PROUDLY CANADIAN OWNED & OPERATED | valu-mart™

SAVE 54%

2.50 LB

PORK LOIN COMBINATION CHOPS SIRLOIN AND RIB PORTION
BONE-IN
5.51/KG
COTELETTES DE LONGE DE PORC, COMBINAISON DE COUPES, PORTIONS SURLONGE ET BOUT DE CÔTES
20822343_KG

SAVE UP TO 48%

4.88 LB

CHICKEN BREASTS OR THIGHS
BONELESS, SKINLESS, FAMILY SIZE
10.76/KG
POITRINES OU HAUTS DE CUISSES DE POULET
20028450_KG
20128170_KG

SAVE UP TO 37%

$10 LB/EA.

FRESH STEELHEAD TROUT FILLETS
510 LB 22.05/KG OR
PC® BLACK TIGER SHRIMP 510 EA.
RAW ZIPPERBACK
16-20 PER LB FROZEN 400 G
FILETS DE TRUITE STEELHEAD FRAIS OU CREVETTES TIGRÉES NOIRES PC®
21023083_KG
20801192_EA

2.49 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 OR
HONEYCRISP APPLES
PRODUCT OF ONTARIO, CANADA FANCY GRADE
5.49/KG
TRÈS GROS RAISINS VERTS OU ROUGES SANS PÉPINS PC® OU POMMES HONEYCRISP
20423775001_KG
20132612001_KG

EXTRA LARGE

$8

PREPARED IN CANADA

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

$4

PREPARED IN CANADA

PC® ORANGE JUICE, TEA OR LEMONADE
1.54 L OR **IÖGO NANO DRINKS** 6X93 ML
SELECTED VARIETIES
JUS D'ORANGE, THÉ OU LIMONADE PC® OU BOISSONS NANO IÖGO
20609687001_EA
21430531_EA

5.97

PREPARED IN CANADA

CRACKER BARREL BARS OR SHREDS
250-400 G OR **BLACK DIAMOND CHEESE SNACKS** 252-336 G
SELECTED VARIETIES
BARRES DE FROMAGE OU FROMAGE RÂPÉ CRACKER BARREL OU COLLATIONS AU FROMAGE BLACK DIAMOND
20763661_EA
21290384_EA

$6

KRAFT PEANUT BUTTER
SELECTED VARIETIES
750 G/1KG
BEURRE D'ARACHIDE KRAFT
20039581001_EA
20311582003_EA

5.50

GET 1,000 PC points $1 back in points

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

$4

BREYERS CREAMERY STYLE ICE CREAM 1.41 L, **POPSICLE NOVELTIES** 6-12/5 OR **PC® FROZEN FRUIT** 300-600 G SELECTED VARIETIES, FROZEN
CRÈME GLACÉE STYLE CRÈMERIE BREYERS, FRIANDISES GLACÉES POPSICLE OU FRUITS SURGELÉS PC®
20313227_EA
21651169_EA

SAVE 39%

PREPARED IN CANADA

$12

ROBIN HOOD FLOUR
SELECTED VARIETIES
10 KG
FARINE ROBIN HOOD
20134743_EA

SAVE UP TO $2

$5

GIUSEPPE PIZZA
439-785 G OR
PC® WOOD-FIRED PIZZA 351-413 G
SELECTED VARIETIES
FROZEN
PIZZA GIUSEPPE OU PIZZA CUITE AU FEU DE BOIS PC®
21106361_EA
21540352_EA

SAVE UP TO 36%

APP EXCLUSIVE OFFER*
GET 3,000 PC points $3 back in points when you buy 2

3.50

PC® OR BLUE MENU® ENTRÉES
SELECTED VARIETIES
FROZEN
212-365 G
PLATS CUISINÉS PC® OU MENU BLEU
20312253001_EA
20987543_EA

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

2.50

APP EXCLUSIVE OFFER*
GET 2,000 PC points $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
CROUSTILLES CUITES À LA MARMITE, PLEINES DE™ OU SAVEURS DU MONDE PC® OU CROUSTILLES DE TORTILLA OU MAÏS SOUFFLÉ PC®
20302765_EA
21422931_EA

$15

APP EXCLUSIVE OFFER*
GET 4,000 PC points $4 back in points

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

PREPARED IN CANADA

13.99

PREPARED IN CANADA

CASHMERE BATHROOM TISSUE 20-60 ROLLS OR **SPONGE TOWELS PAPER TOWELS** 6-12 ROLLS
SELECTED VARIETIES
PAPIER HYGIÉNIQUE CASHMERE OU ESSUIE-TOUT SPONGE TOWELS
21188655_EA
21677740_EA

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

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

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

$4

PREPARED IN CANADA

BABYBEL 6'S OR **THE LAUGHING COW** 8'S
SELECTED VARIETIES
BABYBEL OU LA VACHE QUI RIT
20319107_EA
20574332_EA

Optimum
Members-Only Price
$8
Non-members
$12
Members save $4

SCHNEIDERS PEPPERETTES
SELECTED VARIETIES
250-375 G
PEPPERETTES SCHNEIDERS
20976093_EA
21196171_EA

PREPARED IN CANADA

$6

APP EXCLUSIVE OFFER*
GET 1,500 $1.50 back in points

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

PREPARED IN CANADA

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

SAVE UP TO $1.25

PREPARED IN CANADA

3.50

NEILSON CREAM
SELECTED VARIETIES
5%,10%,18% OR 35%
473ML/1L
CRÈME NEILSON
20123609_EA
20774431_EA

5.50

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

39.99

APP EXCLUSIVE OFFER*
GET 10,000 $10 back in points

PC® OR NO NAME® SINGLE SERVE COFFEE PODS
SELECTED VARIETIES
72/102'S
CAPSULES DE CAFÉ PCMD OU SANS NOM®
21111235_EA
21593380_C01

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

5.99

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

SAVE $2.99

PRODUCT OF CANADA

$6

CLUB HOUSE FAMILY SIZE, LA GRILLE OR ONE STEP SEASONING
SELECTED VARIETIES
13-248 G
ASSAISONNEMENT FORMAT FAMILIAL, LA GRILLE OU UNE ÉTAPE CLUB HOUSE
20180764_EA
20321740001_EA

2.50

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

$7

PREPARED IN CANADA

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

3.50

TAKIS ROLLED TORTILLA CHIPS
260-280 G OR
PC® READY TO EAT POPCORN 220-250 G
SELECTED VARIETIES
CROUSTILLES DE TORTILLA ROULÉES TAKIS OU MAÏS SOUFFLÉ PC^MD
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
ARACHIDES GRILLÉES À SEC PC^MD OU JERKY DE BŒUF, LANIÈRES DE PORC, BOUCHÉES DE POULET OU PÉPITES OU JERKY DE DINDE JACK LINK'S
20057990001_EA
20501983002_EA

3.50

DARE BEAR PAWS, WHIPPET, WAGON WHEELS, VIVA PUFFS OR ULTIMATE COOKIES
SELECTED VARIETIES
168-360 G
BISCUITS PATTES D'OURS, WHIPPET, WAGON WHEELS, VIVA PUFFS OU SUPRÊME DARE
20974343_EA
21014107_EA

2/$7
OR
$3.99 EA.

PREPARED IN CANADA

PC® NATURAL SPRING WATER
24X500 ML
EAU DE SOURCE NATURELLE PC^MD
20137898_C24

$5

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

$13

CLIF BAR ENERGY BARS
SELECTED VARIETIES
10X68 G
BARRES D'ÉNERGIE CLIF BAR
21664705_EA
21664748_EA

$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
CAPSULES DE DÉTERGENT POUR LAVE-VAISSELLE FINISH OU CASCADE, DÉTERGENT À LESSIVE GAIN, PODS OU FLINGS, ASSOUPLISSANT TEXTILE DOWNY, FEUILLES BOUNCE OU PERLES DOWNY OU GAIN
21507156_EA
21565525_EA
21671138_EA

90¢

FANCY FEAST 85 G OR **FRISKIES** 156 G **CAT FOOD**
SELECTED VARIETIES
NOURRITURE POUR CHAT FANCY FEAST OU FRISKIES
20302296001_EA
20316703_EA

PRICE DROP‡

More ways to save

2.50

GOLDFISH BAKED SNACK CRACKERS OR CRISPS
SELECTED VARIETIES
156-227 G
CRAQUELINS CUITS OU CROUSTILLES GOLDFISH
20300320_EA
20306994003_EA

2.50

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

2.50

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

5.50

PUREX 1.92-2.03 L OR **SUNLIGHT** 1.84 L **LAUNDRY DETERGENT**
SELECTED VARIETIES
DÉTERGENT À LESSIVE PUREX OU SUNLIGHT
20856516005_EA
21427029_EA

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

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FRESH PROMISE

freshness you can taste

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

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

$5

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

1 LB

2.50 LB

GREENHOUSE TOMATOES ON THE VINE
PRODUCT OF CANADA OR MEXICO
5.51/KG
TOMATES DE SERRE SUR VIGNE
20026703001_KG

$4

FARMER'S MARKET™ MINI CUCUMBERS 6 S
PRODUCT OF ONTARIO OR
GRAPE TOMATOES 283 G
PRODUCT OF CANADA, MEXICO OR U.S.A.
MINI-CONCOMBRES OU TOMATES RAISINS DÉLICES DU MARCHÉ™
20737570001_EA
21367888001_EA

PRODUCT OF CANADA

69¢ LB

GREEN CABBAGE
PRODUCT OF CANADA, CANADA NO 1 GRADE
1.52/KG
CHOU VERT
20793034001_KG

3/4.98
OR $1.79 EA.

RED MANGO
PRODUCT OF PERU
EACH
MANGUE ROUGE
20059635001_EA

$4

CANTALOUPE
PRODUCT OF GUATEMALA, HONDURAS OR BRAZIL
EACH
CANTALOUP
20167071001_EA

$4

PRODUCT OF CANADA

PC® RUSSET POTATOES
PRODUCT OF CANADA, CANADA NO. 1 GRADE
5 LB BAG
POMMES DE TERRE RUSSET PC^MD
20616206001_EA

5 LB

$8

PC® ORRI MANDARINS
PRODUCT OF ISRAEL
2 LB
MANDARINES ORRI PC^MD
20907647001_EA

$7

CORED PINEAPPLE
PREPARED IN-STORE
EACH
ANANAS ÉVIDÉ
20503143_EA

$10

FARM TO TABLE BOUQUET
BOUQUET DE LA FERME À LA TABLE
21729159_EA

$6

POTTED IVY
EACH
LIERRE EN POT
21524952_EA

$35

PREMIUM GIFT BOUQUET
EACH
BOUQUET-CADEAU DE QUALITÉ SUPÉRIEURE
21436381_EA

feeling protein power-fuel

$12

AIR CHILLED

PC® CHICKEN DRUMSTICKS 3 S OR **THIGHS** BONE-IN 6 S
AIR CHILLED
PILONS OU HAUTS DE CUISSE DE POULET PC^MD
21341042_EA
21341035_EA

$8

BEEF STIR FRY STRIPS
CUT FROM CANADA AA GRADE BEEF OR HIGHER
250 G
LANIÈRES DE BŒUF À SAUTER
21580067_EA

PREPARED IN-STORE

8.50

EXTRA LEAN GROUND BEEF
GRASS FED
450 G
BŒUF HACHÉ EXTRA-MAIGRE
21675592_EA

$14

MARCANGELO VALUE PACK PORK SAUSAGE
SELECTED VARIETIES
1 KG
SAUCISSES DE PORC EN EMBALLAGE ÉCONO MARCANGELO
20867487_EA
20867488_EA

$9

PREPARED IN CANADA

PC® NATURALLY SMOKED BACON
SELECTED VARIETIES
500 G
BACON FUMÉ NATURELLEMENT PC^MD
20057892_EA
20152629_EA

$5

ASIAN INSPIRATIONS ENTRÉES
SELECTED VARIETIES
FROZEN
400 G
PLATS CUISINÉS ASIAN INSPIRATIONS
21047376_EA
21047378_EA

find your catch in seafood

$10 LB

ASC TILAPIA FILLET
FRESH
22.05/KG
FILET DE TILAPIA ASC
20897812_KG

$11

PC® SHRIMP APPETIZERS
SELECTED VARIETIES
FROZEN
294-454 G
HORS-D'ŒUVRE DE CREVETTES PC^MD
20135874_EA
20978921_EA

11.50

PC® SMOKED SALMON
SELECTED VARIETIES
FROZEN
125/150 G
SAUMON FUMÉ PC^MD
20053009_EA
20108286_EA

bakery deals rising daily

$3 BAKED IN-STORE

WHITE OR 100% WHOLE WHEAT BREAD
383 G
PAIN BLANC OU 100 % BLÉ ENTIER
21374404_EA
21377237_EA

3.50 BAKED IN-STORE

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

$6 PREPARED IN CANADA

FARMER'S MARKET™ LOAF CAKES
WHOLE OR SLICED OR
SIMPLE JOY SLICED LOAF CAKES
SELECTED VARIETIES
344-400 G
GÂTEAU QUATRE-QUARTS DÉLICES DU MARCHÉ™ OU GÂTEAUX TRANCHÉS SIMPLE JOY
21488952_EA

$5 GET 1,000 PC points $1 back in points PREPARED IN CANADA

BAKED IN-STORE MINI COOKIES
SELECTED VARIETIES
24'S
MINI-BISCUITS CUITS EN MAGASIN
21596672_EA

$6 BAKED IN-STORE

IN-STORE BAKED MINI ASSORTED DANISH 8'S OR CINNAMON BUNS 6'S
SELECTED VARIETIES
MINI-DANOISES VARIÉES OU BRIOCHES À LA CANNELLE CUITES EN MAGASIN
21476309_EA
21467587_EA

4.50 BAKED IN-STORE

BUTTER CROISSANTS
6'S
CROISSANTS AU BEURRE
21682999_EA

$5 PREPARED IN CANADA

FURLANI TEXAS GARLIC TOAST OR KNOTS
SELECTED VARIETIES AND SIZES
TOASTS OU NŒUDS À L'AIL TEXAS FURLANI
20041579_EA
21048246_EA

3.50 PREPARED IN CANADA

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

$6

LA FOURNÉE DORÉE BRIOCHE BREAD
SLICED
500 G
PAIN BRIOCHE LA FOURNÉE DORÉE
20978205_EA

SAVE 30%

2.50/100 G PREPARED IN CANADA

ZIGGY'S® SERVICE CASE HAMS
SELECTED VARIETIES
JAMBONS ZIGGY'S® DU COMPTOIR DE SERVICE
20313480_KG

in the mood for deli-cious

$9 PREPARED IN CANADA

OKA CHEESE
SELECTED VARIETIES
190 G
FROMAGE OKA
20920756_EA
20921279_EA

SAVE $1.49 PREPARED IN CANADA

$7

PC® DELI CHEESE SLICES
SELECTED VARIETIES
140-170 G
TRANCHES DE FROMAGE DE CHARCUTERIE PC MD
20206643_EA
20250947_EA

$6 PREPARED IN CANADA

BRANDT LIVER SAUSAGE CHUB OR KOLBASSA SAUSAGE
SELECTED VARIETIES
250-300 G
SAUCISSON DE FOIE OU SAUCISSON KOLBASSA BRANDT
20317795_EA
20353377_EA

2/$10 PREPARED IN CANADA

OR $6 EA.

DAIYA DAIRY FREE CHEESE
SELECTED VARIETIES
170-227 G
FROMAGE SANS PRODUITS LAITIERS DAIYA
21207740_EA
21660590_EA

2/4.88

OR $2.89 EA.

ROOSTER® TOFU
SELECTED VARIETIES
454 G
TOFU ROOSTER®
21474765_EA

on the run, we got you

$8

PREPARED IN-STORE BOWLS
SELECTED VARIETIES
290-340 G
BOLS PRÉPARÉS EN MAGASIN
21666110_EA

$16

9 PIECE CHICKEN STRIPS
HOT OR CHILLED
700 G
9 MORCEAUX DE LANIÈRES DE POULET
20992187_EA
20991197_EA

$9 PREPARED IN CANADA

PC® PIES OR QUICHE
SELECTED VARIETIES
550-575 G
PÂTÉS OU QUICHES PC MD
21682000_EA
21682154_EA

party platters

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

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

FROM $20

serves 8-10

MARCH HIT OF THE MONTH

LIMIT 6
AFTER LIMIT
$4 EA.

CHRISTIE RITZ ORIGINAL, CHRISTIE RITZ CHIPS, TRISCUITS, WHEAT THINS OR TOPPABLES CRACKERS
SELECTED VARIETIES
240-454 G
20686037_EA
21618621_EA

$3.33

LIMIT 6
AFTER LIMIT
$2.50 EA.

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

$1.75

LIMIT 6
AFTER LIMIT
$6 EA.

PREPARED IN CANADA

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

$4.75

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.

MKT FLAP HM MAR