

weekly deals

2⁵⁰

APP EXCLUSIVE OFFER*

GET **2,000** ^{PTS} when you buy 3 **\$2** back in points

PC® KETTLE COOKED 200 G,
LOADS OF FLAVOUR
200 G OR **WORLD OF FLAVOUR POTATO CHIPS** 200 G,
TORTILLA CHIPS 320-350 G OR
POPCORN 220/250 G
SELECTED VARIETIES
CROUSTILLES CUITES À LA MARMITE, PLEINE DE^{MC} OU SAVEURS DU MONDE, CROUSTILLES DE TORTILLA OU MAÏS SOUFFLÉ PC^{MD}

20302765_EA
21422931_EA



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

\$15

APP EXCLUSIVE OFFER*

GET **4,000** ^{PTS} when you buy 2 **\$4** back in points

PC® WINGS
SELECTED VARIETIES
FROZEN
800-907 G
AILES PC^{MD}

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** ^{PTS} when you buy 2 **\$3** back in points

3⁵⁰

PC® OR BLUE MENU® ENTRÉES
SELECTED VARIETIES
FROZEN
212-365 G
PLATS CUISINÉS PC^{MD} OU MENU BLEU^{MC}

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
PIZZA GIUSEPPE OU PIZZA CUITE AU FEU DE BOIS PC^{MD}

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
CRÈME GLACÉE STYLE CRÈMERIE BREYERS OU FRIANDISES GLACÉES POPSICLE OU FRUITS SURGELÉS PC^{MD}

20312227_EA
21651169_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

\$4

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

PREPARED IN CANADA

\$8

OLIVIERI FAMILY PACK PASTA
SELECTED VARIETIES
500-700 G

SAUCE EN EMBALLAGE FAMILIAL OLIVIERI
20311594_EA
21021889_EA

PREPARED IN CANADA

\$6

KRAFT PEANUT BUTTER
SELECTED VARIETIES
750 G-1 KG

BEURRE D'ARACHIDE KRAFT
20039581001_EA
20311582003_EA

PREPARED IN CANADA

\$5.50

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

GENERAL MILLS CEREAL
FAMILY SIZE
SELECTED VARIETIES
455-778 G

CÉRÉALES GENERAL MILLS
21103495_EA
21667577_EA

PROTEIN
15g PROTEIN WITH MILK
HIGH SOURCE OF FIBRE
455g CEREAL

Honey Nut Cheerios
MADE WITH REAL HONEY
1kg

\$8.99

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

PREPARED IN CANADA

PROUDLY CANADIAN OWNED & OPERATED

Independent™
Your Independent Grocer

5.44
LB

MEDIUM GROUND BEEF
FAMILY SIZE
11.99/KG
BŒUF HACHÉ MI-MAIGRE
20865673_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
20162170_KG



SAVE 54%

2.50
LB

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



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
5.49/KG
TRÈS GROS RAISINS VERTS OU ROUGES SANS PÉPINS PC®
20425775001_KG
20159199001_KG



EXTRA LARGE

SAVE UP TO 41%

\$10
LB/EA.

FRESH STEELHEAD TROUT FILLETS
\$10 LB 22.05/KG OR
PC® BLACK TIGER SHRIMP
\$10 EA. RAW, ZIPPERBACK®
16-20 PER LB FROZEN 400 G
FILETS DE TRUITE STEELHEAD FRAÎCHE OU CREVETTES TIGRÉES NOIRES PC®
21025083_KG
20801192_EA



SAVE UP TO \$2

\$5

FARMER'S MARKET™ EMPIRE OR SPARTAN APPLES
PRODUCT OF ONTARIO, CANADA FANCY GRADE
4 LB
POMMES EMPIRE OU SPARTAN
DÉLICIES DU MARCHÉ
20281372001_EA
20630648001_EA



\$6

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



\$6

APP EXCLUSIVE OFFER
GET 1,500[®] back in points

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



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

\$4



PC® ORANGE JUICE, TEA OR LEMONADE
1.54 L OR **iôgo nano**
DRINKS 6X93 ML
SELECTED VARIETIES
JUS D'ORANGE, THÉ OU LIMONADE PC® OU BOISSONS NANO iôgo
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
BARRES DE FROMAGE OU FROMAGE RÂPÉ
CRACKER BARREL OU COLLATIONS AU FROMAGE BLACK DIAMOND
20763661_EA
21290384_EA



SAVE 39%



\$12

ROBIN HOOD OR FIVE ROSES FLOUR
SELECTED VARIETIES
10 KG
FARINE ROBIN HOOD OU FIVE ROSES
20134743_EA
20251651_EA



\$13

817 ELEPHANT PURE BASMATI RICE
4 KG
RIZ BASMATI PURE 817 ELEPHANT BRAND
20787524_EA



13.99



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



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

3⁵⁰

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



39⁹⁹

APP EXCLUSIVE OFFER
GET 10,000^{pts} back in points



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

\$13

CLIF BAR ENERGY BARS
SELECTED VARIETIES
10X68 G

BARRES D'ÉNERGIE CLIF BAR
21664705_EA
21664748_EA



SAVE UP TO \$1²⁵

3⁵⁰

NEILSON CREAM
SELECTED VARIETIES
5%, 10%, 18% OR 35%
473 ML/7L

CRÈME NEILSON
20123609_EA
20774431_EA



6⁵⁰

SIGGI'S YOGURT TUB 650-750 G OR
IOGO CREAMY YOGURT 16X100 G
SELECTED VARIETIES

CONTENANT DE YOGOURT SIGGI'S OU YOGOURT CRÈMEUX IOGO
20609583001_EA
213538925EA_C



5⁹⁹

HELLMANN'S MAYONNAISE
SELECTED VARIETIES
710-890 ML

MAYONNAISE HELLMANN'S
20618579001_EA
20627339002_EA



2⁵⁰

AYLMER TOMATOES OR ACCENTS
SELECTED VARIETIES
540/796 ML

TOMATES AYLMER OU ACCENTS
21206804_EA
21207567_EA



\$7

BECEL MARGARINE
SELECTED VARIETIES
637/850 G

MARGARINE BECEL
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 DESSERT SURGELÉ HALO TOP OU BEN & JERRY'S OU BARRES MAGNUM
21087007_EA
21428403_EA



5⁵⁰

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

CÉRÉALES FORMAT FAMILIAL KELLOGG'S
20054727_EA
21504064_EA



SAVE \$2⁹⁹

\$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



3⁵⁰

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 JERKY DE PORC, BOUCHÉES DE POULET OU PÉPITES OU JERKY DE DINDE JACK LINK'S
20057990001_EA
20501983002_EA



\$10

DAIYA FROZEN PIZZA AND FLATBREADS
SELECTED VARIETIES
331-500 G

PIZZA OU PAINS PLATS SURGELÉS DAIYA
21538958_EA
20923827_EA



SAVE 98^c WHEN YOU BUY 2

2/\$7

OR \$3.99 EA.

PC[®] NATURAL SPRING WATER 24X500 ML
EAU DE SOURCE NATURELLE PC^{MD}
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

CAPSULES DE DÉTERGENT POUR LAVE-VAISSELLE FINISH OU CASCADE, DÉTERGENT À LESSIVE GAIN, PODS OU FLINGS, ASSOULISSANT TEXTILE DOWNY, FEUILLES BOUNCE OU PERLES DOWNY OU GAIN
20965291_EA
20666832001_EA



90^c

FRISKIES 156 G OR FANCY FEAST 85 G CAT FOOD
SELECTED VARIETIES

NOURRITURE POUR CHAT FANCY FEAST OU FRISKIES
2030296001_EA
20316703_EA



PRICE DROP†

More ways to save

2⁵⁰

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

CRAQUELINS CROÛTES 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



5⁵⁰

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

DÉTERGENT PUREX À LESSIVE PUREX OU SUNLIGHT
20856516005_EA
21427029_EA



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

Please call Customer Relations 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. **Purchase limits:** We reserve the right to limit quantities to reasonable family requirements. **PC Optimum™ Members Only:** Offers are available to valid PC Optimum™ program members. Membership is free to register, see in-store or visit pcoptimum.ca. Points are not guaranteed in case of errors or misprints. No cash value. See yourindependentgrocer.ca for full program details including redemption restrictions. Minimum redemption is 10,000 points. These offers cannot be combined with any other coupons, discounts, or promotions. No adjustments on previous purchases. We may modify or cancel offers without notice. Product availability may vary by store. While supplies last. **Points Offers:** Receive the specified points when you spend the qualifying amount on the listed products/categories before taxes, after discounts and redemptions, in a single transaction. Taxes apply on purchase amount after discounts. PC Optimum™ pricing is not valid in price match programs for participating Loblaws Inc. banner stores. **Outdoor/Seasonal Items:** Outdoor seasonal items (e.g., lawn and garden) may only be available at select stores. Please check your local store for pricing, limits, and availability. **PRICE DROP Offer:** Valid in-store at participating locations from February 26 - March 18, 2026 before taxes and while quantities last. Applies only to select products. Offer may be modified or cancelled without notice. See in-store for full details.



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 

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



4⁵⁰

FARMER'S MARKET™ GRAPE TOMATOES
PRODUCT OF CANADA, MEXICO OR U.S.A.
283 G
TOMATES RAISINS DÉLICÉS DU MARCHÉ^{PC}
21367888001_EA



\$5

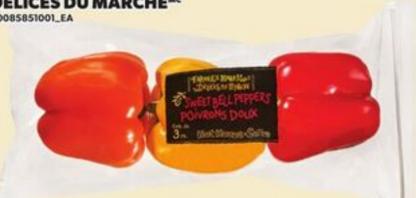
STRAWBERRIES^{1LB}
NO. 1 GRADE OR
RASPBERRIES^{HALF PINT}
PRODUCT OF MEXICO OR U.S.A.
FRAISES OU FRAMBOISES
20049778001_EA
20128938001_EA



1 LB

6⁵⁰

FARMER'S MARKET™ GREENHOUSE PEPPERS
PRODUCT OF MEXICO
3'S
POIVRONS DE SERRE DÉLICÉS DU MARCHÉ^{PC}
20085851001_EA



\$1

KIWI
PRODUCT OF GREECE
EACH
KIWI
20130242001_EA



SAVE \$1

\$4

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



4⁵⁰ 

PC® RED OR RUSSET POTATOES
PRODUCT OF CANADA, CANADA NO. 1 GRADE
5 LB BAG
POMMES DE TERRE ROUGES OU RUSSET PC^{MD}
20660999001_EA
20616206001_EA



5 LB

2⁷⁵

BROCCOLI CROWNS
PRODUCT OF MEXICO OR U.S.A.
EACH
COURONNES DE BROCOLI
21121560001_EA



\$7

CORED PINEAPPLE
PREPARED IN-STORE
EACH
ANANAS ÉVIDÉ
20503143_EA



\$10

FARM TO TABLE BOUQUET
EACH
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



\$12  **feeling protein power-fuel**

PC® CHICKEN DRUMSTICKS 8'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
21588067_EA



PREPARED IN-STORE

\$14 

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



\$10 

PC® HORS D'ŒUVRE COLLECTION
SELECTED VARIETIES, FROZEN
225-500 G
COLLECTION DE HORS-D'ŒUVRE PC^{MD}
21116020_EA
21538572_EA



\$5

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



find your catch in seafood

3⁵⁰

SEAQUEST® CRAB OR LOBSTER FLAVOURED POLLOCK FLAKES OR CHUNKS
SELECTED VARIETIES
READY-TO-EAT
227 G
FLOCONS OU MORCEAUX DE GOBERGE À SAUVEUR DE CRABE OU HOMARD SEAQUEST®
20669832_EA
20749901_EA



\$11

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



11⁵⁰

PC® SMOKED SALMON
SELECTED VARIETIES, FROZEN
125/150 G
SAUMON FUMÉ PC^{MD}
20055009_EA
20108286_EA



bakery deals rising daily

\$6



FARMER'S MARKET™
LOAF CAKES
 WHOLE OR SLICED OR
SIMPLE JOY SLICED
LOAF CAKES
 SELECTED VARIETIES
 344-400 G
GÂTEAU QUATRE-
QUARTS DÉLICÉS DU
MARCHÉ™ OU GÂTEAUX
QUATRE-QUARTS
FRANÇAIS SIMPLE JOY
 21488954_EA

\$3

BAKED IN-STORE

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



3⁵⁰

BAKED IN-STORE

ACE BAGUETTE
 SELECTED VARIETIES
 325-400 G
BAGUETTE ACE
 2017171_EA
 21314348_EA



\$5

GET 1,000[®] back in points

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



BAKED IN-STORE

\$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 CUIITES EN MAGASIN
 21476309_EA
 21467583_EA



4⁵⁰

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



3⁵⁰

PREPARED IN CANADA

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



\$6

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



SAVE \$1⁴⁹

\$7

PREPARED IN CANADA

PC® DELI CHEESE SLICES
 SELECTED VARIETIES
 140-170 G
FRANÇES DE FROMAGE DE CHARCUTERIE PC® SUISSE
 20216643_EA
 20250947_EA



in the mood for deli-cious

\$9

PREPARED IN CANADA

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



SAVE 30%

PREPARED IN CANADA

2⁵⁰ /100 G

ZIGGY'S® SERVICE CASE HAM
 SERVICE CASE, SELECTED VARIETIES
JAMBON ZIGGY'S® DU COMPTOIR DE SERVICE
 20313480_KG



\$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



SAVE \$2 WHEN YOU BUY 2

PREPARED IN CANADA

2/\$10

OR \$6 EA.

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



SAVE 90¢ WHEN YOU BUY 2

PREPARED IN CANADA

2/4⁸⁸

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



\$9

PREPARED IN CANADA

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



\$16

9 PIECE CHICKEN STRIPS
 HOT OR CHILLED
 700 G
9 MORCEAUX DE LANIÈRES DE POULET
 20921871_EA
 20921197_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

\$3³³

LIMIT 6
AFTER LIMIT
\$2.50 EA.



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

\$1⁷⁵

LIMIT 6
AFTER LIMIT
\$6 EA.

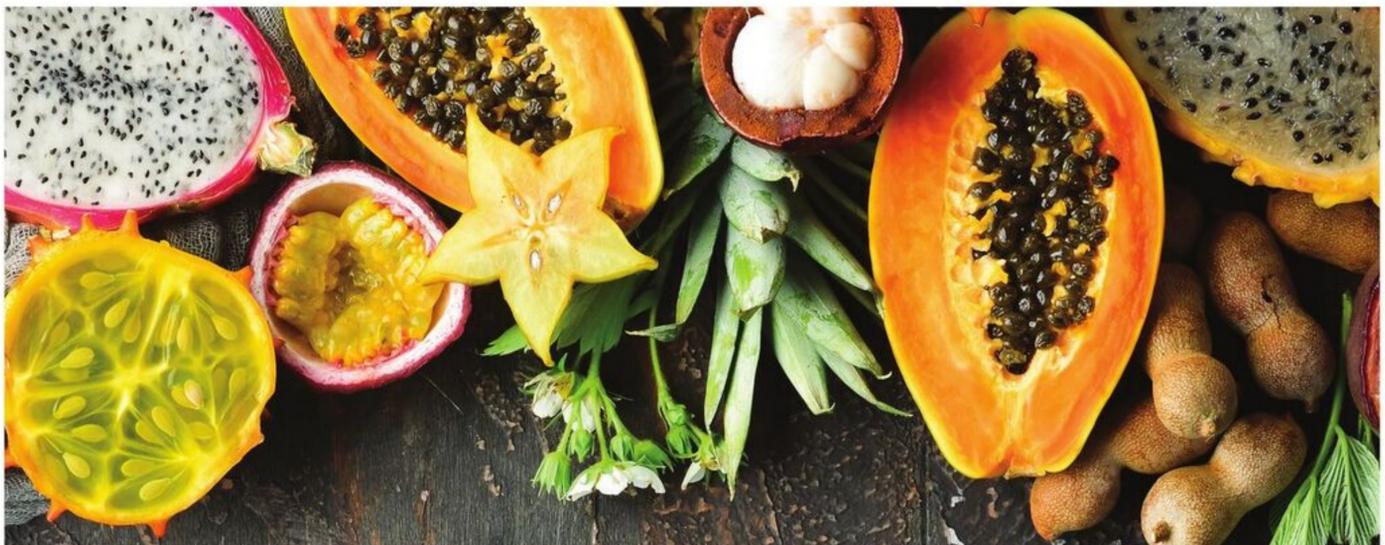


PC® DIPS OR HUMMUS
SELECTED VARIETIES
454 G
20583725_EA
20584098_EA

\$4⁷⁵

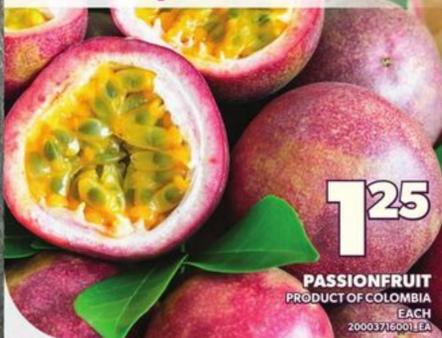
**LOWEST PRICES
BEST DEALS**

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



1²⁵

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



5⁵⁰

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
\$9

PC® BLACK FIGS
PRODUCT OF MEXICO
4.54 G
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



2²⁵

COCONUT
PRODUCT OF INDIA OR DOMINICAN REPUBLIC
EACH
20003716001_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



2⁵⁰

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



3⁵⁰

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!

Jackfruit



3⁵⁰
LB

JACKFRUIT SLICE
PRODUCT OF MEXICO
7.72/KG
21549854001_KG

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.

Yellow Guava



6⁵⁰
LB

YELLOW GUAVA
PRODUCT OF TAIWAN
14.33/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

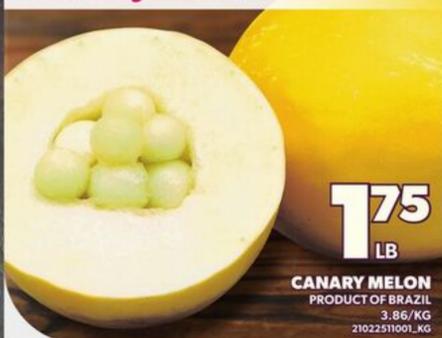


\$2
LB

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



1⁷⁵
LB

CANARY MELON
PRODUCT OF BRAZIL
3.86/KG
21022311001_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



\$12

SEEDLESS WATERMELON
PRODUCT OF GUATEMALA, HONDURAS,
COSTA RICA, MEXICO OR BRAZIL
EACH
20067326001_EA

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

Mangosteen



6⁵⁰

MANGOSTEEN
PRODUCT OF COLOMBIA
3.75
21157321001_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



\$4

YELLOW DRAGONFRUIT
PRODUCT OF COLOMBIA OR ECUADOR
EACH
20623931001_EA

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

Granadilla



2⁵⁰

GRANADILLA
PRODUCT OF COLOMBIA
EACH
20067326001_EA

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

Large Dragonfruit



\$4

LARGE DRAGONFRUIT
PRODUCT OF VIETNAM
EACH
20168995001_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.

Plantain



\$2
LB

PLANTAIN
PRODUCT OF MEXICO
4.41/KG
20817966001_KG

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

Quince



\$3

QUINCE
PRODUCT OF TURKEY
EACH
20047121001_EA

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

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

MIXED LITTLE GEMS ASSORTIES

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

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

DUBLINER

6.50

BAKED IN-STORE

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

\$5

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

\$5

TWO BITE MINI CUPCAKES
12'S
21619376_EA

March break made simple

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 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 KP

OR \$1.99 EA.

KRAFT DINNER ORIGINAL
200 G
21549526_EA

NEW LOOK
KRAFT ORIGINAL

\$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

ONION RINGS
RONDELLES D'IGNON

cheers & chill

beers, ciders & ready to drink



14³⁹

MOTT'S CLAMATO CAESAR
6X341 ML CANS
20587596_C06



11⁷⁹

GUINNESS DRAUGHT STOUT
4X440 ML CANS
20035374_C04



28⁴⁹

MOLSON CANADIAN BEER
12X473 ML CANS
21626675_C12



20²⁹

STRONGBOW CIDER
8X440 ML CANS
20125679_C08



16⁷⁹

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



14⁹⁹

MOOSEHEAD LAGER
6X473 ML CANS
20955220_C06



24⁹⁹

COORS SELTZER SLUSHIE FLAVOURS
12X355 ML CANS
21536951_C12



14⁹⁹

BUDWEISER, BUD LIGHT OR COORS LIGHT
6X473 ML CANS
20944739_C06
20946471_C06
20955228_C06



Only at the following Your Independent Grocer locations (unless otherwise stated) : 455 McNeely Ave., Carleton Place, 4764-17 Regional Rd. 15, Chelmsford, 62 Thames Rd. E., Exeter, 5200 Hwy #69 N., Hanmer, 1521 Hwy #11 W., Hearst, 131 Howland Dr., Huntsville, 273 King St. W., Ingersoll, 55 Brunetville Rd., Kapuskasing, Kemptville Mall Hwy #43 W., Kemptville, 15 McChesney Ave., Kirkland Lake, 200 Grant Carman, Nepean, 55 Scott St., New Liskeard, 1 Laurentian Ave., North Bay, 685 River Rd., Ottawa, 1900 Dixie Rd., Pickering, 1244 Goderich St., Port Elgin, 1893 Scugog St., Port Perry, 44 Great Northern Rd., Sault Ste. Marie, 1251 Main St., Stittsville, 1836 Regent St. S., Sudbury and 654 Algonquin Blvd. E., Timmins.

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 yourindependentgrocer.ca for store hours.

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

your one-stop grocery shop

1²⁵

UNICO TOMATO PASTE
SELECTED VARIETIES
156 ML
20005627_EA



7⁵⁰

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



4⁵⁰

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



\$5

THE KEG SALAD DRESSING
SELECTED VARIETIES
475 ML
21670482_EA



\$16

FILIPPO BERIO OLIVE OIL
SELECTED VARIETIES
750 ML
21193228_EA
21193747_EA



SAVE 87¢
WHEN YOU BUY 3

3/\$3

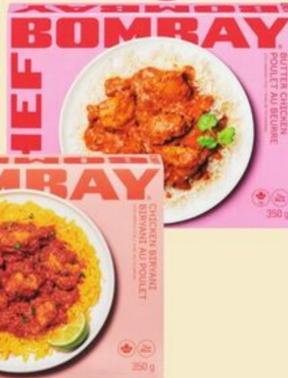
OR \$1.29 EA.
NO NAME® SOUP CUPS
SELECTED VARIETIES
65 G
20301246001_EA
20301246002_EA



\$6

GET 1,000^{pts} 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

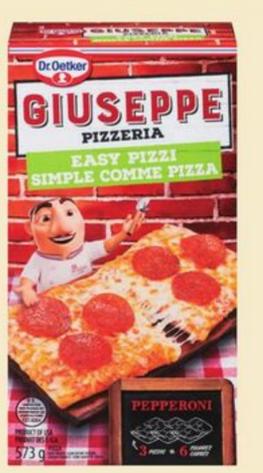
3/7.98

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



3⁵⁰

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



\$6

SCHNEIDERS BREAKFAST SANDWICHES 232 G OR **EGG BITES** 224 G
SELECTED VARIETIES, FROZEN
21623187_EA
21623289_EA



\$6

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



2⁷⁹

OASIS 100% JUICE BLENDS, DEL MONTE NECTAR, HYDRAFRUIT, ARIZONA TEA 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



5⁵⁰

HÄAGEN-DAZ 414-450 ML OR BARS 3/4'S OR NESTLÉ DRUMSTICK 4'S
SELECTED VARIETIES, FROZEN
215135789EA



5⁵⁰

CADBURY MINI EGGS
148-154 G
20047651EA
20161664001_EA



2/\$3

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



\$17

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



\$10

ROYALE BATHROOM TISSUE 12 DOUBLE ROLLS, **TIGER TOWELS PAPER** 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™
14⁹⁹

Members save \$3

Non-members
17⁹⁹

WHISKAS CAT FOOD
SELECTED VARIETIES
12'S
20548822_EA



بlessed رمضان مبارك

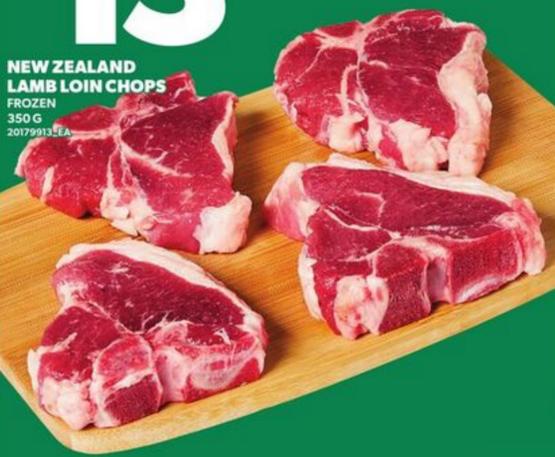
Blessed Ramadan

Savour meals worth sharing and more value than ever



\$13

NEW ZEALAND LAMB LOIN CHOPS
FROZEN
350 G
20179913_EA



APP EXCLUSIVE OFFER

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

GET **5,000** pts

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

\$5 back in points



HALAL

\$10 LB

ASCITLAPIA FILLETS
FRESH
22.05/KG
20897812_KG



SAVE **\$2.99** LB

11.50 LB

BONELESS STEWING BEEF
FAMILY SIZE CUT FROM CANADA AA OR USDA SELECT GRADE BEEF
25.35/KG
20797672_KG



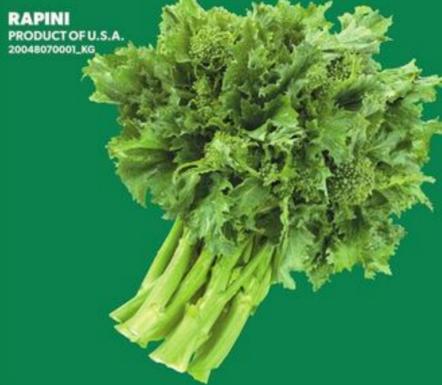
4.48

FARMER'S MARKET™ RED ONIONS
PRODUCT OF CANADA OR U.S.A.
NO. 1 GRADE
3 LB BAG
2081162001_EA



3.50

RAPINI
PRODUCT OF U.S.A.
20048070001_KG



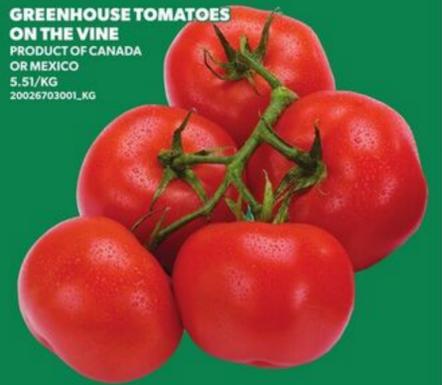
1.50

CILANTRO, PRODUCT OF MEXICO, U.S.A. OR MINT BUNCH
PRODUCT OF MEXICO
20091825001_EA
20139326001_EA



2.50 LB

GREENHOUSE TOMATOES ON THE VINE
PRODUCT OF CANADA OR MEXICO
5.51/KG
20026703001_KG



\$9

KEBAB FACTORY TANDOORI CHICKEN BURGERS
FROZEN
678 G
21690487_EA



\$15

KRITI GOLD EXTRA VIRGIN OLIVE OIL
750 ML
20572876_EA



\$13

HALAL BBQ SEASONED ROTISSERIE CHICKEN
FULLY COOKED
1 KG
20974684_EA



2.50

PUCK THICKENED CREAMY PRODUCT
SELECTED VARIETIES
160 G
21449248_EA



3.50

ZINDA COUSCOUS
SELECTED VARIETIES
907 G
20013708_EA
20822580_EA



2.75

RUBICON JUICES
SELECTED VARIETIES
1 L
20029236001_EA
20296770001_EA



\$6

FARMER'S MARKET™ DRIED FRUIT
220-400 G
21519965_EA
21519973_EA



\$5

TAMAM TAHINI SMALL 454 G OR SLICED PICKLE TURNIPS 1 KG
21217262_EA
21237887_EA



1.75

HALDIRAM'S SNACKS
SELECTED VARIETIES
90/150 G
20309977_EA
20314667007_EA



ITEMS AVAILABLE AT THE FOLLOWING YOUR INDEPENDENT GROCER LOCATIONS:

PALMERI'S YIG 290 FIRST STREET NORTH, GRAVENHURST, TREMBLETT'S YIG 273 KING STREET WEST INGERSOLL, DAVIS' YIG 20 JOCELYN ROAD PORT HOPE, CHRIS'S YIG 82 LORNE STREET SUDBURY, BRIERLEY'S YIG 671 RIVER ROAD OTTAWA, EMBRUN YIG 753 NOTRE DAME STREET EMBRUN, MASSINE'S YIG 296 BANK ST. OTTAWA, LAURA'S YIG 1910 ST LAURENT BLVD OTTAWA, MORELLO'S YIG 400 LANSDOWNE STREET EAST PETERBOROUGH, JOHNSON'S YIG 654 ALGONQUIN BLVD EAST TIMMINS, BULLOCK'S 131 HOWLAND DRIVE HUNTSVILLE, BROWNS YIG 1251 MAIN STREET STITTSVILLE, MESSIER'S YIG 1836 REGENT STREET SOUTH SUDBURY, KATHY & MARK'S YIG 15 MCCHESEY AVENUE KIRKLAND LAKE

live well, spend less

5⁵⁰ **LIMIT 6**
AFTER LIMIT 7.49 EA.

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



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

SOFTSOAP LIQUID HAND SOAP REFILL
SELECTED VARIETIES
1.47 L
21715457_EA



SAVE UP TO 25%

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



5⁵⁰ **LIMIT 6**
AFTER LIMIT 6.99 EA.

SENSODYNE OR PRONAMEL TOOTHPASTE 75-100 ML, **POLIDENT DENTURE TABLETS** 36'S-40'S, **POLIGRIP DENTURE ADHESIVE** 40 G,
SELECTED VARIETIES
20301179001_EA/20756075_EA



7⁵⁰ **LIMIT 6**
AFTER LIMIT 8.99 EA.

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



3⁵⁰ **LIMIT 6**
AFTER LIMIT 4.49 EA.

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



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

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



7⁵⁰ **LIMIT 6**
AFTER LIMIT 8.99 EA.

OLD SPICE 73-144 G, **SECRET** 68-116 G OR **GILLETTE** 122 G **DEODORANT**
SELECTED VARIETIES
20757237001_EA/21426451_EA



FROM 5⁹⁹

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



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

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



8⁵⁰ **LIMIT 4**
AFTER LIMIT 8.99 EA.

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

GET 1,000 GET \$1
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
20432231001_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 Géliés
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

12⁵⁰

LIMIT 4 AFTER LIMIT 15.49 EA.

PURE PROTEIN BARS
SELECTED VARIETIES AND SIZES
20539046_EA
20856450_EA

PURE PROTEIN

CHOCOLATE DELUXE
CHOCOLAT DE LUXE

21g PROTEIN

3g FIBRE

180 CALORIES

CHOCOLATE SALTÉD CARAMEL
CHOCOLAT ET CARAMEL SALE

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

12⁵⁰

LIMIT 4 AFTER LIMIT 15.99 EA.

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

Premier Protein

Chocolate-Chocolat

30g PROTEIN

160 CALORIES

1g FAT

23g CARBS

Vanilla-Vanille

30g PROTEIN

160 CALORIES

1g FAT

23g CARBS

8⁵⁰

LIMIT 4 AFTER LIMIT 9.99 EA.

CAREFREE PADS 28'S, LINERS 92-120'S, O.B. TAMPONS 40'S OR PLAYTEX TAMPONS 32-36'S
SELECTED VARIETIES AND SIZES
20796733_EA/21095818_EA

ob.

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

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-GUARD PROTECTION

4000+ ABSORBENT CAPACITY

45% LADDER™
POUR LA PROTECTION

36 PADS • SERVIETTES

TAMPAX PEARL
S+ SUPER PLUS

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
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 / Baies et grenade

Banana Berry / Banane et baies

Express Online grocery pickup & delivery

GET 18,000⁰⁰ back in points

when you spend \$60⁰⁰ or more on

\$18

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

Pampers pull-Ups

\$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

120 COUCHES

2/\$18

OR \$10.49 EA.

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

PediaSure Complete

Vanilla-Vanille

CHOCOLATE-CHOCOLAT

65⁴⁷

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

Enfamil A+ NEURO PRO

Enfamil A+ GENTLEASE

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/2060967001_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 20609583001_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 2016522601001_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 21681688_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.

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

\$6

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

\$6

SMARTIES® ICON Easter Egg Hunt 140 g
21555836_EA

\$11

NESTLÉ® Assorted Hide Me Eggs 300 g
12603665_EA

Trademarks are owned by Société des Produits Nestlé S.A., Vevey, Switzerland and used under licence. © 2026 Nestlé. Mieux manger. Mieux vivre.

SAVE ON All Your Favourite Household Brands

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

\$22 Tide Detergent 100/94/83 LD, Ivory Snow Detergent 80 LD, PODS/Flings 45/57/76's, Downy/Gain Beads 853 g, Selected Varieties 21670912_EA/21625891_EA

\$11 Dawn 2.21/2.64 L, Mr. Clean Liquid 2.93 L, Swiffer Duster Refills 6/10's, Sweeper 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 Tubs 63/83/112's, Selected Varieties 21658905_EA/21658857_EA

\$5 Dawn Liquid 825/982 mL, Dawn EZ Squeeze 532/535/650 mL, Dawn Powerwash Refill 473 mL, Selected Varieties 21218859_EA/21430556_EA

\$18 Charmin Ultra Soft or Strong bathroom tissue 12-48 rolls 21707532_EA/21636641_EA

\$18 Bounty Paper Towel 6-12 Select a Size 21670280_EA

\$11 Bounty Napkins 400's 21053171_EA

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

© 2026 P&G



Mobile that doesn't break the bank.

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

