

weekly deals

SAVE
99¢/100 G



\$3
/100 G

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 PTS

\$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

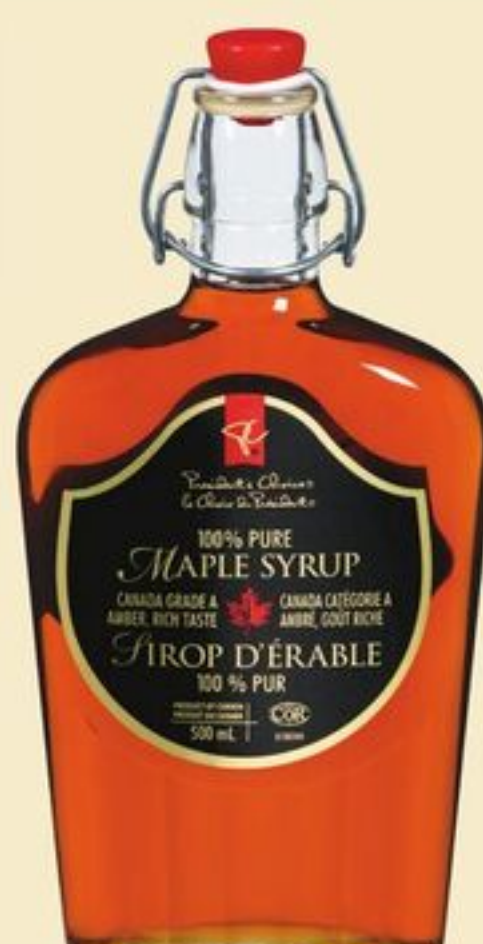


BAKED IN-STORE

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.

\$3

**OCEAN'S WHITE
TUNA OR GOLD
SEAL PINK SALMON**

SELECTED VARIETIES
170/213 G
21005158_EA
21186967_EA



The image displays two cans of Ocean's brand tuna. The top can is 'Gold Seal Wild Pink Salmon / Saumon Rose Sauvage', featuring a gold seal logo and a pink and blue label. The bottom can is 'Albacore in Water Solid White Tuna', featuring a blue fish logo and a white label. Both cans are shown against a white background.

\$15

**ROGERS WHITE
GRANULATED
SUGAR**

10 KG

20145033_EA



PRODUCT OF CANADA

ROGERS 1890

Natural - Naturel

granulated sugar

sucre granulé

15 CALORIES PER TEASPOON
CALORIES PAR CUEILLÉE

\$3

**CRISPERS
CRACKERS OR
CRISPERS BITS AND
BITES SNACK AND
CRACKER MIX**

SELECTED VARIETIES

145 G
21358333_EA
21395350_EA



5.50

**CHAPMAN'S MARKDALE
CREAMERY ICE CREAM 2 L
OR COLLECTION NOVELTIES**

6/8'S SELECTED VARIETIES FROZEN

20315236001_EA
203237579001_EA

CHAPMAN'S  **MARKDALE CREAMERY**
ICE CREAM • CRÈME GLACÉE
2 L

Ice Cream
CHAPMAN'S 
CANADIAN
Collection
ALMONDS & MILK CHOCOLATE
Ice Cream Bars
2 L

\$21

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

21518479_EA
21593670_EA
21659405_EA



Independent
Your Independent Grocer

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.



FRESH PROMISE

freshness you can taste

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

*Fresh Promise: Applicable to eligible fresh produce items purchased at Your Independent Grocer store locations or online at yourindependentgrocer.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original receipt within 7 days of purchase at the Your Independent Grocer store where purchase originated. The fresh promise may not be combined with any other offer. We reserve the right to cancel or change the terms of this guarantee at any time without notice.

\$5

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

3⁹⁹
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

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
214326381_EA

\$10

8 STEM TULIPS
ASSORTED COLOURS
21637907_EA

\$25

PC® DOZEN ROSES
21630028_EA
21630087_EA

13⁵⁰
LB

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

\$5

LEAN GROUND PORK
450 G
21705787_EA

CANADIAN PORK

\$4
LB

CHICKEN LEGS
BACK ATTACHED
FAMILY SIZE
8.82/KG
20153925_KG

CANADIAN POULTRY

\$7
LB

PORK SAUSAGE
SELECTED VARIETIES
15.43/KG
21451702_KG
21451708_KG

PREPARED IN-STORE

\$9

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

PREPARED IN CANADA

\$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

FRESH STEELHEAD TROUT FILLETS
30.86/KG
21025083_KG

CANADIAN SEAFOOD

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 POMPANOS 800 G
FROZEN
21364651_EA
21592084_EA

responsibly farmed

bakery deals rising daily

\$4

**BAKED
IN-STORE**

**CINNAMON RAISIN
BREAD**
468 G
20729432_EA



\$15

**CAKE
OF THE
MONTH**

**ELITE 6" CHOCOLATE
CARAMEL MOUSSE
CAKE**
700 G
21616017_EA



7⁵⁰

**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
20670549_EA



3⁵⁰

**PREPARED IN
CANADA**

**WONDER BREAD
OR BUNS**
SELECTED VARIETIES
AND SIZES
20305674_EA
20381037_EA



**SAVE
98¢
WHEN YOU BUY 2**

**PREPARED IN
CANADA**

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
20903492_EA



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

**PREPARED IN
CANADA**

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



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

**Members
save
\$1**

**PREPARED IN
CANADA**

**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 G
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

CAMPANULA EACH
21730503_EA



BLOOM OF THE MONTH

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

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



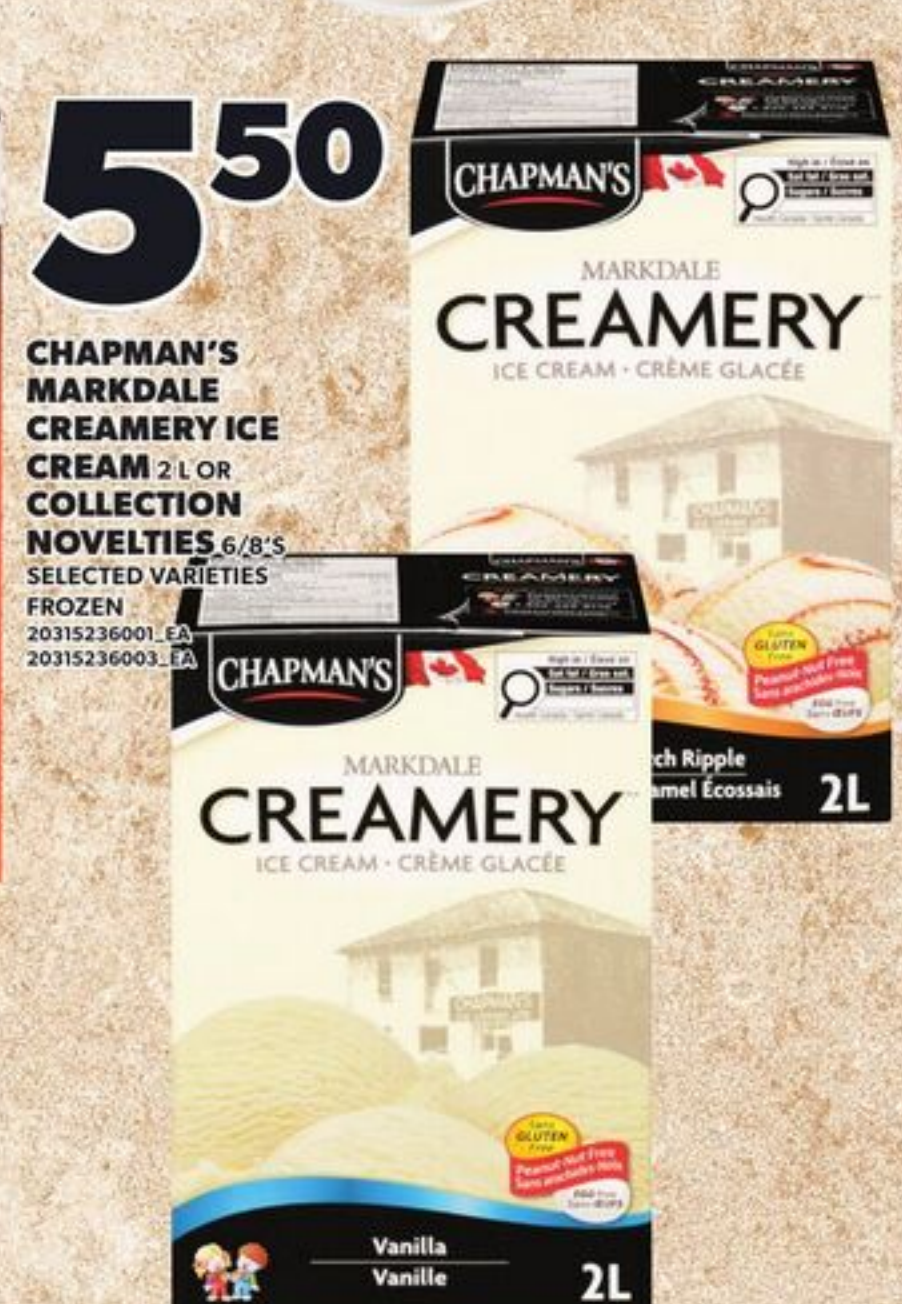
\$8

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



3.75

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



5.50

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



1.75

**CLARK
BAKED BEANS**
SELECTED VARIETIES
398 ML
21235336_EA
21666180_EA

\$AVE 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
2104107_EA
20974343_EA



3⁵⁰

DARE BRETON CRACKERS OR BITES 132-200 G OR **GRISOL 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



\$AVE 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** 6'S 148-210 G OR
FIBRE 1 BARS 125 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
2016214001_EA
20176214004_EA



\$4

**QUAKER OR
HARVEST CRUNCH
CEREAL**
SELECTED VARIETIES
350-510 G
2015029001_EA
20637355_EA



**SAVE
\$1.58
WHEN YOU BUY 2**

2/\$8

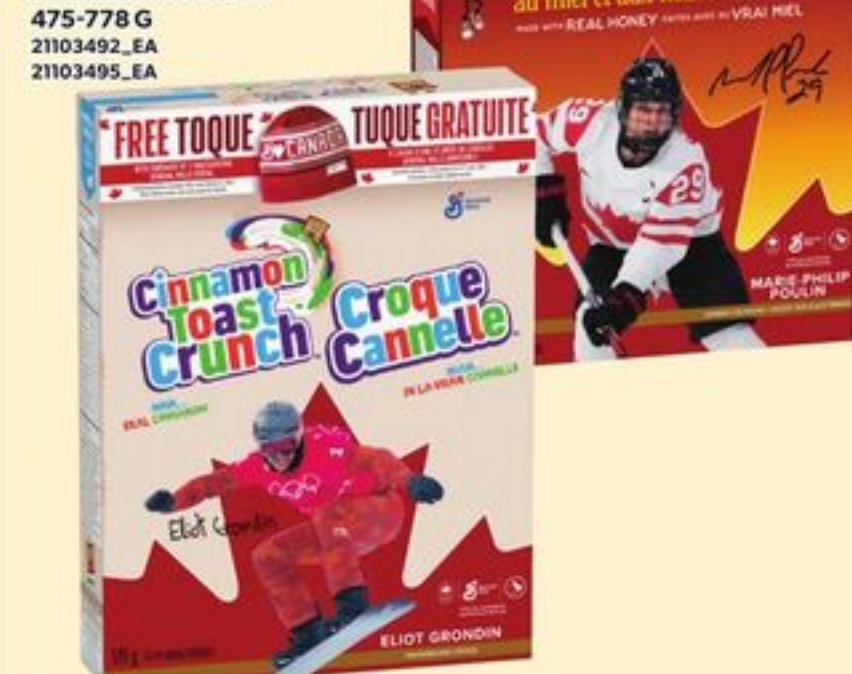
OR
\$4.79 EA.

**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



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



\$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

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 1.18/1.42 L
SELECTED VARIETIES



\$8

ACTIVIA YOGURT
SELECTED VARIETIES
12X100 G
20303412001_EA
20608924_EA



5⁵⁰

OLYMPIC ORGANIC YOGURT
SELECTED VARIETIES
650 G
20316485005_EA
20316485006_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
20307313501_EA



\$6

TERRA VEGETABLE CHIPS
SELECTED VARIETIES
141 G
21557876_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
20987612_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
20588613_EA



Optimum

Members-Only Price

4⁴⁹

Non-members

5⁹⁹

Members save **\$1.50**

LIMIT 4

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
21164516_EA
21614177_EA



\$5

PINE-SOL CLEANER 1.41 L,
CLOROX BLEACH 2.4 L,
FLEECY FABRIC SOFTENER 1.36 L
OR SHEETS 80'S
SELECTED VARIETIES
21311876_EA
20298679001_EA



\$50

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



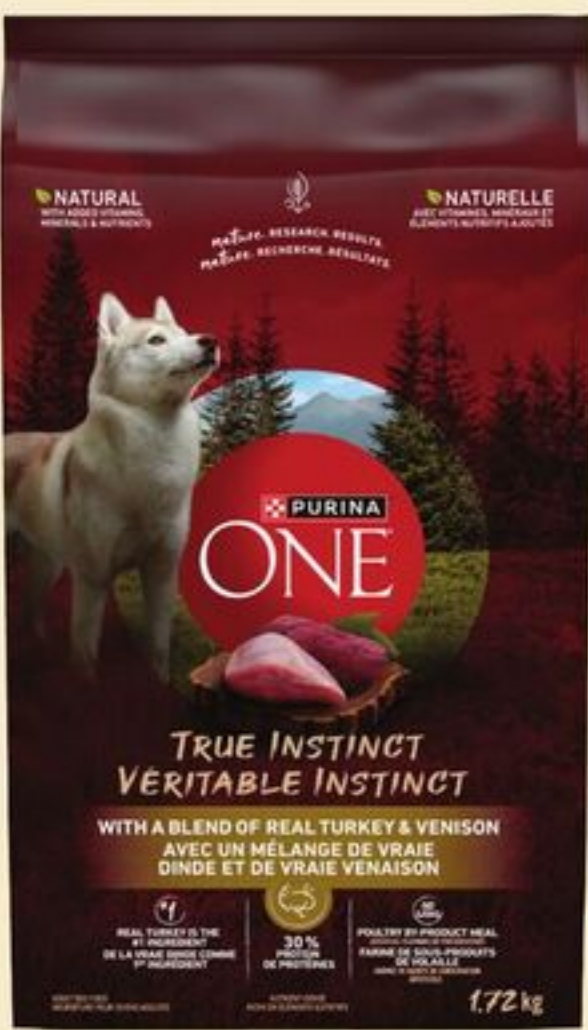
\$2

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
21186868_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



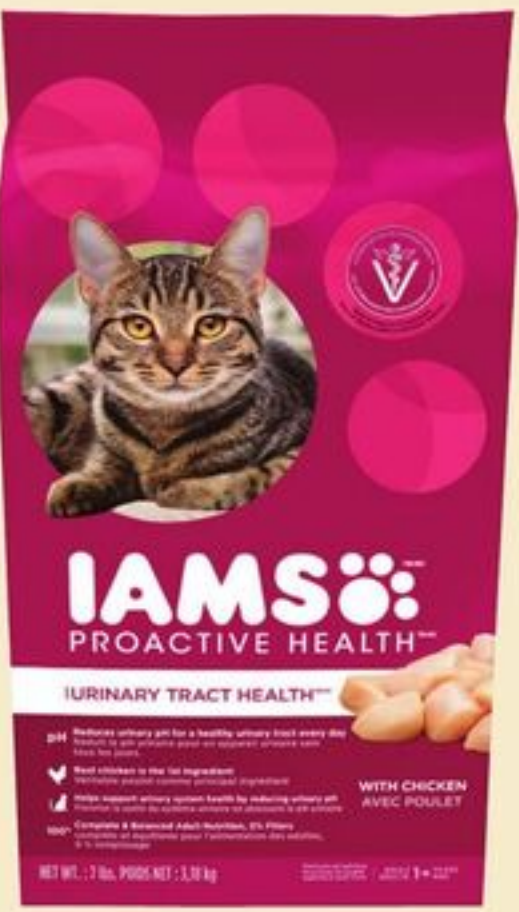
\$20

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



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 TOOTHPASTE**
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
TOOTHPASTE, 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
20296452005_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



NICODERM[®]
Step 1
7 Clear Patches
20143534001_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



care for you, means confidence for her



#KeepHerConfident



\$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

21713889_EA/21717476_EA



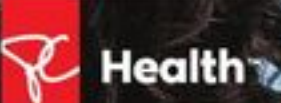
\$11
ea.

**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



**Flu shot?
Think Pharmacist.**

Talk to your Pharmacist or
book now* at pchealth.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. ®/™ Trademark of 91979 Alberta Ltd. used under license.

**FOR HEALTHY LOOKING,
BEAUTIFUL SMILES!**



**LIMIT 6
AFTER LIMIT
4.49 EA.**

3⁵⁰

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

**LIMIT 6
AFTER LIMIT
7.49 EA.**

6⁵⁰

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



**LIMIT 4
AFTER LIMIT
10.49 EA.**

9⁵⁰

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

**SAVE
UP TO**

30%

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



© 2026 P&G



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

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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
21761786_EA/21761914_EA



\$4⁷⁵

iögo nanö
DRINKABLE YOGURT
6 X 93 ML
SELECTED VARIETIES
21690943_EA/20609687001_EA



\$4⁵⁰

iögo nanö
YOGURT WITH
FLAVOURED PEARLS
4 X 100 G
SELECTED VARIETIES
21761799_EA



\$9

iögo
CREAMY, 0% OR
LACTOSE-FREE YOGURT
16 X 100 G
SELECTED VARIETIES
206099593001_EA/21622347_EA



\$12

iögo
CREAMY YOGURT
2 KG
SELECTED VARIETIES
20636092_EA



\$5

siggi's
SKYR YOGURT
4 X 100 G
SELECTED VARIETIES
21659014_EA/21589925_EA



\$4⁷⁵

ASTRO
BALKAN YOGURT
750 G
SELECTED VARIETIES
206522600100_EA/2010553001_EA



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

\$3
back
in points

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 Drizzlers
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
21694605_EA
21239130_EA



2⁹⁹

Bfit
No sugar added high
protein milkshake
460 mL
21737984_EA



33⁹⁹

Bfit
No sugar added high protein milkshake
12 x 460 mL
21737984_EA

