

weekly deals

SAVE 99¢/100 G



\$3
/100G



MASTRO DELI SERVICE CASE OR GENOA MILD DELI SERVICE CASE, SELECTED VARIETIES
20087761_KG
21426774_KG

SAVE 34%

1.97



BARILLA PASTA
SELECTED VARIETIES
410 G
21404912_EA
21404904_EA



SAVE UP TO \$3

APP EXCLUSIVE OFFER*

GET **4,000** ^{PM} **\$4** back in points

\$14



PC® OR BLUE MENU® ENTRÉES
SELECTED VARIETIES, FROZEN CLUB SIZE
2/2.27 KG
20134930_EA
21178593_EA

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

2.50

PC® KETTLE COOKED, LOADS OF FLAVOUR OR WORLD OF FLAVOUR POTATO CHIPS
SELECTED VARIETIES
200 G
20840911002_EA
21422931_EA



Optimum

Members-Only Price™

\$4

Non-members

\$5

Members save **\$1**



PREMIUM BAGELS
SELECTED VARIETIES
6'S
21016649_EA
21705757_EA

BAKED IN-STORE

SAVE \$4

\$11



PC® MAPLE SYRUP
GRADE A AMBER
500 ML
20049221_EA

**PRICE
DROP ‡**

More ways to
save

2⁵⁰

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



2⁵⁰

CHEEMO PEROGIES
SELECTED VARIETIES
FROZEN
745-907 G
20527159_EA
20527641_EA



2⁵⁰

**MONSTER
ENERGY DRINKS**
SELECTED VARIETIES
473 ML
20938249_EA
20938521_EA



1⁸⁵

**ANNIE'S
MAC & CHEESE**
SELECTED VARIETIES
149-170 G
20316187001_EA
20811201_EA



3⁵⁰

POPCORNERS
SELECTED VARIETIES
142 G
21370205_EA
21370259_EA



\$6

FRISKIES CAT FOOD
SELECTED VARIETIES
1.4-1.5 KG
20912515_EA



‡Offer valid in-store at participating locations between February 26 - March 18, 2026 before applicable taxes and while quantities last. Offer applies only to select products. Offer may be modified and/or cancelled without notice. See in-store for full details.

\$20

GET **5,000** back in points

INTERNATIONAL WOMEN'S DAY BOUQUET
21669269_EA

INTERNATIONAL WOMEN'S DAY
Sunday March 8th

Independent
Your Independent Grocer

PROUDLY CANADIAN OWNED & OPERATED

4⁹⁹
LB



CHICKEN BREASTS
BONE-IN, SKINLESS OR
SPLIT CHICKEN WINGS
FAMILY SIZE
11.00/KG
20055906_KG
20761916_KG



SAVE 39%

5⁷⁷
LB

LEAN GROUND BEEF
FAMILY SIZE
12.72/KG
20805731_KG



2/\$12
OR \$7 EA.

SEAQUEST® FISH FILLETS
SELECTED VARIETIES 400 G OR
COLOSSAL PACIFIC WHITE SHRIMP
RAW ZIPPERBACK® 16-20 PER LB
300 G FROZEN
21043887_EA
21314740_EA



3⁵⁰

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



1 LB



SAVE \$1

\$3

FARMER'S MARKET™
MINI CUCUMBERS 6'S
PRODUCT OF WESTERN PROVINCES,
OR **FARMER'S MARKET™**
GRAPE TOMATO 283 G
PRODUCT OF CANADA-MEXICO
OR U.S.A.
2073797000_EA
2136788001_EA



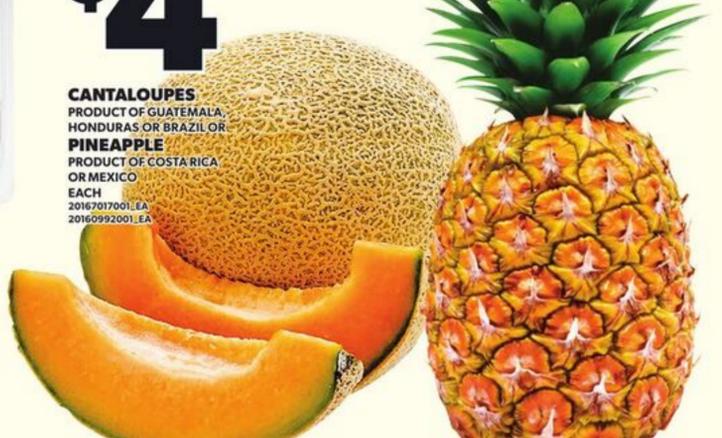
PKG OF 6



SAVE \$1

\$4

CANTALOUPE
PRODUCT OF GUATEMALA,
HONDURAS OR BRAZIL OR
PINEAPPLE
PRODUCT OF COSTA RICA
OR MEXICO
EACH
20167017001_EA
20160992001_EA



\$8

APP EXCLUSIVE OFFER
GET **2,000** back in points

PC® PACIFIC LARGE WHITE SHRIMP
PEELED, RAW OR COOKED,
OR RAW ZIPPERBACK®
31-40 PER LB, FROZEN
400 G
20789931_EA
20791381_EA



3⁵⁰

MINUTE MAID ZERO SUGAR DRINK
1.54 L OR **LIBERTÉ MEDITERRANÉE TUBS**
500 G SELECTED VARIETIES
21434119_EA
21473714_EA



SAVE UP TO 36%

3⁵⁰

DR. OETKER RISTORANTE OR CASA DI MAMA PIZZA 320-410 G OR **PC® FOCACCIA OR FLATBREAD PIZZA** 330-456 G SELECTED VARIETIES, FROZEN
20296100001_EA
21013452_EA



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

2/\$11
OR \$6.79 EA.



PC® OR BLUE MENU® SPARKLING WATER
SELECTED VARIETIES
12X355 ML
20668034001_C01
20668034002_C01



\$17

PC® K-CUPS 30'S OR BALZAC'S GROUND COFFEE 300 G
SELECTED VARIETIES
21038762_EA
21364375_EA



6⁵⁰

GET **2,000** back in points

PUREX BATHROOM TISSUE 12 DOUBLE ROLLS, **SPONGETOWELS** **PAPER TOWELS**
3=6 ROLLS OR **SCOTTIES FACIAL TISSUE** 6'S
SELECTED VARIETIES
20318667_EA
21186225_EA
21676183_EA



APP EXCLUSIVE OFFER

Shop & earn more

March 5th to 11th

Open your PC® Optimum App to reveal your offer.

Excludes prescription drugs and optical.

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

Get at least

10,000 pts

at least **\$10** back in points

Flyer prices effective from Thursday, March 5th to Wednesday, March 11th, 2026. SEE BACK PAGE FOR DETAILS.

WB WW WY 1

BUY ONE (1) + BUY ONE (1)

SILK NON-DAIRY BEVERAGES
SELECTED VARIETIES
1.75-1.89 L
20315090001_EA
21243598_EA
4.49

BUY ONE (1) GET 3,000* **\$3** back in points

KELLOGG'S PREMIUM CEREAL
SELECTED VARIETIES
317-525 G
20015041_EA
21651958_EA

President's Choice

Raised by Canadian farmers

\$16 APP EXCLUSIVE OFFER
GET 3,000* **\$3** back in points

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

Air-chilled to lock in flavour

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

SAVE 98¢ WHEN YOU BUY 2

2/\$13

OR \$6.99 EA.

CRACKER BARREL CHEESE BARS 400 G
OR **SHREDS** 250-320 G
SELECTED VARIETIES
21290384_EA
21290616_EA

PREPARED IN CANADA

SAVE UP TO \$1

\$3

GREEN GIANT VEGETABLES 400-750 G OR
MCCAIN FRIES OR HASHBROWNS 800 G
SELECTED VARIETIES
FROZEN
21022302_EA
21521173_EA

\$3

OCEAN'S WHITE TUNA OR GOLD SEAL PINK SALMON
SELECTED VARIETIES
170/213 G
21005158_EA
21186067_EA

\$5

HEINZ KETCHUP 750 ML-1 L OR
KRAFT MIRACLE WHIP 650-890 ML
SELECTED VARIETIES
2028681001_EA
20069080_EA

\$5

PC® BLUE MENU® CEREAL BOOSTER GRANOLA
SELECTED VARIETIES
325-450 G
20631288004_EA
21344977_EA

\$15

ROGERS WHITE GRANULATED SUGAR
10 KG
20145033_EA

PRODUCT OF CANADA

\$6

CADBURY EGGS 190/200 G OR
HOLLOW 96/97 G
SELECTED VARIETIES
20073454_EA
21624994_EA

\$4

SNYDER'S OF HANOVER PRETZEL BITES, RODS MINIS AND STICKS
SELECTED VARIETIES
240 G
20316052001_EA
20316052002_EA

\$3

CRISPERS CRACKERS OR CRISPERS BITS AND BITES SNACK AND CRACKER MIX
SELECTED VARIETIES
145 G
21358333_EA
21395350_EA

\$5

BEATRICE OR DAIRYLAND CHOCOLATE MILK
SELECTED VARIETIES
1.89-2 L
20147850_EA
21695214_EA

5.50

HÄAGEN-DAZS 414-450 ML OR BARS 3/4'S OR NESTLÉ DRUMSTICK 4'S
SELECTED VARIETIES
FROZEN
21513578_EA
20322380001_EA

5.50

CHAPMAN'S MARKDALE CREAMERY ICE CREAM 2 L OR COLLECTION NOVELTIES 6/8'S
SELECTED VARIETIES FROZEN
20315236001_EA
20323757001_EA

SAVE \$2.58 WHEN YOU BUY 2

2/\$13

OR \$7.79 EA.

PEPSI SOFT DRINKS
SELECTED VARIETIES
6X710 ML
20310546004_EA
20310546002_EA

\$9

DAVIDTEA 12'S OR LOOSE LEAF 50 G OR TETLEY 80'S
SELECTED VARIETIES
21611906_EA
21665165_EA

\$21

TIDE LAUNDRY DETERGENT 3.46-3.9 L, PODS OR FLINGS 45-76'S OR DOWNY OR GAIN BEADS 853 G OR CASCADE TUBS 51/67/90'S
SELECTED VARIETIES
21518475_EA
21593670_EA
21659405_EA

MARCH HIT OF THE MONTH **LOWEST PRICES. BEST DEALS.** As compared to other major grocery retailers within your local areas. **Must be a registered PC Optim™ member to get this offer. Valid from March 1 - 31, 2026. While quantities last. See in-store for details.

CHRISTIE RITZ ORIGINAL, CHRISTIE RITZ CHIPS, TRISCUITS, WHEAT THINS OR TOPPABLES CRACKERS
SELECTED VARIETIES
240-454 G
20606037_EA / 21618621_EA

QUAKER CHEWY GRANOLY BARS
SELECTED VARIETIES
120 G
21359366_EA
21359369_EA

PC® DIPS OR HUMMUS
SELECTED VARIETIES
454 G
20583725_EA
20584098_EA

PREPARED IN CANADA

See in-store for details.

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. **Purchase limits:** We reserve the right to limit quantities to reasonable family requirements. **PC Optim™ Members Only:** Offers are available to valid PC Optim™ 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 Optim™ 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

FRESH PROMISE

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.

\$5

BLUEBERRIES
PRODUCT OF MEXICO OR MOROCCO OR

RASPBERRIES
PRODUCT OF MEXICO OR U.S.A.
HALF PINT
20152465001_EA
20128938001_EA

3⁹⁹ **LB** **EXTRA LARGE**

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

2⁵⁰ **EA./LB**

ENGLISH CUCUMBERS
PRODUCT OF WESTERN PROVINCES 2.50 EA. OR

ROMA TOMATOES
PRODUCT OF CANADA OR MEXICO 2.50 EA. 5.51/KG
20070132001_EA
20143381001_EA

PRODUCT OF CANADA

\$6

CAULIFLOWER
PRODUCT OF MEXICO OR U.S.A., NO. 1 GRADE
EACH
20135377001_EA

\$5

FARMER'S MARKET™ AVOCADO BAG
PRODUCT OF MEXICO, PERU OR COLOMBIA
6'S
21644936001_EA

\$2

ATAULFO MANGO
PRODUCT OF MEXICO
EACH
20121509001_EA

\$2 **LB**

BUTTERNUT SQUASH
PRODUCT OF MEXICO OR

SWEET POTATOES
PRODUCT OF CANADA
4.41/KG
20325274001_KG
20127708001_KG

SAVE \$1 WHEN YOU BUY 2

2/\$11

OR \$6 EA.

TAYLOR FARMS CHOPPED SALAD KITS
SELECTED VARIETIES, PRODUCT OF U.S.A.
267-383 G
21209541_EA
21335159_EA

\$6

GUACAMOLE 270 G
OR **PICO DE GALLO SALSA 170 G**
PREPARED IN-STORE
21658028_EA/21422263_EA

blooming strong celebrating women everywhere • International Women's Day Sunday March 8th, 2026

\$35

PREMIUM GIFT BOUQUET
EACH
21436381_EA

\$10

8 STEM TULIPS
ASSORTED COLOURS
21637907_EA

\$25

PC® DOZEN ROSES
21630028_EA
21630087_EA

feeling protein power-fuel

13⁵⁰ **LB**

BONELESS STEWING BEEF
FAMILY SIZE, CUT FROM CANADA AA OR USDA SELECT GRADE BEEF OR HIGHER
29.76/KG
20867483_KG

\$5 **CANADIAN PORK**

LEAN GROUND PORK
450 G
21705787_EA

\$4 **LB** **CANADIAN POULTRY**

CHICKEN LEGS
BACK ATTACHED
FAMILY SIZE
8.82/KG
20153925_KG

\$7 **LB**

PORK SAUSAGE
SELECTED VARIETIES
15.43/KG
21451702_KG
21451708_KG

PREPARED IN-STORE

\$9 **PREPARED IN CANADA**

PC® NATURALLY SMOKED BACON
SELECTED VARIETIES
500 G
20057892_EA
20152629_EA

500 G

\$8

IMPOSSIBLE PLANT-BASED BURGER PATTIES
227 G OR **GROUND BEEF 340 G**
FROZEN
21403513_EA
21403522_EA

find your catch in seafood

\$14 **LB** **CANADIAN SEAFOOD**

FRESH STEELHEAD TROUT FILLETS
30.86/KG
21025083_KG

9⁵⁰

PC® SMOKE SALMON OR CRAB & LOBSTER BAKE & SERVE DIP
FROZEN
360 G
21682613_EA
21682673_EA

\$8

PC® GLUTEN-FREE BREADED SHRIMP UNCOOKED 340 G OR SEAQUEST® WHOLE POMPAÑO 800 G
FROZEN
21364651_EA
21592084_EA

bakery deals rising daily

7⁵⁰



\$4 **BAKED**
IN-STORE

CINNAMON RAISIN BREAD
468 G
20729432_EA



\$15 **CAKE**
OF THE MONTH

ELITE 6" CHOCOLATE CARAMEL MOUSSE CAKE
700 G
21616817_EA



8 INCH PIES
SELECTED VARIETIES
635-750 G
21297474_EA
21297475_EA



\$4 **BAKED**
IN-STORE

FOCACCIA, ROSEMARY & SEA SALT OR CHEESE
430/484 G
21724758_EA



7⁵⁰ **PREPARED IN CANADA**

FARMER'S MARKET™ COOKIES
SELECTED VARIETIES
12'S
20566294_EA
20566295_EA



\$6 **PREPARED IN CANADA**

PC® MINI MUFFINS
SELECTED VARIETIES
12'S
21488821_EA
21488839_EA



\$4 **PREPARED IN CANADA**

PC® PIZZA CRUST
300/440 G, SELECTED VARIETIES OR **NATURAL BAKERY RYE** 500 G
21416545_EA
20675049_EA



3⁵⁰ **PREPARED IN CANADA**

WONDER BREAD OR BUNS
SELECTED VARIETIES AND SIZES
20309674_EA
20381037_EA



SAVE 98¢
WHEN YOU BUY 2

2/\$6

OR \$3.49 EA.

VACHON SNACK CAKE
SELECTED VARIETIES AND SIZES
20963606_EA
20976343_EA



\$8 **PREPARED IN CANADA**

BALDERSON CHEDDAR
SELECTED VARIETIES
250/280 G
20415944_EA
21495455_EA



in the mood for deli-cious

\$8 **PREPARED IN CANADA**

TRE STELLE RICOTTA 475 G
OR **BOCCONCINI** 200 G
SELECTED VARIETIES
20024992_EA
20093652_EA



\$7 **PREPARED IN CANADA**

BOURSIIN CREAM CHEESE 150 G OR **PILLER'S KOLBASSA** 250-375 G
SELECTED VARIETIES
20116794_EA
20308469_EA



\$15 **PREPARED IN CANADA**

MAPLE LEAF NATURAL SELECTIONS OR PC® FREE FROM SLICED DELI MEAT CLUB PACK
SELECTED VARIETIES
375/400 G
20772016_EA
20593492_EA



Members-Only Price
3⁵⁰
Non-members \$4

PC® DIPS 200-227 G OR **NAAN CRISPS** 170 G
SELECTED VARIETIES
21681330_EA
21683470_EA



Members-Only Price
\$7
Non-members \$8

LESLEY STOWE RAINCOAST CRISPS 150 G OR **SAUNDERS JELLY** 250 ML
SELECTED VARIETIES
21357181_EA
21030996_EA



on the run, we got you

SAVE UP TO \$2

\$16

BENTO CALIFORNIA FAMILY PACK SUSHI
SELECTED VARIETIES
30'S/64'S
21638655_EA



8⁴⁹ **PREPARED IN CANADA**

FROM OUR CHEFS™ SOUP
SELECTED VARIETIES
700 ML
21703369_EA
21703589_EA



\$9

INDIVIDUAL CHICKEN COMBO WITH WEDGES
361-530 G
21086084_EA
21022536_EA



\$20

IN-STORE PREPARED PULLED PORK BAO BUNS, GYRO OR FAJITA CHICKEN TACO TRAY
825-850 G
21532948_EA
21696308_EA



\$7

SUB SANDWICHES OR WRAPS
PREPARED IN-STORE
230-299 G
21623659_EA
21623663_EA



\$16

IN-STORE PREPARED FAMILY PASTA TRAYS
SELECTED VARIETIES
765-969 G
21633778_EA
21638701_EA



International Women's Day

Sunday March 8th



\$14

12 STEM TULIPS
ASSORTED COLOURS
21593048_EA



\$11

WOMEN'S DAY MINI ROSE
21663948_EA



\$10

CARNATIONS BUNCH
21638097_EA
21638138_EA



\$10

BLOOM OF THE MONTH

CAMPANULA
EACH
21730503_EA



savoury sides and syrupy swirls



\$11

PC® MAPLE SYRUP
GRADE A AMBER
500 ML
20049221_EA



\$4

PEARL MILLING COMPANY PANCAKE MIX
905 G OR
ORIGINAL SYRUP 710 G
21384609_EA
21391619_EA



\$7 LB

PORK SAUSAGE
SELECTED VARIETIES
15.43 /KG
20709048_KG
20709042_KG



PREPARED IN-STORE



500 G

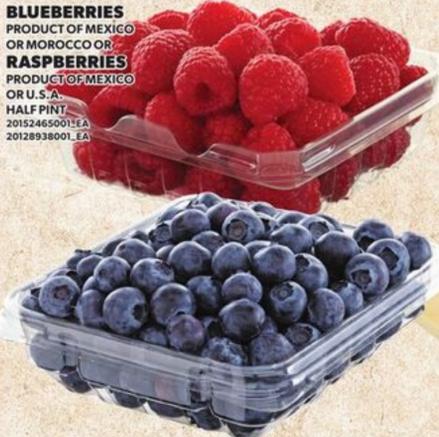
\$9

PC® NATURALLY SMOKED BACON
SELECTED VARIETIES
500 G
20057892_EA/20152629_EA



\$5

BLUEBERRIES
PRODUCT OF MEXICO
OR MOROCCO OR
RASPBERRIES
PRODUCT OF MEXICO
OR U.S.A.
HALF PINT
20152465001_EA
20128938001_EA



\$4

BAKED IN-STORE

CINNAMON RAISIN BREAD
468 G
20729432_EA



Optimum
Members-Only Price
\$4
Non-members
\$5

Members save
\$1

PREMIUM BAGELS
SELECTED VARIETIES
6'S
21016649_EA
21705757_EA



BAKED IN-STORE

\$5

PC® BLUE MENU® CEREAL BOOSTER GRANOLA
SELECTED VARIETIES
325-450 G
20631288004_EA
21344977_EA



\$6

PREPARED IN CANADA

PC® MINI MUFFINS
SELECTED VARIETIES
12'S
21488821_EA
21488839_EA



\$8

PC® ROAST AND GROUND COFFEE
SELECTED VARIETIES
250 G
21478021_EA



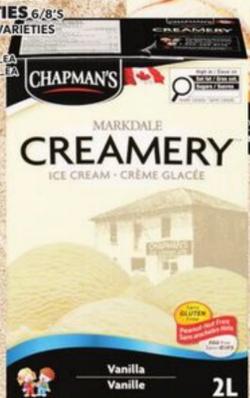
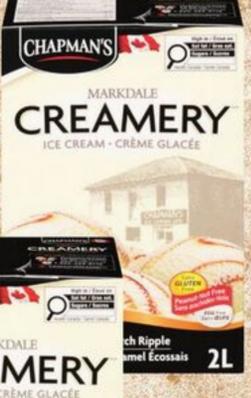
3⁷⁵

DARE BEAR PAWS, WHIPPET, VIVA PUFFET, WAGON WHEELS OR ULTIMATE COOKIES
SELECTED VARIETIES
168-360 G
21014107_EA
20974343_EA



5⁵⁰

CHAPMAN'S MARKDALE CREAMERY ICE CREAM 2 L OR
COLLECTION NOVELTIES 6, 8'S
SELECTED VARIETIES
FROZEN
20315236001_EA
20315236003_EA



1⁷⁵

CLARK BAKED BEANS
SELECTED VARIETIES
398 ML
21235336_EA
21666180_EA



SAVE ON FAVES

Your favourite brands for less.

3²⁵

QUAKER CRISPY MINIS OR LARGE RICE CAKES
SELECTED VARIETIES
90-199 G
20163708002_EA
20303002001_EA



3⁷⁵

DARE BEAR PAWS, WHIPPET, VIVA PUFFS, WAGON WHEELS OR ULTIMATE COOKIES
SELECTED VARIETIES
168-360 G
21014107_EA
20974343_EA



3⁵⁰

DARE BRETON CRACKERS OR BITES 132-200 G OR **GISSOL BAGUETTES OR MELBA TOAST** 120-150 G OR **VINTA CRACKERS** 200-225 G
SELECTED VARIETIES
21520666_EA
21520701_EA



\$8

MCCAIN SUPERFRIES FAMILY PACK
SELECTED VARIETIES
FROZEN
1.45-1.8 KG
20861230_EA
21049522_EA



\$3

LIPTON OR KNORR SOUP MIX
SELECTED VARIETIES
4'S
20315085002_EA
20315085003_EA



SAVE UP TO 99¢

\$5

SMUCKER'S UNCRUSTABLES
SELECTED VARIETIES
FROZEN
4'S
21543057_C04
21683121_C04



SAVE \$1.98

WHEN YOU BUY 3

3/6⁹⁹
OR \$2.99 EA.

KNORR SIDEKICKS
SELECTED VARIETIES
120-167 G
20321430001_EA
20321430011_EA



SAVE \$2.98

WHEN YOU BUY 2

2/\$10
OR \$6.49 EA.

OLD EL PASO DINNER KIT
SELECTED VARIETIES
309-510 G
20795300_EA
20795468_EA



SAVE \$1.98

WHEN YOU BUY 3

3/6⁹⁹
OR \$2.99 EA.

KNORR CUPS
SELECTED VARIETIES
73 G
21564314_EA
21682152_EA



\$15

GET 1,500⁺ back in points

KICKING HORSE K-CUPS
SELECTED VARIETIES
10'S
21628567_EA
21628644_EA



\$27

GET 2,000⁺ back in points

LAVAZZA K-CUPS
SELECTED VARIETIES
30'S
21589700_EA
21589798_EA



2⁹⁹

NESTEA ICED TEA
SELECTED VARIETIES
10X200 ML
21687240_EA
21687007_EA



2⁵⁰

MONSTER ENERGY DRINKS SUGAR ZERO
SELECTED VARIETIES
473 ML
20938249_EA
20938521_EA



6⁹⁹

NESTEA LEMON ICED TEA
SELECTED VARIETIES
12X341 ML
21687040_C12
21689167_C12



2⁹⁹

NESTEA LEMON OR ZERO ICED TEA
SELECTED VARIETIES
21687074_EA



SAVE 98¢
WHEN YOU BUY 2

2/\$5
OR \$2.99 EA.

POWERADE
SELECTED VARIETIES
710 ML
20853723_EA



8⁹⁹

FUZE LEMON ICED TEA OR PEACE TEA
SELECTED VARIETIES
12X341 ML
21645443_C12
21645563_C12



SEE IN-STORE FOR RETAILS

COCA-COLA OR CANADA DRY SOFT DRINKS
SELECTED VARIETIES
12X355 ML
20318694002_C12



SAVE ON FAVES

Your favourite brands for less.

SAVE \$2.25
WHEN YOU BUY 3

3/\$9

OR \$3.75 EA.

NATURE VALLEY BISCUIT, PROTEIN BARS AND SWEET & SALTY FIBRE 1 BARS 125 G OR 210 G
SELECTED VARIETIES
20587504001_EA
20686988002_EA
21213559_EA

\$4

PEARL MILLING COMPANY PANCAKE MIX 905 G OR ORIGINAL SYRUP 710 G
21384609_EA
21391619_EA

\$3

KELLOGG'S RICE KRISPIES BARS 160-200 G, **POP TARTS** 384 G, **SPECIAL K BARS** 125 G OR **NUTRI-GRAIN BARS** 175-295 G
SELECTED VARIETIES
21290106_EA
21290111_EA

\$5

CHRISTIE PREMIUM PLUS CRACKERS SELECTED VARIETIES
402-481 G
21109001_EA
21109004_EA

8.99

CHRISTIE RITZ DRIZZLED MINI'S SELECTED VARIETIES
226 G
21712532_EA
21712595_EA

\$6

CHRISTIE OREO, CHIPS AHOY, FUDGE-O, DAD'S FAMILY SIZE COOKIES OR OREO CAKESTERS COOKIES 285-500 G
21014087_EA
21639135_EA

\$2

CAMPBELL'S CONDENSED OR COOKING SOUP SELECTED VARIETIES
284 ML
20297246002_EA
20980079_EA

2.50

CAMPBELL'S READY TO EAT SOUP SELECTED VARIETIES
515 ML
21479024_EA
21480539_EA

1.50

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

\$4

QUAKER OR HARVEST CRUNCH CEREAL SELECTED VARIETIES
350-510 G
20150259001_EA
20637355_EA

SAVE \$1.58
WHEN YOU BUY 2

2/\$8

OR \$4.79 EA.

QUAKER INSTANT OATS 232-344 G OR **OATS** 900 G-1 KG
SELECTED VARIETIES
20323113001_EA
21190251_EA

\$6

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

GET 1,000* back in points
\$1 TUQUE GRATUITE

2.50

CAMPBELL'S CHUNKY SOUP SELECTED VARIETIES
515 ML
21480447_EA
21480528_EA

7.50

STARBUCKS COFFEE ENHANCER SELECTED VARIETIES
828 ML
21358473_EA
21436900_EA

3.50

GOGO SQUEEZ FRUIT SAUCE POUCHES OR CUPS SELECTED VARIETIES
4X90/4X97 G
20322697002_EA
21701912_EA

no sugar added
apple apple

\$8

NESCAFÉ CONCENTRATE SELECTED VARIETIES
500 ML
21665027_EA
21665148_EA

\$12

STARBUCKS GROUND COFFEE 311/340 G, **K-CUPS** 10'S, OR **INSTANT COFFEE** 90 G
SELECTED VARIETIES
20548682004_EA
20703838002_EA

\$25

GET 3,000* back in points
\$3

MCCAFÉ K-CUPS SELECTED VARIETIES
30'S
21240975_EA
21363985_EA

your one-stop grocery shop

7⁵⁰

LIBERTÉ GREEK TUBS 650/750 G OR
STARBUCKS ICED COFFEE 1.18/1.42L
SELECTED VARIETIES
20642273_EA
21215527_EA



\$8

ACTIVIA YOGURT
SELECTED VARIETIES
12X100 G
20303412001_EA
20608924_EA



5⁵⁰

OLYMPIC ORGANIC YOGURT
SELECTED VARIETIES
650 G
20316485003_EA
20316485008_EA



\$8

NUTELLA HAZELNUT SPREAD
725 G
20435105_EA



\$6

NO NAME® HONEY 500 G
OR BONNE MAMAN JAM AND SPREAD 250-360 ML
SELECTED VARIETIES
20129324_EA
20307313601_EA



\$6

TERRA VEGETABLE CHIPS
SELECTED VARIETIES
141 G
21557976_EA
21557962_EA



6⁴⁹

AMOOZA! TWISTS CHEESE SNACKS
SELECTED VARIETIES
228 G
21403514_EA



\$5

DAIRYLAND COTTAGE CHEESE
SELECTED VARIETIES
500 G
20749831_EA
20749835_EA



SAVE \$1.58 WHEN YOU BUY 2

2/\$6

OR \$3.79 EA.

NO NAME® SOUR CREAM
SELECTED VARIETIES
500 ML
20299657_EA
20322987_EA



2⁵⁰

SNACK PACK PUDDINGS
SELECTED VARIETIES
4X99 G
20310707001_EA
20310707006_EA



2⁷⁵

PRINGLES SUPER STACK POTATO CHIPS
SELECTED VARIETIES
148/156 G
21003823_EA
21003833_EA



13⁵⁰

JACK LINK'S MINI BEEF STICKS
SELECTED VARIETIES
175 G
21648920_EA



\$16

BALZAC'S WHOLE BEAN COFFEE
SELECTED VARIETIES
340 G
20997612_EA
21189401_EA



5⁵⁰

TWINING'S TEA
SELECTED VARIETIES
20'S
21659448_EA
20308033001_EA



\$7

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



9⁹⁹

PC® AVOCADO OIL 500 ML
OR BALSAMIC VINEGAR
4 LEAF 250 ML
20332066_EA
20586613_EA



Optimum Members-Only Price
4⁴⁹ Members save **\$1.50** **LIMIT 4**
Non-members 5⁹⁹

ROBIN HOOD OR FIVE ROSES FLOUR
SELECTED VARIETIES
2.5 KG
20039497001_EA
20039497002_EA



\$8

LINDT BUNNY
100 G
20046002_EA
21552251_EA



\$9

GLAD INDOOR BAGS
SELECTED VARIETIES
12-52'S
2164516_EA
21614177_EA



\$5

PINE-SOL CLEANER 1.41 L,
CLOXOX BLEACH 2.4 L,
FLEECY FABRIC SOFTENER 1.36 L
OR SHEETS 80'S
SELECTED VARIETIES
2131876_EA
20298679001_EA



\$5.00

VEGA ONE ALL-IN-ONE PROTEIN POWDER
SELECTED VARIETIES
834-876 G
20575566003_EA
20645554_EA



for the love of **pets**

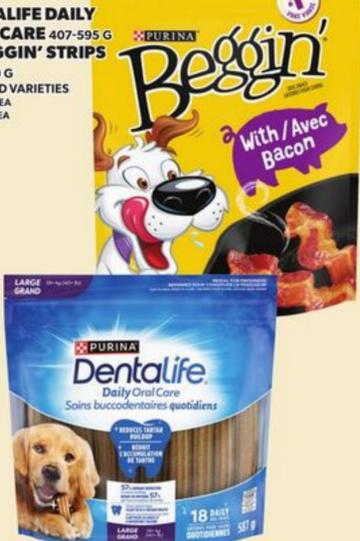
\$15

PC® WILD BIRD SEED
4 KG
21308596_EA



\$10

DENTALIFE DAILY ORAL CARE 407-595 G
OR **BEGGIN' STRIPS**
708/850 G
SELECTED VARIETIES
21081077_EA
21101589_EA



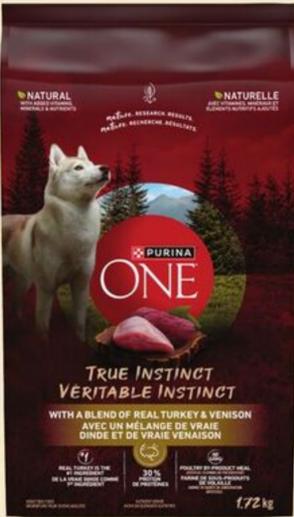
\$2

ONE TRUE INSTINCT DOG FOOD
SELECTED VARIETIES
368 G
21441096_EA
21520480_EA



\$13

PURINA ONE DOG FOOD
SELECTED VARIETIES
1.6-1.81 KG
20912587_EA



\$26

PC® EXTRA MEATY DOG FOOD
SELECTED VARIETIES
7 KG
21361753_EA



\$35

PC® NUTRITION FIRST® DOG FOOD
SELECTED VARIETIES
7 KG
21305879_EA



\$8

PC® NUTRITION FIRST® DOG TREATS
SELECTED VARIETIES
160/270 G
21544858_EA
21544864_EA



\$25

WHISKAS CAT FOOD
SELECTED VARIETIES
24'S
21169598_EA



\$13

PURINA ONE CAT FOOD
SELECTED VARIETIES
1.45-1.8 KG
21221334_EA



\$3

TEMPTATIONS CAT TREATS
SELECTED VARIETIES
160/180 G
20298151005_EA



\$30

FRISKIES CAT FOOD
32'S, SELECTED VARIETIES
OR **TIDY CATS ALERT**
LITTER 3.63 KG
21168668_C01
21581080_EA



\$7

FRISKIES CAT TREATS
SELECTED VARIETIES
454 G
21165907_EA



\$17

PC® NUTRITION FIRST® CAT FOOD
SELECTED VARIETIES
2 KG
21303030_EA



\$10

PC® EXTRA MEATY CAT FOOD
SELECTED VARIETIES
2 KG
21361585_EA



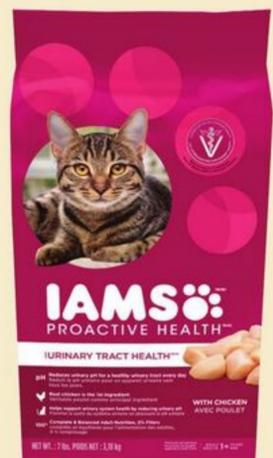
\$20

ARM & HAMMER CAT LITTER
SELECTED VARIETIES
6.35-12.7 KG
21086970_EA



\$24

IAMS CAT FOOD
SELECTED VARIETIES
2.72/3.18 KG
21625484_EA



naturally good choices

SAVE 10%

ORANGE NATURAL VITAMINS AND SUPPLEMENTS
SELECTED VARIETIES AND SIZES
21564772_EA



SAVE \$1.08 WHEN YOU BUY 2

2/5.50

OR \$3.29 EA.

BIOITALIA CANNED PASTA 500 G
SELECTED VARIETIES
20984139_EA/2117228051EA



2/\$7

OR \$4.99 EA.

NATURE CLEAN DISHWASHING LIQUID, ALL PURPOSE SPRAY OR FRUIT AND VEGGIE WASH
SELECTED VARIETIES
500-740 ML
21179505_EA
21205740_EA



\$12

LAKEWOOD PURE CRANBERRY JUICE
SELECTED VARIETIES
946 ML
21178156_EA



\$4

RISE KOMBUCHA
SELECTED VARIETIES
414 ML
20910755001_EA
20910755003_EA



\$5

AMY'S BURRITO
SELECTED VARIETIES
156-170 G
20371439001_EA



\$5

PC ORGANIC FROZEN VEGETABLES
SELECTED VARIETIES
300-500 G
20416869002_EA
21418289_EA



4.50

HARDBITE POTATO CHIPS WITH AVOCADO OIL
SELECTED VARIETIES
128 G
21187610_EA/211876700_EA



7.25

PACIFIC FOODS ORGANIC BROTH OR SOUP
SELECTED VARIETIES
946 ML/71 L
20599723003_EA
20599786001_EA



\$9

KIND BARS, MINIS OR THINS
SELECTED VARIETIES
5X40/10X20 G
21125232_EA
21127676_EA
21554188_EA



\$30

GET 4,000 back in points

RXBAR PROTEIN BAR
SELECTED VARIETIES
12X52 G
21189847_C12/21189855_C12



SAVE UP TO \$149

\$6

JORDANS CEREAL OR GRANOLA
SELECTED VARIETIES
325-400 G
21522230_EA
21651976_EA



2/\$5

OR \$3.29 EA.

KIND PROTEIN BARS
SELECTED VARIETIES
62 G
21697722_EA
21697730_EA



4.50

MADE GOOD PUFFED CRACKERS
SELECTED VARIETIES
121 G
21355184_EA/21355349_EA



\$2

ROAR ORGANIC BEVERAGES
SELECTED VARIETIES
532 ML
21106395_EA
21160552_EA



SAVE 15%

CHICKAPEA
high protein pasta, classique, tarte des pâtes riches en protéines, un goût classique

GOOD FOOD FOR GOOD
CONDIMENTS OR PASTA SAUCE 250/450 ML
SELECTED VARIETIES
21172451_EA
21597621_EA



\$11

POPPI SODA
SELECTED VARIETIES
4X355 ML
21606285_EA
21669328_EA



SAVE 15%

CAPILANO HONEY
SELECTED VARIETIES
375 G
21084948_EA
21291109_EA



live well, spend less

\$9

JOHN FRIEDA HAIR CARE OR BATISTE DRY SHAMPOO
SELECTED VARIETIES AND SIZES
21570307_EA/21645037_EA



GET **5,000** when you spend '25* on

\$5 back in points

CLARITIN, AERIUS OR HYDRASENSE ALLERGY PRODUCTS
SELECTED VARIETIES AND SIZES
20308018001_EA
21685500_EA



Express Online grocery pickup & delivery

GET **18,000** when you spend '60* or more on

\$18 back in points



select Similac formula*. Online only. Use code **SIMILAC** at checkout. *Offer valid from March 5 to 18, 2026. Conditions apply. See site for details.

[Learn more](#)

SAVE UP TO

20%

BAND-AID OR POLYSPORIN
SELECTED VARIETIES AND SIZES
20122893_EA
21335482_EA



\$5

LIMIT 6 AFTER LIMIT 5.99 EA.

IRISH SPRING BAR SOAP 6X104 G, BODY WASH 591 ML OR SOFTSOAP BODY WASH 591 ML
SELECTED VARIETIES
21219375_EA/21436477_EA



6⁵⁰

LIMIT 6 AFTER LIMIT 7.49 EA.

SENSODYNE OR PRONAMEL TOOTH PASTE
SELECTED VARIETIES, 110/135 ML
20247931002_EA/20432268002_EA



SAVE

15%

EUCERIN AND AQUAPHOR BODY CARE PRODUCTS
SELECTED VARIETIES AND SIZES
20694196_EA
21085698_EA



SAVE

20%

NEUTROGENA CLEANSERS, MOISTURIZERS OR TREATMENTS
SELECTED VARIETIES AND SIZES
20853160002_EA



5⁵⁰

LIMIT 6 AFTER LIMIT 5.99 EA.

COLGATE TOTAL OR SENSITIVE PRO-RELIEF TOOTH PASTE, COLGATE 360 OR PERIOGARD MANUAL TOOTHBRUSHES EA. OR COLGATE KIDS MOUTHWASH 500 ML
SELECTED VARIETIES AND SIZES
20280090_EA/21166129_EA



\$3

LIMIT 6 AFTER LIMIT 5.49 EA.

DEGREE BASE DEODORANT
SELECTED VARIETIES
48-85 G
20236452005_EA
21425475_EA



4⁵⁰

GARNIER WHOLE BLENDS SHAMPOO OR CONDITIONER
SELECTED VARIETIES
370 ML
21647127_EA
20941824_EA



\$13

L'OREAL EXCELLENCE HAIR COLOUR OR ROOT COVER UP
SELECTED VARIETIES
20941293_EA/20306551008_EA



Only to be used by adults who are trying to quit smoking.
WARNING: This product contains nicotine. Nicotine is highly addictive.

Maximize your chances of quitting with **Combination Therapy**

SAVE UP TO **20%** Nicorette or Nicoderm selected varieties and sizes

COMBINATION THERAPY



NICODERM
Step 1
7 Clear Patches
20143834001_EA

NICORETTE
QuickMist
150 Sprays
21548830_EA

NICORETTE
Gum 4 mg,
105 pieces
20318396002_EA

NICORETTE
Lozenge
2 mg, 160's
21597656_EA

Stop smoking aid. To make sure a NICORETTE® or NICODERM® product is right for you, always read and follow the label. © Kenvue Canada Inc. 2026



\$5⁵⁰ ea.
DOVE shampoo or conditioner 355 mL, hairspray 198 g, dry shampoo 142 g, bar soap 3x106 g or body wash 325 mL selected varieties
21644748_EA/21644833_EA/20551359_EA
21018398_EA/21220515_EA/21511893_EA

GET **2,500** back in points
\$16⁹⁹ ea.
DOVE sugar scrub 425 g or oil body wash 452 mL selected varieties
21713869_EA/21717476_EA

\$11 ea.
DOVE derma scalp shampoo or conditioner 473/266 mL
21703985_EA
21703991_EA

\$14 ea.
DOVE derma scalp 3-in-1 scalp moisture serum 59 mL
21703921_EA

FOR HEALTHY LOOKING, BEAUTIFUL SMILES!

3⁵⁰ Crest Complete Paste or Crest Pro-Health Paste selected varieties
21041420_EA/21354028_EA

6⁵⁰ Crest Gum Restore Paste or Crest Scope Outlast Mouthwash 1 L selected varieties
21354615_EA/20948877_EA

9⁵⁰ Crest 3D White Advanced Paste Multipack or Crest Pro-Health Mouthwash 1 L selected varieties
20902657_EA/21519018_EA

30% Oral-B Pro 300 Electric Brushes or Oral-B Brush Heads selected varieties
17.00-140.00 AFTER SAVINGS
20346231002_EA/21475139_EA

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Flu shot? Think Pharmacist.

Talk to your Pharmacist or book now* at phealth.ca/flu

Subject to vaccine availability. Pharmacists can administer flu shots to children aged 5 and older in Yukon, Alberta, Saskatchewan, and PEI; 4 and older in British Columbia; 2 and older in Ontario, Manitoba, New Brunswick, Newfoundland and Nova Scotia. Flu shot administration for children under the age of 5 may vary from Pharmacy to Pharmacy. *P&G Trademark of 91979 Alberta Ltd, used under license.



Brighten Winter Naturally.



13⁵⁰

Yoplait® YOP® selected varieties
12 x 200 mL
21481820_EA



\$4

Yoplait Tubes® selected varieties
8 x 56 g
56920133427_EA



5⁵⁰

Yoplait® Source Protein® selected varieties
650 g
21587047_EA



\$8

Yoplait® Source® or Yoplait® Creamy® selected varieties
16 x 100 g
20317317001_EA
20120316004_EA

LIBERTÉ



7⁵⁰

Liberté Greek® tubs 650-750 g, Liberté Méditerranée® 900 g, selected varieties

20642273_EA
21685616_EA



5⁵⁰

Liberté® Kéfir selected varieties
1 L
21216416_EA



3⁵⁰

Liberté Méditerranée® selected varieties
500 g
21473714_EA
20788062002_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

iögo nanö
CREAMY YOGURT TO GRAB & GO!



\$4⁵⁰

iögo nanö CREAMY YOGURT POUCH
4 X 90 G
SELECTED VARIETIES
2076798_EA/2076994_EA



\$4⁷⁵

iögo nanö DRINKABLE YOGURT
6 X 93 ML
SELECTED VARIETIES
20690943_EA/20690987001_EA



\$4⁵⁰

iögo nanö YOGURT WITH FLAVOURED PEARLS
4 X 100 G
SELECTED VARIETIES
2076799_EA



\$9

iögo CREAMY, 0% OR LACTOSE-FREE YOGURT
16 X 100 G
SELECTED VARIETIES
20699593001_EA/21622847_EA



\$12

iögo CREAMY YOGURT
2 KG
SELECTED VARIETIES
2065692_EA



\$5

siggi's SKYR YOGURT
4 X 100 G
SELECTED VARIETIES
20659014_EA/21589925_EA



\$4⁷⁵

ASTRO BALKAN YOGURT
750 G
SELECTED VARIETIES
20652600100_EA/20010553001_EA



GET **3,000*** back in points for every **\$12*** spent on

Snack Factory Pretzel Crisps 200 g or Chocolate Pretzel Crisps 155 g selected varieties

INVITE PRETZEL CRISPS, They're delicious company



\$6

Snack Factory® Pretzel Crisps® selected varieties
200 g
20948940_EA/21676303_EA

\$8

Snack Factory® Pretzel Crisps® Milk Chocolate Crunch or Milk Chocolate & Caramel Drizzles selected varieties
155 g
21576322_EA/21576333_EA



Milk Chocolate & Caramel Flavour
Milk Chocolate Crunch

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PROTEIN PARTNERS



3 FIT

\$6

Lactantia UltraPur Milk or Chocolate Milk
1.5 L
20694605_EA
20239130_EA



2⁹⁹

BFit No sugar added high protein milkshake
460 mL
20737984_EA



33⁹⁹ BFit No sugar added high protein milkshake
12 x 460 mL
20737984_EA



dinner made simple

SAVE \$1 WHEN YOU BUY 2
2/\$6
 OR \$3.50 EA.

CATELLI SMART OR HEALTHY HARVEST PASTA
 SELECTED VARIETIES
 340/375 G
 20299819008_EA
 20527265_EA

\$7

TACO BELL MENU KITS
 SELECTED VARIETIES
 401-624 G
 21663622_EA

\$3

BLUE DRAGON SAUCY NOODLES
 SELECTED VARIETIES
 121-122 G
 21694893_EA
 21694907_EA

\$2

PC® PASTA 454 G OR PC® TOMATO FIRST 680 ML
 SELECTED VARIETIES
 21001585_EA
 20599748002_EA

SAVE \$2.25 WHEN YOU BUY 3
3/7.50

OR \$3.25 EA.

MINUTE OR TILDA RICE
 SELECTED VARIETIES
 250 G
 20695681_EA
 20110052001_EA

\$11

RAO'S PASTA SAUCE
 SELECTED VARIETIES
 660 ML
 2008654002_EA
 2008654004_EA

4.50

CLOVER LEAF TUNA SALAD
 SELECTED VARIETIES
 160 G
 21587767_EA

1.75

CLARK BAKED BEANS
 SELECTED VARIETIES
 398 ML
 21235336_EA
 21666180_EA

2.50

PURITAN STEWS
 SELECTED VARIETIES
 410 ML
 20063287001_EA
 20063287002_EA

Oliveri

MIX & MATCH

2 FOR \$12 OR \$6.79 EA.

Skillet Gnocchi selected varieties
 280 - 350 g | 21022065_EA
 or
 Fresh Pasta selected varieties
 250 - 350 g | 20915704_EA/20915838_EA
 or
 Fresh Sauce selected varieties | 300 mL | 20114410_EA

VISIT WWW.OLIVIERI.CA FOR GREAT RECIPE INSPIRATIONS

Laundry Essentials

\$6

Tide Detergent 21/24/25 LD, Gain Detergent 32 LD, PODS/Flings 9/16's, Liquid Softener 0.78/1.53 L, Sheets 40/80's, Beads 121/141 g, Rinse 23 LD Selected Varieties
 21579827_EA/21553085_EA

TACKLE HOLI COLOUR STAINS WITH Gain

\$9

Gain Detergent 61 LD, Ivory Snow Detergent 32 LD, PODS/Flings 18/31's, Liquid Softener 83/120 LD, Sheets 120/200's, Beads 303/368/379 g, Downy Rinse 54 LD Selected Varieties
 21593783_EA/21549743_EA

\$17

Downy Liquid Softener 138/190 LD, Rinse 90 LD Selected Varieties
 21701409_EA
 21701470_EA

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Express Pass

Your Pass to more value

Get your first year of Pass for **\$2.50/month***

- Unlimited grocery delivery or pickup
- Earn 2% back in (pts) on eligible pickup orders**

Use code **PASS**

Learn more

*/**Conditions apply, \$30 minimum order. Regular price \$99.99/year after your first year.