

weekly deals

2⁵⁰

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



APP EXCLUSIVE OFFER*

GET
2,000^{pts}
when you buy 3

\$2
back
in points

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

\$15

PC® WINGS
SELECTED VARIETIES
FROZEN
800-907 G
20708932_EA
20708933_EA



APP EXCLUSIVE OFFER*

GET
4,000^{pts}

\$4
back
in points

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

**SAVE
UP TO 36%**

3⁵⁰

**PC® OR BLUE MENU®
ENTRÉES**
SELECTED VARIETIES
FROZEN
212-365 G
20312253001_EA
20987543_EA



APP EXCLUSIVE OFFER*

GET
3,000^{pts}
when you buy 2

\$3
back
in points

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

**SAVE
UP TO \$2**

\$5

GIUSEPPE PIZZA
439-785 G OR **PC®
WOOD-FIRED
PIZZA** 351-413 G
SELECTED VARIETIES
FROZEN
21106361_EA
21540352_EA



\$4

**BREYERS CREAMERY STYLE
ICE CREAM** 1.41 L OR
POPSICLE NOVELTIES 6-12'S OR
PC® FROZEN FRUIT 300-600 G
SELECTED VARIETIES
FROZEN
20312227_EA
21651169_EA



Members-Only Price™

\$8

Non-members

\$12

Members save **\$4**

SCHNEIDERS PEPPERETTES
250-375 G OR
MITCHELLS PEPPERETTES 450 G
SELECTED VARIETIES
21337025_EA
21196171_EA

\$4

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

PREPARED IN CANADA

\$8

OLIVIERI FAMILY PACK PASTA
SELECTED VARIETIES
500-700 G
20311594_EA
21021889_EA

PREPARED IN CANADA

\$6

KRAFT PEANUT BUTTER
SELECTED VARIETIES
750 G-1 KG
20039581001_EA
20311582003_EA

5⁵⁰

Optimum
GET 1,000^{pts}

\$1
back in points

GENERAL MILLS CEREAL
FAMILY SIZE
SELECTED VARIETIES
455-778 G
21103495_EA
21667577_EA

PROUDLY CANADIAN OWNED & OPERATED

Independent™
Your Independent Grocer

SAVE 45%

\$4⁹⁹ **LB**

PORK TENDERLOIN
CRYOVAC PKG OF 2
8.82/KG
20854535_KG

SAVE 46%

7⁹⁹ **LB**

SIRLOIN TIP OVEN ROAST
CUT FROM CANADA AA OR USDA
SELECT GRADE BEEF OR HIGHER
17.61/KG
20825943_KG

SAVE UP TO 29%

\$12⁹⁹ **LB/EA.**

FRESH STEELHEAD TROUT FILLETS
\$12 LB 26.46/KG OR
PC® BLACK TIGER SHRIMP
\$12 EA. RAW, ZIPPERBACK®
16-20 PER LB FROZEN 400 G
21025083_KG
20801192_EA



2⁹⁹ **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
6.59/KG
20425775001_KG
20159199001_KG



EXTRA LARGE



8⁹⁹

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



6⁸⁸



FARMER'S MARKET™ FUJI OR SPARTAN APPLES
PRODUCT OF WESTERN PROVINCES, CANADA FANCY GRADE
5 LB
20630286001_EA
20051459001_EA



6⁸⁸

PC® MANDARIN
PRODUCT OF U.S.A.
3 LB
20864961001_EA



\$6⁹⁹

APP EXCLUSIVE OFFER*
GET **1,500[®]** **\$150** back in points

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



\$4⁹⁹



PC® ORANGE JUICE, TEA OR LEMONADE DRINKS 6X93 ML
SELECTED VARIETIES
20609687001_EA
21430531_EA



5⁹⁷



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

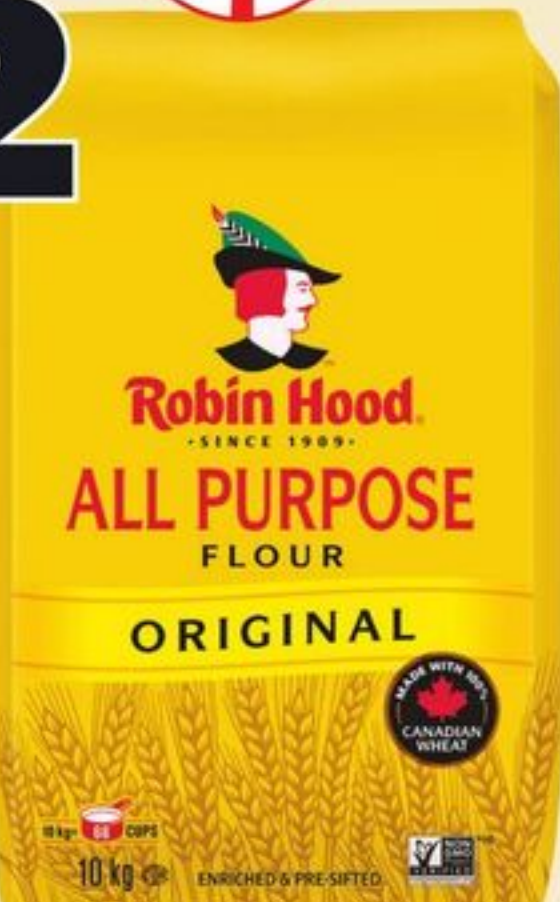


SAVE 39%



\$12⁹⁹

ROBIN HOOD FLOUR
SELECTED VARIETIES
10 KG
20134743_EA



SAVE \$10

29⁹⁹

ROOSTER® SCENTED JASMINE RICE
18.1 KG
20157222_EA



SAVE UP TO 48%



13⁹⁹

PUREX BATHROOM TISSUE 20=60 ROLLS OR SPONGETOWELS PAPER TOWELS
6=12 ROLLS
SELECTED VARIETIES
21677740_EA



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

WB WW WY 1

3⁵⁰

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



39⁹⁹

PC® OR NO NAME® SINGLE SERVE COFFEE PODS
SELECTED VARIETIES
72/102'S
21111235_EA/21593380_C01

APP EXCLUSIVE OFFER*

GET 10,000^{PC} back in points



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

\$13

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



SAVE UP TO 35%

3⁵⁰

LACTANTIA OR DAIRYLAND CREAM
SELECTED VARIETIES
473 ML/1 L
20073927_EA
21443531_EA



6⁵⁰



SIGGI'S YOGURT TUB 650-750 G OR IÖGO CREAMY YOGURT 16X100 G
SELECTED VARIETIES
20609583001_EA
21353892_EA



5⁹⁹

HELLMANN'S MAYONNAISE
SELECTED VARIETIES
710-890 ML
20618579001_EA
20627339002_EA



2⁵⁰

AYLMER TOMATOES OR ACCENTS
SELECTED VARIETIES
540/796 ML
21206804_EA
21207587_EA



\$7



BECEL MARGARINE
SELECTED VARIETIES
637/850 G
20297818002_EA
21279389_EA



\$5

HALO TOP FROZEN DESSERT 473 ML OR BEN & JERRY'S 473 ML OR MAGNUM BARS 3/4'S
SELECTED VARIETIES
FROZEN
21087007_EA
21428403_EA



5⁵⁰

KELLOGG'S FAMILY SIZE CEREAL
SELECTED VARIETIES
450-650 G
20054727_EA
21504064_EA



SAVE \$2⁹⁹

\$6



CLUB HOUSE FAMILY SIZE, LA GRILLE OR ONE STEP SEASONING
SELECTED VARIETIES
13-248 G
20180764_EA
20321740001_EA



3⁵⁰

TAKIS ROLLED TORTILLA CHIPS
260-280 G OR PC® READY TO EAT POPCORN 220-250 G
SELECTED VARIETIES
20555781_EA
21715466_EA



\$6

PC® DRY ROASTED PEANUTS 700 G OR JACK LINK'S BEEF JERKY, PORK STRIPS, CHICKEN BITES OR NUGGETS OR TURKEY JERKY 65-81 G
SELECTED VARIETIES
20057990001_EA
20501983002_EA



\$10

DAIYA FROZEN PIZZA AND FLATBREADS
SELECTED VARIETIES
331-500 G
21538958_EA
20923827_EA



SAVE 98¢ WHEN YOU BUY 2

2/\$7

OR \$3.99 EA.

PC® NATURAL SPRING WATER
24X500 ML
20137898_C24



\$15

FINISH 40-55'S OR CASCADE 39-48'S DISHWASHER PODS, GAIN LAUNDRY DETERGENT 4.25 L, PODS OR FLINGS 42'S, DOWNY FABRIC SOFTENER 1.92-3.29 L, BOUNCE SHEETS 240'S OR DOWNY OR GAIN BEADS 453-550 G
SELECTED VARIETIES
20965291_EA
20660832001_EA



90¢

FRISKIES 156 G OR FANCY FEAST 85 G CAT FOOD
SELECTED VARIETIES
20302296001_EA
20316703_EA



PRICE DROP†

More ways to save

2⁵⁰

GOLDFISH BAKED SNACK CRACKERS OR CRISPS
SELECTED VARIETIES
156-227 G
20300220_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



5⁵⁰

PUREX 1.92-2.03 L OR SUNLIGHT 1.84 L LAUNDRY DETERGENT
SELECTED VARIETIES
2085656005_EA
21427029_EA



Independent

CUSTOMER RELATIONS 1-800-296-2332. VISIT yourindependentgrocer.ca FOR STORE HOURS.

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

WB WW WY 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 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.

\$3

EA./LB

ENGLISH CUCUMBERS
PRODUCT OF WESTERN PROVINCE
\$3 EA. OR **GREENHOUSE BEEFSTEAK TOMATOES**
PRODUCT OF CANADA OR MEXICO
\$3 LB 6.61/KG
20070132001_EA
20426141001_EA

\$4

FARMER'S MARKET™ GRAPE TOMATOES
283 G
21367888001_EA

\$5

STRAWBERRIES 1LB, NO. 1 GRADE OR **RASPBERRIES** HALF PINT
PRODUCT OF MEXICO OR U.S.A.
20049778001_EA
20128938001_EA

1 LB

89¢

LB

GREEN CABBAGE
PRODUCT OF CANADA, CANADA NO. 1 GRADE
1.96/KG
20793034001_KG

\$2

RED MANGO
PRODUCT OF PERU
EACH
20059635001_EA

5⁵⁰

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

\$5

PC® RUSSET OR RED POTATOES
PRODUCT OF CANADA
5 LB BAG
20600999001_EA
20616206001_EA

5 LB

3⁵⁰

LB

BROCOLI CROWNS
PRODUCT OF MEXICO OR U.S.A.
7.72/KG
20026161001_KG

\$7

CORED PINEAPPLE
PREPARED IN-STORE
EACH
21016085_EA

\$15

FARM FRESH BOUQUET
21210212_EA

\$14

CALLA LILY
4 INCH
21638136_EA

\$35

PREMIUM GIFT BOUQUET
21436381_EA

\$12

LB

feeling protein power-fuel

\$12

LB

EYE OF ROUND MARINATING STEAK
FAMILY SIZE, CUT FROM CANADA AA OR USDA SELECT GRADE BEEF OR HIGHER
26.46/KG
20836736_KG

\$8

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

PREPARED IN-STORE

\$11

LB

PC® FREE FROM® CHICKEN BREASTS
BONELESS, SKINLESS
FAMILY SIZE
24.25/KG
20821992_KG

FREE FROM®

\$14

MARCANGELO BREAKFAST PATTIES OR ITALIAN STYLE MEATBALLS
SELECTED VARIETIES
1-1.4 KG
21088753_EA
20799699_EA

\$9

PC® NATURALLY SMOKED BACON
SELECTED VARIETIES
500 G
20052629_EA
20152629_EA

500 G

\$5

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

find your catch in seafood

\$13

LB

COD FILLETS
FROZEN OR PREVIOUSLY FROZEN
28.66/KG
21210093_KG

\$8

SEAQUEST® FISH FILLETS
SELECTED VARIETIES, FROZEN
400 G
20036614_EA
20153570_EA

\$11

PC® SMOKED SALMON
SELECTED VARIETIES, FROZEN
125/150 G
20035009_EA
20108286_EA

bakery deals rising daily

\$6



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



\$3

BAKED
IN-STORE

WHITE OR 100%
WHOLE WHEAT
BREAD
383 G
21374404_EA
21377237_EA



3⁵⁰

BAKED
IN-STORE

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



\$5

GET
1,000[®]
\$1
back
in points

BAKED IN-STORE
MINI COOKIES
SELECTED VARIETIES
24'S
21596672_EA



BAKED
IN-STORE

\$6

BAKED
IN-STORE

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



4⁵⁰

BAKED
IN-STORE

BUTTER
CROISSANTS
6'S
21682999_EA



\$5

PREPARED IN
CANADA

FURLANI TEXAS
GARLIC TOAST OR
KNOTS
SELECTED VARIETIES
AND SIZES
20041579_EA
21048246_EA



3⁵⁰

PREPARED IN
CANADA

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



\$6

LA FOURNÉE DORÉE
BRIOCHE BREAD
SLICED
500 G
20978205_EA



SAVE \$1⁴⁹
\$7

PREPARED IN
CANADA

PC® DELI CHEESE
SLICES
SELECTED VARIETIES
140-170 G
20216643_EA
20250947_EA



in the mood for deli-cious

\$9

PREPARED IN
CANADA

OKA CHEESE
SELECTED VARIETIES
190 G
20920756_EA
20921279_EA



SAVE
30%

PREPARED IN
CANADA

2⁵⁰
/100 G

ZIGGY'S® SERVICE
CASE HAM
SERVICE CASE,
SELECTED VARIETIES
20313480_KG



\$10

PREPARED IN
CANADA

GRIMMS KOLBASSA
DELI CHUBS
SELECTED VARIETIES
300 G
21531418_EA
21531801_EA



SAVE
\$2
WHEN YOU BUY 2

PREPARED IN
CANADA

2/\$10

OR
\$6 EA.
DAIYA DAIRY FREE
CHEESE
SELECTED VARIETIES
170-227 G
21207740_EA
21660590_EA



SAVE
90¢
WHEN YOU BUY 2

2/4⁸⁸

OR
\$2.89 EA.
ROOSTER™ TOFU
SELECTED VARIETIES
454 G
21474765_EA



on the run, we got you

\$8

PREPARED IN-STORE
BOWLS
SELECTED VARIETIES
290-340 G
21660110_EA



\$9

PREPARED IN
CANADA

PC® PIES AND
QUICHE
SELECTED VARIETIES
550-575 G
21682000_EA
21682154_EA



\$16

9 PIECE CHICKEN
STRIPS
HOT OR CHILLED
700 G
20992187_EA
20991197_EA



Order in-store
or online today.

Please place your orders at the
Meals To Go department
24 hours in advance.

party platters

Discover our selection of freshly prepared platters for your next occasion.



serves 8-10

FROM
\$20

MARCH

HIT
OF THE
MONTH



**CHRISTIE RITZ ORIGINAL, CHRISTIE RITZ CHIPS, TRISCUITS,
WHEAT THINS OR TOPPABLES CRACKERS**

SELECTED VARIETIES
240-454 G
20686037_EA
21618621_EA



QUAKER CHEWY GRANOLA BARS

SELECTED VARIETIES
120 G
21359366_EA
21359369_EA



PC® DIPS OR HUMMUS

SELECTED VARIETIES
454 G
20583725_EA
20584098_EA

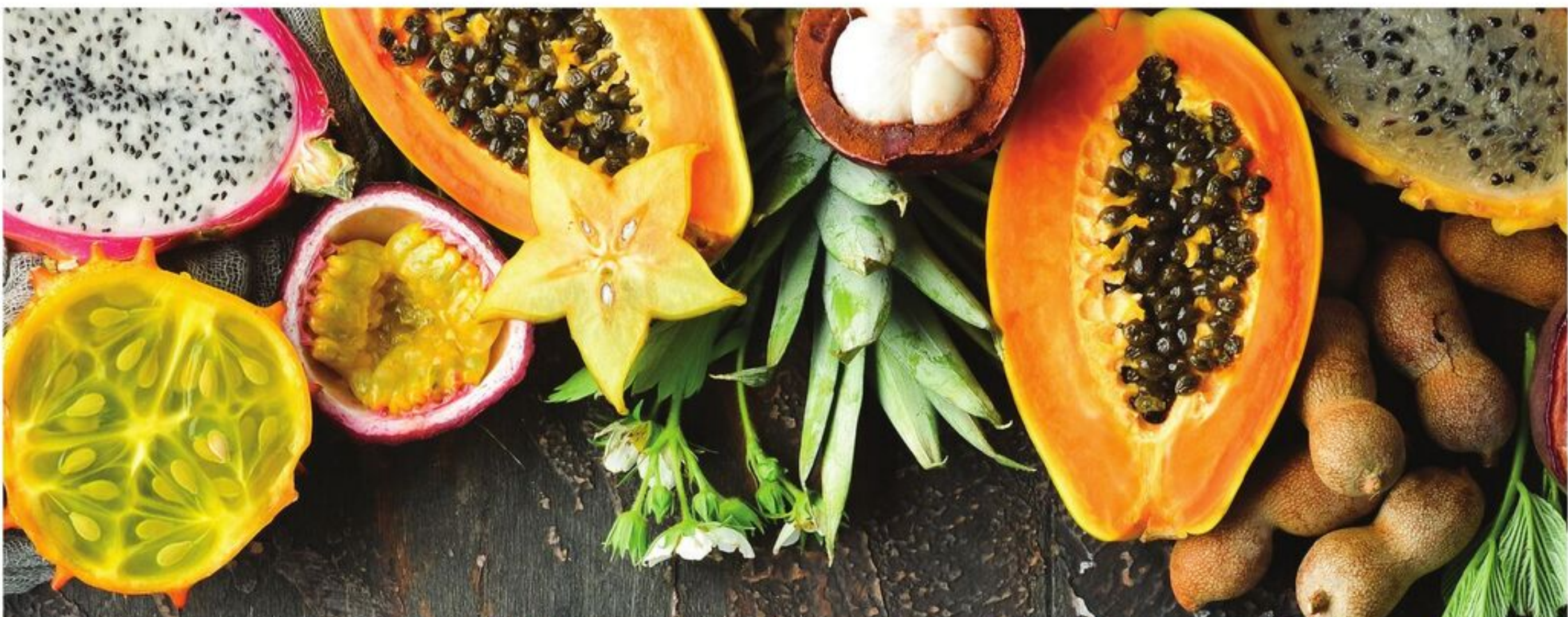
See in-store for retails.

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local areas.

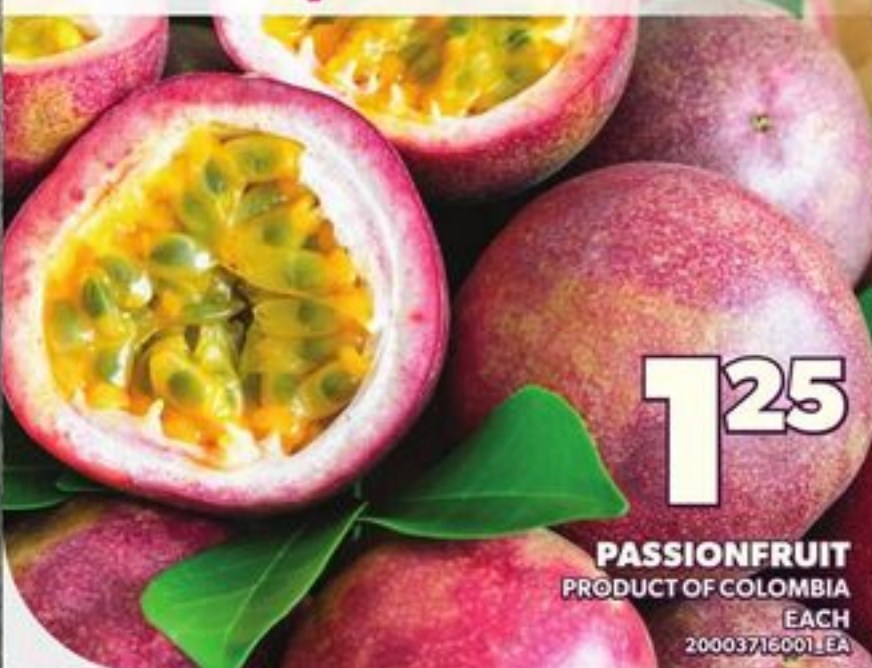
* Must be a registered PC Optimum® member to get this offer.

Valid from March 1 - 31, 2026. While quantities last. See in-store for details.



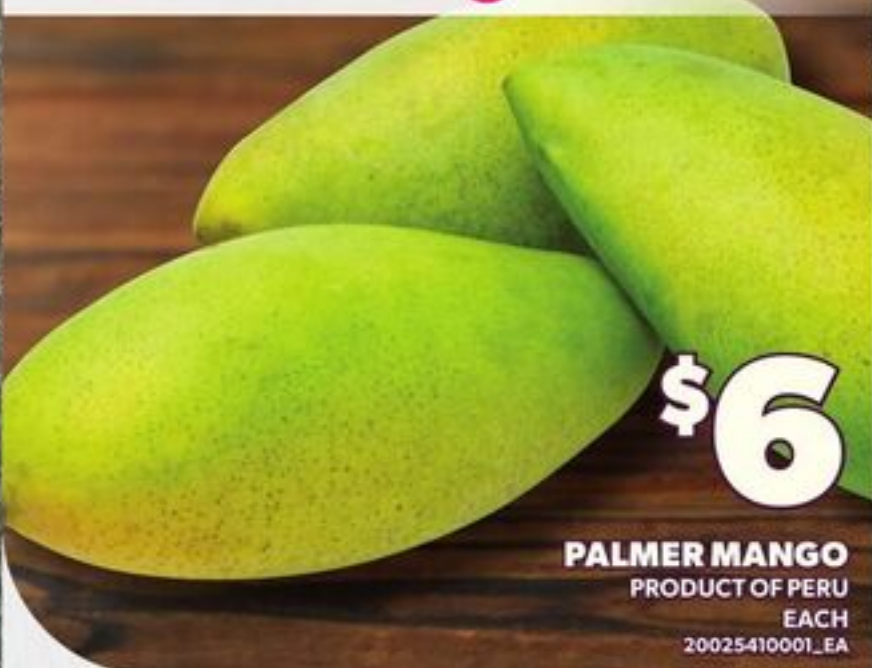
tropical **vibes** sweet savings

Passionfruit



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



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



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



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



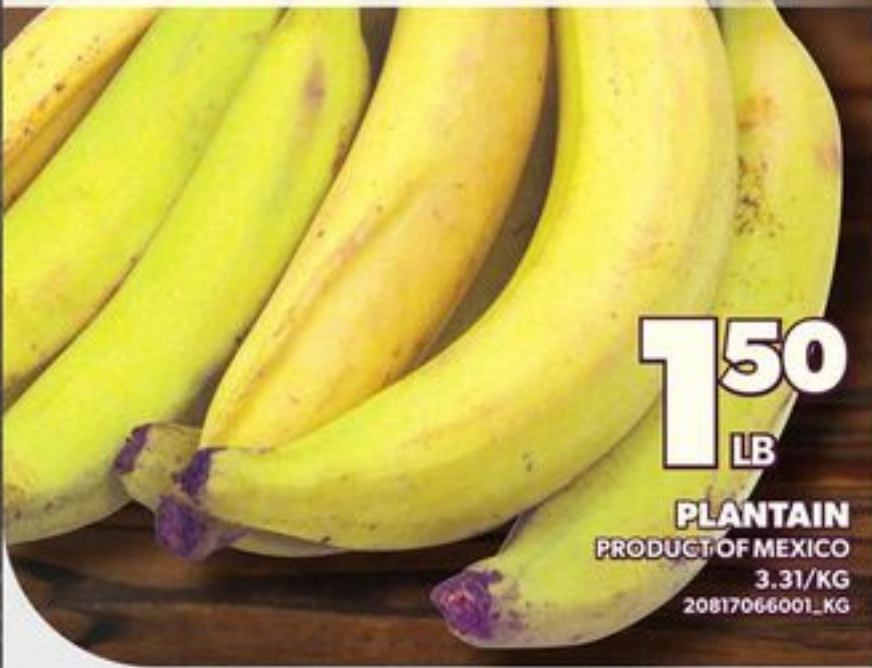
Nam Dok Mai mangoes are premium Thai mangoes known for their intensely sweet, honeyed flavor, creamy texture, and distinct floral aroma with subtle vanilla or lemony notes.

Carribean Avocado



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



Plantains taste like a cross between a potato and a banana, with flavor and texture that change drastically based on ripeness.

Yellow Guava



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



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



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



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

Mangosteen



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



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

Granadilla



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

Large Dragonfruit



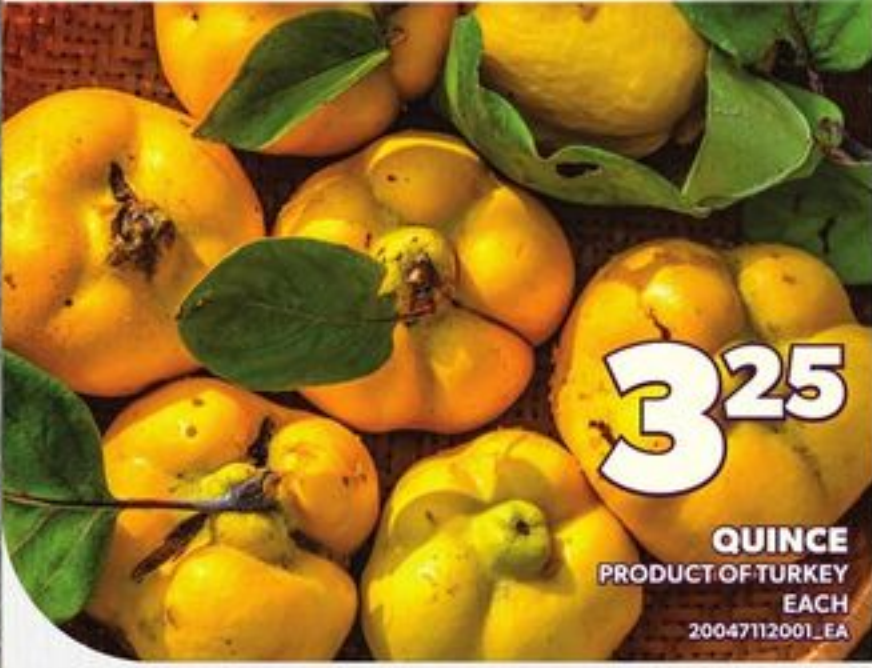
Celebrated as a vibrant superfood, dragonfruit has a subtly sweet flavour, blending pear & kiwi. Packed with antioxidants, it also provides a nutrient-dense base for colourful smoothies, juices & fruit bowls.

Dino Melon



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



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

Jackfruit



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.

St. Patrick's Day

\$5



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



**SAVE
\$1.98 LB**

\$10 LB

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



**SAVE
\$3.99 LB**

\$10 LB

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



7.99 LB

**RACHEL'S OCF CORNED
BEEF BRISKET**
17.61/KG
20722618_EA



89¢ LB

GREEN CABBAGE
PRODUCT OF CANADA,
CANADA NO. 1 GRADE
1.96/KG
20793034001_KG



\$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



2.50

PURITAN STEWS
SELECTED VARIETIES
410 G
20063287001_EA
20063287002_EA



**SAVE
\$1.49**

\$8

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



6.50

**BAKED
IN-STORE**

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



\$5

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



\$5

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



March break made simple

\$7



**12" TAKE AND BAKE
PIZZA**
SELECTED VARIETIES
510-739 G
21456415_EA
21456440_EA



\$18

**TENDERS DINNER COMBO FOR TWO,
9 PIECE STRIPS FULLY COOKED, 700 G
COMES WITH TWO SMALL SIDES 134-454 G**
21086335_EA/21086335_EA



\$20

**IN-STORE PREPARED
PULLED PORK BAO BUNS
GYRO OR FAJITA CHICKEN
TACO TRAY**
825-850 G
21533948_EA
21696308_EA



\$13



PC® ENTRÉES
770 G-1.13 KG (EXCLUDING
MEAT & VEG LASAGNA AND
MAC N CHEESE) OR
JANE'S FISH 450-590 G
SELECTED VARIETIES, FROZEN
21703860_EA
21364316_EA



\$10

**GET
3,000⁺
back in points**

**PC® THE SQUARE
DEEP DISH PIZZA**
SELECTED VARIETIES, FROZEN
648/678 G
21663917_EA
21663964_EA



**SAVE
97¢
WHEN YOU BUY 3**

3/4.98 **KD**
OR
\$1.99 EA.
**KRAFT DINNER
ORIGINAL**
200 G
21549526_EA



\$2

**NO NAME® PASTA 900 G
OR PASTA SAUCE 680 ML**
SELECTED VARIETIES
20299886001_EA
20315613003_EA



\$16

**JANES RESTAURANT
STYLE CRISPY
TENDERS**
SELECTED VARIETIES
FROZEN
710 G
21703608_EA
21703584_EA



**SAVE
UP TO \$1.99**

\$10

**CAVENDISH FRIES,
ONION RINGS, WEDGES
OR HASHBROWNS**
SELECTED VARIETIES
FROZEN
1-2.25 KG
20827761_EA
21449731_EA



your one-stop grocery shop

1²⁵

UNICO
TOMATO PASTE
SELECTED VARIETIES
156 ML
20005527_EA



7⁵⁰

MINUTE RICE
SELECTED VARIETIES
1.2/1.4 KG
20074783001_EA
20074783002_EA



4⁵⁰

BEN'S
STREETFOOD
SELECTED VARIETIES
250-255 G
21719340_EA
21719465_EA



\$5

THE KEG
SALAD DRESSING
SELECTED VARIETIES
475 ML
21670482_EA



\$16

FILIPPO BERIO
OLIVE OIL
SELECTED VARIETIES
750 ML
21193728_EA
21193747_EA



SAVE
87¢
WHEN YOU BUY 3

3/\$3

OR
\$1.29 EA.
NO NAME®
SOUP CUPS
SELECTED VARIETIES
65 G
20301246001_EA
20301246002_EA



\$6

GET 1,000^{pts}
\$1
back
in points

CHEF BOMBAY
ENTRÉES OR
SNACKS
SELECTED VARIETIES,
FROZEN
240-354 G
20973182_EA
21527683_EA



SAVE
\$1⁸⁹
WHEN YOU BUY 3

3/7⁹⁸

OR
\$3.29 EA.
CHEF BOYARDEE
PASTA
SELECTED VARIETIES
425 ML
20312500002_EA
20312500005_EA



\$7

GIUSEPPE
EASY PIZZI
SELECTED VARIETIES
FROZEN
560-600 G
21359564_EA
21362407_EA



3⁵⁰

KELLOGG'S
EGGO WAFFLES
SELECTED VARIETIES,
FROZEN
8'S
20302779_EA
20323436001_EA



\$6

SCHNEIDERS BREAKFAST
SANDWICHES 232 G OR
EGG BITES 224 G
SELECTED VARIETIES, FROZEN
21623187_EA
21623288_EA



\$6

CLUB HOUSE
FAMILY SIZE,
LA GRILLE OR
ONE STEP
SEASONING
SELECTED VARIETIES
13-248 G
20180764_EA
20321740001_EA



2⁷⁹

OASIS 100%
JUICE BLENDS,
DEL MONTE NECTAR,
HYDRAFRUIT,
ARIZONA TEA 960 ML
OR ALLEN'S JUICE
OR COCKTAILS 1 L
SELECTED VARIETIES
20336722001_EA
20894117004_EA



SAVE
\$1⁵⁸
WHEN YOU BUY 2

2/\$7

OR
\$4.29 EA.
COCA-COLA
OR CANADA DRY
DRINKS
SELECTED VARIETIES
2 L
20316026002_EA



5⁵⁰

HÄAGEN-DAZ 414-450 ML
OR BARS 3/4'S OR
NESTLÉ DRUMSTICK 4'S
SELECTED VARIETIES, FROZEN
20322380001_EA
215135780EA



5⁵⁰

CADBURY
MINI EGGS
148-154 G
20047651EA
20161664001_EA



2/\$3

OR
\$1.75 EA.
HERSHEY'S SINGLES
34-42 G
20268183001_EA
21205577_EA



\$17

HERSHEY'S POUCH
LARGE
670-700 G
21206032_EA
20526640_EA



\$10

ROYALE BATHROOM
TISSUE 12 DOUBLE ROLLS,
TIGER TOWELS PAPER
TOWELS 3=6 ROLLS OR
FACIAL TISSUE 6'S
SELECTED VARIETIES
21363770_EA
21484702_EA



\$21

PUREX BATHROOM
TISSUE
SELECTED VARIETIES
24=72 ROLLS
21189854_EA
21443672_EA



Optimum
Members-Only Price™
14⁹⁹

Members
save
\$3

Non-members
17⁹⁹

WHISKAS
CATFOOD
SELECTED VARIETIES
12'S
20548822_EA



live well, spend less

5⁵⁰

LIMIT 6
AFTER LIMIT
7.49 EA.

DOVE BODY WASH 325 ML OR
BAR SOAP 3X106 G
SELECTED VARIETIES
21220515_EA/21511901_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



5⁵⁰

LIMIT 6
AFTER LIMIT
6.99 EA.

SENSODYNE OR PRONAMEL TOOTH PASTE
75-100 ML, **POLIDENT DENTURE TABLETS** 36'S-40'S, **POLIGRIP DENTURE ADHESIVE** 40 G,
SELECTED VARIETIES
2030179001_EA/20756075_EA



7⁵⁰

LIMIT 6
AFTER LIMIT
8.99 EA.

COLGATE MAXFRESH OR TOTAL TOOTH PASTE 3'S,
MANUAL TOOTHBRUSH 2'S OR
BATTERY TOOTHBRUSH 1'S OR
COLGATE TOTAL OR PRO RELIEF MOUTHWASH
SELECTED VARIETIES AND SIZES
21118930_EA/21166555_EA



3⁵⁰

LIMIT 6
AFTER LIMIT
4.49 EA.

CREST COMPLETE 120 ML,
CREST STAIN ERASER 65 ML OR
CREST KIDS 85-100 ML
TOOTH PASTE OR ORAL-B COMPLETE SATIN FLOSS 50 M
SELECTED VARIETIES
20348190001_EA/21354028_EA



\$7

LIMIT 6
AFTER LIMIT
8.49 EA.

BIC DISPOSABLE RAZORS
SELECTED VARIETIES
2-8'S
20037524_EA
20312082002_EA



7⁵⁰

LIMIT 6
AFTER LIMIT
8.99 EA.

OLD SPICE 73-144 G,
SECRET 68-116 G OR
GILLETTE 122 G
DEODORANT
SELECTED VARIETIES
20757237001_EA/2142451_EA



FROM 5⁹⁹

OLAY BODY WASH 364-975 ML OR
BAR SOAP 8X113/4/8X90 G
SELECTED VARIETIES
5.99-13.49
21500512_EA/2060592700_EA



\$9

LIMIT 4
AFTER LIMIT
9.99 EA.

AUSSIE OR HERBAL ESSENCES PURE PLANTS SHAMPOO OR CONDITIONER
SELECTED VARIETIES
AND SIZES
21167373_EA
21571415_EA



8⁵⁰

LIMIT 4
AFTER LIMIT
8.99 EA.

TRESEMMÉ SHAMPOO, CONDITIONER OR STYLING PRODUCTS
SELECTED VARIETIES
AND SIZES
21169996_EA



\$13

LIMIT 4
AFTER LIMIT
15.99 EA.

L'ORÉAL PREFERENCE, FÉRIA OR OLIA HAIR COLOUR
SELECTED VARIETIES
2030667001_EA
21474630_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
20668737_EA/2110152_EA



SAVE UP TO

20%

CETAPHIL CLEANSERS OR MOISTURIZERS
SELECTED VARIETIES
AND SIZES
20432313001_EA



live well, spend less

SAVE UP TO **25%**

ONE A DAY
MEN 50+
Complete Multivitamin
90 TABLETS

ONE A DAY
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 50-90'S, L'IL CRITTER'S, FIRST RESPONSE OR VITAFUSION VITAMINS OR SUPPLEMENTS
SELECTED VARIETIES AND SIZES
20867279_EA/21289985_EA

Vitafusion MultiVites
GUMMIES GÉLIFIÉS
Daily Multivitamin
To help maintain good health
Multivitamines quotidiennes
Pour le maintien d'une bonne santé

OLLY
WOMEN'S MULTI POUR FEMMES
90 TABLETS

12⁵⁰ **LIMIT 4 AFTER LIMIT 15.49 EA.**

PURE PROTEIN BARS
SELECTED VARIETIES AND SIZES
20539046_EA
20856450_EA

PURE PROTEIN
CHOCOLATE DELUXE
CHOCOLAT DE LUXE
21g PROTEIN
3g FIBRE
180 CALORIES

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

TYLENOL TABLETS, CAPLETS OR GELCAPS
SELECTED VARIETIES
20040611_EA/21033531_EA

TYLENOL
Extra Strength
Rapid Release Gels
80 Gelcaps 500 mg each

SAVE UP TO **15%**

SYSTANE EYE DROPS
SELECTED VARIETIES
15/20/30 ML
21207552_EA/21397130_EA

Systane
LUBRICANT EYE DROPS
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
Alcon
STERILE 2 x 10 mL

12⁵⁰ **LIMIT 4 AFTER LIMIT 15.99 EA.**

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

Premier Protein
Chocolate-Chocolat
30g PROTEIN
160 CALORIES
1g FIBRE
23g CARB

8⁵⁰ **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
20796733_EA/21095818_EA

ob.
Fluid-Lock
Less Waste
Only what you need, nothing you don't

Playtex SPORT
Protection for bodies in motion
Protection pour les corps en mouvement

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

ALWAYS LINERS 92-96'S, PADS 7-92'S, OR TAMPAX TAMPONS 22-36'S
SELECTED VARIETIES
21025063_EA/21374659_EA

always
ULTRA THIN
100% LEAK-PROOF GUARANTEE
4000+ BREATHABLE HOLES
45% LARGER THAN STANDARD TAMPONS

TAMPAX PEARL
S+
SUPER PLUS
LEAKGUARD PROTECTION
36 TAMPONS / TAMPONS

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

DEPEND UNDERWEAR OR POISE PADS
SELECTED VARIETIES AND SIZES
2109985_EA/21302119_EA

Depend
FRESH PROTECTION
M M
25% DRYER
18 UNDERWEAR / SOUS-VÊTEMENTS

Poise
PADS
34
39 PADS / SERVETTES

for your baby

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

GERBER PUFFS OR LIL' CRUNCHIES
SELECTED VARIETIES, 42-187 G
20304618007_EA/20304618008_EA

Gerber Snacks Collations
Puffs / Bouffées
Lil' Crunchies® P'tits croquants®
Blueberry Vanilla Flavour / saveur de bleuets et de vanille
Mild Cheddar Flavour / saveur cheddar doux

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

PC® ORGANICS MINI CEREAL BARS
SELECTED VARIETIES, 160 G
20066938001_EA/20431441001_EA

Organics Biologique
Berry Pomegranate / Baies et grenade
Banana Berry / Banane et baies
12+
8 x 20g

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

Similac
Ready to use / prêt à servir
500g / 17.6oz

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

HUGGIES PULL-UPS OR PAMPERS EASY UPS GIANT PACK TRAINING PANTS
SELECTED VARIETIES
68-112'S
21021427_EA/21089194_EA

Huggies pull-Ups
easy ups
47/5T
86

Pampers easy ups
100% Absorbent
47/5T
86

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

PAMPERS SWADDLERS ULTRA VALUE PACK DIAPERS
SELECTED VARIETIES
SIZE 2-8, 120-192'S
21455875_EA/21455889_EA

Pampers swaddlers
33% MORE DIAPERS / PLUS DE COUCHES
176 COUCHES
4

Pampers swaddlers
33% MORE DIAPERS / PLUS DE COUCHES
120 COUCHES
6

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

PEDIASURE COMPLETE NUTRITIONAL SUPPLEMENT
SELECTED VARIETIES
4X235 ML
20322414001_EA
20322414002_EA

PediaSure Complete
Vanilla-Vanille
4 x 235 mL

PediaSure Complete
Chocolate-Chocolat
4 x 235 mL

65⁴⁷

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

Enfamil A+ NEUROPRO
50% MORE OF PUFF
1

Enfamil A+ GENTLEASE
50% MORE OF PUFF
1

iögo nanö

CREAMY YOGURT TO
GRAB & GO!

NEW

Source of Vitamin A Calcium Vitamin D

DAIRY FARMERS OF CANADA
2017.11.05.5

Prepared in Canada

\$4.50

iögo nanö
CREAMY YOGURT POUCH
4 X 90 G
SELECTED VARIETIES
2179796_EA / 2179914_EA

SOURCE OF VITAMIN A & D

\$4

iögo nanö
DRINKABLE YOGURT
6 X 93 ML
SELECTED VARIETIES
2169943 / 2169987001

NEW

\$4.50

iögo nanö
YOGURT WITH
FLAVOURED PEARLS
4 X 100 G
SELECTED VARIETIES
2179799

iögo

\$6.50

iögo
CREAMY, 0% OR
LACTOSE-FREE YOGURT
16 X 100 G
SELECTED VARIETIES
21699583001 / 21622847

iögo

\$12

iögo
CREAMY YOGURT
2 KG
SELECTED VARIETIES
21636092

siggis

\$4.50

siggis
SKYR YOGURT
4 X 100 G
SELECTED VARIETIES
21659194 / 21689925 / 21690027

Astro

\$4.75

ASTRO
BALKAN YOGURT
750 G
SELECTED VARIETIES
216552260100 / 2170553301

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

20794060002_EA / 20107219004_EA

2/\$6
OR
\$4.49 EA.

BIG BOWL. BIG FLAVOUR.

CRAVE
Frozen Bowls
Selected Varieties
340 g
21681823_EA
21681698_EA

GET 1,000[®] \$1
back in points
when you buy 2

2/\$12
OR
\$7 EA.

CRAVE
Frozen Meals
Selected Varieties
200 - 340 g
21085515_EA / 21177052_EA

GET 2,000[®] \$2
back in points
when you buy 2

2/\$11
OR
\$6.49 EA.

Kraft Dinner Deluxe
Frozen Meals
Selected Varieties
340 g
21553329_EA
21604101_EA

2/\$11
OR
\$6.49 EA.

GET 2,000[®] \$2
back in points
when you buy 2

Smart Ones
Entrées
Selected Varieties
255 - 283 g
20322159001_EA
21558989_EA

2/\$7
OR
\$4.50 EA.

GET 2,000[®] \$2
back in points
when you buy 2

Bagel Bites
ARE BACK

Bagel Bites
Selected Varieties
198 g
20213483001_EA
20213483003_EA

2/\$7
OR
\$3.99 EA.

GET 1,000[®] \$1
back in points
when you buy 2

WILD FLAVOUR, ENDLESS POSSIBILITIES.

GOLD SEAL
Wild Sockeye Salmon
213 g | 21186814_EA

\$6.50

GOLD SEAL
Wild Mackerel
selected varieties | 115 g | 21083414_EA

\$3.50

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

\$2.25

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
21693269_EA
20073462_EA

\$15

MINI CADBURY
Easter Eggs Bags
362-381g
21664686_EA
21664748_EA

2/\$3
OR
\$1.75 EA.

CADBURY MINI
EGGS Bags, 33 g &
CADBURY CREME
EGG Candy, 34 g
20934878_EA
20831065_EA

\$4

CADBURY
CREME EGG
3 pk, 102 g
21485296_EA

Break into Easter

2/\$3
OR
\$1.75 EA.

AERO® Milk Chocolate
Lamb 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

NESTLÉ® Assorted
Hide Me Eggs 300 g
12603665_EA

Nestlé.
Mieux manger. Mieux vivre.

SAVE ON All Your Favourite Household Brands

5⁵⁰

Tide Detergent 21/24/25 LD, Gain Detergent 32 LD, PODS/Flings 9/16's, Liquid Softener 0.78/1.53 L, Sheets 40/80's, Beads 121/141 g, Rinse 23 LD Selected Varieties 21579685_EA/20301481001_EA

\$22

Tide Detergent 100/94/83 LD, Ivory Snow Detergent 80 LD, PODS/Flings 45/57/76's, Downy/Gain Beads 853 g, Selected Varieties 21670912_EA/21625891_EA

\$11

Dawn 2.21/2.64 L, Mr. Clean Liquid 2.93 L, Swiffer Duster Refills 6/10's, Sweeper VJet Refills 12/20/24's, Sweeper Dry Refills 16/20/32's, WetJet Refills 12's, Powermop Refills 5's, WetJet Liquid 2.5 L, Powermop Liquid 2.5 L, Selected Varieties 21430598_EA/21694540_EA

\$27

Cascade Tubs 63/83/112's, Selected Varieties 21658905_EA/21658857_EA

\$5

Dawn Liquid 825/982 mL, Dawn EZ Squeeze 532/535/650 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/21636641_EA

\$18

Bounty Paper Towel 6-12 Select a Size 21670280_EA

\$11

Bounty Napkins 400's 21053171_EA

GET **5,000** for every '30' spent on Bounty or Charmin

\$5 back in points

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Mobile

Mobile that doesn't break the bank.

Plans starting from \$20/month