

crush fresh cravings

\$6

APP EXCLUSIVE OFFER*

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*

GET **1,500** ^{pts} **\$150**
back in points

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

**MÛRES SWEET
KAROLINE PC®**
21378078001_EA



*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
DÉLICÉES DU MARCHÉ™**
20099819001_EA



7.7"

RED MANGO CASE
PRODUCT OF PERU
CASE
**CAISSE DE
MANGUES ROUGES**
210478491EA



**SAVE
UP TO 59%**



\$4

**FARMER'S MARKET™
SWEET POTATOES**
PRODUCT OF CANADA,
CANADA NO. 1 GRADE
5 LB BAG
**PATATES DOUCES
DÉLICÉES DU MARCHÉ™**
20697331001_EA



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
COISSANTS 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
21850313_KG
21849439_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
20720051_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
Frites 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-TOUT 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, ASSOULISSANT TEXTILE DOWNY OU GAIN, PERLES DOWNY, GAIN OU IVORY NEIGE OU SAVON LIQUIDE DAWN
215993629_EA
215993732_EA



8⁹⁹

MEDJOL DATES
PRODUCT OF U.S.A.
2 LB TUB
DATTES MEDJOL
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. That's an extra **\$10** value!

OR

Redeem **150,000** pts and get **\$175** off* your purchase of \$175 or more. That's an extra **\$25** value!

OR

Redeem **250,000** pts and get **\$300** off* your purchase of \$300 or more. 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 600,000 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 pcloptimum.ca/company-policy/terms-and-conditions for further details.

3⁹⁹

PREPARED IN CANADA

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

\$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_L_EA

4²⁵

PREPARED IN CANADA

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

SAVE UP TO \$1²⁴

\$6

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

20814254001_EA
20822787001_EA

\$6

PREPARED IN CANADA

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

21278845_EA
21279221_EA

\$12

LIMIT 4 AFTER LIMIT 14.99 EA.

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

20996348_EA
20308731001_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

PREPARED IN CANADA

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 SANDWICH ICE CREAM

20115322_EA
20323573001_EA

6⁴⁴

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

20873036_EA
21363371_EA

\$5

PC® THE DECADENT COOKIES
SELECTED VARIETIES
280/300 G
BISCUITS PC®
LE DÉCADENT

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
SELECTED VARIETIES
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 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
NOURRIURE POUR CHIENS PC® 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

20300320_EA
20306994003_EA

1⁸⁵

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

20316187001_EA
20611201_EA

3⁵⁰

POPCORNERS
SELECTED VARIETIES
142 G
POPCORNERS

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 pcoptimum.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



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.

FRESH PROMISE

4⁵⁰

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



1 LB

3⁹⁹ **EXTRA LARGE**
LB

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 ROUSSES VERTS OU ROIGES SANS PÉPINS PC^{MD}
20425775001_KG
20159199001_KG



SAVE 50¢

\$6

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



PRODUCT OF CANADA

\$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}
2066102001_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
20172240001_KG



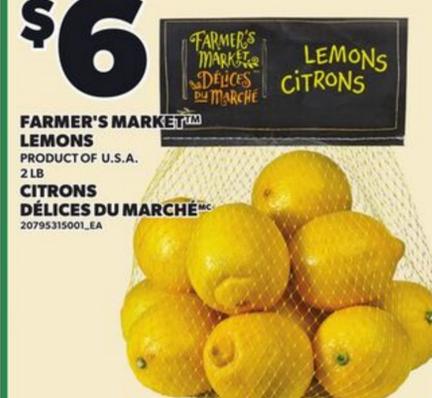
3⁵⁰

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



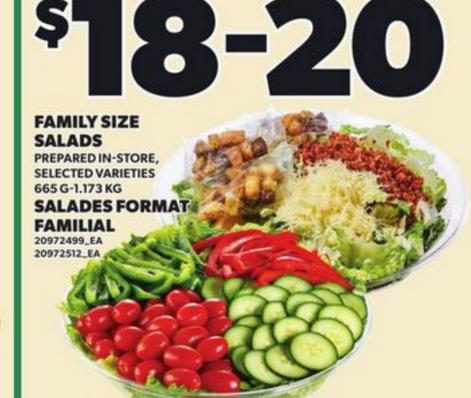
\$6

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



feeling protein power-fuel

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



\$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

\$7

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



PREPARED IN CANADA

\$8

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



500 G

PREPARED IN CANADA

\$11

ST-HUBERT OR SWISS CHALET PIES SELECTED VARIETIES
FROZEN
650-800 G
PÂTES ST-HUBERT OU SWISS CHALET
20719334_EA
21047194_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 \$1.49

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'ÂGLEFIN SAUVAGE PANÉ AU SEL DE MER ET VINAIGRE OU MOULES DE L'Î.-P.-É. EN SAUCE PROVENCEAUX
OU CRÈMEUSE AU VIN BLANC PC^{MD}
20838559_EA/21481247_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 DÉLICÉS 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

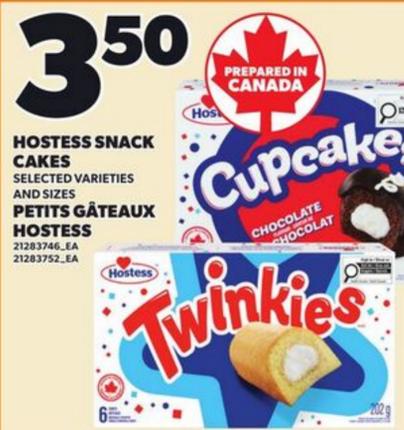
PC® LOAF LIGHT RYE OR LOAF MULTIGRAIN RYE BREAD
480 G
MICHE DE PAIN DE SEIGLE LÉGER OU SEIGLE MULTIGRAIN PC®
20682493_EA
20682498_EA



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



SAVE 49¢/100 G

PREPARED IN CANADA

3⁵⁰

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



GET 2,000

\$2

for every '10' spent on
MARCANGELO ITALIAN DELI MEAT SLICED OR CHUBS
SELECTED VARIETIES
85-300 G
CHARCUTERIES ITALIENNES TRANCHÉES 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 FAMILIAL PACK SUSHI
SELECTED VARIETIES
30 PCS, 645 G
SUSHI 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



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

PC® BLACK FIGS
PRODUCT OF MEXICO
4.54 KG
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
21475822001_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
2.97 KG
20003712001_EA

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
20069626001_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 DRAGONFRUIT
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

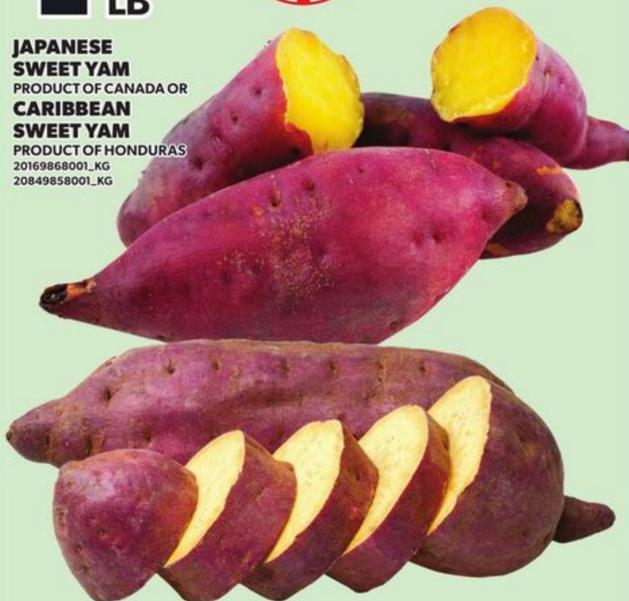
FARMER'S MARKET™
RED ONIONS
PRODUCT OF CANADA
OR U.S.A.,
NO. 1 GRADE
10 LB BAG
20171965001_EA



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 130 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

GET 1,000 back in points

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



\$8

GET 1,500 back in points

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

IOGO 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
20322227_EA
21377841_EA



\$9

PC® DE-ALCOHOLIZED BEER
SELECTED VARIETIES
12X355 ML
20121729_C12
20325253_C12



SAVE \$1.98 WHEN YOU BUY 2

2/\$6

OR \$3.99 EA.

PC® NATURAL SPRING WATER
24X500 ML
20137858_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
21363779_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
2012532001_EA
21666832_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 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/21511684_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 TOOTH PASTE 75-100 ML,
POLIDENT DENTURE TABLETS
36-40'S OR **POLIGRIP DENTURE ADHESIVE** 40 G, SELECTED VARIETIES
2030179001_EA/20756075_EA



7⁵⁰ **LIMIT 6**
AFTER LIMIT 8.99 EA.

COLGATE MAX FRESH OR TOTAL TOOTH PASTE 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 TOOTH PASTE 120 ML,
CREST STAIN ERASER TOOTH PASTE 65 ML
CREST KIDS TOOTH PASTE 85-100 ML OR
ORAL-B COMPLETE SATIN FLOSS 50 M
SELECTED VARIETIES
2034819001_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
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

ENFAMILA+ NEUROPRO AND GENTLEASE 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 SUPPLEMENT
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



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



\$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

IT'S NOT JUST PASTA.
IT'S **ITALPASTA**
Since 1989 - Depuis 1989



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
20934088_EA
4⁷⁵ Mutti Tomato Paste 156 mL
20934088_EA



ONE FAMILY. ONE PASSION. TOMATOES.

*Cascadia S.C. - 1st Italy Pepper - Super + Small Soft
Source of the top brands by value 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

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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