

\$25

GET 5,000^{PC} back in points

SIGNATURE BOUQUET
BOUQUET SIGNATURE
21436380_EA

INTERNATIONAL WOMEN'S DAY
Sunday March 8th



valu-mart

PROUDLY CANADIAN OWNED & OPERATED

SAVE 53%

6⁹⁹
LB

SIRLOIN TIP OVEN ROAST
CUT FROM CANADA AA OR USDA
SELECT GRADE BEEF OR HIGHER
15.41/KG
RÔTI DE POINTE DE SURLONGE
20812306_KG



1⁹⁹
LB

BUTTERBALL FROZEN TURKEY
3-5 KG
DINDON SURGELÉ
BUTTERBALL
21618104_KG

\$10
LB



FRESH RAINBOW TROUT FILLETS
22.05/KG
FRESH SEAFOOD ITEMS
SUBJECT TO AVAILABILITY
FILETS DE TRUITE
ARC-EN-CIEL
FRAÎCHE
20897813_KG



\$11

APP EXCLUSIVE OFFER
GET 2,000^{PC} back in points

PC® BLACK TIGER SHRIMP
RAW ZIPPERBACK® 16-20 PER LB
400 G OR **PACIFIC JUMBO**
WHITE SHRIMP COOKED PEELLED
21-30 PER LB 400 G FROZEN
CREVETTES TIGRÉES
NOIRES OU CREVETTES
BLANCHES GÉANTES
DU PACIFIQUE PC®
20801192_EA
20896957_EA



SAVE 42%

2⁹⁹
LB



CHICKEN DRUMSTICKS
OR THIGHS
FAMILY SIZE
6.59/KG
PILONS OU HAUTS DE
CUISSE DE POULET
20004494_KG
20058163_KG



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

Members save \$1

PREMIUM BAGELS
SELECTED VARIETIES
6'S
BAGELS DE CHOIX
21016649_EA
21705757_EA



BAKED
IN-STORE

SAVE 33%

\$10

PC® 100% PURE MAPLE SYRUP
GRADE A AMBER
500 ML
SIROP D'ÉRABLE
100% PUR PC®
20049221_EA



\$2

STRAWBERRIES
PRODUCT OF MEXICO OR
U.S.A., NO. 1 GRADE
1 LB
FRAISES
20059778001_EA



1 LB

SAVE UP TO \$19/100 G



\$3
/100 G

MASTRO DELI SERVICE
CASE GENOVA
MILD OR HOT
SAUCISSON DE GENÈS
MASTRO DU COMPTOIR
DE SERVICE
20087761_KG



\$2

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

CROUSTILLES CUITES
À LA MARMITE,
PLEINES DE™ OU
SAVEURS DU
MONDE PC®
2084091002_EA
21422931_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
PIZZA RISTORANTE
OU **CASA DI MAMA**
DR. OETKER OU
PIZZA FOCACCIA
OU **PAIN PLAT PC®**
2029610001_EA
21013452_EA



SAVE \$1.02
WHEN YOU BUY 3

3/4⁹⁸
OR \$2 EA.

BARILLA PASTA
SELECTED VARIETIES
410 G
PÂTES BARILLA
21404904_EA
21404912_EA



SAVE UP TO \$3

\$14

PC® OR BLUE MENU®
ENTRÉES
SELECTED VARIETIES FROZEN
2/2.27 KG
PLATS CUISINES PC®
OU **MENU BLEU™**
201348930_EA
211785933_EA



SAVE UP TO \$1

\$3

GREEN GIANT
VEGETABLES
400-750 G OR
MCCAIN FRIES OR
HASHBROWNS
800 G SELECTED VARIETIES
FROZEN
LÉGUMES GÉANT
VERT OU FRÎTES OU
POMMES DE TERRE
RISSOLÉES MCCAIN
21022302_EA
215211733_EA



\$17

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



2/\$11



OR \$6.79 EA.

PC® OR BLUE MENU®
SPARKLING WATER
SELECTED VARIETIES
12X355 ML
EAU PÉTILLANTE PC®
OU **MENU BLEU™**
20668034001E_COJ1
20668034002E_COJ1



6⁵⁰

GET 2,000^{PC} back in points

CASHMERE BATHROOM
TISSUE 12 DOUBLE ROLLS,
SPONGETOWELS PAPER
TOWELS 3-6 ROLLS OR
SCOTTIES FACIAL TISSUE
6'S SELECTED VARIETIES
PAPIER HYGIÉNIQUE
CASHMERE, ESSUIE-
TOUT SPONGETOWELS
OU MOUCHOIRS
SCOTTIES
20318667_EA
21204739_EA
21676183_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 Optimum member to get this offer. Valid from March 1 - 31, 2026. While quantities last. See in-store for details.

CHRISTIE RITZ ORIGINAL
CHIPS, TRISCUIITS, WHEAT THINS,
TOPPABLES CRACKERS
240-454 G
CRAQUELINS RITZ ORIGINAUX,
CHIPS, TRISCUIITS, FINS AU BLÉ,
TOPPABLES CHRISTIE
20680372_EA
21618621_EA

\$3³³

LIMIT 6
AFTER LIMIT \$4 EA.

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

\$1⁷⁵

LIMIT 6
AFTER LIMIT \$2.50 EA.

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

\$4⁷⁵

LIMIT 6
AFTER LIMIT \$6 EA.

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

3⁵⁰

MINUTE MAID ZERO SUGAR DRINKS 1.54 L OR **LIBERTÉ MÉDITERRANÉE TUBS** 500 G
SELECTED VARIETIES
BOISSONS ZÉRO SUCRE
MINUTE MAID OU
CONTENANTS MÉDITERRANÉE
LIBERTÉ
21434119_EA
21473714_EA



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
BARRES DE FROMAGE
OU FROMAGE RÂPÉ
CRACKER BARREL
21290384_EA
21290616_EA

CRACKER BARREL
TEX MEX

PREPARED IN CANADA

President's Choice

\$13 **APP EXCLUSIVE OFFER**
GET 3,000[®] **\$3**
back in points

PC[®] BLUE MENU[®] CHICKEN BREASTS
BONELESS, SKINLESS, AIR CHILLED
3'S
POITRINES DE POULET
PC[®] MENU BLEU[®]
21340952_EA

Raised by Canadian farmers

Air-chilled to lock in flavour

CANADIAN POULTRY

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

\$9

DAVIDSTEA 12'S,
LOOSE LEAF 50
OR **TETLEY** 80'S
SELECTED VARIETIES
THÉ, THÉ EN
FEUILLES
DAVIDSTEA
OU TETLEY
2161906_EA
21665165_EA



SAVE UP TO 45%

\$2

NEILSON CHOCOLATE MILK
SELECTED VARIETIES
1L
LAIT AU CHOCOLAT
NEILSON
20062332001_EA
20650656_EA



5⁵⁰

CHAPMAN'S MARKDALE CREAMERY ICE CREAM 2 L OR **COLLECTION OR YUKON NOVELTIES** 5/8'S
SELECTED VARIETIES FROZEN
CRÈME GLACÉE
MARKDALE CREAMERY OU
FRIANDISES GLACÉES
COLLECTION
CHAPMAN'S
20315236001_EA
20323757001_EA



\$5

KRAFT MIRACLE WHIP
650-890 ML OR
HEINZ KETCHUP
1L/750 ML
SELECTED VARIETIES
MIRACLE WHIP
KRAFT OU
KETCHUP HEINZ
20115102001_EA
20298681001_EA
20609080_EA



\$5

PC[®] BLUE MENU[®] CEREAL BOOSTER GRANOLA
SELECTED VARIETIES
325-450 G
GRANOLA BOOST
PC^{MD} MENU BLEU^{MD}
20631288004_EA
21344977_EA



3⁴⁹

LANTIC WHITE GRANULATED SUGAR
SELECTED VARIETIES
2 KG
SUCRE BLANC
GRANULÉ LANTIC
20145033_EA



\$3

OCEAN'S WHITE TUNA OR GOLD SEAL PINK SALMON
SELECTED VARIETIES
170/213 G
THON BLANC
OCEAN'S OU
SAUMON ROSE
GOLD SEAL
21005158_EA
21186867_EA



\$4

SNYDER'S OF HANOVER PRETZEL BITES, RODS MINIS, OR STICKS
240 G
SELECTED VARIETIES
BOUCHÉES
DE BRETZEL
BÂTONNETS,
TIGES OU MINIS
SNYDER'S OF HANOVER
20316052001_EA
20316052002_EA



\$3

CRISPERS CRACKERS OR CRISPERS BITS AND BITES SNACK AND CRACKER MIX
SELECTED VARIETIES
145 G
CRAQUELINS
CRISPERS OU
GRIGNOTINE MÉLI-
MÉLO OU MÉLANGE
DE CRAQUELINS
21358333_EA
21395350_EA



SAVE \$2.58
WHEN YOU BUY 2

2/\$13

OR \$7.79 EA.

PEPSI SOFT DRINKS
SELECTED VARIETIES
6X710 ML
BOISSONS
GAZEUSES
PEPSI
20310546004_C06
20310546002_C06



5⁵⁰

HÄAGEN-DAZS
414-450 ML OR
BARRES 3/4'S OR
NESTLÉ DRUMSTICK 4'S
SELECTED VARIETIES
FROZEN
DESSERT GLACÉ
OU BARRES
HÄAGEN-DAZS OU
DRUMSTICK NESTLÉ
210015041_EA
21513578_EA
20322380001_EA



\$6

CADBURY EGGS 190/200 G OR
HOLLOW 96/97 G
SELECTED VARIETIES
ŒUFS OU FRIANDISES
CREUSES CADBURY
20073462_EA
21624994_EA



BUY ONE (1) + BUY ONE (1) GET

SILK NON-DAIRY BEVERAGES
SELECTED VARIETIES
1.75/1.89 L
BOISSONS NON LAITIÈRES SILK
20315090001_EA
20328231002_EA
4.49



KELLOGG'S PREMIUM CEREAL
SELECTED VARIETIES
317-525 G
CÉRÉALES DE QUALITÉ SUPÉRIEURE
KELLOGG'S
20015041_EA
20695732_EA
\$5



special 3,000[®] **\$3**
back in points



PRICE DROP! More ways to save

2⁵⁰

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



2⁵⁰

MONSTER ENERGY DRINKS
SELECTED VARIETIES
473 ML
BOISSONS ÉNERGISANTES
MONSTER
20938249_EA
20938521_EA



1⁸⁵

ANNIE'S MAC & CHEESE
SELECTED VARIETIES
149-170 G
MACARONI AU **FROMAGE ANNIE'S**
20318187001_EA
20811201_EA



\$6

FRISKIES CAT FOOD
SELECTED VARIETIES
1.4-1.5 KG
NOURRITURE POUR CHATS
FRISKIES
20912515_EA



valu-mart CUSTOMER RELATIONS 1-800-296-2332. VISIT valumart.ca FOR STORE HOURS.

Please call Customer Relations at 1-800-296-2332 or visit our website at valumart.ca for your store's hours and to see which Valumart™ locations do not participate in this flyer. Quantities and/or selection of items may be limited and may not be available in all stores. No rainchecks or substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We are not obligated to sell items based on errors or misprints in typography or photography. **Pricing:** All references to "Save, Was, Now, Savings, etc." are in comparison to our own regular prices. Savings on items shown may vary by store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. Coupons must be presented and redeemed at time of purchase. **Trademarks:** * / *™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. **Purchase limits:** We reserve the right to limit quantities to reasonable family requirements. **PC Optimum™ Members Only:** Offers are available to valid PC Optimum™ program members. Membership is free. To register, see in-store or visit pcoptimum.ca. Points are not guaranteed in case of errors or misprints. No cash value. See valumart.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.

VM BACK



FRESH PROMISE freshness you can taste
 If it's not fresh, it's free.*
*Fresh Promise: Applicable to eligible fresh produce items purchased at ValuMart store locations or online at valumart.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 ValuMart 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.

4⁵⁰
RASPBERRIES
 PRODUCT OF MEXICO
 OR U.S.A.
FRAMBOISES
 20128938001_EA



2⁵⁰ EA./LB
ENGLISH CUCUMBERS
 PRODUCT OF ONTARIO 2.50 EA.
 OR **ROMA TOMATOES**
 PRODUCT OF CANADA OR
 MEXICO 2.50 LB 5.51/KG
CONCOMBRES
ANGLAIS OU
TOMATES ROMA
 20070132001_EA
 20143381001_EA



PRODUCT OF CANADA

3⁹⁹ LB
PC® EXTRA LARGE GREEN SEEDLESS GRAPES PRODUCT OF PERU, CHILE OR SOUTH AFRICA, NO. 1 GRADE OR **PC® EXTRA LARGE RED SEEDLESS GRAPES** PRODUCT OF SOUTH AFRICA OR CHILE, NO. 1 GRADE 8.80/KG
TRÈS GROS RAISINS VERTS OU ROUGES SANS PÉPINS PC® MD
 20425775001_KG
 20159199001_KG



\$8
NO NAME® NATURALLY IMPERFECT™ MIXED PEPPERS
 PRODUCT OF MEXICO
 2.5 LB
POIVRONS VARIÉS NATURELLEMENT IMPARFAITS™ SANS NOM®
 20921434001_EA



4⁵⁰
FARMER'S MARKET™ AVOCADO BAG
 PRODUCT OF MEXICO, PERU OR COLOMBIA
 5'S
SAC D'AVOCATS DÉLICIES DU MARCHÉ™
 21644936001_EA



SAVE 50¢
4⁵⁰
CANTALOUPE
 PRODUCT OF GUATEMALA, HONDURAS OR BRAZIL
 EACH
CANTALOUPE
 20167017001_EA



1⁸⁸ LB
SWEET POTATOES
 PRODUCT OF CANADA
 4.14/KG
PATATES DOUCES
 20127708001_KG



PRODUCT OF CANADA

2/\$11 OR \$6 EA.
TAYLOR FARMS CHOPPED SALAD KITS
 SELECTED VARIETIES, PRODUCT OF U.S.A.
 267-383 G
SALADES HACHÉES TAYLOR FARMS
 21209541_EA
 21335159_EA



\$6
GUACAMOLE 270 G
 OR **PICO DE GALLO SALSA 170 G**
 PREPARED IN-STORE
GUACAMOLE OU SALSA PICO DE GALLO
 21657916_EA
 21552223_EA



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

\$35
PREMIUM GIFT BOUQUET
 EACH
BOUQUET-CADEAU DE QUALITÉ SUPÉRIEURE
 21436381_EA



\$12
10 STEM TULIPS ASSORTED COLOURS
10 TULIPES SUR TIGE
 20833978_EA



\$28
5 INCH ORCHID ORCHIDÉE DE 5 POUCES
 20603981_EA



\$13
GRASS FED MEDIUM GROUND BEEF
 900 G
BŒUF HACHÉ MI-MAIGRE NOURRI À L'HERBE
 21675509_EA



SAVE 42%
\$4 LB
PORK TENDERLOIN
 CRYOVAC PKG OF 2
 8.82/KG
FILET DE PORC
 20520970_KG



\$8 CANADIAN POULTRY
PC® BLUE MENU® GROUND CHICKEN OR MINCED TURKEY
 454 G
POULET HACHÉ OU HACHIS DE DINDE
PC® MD MENU BLEU™
 21100091_EA
 21100092_EA



\$7 LB
PORK SAUSAGES
 SELECTED VARIETIES
 15.43/KG
SAUCISSES DE PORC
 21451702_KG
 21451708_KG



PREPARED IN-STORE

\$9 PREPARED IN CANADA
PC® NATURALLY SMOKED BACON
 SELECTED VARIETIES
 500 G
BACON FUMÉ NATURELLEMENT
PC® MD
 20057892_EA
 20152629_EA



500 G

\$13 PREPARED IN CANADA
NO NAME® CHICKEN WINGS
 SELECTED VARIETIES, FROZEN
 908 G
AILES DE POULET SANS NOM®
 21045309_EA
 21045311_EA



find your catch in seafood

\$10
PC® HOT SMOKED CANDIED OR SPICY SALMON STRIPS
 READY-TO-EAT
 150 G
LANIÈRES DE SAUMON CONFIT FUMÉ À CHAUD OU ÉPICÉES PC® MD
 20976930_EA
 20977683_EA



\$8
PC® GLUTEN-FREE BREADED SHRIMP
 UNCOOKED 340 G OR **SEAQUEST® WHOLE POMPANO** 800 G
 FROZEN
CREVETTES PANÉES SANS GLUTEN PC® MD OU POMPANO ENTIER SEAQUEST®
 21364651_EA
 21592084_EA



9⁵⁰
PC® SMOKE SALMON OR CRAB & LOBSTER BAKE & SERVE DIP
 FROZEN
 360 G
TREMPETTE À CUIRE ET À SERVIR SAUMON FUMÉ OU CRAB ET HOMARD
PC® MD
 21682613_EA/21682673_EA



bakery deals rising daily

7⁵⁰



\$4 BAKED IN-STORE

CINNAMON RAISIN BREAD
468 G
PAIN CANNELLE ET RAISINS
20729432_EA



\$15 CAKE OF THE MONTH

ELITE 6" CHOCOLATE CARAMEL MOUSSE CAKE
700 G
GÂTEAU EN MOUSSE CHOCOLAT ET CARAMEL 6 PO
21616817_EA



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



\$4 BAKED IN-STORE

ROSEMARY & SEA SALT OR CHEESE FOCACCIA
430/484 G
FOCACCIA AU ROMARIN ET SEL DE MER OU FROMAGE
21724758_EA



7⁵⁰

FARMER'S MARKET™ COOKIES
SELECTED VARIETIES
12'S
BISCUITS DÉLICÉS DU MARCHÉ™
20566294_EA
20566295_EA



\$6

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



\$4

DIMPLMEIER SWEDEN BREAD 680 G
OR **NATURAL BAKERY RYE BREAD** 500 G
PAIN SUÉDOIS DIMPLMEIER
OU **PAIN DE SEIGLE NATURAL BAKERY**
20160149_EA
21688966_EA



3⁵⁰

WONDER BREAD OR BUNS
SELECTED VARIETIES AND SIZES
PAIN OU PETITS PAINS WONDER
20276296_EA
20335133_EA



SAVE 98¢ WHEN YOU BUY 2

2/\$6

OR \$3.49 EA.
VACHON SNACK CAKES
SELECTED VARIETIES AND SIZES
PETITS GÂTEAUX VACHON
20963606_EA
20963643_EA



SAVE \$2.79

\$8

BALDERSON CHEESE
SELECTED VARIETIES
250/280 G
FROMAGE BALDERSON
20415944_EA
21495455_EA



in the mood for deli-cious

\$7

PC® BOCCONCINI
200 G OR **RICOTTA** 454 G
SELECTED VARIETIES
BOCCONCINI OU RICOTTA PC™
20219848_EA
20546983_EA



\$7

BOURSIIN CREAM CHEESE 150 G OR **PILLER'S KOLBASSA** 250-375 G
SELECTED VARIETIES
FROMAGE À LA CRÈME BOURSIIN
OU **KOLBASSA PILLER'S**
20116794_EA
20308469_EA



\$15

MAPLE LEAF NATURAL SELECTIONS DELI SLICED MEATS CLUB PACK OR **PC® FREE FROM™ CLUB PACK**
SELECTED VARIETIES
375/400 G
CHARCUTERIES TRANCHÉES NATURAL SELECTIONS MAPLE LEAF FORMAT CLUB OU **PC™ SIMPLEMENT BON™ FORMAT CLUB**
20772016_EA
20903492_EA



Optimum Members-Only Price™
3⁵⁰
Non-members **\$4**

PC® DIPS
SELECTED VARIETIES
200-227 G
TREMPETTES PC™
20574522_EA
20584012_EA



Optimum Members-Only Price™
\$7
Non-members **\$8**
Members save **\$1**

PC® GUACAMOLE
SELECTED VARIETIES
425 G
GUACAMOLE PC™
21448106_EA



on the run, we got you

SAVE UP TO \$2

\$16

BENTO CALIFORNIA FAMILY PACK SUSHI
SELECTED VARIETIES
654 G
SUSHI FORMAT FAMILIAL CALIFORNIA BENTO
21638655_EA



8⁴⁹

FROM OUR CHEFS™ SOUP
SELECTED VARIETIES
700 ML
SOUPE CONCOCTÉ PAR NOS CHEFS™
21703369_EA
21703589_EA



\$9

INDIVIDUAL CHICKEN COMBO WITH WEDGES
361-530 G
COMBO DE PORTION INDIVIDUELLE DE POULET ET POMMES DE TERRE EN QUARTIERS
21086084_EA
21022536_EA



\$20

IN-STORE PREPARED PULLED PORK BAO BUNS, GYRO OR FAJITA CHICKEN TACO TRAY
825-850 G
PLATEAU DE PAINS BAO AU PORC EFFILOCHÉ OU TACOS DE GYRO OU FAJITA AU POULET PRÉPARÉ EN MAGASIN
21533948_EA
21696308_EA



\$7

SUB SANDWICHES OR WRAPS
PREPARED IN-STORE
230-299 G
SOUS-MARINS OU ROULÉS
21623659_EA
21623663_EA



\$16

IN-STORE PREPARED FAMILY PASTA TRAYS
SELECTED VARIETIES
765-969 G
PLATEAUX DE PÂTES FORMAT FAMILIAL PRÉPARÉS EN MAGASIN
21638701_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



\$3

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



3⁵⁰

DARE BRETON CRACKERS OR BITES 132-200 G OR GRISSOL 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



SAVE UP TO 99¢

\$5

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



\$15

GET **1,500** back in points
\$1.50

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



\$27

GET **2,000** back in points
\$2

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 ICED TEA
SELECTED VARIETIES
12X341 ML
21689167_C12



2⁹⁹

NESTEA
SELECTED VARIETIES
1.89 L
21687074_EA



SAVE 98¢ WHEN YOU BUY 2

2/\$5

OR \$2.99 EA.

POWERADE SPORTS DRINK
SELECTED VARIETIES
710 ML
20853723_EA



8⁹⁹

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



SAVE \$1.98 WHEN YOU BUY 2

2/\$16

OR \$8.99 EA.

COCA-COLA OR CANADA DRY SOFT DRINKS
SELECTED VARIETIES
12X355 ML
20307569004_C12
20318694002_C12



SAVE ON FAVES

Your favourite brands for less.

2⁵⁰

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



7⁵⁰

STARBUCKS COFFEE ENHANCER
SELECTED VARIETIES
828 ML
21358473_EA
21436900_EA



3⁵⁰

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



\$5

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



8⁹⁹

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
285-520 G
21014087_EA
21639135_EA



\$2

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



2⁵⁰

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



1⁵⁰

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



\$4

QUAKER OR HARVEST CRUNCH CEREAL
SELECTED VARIETIES
350-510 G
201502590015_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
2032313009_EA
21190251_EA



\$6

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



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
2068698002_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



\$8

NESCAFÉ INSTANT COFFEE 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

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

