

# FORTINOS®

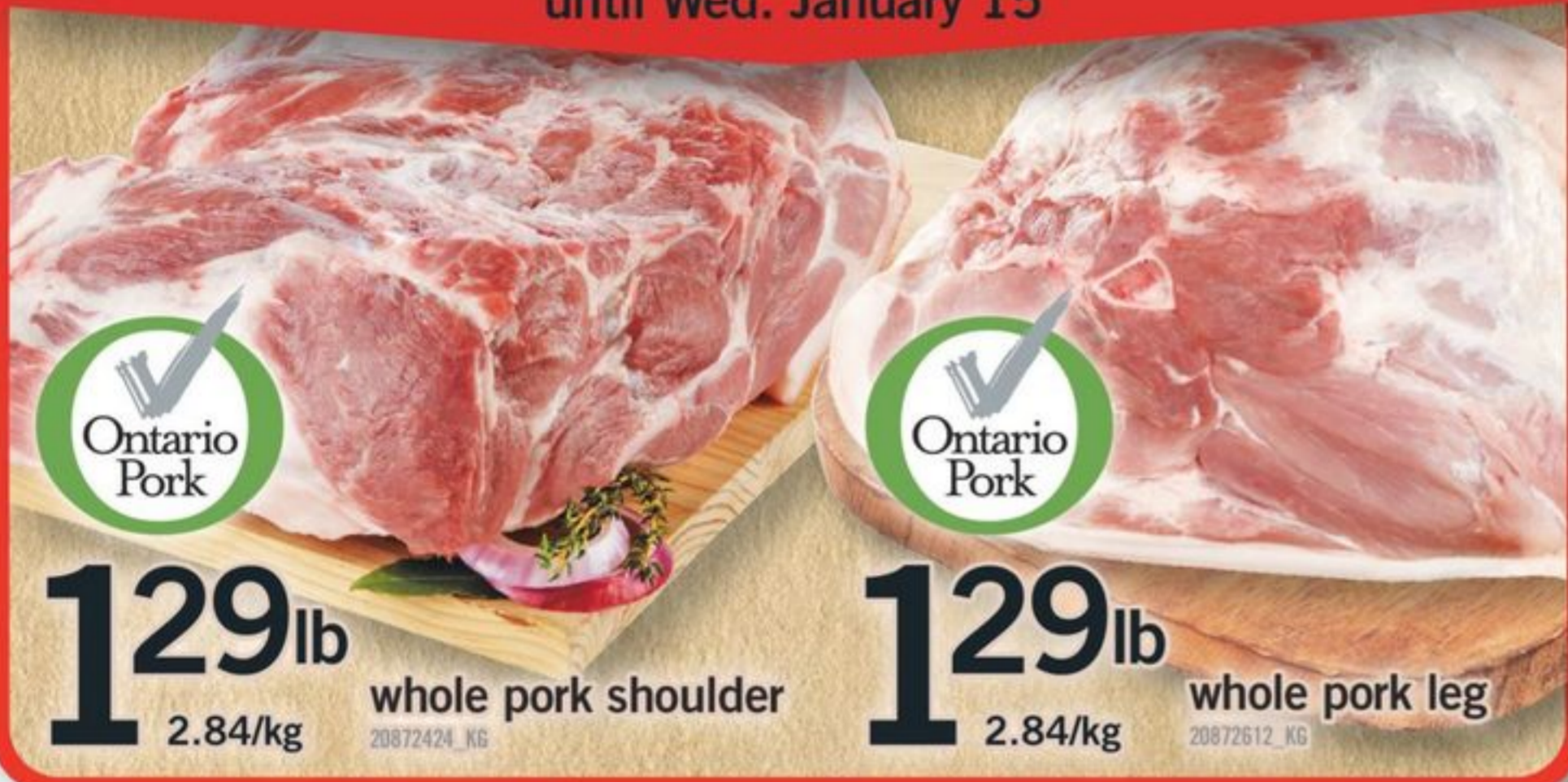


**7.99** lb  
17.61/kg

roasted cashews salted or unsalted  
20116646\_KG

**PRICE LOCKDOWN 2 WEEKS!**

until Wed. January 15



**1.29** lb  
2.84/kg

whole pork shoulder



**1.29** lb  
2.84/kg

whole pork leg



- ✓ Air Chilled
- ✓ Canadian grown
- ✓ Grain fed

**5.99** lb  
13.21/kg

PC® Blue Menu® boneless skinless chicken breast or Mina Halal boneless skinless chicken breasts



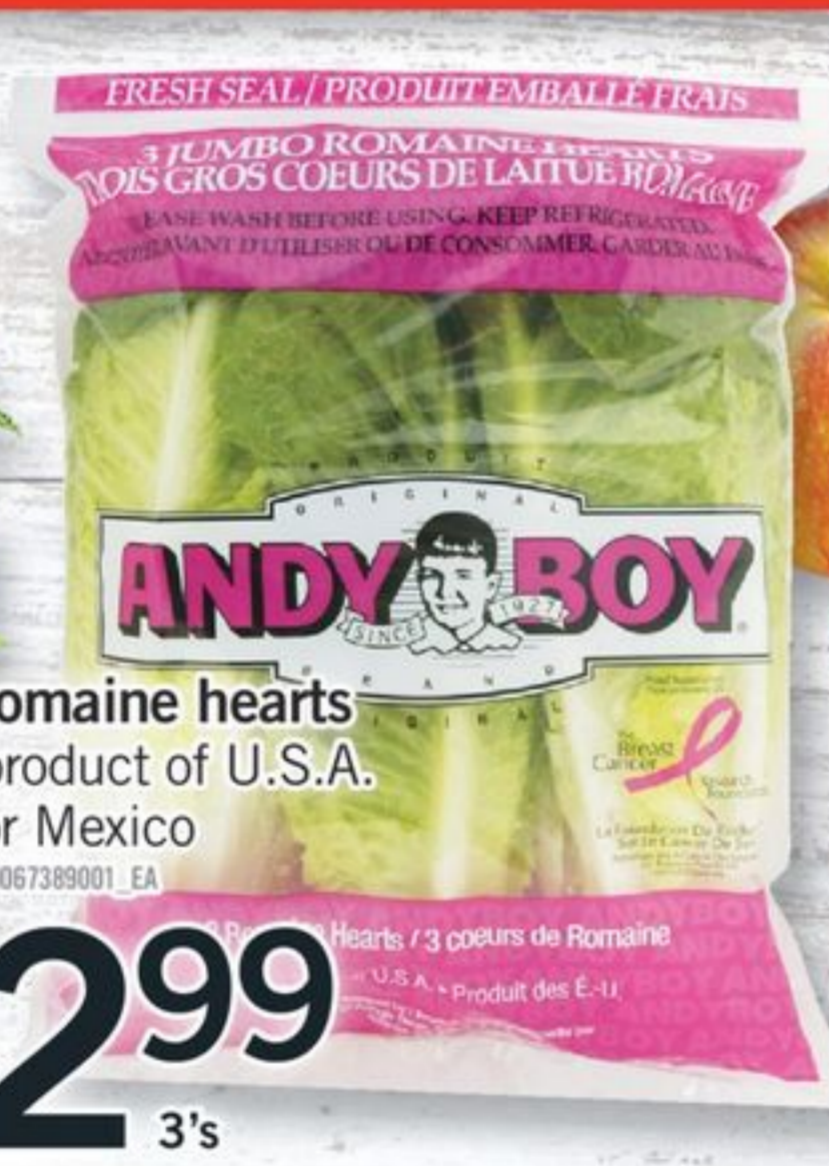
**10.99** lb  
24.23/kg

fresh rainbow trout or tilapia fillets



rapini product of U.S.A.

**1.99** each



romaine hearts product of U.S.A. or Mexico

**2.99** 3's



Mountainview ORCHARDS

**1.99** lb  
4.39/kg

large Honeycrisp apples product of Ontario, Canada Extra Fancy grade



blueberries product of Chile or Peru, no. 1 grade, blackberries product of Mexico or goldenberries product of Colombia

**2.49** 170 g



**2.99** lb  
6.59/kg

boneless pork loin whole or half



PC® Pacific large white raw peeled shrimp 31-40 per lb or SeaQuest® pink salmon fillets frozen

**8.99** 400 g



**4.99** 200 g

Saputo feta selected varieties



PC® sliced cheese all varieties

**5.99** 125-175 g



**6.99** 375-800 g

Swiss Chalet or St. Hubert pies frozen or Lou's QNE meals selected varieties



Maple Leaf Natural Selections deli meat all varieties

**5.99** 125-175 g



Optimum **1,000** when you buy 2

**2.99** each

Country Harvest bread 600/650 g or bagels 6's, selected varieties



Cedar pita whole wheat or white

**.99** 330 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



4.99  
each

Neilson Trutaste milk,  
chocolate milk 4 L  
or Trutaste lactose free milk 2 L  
selected varieties  
20075226\_EA/20098941\_EA



.99  
each

Primo pasta 454 g,  
Unico tuna in oil 99 g  
or Aurora tomatoes 398 mL  
selected varieties  
20004992\_EA/20069525\_EA



3.99  
each

Planters  
peanut butter 1 kg  
or Smucker's jam  
or jelly 250 mL  
20308397002\_EA/21310060\_EA



3.49  
each

iöGO nanö drinks 6x93 mL,  
Oikos Greek yogurt 4x100 g,  
sigg'i's yogurt 4x100 g  
or Allen's apple juice 1.89 L,  
Minute Maid 10x200 mL  
or Five Alive 8x200 mL  
drink boxes  
20322764001\_EA/20327042001\_EA



5.49  
480-650 g

Kellogg's cereal  
selected varieties  
214307551\_EA/21449784\_EA



2.88  
each

PC® frozen  
vegetables or  
entrées 212-750 g  
or KJ dumplings 380 g  
selected varieties, frozen  
20318915\_EA/21357897\_EA



4.99  
each

Nescafé  
or Taster's Choice  
instant coffee  
100/170 g,  
Lavazza Nespresso  
compatible  
pods 10's  
selected varieties  
20873036\_EA/21520351\_EA



4.99  
each

Tide laundry detergent 1 L  
pods or flings 12-16's,  
Downy or Gain  
fabric softener  
946 mL-1.31 L,  
Bounce sheets 40-80's  
or beads 141 g  
selected varieties  
20301481001\_EA/21549771\_EA



12.88  
8 kg

Rooster™  
jasmine rice  
20121871\_EA



40%  
OFF

up to  
Jamieson  
vitamins  
selected varieties  
and sizes  
20299993\_EA/20303216001\_EA



3.49  
1.75/1.89 L

Almond Breeze  
or Earth's Own  
non-dairy  
beverage  
selected varieties  
20327647\_EA/20794060004\_EA

Prices effective at Hamilton, Stoney Creek and Ancaster stores only.

Flyer prices effective from Thursday, January 2nd, to Wednesday, January 8th, 2025

Visit us at [fortinos.ca](http://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](http://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!



**6.88** lb  
15.17/kg  
colossal cherries  
product of Chile,  
no. 1 grade  
20159690001\_KG



**2.99** lb  
6.59/kg  
green Anjou pears  
product of Canada,  
Extra Fancy Grade  
or red Anjou pears  
product of U.S.A.,  
Extra Fancy Grade  
20174514001\_KG/20287737001\_KG



*Flown in for  
PEAK FLAVOUR*  
**4.99**  
each  
Palmer mango  
product of Brazil  
20025410001\_EA



*New  
CROP*  
**4.99** lb  
11.00/kg  
pink muscat  
grapes  
product of Peru,  
no. 1 grade  
20562311001\_KG



**1.99** lb  
4.39/kg  
Red Prince apples  
product of Ontario,  
Canada Extra  
Fancy Grade  
20037628001\_KG



**3.49**  
3 lb  
yellow onions  
product of Ontario,  
Canada no. 1 grade  
20811994001\_EA



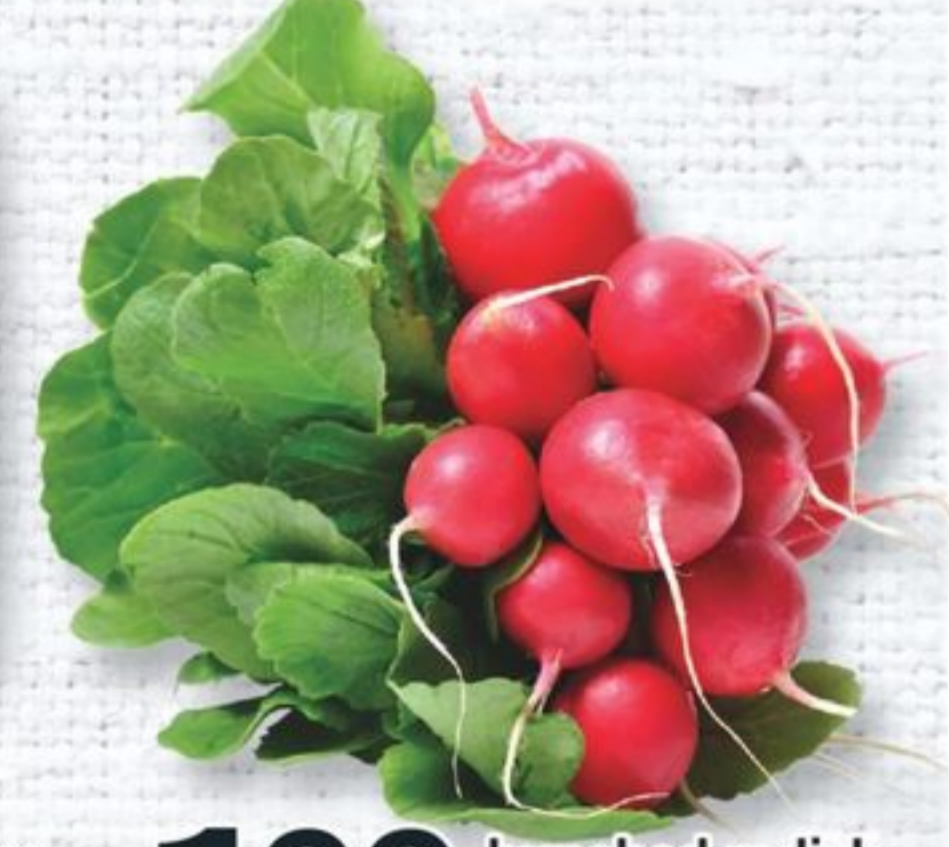
**3.69**  
113 g  
local garlic  
product of Ontario  
20180051\_EA



**5.49**  
5's  
leeks  
product  
of Ontario  
20090117001\_EA



**3.99**  
255 g  
PC® Axiany  
or Mixiany  
cherry tomatoes  
product of Mexico or  
Canada, no. 1 grade  
21089853001\_EA/21285976001\_EA



**1.99**  
each  
bunched radish  
product of U.S.A.  
or Mexico  
20032320001\_EA



**11.99**  
2x227 g  
POM-Arils  
club pack,  
product of U.S.A.  
20930813\_EA



**3.49**  
5x56 g  
apple slices  
product of U.S.A.  
21020466\_EA



**3.49**  
227 g  
cooking spinach  
product of U.S.A.  
or Mexico  
20959677\_EA



**4.99**  
454 g  
celery sticks  
product of U.S.A.  
20810898\_EA



**4.99**  
500 g  
carrot and  
celery mix  
made in store  
21011427\_EA

PICK ORGANIC • Over 150 items available every day!



**7.99**  
3 lb  
Lil Snappers  
Honeycrisp apples  
product of U.S.A.,  
Extra Fancy grade  
\$8.99 3 lb  
Lil Snappers  
organic apples  
selected varieties,  
product of U.S.A.,  
Extra Fancy grade  
20997819\_EA



**1.09** lb  
2.40/kg  
organic  
bananas  
product  
of Ecuador  
or Colombia  
20139509001\_KG



**4.99**  
1 lb  
organic lemons  
product of Mexico  
628235690027\_EA



**4.99**  
250 g  
Organic  
Love Beets  
product of U.S.A.  
20873229\_EA



**4.99**  
142 g  
Greenbelt  
organic arugula,  
fresh mix or  
kale crunch  
product of Ontario  
21469982\_EA/21469983\_EA



# GRAB & GO FRESH SALADS

## Personal-Size

- Made fresh daily in-store!
- 20 varieties
- Available at the Salad Bar Counter



Chicken Caesar



Greek Mediterranean



Chicken BLT



Garden Vegetable with Romaine



California with Avocado



Southwest Fiesta

## Family-Size

- Made fresh daily in-store!
- 5 varieties



CAESAR

GREEK

## Side Salads

- Made fresh daily in-store!
- 8 varieties



CAESAR



GREEK



**PRICE LOCKDOWN**  
**2 WEEKS!**  
until Wed. January 15



# MEAT CURING

✓ Fresh Ontario pork  
✓ Casing ✓ Spices



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



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



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



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



**3<sup>99</sup>lb** boneless center cut, rib end chops or roasts  
8.80/kg 20871788\_KG



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



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



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



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



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



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



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

## Meat Curing Spices

Windsor iodized salt  
20126203\_EA  
**1<sup>49</sup>** 1 kg



**2<sup>49</sup>** no name® seasonings selected varieties  
20617736\_EA/20617758\_EA

PC® spices selected varieties  
21117326\_EA / 21117319\_EA  
**4<sup>99</sup>** 7-82 g

no name® ground black pepper 540 g or Club House One Step seasoning club pack 510-660 g  
20182879\_EA/20098875\_EA

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



Everyday Essentials butcher twine  
20641610\_EA

**6<sup>49</sup>** 113 m/370'





# HEALTHY FOOD CHOICES!



13 g protein!

protein latte  
21637001\_EA

**5.95**  
medium 12 oz.



Available in 5 sugar free flavours:  
vanilla, chocolate, caramel, hazelnut or Irish cream

18 g protein!

peanut butter and granola yogurt parfait  
21639780\_EA

**4.49**  
245 g



10 g protein!

**2.99**  
80 g

power cookie  
21186233\_EA



30 g protein!

**7.99**  
271 g

turkey & kale salad protein wrap  
21636937\_EA



## DELI • Always freshly sliced or shaved your way!



**9.99 lb**  
2.20/100 g

Ziggy's® Black Forest or honey maple ham or Schneiders bologna deli sliced  
20323392\_KG/20275910\_KG



**15.99 lb**  
35.25/kg

PC® Natural Choice® chicken or turkey or Arla Canadian havarti cheese deli service, selected varieties  
20180982\_KG/20302980\_KG



**14.99 lb**  
33.05/kg

Ziggy's® roast beef, pastrami, corned beef or Montreal smoked meat deli service case sliced, selected varieties  
21020479\_KG



**13.99 lb**  
30.85/kg

Venetian genoa salami or Saputo provolone cheese selected varieties, deli sliced  
20303649\_KG/21527898\_KG



**3.99 each**  
20319107\_EA

The Laughing Cow 8's or Cheese Dippers 140 g selected varieties



**4.49**  
283 g

Sabra hummus selected varieties  
20005858\_EA/20103342\_EA



**13.99**  
300/375 g

PC® Natural Choice® strips selected varieties  
20786418\_EA/20787394\_EA



**7.49**  
125-175 g

PC® Natural Choice® deli meat slices or Mastro salami selected varieties  
20326202\_EA/20682855\_EA

## BAKERY • Baked fresh by Bakers with passion!



6" Grand birthday confetti cake, carrot cake, strawberry dream  
21378282\_EA/21378283\_EA

**26.99**  
800 g-1 kg



**4.99**  
4's

chelsea buns or cinnamon buns selected varieties  
21470464\_EA

Baked in store!

**6.99**  
560/600 g

gourmet cookies selected varieties  
21208406\_EA



**3.79**  
4/6's

kaiser or submarine buns selected varieties, baked in store  
20009322\_EA/20641213\_EA

Stonemill bread selected varieties  
21556254\_EA

**5.49**  
454/550 g



**4.79**  
234-336 g

PC® mini muffins, Little Bites or School Safe snacks selected varieties  
21363224\_EA/21403214\_EA



**3.49**  
165 g

Mr. Kipling snack pack cake slices selected varieties  
21446696\_EA/21447004\_EA

Vachon snack cakes selected varieties  
20963606\_EA

**4.79**  
282-336 g







# 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



23<sup>99</sup> each

Prairie Naturals supplements or electrolyte powder selected varieties & sizes

21592795\_EA/21592851\_EA



24<sup>99</sup> each

CanPrev magnesium, Synergy B or fibre supplements selected varieties & sizes

20776243\_EA/20776245\_EA



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

AOR vitamin C, N-A-C, or zinc copper balance supplements

21309254\_EA/21311015\_EA

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

Aqua Omega Omega-3 liquid or capsule supplements selected varieties

21639657\_EA/21639732\_EA



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

NOW ashwagandha, biotin, melatonin or vitamin K supplements selected varieties

21418540\_EA/21418251\_EA



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



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

3<sup>99</sup> 136 g

Purplesful Snacking popcorn all varieties

21435344\_EA/21435387\_EA



2<sup>49</sup> 33 g

Mid-Day Squares functional chocolate all varieties

21487220\_EA/21487247\_EA





UP TO **20% OFF**

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



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



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



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

**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



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



**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



**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!

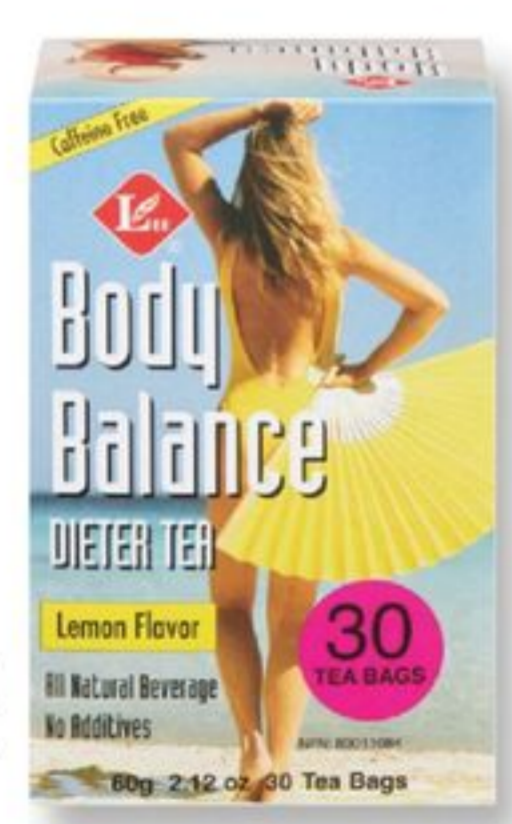


**Flora supplements** all varieties & sizes  
20735144\_EA



**Wild Rose herbal d-tox kit**  
21623738\_EA

**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



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

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

Skinny Pop  
skinny pack

21052844\_EA



High in  
antioxidants!

**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



NEW

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

6.99  
1 L

Organic Meadow kefir drink all varieties

20710883001\_EA/20710883002\_EA



Rich in probiotics!

Unpasteurized!

Canadian Made

9.99  
500 g

Peace River organic creamed honey

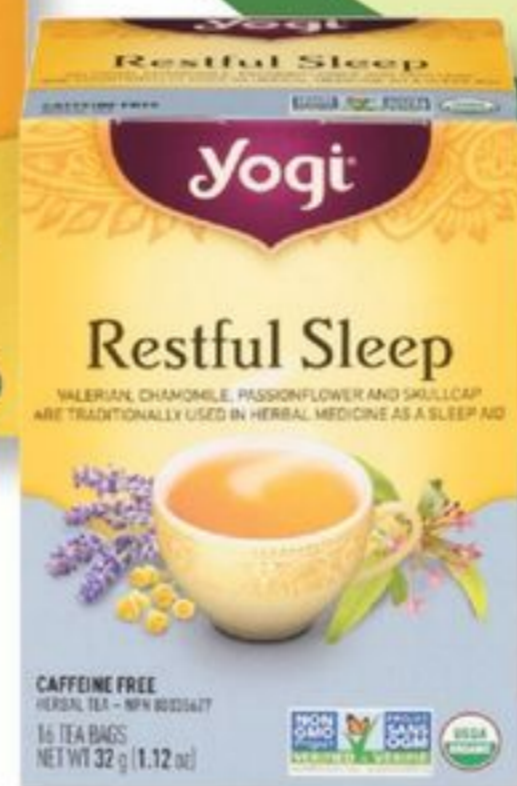
21447829\_EA



4.99  
16's

Yogi organic tea all varieties

20309377001\_EA/20693913003\_EA



Non-GMO, no antibiotics or added hormones



8.99  
16 g

Bone Broth instant bone broth all varieties

21400280\_EA/21400291\_EA

Just add water!

7.99  
360 g

Blender Bites 1-step smoothie all varieties

21535625\_EA/21535627\_EA



NEW

Canadian Made

2.99  
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<sup>99</sup>**  
284/300 g

Prana chia seeds  
selected varieties

20845806001\_EA/20845806002\_EA

*6 g of plant-based protein!*

**6<sup>99</sup>**  
250 g

Yumi overnight oats  
selected varieties

21522422\_EA



*Great source of fibre!*

**14<sup>99</sup>**  
340 g

Canadian Heritage Roasting  
Company coffee all varieties

21642615\_EA/21642499\_EA

*Organic!*



**NEW**

**6<sup>99</sup>**  
2 L 2L

Rolling Meadow  
grass fed milk  
2% or 3.8%

2083553001\_EA/21212714\_EA



**4<sup>99</sup>**  
350 g

Tree Island  
grass-fed yogurt  
selected varieties

21622466\_EA/21622484\_EA



**10<sup>99</sup>**  
365/500 g

Nuts to You spreads  
selected varieties

20180613\_EA/20922533\_EA



*Gluten-free!*

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



# HEALTHY EATING

Easy meal options for lunch, dinner or anytime!



**6<sup>29</sup>** each  
Daiya cheddar flavour block 200 g or slices 220 g, selected varieties  
21070683\_EA/21335548\_EA



**6<sup>29</sup>** 200 g  
Daiya vegan cheese shreds selected varieties  
21207740\_EA/21465121\_EA



**4<sup>49</sup>** 120/155 g  
Yves veggie cold cut slices selected varieties  
20596883\_EA/20597352\_EA



**2<sup>99</sup>** 350/454 g  
Sunrise extra firm tofu selected varieties  
20022239\_EA/20570507\_EA



**2<sup>29</sup>** 300 g  
Sunrise soft or dessert tofu selected varieties  
20135704\_EA/20599353\_EA



**7<sup>49</sup>** 320/350 g  
Gusta vegan sausage selected varieties  
21284423\_EA/21284436\_EA



**9<sup>99</sup>** 183-200 g  
Spread'Em Kitchen Co. cashew cheese style dip selected varieties  
21195802\_EA/21621546\_EA



**6<sup>99</sup>** 300-400 g  
Big Mountain Vegan Foods plant based grounds, bites or patty selected varieties, refrigerated  
21310529\_EA/21432601\_EA

Nuts For Cheese fermented cashew product selected varieties  
21162677\_EA/21398569\_EA

**11<sup>49</sup>** 120 g



PC® Blue Menu® bread selected varieties  
21015175\_EA

**4<sup>99</sup>** 440 g



Weight Watchers bread, bagels or tortillas selected varieties  
21004352\_EA/21004548\_EA

**5<sup>29</sup>** 248-450 g



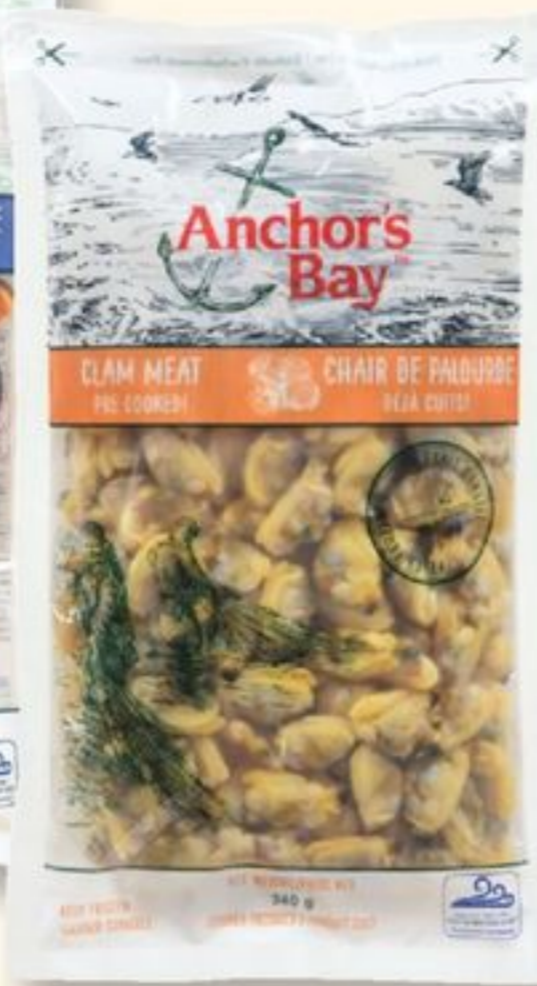
**4<sup>99</sup>** 260-480 g

Promise gluten free loaf or buns selected varieties  
21465953\_EA





# Happy Lunar New Year



long eggplant  
product of  
Dominican Republic  
20159013001\_KG

daikon  
product of U.S.A.  
20082109001\_KG

**12.98**  
340 g  
T&T® hot pot rolls  
selected varieties  
21570350\_EA/21570410\_EA

**5.98**  
340 g  
Anchor's Bay  
cooked mussel  
or clam meat frozen  
20791670\_EA/20792247\_EA

**1.88** lb  
4.14/kg

**.88** lb  
1.94/kg

**2.28** lb  
5.03/kg  
ginger root  
product of China  
20179038001\_KG



**4.88**  
300 g  
two-bite  
Lunar New Year  
mini cupcakes  
selected varieties  
21431082\_EA/21433261\_EA

**4.88**  
383 g  
Kimberley's  
Lunar New Year  
frosted  
sugar cookies  
selected varieties  
21433261\_EA

money tree  
in 5" ceramic pot  
21163199\_EA

Dan-D Pak  
cashews  
salted or unsalted  
20314862001\_EA/20314862002\_EA

SkyFlakes crackers  
800 g or Kewpie  
mayonnaise 517 mL  
21064091\_EA/21176798\_EA



**1.28**  
each  
Nongshim noodle  
soup cup 75 g,  
selected varieties  
or T&T®  
Korean roasted  
sea laver 3x5 g  
20032441005\_EA/20593313\_EA

**4.48**  
340 g  
Hereford corned  
beef or SPAM  
luncheon meat,  
selected varieties  
20050622\_EA/20968255\_EA

**1.98**  
each  
Aroy-D  
coconut milk  
400 mL or T&T®  
noodles 363 g  
selected varieties  
20063864\_EA/20692707\_EA

**3.88**  
each  
Golden Dragon  
Hoisin or oyster  
sauce 455 mL  
or Maggi  
seasoning  
200 mL  
20123023\_EA/20307187\_EA

**5.48**  
each  
Flying Goose  
sriracha  
sauce 730 mL  
or T&T®  
potstickers  
selected varieties,  
frozen, 567 g  
21495805\_EA/21499017\_EA



**7.88**  
each  
Ribena  
black currant  
beverage 850 mL  
or Lipton  
Yellow Label  
or green tea  
72/100's  
selected varieties  
21101494\_EA/21593208\_EA

**5.48**  
400 g  
Nestlé Milo  
or Ovaltine  
malt drink mix  
selected varieties  
20103042\_EA/20726635\_EA

**2.48**  
each  
T&T®  
aloe vera  
drink 1.5 L  
or jasmine  
green tea 1.23 L  
selected varieties  
20593585\_EA/21340139\_EA

**5.88**  
8x70 mL  
Melona frozen  
dessert bars  
21622903\_EA/21622933\_EA

**4.88**  
258-350 g  
CP Authentic  
Asia entrées  
selected varieties,  
frozen  
20956750\_EA



PANE *Fresco*

# PAN BREADS

Made the old fashioned way with natural ingredients!

8 varieties!  
Great for sandwiches!



**4.99** old fashioned white or whole wheat  
550 g 20613611\_EA/20883611\_EA

sprouted grains  
20826566\_EA  
**5.99**  
600 g

**4.99** multigrain  
605 g 20613644\_EA

**5.99** cheddar  
460 g 21209687\_EA

**5.99** cinnamon raisin  
570 g 21209688\_EA

**5.99** cranberry or flax seed  
540 g 21030611\_EA/21124858\_EA

**FROM  
OUR  
CHEFS™**

## Artisan-style Deli Meat Roasted In-store!

- No added nitrites, nitrates\* or phosphates
- Canadian made with natural ingredients

*Hand-tied!*

### 8 VARIETIES:

- Turkey breast
- Black Forest ham
- Tuscan ham
- Roasted Maple ham
- Roast beef
- Buffalo chicken
- Salsalita turkey
- Lemon Sage turkey



\*Except for those naturally occurring in the ingredients.

Available at most locations.





**1.99** Chef Woo ramen cups selected varieties  
71 g 21448063\_EA/21448070\_EA

**3.29** Pringles potato chips selected varieties  
148/156 g 21003833\_EA/21584545\_EA

**3.49** Dare Bear Paws cookies selected varieties  
168-240 g 21080777\_EA/21531448\_EA

**2.99** PC® soft drinks selected varieties  
6x222 mL 21087279\_C06

**1.59** Primo canned beans selected varieties  
540 mL 21187513\_EA/21187516\_EA

**3.49** each Skinny Girl salad dressing 237 mL or Fresh Gourmet croutons 128/142 g or tortilla strips 99 g  
21448144\_EA/21526302\_EA

**5.49** 6x355 mL PC® M'AQUA sparkling water selected varieties  
21590669\_C06/21590813\_C06

**3.99** 125-384 g Kellogg's Rice Krispies, Nutri-Grain bars or Pop-Tarts selected varieties  
20126567001\_EA/20313984003\_EA

**2.99** 250 mL Red Bull energy drinks selected varieties  
20702466\_EA

**.99** 156 mL Unico tomato paste selected varieties  
20000527\_EA

**21.99** 3.63 kg Dainty Basmati, Kimora or Jasmine rice  
21368746\_EA/21368751\_EA

**4.49** 190/200 g Miss Vickie's kettle chips selected varieties  
21240628\_EA

**3.29** 375 mL Unico canned olives  
20324873002\_EA/20324873004\_EA

**3.99** 125-250 g Ryvita snack bread selected varieties  
2032633001\_EA/20763958001\_EA

Take the Dry January Challenge

**7.99** 6x330 mL Corona Sunbrew non-alcoholic beer selected varieties  
21433615\_C06

**8.99** 4x355 mL Atypique non-alcoholic cocktails selected varieties  
21517134\_C04

**10.99** 750 mL Smoky Bay non-alcoholic wine selected varieties  
21596489\_EA/21596657\_EA

**8.49** 4x355 mL Partake non-alcoholic beer selected varieties  
21208552\_C04

**11.99** 4x440 mL Guinness 0 non-alcoholic beer selected varieties  
21567137\_C04

**2.49** 473 mL Coors Edge non-alcoholic beer  
21103816\_EA



# DAIRY & FROZEN



**3.49** Gay Lea sour cream selected varieties  
425/500 mL 20317536001\_EA



**4.99** PC® frozen fruit  
400-600 g 21377841\_EA



**3.49** Cheemo perogies selected varieties, frozen  
907 g 20527369\_EA



**750** when you buy 3

**2.49** Michelina's frozen entrées selected varieties  
156-284 g 21208614\_EA



**9.99** High Liner fish or shrimp selected varieties, frozen  
330-700 g 2030320001\_EA



a2 partly skimmed 2% milk  
21339272\_EA

**6.49** 2 L



Natre! chocolate milk  
20085624\_EA

**5.99** 6x200 mL



Healthy Choice simply entrées selected varieties, frozen  
20974538\_EA

**5.49** 255-283 g

Chapman's no sugar added ice cream 1 L or novelties 4/6's selected varieties, frozen  
20315564001\_EA



**6.99** each

Eby Manor Golden Guernsey 4% chocolate milk  
21242665\_EA



**4.29** 500 mL



Smucker's Uncrustables selected varieties, frozen  
21543055\_C04

**5.79** 4x52/58 g

Black Diamond Cheestrings selected varieties  
20763661\_EA



**7.99** pkg of 12/16



Black Diamond Slices processed cheese product selected varieties  
21252564\_EA

**4.99** 410 g

Nordica cottage cheese selected varieties  
20021992002\_EA



**7.49** 750 g



McCain fries selected varieties, frozen  
21521219\_EA

**3.49** 800 g

PC® orange juice  
21430531\_EA



**4.99** 1.54 L

bibigo mini wontons frozen  
21591982\_EA



**10.48** 680 g



Kellogg's Eggo waffles selected varieties, frozen  
20099730001\_EA

**6.49** 16's



no name®

Just Low Prices



**129** no name® tuna  
lemon pepper or thai chili  
85 g  
20097482001\_EA/20097482003\_EA



**249** no name®  
sour cream  
500 mL  
20299657\_EA



**179** no name®  
chopped spinach  
300 g  
20611796\_EA



**199** no name®  
apple sauce  
620 mL  
21379698\_EA



**479** no name®  
peanut butter  
1 kg  
20296985001\_EA



**249** no name®  
lemon concentrate  
946 mL  
20642581\_EA



**279** no name®  
perogies  
907 g  
20811240\_EA



**399** no name®  
fruit  
796 mL  
20618824\_EA



**129** no name®  
soup  
284 mL  
20252539\_EA



**399** no name®  
flour  
2.5 kg  
20013256\_EA



**129** no name®  
mushrooms  
284 mL  
20299211\_EA



**179** no name®  
beans in  
tomato sauce  
398 mL  
20314839003\_EA



**499** no name®  
rice  
2 kg  
20069589\_EA



**349** no name®  
salmon  
213 g  
20164488\_EA



**199** no name®  
facial tissue  
2 ply  
126's  
20970999\_EA



**199** no name®  
snack bags  
80's  
21108326\_EA



**749** no name®  
recycling or  
garbage bags  
30-40's  
21116660\_EA



**399** no name®  
bleach  
2.4 L  
21486532\_EA



**799** no name®  
cat litter  
7 kg  
20023746002\_EA



# Warm up this Winter



**3.79**  
20/24's

Tetley herbal tea  
selected varieties

20722550\_EA/20976083\_EA



**4.99**  
72's

Red Rose tea

21593431\_EA



Maxwell House  
ground coffee  
selected varieties

21606882\_EA

**9.99**  
631-900 g



PC® flavoured  
ground coffee

21478006\_EA/21478021\_EA

**6.99**  
250 g



Nabob T-Discs  
or Maxwell House  
K-Cups  
selected varieties

110-123 g

20552968\_EA/20975428\_EA



**6.99**  
80's/250 g

Yorkshire tea  
selected varieties

20752130\_EA/20752199\_EA



Optimum  
**3,000** pts

**13.99**  
10's

Kicking Horse K-Cups

21628567\_EA/21628644\_EA



Lavazza  
K-Cup pods  
selected varieties

21589797\_EA/21589798\_EA

**19.99**  
30's



Starbucks  
hot chocolate  
selected varieties

21541288\_EA/21624750\_EA

**9.99**  
240/300 g



no name®  
coffee filters  
selected varieties

**2.99**  
100's



no. 2  
cone  
coffee filters



no. 4  
cone  
coffee filters

Natrel  
coffee creamer

21589027\_EA

**6.49**  
1 L



International  
Delight coffee  
whitener  
selected varieties

20895480003\_EA

**5.99**  
946 mL





BULK

# Meat Curing Spices



**259**  
150 g crushed chili flakes  
21448057\_EA



**299**  
200 g Spanish paprika  
21448059\_EA



**519**  
200 g ground black pepper  
21448060\_EA



**349**  
150 g fennel seeds  
21448062\_EA



**187**  
/100 g Turkish apricots  
8.49/lb  
20120073\_KG



**121**  
/100 g dried cranberries  
5.49/lb  
20076360\_KG



**198**  
/100 g raw or roasted pepitas  
8.99/lb  
salted or unsalted  
20171376\_KG



**220**  
/100 g walnut pieces,  
halves or crumbs  
9.99/lb  
20160573\_KG



**.88**  
/100 g roasted sunflower seeds  
3.99/lb  
salted or unsalted  
20015072\_KG



**353**  
/100 g pecan halves  
15.99/lb  
or pieces  
20730611\_KG



**165**  
/100 g chia seeds  
7.49/lb  
20655499\_KG



**286**  
/100 g hemp seeds  
12.99/lb  
20977592\_KG



**154**  
/100 g gluten free  
6.99/lb  
honey raisin &  
almond granola  
21622146\_KG



**154**  
/100 g cinnamon  
6.99/lb  
raisin granola  
21622193\_KG



**132**  
/100 g maple almond  
5.99/lb  
granola cereal  
20655821\_KG



**.33**  
/100 g rolled oats  
1.49/lb  
20041938\_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 21393905\_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** Schneiders boneless  
chicken bites  
frozen  
600 g 21627202\_EA/21627217\_EA



**27.99** PC® Blue Menu® boneless  
skinless chicken breasts  
Club Pack®, frozen  
1.36 kg 20138476\_EA



**23.99** Jackie's cutlets  
or pork schnitzel  
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

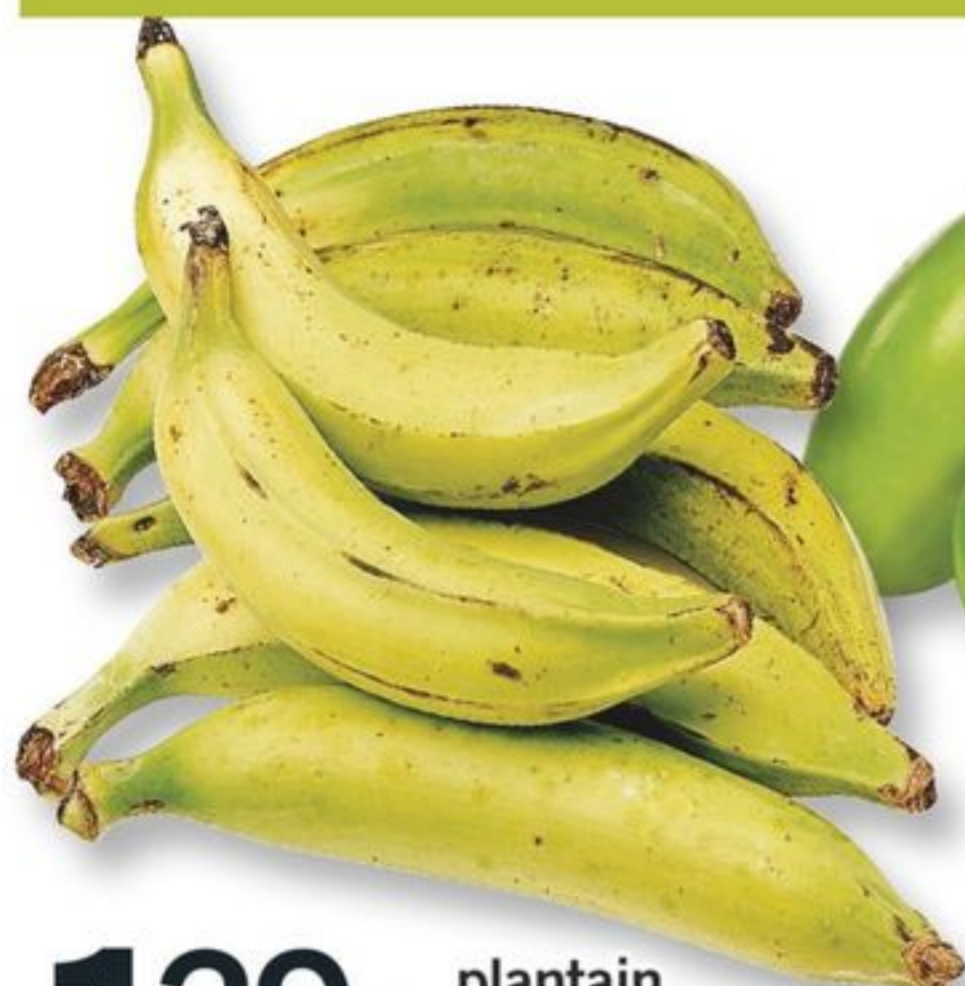


**8.99** Rachel's  
corned beef brisket  
19.82/kg 20620766\_KG



# EXPERIENCE A WORLD OF FLAVOURS

AVAILABLE AT: 330 Queens Plate Etobicoke, 75 Centennial Pkwy, 1579 Main St. West, 50 Dundurn St. South Hamilton, 55 Mountainash, 60 Quarry Edge and 35 Worthington Brampton stores only.



**129<sup>lb</sup>** plantain  
product of Colombia  
or Honduras  
2.84/kg  
20111926001\_KG



opo long squash  
product of U.S.A.  
or Honduras  
20142055001\_KG

**129<sup>lb</sup>**  
2.84/kg



**7<sup>99</sup>** Mina Halal  
extra lean  
ground chicken  
454 g  
21618141\_EA



**9<sup>99</sup>lb** Sufra Halal  
sirloin tip roast  
22.02/kg  
21397526\_KG



**6<sup>49</sup>** vegetable  
samosas  
6 pack  
20904594\_EA



Suraj naan  
original or garlic  
21051353\_EA

**3<sup>29</sup>**  
500 g



**15<sup>99</sup>** 7" round  
eggless  
cake  
chocolate  
or vanilla  
20965406\_EA  
800 g/1 kg



**11<sup>99</sup>** Zabiha Halal  
breaded chicken  
burgers, nuggets  
or strips  
selected varieties  
21192652\_EA  
800 g



IFC basa fillets  
frozen  
21615047\_EA

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



**2<sup>20</sup>** /100 g  
9.99/lb  
20664648\_KG  
natural  
roasted  
pistachios  
salted or  
unsalted



**2<sup>49</sup>** Hans Dairy Dahi  
selected varieties  
750 mL  
20092811\_EA/20313667\_EA



Quality  
basmati rice  
20787290\_EA

**13<sup>99</sup>**  
3.63 kg



Rubicon  
exotic juice  
drink  
selected varieties  
20296770002\_EA

**2<sup>49</sup>**  
1 L



**1<sup>19</sup>** Parle G original  
gluco biscuits  
300 g  
20956495\_EA



Brar's  
desi ghee  
20869886\_EA

**13<sup>99</sup>**  
800 g



**1<sup>29</sup>** Kurkure  
masala munch  
selected varieties  
115 g  
20659742\_EA/21361077\_EA



**4<sup>99</sup>** Tea India  
chai moments tea  
selected varieties  
10's  
20849286\_EA/20849671\_EA



Dabur honey  
20802858\_EA

**9<sup>99</sup>**  
500 g



**1<sup>49</sup>** Suraj beans  
selected varieties  
540 mL  
20111048\_EA/20540264\_EA



Maggi  
Noodles Masala  
20870359\_EA

**.39**  
70 g





cut tulips  
assorted colours  
20180973\_EA

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



**12<sup>99</sup>** large or mini  
gerbera bunches  
assorted colours  
20342399\_EA/21205508\_EA  
or 3/\$32



spring bulbs  
in 4" pot  
\$4.99 ea.

**9<sup>99</sup>** spring bulbs  
assorted varieties  
21087691\_EA  
6" pot



tropical house plants  
assorted varieties  
21049510\_EA/21050495\_EA

**4<sup>99</sup>**  
3.5" pot



tropical plants  
assorted varieties  
21050365\_EA

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



10" tropical hanging  
basket \$24.99 ea.

**16<sup>99</sup>** tropical hanging  
6" basket  
assorted varieties  
21386968\_EA/21387411\_EA  
each

## Floral Arrangements

- ✓ Made Fresh by our skilled designers
- ✓ We Deliver!  
Order fresh flowers today for local delivery.





# BABY



**36<sup>99</sup>** Huggies Pull-Ups selected varieties  
66-92's 21021423\_EA/21021427\_EA



**19<sup>99</sup>** Pampers or Huggies wipes selected varieties  
21018026\_EA/21371309\_EA



**4<sup>49</sup>** PC® baby oil, bubble bath or wash selected sizes and varieties  
20978100\_EA/20978401\_EA



**54<sup>99</sup>** Enfamil powder selected varieties  
20435527003\_EA/21436985\_EA



**9<sup>99</sup>** PediaSure selected varieties  
20322414001\_EA/20322414002\_EA



**1<sup>79</sup>** Love Child pouches all varieties  
128 mL 20752699001\_EA/20752699002\_EA



**2<sup>99</sup>** Once Upon A Farm refrigerated pouches 85 mL or PC® Organics mini cereal bars 160 g, selected varieties  
20431441001\_EA/21191663\_EA



**3<sup>99</sup>** Earth's Best snacks selected varieties  
71-133 g 21534883\_EA/21534914\_EA



**2<sup>99</sup>** Baby or Toddler Mum-Mum selected varieties  
50/60 g 20159814002\_EA/20316680001\_EA



**4<sup>99</sup>** Gerber cereal selected varieties  
227 g 20358339006\_EA/20358339007\_EA

# BODY & HEALTH



**6<sup>99</sup>** Sensodyne repair toothpaste 75 mL or Listerine 1 L selected varieties  
20348438001\_EA/21471658\_EA



**3<sup>99</sup>** J.R. Watkins 266/325 mL hand soap or Nivea or Chapstick lip care 2's selected varieties  
20143913\_EA/20432297002\_EA



**8<sup>99</sup>** Nivea 50-625 mL soft or Vaseline 400-600 mL lotion selected varieties  
20700027\_EA/20794480\_EA



**5<sup>99</sup>** Ivory bar soap 10's or body wash 621 mL or Dove bar soap 3's  
20347887001\_EA/20860346001\_EA



**6<sup>99</sup>** Dove or Degree deodorant selected varieties  
20840721\_EA/21078327\_EA



**4<sup>99</sup>** Always liners 36-72's, pads 10-26's or Tampax tampons 14-18's selected varieties  
21181430\_EA/21444989\_EA



**17<sup>99</sup>** Tena protective underwear selected varieties  
21033614\_EA/21033778\_EA



**5<sup>99</sup>** Pantene hair care or styling selected varieties  
20311794002\_EA/21431192\_EA



**3<sup>99</sup>** Barebells portein bars 55 g or Halls bags 24-30's selected varieties  
20315680001\_EA/21626177\_EA



**13<sup>99</sup>** Boost high protein ready to drink shakes selected varieties  
20986348\_C06/20986361\_C06



# HOUSEHOLD



**Persil laundry detergent**  
selected varieties  
20952144\_EA

**17<sup>99</sup>**  
2.21 L



**Snuggle fabric softener sheets**  
21170996\_EA

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



**Pine-Sol multi purpose cleaner**  
selected varieties  
20298679001\_EA/20298679002\_EA

**5<sup>99</sup>**  
1.41 L



**Finish dishwasher tabs**  
selected varieties  
21561304\_EA/21217835\_EA

**13<sup>99</sup>**  
21-30's



**Bounty Select A Size paper towels**  
21515979\_EA

**29<sup>99</sup>**  
8=24 rolls



**Glad cling wrap**  
20003818\_EA

**3<sup>29</sup>**  
30 m



**PC® liquid dish soap**  
selected varieties  
21012467\_EA/21013091\_EA

**2<sup>49</sup>**  
638/739 mL



**Swiffer refills wet or dry**  
21628715\_EA/21630025\_EA

**15<sup>99</sup>**  
each



**3<sup>99</sup>**  
30/40's  
no name® freezer bags medium or large  
20155482\_EA/20298374\_EA



**Cashmere Ultra bathroom tissue**  
selected varieties  
21189845\_EA

**23<sup>99</sup>**  
24=72 rolls

# PET NEEDS



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

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



**Purina Friskies dry cat food**  
selected varieties  
20142252001\_EA/209125151\_EA

**7<sup>99</sup>**  
1.42 kg



**IAMS Proactive Health dry cat food**  
selected varieties  
21027553\_EA/21027556\_EA

**15<sup>99</sup>**  
1.36-1.59 kg



**Meow Mix dry cat food**  
selected varieties  
21388314\_EA

**9<sup>99</sup>**  
1.36 kg



**TidyCats clumping cat litter**  
selected varieties  
21206496\_EA/21206503\_EA

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



**Milk-Bone Soft & Chewy treats for dogs**  
selected varieties  
20303865001\_EA/20303865002\_EA

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



**Zoë wet dog food**  
21218863\_EA/21218883\_EA

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



**no name® rawhide small dog bones**  
21081469\_EA

**8<sup>99</sup>**  
8's



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

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



**Blue Buffalo dry dog food**  
21365754\_EA

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





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**HUNGRY HUNTER**

**NEW YEAR.  
FRESH FOOD.  
HEALTHY,  
HAPPY PETS.**

Find us in the freezer  
down the pet aisle.



**TURKEY - 3.6 KG** (21376262\_ea)    **BEEF - 3.6 KG** (21376264\_ea)

**CHICKEN - 3.6 KG** (21376267\_ea)    **LAMB - 3.6 KG** (21612110\_ea)

**DUCK - 3.6 KG** (21610758\_ea)

**HUNGRYHUNTER.CA**

FIND US IN  
NATURE'S  
TREASURE

**KICKING  
HORSE®  
COFFEE**

**NEW**

Optimum™  
**3,000** pods  
when you buy 1

**THE KICKASS COFFEE  
YOUR KEURIG®  
HAS BEEN WAITING FOR.**



**Kicking Horse® Coffee 10 K-Cup® pods**  
21628596\_EA, 21628567\_EA, 21628644\_EA

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**Unico**

**PRIMO**



**16.99**

Gallo Extra Virgin Olive Oil (1L)



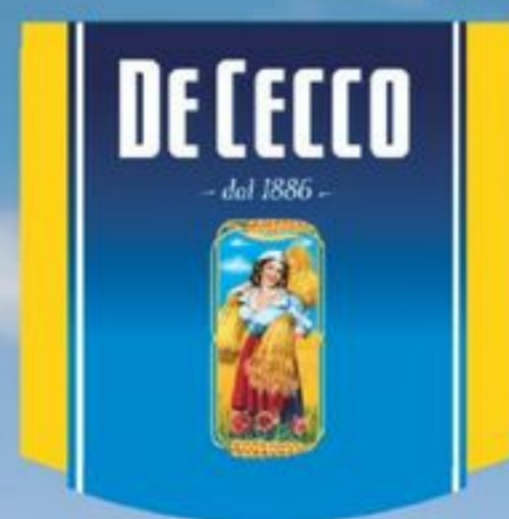
**12.99**

Unico Sunflower Oil (3L)



**4.79**

DeCecco Napoletana  
Pasta Sauce (400g)



**5.29**

DeCecco Pappardelle  
All'Uovo (250g)



**15.99**

Primo Extra Virgin  
Olive Oil (1L)



**1.59**

Primo Canned  
Black Beans (540 mL)



**1.79**

Primo Diced  
No Salt Added Tomatoes (796 mL)

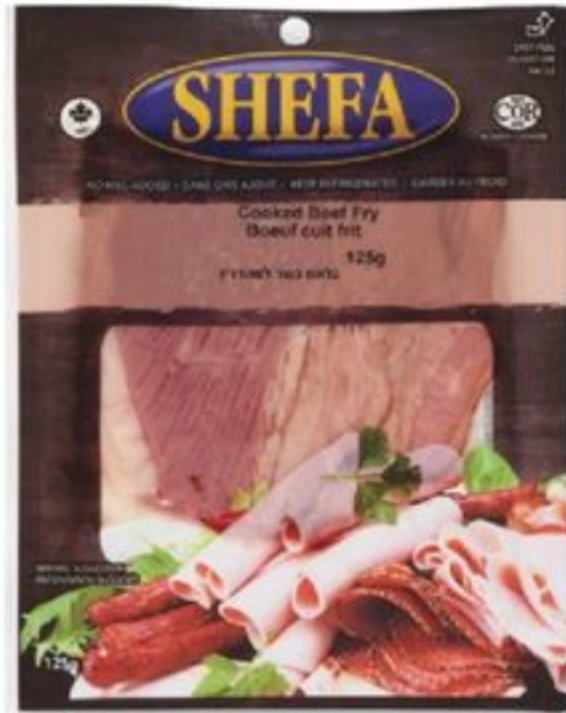


# FORTINOS®

## KOSHER



**3<sup>99</sup>**lb  
8.80/kg  
Marvid whole chicken  
20006825\_KG



Shefa roast beef,  
corned beef  
or pastrami  
20071183\_EA  
**7<sup>99</sup>**  
125 g



**16<sup>99</sup>**lb  
37.46/kg  
fresh Kosher  
Atlantic salmon  
fillet tray pack  
21029025\_KG



**3<sup>99</sup>**  
227-450 g  
Bodek  
coleslaw or cabbage  
20044358\_EA/20050193\_EA



**1<sup>49</sup>**  
200 g  
Ta'ambonne dips  
selected varieties  
21396312\_EA/21396343\_EA



Hermes bread  
selected varieties  
20106441\_EA/20118743\_EA  
**3<sup>29</sup>**  
680 g



Ceres juice  
selected varieties  
2000447001\_EA  
**2<sup>99</sup>**  
1 L



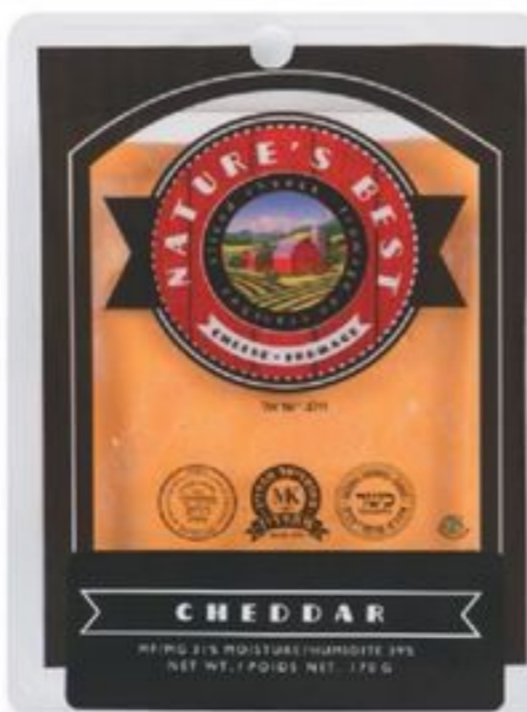
**7<sup>99</sup>**  
454/680 g  
Pardes Farms vegetables  
selected varieties, frozen  
21029551\_EA/21029562\_EA



Mini Man  
chocolate wafer bites  
21087176\_EA  
**1<sup>99</sup>**  
200 g



Givat  
cream cheese  
bar or whipped  
20279111001\_EA/20279111002\_EA  
**6<sup>99</sup>**  
227 g



Nature's Best  
sliced cheese  
selected varieties  
21079810\_EA/21079871\_EA  
**5<sup>99</sup>**  
170 g



Norman  
Greek yogurt  
selected varieties  
21032107\_EA/21032114\_EA  
**6<sup>99</sup>**  
907 g

PRICES EFFECTIVE FROM THURSDAY, JANUARY 2 TO WEDNESDAY, JANUARY 22, 2025.





**A&B Famous**  
breaded fish  
selected varieties,  
frozen  
21433934\_EA

**6<sup>99</sup>**  
390/397 g

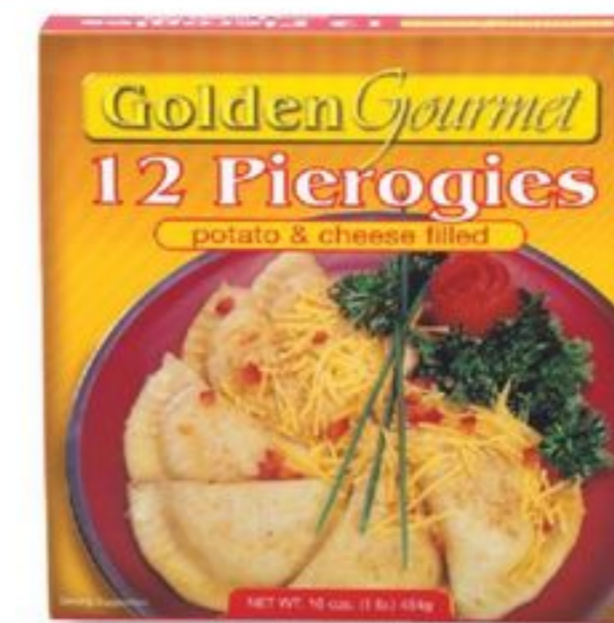


**6<sup>99</sup>** Macabee  
pizza bagels  
2108931\_EA



**Amnon's**  
falafel  
balls 340 g  
or Ta'Amti  
bourekas  
700/799 g  
selected varieties,  
frozen  
20286277\_EA/20653790002\_EA

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



**Golden**  
pierogies  
selected varieties,  
frozen  
20018550002\_EA

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



**Berman**  
cookies  
selected varieties  
20863108\_EA/210318271\_EA

**2<sup>49</sup>**  
180/200 g



**4<sup>99</sup>** Drizzilicious  
bites  
selected varieties  
21240269\_EA/21415209\_EA



**1<sup>99</sup>** Galil corn  
or rice cakes 100 g  
or crackers 454 g  
selected varieties  
21059190\_EA/21059192\_EA



**4<sup>49</sup>** Zweet candy  
selected varieties  
21056687\_EA/21056721\_EA



**Ushia**  
coconut  
cream or  
milk 400 mL  
or sauces 300 mL  
selected varieties  
21031262\_EA/21057720\_EA

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



**Kedem**  
cooking wine  
selected varieties  
20275765002\_EA

**3<sup>49</sup>**  
376 mL



**3<sup>49</sup>** Tabatchnick  
broth  
selected varieties  
21029501\_EA/21031753\_EA



**1<sup>99</sup>** Gefen  
mandarin oranges  
20059582002\_EA



**Gefen**  
pasta  
or pizza sauce  
selected varieties  
20314407002\_EA/20314407003\_EA

**4<sup>49</sup>**  
709/737 g



**2<sup>99</sup>** Streit's  
egg noodles  
selected varieties  
20108643001\_EA



**1<sup>99</sup>** Gefen instant  
noodle soup  
selected varieties  
20275717001\_EA



**2<sup>99</sup>** Tabatchnick  
soups  
selected varieties,  
411-426 mL  
20027204001\_EA/20027204005\_EA

**FORTINOS**

Prices effective from Thursday, January 2  
to Wednesday, January 22, 2025 at:  
• 700 Lawrence Ave. W, North York  
• 1579 Main St. W, Hamilton

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