

crush fresh cravings

\$6

APP EXCLUSIVE OFFER*

PC Optimum

GET
1,500^{pts}

\$150

back
in points

JUMBO BLUEBERRIES
PRODUCT OF MEXICO,
PERU OR MOROCCO
9.8 OZ

BLEUETS GÉANTS
21358868001_EA



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

\$6

APP EXCLUSIVE OFFER*

PC Optimum

GET
1,500^{pts}

\$150

back
in points

**PC® SWEET KAROLINE
BLACKBERRIES**
PRODUCT OF MEXICO
PINT

**MÛRES SWEET
KAROLINE PC®**
21378078001_EA



PINT

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

**SAVE
39%**

\$3

**FARMER'S MARKET™
MANDARINS**
PRODUCT OF MOROCCO
OR SPAIN
2 LB

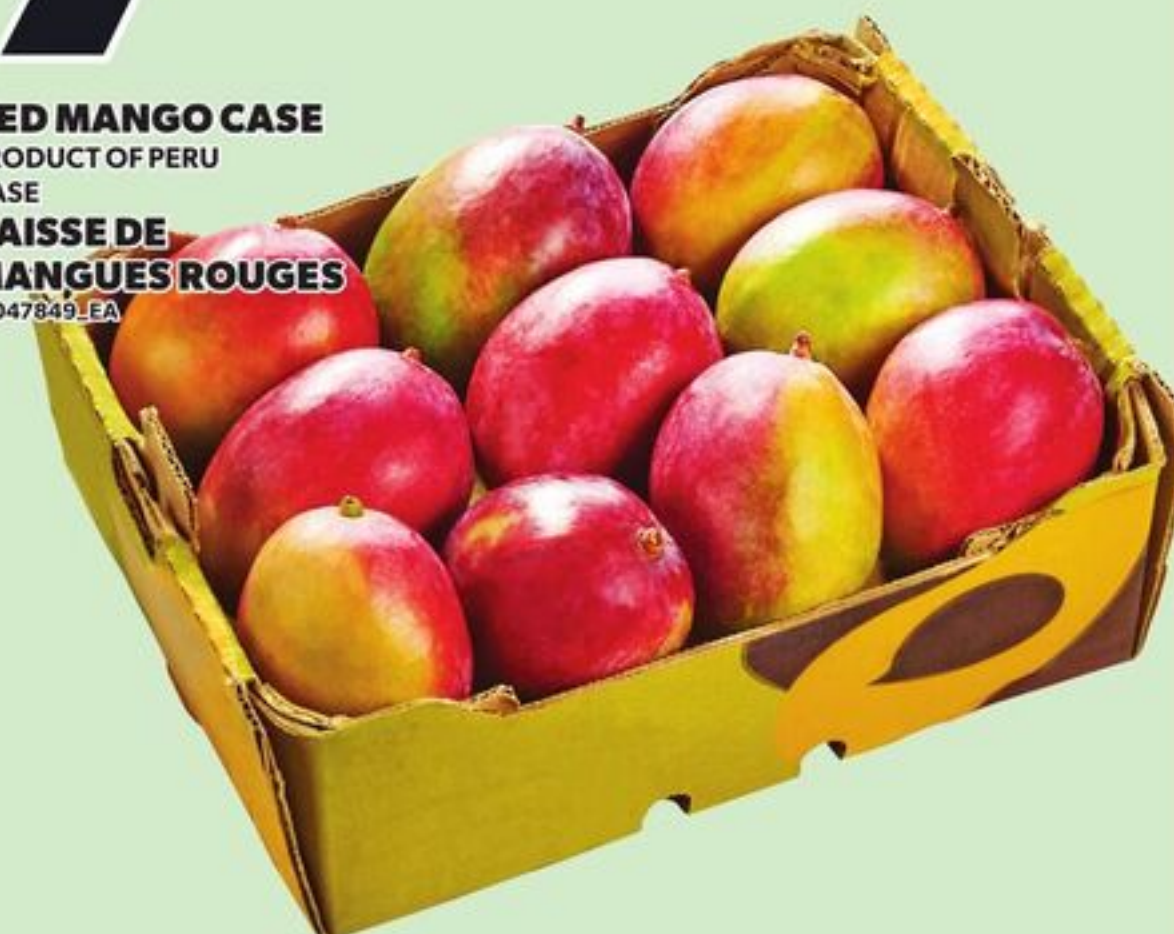
**MANDARINES
DÉLICES DU MARCHÉ™**
20099819001_EA



7.7"

RED MANGO CASE
PRODUCT OF PERU
CASE

**CAISSE DE
MANGUES ROUGES**
210478491_EA



**SAVE
UP TO 59%**



\$4

**FARMER'S MARKET™
SWEET POTATOES**
PRODUCT OF CANADA,
CANADA NO. 1 GRADE
5 LB BAG

**PATATES DOUCES
DÉLICES DU MARCHÉ™**
20697331001_EA



5 LB

add value to your morning

\$20

APP EXCLUSIVE OFFER*

GET
3,000^{pts}

\$3
back
in points

**PC® GROUND
COFFEE**
SELECTED VARIETIES
800-930 G
CAFÉ MOULU PC^{MD}
21393374_EA
21393573_EA



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

5⁵⁰

GET
1,000^{pts}

\$1
back
in points

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



\$8

APP EXCLUSIVE OFFER*

GET
2,000^{pts}

\$2
back
in points

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



**BAKED
IN-STORE**

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

3⁵⁰



**D'ITALIANO BREAD,
BUNS OR GUSTO BAGELS**
SELECTED VARIETIES AND SIZES
**PAIN, PETITS PAINS
D'ITALIANO OU
BAGELS GUSTO**
21567005_EA
21577054_EA
20673736_EA



**SAVE
75¢**



\$4

**PHILADELPHIA CREAM
CHEESE OR DIPS**
SELECTED VARIETIES 227/250 G
**FROMAGE À LA CRÈME OU
TREMPETTES PHILADELPHIA**
20641267_EA/20866816002_EA



**SAVE
UP TO \$2²⁹**



6⁵⁰

**SIGGI'S YOGURT TUB 650-750 G OR
YOPLAIT SOURCE CREAMY
YOGURT 16X100 G**
SELECTED VARIETIES
**CONTENANTS DE YOGOURT
SIGGI'S OU YOGOURT
CRÈMEUX SOURCE YOPLAIT**
20317317001_EA/21353892_EA



\$3

**MADE GOOD BARS, CRUNCHIE
SQUARES, GRANOLA, MORNINGS,
MINIS, RICE CRISPS OR DRIZZLE
BARS**
SELECTED VARIETIES
120-150 G
**BARRES, CARRÉS CROUSTILLANTS,
GRANOLA, MORNINGS, MINIS,
CROUSTILLES DE RIZ OU BARRES
FILET MADE GOOD**
20797052001_EA
21352121_EA



**PROUDLY CANADIAN
OWNED & OPERATED**

Independent™
Your Independent Grocer

3⁹⁹
LB

SPLIT CHICKEN WINGS
FAMILY SIZE
8.80/KG
**AILES DE POULET
SÉPARÉES**
20761916_KG

5⁴⁴
LB

MEDIUM GROUND BEEF
FAMILY SIZE
11.99/KG
BŒUF HACHÉ MI-MAIGRE
20865673_KG

SAVE UP TO 33%

\$6
LB

**LAMB SHOULDER
CHOPS CLUB PACK OR
GOAT CHOPS FROZEN**
13.23/KG
**CÔTELETTES D'ÉPAULE
D'AGNEAU OU
CÔTELETTES DE CHÈVRE**
21580513_KG
21645459_KG

\$11
LB

**FRESH ATLANTIC
SALMON FILLETS**
SKIN-ON, FAMILY SIZE
24.25/KG
FRESH SEAFOOD ITEMS
SUBJECT TO AVAILABILITY
**FILETS DE SAUMON DE
L'ATLANTIQUE FRAIS**
20720065_KG

1⁵⁰

**OASIS 100%
JUICE BLENDS,
DEL MONTE
NECTAR,
HYDRAFRUIT,
ARIZONA TEA**
SELECTED VARIETIES
960 ML
**MÉLANGES
DE JUS 100%
OASIS, NECTAR
DEL MONTE,
HYDRAFRUIT,
THÉ ARIZONA**
20336722005_EA
20894117004_EA



**SAVE
UP TO 36%**

\$3

**CAVENDISH FRIES
OR SPECIALTY
POTATOES 400-750 G
OR PC® VEGETABLES
300-750 G SELECTED
VARIETIES, FROZEN**
**FRIES OU
POMMES DE TERRE
DE SPÉCIALITÉ
LES FERMES
CAVENDISH OU
LÉGUMES PC®**
20318915_EA
21685114_EA



\$1

CAMPBELL'S SOUP
TOMATO, VEGETABLE,
CHICKEN NOODLE OR
CREAM OF MUSHROOM
284 ML
SOUPE CAMPBELL'S
20176214001_EA
20176214004_EA



**SAVE
33%**

2⁵⁰

**PREGO
PASTA SAUCE**
SELECTED VARIETIES
645 ML
**SAUCE POUR
PÂTES PREGO**
20325820001_EA
21340384_EA



**SAVE
UP TO \$2**

\$5

GIUSEPPE PIZZA
SELECTED VARIETIES
FROZEN
439-785 G
PIZZA GIUSEPPE
20904584_EA



\$10

**TERRA OLIVE OIL
1 L OR NONNA PIA'S
BALSAMIC GLAZE**
250 ML
**HUILE D'OLIVE
TERRA OU CRÈME
DE BALSAMIQUE
NONNA PIA'S**
20839367_EA
20729461_EA



**SAVE
UP TO 42%**

13⁹⁹

**ROYALE BATHROOM
TISSUE 30=60 ROLLS, TIGER
TOWEL 6=12 ROLLS OR
FACIAL TISSUE 12'S**
SELECTED VARIETIES
**PAPIER HYGIÉNIQUE,
ESSUIE-TOUIT TIGER
TOWEL OU MOUCHOIRS**
ROYALE
20705292_EA
21378233_EA
21484732_EA



\$11

**TIDE DETERGENT
1.62-1.86 L/18-31'S,
DOWNY OR GAIN
FABRIC SOFTENER
1.66-2.63 L, DOWNY,
GAIN OR IVORY
SNOW BEADS
303-379 G OR
DAWN LIQUID
2.21/2.64 L
SELECTED VARIETIES**
**DÉTERGENT TIDE,
ASSOUPPLISSANT
TEXTILE DOWNY
OU GAIN, PERLES
DOWNY, GAIN
OU IVORY NEIGE
OU SAVON
LIQUIDE DAWN**
21593629_EA
21593732_EA



8⁹⁹

MEDJOOL DATES
PRODUCT OF U.S.A.
2 LB TUB
DATTES MEDJOOL
20001686_EA



Optimum™

from Thursday February 26th to Saturday, February 28th

Your points are worth more.

**Bonus
Redemption
Event**

Redeem
70,000^(pts)
and get
\$80^{off*}
your purchase of
\$80 or more

OR

Redeem
150,000^(pts)
and get
\$175^{off*}
your purchase of
\$175 or more

OR

Redeem
250,000^(pts)
and get
\$300^{off*}
your purchase of
\$300 or more

OR

That's
an extra
\$10^{value!}

That's
an extra
\$25^{value!}

That's
an extra
\$50^{value!}

Limited time offer, subject to change or cancellation. Redemptions at points level available while offer lasts as specified above in a single transaction. In cases of insufficient spend amount causing customers not being able to optimize the offer, the system will automatically suggest/default to a lower redemption threshold, so that customer can always redeem the least amount of available points and achieve the maximum value of offer available. Customer can however choose to redeem a higher amount of points and forfeit portion of the value available if desired as per the PC Optimum™ Program Terms and Conditions. In no event will customers receive extra points in lieu of the forfeited value as part of this offer. Redemptions must be in increments of 10,000 points up to a maximum of 500,000 PC Optimum™ points in one transaction. Applicable fees and taxes payable on full purchase price before application of redemption value. Not redeemable for cash or credit. Exclusions apply. Visit pc optimum.ca/company-policy/terms-and-conditions for further details.

Flyer prices effective from Thursday, February 26th to Wednesday, March 4th, 2026. **SEE BACK PAGE FOR DETAILS.**

3⁹⁹

MAPLE LEAF TOP DOGS OR SCHNEIDERS RED HOTS WIENERS
SELECTED VARIETIES
375 G
SAUCISSES FUMÉES TOP DOGS MAPLE LEAF OU REDHOTS SCHNEIDERS
20602429_EA
21093477_EA

PREPARED IN CANADA

\$10

PC® ENTRÉES
770 G-1.13 KG OR
PC® FISH 500-680 G
SELECTED VARIETIES
FROZEN
PLATS CUISINÉS
PC® OU POISSON PC®
20326534_EA/21637091_EA

PREPARED IN CANADA

4²⁵

ACTIVIA YOGURT TUB 650 G OR PC® ORANGE JUICE 1.54 L SELECTED VARIETIES
CONTENANT DE YOGOURT ACTIVIA OU JUS D'ORANGE PC®
20325132005_EA
21430531_EA

PREPARED IN CANADA

SAVE UP TO \$1²⁴

\$6

PRESTIGE OR GRAY RIDGE PREMIUM LARGE WHITE EGGS 18'S
18'S
GROS ŒUFS BLANCS DE QUALITÉ SUPÉRIEURE
PRESTIGE OU GRAY RIDGE
208142594001_EA
20822787001_EA

\$6

BLACK DIAMOND CHEESE BARS 400 G OR SHREDS 300-320 G, PC® SHREDS 250-320 G
SELECTED VARIETIES
BARRES DE FROMAGE OU FROMAGE RÂPÉ
BLACK DIAMOND OU FROMAGE RÂPÉ PC®
21278845_EA
21279221_EA

PREPARED IN CANADA

\$12

BOOST OR ENSURE READY TO DRINK SHAKES
SELECTED VARIETIES AND SIZES
BOISSONS PRÊTES À BOIRE BOOST OU ENSURE
20986348_EA
20308731001_EA

LIMIT 4 AFTER LIMIT 14.99 EA.

3/\$9

OR \$3.75 EA.

NATURE VALLEY BISCUIT, PROTEIN BARS AND SWEET & SALTY 6'S
148-210 G OR
FIBRE 1 BARS 125 G
SELECTED VARIETIES
BISCUIT, BARRES PROTÉINÉES, SUCRÉES ET SALÉES
VAL NATURE OU BARRES FIBRE 1
20792751_EA
21213622_EA

\$5

CHAPMAN'S PREMIUM ICE CREAM OR FROZEN DESSERT OR SORBET 2 L OR SUPER NOVELTIES 6-20'S
SELECTED VARIETIES FROZEN
CRÈME GLACÉE PREMIUM OU DESSERT GLACÉ OU SORBET OU FRIANDISES GLACÉES SUPER
CHAPMAN'S
2011532_EA
20323573001_EA

PREPARED IN CANADA

6⁴⁴

NESCAFÉ OR TASTER'S CHOICE INSTANT COFFEE 100-170 G OR NESCAFÉ SWEET & CREAMY SACHETS 16/18'S SELECTED VARIETIES
CAFÉ INSTANTANÉ NESCAFÉ OU TASTER'S CHOICE OU SACHETS DE CAFÉ CRÉMEUX ET SUCRÉ NESCAFÉ
20873036_EA
21363371_EA

\$5

PC® THE DECADENT® COOKIES
SELECTED VARIETIES
280/300 G
BISCUITS PC®
LE DECADENT®
20612251_EA
20612257_EA

\$4

DORITOS FLAVOURED TORTILLA CHIPS OR MISS VICKIE'S KETTLE COOKED POTATO CHIPS
SELECTED VARIETIES
190-235 G
CROUSTILLES DE TORTILLAS AROMATISÉES DORITOS OU CROUSTILLES CUITES À LA MARMITE MISS VICKIE'S
21240628_EA
21693042_EA

\$21

EQUIVALENT TO 88¢ PER BOTTLE

GATORADE CLUB PACK OR POWERADE SPORTS DRINK 24X591 ML BOISSON DÉSALTÉRANTE FORMAT CLUB GATORADE OU POWERADE
20298835002_C24
20854130_C24

12⁹⁹

EQUIVALENT TO 55¢ PER CAN

COCA-COLA OR PEPSI SOFT DRINKS
SELECTED VARIETIES
24X355 ML
BOISSONS PSI PEPSI
GAZEUSES COCA-COLA OU PEPSI
20306687002_C24
20308197001_C24

SAVE \$1⁸⁸ WHEN YOU BUY 2

2/5⁵⁰

OR \$3.69 EA.

MAYNARDS CANDY
SELECTED VARIETIES
135-154 G
FRIANDISES MAYNARDS
21545554_EA
21694186_EA

\$2

PC® LIQUID DISH DETERGENT
SELECTED VARIETIES
638/739 ML
DÉTERGENT LIQUIDE À VAISSELLE PC®
21012490_EA
21013091_EA

\$2

NO NAME® WHITE VINEGAR 4 L
VINAIGRE BLANC SANS NOM®
20102756_EA

\$11

PC® NUTRITION FIRST® DOG FOOD
SELECTED VARIETIES
2 KG
NOURRITURE POUR CHIENS PCMD NUTRITION PREMIÈRE™
21304456_EA

PRICE DROP† **More ways to save**

2⁵⁰

GOLDFISH BAKED SNACK CRACKERS OR CRISPS
SELECTED VARIETIES
156-200 G
CRAQUELINS CUITES OU CROUSTILLES GOLDFISH
203060320_EA
20306994003_EA

1⁸⁵

ANNIE'S MACARONI AND CHEESE
SELECTED VARIETIES
149-170 G
MACARONI ET FROMAGE ANNIE'S
20316187001_EA
20611201_EA

3⁵⁰

POPCORNS
SELECTED VARIETIES
142 G
POPCORNS
21370205_EA
21370259_EA

5⁵⁰

PUREX 1.92-2.03 L OR SUNLIGHT 1.84 L LAUNDRY DETERGENT
SELECTED VARIETIES
DÉTERGENT À LESSIVE PUREX OU SUNLIGHT
20856516005_EA
21427029_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 February 26 - March 18, 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



FRESH PROMISE

freshness you can taste

If it's not fresh, it's free.*

*Fresh Promise: Applicable to eligible fresh produce items purchased at Your Independent Grocer store locations or online at yourindependentgrocer.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original receipt within 7 days of purchase at the Your Independent Grocer store where purchase originated. The fresh promise may not be combined with any other offer. We reserve the right to cancel or change the terms of this guarantee at any time without notice.

SAVE 50¢

\$6

PRODUCT OF CANADA

FARMER'S MARKET™ GREENHOUSE PEPPERS
PRODUCT OF MEXICO
3'S
POIVRONS DE SERRE DÉLICÉS DU MARCHÉ^{MC}
20085851001_EA

4⁵⁰

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

1 LB

3⁹⁹

LB

EXTRA LARGE

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

2⁴⁹

LB

AMBROSIA OR ROYAL GALA APPLES PRODUCT OF CANADA, CANADA FANCY GRADE OR
BARTLETT PEARS PRODUCT OF SOUTH AFRICA
5.49/KG
POMMES AMBROSIA OU ROYAL GALA OU POIRES BARTLETT
20083526001_KG
20172240001ERK

\$4

FARMER'S MARKET™ RED OR RUSSET POTATOES 10 LB BAG, PRODUCT OF CANADA, CANADA NO. 1 GRADE OR
AVOCADO BAG 5'S PRODUCT OF MEXICO
POMMES DE TERRE ROUGES OU RUSSET OU SAC D'AVOCATS DÉLICÉS DU MARCHÉ^{MC}
20601020001_EA
21644936001_EA

10 LB

\$5

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

LARGE

2⁴⁹

LB

AMBROSIA OR ROYAL GALA APPLES PRODUCT OF CANADA, CANADA FANCY GRADE OR
BARTLETT PEARS PRODUCT OF SOUTH AFRICA
5.49/KG
POMMES AMBROSIA OU ROYAL GALA OU POIRES BARTLETT
20083526001_KG
20172240001ERK

3⁵⁰

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

\$6

FARMER'S MARKET™ LEMONS PRODUCT OF U.S.A.
2 LB
CITRONS DÉLICÉS DU MARCHÉ^{MC}
20795315001_EA

\$18-20

FAMILY SIZE SALADS
PREPARED IN-STORE, SELECTED VARIETIES
665 G-1.173 KG
SALADES FORMAT FAMILIAL
20972499_EA
20972512_EA

2/\$14

OR \$12 EA.

10 STEM TULIPS ASSORTED COLOURS
10 TULIPES SUR TIGE
20833978_EA

\$26

PC® DOZEN ECUADORIAN ROSES
ASSORTED COLOURS
DOUZAINE DE ROSES DE L'ÉQUATEUR ^{PC}_{MD}
20581781_EA

\$15

ASSORTED BLOOMING FLEURS ASSORTIES
21725863_EA

11⁵⁰

LB

INSIDE ROUND OVEN ROAST
CUT FROM CANADA AA OR USDA SELECT GRADE BEEF OR HIGHER
25.35/KG
RÔTI D'INTÉRIEUR DE RONDE
20812494_KG

feeling protein power-fuel

\$7

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

PREPARED IN-STORE

\$5

LB

CHICKEN BREASTS
BONE IN, SKINLESS, FAMILY SIZE
11.02/KG
POITRINES DE POULET
20055906_KG

SAVE \$1

PREPARED IN CANADA

\$7

MARCANGELO PORK SAUSAGES SELECTED VARIETIES
375-500 G
SAUCISSES DE PORC MARCANGELO
21724134_EA
21724145_EA

\$8

PREPARED IN CANADA

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

500 G

\$11

ST-HUBERT OR SWISS CHALET PIES SELECTED VARIETIES
FROZEN
650-800 G
PÂTES ST-HUBERT OU SWISS CHALET
20719334_EA
210477194_EA

find your catch in seafood

\$9

HERON POINT WILD CAUGHT CRAB MEAT
READY-TO-EAT
170 G
CHAIR DE CRABE SAUVAGE HERON POINT
21647384_EA
21647418_EA

\$10

MARINA DEL REY WILD ARGENTINIAN SHRIMP
RAW EASY PEEL
20-30 PER LB, FROZEN
300 G
CREVETTES SAUVAGES D'ARGENTINE MARINA DEL REY
20907159_EA

SAVE UP TO \$1⁴⁹

11⁵⁰

PC® BATTERED WILD SEA SALT AND VINEGAR HADDOCK BITES 454 G
OR **PEI MUSSELS IN PROVENCE SAUCE OR CREAMY WHITE WINE SAUCE** 907 G FROZEN
BOUCHÉES D'ÂIGLEFIN SAUVAGE PANÉ AU SEL DE MER ET VINAIGRE OU MOULES DE L'Î.-P.-É. EN SAUCE PROVENCE OU CRÉMEUSE AU VIN BLANC ^{PC}_{MD}
20838559_EA/21461247_EA

bakery deals rising daily

Fresh baked protein bread

\$3

BAKED IN-STORE

FRENCH OR ITALIAN BREAD
SELECTED VARIETIES
383 G
PAIN FRANÇAIS OU ITALIEN
20344715_EA
20788443_EA



4²⁵

BAKED IN-STORE

DINNER ROLLS
SELECTED VARIETIES
12'S
PETITS PAINS
21392649_EA
21462403_EA



\$4

11g protein
per 75 g serving

PROTEIN MULTIGRAIN BREAD
450 G
PAIN MULTIGRAIN AVEC PROTÉINES
21721692_EA



NEW

\$9

PREPARED IN CANADA

FARMER'S MARKET™ COFFEE CAKES
SELECTED VARIETIES
750 G
GÂTEAUX PAUSE-CAFÉ DÉLICIES DU MARCHÉ
21707345_EA
21707339_EA



6⁵⁰

PREPARED IN CANADA

SIMPLE JOY DONUTS
SELECTED VARIETIES
344-486 G
BEIGNES SIMPLE JOYS
21649686_EA
21706988_EA



5⁵⁰

BAKED IN-STORE

MINI ASSORTED DANISH
SELECTED VARIETIES
8'S
MINI DANOISES VARIÉES
21476309_EA



4⁵⁰

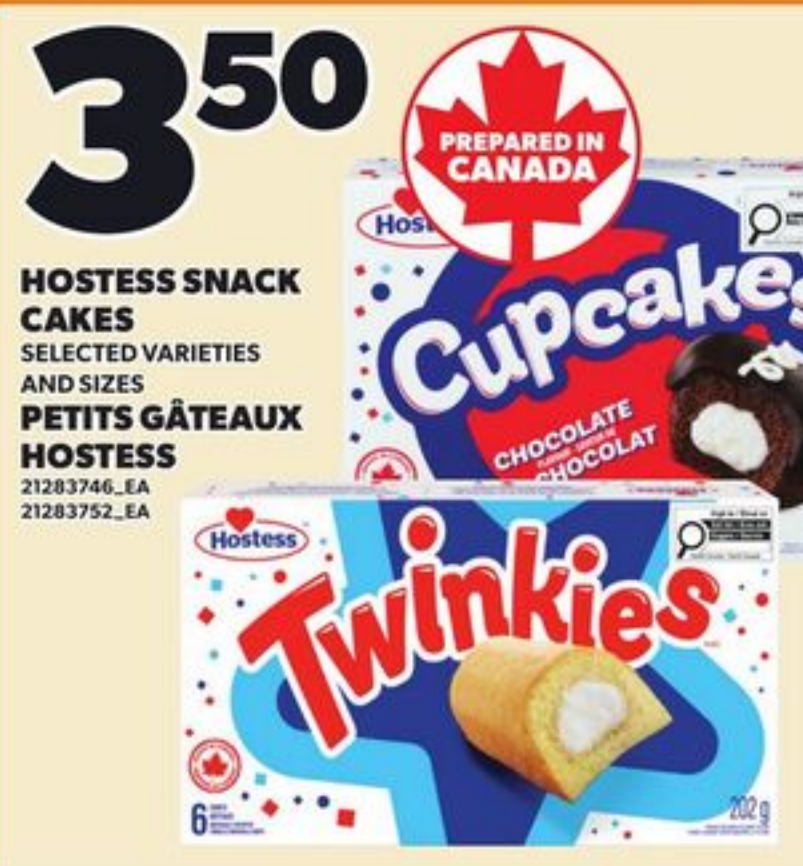
PC® LOAFLIGHT RYE OR LOAF MULTIGRAIN RYE BREAD
480 G
MICHE DE PAIN DE SEIGLE LÉGER OU SEIGLE MULTIGRAIN PC®
20682493_EA
20682498_EA



3⁵⁰

PREPARED IN CANADA

HOSTESS SNACK CAKES
SELECTED VARIETIES AND SIZES
PETITS GÂTEAUX HOSTESS
21283746_EA
21283752_EA



7⁵⁰

PROMISE GLUTEN-FREE PITA, BREAD OR BUNS
SELECTED VARIETIES AND SIZES
PITA, PAIN OU PETITS PAINS SANS GLUTEN PROMISE
21414753_EA
21689193_EA
21689729_EA



\$5

/100 G

APPLEWOOD SMOKED CHEDDAR
IN-STORE DELI CUT
CHEDDAR FUMÉ APPLEWOOD
20076601_KG



in the mood for deli-cious

Optimum

Members-Only Price™

\$5

Non-members
\$7

ALEXIS DE PORTNEUF BRIE
SELECTED VARIETIES
125 G
BRIE ALEXIS DE PORTNEUF
20315135_EA
21617949_EA



Members save
\$2



SAVE 49¢/100 G

PREPARED IN CANADA

3⁵⁰

/100 G
CUDDY SERVICE CASE MONTREAL SMOKED TURKEY AND BUFFALO CHICKEN DINDEFUMÉE MONTREAL ET POULET BUFFALO CUDDY DU COMPTOIR DE SERVICE
20007099_KG



GET **2,000** back in points for every \$10* spent on

\$2

MARCANGELO ITALIAN DELI MEAT SLICED OR CHUBS
SELECTED VARIETIES
85-300 G
CHARCUTERIES ITALIENNES TRANCHEES OU SAUCISSON MARCANGELO
21021491_EA
21706089_EA



\$4

PREPARED IN CANADA

FONTAINE SANTÉ HUMMUS 260/283 G OR PC® NAAN DIPPERS 200 G
SELECTED VARIETIES
HUMMUS FONTAINE SANTÉ OU BOUCHÉES NAAN PC®
21687301_EA
21092033_EA



\$5

PREPARED IN CANADA

GUSTA VEGGIE GROUNDS
SELECTED VARIETIES
340 G
HACHÉ VÉGÉTAL GUSTA
21454302_EA



on the run, we got you

SAVE UP TO \$2

\$16

BENTO CALIFORNIA FAMILY PACK SUSHI
SELECTED VARIETIES
30 PCS, 645 G
SUSHI FORMAT FAMILIAL CALIFORNIA BENTO
21638655_EA



SAVE \$1

WHEN YOU BUY 2

2/\$9

OR \$5 EA.

PC® PASTA OR GNOCCHI
SELECTED VARIETIES
255-350 G
PÂTES OU GNOCCHI PC®
21681260_EA
21682075_EA



BUY ONE (1)

FRESHLY PREPARED IN-STORE MADE ROMANACCIA SANDWICHES
SELECTED VARIETIES, 225-385 G
SANDWICHES ROMANACCIA PRÉPARÉS EN MAGASIN
21693981_EA

+ ONE (1)

PEPSICO DRINK
591 ML
BOISSON PEPSICO
20321598002_EA

FOR \$11



power bowls

\$8

up to 34 g of protein in each bowl

IN-STORE PREPARED BOWLS
SELECTED VARIETIES
350/400 G
BOLS PRÉPARÉS EN MAGASIN
21666110_EA/21666166_EA



tropical vibes sweet savings

Palmer Mango



\$5

PALMER MANGO
PRODUCT OF PERU
EACH
20025410001_EA

This mango has a subtle sweetness with fruity floral notes. It's firm yet fiberless flesh is perfect for adding distinct chunks to fresh salads, salsas & fruit platters!

Black Figs



1 LB

\$9

PG BLACK FIGS
PRODUCT OF MEXICO
450 G
21633482001_EA

Black figs are ready to eat when they are a deep dark colour & exceptionally soft. Enjoy them fresh, add a pop of sweetness on a charcuterie board or as a salad topper.

Coconut



2²⁵

COCONUT
PRODUCT OF INDIA OR HONDURAS
EACH
20005774001_EA

Firmly tap around the center of the coconut with the back of a heavy knife until it cracks. Use the creamy milk & shredded flakes for curries and desserts!

Nam Dok Mai Mango



\$3

NAM DOK MAI
PRODUCT OF MEXICO
EACH
21475827001_EA

These mangos are super sweet with a fiberless flesh that melts on your tongue. Perfect for mango sticky rice.

Passionfruit



1²⁵

PASSIONFRUIT
PRODUCT OF COLOMBIA
EACH
20111926001_EA

Intensely aromatic and tartly sweet, with a jelly like pulp & crunchy, edible seeds. Perfect as a dessert topping, or mix the pulp with honey as a sweet & sour snack!

Plantain



1²⁵ LB

PLANTAIN
PRODUCT OF COSTA RICA, COLOMBIA
HONDURAS OR GUATEMALA
2.53/KG
20003712001_KG

Green plantains offer a savory, potato-like flavor perfect for crispy chips & tostones; when ripe, they become delightfully sweet and soft.

Caribbean Avocado



\$3

CARIBBEAN AVOCADOS
PRODUCT OF BRAZIL
EACH
20119760001_EA

These avocados contain significantly less fat than the Hass variety, which results in a milder, more subtle flavour. It has a less creamy texture, perfect for salads & sandwiches!

Yellow Guava



\$6 LB

YELLOW GUAVA
PRODUCT OF TAIWAN
13.23/KG
20162500001_KG

Fruit is ready when it has a slight give under pressure. It's popularly blended into juices & smoothies, or add a pop of flavour as a salad topper!

Papaya



\$2 LB

PAPAYA
PRODUCT OF MEXICO
4.41/KG
20817066001_KG

Fruit is ripe when the skin turns golden-yellow and yields to gentle pressure. Enjoy it fresh for breakfast with lime or blended into smoothies!

Dino Melon



\$2 LB

PC DINO MELON
PRODUCT OF BRAZIL
4.41/KG
21688131001_KG

Dino melons have a unique sweetness with notes of pear and honeydew. Its crisp and juicy texture is refreshing.

Canary Melon



1⁷⁵ LB

CANARY MELONS
PRODUCT OF BRAZIL
3.86/KG
21022511001_KG

This melon has a tangy, mild sweetness. The flesh is firm & offers a crispy bite. Choose one with a vibrant, solid yellow rind that feels heavy!

Watermelon



\$12

SEEDLESS WATERMELONS
PRODUCT OF GUATEMALA, BRAZIL,
MEXICO OR HONDURAS, 11 LB AVERAGE
20067326001_EA

Top thick melon slices with feta, mint, and a balsamic glaze for a sweet and savory twist. For a cold treat, blend it into a mojito - infused popsicle!

Mangosteen

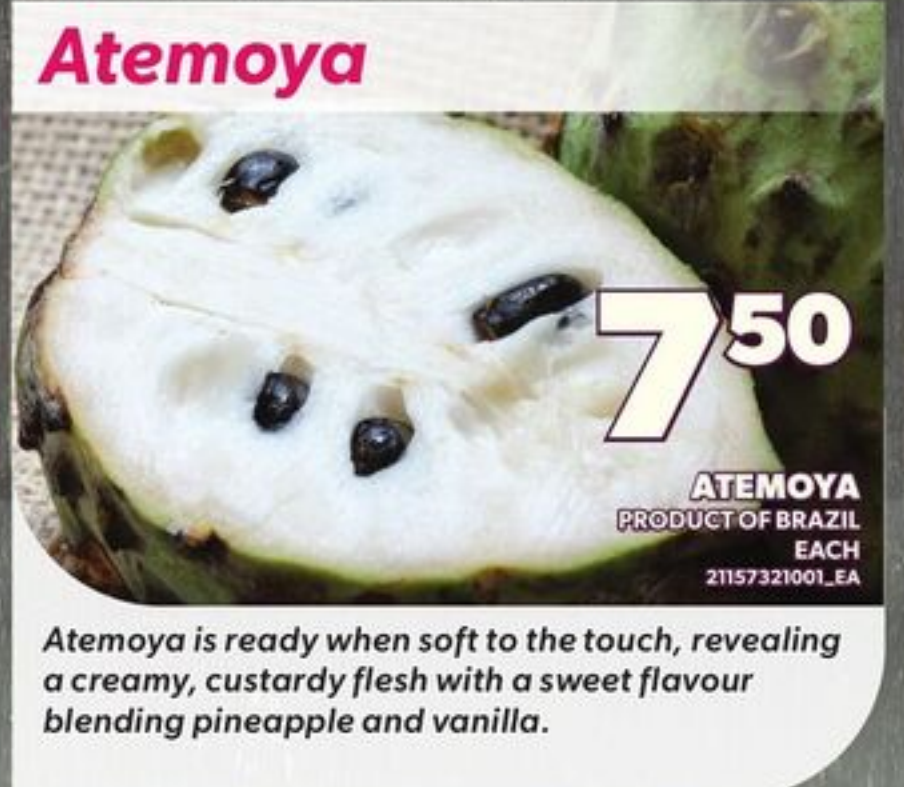


5⁵⁰

MANGOSTEEN
PRODUCT OF COLOMBIA
3'S
20965690001_EA

Pick when the deep purple yields to gentle pressure. The taste is sweet and tangy, with notes of strawberry & pineapple. Fruit has soft, juicy segments that melt in your mouth.

Atemoya



7⁵⁰

ATEMOYA
PRODUCT OF BRAZIL
EACH
21157321001_EA

Atemoya is ready when soft to the touch, revealing a creamy, custardy flesh with a sweet flavour blending pineapple and vanilla.

Granadilla



2⁵⁰

GRANADILLA
PRODUCT OF COLOMBIA
EACH
20099626001_EA

Granadilla features a sweet, aromatic pulp with edible seeds, best enjoyed fresh by scooping it directly from the shell.

Quince



2⁵⁰

QUINCE
PRODUCT OF TURKEY
EACH
20047112011_EA

Harsh when raw, quince transforms upon cooking into a fragrant, floral fruit ideal for creating rich jams and pastes.

Yellow Dragonfruit



\$4

YELLOW DRAGONFRUIT
PRODUCT OF COLOMBIA OR ECUADOR
EACH
20626393001_EA

Sweeter than it's red counterpart, this antioxidant-rich juicy fruit offers notes of kiwi & pear. Mix in a smoothie, top on an açaí bowl or enjoy on it's own.

Large Dragonfruit



3⁵⁰

LARGE DRAGON FRUIT
PRODUCT OF VIETNAM
EACH
20168395001_EA

Celebrated as a vibrant superfood, dragon fruit has a subtly sweet flavor blending pear and kiwi. Packed with antioxidants, it also provides a nutrient-dense base for colorful smoothies, juices, and fruit bowls.

tropical plants



\$8

4 INCH TROPICAL
21279871_EA



\$28

6 INCH TROPICAL UPGRADE
21313210_EA



\$8

MOON CACTUS
21694797_EA

crush fresh cravings

\$3

RAPINI
PRODUCT OF U.S.A.
20048070001_EA



1.98
LB

ROMA TOMATOES
PRODUCT OF CANADA OR
MEXICO
4.37/KG
20143381001_KG



**SAVE
40%**

10 LB

5.88

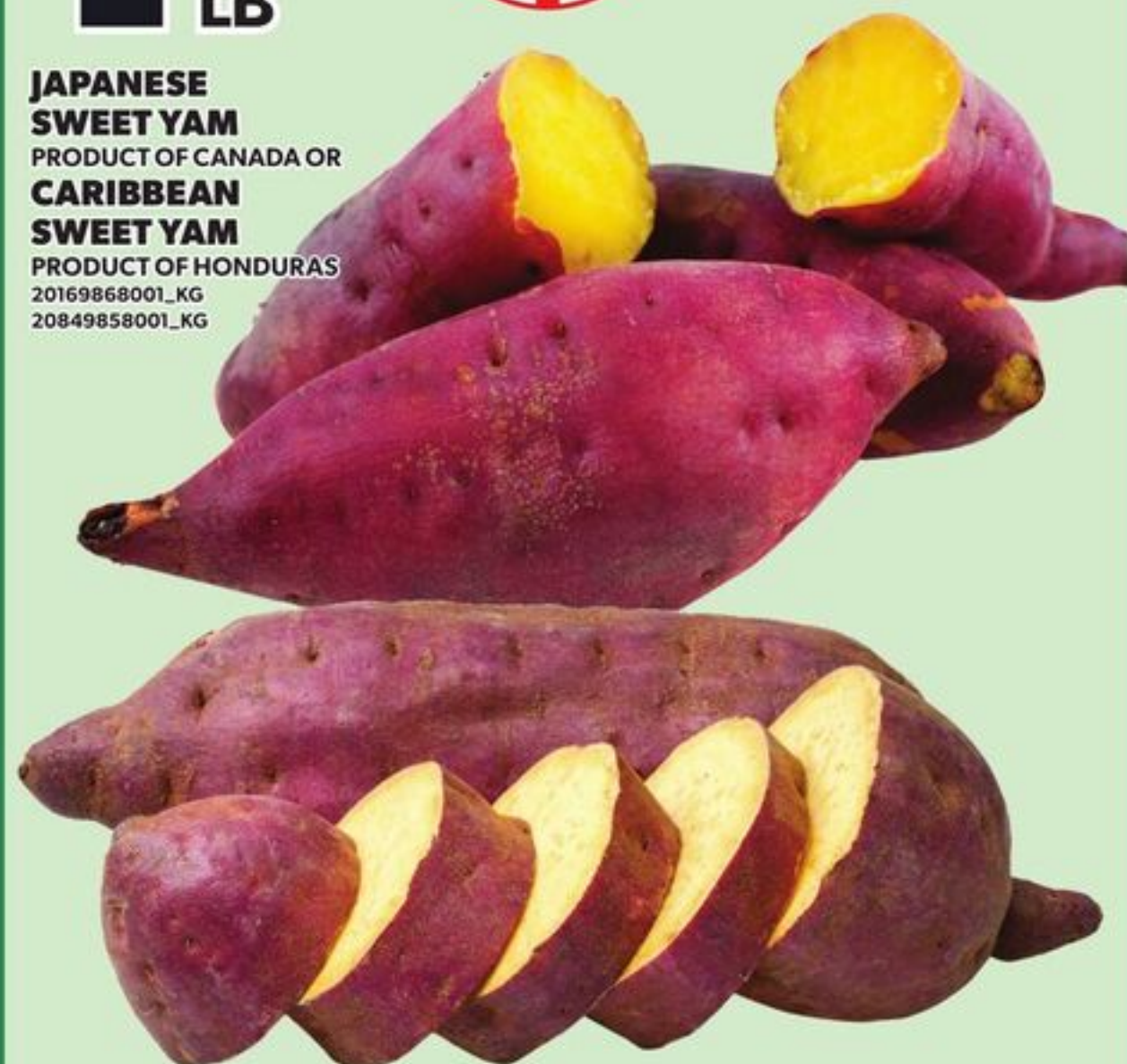
FARMER'S MARKET™
RED ONIONS
PRODUCT OF CANADA
OR U.S.A. ,
NO. 1 GRADE
10 LB BAG
20171965001_EA



1.79
LB



**JAPANESE
SWEET YAM**
PRODUCT OF CANADA OR
**CARIBBEAN
SWEET YAM**
PRODUCT OF HONDURAS
20169868001_KG
20849858001_KG



your one-stop grocery shop

\$4

**PC® BASMATI
OR JASMINE RICE**
SELECTED VARIETIES
750 G
20961107_EA
20961292_EA



\$2

**PC® BLUE MENU® WHOLE GRAIN PASTA 375 G
OR PC® TOMATOES FIRST TOMATO SAUCE 680 ML**
SELECTED VARIETIES
20252144001_EA
20599748002_EA



6⁵⁰

**PC® OLIVES 375 ML
OR CHATEAU THIERRY 500 ML**
SELECTED VARIETIES
20317972003_EA
20319890_EA



2⁵⁰

**LIPTON OR KNORR
SOUP MIX
OR CUP A SOUP**
SELECTED VARIETIES
40-166 G
20297514001_EA
20308188002_EA



7⁵⁰

**RIO MARE
LIGHT TUNA**
SELECTED VARIETIES
195/240 G
20035383_EA



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

2/\$8
OR
\$4.49 EA.

**PC® SALAD
DRESSING 475 ML
OR CROUTONS 330 G**
SELECTED VARIETIES
20627618010_EA
20796248001_EA



\$18

**CADBURY
MINI EGGS**
SELECTED VARIETIES
875 G
21625042_EA



\$6

**PC® CASHEWS 200 G
OR DRY ROASTED
PEANUTS 700 G**
SELECTED VARIETIES
20057990003_EA
21054943_EA



\$5

**PC® ASIAN
ENTRÉES, SOUPS,
GNOCCHI, RISOTTO
OR BOL-O-GRAINS**
SELECTED VARIETIES,
FROZEN
280-300 G
21565869_EA
21565996_EA



\$8

**GIUSEPPE
STUFFED CRUST
PIZZA 685-771 G
OR DR OETKER
SUPREMA
PIZZA 475-520 G**
SELECTED VARIETIES,
FROZEN
21555844_EA
21649640_EA



**SAVE
UP TO \$2.98
WHEN YOU BUY 2**

2/\$11
OR
\$6.99 EA.

**HEALTHY CHOICE
STEAMERS OR
SIMPLY ENTRÉES**
SELECTED VARIETIES,
FROZEN
259-306 G
20318616005_EA
20974539_EA



\$5

**İÖGÖ FROZEN
YOGURT 946 ML
OR BARS 4/8'S OR
DEL MONTE SORBET
OR GELATO 946 ML**
SELECTED VARIETIES,
FROZEN
21650572_EA
21654551_EA



\$6

**MCCAIN DEEP'N
DELICIOUS CAKES**
SELECTED VARIETIES, FROZEN
510 G
20310132002_EA
20310132001_EA



\$5

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



\$9

**PC® DE-ALCOHOLIZED
BEER**
SELECTED VARIETIES
12X355 ML
2012729_C12
20325253_C12



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

2/\$6
OR
\$3.99 EA.

**PC® NATURAL
SPRING WATER**
24X500 ML
20137898_C24



**SAVE
\$2.25
WHEN YOU BUY 3**

3/\$9
OR
\$3.75 EA.

**NATURE VALLEY
BISCUIT, PROTEIN
BARS AND SWEET &
SALTY 6'S 148-210 G OR
FIBRE 1 BARS 125 G**
SELECTED VARIETIES
20587504001_EA
21213559_EA



\$10

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



\$21

**CASHMERE
BATHROOM TISSUE**
SELECTED VARIETIES
24-72 ROLLS
21189845_EA
21443648_EA



\$5

**SCRUBBING BUBBLES,
FANTASTIK OR
WINDEX CLEANERS**
650-950 ML/385-623 G OR
SCRUBBING BUBBLES
TOILET BRUSH
OR REFILLS 8-12'S
SELECTED VARIETIES
20125323001_EA
21666832_EA



Happy Holi

Enjoy the festival of colours with more value.

\$13

PC® BLUE MENU® CHICKEN BREASTS
BONELESS, SKINLESS,
AIR CHILLED
3'S
21340952_EA

CANADIAN POULTRY



\$25

BONE-IN STEWING GOAT
FROZEN
1 KG
20143053_EA

DIAMOND VALLEY
BONE-IN STEWING GOAT
CHÈVRE À RAGOUT
AVEC OL



\$8

SEAQUEST® COLOSSAL PACIFIC WHITE SHRIMP
RAW ZIPPERBACK®
16-20/LB, FROZEN
300 G
21043887_EA

SealQuest
16-20/lb
Pacific White Shrimp
Crevettes blanches du Pacifique



\$8 **1 LB**

SUNGOLD KIWI
PRODUCT OF ITALY
1 LB
20985015001_EA

Zespri
KIWIFRUIT
SUNGOLD
1LB (454G)
NET WEIGHT



3⁹⁹ **LB** **EXTRA LARGE**

PC® EXTRA LARGE BLACK SEEDLESS GRAPES
PRODUCT OF SOUTH AFRICA
NO. 1 GRADE
8.80/KG
20711275001_KG

SABLE SEEDLESS
BLACK SEEDLESS GRAPES
PRODUCE OF SOUTH AFRICA
PRODUCT OF SOUTH AFRICA



3⁹⁹ **LB**

TREE RIPE NECTARINE OR PEACHES
PRODUCT OF CHILE
NO. 1 GRADE
8.80/KG
20319426001_KG
20002646001_KG



\$7

BASSE NUT MIX
SELECTED VARIETIES
415-600 G
21158603_EA
21158613_EA

BASSE
CLASSIC TRAIL
Mix / Mélange
RANDONNÉE CLASSIQUE
600 g

Dark Chocolatey Cranberry
Mix / Mélange
CHOCOLATE AVEC CANNEBERGES
480 g



3⁹⁹

HALDIRAM'S TANDOORI NAAN
SELECTED VARIETIES
FROZEN
400 G
20707770_EA
20707770_EA

Tandoori Garlic Naan
Haldiram's



\$7

PC® MINI VEGETABLE SAMOSAS 345 G OR
CHICKEN SAMOSAS 288 G
FROZEN
20581030_EA/20603356_EA

Mini
VEGETABLE
SAMOSAS
AUX LÉGUMES

Mini
CHICKEN
SAMOSAS
AU POULET



5⁹⁹

BRAR'S MALAI PANEER OR SAMOSAS
SELECTED VARIETIES
FROZEN
375-624 G
21000033_EA
20283164_EA

BRAR'S
Malai Paneer

BRAR'S
SNACKS
POTATOES & PEAS
MIX / Mélange
POMME DE TERRE ET POIS
624 g (22oz)



7⁵⁰

NESTLÉ INSTANT TEA MIX
SELECTED VARIETIES
200 G
21665987_EA

Nestlé
EveryDay
10 STICKS
Cardamom Chai
Instant Tea Mix
Cardamome



1²⁵

PARLE G ORIGINAL BISCUITS 300 G OR
HIDE & SEEK FAB COOKIES 75 G/112 G
SELECTED VARIETIES
20840479_EA
20956495_EA

PARLE
PLATINA
HIDE & SEEK

PARLE
Parle-G



2⁷⁵

BRITANNIA GOOD DAY 231 G OR **FIRST 8 FIFTY COOKIES** 372 G
SELECTED VARIETIES
21023769_EA
21205822_EA

BRITANNIA
Good Day
TACHIO-ALMOND COOKIES
ŪITS AU PISTACHE ET AMANDE

BRITANNIA
58
SWEET & SALTY
NET WT. 231 g (8.1 oz)



\$8

TATA PREMIUM OR GOLD TEA
SELECTED VARIETIES
450 G
21407291_EA
21407294_EA

TATA TEA
PREMIUM

TATA TEA
Gold
NET WT. 450 g



2⁷⁵

RUBICON JUICES
SELECTED VARIETIES
1L
20029236001_EA
20296770001_EA

Rubicon
Guava
Goyave

Rubicon
Mango
Mangue



1⁷⁵

HALDIRAM SNACKS
SELECTED VARIETIES
90/150 G
20309977_EA
20314667007_EA

Haldiram's
INDIAN SNACKS / COLLATIONS INDIENNES
BHEL PURI
BOMBAY MIX / MÉLANGE DE BOMBAY

Haldiram's
INDIAN SNACKS / COLLATIONS INDIENNES
TASTY NUTS
SPICY PEANUTS / ARACHIDES ÉPICÉES



3⁷⁵

LAY'S INTERNATIONAL FLAVOURS
SELECTED VARIETIES
200 G
21663082_EA
21663203_EA

Lay's
MAGIC MASALA
Masala

Lay's
Cream & Onion
Crème et oignon



3⁷⁵

KOHINOOR COOKING SAUCES
SELECTED VARIETIES
375 G
21598540_EA
21599425_EA

KOHINOOR
Goan Vindaloo
Cook-in Sauce

KOHINOOR
Delhi BUTTER CHICKEN
Cook-in Sauce



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 STITTSTVILLE, MESSIER'S YIG 1836 REGENT STREET SOUTH SUDBURY, KATHY & MARK'S YIG 15 MCCHESENEY AVENUE KIRKLAND LAKE



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 March 11th, 2026



5,000 points

**when you spend \$25 on
fresh and frozen seafood**

Ends on March 11th, 2026



5,000 points

**when you spend \$20 on
Baby food all sizes and
varieties**

Ends on March 11th, 2026



3,000 points

**When you buy 1
PC® Bathroom Tissue
30=100 rolls**

Ends on March 11th, 2026



1,000 points

**when you buy 2
no name® fruit
selected varieties
frozen
300-400 g**

Ends on March 11th, 2026



2,000 points

**when you buy 2
PC® flatbreads 330-395 g
or Thin Crust 343-397 g
pizza, selected varieties
frozen**

Ends on March 11th, 2026



1,000 points

**when you buy 2 PC®
kettle cooked potato chips,
selected varieties
200 g**

Ends on March 11th, 2026



1,000 points

**when you buy 1
no name® canola or
vegetable oil
3 L**

Ends on March 11th, 2026



4,500 points

**when you buy 2 PC®
Pub Recipe or
gluten-free chicken,
selected varieties, frozen
600/700 g**

Ends on March 11th, 2026

live well, spend less

5⁵⁰

LIMIT 6
AFTER LIMIT
7.49 EA.

DOVE BODY
WASH 325 ML OR
BAR SOAP 3X106 G
SELECTED VARIETIES
21239554_EA/21511664_EA



\$7

LIMIT 6
AFTER LIMIT
8.49 EA.

SOFT SOAP LIQUID
HAND SOAP REFILL
SELECTED VARIETIES
1.47 L
21715457_EA/21715577_EA



\$8

LIMIT 6
AFTER LIMIT
10.99 EA.

METHOD
BODY WASH
SELECTED VARIETIES
532 ML
21425085_EA/21425051_EA



5⁵⁰

LIMIT 6
AFTER LIMIT
6.99 EA.

SENSODYNE OR PRONAMEL
TOOTHPASTE 75-100 ML,
POLIDENT DENTURE TABLETS
36-40'S OR POLIGRIP DENTURE
ADHESIVE 40 G, SELECTED VARIETIES
20301179001_EA/20756075_EA



7⁵⁰

LIMIT 6
AFTER LIMIT
8.99 EA.

COLGATE MAXFRESH OR
TOTAL TOOTHPASTE 3'S,
MANUAL TOOTHBRUSH 2'S OR
BATTERY TOOTHBRUSH 1'S OR
COLGATE TOTAL OR
PRO RELIEF MOUTHWASH
SELECTED VARIETIES AND SIZES
21118930_EA/21166655_EA



3⁵⁰

LIMIT 6
AFTER LIMIT
4.49 EA.

CREST COMPLETE
TOOTHPASTE 120 ML,
CREST STAIN ERASER
TOOTHPASTE 65 ML
CREST KIDS
TOOTHPASTE 85-100 ML OR
ORAL-B COMPLETE
SATIN FLOSS 50 M
SELECTED VARIETIES
20348190001_EA/21354028_EA



\$7

LIMIT 6
AFTER LIMIT
8.49 EA.

BIC DISPOSABLE
RAZORS
SELECTED VARIETIES
2-8'S
20037524_EA
20312082002_EA



7⁵⁰

LIMIT 6
AFTER LIMIT
8.99 EA.

OLD SPICE
DEODORANT 73-144 G,
SECRET DEODORANT 68-116 G OR
GILLETTE DEODORANT 122 G
SELECTED VARIETIES
20757237001_EA/21426451_EA



SAVE
UP TO
20%

OLAY BODY WASH
364-975 ML OR
BAR SOAP
8X113/4/8X90 G
SELECTED VARIETIES
21001487_EA/21585376_EA



\$7

TRESEMMÉ
SHAMPOO, CONDITIONER
OR STYLING
PRODUCTS
SELECTED VARIETIES
AND SIZES
21501949_EA
20336937_EA



\$10

AUSSIE OR HERBAL
ESSENCES PURE
PLANTS SHAMPOO
OR CONDITIONER
SELECTED VARIETIES
AND SIZES
21167373_EA
21571326_EA



\$13

L'ORÉAL PREFERENCE,
FÉRIA OR OLIA
HAIR COLOUR
SELECTED VARIETIES
20306667001_EA/21474630_EA



\$10

MARC ANTHONY OR
CAKE HAIR CARE
SELECTED VARIETIES AND SIZES
21646804_EA/21649083_EA



SAVE
UP TO
20%

NIVEA SKIN CARE
PRODUCTS
SELECTED VARIETIES
AND SIZES
20668737_EA/2110152_EA



SAVE
UP TO
20%

CETAPHIL
CLEANSERS OR
MOISTURIZERS
SELECTED VARIETIES
AND SIZES
20432313001_EA



live well, spend less

SAVE
UP TO
25%

**ONE A DAY
MULTIVITAMINS**
60-130'S OR
**FLINTSTONE'S
CHILDREN'S
VITAMINS OR
SUPPLEMENTS**
60-180'S
SELECTED VARIETIES
21515131_EA
21515178_EA



SAVE
UP TO
15%

**OLLY 50-90'S,
L'IL CRITTER'S,
FIRST RESPONSE OR
VITAFUSION VITAMINS
OR SUPPLEMENTS**
SELECTED VARIETIES
AND SIZES
21289985_EA
20867279_EA



12⁵⁰

**PURE PROTEIN
BARS**
SELECTED VARIETIES
AND SIZES
20856450_EA
20539046_EA



\$15

**TYLENOL TABLETS,
CAPLETS OR GELCAPS**
SELECTED VARIETIES
60-150'S
20040611_EA/21033531_EA



SAVE
UP TO
15%

SYSTANE EYE DROPS
SELECTED VARIETIES
15/20/30 ML
21207552_EA/21397130_EA



12⁵⁰

**PREMIER
READY TO DRINK
PROTEIN SHAKES**
SELECTED VARIETIES
AND SIZES
21031108_EA/21031114_EA



8⁵⁰

**CAREFREE PADS 28'S,
LINERS 92-120'S,
O.B. TAMPONS 40'S OR
PLAYTEX
TAMPONS 32-36'S**
SELECTED VARIETIES
20796733_EA/21095828_EA



\$12

**ALWAYS
LINERS 92-96'S,
PADS 7-92'S, OR
TAMPAX
TAMPONS 22-36'S**
SELECTED VARIETIES
21025063_EA
21374659_EA



\$19

**DEPEND
UNDERWEAR
OR POISE PADS**
SELECTED VARIETIES
AND SIZES
21301866_EA/21302119_EA



2/\$6

OR
\$3.99 EA.
**GERBER PUFFS OR
LIL' CRUNCHIES**
SELECTED VARIETIES
42-187 G
20304618007_EA
20304618008_EA



\$3

**PC® ORGANICS
MINI CEREAL BARS**
SELECTED VARIETIES
160 G
20066938001_EA
20431441001_EA



65⁴⁷

**ENFAMIL A+
NEUROPRO AND
GENTLELEASE
POWDER REFILLS**
SELECTED VARIETIES
862/890 G
21589079_EA/21589205_EA



36⁹⁹

**HUGGIES PULL-UPS
OR PAMPERS
EASY UPS GIANT PACK
TRAINING PANTS**
SELECTED VARIETIES
68-112'S
21021427_EA/21089194_EA



34⁹⁹

**PAMPERS ECONO
PACK DIAPERS**
SELECTED VARIETIES
SIZE N-8, 58-200'S
21551586_EA/21551645_EA



2/\$18

OR
\$10.49 EA.

**PEDIASURE
COMPLETE
NUTRITIONAL
SUPPLEMEN**
SELECTED VARIETIES
4X235 ML
20322414001_EA
20322414002_EA



LIBERTÉ TASTE THE JOY.



\$5

Liberté Greek®
Crunch
selected varieties
2 x 130 g
21041543002_EA



4⁵⁰

Liberté
Méditerranée®
4 x 100 g, Liberté
Greek® 4 x 100 g,
selected varieties
20801752003_EA
21685700_EA



\$5

Liberté® Kéfir
selected varieties
1 L
21216416_EA



2/\$10
OR
\$5.99 EA.

Liberté
Méditerranée®
selected varieties
500 g
21473714_EA
20788062002_EA



15⁵⁰

Liberté Greek®
selected
varieties
16 x 100 g
21547516_EA



21547587_EA
56920133427_EA



\$4

Yoplait® Source® tubs
630 g, selected varieties
21391318001_EA



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

3⁵⁰

Yoplait Tubes®
8 x 56 g, Yoplait
Minigo® 6 x 60 g,
selected varieties

IT'S NOT
JUST PASTA.
IT'S



2⁷⁵

Italpasta Pasta
Selected varieties
900 g
20081342013_EA

TASTE THE
DIFFERENCE

ITALY'S #1*
BRAND OF TOMATOES



\$5

Mutti
Strained Tomatoes
Selected varieties
680 mL
20288490001_EA

3⁷⁵

Mutti
Pizza Sauce
Selected
varieties
398 mL
20934555_EA

4⁷⁵

Mutti
Tomato Paste
156 mL
20934088_EA



ONE FAMILY.
ONE PASSION.
TOMATOES.

*Cascina S.r.l. - 1st Italy Paper + Super + Small Soft
Service of the top brands by sales sales in the Tomato
Derivatives category - Progressive JAN 2025 - DEC 2025

WARM UP YOUR
WINTER DAYS
WITH THE
PERFECT WRAP



2/7⁵⁰
OR
\$4.49 EA.

Casa Mendosa or
Wonder 10 inch Tortillas
selected varieties
and sizes
21182510_EA/20976626_EA

TM © Wonder Brands Inc

SAVE ON All Your Favourite Household Brands



\$22

Tide Detergent 100/94/83 LD, Ivory Snow Detergent
80 LD, PODS/Fings 45/57/76's, Downy/Gain Beads
853 g, Selected Varieties
21671018_EA/21594124_EA



\$16

Gain Detergent 100 LD, Cheer Detergent 107 LD, Tide
Detergent 52/64 LD, Tide Simply Detergent 107 LD, PODS/
Fings 25/42's, Liquid Softener 96/150 LD, Sheets 240/180's,
Beads 453/515/550 g, Rinse 70 LD Selected Varieties
21671135_EA/21670836_EA



\$27

Cascade Tubs 51/67/90's
Selected Varieties
21518479_EA/21516530_EA



5⁵⁰

Dawn Liquid 825/982 mL,
Dawn EZ Squeeze
532/535/650 mL,
Dawn Powerwash Refill
473 mL, Selected Varieties
21430556_EA/ 21218859_EA

\$11

Dawn 2.21/2.64 L, Mr. Clean Liquid 2.93 L,
Swiffer Duster Refills 6/10's, Sweeper
Wet Refills 12/20/24's, Sweeper Dry Refills
16/20/32's, WetJet Refills 12's, Powermop
Refills 5's, WetJet Liquid 2.5 L, Powermop
Liquid 2.5 L, Selected Varieties
21430598_EA/21694540_EA



\$18

Charmin Ultra Soft or Strong
bathroom tissue 12-48 rolls
21707532_EA/21636641_EA



\$18

Bounty
Paper Towel
6-12
Select a Size
21670280_EA

\$11

Bounty
Napkins
400's
21053171_EA

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