

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
2135868001_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
21378078001_EA



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

**SAVE
99¢**

\$6

PC® MANDARIN
PRODUCT OF U.S.A.
3 LB
20864961001_EA



9⁹⁸

RED MANGO CASE
PRODUCT OF PERU
CASE
21047849_EA



\$5



**FARMER'S MARKET™
RED OR RUSSET
POTATOES**
PRODUCT OF CANADA,
CANADA NO. 1 GRADE
10 LB BAG
20601013001_EA
20601020001_EA



add value to your morning

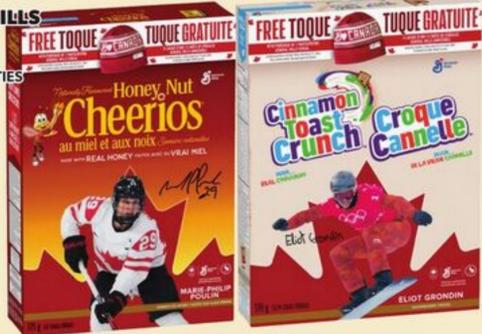
5⁵⁰

Optimum
GET 1,000

\$1
back
in points

**GENERAL MILLS
CEREAL**
FAMILY SIZE
SELECTED VARIETIES

475-778 G
21103492_EA
21103495_EA



\$8

APP EXCLUSIVE OFFER*

Optimum
GET 2,000

\$2
back
in points

BUTTER CROISSANTS
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

21567005_EA
21577054_EA
20673736_EA



**SAVE
75¢**



\$4

**PHILADELPHIA
CREAM CHEESE
OR DIPS**
SELECTED VARIETIES

227/250 G
20641267_EA
20866816002_EA



**SAVE
UP TO \$2.29**



6⁵⁰

**SIGGI'S YOGURT
TUB 650-750 G OR
YOPLAIT SOURCE
CREAMY YOGURT**
16X100 G

SELECTED VARIETIES
20317317001_EA
21353892_EA



\$12

**BOOST OR ENSURE
READY TO DRINK
SHAKES**
SELECTED VARIETIES
AND SIZES

20986348_EA
20308731001_EA



**LIMIT 4
AFTER LIMIT
14.99 EA.**

PROUDLY CANADIAN OWNED & OPERATED

Independent
Your Independent Grocer

3.49
LB

CHICKEN DRUMSTICKS OR THIGHS
FAMILY SIZE
7.69/KG
20004494_KG
20058163_KG

SAVE 46%
7.99
LB

INSIDE ROUND STEAK
FAMILY SIZE OR ROAST
CUT FROM CANADA AAA OR USDA
SELECT GRADE BEEF OR HIGHER
17.61/KG
20012701_KG

8.99

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

\$12
LB

FRESH COHO SALMON FILLETS
26.46/KG
FRESH SEAFOOD ITEMS
SUBJECT TO AVAILABILITY
21649464_KG

\$2

OASIS 100% JUICE BLENDS, DEL MONTE NECTAR, HYDRAFRUIT, ARIZONA TEA
SELECTED VARIETIES
960 ML
20336722005_EA
20094117004_EA



\$3

CAVENDISH FRIES OR SPECIALTY POTATOES 400-750 G
OR **PC® VEGETABLES** 300-750 G
SELECTED VARIETIES
FROZEN
20318915_EA
21685114_EA



\$1

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



SAVE 33%
2.50

PREGO PASTA SAUCE
SELECTED VARIETIES
645 ML
20325820001_EA
21340364_EA



SAVE UP TO \$2
\$5

GIUSEPPE PIZZA
SELECTED VARIETIES
FROZEN
439-785 G
21106361_EA
20904584_EA



\$10

TERRA OLIVE OIL 1 L OR NONNA PIA'S BALSAMIC GLAZE
250 ML
20839367_EA
20729461_EA



\$20

PC® GROUND COFFEE
SELECTED VARIETIES
800-930 G
21393374_EA
21393573_EA



\$11

TIDE DETERGENT 1.62-1.86 L, 18-31'S,
DOWNY, GAIN FABRIC SOFTENER 1.66-2.63 L,
DOWNY, GAIN, IVORY SNOW BEADS 303-379 G
OR **DAWN LIQUID** 2.21-2.64 L
SELECTED VARIETIES
21593629_EA
21593732_EA



SAVE UP TO 42%

13.99

ROYALE BATHROOM TISSUE
30=60 ROLLS OR TIGER TOWEL 6=12 ROLLS OR FACIAL TISSUE 12'S
SELECTED VARIETIES
20705292_EA
21378233_EA
21484732_EA



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

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 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 pcoptimum.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.

WB WW WY 1

\$5

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



\$6



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



4²⁵



ACTIVIA YOGURT TUB 650 G OR
PC® ORANGE JUICE 1.54 L
SELECTED VARIETIES
2032512005_EA
21430531_EA



\$7

INTERNATIONAL DELIGHT COFFEE
WHITENER OR
COLD FOAM
SELECTED VARIETIES
396-946 ML
20895480002_EA
20895480003_EA



3⁵⁰

MADE GOOD BARS,
CRUNCHIE SQUARES,
GRANOLA, MORNINGS,
MINIS, RICE CRISPS OR
DRIZZLE BARS
SELECTED VARIETIES
120-150 G
20797052001_EA
21352121_EA



\$5



CHAPMAN'S PREMIUM ICE CREAM
OR FROZEN DESSERT
OR SORBET 2 L OR
SUPER NOVELTIES
SELECTED VARIETIES
FROZEN
20115132_EA
20323573001_EA



6⁴⁴

NESCAFÉ OR TASTER'S CHOICE
INSTANT COFFEE 100-170 G OR
NESCAFÉ SWEET & CREAMY
SACHETS 16/18'S
SELECTED VARIETIES
20873036_EA
21363371_EA



\$10

PC® ENTRÉES
770 G-1.13 KG OR
PC® FISH 500-680 G
SELECTED VARIETIES,
FROZEN
20326534_EA
21637091_EA



\$4

DORITOS FLAVOURED
TORTILLA CHIPS
OR MISS VICKIE'S
KETTLE COOKED
POTATO CHIPS
SELECTED VARIETIES
190-235 G
21240628_EA
21693042_EA



\$21

EQUIVALENT TO
88¢
PER BOTTLE

GATORADE CLUB PACK OR
POWERADE SPORTS DRINK
SELECTED VARIETIES
24X591 ML
20298835002_C24
20854130_C24



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
20792751_EA
21213622_EA



SAVE
\$1.88
WHEN YOU BUY 2

2/5⁵⁰
OR
\$3.69 EA.

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



\$2

PC® LIQUID HAND
DISH DETERGENT
SELECTED VARIETIES
638/739 ML
21012490_EA
21013091_EA



\$2

NO NAME®
WHITE VINEGAR
4 L
20102756_EA



\$11

PC® NUTRITION
FIRST® DOG FOOD
SELECTED VARIETIES
2 KG
21304456_EA



PRICE
DROP†

More ways to save

2⁵⁰

GOLDFISH BAKED
SNACK CRACKERS
OR CRISPS
SELECTED VARIETIES
156-200 G
20300320_EA
20306954003_EA



1⁸⁵

ANNIE'S
MACARONI
AND CHEESE
SELECTED VARIETIES
149-170 G
20318187001_EA
20811201_EA



3⁵⁰

POPCORNERS
SELECTED VARIETIES
142 G
21370205_EA
21370259_EA



5⁵⁰

PUREX
1.92-2.03 L OR
SUNLIGHT
1.84 L LAUNDRY
DETERGENT
SELECTED VARIETIES
2085616005_EA
21427029_EA



Independent

CUSTOMER RELATIONS 1-800-296-2332. VISIT yourindependentgrocer.ca FOR STORE HOURS.

Please call Customer Relations at 1-800-296-2332 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. ®/™ 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.



WB WW WY BACK

freshness you can taste

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

FRESH PROMISE

*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.

\$5

RASPBERRIES
PRODUCT OF MEXICO OR U.S.A., NO. 1 GRADE
HALF PINT
20128938001_EA

3⁹⁹ **EXTRA LARGE**
LB

PC® EXTRA LARGE GREEN SEEDLESS GRAPES PRODUCT OF SOUTH AFRICA, NO. 1 GRADE OR
PC® EXTRA LARGE RED SEEDLESS GRAPES PRODUCT OF CHILE, NO. 1 GRADE
8.80/KG
20425775001_KG
20159199001_KG

2⁴⁹ **PRODUCT OF CANADA**
ENGLISH CUCUMBERS
PRODUCT OF WESTERN PROVINCES
EACH
20070132001_EA

\$5

FARMER'S MARKET™ AVOCADO BAG
PRODUCT OF MEXICO
6'S
21644936001_EA

5⁵⁰

PINEAPPLE
PRODUCT OF COSTA RICA OR MEXICO
EACH
20160992001_EA

2⁴⁹ **LB**

AMBROSIA OR ROYAL GALA APPLES PRODUCT OF WESTERN PROVINCES, CANADA FANCY GRADE OR
BARTLETT PEARS PRODUCT OF SOUTH AFRICA
5.49/KG
20083526001_KG
20172240001_KG

\$3

FARMER'S MARKET™ CARROTS 2 LB BAG OR
YELLOW ONIONS 2/3 LB BAG
PRODUCT OF CANADA OR U.S.A., NO. 1 GRADE
20626628001_EA
20811994001_EA

\$8

FARMER'S MARKET™ LEMONS
PRODUCT OF U.S.A.
3 LB
2079881001_EA

\$18-20

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

2/\$12
OR \$10 EA.

8 STEM TULIPS
ASSORTED COLOURS
21637907_EA

\$11

MINI ROSE
4 INCH
21663948_EA

\$15

MIXED BOUQUET
EACH
21210212_EA

feeling protein power-fuel

8⁵⁰

GRASS FED EXTRA LEAN GROUND BEEF
450 G
21675592_EA

\$7

BREADED PORK LOIN SCHNITZEL
300 G
21588065_EA

PREPARED IN-STORE

\$15 **AIR CHILLED**

PC® WHOLE CHICKEN
AIR CHILLED
UP TO 1.7 KG
21658901_EA

SAVE \$1 **PREPARED IN CANADA**

\$7

HARVEST PORK SAUSAGE
SELECTED VARIETIES
375-500 G
21724040_EA
21724116_EA

\$8 **PREPARED IN CANADA**

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

500 G

\$11

ST-HUBERT OR SWISS CHALET PIES
SELECTED VARIETIES
FROZEN
650/800 G
20719334_EA
21047194_EA

find your catch in seafood

\$9

HERON POINT WILD CAUGHT CRAB MEAT
READY-TO-EAT
170 G
21647384_EA
21647418_EA

\$11

PC® SMOKED SALMON
SELECTED VARIETIES
FROZEN
125/150 G
20055009_EA
20108286_EA

SAVE UP TO 99¢

\$7

SEAQUEST® BAY SCALLOPS UNCOOKED
100-150 PER LB, 400 G
OR **WATERVIEW MARKET CRISPY CALAMARI**
UNCOOKED 300 G
FROZEN
21454797_EA
21558527_EA

bakery deals rising daily

Fresh baked protein bread

\$3 **BAKED IN-STORE**

FRENCH OR ITALIAN BREAD
SELECTED VARIETIES
383 G
20344715_EA
20788443_EA

4²⁵ **BAKED IN-STORE**

DINNER ROLLS
SELECTED VARIETIES
12'S
21392649_EA
21462403_EA

\$4 **11g protein**
per 75 g serving

PROTEIN MULTIGRAIN BREAD
450 G
21721692_EA

NEW

\$9 **PREPARED IN CANADA**

FARMER'S MARKET™ COFFEE CAKES
SELECTED VARIETIES
750 G
21707345_EA
21707339_EA

6⁵⁰ **PREPARED IN CANADA**

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

5⁵⁰ **BAKED IN-STORE**

MINI ASSORTED DANISH
SELECTED VARIETIES
8'S
21476309_EA

4⁵⁰

PC® LOAFLIGHT RYE OR LOAF MULTIGRAIN RYE BREAD
480 G
20682493_EA
20682498_EA

3⁵⁰ **PREPARED IN CANADA**

HOSTESS SNACK CAKES
SELECTED VARIETIES AND SIZES
21283746_EA
21283752_EA

7⁵⁰

PROMISE GLUTEN-FREE PITA, BREAD OR BUNS
SELECTED VARIETIES AND SIZES
21444753_EA
21689193_EA
21689729_EA

\$5 /100 G

APPLEWOOD SMOKED CHEDDAR
IN-STORE DELI CUT
20076601_KG

in the mood for deli-cious

Optimum
Members-Only Price™
\$5
Non-members **\$7**

Members save **\$2**

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

SAVE 49¢/100 G **PREPARED IN CANADA**

3⁵⁰ /100 G

CUDDY SERVICE CASE MONTREAL SMOKED TURKEY AND BUFFALO CHICKEN
20007029_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
21021491_EA
21706089_EA

\$4 **PREPARED IN CANADA**

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

\$5 **PREPARED IN CANADA**

GUSTA VEGGIE GROUNDS
SELECTED VARIETIES
340 G
21454302_EA

on the run, we got you

SAVE UP TO \$2

\$16

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

SAVE \$1 WHEN YOU BUY 2

2/\$9 OR \$5 EA.

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

BUY ONE (1) FRESHLY PREPARED IN-STORE MADE ROMANACCIA SANDWICHES
SELECTED VARIETIES, 225-385 G
21693981_EA

+ ONE (1) PEPISCO DRINK
591 ML
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
21666110_EA/21666166_EA



tropical vibes sweet savings

Palmer Mango



\$6

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
9.99

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



3.50

COCONUT
PRODUCT OF VIETNAM
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



3/3.99
OR \$1.50 EA.

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



1.50
LB

PLANTAIN
PRODUCT OF COSTA RICA, COLOMBIA,
HONDURAS OR GUATEMALA
3.91 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



\$5
LB

YELLOW GUAVA
PRODUCT OF TAIWAN OR VIETNAM
11.02 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



2.50
LB

PAPAYA
PRODUCT OF MEXICO
5.51 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



2.50
LB

PC® DINO MELON
PRODUCT OF BRAZIL
5.51 KG
21688131001_KG

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

Canary Melon



\$2
LB

CANARY MELONS
PRODUCT OF BRAZIL
4.41 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, HONDURAS,
OR COSTA RICA, 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



\$6

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.

Starfruit



2.25

STARFRUIT
PRODUCT OF BRAZIL
EACH
20050741001_EA

Crisp and juicy with a unique sweet-tart flavor, choose fruit that's browning on the edges. Slices make for stunning garnishes for cocktails & salads.

Granadilla



2.50

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



\$3

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



\$4

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

2⁵⁰

RAPINI
PRODUCT OF U.S.A.
20048070001_EA



2⁵⁰ LB

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



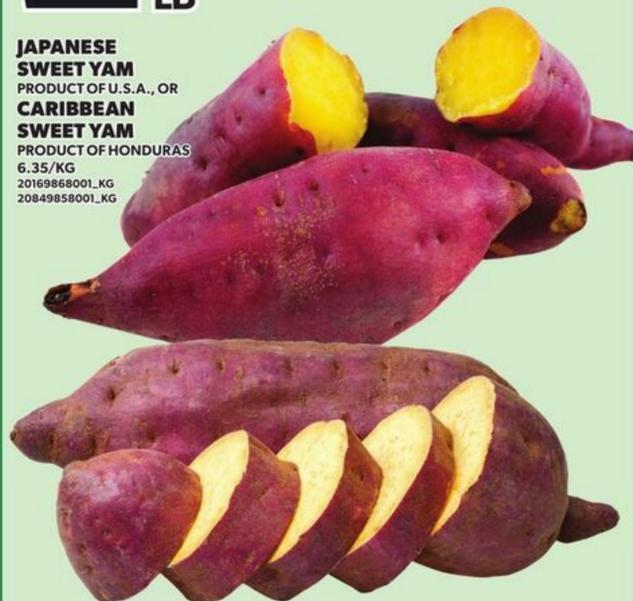
9⁵⁰ 10 LB

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



2⁸⁸ LB

**JAPANESE
SWEET YAM**
PRODUCT OF U.S.A., OR
**CARIBBEAN
SWEET YAM**
PRODUCT OF HONDURAS
6.35/KG
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



2/\$8
OR \$4.49 EA.

PC® SALAD DRESSING 475 ML OR CROUTONS 140 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

IÖGO 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
20332227_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



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



PUREX BATHROOM TISSUE
SELECTED VARIETIES
24/72 ROLLS
21189854_EA
21443672_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
2031208202_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

ENFAMILA+ 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 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.

*Casciana S.r.l. - 84 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
21567412_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 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 Tub 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