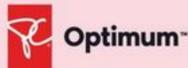


# More days More days More days



## Get more points

More savings, more deals, more points

This week only! March 19-25\*\*

For more deal offers visit  
[www.yourindependentgrocer.ca](http://www.yourindependentgrocer.ca)  
or scan



### More days

APP EXCLUSIVE OFFER

Members get

**4,000** (pts)

for every \$12\*  
spent on

**\$4**

back  
in points

**PC® FLATBREAD**

330-395 G, **FOCACCIA**

415-456 G OR

**WOODFIRED PIZZA**

351-413 G OR

**PC® BLACK LABEL**

**PIZZA** 370-440 G

SELECTED VARIETIES

FROZEN

**PAIN PLAT,**

**FOCACCIA OU**

**PIZZA AU FEU DE**

**BOIS PC<sup>MD</sup> OU PIZZA**

**PC<sup>MD</sup> COLLECTION**

**NOIRE**

21013452\_EA

21540352\_EA

\*Open your PC Optimum™ app or

visit [pcoptimum.ca](http://pcoptimum.ca) to get the offer.



### More days

APP EXCLUSIVE OFFER

Members get

**4,000** (pts)

when you  
buy 2

**\$4**

back  
in points

**\$8**

**PC® OR BLUE**

**MENU® ENTRÉES**

SELECTED VARIETIES

FROZEN

770 G-1.13 KG

**PLATS CUISINÉS**

**PC<sup>MD</sup> OU MENU**

**BLEU<sup>MC</sup>**

20326534\_EA

21359210\_EA

\*Open your PC Optimum™ app or

visit [pcoptimum.ca](http://pcoptimum.ca) to get the offer.



### More days

Members get

**1,000** (pts)

back  
in points

**\$1**

**5.50**

**HÄAGEN-DAZS**

414-450 ML OR

**BARNS 3/4'S OR**

**NESTLÉ DRUMSTICK**

4'S

SELECTED VARIETIES

FROZEN

**DESSERT GLACÉ**

**OU BARRES**

**HÄAGEN-DAZS OU**

**DRUMSTICK NESTLÉ**

21513578\_EA

2032238001\_EA



### More days

Member Only Price\*\*

**2.50**

Non-Members

**\$3**

**KETTLE BRAND**

**POTATO CHIPS**

SELECTED VARIETIES

156/198 G

**CROUSTILLES**

**KETTLE BRAND**

21520652\_EA

21520692\_EA



\*\*From March 19–March 25, 2026, at across 4,500+ locations in Canada, the PC Optimum™ Moredays event will provide PC Optimum™ members with the opportunity to earn PC Optimum™ points through special offers and promotions across locations where PC Optimum™ points can be earned. For a list of participating locations and complete program details, please visit [www.pcoptimum.ca/Moredays](http://www.pcoptimum.ca/Moredays).

Optimum **Moredays**

Members get  
**2,000** pts

**\$2**  
back  
in points

**16<sup>99</sup>**

**MAXWELL HOUSE  
GROUND COFFEE**  
631-900 G  
**CAFÉ MOULU  
MAXWELL HOUSE**  
21606882\_EA



Optimum **Moredays**

APP EXCLUSIVE OFFER  
Members get  
**1,500** pts

**\$150**  
back  
in points



**\$7**



**IN-STORE  
BAKED COOKIES**  
ASSORTED VARIETIES  
18'S  
**BISCUITS CUITS  
EN MAGASIN**  
21454952\_EA  
21455101\_EA

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



**BAKED  
IN-STORE**

Optimum **Moredays**

Member Only Price\*\*

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

Non-Members

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

Members  
save  
**\$3**



**BLUEWATER SEAFOODS  
BATTERED FISH**  
SELECTED VARIETIES, FROZEN  
450/500 G  
**POISSON EN PANURE  
BLUEWATER SEAFOODS**  
20310745004\_EA  
20316252003\_EA

\*\*Must be a registered PC Optimum™ member to load and get this offer.



Optimum **Moredays**

Member Only Price\*\*

**3<sup>99</sup>**

Non-Members

**11<sup>99</sup>**

Members  
save  
**\$8**



**CASHMERE BATHROOM  
TISSUE** 8-16 ROLLS OR  
**SCOTTIES FACIAL  
TISSUE** 6'S  
**PAPIER HYGIÉNIQUE  
CASHMERE OU  
MOUCHOIRS SCOTTIES**  
20573377\_EA/21204742\_EA

\*\*Must be a registered PC Optimum™ member to load and get this offer.

Optimum **Moredays**

APP EXCLUSIVE OFFER  
Members get  
**15,000** pts  
for every \$50\*  
spent on

**\$15**  
back  
in points

**PAMPERS DIAPERS, WIPES  
OR TRAINING PANTS**  
**COUCHES, LINGETTES OU  
CULOTTES D'ENTRAÎNEMENT**  
**PAMPERS**  
21551549\_EA  
21089259\_EA

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



**ZEPPOLE DAY**  
March 19<sup>th</sup> 2026



**\$2**

SMALL ZEPPOLE  
EACH  
PETIT ZEPPOLE  
21102005\_EA

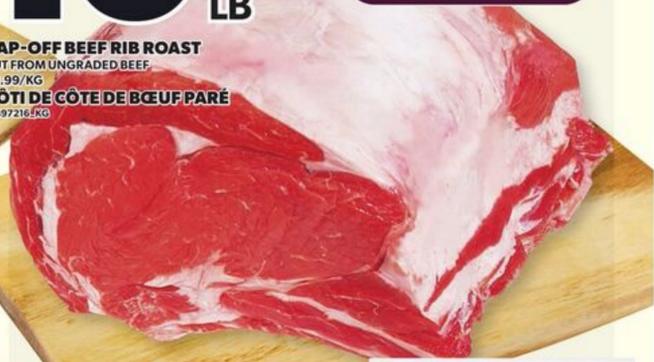
**Independent**  
Your Independent Grocer

PROUDLY CANADIAN OWNED & OPERATED

**10<sup>88</sup>**  
LB

**4 DAY SALE**  
THURSDAY, MARCH 19TH TO  
SUNDAY, MARCH 22ND

CAP-OFF BEEF RIB ROAST  
CUT FROM UNGRADED BEEF  
23.99/KG  
RÔTI DE CÔTE DE BŒUF PARÉ  
214972165KG



**3<sup>99</sup>**  
LB

SPLIT CHICKEN WINGS  
FAMILY SIZE  
8.80/KG  
AILES DE POULET  
SÉPARÉES  
20761916\_KG



SAVE 45%

**\$2**  
LB

PORK PICNIC OR  
PORK BUTT ROAST  
BONE-IN CRYOVAC PKG  
4.91/KG  
RÔTI DE PORC OU  
SOC DE PORC  
21161819\_KG  
20063634\_KG



SAVE UP TO 29%

**\$7**

SEAQUEST® COLOSSAL  
PACIFIC WHITE SHRIMP  
RAW ZIPPERBACK® 16-20 PER LB  
300 G OR FISH FILLETS  
SELECTED VARIETIES 400 G FROZEN  
CREVETTES BLANCHES  
COLOSSALES DU  
PACIFIQUE OU FILETS DE  
POISSON SEAQUEST®  
20036614\_EA  
21043887\_EA



**7<sup>77</sup>**

RED MANGOES  
PRODUCT OF PERU  
CASE  
MANGUES ROUGES  
21047849\_EA



9 LB  
AVG

SAVE 60%

**\$2**

FARMER'S MARKET™  
RUSSET POTATOES  
PRODUCT OF CANADA,  
CANADA NO. 1 GRADE  
10 LB BAG  
POMMES DE  
TERRE RUSSET  
DÉLICÉES DU MARCHÉ™  
20601020001\_EA



10 LB

MoreDays  
APP EXCLUSIVE OFFER  
Member Only Price™  
**\$4**  
Non-Members  
**\$6**



FARMER'S MARKET™  
BUTTER CROISSANTS  
SELECTED VARIETIES  
260-336 G  
CROISSANTS AU BEURRE  
DÉLICÉES DU MARCHÉ™  
21201758\_EA/21707790\_EA



**\$4** /100 G

PC® SPLENDIDO®  
SERVICE CASE ITALIAN  
PROSCIUTTO OR  
PARMIGIANO  
REGGIANO CHEESE  
PRODUCT OF ITALY, DELICIOUS  
PROSCIUTTO ITALIEN  
OU PARMIGIANO  
REGGIANO PC™  
SPLENDIDO™  
DU COMPTOIR  
DE SERVICE  
20377023\_KG  
21049241\_KG



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

PC® LIVE LETTUCE  
GREEN OR RED OR TRI-O  
PRODUCT OF CANADA  
2'S  
LAITUE VIVANTE PC™  
2122485\_EA  
21212487\_EA



SAVE  
**98¢**  
WHEN YOU BUY 2



**2/\$7**  
OR  
\$3.99 EA.

WONDER BREAD OR  
BUNS OR COUNTRY  
HARVEST BREAD  
SELECTED VARIETIES  
AND SIZES  
PAINS OU PETITS PAIN  
WONDER OU PAIN  
COUNTRY HARVEST  
20276296\_EA  
20297453\_EA  
21693323\_EA



SAVE  
**\$2**

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

PRESTIGE OR GRAY BRAND  
RIDGE PREMIUM  
LARGE WHITE EGGS  
SELECTED VARIETIES  
18'S  
GROS ŒUFS BLANCS DE  
QUALITÉ SUPÉRIEURE  
PRESTIGE OU  
GRAY RIDGE  
20814294001\_EA  
20822787001\_EA



SAVE  
**\$1.12**



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

LACTANTIA  
BUTTER  
SELECTED VARIETIES  
454 G  
BEURRE LACTANTIA  
20296112005\_EA  
20639926\_EA



**\$15**



KICKING HORSE  
ORGANIC WHOLE  
BEAN COFFEE  
SELECTED VARIETIES  
454 G  
CAFÉ EN GRAINS  
BIOLOGIQUE  
KICKING HORSE  
20322468001\_EA  
20322468006\_EA



**6<sup>50</sup>**



LIBERTÉ GREEK TUBS  
650/750 G OR DANONE  
ACTIVIA 12X100 G  
SELECTED VARIETIES  
YOGOURT GREC  
LIBERTÉ OU ACTIVIA  
DANONE  
20303472001\_EA  
20704361001\_EA



**\$4**

BREYERS CREAMERY  
STYLE ICE CREAM  
1.41 L OR CHAPMAN'S  
COLLECTION NOVELTIES  
6/8'S SELECTED VARIETIES  
FROZEN  
CRÈME GLACÉE STYLE  
CRÉMERIE BREYERS  
OU FRIANDISES  
GLACÉES COLLECTION  
CHAPMAN'S  
20322750001\_EA  
21651101\_EA



**\$5**

TIDE DETERGENT  
1.62-1.86 L, 18-31'S,  
DOWNY OR GAIN  
FABRIC SOFTENER  
1.66-2.63 L, DOWNY,  
GAIN OR IVORY  
SNOW BEADS  
303-379 G  
SELECTED VARIETIES  
DÉTERGENT TIDE,  
ASSOULISSANT  
TEXTILE DOWNY  
OU GAIN, PERLES  
DOWNY, GAIN  
OU IVORY NEIGE™  
21549771\_EA  
21579685\_EA



SAVE  
**\$5**

**13<sup>99</sup>**

ROOSTER®  
SCENTED JASMINE  
RICE  
8 KG  
RIZ PARFUMÉ AU  
JASMIN ROOSTER®  
20121871\_EA



SAVE  
**62%**



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

OASIS, DEL MONTE  
OR ARIZONA JUICE,  
NECTAR OR ICED TEA  
SELECTED VARIETIES  
JUS, NECTAR OU THÉ  
GLACÉ OASIS, DEL  
MONTE OU ARIZONA  
20338722001\_EA  
20894117004\_EA





APP EXCLUSIVE OFFER\*

\$28

\$35

GET 2,000\* back in points

\$36

GET 10,000\* back in points

for every \$50\* spent on baby apparel, diapers, training pants, wipes, food, formula, accessories and/or toiletries

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

**HUGGIES LITTLE SNUGLERS OR SKIN ESSENTIALS DIAPERS**  
SELECTED VARIETIES  
SIZES N-2, 76-96'S  
**COUCHES LITTLE SNUGLERS OU SKIN ESSENTIALS HUGGIES**  
21172501EA  
21665350EA



LIMIT 4 AFTER LIMIT 32.99 EA.

**PAMPERS ECONO PACK DIAPERS**  
SIZE N-8, 58-200'S  
**COUCHES ÉCONO PAMPERS**  
21551549\_EA  
21692756\_EA



LIMIT 6 AFTER LIMIT 39.99 EA.

**ENFAGROW A+ INFANT NUTRITIONAL SUPPLEMENT**  
SELECTED VARIETIES 907 G  
**SUPPLÉMENT NUTRITIF POUR NOURRISSONS ENFAGROW A+**  
21694972\_EA  
21694972\_EA



LIMIT 4 AFTER LIMIT 42.99 EA.

SAVE 75¢



\$3

**NO NAME® CREAM CHEESE**  
SELECTED VARIETIES 250 g 30% M.F. 95% PASTEURISÉ  
227/250 G  
**FROMAGE À LA CRÈME SANS NOM®**  
20308105001\_EA  
20308105002\_EA



2<sup>50</sup>

**HUNT'S THICK RICH SAUCE** 680 ML OR **DE CECCO PASTA** 454 G  
SELECTED VARIETIES  
**SAUCE ÉPAISSE & RICHE HUNT'S OU PÂTES DE CECCO**  
2029682001\_EA  
21056286\_EA



Limited-time deals on PC home & more.

\$12



limit 3, after limit \$24 ea. while supplies last

\$4

**MINUTE MAID JUICE**  
SELECTED VARIETIES 8/10X200 ML  
**JUS MINUTE MAID**  
20327042001\_EA  
21092667\_EA



3<sup>50</sup>

**LECLERC GO PURE** 140-175 G OR **NUGABAR** 175 G  
**GRANOLA BARS**  
SELECTED VARIETIES  
**BARRES GRANOLA GO PURE OU NUGABAR LECLERC**  
21221434\_EA  
21221451\_EA  
21536595\_EA



SAVE \$1.25



3<sup>50</sup>

**NEILSON CREAM**  
SELECTED VARIETIES 473 ML/1 L  
**CRÈME NEILSON**  
20123609\_EA  
20774431\_EA



\$15

**HERSHEY'S EGGIES OR EGGS** 700-900 G OR **REESE'S MINI PEANUT BUTTER EGGS** 670 G  
SELECTED VARIETIES  
**EGGIES OU ŒUFS HERSEY'S OU MINI-ŒUFS AU BERRE D'ARACHIDE REESE'S**  
20526640\_EA  
21206032\_EA



6<sup>75</sup>

**RIO MARE TUNA**  
SELECTED VARIETIES 195-240 G  
**THON RIO MARE**  
20035383\_EA



1<sup>75</sup>

**CAMPBELL'S BROTHS** 900 ML OR **CONCENTRATED BROTH** 250 ML  
SELECTED VARIETIES  
**BOUILLON OU BOUILLON CONCENTRÉ CAMPBELL'S**  
20322348002\_EA  
21347245\_EA



SAVE UP TO \$1

\$3

**NO NAME® VEGETABLES** 750 G OR **MCCAIN FRENCH FRIES** 800 G  
SELECTED VARIETIES  
**LÉGUMES SANS NOM® OU FRITES MCCAIN**  
20312260\_EA  
21521219\_EA



3<sup>25</sup>

**QUAKER CRISPY MINIS OR RICE CAKES**  
SELECTED VARIETIES 90-173 G  
**CRISPY MINIS OU GALETTES DE RIZ QUAKER**  
20163708002\_EA  
20303002001\_EA



\$5

**HALO TOP FROZEN DESSERT** 473 ML OR **BEN & JERRY'S** 473 ML OR **MAGNUM BARS** 3/4'S  
SELECTED VARIETIES FROZEN  
**DESSERT SURGÉLÉ HALO TOP OU BEN & JERRY'S OU BARRES MAGNUM**  
21087002\_EA  
21428403\_EA



2/\$7 OR \$3.99 EA.

**COVERED BRIDGE CHIPS** 142-170 G OR **POPCORN** 125 G  
SELECTED VARIETIES 125-170 G  
**CROUTILLES OU MAÏS SOUFFLÉ COVERED BRIDGE**  
21383506\_EA  
21400438\_EA



\$5

**PC® THE DECADENT® COOKIE**  
SELECTED VARIETIES 280/300 G  
**BISCUIT PC® LE DÉCADENT®**  
20612251\_EA  
20612257\_EA



\$11

**NO NAME® CAT LITTER**  
SELECTED VARIETIES 18 KG  
**LITIÈRE POUR CHATS SANS NOM®**  
20177169002\_EA



PRICE DROP†

More ways to save

2<sup>50</sup>



**YOPLAIT TUBES YOGURT**  
SELECTED VARIETIES 448 G  
**YOGOURT TUBES YOPLAIT**  
21547595\_EA  
21547629\_EA



\$3

**KIND HEALTHY GRAINS BARS**  
SELECTED VARIETIES 5 X 35 G = 175 G  
**BARRES GRAINS SANTÉ KIND**  
20925684\_EA



\$4

**ZIPLOC LOW COUNT BAGS**  
SELECTED VARIETIES 10-100'S  
**SACS ZIPLOC**  
20871415\_EA



\$6

**TEMPTATIONS CAT TREATS**  
SELECTED VARIETIES 454 G  
**GÂTERIES POUR CHAT TEMPTATIONS**  
21012108\_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. **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 March 19 - April 8, 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 yourindependentlygrocer.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.

**\$4**

**STRAWBERRIES**  
 1 LB, NO. 1 GRADE OR  
**BLACKBERRIES**  
 HALF PINT  
 PRODUCT OF MEXICO  
 OR U.S.A.  
**FRAISES**  
**OU MÛRES**  
 20049778001\_EA  
 20051015001\_EA

**1 LB**

**\$6**

**FARMER'S MARKET™**  
**GREENHOUSE PEPPERS**  
 PRODUCT OF MEXICO  
 3'S  
**POIVRONS DE SERRE**  
**DÉLICÉS DU MARCHÉ™**  
 20085851001\_EA

**3.99** **EXTRA LARGE**  
 LB

**PC® EXTRA LARGE**  
**GREEN OR RED**  
**SEEDLESS GRAPES**  
 PRODUCT OF SOUTH AFRICA  
 PERU OR CHILE,  
 NO. 1 GRADE  
 8.80/KG  
**TRÈS GROS RAISINS**  
**VERTS OU ROUGES**  
**SANS PÉPINS PC®**  
 20425775001\_KG  
 20159199001\_KG

**2.88**  
 LB

**BABY OR SHANGHAI**  
**BOK CHOY**  
 PRODUCT OF MEXICO  
 OR U.S.A.  
 6.35/KG  
**MINI PAK-CHOI**  
**OU PAK-CHOI DE**  
**SHANGHAI**  
 20082279001\_KG  
 20032454001\_KG

**\$5** **2 LB**

**LARGE CROWNLESS**  
**PINEAPPLE EACH,**  
 PRODUCT OF COSTA RICA OR  
**NO NAME®**  
**NATURALLY IMPERFECT™**  
**ATAULFO MANGOES**  
 2 LB BAG,  
 PRODUCT OF MEXICO  
**GROS ANANAS SANS**  
**COURONNE OU**  
**MANGUES ATAULFO**  
**NATURELLEMENT**  
**IMPARFAITS™**  
**SANS NOM®**  
 20119813001\_EA  
 21194544001\_EA

**LARGE**

**2.99**  
 LB

**COSMIC CRISP OR**  
**ENVY APPLES** PRODUCT  
 OF U.S.A., US EXTRA FANCY OR  
**HONEYCRISP APPLES**  
 PRODUCT OF ONTARIO,  
 CANADA FANCY GRADE  
 6.59/KG  
**POMMES**  
**COSMIC CRISP OU**  
**ENVY OU POMMES**  
**HONEYCRISP**  
 21240884001\_KG  
 20132621001\_KG

**\$4**

**FARMER'S MARKET™**  
**CARROTS** 3 LB BAG,  
 PRODUCT OF CANADA OR U.S.A.,  
 NO. 1 GRADE OR  
**YELLOW ONIONS**  
 3 LB BAG PRODUCT OF CANADA,  
 CANADA NO. 1 GRADE  
**CAROTTES OU**  
**OIGNONS JAUNES**  
**DÉLICÉS DU MARCHÉ™**  
 20600927001\_EA  
 20811994001\_EA

**2/\$12** **More days**  
**Members get**  
**1,000** **\$1**  
 when you **back**  
 buy 2 **in points**

**OR**  
 \$6.50 EA.

**RENÉE'S**  
**REFRIGERATED**  
**SALAD DRESSING**  
**OR VINAIGRETTE**  
 SELECTED VARIETIES  
 PRODUCT OF CANADA  
 350/355 ML  
**SAUCE À SALADE**  
**OU VINAIGRETTE**  
**RÉFRIGÉRÉE**  
**RENÉE'S**  
 20312720\_EA  
 20314592\_EA

**\$13**

**FRUIT OR VEGGIE**  
**TRI PACKS**  
 PREPARED IN-STORE  
 706 G-1.02 KG  
**TRIOS DE FRUITS**  
**OU LÉGUMES**  
 20022119\_EA  
 21209367\_EA

**\$12**

**10 STEM TULIPS**  
**10 TULIPES SUR**  
**TIGE**  
 20833978\_EA

**\$12** **More days**  
**Members get**  
**2,500** **\$2.50**  
 when you **back**  
 buy 2 **in points**

**MINI ROSE IN CLAY**  
 EACH  
**MINI-ROSIER DANS**  
**UN POT EN ARGILE**  
 21733057\_EA

**\$25**

**SIGNATURE GIFT**  
**BOUQUET**  
 EACH  
**BOUQUET-CADEAU**  
**SIGNATURE**  
 21436377\_EA  
 21436378\_EA

# feeling protein power-fuel

**8.50**

**GRASS FED EXTRA**  
**LEAN GROUND**  
**BEEF**  
 450 G  
**BŒUF HACHÉ**  
**EXTRA-MAIGRE**  
**FRAIS NOURRI À**  
**L'HERBE**  
 21675592\_EA

**SAVE**  
**\$1.99**

**\$16** **FREE FROM™**  
**SIMPLEMENT BON™**  
 FREE FROM ANTIBIOTICS - ÉLEVÉ SANS ANTIBIOTIQUES  
 AUSTRALIEN  
**LEAN GROUND LAMB**  
**AGNEAU HACHÉ MAIGRE**  
 454 G  
**AGNEAU HACHÉ**  
**PC® SIMPLEMENT**  
**BON™**  
 21352008\_EA

**\$5** **LB**

**CHICKEN BREASTS**  
 SKINLESS, BONE-IN,  
 FAMILY SIZE  
 11.02/KG  
**POITRINES DE**  
**POULET**  
 20055906\_KG

**\$7** **LB**

**LAMB SHOULDER**  
**CHOPS CLUB PACK OR**  
**FROZEN GOAT CHOPS**  
**OR IN-STORE MADE**  
**PORK SAUSAGES**  
 SELECTED VARIETIES  
 15.43/KG  
**CÔTELETTES D'ÉPAULE**  
**D'AGNEAU FORMAT**  
**CLUB OU CÔTELETTES**  
**DE CHÈVRE SURGÉLÉES**  
**OU SAUCISSES DE PORC**  
**FAITES EN MAGASIN**  
 21550513\_KG  
 21451702\_KG

**2.99** **LB**

**COOK'S PORTION**  
**HAM**  
 6.59/KG  
**JAMBONNEAU**  
**COOK'S**  
 20559641\_KG

**\$15**

**SWISS CHALET OR**  
**MONTANA'S PORK**  
**BACK RIBS**  
 SELECTED VARIETIES  
 FULLY COOKED  
 600/650 G  
**CÔTES DE DOS DE**  
**PORC SWISS CHALET**  
**OU MONTANA'S**  
 21022221\_EA  
 21668141\_EA

# find your catch in seafood

**\$4** **CANADIAN SEAFOOD**

**FRESH ATLANTIC**  
**SALMON PORTION**  
 MARINATED  
 SELECTED VARIETIES  
 100 G  
**PORTION DE**  
**SAUMON DE**  
**L'ATLANTIQUE**  
**FRAIS**  
 20947596\_EA  
 20948216\_EA

**SAVE**  
**UP TO \$2.99**

**\$10**

**PC® BATTERED WILD SEA SALT**  
**AND VINEGAR HADDOCK**  
**BITES** 454 G OR **PEI MUSSELS IN**  
**PROVENÇALE SAUCE OR CREAMY**  
**WHITE WINE SAUCE** 307 G FROZEN  
**MOULES DE L'Î.-P.-É. DANS**  
**UNE SAUCE CRÈMEUSE AU VIN**  
**BLANC. SAUCE PROVENÇALE OU**  
**BOUCHÉES D'AGLEFIN SAUVAGE**  
**PANÉ AU SEL DE MER**  
**ET VINAIGRE PC®**  
 20838559\_EA/21481247\_EA

**\$13**

**SEAQUEST®**  
**SHRIMP RING WITH**  
**MILD COCKTAIL**  
**SAUCE**  
 FROZEN  
 454 G  
**PLATEAU DE**  
**CREVETTES AVEC**  
**SAUCE COCKTAIL**  
**DOUCE SEAQUEST®**  
 21687413\_EA

# bakery deals rising daily

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

More days  
Members get  
**500**

**BAKED  
IN-STORE**

**HOT CROSS BUNS  
WITH BAVARIAN  
CREAM**  
8'S  
**BRIOCHE DE  
CARÈME AVEC  
CRÈME BAVAROISE**  
20638117\_EA



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

**BAKED  
IN-STORE**

**KAISER OR PANINI  
ROLLS**  
SELECTED VARIETIES  
6'S  
**PETITS PAINS  
KAISER OU PANINI**  
21579824\_EA  
21579825\_EA



**\$5**

**PREPARED IN  
CANADA**

**ACE BISTRO LOAF**  
SELECTED VARIETIES  
545-640 G  
**MICHE BISTRO ACE**  
21707600\_EA  
21707643\_EA



**6<sup>50</sup>**

**PREPARED IN  
CANADA**

**MINI CROISSANTS**  
SELECTED VARIETIES  
423 G  
**MINI CROISSANTS**  
21416726\_EA  
21660958\_EA



**\$17**

**PREPARED IN  
CANADA**

**FARMER'S MARKET™  
BAR CAKES**  
SELECTED VARIETIES  
675-770 G  
**GÂTEAUX  
RECTANGULAIRES  
DÉLICIES DU MARCHÉ**  
21500612\_EA  
21500763\_EA



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

**PREPARED IN  
CANADA**

**FARMER'S MARKET™  
HOMESTYLE TARTS**  
SELECTED VARIETIES  
6/12'S  
**TARTELETTES GOÛT  
MAISON DÉLICIES DU  
MARCHÉ**  
21629191\_EA



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

**PREPARED IN  
CANADA**

**THE GRAIN ESCAPE  
BREAD**  
SELECTED VARIETIES  
528 G  
**PAIN LE GRAIN  
ESCAPE**  
21622905\_EA  
21622951\_EA



**2<sup>50</sup>**

**PREPARED IN  
CANADA**

**NO NAME® BAGELS**  
SELECTED VARIETIES  
6'S  
**BAGELS  
SANS NOM®**  
21343196\_EA  
21666664\_EA



**3<sup>75</sup>**

**PC® BLUE MENU®  
ORGANICS  
OR PROTEIN  
TORTILLAS**  
SELECTED VARIETIES  
342-650 G  
**TORTILLAS PC®  
MENU BLEU™  
BIOLOGIQUE OU  
PROTÉINES**  
20182857\_EA  
21686817\_EA



**\$7**

More days  
Members get  
**1,500**  
back in points

**CATHEDRAL CITY  
CHEDDAR**  
SELECTED VARIETIES  
200 G  
**CHEDDAR  
CATHEDRAL CITY**  
21245346\_EA



## in the mood for deli-cious

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

**PREPARED IN  
CANADA**

**OKA OR L'EXTRA  
BRIE DELI CUT  
CHEESE**  
SELECTED VARIETIES  
**FROMAGE OKA  
OU BRIE L'EXTRA  
TRANCHÉ EN  
CHARCUTERIE**  
21128235\_KG  
21162370\_KG  
21162450\_KG



**SAVE  
\$1  
WHEN YOU BUY 2**

**PREPARED IN  
CANADA**

**2/\$16**

OR  
\$8.50 EA.  
**MAPLE LEAF NATURAL  
SELECTIONS,  
SCHNEIDERS SLICED  
DELI MEAT**  
SELECTED VARIETIES  
150/175 G  
**CHARCUTERIES  
TRANCHÉES NATURAL  
SELECTIONS MAPLE  
LEAF, SCHNEIDERS**  
20065285\_EA  
20582322\_EA



**\$7**

**PC® SPLENDIDO®  
SLICED DELI MEAT**  
SELECTED VARIETIES  
100 G  
**CHARCUTERIES  
TRANCHÉES PC®  
SPLENDIDO®**  
21049398\_EA  
21050405\_EA



**2/\$7**

**PREPARED IN  
CANADA**

OR  
\$4 EA.  
**PC® HUMMUS 227 G OR  
NAAN DIPPERS 200 G**  
SELECTED VARIETIES  
**HUMMUS OU  
BOUCHÉES NAAN**  
PC®  
21092033\_EA  
21639152\_EA



More days

Member Only Price  
**\$5**  
Non-Members  
**\$6**

Members save  
**\$1**

**GARDEN FRESH  
TORTILLAS 397 G OR  
PC® SALSA 430 ML OR  
GUACAMOLE 227 G**  
SELECTED VARIETIES  
**TORTILLAS GARDEN  
FRESH OU SALSA  
OU GUACAMOLE**  
PC®  
20325398\_EA/20571822\_EA  
21448092\_EA



## on the run, we got you

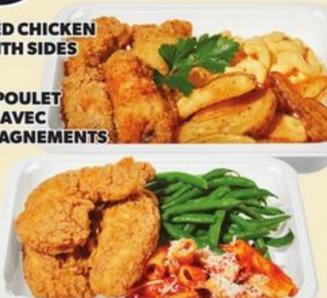
**\$16**

**PREPARED  
IN-STORE NACHO  
CHICKEN BAKE, TURKEY  
CRANBERRY SLIDERS,  
OR PULLED PORK  
SLIDERS**  
750-900 G  
**CASSEROLE DE  
POULET NACHOS,  
MINI-BURGERS DINDE  
ET CANNEBERGES OU  
MINI-BURGERS AU PORC  
EFFILOCHÉ PRÉPARÉS  
EN MAGASIN**  
21696333\_EA



**\$9**

**ASSORTED CHICKEN  
PLATE WITH SIDES**  
CHILLED  
364-481 G  
**PLAT DE POULET  
ASSORTI AVEC  
ACCOMPAGNEMENTS**  
21557783\_EA  
21560810\_EA



**2/\$9**

OR  
\$5 EA.

**PC® PASTA OR  
GNOCCHI**  
SELECTED VARIETIES  
255-350 G  
**PÂTES OU GNOCCHI**  
PC®  
21682075\_EA  
21681454\_EA



**\$45-55**

**PARTY PLATTERS**  
SELECTED VARIETIES  
MADE TO ORDER  
850 G-2.6 KG  
**PLATEAUX DE  
CÉLÉBRATION**  
20894860\_EA  
20895023\_EA



**\$20/\$25**

**SANDWICH OR  
WRAP PLATTERS**  
PREPARED IN-STORE  
1.2-1.7 KG  
**PLATEAUX DE  
SANDWICHS OU  
ROULÉS**  
21558135\_EA  
21558137\_EA



**\$25**

**SQUARES PLATTER**  
SERVES 12-15  
**PLATEAUX DE  
CARRÉS**  
20896944\_EA



More days

Member Only Price  
**\$30**  
Non-Members  
**\$35**

Members save  
**\$5**

**BENTO KAZOKU  
PLATTER**  
53 PIECES  
1.2 KG  
**PLATEAU KAZODU  
BENTO**  
21637774\_EA



**MARCH**

**HIT OF THE MONTH**

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



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

**\$3<sup>33</sup>**

**LIMIT 6**  
AFTER LIMIT  
2.50 EA.



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

**\$1<sup>75</sup>**

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

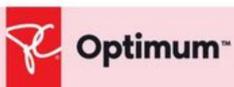


**PC® DIPS OR  
HUMMUS**  
SELECTED VARIETIES  
454 G  
20583725\_EA  
20584098\_EA

**\$4<sup>75</sup>**

**LOWEST PRICES  
BEST DEALS**

As compared to other major grocery retailers within your local areas.  
\* Must be a registered PC Optimum™ member to get this offer.  
Valid from March 1 - 31, 2026. While quantities last. See in-store for details.



# Get more on

More savings, more deals, more points  
This week only! March 19-25\*\*

# More days More days More days More days More days

More days

Members get **1,000** pts  
**\$1** back in points

# \$9

**PC® SPLENDIDO®  
EXTRA VIRGIN  
OLIVE OIL**  
500 ML  
20162539\_EA



More days

Members get **1,000** pts  
when you buy 2  
**\$1** back in points

# \$6

**ORVILLE  
POPCORN 6/8'S OR  
KERNEL JAR 850 G**  
SELECTED VARIETIES  
20308686\_EA  
20629532002\_EA



More days

Members get **1,000** pts  
when you buy 2  
**\$1** back in points

# \$4

**SNYDERS PRETZEL  
SELECTED VARIETIES**  
240 G  
20316052001\_EA  
20316052002\_EA



More days

Members get **1,000** pts  
when you buy 2  
**\$1** back in points

# 2/\$8

OR  
**\$4.99 EA.**  
**PEEK FREANS  
COOKIES  
OR BISCUITS**  
SELECTED VARIETIES  
300/350 G  
20679968\_EA  
20680381\_EA



More days

Members get **3,000** pts  
when you buy 2  
**\$3** back in points

# \$4

**PEARL MILLING  
COMPANY  
PANCAKE MIX 905 G**  
OR **SYRUP 710 ML**  
SELECTED VARIETIES  
21384609\_EA  
21391619\_EA



More days

Members get **1,000** pts  
when you buy 2  
**\$1** back in points

# 7<sup>50</sup>

**PRINGLES  
SNACK STACKS**  
SELECTED VARIETIES  
228 G  
21069445\_EA  
21206245\_EA



More days

Members get **1,000** pts  
when you buy 2  
**\$1** back in points

# 6<sup>49</sup>

**GRISOL MELBA  
TOAST 400 G OR  
BAGUETTES 220 G**  
SELECTED VARIETIES  
20307218001\_EA  
21623511\_EA



More days

Members get **500** pts

# 4<sup>99</sup>

**CADBURY  
FINGERS**  
SELECTED VARIETIES  
114/125 G  
21631880\_EA  
21631965\_EA



Optimum

Members-Only Price™  
**4<sup>50</sup>**

Non-members  
**\$6**

Members save  
**\$1<sup>50</sup>**

**DAWN LIQUID 825/982 ML,  
EZ SQUEEZE 532/535/650 ML  
OR POWERWASH  
REFILL 473 ML**  
SELECTED VARIETIES  
21430569\_EA



More days

Members get **2,000** pts  
when you buy 2  
**\$2** back in points

# 24<sup>99</sup>

**PC® SUPER ABSORBENT  
PAPER TOWELS**  
CLUB SIZE  
12 ROLLS  
21558605\_EA



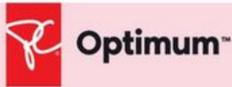
More days

Members get **3,000** pts  
when you buy 2  
**\$3** back in points

# \$18

**CUT KALANCHOE**  
BUNCH  
21423372\_EA





# Get more on

More savings, more deals, more points  
This week only! March 19-25

# Moredays Moredays Moredays Moredays Moredays

### Moredays

Members get **3,000<sup>pts</sup>** when you spend **\$15\*** on **\$3** back in points

**NUTELLA HAZELNUT SPREAD WITH COCOA** 375/725 G, & **GO! SNACK PACKS** 208 G OR **B-READY SNACK BARS** 132 G  
SELECTED VARIETIES  
20436105\_EA  
20948689\_EA



### Moredays

Members get **3,000<sup>pts</sup>** when you spend **\$10\*** on **\$3** back in points

**KELLOGG'S RICE KRISPIES SQUARES** 176 G, **NUTRI-GRAIN BARS** 295 G, **SPECIAL K CRISPY BARS** 125 G OR **POP TARTS PASTRIES** 384 G  
SELECTED VARIETIES  
21290106\_EA  
21290111\_EA



### Moredays

Members get **5,000<sup>pts</sup>** for every **\$10\*** spent on **\$5** back in points

**KNORR GRAVY AND SAUCE MIX** 22-48 G, **BASE FLAVOUR PASTES** 113 G, **BOUILLON CUBES OR POWDERS** 63-250 G OR **LIQUID CONCENTRATE** 250 ML  
SELECTED VARIETIES  
20297436001\_EA  
2032323001\_EA  
21683454\_EA



### Moredays

Members get **3,000<sup>pts</sup>** when you spend **\$10\*** on **\$3** back in points

**MCCORMICK GOURMET SPICES OR GRAVY DRY SAUCES**  
SELECTED VARIETIES  
11-56 G  
21379317\_EA  
21666873\_EA



### Moredays

Members get **1,500<sup>pts</sup>** when you spend **\$7\*** on **\$1.50** back in points

**KNORR OR LIPTON SOUP MIX**  
SELECTED VARIETIES  
40-338 G  
20297514001\_EA  
20308188002\_EA



### Moredays

Members get **3,000<sup>pts</sup>** for every **\$12\*** spent on **\$3** back in points

**KRAFT BAKER'S CHOCOLATE SQUARES** 170-225 G, **SHAKE 'N BAKE COATING MIX** 142-160 G, **CERTO LIQUID PECTIN** 170 ML, **DREAM WHIP WHIPPED TOPPING MIX** 170 G, **BIRDS CUSTARD POWDER** 340 G, **MAGIC BAKING POWDER** 225-450 G, **MINI TAPIOCA** 225 G OR **JELL-O JELLY POWDERS** 9.1-10.3 G, **INSTANT PUDDING** 40-153 G, **PUDDING & PIE FILLING** 135-170 G OR **NO BAKE CHEESECAKE DESSERT KIT** 314 G  
SELECTED VARIETIES  
20307001001\_EA  
20316019001\_EA



### Moredays

Members get **4,000<sup>pts</sup>** when you spend **\$12\*** on **\$4** back in points

**RESOLVE STAIN REMOVERS**  
SELECTED SIZES AND VARIETIES  
20323370\_EA



### Moredays

Members get **4,000<sup>pts</sup>** for every **\$10\*** spent on **\$4** back in points

**MAYNARDS CANDY**  
SELECTED VARIETIES  
135-154 G  
21694186\_EA  
21545605\_EA



### Moredays

Members get **3,000<sup>pts</sup>** when you spend **\$14\*** on **\$3** back in points

**AIR WICK PLUG-INS, REFILLS, ESSENTIAL MIST KITS OR CLUB PACKS**  
SELECTED VARIETIES AND SIZES  
21495649\_EA



### Moredays

Members get **5,000<sup>pts</sup>** when you spend **\$15\*** on **\$5** back in points

**SCRUBBING BUBBLES BATHROOM CLEANERS, FANTASTIK, WINDEX CLEANERS, SHOUT STAIN REMOVERS OR GLADE AIR FRESHNERS**  
SELECTED VARIETIES AND SIZES  
216668324\_EA / 20905516\_EA



### Moredays

Members get **5,000<sup>pts</sup>** when you spend **\$25\*** on **\$5** back in points

**PUREX, PERSIL OR SUNLIGHT LAUNDRY DETERGENT OR SNUGGLE FABRIC SOFTENERS**  
SELECTED SIZES AND VARIETIES  
20083525001\_EA  
21427042\_EA



### Moredays

Members get **10,000<sup>pts</sup>** when you buy 3 **\$10** back in points

**NATURE'S BOUNTY VITAMINS OR SUPPLEMENTS**  
SELECTED VARIETIES AND SIZES  
SEE RETAIL IN STORES  
21020231\_EA  
21180320\_EA



### Moredays

Members get **3,000<sup>pts</sup>** **\$3** back in points

# 32<sup>50</sup>

**BOOST READY TO DRINK VALUE PACK**  
SELECTED VARIETIES AND SIZES  
21562893\_C15



### Moredays

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

**QTIPS COTTON SWABS**  
500'S  
20323077001\_EA





# Get more on

More savings, more deals, more points  
This week only! March 19-25\*\*

# Moredays Moredays Moredays Moredays

## APP EXCLUSIVE OFFERS†

**Moredays**  
APP EXCLUSIVE OFFER

**Member Only Price**

**5.50**

Members save **\$1.50**

**Non-Members \$7**

**PC® BOCCONCINI**  
200 G OR  
**PC® RICOTTA** 454 G  
SELECTED VARIETIES  
20546993\_EA  
20219848\_EA

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

**PREPARED IN CANADA**

**Moredays**  
APP EXCLUSIVE OFFER

Members get **4,000 pts**

**\$4** back in points

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

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

**500 G**

**Moredays**  
APP EXCLUSIVE OFFER

Members get **1,500 pts**

**\$1.50** back in points

**VH SAUCES**  
SELECTED VARIETIES  
341-380 ML  
20297368\_EA  
20308726001\_EA

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

**Moredays**  
APP EXCLUSIVE OFFER

Members get **5,000 pts**

**\$5** back in points

**\$23**

**PC® PACIFIC WHITE SHRIMP RING WITH MILD COCKTAIL SAUCE** 568 G  
FROZEN  
20147098\_EA

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

**Moredays**  
APP EXCLUSIVE OFFER

Members get **4,000 pts**

**\$4** back in points

for every **'10\*** spent on

**PHILADELPHIA CREAM CHEESE, KRAFT SINGLES OR CHEEZ WHIZ**  
SELECTED VARIETIES AND SIZES  
4085387\_EA  
20641267\_EA  
20659606001\_EA

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

**PHILADELPHIA ORIGINAL**  
**Singles**  
**Cheez Whiz**

**Moredays**  
APP EXCLUSIVE OFFER

Members get **5,000 pts**

**\$5** back in points

for every **'10\*** spent on

**OLD EL PASO MEAL MAKER PRODUCTS**  
SELECTED VARIETIES AND SIZES  
20795534\_EA  
20305182001\_EA

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

**OLD EL PASO Salsa**  
**DINNER KIT**  
**HARD & SOFT** Taco

**Moredays**  
APP EXCLUSIVE OFFER

Members get **2,000 pts**

**\$2** back in points

when you spend **'5\*** on

**CHRISTIE RITZ DRIZZLED MINIS CRACKERS**  
SELECTED VARIETIES  
226 G  
21712532\_EA  
21712595\_EA

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

**RITZ Drizzled minis**  
caramel  
fudge

**Moredays**  
APP EXCLUSIVE OFFER

Members get **4,000 pts**

**\$4** back in points

when you spend **'10\*** on

**CHRISTIE SNAK PAKS**  
SELECTED VARIETIES  
150-200 G  
21584976\_EA  
21585155\_EA

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

**OREO mini**  
**Mini Chips! Ahoy!**

**Moredays**  
APP EXCLUSIVE OFFER

Members get **8,000 pts**

**\$8** back in points

for every **'20\*** spent on

**IAMS CAT OR DOG FOOD**  
SELECTED VARIETIES  
75 G-18.1 KG  
20912435\_EA  
21027553\_EA

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

**IAMS PROACTIVE HEALTH**  
MINICHUNKS™

## APP EXCLUSIVE OFFERS†

**Moredays**  
APP EXCLUSIVE OFFER

Members get **10,000 pts**

**\$10** back in points

for every **'100\*** spent on

**ANY COMBINATION OF ARDENE, GAP INC. BRANDS, UBER EATS, AND UBER GIFT CARDS**

**ARDENE** **OLD NAVY** **ATHLETA** **BANANA REPUBLIC** **Uber** **Uber Eats**

Go Anywhere. Get Anything.  
Ayez partout. Commandez tout ce que vous voulez.

Offer valid in-store only. Subject to availability; selection may vary by region and store. Please check your local store for availability. We reserve the right to limit quantities. See gift card for details, terms & conditions. Offer applies to every \$100 spent on Ardenne, Gap Inc. Brands, Uber Eats, and Uber gift cards in a single transaction. Cannot be combined with any other gift card offers. Not valid on prior purchases. PC Optimum points cannot be redeemed toward the purchase of gift cards. Must be a registered PC Optimum member. All trademarks are the property of their respective owners.



### Get your first year of PC Express Pass for **\$2/month\***

- Unlimited grocery delivery or pickup
- Earn 2% back in (pts) with eligible pickup orders\*\*

Use code **PASS76**

Learn more

\*Offer valid until April 1, 2026. Conditions apply. \$30 minimum order. Regular price \$99.99/year after your first year.



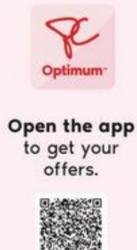
## JOE FRESH

# Moredays

March 19 -25

Members get **15,000 pts**

for every **\$60** spent on **adult apparel\***



# Moredays™

## BONUS 30 pts

per litre of fuel purchased at **Esso™** or **Mobil™** stations.\*

March 19-22



Open the app to get this offer.



**Optimum™**

Become a  
**points  
millionaire**



**Scan** your  
*PC Optimum™*  
App when  
you spend  
\$20+\*, and  
you could  
win 1,000,000  
points!

**March 19 - April 1**

\* No purchase necessary. Open to residents of Canada (excl. QC) Age of majority +. Approximation retail value \$1,000. For contest details, including purchase exclusions and how to enter without purchase, visit <https://www.pcoptimum.ca/national-contest>

# Indulge in tasty treats

Discover more value this Easter



**SAVE 49¢**  
**\$6**

**ED SMITH  
PIE FILLING 540 ML  
OR PURE  
PUMPKIN 796 ML**  
SELECTED VARIETIES  
20022361\_EA  
2029753001\_EA



**\$5**

**HERSHEY'S CHIPITS**  
SELECTED VARIETIES  
200-270 G  
21452844\_EA  
21452924\_EA



**\$7**



**PC® BUTTER**  
SELECTED VARIETIES  
454 G  
20313456001\_EA  
20313456002\_EA



**SAVE \$1**  
**\$9**

**PC® BLUE MENU®  
EGG WHITES**  
1 KG  
20821364001\_EA



**SAVE 99¢**  
**\$2**

**BETTY CROCKER  
FROSTINGS 340-450 G  
OR SUPER MOIST  
CAKE MIX 375-404 G**  
SELECTED VARIETIES  
2050264005\_EA  
21547838\_EA



**SAVE \$1.49**  
**4.50**

**GAY LEA REAL  
WHIPPED CREAM**  
ASSORTED VARIETIES  
225 G  
20048223001\_EA  
20048223002\_EA



**2/\$7**  
OR  
\$4.29 EA.

**NO NAME®  
MARSHMALLOWS**  
SELECTED VARIETIES  
400 G  
20304672001\_EA  
210223141\_EA



**Moredays**

Members get  
**3,000 pts**  
for every \$15\*  
spent on

**\$3**  
back in points

**WILTON SPARKLE GELS 99 G,  
ICING TUBES 120 G,  
SPARKLING POUCHES 32/40 G,  
SPRINKLES 6-CELL 168-207 G,  
CANDY MELTS 340 G,  
ICING MIX 113 G/1EA,  
SPRINKLES 9-285 G,  
CANDY EYEBALLS 78 G,  
CUPCAKE LINERS 75/150 EA,  
CANDLE PICK SET 10/13 EA,  
FOIL BAKING CUPS 72 EA,  
TIP SET 4EA, BIRTHDAY  
CANDLES 10-24 EA OR  
COLOUR SWIRL PIPING  
BAG COUPLER KIT 9 EA**  
SELECTED VARIETIES  
20813444\_EA  
21363183\_EA



**Moredays**

Members get  
**1,000 pts**

**\$1**  
back in points

**6.50**

**PAM COOKING  
SPRAY**  
SELECTED VARIETIES  
110-170 G  
20315275004\_EA



**4.50**

**NO NAME® ALMONDS,  
PECANS, HAZELNUTS  
OR WALNUTS**  
SELECTED VARIETIES  
100 G  
20127455001\_EA  
20617491\_EA



**SAVE \$1.99**  
**\$5**

**BAKER'S  
CHOCOLATE  
SQUARES 170/225 G  
OR TENDERFLAKE  
LARD 454 G**  
SELECTED VARIETIES  
20027695\_EA  
20316019001\_EA



**2.50**

**DR. OETKER  
SHIRRIF  
PIE FILLING  
& DESSERT MIX**  
SELECTED VARIETIES  
111-164 G  
21615148\_EA  
21615185\_EA



**SAVE \$2**  
**\$6**

**NO NAME®  
FLOUR**  
SELECTED VARIETIES  
5 KG  
20618900\_EA  
20650915\_EA



**2/\$10**  
OR  
\$5.49 EA.

**EAGLE BRAND  
SWEET &  
CONDENSED MILK**  
SELECTED VARIETIES  
300 ML  
21021518\_EA  
21012957\_EA



**Moredays**

Members get  
**4,000 pts**  
when you  
buy 2

**\$4**  
back in points

**\$6**

**QUAKER  
BAKING MIXES  
OR OAT FLOUR**  
SELECTED VARIETIES  
700-900 G  
20301064001\_EA  
21674263\_EA



**\$5**

**COOL WHIP  
DESSERT TOPPING**  
SELECTED VARIETIES  
FROZEN  
1 L  
20030369001\_EA  
20030369002\_EA



**3.49**

**ALFA PHYLLO PASTRY**  
FROZEN  
450G  
21606928\_EA



**\$4**

**NO NAME® COCONUT 200/400 G  
OR CRISCO SHORTENING 454 G**  
SELECTED VARIETIES  
20127930\_EA  
21475300\_EA



# your one-stop grocery shop

**2/\$9**  
OR  
\$5.50 EA.



**LIBERTÉ MÉDITERRANÉE YOGURT 500 G**  
**OR LIBERTÉ GREEK YOGURT 400 G**  
SELECTED VARIETIES  
2080175003\_EA  
21473714\_EA



**SAVE**

**15%**

**BOB'S RED MILL OATS**  
SELECTED VARIETIES  
454-907 G  
21639699\_EA  
21127426\_EA



**3/\$9**  
OR  
\$3.75 EA.

**FIBRE 1 CHEWY BARS, DELIGHTS OR BROWNIES 125-175 G,**  
**NATURE VALLEY PROTEIN BARS 148 G**  
**OR SWEET & SALTY BARS 192-210 G**  
SELECTED VARIETIES  
20587504001\_EA  
21213559\_EA



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

**HIGH LINER FISH STICKS, BATTERED FISH OR FILLETS**  
SELECTED VARIETIES FROZEN  
350-700 G  
2030320001\_EA  
2030320003\_EA



**\$5**

**HELUYA GOOD! FRENCH ONION SOUR CREAM DIP**  
680 G  
20312788001\_EA



**\$4**



**GAY LEA SOUR CREAM**  
SELECTED VARIETIES  
500 ML  
20317536001\_EA  
20317536003\_EA



**9<sup>49</sup>**



**SAPUTO MOZZARELLISSIMA PIZZA MOZZARELLA CHEESE 690 G**  
**OR NO NAME® CHEESE 700 G**  
SELECTED VARIETIES  
20107017001\_EA  
20975773\_EA



**\$5**

**NO NAME® OATMEAL OR CHOCOLATEY COOKIES**  
SELECTED VARIETIES  
907 G  
20318678002\_EA  
20318678001\_EA



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

**LECLERC CÉLÉBRATION COOKIES**  
SELECTED VARIETIES  
200-350 G  
20965368\_EA  
21680074\_EA



**2/\$6**  
OR  
\$3.49 EA.

**PC® CRISP & THIN BUTTER TWISTS 225 G,**  
**PITA CRACKERS 142 G OR SCALLOPED CRACKERS 185 G**  
SELECTED VARIETIES  
2060388003\_EA  
21346922\_EA



**\$6**

**TAZO TEA BAGS 20'S OR AGGA NESPRESSO COMPATIBLE CAPSULES 10'S**  
SELECTED VARIETIES  
21308145\_EA  
21306979\_EA



**\$14**

**TWINING'S TEA 100'S OR TIM HORTON'S SINGLE SERVE K-CUP TEA 12'S OR MCCAFÉ COFFEE K-CUP 10/12'S,**  
SELECTED VARIETIES  
21040439\_EA  
21238598\_EA



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

**COFFEE-MATE COFFEE ENHANCER**  
SELECTED VARIETIES  
828/946 ML  
21091205\_EA  
21091311\_EA



**\$8**

**STOK COLD BREW COFFEE**  
SELECTED VARIETIES  
1.42 L  
21203739\_EA  
21203737\_EA



**\$5**

**EARTH'S OWN BARISTA**  
SELECTED VARIETIES  
946 ML  
21179478\_EA  
21643629\_EA



**\$12**

**KINDER MAXI SURPRISE EGG 150 G, EASTER VARIETY PACK 116 G OR EASTER EGG HUNT KIT 186 G**  
SELECTED VARIETIES  
20012895\_EA  
20719493\_EA



# for the love of **pets**

**\$15**

**PC® WILD BIRD FOOD**  
4 KG  
21308596\_EA



**\$17**

**CESAR DOG FOOD**  
SELECTED VARIETIES  
12'S  
20548229\_EA



**\$20**

**DOG CHOW 8 KG OR PUPPY CHOW 6.5 KG**  
20314190\_EA



**\$9**

**ZUKE'S DOG TREATS**  
SELECTED VARIETIES  
170 G  
21661750\_EA



**\$50**

**PURINA ONE DOG FOOD**  
SELECTED VARIETIES  
9.5-12.4 KG  
20422765\_EA



**\$12**

**MILK-BONE BRUSHING CHEWS DOG TREATS**  
SELECTED VARIETIES  
535-688 G  
21168245\_EA



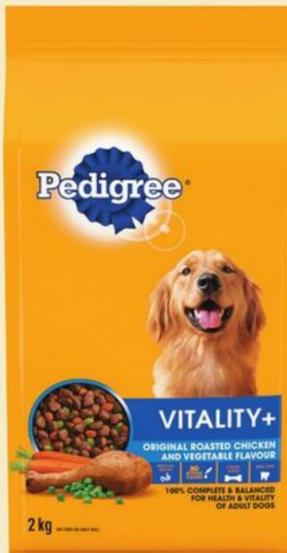
**\$9**

**MILK-BONE COMFORT CHEWS DOG TREATS**  
SELECTED VARIETIES  
210/312 G  
21620394\_EA



**\$14**

**PEDIGREE DOG FOOD**  
SELECTED VARIETIES  
2/2.8 KG  
21589011\_EA



**\$22**

**PURINA ONE CAT FOOD**  
SELECTED VARIETIES  
3 KG  
21235341\_EA



**\$6**

**TEMPTATIONS CAT TREATS**  
SELECTED VARIETIES  
454 G  
21012108\_EA



**\$22**

**FANCY FEAST CAT FOOD**  
SELECTED VARIETIES  
24'S  
21170917\_C01



**\$17**

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



**5/6<sup>25</sup>**

OR \$1.69 EA.

**WHISKAS CAT FOOD**  
SELECTED VARIETIES  
75/100 G  
20945388\_EA



**\$10**

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



**\$29**

**TIDY CATS LIGHTWEIGHT LITTER**  
7.71 KG  
20913423\_C01





# spring shine

**\$6**

**GREENWORKS ALL PURPOSE OR BATHROOM CLEANER** 946 ML, **TOILET BOWL CLEANER** 709 ML, **DISH DETERGENT** 650 ML OR **WIPES** 75'S SELECTED VARIETIES 21657670\_EA/21657754\_EA



**2/\$9**  
OR \$6.49 EA.

**CLOROX BATHROOM SPRAYS** 887 ML, **ALL PURPOSE CLEANERS** 946 ML OR **TILEX SHOWER SPRAY** 946 ML SELECTED VARIETIES 20649899\_EA 21657792\_EA



**2/\$13**

More days Members get 2,000 <sup>rewards</sup> \$2 back in points

OR \$7.99 EA.  
**LYSOL DISINFECTING WIPES** 75'S, **DISINFECTANT SPRAY** 350 G, **FLATPACK WIPES** 84'S OR **TOILET BOWL CLEANER** 940 ML SELECTED VARIETIES 21449826\_EA 21667289\_EA



**\$4**

**VIM CLEANERS** 500 ML-1 L OR **ALLENS CLEANING VINEGAR** 950 ML-2.5 L SELECTED VARIETIES 20831326\_EA



**\$5**

**LYSOL LAUNDRY DISINFECTANT** SELECTED VARIETIES 1.2 L 21495670\_EA 21487308\_EA



**\$10**

**AIRWICK ESSENTIAL MIST KIT** 20 ML OR **TWIN REFILLS** 2/20 ML SELECTED VARIETIES 20324301002\_EA



**\$9**

**GLAD INDOOR BUNDLE** SELECTED VARIETIES 10-48'S 21359461\_EA/21614177\_EA



**\$5**

**CLOROX BLEACH** 2.4 L OR **PINE-SOL CLEANER** 1.41 L SELECTED VARIETIES 20298679001\_EA 21283179\_EA



**\$4**

**SCOTCH BRITE SPONGES** 6'S OR **SCRUBBING BUBBLES BATHROOM CLEANER** 946-950 ML/623 G OR **TOILET FRESH BRUSH**, **EASY PEASY** 946 ML/385 G, **FANTASIK** 650 ML, **WINDEX GLASS CLEANER** 765-950 ML OR **FAMILY GUARD** 946 ML SELECTED VARIETIES 20976696\_EA 20125323001\_EA



**\$5**

**METHOD ALL PURPOSE CLEANER** 828 ML OR **DISH DETERGENT** 532 ML SELECTED VARIETIES 21432667\_EA/21518328\_EA



**\$11**

**GLAD OUTDOOR BAGS** SELECTED VARIETIES 10-40'S 21164510\_EA



**\$12**

**VILEDA OSKAR BROOM AND TWIST MOP** SELECTED VARIETIES EACH 20001949\_EA 20057952\_EA



**\$11**

**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 OR **POWERMOP LIQUID** 2.5 L SELECTED VARIETIES 21624930\_EA/21625287\_EA



**5.50**

**FLEECY FABRIC SOFTENER** 1.36 L OR **SHEETS** 80'S SELECTED VARIETIES 21311876\_EA 20311072001\_EA



## wash out winter

**\$22**

**TIDE LAUNDRY DETERGENT** 3.9 L, **TIDE POWER PODS** 45'S, **TIDE PODS OR GAIN BEADS** 57-76'S OR **FLINGS** 853 G OR **CASCADE TUBS** 51/67/80'S SELECTED VARIETIES 21593670\_EA 21625767\_EA



**\$16**

**GAIN LAUNDRY DETERGENT** 4.258 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 21625747\_EA 21671138\_EA



**\$14**

**PUREX** 4.08-4.43 L, **SUNLIGHT** 4 L OR **PERSIL** 1.86 L **LAUNDRY DETERGENT** OR **SNUGGLE FABRIC SOFTENER** 2.77 L SELECTED VARIETIES 20083525001\_EA 21427042\_EA



**\$20**

**TRU EARTH LAUNDRY DETERGENT STRIPS** SELECTED VARIETIES 64'S 21554580\_EA



# Shop the **World** in our aisles



# \$5



**SURAJ® NAAN  
FLATBREADS**  
SELECTED VARIETIES  
10'S  
20343319\_EA



# \$11

**SUFRA® HALAL  
BREADED CHICKEN**  
SELECTED VARIETIES  
FROZEN  
568-840 G  
21179707\_EA  
21179709\_EA



# 1.50

**ROOSTER®  
COCONUT MILK**  
SELECTED VARIETIES  
398 ML  
21378715\_EA  
21378707\_EA



# \$10

**SURAJ® AGED  
BASMATI RICE**  
3.63 KG  
20838931\_EA



**EVERYDAY  
LOW  
PRICES**

**Value you  
can count on.**

**\$13**



**PC® BLUE MENU®  
CHICKEN BREASTS**  
BONELESS, SKINLESS  
AIR CHILLED  
3'S  
21340952\_EA



**2<sup>50</sup>**

**NO NAME®  
CHICKEN  
HOT DOGS**  
450 G  
20098192\_EA



**\$15**

**PC® BACON-WRAPPED  
WILD SEA SCALLOPS**  
FROZEN  
260 G  
21220644\_EA



**\$6**



**ZIGGY'S® DELI  
CHEESE SLICES**  
SELECTED VARIETIES  
160/180 G  
21610778\_EA  
21610826\_EA



**\$8**

**PREPARED  
IN-STORE BOWLS**  
SELECTED VARIETIES  
345-400 G  
21666110\_EA  
21696361\_EA



**\$7**



**FARMER'S MARKET™  
MUFFINS**  
SELECTED VARIETIES  
6'S  
21283356\_EA



**3<sup>75</sup>**



**PC® YOGURT TUBS**  
750 G OR PROBIOTIC  
YOGURT 650 G  
SELECTED VARIETIES  
20180775002\_EA  
21684206\_EA



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

**NO NAME® SINGLE  
PIZZAS OR CHEESY  
GARLIC FINGERS**  
SELECTED VARIETIES,  
FROZEN  
295-411 G  
21541441\_EA  
21541444\_EA



**\$10**

**NO NAME® CLUB SIZE  
ICE CREAM  
SANDWICHES  
OR BARS**  
SELECTED VARIETIES  
FROZEN  
24-30'S  
20347400002\_EA  
21013432\_EA



**\$1**



**PC® OR BLUE MENU®  
SPARKLING WATER**  
SELECTED VARIETIES  
1L  
20162061003\_EA  
20320832004\_EA



**\$8**

**PC® ORGANICS  
FLOUR**  
SELECTED VARIETIES  
2.5 KG  
20069335\_EA  
20303111\_EA



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

**PC® ORGANICS  
ANIMAL COOKIES**  
SELECTED VARIETIES  
250 G  
20181028\_EA  
20304981\_EA



**\$5**

**PC® ORGANICS  
VEGETABLES**  
SELECTED VARIETIES  
FROZEN  
300/500 G  
20416869001\_EA  
21418289\_EA



# live well, spend less

**\$56**

**LIMIT 4**  
AFTER LIMIT  
63.99 EA.

**SIMILAC BABY FORMULA**  
STAGE 1 & 2  
SELECTED VARIETIES  
859 G  
21436985\_EA  
21437126\_EA



**\$25**

More days  
Members get  
**2,000**  
back in points

**HUGGIES 16X BABY WIPES**  
SELECTED VARIETIES  
960-1152'S  
21541191\_EA



**LIMIT 4**  
AFTER LIMIT  
29.99 EA.

**\$25**

**LIMIT 4**  
AFTER LIMIT  
34.99 EA.

**PAMPERS SUPER BIG PACK DIAPERS**  
SELECTED VARIETIES  
SIZE N-6, 48-96'S  
21370843\_EA/21455865\_EA



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

**LIMIT 6**  
AFTER LIMIT  
6.49 EA.

**AXE DEODORANT** 76/85 G,  
**BODY SPRAY** 113 G,  
**BODY WASH OR HAIR CARE** 473 ML  
SELECTED VARIETIES  
20665502\_EA/21438255\_EA



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

**LIMIT 6**  
AFTER LIMIT  
6.99 EA.

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



**10<sup>50</sup>**

**LIMIT 4**  
AFTER LIMIT  
11.99 EA.

**HEAD & SHOULDERS OR OLD SPICE HAIR CARE**  
SELECTED VARIETIES  
AND SIZES  
21360086\_EA  
21505214\_EA



**\$9**

**LIMIT 4**  
AFTER LIMIT  
11.49 EA.

**JERGENS LOTION**  
SELECTED VARIETIES  
620 ML  
20856268\_EA  
21195511\_EA



**SAVE UP TO**

**20%**

**GARNIER FACECARE PRODUCTS**  
SELECTED VARIETIES  
AND SIZES  
21549485\_EA



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

**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



**\$10**

**LIMIT 4**  
AFTER LIMIT  
11.49 EA.

**OGX MAUI OR AVEENO HAIR CARE**  
SELECTED VARIETIES AND SIZES  
21009291\_EA/21010670\_EA



**\$8**

**LIMIT 4**  
AFTER LIMIT  
10.99 EA.

**LISTERINE MULTIBENEFITS**  
1 L OR **CLASSIC** 1.5 L  
**MOUTHWASH**  
SELECTED VARIETIES  
20701283\_EA/21091180\_EA



**St. Ives**

**For Radiant Winter Skin**

save up to **25%**  
**St. Ives**  
Face Scrubs,  
Exfoliants, Lotion  
or Body Wash  
21986088\_EA  
21429055003\_EA  
21360954\_EA

**TENA**

**Trusted day & night leakage protection**

**\$18** EA.  
Tena Underwear, Briefs or Pads  
selected varieties and sizes  
20957897\_EA/21033778\_EA/21099265\_EA

TENA® is a registered trademark of Essity Hygiene and Health, AB. ©2026 Essity

**GARNIER®**

**UP TO 3 DAYS OF FRIZZ CONTROL\***

**\$9** **LIMIT 4** AFTER LIMIT 11.99 EA.  
**GARNIER FRUCTIS HAIR TREATMENT**  
SELECTED VARIETIES  
AND SIZES  
21080852\_EA

**\$9** **LIMIT 4** AFTER LIMIT 9.49 EA.  
**GARNIER FRUCTIS SHAMPOO OR CONDITIONER**  
SELECTED VARIETIES  
1 L  
21708789\_EA

**FRUCTIS**

**VEGAN FORMULA\***

**Cruelty Free**

\*With system of shampoo, conditioner & leave-in cream.

**Jamieson**

**HEALTH MADE TASTY**

Support good health with great taste

**SAVE up to 20%**  
Jamieson Multi or Letter vitamins  
selected varieties and sizes  
30-500's

21689253\_EA/20704768\_EA  
21689327\_EA/21411099\_EA  
21541913\_EA

**Baby Gourmet ORGANIC**

**6+ MONTHS**

JUICY PEAR & GARDEN GREENS  
POIRES JUTEUSES ET LÉGUMES VERTS DU JARDIN

MANGO AVOCADO & OATS  
MANGUE, AVOCAT ET AVOINE

**5/\$10**  
or 2.49 ea

Baby Gourmet organic fruit or vegetable baby food pouches  
113/128 mL  
or jars 113 mL  
selected varieties  
20616541001\_EA  
21291241\_EA  
20368074001\_EA  
21123983\_EA

**7+ MONTHS**

TROPICAL GREEN SMOOTHIE  
SMOOTHIE VERT TROPICAL

BANANA FIG OATMEAL  
BANANES, FIGUES ET AVOINE

**PediaSure**

COMPLETE, BALANCED NUTRITION® WITH A TASTE KIDS LOVE

2/\$18  
or \$10.49 ea

PediaSure Complete, selected varieties, 4x235 mL  
20322414001\_EA  
20322414002\_EA

**Pedialyte**

WHEN WATER ISN'T ENOUGH  
Get advanced rehydration

**\$10**

Pedialyte electrolyte oral rehydration solution, Strawberry 1L or Freezer Pops, 16x62.5 mL  
20186130\_EA  
21623984\_EA

**Similac 360 Total Care**

A first of its kind from Similac®

**\$70**

Similac 360 Total Care ready to feed infant formula, selected varieties, 16x235 mL  
21702863\_EA/21702882\_EA

**\$60**

Similac 360 Total Care infant formula selected varieties, 859 g  
21697863\_EA/21697886\_EA

© Abbott - DIR/584A-OC2025

**NEW & IMPROVED**

**50% MORE DIAPERS PLUS DE COUCHES\***

**Pampers**  
baby-dry **ULTRA**  
**3X PROTECTION**  
ULTRA ABSORB - ULTRA STRETCHY - EXTENSIBLE - ULTRA CUSHIONY / COUSSINÉ  
FRAGRANCE FREE • SANS PARFUM

**ELMO**

DIAPERS COUCHES

TM/© Sesame © 2026 P&G vs. Pampers® Baby-Dry Ultra Mega XL Pack

**3X PROTECTION**

- ✓ **ULTRA Absorbent**
- ✓ **ULTRA Stretchy**
- ✓ **ULTRA Coverage**

**\$35** **LIMIT 6** AFTER LIMIT 39.99 EA.

Pampers® econo pack diapers selected varieties, sizes N-8, 58-200's  
21692756\_EA

**Members get 2,000 pts** **\$2** back in points

**ELMO**

**BIG PACK = BIGGER SAVINGS!**

**\$48** **LIMIT 4** AFTER LIMIT 58.99 EA.

Pampers® Swaddlers ultra value pack diapers selected varieties, sizes 2-8, 120-192's  
21455875\_EA

**Members get 2,000 pts** **\$2** back in points

**45% MORE DIAPERS PLUS DE COUCHES\***

**Pampers**  
swaddlers  
our best dryness & comfort ever  
plus sèches et confortables que jamais

vs. Pampers Huge Pack © 2026 P&G

**NEW & IMPROVED!**

**HUGGIES**  
snug & dry

SAVE OVER \$20 PER BOX\* | ECONOMISEZ PLUS DE 20 \$ PAR BOÎTE\*

up to 100% blowout & leakproof protection de protection : fuites et débordements

**162** **5** diapers couches over 27 LB | plus de 12 KG

**Save over \$20 per box**

**with NEW Huggies® Ultra Value Pack!**

**\$45** **LIMIT 4** AFTER LIMIT 49.99 EA.

Huggies® Snug & Dry sizes 3-6, 132-198's  
21693896\_EA

**BACKED BY OVER  
35 YEARS  
OF ACTIVIA'S  
EXPERTISE  
IN GUT HEALTH**

**ALL 8 PACKS NOW AVAILABLE  
IN SINGLE FLAVOURS!**



**2/\$10**  
OR  
\$5.99 EA.  
Activia® -  
8 x 100 g  
21725748\_EA

**FIND ALL YOUR FAVOURITES**

**STRAWBERRY — VANILLA — BLUEBERRY — RASPBERRY —  
LEMON — PLAIN — LACTOSE FREE VANILLA**



**\$4**  
Activia® Expert - 4 x 100 g  
21688261\_EA/21687900\_EA



**\$6**  
Activia® Expert - 750 g  
21688207\_EA



**\$5.49**  
Activia® - 650 g  
20325132003\_EA



**\$7**  
Activia® - 6 x 93 mL  
21520253\_EA

**PACK YOUR MORNING  
WITH PROTEIN**



**\$8.79**  
Oikos® - 650 g, 750 g  
21305945\_EA

**3/\$12**  
OR  
\$4.99 EA.  
Oikos® - 4 x 95 g, 4 x 100 g  
20625055\_EA  
20419715001\_EA

**2/\$7**  
OR  
\$4 EA.  
Oikos® Pro™ - 300 mL  
21651846\_EA

\*As part of a complete breakfast and balanced diet. Per 115 g serving.

**10-HOUR BREW  
FOR A BOLD  
AND SMOOTH TASTE**



**\$8**  
Stok® - 142 L  
21203737\_EA/21203739\_EA

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**iögo  
nanö**

**Bursting with  
Mini Popping Bubbles**



**NEW**

Made with  
real fruit



**\$4.50**

iögo nanö  
YOGURT WITH FLAVOURED  
PEARLS. 4 X 100 G  
SELECTED VARIETIES  
2070793\_EA/2070794\_EA



**\$4.75**  
iögo nanö  
DRINKABLE YOGURT  
6 X 93 ML  
SELECTED VARIETIES  
21690943\_EA/20609987001\_EA



**\$4.50**  
iögo nanö  
CREAMY YOGURT  
POUCH  
4 X 90 G  
SELECTED VARIETIES  
21707196\_EA/21707194\_EA



**\$12**  
iögo  
CREAMY YOGURT  
2 KG  
SELECTED VARIETIES  
20636092\_EA



**\$8.50**  
iögo  
CREAMY, 0% OR  
LACTOSE-FREE YOGURT  
16 X 100 G  
SELECTED VARIETIES  
20609583001\_EA/21622847\_EA



**\$6.50**  
ASTRO  
BLAKAN YOGURT  
12 X 100 G  
SELECTED VARIETIES  
2007507001\_EA



**\$8**  
siggi's  
SKYR YOGURT  
650 - 750 G  
SELECTED VARIETIES  
21659473\_EA/21538982\_EA



**\$4.75**  
ASTRO  
BALKAN YOGURT  
750 G  
SELECTED VARIETIES  
20852580000\_EA/20707553001\_EA



**\$4.50**  
siggi's  
SKYR YOGURT  
4 X 100 G  
SELECTED VARIETIES  
21659473\_EA/21538982\_EA

**Lou's  
KITCHEN**

**QUICK AND EASY-  
ENJOY!**

**DELICIOUS,  
SIMPLE TO  
PREPARE  
MEALS**



LOU'S ENTRÉES  
BEEF POT ROAST AU JUS  
375 g  
20078077\_EA



LOU'S ENTRÉES  
SHAVED BEEF AU JUS  
400 g  
20507550\_EA



LOU'S BACK BACON DOUBLE  
SMOKED OR APPLEWOOD  
selected varieties 375 g  
20285088\_EA/21333667\_EA



LOU'S ENTRÉES  
PULLED PORK  
400 g  
20182404\_EA



LOU'S ENTRÉES  
PHILLY-STYLE SHAVED STEAK  
400 g  
21046171\_EA



LOU'S PEAMEAL BACON  
800 g  
20642284\_EA

**\$10** each

**\$10** each



MANDARIN BBQ PORK ROAST • 450 g  
21699183\_EA



MANDARIN BLACK PEPPER BEEF • 400 g  
21699144\_EA

**\$10** each

**BURNBRAE  
FARMS • FERMES**



**\$7** EA.

Naturegg Solar Free Range or  
Omega Plus Solar Free Range  
12 Large Brown Eggs  
21565655001\_EA



**\$5.50** EA.

Naturegg Nature's Best  
or Nestlaid  
12 Large White Eggs  
20818075001\_EA



**\$6.50** EA.

Naturegg Omega Plus  
12 Large White Eggs  
20815787001\_EA



**\$5.50** EA.

Naturegg Simply  
Egg Whites or  
Free Run Simply  
Egg Whites  
500 g  
20820355001\_EA



**\$6** EA.

Naturegg  
Omega 3 Nestlaid  
12 Large White Eggs  
21069384001\_EA