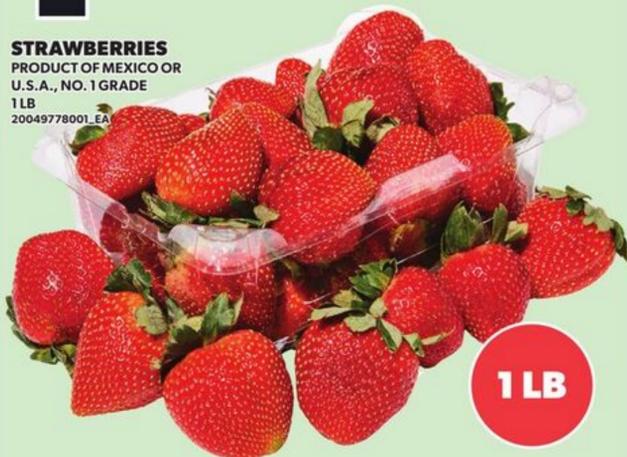


crush fresh cravings

1.99

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



1 LB

7.77

RED MANGO CASE
PRODUCT OF PERU
CASE
21047849_EA



**9 LB
AVG**

**SAVE
\$1.50**

APP EXCLUSIVE OFFER*

GET
1,000^{pts}

\$1
back
in points

3.50

**LARGE CROWNLESS
PINEAPPLE**
PRODUCT OF
COSTA RICA
EACH
20119813001_EA



LARGE

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

**SAVE
UP TO 36%**

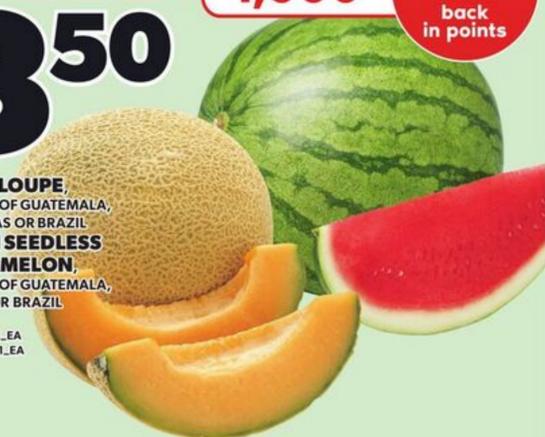
APP EXCLUSIVE OFFER*

GET
1,000^{pts}

\$1
back
in points

3.50

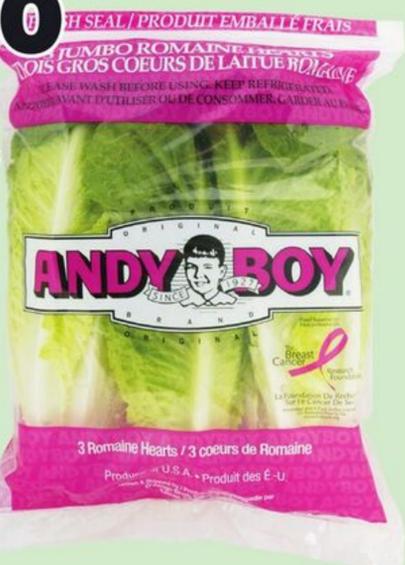
**CANTALOUPE,
PRODUCT OF GUATEMALA,
HONDURAS OR BRAZIL
OR MINI SEEDLESS
WATERMELON,
PRODUCT OF GUATEMALA,
MEXICO OR BRAZIL
EACH
20167017001_EA
20145379001_EA**



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

3.50

ROMAINE HEARTS
PRODUCT OF U.S.A.
3'S
20067389001_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
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
21103492_EA
21103495_EA



\$8

APP EXCLUSIVE OFFER*

GET 2,000^{pts}

\$2
back
in points

BUTTER CROSSANTS
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 \$2²⁹**



6⁵⁰

**SIGGI'S YOGURT
TUB 650-750 G OR YOPLAIT
SOURCE CREAMY
YOGURT 16X100 G**
SELECTED VARIETIES
20317317001_EA
21353892_EA



\$3

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



PROUDLY CANADIAN

Zehrs™

3⁹⁹
LB

SPLIT CHICKEN WINGS
FAMILY SIZE
8.80/KG
20761916_KG

SAVE 31%
10⁸⁸

Equivalent to
\$5.49/LB

GRASS FED LEAN GROUND BEEF
900 G
21618300_EA

900 G

SAVE UP TO 33%

\$6
LB

LAMB SHOULDER CHOPS CLUB PACK OR **GOAT CHOPS** FROZEN
13.23/KG
21550513_KG
21645489_KG

\$11
LB

FRESH ATLANTIC SALMON FILLETS
SKIN-ON, FAMILY-SIZE
24.25/KG
FRESH SEAFOOD ITEMS
SUBJECT TO AVAILABILITY
20720065_KG

1⁵⁰

OASIS 100% JUICE BLENDS, DEL MONTE NECTAR, HYDRAFRUIT, ARIZONA TEA
SELECTED VARIETIES
960 ML
20336722005_EA
20894177004_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%

2⁵⁰

PREGO PASTA SAUCE
SELECTED VARIETIES
645 ML
20325820001_EA
21340384_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



SAVE UP TO 42%

13⁹⁹

ROYALE BATHROOM TISSUE
30=60 ROLLS OR **TIGER TOWELS** 6=12 ROLLS OR **FACIAL TISSUE** 12'S
SELECTED VARIETIES
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
21593629_EA
21593732_EA



8⁹⁹

MEDJOL DATES
PRODUCT OF U.S.A.
2 LB TUB
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 pcoptimum.ca/company-policy/terms-and-conditions for further details.

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

3⁹⁹

PREPARED IN CANADA

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

\$10

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

4²⁵

PREPARED IN CANADA

ACTIVIA YOGURT TUB 650 G OR PC® ORANGE JUICE
1.54 L SELECTED VARIETIES
2032513205_EA
21430531_EA

SAVE \$1.24

\$6

PRESTIGE OR GRAY RIDGE PREMIUM LARGE WHITE EGGS
18'S
20814294001_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
21278845_EA
21279221_EA

\$5

PC® THE DECADENT COOKIES
SELECTED VARIETIES
280/300 G
20612251_EA
20612257_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
20792751_EA
21213622_EA

\$5

PREPARED IN CANADA

CHAPMAN'S PREMIUM ICE CREAM OR FROZEN DESSERT OR SORBET 2 L OR SUPER VARIETIES 6-20'S
SELECTED VARIETIES FROZEN
2011532_EA
20323573001_EA

6⁴⁴

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

\$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 POWERADE
SELECTED VARIETIES
24X591 ML
20298835002_C24
20854130_C24

12⁹⁹

EQUIVALENT TO 55¢ PER CAN

COCA-COLA OR PEPSI SOFT DRINKS
SELECTED VARIETIES
24X355 ML
20306687002_C24
20308197001_C24

\$12

LIMIT 4 AFTER LIMIT 14.99 EA.

BOOST OR ENSURE READY TO DRINK SHAKES
SELECTED VARIETIES
AND SIZES
20986348_EA
20308731001_EA

\$2

PC® LIQUID 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

Zehrs CUSTOMER RELATIONS 1-866-541-6315. VISIT zehrs.ca FOR STORE HOURS.

Please call Customer Relations at 1-866-541-6315 or visit our website at zehrs.ca for your store's hours and to see which Zehrs* 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. **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 zehrs.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.

ZEH BACK



freshness you can taste
 If it's not fresh, it's free.*

FRESH PROMISE

4⁵⁰

RASPBERRIES
 PRODUCT OF MEXICO
 OR U.S.A.
 HALF PINT
 20128938001_EA



\$6

FARMER'S MARKET™ LEMONS
 PRODUCT OF U.S.A.
 2 LB
 20795315001_EA

LEMONS CITRONS



SAVE 30%

2⁵⁰ EA./LB

ENGLISH CUCUMBERS 2.50 EA.
 OR **GREENHOUSE TOMATOES ON THE VINE** 2.50 LB 5.51/KG
 PRODUCT OF ONTARIO
 20070132001_EA
 20026703001_KG



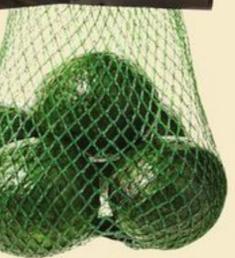
\$4

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



\$1

KIWI
 PRODUCT OF GREECE
 EACH
 20130242001_EA



1⁹⁹ LB

AMBROSIA OR ROYAL GALA APPLES PRODUCT OF CANADA, CANADA FANCY GRADE OR
BARTLETT PEARS PRODUCT OF SOUTH AFRICA
 4.39/KG
 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
 20600927001_EA
 20811994001_EA



\$7

PC® ORRI MANDARINS
 PRODUCT OF ISRAEL
 2 LB
 20907647001_EA



\$18-19

FAMILY SIZE SALADS
 PREPARED IN-STORE, SELECTED VARIETIES
 665-901 G
 20972499_EA
 20972512_EA



2/\$14
 OR \$12 EA.

10 STEM TULIPS
 ASSORTED COLOURS
 20833978_EA



\$26

PC® DOZEN ECUADORIAN ROSES
 ASSORTED COLOURS
 20581781_EA



\$15

ASSORTED BLOOMING
 21725861_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
 20812494_KG



\$7

BREADED PORK LOIN SCHNITZEL
 300 G
 21588065_EA

PREPARED IN-STORE



SAVE \$1

\$7

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



\$8

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

500 G



find your catch in seafood

\$9

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



\$10

MARINA DEL REY WILD ARGENTINIAN SHRIMP
 RAW EASY PEEL
 20-30 PER LB, FROZEN
 300 G
 20907159_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
21649666_EA
21706988_EA



5⁵⁰ **BAKED IN-STORE**

MINI ASSORTED DANISH
SELECTED VARIETIES
8'S
21476309_EA



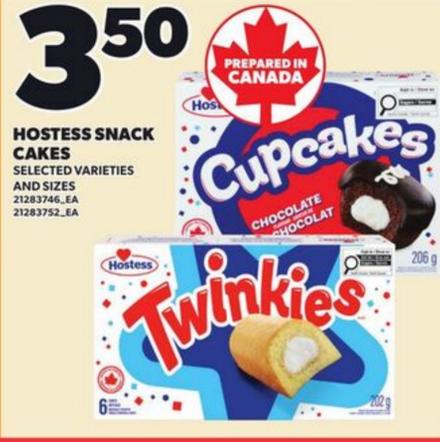
4⁵⁰

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

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

Members save **\$2**



SAVE 49¢/100 G **PREPARED IN CANADA**

3⁵⁰ /100 G

CUDDYSERVICE CASE MONTREAL SMOKED TURKEY AND BUFFALO CHICKEN
20007829_KG



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

MARCANGELO ITALIAN DELI MEAT
SLICED OR CHUBS
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)
PEPSICO 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



\$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
850

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



\$2

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



\$1

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



1.25
LB

PLANTAIN
PRODUCT OF COSTA RICA, COLOMBIA
HONDURAS OR GUATEMALA
2.93 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



5.50
LB

YELLOW GUAVA
PRODUCT OF TAIWAN
12.13 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
20817060001_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

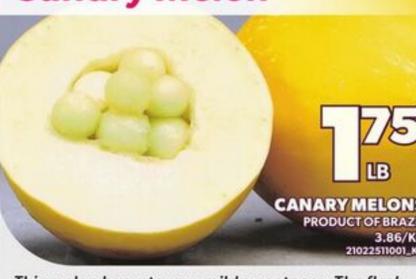


\$2
LB

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



1.75
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



\$10

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



\$5

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



\$7

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

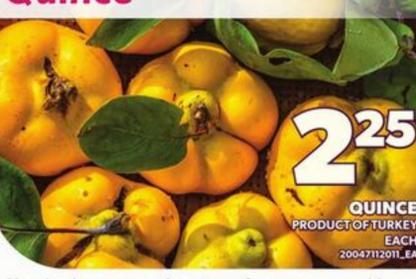


2.25

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



2.25

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



3.50

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



\$3

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

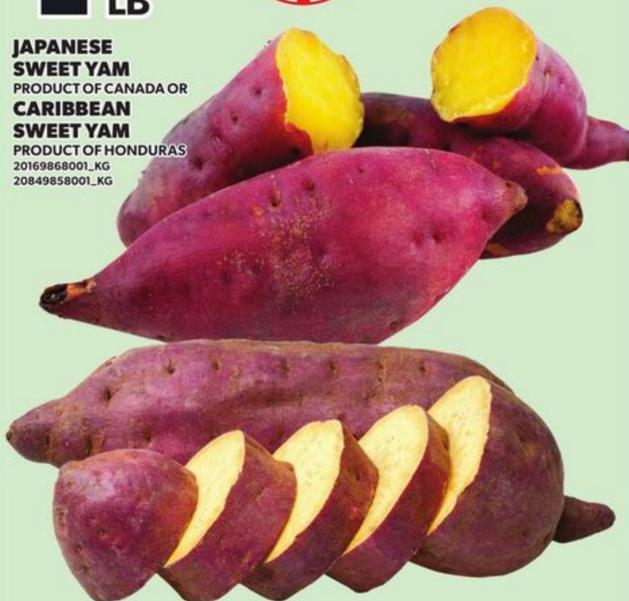
FARMER'S MARKET™
RED ONIONS
PRODUCT OF CANADA
OR U.S.A.,
NO. 1 GRADE
10 LB BAG
20171965001_EA



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



Happy Holi

Enjoy the festival of colours with more value.

\$13



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



\$25

BONE-IN STEWING GOAT
FROZEN
1 KG
20143053_EA



\$8

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



\$7

1 LB

SUNGOLD KIWI
PRODUCT OF ITALY
1 LB
20985015001_EA



3.99

LB

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



3.99

EXTRA LARGE

PC® EXTRA BLACK LARGE SEEDLESS GRAPES
PRODUCT OF SOUTH AFRICA
NO. 1 GRADE
8.80/KG
2071275001_KG



Optimum
Members-Only Price
\$6
Non-members
\$8

Members save
\$2



PRANA NUT MIXES
350-400 G
21521599_EA
21521567_EA



3.99

HALDIRAM'S TANDOORI NAAN
SELECTED VARIETIES
FROZEN
400 G
20707856_EA



\$7

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



5.99

BRAR'S MALAI PANEER
375 G
20283164_EA



3.75

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



3.75

KOHINOOR COOKING SAUCES
SELECTED VARIETIES
375 G
21598540_EA
21599429_EA



2.99

PRAN SAMOSAS
FROZEN
400 G
21054846_EA



1.75

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



2.75

RUBICON JUICES
SELECTED VARIETIES
1 L
20029236001_EA
20296770001_EA



\$8

TATA PREMIUM OR GOLD TEA
450 G
21407291_EA
21407294_EA



7.50

NESTLÉ INSTANT TEA MIX
SELECTED VARIETIES
200 G
21665980_EA
21665987_EA



1.25

PARLE G ORIGINAL BISCUITS 300 G OR HIDE & SEEK FAB COOKIES 75/112 G
SELECTED VARIETIES
20804079_EA
20956495_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
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

gear up for great grilling

Optimum
Members-Only Price™
619
Non-members
699

Members save
\$80

**PC® THE URBAN GRILL
3+1 BURNERS**
21670523_EA
**Must be a registered PC Optimum™ member to load and get this offer.



50,000 BTU
20 Burgers
Propane
5 Year Limited
498 Sq Inches

9 Burgers
Charcoal
5 Year Limited
130 Sq Inches

\$169

**PC® THE PERFECTLY PORTABLE
TABLETOP GRILL**
INTEGRATED CARRY HANDLE,
MARINADE TRAY AND
CUTTING BOARD
21670419_EA



12,000 BTU
12 Burgers
Propane
1 Year Limited
224 Sq Inches

Optimum
Members-Only Price™
\$59
Non-members
\$79

Members save
\$20

**EVERYDAY ESSENTIALS™
PORTABLE PROPANE
GRILL WITH
LOCKING LID AND
FOLDING LEGS**
21672427_EA
**Must be a registered PC Optimum™ member to load and get this offer.



\$14

**ROYAL OAK STAR GRILL
LUMP CHARCOAL**
10 LB
20027522_EA



\$9

PC® GRILL SHEET
NON-STICK REUSABLE
50X38 CM
21668430_EA



3⁵⁰

**EVERYDAY ESSENTIALS™
SCRUBBER**
BRISTLE FREE
21672423_EA



\$5

**EVERYDAY ESSENTIALS™
ALUMINUM GREASE
DRIP BUCKET LINERS**
6'S
21680933_EA



\$5

**EVERYDAY ESSENTIALS™
ALUMINUM GRILLING TRAYS**
6'S
21680620_EA



\$8

**EVERYDAY ESSENTIALS™
GRILLING TOOLS**
SELECTED VARIETIES
21670367_EA/21670392_EA



JOE FRESH

Fresh Styles at Our Lowest Prices

Other colours available:



FRESH PRICE!
\$19
Adult Windbreaker



FRESH PRICE!
\$25
Women's Lightweight Puffer Vest



FRESH PRICE!
\$15
Children's Windbreaker



FRESH PRICE!
\$10
Children's Sweatshirt

20% Off
Men's Select Sweaters*

Regular Price \$39 - \$49 | Excludes Clearance & Brands | Ends March 4

3 DAYS ONLY!

25% Off
Children's Footwear & Accessories*

In-Store Exclusive | Regular Price Only | Ends March 1

EVEN MORE ONLINE AT JOEFRESH.COM

SHOP NOW

* Visit www.joefresh.com/offerdetails for full details.

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 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

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