



**From our home
to yours**



**APP
EXCLUSIVE
OFFER***

**GET
6,000^{pts}**

\$6
back
in points

\$21

**PC® PACIFIC WHITE
SHRIMP RING WITH
MILD COCKTAIL SAUCE**

FROZEN

568 G

**COURONNE DE
CREVETTES
BLANCHES DU
PACIFIQUE
AVEC SAUCE
COCKTAIL
DOUCE PC^{MD}**

20147098_EA



*Open your PC Optimum® app or visit pc optimum.ca to get the offer

\$6

8 INCH PIES

SELECTED VARIETIES

635-750 G

TARTE DE 8 PO

21297474_EA
21297475_EA



\$4

WONDERFUL PISTACHIOS

UNSALTED OR ROASTED & SALTED

225 G

PISTACHES WONDERFUL

21018439_EA
21085963001_EA



\$8

**FERRERO COLLECTION
OR ROCHER**

SELECTED VARIETIES

156-200 G

**COLLECTION FERRERO
OU ROCHER**

20098034_EA
20981575_EA



**SAVE
99¢
WHEN YOU BUY 3**

3/4⁹⁸

OR
\$1.99 EA.

**COCA-COLA,
CANADA DRY OR
PEPSI SOFT DRINKS**

SELECTED VARIETIES

2 L

**BOISSONS
GAZEUSES**

**COCA-COLA,
CANADA DRY**

OU PEPSI

20316026002_EA
20296926002_EA



YA YN FLAP 1

**SAVE
37%**

1.25

NO NAME® BROTH sans nom®
SELECTED VARIETIES
900 ML
**BOUILLON
SANS NOM®**
21189607_EA
21189610_EA



**SAVE
UP TO 31%**

\$5

**KRAFT MIRACLE
WHIP** 650-890 ML OR
HEINZ KETCHUP
750 ML-1 L
SELECTED VARIETIES
**MIRACLE WHIP
KRAFT OU
KETCHUP HEINZ**
20069080_EA
20298681001_EA



**SAVE
\$1**

\$4

**CHAPMAN'S
YUKON NOVELTIES**
5-8'S OR **PC® FROZEN
FRUIT** 300-600 G
SELECTED VARIETIES
FROZEN
**FRIANDISES
GLACÉES YUKON
CHAPMAN'S OU
FRUITS SURGELÉS
PC®**
20312227_EA
20950270_EA



\$20

**GET
3,000**

**\$3
back
in points**

**PC® COFFEE ROAST
AND GROUND**
SELECTED VARIETIES
800-930 G
**CAFÉ TORRÉFIÉ ET
MOULU PC®**
21393374_EA
21668446_EA



**PROUDLY CANADIAN
OWNED & OPERATED**

Independent
Your Independent Grocer

\$3 **LB**

**PORK LOIN COMBINATION
CHOPS SIRLOIN CENTRE
AND RIB PORTION**
BONE-IN
6.61/KG
**CÔTELETTES DE LONGE
DE PORC, COMBINAISON
DE COUPES, PORTIONS
CENTRE ET BOUT DE CÔTES**
20822341_KG



1.99 **LB**

**PC® OR BUTTERBALL
TURKEYS**
FROZEN, ALL AVAILABLE
VARIETIES AND SIZES
4.39/KG
**DINDONS PC®
OU BUTTERBALL**
20118435_KG
20992514_KG



\$10

PC® SHRIMP APPETIZERS
SELECTED VARIETIES 340-454 G OR
BLACK TIGER SHRIMP
RAW ZIPPERBACK® 16-20 PER LB 400-G,
**PC® SMOKED SALMON OR
CRAB & LOBSTER BAKE
& SERVE DIP** 360 G FROZEN
**HORS-D'ŒUVRE AUX
CREVETTES OU CREVETTES
TIGRÉES NOIRES PC®,
SAUMON FUMÉ OU
TREMPELLE À CUIRE ET À
SERVIR AU SAUMON FUMÉ
OU CRABE ET HOMARD PC®**
20080107_EA
21626373_EA



**BREADED - PANÉES
BUTTERFLIED
SHRIMP**
UNCOOKED - NON CUITES
**CREVETTES
EN PAPILLON**



SAVE UP TO \$1

\$9

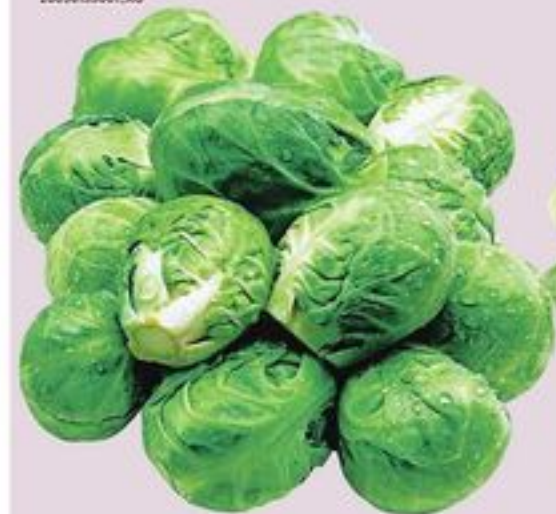
**PC® PACIFIC LARGE
WHITE SHRIMP**
RAW OR COOKED, PEELED OR RAW,
ZIPPERBACK® 31-40 PER LB FROZEN
400 G
**GROSSES CREVETTES
BLANCHES DU
PACIFIQUE PC®**
20791361_EA



SAVE 38%

\$4 **LB**

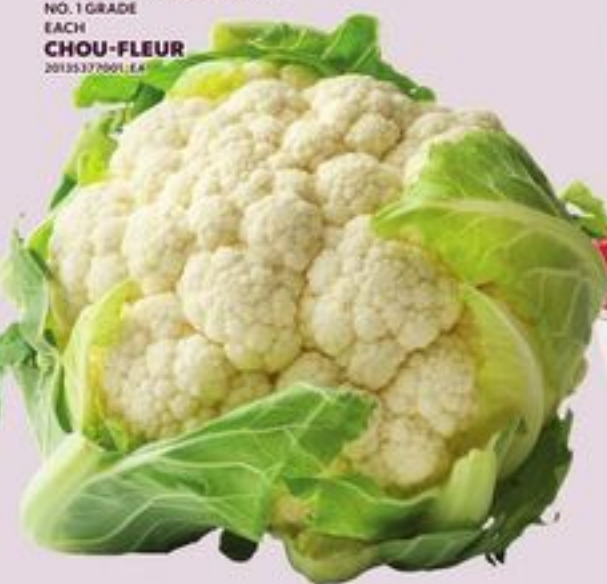
BRUSSELS SPROUTS
PRODUCT OF U.S.A. OR NETHERLANDS,
NO. 1 GRADE
8.32/KG
CHOUX DE BRUXELLES
20036155001_KG



SAVE \$1

\$4

CAULIFLOWER
PRODUCT OF MEXICO OR U.S.A.,
NO. 1 GRADE
EACH
CHOU-FLEUR
20135375001_EA



SAVE 39%

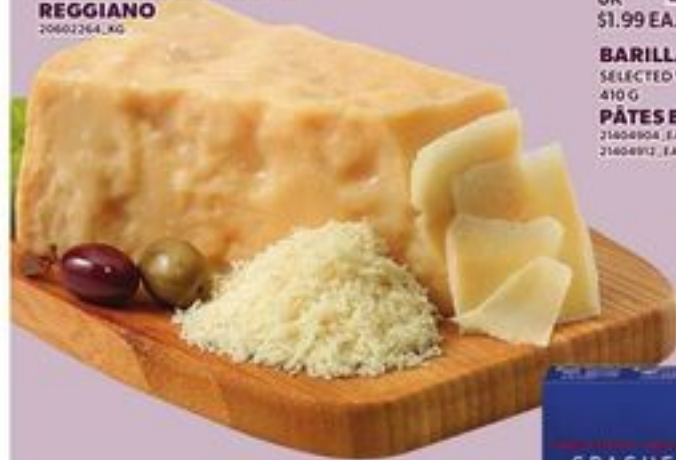
\$3

RASPBERRIES
PRODUCT OF MEXICO
OR U.S.A.,
HALF PINT
FRAMBOISES
20128938001_EA



\$4 **/100 G**

**PARMIGIANO
REGGIANO CHEESE**
PRODUCT OF ITALY, DELICUT
**FROMAGE PARMIGIANO
REGGIANO**
20602264_KG



**SAVE
99¢**
WHEN YOU BUY 3

3/4.98

OR
\$1.99 EA.
BARILLA PASTA
SELECTED VARIETIES
410 G
PÂTES BARILLA
21604904_EA
21604912_EA



**SAVE
\$1.61**

4.88

**BLACK DIAMOND
CHEESE BARS** 400 G
OR **SHREDS** 300-320 G
SELECTED VARIETIES
**BARRES DE
FROMAGE OU
FROMAGE RÂPÉ
BLACK DIAMOND**
21278441_EA
21279221_EA



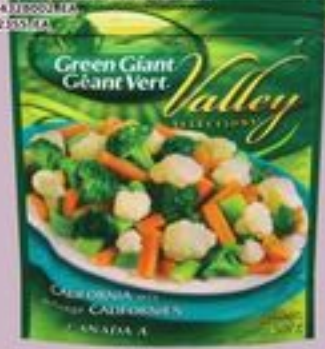
\$11

TIDE DETERGENT
1.62-1.86 L, **PODS OR
FLINGS** 18-31'S, **DOWNY
OR GAIN FABRIC
SOFTENER** 1.66-2.63 L,
**DOWNY, GAIN OR
IVORY SNOW BEADS**
303-379 G
SELECTED VARIETIES
**DETERGENT TIDE,
PODS OU FLINGS,
ASSOUPLISSANT
TEXTILE DOWNY OU
GAIN, PERLES DOWNY,
GAIN OU IVORY NEIGE**
21550428_EA
21093782_EA



\$3

**GREEN GIANT
VEGETABLES** 400-750 G,
OR **MCCAIN SUPERFRIES
OR SPECIALTY
POTATOES** 454-800 G,
SELECTED VARIETIES, FROZEN
**LÉGUMES GÉANT VERT
OU FRITES SUPERFRIES
OU POMMES DE TERRE
DE SPÉCIALITÉ MCCAIN**
20324118002_EA
210223551_EA



**SAVE
42%**

\$2

**LANTIC WHITE
GRANULATED
SUGAR**
SELECTED VARIETIES
2 KG
**SUCRE BLANC
GRANULÉ LANTIC**
20445933_EA



Flyer prices effective from Thursday, December 11th to Wednesday, December 17th, 2025. SEE BACK PAGE FOR DETAILS.

Y-Optimum

Members-Only Price

\$16

Non-members

\$18

Members save \$2

BERETTA ROLL N GO MIX
425 G
MÉLANGE ROLL 'N GO MIX BERETTA
21571982_EA



\$15

BENTO CALIFORNIA ROLL VARIETY PACK
SELECTED VARIETIES
470 G
ROULEAU CALIFORNIEN BENTO EMBALLAGE VARIÉ
21691525_EA



2⁵⁰

PC® OR BLUE MENU® ENGLISH MUFFINS
SELECTED VARIETIES
6'S
MUFFINS ANGLAIS PC™ OU MENU BLEU™
2080728_EA



SAVE \$1 WHEN YOU BUY 2

2/\$7

OR \$4 EA.

YOPLAIT TUBES 448 G OR **MINIGO** 6X60 G
SELECTED VARIETIES
YOGOURT TUBES OU MINIGO YOPLAIT
21547595_EA
21619318_EA



\$6

KELLOGG'S FAMILY SIZE CEREAL
SELECTED VARIETIES
450-650 G
CÉRÉALES FAMILIAL
KELLOGG'S
20016844_EA
21615640_EA



SAVE \$2.49

\$7

BECEL MARGARINE
637/850 G OR **PC® BUTTER QUARTERS** 454 G
SELECTED VARIETIES
MARGARINE BECEL OU BÂTONNETS DE BEURRE PC™
20297818002_EA
20313456002_EA



\$5

CARNATION HOT CHOCOLATE SACHETS 7/30'S OR **PC® INSTANT COFFEE** 80/100 G
SELECTED VARIETIES
SACHETS DE CHOCOLAT CHAUD CARNATION OU CAFÉ INSTANTANÉ PC™
21499826_EA
21047444_EA



SAVE 68%

1²⁵

STOVE TOP STUFFING
SELECTED VARIETIES
120 G
FARCE STOVE TOP
20009598001_EA
2030567001_EA



SAVE \$1

5⁹⁹

ROBIN HOOD FLOUR
SELECTED VARIETIES
2.5 KG
FARINE ROBIN HOOD
20039497001_EA
20039497005_EA



\$4

MOTT'S CLAMATO JUICE 1.89 L OR **OCEAN SPRAY 100% JUICE BLEND OR COCKTAIL** 1.77-1.89 L
JUS CLAMATO MOTT'S OU MÉLANGE À JUS 100 % OU COCKTAIL OCEAN SPRAY
SELECTED VARIETIES
203000606003_EA
20318953002_EA



3⁵⁰

HUMPTY DUMPTY CHEESE FLAVOURED SNACKS OR PARTY MIXES
OR **OLD DUTCH POTATO CHIPS**
SELECTED VARIETIES
200-290 G
GRIGNOTINES À SAUCE DE FROMAGE OU MÉLANGE FIESTA
HUMPTY DUMPTY OU CROUSTILLES OLD DUTCH
21445100_EA
21646697_EA



\$8

PC® OR BLUE MENU® ENTRÉES
SELECTED VARIETIES
FROZEN
907 G-1.13 KG
PLATS CUISINÉS PC™ OU MENU BLEU™
20326534_EA
21524774_EA



\$4

CHAPMAN'S SUPER PREMIUM
SELECTED VARIETIES
FROZEN
500 ML
SUPER PREMIUM CHAPMAN'S
2151147_EA



\$1

PC® DISTILLED WATER
4 L
EAU DISTILLÉE PC™
20797791_EA



Y-Optimum

Members-Only Price

5⁹⁹

Non-members

11⁹⁹

Members save \$6

CASHMERE BATHROOM TISSUE
12 DOUBLE ROLLS, **SPONGETOWELS**
PAPER TOWELS 3-16 ROLLS OR **SCOTTIES FACIAL TISSUE** 6'S
SELECTED VARIETIES
PAPIER HYGIÉNIQUE CASHMERE, ESSUIE-TOUT SPONGETOWELS OU MOUTCHOIRS SCOTTIES
21204739_EA
21676183_EA



2⁵⁰

PALMOLIVE DISH DETERGENT
SELECTED VARIETIES
591/828 ML
DÉTERGENT À VAISSELLE PALMOLIVE
20841400_EA



\$13

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



PRICE DROP!

\$3

KETTLE BRAND POTATO CHIPS
SELECTED VARIETIES
156/198 G
CROUSTILLES KETTLE BRAND
21320652_EA
21320662_EA



3/4⁹⁸

OR \$1.99 EA.

KNORR SIDEKICKS
OR **CUPS**
SELECTED VARIETIES
73-167 G
SIDEKICKS OU CONTENANTS KNORR
20321430004_EA
21564314_EA



3/\$9

OR \$3.79 EA.

BEN'S BISTRO RICE
SELECTED VARIETIES
240/250 G
RIZ BISTRO BEN'S
21404483_EA
21605473_EA



3/\$3

OR \$1.49 EA.

NESTLÉ CHOCOLATE SINGLES OR MR BEAST FEASTABLES MILK OR PEANUT BUTTER CHOCOLATE
BARRES DE CHOCOLAT INDIVIDUELLES NESTLÉ OU CHOCOLAT AU LAIT OU BEURRE D'ARACHIDE FEASTABLES MR. BEAST
20044954_EA/21582741_EA



Independent

CUSTOMER RELATIONS 1-866-727-0771. VISIT yourindependentgrocer.ca FOR STORE HOURS.

Please call Customer Relations at 1-866-727-0771 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 December 4 - December 31, 2025 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.

PEFC
PEFC-CAN-31-108
PEFC Certified
www.pefc.org

crush **fresh** cravings

\$5

BLACKBERRIES
HALF PINT, PRODUCT OF
MEXICO OR U.S.A. OR
BLUEBERRIES PINT,
PRODUCT OF PERU
MÛRES OU BLEUETS
20051015001_EA
20060137001_EA



PINT

3⁵⁰
LB

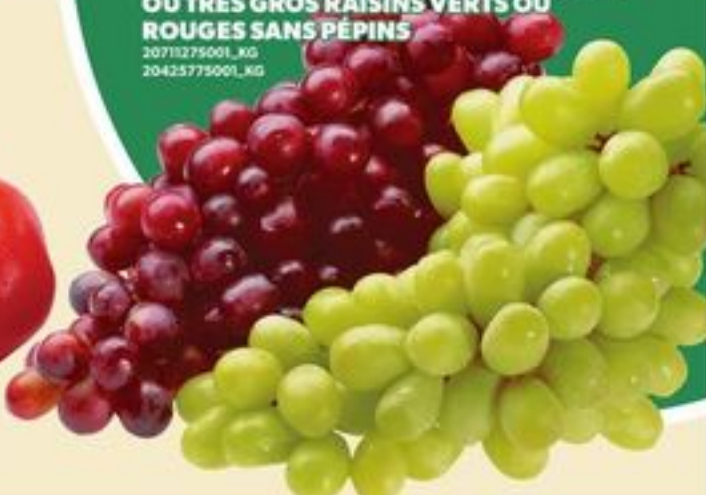


**GREENHOUSE
TOMATOES ON THE VINE**
PRODUCT OF CANADA
7.71/KG
**TOMATES DE
SERRE SUR VIGNE**
20036703001_KG



4⁹⁹
LB

EXTRA LARGE BLACK SEEDLESS GRAPES
PRODUCT OF U.S.A., NO. 1 GRADE OR **EXTRA LARGE
GREEN OR RED SEEDLESS GRAPES**
PRODUCT OF PERU, NO. 1 GRADE
11.00/KG
**TRÈS GROS RAISINS NOIRS SANS PÉPINS
OU TRÈS GROS RAISINS VERTS OU
ROUGES SANS PÉPINS**
20710275001_KG
20423773001_KG



\$5



**PC® LITTLE GEMS™
MINI MIXED, YELLOW
OR RED POTATOES**
PRODUCT OF CANADA,
CANADA NO. 1 GRADE
680 G
**MINI-POMMES DE TERRE
ROUSSES, DORÉES
OU ASSORTIES PC®
LITTLE GEMS™**
21247300001_EA
21247301001_EA



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™**
20000000001_EA
20100000001_EA



\$6
LB

ASPARAGUS
PRODUCT OF MEXICO OR
PERU, NO. 1 GRADE
13.23/KG
ASPERGES
20174581001_KG



\$2
LB



**BUTTERNUT
SQUASH OR
SWEET POTATOES**
PRODUCT OF CANADA
4.41/KG
**COURGE MUSQUÉE
OU PATATES
DOUCES**
20323274001_KG
20127708001_KG



**SAVE
\$1
WHEN YOU BUY 2**

2/\$11

OR
\$6 EA.
**TAYLOR FARMS
CHOPPED SALAD
KITS**
SELECTED VARIETIES,
PRODUCT OF U.S.A.
267-383 G
**SALADES HACHÉES
TAYLOR FARMS**
210995013_EA
210995014_EA



\$23

**LARGE VEGETABLE
OR FRUIT PLATTER**
PREPARED IN-STORE
1.58-2.2 KG
**GROS PLATEAU
DE LÉGUMES
OU FRUITS**
20081718_EA
20121399_EA



\$7
LB

HALAL

**NEW ZEALAND
BONE-IN LAMB LEG**
FROZEN
15.43/KG
**GIGOT D'AGNEAU
AVEC OS DE
NOUVELLE-
ZÉLANDE**
20142553_KG



feeling **protein** power-fuel

13⁸⁸

**T&T® HOT POT
ROLLS**
SELECTED VARIETIES
340 G
**COURGE MUSQUÉE
OU PATATES
DOUCES**
21570150_EA, Chuck Rolls
Roulés de palette de bœuf
tranchés
牛肉卷
200959441_KG



\$8

**PLAIN BEEF STIR
FRY STRIPS**
CUT FROM CANADA AA
GRADE BEEF OR HIGHER
250 G
**LANIÈRES DE BŒUF
À SAUTER NATURE**
21588047_EA



\$7



**PC® BLUE MENU®
GROUND CHICKEN**
454 G
**POULET HACHÉ
PC™ MENU BLEU™**
27000091_EA



2⁹⁹
LB

**COOK'S PORTION
HAM**
6.59/KG
**JAMBONNEAU
COOK'S**
205959441_KG



\$11

**PC® MOZZARELLA
CHEESE STICKS 454 G
OR TORTILLA AND
JALAPENO CHEESE
STICKS 345 G**
FROZEN
**BÂTONNETS DE
MOZZARELLA OU
BÂTONNETS DE
FROMAGE TORTILLA
ET JALAPENO PC®**
21190200_EA
21474563_EA



find your catch in seafood

\$11
LB

BAY SCALLOPS
80-120 PER LB
FROZEN
24.25/KG
PÉTONCLES DE BAIE
21093213_KG



\$11

**PC® SMOKED
SALMON**
SELECTED VARIETIES,
FROZEN
125/150 G
**SAUMON
FUMÉ PC™**
200050009_EA
20108286_EA



8⁵⁰
EA.

LOBSTER TAILS
3-4 OZ OR
**PC® GLUTEN-FREE
BREADED SHRIMP**
UNCOOKED 340 G
FROZEN OR
PREVIOUSLY FROZEN
**QUEUES DE
HOMARD OU
CREVETTES PANÉES
SANS GLUTEN PC®**
20666017_EA/21364653_EA



baked in comfort

3⁵⁰

LA BAGUETTERIE
CIABATTA DEMI
450 G
DEMI-CIABATTA
20633789_EA



\$5

ACE BISTRO LOAF
SELECTED VARIETIES
545-640 G
MICHE BISTRO ACE
21616092_EA
21616156_EA



SAVE 98¢
WHEN YOU BUY 2

2/\$8

OR
\$4.49 EA.

COUNTRY HARVEST
BREAD OR BAGELS
SELECTED VARIETIES
AND SIZES
PAIN OU BAGELS
COUNTRY HARVEST

21178397_EA
21178640_EA
21178642_EA



\$6

PC® NAAN DIPPER
CLUB SIZE
400 G
BOUCHÉES NAAN
PC®
20999700_EA



\$3

NO NAME®
DINNER ROLLS
SELECTED VARIETIES
420 G
PETITS PAINS
SANS NOM®
21431243_EA



\$6

COUNTRY HARVEST
BREAD OR BAGELS
SELECTED VARIETIES
AND SIZES
PAIN OU BAGELS
COUNTRY HARVEST

21178397_EA
21178640_EA
21178642_EA



Optimum

Members-Only Price™

\$6

Non-members

\$7

MAPLE LEAF NATURAL
SELECTIONS,
SCHNEIDERS OR
PC® FREE FROM®
DELI SLICED MEATS
SELECTED VARIETIES
150/175 G
CHARCUTERIES
TRANCHÉES NATURAL
SELECTIONS MAPLE
LEAF SCHNEIDERS
OU PC® SIMPLEMENT
BON™
20066495_EA
20682855_EA



in the mood for **deli-cious**

SAVE
\$1.79

\$6

PC® GOAT CHEESE
SELECTED VARIETIES
140 G
FROMAGE DE
CHEVRE PC®
21178397_EA
21178640_EA



\$7

CASTELLO HAVARTI,
CHEDDAR OR BLUE
CHEESE
SELECTED VARIETIES
125-200 G
HAVARTI, CHEDDAR
OU BLEU CASTELLO

20428174_EA
20573910_EA



Optimum

Members-Only Price™

\$6

Non-members

\$7

MASTRO DELI
SLICED SALAMI
SELECTED VARIETIES
125/150 G
SALAMI TRANCHE
EN CHARCUTERIE
MASTRO
21061096_EA
21061099_EA



SAVE
99¢

\$7

ZIGGY'S® OR
PILLER'S® KOLBASSA
SELECTED VARIETIES
300-375 G
KOLBASSA
ZIGGY'S® OU
PILLER'S®
20309610_EA
21396884_EA



\$4

PC® NAAN CRISPS
SELECTED VARIETIES
170 G
CRAQUELINS DE
NAANS PC®

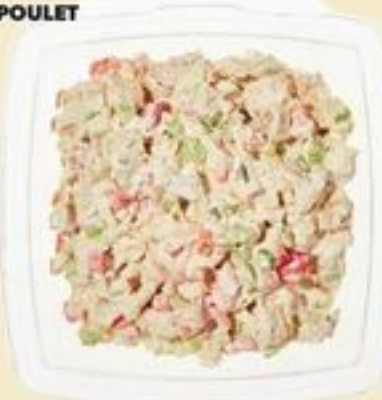
21683375_EA
21683470_EA



on the run, we got you

\$12

CHICKEN SALAD
IN-STORE PREPARED
600 G
SALADE DE POULET
21538796_EA



\$16

CHICKEN
FAVORITES
ASSORTED VARIETIES
SERVED HOT OR CHILLED
320-870 G
MORCEAUX
PRÉFÉRÉS DE
POULET
20137058_EA
20992187_EA



\$9

FROM OUR CHEFS™
SOUP
SELECTED VARIETIES
700 ML
SOUPE CONCOCTE
PAR NOS CHEFS™

21703369_EA
21703558_EA



power bowls

\$8

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



DECEMBER

HIT
OF THE
MONTH

LIMIT 6
AFTER LIMIT
2.75 EA.



\$2

CHRISTIE OREO, CHIPS AHOY!
ANIMAL CRACKERS,
TEDDY GRAHAMS OR
POKÉMON SNACK PACKS
SELECTED VARIETIES
144-200 G
21522348_EA
21585155_EA

LIMIT 6
AFTER LIMIT
3.50 EA.



\$2⁵⁰

PLANTER'S CASHEW HALVES,
COCKTAIL PEANUTS OR
MIXED NUTS WITH
60% PEANUTS
SELECTED VARIETIES
200-225 G
21204908_EA
21620001_EA

LIMIT 6
AFTER LIMIT
\$4 EA.



\$2⁸⁵

PC® EXTRA THICK CINNAMON
RAISIN BREAD
675 G
20639729_EA

LIMIT 6
AFTER LIMIT
\$6 EA.



\$5

SANPELLEGRINO
ITALIAN
SPARKLING WATER
SELECTED VARIETIES
6X330 ML
21433206_C06
21433205_C06

LIMIT 6
AFTER LIMIT
5.50 EA.



\$4⁵⁰

SOFTSOAP LIQUID
HAND SOAP REFILL
SELECTED VARIETIES
1.47 L
21167194_EA

LOWEST PRICES
BEST DEALS

As compared to other major grocery retailers within your local areas.

*Must be a registered P.C. Optimum™ member to get this offer.

Valid from December 1 - 31, 2025. While quantities last. See in-store for details.