

FORTINOS®



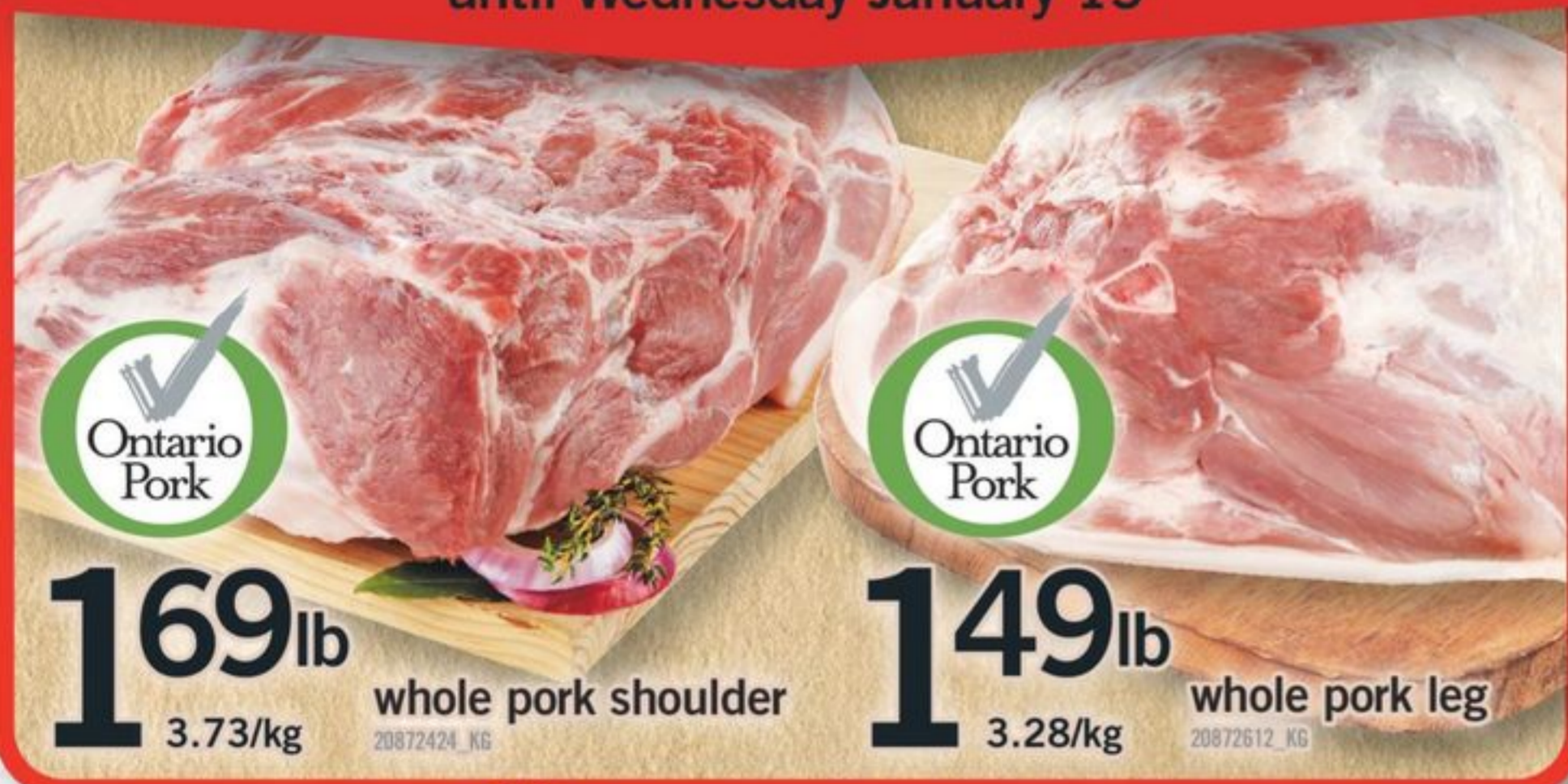
roasted
peanuts
salted or
unsalted

249lb
5.49/kg

20003301_KG
20120042_KG

PRICE LOCKDOWN

until Wednesday January 15



169lb
3.73/kg

whole pork shoulder

20872424_KG



149lb
3.28/kg

whole pork leg

20872612_KG



299lb
6.59/kg

boneless pork loin
whole or half

20872423_KG



✓ Thick Centre Cut
✓ NO WASTE
✓ Tail, Neck & Belly removed

1499lb
33.05/kg

fresh Atlantic
salmon fillet

20129990_KG/20685561_KG



Sweetness is in
SEASON

288lb
6.35/kg

Sumo citrus
product of U.S.A.

20562570001_KG

299lb
6.59/kg

large red, yellow
or orange sweet peppers
product of Mexico or Spain

20166880001_KG/20007535001_KG

299lb
6.59/kg

large green, red
or black seedless grapes
product of Peru, no. 1 grade

20711275001_KG/20425775001_KG



Canada AA or USDA
Select or higher

599lb
13.21/kg

sirloin tip roast or steak
cut from Canada AA or
USDA Select Grade beef

20814940_KG



599
400 g

SeaQuest® fish fillets
selected varieties, frozen

20048346_EA/20111565_EA



Piller's Black
Forest ham
deli served

20097076_KG

799lb
1.76/100 g



349
227 g

PC® dips
or hummus
all varieties

20574522_EA



499
65-500 g

Maple Leaf or Schneiders
Juicy Jumbos, RedHots,
Top Dogs, fully cooked
bacon, breakfast sausage
or rounds or bologna
selected varieties

20770591_EA/20802429_EA



Piller's
sticks, bites
or pepperoni
gluten free,
MSG free,
all varieties

21099386_EA/21099391_EA

699
300-500 g



Dempster's
bread 675 g,
grain brain 600 g,
English muffins 340 g
or bagels 6's
selected varieties

20251602_EA/20339353_EA

299
each



Casa Mendoza
10" tortilla
white, whole wheat
or spinach

20318788_EA/20276307_EA

399
384-640 g

JANUARY

HIT OF THE MONTH

LIMIT 4
\$2.25

After Limit \$3 ea

GoGo SqueeZ
fruit sauce
selected varieties, 360 g
20322697002_EA



LIMIT 8
\$1.50

After Limit \$2 ea

Catelli Smart or Healthy Harvest pasta
selected varieties, 340/375 g
20527269_EA/20527268_EA



LIMIT 6
\$4

After Limit \$6 ea

Bolthouse Farms smoothies or juice
selected varieties, 946 mL
product of U.S.A.
20325816_EA/20301788_EA



While quantities last!

LIMIT 4
\$3

After Limit \$4 ea

Q-tips cotton swabs
400 count
21216550_EA



De Cecco pasta 454 g,
Aurora egg noodles 250 g
or **Aurora tomato puree 660 mL**
selected varieties
20064896_EA/20901944003_EA

1.99
each



3.49
320-410 g

Dr. Oetker Ristorante or Casa Di Mama pizza
selected varieties, frozen
20296424006_EA/20852957_EA

Monini Originale or Granfruttato extra virgin olive oil
20992432_EA/21506496_EA

15.99
1 L



2.99
100-160 g

Rio Mare tuna salads, tuna in oil or pate
selected varieties
20970856_EA/20984234_EA



12.99
each

PC® ground, whole bean or K-Cup coffee
875-930 g/30's or PC®
maple syrup 500 mL
20049221_EA/21038762_EA



1.99
each

Clorox bleach 1.18/1.27 L,
Dawn dish soap 473 mL,
Vim cream cleaner 500 mL
or **Febreze Air 250 g**
selected varieties
21007345_EA/21074891_EA

Minute Maid punch or lemonade frozen concentrate 295 mL,
Simply juice 340 mL,
Danone or Yoplait drinkable yogurt 190/200 mL
selected varieties
20767362_EA/21401296_EA

.99
each



4.99
each

Chapman's ice cream, frozen yogurt or sorbet 2 L,
novelties 5-20's or PC® frozen fruit 300-600 g
selected varieties, frozen
20323573001_EA/21377841_EA



5.49
10/12x355 mL



bubly or Montellier sparkling water
selected varieties
21096722_C10/21097177_C12

Beatrice B-Fit protein drink 480 mL
or **Quest or Grenade protein bar 58-60 g,**
selected varieties
21174142_EA/21345500_EA

2.99
each



Made Good school safe snacks
selected varieties
21107621_EA

3.49
100-150 g

Prices effective at all Burlington, Oakville and Waterdown stores only.

Flyer prices effective from Thursday, January 9th, to Wednesday, January 15th, 2025

Visit us at [fortinos.ca](https://www.fortinos.ca). FOLLOW US ON

Quantities and/or selection of items may be limited and may not be available in all stores. No Rainchecks OR Substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We reserve the right to limit quantities to reasonable family requirements. We are not obligated to sell items based on errors or misprints in typography or photography. Pricing: All references to "Save, Was, Now, Savings, etc.," is in comparison to our own regular prices. Coupons must be presented and redeemed at time of purchase. Savings shown may be greater depending on store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. To register as a PC Optimum™ member visit pcoptimum.ca. We are not obligated to award points based on errors or misprints. No cash value. Minimum redemption 10,000 points. These offers cannot be combined with any other coupons, discounts or promotions. Receive the points specified when you spend the qualifying dollar amount on the displayed product (s) and/or category. The trade-marks, service marks and logos displayed in this flyer are trade-marks of Loblaws Inc. and others. ©2025 Loblaws Inc. All rights reserved.



this product is printed using vegetable-based inks

PRODUCE • Nature's Bounty arriving fresh daily!

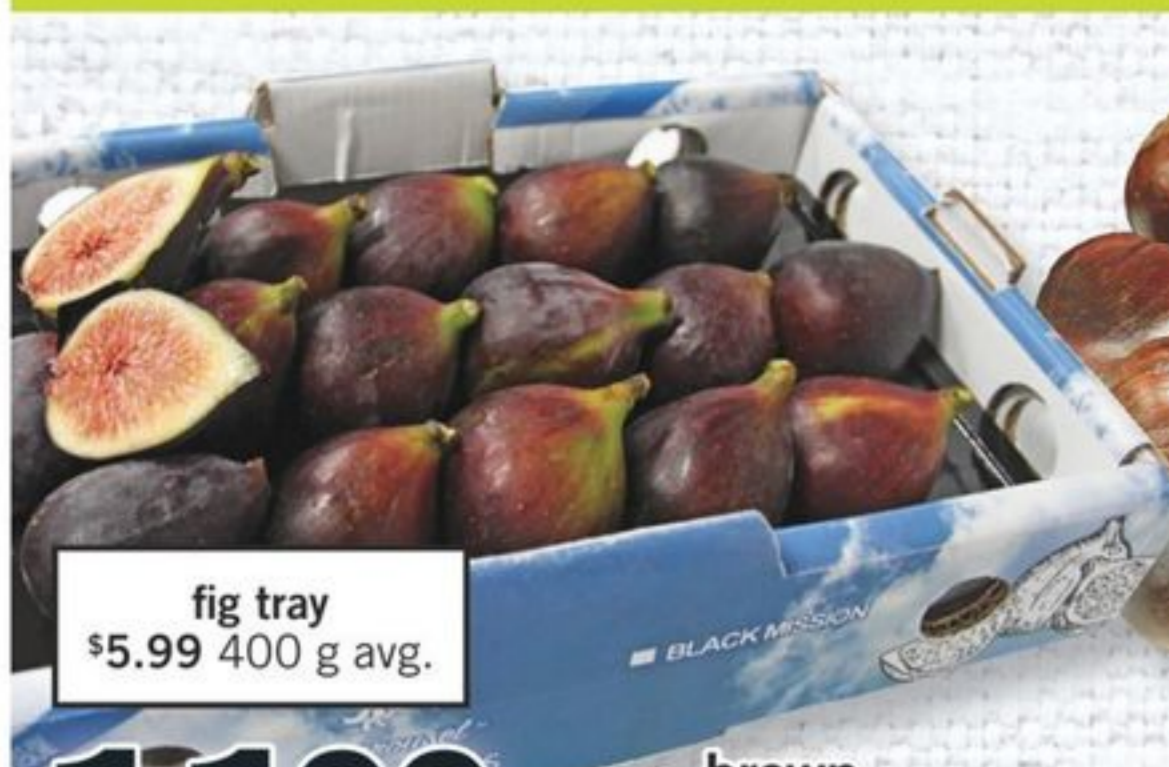


fig tray
\$5.99 400 g avg.

11.99
800 g case avg.

brown Turkey figs
product of Brazil
20081682001_CS



5.99 lb
13.21/kg

chestnuts
product of Italy
20061606001_KG



2.49 lb
5.49/kg

brown pears
product of Ontario,
Canada Extra Fancy Grade
20314943001_KG



red currants
product of Chile
7804655050181_EA

5.99
125 g



4.99 lb
11.00/kg

Cubanelle or Poblano peppers
product of U.S.A. or Mexico
20049810001_KG/20046459001_KG



1.99 lb
4.39/kg

sweet potatoes
product of U.S.A.
20127708001_KG



2.49 lb
5.49/kg

sour cabbage
product of Ontario,
Canada no. 1 grade
21363957001_KG



2.99
each

Iceberg lettuce
product of U.S.A. or Mexico,
no. 1 grade
20135326001_EA



2.99
454 g

coloured or sweet Nantes carrots
product of Canada,
Canada no. 1 grade
20997816001_EA/21302363001_EA



2.99
each

PC® Boston living lettuce
product of Ontario
21212489_EA



4.89
340 g

butternut or zucchini swirls
product of Mexico
21025585_EA/21025697_EA

Bolthouse salad dressing
all varieties,
product of U.S.A.
21469053_EA/21468630_EA



5.49
355 mL

PC® broccoli or kale slaw
selected varieties,
product of U.S.A.
20961110_EA/20960988_EA



3.69
340 g

POM Wonderful fresh arils
product of U.S.A.
20526015_EA



5.99
227 g

PICK ORGANIC • Over 150 items available every day!



Greenhouse organic fiery ginger
product of Ontario
21561230_EA



29.99
1.26 L

PC® Organics garlic 115 g,
product of Spain or U.S.A.
or **ginger** 160 g,
product of Peru
20717130001_EA/21102204001_EA



3.99
each



5.69
2's

PC® Organics sweet peppers
product of Mexico
20690699001_EA



2.69
each

organic avocado
product of Mexico
20146327001_EA

organic limes
product of Mexico
20435942001_EA

3.99
454 g



Create Your Own Protein Packed Smoothie!



CHOCOLATE BANANA-BERRY SMOOTHIE



1 cup

Oat-based alternative beverage, using 7x less water than Almond or Cow's milk.

Earth's Own oat beverage
946 mL
21109025_EA

chia seeds
20655499_EA



3 tbsp



2 scoops

Whey based protein powder with probiotics for optimal gut health.

Quantum probiotic whey chocolate, 910 g
20378028002_EA



1 cup

blueberries
170 g
20080137001_EA



banana
20139509001_KG

1 banana

PB & J SMOOTHIE



1 banana

banana
20139509001_KG

1 cup

strawberries
454 g
20049778001_EA



1 cup

An oat-based alternative beverage, using 7x less water than Almond or Cow's milk.

Earth's Own oat beverage
946 mL
21109025_EA

4 tbsp



Healthy fats & low sugar peanut butter. Made with Omega-3 rich chia seeds & coconut oil.

Fatso peanut butter
500 g
21314270_EA

2 scoops



Vegan & gluten-free with fermented protein sources as pea protein for enhanced digestibility.

Genuine Health fermented organic vegan proteins vanilla, 600 g
21294756_EA

PINA COLADA SMOOTHIE

Vegan & gluten-free with fermented protein sources as pea protein for enhanced digestibility.

Genuine Health fermented organic vegan proteins vanilla, 600 g
21294756_EA



2 scoops

Bob's Red Mill shredded coconut
340 g
21127430_EA



Riviera Greek-style yogurt oat-based, 500 g
21456638_EA

Lactose free, calcium rich & 13 g of protein per serving with a rich creamy texture.



1 cup



1 banana

banana
20139509001_KG

1 cup of sliced pineapple - skin & core removed

pineapple
20119813001_EA



**PRICE
LOCKDOWN**

until Wed. January 15



MEAT CURING

✓ Fresh Ontario pork
✓ Casing ✓ Spices



3⁹⁹lb
8.80/kg whole pork belly
20874490_KG



1⁹⁹lb
4.39/kg pork loin whole or half
20872422_KG



pork collar
butt capicola
20862438_KG
3⁹⁹lb
8.80/kg



2⁹⁹lb whole pork butt
bone-in
20872425_KG
6.59/kg



3⁹⁹lb pork loin centre-cut
chops or roast boneless
20827788_KG
8.80/kg



2⁹⁹lb pork loin, rib & sirloin
or sirloin chops
20822343_KG
6.59/kg



4⁹⁹lb pork center cut chops
20822907_KG
11.00/kg



1²⁹lb pork picnic butt or
shank portion roast
20872428_KG
2.84/kg



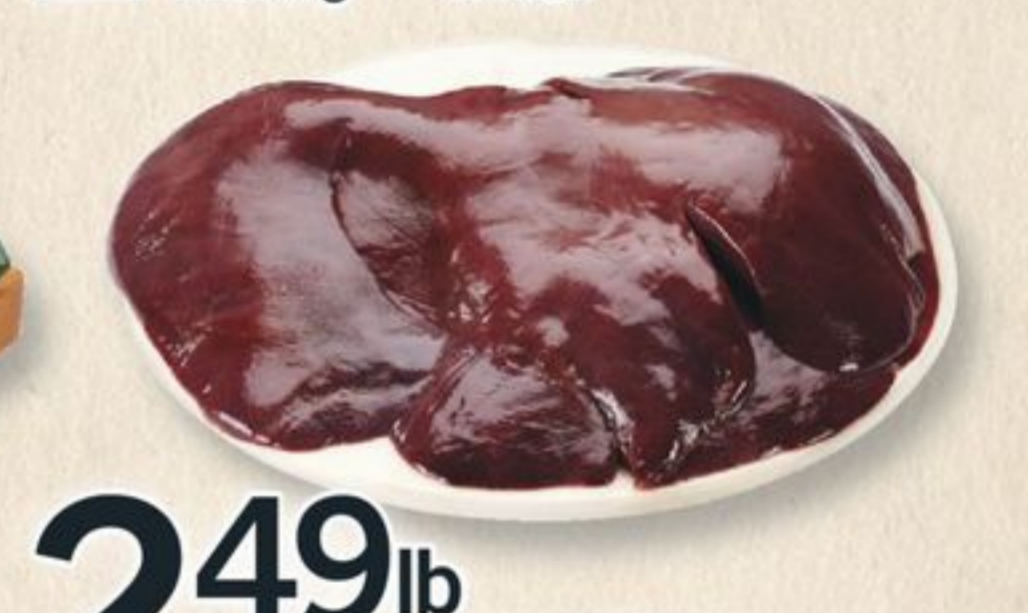
2⁹⁹lb pork tail or feet
20874534_KG/20874537_KG
6.59/kg



2⁹⁹lb pork hocks
20874533_KG
6.59/kg



8⁹⁹ sausage casing
20 yards 21083404_EA



2⁴⁹lb pork liver
20874536_KG
5.49/kg

Healthy Eating



15⁹⁹lb Yorkshire Valley
Farms organic
chicken breasts
boneless, skinless
20342993_KG
35.25/kg



10⁹⁹ Yorkshire Valley
Farms organic extra
lean ground chicken
21100070_EA
454 g

Yorkshire Valley
Farms organic
cooked chicken
or turkey meatballs
selected varieties,
frozen
21168698_EA



10⁹⁹
400 g



18⁹⁹ Yorkshire
Valley Farms
organic chicken burger
selected varieties
frozen
21592125_EA
678 g

SEAFOOD • We'll Clean & Scale Your Fish at No Charge... just ask!



FRESH Salmon
✓ Thick Centre Cut
✓ NO WASTE
✓ Tail, Neck & Belly
removed

16⁹⁹lb fresh Atlantic
salmon fillet
21176902_KG
37.46/kg



14⁹⁹lb fresh Icelandic
cod fillet
20059002_KG
33.05/kg



Diana's
wild clam
chowder 500 mL
or Dom organic
smoked salmon
100 g, frozen
21602248_EA

8⁹⁹
each



PC® white
cooked shrimp
31-40 per lb,
400 g or
Mahi Mahi
portions
454 g, frozen
20791381_EA/21608592_EA

13⁹⁹
each



PANE Fresco
Eating Well Made Easy

Olivieri
pasta sauces
\$7.49 600 mL

9.49
500-700 g

Olivieri
family pack pasta
selected varieties

20011488_EA/20311594_EA

Main St. Bistro
side dishes
selected varieties

20339446_EA

6.49
482-680 g

Halal available
at select locations!

19.49
each

BBQ chicken meal deal
includes one large side
and one small Ziggy's® salad

20065401_EA

13 varieties!

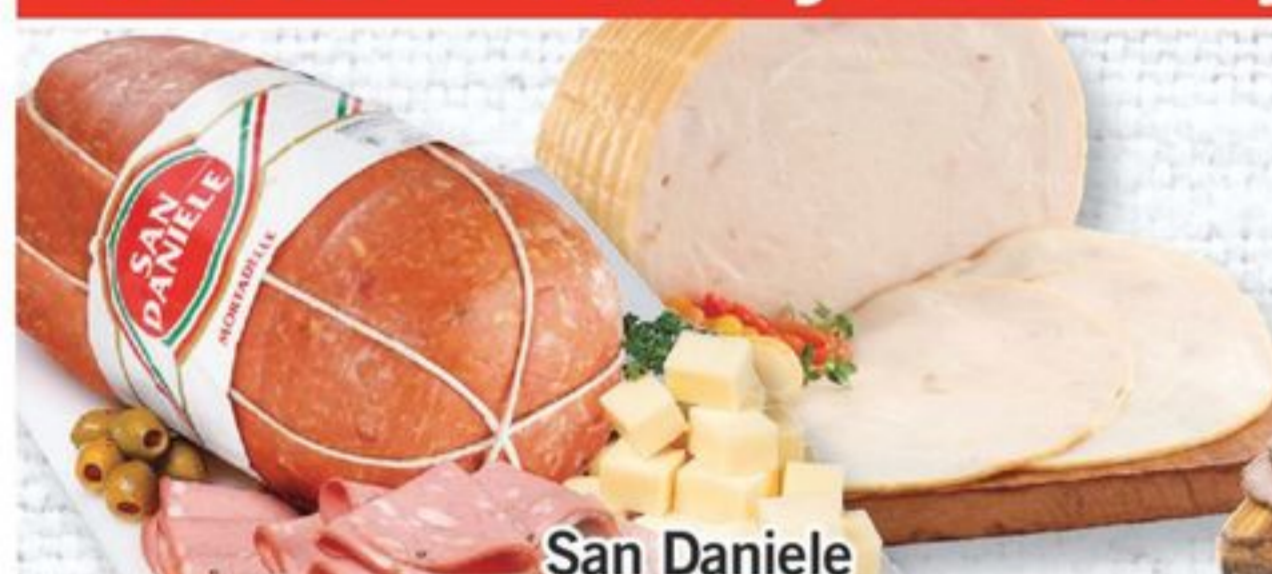
PANE Fresco

chilled soup

21429052_EA

9.79
900 mL

DELI • Always freshly sliced or shaved your way!



San Daniele
mortadella or Ziggy's®
turkey or chicken breast
selected varieties

9.99
lb
2.20/100 g

20090246_KG/20311436_KG



PC® Natural Choice®
Angus roast beef
deli sliced

14.99
lb
3.31/100 g

20155374_KG



San Daniele
Silver prosciutto

21046654_KG

13.99
lb
3.08/100 g



Arla havarti

20180982_KG

13.99
lb
30.84/kg

Maple Leaf
Natural Selections
sliced deli meat
club pack,
all varieties

20772015_EA/20772016_EA

11.99
375/400 g



Mlekovita
Gouda cheese
imported
from Germany

21643825_EA

9.99
lb
22.02/kg



Tre Stelle
boccconcini
or Piller's kolbasa
selected varieties

20024992_EA/20308469_EA

6.99
200-375 g



PC® cheese slices
all varieties
club size

20217638_EA/20251914_EA

14.99
500 g



BAKERY • Baked fresh by Bakers with passion!



Gala mousse
cakes 8"
mango, tiramisu,
chocolate, strawberry

21.99
800 g

20592165_EA/20592169_EA



Farmer's Market™
cranberry lemon muffins,
lemon coffee cake
or lemon tarts

6.99
480-600 g

21283354_EA/21582859_EA



butter croissant
or pastry

2.19
50/65 g

20705085_EA/21416864_EA

gourmet cookies
selected varieties
baked in store

21208406_EA

6.99
18's



Farmer's Market™
lemon poppyseed
iced loaf cake

21488954_EA

5.99
400 g



lemon
meringue pie

21546465_EA

8.99
8 inch



Promise
gluten-free bread

7.99
454-550 g

21414753_EA/21414781_EA

Furlani
Texas toast
selected varieties

20041579_EA

5.29
16's



DAIRY & FROZEN



Pillsbury refrigerated dough selected varieties, refrigerated

279
200-227 g



Gay Lea sour cream selected varieties

349
425/500 mL



Cheemo perogies

349
907 g



MILK 2GO chocolate or strawberry 1% milk

179
310 mL



PC® frozen vegetables selected varieties, frozen

449
500/750 g



Halo Top frozen dessert selected varieties, frozen

679
473 mL



International Delight coffee whitener

599
946 mL



Eby Manor Golden Guernsey 4% chocolate milk

429
500 mL



Chapman's no sugar added ice cream 1 L or novelties 4/6's selected varieties, frozen

699
each



PC® orange juice selected varieties, refrigerated

529
1.54 L



siggi's yogurt selected varieties

449
400 g



Eggo waffles

649
16's



Krinos fillo twisters selected varieties, frozen

999
840 g-1 kg



PC® gnocchi or risotto selected varieties, frozen

499
350/400 g



iÖGO yogurt selected varieties

699
16x100 g



Natrel fine filtered milk selected varieties

579
2 L



Nordica cottage cheese

749
750 g



Melona frozen dessert bars

588
560 mL



T&T® potstickers selected varieties, frozen

548
567 g



bibigo mini wontons frozen

1048
680 g

Soups On!



2.49 PC® ready-to-serve soup
540 mL
21360265_EA/21360274_EA



2.29 PC® Blue Menu® ready-to-serve soup
500 mL
21545172_EA/21545445_EA



2.29 Campbell's condensed soup
284 mL
20980079_EA/20297246002_EA



3.29 Haiku soup
398 mL
20841500_EA/20596863001_EA



2.99 Swiss Chalet soup
540 mL
21313330_EA/21313335_EA



5.49 Just Soup gluten-free soup
480 mL
21822066_EA/21622118_EA



6.49 Better Than Bouillon
227 g
20335572002_EA/20335572001_EA



3.49 Tim Hortons soup
540 mL
21203781_EA/21203782_EA



3.99 Ritz crackers selected varieties
180/200 g
21547034_EA



2.99 no name® soda crackers selected varieties
454 g
20795392_EA

Celebrate Lohri



2.49 Hans Dairy Dahi
750 mL
20092811_EA/20313667_EA



12.99 Quality basmati rice
3.63 kg
20787290_EA



16.99 Sher Desi style durum atta
9.07 kg
20657367_EA



2.49 Rubicon exotic juice drink selected varieties
1 L
20029236001_EA/20296770002_EA



1.19 Parle-G original gluco biscuits
300 g
20956495_EA



13.99 Brar's Desi ghee
800 g
20869886_EA



5.99 Brar's Malai paneer
375 g
20283164_EA



2.99 NuPak peas, beans, lentils or chick peas selected varieties
900 g
20053996_EA/20091651_EA



3.49 Maggi sauce selected varieties
340 mL
20687724_EA



7.99 Tea India
680 g
20177173_EA



NATURE'S TREASURE

by **FORTINOS**

Start the New Year Right with Nature's Treasure

Jump into a healthy, happy 2025 with help from our Nature's Treasure Certified Nutritional Practitioners. On-site daily, our trained professionals offer information and assistance to help you:

- Make the right food choices
 - Understand product labels and ingredients
 - Learn the importance of Naturopathic recommended vitamins and immune boosting supplements
- Stop in for a free personal 15 minute consultation, and reap the benefits of up-to-date nutritional and health & wellness support.

Proud supporters of:



Your favourite detox kit is back!

59⁹⁹ each

Wild Rose herbal d-tox kit
21623738_EA



NEW

Canadian Made

24⁹⁹ each

CanPrev magnesium, Synergy B or fibre supplements selected varieties & sizes
20776243_EA/20776245_EA



Canadian Made

36⁹⁹ 225 mL/120's

Aqua Omega Omega-3 liquid or capsule supplements selected varieties
21639657_EA/21639732_EA

NEW



Canadian Made

23⁹⁹ each

Prairie Naturals supplements or electrolyte powder selected varieties & sizes
21522785_EA/21592851_EA



Canadian Made

29⁹⁹ 100-120's

AOR vitamin C, N-A-C, or zinc copper balance supplements
21309254_EA/21311015_EA



15⁹⁹ 60-200's

NOW ashwagandha, biotin, melatonin or vitamin K supplements selected varieties
21418540_EA/21419251_EA

Canadian Made

47⁹⁹ 500 mL

NutraSea Omega-3 fish oil supplement
20925128_EA



5⁹⁹ 325-400 g

Jordan's Morning Crisp cereal or granola all varieties
21522267_EA/21591908_EA



6⁹⁹ 473-946 mL

Elmhurst organic non-dairy milk or creamer all varieties
21415606_EA/21415700_EA



Fairtrade!

15⁹⁹ 454 g

Kicking Horse organic whole bean coffee all varieties
20322468001_EA/20322468006_EA



Now in a larger size!

7⁴⁹ 4x355 mL

Remedy kombucha all varieties
21617011_C04/21617032_C04



NEW

Purplesful Snacking invests 25% of their profits in local charitable organizations!

3⁹⁹ 136 g

Purplesful Snacking popcorn all varieties
21435344_EA/21435387_EA



Canadian Made

2⁴⁹ 33 g

Mid-Day Squares functional chocolate all varieties
21487220_EA/21487247_EA



Flyer prices effective from Thursday January 2 to Wednesday January 29, 2025

Detox

The New Year brings new resolutions. Let's start the year feeling fresh and energized. Post holiday season is a great time to 'detox' and switch to a healthier diet. Help your body to detox with foods free of preservatives, gluten and artificial flavours. You'll notice the difference!

Here's some tips:

- ✓ Laxative teas help keep you regular
- ✓ The use of Apple Cider Vinegar helps to stimulate enzyme activity in your gut
- ✓ Switch to gluten-free bread & pasta
- ✓ Turmeric & Ginger shots - Aids in reducing inflammation, increases digestive activity
- ✓ Regular use of supplements, probiotics combined with seasonal cleanses

UP TO
20% OFF

Providing 4g of activated turmeric for anti-inflammatory & anti-oxidant benefits!



Omega Alpha detox and organ support all varieties & sizes
20085466_EA/20308945_EA

Canadian Made

Moonshine Mama turmeric elixirs all varieties, 60 mL
21610106_EA/21610119_EA



Lily of the Desert aloe vera gel or juice all varieties
20426802_EA/20429302_EA



Blume super belly electrolyte & probiotic drink mix all varieties
21648263_EA/21648322_EA

NEW



Aeryon Wellness supplements for women all varieties & sizes
21537405_EA/21621016_EA

Flor-Essence is an herbal blend for gentle detox at the cellular level!

Flora supplements all varieties & sizes
20735144_EA



Wild Rose herbal d-tox kit
21623738_EA

NEW

7.99
30-100's
Uncle Lee's tea selected varieties
20296329002_EA



Infused with minerals & fulvic acid!
2.49
500 mL
blk alkaline water selected varieties
21561019_EA/21561074_EA



6.99
945 mL
Filsinger's organic apple cider vinegar selected varieties
21312947_EA



Fresh not frozen!
7.49
200-400 g
Schar gluten free bread, buns or rolls selected varieties
21384229_EA/21384233_EA



NEW
6.99
250 g
Felicia gluten free pasta selected varieties
21603270_EA/21603268_EA



Great "cheese" replacement!
7.99
142 g
Bob's Red Mill nutritional yeast
21370054_EA



Rich in vitamin B12!



Tempeh Tortilla Soup

This nourishing soup is a riot of textures and flavours.

The duo of tempeh and pinto beans makes each spoonful rich in protein.

Heat oil in a large saucepan over medium heat. Add onion and salt and heat, stirring occasionally, until onion has softened and is beginning to brown, about 5 minutes. Add tempeh pieces to pan and heat 3 minutes, stirring occasionally. Add sweet potato, red or poblano pepper, garlic and jalapeño to pan, heat 2 minutes. Stir in tomato paste, oregano and cumin to pan, heat 1 minute. Add canned tomatoes, broth and pinto beans. Bring to boil, reduce heat to medium-low and simmer covered for 20 minutes, until potato is tender. Stir in corn and lime juice & heat.

Serve soup garnished with avocado, tortilla chips and cilantro.
Serves 4

Ingredients:

- 1 Tbsp (15 mL) avocado oil or grapeseed oil
- 1 small white onion, chopped
- 1/2 tsp (2 mL) salt
- 1 package (8 ounces) tempeh, cut into 1-inch cubes
- 2 medium sweet potatoes, cut into 1-inch pieces
- 1 large red bell pepper or poblano pepper, chopped
- 3 garlic cloves, minced
- 2 jalapeño peppers, seeded and finely chopped
- 2 Tbsp (30 mL) tomato paste
- 1 tsp (5 mL) dried oregano
- 3/4 tsp ground cumin
- 1 can (398 mL) diced tomatoes
- 4 cups low-sodium vegetable broth
- 1 can (398 mL) pinto beans, drained and rinsed
- 1 cup (250 mL) frozen or canned corn kernels
- 2 cups (500 mL) crumbled baked tortilla chips
- Juice of 1/2 lime
- 1 avocado, cubed
- 1/2 cup (125 mL) cilantro



NEW

5.99
each

Noble Bean organic tempeh
240 g, frozen, all varieties
21652942_EA/21657223_EA



29.99
1 L

Acropolis Organics extra virgin olive oil
selected varieties
20574926_EA

Contains kelp, a natural source of iodine!

5.99
250 g

A. Vogel Herbamare organic herbed sea salt
all varieties
20317961001_EA/20317961002_EA



NEW

5.99
283 g

Fillo's sofrito beans
all varieties
21644828_EA/21644985_EA



Made with vine ripened California organic tomatoes harvested at their peak ripeness ensuring the freshest, most flavourful results!

3.99
156 mL

Bianco DiNapoli organic tomato paste
21613993_EA



NEW

3.49
each

Bioitalia organic canned corn or tomatoes
340 g or 398 g selected varieties
21077670_EA/21078168_EA



5.99
946 mL/1 L

Pacific Foods organic broth
selected varieties
21644828_EA/21644985_EA



2.99
118 mL

Casa Fiesta diced green chilies
selected varieties
21619763_EA



9.99
500 mL

Italian Volcano 100% organic lemon or lime juice
21545070_EA/21545083_EA



3.99
13-64 g

PC® Organics spices
selected varieties
21209148_EA/21209151_EA



Grain-free, gluten-free & Non-GMO!

5.99
141 g

Tia Lupita cactus tortilla chips
all varieties
21570644_EA/21570702_EA



8.99
907 g

Lundberg rice
selected varieties
20648150001_EA/20648150002_EA



Back To School, Happy & Healthy!

Keeping kids healthy is easy at Nature's Treasure. Strong immune systems and good nutrition are the best preparation for return to classes. Nutrition, learned at a young age develops beneficial habits and prevents chronic conditions in adults.

- ✓ Keep snacks and lunches free from artificial ingredients, low in sugar and include veggies.
- ✓ Simplify healthy weeknight dinners with approved meals that are high in protein but light on prep.
- ✓ Introduce regular supplementation for your kids' general health, immune support and illness prevention.

3⁹⁹
213 g

Annie's organic
crackers or cookies
all varieties

20949212_EA/21019983_EA



4⁹⁹
135-154 g

FreeYumm soft-baked
cookies or bars
all varieties

21048233_EA/21048242_EA



Allergen free &
school safe!



Multi-pack!
Great for school
lunches!

6⁴⁹
108 g

Skinny Pop
skinny pack

21052844_EA



High in
antioxidants!

12⁹⁹
946 mL

Patience
organic wild
blueberry juice

21108164_EA



UP TO
**20%
OFF**

Canadian Made

Aqua Omega
kids Omega-3
supplements
all varieties
& sizes

21639578_EA/21639630_EA



Canadian Made

Orange
Naturals
supplements
for kids
all varieties
& sizes

21295561_EA/21409197_EA



NOW Brand
supplements
for kids
all varieties & sizes

21471512_EA/21472047_EA



Homeocan
kids 0-9 cold
& cough syrup
all varieties
& sizes

21223137_EA/21232983_EA



Salus
Haus
multi-vitamin
and mineral
liquid tonics
all varieties
and sizes

21303321_EA/21566292_EA



Immune Health

Prevention is the best defense during cold & flu season. A healthy gut creates a strong immune system and a healthy everyday diet is your best defense against viruses & bacteria!

- ✓ Foods rich in probiotics, like Kefir and Kombucha enhance the response of the gut immune system with beneficial bacteria
- ✓ Warming teas with ginger and tumeric help alleviate cold and flu, plus antioxidants in tea can help prevent viruses from beginning
- ✓ Limit sugars, alcohol and caffeine to restore gut balance

Canadian Made

6⁹⁹
1 L

Organic Meadow kefir drink all varieties

20710883001_EA/20710883002_EA



Rich in probiotics!

Unpasteurized!

Canadian Made

9⁹⁹
500 g

Peace River organic creamed honey

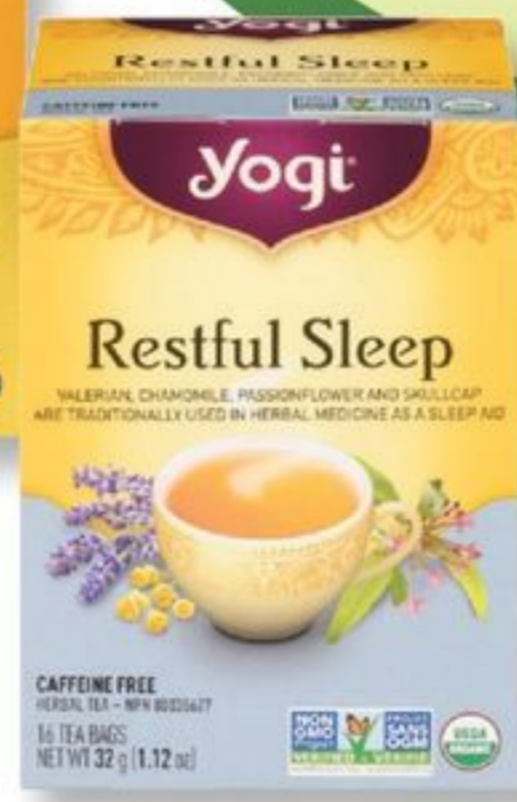
21447829_EA



4⁹⁹
16's

Yogi organic tea all varieties

20309377001_EA/20693913003_EA



Non-GMO, no antibiotics or added hormones



8⁹⁹
16 g

Bone Broth instant bone broth all varieties

21400280_EA/21400291_EA

Just add water!

7⁹⁹
360 g

Blender Bites 1-step smoothie all varieties

21535625_EA/21535627_EA



NEW

Canadian Made

2⁹⁹
355 mL

Tonica kombucha drink all varieties

20818822001_EA/21632450_EA



UP TO
20% OFF



Ki immune defense supplements all varieties & sizes

21106267_EA/21191532_EA

Canadian Made

Dutchman's Gold propolis throat spray or gummies all varieties & sizes

21543337_EA/21543345_EA



A. Vogel echinaforce immune defense all varieties & sizes

20730073_EA
20189195_EA



Boiron Oscilloccinum homeopathic remedy all varieties & sizes

21184289_EA/21209920_EA

Canadian Made

St. Francis deep immune capsules or tonic all varieties & sizes

20731309_EA/20731316_EA



Canadian Made

Nature's Way sambucus gummies or syrup all varieties & sizes

21190315_EA/21192086_EA



Elderberry supplement for prevention and relief of cold & flu symptoms!

Digestive Wellness - Start The Day Right

Healthy & nourishing foods help you take on the day and stay energized. These Nature's Treasure breakfast foods maximize gut health and overall wellness.

- ✓ Gut healthy & gluten free bagels, full of Omega rich chia seeds
- ✓ Almond butter contains more healthy fats than peanut butter
- ✓ Grass fed dairy (milk, butter, yogurt) has a higher healthy Omega 3 & 6 ratio, more nutrients and better taste
- ✓ Organic coffee
- ✓ Vitamins – find out the best time of day to take for optimum benefit

We're here to help!



6.99
284/300 g

Prana chia seeds
selected varieties

20845806001_EA/20845806002_EA

6 g of plant-based protein!

6.99
250 g

Yumi overnight oats
selected varieties

21522422_EA



Great source of fibre!

14.99
340 g

Canadian Heritage Roasting
Company coffee all varieties

21642615_EA/21642499_EA

Organic!



NEW

6.99
2 L 2L

Rolling Meadow
grass fed milk
2% or 3.8%

2083553001_EA/21212714_EA



4.99
350 g

Tree Island
grass-fed yogurt
selected varieties

21622466_EA/21622484_EA



10.99
365/500 g

Nuts to You spreads
selected varieties

20180613_EA/20922533_EA



Gluten-free!

6.99
464-500 g

Queen St. Bakery superfood
bagels, loaf or English muffins
all varieties

21512027_EA/21575964_EA



UP TO 20% OFF



Ener-C or Ener-D drink mixes
all varieties

20819303001_EA/21565070_EA

Canadian Made

Botanica
herbal
phyto-liquid
capsules
all varieties
& sizes

21204299_EA/21204302_EA



Genuine Health probiotic
capsules all varieties, 20-60's

21025971_EA/21095289_EA



Organic Traditions smoothie-
boosting powders or greens
all varieties & sizes

20884249_EA/21396096_EA

Canadian Made

Orange
Naturals
magnesium
supplements
all varieties, 20-60's

21096218_EA/21190726_EA



Can Prev vitamin
D3 supplements
all varieties & sizes

21169513_EA/21307954_EA



Organics Salad Blends

- Certified Organic
- 6 varieties



Baby Arugula
142g
21020913_EA

Rosé Spring
142g
21208336_EA

Baby Spinach 142g
20305277_EA

Arugula & Baby Spinach 142g
21020913_EA

Field Greens 142g
20312523_EA

Supergreens 142g
20611100_EA

Jackfruit Pods

Available year round, jackfruit has a musky aroma with sweet and mellow flavours of banana and pineapple.

Often used as a meat substitute, typically jackfruit is peeled and eaten out of hand, added to desserts or shredded for stews.

We've done the work for you in preparing these bright yellow chunks, ready to enjoy. Full of phytonutrients and antioxidants.

Potassium-packed snack!



TIP: Try freezing.
Then thaw when ready to eat to soften the pods for an even juicier texture!



Greenhouse



Visit the Greenhouse Shot Spot + discover routine-boosting organic juice shots.

Available as single shots or in a convenient 4-pack.



DIGESTION



IMMUNITY



VITAMIN C



ENERGY



COLLAGEN



BEDTIME

UP TO **20% OFF**

ALL Vitamins, Supplements & Protein Powders in our Nature's Treasure department!

Canadian Made
North Coast
Naturals
protein powders,
MCT oil or
cleanses
all varieties & sizes
20704916_EA/21189048_EA



Canadian Made
Progressive
or Iron Vegan
protein
powders
all varieties
& sizes
20700876001_EA/21391747_EA



Vital Proteins
collagen
peptides powder
all varieties & sizes
21302808_EA/21302813_EA



Genuine Health
protein powder
or greens+ powder
all varieties & sizes
20120432_EA/21592541_EA



Canadian Made
PVL protein powder or sport
nutrition all varieties & sizes
20650672002_EA/21340710_EA

nuun
electrolyte tablets
all varieties & sizes
21393717_EA/21414563_EA



4.49
35-50 g
Kind breakfast
or granola bars
selected varieties
20925684_EA/21518333_EA



Case Sale
23.99
case
Simply Protein
snack bar
all varieties
21388491_EA/21388644_EA



Up to 13 g
of protein!

5.49
1 L
Thirsty Buddha
coconut water
selected varieties
20689784_EA

Organic!



5.49
each
Amy's organic
frozen meals
234-284 g or burritos
156-170 g, all varieties
20042092002_EA/20820314_EA



Canadian Made
8.99
6x500 mL
Flow alkaline water
21033026_C01/21157064_C06

Sourced from
artesian springs!



4.49
142 g
PopCorners
popped corn chips
all varieties
21370205_EA/21370259_EA



Flyer prices effective from Thursday January 2 to Wednesday January 29, 2025

Visit us at fortinos.ca



Quantities and/or selection of items may be limited and may not be available in all stores. No Rainchecks OR Substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We reserve the right to limit quantities to reasonable family requirements. We are not obligated to sell items based on errors or misprints in typography or photography. Pricing: All references to "Save, Was, Now, Savings, etc." is in comparison to our own regular prices. Coupons must be presented and redeemed at time of purchase. Savings shown may be greater depending on store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. The trade-marks, service marks and logos displayed in this flyer are trade-marks of Loblaw's Inc. and others. ©2025 Loblaw's Inc. All rights reserved.

GROCERY



288
800 g
PC®
udon noodles
20354811_EA

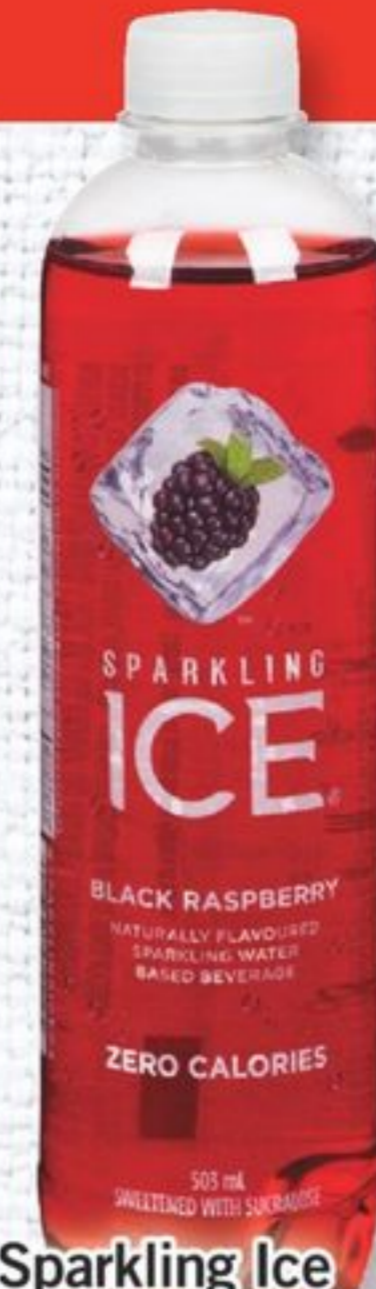


549
325-510 g
Harvest Crunch
granola cereal
selected varieties
21219824_EA



Coca-Cola,
Pepsi or
Canada Dry
soft drinks
selected varieties
20296926002_EA/20316026002_EA

249
2 L



Sparkling Ice
flavoured water
selected varieties
20885450001_EA

179
503 mL



179
796 mL
Primo tomatoes
selected varieties
21187383_EA/21187403_EA

PC®
Blue Menu®
plum 350 mL
or Thai
sauce 400 mL
21407073_EA/20712986_EA



388
each



399
230-285 g
Dare Whippet
cookies
selected varieties
20783564_EA/21438894_EA



PC®
100% juice
selected varieties
21080958_EA

199
1 L



Carnation
evaporated milk
selected varieties
20896887_EA

249
354 mL



Unico
pasta sauce
selected varieties
20326537001_EA/20326537003_EA

249
680 mL



449
each
Teriyaki Experience
sauce 350 mL or
Farkay noodles 397 g
20876697003_EA / 20876697002_EA



249
4x99 g
Snack Pack
pudding or gels
selected varieties
20310707001_EA/20313115001_EA



399
6x100 mL
Stappi bitter drinks
selected varieties
21595776_C06/21609588_C06



Molisana
lupini pasta
selected varieties
21632489_EA/21632863_EA

299
400 g



729
1.2/1.4 kg
Minute Rice
brown or
white rice
20074783002_EA/20074783001_EA



599
306-525 g
Kellogg's Special K,
Mini Wheats or
All Bran cereal
selected varieties
20793624_EA/21607207_EA



579
155-193 g
Maltesers,
M&M's or
Mars chocolate
stand up pouches
selected varieties
20970878_EA

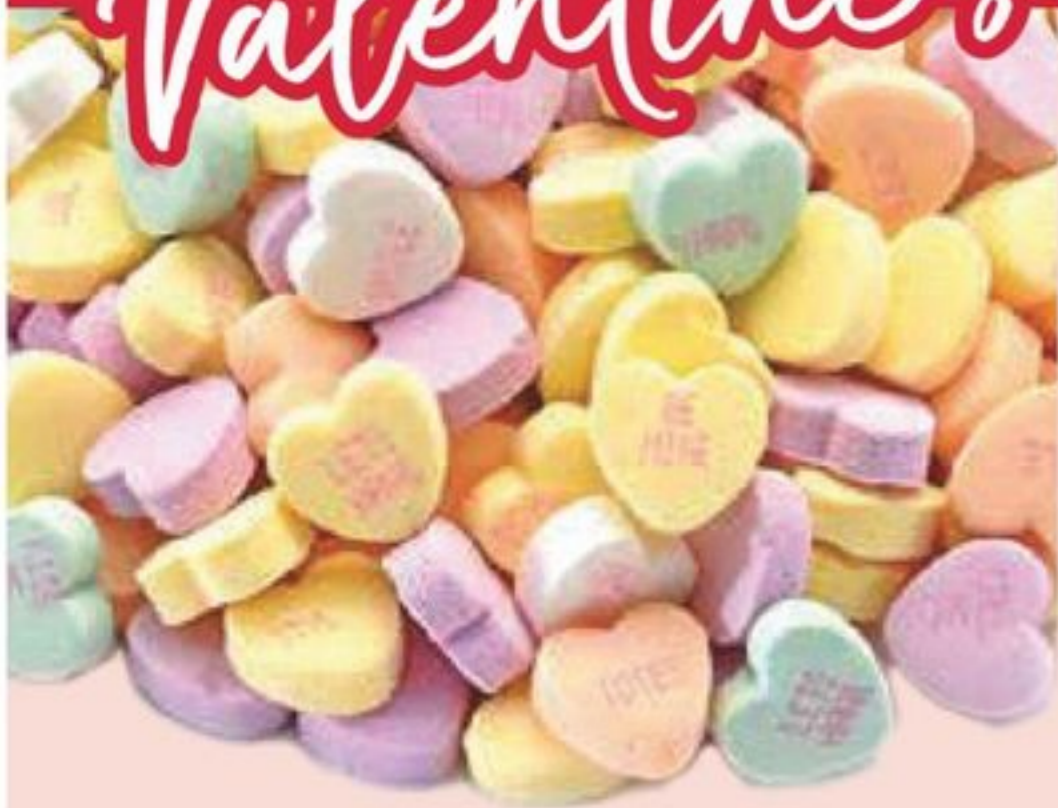


Bauducco wafers
21637479_EA
179
142 g



Unico
kalamata olives
selected varieties
20324967001_EA/20324967002_EA
399
375 mL

Valentine's Treats



132 /100 g
5.99/lb
conversation hearts
21660156_KG



286 /100 g
12.99/lb
Valentine
Hershey's kisses
20249420_KG



220 /100 g
9.99/lb
yogurt covered
pretzels with
red & pink drizzle
21433394_KG



110 /100 g
4.99/lb
cherry juju hearts
21433397_KG



110 /100 g
4.99/lb
cherry jelly hearts
21433396_KG



110 /100 g
4.99/lb
Valentine
spiced drops
21350424_KG



110 /100 g
4.99/lb
Valentine
candy corn
21432412_KG



110 /100 g
4.99/lb
heart shaped
lollipops
20064615_KG



176 /100 g
7.99/lb
chocolate
red foil hearts
20333744_KG



.88 /100 g
3.99/lb
cinnamon
hearts
21516907_KG



110 /100 g
4.99/lb
cupid hearts
sprinkles
21570956_KG



.99 /100 g
4.49/lb
hot lips
20026595_KG



132 /100 g
5.99/lb
milk chocolate
covered almonds
20052339_KG



132 /100 g
5.99/lb
Waterbridge
wine gums
20999778_KG



220 /100 g
9.99/lb
OMG's peanut
butter pretzel,
vanilla almond
or s'mores
21020833_KG



.88 /100 g
3.99/lb
cherry
licorice nibs
21381605_KG

SEAFOOD



Great with
salad & pasta!

5.49 SeaQuest®
crab flavoured Alaska
pollock flake or leg style
454 g 20591152_EA/20591951_EA

8.99 Hunter Marine
seafood sauces
selected varieties, frozen
430/450 g 21383905_EA/21599186_EA

8.99 BOS smoked
Atlantic salmon
selected varieties
125 g 21192437_EA/21192711_EA

10.99 IFC Canadian
cold water shrimp
frozen
340 g 21636940_EA

EASY MEALS



18.49 Yorkshire Valley
Farms organic
chicken pot pie
frozen
700 g 21644664_EA



15.99 PC® shepherd's pie
selected varieties,
frozen
800/900 g 20129604_EA



9.49 PC® gluten free chicken
burgers, strips or nuggets
selected varieties, frozen
600 g 21079451_EA/21079476_EA



14.49 Scúeidiers boneless
chicken bites
frozen
600 g 21627202_EA/21627217_EA



27.99 PC® Blue Menu® boneless
skinless chicken breasts
Club Pack®, frozen
20138476_EA

27.99
1.36 kg



23.99 Jackie's cutlets
or pork scúitzel
selected varieties,
frozen
680/908 g 21637816_EA/21638134_EA



6.49 Maple Lodge or Zabiha
Halal chicken bacon
selected varieties
375 g 20099204_EA/20105121_EA



8.99 lb Rachel's
corned beef brisket
19.82/kg 20620766_KG

Happy Lunar New Year

visit flowersbyfortinos.ca



little infinity
circle orchid

21620219_EA

28⁸⁸
each



3 tier lucky bamboo
in ceramic pot

21661330_EA

28⁸⁸
each



5 tier large lucky
bamboo in ceramic pot

21661299_EA

68⁸⁸
each



bonsai tree
in 5" ceramic pot

21662201_EA

48⁸⁸
each



jade plant

21660787_EA

13⁸⁸
each



money tree
in 5" ceramic pot

21660943_EA

19⁸⁸
each



premium
rose bouquet

21020121_EA

\$45
each



large or mini
gerbera bouquet
assorted colours

20975510_EA

19⁹⁹
each



4" spring bulbs
\$4.99 each

assorted
spring bulbs

21087691_EA

9⁹⁹
6" pot

Air Purifying Plants

snake plant

21050365_EA

16⁹⁹
6" pot



tropical palm

21050365_EA

16⁹⁹
6" pot



anthurium

21523499_EA

17⁹⁹
7" pot



BABY



Goodnites or Pull Ups
selected varieties

28⁹⁹
34-74's



8⁹⁹
168-216's
Pampers or Huggies wipes
selected varieties



Huggies or Pampers
super big pack diapers
selected varieties

26⁹⁹
32-108's



Similac
powder formula
selected varieties

41⁹⁹
570-800 g



Enfamil formula
ready to drink
selected varieties

59⁹⁹
18x237 mL



Gerber snacks
or entrées
selected varieties

2⁹⁹
42-192 g



Baby Gourmet
pouches 128 mL
or Love Child
Love Ducks 30 g
selected varieties

1⁹⁹
each



Gerber
pouches
selected varieties

1⁷⁹
128 mL



4⁹⁹
each
Baby Gourmet
cereal 208/227 g, bars
5x18 g or Squoosh 4x60 g



Aveeno
baby needs
selected varieties

7⁴⁹
227/236 mL

BODY & HEALTH



Method
hand soap
300/354 mL
or Colgate
toothpaste
70-150 mL
selected varieties

3⁹⁹
each



Dove
bar soap 6's
or body wash 591 mL
selected varieties

9⁹⁹
each



Secret or
Old Spice
deodorant
73/85 g or
Head & Shoulders
hair care 370 mL
selected varieties

6⁹⁹
each



Aveeno 532 mL
or Lubriderm
lotion 710 mL
or Olay body
wash 591 mL
selected varieties

11⁹⁹
each



Pantene 530 mL
or Dove 730 mL
hair care
selected varieties

8⁹⁹
each



Always
pads, liners
or Tampax
tampons
selected varieties
and sizes

10⁹⁹
each



Depends
or Poise 12-60's
or liners 114-126's
selected varieties

18⁹⁹
each



Ensure
6x235 mL
or Glucerna
6x237 mL
selected varieties

14⁹⁹
each



Ricola
lozenge bags
selected varieties

3⁹⁹
17/19's



up to
20% OFF
Centrum,
Caltrate or
Emergen-C
selected sizes
and varieties

HOUSEHOLD



16⁹⁹ each
Downy fabric softener 2.4-3.29 L, Rinse & Refresh 48 oz or beads 515 g selected varieties
21489725_EA/21549944_EA



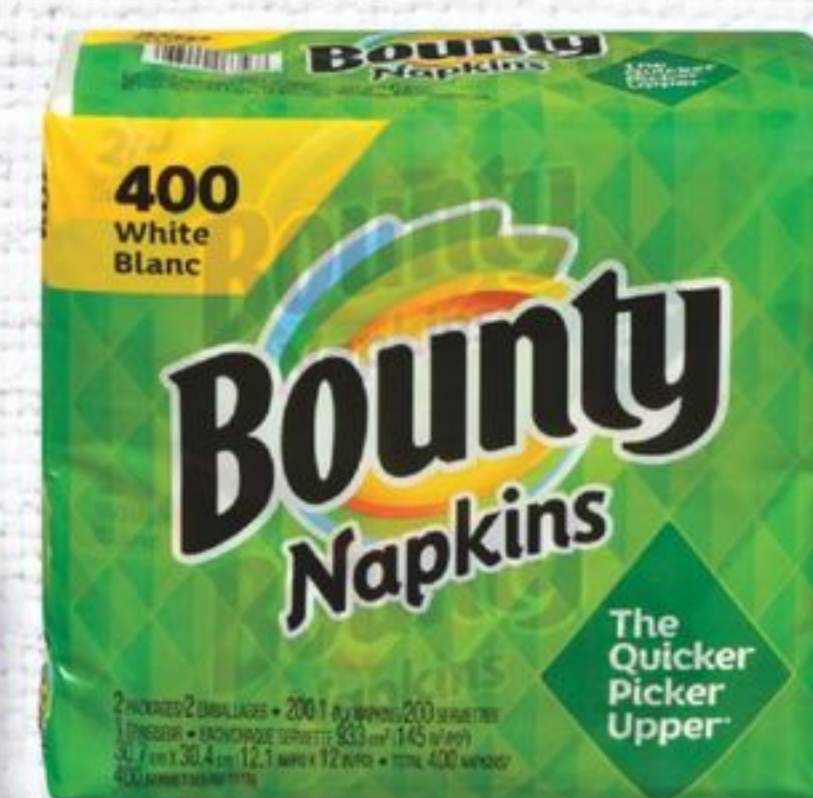
10⁹⁹ 200's
Snuggly fabric softener sheets
21170996_EA



4⁹⁹ 650 mL-1.2 L
Lysol multipurpose cleaners selected varieties
20310677001_EA/21005576_EA



11⁹⁹ 20-40's
Glad garbage bags selected varieties and sizes
20166439002_EA/21165477_EA



10⁹⁹ 400's
Bounty napkins
21053171_EA



7⁴⁹ each
Air Wick Essential Oil plug in kit or essential oils refill selected varieties
20124109003_EA/20302509001_EA



6⁴⁹ 75's
Lysol disinfecting wipes selected varieties
21449826_EA/21449829_EA



5⁴⁹ each
Ziploc sandwich bags 90's or freezer bags 10-28's selected varieties
20306904003_EA/20871415_EA



1⁹⁹ 2's
no name[®] heavy duty scouring sponges
20557181_EA/20557334_EA



7⁹⁹ 6x468's
PC[®] facial tissues 3 ply
20181283_EA

PET NEEDS

10⁹⁹ 10 kg
PC[®] scoopable multi-cat cat litter
20774065_EA

13⁹⁹ 1.45-1.8 kg
Purina One True Instincts dry cat food selected varieties
20421881002_EA/21096817_EA

7⁴⁹ 1.42 kg
Meow Mix dry cat food selected varieties
21586251_EA

1⁴⁹ 75 g
Whiskas Perfect Portions wet cat food selected varieties
20945097_EA/21011523_EA

12⁹⁹ 4 kg
PC[®] wild bird seed
21308596_EA

11⁹⁹ 535-688 g
Milk-Bone Brushing Chews dog treats
21168245_EA/21168517_EA

2⁶⁹ 369 g
Zoë wet dog food
21218863_EA/21218883_EA

11⁹⁹ 1.72-1.81 kg
Purina One dry dog food selected varieties
20912587_EA/20946525_EA

32⁹⁹ 4.5 kg
Blue Buffalo dry dog food
21365754_EA

14⁹⁹ 2 kg
Zoë small breed dry dog food
21045034_EA

BLUE DRAGON

Blue Dragon paste
THAI RED CURRY PASTE
PÂTE CARI ROUGE THAI
270 mL
20712986_EA
\$3⁸⁸

Blue Dragon noodles
RICE NOODLES
NOUILLES DE RIZ
250/300 g
21434978_EA
\$3⁸⁸

Blue Dragon coconut milk
COCONUT MILK
LAIT DE COCO
400 mL
20188944_EA
\$2⁸⁸

Happy Lunar New Year

Visit bluedragon.ca for more recipes

ENJOY A YEAR OF EASY PAIRINGS

BEN'S ORIGINAL™
Bistro Express™
Ready to Heat Rice
(240g - 250g)
21405476_EA
\$2⁹⁸

BEN'S ORIGINAL™
Large Specialty
Rice (1.6kg)
\$11⁸⁸

VH® Honey Garlic Sauce
20297368_EA
\$2⁸⁸

VH® Plum Dipping Sauce
20984013_EA
\$2⁸⁸

"Rice on a 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

YEAR OF THE SNAKE

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Up to **100% leakproof**

Pampers
swaddlers
ACTIVE BABY
BÉBÉ ACTIF
5
UP TO 100% LEAKPROOF
skin protection
protection de la peau
jusqu'à 100% sans fuites
58 DIAPERS
COUCHES

26⁹⁹ Pampers Swaddlers Diapers Selected Varieties

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Poise Depend

STAY PROTECTED IN THE MOMENT

\$18⁹⁹ EACH DEPEND® Underwear or POISE® Pads Selected Types

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