



PROUDLY CANADIAN SINCE 1919



FREE* From Our Chefs™

small **HOT SOUP** value \$5

ONE DAY ONLY!

Saturday, January 31st

first 200 customers

receive one (1)



SAVE 45%

\$4⁹⁹ LB

**PORK LOIN CENTRE-CUT
CHOPS OR ROAST**
BONELESS, FAMILY SIZE
8.82/KG
20827785_KG



SAVE UP TO 42%

\$3⁵⁰ LB

**PC® FREE FROM® CHICKEN
DRUMSTICKS OR THIGHS**
AIR CHILLED, FAMILY SIZE
7.72/KG
21668814_KG/21668789_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



\$9

**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
20791381_EA/21591947_EA



SAVE 41%

\$88[¢]

RED MANGO
PRODUCT OF PERU
EACH
20059635001_EA



\$3⁷⁷

BLUEBERRIES
PRODUCT OF MOROCCO OR MEXICO
PINT
20080137001_EA



PINT



\$4

EGG BREAD
SELECTED VARIETIES
450 G
20155226_EA

**BAKED
IN-STORE**

SAVE UP TO \$1²⁹/100 G

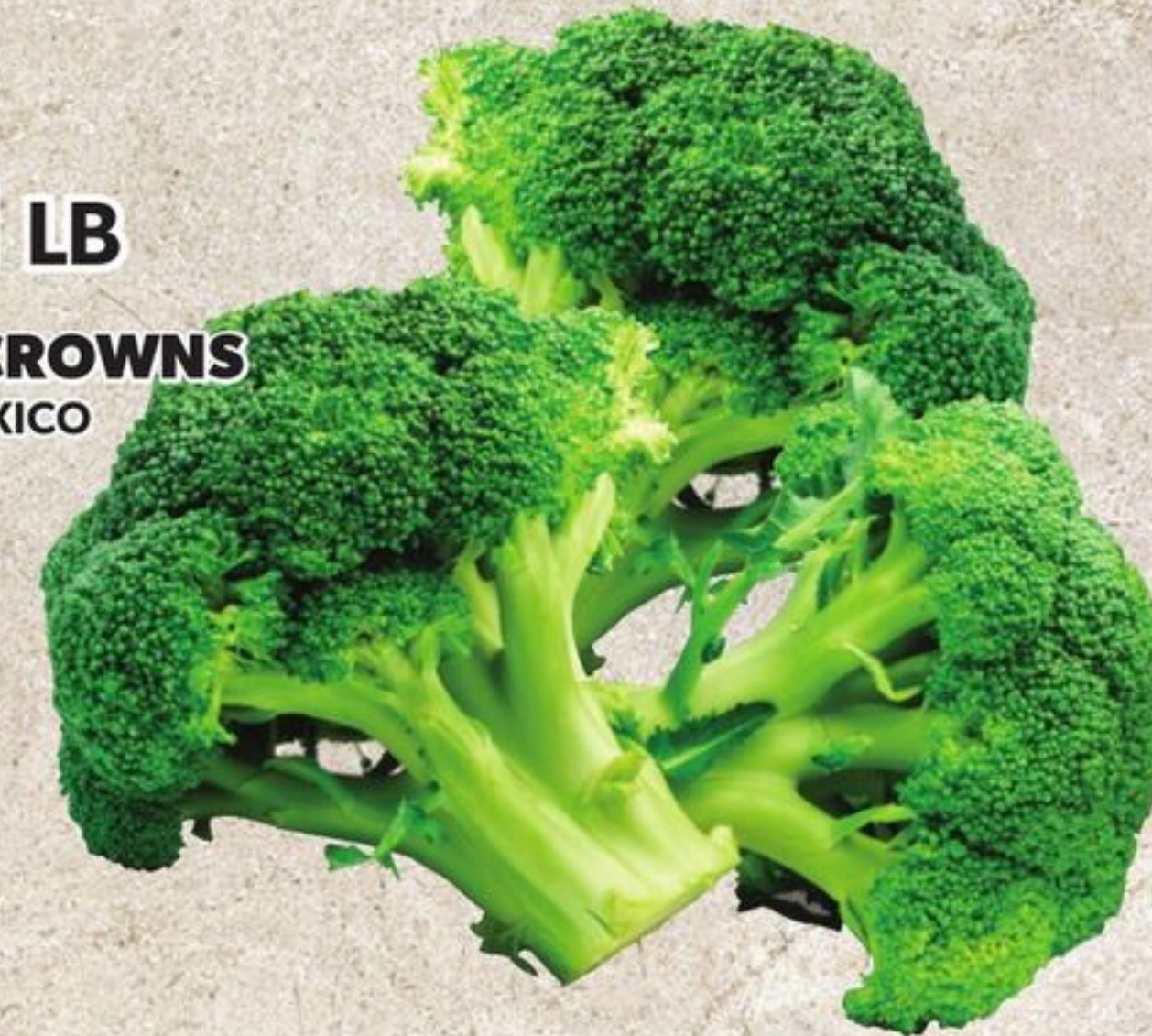
\$4⁵⁰ /100 G

**SERVICE CASE FINI
ITALIAN PROSCIUTTO
OR ROMANO LUPA
ITALIAN CHEESE**
IN-STORE CUT
20106340_KG
20114111_KG



\$2 LB

BROCCOLI CROWNS
PRODUCT OF MEXICO
OR U.S.A.
4.41/KG
20026161001_KG



SAVE 57%

\$1⁴⁸ LB

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



\$6⁵⁰

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



\$12

**PC® SPLENDIDO®
COLD PRESSED OR
COLD-EXTRACTED
DELICATO EXTRA
VIRGIN OLIVE OIL**
SELECTED VARIETIES
1 L
20081865_EA
21401612_EA

**APP EXCLUSIVE OFFER:
GET 2,000⁺ back in points**



\$4⁵⁰

PC® FROZEN FRUIT
SELECTED VARIETIES
300-600 G
20312227_EA
21289952_EA



\$1⁵⁰

**NONGSHIM
NOODLE CUPS**
SELECTED VARIETIES
75 G
20032441001_EA
20932797_EA



\$12⁸⁸

**T&T® JASMINE
RICE**
8.2 KG
20705590_EA



Get more on

More savings, more deals, more points

This week only! Jan 29-Feb 4⁺

**Moredays
Moredays
Moredays**

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



Available at the following Loblaws locations: 585 Queen Street West, 17 Leslie Street, 60 Carlton Street, 101 Eglinton Ave East, 650 Dupont Street, 10 Lower Jarvis Street, 12 St. Clair Avenue East, 2280 Dundas Street West, 301 Moore Avenue, 3501 Yonge Street, 396 St. Clair Avenue West, 11 Redway Road, Toronto.

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

LSL URB FRONT

freshness you can taste, value you'll love

\$5

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



3⁵⁰

FARMER'S MARKET™
MINI CUCUMBERS 6'S
PRODUCT OF ONTARIO OR
FARMER'S MARKET™
GRAPE TOMATO 283 G
PRODUCT OF CANADA,
MEXICO OR U.S.A.
20737570001_EA
21367888001_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



**SAVE 98¢
WHEN YOU BUY 2**

2/\$6

OR
\$3.49 EA.

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



\$4

FARMER'S MARKET™
AVOCADOS
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



\$4

SNACKING KITS
PREPARED IN-STORE
102-119 G
21549625_EA
21550383_EA



\$13

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



\$7-8

**PREPARED VEGGIE
FOIL TRAYS**
SELECTED VARIETIES
PREPARED IN-STORE
170-510 G
21466972_EA
21456885_EA



**FRESH
PROMISE**

If it's not fresh, it's free.*

*Fresh Promise: Applicable to eligible fresh produce items purchased at Loblaws store locations or online at loblaws.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original receipt within 7 days of purchase at the Loblaws store where purchase originated. The fresh promise may not be combined with any other offer. We reserve the right to cancel or change the terms of this guarantee at any time without notice.

bouquets, bunches and blooms

\$28

GET
5,000⁰
\$5
back
in points

5 INCH ORCHID
21664246_EA



\$25

**PC® SIGNATURE
GIFT BOUQUET**
SELECTED VARIETIES
21436377_EA



\$15

**SUCCULENT
IN CLAY POT**
ASSORTED VARIETIES
5 INCH
21052595_EA



2/\$20

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



unlock fast fry flavour!

\$13 LB
28.66/KG



EYE OF ROUND FAST FRY STEAKS
CUT FROM CANADA AA OR
USDA SELECT GRADE BEEF OR HIGHER
20812704_KG



INSIDE ROUND FAST FRY STEAK
CUT FROM CANADA AA OR
USDA SELECT GRADE BEEF OR HIGHER
20178417_KG



SIRLOIN TIP FAST FRY STEAK
CUT FROM CANADA AA OR
USDA SELECT GRADE BEEF OR HIGHER
20117706_KG

\$22 LB
48.50/KG



STRIPLOIN FAST FRY STEAK
CUT FROM CANADA AA OR
USDA SELECT GRADE BEEF OR HIGHER
20798455_KG

feeling protein power-fuel

\$15



PC® WHOLE CHICKEN
AIR CHILLED
UP TO 1.7 KG
21658901_EA



\$12



SUFRA® HALAL CHICKEN LEGS
BACK ATTACHED
4 PC
21616972_EA



\$21 LB



PC® FREE FROM® STRIPLOIN STEAK
46.30/KG
21219108_KG



8⁵⁰

GRASS FED EXTRA LEAN GROUND BEEF
450 G
21675592_EA



\$7

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



\$8



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



\$8



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



\$17

GET 2,000⁰⁰ back in points

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



CAVENDISH FRIES OR SPECIALTY POTATOES
SELECTED VARIETIES
FROZEN
400-750 G
\$3
20729779_EA/21584077_EA

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, PACK OF 4
FROZEN OR PREVIOUSLY FROZEN
21240991_EA



SAVE UP TO \$2

\$10

PC® JUMBO WILD ARGENTINIAN SHRIMP
RAW ZIPPERBACK®
21-30 PER LB 340 G OR
SEAQUEST® SALAD SHRIMP
COOKED, PEELED,
125-175 PER LB 454 G
FROZEN
21332386_EA
20180352_EA



FROM OUR CHEFS™ soups

get it *hot* or take it *cold*

From Our Chefs soups are crafted recipes made locally here in Toronto. Choose from traditional flavours like Chicken Noodle and Butternut Squash, or find your new favourite with Roasted Red Pepper Gouda or Chicken Thai!

Escape winter by warming up with a comforting, tasty cup of soup - hot & ready fresh throughout the day, stop by daily to see which flavours are cooking on our kettles!

FREE* FROM OUR CHEFS™
small **HOT SOUP** value \$5
ONE DAY ONLY!
Saturday, January 31st
first 200 customers
receive one (1)



FROM OUR CHEFS™ SOUP
SELECTED VARIETIES
SMALL, MEDIUM, LARGE
20426506_EA/20096969_EA/20426324_EA

849

FROM OUR CHEFS™ SOUP
SELECTED VARIETIES
700 ML
21703369_EA/21703558_EA



beef chili



roasted red
pepper and gouda



chicken noodle
soup



butternut
squash soup



chicken thai
soup



broccoli
cheddar soup



creamy tomato
soup



3 sizes to choose from!



small

20426506_EA

\$5



medium

20096969_EA

\$6



large

20426324_EA

\$9

party platters

Discover our selection of freshly prepared platters for your next occasion. Order in-store or online today.

*please place catering orders
24 hours in advance through the
Meals to Go department

21217577_EA



serves 6-10

**FROM
\$45**

sandwiches, wraps or chicken platters



serves 6-10

**FROM
\$35**

sushi platters



serves 6-10

**FROM
\$30**

deli platters



serves 10-12

**FROM
\$12**

dessert platters

Experience the "Art" in Artisan



GUNN'S HILL
ARTISAN CHEESE
WOODSTOCK • ONTARIO • CANADA

\$5 /100 G

Gunn's Hill 5 Brothers Smoked Cheese

This is a hand crafted washed rind cow's milk cheese that combines traits from Gouda and Appenzeller. Available in regular and smoked.

21060290_KG/20643932_KG



Brigid's Brie

A soft surface ripened cheese made with cow's milk from our family farm. This brie produced in the traditional way thus sold with a 'best between' date for your enjoyment. Each batch is aged six weeks.

21414165_KG



Gunn's Hill Crossroads Farm Sheep Gouda

This is a creamy gouda cheese that we make with local sheep milk. This gouda is made in Dutch tradition and aged for six months until it's delicate flavours develop.

20667692_KG



Beau's Beer Washed Cheese

This is a delicious marriage of our Oxford's Harvest cheese with Beau's All Natural Brewing of Vankleek Hill, Ontario. This semi-soft cheese is washed every other day with Lugtread from Beau's.

20752187_KG



in the mood for deli-cious

3⁵⁰ /100 G



**SERVICE CASE
PILLERS SALAMI**
SELECTED VARIETIES
35.00/KG
20300824_KG



SAVE \$2⁴⁹
\$11



**PILLERS
PEPPERETTES,
BITES OR STICKS**
SELECTED VARIETIES
300-500 G
21099386_EA
21099391_EA



\$6

**MARCANGELO
PIZZA TOPPINGS**
175 G
20832437_EA



\$8

GET 500⁰⁰



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



**FROM
2¹⁹** /100 G



**BORGES
PORTUGUESE
STYLE SAUSAGES**
SERVICE CASE
OR SELF SERVE
SELECTED VARIETIES
20305950_KG
20308190_KG



SAVE \$1
\$7

PC® GUACAMOLE
SELECTED VARIETIES
425 G
21448106_EA
21448102_EA



\$7



**PC® FREE FROM
SLICED DELI MEATS**
SELECTED VARIETIES
175 G
20682855_EA
20682966_EA



5⁵⁰

GET 4,000⁰⁰ when you buy 2

\$4 back in points



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



National Croissant Day Friday, January 30th

Fall in love at first flake. Celebrate with our irresistable assortment.

JOIN US IN-STORE FOR SAMPLING
butter croissants

Thursday Jan 29 4 pm-8 pm

Friday Jan 30 4 pm-8 pm

Saturday Jan 31 11 am-5 pm



\$5

BUTTER CROISSANTS
6'S
21682999_EA

\$5

CHOCOLATE CROISSANTS
4'S
21527027_EA



\$4

MINI CROISSANTS
SELECTED VARIETIES
10'S
21032799_EA
21032803_EA



\$6

**ALL BUTTER ALMONDINE
OR CHOCLATINE**
4'S
20761827_EA
21661683_EA



5⁵⁰

**FARMER'S MARKET®
BUTTER CROISSANTS**
SELECTED VARIETIES
260-336 G
20975943_EA
21032805_EA



**try with
\$6**

BONNE MAMAN JAM
SELECTED VARIETIES
250-280 ML
21450798_EA/21550689_EA



bakery deals rising daily

1⁵⁰

**BAKED
IN-STORE**

BAGUETTE
WHITE OR WHEAT
255 G
21529211_EA
21530097_EA



\$3

**BAKED
IN-STORE**

SOURDOUGH LOAF
ORIGINAL OR EVERYTHING
450/475 G
20706542_EA
21682979_EA



4⁵⁰

**BAKED
IN-STORE**

ARTISAN BREAD
SELECTED VARIETIES
345-660 G
21633048_EA
21633233_EA



**SAVE \$1⁴⁸
WHEN YOU BUY 2**

2/6⁵⁰

OR
\$3.99 EA.
**D'ITALIANO
BREADS OR BUNS**
SELECTED VARIETIES
AND SIZES
20038335_EA
21595103_EA



\$6

**PREPARED IN
CANADA**

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



\$5

**PREPARED IN
CANADA**

**KIMBERLY'S
COOKIES**
SELECTED VARIETIES
10'S
21190203_EA
21531404_EA



2/\$7

OR
\$4 EA.

**MARIE MORIN
DESSERTS OR
LAROCCA CAKE
SLICES OR
PARFAITS**
SELECTED VARIETIES
21165251_EA
21617537_EA
21624338_EA



**SAVE \$1⁴⁸
WHEN YOU BUY 2**

2/7⁵⁰

OR
\$4.49 EA.
**CASA MENDOSA
OR WONDER
TORTILLAS**
SELECTED VARIETIES
10 INCH
20318788_EA
20976626_EA



peel the deals

Get **1,500** pts **30%** back in points
for every \$5* spent on produce citrus items below

Stem and leaf clementines, large lemons, large limes, large navel oranges, large red grapefruit, sumo mandarins, Cara Cara oranges, red pomelos, and/or Farmer's Market™ mandarins 2 lb



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



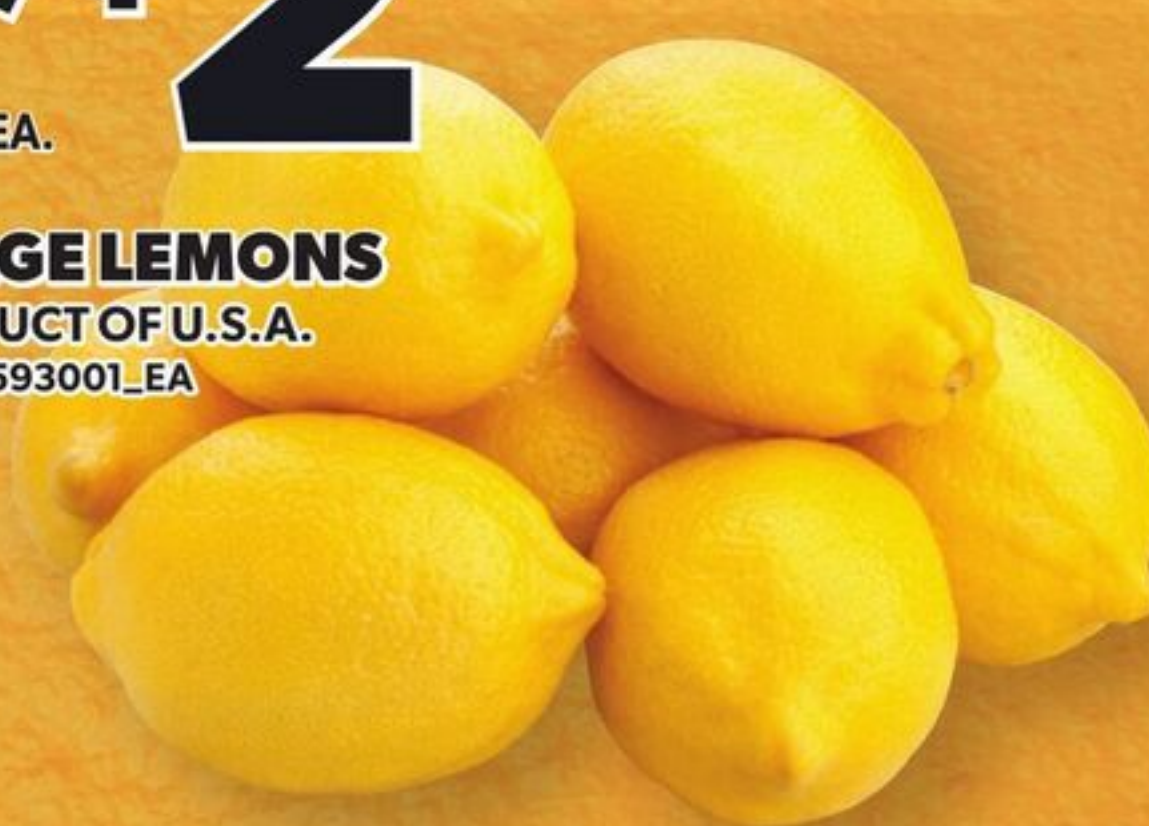
1⁸⁸ LB
**CARA CARA
ORANGES**
PRODUCT OF U.S.A.
4.14/KG
20172698001_EA



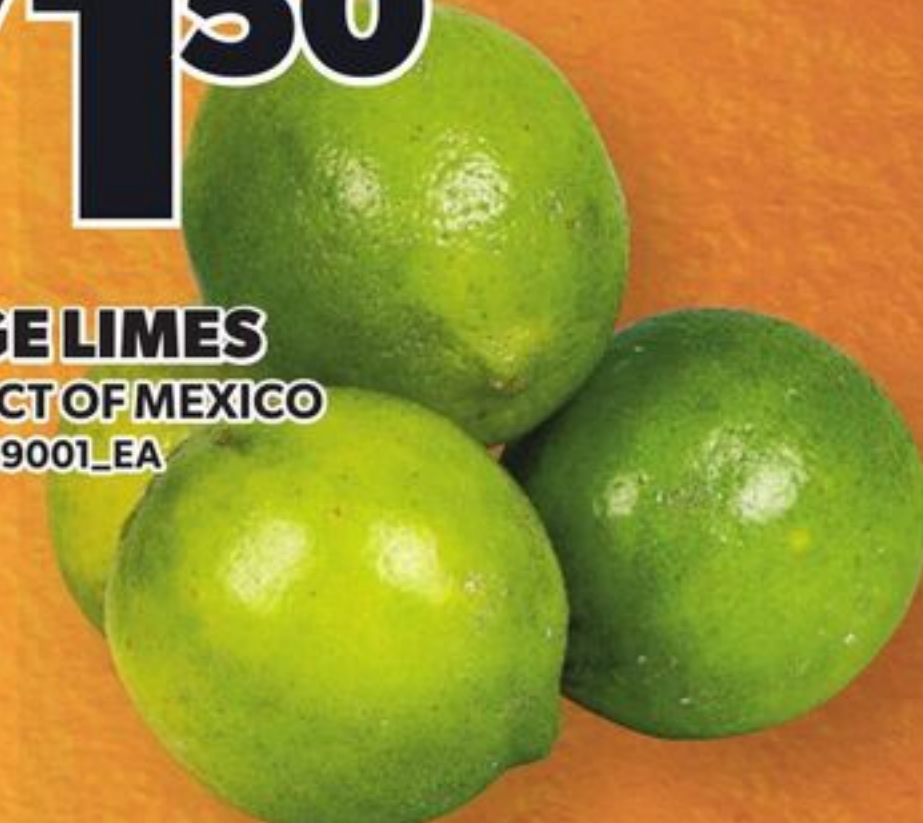
2/\$4
OR
\$2.49 EA.
**LARGE RED
GRAPEFRUIT**
PRODUCT OF TURKEY
20020516001_EA



2/\$2
OR
\$1.20 EA.
LARGE LEMONS
PRODUCT OF U.S.A.
20028593001_EA



2/1⁵⁰
OR
99¢ EA.
LARGE LIMES
PRODUCT OF MEXICO
20040489001_EA



3⁸⁸ LB
SUMO MANDARINS
PRODUCT OF U.S.A.
8.55/KG
20562570001_EA



1⁶⁸ LB
**LARGE NAVEL
ORANGES**
PRODUCT OF MOROCCO
OR SPAIN
3.70/KG
20426078001_EA



2⁸⁸
RED POMELO
PRODUCT OF CHINA
EACH
20081390001_EA



\$5
**FARMER'S MARKET™
MANDARINS**
PRODUCT OF MOROCCO
OR SPAIN
2 LB
20099819001_EA



Our signature citrus sweets!

\$6 **BAKED
IN-STORE**

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



\$30 **PREPARED IN
CANADA**

**LAROCCA 8"
LEMON MOUSSE
CAKE**
EACH
21496168_EA



\$6 **PREPARED IN
CANADA**

**FARMER'S MARKET™
LEMON POPPYICED
LOAF CAKE**
344-400 G
21488954_EA



\$8 **PREPARED IN
CANADA**

**FARMER'S MARKET™
LEMON SQUARES**
400/450 G
21216523_EA



\$6 **PREPARED IN
CANADA**

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



9⁵⁰ **PREPARED IN
CANADA**

**FARMER'S MARKET™ 9"
LEMON MERINGUE
PIE**
EACH
21664315_EA





Get more on

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

Moredays Moredays Moredays Moredays

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



\$4

APP EXCLUSIVE OFFER
Members get **1,500** pts back in points
Non-Members **\$1.50** back in points

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.

Ziggy's
smoked turkey breast
poitrine de dinde fumée
175 g

Ziggy's
smoked black forest ham
 jambon forêt-noire fumée
175 g

PREPARED IN CANADA

\$10

Members get **2,000** pts back in points
Non-Members **\$2** back in points

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

Basque
GÂTEAU AU FROMAGE
AU CHOCOLAT
INSPIRÉ DU NORD DE L'ESPAGNE
NORTHERN SPANISH STYLE
CHOCOLATE CHEESECAKE
FROZEN
600 g

2/\$8

LESS THAN 2 \$5 EA.

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

FRIED TORTILLA CHIPS
450 G
21534615_EA

\$6

APP EXCLUSIVE OFFER
Members get **1,500** pts back in points
Non-Members **\$1.50** back in points

FARMER'S MARKET™ GREENHOUSE PEPPERS
PRODUCT OF MEXICO
3'S
20085851001_EA
*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

SWEET BELL PEPPERS
POIVRONS DOUX
3'S
20085851001_EA

APP EXCLUSIVE OFFER
Member Only Price
\$3
Non-Members **\$5**

Members save **\$2**

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

PETITS POIS
SMALL SWEET PEAS
PETITS POIS SUCRÉS
300-750 G

COCCOLI FLORETS
RONS DE BROCCOLI
300-750 G

SAVE UP TO \$1

3⁵⁰

APP EXCLUSIVE OFFER
Members get **3,000** pts when you buy 2
Non-Members **\$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.

MEAT LASAGNE
LASAGNE
VIANDE
212-365 G

Members get **4,500** pts for every *12* spent on
Non-Members **\$4⁵⁰** back in points

STARBUCKS COFFEE, NESPRESSO NESCAFÉ CONCENTRATES 500 ML OR CARNATION HOT CHOCOLATE CANISTERS
400/450 G OR 1.7 KG, ENVELOPES 7-10'S
OR PODS 450 G
SELECTED VARIETIES
21397690_EA/21398301_EA

Starbucks
NESPRESSO VERTUO
500 ML

Carnation
Rich & Creamy - Riche et crémeuse
400/450 G

Members get **3,000** pts when you buy 2
Non-Members **\$3** back in points

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

SO DELICIOUS
266 ML/500 G

Silk
Almond
1.89 L

Members get **4,000** pts for every *12* spent on
Non-Members **\$4** back in points

NATURE VALLEY GRANOLA BARS
SELECTED VARIETIES
130-210 G
21213585_EA
21675994_EA

NATURE VALLEY
CRUNCHY
OATS 'N' HONEY
210 g

NATURE VALLEY
SWEET & SALTY
PEANUT
210 g

APP EXCLUSIVE OFFER
Members get **5,000** pts for every *10* spent on
Non-Members **\$5** back in points

CHEERIOS, CHEX OR OATMEAL CRISP
SELECTED VARIETIES
300-1300 G
20679390_EA
21667658_EA
*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

Honey Nut Cheerios
300-1300 G

Oatmeal Crisp
15g PROTEIN
VANILLA
1300 G

\$5

Members get **1,500** pts when you buy 2
Non-Members **\$1.50** back in points

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

Smartfood
WHITE CHEDDAR
CHEDDAR BLANC
200 g

Vickie's
ORIGINAL RECIPE
ECETTE ORIGINALE
200 g

5⁵⁰

Members get **5,000** pts when you buy 3
Non-Members **\$5** back in points

HÄAGEN-DAZS TUBS 414-450 ML, BARS 3/4'S, DRUMSTICKS 4'S OR CONFECTIONARY NOVELTIES 4-10'S
SELECTED VARIETIES FROZEN
21219793_EA/21513347_EA

Häagen-Dazs
TUBS
414-450 ML

DRUMSTICK
minis
4'S

\$4

Members get **1,000** pts back in points
Non-Members **\$1** back in points

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

CHAPMAN'S
SUPER PREMIUM PLUS
VANILLA TRILOGY
500 ML

CHAPMAN'S
SUPER PREMIUM PLUS
SALTY CARAMEL CRUNCH
500 ML

PREPARED IN CANADA

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

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

SWISS CHALET
540 ML

MONTANA'S
540 ML

Members get **10,000** pts for every *25* spent on
Non-Members **\$10** back in points

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

Jamieson
CHEWABLE
C
500 mg

Jamieson
D₃
1,000 IU

Members get **7,500** pts for every *15* spent on
Non-Members **\$7⁵⁰** back in points

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

SHOUT
Triple-Acting Triple Action
20071729_EA

EASY DEASY
5X FASTER
20071729_EA



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



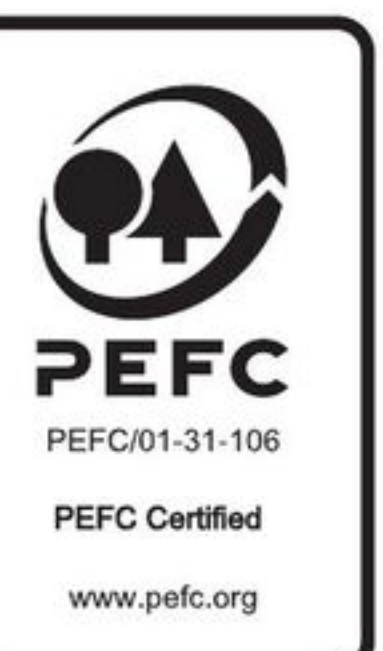
Loblaws on

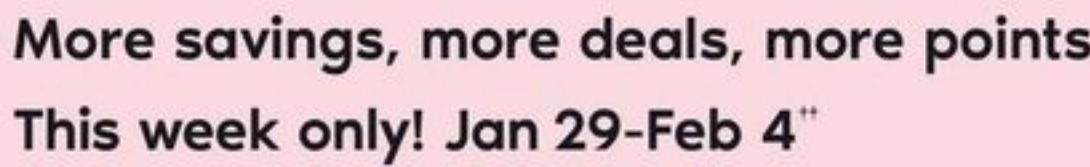


Loblaws on

Please call Customer Relations at 1-800-296-2332 or visit our website at loblaws.ca for your store's hours and to see which Loblaws* 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 loblaws.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.

LSL URB BACK





IL CRITTER'S[®]
FIRST RESPONSE[®]
FOR VITAFUSION[®]
VITAMINS OR
SUPPLEMENTS
 SELECTED VARIETIES
 AND SIZES
 0867279_EA
 0867280_EA

Moredays
Moredays
Moredays
Moredays
Moredays
Moredays

Members get
3,000 points
for every '15' spent on

\$3
back in points

BILLY BEE HONEY
SELECTED VARIETIES
\$75 G-1 KG
20724007, 1A/20724628, 1A

Canada's Darkest Honey
billybee
Honey
CREAMED
100% PURE
NET WT 1.06 KG (2.34 LB)

Canada's Darkest Honey
billybee
Honey-Miel
100% PURE
NET WT 1.06 KG (2.34 LB)

Members get

3,000 PTS

for every '6' spent on

\$3

back in points

QUAKER DIPS AND CHERRY GRANOLA BARS

SELECTED VARIETIES

EXP. 11/15/16

04087582.EA / 21359366.EA

Quaker

Dipps

CHOCOLATE CHIP

NEW

Quaker

Chewy

CHOCOLATE CHIP

[illegible][illegible]

Members get

\$6.50 ⁽²⁰⁾

for every \$30⁺ spent on

Redeem points

100%

towards your next purchase

Van Houtte or McCafé 10/30%
 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 On Kicking Horse 10/30%
 Selected Varieties

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

\$3
 back in
 points

LECLERC CELEBRATION COOKIES
 SELECTED VARIETIES
 200-350 G
 2164833, LA
 21648955, LA

CELEBRATION
 Mini COOKIES
 CHOCOLATE CHIP
 200-350 G

CELEBRATION
 CHOCOLATE CHIP
 200-350 G

Members get

\$5,000 (est)

for every "15" spent on

\$5

back in points

OCEAN'S TUNA
GOLD SEAL CANNED
FISH OR MILLIONAIRES
SARDINES
 SELECTED VARIETIES
 10-418 G
 10004270, EA
 1000518, EA

Ocean's
 ALBACORE IN WATER
 SOLID WHITE TUNA

Ocean's
 SKIPJACK IN WATER
 FLAKED LIGHT TUNA

MSC
 MARINE STewardship COUNCIL
 www.msc.org

Members get
4,000^{RM}
for every \$10^{RM} spent on

\$4
back in points

RIO MARE
CANNED FISH
SELECTED VARIETIES
100-320 G
0030393.1A
70077499.1A

RIO
mare

Insalatissima
Light Tuna Salad
Sautéed on tomato plate
MEDICIANI STYLÉ - LA MEDICAGIONE
with a spicy, cured and marinated
meat and vegetables

RIO
mare

Solid Light Tuna in Olive oil
Thon, paille entier avec huile d'olive

12x240 g x 330 g

Members get

3,000 points

for every \$9*
spent on

\$3

back in points

ONE SIZE
PARTAGER

REDACTED

**MAYNARDS CANDIES OR
CADBURY
CHOCOLATE**

SELECTED VARIETIES EXCLUDE
EASTER & VALENTINE'S

308/315 G

Cadbury

DAIRY MILK

MILK CHOCOLATE
CHOCOLAT AU LAIT

100 g

maynards

*Sweetish
Berries*

REDUCTED
SWEETENED
SWEETENED
SWEETENED

315 g

Members get
\$5.00TM
 for every 10TM
 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
 1002730010010
 1002730010012

Knorr®
 1oz - 54mm
 REAGENTS
 CHICKEN
 POULET
 RÔTI

Knorr®
 ALFREDO
 CREAMY PASTA
 WITH MELTAGE & GARLIC PARMESAN
 6 Portions

Knorr®
 CHICKEN / POULET
 6 Portions

Members get
\$3,500^{MS}
for every 1st™
spent on

\$3.50
back in
points

CLUB HOUSE DRY GRAYV OR SAUCES, SEASONING BLENDS, SPICE BOTTLES OR TINS OR LA GRILLE SEASONINGS
\$1.95 G/O FOOD COLOR OR VANILLA EXTRACTS
\$3-2.50 ML SELECTED VARIETIES
003006060002, 1A
003037270001, 1A

CLUB HOUSE
CHILI
SEASONING BLEND (SEASONING)

CLUB HOUSE
Organic biologique
Turmeric
Curry
MIXED

CLUB HOUSE
Italiano

CLUB HOUSE
CHILI
SEASONING BLEND (SEASONING)

CLUB HOUSE
Italiano

Members get
3,000 rewards
 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**
 140-170 G **MAGIC BAKING**
 POWDER 225/450 G
SHAKE N BAKE COATING
 MIX 1x2-180 G
 SELECTED VARIETIES
©2020/2019/2009/01, EA/2036160/0001_EA

vanilla
 vanilla
 ARTIFICIAL FLAVOR
 WHITE PESTO

JELL-O

102 g 4 ARTIFICIAL FLAVOR

BAKERS'S

SEMI-SWEET CHOCOLATE

CHOCOLATE MUD CAKE

[illegible][illegible]

Members get

\$5.00²⁰

for every \$20²⁰ spent on

\$5

back in points

FRISKIES
DRY CAT FOOD
 SELECTED VARIETIES
 1.4-7.5 kg
 20648481, EA
 20913390, COI

7 FAVOURITES
 Purina Friskies® Dry Cat Food
 7.38 kg

7 FAVOURITES
 Purina Friskies® Dry Cat Food
 1.42 kg

Members get
\$10
back in points
for every \$30*
spent on

**LYSOL CLEANERS OR
LAUNDRY, OR FINISH
DISHWASHER TABS**

FINISH
QUANTUM
ULTIMATE
900 g

LYSOL
lingettes
désinfectantes
ATTENTION

Members get
10,000[™]
for every 140[™]
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
FLUFFY SNOW BEADS,
WASH 'N' CLEAN CLEANSERS,
CASCADE DISHWASHER
TABLETS, DAWN DISH
DETERGENT
OR SWIFFER**

Tide
4+ months
meets
100
loads

© 2018 P&G L1183 EA 1000

Cascade
PLATINUM PLUS

51

© 2018 P&G L1183 EA 1000

Members get
\$3.00 MSRP
 for every **15***
 spent on

\$3
 back in points

COLGATE ORAL CARE PRODUCTS
 ALL VARIETIES AND SIZES
 01119030, EA
 011164737-EA

Extra Clean

Colgate
 Strong
 Taste Control
 with Cetylpyridinium
 Chloride

\$2.99
 MSRP

Brush 6x6 6
 100% BPA FREE

Colgate®
 Total 6
 ACTIVE DENTIST FORMULA

DEEP CLEAN
 Whitening
 Fluoride

*See store for details. Offer good on select Colgate Oral Care products. Excludes Colgate Total 6 Whitening Toothpaste. Offer ends 12/31/14.

Optimum™

Get more on

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

Moredays
Moredays
Moredays
Moredays

Moredays

APP EXCLUSIVE OFFER

Member Only Price™

2²⁵

Non-Members
\$3

PC® OR BLUE MENU® ENGLISH MUFFINS
SELECTED VARIETIES
6'S
20810732, EA
21010902, EA
*Open your PC Optimum™ app or visit pc optimum.ca to get the offer.

PREPARED IN CANADA

Moredays

APP EXCLUSIVE OFFER

Members get

1,500^(pts)

\$150
back in points

\$6

FARMER'S MARKET™ GREENHOUSE PEPPERS
PRODUCT OF MEXICO
3'S
2008483100, EA
*Open your PC Optimum™ app or visit pc optimum.ca to get the offer.

Moredays

APP EXCLUSIVE OFFER

Members get

5,000^(pts)

\$5
back in points

for every *10* spent on

PILLSBURY PIZZA POPS OR BITES
380 G-2.85 KG, TOASTER STRUDEL
OR SCRAMBLES 204-326 G OR
PILLSBURY REFRIGERATED DOUGH
SELECTED VARIETIES FROZEN
21433996, EA
21003340, EA
2017266400, EA
*Open your PC Optimum™ app or visit pc optimum.ca to get the offer.

Moredays

APP EXCLUSIVE OFFER

Members get

2,500^(pts)

\$2⁵⁰
back in points

OREO OR CHIPS AHOY! FAMILY SIZE COOKIES 303-503 G OR OREO CAKESTERS 285 G
SELECTED VARIETIES
21014087, EA
21723437, EA
*Open your PC Optimum™ app or visit pc optimum.ca to get the offer.

Moredays

APP EXCLUSIVE OFFER

Members get

4,000^(pts)

\$4
back in points

for every *10* spent on

PREMIUM PLUS 402-481 G OR GOOD THINS 100 G
SELECTED VARIETIES
21023024, EA
21009004, EA
*Open your PC Optimum™ app or visit pc optimum.ca to get the offer.

Moredays

APP EXCLUSIVE OFFER

Members get

2,000^(pts)

\$2
back in points

for every *5* spent on

CRISPERS OR BITS & BITES
SELECTED VARIETIES
145 G
21358333, EA
21358273, EA
*Open your PC Optimum™ app or visit pc optimum.ca to get the offer.

Moredays

APP EXCLUSIVE OFFER

Members get

20,000^(pts)

\$20
back in points

for every *50* spent on

PROGRESSIVE, IRON VEGAN, SMART SOLUTION VITAMINS, SUPPLEMENTS OR PROTEIN PRODUCTS
SELECTED VARIETIES AND SIZES
21019271, EA
21019275, EA
*Open your PC Optimum™ app or visit pc optimum.ca to get the offer.

Express™ Pass

Get your first year of PC Express Pass for

\$2/month*

• Unlimited grocery delivery or pickup
• Earn 2% back in ^(pts) with eligible pickup orders**

Use code

PASS76

Learn more

*/**Offer valid until February 18, 2026. Conditions apply. \$30 minimum order. Regular price \$99.99/year after your first year.

Optimum™

Joe Fresh

Moredays

Jan. 29 - Feb. 4

Optimum™

Open the app to get your offers.

Members get

20,000^(pts)

for every \$60 spent on apparel*

Moredays

APP EXCLUSIVE OFFERS†

Members get

15,000^(pts)

\$15
back in points

for every *100* spent on

ANY COMBINATION OF BOSTON PIZZA, DOORDASH, GAP INC. BRANDS, GOOGLE PLAY, THE KEG, AND ULTIMATE DINING CARD GIFT CARDS

Google Play gift card purchases are subject to a \$200 limit. Offer valid in-store only. 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 \$100 spent on any combination of Boston Pizza, DoorDash, Gap Inc. Brands, Google Play, The Keg, Ultimate Dining Card, Harvey's, and Swiss Chalet cards in a single transaction. Cannot be combined with any other gift card offers. Not valid on prior purchases. PC Optimum points cannot be redeemed toward the purchase of gift cards. All other trademarks are property of their respective owners.

Optimum™

Moredays™

3,000^(pts)

when you spend \$30 or more on fuel.

Jan 29 - Feb 1

Esso™

Mobil™

Open the app to get this offer.
*Conditions apply. Complete details on the PC Optimum™ app or at www.pcoptimum.ca

LSL ONLINE 3

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-transferable. 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.



新年快樂

Happy Lunar New Year

APP EXCLUSIVE OFFER

Get 3,000 pts for every \$15* spent on all T&T items

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

Get 3,000 pts for every \$15* spent on all T&T items

\$3 back in points



\$4⁹⁹ LB



CHICKEN LEGS

BACK ATTACHED, FAMILY SIZE

8.82 /KG

20079881_KG



4²⁸ LB



GRADE A DUCK

FROZEN

9.44 /KG

20079881_KG



SAVE 39¢

\$3⁹⁹



BASA STEAKS

FROZEN

10.00

20079881_KG



SAVE \$1¹¹ LB

5⁸⁸

PORK BELLY

PORTION

SKINLESS

12.86 /KG

20079881_KG



\$7⁹⁹

T&T* PACIFIC WHITE SHRIMP RAW HOSO

35-40 PER LB 400 G OR COOKED 21-25 PER LB 300 G

FROZEN

20079881_KG



2⁸⁸

Chicken Dumpling

雞肉水餃

Boulettes de Poulet

SELECTED VARIETIES

380 G

20079881_KG



8⁸⁸

TSURU MAI BROWN RICE

2 KG

20079881_KG



16⁸⁸

DAN-D PAK CASHEWS

SALTED OR UNSALTED

908 G

20079881_KG



\$5⁹⁹

FLYING GOOSE SRIRACHA SAUCE

730 ML

20079881_KG



4⁸⁸

COCK BRAND SWEET CHILI SAUCES

20079881_KG



1²⁸

LOTTE PEPERO

SELECTED VARIETIES

32-50 G

20079881_KG



12⁸⁸

BILLY BEE HONEY RED CAP

SELECTED VARIETIES

1 KG

20079881_KG



1⁵⁰

NONGSHIM BOWL NOODLES

SELECTED VARIETIES

86 G

20079881_KG



\$11⁹⁹

KNORR CHICKEN BROTH MIX

1 KG

20079881_KG



Fresh Fortune

1⁸⁸ LB

ASIAN YELLOW PEARS

PRODUCT OF CHINA

4.14 /KG

20079881_KG



SAVE 22¢ LB

2²⁸ LB

HAMI MELON

PRODUCT OF GUATEMALA, HONDURAS OR MEXICO

5.03 /KG

20079881_KG



Lucky Blossoms

\$25⁹⁹

LUNAR NEW YEAR BOUQUET

SELECTED VARIETIES

20079881_KG



\$28⁹⁹

5 INCH ORCHID

SELECTED VARIETIES

20079881_KG



Shop value-friendly holiday essentials.

LSL ONLINE ETKS

your one-stop grocery shop

\$6

Moredays

Members get **5,000** back in points when you buy 2

QUAKER MUFFIN OR COOKIE MIX 750-900 G OR **OAT FLOUR** 300 G
SELECTED VARIETIES
20301044001_EA
21604262_EA

QUAKER PROTEIN MUFFIN 200 G
SELECTED VARIETIES
20301044001_EA
21604262_EA

\$7

TACO BELL PREMIUM KITS
SELECTED VARIETIES
401-642 G
216634420_EA
21663022_EA

TACO BELL CHEESY DOUBLE DECKER TACO 401 G
SELECTED VARIETIES
216634420_EA
21663022_EA

TACO BELL CRUNCHWRAP SUPREME 401 G
SELECTED VARIETIES
216634420_EA
21663022_EA

4⁵⁰

OLD EL PASO DINNER KITS
SELECTED VARIETIES
300-510 G
20795446_EA
20795300_EA

OLD EL PASO DINNER KIT FAJITA 300 G
SELECTED VARIETIES
20795446_EA
20795300_EA

OLD EL PASO DINNER KIT HARD TACO 300 G
SELECTED VARIETIES
20795446_EA
20795300_EA

5⁵⁰

HELLMANN'S REAL MAYONNAISE OR CHICKEN WING DIP 340-445 ML OR **PC® PICKLES** 1 L
SELECTED VARIETIES
2043350001_EA
21018602_EA

HELLMANN'S CHIPOTLE 340-445 ML
SELECTED VARIETIES
2043350001_EA
21018602_EA

HELLMANN'S BREAD & BUTTER SUCRÉS 340-445 ML
SELECTED VARIETIES
2043350001_EA
21018602_EA

\$2

SWISS CHALET CANNED GRAVY
SELECTED VARIETIES
284 ML
21080104_EA
21080104_EA

SWISS CHALET DIPPING SAUCE A TREMPETTE 284 ML
SELECTED VARIETIES
21080104_EA
21080104_EA

SWISS CHALET HOT CHICKEN SAUCE HOMESTYLE 284 ML
SELECTED VARIETIES
21080104_EA
21080104_EA

SAVE 98¢ WHEN YOU BUY 2

2/\$5

OR \$2.99 EA.

NO NAME® CANNED FRUIT
SELECTED VARIETIES
398 ML
2061836_EA
2061836001_EA

fruit cocktail 398 ML
SELECTED VARIETIES
2061836_EA
2061836001_EA

stone peach slices 14 FL OZ
SELECTED VARIETIES
2061836_EA
2061836001_EA

4⁵⁰

PC® PICKLES
SELECTED VARIETIES
500 ML
20041016_EA
20041016_EA

HELLMANN'S BREAD & BUTTER SUCRÉS 340-445 ML
SELECTED VARIETIES
2043350001_EA
21018602_EA

HELLMANN'S HOT & ZESTY PIQUANTS 340-445 ML
SELECTED VARIETIES
2043350001_EA
21018602_EA

2⁷⁵

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

blueberry waffles 280 g
SELECTED VARIETIES
20316375001_EA
20316375002_EA

original waffles 280 g
SELECTED VARIETIES
20316375001_EA
20316375002_EA

\$4

HARDBITE POTATO CHIPS
SELECTED VARIETIES
150 G
2070855001_EA

Hardbite HANDCRAFTED-STYLE CHIPS
SELECTED VARIETIES
150 G
2070855001_EA

ALL NATURAL
NATURE

SAVE UP TO \$1.50

Moredays

Members get **1,000** back in points when you buy 4

\$7

DR OETKER SUPREMA 475-520 G
OR **GIUSEPPE STUFFED CRUST PIZZA** 400-771 G
OR **PIZZA OR HIGH LINER FISH OR SHRIMP** 315-700 G
SELECTED VARIETIES
FROZEN
2030320001_EA
21604440_EA

DR OETKER SUPREMA 475-520 G
SELECTED VARIETIES
2030320001_EA
21604440_EA

SAVE 98¢ WHEN YOU BUY 2

Moredays

Members get **5,000** back in points when you buy 4

2/\$11

OR \$6.99 EA.

HEALTHY CHOICE STEAMERS OR SIMPLY ENTRÉES
SELECTED VARIETIES
FROZEN
255-306 G
2031801001_EA
2031801001_EA

Healthy Choice Steamers 255-306 G
SELECTED VARIETIES
2031801001_EA
2031801001_EA

\$6

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

MCCAIN DEEP 'N DELICIOUS CAKES 510 G
SELECTED VARIETIES
20310132002_EA
21544055_EA

PC® CHOCOLATE COVERED FRUIT 200 G
SELECTED VARIETIES
20310132002_EA
21544055_EA

\$4

CHAPMAN'S MARKDALE CREAMERY ICE CREAM 2 L
OR **COLLECTION NOVELTIES** 6/9'S
SELECTED VARIETIES
FROZEN
20310238001_EA
20323757001_EA

CHAPMAN'S MARKDALE CREAMERY ICE CREAM 2 L
SELECTED VARIETIES
20310238001_EA
20323757001_EA

\$6

SCHNEIDERS® BREAKFAST BITES OR SANDWICHES
SELECTED VARIETIES
FROZEN
204-288 G
21623238_EA

SCHNEIDERS® BREAKFAST BITES 204-288 G
SELECTED VARIETIES
21623238_EA
21623238_EA

SCHNEIDERS® SANDWICHES 204-288 G
SELECTED VARIETIES
21623238_EA
21623238_EA

16⁹⁹

BUDWEISER ZERO NON-ALCOHOLIC BEER
SELECTED VARIETIES
12X355 ML
21293370_C12

BUDWEISER ZERO NON-ALCOHOLIC BEER 12X355 ML
SELECTED VARIETIES
21293370_C12
21293370_C12

\$9

FERRERO ROCHER OR COLLECTION HEART
8'S
2031802001_EA
20718470_EA

FERRERO ROCHER OR COLLECTION HEART 8'S
SELECTED VARIETIES
2031802001_EA
20718470_EA

SAVE \$1.08 WHEN YOU BUY 2

2/5⁵⁰

OR \$3.29 EA.

HERSHEY'S CHOCOLATE BARS
SELECTED VARIETIES
90-120 G
20682764_EA
21452586_EA

HERSHEY'S CHOCOLATE BARS 90-120 G
SELECTED VARIETIES
20682764_EA
21452586_EA

\$5

OASIS 100% JUICE BLENDS
SELECTED VARIETIES
8X200 ML
20044370_EA
20044450_EA

OASIS 100% JUICE BLENDS 8X200 ML
SELECTED VARIETIES
20044370_EA
20044450_EA

\$10

ROYALE BATHROOM TISSUE 12 DOUBLE ROLLS OR **FACIAL TISSUE** 6'S
SELECTED VARIETIES
21018470_EA
21018470_EA

ROYALE BATHROOM TISSUE 12 DOUBLE ROLLS
SELECTED VARIETIES
21018470_EA
21018470_EA

\$21

CASHMERE BATHROOM TISSUE 24-72 ROLLS
SELECTED VARIETIES
21018470_EA
21018470_EA

CASHMERE BATHROOM TISSUE 24-72 ROLLS
SELECTED VARIETIES
21018470_EA
21018470_EA

\$22

PURINA ONE CAT FOOD
SELECTED VARIETIES
3 KG
21023341_EA

PURINA ONE CAT FOOD 3 KG
SELECTED VARIETIES
21023341_EA
21023341_EA



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**

[illegible]

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

[illegible]

LIMIT 6
AFTER LIMIT
5.99 EA.



**SAVE
UP TO**

15%

**IVORY BODY WASH
OR BAR SOAP**
SELECTED VARIETIES
AND SIZES

3.39-7.49
2543257, EA
20900346002, EA

IVORY
GENTLE & SOOTHING
BODY WASH
with notes of lavender
and real essential oils

1.5X MORE
GENTLE & SOOTHING
BODY WASH
with notes of lavender
and real essential oils

IVORY
BODY WASH
with notes of lavender,
ylang ylang and mandarin
NET WT 10.1 FL OZ (300 mL)

**IVORY BOD
OR BAR SO
SELECTED VARI
AND SIZES
3.39-7.49
21432577_EA**



**LIMIT 6
AFTER LIMIT
\$99 EA.**

CREST TOOTHPASTE
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
2150670R LK110034LS LA

LIMIT 6
AFTER LIMIT
5.99 EA.



6⁵⁰

**LIMIT 6
AFTER LIMIT
7.49 EA.**

**SENSODYNE
OR PRONAMEL
TOOTHPASTE**

SELECTED VARIETIES

110/115 ML

202479310002_1A

204322689002_1A



**VALUE
SIZE**

**SENSODYNE
PRONAMEL**

Advanced Whitening
Reduces Sensitivity, Reduces
Staining, Whitens

115g

FRESH MINT

TOOTH PASTE

110 ML

LIMIT 6
AFTER LIMIT
7.49 EA.

[illegible]

LIMIT 6
AFTER LIMIT
8.49 EA.



2/\$8
OR
\$5.49 EA.

DEGREE BAS
ANTIPERSPIRANT
SELECTED VARIETIES
48-85 G
20294-20295,EA
20294-20295,EA

NEW! NOUVEAU!
Degree
ULTRACLEAR
48-85 G
ANTIPERSPIRANT
ANTISUDORIFÈRE

Degree
48h
ANTIPERSPIRANT
ANTISUDORIFÈRE
COOL COMFORT
FRAÎCHEUR
CONFORT

[illegible][illegible]

LIMIT
AFTER
4.29



5⁵⁰

DOVE HAIRCARE
 SELECTED VARIETIES
 AND SIZES
 27018396_EA/216446833_EA

Dove
volume & fullness
volume et ampleur
 shampooing
 hydratant
 355 mL

Dove
daily moisture
hydratation
quotidienne
 shampooing
 hydratant
 355 mL



5⁵⁰

**HAIR EXPERTISE
OR WHOLE BLENDS
SHAMPOO OR
CONDITIONER**
SELECTED VARIETIES AND SIZES
20941723, EA/21647382, EA

GARNIER
Whole Blends
NOURISHING SHAMPOO
SHAMPOING NUTRITIONNEL

**HONEY
TREASURES**
TRÉSORS DE MIEL

375 mL

**L'ORÉAL
PARIS**
HAIR EXPERTISE

**HYALURON
PLUMP**
72H HYDRABRANT
SHAMPOO / SHAMPOING
[WITH HYALURONIC ACID]
[AVEC L'ACIDE HYALURONIQUE]

375 mL



Moredays

Members get
\$6,000 (RM)
 when you
 spend '15' on

\$6
 back
 in points

NICE 'N EASY.
NATURAL INSTINCTS
OR COLOR STRONG
HAIR COLOUR
 SELECTED VARIETIES
 2005577-6A-2106575-8A

natural instincts
 WITH COCONUT OIL & ALGAE
 SEED ANTIHAIL
 2005577-6A-2106575-8A

nice 'n easy
 3 TONES + HIGH-LIGHTS
 LOW MAINTENANCE
 2005577-6A-2106575-8A

\$6



\$9

**OGX MAUI OR
AVEENO HAIR CARE**
SELECTED VARIETIES AND SIZES
208-66652.5A/2105254.5A

OGX
ARGAN OIL OF MOROCCO
SHAMPOO / SHAMPOING

Argan Oil of Morocco
Huile d'argan de Maroc

385 mL / 13.0 FL. OZ.

Aveeno
NEW COSMETIC FORMULA
SCALP SOOTHING HAIR CARE
WITH CAPILLARY ANTI-IRITANTS

Fresh Greens Blend
Eclair de verdure
Pêche & Citron
SHAMPOO SHAMPOING
For Daily Use / Pour Usage Quotidien

Peach & Citrus
Pêche & Citron
For Daily Use / Pour Usage Quotidien

Peach & Citrus
Pêche & Citron
For Daily Use / Pour Usage Quotidien

354 mL / 12.1 U.S. fl. oz.

ARE
ID SIZES



**SAVE
UP TO**

15%

**OLAY SUPER SERUM,
REGENERENT MOISTURIZERS
OR TREATMENTS**
SELECTED VARIETIES AND SIZES

21236887.SA



The image shows a white jar of Olay Retinol 24 + Peptide Night Hydrating Moisturizer next to its white box. The jar has a white lid and a label that reads "OLAY REGENERENT RETINOL 24 + PEPTIDE NIGHT HYDRATING MOISTURIZER (SHEA BUTTER) (FRAGRANCE FREE)". The box is white with "OLAY" in large black letters, "REGENERENT" below it, and "RETINOL 24 + PEPTIDE" in large blue letters. Below that, it says "NIGHT HYDRATING MOISTURIZER (SHEA BUTTER) (FRAGRANCE FREE)".



**SAVE
UP TO**

20%

Aveeno
BODY LOTIONS
 SELECTED VARIETIES
 AND SIZES
 2010102-2003_EA
 20101106_EA

Aveeno.
 Daily
 Moisturizing Lotion
 LOTION HYDRATANTE
 quotidienne

LOTION HYDRATANTE POUR LE CORPS À BASE D'AVÉNOE
 237 mL

Aveeno.
 Skin Relief
 Moisturizing Lotion
 LOTION HYDRATANTE
 apaisante

Helps relieve itchy, irritated skin
 Moisturizes, soothes, and relieves dry skin
 Fragrance free
 Paraben free
 No artificial colors
 No artificial fragrances

502 mL 4.2 FL. OZ.

100% Natural Fragrance
 100% Natural Fragrance

100% Natural Fragrance
 100% Natural Fragrance

0%



live well, spend less

SAVE UP TO

20%

NEW NORDIC 30-40'S OR IRON KIDS CHILDREN'S 60-120'S VITAMINS OR SUPPLEMENTS
SELECTED VARIETIES AND SIZES
2107932_EA/20437900L_EA

SAVE UP TO

25%

LIFE BRAND VITAMINS OR SUPPLEMENTS
SELECTED VARIETIES AND SIZES
2106214B_EA/21033896_EA

SAVE UP TO

20%

BOOST READYTO DRINK SHAKES
SELECTED VARIETIES AND SIZES
2099080L_C06/2099080L_C06

SAVE UP TO

15%

Moredays
Members get 7,000 when you spend \$50 on
\$7 back in points

RESTORALAX POWDER 119-795 G, RESTORALAX FIBRE GUMMIES 30-140'S
SELECTED VARIETIES AND SIZES
2019201L_EA/2138090D_EA

\$16

ALEVE OR ASPIRIN CAPLETS, TABLETS, GELS OR CHEWS
SELECTED VARIETIES AND SIZES
2106214B_EA/21033277B_EA

SAVE UP TO

15%

LIQUID I.V. HYDRATION MULTIPLIER SACHETS
SELECTED VARIETIES AND SIZES
2159244A_EA/21592485_EA

SAVE UP TO

20%

U BY KOTEX TAMPONS
SELECTED VARIETIES
30-50'S
2129189Y_EA/2129199S_EA

\$15

ALWAYS PADS 26-62'S OR LINERS 116-216'S OR TAMPAX TAMPONS 38-50'S
SELECTED VARIETIES AND SIZES
2137404B_EA/21060690_EA

\$18

TENA UNDERWEAR OR BRIEFS
SELECTED VARIETIES AND SIZES
2103277B_EA/2109262L_EA

78⁹⁹

ENFAMIL A+ NEUROPRO OR GENTLEASE READY TO FEED FORMULA
SELECTED VARIETIES
10X 237 ML
2159056D_EA/2159056B_EA

4/\$5

OR 1.49 EA.
PC ORGANICS BABY FOOD POUCH
SELECTED VARIETIES
128 ML
21056742_EA/20561248002_EA

\$4

BABY GOURMET ORGANIC PUFFIES, BARS OR CRUNCHY CROCS BABY SNACKS
SELECTED VARIETIES
35-50 G
2167220T_EA/2167220T_EA

34⁹⁹

Moredays
Members get 2,000 when you spend \$50 on
\$2 back in points

LIMIT 4 AFTER LIMIT 41.99 EA.

HUGGIES ECONO PACK DIAPERS
SELECTED VARIETIES
SIZE N-7, 60-200'S
2143649D_EA/2143674B_EA

36⁹⁹

Moredays
Members get 4,000 when you spend \$50 on
\$4 back in points

LIMIT 4 AFTER LIMIT 43.99 EA.

PULL-UPS ECONO PACK TRAINING PANTS
SELECTED VARIETIES
66-104'S
2102142Z_EA/2102142Z_EA

59⁹⁹

SIMILAC 360 TOTAL CARE INFANT FORMULA
SELECTED VARIETIES
850 G
21697863_EA/21697865_EA

ONT HABA 2

START YOUR

ACTIVIA

GUT HEALTH CHALLENGE

12

ACTIVIA EVERY DAY

FOR 14 DAYS



NEW

ACTIVIA EXPERT

4 x 100 g

21088281_EA/21087800_EA

\$4

NEW

ACTIVIA EXPERT

750 g

21088281_EA

\$6.50

ACTIVIA

GUT HEALTH SÂNTÉ DIGESTIVE

12 x 100 g

21030342001_EA

\$7.50

ACTIVIA

GUT HEALTH

850 g

210325192003_EA

\$4.50

ACTIVIA

Immune system

8 x 93 mL

210325192003_EA

\$7

*Down your PC Optimum™ app or visit optimum.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, 2025. Activia® used under lic. © 2025 Danone Danone. All rights reserved.

**NO PURCHASE NECESSARY. Open to Canadian resident PC Optimum members who are 14 years or older. Contest ends February 18, 2025 at 12:00 am ET. Members can get an entry for every \$10 spent on any eligible Activia products at participating Atlantic Superstore, Dominion Fresh, Loblaw, Mark, No Frills, Provigo, La Machine, Shoppers Drug Mart, Value Mart, Real Canadian Superstore, Wholesale Club, Your Independent Grocer and other locations and scan their PC Optimum card at the time of purchase. 1 Prize of \$10,000. 100 PC Optimum points to be won that's like \$10,000. 120k 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/terms and how to enter without purchase, visit www.pcsoptimum.ca/pcsocontest-danone.

PACK YOUR MORNING WITH PROTEIN

19G OF PROTEIN*



\$7.25

Oikos® - 650 g, 750 g
21035945_EA



3/\$12

Oikos® - 4 x 95 g, 4 x 100 g
20825055_EA
OR \$4.99 EA
20418715001_EA



\$3.50

Oikos® Pro™ - 300 mL
21051846_EA

10-HOUR BREW

BOLD AND SMOOTH TASTE



\$7.50

Stok® - 142 L
21203737_EA/2203739_EA

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

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

ENTER TODAY!

BUY | SNAP | UPLOAD TO ENTER

NEW



\$7

Siggi's SKYR YOGURT 650-750 g
SELECTED VARIETIES
21035945_EA

NEW



\$4.50

Siggi's SKYR YOGURT 4 X 100 g
SELECTED VARIETIES
21035945_EA

NEW



\$3.75

iögo CREAMY DUOS YOGURT, 650 g
SELECTED VARIETIES
21034944_EA



\$9

iögo CREAMY 0% OR LACTOSE-FREE YOGURT, 16 X 100 g
SELECTED VARIETIES
2060508300_EA/21032384_EA



\$11

iögo CREAMY YOGURT 2 KG
SELECTED VARIETIES
20608008_EA

SOURCE OF VITAMIN A & D



\$3.25

iögo nano DRINKABLE YOGURT 6 X 93 mL
SELECTED VARIETIES
21030614/21030615_EA



\$6

ASTRO BLAKAN YOGURT 12 X 100 g
SELECTED VARIETIES
200507001_EA



\$4.50

ASTRO BLAKAN YOGURT 750 g
SELECTED VARIETIES
2005200000_EA/2103705300_EA

*No purchase necessary. Contest answer to daily testing question required from potential winners. Contest starts on Dec 15, 2025, at 12:00 am and ends on Dec 15, 2026, at 11:59 pm ET. Winner will be 18 years or older. 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, which we purchase receipt, and complete the entry form at www.siggiconsult.ca. For all participating products and full rules, including no purchase entry details, visit www.siggiconsult.ca. Odds of winning the Prize depends on the number of eligible entries received. Contest is open to Canadian residents 18 Canada who have reached the age of majority in their province or territory at the time of entry. ©2025 Danone Canada. All rights reserved. Trademarks owned or used under license by Danone Canada, Danone US, LLC, etc.

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 A grade beef or higher
21588067_EA



pork stir fry strips
21588095_EA



chicken stir fry strips
21588091_EA



fontaine santé

PRODUCE OF CANADA

FUEL YOUR OLYMPIC WATCH PARTY!

Traditional Hummus
205011378000



\$4



\$4



\$4



ONT ONLINE 6

