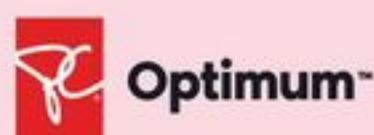


Moredays
Moredays
Moredays



Get more points

More savings, more deals, more points

This week only! Jan 29-Feb 4^{††}

For more deal offers visit
www.zehrs.ca or scan



Moredays

APP EXCLUSIVE OFFER

Member Only Price^{††}

\$3

Members
save
\$2

Non-Members
\$5

PC® VEGETABLES
SELECTED VARIETIES
FROZEN
300-750 G
20318915_EA
20314960_EA
[†]Open your PC Optimum™ app or
visit pcoptimum.ca to get the offer.



Moredays

APP EXCLUSIVE OFFER

Members get
2,000 (pts)

\$2
back
in points

\$12

PC® SPLENDIDO™
COLD PRESSED OR
COLD EXTRACTED
DELICATO EXTRA
VIRGIN OLIVE OIL
SELECTED VARIETIES
1 L
20081865_EA
21401612_EA
[†]Open your PC Optimum™ app or
visit pcoptimum.ca to get the offer.



**SAVE
UP TO \$1**

3.50

Moredays

APP EXCLUSIVE OFFER

Members get
3,000 (pts)
when you
buy 2

\$3
back
in points

**PC® OR
BLUE MENU®
ENTRÉES**
SELECTED VARIETIES
FROZEN
212-365 G
20309869_EA
20312253001_EA
[†]Open your PC Optimum™ app or
visit pcoptimum.ca to get the offer.



Moredays

Members get
1,500 (pts)
when you
buy 2

\$1.50
back
in points

\$5

**MISS VICKIE'S
KETTLE COOKED
POTATO CHIPS
OR SMARTFOOD
READY TO EAT
POPCORN**
SELECTED VARIETIES
150-250 G
20972859_EA
21240703_EA



Moredays

APP EXCLUSIVE OFFER

Members get
5,000 (pts)
for every \$10*
spent on

\$5
back
in points

**CHEERIOS, CHEX OR
OATMEAL CRISP**
SELECTED VARIETIES
300-1300 G
20679863_EA
21667577_EA
[†]Open your PC Optimum™ app or
visit pcoptimum.ca to get the offer.



^{††}From January 29–February 4, 2026, at across 4,500+ locations in Canada, the PC Optimum™ Moredays event will provide PC Optimum™ members with the opportunity to earn PC Optimum™ points through special offers and promotions across locations where PC Optimum™ points can be earned. For a list of participating locations and complete program details, please visit www.pcoptimum.ca/Moredays.

Optimum™ **Moredays**

Members get
3,000 (pts)
when you
buy 2

\$3
back
in points

3²⁹-9⁴⁹

SILK YOGURT 625-650 G,
NON-DAIRY BEVERAGES 1.74-1.89 L,
CREAMERS 450-890 ML OR
SO DELICIOUS 266 ML/500 G
21310391_EA
20315090001_EA



Optimum™ **Moredays**

Members get
4,500 (pts)
for every '\$20*'
spent on

\$4⁵⁰
back
in points

STARBUCKS COFFEE,
NESPRESSO, NESCAFÉ
CONCENTRATES 500 ML OR
CARNATION HOT CHOCOLATE
CANISTERS 400/450 G OR
PODS 450 G
SELECTED VARIETIES
21041744_EA
21169344_EA



Optimum™ **Moredays**

Member Only Price™

\$6

Non-Members

\$7

Members
save
\$1



MASTRO DELI SLICED
SALAMI
SELECTED VARIETIES
125-150 G
21061096_EA
21061099_EA



Optimum™ **Moredays**

APP EXCLUSIVE OFFER

Members get
1,500 (pts)

\$1⁵⁰
back
in points

\$4

ZIGGY'S® SLICED
DELI MEATS
SELECTED VARIETIES
175 G
21590279_EA
21592461_EA

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



Optimum™ **Moredays**

Members get
1,000 (pts)

\$1
back
in points

\$4

CHAPMAN'S SUPER
PREMIUM PLUS
ICE CREAM
SELECTED VARIETIES
FROZEN
500 ML
21511200_EA
21511147_EA



PROUDLY CANADIAN

Zehrs™

\$3⁹⁹ LB



PC® WHOLE CHICKEN
AIR CHILLED
6.61/KG
20089413_KG

6⁹⁹ LB

INSIDE ROUND STEAK
FAMILY SIZE OR ROAST
CUT FROM CANADA AA OR USDA
SELECT GRADE BEEF OR HIGHER
15.41/KG
20812494_KG
20812701_KG

SAVE UP TO \$2.49/LB./EA.

\$9⁹⁹ LB./EA.

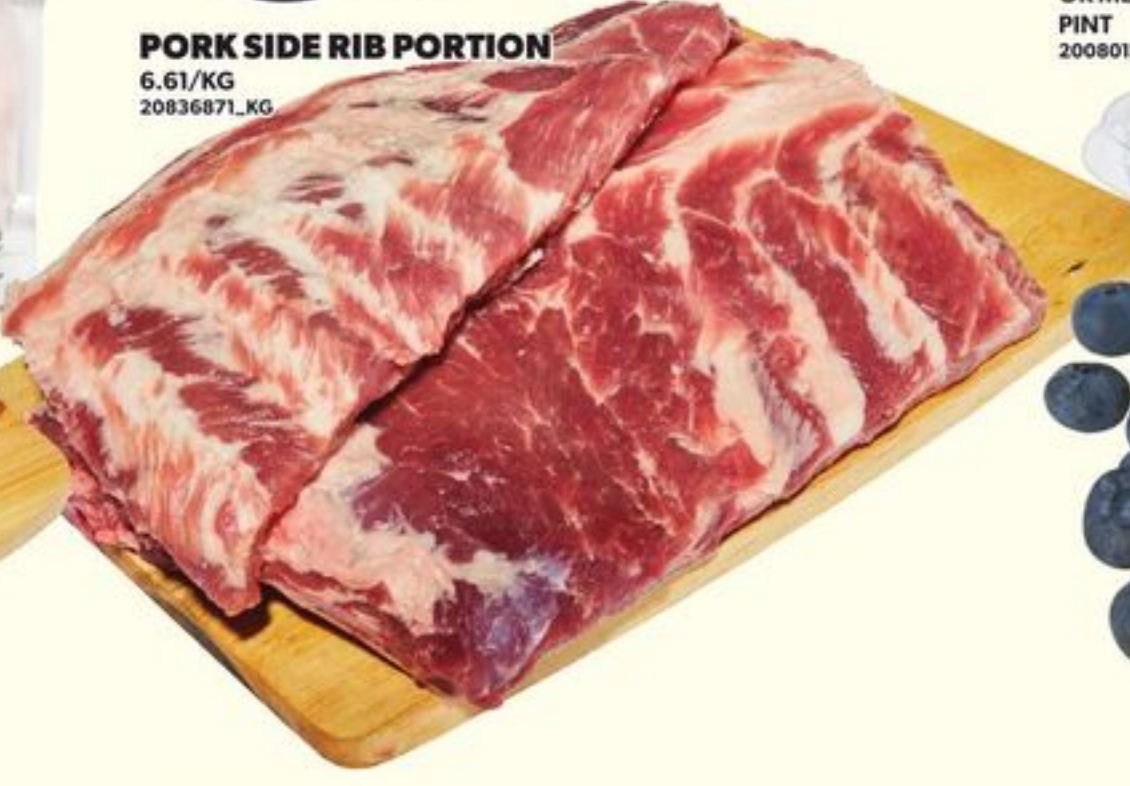
FRESH ASC TILAPIA
FILLET \$9 LB 19.84/KG OR
PC® PACIFIC LARGE
WHITE SHRIMP \$9 EA.
RAW OR COOKED, PEELED OR
RAW ZIPPERBACK® 31-40 PER LB
400 G FROZEN
20897812_EA
20791381_EA



SAVE 33%

\$3⁹⁹ LB

PORK SIDE RIB PORTION
6.61/KG
20836871_KG



3⁷⁷

BLUEBERRIES
PRODUCT OF MOROCCO
OR MEXICO
PINT
20080137001_EA



PINT

SAVE 50%

1⁴⁸ LB

RED PRINCE APPLES
PRODUCT OF ONTARIO,
CANADA FANCY GRADE
3.26/KG
20037628001_KG



7⁷⁷

RED MANGO
PRODUCT OF PERU
CASE
21047849_EA



1²⁵

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



\$8

SWISS CHALET OR
MONTANA'S PORK
BACK RIBS, LOU'S OR
MANDARIN ENTRÉES
SELECTED VARIETIES,
FULLY COOKED
375-650 G
21668141_EA
21699144_EA



1²⁵

NO NAME®
POTATO CHIPS
SELECTED VARIETIES
200 G
21302821_EA
21302793_EA



2⁹⁷

CLASSICO
PASTA SAUCE
SELECTED VARIETIES
410/600 ML
20317317001_EA
20325609003_EA



\$3



D'ITALIANO BREAD
SELECTED VARIETIES
AND SIZES
21567005_EA
21596468_EA



\$3

MADE GOOD
GRANOLA BARS,
DRIZZLED, MORNINGS
OR RICE CRISP BARS
SELECTED VARIETIES
120-150 G
20797052001_EA
21352121_EA



6⁵⁰

LIBERTÉ GREEK
TUBS 650/750 G OR
YOPLAIT SOURCE
16X100 G
SELECTED VARIETIES
20317317001_EA
20642273_EA



\$21

EQUIVALENT TO
88c
PER BOTTLE

GATORADE OR
POWERADE
SPORTS DRINK
SELECTED VARIETIES
24X591 ML
20954130_C24
20325703_C24



12⁸⁸

T&T® THAI
JASMINE RICE
8.2 KG
20705590_EA



4⁵⁰

PC® FROZEN FRUIT
SELECTED VARIETIES
300-600 G
20312227_EA
21377841_EA



Flyer prices effective from Thursday, January 29th to Wednesday, February 4th, 2026. SEE BACK PAGE FOR DETAILS.



Get more on **Moredays**

More savings, more deals, more points
This week only! Jan 29-Feb 4**

Moredays

Members get
2,000 pts

\$2
back in points

\$10

**PC® CHOCOLATE
BASQUE OR
BASQUE
CHEESECAKE**
FROZEN
600 G
21687935_EA



Moredays

Members get
1,000 pts

when you
buy 2

\$1
back in points

2/\$8

OR
\$5 EA.
**FRIED
TORTILLA CHIPS**
450 G
21534615_EA



Moredays

Members get
4,000 pts

for every '12*
spent on

\$4
back in points

**NATURE VALLEY
GRANOLA BARS**
SELECTED VARIETIES
130-210 G
21235804_EA
21675994_EA



Moredays

Members get
3,000 pts

when you
buy 2

\$3
back in points

\$4

**PEARL MILLING
COMPANY
PANCAKE MIX**
905 G OR ORIGINAL
SYRUP 710 G
SELECTED VARIETIES
21384573_EA
21391619_EA



Moredays

Members get
10,000 pts

for every '25*
spent on

\$10
back in points

**JAMIESON
VITAMINS OR
SUPPLEMENTS**
SELECTED VARIETIES
AND SIZES
20299993_EA
20303216001_EA



Moredays

Members get
7,500 pts

for every '15*
spent on

\$7.50
back in points

**SCRUBBING
BUBBLES
BATHROOM
CLEANERS,
FANTASTIK,
WINDEX
CLEANERS, OR
SHOUT STAIN
REMOVERS**
SELECTED SIZES
AND VARIETIES
21666832_EA
20071729_EA



\$3

**CAVENDISH
FRIES OR SPECIALTY
POTATOES**
SELECTED VARIETIES
FROZEN
400-750 G
20318915_EA
21685114_EA



6.75

**PC® ORANGE JUICE
2.5 L OR STOK COLD
BREW COFFEE 1.42 L**
SELECTED VARIETIES
21203739_EA
21531644_EA



6.50

**CRACKER BARREL
CHEESE BARS 400 G OR
SHREDS 250-320 G**
SELECTED VARIETIES
21290384_EA
21290616_EA



\$6

**CHAPMAN'S
FROZEN YOGURT
OR SORBET**
SELECTED VARIETIES
FROZEN
2 L
20314434001_EA
20529120001_EA



2.25

**UNICO PASTA
750 G, PASSATA
680 ML OR PRIMO
PASTA SAUCE 680 ML**
SELECTED VARIETIES
20165260_EA
20794707_EA



1.75

**AYLMER
TOMATOES
OR ACCENTS**
SELECTED VARIETIES
540/796 ML
21207587_EA
21207592_EA



\$7



**BECEL
MARGARINE**
SELECTED VARIETIES
637/850 G
21279389_EA
20297818002_EA



7.50

**STARBUCKS
COFFEE ENHANCER**
SELECTED VARIETIES
828 ML
21358473_EA
21436915_EA



2/\$15

LESS THAN 2
\$8.49 EA.

**COCA-COLA,
CANADA DRY OR
PEPSI SOFT DRINKS**
SELECTED VARIETIES
12X355 ML
20318694002_C12
20322361002_C12



**SAVE
UP TO 53%**



\$7

**CASHMERE
BATHROOM TISSUE
12 DOUBLE ROLLS OR
SCOTTIES FACIAL
TISSUE 6'S**
SELECTED VARIETIES
20318667_EA
21204739_EA



\$11

**TIDE DETERGENT
1.62-1.86 L/18-31'S
DOWNY/GAIN
FABRIC SOFTENER
1.66-2.63 L
DOWNY/GAIN/
IVORY SNOW
BEADS 303-379 G
OR DAWN LIQUID
2.21/2.64 L
SELECTED VARIETIES
21550428_EA
21593782_EA**



90¢

**FANCY FEAST
FRISKIES 156 G OR
CATFOOD**
SELECTED VARIETIES
20302296001_EA
20316703_EA
20319657001_EA



**PRICE
DROP†**

More ways to save

\$2

RUBICON JUICE
SELECTED VARIETIES
1 L
21529635_EA
21557702_EA



2.50

**DARE VEGGIE
CRISPS**
SELECTED VARIETIES
100 G
20973368_EA
21520207_EA



\$3

**PILLSBURY
TOASTER STRUDEL**
326 G OR
SCRAMBLES
204 G
SELECTED VARIETIES
FROZEN
20172664001_EA



3.50

**MOTT'S
CLAMATO JUICE**
SELECTED VARIETIES
1.89 L
20318955002_EA



Zehrs

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

Please call Customer Relations at 1-866-541-6315 or visit our website at zehrs.ca for your store's hours and to see which Zehrs* locations do not participate in this flyer. Quantities and/or selection of items may be limited and may not be available in all stores. No rainchecks or substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We are not obligated to sell items based on errors or misprints in typography or photography. **Pricing:** All references to "Save, Was, Now, Savings, etc." are in comparison to our own regular prices. Savings on items shown may vary by store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. Coupons must be presented and redeemed at time of purchase. **Trademarks:** */** The trademarks, service marks and logos displayed in this flyer are trademarks of 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 zehrs.ca for full program details including redemption restrictions. Minimum redemption is 10,000 points. These offers cannot be combined with any other coupons, discounts, or promotions. No adjustments on previous purchases. We may modify or cancel offers without notice. Product availability may vary by store. While supplies last. **Points Offers:** Receive the specified points when you spend the qualifying amount on the listed products/categories before taxes, after discounts and redemptions, in a single transaction. Taxes apply on purchase amount after discounts. PC Optimum™ pricing is not valid in price match programs for participating Loblaws Inc. banner stores. **Outdoor/Seasonal Items:** Outdoor seasonal items (e.g., lawn and garden) may only be available at select stores. Please check your local store for pricing, limits, and availability. **†PRICE DROP Offer:** Valid in-store at participating locations from January 29 - February 25, 2026 before taxes and while quantities last. Applies only to select products. Offer may be modified or cancelled without notice. See in-store for full details.



ZEH BACK

freshness you can taste,
value you'll love

\$5

ORGANIC BLUEBERRIES
PRODUCT OF MEXICO, PERU,
CHILE OR MOROCCO OR
RASPBERRIES
PRODUCT OF MEXICO OR
U.S.A.
HALF PINT
20625647001_EA
20128938001_EA



3⁹⁹
LB

EXTRA LARGE

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



2.50
LB/EA.



GREENHOUSE TOMATOES ON THE VINE
2.50 LB 5.51/KG OR
ENGLISH CUCUMBERS
2.50 EA.
PRODUCT OF CANADA
20026703001_KG
20070132001_EA



SAVE 98¢
WHEN YOU BUY 2

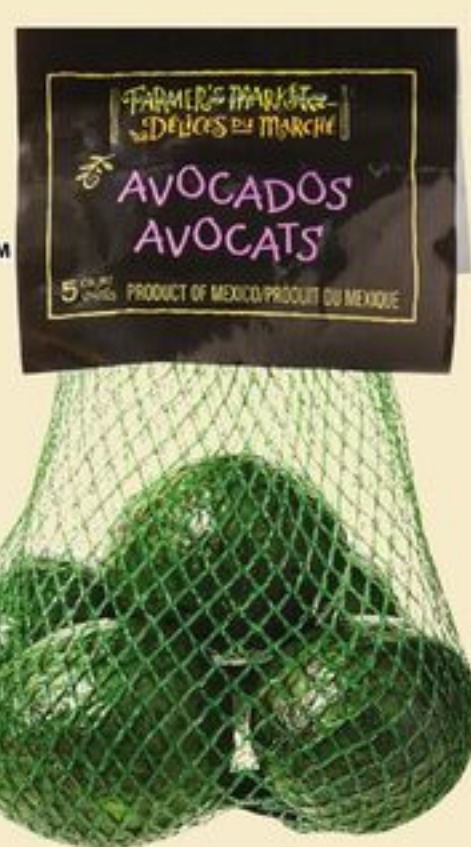
2/\$7

OR
\$3.99 EA.
GREEN KALE OR RAPINI
PRODUCT OF MEXICO
OR U.S.A.
20138805001_EA
20048070001_EA



\$4

FARMER'S MARKET™ AVOCADO BAG
PRODUCT OF MEXICO
5'S
21644936001_EA



1⁸⁸
LB



FUJI OR RED DELICIOUS APPLES
PRODUCT OF ONTARIO,
CANADA FANCY GRADE
4.14/KG
20310940001_KG
20073899001_KG



3⁵⁰



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



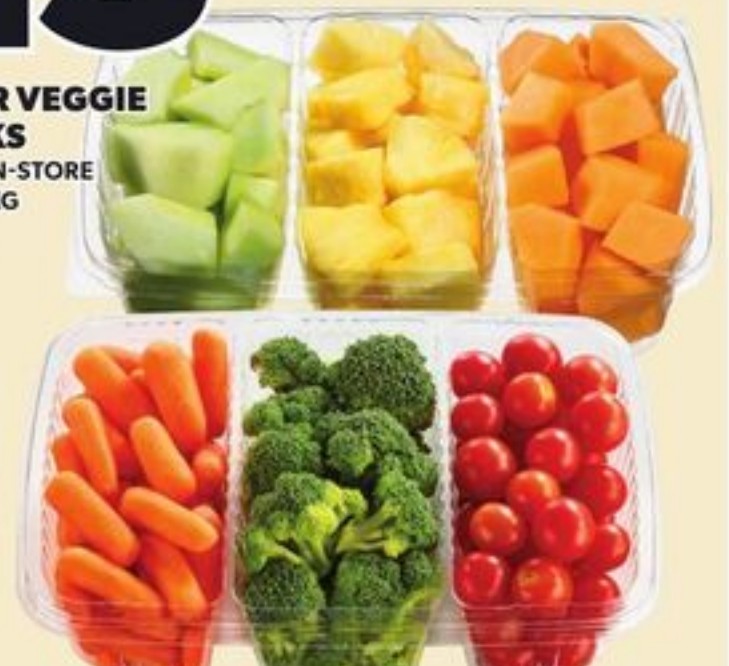
\$5

ROMAINE HEARTS
PRODUCT OF U.S.A.
3'S
20067389001_EA



\$13

FRUIT OR VEGGIE TRI PACKS
PREPARED IN-STORE
706 G-1.02 KG
20022119_EA
21209367_EA



\$25

PC® SIGNATURE GIFT BOUQUET
EACH
21436377_EA



\$15

SUCCULENT IN CLAY
SELECTED VARIETIES
5 INCH
21052595_EA



SAVE \$4
WHEN YOU BUY 2

2/\$20

OR
\$12 EA.
GERBERA DAISY BUNCH
ASSORTED VARIETIES
BUNCH
21437443_EA



8⁵⁰

GRASS FED EXTRA LEAN GROUND BEEF
450 G
21675592_EA



\$8

BEEF STIR FRY STRIPS
CUT FROM CANADA AA
GRADE BEEF OR HIGHER
250 G
21588067_EA



PREPARED IN-STORE

\$12



PC® CHICKEN DRUMSTICKS 8'S OR THIGHS BONE-IN 6'S
AIR CHILLED
21341035_EA
21341042_EA



air chilled

\$7

MAPLE LODGE ULTIMATE CHICKEN SAUSAGES
SELECTED VARIETIES
375-500 G
21378310_EA
21539970_EA



\$8



PC® NATURALLY SMOKED BACON
SELECTED VARIETIES
500 G
20057892_EA
20152629_EA



500 G

\$17

PINTY'S CHICKEN WINGS
SELECTED VARIETIES
FROZEN
720 G
21699550_EA
21699629_EA



GET 2,000⁺ back in points

\$2

find your catch in seafood

\$14
LB

YELLOWFIN TUNA STEAKS
PREVIOUSLY FROZEN
30.86/KG
20753134_KG



\$13

PC® BLUE MENU® WILD ARGENTINIAN SCALLOPS 80-150 PER LB
400 G OR **SEAQUEST® SHRIMP RING WITH MILD COCKTAIL SAUCE** 454 G
FROZEN
20076343_EA
21687413_EA



\$23

PKG OF 4

LOBSTER TAILS
2-3 OZ
FROZEN OR
PREVIOUSLY FROZEN
4'S
21240991_EA



National Croissant Day Friday January 30th

\$8 BUTTER CROISSANTS
12'S
21683000_EA



BAKED
IN-STORE

\$4

MINI CROISSANTS
10'S SELECTED VARIETIES
OR CHOCOLATE CROISSANTS 4'S
21527027_EA
21646636_EA
21646639_EA



BAKED
IN-STORE

\$6

ALL BUTTER CROISSANTS OR RAISIN BRIOCHE SWIRL
SELECTED VARIETIES 4'S
20761827_EA
21719417_EA



BAKED
IN-STORE

\$5

PREPARED IN CANADA

KIMBERLY'S FROSTED COOKIES
WHITE OR UNICORN
383 G
21190203_EA
21531404_EA



\$6

PREPARED IN CANADA

FARMER'S MARKET™ MINI DONUTS
SELECTED VARIETIES
264-342 G
21461952_EA
21461954_EA



SAVE \$1 WHEN YOU BUY 2

2/\$7

OR \$4 EA.

LARocca SLICES OR MARIE MORIN DESSERTS OR CHARLOTTE'S PARFAITS
SELECTED VARIETIES
90-212 G
21165251_EA
21624338_EA



\$6

PREPARED IN CANADA

SILVER HILLS BREAD
SELECTED VARIETIES AND SIZES
21047070_EA
21047166_EA



SAVE \$1.48 WHEN YOU BUY 2

2/7.50

OR \$4.49 EA.

CASA MENDOSA OR WONDER TORTILLAS
SELECTED VARIETIES
10 INCH
20318788_EA
20976626_EA



2.50

PREPARED IN CANADA

NO NAME® BAGELS
SELECTED VARIETIES
6'S
21666664_EA



5.50

Members get 4,000 when you buy 2

\$4 back in points

BABYBEL 6'S OR THE LAUGHING COW 8'S
SELECTED VARIETIES
20319107_EA
20574332_EA



in the mood for deli-cious

\$8

Members get 500

PREPARED IN CANADA

TRE STELLE RICOTTA 475 G, BOCCONCINI OR FETA 200 G
SELECTED VARIETIES
20024992_EA
20093652_EA



SAVE UP TO \$1.99

PREPARED IN CANADA

\$6

BRANDT LIVER SAUSAGE OR KOLBASSA SAUSAGE
SELECTED VARIETIES
250-300 G
20034492_EA
20353377_EA



SAVE 69¢/100 G

PREPARED IN CANADA

3.50

SERVICE CASE PILLERS SALAMI
SELECTED VARIETIES
20300824_KG



SAVE \$1

\$7

PC® GUACAMOLE
SELECTED VARIETIES
425 G
21448106_EA
21448102_EA



\$45-55

PARTY PLATTERS
SELECTED VARIETIES, MADE TO ORDER
1-2.7 KG
20894860_EA
20895023_EA



on the run, we got you

SAVE \$10

\$20

30 PIECE WINGS & WEDGES BUCKET
1.2-2 KG
21541872_EA
21541877_EA



SERVES 6

\$9

PREPARED IN CANADA

PC® PIE OR QUICHE
SELECTED VARIETIES
550-575 G
21682000_EA
21682154_EA



\$20

IN-STORE PREPARED PULLED PORK BUNS, GYRO OR FAJITA CHICKEN TACO TRAY
970G-1KG
21533648_EA
21696308_EA



daily deals

MONDAY
Chicken Dinner

\$15

ROTISSERIE CHICKEN DINNER COMBO FOR 2
900 G-1 KG
PAIRED WITH TWO SMALL SIDES OF YOUR CHOICE 134-454 G
PREPARED IN-STORE
21086336_EA



TUESDAY
Tender Tuesday

\$12

PREPARED IN CANADA

9-PIECE CHICKEN STRIPS
HOT OR CHILLED
870 G
21336699_EA
21336518_EA



WEDNESDAY
Hump Day Special

2/\$14

OR \$9 EA.
BUY ANY TWO INDIVIDUAL CHICKEN COMBOS WITH ONE SMALL SIDE EACH
361-530 G
21022536_EA/20697881_EA



THURSDAY
Quick Grabs

3/\$14

PREPARED IN CANADA

OR \$6-7 EA.
BUY ANY THREE IN-STORE PREPARED SINGLE SERVE SOFTY, WRAPS OR SUB SANDWICHES
180-299 G
20160224_EA
21623676_EA



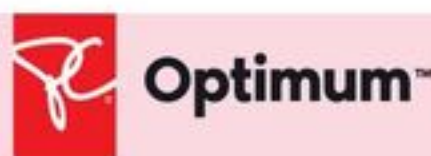
FRIDAY
Pizza Party

2/\$15

PREPARED IN CANADA

OR \$9-10 EA.
BUY ANY TWO IN-STORE PREPARED 12" TAKE AND BAKE PIZZA
SELECTED VARIETIES
21456415_EA
21456401_EA





Get more on

More savings, more deals, more points
This week only! Jan 29-Feb 4"

Moredays Moredays Moredays Moredays

Moredays

Members get **1,000^(pts)** when you buy 2

\$1 back in points

\$4

GREEN GIANT VEGETABLES OR SPECIALTY VEGGIES
SELECTED VARIETIES
FROZEN
283-750 G
21022355_EA
21660433_EA

Moredays

Members get **2,000^(pts)** when you buy 2

\$2 back in points

2/\$11

OR \$6.99 EA.

BEN & JERRY'S
473 ML OR
MAGNUM 3/4'S
SELECTED VARIETIES
FROZEN
20950739_EA
21428403_EA

Moredays

Members get **1,000^(pts)** when you buy 2

\$1 back in points

\$6

ORVILLE POPCORN 6/8'S OR KERNEL JAR
248-850 G
SELECTED VARIETIES
20308686_EA
20629532003_EA

Moredays

Members get **3,000^(pts)** when you buy 2

\$3 back in points

\$4-27

SUNRYPE GOOD BITES OR FRUIT TO GO BITES
SELECTED VARIETIES
112 G-1.11 KG
20305640001_EA
20872742_EA

Moredays

Members get **500^(pts)**

\$16

CRANK WHOLE BEAN COFFEE
SELECTED VARIETIES
340 G
21410099_EA
21410121_EA

Moredays

Members get **1,000^(pts)** when you buy 2

\$1 back in points

\$3

SWISS CHALET OR MONTANA'S READY TO SERVE SOUP
SELECTED VARIETIES
540 ML
21690570_EA
21313335_EA

Moredays

Members get **1,500^(pts)** when you buy 2

\$150 back in points

\$3

PRINGLES SUPER STACKS
SELECTED VARIETIES
148-156 G
21003823_EA
21003833_EA

Moredays

Members get **1,500^(pts)** when you buy 2

\$150 back in points

2/\$7

OR \$3.99 EA.

CHEEZ-IT BAKED SNACK CRACKERS
SELECTED VARIETIES
191/200 G
21214559_EA
21214560_EA

Moredays

Members get **3,000^(pts)** when you buy 2

\$3 back in points

2/\$8

OR \$5 EA.

LIBERTÉ MÉDITERRANÉE
500 G OR YOPLAIT SOURCE
630 G OR PROTEIN 650 G TUBS
SELECTED VARIETIES
21391318001_EA
21473714_EA

Moredays

Members get **5,000^(pts)** when you buy 3

\$5 back in points

5⁵⁰

HÄAGEN DAZS TUBS 414-450 ML, BARS 3/4'S, DRUMSTICKS 4'S OR CONFECTIONARY NOVELTIES 4-10'S
SELECTED VARIETIES
FROZEN
20322380003_EA
21513347_EA

Moredays

Members get **1,000^(pts)** when you buy 2

\$1 back in points

3⁵⁰

PEEK FREANS DIGESTIVE BISCUITS OR CADBURY FINGERS CHOCOLATEY COOKIE BISCUITS
SELECTED VARIETIES
114-350 G
20680381_EA
21631965_EA

Moredays

Members get **1,000^(pts)**

\$1 back in points

6⁴⁹

DARE GRISSOL MELBA TOAST OR BAGUETTES
FAMILY SIZE
SELECTED VARIETIES
220-400 G
20307218001_EA
21623511_EA

Moredays

Members get **2,000^(pts)**

\$2 back in points

4⁴⁹ - 6⁹⁹

WILD PLANET SARDINES
SELECTED VARIETIES
125-142 G
21559412_EA
21559421_EA

Moredays

Members get **2,000^(pts)**

\$2 back in points

24⁹⁹

PC® PAPER TOWEL
12 ROLLS
21558605_EA

Moredays

Members get **5,000^(pts)**

\$5 back in points

\$28

5 INCH ORCHID
SELECTED VARIETIES
21664246_EA

Moredays

Members get **3,000^(pts)** when you buy 2

\$3 back in points

8⁹⁹ - 64⁴⁹

WEBBER NATURALS OR SESAME STREET VITAMINS OR SUPPLEMENTS
SELECTED VARIETIES
AND SIZES
20783429_EA
21286687_EA

Moredays

Members get **10,000^(pts)** for every \$30* spent on

\$10 back in points

NATURE'S BOUNTY KIDS VITAMINS OR SUPPLEMENTS 60-175'S OR BOOST READY TO DRINK SHAKE OR KIDS NUTRITIONAL SUPPLEMENT 6X237 ML
SELECTED VARIETIES AND SIZES
21681253_EA
21020231_EA

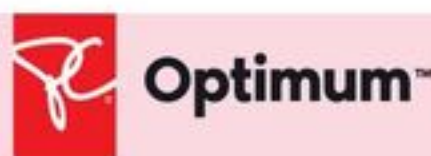
Moredays

Members get **3,500^(pts)** when you buy 2

\$3⁵⁰ back in points

11⁴⁹ - 46⁴⁹

L'IL CRITTER'S FIRST RESPONSE OR VITAFUSION VITAMINS OR SUPPLEMENTS
SELECTED VARIETIES AND SIZES
20867279_EA
20867280_EA



Get more on

More savings, more deals, more points
This week only! Jan 29-Feb 4"

Moredays Moredays Moredays Moredays

Moredays

Members get **3,000 pts** for every \$15* spent on

\$3 back in points

BILLY BEE HONEY
SELECTED VARIETIES
375 G-1 KG
20724507_EA/20726628_EA

Moredays

Members get **3,000 pts** for every \$6* spent on

\$3 back in points

QUAKER DIPPS AND CHEWY GRANOLA BARS
SELECTED VARIETIES
120-156 G
20847582_EA/21359366_EA

Moredays

Members get **3,000 pts** for every \$15* spent on

\$3 back in points

NUTELLA SPREADS 375 G-1 KG
OR **SNACKS** 138-208 G
20436105_EA/21457401_EA

Moredays

Members get **5,000 pts** for every \$10* spent on

\$5 back in points

KELLOGG'S PREMIUM CEREAL
317-525 G
21604270_EA
21651958_EA

Moredays

Members get **6,500 pts** for every \$30* spent on

\$6.50 back in points

VAN HOUTTE OR MCCAFÉ 10/48%
K-CUPS, VAN HOUTTE ROAST & GROUND 300-340 G, **MCCAFÉ ROAST & GROUND** 300-875 G, **WHOLE BEAN, INSTANT OR NESPRESSO, LAVAZZA K-CUPS** 345 G OR **KICKING HORSE** 10/30%
SELECTED VARIETIES
21238547_EA
21654384_EA

Moredays

Members get **3,000 pts** for every \$12* spent on

\$3 back in points

LECLERC CÉLÉBRATION COOKIES
SELECTED VARIETIES
200-350 G
21648530_EA
21680155_EA

Moredays

Members get **5,000 pts** for every \$15* spent on

\$5 back in points

OCEAN'S TUNA, GOLD SEAL CANNED FISH OR MILLIONAIRES SARDINES
SELECTED VARIETIES
80-418 G
21004270_EA
21005158_EA

Moredays

Members get **4,000 pts** for every \$12* spent on

\$4 back in points

RIO MARE CANNED FISH
SELECTED VARIETIES
100-320 G
20035383_EA
20971498_EA

Moredays

Members get **3,000 pts** for every \$9* spent on

\$3 back in points

MAYNARDS CANDIES OR CADBURY CHOCOLATE
SELECTED VARIETIES EXCLUDE EASTER & VALENTINES
308/315 G
21545817_EA
21648577_EA

Moredays

Members get **5,000 pts** for every \$10* spent on

\$5 back in points

KNORR GRAVY OR SAUCE MIX 22-48 G, BOUILLON CUBES OR POWDERS 63-250 G OR LIQUID CONCENTRATE 250 ML
SELECTED VARIETIES
20297436001_EA
20323323001_EA

Moredays

Members get **3,500 pts** for every \$15* spent on

\$3.50 back in points

CLUB HOUSE DRY GRAVY OR SAUCES, SEASONING BLENDS, SPICE BOTTLES OR TINS OR LA GRILLE SEASONINGS 11-825 G OR **FOOD COLOR OR VANILLA EXTRACTS** 43-250 ML
SELECTED VARIETIES
20308006002_EA
20323721001_EA

Moredays

Members get **3,000 pts** for every \$12* spent on

\$3 back in points

BAKERS CHOCOLATE SQUARES 170/225 G, **JELL-O POWDER** 9.01-85 G, **JELL-O PUDDING** 40-170 G, **MAGIC BAKING POWDER** 225/450 OR **SHAKE N BAKE COATING MIX** 142-160 G
SELECTED VARIETIES
20307001001_EA/20316019001_EA

Moredays

Members get **3,000 pts** for every \$10* spent on

\$3 back in points

BETTY CROCKER SUPERMOIST CAKE MIX 375-404 G OR **FROSTINGS** 340-450 G
SELECTED VARIETIES
20562641007_EA
21547837_EA

Moredays

Members get **4,000 pts** for every \$15* spent on

\$4 back in points

ROBIN HOOD OR FINE ROSES FLOUR 2.5 KG OR 5 KG OR **CARNATION EVAPORATED MILK** 354 ML OR **EAGLE CONDENSED MILK** 300 ML
SELECTED VARIETIES
20039497001_EA
20896887_EA

Moredays

Members get **5,000 pts** for every \$20* spent on

\$5 back in points

FRISKIES DRY CAT FOOD
SELECTED VARIETIES
1.4-7.5 KG
20686851_EA
20912590_C01

Moredays

Members get **10,000 pts** for every \$30* spent on

\$10 back in points

LYSOL CLEANERS OR LAUNDRY, OR FINISH DISHWASHER TABS
21487308_EA

Moredays

Members get **10,000 pts** for every \$40* spent on

\$10 back in points

TIDE OR GAIN LAUNDRY DETERGENT OR PODS, DOWNY OR GAIN LIQUID FABRIC SOFTENER, BOUNCE DRYER SHEETS OR DOWNY, GAIN OR IVORY SNOW BEADS, MR. CLEAN CLEANERS, CASCADE DISHWASHER TABS, DAWN DISH DETERGENT OR SWIFFER
21518479_EA
21593670_EA

Moredays

Members get **3,000 pts** for every \$15* spent on

\$3 back in points

COLGATE ORAL CARE PRODUCTS
ALL VARIETIES AND SIZES
21118930_EA
21166717_EA

JANUARY 29 - FEBRUARY 11

LAST CHANCE TO

SAVE BIG

WITH

FEWER
STAMPS

Supplies
are
limited!



Double Redemption

~~40~~ 20 =
stamps

Any **two pieces**
of Ovenware for
60%-80% off each!

COLLECT *& SAVE!* BIG

Offer available for redemption in-store and online at participating Loblaw banner stores until February 11, 2026. 20 digital or paper or a mix of both stamps must be presented to cashier at time of ovenware purchase. Stamps have no cash value and are non-transferrable. Ovenware selection and/or quantities may diminish as completed cards are redeemed. All sales are final. Ovenware is under warranty for 2 years from date of purchase. For full warranty information including warranty exclusions, product replacement process, FAQ's and complete offer details, visit pcoptimum.ca/collectandsave.

bursting with citrus goodness

Picked Fresh. Enhanced aroma, juiciness & flavour!
Stem & Leaf Clementines are distinguished by the presence of the natural green stem and leaf, which serves as a visual cue of freshness and careful handling. These clementines are typically harvested and packed with extra care, delivering a premium eating experience with every bite.

2⁸⁸
LB
**CLEMENTINE
STEM AND LEAF**
PRODUCT OF SPAIN
6.35/KG
20613483001_EA

\$7

**FARMERS MARKET™
MANDARINS**
PRODUCT OF MOROCCO
OR SPAIN
4 LB
20054025001_EA

\$8

**PC® CARA CARA
ORANGES**
PRODUCT OF MOROCCO
EACH
20697748001_EA

\$6

**FARMERS MARKET™
NAVEL ORANGES**
PRODUCT OF MOROCCO OR SPAIN
3 LB
20162945001_EA

\$6

**FARMER'S MARKET™
RED GRAPEFRUIT**
PRODUCT OF TURKEY
3 LB
20118409001_EA

2⁸⁸

RED POMELO
PRODUCT OF CHINA
EACH
20081390001_EA

\$4

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

\$6

**FARMERS MARKET™
LEMONS**
PRODUCT OF U.S.A.
2 LB
21124487001_EA

4⁹⁸
LB

SUMO MANDARINS
PRODUCT OF U.S.A.
10.98/KG
20562570001_KG

Our signature citrus sweets!

\$6

**BAKED
IN-STORE**

**IN-STORE
LEMON STRUDEL**
4'S
21571831_EA

\$30

**PREPARED IN
CANADA**

LA ROCCA 8" LEMON MOUSSE CAKE
21496168_EA

\$6

**PREPARED IN
CANADA**

**FARMERS MARKET™
LEMON POPPY
ICED LOAF CAKE**
344-400 G
21488954_EA

\$8

**PREPARED IN
CANADA**

**FARMERS MARKET™
LEMON SQUARES**
400/450 G
21216523_EA

\$6

**PREPARED IN
CANADA**

**FARMERS MARKET™
MUFFIN LEMON
POPPYSEED**
4'S
21639400_EA

9⁵⁰

**PREPARED IN
CANADA**

**FARMERS MARKET™
9" LEMON MERINGUE PIE**
21664315_EA

新年快樂 **Happy Lunar New Year**


APP EXCLUSIVE OFFER
 Open your PC Optimum® app or visit pcoptimum.ca to get the offer.
 Get **3,000 pts** for every \$15* spent on all T&T items
\$3 back in points



\$4 ^{LB}

CHICKEN LEGS
 BACK ATTACHED,
 FAMILY SIZE
 8.82/KG
 20153925_EG



4 ²⁸ ^{LB}

GRADE A DUCK
 FROZEN
 9.44/KG
 20078881_KG



SAVE 39¢
\$9
SEAQUEST®
 WHOLE TILAPIA
 1.36 KG OR WHOLE
POMPANO 800 G
 FROZEN
 21591947_EA/21592084_EA



SAVE \$1 ^{LB}
5 ⁸⁸
PORK BELLY
 PORTION
 SKINLESS
 12.96/KG
 207935024_KG



\$7
T&T® PACIFIC WHITE SHRIMP RAW HOSO
 30-40 PER LB 400 G OR
 COOKED 21-25 PER LB 300 G
 FROZEN
 216998200_EA
 21699868_EA



2 ⁸⁸
KJ FROZEN DUMPLINGS
 SELECTED VARIETIES
 380 G
 21357897_EA



8 ⁸⁸
TSURU MAI BROWN RICE
 2 KG
 20037468_EA



16 ⁸⁸
DAN-D PAK CASHEWS
 SALTED OR UNSALTED
 908 G
 20314862001_EA
 20314862002_EA



\$5
FLYING GOOSE SRIRACHA SAUCE
 730 ML
 21499017_EA



4 ⁸⁸
COCK BRAND SWEET CHILI SAUCES
 20149074_EA



1 ²⁸
LOTTE PEPERO
 SELECTED VARIETIES
 32-50 G
 20876313_EA
 20876314_EA



12 ⁸⁸
BILLY BEE HONEY RED CAP
 SELECTED VARIETIES
 1 KG
 20528715_EA



1 ⁵⁰
NONGSHIM BOWL NOODLES
 SELECTED VARIETIES
 86 G
 20087422003_EA
 2030211001_EA



\$11
KNORR CHICKEN BROTH MIX
 1 KG
 20154074_EA



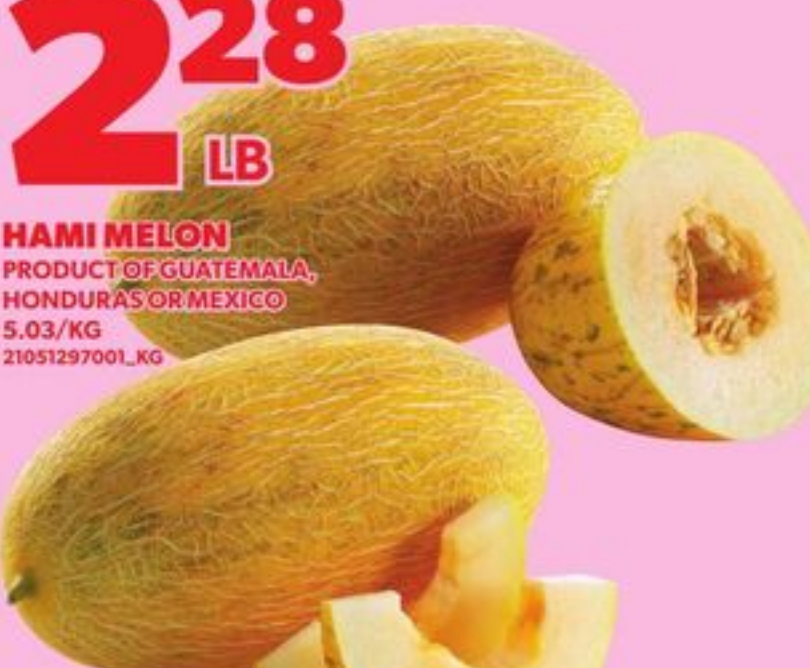
Fresh Fortune
1 ⁸⁸ ^{LB}
ASIAN YELLOW PEARS
 PRODUCT OF CHINA
 4.14/KG
 20035618001_KG



2 ⁴⁸ ^{LB}
LOTUS ROOT
 PRODUCT OF CHINA
 5.47/KG
 20048557001_KG



SAVE 22¢ ^{LB}
2 ²⁸ ^{LB}
HAMI MELON
 PRODUCT OF GUATEMALA,
 HONDURAS OR MEXICO
 5.03/KG
 21051237001_KG



1 ⁹⁸
ATAULFO MANGO
 PRODUCT OF MEXICO
 20121509001_EA



Lucky Blossoms
\$25
LUNAR NEW YEAR BOUQUET
 SELECTED VARIETIES
 21410571_EA



15 ⁸⁸
MONEY TREE
 20613472_EA



\$28
5 INCH ORCHID
 SELECTED VARIETIES
 21664246_EA



TU BISHVAT

Shop value-friendly holiday essentials.

2/\$5

OR
\$3 EA.

POMEGRANATE
PRODUCT OF ISRAEL
OR TURKEY
20134767001_EA



**SAVE
UP TO \$2⁹⁹**

\$23

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



Optimum

Members-Only Price™

3⁹⁹

Non-members

8⁹⁹

**KEDEM SPARKLING
GRAPE JUICE** 750 ML
OR **KEDEM GRAPE
JUICE LARGE** 1.8 L
SELECTED VARIETIES
20034185006_EA
20314022001_EA



\$11

**CROWN
CINNAMON BUNS**

454 G
20109501_EA



\$4

**PRIGAT OR KLIYAT GAT
SUNFLOWER SEEDS**

SELECTED VARIETIES
200 G
20070700_EA
21029523_EA



3⁵⁰

PIERRE BONNE JAM

SELECTED VARIETIES
250 G
21174021_EA
21176102_EA



2⁶⁹

**WACKY MAC FOULDS
MAC & CHEESE** 156 G

OR **GEFEN RED BEETS,
VACUUM PACK**

SELECTED VARIETIES

20122898_EA

21028955_EA



\$3

**GALIL SUN DRIED
FIGS GARLAND**

227 G
21032580_EA



1⁶⁹

**TUSCANINI OLIVES
PITTED POUCH**

SELECTED VARIETIES
30 G
21637400_EA



3²⁵

**MOTOLA
CUCUMBERS**

SELECTED VARIETIES
670 G
20214491001_EA



8⁹⁹

**CROWN NATURAL
PURE HONEY** 375 G OR

**ZETA EXTRA VIRGIN
OLIVE OIL** 250 ML

SELECTED VARIETIES
21055631_EA
21543933_EA



\$3

CERES JUICE

SELECTED VARIETIES
1 L
20130429_EA



1⁷⁹

**TUSCANINI LEMON
JUICE** 200 ML OR **OSEM**

**BAMBA HAZELNUT
FILLING** 60 G

21527498_EA
21450729_EA



4⁹⁹

**BE MY MATE FRUIT
BARS**

96 G
21701720_EA



6⁴⁹

**ARTESANAL
TREATS BITES**

SELECTED VARIETIES
136 G
21706805_EA
21706846_EA



99¢

**WHITE ROCK
SELTZER**

SELECTED VARIETIES
1 L
20620205007_EA



1⁶⁷

**GALIL RICE OR
CORN CAKES**

SELECTED VARIETIES
100 G
21059192_EA



3⁹⁹

**MAN WAFERS
CHOCOLATE LARGE**

500 G
20299591001_EA



\$3

**ELITE TURKISH
ROASTED GROUND
COFFEE**

100 G
20714292_EA



5⁴⁹

ACHVA TAHINI

SELECTED VARIETIES
500 G
20122784001_EA



7⁹⁹

WALDEN FARM SYRUP

SELECTED VARIETIES
355 G
20300207_EA



ITEMS AVAILABLE AT THE FOLLOWING ZEHR'S LOCATIONS:

472 BAYFIELD ST., BARRIE, 1045 PAISLEY RD., GUELPH, 6940 MORRISON ST., NIAGARA FALLS, 750 OTTAWA ST. S., KITCHENER, 450 ERB ST. W., WATERLOO, 5890 MALDEN RD. AND 7201 TECUMSEH RD. E, WINDSOR.

your one-stop grocery shop

\$6

QUAKER MUFFIN OR COOKIE MIX
750-900 G OR
OAT FLOUR
SELECTED VARIETIES
20431064001_EA
21674263_EA

PROTEIN MUFFIN
OATMEAL CHOCOLATE CHIP
9g PROTEIN
20g FIBRE
750 g

HELLMANN'S REAL MAYONNAISE OR CHICKEN WING DIP
340-445 ML OR
PC® PICKLES 1 L
SELECTED VARIETIES
20433560001_EA
21591867_EA

Moredays
Members get **5,000 pts** when you buy 2
\$5 back in points

\$7

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

CHEESY DOUBLE DECKER TACO
TACO CRAWLERS KIT
ADD YOUR PROTEIN
481 g

CRUNCHWRAP SUPREME
ADD YOUR PROTEIN
481 g

4⁵⁰

OLD EL PASO DINNER KITS
SELECTED VARIETIES
309-510 G
20795468_EA
20795300_EA

FAJITA
400 g

HARD TACO
NEW & IMPROVED Taste!
250 g

5⁵⁰

HELLMANN'S REAL MAYONNAISE OR CHICKEN WING DIP
340-445 ML OR
PC® PICKLES 1 L
SELECTED VARIETIES
20433560001_EA
21591867_EA

BREAD & BUTTER SUCRÉS
SWEET PICKLES COMBINATION SUCRÉS
PRODUCT OF INDIA-PRODUCT D'INDIE
348 mL

\$2

SWISS CHALET CANNED GRAVY
SELECTED VARIETIES
284 ML
21080164_EA
21080165_EA

SWISS CHALET
Hot chicken sandwich
HOMESTYLE GRAVY
SAUCE
STYLE MAISON pour hot chicken
284 mL

DIPPING SAUCE À TREMPETTE
284 mL

SAVE 98¢ WHEN YOU BUY 2

2/\$5

OR \$2.99 EA.

NO NAME® CANNED FRUIT
SELECTED VARIETIES
398 ML
20618836_EA
20628585001_EA

fruit cocktail
in mixed fruit juice from concentrate
CHOICE OF GRAPE
398 mL 14 fl oz

clingstone peach slices
in juice from concentrate
GRADE 1
14 fl oz

4⁵⁰

PC® PICKLES
SELECTED VARIETIES
500 ML
20074106_EA
20324478_EA

BREAD & BUTTER SUCRÉS
SWEET PICKLES COMBINATION SUCRÉS
PRODUCT OF INDIA-PRODUCT D'INDIE
348 mL

HOT & ZESTY PIQUANTS
RED & GREEN HOT PICKLES COMBINATION SUCRÉS & PIQUANTS
PRODUCT OF INDIA-PRODUCT D'INDIE
348 mL

2⁷⁵

NO NAME® WAFFLES
SELECTED VARIETIES
FROZEN
8'S
20316375001_EA
20316375002_EA

blueberry waffles
Simple

original waffles
Simple

280 g

\$4

HARDBITE POTATO CHIPS
SELECTED VARIETIES
150 G
20370855001_EA

Hardbite
HANDCRAFTED-STYLE CHIPS
CROUSTILLES STYLE ARTISANAL

ALL NATURAL
Nothing Artificial. Non-difflé. GF. 150 g

SAVE UP TO \$1⁵⁰

Moredays
Members get **1,000 pts** when you buy 2
\$1 back in points

\$7

DR OETKER SUPREMA 475-520 G
OR **GIUSEPPE STUFFED CRUST PIZZA** 685-771 G
PIZZA OR HIGH LINER FISH OR SHRIMP 315-700 G
SELECTED VARIETIES
FROZEN
20303200001_EA
21649640_EA

suprema
SALAME ROMANO
407 g

FISH STICKS
Crispy Breaded
700 g

SAVE \$2⁹⁸ WHEN YOU BUY 2

Moredays
Members get **5,000 pts** when you buy 4
\$5 back in points

2/\$11

OR \$6.99 EA.

HEALTHY CHOICE STEAMERS OR SIMPLY ENTRÉES
SELECTED VARIETIES
FROZEN
255-306 G
20318160005_EA
20974539_EA

Healthy Choice Steamers
Grilled Chicken Marinara
Poulet grillé marinara
255 g

\$6

MCCAIN DEEP 'N DELICIOUS CAKES 510 G OR
PC® CHOCOLATE COVERED FRUIT 200 G
SELECTED VARIETIES
FROZEN
20310132002_EA
21544055_EA

Milk Chocolate Chocolat au lait
STRAWBERRIES-FAISIES

Deep'n'Delicious
CAKES
200 g

\$4

CHAPMAN'S MARKDALE CREAMERY ICE CREAM 2 L
OR **COLLECTION NOVELTIES** 6/8'S
SELECTED VARIETIES
FROZEN
20315236001_EA
20323757001_EA

CHAPMAN'S
CANADIAN-SANDEENNE
Collection
Ice Cream Crème glacée
2L

MARKDALE CREAMERY
ICE CREAM - CRÈME GLACÉE
Vanille
2L

\$6

SCHNEIDERS® BREAKFAST BITES OR SANDWICHES
SELECTED VARIETIES
FROZEN
204-288 G
21623187_EA
21623288_EA

Breakfast Bites
Bouchées déjeuner
10g

Fast Sandwiches
16g

EGG with SPINACH, RED PEPPER & PARMESAN
ŒUF avec ÉPINARD, POIVRON ROUGE ET PARMESAN

16⁹⁹

BUDWEISER ZERO NON-ALCOHOLIC BEER
SELECTED VARIETIES
12X355 ML
21295370_C12

Budweiser ZERO
FULL-FLAVOURED ZERO ALCOHOL BEER

\$9

FERRERO ROCHER OR COLLECTION HEART
8'S
20131802001_EA
20718470_EA

FERRERO ROCHER

FERRERO COLLECTION

SAVE \$1⁰⁸ WHEN YOU BUY 2

2/5⁵⁰

OR \$3.29 EA.

HERSHEY'S CHOCOLATE BARS
SELECTED VARIETIES
90-120 G
20683743_EA
21452986_EA

HERSHEY'S COOKIES 'N' CREME
100 g

Reese's
PEANUT BUTTER CUP
100 g

\$5

OASIS 100% JUICE BLENDS
SELECTED VARIETIES
8X200 ML
20944313_EA
21004459_EA

OASIS Hydra Fruit
60% LESS SUGAR
8 X 200 mL

\$10

ROYALE BATHROOM TISSUE
12 DOUBLE ROLLS OR
FACIAL TISSUE 6'S
SELECTED VARIETIES
21363770_EA
21618478_EA

Royale
CARBON FIBRE
Velour
14% more softness
24

Original
soft touch
24

\$21

CASHMERE BATHROOM TISSUE
SELECTED VARIETIES
24-72 ROLLS
21818945_EA
21443648_EA

Cashmere
Ultra
24

PREPARED IN CANADA

\$22

PURINA ONE CAT FOOD
SELECTED VARIETIES
3 KG
21235341_EA

PURINA ONE
INDOOR ADVANTAGE®
NATURAL
3 kg



DIGITAL COUPONS

UP TO
\$50
IN TOTAL
VALUE

More offers. More points.

**CLICK FOR THESE
COUPONS AND MORE**



6,000 points

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

Ends on February 4th, 2026



5,000 points

**When you spend \$30 or more
on meal kits, sandwiches,
prepackaged salads,
cold case salads, soups,
pizza, quiches, pies or wings**

Ends on February 4th, 2026



5,000 points

**When you spend \$20
or more on deli meat &
cheese, selected varieties
and sizes**

Ends on February 4th, 2026



5,000 points

**When you spend \$30 or
more on Pet Department,
includes pet food, treats,
toys & supplies**

Ends on February 4th, 2026



5,000 points

**When you spend \$30 or
more on vitamins and
supplements**

Ends on February 4th, 2026



1,500 points

**PC® Pacific large white shrimp
raw or cooked peeled or raw
Zipperback® 31-40 per lb 400 g or
SeaQuest® whole tilapia 1.36 kg or
whole pompano 800 g frozen**

Ends on February 4th, 2026



500 points

**Life Brand
liquid hand soap
340 mL**

Ends on February 4th, 2026



\$2 off

**no name® flour
selected varieties
10 kg**

Ends on February 4th, 2026



1,000 points

**When you buy 2 or more
no name® tomatoes
selected varieties
796 mL**

Ends on February 4th, 2026

live well, spend less

SAVE UP TO

20%

DOVE BODY WASH 905/950 ML OR BAR SOAP 12X106 G
SELECTED VARIETIES
\$13-17
21220383_EA/21436871_EA



4⁵⁰

LIMIT 6
AFTER LIMIT
5.99 EA.

NIVEA BODY WASH
500 ML OR DEODORANT
ROLL-ON 50 ML OR
ANTIPERSPIRANT 51/52 G
SELECTED VARIETIES
20321421004_EA/21169899_EA



SAVE UP TO

15%

IVORY BODY WASH
OR BAR SOAP
SELECTED VARIETIES
AND SIZES
2.89-7.49
21432577_EA
20860346002_EA



5⁵⁰

LIMIT 6
AFTER LIMIT
5.99 EA.

CREST TOOTH PASTE
63-200 ML, SCOPE
PRO HEALTH
OR KIDS 500 ML
MOUTHWASH OR
ORAL-B MANUAL
TOOTHBRUSH 1'S OR
FLOSS PICKS 75'S
SELECTED VARIETIES
21506728_EA/1568343_EA



6⁵⁰

LIMIT 6
AFTER LIMIT
7.49 EA.

SENSODYNE
OR PRONAMEL
TOOTH PASTE
SELECTED VARIETIES
110/135 ML
20247931002_EA
20432268002_EA



\$6

LIMIT 6
AFTER LIMIT
8.49 EA.

LISTERINE
CLASSIC 1 L OR
KIDS 500 ML
MOUTHWASH
SELECTED VARIETIES
20348438001_EA
21356391_EA



2/\$8
OR
\$5.49 EA.

DEGREE BAS
ANTIPERSPIRANT
SELECTED VARIETIES
48-85 G
20296452001_EA
20303942001_EA



SAVE UP TO \$2.49

\$5

AXE BODY SPRAY 113 G,
DEODORANT 76/85 G OR
BODY WASH 473 ML
SELECTED VARIETIES
21042562_EA/21336066_EA



3⁵⁰

LIMIT 6
AFTER LIMIT
4.29 EA.

COLGATE PREMIUM
ADULT AND KIDS
TOOTH PASTE 70-150 ML OR
COLGATE MANUAL
TOOTHBRUSH EA.
SELECTED VARIETIES
20697448001_EA/21166685_EA



5⁵⁰

DOVE HAIRCARE
SELECTED VARIETIES
AND SIZES
21018398_EA/21644833_EA



5⁵⁰

HAIR EXPERTISE
OR WHOLE BLENDS
SHAMPOO OR
CONDITIONER
SELECTED VARIETIES AND SIZES
20941723_EA/21647282_EA



Members get
6,000 pts
when you
spend *15* on

\$6
back in points

NICE'N EASY,
NATURAL INSTINCTS
OR COLOR STRONG
HAIR COLOUR
SELECTED VARIETIES
21082577_EA/21165379_EA



\$9

OGX, MAUI OR
AVEENO HAIR CARE
SELECTED VARIETIES AND SIZES
20846852_EA/21165324_EA



SAVE UP TO

15%

OLAY SUPER SERUM,
REGENERIST MOISTURIZERS
OR TREATMENTS
SELECTED VARIETIES AND SIZES
21236887_EA



SAVE UP TO

20%

AVEENO
BODY LOTIONS
SELECTED VARIETIES
AND SIZES
20102023003_EA
20301106_EA



live well, spend less

SAVE
UP TO

20%

**NEW NORDIC 30-60'S OR
IRON KIDS CHILDREN'S
60-120'S VITAMINS
OR SUPPLEMENTS
SELECTED VARIETIES AND SIZES**
21707937_EA/20431749001_EA



SAVE
UP TO

25%

**LIFE BRAND VITAMINS
OR SUPPLEMENTS
SELECTED VARIETIES AND SIZES**
21286148_EA/21138896_EA



SAVE
UP TO

20%

**BOOST READY TO
DRINK SHAKES
SELECTED VARIETIES
AND SIZES**
20986361_C06
20990880_C06



SAVE
UP TO

15%

**RESTORALAX
POWDER
119-765 G,
RESTORALAX
FIBRE
GUMMIES
30-140'S
SELECTED VARIETIES
AND SIZES**
20159213_EA
21380900_EA



\$16

**ALEVE OR ASPIRIN
CAPLETS, TABLETS,
GELS OR CHEWS
SELECTED VARIETIES AND SIZES**
21362248_EA/21532770_EA



SAVE
UP TO

15%

**LIQUID I.V. HYDRATION
MULTIPLIER SACHETS
SELECTED VARIETIES AND SIZES**
21592444_EA/21592485_EA



SAVE
UP TO

20%

**U BY KOTEX
TAMPONS
SELECTED VARIETIES
AND SIZES**
21291897_EA
21291969_EA



\$15

**ALWAYS PADS
26-62'S OR LINERS
116-216'S OR TAMPAX
TAMPONS 38-50'S
SELECTED VARIETIES
AND SIZES**
21374646_EA
21606690_EA



\$18

**TENA
UNDERWEAR
OR BRIEFS
SELECTED VARIETIES
AND SIZES**
21033778_EA
21099261_EA



78⁹⁹

**ENFAMIL A+ NEUROPRO OR
GENTLELEASE READY TO FEED
FORMULA SELECTED VARIETIES**
18X 237 ML
21590060_EA/21590568_EA



4/\$5
OR
1.49 EA.

**PC® ORGANICS
BABY FOOD POUCH
SELECTED VARIETIES**
128 ML
21056742_EA
20651248002_EA



\$4

**BABY GOURMET
ORGANIC
PUFFIES, BARS OR
CRUNCHY CROCS
BABY SNACKS
SELECTED VARIETIES**
35-90 G
21444273_EA
21672201_EA



34⁹⁹

**HUGGIES ECONO
PACK DIAPERS
SELECTED VARIETIES
SIZE N-7, 60-200'S**
21456492_EA
21456748_EA



36⁹⁹

**PULL-UPS ECONO PACK
TRAINING PANTS
SELECTED VARIETIES**
66-104'S
21021423_EA
21021427_EA



59⁹⁹

**SIMILAC 360
TOTAL CARE
INFANT FORMULA
LARGE TUBS
SELECTED VARIETIES**
859 G
21697863_EA
21697886_EA



cheers & chill

beers, ciders & ready to drink



13⁸⁹

**BUDWEISER
OR BUD LIGHT**
6X473 ML TALL CANS
20955258_C06
20944739_C06



27⁵⁹

COORS ORIGINAL
12X473 ML CANS
21626691_C12



27⁶⁹

MOLSON CANADIAN
12X473 ML CANS
21626675_C12



14⁹⁹

MICHELOB ULTRA
6X473 ML CANS
21097258_C06



26⁶⁹

CORONA EXTRA
12X330 ML BOTTLES
21336940_C12



9²⁹

PABST BLUE RIBBON
6X355 ML CANS
20511426_C06



13⁹⁹

COORS LIGHT
6X473 ML CANS
20946471_C06



1⁹⁹

LAKER LAGER
473 ML CAN
20954637_EA



Only at the following Zehrs locations (unless otherwise stated) : 30 King St. S., Alliston, 11 Bryne Dr., 620 Yonge St. and 607 Cundles Rd. E., Barrie, 487 Queen St. S., Bolton, 400 Conestoga Blvd. and 180 Holiday Inn Dr., Cambridge, 322 Argyle St. S., Caledonia, 800 Tower St. S., Fergus, 160 Kortright Rd. W., 297 Eramosa Rd. and 1045 Paisley Rd., Guelph, 24018 Woodbine Ave. RR# 2, Keswick, 300 Main St. E., Kingsville, 750 Ottawa St. S. and 1375 Weber St. E., Kitchener, 600 Mitchell Rd. Hwy 23 S., Listowel, 6940 Morrison St., Niagara Falls, Heritage Mall 50 - 4th Ave., Orangeville, Fairview Mall 285 Geneva St. and 221 Glendale Ave. at Hwy 406, St. Catharines, 865 Ontario St., Stratford, 323 Toronto St. S., Uxbridge, 450 Erb St. W. and 555 Davenport Rd., Waterloo, 5890 Malden Rd. and 7201 Tecumseh Rd. E., Windsor.

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 zehrs.ca for store hours.

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

ZEH ONLINE ALC

For your valentine

Discover more value this Valentine's Day



Optimum Moredays

Members get **3,000** pts for every \$12* spent on

\$3 back in points

VALENTINES DAY TOYS AND ACCESSORIES
SELECTED VARIETIES
21679102_EA
21679328_EA
21679529_EA
21680800_EA
21681769_EA



\$3

VALENTINES DAY GOODIES
SELECTED VARIETIES
21681092_EA
21679273_EA
21679997_EA



\$4

VALENTINES DAY EXCHANGE CARDS
SELECTED VARIETIES
21679328_EA/21679330_EA



\$10

VALENTINES DAY PLUSH
SELECTED VARIETIES
21682394_EA
21682395_EA



\$19

VALENTINES DAY PLUSH
SELECTED VARIETIES
21681921_EA
21681922_EA



Optimum

Members-Only Price™

\$40

Non-members

\$50

JUMBO VALENTINES DAY PLUSH
SELECTED VARIETIES
21681769_EA
21681770_EA

Members save **\$10**



for your home

**BUY ONE (1)
GET ONE (1)
50% OFF**

PC® METAL BAKEWARE OR BAKEWARE SETS
SELECTED VARIETIES
21154308_EA/21494818_EA
21101332_EA



SAVE UP TO

20%

PC® BAKING KITCHEN GADGETS
SELECTED VARIETIES
21345387_EA/21345408_EA
21355564_EA/21345430_EA



**SPEND \$20
GET \$5 OFF**

LIFE AT HOME™ DRINKWARE, DINNERWARE OR SERVEWARE
SELECTED VARIETIES
\$4-30
21666837_EA/21666739_EA



\$10

EVERYDAY ESSENTIALS™ TROWS
SELECTED VARIETIES
21680103_EA/21680150_EA



7⁵⁰

**LIMIT 4
AFTER LIMIT
\$10 EA.**

EVERYDAY ESSENTIALS™ CUSHIONS
SELECTED VARIETIES
21675977_EA
21676038_EA



2/\$30

OR \$18 EA.

PC® HYGRO COTTON BATH TOWELS
SELECTED VARIETIES
EACH
21306987_EA



JOE FRESH

THIS WEEK'S
TOP DEALS



Moredays

Jan. 29 - Feb. 4



Open the app
to get your
offers.



Members get

20,000 pts

for every \$60 spent
on **apparel***

25% off

Sleep Styles*

Ends February 4
Excludes Clearance and Brands



NOW
\$12
~~\$16~~
Sleep T-Shirt

NOW
\$39

~~\$49~~
SoftWash Cropped
Sweatshirt



\$10 Off

Women's Active Sweatshirts & Joggers*

Regular Price \$39 - \$49
Ends February 4
Excludes Clearance and Brands

\$5 Off

FIFA World Cup 2026™ Styles*

Regular Price \$35 - \$45
Ends February 4
Excludes Clearance



NOW
\$30
~~\$35~~
Adult FIFA World Cup 2026™
Canada Jersey

EVEN MORE ONLINE & IN-STORE

SHOP NOW

* Visit www.joefresh.com/offerdetails for full details.

START YOUR

ACTIVIA®

GUT HEALTH CHALLENGE

21

ACTIVIA EVERY DAY

14

DAYS

Optimum™

\$3

back in points

APP EXCLUSIVE OFFER

Earn

3,000 pts

for every \$10 spent in Activia products*

get entered to win**

10 MILLION pts

That's like

\$10,000!

NEW

\$4

Activia® Expert - 4 x 100 g
21688261_EA/21687900_EA

NEW

\$6.50

Activia® Expert - 750 g
21688207_EA

\$7.50

Activia® - 12 x 100 g
20303412001_EA

\$4.50

Activia® - 650 g
20325132003_EA

\$7

Activia® - 8 x 93 mL
21520253_EA

*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer. Earn 3,000 PC Optimum™ points for every \$10 spent on participating Activia products. Product availability may vary by store. We reserve the right to limit quantities. We are not obligated to award points based on errors or misprints. Points apply to items sold at individual units and are not awarded per unit when the unit is part of a case pack or variety pack. No cash value. Offer valid from January 1st to February 18th, 2026.

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**NO PURCHASE NECESSARY. Open to Canadian resident PC Optimum members who are 14 years or older. Contest ends February 18, 2026 at 12:00 am ET. Members can get an entry for every \$10 spent on any eligible Activia products at participating Atlantic Superstore, Dominion Fortinos, Loblaws, Maxi, No Frills, Provigo Le Marché, Shoppers Drug Mart, Valu-Mart, Real Canadian Superstore, Wholesale Club, Your Independent Grocer and Zehrs locations and scan their PC Optimum card at the time of purchase. Prize of 10,000,000 PC Optimum points to be won (that's like \$10,000 CDN in value when redeemed each). Limit of one prize per member. Must correctly answer mathematical skill-testing question. Odds of winning a prize depends on total number of eligible entries received. For full rules/details and how to enter without purchase, visit www.pcoexpress.ca/pcocontest-danone.

PACK YOUR MORNING WITH PROTEIN

19G OF PROTEIN*

\$7.25

Oikos® - 650 g, 750 g
21305945_EA

3/\$12

Oikos® - 4 x 95 g, 4 x 100 g
20625055_EA
20419715001_EA

\$3.50

Oikos® Pro™ - 300 mL
21651846_EA

*As part of a complete breakfast and balanced diet. Per 175 g serving.

10-HOUR BREW

BOLD AND SMOOTH TASTE

\$7.50

Stok® - 142 L
21203737_EA/21203739_EA

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YOU COULD WIN A \$25,000 ICELAND SPA ESCAPE

ENTER TODAY!

BUY
 SNAP
 UPLOAD TO ENTER

NEW

\$7

siggis® SKYR YOGURT
650 - 750 G
SELECTED VARIETIES
21553804_EA

NEW

\$4.50

siggis® SKYR YOGURT
4 X 100 G
SELECTED VARIETIES
21651914_EA/21589925_EA

*No Purchase necessary. Correct answer to skill-testing question required from potential winners. Contest starts on Dec 16, 2025, at 12:00:01 a.m. Eastern Time (EST) and ends on March 12, 2026, at 11:59:59 p.m. ET. There is one (1) Grand Prize available to be won by random draw, consisting of a \$25,000 CAD cash prize. One form of entry for your chance to win is to purchase any Participating Product, submit the purchase receipt, and complete the entry form at www.siggiscontest.ca. For all participating products and full rules, including no purchase entry details, visit: www.siggiscontest.ca. Odds of winning the Prize depends on the number of eligible entries received. Contest is open to Canadian residents in Canada who have reached the age of majority in their province or territory at the time of entry. ©2026 Lactalis Canada. All rights reserved. Trademarks owned or used under license by Lactalis Canada, Toronto ON, M9C 5J1.

NEW

\$3.75

iöGO CREAMY DUOS YOGURT, 650 G
SELECTED VARIETIES
21659444_EA

\$9

iöGO CREAMY, 0% OR LACTOSE-FREE YOGURT, 16 X 100 G
SELECTED VARIETIES
20609583001_EA/216622847_EA

\$11

iöGO CREAMY YOGURT 2 KG
SELECTED VARIETIES
20636092_EA

\$3.25

iöGO nano DRINKABLE YOGURT 6 X 93 ML
SELECTED VARIETIES
21690943_EA/2060660700_EA

\$6

ASTRO BLAKAN YOGURT 12 X 100 G
SELECTED VARIETIES
2030507001_EA

\$4.50

ASTRO BLAKAN YOGURT 750 G
SELECTED VARIETIES
201952260100_EA/2019533001_EA

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 Canada AA grade beef or higher
21588067_EA

pork stir fry strips
21588095_EA

chicken stir fry strips
21588091_EA

fontaine santé

PREPARED IN CANADA

FUEL YOUR OLYMPIC WATCH PARTY!

\$4

Traditional Hummus 260 g
20501132_EA

\$4

Chili-Spiced Hummus 283 g
21667282_EA

\$4

Greek Olive Hummus 283 g
21669685_EA

ONT ONLINE 6

TASTE OF SUPER BOWL

All trademarks and logos are property of their respective owners.

Buy all four for \$28:

- 30 piece wings & wedges bucket (1.2 - 2 KG, 21541872_EA)
- + PepsiCo Beverages (1 L, selected varieties 20040201001_EA)
- + Ruffles® potato chips or Doritos® tortilla chips (180 - 235 G 21241052_EA)
- + Farmer's Market Mini Cupcakes 12'S (selected varieties, 21643619_EA)

ELEVATE YOUR KOMBUCHA

Rise Kombucha
414 mL
21439309_EA/21295362_EA

CANADA'S FAVOURITE KOMBUCHA

\$4

Heat, Plate & Celebrate

Keep Traditions Simple With Flavour Worth Sharing

BEN'S ORIGINAL™ BISTRO EXPRESS™
JASMINE RICE (240-250 g)
selected varieties
21405472_EA

3/10⁵⁰

BEN'S ORIGINAL™
Basmati & Jasmine Rice (1.6 kg)
selected varieties
21397550_EA

\$10

BEN'S ORIGINAL™
CONVERTED Long Grain Rice (2.2 kg)
selected varieties
21535549_EA

\$9

Serving suggestion.
© 2026 Mars or Affiliates.

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

\$18

Charmin
Bath Tissue, 12=48 roll, soft, 21707532_EA

Cleans Better

\$18

Charmin Bath Tissue, 12=48 roll, strong, 21636641_EA

*vs. Leading Canada 2-ply bath tissue

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

\$18

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

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

\$11

Bounty
Napkin 400's, 21053171_EA

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Mobile that doesn't break the bank.

Plans starting from \$20/month