PROUDLY CANADIAN OWNED & OPERATED | Independent™ Your Independent Grocer

SAVE 36%

3.49 LB

PORK SIDE RIB PORTION
7.69/KG
PORTION DE CÔTES DE FLANC DE PORC
20836871_KG

SAVE 43%

2.99 LB

WHOLE CHICKEN
6.59/KG
POULET ENTIER
20729008_KG

2/$12 OR $7 EA.

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

2.99 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 OR
HONEYCRISP APPLES
PRODUCT OF ATLANTIC CANADA, CANADA FANCY GRADE
6.59/KG
TRÈS GROS RAISINS VERTS OU ROUGES SANS PÉPINS PC^MD OU POMMES HONEYCRISP
20423775001_KG
20132621001_KG

EXTRA LARGE

$6

APP EXCLUSIVE OFFER* GET 1,500 PC® $1.50 back in points

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

PREPARED IN CANADA

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

Members save $4

PREPARED IN CANADA

SCHNEIDERS PEPPERETTES
SELECTED VARIETIES 250-375 G
PEPPERETTES SCHNEIDERS
20976093_EA
21433636_EA

5.97

PREPARED IN CANADA

CRACKER BARREL 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

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

5.50

GET 1,000 PC® $1 back in points

GENERAL MILLS CEREAL
FAMILY SIZE
SELECTED VARIETIES
455-778 G
CÉRÉALES GENERAL MILLS
21103495_EA
21667658_EA

$6

KRAFT PEANUT BUTTER
SELECTED VARIETIES
750 G-1 KG
BEURRE D'ARACHIDE KRAFT
20039581001_EA
20311582003_EA

$4

PREPARED IN CANADA

PC® ORANGE JUICE, TEA OR LEMONADE 1.54 L OR **IÖGO NANO DRINKS** 6X93 ML SELECTED VARIETIES
JUS D'ORANGE, THÉ OU LIMONADE PC^MD OU BOISSONS NANO IÖGO
20609687001_EA
21430531_EA

SAVE UP TO 35%

APP EXCLUSIVE OFFER* GET 3,000 PC® $3 back in points when you buy 2

3.75

PC® OR BLUE MENU® ENTRÉES
SELECTED VARIETIES FROZEN
212-365 G
PLATS CUISINÉS PC^MD OU MENU BLEU^MD
20312253001_EA
20839096_EA

$5

GIUSEPPE PIZZA
439-785 G, **PC® FRUSTA** OR **CALZONE** 240-350 G OR **PC® WOOD-FIRED PIZZA** 351-413 G
SELECTED VARIETIES, FROZEN
PIZZA GIUSEPPE, FRUSTA OU CALZONE PC^MD OU PIZZA AU FEU DE BOIS PC^MD
21106373_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 PC^MD SURGELÉS PC^MD
20312227_EA
21631382_EA

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

2.50

APP EXCLUSIVE OFFER* GET 2,000 PC® $2 back in points when you buy 3

PC® KETTLE COOKED, LOADS OF™ FLAVOUR OR WORLD OF FLAVOURS 200 G, **TORTILLA CHIPS** 320-350 G OR **POPCORN** 220/250 G SELECTED VARIETIES
CROUSTILLES CUITES À LA MARMITE, PLEINES DE^MD OU SAVEURS DU MONDE PC^MD OU CROUSTILLES DE TORTILLA OU MAÏS SOUFFLÉ PC^MD
20302765_EA
21422931_EA

SAVE 39%

PREPARED IN CANADA

$12

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

SAVE UP TO 54%

PREPARED IN CANADA

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

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

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

$3

PREPARED IN CANADA

COUNTRY HARVEST BREAD OR BAGELS
SELECTED VARIETIES AND SIZES
PAIN OU BAGELS COUNTRY HARVEST
21178535_EA
21693323_EA

$6

KELLOGG'S FAMILY SIZE CEREAL
SELECTED VARIETIES
480-650 G
CÉRÉALES FORMAT FAMILIAL KELLOGG'S
20054727_EA
21504064_EA

$7

PREPARED IN CANADA

LIBERTÉ GREEK TUBS
650/750 G OR
IÖGO CREAMY YOGURT 16X100 G
SELECTED VARIETIES
CONTENANTS DE YOGOURT GREC LIBERTÉ OU YOGOURT CRÉMEUX IÖGO
20642273_EA
20609583001_EA

8.50

PC® ORGANIC FROZEN FRUITS
SELECTED VARIETIES
FROZEN
600 G
FRUITS SURGELÉS PC® BIOLOGIQUE
20431483001_EA
20431483002_EA

$15

MCCAFÉ GROUND 290-300 G OR
VAN HOUTTE KCUPS 10-12'S
SELECTED VARIETIES
CAFÉ MOULU MCCAFÉ OU K-CUPS VAN HOUTTE
21721681_EA
20293336003_EA

$7

INTERNATIONAL DELIGHT COFFEE WHITENER OR COLD FOAM
SELECTED VARIETIES
396-946 ML
COLORANT À CAFÉ OU MOUSSE FROIDE INTERNATIONAL DELIGHT
20895480002_EA
21439782_EA

3.50

KRAFT SALAD DRESSING
SELECTED VARIETIES
425 ML
VINAIGRETTE KRAFT
21583702_EA
21584558_EA

SAVE $2

5.99

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

SAVE $2.99

$6

PRODUCT OF CANADA

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

SAVE $2.49

$7

PREPARED IN CANADA

BECEL MARGARINE
SELECTED VARIETIES
637/850 G
MARGARINE BECEL
20297818002_EA
21279389_EA

2.50

AYLMER TOMATOES OR ACCENTS
SELECTED VARIETIES
540/796 ML
TOMATES AYLMER OU ACCENTS
21206804_EA
21207587_EA

3.50

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®
20555781_EA
21715466_EA

$13

CLIF BAR ENERGY BARS
SELECTED VARIETIES
10X68 G
BARRES D'ÉNERGIE CLIF BAR
21664748_EA

3.50

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

$5

HALO TOP FROZEN DESSERT 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
21426403_EA

2/$7

OR
$3.99 EA.

PREPARED IN CANADA

PC® NATURAL SPRING WATER
24X500 ML
EAU DE SOURCE NATURELLE PC®
20137898_C24

$4

ZIPLOC BAGS
SELECTED VARIETIES
10-90'S
SACS ZIPLOC
20330328_EA
20871415_EA

90¢

FANCY FEAST 85 G OR
FRISKIES 156 G
CAT FOOD
SELECTED VARIETIES
NOURRITURE POUR CHAT FANCY FEAST OU FRISKIES
20302296001_EA
20304755_EA

PRICE DROP‡ More ways to save

2.50

GOLDFISH BAKED SNACK CRACKERS OR CRISPS
SELECTED VARIETIES
156-227 G
CRAQUELINS CUITS OU CROUSTILLES GOLDFISH
20300320_EA
20306994003_EA

2.50

PREPARED IN CANADA

CHEEMO PEROGIES
SELECTED VARIETIES
FROZEN
745-907 G
PEROGIES CHEEMO
20527369_EA
21636632_EA

2.50

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

5.50

PUREX
1.92-2.03 L OR
SUNLIGHT
1.84 L **LAUNDRY DETERGENT**
SELECTED VARIETIES
DÉTERGENT À LESSIVE PUREX OU SUNLIGHT
20856716005_EA
21427029_EA

Independent

CUSTOMER RELATIONS 1-866-727-0771. VISIT yourindependentgrocer.ca FOR STORE HOURS.

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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.

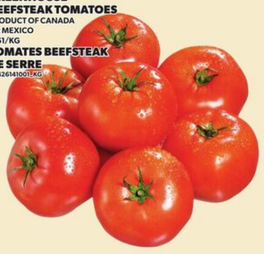
$5

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

1 LB

$3 LB

GREENHOUSE BEEFSTEAK TOMATOES
PRODUCT OF CANADA OR MEXICO
6.61/KG
TOMATES BEEFSTEAK DE SERRE
20426140001_KG

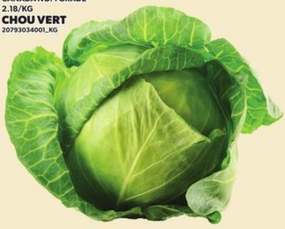


4.50

FARMER'S MARKET™ GRAPE TOMATOES
PRODUCT OF MEXICO
283 G
TOMATES RAISINS DÉLICES DU MARCHÉMC
21367888001_EA

99¢ LB

GREEN CABBAGE
PRODUCT OF CANADA, CANADA NO. 1 GRADE
2.18/KG
CHOU VERT
20793034001_KG



$2

RED MANGO
PRODUCT OF PERU
EACH
MANGUE ROUGE
20059635001_EA

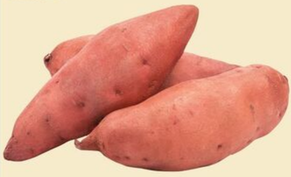
$7

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

LARGE

2.50 LB

SWEET POTATOES
PRODUCT OF CANADA OR U.S.A.
5.51/KG
PATATES DOUCES
20127708001_KG



$8

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

$7

CORED PINEAPPLE
PREPARED IN-STORE
EACH
ANANAS ÉVIDÉ
21629207_EA

SAVE $3.99 LB

10.50 LB

BONELESS STEWING BEEF
FAMILY SIZECUT FROM CANADA AA OR USDA SELECT GRADE BEEF OR HIGHER
23.15/KG
BŒUF À RAGOÛT DÉSOSSÉ
20766562_KG

feeling protein power-fuel

$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

$4 LB

CANADIAN POULTRY

CHICKEN LEGS
BACK ATTACHED
FAMILY SIZE
8.82/KG
CUISSES DE POULET
20153925_KG

$14

MARCANGELO PORK SAUSAGES OR BREAKFAST PATTIES
SELECTED VARIETIES, FROZEN
1-1.4 KG
SAUCISSES DE PORC OU RONDELLES DE SAUCISSE À DÉJEUNER MARCANGELO
20799699_EA
20799828_EA

$9

PREPARED IN CANADA

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

$5

ASIAN INSPIRATIONS ENTRÉES
SELECTED VARIETIES, FROZEN
400 G
PLATS CUISINÉS ASIAN INSPIRATIONS
21047353_EA
21047378_EA

find your catch in seafood

$5

CANADIAN SEAFOOD

ATLANTIC SALMON PORTIONS
FRESH, MARINATED, SELECTED VARIETIES
113 G
PORTIONS DE SAUMON DE L'ATLANTIQUE
20947596_EA
20948216_EA

SAVE 99¢

$8

PC® GLUTEN-FREE BREADED SHRIMP
UNCOOKED, FROZEN
340 G
CREVETTES PANÉES SANS GLUTEN PCMD
21364651_EA

$11

PC® SHRIMP APPETIZERS
SELECTED VARIETIES, FROZEN
294-454 G
HORS-D'ŒUVRE DE CREVETTES PCMD
20135974_EA
20078921_EA

bakery deals rising daily

$5 PREPARED IN CANADA

ACE BISTRO LOAF
SELECTED VARIETIES
545-640 G
MICHE BISTRO ACE
21616156_EA
21707643_EA

$6

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

$6 PREPARED IN CANADA

FARMER'S MARKET™ COOKIES
SELECTED VARIETIES
12'S
BISCUITS DÉLICES DU MARCHÉ^MC
20566294_EA

2^50 PREPARED IN CANADA

NO NAME® ENGLISH MUFFINS
SELECTED VARIETIES
6'S
MUFFINS ANGLAIS SANS NOM®
21216413_EA

$6

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

SAVE UP TO 38%

$4 PREPARED IN CANADA

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

in the mood for deli-cious

$9 PREPARED IN CANADA

PC® FETA CHEESE
SELECTED VARIETIES
400 G
FROMAGE FÉTA PC^MD
20239690_EA

$9 PREPARED IN CANADA

OKA CHEESE
SELECTED VARIETIES
190 G
FROMAGE OKA
20920756_EA

SAVE UP TO $2^49

$6 PREPARED IN CANADA

ZIGGY'S® KOLBASSA
375 G OR **PEPPERONI** 175 G
SELECTED VARIETIES
KOLBASSA OU PEPPERONI ZIGGY'S®
20085869_EA
21396884_EA

5^50

BUTTER BALL TURKEY & CHICKEN TRIO SUB SLICED DELI MEAT
250 G
TRIO DE CHARCUTERIES DE DINDE ET POULET TRANCHÉES POUR SOUS-MARIN BUTTER BALL
21473595_EA

2/$10 OR $6 EA. PREPARED IN CANADA

DAIYA DAIRY FREE CHEESE
SELECTED VARIETIES
170-227 G
FROMAGE SANS PRODUITS LAITIERS DAIYA
21207740_EA
21335548_EA

on the run, we got you

$8 PREPARED IN CANADA

OLIVIERI FAMILY PACK PASTA
SELECTED VARIETIES
500-700 G
PÂTES EN EMBALLAGE FAMILIAL OLIVIERI
20311594_EA
21021889_EA

$16

9 PIECE CHICKEN STRIPS
HOT OR CHILLED
700 G
9 MORCEAUX DE LANIÈRES DE POULET
20992187_EA
20991197_EA

$8

IN-STORE PREPARED BOWLS
SELECTED VARIETIES
290-340 G
BOLS PRÉPARÉS EN MAGASIN
21696361_EA

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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, WHEAT THINS OR TOPPABLES CRACKERS
SELECTED VARIETIES
240-454 G
20686037_EA
21618621_EA

$3.33

LIMIT 6
AFTER LIMIT
$2.50 EA.

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

$1.75

LIMIT 6
AFTER LIMIT
$6 EA.

PREPARED IN CANADA

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

$4.75

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.

MKT FLAP HM MAR