

**PRICE
DROP ‡**

**More ways to
save**

\$5

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



3⁵⁰

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



3²⁵

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



2⁵⁰

**GOGO SQUEEZ
FRUIT SAUCE
POUCHES OR CUPS**
SELECTED VARIETIES
4X90/4X97 G
20322697002_EA
21701169_EA



\$3

**INDOMIE INSTANT
NOODLES**
SELECTED VARIETIES
5'S
21094981_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.

SAVE 44%

2⁵⁰ LB

PORK LOIN COMBINATION
CHOPS SIRLOIN AND
RIB PORTION
BONE-IN
5.51/KG
20822343_KG

SAVE 31%

10⁸⁸

Equivalent to
\$5.49/LB

GRASS FED LEAN
GROUND BEEF
900 G
21618300_EA

900 G

\$11 LB

FRESH ATLANTIC SALMON
FILLETS SKIN-ON, FAMILY SIZE OR
MSC COD OR HADDOCK
FILLETS PREVIOUSLY FROZEN
24.25/KG
20720065_KG
21506245_KG

2⁷⁷ LB

PC® EXTRA LARGE
GREEN OR RED
SEEDLESS GRAPES
PRODUCT OF PERU, NO. 1 GRADE
6.11/KG
20425775001_KG
20159199001_KG

EXTRA
LARGE

SAVE \$2

\$6

NO NAME® NATURALLY
IMPERFECT™ APPLES
PRODUCT OF ONTARIO,
CANADA NO. 2 GRADE
6 LB
20868985001_EA



2⁷⁷

CANTALOUPE
PRODUCT OF GUATEMALA
OR HONDURAS
EACH
20167017001_EA

1⁵⁰

BROCCOLI CROWNS
PRODUCT OF U.S.A. OR
MEXICO
EACH
21121560001_EA

SAVE
\$4⁹⁷

\$13

CLIF ENERGY
BARS
SELECTED VARIETIES
10 X 68 G
21664748_EA



SAVE
32%

12⁸⁸

ROOSTER®
SCENTED
JASMINE RICE
8 KG
20121871_EA



6⁵⁰

PC® ORANGE JUICE
2.5 L OR DANONE
OIKOS TUB 650/750 G
SELECTED VARIETIES
21531644_EA
21651917_EA



\$3



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



\$10

KELLOGG'S JUMBO
SIZE CEREAL
SELECTED VARIETIES
700 G-1.05 KG
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
21204739_EA
21676183_EA



JANUARY
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
20299819008_EA
20527264_EA

LIMIT 6
AFTER LIMIT
2.50 EA.

\$1⁵⁰



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

LIMIT 6
AFTER LIMIT
\$3 EA.

\$2²⁵



JANES COSMIC
CHICKEN NUGGETS
FROZEN
500 G
21717211_EA

LIMIT 6
AFTER LIMIT
4.50 EA.

\$3⁵⁰

\$13 APP EXCLUSIVE OFFER
 GET 3,000[®] back in points
PC® NATURAL CHOICE CHICKEN STRIPS
 375 G
 20786418_EA



CHICKEN BREAST STRIPS • LANIÈRES DE POITRINE DE POULET
 375 g
 GLUTEN-FREE • SANS GLUTEN
 PREPARED IN CANADA

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

\$10 APP EXCLUSIVE OFFER
 GET 3,000[®] back in points
PC® OR BLUE MENU® ENTRÉES
 SELECTED VARIETIES
 FROZEN
 770 G-1.13 KG
 20326534_EA
 21359210_EA



MEAT LASAGNA
 LASAGNE
 VIANDE
 1.13 kg
 PREPARED IN CANADA

*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
 20895480002_EA
 20895480003_EA



FRENCH VANILLA
 HAZELNUT
 946 mL

4²⁵ PREPARED IN CANADA
DANONE ACTIVIA TUBS 650/750 G OR EXPERT OR LIBERTÉ GREEK 4X100 G
 SELECTED VARIETIES
 20325132003_EA
 20801752001_EA



ACTIVIA
 650/750 G
 2.3% M.F.
 GUT HEALTH
 3
 LIBERTÉ GREEK
 4X100 G
 5% M.F.

\$7 PREPARED IN CANADA
BECEL MARGARINE 637/850 G OR PC® BUTTER QUARTERS 454 G
 SELECTED VARIETIES
 20297818002_EA
 20313456002_EA



COUNTRY CHURNED SALTED BUTTER
 454 g
 BECEL Original
 637/850 G
 PLANT-BASED OILS

\$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
 20126567001_EA
 20313984001_EA



RICE KRISPIES BARS
 160-200 G
 POP TARTS
 384 G
 SPECIAL K BARS
 125 G
 NUTRI-GRAIN BARS
 175-295 G
 STRAWBERRY FRAISES
 295 g

SAVE 50¢
3⁵⁰
KRAFT SALAD DRESSING
 SELECTED VARIETIES
 425 ML
 21584132_EA
 21584146_EA



BALSAMIC
 RANCH
 425 ML

SAVE UP TO 46%
1³⁵
MICHELINA'S ENTRÉES 156-284 G OR SWANSON POT PIES 200 G
 SELECTED VARIETIES
 FROZEN
 20320525001_EA
 21208614_EA



MACARONI AND CHEESE
 MACARONI AU FROMAGE
 255 g
 SWANSON Chicken Pie / Pâté au poulet
 200 g

2⁵⁰
MCCAIN FRIES OR HASHBROWNS 800 G OR CHEEMO PEROGIES 745-907 G
 SELECTED VARIETIES
 FROZEN
 20527641_EA
 21521219_EA



CHEEMO Perogies
 745-907 G
 POTATO, BACON & ROMANO CHEESE
 907 g
 McCain
 800 g

\$3
GOLDFISH BAKED SNACK CRACKERS OR CRISPS
 SELECTED VARIETIES
 156-227 G
 21660146_EA
 20300320_EA



CHEDDAR
 CRISPS
 156-227 G
 21660146_EA

6⁴⁹
BLACK DIAMOND CHEESE BARS 400 G OR SHREDS 300-320 G OR PC® SHREDS 250-320 G
 SELECTED VARIETIES
 21278045_EA
 21279221_EA



MARBLE • MARBRÉ
 400 g
 1.7% M.F. 32% C.F.

\$26 GET 3,000[®] back in points
MCCAFÉ GROUND COFFEE 640-875 G OR MCCAFÉ PODS 30'S
 SELECTED VARIETIES
 21633664_EA
 21363982_EA



McCafé
 640-875 G
 100% Arabica Beans
 222 g

3⁵⁰
KETTLE CHIPS
 SELECTED VARIETIES
 156/198 G
 21520692_EA
 21654509_EA



GOCHUJANG
 198 g
 SWEET & SPICY
 198 g

2/\$10 OR \$5.99 EA.
LINDT EXCELLENCE CHOCOLATE
 SELECTED VARIETIES
 80-100 G
 21664548_EA
 20312527005_EA



70% CACAO
 DARK NOIR
 100 g

8⁹⁹
CORONA CERO 0% NON-ALCOHOL BEER
 6X330 ML
 21650191_C06



Corona Cero
 6X330 ML
 0% ALC.

SAVE UP TO \$1.29
3⁵⁰
MINUTE MAID FIVE ALIVE JUICE OR NESTLÉ ICED TEA
 SELECTED VARIETIES
 10X200 ML
 20327042001_EA
 21092667_EA



Minute Maid
 10X200 ML
 20327042001_EA

SAVE \$2.98
WHEN YOU BUY 2
2/\$11 OR \$6.99 EA.
PC® FROZEN FRUIT 300-600 G OR HALOTOP 473 ML
 SELECTED VARIETIES
 FROZEN
 20312227_EA
 21087007_EA



HALO TOP
 150 CALORIES
 473 mL

SAVE UP TO 33%
\$1
GRACE PLANTAIN CHIPS 85 G OR PEANUT PUNCH 250-400 ML
 SELECTED VARIETIES
 20213313_EA
 20603025_EA



Green Plantain CHIPS • CROUSTILLES DE Plantain Vert
 85 g
 Peanut Punch
 250-400 ML
 20213313_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
 20856516005_EA
 21311876_EA



Purex
 1.84-2.03 L
 Sunlight
 1.36 L
 Fleecy
 1.36 L

SAVE UP TO \$2
12⁹⁹
TIDY CATS LIGHT WEIGHT LITTER
 SELECTED VARIETIES
 2.72 KG
 21206496_EA



TIDY CATS
 2.72 kg
 50% LIGHTER
 21 DAY ODOR

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

Please call Customer Relations at 1-866-541-6315 or visit our website at zehrs.ca for your store's hours and to see which Zehrs* 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 Loblaw's 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 zehrs.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 Loblaw's 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.

ZEH BACK

PEFC
 PEFC01-31-106
 PEFC Certified
www.pefc.org

crush **fresh** cravings

\$5

BLUEBERRIES PINT
PRODUCT OF MEXICO, PERU,
CHILE OR MOROCCO OR
STRAWBERRIES 1 LB
PRODUCT OF MEXICO OR
U.S.A., NO. 1 GRADE
20080137001_EA
20049778001_EA



PINT

\$7

**NO NAME® NATURALLY
IMPERFECT™ ENGLISH
CUCUMBERS** 3 LB,
PRODUCT OF CANADA OR
MIXED PEPPERS 2.5 LB BAG
PRODUCT OF MEXICO
21046471001_EA
20921434001_EA



2.25
EA./LB



ENGLISH CUCUMBERS
2.25 EA. OR **GREENHOUSE
TOMATOES ON THE
VINE** 2.25 LB 4.96/KG
PRODUCT OF ONTARIO
20070132001_EA
20026703001_KG



\$4

**PC® LIVE RED, GREEN
OR TRIO LETTUCE**
PRODUCT OF CANADA
EACH
21506580_EA
21178850_EA



\$1

KIWI
PRODUCT OF ITALY
OR GREECE
EACH
20130242001_EA



**SAVE
49%**

2.50
LB

**BARTLETT OR
BOSC PEARS**
PRODUCT OF U.S.A.,
US FANCY GRADE
5.51/KG
20172240001_KG
20287815001_KG



3.50



**FARMER'S MARKET™
CARROTS OR YELLOW
ONIONS** 3 LB BAG OR
**SWEET NANTES
CARROTS** 1 LB
PRODUCT OF CANADA,
CANADA NO. 1 GRADE
20600927001_EA
20811994001_EA



\$23

**LARGE VEGETABLE
OR FRUIT PLATTER**
PREPARED IN-STORE
1.58-2.2KG
20081718_EA
20121599_EA



\$6

FRENCH BEANS 400 G
PRODUCT OF MEXICO OR
GUATEMALA OR
**FARMER'S MARKET™
GREENHOUSE
PEPPERS** 3'S PRODUCT OF
CANADA OR U.S.A.
20889720_EA
20085851001_EA



**FRESH
PROMISE**

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

*Fresh Promise: Applicable to eligible fresh produce items purchased at Zehrs store locations or online at zehrs.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 Zehrs 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
21433372_EA



\$25

**DOZEN
ECUADORIAN
ROSES**
ASSORTED COLOURS
20581781_EA



**SAVE
\$4**

WHEN YOU BUY 2

2/\$20

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



\$13
LB

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



\$5



**LEAN GROUND
PORK**
450 G
21646160_EA



\$12

CLUB SIZE • FORMAT CLUB

**PC® PUB RECIPE™
CHICKEN STRIPS
OR NUGGETS**
FROZEN
1.4 KG
21201410_EA
21201374_EA



**CLUB
SIZE**

\$7



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



7.50

**BUTTERBALL
TURKEY BACON**
375 G
20016865_EA



\$5

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



find your catch in seafood

3.50

**SEAQUEST® CRAB
OR LOBSTER
FLAVOURED
POLLOCK FLAKES
OR CHUNKS**
SELECTED VARIETIES
READY-TO-EAT
227 G
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
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
21043887_EA
21558527_EA



bakery deals rising daily

1⁵⁰

BAGUETTE
WHITE OR WHEAT
255 G
21529211_EA

BAKED IN-STORE

4⁵⁰

BUTTER CROISSANTS
6'S
21682999_EA

BAKED IN-STORE

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

PREMIUM BAGELS
NEW FLAVOURS-CHEDDAR
JALAPENO & BRIQHE
6'S
21016649_EA
21705757_EA

Members save \$1

PREPARED IN CANADA

BAKED IN-STORE

\$7

FARMER'S MARKET™ MUFFINS
SELECTED VARIETIES
6'S
21283356_EA
21283358_EA

7⁵⁰

FARMER MARKET™ COOKIES
SELECTED VARIETIES
12'S
20566294_EA
20566774_EA

\$9

FARMER'S MARKET™ BROWNIES
608 G
21450067_EA

\$6

PC® CLUB SIZE NAAN DIPPERS
400 G
20999700_EA

2⁵⁰

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

4⁵⁰

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

SAVE \$1⁴⁹
\$8

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

SAVE \$1¹⁹/100 G
3⁵⁰/100 G

JARLSBERG IN-STORE DELI CUT
21388103_KG

\$6

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

3⁵⁰/100 G

DELI SERVICE CASE CUDDY TURKEY OR CHICKEN
20007099_KG

\$7

PC® GUACAMOLE
SELECTED VARIETIES
425 G
21448106_EA

Optimum
Members-Only Price™
6⁵⁰
Non-members
7⁵⁰

Members save \$1

PREPARED IN CANADA

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

on the run, we got you

\$16-20

IN-STORE PREPARED FAMILY MEAL
750 G-1.3 KG
21696333_EA
21595416_EA

GET 4,000® \$4 back in points

\$9

OLIVIERI FAMILY PACK PASTA
SELECTED VARIETIES
500-700 G
20311594_EA
21021889_EA

\$9

FROM OUR CHEFS™ SOUP
SELECTED VARIETIES
700 ML
21703369_EA
21703558_EA

\$8

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

\$16

9 PIECE CHICKEN STRIPS
HOT OR CHILLED
870 G
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
2 LB BAG
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



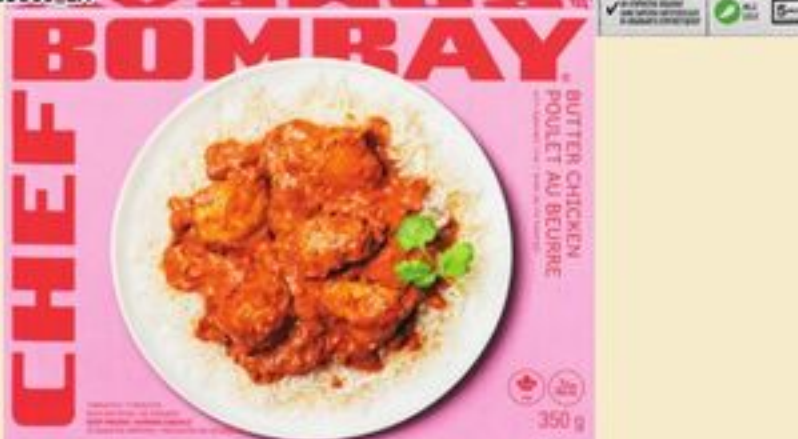
\$14

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

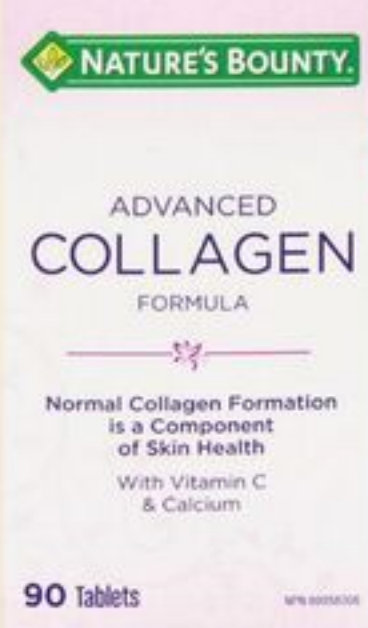
\$2 back in points

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



SAVE UP TO 15%

NATURE'S BOUNTY KIDS VITAMINS OR SUPPLEMENTS
SELECTED VARIETIES AND SIZES
60-175'S
20955553_EA
21667833_EA



SAVE UP TO

20%

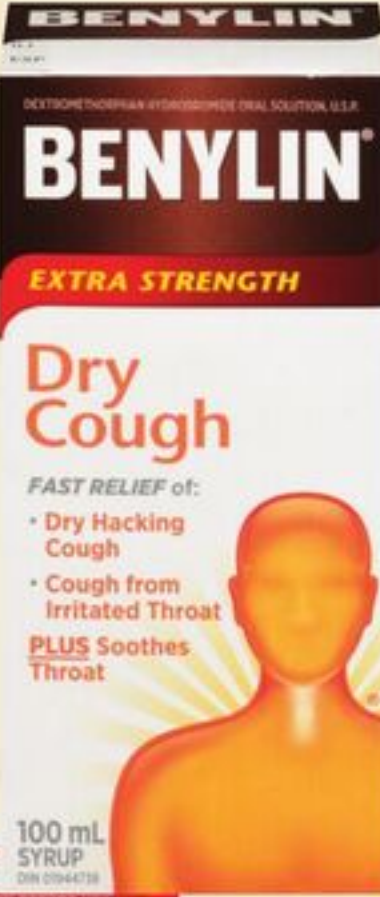
ENSURE OR GLUCERNA READY TO DRINK SHAKES
SELECTED VARIETIES AND SIZES
20180283003_EA
20308731008_C06



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



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