



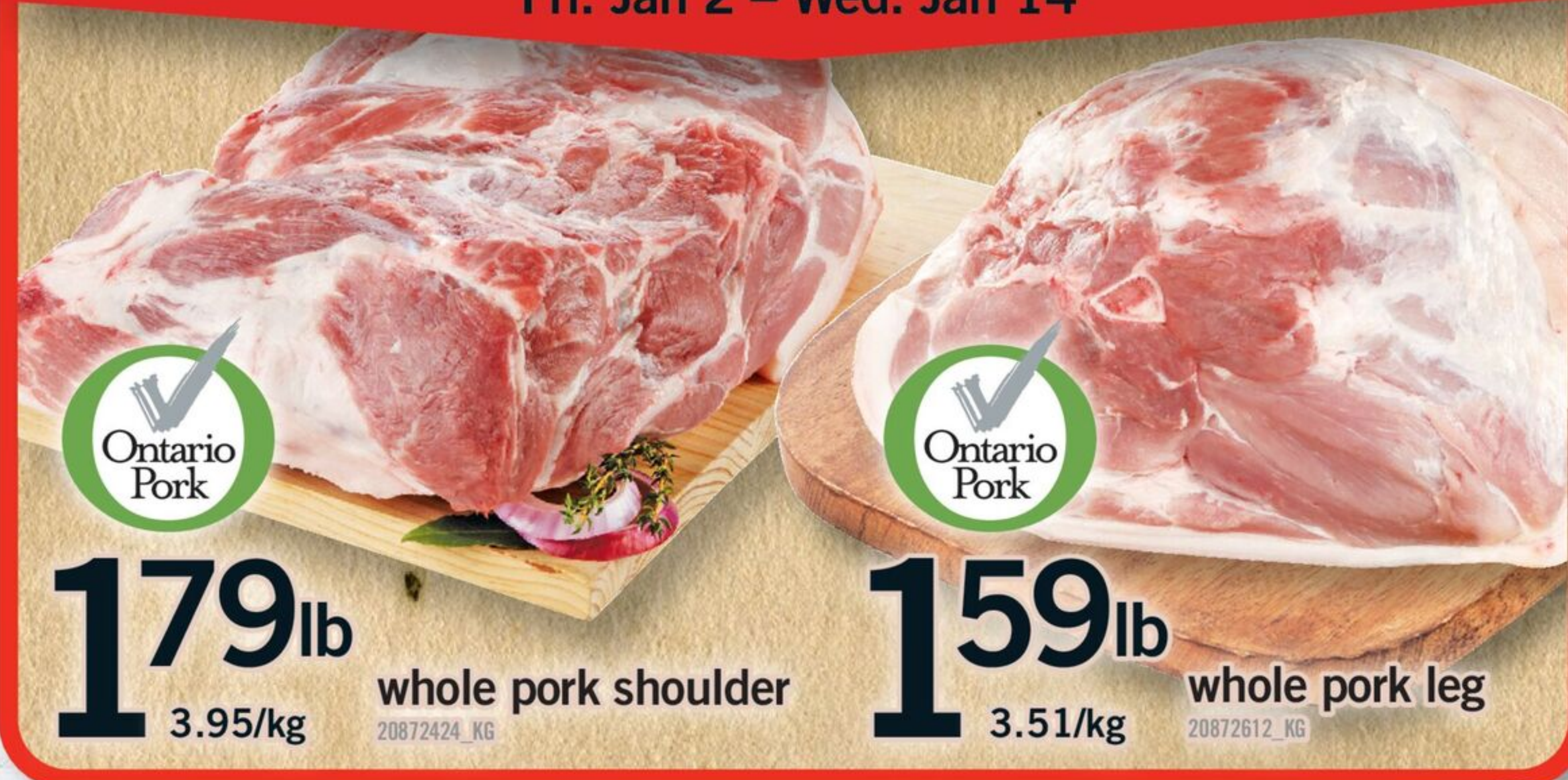
FORTINOS®



7⁹⁹lb roasted cashews
salted or unsalted
17.61/kg 20061431_KG

PRICE LOCKDOWN 2 WEEKS!

Fri. Jan 2 – Wed. Jan 14



1⁷⁹lb whole pork shoulder
3.95/kg 20872424_KG



1⁵⁹lb whole pork leg
3.51/kg 20872612_KG



✓ Air Chilled
✓ Canadian grown
✓ Grain fed

5⁹⁹lb
13.21/kg

PC® Blue Menu®
boneless skinless
chicken breast Club Pack
or Mina Halal boneless
skinless chicken breast
20127962_KG/21635763_KG



2⁹⁹lb boneless
whole pork loin
6.59/kg 20872423_KG



1⁹⁹ each
rapini
product of U.S.A.
or red onions 3 lb
product of Ontario,
Canada no. 1 grade
20048070001_KG/20811362001_KG



3⁸⁸lb Sumo citrus
product of U.S.A.
8.55/kg 20562570001_KG



3⁴⁹ 3's
romaine hearts
product of U.S.A.
or Mexico
20067389001_EA



2⁹⁹ 454 g
strawberries
product of U.S.A.
or Mexico, no. 1 grade
20049778001_EA



5⁹⁹ 65-375 g
Schneiders or Maple Leaf
bacon, Butterball turkey
bacon or Zabiha Halal chicken
breast strips selected varieties
20016865_EA/20105121_EA



1²⁹⁹ 454 g
IFC
tuna steaks,
Coho salmon
or mahi portions
frozen
21608715_EA/21608724_EA



3⁹⁹ 120-140 g
Mini Baby Bel
or The Laughing
Cow cheese
selected varieties
20559023_EA/21217157_EA



5⁹⁹ 140-175 g
Maple Leaf
Natural Selections
or Schneiders
sliced meat or
PC® cheese slices
selected varieties
20217736_EA/20339105_EA



10⁹⁹lb fresh rainbow
trout fillet
24.23/kg 20990494_KG



7⁹⁹lb
1.76/100 g
Ziggy's®
Black Forest or
honey maple ham
deli sliced or shaved
20323392_KG



2⁹⁹ each
Country Harvest bread 600 g,
bagels 450 g, PC® or Blue
Menu® English muffins 6's
or PC® mini tortillas 192/200 g
selected varieties
20810728_EA/21178597_EA



1²⁹ 330 g
Cedar pita
white or whole wheat
21509350_EA

Neilson
Trutaste milk, chocolate milk 4 L or lactose free milk 2 L
selected varieties
20098941_EA/20148677_EA

4.99 each

Mr. Noodles
instant noodles 85 g or Maggi noodles 75 g
selected varieties
20322658001_EA/20802664_EA

.29 each

Oikos or siggi's 4's, Activia 8's or Liberté Méditerranée 500 g
selected varieties
20325384002_EA/20625055_EA

3.99 each

New Treasure
parboiled rice 8 kg or Aashirvaad whole wheat flour 9.1 kg
20118067_EA/21359688_EA

11.99 each

Primo pasta 454 g, **Aurora tomatoes** 398 mL or **tuna** 99 g
selected varieties
20004992_EA/20040265_EA

.99

Minute Maid, Five Alive or **Fuze** drink boxes 8/10x200 mL, **Allen's** apple juice 1.89 L or **Grace** coconut water 1 L
selected varieties
20322764001_EA/20327042001_EA

2.99 each

PC® frozen vegetables or **entrées** or **KJ frozen dumplings**
selected varieties, frozen
20312253001_EA/20317707_EA

2.99 212-750 g

General Mills
family size cereal
selected varieties
21103492_EA/21103495_EA

4.99 475-778 g

Planters
peanut butter 1 kg or **Smucker's** jam or jelly 250 mL
20308397001_EA/21310060_EA

4.49 each

Tide laundry detergent 1 L, **Pods** or **Flings** 12-16's, **Downy** or **Gain** fabric softener 1.36 L, **Downy** beads 141 g or **Bounce** sheets 40-80's, selected varieties
21182552_EA/21549771_EA

4.99 each

up to 40% OFF
Jamieson vitamins
selected varieties and sizes
20299993_EA/20303216001_EA

Earth's Own
non-dairy beverage
selected varieties
20327647_EA/21037796_EA

3.49 1.75/1.89 L

HIT OF THE MONTH
Catelli **Smart** or **Whole Grains Pasta**
selected varieties, 340-375 g
20527265_EA/20527060_EA

LIMIT 6 \$1.50
After Limit \$2.50 ea

LIMIT 6 \$2.25
After Limit \$3.00 ea
Kellogg's
Eggo Waffles 8's
frozen, selected varieties, 270-280 g
20302779_EA/20323436001_EA

LIMIT 6 \$3.50
After Limit \$4.50 ea
Janes **Cosmic**
Chicken Nuggets
frozen, 500 g
21717211_EA

Prices effective at Brampton stores only.

Flyer prices effective from Friday, January 2nd, to Wednesday, January 7th, 2026

Visit us at fortinos.ca. FOLLOW US ON

Quantities and/or selection of items may be limited and may not be available in all stores. No Rainchecks OR Substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We reserve the right to limit quantities to reasonable family requirements. We are not obligated to sell items based on errors or misprints in typography or photography. Pricing: All references to "Save, Was, Now, Savings, etc.," is in comparison to our own regular prices. Coupons must be presented and redeemed at time of purchase. Savings shown may be greater depending on store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. To register as a PC Optimum™ member visit pcoptimum.ca. We are not obligated to award points based on errors or misprints. No cash value. Minimum redemption 10,000 points. These offers cannot be combined with any other coupons, discounts or promotions. Receive the points specified when you spend the qualifying dollar amount on the displayed product (s) and/or category. The trade-marks, service marks and logos displayed in this flyer are trade-marks of Loblaws Inc. and others. ©2026 Loblaws Inc. All rights reserved.

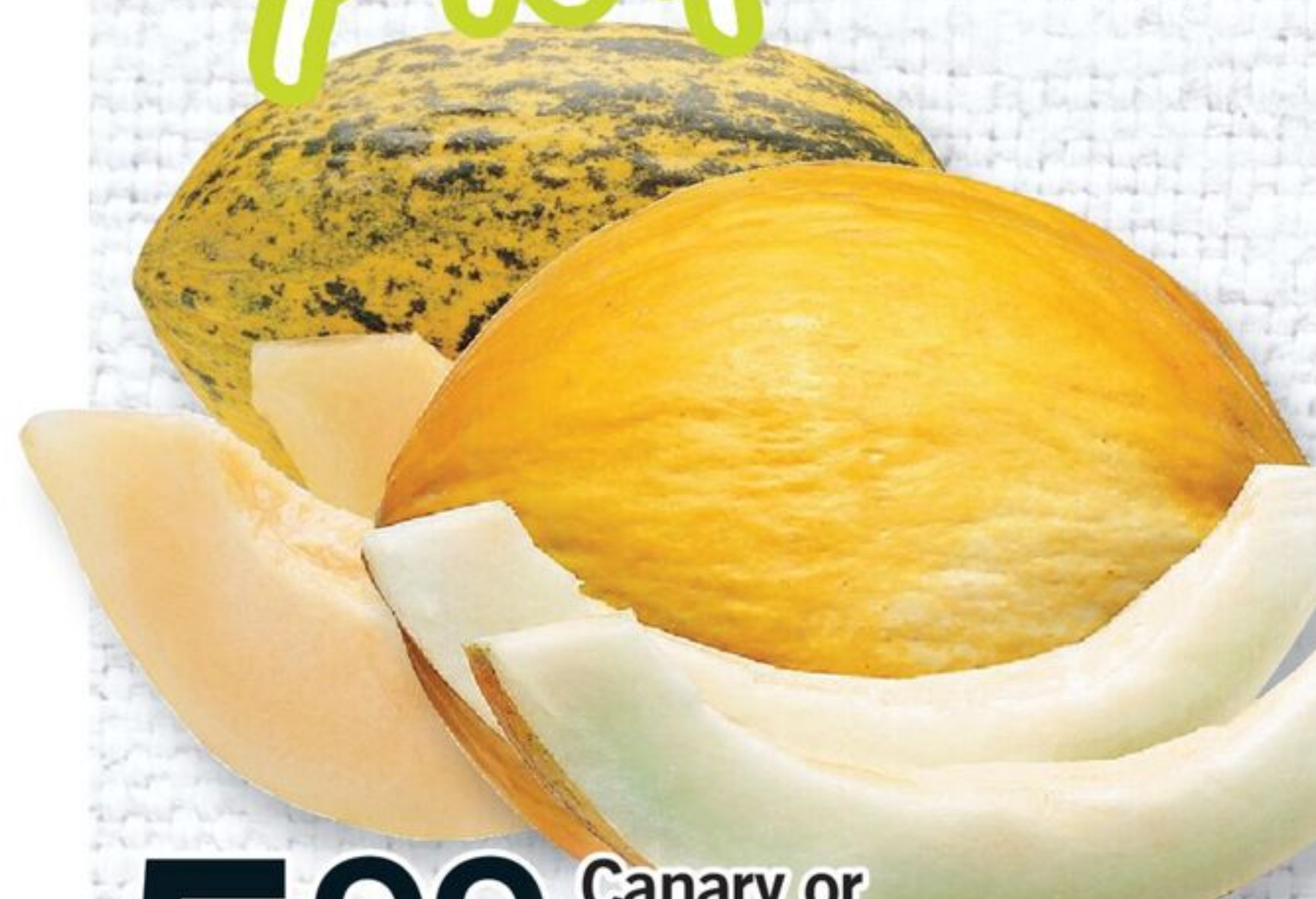
FORT BACK SA

this product is printed using vegetable-based inks



Produce

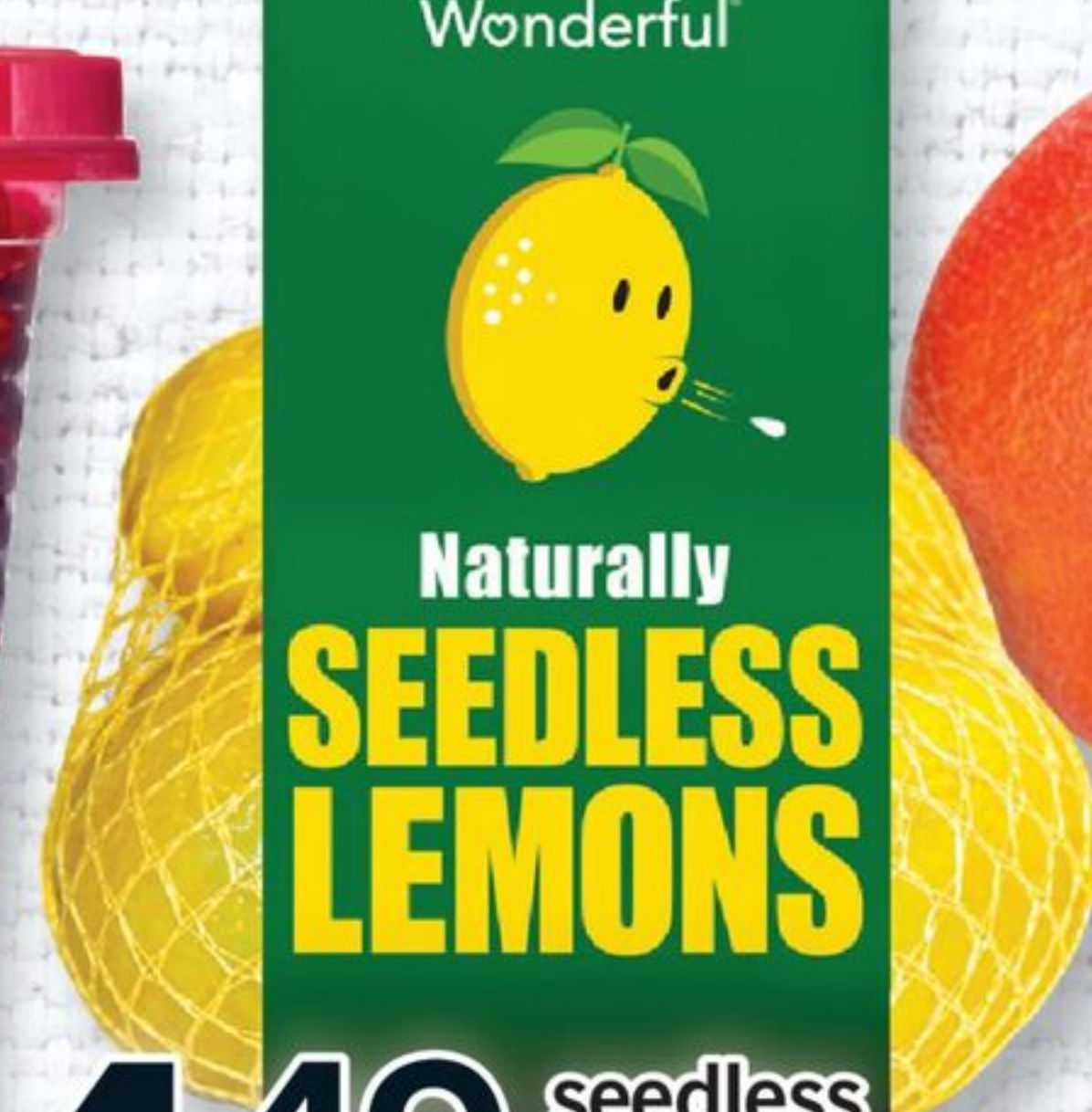
Nature's Bounty arriving fresh daily!



5.99
each
Canary or
Santa Claus melon
product of Brazil
20041212001_EA/20307532001_EA



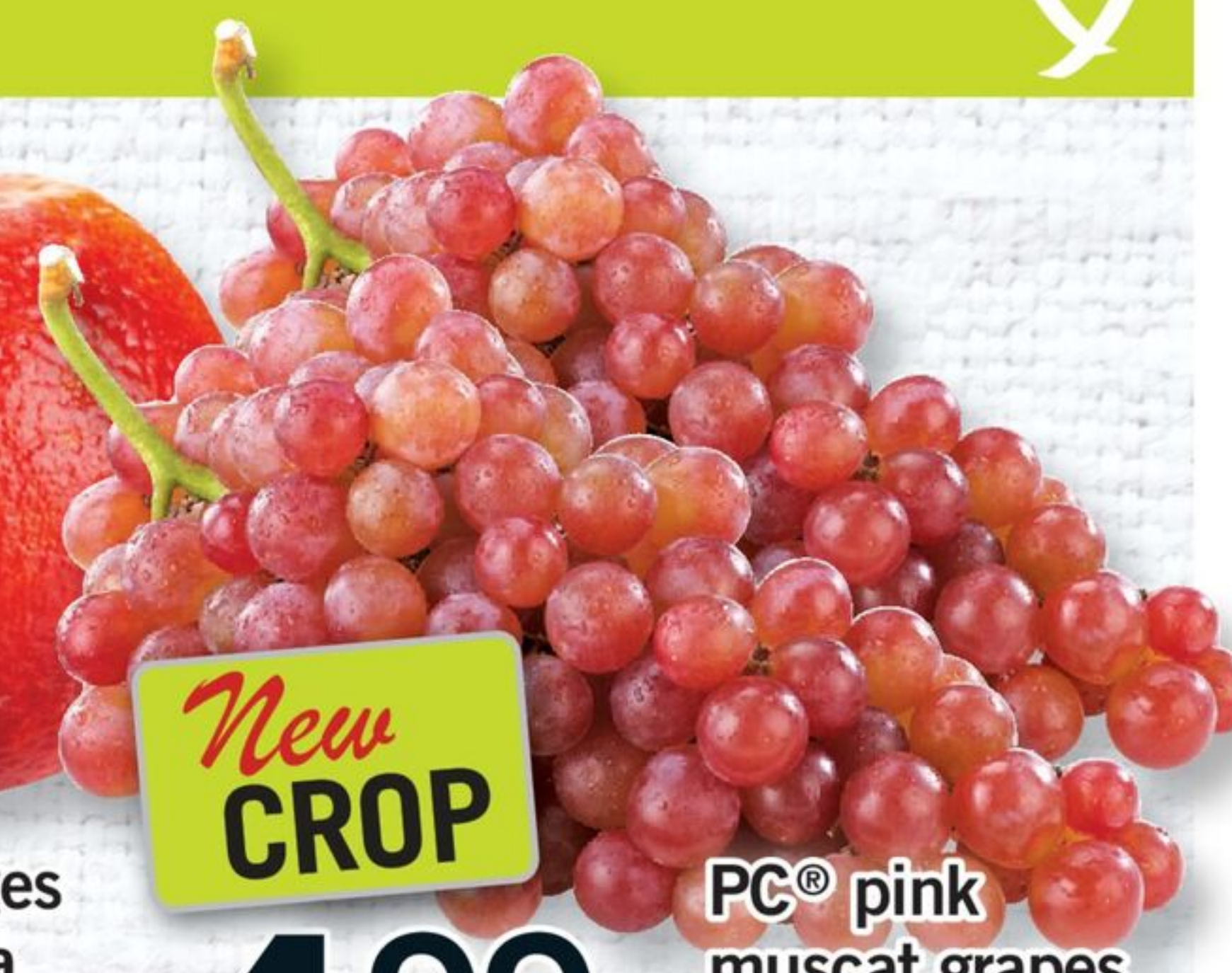
5.99
227 g
POM Wonderful
fresh arils
product of U.S.A.
20526015_EA



4.49
454 g
seedless
lemons
product of U.S.A.
21284824001_EA



2.99 lb
6.59/kg
blood oranges
or Cara Cara
oranges
product of U.S.A.
20002145001_KG/20172698001_KG



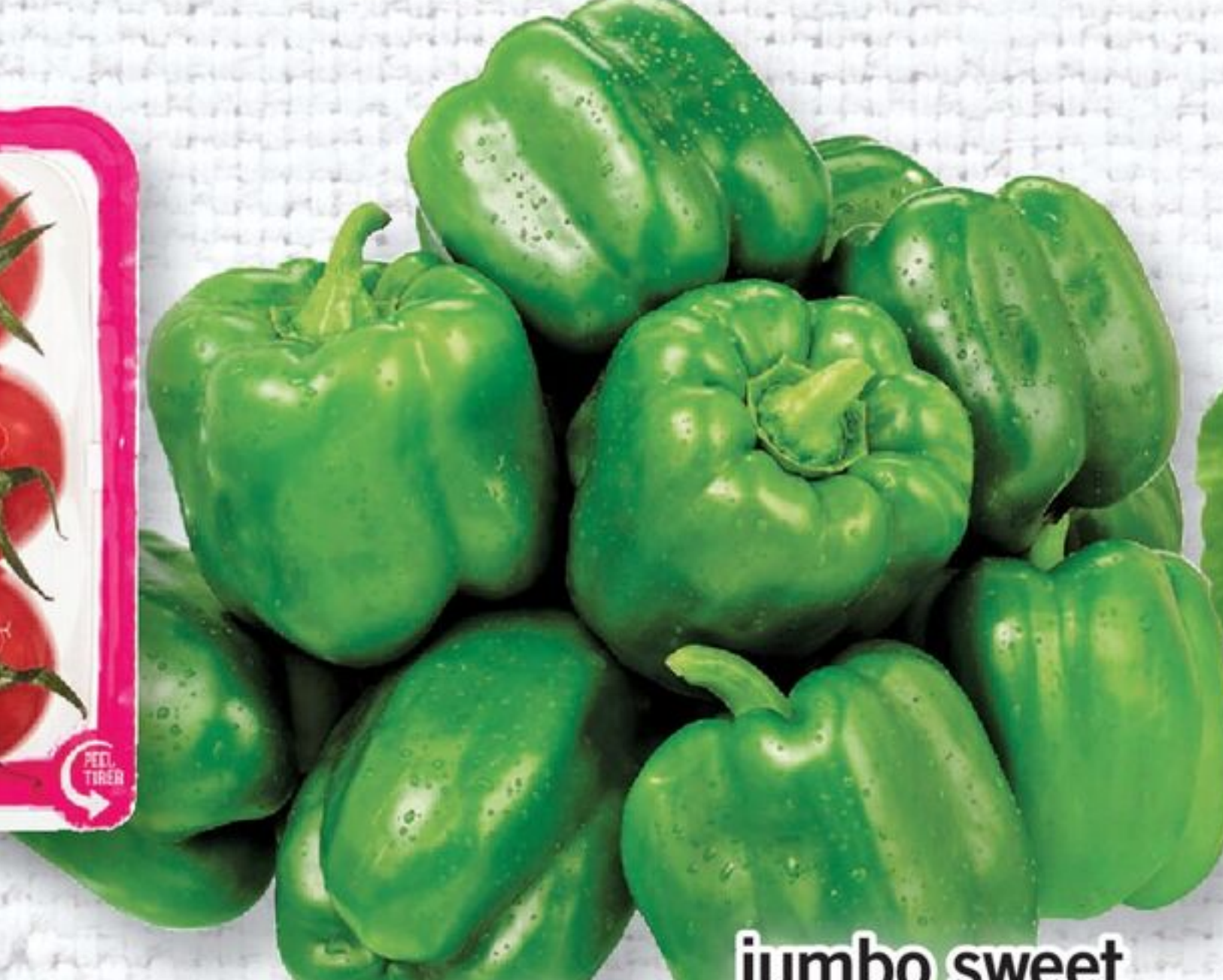
4.99 lb
11.00/kg
New
CROP
PC® pink
muscat grapes
product of Peru,
no. 1 grade
20562311001_KG



.99 lb
2.18/kg
green cabbage
product of Ontario,
Canada no. 1 grade
20793034001_KG



2.99
340 g
PC® cocktail
tomatoes
product of Canada
or Mexico,
no. 1 grade
20779176001_EA



3.49 lb
7.69/kg
jumbo sweet
green peppers
product of U.S.A.
or Mexico
20425893001_KG



2.29
bunch
bunched
red radishes
product of U.S.A.
or Mexico,
no. 1 grade
20032320001_EA



2.99
454 g
coloured or sweet
Nantes carrots
product of Canada,
Canada no. 1 grade
21302363001_EA

WORLD OF FLAVOURS



5.99
1 kg
garlic
product of China
21238843001_EA



1.99 lb
4.39/kg
ginger root
product of China
or Peru
20179038001_KG



2.49
227 g
cooking spinach
product of U.S.A.
20959677_EA



2.99
each
Caribbean
avocado
product of
Dominican Republic
or U.S.A.
20119760001_EA



2.29 lb
5.05/kg
jumbo papaya
product of Mexico
20817066001_KG

Pick Organic

Over 150 items available every day!



7.99
2 lb
organic
clementines
product of Spain
20607518001_EA



3.99
454 g
organic lemons
product of Mexico
or U.S.A.
20972626001_EA



8.99
340 g
organic
Medjool dates
product of U.S.A.
21597090_EA



2.99
340 g
organic rainbow
carrot chips
product of U.S.A.,
no. 1 grade
21350453001_EA



5.49
350 g
organic
French beans
product of Mexico
or Guatemala
21126944001_EA

**PRICE LOCKDOWN
2 WEEKS!**

Fri. Jan 2 – Wed. Jan 14



MEAT CURING

✓ Fresh Ontario pork
✓ Casing ✓ Spices



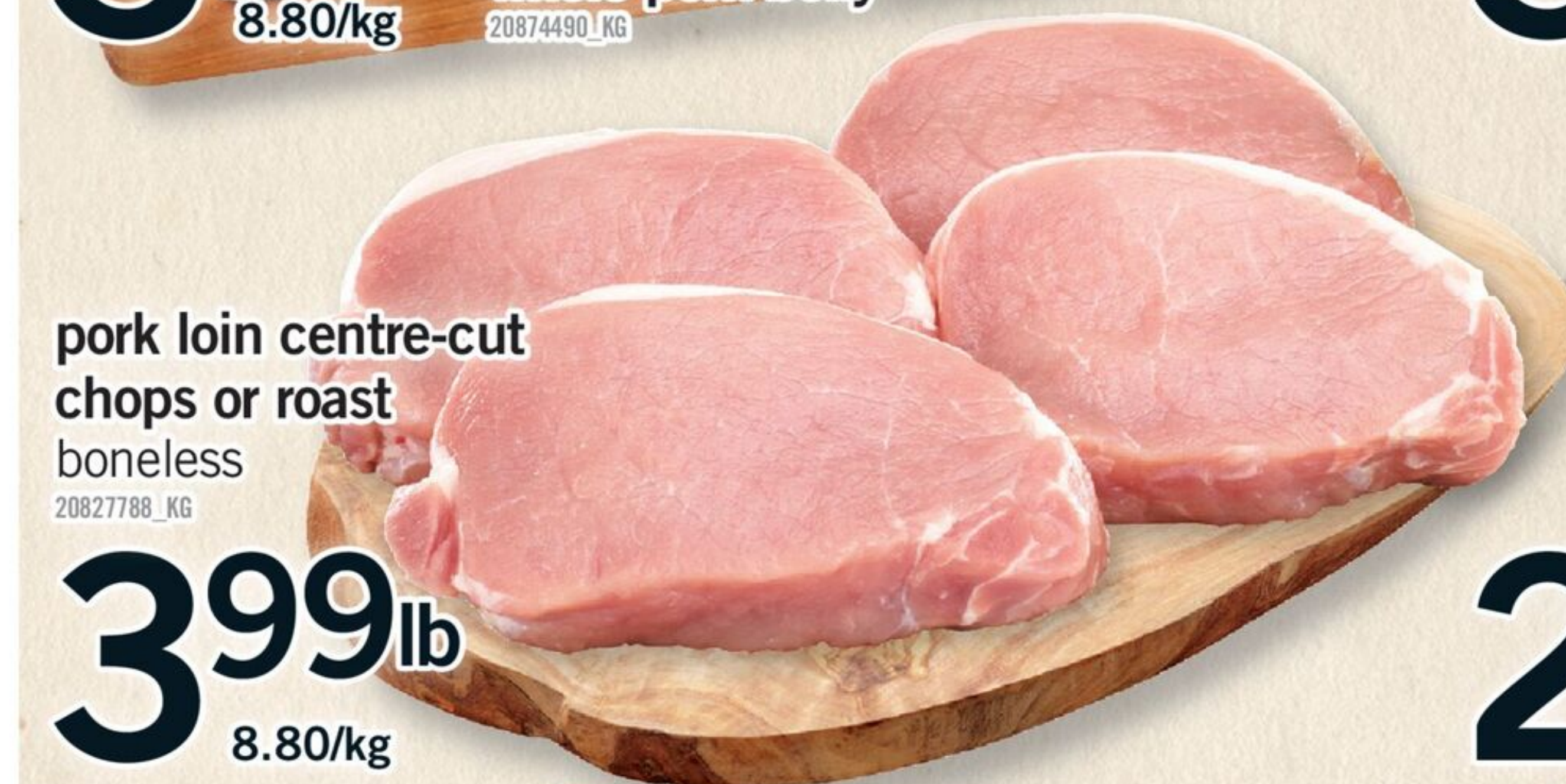
399lb
8.80/kg whole pork belly
20874490_KG



pork collar
butt capicola
20862439_KG
399lb
8.80/kg



whole pork loin
bone in
20872422_KG
199lb
4.39/kg



pork loin centre-cut
chops or roast
boneless
20827788_KG
399lb
8.80/kg



299lb
6.59/kg pork combination chops,
rib and sirloin chops bone in
203822343_KG



899
20 yards sausage casing
21083404_KG



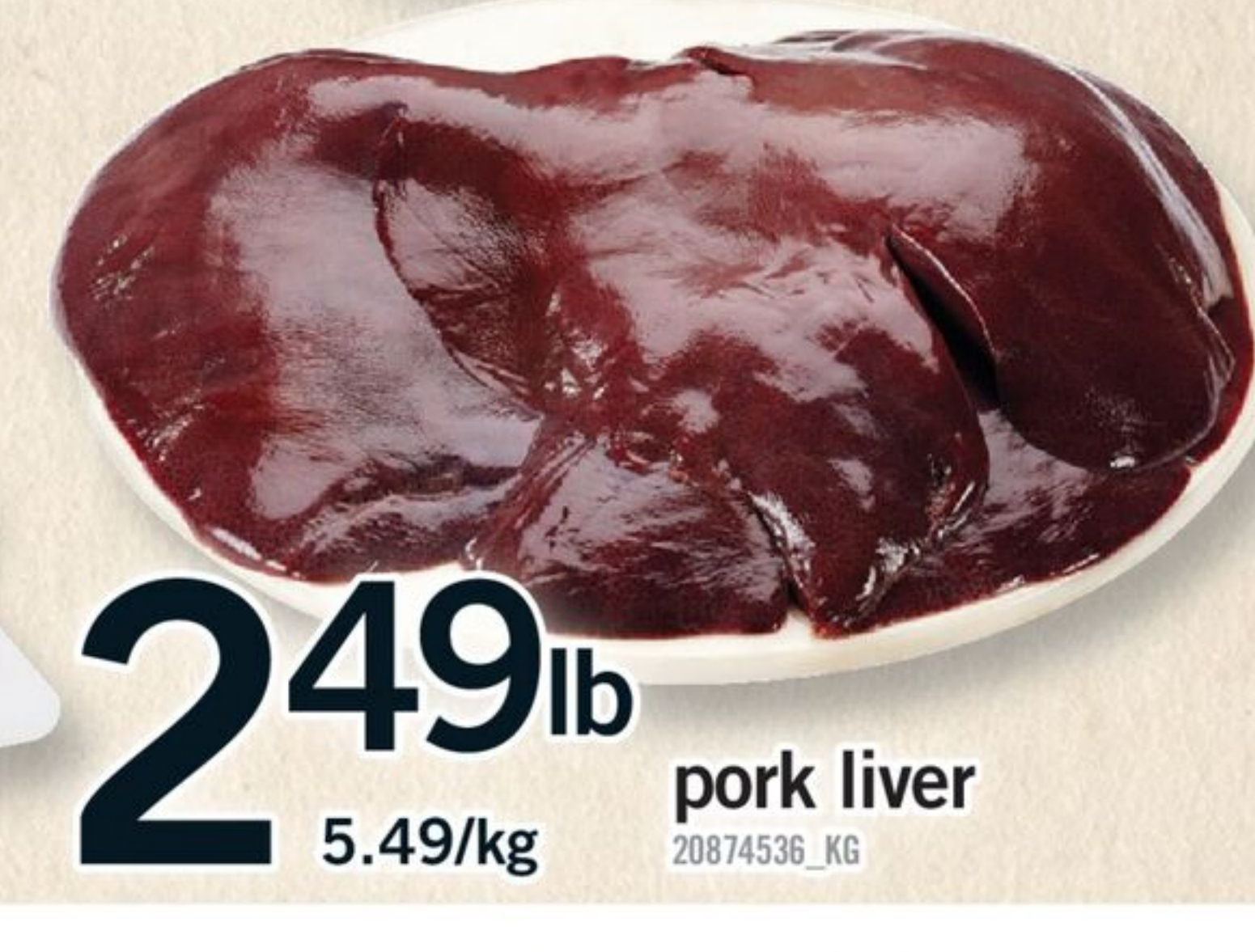
pork hocks
20874534_KG
299lb
6.59/kg



pork feet
2087453_KG
299lb
6.59/kg



pork tail
20874534_KG
299lb
6.59/kg



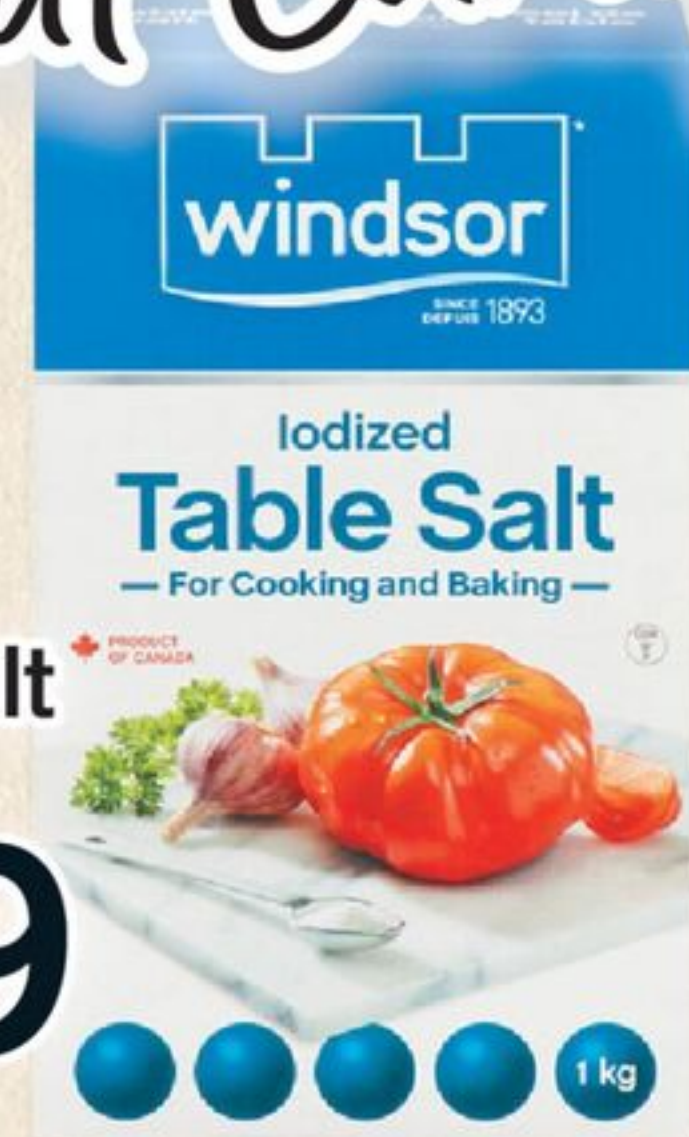
249lb
5.49/kg pork liver
20874536_KG

Meat Curing Spices



Windsor
iodized salt
20126203_EA

149
1 kg



249
15-250 g no name®
seasonings
selected varieties
20617736_EA/20617758_EA



299
11-57 g Club House
organic spices
selected varieties
20955533_EA/21093257_EA



PC® salt
or pepper
grinders
or blends
selected varieties
20051643_EA/20094899_EA

599
45-390 g



no name®
club pack
or Club House
seasonings
selected varieties
20114725_EA/20139095_EA

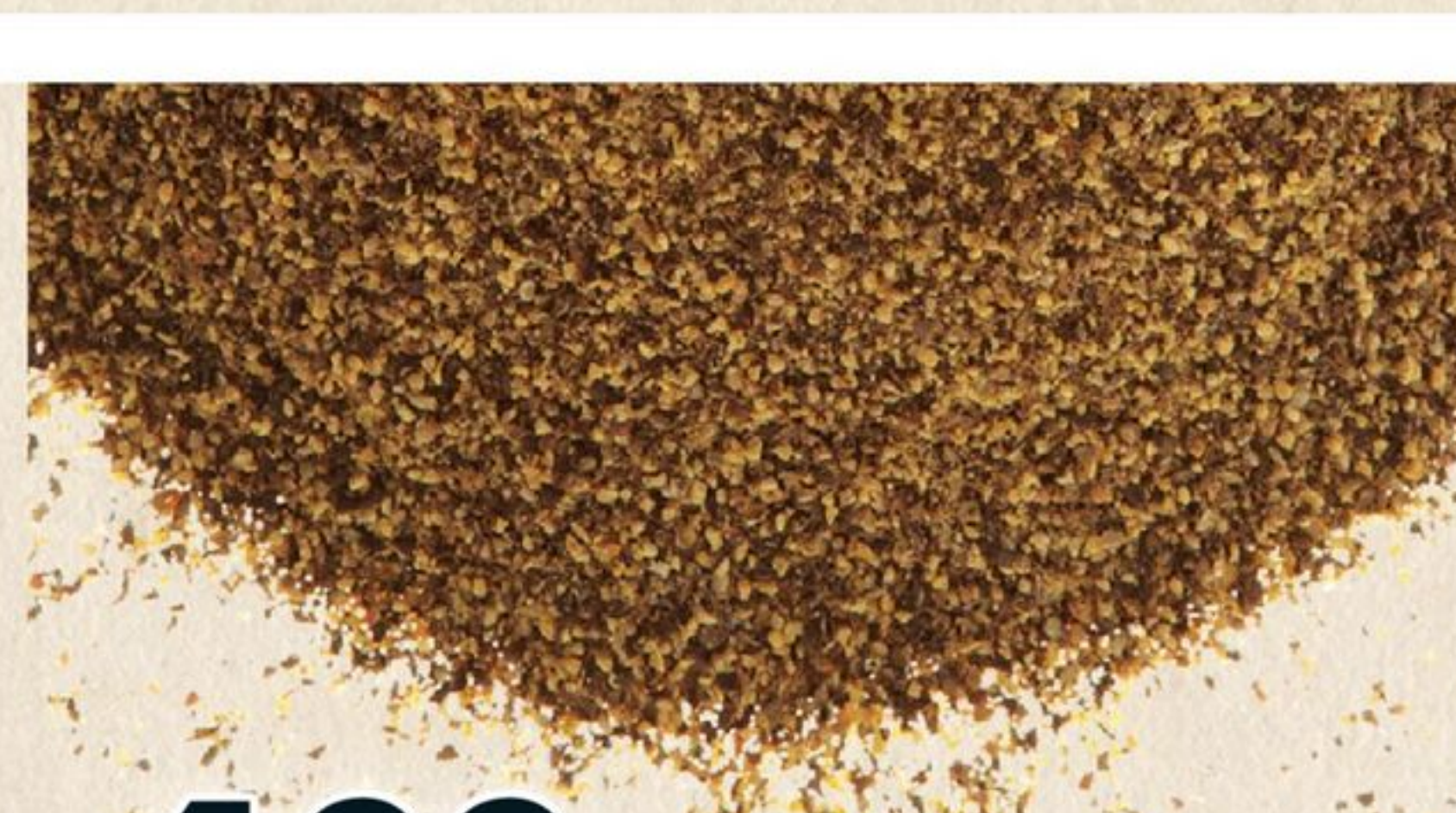
1099
510-825 g



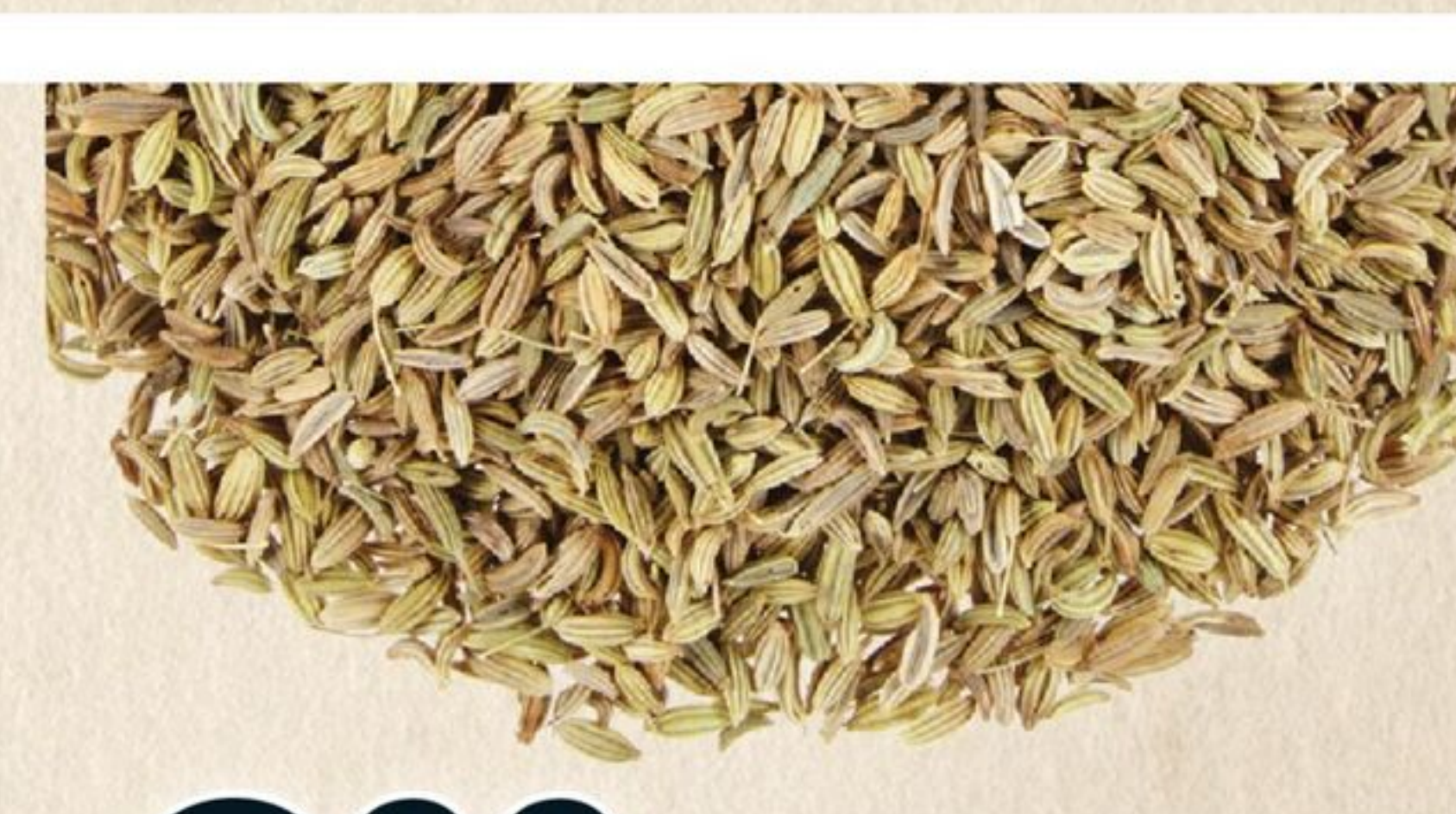
299
150 g crushed chili flakes
21448057_EA



349
200 g Spanish paprika
21448059_EA



499
200 g ground black pepper
21448060_EA



299
150 g fennel seeds
21448062_EA



HEALTHY FOOD CHOICES!



13 g protein!

protein latte
medium 12 oz.
21637001_EA

\$6

each trade coffee

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



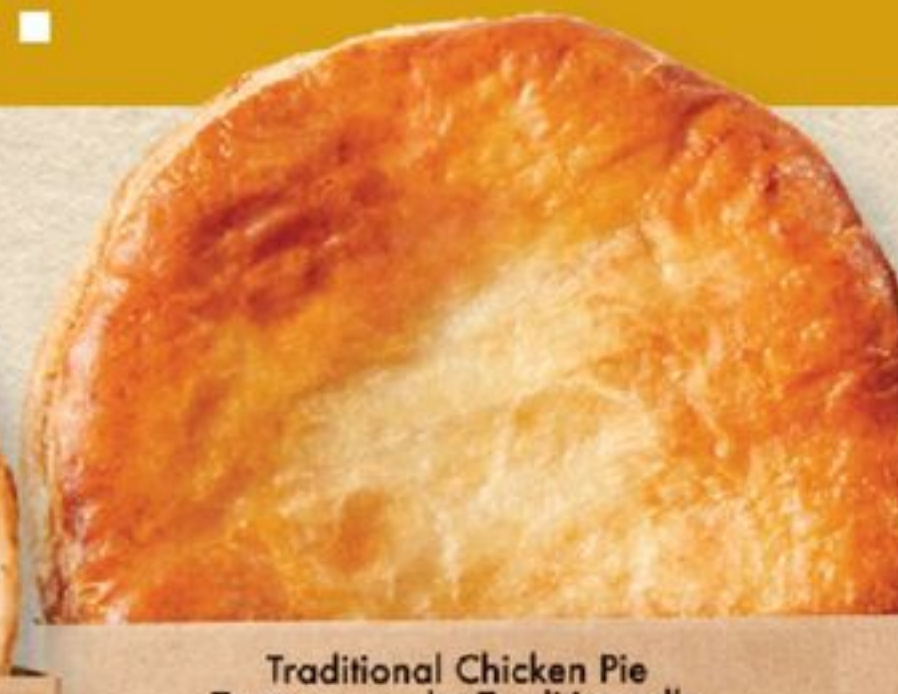
18 g protein!

peanut butter
and granola
yogurt parfait
21639780_EA

4.49
210 g



Bacon and Cheddar Quiche
Quiche au Cheddar et Bacon



Traditional Chicken Pie
Tarte au poulet Traditionnelle

small or large
meat pies
or quiche
all varieties,
150-600 g
21699115_EA

6.99-9.99



30 g protein!

7.99
271 g

PANE Fresco
turkey & kale salad
protein wrap
21636937_EA

Deli

Always freshly sliced or shaved your way!

16.99 lb
37.46/kg

PC® or Blue Menu®
Natural Choice™ turkey
or chicken breast
deli sliced or shaved,
selected varieties
20059548_KG/20310696_KG

15.99 lb
35.25/kg

Ziggy's® roast beef,
corned beef, pastrami
or Montreal smoked
meat selected varieties
21020569_KG

14.99 lb
33.05/kg

Venetian
Genoa salami
mild or hot
20303649_KG

9.99 lb
2.20/100 g

Schneiders
Blue Ribbon
bologna
20303577_KG

13.99 lb
30.85/kg

Arla Havarti cheese
selected varieties
21030480_KG/21527898_KG

5.99
200 g

Saputo feta
selected varieties
21528313_EA/21547297_EA

13.99
300/375 g

PC® Natural Choice®
chicken, turkey
or beef strips
20786418_EA/20787394_EA

7.49
125-175 g

PC® Natural Choice® deli meat
slices or Mastro sliced salami
selected varieties
20310580_EA/20682966_EA

Bakery

Baked fresh by Bakers with passion!

LA ROCCA
CREATIVE CAKES
8" cakes
red velvet, pistachio almond
or chocolate fudge torte
21484535_EA

30.99
1.1-1.5 kg

21.99
800 g

Gala mousse cakes
mango, tiramisu,
chocolate or strawberry
20592165_EA/20592168_EA

6.99
15's

gourmet cookies
selected varieties,
baked in store
21208406_EA

2.29
150 g

PANE Fresco
muffins
selected varieties
21461882_EA

no name® bread
selected varieties
21509822_EA/21509877_EA

1.99
520 g



submarine buns 4's
or kaiser buns 6's
baked in store,
selected varieties
20009322_EA/20641213_EA

3.99
each



6.49
336 g

PC® mini muffins
selected varieties
21488839_EA



School Safe
bars, mini cupcakes
or Vachon snack cakes
selected varieties
20963606_EA/21363224_EA

4.99
282-336 g



Back to Routine



no name®
cookies

3.29
350/268 g

fudge-striped cookies
shortbread cookies
biscuits sablés
rayés de fudge

4.99
1 kg



3.99
500 g



1.49
3x29 g



PC®
pancake
mix 905 g
or table syrup
750 mL
selected varieties

3.99
each



2.49
6x100 g



3.49
170 g



1.29
200/225 g

PC® deluxe
mac & cheese



2.99
each



Oasis juice,
Del Monte
nectar or
Arizona iced tea
selected varieties

2.49
960 mL



Bechtel
broad noodles

3.99
each



Stefano
pasta sauce
635/648 mL
or Tre Stelle
grated parmesan
cheese 200 g
selected varieties

7.49
each



Dare
Bear Paws

3.99
240 g



Locker wafers

4.99
each



Schneiders
breakfast
sandwich
or egg bites
selected varieties,
frozen

6.99
204-288 g



Kellogg's
Vector,
Special K,
Mini Wheats
or All Bran
cereal
selected varieties

5.99
306-525 g



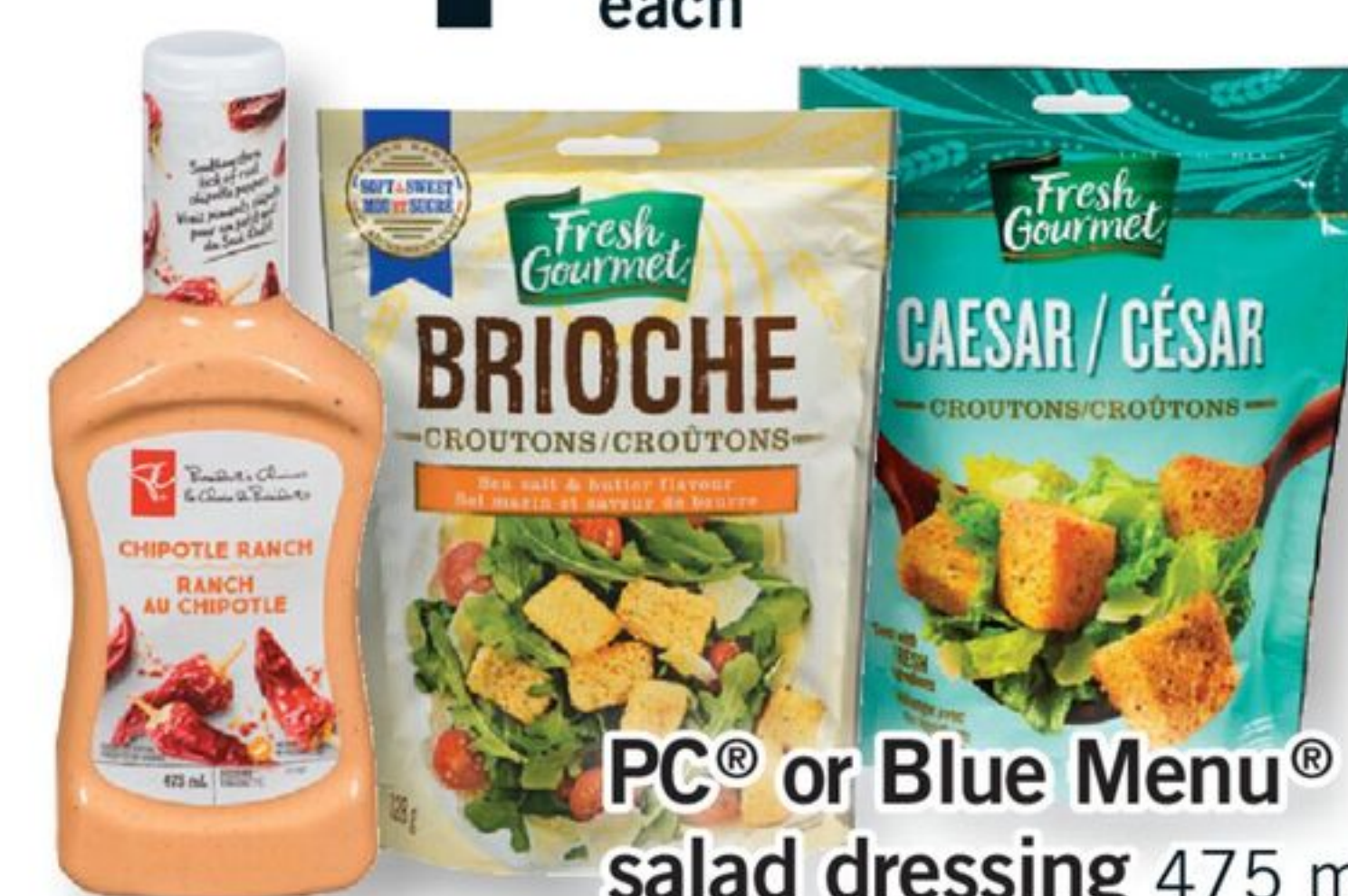
Quaker
Protein+
cereal
selected varieties

6.49
360/366 g



7.29
3x65/80 g

Rio Mare
light tuna
selected varieties



2.99
each

NATURE'S TREASURE by FORTINOS®

Fuel Your New Year

Make a fresh start in 2026 with expert advice, healthy options and personal support from Nature's Treasure, including:

- ✓ *Certified Nutritional Practitioners*, on staff at all Fortinos locations for free consultations
- ✓ Healthy, fresh, nutrient-dense food choices including vegetarian, vegan, gluten and nut-free options
- ✓ Up to date information about product ingredients, vetted by our experts and the latest naturopathic-recommended quality vitamins and supplements.

Proud supporters of:



17⁹⁹
59 mL/90-200's

Now ashwagandha extract, GABA, vitamin C 1000, l-lysine or Omega-3 caps selected varieties

21418536_EA/21418540_EA

Naturopathic formulated!

19⁹⁹
60's

Suku sugar-free gummy vitamins selected varieties

21310902_EA/21311623_EA

up to
20% OFF

Nordic Naturals cod liver or Omega-3 oil, all varieties & sizes

21689601_EA/21689602_EA



34⁹⁹
50 mL

Good Vibes wellness shots all varieties

21496231_EA

NEW

Find your chill this new year, support your adrenals with magnesium & ashwagandha!

BUY 1 GET 1 50% OFF

CanPrev magnesium bis-glycinate, magnesium stress release or adrenal chill selected varieties, 90/120's

20776243_EA/21298009_EA



31⁹⁹
199-273 g

Genuine Health high fibre gut superfoods or greens powders all varieties

21065501_EA/21592533_EA

Informed Choice certified!

43⁹⁹
680/908 g

North Coast Naturals or PVL whey protein powder selected varieties

20306852001_EA/20650672001_EA



3⁹⁹
125-150 g

Skinny Pop popcorn selected varieties

20785418001_EA/20785418002_EA



Fair trade & Organic!

16⁹⁹
454 g

Kicking Horse whole bean coffee selected varieties

20322468001_EA/20322468006_EA



24⁹⁹
33 g

Mid-Day Squares functional chocolate selected varieties

21487220_EA/21487247_EA



3⁹⁹
414 mL

Rise kombucha drink all varieties

20910755003_EA/21439309_EA



3⁹⁹
120-150 g

Made Good school safe snacks selected varieties

21351751_EA/21352121_EA



74⁹⁹
473-946 mL

Elmhurst non-dairy beverages selected varieties

21415606_EA/21415684_EA



UP TO 20% OFF

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

Advanced Ortho Molecular Research professional supplements all varieties & sizes
21307672_EA/21311020_EA



Berberine supports healthy glucose metabolism!

Metagenics professional grade supplements all varieties & sizes
21683668_EA



Formulated with passionflower to aid in calm & relaxation!

Pascoe natural health care products all varieties & sizes
21383359_EA/21383379_EA



Prairie Naturals bone broth powder or creatine monohydrate powder all varieties & sizes
21208866_EA/21209178_EA



Nature's Way nutrasea Omega-3 supplements all varieties & sizes
20099274_EA/20925128_EA



Progressive or Smart Solutions supplements all varieties & sizes
20812669_EA/21418099_EA



nuun hydration electrolyte tablets all varieties & sizes
21641786_EA/21641867_EA



349 128-150 g

Hardbite hand-crafted style, all natural potato chips selected varieties
21157616_EA/21419109_EA



499 142-170 g
Amy's frozen burrito selected varieties
20042092002_EA/20320495001_EA

799 4x355 mL

Remedy organic kombucha selected varieties
21616987_C04/21617011_C04



399 300 g

Neal Brothers organic tortilla chips selected varieties
21533054_EA/21533145_EA



Organic!

549 1 L

Thirsty Buddha coconut water selected varieties
20689784_EA



349 800 mL-1 L
Kiju organic juice all varieties
20312710001_EA/20333714001_EA



499 108 g

SunRype organic fruit snacks selected varieties
21528182_EA/21528183_EA



699 198 g
Annie's organic fruit snacks selected varieties
21674381_EA/21547875_EA



Flyer prices effective from Friday, January 2 to Wednesday, January 28, 2026

Cold Weather Wellness

Review, reflect & reset goals. January is a good time to slow down and take a look at your health priorities.

- ✓ Make time for conversation with friends & family over a cup of tea with immune boosting manuka honey
- ✓ Make winter work for you with invigorating outdoor walks, nature trails and winter sports.

4.99
16 bags

Yogi organic tea
all varieties
20317306002_EA/20693913003_EA



Sprouted varieties available!

LOCALLY MADE

7.49
each

Rolling Meadow grass-fed milk 2 L or Organic Meadow kefir drink 1 L
all varieties
20710883001_EA/21212714_EA



NEW

LOCALLY MADE

10.99
250 mL

Filsinger's organic apple butter
21722934_EA



7.49
320-567 g

Little Northern Bakehouse gluten free bread
selected varieties
21100055_EA/21100057_EA



7.99
450 g

Yoggu! dairy-free yogurt
all varieties
21689390_EA/21528293_EA

Great source of pre- and probiotics!

Infused with cleavers, hyssop & yerba mate!

24.99
340 g

Cafezia fair trade & organic whole bean coffee
21706712_EA/21706635_EA



Kid's immune support with propolis, zinc, and vitamin D!

NEW

11.99
15 ct

Beekeeper's Naturals wellness wands
21718881_EA



29.99
250 g

Wedderspoon raw manuka honey
21410083_EA

UP TO 20% OFF

Find me in the Probiotic cooler!

LOCALLY MADE

Kefirkult coconut kefir yogurt
all varieties & sizes
21522411_EA/21522411_EA



Immune Focus

A. Vogel echinaforce, sore throat spray, or sinna nasal tabs or spray
all varieties & sizes
21235730_EA/20730073_EA



Nature's Way immune gummies or syrup
all varieties & sizes
21190315_EA/21192086_EA



Formulated with Elderberry!

St. Francis Herb Farm herbal tinctures or capsules
all varieties & sizes
20731309_EA/21191956_EA



Blend of oregano oil with blackseed oil!

Supports digestive immunity!

Orange Naturals probiotic capsules or powder
all varieties & sizes
21295561_EA/21409970_EA



Clinically shown to help prevent & relieve cold & flu symptoms!



Bio-K fermented probiotic drink or capsules
all varieties & sizes
21391833_EA/21350779_EA



Green Pancakes with Roasted Coconut Topping

- 1 cup (250 mL) **ONE DEGREE** rolled oats
- 1 cup (250 mL) packed fresh spinach
- 1 tsp (5 mL) **ORGANIC TRADITIONS** matcha powder
- Ripe banana
- 2 **YORKSHIRE VALLEY** organic, pasture-raised eggs
- 1/2 cup (125 mL) **COCOSOUL** coconut milk, or milk of choice
- 1 tsp (5 mL) **BOB'S RED MILL** baking powder
- 1 tsp (5 mL) **PC® ORGANICS** vanilla extract

Serves 2

In blender, or by hand, place oats, spinach, matcha, banana, eggs, milk, baking powder, vanilla, and salt. Blend until smooth. (For extra-fluffy pancakes, let batter rest for 5 minutes before cooking).

Heat skillet over medium heat and brush with coconut oil. Pour batter into rounds and cook until bubbles form on surface, about 2 to 3 minutes. Flip and cook for another 1 to 2 minutes, until golden.

For topping, whip coconut cream with maple syrup until fluffy, then fold in toasted coconut and lime zest. Stack pancakes, top with whipped coconut cream, and serve immediately.

Recipe courtesy of
alive



749
680 g

One Degree organic oats
selected varieties
21532753_EA/21532752_EA

Glyphosate free & sprouted!



699
750 mL/1.4 L

Califia Farms premium non-dairy beverage or coffee creamer
selected varieties
21424973_EA/21397053_EA



Organic variety now available!



849
12 ct

Yorkshire Valley Farms organic, pasture-raised eggs large
20982570001_EA



1099
1.25 L

Cocosoul organic coconut milk
21692677_EA/21692768_EA

Unrefined sea salt!



1299
737 g

Redmond all natural real salt
selected varieties
20010681_EA



1699
150 g

Organic Traditions matcha or turmeric latte
selected varieties
21222515_EA/21222509_EA



999
59 mL

PC® Organics pure vanilla extract
selected varieties
21402620_EA



349
200 mL

Dream Foods Italian Volcano organic lemon or lime juice
21007935_EA/20432986002_EA



1199
444 mL

Nutiva organic virgin coconut oil
selected varieties
20371617_EA



Cold pressed & unrefined!



1299
375 mL

Shady Maple organic maple syrup
selected varieties
20794851_EA/21418710_EA

499
400 mL

Cha's organic coconut milk or cream
selected varieties
21397563_EA/21316074_EA



599
397 g

Bob's Red Mill baking powder
21563485_EA



799
340 g

Bob's Red Mill unsweetened shredded coconut
21127430_EA



Lunches On-The-Go: Prioritize Protein

Protein is essential for growth and repair. It also creates a feeling of “fullness”, helping you stay, and feel satisfied.

- ✓ Start the day with protein-rich foods or smoothies with protein powder
- ✓ Fuel & energize with protein-packed snacks & drinks to help you power through your day, avoid the 2 pm slump, and keep sugar cravings at bay
- ✓ Swap sugary favourites like cereal, bars, and cookies with high protein alternatives

**LOCALLY
MADE**

3⁹⁹
250 mL
**Two Bears
protein latte**
all varieties
21666917_EA/21667073_EA



20 g of
protein
per
serving!

3⁹⁹
100 g
**Bob Snail
100% real
fruit rolls**
all varieties
21703079_EA/21703202_EA



NEW

9⁹⁹
180 g
**Simply Protein
stacked snack bars**
all varieties
21707059_EA/21707077_EA



NEW

5⁴⁹
each

**Tree Island grass-fed yogurt 350 g
or Noble Bean tempeh 240 g**
all varieties
21622466_EA/21622531_EA



High in
protein!

9⁹⁹
170 g
**Egglife
egg-based wraps**
all varieties
21653472_EA/21653477_EA



18 g of
protein!

**LOCALLY
MADE**

12⁹⁹
200 g
**Truely high protein,
gluten free cereal**
all varieties
21717227_EA/21717252_EA



NEW

**UP TO
20%
OFF**

Scoop & Shake

**PVL
Can-Whey
protein powder**
727 g
21682923_EA
21682956_EA



Now with
extra protein!

**Eville
smoothie
cubes**
all varieties
21693095_EA/21693144_EA



**Organika
collagen
powder**
all varieties & sizes
21028366_EA/21190856_EA



**Iron Vegan
or Progressive
protein,
collagen
or greens
powder**
all varieties
& sizes
21002793_EA
21519275_EA

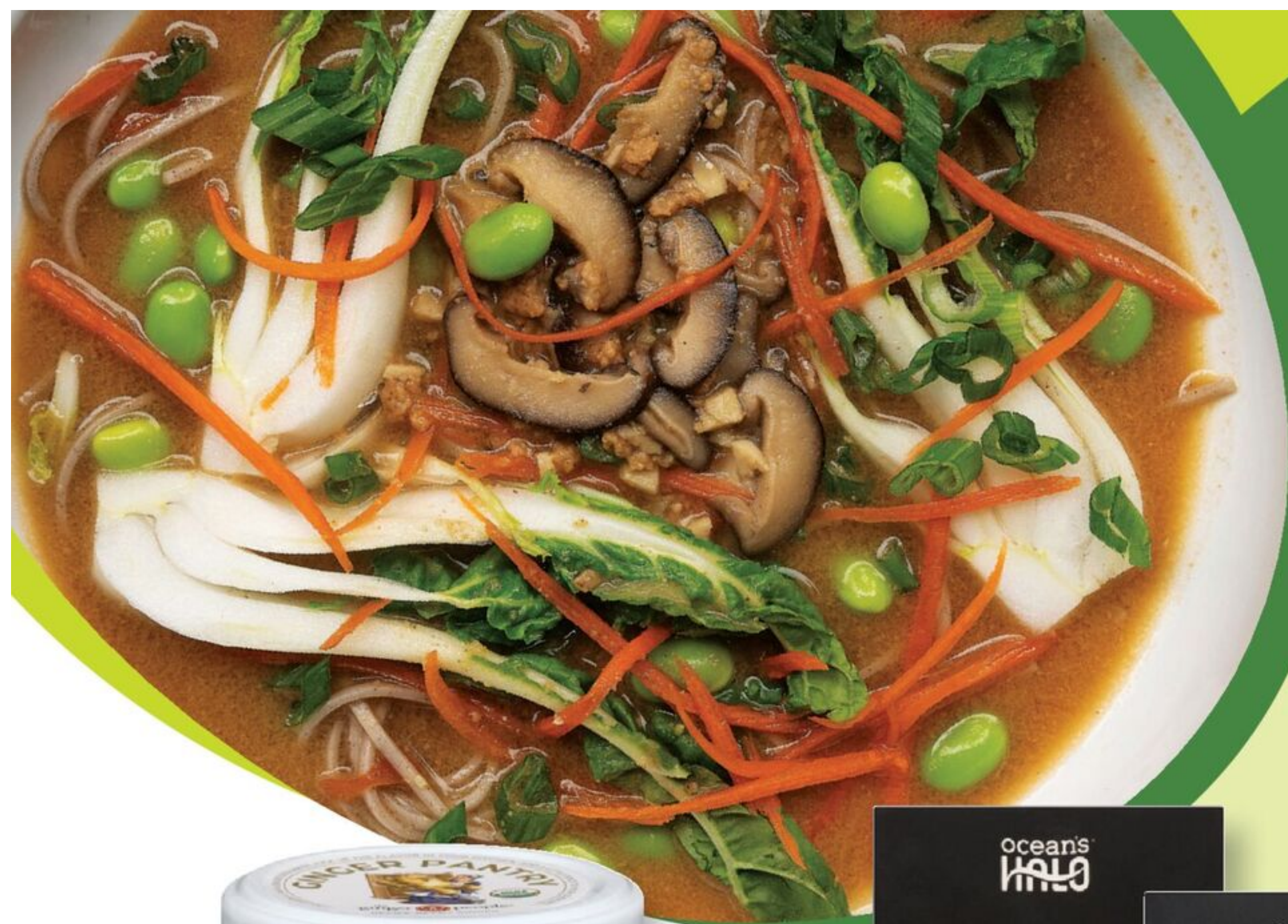


**Leanfit creatine
monohydrate,
protein, or
electrolytes
powder**
all varieties
& sizes
21403978_EA/21561038_EA



**Vega
all-in-one
protein
powder, or
ready-to-drink
protein shake**
all varieties & sizes
20645554_EA/21664878_EA





Soba Noodle Soup

Serves 2

- 1 tbsp (15 mL) **SPECTRUM** sesame oil
- 3 tbsp (45 mL) finely chopped garlic
- 2 tbsp (30 mL) **THE GINGER PEOPLE** minced ginger
- 1/2 tsp (2 mL) dried red pepper flakes
- 4 **FUNKY FUNGHI** dried mushrooms
- 4 cups (1 L) **BROYA** broth
- 1 tbsp (15 mL) **SAN-J** tamari or soy sauce
- 2 tbsp (30 mL) **NUTS TO YOU** peanut butter
- 3 oz (85 g) **OCEAN HALO** soba or ramen noodles, cooked and rinsed
- 1 baby bok choy, cut lengthwise into 6 pieces
- 1/2 cup (125 mL) **PC® ORGANICS** frozen edamame, blanched
- 3/4 cup (180 mL) shredded carrot
- 1/2 cup (125 mL) green onion
- 1 tbsp (15 mL) rice or **FILSINGER'S** apple cider vinegar
- **ABOKICHI OKAZU** chili oil for serving

In soup pot on low heat, add sesame oil and sauté garlic and gingerroot for about 2 minutes. Add red pepper flakes and sauté for 3 minutes more. Add mushrooms and stir occasionally, for about 2 minutes. Mushrooms will begin to soften. Add 1/4 cup (60 mL) broth and stir. Add tamari and allow to simmer for a few minutes to concentrate the flavour before adding peanut butter and remaining broth. Let broth simmer gently for about 10 minutes, until warmed through.

Meanwhile, prepare 2 bowls by dividing noodles, bok choy, edamame, carrots, and green onion between them. When ready to serve, add vinegar to broth and ladle with mushrooms over each bowl. Add a spoonful of chili oil if desired.

Recipe courtesy of
alive



4.79
190 g

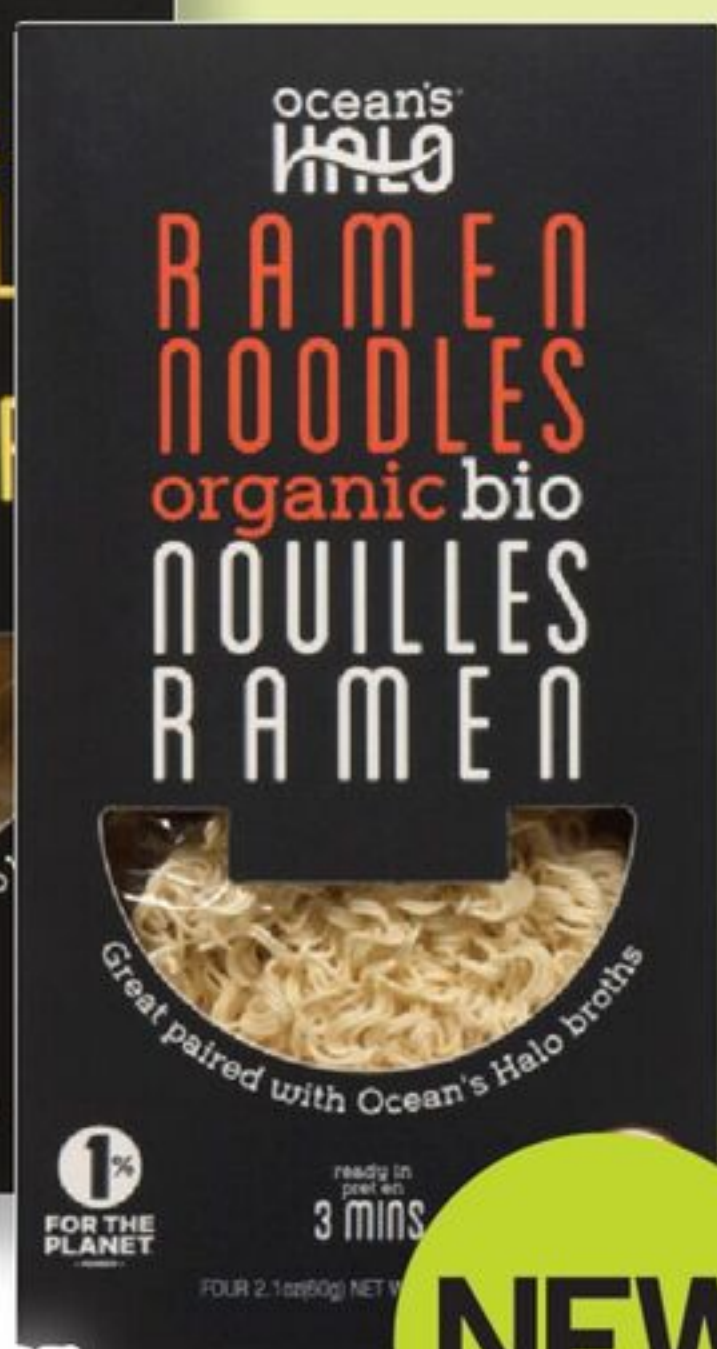
NEW

The Ginger People
organic minced ginger
21719750_EA



4.99
180-240 g

Ocean Halo rice or
ramen noodles
21703566_EA/21703564_EA



NEW

Also
available in
gluten-free!

6.99
each

San J tamari
or Nuts to You
spreads

s20795946001_EA/20304746_EA



11.99
500 mL

Broya grass-fed or
organic bone broth
all varieties
21709451_EA/21709146_EA



NEW



10.99
473 mL

Spectrum
sesame oil
21543068_EA



14.99
28 g

Funky Funghi dried
mushroom mix
21724356_EA

NEW

5.99
250 g

Herbamare
herbed sea salt
all varieties

20317961001_EA/20317961002EA



**LOCALLY
MADE**

7.99
945 mL

Filsingers
organic apple
cider vinegar

21312947_EA



11.49
230 mL

Abokichi okazu
Japanese chili oil
selected varieties

21424927_EA/21333336_EA



NEW



7.99
30 g

GimMe organic
roasted seaweed
snacks
selected varieties

20999935_EA/21356151_EA

4.99
500 g

PC® Organics
frozen edamame
selected varieties

20416869001_EA/20416869003_EA



4.49
13-64 g

PC® Organics spices
selected varieties

21209101_EA/21209151_EA



6.99
480 mL

Ocean Halo
kimchi

21597662_EA



Digestion: Fibre & Ferments

It all starts in the gut! Improve your gut health and enjoy a smoother digestive experience.

- ✓ Feed your good gut bacteria with fibre-rich foods and fermented favourites
- ✓ Maximize gut health and help support healthy cholesterol levels
- ✓ Explore probiotic-packed fermented foods and nourishing pre-biotic supplements

Low Carb & Gluten Free!

4.49

120-400 g

Liviva low carb rice or pasta selected varieties

21154070_EA/21639786_EA



LOCALLY MADE

3.49

355 mL

Tonica kombucha bottles or cans all varieties

20818822001_EA/21632474_EA



Brewed in small batches right here in Ontario!



5.99

349 g

Bionaturae organic sourdough pasta all varieties

21712386_EA/21712481_EA



NEW

12.99

680 g

Bianco DiNapoli organic tomato sauce selected varieties

21722548_EA/21722547_EA



NEW

Sourdough bread is fermented for better digest-ability!

LOCALLY MADE

7.99

230-255 g

Aidan's gluten free sourdough bread selected varieties

21686757_EA/21686932_EA



7.49

250 g

Yumi organics overnight oats selected varieties

21522422_EA/21522427_EA



18.99

454 g

Organic Traditions sprouted chia & flax seed powder selected varieties

21706197_EA



NEW

UP TO **20% OFF**

Cholesterol Support

With 75 mg of choline, an essential nutrient that supports the liver in maintaining cholesterol levels in the body

Canprev Tudca v-caps 60's or Fibre feel 325 g

21297786_EA/21685401_EA



Safe for low FODMAP diets!

North Coast Naturals daily cleanse fibre 1 kg

20704916_EA



Helps improve LDL:HDL cholesterol ratio!

Prairie Naturals Sytrinol® 60's or Vitamin D3 2500IUs 180's

21505844_EA/21592668_EA



Organic Traditions fibre fuel smoothie boost all varieties

21478341_EA/21478343_EA



Aqua Omega fish oil liquid or capsules all sizes & varieties

21157460_EA/21223968_EA



7.99
18-100's

Uncle Lee's tea
selected varieties

20296329002_EA/21506541_EA



8.99
16 g

Bone Broth instant
bone broth all varieties

21400280_EA/21400321_EA

Non-GMO
Gluten & Dairy Free!

LOCALLY
MADE

5.49
398 mL

Yorkshire Valley organic soup
all varieties

21560109_EA/21560336_EA



Detox & Immunity

Support your body's natural cleansing pathways & strengthen your immune defences with diet, nutrition and stress management

- ✓ Ask about powerhouse wellness foods, beverages, herbs and supplements that boost natural defences, leaving you energized and resilient
- ✓ Discover energizing coffee alternatives and powerful mushroom-based foods and supplements for immunity & vitality

6.99
355 mL

Pulp and Press
cold pressed juice
all varieties

21014353_EA/21014358_EA



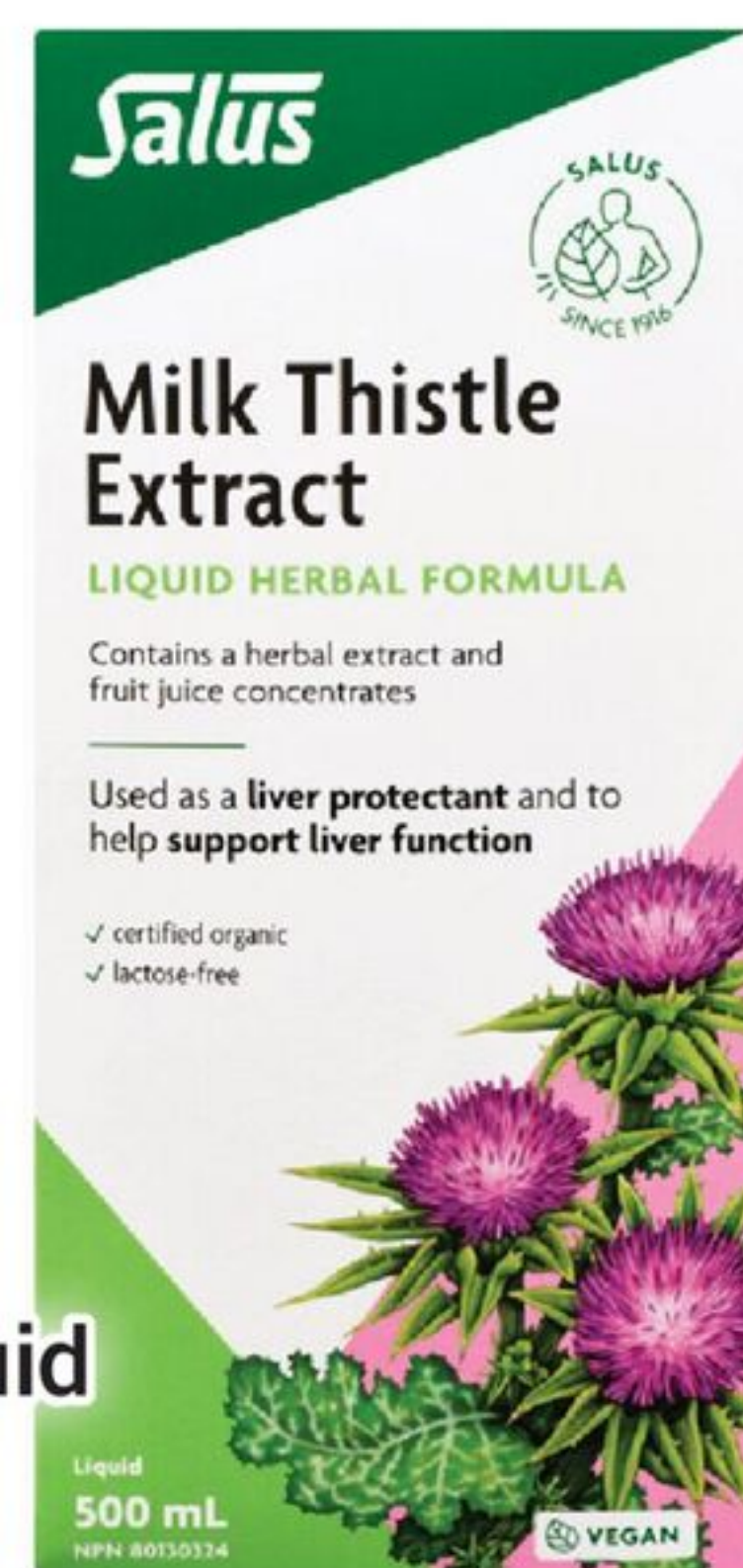
Organic!

Supports &
protects your liver!

UP TO
20% OFF

Salus Haus milk
thistle extract liquid
herbal formula

21701044_EA



Coffee taste you
love, powered by
liver-supportive
herbs instead of
caffeine!

34.99
200 g

Dandy Blend instant
herbal beverage
coffee alternative

21208119_EA



Functional Mushroom Favourites!

4.29
355 mL

benny adaptogenic
sparkling energy beverage

21658245_EA/21658277_EA



Infused with Lions Mane,
Reishi & Yerba Mate!

18.99
100-140 g

Organic Traditions
instant mushroom coffee
selected varieties

21509586_EA/21564761_EA



9.99
10's

Teeccino
mushroom herbal
tea selected varieties

21490675_EA/21490690_EA



UP TO
20% OFF

Host Defense
mushroom
capsules or
powders
all varieties & sizes

21219608_EA/21609608_EA



Convenient powder format;
add to smoothies or lattes!

UP TO
20% OFF

Purana
mushroom
supplements
all varieties
& sizes

21707899_EA/21715915_EA



NEW

UP TO
20% OFF

CanPrev
Myco10
mushroom
powder

21209361_EA



Immuno-
modulating
mushroom
blend with
7 mushrooms
and 3
antioxidants

FORT 7

HEALTHY EATING

Easy meal options for lunch, dinner or anytime!



Daiya cheddar flavour block or slices selected varieties
21070683_EA/21335548_EA

5.99
200/220 g



Daiya Vegan cheese shreds selected varieties
21070311_EA/21355692_EA

5.99
200 g



Lightlife plant based bacon selected varieties
21188691_EA

4.49
142 g



Sunrise tofu medium or extra firm
20022239_EA

2.99
350/454 g



Sunrise dessert tofu 2x150 g or soft tofu 200 g selected varieties
20135704_EA/20569353_EA

2.29
each



Gusta vegan sausage selected varieties
21284423_EA/21284431_EA

7.49
200-350 g



Spread'Em Kitchen Co. cashew cheese style dip selected varieties
21195803_EA/21621546_EA

9.99
183-200 g



Big Mountain Vegan Foods selected varieties, refrigerated
21310605_EA

6.99
300-400 g



Nuts For Cheese fermented cashew product selected varieties
21162674_EA/21398569_EA

10.99
120 g



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

5.29
248-450 g



Promise gluten free bread or buns selected varieties
21414753_EA/21465953_EA

7.99
260-480 g



PC Protein tortillas
21447518_EA

4.49
342 g

PANE *Fresco*

PAN BREADS

Made the old fashioned way with natural ingredients!

*7 varieties!
Great for sandwiches!*

old fashioned white
or whole wheat

20613611_EA/20883611_EA

4⁹⁹
550 g

4⁹⁹ multigrain
605 g 20613644_EA

5⁹⁹ cheddar
460 g 21209687_EA

5⁹⁹ cinnamon
raisin
570 g 21209688_EA

5⁹⁹ cranberry or flax seed
540 g 21030611_EA/21124858_EA

**FROM
OUR
CHEFS™**

Artisan-style Deli Meat Roasted In-store!

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

Hand-tied!

4 VARIETIES:

- Black Forest ham
- Tuscan ham
- Roasted Maple ham
- Roast beef

21695937_KG

*Except for those naturally occurring in the ingredients.

Available at most locations.

GRAB & GO FRESH SALADS

Personal-Size

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



Chicken Caesar



Greek Mediterranean



Chicken BLT



Garden Vegetable with Romaine



California with Avocado



Southwest Fiesta



Family-Size

- Made fresh daily in-store!
- 5 varieties



CAESAR

GREEK

Side Salads

- Made fresh daily in-store!
- 8 varieties



CAESAR

GREEK

Grocery



399 iOGO nano
drinkable yogurt
selected varieties
6 pk
20609687001_EA



229 Dare
Veggie Crisps
selected varieties
100 g
20973370_EA/20973368_EA



Pillsbury
pizza pop
or strudel
selected varieties
21435996_EA/20172664001_EA

349 each



499 Pelmen perogies
frozen
500 g
21530577_EA/21530612_EA



349 Gay Lea
sour cream
selected varieties
425/500 mL
20317536001_EA



329 Mott's
Fruitsations
104/111 g
20324241001_EA



Black
Diamond
Cheestrings
selected varieties
20763661_EA



799 12/16's



Pringles snack stacks
21350249_EA/21069445_EA

649 12x19 g



429 each



Nature Valley
granola bars 120-230 g
or Betty Crocker fruit
snacks 128-226 g
selected varieties
20686716001_EA/20887250_EA



349 Kellogg's
Rice Krispies
squares,
Nutri-Grain bars
or Pop-Tarts
selected varieties
20126567001_EA/2013984001_EA



249 each
Snack Pack
pudding 4x99 g
or PC® 100% juice
1 L, selected varieties
20310707001_EA/21080950_EA



399 each
Reko Pizzelle
21125568_EA



159 200 g
Gioia "S" biscuits
20180885_EA



249 591 mL
Glaceau
Vitaminwater
selected varieties
20333194006_EA/20562362003_EA



349 1.89 L
PC® or
Blue Menu®
cranberry
cocktail
selected varieties
20307025001_EA



249 62/68 g
Ben's Original
rice cups
selected varieties
21680683_EA/21680713_EA



349 425 g
Stagg chili
selected varieties
20091906_EA/20300125004_EA



159 540 mL
Primo
canned beans
selected varieties
21187513_EA/21187516_EA



249 each
Knorr Sidekicks
selected varieties
20321430011_EA



549 255-340 g
Crave
frozen entrées
selected varieties,
frozen
21177052_EA/21681823_EA

Celebrate Dry January

Corona Cero
21650191_C06

8⁹⁹
6x330 mL



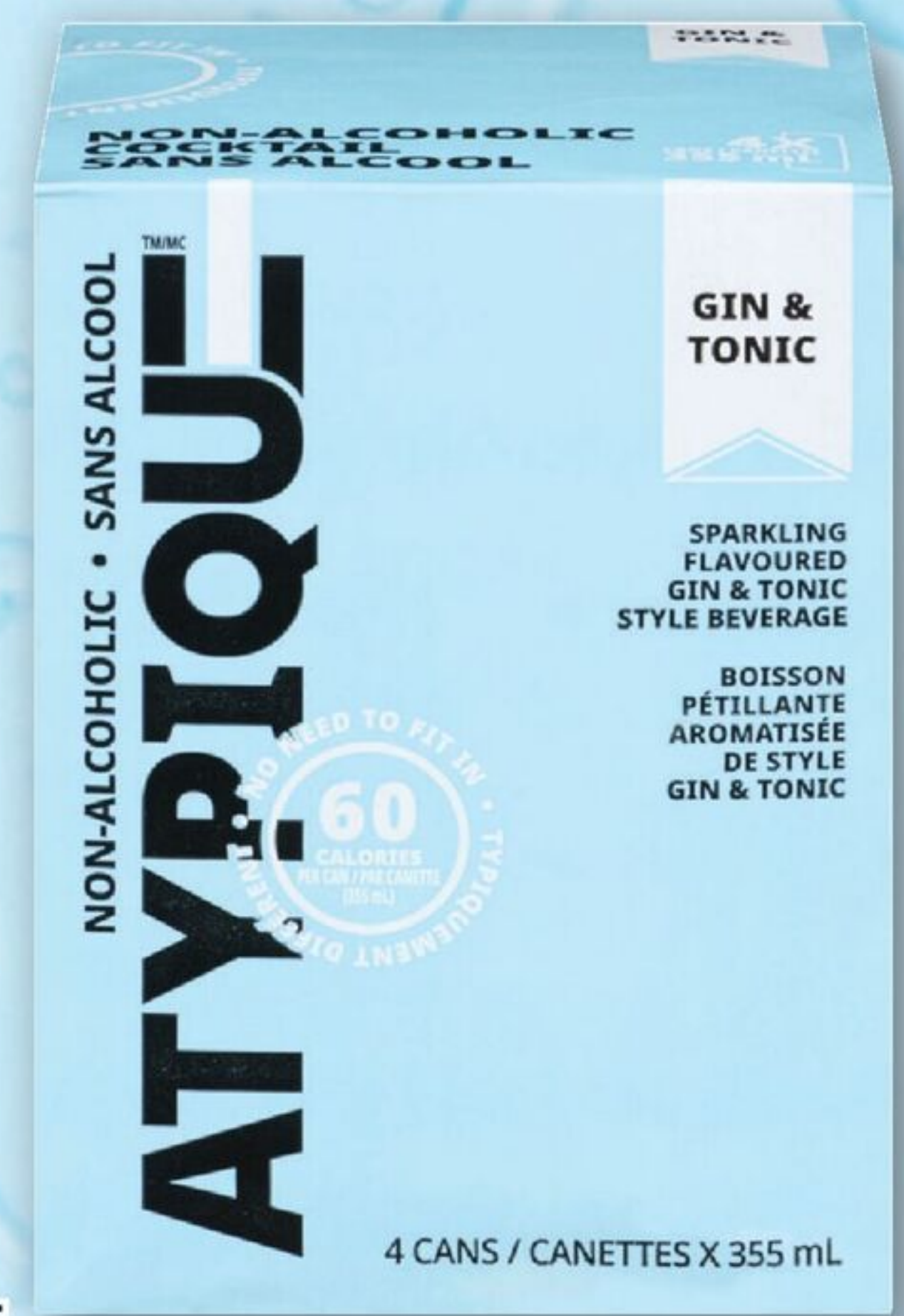
Guinness
non-alcoholic
draught 0.05%
21567137_C04

11⁹⁹
4x440 mL



Atypique
selected varieties
21517134_C04

8⁹⁹
4x355 mL



Busch
de-alcoholized
beer
21650662_C12

11⁹⁹
12x355 mL



Carl Jung
de-alcoholized wine
selected varieties
20295619_EA/20300444_EA

7⁹⁹
750 mL



Partake
non-alcoholic beer
or Hop water
selected varieties
21208552_C04

8⁴⁹
4x355 mL



10⁹⁹
6x355 mL

Athletic Brewing Co
non-alcoholic beer
selected varieties
21538122_C06



Smoky Bay
non-alcoholic wine
selected varieties
21596489_EA/21596657_EA

11⁹⁹
750 mL



Gruvi
non-alcoholic
rose or secco
21512576_C04/21512624_C04

14⁹⁹
4x275 mL



Sober Carpenter
non-alcoholic
craft beer
selected varieties
21520951_C04

8⁹⁹
4x355 mL



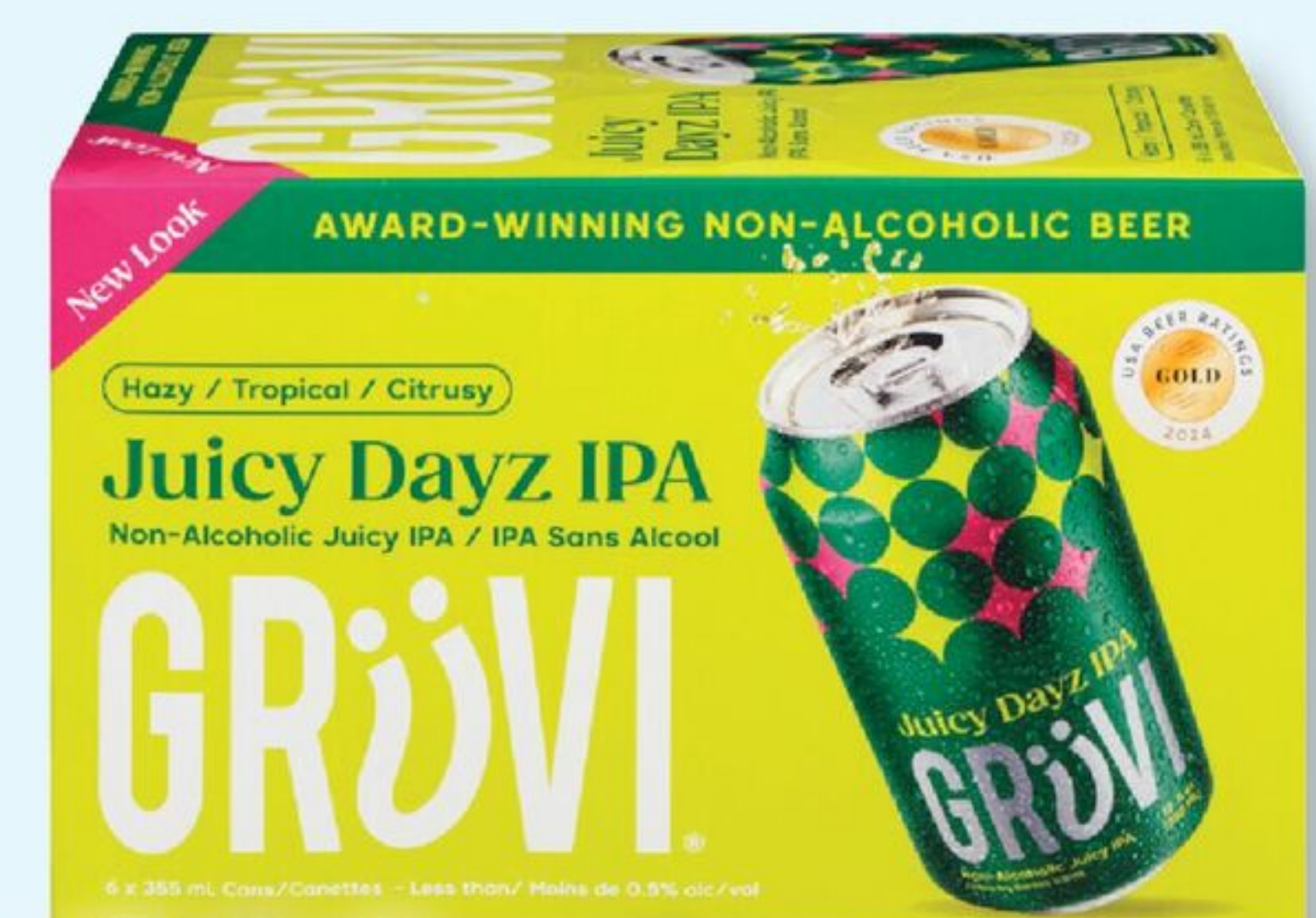
Sleeman
or Sapporo
non-alcoholic beer
21595931_C06/21664614_C06

10⁹⁹
6x355 mL



11⁹⁹
6x355 mL

Gruvi non-alcoholic beer
21512538_C06



Warm up this Winter

Maxwell House
ground coffee
selected varieties
21606882_EA

18⁹⁹
631-900 g



Maxwell House K-Cup
pods 12's or Nabob Tassimo
14's, selected varieties
20552968_EA/20975424_EA

9⁹⁹
each



illy ground espresso
selected varieties
21507662_EA/21507700_EA

12⁹⁹
250 g



Excelsior
ground espresso
21618497_EA

5⁴⁹
250 g



28⁹⁹
30's
Lavazza K-Cup pods
selected varieties
21589797_EA/21589798_EA



26⁹⁹
30's
Van Houtte K-Cup pods
selected varieties
20743469_EA/20972953_EA



Zavida
or Barista
Nespresso
compatible
pods
21580456_EA/21693215_EA

7⁴⁹
10's



Barista
K-Cup pods
21693175_EA/21693194_EA

11⁹⁹
10's



Twinnings tea bags
selected varieties
2030375001_EA/20308680_EA

4⁹⁹
20's

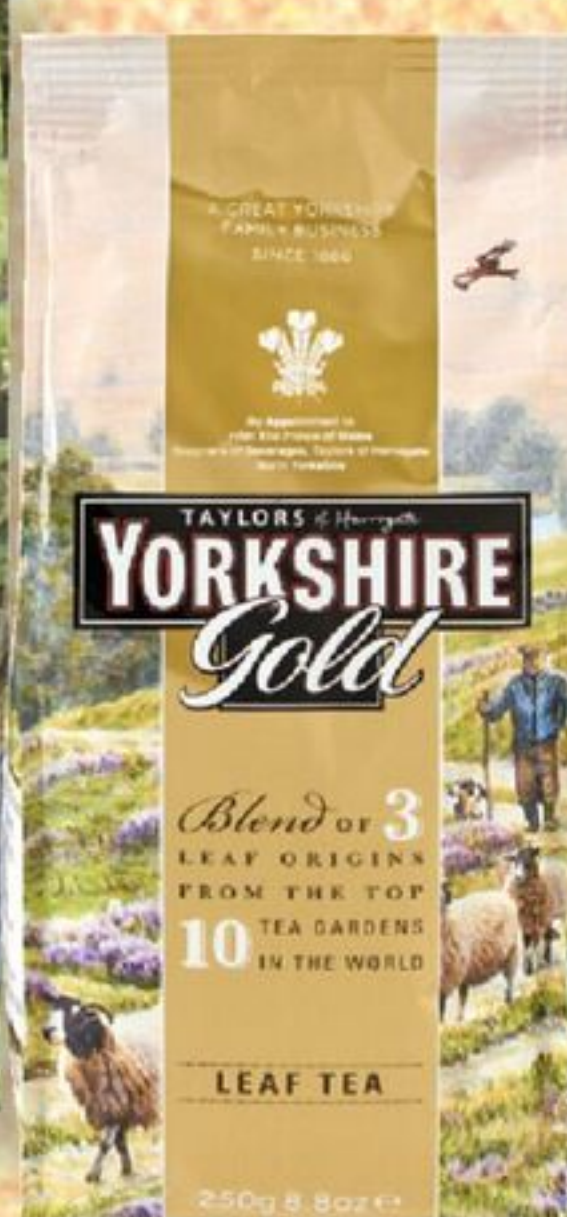


3⁴⁹
20/24's
Tetley tea bags
selected varieties
20711158_EA/20722550_EA



Yorkshire
loose leaf tea
20752215_EA/20752286_EA

7⁹⁹
250 g



International
Delight
cold foam
selected varieties
21629959_EA

5⁹⁹
396 g



Starbucks
coffee enhancer
selected varieties
21358473_EA/21436915_EA

7⁴⁹
828 mL



Starbucks
hot chocolate
21541288_EA/21624750_EA

11⁹⁹
240/300 g



BRINGING THE WORLD TO YOUR KITCHEN

Sharing culture through food



Crispy pound cake
selected varieties
20814080_EA/20814268_EA

349
386 g



Cucina mini
mozzarella
arancini
frozen
21339562_EA

799
500 g



Putter's pickles
selected varieties
20093452_EA/20136840_EA

599
500 mL/1 L



499
341 g

Nanak paneer
21286158_EA



Liguori pasta
selected varieties
21665208_EA/21665273_EA

349
454 g



599
550 g

ICIM Turkish
Labneh cheese
21367589_EA



Bechtel
spaetzle noodles
selected varieties
20032557003_EA/20032557004_EA

399
500 g



Irini
extra virgin
olive oil
20021287_EA

1299
750 mL



549
71 g

Gefen herb cubes
selected varieties, frozen
21056545_EA/21056556_EA



Noor
basmati rice
20056100_EA

1099
4.54 kg



La Costeña sauce
selected varieties
20318656001_EA/20318656002_EA

449
455 mL



Yorkshire
or Yorkshire
Gold tea bags
21604120_EA

899
80's



Colavita olive oil
20617955_EA

1999
1 L



249
22's

Fisherman's Friend
lozenges
21691116_EA/21705695_EA



Grace
coconut water
selected varieties
21027754_EA

189
500 mL

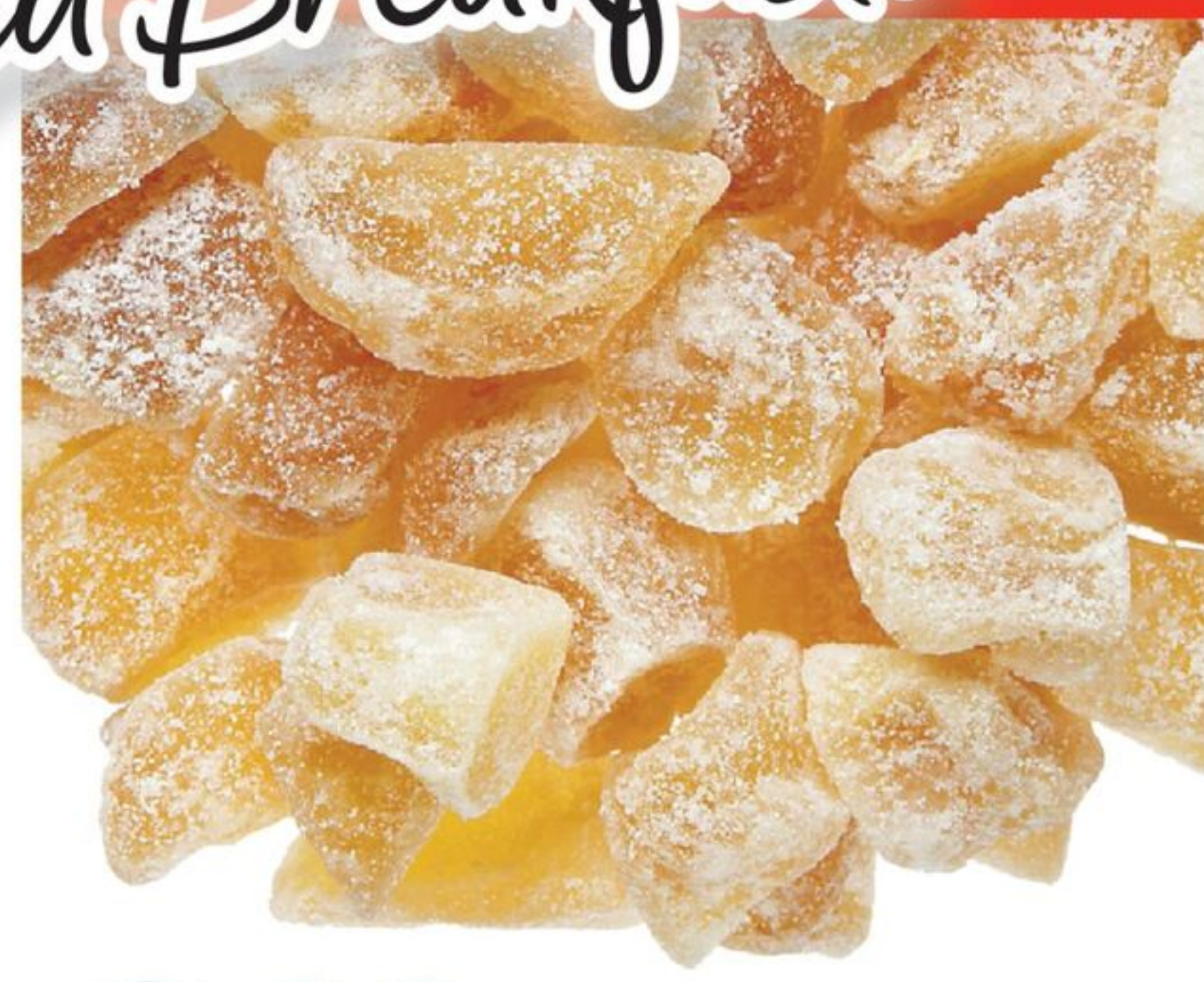
Bulk Make a Power-Packed Breakfast!



198 /100 g
8.99/lb Turkish apricots
20120073_KG



121 /100 g
5.49/lb dried cranberries
20076360_KG



308 /100 g
13.99/lb ginger chunks
21484227_KG/21484229_KG



132 /100 g
5.99/lb sweetened banana chips
20125896_KG



198 /100 g
8.99/lb raw or roasted pepitas salted or unsalted
20171376_KG/20173561_KG



242 /100 g
10.99/lb walnut pieces, halves or crumbs
20160573_KG/20167827_KG



.88 /100 g
3.99/lb roasted sunflower seeds salted or unsalted
20015072_KG/20071873_KG



353 /100 g
15.99/lb pecan halves or pieces
20730611_KG/20730612_KG



165 /100 g
7.49/lb chia seeds
20655499_KG



330 /100 g
14.99/lb hemp seeds
21591527_KG



375 /100 g
16.99/lb psyllium seeds husks
20655446_KG



154 /100 g
6.99/lb shredded coconut sweetened or unsweetened
20018083_KG/20156051_KG



.33 /100 g
1.49/lb rolled oats
20041938_KG/20146120_KG



154 /100 g
6.99/lb honey raisin & almond granola
21622146_KG



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



.55 /100 g
2.49/lb 12 grain cereal
20021736_KG

Seafood



8⁹⁹ Diana's wild clam chowder frozen
500 mL 21602248_EA



12⁹⁹ PC® PEI mussels in provencale sauce or creamy white wine sauce frozen
907 g 20838560_EA



10⁹⁹ IFC basa fillets frozen
850 g 21615047_EA



11⁹⁹ PC® raw Zipperback® jumbo wild Argentinian shrimp 21-30 per lb, frozen
340 g 21332386_EA

Meat



7⁹⁹ PC® Pub Recipe™ chicken nuggets, strips or burgers selected varieties, frozen
700 g 21201320_EA/21201321_EA



15⁹⁹ PC® Shepherd's pie selected varieties, frozen
800/900 g 20003749_EA



12⁹⁹ Yorkshire Valley Farms organic chicken bites frozen
454 g 21194345_EA



10⁹⁹ Zabiha Halal Fire Crisp spicy burgers, nuggets or drumsticks frozen
700-750 g 21704617_EA/21705962_EA



3⁹⁹ Schneiders Lunchmate or adult lunch kits selected varieties
67-120 g 21120891_EA/21309931_EA



5⁹⁹ Schneiders Red Hots, Maple Leaf Top Dogs or Mina Halal chicken wieners selected varieties
375/675 g 20602429_EA/21093477_EA

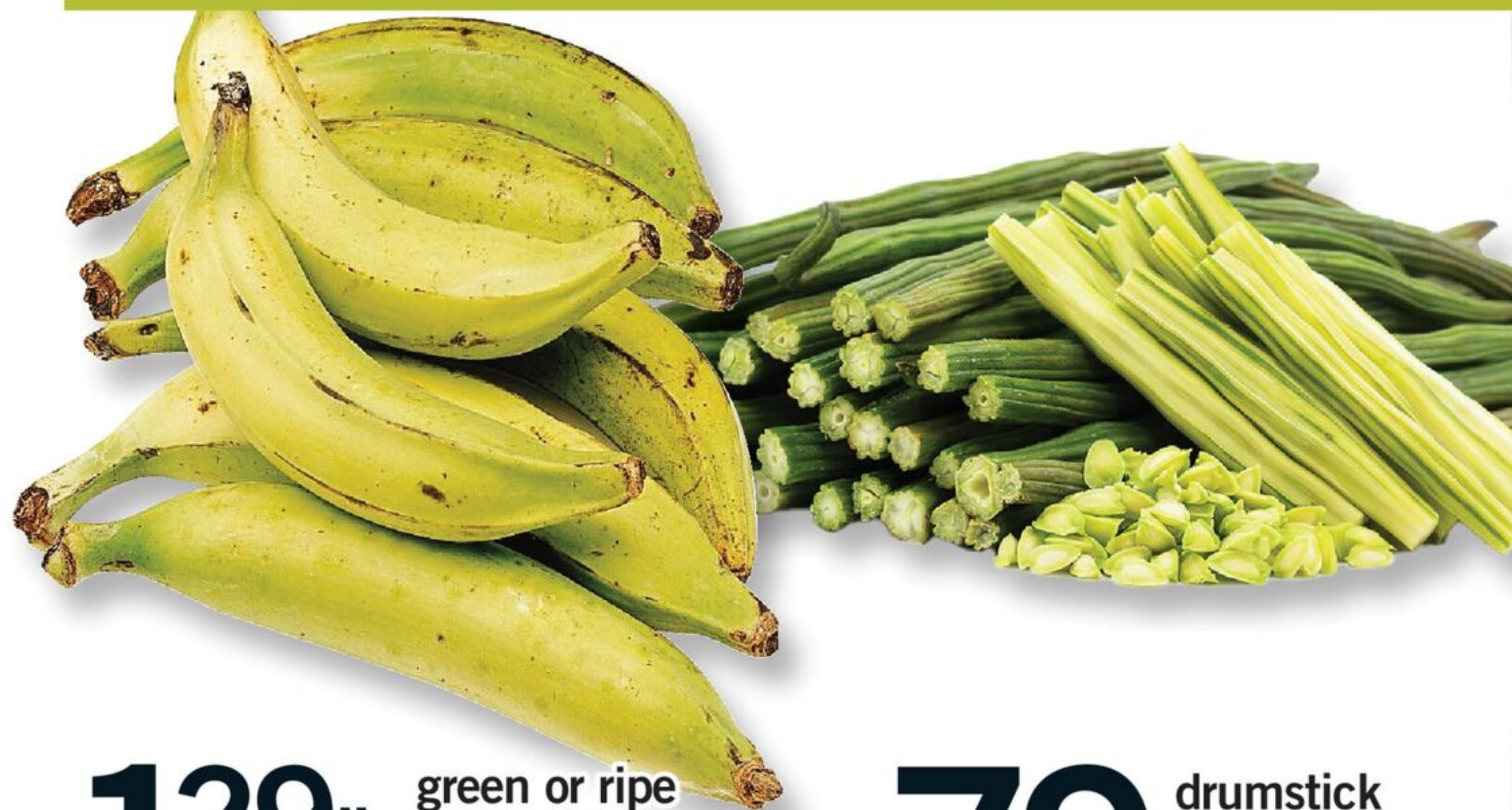


5⁹⁹ Maple Lodge Farms chicken bacon or Zabiha Halal chicken breast strips
375 g 20099204_EA/20105121_EA



EXPERIENCE A WORLD OF FLAVOURS

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



1.29^{lb} green or ripe
plantain
product of Colombia
2.84/kg
20111926001_KG/20111926001_KG

.79 drumstick
product of India,
each
20867050001_KG



6.99 Chelsea
silversides
smelts frozen
454 g
21101064_EA



12.99 Sufra Halal
diced beef
454 g
21395711_EA



5.99 Brar's vegetable
samosas 6 pack
720 g
20904594_EA



5.49 Casablanca
eggless muffins
selected varieties
480 g
21706085_EA



3.99 Crispy cookies
selected varieties
350 g
20820419_EA



7.99 Mina Halal
extra lean
ground chicken
454 g
21618141_EA



10.99 Zabiha Halal
breaded chicken
selected varieties,
frozen
800 g
21192505_EA/21192652_EA



2.20 natural
roasted
pistachios
salted or
unsalted
/100 g
20328168_KG
20664648_KG



2.29 Suraj
Dahi yogurt
selected varieties
750 g
20958145_EA/20959052_EA



Alphono
mango juice,
Aljuice beverage
1.75 L or
Rubi coconut
water 1 L
selected varieties
21128528_EA/21383084_EA

3.49
each



1.29 Suraj or Tamam
chickpeas,
beans or lentils
selected varieties
540 mL
20322156005_EA/20540264_EA



3.99 Happy Dairy
paneer
300 g
21343632_EA



1.99 MDH
masala spices
100 g or Jabsons
peanuts 140/160 g
selected varieties
20707277_EA/21155179_EA



1.49 Haldiram's
snacks
selected varieties
20314667007_EA
150/160 g



10.99 Brookebond
Red Label
tea 900 g
or Dabur
honey 500 g
20802858_EA/21017684_EA
each



2.29 Britannia
biscuits 231 g
or Royalty
digestives 400 g
20875689_EA/21023781_EA
each



5.99 Sher Besan
4 lb
20868922_EA



2.99
each



2.99 Quality tamarind
400 g or Master
Indian kits 18-22 g
selected varieties
20713005_EA/21677111_EA

Fresh FLOWERS



cut tulips
assorted colours
20180973_EA

12⁹⁹
10 stems



large gerbera bouquet
assorted colours
20975510_EA

19⁹⁹
each



min gerbera bouquet
assorted colours
20072868_EA

19⁹⁹
each



39⁹⁹
dozen
tinted roses
assorted colours
21279268_EA/21450023_EA



large Everyday
arrangement
\$35 each

\$21
each
small Everyday
arrangement
21590835_EA/21590921_EA



mini infinity
circle orchid
21620219_EA

29⁹⁹
each

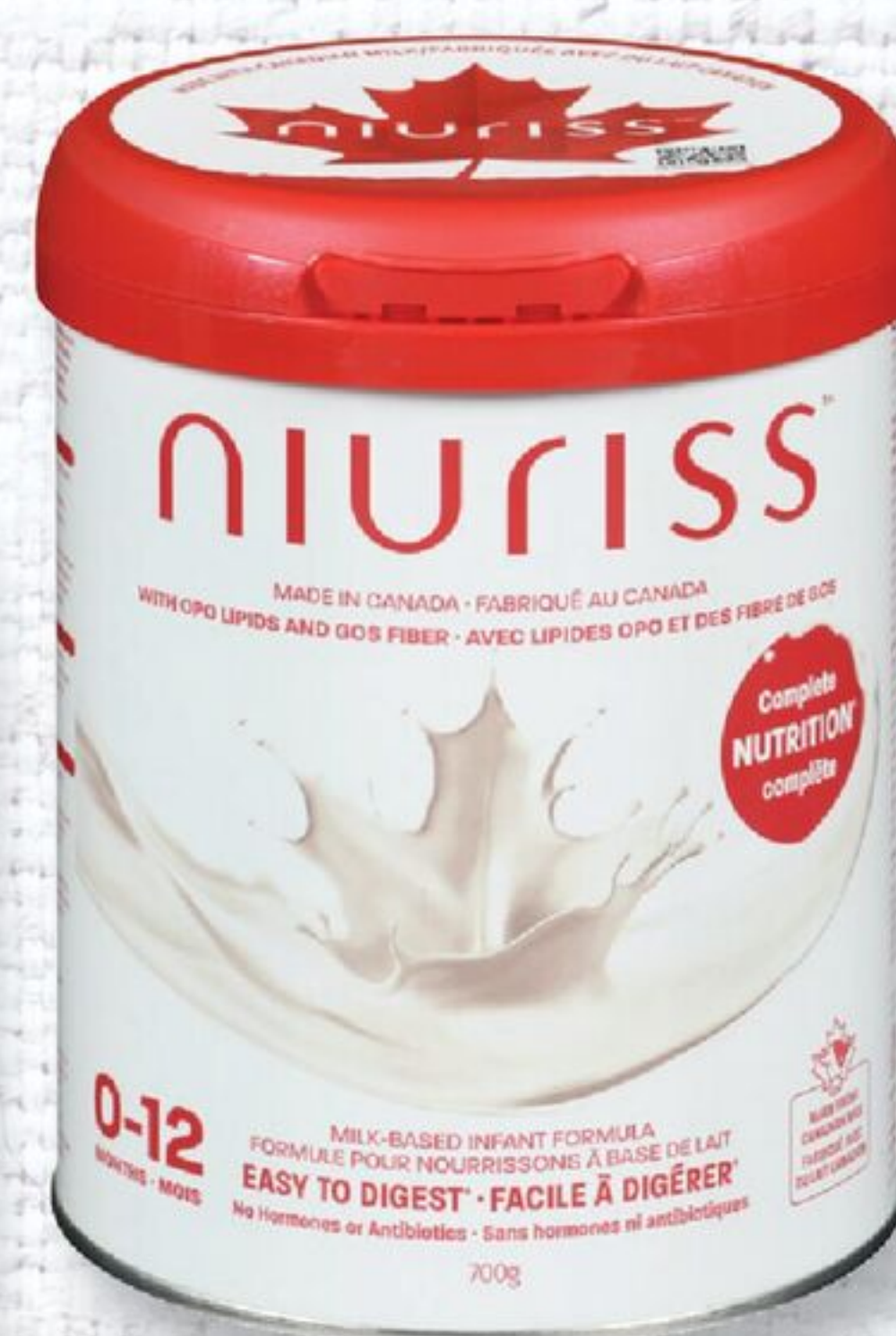
Floral Arrangements

visit flowersbyfortinos.ca

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



Baby



Dove
or Aveeno
baby needs
selected varieties
20922621_EA/21014652_EA

Nestlé Cerelac cereal 400 g
or Pampers or Huggies
wipes 112-216's
selected varieties
20708211_EA/20799372_EA

Niuriss
formula powder
21648061_EA

Kendamil
formula powder
21699547_EA

28⁹⁹
34-74's

Huggies
Goodnites
or Pull Ups
selected varieties
20963841_EA/20963933_EA

74⁹
227-384 mL

8⁹⁹
each

34⁹⁹
700 g

39⁹⁹
800 g



Gerber snacks
selected varieties
20304618007_EA/20304618008_EA

14⁹⁹
6x237 mL

EnfaGrow
ready to drink
selected varieties
21207723_EA/21207733_EA

17⁹
each

19⁹
each

4²⁹
each

Body & Health

Method hand
soap 300/354 mL
or Colgate toothpaste
70-150 mL, selected varieties
20432113001_EA/20432113004_EA

Dr Squatch
bar soap 141 g,
Method body
wash 532 mL
or Ivory body
wash 1035 mL
selected varieties
21425299_EA/21432530_EA

Dove
deodorant
76-107 g
or Tresemmé
hair care
828 mL
selected varieties
20840721_EA/21003511_EA

TheraBreath 473 mL,
John Frieda hair care
145-250 mL/210 g
or Dove bar soap 6's
selected varieties
20310284001_EA/20862909_EA

Sensodyne
toothpaste
75-100 mL,
Gum flossers 90's
or Band-Aid 20's
selected varieties
20281940001_EA/20301179006_EA

3⁹⁹
each

7⁹⁹
each

7⁹⁹
each

11⁹⁹
each

4⁹⁹
each

Always
pads, liners
or Tampax
tampons
selected varieties
and sizes
21000869_EA/21374659_EA

Depends
or Poise
12-60's
or liners
114-126's
selected varieties
20558843005_EA/21100737_EA

Aveeno
lotion 532 mL,
NeoCitrán 10's
or Advil cough
and cold 16-24's
selected varieties
20102023001_EA/20133008001_EA

Ensure
6x235 mL,
Glucerna
6x237 mL
or Barebells 4's
selected varieties
20180283003_EA/20308731008_C06

Beatrice B-Fit
protein drink
460 mL, Trubar
50 g or Ricola
lozenges box 18's
selected varieties
21345511_EA/21600538_EA

11⁹⁹
each

18⁹⁹
each

12⁹⁹
each

13⁹⁹
each

2⁹⁹
each

Household



Snuggle liquid fabric softener 138 WL, 2.77 L or dryer sheets 200's selected varieties
21658148_EA/21658838_EA

13.99
each



Clorox bleach 2.4 L or Pine-Sol multi purpose cleaner 1.41 L selected varieties
20298679001_EA/21283179_EA

5.99
each



Planet First™ all-purpose cleaner selected varieties
21543319_EA/21544963_EA

4.99
700 mL



Dawn EZ-Squeeze liquid dish soap selected varieties
21430556_EA/21516486_EA

4.99
535/650 mL



Sponge Towels Ultra paper towels
21676150_EA

23.99
8=16 rolls



Glad garbage bags selected varieties and sizes
20166439001_EA/21165477_EA

12.99
30-40's



Cascade Platinum Plus dishwasher tabs selected varieties
21012357_EA/21507156_EA

18.99
30-48's



Ziploc sandwich bags or freezer bags selected varieties and sizes
20306904003_EA/20871415_EA

5.29
10-90's



compostable liners kitchen or green bin
20014940_EA/20179960_EA

4.99
10/20's



Cashmere bathroom tissue selected varieties
21189845_EA

24.99
24=72 rolls

Pet Needs for Cats, Dogs & Birds!



PC® Nutrition First® grain-free wet dog food selected varieties
21359232_EA/21359235_EA

2.79
374 g



Milk-Bone dog treats selected varieties and sizes
21014403_EA/21014573_EA

4.99
750-900 g



Pedigree Dentastix dog treats selected varieties
21081113_EA/21081180_EA

11.99
396-608 g



Hungry Hunter® Chicken Feet for cats or dogs
21378255_EA

6.79
454 g



Purina ONE dry dog food selected varieties
20912587_EA/20946525_EA

12.99
1.72/1.81 kg



Whiskas Perfect Portions wet cat food selected varieties
21011523_EA/21011788_EA

1.49
75 g



Purina Friskies dry cat food selected varieties
20142252001_EA/20912515_EA

7.99
1.4-1.5 kg



Blue Buffalo Tasteful wet cat food
21594022_EA

16.99
12x85 g



Tidy Cats clumping cat litter selected varieties
21206496_EA/21206503_EA

14.99
2.72 kg



PC® wild bird seed
21308596_EA

14.99
4 kg

Thank You Fortinos Customers!

With your gracious support over **2,800** frozen turkeys have been donated to our local food bank partners. These turkeys were distributed to local area families in need in time for their holiday dinner.

Thank you to the tireless volunteers that helped make this a success for our communities!



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STAY
PROTECTED
IN THE
MOMENT



\$18.99
EACH

DEPEND® Underwear
or POISE® Pads
Selected Types

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PASS

Learn more

*/**Conditions apply, \$30 minimum order. Regular price \$99.99/year after your first year.



Stock Up On Everyday Care

\$7.49 each AVEENO® baby needs 105 g/ 236-237 mL	up to 15% Off PENATEN® or DESITIN® baby cream 166-454 g selected varieties and sizes	\$11.99 Each AVEENO® body wash 532 mL	\$12.99 Each AVEENO® lotion 532 mL selected varieties	\$8.99 Each OGX® hair care 50-385 mL	\$8.99 Each LISTERINE® mouthwash 1 L selected varieties	\$10.99 Each LISTERINE® clinical mouthwash 500 mL
\$4.99 Each BAND-AID® selected varieties	\$8.99 Each BENYLIN® or TYLENOL® children 20's/100 mL selected varieties	\$12.99 Each TYLENOL® or MOTRIN® 18-120's selected varieties	\$13.99 Each TYLENOL® or BENYLIN® cough and cold 24-40's/180-250 mL selected varieties	\$15.99 Each PEPCID AC OR IMODIUM 10-25's / 240 mL selected varieties	\$18.99 Each TYLENOL® Complete or BENYLIN® All in One 40's/270 mL	\$37.99 Each NICORETTE® Quick Mist or gum selected varieties and sizes

Use products only as directed. To be sure these products are right for you. Always read and follow the label. IMPORTANT: Take only one acetaminophen containing product at a time. BAND-AID® is a registered trademark. Nicorette® products - Only to be used by adults who are trying to quit smoking. © Kenvue Canada Inc. 2025