

# weekly deals

## \$3

**GREEN GIANT VEGETABLES**  
400-750 G OR **MCCAIN**  
**SUPERFRIES OR SPECIALTY**  
**POTATOES** 454-800 G  
SELECTED VARIETIES FROZEN  
**LÉGUMES GÉANT VERT**  
**OU FRITES SUPERFRIES**  
**OU POMMES DE TERRE**  
**DE SPÉCIALITÉ MCCAIN**  
20324328002\_EA  
21022302\_EA



## 4<sup>50</sup>

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



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

## \$4

**CHAPMAN'S MARKDALE**  
**CREAMERY ICE CREAM**  
2 L OR **COLLECTION** 6-8'S  
SELECTED VARIETIES  
FROZEN  
**CRÈME GLACÉE MARKDALE**  
**CREAMERY, FRIANDISES**  
**GLACÉES COLLECTION**  
**CHAPMAN'S**  
20315236001\_EA  
20323757001\_EA



## 1<sup>25</sup>

**NO NAME® BROTH**  
SELECTED VARIETIES  
900 ML  
**BOUILLON**  
**SANS NOM®**  
21189610\_EA  
21189611\_EA



## \$2

**NO NAME® PASTA**  
SELECTED VARIETIES  
900 G  
**PÂTES SANS NOM®**  
20315613003\_EA  
20315613002\_EA



## \$7

**ST-HUBERT OR**  
**SWISS CHALET PIES**  
SELECTED VARIETIES  
FROZEN  
650-800 G  
**PÂTES ST-HUBERT**  
**OU SWISS CHALET**  
20719334\_EA  
21047194\_EA





6<sup>50</sup>



**DANONE ACTIVIA** 12X100 G,  
**EXPERT** 750 G OR  
**DEL MONTE JUICE** 2.5 L  
SELECTED VARIETIES  
**YOGOURT ACTIVIA, EXPERT**  
**DANONE OU JUS DEL MONTE**  
20303412001\_EA  
21595736\_EA



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



\$6

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



\$3

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



\$6

**KRAFT PEANUT BUTTER**  
SELECTED VARIETIES  
750 G-1 KG  
**BEURRE D'ARACHIDE**  
**KRAFT**  
20039581001\_EA  
20039581003\_EA



\$3



**MADE GOOD BARS,**  
**GRANOLA, MORNINGS,**  
**MINIS, RICE CRISPS OR**  
**DRIZZLE BARS**  
SELECTED VARIETIES  
120-150 G  
**BARRES, GRANOLA,**  
**MORNINGS, MINIS,**  
**COUSTILLES DE RIZ**  
**OU BARRES FILET**  
**MADE GOOD**  
20797052001\_EA  
21352121\_EA





**PROUDLY CANADIAN  
OWNED & OPERATED**

**Independent™**  
Your Independent Grocer

**SAVE 33%**

**\$3<sup>99</sup>** **LB**

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

**SAVE 47%**

**\$5<sup>99</sup>** **LB**

**CHICKEN THIGHS**  
BONELESS, SKINLESS,  
FAMILY SIZE  
11.02/KG  
**HAUTS DE CUISSE  
DE POULET**  
20162170\_KG

**\$11<sup>99</sup>** **LB**

**FRESH RAINBOW  
TROUT FILLETS**  
24.25/KG  
FRESH SEAFOOD ITEMS  
SUBJECT TO AVAILABILITY  
**FILETS DE TRUITE  
ARC-EN-CIEL FRAÎCHE**  
20897813\_KG



**2<sup>77</sup>** **LB**

**COSMIC CRISP APPLES**  
PRODUCT OF U.S.A., US EXTRA  
FANCY GRADE OR PC® EXTRA  
LARGE RED OR GREEN  
SEEDLESS GRAPES  
PRODUCT OF PERU, NO. 1 GRADE  
6.11/KG  
**POMMES COSMIC CRISP**  
OU TRÈS GROS RAISINS  
ROUGES OU VERTS SANS  
PÉPINS PC®  
21240884001\_KG  
20425775001\_KG



**EXTRA  
LARGE**



**\$9<sup>99</sup>**

**PC® PACIFIC LARGE  
WHITE SHRIMP**  
RAW ZIPPERBACK®  
31-40 PER LB 400 G OR  
**MARINA DEL REY WILD  
ARGENTINIAN SHRIMP**  
RAW EASY PEEL 20/30 PER LB  
300 G FROZEN  
**GROSSES CREVETTES  
BLANCHES DU PACIFIQUE  
PC® OU CREVETTES  
SAUVAGES D'ARGENTINE  
MARINE DEL REY**  
20788898\_EA  
20907159\_EA



**\$2<sup>99</sup>** **EA./LB**

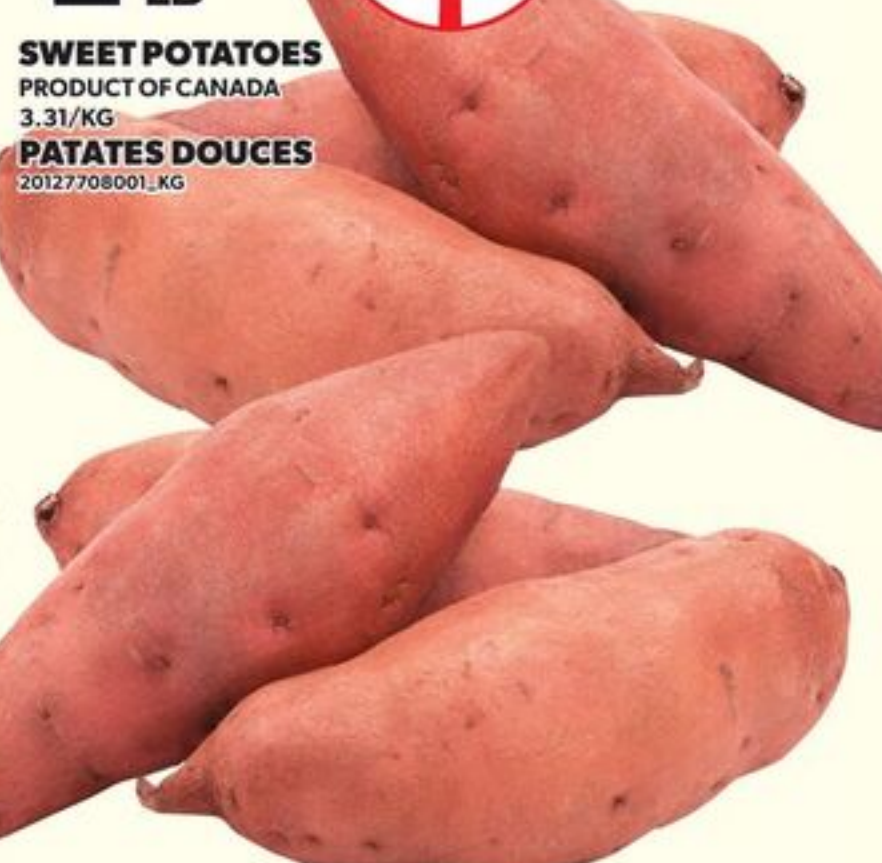
**ENGLISH CUCUMBERS** \$2 EA. OR  
**GREENHOUSE TOMATOES**  
**ON THE VINE** \$2 LB 4.41/KG  
PRODUCT OF ONTARIO  
**CONCOMBRES ANGLAIS  
OU TOMATES DE SERRE  
SUR VIGNE**  
20070132001\_EA  
20026703001\_KG



**SAVE 50¢/LB**

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

**SWEET POTATOES**  
PRODUCT OF CANADA  
3.31/KG  
**PATATES DOUCES**  
20127708001\_KG



**\$20<sup>99</sup>**

**PC® GROUND COFFEE**  
SELECTED VARIETIES  
800-930 G  
**CAFÉ MOULU PC®**  
21393374\_EA  
21393573\_EA

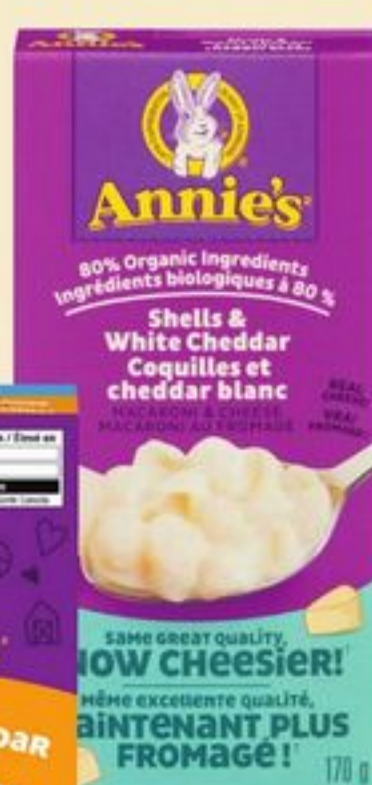
**GET 3,000<sup>pts</sup>**

**\$3<sup>pts</sup>**  
back in points

**SAVE UP TO 41%**

**1<sup>75</sup>**

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



**5<sup>97</sup>**



**CRACKER BARREL  
CHEESE BARS 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



**\$4<sup>99</sup>**

**NO NAME®  
WINDSHIELD  
WASH**  
-35°C  
3.78 L  
**LAVE-GLACE  
SANS NOM®**  
20720431\_EA



**LIMIT 4  
AFTER LIMIT  
4.50 EA.**

**SAVE \$1<sup>98</sup>**

**WHEN YOU BUY 2**

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

**\$3<sup>pts</sup>**  
back in points

**2/\$11<sup>99</sup>**



OR \$6.49 EA.

**PC® OR BLUE MENU®  
SPARKLING WATER**  
SELECTED VARIETIES  
12X355 ML  
**EAU PÉTILLANTE PC®  
OU MENU BLEU®**  
206680340021\_KG  
20668034001\_KG



**13<sup>88</sup>**

**HEIWA  
CALROSE RICE**  
6.8 KG  
**RIZ CALROSE  
HEIWA**  
20570505\_EA



**APP EXCLUSIVE OFFER\***

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

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

**\$3<sup>pts</sup>**  
back in points

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



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



**SAVE \$2.97 WHEN YOU BUY 3**

**3/\$12**

OR \$4.99 EA.

**DANONE OIKOS**  
SELECTED VARIETIES  
4X100 G  
**OIKOS DANONE**  
20419715001\_EA  
20419715004\_EA

**PREPARED IN CANADA**



**SAVE UP TO 36%**

**3<sup>25</sup>**

**NEILSON CREAM**  
SELECTED VARIETIES  
473 ML-1 L  
**CRÈME NEILSON**  
20324609\_EA  
20774431\_EA

**PREPARED IN CANADA**



**SAVE UP TO 37%**

**\$5**

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

**FREE TOUQUE**  
**TUQUE GRATUITE**



**\$5**

**NESTLÉ DRUMSTICK 4'S, NOVELTIES 4-10'S OR TUBS 1.5 L**  
SELECTED VARIETIES  
FROZEN  
**DRUMSTICK, FRIANDISES GLACÉES OU CONTENANTS NESTLÉ**  
20322380001\_EA  
20324757003\_EA



**SAVE UP TO 41%**

**\$5**

**KRAFT MIRACLE WHIP 650-890 ML OR HEINZ KETCHUP 750 ML-1 L**  
SELECTED VARIETIES  
**MIRACLE WHIP KRAFT OU KETCHUP HEINZ**  
20069080\_EA  
20298681001\_EA



**SAVE UP TO 37%**

**\$3**

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



**SAVE UP TO \$1**

**\$3**

**DARE BEAR PAWS, WAGON WHEELS OR VIVA PUFFS OR ULTIMATE COOKIES**  
SELECTED VARIETIES  
168-300 G  
**BISCUITS PATTES D'OURS, WAGON WHEELS, VIVA PUFFS OU SUPRÊME DARE**  
21080779\_EA  
20025850002\_EA



**\$12**

**JANES FISH 450-590 G OR PC® OR BLUE MENU® ENTRÉES 2/2.27 KG**  
SELECTED VARIETIES  
FROZEN  
**POISSON JANES PLATS CUISINÉS OU PC® OU MENU BLEU®**  
20134930\_EA/21703969\_EA

**MEAT LASAGNA LASAGNE VIANDE**



**SAVE UP TO 36%**

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

**CRAVE OR KRAFT DINNER ENTRÉES 200-340 G OR PC® OR BLUE MENU® ENTRÉES 212-365 G**  
SELECTED VARIETIES  
FROZEN  
**PLATS CUISINÉS CRAVE OU KRAFT DINNER OU PLATS CUISINÉS PC® OU MENU BLEU®**  
2031253901\_EA  
21085515\_EA



**SAVE UP TO \$1.50**

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

**NESCAFÉ GOLD INSTANT COFFEE 100 G OR STARBUCKS NESPRESSO COMPATIBLE CAPSULES 10'S, SELECTED VARIETIES**  
**CAFÉ INSTANTANÉ GOLD NESCAFÉ OU CAPSULES COMPATIBLES NESPRESSO STARBUCKS**  
21074565\_EA  
21240795\_EA



**SAVE 58¢ WHEN YOU BUY 2**

**2/\$3**

OR \$1.79 EA.

**PC® SOFT DRINKS**  
SELECTED VARIETIES  
2 L  
**BOISSONS GAZEUSES PC®**  
20311645004\_EA



**Optimum**

Members-Only Price

**13<sup>99</sup>**

Non-members

**23<sup>99</sup>**

**CASHMERE BATHROOM TISSUE 20=60 ROLLS OR SPONGE TOWELS PAPER TOWELS 6=12 ROLLS**  
SELECTED VARIETIES  
**PAPIER HYGIÉNIQUE CASHMERE OU ESSUIE-TOUT SPONGE TOWELS**  
21188655\_EA  
21677740\_EA

**Members save \$10**

**PREPARED IN CANADA**



**\$11**

**TIDE DETERGENT 1.62-1.86 L, PODS/FLINGS 18-31'S, DOWNY/GAIN FABRIC SOFTENER 1.66-2.63 L, DOWNY/GAIN/IVORY SNOW BEADS 303/379 G OR DAWN LIQUID 2.21/2.4 L**  
SELECTED VARIETIES  
**DÉTERGENT TIDE, PODS/FLINGS, ASSOUPPLISSANT DOWNY/GAIN, PERLES DOWNY/GAIN/IVORY/NEIGE OU SAVON LIQUIDE DAWN**  
21550428\_EA  
21593782\_EA



**PRICE DROP†**

**More ways to save**

**\$3**

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



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

**PC® INSTANT COFFEE**  
SELECTED VARIETIES  
80-100 G  
**CAFÉ INSTANTANÉ PC®**  
21499826\_EA



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

**CLIF BUILDERS PROTEIN BARS 20 G OF PROTEIN**  
SELECTED VARIETIES  
56-68 G  
**BARRES PROTÉINÉES CLIF BUILDER'S**  
20303133001\_EA  
21610264\_EA



**\$1**

**WHISKAS CAT FOOD**  
SELECTED VARIETIES  
75 G  
**NOURRITURE POUR CHATS WHISKAS**  
20945097\_EA  
20945388\_EA



**Independent** CUSTOMER RELATIONS 1-866-541-6315. VISIT [yourindependentgrocer.ca](http://yourindependentgrocer.ca) FOR STORE HOURS.

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**YIG BACK**





**freshness you can taste,  
value you'll love**

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

**BROCCOLI CROWNS**  
PRODUCT OF U.S.A.  
OR MEXICO  
EACH  
**COURONNES  
DE BROCOLI**  
21121566001\_EA



**2/\$6**

OR  
\$3.49 EA.

**PC® ORGANICS  
WHOLE CREMINI  
OR WHITE  
MUSHROOMS**  
PRODUCT OF CANADA  
227 G  
**CHAMPIGNONS  
CREMINI OU  
BLANCS ENTIERES**  
**PC<sup>MD</sup> BIOLOGIQUE**  
21021565\_EA  
21021499\_EA



**\$5**

**PINT**

**BLUEBERRIES**  
PINT, PRODUCT OF  
MEXICO, CHILE, PERU  
OR MOROCCO OR  
**NO NAME®  
STRAWBERRIES**  
340 G  
PRODUCT OF CANADA  
**BLEUETS  
OU FRAISES  
SANS NOM®**  
20080137001\_EA  
21591906001\_EA



**\$8**

**NO NAME® NATURALLY  
IMPERFECT™ MINI  
CUCUMBERS** 2 LB BAG  
PRODUCT OF CANADA OR  
**ZUCCHINI** 2.5 LB  
PRODUCT OF MEXICO  
**MINI-CONCOMBRES  
OU COURGETTE**  
**NATURELLEMENT  
IMPARFAITS<sup>MC</sup>**  
**SANS NOM®**  
21606679001\_EA  
21294808001\_EA



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



**HONEY CRISP  
APPLES**  
PRODUCT OF ONTARIO,  
CANADA FANCY GRADE  
4 LB  
**POMMES  
HONEYCRISP**  
20723960001\_EA



**\$5**

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



**\$5**



**PC® LITTLE GEMS  
MIXED, RED OR  
YELLOW MINI  
POTATOES**  
PRODUCT OF CANADA,  
CANADA NO. 1 GRADE  
680 G  
**POMMES DE  
TERRE ASSORTIES,  
ROUSSES OU  
DORÉES PC<sup>MD</sup>  
LITTLE GEMS<sup>MC</sup>**  
21247301001\_EA  
21247299001\_EA



**\$5**

**PC® ORGANICS  
SALAD MIX**  
SELECTED VARIETIES  
PRODUCT OF U.S.A.  
142 G  
**MÉLANGE À  
SALADE PC<sup>MD</sup>  
BIOLOGIQUE**  
20305277\_EA  
20314039\_EA



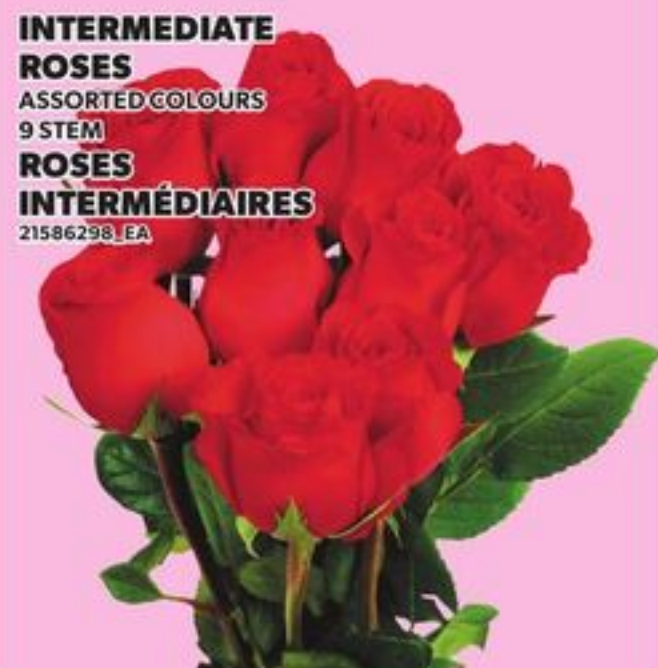
**\$13**

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



**\$10**

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



**\$20**

**DOUBLE SPIKE  
ORCHID**  
3.5 INCH  
**ORCHIDÉE À  
DEUX TIGES**  
21664305\_EA



**\$25**

**PC® SIGNATURE  
GIFT BOUQUET**  
EACH  
**BOUQUET-CADEAU  
SIGNATURE PC<sup>MD</sup>**  
21436377\_EA



**\$28**

GET \$6  
OFF \$6,000<sup>+</sup>  
on in-plant

**TROPICAL  
UPGRADE**  
SELECTED VARIETIES  
6 INCH  
**PLANT TROPICALE  
DE QUALITÉ  
SUPÉRIEURE**  
213152181\_EA



**\$7<sup>LB</sup>**

**HALAL**

**HALAL CHICKEN  
BREASTS**  
BONELESS, SKINLESS,  
FAMILY SIZE  
15.43/KG  
**POITRINES DE  
POULET HALAL**  
21636240\_KG



**\$8**

**BEEF STIR FRY  
STRIPS**  
CUT FROM CANADA AA  
GRADE BEEF OR HIGHER  
250 G  
**LANIÈRES DE BŒUF  
À SAUTER**  
21588067\_EA



**PREPARED  
IN-STORE**

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

**INSIDE ROUND  
ROAST**  
CUT FROM CANADA AA OR  
USDA SELECT GRADE BEEF  
OR HIGHER  
25.35/KG  
**RÔTI D'INTÉRIEUR  
DE RONDE**  
20812094\_KG



**\$7<sup>LB</sup>**

**PORK SAUSAGES**  
SELECTED VARIETIES  
15.43/KG  
**SAUCISSES DE  
PORC FRAÎCHES**  
20709048\_KG  
20709042\_KG



**PREPARED  
IN-STORE**

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

**BUTTERBALL  
TURKEY BACON**  
375 G  
**DINDE GENRE  
BACON**  
**BUTTERBALL**  
20016865\_EA



**\$8**

**BEYOND MEAT  
PLANT-BASED**  
SELECTED VARIETIES  
FROZEN  
226-400 G  
**BEYOND MEAT À  
BASE DE PLANTES**  
21220674\_EA  
21300103\_EA



**find your catch in seafood**

**\$10**



**PC® HOT SMOKED  
CANDIED OR SPICY  
SALMON STRIPS**  
READY-TO-EAT  
150 G  
**LANIÈRES DE  
SAUMON CONFIT**  
**FUMÉ À CHAUD  
OU ÉPICÉES PC<sup>MD</sup>**  
20976930\_EA  
20977683\_EA



**\$11**

**PC® SHRIMP  
APPETIZERS**  
SELECTED VARIETIES  
FROZEN  
294-454 G  
**HORS-D'ŒUVRE  
DE CREVETTES PC<sup>MD</sup>**  
20135874\_EA  
20080117\_EA



**\$7**

**SEAQUEST® Bay Seaquest**  
**SCALLOPS UNCOOKED**  
100-150 PER LB 400 G OR HIGHER  
FROZEN  
**WATERVIEW MARKET**  
**CRISPY CALAMARI**  
UNCOOKED 300 G  
**FRÖZENENLES DE BAIE CONGÉLÉES**  
**PÉTONCLES DE  
BAIE SEAQUEST®**  
**OU CALMARS**  
**CRISTILLANTS**  
**WATERVIEW MARKET**  
21558527\_EA/213547972\_EA





# bakery deals rising daily

**\$5**



**ACE BISTRO LOAF**  
SELECTED VARIETIES  
545-640 G  
**MICHE BISTRO**  
**ACE**  
21616156\_EA



**\$4**



**MINI CROISSANTS**  
10'S SELECTED VARIETIES OR  
**CINNAMON RAISIN BREAD** 550 G  
**MINI-CROISSANTS**  
**OU PAIN CANNELLE**  
**ET RAISINS**  
20729432\_EA  
21646636\_EA



**BAKED**  
**IN-STORE**

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



**KAISER OR PANINI ROLLS**  
SELECTED VARIETIES  
6'S  
**PETITS PAINS**  
**KAISER OU PANINI**  
21579824\_EA  
21579825\_EA



**BAKED**  
**IN-STORE**

**\$6**



**FARMER'S MARKET™**  
**OR SIMPLE JOY SLICED**  
**LOAF CAKES**  
SELECTED VARIETIES  
344-400 G  
**GÂTEAUX QUATRE-**  
**QUARTS TRANCHÉS**  
**DÉLICIES DU MARCHÉ™**  
**OU SIMPLE JOYS**  
21488954\_EA  
21624666\_EA



**\$7**



**FARMER'S MARKET™**  
**COOKIES**  
SELECTED VARIETIES  
12'S  
**BISCUITS DÉLICIES DU**  
**MARCHÉ™**  
20566294\_EA  
20566295\_EA



**\$6**



**MINI BRAIDED STRUDELS**  
**OR MAPLE PECAN DANISH**  
SELECTED VARIETIES  
4'S  
**MINI-CHAUSSEON TRESSÉ**  
**OU DANOISE ÉRABLE ET**  
**PACANES**  
21068290\_EA  
21464137\_EA



**BAKED**  
**IN-STORE**

**\$6**



**PC® NAAN DIPPERS**  
CLUB SIZE  
400 G  
**BOUCHÉES NAAN**  
**PC™**  
20999700\_EA



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

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



**\$3**



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



## in the mood for deli-cious

**Optimum™**  
Members-Only Price™  
**\$8**

Members save  
**\$4**



**Non-members**  
**\$12**

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



**\$9**



**OKA**  
SELECTED VARIETIES  
190 G  
**OKA**  
20920756\_EA  
20921279\_EA



**\$7**

**CASTELLO HAVARTI,**  
**CHEDDAR OR BLUE**  
**CHEESE**  
SELECTED VARIETIES  
125-200 G  
**HAVARTI,**  
**CHEDDAR**  
**OU BLEU**  
**CASTELLO**  
20428574\_EA  
20573910\_EA



**\$3**



**PC® CHICKEN**  
**SERVICE CASE**  
**DELI MEATS**  
**POULET PC®**  
**POUR LE COMPTOIR**  
**DE SERVICE**  
20301114\_KG



**Optimum™**  
Members-Only Price™  
**4<sup>50</sup>**

Members save  
**\$1.50**

**Non-members**  
**\$6**

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



**2/\$10**



OR  
\$6 EA.  
**DAIYA DAIRY FREE**  
**CHEESE**  
SELECTED VARIETIES  
AND SIZES  
170-227 G  
**FROMAGE**  
**SANS PRODUITS**  
**LAITIERS DAIYA**  
21207740\_EA  
21660590\_EA



## on the run, we got you

**\$9**

**FRESHLY PREPARED**  
**IN-STORE MADE**  
**ROMANACCIA**  
**SANDWICHES**  
SELECTED VARIETIES  
225-385 G  
**SANDWICHES**  
**ROMANACCIA**  
**PRÉPARÉS EN**  
**MAGASIN**  
21603850\_EA  
21693971\_EA



**FROM**  
**\$9**



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



**SAVE \$10**

**\$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**

## daily deals

**MONDAY**  
**Chicken Dinner**

**\$15**

**ROTISSERIE CHICKEN**  
**DINNER COMBO FOR 2**  
900 G - 1 KG  
PAIRED WITH TWO SMALL SIDES  
OF YOUR CHOICE 134-454 G  
PREPARED IN-STORE  
21086336\_EA



**TUESDAY**  
**Tender Tuesday**

**\$12**



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



**WEDNESDAY**  
**Hump Day Special**

**2/\$14**

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



**THURSDAY**  
**Quick Grabs**

**3/\$14**



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



**FRIDAY**  
**Pizza Party**

**2/\$15**



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





**JANUARY**

**HIT  
OF THE  
MONTH**

**LIMIT 6**  
AFTER LIMIT  
\$3 EA.



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

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

**LIMIT 6**  
AFTER LIMIT  
2.50 EA.



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

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

**LIMIT 6**  
AFTER LIMIT  
4.50 EA.



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

**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.

MKT FLAP HM JAN



no name®



made without

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

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

SAVE  
99¢

\$4

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



SAVE  
\$1.58  
WHEN YOU BUY 2

2/\$6

OR  
\$3.79 EA.  
NO NAME®  
SOUR CREAM  
SELECTED VARIETIES  
500 ML  
20299657\_EA  
20322987\_EA



4<sup>50</sup>

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



5<sup>50</sup>

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



9<sup>49</sup>

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



\$3

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



SAVE  
98¢  
WHEN YOU BUY 2

2/\$11

OR  
\$5.99 EA.

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



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



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

\$10

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



\$2

NO NAME®  
POTATO CHIPS  
SELECTED VARIETIES  
200 G  
21366723\_EA  
21362821\_EA



4/\$7

OR  
\$2.25 EA.

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



2<sup>50</sup>

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



\$3

NO NAME®  
ANCIENT GRAINS  
OR 12 GRAIN  
BREAD  
600 G  
20127455001\_EA  
21666817\_EA



1<sup>50</sup>

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



SAVE  
UP TO \$1.50

\$5

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



GET  
1,000<sup>®</sup>  
when you buy 2  
\$1  
back  
in points

3<sup>50</sup>

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



2<sup>50</sup>

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



SAVE  
\$1.48  
WHEN YOU BUY 2

2/7<sup>50</sup>

OR  
\$4.49 EA.

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



\$1

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



2<sup>50</sup>

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



\$4

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







# Eat well. Feel good.

## \$8



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



## \$13



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



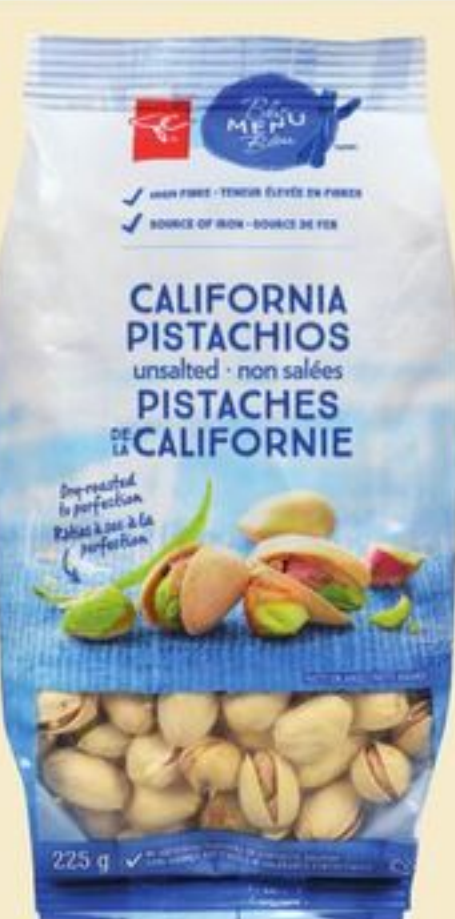
## 6<sup>50</sup>

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



## 5<sup>99</sup>

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



## \$6

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



**SAVE  
\$1.49**



## \$6

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



## \$3

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



## 4<sup>50</sup>

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



## 2/4<sup>50</sup>

OR  
\$2.49 EA.

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



**Optimum**  
Members-Only Price

## 3<sup>50</sup>

Non-members  
**\$4**



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



## \$3

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



## 2<sup>25</sup>

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



## 1<sup>75</sup>

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



## \$1



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



## \$10

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



## 6<sup>50</sup>

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



## \$5

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



## \$14

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



## 3<sup>50</sup>

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



## \$4

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





# naturally good choices

**SAVE**

**20%**

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



**\$4**

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



**\$8**

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



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

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



**\$8**

**BRAGGS APPLE CIDER VINEGAR**  
SELECTED VARIETIES  
946 ML  
209839004\_EA



**\$19**

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



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

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



**\$6**

**YOGI ORGANIC TEA**  
SELECTED VARIETIES  
16 BAGS  
20317306002\_EA  
20693913003\_EA



**\$3**

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



**\$8**

**FATSO PEANUT BUTTER**  
SELECTED VARIETIES  
500 G  
21314270\_EA



**\$10**

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



**\$12**

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



**\$8**

**YUMI OVERNIGHT OATS**  
SELECTED VARIETIES  
250 G  
21522422\_EA



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

**FLOW WATER**  
SELECTED VARIETIES  
1 L  
20987454\_EA  
21521476\_EA



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

**PC® ORGANICS BROTH**  
SELECTED VARIETIES  
900 ML  
21190798\_EA



**\$26**

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



**\$10**

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



**\$11**

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



**\$5**

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



**SAVE**

**20%**

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



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

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





start with the basics

\$5

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



\$6

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



SAVE \$1.58  
WHEN YOU BUY 2

2/\$5

OR \$3.29 EA.  
MUSH OVERNIGHT OATS  
SELECTED VARIETIES  
141 G  
21673494\_EA  
21673552\_EA



SAVE \$1.58  
WHEN YOU BUY 2

2/\$8

OR \$4.79 EA.  
QUAKER INSTANT OATS 232-344 G OR OATS 900 G-1 KG  
SELECTED VARIETIES  
20323113001\_EA  
21190251\_EA



2<sup>88</sup>

KJ FROZEN DUMPLINGS  
SELECTED VARIETIES  
380 G  
21357897\_EA



\$16

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



2<sup>50</sup>

NEILSON CHOCOLATE MILK  
SELECTED VARIETIES  
1 L  
20062332001\_EA  
21590413\_EA



SAVE \$1.98  
WHEN YOU BUY 2

2/\$6

OR \$3.99 EA.  
CADBURY CHOCOLATE BARS  
SELECTED VARIETIES  
80-100 G  
21648577\_EA  
21648701\_EA



\$6

TAZO CONCENTRATES  
SELECTED VARIETIES  
946 ML  
21692029\_EA  
21665354\_EA



4<sup>50</sup>

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



24<sup>99</sup>

PC® PAPER TOWELS  
CLUB SIZE  
12 ROLLS  
21558605\_EA



\$12

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



SAVE \$1.98  
WHEN YOU BUY 2

2/\$6

OR \$3.99 EA.  
PC® NATURAL SPRING WATER  
24X500 ML  
20137898\_C24



SAVE \$1.98  
WHEN YOU BUY 2

2/\$15

OR \$8.49 EA.  
COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS  
SELECTED VARIETIES  
12X355 ML  
20318694002\_C12  
20322361002\_C12



sip. smile. SAVE.

15<sup>49</sup>

BACARDI MARTINI  
SELECTED VARIETIES  
750 ML  
21526570\_EA



12<sup>99</sup>

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



10<sup>99</sup>

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



11<sup>49</sup>

PERONI NASTRO AZZURRO  
6X330 ML  
SELECTED VARIETIES  
21622480\_C06



10<sup>49</sup>

BUDWEISER  
SELECTED VARIETIES  
6X355 ML  
21313108\_EA



8<sup>99</sup>

CORONA CERO  
6X330 ML  
21650191\_C06



\$7

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





for the love of **pets**

\$12

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



\$7



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



\$9

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



\$7

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



\$17

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



\$1

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



\$10

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



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

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



\$10

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



\$43

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



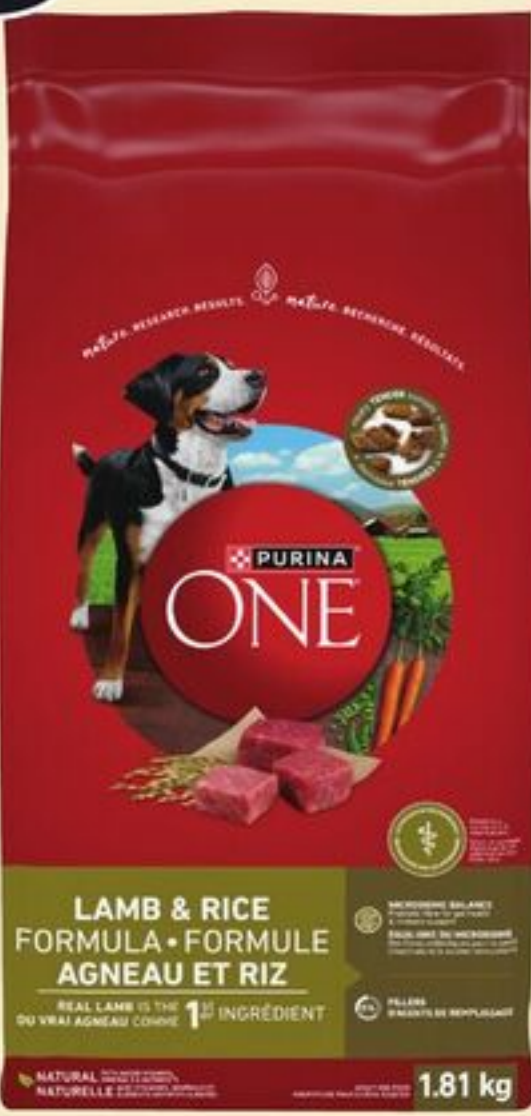
\$15

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



\$13

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



\$11

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





# LIVE WELL, SPEND LESS

**SAVE  
UP TO \$4<sup>99</sup>**

**\$8**

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



**SAVE  
UP TO \$2<sup>49</sup>**

**\$5**

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



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

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

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



**4/\$7**

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



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

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





live well, spend less

SAVE  
UP TO

20%

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



SAVE  
UP TO

20%

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



\$4

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



SAVE  
UP TO \$5<sup>99</sup>

\$12

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



\$8

LIMIT 6  
AFTER LIMIT  
8.99 EA.

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



\$8

LIMIT 4  
AFTER LIMIT  
10.99 EA.

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



FOR HEALTHY LOOKING,  
BEAUTIFUL SMILES!

LIMIT 6  
AFTER LIMIT  
4.49 EA.

3<sup>50</sup>

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

LIMIT 6  
AFTER LIMIT  
7.49 EA.

6<sup>50</sup>

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

LIMIT 4  
AFTER LIMIT  
10.49 EA.

9<sup>50</sup>

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

SAVE  
UP TO

30%

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



FAST & EFFECTIVE  
DANDRUFF RELIEF

SAVE  
UP TO

20%  
OFF

Selsun Blue haircare  
selected varieties  
300 mL  
21507228\_EA

CLINICALLY PROVEN RELIEF WITH  
2.5% MAX STRENGTH  
FORMULA



WORKS FROM 1<sup>ST</sup> WASH  
Visible improvement within uses

DUAL ACTION<sup>†</sup>  
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 11/2023



Poise<sup>®</sup>  
Up to  
100% leak-free  
protection

Depend<sup>®</sup>  
offers All-Day  
Protection



20558843005\_EA/21302119\_EA      21099850\_EA/21099790\_EA

\$20<sup>EA.</sup>

DEPEND<sup>®</sup> Underwear or  
POISE<sup>®</sup> Pads  
selected varieties and sizes

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HEALTHY  
NEW YEAR

Jamieson<sup>®</sup>

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

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



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

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



# 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+  
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.



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](https://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](mailto:loblawpromotions@l-founders.com) for replacement. For full warranty information including warranty exclusions, FAQ's and complete offer details, visit [pcoptimum.ca/collectandsave](https://pcoptimum.ca/collectandsave).



# START YOUR **ACTIVIA** GUT HEALTH CHALLENGE

**2** ACTIVIA  
EVERY DAY FOR **14** DAYS



Optimum™

**\$3**  
back  
in points

APP EXCLUSIVE OFFER

Earn

**3,000** pts

for every \$10 spent  
in Activia products\*

get entered to win\*\*

**10 MILLION** pts

That's like  
**\$10,000!**



**\$4**

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



**\$6.50**

Activia® Expert - 750 g  
21688207\_EA



**\$6.50**

Activia® - 12 x 100 g  
20303412001\_EA



**\$4.50**

Activia® - 650 g  
20325132003\_EA



**\$7**

Activia® - 8 x 93 mL  
21520253\_EA

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

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

## PACK YOUR MORNING WITH PROTEIN



**\$7.25**

Oikos® - 650 g, 750 g  
21305945\_EA



**3/\$12**

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

\*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® - 142 L  
21203737\_EA/21203739\_EA



## START THE YEAR WITH A SPOONFUL OF GOOD.



**7.50**

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



**4.75**

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



**5.50**

Liberté Kefir®  
selected varieties  
1 L  
21216416\_EA



**\$4**

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



**\$12**

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

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





# Treat yourself!

**\$6**

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



**\$6**

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



**\$6**

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



**\$6**

**Righteous Sorbet or Gelato**  
selected varieties frozen  
473 mL  
21577481\_EA



**\$6**

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



**\$5**

**Halo Top Frozen Dessert**  
selected varieties frozen  
473 mL  
21087007\_EA



# GRAIN FREE GLUTEN FREE GOODNESS



Prepared in Canada

**SEEDD BREAD**  
\$6  
21622905\_EA

**WHITE BREAD**  
\$6  
21622951\_EA

✓ GRAIN-FREE ✓ GLUTEN-FREE ✓ LOW FODMAP ✓ PALEO  
✓ NON-GMO ✓ PLANT-BASED ✓ DAIRY-FREE ✓ EGG-FREE  
✓ PEANUT- & TREE-NUT FREE

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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

# DELICIOUSLY GLUTEN-FREE

IN THE FREEZER

**WHOLE GRAIN WIDE SLICE**



7.50

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

**WHITE WIDE SLICE**



7.50

frozen white wide slice bread, 567 g  
21100057\_EA

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# TRUSTED SOFTNESS, BETTER TEAR

\*vs. leading US 1-ply bargain brand

**\$18**

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



# cleans Better

**\$18**

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

\*vs. Leading Canada 2-ply bath tissue



# +50% MORE ABSORBENT

\*vs. leading ordinary brand.

**\$18**

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



# THICKER AND MORE ABSORBENT

\*vs. the leading US 2-ply napkin

**\$11**

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



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**Mobile**

# Get the speed you need with 5G mobile plans

Plans from  
**\$29/mo\***



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



**TASTE OF SUPER BOWL**

THE DUKE™ Wilson  
LX SUPER BOWL  
Commissioner Roger Goodell

PEPSI ZERO SUGAR / ZÉRO SUCRE

**Tostitos**  
LOADED NACHOS  
SAUCE NACHOS GARNIS

bubbly sparkling water  
raspberrybubly.

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OFFICIAL SPONSORS OF SUPER BOWL LX

**Buy all four for \$28:**

20040201001\_EA

21241052\_EA

21541872\_EA/21541877\_EA

21643619\_EA

**SERVES 6**

30 piece wings & wedges bucket 1.2 - 2 KG  
+ PepsiCo Beverages selected varieties 1 L  
+ Ruffles® potato chips or Doritos® tortilla chips 180 - 235 G selected varieties  
+ Farmer's Market™ Mini Cupcakes 12'S selected varieties

**BRING HOME A WIN** WITH 2 OFFERS FROM **General Mills**

**FREE TOUQUE**

WITH PURCHASE OF 1 PARTICIPATING GENERAL MILLS CEREAL.

**\$5**

General Mills™ Cereal Family Size selected varieties 475-778 g

Limited quantities available. Offer ends March 31, 2026. Must redeem online. See participating packaging for details.

**BUY 2 OLD EL PASO™ KITS AND GET \$10 TO FILL UP\*\* YOUR TACOS**

UPLOAD YOUR RECEIPT ONLINE

**2/\$10**

OR \$6.49 EA.

Old El Paso™ Taco Kits 250-510 g selected varieties

**\*\*Must redeem online. Limited offers available. Offer ends March 31, 2026. See participating packaging for details.**

**3/\$9**

OR \$3.79 EA.

Betty Crocker™ Fruit By the Foot™ Valentines 26's 331 g

21550053\_EA

**\$8**

Larabar™ Fruit & Nut Energy bars 225-240 g, selected varieties

20146380003\_EA

**\$2.75**

Pillsbury™ Crescents and Weiner Wrap 200-227g

**3/\$9**

OR \$3.79 EA.

Nature Valley™ Granola Bars 120-210 g or Betty Crocker™ or Motts Fruit Snacks 128-226 g, selected varieties

**2/\$5**

OR \$2.99 EA.

Betty Crocker™ Supermoist cake mix 375-404 g or Frostings 340-450 g, selected varieties

21547837\_EA  
20562641007\_EA