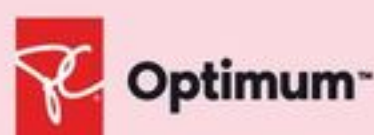


Moredays
Moredays
Moredays



Get more points

More savings, more deals, more points

This week only! Jan 29-Feb 4^{**}

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



Moredays

APP EXCLUSIVE OFFER

Member Only Price[™]

\$3

**Non-Members
\$5**

Members
save
\$2



PC® VEGETABLES
SELECTED VARIETIES
FROZEN
300-750 G
LÉGUMES PC^{MD}
20318915_EA
20314960_EA
*Open your PC Optimum[™] app or
visit pcoptimum.ca to get the offer.

Moredays

APP EXCLUSIVE OFFER

Members get

2,000^(pts)

\$2
back
in points

\$12



**PC® SPLENDIDO™ COLD PRESSED
OR COLD EXTRACTED DELICATO
EXTRA VIRGIN OLIVE OIL**
SELECTED VARIETIES
1 L
**HUILE D'OLIVE EXTRA VIERGE
PRESSÉE À FROID OU EXTRAITE À
FROID DELICATO PC^{MD} SPLENDIDO^{MD}**
20081865_EA/21401612_EA
*Open your PC Optimum[™] app or
visit pcoptimum.ca to get the offer.

**SAVE
UP TO \$1**

3⁵⁰

Moredays

APP EXCLUSIVE OFFER

Members get

3,000^(pts)

when you
buy 2

\$3
back
in points



**PC® OR BLUE MENU®
ENTRÉES**
SELECTED VARIETIES
FROZEN
212-365 G
**PLATS CUISINÉS PC^{MD}
OU MENU BLEU^{MC}**
20309869_EA
20312253001_EA
*Open your PC Optimum[™] app or
visit pcoptimum.ca to get the offer.

Moredays

Members get

1,500^(pts)

when you
buy 2

\$1⁵⁰
back
in points

\$5



**MISS VICKIE'S KETTLE COOKED
POTATO CHIPS OR SMARTFOOD
READY TO EAT POPCORN**
SELECTED VARIETIES
150-250 G
**CROUSTILLES CUITES
À LA MARMITE
MISS VICKIE'S OU MAÏS
SOUFFLÉ SMARTFOOD**
20972859_EA/21240703_EA

Moredays

APP EXCLUSIVE OFFER

Members get

5,000^(pts)

for every \$10*
spent on

\$5
back
in points

**CHEERIOS, CHEX OR
OATMEAL CRISP**
SELECTED VARIETIES
300-1300 G
**CHEERIOS,
CHEX OU AVOINE
CROQUANTE**
20679863_EA
21667577_EA
*Open your PC Optimum[™] app or
visit pcoptimum.ca to get the offer.



^{**}From January 29–February 4, 2026, at across 4,500+ locations in Canada, the PC Optimum[™] Moredays event will provide PC Optimum[™] members with the opportunity to earn PC Optimum[™] points through special offers and promotions across locations where PC Optimum[™] points can be earned. For a list of participating locations and complete program details, please visit www.pcoptimum.ca/Moredays.

Optimum™ **Moredays**

Members get
3,000 (pts)
when you
buy 2

\$3
back
in points

3²⁹-9⁴⁹

SILK YOGURT 625-650 G,
NON-DAIRY BEVERAGES 1.74-1.89 L,
CREAMERS 450-890 ML OR
SO DELICIOUS 266 ML/500 G
YOGOURT, BOISSONS
SANS PRODUITS
LAITIERS,
CRÉMEURS SILK
OU SO DELICIOUS

21310391_EA
20315090001_EA



Optimum™ **Moredays**

Members get
4,500 (pts)
for every \$20*
spent on

\$4⁵⁰
back
in points

STARBUCKS COFFEE, NESPRESSO,
NESCAFÉ CONCENTRATES 500 ML OR
CARNATION HOT CHOCOLATE
CANISTERS 400/450 G OR 1.7 KG OR
ENVELOPES 7-10'S OR **PODS** 450 G
SELECTED VARIETIES
CAFÉ STARBUCKS, CONCENTRÉS
NESPRESSO, NESCAFÉ OU
CONTENANTS OU ENVELOPPES
OU CAPSULES DE CHOCOLAT
CHAUD CARNATION

21041744_EA
21169344_EA



Optimum™ **Moredays**

Member Only Price™

\$6

Non-Members

\$7

Members
save
\$1

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

21061096_EA
21061099_EA



Optimum™ **Moredays**

APP EXCLUSIVE OFFER

Members get
1,500 (pts)

\$1⁵⁰
back
in points

\$4

ZIGGY'S® SLICED
DELI MEATS
SELECTED VARIETIES
175 G
CHARCUTERIES
TRANCHÉES ZIGGY'S®

21590279_EA
21592461_EA

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



Optimum™ **Moredays**

Members get
1,000 (pts)

\$1
back
in points

\$4

CHAPMAN'S SUPER
PREMIUM PLUS
ICE CREAM
SELECTED VARIETIES
FROZEN
500 ML
CRÈME GLACÉE
SUPER PREMIUM
PLUS CHAPMAN'S

21511200_EA
21511147_EA



**PROUDLY CANADIAN
OWNED & OPERATED**

Independent™
Your Independent Grocer

SAVE 42%

\$3⁹⁹ **LB**

**CHICKEN DRUMSTICKS
OR THIGHS**
FAMILY SIZE
6.61/KG
**PILONS OU HAUTS DE
CUISSÉ DE POULET**
20004494_KG
20058163_KG



6⁹⁹ **LB**

INSIDE ROUND STEAK
FAMILY SIZE OR ROAST
CUT FROM CANADA AA OR USDA
SELECT GRADE BEEF OR HIGHER
15.41/KG
**BIFTECK OU RÔTI
D'INTÉRIEUR DE RONDE**
20812494_KG
20812701_KG

SAVE UP TO \$2.49/LB/EA.

\$9⁹⁹ **LB/EA.**

**FRESH ASC TILAPIA
FILLET'S** \$9 LB 19.84/KG OR
**PC® PACIFIC LARGE
WHITE SHRIMP** \$9 EA.
RAW OR COOKED, PEELED OR
RAW ZIPPERBACK® 31-40 PER LB
400 G FROZEN
**FILETS DE TILAPIA ASC
FRAIS OU GROSSES
CREVETTES BLANCHES
DU PACIFIQUE PC®**
20897812_KG
20791381_EA



SAVE 33%

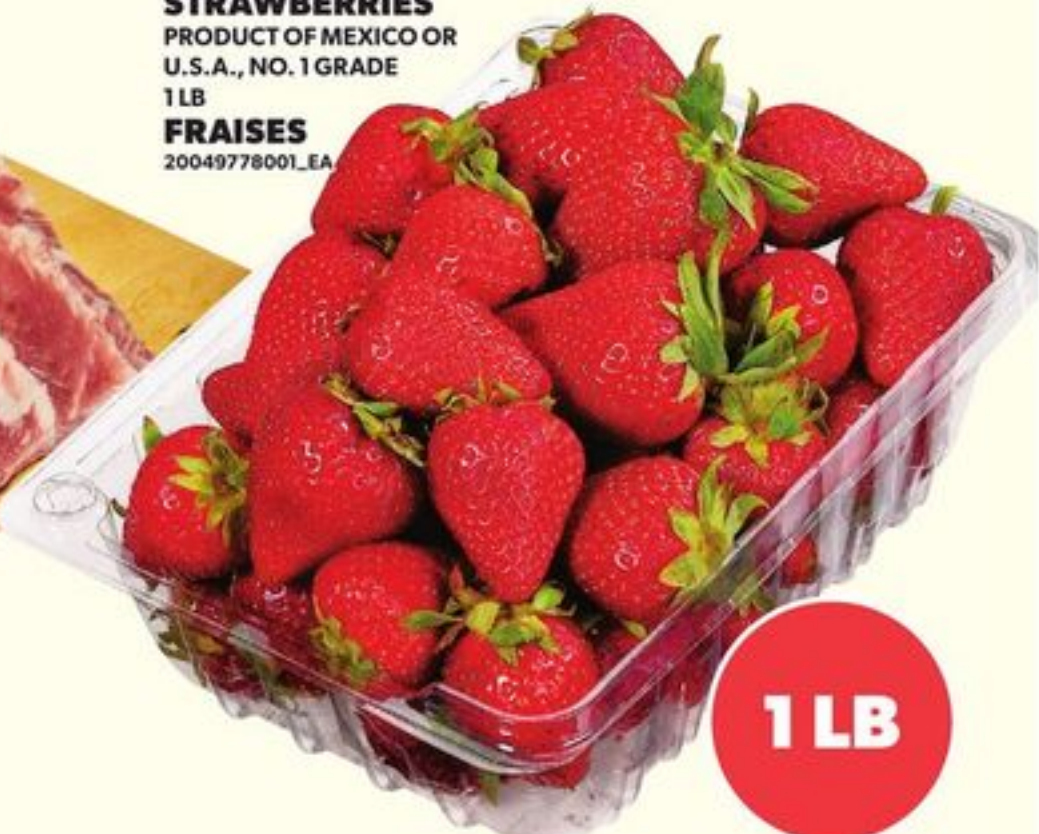
\$3⁹⁹ **LB**

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



\$3⁹⁹

STRAWBERRIES
PRODUCT OF MEXICO OR
U.S.A., NO. 1 GRADE
1LB
FRAISES
20049778001_EA



1 LB

SAVE 50%

1⁴⁸ **LB**

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



\$6⁹⁹

**FARMER'S MARKET™
MANDARINS**
PRODUCT OF MOROCCO
OR SPAIN
4LB
**MANDARINES
DÉLICIES DU MARCHÉ™**
20054025001_EA



7⁷⁷

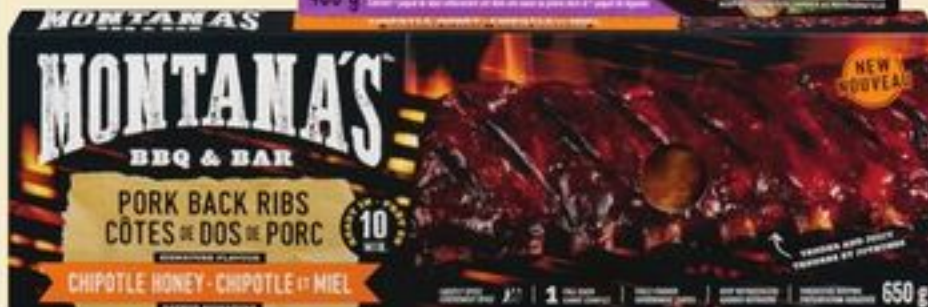
RED MANGO
PRODUCT OF PERU
CASE
MANGUE ROUGE
21047849_EA



**9 LB
AVG**

\$8⁹⁹

**SWISS CHALET OR
MONTANA'S PORK
BACK RIBS, LOU'S OR
MANDARIN ENTRÉES**
SELECTED VARIETIES,
FULLY COOKED
375-650 G
**CÔTES DE DOS DE PORC
SWISS CHALET OU MANDARIN**
**MONTANA'S, PLATS
CUIRÉS LOU'S
OU MANDARIN**
21668141_EA
21699144_EA



1²⁵

**NO NAME®
POTATO CHIPS**
SELECTED VARIETIES
200 G
**CROUSTILLES
SANS NOM®**
21302821_EA
21302793_EA



2⁹⁷

**CLASSICO
PASTA SAUCE**
SELECTED VARIETIES
410/600 ML
**SAUCE POUR
PÂTES CLASSICO**
21618217_EA
203256090031_EA



\$3⁹⁹



D'ITALIANO BREAD
SELECTED VARIETIES
AND SIZES
PAIN D'ITALIANO
21567005_EA
21596468_EA



\$3⁹⁹

**MADE GOOD
GRANOLA BARS,
DRIZZLED, MORNINGS
OR RICE CRISP BARS**
SELECTED VARIETIES
120-150 G
**BARRES GRANOLA,
FILET, MORNINGS
OU CROUSTILLES
DE RIZ MADE GOOD**
20797052001_EA
21352121_EA



6⁵⁰



**LIBERTÉ GREEK
TUBS 650/750 G OR
YOPLAIT SOURCE**
16X100 G
SELECTED VARIETIES
**CONTENANTS
DE YOGOURT
GREC LIBERTÉ OU
SOURCE YOPLAIT**
20317317001_EA
20642273_EA



\$21⁹⁹

**EQUIVALENT TO
88¢
PER BOTTLE**

**GATORADE OR
POWERADE
SPORTS DRINK**
SELECTED VARIETIES
24X591 ML
**BOISSON
DÉSALTÉRANTE
GATORADE OU
POWERADE**
20954130_C24
20325703_C24



**T&T®
JASMINE RICE**
8.2 KG
**RIZ AU JASMIN
T&T®**
20705590_EA



4⁵⁰

PC® FROZEN FRUIT
SELECTED VARIETIES
300-600 G
FRUITS SURGELÉS PC®
20312227_EA
21377841_EA



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



Get more on **Moredays**

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

Moredays

Members get
2,000 pts

\$2
back in points

\$10

PC® CHOCOLATE BASQUE OR BASQUE CHEESECAKE
FROZEN
600 G
GÂTEAU AU FROMAGE BASQUE OU AU CHOCOLAT BASQUE PC®
21687935_EA



Moredays

Members get
1,000 pts

\$1
back in points

2/\$8

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



Moredays

Members get
4,000 pts

\$4
back in points

NATURE VALLEY GRANOLA BARS
SELECTED VARIETIES
130-210 G
BARRES GRANOLA VAL NATURE
21213584_EA
21675994_EA



Moredays

Members get
3,000 pts

\$3
back in points

\$4

PEARL MILLING COMPANY PANCAKE MIX
905 G OR ORIGINAL SYRUP 710 G
SELECTED VARIETIES
MÉLANGE À CRÊPES OU SIROP ORIGINAL PEARL MILLING COMPANY
21384573_EA
21391619_EA



Moredays

Members get
10,000 pts

\$10
back in points

JAMIESON VITAMINS OR SUPPLEMENTS
SELECTED VARIETIES AND SIZES
VITAMINES OU SUPPLÉMENTS JAMIESON
20299993_EA
20303216001_EA



Moredays

Members get
7,500 pts

\$7.50
back in points

SCRUBBING BUBBLES BATHROOM CLEANERS, FANTASTIK, WINDEX CLEANERS, OR SHOUT STAIN REMOVERS
SELECTED SIZES AND VARIETIES
NETTOYANTS POUR SALLE DE BAINS
SCRUBBING BUBBLES, NETTOYANTS FANTASTIK, WINDEX OU DÉTACHANTS SHOUT
21666832_EA
20071729_EA



\$3

CAVENDISH FRIES OR SPECIALTY POTATOES
SELECTED VARIETIES
FROZEN
400-750 G
FRITES OU POMMES DE TERRE DE SPÉCIALITÉ LES FERMES CAVENDISH
20318915_EA
21685114_EA



6.75

PC® ORANGE JUICE
2.5 L OR STOK COLD BREW COFFEE 1.42 L
SELECTED VARIETIES
JUS D'ORANGE PCMD OU CAFÉ INFUSÉ À FROID STOK
21203739_EA
21531644_EA



6.50

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



\$6

CHAPMAN'S FROZEN YOGURT OR SORBET
SELECTED VARIETIES
FROZEN
2 L
YOGOURT GLACÉ CHAPMAN'S OU SORBET CHAPMAN'S
20314434001_EA
20529120001_EA



2.25

UNICO PASTA
750 G, PASSATA 680 ML OR **PRIMO PASTA SAUCE** 680 ML
SELECTED VARIETIES
PÂTES, PASSATA UNICO OU SAUCE POUR PÂTES PRIMO
201652601_EA
207947071_EA



1.75

AYLMER TOMATOES OR ACCENTS
SELECTED VARIETIES
540/796 ML
TOMATES AYLMEYER OU ACCENTS
21207587_EA
21207592_EA



\$7



BECEL MARGARINE
SELECTED VARIETIES
637/850 G
MARGARINE BECEL
21279389_EA
20297818002_EA

7.50

STARBUCKS COFFEE ENHANCER
SELECTED VARIETIES
828 ML
REHAUSSEUR DE CAFÉ STARBUCKS
21358473_EA
21436915_EA



2/\$15

LESS THAN 2 \$8.49 EA.
COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS
SELECTED VARIETIES
12X355 ML
BOISSONS GAZEUSES COCA-COLA, CANADA DRY OU PEPSI
20318694002_EA
20322361002_EA



SAVE UP TO 53%

\$7



CASHMERE BATHROOM TISSUE 12 DOUBLE ROLLS OR **SCOTTIES FACIAL TISSUE** 6'S
SELECTED VARIETIES
PAPIER HYGIÉNIQUE CASHMERE OU MOUCHOIRS SCOTTIES
20318667_EA
21204739_EA

\$11

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



90¢

FANCY FEAST FRISKIES 85 G OR **FRISKIES** 156 G
CAT FOOD
SELECTED VARIETIES
NOURRITURE POUR CHAT FANCY FEAST OU FRISKIES
20302296001_EA
20316703_EA
20319657001_EA



PRICE DROP†

More ways to save

\$2

RUBICON JUICE
SELECTED VARIETIES
1 L
JUS RUBICON
21529635_EA
21557702_EA



2.50

DARE VEGGIE CRISPS
SELECTED VARIETIES
100 G
CRISPS LÉGUME DARE
20973368_EA
21820207_EA



\$3

PILLSBURY PIZZA POPS, TOASTER STRUDEL 380 G, 326 G OR **SCRAMBLES** 204 G
SELECTED VARIETIES
FROZEN
PIZZA POPS, TOASTER STRUDEL OU SCRAMBLES PILLSBURY
21436023_EA
20172864001_EA



3.50

MOTT'S CLAMATO JUICE
SELECTED VARIETIES
1.89 L
JUS CLAMATO MOTT'S
20318955002_EA



Independent

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

Please call Customer Relations at 1-866-541-6315 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 pc optimum.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 29 - February 25, 2026 before taxes and while quantities last. Applies only to select products. Offer may be modified or cancelled without notice. See in-store for full details.



YIG BACK

freshness you can taste,
value you'll love

\$8

BLACKBERRIES
PRODUCT OF MEXICO
PINT
MÛRES
20138228001_EA



PINT

3⁹⁹
LB

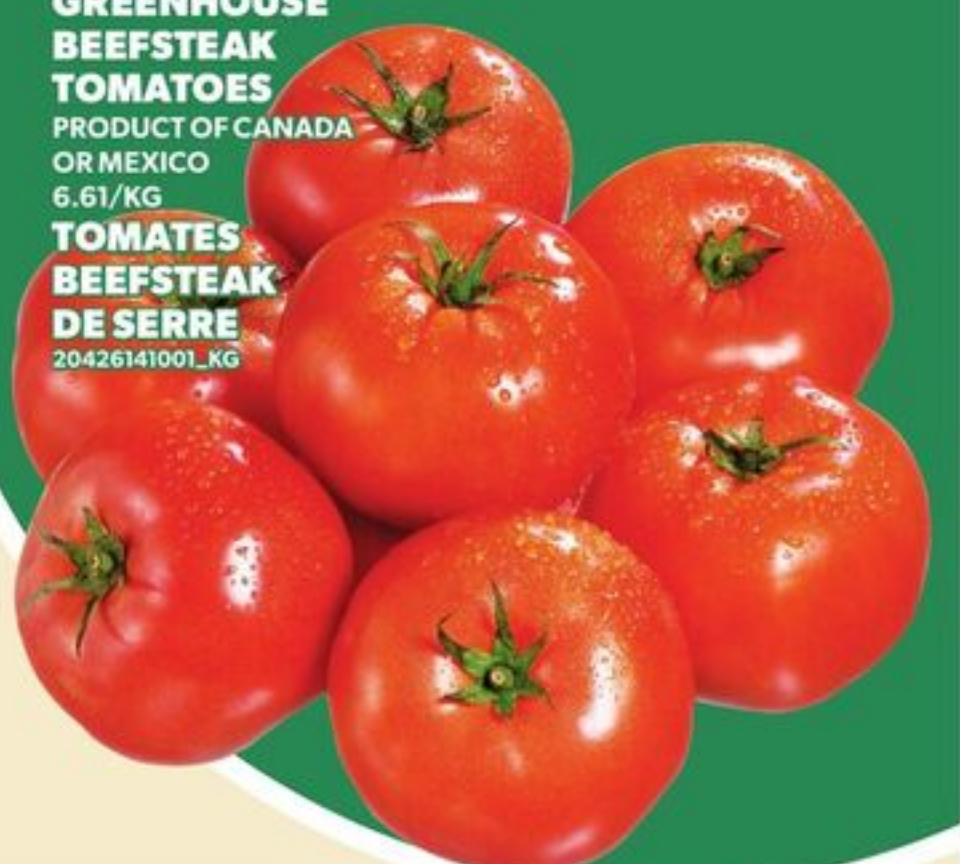
PC® EXTRA LARGE GREEN SEEDLESS GRAPES PRODUCT OF PERU, NO. 1 GRADE OR
EXTRA LARGE RED SEEDLESS GRAPES PRODUCT OF PERU OR CHILE, NO. 1 GRADE
8.80/KG
TRÈS GROS RAISINS VERTS OU ROUGES
SANS PÉPINS PC^{MD}
20425775001_KG
20159199001_KG

EXTRA LARGE



\$3
LB

GREENHOUSE BEEFSTEAK TOMATOES
PRODUCT OF CANADA OR MEXICO
6.61/KG
TOMATES BEEFSTEAK DE SERRE
20426141001_KG



SAVE 98¢
WHEN YOU BUY 2

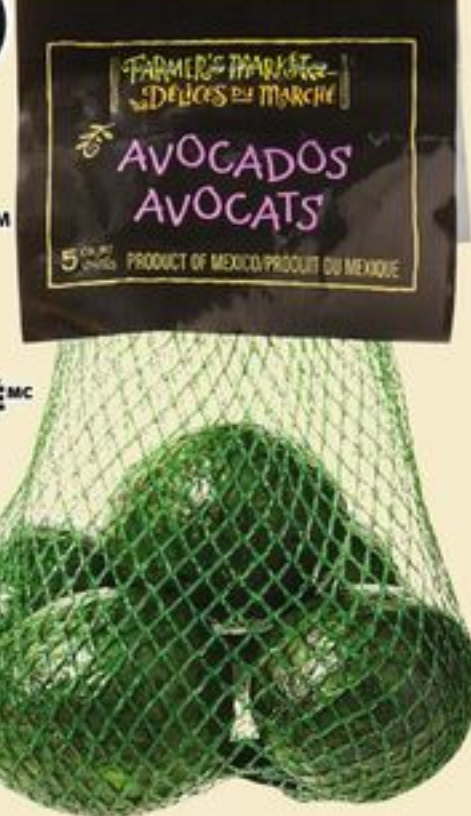
2/\$7

OR
\$3.99 EA.
GREEN KALE OR RAPINI
PRODUCT OF MEXICO OR U.S.A.
CHOU FRISÉ VERT OU RAPINI
20138805001_EA
20048070001_EA



4⁵⁰

FARMER'S MARKET™ AVOCADO BAG
PRODUCT OF MEXICO
5'S
SAC D'AVOCATS DÉLICÉS DU MARCHÉ^{PC}
21644936001_EA



1⁸⁸
LB

FUJI OR RED DELICIOUS APPLES
PRODUCT OF ONTARIO, CANADA FANCY GRADE
4.14/KG
POMMES FUJI OU RED DELICIOUS
20310940001_KG
20073899001_KG

PRODUCT OF CANADA



Happy Lunar New Year

3⁵⁰

FARMER'S MARKET™ CARROTS OR YELLOW ONIONS
PRODUCT OF CANADA, CANADA NO. 1 GRADE
3 LB BAG
CAROTTES OU OIGNONS JAUNES DÉLICÉS DU MARCHÉ^{PC}
20600927001_EA
20811994001_EA

PRODUCT OF CANADA



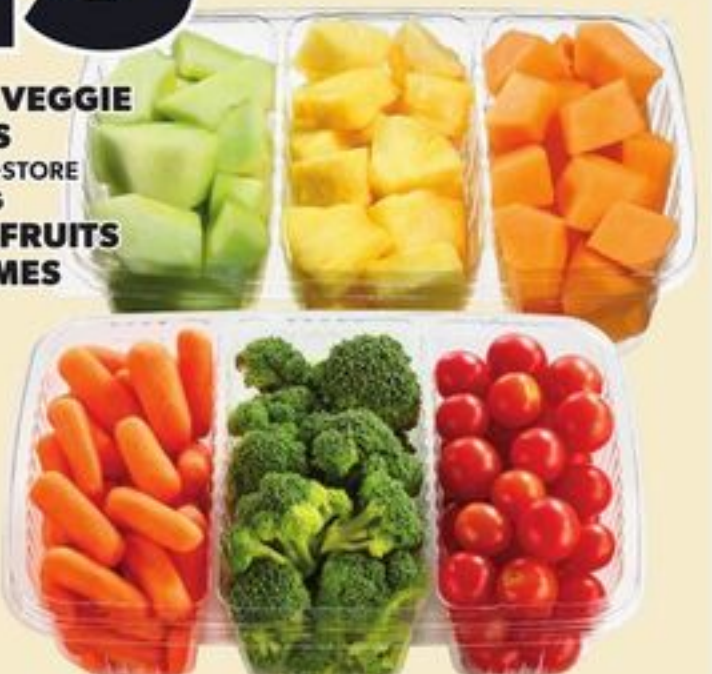
\$5

ROMAINE HEARTS
PRODUCT OF U.S.A.
3'S
CŒUR DE LAITUE ROMAINE
20067389001_EA



\$13

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



\$25

PC® SIGNATURE GIFT BOUQUET
EACH
BOUQUETS-CADEAUX SIGNATURE PC^{MD}
21436377_EA



\$15

SUCCULENT IN CLAY
SELECTED VARIETIES
5 INCH
PLANTE GRASSE DANS UN POT EN ARGILE
21052595_EA



SAVE \$4
WHEN YOU BUY 2

2/\$20

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



8⁵⁰

GRASS FED EXTRA LEAN GROUND BEEF
450 G
BOEUF HACHÉ EXTRA-MAIGRE
FRAIS NOURRI À L'HERBE
21675592_EA



\$8

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



PREPARED IN-STORE

\$15

CANADIAN POULTRY

PC® WHOLE CHICKEN
AIR CHILLED
UP TO 1.7 KG
POULET ENTIER PC^{MD}
21658901_EA



air chilled

\$7

MAPLE LODGE ULTIMATE CHICKEN SAUSAGES
SELECTED VARIETIES
375-500 G
SAUCISSES DE POULET L'ULTIME MAPLE LODGE
21378310_EA
21539970_EA



\$8

PREPARED IN CANADA

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



500 G

\$17

GET 2,000⁺ back in points

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



find your catch in seafood

\$14
LB

YELLOWFIN TUNA STEAKS
PREVIOUSLY FROZEN
30.86/KG
DARNES DE THON ALBACORE
20753134_KG



\$13

PC® BLUE MENU® WILD ARGENTINIAN SCALLOPS 80-150 PER LB
400 G OR **SEAQUEST® SHRIMP RING WITH MILD COCKTAIL SAUCE** 454 G
FROZEN
PÉTONCLES SAUVAGES D'ARGENTINE PC^{MD}
MENU BLEUMC OU COURONNE DE CREVETTES AVEC SAUCE COCKTAIL DOUCE SEAQUEST®
20076343_EA
21687413_EA



\$23

PKG OF 4

LOBSTER TAILS
2-3 OZ
FROZEN OR PREVIOUSLY FROZEN
4'S
QUEUES DE HOMARD
21240991_EA



National Croissant Day Friday January 30th

\$8

**BUTTER
CROISSANTS**
12'S
**CROISSANTS
AU BEURRE**
21683000_EA



**BAKED
IN-STORE**

\$4

MINI CROISSANTS
10'S SELECTED VARIETIES
OR **CHOCOLATE
CROISSANTS** 4'S
**MINI-CROISSANTS
OU CHOCOLATINES**
21527027_EA
21646636_EA
21646639_EA



**BAKED
IN-STORE**

\$6

**ALL BUTTER
CROISSANTS OR
RAISIN BRIOCHE
SWIRL**
SELECTED VARIETIES
4'S
**CROISSANTS
TOUT BEURRE OU
BRIOCHE AUX
RAISINS**
20761271_EA
21750471_EA



**BAKED
IN-STORE**

\$5

**PREPARED IN
CANADA**

**KIMBERLY'S
FROSTED COOKIES**
WHITE OR UNICORN
383 G
**BISCUITS GLACÉS
KIMBERLY'S**
21190203_EA
21531404_EA



\$6

**PREPARED IN
CANADA**

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



**SAVE
\$1
WHEN YOU BUY 2**

2/\$7

OR
\$4 EA.

**MARIE MORIN SINGLE SERVE
DESSERT, LARocca CAKE
SLICES OR CHARLOTTE'S
PARFAITS** SELECTED VARIETIES
90-212 G
**DESSERT EN PORTIONS
INDIVIDUELLES MARIE
MORIN, TRANCHES DE
GÂTEAU LARocca OU
PARFAITS CHARLOTTE'S**
21165251_EA/21496255_EA/21617537_EA



\$6

**PREPARED IN
CANADA**

**SILVER HILLS
BREAD**
SELECTED VARIETIES
AND SIZES
**PAIN
SILVER HILLS**
21047070_EA
21047166_EA



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

2/7.50

OR
\$4.49 EA.

**CASA MENDOSA
OR WONDER
TORTILLAS**
SELECTED VARIETIES
10 INCH
**TORTILLAS CASA
MENDOSA OU
WONDER**
20318788_EA
20976626_EA



2.50

**PREPARED IN
CANADA**

**NO NAME® BAGELS
OR ENGLISH
MUFFINS**
SELECTED VARIETIES
6'S
**BAGELS OU
MUFFINS ANGLAIS
SANS NOM®**
21216413_EA
21666664_EA



5.50

**Members get
4,000^{pts}
when you
buy 2**

**\$4
back in
points**

**BABYBEL 6'S OR
THE LAUGHING
COW 8'S
SELECTED VARIETIES
BABYBEL OU
LA VACHE QUI RIT**
20319107_EA
20574332_EA



in the mood for deli-cious

\$8

**Members get
500^{pts}**

**PREPARED IN
CANADA**

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



**SAVE
UP TO \$1.99**

**PREPARED IN
CANADA**

\$6

**BRANDT LIVER
SAUSAGE CHUB
OR KOLBASSA
SAUSAGE**
SELECTED VARIETIES
**SAUCISSON DE
FOIE OU KOLBASSA
BRANDT**
250-300 G
20034492_EA
20353377_EA



**SAVE
69¢/100 G**

**PREPARED IN
CANADA**

**3.50
/100 G**

**SERVICE CASE
PILLERS SALAMI**
SELECTED VARIETIES
**SALAMI PILLER'S
DU COMPTOIR DE
SERVICE**
20300824_KG



**SAVE
\$1**

\$7

PC® GUACAMOLE
SELECTED VARIETIES
425 G
GUACAMOLE PC®
21448106_EA
21448102_EA



\$45-55

PARTY PLATTERS
SELECTED VARIETIES,
MADE TO ORDER
1-2.7 KG
**PLATEAUX DE
CÉLÉBRATION**
20894860_EA
20895023_EA



on the run, we got you

**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



SERVES 6

\$9

**PREPARED IN
CANADA**

PC® PIE OR QUICHE
SELECTED VARIETIES
550-575 G
**PÂTE OU QUICHE
PC®**
21682009_EA
21682154_EA



\$20

**IN-STORE PREPARED
PULLED PORK BAO
BUNS, GYRO OR
FAJITA CHICKEN
TACO TRAY**
970 G-1 KG
**PLATEAU DE PAIN
BAO AU PORC
EFFILOCHÉ OU TACOS
DE GYRO OU FAJITA
AU POULET PRÉPARÉ
EN MAGASIN**
21533948_EA
21696308_EA



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
**REPAS COMBO
POUR 2 DE POULET
DE ROTISSERIE**
21086336_EA



**TUESDAY
Tender Tuesday**

\$12

**PREPARED IN
CANADA**

**9-PIECE
CHICKEN STRIPS**
HOT OR CHILLED
870 G
**9 MORCEAUX
DE LANIÈRES
DE POULET**
21336699_EA
21336518_EA



**WEDNESDAY
Hump Day Special**

2/\$14

OR \$9 EA.

**BUY ANY TWO
INDIVIDUAL CHICKEN
COMBOS WITH ONE
SMALL SIDE EACH**
361-530 G
**ACHETEZ 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.

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



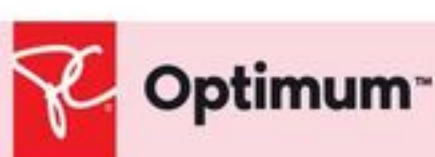
**FRIDAY
Pizza Party**

2/\$15

OR \$9-10 EA.

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





Get more on

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

Moredays Moredays Moredays Moredays

Moredays

Members get **1,000^(pts)** when you buy 2

\$1 back in points

\$4

GREEN GIANT VEGETABLES OR SPECIALTY VEGGIES
SELECTED VARIETIES
FROZEN
283-750 G
21022355_EA
21660433_EA

Moredays

Members get **2,000^(pts)** when you buy 2

\$2 back in points

2/\$11

OR \$6.99 EA.

BEN & JERRY'S
473 ML OR
MAGNUM 3/4'S
SELECTED VARIETIES
FROZEN
20950739_EA
21428403_EA

Moredays

Members get **1,000^(pts)** when you buy 2

\$1 back in points

\$6

ORVILLE POPCORN 6/8'S OR KERNEL JAR
248-850 G
SELECTED VARIETIES
20308686_EA
20629532003_EA

Moredays

Members get **3,000^(pts)** when you buy 2

\$3 back in points

\$4-27

SUNRYPE GOOD BITES OR FRUIT TO GO BITES
SELECTED VARIETIES
112 G-1.11 KG
20305640001_EA
20872742_EA

Moredays

Members get **500^(pts)**

\$16

CRANK WHOLE BEAN COFFEE
SELECTED VARIETIES
340 G
21410099_EA
21410121_EA

Moredays

Members get **1,000^(pts)** when you buy 2

\$1 back in points

\$3

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

Moredays

Members get **1,500^(pts)** when you buy 2

\$150 back in points

\$3

PRINGLES SUPER STACKS
SELECTED VARIETIES
148-156 G
21003823_EA
21003833_EA

Moredays

Members get **1,500^(pts)** when you buy 2

\$150 back in points

2/\$7

OR \$3.99 EA.

CHEEZ-IT BAKED SNACK CRACKERS
SELECTED VARIETIES
191/200 G
21214559_EA
21214560_EA

Moredays

Members get **3,000^(pts)** when you buy 2

\$3 back in points

2/\$8

OR \$5 EA.

LIBERTÉ MÉDITERRANÉE
500 G OR YOPLAIT SOURCE
630 G OR PROTEIN 650 G TUBS
SELECTED VARIETIES
21391318001_EA
21473714_EA

Moredays

Members get **5,000^(pts)** when you buy 3

\$5 back in points

5⁵⁰

HÄAGEN DAZS TUBS 414-450 ML, BARS 3/4'S, DRUMSTICKS 4'S OR CONFECTIONARY NOVELTIES 4-10'S
FROZEN
20322380003_EA
21513347_EA

Moredays

Members get **1,000^(pts)** when you buy 2

\$1 back in points

3⁵⁰

PEEK FREANS DIGESTIVE BISCUITS OR CADBURY FINGERS CHOCOLATEY COOKIE BISCUITS
SELECTED VARIETIES
114-350 G
20680381_EA
21631965_EA

Moredays

Members get **1,000^(pts)**

\$1 back in points

6⁴⁹

DARE GRISSOL MELBA TOAST OR BAGUETTES
FAMILY SIZE
SELECTED VARIETIES
220-400 G
20307218001_EA
21623511_EA

Moredays

Members get **2,000^(pts)**

\$2 back in points

4⁴⁹ - 6⁹⁹

WILD PLANET SARDINES
SELECTED VARIETIES
125-142 G
21559412_EA
21559421_EA

Moredays

Members get **2,000^(pts)**

\$2 back in points

24⁹⁹

PC® PAPER TOWEL
12 ROLLS
21558605_EA

Moredays

Members get **5,000^(pts)**

\$5 back in points

\$28

5 INCH ORCHID
SELECTED VARIETIES
20603981_EA
21664246_EA

Moredays

Members get **3,000^(pts)** when you buy 2

\$3 back in points

8⁹⁹ - 64⁴⁹

WEBBER NATURALS OR SESAME STREET VITAMINS OR SUPPLEMENTS
SELECTED VARIETIES
AND SIZES
20783429_EA
21286687_EA

Moredays

Members get **10,000^(pts)** for every \$30* spent on

\$10 back in points

NATURE'S BOUNTY KIDS VITAMINS OR SUPPLEMENTS 60-175'S OR BOOST READY TO DRINK SHAKE OR KIDS NUTRITIONAL SUPPLEMENT 6X237 ML
SELECTED VARIETIES AND SIZES
21681253_EA
21020231_EA

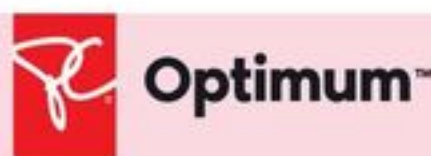
Moredays

Members get **3,500^(pts)** when you buy 2

\$3⁵⁰ back in points

11⁴⁹ - 46⁴⁹

L'IL CRITTER'S FIRST RESPONSE OR VITAFUSION VITAMINS OR SUPPLEMENTS
SELECTED VARIETIES AND SIZES
20867279_EA
20867280_EA



Get more on

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

Moredays Moredays Moredays Moredays

Moredays

Members get **3,000 pts** for every \$15* spent on

\$3 back in points

BILLY BEE HONEY
SELECTED VARIETIES
375 G-1 KG
20724507_EA/20726628_EA

Moredays

Members get **3,000 pts** for every \$6* spent on

\$3 back in points

QUAKER DIPPS AND CHEWY GRANOLA BARS
SELECTED VARIETIES
120-156 G
20847582_EA/21359366_EA

Moredays

Members get **3,000 pts** for every \$15* spent on

\$3 back in points

NUTELLA SPREADS 375 G-1 KG
OR **SNACKS** 138-208 G
20436105_EA/21457401_EA

Moredays

Members get **5,000 pts** for every \$10* spent on

\$5 back in points

KELLOGG'S PREMIUM CEREAL
317/525 G
21604270_EA
21651958_EA

Moredays

Members get **6,500 pts** for every \$30* spent on

\$6.50 back in points

VAN HOUTTE OR MCCAFÉ 10/48%
K-CUPS, VAN HOUTTE ROAST & GROUND 300-340 G, MCCAFÉ ROAST & GROUND 300-875 G, WHOLE BEAN, INSTANT OR NESPRESSO, LAVAZZA K-CUPS 345 G OR KICKING HORSE 10/30%
SELECTED VARIETIES
21238547_EA
21654384_EA

Moredays

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

\$3 back in points

LECLERC CÉLÉBRATION COOKIES
SELECTED VARIETIES
200-350 G
21648530_EA
21680155_EA

Moredays

Members get **5,000 pts** for every \$15* spent on

\$5 back in points

OCEAN'S TUNA, GOLD SEAL CANNED FISH OR MILLIONAIRES SARDINES
SELECTED VARIETIES
80-418 G
21004270_EA
21005158_EA

Moredays

Members get **4,000 pts** for every \$12* spent on

\$4 back in points

RIO MARE CANNED FISH
SELECTED VARIETIES
100-320 G
20935383_EA
20971498_EA

Moredays

Members get **3,000 pts** for every \$9* spent on

\$3 back in points

MAYNARDS CANDIES OR CADBURY CHOCOLATE
SELECTED VARIETIES EXCLUDE EASTER & VALENTINES
308/315 G
21545817_EA
21648577_EA

Moredays

Members get **5,000 pts** for every \$10* spent on

\$5 back in points

KNORR GRAVY OR SAUCE MIX 22-48 G, BOUILLON CUBES OR POWDERS 63-250 G OR LIQUID CONCENTRATE 250 ML
SELECTED VARIETIES
20297436001_EA
20323323001_EA

Moredays

Members get **3,500 pts** for every \$15* spent on

\$3.50 back in points

CLUB HOUSE DRY GRAVY OR SAUCES, SEASONING BLENDS, SPICE BOTTLES OR TINS OR LA GRILLE SEASONINGS
11-825 G OR FOOD COLOR OR VANILLA EXTRACTS
43-250 ML
SELECTED VARIETIES
2030806002_EA
20323721001_EA

Moredays

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

\$3 back in points

BAKERS CHOCOLATE SQUARES 170/225 G, JELL-O POWDER 9.01-85 G, JELL-O PUDDING 40-170 G, MAGIC BAKING POWDER 225/450 OR SHAKE N BAKE COATING MIX 142-160 G
SELECTED VARIETIES
20307001001_EA/20316019001_EA

Moredays

Members get **3,000 pts** for every \$10* spent on

\$3 back in points

BETTY CROCKER SUPERMOIST CAKE MIX 375-404 G OR FROSTINGS 340-450 G
SELECTED VARIETIES
20562641007_EA
21547837_EA

Moredays

Members get **4,000 pts** for every \$15* spent on

\$4 back in points

ROBIN HOOD OR FIVE ROSES FLOUR 2.5 KG OR 5 KG OR CARNATION EVAPORATED MILK 354 ML OR EAGLE CONDENSED MILK 300 ML
SELECTED VARIETIES
20039497001_EA
20896887_EA

Moredays

Members get **5,000 pts** for every \$20* spent on

\$5 back in points

FRISKIES DRY CAT FOOD
SELECTED VARIETIES
1.4-7.5 KG
20686851_EA
20912590_C01

Moredays

Members get **10,000 pts** for every \$30* spent on

\$10 back in points

LYSOL CLEANERS OR LAUNDRY, OR FINISH DISHWASHER TABS
21487308_EA

Moredays

Members get **10,000 pts** for every \$40* spent on

\$10 back in points

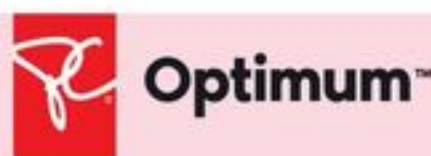
TIDE OR GAIN LAUNDRY DETERGENT OR PODS, DOWNY OR GAIN LIQUID FABRIC SOFTENER, BOUNCE DRYER SHEETS OR DOWNY, GAIN OR IVORY SNOW BEADS, MR. CLEAN CLEANERS, CASCADE DISHWASHER TABS, DAWN DISH DETERGENT OR SWIFFER
21518479_EA
21593670_EA

Moredays

Members get **3,000 pts** for every \$15* spent on

\$3 back in points

COLGATE ORAL CARE PRODUCTS
ALL VARIETIES AND SIZES
21118930_EA
21166717_EA



Get more on

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

Moredays
Moredays
Moredays
Moredays

APP EXCLUSIVE OFFERS†

Moredays
APP EXCLUSIVE OFFER
Member Only Price**
2²⁵
Non-Members
\$3

PC® OR BLUE MENU® ENGLISH MUFFINS
SELECTED VARIETIES
6'S
20810728_EA
21015902_EA
*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

PREPARED IN CANADA

ENGLISH MUFFINS ANGLAIS ORIGINAL - NATURE
342 g 6

WHOLE WHEAT BLÉ ENTIER
ENGLISH MUFFINS - MUFFINS ANGLAIS
342 g 6

Moredays
APP EXCLUSIVE OFFER
Members get
1,500 pts
\$150 back in points
\$6

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

SWEET BELL PEPPERS
POIVRONS DOUX
Crate de 3 m.

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

PILLSBURY PIZZA POPS OR BITES
380 G-2.85 KG, **TOASTER STRUDEL**
OR SCRAMBLES 204-326 G OR
PILLSBURY REFRIGERATED DOUGH
SELECTED VARIETIES FROZEN
21435996_EA
21505340_EA
20172664001_EA
*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

PIZZA POPS
3 CHEESE FROMAGES
8

Toaster Strudel

Crescents Croissants
Original Original
8

Moredays
APP EXCLUSIVE OFFER
Members get
2,500 pts
\$250 back in points
for every \$10* spent on

OREO OR CHIPS
AHOY! FAMILY SIZE
COOKIES 303-503 G OR
OREO CAKESTERS
285 G
SELECTED VARIETIES
21014087_EA
21712437_EA
*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

OREO MOELLEUX
DOUBLE CHOCOLAT
100% WHOLE GRAIN FLOUR
5

Chips Ahoy!
ORIGINAL ORIGINAL
140

Moredays
APP EXCLUSIVE OFFER
Members get
4,000 pts
\$4 back in points
for every \$10* spent on

PREMIUM PLUS
402-481 G OR
GOOD THINS 100 G
SELECTED VARIETIES
21023024_EA
21109004_EA
*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

GOOD THINS
gluten-free
MADE WITH RICE
8

PREMIUM PLUS
SAPOUDRES DE SEL
Sel de mer
80

Moredays
APP EXCLUSIVE OFFER
Members get
2,000 pts
\$2 back in points
for every \$5* spent on

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

Crispers
SALT & VINEGAR
SEL ET VINAIGRE
145 g

Moredays
APP EXCLUSIVE OFFER
Members get
20,000 pts
\$20 back in points
for every \$50* spent on

PROGRESSIVE, IRON VEGAN, SMART SOLUTION VITAMINS, SUPPLEMENTS OR PROTEIN PRODUCTS
SELECTED VARIETIES AND SIZES
21519271_EA
20618575_EA
*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

PROGRESSIVE
IRON VEGAN, SMART SOLUTION
WHEY PROTEIN
GRASS-FED
100% WHEY PROTEIN
100% WHEY PROTEIN
100% WHEY PROTEIN

multi
100% COMPLETE - COMPLETE À 100%
120

Get your first year of PC Express Pass for \$2/month*

Express Pass

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

Use code **PASS76**

Learn more

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

Moredays

JOE FRESH

Optimum™

Moredays
Jan. 29 - Feb. 4

Members get
20,000 pts
for every \$60 spent on apparel†

Open the app to get your offers.

Optimum™

APP EXCLUSIVE OFFERS†

Moredays
APP EXCLUSIVE OFFER
Members get
15,000 pts
\$15 back in points
for every \$100* spent on

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

BP

DOORDASH
Restaurants and more, delivered to your door.
The restaurants profiles at plus encore, foods & la grille.

OLD NAVY @ATHLETA
BANANA REPUBLIC

Google Play

THE KEG

ULTIMATE DINING CARD
SWISS CHALET
MONTARAS
JERSEY
JERSEY
JERSEY

Google Play gift card purchases are subject to a \$200 limit. Offer valid in-store only. Subject to availability; selection may vary by store. We reserve the right to limit quantities. See gift card for details, terms & conditions. Offer applies to every \$100 spent on any combination of Boston Pizza, DoorDash, Gap Inc. Brands, Google Play, The Keg, Ultimate Dining Card, Harvey's, and Swiss Chalet cards in a single transaction. Cannot be combined with any other gift card offers. Not valid on prior purchases. PC Optimum points cannot be redeemed toward the purchase of gift cards. All other trademarks are property of their respective owners.

Optimum™ Moredays™

3,000 pts

when you spend \$30 or more on fuel.

Jan 29 - Feb 1

Esso™ Mobil™

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

bursting with citrus goodness

Picked Fresh. Enhanced aroma, juiciness & flavour!
Stem & Leaf Clementines are distinguished by the presence of the natural green stem and leaf, which serves as a visual cue of freshness and careful handling. These clementines are typically harvested and packed with extra care, delivering a premium eating experience with every bite.

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

\$6

FARMERS MARKET™
MANDARINS
PRODUCT OF MOROCCO
OR SPAIN
4 LB
20054025001_EA

\$8

PC® CARA CARA
ORANGES
PRODUCT OF MOROCCO
EACH
20697748001_EA

\$6

FARMERS MARKET™
NAVEL ORANGES
PRODUCT OF MOROCCO OR SPAIN
3 LB
20162945001_EA

\$6

FARMER'S MARKET™
RED GRAPEFRUIT
PRODUCT OF TURKEY
3 LB
20118409001_EA

2⁸⁸

RED POMELO
PRODUCT OF CHINA
EACH
20081390001_EA

\$6

FARMERS MARKET™
LEMONS
PRODUCT OF U.S.A.
2 LB
21124487001_EA

4⁹⁸
LB

SUMO MANDARINS
PRODUCT OF U.S.A.
10.98/KG
20562570001_KG

Our signature citrus sweets!

\$6



IN-STORE
LEMON STRUDEL
4'S
21571831_EA



\$30



LA ROCCA 8"
LEMON MOUSSE CAKE
21496168_EA



\$6



FARMERS MARKET™
LEMON POPPY
ICED LOAF CAKE
344-400 G
21488954_EA



\$8



FARMERS MARKET™
LEMON SQUARES
400/450 G
21216523_EA



\$6



FARMERS MARKET™
MUFFIN LEMON
POPPYSEED
4'S
21639400_EA



9⁵⁰



FARMERS MARKET™
9" LEMON MERINGUE PIE
21664315_EA



新年快樂 Happy Lunar New Year

APP EXCLUSIVE OFFER

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

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

\$3 back in points

\$4 LB

CHICKEN LEGS
BACK ATTACHED
FAMILY SIZE
8.82/KG
20153925_KG

4²⁸ LB

GRADE A DUCK
FROZEN
9.44/KG
20078881_KG

\$9

SEAQUEST® WHOLE TILAPIA
1.36 KG OR WHOLE
POMPANO 800 G
FROZEN
21591947_EA
21592084_EA

SAVE \$11 LB

5⁸⁸ LB

PORK BELLY PORTION
SKINLESS
12.96/KG
20793502_KG

\$7

T&T® PACIFIC WHITE SHRIMP RAW HOSO
30-40 PER LB 400 G OR
COOKED 21-25 PER LB 300 G
FROZEN
216898200_EA
21689868_EA

2⁸⁸

KJ FROZEN DUMPLINGS
SELECTED VARIETIES
380 G
21357897_EA

1²⁸

LOTTE PEPERO
SELECTED VARIETIES
32-50 G
20876313_EA
20876314_EA

12⁸⁸

BILLY BEE HONEY RED CAP
SELECTED VARIETIES
1 KG
20528715_EA

1⁴⁹

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

\$2

AROY-D COCONUT MILK
SELECTED VARIETIES
400 ML
20063864_EA
20133960_EA

\$14

SEKKA MEDIUM GRAIN RICE
6.8 KG
21596886_EA

\$3

UFC REFRESH COCONUT WATER
1L
20570506_EA

3⁸⁸

ORION TURTLE CHIPS
SELECTED VARIETIES
160 G
21614241_EA

1⁵⁰

NONGSHIM BOWL NOODLES
SELECTED VARIETIES
86 G
20087422003_EA
20302111001_EA

Fresh Fortune

1⁸⁸ LB

ASIAN YELLOW PEARS
PRODUCT OF CHINA
4.14/KG
20035618001_KG

2⁴⁸ LB

LOTUS ROOT
PRODUCT OF MEXICO
5.47/KG
20048557001_KG

SAVE 71¢ LB

2²⁸ LB

HAMI MELON
PRODUCT OF GUATEMALA, HONDURAS OR MEXICO
5.03/KG
21051297001_KG

1⁹⁸

ATAULFO MANGO
PRODUCT OF MEXICO
20121509001_EA

Lucky Blossoms

\$25

LUNAR NEW YEAR BOUQUET
SELECTED VARIETIES
21410571_EA

15⁸⁸

MONEY TREE
20613472_EA

\$28

5 INCH ORCHID
SELECTED VARIETIES
20603981_EA
21664246_EA

ITEMS AVAILABLE AT THE FOLLOWING YOUR INDEPENDENT GROCER LOCATIONS:
 PALMERI'S YIG 290 FIRST STREET NORTH, GRAVENHURST , TREMBLETT'S YIG 273 KING STREET WEST INGERSOLL, DAVIS' YIG 20 JOCELYN ROAD PORT HOPE, CHRIS'S YIG 82 LORNE STREET SUDBURY, BRIERLEY'S YIG 671 RIVER ROAD OTTAWA, EMBRUN YIG 753 NOTRE DAME STREET EMBRUN, MASSINE'S YIG 296 BANK ST. OTTAWA, LAURA'S YIG 1910 ST LAURENT BLVD OTTAWA, MORELLO'S YIG 400 LANSDOWNE STREET EAST PETERBOROUGH, JOHNSON'S YIG 654 ALGONQUIN BLVD EAST TIMMINS, BULLOCK'S 131 HOWLAND DRIVE HUNTSVILLE, BROWNS YIG 1251 MAIN STREET STITTSVILLE, MESSIER'S YIG 1836 REGENT STREET SOUTH SUDBURY, KATHY & MARK'S YIG 15 MCCHESENEY AVENUE KIRKLAND LAKE

your **one-stop** grocery shop

\$6

Moredays

Members get
5,000 pts
when you
buy 2

\$5
back
in points



\$7

TACO BELL
PREMIUM KITS
SELECTED VARIETIES
401-642 G
21663420_EA
21663622_EA



4⁵⁰

OLD EL PASO
DINNER KITS
SELECTED VARIETIES
309-510 G
20795468_EA
20795300_EA



5⁵⁰

HELLMANN'S REAL
MAYONNAISE OR
CHICKEN WING DIP
340-445 ML OR
PC® PICKLES 1 L
SELECTED VARIETIES
2043356001_EA
21591867_EA



\$2

SWISS CHALET
CANNED GRAVY
SELECTED VARIETIES
284 ML
21080164_EA
21080165_EA



SAVE
98¢
WHEN YOU BUY 2

2/\$5

OR
\$2.99 EA.

NO NAME®
CANNED FRUIT
SELECTED VARIETIES
398 ML
20618836_EA
20628585001_EA



4⁵⁰

PC® PICKLES
SELECTED VARIETIES
500 ML
20074106_EA
20324478_EA



2⁷⁵

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



\$4

HARDBITE
POTATO CHIPS
SELECTED VARIETIES
150 G
20370855001_EA



SAVE
UP TO \$1⁵⁰

Moredays

Members get
1,000 pts
when you
buy 2

\$1
back
in points

\$7

DR OETKER
SUPREMA 475-520 G
OR GIUSEPPE
STUFFED CRUST
PIZZA 685-771 G
PIZZA OR HIGH
LINER FISH OR
SHRIMP 315-700 G
SELECTED VARIETIES
FROZEN
2030320001_EA
21649640_EA



SAVE
\$2⁹⁸
WHEN YOU BUY 2

Moredays

Members get
5,000 pts
when you
buy 4

\$5
back
in points

2/\$11

OR
\$6.99 EA.

HEALTHY CHOICE
STEAMERS OR
SIMPLY ENTRÉES
SELECTED VARIETIES
FROZEN
255-306 G
2031816005_EA
20974539_EA



\$6

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



\$4

CHAPMAN'S
MARKDALE CREAMERY
ICE CREAM 2 L
OR COLLECTION
NOVELTIES 6/8'S
SELECTED VARIETIES
FROZEN
2031523601_EA
20323757001_EA



\$6

SCHNEIDERS®
BREAKFAST BITES
OR SANDWICHES
SELECTED VARIETIES
FROZEN
204-288 G
21623187_EA
21623288_EA



16⁹⁹

BUDWEISER ZERO
NON-ALCOHOLIC BEER
SELECTED VARIETIES
12X355 ML
21295370_C12



\$9

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



SAVE
\$1⁰⁸
WHEN YOU BUY 2

2/\$5⁵⁰

OR
\$3.29 EA.

HERSHEY'S
CHOCOLATE BARS
SELECTED VARIETIES
90-120 G
20683743_EA
21452986_EA



\$5

OASIS 100%
JUICE BLENDS
SELECTED VARIETIES
8X200 ML
20944313_EA
21004459_EA



\$10

ROYALE
BATHROOM TISSUE
12 DOUBLE ROLLS OR
FACIAL TISSUE 6'S
SELECTED VARIETIES
21363770_EA
21618478_EA



\$21

PREPARED IN
CANADA

CASHMERE
BATHROOM TISSUE
SELECTED VARIETIES
24-72 ROLLS
21818945_EA
21443648_EA



\$22

PURINA ONE
CAT FOOD
SELECTED VARIETIES
3 KG
21235341_EA





DIGITAL COUPONS

UP TO
\$50
IN TOTAL
VALUE

More offers. More points.

**CLICK FOR THESE
COUPONS AND MORE**



6,000 points

**When you spend \$40
or more on fresh fruits
or vegetables**

Ends on February 4th, 2026



5,000 points

**When you spend \$30 or more
on meal kits, sandwiches,
prepackaged salads,
cold case salads, soups,
pizza, quiches, pies or wings**

Ends on February 4th, 2026



5,000 points

**When you spend \$20
or more on deli meat &
cheese, selected varieties
and sizes**

Ends on February 4th, 2026



5,000 points

**When you spend \$30 or
more on Pet Department,
includes pet food, treats,
toys & supplies**

Ends on February 4th, 2026



5,000 points

**When you spend \$30 or
more on vitamins and
supplements**

Ends on February 4th, 2026



1,500 points

**PC® Pacific large white shrimp
raw or cooked peeled or raw
Zipperback® 31-40 per lb 400 g or
SeaQuest® whole tilapia 1.36 kg or
whole pompano 800 g frozen**

Ends on February 4th, 2026



500 points

**Life Brand
liquid hand soap
340 mL**

Ends on February 4th, 2026



\$2 off

**no name® flour
selected varieties
10 kg**

Ends on February 4th, 2026



1,000 points

**When you buy 2 or more
no name® tomatoes
selected varieties
796 mL**

Ends on February 4th, 2026

live well, spend less

SAVE UP TO

20%

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



4⁵⁰

LIMIT 6
AFTER LIMIT
5.99 EA.

NIVEA BODY WASH
500 ML OR DEODORANT
ROLL-ON 50 ML OR
ANTIPERSPIRANT 51/52 G
SELECTED VARIETIES
20321421004_EA/21169899_EA



SAVE UP TO

15%

IVORY BODY WASH
OR BAR SOAP
SELECTED VARIETIES
AND SIZES
3.69-7.20
21432577_EA
20860346002_EA



5⁵⁰

LIMIT 6
AFTER LIMIT
5.99 EA.

CREST TOOTH PASTE
63-200 ML, SCOPE
PRO HEALTH
OR KIDS 500 ML
MOUTHWASH OR
ORAL-B MANUAL
TOOTHBRUSH 1'S OR
FLOSS PICKS 75'S
SELECTED VARIETIES
21506728_EA/1568343_EA



6⁵⁰

LIMIT 6
AFTER LIMIT
7.49 EA.

SENSODYNE
OR PRONAMEL
TOOTH PASTE
SELECTED VARIETIES
110/135 ML
20247931002_EA
20432268002_EA



\$6

LIMIT 6
AFTER LIMIT
8.49 EA.

LISTERINE
CLASSIC 1 L OR
KIDS 500 ML
MOUTHWASH
SELECTED VARIETIES
20348438001_EA
21356391_EA



2/\$8
OR
\$5.49 EA.

DEGREE BAS
ANTIPERSPIRANT
SELECTED VARIETIES
48-85 G
20296452001_EA
20303942001_EA



SAVE UP TO \$2.49

\$5

AXE BODY SPRAY 113 G,
DEODORANT 76/85 G OR
BODY WASH 473 ML
SELECTED VARIETIES
21042562_EA/21336066_EA



3⁵⁰

LIMIT 6
AFTER LIMIT
4.29 EA.

COLGATE PREMIUM
ADULT AND KIDS
TOOTH PASTE 70-150 ML OR
COLGATE MANUAL
TOOTHBRUSH EA.
SELECTED VARIETIES
20697448001_EA/21166685_EA



5⁵⁰

DOVE HAIRCARE
SELECTED VARIETIES
AND SIZES
21018398_EA/21644833_EA



5⁵⁰

HAIR EXPERTISE
OR WHOLE BLENDS
SHAMPOO OR
CONDITIONER
SELECTED VARIETIES AND SIZES
20941723_EA/21647282_EA



Members get
6,000 pts
when you
spend *15* on

\$6
back in points

NICE'N EASY,
NATURAL INSTINCTS
OR COLOR STRONG
HAIR COLOUR
SELECTED VARIETIES
21082577_EA/21165379_EA



\$9

OGX, MAUI OR
AVEENO HAIR CARE
SELECTED VARIETIES AND SIZES
20846852_EA/21165324_EA



SAVE UP TO

15%

OLAY SUPER SERUM,
REGENERIST MOISTURIZERS
OR TREATMENTS
SELECTED VARIETIES AND SIZES
21236887_EA



SAVE UP TO

20%

AVEENO
BODY LOTIONS
SELECTED VARIETIES
AND SIZES
20102023003_EA
20301106_EA



live well, spend less

SAVE
UP TO

20%

NEW NORDIC 30-60'S OR
IRON KIDS CHILDREN'S
60-120'S VITAMINS
OR SUPPLEMENTS
SELECTED VARIETIES AND SIZES
21707937_EA/20431749001_EA



SAVE
UP TO

25%

LIFE BRAND VITAMINS
OR SUPPLEMENTS
SELECTED VARIETIES AND SIZES
21286148_EA/21138896_EA



SAVE
UP TO

20%

BOOST READY TO
DRINK SHAKES
SELECTED VARIETIES
AND SIZES
20986361_C06
20990880_C06



SAVE
UP TO

15%

RESTORALAX
POWDER
119-765 G,
RESTORALAX
FIBRE
GUMMIES
30-140'S
SELECTED VARIETIES
AND SIZES
20159213_EA
21380900_EA



\$16

ALEVEX OR ASPIRIN
CAPLETS, TABLETS,
GELS OR CHEWS
SELECTED VARIETIES AND SIZES
21362248_EA/21532770_EA



SAVE
UP TO

15%

LIQUID I.V. HYDRATION
MULTIPLIER SACHETS
SELECTED VARIETIES AND SIZES
21592444_EA/21592485_EA



SAVE
UP TO

20%

U BY KOTEX
TAMPONS
SELECTED VARIETIES
AND SIZES
21291897_EA
21291969_EA



\$15

ALWAYS PADS
26-62'S OR LINERS
116-216'S OR TAMPAX
TAMPONS 38-50'S
SELECTED VARIETIES
AND SIZES
21374646_EA
21606690_EA



\$18

TENA
UNDERWEAR
OR BRIEFS
SELECTED VARIETIES
AND SIZES
21033778_EA
21099261_EA



78⁹⁹

ENFAMIL A+ NEUROPRO OR
GENTLELEASE READY TO FEED
FORMULA SELECTED VARIETIES
18X 237 ML
21590060_EA/21590568_EA



4/\$5
OR
1.49 EA.

PC[®] ORGANICS
BABY FOOD POUCH
SELECTED VARIETIES
128 ML
21056742_EA
20651248002_EA



\$4

BABY GOURMET
ORGANIC
PUFFIES, BARS OR
CRUNCHY CROCS
BABY SNACKS
SELECTED VARIETIES
35-90 G
21442373_EA
21672201_EA



34⁹⁹

HUGGIES ECONO
PACK DIAPERS
SELECTED VARIETIES
SIZE N-7, 60-200'S
21456492_EA
21456748_EA



36⁹⁹

PULL-UPS ECONO PACK
TRAINING PANTS
SELECTED VARIETIES
66-104'S
21021423_EA
21021427_EA



59⁹⁹

SIMILAC 360
TOTAL CARE
INFANT FORMULA
LARGE TUBS
SELECTED VARIETIES
859 G
21697863_EA
21697886_EA



cheers & chill

beers, ciders & ready to drink



13⁸⁹

**BUDWEISER
OR BUD LIGHT**
6X473 ML TALL CANS
20955258_C06
20944739_C06



27⁵⁹

COORS ORIGINAL
12X473 ML CANS
21626691_C12



27⁶⁹

MOLSON CANADIAN
12X473 ML CANS
21626675_C12



14⁹⁹

MICHELOB ULTRA
6X473 ML CANS
21097258_C06



26⁶⁹

CORONA EXTRA
12X330 ML BOTTLES
21336940_C12



9²⁹

PABST BLUE RIBBON
6X355 ML CANS
20511426_C06



13⁹⁹

COORS LIGHT
6X473 ML CANS
20946471_C06



1⁹⁹

LAKER LAGER
473 ML CAN
20954637_EA



Only at the following Your Independent Grocer locations (unless otherwise stated) : 455 McNeely Ave., Carleton Place, 4764-17 Regional Rd. 15, Chelmsford, 62 Thames Rd. E., Exeter, 5200 Hwy #69 N., Hanmer, 1521 Hwy #11 W., Hearst, 131 Howland Dr., Huntsville, 273 King St. W., Ingersoll, 55 Brunetville Rd., Kapuskasing, Kemptville Mall Hwy #43 W., Kemptville, 15 McChesney Ave., Kirkland Lake, 200 Grant Carman, Nepean, 55 Scott St., New Liskeard, 1 Laurentian Ave., North Bay, 685 River Rd., Ottawa, 1900 Dixie Rd., Pickering, 1244 Goderich St., Port Elgin, 1893 Scugog St., Port Perry, 44 Great Northern Rd., Sault Ste. Marie, 1251 Main St., Stittsville, 1836 Regent St. S., Sudbury and 654 Algonquin Blvd. E., Timmins.

We reserve the right to limit quantities. **Above retails do not include deposit or tax** and may be subject to change without notice.
No rainchecks or substitutions. See in-store or yourindependentgrocer.ca for store hours.

Please drink responsibly & designate a driver. Don't drink & drive.

JANUARY 29 - FEBRUARY 11

LAST CHANCE TO

SAVE BIG

WITH

FEWER
STAMPS

Supplies
are
limited!



Double Redemption

~~40~~ 20 =
stamps

Any **two pieces**
of Ovenware for
60%-80% off each!

COLLECT *& SAVE!* BIG

Offer available for redemption in-store and online at participating Loblaw banner stores until February 11, 2026. 20 digital or paper or a mix of both stamps must be presented to cashier at time of ovenware purchase. Stamps have no cash value and are non-transferrable. Ovenware selection and/or quantities may diminish as completed cards are redeemed. All sales are final. Ovenware is under warranty for 2 years from date of purchase. For full warranty information including warranty exclusions, product replacement process, FAQ's and complete offer details, visit pcoptimum.ca/collectandsave.

START YOUR

ACTIVIA®

GUT HEALTH CHALLENGE

21

ACTIVIA EVERY DAY

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

\$4

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

NEW

\$6.50

Activia® Expert - 750 g
21688207_EA

\$7.50

Activia® - 12 x 100 g
2030342001_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.

**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

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.

10-HOUR BREW

BOLD AND SMOOTH TASTE

\$7.50

Stok® - 142 L
21203737_EA/21203739_EA

Activia® used under lic. © 2026 Cie Gervais Danone. / Oikos® / Oikos® Pro™ used under lic. © 2026 Danone US, LLC. / Stok® © 2026 WhiteWave Services, Inc. All rights reserved. All rights reserved.

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

ENTER TODAY!

BUY

SNAP

UPLOAD TO ENTER

NEW

\$7

siggi's SKYR YOGURT
650 - 750 G
SELECTED VARIETIES
21553804_EA

\$4.50

siggi's SKYR YOGURT
4 X 100 G
SELECTED VARIETIES
21651974_EA/21589925_EA

\$3.25

siggi's SKYR YOGURT
6 X 93 ML
SELECTED VARIETIES
21651974_EA/21589925_EA

NEW

\$3.75

iöGO CREAMY DUOS YOGURT, 650 G
SELECTED VARIETIES
21659444_EA

\$9

iöGO CREAMY, 0% OR LACTOSE-FREE YOGURT, 16 X 100 G
SELECTED VARIETIES
20609583001_EA/216622847_EA

\$11

iöGO CREAMY YOGURT 2 KG
SELECTED VARIETIES
20636092_EA

SOURCE OF VITAMIN A & D

\$3.25

iöGO nano DRINKABLE YOGURT 6 X 93 ML
SELECTED VARIETIES
21659444_EA/216622847_EA

\$6

ASTRO BLAKANI YOGURT 12 X 100 G
SELECTED VARIETIES
2030507001_EA

\$4.50

ASTRO BLAKANI YOGURT 750 G
SELECTED VARIETIES
201952260100_EA/2019533001_EA

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

fontaine santé

PREPARED IN CANADA

FUEL YOUR OLYMPIC WATCH PARTY!

Traditional Hummus 260g

20501132_EA

\$4

Chili-Spiced Olive Hummus 283g

21667282_EA

\$4

Greek Olive Hummus 283g

21669685_EA

\$4

TASTE OF SUPER BOWL

Official Sponsors of Super Bowl LX

Buy all four for \$28:

- 30 piece wings & wedges bucket (1.2 - 2 KG, 21541872_EA)
- + PepsiCo Beverages (1 L, selected varieties 20040201001_EA)
- + Ruffles® potato chips or Doritos® tortilla chips (180 - 235 G 21241052_EA)
- + Farmer's Market Mini Cupcakes 12'S (selected varieties, 21643619_EA)

ELEVATE YOUR KOMBUCHA

ORGANIC • BIO
Rise Kombucha

Peach & Mango
Pêche & Mangue

414 mL

ORGANIC • BIO
Rise Kombucha

Kiwi & Pineapple
Kiwi & Ananas

414 mL

28g SUGAR

Canada's Favourite Kombucha

\$4

Rise Kombucha
414 mL
21439309_EA/21295362_EA

Ben's Original
Bistro Express™

JASMINE RICE
RIZ JASMIN

ROASTED CHICKEN FLAVOUR WITH WILD RICE
SAVOUR DE POULET RÔTI AVEC RIZ SAUVAGE

240g

BEN'S ORIGINAL™ BISTRO EXPRESS™ (240-250 g) selected varieties 21405472_EA

3/10⁵⁰

OR \$4.49 EA.

Heat, Plate & Celebrate
Keep Traditions Simple With Flavour Worth Sharing

BEN'S ORIGINAL™ Basmati & Jasmine Rice (1.6 kg) selected varieties 21397550_EA

\$10

BEN'S ORIGINAL™ CONVERTED Long Grain Rice (2.2 kg) selected varieties 21535549_EA

\$9

Serving suggestion.
© 2026 Mars or Affiliates.

Charmin
Ultra Soft
Ultra Doux

Smooth Tear
Se détache en douceur

12-48 MEGA

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

Charmin
Ultra Strong
Ultra Résistant

Cleans Better
Nettoie mieux

12=48 MEGA

+50% MORE ABSORBENT

*vs. leading ordinary brand.

\$18

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

Bounty
The Quicker Picker Upper

6=12 Doubles

THICKER AND MORE ABSORBENT*

*vs. the leading US 2-ply napkin

\$11

Bounty Napkin 400's, 21053171_EA

Bounty
Napkins

400 White Blanc

The Quicker Picker Upper

Plans starting from \$20/month

Mobile