

weekly deals

**SAVE
UP TO 36%**

3⁵⁰

**DR. OETKER RISTORANTE OR
CASA DI MAMA PIZZA**

320-410 G OR **PC® FOCACCIA OR**

FLATBREAD PIZZA 330-455 G

SELECTED VARIETIES FROZEN

PIZZA RISTORANTE OU

CASA DI MAMA DR. OETKER

OU PIZZA FOCACCIA OU PAIN

PLAT PC® 20296100001_EA/21013452_EA



**SAVE
UP TO 50%**

\$2

MCCAIN FRIES OR

HASHBROWNS 800 G

CHEEMO PEROGIES

745-907 G SELECTED VARIETIES

FROZEN

FRITES OU POMMES DE

TERRE RISSOLÉES MCCAIN

OU PEROGIES CHEEMO

20527159_EA/21521219_EA



1⁵⁰

CAMPBELL'S BROTH

OR CONCENTRATED

BROTH

SELECTED VARIETIES

250/900 ML

BOUILLON

OU BOUILLON

CONCENTRÉ

CAMPBELL'S

20322348002_EA

21347245_EA



4⁹⁴

HÄAGEN-DAZS

414-450 ML OR

BARs 3/4'S

SELECTED VARIETIES

FROZEN

DESSERT GLACÉ

OU BARRES

HÄAGEN-DAZS

20302298001_EA

21513555_EA



**SAVE
\$1⁵⁰**

\$6

KRAFT PEANUT BUTTER

750 G/1 KG OR

HAZELNUT SPREAD 725 G

SELECTED VARIETIES

BEURRE D'ARACHIDE

OU TARTINADE DE

NOISETTES KRAFT

20039581001_EA

21285418_EA



6⁵⁰

PC® ORANGE JUICE

SELECTED VARIETIES

2.5 L

JUS D'ORANGE

PC®

21531644_EA

21531646_EA



**GET
2,000**

\$2

back
in points

DECEMBER

HIT
OF THE
MONTH

LIMIT 6
AFTER LIMIT
2.75 EA.



CHRISTIE OREO® CHIPS AHOY!
ANIMAL CRACKERS
TEDDY GRAHAMS OR
POKÉMON SNACK PACKS
SELECTED VARIETIES
144-200 G
SNAK PAKS OREO,
CHIPS AHOY!, ANIMAUX,
TEDDY GRAHAMS OU
POKÉMON CHRISTIE
21522348_EA/21585155_EA

\$2

LIMIT 6
AFTER LIMIT
3.50 EA.



PLANTER'S CASHEW HALVES
COCKTAIL PEANUTS OR MIXED
NUTS WITH 60% PEANUTS
SELECTED VARIETIES
200-225 G
NOIX DE CAJOU EN MOITIÉS,
ARACHIDES COCKTAIL OU
NOIX MÉLANGES AVEC
60% D'ARACHIDES PLANTER'S
21204908_EA/21620001_EA

\$2⁵⁰

LIMIT 6
AFTER LIMIT
\$4 EA.



PC® EXTRA THICK
CINNAMON RAISIN BREAD
675 G
PAIN À LA CANNELLE AVEC
RAISINS EN TRANCHES
EXTRA-ÉPAISSES PC®
20639729_EA

\$2⁸⁵

LIMIT 6
AFTER LIMIT
\$6 EA.



SAN PELLEGRINO ITALIAN
SPARKLING WATER
SELECTED VARIETIES
6X330 ML
EAU PÉTILLANTE ITALIENNE
SAN PELLEGRINO
21433206_C06/21433205_C06

\$5

LIMIT 6
AFTER LIMIT
5.50 EA.



SOFTSOAP LIQUID
HAND SOAP REFILL
SELECTED VARIETIES
1.47 L
RECHARGE DE SAVON LIQUIDE
POUR LES MAINS SOFTSOAP
21167194_EA/21166983_EA

\$4⁵⁰

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.

**PROUDLY CANADIAN
OWNED & OPERATED**

Independent™
Your Independent Grocer

SAVE 44%

2⁵⁰
LB

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



SAVE 42%

\$3
LB

**CHICKEN DRUMSTICKS
OR THIGHS**
FAMILY SIZE
6.61/KG
**PILONS OU HAUTS DE
CUISSÉ DE POULET**
20054494_KG
20058163_KG



\$10
LB

**FRESH ATLANTIC
SALMON FILLETS** SKIN-ON
FAMILY SIZE OR **MSC COD**
OR **HADDOCK FILLETS**
PREVIOUSLY FROZEN
22.05/KG
**FILETS DE SAUMON DE
L'ATLANTIQUE FRAIS OU
FILETS DE MORUE OU
D'AGLEFIN MSC**
20720965_KG
21062345_KG



\$5

CLEMENTINES
PRODUCT OF MOROCCO
OR SPAIN
5 LB
CLÉMENTINES
201824660011_KG



2⁵⁰
LB



HONEYCRISP APPLES
PRODUCT OF ONTARIO,
CANADA FANCY GRADE
5.51/KG
POMMES HONEYCRISP
2013262901_KG

6⁸⁸

PC® KAKI PERSIMMON
PRODUCT OF SPAIN, NO. 1 GRADE
CASE
KAKI PLAQUEMINE PC™
2121828901_EA

\$1
LB



SWEET POTATOES
PRODUCT OF CANADA
2.20/KG
PATATES DOUCES
20137708001_KG



\$3



**D'ITALIANO BREAD
OR BUNS**
SELECTED VARIETIES
AND SIZES
**PAIN OU PETITS
PAINS D'ITALIANO**
20038335_EA
20627103_EA



**SAVE
UP TO 37%**



\$5

**BOURSIN SOFT
CHEESE**
SELECTED VARIETIES
150 G
**FROMAGE À PÂTE
MOLLE BOURSIN**
2019794_EA
20591214_EA



**SAVE
UP TO 40%**

\$3

**RUFFLES POTATO
CHIPS OR SMARTFOOD
POPCORN**
SELECTED VARIETIES
150-220 G
**CRÔUSTILLES RUFFLES
OU MAÏS SOUFFLÉ
SMARTFOOD**
201972859_EA
21241052_EA



Optimum™
Members-Only Price
13⁹⁹
Non-members
19⁹⁹

**Members
save
\$6**

**ROYALE BATHROOM
TISSUE** 30-60 ROLLS OR
TIGER TOWELS 6-12 ROLLS
OR **FACIAL TISSUE** 12'S
SELECTED VARIETIES
**PAPIER HYGIÉNIQUE OU
ESSUIE-TOUT TIGER TOWEL
OU MOUCHOIRS ROYALE**
20705292_EA
21378233_EA
21484232_EA



\$20

**TIDE LAUNDRY
DETERGENT** 3.46-3.9 L,
PODS OR FLINGS 45-76'S,
DOWNY OR GAIN
BEADS 853 G OR
CASCADE TUBS
51/67/90'S
SELECTED VARIETIES
**DÉTERGENT À
LESSIVE TIDE,**
PODS OU FLINGS,
**PERLES DOWNY
OU GAIN OU
CONTENANTS
CASCADE**
21518479_EA
21593670_EA
21659405_EA



**SAVE
UP TO 36%**

3⁵⁰

**CRAVE
BOWLS** BOLS
CHICKEN PORKLAND
QUESO PORKLAND
POULET
POULET ET FROMAGE
21085510_EA
21619153_EA



SAVE 33%

\$5

EQVALENT TO \$1 PER PACK

KD ORIGINAL MACARONI AND CHEESE DINNER 5'S
MACARONI AU FROMAGE ORIGINAL KRAFT
21594513_EA



\$7

JANES PUB STYLE BREADED CHICKEN
SELECTED VARIETIES FROZEN 700 G
POULET PANÉ STYLE PUB JANES
21191828_EA
21191830_EA



6⁴⁹

BLACK DIAMOND CHEESE BARS 400 G OR SHREDS 300-320 G
OR PC® SHREDS 250-320 G
SELECTED VARIETIES
BARRES DE FROMAGE OU FROMAGE RÂPÉ
BLACK DIAMOND OU FROMAGE RÂPÉ PC®
21278945_EA/21279221_EA



SAVE \$1.29/100 G

\$3 /100 G

CASTELLO TICKLER EXTRA MATURE CHEDDAR
IN-STORE DELI CUT
CHEDDAR TICKLER AFFINÉ CASTELLO
21002831_EA



SAVE \$1

6⁴⁴

NESCAFÉ OR TASTER'S CHOICE INSTANT COFFEE
100-170 G OR NESCAFÉ SWEET & CREAMY SACHETS 16/18'S
SELECTED VARIETIES
CAFÉ INSTANTANÉ NESCAFÉ OU TASTER'S CHOICE OU CRÉMEUX ET SUCRÉ NESCAFÉ
20661809_EA
20673036_EA



SAVE UP TO 36%

3²⁵

NEILSON CREAM
SELECTED VARIETIES 473 ML/1 L
CRÈME NEILSON
20123609_EA
20774431_EA



\$7

iöGO CREAMY YOGURT 16X100 G
OR LIBERTÉ GREEK YOGURT TUB 650-900 G
SELECTED VARIETIES
YOGOURT CRÉMEUX iöGO OU CONTENANT DE YOGOURT GREC LIBERTÉ
20642273_EA
20609556/2069_EA



\$3

GOLDFISH BAKED SNACK CRACKERS OR CRISPS 156-200 G OR PC® CRACKERS, PITA CRACKERS OR CHEESE TWISTS 100-225 G
SELECTED VARIETIES
CRAQUELINS CUIITS OU CROUSTILLES GOLDFISH, CRAQUELINS OU CRAQUELINS DE PITA OU BÂTONNETS AU FROMAGE PC®
20530325_EA
20538543/2002_EA



\$6

GET 1,000⁰⁰ back in points

PC® THE DECADENT® CHOCOLATE CHIPS
SELECTED VARIETIES 226-300 G
BRISURES DE CHOCOLAT PC® LE DÉCADENT®
20011473_EA
20302302_EA



SAVE UP TO 37%

\$3

OCEAN'S WHITE TUNA OR GOLD SEAL PINK SALMON
SELECTED VARIETIES 170/213 G
THON BLANC OCEAN'S OU SAUMON ROSE GOLD SEAL
21005156_EA
21164637_EA



SAVE UP TO 30%

\$3

CATELLI SMART PASTA 340/375 G OR CATELLI GLUTEN FREE PASTA 300/340 G
SELECTED VARIETIES
PÂTES SMART CATELLI OU PÂTES SANS GLUTEN CATELLI
20527265_EA
20794235_EA



SAVE UP TO 44%

\$11

HIGH LINER PAN SEAR OR SIGNATURE FISH
SELECTED VARIETIES FROZEN 425-540 G
POISSON POÛLÉE SÉLECTE OU SIGNATURE HIGH LINER
20645016_EA
21166254_EA



SAVE 37%

\$10

LINDT LINDOR BAGS
SELECTED VARIETIES 240 G
SACS LINDOR LINDT
21358220_EA
21358227_EA



SAVE 96¢ WHEN YOU BUY 4

4/\$5

OR \$1.49 EA.

PC® ORGANICS BABY FOOD POUCH
SELECTED VARIETIES 128 ML
ALIMENTS POUR BÉBÉS EN SACHET PC® BIOLOGIQUE
2065127002_EA
20594742_EA



SAVE 30¢

80¢

FRISKIES CAT FOOD
SELECTED VARIETIES 156 G
NOURRITURE POUR CHATS FRISKIES
20316703_EA
20719637001_EA



BUY 2

GENERAL MILLS CEREAL
FAMILY SIZE
SELECTED VARIETIES 475-778 G
CÉRÉALES GENERAL MILLS
21034495_EA
21467577_EA



GET 1 FREE

NEILSON MILK
SELECTED VARIETIES 4 L
LAIT NEILSON
20047439_EA
20188873_EA



\$1

PC® DISTILLED WATER
4 L
EAU DISTILLÉE PC®
20797195_EA



PRICE DROP! MORE WAYS TO SAVE

\$2

BETTY CROCKER SUPERMOIST CAKE MIX 375-404 G OR FROSTINGS 340-450 G
SELECTED VARIETIES
MÉLANGES À GÂTEAU SUPERMOIST OU GLAÇAGES CREAMY BETTY CROCKER
2044264005_EA
21547838_EA



3/4⁹⁸

OR \$1.99 EA.

KNORR SIDEKICKS OR CUPS
SELECTED VARIETIES 73-142 G
SIDEKICKS OU CONTENANTS KNORR
20321430001_EA
21164314_EA



\$6

MCCAIN DEEP 'N' DELICIOUS CAKES
SELECTED VARIETIES FROZEN \$10 G
GÂTEAUX DEEP 'N' DELICIEUX MCCAIN
20310132002_EA



3/\$3

OR \$1.49 EA.

NESTLÉ CHOCOLATE SINGLES 33-60 G OR MR BEAST FEASTABLES MILK OR PEANUT BUTTER CHOCOLATE 60 G
SELECTED VARIETIES
BARRES DE CHOCOLAT INDIVIDUELLES NESTLÉ OU CHOCOLAT AU LAIT OU BEURRE D'ARACHIDE FEASTABLES MR. BEASTABLES
20064954_EA
21189274_EA



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

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

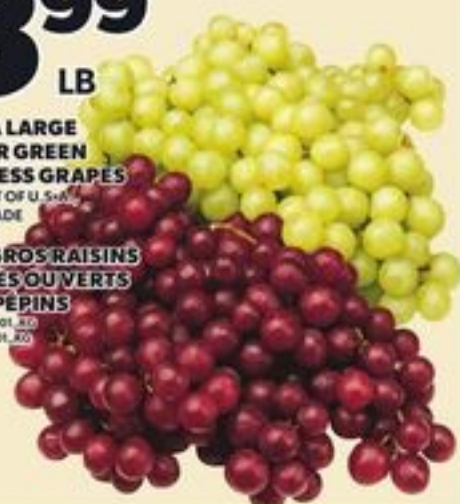
YIG BACK



crush **fresh** cravings

3⁹⁹
LB

**EXTRA LARGE
RED OR GREEN
SEEDLESS GRAPES**
PRODUCT OF U.S.A.
NO. 1 GRADE
8.80/KG
**TRÈS GROS RAISINS
ROUGES OU VERTS
SANS PÉPINS**
20423779001_EA
20150909001_EA



\$8

BLACKBERRIES PINT
PRODUCT OF MEXICO
RASPBERRIES PINT
PRODUCT OF MEXICO
U.S.A.
**MÛRES OU
FRAMBOISES**
20138228001_EA
20034947001_EA



PINT

\$4

BLUEBERRIES
PRODUCT OF PERU
PINT
BLEUETS
20080137001_EA



PINT

\$5

CANTALOUPE
PRODUCT OF GUATEMALA
OR HONDURAS OR
**LARGE CROWNLESS
PINEAPPLE**
PRODUCT OF COSTA RICA
EACH
**CANTALOUPE OU
GROS ANANAS
SANS COURONNE**
20161707001_EA
20198132001_EA



LARGE

**SAVE
50¢ LB**

1⁵⁰
LB

**BUTTERNUT
SQUASH**
PRODUCT OF CANADA
3.31/KG
**COURGE
MUSQUÉE**
20135274001_KG



4⁵⁰

ICEBERG LETTUCE
PRODUCT OF U.S.A.
EACH
**LAITUE
ICEBERG**
20135326001_EA



\$4



**FARMER'S MARKET™
MINI CUCUMBERS**
PRODUCT OF ONTARIO
6'S
**MINI-CONCOMBES
DÉLICIES DU
MARCHÉ**
201737570001_EA



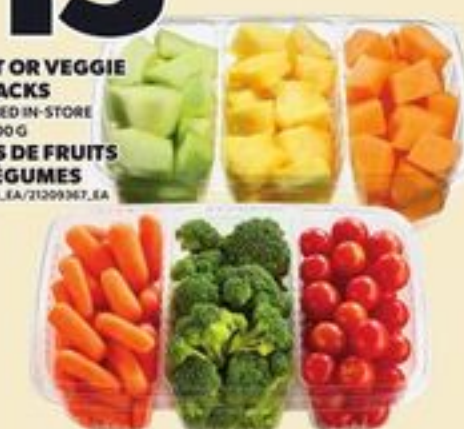
\$6 LB

ASPARAGUS
PRODUCT OF MEXICO
OR PERU
13.23/KG
ASPERGES
20174581001_KG



\$13

**FRUIT OR VEGGIE
TRI PACKS**
PREPARED IN-STORE
830-1200 G
**TRIOS DE FRUITS
OU LÉGUMES**
200927179_EA/212099067_EA



\$25

**SIGNATURE
HOLIDAY BOUQUET**
SELECTED VARIETIES
EACH
**BOUQUETS DES
FÊTES SIGNATURE**
2141631212_EA
2141631212_EA



\$22

**SMALL HOLIDAY
GARDEN**
EACH
**PETIT JARDIN
DES FÊTES**
21091487_EA



\$10

**INTERMEDIATE
ROSES**
9 SEED
**ROSES
INTERMÉDIAIRES**
2141631212_EA



\$29

**SAVE
5,000¢**

**HOLIDAY
TABLESCAPE SET**
SELECTED VARIETIES
**ENSEMBLE DES
FÊTES POUR LA
TABLE**
21488834_EA



\$9



**PC® NATURALLY
SMOKED BACON**
SELECTED VARIETIES
375/500 G
**BACON FUMÉ
NATURELLEMENT**
PC®
20057892_EA
20152629_EA



\$7

**BREADED PORK
LOIN SCHNITZEL**
300 G
**ESCALOPE DE
LONGUE
PORC PANÉE**
21588065_EA



**PREPARED
IN-STORE**

**SAVE
99¢ LB**



\$8 LB

**PC® FREE FROM™
SPLIT CHICKEN
WINGS**
TIPS REMOVED,
AIR CHILLED, CLUB PACK
17.64/KG
**AILES DE POULET
SÉPARÉES PC®
SIMPLEMENT BON™**
21488685_KG



\$15

**PC® FREE FROM™
GROUND LAMB**
454 G
**AGNEAU HACHÉ
PC® SIMPLEMENT
BON™**
21352008_EA



\$12 LB

**EYE OF ROUND
MARINATING
STEAK**
FAMILY SIZE CUT FROM
CANADIAN WAXHORN
SELF-GRADED BEEF
ON BONES
26126/KG
**BIFFECK DE NOIX
DE RONDE À
MARINER**
20412702_KG



\$17



PC® WINGS
800-907 G OR
**PORK BACK
RIBS** 680 G
SELECTED VARIETIES
FROZEN
**AILES OU
CÔTES DE DOS
DE PORC PC®**
20071715_EA
20708932_EA



find your catch in seafood

8⁵⁰

**HERON POINT WILD
CAUGHT CRAB
MEAT**
READY TO EAT
170 G
**CHAIR DE CRABE
SAUVAGE HERON
POINT**
21647384_EA
21647418_EA



\$11

**PC® BLACK TIGER
SHRIMP RAW ZIPPERBACK®**
16-20 PER LB 400 G OR
SHRIMP APPETIZERS
294-454 G
SELECTED VARIETIES, FROZEN
**CREVETTES TIGRES
NOIRES OU
HORS-D'ŒUVRE
DE CREVETTES**
PC®
20135874_EA
20801192_EA



\$13

**SEAQUEST® SHRIMP RING WITH
MILD COCKTAIL SAUCE** 550 G OR
**PC® TORCH-SEARED ATLANTIC
SALMON OR WILD AHI TUNA
TATAKI** 130 G FROZEN
**COURONNE DE CREVETTES
AVEC SAUCE COCKTAIL DOUCE**
**SEAQUEST® OU TATAKI DE
SAUMON DE L'ATLANTIQUE OU
DE THON AHI SAUVAGE SAISI
À LA TORCHE PC®** SeaQuest®
21487213_EA/21416709_EA



baked in comfort

1⁵⁰



BAGUETTE
WHITE OR WHEAT
255 G
BAGUETTE
21532211_EA



**BAKED
IN-STORE**

4⁵⁰

GET 1,000[®] back in points

ARTISAN BREAD
SELECTED VARIETIES
420-660 G
PAIN ARTISAN
21633048_EA
21633219_EA



**BAKED
IN-STORE**

\$4



DINNER ROLLS
SELECTED VARIETIES
12'S
PETITS PAINS
21192649_EA



**BAKED
IN-STORE**

\$5



TURNOVERS
SELECTED VARIETIES
4'S
CHAUSSENS
21465919_EA
21465920_EA



**BAKED
IN-STORE**

\$9



**EXQUISITE
COFFEE CAKE**
SELECTED VARIETIES
750 G
**GÂTEAU PAUSE-
CAFÉ EXQUISITE**
21668678_EA
21668727_EA



7⁵⁰



**FARMER'S MARKET™
HOMESTYLE TARTS**
SELECTED VARIETIES
248-510 G
**TARTELETTES
GOÛT MAISON
DÉLICES DU MARCHÉ™**
21628834_EA
21629191_EA



\$5

**PC® MINI BRIOCHE
ROLLS**
400 G
**PETITS PAINS
BRIOCHEE PC®**
21407779_EA



\$3

**NO NAME® DINNER
ROLLS 420 G OR
PC® BREAD
CRUMBS 275/300 G**
SELECTED VARIETIES
**PETITS PAINS
SANS NOM® OU LEAD CRUMBS
CHAPELURE PC®**
21633228_EA
21663547_EA



\$7

**LA FOURNÉE DORÉE
CHINOIS BRIOCHE
WITH VANILLA**
500 G
**BRIOCHE À LA
CRÈME PÂTISSIERE
LA FOURNÉE DORÉE**
21315229_EA



\$7

GET 1,000[®] back in points

**MARCANGELO
ITALIAN SLICED
MEATS**
SELECTED VARIETIES
85 G
**CHARCUTERIES
ITALIENNES
TRANCHÉES
MARCANGELO**
21706089_EA
21706090_EA



in the mood for deli-cious

**SAVE
\$1.99/100 G**

\$5

/100 G

**GERMAN
CAMBOZOLA
BLUE CHEESE**
IN-STORE DELICIOUS
**FROMAGE BLEU
ALLEMAND
CAMBOZOLA**
20001963_EA



**SAVE
\$1.49**

\$7



**FANTINO AND
MONDELLO
SALAMETTI
DICED OR SLICED**
SELECTED VARIETIES
100-200 G
**SALAMETTI FANTINO
& MONDELLO EN DES
OU TRANCHES**
20001963_EA



**SAVE
UP TO \$2.49**

\$7



**TRE STELLE
RICOTTA 475 G OR
BOCCONCINI OR
FETA 200 G**
SELECTED VARIETIES
**RICOTTA OU
BOCCONCINI OU
FETA TRE STELLE**
20034992_EA
20093652_EA



\$6

\$1.50

\$7.50

**Fontaine Santé
Hummus**
SELECTED VARIETIES
454/482 G
**HUMMUS
FONTAINE SANTÉ**
20503658_EA
20504500_EA



\$5



\$6

**GARDEN FRESH
TORTILLA CHIPS**
397 G OR **SALSA 473 ML**
SELECTED VARIETIES
**CROUTILLES DE
TORTILLA OU SALSA
GARDEN FRESH**
20325398_EA
20505699_EA



on the run, we got you

**FROM
\$6**

FLATBREAD PIZZA
SELECTED VARIETIES
336-420 G
PIZZA PAIN PLAT
21487152_EA
21487153_EA



**PREPARED
IN-STORE**

2/\$14

OR \$8 EA.
**FRESHLY PREPARED
IN-STORE SINGLE
SERVE ONE PAN
MEALS OR POWER
BOWLS**
SELECTED VARIETIES
135-410 G
**REPAS UNE
PORTION OU
BOLS FRAIS
PRÉPARÉS EN
MAGASIN**
21696324_EA
21696361_EA



\$9



**OLIVIERI FAMILY
PACK PASTA 500/700 G
OR PASTA SAUCE 600 ML**
SELECTED VARIETIES
**PÂTES OU SAUCE
POUR PÂTES EN
EMBALLAGE
FAMILIAL OLIVIERI**
20011468_EA
20311594_EA



\$20 meal deals

\$20

**IN-STORE PREPARED ROTISSERIE
CHICKEN 900 G-1 KG PAIRED WITH TWO
SMALL SIDES OF YOUR CHOICE
134-454 G AND PEPSI BEVERAGE 1 L
POULET DE RÔTISSERIE PRÉPARÉ
EN MAGASIN ACCOMPAGNÉ DEUX
PLATS D'ACCOMPAGNEMENT
PETIT FORMAT DE VOTRE CHOIX ET
UNE BOISSON PEPSI**



\$20

**IN-STORE PREPARED 8 PIECE FRIED
CHICKEN OR 9 PIECE CHICKEN STRIPS
700-870 G WITH TWO SMALL SIDES OF
CHOICE 134-454 G AND PEPSI BEVERAGE 1 L
8 MORCEAUX DE POULET
FRIT OU 9 MORCEAUX DE LANIÈRE DE
POULET PRÉPARÉS EN MAGASIN AVEC
DEUX PLATS D'ACCOMPAGNEMENT
PETIT FORMAT DE VOTRE CHOIX ET
UNE BOISSON PEPSI**



\$20

**IN-STORE PREPARED READY
TO COOK SALMON OR CHICKEN
ENTRÉE 472-637 G WITH A READY
TO COOK SIDE 345-865 G
UN PLAT CUISINÉ DE SAUMON
OU POULET PRÊT À CUIRE AVEC
UN PLAT D'ACCOMPAGNEMENT
PRÊT À CUIRE**



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.

**PROUDLY CANADIAN
OWNED & OPERATED**

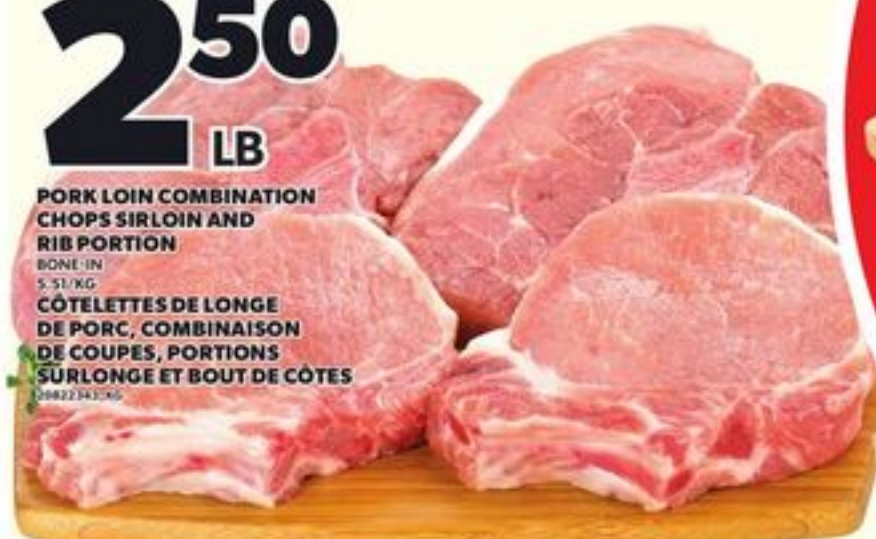
Independent™
Your Independent Grocer

**Available at the following Your Independent Grocer location:
3777 Strandherd Drive, Nepean.**

SAVE 44%

2⁵⁰
LB

**PORK LOIN COMBINATION
CHOPS SIRLOIN AND
RIB PORTION**
BONE-IN
5.51/KG
**CÔTELETTES DE LONGE
DE PORC, COMBINAISON
DE COUPES, PORTIONS
SURLONGE ET BOUT DE CÔTES**
20482343_KG



SAVE 42%

\$3
LB

**CHICKEN DRUMSTICKS
OR THIGHS**
FAMILY SIZE
6.61/KG
**PILONS OU HAUTS DE
CUISSÉ DE POULET**
20004494_KG
20058163_KG



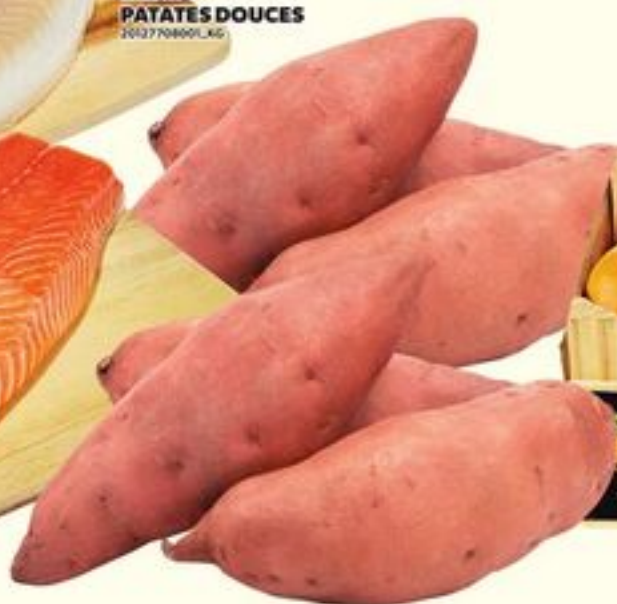
\$10
LB

**FRESH ATLANTIC
SALMON FILLETS SKIN-ON,
FAMILY SIZE OR MSC COD
OR HADDOCK FILLETS**
PREVIOUSLY FROZEN
22.05/KG
**FILETS DE SAUMON DE
L'ATLANTIQUE FRAIS OU
FILETS DE MORUE OU
D'AIGLEFIN MSC**
20720063_KG
21106245_KG



\$1
LB

**SWEET POTATOES
PRODUCT OF CANADA
2/20 KG
PATATES DOUCES**
2012770800_KG



\$5

**CLEMENTINES
PRODUCT OF MOROCCO
OR SPAIN
5 LB
CLÉMENTINES**
2018236600L_EA



2⁵⁰
LB

**HONEYCRISP APPLES
PRODUCT OF ONTARIO,
CANADA FANCY GRADE
5.51/KG
POMMES HONEYCRISP**
2013262700L_KG



6⁸⁸

**PC® KAKI PERSIMMON
PRODUCT OF SPAIN, NO. 1 GRADE
CASE
KAKI PLAQUEMINE PC®**
212182890L_EA



\$10

**PC® BBQ ROTISSERIE
CHICKEN
FULLY COOKED
900 G
POULET BARBECUE
DE ROTISSERIE PC®**
20252014_EA



\$3

**D'ITALIANO BREAD
OR BUNS
SELECTED VARIETIES
AND SIZES
PAIN OU PETITS
PAINS D'ITALIANO**
20036335_EA
204627103_EA



**SAVE
UP TO 37%**

\$5

**BOURSIN SOFT
CHEESE
SELECTED VARIETIES
150 G
FROMAGE À PÂTE
MOLLE BOURSIN**
20195794_EA
20591214_EA



**PREPARED IN
CANADA**



**SAVE
UP TO 40%**

\$3

**RUFFLES POTATO
CHIPS OR SMARTFOOD
POPCORN
SELECTED VARIETIES
150-220 G
CROÛSTILLES RUFFLES
OU MAÏS SOUFFLÉ
SMARTFOOD**
20972859_LG
21241052_EA



**Optimum™
Members-Only Price
13⁹⁹
Non-members
19⁹⁹**

**ROYALE BATHROOM
TISSUE 30=60 ROLLS OR
TIGER TOWELS 6=12 ROLLS
OR FACIAL TISSUE 12'S
SELECTED VARIETIES
PAPIER HYGIENIQUE OU
ESSUIE-TOUT TIGER TOWEL
OU MOUCHOIRS ROYALE**
207905292_EA
21378232_EA
21448432_EA



\$20

**TIDE LAUNDRY
DETERGENT 3.46-3.9 L,
PODS OR FLINGS 45-76'S,
DOWNY OR GAIN
BEADS 853 G OR
CASCADE TUBS
51/67/90'S
SELECTED VARIETIES
DETERGENT À
LESSIVE TIDE,
PODS OU FLINGS,
PERLES DOWNY
OU GAIN OU
CONTENANTS
CASCADE**
21518479_EA
21593670_EA
21659409_EA



**SAVE
UP TO 36%**

3⁵⁰

**CRAVE
BOWLS BOLS**
CHICKEN PORKLAND
QUESO PORKLAND
POULET
POULET ET FROMAGE
21085101_EA
21619173_EA



Flyer prices effective from Thursday, December 4th to Wednesday, December 10th, 2025. SEE BACK PAGE FOR DETAILS.

YIG ONLINE 7377

start with the basics

1⁵⁰

KNORR PASTA SAUCE OR DRY GRAVY MIX
SELECTED VARIETIES
22-48 G
20321329001_EA
20323323001_EA



2⁵⁰

STOVE TOP STUFFING
SELECTED VARIETIES
120 G
20009553001_EA
20310503001_EA



\$3

DEL MONTE CANNED FRUIT
SELECTED VARIETIES
398 ML
20296567008_EA
21657529_EA



\$11

PC® GRAPESEED OIL
750 ML
200990195_EA



SAVE 58¢
WHEN YOU BUY 2

2/\$3
OR \$1.79 EA.

NO NAME® MUSHROOMS
SELECTED VARIETIES
284 ML
20097492_EA
20299211_EA



GET 5,000⁺
when you spend "20" on



TRU EARTH LAUNDRY OR FABRIC SOFTENER
SHEETS 16-32'S
TOILET BOWL CLEANER 12'S
DISH TABS 40'S
OR SCENT BOOSTERS
200-460 G
SELECTED SIZES AND VARIETIES
21625514_EA
21660040_EA

5⁴⁹

HELLMANN'S MAYONNAISE OR CHICKEN WING DIPS
SELECTED VARIETIES
340-445 ML
21591867_EA
21649789_EA
21591817_EA



\$6

TERRY'S CHOCOLATE ORIGINAL OR SIMPLY 145 G OR BOULE D'OR CHOCOLATES 144-154 G
SELECTED VARIETIES
21672489_EA
21672499_EA



APP EXCLUSIVE OFFER*

SAVE UP TO \$5

GET 4,000⁺
back in points

\$14

PC® OR BLUE MENU® ENTRÉES
SELECTED VARIETIES
FROZEN
2/2.27 KG
20134930_EA
21778993_EA



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

SAVE UP TO 49¢

\$3

NO NAME® VEGETABLES
SELECTED VARIETIES
FROZEN
750 G
20295818_EA
20302266_EA



SAVE UP TO 37%

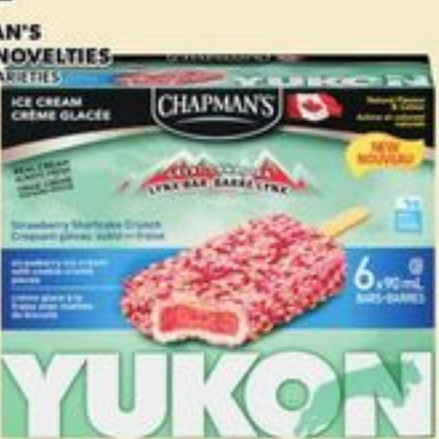
\$5

TASTIEZ SHAREABLES
SELECTED VARIETIES
FROZEN
311 G
21691563_EA
21691571_EA



4⁵⁰

CHAPMAN'S YUKON NOVELTIES
SELECTED VARIETIES
FROZEN
5-8'S
21583339_EA



SAVE \$1
WHEN YOU BUY 2

2/3⁵⁰
OR \$2.25 EA.

PC® PASTA 454 G OR BLUE MENU® WHOLE GRAIN PASTA 375 G
SELECTED VARIETIES
21001578_EA



SAVE \$1
WHEN YOU BUY 2

2/\$7
OR \$4 EA.

PC® BASMATI OR JASMINE RICE
SELECTED VARIETIES
750 G
20961107_EA
20961292_EA



6⁹⁹

FUZE LEMON ICED TEA
SELECTED VARIETIES
12X341 ML
21645443_C12
21645563_C12



4⁵⁰

MOTT'S CLAMATO JUICE 1.89 L OR OCEAN SPRAY 100% JUICE BLEND OR COCKTAIL 1.77-1.89 L
SELECTED VARIETIES
20308955002_EA
20300004008_EA



1⁵⁰

NO NAME® FOIL 25FT OR GLAD CLING WRAP 30 M
SELECTED VARIETIES
21179986_EA



\$10

ZIPLOC MEGAPACK
SELECTED VARIETIES
60-270'S
21796700_EA



\$21

CASHMERE BATHROOM TISSUE
SELECTED VARIETIES
24-72 ROLLS
21699845_EA
21443648_EA



\$15

COTTONELLE BATHROOM TISSUE 12=48 ROLLS OR FLUSHABLE WIPES 4'S
SELECTED VARIETIES
21477027_EA
21665993_EA



\$11

GLAD OUTDOOR BUNDLE
SELECTED VARIETIES
10-40'S
21164510_EA
21164517_EA



From our home to yours



family meals

\$16

**INSTORE PREPARED
TURKEY CRANBERRY
SLIDERS**
750 G
21696333_EA



**SERVES
4**

\$16

**INSTORE
PREPARED
FAMILY PASTA
TRAY**
900 G-1.14 KG
21395979_EA



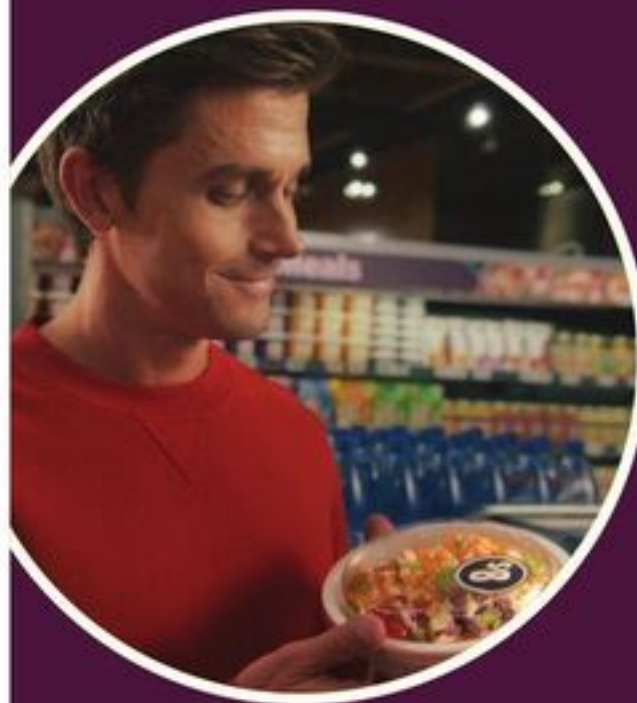
**SERVES
4**



\$8

single meals

**FRESHLY PREPARED
INSTORE SINGLE SERVE
ONE PAN MEALS**
SELECTED VARIETIES
135-410 G
21633777_EA/ 21696353_EA
21633861_EA



\$8

power bowls

INSTORE PREPARED BOWLS
SELECTED VARIETIES
350/400G
21666110_EA/21666166_EA



party platters

Discover our selection of freshly prepared platters for your next occasion.

\$25



**Order
in-store
or online
today.**



feeling zestive

\$5 **5 LB**

CLEMENTINES
PRODUCT OF MOROCCO
OR SPAIN
5 LB
20182566001_EA



\$6

FARMER'S MARKET™ LEMONS
PRODUCT OF SOUTH AFRICA
2 LB
20795315001_EA



\$6

FARMER'S MARKET™ ORANGES
PRODUCT OF SOUTH AFRICA
3 LB
20182945001_EA



\$4

NO NAME® NATURALLY IMPERFECT™ LIMES
PRODUCT OF MEXICO
1.5 LB
21673921001_KG



\$7

FARMER'S MARKET™ GRAPEFRUIT
PRODUCT OF SOUTH AFRICA
3 LB
20184099001_EA



\$5

FARMER'S MARKET™ MANDARINS
PRODUCT OF SOUTH AFRICA
2 LB
20099819001_EA



\$4 **LB**

STEM & LEAF CLEMENTINE
PRODUCT OF SPAIN
8.82/KG
20613483001_KG



\$5 **LB**

PC® SATSUMA MANDARINS
PRODUCT OF U.S.A.
11.02/KG
20902155001_KG



SAVE 76¢ WHEN YOU BUY 2

2/\$5

OR
\$2.88 EA.
RED POMELO
PRODUCT OF CHINA
20081390001_EA



20% OFF
TOTAL BULK

'tis the sweetest season

4 DAY SALE
THURSDAY, DECEMBER 4TH
TO SUNDAY, DECEMBER 7TH

\$4

SOUR JU JUBES
320 G
21694414_EA



\$4

GUMMI BEARS
280 G
21694433_EA



4.50

CHOCOLATE FLAVOURED MACAROONS
260 G
21694436_EA



\$7

MILK CHOCOLATE COVERED ALMONDS
240 G
21694434_EA



\$4

CRANBERRY COCKTAIL MIX
300 G
21694435_EA



\$7

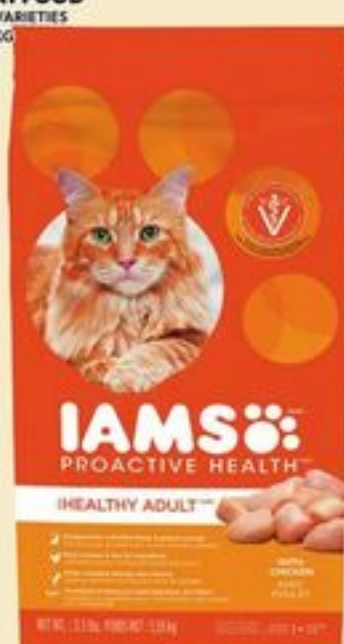
ROASTED CASHEWS
230 G
21694434_EA



for the love of **pets**

\$13

IAMS CAT FOOD
SELECTED VARIETIES
1.36/1.59 KG
21027553_EA



\$9

WHISKAS CAT FOOD
SELECTED VARIETIES
1.5/2 KG
21088889_EA



\$7

CATIT CATNIP
56 G
21478271_EA



SAVE \$1.99

\$7

FRISKIES CAT FOOD
1.4/1.5 KG
SELECTED VARIETIES
20912315_EA



SAVE \$1.49

6⁵⁰

FRISKIES CAT TREATS
SELECTED VARIETIES
454 G
21069907_EA



\$26

GET 2,500 back in points

FRISKIES OR FANCY FEAST
SELECTED VARIETIES
24'S
21082326_C01
21170917_C01



\$25

WHISKAS CAT FOOD
SELECTED VARIETIES
24'S
21069998_EA



\$24

GET 2,000 back in points

TIDY CATS CAT LITTER
SELECTED VARIETIES
5.44 KG
21217951_C01



SAVE \$1.99

\$20

ARM & HAMMER CAT LITTER
SELECTED VARIETIES
6.35-12.7 KG
21086970_EA



2/5⁵⁰

OR \$3.49 EA.

TEMPTATIONS CAT TREATS
SELECTED VARIETIES
160/180 G
2029813005_EA



\$9

MILK-BONE COMFORT CHEWS DOG TREATS
SELECTED VARIETIES
210/312 G
21026350E1A



\$5

MILK-BONE DOG BISCUITS
SELECTED VARIETIES
750-900 G
21014603_EA



\$9

DENTALIFE DOG TREATS
SELECTED VARIETIES
408-595 G
21081077_EA



\$18

CESAR DOG FOOD
SELECTED VARIETIES
12X100 G
20548229_EA



\$18

IAMS DOG FOOD
SELECTED VARIETIES
2.72/3.18 KG
20912435_EA



Festival of lights. Prices that shine.

Eight nights of Chanukah.
All in one cart.



2/\$5
OR
\$3 EA.

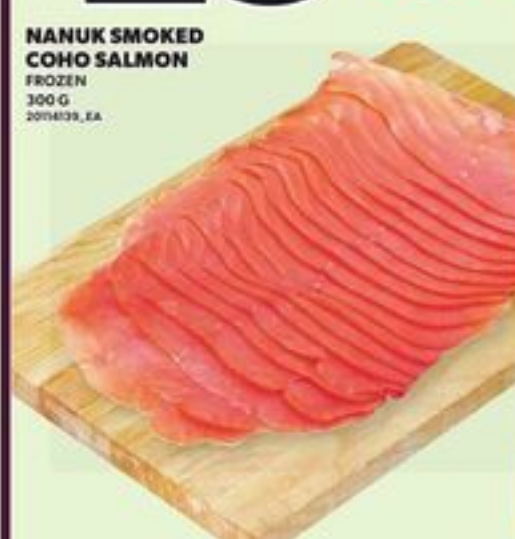
POMEGRANATE
PRODUCT OF U.S.A.
20134767001_EA



\$23



**NANUK SMOKED
COHO SALMON**
FROZEN
300 G
20114139_EA



\$12

MEDJOL DATES
PRODUCT OF U.S.A.
2 LB TUB
20001686_EA



\$8

**CROWN
CINNAMON BUNS**
454 G
201095501_EA



21⁹⁹

**MANISCHEWITZ
CHANUKAH HOUSE KIT**
1.2 KG OR TUSCANINI
CHOCOLATE TRUFFLES
GIFT BOX
SELECTED VARIETIES
21495028_EA/21645525_EA



Optimum
Members-Only Price
3⁹⁹
Non-members
7⁹⁹

**KEDEM SPARKLING
GRAPE JUICE** 750 ML OR
KEDEM GRAPE JUICE
LARGE 1.8 L
SELECTED VARIETIES
20314032001_EA/20034185006_EA

Members
save
\$4



2/1⁵⁰
OR
\$0.89 EA.

**AISH TAMID OR
NER MITZVAH
CHANUKAH
CANDLES**
SELECTED VARIETIES
44 CT PACK
21220142_EA/21645525_EA



69[¢]

**GLICKS CHOCOLATE
COINS SINGLES**
15 G OR BAKOL
CHOCOLATE
COINS SINGLES 18 G
SELECTED VARIETIES
21582004_EA
20648133_EA



5⁴⁹

**IZZY 'N' DIZZY
BOUNCING
MUSICAL DREIDEL
OR ACHVA TAHINI**
SELECTED VARIETIES
500 G
21212749_EA
20122784001_EA



2⁴⁹

**LIEBER'S CANDY
FILLED DREIDELS
(LARGE) 70 G OR
OSEM BAMBA** 100 G
SELECTED VARIETIES
21514326_EA
20770704_EA



89[¢]

**GEFEN RAMEN
NOODLES 85 G OR
WILLI FOOD NOODLE
SOUP BOWL 70 G**
SELECTED VARIETIES
20307234002_EA
20071540001_EA



2⁹⁹

**FOULDS MAC &
CHEESE WACKY
156 G OR BERMAN
HAMANTASCHEN**
BAG 175 G
SELECTED VARIETIES
20122898_EA/21095572_EA



ITEMS AVAILABLE AT THE FOLLOWING YOUR INDEPENDENT GROCER LOCATIONS:
290 FIRST ST. N, GRAVENHURST, 131 HOWLAND DRIVE, HUNTSVILLE, 3259 BAYVIEW AVENUE, TORONTO.

Shop the **world** in our aisles



**SAVE
30%**



3⁵⁰

**FARMER'S MARKET™
RED ONIONS**
PRODUCT OF CANADA,
CANADA NO. 1 GRADE
3 LB BAG
20811362001_EA



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

2/\$5
OR
\$3 EA.

POMEGRANATE
PRODUCT OF U.S.A.
20134767001_EA

\$2

ATAULFO MANGO
PRODUCT OF PERU
EACH
20121509001_EA



3⁵⁰

**LARGE
DRAGONFRUIT**
PRODUCT OF VIETNAM
20168395001_EA



\$9

**SEAQUEST® WHOLE
POMPANO 800 G OR
WHOLE TILAPIA 1.36 KG**
FROZEN
21591947_EA
21592084_EA



\$2

**T&T TROPICAL
BUNS**
SELECTED VARIETIES
180 G
20826539_EA

13⁵⁰

**NATUR SOURCE
NUT MIX**
SELECTED VARIETIES
450-625 G
21995937_EA
21996004_EA



\$10

PC® SPRING ROLLS
SELECTED VARIETIES
FROZEN
574 G
20658096_EA
20698133_EA



1²⁹

**NONGSHIM
NOODLES**
SELECTED VARIETIES
120 G
21504277_EA
21504375_EA



3⁴⁹

**ORION TURTLE
CHIPS**
SELECTED VARIETIES
160 G
21454287_EA
21567481_EA



\$6

**HUY FONG
SRIRACHA HOT
CHILI SAUCE**
754 ML
20078956_EA



3⁴⁹

FARKAY NOODLES
397 G SELECTED VARIETIES OR
LAOGANMA SPICY
CHILI CRISP 210 G
20147835001_EA
20874066_EA



50¢

CHUBBY SODA
SELECTED VARIETIES
250 ML
20940724_EA
21567481_EA



2⁵⁰

GRACE EXOTIC CHIPS
SELECTED VARIETIES
75 G
21626319_EA
21626383_EA



**SAVE
98¢
WHEN YOU BUY 2**

2/\$7
OR
\$3.99 EA.

**LAY'S
INTERNATIONAL
FLAVORS**
SELECTED VARIETIES
200 G
21663082_EA
21663218_EA



ITEMS AVAILABLE AT THE FOLLOWING YOUR INDEPENDENT GROCER LOCATIONS:

20 JOCELYN ST, PORT HOPE, 753 NOTRE-DAME ST, EMBRUN, 1910 ST. LAURENT BLVD, OTTAWA, 1836 REGENT ST, GREATER SUDBURY



**Value you
can count on.**

\$13



**PC® BLUE MENU®
CHICKEN BREASTS**
BONELESS, SKINLESS
AIR CHILLED
3'S
25340952_EA



2⁵⁰

**NO NAME®
CHICKEN WIENERS**
450 G
20058192_EA



\$13

**NO NAME®
MEAT LASAGNA**
FROZEN
2.27 KG
20099795_EA



\$1

**PC® BLUE MENU®
OR FREE & CLEAR®
SPARKLING WATER**
SELECTED VARIETIES
1L
20320832004_EA
20320832002_EA



\$7

**NO NAME®
CAT LITTER**
SELECTED VARIETIES
7 KG
2003746002_EA



live well, spend less

5⁵⁰

DOVE BODY WASH 325 ML OR BAR SOAP 6X106 G
SELECTED VARIETIES
21239554_EA/21510864_EA



\$8

METHOD BODY WASH 532 ML OR LIQUID HAND SOAP REFILL 828 ML-1L
SELECTED VARIETIES
21425085_EA
21640640_EA



SAVE UP TO

25%

OLAY BODY WASH OR BAR SOAP
SELECTED VARIETIES AND SIZES
21000889_EA
21642769_EA



6⁵⁰

LIMIT 6
AFTER LIMIT 7.49 EA.

SENSODYNE OR PRONAMEL TOOTH PASTE
SELECTED VARIETIES
150/135 ML
20247931002_EA
20432248002_EA



3⁵⁰

LIMIT 6
AFTER LIMIT 4.49 EA.

CREST COMPLETE TOOTH PASTE 120 ML, CREST STAIN ERASER TOOTH PASTE 65 ML, CREST KIDS TOOTH PASTE 85-100 ML OR ORAL-B COMPLETE SATIN FLOSS 50 M
SELECTED VARIETIES
20348190001_EA/21354028_EA



\$6

LIMIT 6
AFTER LIMIT 8.39 EA.

LISTERINE CLASSIC 1 L OR KIDS 500 ML MOUTHWASH
SELECTED VARIETIES
20348438001_EA
21356791_EA



\$8

DOVE WOMEN'S DEODORANT 74 G OR DRY SPRAYS 107/113 G
SELECTED VARIETIES
20840721_EA/21196170_EA



SAVE UP TO 25%

IVORY BODY WASH OR BAR SOAP
SELECTED VARIETIES AND SIZES
20489974001_EA
20860346002_EA



7⁵⁰

LIMIT 6
AFTER LIMIT 8.99 EA.

COLGATE MAXFRESH OR TOTAL TOOTH PASTE 3'S OR MANUAL TOOTHBRUSH 2'S, BATTERY TOOTHBRUSH OR COLGATE TOTAL OR PRO RELIEF MOUTHWASH
SELECTED VARIETIES AND SIZES
2118930_EA/21166655_EA



\$8

TRESEMMÉ HAIR CARE
SELECTED VARIETIES AND SIZES
2031530016_EA
21696637_EA



\$4

GARNIER FRUCTIS HAIR CARE
SELECTED VARIETIES
370 ML
21005887_EA
21007302_EA



\$10

JOHN FRIEDA OR MARC ANTHONY HAIR CARE
SELECTED SIZES AND VARIETIES
21570404_EA
21646736_EA



\$14

L'ORÉAL PREFERENCE, FÉRIA OR OLIA HAIR COLOUR
SELECTED VARIETIES
20304062009_EA
21474523_EA



SAVE 20%

GET 5,000⁰⁰ back in points
when you buy 2

AVEENO FACE OR BODY LOTIONS
SELECTED VARIETIES AND SIZES
20102023001_EA
20102023003_EA



SAVE 20%

CERAVE CLEANSERS OR MOISTURIZERS
SELECTED VARIETIES AND SIZES
21295400_EA
21354743_EA



SAVE 20%

CETAPHIL CLEANSERS OR MOISTURIZERS
SELECTED VARIETIES AND SIZES
20432313001_EA



\$10

DR. TEAL'S EPSOM SALT OR FOAM BATH
SELECTED VARIETIES AND SIZES
20335315_EA
21311662_EA



SAVE 25%

ST. IVES FACE SCRUBS, EXFOLIATORS OR LOTION
SELECTED VARIETIES AND SIZES
21086101_EA
21429055003_EA



live well, spend less

65⁴⁷

**ENFAMIL A+ NEUROPRO
AND GENTLEASE
POWDER REFILLS**
SELECTED VARIETIES
862/890 G
21589079_EA
21589205_EA



38⁹⁹

**SIMILAC 360 TOTAL CARE
READY TO FEED INFANT FORMULA**
24 X 59 ML
21702779_C24



4⁵⁰

**EARTH'S BEST
VEGGIE STRAWS
OR PUFFS**
SELECTED VARIETIES
44-78 G
21534806_EA
21534802_EA



2/\$5

OR
\$3.99 EA.
**GERBER SNACKS
OR ENTRÉES**
SELECTED VARIETIES
42-187 G
2030463003_EA
2030573800L_EA



5⁵⁰

**LITTLE BELLIES
ORGANIC
COOKIES**
SELECTED VARIETIES
130 G
21606647_EA
21606746_EA



\$13

**U BY KOTEX
LINERS 112-150'S,
PADS 30-60'S OR
TAMPONS 45'S**
SELECTED VARIETIES
21700475_EA / 21239949_EA



\$11

**ALWAYS FLEX
FOAM PADS**
SELECTED VARIETIES
AND SIZES
18-36'S
21284428_EA / 21641927_EA



\$18

**TENA UNDERWEAR
OR BRIEFS**
SELECTED VARIETIES
AND SIZES
20957423_EA / 21033778_EA



SAVE UP TO

15%

**ONE A DAY
MULTIVITAMINS
60-130'S OR
FLINTSTONE'S
CHILDREN'S
VITAMINS OR
SUPPLEMENTS**
60-180'S
SELECTED
VARIETIES
21663606_EA
21663766_EA



SAVE UP TO

25%

**WEBBER NATURALS
OR SESAME STREET
VITAMINS OR
SUPPLEMENTS**
SELECTED VARIETIES
AND SIZES
20866422_EA
21795800_EA



SAVE UP TO

15%

**PERFECT SPORTS
SUPPLEMENTS**
SELECTED VARIETIES
AND SIZES
21068247_EA / 21068329_EA



SAVE UP TO \$2

GET
2,000[®]
when you buy 2

\$2
back
in points

FROM 5⁴⁹-21⁹⁹

VICKS
SELECTED VARIETIES
AND SIZES
21295974_EA
21456315_EA



13⁵⁰

**BENYLIN[®]
COUGH RELIEF
SYRUP 170-250 ML OR
CAPLETS 24'S OR
TYLENOL COLD,
COUGH AND FLU
PRODUCTS 24/40'S OR
SYRUP 170/180 ML**
SELECTED VARIETIES
EACH
2012948400L_EA / 21263833_EA



BENYLIN[®]

EXTRA STRENGTH
**Sore Throat
& Cough**



GET 4,000[®]

when you buy 2

\$4
back
in points

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



cheers & chill

beers, ciders & ready to drink



17⁰⁹

STELLA ARTOIS
6X473 ML CANS
21347368_C06



11²⁹

GUINNESS DRAUGHT
4X440 ML CANS
20035374_C04



8⁷⁹

PABST BLUE RIBBON
6X355 ML CANS
20511426_C06



24⁵⁹

TWISTED TEA
12X355 ML CANS
20513398_C12



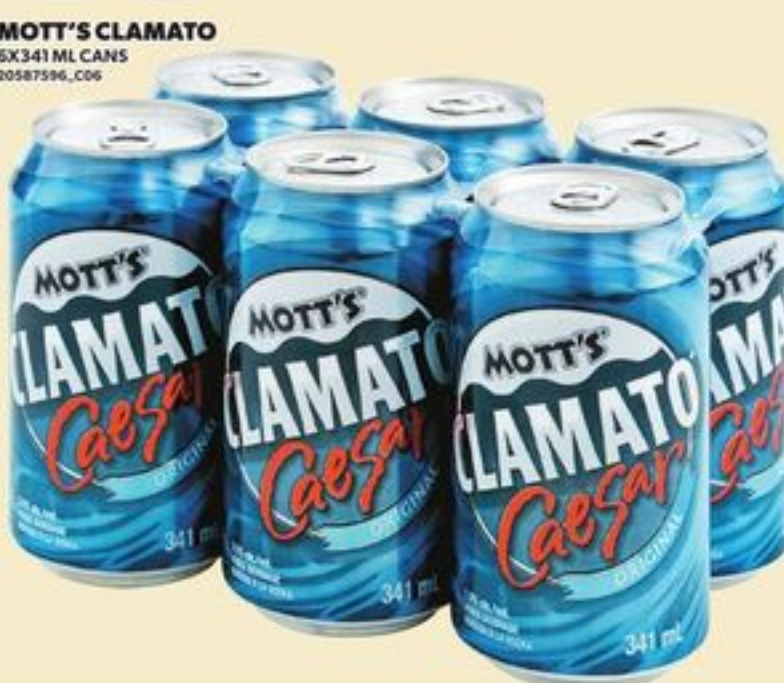
17⁰⁹

SAPPORO
6X500 ML TALL CANS
21014346_C06



13²⁹

MOTT'S CLAMATO
6X341 ML CANS
20587596_C06



27⁵⁹

COORS ORIGINAL
12X473 ML CANS
21626691_C12



28⁹⁹

HAPPY DAD HARD SELTZER VARIETY PACK
12X355 ML CANS
21595395_C12



Only at the following Your Independent Grocer locations (unless otherwise stated) : 455 McNeely Ave., Carleton Place, 4764-17 Regional Rd. 15, Chelmsford, 62 Thames Rd. E., Exeter, 5200 Hwy #69 N., Hanmer, 1521 Hwy #11 W., Hearst, 131 Howland Dr., Huntsville, 273 King St. W., Ingersoll, 55 Brunetville Rd., Kapuskasing, Kemptville Mall Hwy #43 W., Kemptville, 15 McChesney Ave., Kirkland Lake, 200 Grant Carman, Nepean, 55 Scott St., New Liskeard, 1 Laurentian Ave., North Bay, 685 River Rd., Ottawa, 1900 Dixie Rd., Pickering, 1244 Goderich St., Port Elgin, 1893 Scugog St., Port Perry, 44 Great Northern Rd., Sault Ste. Marie, 1251 Main St., Stittsville, 1836 Regent St. S., Sudbury and 654 Algonquin Blvd. E., Timmins.

We reserve the right to limit quantities. **Above retails do not include deposit or tax** and may be subject to change without notice. No rainchecks or substitutions. See in-store or yourindependentgrocer.ca for store hours.

Please drink responsibly & designate a driver. Don't drink & drive.

YIG ONLINE ALC

MARCO ANGELO

The Best Things are Meant to be Shared!

MORTADELLA AND MORTADELLA WITH PISTACHIO SLICED
110 g
21707188_EA
\$5

ANTIPASTO QUATTRO
150 g
21706582_EA
\$12

BUON APPETITO
200 g
21692121_EA
\$14

ASSORTED SALAMI CHUBS
225 - 300 g
21021491_EA
\$10-\$12

24g of PROTEIN

CHICKEN BREAST BITES
200 g
21633170_EA
\$7

A TASTE OF WINTER CHEER

Arizona
Assorted flavours
960 mL
21043736_EA
3²⁹

Allen's
Assorted flavours
1.89L
21518094_EA
4⁴⁹

Del Monte
Assorted flavours
8 x 200 mL
21649074_EA
5⁴⁹

Oasis
100% JUICE
10X CRANBERRY JUICE
10X APPLE JUICE
20X APPLE JUICE
40 x 200 mL
21030520_C01
21⁹⁹

PROUD CANADIAN COMPANY

SCHNEIDERS
EST. 1890

CANADIAN CRAFTED SINCE 1890

15% OFF /100 g

Schneiders® Blue Ribbon® Bologna Service Case Meat
20279910_EA

15% OFF /100 g

Schneiders® Deli Best® Service Case Meats Select Varieties
21201089_EA/20967023_EA

Prepared in Canada

CALLS FOR Saputo CHEESE

\$6

ALEXIS DE PORTNEUF
BRIE & CAMEMBERT, SELECTED VARIETIES
125 g
20044802_EA

\$6

SAPUTO
FRESH CHEESE, ASSORTED VARIETIES
170-200 g
20051344_EA

\$6

CATHEDRAL CITY
CHEDDAR
200 g
21245346_EA

\$9

ALEXIS DE PORTNEUF
TRIPLE CREAM, WASHED RIND OR GOAT CHEESES, SELECTED VARIETIES
125-200 g
20064979_EA

\$7

SAPUTO
RICOTTA
500 g
20073931_EA

1,500

From domestic and imported ingredients.

CHEESE Festival

ENTER FOR A CHANCE TO **WIN CHEESE FOR A YEAR!**

WWW.FREECHEESE.CA

NEW

LEERDAMMER
250 g
20087905_EA
\$8

BALDERSON
Premium Cheddar
250 - 280 g
20050555_EA
\$8

BALDERSON
Premium Aged Cheddar
280 g
20707405_EA
\$14

Rondele
Rondele Spread
125 g
20672975_EA
\$4

PRÉSIDENT
Brie
300 g
25080790_EA
\$10

*No purchase necessary. Contest starts on November 18, 2025 (12:00:01 a.m. ET) and ends on December 31, 2025, 11:59:59 p.m. ET. One form of entry for your chance to win a Grand Prize is to purchase any Participating Product, submit the purchase receipt, and complete the entry form at www.freecheese.ca (the "Website"). Maximum of ten (10) entries per household. One (1) participating product purchased equals one (1) chance to win a Grand Prize. Purchasing two (2) or more participating products on a single receipt earns a maximum of five (5) entries. There are five (5) Grand Prizes available to be won by random draw, consisting of Cheese for a Year in the form of 100 FREE Cheese coupons, 40% of each Grand Prize is \$1,440 CAD. The winner must correctly answer a quiz before drawing. The odds of winning depend on the number of unique entries received for all participating products and full rules, visit the Website. Contest is open to Canadian residents who are in Canada at the time of entry, except individuals under the age of 18 (or 19 in Quebec). ©2025 Lactalis Canada. All rights reserved. Trademarks owned or used under license by Lactalis Canada, Toronto (ON, M9C 1J1).

RESTAURANT-INSPIRED FLAVOURS

Kraft Dinner Deluxe
Entrées
Selected Varieties
333 - 346 g
21694728_EA/21694895_EA
4⁹⁹

TACO BELL.

Taco Bell Dinner Kits
Selected Varieties
401 - 642 g
21663631_EA
2/\$10
OR \$5.99 EA.

Taco Bell Creamy Sauces
Selected Varieties
354 mL
21661774_EA
2/\$10
OR \$5.99 EA.

Taco Bell Sauces
Selected Varieties
207 mL
21661786_EA
21661788_EA
2/\$7
OR \$4.49 EA.

Kraft Dinner Macaroni & Cheese
156 - 200 g
21548555_EA
21549589_EA
2/\$5
OR \$2.99 EA.

Kraft Dinner Macaroni & Cheese
Snack Cups
4 x 55 - 58 g
21565025_EA
7⁴⁹

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windsor
SINCE 1893

GET INTO SALT

La Baleine Sea Salt
Fine or Coarse
750 g
20323596001_EA 20323596002_EA
\$7

Le Saunier de Camargue
Fleur de Sel
125 g
2003394508_EA
\$7

Our butchers cut quality meat in your store every day!

pork loin schnitzel
21588065_EA

beef meatballs plain
21587897_EA

beef stir fry strips
cut from Canadian A-grade beef or higher
21588067_EA

pork stir fry strips
21588095_EA

chicken stir fry strips
21588091_EA

General Mills

Holiday Savings

FOR EVERY OCCASION!

21125390_EA
21682347_EA

\$4.50

General Mills™ Winter Edition Cereals 264-340 g

21305885_EA
21305908_EA

\$4.50

Pillsbury™ Ready to Bake Seasonal Cookies 260 - 396 g

21435931_EA
21435938_EA

2/\$14
OR \$8.99 EA.

Pillsbury™ Pizza Pops™ 8's 760 g and Pizza Bites 50's

21675994_EA
20318474001_EA

3/\$9
OR \$3.75 EA.

Nature Valley™ Granola Bars 120-230 g, Betty Crocker™ and Mott's Fruit Snacks 128-226 g, Pillsbury™ Soft Baked Bars 150 g and Cereal Treat Bars 120 g

20320962002_EA
20317832003_EA

\$3.50

Pillsbury™ Base Sweet Goods & Breads 318 - 468 g

21505340_EA
20305424002_EA

\$2.50

Pillsbury™ Crescents and Weiner Wrap 200-227 g

20306992001_EA
200631080001_EA

2/\$7
OR \$4.49 EA.

Old El Paso™ Components selected varieties 94 - 334 g/243 - 398 mL

21305885_EA
21305908_EA

\$4.50

Pillsbury™ Premium Sweet Goods 454 - 496 g

MAKE EVERYDAY BETTER WITH THE GOODNESS OF PLANTS

\$3

Silk Non-dairy Beverages Selected Varieties 1.74-1.89 L
203022002_EA/20303080_EA

\$2.50

Silk Non-dairy Beverages Selected Varieties 946 mL
2130420_EA

\$5

Silk Non-dairy Barista Beverages Selected Varieties 946 mL
21307000_EA

2/\$12
OR \$6.99 EA.

Silk Non-dairy Yogurt Selected Varieties 500 - 650 g
2030620_EA/20306107_EA

Silk® is © 2025 WhiteWave Services, Inc. All rights reserved.

Mobile

Get 25GB for \$29/mo*

+ Earn PC Optimum™ points

*Conditions apply, visit pcmobile.ca for full details. Subject to change.



FOOD DESERVES PEPSI

Family Meals \$20



1 Rotisserie Chicken 900 g with two small sides 134-454g and 1 L bottle of Pepsi
1980-2600 Cals



2 8 Piece Fried Chicken with two small sides 134-454 g and 1 L bottle of Pepsi
1740-2360 Cals



3 9 Piece Chicken Strips with two small sides 134-454 g and 1 L bottle of Pepsi
2470-3090 Cals

Combos for One \$11



4 2 Piece Fried Chicken + small side + Pepsi beverage 591 mL 680-1050 Cals



5 3 Piece Chicken Strips + small side + Pepsi Beverage 591 mL 780-1440 Cals



6 4 Piece Wings + small side + Pepsi Beverage 591 mL 490-1140 Cals

CHEESE Festival

ENTER FOR A CHANCE TO
WIN CHEESE FOR A YEAR!

WWW.FREECHEESE.CA



\$12 Black Diamond Cheese sticks, Cheestrings 24 - 28 pk. 504-588 g
20793883_EA/20794901_EA



2/\$10

OR \$5.99 EA.

Black Diamond Combo, 129 g

20798807_EA

Natural Cheese Slices 220 - 240 g

20798802_EA



\$7

OR \$7.50

Lactantia Butter Sticks, 454 g

20798808_EA/20797922_EA

Kraft Parmesan Shredded Cheese, 200 g

20798802_EA



\$5

Amooza Cheese Sticks 228 g

20797881_EA

Cracker Barrel Cheese Snacks 168 g

20798803_EA



\$6

OR \$5.00

President Butter, 250 g

20798802_EA

Lactantia Margarine, 850 g

20794901_EA

*The purchase necessary. Contest starts on November 16, 2025, 12:00:01 a.m. ET, and ends on December 31, 2025, 11:59:59 p.m. ET. One form of entry for your chance to win a Grand Prize is to purchase any Participating Product, submit the purchase receipt, and complete the entry form at www.freecheese.ca (the "Website"). Maximum of ten (10) entries per household. One (1) participating product purchased equals one (1) chance to win a Grand Prize. Purchasing ten (10) or more participating products in a single receipt earns a maximum of ten (10) entries. There are two (2) Grand Prizes available to be won by random draw, consisting of Cheese for a Year on the basis of 1 kg (2.2 lbs) Cheese sticks, 400 g of each Grand Prize is \$5 and \$40. The winner must correctly answer a skill testing question. The odds of winning depend on the number of eligible entries received. For all participating products and full rules, visit the Website. Contest is open to Canadian residents who are in Canada at the time of entry, except individuals under the age of 18 years (18+ in Quebec). ©2025 Lactantia Canada. All rights reserved. Trademarks owned or used under license by Lactantia Canada, Toronto, ON, M9C 1A7.

Campbell's

THIS HOLIDAY SEASON



Try Campbell's easy-to-make side dish recipes



\$2

Campbell's® Condensed Soups selected varieties 284 mL

20797246002_EA

20797242_EA



2.50

Campbell's® Ready to Serve Soups selected varieties 515 mL

20797886_EA/20796030_EA



5.50

Pace® Chunky Salsa selected varieties 642 mL

20797230001_EA

20797230002_EA



\$3

Prego® Pasta Sauce selected varieties 645 mL

20797230001_EA

20797230002_EA

© 2025 Campbell Company of Canada

Juice up your holiday



21434019_EA

21652207_EA

21086064_EA

21679526_EA

MINUTE MAID NO SUGAR ADDED DRINKS 1.54 L, SIMPLY ORANGE JUICE, LEMONADE OR DRINKS 1.54/1.75 L OR FUZE ICED TEA 1.75 L, SELECTED VARIETIES

GET 1,000[®] back in points

* The Coca-Cola Company, used under license.



2/\$14

OR \$7.99 EA.

MONTELLIER Carbonated Natural Spring Water selected varieties 10x355 mL

2096722_C10/2096704_C10

3/4.98

OR \$1.99 EA.

MONTELLIER Carbonated Natural Spring Water selected varieties 1 L

20662284_EA/20966445_EA

2/\$6

OR \$3.99 EA.

ROCKSTAR® Energy Drink selected varieties 473 mL

21656676_EA/21656669_EA

CELSIUS LIVE FIT

2/\$6

OR \$3.79 EA.

CELSIUS® Energy Drink selected varieties 355 mL

21648038_EA

21576466_EA

LIMITED TIME ONLY



0g SUGAR

0g FAT

10 CAL PER CAN

What if buying gas fuelled your points?

Only Esso™ and Mobil™ gas earns you PC Optimum™ points.



Esso Mobil + Optimum

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PROUDLY CANADIAN
SINCE 1883

CLUB HOUSE

6.99-11.99
McCormick® Gourmet Spices,
Selected Varieties
1.5-4.2 g
2132925_EA

2/\$4
Club House® Curry and Hot Sauce Mixes
21-42 g
208021601_EA
MADE IN CANADA

\$7
Club House® Pure
Vanilla Extract, 48 mL
20803348_EA
MADE IN CANADA

\$8
Club House® One Step
Seasoning Blends
111-181 g
208080601_EA
MADE IN CANADA

3.99
French's® Yellow and
Specialty Mustards
325-400 mL
20803238_EA/21044853_EA

3.50
Club House® Organic Spices
Selected Varieties
18-47 g
20951345_EA

7.49
ChiliMan® Hot Sauce,
Creamy and Salsa
150-325 mL
21392771_EA

5.29
Frank's® RedHot®
Hot Sauces, 354 mL
20187632001_EA/21044860_EA

**HELP US PUT FOOD
ON EVERY TABLE**
YOUR SUPPORT MAKES A DIFFERENCE!

 Food Bank
Canada
Banques
alimentaires
Canada

This holiday season, Club House® is donating
400,000 meals to Food Banks Canada.*
*Club House® will donate \$200K to Food Banks Canada. Meals donated
is based on Food Banks Canada's meal metric of \$1 = 3 meals.

BURNBRAE
FARMS • FERMES

**REAL EGGS.
REAL EASY.®**

\$7 EACH
Naturegg Solar Free Range or
Omega Plus Solar Free Range
12 Large Brown Eggs
21565655001_EA

5.50 EACH
Naturegg Nature's Best
or Nestlaid
12 Large White Eggs
20816075001_EA

6.50 EACH
Naturegg Omega Plus
12 Large White Eggs
20815787001_EA

5.50 EACH
Naturegg Simply
Egg Whites or
Free Run Simply
Egg Whites
500 g
20820130001_EA

\$6 EACH
Naturegg Omega 3 Nestlaid
12 Large White Eggs
21069384001_EA

**Fuel Your Body,
Feed a Cause.** **\$1 DONATION PER
CARTON PURCHASED** **KIP KIDS
HELP PHONE**

Tim Hortons

Tim Hortons®
Hot Chocolate tin
500 g
20055988_EA
\$6.50

Tim Hortons®
Nespresso
Compatible Capsules,
selected varieties
10's
21499820_EA
\$7.50

Tim Hortons®
hot chocolate sachets 8's
21314155_EA
\$6.50

Tim Hortons®
Instant coffee
selected varieties, 100 g
21167584_EA
\$8

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\$5
Angie's BOOMCHICKAPOP®
Sea Salt
136 g
20770751_EA

\$5
Angie's BOOMCHICKAPOP®
White Chocolatey & Peppermint
Drizzle or Dark Chocolatey Drizzle
136 g
20714552001_EA
20714552002_EA

\$5
Angie's BOOMCHICKAPOP®
Sweet & Salty
198 g
20811709_EA

**Share
in the
CELEBRATION**

\$12
Gardein® SUPRÊME™ Chick'n Wings
419 g
21551757_EA

\$12
Gardein® SUPRÊME™ Chick'n Tenders
425 g
21698368_EA

ALCAN CANADA'S #1 FOIL | **Reynolds KITCHENS** CANADA'S #1 PARCHMENT

**EVERYDAY KITCHEN
ESSENTIALS**
Prepared in Canada

\$4
• ALCAN® Classic Foil 50 ft
• ALCAN® Non-Stick Foil 25 ft
• Reynolds Kitchens® Unbleached
Parchment Paper 35 ft
20051862_EA

\$8
• ALCAN® Classic Foil 100 ft
• Reynolds Kitchens® Unbleached
Parchment Paper 75 ft
20030018_EA

Reference: Nielsen IQ August 2025 Data
Grocery Drug Mass Channel.

GET 7,500^{PC}
for every \$50*
spent on

\$7.50
back
in points

**OFFER DATES:
(DEC 4TH-10TH)**

GAP INC. BRANDS GIFT CARDS

OLD NAVY **ATHLETA**
BANANA REPUBLIC **GAP**

Subject to availability; selection may vary by store. We reserve the right to limit quantities. See gift card for details,
terms & conditions. Offer applies to every \$50 spent on Gap Inc. Brands gift cards in a single transaction in store or online at
www.giftchoice.ca/en. Must be a registered PC Optimum member and use email associated with PC Optimum account if purchased
online. Cannot be combined with any other gift card offers. One offer per PC Optimum account. Not valid on prior purchases.
No cash value. PC Optimum points cannot be redeemed toward the purchase of gift cards. We are not obligated to award points based
on errors or misprints. Points will be awarded within 2 weeks of qualifying online transactions. Subject to change.

**TRUSTED
SOFTNESS,
BETTER
TEAR**
*vs. leading US
1-ply bargain brand

\$18 Charmin
Bath Tissue, 12=48 roll, soft,
21707532_EA

NEW
12=48 MEGA
Charmin
Ultra Soft
Ultra Doux
Smooth Tear
Softness
Softness

**cleans
Better**

\$18 Charmin
Bath Tissue,
12=48 roll, strong,
21636641_EA

*vs. Leading Canada 2-ply bath tissue

12=48 MEGA
Charmin
Ultra Strong
Ultra Resistant
Cleans Better
Softness

**+50% MORE
ABSORBENT**
*vs. leading ordinary brand.

\$18 Bounty
Paper Towel,
Select A Size, 6=12 roll,
21670280_EA

6=12 Doubles
Bounty
Select A Size
Absorbent
Softness

**THICKER
AND MORE
ABSORBENT**
*vs. the leading US 2-ply napkin

\$11 Bounty
Napkin 400's,
21053171_EA

400
White
Blanc
Bounty
Napkins
The Quicker
Picker
Upper

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