



FORTINOS®

NEW



PANE *Fresco*
spiced
brown sugar latte
20632295_EA

440
medium



- ✓ Air Chilled
- ✓ Canadian grown
- ✓ Grain fed

599lb
13.21/kg

PC® Blue Menu® boneless skinless
chicken breast Club Pack or Mina Halal
boneless skinless chicken breast
20127962_KG/21635763_KG



Boneless

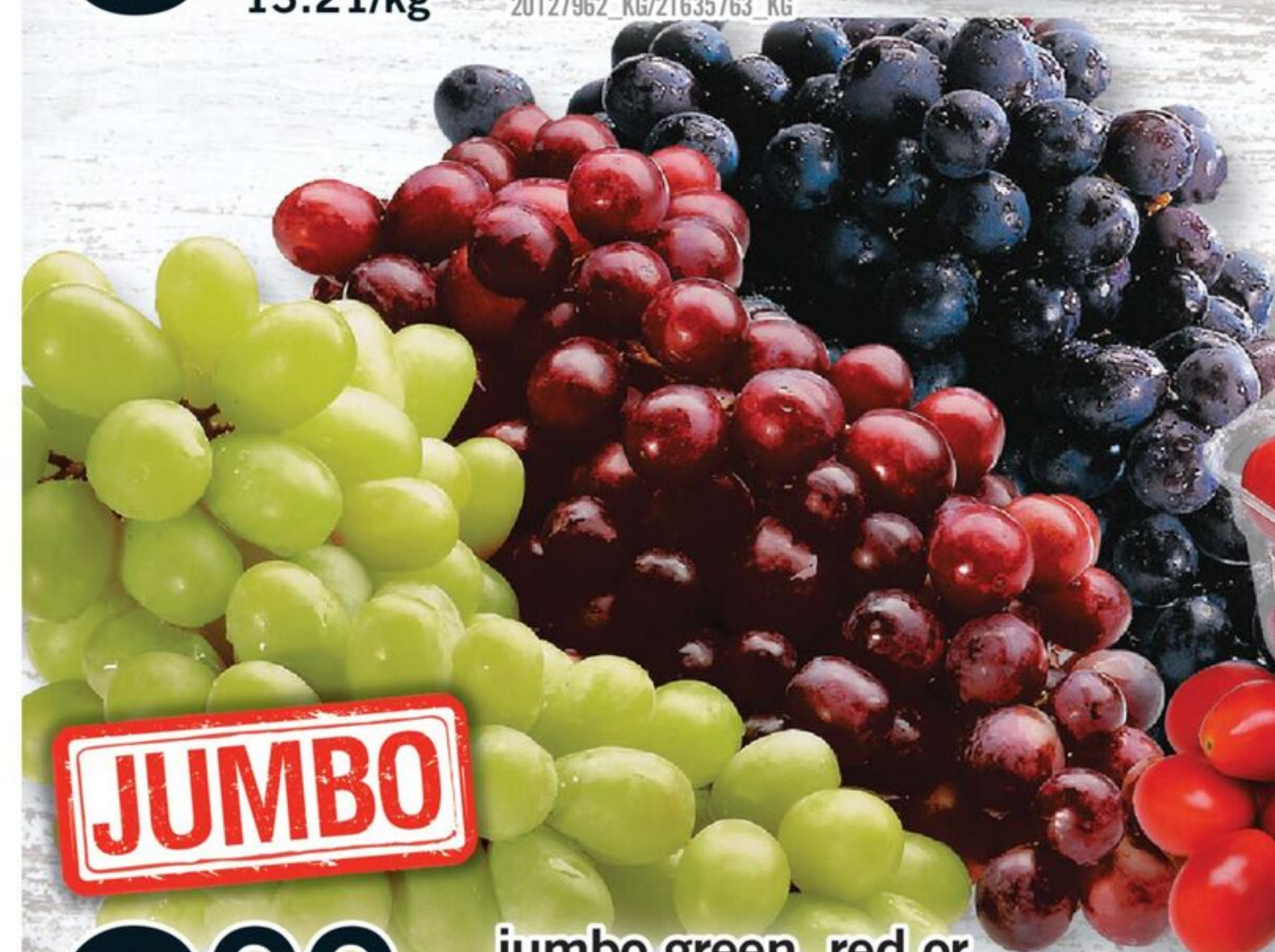
699lb
15.41/kg

boneless blade roast
cut from Canada AA
grade beef or higher
20818547_KG



1199lb
26.43/kg

fresh Coho salmon fillets
skin on
20958770_KG



JUMBO

299lb
6.59/kg

jumbo green, red or
black seedless grapes
product of Peru, no. 1 grade
20711275001_KG/20425775001_KG



299
each

grape tomatoes 283 g,
product of Guatemala
or Mexico, no. 1 grade
or mini cucumbers 6's,
product of Ontario,
Canada no. 1 grade
21367888001_EA/20737570001_EA



LARGE

299
each

large
Canary melon
product of Brazil
2004121001_EA

128lb
2.82/kg

large ripe papaya
product of Mexico
or Guatemala
or large Fuji apples
product of Ontario,
Canada Extra Fancy grade
20817066001_KG



399lb
8.80/kg

pork tenderloin
20874584_KG



799
each

PC® Pacific large white
raw Zipperback® shrimp
31-40 per lb, 400 g, or
PC® smoked salmon bake
& serve dip 360 g, frozen
20788888_EA/21682613_EA



599
140-170 g



799lb
1.76/100 g

Ziggy's® Black Forest
or honey maple ham
deli sliced or shaved
20323392_KG



899
each

Swiss Chalet BBQ pork
back ribs 600 g or Montana's
BBQ pork back ribs 650 g
selected varieties, fully cooked
21022221_EA/21203458_EA



Janes Cosmic
chicken nuggets
frozen
21717211_EA

199
500 g



299
each

Dempster's bread 675 g,
7" tortillas 340 g or English
muffins 6's, selected varieties
20091732_EA/20147355_EA



.99

Cedar white or
whole wheat pita 330 g
21509333_EA/21509350_EA



4.99
454 g

Lactantia butter
salted or unsalted,
selected varieties



Barilla pasta
340/410 g,
Hunt's tomato
sauce 680 mL
or Vita Sana
potato gnocchi 500 g
selected varieties

1.69
each



1.99
each

Campbell's ready to serve
or Campbell's Chunky 515 mL
or Habitant 796 mL soup
selected varieties



7.99 lb
17.61/kg

walnut
pieces,
halves
or crumbs

PC® orange juice
selected varieties,
refrigerated

3.99
1.54 L



Rooster™
jasmine rice

13.88
8 kg



4.99
each

Chapman's premium
ice cream, frozen yogurt,
sorbet 2-L or novelties 5-20's
selected varieties, frozen



Rubicon
organic
coconut water
or Nutrament
vanilla

2.49
1 L/325 mL



PC® entrées
or boxed fish
selected varieties,
frozen

7.99
550 g-1.13 kg



3.99
24x500 mL

Eska natural
spring water



6.49
each

Nutella 725 g
or Aurora honey 1 kg



2.49
each

Crispers or Bits & Bites
145 g, Pringles 148-156 g
or Town House crackers
247-391 g, selected varieties

Coca-Cola
or Canada Dry
soft drinks
selected varieties

3.49
6x222 mL



6.99
each



Cashmere bath tissue 12=24 rolls,
Sponge Towels 3=6 rolls
or Scotties facial tissues 6's
selected varieties



40% OFF
up to

Webber
vitamins
selected varieties
and sizes



1.99
each

Annie's mac & cheese
156-170 g or Silk
non-dairy beverage
946 mL, selected varieties

Prices effective at Brampton stores only.

Flyer prices effective from Thursday, January 22nd, to Wednesday, January 28th, 2026

Visit us at fortinos.ca. FOLLOW US ON

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 reserve the right to limit quantities to reasonable family requirements. We are not obligated to sell items based on errors or misprints in typography or photography. Pricing: All references to "Save, Was, Now, Savings, etc.," is in comparison to our own regular prices. Coupons must be presented and redeemed at time of purchase. Savings shown may be greater depending on store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. To register as a PC Optimum™ member visit pcoptimum.ca. We are not obligated to award points based on errors or misprints. No cash value. Minimum redemption 10,000 points. These offers cannot be combined with any other coupons, discounts or promotions. Receive the points specified when you spend the qualifying dollar amount on the displayed product (s) and/or category. The trade-marks, service marks and logos displayed in this flyer are trade-marks of Loblaws Inc. and others. ©2026 Loblaws Inc. All rights reserved.

Earth Fresh butter potatoes



NEW

Foodland
ONTARIO

3.99
5 lb

butter gold, red or russet gourmet potatoes
product of Ontario, Canada no. 1 grade

21727160001_EA/21732687001_EA

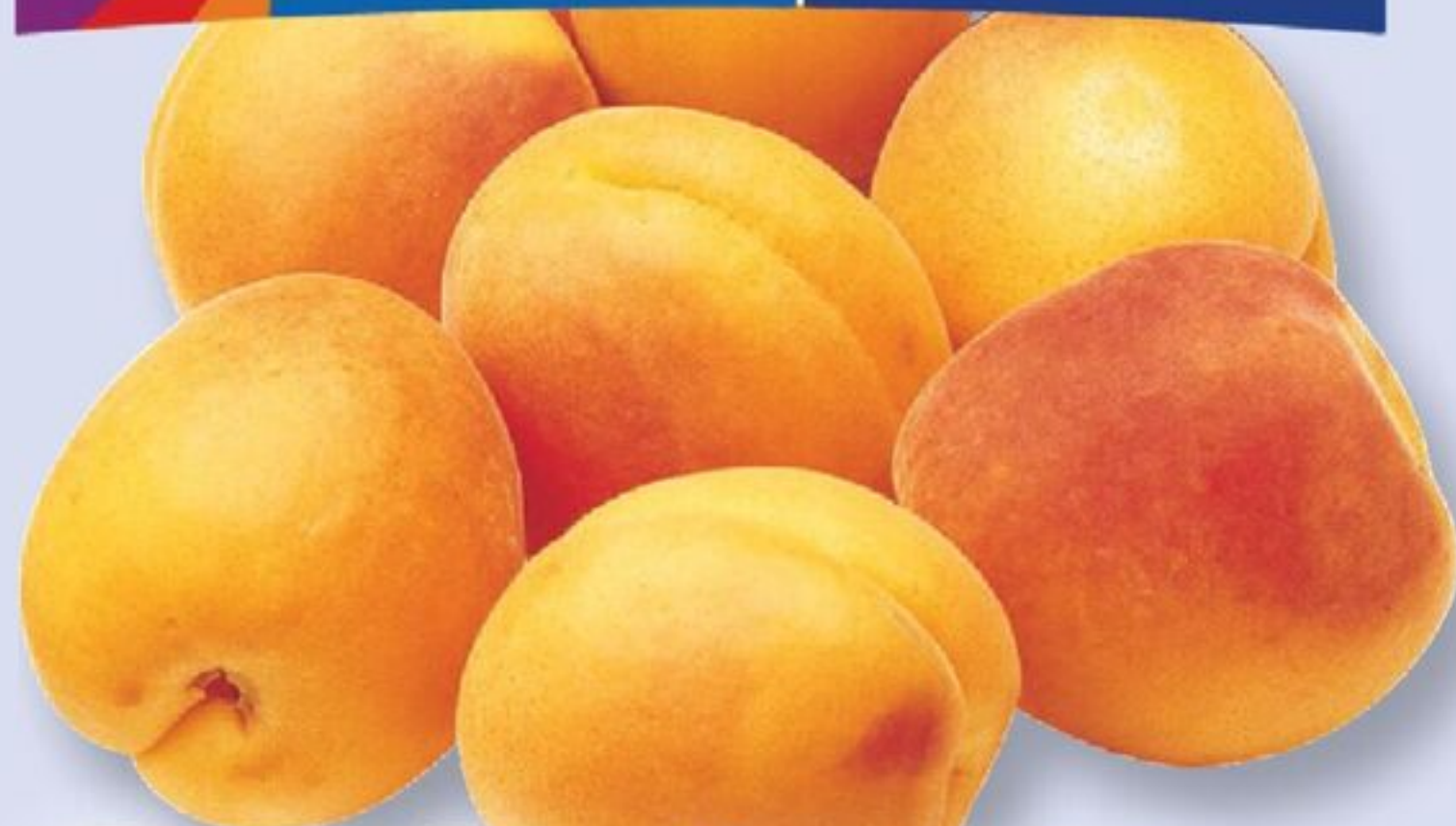


BUTTER RED: Red skinned with white firm flesh. Ideal in potato salads as it holds its shape when cooked.

BUTTER GOLD: Versatile offering a rich flavour and smooth eating experience. Superb in mashed potatoes!

BUTTER RUSSET: The ultimate baking potato due to its high starch and low moisture content with a dry soft interior. Great for gnocchi and as fries too!

Fruits from Chile



6.99
15.41/kg

large apricots
product of Chile,
no. 1 grade

20092504001_KG



4.99
11.00/kg

large peaches
product of Chile,
no. 1 grade

20002646001_KG



4.99
11.00/kg

large nectarines
product of Chile

20319426001_KG



3.99
8.80/kg

black or red plums
product of Chile,
no. 1 grade

20316478001_KG/20138186001_KG



POM
Wonderful
fresh arils
product of U.S.A.

5.99
227 g

FRESH ARILS
ARILLES FRAIS
NET WT 8 oz (227g)
POIDS NET 8 oz (227g)



Greenhouse
organic
smoothies
product
of Canada

21700116_EA/21700072_EA

3.99
300 mL



2.99
each

Savoura
Cerizo tomatoes
150 g, product of Canada,
Canada no. 1 grade
or Iceberg lettuce
product of U.S.A.
or Mexico

21217711001_EA/20135326001_EA



2.99
397 g

PC® coleslaw
product of U.S.A.

21204248_EA



4.49
170/227 g

Mann's snow or sugar snap peas
product of U.S.A.

20712967_EA/20712998_EA



Pick Organic Over 150 items available every day!



3.69
50 g

Greenbelt
Microgreens
organic
arugula, broccoli
or pea shoots
product of Ontario

21665130_EA/21665143_EA



4.49
2 lb

organic
yellow onions
product of Ontario,
Canada no. 1 grade

20107532_EA



2.99
340 g

organic rainbow
carrot chips
product of U.S.A.,
no. 1 grade

21350453001_EA



6.49
2 lb

Lil Snappers
organic
Bosc pears
product of U.S.A.,
Extra Fancy grade

20999028_EA



3.99
454 g

organic lemons
product of Mexico
or U.S.A.

20972626001_EA

Grocery



Pillsbury
pizza pops,
toaster strudel
or scrambles
selected varieties,
frozen

20172664001_EA/21435996_EA

349
204-280 g



329
141 g
MUSH
overnight oats
selected varieties
21673494_EA/21673552_EA



Siggi's skyr yogurt
selected varieties
21353892_EA/21549534_EA

699
650/750 g



Pillsbury
ready to bake
cookie chub or
cinnamon roll
selected varieties
351-468 g
20318034001_EA/20320962002_EA

399
each



Natrel
lactose free
milk
selected varieties
20077874001_EA

679
2 L



Christie cookies
selected varieties
21520747_EA/21639135_EA

599
285-488 g



449
each
Good Thins 100 g or
Nutella B-ready bars
6's, selected varieties
21457401_EA/21023024_EA



Cheez-It
crackers
selected varieties
21214559_EA

349
191-200 g



Jack Link's
meat snacks
65-81 g or
Pringles snack
stacks 228 g
selected varieties
20501983002_EA/21069445_EA

649
each



Dare
Veggie Crisps
selected
varieties
20973370_EA

229
100 g



Betty Crocker
Supermoist
baking mix
selected varieties
21547834_EA

249
375-404 g



Chef Woo
soup cups
selected varieties
21448063_EA

199
71 g



Knorr
Sidekicks
pasta or rice
selected varieties
20321430015_EA/20321430011_EA

229
121-162 g



Nestlé
chocolate
pouches
selected varieties
21080077_EA

529
76-203 g



Cadbury
Dairy Milk
selected varieties
21648536_EA

579
180 g



Aurora
arborio rice
21158678_EA

449
750 g



Kicking Horse
K-Cup pods 10's
selected varieties
21628567_EA/21628644_EA

3,000^{pt}



Primo
canned
tomatoes
selected varieties
21187383_EA/21187403_EA

199
796 mL



Rio Mare
tuna
selected varieties
20035383_EA/21639369_EA

729
3x65/80 g



Stefano
pasta sauce
635/648 mL
or Tre Stelle
grated
parmesan
cheese 200 g
20126049_EA/21220706_EA

749
each

Meat

FULL SERVICE BUTCHER • Custom cuts your way!



Breast Bone Removed
BETTER VALUE

5.99 lb
13.21/kg

St. Louis pork side ribs
breast bone removed
21036398_KG



7.99 lb
17.61/kg

boneless blade steak
cut from Canada AA
grade beef or higher
20818547_KG



2.99 lb
6.59/kg

beef feet
20879099_KG



4.99 lb
11.00/kg

Ital Trippa beef tripe
ready to cook
20880013_KG



✓ Air Chilled

✓ Canadian grown

✓ Grain fed



6.49 lb
14.31/kg

PC® Blue Menu®
skinless bone-in
chicken breast club pack
20065792_KG



6.49 lb
14.31/kg

PC® Blue Menu®
skinless chicken
drumsticks
20062868_KG



10.49 lb
23.13/kg

PC® Blue Menu®
chicken fillets
21536930_KG



10.49 lb
23.13/kg

PC® Blue Menu®
chicken breast
cutlet
21662345_KG



6.99
375 g

Butterball
turkey bacon
selected varieties
20016865_EA



9.99
600 g

Piller's smoked ham half
selected varieties
21608818_EA/21608901_EA



16.99
1.13 kg

PC® thick & juicy™
chicken burger
or Blue Menu®
turkey burger frozen
20155317_EA/20956689_EA



18.99
710 g

Janes chicken tenders
selected varieties, frozen
21703584_EA/21703608_EA

Seafood

We'll Clean & Scale Your Fish at No Charge... just ask!

Large size!

6.49
142 g

fresh Atlantic
salmon portions
plain, lemon herb,
jerk or BBQ flavour
20964642_EA/20964670_EA



10.99 lb
24.23/kg

fresh
tilapia fillet
20033340_KG



11.99 lb
26.43/kg

fresh whole
seabream (orata) or
European seabass
20039553_KG/20115567_KG



4.49
95 g

Crystal Waters
fresh crab cakes
21540856_EA



7.49
400 g

skinless boneless fillets
sole, cod, tilapia
or haddock, frozen
20048346_EA/20111565_EA



11.99
each

DOM organic
smoked salmon 100 g
or PC® raw easy peel
Argentinian shrimp
21-30 per lb,
340 g, frozen
20685561_EA/21332386_EA



5.99
each

Ferma large
sardines 750 g
or Waterview Market®
crispy calamari
300 g, frozen
20092762_EA/21454797_EA



12.99
each

IFC tempura
shrimp 500 g
or raw head on
shrimp 454 g
frozen
21614848_EA/21661029_EA



CONVENIENT MEALS

Ready To Cook in
Oven-Safe Pan

Pop Up Timer!



15⁹⁹
800 g

Fortinos boneless turkey breast
seasoned or sage & onion,
raised without antibiotics

21632573_EA/21634139_EA



8⁴⁹
each

Fortinos meatballs
Grande Italian style 450 g,
Grande Italian style turkey 450 g,
Italian style 400 g or turkey 400 g

21071791_EA/21071791_EA



5⁷⁹lb
12.76/kg



PANE Fresco
Eating Well Made Easy

Savatini sauce
selected varieties
\$6.79 450 mL

5.79 lb
12.76/kg
Fortinos
fresh pasta
selected varieties
20594477_KG/21670610_EA

Halal available at
select locations!

13.99
1 kg
PC® rotisserie
chicken fully cooked
20883994_EA

2.25 /100 g
10.19/lb
27 varieties!
gourmet salads
all varieties
20960611_KG

11.99 each
PANE Fresco
pizza kit
New Yorker
or Mediterraneo
21307893_EA

Deli Always freshly sliced or shaved your way!

15.99 lb
35.25/kg
PC® or Blue Menu®
Natural Choice™
turkey or chicken
selected varieties,
deli sliced or shaved
20302980_KG

12.99 lb
28.64/kg
Elite Chef
Angus roast beef
20641321_KG

13.99 lb
30.85/kg
Mastro
Genoa salami
deli sliced,
selected varieties
2087761_KG

12.99
300/375 g
PC®
Natural Choice®
strips
selected varieties
20786418_EA/20787394_EA

12.99 lb
28.64/kg
Jarlsberg
deli cut
21388103_KG

7.99
267 g
The Laughing
Cow cheese
20099999_EA

7.99
175 g
PC® Free From
sliced meat
selected varieties
20682855_EA/21002684_EA

2.99
120 g
Mom's Best
baguette crisps
21666548_EA/21666566_EA

Bakery Baked fresh by Bakers with passion!

\$44.99 1.3 kg
1/4 slab strawberry
shortcake

29.99
1.6 kg
strawberry
shortcake 8"
20592878_EA/20593060_EA

19.99
450/600 g
LA ROCCA
6 inch cake
selected varieties
20378352_EA

2.29
150 g
PANE Fresco
muffins
selected varieties
21461882_EA

\$5.49 500 g
half pies

9.99
1 kg
baked in store
double crust 9" pie
harvest apple, blueberry,
strawberry rhubarb
or apple crumble
21340135_EA

4.99
595 g
ACE bistro loaf
white or sourdough
21616092_EA/21616156_EA

3.99 each
submarine buns 4's,
kaiser buns 6's,
baked in store or
Dempster's bagels
6's, selected varieties
20009322_EA/20563221_EA

4.49
325 g
D'Italiano Bake At
Home garlic bread
selected varieties
21552105_EA

6.99
6's
Farmers Market™
Belgian waffles
21396165_EA

Celebrate Pie Day
Fri. Jan 23
[Click here](#)

LIVE YOUR ZEST LIFE!

- Peak season is now
- High in Vitamin C, flavonoids & fibre
- Delicious healthy snacks!

Click here

2.99^{lb}

6.59/kg
product of U.S.A.
20002145001_KG

RASPBERRY BLOOD ORANGES
SEEDLESS

Tart & sweet, with bright ruby juice and flesh.

RASPBERRY ORANGES

2.99^{lb}

6.59/kg
product of U.S.A.
20172698001_KG

CARA CARA
SEEDLESS

This is a gorgeous eating orange with a rich salmon flesh colour.

5.99^{lb}

13.21/kg
product of Spain
21369832001_KG

CHOCOLATE ORANGE
SEEDLESS

Sweet, juicy, and low in acidity, chocolate oranges offer a rich, classic orange flavour with gentle sweetness.

SUPER-SWEET

ENORMOUS

NO MESS

EASY-TO-PEEL

SEEDLESS

sumo CITRUS

4.99^{lb}

11.00/kg
product of U.S.A.
20562570001_KG

SUMO CITRUS
SEEDLESS
Easy to peel!

3.99^{lb}

8.80/kg
product of Spain
20613483001_KG

STEM & LEAF CLEMENTINES
SEEDLESS

Easy to peel!

2.49^{lb}

5.49/kg
product of U.S.A.
20426078001_KG

NAVEL ORANGES
SEEDLESS

The most popular eating orange! Incredibly juicy and aromatic with low acid.

2.99^{each}

product of Turkey or Israel
20020516001_EA

LARGE RED GRAPEFRUIT

Fresh, tangy, sweet-tart juice. Look for heavy, juice-laden fruit.

1.49^{each}

product of U.S.A.
20028593001_EA

LEMONS

Highly favoured for their acidic, sour flavour and sweet, aromatic scent.

.99^{each}

product of U.S.A.
20653666001_EA

LARGE SWEET LIMES

Thin skinned with soft, yellow green flesh, low acid and juicy. Mild in flavour.

4.99^{each}

product of Israel
20081390001_EA

RED PUMMELO

Giant of the citrus family, sweet and juicy, with notes of grapefruit and other citrus.

5.99^{each}

product of Morocco or Turkey
21506862001_EA

SEEDLESS DARLING CLEMENTINES

Easy to peel!

DARLING CLEMENTINES
Tentations nature sucrée
RICHE À PEEL
DARLING CLEMENTINES
Nature's Sweet Temptations
EASY TO PEEL
DARLING CLEMENTINES

5.99^{lb}

13.21/kg
product of Israel
20072482001_KG

ORRI MANDARINS

The flesh is juicy, orange, virtually seedless.

4.99^{each}

product of U.S.A.
20832220001_EA

MEYER LEMONS

A cross between a regular lemon and a mandarin. Smaller size, smoother, thinner rind. Highly fragrant with low acid & high sugar content.

Sunkist Citrons MEYER
Un Favori Culinaire!
Un mélange parfait entre citron et mandarine.
Plus petit, plus doux et sans pépins.
Sunkist

Grocery



2.29
each

Pillsbury
crescents or
wiener wraps
selected varieties
200-227 g
20305424002_EA/21505340_EA



Black Diamond
Slices processed
cheese product
selected varieties
21252564_EA/21278710_EA

5.49
410 g



5.99
850 g

Imperial margarine
selected varieties
20054663_EA



iöGO yogurt
selected varieties
16x100 g
20609583001_EA

8.49
each



Oasis
10 calorie
beverage
selected varieties
21595803_EA/21595907_EA

4.99
1.5 L

PC®
Blue Menu®
granola
selected varieties
21315327_EA

4.49
400/475 g



Kellogg's
Fun-Pac
cereal
210 g or Cora
waffle & pancake
mix 700 g
selected varieties
20067427_EA/21651406_EA

5.99
each



3.49
125-384 g



Kellogg's
Rice Krispies
squares, Nutri-Grain
bars or Pop-Tarts
selected varieties
20126567001_EA/20313984001_EA

Bonne
Maman
jam or spread
selected varieties
20307313006_EA

6.99
250-380 g



Quaker
instant
oatmeal
or Nature
Valley bars
selected varieties
21190254_EA/21675994_EA

4.29
175-344 g



Frank's
RedHot sauce
selected varieties
20187632001_EA/21088254_EA

4.79
354 mL



Mutti tomatoes
selected varieties
20934514_EA/20934796_EA

2.99
398/400 mL



2.79
each



Primo
lasagne
noodles
375/500 g
or Unico
passata 680 mL
selected varieties
20088224_EA/20416260_EA

GiGi beans
or chickpeas
selected varieties
21494109_EA/21494138_EA

2.49
340 mL



Unico
pepper rings
21103533_EA

4.29
750 mL



6.99
6x340 mL

Ocean Spray
sparkling cranberry
beverages
selected varieties
21474381_C06/21474384_C06

Glaceau
Vitaminwater
selected varieties
20333194006_EA/20562362003_EA

2.49
591 mL



Powerade
sport drinks
selected varieties
20853723_EA

1.99
710 mL



PC® or
Blue Menu®
cranberry cocktail
selected varieties
20307025001_EA

3.49
1.89 L



Allen's juice
selected varieties
20322764001_EA

3.79
1.89 L



Grocery



149 no name®
rice crackers
selected varieties
100 g



4 99 no name®
peanut butter
selected varieties
1 kg



149 no name® crackers
or breadsticks
& cheese snacks 3's
selected varieties
each



229 PC® or
Blue Menu® broth
selected varieties
900 mL/1 L



249 PC® appletreet™
apple sauce
selected varieties
6x100 g



399 PC® frozen entrées
selected varieties,
frozen, 214-365 g
each



349 PC® Albacore
white tuna
selected varieties
170 g



129 PC® macaroni
& cheese
selected varieties
200/225 g



399 PC® or
Blue Menu®
pancake
mix 905 g
or table
syrup 750 mL
selected varieties
each

Easy Meals

Ben's Original
rice cups
selected varieties
21680683_EA

249
62-68 g

Ben's
Original
bistro express
selected varieties
21405472_EA

349
240-250 g

VH
cooking or
dipping sauce
selected varieties
20984002_EA/20297368_EA

349
341-380 mL

PF Chang's
cooking sauce
selected varieties
21557057_EA

449
350 mL

PC®
cooking sauces
selected varieties
20075022_EA/20308422001_EA

399
350-400 mL

PC®
Udon®noodles
selected varieties
20354811_EA

279
225-800 g

349 PC® rice
selected varieties
20962879_EA/20961107_EA

PC® ready
to eat soup
selected varieties
21360265_EA

299
540 mL

Campbell's
broth
selected varieties
20322348002_EA

249
900 mL

Campbell's
condensed soup
selected varieties
20297246002_EA

229
284 mL

BRINGING THE WORLD TO YOUR KITCHEN

Sharing culture through food



Crispy pound cake
selected varieties
20814080_EA/20814268_EA

349
386 g



Cucina mini
mozzarella
arancini
frozen
21339562_EA

799
500 g



Putter's pickles
selected varieties
20093452_EA/20136840_EA

599
500 mL/1 L



499
341 g
Nanak paneer
21286158_EA



Liguori pasta
selected varieties
21665208_EA/21665273_EA

349
454 g



599
550 g
ICIM Turkish
Labneh cheese
21367589_EA



Bechtel
spaetzle noodles
selected varieties
20032557003_EA/20032557004_EA

399
500 g



Irini
extra virgin
olive oil
20021287_EA

1299
750 mL



549
71 g
Gefen herb cubes
selected varieties, frozen
21056545_EA/21056556_EA



Noor
basmati rice
20056100_EA

1099
4.54 kg



La Costeña sauce
selected varieties
20318656001_EA/20318656002_EA

449
455 mL



Yorkshire
or Yorkshire
Gold tea bags
21604120_EA

899
80's



Colavita olive oil
20617955_EA

1999
1 L



249
22's
Fisherman's Friend
lozenges
21691116_EA/21705695_EA

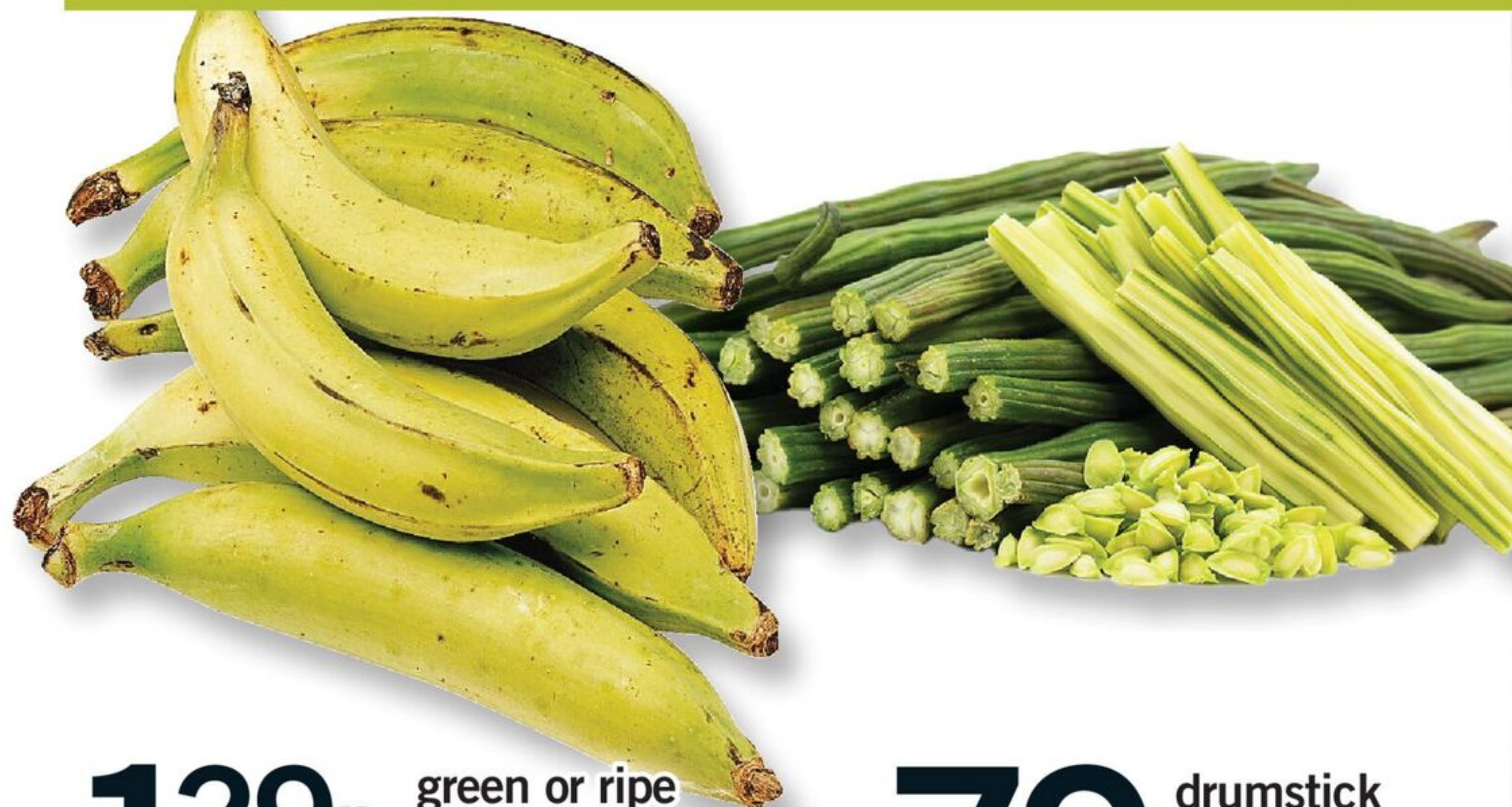


Grace
coconut water
selected varieties
21027754_EA

189
500 mL

EXPERIENCE A WORLD OF FLAVOURS

AVAILABLE AT: 330 Queens Plate Etobicoke, 75 Centennial Pkwy, 1579 Main St. West, 50 Dundurn St. South Hamilton, 55 Mountainash, 60 Quarry Edge and 35 Worthington Brampton stores only.



1.29 lb green or ripe
plantain
product of Colombia
2.84/kg
20111926001_KG/20111926001_KG

.79 drumstick
product of India,
each
20867050001_KG

6.99 Chelsea
silversides
smelts frozen
454 g
21101064_EA

12.99 Sufra Halal
diced beef
454 g
21395711_EA

5.99 Brar's vegetable
samosas 6 pack
720 g
20904594_EA



5.49 Casablanca
eggless muffins
selected varieties
480 g
21706085_EA

3.99 Crispy cookies
selected varieties
350 g
20820419_EA

7.99 Mina Halal
extra lean
ground chicken
454 g
21618141_EA

10.99 Zabiha Halal
breaded chicken
selected varieties,
frozen
800 g
21192505_EA/21192652_EA

2.20 natural
roasted
pistachios
salted or
unsalted
/100 g
20328168_KG
20664648_KG



2.29 Suraj
Dahi yogurt
selected varieties
750 g
20958145_EA/20959052_EA

3.49 Alphonso
mango juice or
Aljuice beverage
selected varieties
1.75 L
21128528_EA

1.29 Suraj or
Tamam chickpeas,
beans or lentils
selected varieties
540 mL
20322156005_EA/20540264_EA

3.99 Happy Dairy
paneer
300 g
21343632_EA

1.99 MDH
masala spices
100 g or Jabsons
peanuts 140/160 g
selected varieties
each
20707277_EA/21155179_EA



Haldiram's
snacks
selected varieties
20314667007_EA

1.49
150/160 g

Brookebond
Red Label
tea 900 g
or Dabur
honey 500 g
20802858_EA/21017684_EA

10.99
each

Britannia
biscuits 231 g
or Royalty
digestives 400 g
20875689_EA/21023781_EA

2.29
each

Sher Besan
20869922_EA/21023781_EA

5.99
4 lb

2.99
each

Quality tamarind
400 g or Master
Indian kits 18-22 g
selected varieties
20713005_EA/21677111_EA

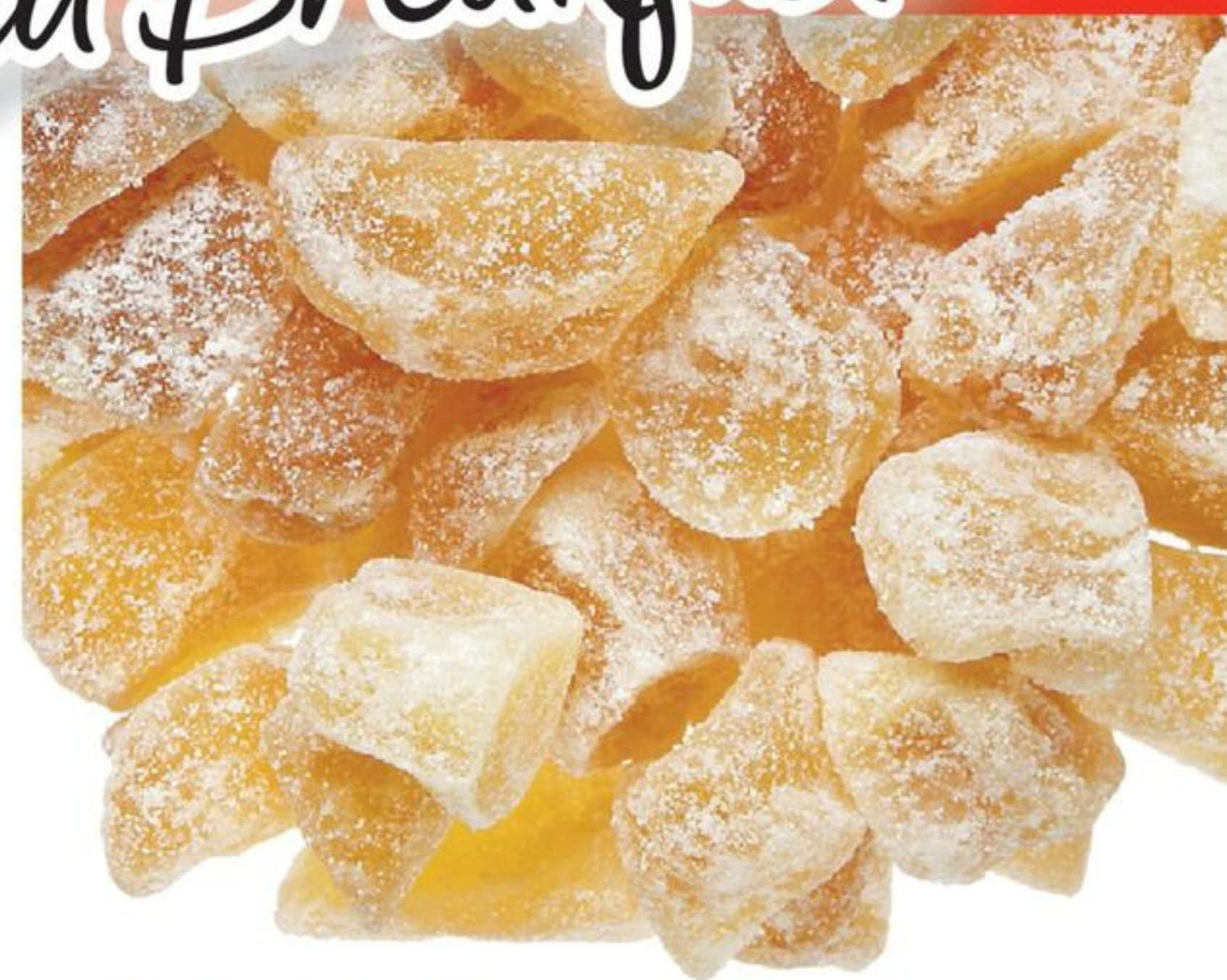
Bulk Make a Power-Packed Breakfast!



198 /100 g dried mango slices
8.99/lb
20116177_KG



121 /100 g dried cranberries
5.49/lb
20076360_KG



308 /100 g ginger chunks
13.99/lb
21484227_KG/21484229_KG



132 /100 g sweetened banana chips
5.99/lb
20125896_KG



198 /100 g raw or roasted pepitas salted or unsalted
8.99/lb
20171376_KG/20173561_KG



176 /100 g walnut pieces, halves or crumbs
7.99/lb
20160573_KG/20167827_KG



.88 /100 g roasted sunflower seeds salted or unsalted
3.99/lb
20015072_KG/20071873_KG



353 /100 g pecan halves or pieces
15.99/lb
20730611_KG/20730612_KG



165 /100 g chia seeds
7.49/lb
20655499_KG



330 /100 g hemp seeds
14.99/lb
21591527_KG



375 /100 g psyllium seeds husks
16.99/lb
20655446_KG



154 /100 g shredded coconut sweetened or unsweetened
6.99/lb
20018083_KG/20156051_KG



.33 /100 g rolled oats
1.49/lb
20041938_KG/20146120_KG



154 /100 g honey raisin & almond granola
6.99/lb
21622146_KG



154 /100 g cinnamon raisin granola
6.99/lb
21622193_KG



.55 /100 g 12 grain cereal
2.49/lb
20021736_KG

Seafood



8⁹⁹ Diana's wild clam chowder frozen
500 mL 21602248_EA



12⁹⁹ PC® PEI mussels in provencale sauce or creamy white wine sauce frozen
907 g 20838560_EA



10⁹⁹ IFC basa fillets frozen
850 g 21615047_EA



11⁹⁹ PC® raw Zipperback® jumbo wild Argentinian shrimp 21-30 per lb, frozen
340 g 21332386_EA

Meat



7⁹⁹ PC® Pub Recipe™ chicken nuggets, strips or burgers selected varieties, frozen
700 g 21201320_EA/21201321_EA



15⁹⁹ PC® Shepherd's pie selected varieties, frozen
800/900 g 20003749_EA



12⁹⁹ Yorkshire Valley Farms organic chicken bites frozen
454 g 21194345_EA



10⁹⁹ Zabiha Halal Fire Crisp spicy burgers, nuggets or drumsticks frozen
700-750 g 21704617_EA/21705962_EA



3⁹⁹ Schneiders Lunchmate or adult lunch kits selected varieties
67-120 g 21120891_EA/21309931_EA



5⁹⁹ Schneiders Red Hots, Maple Leaf Top Dogs or Mina Halal chicken wieners selected varieties
375/675 g 20602429_EA/21093477_EA



5⁹⁹ Maple Lodge Farms chicken bacon or Zabiha Halal chicken breast strips
375 g 20099204_EA/20105121_EA



Celebrate Lunar New Year



anthurium
in upgraded pot

21679773_EA

39⁸⁸
each



snake plant
in ceramic pot

21672523_EA

26⁸⁸
each



Neanthe Bella palm
in ceramic pot

21672454_EA

26⁸⁸
each



Lunar New Year
garden

21733452_EA

49⁸⁸
6 inch



Money tree 1 quart pot
or jade plant 6 inch pot

21660943_EA/21705342_EA

19⁸⁸
each



lucky bamboo

21733483_EA

19⁸⁸
3 tier



cut tulips
assorted colours

20180973_EA

12⁹⁹
10 stems



from

\$20-50
each

Fortinos mixed bouquets
assorted colours and sizes

21159059_EA/21549447_EA



large Everyday
arrangement
\$35 each

\$21
each

small Everyday
arrangement

21590835_EA/21590921_EA

Baby



Huggies or Pampers diapers
selected varieties
21456748_EA/21551525_EA

34⁹⁹
66-184's



19⁹⁹
504-704's
Pampers or Huggies wipes
selected varieties
21018026_EA/21371309_EA



Enfamil NeuroPro
formula powder
selected varieties
21589117_EA/21589230_EA

49⁹⁹
553/587 g



Similac formula
selected varieties
21436985_EA/21437126_EA

54⁹⁹
837/859 g



Enfamil NeuroPro
ready to drink formula
selected varieties
21590060_C01/21590568_C01

74⁹⁹
18x237 mL

PC® baby needs
444-592 mL
or Gerber
organic
melts 28 g or
Earth's Best
bars 133 g,
selected varieties
20977837_EA/21097119_EA



4⁴⁹
each

Cerebelly
pouches 128 mL
or Once Upon A
Farm refrigerated
pouches 85 mL
selected varieties
21191663_EA/21601227_EA



2⁹⁹
each

mini cereal
bars 160 g
or Hot Kid
Mum Mum
50-60 g
selected varieties
20159814002_EA/20431441001_EA



2⁹⁹
each

PediaSure
4x235 mL
or Pedialyte 1 L
selected varieties
20322414001_EA/20322414002_EA



8⁹⁹
each

Love Child
pouches 128 mL
or BabyGourmet
simply bites 38 g
selected varieties
20944660_EA/21121969_EA



1⁹⁹
each

Body & Health

Softsoap 221 mL
or Fisherman's
Friends lozenges 22's,
selected varieties
21073173_EA/21073176_EA



2⁴⁹
each

Axe deodorant
76-113 g,
body wash 473 mL
or Crest toothpaste
60-130 mL
selected varieties
21041420_EA/21042562_EA



4⁹⁹
each

Nivea body
wash 500 mL,
shaving gel
or foam 200 mL
or deodorant 50 g
selected varieties
20320922002_EA/20321421004_EA



4⁹⁹
each

Method hand
soap refills
828 mL/1 L
or Benylin
or Tylenol
cough and cold
20-24's/100 mL
selected varieties
21659550_EA/2032277001_EA



8⁹⁹
each

Dove 3's
or Olay 4's
bar soap
or Dove hair
care or styling
355 mL/142-198 g
selected varieties
20338455003_EA/20605927003_EA



6⁹⁹
each

U By Kotex
tampons
30-32's,
liners 80-129's,
or pads 22-44's
selected varieties
21288015_EA/21518467_EA



10⁹⁹
each

Tena
protective
underwear
selected varieties
21033614_EA/21033778_EA



17⁹⁹
13-48's

Aveeno
or Maui hair
care or lotion
354-385 mL
selected varieties
20318600_EA/21009269_EA



10⁹⁹
each

Boost meal
replacement
or Liquid IV
selected varieties
20986348_C06/20986361_C06



13⁹⁹
6's

Premier
protein or
Muscle Milk 4's
or Pure Protein 6's
selected varieties
20539046_EA/21507547_C04



12⁹⁹
each

Household



Snuggle liquid fabric softener
138 WL, 2.77 L
or dryer sheets 200's
selected varieties

13.99
each



Tide Pods
or Power Pods
selected varieties

12.99
18-31's



PC® Planet First™
all-purpose cleaner
selected varieties

4.99
700 mL



no name®
scouring sponges
or pads
selected varieties

3.49
9-10's



Lysol disinfecting wipes
selected varieties

7.49
75/84's



12.99
20-40's
Glad garbage bags
selected varieties
& sizes



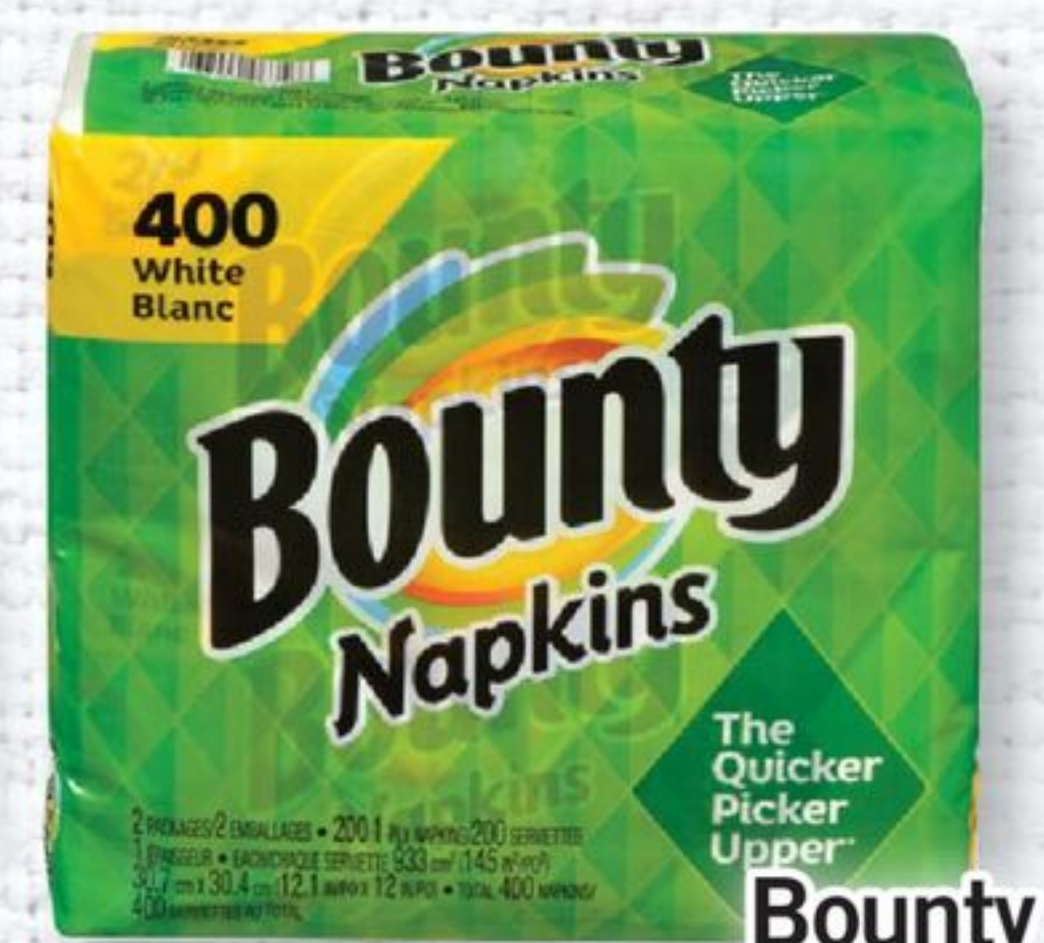
13.99
52 mL
Febreze
Plug In refills



3.49
30 m
Glad
Cling Wrap



5.29
10-25's
Ziploc
freezer bags
selected varieties



10.99
400's
Bounty
white napkins
1 ply

Pet Needs for Cats & Dogs!



1.49
75 g
Whiskas
Perfect Portions
wet cat food
selected varieties



Purina
Friskies
dry cat food
selected varieties

7.99
1.4-1.5 kg



2,000 pts
16.99
12x85 g
Blue Buffalo
Tastefuls
wet cat food



Purina One
True Instincts
dry cat food
selected varieties

13.99
1.45-1.8 kg



PC®
light weight
cat litter
selected varieties

11.99
3.86 kg



PC®
Nutrition First®
grain-free
wet dog food
selected varieties

2.79
374 g



Milk-Bone
Comfort Chews
selected varieties

7.99
210/312 g



Caledon Farms
value pack
dog treats
selected varieties

17.99
340-795 g



PC®
Nutrition First®
dry dog food
selected varieties

58.99
14 kg



Fresh Pet
Dog Joy
dog treats

6.49
85/181 g



NATURE'S TREASURE

by **FORTINOS**

Fuel Your New Year

Make a fresh start in 2026 with expert advice, healthy options and personal support from Nature's Treasure, including:

- ✓ *Certified Nutritional Practitioners*, on staff at all Fortinos locations for free consultations
- ✓ Healthy, fresh, nutrient-dense food choices including vegetarian, vegan, gluten and nut-free options
- ✓ Up to date information about product ingredients, vetted by our experts and the latest naturopathic-recommended quality vitamins and supplements.

Proud supporters of:



17⁹⁹
59 mL/90-200's

Now ashwagandha extract, GABA, vitamin C 1000, L-lysine or Omega-3 caps selected varieties

21418536_EA/21418540_EA

Naturopathic formulated!

19⁹⁹
60's

Suku sugar-free gummy vitamins selected varieties

21310902_EA/21311623_EA



34⁹⁹
50 mL

Good Vibes wellness shots all varieties

21496231_EA

NEW



Find your chill this new year, support your adrenals with magnesium & ashwagandha!

BUY 1 GET 1 50% OFF

CanPrev magnesium bis-glycinate, magnesium stress release or adrenal chill selected varieties, 90/120's

20776243_EA/21298009_EA



up to **20% OFF**

Nordic Naturals cod liver or Omega-3 oil, all varieties & sizes

21689601_EA/21689602_EA

Informed Choice certified!

43⁹⁹
680/908 g

North Coast Naturals or PVL whey protein powder selected varieties

20306852001_EA/20650672001_EA



31⁹⁹
199-273 g

Genuine Health high fibre gut superfoods or greens powders all varieties

21065501_EA/21592533_EA



3⁹⁹
125-150 g

Skinny Pop popcorn selected varieties

20785418001_EA/20785418002_EA



Fair trade & Organic!

16⁹⁹
454 g

Kicking Horse whole bean coffee selected varieties

20322468001_EA/20322468006_EA



24⁹⁹
33 g

Mid-Day Squares functional chocolate selected varieties

21487220_EA/21487247_EA



3⁹⁹
414 mL

Rise kombucha drink all varieties

20910755003_EA/214393091_EA



NEW

3⁹⁹
120-150 g

Made Good school safe snacks selected varieties

21351751_EA/21352121_EA



74⁹⁹
473-946 mL

Elmhurst non-dairy beverages selected varieties

21415606_EA/21415684_EA



Flyer prices effective from Friday, January 2 to Wednesday, January 28, 2026

Cold Weather Wellness

Review, reflect & reset goals. January is a good time to slow down and take a look at your health priorities.

- ✓ Make time for conversation with friends & family over a cup of tea with immune boosting manuka honey
- ✓ Make winter work for you with invigorating outdoor walks, nature trails and winter sports.

4.99
16 bags

Yogi organic tea
all varieties
20317306002_EA/20693913003_EA



Sprouted varieties available!

LOCALLY MADE

7.49
each

Rolling Meadow grass-fed milk 2 L or Organic Meadow kefir drink 1 L
all varieties
20710883001_EA/21212714_EA



NEW

LOCALLY MADE

10.99
250 mL

Filsinger's organic apple butter
21722934_EA



7.49
320-567 g

Little Northern Bakehouse gluten free bread
selected varieties
21100055_EA/21100057_EA



7.99
450 g

Yoggu! dairy-free yogurt
all varieties
21689390_EA/21528293_EA

Great source of pre- and probiotics!

Infused with cleavers, hyssop & yerba mate!

24.99
340 g

Cafezia fair trade & organic whole bean coffee
21706712_EA/21706635_EA



Kid's immune support with propolis, zinc, and vitamin D!

NEW

11.99
15 ct

Beekeeper's Naturals wellness wands
21718881_EA



29.99
250 g

Wedderspoon raw manuka honey
21410083_EA

UP TO 20% OFF

Find me in the Probiotic cooler!

LOCALLY MADE

Kefirkult coconut kefir yogurt
all varieties & sizes
21522411_EA/21522411_EA



Immune Focus

A. Vogel echinaforce, sore throat spray, or sinna nasal tabs or spray
all varieties & sizes
21235730_EA/20730073_EA



Nature's Way immune gummies or syrup
all varieties & sizes
21190315_EA/21192086_EA



Formulated with Elderberry!

St. Francis Herb Farm herbal tinctures or capsules
all varieties & sizes
20731309_EA/21191956_EA



Blend of oregano oil with blackseed oil!

Supports digestive immunity!

Orange Naturals probiotic capsules or powder
all varieties & sizes
21295561_EA/21409970_EA



Clinically shown to help prevent & relieve cold & flu symptoms!



Bio-K fermented probiotic drink or capsules
all varieties & sizes
21391833_EA/21350779_EA



Green Pancakes with Roasted Coconut Topping

- 1 cup (250 mL) **ONE DEGREE** rolled oats
- 1 cup (250 mL) packed fresh spinach
- 1 tsp (5 mL) **ORGANIC TRADITIONS** matcha powder
- Ripe banana
- 2 **YORKSHIRE VALLEY** organic, pasture-raised eggs
- 1/2 cup (125 mL) **COCOSOUL** coconut milk, or milk of choice
- 1 tsp (5 mL) **BOB'S RED MILL** baking powder
- 1 tsp (5 mL) **PC® ORGANICS** vanilla extract

Serves 2

In blender, or by hand, place oats, spinach, matcha, banana, eggs, milk, baking powder, vanilla, and salt. Blend until smooth. (For extra-fluffy pancakes, let batter rest for 5 minutes before cooking).

Heat skillet over medium heat and brush with coconut oil. Pour batter into rounds and cook until bubbles form on surface, about 2 to 3 minutes. Flip and cook for another 1 to 2 minutes, until golden.

For topping, whip coconut cream with maple syrup until fluffy, then fold in toasted coconut and lime zest. Stack pancakes, top with whipped coconut cream, and serve immediately.

Recipe courtesy of
alive



749
680 g

One Degree organic oats
selected varieties
21532753_EA/21532752_EA

Glyphosate free & sprouted!



699
750 mL/1.4 L

Califia Farms premium non-dairy beverage or coffee creamer
selected varieties
21424973_EA/21397053_EA



Organic variety now available!



849
12 ct

Yorkshire Valley Farms organic, pasture-raised eggs large
20982570001_EA



1099
1.25 L

Cocosoul organic coconut milk
21692677_EA/21692768_EA

Unrefined sea salt!



1299
737 g

Redmond all natural real salt
selected varieties
20010681_EA



1699
150 g

Organic Traditions matcha or turmeric latte
selected varieties
21222515_EA/21222509_EA



999
59 mL

PC® Organics pure vanilla extract
selected varieties
21402620_EA



349
200 mL

Dream Foods Italian Volcano organic lemon or lime juice
21007935_EA/20432986002_EA



1199
444 mL

Nutiva organic virgin coconut oil
selected varieties
20371617_EA

Cold pressed & unrefined!



499
400 mL

Cha's organic coconut milk or cream
selected varieties
21397563_EA/21316074_EA



599
397 g

Bob's Red Mill baking powder
21563485_EA



799
340 g

Bob's Red Mill unsweetened shredded coconut
21127430_EA



1299
375 mL

Shady Maple organic maple syrup
selected varieties
20794851_EA/21418710_EA

Lunches On-The-Go: Prioritize Protein

Protein is essential for growth and repair. It also creates a feeling of “fullness”, helping you stay, and feel satisfied.

- ✓ Start the day with protein-rich foods or smoothies with protein powder
- ✓ Fuel & energize with protein-packed snacks & drinks to help you power through your day, avoid the 2 pm slump, and keep sugar cravings at bay
- ✓ Swap sugary favourites like cereal, bars, and cookies with high protein alternatives

**LOCALLY
MADE**

3⁹⁹
250 mL
**Two Bears
protein latte**
all varieties
21666917_EA/21667073_EA



20 g of
protein
per
serving!

3⁹⁹
100 g
**Bob Snail
100% real
fruit rolls**
all varieties
21703079_EA/21703202_EA



NEW

9⁹⁹
180 g
**Simply Protein
stacked snack bars**
all varieties
21707059_EA/21707077_EA

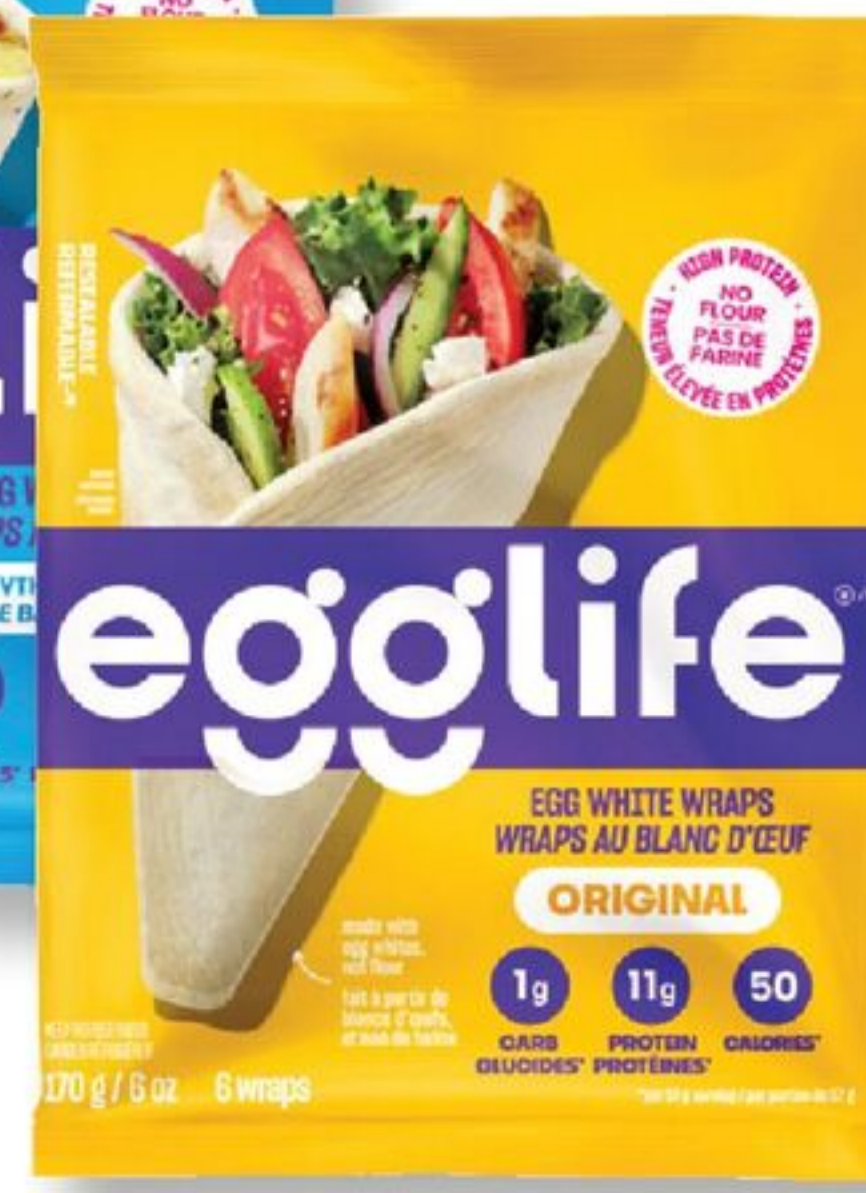


NEW

5⁴⁹
each
**Tree Island grass-fed yogurt 350 g
or Noble Bean tempeh 240 g**
all varieties
21622466_EA/21622531_EA

High in
protein!

9⁹⁹
170 g
**Egglife
egg-based wraps**
all varieties
21653472_EA/21653477_EA



12⁹⁹
200 g
**Truely high protein,
gluten free cereal**
all varieties
21717227_EA/21717252_EA



NEW

**UP TO
20%
OFF**

Scoop & Shake

**PVL
Can-Whey
protein powder**
727 g
21682923_EA
21682956_EA



**Eville
smoothie
cubes**
all varieties
21693095_EA/21693144_EA



**Organika
collagen
powder**
all varieties & sizes
21028366_EA/21190856_EA



**Iron Vegan
or Progressive
protein,
collagen
or greens
powder**
all varieties
& sizes
21002793_EA
21519275_EA

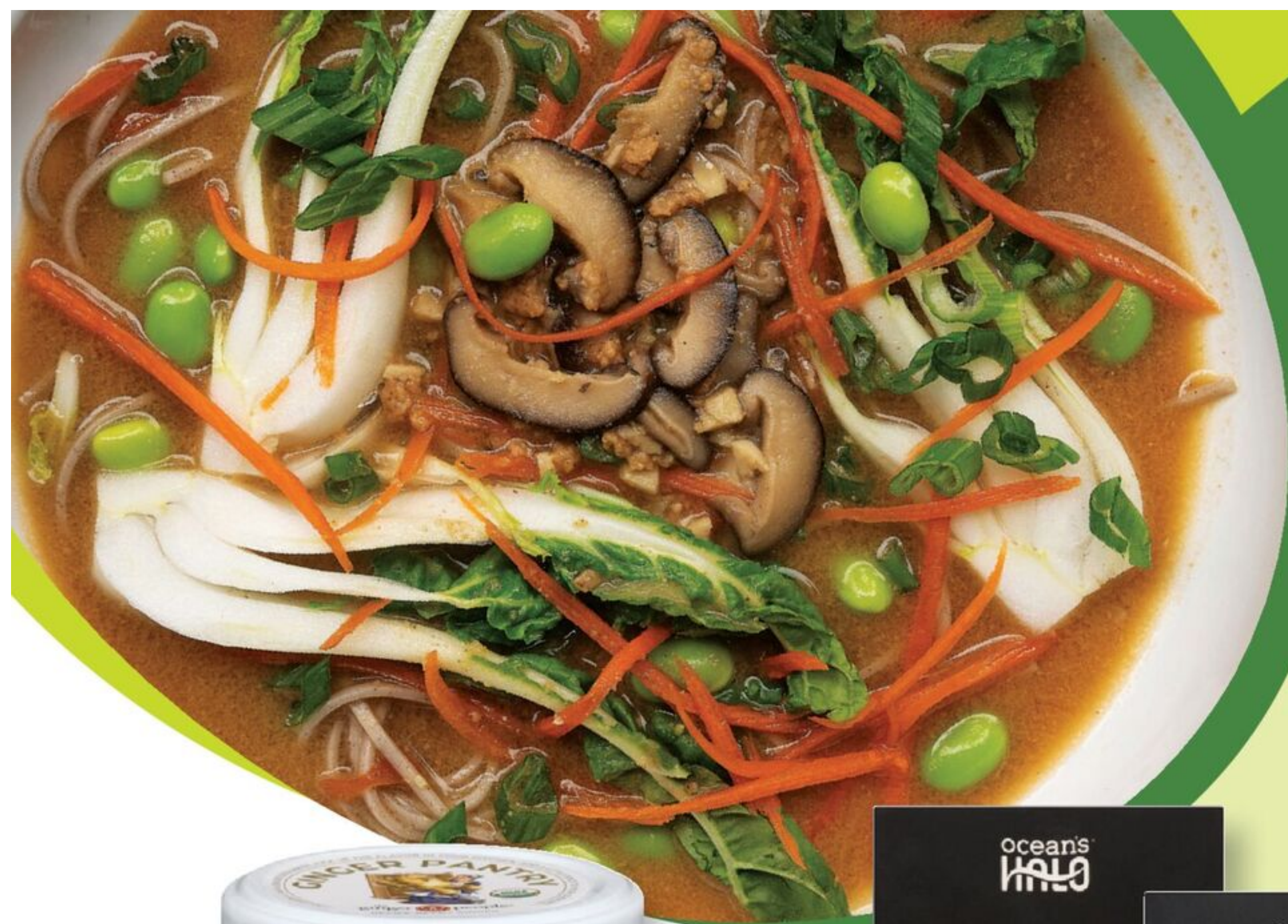


**Leanfit creatine
monohydrate,
protein, or
electrolytes
powder**
all varieties
& sizes
21403978_EA/21561038_EA



**Vega
all-in-one
protein
powder, or
ready-to-drink
protein shake**
all varieties & sizes
20645554_EA/21664878_EA





Soba Noodle Soup

Serves 2

- 1 tbsp (15 mL) **SPECTRUM** sesame oil
- 3 tbsp (45 mL) finely chopped garlic
- 2 tbsp (30 mL) **THE GINGER PEOPLE** minced ginger
- 1/2 tsp (2 mL) dried red pepper flakes
- 4 **FUNKY FUNGHI** dried mushrooms
- 4 cups (1 L) **BROYA** broth
- 1 tbsp (15 mL) **SAN-J** tamari or soy sauce
- 2 tbsp (30 mL) **NUTS TO YOU** peanut butter
- 3 oz (85 g) **OCEAN HALO** soba or ramen noodles, cooked and rinsed
- 1 baby bok choy, cut lengthwise into 6 pieces
- 1/2 cup (125 mL) **PC® ORGANICS** frozen edamame, blanched
- 3/4 cup (180 mL) shredded carrot
- 1/2 cup (125 mL) green onion
- 1 tbsp (15 mL) rice or **FILSINGER'S** apple cider vinegar
- **ABOKICHI OKAZU** chili oil for serving

In soup pot on low heat, add sesame oil and sauté garlic and gingerroot for about 2 minutes. Add red pepper flakes and sauté for 3 minutes more. Add mushrooms and stir occasionally, for about 2 minutes. Mushrooms will begin to soften. Add 1/4 cup (60 mL) broth and stir. Add tamari and allow to simmer for a few minutes to concentrate the flavour before adding peanut butter and remaining broth. Let broth simmer gently for about 10 minutes, until warmed through.

Meanwhile, prepare 2 bowls by dividing noodles, bok choy, edamame, carrots, and green onion between them. When ready to serve, add vinegar to broth and ladle with mushrooms over each bowl. Add a spoonful of chili oil if desired.

Recipe courtesy of
alive



4.79
190 g

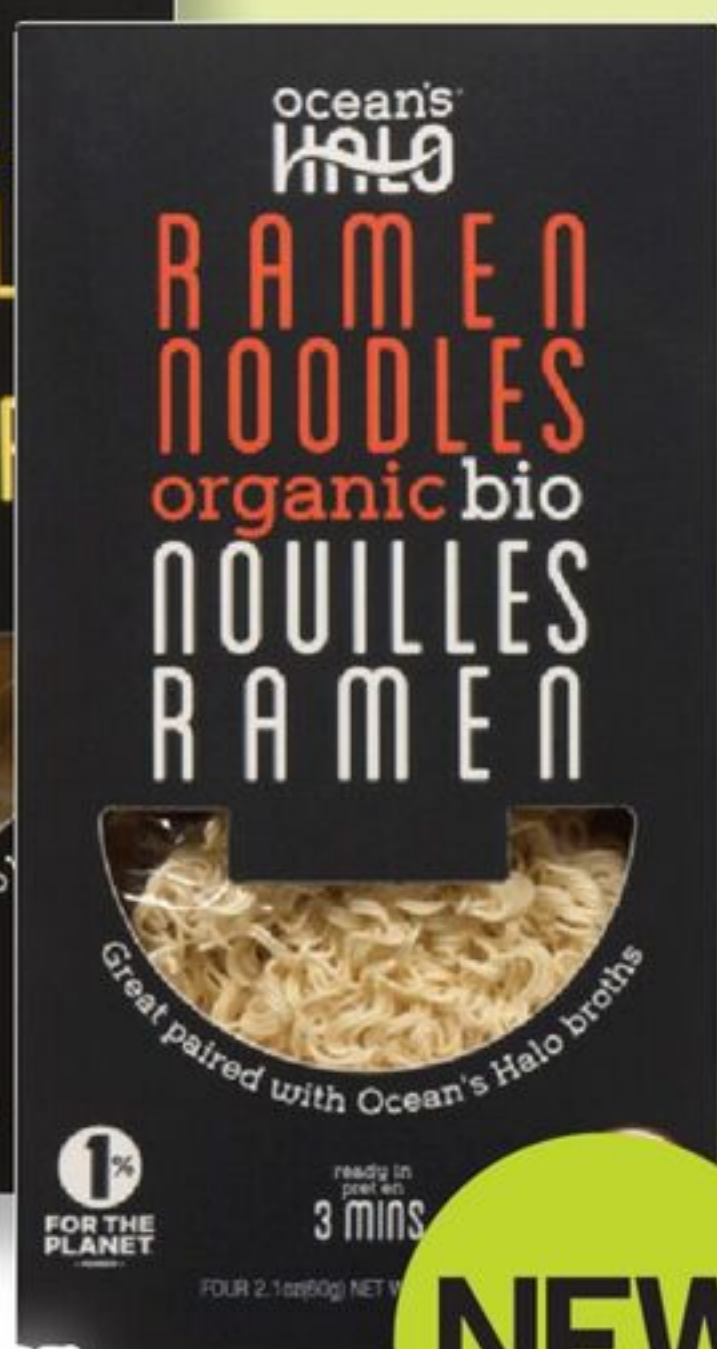
NEW

The Ginger People
organic minced ginger
21719750_EA



4.99
180-240 g

Ocean Halo rice or
ramen noodles
21703566_EA/21703564_EA



NEW

Also
available in
gluten-free!

6.99
each

San J tamari
or Nuts to You
spreads

s20795946001_EA/20304746_EA



11.99
500 mL

Broya grass-fed or
organic bone broth
all varieties
21709451_EA/21709146_EA



NEW



10.99
473 mL

Spectrum
sesame oil
21543068_EA



14.99
28 g

Funky Funghi dried
mushroom mix
21724356_EA

NEW

5.99
250 g

Herbamare
herbed sea salt
all varieties

20317961001_EA/20317961002EA



**LOCALLY
MADE**

7.99
945 mL

Filsingers
organic apple
cider vinegar
21312947_EA



11.49
230 mL

Abokichi okazu
Japanese chili oil
selected varieties
21424927_EA/21333336_EA



NEW



7.99
30 g

GimMe organic
roasted seaweed
snacks
selected varieties
20999935_EA/21356151_EA

4.99
500 g

PC® Organics
frozen edamame
selected varieties
20416869001_EA/20416869003_EA



4.49
13-64 g

PC® Organics spices
selected varieties
21209101_EA/21209151_EA



6.99
480 mL

Ocean Halo
kimchi
21597662_EA



Digestion: Fibre & Ferments

It all starts in the gut! Improve your gut health and enjoy a smoother digestive experience.

- ✓ Feed your good gut bacteria with fibre-rich foods and fermented favourites
- ✓ Maximize gut health and help support healthy cholesterol levels
- ✓ Explore probiotic-packed fermented foods and nourishing pre-biotic supplements

LOCALLY MADE

349 355 mL

Tonica kombucha bottles or cans all varieties
20818822001_EA/21632474_EA

Brewed in small batches right here in Ontario!



Low Carb & Gluten Free!

449 120-400 g

Liviva low carb rice or pasta selected varieties
21154070_EA/21639786_EA



599 349 g

Bionaturae organic sourdough pasta all varieties
21712386_EA/21712481_EA



NEW

1299 680 g

Bianco DiNapoli organic tomato sauce selected varieties
21722548_EA/21722547_EA



NEW

Sourdough bread is fermented for better digest-ability!

LOCALLY MADE

799 230-255 g

Aidan's gluten free sourdough bread selected varieties
21686757_EA/21686932_EA



749 250 g

Yumi organics overnight oats selected varieties
21522422_EA/21522427_EA



1899 454 g

Organic Traditions sprouted chia & flax seed powder selected varieties
21706197_EA



NEW

UP TO 20% OFF

Cholesterol Support

With 75 mg of choline, an essential nutrient that supports the liver in maintaining cholesterol levels in the body

Canprev Tudca v-caps 60's or Fibre feel 325 g
21297786_EA/21685401_EA



Safe for low FODMAP diets!

North Coast Naturals daily cleanse fibre 1 kg
20704916_EA



Helps improve LDL:HDL cholesterol ratio!

Prairie Naturals Sytrinol® 60's or Vitamin D3 2500IUs 180's
21505844_EA/21592668_EA



Organic Traditions fibre fuel smoothie boost all varieties
21478341_EA/21478343_EA



Aqua Omega fish oil liquid or capsules all sizes & varieties
21157460_EA/21223968_EA



blume SuperBelly hydration sachets selected varieties, 28 g
21648198_EA/21648263_EA



7⁹⁹
18-100's

Uncle Lee's tea
selected varieties

20296329002_EA/21506541_EA



8⁹⁹
16 g

Bone Brothouse instant
bone broth all varieties

21400280_EA/21400321_EA

Non-GMO
Gluten & Dairy Free!

**LOCALLY
MADE**

5⁴⁹
398 mL

Yorkshire Valley organic soup
all varieties

21560109_EA/21560336_EA



Detox & Immunity

Support your body's natural cleansing pathways & strengthen your immune defences with diet, nutrition and stress management

- ✓ Ask about powerhouse wellness foods, beverages, herbs and supplements that boost natural defences, leaving you energized and resilient
- ✓ Discover energizing coffee alternatives and powerful mushroom-based foods and supplements for immunity & vitality

6⁹⁹
355 mL

Pulp and Press
cold pressed juice
all varieties

21014353_EA/21014358_EA



Organic!

Coffee taste you
love, powered by
liver-supportive
herbs instead of
caffeine!

34⁹⁹
200 g

Dandy Blend instant
herbal beverage
coffee alternative

21208119_EA



**UP TO
20%
OFF**

Wild Rose
herbal d-tox kit

21623738_EA

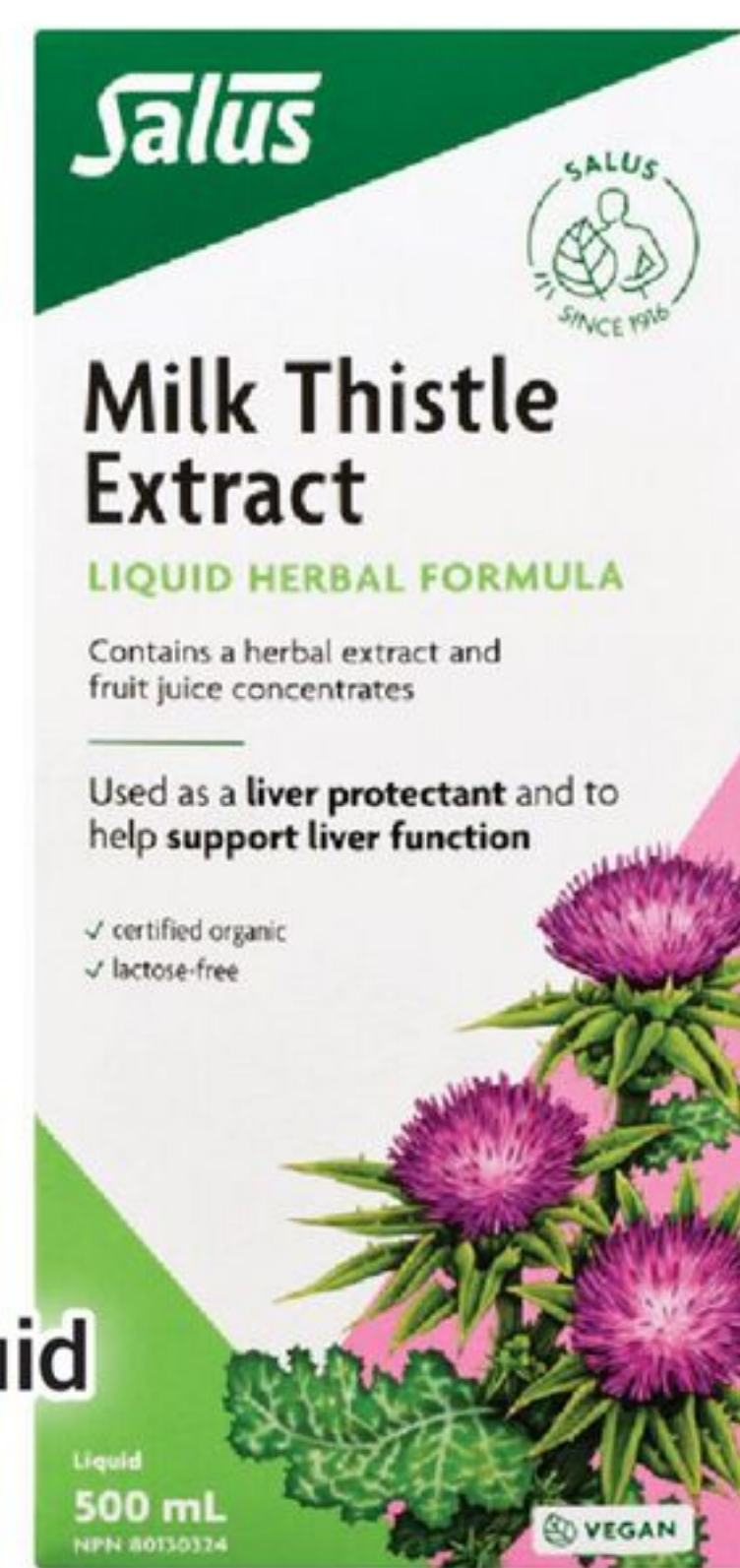


Supports &
protects your liver!

**UP TO
20%
OFF**

Salus Haus milk
thistle extract liquid
herbal formula

21701044_EA



Functional Mushroom Favourites!

4²⁹
355 mL

benny adaptogenic
sparkling energy beverage

21658245_EA/21658277_EA



Infused with Lions Mane,
Reishi & Yerba Mate!

18⁹⁹
100-140 g

Organic Traditions
instant mushroom coffee
selected varieties

21509586_EA/21564761_EA



9⁹⁹
10's

Teeccino
mushroom herbal
tea selected varieties

21490675_EA/21490690_EA



**UP TO
20%
OFF**

Host Defense
mushroom
capsules or
powders
all varieties & sizes

21219608_EA/21609608_EA



Convenient powder format;
add to smoothies or lattes!

**UP TO
20%
OFF**

Purana
mushroom
supplements
all varieties
& sizes

21707899_EA/21715915_EA



NEW

**UP TO
20%
OFF**

CanPrev
Myco10
mushroom
powder

21209361_EA



Immuno-
modulating
mushroom
blend with
7 mushrooms
and 3
antioxidants

FORT 7

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21307672_EA/21311020_EA



Berberine supports healthy glucose metabolism!

Metagenics professional grade supplements all varieties & sizes
21683668_EA



Formulated with passionflower to aid in calm & relaxation!

Pascoe natural health care products all varieties & sizes
21383359_EA/21383379_EA



Prairie Naturals bone broth powder or creatine monohydrate powder all varieties & sizes
21208866_EA/21209178_EA



Nature's Way nutrasea Omega-3 supplements all varieties & sizes
20099274_EA/20925128_EA



Progressive or Smart Solutions supplements all varieties & sizes
20812669_EA/21418099_EA



nuun hydration electrolyte tablets all varieties & sizes
21641786_EA/21641867_EA



349 128-150g

Hardbite hand-crafted style, all natural potato chips selected varieties
21157616_EA/21419109_EA



Amy's frozen burrito selected varieties
2004209202_EA/20320495001_EA

799 4x355 mL

Remedy organic kombucha selected varieties
21616987_C04/21617011_C04



399 300g

Neal Brothers organic tortilla chips selected varieties
21533054_EA/21533145_EA

Organic!

549 1 L

Thirsty Buddha coconut water selected varieties
20689784_EA



349 800 mL-1 L
Kiju organic juice all varieties
20312710001_EA/20333714001_EA



499 108 g

SunRype organic fruit snacks selected varieties
21528182_EA/21528183_EA



699 198 g

Annie's organic fruit snacks selected varieties
21674381_EA/21547875_EA



Flyer prices effective from Friday, January 2 to Wednesday, January 28, 2026

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YOUR EVERYDAY HOUSEHOLD ESSENTIALS

6²⁹

Tide POD/Gain Flings 9/16 CT, Sheets 40/80 CT, Beads 121/141 g, 21182551_EA/20301481001_EA/21553274_EA

24⁹⁹

Tide PODS/Gain Flings 45/76 CT, Beads 853 g, Selected Varieties 21579830_EA/21625767_EA

16⁹⁹

Gain Detergent 100 LD 21671135_EA/21671138_EA

23⁹⁹

Cascade Tubs 51/67/90 CT, Selected Varieties 21518479_EA/21516530_EA

6⁹⁹

Dawn Powerwash SK 473 mL, Dawn Liquid 1.12 L, Selected Varieties 21430571_EA/21218861_EA

11⁹⁹

Swiffer Duster Refills 6/10 CT, Sweeper Wet Refills 12/20/24 CT, Sweeper Dry Refills 16/20/32 CT, WetJet Refills 12 CT, Powermop Refills 5 CT, WetJet Liquid 2.5 L, Powermop Liquid 2.5 L, Selected Varieties 21628715_EA/21625579_EA/21629985_EA

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Lavazza 30 K-Cup® pods **\$28⁹⁹**
21589700_EA, 21589798_EA, 21589797_EA

VAN HOUTTE®

Van Houtte® 30 K-Cup® pods **\$26⁹⁹**
20743469_EA, 20972953_EA, 21588231_EA

START YOUR ACTIVIA® GUT HEALTH CHALLENGE

21 ACTIVIA EVERY DAY FOR 14 DAYS

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!**

\$4⁴⁹

Activia® Expert 4 x 100 g 21687900 / 21688261

\$6⁹⁹

Activia® Expert 750 g 21688207

\$7⁴⁹

Activia® 12 x 100 g 20303412001

\$4⁴⁹

Activia® 650 g 20325132003

\$6⁹⁹

Activia® 8 x 93 mL 21430512

*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 Die 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.pcexpress.ca/pcocontest-danone.

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19G OF PROTEIN*

NEW

\$7⁴⁹ Oikos® 650 g, 750 g 21006634

\$3⁹⁹ Oikos® 4 x 95 g, 4 x 100 g 20419715004 / 20625055

\$3⁴⁹ Oikos® Pro™ 300 mL 21688016

*As part of a complete breakfast and balanced diet. Per 175g serving. Oikos® / Oikos® Pro™ used under lic. © 2026 Danone US, LLC. All rights reserved.

Delightfully Canadian

PREPARED IN CANADA

\$5⁹⁹

International Delight® 946 mL 20895480002 / 20895480003

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