCHES**  
 SELECTED VARIETIES  
 128 ML  
 2056074001 EA/21123983 EA

**1<sup>79</sup>**



**GERBER ORGANIC CEREAL**  
 SELECTED VARIETIES  
 300 G  
 2115201 EA

**2/\$10**  
 LESS THAN 2  
 \$5.99 EA.



**HUGGIES, HELLO BELLO OR**  
**PAMPERS 3X BABY WIPES**  
 SELECTED VARIETIES  
 112-216'S  
 2032001 EA/2070012 EA

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



**PAMPERS ECONO**  
**PACK DIAPERS**  
 SELECTED VARIETIES  
 SIZE N-3,  
 50-200'S  
 2155591 EA  
 2155574 EA

**34<sup>99</sup>**



**PAMPERS PURE**  
 SUPER BIG PACK  
 DIAPERS  
 SELECTED VARIETIES  
 SIZE N-6,  
 92-120'S  
 2124395 EA  
 2124404 EA

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



**CERAVE**  
 BABY NEEDS  
 SELECTED VARIETIES  
 2433175 EA  
 2433184 EA

**20%**



**SUDOCREM OR**  
 PENATEN BABY NEEDS  
 SELECTED VARIETIES  
 20800281 EA/2075283 EA

**20%**



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**November 21<sup>st</sup> to 28<sup>th</sup>**

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**8**  
days only  
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**Optimum**  
Earn  
**15,000** pts  
for every \$50 spent on  
small appliances, home, baby,  
health & beauty and pharmacy.

APP EXCLUSIVE OFFER\*

Open the app.  
It's as easy as that!

**\$15**  
value!

**Effective November 21 to 27**



**ENFAGROW A+ INFANT**  
NUTRITIONAL SUPPLEMENT  
SELECTED VARIETIES  
907 G  
2107311 EA/2107311 EA

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



**SIMILAC PRO-ADVANCE**  
STEP 1 OR 2 OR COMFORT  
HMO POWDER FORMULA  
SELECTED VARIETIES  
570/584 G  
2107375 EA/2107310 EA

**38<sup>99</sup>**



**ENFAMIL NEUROPRO**  
READY TO FEED INFANT  
FORMULA  
16X237 ML  
2152056 601

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



**ENFAMIL A+ NEUROPRO**  
BABY FORMULA POWDER REFILL  
SELECTED VARIETIES  
0-12 MONTHS, 530 G  
2153075 EA

**58<sup>99</sup>**



**ENFAMIL A+ READY-TO-FEED**  
BABY FORMULA STAGE 1 & 2  
SELECTED VARIETIES  
16X237 ML  
2170375 601/2170332 601

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



**SIMILAC STAGE 1 & 2**  
READY TO FEED BABY FORMULA  
SELECTED VARIETIES  
16X235 ML  
2131051 601/2131052 601

**60<sup>97</sup>**



**LOVE CHILD**  
ORGANIC POUCHES  
SELECTED VARIETIES  
90/120 ML  
212155 EA/212155 EA

**1<sup>79</sup>**



**CEREBELLY ORGANIC**  
BABY PUREE POUCHES  
120 ML  
210222 EA/210222 EA

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



**BABY GOURMET**  
ORGANIC PUFFIES OR  
FRUIT & VEGGIE  
BITES BABY SNACKS  
28-60 G/518 G OR  
EARTH'S BEST BARS 116 G  
SELECTED VARIETIES  
28-60 G  
212121 EA/212121 EA

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



**PC ORGANICS**  
BABY SNACKS OR ENTRÉES  
SELECTED VARIETIES  
42-115 G  
2043331 EA/2078434001 EA

**2<sup>79</sup>**



**LOVE CHILD ORGANIC**  
OATY CHOMPS OR  
SEAFRIENDS  
BABY SNACKS  
SELECTED VARIETIES  
100-140 G  
2294537 EA/2146329 EA

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



**SIMPLY GOURMET**  
CRUNCHERS OR  
PUFFIES SNACKS  
SELECTED VARIETIES  
92 G  
2157331 EA/2157306 EA

**2<sup>29</sup>**



8 days only  
Nov 21-28th

APP EXCLUSIVE OFFER\*

Open the app.  
It's as easy as that!

# Shop & earn more November 21<sup>st</sup> to 28<sup>th</sup>

Earn **15,000<sup>pts</sup>**  
for every \$50 spent on  
small appliances, home, baby,  
health & beauty and pharmacy.

**\$15**  
value!

Excludes gaming hardware, software and accessories, prescription drugs and optical.  
\*Open your PC Optimum™ app or visit proptimum.ca to get the offer.

## Effective November 21 to 27



GET **4,000<sup>pts</sup>** - \$4 Value  
when you buy 2

**DOVE INTENSE**  
750 ML OF THERAPY  
100-400 ML HAIR CARE  
SELECTED VARIETIES  
201102011 EA  
201103002 EA

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



**NATIVE HAIR CARE**  
SELECTED VARIETIES  
177/207 ML  
205621 EA  
205622 EA

**\$11**



**MARC ANTHONY OR MONDAY HAIR CARE**  
SELECTED VARIETIES AND SIZES  
200-675-880 ML  
205645 EA/205624 EA

**\$9**



**SALE**  
SAVE UP TO

**AVEENO LOTION**  
SELECTED VARIETIES AND SIZES  
502 ML  
201020204 EA/20556253 EA

**25%**



**SAVE UP TO 30%**

**AVEENO FACE CLEANSERS, MOISTURIZERS OR TREATMENTS**  
SELECTED VARIETIES AND SIZES  
200/1 EA  
2055331 EA

**3<sup>89</sup> - 27<sup>99</sup>**



**SALE**  
SAVE UP TO

**CETAPHIL CLEANSERS, MOISTURIZERS OR TREATMENTS**  
SELECTED VARIETIES AND SIZES  
201/1 EA  
204321301 EA

**20%**



**NATIVE BODY WASH**  
SELECTED VARIETIES  
502 ML  
20435041 EA/20435051 EA

**11<sup>49</sup>**



**IVORY BAR SOAP 10X90 G OR BODY WASH 521 ML**  
SELECTED VARIETIES  
20478702 EA/2050044001 EA

**4<sup>49</sup>**



**METHOD FOAMING OR GEL HAND WASH PUMPS**  
SELECTED VARIETIES  
300/154 ML  
2043211004 EA/2043651001 EA

**4<sup>49</sup>**



**AXE BODY SPRAY 118 G, DEODORANT 70/85 G, BODY WASH OR HAIR CARE 470 ML**  
SELECTED VARIETIES  
204252 EA/204306 EA

GET **3,000<sup>pts</sup>** - \$3 Value  
when you buy 2

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



**EVERY MAN JACK BODY WASH 500 ML OR DEODORANT 70/85 G**  
SELECTED VARIETIES  
205791 EA/205794 EA

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



**SCHICK HYDRO, INTUITION OR XTREME 3 RAZORS**  
SELECTED VARIETIES 1-PS  
202274004 EA/202284 EA

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



**LISTERINE CLASSIC L OR KIDS**  
500 ML MOUTHWASH  
SELECTED VARIETIES  
2048438001 EA/21091201 EA

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



**CREST 3D WHITE OR PRO-HEALTH TOOTH PASTE, SCOPE PRO HEALTH OR KIDS RINSE 500 ML OR ORAL-B MANUAL TOOTHBRUSH OR FLOSS**  
SELECTED VARIETIES AND SIZES  
2052351 EA/2150672 EA

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



**COLGATE OPTIC WHITE OR SENSITIVE PRO RELIEF TOOTH PASTE 70-100 ML, KIDS MANUAL TOOTHBRUSH, HELLO TOOTH PASTE 82-98 ML OR COLGATE PERIOGARD TOOTH PASTE**  
SELECTED VARIETIES AND SIZES  
2117027 EA/2155925 EA

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



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**November 21<sup>st</sup> to 28<sup>th</sup>**

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**8**  
days only  
Nov 21-28th

Optimum  
Earn  
**15,000** pts  
for every \$50 spent on  
small appliances, home, baby,  
health & beauty and pharmacy.

APP EXCLUSIVE OFFER

Open the app.  
It's as easy as that!

**\$15**  
value!

**Effective November 21 to 27**



ADVIL, BUCKLEY'S, NEOCITRAN OR  
ROBITUSSIN COUGH, COLD OR  
SINUS GELS, CAPLETS OR LIQUIDS  
SELECTED VARIETIES AND SIZES  
2016316 EA, 2016342/2162 EA

**11.99**



LI'L CRITTERS, FIRST RESPONSE  
OR VITAFUSION VITAMINS OR  
SUPPLEMENTS  
SELECTED VARIETIES AND SIZES  
2024274 EA, 2024301 EA

**SALE**  
SAVE UP TO  
**20%**



ALWAYS PADS 26-62'S OR  
LINERS 116-216'S OR  
TAMPAX TAMPONS 38-50'S  
SELECTED VARIETIES  
2056345 EA, 2171374/44 EA

**2/\$26**  
LESS THAN 2  
\$13.99 EA.



ONE A DAY ADULT MULTIVITAMINS  
OR FLINTSTONE'S CHILDREN'S VITAMINS  
SELECTED VARIETIES AND SIZES  
2179497 EA, 2171513/15 EA

GET  
**3,000** pts  
\$3 Value



PERFECT SPORTS  
SUPPLEMENTS  
SELECTED  
VARIETIES  
AND SIZES  
2063372 EA, 2171551/54 EA

**SALE**  
SAVE UP TO  
**15%**



U BY KOTEX 2X PADS,  
LINERS OR TAMPONS  
SELECTED VARIETIES  
AND SIZES  
22-129'S  
203425 EA, 212182 EA

**9.99**



LIFE BRAND PADS  
OR UNDERWEAR  
GUARDS 32'S OR  
GUARDS 52'S  
SELECTED VARIETIES  
212185 EA

**12.99**



VASELINE  
HAND AND BODY LOTION  
SELECTED VARIETIES  
AND SIZES  
2053043/4004 EA, 2053043/4004 EA

**5.99**



OLD SPICE BODY  
WASH 475-587 ML  
OR BAR SOAP  
4.83X 90 G  
SELECTED  
VARIETIES  
202551 EA, 2121351 EA

**SALE**  
SAVE UP TO  
**20%**



SENSODYNE OR  
PRONAMEL TOOTHPASTE  
75-100 ML, POLIDENT  
DENTURE TABLETS 40'S  
OR POLIGRIP DENTURE  
ADHESIVE 40 G  
SELECTED VARIETIES  
200117001 EA, 2070504 EA

**5.99**



PC SPORTS  
SUPPLEMENTS  
SELECTED VARIETIES  
AND SIZES  
2055552 EA, 2131380 EA

**SALE**  
SAVE UP TO  
**15%**



LIFE BRAND 5 mL  
COUGH & COLD  
RELIEF TABLETS,  
CAPLETS, LIQUIDS,  
SALINE MISTS,  
SOLUTIONS OR  
NASAL STRIPS  
SELECTED VARIETIES  
AND SIZES  
2122511 EA, 2122542 EA

**SALE**  
SAVE UP TO  
**25%**



LIFE BRAND  
PAIN MANAGEMENT  
PRODUCTS  
SELECTED VARIETIES  
AND SIZES  
2134351 EA, 2145754 EA

**SALE**  
SAVE UP TO  
**25%**

QUALITY • VALUE • FLAVOUR



**Gold Label**  
EST. 1935

Gold Label Delicatessen Originals • selected varieties 375-400 g • 21611398\_EA  
Gold Label Delicatessen Originals • selected varieties 175 g • 21599861\_EA  
Gold Label Smoke House Pepperoni • selected varieties 225 g • 21507918\_EA

**EASY!**

**CONVENIENT!**

**DELICIOUS!**

Olivieri Filled Pasta or Gnocchi selected varieties 280 - 350 g 21022065\_EA 21021889\_EA/20915884\_EA **LESS THAN 2 \$6.79 EA.**

Olivieri Filled Pasta selected varieties 250 - 350 g 20915882\_EA **LESS THAN 2 \$6.79 EA.**

Olivieri Sauces selected varieties 160 g / 300 mL 20114412\_EA **LESS THAN 2 \$6.79 EA.**

**\$11 2/\$11 2/\$11 2/\$11**



# Fall into FLAVOUR

**Wonder** Casa Mendosa

LESS THAN 2 \$4.49 EA.  
**2/7<sup>50</sup>**

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

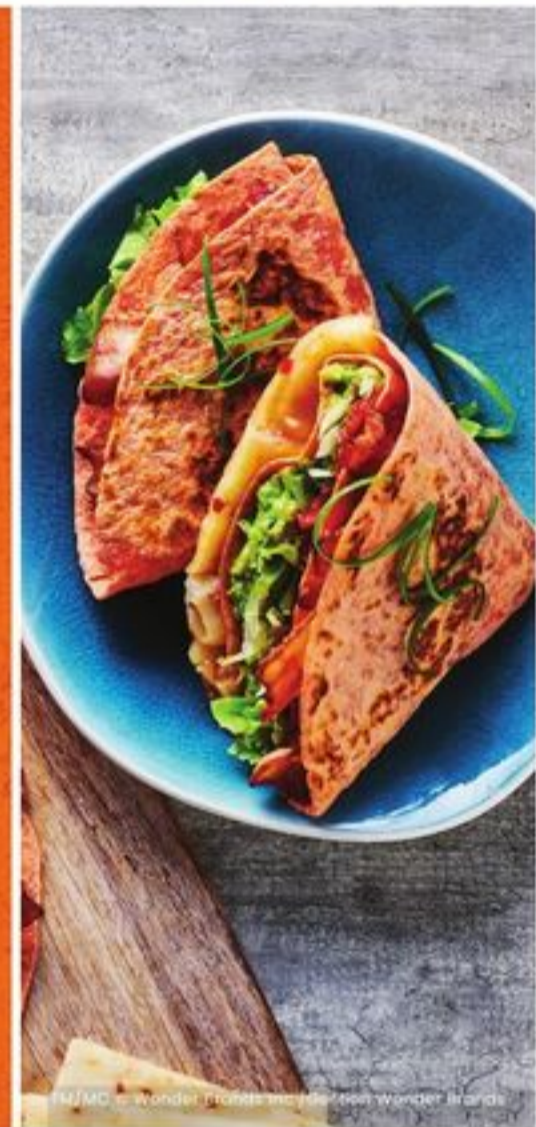


Wonder Large Whole Wheat Wraps 10's 20276307\_EA

Wonder Large White Wraps 10's 20318788\_EA

Casa Mendosa Large Spinach Tortillas 6's 20996876\_EA

Casa Mendosa Large Tomato Salsa Tortillas 6's 21566562\_EA



**NEW! GLOBAL CRAVINGS**



Crave Frozen Meals 200 - 340 g Selected varieties 21085515\_EA/21604021\_EA **LESS THAN 2 \$8.49 EA.**

**2/\$11**

**A NEW WAY TO EGG**

Crave Scramble Kits 57 - 85 g Selected varieties 21566900001\_EA **\$3<sup>99</sup>**



**A NEW KD EXPERIENCE**



Kraft Dinner Deluxe Frozen Meals Selected varieties 340 g 21085515\_EA/21553329\_EA **LESS THAN 2 \$6.49 EA.**

**2/\$11**

IT'S NOT JUST PASTA. IT'S **ITALPASTA**



LESS THAN 2 \$2.99 EA. **2/\$5** Italpasta Pasta 900 g selected varieties 20081342061\_EA

Visit [www.italpasta.com](http://www.italpasta.com) for product information, recipe inspiration, and zero food waste tips.

**TASTE THE DIFFERENCE**

ITALY'S #1\* BRAND OF TOMATOES



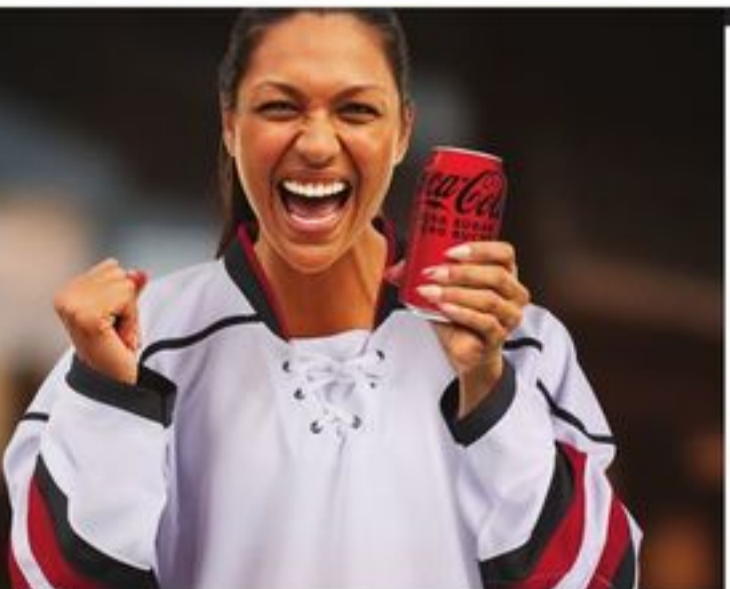
**4<sup>99</sup>** Mutti Strained Tomatoes 680 mL selected varieties 2028490861\_EA

**8<sup>99</sup>** Mutti Pasta Sauce 680 mL selected varieties 21541182\_EA

LESS THAN 2 \$3.99 EA. **2/\$7** Mutti Tomato Paste 156 mL 20314088\_EA

**MUTTI** ONE FAMILY, ONE PASSION. TOMATOES.

\*Canada Ltd. - All Italy Super - Super - Small Sell. Source of the top brands by value sales in the Tomato Products category - Progress PR 2021 - 2022



**TAKE A SHOT ON GREAT TASTE**

Best **Coke** Ever?



LESS THAN 2 \$7.49 EA. **2/\$13\***

COCA-COLA® beverages selected varieties 8x300 mL 21181171\_C08

**\$7<sup>99</sup>\***

COCA-COLA® beverages selected varieties 6x237 mL 20048388001\_C06



LESS THAN 2 \$7.49 EA. **2/\$13\*** AHA™ SPARKLING WATER beverages selected varieties 12x355 mL 21240794\_C12



LESS THAN 2 \$3.49 EA. **2/\$6\*** Glaceau smartwater® beverages selected varieties 1 L 20154181\_EA



LESS THAN 2 \$3.99 EA. **2/6<sup>50</sup>\*** Monster Energy® beverages† selected varieties 473 mL 20938249\_EA

November 21<sup>st</sup> - November 27<sup>th</sup> 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.  
†This product may not be suitable for everyone. Please read the label for instructions. The trademarks that appear are the property of their respective trademark owners.

**\$6.99**

Liberté Greek®  
selected varieties  
650-750 g

20704361002\_EA



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

Liberté Greek®  
selected varieties  
4x100 g

20801752003\_EA

**LIBERTÉ**

**\$7.49**

Yoplait® Source®  
selected varieties  
16x100 g

20317317001\_EA  
20317317002\_EA



**4/\$5**  
LESS THAN 4  
\$1.59 EA.

Yoplait® YOP  
selected varieties  
200 ml

21478178\_EA  
21477986\_EA

**Yoplait**

**Pillsbury**

**\$3.49**

Pillsbury™ Refrigerated  
Dough  
selected varieties  
454-496 g

20301101005\_EA  
21477773\_EA



**2/\$4**  
LESS THAN 2  
\$2.59 EA.

Pillsbury™ Crescents  
selected varieties  
200-227 g

21505340\_EA



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

Pillsbury™ Limited Edition  
Refrigerated Dough  
selected varieties  
454-496 g

21477607\_EA  
21082090\_EA



**\$2.99**

Pillsbury™ Breads  
selected varieties  
340-400 g

20317832003\_EA



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since 1893

**NEVER,  
EVER BLAND**



Adjustable  
Refillable Grinder  
70 g  
21464746\_EA  
**\$4.49**

Sea Salt  
Fine  
500 g  
20026128001\_EA  
**\$5.49**

Extra Coarse  
Sea Salt Refill  
255 g  
21464744\_EA  
**\$5.99**

**Our butchers cut quality  
meat in your store  
every day!**

**pork loin  
schnitzel**  
21588065\_EA

**lean beef  
meatballs  
plain**  
21587897\_EA

**beef stir fry strips**  
cut from Canada AA grade  
beef or higher  
21588067\_EA

**pork  
stir fry strips**  
21588095\_EA

**chicken  
stir fry strips**  
21588091\_EA

**NEW**

**Campbell's  
CHUNKY  
SPICY**

**1.99**

Campbell's® Ready  
to Serve Soups  
selected varieties  
515 mL  
21479030\_EA



**4.49**

Pace® Chunky Salsa  
selected varieties  
642 mL  
20307531001\_EA



**1.99**

Campbell's® Chunky® Soup  
selected varieties  
515 mL  
21480447\_EA



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

**2/\$8**

Prego® Pasta Sauce  
selected varieties  
645 mL  
20325820001\_EA



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**YOUR CHOICE  
MAKES A DIFFERENCE!**

**GOLD SEAL**  
WILD SOCKEYE SALMON  
21186814\_EA  
**\$4.99**

**GOLD SEAL**  
WILD MACKEREL  
MAQUEREAU SAUVAGE  
21083426\_EA  
**LESS THAN \$3.99 EA.**  
**2/\$7**

**MILLIONAIRES**  
Sardines  
selected varieties  
106 g  
20549485002\_EA  
**LESS THAN 2 \$3.99 EA.**  
**2/\$5.50**

**Ocean's**  
White Tuna  
selected varieties  
170 g  
21005158\_EA  
**\$2.99**

Certified B Corporation  
CleanHub  
oceanbrands.com



# Possible lives here



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Optimum  
Financial  
Health  
Express

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President's Choice®



Lindt LINDOR Cornets 600 g  
20215793001\_EA/20215793002\_EA **\$19.99**



Lindt LINDOR Boxes 156 g  
20821386\_EA  
20821554\_EA **11.99**



Lindt LINDOR Bags 150 g  
21235132\_EA/20905452\_EA **\$7.99**



Lindt LINDOR Mini Balls Bags 100 g  
20137209\_EA  
20023311001\_EA **\$3.99**

LINDT Teddy Milk 100 g  
20425424\_EA  
21541816\_EA **\$7.99**



**HERSHEY'S**

**CELEBRATE THE SEASON**

**POT OF GOLD CHOCOLATE**  
selected varieties  
243-245 g  
21647694\_EA/21645433\_EA **6.99**



REESE'S, HERSHEY'S KISSES,  
HERSHEY'S COOKIES 'N' CREME  
Advent Calendars  
(208 - 212 g)  
21460078\_EA/21191980\_EA **10.99**



Hershey Festive Moments  
(297 g)  
21612855\_EA **13.99**

HERSHEY'S KISSES CHOCOLATE 180 g,  
HERSHEY'S SKOR MINIATURES 161 g,  
REESE'S NUTCRACKER 161 g or HERSHEY'S  
EGGIES LIGHTS 200 g  
21093217\_EA/21093220\_EA **4.29**



HERSHEY'S NUGGETS  
Assorted  
(244 g)  
21613021\_EA **13.99**

