

**PROUDLY CANADIAN
OWNED & OPERATED**



Independent™
Your Independent Grocer

SAVE 39%

\$3⁹⁹ **LB**

PORK SIDE RIB PORTION
6.61/KG
**PORTION DE CÔTES
DE FLANC DE PORC**
20836871_KG

SAVE 43%

\$3⁹⁹ **LB**

WHOLE CHICKEN
6.61/KG
POULET ENTIER
20729008_KG



\$8⁹⁹

**MARINA DEL REY WILD
ARGENTINIAN SHRIMP**
RAW EASY PEEL 20/30 PER LB
300 G OR **SOGEI COOKED
LOBSTER MEAT** 320 G FROZEN
**CREVETTES SAUVAGES
D'ARGENTINE MARINA
DEL REY OU CHAIR DE
HOMARD CUITES SOGEI**
20907159_EA
20959921_EA



\$11⁹⁹ **LB**

**FRESH ATLANTIC
SALMON FILLETS**
SKIN-ON
24.25/KG
FRESH SEAFOOD ITEMS
SUBJECT TO AVAILABILITY
**FILETS DE SAUMON DE
L'ATLANTIQUE FRAIS**
20852143_KG



**NATIONAL
PIE DAY**
Friday, January 23rd



APP EXCLUSIVE OFFER*
GET
1,500 **POINTS**
\$1⁵⁰
back in points

6⁵⁰

8 INCH PIES
SELECTED VARIETIES
635-750 G
TARTE DE 8 POUCE
21297474_EA
21297475_EA



4⁹⁹

**HÄAGEN-DAZS ICE
CREAM** 414-450 ML OR
NOVELTIES 3/4'S
SELECTED VARIETIES FROZEN
**CRÈME GLACÉE OU
FRIANDISES GLACÉES
HÄAGEN-DAZS**
21358979_EA
21513555_EA



\$4⁹⁹

BLUEBERRIES
PRODUCT OF MEXICO, PERU,
CHILE OR MOROCCO
PINT
BLEUETS
20080137001_EA



PINT

**SAVE
\$5**



\$15⁹⁹

**KICKING HORSE
ORGANIC WHOLE BEAN COFFEE**
SELECTED VARIETIES
454 G
**CAFÉ EN GRAINS
BIOLOGIQUE
KICKING HORSE**
20322468001_EA
20322468002_EA



6⁵⁰



DANONE OIKOS TUB
650/750 G OR
PC® ORANGE JUICE 2.5 L
SELECTED VARIETIES
**CONTENANTS OIKOS
DANONE OU JUS
D'ORANGE PC®**
21006634_EA
21531644_EA



**SAVE
96¢**
WHEN YOU BUY 4

4/\$5⁹⁹

OR
\$1.49 EA.
**KD MACARONI
AND CHEESE**
200 G
**MACARONI AU
FROMAGE KD**
21549526_EA



5⁹⁹

**HELLMANN'S
MAYONNAISE**
SELECTED VARIETIES
710-890 ML
**MAYONNAISE
HELLMANN'S**
20618579001_EA
20627339001_EA



\$5⁹⁹

GIUSEPPE PIZZA 439-785 G
OR **PC® FRUSTA, CALZONE
OR WOOD-FIRED PIZZA**
240-413 G SELECTED VARIETIES
FROZEN
**PIZZA GIUSEPPE OU
FRUSTA, CALZONE
OU PIZZA AU FEU
DE BOIS PC®**
20904584_EA
21540407_EA



\$2⁹⁹

**PC® KETTLE COOKED,
LOADS OF™, WORLD
OF FLAVOURS
POTATO CHIPS**
SELECTED VARIETIES
200 G
**CROUSTILLES
CUITES À LA
MARMITE,
PLEINES DE™
OU SAVEURS
DU MONDE PC®**
2084091002_EA
21422931_EA



12⁸⁸

**DAN-D PAK
CASHEWS**
SALTED OR UNSALTED
908 G
**NOIX DE CAJOU
DAN-D PAK**
20314862002_EA



1⁵⁰

**OASIS JUICE, DEL
MONTE NECTAR OR
ARIZONA ICED TEA**
SELECTED VARIETIES
960 ML
**JUS OASIS, NECTAR
DEL MONTE OU THE
GLACÉ ARIZONA**
20336722001_EA
20336722005_EA



Optimum™
Members-Only Price™

15⁹⁹

Non-members
22⁹⁹

Members
save
\$7



PC® BATHROOM TISSUE
30=100 ROLLS
PAPIER HYGIÉNIQUE PC® **HAT CLUB**
21450846_EA



Flyer prices effective from Thursday, January 22nd to Wednesday, January 28th, 2026. SEE BACK PAGE FOR DETAILS.

\$7

STARBUCKS ICED COFFEE 1.18/1.42 L OR **DANONE ACTIVIA** 12X100 G
SELECTED VARIETIES
CAFÉ GLACÉ STARBUCKS OU ACTIVIA DANONE
20303412001_EA
21215530_EA



Optimum
Members-Only Price™
\$15
Non-members
18⁵⁰

PC® CLUB PACK NUTS
SELECTED VARIETIES
680-907 G
NOIX
FORMAT CLUB PC^{MD}
21404808_EA
21404871_EA

Members save **\$3⁵⁰**



SAVE 98¢
WHEN YOU BUY 2

2/\$8

OR \$4.49 EA.

COUNTRY HARVEST BREAD OR BAGELS
SELECTED VARIETIES AND SIZES
PAIN OU BAGELS COUNTRY HARVEST
21178535_EA
21433366_EA

PREPARED IN CANADA



SAVE \$1⁹⁹

\$7

PC® DELI CHEESE SLICES
SELECTED VARIETIES
140-170 G
TRANCHES DE FROMAGE DE CHARCUTERIE PC^{MD}
20216643_EA
20250947_EA

SWISS SUISSE

PREPARED IN CANADA



SAVE \$1⁹⁹

\$6

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

GENOA • DE GENES

PREPARED IN CANADA



3⁵⁰

APP EXCLUSIVE OFFER
GET **500[®]**

PC® DIPS
SELECTED VARIETIES
227 G
TREMPETTES PC^{MD}
20584097_EA
21639152_EA

HUMMUS

PREPARED IN CANADA

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



\$12

GET **3,000[®]** back in points **\$3**

STARBUCKS GROUND COFFEE
311/340 G, **K-CUPS** 10'S, **HOT CHOCOLATE CAN** 300 G OR **ENVELOPE** 240 G OR **K-CUPS** 10'S OR **INSTANT COFFEE** 90 G SELECTED VARIETIES
CAFÉ MOULU, K-CUPS, CONTENANT OU ENVELOPPES DE CHOCOLAT CHAUD OU K-CUPS OU CAFÉ INSTANTANÉ STARBUCKS
20548682002_EA
21541288_EA



4⁵⁰

GET **1,500[®]** back in points **\$1⁵⁰**

KELLOGG'S CEREAL
SELECTED VARIETIES
306-460 G
CÉRÉALES KELLOGG'S
21607199_EA
21652093_EA

MINI WHEATS! minis

RAISIN RAN



7⁴⁹

GET **1,000[®]** back in points **\$1**

CRACKER BARREL CHEESE BARS 400 G OR **SHREDS** 250-320 G SELECTED VARIETIES
BARRES DE FROMAGE OU FROMAGE RÂPÉ CRACKER BARREL
21290384_EA
21290616_EA

CRACKER BARREL

PREPARED IN CANADA



3⁷⁵

SCOTSBURN OR BAXTER CREAM
SELECTED VARIETIES
1L
CRÈME SCOTSBURN OU BAXTER
20002602_EA
21025932_EA

Blend Cream

CEREAL CREAM



1⁵⁰

GREEN GIANT CANNED VEGETABLES
SELECTED VARIETIES
341/398 ML
LÉGUMES EN CONSERVE GÉANT VERT
21021179_EA
21021485_EA

Summer Sweet Peas

Peaches & Cream



\$11

HIGH LINER PAN SEAR OR SIGNATURE FISH
425-540 G OR **PC® FISH** 500-680 G SELECTED VARIETIES
FROZEN
POISSON POÊLÉE SÉLECTE OU COUPES SIGNATURE HIGH LINER OU POISSON PC^{MD}
20844670_EA
21637091_EA

Pan Sear Haddock

Haddock

AIGLEFIN



\$3

GOLDFISH BAKED SNACK CRACKERS OR CRISPS
SELECTED VARIETIES
156-227 G
CRAQUELINS CUIITS OU CROUSTILLES GOLDFISH
20300320_EA
21575295_EA

Goldfish

CHEDDAR



2/5⁵⁰

OR \$3.50 EA.

QUAKER DIPPES OR CHEWY GRANOLA BARS
SELECTED VARIETIES
120-156 G
BARRES GRANOLA DIPPES OU CHEWY QUAKER
20847582_EA
21359366_EA

CHewy

Dippes

CHOCOLATE CHIP



\$4

NO NAME® ICE MILK
SELECTED VARIETIES
FROZEN
1.65 L
LAIT GLACÉ SANS NOM®
21610199_EA

vanilla



SAVE \$1⁹⁸
WHEN YOU BUY 2

2/\$10

OR \$5.99 EA.

LINDT EXCELLENCE CHOCOLATE
SELECTED VARIETIES
80-100 G
CHOCOLAT EXCELLENCE LINDT
20312527005_EA
20312527009_EA

FUSION 70% & MILK LAIT

SEA SALT

EXCELLENCE

EXCELLENCE

EXCELLENCE

EXCELLENCE



2/\$15

OR \$8.49 EA.

PEPSI SOFT DRINKS
SELECTED VARIETIES
12X355 ML
BOISSONS GAZEUSES PEPSI
20322361001_C12
20322361002_C12

PEPSI

DIET



\$2

PALMOLIVE HAND DISH SOAP
SELECTED VARIETIES
598/828 ML
SAVON À VAISSELLE PALMOLIVE
20861400_EA
21004388_EA

Palmolive

OXY



PRICE DROP† **More ways to save**

1²⁵

NO NAME® chicken BROTH
SELECTED VARIETIES
900 ML
BOILLON SANS NOM®
21189610_EA
21189611_EA

chicken broth-bouillon poulet



\$5

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

FREE TOUQUE

TOUQUE GRATUITE

Cheerios

Cinnamon Toast Crunch

Croque Canotier



2⁵⁰

CLIF BUILDERS PROTEIN BARS
20 G OF PROTEIN
SELECTED VARIETIES
56-68 G
BARRES PROTÉINÉES CLIF BUILDERS
20303133002_EA
21610264_EA

BUILDERS

PROTEIN



\$1

WHISKAS CAT FOOD
SELECTED VARIETIES
75/100 G
NOURRITURE whiskas® POUR CHÂTS
20945388_EA

PERFECT PORTIONS®

PÂTE

WITH SUSTAINABLE SALMON

REPAS AVEC SAUMON DURABLE



Independent CUSTOMER RELATIONS 1-866-727-0771. VISIT yourindependentgrocer.ca FOR STORE HOURS.

Please call Customer Relations at 1-866-727-0771 or visit our website at yourindependentgrocer.ca for your store's hours and to see which Your Independent Grocer® locations do not participate in this flyer. Quantities and/or selection of items may be limited and may not be available in all stores. No rainchecks or substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We are not obligated to sell items based on errors or misprints in typography or photography. **Pricing:** All references to "Save, Was, Now, Savings, etc." are in comparison to our own regular prices. Savings on items shown may vary by store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. Coupons must be presented and redeemed at time of purchase. **Trademarks:** ®/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. **Purchase limits:** We reserve the right to limit quantities to reasonable family requirements. **PC Optimum™ Members Only:** Offers are available to valid PC Optimum™ program members. Membership is free. To register, see in-store or visit pcoptimum.ca. Points are not guaranteed in case of errors or misprints. No cash value. See yourindependentgrocer.ca for full program details including redemption restrictions. Minimum redemption is 10,000 points. These offers cannot be combined with any other coupons, discounts, or promotions. No adjustments on previous purchases. We may modify or cancel offers without notice. Product availability may vary by store. While supplies last. **Points Offers:** Receive the specified points when you spend the qualifying amount on the listed products/categories before taxes, after discounts and redemptions, in a single transaction. Taxes apply on purchase amount after discounts. PC Optimum™ pricing is not valid in price match programs for participating Loblaws Inc. banner stores. **Outdoor/Seasonal Items:** Outdoor seasonal items (e.g., lawn and garden) may only be available at select stores. Please check your local store for pricing, limits, and availability. **†PRICE DROP Offer:** Valid in-store at participating locations from January 1 - January 28, 2026 before taxes and while quantities last. Applies only to select products. Offer may be modified or cancelled without notice. See in-store for full details.

YA YN BACK



freshness you can taste,
value you'll love

5⁵⁰

STRAWBERRIES 1 LB
PRODUCT OF MEXICO
OR U.S.A., NO. 1 GRADE OR
RASPBERRIES
HALF PINT, PRODUCT OF
MEXICO OR U.S.A.
FRAISES OU
FRAMBOISES
20049778001_EA
20128938001_EA



1 LB

\$6

LARGE CROWNLESS
PINEAPPLE
PRODUCT OF COSTA RICA
EACH
GROS ANANAS
SANS COURONNE
20119813001_EA



4⁹⁹
LB

PC® EXTRA LARGE
GREEN SEEDLESS
GRAPES PRODUCT OF
PERU, NO. 1 GRADE OR
PC® EXTRA LARGE
RED SEEDLESS
GRAPES PRODUCT OF
PERU OR CHILE, NO. 1 GRADE
11.00/KG
TRES GROS RAISINS
VERTS OU ROUGES
SANS PÉPINS PC®
20425775001_KG
20159199001_KG



EXTRA LARGE

\$4

PC® LIVE RED,
GREEN OR TRIO
LETTUCE
PRODUCT OF CANADA
EACH
LAITUE VIVANTE
ROUGE OU VERT
OU TRIO PC®
21178850_EA
21506580_EA



2/\$6

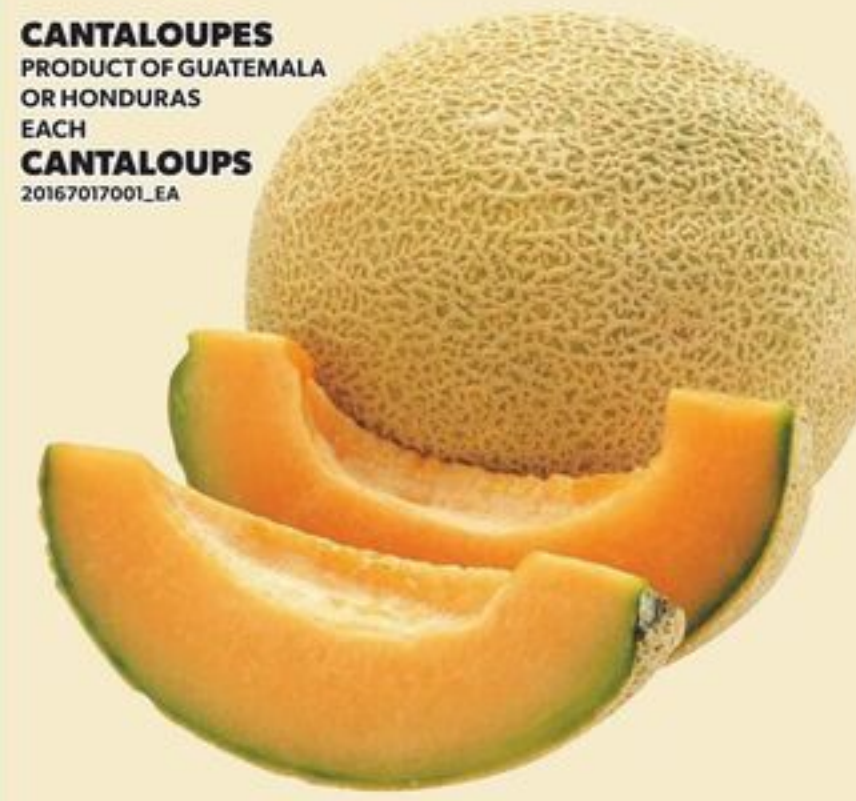
OR
\$3.49 EA.

PC® ORGANICS
WHOLE CREMINI
OR WHITE
MUSHROOMS
PRODUCT OF CANADA
227 G
CHAMPIGNONS
CREMINI OU
BLANCS ENTIER
PC® BIOLOGIQUE
21021565_EA
21021499_EA



\$6

CANTALOUPE
PRODUCT OF GUATEMALA
OR HONDURAS
EACH
CANTALOUPS
20167017001_EA



\$6



FARMER'S MARKET™
RUSSET POTATOES
PRODUCT OF CANADA,
CANADA NO. 1 GRADE
10 LB
POMMES DE TERRE
RUSSET-DÉLICIES DU
MARCHÉ PC®
20601020001_EA



10 LB

2/\$12

OR
\$6.50 EA.

PC® CHOPPED
SALAD KITS
SELECTED VARIETIES,
PRODUCT OF U.S.A.
282-369 G
SALADES HACHÉES
AVEC GARNITURE
PC®
21378071_EA
21448999_EA



\$7

CORED PINEAPPLE
PREPARED IN-STORE
EACH
ANANAS ÉVIDÉ
21629207_EA



\$11
LB

EYE OF ROUND
OVEN ROAST
CUT FROM CANADA AA OR USDA
SELECT GRADE BEEF OR HIGHER
24.25/KG
RÔTI DE NOIX
DE RONDE
20798494_KG



feeling protein power-fuel

\$4
LB



CHICKEN LEGS
BACK ATTACHED
FAMILY SIZE
8.82/KG
CUISSES DE POULET
20153925_KG



\$7

BREADED PORK
LOIN SCHNITZEL
FROZEN
300 G
ESCALOPE DE
LONGE DE PORC
PANÉE
21588065_EA



PREPARED IN-STORE

7⁵⁰



PC® PORK SAUSAGE
SELECTED VARIETIES
375/500 G
SAUCISSES DE
PORC PC®
21584342_EA
21584308_EA



\$8



NO NAME® BACON
SELECTED VARIETIES
500 G
BACON SANS NOM®
20156771_EA
20174909_EA



\$17



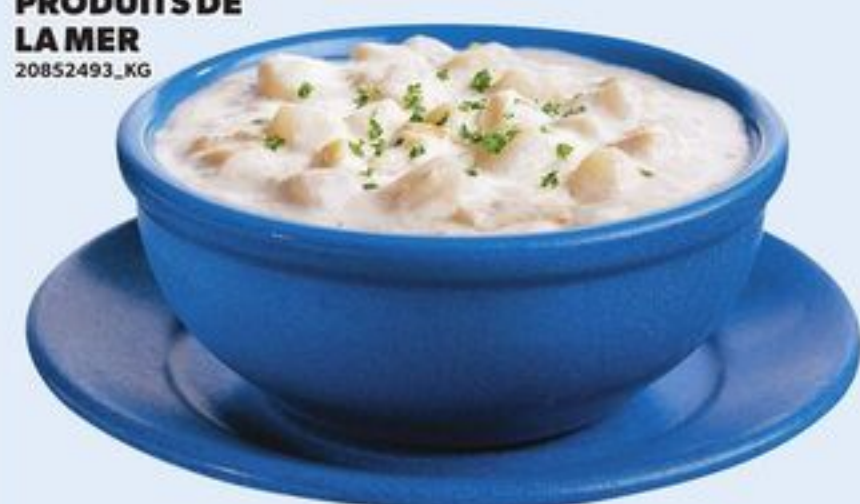
PC® PIES
SELECTED VARIETIES
FROZEN
800/900 G
PÂTES PC®
20003749_EA
21613959_EA



find your catch in seafood

\$12
LB

SEAFOOD
CHOWDER MIX
PREVIOUSLY FROZEN
26.46/KG
CHAUDRÉE DE
PRODUITS DE
LA MER
20852493_KG



SAVE
UP TO \$2⁹⁹

\$11

PC® SMOKED
SALMON
SELECTED VARIETIES
FROZEN
125/150 G
SAUMON
FUMÉ PC®
20055009_EA
20108286_EA



\$10



PC® SMOKED
SALMON OR CRAB
& LOBSTER BAKE & SERVE DIP
FROZEN
360 G
TREMPETTE À
CUIRE ET SERVIR AU
SAUMON FUMÉ OU
CRABE ET HOMARD
PC®
21682613_EA/21682673_EA



bakery deals rising daily

8⁵⁰



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



\$5



FARMER'S MARKET™ CUPCAKES
SELECTED VARIETIES
6'S OR 12'S
PETITS GÂTEAUX, DÉLICES DU MARCHÉ™
21634742_EA
21635894_EA



\$3



PC® NAAN
ORIGINAL OR GARLIC
250 G
NAAN PC™
20322759_EA



3⁵⁰

PC® BLUE MENU®, ORGANICS OR PROTEIN TORTILLAS
SELECTED VARIETIES
342-650 G
TORTILLAS BIOLOGIQUES OU PROTÉINES PC™
20182857_EA
21686737_EA



\$17



FARMER'S MARKET™ BAR CAKES
SELECTED VARIETIES
675-770 G
GÂTEAUX RECTANGULAIRES, DÉLICES DU MARCHÉ™
21500612_EA
21500693_EA



4⁴⁰ /100 G

PARMIGIANO REGGIANO CHEESE
PRODUCT OF ITALY, DELI CUT
FROMAGE PARMIGIANO REGGIANO
20377023_EA



SAVE 12%

\$7

PC® DELI CHEESE BLOCK
SELECTED VARIETIES
250 G
BARRES DE FROMAGE DE CHARCUTERIE PC™
20770652_EA
20770656_EA



SAVE UP TO \$1.99

\$14



MAPLE LEAF NATURAL SELECTIONS DELI SLICED MEATS CLUB PACK OR PC® ASSORTED DELI SLICED MEATS
SELECTED VARIETIES
375-400 G
CHARCUTERIES TRANCHÉES NATURAL SELECTIONS MAPLE LEAF FORMAT CLUB OU CHARCUTERIES TRANCHÉES VARIÉES
PC™
20772015_EA
21105597_EA



SAVE \$1.49

\$7



MAPLE LEAF DAWN COOKED HAM
300 G
JAMBON CUIT DAWN MAPLE LEAF
20871330_EA



SAVE 99¢

\$3



CHRIS BROTHERS DELI SLICED PEPPERONI
SELECTED VARIETIES
175 G
PEPPERONI TRANCHE EN CHARCUTERIE
CHRIS BROTHERS
20379259_EA
20380156_EA



on the run, we got you

2/\$14 OR \$8.49 EA.

BENTO CALIFORNIA ROLL
SELECTED VARIETIES
230-250 G
ROULEAUX CALIFORNIENS BENTO
21691462_EA
21691471_EA



\$16

14 PIECE WINGS
HOT OR CHILLED, SAUCED TO ORDER
861-933 G
14 MORCEAUX D'AILES
21680795_EA
21680659_EA



SAVE UP TO 30% FROM

\$7



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



daily deals

MONDAY
Chicken Dinner

\$15

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



TUESDAY
Tender Tuesday

\$12



9-PIECE CHICKEN STRIPS
HOT OR CHILLED
870 G
9 MORCEAUX DE LANIÈRES DE POULET
21336609_EA
21336518_EA



WEDNESDAY
Hump Day Special

2/\$14 OR \$9 EA.

ANY TWO INDIVIDUAL CHICKEN COMBOS WITH ONE SMALL SIDE EACH
361-530 G
DEUX COMBOS DE POULET INDIVIDUELS AVEC UN PETIT PLAT D'ACCOMPAGNEMENT CHACUN
21022536_EA/20697881_EA



THURSDAY
Quick Grabs

3/\$14 OR \$6-7 EA.

ANY THREE IN-STORE PREPARED SINGLE SERVE SOFTY, WRAPS OR SUB SANDWICHES
180-299 G
TROIS SANDWICHES MOELLEUX, ROULÉS OU SOUS-MARINS PRÉPARÉS EN MAGASIN
20160224_EA/21623676_EA



FRIDAY
Pizza Party

2/\$15 OR \$9-10 EA.

ANY TWO IN-STORE PREPARED 12" TAKE AND BAKE PIZZA
SELECTED VARIETIES
DEUX PIZZAS 12 PO CUIRE À LA MAISON PRÉPARÉES EN MAGASIN
21456401_EA
21456393_EA



HIT OF THE MONTH

\$2²⁵

LIMIT 6
AFTER LIMIT
2.50 EA.



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

\$1⁵⁰

PLIES LAST

JANES

**LIMITED EDITION
ÉDITION LIMITÉE**

COSMIC
chicken nuggets

pépites de poulet

COSMIQUES

MADE WITH WHITE MEAT CHICKEN AND A WHITE BREADING
NO PRESERVATIVES / SANS AGENTS DE CONSERVATION
AIR FRYED / TREMPÉ / CROQUÉ A LA PÂTISSÈRE À AIR

500 g

**JANES COSMIC
CHICKEN NUGGETS**
FROZEN
500 G
21717211 EA

\$1⁹⁹

LOWEST PRICES
BEST DEALS

As compared to other major grocery retailers within your local areas.
 ** Must be a registered PC Optimum™ member to get this offer.
 Valid from January 1 - 31, 2026. While quantities last. See in-store for details.

LAST CHANCE TO SAVE BIG*

Redemption ends February 25th
or while supplies last.

Supplies
are
limited!



COLLECT & SAVE! BIG

*Get 1 stamp for every eligible \$20 spent before taxes in a single transaction until Feb. 11, 2026 at participating Loblaw banner stores. 8 bonus stamps for PC Optimum™ members who opt-in using the PC Optimum™ App ("App") between Oct. 16, 2025-Feb. 11, 2026. 1 bonus offer/account/household. Purchase exclusions apply. Stamps have no cash value and are non-transferrable. See in store for paper stamp card or App to opt-in to program for digital stamp card. Stamp redemption ends Feb. 25, 2026 or while supplies last. 20 stamps must be presented at time of ovenware purchase. Ovenware selection and/or quantities may diminish as completed cards are redeemed. All sales final. For full warranty information, product replacement process, FAQ's and complete offer details, visit pcoptimum.ca/collectandsave.