

crush fresh cravings

\$6

APP EXCLUSIVE OFFER*

PC Optimum

GET

1,500^{pts}

\$150

back
in points

JUMBO BLUEBERRIES

PRODUCT OF MEXICO,
PERU OR MOROCCO

9.8 OZ

21358868001_EA



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

\$6

APP EXCLUSIVE OFFER*

PC Optimum

GET

1,500^{pts}

\$150

back
in points

**PC® SWEET KAROLINE
BLACKBERRIES**

PRODUCT OF MEXICO

PINT

21378078001_EA



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

SAVE
99¢

\$6

PC® MANDARIN

PRODUCT OF U.S.A.

3 LB

20864961001_EA



9⁹⁸

RED MANGO CASE

PRODUCT OF PERU

CASE

21047849_EA



\$5



**FARMER'S MARKET™
RED OR RUSSET
POTATOES**

PRODUCT OF CANADA,
CANADA NO. 1 GRADE

10 LB BAG

20601013001_EA

20601020001_EA



add value to your morning

5⁵⁰

Optimum
GET
1,000^{pts}

\$1
back
in points

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



\$8

APP EXCLUSIVE OFFER*

Optimum
GET
2,000^{pts}

\$2
back
in points

BUTTER CROISSANTS
12'S
21683000_EA



**BAKED
IN-STORE**

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

3⁵⁰



**D'ITALIANO BREAD,
BUNS OR GUSTO BAGELS**
SELECTED VARIETIES AND SIZES
21567005_EA
21577054_EA
20673736_EA



**SAVE
75¢**



\$4

**PHILADELPHIA
CREAM CHEESE
OR DIPS**
SELECTED VARIETIES
227/250 G
20641267_EA
20866816002_EA



**SAVE
UP TO \$2²⁹**



6⁵⁰

**SIGGI'S YOGURT
TUB 650-750 G OR
YOPLAIT SOURCE
CREAMY YOGURT
16X100 G**
SELECTED VARIETIES
20317317001_EA
21353892_EA



\$12

**BOOST OR ENSURE
READY TO DRINK
SHAKES**
SELECTED VARIETIES
AND SIZES
20986348_EA
20308731001_EA



**LIMIT 4
AFTER LIMIT
14.99 EA.**

**PROUDLY CANADIAN
OWNED & OPERATED**



Independent™
Your Independent Grocer

3⁴⁹
LB

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

SAVE 46%
7⁹⁹
LB

INSIDE ROUND STEAK
FAMILY SIZE OR **ROAST**
CUT FROM CANADA AAA OR USDA
SELECT GRADE BEEF OR HIGHER
17.61/KG
20012701_KG

8⁹⁹

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

\$12 LB

**FRESH COHO
SALMON FILLETS**
26.46/KG
FRESH SEAFOOD ITEMS
SUBJECT TO AVAILABILITY
21649464_KG

\$2

**OASIS 100%
JUICE BLENDS,
DEL MONTE
NECTAR,
HYDRAFRUIT,
ARIZONA TEA**
SELECTED VARIETIES
960 ML
20336722005_EA
20094117004_EA



\$3

**CAVENDISH FRIES
OR SPECIALTY
POTATOES 400-750 G
OR PC® VEGETABLES**
300-750 G
SELECTED VARIETIES
FROZEN
20318915_EA
21685114_EA



\$1

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



**SAVE
33%**

2⁵⁰

**PREGO
PASTA SAUCE**
SELECTED VARIETIES
645 ML
21325820001_EA
21340384_EA



**SAVE
UP TO \$2**

\$5

GIUSEPPE PIZZA
SELECTED VARIETIES
FROZEN
439-785 G
21106361_EA
20904584_EA



\$10

**TERRA OLIVE OIL 1 L
OR NONNA PIA'S
BALSAMIC GLAZE**
250 ML
20839367_EA
20729461_EA



\$20

PC® GROUND COFFEE
SELECTED VARIETIES
800-930 G
21393374_EA
21393573_EA



\$11

TIDE DETERGENT
1.62-1.86 L, 18-31'S,
**DOWNY, GAIN FABRIC
SOFTENER** 1.66-2.63 L,
**DOWNY, GAIN, IVORY
SNOW BEADS** 303-379 G
OR **DAWN LIQUID**
2.21-2.64 L
SELECTED VARIETIES
21593629_EA
21593732_EA



**SAVE
UP TO 42%**

13⁹⁹

**ROYALE
BATHROOM TISSUE**
30=60 ROLLS OR **TIGER
TOWEL** 6=12 ROLLS OR
FACIAL TISSUE 12'S
SELECTED VARIETIES
20705292_EA
21378233_EA
21484732_EA



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



Optimum™

from Thursday February 26th to Saturday, February 28th

Your points are worth more.

**Bonus
Redemption
Event**

Redeem
70,000 (pts)
and get
\$80 off*
your purchase of
\$80 or more

OR

Redeem
150,000 (pts)
and get
\$175 off*
your purchase of
\$175 or more

OR

Redeem
250,000 (pts)
and get
\$300 off*
your purchase of
\$300 or more

OR

That's an extra
\$10
value!

Limited time offer, subject to change or cancellation. Redemptions at points level available while offer lasts as specified above in a single transaction. In cases of insufficient spend amount causing customers not being able to optimize the offer, the system will automatically suggest/default to a lower redemption threshold, so that customer can always redeem the least amount of available points and achieve the maximum value of offer available. Customer can however choose to redeem a higher amount of points and forfeit portion of the value available if desired as per the PC Optimum™ Program Terms and Conditions. In no event will customers receive extra points in lieu of the forfeited value as part of this offer. Redemptions must be in increments of 10,000 points up to a maximum of 500,000 PC Optimum™ points in one transaction. Applicable fees and taxes payable on full purchase price before application of redemption value. Not redeemable for cash or credit. Exclusions apply. Visit pc optimum.ca/company-policy/terms-and-conditions for further details.

Flyer prices effective from Thursday, February 26th to Wednesday, March 4th, 2026. **SEE BACK PAGE FOR DETAILS.**

WB WW WY 1

\$5

PC® THE DECADENT®
COOKIES
SELECTED VARIETIES
280/300 G
20612251_EA
20612257_EA



\$6

BLACK DIAMOND
CHEESE BARS 400 G OR
SHREDS 300-320 G,
PC® SHREDS 250-320 G
SELECTED VARIETIES
21278845_EA
21279221_EA



4²⁵

ACTIVIA
YOGURT TUB 650 G OR
PC® ORANGE JUICE 1.54 L
SELECTED VARIETIES
20325132005_EA
21430531_EA



\$7

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



3⁵⁰

MADE GOOD BARS,
CRUNCHIE SQUARES,
GRANOLA, MORNINGS,
MINIS, RICE CRISPS OR
DRIZZLE BARS
SELECTED VARIETIES
120-150 G
20797052001_EA
21352121_EA



\$5

CHAPMAN'S
PREMIUM ICE CREAM
OR FROZEN DESSERT
OR SORBET 2 L OR
SUPER NOVELTIES
SELECTED VARIETIES
FROZEN
2011532_EA
20323573001_EA



6⁴⁴

NESCAFÉ OR TASTER'S CHOICE
INSTANT COFFEE 100-170 G OR
NESCAFÉ SWEET & CREAMY
SACHETS 16/18'S
SELECTED VARIETIES
20873036_EA
21363371_EA



\$10

PC® ENTRÉES
770 G-1.13 KG OR
PC® FISH 500-680 G
SELECTED VARIETIES,
FROZEN
20326534_EA
21637091_EA



\$4

DORITOS
FLAVOURED
TORTILLA CHIPS
OR MISS VICKIE'S
KETTLE COOKED
POTATO CHIPS
SELECTED VARIETIES
190-235 G
21240628_EA
21693042_EA



\$21

EQUIVALENT TO
88¢
PER BOTTLE

GATORADE
CLUB PACK OR
POWERADE
SPORTS DRINK
SELECTED VARIETIES
24X591 ML
20298835002_C24
20854130_C24



3/\$9

OR
\$3.75 EA.
NATURE VALLEY
BISCUIT, PROTEIN
BARS AND
SWEET & SALTY 6'S
148-210 G OR
FIBRE 1 BARS 125 G
SELECTED VARIETIES
20792751_EA
21213622_EA



SAVE
\$1.88
WHEN YOU BUY 2

2/5⁵⁰

OR
\$3.69 EA.

MAYNARDS CANDY
SELECTED VARIETIES
135-154 G
21545554_EA
21694186_EA



\$2

PC® LIQUID HAND
DISH DETERGENT
SELECTED VARIETIES
638/739 ML
21012490_EA
21013091_EA



\$2

NO NAME®
WHITE VINEGAR
4 L
20102756_EA



\$11

PC® NUTRITION
FIRST® DOG FOOD
SELECTED VARIETIES
2 KG
21304456_EA



PRICE
DROP†

More ways to save

2⁵⁰

GOLDFISH BAKED
SNACK CRACKERS
OR CRISPS
SELECTED VARIETIES
156-200 G
20300320_EA
20306954003_EA



1⁸⁵

ANNIE'S
MACARONI
AND CHEESE
SELECTED VARIETIES
149-170 G
20316187001_EA
20811201_EA



3⁵⁰

POPCORNS
SELECTED VARIETIES
142 G
21370205_EA
21370259_EA



5⁵⁰

PUREX
1.92-2.03 L OR
SUNLIGHT
1.84 L LAUNDRY
DETERGENT
SELECTED VARIETIES
20856516005_EA
21427029_EA



Independent
Your Independent Grocer

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

Please call Customer Relations at 1-800-296-2332 or visit our website at yourindependentgrocer.ca for your store's hours and to see which Your Independent Grocer® locations do not participate in this flyer. Quantities and/or selection of items may be limited and may not be available in all stores. No rainchecks or substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We are not obligated to sell items based on errors or misprints in typography or photography. **Pricing:** All references to "Save, Was, Now, Savings, etc." are in comparison to our own regular prices. Savings on items shown may vary by store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. Coupons must be presented and redeemed at time of purchase. **Trademarks:** ®/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. **Purchase limits:** We reserve the right to limit quantities to reasonable family requirements. **PC Optimum™ Members Only:** Offers are available to valid PC Optimum™ program members. Membership is free. To register, see in-store or visit pcoptimum.ca. Points are not guaranteed in case of errors or misprints. No cash value. See yourindependentgrocer.ca for full program details including redemption restrictions. Minimum redemption is 10,000 points. These offers cannot be combined with any other coupons, discounts, or promotions. No adjustments on previous purchases. We may modify or cancel offers without notice. Product availability may vary by store. While supplies last. **Points Offers:** Receive the specified points when you spend the qualifying amount on the listed products/categories before taxes, after discounts and redemptions, in a single transaction. Taxes apply on purchase amount after discounts. PC Optimum™ pricing is not valid in price match programs for participating Loblaws Inc. banner stores. **Outdoor/Seasonal Items:** Outdoor seasonal items (e.g., lawn and garden) may only be available at select stores. Please check your local store for pricing, limits, and availability. **†PRICE DROP Offer:** Valid in-store at participating locations from February 26 - March 18, 2026 before taxes and while quantities last. Applies only to select products. Offer may be modified or cancelled without notice. See in-store for full details.



WB WW WY BACK

FRESH PROMISE

freshness you can taste

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

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

2⁴⁹

PRODUCT OF CANADA

ENGLISH CUCUMBERS
PRODUCT OF WESTERN PROVINCES
EACH
20070132001_EA

\$5

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

3⁹⁹ **LB**

EXTRA LARGE

PC® EXTRA LARGE GREEN SEEDLESS GRAPES PRODUCT OF SOUTH AFRICA, NO. 1 GRADE OR
PC® EXTRA LARGE RED SEEDLESS GRAPES PRODUCT OF CHILE, NO. 1 GRADE
8.80/KG
20425775001_KG
20159199001_KG

2⁴⁹ **LB**

AMBROSIA OR ROYAL GALA APPLES PRODUCT OF WESTERN PROVINCES, CANADA FANCY GRADE OR
BARTLETT PEARS PRODUCT OF SOUTH AFRICA
5.49/KG
20083526001_KG
20172240001_KG

\$5

FARMER'S MARKET™ AVOCADO BAG
PRODUCT OF MEXICO
6'S
21644936001_EA

5⁵⁰

PINEAPPLE
PRODUCT OF COSTA RICA OR MEXICO
EACH
20160992001_EA

2⁴⁹ **LB**

AMBROSIA OR ROYAL GALA APPLES PRODUCT OF WESTERN PROVINCES, CANADA FANCY GRADE OR
BARTLETT PEARS PRODUCT OF SOUTH AFRICA
5.49/KG
20083526001_KG
20172240001_KG

\$3

FARMER'S MARKET™ CARROTS 2 LB BAG OR
YELLOW ONIONS 2/3 LB BAG
PRODUCT OF CANADA OR U.S.A., NO. 1 GRADE
20626628001_EA
20811994001_EA

\$8

FARMER'S MARKET™ LEMONS
PRODUCT OF U.S.A.
3 LB
2079881001_EA

\$18-20

FAMILY SIZE SALADS
PREPARED IN-STORE, SELECTED VARIETIES
665 G-1.173 KG
20972499_EA
20972512_EA

2/\$12

OR \$10 EA.

8 STEM TULIPS
ASSORTED COLOURS
21637907_EA

\$11

MINI ROSE
4 INCH
21663948_EA

\$15

MIXED BOUQUET
EACH
21210212_EA

8⁵⁰

GRASS FED EXTRA LEAN GROUND BEEF
450 G
21675592_EA

feeling protein power-fuel

\$7

HARVEST PORK SAUSAGE
SELECTED VARIETIES
375-500 G
21724040_EA
21724116_EA

\$7

BREADED PORK LOIN SCHNITZEL
300 G
21588065_EA

PREPARED IN-STORE

\$15

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

SAVE \$1

\$7

HARVEST PORK SAUSAGE
SELECTED VARIETIES
375-500 G
21724040_EA
21724116_EA

\$8

NO NAME® BACON
SELECTED VARIETIES
500 G
20156771_EA
20174909_EA

500 G

\$11

ST-HUBERT OR SWISS CHALET PIES
SELECTED VARIETIES
FROZEN
650/800 G
20719334_EA
21047194_EA

find your catch in seafood

\$9

HERON POINT WILD CAUGHT CRAB MEAT
READY-TO-EAT
170 G
21647384_EA
21647418_EA

\$11

PC® SMOKED SALMON
SELECTED VARIETIES
FROZEN
125/150 G
20055009_EA
20108286_EA

SAVE UP TO 99¢

\$7

SEAQUEST® BAY SCALLOPS UNCOOKED 100-150 PER LB, 400 G OR
WATERVIEW MARKET CRISPY CALAMARI UNCOOKED 300 G
FROZEN
21454797_EA
21558527_EA

bakery deals rising daily

Fresh baked protein bread

\$3

BAKED IN-STORE

FRENCH OR ITALIAN BREAD
SELECTED VARIETIES
383 G
20344715_EA
20788443_EA



4²⁵

BAKED IN-STORE

DINNER ROLLS
SELECTED VARIETIES
12'S
21392649_EA
21462403_EA



\$4

11g protein per 75 g serving

PROTEIN MULTIGRAIN BREAD
450 G
21721692_EA



NEW

\$9

PREPARED IN CANADA

FARMER'S MARKET™ COFFEE CAKES
SELECTED VARIETIES
750 G
21707345_EA
21707339_EA



6⁵⁰

PREPARED IN CANADA

SIMPLE JOY DONUTS
SELECTED VARIETIES
344-486 G
21649686_EA
21706988_EA



5⁵⁰

BAKED IN-STORE

MINI ASSORTED DANISH
SELECTED VARIETIES
8'S
21476309_EA



4⁵⁰

PC® LOAFLIGHT RYE OR LOAF MULTIGRAIN RYE BREAD
480 G
20682493_EA
20682498_EA



3⁵⁰

PREPARED IN CANADA

HOSTESS SNACK CAKES
SELECTED VARIETIES AND SIZES
21283746_EA
21283752_EA



7⁵⁰

PROMISE GLUTEN-FREE PITA, BREAD OR BUNS
SELECTED VARIETIES AND SIZES
21414753_EA
21689193_EA
21689729_EA



\$5

/100 G

APPLEWOOD SMOKED CHEDDAR
IN-STORE DELI CUT
20076601_KG



in the mood for deli-cious

Optimum

Members-Only Price™

\$5

Non-members \$7

ALEXIS DE PORTNEUF BRIE
SELECTED VARIETIES
125 G
20315135_EA
21617949_EA



Members save \$2



SAVE 49¢/100 G

PREPARED IN CANADA

3⁵⁰/100 G

CUDDY SERVICE CASE MONTREAL SMOKED TURKEY AND BUFFALO CHICKEN
20007029_KG



GET 2,000[®] for every '10' spent on

\$2 back in points

MARCANGELO ITALIAN DELI MEAT
SLICED OR CHUBS
SELECTED VARIETIES
85-300 G
21021491_EA
21706089_EA



\$4

PREPARED IN CANADA

FONTAINE SANTÉ HUMMUS 260/283 G OR PC® NAAN DIPPERS 200 G
SELECTED VARIETIES
21687301_EA
21092033_EA



\$5

PREPARED IN CANADA

GUSTA VEGGIE GROUNDS
SELECTED VARIETIES
340 G
21454302_EA



on the run, we got you

SAVE UP TO \$2

\$16

BENTO CALIFORNIA FAMILY PACK SUSHI
SELECTED VARIETIES
30 PCS, 645 G
21638655_EA



SAVE \$1

WHEN YOU BUY 2

2/\$9 OR \$5 EA.

PC® PASTA OR GNOCCHI
SELECTED VARIETIES
255-350 G
21681260_EA
21682075_EA



BUY ONE (1)

FRESHLY PREPARED IN-STORE MADE ROMANACCIA SANDWICHES
SELECTED VARIETIES, 225-385 G
21693981_EA

+ ONE (1)

PEPSICO DRINK
591 ML
20321598002_EA

FOR \$11



power bowls

\$8

up to 34 g of protein in each bowl

IN-STORE PREPARED BOWLS
SELECTED VARIETIES
350/400 G
21666110_EA/21666166_EA



MARCH Prices effective
Sunday March 1st, 2026

**HIT
OF THE
MONTH**



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



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



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

See in-store for retails.

**LOWEST PRICES
BEST DEALS**

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

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

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

tropical vibes sweet savings

Palmer Mango



\$6

PALMER MANGO
PRODUCT OF PERU
EACH
20025410001_EA

This mango has a subtle sweetness with fruity floral notes. It's firm yet fiberless flesh is perfect for adding distinct chunks to fresh salads, salsas & fruit platters!

Black Figs



1 LB

9⁹⁹

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

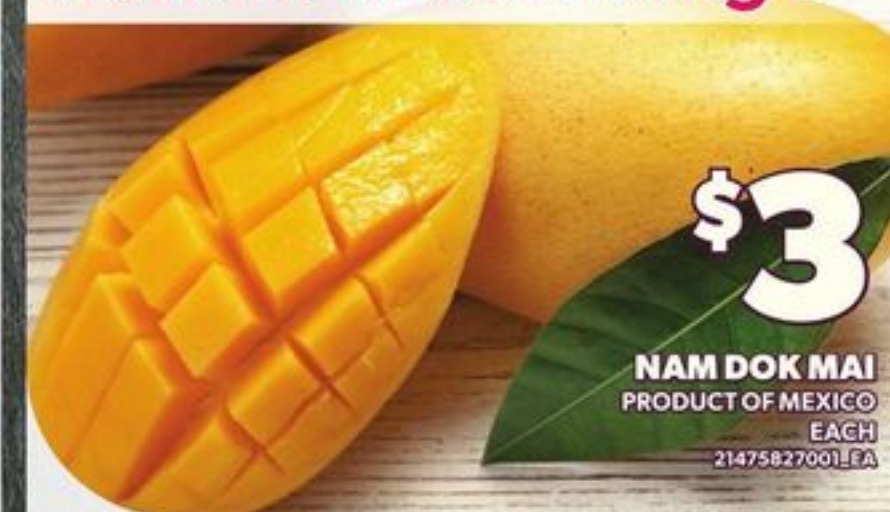


3⁵⁰

COCONUT
PRODUCT OF VIETNAM
EACH
20005774001_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



\$3

NAM DOK MAI
PRODUCT OF MEXICO
EACH
21475822001_EA

These mangos are super sweet with a fiberless flesh that melts on your tongue. Perfect for mango sticky rice.

Passionfruit



3/3⁹⁹

OR \$1.50 EA.

PASSIONFRUIT
PRODUCT OF COLOMBIA
EACH
20111926001_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!

Plantain

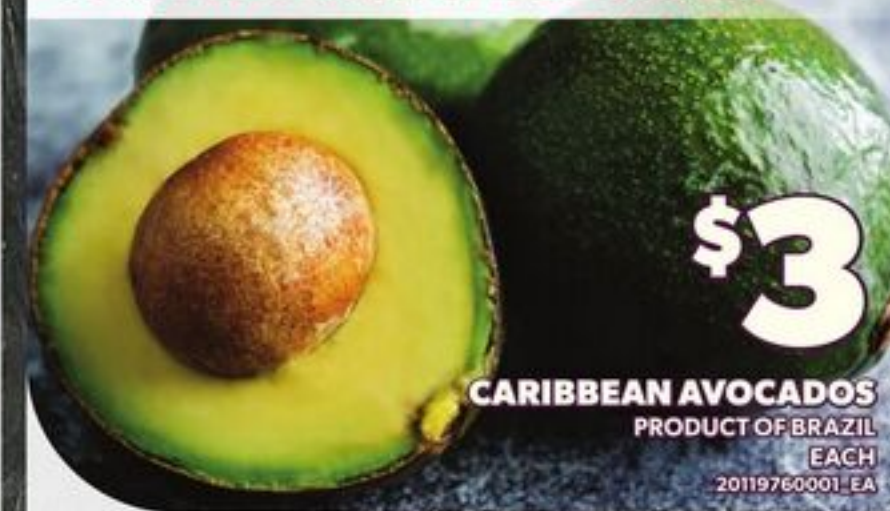


1⁵⁰ LB

PLANTAIN
PRODUCT OF COSTA RICA, COLOMBIA
HONDURAS OR GUATEMALA
3.91 KG
2000371001_KG

Green plantains offer a savory, potato-like flavor perfect for crispy chips & tostones; when ripe, they become delightfully sweet and soft.

Caribbean Avocado



\$3

CARIBBEAN AVOCADOS
PRODUCT OF BRAZIL
EACH
20119760001_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!

Yellow Guava



\$5 LB

YELLOW GUAVA
PRODUCT OF TAIWAN OR VIETNAM
11.02 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



2⁵⁰ LB

PAPAYA
PRODUCT OF MEXICO
5.51 KG
20817060001_KG

Fruit is ripe when the skin turns golden-yellow and yields to gentle pressure. Enjoy it fresh for breakfast with lime or blended into smoothies!

Dino Melon



2⁵⁰ LB

PC DINO MELON
PRODUCT OF BRAZIL
5.51 KG
21688131001_KG

Dino melons have a unique sweetness with notes of pear and honeydew. Its crisp and juicy texture is refreshing.

Canary Melon



\$2 LB

CANARY MELONS
PRODUCT OF BRAZIL
4.41 KG
21022511001_KG

This melon has a tangy, mild sweetness. The flesh is firm & offers a crispy bite. Choose one with a vibrant, solid yellow rind that feels heavy!

Watermelon



\$12

SEEDLESS WATERMELONS
PRODUCT OF GUATEMALA, HONDURAS,
OR COSTA RICA, 11 LB AVERAGE
20067326001_EA

Top thick melon slices with feta, mint, and a balsamic glaze for a sweet and savory twist. For a cold treat, blend it into a mojito - infused popsicle!

Mangosteen



\$6

MANGOSTEEN
PRODUCT OF COLOMBIA
3'S
20965690001_EA

Pick when the deep purple 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.

Starfruit



2²⁵

STARFRUIT
PRODUCT OF BRAZIL
EACH
20050741001_EA

Crisp and juicy with a unique sweet-tart flavor, choose fruit that's browning on the edges. Slices make for stunning garnishes for cocktails & salads.

Granadilla



2⁵⁰

GRANADILLA
PRODUCT OF COLOMBIA
EACH
20099626001_EA

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

Quince



\$3

QUINCE
PRODUCT OF TURKEY
EACH
20047112011_EA

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

Yellow Dragonfruit



\$4

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.

Large Dragonfruit



\$4

LARGE DRAGONFRUIT
PRODUCT OF VIETNAM
EACH
20168395001_EA

Celebrated as a vibrant superfood, dragon fruit has a subtly sweet flavor blending pear and kiwi. Packed with antioxidants, it also provides a nutrient-dense base for colorful smoothies, juices, and fruit bowls.

tropical plants



\$8

4 INCH TROPICAL
21279871_EA



\$28

**6 INCH TROPICAL
UPGRADE**
21313210_EA



\$8

MOON CACTUS
21694797_EA

crush fresh cravings

2⁵⁰

RAPINI
PRODUCT OF U.S.A.
20048070001_EA



2⁵⁰
LB

ROMA TOMATOES
PRODUCT OF CANADA OR
MEXICO
5.51/KG
20143381001_KG



9⁵⁰

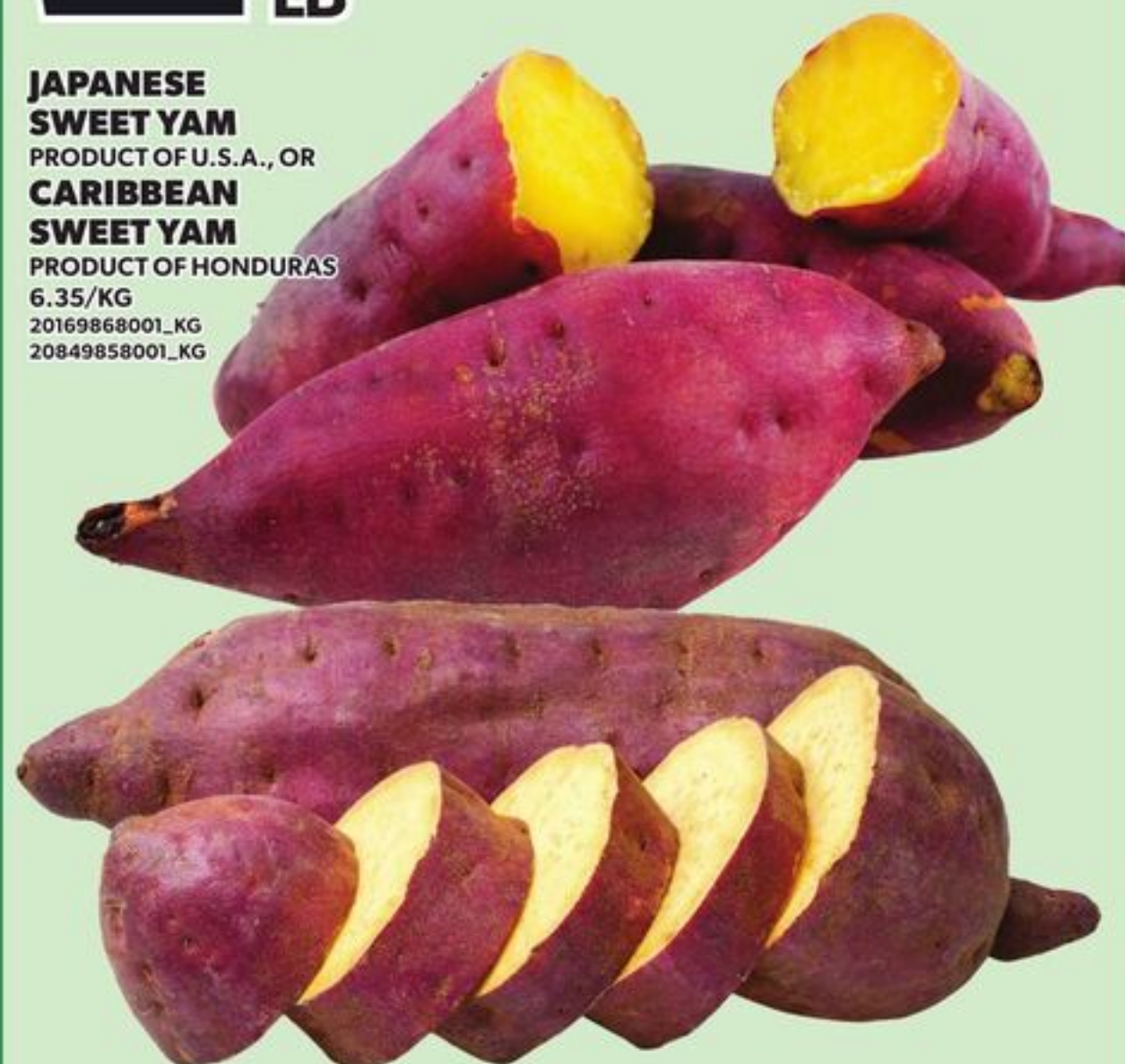
10 LB

FARMER'S MARKET™
RED ONIONS
PRODUCT OF CANADA
OR U.S.A. ,
NO. 1 GRADE
10 LB BAG
20171965001_EA



2⁸⁸
LB

**JAPANESE
SWEET YAM**
PRODUCT OF U.S.A., OR
**CARIBBEAN
SWEET YAM**
PRODUCT OF HONDURAS
6.35/KG
20169868001_KG
20849858001_KG



your one-stop grocery shop

\$4

**PC® BASMATI
OR JASMINE RICE**
SELECTED VARIETIES
750 G
20961107_EA
20961292_EA



\$2

**PC® BLUE MENU® WHOLE GRAIN PASTA 375 G
OR PC® TOMATOES FIRST TOMATO SAUCE 680 ML**
SELECTED VARIETIES
20252144001_EA
20599748002_EA



6⁵⁰

**PC® OLIVES 375 ML
OR CHATEAU THIERRY 500 ML**
SELECTED VARIETIES
20317972003_EA
20319890_EA



2⁵⁰

**LIPTON OR KNORR
SOUP MIX
OR CUP A SOUP**
SELECTED VARIETIES
40-166 G
20297514001_EA
20308188002_EA



7⁵⁰

**RIO MARE
LIGHT TUNA**
SELECTED VARIETIES
195/240 G
20035383_EA



2/\$8

OR
\$4.49 EA.

**PC® SALAD
DRESSING 475 ML
OR CROUTONS 140 G**
SELECTED VARIETIES
20627618010_EA
20796248001_EA



\$18

**CADBURY
MINI EGGS**
SELECTED VARIETIES
875 G
21625042_EA



\$6

**PC® CASHEWS 200 G
OR DRY ROASTED
PEANUTS 700 G**
SELECTED VARIETIES
20057990003_EA
21054943_EA



\$5

GET
1,000
back in points

**PC® ASIAN
ENTRÉES, SOUPS,
GNOCCHI, RISOTTO
OR BOL-O-GRAINS**
SELECTED VARIETIES,
FROZEN
280-300 G
21565869_EA
21565996_EA



\$8

GET
1,500
back in points

**GIUSEPPE
STUFFED CRUST
PIZZA 685-771 G
OR DR OETKER
SUPREMA**
PIZZA 475-520 G
SELECTED VARIETIES,
FROZEN
21555844_EA
21649640_EA



**SAVE
UP TO \$2⁹⁸
WHEN YOU BUY 2**

2/\$11

OR
\$6.99 EA.

**HEALTHY CHOICE
STEAMERS OR
SIMPLY ENTRÉES**
SELECTED VARIETIES,
FROZEN
259-306 G
20318616005_EA
20974539_EA



\$5

**İÖGÖ FROZEN
YOGURT 946 ML
OR BARS 4/8'S OR
DEL MONTE SORBET
OR GELATO 946 ML**
SELECTED VARIETIES,
FROZEN
21650572_EA
21654551_EA



\$6

**MCCAIN DEEP'N
DELICIOUS CAKES**
SELECTED VARIETIES, FROZEN
510 G
20310132002_EA
20310132001_EA



\$5

PC® FROZEN FRUIT
SELECTED VARIETIES, FROZEN
300-600 G
20312227_EA
21377841_EA



\$9

**PC® DE-ALCOHOLIZED
BEER**
SELECTED VARIETIES
12X355 ML
20121729_C12
20325253_C12



**SAVE
\$1⁹⁸
WHEN YOU BUY 2**



2/\$6

OR
\$3.99 EA.

**PC® NATURAL
SPRING WATER**
SELECTED VARIETIES
24X500 ML
20137858_C24



3/\$9

OR
\$3.75 EA.

**NATURE VALLEY
BISCUIT, PROTEIN
BARS AND SWEET &
SALTY** 6'S 148-210 G OR
FIBRE 1 BARS 12'S 125 G
SELECTED VARIETIES
20587504001_EA
21213559_EA



\$10

**ROYALE
BATHROOM TISSUE**
12 DOUBLE ROLLS OR
FACIAL TISSUE 6'S
SELECTED VARIETIES
21363770_EA
21618478_EA



\$21



**PUREX
BATHROOM TISSUE**
SELECTED VARIETIES
24-72 ROLLS
21189854_EA
21443672_EA



\$5

**SCRUBBING BUBBLES,
FANTASTIK OR
WINDEX CLEANERS**
650-950 ML/385-623 G OR
**SCRUBBING BUBBLES
TOILET BRUSH
OR REFILLS 8-12'S**
SELECTED VARIETIES
2012532001_EA
21666832_EA





DIGITAL COUPONS

UP TO
\$50
IN TOTAL
VALUE

More offers. More points.

**CLICK FOR THESE
COUPONS AND MORE**



6,000 points

**When you spend \$40
or more on fresh fruits
or vegetables**

Ends on March 11th, 2026



5,000 points

**when you spend \$25 on
fresh and frozen seafood**

Ends on March 11th, 2026



5,000 points

**when you spend \$20 on
Baby food all sizes and
varieties**

Ends on March 11th, 2026



3,000 points

**When you buy 1
PC® Bathroom Tissue
30=100 rolls**

Ends on March 11th, 2026



1,000 points

**when you buy 2
no name® fruit
selected varieties
frozen
300-400 g**

Ends on March 11th, 2026



2,000 points

**when you buy 2
PC® flatbreads 330-395 g
or Thin Crust 343-397 g
pizza, selected varieties
frozen**

Ends on March 11th, 2026



1,000 points

**when you buy 2 PC®
kettle cooked potato chips,
selected varieties
200 g**

Ends on March 11th, 2026



1,000 points

**when you buy 1
no name® canola or
vegetable oil
3 L**

Ends on March 11th, 2026



4,500 points

**when you buy 2 PC®
Pub Recipe or
gluten-free chicken,
selected varieties, frozen
600/700 g**

Ends on March 11th, 2026

live well, spend less

5⁵⁰

LIMIT 6
AFTER LIMIT
7.49 EA.

DOVE BODY WASH 325 ML OR
BAR SOAP 3X106 G
SELECTED VARIETIES
21239554_EA/21511664_EA



\$7

LIMIT 6
AFTER LIMIT
8.49 EA.

SOFT SOAP LIQUID HAND SOAP REFILL
SELECTED VARIETIES
1.47 L
21715457_EA/21715577_EA



\$8

LIMIT 6
AFTER LIMIT
10.99 EA.

METHOD BODY WASH
SELECTED VARIETIES
532 ML
21425085_EA/21425051_EA



5⁵⁰

LIMIT 6
AFTER LIMIT
6.99 EA.

SENSODYNE OR PRONAMEL TOOTHPASTE 75-100 ML,
POLIDENT DENTURE TABLETS
36-40'S OR **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/21166655_EA



3⁵⁰

LIMIT 6
AFTER LIMIT
4.49 EA.

CREST COMPLETE TOOTHPASTE 120 ML,
CREST STAIN ERASER TOOTHPASTE 65 ML
CREST KIDS TOOTHPASTE 85-100 ML 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 DEODORANT 73-144 G,
SECRET DEODORANT 68-116 G OR
GILLETTE DEODORANT 122 G
SELECTED VARIETIES
20757237001_EA/21426451_EA



SAVE UP TO 20%

OLAY BODY WASH
364-975 ML OR
BAR SOAP
8X113/4/8X90 G
SELECTED VARIETIES
21001487_EA/21585376_EA



\$7

TRESEMMÉ SHAMPOO, CONDITIONER OR STYLING PRODUCTS
SELECTED VARIETIES AND SIZES
21501949_EA
20336937_EA



\$10

AUSSIE OR HERBAL ESSENCES PURE PLANTS SHAMPOO OR CONDITIONER
SELECTED VARIETIES AND SIZES
21167373_EA
21571326_EA



\$13

L'ORÉAL PREFERENCE, FÉRIA OR OLIA HAIR COLOUR
SELECTED VARIETIES
20306667001_EA/21474630_EA



\$10

MARC ANTHONY OR CAKE HAIR CARE
SELECTED VARIETIES AND SIZES
21646804_EA/21649083_EA



SAVE UP TO 20%

NIVEA SKIN CARE PRODUCTS
SELECTED VARIETIES AND SIZES
20668737_EA/2110152_EA



SAVE UP TO 20%

CETAPHIL CLEANSERS OR MOISTURIZERS
SELECTED VARIETIES AND SIZES
20432313001_EA



live well, spend less

SAVE
UP TO
25%

**ONE A DAY
MULTIVITAMINS**
60-130'S OR
**FLINTSTONE'S
CHILDREN'S
VITAMINS OR
SUPPLEMENTS**
60-180'S
SELECTED VARIETIES
21515131_EA
21515178_EA



SAVE
UP TO
15%

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



12⁵⁰

**PURE PROTEIN
BARS**
SELECTED VARIETIES
AND SIZES
20856450_EA
20539046_EA



\$15

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



SAVE
UP TO
15%

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



12⁵⁰

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



8⁵⁰

**CAREFREE PADS 28'S,
LINERS 92-120'S,
O.B. TAMPONS 40'S OR
PLAYTEX TAMPONS 32-36'S**
SELECTED VARIETIES
20796733_EA/21095828_EA



\$12

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



\$19

**DEPEND
UNDERWEAR
OR POISE PADS**
SELECTED VARIETIES
AND SIZES
21301866_EA/21302119_EA



2/\$6
OR
\$3.99 EA.

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



\$3

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



65⁴⁷

**ENFAMIL A+
NEUROPRO AND
GENTLELEASE
POWDER REFILLS**
SELECTED VARIETIES
862/890 G
21589079_EA/21589205_EA



36⁹⁹

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



34⁹⁹

**PAMPERS ECONO
PACK DIAPERS**
SELECTED VARIETIES
SIZE N-8, 58-200'S
21551586_EA/21551645_EA



2/\$18
OR
\$10.49 EA.

**PEDIASURE
COMPLETE
NUTRITIONAL
SUPPLEMEN**
SELECTED VARIETIES
4X235 ML
20322414001_EA
20322414002_EA



LIBERTÉ TASTE THE JOY.



\$5 Liberté Greek®
Crunch
selected varieties
2 x 130 g
21041543002_EA



4⁵⁰
Liberté
Méditerranée®
4 x 100 g, Liberté
Greek® 4 x 100 g,
selected varieties
20801752003_EA
21685700_EA



\$5
Liberté® Kéfir
selected varieties
1 L
21216416_EA



2/\$10
OR
\$5.99 EA.
Liberté Méditerranée®
selected varieties
500 g
21473714_EA
20788062002_EA



15⁵⁰
Liberté Greek®
selected
varieties
16 x 100 g
21547516_EA



21547587_EA
56920133427_EA



3⁵⁰
Yoplait Tubes®
8 x 56 g, Yoplait
Minigo® 6 x 60 g,
selected varieties



\$4
Yoplait® Source® tubs
630 g, selected varieties
21391318001_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

**IT'S NOT
JUST PASTA.
IT'S**



2⁷⁵
Italpasta Pasta
Selected varieties
900 g
20081342013_EA

Visit www.italpasta.com for product information,
recipe inspiration, and zero food waste tips.



* Registered Trademark of Italpasta Ltd.

**TASTE THE
DIFFERENCE**

ITALY'S #1*
BRAND OF TOMATOES



\$5 Mutti
Strained Tomatoes
Selected varieties
680 mL
20288490001_EA

3⁷⁵ Mutti
Pizza Sauce
Selected
varieties
398 mL
20934555_EA

4⁷⁵ Mutti
Tomato Paste
156 mL
20934088_EA



**ONE FAMILY.
ONE PASSION.
TOMATOES.**

*Cascina S.r.l. - 1st Italy Paper + Super + Small Soft
Service of the top brands by sales sales in the Tomato
Derivatives category - Progressive JAN 2025 - DEC 2025

**WARM UP YOUR
WINTER DAYS
WITH THE
PERFECT WRAP**



2/7⁵⁰
OR
\$4.49 EA.
**Casa Mendosa or
Wonder 10 inch Tortillas
selected varieties
and sizes
21567412_EA/20976626_EA**

TM © Wonder Brands Inc

SAVE ON All Your Favourite Household Brands



\$22 Tide Detergent 100/94/83 LD, Ivory Snow Detergent
80 LD, PODS/Fings 45/57/76's, Downy/Gain Beads
853 g, Selected Varieties
21671018_EA/21594124_EA



\$16 Gain Detergent 100 LD, Cheer Detergent 107 LD, Tide
Detergent 52/64 LD, Tide Simply Detergent 107 LD, PODS/
Fings 25/42's, Liquid Softener 96/150 LD, Sheets 240/180's,
Beads 453/515/550 g, Rinse 70 LD Selected Varieties
21671135_EA/21670836_EA



\$27 Cascade Tubs 51/67/90's
Selected Varieties
21518479_EA/21516530_EA



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



\$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

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