

# Loblaws®

PROUDLY CANADIAN SINCE 1919

## SAMPLING EVENT

Chicken Strips

JOIN US IN-STORE THIS WEEK

Thursday  
Mar 12  
4 pm-8 pm

Friday  
Mar 13  
4 pm-8 pm

Saturday  
Mar 14  
11 am-5 pm



**4 DAY SALE**  
THURSDAY, MARCH 12TH TO  
SUNDAY, MARCH 15TH

SAVE 35%

**5.44**

**GRASS FED LEAN  
GROUND BEEF**  
450 G  
21615428\_EA

450 G



**\$4** LB

**PORK LOIN CENTRE-CUT  
CHOPS OR ROAST**  
BONELESS, FAMILY SIZE  
8.82/KG  
20827785\_KG/20826506\_KG

SAVE UP TO 42%

**3.49** LB

**PC® FREE FROM® CHICKEN  
DRUMSTICKS OR THIGHS**  
AIR CHILLED, FAMILY SIZE  
7.69/KG  
21668789\_KG/21668814\_KG

FREE FROM®



**\$15**

APP EXCLUSIVE OFFER\*  
GET 4,000<sup>®</sup>  
\$4 back in points

**PC® WINGS**  
SELECTED VARIETIES, FROZEN  
800-907 G  
20708932\_EA/20708933\_EA

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



**\$1.25**

**PC® RED OR  
YELLOW POTATOES**  
PRODUCT OF CANADA, CANADA NO. 1 GRADE  
5 LB BAG  
20600999001\_EA/20601014001\_EA

5 LB



**2.50** LB

**COSMIC CRISP  
OR ENVY APPLES**  
PRODUCT OF U.S.A., US EXTRA FANCY GRADE  
5.51/KG  
21240884001\_KG/2017216001\_KG



**1.99**

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

1 LB



**\$3** **BAKED IN-STORE**  
**SOURDOUGH LOAF**  
ORIGINAL OR EVERYTHING  
450/475 G  
21682979\_EA



**SAVE UP TO 79¢/100 G**  
**\$3.50** /100 G

**PC® BLUE MENU®  
TOMATO BASIL  
TURKEY OR OVEN  
ROASTED CHICKEN**  
DELI SERVICE  
20308072\_KG

PREPARED IN CANADA



**SAVE \$1**  
**\$7**

**PC® BLACK LABEL  
CHEDDAR**  
SELECTED VARIETIES  
200/250 G  
21678876\_EA  
21679025\_EA



**SAVE UP TO \$1.99**  
**\$11**

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



**\$8** **PREPARED IN CANADA**  
**OLIVIERI PASTA**  
FAMILY SIZE  
SELECTED VARIETIES  
500-700 G  
20311594\_EA  
21021889\_EA



**SAVE UP TO \$1**  
**\$5**  
**CHEF BOMBAY  
ENTRÉES OR  
SNACKS**  
SELECTED VARIETIES  
FROZEN  
240-354 G  
20973182\_EA  
21527683\_EA



**\$5**  
**BEN & JERRY'S  
ICE CREAM**  
SELECTED VARIETIES  
FROZEN  
473 ML  
21428403\_EA  
21428818\_EA



**2.50** **APP EXCLUSIVE OFFER\***  
GET 2,000<sup>®</sup>  
\$2 back in points  
when you buy 3

**PC® KETTLE COOKED,  
LOADS OF™ FLAVOUR  
OR WORLD OF  
FLAVOURS 200 G,  
TORTILLA CHIPS**  
320-350 G OR  
**POPCORN** 220/250 G  
SELECTED VARIETIES  
20302765\_EA  
21422931\_EA



**8.99**  
**MEDJOOL  
DATES**  
PRODUCT OF U.S.A.  
2 LB TUB  
20001686\_EA

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

Available at the following Loblaws locations: 585 Queen Street West, 17 Leslie Street, 60 Carlton Street, 101 Eglinton Ave East, 650 Dupont Street, 10 Lower Jarvis Street, 12 St. Clair Avenue East, 2280 Dundas Street West, 301 Moore Avenue, 3501 Yonge Street, 396 St. Clair Avenue West, 11 Redway Road, Toronto.

Flyer prices effective from Thursday, March 12th to Wednesday, March 18th, 2026. SEE BACK PAGE FOR DETAILS.

LSL URB FRONT



# freshness you can taste

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

\*Fresh Promise: Applicable to eligible fresh produce items purchased at Loblaws store locations or online at loblaws.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 Loblaws 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.

# 8<sup>50</sup>

**PC® SWEET KAROLINA BLACKBERRIES** PINT, PRODUCT OF MEXICO OR **JUMBO BLUEBERRIES** 9.8 OZ, PRODUCT OF MEXICO, MOROCCO, CHILE OR PERU  
21358868001\_EA  
21378078001\_EA



# 2<sup>50</sup>

 LB

**GREENHOUSE BEEFSTEAK TOMATOES** PRODUCT OF CANADA OR MEXICO  
5.51/KG  
20070132001\_EA



# 3<sup>99</sup>

 LB

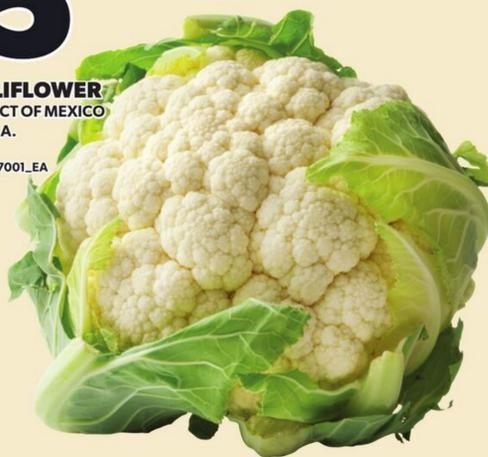
**EXTRA LARGE**

**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  
20425775001\_KG/20159199001\_KG



# \$5

**CAULIFLOWER** PRODUCT OF MEXICO OR U.S.A.  
EACH  
20135377001\_EA



# \$1

**KIWI** PRODUCT OF GREECE OR **RED MANGO** PRODUCT OF PERU  
EACH  
20130242001\_EA  
20059635001\_EA



**SAVE \$1**

# \$4

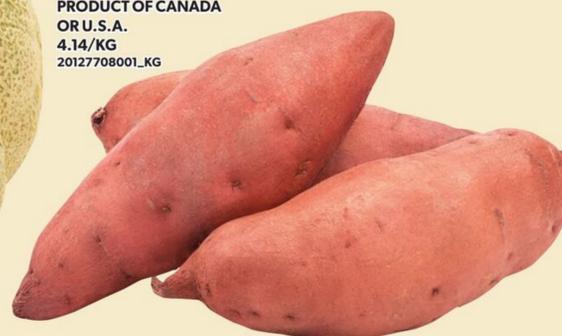
**CANTALOUPE** PRODUCT OF GUATEMALA, HONDURAS OR BRAZIL  
EACH  
20167017001\_EA



# 1<sup>88</sup>

 LB

**SWEET POTATOES** PRODUCT OF CANADA OR U.S.A.  
4.14/KG  
20127708001\_KG



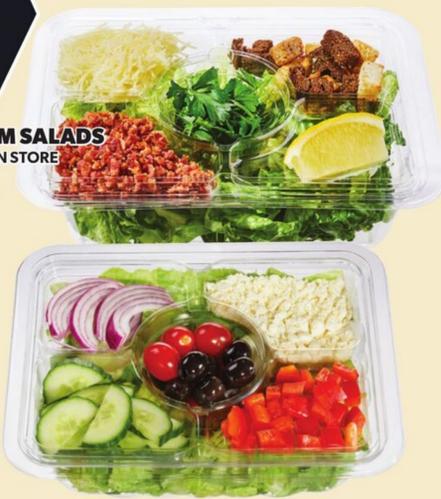
# \$7

**PC ORRI MANDARINS** PRODUCT OF ISRAEL  
2 LB  
20907647001\_EA



# \$7

**PREMIUM SALADS** PREPARED IN STORE  
218-315 G  
21237366\_EA  
21237411\_EA



# 5<sup>50</sup>

**FRUIT PARFAIT** PREPARED IN-STORE  
221-251 G  
20139618\_EA  
20083678\_EA



# \$7

**CORED PINEAPPLE** PREPARED IN STORE  
20503143\_EA



## bouquets, bunches and blooms

# \$35

**PREMIUM GIFT BOUQUET**  
21436381\_EA



# \$12

**10 STEM TULIPS**  
20833978\_EA



GET **\$5** back in points when you buy 2

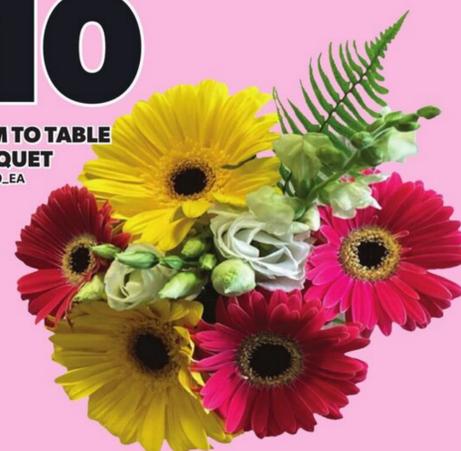
# \$6

**POTTED IVY**  
21524952\_EA



# \$10

**FARM TO TABLE BOUQUET**  
21729159\_EA



# feeling protein power-fuel

**\$14**



**PC® SPLIT CHICKEN WINGS**  
AIR CHILLED  
UP TO 990 G  
21340973\_EA

**\$14**



**SUFRA® HALAL CHICKEN BREASTS**  
BONELESS, SKINLESS  
3'S  
21618925\_EA

**\$11** LB



**EYE OF ROUND OVEN ROAST**  
CUT FROM CANADA AA OR  
USDA SELECT GRADE BEEF  
OR HIGHER  
24.25/KG  
20812793\_EA

**\$22** LB

**PC® FREE FROM® STRIPLOIN STEAK**  
48.50/KG  
21219108\_KG



**8.50** LB



**SEASONED OR MARINATED CHICKEN WINGS**  
SELECTED VARIETIES  
18.74/KG  
20875903\_KG/21447304\_KG

**\$6** LB



**PORK BELLY PORTION**  
13.23/KG  
20793502\_KG

**8.50** PREPARED IN-STORE



**MEDIUM BEEF MEATBALLS**  
SELECTED VARIETIES  
425 G  
21587896\_EA

**\$8** PREPARED IN-STORE



**BEEF STIR FRY STRIPS**  
CUT FROM CANADA AA GRADE  
BEEF OR HIGHER  
250 G  
21588067\_EA

**\$5** CANADIAN PORK



**LEAN GROUND PORK**  
450 G  
21646160\_EA

**\$14** PREPARED IN-STORE



**MARCANGELO VALUE PACK PORK SAUSAGE**  
SELECTED VARIETIES  
1 KG  
20867487\_EA  
20867488\_EA

**\$18** PRODUCT OF CANADA



**PC® OLD-FASHIONED STYLE BACON**  
SELECTED VARIETIES  
1 KG  
20733617\_EA  
20115704\_EA

**\$5**



**ASIAN INSPIRATIONS OR MULDOON'S ENTRÉES**  
SELECTED VARIETIES, FROZEN  
400 G  
21047378\_EA  
21047671\_EA

## find your catch in seafood

**3.50**



**SEAQUEST® CRAB OR LOBSTER FLAVOURED POLLOCK FLAKES OR CHUNKS**  
SELECTED VARIETIES  
READY-TO-EAT  
227 G  
20699832\_EA  
20749901\_EA

**8.50**



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

**\$11**



**PC® SHRIMP APPETIZERS**  
SELECTED VARIETIES,  
FROZEN  
294-454 G  
20135874\_EA  
20978921\_EA

**\$8**

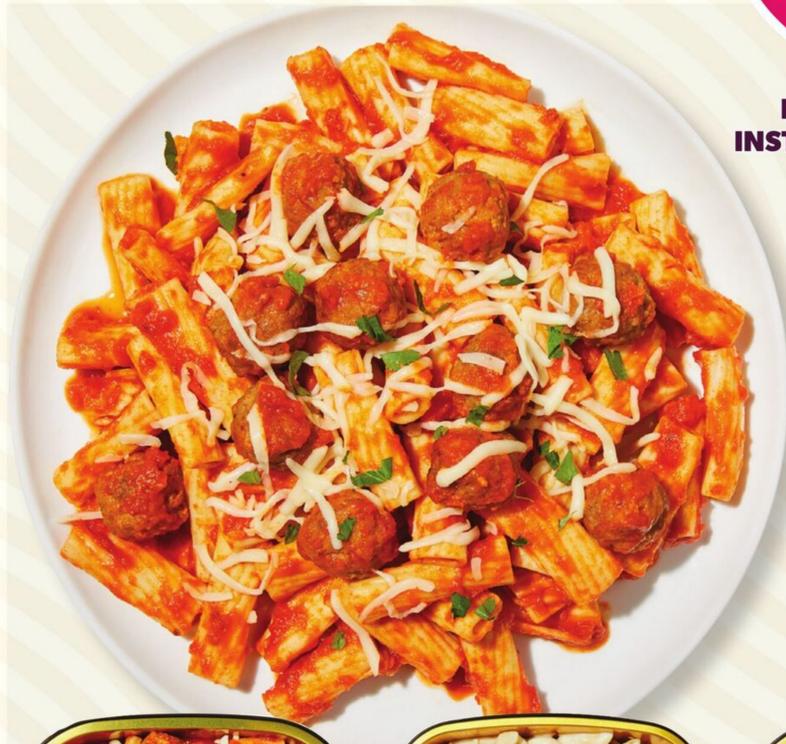


**SEAQUEST® COLOSSAL PACIFIC WHITE SHRIMP**  
RAW ZIPPERBACK®  
16-20/LB, FROZEN  
300 G  
21043887\_EA

# single meals

A simple heat-and-serve meal ready in minutes. Microwave and oven safe.

**\$8**



**FRESHLY PREPARED  
INSTORE SINGLE SERVE  
ONE PAN MEALS  
SELECTED VARIETIES**  
135-410 G  
21633777\_EA/21696353\_EA  
21633861\_EA



rigatoni marinara with meatballs



penne alfredo with chicken



pork cassoulet with mashed potatoes



buffalo chicken mac and cheese



stuffed peppers



beef stew with mashed potatoes

# in a rush? we've got lunch

Made fresh in-store

**CHICKEN, TUNA, OR  
EGG SOFTY SANDWICHES**  
SELECTED VARIETIES  
20140129\_EA

Optimum  
Members-Only Price™  
**\$5**  
Non-members  
**\$6**

Members save  
**\$1**



chicken salad



egg salad



tuna salad

**SUB SANDWICHES OR WRAPS**  
SELECTED VARIETIES  
230-299 G  
21623659\_EA

**\$7**



turkey sub sandwich



roast beef sub sandwich



assorted sub sandwich



chicken caesar wrap



turkey bacon wrap



buffalo chicken wrap

## SAMPLING EVENT

Chicken Strips

JOIN US IN-STORE THIS WEEK

Thursday Mar 12 4 pm-8 pm	Friday Mar 13 4 pm-8 pm	Saturday Mar 14 11 am-5 pm
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Try our signature all-white meat chicken strips in classic or crunchy breading. Choose from 9 varieties of our From Our Chefs™ dipping sauces to pair with, for 99¢ each.

**\$14**

Optimum  
GET  
2,000<sup>®</sup>  
back in points



hot



chilled

**9 PIECE CHICKEN STRIPS**  
HOT OR CHILLED, 700 G  
20992187\_EA/20991197\_EA

Dipping sauce sold separately



INCLUDES HALAL

# no rules, no judgement.... yes, even pineapple



**SAVE 99¢**

**\$6**

**MARCANGELO PIZZA TOPPINGS**  
175 G  
20832437\_EA



**\$7**

**PC® NATURAL CHOICE® SLICED DELI MEATS**  
**HAM** 175 G OR  
**DICED PANCETTA** 150 G  
20049345\_EA  
20310580\_EA



**\$3** /100 G

**PILLERS SERVICE CASE SALAMI**  
SELECTED VARIETIES  
20300824\_KG



**\$8**

**TRESTELLE MOZZARELLA BALL**  
340 G  
20189267\_EA



**\$8**

**TRESTELLE RICOTTA 475 G OR BOCCONCINI OR FETA 200 G**  
SELECTED VARIETIES  
20093652\_EA  
20318663\_EA



**SAVE \$1.99**

**\$15**

**BELLA CASARA BURRATA**  
250 G  
20214087\_EA



**4.50**

**PC® BLACK LABEL PIZZA SAUCE**  
DESCRIPTIVE  
350ML  
21040482\_EA



**\$6**

**TERRA DELYSSA OLIVE OIL SQUEEZE BOTTLE 500 ML, PC® ROASTED GARLIC OLIVE OIL OR PC® BLACK LABEL™ INFUSED OLIVE OIL 250 ML**  
SELECTED VARIETIES  
21668278\_EA  
21396681\_EA



**Optimum Members-Only Price \$4.50**  
Non-members \$7



**SARDO PESTO OR TAPENADE**  
SELECTED VARIETIES  
190 ML  
20734165\_EA  
20734355\_EA

**\$3**

**PIZZA DOUGH REFRIGERATED**  
650 G  
20767549\_EA



**\$5**

**LARGE CROWNLESS PINEAPPLE**  
PRODUCT OF COSTA RICA  
EACH  
20160992001\_EA



**2/\$6**  
OR \$3.49 EA.

**PC® ORGANIC CREMINI MUSHROOMS**  
PRODUCT OF CANADA  
21021565\_EA



**\$4**

**PC® ARUGULA**  
142 G  
21203743\_EA



## in the mood for deli-cious

**Optimum Members-Only Price \$8**  
Non-members \$12

**SCHNEIDERS PEPPERETTES**  
SELECTED VARIETIES  
250-375 G  
20976110\_EA  
21196171\_EA



**SAVE UP TO 38%**  
**\$4**

**BABYBEL 6'S OR THE LAUGHING COW 8'S**  
SELECTED VARIETIES  
20319107\_EA  
20574332\_EA



**\$6**

**BRANDT LIVER SAUSAGE CHUB OR KOLBASSA SAUSAGE**  
SELECTED VARIETIES  
250/300 G  
20317795\_EA  
20353446\_EA



**Optimum Members-Only Price \$2.88**  
Non-members \$4.88

**SOYGANIC TOFU**  
SELECTED VARIETIES  
350 G  
21023474\_EA



**3.50** /100 G

**OKA IN-STORE DELI CUT CHEESE**  
SELECTED VARIETIES  
15.83/LB  
21157593\_KG  
21162370\_KG



# lucky bites & leprechaun delights

Celebrate St. Patrick's day on Tuesday March 17th, 2026

**6<sup>50</sup>**

**IN-STORE CELEBRATION CUPCAKES**  
CHOCOLATE OR WHITE  
6'S  
20379763\_EA  
20592676\_EA



**\$12**

**12" BIG COOKIE**  
EACH  
21365157\_EA



**7<sup>50</sup>**

**SINGLE LAYER CAKES**  
EACH  
21093577\_EA



**\$5**

**KIMBERLY FROSTED COOKIE OR SUGAR COOKIE**  
10'S  
21572217\_EA



**\$5**

**ST. PATRICK'S DAY DONUTS**  
SELECTED VARIETIES  
6'S  
21237980\_EA



**\$5**

**TWO BITE MINI CUPCAKES**  
12'S  
21619376\_EA



## bakery deals rising daily

**\$6**

**BAKED IN-STORE**

**IN-STORE BAKED MINI ASSORTED DANISH 8'S OR CINNAMON BUNS**  
6'S  
SELECTED VARIETIES  
21476309\_EA  
21467583\_EA



**\$5**

**GET 1,000**

**\$1 back in points**

**BAKED IN-STORE**

**IN-STORE BAKED MINI COOKIES**  
ASSORTED VARIETIES  
24'S  
21596600\_EA  
21596672\_EA



**\$6**

**PREPARED IN CANADA**

**FARMER'S MARKET™ LOAF CAKES, WHOLE OR SLICED OR SIMPLE JOY SLICED LOAF CAKES**  
SELECTED VARIETIES  
344-400 G  
20565382\_EA  
21488954\_EA



**3<sup>50</sup>**

**PREPARED IN CANADA**

**COUNTRY HARVEST BREAD OR BAGELS, OR D'ITALIANO BREAD**  
SELECTED VARIETIES AND SIZES  
21178597\_EA  
21693323\_EA  
21596468\_EA



**\$3**

**BAKED IN-STORE**

**WHITE OR 100% WHOLE WHEAT BREAD**  
383 G  
21377237\_EA



**3<sup>50</sup>**

**BAKED IN-STORE**

**ACE BAGUETTE**  
SELECTED VARIETIES  
325-400 G  
20171171\_EA  
21314348\_EA



**\$5**

**BAKED IN-STORE**

**ALL BUTTER CROISSANTS OR PASTRIES**  
SELECTED VARIETIES  
4'S  
20761827\_EA  
21719417\_EA



**\$11**

**PC® CREAM PIES**  
SELECTED VARIETIES  
FROZEN  
730 G  
21586363\_EA  
21586299\_EA



# Irish I had more stew!

Celebrate St. Patrick's day on Tuesday March 17th, 2026

**\$10** LB

**BEEF BRISKET PORTION**  
CUT FROM CANADA AA OR  
USDA SELECT GRADE BEEF  
OR HIGHER  
22.05/KG  
20798405\_KG



**12<sup>50</sup>** LB

**BONELESS  
BLADE ROAST**  
CUT FROM CANADA AA OR  
USDA SELECT BEEF OR  
HIGHER  
27.56/KG  
20797470\_KG



**7<sup>99</sup>** LB

**RACHEL'S ONTARIO  
CORN FED CORNED  
BEEF BRISKET**  
17.61/KG  
20722618\_EA



**69¢** LB

**GREEN CABBAGE**  
PRODUCT OF CANADA,  
CANADA NO. 1 GRADE  
1.52/KG  
20793034001\_KG



**\$5**

**PC® LITTLE GEMS™  
MINI MIXED,  
YELLOW OR  
RED POTATOES**  
PRODUCT OF CANADA,  
CANADA NO. 1 GRADE  
680 G  
21247301001\_EA  
21247300001\_EA



**\$4**

**FARMER'S MARKET™  
CARROTS OR YELLOW  
ONION**  
PRODUCT OF CANADA OR U.S.A.  
NO. 1 GRADE  
3 LB BAG  
20600927001\_EA  
20811994001\_EA



**4<sup>25</sup>**

**BAKED  
IN-STORE**

**DINNER ROLLS**  
SELECTED VARIETIES  
12'S  
21392649\_EA  
21462403\_EA



**\$16**

**PC®  
SHEPHERD'S PIE**  
FROZEN  
900 G  
20003749\_EA



**\$8**

**KERRYGOLD  
IRISH CHEDDAR**  
SELECTED VARIETIES  
198 G  
20359976\_EA  
20591635\_EA



**\$5** /100 G

**CASHEL BLUE  
IRISH CHEESE**  
21435911\_KG



**\$2**

**CAMPBELL'S BROTH  
OR CONCENTRATED  
BROTH**  
SELECTED VARIETIES  
250/900 ML  
20322348002\_EA  
21347245\_EA



**2<sup>50</sup>**

**PURITAN STEWS**  
SELECTED VARIETIES  
410 G  
20063287001\_EA  
20063287002\_EA



**\$5**

**TENDERFLAKE  
PASTRY**  
SELECTED VARIETIES  
FROZEN  
255-397 G  
20303840001\_EA  
20303840004\_EA



**\$7**

**INTERNATIONAL  
DELIGHT COFFEE  
WHITENER OR  
COLD FOAM**  
SELECTED VARIETIES  
396-946 ML  
20895480006\_EA



**PRICE DROP ‡**

more ways to save

**2<sup>50</sup>**

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



**2<sup>50</sup>**

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



**2<sup>50</sup>**

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



**5<sup>50</sup>**

**PUREX 1.92-2.03 L OR SUNLIGHT 1.84 L LAUNDRY DETERGENT**  
SELECTED VARIETIES  
20856516005\_EA  
21427029\_EA



naturally good choices

**\$13**

**CLIF BAR ENERGY BARS**  
SELECTED VARIETIES  
10X68 G  
21664705\_EA  
21664748\_EA



**8<sup>50</sup>**

**PC® ORGANICS FROZEN FRUITS**  
SELECTED VARIETIES  
600 G  
20431483001\_EA  
20431483002\_EA



**10<sup>50</sup>**

**PC® ORGANICS MILK**  
SELECTED VARIETIES  
4 L  
20054844\_EA  
20304385\_EA



**5<sup>50</sup>**

**OLYMPIC ORGANIC YOGURT**  
SELECTED VARIETIES  
650 G  
20316485005\_EA  
20316485006\_EA



weekly deals

**\$6**

**KRAFT PEANUT BUTTER**  
SELECTED VARIETIES  
750 G/1 KG  
20039581002\_EA  
20311582003\_EA



**\$4**

**PC® ORANGE JUICE, TEA, AND LEMONADE**  
1.54 L OR  
**IOGO NANO DRINKS** 6X93 ML,  
SELECTED VARIETIES  
20609687001\_EA  
21430531\_EA



**2/\$8**  
OR  
\$4.79 EA.

**QUAKER INSTANT OATS** 232-344 G OR  
**OATS** 900 G-1 KG  
SELECTED VARIETIES  
20323113001\_EA  
21683172\_EA



**\$19**

**MUSKOKA ROAST AND GROUND OR WHOLE BEAN COFFEE**  
SELECTED VARIETIES  
400/454 G  
20610167002\_EA  
20873115\_EA



**3<sup>50</sup>**

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



**5<sup>97</sup>**

**CRACKER BARREL BARS OR SHREDS** 250-400 G OR  
**BLACK DIAMOND CHEESE SNACKS**  
252-336 G  
SELECTED VARIETIES  
20763661\_EA  
21290384\_EA



**1<sup>79</sup>**

**OASIS 100% JUICE BLENDS, DEL MONTE NECTAR, HYDRAFRUIT OR ARIZONA TEA**  
SELECTED VARIETIES  
960 ML  
20336722001\_EA  
20894117004\_EA



**\$11**

**TILDA BASMATI RICE**  
SELECTED VARIETIES  
4 LB  
20013920\_EA  
20436365\_EA



**13<sup>99</sup>**

**CASHMERE BATHROOM TISSUE** 20=60 ROLLS OR  
**SPONGETOWELS PAPER TOWELS**  
6=12 ROLLS  
SELECTED VARIETIES  
21188655\_EA/21677740\_EA



**SAMPLING EVENT**

**Loblaws Small Supplier Program**

**Come Back Snacks popcorn**

**JOIN US IN-STORE THIS WEEK**

Thursday March 12 4 pm-8 pm	Friday March 13 4 pm-8 pm	Saturday March 14 11 am-5 pm
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**National Popcorn Lovers day March 12th**

**6<sup>50</sup>**

**COME BACK SNACKS POPCORN**  
SELECTED VARIETIES  
200-225 G  
21633654\_EA/21633674\_EA

**Loblaws** CUSTOMER RELATIONS 1-800-296-2332 VISIT [loblaws.ca](http://loblaws.ca) FOR STORE HOURS. **Loblaws** **Loblaws**

Please call Customer Relations at 1-800-296-2332 or visit our website at [loblaws.ca](http://loblaws.ca) for your store's hours and to see which Loblaws\* 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](http://pcoptimum.ca). Points are not guaranteed in case of errors or misprints. No cash value. See [loblaws.ca](http://loblaws.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.

LSL URB BACK



**MARCH**

**HIT OF THE MONTH**

**LIMIT 6**  
AFTER LIMIT  
\$4 EA.



**CHRISTIE RITZ ORIGINAL, CHRISTIE RITZ CHIPS, TRISCUTS, WHEAT THINS OR TOPPABLES CRACKERS**  
SELECTED VARIETIES  
240-454 G  
20586037, EA  
21618621, EA

**\$3<sup>33</sup>**

**LIMIT 6**  
AFTER LIMIT  
\$2.50 EA.



**QUAKER CHEWY GRANOLA BARS**  
SELECTED VARIETIES  
120 G  
21359366, EA  
21359369, EA

**\$1<sup>75</sup>**

**LIMIT 6**  
AFTER LIMIT  
\$6 EA.



**PC® DIPS OR HUMMUS**  
SELECTED VARIETIES  
454 G  
20583725, EA  
20584098, EA

**\$4<sup>75</sup>**

**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.



# tropical vibes sweet savings

**Passionfruit**



**\$1**

**PASSIONFRUIT**  
PRODUCT OF COLOMBIA  
EACH  
2002314520712A

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!

**Palmer Mango**



**5<sup>50</sup>**

**PALMER MANGO**  
PRODUCT OF PERU  
EACH  
200254100011EA

The Palmer mangoes is a large, mostly fibreless fruit with a sweet, mild, and tropical flavor often compared to a mix of pineapple, peach, and citrus.

**Black Figs**



**1 LB**

**8<sup>50</sup>**

**PC BLACK FIGS**  
PRODUCT OF MEXICO  
EACH  
210313320011EA

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 DOMINICAN REPUBLIC  
EACH  
200037740011EA

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**



**2<sup>50</sup>**

**NAM DOK MAI MANGO**  
PRODUCT OF MEXICO  
EACH  
214758270011EA

Nam Dok Mai mangoes are premium Thai mangoes known for their intensely sweet, honeyed flavor, creamy texture, and distinct floral aroma with subtle vanilla or lemony notes.

**Caribbean Avocado**



**\$3**

**CARIBBEAN AVOCADO**  
PRODUCT OF BRAZIL  
EACH  
200397600011EA

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!

**Plantain**



**1<sup>25</sup>**

**PLANTAIN**  
PRODUCT OF COSTA RICA, COLOMBIA, HONDURAS OR GUATEMALA  
EACH  
20118260011KG

Plantains taste like a cross between a potato and a banana, with flavor and texture shifting from savory and starchy to sweet and creamy depending on ripeness.

**Yellow Guava**



**\$6**

**YELLOW GUAVA**  
PRODUCT OF TAIWAN  
EACH  
20062300011KG

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**

**PAPAYA**  
PRODUCT OF MEXICO  
EACH  
20017040011KG

Ripe papaya features a sweet, tropical flavor often described as a blend of cantaloupe and mango, with a soft, buttery texture. Its taste is mildly musky and unique in the fruit spectrum.

**Canary Melon**



**1<sup>75</sup>**

**CANARY MELON**  
PRODUCT OF BRAZIL  
EACH  
20022510011KG

Canary melon has a sweet, mildly tangy, and refreshing flavour that tastes like a hybrid between a honeydew and a pear, often with a subtle tropical aroma.

**Watermelon**



**\$10**

**SEEDLESS WATERMELON**  
PRODUCT OF GUATEMALA, HONDURAS, COSTA RICA, MEXICO OR BRAZIL  
EACH  
20067320011EA

Watermelon flavor is characterized as sweet, juicy, and slightly tangy, often associated with refreshing summer taste.

**Mangosteen**



**\$6**

**MANGOSTEEN**  
PRODUCT OF COLOMBIA  
EACH  
21033720011EA

Pick when the deep purple shell 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.

**Yellow Dragonfruit**



**3<sup>50</sup>**

**YELLOW DRAGONFRUIT**  
PRODUCT OF COLOMBIA OR ECUADOR  
EACH  
200233930011EA

Sweeter than it's red counterpart, this antioxidant-rich juicy fruit offers notes of kiwi & pear. Mix in a smoothie, top on an acai bowl or enjoy on it's own.

**Granadilla**



**2<sup>25</sup>**

**GRANADILLA**  
PRODUCT OF COLOMBIA  
EACH  
2000320011EA

Granadilla features a sweet, aromatic pulp with edible seeds, best enjoyed fresh by scooping it directly from the shell.

**Large Dragonfruit**



**3<sup>50</sup>**

**LARGE DRAGONFRUIT**  
PRODUCT OF VIETNAM  
EACH  
2000320011EA

Celebrated as a vibrant superfood, dragonfruit has a subtly sweet flavour, blending pear & kiwi. Packed with antioxidants, it also provides a nutrient-dense base for colourful smoothies, juices & fruit bowls.

**Dino Melon**



**\$2**

**PC DINO MELON**  
PRODUCT OF BRAZIL  
EACH  
20047130011KG

Dino melons are exceptionally sweet, juicy, and aromatic, often described as a superior, creamier version of honeydew with distinct hints of honey and Asian pear.

**Quince**



**2<sup>50</sup>**

**QUINCE**  
PRODUCT OF TURKEY  
EACH  
20047130011KG

Harsh when raw, quince transforms upon cooking into a fragrant, floral fruit ideal for creating rich jams & pastes.

**Jackfruit**



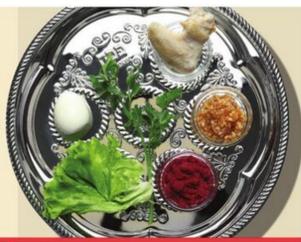
**\$3**

**JACKFRUIT SLICE**  
PRODUCT OF MEXICO  
EACH  
210313320011EA

Jackfruit has a very sweet, tropical flavor, reminiscent of banana and pineapple. It is typically eaten fresh or used as a fragrant component in desserts & smoothies.

# Chag Sameach!

Get value and quality you can trust for your Seder plate and meals.



**\$25<sup>LB</sup>**  
**KOSHER MEHADRIN PICKLED BEEF BRISKET**  
 55.12 KG  
 2081150\_EA

**\$23**  
**NANUK SMOKED COHO SALMON**  
 FROZEN  
 300 G  
 2014139\_EA

**10<sup>50</sup>**  
**GEFILTE FISH-JAR**  
 SELECTED VARIETIES  
 600 G  
 20874913\_EA/20874769\_EA

**3<sup>98</sup>**  
**FARMER'S MARKET™ RED ONIONS**  
 PRODUCT OF CANADA  
 OR U.S.A.  
 NO. 1 GRADE  
 3 LB BAG  
 208192001\_EA

**\$4**  
**CELERY STALKS**  
 PRODUCT OF U.S.A. OR MEXICO, NO. 1 GRADE  
 2081919001\_EA

**7<sup>99</sup>**  
**CROWN CAKE**  
 SELECTED VARIETIES  
 450 G  
 2173100\_EA  
 2173109\_EA

**4<sup>50</sup>**  
**YEHUDA MATZO BOX KFF**  
 SELECTED VARIETIES  
 454 G  
 20355044\_EA

**5<sup>99</sup>**  
**PEREG MATZO BAG**  
 SELECTED VARIETIES  
 255-340 G  
 21096298\_EA

**6<sup>99</sup>**  
**GEFEN MANDEL MINI BAG 278 G, HOLIDAY FRUIT SLICES 570 G**  
 SELECTED VARIETIES  
 21592327\_EA/210997813\_EA

**\$5**  
**STREIT'S PANCAKE MIX POTATO**  
 SELECTED VARIETIES  
 370 G  
 20299124001\_EA

**3<sup>99</sup>**  
**GALIL TEA 40 G OR GALIL SUN-DRIED FIGS GARLAND 227 G**  
 SELECTED VARIETIES  
 20935482\_EA  
 210323901\_EA

**9<sup>50</sup>**  
**ELITE COFFEE INSTANT CANISTER 200 G OR GLICKS CHOCOLATE CHIPS 500 G**  
 SELECTED VARIETIES  
 500 G  
 20091513\_EA/20662075\_EA

**5<sup>29</sup>**  
**TUSCANINI POTATO CHIPS 130 G OR GEFEN NOODLES 255 G**  
 2048729001\_EA/21177096\_EA

**5<sup>99</sup>**  
**GALIL PRESERVE**  
 370 G  
 21177517\_EA/21028875\_EA

**8<sup>99</sup>**  
**GEFEN SPRAY COOKING OLIVE OIL 170 G OR CROWN SUPREME NATURAL HONEY BEAR 375 G**  
 SELECTED VARIETIES  
 20871661\_EA/21543933\_EA

**2<sup>79</sup>**  
**USHIA COCONUT MILK 400 ML OR CROWN SUPREME HEARTS OF PALM CUT OR BABY CORN WHOLE 650-600 G**  
 SELECTED VARIETIES  
 20102621\_EA/20087624\_EA

**3<sup>25</sup>**  
**MOTOLA PICKLES**  
 670 G OR USHIA SAUCE 300 ML  
 SELECTED VARIETIES  
 20214991001\_EA/21057721\_EA

**69¢**  
**AISH TAMID CANDLES MEMORIAL TINS 26HR**  
 SELECTED VARIETIES  
 21060115\_EA

**2<sup>99</sup>**  
**CROWN SUPREME TUNA 170 G OR SEA CASTLE SARDINES 120 G**  
 SELECTED VARIETIES  
 20141494\_EA/21665005\_EA

**7<sup>50</sup>**  
**MANISCHWITZ CAKE MIX 255-425 G, MACAROONS 283 G OR MUFFIN MIX 340 G**  
 SELECTED VARIETIES  
 20167293004\_EA  
 20300914001\_EA

**7<sup>99</sup>**  
**CROWN DELUXE PLASTIC PLATES 100'S OR PLASTIC SPOONS 400'S**  
 SELECTED VARIETIES  
 21453625\_EA/21593775\_EA

**ITEMS AVAILABLE AT THE FOLLOWING LOBLAUS LOCATIONS:**  
 1048 MIDLAND AVE., KINGSTON, 5010 GLEN ERIN DR., MISSISSAUGA, 50 MUSGRAVE ST., MUSGRAVE,  
 301 HIGH TECH RD., RICHMOND HILL, 60 CARLTON ST., 650 DUPONT ST. AND 2877 BAYVIEW AVE., TORONTO.

# your one-stop grocery shop

**1<sup>25</sup>**

**UNICO TOMATO PASTE**  
SELECTED VARIETIES  
156 ML  
2000527\_EA



**7<sup>50</sup>**

**MINUTE RICE**  
SELECTED VARIETIES  
1.2, 7.4 KG  
2004783001\_EA  
2007478302\_EA



**4<sup>50</sup>**

**BEN'S STREETFOOD**  
SELECTED VARIETIES  
250, 255 G  
2179346\_EA  
2179466\_EA



**\$5**

**HIDDEN VALLEY RANCH DRESSING OR THE KEG SALAD DRESSING**  
SELECTED VARIETIES  
475 ML  
2024819002\_EA  
2170703\_EA



**\$16**

**FILIPPO BERIO OLIVE OIL**  
SELECTED VARIETIES  
750 ML  
2193728\_EA  
2193747\_EA



**SAVE 87%  
WHEN YOU BUY 3**

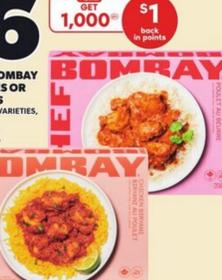
**3/\$3**

**NO NAME SOUP CUPS**  
SELECTED VARIETIES  
65 G  
2030146001\_EA  
2030146002\_EA



**\$6**

**CHEF BOMBAY ENTRÉES OR SNACKS**  
SELECTED VARIETIES, FROZEN  
240-354 G  
2097392\_EA  
2127663\_EA



**SAVE \$1.89  
WHEN YOU BUY 3**

**3/7<sup>98</sup>**

**CHEF BOYARDEE PASTA**  
SELECTED VARIETIES  
425 ML  
2032200002\_EA  
2032200003\_EA



**\$7**

**GIUSEPPE EASY PIZZI**  
SELECTED VARIETIES, FROZEN  
560-600 G  
2139564\_EA  
21342497\_EA



**3<sup>50</sup>**

**KELLOGG'S EGGO WAFFLES**  
SELECTED VARIETIES, FROZEN  
8'S  
20322779\_EA  
20322436001\_EA



**\$6**

**SCHNEIDERS BREAKFAST SANDWICHES** 232 G OR **EGG BITES** 224 G  
SELECTED VARIETIES, FROZEN  
2182387\_EA  
2182388\_EA



**2/\$4**

**OR \$2.49 EA.**

**CLUB HOUSE GRAVY AND DRY SAUCE MIXES**  
SELECTED VARIETIES  
21-47 G  
2080802\_EA  
2030281001\_EA



**2<sup>79</sup>**

**OASIS 100% JUICE BLENDS, DEL MONTE NECTAR, HYDRAFRUIT, ARIZONA TEA** 960 ML OR **ALLEN'S JUICE OR COCKTAILS** 1 L  
SELECTED VARIETIES  
2033672001\_EA  
2069417004\_EA



**SAVE \$2.98  
WHEN YOU BUY 2**

**2/\$16**

**PEPSI SOFT DRINKS**  
SELECTED VARIETIES  
12X355 ML  
2032238001\_C1  
2032238002\_C1



**5<sup>50</sup>**

**HÄGEN-DAZ** 414-450 ML OR **BARS** 3/4'S OR **NESTLÉ DRUMSTICK** 4'S  
SELECTED VARIETIES, FROZEN  
2032238001\_EA  
2131325491\_EA



**5<sup>50</sup>**

**CADBURY MINI EGGS**  
148-154 G  
20046358  
2016644001\_EA



**2/\$3**

**OR \$1.75 EA.**

**HERSHEY'S SINGLES** 34-42 G  
2028838001\_EA  
21006077\_EA



**\$17**

**HERSHEY'S POUCH LARGE** 670-700 G  
21006022\_EA  
20226640\_EA



**\$10**

**ROYALE BATHROOM TISSUE** 12 DOUBLEROLLS, **TIGER TOWELS PAPER** 3-6 ROLLS OR **FACIAL TISSUE** 6'S  
SELECTED VARIETIES  
21343770\_EA  
21484972\_EA



**\$21**

**CASHMERE BATHROOM TISSUE**  
SELECTED VARIETIES  
24-72 ROLLS  
21708463\_EA  
21443448\_EA



**Optimum**

**Members-Only Price \$14<sup>99</sup>** **Members SAVE \$3**

**Non-members \$17<sup>99</sup>**

**WHISKAS CATFOOD**  
SELECTED VARIETIES  
12'S  
20548822\_EA



# بlessed Ramadan

Savour meals worth sharing and more value than ever

**\$13**



**\$10** LB



**SAVE \$3.49 LB**

**\$11.50** LB



**3.98**



**3.50**



**1.25**



**2.50** LB



**\$9**



**\$15**



**\$13**



**2.50**



**3.50**



**2.75**



**\$6** MADE FRESH IN-STORE



**\$5**



**8.50**



**\$6**



**8.50**



**1.75**



APP EXCLUSIVE OFFER

GET 5,000 pts

for every \$30\* spent on Sufra® Halal chicken drumsticks up to 1.7 kg, thighs up to 1.9 kg or whole chicken up to 1.8 kg

**\$5** back in points

HALAL

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

# live well, spend less

**5<sup>50</sup>** **LIMIT 6**  
AFTER LIMIT 7.49 EA.

**DOVE BODY WASH 325 ML OR BAR SOAP 3X106 G**  
SELECTED VARIETIES  
2122015L, EA/210190L, EA



**\$7** **LIMIT 6**  
AFTER LIMIT 8.49 EA.

**SOFTSOAP LIQUID HAND SOAP REFILL**  
SELECTED VARIETIES  
1.47 L  
21715457, EA



**SAVE UP TO 25%**

**METHOD BODY WASH 532 ML OR DEODORANT 75 G**  
SELECTED VARIETIES  
21640457, EA/21640748, EA



**5<sup>50</sup>** **LIMIT 6**  
AFTER LIMIT 6.99 EA.

**SENSODYNE OR PROHAMEL TOOTHPASTE 75-100 ML, POLIDENT DENTURE TABLETS 36'S-40'S, POLIGRIP DENTURE ADHESIVE 40 G,**  
SELECTED VARIETIES  
2030017900L, EA/20305607S, EA



**7<sup>50</sup>** **LIMIT 6**  
AFTER LIMIT 8.99 EA.

**COLGATE MAX FRESH OR TOTAL TOOTHPASTE 75, MANUAL TOOTHBRUSH 2'S OR BATTERY TOOTHBRUSH 1'S OR COLGATE TOTAL OR PRO RELIEF MOUTHWASH**  
SELECTED VARIETIES AND SIZES  
2118930L, EA/21186655, EA



**3<sup>50</sup>** **LIMIT 6**  
AFTER LIMIT 4.49 EA.

**CREST COMPLETE 120 ML, CREST STAIN ERASER 65 ML OR CREST KIDS 85-100 ML TOOTHPASTE OR ORAL-B COMPLETE SATIN FLOSS 50 M**  
SELECTED VARIETIES  
2034819000L, EA/21354038, EA



**\$7** **LIMIT 6**  
AFTER LIMIT 8.49 EA.

**BIC DISPOSABLE RAZORS**  
SELECTED VARIETIES  
2-8'S  
2003732L, EA  
20332082002, EA



**7<sup>50</sup>** **LIMIT 6**  
AFTER LIMIT 8.99 EA.

**OLD SPICE 73-144 G, SECRET 68-116 G OR GILLETTE 222 G DEODORANT**  
SELECTED VARIETIES  
2075733907L, EA/2142645L, EA



**FROM 5<sup>99</sup>**

**OLAY BODY WASH 368-975 ML OR BAR SOAP 4X113/4/16X90 G**  
SELECTED VARIETIES  
**5.99-13.49**  
21000512, EA/206092700, EA



**\$9** **LIMIT 4**  
AFTER LIMIT 9.99 EA.

**AUSSIE OR HERBAL ESSENCES PURE PLANTS SHAMPOO OR CONDITIONER**  
SELECTED VARIETIES AND SIZES  
2195377L, EA  
210745L, EA



**8<sup>50</sup>** **LIMIT 4**  
AFTER LIMIT 8.99 EA.

**TRESEMME SHAMPOO, CONDITIONER OR STYLING PRODUCTS**  
SELECTED VARIETIES AND SIZES  
2198996L, EA



**\$13** **LIMIT 4**  
AFTER LIMIT 15.99 EA.

**L'ORÉAL PREFERENCE, FÉRIA OR OLIA HAIR COLOUR PRODUCTS**  
SELECTED VARIETIES  
203066700L, EA  
2147460L, EA



**\$10** **LIMIT 4**  
AFTER LIMIT 12.99 EA.

**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  
20588737, EA/21101912, EA



**SAVE UP TO 20%**

**CETAPHIL CLEANSERS OR MOISTURIZERS**  
SELECTED VARIETIES AND SIZES  
204321900L, EA



# live well, spend less

**SAVE UP TO 25%**

**ONE A DAY**  
NEW LOOK & FORMULA!

**MEN 50+**  
Complete Multivitamin  
90 TABLETS

**WOMEN**  
Complete Multivitamin  
90 TABLETS

**ONE A DAY MULTIVITAMINS**  
60-130'S OR  
**FLINTSTONE'S CHILDREN'S VITAMINS OR SUPPLEMENTS**  
60-180'S  
SELECTED VARIETIES  
21515316\_EA  
21515317\_EA

**SAVE UP TO 15%**

**OLLY 60-90'S LIL CRITTER'S FIRST RESPONSE OR VITAFUSION VITAMINS OR SUPPLEMENTS**  
SELECTED VARIETIES AND SIZES  
20887279\_EA/21289985\_EA

**Vitafusion MultiVites**  
Daily Multivitamin  
Gummies Gélées

**OLLY WOMEN'S MULTI POLY FEMMES**  
90 TABLETS

**12<sup>50</sup>** **LIMIT 4 AFTER LIMIT 15.49 EA.**

**PURE PROTEIN BARS**  
SELECTED VARIETIES AND SIZES  
20539046\_EA  
20656450\_EA

**PURE PROTEIN**  
CHOCOLATE BELGIAN  
CHOCOLATE BELGIAN  
110g (3.9oz) (11mm x 9.5)

**\$15** **LIMIT 4 AFTER LIMIT 16.99 EA.**

**TYLENOL TABLETS, CAPLETS OR GELCAPS**  
SELECTED VARIETIES  
60-150'S  
20040081\_EA/21033531\_EA

**TYLENOL Extra Strength Extra Fort**  
100 TABLETS

**TYLENOL RAPID RELEASE GELS**  
80 GELCAPS  
500 mg each

**SAVE UP TO 15%**

**Systane EYE DROPS**  
SELECTED VARIETIES  
15/20/30 ML  
21207552\_EA/21197330\_EA

**Systane COMPLETE**  
Optimal Dry Eye Relief  
The All-in-One Drop for all types of Dry Eye  
\*1 Doctor and Pharmacist Recommended Brand

**Systane BALANCE**  
Lubricant Eye Drops  
Lipid Layer Formula  
DRY EYE RELIEF  
STERILE 2 x 10 mL

**12<sup>50</sup>** **LIMIT 4 AFTER LIMIT 15.99 EA.**

**PREMIER READY TO DRINK PROTEIN SHAKES**  
SELECTED VARIETIES AND SIZES  
21031108\_EA/21031114\_EA

**PREMIER Protein**  
Chocolate-Chocolate  
30g PROTEIN | 1g SUGAR | 2g FAT

**8<sup>50</sup>** **LIMIT 4 AFTER LIMIT 9.99 EA.**

**CAREFREE PADS 28'S, LINERS 92-120'S, O.B. TAMPONS 40'S OR PLAYTEX TAMPONS 32-36'S**  
SELECTED VARIETIES AND SIZES  
20796723\_EA/21055818\_EA

**ob.**  
Live Waste, Not Your Pad

**Playtex SPORT**  
Absorbent for Better Fit  
Prevents pad 36 from slipping or shifting

**\$12** **LIMIT 4 AFTER LIMIT 13.99 EA.**

**ALWAYS LINERS 92-96'S, PADS 7-9'S, OR TAMPAX TAMPONS 22-36'S**  
SELECTED VARIETIES  
21022061\_EA/21074608\_EA

**always ULTRA THIN**  
100% COTTON  
45% SOFTER

**TAMPAX PEARL**  
36 TAMPONS (TAMPONS)

**\$19** **LIMIT 4 AFTER LIMIT 21.99 EA.**

**DEPEND UNDERWEAR OR POISE PADS**  
SELECTED VARIETIES AND SIZES  
21090616\_EA/21032019\_EA

**Depend**  
FRESH PROTECTION  
M M 25% MORE PROTECTION

**Poise PADS**  
39 PADS

## for your baby

**2/\$6**  
OR \$3.99 EA.

**GERBER PUFFS OR LIL' CRUNCHIES**  
SELECTED VARIETIES, 42-187 G  
2030489707\_EA/2030489708\_EA

**Gerbers Snacks Collations**  
Puffs  
Lil' Crunchies Puffs crouquants

**\$3** **LIMIT 6 AFTER LIMIT 3.50 EA.**

**PC ORGANICS MINI CEREAL BARS**  
SELECTED VARIETIES, 160 G  
2066693906\_EA/2066693907\_EA

**Organics Biologique**  
Berry Pomegranate  
Bâtons de céréales  
Baies et grenade

**Organics Biologique**  
Banana Berry  
Bâtons de céréales  
Banane et baies

**Express** Online grocery pickup & delivery

**GET 18,000<sup>00</sup>** **\$18**  
when you spend '60' or more on 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**

**\$37** **LIMIT 4 AFTER LIMIT 43.99 EA.**

**HUGGIES PULL-UPS OR PAMPERS EASY UPS GIANT PACK TRAINING PANTS**  
SELECTED VARIETIES  
68-112'S  
21021422\_EA/21089104\_EA

**easy ups**  
47/51

**pull-Ups**  
82

**\$48** **LIMIT 4 AFTER LIMIT 58.99 EA.**

**PAMPERS SWADDLERS ULTRA VALUE PACK DIAPERS**  
SELECTED VARIETIES  
SIZE 2-6, 120-192'S  
21486875\_EA/21486889\_EA

**Pampers**  
33% MORE DIAPERS PLUS DE COUCHES

**Pampers**  
33% MORE DIAPERS PLUS DE COUCHES

**2/\$18**  
OR \$10.49 EA.

**PEDIASURE COMPLETE NUTRITIONAL SUPPLEMENT**  
SELECTED VARIETIES  
4X2.25 FL. OZ.  
2032246001\_EA  
2032246002\_EA

**PediaSure Complete**  
Vanilla-Vanille

**65<sup>47</sup>**

**ENFAMIL A+ NEUROPRO OR GENTLEASE POWDER REFILLS**  
SELECTED VARIETIES  
862/890 G  
21589079\_EA/21589205\_EA

**Enfamil A+ NEUROPRO**  
50% MORE

**Enfamil A+ GENTLEASE**  
50% MORE

# St. Patrick's Day

**\$5**

PRODUCT OF CANADA

PC<sup>®</sup> LITTLE GEMS<sup>™</sup> MINI MIXED, YELLOW OR RED POTATOES  
PRODUCT OF CANADA, CANADA NO. 1 GRADE  
680 G  
2124730001\_EA  
2124730001\_EA

GOLDEN LITTLE GEMS DORÉES

MIXED LITTLE GEMS ASSORTIES

**SAVE \$1.98 LB**

**\$10** LB

BEEF BRISKET PORTION  
CUT FROM CANADA AAA OR  
USDA SELECT GRADE BEEF OR HIGHER  
22.05/KG  
20794905\_EA

**SAVE \$2.99 LB**

**\$12.50** LB

BONELESS BLADE ROAST  
CUT FROM CANADA AAA OR  
USDA SELECT BEEF OR HIGHER  
27.56/KG  
20794905\_EA

**7.99** LB

RACHEL'S O'C CORNED BEEF BRISKET  
17.61/KG  
20722818\_EA

**69¢** LB

GREEN CABBAGE  
PRODUCT OF CANADA, CANADA NO. 1 GRADE  
1.52/KG  
2079593001\_EA

**\$5** /100 G

CASHEL BLUE IRISH CHEESE  
21433911\_AG

**\$2**

CAMPBELL'S BROTH OR CONCENTRATED BROTH  
SELECTED VARIETIES  
250/900 ML  
2025148001\_EA  
21247245\_EA

**2.50**

PURITAN STEWS  
SELECTED VARIETIES  
410 G  
20693789\_EA  
2069378700\_EA

**SAVE UP TO \$1.49**

**\$8**

KERRYGOLD IRISH CHEDDAR  
SELECTED VARIETIES  
108 G  
20339976\_EA  
20089173\_EA

**6.50**

BAKED IN-STORE

IN-STORE CELEBRATION CUPCAKES  
CHOCOLATE OR WHITE  
6'S  
20797978\_EA  
20562676\_EA

**\$5**

ST. PATRICK'S DAY DONUTS  
SELECTED VARIETIES  
6'S  
21227980\_EA

**\$5**

TWO BITE MINI CUPCAKES  
12'S  
2101913100\_EA

## March break made simple

**FROM \$9**

PREPARED IN CANADA

12" TAKE AND BAKE PIZZA  
SELECTED VARIETIES  
510/728 G  
21464415\_EA  
21464410\_EA

**\$18**

TENDERS DINNER COMBO FOR TWO,  
9 PIECE STRIPS FULLY COOKED, 700 G  
COMES WITH TWO SMALL SIDES 134-454 G  
21066335\_EA/21066335\_EA

**\$20**

IN-STORE PREPARED PULLED PORK BAO BUNS  
GYRO OR FAJITA CHICKEN TACO TRAY  
825/800 G  
21539468\_EA  
21066308\_EA

**\$13**

PC<sup>®</sup> ENTRÉES  
770 G / 13 KG (EXCLUDING MEAT & VEG LASAGNA AND MAC 'N CHEESE) OR  
JANE'S FISH 450-590 G  
SELECTED VARIETIES, FROZEN  
21703860\_EA  
21464410\_EA

**\$10** GET 3,000<sup>+</sup> \$3 back in points

PC<sup>®</sup> THE SQUARE DEEP DISH PIZZA  
SELECTED VARIETIES, FROZEN  
648/678 G  
21464972\_EA  
21464964\_EA

**SAVE 97¢** WHEN YOU BUY 3

**3/4.98** KE<sup>®</sup> ORIGINAL  
OR \$1.99 EA.  
KRAFT DINNER ORIGINAL  
200 G  
21464926\_EA

**\$2**

NO NAME<sup>®</sup> PASTA 900 G OR PASTA SAUCE 680 ML  
SELECTED VARIETIES  
2029988001\_EA  
2079593003\_EA

**\$16**

JANE'S RESTAURANT STYLE CRISPY TENDERS  
SELECTED VARIETIES  
FROZEN  
710 G  
21703808\_EA  
21703804\_EA

**SAVE UP TO 99¢**

**\$10**

CAVENDISH FRIES, ONION RINGS, WEDGES OR HASHBROWNS  
SELECTED VARIETIES  
FROZEN  
1.2/25 KG  
20827761\_EA  
21464972\_EA

**iögo nanö**  
CREAMY YOGURT TO  
**GRAB & GO!**

**NEW**

**iögo nanö**  
Creamy Yogurt Pouch  
4 x 90 g  
Selected Varieties  
21016, 21017, 21018, EA

**Prepared in Canada**

**\$4.50**

**source of Vitamin A, Calcium, Vitamin D**

**source of VITAMIN A & D**

**\$4**

**iögo nanö**  
DRINKABLE YOGURT  
6 x 93 mL  
Selected Varieties  
21016, 21017, 21018, EA

**NEW**

**\$4.50**

**iögo nanö**  
YOGURT WITH  
FLAVOURED PEARLS  
4 x 100 g  
Selected Varieties  
21019, EA

**\$12**

**iögo**  
CREAMY YOGURT, 2 KG  
Selected Varieties  
21010, EA

**\$4.75**

**Astro ORIGINAL**  
BALKAN YOGURT  
750 g  
Selected Varieties  
21023, 21024, 21025, 21026, EA

**\$8**

**Astro ORIGINAL**  
BALKAN YOGURT  
12 x 100 g  
Selected Varieties  
21027, EA

**\$6.50**

**iögo**  
CREAMY 0% OR  
LACTOSE-FREE YOGURT  
16 x 100 g  
Selected Varieties  
21009, 21010, 21011, 21012, EA

**\$4.50**

**siggi's**  
SKYR YOGURT  
4 x 100 g  
Selected Varieties  
21008, 21009, 21010, EA

**Almond Breeze**

**It's better with Almond Breeze.**

Available in 946 mL Shelf Stable, 1.9 L Shelf Stable or 1.89 L Chilled selected varieties

**2/\$6**  
OR  
\$4.49 EA.

UNSWEETENED  
Vanilla with other natural flavors

UNSWEETENED  
Original

50% MORE CALCIUM THAN DAIRY MILK  
NO ARTIFICIAL FLAVORS OR COLORS  
NO ADDED SUGAR

30 CALORIES

32 FL. OZ. HALF GALLON (1.89 L)

**BIG BOWL. BIG FLAVOUR.**

**CRAVE**  
Frozen Bowls  
Selected Varieties  
340 g  
2168123, EA  
2168124, EA

**2/\$12**  
OR  
\$7 EA.

**CRAVE**  
Frozen Meals  
Selected Varieties  
200 - 340 g  
2108516, EA | 2117052, EA

**2/\$11**  
OR  
\$6.49 EA.

**Kraft Dinner, Deluxe**  
Frozen Meals  
Selected Varieties  
340 g  
2163329, EA  
2163401, EA

**2/\$11**  
OR  
\$6.49 EA.

**Smart Ones**  
ENTRÉES  
Selected Varieties  
255 - 283 g  
203229001, EA  
2158989, EA

**2/\$7**  
OR  
\$4.50 EA.

**Bagel Bites**  
ARE BACK  
Selected Varieties  
198 g  
2021483001, EA  
2021483002, EA

**2/\$7**  
OR  
\$3.99 EA.

**1,000**  
when you buy 2

**2,000**  
when you buy 2

**WILD FLAVOUR,  
ENDLESS POSSIBILITIES.**

**GOLD SEAL**  
Wild Smoke Salmon  
213 g | 21186814, EA

**\$6.50**

**GOLD SEAL**  
Wild Pink Salmon Flavours,  
selected varieties  
80 g | 21592988, EA

**\$2.25**

**GOLD SEAL**  
Wild Mackerel,  
selected varieties | 115 g | 21083414, EA

**\$3.50**

**Ocean's**  
Light Tuna  
selected varieties  
170 g | 21004270, EA

**\$1.75**

**Our butchers cut quality meat  
in your store every day!**

**pork loin schnitzel**  
21588065, EA

**beef meatballs plain**  
21587897, EA

**pork stir fry strips**  
21588095, EA

**beef stir fry strips**  
cut from Canada AA grade  
beef or higher  
21588067, EA

**chicken stir fry strips**  
21588091, EA

**Cadbury**  
THE HUNT  
STARTS  
HERE

**\$4** SOUR PATCH KIDS & MAYNARDS Bags  
18's, 225 g  
21206142\_EA

**\$6** CADBURY CARAMEL BUTTONS Candy, 96 g & CADBURY MINI EGGS Candy, 190/200 g  
21493269\_EA  
20073462\_EA

**\$15** MINI CADBURY Easter Eggs Bags  
362-381g  
21664486\_EA  
21664478\_EA

**2/\$3** OR \$1.79 EA. CADBURY MINI EGGS Bags, 33 g & CADBURY CREME EGG Candy, 34 g  
20934978\_EA  
20831065\_EA

**\$4** CADBURY CREME EGG  
3 pk, 102 g  
21485296\_EA

**Break into Easter**

**2/\$3** OR \$1.79 EA. AERO® Milk Chocolate Lumps 25 g KITKAT® ICON Impulse Bunny 29 g  
21406777\_EA/21634741\_EA

**\$6** KITKAT® Hide Me Eggs 153 g or AERO® Hide Me Eggs 100 g or SMARTIES® Hide Me Eggs 153 g or COFFEE CRISP® Hide Me Eggs 153 g  
21628045\_EA/21627936\_EA

**\$6** SMARTIES® ICON Easter Egg Hunt 140 g  
21555836\_EA

**\$11** NESTLE® Assorted Hide Me Eggs 300 g  
12633663\_EA

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Mieux manger. Mieux vivre.

**SAVE ON All Your Favourite Household Brands**

**\$5.50** Tide Detergent 21/24/25 LD, Gain Detergent 32 LD, PODS/Fings 9/16's, Liquid Softener 0.78/1.53 L, Sheets 40/80's, Beads 12/1/141 g, Rinse 23 LD Selected Varieties  
21579685\_EA/2001481001\_EA

**\$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  
21678912\_EA/21623891\_EA

**\$11** Dawn 2.2/2.64 L, Mr. Clean Liquid 2.93 L, Swiffer Duster Refills 8/10's, Sweeper Wet Refills 12/20/24's, Sweeper Dry Refills 16/20/22's, WetJet Refills 12's, Powermop Refills 5's, WetJet Liquid 2.5 L, Powermop Liquid 2.5 L, Selected Varieties  
21430580\_EA/21694540\_EA

**\$27** Cascade Tubs 63/83/112's, Selected Varieties  
21658806\_EA/21658857\_EA

**\$5** Dawn Liquid 825/982 mL, Dawn EZ Squeeze 520/535/650 mL, Dawn Powerwash Refill 473 mL, Selected Varieties  
21218859\_EA/21430556\_EA

**\$18** Charmin Ultra Soft or Strong bathroom tissue 12-48 rolls  
21707532\_EA/21638641\_EA

**\$18** Bounty Paper Towel 6-12 Select a Size  
21670200\_EA

**\$11** Bounty Napkins 400's  
21053171\_EA

GET 5,000\* in bonus points for every \$30\* spent on Bounty or Charmin. \*\$5 in bonus points

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**Mobile that doesn't break the bank.**

Plans starting from **\$20/month**

