

weekly deals

**SAVE
UP TO \$2**

\$5

GIUSEPPE 439-785 G OR
PC® WOOD-FIRED
351-413 G **PIZZA**
SELECTED VARIETIES
FROZEN
PIZZA GIUSEPPE
OU CUIE AU FEU
DE BOIS PC^{MD}
21106361_EA/21540352_EA



\$2

PC® KETTLE COOKED,
LOADS OF OR
WORLD OF FLAVOUR
POTATO CHIPS
SELECTED VARIETIES
200 G
CROUSTILLES CUITES
À LA MARMITE,
PLEINES DE OU
SAVEURS DU MONDE
PC^{MD}
20840911002_EA
21422931_EA



3⁵⁰

APP EXCLUSIVE OFFER*

GET
500 pts

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



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

4⁹⁹

HÄAGEN-DAZS
ICE CREAM 414-450 ML OR
NOVELTIES 3/4'S
SELECTED VARIETIES
FROZEN
CRÈME GLACÉE OU
FRIANDISES GLACÉES
HÄAGEN-DAZS
20302298001_EA
21513555_EA



6⁵⁰

APP EXCLUSIVE OFFER*

GET
1,500 pts

\$1⁵⁰
back
in points

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



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

2/\$6

OR
\$3.99 EA.
PC® NATURAL
SPRING WATER
EAU DE SOURCE
NATURELLE PC^{MD}
24X500 ML
20137898_C24



4⁵⁰

Optimum
GET
1,500^{pts}

\$1⁵⁰
back
in
points

KELLOGG'S PREMIUM CEREAL
SELECTED VARIETIES
317-525 G
**CÉRÉALES DE QUALITÉ
SUPÉRIEURE KELLOGG'S**
20695732_EA
21350317_EA



\$3



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



5⁹⁹

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



12⁸⁸

**DAN-D PAK
CASHEWS**
SALTED OR UNSALTED
908 G
**NOIX DE CAJOU
DAN-D-PAK**
20314862001_EA
20314862002_EA



1⁵⁰



**OASIS 100% JUICE
BLENDS, DEL MONTE
NECTAR, HYDRAFRUIT,
ARIZONA TEA OR
JUICE**
SELECTED VARIETIES
960 ML
**MÉLANGES DE JUS
100% OASIS,
NECTAR DEL MONTE,
HYDRAFRUIT, THÉ
ARIZONA OU JUS**
20336722001_EA
20894117004_EA



**PROUDLY CANADIAN
OWNED & OPERATED**

Independent
Your Independent Grocer

SAVE 44%

2.50
LB

**PORK LOIN COMBINATION
CHOPS SIRLOIN AND
RIB PORTION**
BONE-IN
5.51/KG
**CÔTELETTES DE LONGE DE
PORC, COMBINAISON DE
COUPES, PORTIONS
SURLONGE ET BOUT DE CÔTES**
20822343_EA

\$3
LB

PC® WHOLE CHICKEN
AIR CHILLED
6.61/KG
POULET ENTIER PC®
20089413_EA



\$6
LB

**LAMB SHOULDER CHOPS
CLUB PACK OR
FROZEN GOAT CHOPS**
13.23/KG
**CÔTELETTES D'ÉPAULE
D'AGNEAU OU CÔTELETTES
DE CHÈVRE SURGÉLÉES**
21550513_EA
21645489_EA

SAVE 35%

2.88

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



PINT

\$2

BROCCOLI CROWNS
PRODUCT OF MEXICO
OR U.S.A.
EACH
**COURONNES DE
BROCOLI**
21121560001_EA



\$3

**FARMER'S MARKET™
AVOCADO BAG**
PRODUCT OF MEXICO
5'S
**SAC D'AVOCATS
DÉLICES DU MARCHÉ™**
21644936001_EA



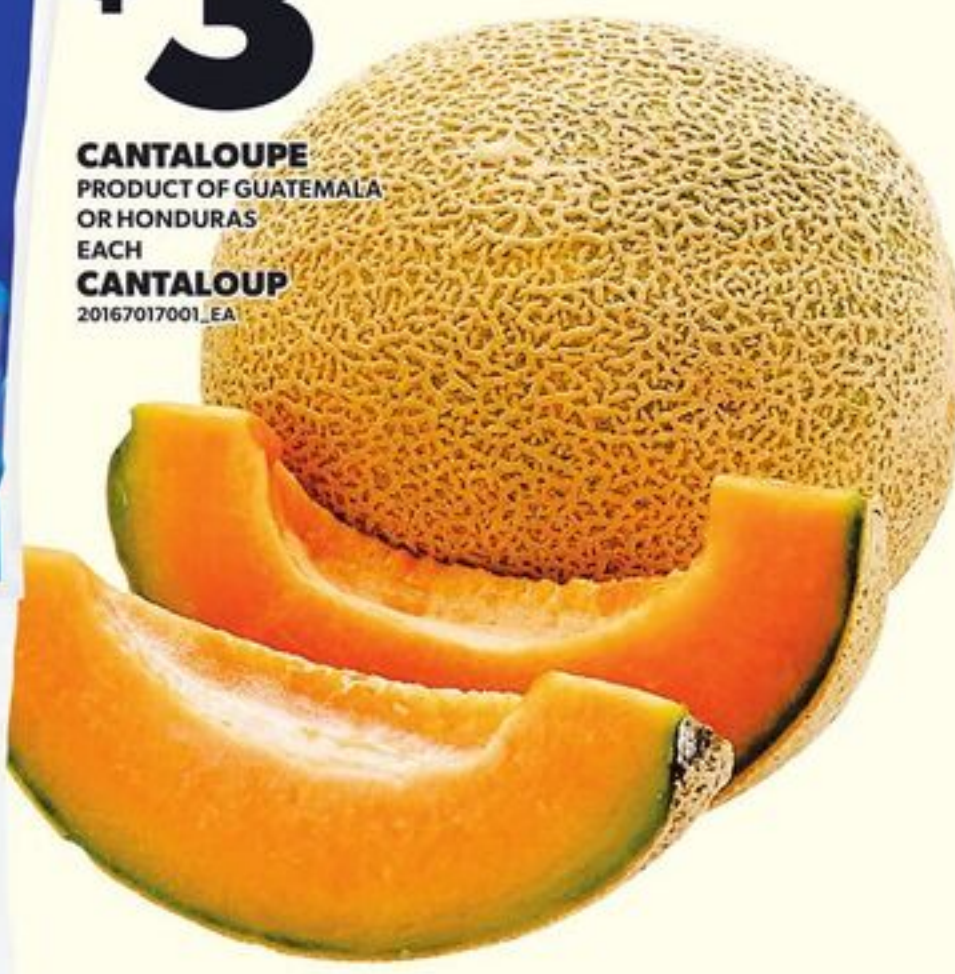
\$7

**SEAQUEST® FISH
FILLETS SELECTED VARIETIES**
400 G OR **COLOSSAL
PACIFIC WHITE SHRIMP**
RAW ZIPPERBACK® 16-20 PER LB
300 G FROZEN
**FILETS DE POISSON OU
CREVETTES BLANCHES
COLOSSALES DU
PACIFIQUE SEAQUEST®**
21043887_EA
20036614_EA



\$3

CANTALOUPE
PRODUCT OF GUATEMALA
OR HONDURAS
EACH
CANTALOUPE
20167017001_EA



3.88

**FARMER'S MARKET™
GREENHOUSE PEPPERS**
PRODUCT OF MEXICO
3'S
**POIVRONS DE SERRE
DÉLICES DU MARCHÉ™**
20085851001_EA



**SAVE
UP TO \$2**

\$10

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



6.50

**DANONE OIKOS
TUBS 650/750 G OR
DEL MONTE BLENDS**
2.5 L SELECTED VARIETIES
**CONTENANTS
OÏKOS DANONE
OU MÉLANGES
DEL MONTE**
21006634_EA
21595736_EA



**SAVE
UP TO 59%**

1.50

**NEILSON
CHOCOLATE
MILK**
SELECTED VARIETIES
1L
**LAIT AU
CHOCOLAT
NEILSON**
20650656_EA
20062332001_EA



**SAVE
96¢
WHEN YOU BUY 4**

4/\$5

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



\$15

**KICKING HORSE
ORGANIC WHOLE
BEAN COFFEE**
SELECTED VARIETIES
454 G
**CAFÉ EN GRAINS
BIOLOGIQUE
KICKING HORSE**
20322468006_EA



Optimum
Members - Only Price
15.99

Members
save
\$8



Non-members
23.99

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



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

SAVE
99¢

\$6

**SAN DANIELE
DELI SLICED
PROSCIUTTO**
100 G
**PROSCIUTTO
TRANCHE EN
CHARCUTERIE
SAN DANIELE**
20581660_EA



SAVE
49%

\$4

SAPUTO FETA
170/200 G, **BOCCONCINI** 200 G OR
MOZZARELLA FRESCA 190 G
SELECTED VARIETIES
**FETA, BOCCONCINI
OU MOZZARELLA
FRESCA SAPUTO**
20573975_EA
20708942_EA



\$6

**PC® NATURALLY
SMOKED BACON**
SELECTED VARIETIES
375/500 G
**BACON FUMÉ
NATURELLEMENT**
PC^{MD}
20057892_EA
20152629_EA



\$6

**NEILSON
TRUTASTE MILK**
2%, 1%, SKIM 4 L OR
**PRESTIGE PREMIUM
LARGE WHITE EGGS**
18'S SELECTED VARIETIES
20136554_EA
20814294001_EA



7⁴⁹

GET
1,000[®]
\$1
back
in points

**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



\$7

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



1⁵⁰

**GREEN GIANT
CANNED
VEGETABLES**
SELECTED VARIETIES
341/398 ML
**LÉGUMES EN
CONSERVE**
GÉANT VERT
21021264_EA
21021485_EA



2⁵⁰

**CLOVER LEAF
WHITE TUNA**
SELECTED VARIETIES
170 G
THON BLANC
CLOVER LEAF
20167571_EA
20326358001_EA



SAVE
98¢
WHEN YOU BUY 2

2/\$5

OR
\$2.99 EA.
BARILLA PASTA
SELECTED VARIETIES
410 G
PÂTES BARILLA
21404912_EA
21404904_EA



\$6



**PC® THE DECADENT®
CHOCOLATE CHIPS**
SELECTED VARIETIES
226-300 G
**BRISURES DE
CHOCOLAT PC®**
LE DÉCADENT^{MD}
20011473_EA
21069789_EA



\$11

**HIGH LINER
PAN SEAR OR
SIGNATURE FISH**
425-540 G OR
PC® FISH 500-680 G
SELECTED VARIETIES
FROZEN
**POISSON
POÏLÉE SÉLECTE
OU COUPES
SIGNATURE**
**HIGH LINER OU
POISSON PC®**
20845016_EA
21637091_EA



\$6



**CHAPMAN'S
PREMIUM ICE CREAM** 2 L,
**SORBET OR FROZEN
YOGURT** 2 L OR **SUPERS** 8-18'S
SELECTED VARIETIES FROZEN
**CRÈME GLACÉE PREMIUM,
SORBET OU YOGOURT
GLACÉ OU FRIANDISES**
GLACÉES SUPER
CHAPMAN'S
20323573001_EA
20111532_EA



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



**PC® NUTS
CLUB PACK®**
SELECTED VARIETIES
680/907 G
NOIX PC®
21404808_EA
21404871_EA



2⁷⁵

**NATURE VALLEY
GRANOLA BARS**
120-210 G OR
**BETTY CROCKER
OR MOTT'S FRUIT
SNACKS** 128-226 G
SELECTED VARIETIES
**BARRES GRANOLA
VAL NATURE OU
COLLATIONS AUX
FRUITS BETTY
CROCKER OU
MOTT'S**
20318474002_EA
21675994_EA



\$3

**GOLDFISH BAKED
SNACK CRACKERS
OR CRISPS**
SELECTED VARIETIES^{MD}
156-227 G
**CRAQUELINS CUIITS
OU CROUSTILLES**
GOLDFISH
20300320_EA
21575295_EA



SAVE
1⁹⁸
WHEN YOU BUY 2

2/\$10

OR
\$5.99 EA.
LINDT EXCELLENCE
SELECTED VARIETIES
80/100 G
**CHOCOLAT
EXCELLENCE LINDT**
20312527005_EA
21664548_EA



\$12

GET
3,000[®]
\$3
back
in points

**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 DE
CHOCOLAT CHAUD
OU ENVELOPPES
OU K-CUPS OU
CAFÉ INSTANTANÉ**
STARBUCKS
20548682004_EA
20547343003_EA



\$2

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



\$21

**TIDE LAUNDRY
DETERGENT** 3.9 L,
POWER PODS 45'S,
**TIDE PODS OR
GAIN FLINGS** 57-76'S
SELECTED VARIETIES
**DÉTERGENT À
LESSIVE TIDE,
POWER PODS,
TIDE PODS OU
FLINGS GAIN**
598/828 ML
21579851_EA
21579830_EA



PRICE
DROP[†]

More ways to save

\$3

**INDOMIE INSTANT
NOODLES**
SELECTED VARIETIES
5'S
**NOUILLES
INSTANTANÉES**
INDOMIE
20686719_EA
21094981_EA



\$5

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



2⁵⁰

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



\$1

**WHISKAS
CAT FOOD**
SELECTED VARIETIES
75/100 G
**NOURRITURE
POUR CHATS**
WHISKAS
20945097_EA



Independent
Your Independent Grocer

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

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freshness you can taste,
value you'll love

\$5

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



1 LB

3.99
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
8.80/KG

TRES GROS RAISINS VERTS OU ROUGES SANS PÉPINS PC® MD
20425775001_KG
20150199001_KG



EXTRA LARGE

\$4

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



\$5

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



LARGE

\$3
LB

GREENHOUSE BEEFSTEAK TOMATOES
PRODUCT OF CANADA, MEXICO OR U.S.A.
6.61/KG
TOMATES BEEFSTEAK DE SERRE
20426141001_KG



\$5



FARMER'S MARKET™ RUSSET POTATOES
PRODUCT OF CANADA, CANADA NO. 1 GRADE
10 LB
POMMES DE TERRE RUSSET DÉLICIES DU MARCHÉ™
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® MD
21334801_EA
21378085_EA



\$7

CORED PINEAPPLE
PREPARED IN-STORE
EACH
ANANAS ÉVIDÉ
20503143_EA



\$12

GET 2,000 back in points
\$2

10 STEM TULIPS ASSORTED COLOURS
10 TULIPES SUR TIGE
20833978_EA



\$25

DOZEN ECUADORIAN ROSES
ASSORTED COLOURS
DOUZAINE DE ROSES DE L'ÉQUATEUR
20581781_EA



\$9

SPRING BULBS ASSORTED VARIETIES
EACH
BULBES DU PRINTEMPS
20956925_EA



\$11
LB

EYE OF ROUND OVEN ROAST
CUT FROM CANADA AA OR USDA SELECT GRADE BEEF OR HIGHER
24.25/KG
ROTI DE NOIX DE RONDE
20812793_KG



feeling protein power-fuel

\$7

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



PREPARED IN-STORE

\$8
LB



PC® FREE FROM® SPLIT CHICKEN WINGS
TIPS REMOVED, AIR CHILLED, FAMILY SIZE
17.64/KG
AILES DE POULET SÉPARÉES PC® MD
SIMPLEMENT BON
21668685_KG



7.50



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



\$10



PILLER'S HAMS
SELECTED VARIETIES
600 G
JAMBON PILLER'S
21608918_EA
21608901_EA



\$17



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



find your catch in seafood

\$6

VIVASEA COOKED MUSSELS
FROZEN
500 G
MOULES CUITES VIVASEA
21595040_EA



\$11

PC® PEI MUSSELS IN PROVENCE OR CREAMY WHITE WINE SAUCE
FROZEN
907 G
MOULES DE L'Î.-P.-É. EN SAUCE PROVENÇALE OU CRÉMEUSE AU VIN BLANC PC® MD
20838559_EA
20838560_EA



\$10
LB

FRESH ASC TILAPIA FILLETS
22.05/KG
FILETS DE TILAPIA FRAIS ASC
20897812_KG



bakery deals rising daily

\$22

NATIONAL CHOCOLATE CAKE DAY
Tuesday, January 27*

1.50

BAGUETTE
WHITE OR WHEAT
255 G
BAGUETTE
21529211_EA



BAKED
IN-STORE

\$3

WHITE OR 100%
WHOLE WHEAT
BREAD
450 G
PAIN BLANCOU
100 % BLÉ ENTIER
21374404_EA
21377237_EA



BAKED
IN-STORE

IN-STORE CAKES
SELECTED VARIETIES
8 INCH
GÂTEAUX
PRÉPARÉS EN
MAGASIN
20593082_EA



BAKED
IN-STORE

7.50

IN-STORE BAKED
COOKIES
SELECTED VARIETIES
18'S
BISCUITS CUITS
EN MAGASIN
21454952_EA
21455101_EA



BAKED
IN-STORE

\$9

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



\$17

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



\$3

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



SAVE
98¢
WHEN YOU BUY 2

2/\$7

OR
\$3.99 EA.
WONDER BREAD
OR BUNS
SELECTED VARIETIES
AND SIZES
PAIN OU PETITS
PAINS WONDER
20276296_EA
20297455_EA



3.50

PC®, BLUE MENU®,
ORGANICS OR
PROTEIN TORTILLAS
SELECTED VARIETIES
342-650 G
TORTILLAS
BIOLOGIQUES OU
PROTÉINES PC®
MENU BLEU®
20182857_EA
21686817_EA



4.40
/100 G

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



in the mood for deli-cious

\$7

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



Optimum
Members-Only Price™
\$14
Non-members
\$15

MAPLE LEAF NATURAL
SELECTIONS DELI
SLICED MEATS
CLUB PACK,
SELECTED VARIETIES
375/400 G
CHARCUTERIES
TRANCHÉES NATURAL
SELECTIONS MAPLE LEAF
20772015_EA
21478011_EA



Optimum
Members-Only Price™
\$7
Non-members
\$8

FANTINO AND
MONDELLO SALAMETTI
DICED OR SLICED
SELECTED VARIETIES
100-200 G
SALAMETTI FANTINO &
MONDELLO EN DÉS
OU TRANCHÉS
21551515_EA
21551827_EA



7.50

BIG MOUNTAIN
VEGGIE SELECTION
SELECTED VARIETIES
300-400 G
SÉLECTIONS
VÉGÉTALIENNES
BIG MOUNTAIN
21310529_EA
21624901_EA



2.88

SUNRISE TOFU
SELECTED VARIETIES
350 G
TOFU SUNRISE
20570507_EA



on the run, we got you

\$16

IN-STORE PREPARED
NACHO CHICKEN BAKE,
TURKEY CRANBERRY OR
PULLED PORK SLIDERS
750-900 G
CASSEROLE DE POULET
NACHOS, MINI-BURGERS
DINDE ET CANNEBERGES
OU AU PORC EFFILOCHÉ
PRÉPARÉS EN MAGASIN
21696333_EA



2/\$14

OR
\$8.50 EA.
BENTO CALIFORNIA
ROLLS
SELECTED VARIETIES
190-236 G
ROULEAUX
CALIFORNIENS
BENTO
21638517_EA
21691462_EA



SAVE \$10
\$20

30 PIECE WINGS &
WEDGES BUCKET
1.2-2 KG
SEAU DE 30 MORCEAUX
D'AILES DE POULET
ET FRITES EN QUARTIERS
21541872_EA
21541877_EA



SAVE
UP TO 30%
FROM
\$7

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



2/\$8

OR
\$5 EA.
FRIED TORTILLA
CHIPS
SELECTED VARIETIES
450 G
CROUSTILLES DE
TORTILLA FRITES
21534615_EA



4.48

SUMMI! SPRING
ROLLS OR
DUMPLINGS
SELECTED VARIETIES
250-350 G
ROULEAUX DE
PRINTEMPS OU
QUENELLES SUMMI!
21114397_EA
21378594_EA



JANUARY

**HIT
OF THE
MONTH**

LIMIT 6
AFTER LIMIT
\$3 EA.



\$2²⁵

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

LIMIT 6
AFTER LIMIT
2.50 EA.



\$1⁵⁰

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

LIMIT 6
AFTER LIMIT
4.50 EA.



\$3⁵⁰

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

**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.

your **one-stop** grocery shop

2⁵⁰

PILLSBURY CRESCENTS OR WIENERS WRAPS
SELECTED VARIETIES
200-235 G
20305424002_EA
21505340_EA



4⁵⁰

YOPLAIT SOURCE 630 G OR PROTEIN 650 G TUBS
SELECTED VARIETIES
21391318001_EA
21588406_EA



2⁵⁰

SILK NON-DAIRY BEVERAGES
SELECTED VARIETIES
946 ML
20649868001_EA
21357595_EA



\$3

POST RETAIL SIZE CEREAL
SELECTED VARIETIES
311-525 G
20184626_EA
21648226_EA



\$3

KELLOGG'S RICE KRISPIES BARS 160-200 G, POPTARTS 384 G, SPECIAL K 125 G OR NUTRI-GRAIN 175-295 G BARS
SELECTED VARIETIES
20126567001_EA
20313984001_EA



4⁵⁰

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



4⁵⁰

NO NAME® MARGARINE
SELECTED VARIETIES
907 G
20073675_EA



\$4

NO NAME® COTTAGE CHEESE
SELECTED VARIETIES
500 G
20183991001_EA
20183991002_EA



2/\$11

OR \$5.99 EA.
NO NAME® CHEESE BARS 400 G OR SHREDS 320 G
SELECTED VARIETIES
21082491_EA
21289745_EA



3⁵⁰

DARE WHIPPET, WAGON WHEELS, VIVA PUFFS OR ULTIMATE COOKIES
SELECTED VARIETIES
230-360 G
20419986001_EA
20783328001_EA



\$3

NO NAME® PARTY MIX OR PC® READY TO EAT POPCORN
SELECTED VARIETIES
142-320 G
20028559_EA
20910769_EA



2/\$7

OR \$4.29 EA.
DARE BRETON CRACKERS OR BITES 132-200 G OR GRISSOL BAGUETTES OR MELBA TOAST 120-150 G OR VINTA CRACKERS 200-225 G
SELECTED VARIETIES
21520701_EA
21646798_EA



\$6

CARNATION HOT CHOCOLATE ENVELOPES 7-10'S OR TAZO TEA 20'S
SELECTED VARIETIES
21041744_EA
21308145_EA



\$8

TETLEY TEA
SELECTED VARIETIES
40/48'S
2071978001_EA
20722625_EA



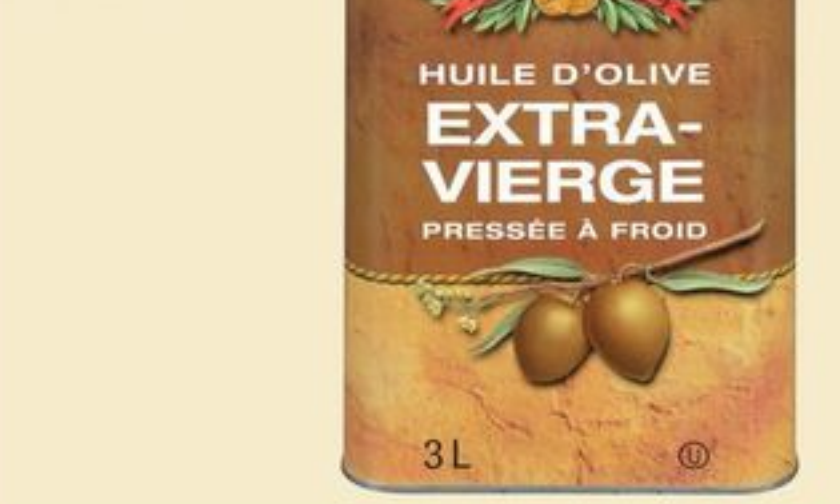
5⁵⁰

BURNBRAE NESTLAID WHITE EGGS
SELECTED VARIETIES
12'S
20816075001_EA



45⁵⁰

PC® SPLENDIDO® COLD-PRESSED OLIVE OIL
3 L
20045250_EA



6⁵⁰

PC® SPLENDIDO® SUNDRIED TOMATOES OR OLIVES STUFFED
SELECTED VARIETIES
270-350 ML
20157024_EA
20437663_EA



\$5

REESE'S FILLED HEARTS OR RED VELVET MINIATURES 161/200 G OR HERSHEY'S KISSES POUCHES 180 G
SELECTED VARIETIES
20078378_EA
21402985_EA



\$3

DAWN LIQUID
SELECTED VARIETIES
431/473 ML
21430581_EA
21430590_EA



\$5

SCRUBBING BUBBLES, FANTASTIK OR WINDEX CLEANERS 650-950 ML/385-623 G OR SCRUBBING BUBBLES TOILET BRUSH OR REFILLS 8-12'S
SELECTED VARIETIES
2012532001_EA
21666832_EA



24⁹⁹

PC® PAPER TOWELS
12 ROLLS
21558605_EA



for the love of **pets**

SAVE
UP TO \$2⁹⁹
\$23



2⁹⁹



\$7
FRISKIES CAT FOOD
SELECTED VARIETIES
1.4-1.5 KG
20912515_EA



SAVE
UP TO \$4⁹⁹
\$30



6⁵⁰



\$18



\$14



SAVE
UP TO \$2⁹⁹
\$32



\$5



\$9



\$9



\$27



3/6⁹⁹



3/\$9



\$26



EVERYDAY
LOW
PRICES

Value you
can count on.

\$7



**PC® PUB RECIPE™
OR GLUTEN FREE
CHICKEN**
SELECTED VARIETIES
FROZEN
600/700 G
21201320_EA
21201321_EA



\$13



**PC® BLUE MENU®
CHICKEN BREASTS**
BONELESS, SKINLESS,
AIR CHILLED
3'S
213409952_EA



\$4

SURAJ OKRA
SELECTED VARIETIES
FROZEN
1KG
20379701_EA



\$4

**PC® ORGANICS
MIXED SALAD
GREENS**
SELECTED VARIETIES
PRODUCT OF U.S.A.
142 G
21203744_EA
21203748_EA



\$13

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



2⁵⁰

**NO NAME®
CHICKEN
WIENERS**
450 G
20058192_EA



\$5

**PC® SLICED
BRIOCHE LOAF**
400 G
21050280_EA



\$3

**BAKED
IN-STORE**

SOURDOUGH LOAF
ORIGINAL OR EVERYTHING
404/450 G
20706542_EA
21682979_EA



\$5

**BAKED
IN-STORE**

MINI COOKIES
SELECTED VARIETIES
24'S
21596600_EA
21596672_EA



2/\$8
OR
\$4.99 EA.

**MINUTE MAID®
ZERO SUGAR OR
SIMPLY DRINK**
SELECTED VARIETIES
1.54 L
21170784_EA
21434119_EA



**SAVE
\$1.48
WHEN YOU BUY 2**

2/7⁵⁰
OR
\$4.49 EA.



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



\$3

**NO NAME®
NATURALLY IMPERFECT™ FRUIT**
SELECTED VARIETIES
FROZEN
300/400 G
21545106_EA



\$5

**PC® ORGANICS
COCONUT WATER**
SELECTED VARIETIES
1L
21092373_EA



**SAVE
\$1.98
WHEN YOU BUY 2**

2/\$11
OR
\$6.49 EA.



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



\$5

**PC® ORGANICS
PASTA SAUCE**
SELECTED VARIETIES
700 ML
20085773001_EA



\$2



SANTOSH NAAN
SELECTED VARIETIES
5'S
21671462_EA



4⁵⁰

**HAPPY DAIRY®
PANEER**
SELECTED VARIETIES
300 G
21343632_EA



2⁵⁰

**ROOSTER®
MILK SWEET
CONDENSED**
300 ML
20126907_EA



live well, spend less

SAVE
UP TO

20%

NIVEA BODY LOTIONS
OR BODY CREAMS
SELECTED VARIETIES
AND SIZES
20700027_EA



SAVE
UP TO

25%

VASELINE SKIN CARE
SELECTED VARIETIES
AND SIZES
21085011_EA/21085910_EA



SAVE

25%

PANTENE HAIR CARE
SELECTED VARIETIES
AND SIZES
21424214_EA/21431404_EA



SAVE

20%

CERAVE SKIN CARE
CLEANSERS OR MOISTURIZERS
SELECTED VARIETIES
AND SIZES
21295250_EA/21354743_EA



SAVE
UP TO

20%

METHOD, AXE
OR OLD SPICE
HAIR CARE
SELECTED VARIETIES
AND SIZES
21170078_EA
21360088_EA



5⁹⁹

GET 2,000⁰⁰
when you buy 2

\$2
back in points

Q-TIPS
COTTON SWABS
500'S
20323077001_EA



SAVE
UP TO

30%

SHEA MOISTURE OR
NEXXUS HAIR CARE
SELECTED VARIETIES AND SIZES
20307494001_EA/21502103_EA



4⁵⁰

NIVEA DEODORANT
ROLL-ON 50 ML,
ANTIPERSPIRANT 51/52 G OR
BODY WASH 500 ML
SELECTED VARIETIES
20800049_EA/21169899_EA



7⁵⁰

LIMIT 6
AFTER LIMIT
8.99 EA.

COLGATE MAXFRESH
OR TOTAL TOOTHPASTE 3'S,
MANUAL TOOTHBRUSH 2'S,
BATTERY TOOTHBRUSH
OR COLGATE TOTAL
OR PRO RELIEF
MOUTHWASH
SELECTED VARIETIES
AND SIZES
21118930_EA/21166655_EA



3⁵⁰

LIMIT 6
AFTER LIMIT
4.29 EA.

COLGATE PREMIUM
ADULT OR KIDS
TOOTHPASTE 70-150 ML OR
MANUAL TOOTHBRUSH 1'S
SELECTED VARIETIES
20697448001_EA/21166685_EA





L'ORÉAL[®]
PARIS

START
THE NEW
YEAR WITH
YOUTHFUL SKIN

YOU'RE WORTH IT.



GET 6,000⁰⁰
when you buy 2

\$6
back in points

L'ORÉAL CLEANSERS,
MOISTURIZERS, SERUMS OR TREATMENTS
SELECTED VARIETIES AND SIZES
21170224_EA/20357019005_EA

What if buying gas fuelled your points?

Only Esso[™] and Mobil[™] gas earns you PC Optimum[™] points.



Esso Mobil + PC Optimum

PC Optimum[™] and the PC Logo are trademarks of Loblaw's Inc., used under license. Esso is a trademark of Imperial Oil Limited. Imperial Oil, licensee, Mobil is a trademark of Exxon Mobil Corporation or one of its subsidiaries. Imperial Oil, licensee.



Poise[®]

Up to
100% leak-free
protection

Depend[®]

offers All-Day
Protection



GET 3,000⁰⁰
when you buy 2

\$3
back in points

\$20
EA.

DEPEND[®] Underwear
or POISE[®] Pads
selected varieties and sizes
21099850_EA/21099790_EA
20558843005_EA/21302119_EA

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

ALL DAY ODOUR PROTECTION



GET 4,000⁰⁰
when you buy 2

\$4
back in points

Secret Aluminum Free Deodorant
selected varieties, 68 g
21426451_EA/21164014_EA

© 2026 P&G

WHILE
SUPPLIES LAST

COLLECT & SAVE! BIG IS BACK

Get one stamp for every \$20* spent.
Collect 20 stamps and get 60-80% off*
one piece of high-quality Kuhn Rikon
Swiss design ovenware!

SAVE
60-80%*
OFF EACH



Opt-in digitally in the
PC Optimum™ App and get
8 bonus stamps*

**KUHN
RIKON**
SWISS DESIGN

*Offer available in-store and online at participating Loblaw banner stores starting Oct. 23, 2025. Receive 1 stamp for every \$20 spent before applicable taxes in a single transaction until Feb. 11, 2026. 8 bonus stamps available to PC Optimum™ members who opt-in to program using the PC Optimum™ App (the "App") between Oct. 16, 2025 and Feb. 11, 2026. Limit 1 bonus offer per account/household. Notwithstanding the foregoing, we reserve the right to stop issuing stamps (incl. bonus) earlier upon notice posted in-store, in the App and on pcoptimum.ca/collectandsave. Stamps are not provided for purchase of tobacco, alcohol, prescriptions, gift cards, phone cards, lottery tickets, 3rd party operations (post office, gas bar, dry cleaner, etc.) and any other products which are provincially regulated. When you collect and redeem 20 stamps, you'll get 60 - 80% off 1 Kuhn Rikon ovenware piece, before applicable taxes. Offer cannot be combined with any other coupons or promotional offers. Stamps have no cash value and are non-transferrable. PC Optimum™ Members: To obtain a digital stamp card, opt-in to this program using the App. Digital stamps collected by a household will be combined on one digital stamp card. For paper stamp card or for non-PC Optimum™ members, see in-store for card. 20 digital or paper or a mix of both stamps must be presented to cashier at time of ovenware purchase. Completed stamp cards can be redeemed until Feb. 25, 2026, after which time stamps/cards expire. Ovenware selection and/or quantities may diminish as completed cards are redeemed. All sales final. Eligible ovenware is under warranty for 2 years from date of purchase and can be replaced at your store of purchase until Feb. 25, 2026 or while supplies last, whichever is earlier, after which time, contact loblawpromotions@l-founders.com for replacement. For full warranty information including warranty exclusions, FAQ's and complete offer details, visit pcoptimum.ca/collectandsave.

START YOUR

ACTIVIA®

GUT HEALTH CHALLENGE

2 ACTIVIA EVERY DAY

FOR 14 DAYS

Optimum™

\$3 back in points

APP EXCLUSIVE OFFER

Earn

3,000 pts

for every \$10 spent in Activia products*

get entered to win**

10 MILLION pts

That's like

\$10,000!

NEW

4x100g

ACTIVIA EXPERT

Supports gut health

pre probiotics

2.8 g of probiotics

4.5 essential vitamins

ACTIVIA EXPERT

Supports gut health

pre probiotics

2.8 g of probiotics

4.5 essential vitamins

NEW

100g

ACTIVIA EXPERT

Supports gut health

pre probiotics

2.8 g of probiotics

4.5 essential vitamins

ACTIVIA EXPERT

Supports gut health

pre probiotics

2.8 g of probiotics

4.5 essential vitamins

12x100g

ACTIVIA

Supports gut health

GUT HEALTH/ SANTÉ DIGESTIVE

2.8 g of probiotics

4.5 essential vitamins

ACTIVIA

Supports gut health

GUT HEALTH/ SANTÉ DIGESTIVE

2.8 g of probiotics

4.5 essential vitamins

100g

ACTIVIA

Supports gut health

GUT HEALTH

2.8 g of probiotics

4.5 essential vitamins

ACTIVIA

Supports gut health

GUT HEALTH

2.8 g of probiotics

4.5 essential vitamins

8x93 mL

ACTIVIA

Supports gut health

Immune system

2.8 g of probiotics

4.5 essential vitamins

ACTIVIA

Supports gut health

Immune system

2.8 g of probiotics

4.5 essential vitamins

\$4

Activia® Expert - 4 x 100 g

21688261_EA/21687900_EA

\$6.50

Activia® Expert - 750 g

21688207_EA

\$7.50

Activia® - 12 x 100 g

20303412001_EA

\$4.50

Activia® - 650 g

20325132003_EA

\$7

Activia® - 8 x 93 mL

21520253_EA

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

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

PACK YOUR MORNING WITH PROTEIN

19G OF PROTEIN*

\$7.25

Oikos® - 650 g, 750 g

21305945_EA

3/\$12

OR \$4.99 EA.

Oikos® - 4 x 95 g, 4 x 100 g

20625055_EA

20419715001_EA

\$3.50

Oikos® Pro™ - 300 mL

21651846_EA

10-HOUR BREW

BOLD AND SMOOTH TASTE

\$7.50

Stok® - 142 L

21203737_EA/21203739_EA

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

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TASTE OF SUPER BOWL

2/\$15

OR \$8.49 EA.

PEPSI

selected varieties

12x355 mL

20322361002_C12/21722771_C12

7up mini

2/\$8

OR \$5.29 EA.

7up mini

selected varieties

6x222 mL

20857560004_C06

21657888_C06

PEPSI

selected varieties

2 L

20296926004_EA

20296926002_EA

2/\$7

OR \$3.99 EA.

PEPSI

selected varieties

2 L

20296926004_EA

20296926002_EA

bubly

sparkling water

selected varieties

12x355 mL

21651534_C12/21097177_C12

2/\$14

OR \$7.99 EA.

bubly

sparkling water

selected varieties

12x355 mL

21651534_C12/21097177_C12

MONTELLIER

Carbonated Natural Spring Water

selected varieties

10x355 mL

21096722_C10/21096704_C10

2/\$14

OR \$7.99 EA.

MONTELLIER

Carbonated Natural Spring Water

selected varieties

10x355 mL

21096722_C10/21096704_C10

Lays

Classic

potato chips

selected varieties

177 - 235 g

21241032_EA

\$4

Lays® potato chips

selected varieties

177 - 235 g

21241032_EA

Cheetos

cheese flavoured snacks

any flavour/variety

180-285 g,

21370169_EA

\$4

Cheetos® cheese flavoured snacks

any flavour/variety

180-285 g,

21370169_EA

CRISPY minis

Cheddar

Cheese

90-100 g

20303002001_ea

\$3.50

Crispy Minis® Cheddar

Cheese

90-100 g

20303002001_ea

Express Pass

Your Pass to more value

Get your first year of Pass for \$2.50/month*.

Unlimited grocery delivery or pickup

Earn 2% back in pts on eligible pickup orders**

Use code

PASS

Learn more

**Conditions apply. \$30 minimum order. Regular price \$99.99/year after your first year.

Our butchers cut quality meat in your store every day!

pork loin schnitzel

21588065_EA

beef meatballs plain

21587897_EA

beef stir fry strips cut from Canada AA grade beef or higher

21588067_EA

pork stir fry strips

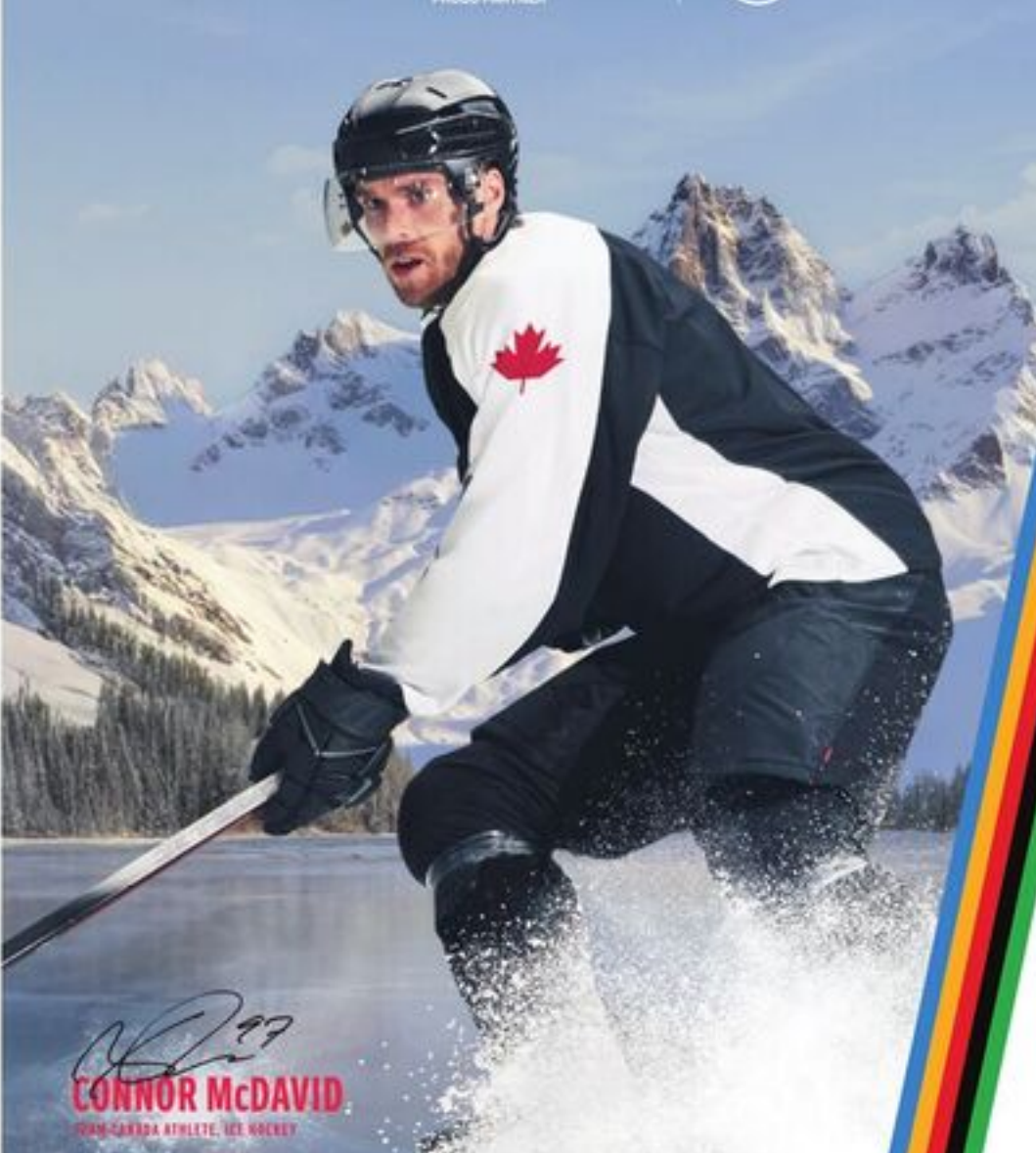
21588095_EA

chicken stir fry strips

21588091_EA

ONT ONLINE 5

Refresh like a Champion



Connor McDavid
2022-2023 Athlete, Ice Hockey






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

Coca-Cola® beverages
selected varieties
12x355 mL
20318694002_C12



2/5⁵⁰*
OR \$3.29 EA.

Glaceau vitaminwater® beverages
selected varieties
591 mL
20333194006_EA



\$17⁹⁹*

Glaceau smartwater® beverages
selected varieties
6x1 L
21099117_C06



2/4⁵⁰*
OR \$2.69 EA.

POWERADE® beverages
selected varieties
710 mL
20853723_EA



2/6⁵⁰*
OR \$3.99 EA.

Monster Energy® beverages*
selected varieties
473 mL
20938249_EA

Valid from January 22nd to January 28th, 2026

* Plus applicable taxes, levies, deposits and fees. Valid at participating locations for a limited time. Subject to availability while supplies last. Retailer may sell for less.

† 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

*vs. leading US 1-ply bargain brand

\$18

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



NEW

12=48 MEGA

Charmin Ultra Soft Ultra Doux

Smooth Tear Se détache en douceur

Cleans Better

\$18

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

*vs. Leading Canada 2-ply bath tissue



12=48 MEGA

Charmin Ultra Strong Ultra Résistant

Cleans Better Nettoie mieux

+50% MORE ABSORBENT

*vs. leading ordinary brand.

\$18

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



6=12 Doubles

Bounty

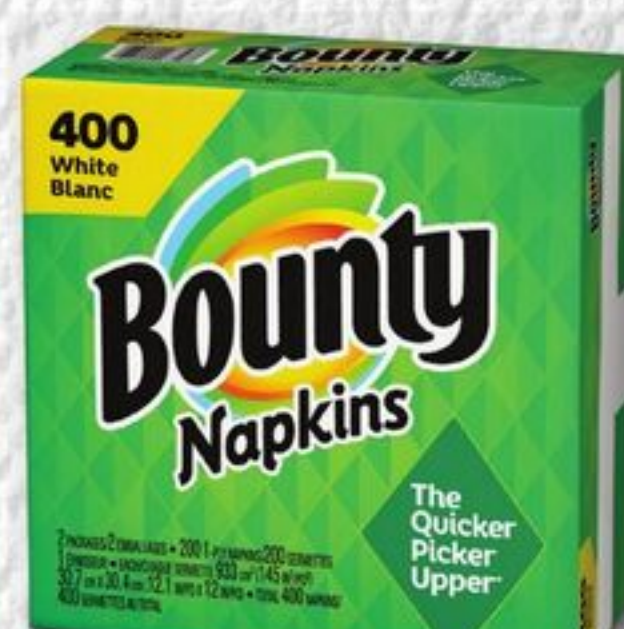
The Quicker Picker Upper

THICKER AND MORE ABSORBENT*

*vs. the leading US 2-ply napkin

\$11

Bounty Napkin 400's, 21053171_EA



400 White Blanc

Bounty Napkins

The Quicker Picker Upper

© 2026 P&G



Scotties
TOURNAMENT OF HEARTS®
— MISSISSAUGA 2026 —

THE SOFTEST AND STRONGEST SUPPORTER FOR 45 YEARS



8 DOUBLE ROLLS = 16 DOUBLES

SpongeTowels
ULTRA

MADE IN CANADA



24=72

Cashmere

MADE IN CANADA



OUR BEST! NOTRE MEILLEUR!

Scotties

HYPOALLERGENIC • HYPOALLERGIQUE

Ultra Soft Ultra Doux

3 PLY 3 ÉPISSEURS

MADE IN CANADA

\$23

SpongeTowels® Paper Towels Ultra 8=16 Rolls Selected Varieties 21676150_EA

\$21

Cashmere® Bathroom Tissue 24=72 Rolls Selected Varieties 21189845_EA

\$14

Scotties® Ultra Soft Facial Tissue 4-Pack Selected Varieties 21607310_EA

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Coverage and speed you can count on.

5G plans from \$29/month with 25G

with auto top-up

