

weekly deals

SAVE UP TO \$1.19/100 G



\$3
/100G

MASTRO DELI SERVICE CASE CHORIZO OR GENOA MILD OR HOT SALAMI
DELI SERVICE CASE, SELECTED VARIETIES
CHORIZO OU SALAMI DE GÊNES DOUX OU PIQUANT
MASTRO DU COMPTOIR DE SERVICE

20087761_KG/21426774_KG



SAVE \$1.02 WHEN YOU BUY 3

3/4.98

OR \$2 EA.

BARILLA PASTA
SELECTED VARIETIES
410 G
PÂTES BARILLA
21404923_EA
21404912_EA



SAVE UP TO \$3

\$14

APP EXCLUSIVE OFFER*

GET **4,000** ^{PM} **\$4** back in points



PC® OR BLUE MENU® ENTRÉES
SELECTED VARIETIES, FROZEN, CLUB SIZE
2/2.27 KG
PLATS CUISINÉS PC^{MD} OU MENU BLEU^{MC}

20134930_EA
21178593_EA

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

\$2

PC® KETTLE COOKED, LOADS OF FLAVOUR OR WORLD OF FLAVOUR POTATO CHIPS
SELECTED VARIETIES
200 G
CROUSTILLES CUITES À LA MARMITE, PLEINES DE OU SAVEURS DU MONDE

PC^{MD}
20840911002_EA
21422931_EA



SAVE 33%

\$10

PC® MAPLE SYRUP
GRADE A AMBER
500 ML
SIROP D'ÉRABLE
PC^{MD}
20049221_EA



Optimum

Members-Only Price™

\$4

Non-members

\$5

Members save **\$1**



PREMIUM BAGELS
SELECTED VARIETIES
6'S
BAGELS DE CHOIX
21016649_EA
21705757_EA

BAKED IN-STORE

**PRICE
DROP ‡**

**More ways to
save**

2⁵⁰

**GOLDFISH BAKED
SNACK CRACKERS
OR CRISPS**
SELECTED VARIETIES
156-200 G
**CRAQUELINS CUIITS
OU CROUSTILLES
GOLDFISH**
20300320_EA
20306994003_EA



2⁵⁰

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



2⁵⁰

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



4⁵⁰

**GARNIER WHOLE
BLENDS SHAMPOO
OR CONDITIONER**
SELECTED VARIETIES
370 ML
**SHAMPOING
OU REVITALISANT
WHOLE BLENDS**
GARNIER
21647127_EA
20941824_EA



3⁵⁰

POPCORNERS
SELECTED VARIETIES
142 G
POPCORNERS
21370205_EA
21370259_EA



\$6

FRISKIES CAT FOOD
SELECTED VARIETIES
1.4-1.5 KG
**NOURRITURE POUR
CHATS FRISKIES**
20912515_EA



‡Offer valid in-store at participating locations between February 26 - March 18, 2026 before applicable taxes and while quantities last. Offer applies only to select products. Offer may be modified and/or cancelled without notice. See in-store for full details.

\$25

GET 5,000*

\$5 back in points

SIGNATURE BOUQUET
BOUQUET SIGNATURE
21436380_EA

INTERNATIONAL WOMEN'S DAY
Sunday March 8th

Independent
Your Independent Grocer

PROUDLY CANADIAN OWNED & OPERATED

SAVE 53%

6⁹⁹
LB

SIRLOIN TIP OVEN ROAST
CUT FROM CANADA AA OR USDA
SELECT GRADE BEEF OR HIGHER
15.41/KG
RÔTI DE POINTE
DE SURLONGE
20812306_KG



1⁹⁹
LB

BUTTERBALL
FROZEN TURKEY
3.5 KG
4.88/KG
DINDON SURGELE
BUTTERBALL
21618104_KG

SAVE 57%

2⁹⁹
LB

PORK TENDERLOIN
CRYOVAC PKG OF 2
6.59/KG
FILET DE PORC
20520970_KG

SAVE 42%

2⁹⁹
LB

CHICKEN DRUMSTICKS
OR THIGHS
FAMILY SIZE
6.59/KG
PILONS OU HAUTS DE
CUISSÉ DE POULET
20004494_KG
20058163_KG



\$2

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



1 LB

\$10
LB

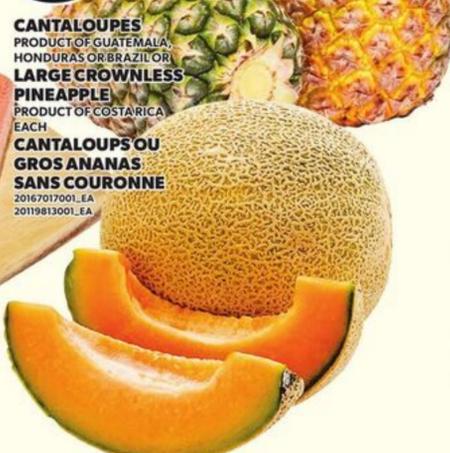


FRESH RAINBOW
TROUT FILLETS
22.05/KG
FRESH SEAFOOD ITEMS
SUBJECT TO AVAILABILITY
FILETS DE TRUITE
ARC-EN-CIEL
FRAÎCHE
20897813_KG



3⁵⁰

CANTALOUPES
PRODUCT OF GUATEMALA,
HONDURAS OR BRAZIL OR
LARGE CROWNLESS
PINEAPPLE
PRODUCT OF COSTA RICA
EACH
CANTALOUPS OU
GROS ANANAS
SANS COURONNE
20167017001_EA
20119813001_EA



SAVE \$1

\$3



FARMER'S MARKET™
MINI CUCUMBERS
PRODUCT OF ONTARIO
6'S
MINI-CONCOMBRES
DÉLICÉS DU MARCHÉ™
20737570001_EA



PKG OF 6

\$11

APP EXCLUSIVE OFFER
GET 2,000*
\$2 back in points

PC® BLACK TIGER SHRIMP
RAW ZIPPERBACK® 16-20 PER LB OR
PACIFIC JUMBO WHITE
SHRIMP COOKED PEELED
21-30 PER LB
FROZEN
400 G
CREVETTES TIGRÉES
NOIRES OU CREVETTES
BLANCHES GÉANTES
DU PACIFIQUE PC®
2080192_EA
20896957_EA



SAVE UP TO \$3⁹⁹

\$17

PC® K-CUPS 30'S OR
BALZAC'S GROUND
COFFEE 300 G
SELECTED VARIETIES
K-CUPS PC® OU
CAFÉ MOULU
BALZAC'S
21038762_EA
21364375_EA



3⁵⁰

MINUTE MAID ZERO SUGAR
DRINK 1.54 L OR LIBERTÉ
MÉDITERRANÉE TUBS 500 G
SELECTED VARIETIES
BOISSONS ZÉRO
SUCRE MINUTE MAID
OU CONTENANTS
MÉDITERRANÉE LIBERTÉ
21434119_EA
21473714_EA



2/\$11



OR \$6.79 EA.
PC® OR BLUE MENU®
SPARKLING WATER
SELECTED VARIETIES
12X355 ML
EAU PÉTILLANTE PC®
OU MENU BLEU™
20668034001_C01
20668034002_C01



3⁵⁰

DR. OETKER
RISTORANTE OR
CASA DI MAMA
PIZZA 320-410 G OR
PC® FOCACCIA OR
FLATBREAD PIZZA
330-456 G SELECTED
VARIETIES, FROZEN
PIZZA RISTORANTE
OU CASA DI MAMA
DR. OETKER OU PIZZA
FOCACCIA OU PAIN
PLAT PC®
20296100001_EA
21013452_EA



6⁵⁰

GET 2,000*
\$2 back in points

CASHMERE BATHROOM™
TISSUE 12 DOUBLE ROLLS,
SPONGETOWELS PAPER
TOWELS 3-6 ROLLS OR
SCOTTIES FACIAL TISSUE
6'S SELECTED VARIETIES
PAPIER HYGIÉNIQUE
CASHMERE, ESSUIE-TOUT
SPONGETOWELS OU
MOUCHOIRS SCOTTIES
20318667_EA
21204739_EA
21676183_EA



APP EXCLUSIVE OFFER

Shop & earn more

March 5th to 11th

Open your PC® Optimum App to reveal your offer.

Excludes prescription drugs and optical.

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

Get at least

10,000 pts

at least \$10 back in points

BUY ONE (1) + BUY ONE (1)

SILK NON-DAIRY BEVERAGES
SELECTED VARIETIES
1.75-1.89 L
2031509001_EA
21243598_EA

BOISSONS NON LAITIÈRES SILK
4.49

BUY ONE (1) GET 3,000* **\$3** back in points

KELLOGG'S PREMIUM CEREAL
SELECTED VARIETIES
317-525 G

CÉRÉALES DE QUALITÉ SUPÉRIEURE KELLOGG'S
20015041_EA
21651958_EA

President's Choice

Raised by Canadian farmers

\$13 APP EXCLUSIVE OFFER GET 3,000* **\$3** back in points

PC® BLUE MENU® CHICKEN BREASTS
BONELESS, SKINLESS, AIR CHILLED
3'S
POITRINE DE POULET PC® MENU BLEU™
21340952_EA

Air-chilled to lock in flavour

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

SAVE 98¢ WHEN YOU BUY 2

2/\$13 OR \$6.99 EA.

CRACKER BARREL CHEESE BARS 400 G OR **SHREDS** 250-320 G
SELECTED VARIETIES
BARRES DE FROMAGE OU FROMAGERÂPE
CRACKER BARREL
21290384_EA
21290616_EA

PREPARED IN CANADA

SAVE UP TO \$1

\$3

GREEN GIANT VEGETABLES 400-750 G OR **MCCAIN FRIES OR HASHBROWNS** 800 G
SELECTED VARIETIES, FROZEN
LÉGUMES GÉANT VERT OU FRITES OU POMMES DE TERRE RISSLÉES MCCAIN
21022302_EA
21521173_EA

\$3

OCEAN'S WHITE TUNA OR GOLD SEAL PINK SALMON
SELECTED VARIETIES
170/213 G
THON BLANC OCEAN'S OU SAUMON ROSE GOLD SEAL
21005158_EA
21868667_EA

\$5

HEINZ KETCHUP
SELECTED VARIETIES
1L/750 ML
KETCHUP HEINZ
20069080_EA

\$5

PC® BLUE MENU® CEREAL BOOSTER GRANOLA
SELECTED VARIETIES
325-450 G
GRANOLA BOOST PC® MENU BLEU™
20631288004_EA
21344977_EA

3⁴⁹

LANTIC WHITE GRANULATED SUGAR
SELECTED VARIETIES
2 KG
SUCRE BLANC GRANULÉ LANTIC
20145033_EA

\$6

CADBURY EGGS 190/200 G OR **HOLLOW** 96/97 G
SELECTED VARIETIES
ŒUFS OU FRIANDISES CREUSES CADBURY
20073462_EA
21624994_EA

\$4

SNYDER'S OF HANOVER PRETZEL BITES, RODS MINIS AND STICKS
SELECTED VARIETIES
240 G
BOUCHÉES DE BRETZEL, BÂTONNETS, TIGES ET MINIS SNYDER'S OF HANOVER
20316052001_EA
20316052002_EA

\$3

CRISPERS CRACKERS OR CRISPERS BITS AND BITES SNACK AND CRACKER MIX
SELECTED VARIETIES
145 G
CRAQUELINS CRISPERS OU GRIGNOTINE MÉLI-MÉLO OU MÉLANGE DE CRAQUELINS
21358333_EA
21395350_EA

SAVE UP TO 45%

\$2

NEILSON CHOCOLATE MILK
SELECTED VARIETIES
1L
LAIT AU CHOCOLAT NEILSON
2006232001_EA
20650656_EA

5⁵⁰

HÄAGEN-DAZS 414-450 ML OR **BARRES** 3/4'S OR **NESTLÉ DRUMSTICK** 4'S
SELECTED VARIETIES, FROZEN
DESSERT GLACÉ OU BARRES HÄAGEN-DAZS OU DRUMSTICK NESTLÉ
21513578_EA
2032238001_EA

5⁵⁰

CHAPMAN'S MARKDALE CREAMERY ICE CREAM 2 L OR **COLLECTION OR YUKON NOVELTIES** 5/8'S
SELECTED VARIETIES, FROZEN
CRÈME GLACÉE MARKDALE CREAMERY OU FRIANDISES GLACÉES COLLECTION CHAPMAN'S
20315236001_EA
20323757001_EA

SAVE \$2.58 WHEN YOU BUY 2

2/\$13 OR \$7.79 EA.

PEPSI SOFT DRINKS
SELECTED VARIETIES
6X710 ML
BOISSONS PEPSI
20310546004_C06
20310546002_C06

\$9

DAVIDSTEA 12'S OR **LOOSE LEAF** 50 G OR **TETLEY** 80'S
SELECTED VARIETIES
THÉ OU THÉ EN FEUILLES DAVIDSTEA OU TETLEY
21611906_EA
21665165_EA

\$21

TIDE LAUNDRY DETERGENT 3.46-3.9 L, **PODS OR FLINGS** 45-76'S OR **DOWNY** OR **GAIN BEADS** 853 G OR **CASCADE TUBS** 51/67/90'S
SELECTED VARIETIES
DÉTERGENT À LESSIVE TIDE, PODS OU FLINGS, PERLES DOWNY OU GAIN OU CONTENANTS CASCADE
21518479_EA
21593670_EA
21659405_EA

MARCH HIT OF THE MONTH **LOWEST PRICES. BEST DEALS.** As compared to other major grocery retailers within your local areas. **Must be a registered PC Optimus™ member to get this offer. Valid from March 1 - 31, 2026. While quantities last. See in-store for details.

CHRISTIE RITZ ORIGINAL, CHRISTIE RITZ CHIPS, TRISCUTS, WHEAT THINS OR TOPPABLES CRACKERS
SELECTED VARIETIES
240-454 G
CRAQUELINS RITZ ORIGINAUX, RITZ CHIPS, TRISCUTS, FINS AU BLE OU TOPPABLES CHRISTIE
20986037_EA / 21618621_EA

\$3³³

LIMIT 6 AFTER LIMIT \$4 EA.

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

\$1⁷⁵

LIMIT 6 AFTER LIMIT \$2.50 EA.

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

\$4⁷⁵

LIMIT 6 AFTER LIMIT \$6 EA.

Independent CUSTOMER RELATIONS 1-866-541-6315. VISIT yourindependentgrocer.ca FOR STORE HOURS.

Please call Customer Relations at 1-866-541-6315 or visit our website at yourindependentgrocer.ca for your store's hours and to see which Your Independent Grocer™ locations do not participate in this flyer. Quantities and/or selection of items may be limited and may not be available in all stores. No rainchecks or substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We are not obligated to sell items based on errors or misprints in typography or photography. **Pricing:** All references to "Save, Was, Now, Savings, etc." are in comparison to our own regular prices. Savings on items shown may vary by store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. Coupons must be presented and redeemed at time of purchase. **Trademarks:** * / ** The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. ® / ™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. **Purchase limits:** We reserve the right to limit quantities to reasonable family requirements. **PC Optimus™ Members Only:** Offers are available to valid PC Optimus™ 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 Optimus™ 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.

YIG BACK



freshness you can taste

FRESH PROMISE

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.

4⁵⁰

RASPBERRIES
 PRODUCT OF MEXICO
 OR U.S.A.
FRAMBOISES
 20128938001_EA

2⁵⁰ EA./LB

ENGLISH CUCUMBERS
 PRODUCT OF ONTARIO 2.50 EA.
 OR **ROMA TOMATOES**
 PRODUCT OF MEXICO
 2.50 LB 5.51/KG
CONCOMBRES
ANGLAIS OU
TOMATES ROMA
 20070132001_EA
 20143381001_EA

PRODUCT OF CANADA

3⁹⁹ LB **EXTRA LARGE**

PC® EXTRALARGE RED SEEDLESS GRAPES PRODUCT OF SOUTH AFRICA OR CHILE OR **PC® EXTRALARGE GREEN SEEDLESS GRAPES** PRODUCT OF PERU, CHILE OR SOUTH AFRICA 8.80/KG
TRES GROS RAISINS ROUGES OU VERTS SANS PEPINS PC®
 20159199001KG
 20425775001KG

\$6

LARGE CAULIFLOWER
 PRODUCT OF U.S.A. OR MEXICO
EACH
GROS CHOU-FLEUR
 20135377001_EA

4⁵⁰

FARMER'S MARKET™ AVOCADO BAG
 PRODUCT OF MEXICO, PERU OR COLOMBIA
 5'S
SAC D'AVOCATS DÉLICES DU MARCHÉ™
 21644939001_EA

2⁵⁰

PC® MANGO PRODUCT OF PERU OR **POMEGRANATE** PRODUCT OF ISRAEL OR EGYPT
MANGUE PC®
OU GRENADE
 2095134001_EA
 20134267001_EA

1⁸⁸ LB

SWEET POTATOES
 PRODUCT OF CANADA
 4.14/KG
PATATES DOUCES
 20127708001_KG

PRODUCT OF CANADA

SAVE \$1 WHEN YOU BUY 2

2/\$11

OR \$6 EA.

TAYLOR FARMS CHOPPED SALAD KITS
 SELECTED VARIETIES, PRODUCT OF U.S.A.
 267-383 G
SALADES HACHÉES TAYLOR FARMS
 21209541_EA
 21335159_EA

\$6

GUACAMOLE 270 G
 OR **PICO DE GALLO**
SALSA 170 G
 PREPARED IN-STORE
GUACAMOLE OU SALSA PICO DE GALLO
 21657916_EA
 21552223_EA

blooming strong celebrating women everywhere • International Women's Day Sunday March 8th, 2026

\$35

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

\$12

10 STEM TULIPS ASSORTED COLOURS
10 TULIPES SUR TIGE
 20833978_EA

\$28

5 INCH ORCHID EACH
ORCHIDÉE 5 PO
 20603981_EA

feeling protein power-fuel

\$13

GRASS FED MEDIUM GROUND BEEF
 900 G
BŒUF HACHÉ MI-MAIGRE NOURRI À L'HERBE
 21675509_EA

\$5

LEAN GROUND PORK
 450 G
PORC HACHÉ MAIGRE
 21646160_EA

CANADIAN PORK

\$8

PC® BLUE MENU® GROUND CHICKEN OR MINCED TURKEY
 454 G
POULET HACHÉ OU HACHIS DE DINDE
PC® MENU BLEU™
 21100091_EA
 21100092_EA

\$7 LB

PORK SAUSAGE
 SELECTED VARIETIES
 15.43/KG
SAUCISSES DE PORC
 21451702_KG
 21451708_KG

PREPARED IN-STORE

\$9

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

PREPARED IN CANADA

\$8

IMPOSSIBLE PLANT-BASED BURGER PATTIES
 227 G OR **GROUND BEEF 340 G**
FROZEN
GALETTES DE BURGER À BASE DE PLANTES OU SANS-VIANDE HACHÉ IMPOSSIBLE
 21403513_EA
 21403522_EA

find your catch in seafood

\$10

PC® HOT SMOKED CANDIED OR SPICY SALMON STRIPS
 READY-TO-EAT
 150 G
LANIÈRES DE SAUMON CONFIT FUMÉ À CHAUD OU ÉPICÉES PC®
 20976930_EA
 20977683_EA

9⁵⁰

PC® SMOKE SALMON OR CRAB & LOBSTER BAKE & SERVE DIP
 FROZEN
 360 G
TREMPETTE À CUIRE ET SERVIR AU SAUMON FUMÉE OU CRABE ET HOMARD
PC®
 21682613_EA
 21682673_EA

\$8

PC® GLUTEN-FREE BREADED SHRIMP UNCOOKED 340 G OR SEAQUEST® WHOLE POMPANO 800 G
FROZEN
CREVETTES PANÉES SANS GLUTEN PCMD OU POMPANO ENTIER SEAQUEST®
 21364651_EA/21592084_EA

WHOLE FISH POMPANO ENTIER

RESPONSIBLY FARMED

QUAQUILTURE RESPONSIBLE

bakery deals rising daily

7⁵⁰



\$4 **BAKED IN-STORE**

CINNAMON RAISIN BREAD
468 G
PAIN CANNELLE ET RAISINS
20729432_EA



\$15 **CAKE OF THE MONTH**

ELITE 6" CHOCOLATE CARAMEL MOUSSE CAKE
700 G
GÂTEAU EN MOUSSE CHOCOLAT ET CARAMEL 6 PO
ELITE
21616017_EA



8 INCH PIES
SELECTED VARIETIES
635-750 G
TARTES DE 8 PO
21297474_EA
21297475_EA



\$4 **BAKED IN-STORE**

FOCACCIA, ROSEMARY & SEA SALT OR CHEESE
430/484 G
FOCACCIA ROMARIN ET SEL DE MER OU FROMAGE
21724758_EA



7⁵⁰ **PREPARED IN CANADA**

FARMER'S MARKET™ COOKIES
SELECTED VARIETIES
12'S
BISCUITS DÉLICÉS DU MARCHÉ™
20566294_EA
20566295_EA



\$6 **PREPARED IN CANADA**

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



\$4 **PREPARED IN CANADA**

DIMPFLMEIER SWEDEN BREAD 580G
OR **NATURAL BAKERY RYE BREAD** 500 G
PAIN SUÉDOIS
DIMPFLMEIER OU PAIN DE SEIGLE
NATURAL BAKERY
20166149_EA
21688966_EA



3⁵⁰ **PREPARED IN CANADA**

WONDER BREAD OR BUNS
SELECTED VARIETIES AND SIZES
PAIN OU PETITS PAINS WONDER
20276296_EA
20297455_EA



SAVE 98¢ WHEN YOU BUY 2 **PREPARED IN CANADA**

2/\$6

OR \$3.49 EA.
VACHON SNACK CAKE
SELECTED VARIETIES AND SIZES
PETIT GÂTEAU VACHON
20963606_EA
20976343_EA



\$8 **PREPARED IN CANADA**

BALDERSON CHEDDAR
SELECTED VARIETIES
250/280 G
CHEDDAR BALDERSON
20415944_EA
21495455_EA



in the mood for deli-cious

\$8 **PREPARED IN CANADA**

TRE STELLE RICOTTA 475 G
OR **BOCCONCINI** 200 G
SELECTED VARIETIES
BOCCONCINI OU RICOTTA OR RICOTTA OU BOCCONCINI
TRE STELLE
20024992_EA
20093652_EA



\$7 **PREPARED IN CANADA**

BOURSIIN CREAM CHEESE 150 G OR
PILLER'S KOLBASSA
250-375 G
SELECTED VARIETIES
FROMAGE À LA CRÈME BOURSIIN OU KOLBASSA PILLER'S
2010794_EA
20308469_EA



\$15 **PREPARED IN CANADA**

MAPLE LEAF NATURAL SELECTIONS OR PC® FREE FROM® SLICED DELI MEAT
CLUB PACK
SELECTED VARIETIES
375/400 G
VIANDES TRANCHÉES NATURAL SELECTIONS
MAPLE LEAF OU CHARCUTERIES TRANCHÉES PC™
SIMPLEMENT BON™
20772016_EA
20903492_EA



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

PC® DIPS 200-227 G OR
NAAN CRISPS 170 G
SELECTED VARIETIES
TREMPETTES OU CRAQUELINS DE NAANS PC™
21681330_EA
21683470_EA



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

LESLEY STOWE RAINCOAST CRISPS 150 G OR **WILDLY DELICIOUS JELLY** 185 ML
SELECTED VARIETIES
CRAQUELINS RAINCOAST coast crisps
CRISPS LESLEY STOWE OU GELÉE WILDLY DELICIOUS
21025538_EA/21030996_EA



on the run, we got you

SAVE UP TO \$2

\$16

BENTO CALIFORNIA FAMILY PACK SUSHI
SELECTED VARIETIES
30'S/835 G
SUSHI FORMAT FAMILIAL CALIFORNIA BENTO
21638655_EA



8⁴⁹ **PREPARED IN CANADA**

FROM OUR CHEFS™ SOUP
SELECTED VARIETIES
700 ML
SOUPE CONCOCTÉ PAR NOS CHEFS™
21703369_EA
21703589_EA



\$9

INDIVIDUAL CHICKEN COMBO WITH WEDGES
361-530 G
COMBO DE PORTION INDIVIDUELLE DE POULET ET POMMES DE TERRE EN QUARTIERS
21086084_EA/21022536_EA



\$20

IN-STORE PREPARED PULLED PORK BAO BUNS, GYRO OR FAJITA CHICKEN TACO TRAY
825-850 G
PLATEAU DE PAINS BAO AU PORC EFFILOCHÉ OU TACOS DE GYRO OU FAJITA AU POULET
PRÉPARÉS EN MAGASIN
21533948_EA
21696308_EA



\$7

SUB SANDWICHES OR WRAPS
PREPARED IN-STORE
230-299 G
SOUS-MARINS OU ROULÉS
21623659_EA
21623663_EA



\$16

IN-STORE PREPARED FAMILY PASTA TRAYS
SELECTED VARIETIES
765-969 G
PLATEAUX DE PÂTES FORMAT FAMILIAL PRÉPARÉS EN MAGASIN
21638701_EA



International Women's Day

Sunday March 8th



\$22

20 STEM TULIPS
21293990_EA



\$9

WOMEN'S DAY VIOLET IN TIN
216542803EA



\$7



CAMPANULA
21730503_EA



\$10

FARM TO TABLE BOUQUET
EACH
21729159_EA



savoury sides and syrupy swirls



SAVE 33%

\$10

PC® MAPLE SYRUP
GRADE A AMBER
500 ML
20049221_EA



\$4

PEARL MILLING COMPANY PANCAKE MIX
905 G OR
ORIGINAL SYRUP 710 G
21384609_EA
21391619_EA



\$7 LB

PORK SAUSAGE
SELECTED VARIETIES
15.43/ KG
20709048_KG
20709042_KG



PREPARED IN-STORE

500 G



\$9

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



4⁵⁰

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



\$4

BAKED IN-STORE

CINNAMON RAISIN BREAD
468 G
20729432_EA



Optimum
Members-Only Price™
\$4
Non-members
\$5

Members save **\$1**

PREMIUM BAGELS
SELECTED VARIETIES
6'S
21016649_EA
21705757_EA



BAKED IN-STORE

\$5

PC® BLUE MENU® CEREAL BOOSTER GRANOLA
SELECTED VARIETIES
325-450 G
20631288004_EA
21344977_EA



\$6

PREPARED IN CANADA

PC® MINI MUFFINS
SELECTED VARIETIES
12'S
21488921_EA
21488839_EA



\$8

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



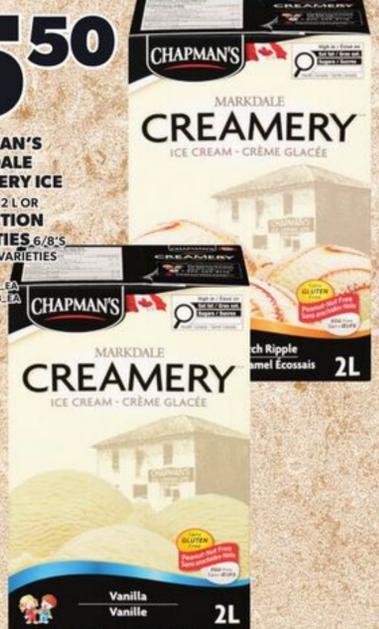
3⁷⁵

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



5⁵⁰

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



1⁷⁵

CLARK BAKED BEANS
SELECTED VARIETIES
398 ML
21235336_EA
21666180_EA



SAVE ON FAVES

Your favourite brands for less.

3²⁵

QUAKER CRISPY MINIS OR LARGE RICE CAKES
SELECTED VARIETIES
90-199 G
20163708002_EA
20303002001_EA



3⁷⁵

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



\$8

MCCAIN SUPERFRIES FAMILY PACK
SELECTED VARIETIES
FROZEN
1.45-1.8 KG
20861230_EA
21049522_EA



\$3

LIPTON OR KNORR SOUP MIX
SELECTED VARIETIES
4'S
20315085002_EA
20315085003_EA



SAVE UP TO 99¢

\$5

SMUCKER'S UNCRUSTABLES
SELECTED VARIETIES
FROZEN
4'S
21543057_C04
21683121_C04



SAVE \$1.98

WHEN YOU BUY 3
3/6⁹⁹
OR \$2.99 EA.

KNORR SIDEKICKS
SELECTED VARIETIES
120-167 G
20321430001_EA
20321430011_EA



SAVE \$2.98

WHEN YOU BUY 2
2/\$10
OR \$6.49 EA.

OLD EL PASO DINNER KIT
SELECTED VARIETIES
309-510 G
20795300_EA
20795468_EA



SAVE \$1.98

WHEN YOU BUY 3
3/6⁹⁹
OR \$2.99 EA.

KNORR CUPS
SELECTED VARIETIES
73 G
21564314_EA
21682152_EA



\$15

GET 1,500⁺
\$1.50
back in points

KICKING HORSE K-CUPS
SELECTED VARIETIES
10'S
21628567_EA
21628644_EA



\$27

GET 2,000⁺
\$2
back in points

LAVAZZA K-CUPS
SELECTED VARIETIES
30'S
21589700_EA
21589798_EA



2⁹⁹

NESTEA ICED TEA
SELECTED VARIETIES
10X200 ML
21687240_EA
21687007_EA



2⁵⁰

MONSTER ENERGY DRINKS SUGAR ZERO
SELECTED VARIETIES
473 ML
20938249_EA
20938521_EA



6⁹⁹

NESTEA LEMON ICED TEA
SELECTED VARIETIES
12X341 ML
21687040_C12
21689167_C12



2⁹⁹

NESTEA LEMON OR ZERO ICED TEA
SELECTED VARIETIES
21687074_EA



SAVE 98¢
WHEN YOU BUY 2

2/\$5
OR \$2.99 EA.

POWERADE
SELECTED VARIETIES
710 ML
20853723_EA



8⁹⁹

FUZE LEMON ICED TEA OR PEACH TEA
SELECTED VARIETIES
12X341 ML
21645443_C12
21645563_C12



SAVE \$1.98

WHEN YOU BUY 2
2/\$16
OR \$8.99 EA.

COCA-COLA OR CANADA DRY SOFT DRINKS
SELECTED VARIETIES
12X355 ML
20318694002_C12



SAVE ON FAVES

Your favourite brands for less.

SAVE \$2.25
WHEN YOU BUY 3

3/\$9

OR \$3.75 EA.

NATURE VALLEY BISCUIT, PROTEIN BARS AND SWEET & SALTY FIBRE 1 BARS 125 G OR 20587504001_EA, 206869880024E_A, 21213559_EA

fibre 1 BROWNIES FONDANT CHOCOLATE 125g

NATURE VALLEY PROTEIN PEANUT BUTTER DARK CHOCOLATE 148g

NATURE VALLEY SWEET & SALTY DARK CHOCOLATE NUT 210g

\$4

PEARL MILLING COMPANY PANCAKE MIX 905 G OR ORIGINAL SYRUP 710 G
21384609_EA, 21391619_EA

Pearl Milling COMPANY COMPLETE - COMPLETE ORIGINAL

\$3

KELLOGG'S RICE KRISPIES BARS 160-200 G, **POP TARTS** 384 G, **SPECIAL K BARS** 125 G OR **NUTRI-GRAIN BARS** 175-295 G
SELECTED VARIETIES
21290106_EA, 21290111_EA

pop-tarts Frosted Strawberry Flavour
Glaces à saveur de fraises

pop-tarts S'mores Flavour
Savour de choco-guimauve

\$5

CHRISTIE PREMIUM PLUS CRACKERS SELECTED VARIETIES
402-481 G, 21109001_EA, 21109004_EA

PREMIUM PLUS UNSALTED TOPS
CRACKERS 450g

PREMIUM PLUS SALTED TOPS
CRACKERS 450g

8.99

CHRISTIE RITZ DRIZZLED MINI'S SELECTED VARIETIES
226 G, 21712532_EA, 21712595_EA

RITZ Drizzled minis caramel

RITZ Drizzled minis fudge

\$6

CHRISTIE OREO, CHIPS AHOY, FUDGE-O, DAD'S FAMILY SIZE COOKIES OR OREO CAKESTERS COOKIES 285-500 G
21014087_EA, 21639135_EA

OREO CAKESTERS ORIGINAL

Chips Ahoy! ORIGINAL ORIGINALS

\$2

CAMPBELL'S CONDENSED OR COOKING SOUP SELECTED VARIETIES
284 ML, 20297246002_EA, 20980079_EA

Campbell's Cream of Chicken
Crème de poulet

Campbell's Tomato Tomates

2.50

CAMPBELL'S READY TO EAT SOUP SELECTED VARIETIES
515 ML, 21479024_EA, 21480539_EA

Campbell's Classic Chicken Noodle

Campbell's Herbed Chicken with Rice

1.50

CAMPBELL'S TOMATO, CREAM OF MUSHROOM, CHICKEN NOODLE OR VEGETABLE SOUP
284 ML, 20176214001_EA, 20176214004_EA

Campbell's Cream of Mushroom
Crème de champignons

Campbell's Tomato Tomates

\$4

QUAKER OR HARVEST CRUNCH CEREAL SELECTED VARIETIES
350-510 G, 20150259001_EA, 20637355_EA

QUAKER life WHOLE GRAIN CEREAL original

QUAKER OATMEAL SQUARES CRUNCHY OAT CEREAL

SAVE \$1.58
WHEN YOU BUY 2

2/\$8

OR \$4.79 EA.

QUAKER INSTANT OATS 232-344 G OR **OATS** 900 G-1 KG
SELECTED VARIETIES
20322113001_EA, 21190251_EA

QUAKER QUICK OATS

QUAKER INSTANT OATMEAL APPLES & CINNAMON

\$6

GENERAL MILLS CEREAL FAMILY SIZE SELECTED VARIETIES
475-778 G, 21103492_EA, 21103495_EA

FREE TOQUE GET 1,000 back in points

FREE TOQUE GET \$1 back in points

GENERAL MILLS Honey Nut Cheerios au miel et aux noix

Cinnamon Toast Crunch Croque Cannelle

2.50

CAMPBELL'S CHUNKY SOUP SELECTED VARIETIES
515 ML, 21480447_EA, 21480528_EA

Campbell's CHUNKY CHICKEN NOODLE
POULET ET NOUILLES

Campbell's CHUNKY PRIME RIB WITH VEGETABLES
CÔTE DE BŒUF AVEC LÉGUMES

7.50

STARBUCKS COFFEE ENHANCER SELECTED VARIETIES
828 ML, 21358473_EA, 21436900_EA

STARBUCKS ALMOND & OAT NON-DAIRY COFFEE ENHANCER

STARBUCKS COFFEE ENHANCER CAMEL

3.50

GOGO SQUEEZ no sugar added
apple apple

GOGO SQUEEZ Homestyle
apple cinnamon

GOGO SQUEEZ POUCHES OR CUPS
SELECTED VARIETIES
4X90/4X97 G, 20322697002_EA, 21701912_EA

\$8

NESCAFÉ CONCENTRATE SELECTED VARIETIES
500 ML, 21665027_EA, 21665148_EA

NESCAFÉ ESPRESSO CONCENTRATE

NESCAFÉ ESPRESSO CONCENTRATE Black & Noir

\$12

STARBUCKS GROUND COFFEE 311/340 G, **K-CUPS** 10'S, OR **INSTANT COFFEE** 90 G
SELECTED VARIETIES
20548682004_EA, 20703838002_EA

STARBUCKS TORRÉFACTION PIKE PLACE ROAST

STARBUCKS BUTTERY & SMOOTH NOTES CARAMEL

\$25

GET 3,000 back in points

McCafé K-CUPS SELECTED VARIETIES
30'S, 21240975_EA, 21363985_EA

McCafé Premium Roast

McCafé Decaf Medium Dark Roast

your one-stop grocery shop

7⁵⁰

LIBERTÉ GREEK TUBS 650/750 G OR
STARBUCKS ICED COFFEE 1.18/1.42L
SELECTED VARIETIES
20642273_EA
21215527_EA



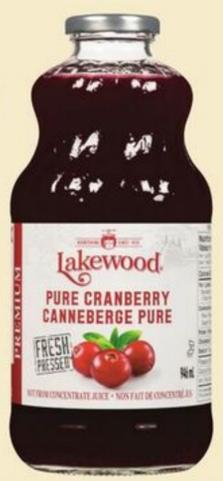
\$8

ACTIVIA YOGURT
SELECTED VARIETIES
12X100 G
20303412001_EA
20608924_EA



\$12

LAKEWOOD PURE CRANBERRY JUICE
SELECTED VARIETIES
946 ML
21178156_EA



\$8

NUTELLA HAZELNUT SPREAD
725 G
204516105_EA



\$6

NO NAME® HONEY 500 G
OR BONNE MAMAN JAM AND SPREAD 250-360 ML
SELECTED VARIETIES
20129324_EA
20307313601_EA



\$6

TERRA VEGETABLE CHIPS
SELECTED VARIETIES
141 G
21557876_EA
21557962_EA



6⁴⁹

AMOOZA!, CRACKER BARREL OR P'TIT QUEBEC CHEESE SNACKS
SELECTED VARIETIES
168-228 G
21290676_EA
21403514_EA



\$5

HELIVA GOOD! FRENCH ONION SOUR CREAM DIP
680 G
2031278001_EA



SAVE \$1.58 WHEN YOU BUY 2

2/\$6
OR \$3.79 EA.

NO NAME® SOUR CREAM
SELECTED VARIETIES
500 ML
20299657_EA
20322987_EA



2⁵⁰

SNACK PACK PUDDINGS
SELECTED VARIETIES
4X99 G
20310707001_EA
20310707006_EA



2⁷⁵

PRINGLES SUPER STACK POTATO CHIPS
SELECTED VARIETIES
148/156 G
21003823_EA
21003833_EA



13⁵⁰

JACK LINK'S MINI BEEF STICKS
SELECTED VARIETIES
175 G
21648920_EA



\$16

BALZAC'S WHOLE BEAN COFFEE
SELECTED VARIETIES
340 G
20997612_EA
21189401_EA



5⁵⁰

TWINING'S TEA
SELECTED VARIETIES
20'S
21659448_EA
20308033001_EA



\$7

INTERNATIONAL DELIGHT COFFEE WHITENER OR COLD FOAM
SELECTED VARIETIES
396-946 ML
20895480002_EA
20895480003_EA



9⁹⁹

PC® AVOCADO OIL 500 ML
OR BALSAMIC VINEGAR
4 LEAF 250 ML
20032066_EA
20586613_EA



Optimum Members-Only Price
4⁴⁹
Non-members 5⁹⁹
Members save \$1.50 LIMIT 4

ROBIN HOOD OR FIVE ROSES FLOUR
SELECTED VARIETIES
2.5 KG
20039497001_EA
20039497002_EA



\$8

LINDT BUNNY
100 G
20046002_EA
21552251_EA



\$9

GLAD INDOOR BAGS
SELECTED VARIETIES
12-52'S
21164516_EA
21164177_EA



\$5

PINE-SOL CLEANER 1.41 L,
CLOXOX BLEACH 2.4 L,
FLEECY FABRIC SOFTENER 1.36 L
OR SHEETS 80'S
SELECTED VARIETIES
2131876_EA
20298679001_EA



\$50

VEGA ONE ALL-IN-ONE PROTEIN POWDER
SELECTED VARIETIES
834-876 G
20575566003_EA
20645554_EA



for the love of **pets**

\$15

PC® WILD BIRD SEED
4 KG
21308596_EA



\$10

DENTALIFE DAILY ORAL CARE 407-595 G
OR **BEGGIN' STRIPS**
708/850 G
SELECTED VARIETIES
21081077_EA
21101589_EA



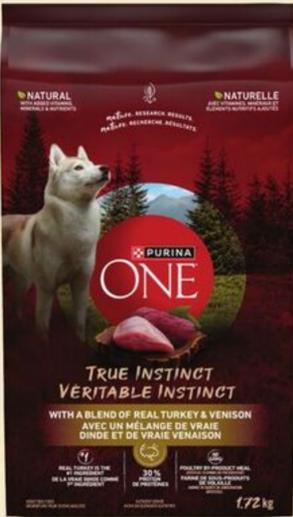
\$2

ONE TRUE INSTINCT DOG FOOD
SELECTED VARIETIES
368 G
21441096_EA
21520480_EA



\$13

PURINA ONE DOG FOOD
SELECTED VARIETIES
1.6-1.81 KG
20912587_EA



\$26

PC® EXTRA MEATY DOG FOOD
SELECTED VARIETIES
7 KG
21361753_EA



\$35

PC® NUTRITION FIRST® DOG FOOD
SELECTED VARIETIES
7 KG
21305879_EA



\$8

PC® NUTRITION FIRST® DOG TREATS
SELECTED VARIETIES
160/270 G
21544858_EA
21544864_EA



\$25

WHISKAS CAT FOOD
SELECTED VARIETIES
24'S
21169598_EA



\$13

PURINA ONE CAT FOOD
SELECTED VARIETIES
1.45-1.8 KG
21221334_EA



\$3

TEMPTATIONS CAT TREATS
SELECTED VARIETIES
160/180 G
20298151005_EA



\$30

FRISKIES CAT FOOD
32'S, SELECTED VARIETIES
OR **TIDY CATS ALERT**
LITTER 3.63 KG
21166868_C01
21581080_EA



\$7

FRISKIES CAT TREATS
SELECTED VARIETIES
454 G
21165907_EA



\$17

PC® NUTRITION FIRST® CAT FOOD
SELECTED VARIETIES
2 KG
21303030_EA



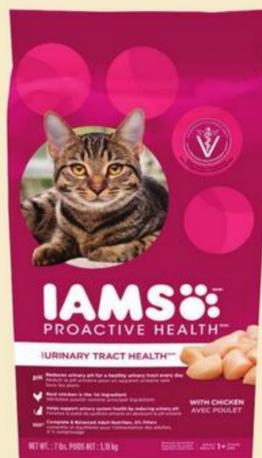
\$10

PC® EXTRA MEATY CAT FOOD
SELECTED VARIETIES
2 KG
21361585_EA



\$24

IAMS CAT FOOD
SELECTED VARIETIES
2.72/3.18 KG
21625484_EA



\$20

ARM & HAMMER CAT LITTER
SELECTED VARIETIES
6.35-12.7 KG
21086970_EA



naturally good choices

SAVE 10%

ORANGE NATURAL VITAMINS AND SUPPLEMENTS
SELECTED VARIETIES AND SIZES
21564772_EA



SAVE \$1.08 WHEN YOU BUY 2

2/5.50

OR \$3.29 EA.

BIOITALIA CANNED PASTA 500 G
SELECTED VARIETIES
20984139_EA/211228051EA



2/\$7

OR \$4.99 EA.

NATURE CLEAN DISHWASHING LIQUID, ALL PURPOSE SPRAY OR FRUIT AND VEGGIE WASH
SELECTED VARIETIES
500-740 ML
21179505_EA
21205740_EA



5.50

OLYMPIC ORGANIC YOGURT
SELECTED VARIETIES
650 G
20316485005_EA
20316485006_EA



\$4

RISE KOMBUCHA
SELECTED VARIETIES
414 ML
20910755001_EA
20910755003_EA



\$5

AMY'S BURRITO
SELECTED VARIETIES
156-170 G
20371439001_EA



\$5

PC ORGANIC FROZEN VEGETABLES
SELECTED VARIETIES
300-500 G
20416869002_EA
21418289_EA



4.50

HARDBITE POTATO CHIPS WITH AVOCADO OIL
SELECTED VARIETIES
128 G
21187610_EA/21187610_EA



7.25

PACIFIC FOODS ORGANIC BROTH OR SOUP
SELECTED VARIETIES
946 ML/1L
20599733003_EA
20599786001_EA



\$9

KIND BARS, MINIS OR THINS
SELECTED VARIETIES
5X40/10X20 G
21125232_EA
21127676_EA
21554188_EA



\$30

GET 4,000 back in points

RXBAR PROTEIN BAR
SELECTED VARIETIES
12X52 G
21189847_C12/21189855_C12



SAVE UP TO \$149

\$6

JORDANS CEREAL OR GRANOLA
SELECTED VARIETIES
325-400 G
21522230_EA
21651976_EA



2/\$5

OR \$3.29 EA.

KIND PROTEIN BARS
SELECTED VARIETIES
62 G
21697722_EA
21697730_EA



4.50

MADE GOOD PUFFED CRACKERS
SELECTED VARIETIES
121 G
21355184_EA/21355349_EA



\$2

ROAR ORGANIC BEVERAGES
SELECTED VARIETIES
532 ML
21106395_EA
21160552_EA



SAVE 15%

CHICKAPEA
high protein pasta, classique, tarte des pâtes riches en protéines, un goût classique

GOOD FOOD FOR GOOD
CONDIMENTS OR PASTA SAUCE 250/450 ML
SELECTED VARIETIES
21172451_EA
21597621_EA



\$11

POPPI SODA
SELECTED VARIETIES
4X355 ML
21606285_EA
21669328_EA



SAVE 15%

CAPILANO HONEY
SELECTED VARIETIES
375 G
21084948_EA
21291109_EA



live well, spend less

\$9

JOHN FRIEDA HAIR CARE OR BATISTE DRY SHAMPOO
SELECTED VARIETIES AND SIZES
21570307_EA/21645037_EA



GET 5,000[®] when you spend '25* on

\$5 back in points

CLARITIN, AERIUS OR HYDRASENSE ALLERGY PRODUCTS
SELECTED VARIETIES AND SIZES
20308018001_EA
21685500_EA



Express[™] Online grocery pickup & delivery

GET 18,000[®] when you spend '60* or more on

\$18 back in points



select Similarac formula*. Online only. Use code **SIMILAC** at checkout.
*Offer valid from March 5 to 18, 2026. Conditions apply. See site for details.

[Learn more](#)

SAVE UP TO 20%

BAND-AID OR POLYSPORIN
SELECTED VARIETIES AND SIZES
20122893_EA
21335482_EA



\$5

LIMIT 6 AFTER LIMIT 5.99 EA.

IRISH SPRING BAR SOAP 6X104 G, BODY WASH 591 ML OR SOFTSOAP BODY WASH 591 ML
SELECTED VARIETIES
21219375_EA/21436477_EA



6⁵⁰

LIMIT 6 AFTER LIMIT 7.49 EA.

SENSODYNE OR PRONAMEL TOOTH PASTE
SELECTED VARIETIES, 110/135 ML
20247931002_EA/20432268002_EA



SAVE 15%

EUCERIN AND AQUAPHOR BODY CARE PRODUCTS
SELECTED VARIETIES AND SIZES
20694196_EA
21085698_EA



SAVE 20%

NEUTROGENA CLEANSERS, MOISTURIZERS OR TREATMENTS
SELECTED VARIETIES AND SIZES
20853160002_EA



5⁵⁰

LIMIT 6 AFTER LIMIT 5.99 EA.

COLGATE TOTAL OR SENSITIVE PRO-RELIEF TOOTH PASTE, COLGATE 360 OR PERIOGARD MANUAL TOOTHBRUSHES EA. OR COLGATE KIDS MOUTHWASH 500 ML
SELECTED VARIETIES AND SIZES
20280090_EA/21166129_EA



\$3

LIMIT 6 AFTER LIMIT 4.99 EA.

DEGREE BASE DEODORANT
SELECTED VARIETIES
48-85 G
20236452005_EA
21425475_EA



4⁵⁰

GARNIER WHOLE BLENDS SHAMPOO OR CONDITIONER
SELECTED VARIETIES
370 ML
21647127_EA
20941824_EA



\$13

L'OREAL EXCELLENCE HAIR COLOUR OR ROOT COVER UP
SELECTED VARIETIES
20941293_EA/20306551008_EA



Only to be used by adults who are trying to quit smoking.
WARNING: This product contains nicotine. Nicotine is highly addictive.

Maximize your chances of quitting with Combination Therapy

SAVE UP TO 20% Nicorette or Nicoderm selected varieties and sizes

COMBINATION THERAPY



NICODERM[®] Step 1 7 Clear Patches 20143834001_EA
NICORETTE[™] QuickMist[™] 150 Sprays 21548830_EA
NICORETTE[™] Gum 4 mg, 105 pieces 20318396002_EA
NICORETTE[™] Lozenge 2 mg, 160's 21597656_EA

Stop smoking aid. To make sure a NICORETTE[™] or NICODERM[®] product is right for you, always read and follow the label. © Kenvue Canada Inc. 2026



\$5⁵⁰ ea. DOVE shampoo or conditioner 355 mL, hairspray 198 g, dry shampoo 142 g, bar soap 3x106 g or body wash 325 mL selected varieties
21644748_EA/21644833_EA/20551359_EA
21018398_EA/21220515_EA/21511893_EA

NEW **\$16⁹⁹ ea.** DOVE sugar scrub 425 g or oil body wash 452 mL selected varieties
21713869_EA/21717476_EA

NEW **\$11 ea.** DOVE derma scalp shampoo or conditioner 473/266 mL
21703985_EA
21703991_EA

NEW **\$14 ea.** DOVE derma scalp 3-in-1 scalp moisture serum 59 mL
21703921_EA

FOR HEALTHY LOOKING, BEAUTIFUL SMILES!

LIMIT 6 AFTER LIMIT 4.49 EA. **3⁵⁰** Crest Complete Paste or Crest Pro-Health Paste selected varieties
21041420_EA/21354028_EA

LIMIT 6 AFTER LIMIT 7.49 EA. **6⁵⁰** Crest Gum Restore Paste or Crest Scope Outlast Mouthwash 1 L selected varieties
21354615_EA/20948877_EA

LIMIT 4 AFTER LIMIT 10.49 EA. **9⁵⁰** Crest 3D White Advanced Paste Multipack or Crest Pro-Health Mouthwash 1 L selected varieties
20902657_EA/21519018_EA

SAVE UP TO 30% Oral-B Pro 300 Electric Brushes or Oral-B Brush Heads selected varieties
17.00-140.00 AFTER SAVINGS
20346231002_EA/21475139_EA

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Flu shot? Think Pharmacist.

Talk to your Pharmacist or book now* at phealth.ca/flu

Subject to vaccine availability. Pharmacists can administer flu shots to children aged 5 and older in Yukon, Alberta, Saskatchewan, and PEI; 4 and older in British Columbia; 2 and older in Ontario, Manitoba, New Brunswick, Newfoundland and Nova Scotia. Flu shot administration for children under the age of 5 may vary from Pharmacy to Pharmacy. *P&G Trademark of 91979 Alberta Ltd, used under license.



Brighten Winter Naturally.



13⁵⁰

Yoplait® YOP® selected varieties 12 x 200 mL

21481820_EA



\$4

Yoplait Tubes® selected varieties 8 x 56 g

56920133427_EA



5⁵⁰

Yoplait® Source Protein® selected varieties 650 g

21587047_EA



\$8

Yoplait® Source® or Yoplait® Creamy® selected varieties 16 x 100 g

20317317001_EA
20120316004_EA

LIBERTÉ



7⁵⁰

Liberté Greek® tubs 650-750 g, Liberté Méditerranée® 900 g, selected varieties

20642273_EA
21685616_EA



5⁵⁰

Liberté® Kéfir selected varieties 1 L

21216416_EA



3⁵⁰

Liberté Méditerranée® selected varieties 500 g

21473714_EA
20788062002_EA

TAXES APPLICABLES

TRADEMARKS OF YOPLAIT MARQUES S.N.C. (FRANCE) USED UNDER LICENSE / TRADEMARKS OF LIBERTÉ MARQUES S.N.C. USED UNDER LICENSE / MADE IN CANADA FROM DOMESTIC AND IMPORTED INGREDIENTS

iögo nanö

CREAMY YOGURT TO **GRAB & GO!**



\$4⁵⁰

iögo nanö CREAMY YOGURT POUCH 4 X 90 G SELECTED VARIETIES 21791785_EA/21791914_EA



\$4⁷⁵

iögo nanö DRINKABLE YOGURT 6 X 93 ML SELECTED VARIETIES 21690945_EA/20609987001_EA



\$9

iögo CREAMY, 0% OR LACTOSE-FREE YOGURT 16 X 100 G SELECTED VARIETIES 20609983001_EA/21622847_EA



\$5

siggi's SKYR YOGURT 4 X 100 G SELECTED VARIETIES 21659974_EA/21659925_EA



\$4⁵⁰

iögo nanö YOGURT WITH FLAVOURED PEARLS 4 X 100 G SELECTED VARIETIES 21791739_EA



\$12

iögo CREAMY YOGURT, 2 KG SELECTED VARIETIES 20636092_EA



\$4⁷⁵

ASTRO BALKAN YOGURT 750 G SELECTED VARIETIES 2016522601000_EA/201705533001_EA



\$8

ASTRO BLAKAN YOGURT 12 X 100 G SELECTED VARIETIES 20301501001_EA



GET **3,000*** for every '12* spent on

\$3 back in points

Snack Factory Pretzel Crisps 200 g or Chocolate Pretzel Crisps 155 g selected varieties

INVITE PRETZEL CRISPS, They're delicious company



\$6

Snack Factory® Pretzel Crisps® selected varieties 200 g 20948940_EA/21676303_EA

\$8

Snack Factory® Pretzel Crisps® Milk Chocolate Crunch or Milk Chocolate & Caramel Drizzles selected varieties 155 g 21576322_EA/21576333_EA



Milk Chocolate & Caramel Flavour Milk Chocolate Crunch

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PROTEIN PARTNERS



3 FIT

\$6

Lactantia UltraPur Milk or Chocolate Milk 1.5 L 21694605_EA 21239130_EA



2⁹⁹

BFit No sugar added high protein milkshake 460 mL 21737984_EA



33⁹⁹

BFit No sugar added high protein milkshake 12 x 460 mL 21737984_P01



dinner made simple

SAVE \$1 WHEN YOU BUY 2
2/\$6
 OR \$3.50 EA.

CATELLI SMART OR HEALTHY HARVEST PASTA
 SELECTED VARIETIES
 340/375 G
 20299819008_EA
 20527265_EA

\$7

TACO BELL MENU KITS
 SELECTED VARIETIES
 401-624 G
 21663622_EA

\$3

BLUE DRAGON SAUCY NOODLES
 SELECTED VARIETIES
 121-122 G
 21694893_EA
 21694907_EA

\$7 **GET 500**

NONNA PIA'S PASTA SAUCE
 SELECTED VARIETIES
 660 ML
 21662700_EA
 21662735_EA

SAVE \$2.25 WHEN YOU BUY 3
3/7.50

OR \$3.25 EA.

MINUTE OR TILDA RICE
 SELECTED VARIETIES
 250 G
 20695681_EA

\$11

RAO'S PASTA SAUCE
 SELECTED VARIETIES
 660 ML
 2008654002_EA
 2008654004_EA

4.50

CLOVER LEAF TUNA SALAD
 SELECTED VARIETIES
 160 G
 21587767_EA

1.75

CLARK BAKED BEANS
 SELECTED VARIETIES
 398 ML
 21235336_EA
 21666180_EA

2.50

PURITAN STEWS
 SELECTED VARIETIES
 410 ML
 2006328700_EA
 2006328702_EA

Oliveri

MIX & MATCH

2 FOR \$12 OR \$6.79 EA.

Skillet Gnocchi selected varieties
 280 - 350 g | 21022065_EA

OR

Fresh Pasta selected varieties
 250 - 350 g | 20915704_EA/20915838_EA

OR

Fresh Sauce selected varieties | 300 mL | 20114410_EA

VISIT WWW.OLIVIERI.CA FOR GREAT RECIPE INSPIRATIONS

Laundry Essentials

\$6

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
 21579827_EA/21553085_EA

TACKLE HOLI COLOUR STAINS WITH Gain

\$9

Gain Detergent 61 LD, Ivory Snow Detergent 32 LD, PODS/Flings 18/31's, Liquid Softener 83/120 LD, Sheets 120/200's, Beads 303/368/379 g, Downy Rinse 54 LD Selected Varieties
 21593783_EA/21549743_EA

\$17

Downy Liquid Softener 138/190 LD, Rinse 90 LD Selected Varieties
 21701409_EA
 21701470_EA

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*/**Conditions apply, \$30 minimum order. Regular price \$99.99/year after your first year.