



1 DAY ONLY
SATURDAY MARCH 8TH

APP EXCLUSIVE OFFER
Open your PC Optimum® app or visit pcoptimum.ca to get the offer

1 day only - Saturday March 8th

Earn
20,000^{pts} = **\$20 Value**

When you spend \$200⁺ or more in-store

*Spend \$200 or more on almost anything in-store before taxes and after redemptions and all coupons and discounts are deducted in a single transaction (excludes purchase of tobacco, lottery tickets, alcohol, gift cards, prepaid card products including phone cards, transit/event tickets, post office transactions, passport photos, cash back, delivery charges, all non-participating 3rd party operations and any other products which are provincially regulated (including pharmacy-related transactions) or as we determine from time to time) you will earn the points indicated.

1 DAY ONLY
SATURDAY MARCH 8TH



FREE*

FIRST 300 CUSTOMERS PER STORE GET A FUZE ICED TEA 341 mL, 21645563_EA

*FREE FUZE ICED TEA 341 ML, to the first 300 customers, valid Saturday March 8th, at all Dominion locations. Limit 1 coupon per family. No cash value. Not combinable with any other coupon/offer. No substitutions, refunds or exchanges on free product. While supplies last. We reserve the right to substitute the free product in the event of unavailability for any reason.

1 DAY ONLY
SATURDAY MARCH 8TH

3⁹⁹ **50% OFF**

PC® BLACK LABEL PIZZA
SELECTED VARIETIES, FROZEN
370-420 G
21531410_EA, 21531412_EA



1 DAY ONLY
SATURDAY MARCH 8TH

50% OFF **\$5**



PC® SPARKLING DE-ALCOHOLIZED CIDER BEVERAGE
SELECTED VARIETIES,
4X330 mL
21588266_EA, 21588277_EA

STAMP & SAVE DAYS

JOURS VOS TIMBRES + VOS ÉCONOMIES

Save up to
Économisez
jusqu'à
15%*
off



1. SHOP 1. MAGASINEZ

From March 6th - 26th
Du 6 au 26 mars



2. STAMP 2. ACCUMULEZ DES TIMBRES

Get 1 stamp for every
\$20 spent^{*}
Obtenez 1 timbre pour
chaque 20 \$ dépensé^{*}



3. SAVE 3. ÉCONOMISEZ

Redeem in store only
April 3rd - 4th, 10th - 11th^{*}
Échangez vos timbres
en magasin les
3, 4, 10 et 11 avril^{*}

Only available at  REAL ATLANTIC
SUPERSTORE

^{*}Restrictions apply. See Stamp Card or
www.atlanticsuperstore.ca for complete
Terms and Conditions.

Des restrictions s'appliquent. Consultez la carte
de timbres ou le site www.atlanticsuperstore.ca
pour connaître toutes les modalités.

PROUDLY CANADIAN

REAL ATLANTIC SUPERSTORE

BIG BRANDS LOW PRICES

Deals on 1000s of your favourite products.

APP EXCLUSIVE OFFER*

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

5,000 pts

=\$5 Value

for every \$25* spent on fresh poultry
pour chaque 25 \$* dépensés en volaille fraîche



SAVE 50%

HOT DEALS

5.99 LB

13.21/KG

CANADIAN BEEF

BONELESS BLADE ROAST
CUT FROM CANADA AA GRADE BEEF OR HIGHER
ROÏT DE PALETTE DÉOSSÉ
20749334160



3.99 LB

8.80/KG

CANADIAN POULTRY

INCLUDES HALAL

CHICKEN BREASTS
SKINLESS BONE-IN OR
CHICKEN WINGS
INCLUDES HALAL
POITRINES DE POULET
OU **AILLES DE POULET**
206627391_EA
207447341_EA



CLUB SIZE

SAVE 50%

HOT DEALS

1.99 LB

4.39/KG

CANADIAN PORK

PORK SIDE RIB PORTION
PORTION DE CÔTES DE FLANC DE PORC
20838877100



SAVE UP TO 44%

HOT DEALS

\$5

SCOTSBURN OR BAXTER BUTTER
SELECTED VARIETIES
454 G
BEURRE SCOTSBURN OU BAXTER
206627391_EA
207447341_EA



SAVE 2.00

HOT DEALS

7.99

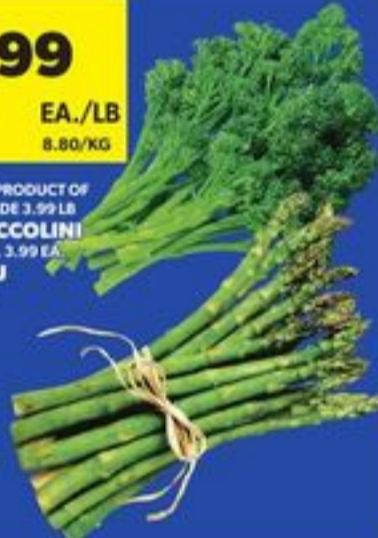
PC PACIFIC LARGE WHITE SHRIMP
RAW OR COOKED PEELED
31-40 PER LB, FROZEN
400 G
GROSSES CREVETTES BLANCHES DU PACIFIQUE PC
207899331_EA
207913811_EA



3.99 EA./LB

8.80/KG

ASPARAGUS PRODUCT OF MEXICO, NO. 1 GRADE
BROCCOLINI PRODUCT OF U.S.A.
ASPERGES OU BROCCOLINI
2074581001_KG
20154907_EA



SAVE 1.00

HOT DEALS

2.99 LB

6.59/KG

HONEYCRISP APPLES
PRODUCT OF ATLANTIC CANADA
CANADA FANCY GRADE
PC EXTRA LARGE GREEN OR RED SEEDLESS GRAPES
PRODUCT OF CHILE OR SOUTH AFRICA, NO. 1 GRADE
POMMES HONEYCRISP, TRÈS GROS RAISINS VERTS OU ROUGES SANS PÉPINS PC
2010421901_KG
2042177901_KG



3.49

PREPARED IN CANADA

ACTIVIA YOGURT
630 G, LIBERTÉ OR TWO GOOD
YOGURT 4X95/100 G
SELECTED VARIETIES
YOGURT ACTIVIA, LIBERTÉ OU YOGURT TWO GOOD
2032132003_EA
20801752003_EA



3.49

SILK CHILLED NON-DAIRY BEVERAGES
SELECTED VARIETIES
1.75-1.89 L
BOISSONS NON LAITIÈRES RÉFRIGÉRÉES SILK
2031509000_EA
21243104_EA



5.88

CRACKER BARREL CHEESE 250-400 G,
PC SHREDS 250-320 G
OR **BLACK DIAMOND CHEESTRINGS** 12/16'S
SELECTED VARIETIES
FROMAGE CRACKER BARREL, FROMAGE RÂPÉ PC OU FICELLO BLACK DIAMOND
21060201_EA
21290384_EA



SAVE 1.99

HOT DEALS

\$5

KRAFT PEANUT BUTTER 750 G-1 KG OR
HAZELNUT SPREAD 725 G
SELECTED VARIETIES
BEURRE D'ARACHIDE OU TARTINADE DE NOISETTES KRAFT
2003908901_EA
21285418_EA



SAVE UP TO 1.99

HOT DEALS

\$6

GENERAL MILLS CEREAL
FAMILY SIZE, SELECTED VARIETIES
475-778 G
CÉRÉALES GENERAL MILLS
21003495_EA
21283257_EA



SAVE 5.00

HOT DEALS

\$12

PC OR BLUE MENU ENTRÉES
SELECTED VARIETIES, FROZEN
2/2.27 KG
PLATS CUISINÉS PC OU MENU BLEU
20348301_EA
21785943_EA



Optimum Members-Only Price

\$9

Members save \$4

Non-members \$13

TIM HORTONS K-CUPS
SELECTED VARIETIES
10-12'S
K-CUPS TIM HORTONS
20902453_EA
2188690_EA



2.50

MONSTER ENERGY
SELECTED VARIETIES
473 ML
BOISSON ÉNERGISANTE MONSTER
20932649_EA
20932652_EA



6.50

GET 2,000

=\$2 Value

CASHMERE BATHROOM TISSUE 12 DOUBLE ROLLS,
SPONGETOWELS 6 ROLLS OR
SCOTTIES FACIAL TISSUE 6'S
SELECTED VARIETIES
PAPIER HYGIÉNIQUE CASHMERE/ESSUIE-TOUT SPONGETOWELS OU MOUCHOIRS SCOTTIES
20989812_EA
21004793_EA



2⁵⁰ **PRICE DROP!**

SENSIBLE PORTION VEGGIE CHIPS
CANISTER 141 G OR
SENSIBLE PORTIONS VEGGIE STRAWS
120-142 G
SELECTED VARIETIES
CONTENANT DE CROUSTILLES AUX LÉGUMES
SENSIBLE PORTION OU PAILLES AUX LÉGUMES
SENSIBLE PORTION

20971034_EA
21289044_EA

SAVE 1.50 **PRICE DROP!**

\$2 **HOT DEALS**

PRAN SAMOSAS
SELECTED VARIETIES
FROZEN
400 G
SAMOSAS PRAN
21054846_EA

2⁵⁰ **PRICE DROP!**

YOPLAIT TUBE
SELECTED VARIETIES
8X56 G
TUBES YOPLAIT
21047587_EA
21047595_EA

Optimum
Members-Only Price™

7⁹⁹ **Members save \$4**

Non-members 11⁹⁹

SCHNEIDERS PEPPERETTES
SELECTED VARIETIES
250-350 G
PEPPERETTES SCHNEIDERS
20971034_EA
20971102_EA

Optimum
Members-Only Price™

\$10 **Members save \$7⁹⁹**

Non-members 17⁹⁹

HIGH LINER PAN SEAR OR SIGNATURE FISH
SELECTED VARIETIES
FROZEN
425-540 G
POISSON POÛLÉE SÉLECTE OU SIGNATURE HIGH LINER
20844670_EA
21182134_EA

Optimum
Members-Only Price™

5⁵⁰ **Members save \$1⁵⁰**

Non-members \$7

BASSÉ MIX
SELECTED VARIETIES
415-600 G
MÉLANGE BASSÉ
21058583_EA
21058616_EA

SAVE 1.00

\$4

PC® FROZEN FRUIT
SELECTED VARIETIES
FROZEN
300-600 G
FRUITS SURGELÉS PC®
20312227_EA
21281733_EA

\$4

BREYERS CREAMERY STYLE ICE CREAM
SELECTED VARIETIES
FROZEN
1.41/1.66 L
CRÈME GLACÉE STYLE CRÈMERIE BREYERS
21051824_EA
21051906_EA

SAVE 4.50 LB **HOT DEALS**

7⁹⁹ LB 17.61/KG

BAY SCALLOPS
FROZEN
80-120 PER LB
PÉTONCLES DE BAIE
21067213_EA

3⁴⁹ **GET 3,000⁰⁰ - \$3 Value** when you buy 3

PC® OR BLUE MENU ENTRÉES OR BOWLS
SELECTED VARIETIES
FROZEN
212-365 G
PLATS CUISINÉS OU BOLS PC® OU MENU BLEU™
2031233001_EA
20423006_EA

SAVE 1.50 **HOT DEALS**

\$3

QUAKER CEREAL CAP'N CRUNCH
SELECTED VARIETIES
288-500 G
CÉRÉALES QUAKER
20637355_EA
21061506_EA

3/\$5 OR \$1.99 EA.

COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS
SELECTED VARIETIES
2 L
BOISSONS GAZEUSES COCA-COLA, CANADA DRY OU PEPSI
20316026003_EA
20254826002_EA

SAVE 1.38 WHEN YOU BUY 3

3/6⁹⁹ OR \$2.79 EA.

KNORR SIDEKICKS
SELECTED VARIETIES
121-153 G
SIDEKICKS KNORR
20321430001_EA
20321430004_EA

SAVE .99

\$7

HELLMANN'S MAYONNAISE OR KRAFT MIRACLE WHIP
650-890 ML
SELECTED VARIETIES
MAYONNAISE HELLMANN'S OU MIRACLE WHIP KRAFT
2029681901_EA
2041637901_EA

\$7

STARBUCKS ICED COFFEE
SELECTED VARIETIES
1.18/1.42 L
CAFÉ GLACÉ STARBUCKS
20319327_EA
20354975_EA

\$7

OIKOS GREEK YOGURT
SELECTED VARIETIES
650/750 G
YOGOURT GRECOIKOS
21004634_EA
21851943_EA

\$15

FINISH ULTRAMAX 30'S, ULTIMATE 40'S, QUANTUM 45'S, ALL IN 1 MAX 55'S, CASCADE 30-48'S, GAIN LAUNDRY 4.55 L/4.75 L, GAIN, DOWNY FABRIC SOFTENER 2.4-3.29 L, BEADS 515 G OR BOUNCE SHEETS 250'S
SELECTED VARIETIES
ULTRAMAX, ULTIMATE, QUANTUM, ALL IN 1 MAX FINISH, CASCADE, DÉTERGENT À LESSIVE GAIN, ASSOUPLISSANT TEXTILE, PERLES GAIN, DOWNY OU FEUILLES BOUNCE
20919427_EA/20660632001_EA

90¢

FANCY FEAST CAT FOOD 85 G OR FRISKIES CAT FOOD 156 G
SELECTED VARIETIES
NOURRITURE POUR CHATS FANCY FEAST OU NOURRITURE POUR CHATS FRISKIES
20302296001_EA
20304753_EA

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

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

PC OPTIMUM MEMBERS ONLY: These offers are only available to valid PC Optimum™ program members. Membership is free. To register as a PC Optimum™ member, see in-store or visit pcoptimum.ca. We are not obligated to award points based on errors or misprints. No cash value. See atlanticsuperstore.ca for full program details including redemption restrictions Minimum redemption 10,000 points. These offers cannot be combined with any other coupons, discounts or promotions and no adjustments on previous purchases. We reserve to modify or cancel these offers without notice. Product availability may vary by store. While supplies last. We reserve the right to limit quantities. *Receive the points specified when you spend the qualifying dollar amount on the displayed participating product(s) and/or category(ies) before taxes and after redemptions and all coupons and discounts are deducted in a single transaction; **Valid for flyer duration, after which the price will be the same for both PC Optimum™ and non-PC Optimum™ members. Taxes applicable on the purchase amount after discounts. PC Optimum™ member pricing is not applicable to any price match programs for participating stores operating under the Loblaw's Inc. banner.

OUTDOOR/SEASONAL: For your local store's hours and for a list of Atlantic Superstore locations that DO NOT participate in this flyer, visit www.atlanticsuperstore.ca or call Customer Relations at 1-866-727-0771. **Quantities and/or selection of items may be limited and may not be available in all stores.** Outdoor seasonal items (e.g. lawn and garden) may only be available at select store locations. Please check your local store for pricing, limits and availability. We reserve the right to limit quantities to reasonable family requirements. Rainchecks may be available for out of stock items excluding clearance items or where quantities are advertised as limited. We reserve the right to substitute the out of stock item for an equivalent item in lieu providing a raincheck. **Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location.** All references in our flyer to "Save", "Was", "Now" etc. is in comparison to our own regular prices. **Savings on items advertised within flyer may vary by store location.** Coupons must be presented and redeemed at time of purchase. We are not obligated to sell items based on errors or misprints in typography or photography. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. ©/TM The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaw's Inc. and others. All rights reserved. ©2025 Loblaw's Inc. **PRICE DROP** offer valid in-store at participating locations between February 27 - March 19, 2025 before applicable taxes and while quantities last. Offer applies only to select products. Offer may be modified and/or cancelled without notice. See in-store for full details.

RA BACK



FRESH PROMISE

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

\$4

CANTALOUPE
PRODUCT OF GUATEMALA
OR HONDURAS
EACH
CANTALOUPE
2016707001_EA



\$1
LB
2.20/KG

ATLANTIC CABBAGE
PRODUCT OF ATLANTIC CANADA
CHOU
207930346071KG



Optimum
Members-Only Price™
2.50
Non-members
2.99

Members save
49¢

CANADA PC® ORGANICS MUSHROOMS
WHITE OR CREMINI
PRODUCT OF CANADA
227 G
CHAMPIGNONS PC™ BIOLOGIQUE
20021965_EA / 21003499_EA



\$4

CANADA FARMERS MARKET™ MINI CUCUMBERS
PRODUCT OF CANADA
6" S
MINI-CONCOMBRES DÉLICÉS DU MARCHÉ™
20727370001_EA



SAVE 2.99

HOT DEALS

\$4

CANADA NO NAME® NATURALLY IMPERFECT™ CARROTS
PRODUCT OF CANADA
5 LB
CAROTTES NATURELLEMENT IMPARFAITS™ SANS NOM®
20945332001EA



\$2
LB
4.41/KG

CANADA SWEET POTATOES
PRODUCT OF CANADA
PATATES DOUCES
20127708001_KG



SAVE 2.00
WHEN YOU BUY 2

2/\$12
OR \$7.00 EA.

TAYLOR FARMS CHOPPED SALAD KITS
SELECTED VARIETIES
PRODUCT OF U.S.A.
163-383 G
SALADES HACHÉES TAYLOR FARMS
21204541_EA / 21335159_EA



\$9

NO NAME® NATURALLY IMPERFECT™ MIXED PEPPERS
PRODUCT OF MEXICO
2.5 LB
POIVRONS VARIÉS NATURELLEMENT IMPARFAITS™ SANS NOM®
20921332001_EA



\$5

GUACAMOLE 300 G OR PICO DE GALLO SALSA
200 G PREPARED IN-STORE
GUACAMOLE OU SALSA PICO DE GALLO
21025868_EA / 21052221_EA



\$8
LB
17.64/KG

EXTRA LEAN GROUND BEEF
BŒUF HACHÉ EXTRA-MAIGRE
20798353_KG



CLUB SIZE

\$5

LEAN GROUND PORK
450 G
PORC HACHÉ MAIGRE
21046190_EA



SAVE 1.00

HOT DEALS

3.49
LB
7.69/KG

CHICKEN LEGS
BACK ATTACHED
CUISSES DE POULET
20152925_KG



CLUB SIZE

SAVE .99

\$7

JOHNSONVILLE PORK SAUSAGE
SELECTED VARIETIES
250-500 G
SAUCISSES DE PORC JOHNSONVILLE
20143008_EA / 20303844_EA



\$7

PC® NATURALLY SMOKED BACON
SELECTED VARIETIES
375-500 G
BACON FUMÉ NATURELLEMENT PC™
20057982_EA / 20152628_EA



ALWAYS \$7

PC® PUB RECIPES™ OR GLUTEN-FREE CHICKEN
SELECTED VARIETIES
FROZEN
600/700 G
POULET PC™ RECETTE DU PUB™ OU SANS GLUTEN
10151310_EA / 21051321_EA



10.99
LB
24.23/KG

MSC ICELANDIC HADDOCK FILLETS
PREVIOUSLY FROZEN
FILETS D'AIGLEFIN D'ISLANDE MSC
20482188_KG



9.99

PC® PEI MUSSELS IN CREAMY WHITE WINE SAUCE 907 G OR **OCEAN PIER CRAB DIP** 360 G FROZEN
MOULES DE L'Î.-P.-É AVEC SAUCE CRÉMEUSE AU VIN BLANC PC™ OU **TREMPETTE DE CRABE OCEAN PIER™**
20481960_EA / 21062192_EA



14.99

40 FATHOMS FISH CAKES 1.4 KG OR **BREADED FILLETS** 815 G FROZEN
FRICADELLES DE POISSON OU FILETS PANÉS 40 FATHOMS
20062118_EA / 20807064_EA



SUPER FRESH

29⁹⁹

LA ROCCA 8 INCH OCCASION CAKES
SELECTED VARIETIES
1.1-1.7 KG
GÂTEAUX D'OCCASION
8 PO LA ROCCA
2140495_EA/2140495_EA



\$6

CÉLÉBRATION CUPCAKES
PREPARED IN-STORE
6'S
PETITS GÂTEAUX DE CÉLÉBRATION
2037913_EA



\$6

FARMER'S MARKET LOAF CAKES
WHOLE OR SLICED
SELECTED VARIETIES
344-400 G
GÂTEAUX DÉLICÉS DU MARCHÉ
2034532_EA/2140495_EA



\$5

KIMBERLEY'S CUPCAKES
SELECTED VARIETIES
315/318 G
PETITS GÂTEAUX KIMBERLEY'S
2109225_EA



\$4

PLAIN CROISSANTS
BAKED IN-STORE
6'S
CROISSANTS NATURE
2104074_EA



SAVE 1.58 WHEN YOU BUY 2

2/\$8
OR \$4.79 EA.

PREMIUM BAGELS
BAKED IN-STORE
SELECTED VARIETIES
6'S
BAGELS DE CHOIX
2109648_EA/2109648_EA



SAVE 1.19

2⁵⁰

NO NAME® BAGELS
SELECTED VARIETIES
6'S
BAGELS SANS NOM®
2121967_EA/2121970_EA



SAVE 1.48 WHEN YOU BUY 2

2/6⁵⁰
OR \$3.99 EA.

WONDER OR D'ITALIANO BREAD OR BUNS
SELECTED SIZES AND VARIETIES
PAIN OU PETITS PAINS WONDER OU D'ITALIANO
2029365_EA/2029367_EA
2029329_EA



SAVE 1.48 WHEN YOU BUY 2

2/8⁵⁰
OR \$4.99 EA.

CASA MENDOSA OR WONDER TORTILLAS
SELECTED VARIETIES
10 INCH
TORTILLAS CASA MENDOSA OU WONDER
2034768_EA/2046712_EA



\$16

CHICKEN, TUNA OR EGG TEA SANDWICHES
IN-STORE PREPARED
1.05 KG
PETITS SANDWICHES AU POULET, THON OU ŒUFS
2103465_EA



CLUB SIZE

\$18

BENTO CALIFORNIA ROLLS
654 G
ROULEAUX CALIFORNIENS BENTO
2143605_EA



\$16

9 PIECE CHICKEN STRIPS
HOT OR CHILLED
320 G
9 MORCEAUX DE LANIÈRES DE POULET
2109282_EA/2109282_EA



4⁴⁹

THE LAUGHING COW
SELECTED VARIETIES
6'S
LA VACHE QUI RIT
2032948_EA/2032947_EA



SAVE UP TO 2.49

\$7

TRE STELLE RICOTTA 475 G OR BOCCONCINI 200 G
SELECTED VARIETIES
RICOTTA OU BOCCONCINI TRE STELLE
2002482_EA/2003965_EA



3⁴⁹ /100 G

OKA IN-STORE DELI CUT CHEESE
SELECTED VARIETIES
FROMAGE OKA COUPÉ EN MAGASIN
2107992_EA/2107992_EA



Members-Only Price \$6

Non-members \$7

CLEAN NATURAL DELI SLICED MEATS
SELECTED VARIETIES
175 G
CHARCUTERIES TRANCHÉES CLEAN NATURALLY
2143905_EA/2143905_EA



Members-Only Price \$7

Non-members \$8

BOUR SIN DAIRY FREE CHEESE 170 G OR LESLEY STOWE RAINCOAST CRISPS 150 G
SELECTED VARIETIES
FROMAGE SANS PRODUITS LAITIERS BOUR SIN OU CRAQUELINS RAINCOAST CRISPS LESLEY STOWE
2104841_EA/2103164_EA



Members-Only Price \$3⁵⁰

Non-members \$4

PC® DIPS 227 G OR STONE FIRE CRISPS 170 G
SELECTED VARIETIES
TREMPETTES PC® OU CRAQUELINS CROUSTILLANTS STONEFIRE
2058402_EA/2105879_EA



MARCH

**HIT
OF THE
MONTH**



Optimum
Members-Only Price™
\$1
Non-members
1.25

**CHRISTIE
GRAB-AND-GO
OREO COOKIES** 113 G OR
RITZ CRACKERS 96 G
SELECTED VARIETIES
21575361_EA/21575702_EA

**LIMIT 6
AFTER LIMIT
1.25 EA.**



90¢

KRAFT KD CUPS
SELECTED VARIETIES
58 G
20298547001EA
20298547003_EA

**LIMIT 6
AFTER LIMIT
2.75 EA.**



\$2.50

**BETTY CROCKER OR
MOTT'S FRUIT SNACKS**
SELECTED VARIETIES
128/226 G
20318474001_EA
20686716001_EA

**LIMIT 6
AFTER LIMIT
\$3 EA.**



\$2.50

**SMARTFOOD FLAVOURED
POPCORN**
SELECTED VARIETIES
150-200 G
20972855_EA/20972859_EA

**LIMIT 6
AFTER LIMIT
4.99 EA.**



\$4

OLIVIERI SKILLET GNOCCHI
SELECTED VARIETIES
280-350 G
21022065_EA/21203977_EA

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local areas.
**Must be a registered PC Optimum™ member to get this offer.
Valid from March 1 - 31, 2025. While quantities last. See in-store for details.



INTERNATIONAL WOMEN'S DAY

SATURDAY, MARCH 8TH

SHOP NOW

\$10

AFRICAN VIOLET
IN UPGRADE TIN
21654200_EA



\$22

GET
5,000⁰⁰ = \$5
Value

WOMEN'S DAY
BOUQUET
SELECTED VARIETIES
21669203_EA



\$12

10 STEM TULIPS
ASSORTED COLOURS
21524898_EA



\$9

BLOOM
OF THE
MONTH

4.5 INCH CYCLAMEN
SELECTED VARIETIES
21666629_EA



SUPER YOUR EVERYDAY

\$6

PC[®] WOOD-FIRED PIZZA
SELECTED VARIETIES
FROZEN
331-413 G
21040312_EA
21040319_EA



SAVE 1.98 WHEN YOU BUY 2

2/\$10
OR \$5.99 EA.

PC[®] THIN AND CRISPY, LOADS OF, FOCACCIA OR FLAT BREAD PIZZAS
SELECTED VARIETIES, FROZEN
330-455 G
21034350_EA
21034352_EA



7⁹⁹

PC[®] BLACK LABEL PIZZA
SELECTED VARIETIES
FROZEN
370-420 G
21031415_EA
21031467_EA



ALWAYS \$3⁵⁰

NO NAME[®] PIZZA
SELECTED VARIETIES
FROZEN
350-411 G
21041429_EA
21041441_EA



BUY ONE

RAW SALMON OR CHICKEN ENTRÉE
472-637 G
21095452_EA
\$14-18



GET ONE

RAW SIDE
545-865 G
21032953_EA
50% OFF



BUY ONE

LARGE IN-STORE PREPARED PASTA TRAY
1-1.2 KG
21638700_EA
\$14-18



GET ONE

FOIL GARLIC BREAD
230 G
21000061_EA
FOR \$2



\$10

ASIAN COMBO MEALS WITH TWO PROTEINS PAIRED WITH FRIED RICE, CHOW MEIN, NOODLES AND SPRING ROLL OR BUTTER CHICKEN WITH RICE AND SAMOSA
537/560 G
21094607_EA
21094609_EA



\$9-10

12" TAKE AND BAKE PIZZA
SELECTED VARIETIES
21456393_EA
21456401_EA



BUY ANY

PREPACK OR SERVICE SANDWICH
184-363 G
20140129_EA
21023638_EA
FOR \$6-8



GET \$1 OFF

PEPSI, AQUAFINA 591 ML, ROCKSTAR 473 ML, GURU OR CELSIUS 355 ML
SELECTED VARIETIES
203205980002_EA



SAVE .99

\$5

PC[®] GNOCCHI OR RISSOTTO
SELECTED VARIETIES
FROZEN
350/400 G
21044994_EA
21044623_EA



\$13

PC[®] ENTRÉES (EXCLUDING MEAT & VEG LASAGNA AND MAC N CHEESE)
SELECTED VARIETIES, FROZEN
600 G - 1.13 KG
20051295_EA
21039270_EA



1⁵⁰

PC[®] DELUXE MAC AND CHEESE
SELECTED VARIETIES
200/225 G
21029796_EA
21029793_EA



\$4

NO NAME[®] WEINERS
ORIGINAL
450 G
20060296_EA



SAVE .98 WHEN YOU BUY 2

2/\$5
OR \$2.99 EA.

UNICO PASTA 750 G UNICO PASSATA 680 ML OR PRIMO PASTA SAUCE 680 ML
SELECTED VARIETIES
20165260_EA
20794707_EA



BIG BRANDS LOW PRICES

Deals on **1000s**
of your favourite
products.

SAVE
.66

**HOT
DEALS**

\$2

CAMPBELL'S
CONDENSED COOKING OR
EATING SOUPS
SELECTED VARIETIES
234 ML
20297246002_EA



SAVE
.51

**HOT
DEALS**

1.49

CAMPBELL'S TOMATO,
CREAM OF MUSHROOM,
VEGETABLE OR CHICKEN
NOODLE SOUP
234 ML
20176124001_EA



3.49

GET
2,000
when you buy 2

**-\$2
Value**

BODYARMOR
SELECTED VARIETIES
473 ML
21982336_EA
21982806_EA



6.99

FUZE LEMON
SELECTED VARIETIES
12X341 ML
21445983_CZ



\$3

GET
500

COCA-COLA
SELECTED VARIETIES
500 ML
20827261_EA
20827604_EA



SAVE
2.37

WHEN YOU BUY 3

3/\$9

OR \$3.79 EA.

NATURE VALLEY
GRANOLA BARS
SELECTED VARIETIES
120-230 G
20319320002_EA
20887250_EA



\$5

DORITOS
FLAVOURED
TORTILLA CHIP
SELECTED VARIETIES
230-280 G
21269182_EA
21269118_EA



5.50

HÄAGEN-DAZS
414-450 ML OR BARS
3/4'S
SELECTED VARIETIES
FROZEN
20302298001_EA
21013578_EA



SAVE
.99

\$9

TIM HORTONS BAGS
SELECTED VARIETIES
300 G
20992294_EA
21033346_EA



\$3

DARE BRETON
CRACKERS,
BITES 132-200 G,
VEGGIE CRISPS
100 G, GRISSOL
BAGUETTES,
MELBA TOAST
120-150 G OR
VINTA CRACKERS
200-225 G
SELECTED VARIETIES
20972370_EA
21320668_EA



2.75

GOGO SQUEEZ
FRUIT SAUCE
SELECTED VARIETIES
4 X 90 G
20322897002_EA
20842777001_EA



SAVE
2.99

\$17

ROYALE FACIAL TISSUE
12" S
20705292_EA



SAVE
4.99

\$20

ROYALE TIGER TOWEL
6=12 ROLLS
214861712EA



SAVE
5.99

**HOT
DEALS**

\$20

ROYALE
BATHROOM TISSUE
SELECTED VARIETIES
30=60 ROLLS
21982522_EA
213782337EA



ALWAYS LOW PRICE

ALWAYS \$10

BUTTERMILK CHICKEN BREAST PIECES
FROZEN
1.2 KG
21473091_EA

BUTTERMILK CHICKEN BREAST PIECES
BROUILLÉ À L'ACIDE DE LAIT
MORCEAUX DE POITRINE DE POULET AU RAISIN
NET WT/ POIDS NET 1.2 kg

ALWAYS \$10

PEPPERONI PIZZA SNACKS
FROZEN
1.2 KG
21440713_EA

PEPPERONI PIZZA SNACKS
PEPPERONI PIZZA FILLING IN A GOLDEN CRUST
COLLATIONS PIZZAS PEPPERONI
NET WT/ POIDS NET 1.2 kg

ALWAYS \$10

CHICKEN NUGGETS
FROZEN
1.5 KG
21447585_EA

BREADED WHITE MEAT CHICKEN NUGGETS
PÉTIOTES DE POULET PANÉES, VIANDE BLANCHE
NET WT/ POIDS NET 1.5 kg

ALWAYS \$10

CHICKEN STRIPS
FROZEN
1.5 KG
21447583_EA

BREADED WHITE MEAT CHICKEN STRIPS
LANIÈRES DE POULET PANÉES, VIANDE BLANCHE
NET WT/ POIDS NET 1.5 kg

ALWAYS \$10

BREADED CHICKEN BURGER
FROZEN
1.5 KG
21444441_EA

FULLY COOKED BREADED CHICKEN BURGERS
BURGERS DE POULET
PANÉS ENTièrement CUITS
1.5 kg

ALWAYS \$10

CHICKEN FRIES
FROZEN
1.5 KG
21426276_EA

CHICKEN FRIES
FULLY COOKED BREADED SEASONED CHICKEN CUTLETTES
FRITTES DE POULET
ESCALOPES ENTièrement CUITES PANÉES ASSAISONNÉES
NET WT/ POIDS NET 1.5 kg

ALWAYS \$10

BREADED PICKLE SPEARS
FROZEN
1 KG
21523060_EA

BREADED DILL PICKLE SPEARS
CORNICHONS À L'ANETH EN POINTES PANÉS
1 kg

ALWAYS \$10

ITALIAN STYLE MEATBALLS
FROZEN
1.5 KG
21526930_EA

ITALIAN STYLE MEATBALLS
BOULETTES DE VIANDE STYLE À L'ITALIENNE
1.5 kg

ALWAYS \$10

SMOKED BACON HASHBROWNS
FROZEN
1 KG
21525663_EA

SMOKED BACON HASHBROWNS
POMMES DE TERRE RISSOLÉES AU BACON FUMÉ
1 kg

ALWAYS \$10

PINK SALMON FILLETS
FROZEN
650 G
21473104_EA

WILD PINK SALMON PORTIONS
ROSE SAUVAGE
650 g (1.43 lbs) | 4-5 portions

ALWAYS \$10

WILD SOLE FILLETS
FROZEN
908 G
21198111_EA

Wild Sole Fillets
RAW SKINLESS BONELESS INDIVIDUALLY QUICK FROZEN
908 g (2 lb)

ALWAYS \$10

BASA FILLETS
FROZEN
908 G
21473748_EA

BASA FILLETS
SKINLESS - SANS PEAU BONELESS - DÉSARÉTÉS
FILETS DE PANGASIUUS
908 g (2 lbs) | 4-7 portions

TROPICAL EVENT

2/\$3
OR \$1.69 EA.

PASSIONFRUIT
PRODUCT OF COLOMBIA
OR **RED MANGO**
PRODUCT OF PERU
3006710001_EA
30099430001_EA



\$5

CROWNLESS PINEAPPLE
PRODUCT OF COSTA RICA
EACH
30099430001_EA



\$6

MANGOSTEEN
PRODUCT OF COLOMBIA
3'S
30137320001_EA



1⁵⁰
LB
3.31/KG

PLANTAIN
PRODUCT OF HONDURAS,
HONDURAS OR GUATEMALA
3013920001_KG



3⁵⁰

CARIBBEAN AVOCADO
PRODUCT OF DOMINICAN REPUBLIC
EACH OR
DRAGONFRUIT
PRODUCT OF VIETNAM
EACH
30164390001_EA
3018760001_EA



2/\$5
OR \$2.99 EA.

BABY MANGO
PRODUCT OF COLOMBIA
OR **POMEGRANATE**
PRODUCT OF BRAZIL
3006710001_EA
30134760001_EA



\$2
LB
4.41/KG

HAMI MELONS
PRODUCT OF MEXICO,
GUATEMALA OR HONDURAS
30052370001_KG



\$6
LB
13.23/KG

YELLOW GUAVA
PRODUCT OF TAIWAN
30043300001_KG

2/\$6
OR \$3.49 EA.

GRANADILLA
PRODUCT OF COLOMBIA
30099430001_EA



4⁵⁰

**FARMER'S MARKET™
AVOCADO BAG**
PRODUCT OF MEXICO
5'S
30444930001_EA

**5
COUNT**



\$5

ATEMOYA
PRODUCT OF BRAZIL
EACH
300445600001_EA



\$7

MINI SEEDLESS WATERMELON
PRODUCT OF GUATEMALA,
BRAZIL, MEXICO OR HONDURAS
EACH
30143370001_EA



\$28

5 INCH ORCHID
EACH
30403941_EA



\$22

CALLA LILY
EACH
30403941_EA



SUPER YOUR EVERYDAY

SAVE UP TO 40% **HOT DEALS**

4⁴⁹

BAXTER OR SCOTSBURN COTTAGE CHEESE
SELECTED VARIETIES
500 G
20097010002_EA
20372579001_EA

\$7

BECEL MARGARINE
SELECTED VARIETIES
637-850 G
20297810002_EA
212791002_EA

\$6

NO NAME[®] HONEY 500 G OR **BONNE MAMAN JAM AND SPREAD** 250-360 ML
SELECTED VARIETIES
20197328_EA
20307913001_EA

3⁵⁰

LECLERC GO PURE 140-175 G OR **NÜGABAR** 175 G **GRANOLA BARS**
SELECTED VARIETIES
2122184_EA
21336395_EA

\$6

CRACKER BARREL CHEESE SLICES 220-240 G, **SNACKS** 168 G OR **AMOOZA!** 228 G
SELECTED VARIETIES
21390684_EA
21403104_EA

\$4

OASIS JUICE, SMOOTHIE 1.5-1.6 L OR **KOZY SHACK RICE PUDDING** 624 G
SELECTED VARIETIES
20323829001_EA/21529910_EA

6⁵⁰

PC[®] ORGANICS BUTTER
SELECTED VARIETIES
250 G
21388598_EA
21388708_EA

\$5

PC[®] DECADENT[®] CHOCOLATE CHIP COOKIES
SELECTED VARIETIES
280-300 G
20412257_EA
20412260_EA

SAVE .98 WHEN YOU BUY 2

2/\$9 OR \$4.99 EA.

LECLERC CELEBRATION COOKIES
SELECTED VARIETIES
240 G
20853797001_EA
20965370_EA

3⁴⁹

PILLSBURY READY TO BAKE CHUB COOKIE, ROLLS, CRUST OR BISCUITS
SELECTED VARIETIES
318-468 G
20317852003_EA
20329962002_EA

5⁴⁹

TWININGS TEA
SELECTED VARIETIES
20'S
20303755001_EA
20308033001_EA

\$14

BALZAC'S GROUND OR WHOLE BEAN COFFEE 300-340 G OR **DAVIDS TEA MATCHA SINGLE SERVE** 78 G
SELECTED VARIETIES
21089422_EA
21405691_EA

\$6

INTERNATIONAL DELIGHT COFFEE WHITENER OR COLD FOAM
SELECTED VARIETIES
396-346 ML
20839480001_EA
20829959_EA

\$5

FANTASTIK ALL PURPOSE CLEANER 650 ML, **SCRUBBING BUBBLES** 946-950 ML OR **WINDEX** 765 ML
SELECTED VARIETIES
20412323006_EA
20323850002_EA

\$9

GLAD INDOOR BAGS
SELECTED VARIETIES
12-48'S
20968379_EA/21614077_EA

Optimum

Members-Only Price[™] **14⁹⁹** Members save **\$2**

Non-members **16⁹⁹**

WHISKAS CAT FOOD
SELECTED VARIETIES
12'S
20548822_EA



CUDDLY DEALS, TINY PRICES



\$1

PC[®] ORGANICS BABY FOOD POUCH 128 ML OR LITTLE BELLIES BABY SNACKS 8/12 G
SELECTED VARIETIES
20651270002_EA/21539324_EA



3⁷⁹

BABY GOURMET ORGANIC PUFFIES, BARS OR CRUNCHY CROCS BABY SNACKS 35-90 G OR EARTH'S BEST BARS 133 G
SELECTED VARIETIES
21049432_EA/21414271_EA



34⁹⁷

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



54⁹⁷

SIMILAC PRO-ADVANCE STEP 1 OR 2 POWDER
FORMULA 837-859 G
21436985_EA/21437026_EA



43⁹⁹

PAMPERS SWADDLERS ULTRA VALUE PACK DIAPERS
SELECTED VARIETIES
SIZE 2-7, 100-192'S
21455883_EA



29⁹⁹

PAMPERS ECONO BABY DRY
SELECTED VARIETIES
SIZE 2-7, 84-180'S
21551641_EA/21555843_EA



19⁹⁹

HUGGIES 9/10X OR HELLO BELLO 10X BABY WIPES
SELECTED VARIETIES
21018026_EA/21280551_EA



\$20

CLUB SIZE

PC[®] 12X WIPES
1200'S
21432245_EA



12⁹⁹

PC[®] TRAINING PANTS
SELECTED VARIETIES
20-44'S
20973265_EA/21528055_EA



SAVE UP TO 20% OFF

VASELINE PETROLEUM JELLY 215/375 G, DOVE 384 ML OR JOHNSON & JOHNSON 236-591 ML/623 G BABY NEEDS
SELECTED VARIETIES
2088430400L_EA/20323049100L_EA



SUPER YOUR EVERYDAY

SAVE UP TO
25% OFF

WEBBER NATURALS VITAMINS OR SUPPLEMENTS
SELECTED VARIETIES AND SIZES
20783429_EA/21369542_EA



SAVE UP TO
20% OFF

ONE A DAY MULTIVITAMINS
SELECTED VARIETIES
60-130'S
21315315_EA/21315316_EA



SAVE UP TO
20% OFF

ENSURE REGULAR, PLUS CALORIES OR GLUCERNA READY TO DRINK SHAKES
SELECTED VARIETIES AND SIZES
2098028001_EA
20309848003_C04



SAVE UP TO
15% OFF

SIX STAR SUPPLEMENTS
SELECTED VARIETIES AND SIZES
20301019001_EA
21344490_EA



SAVE UP TO
25% OFF
11.24-15.74

ADVIL 40-150, VOLTAREN 100-150 G OR ROBAX 10'S
SELECTED VARIETIES AND SIZES
2007789001_EA
20809786_EA



3²⁹

HALLS BAG
SELECTED VARIETIES
20-30'S
20315680001_EA/20315680012_EA



SAVE UP TO
20% OFF
7.59-9.19

U BY KOTEX PADS 22-44'S, LINERS 80-129'S OR TAMPONS 30/32'S
SELECTED VARIETIES AND SIZES
21364235_EA
21318302_EA



17⁹⁹

ALWAYS RADIANT PADS 20-48'S OR TAMPAX PEARL TAMPONS 52-66'S
SELECTED VARIETIES
21335702_EA/21335660_EA



19⁹⁹

POISE PADS
SELECTED VARIETIES AND SIZES
21303119_EA
21302103_EA



SAVE UP TO
20% OFF

LIFE BRAND® BODY OR HAND LOTION OR SUN CARE
SELECTED VARIETIES AND SIZES
21201372_EA/21201413_EA



\$5

LIFE BRAND® LIQUID HAND SOAP REFILL
SELECTED VARIETIES
2L
21317613003_EA
21317613004_EA



\$5

LIFE BRAND® MOUTHWASH
SELECTED VARIETIES
1L
21201381_EA
21201384_EA



SAVE UP TO
15% OFF

PC® SPORTS SUPPLEMENTS
SELECTED VARIETIES AND SIZES
20014779001_EA/200694512_EA



SAVE UP TO
25% OFF
4.34-16.49

LIFE BRAND® COUGH & COLD RELIEF TABLETS, CAPLETS, LIQUIDS, SALINE MISTS, SOLUTIONS OR NASAL STRIPS
SELECTED VARIETIES AND SIZES
21225718_EA/21227842_EA



SAVE UP TO
25% OFF
5.09-47.59

LIFE BRAND PAIN OR ALLERGY RELIEF PRODUCTS
SELECTED VARIETIES AND SIZES
21230627_EA/21134354_EA



SHOP BEAUTY FOR LESS

GET 2,000⁺ Value - \$2 when you buy 2

AXE BODY WASH, HAIR CARE OR DEODORANT
SELECTED VARIETIES AND SIZES
3104362_EA/2143066_EA



4⁹⁹

IRISH SPRING BAR SOAP 6X104 G, BODY WASH 591 ML OR SOFT SOAP BODY WASH 591 ML
SELECTED VARIETIES
2128275_EA/21436477_EA



SAVE UP TO 20% OFF

IVORY BODY WASH
621/3035 ML, **BAR SOAP** 3/10X90 G OR **DEODORANT** 68 G
SELECTED VARIETIES
2048974001_EA/21432374_EA



GET 3,000⁺ Value - \$3 when you buy 2

LADY OR MEN'S SPEEDSTICK PREMIUM DEODORANT
SELECTED VARIETIES
43-85 G
20348223001_EA
20847071_EA



SAVE UP TO 20% OFF

VEET HAIR REMOVAL PRODUCTS
SELECTED VARIETIES
2037045001_EA/21348363_EA



6⁹⁹

OLD SPICE DEODORANT 73-144 G, SECRET DEODORANT 68/73 G OR GILLETTE DEODORANT 122 G
SELECTED VARIETIES
2079478_EA/21383771_EA



6⁴⁹

CREST SCOPE CLASSIC 1L, ORAL-B MANUAL TOOTHBRUSH OR CREST REGULAR 4-PACK TOOTH PASTE
SELECTED VARIETIES
2034799001_EA
20948747_EA



GET 1,000⁺ Value - \$1

COLGATE MULTIPACK TOOTH PASTE 3X120/150 ML OR PREMIUM 2'S OR TOOTHBRUSH EA.
SELECTED VARIETIES
2104493_EA/21377475_EA



7⁴⁹

SENSODYNE RAPID RELIEF OR REPAIR AND PROTECT TOOTH PASTE OR POLIDENT TABLETS 84-96'S
SELECTED VARIETIES AND SIZES
2043769001_EA
2147654_EA



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

Members save \$1

L'ORÉAL HAIR EXPERTISE
SELECTED VARIETIES
285 ML
2164734_EA
2164735_EA

L'ORÉAL PARIS SOIS EXPERTISE
COLOR RADIANCE
PROTECTING PROTECTEUR
200 ML



\$10

GET 4,000⁺ Value - \$4 when you buy 2

CLAIROL NATURAL INSTINCTS HAIR COLOUR OR ROOT TOUCH UP
SELECTED VARIETIES
2142836_EA/2104493_EA



SAVE UP TO 30% OFF

MONDAY OR KRISTEN ESS HAIR CARE
SELECTED VARIETIES AND SIZES
2131077_EA/2139364_EA



GET 5,000⁺ Value - \$5 when you spend *30* on

CETAPHIL SKINCARE PRODUCTS
SELECTED VARIETIES AND SIZES
21626036_EA



SAVE 20% OFF

AVEENO SKINCARE PRODUCTS
SELECTED VARIETIES AND SIZES
20492823001_EA



5⁹⁹

VASELINE LOTION 295 ML, HEALING LOTION 300 ML OR HAND AND NAIL LOTION 100 ML
SELECTED VARIETIES
20379440001_EA



SHOP THE WORLD IN OUR AISLES™

From bok choy to basmati rice, find international ingredients at low prices.

[SHOP NOW](#)

3⁹⁹

POMELO RED
PRODUCT OF CHINA
3398139005_EA

\$5

FARMER'S MARKET™ RED ONIONS
PRODUCT OF CANADA
3 LB BAG
3067328201_EA

\$5

FARMER'S MARKET™ BANANA CHIPS
21509975_EA

12⁹⁹

OCEAN JEWEL MEDITERRANEAN SEA BASS
FROZEN
640 G
31333472_EA

2⁵⁰

CRISPY NAAN
SELECTED VARIETIES
5'S
21562485_EA

\$5

CRISPY CAKE RUSK
650 G
30482626_EA

\$12

PC® MINI JAMAICAN BEEF PATTIES
FROZEN
480 G
30995458_EA

1²⁹

LOTTE PEPERO
SELECTED VARIETIES
32-50 G
30679313_EA
30679314_EA

2⁹⁹

UFC REFRESH COCONUT WATER
1 L
30579104_EA

3⁴⁹

T&T SRIRACHA CHILI SAUCE
720 ML
30673213_EA

4⁴⁹

NONGSHIM NOODLES
SELECTED VARIETIES
480-508 G
31003982_EA
31004161_EA

3⁹⁹

LA COSTENA SAUCES
455 ML OR SALSA 436 ML
SELECTED VARIETIES
30339656001_EA
303322953001_EA

1²⁹

GREAT GENTLEMEN GINGER BEER
SELECTED VARIETIES
250 ML
21574601_EA

6⁹⁹

TAMAM TAHINI
907 G
31277567_EA

FEEL GOOD CHOICES AT FEEL GOOD PRICES

**SAVE .98
WHEN YOU BUY 2**

2/\$5
OR \$2.99 EA.

BIOITALIA LENTILS, BEANS, TOMATOES 341-399 ML, SPAGHETTI OR MACARONI 500 G
SELECTED VARIETIES
2098303L_EA/21022805_EA

SAVE UP TO 1.50

5⁴⁹

NATURE'S PATH SUNRISE OR CORNFLAKE CEREAL
SELECTED VARIETIES
300-375 G
2004233800L_EA/2004233800L_EA

HOT DEALS

**SAVE 1.48
WHEN YOU BUY 2**

2/7⁵⁰
OR \$4.49 EA.

GT'S KOMBUCHA 480 ML OR RISE KOMBUCHA 434 ML
SELECTED VARIETIES
2037400L_EA/2006003400L_EA

\$5

CHICKAPEA

CHICKAPEA PASTA
SELECTED VARIETIES
227 G
2105702L_EA/2105702L_EA

\$12

POPPI

POPPI
SELECTED VARIETIES
4X355 ML
21061295L_EA/21061294L_EA

SAVE .99

\$2

ROAR ORGANICS
SELECTED VARIETIES
532 ML
21060395L_EA/21060395L_EA

HOT DEALS

2⁴⁹

LOVE GOOD FATS CHEWY OR NUTTY BARS
40 G
2105886L_EA

LOVE GOOD FATS
Chewy Nutsy
7g PROTEIN
2g FIBRE
15g FATS

SAVE 6.99

\$39

LEANFIT ORGANIC PLANT-BASED PROTEIN
SELECTED VARIETIES
715 G
21058716L_EA/21058716L_EA

GET 10,000⁰⁰ = \$10 Value

\$4

NATURE CLEAN HOUSEHOLD CLEANER
740 ML
21059736L_EA/21059740L_EA

LEAN • TESTED • TRUSTED • CLEAN • TESTED • TRUSTED • CLEAN • TESTED • TRUSTED • CLEAN • TESTED

PVL PURE VITA LABS

ISOGOLD
21340713_EA/21340710_EA
\$48

WHEY PRO+
21562114_EA/21561999_EA
\$29.99

CREATINE X8
21524741_EA
\$29.99

PROH2O
21616750_EA
\$26.99

INFORMED CHOICE

GENUINE HEALTH

THE ULTIMATE TRIO FOR WHOLE BODY HEALTH

#1 Greens in Canada

fermented organic vegan proteins+
vanilla 600 g
21294756_EA
\$40

greens+ original
unsweetened natural 208 g
21592533L_EA
\$35

Advanced Gut Health Probiotic
15 billion CFU 30 capsules
21025973L_EA
\$22

GENUINEHEALTH.CA

It's better with Almond Breeze.

2/\$7 Almond Breeze refrigerated 1.89 L or Aseptic Non-Dairy beverages 946 mL selected varieties
20107219004_EA/20794060002_EA
OR \$4.49 ea.

UNSWEETENED
Almond Breeze
30 CALORIES

UNSWEETENED
Almond Breeze
30 CALORIES

UNSWEETENED
Almond Breeze
30 CALORIES

Real Ingredients. Unreal flavour.

Pacific FOODS

Nourish Every Body

\$7 Pacific Foods® Organic Ready to Serve Soup selected varieties 946 mL/1 L
20599733003L_EA

\$7 Pacific Foods® Organic Broth selected varieties 1 L
20599786002L_EA

GET 5,000⁰⁰ = \$5 Value for every \$20 spent on

SUPER YOUR EVERYDAY

SAVE
40.00

\$90

SODASTREAM
TERRA
CARBONATED
WATER MACHINE

21472849_EA
21472903_EA



SAVE
30.00

\$80

KEURIG K-MINI
BREWERS

21407415_EA



SAVE
15%
OFF

20.00-135.00

BLACK & DECKER
APPLIANCES

SELECTED VARIETIES
20966109_EA
21399843_EA



SAVE UP TO
15%
OFF

35.00-355.00

NINJA APPLIANCES

SELECTED VARIETIES
21423243_EA
21437274_EA



SAVE UP TO
20%
OFF

18.00-125.00

STARFRIT COOKWARE
SKILLETS, WOKS, JUMBO
COOKERS OR COOKWARE SETS

SELECTED VARIETIES
20952945_EA
21353249_EA

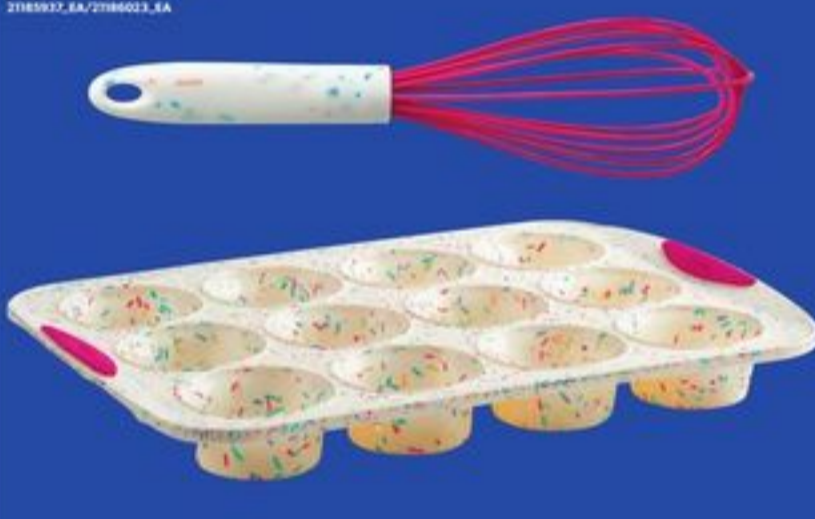


SAVE UP TO
20%
OFF

6.00-24.00

TRUDEAU SILICONE &
METAL BAKEWARE

SELECTED VARIETIES
21485937_EA/21986023_EA



\$45

PC® 12 PIECE
DINNERWARE SETS

21279157_EA



SAVE UP TO
20%
OFF

6.00-31.00

PC® GADGETS

SELECTED VARIETIES
21990083_EA/21357809_EA
21990090_EA



BUY 2 GET
20% OFF
BUY 3 GET
30% OFF
BUY 4 GET
40% OFF

PC® PANTRY CANNISTERS,
PC® CLICK N STORE, TRITAN
PANTRY OR SEAL TIGHT

SELECTED VARIETIES
5.00-25.00
21784333_EA/21574343_EA



SAVE UP TO
15%
OFF

21.00-23.00

BRITA DENALI
PITCHERS OR
3-PACK FILTERS

SELECTED VARIETIES
20094843_EA
21334847_EA



SUPER YOUR EVERYDAY

\$149

PC® PATIO RETRO COOLER
BLACK OR MINT, HOLDS 110-355 ML CANS WITH 25 POUNDS OF ICE
21480391_EA
21480408_EA



Optimum
Members-Only Price
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PC® CHARCOAL SPIEDINI GRILL
FITS 43 SKEWERS, INCLUDES CARRY BAG, LIMITED 5 YEAR WARRANTY
21524440_EA
**MUST BE A REGISTERED PC OPTIMUM™ MEMBER TO LOAD AND GET THIS OFFER.



\$59

PC® LOW SMOKE TABLETOP WOOD-BURNING FIRE PIT
INCLUDES CARRY COVER
LIMITED 5 YEAR WARRANTY
21599547_EA



BUY 1 GET 1 50% OFF

LIFE AT HOME™ ACCENT, SEAT OR HIGH BACK PATIO CUSHIONS
SELECTED VARIETIES
SECOND ITEM MUST BE OF EQUAL OR LESSER VALUE
19.00-59.00
21599937_EA/21600017_EA



SAVE UP TO **30% OFF**
1.60-41.00

LIFE AT HOME™ OUTDOOR PATIO SOLAR OR STRING LIGHTS
SELECTED VARIETIES
21599223_EA/21599542_EA



FROM **\$3**
3.00-49.00

PC® OR EVERYDAY ESSENTIALS™ BBQ ACCESSORIES, TOOLS OR BBQ COVERS
SELECTED VARIETIES
21297995_EA/21522948_EA



BUY 1 GET 1 50% OFF

EVERYDAY ESSENTIALS™ HAND, FACE OR BATH TOWELS
SECOND ITEM MUST BE OF EQUAL OR LESSER VALUE
4.00-10.00
21434220_EA



BUY 1 GET 1 50% OFF

LIFE AT HOME™ SCENTED CANDLES
SELECTED VARIETIES
SECOND ITEM MUST BE OF EQUAL OR LESSER VALUE
10.00-16.00
21434497_EA/21434484_EA



BUY 1 GET 1 50% OFF

MILLANO DREAMCASTER PILLOW
SECOND ITEM MUST BE OF EQUAL OR LESSER VALUE
8.00
21613957_EA



SAVE UP TO **30% OFF**
3.50-42.00

LIFE AT HOME™ HOME DÉCOR
SELECTED VARIETIES
21446119_EA/21428815_EA



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21450376_EA/21450151_EA

\$10

Downy/Gain fabric softener 2.63 L, Bounce, Beads 334-405 g, Downy/Gain sheets 120-200's or Downy rinse 1.09 L, Selected Varieties
21550428_EA/21487599_EA





\$21

Downy/Gain beads 853 g, Selected Varieties
2162582_EA/21625629_EA

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CRAVE Frozen Meals
Selected Varieties
200 - 340 g
21085515_EA

2/\$11
OR \$5.79 EA.



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Frozen Meals
Selected Varieties
340 g
21655329_EA

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OR \$5.79 EA.



Bagel Bites ARE BACK

Bagel Bites®
pizza snacks
Selected Varieties
198 g
20215483003_EA

\$3



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SMART Ones

Smart Ones®
Entrées
Selected Varieties frozen
241-283 g
20322159001_EA

2/\$8
OR \$4.99 EA.





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Select Varieties
21201089_KG/21201094_KG

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Local Favourite



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20315210_EA

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FULL OF GOOD.

3.49

GOLD SEAL
WILD PINK SALMON
213 g | 21186867_EA

5.49

GOLD SEAL
WILD SOCKEYE SALMON
213 g | 21186814_EA

2/\$7
OR \$4.29 EA.

GOLD SEAL
WILD MACKEREL: WILD MAQUERON SAUVAGE
115 g | 21083426_EA

2.49

GOLD SEAL
Gold Seal Flavoured Wild Salmon, selected varieties
80 g | 21592988_EA



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pork loin schnitzel
21588065_EA



lean beef meatballs plain
21587897_EA



pork stir fry strips
21588095_EA



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




chicken stir fry strips
21588091_EA


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new
iÖGO
CREAMY DUOS
SNACK IT UP.

3⁴⁹

iÖGO CREAMY DUOS YOGURT, 650 G
 SELECTED VARIETIES
 21659444_EA/21659463_EA



11⁴⁹

iÖGO CREAMY YOGURT
 2 KG
 SELECTED VARIETIES
 20676092_EA/20676097_EA



7⁴⁹

iÖGO CREAMY, 0% OR LACTOSE-FREE YOGURT
 16 X 100 G
 SELECTED VARIETIES
 2107564_EA/20609583001_EA



4⁴⁹

iÖGO nano DRINKABLE YOGURT
 6 X 93 ML
 SELECTED VARIETIES
 2060967001_EA/20609653_EA



\$4

siggi's SKYR YOGURT
 4 X 100 G
 SELECTED VARIETIES
 21690027_EA/21690925_EA



7⁴⁹

siggi's SKYR YOGURT
 650 G - 750 G
 SELECTED VARIETIES
 21699475_EA/21693892_EA



\$4

ASTRO BALKAN YOGURT
 750 G
 SELECTED VARIETIES
 2016326001_EA/20170553001_EA

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