

weekly deals

**SAVE
\$1^{LB}**

\$6^{LB}

PORK SAUSAGES
SELECTED VARIETIES
13.23 /KG
**SAUCISSES
DE PORC**
20709048_KG
20709042_KG



**PREPARED
IN-STORE**

\$10

**SWISS CHALET OR
MONTANA'S PORK
BACK RIBS OR LOU'S
OR MANDARIN
ENTRÉES**
SELECTED VARIETIES
FULLY COOKED
375-650 G
**CÔTES DE DOS DE
PORC SWISS CHALET
OU MONTANA'S OU
PLATS CUISINÉS
LOU'S OU MANDARIN**
21668141_EA
21699144_EA



5⁵⁰

**PC® CHOPPED
SALAD KITS**
PRODUCT OF U.S.A.
SELECTED VARIETIES
282-396 G
**TROUSSES DE
SALADE HACHÉE**
PC^{MD}
21334070_EA
21378122_EA



3²⁵

PC® PASTA SAUCE
SELECTED VARIETIES
410/650 ML
**SAUCE POUR
PÂTES PC^{MD}**
20131344005_EA
20320838001_EA



**SAVE
UP TO 40%**

\$3

PC® VEGETABLES
SELECTED VARIETIES
FROZEN
300-750 G
LÉGUMES PC^{MD}
20314960_EA
20318915_EA



**PRICE
DROP ‡**

**More ways to
save**

\$5

**GENERAL MILLS
CEREAL**
FAMILY SIZE
SELECTED VARIETIES
475-778 G
**CÉRÉALES
GENERAL MILLS**
21103492_EA
21103495_EA



3⁵⁰

**PC® INSTANT
COFFEE**
SELECTED VARIETIES
80-100 G
**CAFÉ
INSTANTANÉ PC®**
21499826_EA



3²⁵

**iögo NANO
YOGURT**
SELECTED VARIETIES
6X93 ML
**YOGOURT NANO
iögo**
20609687001_EA
20903653_EA



2⁵⁰

**GOGO SQUEEZ
FRUIT SAUCE
POUCHES OR CUPS**
SELECTED VARIETIES
4X90/4X97 G
**SACHETS OU
CONTENANTS
DE COMPOTE DE
FRUITS GOGO
SQUEEZ**
20322697002_EA
21701169_EA



\$3

**INDOMIE INSTANT
NOODLES**
SELECTED VARIETIES
5'S
**NOUILLES
INSTANTANÉES
INDOMIE**
20686719_EA



‡Offer valid in-store at participating locations between January 1 - January 28, 2026 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 44%

2⁵⁰
LB

**PORK LOIN COMBINATION
CHOPS SIRLOIN AND
RIB PORTION
BONE-IN
5.51/KG
CÔTELETTES DE LONGE DE
PORC, COMBINAISON DE
COUPES, PORTIONS SURLONGE
ET BOUT DE CÔTES
20822343_KG**

5⁴⁴
LB

**MEDIUM GROUND BEEF
FAMILY SIZE
11.99/KG
BŒUF HACHÉ MI-MAIGRE
20865673_KG**

\$11
LB

**FRESH ATLANTIC
SALMON FILLETS SKIN-ON,
FAMILY-SIZE OR MSC COD
OR HADDOCK FILLETS
PREVIOUSLY FROZEN
24.25/KG
FILETS DE SAUMON DE
L'ATLANTIQUE FRAIS OU
FILETS DE MORUE OU
D'AIGLEFIN MSC
20720065_KG
21506245_KG**

\$4

**STRAWBERRIES
PRODUCT OF MEXICO OR
U.S.A., NO. 1 GRADE
1 LB
FRAISES
20049770001_EA**

1 LB

\$4

**ROMAINE HEARTS
PRODUCT OF U.S.A.
3'S
CŒURS DE LAITUE
ROMAINE
20067389001_EA**



SAVE \$2

\$6

**NO NAME® NATURALLY
IMPERFECT™ APPLES
PRODUCT OF ONTARIO,
CANADA NO 2 GRADE
6 LB
POMMES
NATURELLEMENT
IMPARFAITS™
SANS NOM®
20868985001_EA**



6 LB

**SAVE
\$4.97**

\$13

**CLIF ENERGY
BARS
SELECTED VARIETIES
10 X 68 G
BARRES
D'ÉNERGIE CLIF®
21664705_EA
21664748_EA**



**SAVE
32%**

12⁸⁸

**ROOSTER®
SCENTED
JASMINE RICE
8 KG
RIZ PARFUMÉ AU
JASMIN ROOSTER®
20121871_EA**



6⁵⁰



**PC® ORANGE JUICE
2.5 L OR DANONE
OIKOS TUB 650/750 G
SELECTED VARIETIES
JUS D'ORANGE PC®
OU CONTENANTS
OIKOS DANONE
21531644_EA
21651917_EA**



\$3

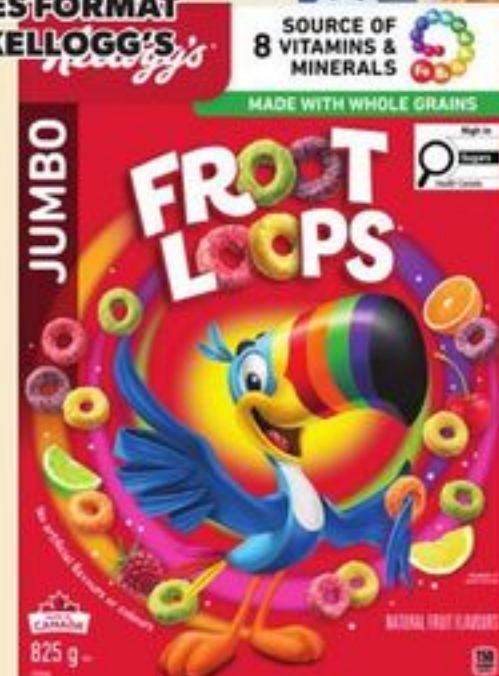


**D'ITALIANO BREAD
SELECTED VARIETIES
AND SIZES
PAIN D'ITALIANO
20038335_EA
21596468_EA**



\$10

**KELLOGG'S JUMBO
SIZE CEREAL
SELECTED VARIETIES
700 G-1.05 KG
CÉRÉALES FORMAT
JUMBO KELLOGG'S
20072706_EA
20591235_EA**



\$7



**CASHMERE BATHROOM
TISSUE 12 DOUBLE ROLLS,
SPONGETOWELS
PAPER TOWELS
3=6 ROLLS OR SCOTTIES
FACIAL TISSUE 6'S
SELECTED VARIETIES
PAPIER HYGIÉNIQUE
CASHMERE,
ESSUIE-TOUT
SPONGETOWELS OU
MOUCHOIRS SCOTTIES
21204739_EA
21676183_EA**



**HIT
OF THE
MONTH**

LOWEST PRICES. BEST DEALS.

Prices effective January 1 - 31, 2026

As compared to other major grocery retailers within your local areas. While quantities last. See in-store for details.



**CATELLI SMART OR
WHOLE GRAINS PASTA
SELECTED VARIETIES
340/375 G
PÂTES SMART OU
GRAINS ENTIERS CATELLI
20299819008_EA
20527264_EA**

**LIMIT 6
AFTER LIMIT
2.50 EA.**

\$1⁵⁰



**KELLOGG'S EGGO WAFFLES
SELECTED VARIETIES, FROZEN
8'S
GAUFRES EGGO KELLOGG'S
20302779_EA**

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

\$2²⁵



**JANES COSMIC
CHICKEN NUGGETS
FROZEN
500 G
PÉPITES DE POULET
COSMIQUES JANES
21717211_EA**

**LIMIT 6
AFTER LIMIT
4.50 EA.**

\$3⁵⁰

Flyer prices effective from Thursday, January 1st to Wednesday, January 7th, 2026. SEE IN-STORE OR ONLINE FOR HOLIDAY HOURS.

SEE BACK PAGE FOR DETAILS.

YIG 1

\$13

APP EXCLUSIVE OFFER
GET 3,000[®]
\$3 back in points

PC[®] NATURAL CHOICE
CHICKEN STRIPS
375 G
LANIÈRES DE
POULET PC^{MD}
LE CHOIX NATUREL[®]
20786418_EA



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

\$10

APP EXCLUSIVE OFFER
GET 3,000[®]
\$3 back in points

PC[®] OR BLUE MENU[®]
ENTRÉES
SELECTED VARIETIES
FROZEN
770 G-1.13 KG
PLATS CUISINÉS PC^{MD}
OU MENU BLEU^{MC}
20326534_EA
21359210_EA



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

\$7

INTERNATIONAL
DELIGHT COFFEE
WHITENER OR
COLD FOAM
SELECTED VARIETIES
396-946 ML
COLORANT À CAFÉ
OU MOUSSE FROIDE
INTERNATIONAL
DELIGHT
20895480002_EA
20895480003_EA



4²⁵



DANONE ACTIVIA
TUBS 650/750 G OR
EXPERT OR LIBERTÉ
GREEK 4X100 G
SELECTED VARIETIES
CONTENANTS
ACTIVIA OU EXPERT
DANONE OU
YOGOURT GREC
LIBERTÉ[®]
20325132003_EA
20801752001_EA



\$7



BECEL
MARGARINE
637/850 G OR
PC[®] BUTTER
QUARTERS 454 G
SELECTED VARIETIES
MARGARINE BECEL[®]
OU BÂTONNETS DE
BEURRE PC^{MD}
20297818002_EA
20313456002_EA



\$3

KELLOGG'S RICE
KRISPIES BARS
160-200 G,
POP TARTS 384 G,
SPECIAL K
BARS 125 G OR
NUTRI-GRAIN
BARS 175-295 G
SELECTED VARIETIES
BARRES RICE KRISPIES,
POP TARTS, BARRES
SPECIAL K OU BARRES
NUTRI-GRAIN
KELLOGG'S[®]
20126567001_EA
20313994001_EA



SAVE
50¢

3⁵⁰

KRAFT SALAD
DRESSING
SELECTED VARIETIES
425 ML
VINAIGRETTE
KRAFT[®]
21584132_EA
21584146_EA



SAVE
UP TO 46%

1³⁵

MICHELINA'S
ENTRÉES 156-284 G OR
SWANSON
POT PIES 200 G
SELECTED VARIETIES
FROZEN
PLATS CUISINÉS
MICHELINA'S OU
PÂTES SWANSON[®]
20320525001_EA
21208614_EA



2⁵⁰

MCCAIN FRIES OR
HASHBROWNS
800 G OR
CHEEMO
PEROGIES
745-907 G
SELECTED VARIETIES
FROZEN
FRITES OUPOMMES
DE TERRE
RISSOLÉES
MCCAIN OU
PEROGIES
CHEEMO[®]
20527641_EA
21521219_EA



\$3

GOLDFISH BAKED
SNACK CRACKERS
OR CRISPS
SELECTED VARIETIES
156-227 G
CRAQUELINS CUIITS
OU CROUSTILLES
GOLDFISH[®]
21660146_EA
20300320_EA



6⁴⁹

BLACK DIAMOND
CHEESE BARS 400 G OR
SHREDS 300-320 G OR
PC[®] SHREDS 250-320 G
SELECTED VARIETIES
BARRES DE FROMAGE
OU FROMAGE RÂPÉ
BLACK DIAMOND OU
FROMAGE RÂPÉ PC^{MD}
21278845_EA
21279221_EA



\$26

APP EXCLUSIVE OFFER
GET 3,000[®]
\$3 back in points

MCCAFÉ GROUND
COFFEE 640-875G OR
MCCAFÉ PODS 30'S,
SELECTED VARIETIES
CAFÉ MOULU
MCCAFÉ OU
CAPSULES DE CAFÉ
MCCAFÉ[®]
21633664_EA
21363982_EA



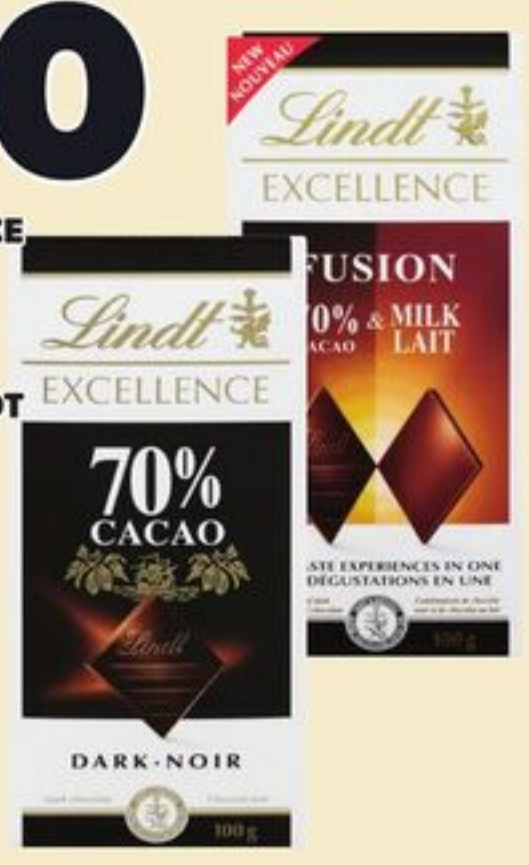
3⁵⁰

KETTLE CHIPS
SELECTED VARIETIES
156/198 G
CROUSTILLES
KETTLE[®]
21520692_EA
21654509_EA



2/\$10

OR
\$5.99 EA.
LINDT EXCELLENCE
CHOCOLATE
SELECTED VARIETIES
80-100 G
CHOCOLAT
EXCELLENCE LINDT[®]
21664548_EA
20312527005_EA



8⁹⁹

CORONA CERO 0%
NON-ALCOHOL
BEER
6X330 ML
BIÈRE 0% SANS
ALCOOL CERO
CORONA[®]
21650191_C06



SAVE
UP TO \$1²⁹

3⁵⁰

MINUTE MAID
FIVE ALIVE JUICE
OR NESTLE
ICED TEA
SELECTED VARIETIES
10X200 ML
JUS MINUTE
MAID, DÉLÉ-GINGO,
ALLENS OU THÉ
GLACÉ FIVE
Minute Maid[®]
20327042001_EA
21092667_EA



SAVE
\$2⁹⁸

WHEN YOU BUY 2

2/\$11

OR
\$6.99 EA.
PC[®] FROZEN
FRUIT 300-600 G OR
HALOTOP 473 ML
SELECTED VARIETIES
FROZEN
FRUITS
SURGELÉS PC^{MD}
OU HALOTOP[®]
20312227_EA
21087007_EA



SAVE
UP TO 33%

\$1

GRACE
PLANTAIN CHIPS
85 G OR
PEANUT PUNCH
250-400 ML
SELECTED VARIETIES
CROUSTILLES
DE PLANTAIN
OU PUNCH
AUX ARACHIDES
GRACE[®]
20213313_EA
20603025_EA



5⁵⁰

PUREX OR
SUNLIGHT
LAUNDRY
DETERGENT
1.84-2.03 L OR
FLEECY FABRIC
SOFTENER 1.36 L OR
SHEETS 80'S
SELECTED VARIETIES
DÉTERGENT À
LESSIVE PUREX
OU SUNLIGHT OU
ASSOULISSANT
TEXTILE OU
FEUILLES
ASSOULISSANTES
FLEECY[®]
20856516005_EA
21311876_EA



SAVE
UP TO \$2

12⁹⁹

TIDY CATS LIGHT
WEIGHT LITTER
SELECTED VARIETIES
2.72 KG
LITIÈRE POIDS
PLUME TIDY CATS[®]
21206496_EA



Independent
your independent grocer

CUSTOMER RELATIONS 1-866-541-6315. VISIT yourindependentgrocer.ca FOR STORE HOURS.

Please call Customer Relations at 1-866-541-6315 or visit our website at yourindependentgrocer.ca for your store's hours and to see which Your Independent Grocer[®] locations do not participate in this flyer. 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 are not obligated to sell items based on errors or misprints in typography or photography. **Pricing:** All references to "Save, Was, Now, Savings, etc." are in comparison to our own regular prices. Savings on items shown may vary by store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. Coupons must be presented and redeemed at time of purchase. **Trademarks:** [®]/[™] The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. **Purchase limits:** We reserve the right to limit quantities to reasonable family requirements. **PC Optimum[™] Members Only:** Offers are available to valid PC Optimum[™] program members. Membership is free. To register, see in-store or visit pcoptimum.ca. Points are not guaranteed in case of errors or misprints. No cash value. See yourindependentgrocer.ca for full program details including redemption restrictions. Minimum redemption is 10,000 points. These offers cannot be combined with any other coupons, discounts, or promotions. No adjustments on previous purchases. We may modify or cancel offers without notice. Product availability may vary by store. While supplies last. **Points Offers:** Receive the specified points when you spend the qualifying amount on the listed products/categories before taxes, after discounts and redemptions, in a single transaction. Taxes apply on purchase amount after discounts. PC Optimum[™] pricing is not valid in price match programs for participating Loblaws Inc. banner stores. **Outdoor/Seasonal Items:** Outdoor seasonal items (e.g., lawn and garden) may only be available at select stores. Please check your local store for pricing, limits, and availability. **PRICE DROP Offer:** Valid in-store at participating locations from January 1 - January 28, 2026 before taxes and while quantities last. Applies only to select products. Offer may be modified or cancelled without notice. See in-store for full details.

YIG BACK



crush fresh cravings

4⁵⁰

BLACKBERRIES OR RASPBERRIES
PRODUCT OF MEXICO
OR U.S.A.
HALF PINT
MÛRES OU FRAMBOISES
20051015001_EA
20128938001_EA



\$7



NO NAME® NATURALLY IMPERFECT™ ENGLISH CUCUMBERS
PRODUCT OF CANADA
3 LB
CONCOMBRES IMPERFECT™ ANGLAIS NATURELLEMENT IMPARFAITS™ SANS NOM®
21046471001_EA



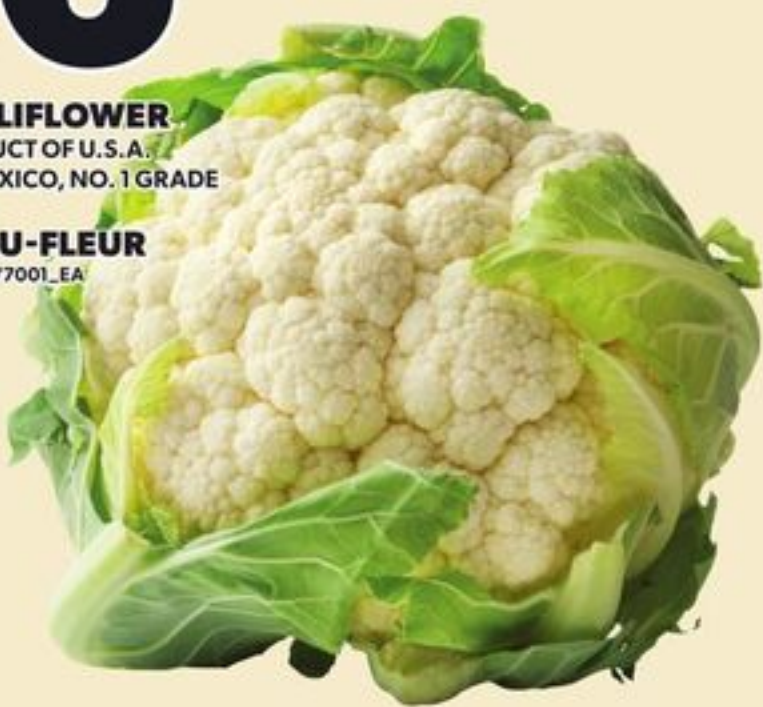
3⁹⁹ LB

PC® EXTRA LARGE GREEN OR RED SEEDLESS GRAPES
PRODUCT OF PERU, NO. 1 GRADE
8.80/KG
TRES GROS RAISINS VERTS OU ROUGES SANS PÉPINS PC®
20425775001_KG
20159199001_KG



\$6

CAULIFLOWER
PRODUCT OF U.S.A. OR MEXICO, NO. 1 GRADE
EACH
CHOU-FLEUR
20135377001_EA



SAVE \$1 WHEN YOU BUY 2

2/\$3

OR \$2 EA.
RED MANGO
PRODUCT OF PERU
MANGUE ROUGE
20059635001_EA



\$3 LB

BARTLETT OR BOSCH PEAR
PRODUCT OF U.S.A., US FANCY GRADE
6.61/KG
POIRES BARTLETT OU BOSCH
20172240001_KG
20287815001_KG



3⁵⁰



FARMER'S MARKET™ CARROTS OR YELLOW ONIONS
PRODUCT OF CANADA, CANADA NO 1 GRADE
3 LB BAG
CAROTTES OU OIGNONS JAUNES DÉLICIES DU MARCHÉ™
20600927001_EA
20811994001_EA



\$3

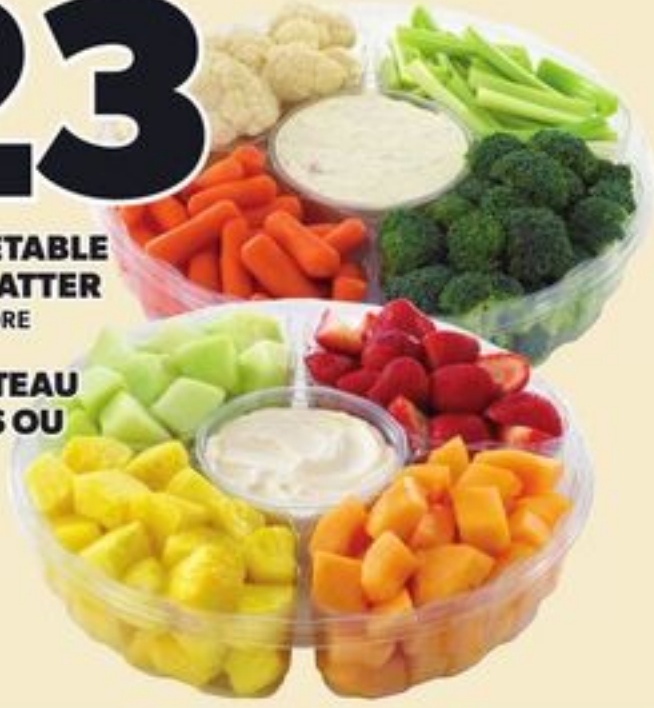


NO NAME® NATURALLY IMPERFECT™ RUSSET POTATO
PRODUCT OF CANADA, NO. 2 GRADE
5 LB
POMMES DE TERRE RUSSET NATURELLEMENT IMPARFAITS™ SANS NOM®
20867058001_EA



\$23

LARGE VEGETABLE OR FRUIT PLATTER
PREPARED IN-STORE
1.58-2.2 KG
GRAND PLATEAU DE LÉGUMES OU FRUITS
20081718_EA
20121599_EA



FRESH PROMISE

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

*Fresh Promise: Applicable to eligible fresh produce items purchased at Your Independent Grocer store locations or online at yourindependentgrocer.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original receipt within 7 days of purchase at the Your Independent Grocer store where purchase originated. The fresh promise may not be combined with any other offer. We reserve the right to cancel or change the terms of this guarantee at any time without notice.

\$25

SIGNATURE GIFT BOUQUET EACH
BOUQUET-CADEAU SIGNATURE
21436377_EA



\$25

DOZEN ECUADORIAN ROSES
ASSORTED COLOURS
DOUZAINE DE ROSES DE L'ÉQUATEUR
20581781_EA



SAVE \$4 WHEN YOU BUY 2

2/\$20

OR \$12 EA.
CARNATIONS ASSORTED COLOURS BUNCH
CEILLETS
21437446_EA



\$13 LB

EYE OF ROUND OVEN ROAST
CUT FROM CANADA AAA OR USDA SELECT GRADE BEEF OR HIGHER
28.66/KG
ROTI DE NOIX DE RONDE
20812793_KG



\$5



LEAN GROUND PORK
450 G
PORC HACHÉ MAIGRE
21646160_EA



\$9

PC® SPRING ROLLS
SELECTED VARIETIES
FROZEN
574 G
ROULEAUX DE PRINTEMPS PC®
20698096_EA
20698133_EA



\$7



PC® PORK SAUSAGE
SELECTED VARIETIES
375/500 G
SAUCISSES DE PORC PC®
21584342_EA
21584308_EA



7⁵⁰

BUTTERBALL TURKEY BACON
375 G
DINDE GENRE BACON BUTTERBALL
20016865_EA



\$5

ASIAN INSPIRATIONS OR MULDOON'S ENTRÉES
SELECTED VARIETIES, FROZEN
400 G
PLATS CUISINÉS ASIAN INSPIRATIONS OU MULDOON'S
21047378_EA
21047671_EA



find your catch in seafood

3⁵⁰

SEAQUEST® CRAB OR LOBSTER FLAVOURED POLLOCK FLAKES OR CHUNKS
SELECTED VARIETIES
READY-TO-EAT
227 G
GOBERGE À SAUVEUR DE CRABE OU HOMARD
SEAQUEST® FLOCONS OU MORCEAUX
20699832_EA



\$13

PC® BLACK TIGER SHRIMP
RAW ZIPPERBACK® 16-20 PER LB
400 G OR
WILD ATLANTIC COLD WATER SHRIMP
COOKED
PEELED 150-200 PER LB 340 G
FROZEN
CREVETTES TIGRÉES NOIRES OU CREVETTES NORDIQUES SAUVAGES DE L'ATLANTIQUE PC®
20801192_EA
20021832_EA



\$7

SEAQUEST® COLOSSAL PACIFIC WHITE SHRIMP
RAW ZIPPERBACK® 16-20 PER LB
300 G OR **BAY SCALLOPS**
UNCOOKED 100-150 PER LB
400 G FROZEN
CREVETTES BLANCHES COLOSSALES DU PACIFIQUE OU PÉTICONS DE BAIE
SEAQUEST®
21043887_EA/21558522_EA



bakery deals rising daily

1⁵⁰

BAGUETTE
WHITE OR WHEAT
255 G
BAGUETTE
21529211_EA



BAKED
IN-STORE

4⁵⁰



BUTTER
CROISSANTS
6'S
CROISSANTS AU
BEURRE
21682999_EA



BAKED
IN-STORE

Optimum
Members-Only Price™
\$4
Non-members
\$5

Members
save
\$1



PREMIUM BAGELS
NEW FLAVOURS-CHEDDAR
JALAPENO & BRIQCHE
6'S
BAGELS DE CHOIX
21705757_EA
21705913_EA



BAKED
IN-STORE

\$7



FARMER'S MARKET™
MUFFINS
SELECTED VARIETIES
6'S
MUFFINS DÉLICIES DU
MARCHÉ^{MC}
21283356_EA
21283358_EA



7⁵⁰



FARMER MARKET™
COOKIES
SELECTED VARIETIES
12'S
BISCUITS DÉLICIES DU
MARCHÉ^{MC}
20566294_EA
20566774_EA



\$9



FARMER'S
MARKET™
BROWNIES
608 G
BROWNIES
DÉLICIES DU
MARCHÉ^{MC}
21450067_EA



\$6



PC® CLUB SIZE
NAAN DIPPERS
400 G
BOUCHÉES NAAN
FORMAT CLUB PC^{MD}
20999700_EA



2⁵⁰



NO NAME® BAGELS
SELECTED VARIETIES
6'S
BAGELS
SANS NOM®
21297831_EA
21666664_EA



4⁵⁰



VACHON SNACK
CAKES OR SARA LEE
LITTLE BITES
SELECTED VARIETIES
252-336 G
PETITS GÂTEAUX
VACHON OU LITTLE
BITES SARA LEE
20963606_EA
21403214_EA



SAVE \$1⁴⁹
\$8



TRE STELLE
RICOTTA 475 G OR
MOZZARELLA BALL
340 G
SELECTED VARIETIES
RICOTTA OU BOULE
DE MOZZARELLA
TRE STELLE
20189267_EA
20093652_EA



in the mood for deli-cious

SAVE
\$1¹⁹/100 G

3⁵⁰
/100 G

JARLSBERG
IN-STORE DELI CUT
JARLSBERG
21388103_KG



\$6



ZIGGY'S®
KOLBASSA,
PEPPERETTES OR
SLICED PEPPERONI
SELECTED VARIETIES
175-375 G
KOLBASSA,
PEPPERETTES
OU PEPPERONI
TRANCHE ZIGGY'S®
20085869_EA
21396884_EA



3⁵⁰
/100 G



DELI SERVICE CASE
CUDDY TURKEY
OR CHICKEN
DINDE OU
POULET CUDDY
DU COMPTOIR DE
SERVICE
20007099_KG



\$7

PC® GUACAMOLE
SELECTED VARIETIES
425 G
GUACAMOLE PC^{MD}
21448106_EA



Optimum
Members-Only Price™
6⁵⁰
Non-members
7⁵⁰

Members
save
\$1



FONTAINE SANTÉ
HUMMUS
SELECTED VARIETIES
454/482 G
HUMMUS
FONTAINE SANTÉ
20503658_EA
21687273_EA



on the run, we got you

\$16-20

Optimum
GET
4,000[®]
\$4
back
in points

IN-STORE PREPARED
FAMILY MEAL
750 G-1.3 KG
REPAS FAMILIAUX
PRÉPARÉS EN
MAGASIN
21696333_EA
21595416_EA



\$9



OLIVIERI FAMILY
PACK PASTA
SELECTED VARIETIES
500-700 G
SAUCE EN
EMBALLAGE
FAMILIAL-OLIVIERI
20311594_EA
21021889_EA



\$9



FROM OUR CHEFS™
SOUP
SELECTED VARIETIES
700 ML
SOUPE CONCOCTÉ
PAR NOS CHEFS^{MC}
21703369_EA
21703558_EA



\$8

IN-STORE
PREPARED BOWLS
SELECTED VARIETIES
345-400 G
BOLS PRÉPARÉS EN
MAGASIN
21666110_EA/21666166_EA



\$16

9 PIECE CHICKEN
STRIPS
HOT OR CHILLED
870 G
9 MORCEAUX
DE LANIÈRES DE
POULET
20992187_EA
20991197_EA



WHILE
SUPPLIES LAST

COLLECT & SAVE! BIG IS BACK

Get one stamp for every \$20* spent.
Collect 20 stamps and get 60-80% off*
one piece of high-quality Kuhn Rikon
Swiss design ovenware!

SAVE
60-80%*
OFF EACH



Opt-in digitally in the
PC Optimum™ App and get
8 bonus stamps*

**KUHN
RIKON**
SWISS DESIGN

*Offer available in-store and online at participating Loblaw banner stores starting Oct. 23, 2025. Receive 1 stamp for every \$20 spent before applicable taxes in a single transaction until Feb. 11, 2026. 8 bonus stamps available to PC Optimum™ members who opt-in to program using the PC Optimum™ App (the "App") between Oct. 16, 2025 and Feb. 11, 2026. Limit 1 bonus offer per account/household. Notwithstanding the foregoing, we reserve the right to stop issuing stamps (incl. bonus) earlier upon notice posted in-store, in the App and on pcoptimum.ca/collectandsave. Stamps are not provided for purchase of tobacco, alcohol, prescriptions, gift cards, phone cards, lottery tickets, 3rd party operations (post office, gas bar, dry cleaner, etc.) and any other products which are provincially regulated. When you collect and redeem 20 stamps, you'll get 60 - 80% off 1 Kuhn Rikon ovenware piece, before applicable taxes. Offer cannot be combined with any other coupons or promotional offers. Stamps have no cash value and are non-transferrable. PC Optimum™ Members: To obtain a digital stamp card, opt-in to this program using the App. Digital stamps collected by a household will be combined on one digital stamp card. For paper stamp card or for non-PC Optimum™ members, see in-store for card. 20 digital or paper or a mix of both stamps must be presented to cashier at time of ovenware purchase. Completed stamp cards can be redeemed until Feb. 25, 2026, after which time stamps/cards expire. Ovenware selection and/or quantities may diminish as completed cards are redeemed. All sales final. Eligible ovenware is under warranty for 2 years from date of purchase and can be replaced at your store of purchase until Feb. 25, 2026 or while supplies last, whichever is earlier, after which time, contact loblawpromotions@l-founders.com for replacement. For full warranty information including warranty exclusions, FAQ's and complete offer details, visit pcoptimum.ca/collectandsave.

power up with protein

power bowls

\$8

up to
34 g
of protein in
each bowl

**IN-STORE
PREPARED BOWLS**
SELECTED VARIETIES
345-400 G
21666110_EA / 21666166_EA



**SAVE
99¢**



\$8

**PC® FREE FROM®
DELI SLICED MEAT**
SELECTED VARIETIES
175 G
20682855_EA
20682966_EA



\$7

**SEAQUEST® FISH
FILLETS** SELECTED VARIETIES
400 G OR **HIGH LINER**
**WILD CAUGHT PACIFIC
SALMON FILLETS** 400 G
FROZEN
20036614_EA
21093881_EA



2/4⁸⁸
OR
\$2.89 EA.

ROOSTER® TOFU
SELECTED VARIETIES
454 G
21474765_EA



\$2

**PC® ORGANICS
CANNED BEANS**
SELECTED VARIETIES
398 ML
21403943_EA
21403992_EA



1⁵⁰

**NO NAME®
CHUNK OR FLAKED
LIGHT TUNA**
170 G
20521647_EA
20521648_EA



3⁵⁰

**CATELLI PROTEIN
PASTA**
SELECTED VARIETIES
340 G
21661872_EA
21661873_EA



3⁵⁰

**PC® PROTEIN
TORTILLAS**
342 G
21447518_EA



**SAVE
99¢**

\$4

**NO NAME®
COTTAGE CHEESE**
SELECTED VARIETIES
500 G
20183991001_EA
20183991002_EA



\$16

**NUTTIN' BUT
SPREADS ALMOND
BUTTER**
SELECTED VARIETIES
765 G
21126600_EA



5⁹⁹

**QUAKER PROTEIN
INSTANT OATS**
168-366 G
21550068_EA
21550071_EA



**SAVE
50¢**

7⁷⁵

NATREL PLUS MILK
SELECTED VARIETIES
2 L
21443665_EA
21443674_EA



Optimum
Members-Only Price™
\$16
Non-members
\$18

Members
save
\$2

**PC® CLUB PACK
NUTS**
SELECTED VARIETIES
680-907 G
21404808_EA
21404871_EA



\$15

**PC® ORGANICS CHIA
SEEDS CLUB PACK®**
SELECTED VARIETIES
907 G
20984945_EA



2/\$10
OR
\$5.49 EA.

**YOPLAIT PROTEIN
TUBS** 650 G OR
**MINUTE MAID ZERO
SUGAR DRINKS** 1.54 L
SELECTED VARIETIES
21434019_EA
21588406_EA



\$29

**KIND PROTEIN PLUS
BARS, HIGH IN PROTEIN
AND FIBRE**
SELECTED VARIETIES
12X62 G
21697722_C12
21697730_C12



\$3

**NATURE VALLEY OR
PC® PROTEIN BARS**
SELECTED VARIETIES
148 G
2068698001_EA
20965547_EA



**GET
5,000⁰⁰**

\$5
back
in points

\$50

**VEGA ONE®
ALL-IN-ONE
PROTEIN POWDER**
SELECTED VARIETIES
834-876 G
2057556002_EA
20645554_EA



no name®



made without

synthetic colours* • artificial flavours • hydrogenated oils • artificial sweeteners • brominated vegetable oil
sugar alcohols • bha, bht, tbhq • polydextrose • monosodium glutamate** • azodicarbonamide (ada)

*as defined in Canadian regulations **except those naturally occurring

2/\$11

OR
\$5.99 EA.

**NO NAME®
CHEESE BARS** 400 G
OR SHREDS 320 G
SELECTED VARIETIES
21082491_EA
21289745_EA



SAVE
148
WHEN YOU BUY 2



2/750

OR
\$4.49 EA.

**NO NAME®
CREAM CHEESE**
SELECTED VARIETIES
227/250 G
20308105001_EA
20308105002_EA



SAVE
98¢
WHEN YOU BUY 2



2/\$11

OR
\$5.99 EA.

NO NAME® BUTTER
SELECTED VARIETIES
454 G
20316543002_EA
20325029_EA



\$3

**NO NAME®
VEGETABLES**
SELECTED VARIETIES
FROZEN
750 G
20306375_EA
20312260_EA



\$8



**NO NAME®
BACON**
SELECTED VARIETIES
500 G
20156771_EA
20174909_EA



\$3



**NO NAME®
ANCIENT GRAINS
OR 12 GRAIN
SLICED BREAD**
600 G
21666723_EA
21666807_EA



\$7

**NO NAME® NATURALLY
IMPERFECT™ AVOCADO**
PRODUCT OF MEXICO
2.2 LB
21699907001_EA



\$3

**NO NAME® NATURALLY
IMPERFECT™ LIMES**
PRODUCT OF MEXICO
680 G
21673921001_EA



SAVE
\$1



\$4

**NO NAME® NATURALLY
IMPERFECT™ CARROTS**
PRODUCT OF CANADA,
CANADA NO. 2 GRADE
5 LB BAG
20945332001_EA



2/\$5

OR
\$2.99 EA.

**NO NAME®
CANNED FRUIT**
SELECTED VARIETIES
398 ML
20618836_EA
20617753_EA



550

NO NAME® MUFFIN MIX 900 G
OR PIE FILLINGS 540 ML/796 ML
SELECTED VARIETIES
900 G
21165877_EA
21662314_EA



\$18

**NO NAME®
NATURALLY
IMPERFECT™
FRUIT**
SELECTED VARIETIES
FROZEN
2 KG
21480144_EA



175

**NO NAME®
CHEESE SNACKS**
SELECTED VARIETIES
3'S
20889881_EA
20889882_EA



2/\$7

OR
\$4.29 EA.

**NO NAME®
MARSHMALLOW**
SELECTED VARIETIES
400 G
20304672002_EA
20311578001_EA



\$10

**NO NAME® ICE CREAM
SANDWICHES OR BARS**
CLUB SIZE
SELECTED VARIETIES
FROZEN
24/30'S
21013432_EA



125

**NO NAME®
BROTH**
SELECTED VARIETIES
900 ML
21189608_EA
21189610_EA



\$2

NO NAME® PASTA
SELECTED VARIETIES
900 G
20315613002_EA
20315613003_EA



2/\$6

OR
\$3.79 EA.

**NO NAME®
COATING MIX**
SELECTED VARIETIES
142-162 G
21122657_EA
21122663_EA



350

NO NAME® SPICES
SELECTED VARIETIES
15-250 G
20132840_EA
20617758_EA



\$3

**NO NAME®
WHITE VINEGAR**
4 L
20102756_EA



\$12

**NO NAME®
CAT LITTER**
SELECTED VARIETIES
18 KG
20177169002_EA



start with the basics

\$4

1.75

HEINZ BEANS OR PASTA
SELECTED VARIETIES
398 ML
20040380003_EA
20177278001_EA



\$3

CHEEZ-IT BAKED SNACK CRACKERS
SELECTED VARIETIES
191/200 G
2124557_EA
2124560_EA



NO NAME® ORANGE JUICE
1.75 L OR
ASTRO YOGURT TUB
650-750 G
SELECTED VARIETIES
20165226001_EA
21671461_EA



\$6

FRENCH'S KETCHUP
SELECTED VARIETIES
750 ML-1 L
20835068_EA
20835951_EA



5.99

BICK'S PICKLES
SELECTED VARIETIES
1 L
21668595_EA
21668773_EA



SAVE 99¢
WHEN YOU BUY 3

3/4.98

OR \$1.99 EA.
KRAFT DINNER ORIGINAL MACARONI & CHEESE
200 G
21549526_EA



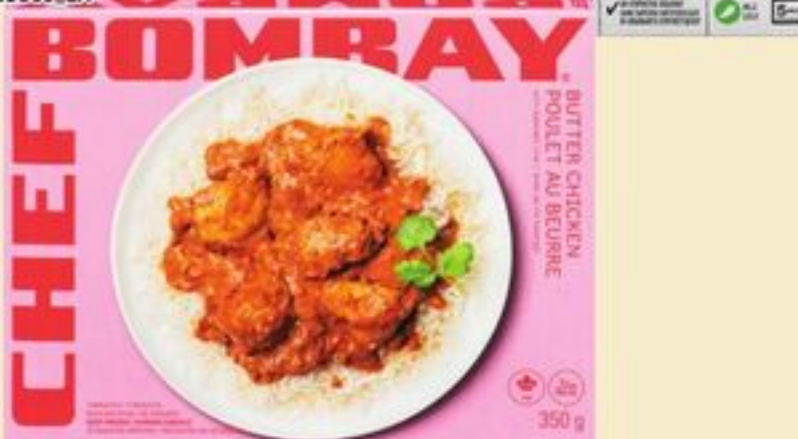
\$14

HIGH LINER PAN-SEAR OR SIGNATURE FISH
SELECTED VARIETIES
FROZEN
425-540 G
20845016_EA
21186254_EA



\$5

CHEF BOMBAY ENTRÉES OR SNACKS 240-354 G OR
PC® ASIAN ENTRÉES
SOUPS GNOCCHI, RISOTTO OR BOL-O-GRAINS
280-400 G
SELECTED VARIETIES
FROZEN
20973182_EA
21565869_EA



\$8

TACO BELL MENU KITS
SELECTED VARIETIES
401-642 G
21663420_EA
21663622_EA



SAVE \$2.98
WHEN YOU BUY 2

2/\$11

OR \$6.99 EA.
BEN & JERRY'S 473 ML
OR **MAGNUM BARS** 3/4'S
SELECTED VARIETIES
FROZEN
20950739_EA
21428213_EA



\$5

CHAPMAN'S YUKON NOVELTIES
SELECTED VARIETIES
FROZEN
5-8'S
20950270_EA
21583332_EA



4.50

PC® BLACK LABEL ICE CREAM
SELECTED VARIETIES
FROZEN
500 ML
21588234_EA
21588332_EA



SAVE \$2.08
WHEN YOU BUY 2

2/7.50

OR \$4.79 EA.
MIO WATER ENHANCERS
SELECTED VARIETIES
48 ML
21633555_EA
20565119003_EA



\$14

NO NAME® INSTANT COFFEE
340 G
20057497_EA



SAVE \$2.08
WHEN YOU BUY 2

2/4.50

OR \$3.29 EA.
MAYNARDS CANDY
SELECTED VARIETIES
135-154 G
21545554_EA
21694186_EA



\$10

ROYALE BATHROOM TISSUE 12 DOUBLE ROLLS,
TIGER TOWELS PAPER TOWELS 3=6 ROLLS OR
FACIAL TISSUE 6'S
SELECTED VARIETIES
21363770_EA
21484702_EA



\$21

CASHMERE BATHROOM TISSUE
SELECTED VARIETIES
24=72 ROLLS
21443648_EA



SAVE UP TO \$3.99

\$17

CESAR DOG FOOD
SELECTED VARIETIES
12'S
20628503001_EA





DIGITAL COUPONS

UP TO
\$35
IN TOTAL
VALUE

More offers. More points.

**CLICK FOR THESE
COUPONS AND MORE**



6,000 points

**When you spend \$40
or more on fresh fruits
or vegetables**

Ends on January 7th, 2026



6,000 points

**When you spend \$25 or
more on PC® food storage
and lunch solutions**

Ends on January 7th, 2026



1,000 points

**PC® Crackers
selected varieties
185 g**

Ends on January 7th, 2026



2,000 points

**PC® Black Label® cheese
selected varieties
200-250 g**

Ends on January 7th, 2026



1,000 points

PC® Dino melon

Ends on January 7th, 2026



1,000 points

**PC® Ready to Bake
Croissants
312-360 g**

Ends on January 7th, 2026



4,000 points

**PC® Porchetta
1.2 kg**

Ends on January 7th, 2026



2,000 points

**PC® Juice Shots
4 x 60 mL**

Ends on January 7th, 2026



1,000 points

**PC® Hot Peppers
50-226 g**

Ends on January 7th, 2026

live well, spend less

\$10

LIMIT 6
AFTER LIMIT
11.99 EA.

DOVE BAR SOAP 6X106 G OR
BODY WASH 400-710 ML
SELECTED VARIETIES
21221317_EA/21638561_EA



5⁵⁰

LIMIT 6
AFTER LIMIT
5.99 EA.

IRISH SPRING
BAR SOAP 6X104 G OR
BODY WASH 591 ML OR
SOFTSOAP
BODY WASH 591 ML
SELECTED VARIETIES
21219375_EA/21436477_EA



SAVE

20%

OLD SPICE
BODY WASH
SELECTED VARIETIES
AND SIZES
4.39-15.19
21075513_EA
21238557_EA



7⁵⁰

LIMIT 6
AFTER LIMIT
8.49 EA.

CREST PRO HEALTH GUM
DETOXIFY TOOTHPASTE
110 ML, **ORAL-B FLOSS**
TWIN PACK, CREST SCOPE
OUTLAST OR PROHEALTH
ADVANCED RINSE 1 L,
OR **ORAL B BATTERY**
TOOTHBRUSH
SELECTED VARIETIES AND SIZES
20598749_EA/21354062_EA



\$1

LIMIT 12
AFTER LIMIT
1.79 EA.

COLGATE
OR **CREST**
TOOTHPASTE,
50-100 ML OR **MANUAL**
TOOTHBRUSH EA.
SELECTED VARIETIES
20338731001_EA/20975582_EA



5⁵⁰

LIMIT 6
AFTER LIMIT
5.99 EA.

COLGATE TOTAL
OR **SENSITIVE**
PRO-RELIEF
TOOTHPASTE,
COLGATE 360 OR
PERIOGARD MANUAL
TOOTHBRUSHES EA.
OR **COLGATE KIDS**
MOUTHWASH 500 ML
SELECTED VARIETIES
AND SIZES
20280090_EA/21166129_EA



SAVE
UP TO \$2.49

\$9

GILLETTE OR VENUS
DISPOSABLE RAZORS
SELECTED VARIETIES
1-8'S
20179414001_EA
20984907_EA



SAVE
UP TO

25%

METHOD OR
MRS. MEYERS
LIQUID
HAND SOAP
SELECTED VARIETIES
AND SIZES
4.49-9.79
21046950_EA
21640640_EA



5⁵⁰

LIMIT 6
AFTER LIMIT
6.99 EA.

SENSODYNE
OR **PRONAMEL**
TOOTHPASTE 75-100 ML,
POLIDENT DENTURE TABLETS 40'S OR
POLIGRIP DENTURE ADHESIVE 40 G
SELECTED VARIETIES
20301179001_EA/20756075_EA



SAVE

20%

GARNIER
WHOLE BLENDS
HAIR CARE
SELECTED VARIETIES
AND SIZES
20941842_EA
20941848_EA



\$10

CERA VE HAIR CARE
SELECTED VARIETIES AND SIZES
21649139_EA/21649174_EA



\$9

BATISTE DRY
SHAMPOO OR
JOHN FRIEDA
HAIR CARE
SELECTED VARIETIES
AND SIZES
20757892002_EA
21645125_EA



\$12

L'ORÉAL EXCELLENCE
HAIR COLOUR OR
ROOT COVER UP
SELECTED VARIETIES AND SIZES
20306551008_EA/21291117_EA



SAVE
UP TO

20%

VASELINE
SKIN CARE
PRODUCTS
SELECTED VARIETIES
AND SIZES
21085011_EA
21085910_EA



SAVE

15%

GARNIER MICELLAR
WATER 400 ML,
SKIN ACTIVE,
CLEANSER
OR **NATURAL**
MOISTURIZERS
OR **L'ORÉAL**
WRINKLE EXPERT,
REVITALIFT TONER
OR **CLEANSER**
SELECTED VARIETIES
AND SIZES
21549485_EA



live well, spend less

GET **2,000**[®] when you buy 2 **\$2** back in points

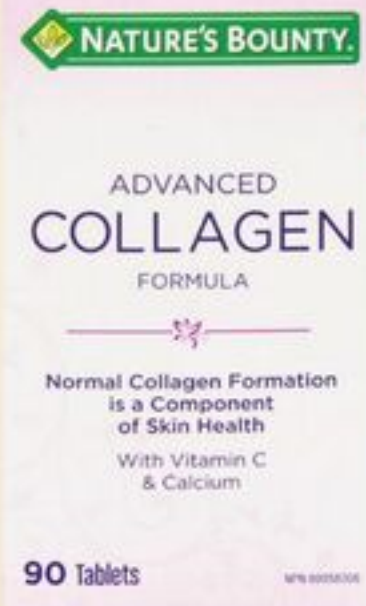
WEBBER NATURALS VITAMINS OR SUPPLEMENTS
SELECTED VARIETIES AND SIZES
20783429_EA
21092457_EA



ebber naturals

SAVE UP TO 15%

NATURE'S BOUNTY KIDS VITAMINS OR SUPPLEMENTS
SELECTED VARIETIES AND SIZES
60-175'S
20955533_EA
21667833_EA



SAVE UP TO

20%

ENSURE OR GLUCERNA READY TO DRINK SHAKES
SELECTED VARIETIES AND SIZES
20180283003_EA
20308731008_C06



SAVE UP TO

15%

SMALL-TYLENOL COMPLETE COUGH, COLD AND FLU TABLETS OR CAPSULES 18/20'S OR BENYLIN COUGH SYRUPS 100 ML
\$4.88-12.59
SELECTED VARIETIES AND SIZES
20322277003_EA/20315180001_EA



SAVE UP TO

15%

VOLTAREN 100-150 G OR ROBAX 18'S
SELECTED VARIETIES AND SIZES
20312343001_EA
20809786_EA



SAVE UP TO

15%

PERFECT SPORTS SUPPLEMENTS
SELECTED VARIETIES AND SIZES
21068247_EA
21068329_EA



\$12

ALWAYS LINERS 92-96'S, PADS 7-92'S OR TAMPAX TAMPONS 22-36'S
SELECTED VARIETIES
21025063_EA
21374659_EA



\$13

U BY KOTEX LINERS 112-150'S, PADS 30-60'S OR TAMPONS 45'S
SELECTED VARIETIES
21180875_EA
21291969_EA



\$20

ALWAYS DISCREET UNDERWEAR OR PADS
SELECTED VARIETIES AND SIZES
20814896_EA/20814920_EA



5/\$9

OR \$2.29 EA.

LOVE CHILD ORGANIC POUCHES
128 ML OR **LOVE DUCKS SNACKS** 30 G
SELECTED VARIETIES
20752899005_EA
20944519_EA



2/\$7

OR \$3.99 EA.

GERBER PUFFS OR LIL' CRUNCHIES
SELECTED VARIETIES
42-187 G
20305738001_EA
20304618003_EA



2/\$11

OR \$5.99 EA.

AMARA ORGANIC SMOOTHIE MELTS OR FRUIT BITES
SELECTED VARIETIES
23 G
21426267_EA
21624150_EA



78⁹⁹

SIMILAC 360 TOTAL CARE READY TO FEED INFANT FORMULA
SELECTED VARIETIES
16X235 ML
21702863_C16/21702882_C16



34⁹⁹

ENFAGROW A+ INFANT NUTRITIONAL SUPPLEMENT
SELECTED VARIETIES
907 G
21694898_EA/21694972_EA



EVERYDAY ESSENTIALS™/MC

Quality products
at prices you'll love.

\$10

EVERYDAY ESSENTIALS™
PLUSH THROW
21680150_EA



\$6

EVERYDAY ESSENTIALS™
JUMBO PILLOW
EACH
21667755_EA



FROM \$6

EVERYDAY ESSENTIALS™
PILLOWCASES
SELECTED VARIETIES
21615515_EA/21615531_EA



\$8

EVERYDAY ESSENTIALS™
18 OZ CANDLES
SELECTED VARIETIES
21593766_EA/21593815_EA



FROM \$4-10

EVERYDAY ESSENTIALS™
HAND, FACE OR
BATH TOWELS
SELECTED VARIETIES
21434220_EA



SAVE UP TO

20%

EVERYDAY ESSENTIALS™
HANGERS, HAMPERS,
BASKETS AND
LINT ROLLERS
SELECTED VARIETIES
EACH
\$3-\$44
20371392_EA
20985822_EA



\$30

EVERYDAY ESSENTIALS™
12 PIECE
DINNERWARE SET
SELECTED VARIETIES
21219972_EA



FROM \$11

EVERYDAY ESSENTIALS™
COOKWARE
21345662_EA/20735460_EA/21425511_EA



FROM \$8

EVERYDAY ESSENTIALS™
METAL BAKEWARE &
BAKEWARE SETS
20756778_EA
21490134_EA
21485407_EA



FROM \$4

EVERYDAY ESSENTIALS™
APPLIANCES
21193454_EA
20062450002_EA



SAVE UP TO

25%

EVERYDAY ESSENTIALS™
FOOD STORAGE CONTAINERS
SELECTED VARIETIES
20005440_EA
20006012_EA



JOE FRESH

NEW YEAR, NEW DEALS!

up to
50% off
clearance!

Price as Marked



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