

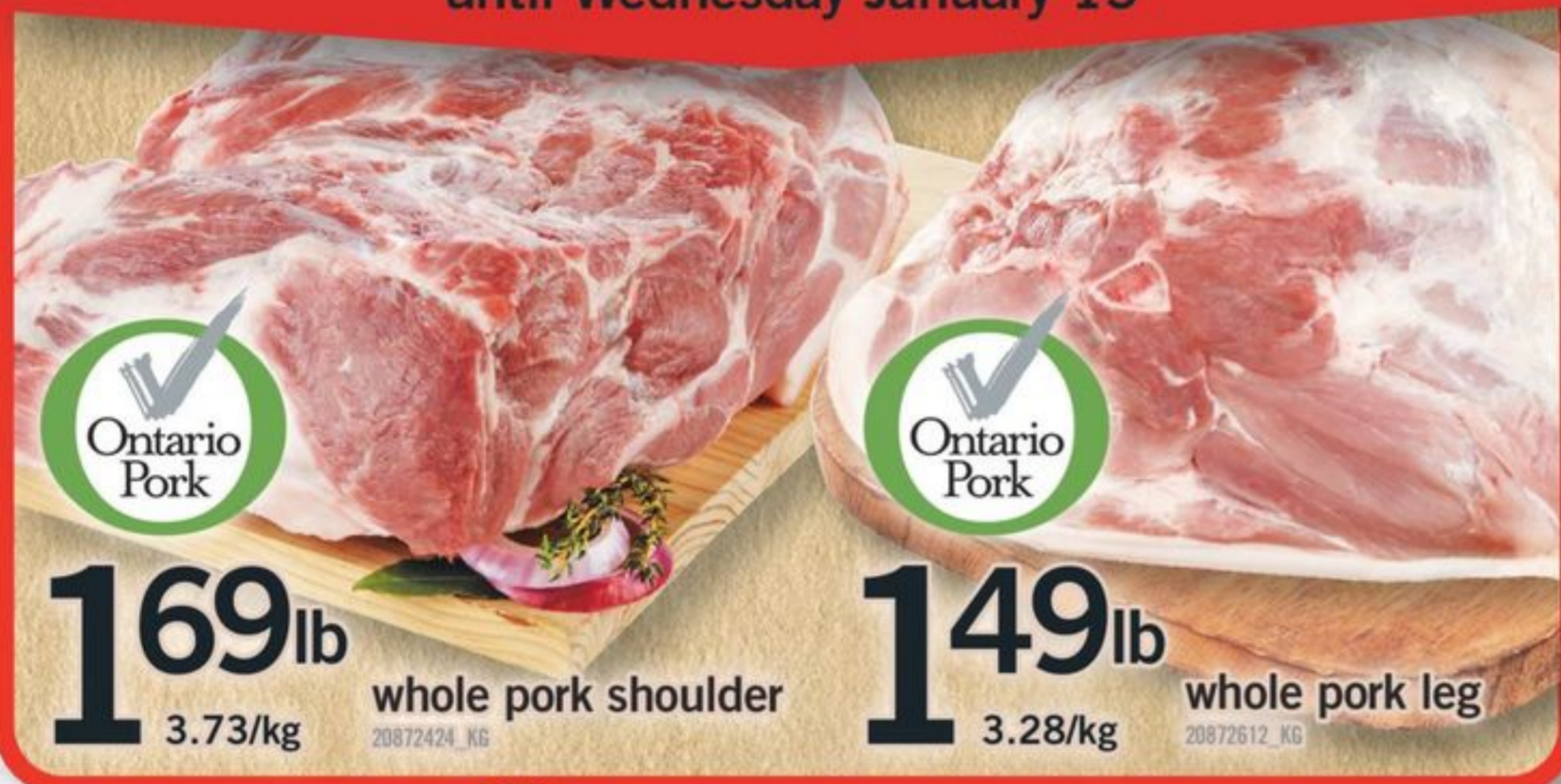
# FORTINOS®



roasted  
peanuts  
salted or  
unsalted  
**249lb**  
5.49/kg  
20003301\_KG  
20120042\_KG

## PRICE LOCKDOWN

until Wednesday January 15



**169lb**  
3.73/kg  
20872424\_KG

whole pork shoulder



**149lb**  
3.28/kg  
20872612\_KG

whole pork leg



**299lb**  
6.59/kg  
20872423\_KG

boneless pork loin  
whole or half



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

**1499lb**  
33.05/kg  
20129990\_KG/20685561\_KG

fresh Atlantic  
salmon fillet



Sweetness is in  
SEASON

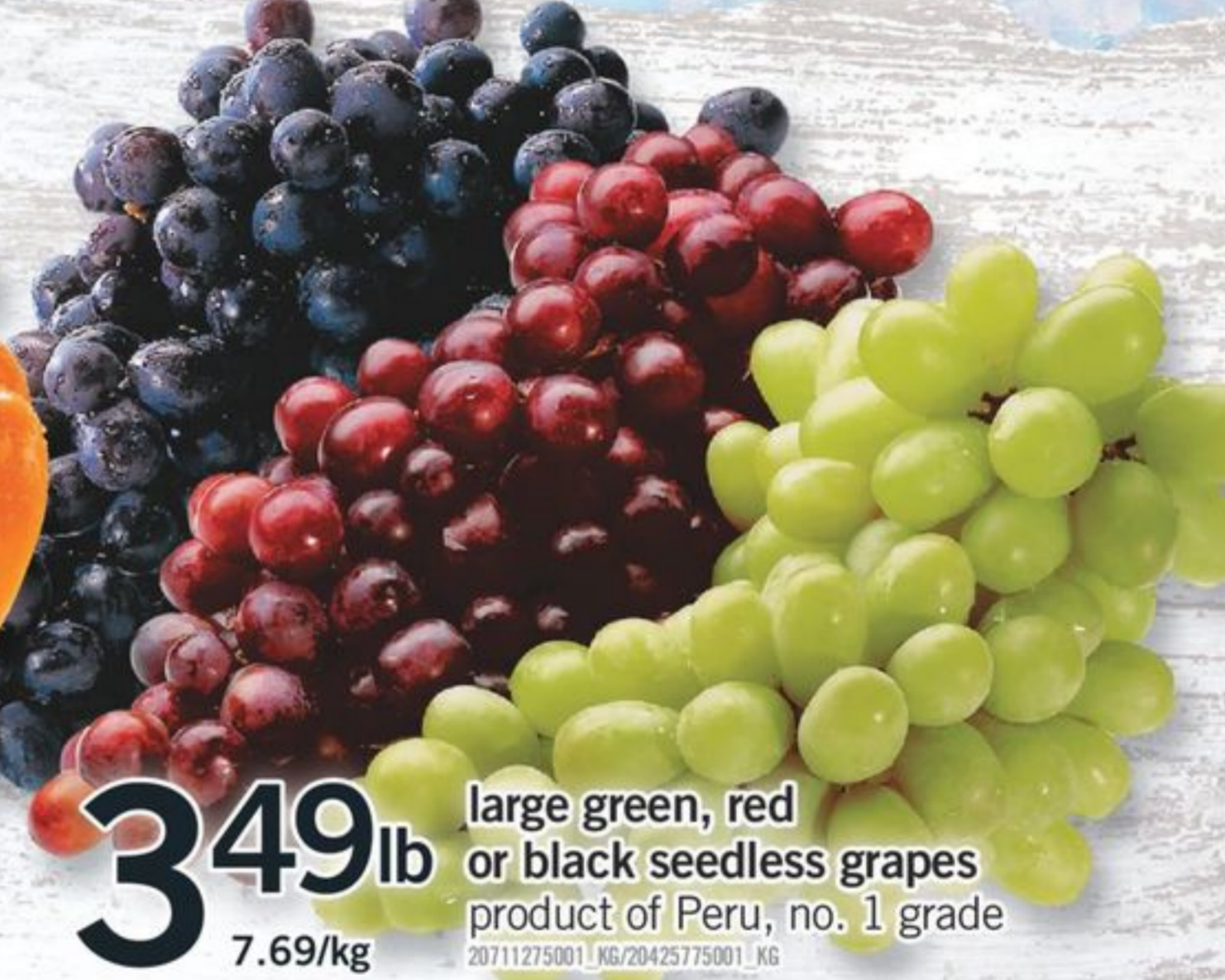
**288lb**  
6.35/kg  
20562570001\_KG

Sumo citrus  
product of U.S.A.



**299lb**  
6.59/kg  
20166880001\_KG/20007535001\_KG

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



**349lb**  
7.69/kg

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



Canada AA or USDA  
Select or higher

**599lb**  
13.21/kg  
20814940\_KG

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



**599**  
400 g  
20048346\_EA/20111565\_EA

SeaQuest® fish fillets  
selected varieties, frozen



Piller's Black  
Forest ham  
deli served  
20097076\_KG

**799lb**  
1.76/100 g



**349**  
227 g  
20574522\_EA

PC® dips  
or hummus  
all varieties



**499**  
65-500 g  
20770591\_EA/20802429\_EA

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

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



**1.99**  
each  
De Cecco pasta 454 g,  
Aurora egg noodles 250 g  
or Aurora tomato puree 660 mL  
selected varieties  
20064896\_EA/20901944003\_EA



**2.99**  
100-160 g  
Rio Mare tuna salads,  
tuna in oil or pate  
selected varieties  
20970856\_EA/20984234\_EA



**15.99**  
1 L  
Monini Originale  
or Granfruttato  
extra virgin olive oil  
20992432\_EA/21506496\_EA



**3.49**  
320-410 g  
Dr. Oetker  
Ristorante or  
Casa Di Mama  
pizza  
selected varieties,  
frozen  
20296424006\_EA/20852957\_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



**.99**  
each  
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



**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



**2.99**  
each  
Beatrice  
B-Fit protein  
drink 480 mL  
or Quest or Grenade  
protein bar 58-60 g,  
selected varieties  
21174142\_EA/21345500\_EA



**3.49**  
100-150 g  
Made Good  
school safe snacks  
selected varieties  
21107621\_EA



Prices effective at Vaughan, Toronto, Etobicoke and Bolton 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](https://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  
\$6.49 400 g avg

**12<sup>99</sup>**  
800 g case avg.

**brown Turkey figs**  
product of Brazil  
20081682001\_CS

**5<sup>99</sup>lb**  
13.21/kg

**chestnuts**  
product of Italy  
20061606001\_KG

**2<sup>49</sup>lb**  
5.49/kg

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

**red currants**  
product of Chile  
7804655050181\_EA

**5<sup>99</sup>**  
125 g

**4<sup>99</sup>lb**  
11.00/kg

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

**1<sup>99</sup>lb**  
4.39/kg

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

**2<sup>49</sup>lb**  
5.49/kg

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

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

**endive or escarole**  
product of U.S.A.  
20020368001\_EA/20181243001\_EA

**6<sup>99</sup>lb**  
15.41/kg

**runner beans**  
product of Morocco or Spain  
20081582001\_KG

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

**PC® Boston living lettuce**  
product of Ontario  
21212489\_EA

**4<sup>89</sup>**  
340 g

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

**5<sup>49</sup>**  
355 mL

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

**3<sup>69</sup>**  
340 g

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

**5<sup>99</sup>**  
227 g

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

PICK ORGANIC • Over 150 items available every day!

**Greenhouse organic fiery ginger**  
product of Ontario  
21561230\_EA

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

**5<sup>69</sup>**  
2's

**PC® Organics sweet peppers**  
product of Mexico  
20690699001\_EA

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

**organic avocado**  
product of Mexico  
20146327001\_EA

**3<sup>99</sup>**  
454 g

**organic limes**  
product of Mexico  
20435942001\_EA

# 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

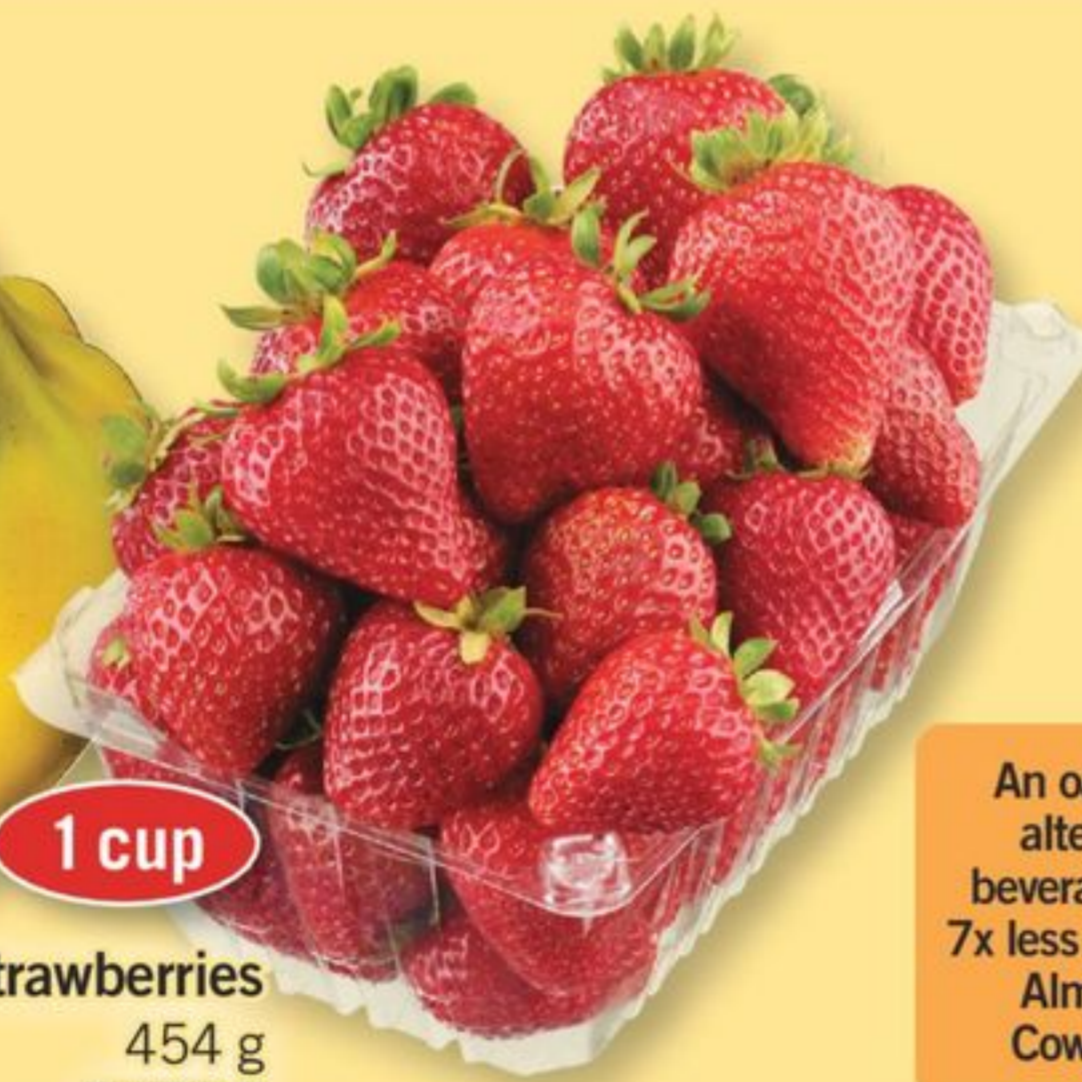
1 banana

## PB & J SMOOTHIE



1 banana

banana  
20139509001\_KG



1 cup

strawberries  
454 g  
20049778001\_EA



1 cup

Earth's Own oat beverage  
946 mL 21109025\_EA

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

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



**3<sup>99</sup>lb**  
8.80/kg whole pork belly  
20874490\_KG



**1<sup>99</sup>lb**  
4.39/kg pork loin whole or half  
20872422\_KG



pork collar  
butt capicola  
20862438\_KG  
**3<sup>99</sup>lb**  
8.80/kg



**2<sup>99</sup>lb** whole pork butt  
bone-in  
20872425\_KG  
6.59/kg



**3<sup>99</sup>lb** pork loin centre-cut  
chops or roast boneless  
20827788\_KG  
8.80/kg



**2<sup>99</sup>lb** pork loin, rib & sirloin  
or sirloin chops  
20822343\_KG  
6.59/kg



**4<sup>99</sup>lb** pork center cut chops  
20822907\_KG  
11.00/kg



**1<sup>29</sup>lb** pork picnic butt or  
shank portion roast  
20872428\_KG  
2.84/kg



**2<sup>99</sup>lb** pork tail or feet  
20874534\_KG/20874537\_KG  
6.59/kg



**2<sup>99</sup>lb** pork hocks  
20874533\_KG  
6.59/kg



**8<sup>99</sup>** sausage casing  
20 yards 21083404\_EA



**2<sup>49</sup>lb** pork liver  
20874536\_KG  
5.49/kg

*Healthy Eating*



**15<sup>99</sup>lb** Yorkshire Valley  
Farms organic  
chicken breasts  
boneless, skinless  
20342993\_KG  
35.25/kg



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



**10<sup>99</sup>**  
400 g



**18<sup>99</sup>** 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

**16<sup>99</sup>lb** fresh Atlantic  
salmon fillet  
21176902\_KG  
37.46/kg



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

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



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

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



**13.99** lb  
30.84/kg

Arla havarti  
20180982\_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



**2.19**  
50/65 g

butter croissant  
or pastry

20705085\_EA/21416864\_EA



gourmet cookies  
selected varieties  
baked in store

**6.99**  
18's

21208406\_EA

Farmer's Market™  
lemon poppyseed  
iced loaf cake

21488954\_EA

**5.99**  
400 g



lemon  
meringue pie

21546465\_EA

**8.99**  
8 inch



**7.99**  
454-550 g

Promise  
gluten-free bread

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



**349**  
425/500 mL  
Gay Lea sour cream selected varieties



**349**  
907 g  
Cheemo perogies



**179**  
310 mL  
MILK 2GO chocolate or strawberry 1% milk



**449**  
500/750 g  
PC frozen vegetables selected varieties, frozen



**679**  
473 mL  
Halo Top frozen dessert selected varieties, frozen



**599**  
946 mL  
International Delight coffee whitener



**429**  
500 mL  
Eby Manor Golden Guernsey 4% chocolate milk



**699**  
each  
Chapman's no sugar added ice cream 1 L or novelties 4/6's selected varieties, frozen



**529**  
1.54 L  
PC orange juice selected varieties, refrigerated



**449**  
400 g  
siggi's yogurt selected varieties



**649**  
16's  
Eggo waffles



**999**  
840 g-1 kg  
Krinos fillo twisters selected varieties, frozen



**499**  
350/400 g  
PC gnocchi or risotto selected varieties, frozen



**699**  
16x100 g  
iöGO yogurt selected varieties



**579**  
2 L  
Natrel fine filtered milk selected varieties



**749**  
750 g  
Nordica cottage cheese



**588**  
560 mL  
Melona frozen dessert bars



**548**  
567 g  
T&T potstickers selected varieties, frozen



**1048**  
680 g  
bibigo mini wontons frozen

# 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  
2% or 3.2% M.F.  
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!

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

Wild Rose herbal d-tox kit  
21623738\_EA



**NEW**

Canadian Made

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

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



Canadian Made

**36<sup>99</sup>** 225 mL/120's

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

**NEW**



Canadian Made

**23<sup>99</sup>** each

Prairie Naturals supplements or electrolyte powder selected varieties & sizes  
21522267\_EA/21592851\_EA



Canadian Made

**29<sup>99</sup>** 100-120's

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



**15<sup>99</sup>** 60-200's

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

Canadian Made

**47<sup>99</sup>** 500 mL

NutraSea Omega-3 fish oil supplement  
20925128\_EA



**5<sup>99</sup>** 325-400 g

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



**6<sup>99</sup>** 473-946 mL

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



**15<sup>99</sup>** 454 g

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



Now in a larger size!

**7<sup>49</sup>** 4x355 mL

Remedy kombucha all varieties  
21617011\_C04/21617032\_C04



**NEW**

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

**3<sup>99</sup>** 136 g

Purpleful Snacking popcorn all varieties  
21435344\_EA/21435387\_EA



Canadian Made

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

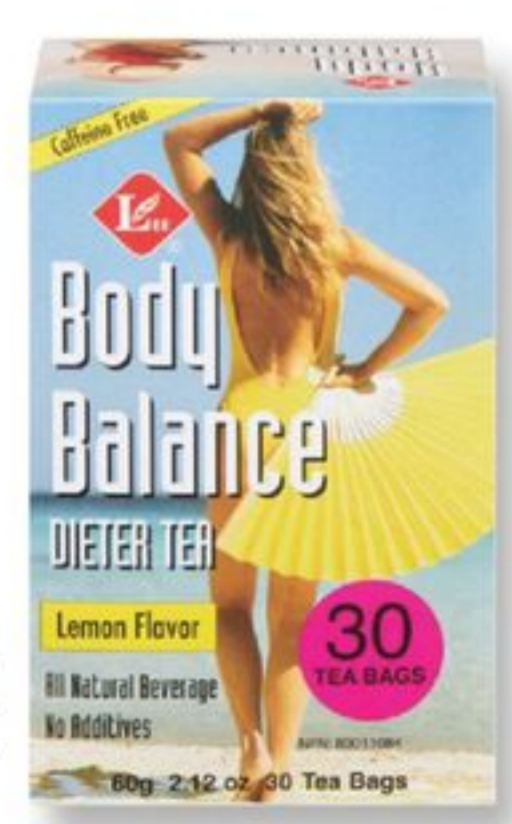
**Flora supplements** all varieties & sizes  
20735144\_EA



**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.

**3<sup>99</sup>**  
213 g

Annie's organic  
crackers or cookies  
all varieties

20949212\_EA/21019983\_EA



**6<sup>49</sup>**  
198 g

Chickapea  
gluten free  
one pot pasta  
all varieties

21565560\_EA/21565740\_EA



**5<sup>49</sup>**  
150 g

Ozery seed wise  
granola clusters  
all varieties

21417262\_EA/21417363\_EA

**4<sup>99</sup>**  
135-154 g

FreeYumm soft-baked  
cookies or bars  
all varieties

21048233\_EA/21048242\_EA



Multi-pack!  
Great for school  
lunches!

**6<sup>49</sup>**  
108 g

Skinny Pop  
skinny pack

21052844\_EA



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



Canadian Made  
Boiron homeopathic remedies  
for baby all varieties & sizes

21208574\_EA/21208602\_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



NOW Brand  
supplements  
for kids  
all varieties & sizes

21471512\_EA/21472047\_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

6<sup>99</sup>  
1 L

Organic Meadow kefir drink all varieties

20710883001\_EA/20710883002\_EA



Rich in probiotics!

Unpasteurized!

Canadian Made

9<sup>99</sup>  
500 g

Peace River organic creamed honey

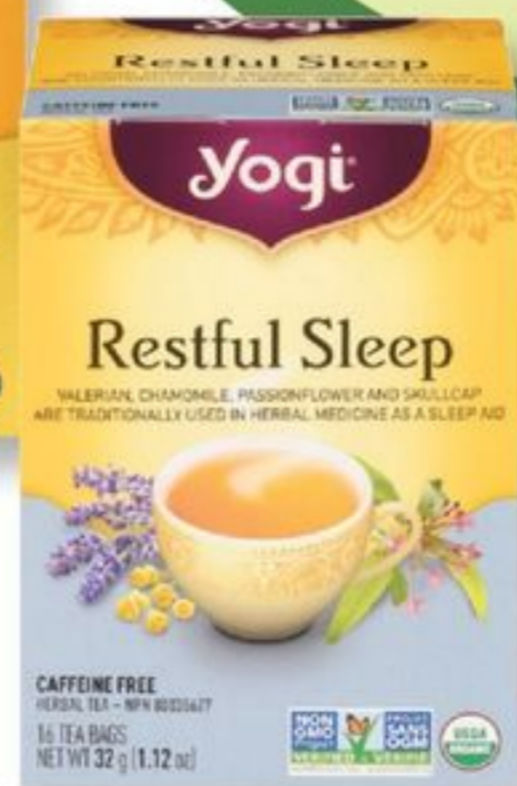
21447829\_EA



4<sup>99</sup>  
16's

Yogi organic tea all varieties

20309377001\_EA/20693913003\_EA



Non-GMO, no antibiotics or added hormones



8<sup>99</sup>  
16 g

Bone Broth instant bone broth all varieties

21400280\_EA/21400291\_EA

Just add water!

7<sup>99</sup>  
360 g

Blender Bites 1-step smoothie all varieties

21535625\_EA/21535627\_EA



NEW

Canadian Made

2<sup>99</sup>  
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

*Great source of fibre!*

*6 g of plant-based protein!*

**6.99**  
250 g

Yumi overnight oats  
selected varieties  
21522422\_EA



**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



**NEW**

**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

**Canadian Made**

# 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](http://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

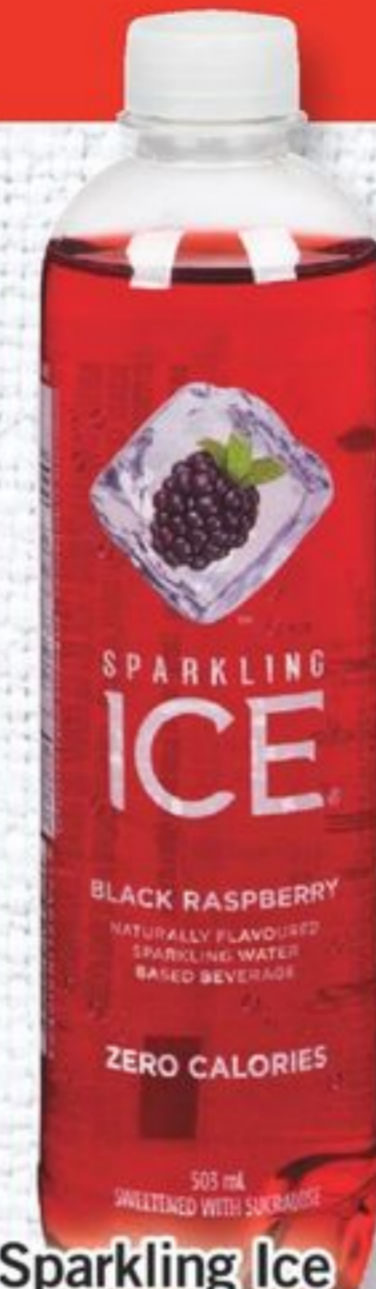


**549**  
325-510 g  
Harvest Crunch  
granola cereal  
selected varieties  
21219824\_EA



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

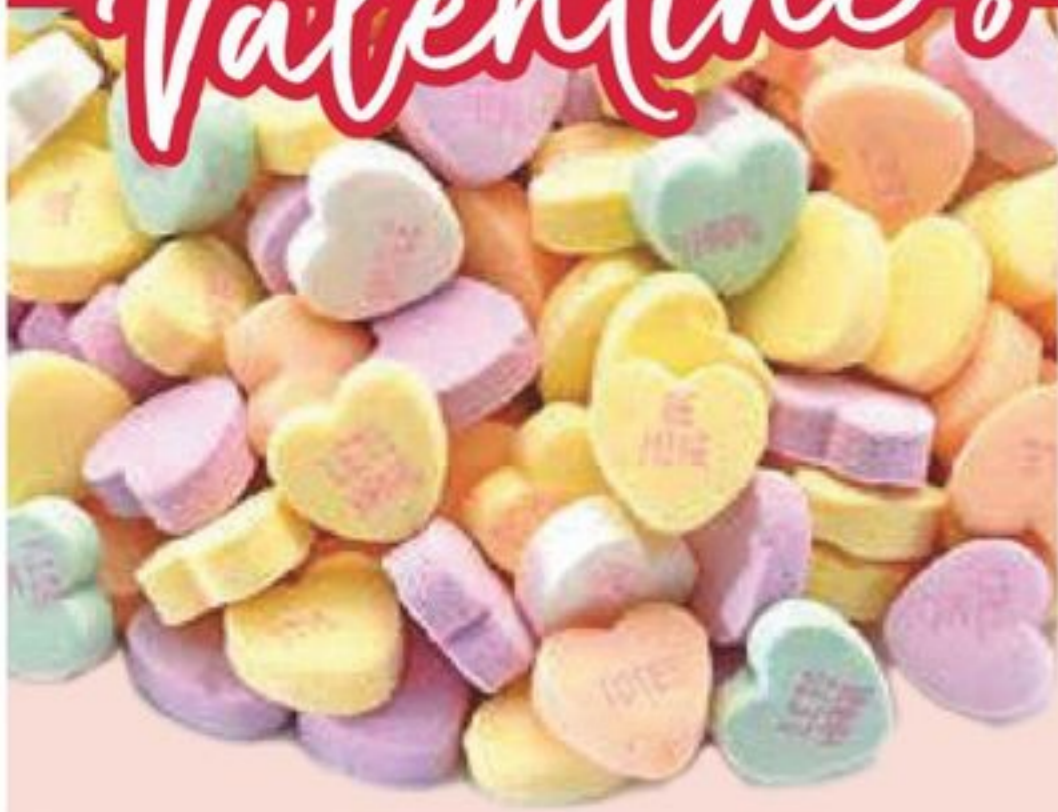
**179**  
142 g



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 21638940\_EA

# EASY MEALS



**18.49** Yorkshire Valley  
Farms organic  
chicken pot pie  
frozen  
700 g 21644864\_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** Rachel's  
corned beef brisket  
19.82/kg 20620766\_KG

# Happy Lunar New Year

visit [flowersbyfortinos.ca](http://flowersbyfortinos.ca)



little infinity  
circle orchid

21620219\_EA

**28<sup>88</sup>**  
each



3 tier lucky bamboo  
in ceramic pot

21661330\_EA

**28<sup>88</sup>**  
each



5 tier large lucky  
bamboo in ceramic pot

21661299\_EA

**68<sup>88</sup>**  
each



bonsai tree  
in 5" ceramic pot

21662201\_EA

**48<sup>88</sup>**  
each



jade plant

21660787\_EA

**13<sup>88</sup>**  
each



money tree  
in 5" ceramic pot

21660943\_EA

**19<sup>88</sup>**  
each



premium  
rose bouquet

21020121\_EA

**\$45**  
each



large or mini  
gerbera bouquet  
assorted colours

20975510\_EA

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



4" spring bulbs  
\$4.99 each

assorted  
spring bulbs

21087691\_EA

**9<sup>99</sup>**  
6" pot

## Air Purifying Plants

snake plant

21050365\_EA

**16<sup>99</sup>**  
6" pot



tropical palm

21050365\_EA

**16<sup>99</sup>**  
6" pot



anthurium

21523499\_EA

**17<sup>99</sup>**  
7" pot



# BABY



**Huggies  
Goodnites  
or Pull Ups**  
selected varieties

20963841\_EA/20963933\_EA

**28<sup>99</sup>**  
34-74's



**Pampers or  
Huggies wipes**  
selected varieties

**8<sup>99</sup>**  
168-216's

20304474001\_EA/20799372\_EA



**Huggies or Pampers  
super big pack diapers**  
selected varieties

21455660\_EA/21456418\_EA

**26<sup>99</sup>**  
32-108's



**Similac  
powder formula**  
selected varieties

20301141\_EA/21437117\_EA

**41<sup>99</sup>**  
570-800 g



**Enfamil formula  
ready to drink**  
selected varieties

21208370\_C01/21208382\_C01

**59<sup>99</sup>**  
18x237 mL



**Gerber snacks  
or entrées**  
selected varieties

20304618008\_EA

**2<sup>99</sup>**  
42-192 g



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

20368074001\_EA/21054242\_EA

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



**Gerber  
pouches**  
selected varieties

21024932\_EA/21024943\_EA

**1<sup>79</sup>**  
128 mL



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

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

2062551002\_EA/20649780001\_EA



**Aveeno  
baby needs**  
selected varieties

20922621\_EA/21378198\_EA

**7<sup>49</sup>**  
227/236 mL

# BODY & HEALTH



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

20432113001\_EA/20432113004\_EA

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



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

21237519\_EA/21518321\_EA

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



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

21078091\_EA/21163481\_EA

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



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

20102023001\_EA/21082810\_EA

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



**Pantene 530 mL  
or Dove 730 mL  
hair care**  
selected varieties

20319039001\_EA/21424214\_EA

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



**Always  
pads, liners  
or Tampax  
tampons**  
selected varieties  
and sizes

21000869\_EA/21178847\_EA

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



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

20558843005\_EA/21100737\_EA

**18<sup>99</sup>**  
each



**Ensure  
6x235 mL or  
Glucerna  
6x237 mL**  
selected varieties

20180283003\_EA/20308731008\_C06

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



**Ricola  
lozenge bags**  
selected varieties

21475078\_EA/21478716\_EA

**3<sup>99</sup>**  
17/19's



**up to  
20%  
OFF**

**Centrum,  
Caltrate or  
Emergen-C**  
selected sizes  
and varieties

20997357\_EA/21236171\_EA

# HOUSEHOLD



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

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



Snuggle fabric softener sheets  
21170996\_EA

**10<sup>99</sup>**  
200's



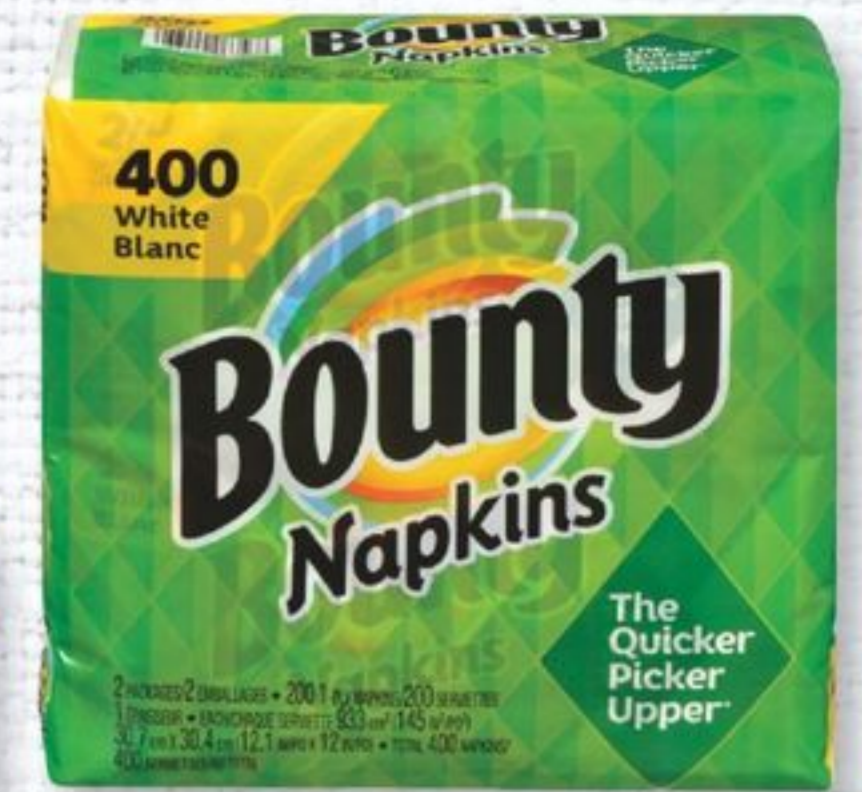
Lysol multipurpose cleaners selected varieties  
20310677001\_EA/21005576\_EA

**4<sup>99</sup>**  
650 mL-1.2 L



Glad garbage bags selected varieties and sizes  
20166439002\_EA/21165477\_EA

**11<sup>99</sup>**  
20-40's



Bounty napkins  
21053171\_EA

**10<sup>99</sup>**  
400's



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

**7<sup>49</sup>**  
each



Lysol disinfecting wipes selected varieties  
21449826\_EA/21449829\_EA

**6<sup>49</sup>**  
75's



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

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



no name<sup>®</sup> heavy duty scouring sponges  
20557181\_EA/20557334\_EA

**1<sup>99</sup>**  
2's



PC<sup>®</sup> facial tissues 3 ply  
20181283\_EA

**7<sup>99</sup>**  
6x468's

# PET NEEDS



PC<sup>®</sup> scoopable multi-cat clumping cat litter  
20774065\_EA

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



Purina One True Instincts dry cat food selected varieties  
20421881002\_EA/21096817\_EA

**13<sup>99</sup>**  
1.45-1.8 kg



Meow Mix dry cat food selected varieties  
21586251\_EA

**7<sup>49</sup>**  
1.42 kg



Whiskas Perfect Portions wet cat food selected varieties  
20945097\_EA/21011523\_EA

**1<sup>49</sup>**  
75 g



PC<sup>®</sup> wild bird seed  
21308596\_EA

**12<sup>99</sup>**  
4 kg



Milk-Bone Brushing Chews dog treats  
21168245\_EA/21168517\_EA

**11<sup>99</sup>**  
535-688 g



Zoë wet dog food  
21218863\_EA/21218883\_EA

**2<sup>69</sup>**  
369 g



Purina One dry dog food selected varieties  
20912587\_EA/20946525\_EA

**11<sup>99</sup>**  
1.72-1.81 kg



Blue Buffalo dry dog food  
21365754\_EA

**32<sup>99</sup>**  
4.5 kg



Zoë small breed dry dog food  
21045034\_EA

**14<sup>99</sup>**  
2 kg

**BLUE DRAGON**

**Blue Dragon paste**  
THAI RED CURRY PASTE  
PÂTE CARI ROUGE THAÏ  
270 mL  
20712986\_EA  
**\$3<sup>88</sup>**

**Blue Dragon noodles**  
RICE NOODLES  
NOUILLES DE RIZ  
250/300 g  
21434978\_EA  
**\$3<sup>88</sup>**

**Blue Dragon coconut milk**  
COCONUT MILK  
LAIT DE COCO  
400 mL  
20188944\_EA  
**\$2<sup>88</sup>**

*Happy Lunar New Year*

Visit [bluedragon.ca](http://bluedragon.ca) for more recipes

## ENJOY A YEAR OF EASY PAIRINGS

**BEN'S ORIGINAL™**  
Bistro Express™  
Ready to Heat Rice  
(240g - 250g)  
21405476\_EA  
**\$2<sup>98</sup>**

**BEN'S ORIGINAL™**  
Large Specialty Rice (1.6kg)  
**\$11<sup>88</sup>**

**VH® Honey Garlic Sauce**  
20297368\_EA  
**\$2<sup>88</sup>**

**VH® Plum Dipping Sauce**  
20984013\_EA  
**\$2<sup>88</sup>**

“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  
UP TO 100% LEAKPROOF skin protection  
protection de la peau jusqu'à 100% sans fuites  
58 DIAPERS COUCHES

**26<sup>99</sup>** Pampers Swaddlers Diapers Selected Varieties

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*Poise* Depend

STAY PROTECTED IN THE MOMENT

**\$18<sup>99</sup> EACH** DEPEND® Underwear or POISE® Pads Selected Types

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