

**SAVE
.98
WHEN YOU BUY 2**

2/\$7
OR \$3.99 EA.

**COUNTRY HARVEST
BREAD OR BAGELS**
SELECTED SIZES AND VARIETIES
PAIN OU BAGELS
COUNTRY HARVEST
21178371_EA
21178640_EA
21178642_EA



2⁵⁰

**PRICE
DROP¹**

**PEPPERIDGE FARM
GOLDFISH CRACKERS**
SELECTED VARIETIES
156-227/6X28 G
**CRAQUELINS
GOLDFISH
PEPPERIDGE FARM**
20300320_EA/21575295_EA



**SAVE
.99**

**HOT
DEALS**

\$3

**MADEGOOD
MORNINGS, MINIS,
SQUARES OR COOKIES**
SELECTED VARIETIES
120-142 G
**MORNINGS, MINIS,
CARRÉS OU BISCUITS
MADEGOOD**
21425469_EA/21107607_EA



Optimum

Members-Only Price™

7⁹⁹

Non-members

11⁹⁹

Members
save
\$4

**SCHNEIDERS
PEPPERETTES**
SELECTED VARIETIES
250-375 G
**PEPPERETTES
SCHNEIDERS**
20976093_EA/20976190_EA



JANUARY

**HIT
OF THE
MONTH**

**LIMIT 6
AFTER LIMIT
\$2 EA.**



**CATELLI SMART OR
HEALTHY HARVEST
PASTA**
SELECTED VARIETIES
375 G
**PÂTES SMART OU
MOISSON SANTÉ
CATELLI**

20299819008_EA/20527060_EA

\$1⁵⁰

**LIMIT 6
AFTER LIMIT
\$6 EA.**



**BOLTHOUSE
JUICE SMOOTHIES**
SELECTED VARIETIES
PRODUCT OF U.S.A.
946 ML
**BOISSONS
FRAPPÉES DE
JUS BOLTHOUSE**

20301788_EA/20225816_EA

\$4

**LIMIT 4
AFTER LIMIT
\$3 EA.**



**GOGO SQUEEZ
FRUIT SAUCE**
SELECTED VARIETIES
4X90 G
**PURÉE DE FRUITS
GOGO SQUEEZ**

20322697002_EA/20415694001_EA

\$2²⁵



**Q-TIPS
400'S
Q-TIPS**

21216550_EA

Members-Only Price™
\$3
Non-members
\$4

**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 January 1 - 31, 2025. While quantities last. See in-store for details.

NEW NEW NEW WAYS TO SAVE

PRICE DROP

FRESH PROMISE

MEMBERS SAVE MORE

no name®

HIT OF THE MONTH

IN STOCK PROMISE

MULTI BUY

ALWAYS \$

CLUB SIZE

2⁴⁹ LB
5.49/KG

PORK LOIN COMBINATION
CHOPS SIRLOIN, CENTRE AND RIB PORTION
BONE-IN
CUT BY OUR BUTCHERS
CÔTELETTES DE LONGÉ DE PORC, COMBINAISON DE COUPES, PORTIONS CENTRE ET BOUT DE CÔTES
2148427103



SAVE 1.55 LB

4⁴⁴ LB
9.79/KG

MEDIUM GROUND BEEF
BŒUF HACHÉ MI-MAIGRE
20797026_KG



CLUB SIZE

SAVE 5.00 LB

HOT DEALS

10⁹⁹ LB
24.23/KG

FRESH ATLANTIC SALMON FILLETS
SUBJECT TO AVAILABILITY
FILETS DE SAUMON DE L'ATLANTIQUE FRAIS
20720061_KG



CLUB SIZE

2⁹⁹ LB
6.59/KG

PC® EXTRA LARGE GREEN OR RED SEEDLESS GRAPES
PRODUCT OF PERU, NO. 1 GRADE
TRÈS GROS RAISINS VERTS OU ROUGES SANS PÉPINS PC™
2023171005_KG



SAVE 3.99

\$7

LARSEN WIENERS
SELECTED VARIETIES
900 G
SAUCISSES LARSEN
20498522_EA



7⁹⁹

PC® ENTRÉES 600 G-1.33 KG
OR **BLACK LABEL PIZZA**
370-420 G SELECTED VARIETIES, FROZEN
PLATS CUISINÉS OU PIZZA COLLECTION NOIRE PC™
20326334_EA
20339415_EA



SAVE UP TO 33%

HOT DEALS

\$3

ACTIVIA YOGURT
650 G OR OIKOS YOGURT 4X100 G
SELECTED VARIETIES
YOGOURT ACTIVIA OU YOGOURT OIKOS
20323132003_EA
20491713004_EA



\$4

T&T® POTSTICKERS
SELECTED VARIETIES, FROZEN
567 G
QUENELLES T&T™
21498805_EA



Members-Only Price

13⁸⁸

Non-members 18⁹⁹

Members save \$5¹¹

ROOSTER® SCENTED JASMINE RICE
8 KG
RIZ PARFUMÉ AU JASMIN ROOSTER®
20228971_EA



SAVE UP TO 40% OFF

JAMIESON VITAMINS OR SUPPLEMENTS
SELECTED VARIETIES AND SIZES
VITAMINES OU SUPPLÉMENTS
JAMIESON
20394359002_EA
20343623_EA



SAVE 1.99

\$15

PC® ROAST AND GROUND COFFEE
800-930 G OR SINGLE SERVE COFFEE PODS 30'S
SELECTED VARIETIES
CAFÉ TORRÉFIÉ ET MOULU OU CAPSULES DE CAFÉ INDIVIDUELLES PC™
21069612_EA/21069427_EA



SAVE UP TO 49%

\$7

CASHMERE BATHROOM TISSUE
12 DOUBLE ROLLS, SPONGETOWELS PAPER TOWELS 6 ROLLS, SCOTTIES FACIAL TISSUE 6'S SELECTED VARIETIES
PAPIER HYGIÉNIQUE CASHMERE, ESSUIE-TOUT SPONGETOWELS OU MOUCHOIRS SCOTTIES
2086412_EA/21204791_EA



no name®

3⁵⁰

NO NAME® PIZZA
SELECTED VARIETIES
FROZEN
350-411 G
PIZZA SANS NOM®
2154425_EA
2154441_EA



SAVE 27%

1²⁹

NO NAME® VEGETABLES
SELECTED VARIETIES
341-398 ML
LÉGUMES SANS NOM®
20302135_EA



SAVE 2.00

\$6

NO NAME® NATURALLY IMPERFECT™ APPLES
PRODUCT OF ATLANTIC CANADA
CANADA NO. 2 GRADE
6 LB BAG
POMMES NATURELLEMENT IMPARFAITS™ SANS NOM®
206689007_EA



SAVE 49% PRICE DROP!

75¢

NO NAME® TOMATO, CREAM OF MUSHROOM, CHICKEN NOODLE OR VEGETABLE SOUP
234 ML
SOUPE DE TOMATE, CRÈME DE CHAMPIGNON, POULET ET NOUILLES OU LÉGUMES SANS NOM®



SAVE UP TO 2.49 PRICE DROP!

\$4

ZIPLOC SANDWICH, SNACK, FREEZER OR STORAGE BAGS
SELECTED VARIETIES
10-90'S
SACS À SANDWICH, COLLATIONS, CONGÉLATION OU RANGEMENT
ZIPLOC



SAVE 1.29 PRICE DROP!

1.50

NO NAME® FACIAL TISSUE
2 PLY 25-SHEET
MOUCHOIRS SANS NOM®



Optimum Members-Only Price

\$5 **Members save \$1**

Non-members \$6

PC® CHOPPED OR PREMIUM SALAD KITS
SELECTED VARIETIES
PRODUCT OF U.S.A.
282-369 G
TROUSSES DE SALADES HACHÉES OU DE QUALITÉ SUPÉRIEURE PC®



Optimum Members-Only Price

\$5 **Members save \$1.99**

Non-members \$6.99

BEN & JERRY'S 473 ML OR MAGNUM BARS 3/4'S
SELECTED VARIETIES FROZEN
BEN & JERRY'S OU BARRES MAGNUM



Optimum Members-Only Price

\$13 **Members save \$7**

Non-members \$20

CLIF ENERGY BARS
SELECTED VARIETIES
12X68 G
BARRES D'ÉNERGIE CLIF



\$6

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



\$6

KRAFT PEANUT BUTTER 750-1 KG OR HAZELNUT SPREAD 725 G
SELECTED VARIETIES
BEURRE D'ARACHIDE OU TARTINADE NOISSETTES KRAFT



SAVE UP TO 5.00 HOT DEALS

\$10

PC® BBQ PORK BACK RIBS, FULLY COOKED, 500 G OR NO NAME® CHICKEN WINGS
FROZEN PORK
SELECTED VARIETIES
CÔTES DE DOS DE PORC BARBECUE PC® ENTièrement CUITES OU AILES DE POULET SANS NOM®



5.99

NESTLÉ CONFECTIONERY FROZEN DESSERT
1.5 L BARS 4-10'S OR DRUMSTICK 4'S
SELECTED VARIETIES, FROZEN
DESSERT GLACÉ DE CONFISERIE, BARRES NESTLÉ OU DRUMSTICK



SAVE UP TO 2.49 HOT DEALS

\$7

SIMPLY ORANGE JUICE 2.63 L OR SIGGI'S SKYR YOGURT 650/750 G
SELECTED VARIETIES
JUS D'ORANGE SIMPLY OU YOGURT SKYR SIGGI'S



Optimum Members-Only Price

2.49 **Members save \$1**

Non-members \$3.49

QUAKER CRISPY MINIS OR LARGE RICE CAKES
SELECTED VARIETIES
90-173 G
CRISPY MINIS OU GRANDES GAULETTES DE RIZ QUAKER



SAVE UP TO .99 HOT DEALS

\$3

GRAVES APPLE JUICE 1.36 L OR ALLEN'S 6X200 ML
SELECTED VARIETIES
JUS DE POMMES GRAVES OU ALLEN'S



SAVE UP TO 2.00 HOT DEALS

3.49

CRAVE, KRAFT DINNER ENTRÉES 200-340 G, PC® OR BLUE MENU® ENTRÉES OR BOWLS
212-365 G
SELECTED VARIETIES, FROZEN
LÉGUMES SUGELÉS CRAVE, KRAFT DINNER, PLATS CUISINÉS OU BOLS PCMD OU MENU BLEU®



3.49

SENSIBLE PORTIONS VEGGIE STRAWS OR CHIPS
SELECTED VARIETIES
120-342 G
PAILLES AUX LÉGUMES SENSIBLE PORTIONS OU CROUSTILLES



3.79

SCOTSBURN OR BAXTER CREAM
SELECTED VARIETIES
1 L
CRÈME SCOTSBURN OU BAXTER



10.99

TIDE, GAIN OR IVORY SNOW DETERGENT 1.35-2.6 L/1B-35'S, DOWNY OR GAIN FABRIC SOFTENER 2.63 L, BOUNCE, BEADS 379 G, OR DOWNY OR GAIN SHEETS 120-200'S
SELECTED VARIETIES
DÉTERGENT TIDE, GAIN OU IVORY NEIGE, ASSOUPLISSANT TEXTILE DOWNY OU GAIN, PERLES BOUNCE OU FEUILLES DOWNY OU GAIN



SAVE UP TO 30% OFF

RUBBERMAID EASYFINDLIDS FOOD STORAGE CONTAINERS
SELECTED VARIETIES
CONTENANTS POUR ALIMENTS EASYFIND LIDS RUBBERMAID



REAL ATLANTIC SUPERSTORE CUSTOMER RELATIONS 1-866-727-0771. VISIT atlanticsuperstore.ca FOR STORE HOURS.

Quantities and/or selection of items may be limited and may not be available in all stores. For inquiries on product availability at your store please contact Customer Relations at the above phone number. No Rainchecks OR Substitutions on clearance items or where quantities are advertised as limited. **Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location.** We are not obligated to sell items based on errors or misprints in typography or photography. All references to "Save, Was, Now, Savings, etc." is in comparison to our own regular prices. Coupons must be presented and redeemed at time of purchase. **Savings on items sold may vary in each store location.** Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. ©/TM The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaw's Inc. and others. All rights reserved. © 2025 Loblaw's Inc. MasterCard and the MasterCard Brand Mark are registered trademarks and PayPass is a trademark of MasterCard International Incorporated. President's Choice Bank a licensee of marks. PC Optimum™ program is provided by President's Choice Services Inc. President's Choice Financial MasterCard is provided by President's Choice Bank. President's Choice Financial personal banking services are provided by the direct banking division of Simpli Financial. ©PC, President's Choice, PC Financial and President's Choice Financial are registered trademarks of Loblaw's Inc. Trademarks used under licence. We reserve the right to limit quantities to reasonable family requirements.

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OUTDOOR/SEASONAL: For your local store's hours and for a list of Atlantic Superstore locations that DO NOT participate in this flyer, visit www.atlanticsuperstore.ca or call Customer Relations at 1-866-727-0771. **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. ©/TM The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaw's Inc. and others. All rights reserved. ©2025 Loblaw's Inc. **PRICE DROP** offer valid in-store at participating locations between January 2 - February 5, 2025 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.



RA BACK

FRESH PROMISE

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

3⁸⁸

DRAGONFRUIT
PRODUCT OF VIETNAM,
PINEAPPLE PRODUCT OF
COSTA RICA OR **YELLOW**
DRAGONFRUIT
PRODUCT OF COLOMBIA
EACH
PITAYA, ANANAS OU
PITAYA JAUNE
20488395001_EA / 20510992001_EA



\$5

FARMERS MARKET
ORANGES NAVEL
PRODUCT OF SPAIN OR
MOROCCO
3 LB
ORANGES NAVEL
DÉLICIES DU MARCHÉ™
20482945001_EA



\$5

RASPBERRIES
PRODUCT OF U.S.A. OR MEXICO
170 G
FRAMBOISES
203893001_EA



7⁵⁰

PC® GREENHOUSE
GROWN
STRAWBERRIES 300 G
PRODUCT OF CANADA OR
PC® ORGANICS
BLUEBERRIES
9.8 OZ PRODUCT OF PERU
FRAISES CULTIVÉES
EN SERRE PC™
OU BLEUETS
PC™ BIOLOGIQUE
2102742001_EA
2117999001_EA



2⁵⁰

CANADA
ENGLISH CUCUMBERS
PRODUCT OF CANADA OR
EACH
CONCOMBRES
ANGLAIS
2007032001_EA



\$5

PC® MINI PEPPERS
PRODUCT OF MEXICO
454 G
MINI POIVRONS PC®
2092082001_EA



9⁸⁸

PC® KAKI
PERSIMMONS CASE
PRODUCT OF SPAIN,
NO. 1 GRADE OR
RED MANGO CASE
2 KG PRODUCT OF BRAZIL
KAKI PLAQUEMINES
PC™ OU CAISSE DE
MANGUES ROUGES
2120742001_C01_EA / 21439854001_EA



\$3^{LB}
6.61/KG

GREEN ZUCCHINI
PRODUCT OF MEXICO OR U.S.A.
COURGETTE VERTE
20423596001_KG



SAVE 1.00

\$5

CORED PINEAPPLE
PREPARED IN-STORE
ANANAS ÉVIDÉ FRAIS
20503143_EA



\$12^{LB}
26.45/KG

CANADA
TOP SIRLOIN ROAST
CUT FROM CANADA AA GRADE
BEEF OR HIGHER
RÔTI DE HAUT DE
SURLONGE
20796098_KG



SAVE 2.50^{LB}

HOT DEALS

3⁴⁹
7.69/KG

CHICKEN DRUMSTICKS
OR THIGHS
PILONS OU HAUTS DE
CUISSE DE POULET
20004894_KG
20058143_KG



CLUB SIZE

\$7

BEEF STIR FRY STRIPS
CUT FROM CANADA AA GRADE
BEEF OR HIGHER
250 G
LANIÈRES DE BŒUF
À SAUTÉ
21588047_EA



SAVE 1.89
WHEN YOU BUY 3

3/10⁹⁸
OR \$4.29 EA.

SCHNEIDERS
LUNCHMATE
STACKERS OR KITS
SELECTED VARIETIES
90-132 G
STACKERS OU
TROUSSE-REPAS
LUNCHMATE
SCHNEIDERS
21090454_EA / 20770773_EA



SAVE 1.99

\$13

MARCANGELO ITALIAN
STYLE MEATBALLS
PREVIOUSLY FROZEN
1 KG
BOULETTES DE
VIANDE À L'ITALIENNE
MARCANGELO
21098031_EA



ALWAYS \$7

PC® PUB RECIPES™
OR GLUTEN-FREE
CHICKEN
SELECTED VARIETIES
FROZEN
600/700 G
POULET PC™
RECETTE DU PUB™
OU SANS GLUTEN
21048200_EA
21051331_EA



SAVE 2.50

HOT DEALS

9⁹⁹

PC® HOT SMOKED
CANDIED OR SPICY
SALMON STRIPS
READY-TO-EAT
150 G
LANIÈRES DE SAUMON
CONFIT FUMÉ À
CHAUD OU ÉPICÉES
PC™
20976300_EA
20976483_EA



SAVE 1.00

6⁴⁹

CANADIAN COVE
MUSSELS
FRESH
907 G
MOULES
CANADIAN COVE
21094424_EA



SAVE 1.00

8⁴⁹

PC® PACIFIC LARGE
WHITE SHRIMP
RAW ZIPPERBACK™
31-40 PER LB, FROZEN
400 G
GROSSES CREVETTES
BLANCHES DU
PACIFIQUE PC™
20769884_EA



SUPER FRESH

\$2

FRENCH OR ITALIAN BREAD
BAKED IN-STORE
450 G
PAIN FRANÇAIS
OU ITALIEN



\$4

PREMIUM BAGELS
SELECTED VARIETIES
BAKED IN-STORE
8'S
BAGELS DE CHOIX



4⁴⁹

MINI ASSORTED DANISH
BAKED IN-STORE
8'S
MINI DANOISES
VARIÉES



5⁹⁹

FARMER'S MARKET™
LOAF CAKES
WHOLE OR SLICED
SELECTED VARIETIES
344-400 G
GÂTEAUX
DÉLICIEUX DU MARCHÉ™



\$4

LA ROCCA CAKE
SLICE 137-187 G OR
CHARLOTTE'S
PARFAIT 133-145 G
SELECTED VARIETIES
TRANCHE DE GÂTEAU
LA ROCCA OU PARFAIT
CHARLOTTE'S



5⁹⁹

ACE BAKERY
BAKE AT HOME
SELECTED VARIETIES
265-400 G
VOTRE FOURNÉE
BOULANGERIE ACE



\$4

VACHON SNACK
CAKES OR SARA LEE
LITTLE BITES
SELECTED SIZES AND VARIETIES
PETITS GÂTEAUX
VACHON OU LITTLE
BITES SARA LEE



3⁹⁹

SCHOOL SAFE
PEANUT FREE
MUFFIN BARS
SELECTED VARIETIES
296/320 G
BARRÉS MUFFIN
SANS ARACHIDES
SCHOOL SAFE



\$3

PC® FLATBREAD
220/300 G OR **SURAJ®**
NAAN 5'S
SELECTED VARIETIES
PAIN PLAT PC®
OU NAAN SURAJ®



\$6-7

SANDWICHES OR WRAPS
PREPARED IN-STORE
SELECTED VARIETIES
212-343 G
SANDWICHES OU ROULÉS



\$15-16

12 PIECE SAUCED
WINGS WITH CELERY
AND CARROTS
HOT OR CHILLED
728 G
12 MORCEAUX D'AILLÉES
AVEC SAUCE AVEC
CÉLÉRI ET CAROTTES



SAVE UP TO 3.00

HOT DEALS

8⁹⁹

OLIVIERI FAMILY
PACK PASTA
SELECTED VARIETIES
500-700 G
SAUCE EN
EMBALLAGE
FAMILIAL OLIVIERI!



7⁹⁹

BALDERSON CHEDDAR
250/280 G OR **GOUDA** 200 G
SELECTED VARIETIES
CHEDDAR OU GOUDA
BALDERSON



8⁹⁹

OKA CHEESE
SELECTED VARIETIES
190 G
FROMAGE OKA



2⁹⁹

/100 G

OKA INSTORE
DELI CUT
SELECTED VARIETIES
OKA TRANCHE
EN MAGASIN



\$12

PC® NATURAL CHOICE™
STRIPS
SELECTED VARIETIES
300/375 G
LANIÈRES PC®
LE CHOIX NATUREL™



\$7

PC® SLICED DELI MEATS
175 G OR **DELI CHEESE**
SLICES 140-170 G
SELECTED VARIETIES
CHARCUTERIES
TRANCHEES OU
TRANCHES DE
FROMAGE PC®



\$4

STONE FIRE
NAAN CRISPS
SELECTED VARIETIES
170 G
CRAQUELINS
CROUSTILLANTS
DE PAIN NAAN
STONEFIRE





**For a
complete list of
eligible items,
click [here](#)**

**Select food and
beverages including:**

- Beer, wine that are 22.9% alcohol by volume (ABV) or less
- Spirit, coolers, premixed alcoholic beverages that are 7% ABV or less
- Candies and candy-coated items
- Chocolate and gum
- Salty snacks, nuts or seeds
- Granola products and snack mixtures
- Frozen treats
- Fruit bars and fruit-based snacks
- Baked goods and sweets such as cakes, pies, pastries and cookies
- Pudding and mousse
- Prepared arrangements of foods such as salads, sandwiches and platters
- Hot foods or beverages sold on site

**Select children's items
including:**

- Clothing, shoes and accessories (Children's clothes up to girls' size 16 and boys' size 20 or in sizes XS, S, M, or L)
- Diapers
- Car seats
- Toys, plush and games (for kids under 14)

**Select literature
including:**

- Printed newspapers and books

*HST Relief on eligible items effective December 14, 2024 to February 15, 2025. Exclusions may apply to eligible item categories listed to the right. For details, visit <https://www.canada.ca/en/services/taxes/child-and-family-benefits/gst-hst-holiday-tax-break.html>. Shelf labels for HST Relief eligible items may indicate that HST applies; however, no HST will be applied at point of sale during the relief period.

no name®

just low prices. (so switch)

\$6

NO NAME®
BACON
SELECTED VARIETIES
500 G
20194771_EA/20174909_EA



SAVE
1.30

HOT
DEALS

4⁴⁹

NO NAME®
MARGARINE
SELECTED VARIETIES
907 G
20073475_EA



2⁵⁰

NO NAME®
ENGLISH MUFFINS
WHITE OR WHOLE WHEAT
6'S
21264013_EA
21264013_EA



3⁴⁹

NO NAME® PANCAKE
MIX 905 G OR TABLE
SYRUP 750 ML
SELECTED VARIETIES
20306030_EA
20322949_EA



SAVE
.99

4⁵⁰

NO NAME®
JAM
SELECTED VARIETIES
500 ML
2002252001_EA
2002252002_EA



\$5

NO NAME®
PEANUT BUTTER
SELECTED VARIETIES
1 KG
202949180001_EA
202949180003_EA



SAVE
1.00

6⁴⁹

NO NAME®
PARBOILED RICE
2 KG
20154364_EA



\$3

NO NAME®
VEGETABLES
SELECTED VARIETIES
FROZEN
750 G
20295818_EA
20322380_EA



\$2

NO NAME®
PASTA
SELECTED VARIETIES
900 G
203134130002_EA
203134130003_EA



SAVE
.98

WHEN YOU BUY 2

2/\$4

OR \$2.49 EA.

NO NAME®
SAUCE
SELECTED VARIETIES
680 ML
20220683_EA
202206840001_EA



\$9

NO NAME®
MEATBALLS
SELECTED VARIETIES
FROZEN
680 G
21537713_EA
21538491_EA



\$14

NO NAME® MEAT
LASAGNA
FROZEN
2.27 KG
20099791_EA



CLUB
SIZE

\$7

NO NAME®
BREADED CHICKEN
SELECTED VARIETIES
FROZEN
908 G
21578744_EA
21578745_EA

no name® sans nom®
chicken strips
breaded chicken cutlettes
FULLY COOKED - ENTIEREMENT CUITES
escaloppettes de poulet panées
lanières
de poulet



no name® sans nom®
chicken nuggets
breaded chicken cutlettes
FULLY COOKED - ENTIEREMENT CUITES
escaloppettes de poulet panées
pépites
de poulet



ALWAYS LOW PRICE

Find set prices on everyday items.

ALWAYS
\$7

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



ALWAYS
\$6

PC® GREEK YOGURT
SELECTED VARIETIES
650/750 G
21518407_EA/21518484_EA



ALWAYS
\$5

NO NAME®
CHEESE SLICES
SELECTED VARIETIES
210/230 G
21611160_EA/21614277_EA



ALWAYS
3⁵⁰

NO NAME® PIZZA
SELECTED VARIETIES, FROZEN
350-411 G
21541429_EA/21541441_EA



SUPER FRESH

4⁵⁰

FARMER'S MARKET™ MINI CUCUMBERS
PRODUCT OF CANADA
6'S
2037370001_EA



SAVE 2.49

HOT DEALS

4⁵⁰

2 LB BAG

FARMER'S MARKET™ MINI CARROTS
PRODUCT OF U.S.A.
NO. 1 GRADE
2 LB
2007340001_EA



4⁵⁰

FARMER'S MARKET™ GRAPE TOMATOES
PRODUCT OF U.S.A., MEXICO OR CANADA
283 G
2106788001_EA



\$5

PC® PARADISE CRUNCH PEPPERS
PRODUCT OF MEXICO
454 G
21534092001_EA



2/\$12
OR \$6.50 EA.

GET 1,000TH when you buy 2 = \$1 Value

RENEE'S REFRIGERATED SALAD DRESSING OR VINAIGRETTE
PRODUCT OF CANADA
SELECTED VARIETIES
350/355 ML
2039491_EA
2039492_EA



\$7

PREMIUM SALADS
PREPARED FRESH
IN-STORE DAILY
GREAT FOR LUNCH
245-367 G
2127386_EA
2127387_EA



\$5

MIXED FRUIT PARFAIT OR STRAWBERRY PARFAIT
PREPARED FRESH IN-STORE
DAILY IN THE SALAD BAR
250-300 G
2033961_EA
20063479_EA



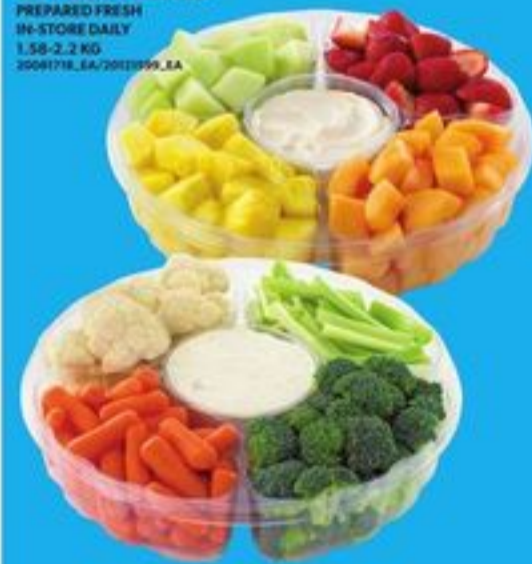
\$6-15

FRESH ORANGE JUICE
PRODUCT OF CANADA
355 ML-1.5 L
2129935_EA



\$20

LARGE VEGETABLE OR FRUIT PLATTER
PREPARED FRESH
IN-STORE DAILY
1.58-2.2 KG
2006718_EA/2002899_EA



\$7

PC® BLUE MENU™ GROUND CHICKEN OR TURKEY
454 G
2170001_EA
2170002_EA



\$7

PC® GUACAMOLE LARGE
SELECTED VARIETIES
425 G
2148106_EA



SAVE 1.49

6⁵⁰

SABRA HUMMUS
SELECTED VARIETIES
482 G
20563973_EA



SUPER FRESH

SAVE .99

\$4

YOPLAIT SOURCE PROTEIN YOGURT
SELECTED VARIETIES
650 G
21587047_EA
21588406_EA



SAVE 2.00 **HOT DEALS**

3⁴⁹

MINUTE MAID ZERO SUGAR LEMONADE
SELECTED VARIETIES
1.54 L
21438079_EA
21438178_EA



5⁷⁹

BURNBRAE NESTLAID WHITE EGGS
SELECTED VARIETIES
12'S
2094879041_EA



4⁴⁹


NO NAME COTTAGE CHEESE
SELECTED VARIETIES
500 G
20182999001_EA
20182999002_EA



SAVE 1.58 **HOT DEALS**

2/\$8 **OR \$4.79 EA.**

SILK NON-DAIRY BEVERAGES
SELECTED VARIETIES
1.75/1.89 L
2031099001_EA



SAVE UP TO .99 **HOT DEALS**

\$6

CHAPMAN'S FROZEN YOGURT
SELECTED VARIETIES
FROZEN
2 L
20314434001_EA



SAVE .99 **HOT DEALS**

\$3

OCEAN'S WHITE TUNA
SELECTED VARIETIES
170 G
21005216_EA
21005287_EA



SAVE 1.70 **HOT DEALS**

4⁷⁹

GOLD SEAL SOCKEYE SALMON
213 G
21088814_EA



SAVE .99

\$12

NUTS TO YOU ORGANIC ALMOND BUTTER
SELECTED VARIETIES
365 G
20922631_EA
20923643001_EA



3²⁹

PC INSTANT OATMEAL
SELECTED VARIETIES
264-344 G
21005117_EA
21005196_EA



SAVE .51 **HOT DEALS**

1⁴⁹

THIRSTY BUDDHA ALL NATURAL SPARKLING COCONUT WATER
SELECTED VARIETIES
330 ML
21044476_EA
21068454_EA



4⁵⁰

PC FROZEN VEGETABLES
SELECTED VARIETIES
FROZEN
400-750 G
20314902_EA
20318911_EA



\$8

PC ORGANICS FRUIT
SELECTED VARIETIES
600 G
20431483001_EA
20431483002_EA

GET 2,000⁰⁰ Value **-\$2 Value**



\$5

FARMER'S MARKET WALNUT CRUMBS
150 G
21199864_EA



SAVE 1.99

\$10

NATURE'S PATH ECOPACK
SELECTED VARIETIES
650-907 G
20312067001_EA
2031932001_EA



7⁹⁹

SANPELLEGRINO MOMENTI OR NATURALI SPARKLING WATER
SELECTED VARIETIES
6X330 ML
21433206_C06
21009114_C06



\$31 **GET 4,000⁰⁰ Value** **-\$4 Value**

RXBAR
SELECTED VARIETIES
12'S
21088955_C12
21088942_C12



SAVE 12.99 **HOT DEALS**

\$19

SIMPLY PROTEIN BARS
SELECTED VARIETIES
12 X 40 G
21450560_C12
21388644_C12



FEEL GOOD CHOICES AT FEEL GOOD PRICES

\$6

CROFTER'S JAM
SELECTED VARIETIES
383 ML
20987195_SA
20987201_SA



SAVE
1.49

HOT DEALS

3⁵⁰

CASBAH QUINOA OR COUSCOUS
SELECTED VARIETIES
198-340 G
20326517902_SA
20326517904_SA



3⁷⁹

GOGO QUINOA PROTEIN PASTA
SELECTED VARIETIES
227 G
21590976_SA



SAVE
1.00

\$8

BRAGG APPLE CIDER VINEGAR
SELECTED VARIETIES
946 ML
20983004_SA



SAVE
20%
OFF

OATLY
SELECTED VARIETIES
946 ML
21560948_SA
21560976_SA



12⁴⁹

JUST US COFFEE
WHOLE BEAN OR GROUND
SELECTED VARIETIES
340 G
20095523003_SA
20095523001_SA



SAVE
UP TO
1.49

HOT DEALS

2⁵⁰

PC* GLUTEN-FREE PASTA 340 G OR
PC* ORGANICS PASTA 454 G
SELECTED VARIETIES
20988415_SA
20988415_SA



SAVE
1.99

\$8

COVE
SELECTED VARIETIES
4X355 ML
21515706_SA
21515722_SA



5⁴⁹

ZEVIA
SELECTED VARIETIES
6X355 ML
21060331_C06
21060331_C06



SAVE UP TO
10%
OFF

ORGANIKA COLLAGEN
SELECTED VARIETIES
AND SIZES
21026364_SA
21026321_SA



SAVE
UP TO
1.99

\$12

ECOMAX LAUNDRY WASH OR SOFTENER
3 L
20347155001_SA
20347155002_SA



15%
OFF

NUTRASEA OMEGA-3
SELECTED VARIETIES
200/500 ML
20987285_SA
20987308_SA



8⁴⁹

EVIVE SMOOTHIE CUBES OR QUEEN ST. BAKERY
SELECTED VARIETIES
80-480 G
21122165_SA
21579964_SA



\$4

SKINNY POP
SELECTED VARIETIES
120-150 G
20782409001_SA
20782409002_SA



SAVE
UP TO
2.99

\$48

PROGRESSIVE VEGE GREENS
242-265 G OR
PROGRESSIVE GRASS FED WHEY PROTEIN
840 G
21103344_SA 21040475_SA





TOP PICKS

DISCOVER OUR ASIAN FOOD SELECTION!



APP EXCLUSIVE OFFER*

*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

5,000 pts

=\$5 Value

for every \$30* spent on T&T® products



Pan-Fried Pork Buns



Green Onion Beef Steamed Bun



Braised Pork with Potato



Stewed Pork Belly with Mustard Green



Cabbage and Pork Steamed Buns



Gyoza Dumpling



Pulled Pork Bao Kit



Korean Fried Chicken Bao Kit



Portuguese Style Egg Tarts



Roasted Seaweed Snack



Rice Cracker (Original/Seaweed)



Thai Jasmine Rice



Dumpling Sauce (Hot/Garlic)



Premium Dark Soy Sauce

LOHRI FESTIVAL ESSENTIALS*

Celebrate harvest season on a budget.



SAVE .79 LB

1.70 LB

3.75/KG

HOT DEALS

RED ONIONS
PRODUCT OF ATLANTIC CANADA,
CANADA NO. 1 GRADE
2013400000_EA

10 LB

HOT DEALS

SAVE 1.99

\$5

**FARMER'S MARKETSM
RUSSET POTATOES**
PRODUCT OF CANADA
CANADA NO. 1 GRADE
10 LB BAG
2046000000_EA

1.99

CURRY LEAVES
PRODUCT OF INDIA OR
DOMINICAN REPUBLIC
2086955000_EA



\$2 /100 G

PUNJABI MIX
21044242_EA

\$7

President's Choice
le Choix de Président

**PCSM MINI
VEGETABLE
SAMOSAS**
FROZEN
345 G
20500000_EA



\$3

PCSM FLATBREAD
220/300 G OR SURAJSM
NAAN 5'S
20050000_EA



SAVE 2.00

7.99

HOT DEALS

**KASIH GOLDEN
TAHINA**
907 G
21600000_EA



SAVE UP TO 8.00

11.99

HOT DEALS

817 BASMATI RICE
SELECTED VARIETIES
4 KG
20192000_EA
20349900_EA



SAVE UP TO 1.30

2.49

HOT DEALS

BRITANNIA GOOD DAY 231 G
OR **FIRST FIFTY COOKIES** 372 G
SELECTED VARIETIES
EACH
21023000_EA
21023000_EA
21023000_EA



SAVE 1.50

9.99

DABUR MUSTARD OIL
1 L
21020000_EA



SAVE 1.50

9.99

**BROOKE BOND
RED LABEL TEA**
900 G
21070000_EA



SAVE 10.00

14.99

HOT DEALS

**AASHIRVAAD
ATTA FLOUR**
20 LB
21030000_EA



1.49

HALDIRAM SNACKS
SELECTED VARIETIES
150 G
20309900_EA
2034660000_EA



2/3.50
OR \$2.49 EA.

PCSM SOFT DRINKS
SELECTED VARIETIES
2 L
2020640000_EA
2020640000_EA



SUPER YOUR EVERYDAY

SAVE UP TO 1.50
6⁴⁹

GIUSEPPE PIZZA
439-785 G OR EASY PIZZA 560-600 G
SELECTED VARIETIES
FROZEN
2106365_EA
2105964_EA

SAVE .99
WHEN YOU BUY 3
3/4⁹⁸
OR \$1.99 EA.

KRAFT DINNER ORIGINAL
SELECTED VARIETIES
200 G
2154826_EA

KD ORIGINAL
200 g

\$6

KRAFT PURE SALAD DRESSING
SELECTED VARIETIES
355 ML
2158403_EA
2158429_EA

\$12

NO NAME® EXTRA VIRGIN, PURE OR LIGHT OLIVE OIL
SELECTED VARIETIES
750 ML
20047715_EA
20046496002_EA

\$2

CAMPBELL'S BROTH 900 ML OR **CONCENTRATED BROTH** 250 ML
SELECTED VARIETIES
20322348001_EA
20317991_EA

10⁹⁹

NESTLE TURTLES HEART
183 G
2034724_EA

SAVE 1.58
WHEN YOU BUY 2
2/\$8
OR \$4.79 EA.

VH SAUCES
SELECTED VARIETIES
341/355 ML
20297368_EA
20308726005_EA

GET 3,000 Value
when you spend '10' on

CLUB HOUSE ONE STEP SEASONING, GRILLING SEASONING, SPICE TINS OR GRINDERS
SELECTED VARIETIES
13-270 G
20308000002_EA
20321760001_EA

\$7

STRONG ROOTS ENTRÉES 350 G OR **TASTIEZ SHAREABLES** 400 G
SELECTED VARIETIES
FROZEN
21064489_EA
21024856_EA

GET 500

THAI GREEN YEG CURRY
CURRY VEGETARIEN
300 G

\$3

BAGEL BITES PIZZA SNACKS 198 G, CAVENDISH FRIES OR HASHBROWNS 800 G
SELECTED VARIETIES, FROZEN
20233483003_EA
21502936_EA

cheese & pepperoni
fromage et pepperoni

Cavendish CRISPY SKIN-ON CROUSTILLANTES AVEC PELURE

\$3

KELLOGG'S EGGO WAFFLES
SELECTED VARIETIES
FROZEN
8'S
20302779_EA

SAVE 1.99
\$10

NO NAME® ICE CREAM SANDWICHES OR BARS
CLUB SIZE
SELECTED VARIETIES
FROZEN
24/30'S
20247000002_EA
20134332_EA

fudge bars

vanilla ice cream sandwiches

CLUB SIZE

SAVE 1.98
WHEN YOU BUY 2
2/\$10
OR \$5.99 EA.

PC® FROZEN FRUIT
SELECTED VARIETIES
FROZEN
300-600 G
21381753_EA
20302227_EA

WILD BLUEBERRIES
BLEBETS SAUVAGES

STRAWBERRIES
FRAISES

3⁴⁹

MINUTE MAID OR FIVE ALIVE JUICE
SELECTED VARIETIES
8/10X200 ML
20327042001EA
21092661_EA

SAVE .98
WHEN YOU BUY 2
2/\$7
OR \$3.99 EA.

PC® NATURAL SPRING WATER
24 X 500 ML
20113231890

\$10

ROYALE BATHROOM TISSUE
12 DOUBLE ROLLS
TIGER TOWELS
PAPER TOWELS
3-6 ROLLS OR **FACIAL TISSUE** 6'S
SELECTED VARIETIES
20362770_EA
21484760_EA

Royale Velour

\$21

CASHMERE BATHROOM TISSUE
SELECTED VARIETIES
24=72 ROLLS
21483548_EA

Cashmere Ultra

BEVERAGES

\$10

**BUDWEISER ZERO
FULL-FLAVOURED
ZERO ALCOHOL BREW**
6X355 ML
2103104_EA



**SAVE
3.99**

**HOT
DEALS**

\$10

**GUINNESS
NON-ALCOHOLIC
DRAUGHT 0.05%**
4X440 ML
21087137_C04



**SAVE
2.99**

\$17

**COORS EDGE
NON-ALCOHOLIC
DOUBLE BREWED**
SELECTED VARIETIES
12 X 355 ML
2105226_C12



\$11

**ATHLETIC BREWING CO.
NON-ALCOHOLIC BEER**
SELECTED VARIETIES
6X355 ML
21038122_C06
21038184_C06



7⁵⁰

**PC[®] DE-ALCOHOLIZED
WINE**
SELECTED VARIETIES
750 ML
21403385_EA
21403389_EA



8⁵⁰

**PC[®] NON-ALCOHOLIC
BEER**
SELECTED VARIETIES
12X355 ML
20027799_C12
20032523_C12



**SAVE
.99**

\$7

**PARTAKE
NON-ALCOHOLIC
BEER**
SELECTED VARIETIES
4X355 ML
21088553_C04



**SAVE
1.99**

\$12

HEINEKEN 0.0%
SELECTED VARIETIES
6X330 ML
21099500_C06



\$6

**PC[®] NON-ALCOHOLIC
CRAFT BEER**
SELECTED VARIETIES
4X355 ML
21089332_C04



**SAVE
6.99**

**HOT
DEALS**

\$8

**CORONA SUNBREW
NON-ALCOHOLIC
BEER**
6X330 ML
21432610_C06



\$13

**GRUVI DRY SECCO
ALCOHOL FREE WINE**
SELECTED VARIETIES
4X275 ML
21032576_C04
21032634_C04



**SAVE
2.49**

**HOT
DEALS**

\$8

**PC[®] SPARKLING
DE-ALCOHOLIZED
CIDER BEVERAGE**
4X330 ML
21088264_EA
21088277_EA





BABY SHOP

FOR LESS

SHOP NOW



32⁹⁹

PAMPERS ECONO PACK DIAPERS
SELECTED VARIETIES
SIZE N-8, 58-200'S
2192296_EA/21959443_EA

Pampers
swaddlers



360°
100% moisture
skin protection

4
100



Pampers
baby-dry

5
128

ALWAYS \$20

PC® 12X WIPES
1500'S
21442243_EA



CLUB SIZE

Unscented
BABY WIPES



34⁹⁹

HUGGIES ECONO PACK DIAPERS
SELECTED VARIETIES
SIZE N-7, 60-200'S
21449376_EA
21449446_EA



HUGGIES
snug & dry

3



HUGGIES
little movers

4

29⁹⁹

LUVS ECONO PACK DIAPERS
SELECTED VARIETIES
SIZE 3-7 88-168'S
21989923_EA
21989920_EA



Luvs

7⁹⁹

PAMPER OR HUGGIES 3X BABY WIPES
SELECTED VARIETIES
168-216'S
20796371_EA/20796371_EA



HUGGIES
natural care

168



Pampers
Sensitive

168

36⁹⁹

PAMPERS EASY UPS GIANT PACK OR HUGGIES PULL-UPS TRAINING PANTS
SELECTED VARIETIES
68-112'S
21989900_EA/21454698_EA



Pampers
easy ups

100



pull-Ups

104

FORMULA DEALS

58⁹⁹

ENFAMIL A+ NEUROPRO BABY FORMULA POWDER REFILLS
0-12 MONTHS,
SELECTED VARIETIES
890 G
21589079_EA



Enfamil A+
NEURO PRO

60⁹⁷

SIMILAC STAGE 1 & 2 READY TO FEED BABY FORMULA
STEP 1 OR 2
16X235 ML
21334696_C01
21334752_C01



Similac
PRO-ADVANCE

29⁹⁹

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



Enfagrow A+

BABY FOOD & SNACKS

1⁷⁹

LOVE CHILD ORGANIC POUCHES 128 ML OR
LOVE DUCKS SNACKS 30 G
SELECTED VARIETIES
2121965_EA/2121966_EA



LOVE CHILD
ORGANIC POUCHES

2/\$6

OR 3.49 EA.

GERBER SNACKS OR ENTRÉES
SELECTED VARIETIES
42-187 G
20304618007_EA
20304618006_EA



Gerber Snacks
Collations

2/\$19

OR 10.99 EA.

PEDIASURE COMPLETE 4X235 ML, INFANT'S PEDIALYTE SOLUTION 1 L OR FREEZER POPS 16X62.5 ML
SELECTED VARIETIES
2032244001_EA/21416403_EA



PediaSure
Complete



Pedialyte
FREEZER POPS

BABY CARE AT GREAT PRICES

4⁴⁹

VASELINE PETROLEUM JELLY BABY NEEDS
375 G
20184304001_EA
20184304002_EA



Vaseline
Original HEALING JELLY

SAVE UP TO
20% OFF
5.19-18.39

SUDOCREM OR PENATEN BABY NEEDS
SELECTED VARIETIES
60-454 G
20800281_EA
20879283_EA



Sudocrem
CREAMY POMADE

6⁹⁹

DOVE 384 ML OR JOHNSON & JOHNSON 400 ML BABY NEEDS
SELECTED VARIETIES
21914652_EA/21122296_EA



Johnson's
Baby Wash

SUPER YOUR EVERYDAY

5⁴⁹

DOVE BODY WASH 32.5/400 ML OR **BAR SOAP** 3X106 G
SELECTED VARIETIES
20329036001_EA/21220717_EA



9⁹⁹

OLD SPICE, OLAY WASH 532-887 ML OR **OLAY BAR SOAP** 6X90 G
SELECTED VARIETIES
21075513_EA/2106864471_EA



GET **1,000⁰⁰** **-\$1 Value**

1⁹⁹

SOFTSOAP LIQUID HAND SOAP PUMP
SELECTED VARIETIES
221 ML
20072173_EA/20073124_EA



4⁹⁹

OLD SPICE OR SECRET DEODORANT
SELECTED VARIETIES
43-307 G
20098094_EA/20663349003_EA



GET **2,000⁰⁰** **-\$2 Value**

HARRY'S OR FLAMINGO RAZORS
SELECTED VARIETIES
1'S
21360918_EA/21007937_EA



3⁹⁹

AXE BODY SPRAY 113 G, **DEODORANT** 76/85 G, **BODY WASH** 473 ML
SELECTED VARIETIES
20043562_EA/21438235_EA



3⁴⁹

COLGATE PREMIUM ADULT AND KIDS TOOTH PASTE 70-150 ML OR **COLGATE MANUAL TOOTHBRUSH** 1 EA.
SELECTED VARIETIES
2030640001_EA/21066413_EA



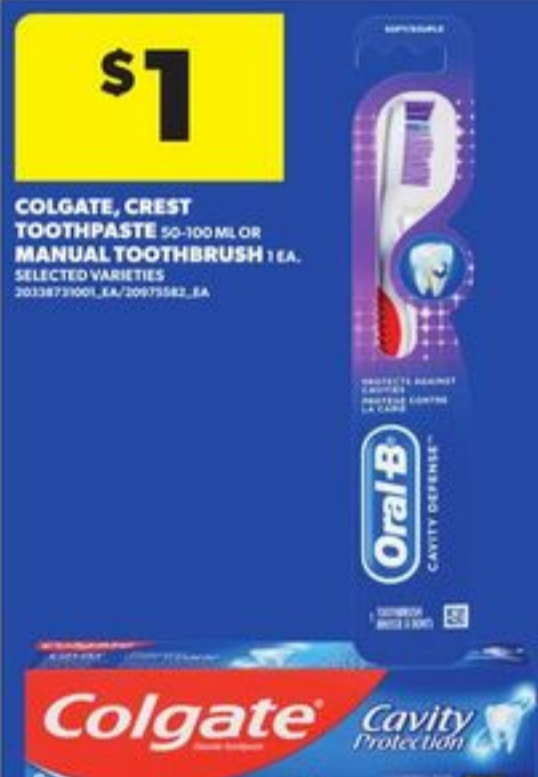
8⁴⁹

LISTERINE MULTIBENEFITS 1 L OR CLASSIC 1.5 L MOUTHWASH
SELECTED VARIETIES
20790283_EA/20812095_EA



\$1

COLGATE, CREST TOOTH PASTE 50-100 ML OR **MANUAL TOOTHBRUSH** 1 EA.
SELECTED VARIETIES
2033872001_EA/20975582_EA



SAVE UP TO **20% OFF**
3.89-11.99

HERBAL ESSENCES HAIR CARE
SELECTED VARIETIES AND SIZES
21571326_EA
21571340_EA



SAVE UP TO **20% OFF**
5.59-11.99

PANTENE HAIR CARE
SELECTED VARIETIES AND SIZES
21424195_EA
21424214_EA



SAVE UP TO **20% OFF**
10.99-15.99

BATISTE DRY SHAMPOO
SELECTED VARIETIES
20648082_EA/20830798_EA



8⁴⁹

LIFE BRAND[®] FACE WIPES
SELECTED VARIETIES AND SIZES
56'S
21195824_EA



GET **5,000⁰⁰** **-\$5 Value**
when you buy 2

NEUTROGENA FACE CARE, BODY LOTION, SUN CARE OR HAIR CARE
SELECTED VARIETIES AND SIZES
20687270_EA
20853960002_EA



GET **5,000⁰⁰** **-\$5 Value**
when you buy 2

CERAVE CLEANSERS, MOISTURIZERS OR TREATMENTS
SELECTED VARIETIES AND SIZES
21276745_EA



SUPER YOUR EVERYDAY

SAVE UP TO
20% OFF
11.19-31.19

CENTRUM MULTIVITAMINS, CALTRATE BONE HEALTH SUPPLEMENTS OR EMERGEN-C VITAMINS
SELECTED VARIETIES AND SIZES
200997557_EA/21283427_EA



13⁴⁹

ENSURE PLUS CALORIE AND GLUCERNA READY TO DRINK SHAKES
SELECTED VARIETIES AND SIZES
20380283001_EA
20309848003_C06



\$3

GRENADE OR DIESEL PROTEIN BARS
SELECTED VARIETIES AND SIZES
21462312_EA/21559794_EA



SAVE UP TO
15% OFF
13.99 - 39.99

PC® PLANT BASED PROTEIN POWDER
SELECTED VARIETIES AND SIZES
21287238_EA/21213817_EA



GET 5,000^{*} - \$5 Value

ALEVE CAPLETS OR ROLL-ON
SELECTED VARIETIES
40-100'S
20078831_EA
21332778_EA



SAVE UP TO
15% OFF
16.14-30.59

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



5⁴⁹

U BY KOTEX LINERS 40-50'S, PADS 12-24'S OR TAMPONS 15-16'S
SELECTED VARIETIES
21034338_EA/21287978_EA



SAVE UP TO
20% OFF

ALWAYS, TAMPAX OR L. PADS, LINERS OR TAMPONS
SELECTED VARIETIES AND SIZES
21020073_EA / 21374659_EA



19⁹⁹

DEPEND UNDERWEAR
SELECTED VARIETIES AND SIZES
21099450_EA



Don't leave any points behind at the pump!



Earn **10⁰⁰** 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 **10⁰⁰** per litre

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



Earn at least **3⁰⁰** 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 available to all PC Optimum™ family members at Esso™ stations in Canada. Earn an additional 10 points per litre of premium gasoline. (Where \$6.99, \$9.99 or \$10.99 at Esso™ stations. Shows fuel prices for before 5:00, showing fuel prices per litre assumed to fall below 50 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 loading rules, visit presidentchoicefinancial.com/pc-optimum-mastercard. PC®, PC Financial®, and President's Choice Financial® are trademarks of Loblaws 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® as provided by President's Choice Bank. Esso is a trademark of Imperial Oil Limited. Imperial Oil, licensee.



ALL-IN-ONE COLD & FLU SYMPTOM RELIEF DAY OR NIGHT



SAVE UP TO
20%
19.19-25.39

Vicks DayQuil or NyQuil selected varieties and sizes
21621893_EA

To ensure this product is right for you, always read and follow the label.

© 2025 P&G

PET ESSENTIALS

SAVE 1.50

9⁴⁹

PURINA CAT CHOW
SELECTED VARIETIES
1.42-2 KG
2039556001_EA

SAVE 1.49

\$7

WHISKAS TEMPTATIONS CAT TREATS
SELECTED VARIETIES
454 G
2002006_EA

\$13

BENEFUL INCREDIBITES DOG FOOD
SELECTED VARIETIES
12'S
2157902_EA

SAVE 4.99

\$43

BENEFUL DOG FOOD
SELECTED VARIETIES
12.7 KG
21236999_EA

SAVE 2.99

\$32

IAMS DOG FOOD
SELECTED VARIETIES
6.12/6.8 KG
20646704902_EA

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

SAVE 1.99

\$13

PURINA ONE DOG FOOD
SELECTED VARIETIES
1.72/1.81 KG
20947053_EA

\$10

DENTALIFE DOG SNACKS
SELECTED VARIETIES
408-595 G
2106206_EA

\$5

MILK-BONE DOG BISCUITS
SELECTED VARIETIES
750-900 G
2104695_EA

5⁴⁹

MILK-BONE TREATS
283 G OR CÉLEBRATION TREATS 300 G
2147939_EA

ONE SIP AND YOU'LL KNOW

NEW fuze iced tea

Naturally Flavoured Iced Tea

8⁹⁹*

Fuze® iced tea selected varieties
12x341 mL
21645563_C12

OR \$7.99 EA. 2/\$13*

AHA® SPARKLING WATER beverages selected varieties
12x355 mL
21240797_C12

OR \$2.49 EA. 2/\$4*

Coca-Cola® beverages selected varieties
2 L
20316026002_EA

OR \$3.99 EA. 2/\$6⁵⁰*

POWERADE® beverages selected varieties
710 mL
20853723_EA

Monster Energy® selected varieties
473 mL
20938249_EA

*Plus applicable taxes, levies, deposits and fees. Valid at participating locations for a limited time. Subject to availability while supplies last. Not valid in conjunction with any other offer. Retailer may sell for less. All products must be purchased at the same time, single units at regular price. 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.

SAVE ON All Your Favourite Household Brands

\$13 Gain/Downy fabric softener 2.4-3.29 L, beads 515 g, Downy/Tide Rinse 48 oz, Bounce Sheets 240's, selected varieties 21489725_EA/21633373_EA

\$16 Gain laundry detergent 4.55 L/4Z's 21449856_EA/21449872_EA

\$3 Dawn Dishwashing Liquid 431-473 mL, Dawn EZ-Squeeze Dishwashing Liquid 366-443 mL, selected varieties 21430590_EA/21430553_EA

\$5 Febreze Air 250 g, Car 2 mL, Small Spaces 7.5 mL, Mr. Clean All Purpose Cleaner 1.2 L, Magic Eraser 2-3's, Clean Freak 473 mL Refill, selected varieties 21005017_EA/21219476_EA

\$12 Swiffer Duster Refills 6-10's, Wet Refills 12-24's, Dry Refills 16-32's, selected varieties 21629985_EA/21630025_EA

\$18 Bounty Paper Towel, Select A Size, 6-12 roll 21515966_EA

\$18 Charmin Bath Tissue, 12=48 rolls, selected varieties 21549779_EA/21636641_EA

\$11 Bounty Napkins, 400's 21053171_EA

TASTE OF SUPER BOWL

OFFICIAL SPONSORS OF SUPER BOWL LIX

Optimum

GET 7,000^{pts}

= \$7 Value

WHEN YOU BUY ALL 3 PRODUCTS BELOW

BUY 12 PIECE WINGS HOT OR CHILLED

+

PEPSICO SOFT DRINKS 6X222 ML OR 2 L

+

RUFFLES, DORITOS, TOSTITOS CHIPS 180 - 295 G

20296926002_EA/21241053_EA/21574551_EA

*Participating products (any flavour/variety): Pepsi®, 7UP®, Schweppes®, Crush®, MTN Dew®, Mug®, Dr Pepper® soft drinks (6 x222 mL cans and 2L bottles); Ruffles® potato chips (180 g - 200 g), Doritos® tortilla chips (210 g - 235 g), Tostitos® tortilla chips (205g - 300 g). All trademarks and logos are property of their respective owner.

Our butchers cut quality meat in your store every day!

pork loin schnitzel
2158005_EA

lean beef meatballs plain
21587897_EA

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

chicken stir fry strips
21588091_EA

pork stir fry strips
21588095_EA

Treat yourself!

\$6	<p>Chapman's Sorbet selected varieties frozen 2 L 20529120001_EA</p>
\$6	<p>Chapman's no sugar added ice cream and bars 1 L/4/8's 20315564001_EA</p>
\$6	<p>Chapman's Frozen Dessert selected varieties frozen 2 L 20314434001_EA</p>
\$6	<p>Righteous Sorbet or Gelato selected varieties frozen 473 mL 21037730_EA</p>
\$6	<p>PC® Chocolate covered fruit selected varieties frozen 200 g 21577481_EA</p>
\$5	<p>Halo Top Frozen Dessert selected varieties frozen 473 mL 21087002_EA</p>

insurance

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.

START YOUR **ACTIVIA**
GUT HEALTH CHALLENGE

2 ACTIVIA EVERY DAY FOR **14** DAYS



Optimum™

\$1.50 Value

APP EXCLUSIVE OFFER

Earn **1,500** pts

when you spend \$7 or more on any Activia product*

and

get entered to win** **10 MILLION** pts

\$10,000 value!



\$7

Activia® - 12 x 100 g
20303402001_EA



\$3

Activia® - 625 g, 650 g
214305601_EA



\$13

Activia® - 2 kg
214772201_EA



2/\$12

OR \$7.49 EA. Activia® - 6 x 50 mL
21088459_EA



2/\$4

OR \$2.29 EA. Activia®
190 mL
213485003_EA

*Open your PC Optimum™ app or visit optimum.ca to get the offer. Earn 1500 PC Optimum™ points when you spend \$7 or more on any participating Activia products. Product availability may vary by store. We reserve the right to limit quantities. We are not obligated to award points based on errors or misprints. Points apply to items sold at individual units and are not awarded per unit when the unit is part of a case pack or variety pack. No cash value. Offer valid from January 2nd to February 9th, 2025. Activia™ used under lic. © 2025 Cie Gervais Danone. All rights reserved.
**NO PURCHASE NECESSARY. Open to Canadian resident PC Optimum members who are 14 years or older. Contest ends February 18, 2025 at 12:00 am ET. Members can get an entry when they spend \$7 or more on any eligible Activia products at participating Atlantic Superstore, Dominion, Fortinos, Loblaws, Maxi, No Frills, Provigo, Le Marché, Shoppers Drug Mart, Value-Mart, Real Canadian Superstore, Wholesale Club, Your Independent Grocer, and other locations and scan their PC Optimum card at the time of purchase. 1 Point = 10,000,000 PC Optimum points to be won that's like \$10,000.00 in value when redeemed each. Limit of one prize per member. Must correctly answer mathematical skill-testing question. Odds of winning a prize depends on total number of eligible entries received. For full rules/details and how to enter without purchase, visit www.pc.optimum.ca.

PACK YOUR MORNING
WITH PROTEIN



\$7

Oikos® - 650 g, 750 g
21305945_EA



\$3

Oikos® - 4 x 95 g, 4 x 100 g
20408765005_EA
20408765004_EA



2/\$4

OR \$2.29 EA. Oikos® - 190 mL
21401296_EA

*As part of a complete breakfast and balanced diet. Per 175 g serving.

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10-HOUR BREW
BOLD AND SMOOTH TASTE



\$7.49

Stok® - 142L
21203737_EA/21203739_EA



RETURN TO SCHOOL Favourites



\$3.69

Yoplait® Tubes® 8x56 g
or Source® 630 g

21390884004_EA
21391318001_EA



\$7.49

Yoplait® Source®
16x100 g

20317317001_EA

4/\$5

Yoplait® YOP®
200 mL

21478178_EA/2147986_EA



\$7.49

Liberté®
Méditerranée®
900 g

21430950_EA



\$7.49

Liberté Greek®
650-750 g

20704361001_EA



2/\$8

Pillsbury™ Ready To
Bake Seasonal Cookies
260-396 g

21306856_EA



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