

no name®

just low prices  
(so switch)

SAVE  
UP TO 30%

1.25

NO NAME® VEGETABLES OR NO NAME® BEANS  
SELECTED VARIETIES, 341-540 ML  
LÉGUMES SANS NOM®  
OU LÉGUMINEUSES SANS NOM®  
20296401\_EA/20554593\_EA



2/4.50

OR 2.69 EA

NO NAME® DRINK  
SELECTED VARIETIES  
2 L  
BOISSON  
SANS NOM®  
20320439006\_EA  
20320439005\_EA

SAVE  
UP TO 32%

2.50

NO NAME® BAGELS  
SELECTED VARIETIES, 6" S  
BAGELS SANS NOM®  
21217967\_EA



NO NAME® TOMATOES OR  
NO NAME® MUSHROOMS  
SELECTED VARIETIES  
284-796 ML  
TOMATES SANS NOM® OU  
CHAMPIGNONS SANS NOM®  
20600787\_EA/20079578\_EA

1.50



1.25

NO NAME® CONDENSED SOUP  
OR NO NAME® BAKED BEANS  
SELECTED VARIETIES, 284-398 ML  
SOUPE CONDENSÉE SANS NOM®  
OU FÈVES SANS NOM®  
20618885\_EA/20314839001\_EA





# ALWAYS LOW PRICE

Find set prices on everyday items.

ALWAYS  
LOW PRICE

\$10

**BREADED CHICKEN, MEATBALLS,  
POTSTICKERS OR HORS D'OEUVRES**  
SELECTED VARIETIES, FROZEN, 700 G-1.81 KG  
**POULET PANÉ, BOULETTES DE VIANDE,  
QUENELLES OU HORS D'ŒUVRE**  
21447587\_EA/21669059\_EA



ALWAYS  
LOW PRICE

\$10

**FISH FILLETS  
OR BREADED  
SEAFOOD**  
SELECTED  
VARIETIES FROZEN  
200-900 G  
**FILETS DE  
POISSON  
OU FRUITS DE  
MER PANÉS**  
21473748\_EA  
21119511\_EA



ALWAYS  
LOW PRICE

\$10

**PC® VEGETABLES**  
SELECTED VARIETIES, FROZEN, 1.75 KG  
**LÉGUMES PC®**  
20713420\_EA/20713450\_EA



ALWAYS  
LOW PRICE

\$3

**NO NAME® FRUIT**  
SELECTED VARIETIES, FROZEN, 300/400 G  
**FRUITS SANS NOM®**  
21545097\_EA/21545106\_EA



ALWAYS  
LOW PRICE

\$7

**BUTTER CROISSANTS**  
BAKED IN-STORE, 12'S  
**CROISSANTS AU BEURRE**  
21683000\_EA





PROUDLY CANADIAN



REAL ATLANTIC SUPERSTORE™

SAVE  
UP TO **54%**  
**\$3** LB  
6.61/KG

PORK LOIN  
COMBINATION  
CHOPS SIRLOIN  
AND RIB  
PORTION  
BONE-IN  
CÔTELETTES DE  
LONGE DE PORC,  
COMBINAISONS  
DE COUPES,  
SURLONGE ET  
BOUT DE CÔTE  
20822343\_KG

**HOT  
DEAL**

SAVE  
UP TO **36%**  
**7<sup>88</sup>** LB  
17.37/KG

BONELESS CROSS  
RIB ROAST  
CUT FROM CANADA  
AA GRADE BEEF  
BONELESS  
RÔTI DE CÔTES  
CROISÉES  
DÉOSSÉ  
20704618\_KG



**HOT  
DEAL**

SAVE  
UP TO **37%**  
**\$10**

NO NAME® THICK CUT  
BACON 1 KG OR NO NAME®  
CHICKEN WINGS 908 G,  
SELECTED VARIETIES, FROZEN  
BACON EN TRANCHES  
EXTRA ÉPAISSES SANS  
NOM® OU AILES DE  
POULET SANS NOM®  
21045309\_EA/21389915\_EA

GET  
**2,000** back in points  
APP  
EXCLUSIVE  
OFFER\*



PC® EXTRA LARGE  
GREEN OR RED  
SEEDLESS GRAPES  
PRODUCT OF PERU, NO. 1 GRADE  
TRÈS GROS RAISINS  
VERTS OU ROUGES  
SANS PÉPINS PC<sup>MD</sup>  
20425775001\_KG/20159199001\_KG

**2<sup>99</sup>** LB  
6.59/KG



**EXTRA  
LARGE**



**1 KG**

SAVE  
UP TO **2.00**  
**\$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  
GROSSES CREVETTES  
BLANCHES DU  
PACIFIQUE PC<sup>MD</sup>  
CRUES OU CUITES,  
DÉCORTIQUÉES OU  
CRUES À DÉCORTICAGE  
ÉCLAIR<sup>MC</sup> OU TILAPIA  
ENTIER OU POMPANO  
ENTIER SEAQUEST®  
20791381\_EA/21591947\_EA



SAVE  
UP TO **20%**  
**1<sup>99</sup>** LB  
4.39/KG

ROMA TOMATOES  
PRODUCT OF CANADA  
OR MEXICO  
TOMATES ROMA  
20143381001\_KG



CRACKER BARREL  
OR SHREDS 250-400 G OR  
BLACK DIAMOND  
CHEESE SNACKS  
252-336 G  
SELECTED VARIETIES  
BARRES DE FROMAGE  
OU FROMAGE RÂPÉ  
CRACKER BARREL  
OU COLLATIONS AU  
FROMAGE BLACK  
DIAMOND  
20763661\_EA/21290384\_EA



SAVE  
UP TO **1.99**  
**\$6**

PC® DELI CHEESE SLICES, 140-170 G  
OR PC® NATURAL SELECTIONS  
SLICED DELI MEATS TURKEY,  
CHICKEN OR HAM 175 G  
SELECTED VARIETIES  
TRANCHES DE FROMAGE  
DE CHARCUTERIE PC<sup>MD</sup> OU  
CHARCUTERIES TRANCHÉES  
PC<sup>MD</sup> LE CHOIX NATUREL D'INDÉ,  
POULET OU JAMBON  
20216643\_EA/20310580\_EA



SAVE  
UP TO **40%**  
**2<sup>75</sup>**

MCCAIN SUPERFRIES OR  
SPECIALTY POTATOES  
SELECTED VARIETIES, FROZEN, 454-800 G  
FRITES SUPERFRIES OU  
POMMES DE TERRE DE  
SPÉCIALITÉ MCCAIN  
20324328002\_EA/20799522\_EA



**6<sup>50</sup>**

PC® ORANGE JUICE 2.5 L OR  
DANONE OIKOS TUBS 650/750 G  
SELECTED VARIETIES  
JUS D'ORANGE PC<sup>MD</sup> OU  
CONTENANTS OIKOS  
DANONE  
21531644\_EA/21652073\_EA



**\$3**

COUNTRY HARVEST BREAD  
SELECTED VARIETIES, 600/650 G  
PAIN COUNTRY HARVEST  
21178571\_EA/21693323\_EA



SAVE  
UP TO **4.00**  
**\$20**

GET  
**3,000** back in points  
PC® ROAST  
AND GROUND COFFEE  
SELECTED VARIETIES, 800-930 G  
CAFÉ TORRÉFIÉ ET MOULU PC<sup>MD</sup>  
21393374\_EA/21393373\_EA



**2/\$11**  
OR 6.49 EA

GET  
**3,000** back in points  
when you buy 2

PC® BLUE MENU™ OR  
PC® SPARKLING WATER  
SELECTED VARIETIES, 12X355 ML  
EAU PÉTILLANTE PC<sup>MD</sup>  
MENU BLEU<sup>MC</sup> OU PC<sup>MD</sup>  
20668034002\_CO/20668034001\_CO



SAVE  
UP TO **1.50**  
**5<sup>99</sup>**

雞肉水餃  
VEGETABLE & CHICKEN DUMPLINGS  
BOULETTES DE PÂTE AUX LÉGUMES ET AU POULET  
O'TASTY DUMPLINGS  
SELECTED VARIETIES  
FROZEN, 567 G  
BOULETTES DE PÂTES  
O'TASTY  
20319243004\_EA



SAVE  
UP TO **30%**  
**13<sup>88</sup>**

HEIWA CALROSE RICE  
15 LBS  
RIZ CALROSE  
HEIWA  
20570505\_EA



Members-Only Price\*\*  
**13<sup>99</sup>**  
Non-members  
**23<sup>99</sup>**

Members save up to  
**\$10**

CASHMERE BATHROOM TISSUE  
20=60 ROLLS OR SPONGE TOWELS  
PAPER TOWEL 6=12 ROLLS  
SELECTED VARIETIES  
PAPIER HYGIÉNIQUE  
CASHMERE OU ESSUIE-  
TOUIT SPONGE TOWELS  
208855\_EA/2077740\_EA



SAVE  
FOR  
REAL™

PRICE  
DROP

FRESH  
PROMISE

MEMBERS  
SAVE  
MORE

no name®

HIT  
OF THE  
MONTH

IN  
STOCK  
PROMISE

MULTI  
SAVE

ALWAYS  
\$

CLUB  
SIZE

Flyer prices effective from Thursday, January 8th to Wednesday, January 14th, 2026

RA 1



**2<sup>99</sup>**

**INDOMIE INSTANT NOODLES**  
SELECTED VARIETIES, 5'S  
**NOUILLES INSTANTANÉES INDOMIE**  
21246480\_EA



**PRICE DROP**

**1<sup>25</sup>**

**NO NAME<sup>®</sup> BROTH**  
SELECTED VARIETIES, 900 ML  
**BOUILLON SANS NOM<sup>®</sup>**  
21189610\_EA/21189611\_EA



**PREPARED IN CANADA**

**PRICE DROP**

**2<sup>50</sup>**

**CLIF BUILDERS BAR**  
SELECTED VARIETIES 56-68 G  
**BARRE CLIF BUILDERS**  
20303133002\_EA  
21610264\_EA



**PRICE DROP**

**SAVE .98**  
WHEN YOU BUY 2

**2/\$11**  
OR 5.99 EA

**GET 3,000<sup>®</sup>**  
when you buy 2  
**\$3**  
back in points

**NO NAME<sup>®</sup> BUTTER**  
SELECTED VARIETIES, 454 G  
**BEURRE SANS NOM<sup>®</sup>**  
20316543002\_EA/20325029\_EA  
\*Open your PC Optimum<sup>™</sup> app or visit [pcoptimum.ca](http://pcoptimum.ca) to get the offer.



**APP EXCLUSIVE OFFER<sup>+</sup>**

**PREPARED IN CANADA**

**\$6**

**KRAFT PEANUT BUTTER**  
750 G/1 KG OR HAZELNUT SPREAD 725 G  
SELECTED VARIETIES  
**BEURRE D'ARACHIDE OU TARTINADE DE NOISETTES KRAFT**  
20039581001\_EA/21285418\_EA



**PREPARED IN CANADA**

**\$17**

**PC<sup>®</sup> WINGS**  
SELECTED VARIETIES  
FROZEN, 800-907 G  
**AILES PC<sup>MD</sup>**  
20708932\_EA/21046615\_EA



**PREPARED IN CANADA**

**Optimum<sup>™</sup>**  
Members-Only Price<sup>™</sup>

**5<sup>50</sup>**

**Non-members**  
**7<sup>99</sup>**

**Members save up to \$249**

**GENERAL MILLS FAMILY SIZE CEREAL**  
SELECTED VARIETIES, 475-778 G  
**CÉRÉALES FORMAT FAMILIAL GENERAL MILLS**  
20432217004\_EA/210103497\_EA  
\*\*Must be a registered PC Optimum<sup>™</sup> member to load and get this offer.



**\$5**

**KRAFT MIRACLE WHIP**  
650-890 ML OR HEINZ KETCHUP 750 ML-1L  
SELECTED VARIETIES  
**MIRACLE WHIP KRAFT OU KETCHUP HEINZ**  
200690801EA/20298681001\_EA



**SAVE UP TO 1.00**

**\$3**

**GREEN GIANT VEGETABLES**  
SELECTED VARIETIES  
FROZEN, 400-750 G  
**LÉGUMES GÉANT VERT**  
21022302\_EA/21022373\_EA



**2<sup>75</sup>**

**NATURE VALLEY GRANOLA BARS** 120-210 G  
OR **BETTY CROCKER FRUIT SNACKS** 128-226 G  
SELECTED VARIETIES  
**BARRES GRANOLA VAL NATURE OU COLLATIONS AUX FRUITS BETTY CROCKER**  
20318474002\_EA/21675994\_EA  
\*Must be a registered PC Optimum<sup>™</sup> member to load and get this offer.



**SAVE UP TO 31%**

**3<sup>75</sup>**

**CRAVE OR KRAFT DINNER ENTRÉES**  
200-340 G OR PC<sup>®</sup> OR BLUE MENU<sup>®</sup> ENTRÉES 212-365 G  
SELECTED VARIETIES, FROZEN  
**PLATS CUISINÉS CRAVE OU KRAFT DINNER OU PLATS CUISINÉS PC<sup>MD</sup> OU MENU BLEU<sup>MC</sup>**  
20312533001\_EA/21085515\_EA



**\$6**

**NESTLÉ CONFECTIONERY FROZEN DESSERT**  
1.5 L OR BARS 4-10'S OR **DRUMSTICK** 4'S  
SELECTED VARIETIES, FROZEN  
**DESSERT GLACÉ DE CONFISERIE OU BARRES NESTLÉ OU DRUMSTICK**  
20322380003\_EA/20324757003\_EA



**PREPARED IN CANADA**

**\$12**

**JANE'S FISH** 450-615 G OR **PC<sup>®</sup> OR BLUE MENU<sup>®</sup> ENTRÉES** 2/2 27.27 KG  
SELECTED VARIETIES, FROZEN  
**POISSON JANES OU PLATS CUISINÉS PC<sup>MD</sup> OU MENU BLEU<sup>MC</sup>**  
20078758\_EA/20134930\_EA



**3<sup>75</sup>**

**SCOTSBURN OR BAXTER CREAM**  
SELECTED VARIETIES, 1L  
**CRÈME SCOTSBURN OU BAXTER**  
20082602\_EA



**PREPARED IN CANADA**

**13<sup>50</sup>**

**JUST US ORGANIC COFFEE**  
SELECTED VARIETIES, 340 G  
**CAFÉ BIOLOGIQUE JUST US**  
20095523003\_EA/20095523011\_EA



**PREPARED IN CANADA**

**3<sup>29</sup>**

**V8 VEGETABLE COCKTAIL** 6X156 ML OR **ALLEN'S DRINKS** 8X200 ML  
SELECTED VARIETIES  
**COCKTAIL DE LÉGUMES V8 OU BOISSONS ALLEN'S**  
20315996002\_EA/21564993\_EA



**\$3**

**OCEAN'S WHITE TUNA** 170 G OR **GOLD SEAL PINK SALMON** 120/213 G  
SELECTED VARIETIES  
**THON BLANC OCEAN'S OU SAUMON ROSE GOLD SEAL**  
21005158\_EA/21186867\_EA



**2<sup>49</sup>**

**NO NAME<sup>®</sup> FACIAL TISSUE**  
126 SHEETS  
**MOUCHOIRS SANS NOM<sup>®</sup>**  
20970999\_EA



**PREPARED IN CANADA**

**24<sup>99</sup>**

**PC<sup>®</sup> PAPER TOWELS**  
12 ROLLS  
**ESSUIE-TOUT PC<sup>MD</sup>**  
21558605\_EA

**GET 2,000<sup>®</sup>**  
back in points



**CLUB SIZE**

**PREPARED IN CANADA**

**FRESH PROMISE:** Applicable to eligible fresh produce items purchased at Real Atlantic Superstore locations or online at [realatlanticsuperstore.ca](http://realatlanticsuperstore.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 purchase receipt within 7 days of purchase at the Real Atlantic Superstore where purchase originated. This promise does not apply to reduced/clearance priced produce. This promise cannot be combined with any other offer. We reserve the right to cancel or change the terms of this promise at any time without notice. **Quantities and/or selection of items may be limited and may not be available in all stores.** For inquiries on product availability at your store please contact Customer Relations at the above phone number. 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." is in comparison to our own regular prices. Coupons must be presented and redeemed at time of purchase. **Savings on items shown may vary in each store location.** Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. ©/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. All rights reserved. © 2025 Loblaws Inc. MasterCard and the MasterCard Brand Mark are registered trademarks and PayPass is a trademark of MasterCard International Incorporated. President's Choice Bank a licensee of marks. PC Optimum<sup>™</sup> program is provided by President's Choice Financial MasterCard is provided by President's Choice Bank. President's Choice Financial personal banking services are provided by the direct banking division of Simplii Financial. ©PC, President's Choice, PC Financial and President's Choice Financial are registered trademarks of Loblaws Inc. Trademarks used under licence. We reserve the right to limit quantities to reasonable family requirements. **PC OPTIMUM MEMBERS ONLY:** These offers are only available to valid PC Optimum<sup>™</sup> program members. Membership is free. To register as a PC Optimum<sup>™</sup> member, see in-store or visit [pcoptimum.ca](http://pcoptimum.ca). We are not obligated to award points based on errors or misprints. No cash value. See [atlanticsuperstore.ca](http://atlanticsuperstore.ca) for full program details including redemption restrictions Minimum redemption 10,000 points. These offers cannot be combined with any other coupons, discounts or promotions and no adjustments on previous purchases. We reserve to modify or cancel these offers without notice. Product availability may vary by store. While supplies last. We reserve the right to limit quantities. \*Receive the points specified when you spend the qualifying dollar amount on the displayed participating product(s) and/or category(ies) before taxes and after redemptions and all coupons and discounts are deducted in a single transaction; \*\*Valid for flyer duration, after which the price will be the same for both PC Optimum<sup>™</sup> and non-PC Optimum<sup>™</sup> members. Taxes applicable on the purchase amount after discounts. PC Optimum<sup>™</sup> member pricing is not applicable to any price match programs for participating stores operating under the Loblaws Inc. banner. **OUTDOOR/SEASONAL:** For your local store's hours and for a list of Atlantic Superstore locations that DO NOT participate in this flyer, visit [www.atlanticsuperstore.ca](http://www.atlanticsuperstore.ca) or call Customer Relations at 1-866-727-0771. **Quantities and/or selection of items may be limited and may not be available in all stores.** Outdoor seasonal items (e.g. lawn and garden) may only be available at select store locations. Please check your local store for pricing, limits and availability. We reserve the right to limit quantities to reasonable family requirements. Rainchecks may be available for out of stock items excluding clearance items or where quantities are advertised as limited. We reserve the right to substitute the out of stock item for an equivalent item in lieu providing a raincheck. **Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location.** All references in our flyer to "Save", "Was", "Now" etc. is in comparison to our own regular prices. **Savings on items advertised within flyer may vary by store location.** Coupons must be presented and redeemed at time of purchase. We are not obligated to sell items based on errors or misprints in typography or photography. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. ©/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. All rights reserved. ©2025 Loblaws Inc. **#PRICE DROP** offer valid in-store at participating locations between January 1-January 28, 2026 before applicable taxes and while quantities last. Offer applies only to select products. Offer may be modified and/or cancelled without notice. See in-store for full details.



# FRESH PROMISE

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

\*Fresh Promise: Applicable to eligible fresh produce items purchased at Real Atlantic Superstore store locations or online at [realatlanticsuperstore.ca](http://realatlanticsuperstore.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 Real Atlantic Superstore store where purchase originated. This promise does not apply to reduced/clearance priced produce. This promise cannot be combined with any other offer. We reserve the right to cancel or change the terms of this promise at any time without notice.

**1<sup>50</sup>**

**ATAULFO MANGO**  
PRODUCT OF MEXICO OR  
**RED MANGO**  
PRODUCT OF PERU  
**MANGUE ATAULFO OU**  
**MANGUE ROUGE**  
20121509001\_EA/20059635001\_EA



**3<sup>99</sup>**  
**LB**  
8.80/KG

**PC<sup>®</sup> BLACK GRAPES**  
PRODUCT OF PERU OR  
SOUTH AFRICA, NO. 1 GRADE  
**RAISINS NOIRS PC<sup>MD</sup>**  
20711275001\_KG



**4<sup>50</sup>**

**CANTALOUPE**  
PRODUCT OF GUATEMALA OR  
HONDURAS  
**CANTALOUPE**  
20167017001\_EA



**\$3**

**BLACKBERRIES**  
PRODUCT OF MEXICO OR U.S.A.,  
170 G  
**MÛRES**  
20051015001\_EA



**2<sup>50</sup>**  
**LB**  
5.51/KG

**GREEN ZUCCHINI**  
PRODUCT OF U.S.A.  
NO. 1 GRADE  
**COURGETTE VERTE**  
20426596001\_KG



**\$8**

**PC<sup>®</sup> CARA CARA**  
**ORANGES**  
PRODUCT OF U.S.A., 3 LB BAG  
**ORANGES CARA CARA**  
**PC<sup>MD</sup>**  
20697748001\_EA



**\$4**

**NO NAME<sup>®</sup> NATURALLY**  
**IMPERFECT<sup>™</sup> LIMES**  
PRODUCT OF MEXICO  
680 G BAG  
**LIMES**  
**NATURELLEMENT**  
**IMPARFAITS<sup>MC</sup>**  
**SANS NOM<sup>®</sup>**  
21673921001\_KG



**CLUB  
SIZE**

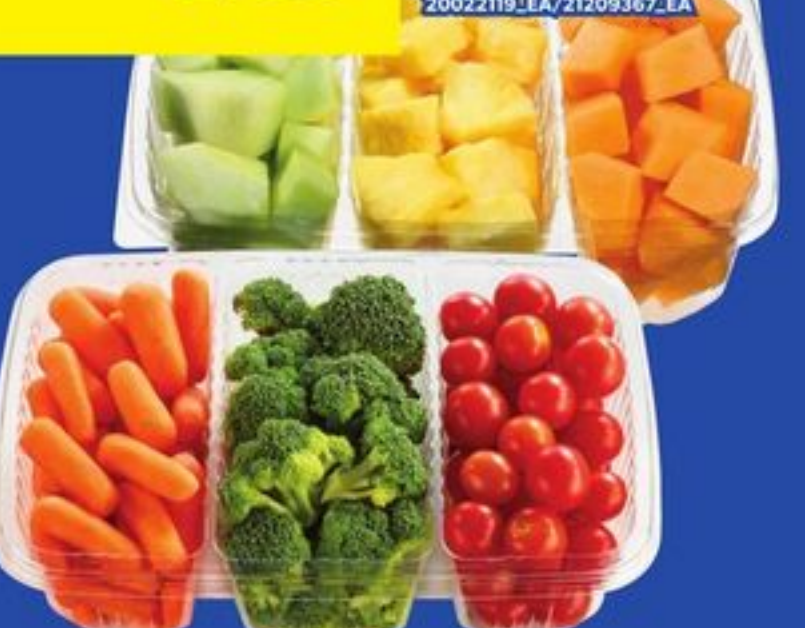
**\$4**

**ICEBERG LETTUCE**  
PRODUCT OF U.S.A.  
**LAITUE ICEBERG**  
20185326001\_EA



**\$13**

**FRUIT OR VEGGIE**  
**TRI PACKS**  
PREPARED IN-STORE  
706 G-1.02 KG  
**TRIOS DE FRUITS OU**  
**LÉGUMES**  
20022119\_EA/21209367\_EA



**\$30**

**GET 6,000<sup>®</sup>** **\$6**  
back in points  
**TROPICAL**  
**UPGRADE**  
ASSORTED VARIETIES, 6 INCH  
**PLANTE TROPICALE DE**  
**QUALITÉ SUPÉRIEURE**  
21313218\_EA



**\$10**

**INTERMEDIATE ROSES**  
ASSORTED COLOURS, 9 STEM  
**ROSES**  
**INTERMÉDIAIRES**  
21586298\_EA



**\$24**

**PC<sup>®</sup> SIGNATURE**  
**GIFTING BOUQUET**  
**BOUQUET-CADEAU**  
**SIGNATURE PC<sup>MD</sup>**  
21087812\_EA



**7<sup>99</sup>**  
**LB**  
17.61/KG

**LEAN GROUND BEEF**  
**BŒUF HACHÉ MAIGRE**  
207980281\_KG



**CLUB  
SIZE**

**SAVE**  
**UP TO 2.99**

**\$15**

**MARCANGELO**  
**SOUVLAKI KABOBS**  
SELECTED VARIETIES, 480/640 G  
**BROCHETTES**  
**DE SOUVLAKI**  
**MARCANGELO**  
21041735\_EA/21098855\_EA



**PREPARED IN  
CANADA**

**3<sup>50</sup>**  
**LB**  
7.72/KG

**CHICKEN LEG**  
**QUARTERS BACK**  
**ATTACHED**  
FRESH, WET CHILLED OR HALAL  
**CUISSE DE POULET**  
**AVEC DOS**  
20153925\_KG



**CANADIAN  
POULTRY**

**CLUB  
SIZE**

**\$7**

**ULTIMATE DINNER OR**  
**BREAKFAST CHICKEN**  
**SAUSAGES**  
SELECTED VARIETIES, 375/500 G  
**SAUCISSES DE POULET**  
**À REPAS OU DÉJEUNER**  
**ULTIMATE**  
21378310\_EA/21539969\_EA



**PREPARED IN  
CANADA**

**SAVE**  
**UP TO 35%**

**4<sup>49</sup>**

**SUNRISE BOLOGNA**  
**SLICED**  
SELECTED VARIETIES, 375 G  
**BOLOGNE SUNRISE**  
**TRANCHÉ**  
20806938\_EA



**PREPARED IN  
CANADA**

**SAVE**  
**UP TO 5.00**

**\$13**

**JANES BONELESS**  
**CHICKEN BITES,**  
**FILLETS OR TENDERS**  
SELECTED VARIETIES  
FROZEN, 710/720 G  
**BOUCHÉES DE POULET**  
**DÉOSSÉES, FILETS OU**  
**LANIÈRES JANES**  
21440340\_EA/21440360\_EA



**PREPARED IN  
CANADA**

**SAVE**  
**UP TO 2.99** **LB**

**\$11** **LB**  
24.25/KG

**FRESH STEELHEAD**  
**TROUT FILLETS**  
**OR FROZEN BAY**  
**SCALLOPS**  
80-120/LB  
**FILETS DE TRUITE**  
**STEELHEAD FRAIS OU**  
**PÉTONCLES DE BAIE**  
**SURGELÉS**  
20850602\_EA/21093213\_EA



**SAVE**  
**UP TO 1.99**

**\$7**

**VIVASEA COOKED NEW**  
**ZEALAND GREENSHELL**  
**MUSSELS** 500 G OR **OCEAN**  
**MARKET WHOLE WILD**  
**CHUB MACKEREL** 1KG  
FROZEN  
**MOULES VERTES DE**  
**NOUVELLE-ZÉLANDE**  
**CUITES VIVASEA OU**  
**MAQUEREAU ESPAGNOL**  
**SAUVAGE ENTIER OCEAN**  
**MARKET**  
**MAQUEREAU**  
**ESPAGNOL**  
21595040\_EA/21079543\_EA



**SAVE**  
**UP TO 1.99**

**\$11**

**PC<sup>®</sup> SMOKED SALMON**  
SELECTED VARIETIES  
FROZEN, 125/150 G  
**SAUMON FUMÉ PC<sup>MD</sup>**  
20055009\_EA/20108288\_EA





# SUPER FRESH

**SAVE 1.58**  
WHEN YOU BUY 2

**2/\$8**  
OR 4.79 EA

**PREMIUM BAGELS**  
SELECTED VARIETIES, 6'S  
**BAGELS DE CHOIX**  
21016649\_EA/21018381\_EA



**PREPARED IN CANADA**

**\$4**

**ARTISAN BREAD**  
SELECTED VARIETIES  
BAKED IN-STORE, 420-660 G  
**PAIN ARTISAN**  
21633048\_EA/21633233\_EA



Sourdough Crunch  
Croustillant au levain

**PREPARED IN CANADA**

**SAVE 1.58**  
WHEN YOU BUY 2

**2/\$8**  
OR 4.79 EA

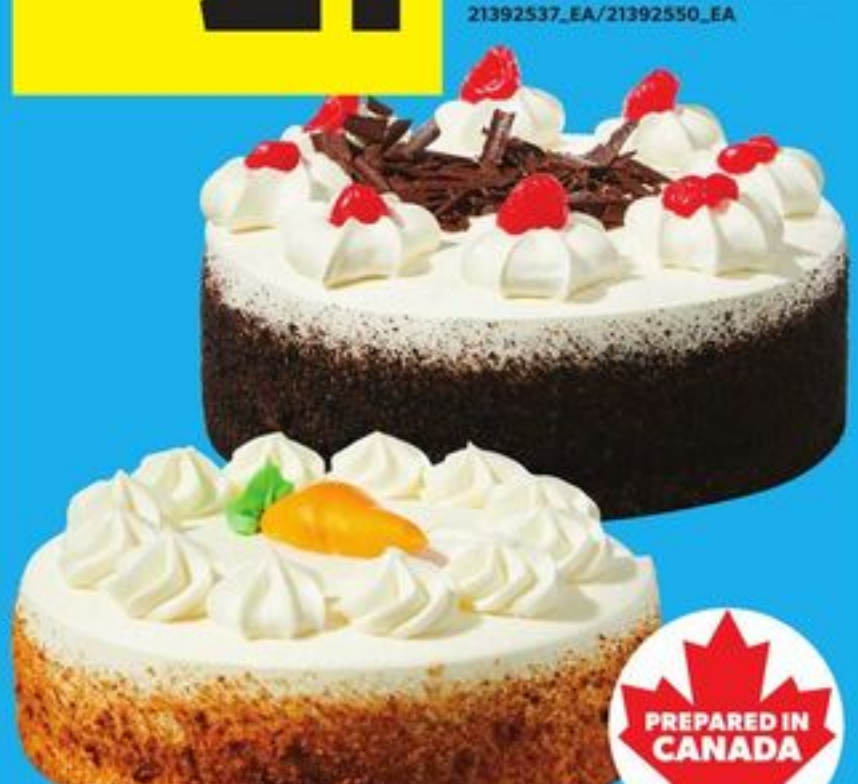
**KAISER OR PANINI ROLLS**  
SELECTED VARIETIES  
BAKED IN-STORE'S, 6'S  
**PETITS PAINS KAISER OU PANINI**  
21579824\_EA/21579825\_EA



**PREPARED IN CANADA**

**\$21**

**FARMER'S MARKET™ 7 INCH CAKES**  
SELECTED VARIETIES, 750-875 G  
**GÂTEAUX 7 POUCES DÉLICÉS DU MARCHÉ<sup>MC</sup>**  
21392537\_EA/21392550\_EA



**PREPARED IN CANADA**

**\$7**

**FARMER'S MARKET™ MUFFINS**  
SELECTED VARIETIES, 6'S  
**MUFFINS DÉLICÉS DU MARCHÉ<sup>MC</sup>**  
21283356\_EA/21283357\_EA



**PREPARED IN CANADA**

**\$8**

**ASSORTED DONUTS**  
6'S  
**BEIGNES ASSORTIS**  
21244805\_EA/21244806\_EA



**\$3**

**HOSTESS SNACK CAKES**  
SELECTED VARIETIES, 202-206 G  
**PETITS GÂTEAUX HOSTESS**  
21283752\_EA



**\$4**

**SCHOOL SAFE BARS**  
SELECTED VARIETIES, 296 G  
**BARRES SCHOOL SAFE**  
21363224\_EA



**\$3**

**PC® FLATBREAD**  
220/300 G OR **SURAJ®**  
**NAAN 5'S**  
SELECTED VARIETIES  
**PAIN PLAT PC<sup>MD</sup> OU NAAN SURAJ®**  
20910042\_EA/21050380\_EA



**SAVE UP TO 1.99**

**\$7**

**CASTELLO HAVARTI, CHEDDAR OR BLUE CHEESE**  
SELECTED VARIETIES, 125-200 G  
**HAVARTI, CHEDDAR OU BLEU CASTELLO**  
20428574\_EA/21158086\_EA



**SAVE UP TO 1.99**

**\$9**

**OKA CHEESE**  
SELECTED VARIETIES, 190 G  
**FROMAGE OKA**  
20920756\_EA/20921279\_EA



**PREPARED IN CANADA**

**\$3 /100 G**

**PC® CHICKEN SERVICE CASE MEATS**  
DELI SERVICE  
SELECTED VARIETIES  
**POULET PC<sup>MD</sup> POUR LE COMPTOIR DE SERVICE**  
20301114\_KG



**PREPARED IN CANADA**

**Optimum™**

Members-Only Price\*\*

**\$8**

Non-members

**\$12**

**SCHNEIDERS PEPPERETTES**  
SELECTED VARIETIES, 250-375 G  
**PEPPERETTES SCHNEIDERS**  
20976110\_EA/21196171\_EA

\*\*Must be a registered PC Optimum™ member to load and get this offer.



**PREPARED IN CANADA**

**Optimum™**

Members-Only Price\*\*

**4.50**

Non-members

**\$6**

**SNACK FACTORY PRETZEL CRISPS**  
SELECTED VARIETIES, 200 G  
**PRETZEL CRISPS SNACK FACTORY**  
21676303\_EA/20948940\_EA

\*\*Must be a registered PC Optimum™ member to load and get this offer.



**SAVE 2.00**  
WHEN YOU BUY 2

**2/\$10**  
OR 6.00 EA

**DAIYA DAIRY FREE CHEESE**  
SELECTED VARIETIES AND SIZES  
170-227 G  
**FROMAGE SANS PRODUITS LAITIERS DAIYA**  
21207740\_EA/21660590\_EA



**PREPARED IN CANADA**

**\$9**

**FRESHLY PREPARED IN-STORE MADE ROMANACCIA SANDWICHES**  
SELECTED VARIETIES, 225-385 G  
**SANDWICHS ROMANACCIA PRÉPARÉS EN MAGASIN**  
21693971\_EA



**SAVE 10.00**

**\$20**

**30 PIECE WINGS & WEDGES BUCKET**  
1.2-2 KG  
**SEAU DE 30 MORCEAUX D'AILES ET POMMES DE TERRE EN QUARTIERS**  
21541872\_EA/21541877\_EA



**SERVES 6**

**FROM \$9**

**12" TAKE AND BAKE PIZZA**  
SELECTED VARIETIES, 510-739 G  
**PIZZA 12 PO CUIRE À LA MAISON**  
21456415\_EA/21456401\_EA



**PREPARED IN CANADA**



新年快樂

HAPPY LUNAR  
NEW YEAR

Celebrate the Year of the  
Horse with low prices.



SAVE  
1.00

1<sup>68</sup>

AROY-D  
COCONUT MILK  
SELECTED VARIETIES  
400 ML  
20047774\_EA/20063864\_EA



4<sup>28</sup>  
LB

9.44/KG

GRADE A, DUCK  
FROZEN  
20078881\_KG



4<sup>88</sup>

NONGSHIM NOODLES  
SELECTED VARIETIES, 400-508 G  
21503882\_EA/21504161\_EA



2<sup>88</sup>  
LB

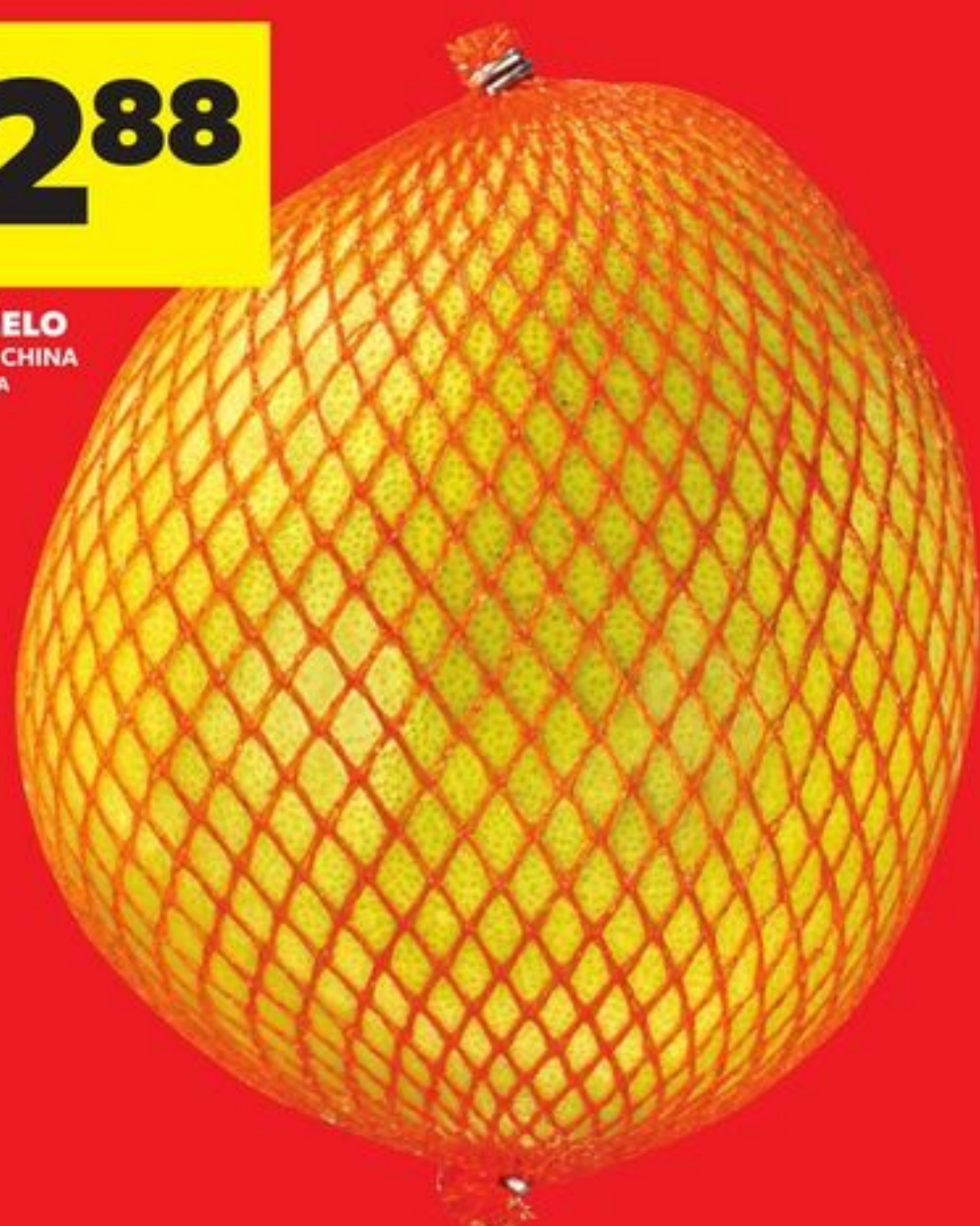
6.35/KG

BABY OR SHANGHAI  
BOK CHOY  
PRODUCT OF MEXICO  
OR U.S.A.  
20082279001\_KG  
20032454901\_KG



2<sup>88</sup>

RED POMELO  
PRODUCT OF CHINA  
20081390001\_EA





**JANUARY**

**HIT  
OF THE  
MONTH**

**LIMIT 6  
AFTER LIMIT  
3.00 EA.**

**KELLOGG'S  
EGGO WAFFLES**  
SELECTED VARIETIES, FROZEN, 8'S  
20302779\_EA



**\$2<sup>25</sup>**

**LIMIT 6  
AFTER LIMIT  
2.50 EA.**

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



**\$1<sup>50</sup>**

**LIMIT 6  
AFTER LIMIT  
4.50 EA.**

**JANES COSMIC  
CHICKEN NUGGETS**  
FROZEN, 500 G  
21717211\_EA



**\$3<sup>50</sup>**

**LOWEST PRICES  
BEST DEALS**

As compared to other major grocery retailers within your local areas.  
Valid from January 1 - 31, 2026. While quantities last. See in-store for details.

RA DA JAN HOTM FLAP



# GOOD HEALTH MORE VALUE

ELEVATE YOUR WELL BEING

**\$8**  
**LIMIT 4**  
OVER LIMIT PAY  
12.99 EA

MARC ANTHONY  
OR CAKE HAIR  
CARE  
SELECTED VARIETIES  
AND SIZES  
20846044\_EA/21225013\_EA



**SAVE**  
UP TO **2.49**  
**\$5**

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

**6<sup>50</sup>**  
**LIMIT 6**  
OVER LIMIT PAY  
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

**44<sup>99</sup>**

KENDAMIL WHOLE  
MILK INFANT  
FORMULA  
800 G  
21699547\_EA



RA DA FLAP HABA



no name®

just low prices (so switch)

\$10

NO NAME®  
MEATBALLS  
SELECTED VARIETIES  
FROZEN, 680 G  
21537713\_EA

no name® sans nom®

beef  
meatballs  
FULLY COOKED

boulettes de  
bœuf  
ENTIÈREMENT CUITES



680 g 42 MEATBALLS MINIMUM  
BOULETTES MINIMUM

KEEP FROZEN  
GARDER CONGELÉ

1 piece

NO NAME®  
STUFFED CHICKEN  
SELECTED VARIETIES  
FROZEN, 284 G  
21664886\_EA

\$4

no name® sans nom®

ham & cheese  
uncooked stuffed breaded  
chicken breast cutlettes  
escalopettes de poitrine  
de poulet farcies et panées  
non cuites  
jambon et fromage

filled with processed mozzarella cheese  
and smoked ham  
farces de fromage mozzarella fondu  
et de jambon fumé



2 pieces minimum  
284 g

KEEP FROZEN  
GARDER CONGELÉ

PHOTO (EN ARRIÈRE)  
PHOTO (ARRIÈRE)

PREPARED IN  
CANADA

714

COOK TO  
175°F / 74°C  
CUIRE JUSQU'À

\$17

NO NAME® BEEF  
BURGERS  
FROZEN, 1.36 KG  
20114154\_EA

no name®

beef  
burgers



12  
BURGERS  
(15 g (14 g))  
1.36 kg

UNCOOKED/NE PAS CUIRE  
FROZEN/À CONGÉLER SEULEMENT

KEEP FROZEN  
GARDER CONGELÉ

1 piece

CLUB SIZE • FORMAT CLUB

no name® sans nom®

chicken strips  
breaded chicken cutlettes

FULLY COOKED • ENTIÈREMENT CUITES

escalopettes de poulet panées  
lanières  
de poulet

ready with white bread  
prêt avec du pain blanc



1.81 kg

MINIMUM 10 PIECES  
DE MOINDRAN 10 MOINDRAN

\$12

NO NAME® BREADED  
CHICKEN NUGGETS,  
BURGERS OR STRIPS  
CLUB SIZE, SELECTED VARIETIES  
FROZEN, 1.81 KG  
21178763\_EA

5.99

NO NAME® BACON  
REGULAR OR SALT REDUCED  
500 G  
20156771\_EA



\$10

NO NAME® GARLIC  
COIL SAUSAGE  
750 G  
20090793\_EA



10.99

NO NAME® ORIGINAL WIENERS  
1.5 KG  
20961816\_EA



CLUB  
SIZE

\$6

NO NAME® NATURALLY  
IMPERFECT™ MANGOES  
REGULAR OR SALT REDUCED  
3 LB  
21624837001\_EA



\$5

NO NAME® NATURALLY  
IMPERFECT™ MINI  
CUCUMBERS  
PRODUCT OF CANADA  
2 LB  
21606679001\_EA



CLUB  
SIZE

\$6

NO NAME® NATURALLY  
IMPERFECT™ LEMONS  
PRODUCT OF U.S.A.  
3 LB BAG  
21124487001\_EA



2.75

NO NAME® GARLIC LOAF OR  
GARLIC TOAST  
FROZEN, 325 G  
21594272\_EA  
21594313\_EA



no name® sans nom®

garlic toast  
ready to bake

pain grillé  
à l'ail  
prêt pour le four



8 pieces  
325 g



\$3

NO NAME® HOT DOG  
OR HAMBURGER BUNS  
SELECTED VARIETIES  
8'S  
21509434\_EA  
21509514\_EA



2.50

NO NAME® BREAD  
WHITE OR WHOLE WHEAT  
520 G  
21509610\_EA





no name®

just low prices (so switch)

2<sup>75</sup>

**NO NAME® BRIOCHE SLICED BREAD** 550 G OR  
**ITALIAN STYLE WHITE BREAD** 675 G  
21609717\_EA  
21609894\_EA



1<sup>99</sup>

**NO NAME® BOLOGNA CHICKEN**  
375 G  
20103516\_EA



2<sup>50</sup>

**NO NAME® ALMOND CHEWY OR CHOCOLATE CHIP GRANOLA BARS**  
SELECTED VARIETIES, 120-175 G  
20915354\_EA/21540823\_EA



2<sup>50</sup>

**NO NAME® FRUIT BOWLS**  
SELECTED VARIETIES  
4X107 ML  
20326314001\_EA  
20521655\_EA



\$6

**NO NAME® NATURALLY IMPERFECT™ APPLES**  
PRODUCT OF CANADA  
CANADA NO. 2 GRADE  
6 LB  
20868985001\_EA



5<sup>50</sup>

**NO NAME® PEANUT BUTTER**  
SELECTED VARIETIES  
1 KG  
20296985001\_EA  
20296985003\_EA



\$11

**NO NAME® HONEY, LIQUID SQUEEZABLE OR CREAMED TUB**  
PASTEURIZED OR UNPASTEURIZED, 1 KG  
20033683\_EA  
20072342\_EA



2<sup>50</sup>

**NO NAME® ENGLISH MUFFINS**  
SELECTED VARIETIES  
6'S  
21216413\_EA



\$3

**NO NAME® EGG NOODLES**  
SELECTED VARIETIES  
340 G  
20313361002\_EA  
20322635\_EA



2<sup>50</sup>

**NO NAME® PRETZELS OR NO NAME® NACHO TORTILLA CHIPS**  
SELECTED VARIETIES  
200 G  
20315215\_EA  
21686771\_EA



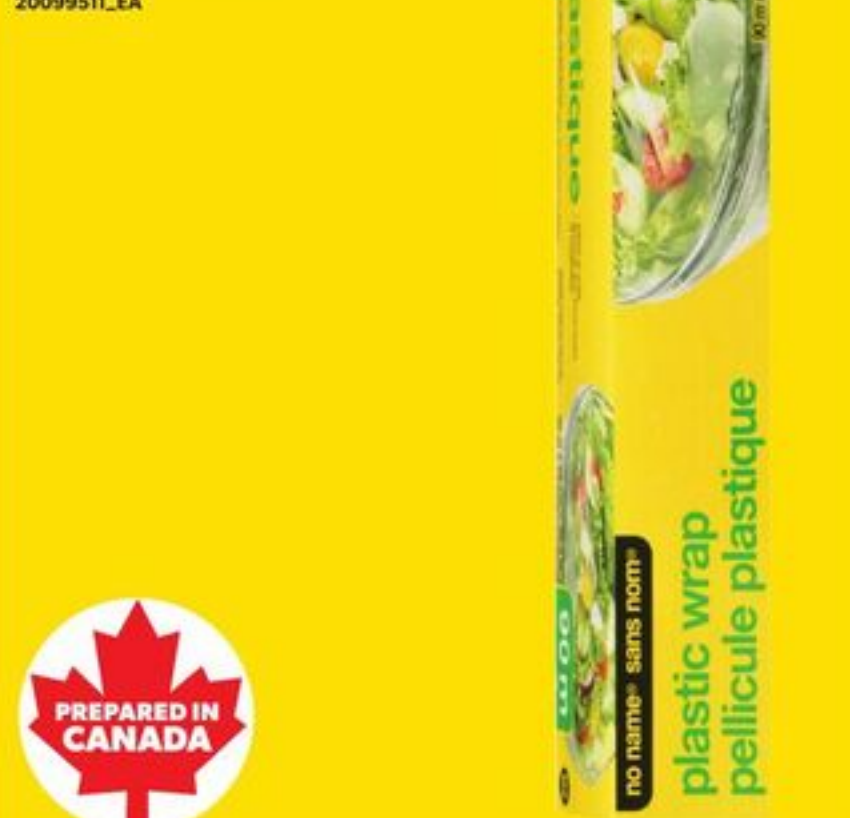
2/\$10  
OR 6.00 EA

**NO NAME® HOT CHOCOLATE MIX**  
500 G  
20760278\_EA



4<sup>50</sup>

**NO NAME® PLASTIC WRAP**  
90 M  
20099511\_EA



2<sup>50</sup>

**NO NAME® SANDWICH BAGS**  
SELECTED VARIETIES  
80/100'S  
20180393\_EA



\$4

**NO NAME® FOOD STORAGE CONTAINERS**  
SELECTED VARIETIES  
21181828\_EA  
21295288\_EA





no name®

just low prices (so switch)

3<sup>50</sup>

**NO NAME®  
PANCAKE MIX** 905 G  
OR **SYRUP** 750 ML  
SELECTED VARIETIES  
20306030\_EA  
20322949\_EA



2<sup>50</sup>

**NO NAME®  
WAFFLES**  
SELECTED VARIETIES  
FROZEN, 8'S  
20316375001\_EA



\$6

**NO NAME® RICE**  
SELECTED VARIETIES  
2 KG  
20009675\_EA  
20069589\_EA



\$5

GET 1,000<sup>00</sup> \$1  
back in points  
**NO NAME®  
BATTERED FISH**  
SELECTED VARIETIES  
454 G  
21672264\_EA  
21672358\_EA



3<sup>50</sup>

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



3<sup>25</sup>

**NO NAME® COOKIES**  
SELECTED VARIETIES  
198-368 G  
20303626\_EA  
20316133\_EA



3<sup>50</sup>

**NO NAME®  
BLANCHED PEANUTS**  
SELECTED VARIETIES  
500 G  
20318062001\_EA  
20318062002\_EA



\$5

**NO NAME®  
MAYONNAISE**  
SELECTED VARIETIES  
890 ML  
20627614001\_EA  
20627614002\_EA



2<sup>49</sup>

**NO NAME®  
YELLOW MUSTARD**  
400 ML  
20162036\_EA



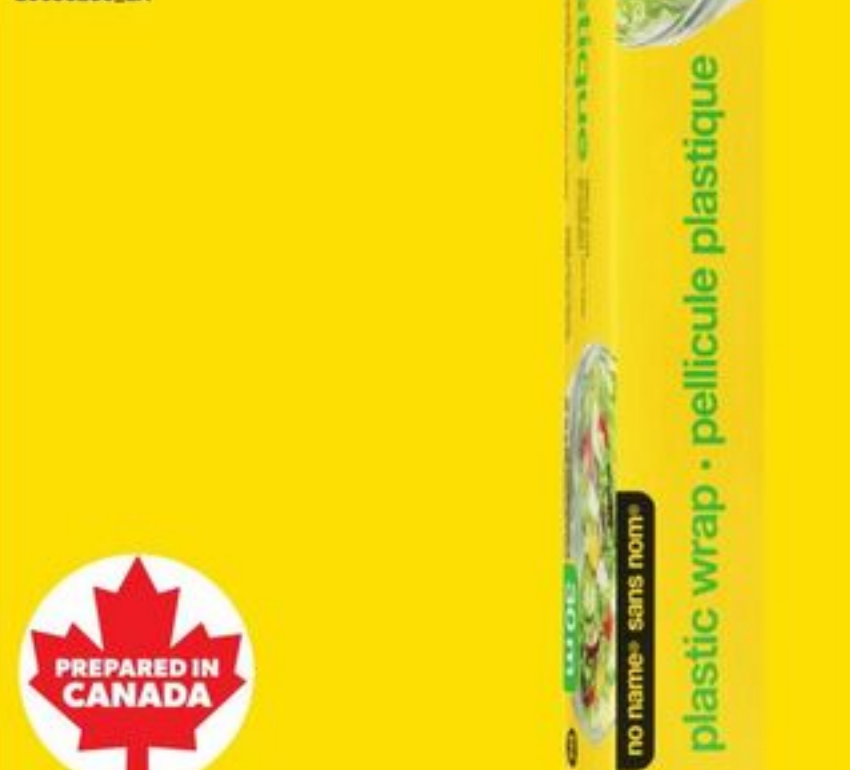
1<sup>50</sup>

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



\$2

**NO NAME®  
PLASTIC WRAP**  
SELECTED VARIETIES  
30 M  
20058286\_EA



\$11

**NO NAME®  
FACIAL TISSUE**  
6'S  
20971002\_EA



\$7

**NO NAME®  
PAPER TOWELS**  
6=12 ROLLS  
21636318\_EA





# Organics™

**3<sup>99</sup>**

**PC® ORGANICS  
CARROTS**  
PRODUCT OF CANADA OR U.S.A.  
OR **COOKING ONIONS**  
PRODUCT OF CANADA,  
CANADA NO. 1 GRADE, 2 LB  
20053421\_EA/20107532\_EA



**\$7**

**PC® ORGANICS  
BLUEBERRIES**  
PRODUCT OF MEXICO, PERU,  
CHILE OR MOROCCO, 278 G  
21179969001\_EA



**3<sup>99</sup>**

**PC® ORGANICS  
GRAPE TOMATOES**  
PRODUCT OF CANADA OR  
MEXICO, 255 G  
20171177001\_EA



**\$3**

**PC® ORGANICS  
WHOLE CREMINI OR  
WHITE MUSHROOMS**  
PRODUCT OF CANADA, 227 G  
21021965\_EA  
21021999\_EA



**7<sup>99</sup>**

**PC® ORGANICS  
GALA APPLES**  
PRODUCT OF CANADA,  
CANADA FANCY GRADE, 3 LB  
20606349001\_EA



**\$5**

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



**4<sup>50</sup>**

**PC® ORGANICS  
FRUIT SPREAD**  
SELECTED VARIETIES, 365 ML  
21591713\_EA



**\$7**

**PC® ORGANICS  
PURE  
UNPASTEURIZED  
HONEY**  
375 G  
20055665\_EA



**\$10**

**PC® ORGANICS EXTRA  
VIRGIN OLIVE OIL**  
SELECTED VARIETIES, 500 ML  
20027043\_EA



**\$4**

**PC® ORGANICS  
MULTIGRAIN  
FLATBREAD  
CRACKERS**  
SELECTED VARIETIES, 142 G  
20978831\_EA/20982169\_EA



**\$5**

**PC® ORGANICS JUMBO  
RAISIN SNACK PACK**  
14'S  
21170526\_EA



**\$3**

**PC® ORGANICS  
APPLE JUICE**  
SELECTED VARIETIES, 1.36 L  
21209313\_EA



**5<sup>50</sup>**

**PC® ORGANICS  
KEFIR**  
SELECTED VARIETIES,  
1 L  
20941529\_EA  
20944278\_EA



**7<sup>50</sup>**

**PC® ORGANICS  
JUMBO RAISINS**  
SELECTED VARIETIES, 425 G  
21163289\_EA





# ALWAYS LOW PRICE

**ALWAYS LOW PRICE**

**\$10**

**PILLERS HAMS**  
SELECTED VARIETIES, 600 G  
21608901\_EA

**PREPARED IN CANADA**

**ALWAYS LOW PRICE**

**\$7**

**PC PUB RECIPE™ OR GLUTEN FREE CHICKEN**  
SELECTED VARIETIES, FROZEN, 600/700 G  
21079476\_EA/21201321\_EA

**PREPARED IN CANADA**

**ALWAYS LOW PRICE**

**\$3**

**POPEYE SELECT SPINACH**  
PRODUCT OF U.S.A., 283 G  
20156570\_EA

**PREPARED IN CANADA**

**ALWAYS LOW PRICE**

**\$13**

**SEAQUEST SHRIMP RING WITH MILD COCKTAIL SAUCE**  
FROZEN, 454 G  
21687413\_EA

**PREPARED IN CANADA**

**ALWAYS LOW PRICE**

**\$7**

**BASSÉ NUT MIX**  
SELECTED VARIETIES  
415-600 G  
21158597\_EA/21158603\_EA

**PREPARED IN CANADA**

**ALWAYS LOW PRICE**

**\$8**

**IN-STORE PREPARED BOWLS**  
SELECTED VARIETIES, 345-400 G  
21696311\_EA/21696361\_EA

**PREPARED IN CANADA**

**ALWAYS LOW PRICE**

**\$6**

**ZIGGY'S DELI CHEESE SLICES**  
SELECTED VARIETIES,  
160/180 G  
21610744\_EA/21610826\_EA

**PREPARED IN CANADA**

**ALWAYS LOW PRICE**

**\$4**

**ZIGGY'S SLICED MEAT**  
SELECTED VARIETIES  
175 G  
21590279\_EA/21592461\_EA

**PREPARED IN CANADA**

**ALWAYS LOW PRICE**

**\$9**

**ZIGGY'S PASTA**  
SELECTED VARIETIES  
850/1000 G  
21521163\_EA/21521156\_EA

**PREPARED IN CANADA**

**ALWAYS LOW PRICE**

**\$5**

**FARMER'S MARKET™ MUFFINS**  
SELECTED VARIETIES, 4'S  
21639320\_EA/21639357\_EA

**PREPARED IN CANADA**

**ALWAYS LOW PRICE**

**\$5**

**FARMER'S MARKET™ CUPCAKES**  
ASSORTED VARIETIES, 6'S  
21635700\_EA/21635894\_EA

**PREPARED IN CANADA**

**ALWAYS LOW PRICE**

**\$5**

**MINI COOKIES**  
SELECTED VARIETIES, 24'S  
21596600\_EA

**PREPARED IN CANADA**



# ALWAYS LOW PRICE

**ALWAYS LOW PRICE**

**\$5**

**NO NAME® PEROGIES**  
SELECTED VARIETIES, FROZEN, 2 KG  
20323762001\_EA

CLUB SIZE • FORMAT CLUB

no name® sans nom®

potato & cheddar flavour  
perogies • pérogies  
savour pommes de terre et cheddar

2 kg

CLUB SIZE • FORMAT CLUB

potato & cheddar flavour  
perogies • pérogies  
savour pommes de terre et cheddar

PREPARED IN CANADA

**CLUB SIZE**

**ALWAYS LOW PRICE**

**\$3.50**

**NO NAME® PIZZA**  
SELECTED VARIETIES, FROZEN, 350-411 G  
21541441\_EA/21541444\_EA

no name® sans nom®

thin crust  
**pizza**  
croûte mince  
**pepperoni**

with tomato sauce, mozzarella cheese and pepperoni

thin crust  
**pizza**  
croûte mince  
**spinach épinards**

with spinach, tomato sauce, mozzarella cheese and pepperoni

411 g

**ALWAYS LOW PRICE**

**\$4.50**

**PC® BLACK LABEL ICE CREAM**  
SELECTED VARIETIES, FROZEN, 500 ML  
21588234\_EA/21648683\_EA

STRAWBERRY FRAISE

LONDON FOG  
THE LATTE À L'ANGLAISE

500 mL

**ALWAYS LOW PRICE**

**\$10**

**NO NAME® ICE CREAM SANDWICHES OR BARS**  
SELECTED VARIETIES, FROZEN, 24/30'S  
20347400002\_EA/21013432\_EA

no name®

CLUB SIZE

vanilla  
ice cream  
sandwiches

fudge  
bars

30 x 60 mL

PREPARED IN CANADA

**CLUB SIZE**

**ALWAYS LOW PRICE**

**\$8.50**

**PC® ORGANICS FRUIT**  
SELECTED VARIETIES  
FROZEN, 600 G  
20993672\_EA  
20431483003\_EA

Organics Biologique

WHOLE RED RASPBERRIES  
FRAMBOISES ROUGES ENTIERES

Blueberries  
RASPBERRIES EN COURONNE

600 g

**ALWAYS LOW PRICE**

**\$5**

**PC® ORGANICS FROZEN VEGETABLES**  
SELECTED VARIETIES  
300-500 G  
20416869001\_EA  
20416869002\_EA

Organics Biologique

BROCCOLI FLORETS  
FLEURONS DE BROCOLI

Edamame Shelled  
EDAMAMES ÉCOSSÉS

300-500 g

**ALWAYS LOW PRICE**

**\$4**

**PC® ORGANICS VEGAN PUFFS**  
SELECTED VARIETIES  
142 G  
21358684\_EA/21358688\_EA

Organics Biologique

PLANT-BASED CHEDDAR JALAPENO  
BAKED CORN PUFFS  
SUFFLES DE MAÏS CROÛTES AU FOUR  
CHEDDAR À BASE DE PLANTES ET JALAPENO

PLANT-BASED CHEDDAR  
BAKED CORN PUFFS  
SUFFLES DE MAÏS CROÛTES AU FOUR  
CHEDDAR À BASE DE PLANTES

142 g

**ALWAYS LOW PRICE**

**\$4**

**PC® ORGANICS UNSWEETENED APPLE SAUCE**  
SELECTED VARIETIES  
6X100 ML  
20320493001\_EA  
21306828\_EA

Organics

unsweetened  
**APPLE**

unsweetened  
**APPLE STRAWBERRY**

6 x 100 mL

**ALWAYS LOW PRICE**

**\$2.50**

**PC® ORGANICS BROTH**  
SELECTED VARIETIES  
900 ML  
21195472\_EA

Organics Biologique

VEGETABLE  
Broth • Bouillon  
**LÉGUMES**

900 mL

**ALWAYS LOW PRICE**

**\$4.50**

**PC® ORGANICS ANIMAL COOKIES**  
SELECTED VARIETIES  
250 G  
20181028\_EA/20304981\_EA

Organics

Original  
animal cookies

250 g

**ALWAYS LOW PRICE**

**\$1**

**PC® BLUE MENU® OR FREE & CLEAR SPARKLING WATER**  
SELECTED VARIETIES, 1L  
20162061003\_EA  
20320832004\_EA

PC® BLUE MENU® OR FREE & CLEAR SPARKLING WATER

SELECTED VARIETIES, 1L

20162061003\_EA

20320832004\_EA

1L

PREPARED IN CANADA

**ALWAYS LOW PRICE**

**\$8**

**NO NAME® CLUMPING CAT LITTER**  
SELECTED VARIETIES  
7 KG  
20023746001\_EA

no name®

extra-scented  
clumpable  
clumping cat litter  
for multiple cats

7 kg



# 新年快樂 HAPPY LUNAR NEW YEAR

Celebrate  
 the Year of the  
 Horse with  
 low prices.

128

NAPA CABBAGE  
 PRODUCT OF CANADA  
 20015025001\_KG

348

LARGE DRAGON FRUIT  
 PRODUCT OF VIETNAM  
 20168395001\_EA

13<sup>88</sup>

T&T HOT POT  
 ROLLS  
 BEEF OR LAMB  
 340 G  
 21570350\_EA

128

GOLDEN HAPPINESS  
 SPECIALTY BUN  
 SELECTED VARIETIES  
 100 G  
 21297542\_EA

349

LEE KUM KEE  
 HOISIN SAUCE  
 445 ML  
 20045048\_EA

2<sup>88</sup>

PC® UDON  
 NOODLES  
 800 G  
 20354811\_EA

\$2

JAPANESE  
 SWEET YAM  
 PRODUCT OF CANADA  
 OR U.S.A.  
 20524922001\_KG

128

DAIKON  
 LO BOK  
 PRODUCT OF CHINA  
 20082109001\_KG

128

TAIWANESE  
 FLAT CABBAGE  
 PRODUCT OF MEXICO  
 OR U.S.A.  
 20082109001\_KG

\$16

BENTO  
 CALIFORNIA  
 FAMILY PACK  
 SUSHI  
 SELECTED VARIETIES  
 470/645 G  
 21691525\_EA/21638655\_EA

649

T&T TAIWAN  
 STYLE SAUSAGE  
 SELECTED VARIETIES  
 375 G  
 21637048\_EA

548

CHICKEN  
 GIZZARDS,  
 HEARTS OR  
 LIVERS  
 FROZEN  
 21528473\_KG

588

PORK BELLY  
 PORTION  
 20793502\_KG

Optimum  
 Members-Only Price™  
 \$3  
 Non-members  
 \$4

Members  
 save  
 \$1  
 SOYGANIC  
 TOFU  
 SELECTED VARIETIES  
 350-500 G  
 21023474\_EA

3<sup>88</sup>

LOTTE PEPERO  
 VALUE PACK  
 SELECTED VARIETIES  
 128 G  
 21617953\_EA

158

T&T® KOREAN  
 ROASTED  
 SEA LAVER  
 3'S  
 20593313\_EA

\$3

HAITAI HONEY  
 BUTTER  
 POTATO CHIPS  
 60 G  
 21365446\_EA

3<sup>88</sup>

GOLD KILI  
 INSTANT LATTE  
 SELECTED VARIETIES  
 250 G  
 21166724\_EA



# 新年快樂 HAPPY LUNAR NEW YEAR

Celebrate  
 the Year of the  
 Horse with  
 low prices.

**4<sup>88</sup>**

**MELONA ICE BAR**  
SELECTED VARIETIES  
FROZEN, 560 ML  
21622903\_EA

**8<sup>99</sup>**

**BIBIGO MANDU**  
FROZEN, 680 G  
21591925\_EA

**8<sup>49</sup>**

**O'TASTY BBQ BUNS**  
FROZEN, 680 G  
20219240002\_EA

**\$7**

**CANADIAN COVE FRESH PEI MUSSELS**  
907 G  
21556624\_EA

**4<sup>99</sup>**

**HEIWA UDON NOODLES**  
FROZEN, 1.25 KG  
20570578\_EA

**4<sup>88</sup>**

**SUMMI! SPRING ROLLS OR DUMPLINGS**  
SELECTED VARIETIES  
250-350 G  
21143897\_EA  
21378594\_EA

**3<sup>99</sup>**

**NISSIN DUMPLINGS**  
SELECTED VARIETIES  
FROZEN, 201 G  
21363910\_EA  
21363909\_EA

**5<sup>49</sup>**

**PALM CORNED BEEF WITH JUICES**  
SELECTED VARIETIES  
326 G  
20416342\_EA

**1<sup>28</sup>**

**T&T ORGANIC ROASTED CHESTNUTS**  
100 G  
20873813\_EA

**\$7**

**LEE KUM KEE PURE SESAME OIL**  
445 ML  
20165080\_EA

**2<sup>48</sup>**

**T&T ALOE VERA DRINK**  
SELECTED VARIETIES  
1.5 L  
20593585\_EA

**2<sup>49</sup>**

**ROOSTER SWEETENED CONDENSED MILK**  
300 ML  
20126907\_EA

**1<sup>29</sup>**

**CAMP SWANSON CHICKEN BROTH**  
420 G  
20042814\_EA

**\$6**

**DANISA TRADITIONAL BUTTER COOKIES**  
454 G  
21245259\_EA

**3<sup>49</sup>**

**LEE KUM KEE PANDA BRAND OYSTER FLAVOURED SAUCE**  
412 ML  
20139600\_EA

**FROM 4<sup>50</sup>**

**NO NAME PAPER PLATES**  
SELECTED VARIETIES 40'S  
21384127\_EA  
21384145\_EA

**upto 15% OFF**

**LEGO LUNAR NEW YEAR**  
21717895\_EA





# TOP PICKS

DISCOVER OUR ASIAN FOOD SELECTION!



**APP EXCLUSIVE OFFER<sup>†</sup>**

Optimum<sup>®</sup>  
**GET 3,000<sup>pts</sup>**

**\$3**  
back in points

for every \$15\* spent on T&T products all sizes and varieties  
\*Open your PC Optimum<sup>®</sup> app or visit [pcoptimum.ca](http://pcoptimum.ca) to get the offer. †At least \$3 value in points.

**\$3**

**T&T FROZEN EDEMAME**  
SELECTED VARIETIES  
454 G  
20593404\_EA



**T&T SHRIMP DUMPLINGS**  
1.04 KG (26 G X 40)  
21471210\_EA

**11<sup>88</sup>**

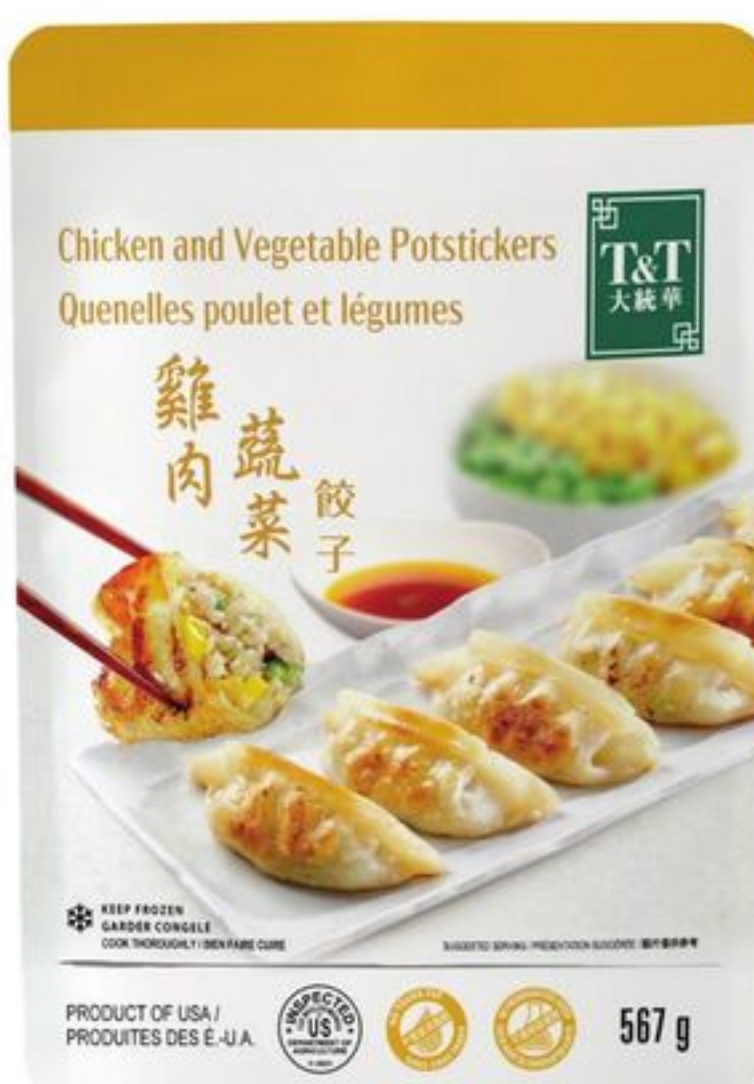


**5<sup>99</sup>**

**T&T ICE CREAM**  
SELECTED VARIETIES, 1L  
21300559\_EA



**4<sup>99</sup>**



**T&T POTSTICKERS**  
SELECTED VARIETIES, FROZEN  
567 G  
21495805\_EA

**\$6**

**T&T VEGETABLE SPRING ROLLS**  
FROZEN, 500 G  
21615702\_EA



**T&T FROZEN DURIAN**  
SELECTED VARIETIES  
FROZEN, 454 G  
21541463\_EA

**10<sup>99</sup>**



**5<sup>49</sup>**

**T&T GREEN ONION PANCAKE**  
FROZEN, 600 G  
20814816\_EA



**12<sup>88</sup>**

**T&T JASMINE RICE**  
8 KG  
20705590\_EA



**1<sup>88</sup>**

**WAHAHA YOGURT FLAVOURED DRINK**  
400 ML  
21091972\_EA



**12<sup>88</sup>**

**BILLY BEE HONEY**  
1 KG  
20528715\_EA



**\$6**

**BULL-DOG TONKATSU SAUCE**  
500 ML  
21576312\_EA



**3<sup>29</sup>**

**LAO GAN MA CHILI CRISP**  
598 ML  
20874066\_EA





# SHOP THE WORLD IN OUR AISLES\*

From bok choy to basmati rice, find  
international ingredients at low prices.

SHOP NOW

\$2

**SANTOSH NAAN**  
 SELECTED VARIETIES, 5'S  
 21671462\_EA

\$2

**PAPAYA**  
 PRODUCT OF MEXICO  
 2087066001\_KG

LB

4.41/KG

\$4

**T&T ALMOND COOKIES**  
 304 G  
 21049626\_EA

\$4

**CRISPY SHORTBREAD COOKIES**  
 SELECTED VARIETIES, 300-350 G  
 20820419\_EA

6<sup>50</sup>

**SHER BESAN FLOUR**  
 1.81 KG  
 20869922\_EA

2<sup>99</sup>

**PRAN SAMOSAS**  
 FROZEN, 400 G  
 21054779\_EA

3<sup>49</sup>

**NANAK DAHI**  
 750 G  
 20133591\_EA

3<sup>50</sup>

**CRISPY ROTI**  
 SELECTED VARIETIES, 750 G  
 21195607\_EA

2<sup>49</sup>

**SHANA PARATHA**  
 SELECTED VARIETIES, FROZEN,  
 400 G  
 20990913001\_EA

1<sup>50</sup>

**MAGGI NOODLES MASALA**  
 280 G  
 20870359\_EA

2<sup>50</sup>

**BRITANNIA GOOD DAY**  
 231 G OR FIRST FIFTY  
 COOKIES 372 G  
 SELECTED VARIETIES  
 21023105\_EA/21023769\_EA

3<sup>50</sup>

**LAY'S INTERNATIONAL FLAVORS**  
 SELECTED VARIETIES, 200 G  
 21663082\_EA/21663203\_EA

\$5

**SURAJ BLACK BEANS**  
 SELECTED VARIETIES, 1.8 KG  
 20558755\_EA/20558758\_EA

1<sup>50</sup>

**KURKURE MASALA MUNCH**  
 SELECTED VARIETIES, 115 G  
 20659742\_EA/21361077\_EA



# SUPER YOUR EVERYDAY

**6<sup>50</sup>**

**GIUSEPPE EASY PIZZI**  
560-600 G OR GIUSEPPE  
PIZZA 439-785 G  
SELECTED VARIETIES, FROZEN  
21106361\_EA/21359564\_EA



**3<sup>50</sup>**

**CATELLI LASAGNA**  
375/500 G OR PREGO  
SAUCE 645 ML  
SELECTED VARIETIES  
20325820001\_EA/20632367\_EA



**\$4**

**GET 500<sup>®</sup>**  
**PATAK'S**  
COOKING SAUCE 400 ML  
OR PASTE 284 ML  
SELECTED VARIETIES  
20217180002\_EA/20307057004\_EA



**\$12**

**NO NAME<sup>®</sup> CANOLA**  
OR VEGETABLE OIL  
3 L  
20028656\_EA/20103390\_EA



**1<sup>50</sup>**

**NO NAME<sup>®</sup> CHUNK OR**  
FLAKED LIGHT TUNA  
170 G  
20521647\_EA/20521648\_EA



**\$4**

**SPAM LUNCHEON**  
MEAT OR HEREFORD  
CORNED BEEF  
SELECTED VARIETIES, 340 G  
20050622\_EA/20968255\_EA



**3<sup>49</sup>**

**SKINNY GIRL SALAD**  
DRESSING  
SELECTED VARIETIES  
237 ML  
21448124\_EA  
21448141\_EA



**\$5**

**HARIBO GOLDBEAR,**  
STARMIX OR  
HAPPY COLA  
SELECTED VARIETIES  
284 G  
21387490\_EA  
21593050\_EA



**\$6**

**KELLOGG'S FAMILY SIZE**  
CEREAL  
SELECTED VARIETIES  
450-650 G  
20054727\_EA  
21651640\_EA



**3<sup>75</sup>**

**IÖGO OR**  
ASTRO  
YOGURT TUBS  
SELECTED VARIETIES  
650/750 G  
20165226001\_EA  
21659463\_EA



**SAVE 1.98**  
WHEN YOU BUY 2

**2/\$11**  
OR 6.99 EA

**PC<sup>®</sup> FROZEN**  
FRUIT  
SELECTED VARIETIES  
300-600 G  
20312227\_EA



**SAVE 2.00**  
UP TO

**\$10**

**PC<sup>®</sup> OR BLUE**  
MENU<sup>®</sup> MEAT  
OR VEGETABLE  
LASAGNA OR  
MAC & CHEESE  
ENTRÉES  
SELECTED VARIETIES  
FROZEN, 1.13 KG



**SAVE .98**  
WHEN YOU BUY 2

**2/\$10**  
OR 5.49 EA

**CHEETOS**  
SELECTED VARIETIES  
170-285 G  
21370169\_EA  
21370195\_EA



**11<sup>99</sup>**

**GET 2,000<sup>®</sup>**  
when you buy 2

**\$2**  
back in points

**FRITO-LAY**  
VARIETY PACK  
CHIPS  
SELECTED VARIETIES  
428/448 G  
21584889\_EA  
21584937\_EA



**2/\$15**  
OR 8.49 EA

**COCA-COLA**  
OR CANADA  
DRY SOFT  
DRINKS  
SELECTED VARIETIES  
12X355 ML  
20207569004\_C12  
20318694002\_C12



**SAVE 1.98**  
WHEN YOU BUY 2

**2/\$15**  
OR 8.49 EA

**PEPSI SOFT**  
DRINKS  
SELECTED VARIETIES,  
12X355 ML  
20322361002\_C12  
20322361004\_C12



**\$17**

**FEBREZE PLUG**  
IN SCENTED  
OIL REFILL  
SELECTED VARIETIES  
3'S  
21659197\_EA



**4<sup>50</sup>**

**ALCAN FOIL 50 FT**  
OR REYNOLD  
PARCHMENT  
PAPER 35 FT  
20051862\_EA/20871415\_EA





# COLD BEVERAGES FOR DRY JANUARY

10<sup>99</sup>

**BUDWEISER ZERO**  
**FULL-FLAVOURED**  
**ZERO ALCOHOL BREW**  
SELECTED VARIETIES  
6X355 ML  
21313108\_EA



11<sup>49</sup>

**PERONI NASTRO**  
**AZZURRO**  
SELECTED VARIETIES  
21622480\_C06



8<sup>99</sup>

**CORONA CERO 0.0%**  
**ALCOHOL-FREE BEER**  
6X330 ML  
21650191\_C06



13<sup>99</sup>

**GRÜVI NON ALC**  
4X275 ML  
21512576\_C04  
21512624\_C04



7<sup>49</sup>

**PARTAKE OR**  
**HOP WATER**  
SELECTED VARIETIES  
4X355 ML  
21359004\_C04  
21643955\_C04



\$9

**PC® DE-ALCOHOLIZED**  
**BEER**  
SELECTED VARIETIES  
12X355 ML  
20121729\_C12  
20325253\_C12



7<sup>50</sup>

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



7<sup>50</sup>

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



15<sup>49</sup>

**BACARDI MARTINI**  
SELECTED VARIETIES  
750 ML  
21526570\_EA



\$6

**PC® NON-ALCOHOLIC**  
**BEER**  
SELECTED VARIETIES  
4X355 ML  
21589408\_C04  
21589335\_C04





# FEEL GOOD CHOICES

## AT FEEL GOOD PRICES

**\$6**

**YOGI ORGANIC TEA**  
SELECTED VARIETIES, 16 BAGS  
20309377004\_EA/20317306002\_EA



**\$13**

**NATURE CLEAN LAUNDRY LIQUID**  
SELECTED VARIETIES, 3 L  
20067905\_EA



**11<sup>50</sup>**

**DAIYA FROZEN PIZZA AND FLATBREAD**  
SELECTED VARIETIES, 327-400 G  
21538958\_EA



**\$8**

**EVIVE DAIRY FREE SMOOTHIE BITES**  
SELECTED VARIETIES FROZEN, 144 G  
21659912\_EA/21660003\_EA



**1<sup>50</sup>**

**THIRSTY BUDDHA ALL NATURAL SPARKLING COCONUT WATER**  
SELECTED VARIETIES, 330 ML  
21014419\_EA/21068404\_EA



**UP TO 20% OFF**

**OATLY NON-DAIRY BEVERAGES**  
SELECTED VARIETIES, 946 ML  
21560949\_EA/21561119\_EA



**2/\$7**  
OR 4.49 EA

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



**\$10**

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



**\$19**

**NATURE'S WAY SAMBUCUS GUMMIES OR LIQUID**  
SELECTED VARIETIES  
21025463\_EA/21192086\_EA



**\$16**

**NUTTIN BUT SPREADS ALMOND BUTTER**  
SELECTED VARIETIES  
765 G  
21126600\_EA



**\$8**

**BRAGG ORGANIC APPLE CIDER VINEGAR**  
SELECTED VARIETIES  
946 ML  
20983004\_EA



**\$4**

**SKINNY POP POPCORN**  
SELECTED VARIETIES  
125/150 G  
20785418002\_EA  
21125567\_EA



**\$5**

**PC GLUTEN FREE COOKIES**  
CHOCOLATE CHIP  
200 G  
21361485\_EA



**\$52**

**GET 5,000<sup>TM</sup> \$5 back in points**  
**VEGA ONE<sup>®</sup> ALL-IN-ONE PROTEIN POWDER**  
SELECTED VARIETIES  
834-876 G  
20645554\_EA  
20575566003\_EA



**\$26**

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



**\$5**

**POPCORNERS**  
SELECTED VARIETIES  
142 G  
21370205\_EA  
21370259\_EA

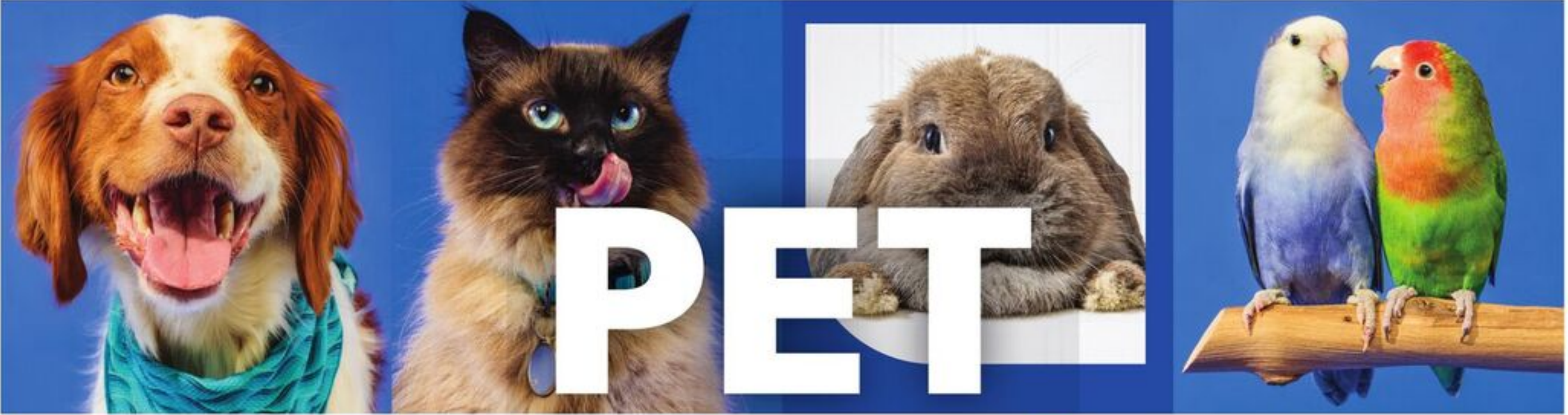


**8<sup>50</sup>**

**QUEEN ST. BAKERY BREAD OR ENGLISH MUFFINS**  
SELECTED VARIETIES  
FROZEN, 464-500 G  
21529684\_EA  
21575964\_EA







\$7

**TEMPTATIONS  
CAT TREATS**  
SELECTED VARIETIES, 454 G  
21105449\_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  
21303030\_EA



\$1

**PC® NUTRITION FIRST®  
WET CAT FOOD**  
SELECTED VARIETIES, 85 G  
21359618\_EA/21618582\_EA



\$10

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



2<sup>50</sup>

**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

**DENTASTIX  
DOG TREATS**  
SELECTED VARIETIES  
100 G-1.9 KG  
21081177\_EA



\$10

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



\$43

**BENEFUL DOG FOOD**  
SELECTED VARIETIES, 12.7 KG  
21236989\_C01



\$15

**PURINA ONE  
DOG FOOD**  
SELECTED VARIETIES, 6 PK  
21303481\_EA



\$13

**PURINA ONE  
DRY DOG FOOD**  
SELECTED VARIETIES  
1.72/1.81 KG  
20946448\_EA



\$11

**MILK-BONE SOFT AND  
CHEWY DOG TREATS**  
SELECTED VARIETIES, 708 G  
21047843\_EA



\$11

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





# ELEVATE YOUR WELL BEING

UP TO  
**20% OFF**

**CETAPHIL SKINCARE  
CLEANSER OR  
MOISTURIZERS**  
SELECTED VARIETIES AND SIZES  
20079867001\_EA/20432313001\_EA



UP TO  
**20% OFF**

**LUBRIDERM OR  
NEUTROGENA  
BODY CARE**  
SELECTED VARIETIES AND SIZES  
20432375001\_EA/21434865\_EA



UP TO  
**25% OFF**

**L'ORÉAL HAIR CARE**  
SELECTED VARIETIES AND SIZES  
21080562\_EA/21080597\_EA



**\$12**

**LIMIT 4  
OVER LIMIT PAY  
14.99 EA**

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



**\$8**

**LIMIT 6  
OVER LIMIT PAY  
8.99 EA**

**DOVE WOMEN'S  
DEODORANT 74 G OR  
DRY SPRAYS 107/113 G**  
SELECTED VARIETIES  
20840721\_EA/21196229\_EA



**\$8**

**LIMIT 4  
OVER LIMIT PAY  
10.99 EA**

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



## FOR HEALTHY LOOKING, BEAUTIFUL SMILES!



**LIMIT 6  
3<sup>50</sup>**  
OVER LIMIT  
PAY 4.49 EA

**Crest Complete  
Paste or Crest  
Pro-Health Paste,**  
selected varieties  
21041420\_EA/21354028\_EA



**LIMIT 6  
6<sup>50</sup>**  
OVER LIMIT  
PAY 6.99 EA

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



**LIMIT 4  
9<sup>50</sup>**  
OVER LIMIT  
PAY 10.49 EA

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



**UP TO  
30% OFF**

**Oral-B Pro 300  
Electric Brushes or  
Oral-B Brush Heads,**  
selected varieties  
20346231002\_EA/21475139\_EA

© 2026 P&G

## FAST & EFFECTIVE DANDRUFF RELIEF

up to  
**20% OFF**

**Selsun Blue haircare**  
selected varieties  
300 mL  
21507228\_EA

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



**WORKS FROM 1<sup>ST</sup> 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.

MAT-CA-2501334 V1.0 11/2025



**Poise®**

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



**Depend®**

offers **All-Day  
Protection**



**LIMIT 4  
\$20 EACH**  
OVER LIMIT PAY 20.99 EA

**Depend underwear or Poise pads**  
selected varieties and sizes  
20558843005EA/21302119\_EA  
21099850\_EA/21099790\_EA

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## HEALTHY NEW YEAR

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

**Jamieson®**

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.



# JOE FRESH

FRESH FITS FOR  
A FRESH START

Earn  
points while  
you save



APP  
EXCLUSIVE  
OFFER

Open the app.  
It's as easy as that!

Optimum™

# 15,000 pts

When you spend \$75  
or more on apparel\*

**\$15**  
back  
in points

January 8 - 14, 2026

# 25% off

Leggings, Bike Shorts,  
& Sports Bras\*

Select Styles | Regular Price \$29 - \$35  
January 8 - 21



NOW  
**\$26<sup>25</sup>**

~~\$35~~  
Active Momentum  
Sports Bra



~~\$29~~  
Active  
Bike Short

NOW  
**\$21<sup>75</sup>**



~~\$29~~  
Active Balance  
High Rise Legging

NOW  
**\$21<sup>75</sup>**



~~\$35~~  
Women+ Active  
Momentum Sports Bra

NOW  
**\$26<sup>25</sup>**

NOW  
**\$15<sup>20</sup>**

~~\$19~~  
Toddler Boys'  
Active Four-Way  
Stretch Jogger



# 20% off

Children's Active  
Apparel & Sneakers\*

Regular Price Only  
January 8 - 14

EVEN MORE ONLINE AT JOEFRESH.COM

SHOP NOW

\* Visit [www.joefresh.com/offerdetails](http://www.joefresh.com/offerdetails) for full details.



# START YOUR **ACTIVIA** GUT HEALTH CHALLENGE

**2** ACTIVIA<sup>®</sup> 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<sup>®</sup> Expert - 4 x 100 g  
21688261\_EA/21687900\_EA



**\$6**  
Activia<sup>®</sup> Expert - 750 g  
21688207\_EA



**\$7.50**  
Activia<sup>®</sup> - 12 x 100 g  
20303412001\_EA



**\$4.50**  
Activia<sup>®</sup> - 650 g  
20325132003\_EA



**\$7**  
Activia<sup>®</sup> - 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<sup>®</sup> 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.pcoptimum.ca/pcocontest-danone.

## PACK YOUR MORNING WITH PROTEIN



**\$6.50**  
Oikos<sup>®</sup> - 650 g, 750 g  
21305945\_EA



**3/\$12**  
OR \$4.99 EA.  
Oikos<sup>®</sup> - 4 x 95 g, 4 x 100 g  
20625055\_EA  
20419715001\_EA



**\$3.50**  
Oikos<sup>®</sup> Pro™ - 300 mL  
21651846\_EA

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

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## 10-HOUR BREW BOLD AND SMOOTH TASTE



**\$7.50**  
Stok<sup>®</sup> - 142 L  
21203737\_EA/21203739\_EA



## START THE YEAR WITH A SPOONFUL OF GOOD.



**7.50**

**Yoplait<sup>®</sup> Source<sup>®</sup> & Creamy<sup>®</sup>**  
selected varieties  
16 x 100 g  
20317317001\_EA  
20120316004\_EA



**4.50**

**Liberté Méditerranée<sup>®</sup> 500 g,**  
**Yoplait<sup>®</sup> Source Protein<sup>®</sup> tubs 650 g,**  
selected varieties  
21473714\_EA  
20788062002\_EA



**\$5**

**Yoplait Source<sup>®</sup> tubs 630 g,**  
**Liberté Greek<sup>®</sup> Crunch 2 x 130 g,**  
selected varieties  
21391318006\_EA  
21391318001\_EA



**5.50**

**Liberté Kefir<sup>®</sup>**  
selected varieties  
1 L  
21216416\_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





**MONSTER<sup>®</sup> ULTRA**

**BLUE Hawaiian**

**NEW**

**FULL FLAVOUR  
ZERO SUGAR**



**2/6<sup>50\*</sup>**  
OR \$3.99 EA.  
Monster Energy<sup>®</sup>  
selected varieties  
473 mL  
21723586\_EA/20938521\_EA



**SEE IN-STORE  
FOR RETAILS**

Coca-Cola<sup>®</sup>  
selected varieties  
2 L  
20316026002\_EA



**\$8<sup>99\*</sup>**

Fuze<sup>®</sup>  
selected varieties  
12 x 341 mL  
21645563\_C12



**\$5<sup>49\*</sup>**

Core Power<sup>®</sup>  
selected varieties  
414 mL  
21166000\_EA



**2/9<sup>50\*</sup>**  
OR \$5.29 EA.  
Fresca<sup>®</sup>  
selected varieties  
6 x 222 mL  
21022955\_C06

Valid January 8 to January 14, 2025.  
\*Plus applicable taxes, levies, deposits and fees.  
This product may not be suitable for everyone. Please read the label for instructions.  
The trademarks that appear are the property of their respective trademark owners.

**TRUSTED  
SOFTNESS,  
BETTER  
TEAR<sup>®</sup>**

\*vs. leading US  
1-ply bargain brand

**NEW**

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

**Cleans  
Better<sup>®</sup>**

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

\*vs. Leading Canada 2-ply bath tissue



**+50% MORE  
ABSORBENT<sup>®</sup>**

\*vs. leading ordinary brand.

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

**THICKER  
AND MORE  
ABSORBENT<sup>®</sup>**

\*vs. the leading US 2-ply napkin

**\$11** Bounty  
Napkin 400's,  
21053171\_EA



© 2026 P&G

**Treat  
yourself!**

**\$6** Chapman's  
Sorbet  
selected varieties frozen  
2 L  
20529120001\_EA

**\$6** Chapman's  
no sugar added  
ice cream  
and 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  
21037730\_EA

**\$6** PC<sup>®</sup> Chocolate  
covered fruit  
selected varieties  
frozen  
200 g  
21577481\_EA

**\$6** Halo Top  
Frozen Dessert  
selected varieties  
frozen  
473 mL  
21087002\_EA

**What if buying gas  
fuelled your points?**

Only Esso<sup>™</sup> and Mobil<sup>™</sup> gas earns you PC Optimum<sup>™</sup> points.



**Esso<sup>™</sup> Mobil<sup>™</sup> + Optimum<sup>™</sup>**

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**GUSTA**

**100% VÉGÉTAL  
PLANT BASED**

**PREPARED IN CANADA**

**4<sup>50</sup>** ORIGINAL  
VEGGIE GROUND  
340 G 21454302\_EA

**15<sup>50</sup>** 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**

**Little NORTHERN BAKEHOUSE**

**DELICIOUSLY  
GLUTEN-FREE**

**IN THE FREEZER**

**WHOLE GRAIN  
WIDE SLICE**

**WHITE  
WIDE SLICE**

**\$8** frozen whole grain wide  
slice bread, 567 g  
21100055\_EA

**\$8** frozen white wide slice  
bread, 567 g  
21100057\_EA

\*Trademark of Canadian Celiac. Used under license





**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)

**Express™**

**Online grocery pickup & delivery**

# Save time, Save For Real™

Get **\$15 in PC Optimum™ points** on your first 5 eligible online grocery orders\*.

Shop now

That's **\$75** back in (pts)

Use code **PCX5**

\*Terms and conditions apply. See site for details.

## Our butchers cut quality meat in your store **every day!**

**pork loin schnitzel**  
21588065\_EA

**beef meatballs**  
plain  
21587897\_EA

**pork stir fry strips**  
21588095\_EA

**beef stir fry strips**  
cut from Canada AA grade beef or higher  
21588067\_EA

**chicken stir fry strips**  
21588091\_EA

**QUICK AND EASY-ENJOY!**

**LOU'S ENTRÉES**  
BEEF POT ROAST AU JUS  
375 g  
20078077\_EA

**LOU'S ENTRÉES**  
SHAVED BEEF AU JUS  
400 g  
20507550\_EA

**LOU'S ENTRÉES**  
PHILLY-STYLE SHAVED STEAK  
400 g  
21046171\_EA

**LOU'S ENTRÉES**  
PULLED PORK  
400 g  
20182404\_EA

**\$9** each

**LOU'S**  
PEAMEAL BACON  
800 g  
20642284\_EA  
**\$7.99** each

## Don't leave any points behind at the pump!

**Earn 10<sup>(pts)</sup> per litre**

Add your phone number to your account on the **PC Optimum™ app**. Enter your phone number on the pump keypad before entering your payment card.

**Earn 10<sup>(pts)</sup> per litre**

Insert your **PC Optimum™ card** into the card reader before entering your payment card.

**Earn at least 3¢ per litre in points**

Pay with your **PC® Mastercard®** and earn points on fuel.\*

\* Points amount shown includes the 10 points per dollar for all purchases with the President's Choice Financial® Mastercard®. In addition, earn at least 10 PC Optimum™ points per purchased litre of gasoline or diesel fuel at Esso™ stations in Canada when you pay with your President's Choice Financial® Mastercard®. You will also earn at least 10 PC Optimum™ points per litre available to all PC Optimum™ loyalty members at Esso™ stations in Canada. Earn an additional (10 points per litre of premium gasoline) (Octane 89, 91, 93) at Esso™ stations. Should fuel prices fall below \$1/L, causing total points per litre awarded to fall below 30 points per litre, points will be topped up to ensure a minimum of 30 points per litre are awarded in all transactions paid with a PC Financial® Mastercard® at Esso™ locations. For full details including how points are awarded to your PC Optimum™ account and rounding rules, visit [pcfinancial.ca/en/legal-stuff/pc-optimum-mastercard/](http://pcfinancial.ca/en/legal-stuff/pc-optimum-mastercard/). PC®, PC Financial®, and President's Choice Financial® are trademarks of Loblaw's Inc., used under license. Mastercard® is a registered trademark, and the circles design is a trademark of Mastercard International Incorporated. President's Choice Bank is a licensee of the marks. President's Choice Financial® Mastercard® is provided by President's Choice Bank. Esso is a trademark of Imperial Oil Limited. Imperial Oil, licensee.