

PROUDLY CANADIAN OWNED & OPERATED

Independent
Your Independent Grocer

SAVE 39%

\$3 LB

PORK LOIN COMBINATION CHOPS SIRLOIN CENTRE AND RIB PORTION BONE-IN
6.61/KG
CÔTELETTES DE LONGE DE PORC, COMBINAISON DE COUPES, PORTIONS CENTRE ET BOUT DE CÔTES
20822343_KG

5.99 LB

CHICKEN THIGHS BONELESS, SKINLESS FAMILY SIZE
13.21/KG
HAUTS DE CUISSE DE POULET
20162170_KG

3.50



D'ITALIANO BREAD, BUNS OR GUSTO BAGELS
SELECTED VARIETIES AND SIZES
PAIN, PETITS PAINS D'ITALIANO OU BAGELS GUSTO
20039335_EA
20587369_EA
21577075_EA



\$10 LB



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



\$5

GIUSEPPE PIZZA
SELECTED VARIETIES FROZEN
439-785 G
PIZZA GIUSEPPE
21106361_EA
21106375_EA



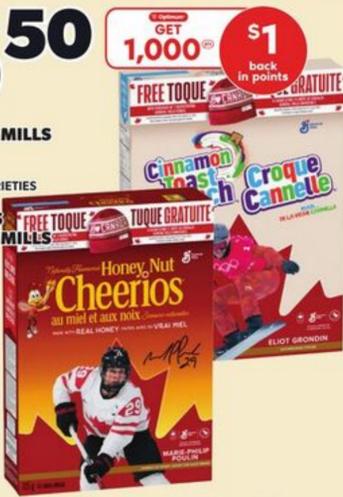
\$1

CAMPBELL'S SOUP
TOMATO, CHICKEN NOODLE, CREAM OF MUSHROOM OR VEGETABLE
284 ML
SOUPE CAMPBELL'S
20176214001_EA
20176214003_EA



5.50

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



SAVE UP TO 31%

6.50

SIGGI'S SKYR TUBS
650/750 G OR YOPLAIT SOURCE 16X100 G
SELECTED VARIETIES
CONTENANTS DE YOGURT SKYR SIGGI'S OU SOURCE YOPLAIT
203733001_EA
21353878_EA



1.50

OASIS 100% JUICE BLENDS, DEL MONTE NECTAR, HYDRAFRUIT OR ARIZONA TEA
SELECTED VARIETIES
960 ML
MÉLANGES DE JUS 100% OASIS, NECTAR DEL MONTE, HYDRAFRUIT OU THÉ ARIZONA
20336722005_EA
20894117004_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 33%

2.50

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



\$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
21094815_EA



SAVE 99¢ WHEN YOU BUY 3

3/4.98
OR \$1.99 EA.

COCA-COLA, CANADA DRY OR PEPSI SOFT DRINKS
SELECTED VARIETIES
2 L
PLUS DEPOSIT OR TAXES WHERE APPLICABLE
BOISSONS GAZEUSES COCA-COLA, CANADA DRY OU PEPSI
20316026002_EA
20296926002_EA



\$11

TIDE DETERGENT 1.62-1.86 L,
PODS OR FLINGS 18-31'S,
DOWNY OR GAIN FABRIC SOFTENER 1.66-2.63 L,
DOWNY, GAIN OR IVORY SNOW BEADS
303-379 G
SELECTED VARIETIES
DÈDENT TIDE, PODS OU FLINGS, ASSOULISSANT TEXTILE DOWNY OU GAIN OU PERLES DOWNY, GAIN OU IVORY NEIGE
21550428_EA
21593782_EA



SAVE UP TO 42%

13.99

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



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

*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 800,000 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.**

9⁹⁹

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



\$4

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

PREPARED IN CANADA



1³⁵

SWANSON POT PIES 200 G OR MICHELINA'S ENTRÉES 156-284 G
SELECTED VARIETIES
FROZEN
PÂTES SWANSON OU PLATS CUISINÉS MICHELINA'S
20320925001_EA
21208614_EA

NEW LOOK! NOUVELLE ALLURE!



SAVE \$2²⁵ 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
BISCUIT, BARRES PROTÉINÉES, SUCRÉES ET SALÉES VAL NATURE OU BARRES FIBRE 1
20587504001_EA
21213559_EA



SAVE UP TO \$1⁴⁹

\$4

PREPARED IN CANADA

PC® ORANGE JUICE 1.54 L OR DANONE ACTIVIA TUBS 650 G
SELECTED VARIETIES
JUS D'ORANGE PC^{MD} OU CONTENANTS ACTIVIA DANONE
20302315001_EA
214300531_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 RÂPÉ BLACK DIAMOND OU FROMAGE RÂPÉ PC^{MD}
21278845_EA
21279221_EA



\$5

PC® THE DECADENT® COOKIES
SELECTED VARIETIES 280/300 G
BISCUITS PC^{MD} LE DÉCADENT
20612251_EA
20612257_EA

THE DECADENT® PEANUT BUTTER CHOCOLATE HUNK COOKIE



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 CRÉMEUX ET SUCRÉ NESCAFÉ
20873036_EA
21363371_EA



\$7

INTERNATIONAL DELIGHT COFFEE WHITENER OR COLD FOAM
SELECTED VARIETIES 396-946 ML
COLORANT À CAFÉ OU MOUSSE FROIDE INTERNATIONAL DELIGHT
20895480002_EA
20895480003_EA



2⁵⁰

SNACK PACK PUDDING
SELECTED VARIETIES 4X99 G
POUDING SNACK PACK
20310707001_EA
20310707006_EA



SAVE \$1⁵⁸ WHEN YOU BUY 2

2/\$6

OR \$3.79 EA.

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



\$5

PREPARED IN CANADA

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



\$21

EQUIVALENT TO 88¢ PER BOTTLE

GATORADE CLUB PACK OR POWERADE SPORTS DRINK
SELECTED VARIETIES 24X591 ML
FBOISSON DÉSALÉTERANTE FORMAT CLUB GATORADE OU POWERADE
20954130_C24
20325703_C24



\$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



\$2

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



\$2

PC® LIQUID HAND DISH DETERGENT
SELECTED VARIETIES 638/739 ML
DÉTERGENT LIQUIDE À VAISSELLE PC^{MD}
21012490_EA
21013091_EA



\$11

PC® NUTRITION FIRST® DOG FOOD
SELECTED VARIETIES 2 KG
NOURRITURE POUR CHIENS PC^{MD} NUTRITION PREMIÈRE^{MC}
21304727_EA



2/\$12

OR \$10 EA.

8 STEM TULIPS ASSORTED COLOURS
8 TULIPES SUR TIGE
21723510_EA
21723469_EA



PRICE DROP† More ways to save

2⁵⁰

GOLDFISH BAKED SNACK CRACKERS OR CRISPS
SELECTED VARIETIES 156-200 G
CRAQUELINS CROUSTILLES GOLDFISH
20300320_EA
20306994003_EA



1⁸⁵

ANNIE'S MACARONI AND CHEESE ANNIE'S
SELECTED VARIETIES 149-170 G
MACARONI ET FROMAGE ANNIE'S
20316187001_EA
20811201_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 LAUNDRY LESSIVE PUREX OU SUNLIGHT
20856516005_EA
21427029_EA



Independent CUSTOMER RELATIONS 1-866-727-0771. VISIT yourindependentgrocer.ca FOR STORE HOURS.

Please call Customer Relations at 1-866-727-0771 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.

YA YN 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.

SAVE \$1 LB

PRODUCT OF CANADA

\$3 LB

GREENHOUSE TOMATOES ON THE VINE
PRODUCT OF CANADA
6.61/KG
TOMATES DE SERRE SUR VIGNE
20026703001_KG



4.49 LB

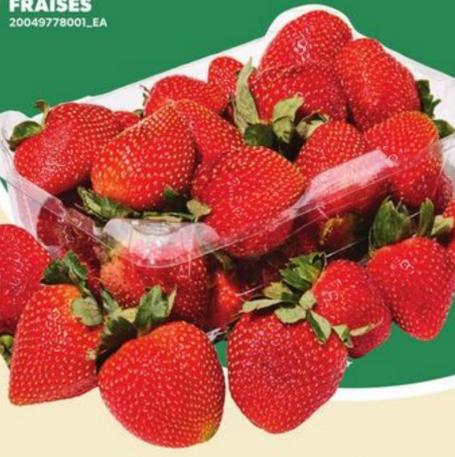
EXTRA LARGE

PC® EXTRA LARGE GREEN SEEDLESS GRAPES PRODUCT OF SOUTH AFRICA OR PERU, NO. 1 GRADE OR
PC® EXTRA LARGE RED SEEDLESS GRAPES PRODUCT OF SOUTH AFRICA OR CHILE, NO. 1 GRADE
9.90/KG
TRÈS GROS RAISINS VERTS OU ROUGES SANS PÉPINS PC®
20435775001_KG
20159199001_KG



\$5

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



\$4

PRODUCT OF CANADA

FARMER'S MARKET™ RUSSET POTATOES
PRODUCT OF CANADA, CANADA NO. 1 GRADE
10 LB BAG
POMMES DE TERRE RUSSET DÉLICIES DU MARCHÉ™
20601020001_EA



\$6

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

LARGE



2.49 LB

AMBROSIA OR ROYAL GALA APPLES PRODUCT OF ATLANTIC 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



\$4

FARMER'S MARKET™ CARROTS OR YELLOW ONIONS
PRODUCT OF CANADA OR U.S.A., NO. 1 GRADE
3 LB BAG
CAROTTES OU OIGNONS JAUNES DÉLICIES DU MARCHÉ™
20600927001_EA
20811993001_EA



\$8

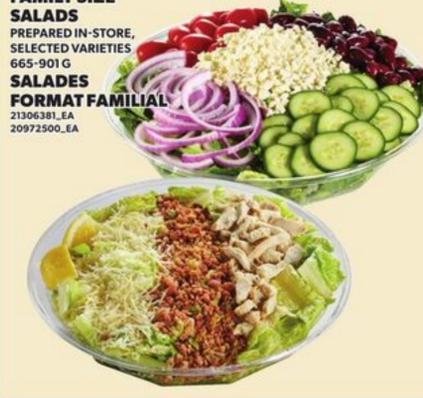
PC® ORRI MANDARINS
PRODUCT OF ISRAEL
2 LB
MANDARINES ORRI PC®
20907647001_EA

EASY TO PEEL MANDARIN FACILES À PÉLER



\$18-20

FAMILY SIZE SALADS
PREPARED IN-STORE, SELECTED VARIETIES
665-901 G
SALADES FORMAT FAMILIAL
21306381_EA
20972500_EA



feeling protein power-fuel

SAVE \$2.49 LB

\$15 LB

TOP SIRLOIN GRILLING STEAK
FAMILY SIZE, CUT FROM CANADA AA OR USDA SELECT GRADE BEEF OR HIGHER
33.07/KG
BIFTECK DE HAUT DE SURLONGE À GRILLER
20797507_KG



\$8 LB

CANADIAN POULTRY

HALAL CHICKEN BREASTS
BONELESS, SKINLESS, FAMILY SIZE
17.64/KG
POITRINES DE POULET HALAL
21636240_KG

HALAL



\$7

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

PREPARED IN-STORE



\$7 EA./LB

ATLANTIC CHOICE PORK SAUSAGES
375 G-500 G \$7 EACH OR
PORK SAUSAGES
PREPARED IN-STORE
SELECTED VARIETIES
\$7 LB 15.43/KG
SAUCISSES DE PORC ATLANTIC CHOICE® OU SAUCISSES DE PORC
21332592_EA
21451702_KG

PREPARED IN CANADA



\$8

PREPARED IN CANADA

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

500 G



\$17

PC® PIES
SELECTED VARIETIES
FROZEN
800/900 G
PÂTES PC®
20003749_EA
21613959_EA

Holiday Feast TURKEY (LA) PIE PÂTE À LA DINDE ET SA SAUMON
Festin des fêtes

SHEPHERD'S PIE UNCHECKED - NON CUIT PÂTE CHINOIS
500 g



find your catch in seafood

\$12 LB

SEAFOOD CHOWDER MIX
PREVIOUSLY FROZEN
26.46/KG
CHAUDRÉE DE PRODUITS DE LA MER
20852493_KG



SAVE UP TO \$3.49

9.50

PC® BATTERED WILD COD BITES 454 G OR
WILD YELLOWFIN TUNA STEAKS 280 G

BOUCHÉES DE MORUE SAUVAGE PANÉES OU DARNES DE THON JAUNE SAUVAGE PC®
21108887_EA
21211819_EA

WILD YELLOWFIN TUNA THON JAUNE SAUVAGE

COD BITES
BATTERED WILD COD FILLETS



SAVE UP TO \$1.99

\$9

PC® PACIFIC LARGE WHITE SHRIMP RAW ZIPPERBACK®
31-40 PER LB 400 G OR
MARINA DEL REY WILD ARGENTINIAN SHRIMP
RAW EASY PEEL 20-30 PER LB 300 G
FROZEN
GROSSES GREVETTES BLANCHES DU PACIFIQUE PC® OU **GREVETTES SAUVAGES D'ARGENTINE MARINE DEL REY**
20788888_EA / 20907159_EA

ZIPPERBACK® RAW PACIFIC WHITE SHRIMP GREVETTES BLANCHES DU PACIFIQUE CRUES À DÉCORTEURAGE ÉCLAIR
LARGE GROSSES 31-40 PER LB (1.13)



bakery deals rising daily

5.50 

**FARMER'S MARKET™
BUTTER CROISSANTS**
SELECTED VARIETIES
260-336 G
**CROISSANTS AU
BEURRE DÉLICÉS
DU MARCHÉ™**



4.50

**PC® LOAF LIGHT RYE
OR MULTIGRAIN RYE**
SELECTED VARIETIES
480 G
**PAIN DE SEIGLE LÉGER
OU PAIN DE SEIGLE
MULTIGRAIN PC®**



in the mood for deli-cious

**SAVE
UP TO \$1.99**

\$7

**SAVE
UP TO \$1.99**

\$7

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



**SAVE
99¢**

\$7

**PC® NATURAL
CHOICE® SLICED
DELI MEATS
TURKEY, CHICKEN
OR HAM**
SELECTED VARIETIES
175 G
**CHARCUTERIES
TRANCHÉES PC®
LE CHOIX NATUREL®
DINDE, POULET OU
JAMBON**



**SAVE
\$1.29**

\$5

**CHRIS BROTHERS
PEPPERONI
SELECTED VARIETIES
250 G
**PEPPERONI CHRIS
BROTHERS****



**SAVE
\$1.99**

\$6

**SUNRISE
PEPPERONI OR
SALAMI STICKS**
250 G
**BÂTONNETS DE
PEPPERONI OU
SALAMI SUNRISE**



\$4

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



on the run, we got you

\$15

**BENTO CALIFORNIA
ROLL VARIETY PACK**
470 G
**ROULEAU
CALIFORNIEN
BENTO EMBALLAGE
VARIÉ**



2/\$9

OR
\$5 EA.

**PC® PASTA
OR GNOCCHI**
SELECTED VARIETIES
255-350 G
**PÂTES OU
GNOCCHI PC®**



BUY ONE (1)

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

**+ ONE (1)
PEPSICO DRINK
591 ML
BOISSON PEPSICO**

FOR \$11



power bowls

\$8

**IN-STORE
PREPARED BOWLS**
SELECTED VARIETIES
350/400 G
**BOLS PRÉPARÉS
EN MAGASIN**



21666110_EA/21666166_EA

21691525_EA

20082054_EA
20992189_EA

20310580_EA
20326202_EA

21092033_EA
21687301_EA

20428574_EA
20573910_EA

20318788_EA
20981737_EA

20682493_EA
20682498_EA

21649868_EA
21706988_EA

21707345_EA
21707339_EA

21283746_EA
21283752_EA

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20250947_EA

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21199149_EA

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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