

weekly deals

\$3

GREEN GIANT VEGETABLES
400-750 G OR **MCCAIN**
SUPERFRIES OR SPECIALTY
POTATOES 454-800 G
SELECTED VARIETIES FROZEN
20324328002_EA
21022302_EA



4⁵⁰

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

APP EXCLUSIVE OFFER*

PC Optimum

GET

1,000

\$1

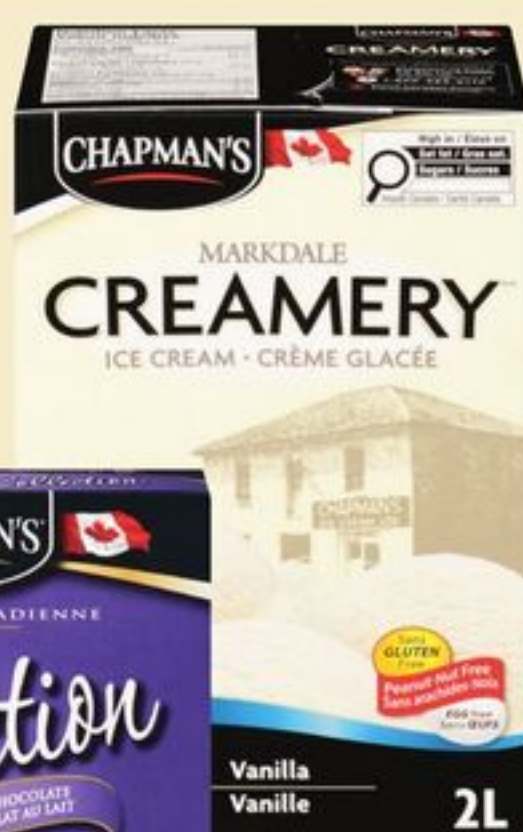
back
in points



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

\$4

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



SAVE
37%

1²⁵

NO NAME® BROTH
SELECTED VARIETIES
900 ML
21189610_EA
21189611_EA



\$2

NO NAME® PASTA
SELECTED VARIETIES
900 G
20315613003_EA
20315613002_EA



6⁵⁰



DANONE ACTIVIA 12X100 G,
EXPERT 750 G OR
DEL MONTE JUICE 2.5 L
SELECTED VARIETIES
20303412001_EA
21595736_EA



**SAVE
UP TO \$2.49**



\$6

**PC® DELI CHEESE
SLICES** 140-170 G OR
PC® NATURAL SELECTIONS
SLICED DELI MEATS
TURKEY, CHICKEN
OR HAM 175 G
SELECTED VARIETIES
20216643_EA
20310580_EA



\$3

**COUNTRY HARVEST
BREAD**
SELECTED VARIETIES
AND SIZES
21433366_EA
21693323_EA



**SAVE
\$1.50**

\$6

KRAFT PEANUT BUTTER
SELECTED VARIETIES
750 G-1 KG
20039581001_EA
20039581003_EA



\$3



**MADE GOOD BARS,
GRANOLA, MORNINGS,
MINIS, RICE CRISPS OR
DRIZZLE BARS**
SELECTED VARIETIES
120-150 G
20797052001_EA
21352121_EA



**PROUDLY CANADIAN
OWNED & OPERATED**



Independent™
Your Independent Grocer

SAVE 30%

\$3 ^{LB}



CHICKEN LEGS
BACK ATTACHED,
FAMILY SIZE
6.61/KG
20153925_KG

SAVE 99¢ LB

3.50 ^{LB}

PORK SIDE RIB PORTION
7.72/KG
20854497_KG

\$12 ^{LB}



**FRESH STEELHEAD
TROUT FILLETS**
26.46/KG
FRESH SEAFOOD ITEMS
SUBJECT TO AVAILABILITY
21025003_KG

2.99 ^{LB}

COSMIC CRISP APPLES
PRODUCT OF U.S.A., US EXTRA
FANCY GRADE OR PC® EXTRA
**LARGE GREEN OR RED
SEEDLESS GRAPES**
PRODUCT OF PERU, NO. 1 GRADE
6.59/KG
21240884001_KG
20425775001_KG



**EXTRA
LARGE**



\$10

PC® BLACK TIGER SHRIMP
RAW ZIPPERBACK®
16-20 PER LB FROZEN
400 G
20801192_EA



2.22 ^{EA./LB}

ENGLISH CUCUMBERS 2.22 EA.
PRODUCT OF WESTERN PROVINCES OR
GREENHOUSE TOMATOES
ON THE VINE 2.22 LB 4.89/KG
PRODUCT OF CANADA OR MEXICO
20070132001_EA
20026703001_EA

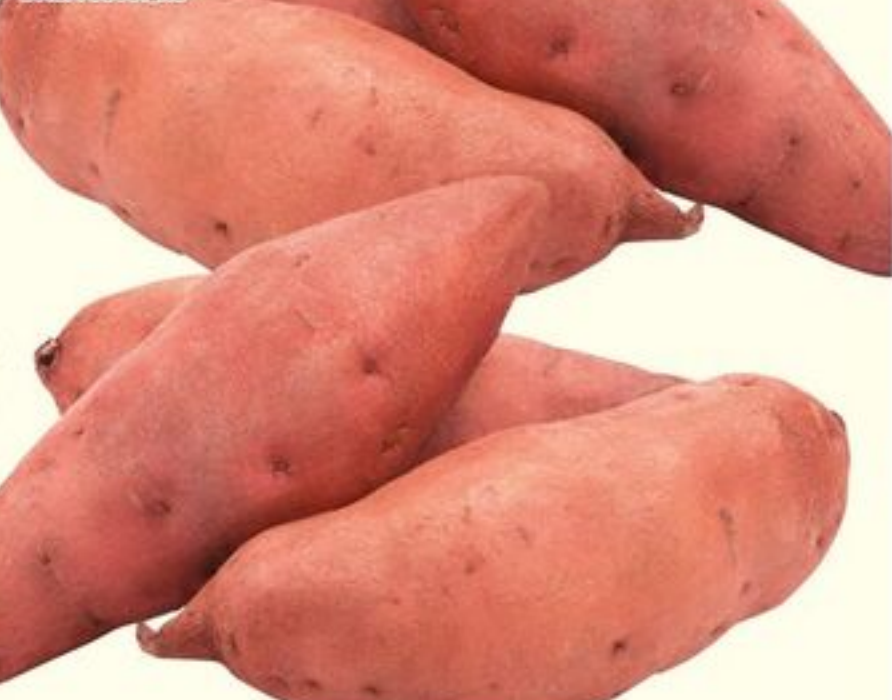


SAVE 50¢ LB

1.50 ^{LB}



SWEET POTATOES
PRODUCT OF CANADA
3.31/KG
20127708001_KG



**SAVE
\$4.99**

\$20

PC® GROUND COFFEE
SELECTED VARIETIES
900-920 G
21393874_EA
21393978_EA



**SAVE
\$1.98**

WHEN YOU BUY 2

2/\$11

OR
\$6.49 EA.

**PC® OR BLUE MENU®
SPARKLING WATER**
SELECTED VARIETIES
12X355 ML
20668034002_C01
20668034001_C01



**GET
3,000** ^{pts}

\$3 ^{back in points}



5.97



**CRACKER BARREL
CHEESE BARS OR
SHREDS** 250-400 G OR
**BLACK DIAMOND
CHEESE SNACKS**
252-336 G
SELECTED VARIETIES
20763661_EA
21290384_EA



\$4

**NO NAME®
WINDSHIELD
WASH**
-35°C
3.78 L
20720431_EA



**LIMIT 4
AFTER LIMIT
4.50 EA.**

1.79

**ANNIE'S
MAC & CHEESE**
SELECTED VARIETIES
149-170 G
20811201_EA
20316187001_EA



11.99

**817 ELEPHANT
PURE BASMATI RICE**
4 KG
20787524_EA



APP EXCLUSIVE OFFER*

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

GET 3,000 ^{pts}

\$3 ^{back in points}

for every \$15* spent on T&T® products



Flyer prices effective from Thursday, January 8th to Wednesday, January 14th, 2026. **SEE BACK PAGE FOR DETAILS.**

WB WW WY 1

SAVE \$2.97 WHEN YOU BUY 3

3/\$12

OR \$4.99 EA.

DANONE OIKOS
SELECTED VARIETIES
4X100 G
20419715001_EA
20419715004_EA

PREPARED IN CANADA

SAVE UP TO 34%

3⁵⁰

LACTANTIA OR DAIRYLAND CREAM
SELECTED VARIETIES
473 ML-1 L
20073927_EA
21443531_EA

PREPARED IN CANADA

SAVE UP TO 37%

\$5

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

FREE TOQUE / TUQUE GRATUITE

\$5

NESTLÉ DRUMSTICK 4'S, NOVELTIES 4-10'S OR TUBS 1.5 L
SELECTED VARIETIES
FROZEN
20322380001_EA
20324757003_EA

SAVE UP TO 41%

\$5

KRAFT MIRACLE WHIP 650-890 ML OR HEINZ KETCHUP 750 ML-1 L
SELECTED VARIETIES
20069000_EA
20296861001_EA

SAVE UP TO 37%

\$3

OCEAN'S WHITE TUNA OR GOLD SEAL PINK SALMON
SELECTED VARIETIES
170/213 G
21005158_EA
21186867_EA

SAVE UP TO \$1

\$3

DARE BEAR PAWS, WAGON WHEELS OR VIVA PUFFS OR ULTIMATE COOKIES
SELECTED VARIETIES
168-300 G
21080779_EA
20025850002_EA

\$12

JANES FISH 450-590 G OR PC® OR BLUE MENU® ENTRÉES 2/2.27 KG
SELECTED VARIETIES
FROZEN
20134930_EA
21793969_EA

CLUB PACK • FORMAT CLUB

SAVE UP TO 36%

3⁵⁰

CRAVE OR KRAFT DINNER ENTRÉES 200-340 G OR PC® OR BLUE MENU® ENTRÉES 212-365 G
SELECTED VARIETIES
FROZEN
20312253001_EA
21085515_EA

SAVE UP TO \$1.50

7⁵⁰

NESCAFÉ GOLD INSTANT COFFEE 100 G OR STARBUCKS NESPRESSO COMPATIBLE CAPSULES 10'S
SELECTED VARIETIES
21074565_EA
21240795_EA

SAVE 58¢ WHEN YOU BUY 2

2/\$3

OR \$1.79 EA.

PC® SOFT DRINKS
SELECTED VARIETIES
2 L
20311645004_EA

Optimum Members-Only Price

13⁹⁹

Non-members **23⁹⁹**

PUREX BATHROOM TISSUE 20=60 ROLLS OR SPONGE TOWELS PAPER TOWELS 6=12 ROLLS
SELECTED VARIETIES
21188700_EA
21677740_EA

Members save \$10

PREPARED IN CANADA

\$11

TIDE DETERGENT 1.62-1.86 L PODS, FLINGS 18-31'S, DOWNY OR GAIN FABRIC SOFTENER 1.66-2.63 L, DOWNY, GAIN OR IVORY SNOW BEADS BEADS 303-379 G OR DAWN LIQUID 2.21/2.4 L
SELECTED VARIETIES
20945097_EA
21550428_EA
21593782_EA

PRICE DROP ‡ More ways to save

\$3

INDOMIE INSTANT NOODLES
SELECTED VARIETIES
5'S
20686719_EA
21094981_EA

3⁵⁰

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

2⁵⁰

CLIF BUILDERS PROTEIN BARS 20 G OF PROTEIN
SELECTED VARIETIES
56-68 G
2030133001_EA
21610264_EA

\$1

WHISKAS CAT FOOD
SELECTED VARIETIES
75 G
20945097_EA
20945388_EA

Independent CUSTOMER RELATIONS 1-800-296-2332. VISIT yourindependentgrocer.ca FOR STORE HOURS.

Please call Customer Relations at 1-800-296-2332 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 January 1 - January 28, 2026 before taxes and while quantities last. Applies only to select products. Offer may be modified or cancelled without notice. See in-store for full details.



WB WW WY BACK

freshness you can taste,
value you'll love

\$3 LB

BROCCOLI CROWNS
PRODUCT OF U.S.A. OR MEXICO
6.61/KG
2002161001_EA



2/\$6
OR
\$3.49 EA.

**PC® ORGANICS
WHOLE CREMINI
OR WHITE
MUSHROOMS**
PRODUCT OF CANADA
227 G
21021565_EA
21021499_EA



5.50

PINT

BLUEBERRIES PINT,
PRODUCT OF MEXICO, PERU,
CHILE OR MOROCCO OR
NO NAME®
STRAWBERRIES 340 G
PRODUCT OF CANADA
20080137001_EA
21591906001_EA



\$8

**NO NAME® NATURALLY
IMPERFECT™
MIXED PEPPERS**
PRODUCT OF MEXICO
2.5 LB BAG
20921434001_EA



\$5

PINEAPPLE
PRODUCT OF COSTA RICA
EACH
20160992001_EA



\$5

CANTALOUPE,
PRODUCT OF GUATEMALA
OR HONDURAS
EACH
20167017001_EA



\$5

**PC® LITTLE GEMS™
MIXED, RED OR
YELLOW MINI
POTATOES**
PRODUCT OF CANADA,
CANADA NO. 1 GRADE
680 G
21247301001_EA
21247299001_EA



\$5

**PC® ORGANICS
SALAD MIX**
SELECTED VARIETIES
PRODUCT OF U.S.A.
142 G
20305277_EA
20314039_EA



\$13

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



\$10

**INTERMEDIATE
ROSES**
ASSORTED COLOURS
9 STEM
215862981_EA



\$12

4 INCH CALLA LILY
EACH
21638136_EA



\$25

**PC® SIGNATURE
GIFT BOUQUET**
EACH
21436377_EA



\$28

5 INCH ORCHID
SELECTED VARIETIES
21607618_EA



\$13 LB

**SIRLOIN TIP
OVEN ROAST**
CUT FROM CANADA AA
OR USDA SELECT GRADE
BEEF OR HIGHER
28.66/KG
20825943_KG



\$8

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



**PREPARED
IN-STORE**

\$7 LB



**PC® FREE FROM™
SPLIT CHICKEN
WINGS**
TIPS REMOVED,
AIR-CHILLED; FAMILY SIZE
15.43/KG
20821170_KG



\$7 LB

PORK SAUSAGES
SELECTED VARIETIES
15.43/KG
20709048_KG
20709042_KG



**PREPARED
IN-STORE**

7.50

**BUTTERBALL
TURKEY BACON**
375 G
20016865_EA



\$8

**BEYOND MEAT
PLANT-BASED**
SELECTED VARIETIES
FROZEN
226-400 G
21220674_EA
21300103_EA



find your catch in seafood

\$10 LB

**FRESH ASC TILAPIA
FILLETS**
22.05/KG
20897812_KG



\$11

**PC® SHRIMP
APPETIZERS**
SELECTED VARIETIES
FROZEN
294-454 G
20135874_EA
20080117_EA



\$7

**SEAQUEST® BAY
SCALLOPS UNCOOKED**
100-150 PER LB 400 G OR
FROZEN Bay Scallops
WATERVIEW® Calamari
MARKET CRISPY Calamari UNCOOKED
300 G
FROZEN
21558527_EA
214547072_EA



bakery deals rising daily

\$5



ACE BISTRO LOAF
SELECTED VARIETIES
545-640 G
21616156_EA



\$4



MINI CROISSANTS
10'S SELECTED VARIETIES OR
CINNAMON RAISIN
BREAD 550 G
20729432_EA
21646636_EA



BAKED
IN-STORE

4⁵⁰



KAISER OR
PANINI ROLLS
SELECTED VARIETIES
6'S
21579824_EA
21579825_EA



BAKED
IN-STORE

\$6



FARMER'S MARKET™
OR SIMPLE JOY SLICED
LOAF CAKES
SELECTED VARIETIES
344-400 G
21488954_EA
21624666_EA



\$7



FARMER'S MARKET™
COOKIES
SELECTED VARIETIES
12'S
20566294_EA
20566295_EA



\$6

MINI BRAIDED
STRUDELS OR
MAPLE PECAN
DANISH
SELECTED VARIETIES
4'S
21068290_EA/21464137_EA



BAKED
IN-STORE

\$6



PC® NAAN DIPPERS
CLUB SIZE
400 G
20999700_EA



\$4

SCHOOL SAFE
MUFFIN BARS
SELECTED VARIETIES
296 G
21363224_EA



\$3



PC® FLATBREAD
220/300 G OR
SURAJ® NAAN 5'S
SELECTED VARIETIES
20910042_EA
21050380_EA



Optimum™

Members-Only Price™

\$8

Members save \$4



in the mood for deli-cious

\$12

Non-members

\$8

Members-Only Price™

\$12

Non-members

\$8

Members-Only Price™

\$12

Non-members

\$8

Members-Only Price™

\$12

Non-members

\$8

Members-Only Price™

\$12

Non-members

\$8

Members-Only Price™

\$12

Non-members

\$8

Members-Only Price™

\$12

Non-members

\$8

SCHNEIDERS
250-375 G OR
MITCHELL'S 450 G
PEPPERETTES
SELECTED VARIETIES
20976093_EA
21196171_EA



\$9



OKA
SELECTED VARIETIES
190 G
20920756_EA
20921279_EA



\$7

CASTELLO HAVARTI,
CHEDDAR OR BLUE
CHEESE
SELECTED VARIETIES
125-200 G
20428574_EA
21158086_EA



\$3



PC® CHICKEN
SERVICE CASE
DELI MEATS
20301114_KG



\$4⁵⁰



Non-members

\$6

Members-Only Price™

\$4⁵⁰

Non-members

\$6

Members-Only Price™

\$4⁵⁰

Non-members

\$6

Members-Only Price™

\$4⁵⁰

Non-members

\$6

Members-Only Price™

\$4⁵⁰

Non-members

\$6

Members-Only Price™

\$4⁵⁰



2/\$10



OR \$6 EA.

DAIYA DAIRY FREE
CHEESE
SELECTED VARIETIES
AND SIZES
170-227 G
21207740_EA
21660590_EA



on the run, we got you

\$9

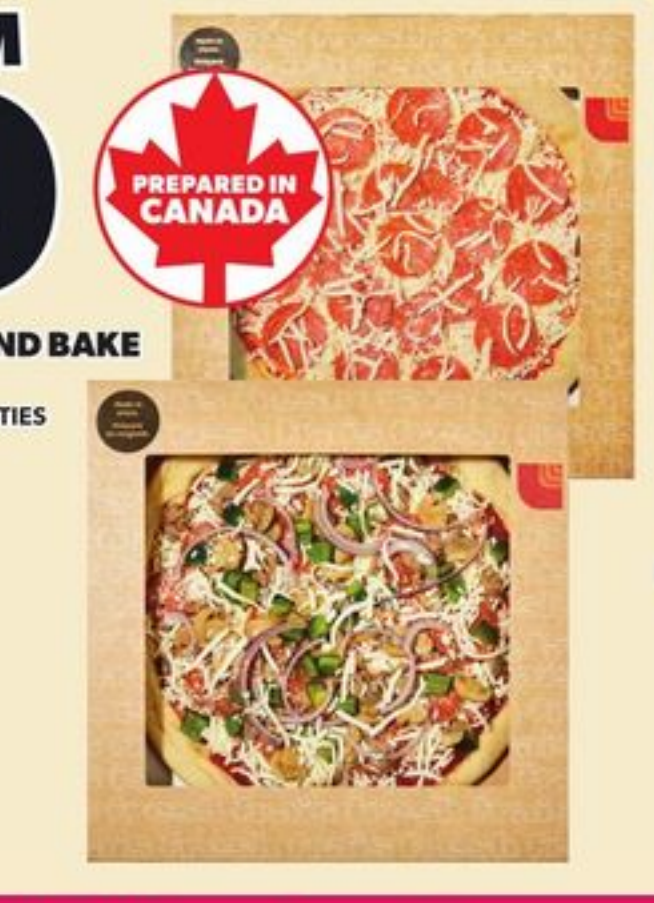
FRESHLY PREPARED
IN-STORE MADE
ROMANACCIA
SANDWICHES
SELECTED VARIETIES
225-385 G
21693850_EA
21693971_EA



FROM \$9



12" TAKE AND BAKE
PIZZA
SELECTED VARIETIES
510-739 G
21456415_EA
21456401_EA



SAVE \$10

\$20

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



SERVES 6

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



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



WEDNESDAY
Hump Day Special

2/\$14

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



THURSDAY
Quick Grabs

3/\$14



OR \$6-7 EA.
ANY THREE
IN-STORE PREPARED SINGLE
SERVE SOFTY, WRAPS OR
SUB SANDWICHES
180-299 G
20100224_EA
21623676_EA



FRIDAY
Pizza Party

2/\$15



OR \$9-10 EA.
ANY TWO
IN-STORE PREPARED
12" TAKE AND BAKE
PIZZA
SELECTED VARIETIES
21456401_EA
21456393_EA



JANUARY

**HIT
OF THE
MONTH**



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



CATELLI SMART OR WHOLE GRAINS PASTA
SELECTED VARIETIES
340/375 G
20299819008_EA
20527060_EA



JANES COSMIC CHICKEN NUGGETS
FROZEN
500 G
21717211_EA

See in-store for retails.

**LOWEST PRICES
BEST DEALS**

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

* Must be a registered PC Optimum® member to get this offer.

Valid from January 1 - 31, 2026. While quantities last. See in-store for details.

no name®



made without

synthetic colours* • artificial flavours • hydrogenated oils • artificial sweeteners • brominated vegetable oil
sugar alcohols • bha, bht, tbhq • polydextrose • monosodium glutamate** • azodicarbonamide (ada)

*as defined in Canadian regulations **except those naturally occurring

SAVE
\$1.58
WHEN YOU BUY 2



2/\$6

OR
\$3.79 EA.

**NO NAME®
SOUR CREAM**
SELECTED VARIETIES
500 ML
20296657_EA
20322987_EA



9⁴⁹



**NO NAME® CHEESE
BARS 700 G OR PC®
SHREDDED CHEESE 620 G**
SELECTED VARIETIES
20975773_EA
21060181_EA



\$3



**NO NAME®
ANCIENT GRAINS
OR 12 GRAIN
BREAD**
600 G
21666723_EA
21666817_EA



4⁵⁰

**NO NAME®
JAM**
SELECTED VARIETIES
500 ML
20032552001_EA
20032552002_EA



5⁵⁰

**NO NAME®
PEANUT BUTTER**
SELECTED VARIETIES
1 KG
20296985001_EA
20296985002_EA



\$3

NO NAME® OATS
SELECTED VARIETIES
900 G/1 KG
20923828_EA
20923994_EA



SAVE
98¢
WHEN YOU BUY 2

2/\$11

OR
\$5.99 EA.

NO NAME® BUTTER
SELECTED VARIETIES
454 G
20316543002_EA
20325029_EA



APP EXCLUSIVE OFFER
GET
3,000[®]
when you buy 2
\$3
back
in points



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

\$10

**NO NAME®
NOVELTIES**
SELECTED VARIETIES
FROZEN
24/30'S
20347400001_EA
21013432_EA



CLUB
SIZE

\$2

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



4/\$7

OR
\$2.25 EA.

**NO NAME®
EVAPORATED MILK**
SELECTED VARIETIES
354 ML
21040510_EA
21040543_EA



2⁵⁰

**NO NAME®
GRANOLA BARS**
SELECTED VARIETIES
120-175 G
20915354_EA
21540823_EA



SAVE
99¢

\$4

**NO NAME®
COTTAGE CHEESE**
500 G
20183991002_EA



1⁵⁰

**NO NAME®
RICE CRACKERS**
SELECTED VARIETIES
100 G
20297188003_EA
20297188006_EA



SAVE
UP TO \$1.50

\$5

**NO NAME®
FISH**
SELECTED
VARIETIES
FROZEN
454 G
21672264_EA
21672358_EA



GET
1,000[®]
\$1
back
in points

3⁵⁰

**NO NAME®
ALMONDS OR
WALNUTS**
SELECTED VARIETIES
100 G
20127455001_EA
20599246_EA



2⁵⁰

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



SAVE
\$1.48
WHEN YOU BUY 2

2/7⁵⁰

OR
\$4.49 EA.

**NO NAME®
CREAM CHEESE**
SELECTED VARIETIES
227/250 G
20308105001_EA
20308105002_EA



\$1

**NO NAME®
DRY GRAVY MIX**
SELECTED VARIETIES
25 G
21687251_EA
21687380_EA



2⁵⁰

**NO NAME®
SANDWICH BAGS**
SELECTED VARIETIES
100'S
20180393_EA



\$4



NO NAME® FLOUR
SELECTED VARIETIES
2.5 KG
20013256_EA
21030802_EA





Eat well. Feel good.

\$8



**PC® BLUE MENU®
GROUND CHICKEN**
454 G
21100091_EA



\$16



**PC® BLUE MENU®
CHICKEN BREASTS**
BONELESS, SKINLESS,
AIR CHILLED
3 PACK
21340952_EA



\$7

**PC® BLUE MENU
FREE RUN OMEGA 3
WHITE EGGS**
LARGE
12'S
20992723001_EA



5⁹⁹

**PC® BLUE MENU
PISTACHIOS**
ROASTED SALTED
OR UNSALTED
PRODUCT OF U.S.A.,
NO. 1 GRADE
225 G
20940332_EA



\$6

**PC® BLUE MENU®
MARGARINE**
SELECTED VARIETIES
907 G
20604430_EA
20604565_EA



**SAVE
\$1.49**



\$6

**PC® BLUE MENU
GOAT CHEESE**
SELECTED VARIETIES
140 G
20330259_EA
21197504_EA



\$3

**PC® BLUE MENU
WHOLE GRAIN
OR WHOLE WHEAT
ENGLISH MUFFINS**
6'S
20810793_EA



4⁵⁰

**PC® BLUE MENU
WHOLE GRAIN
THIN BUN**
60 G
20317755_EA



2/4⁵⁰

OR
\$2.49 EA.

**PC® BLUE MENU®
BROTH**
SELECTED VARIETIES
900 ML
21189872_EA
21189891_EA



Optimum
Members-Only Price
3⁵⁰
Non-members
\$4



**PC® BLUE MENU®
DIPS**
SELECTED VARIETIES
200/227 G
20583408_EA



\$3

**PC® SALAD
DRESSING**
SELECTED VARIETIES
475 ML
20628299005_EA
20628299007_EA



2²⁵

**PC® BLUE MENU®
WHOLE GRAIN
PASTA**
SELECTED VARIETIES
375 G
20252144001_EA
20324173001_EA



1⁷⁵

**PC® BLUE MENU®
BEANS**
SELECTED VARIETIES
540 ML
20007312_EA
20318942_EA



\$1



**PC® BLUE MENU®
SPARKLING WATER**
SELECTED VARIETIES
1 L
21371170_EA
20320832004_EA



\$10

**PC® OR BLUE MENU®
MEAT OR VEGETABLE
LASAGNA OR
MAC & CHEESE
ENTRÉES**
SELECTED VARIETIES
FROZEN
1.13 KG
20530286_EA
21364300_EA



6⁵⁰

**PC® BLUE MENU
SMOOTHIE BARS**
SELECTED VARIETIES
FROZEN
6'S
20538593001_EA
20302849003_EA



\$5

**PC® BLUE MENU®
GRANOLA BOOST®
CEREAL**
SELECTED VARIETIES
325 G
20631288002_EA
20631288004_EA



\$14

**PC® BLUE MENU®
WILD ARGENTINIAN
SCALLOPS**
80-150 PER LB 400 G
FROZEN
20076343_EA



3⁵⁰

**PC® BLUE MENU
WHOLE WHEAT
TORTILLA**
10 INCH
20185659_EA



\$4

**PC® BLUE MENU®
PROTEIN PANCAKE
MIX 905 G OR INSTANT
OATMEAL 340 G**
SELECTED VARIETIES
21000529_EA
21018407_EA



naturally good choices

SAVE

20%

BODY PLUS PROGRESSIVE, VEGE GREENS, SMART SOLUTION, IRON VEGAN, PROTEIN POWDER, VITAMINS OR PROBIOTICS
SELECTED VARIETIES
242-900 G OR 30-250 ML
OR 30-180'S
21564955_EA
21565163_EA
21519271_EA

\$4

SKINNY POP POPCORN
SELECTED VARIETIES
125-150 G
20785418002_EA
21125607_EA

\$8

EVIVE DAIRY FREE SMOOTHIE BITES
SELECTED VARIETIES
FROZEN
144 G
21659912_EA
21660003_EA

2/\$7
OR \$4.49 EA.

ALMOND BREEZE NON-DAIRY BEVERAGES
SELECTED VARIETIES
1.89 L
20794060003_EA
20794060004_EA

\$8

BRAGGS APPLE CIDER VINEGAR
SELECTED VARIETIES
946 ML
20983904_EA

\$19

NATURE'S WAY SAMBUCUS GUMMIES OR LIQUID
SELECTED VARIETIES
60'S/120 ML
21025463_EA
21192086_EA
21386131_EA

8⁵⁰

QUEEN ST. BAKERY BREADS OR ENGLISH MUFFINS
SELECTED VARIETIES
FROZEN
464-500 G
21529684_EA
21575964_EA

\$6

YOGI ORGANIC TEA
SELECTED VARIETIES
16 BAGS
20317306002_EA
20693913003_EA

\$3

PC® ORGANICS COCONUT MILK
SELECTED VARIETIES
400 ML
21418166_EA
21418171_EA

8⁵⁰

FATSO PEANUT BUTTER
SELECTED VARIETIES
500 G
21314270_EA

\$10

NATURE'S PATH ORGANIC BAGGED CEREAL
SELECTED VARIETIES
650-907 G
20312067001_EA
20319302001_EA

\$12

NATURE CLEAN LAUNDRY LIQUID
SELECTED VARIETIES
3 L
20067905_EA

\$18

SALT SPRING ORGANIC COFFEE
SELECTED VARIETIES
400 G
20313949001_EA
20313949003_EA

2⁵⁰

FLOW WATER
SELECTED VARIETIES
1 L
20987454_EA
21521476_EA

2⁵⁰

PC® ORGANICS BROTH
SELECTED VARIETIES
900 ML
21190798_EA

\$26

SIMPLY PROTEIN BARS
SELECTED VARIETIES
12X40 G
21388644_C12
21410560_C12

\$10

DAIYA PIZZA OR FLAT BREADS
SELECTED VARIETIES
FROZEN
331-550 G
20923827_EA
21538958_EA

11⁵⁰

ECO-MAX LIQUID LAUNDRY DETERGENT
SELECTED VARIETIES
3 L
20347155001_EA
20347155002_EA

\$5

POPCORNERS
SELECTED VARIETIES
142 G
21370205_EA
21370259_EA

SAVE

20%

OATLY NON-DAIRY BEVERAGES
SELECTED VARIETIES
946 ML
21560949_EA
21561119_EA

1⁵⁰

THIRSTY BUDDHA SPARKLING COCONUT WATER
SELECTED VARIETIES
330 ML
21014419_EA
21068404_EA

start with the basics

\$5

TROPICANA OR PURE LEAF DRINK
SELECTED VARIETIES
1.36-1.75 L
20755752002_EA
21621950_EA



\$6

KELLOGG'S FAMILY SIZE CEREAL
SELECTED VARIETIES
450-650 G
20016844_EA
21504064_EA



SAVE \$1.58
WHEN YOU BUY 2

2/\$5

OR \$3.29 EA.

MUSH OVERNIGHT OATS
SELECTED VARIETIES
141 G
21673494_EA
21673552_EA

SAVE \$1.58
WHEN YOU BUY 2

2/\$8

OR \$4.79 EA.

QUAKER INSTANT OATMEAL
SELECTED VARIETIES
232-344 G
21190251_EA

2⁸⁸

KJ FROZEN DUMPLINGS
SELECTED VARIETIES
380 G
21357897_EA

Chicken Dumpling
雞肉水餃
Boulettes de Poulet
華洪
Premium Prime

\$16

PC® PODS
SELECTED VARIETIES
30'S
21033681_EA
21038762_EA

GOURMET WEST COAST DARK ROAST
GOURMET MEDIUM ROAST

\$4

BEATRICE OR DAIRYLAND CHOCOLATE MILK
SELECTED VARIETIES
1.89/2 L
21106906_EA
21517545_EA

SAVE \$1.98
WHEN YOU BUY 2

2/\$6

OR \$3.99 EA.

CADBURY CHOCOLATE BARS
SELECTED VARIETIES
80-100 G
21648577_EA
21648701_EA

\$6

TAZO CONCENTRATES
SELECTED VARIETIES
946 ML
21692029_EA
21665354_EA

TAZO CHOCOLATE CHAI LATTE
CHOCOLATE CHAI LATTE AU THÉ CHOCOLAT
A bold blend of black tea and rich chocolate, topped with a dusting of cocoa powder.

4⁵⁰

ZIPLOC BAGS 10-100'S OR ALCAN FOIL 50FT
SELECTED VARIETIES
20051862_EA
20871415_EA

25⁹⁹

PC® PAPER TOWELS
12 ROLLS
21558605_EA

GET 2,000⁰⁰ back in points

\$12

TRU EARTH LAUNDRY DETERGENT SHEETS 32'S, FABRIC SOFTENER SHEETS 50'S OR SCENT BOOSTERS 200 G
SELECTED VARIETIES
21425514_EA
21660040_EA

TRU EARTH
Laundry Detergent
Détergent à lessive
SHEETS | FEUILLES

SAVE \$1.98
WHEN YOU BUY 2

2/\$6

OR \$3.99 EA.

PC® NATURAL SPRING WATER
24X500 ML
20137898_C24

SAVE \$2.58
WHEN YOU BUY 2

2/\$13

OR \$7.79 EA.

COCA-COLA OR PEPSI
SELECTED VARIETIES
6X710 ML
20313741002_C06
20310546002_C06

sip. smile. SAVE.

7⁵⁰

PC® DE-ALCOHOLIZED WINE
SELECTED VARIETIES
750 ML
21403389_EA
21403385_EA



13⁹⁹

GRUVI NON-ALCOHOLIC
SELECTED VARIETIES
4X275 ML
21512576_C04
21512624_C04



10⁹⁹

ATHLETIC BREWING CO. NON-ALCOHOLIC BEER
SELECTED VARIETIES
6X355 ML
21538144_C06
21538122_C06



11⁴⁹

PERONI NASTRO AZZURRO
6X330 ML
SELECTED VARIETIES
21622480_C06



10⁹⁹

BUDWEISER
SELECTED VARIETIES
6X355 ML
21313108_EA



\$11

CORONA CERO
6X330 ML
21650191_C06



\$7

PARTAKE OR HOP WATER
SELECTED VARIETIES
4X355 ML
21433186_C04
21643955_C04



for the love of **pets**

\$12

**NO NAME®
CLUMPING CAT LITTER**
SELECTED VARIETIES
18 KG
20177169002_EA



\$7



**TEMPTATIONS
CAT TREATS**
SELECTED VARIETIES
454 G
21012108_EA



\$9

**PURINA
CAT CHOW**
SELECTED VARIETIES
1.42-2 KG
20319556001_EA



\$7

**MEOW MIX
CAT FOOD**
SELECTED VARIETIES
1.42 KG
21586251_EA



\$17

**PC®
NUTRITION FIRST®
DRY CAT FOOD**
SELECTED VARIETIES
2 KG
21303268_EA



\$1

**PC®
NUTRITION FIRST®
CAT FOOD**
SELECTED VARIETIES
85 G
21618536_EA
21618544_EA



\$10

**PC®
EXTRA MEATY
CAT FOOD**
SELECTED VARIETIES
2 KG
21361585_EA



2⁵⁰

**PC® NUTRITION
FIRST® DOG FOOD**
SELECTED VARIETIES
374 G
21359227_EA
21359232_EA



\$8

**PC® NUTRITION
FIRST® DOG TREATS**
SELECTED VARIETIES
160/270 G
21544858_EA
21544864_EA



\$11

**PEDIGREE DENTASTIX
TREATS FOR DOGS**
SELECTED VARIETIES
100 G-1.9 KG
21081180_EA



\$10

**DENTALIFE
DOG TREATS**
SELECTED VARIETIES
408-595 G
21081077_EA



\$43

**BENEFUL
DOG FOOD**
SELECTED VARIETIES
12.7 KG
21237134_C01



\$15

**PURINA ONE
DOG FOOD**
SELECTED VARIETIES
6'S
21303481_EA



\$13

**PURINA ONE
DOG FOOD**
SELECTED VARIETIES
1.6-1.81 KG
20946525_EA



\$11

**MILK-BONE
SOFT & CHEWY
DOG TREATS**
SELECTED VARIETIES
708 G
21047843_EA



LIVE WELL, SPEND LESS

**SAVE
UP TO \$4⁹⁹**

\$8

**MARC ANTHONY
OR CAKE
HAIR CARE**
SELECTED VARIETIES
AND SIZES
20298861001_EA
21649083_EA



**SAVE
UP TO \$2⁴⁹**

\$5

**DOVE BAR
SOAP** 3X106 G,
BODY WASH 325 ML,
BASE DEODORANT
45/74 G, SHAMPOO OR
CONDITIONER 355 ML OR
STYLING 142-198 G/195 ML
SELECTED VARIETIES
20188212001_EA/21511893_EA
21644833_EA



6⁵⁰

**LIMIT 6
AFTER LIMIT
\$7.49 EA.**

**SENSODYNE
OR PRONAMEL
TOOTHPASTE**
SELECTED VARIETIES
110-135 ML
20247931002_EA
20432268002_EA



4/\$7

OR
\$1.99 EA.
**GERBER BABY
FOOD JARS**
159-162 ML OR
**ORGANIC
BABY FOOD
POUCHES**
99 G/128 ML
SELECTED VARIETIES
21024932_EA
21466952_EA



44⁹⁹

**KENDAMIL
WHOLE MILK
INFANT FORMULA**
800 G
21699547_EA



live well, spend less

SAVE
UP TO

20%

**CETAPHIL SKIN CARE
CLEANSER OR
MOISTURIZERS**
SELECTED VARIETIES AND SIZES
20432313001_EA



SAVE
UP TO

20%

**LUBRIDERM OR
NEUTROGENA BODY CARE**
SELECTED VARIETIES AND SIZES
20432375001_EA



\$4

**GARNIER FRUCTIS
OR HERBAL BASICS
HAIR CARE**
SELECTED VARIETIES
AND SIZES
21007198_EA/21247055_EA



SAVE
UP TO \$5.99

\$12

**L'ORÉAL PREFERENCE
OR GARNIER OLIA
HAIR COLOUR**
SELECTED VARIETIES AND SIZES
20306667001_EA/21474551_EA



\$8

LIMIT 6
AFTER LIMIT
8.99 EA.

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



\$8

LIMIT 4
AFTER LIMIT
10.99 EA.

**LISTERINE
MULTIBENEFITS 1 L OR
CLASSIC 1.5 L
MOUTHWASH**
SELECTED VARIETIES
20701283_EA/21091180_EA



FOR HEALTHY LOOKING, BEAUTIFUL SMILES!



LIMIT 6
AFTER LIMIT
4.49 EA.

3.50 Crest Complete Paste or
Crest Pro-Health Paste
selected varieties
21041420_EA/21354028_EA



LIMIT 6
AFTER LIMIT
7.49 EA.

6.50 Crest Gum Restore Paste or Crest Scope
Outlast Mouthwash 1 L
selected varieties
21354615_EA/20948877_EA



LIMIT 4
AFTER LIMIT
10.49 EA.

9.50 Crest 3D White Advanced
Paste Multipack or
Crest Pro-Health
Mouthwash 1 L
selected varieties
20902657_EA/21519018_EA



SAVE
UP TO

30% Oral-B Pro 300
Electric Brushes or
Oral-B Brush Heads
selected varieties
17.00-140.00
AFTER SAVINGS
20346231002_EA/21475139_EA

© 2026 P&G

FAST & EFFECTIVE DANDRUFF RELIEF

SAVE
UP TO

20%
OFF

Selsun Blue haircare
selected varieties
300 mL
21507228_EA

CLINICALLY PROVEN RELIEF WITH
**2.5% MAX STRENGTH
FORMULA**



WORKS FROM 1ST WASH

Visible improvement within uses

DUAL ACTION*

Fights dandruff-causing yeast

Helps reduce flaking

DISCOVER OUR FULL RANGE OF DANDRUFF RELIEF SOLUTIONS



Extra Strength

Daily Care

Botanical

To ensure this product is right for you, always read and follow the label.

* Only applicable to Selsun Blue products containing selenium sulfide.

MAF-CA-2501334 V1.0 11/2023



Poise®

Up to
**100% leak-free
protection**



Depend®

offers **All-Day
Protection**



20558843005_EA/21302119_EA



21099850_EA/21099790_EA

\$20
EA.

**DEPEND® Underwear or
POISE® Pads**
selected varieties and sizes

® Registered Trademark and *Trademark of Kimberly-Clark Worldwide, Inc. © KCWW.

WYIG HABA 1

HEALTHY NEW YEAR

Jamieson®

STAY STRONG WITH CANADA'S
#1 BRAND OF IMMUNE
SUPPLEMENTS*

save up to
20% OFF
Jamieson vitamins
or supplements
selected varieties
and sizes



20299993_EA
20303216001_EA
20946455_EA
21176827_EA
20003685_EA
21040920_EA

*#1 brand in immune health supplements (vitamin C, D, and Zinc) Nielsen Market Track, National GB + DR + MM, L52W, period ending May 17, 2025.

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.

START YOUR **ACTIVIA** GUT HEALTH CHALLENGE

2 ACTIVIA
EVERY DAY FOR **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!



\$4

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



\$6.50

Activia® Expert - 750 g
21688207_EA



\$6.50

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. Activia® used under lic. © 2026 Cie Gervais Danone. All rights reserved.

**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



\$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.

Activia® used under lic. © 2026 Cie Gervais Danone. / Oikos® / Oikos® Pro™ used under lic. © 2026 Danone US, LLC. / Stok® © 2026 WhiteWave Services, Inc. All rights reserved. All rights reserved.

10-HOUR BREW BOLD AND SMOOTH TASTE



\$7.50

Stok® - 142 L
21203737_EA/21203739_EA



START THE YEAR WITH A SPOONFUL OF GOOD.



7.50

Yoplait® Source® & Creamy®
selected varieties
16 x 100 g
20317317001_EA
20120316004_EA



4.75

Liberté Méditerranée® 500 g,
Yoplait® Source Protein® tubs 650 g,
selected varieties
21473714_EA
20788062002_EA



5.50

Liberté Kefir®
selected varieties
1 L
21216416_EA



\$4

Yoplait Source® tubs 630 g,
Liberté Greek® Crunch 2 x 130 g,
selected varieties
21391318006_EA
21391318001_EA



\$12

Yoplait® YOP® selected varieties
12 x 200 g
21481820_EA
21550408_EA

TAXES APPLICABLES
TRADEMARKS OF YOPLAIT MARQUES S.N.C. (FRANCE) USED UNDER LICENSE /
TRADEMARKS OF LIBERTÉ MARQUES S.N.C. USED UNDER LICENSE /
MADE IN CANADA FROM DOMESTIC AND IMPORTED INGREDIENTS



Treat yourself!

\$6

Chapman's Sorbet
selected varieties frozen
2 L
20529120001_EA



\$6

Chapman's no sugar added ice cream or bars
1L/4/6's
20315564001_EA



\$6

Chapman's Frozen Dessert
selected varieties frozen
2 L
20314434001_EA



\$6

Righteous Sorbet or Gelato
selected varieties frozen
473 mL
21577481_EA



\$6

PC® Chocolate covered fruit
selected varieties frozen
200 g
21544055_EA



\$5

Halo Top Frozen Dessert
selected varieties frozen
473 mL
21087007_EA



GRAIN FREE GLUTEN FREE GOODNESS



SEEDS BREAD
\$6
21622905_EA

WHITE BREAD
\$6
21622951_EA

Prepared in Canada

✓ GRAIN-FREE ✓ GLUTEN-FREE ✓ LOW FODMAP ✓ PALEO

✓ NON-GMO ✓ PLANT-BASED ✓ DAIRY-FREE ✓ EGG-FREE

✓ PEANUT- & TREE-NUT FREE

* Trademark of Canadian Celiac. Used under license. / Marque commerce de Coeliacque Canada. Utilisée sous licence.

GUSTA

100% VÉGÉTAL PLANT BASED

PREPARED IN CANADA



4⁵⁰

ORIGINAL VEGGIE GROUND
340 G 21454302_EA

15⁵⁰

ORIGINAL VEGGIE GROUND
1,248 KG 21706674_EA

FABRIQUÉ AU CANADA
À PARTIR D'INGRÉDIENTS CANADIENS ET IMPORTÉS

MADE IN CANADA
FROM DOMESTIC AND IMPORTED INGREDIENTS

DELICIOUSLY GLUTEN-FREE

IN THE FREEZER

WHOLE GRAIN WIDE SLICE



7.50

frozen whole grain wide slice bread, 567 g
21100055_EA

WHITE WIDE SLICE



7.50

frozen white wide slice bread, 567 g
21100057_EA

* Trademark of Canadian Celiac. Used under license. / Marque commerce de Coeliacque Canada. Utilisée sous licence.

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



© 2026 P&G



Mobile

Get the speed you need with 5G mobile plans

Plans from
\$29/mo*



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