

# weekly deals

## 2<sup>50</sup>

APP EXCLUSIVE OFFER\*

GET **2,000** <sup>pts</sup> when you buy 3 **\$2** back in points

**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



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

## \$15

APP EXCLUSIVE OFFER\*

GET **4,000** <sup>pts</sup> when you buy 2 **\$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

SAVE UP TO **36%**

APP EXCLUSIVE OFFER\*

GET **3,000** <sup>pts</sup> when you buy 2 **\$3** back in points

## 3<sup>50</sup>

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



\*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



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

Members save **\$4**

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

**SCHNEIDERS**  
EST. 1880  
**Pepperettes**  
EUROPEAN  
À L'EUROPÉENNE  
300g

TURKEY  
DINDE

**PREPARED IN CANADA**

**\$4**

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

**The Laughing Cow**  
*La Vache qui rit*

MADE IN FAIT AU CANADA

High with REAL CHEESE  
Full of natural FLAVORS

**Babybel** x6 Original

**PREPARED IN CANADA**

**\$8**

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

**OLIVIERI**  
SKILLET GNOCCHI À POËLER  
CLASSIC CLASSIQUE  
700 g

**PREPARED IN CANADA**

**\$6**

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

**ONLY PEANUTS**  
CRUNCHY  
ALL NATURAL PEANUT BUTTER

**Kraft**  
Smooth Crémeux

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

**Optimum**  
GET **1,000** pts  
**\$1** back in points

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

**Oatmeal Crisp**  
**PROTEIN**  
15g  
SOURCE OF 10 ESSENTIAL VITAMINS AND MINERALS\*  
HIGH SOURCE OF FIBRE  
APPLE CRISP

**Honey Nut Cheerios**  
MADE WITH REAL HONEY  
GET FIBRE - HELPS LOWER CHOLESTEROL

**8<sup>99</sup>**

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

**NATURAL DELIGHTS**  
FRESH / FRAICHES  
**MEDJOOL DATES / DATTES**  
WHOLE / ENTIÈRES

**WHOLE ENTIÈRES**

**PROUDLY CANADIAN**

**Zehrs™**

**SAVE UP TO 45%**

**2.99**  
LB

**CHICKEN DRUMSTICKS OR THIGHS**  
FAMILY SIZE  
6.59/KG  
20004494\_KG  
20058163\_KG

**SAVE 31%**

**10.88**

**GRASS FED LEAN GROUND BEEF**  
900 G  
21618300\_EA

Equivalent to  
**\$5.49/LB**

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

**900 G**

**\$4**  
LB

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

**1.99**

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

**1 LB**

**\$10**  
LB/EA.

**FRESH STEELHEAD TROUT FILLETS**  
\$10 LB 22.05/KG OR  
**PC® SHRIMP APPETIZERS**  
\$10 EA. SELECTED VARIETIES  
294-454 G FROZEN  
21025083\_KG  
20135874\_EA

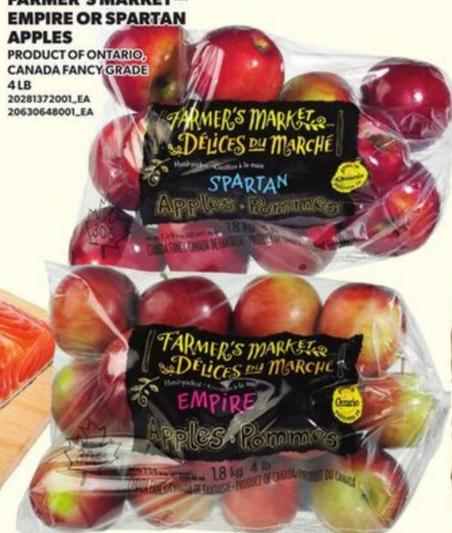


**SAVE 37%**

**\$5**



**FARMER'S MARKET™ EMPIRE OR SPARTAN APPLES**  
PRODUCT OF ONTARIO,  
CANADA FANCY GRADE  
4 LB  
20281372001\_EA  
20630648001\_EA



**SAVE UP TO 71%**

**\$2**



**FARMER'S MARKET™ RED OR RUSSET POTATOES**  
PRODUCT OF CANADA,  
CANADA NO. 1 GRADE  
10 LB BAG  
20601013001\_EA  
20601020001\_EA



**10 LB**

**\$6**

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

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



**\$4**



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



**5.97**



**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%**



**\$12**

**ROBIN HOOD OR FIVE ROSES FLOUR**  
SELECTED VARIETIES  
10 KG  
20134743\_EA  
20251651\_EA



**SAVE 31%**

**\$13**

**TILDA BASMATI PURE RICE**  
10 LB  
20153678\_EA



**13.99**



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



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

# 3<sup>50</sup>

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



# 39<sup>99</sup>

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

APP EXCLUSIVE OFFER\*

GET 10,000<sup>PC</sup> back in points



\*Open your PC Optimum™ app or visit [pcoptimum.ca](http://pcoptimum.ca) to get the offer.

# \$13

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



**SAVE UP TO \$1.25**

# 3<sup>50</sup>

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



# 6<sup>50</sup>

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



# 5<sup>99</sup>

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



# 2<sup>50</sup>

**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



# 5<sup>50</sup>

**KELLOGG'S FAMILY SIZE CEREAL**  
SELECTED VARIETIES  
400-650 G  
20054727\_EA  
21504064\_EA



**SAVE \$2.99**

# \$6

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



# 3<sup>50</sup>

**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

# 2<sup>50</sup>

**GOLDFISH BAKED SNACK CRACKERS OR CRISPS**  
SELECTED VARIETIES  
156-227 G  
20309020\_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  
20856576005\_EA  
21427029\_EA



**Zehrs**

CUSTOMER RELATIONS 1-866-541-6315. VISIT [zehrs.ca](http://zehrs.ca) FOR STORE HOURS.

Please call Customer Relations at 1-866-541-6315 or visit our website at [zehrs.ca](http://zehrs.ca) for your store's hours and to see which Zehrs\* 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. **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 [zehrs.ca](http://zehrs.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.



ZEH BACK

**freshness you can taste**

**FRESH PROMISE**

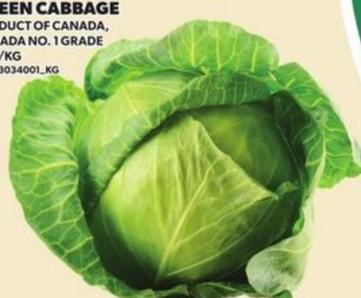
**8<sup>50</sup>**

**PC® SWEET KAROLINA BLACKBERRIES** PINT, PRODUCT OF MEXICO OR **JUMBO BLUEBERRIES** 9.8 OZ, PRODUCT OF MEXICO, MOROCCO, CHILE OR PERU  
21338868001\_EA  
21378078001\_EA



**69¢** LB

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



**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** EACH NO. 1 GRADE OR **FRENCH BEANS** 400 G, PRODUCT OF MEXICO OR U.S.A.  
20135377001\_EA  
20889720\_EA



**\$1**

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



**SAVE \$1**

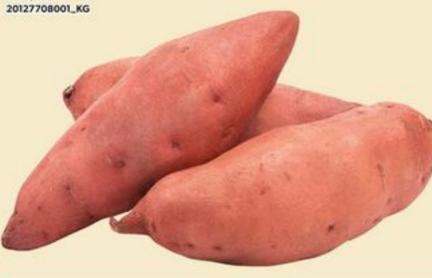
**\$4**

**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



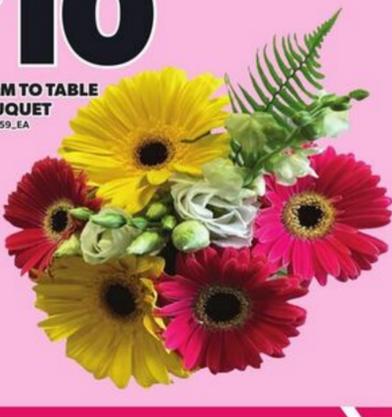
**\$7**

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



**\$10**

**FARM TO TABLE BOUQUET**  
21729159\_EA



**\$12** **GET 5,000<sup>+</sup> \$5 back in points** when you buy 2

**10 STEM TULIPS**  
20833978\_EA



**\$35**

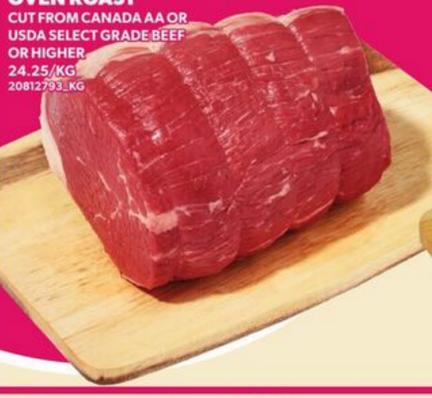
**PREMIUM GIFT BOUQUET**  
21436301\_EA



**feeling protein power-fuel**

**\$11** LB

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



**\$8**

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

**PREPARED IN-STORE**



**\$15** **AIR CHILLED**

**PC® WHOLE CHICKEN**  
AIR CHILLED UP TO 1.7 KG  
21658901\_EA



**\$14** **PREPARED IN CANADA**

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



**\$10** **PREPARED IN CANADA**

**PC® HORS D'OEUVRE COLLECTION**  
SELECTED VARIETIES, FROZEN  
225-500 G  
21169020\_EA  
21538572\_EA



**\$5**

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



**find your catch in seafood**

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

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



**SAVE 99¢**

**\$8**

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



**\$11**

**PC® SMOKED SALMON**  
SELECTED VARIETIES, FROZEN  
125/150 G  
20035009\_EA  
20106286\_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



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

**BAKED  
IN-STORE**

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



**\$5**

**GET  
1,000<sup>00</sup>  
\$1  
back  
in points**

**BAKED IN-STORE  
MINI COOKIES**  
SELECTED VARIETIES  
241'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



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

**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



**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



**\$6**

**LA FOURNÉE DORÉE  
BRIOCHE BREAD**  
SLICED  
500 G  
20978205\_EA



**SAVE \$1<sup>49</sup>**

**\$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**

**2<sup>50</sup>  
/100 G**

**ZIGGY'S SERVICE  
CASE HAM**  
SERVICE CASE,  
SELECTED VARIETIES  
20313480\_KG



**\$6**

**PREPARED IN  
CANADA**

**BRANDT LIVER  
SAUSAGE CHUB  
OR KOLBASSA  
SAUSAGE**  
SELECTED VARIETIES  
250/300 G  
20317795\_EA  
20353377\_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  
21666090\_EA



**SAVE  
90¢  
WHEN YOU BUY 2**

**PREPARED IN  
CANADA**

**2/4<sup>88</sup>**

**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  
21666110\_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.

**FROM  
\$20**

serves 8-10



**MARCH**

**HIT OF THE MONTH**

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



**CHRISTIE RITZ ORIGINAL, CHRISTIE RITZ CHIPS, TRISCUITS, WHEATTHINS OR TOPPABLES CRACKERS**  
SELECTED VARIETIES  
240-454 G  
20686037\_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.

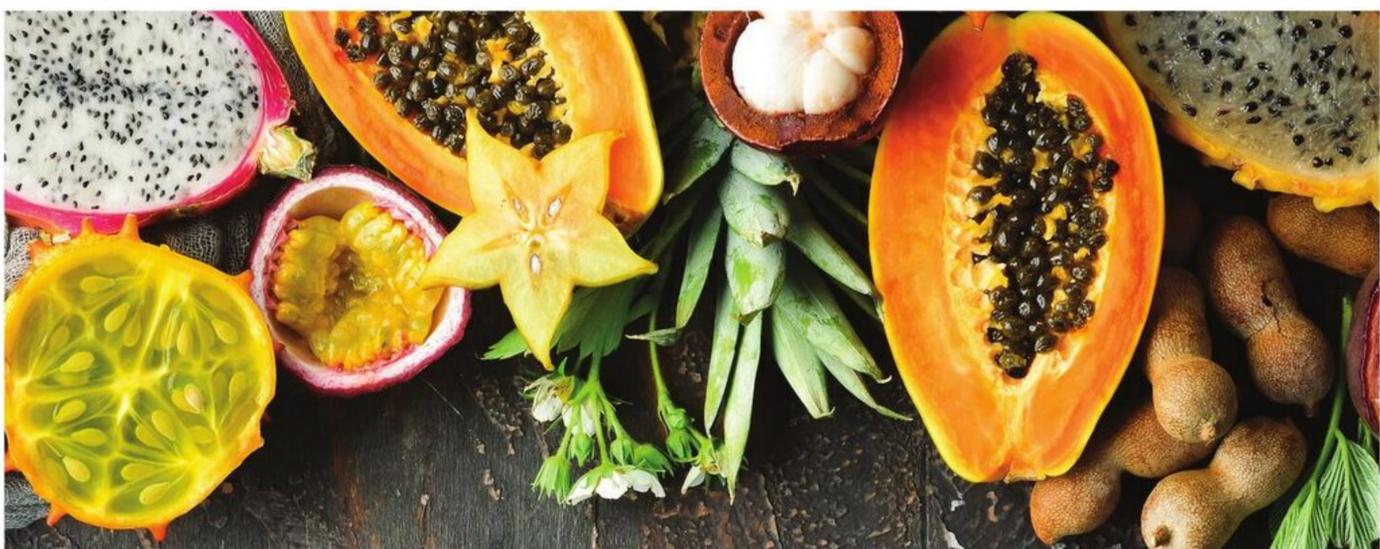


**PC® DIPS OR HUMMUS**  
SELECTED VARIETIES  
454 G  
20583725\_EA  
20584098\_EA

**\$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  
20003716001\_EA

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  
20025410001\_EA

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  
4.54 KG  
21633482001\_EA

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  
20005716001\_EA

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  
21475827001\_EA

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  
20197966001\_EA

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>**  
LB

**PLANTAIN**  
PRODUCT OF COSTA RICA, COLOMBIA,  
HONDURAS OR GUATEMALA  
2.76/KG  
20119276001\_KG

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**  
LB

**YELLOW GUAVA**  
PRODUCT OF TAIWAN  
13.23/KG  
20162500001\_KG

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

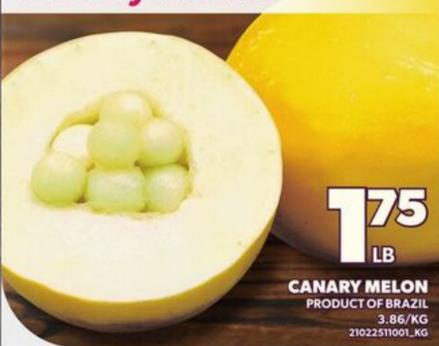


**\$2**  
LB

**PAPAYA**  
PRODUCT OF MEXICO  
4.41/KG  
20817966001\_KG

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>**  
LB

**CANARY MELON**  
PRODUCT OF BRAZIL  
3.86/KG  
2102231001\_KG

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  
11 LB AVERAGE  
20097326001\_EA

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

## Mangosteen



**\$6**

**MANGOSTEEN**  
PRODUCT OF COLOMBIA  
3.75  
21157326001\_EA

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  
20626393001\_EA

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

## Granadilla



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

**GRANADILLA**  
PRODUCT OF COLOMBIA  
EACH  
20097326001\_EA

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  
20164952001\_EA

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**  
LB

**PC® DINO MELON**  
PRODUCT OF BRAZIL  
4.41/KG  
21688131001\_KG

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  
20047112001\_EA

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

## Jackfruit



**\$3**  
LB

**JACKFRUIT SLICE**  
PRODUCT OF MEXICO  
6.61/KG  
2154952001\_EA

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

**GOLDEN LITTLE GEMS DORÉES**  
680g (1.5 lb)

**MIXED LITTLE GEMS ASSORTIES**  
680g (1.5 lb)

**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 \$2.99 LB**

**12.50 LB**

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

**7.99 LB**

**RACHEL'S OCF 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 /100 G**

**CASHEL BLUE IRISH CHEESE**  
21435911\_KG

**\$2**

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

**CHICKEN - POULET**  
WITH REAL CHICKEN  
BROTH & HERBS

**CONCENTRATED CONCENTRE**  
BROTH - BOUILLON  
250 ML

**2.50**

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

**BEEF stew**  
ragoût de BŒUF

**Irish Stew**  
Ragoût Irlandais

**SAVE UP TO \$1.49**

**\$8**

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

**RESERVE CHEDDAR**  
37%

**DUBLINER**  
32%

**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  
21619378\_EA

assorted  
répétés pour plus de  
assortis

## March break made simple

**FROM \$9**

**PREPARED IN CANADA**

**12" TAKE AND BAKE PIZZA**  
SELECTED VARIETIES  
510-739 G  
21456415\_EA  
21456401\_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

**Butter Chicken, Poulet au beurre**

**JANES ultimates**  
TAVERN BATTERED COD  
WILD CAUGHT  
545g

**\$10**

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

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

**THE SQUARE LA CARRÉE**  
DEEP DISH PIZZA - PIZZA À CHIFFRE ÉPAISSE

**CHEESE - FROMAGE**

**PEPPERONI**

**SAVE 97¢ WHEN YOU BUY 3**

**3/4.98<sup>98</sup> KD ORIGINAL**

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

**original pasta sauce sauce pour pâtes originale**

**elbow macaroni**  
pasta made with 100% durum wheat semolina  
**macaroni en coudes**  
pâtes faites avec semoule de blé dur à 100%

**\$16**

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

**RESTAURANT SPICY CRISPY TENDERS**

**JANES RESTAURANT CRISPY TENDERS**  
with SHONEY BBQ SAUCE  
710g

**SAVE UP TO 99¢**

**\$10**

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

**Flavour CRISP**  
CLASSIC / CLASSIQUE  
TRADITIONAL / TRADITIONNEL

**ONION RINGS**  
RONDELLES D'IGNON

# cheers & chill

beers, ciders & ready to drink



## 14<sup>39</sup>

**MOTT'S CLAMATO CAESAR**  
6X341 ML CANS  
20587596\_C06



## 11<sup>79</sup>

**GUINNESS DRAUGHT STOUT**  
4X440 ML CANS  
20035374\_C04



## 28<sup>49</sup>

**MOLSON CANADIAN BEER**  
12X473 ML CANS  
21626675\_C12



## 20<sup>29</sup>

**STRONGBOW CIDER**  
8X440 ML CANS  
20125679\_C08



## 16<sup>79</sup>

**STELLA ARTOIS**  
6X473 ML CANS  
OR **SAPPORO**  
6X500 ML CANS  
21014346\_C06  
21347368\_C06



## 14<sup>99</sup>

**MOOSEHEAD LAGER**  
6X473 ML CANS  
20955220\_C06



## 24<sup>99</sup>

**COORS SELTZER SLUSHIE FLAVOURS**  
12X355 ML CANS  
21536951\_C12



## 14<sup>99</sup>

**BUDWEISER, BUD LIGHT OR COORS LIGHT**  
6X473 ML CANS  
20944739\_C06  
20946471\_C06  
20955258\_C06



**Only at the following Zehrs locations** (unless otherwise stated) : 30 King St. S., Alliston, 11 Bryne Dr., 620 Yonge St. and 607 Cundles Rd. E., Barrie, 487 Queen St. S., Bolton, 400 Conestoga Blvd. and 180 Holiday Inn Dr., Cambridge, 322 Argyle St. S., Caledonia, 800 Tower St. S., Fergus, 160 Kortright Rd. W., 297 Eramosa Rd. and 1045 Paisley Rd., Guelph, 24018 Woodbine Ave. RR# 2, Keswick, 300 Main St. E., Kingsville, 750 Ottawa St. S. and 1375 Weber St. E., Kitchener, 600 Mitchell Rd. Hwy 23 S., Listowel, 6940 Morrison St., Niagara Falls, Heritage Mall 50 - 4th Ave., Orangeville, Fairview Mall 285 Geneva St. and 221 Glendale Ave. at Hwy 406, St. Catharines, 865 Ontario St., Stratford, 323 Toronto St. S., Uxbridge, 450 Erb St. W. and 555 Davenport Rd., Waterloo, 5890 Malden Rd. and 7201 Tecumseh Rd. E., Windsor.

We reserve the right to limit quantities. **Above retails do not include deposit or tax** and may be subject to change without notice. No rainchecks or substitutions. See in-store or [zehrs.ca](http://zehrs.ca) for store hours.

**Please drink responsibly & designate a driver. Don't drink & drive.**

# 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\_KG

**\$23**  
**NANUK SMOKED COHO SALMON FROZEN**  
 300 G  
 20114139\_EA

**10<sup>50</sup>**  
**GEFILTE FISH - JAR**  
 SELECTED VARIETIES  
 680 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  
 20811362001\_EA

**\$4**  
**CELERY STALKS**  
 PRODUCT OF U.S.A. OR MEXICO, NO. 1 GRADE  
 20163119001\_EA

**7<sup>99</sup>**  
**CROWN CAKE**  
 SELECTED VARIETIES  
 450 G  
 21733105\_EA  
 21733108\_EA

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

**5<sup>99</sup>**  
**PEREG MATZO BAG**  
 SELECTED VARIETIES  
 255-340 G  
 21596298\_EA

**6<sup>99</sup>**  
**GEFEN MANDEL MINI BAG SLICES**  
 218 G, HOLIDAY FRUIT  
 170 G  
 SELECTED VARIETIES  
 21589257\_EA/21097813\_EA

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

**3<sup>99</sup>**  
**GALIL TEA 40 G OR GALIL SUN-DRIED FIGS GARLAND 227 G**  
 SELECTED VARIETIES  
 20935482\_EA  
 21032280\_EA

**9<sup>50</sup>**  
**ELITE COFFEE INSTANT CANISTER**  
 200 G OR GLICKS CHOCOLATE CHIPS 500 G  
 SELECTED VARIETIES  
 500 G  
 20081513\_EA/20662675\_EA

**5<sup>29</sup>**  
**TUSCANINI POTATO CHIPS 130 G OR GEFEN NOODLES 255 G**  
 20145729001\_EA/21177096\_EA

**4<sup>29</sup>**  
**GALIL PRESERVE 370 G OR ACHVA HALVA SNACKS MINI KIT 150 G**  
 SELECTED VARIETIES  
 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 WHLE 650-670 G**  
 SELECTED VARIETIES  
 21031262\_EA/20291574\_EA

**3<sup>25</sup>**  
**MOTOLA PICKLES 670 G OR USHIA SAUCE 300 ML**  
 SELECTED VARIETIES  
 20214491001\_EA/21057721\_EA

**69<sup>¢</sup>**  
**AISH TAMID CANDLES MEMORIAL TINS 26HR**  
 SELECTED VARIETIES  
 21060115\_EA

**2<sup>99</sup>**  
**CROWN SUPREME TUNA 170 G OR SEA CASTLE SARDINES 125 G**  
 SELECTED VARIETIES  
 20114196\_EA/21665005\_EA

**7<sup>50</sup>**  
**MANISCHEWITZ CAKE MIX 255-425 G, MACAROONS 283 G OR MUFFIN MIX 340 G**  
 SELECTED VARIETIES  
 20167293004\_EA  
 20305014003\_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 ZEHRS LOCATIONS:**  
 472 BAYFIELD ST., BARRIE, 1045 PAISLEY RD., GUELPH, 6940 MORRISON ST., NIAGARA FALLS, 750 OTTAWA ST. S., KITCHENER, 450 ERB ST. W., WATERLOO, 5890 MALDEN RD. AND 7201 TECUMSEH RD. E, WINDSOR.

# your one-stop grocery shop

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

**UNICO TOMATO PASTE**  
SELECTED VARIETIES  
156 ML  
20005627\_EA



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

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



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

**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<sup>pts</sup> back in points \$1

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



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

**3/7.98**

OR \$3.29 EA.  
**CHEF BOYARDEE PASTA**  
SELECTED VARIETIES  
425 ML  
20321500002\_EA  
20321500005\_EA



**\$7**

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



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

**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  
21623289\_EA



**\$6**

**CLUB HOUSE FAMILY SIZE, LA GRILLE OR ONE STEP SEASONING**  
SELECTED VARIETIES  
13-248 G  
20180764\_EA  
20321740001\_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  
20894117004\_EA



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

**2/\$16**

OR \$9.49 EA.  
**PEPSI SOFT DRINKS**  
SELECTED VARIETIES  
12X355 ML  
20322361001\_C13  
20322361002\_C12



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

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



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

**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** 3=6 ROLLS OR **FACIAL TISSUE** 6'S  
SELECTED VARIETIES  
21363770\_EA  
21484702\_EA



**\$21**

**CASHMERE BATHROOM TISSUE**  
SELECTED VARIETIES  
24-72 ROLLS  
21189845\_EA  
21443648\_EA



**Optimum**  
Members-Only Price™  
**14<sup>99</sup>**

Members save \$3

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

**WHISKAS CAT FOOD**  
SELECTED VARIETIES  
12'S  
20548822\_EA



# 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  
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



**5<sup>50</sup>** **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  
20301179001\_EA/20756075\_EA



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



**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 **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



**7<sup>50</sup>** **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/21426451\_EA



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

**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



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

**TRESEMME SHAMPOO, CONDITIONER OR STYLING PRODUCTS**  
SELECTED VARIETIES  
AND SIZES  
21169996\_EA

GET 1,000<sup>00</sup> back in points



**\$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  
2043231001\_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**

**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**

**WOMEN'S MULTI POUR FEMMES**  
90 TABLETS

**VitaFusion MultiVites Gummies Gélifiés**  
Daily Multivitamin  
To help maintain good health  
Multivitamines quotidiennes  
Pour le maintien d'une bonne santé

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

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

**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

CHOCOLATE SALTÉD CARAMEL  
CHOCOLAT ET CARAMEL SALTÉ

CHOCOLATE DELUXE  
CHOCOLAT DE LUXE

GLUTEN FREE BAR / BARRE SANS GLUTEN  
1.50 g Bars / 6 barres de 50 g

**\$15**

**LIMIT 4 AFTER LIMIT 16.99 EA.**

**TYLENOL TABLETS, CAPLETS OR GELCAPS**  
SELECTED VARIETIES  
60-150'S  
20040611\_EA/21033531\_EA

**TYLENOL**  
Extra Strength  
Extra fort

Contains Acetaminophen - Contient de Paracétamol

150 mg eZ-1 Factor  
500 mg each-chaque

**TYLENOL**  
Rapid Release Gels

Acetaminophen Tablets USP  
STARTS TO DISSOLVE IN SECONDS AND RELIEVES PAIN FAST

80 GELCAPS  
500 mg each

**SAVE UP TO 15%**

**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

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

**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-Chocolat

30g PROTEIN

160 CALORIES

1g FAT

23g CARBS

**Premier Protein**

Vanilla-Vanille

30g PROTEIN

160 CALORIES

1g FAT

23g CARBS

**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  
20796733\_EA/21095818\_EA

**ob.**

Fluid-Lock®  
Less Waste!  
Only what you need, nothing you don't!

40 PADS • SERVIETTES

**Playtex SPORT**  
Protection for Bodies in Motion  
Protection pour les corps en mouvement

36 TAMPONS / TAMPONS

**\$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+ ABSORBENT CAPACITY

45% LADDER™  
FOR EXTRA STRENGTH

36 PADS • SERVIETTES

**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

39 PADS / SERVIETTES

## 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**  
for baby - pour bébé

Puffs / Soufflés  
Blueberry Vanilla Flavour / saveur de bleuets et de vanille

Lil' Crunchies®  
P'tits croquants™  
Mild Cheddar Flavour / saveur cheddar doux

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

**Organics Biologique**

Berry Pomegranate  
mini cereal bars - mini barres de céréales  
Baies et grenade

12+

8 x 20g mini bars

**Organics Biologique**

Banana Berry  
mini cereal bars - mini barres de céréales  
Banane et baies

12+

8 x 20g mini bars

**Express** Online grocery pickup & delivery

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

**\$18 back in points**

**Similac**

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  
21021427\_EA/21089194\_EA

**Huggies easy ups**

100% Natural Softness

4T/5T

**Huggies pull-Ups**

82 TRAINING UNDERWEAR

4T-5T

**\$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

**Pampers swaddlers**

33% MORE DIAPERS PLUS DE COUCHES

120 COUCHES

**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

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

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

**Enfamil A+ NEURO PRO**

50% MORE DE PLUP

**Enfamil A+ GENTLEASE**

50% MORE DE PLUP

# outdoor living

**Optimum**  
Members-Only Price™  
**\$699**  
Non-members  
**\$799**

**Members save \$100**

**PC® THE ULTIMATE GRILL**  
4 +1+1 BURNERS  
21670484\_EA  
\*\*Must be a registered PC Optimum™ member to load and get this offer.



74,500 BTU  
28 Burgers  
Propane  
5 Year Limited  
510 SqInches

**Optimum**  
Members-Only Price™  
**\$239**  
Non-members  
**\$299**

**Members save \$60**

**PC® TANK-IN COLUMN HEATER**  
21682610\_EA  
\*\*Must be a registered PC Optimum™ member to load and get this offer.



**Optimum**  
Members-Only Price™  
**599**  
Non-members  
**699**

**Members save \$100**

**LIFE AT HOME™ 4 PIECE SHELburne CONVERSATION SET**  
21670446\_EA  
\*\*Must be a registered PC Optimum™ member to load and get this offer.



**Optimum**  
Members-Only Price™  
**\$279**  
Non-members  
**\$349**

**Members save \$70**

**LIFE AT HOME™ CURVED GAZEBO**  
9'6" X 9'6"  
21670328\_EA  
\*\*Must be a registered PC Optimum™ member to load and get this offer.



**FROM \$49**

**LIFE AT HOME™ ACCENT TABLES**  
SELECTED VARIETIES  
21670390\_EA/21676318\_EA



**SAVE UP TO 20%**

**PC® GRILL THERMOMETERS**  
SELECTED VARIETIES  
**11.50-27.50**  
21480320\_EA



**SAVE UP TO 20%**

**PC® GRILL BRUSHES**  
SELECTED VARIETIES  
**\$8-11.50**  
21669919\_EA/21670142\_EA



**\$5**

**EVERYDAY ESSENTIALS™ SPRAY BOTTLE**  
450 ML  
21295073\_EA



**1.50**

**EVERYDAY ESSENTIALS™ BAMBOO SKEWERS**  
100'S  
21297992\_EA

EVERYDAY ESSENTIALS.  
100 PIECES LIMITED  
BAMBOO SKEWERS  
BROCHETTES EN BAMBOU



**\$19**

**LIFE AT HOME™ DECORATIVE PATIO CUSHIONS**  
SELECTED VARIETIES  
21670004\_EA/21670051\_EA



# Easter celebrations

**SAVE \$1**

**\$4**

**SMALL EASTER PLUSH**  
SELECTED VARIETIES  
21687656\_EA  
21687657\_EA  
21687658\_EA

**SAVE \$2**

**\$10**

**MEDIUM EASTER PLUSH**  
SELECTED VARIETIES  
21687576\_EA  
21687577\_EA

**SAVE \$4**

**\$25**

**LARGE EASTER PLUSH**  
SELECTED VARIETIES  
21688262\_EA  
21688263\_EA  
21688264\_EA

**Optimum**  
Members-Only Price™

**\$40**

Members save **\$10**

Non-members **\$50**

**EASTER JUMBO PLUSH**  
21689781\_EA

**SAVE UP TO**

**15%**

**EASTER GRASS AND FILLER EGG**  
SELECTED VARIETIES  
21687668\_EA/21687710\_EA

**SAVE \$4**

**\$16**

**EASTER PLUSH BASKET**  
SELECTED VARIETIES  
21687482\_EA/21687442\_EA

**SAVE \$4**

**\$16**

**SPRING PILLOWS**  
21686245\_EA  
21686302\_EA

**SAVE \$10**

**\$29**

**SPRING WREATH**  
21686354\_EA/21686266\_EA

**\$5**

**LIMIT 4 AFTER LIMIT \$7 EA.**

**TY BEANIE BABIES EASTER PLUSH**  
21551789\_EA/21551795\_EA

**\$5**

**LIMIT 4 AFTER LIMIT \$7 EA.**

**ZURU CO CO CONES EASTER PLUSH**  
21690606\_EA

**\$44**

**LIMIT 4 AFTER LIMIT \$55 EA.**

**LEGO 3 IN 1 CO-PACK**  
21686773\_EA

# JOE FRESH × PEANUTS™

Stay cool with Snoopy's alter ego, Joe Cool, in this limited-edition collab for the whole family.



Women's  
Peanuts Graphic  
Cropped Sweatshirt

**\$39**

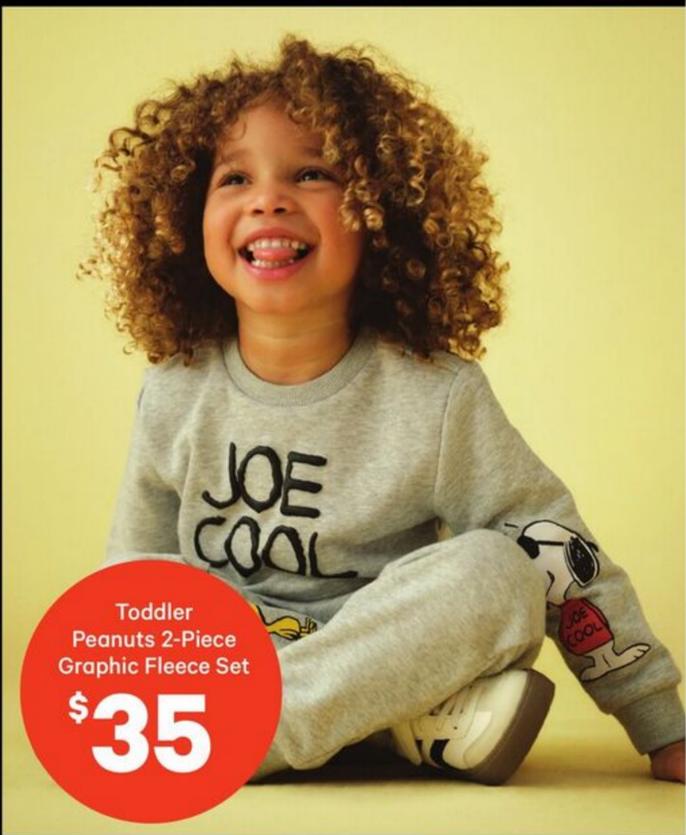
Kid Girls'  
Peanuts Dip-Dye  
Graphic Sweatshirt

**\$29**



Adult  
Peanuts Graphic  
Crewneck Sweatshirt

**\$35**



Toddler  
Peanuts 2-Piece  
Graphic Fleece Set

**\$35**



Kid Peanuts  
Baseball Cap

**\$16**



Kid Girls' Peanuts  
Embroidered Baby Tee

**\$19**



Kid Peanuts  
Graphic T-Shirt

**\$19**



Adult Peanuts  
Graphic T-Shirt

**\$25**



Women's Printed  
Peanuts Sleep Pant

**\$29**

© PEANUTS

## This Week's Top Deals

March 12 - 18



**NOW \$29**

**Women's Button-Up Shirts\***

Regular Price \$39 | Excludes Clearance and Brands



**NOW \$15**

~~\$19~~

Kid Girls'  
Active Zip Hoodie



**NOW \$12**

~~\$16~~

Toddler Boys'  
Printed Full-Zip  
Hoodie

In-Store Only | Select Styles

**EVEN MORE ONLINE & IN-STORE**

**SHOP NOW**

\* Visit [www.joefresh.com/offerdetails](http://www.joefresh.com/offerdetails) for full details.

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

**NEW**

Source of Vitamin A Calcium Vitamin D

**\$4.50**

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

Prepared in Canada

**SOURCE OF VITAMIN A & D**

**\$4**

iögo nanö DRINKABLE YOGURT 6 X 93 ML SELECTED VARIETIES 2169945\_EA/206096701\_EA

**NEW**

**\$4.50**

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

**\$6.50**

iögo CREAMY, 0% OR LACTOSE-FREE YOGURT 16 X 100 G SELECTED VARIETIES 2060953001\_EA/21622847\_EA

**\$12**

iögo CREAMY YOGURT, 2 KG SELECTED VARIETIES 2063692\_EA

**\$4.50**

siggi's SKYR YOGURT 4 X 100 G SELECTED VARIETIES 21651914\_EA/21589925\_EA

**\$4.75**

ASTRO BALKAN YOGURT 750 G SELECTED VARIETIES 201652260100\_EA/20170533001\_EA

**\$8**

ASTRO BLAKAN YOGURT 12 X 100 G SELECTED VARIETIES 2010501001\_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

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

**2/\$12** (GET 1,000 back in points when you buy 2) OR \$7 EA.

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

**2/\$11** (GET 2,000 back in points when you buy 2) OR \$6.49 EA.

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

**2/\$11** (GET 2,000 back in points when you buy 2) OR \$6.49 EA.

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

**2/\$7** (GET 2,000 back in points when you buy 2) OR \$4.50 EA.

**Bagel Bites** ARE BACK Selected Varieties 198 g 20213483001\_EA 20213483003\_EA

**2/\$7** (GET 1,000 back in points when you buy 2) OR \$3.99 EA.

**WILD FLAVOUR, ENDLESS POSSIBILITIES.**

**GOLD SEAL** Wild Sockeye 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 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.

**\$6**

**\$6**

**\$11**

**AERO® Milk Chocolate Lamb 25 g**  
**KITKAT® ICON Impulse Bunny 29 g**  
 21406777\_EA/21634741\_EA

**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

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

**NESTLÉ® Assorted Hide Me Eggs 300 g**  
 12603665\_EA

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Mieux manger. Mieux vivre.

## SAVE ON All Your Favourite Household Brands

**5<sup>50</sup>** 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 Wet 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 Tub 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

NEW

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

\$5 back in points

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# Mobile that doesn't break the bank.

Plans starting from \$20/month

