



Optimum™

Optimum

Members-Only Price™

\$5

Non-members

\$7

Members save

\$2

MINI SEEDLESS WATERMELONS

PRODUCT OF GUATAMALA, BRAZIL, MEXICO OR HONDURAS
EACH
20145379001_EA



Optimum

Members-Only Price™

\$3

Non-members

\$4

Members save

\$1

NO NAME® FLOUR

SELECTED VARIETIES
2.5 KG
20013256_EA/21030802_EA



LIMIT 4
AFTER LIMIT
\$4 EA.

Optimum

Members-Only Price™

12⁹⁹

Non-members

18⁹⁹

Members save

\$6

TILDA BASMATI RICE

10 LB
20153678_EA



Optimum

Members-Only Price™

\$3

Non-members

\$4

Members save

\$1

PREMIUM BAGELS

SELECTED VARIETIES
6'S
21016649_EA/21572838_EA



BAKED
IN-STORE

**SAVE
UP TO \$1²⁹**

\$1

**NEILSON
MILKSHAKES OR
MILK2GO**
SELECTED VARIETIES
310 ML
21040932_EA/21040942_EA



**PRICE
DROP!**

3⁵⁰

**PILLSBURY
PIZZA POPS 380 G OR
TOASTER STRUDEL**
326 G
SELECTED VARIETIES FROZEN
21435996_EA/20172664001_EA



**PRICE
DROP!**

**SAVE
\$2⁴⁹**

\$3

**KIND
HEALTHY GRAINS
GRANOLA BARS**
SELECTED VARIETIES
5X35 G
20925684_EA/20928553_EA



**PRICE
DROP!**

2⁵⁰

**TAKIS ROLLED
TORTILLA CHIPS**
SELECTED VARIETIES
260/280 G
21036714_EA/21602195_EA



**PRICE
DROP!**

†Offer valid in-store at participating locations between February 6 - February 26, 2025 before applicable taxes and while quantities last. Offer applies only to select products. Offer may be modified and/or cancelled without notice. See in-store for full details.

PROUDLY CANADIAN OWNED & OPERATED

Independent
Your Independent Grocer

SAVE \$1.50/LB

CANADIAN PORK

2.99
LB

PORK LOIN COMBINATION CHOPS SIRLOIN, CENTRE AND RIB PORTION
BONE-IN
6.59/KG
21618274_EA



SAVE \$2.50/LB

CANADIAN POULTRY

2.99
LB

WHOLE CHICKEN
6.59/KG
20147976_EA



14.99
LB

SOCKEYE SALMON FILLETS
PREVIOUSLY FROZEN
FAMILY SIZE
33.05/KG
21000267_EA



SAVE UP TO \$2

2.99

BLACKBERRIES OR RASPBERRIES
PRODUCT OF MEXICO OR U.S.A.
6 OZ
20051015001_EA
20128938001_EA



11.88

RED MANGO CASE
PRODUCT OF PERU
2104848_EA



9 LB AVG

\$5

FARMER'S MARKET™ RUSSET POTATOES
PRODUCT OF CANADA, CANADA NO. 1 GRADE
10 LB BAG
20664020001_EA



\$5

FARMER'S MARKET™ GREENHOUSE PEPPERS
PRODUCT OF MEXICO
3'S
20065851001_EA



SAVE UP TO \$2.29

\$4

PHILADELPHIA CREAM CHEESE OR DIPS 227/250 G OR **KRAFT SINGLES** 2.530 G OR **CHEEZ WHIZ** 2.530 G
SELECTED VARIETIES
20641287_EA
21888654_EA



\$3

MCCAIN SUPERFRIES OR SPECIALTY POTATOES
SELECTED VARIETIES
FROZEN
454-800 G
20324328002_EA
20799091_EA



SAVE \$1

\$3

GREEN GIANT VEGETABLES
SELECTED VARIETIES
FROZEN
400-750 G
21022315_EA
21022316_EA



6.49

LIBERTÉ GREEK YOGURT 650/750 G OR **YOPLAIT YOGURT** 16X100 G
SELECTED VARIETIES
20317379001_EA
20642273_EA



SAVE UP TO \$6.99

\$10

TIDE LAUNDRY DETERGENT 1.86 L/23-31'S OR **DOWNY OR GAIN FABRIC SOFTENER** 2.63 L OR BEADS 379 G
SELECTED VARIETIES
21550428_EA
21593782_EA



SAVE UP TO \$6.49

7.50

PUREX BATHROOM TISSUE 12 DOUBLE ROLLS, **SPONGETOWELS** 6 ROLLS OR **SCOTTIES FACIAL TISSUE** 6'S
SELECTED VARIETIES
2186223_EA
21869812_EA



APP EXCLUSIVE OFFER

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

for every \$100* spent on baby diapers, training pants, wipes, food, formula, accessories or toiletries excludes apparel

GET 20,000 PC OPTIMUM POINTS = \$20 Value

34.99

HUGGIES ECONO PACK DIAPERS
SELECTED VARIETIES
SIZE N-7, 60-200'S
21240322_EA
21456640_EA



23.99

HUGGIES 15X BABY WIPES
SELECTED VARIETIES
960-1152'S
21541191_EA



29.99

PAMPERS ECONO PACK DIAPERS
SELECTED VARIETIES
SIZE N-8, 58-200'S
21551643_EA
21551625_EA



Flyer prices effective from Thursday, February 20th to Wednesday, February 26th, 2025. SEE BACK PAGE FOR DETAILS.

7⁴⁹ **GET 1,500^{PC} Value**

CRACKER BARREL CHEESE BARS 400 G OR **SHREDS** 250-320 G SELECTED VARIETIES
21290384_EA
21290676_EA



SAVE \$1.48

WHEN YOU BUY 2

2/7⁵⁰ OR \$4.49 EA.

CASA MENDOSA OR WONDER TORTILLAS SELECTED VARIETIES 10 INCH
20318788_EA
20976426_EA



SAVE UP TO \$2

9⁹⁹

PC SMOKED SALMON SELECTED VARIETIES FROZEN 125/150 G
20055009_EA



SAVE UP TO \$2.50

5⁴⁹

CHAPMAN'S PREMIUM ICE CREAM OR FROZEN YOGURT, SORBET 2 L OR SUPER NOVELTIES 6-20'S SELECTED VARIETIES FROZEN
2001532_EA
20323573001_EA



\$5

TROPICANA JUICE PURE LEAF DRINKS 1.36/1.75 L OR ACTIVIA YOGURT 8x100 G SELECTED VARIETIES
21046675_EA
21622130_EA



4⁷⁵

GENERAL MILLS RETAIL SIZE CEREAL OR GRANOLA SELECTED VARIETIES 300-437 G
20649323_EA
21040447_EA



SAVE 99¢

\$5

QUAKER HARVEST CRUNCH CEREAL SELECTED VARIETIES 400-510 G
21219824_EA
21239228_EA



\$5

PC ASIAN ENTRÉES OR SOUPS 300 G OR PC GNOCCHI OR RISOTTO 350-400 G SELECTED VARIETIES FROZEN
21046675_EA
21648849_EA



\$6 **GET 500^{PC}**

NESCAFÉ SWEET & CREAMY 144-351 G, FLAVORED, DECAFFEINATED, COLOMBIAN 100-170 G OR TASTER'S CHOICE 100 G OR NESQUIK 510-700 G SELECTED VARIETIES
20673036_EA
2066181001_EA



SAVE 50¢

3⁴⁹

SILK NON-DAIRY REFRIGERATED BEVERAGE 350 ML SELECTED VARIETIES 1.75/1.89 L
2031090001_EA
20328231002_EA



SAVE 49¢

\$2

ST. HUBERT SAUCE OR GRAVY SELECTED VARIETIES 398 ML
20322130010_EA
20322130011_EA



2⁴⁹

SUNRYPE JUICE BLENDS SELECTED VARIETIES 900 ML
20744072004_EA
20744072006_EA



SAVE UP TO 99¢

2⁵⁰

SENSIBLE PORTIONS VEGGIE STRAWS SELECTED VARIETIES 120-142 G
20973247_EA
21300091_EA



SAVE UP TO \$2.99

\$21

GATORADE CLUB PACK OR POWERADE SPORTS DRINK SELECTED VARIETIES 24x591 ML
20954130_C24
20296835007_C24



SAVE \$1.49

\$10

GLAD OUTDOOR BUNDLE SELECTED VARIETIES 10-40'S
21864510_EA
21864472_EA



Independent CUSTOMER RELATIONS 1-800-296-2332. VISIT yourindependentgrocer.ca FOR STORE HOURS.

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WB WW WY BACK

FRESH VALUE

4⁵⁰

FARMER'S MARKETSM MINI CUCUMBERS 6'S, PRODUCT OF WESTERN PROVINCES OR **GRAPE TOMATOES** 283 G PRODUCT OF U.S.A., MEXICO OR CANADA



6⁹⁹

FARMER'S MARKETSM SEEDLESS NAVEL ORANGES PRODUCT OF U.S.A. 3 LB



4⁹⁹

LARGE CAULIFLOWER PRODUCT OF MEXICO OR U.S.A., NO. 1 GRADE EACH



\$3

CANADA FARMER'S MARKETSM CARROTS 2 LB BAG OR **YELLOW ONIONS** 3 LB BAG PRODUCT OF CANADA



\$3^{LB}

BROCCOLI CROWNS PRODUCT OF MEXICO OR U.S.A. 6.61/KG



2⁴⁹
LB

WEST ROYAL GALA APPLES PRODUCT OF WESTERN PROVINCES, CANADA FANCY GRADE



4⁵⁰

PCSM MIXED SALAD GREENS SELECTED VARIETIES, PRODUCT OF U.S.A. 142 G



FROM \$5

SMALL OR LARGE TROPICAL FRUIT SALAD PREPARED IN-STORE 340/735 G



5⁴⁹
LB

SPLIT CHICKEN WINGS FAMILY SIZE 12.10/KG



\$8

LEAN BEEF MEATBALLS SELECTED VARIETIES 425 G



PREPARED IN-STORE

8⁴⁹
LB

EXTRA LEAN GROUND BEEF FAMILY SIZE 18.71/KG



\$6

MAPLE LODGE FARMS ULTIMATE CHICKEN SAUSAGES SELECTED VARIETIES 375/500 G



\$6

NO NAMESM BACON SELECTED VARIETIES 500 G



\$17

PCSM WINGS SELECTED VARIETIES FROZEN 700-907 G



13⁹⁹
LB

COD FILLETS FROZEN OR PREVIOUSLY FROZEN 30.84/KG



12⁹⁹
LB

YELLOWFIN TUNA STEAKS PREVIOUSLY FROZEN 28.64/KG



8⁴⁹

PCSM PACIFIC LARGE WHITE SHRIMP RAW ZIPPERBACKSM 31-40 PER LB, FROZEN 400 G



FRESH VALUE

\$5

FARMER'S MARKET™ BUTTER CROISSANTS OR CROISSANT BUNS
SELECTED VARIETIES
270/300 G
2097943_EA/21577834_EA



\$6

FARMER'S MARKET LOAF CAKE
WHOLE OR SLICED,
SELECTED VARIETIES
344-600 G
20545382_EA/21488954_EA



\$17

FARMER'S MARKET 7 INCH CAKES
SELECTED VARIETIES
750-875 G
21292537_EA/21292544_EA



\$6

CINNAMON BUNS, DANISH OR CREAM CHEESE ICED
10'S
21467583_EA



\$2

FRENCH OR ITALIAN BREAD
450 G
20345208_EA



BAKED IN-STORE

2/\$7
OR \$3.99 EA.

MIX & MATCH WONDER OR D'ITALIANO BREADS OR BUNS
SELECTED VARIETIES
750-875 G
20048335_EA
20276296_EA
20427903_EA



\$3

PC® FLATBREAD SURAJ® NAAN
220/300 G OR 5'S
SELECTED VARIETIES
20910044_EA/21051333_EA



Optimum
Members-Only Price
2⁵⁰
Non-members
3²⁹

Members save **79¢**

PC® BLUE MENU® ENGLISH MUFFINS
SELECTED VARIETIES
6'S
20810728_EA/20810793_EA



2⁵⁰

NO NAME® BAGELS
SELECTED VARIETIES
6'S
21297816_EA/21297831_EA



BUY ONE

FROM OUR CHEFS™ SOUPS
SELECTED VARIETIES
700 ML
21560588_EA
FOR 9.49



GET ONE

FROM OUR CHEFS™ PIE OR QUICHE
SELECTED VARIETIES
150-600 G
21583328_EA
25% OFF



BUY ONE

PREPACK OR SERVICE SANDWICH
SELECTED VARIETIES
184-363 G
2032159602_EA
FROM \$6-8



GET ONE

PEPSI OR AQUAFINA 591 ML, ROCKSTAR 473 ML OR GURU OR CELSIUS 355 ML
21623639_EA
\$1 OFF



2/\$8
OR \$5 EA.

GET 1,000th - \$1 Value
when you buy 2

FRIED TORTILLA CHIPS
PREPARED IN-STORE
450 G
21534615_EA



NATIONAL TORTILLA DAY FEB. 24TH

\$7

PC® SLICED DELI MEATS 175 G OR DELI CHEESE SLICES 140-170 G
SELECTED VARIETIES
20266443_EA/20305090_EA



4⁹⁹ /100 G

APPLEWOOD SMOKED ENGLISH CHEDDAR
DELI CUT
20076601_KG



Optimum
Members-Only Price
\$12
Non-members
\$13

Members save **\$1**

PC® NATURAL CHOICE™ STRIPS
SELECTED VARIETIES
300/375 G
20796418_EA/20787394_EA



3⁴⁹ /100 G

SERVICE CASE CUDDY TURKEY OR CHICKEN
20007099_KG



Optimum
Members-Only Price
\$5
Non-members
\$6

Members save **\$1**

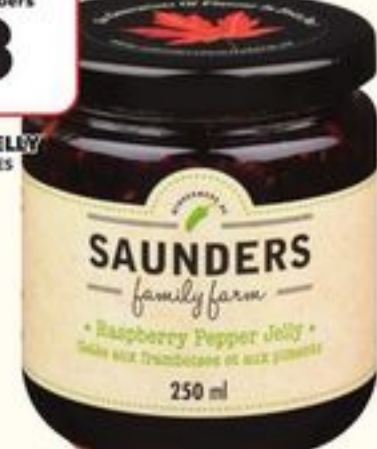
PC® BLACK LABEL CRISPS
SELECTED VARIETIES
150 G
20901555_EA



Optimum
Members-Only Price
\$7
Non-members
\$8

Members save **\$1**

SAUNDERS JELLY
SELECTED VARIETIES
250 ML
21357581_EA





MAPLE FEST



PC[®] 100% PURE MAPLE SYRUP CANADA GRADE A AMBER 500 ML 20049221_EA

\$14

PC[®] BLACK LABEL BOURBON BARREL-AGED MAPLE SYRUP 236 ML 21339722_EA

\$11

PC[®] NATURALLY SMOKED BACON SELECTED VARIETIES 375-500 G 201173511E2

\$7

9⁹⁹

PC[®] HOT SMOKED CANDIED OR SPICY SALMON STRIPS READY-TO-EAT 150 G 20979930_EA



\$6

PC[®] BREAKFAST MAPLE PORK SAUSAGE 375 G 21584504_EA



1⁷⁹

CLARK BAKED BEANS SELECTED VARIETIES 398 ML 21235336_EA



4⁴⁹

PLANTERS MAPLE SYRUP PEANUTS 200 G 21462941_EA



\$5

PC[®] BLACK LABEL MAPLE BUTTER SPREAD 158 G 21315340_EA



4⁴⁹

PC[®] BBQ SAUCE SELECTED VARIETIES 500 ML 21021473_EA



4⁴⁹

BRAIDED STRUDEL OR DANISH 4'S 21066290_EA



PKG OF 4

2/\$8

OR \$4.99 EA.
DARE ULTIMATE COOKIES, VIVA PUFFS, WHIPPET OR WAGON WHEELS SELECTED VARIETIES 230-360 G 20978343_EA 21438894_EA



5⁹⁹

SAVÖR SANDWICH COOKIES MAPLE LEAF ORGANIC 325 G 21581275_EA



2/\$7

OR \$3.99 EA.
NO NAME[®] MARSHMALLOW OR PC[®] MAPLE MARSHMALLOWS SELECTED VARIETIES 400 G 21008975_EA



2⁹⁹

PC[®] HERBAL TEA SELECTED VARIETIES 20'S 21467336_EA



\$7

GET 1,000[®] = \$1 Value

PC[®] UNIT DOSE PODS 12'S OR TWININGS SUPER BLENDS TEA 18'S SELECTED VARIETIES 20040834_EA





TASTE OF THE TROPICS

\$5

FARMER'S MARKET™ AVOCADO BAG
PRODUCT OF MEXICO
6'S
21644936001_EA

PKG OF 6

\$4

CARIBBEAN AVOCADO
PRODUCT OF BRAZIL
EACH
2017979001_EA

\$2

ATAULFO MANGO
PRODUCT OF MEXICO
EACH
2012109001_EA

2⁵⁰
LB

PAPAYA
PRODUCT OF MEXICO
5.5L/KG
20121064001_EA

\$4

DRAGONFRUIT
PRODUCT OF VIETNAM
EACH
20164395001_EA

2/\$5
OR
\$2.99 EA.

GRANADILLA
PRODUCT OF COLOMBIA OR
QUINCE PRODUCT OF TURKEY
2069626001_EA
2004712001_EA

\$2

BABY MANGO
PRODUCT OF COLOMBIA
EACH
21606494001_EA

3/9⁹⁹
OR
\$3.99 EA.

YOUNG COCONUT
PRODUCT OF COSTA RICA
20157487001_EA

\$4 LB

YELLOW GUAVA
PRODUCT OF TAIWAN
9.92/KG
20162500001_KG

2⁴⁴ LB

HAMI MELONS
PRODUCT OF MEXICO,
GUATAMALA OR HONDURAS
5.39/KG
21051297001_KG

\$7

CORED PINEAPPLE
PREPARED IN-STORE
EACH
21016083_EA

1⁵⁰ LB

PLANTAIN
PRODUCT OF COLOMBIA,
HONDURAS OR GUATEMALA
3.31/KG
2011926001_KG

5⁵⁰

CANTALOUPE
PRODUCT OF GUATEMALA
OR HONDURAS
EACH
20167017001_EA

\$5

4 INCH TROPICAL
EACH
21627960_EA

\$28

5 INCH ORCHID
EACH
21607618_EA

\$12

CALLA LILY
EACH
21638136_EA

GROCERY

\$4

SIGGIS YOGURT
4X100 G OR IÖGO
NANO
YOGURT 6X93 ML
SELECTED VARIETIES
2040967001_EA
21599027_EA



6⁴⁹

DEL MONTE
JUICE 2.5 L OR
INTERNATIONAL
DELIGHT ICED
COFFEE 1.89 L
SELECTED
VARIETIES
21437174_EA
21437391_EA



\$4

BEATRICE OR
DAIRYLAND
CHOCOLATE MILK
SELECTED VARIETIES
1.89/2 L
21104906_EA
21517545_EA



\$4

KELLOGG'S
HOMESTYLE
RICE KRISPIES
BARS 198 G,
SPECIAL K 165 G OR
KASHI GRANOLA
BARS 175-200 G
SELECTED VARIETIES
2084932001_EA
21504793_EA



7⁴⁹

NUTELLA
HAZELNUT SPREAD
725 G OR JIF PEANUT
BUTTER 1 KG
SELECTED VARIETIES
20436105_EA
21023784_EA



\$4

HARDBITE
POTATO CHIPS
SELECTED VARIETIES
128 G
21197616_EA
21517545_EA



2/\$10
OR
\$5.99 EA.

GET
500
when you buy 1

BLACK DIAMOND
CHEESE COMBOS
SELECTED VARIETIES
129 G
21208641_EA
21208897_EA



5⁴⁹

LACTANTIA BUTTER
LACTOSE FREE
250 G
21048193_EA



\$7

BECEL
MARGARINE
SELECTED VARIETIES
637/850 G
20297818002_EA
21279333_EA



1⁹⁹

NO NAME®
POTATO CHIPS
OR CRISPS
SELECTED VARIETIES
142-200 G
20946404_EA
21302937_EA



2/\$7
OR
\$3.99 EA.

QUAKER CRISPY MINIS OR
LARGE RICE CAKES 90-173 G OR
CHRISTIE CRISPERS OR
BITS & BITES 145 G
SELECTED VARIETIES
20830958_EA
21358333_EA



2/\$7
OR
\$3.99 EA.

OLD DUTCH
POTATO CHIPS
OR PRINGLES
MINGLES
PUFFED SNACKS
SELECTED VARIETIES
155-235 G
21367546_EA
21426258_EA



7⁴⁹

TETLEY TEA 40-48'S OR
TAZO CONCENTRATE 946 ML
SELECTED VARIETIES
20719978001_EA/21517500_EA



\$20

MCCAFÉ WHOLE BEAN
OR GROUND COFFEE
SELECTED VARIETIES
640/950 G
21238547_EA/21633664_EA



\$28

GET
4,000
Value

RX BARS
SELECTED VARIETIES
12X52 G
21189847_C12
21189855_C12



6⁵⁰

LYSOL WIPES 75-84'S,
DISINFECTANT
SPRAY 350 G OR
TOILET BOWL
CLEANER 946 ML
SELECTED VARIETIES
21449826_EA
21449823_EA



4⁹⁹

ALCAN FOIL WRAP
50'
20051802_EA



\$33

CESAR DOG FOOD
SELECTED VARIETIES
24'S
21359656_EA



FOR YOUR FAMILY

4⁹⁹

DOVE BODY WASH 325 ML OR BAR SOAP 3X106 G
SELECTED VARIETIES
21220717_EA/21510884_EA



4⁹⁹

METHOD FOAMING OR GEL HAND WASH PUMPS
SELECTED VARIETIES
300/354 ML
2043213004_EA
20436517001_EA



6⁹⁹

EVERY MAN JACK BODY WASH 500 ML OR DEODORANT 73/85 G
SELECTED VARIETIES
20987291_EA/21068324_EA



4⁹⁹

DOVE DEODORANT 45-76 G OR HAIR CARE 142-198 G/195-355 ML
SELECTED VARIETIES
20184212003_EA/21644819_EA



12⁹⁹

GILLETTE OR VENUS MID-TIER RAZORS
SELECTED VARIETIES
1-8'S
21022750_EA/21093148_EA



13⁹⁹

OLD SPICE, SECRET OR NATIVE WHOLE BODY DEODORANT, CREAM OR SPRAY
SELECTED VARIETIES
65-99 G
2141182_EA/2141191_EA



6⁴⁹

COLGATE OPTIC WHITE OR SENSITIVE PRO RELIEF TOOTH PASTE 70 - 133 ML, KIDS MANUAL TOOTHBRUSHES, HELLO TOOTH PASTE 82-98 ML OR COLGATE PERIOGARD TOOTH PASTE 70 ML
21177077_EA/21517387_EA



7⁴⁹

SENSODYNE RAPID RELIEF OR REPAIR AND PROTECT TOOTH PASTE, POLIDENT TABLETS 84-96'S
SELECTED VARIETIES AND SIZES
2043750902_EA
21471656_EA



5⁴⁹

CREST 3D WHITE, PRO-HEALTH OR GUM TOOTH PASTE 63-160 ML, ORAL-B MANUAL TOOTHBRUSH EA., CREST KIDS MOUTHWASH 500 ML OR GLIDE FLOSS
SELECTED VARIETIES AND SIZES
21092358_EA
21506728_EA



SAVE UP TO 15%

L'ORÉAL PREFERENCE OR FÉRIA HAIR COLOUR
SELECTED VARIETIES
2035612001_EA/2120080001_EA



4⁹⁹

ST. IVES BODY LOTIONS
SELECTED VARIETIES
600 ML
21086101_EA/21086107_EA



6⁹⁹

NIVEA BODY CREAM 200/250 ML OR LOTIONS
SELECTED VARIETIES AND SIZES
20468737_EA/207000037_EA



6⁴⁹

TRESEMME HAIR CARE
SELECTED VARIETIES
198-311 G/168-828 ML
20335305003_EA
21717003_EA



6⁴⁹

HEAD & SHOULDERS OR PANTENE HAIR CARE
SELECTED VARIETIES AND SIZES
315-370 ML
21431090_EA
21505016_EA



SAVE UP TO 20%

PANTENE BLENDS OR OLD SPICE HAIR CARE
21245004_EA/210504645_EA



SAVE 25%

JOHN FRIEDA HAIR CARE
SELECTED VARIETIES AND SIZES
203102840001_EA
207578920001_EA



FOR YOUR FAMILY

SAVE UP TO 15%

DDROPS LIQUID VITAMIN DROPS 1.7-7.5 ML OR IRON KIDS CHILDREN'S VITAMINS OR SUPPLEMENTS 60-200'S SELECTED VARIETIES AND SIZES

20034059_EA
20431749001_EA

\$8

PURE STANDARD PRODUCTS EPSOM SALTS UNSCENTED BLISSFUL TRANQUILITY 4 KG

20636477_EA

SAVE UP TO 15%

PURE PROTEIN BARS OR POWDER SELECTED VARIETIES AND SIZES

20322070001_EA
20539046_EA

SAVE UP TO 15%

PREMIER PROTEIN POWDER OR READY TO DRINK SHAKES SELECTED VARIETIES AND SIZES

21031044_EA
21490548_EA

15⁹⁹

ADVIL PAIN RELIEF GELS OR CAPLETS 40-150'S OR ALEVE OR ASPIRIN PAIN RELIEF CAPLETS, TABS OR CHEWS 40-180'S SELECTED VARIETIES AND SIZES

20303677001_EA
20303676001_EA

SAVE UP TO 25%

LIFE BRAND PAIN MANAGEMENT PRODUCTS SELECTED VARIETIES AND SIZES

21134354_EA/21453055_EA

5⁴⁹

U BY KOTEX LINERS 40-50'S, PADS 12-24'S OR TAMPONS 15-16'S SELECTED VARIETIES AND SIZES

21030430_EA/21087976_EA

SAVE UP TO 20%

LIFE BRAND PADS 14-48'S OR LINERS 40-135'S SELECTED VARIETIES AND SIZES

21030478_EA/21020823_EA

SAVE UP TO 15%

BAND-AID BANDAGES OR POLYSPORIN OINTMENT SELECTED VARIETIES AND SIZES

2038016001_EA
21335482_EA

Depend

offers **All-Day Protection**

\$17⁹⁹

DEPEND* convenience or regular packs selected varieties and sizes

21023579_EA

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Don't leave any points behind at the pump!

- Earn 10^{pts} per litre**
 Add your phone number to your account on the **PC Optimum™ app**. Enter your phone number on the pump keypad before entering your payment card.
- Earn 10^{pts} per litre**
 Insert your **PC Optimum™ card** into the card reader before entering your payment card.
- Earn at least 3c^{pts} in points**
 Pay with your **PC* Mastercard®** and earn points on fuel.*

*Points amount shown includes the 10 points per dollar for all purchases with the President's Choice Financial® Mastercard®. In addition, earn at least 10 PC Optimum™ points per purchased litre of gasoline or diesel fuel at Esso™ stations in Canada when you pay with your President's Choice Financial® Mastercard®. You will also earn at least 10 PC Optimum™ points per litre available for all PC Optimum™ loyalty members at Esso™ stations in Canada. Earn an additional 10 points per litre of premium gasoline (Ontario, N.S., N.B.) at Esso™ stations. Should fuel prices fall below \$1/L, resulting total points per litre awarded to fall below 30 points per litre, points will be topped up to ensure a minimum of 30 points per litre are awarded in all transactions paid with a PC Financial® Mastercard® at Esso™ locations. For full details including how points are awarded to your PC Optimum™ account and rounding rules, visit pccfinancial.ca/pc-optimum-mastercard. PC®, PC Financial®, and President's Choice Financial® are trademarks of Lloyds Inc., used under license. Mastercard® is a registered trademark, and the orange design is a trademark of Mastercard International Incorporated. President's Choice Bank is a licensee of the marks. President's Choice Financial® Mastercard® is provided by President's Choice Bank. Esso is a trademark of Imperial Oil Limited. Imperial Oil, licensee.

SAVE UP TO 20%

Schick® Hydro 8's or Intuition® 6's cartridges selected varieties

20347141_EA/20170814_EA

\$8⁹⁹

Schick Xtreme3 Sensitive 8's, Intuition® Advanced Moisture Quattro® or Hydro Razors selected varieties

21086186_EA/20322736004_EA

\$2⁹⁹

Edge® or Skintimate® Shave gels selected varieties

20355769001_EA/21179327_EA

\$6⁹⁹

Playtex® Tampons or Stayfree™ or Carefree® selected varieties

20923353_EA/21095828_EA

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DID YOU KNOW THAT YOUR BODY CAN'T MAKE OMEGA-3 ON ITS OWN?

Find the heart health support that's right for you.

SAVE UP TO 30% OFF

Jamieson Omega supplements selected varieties and sizes

**20565076_EA
20342623_EA
20344535_EA**

Jamieson
NATURAL SOURCES | SINCE 1952

Pampers
Pure
PROTECTION™

0%

Fragrances, Parabens, Latex* & Elemental Chlorine

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

21⁹⁹ Pampers Pure super big pack diapers selected varieties size N-6, 42-82's 21246795_EA



*Natural rubber

© 2025 P&G

new

Simply
Gourmet

Simply made



2²⁹
SIMPLY GOURMET CRUNCHERS OR PUFFIES SNACKS SELECTED VARIETIES, 32 G 21597310_EA/21597406_EA

New
Adventures in
taste, shape
& texture

2.99

Little Bellies organic pick-me-sticks 16 g selected varieties 21540210_EA/21540211_EA



3.99

Little Bellies organic oat & raisin ABC cookies 130 g selected varieties 21606746_EA/21606647_EA



Better Nites

#1 nighttime protection at every stage



GET **2,000** = **\$2** Value
\$21⁹⁹

Huggies Super Big Pack diapers selected varieties size N-7, 32-108's 21456433_EA

\$26⁹⁹

Huggies Pull Ups or Goodnites club pack training pants selected varieties 28-74's 20963841_EA

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GATORADE WATER

ELECTROLYTES FOR TASTE



Gatorade Water[®]
selected varieties
1 L
21651607_EA

GET 2,000⁺ Value
when you buy 2

2/\$6
OR \$3.49 EA.

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Crush
Zero Sugar
Orange

CRUSH[®] Soft Drink
selected varieties
12x355 mL
21651643_C12

7UP[®] zero SUGAR
mini

PEPSI[®] Soft Drink
6x222 mL
or
7UP[®] Soft Drink
6x222 mL
selected varieties
2085750004_C06
21098829_C06

2/\$8
OR \$4.99 EA.

2/\$13
OR \$6.99 EA.

GATORADE[®] ZERO Sports Drink
selected varieties
6x591 mL
21585260_C06

CELSIUS[®] ENERGY DRINK
SELECTED VARIETIES
355 mL
21648227_EA/21648038_EA

GET 2,000⁺ Value
when you buy 2

ROCKSTAR[®] Energy Drink
473 mL or
GURU[®] Organic Energy Drink
355 mL
selected varieties
20368415003_EA
21012162_EA

2/\$6
OR \$3.99 EA.

GET 2,000⁺ Value
when you buy 2

2/\$14
OR \$7.79 EA.

BUBLY[™] sparkling water
beverage selected varieties
12x355 mL
21651534_C12

4.49
Rio Mare[™] Insalatissima 160 g
Selected Varieties
20970856_EA/20971501_EA

5.49
Rio Mare[™] Solid Light Tuna
in Olive Oil 3x80 g
20035383_EA

5.49
Rio Mare[™] Solid Light Tuna
in Water 3x80 g
20865062_EA

Real Italian Taste

5⁵⁰
Pace[®] Chunky Salsa
selected varieties
642 mL
2038733001_EA

3⁷⁵
Prego[®] Pasta Sauce
selected varieties
642 mL
2002500004_EA

2⁴⁹
Campbell's[®] Chunky[®] Soup
selected varieties
515 mL
21446738_EA

\$2
Campbell's[®] Condensed Soups
selected varieties
284 mL
2002500002_EA
20860079_EA

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Our butchers cut quality meat in your store every day!

pork loin schnitzel
21588055_EA

lean beef meatballs plain
21587897_EA

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

pork stir fry strips
21588095_EA

chicken stir fry strips
21588091_EA

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

TASTE THE DIFFERENCE

ITALY'S #1 BRAND OF TOMATOES

2/\$5⁵⁰
OR \$3.29 EA.
Italpasta Pasta
Selected varieties
900 g
20081342001_EA

\$5
Mutti Strained Tomatoes
Selected varieties
680 mL
20238490001_EA
20238490002_EA

2/\$7
OR \$3.99 EA.
Mutti Pizza Sauce
Selected varieties
398 mL
20934553_EA
21390798_EA

2/\$8
OR \$4.49 EA.
Mutti Tomato Paste
156 mL
20934088_EA

ONE FAMILY. ONE PASSION. TOMATOES.

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There's always
time for a
Snack!



20704361002_EA
20642273_EA



\$6.49
Liberté Greek®
650-750 g



21478300_EA/21477986_EA

4/\$5
OR \$1.75 EA

Yoplait® YOP®
200 mL



\$4

Liberté Greek® 4 x 100 g,
Liberté Méditerranée®
4 x 100 g

20801752001_EA
21389655_EA



3/\$12
OR \$5.49 EA

Yoplait® Tubes® 8 x 56 g,
Minigo® 6 x 60 g,
Source® Yogurt 630 g

21391313001_EA/56920133427_EA



\$2

Pillsbury™ Crescents
and Wiener Wrap
200-227 g

21505340_EA/20305424002_EA

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SAVE ON All Your Favourite Household Brands



\$30 Tide PODS 112/85's or Tide Power PODS 63's, selected varieties
21450151_EA/21597128_EA



\$18 Tide laundry detergent 3.1 L,
Downy fabric softener 2.98-4.16 L,
Tide PODS 57/43's
selected varieties
21596541_EA/21549939_EA



4.50 Febreze Air 250 g, Car 2 mL, Small Spaces 7.5 mL, Mr. Clean All Purpose Cleaner 1.2 L, Magic Eraser 2-3's,
selected varieties
21574859_EA/21005146_EA



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



\$11 Swiffer Sweeper & Duster Starter Kits 1 EA, WetJet Pad Refills 24's, Duster & Sweeper Refills 16-48's, selected varieties
20900161_EA/21629741_EA



\$18 Bounty Paper Towel, Select A Size, 6-12 roll,
21515366_EA



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



\$11 Bounty Napkins, 400's,
21053171_EA

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Earn **10** points per litre

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OR



Earn **10** points per litre

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

OR



Earn at least **3c** per litre in points

Pay with your PC® Mastercard® and earn points on fuel.¹



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