

weekly deals

SAVE
UP TO \$1.19/100 G



\$3
/100 G

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

20087761_KG/21426774_KG



SAVE
\$1.02
WHEN YOU BUY 3

3/4.98

OR
\$2 EA.

BARILLA PASTA
SELECTED VARIETIES
410 G

PÂTES BARILLA
21404923_EA
21404912_EA



SAVE
UP TO \$3

\$14

APP EXCLUSIVE OFFER*

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



PC® OR BLUE MENU®

ENTRÉES

SELECTED VARIETIES,
FROZEN, CLUB SIZE
2/2.27 KG

PLATS CUISINÉS

PC^{MD} OU

MENU BLEU^{MC}

20134930_EA
21178593_EA

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

\$2

PC® KETTLE COOKED,
LOADS OF FLAVOUR OR
WORLD OF FLAVOUR
POTATO CHIPS

SELECTED VARIETIES
200 G

CROUSTILLES CUITES À
LA MARMITE,
PLEINES DE OU
SAVEURS DU MONDE

PC^{MD}

20840911002_EA
21422931_EA



SAVE
33%

\$10

PC® MAPLE SYRUP

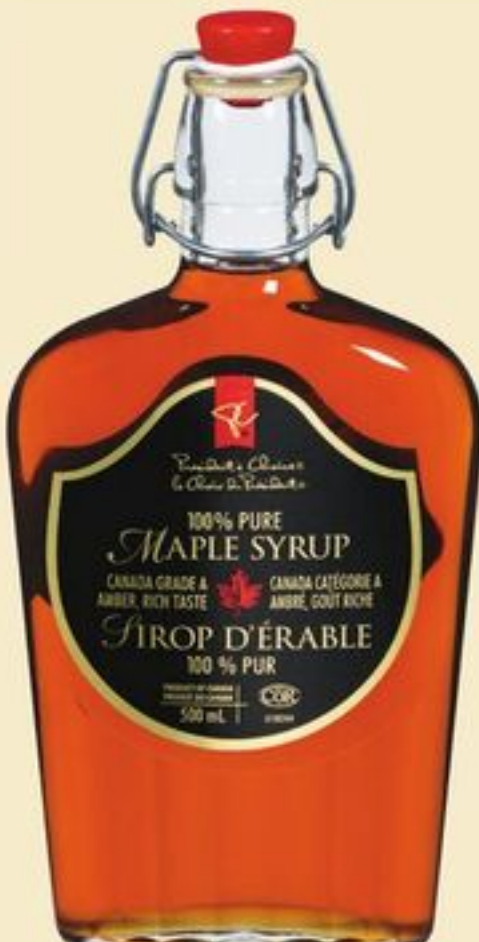
GRADE A AMBER

500 ML

SIROP D'ÉRABLE

PC^{MD}

20049221_EA



Optimum

Members-Only Price™

\$4

Non-members
\$5

Members
save
\$1



PREMIUM BAGELS

SELECTED VARIETIES
6'S

BAGELS DE CHOIX

21016649_EA
21705757_EA

BAKED
IN-STORE

**PRICE
DROP ‡**

**More ways to
save**

2⁵⁰

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

20300320_EA
20306994003_EA



2⁵⁰

CHEEMO PEROGIES
SELECTED VARIETIES
FROZEN
745-907 G
PEROGIES CHEEMO

20527159_EA
20527641_EA



2⁵⁰

**MONSTER
ENERGY DRINKS**
SELECTED VARIETIES
473 ML
**BOISSONS
ÉNERGISANTES
MONSTER**

20938249_EA
20938521_EA



4⁵⁰

**GARNIER WHOLE
BLENDS SHAMPOO
OR CONDITIONER**
SELECTED VARIETIES
370 ML
**SHAMPOOING
OU REVITALISANT
WHOLE BLENDS
GARNIER**

21647127_EA
20941824_EA



3⁵⁰

POPCORNERS
SELECTED VARIETIES
142 G
POPCORNERS

21370205_EA
21370259_EA



\$6

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

20912515_EA



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

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.

4⁵⁰

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

2⁵⁰ EA./LB

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

3⁹⁹ LB

PC® EXTRA LARGE RED SEEDLESS GRAPES PRODUCT OF SOUTH AFRICA OR CHILE OR PC® **EXTRA LARGE GREEN SEEDLESS GRAPES** PRODUCT OF PERU, CHILE OR SOUTH AFRICA 8.80/KG
TRES GROS RAISINS ROUGES OU VERTS SANS PÉPINS PC^{MD}
20159199001_KG
20425775001_KG

\$6

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

4⁵⁰

FARMER'S MARKET™ AVOCADO BAG
PRODUCT OF MEXICO, PERU OR COLOMBIA
5'S
SAC D'AVOCATS DÉLICES DU MARCHÉ^{MC}
21644936001_EA

2⁵⁰

PC® MANGO
RODUCT OF PERU OR **POMEGRANATE**
PRODUCT OF ISRAEL OR EGYPT
MANGUE PC^{MD} OU GRENADE
2095134001_EA
20134767001_EA

1⁸⁸ LB

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

SAVE \$1 WHEN YOU BUY 2

2/\$11

OR \$6 EA.

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

\$6

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

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

\$35

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

\$12

10 STEM TULIPS ASSORTED COLOURS
10 TULIPES SUR TIGE
20833978_EA

\$28

5 INCH ORCHID EACH
ORCHIDÉE 5 PO
20603981_EA

\$13

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

\$5

LEAN GROUND PORK
450 G
PORC HACHÉ MAIGRE
21646160_EA

\$8

PC® BLUE MENU® GROUND CHICKEN OR MINCED TURKEY
454 G
POULET HACHÉ OU HACHIS DE DINDE
PC^{MD} MENU BLEU^{MC}
21100091_EA
21100092_EA

\$7 LB

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

PREPARED IN-STORE

\$9

PC® NATURALLY SMOKED BACON
SELECTED VARIETIES
500 G
BACON FUMÉ NATURELLEMENT
PC^{MD}
20057892_EA
20152629_EA

\$8

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

find your catch in seafood

\$10

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

9⁵⁰

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

\$8

PC® GLUTEN-FREE BREADED SHRIMP UNCOOKED 340 G OR **SEAQUEST® WHOLE POMFANO** 800 G
FROZEN
CREVETTES PANÉES SANS GLUTEN PC^{MD} OU POMFANO ENTIER SEAQUEST®
21364651_EA/21592084_EA

bakery deals rising daily

\$4 **BAKED IN-STORE**

CINNAMON RAISIN BREAD
468 G
PAIN CANNELLE ET RAISINS
20729432_EA



\$15 **CAKE OF THE MONTH**

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



7⁵⁰ **PREPARED IN CANADA**

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



\$4 **BAKED IN-STORE**

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



7⁵⁰ **PREPARED IN CANADA**

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



\$6 **PREPARED IN CANADA**

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



\$4 **PREPARED IN CANADA**

DIMPLMEIER SWEDEN BREAD 680 G
OR **NATURAL BAKERY RYE BREAD** 500 G
PAIN SUÉDOIS
DIMPLMEIER OU PAIN DE SEIGLE
NATURAL BAKERY
20166149_EA
21688966_EA



3⁵⁰ **PREPARED IN CANADA**

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



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

2/\$6

OR \$3.49 EA.

VACHON SNACK CAKE
SELECTED VARIETIES AND SIZES
PETIT GÂTEAU VACHON
20963606_EA
20976343_EA



\$8 **PREPARED IN CANADA**

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



\$8 **PREPARED IN CANADA**

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



\$7 **PREPARED IN CANADA**

BOURSIIN CREAM CHEESE 150 G OR **PILLER'S KOLBASSA** 250-375 G
SELECTED VARIETIES
FROMAGE À LA CRÈME BOURSIIN OU KOLBASSA PILLER'S
20167794_EA
20308469_EA



\$15 **PREPARED IN CANADA**

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



Optimum **Members-Only Price™**

3⁵⁰ **PREPARED IN CANADA**

Non-members \$4

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



Optimum **Members-Only Price™**

\$7 **Members save \$1** **PREPARED IN CANADA**

Non-members \$8

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



on the run, we got you

SAVE UP TO \$2

\$16

BENTO CALIFORNIA FAMILY PACK SUSHI
SELECTED VARIETIES
30'S/635 G
SUSHI FORMAT FAMILIAL CALIFORNIA BENTO
21638655_EA



8⁴⁹ **PREPARED IN CANADA**

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



\$9

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



\$20

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



\$7

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



\$16

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



International Women's Day

Sunday March 8th



\$22

20 STEM TULIPS

21293990_EA



\$9

WOMEN'S DAY VIOLET IN TIN

21654280_EA



\$7

BLOOM OF THE MONTH

CAMPANULA

21730503_EA



\$10

FARM TO TABLE BOUQUET

EACH

21729159_EA

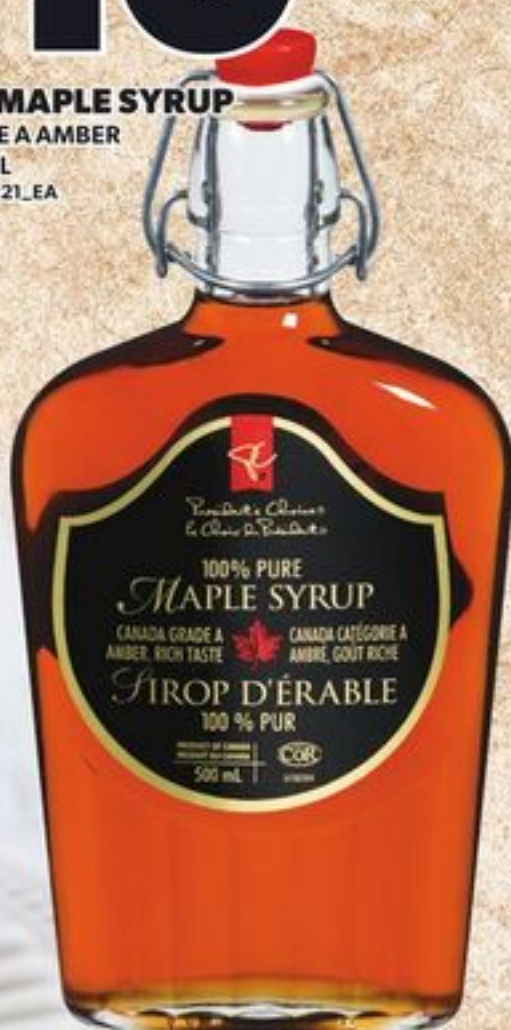


savoury sides and syrupy swirls



SAVE 33%
\$10

PC® MAPLE SYRUP
GRADE A AMBER
500 ML
20049221_EA



\$4

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



\$7 LB

PORK SAUSAGE
SELECTED VARIETIES
15.43 /KG
20709048_KG
20709042_KG



PREPARED IN-STORE



500 G

\$9

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



4⁵⁰

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



\$4

BAKED IN-STORE

CINNAMON RAISIN BREAD
468 G
20729432_EA



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

PREMIUM BAGELS
SELECTED VARIETIES
6'S
21016649_EA
21705757_EA

Members save \$1

Baked In Store
Cinnamon Raisin

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Cinnamon Raisin

\$5

PC® BLUE MENU® CEREAL BOOSTER GRANOLA
SELECTED VARIETIES
325-450 G
2063128004_EA
21344977_EA



\$6

PREPARED IN CANADA

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



\$8

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



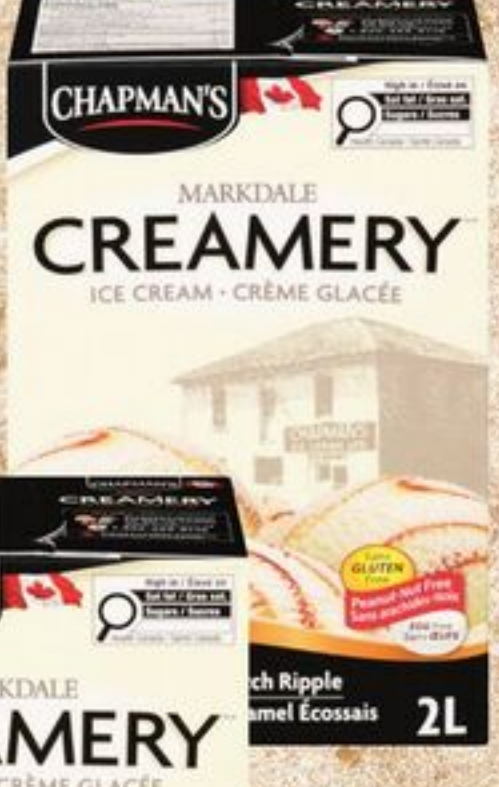
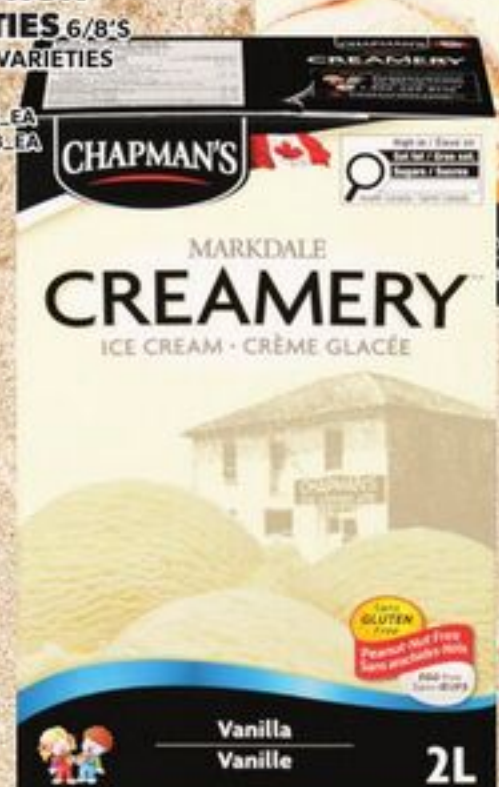
3⁷⁵

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



5⁵⁰

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



1⁷⁵

CLARK BAKED BEANS
SELECTED VARIETIES
398 ML
21235336_EA
21666180_EA



\$AVE ON FAVES

Your favourite brands for less.

3²⁵

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



3⁷⁵

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



\$8

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



\$3

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



**SAVE
UP TO 99¢**

\$5

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



**SAVE
\$1.98**
WHEN YOU BUY 3

3/6⁹⁹

OR \$2.99 EA.

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



**SAVE
\$2.98**
WHEN YOU BUY 2

2/\$10

OR \$6.49 EA.

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



**SAVE
\$1.98**
WHEN YOU BUY 3

3/6⁹⁹

OR \$2.99 EA.

KNORR CUPS
SELECTED VARIETIES
73 G
21564314_EA
21682152_EA



\$15

**GET
1,500⁺**
**\$1.50
back in points**

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



\$27

**GET
2,000⁺**
**\$2
back in points**

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



2⁹⁹

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



2⁵⁰

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



6⁹⁹

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



2⁹⁹

**NESTEA LEMON
OR ZERO ICED TEA**
SELECTED VARIETIES
21687074_EA



**SAVE
98¢**
WHEN YOU BUY 2

2/\$5

OR \$2.99 EA.

POWERADE
SELECTED VARIETIES
710 ML
20853723_EA



8⁹⁹

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



**SAVE
\$1.98**
WHEN YOU BUY 2

2/\$16

OR \$8.99 EA.

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



SAVE ON FAVES

Your favourite brands for less.

SAVE \$2.25
WHEN YOU BUY 3
3/\$9

OR \$3.75 EA.
NATURE VALLEY BISCUIT, PROTEIN BARS AND SWEET & SALTY FIBRE 1 BARS 125 G
SELECTED VARIETIES
20587504001_EA
20686988002_EA
21213559_EA



\$4

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



\$3

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



\$5

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



8.99

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



\$6

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



\$2

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



2.50

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



1.50

CAMPBELL'S TOMATO, CREAM OF MUSHROOM, CHICKEN NOODLE OR VEGETABLE SOUP 284 ML
2016214001_EA
20176214004_EA



\$4

QUAKER OR HARVEST CRUNCH CEREAL
SELECTED VARIETIES
350-510 G
2015029001_EA
20637355_EA



SAVE \$1.58
WHEN YOU BUY 2
2/\$8

OR \$4.79 EA.
QUAKER INSTANT OATS 232-344 G OR **OATS** 900 G-1 KG
SELECTED VARIETIES
20323113001_EA
21190251_EA



\$6

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



2.50

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



7.50

STARBUCKS COFFEE ENHANCER
SELECTED VARIETIES
828 ML
21358473_EA
21436900_EA



3.50

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



\$8

NESCAFÉ CONCENTRATE
SELECTED VARIETIES
500 ML
21665027_EA
21665148_EA



\$12

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



\$25

MCCAFÉ K-CUPS
SELECTED VARIETIES
30'S
21240975_EA
21363985_EA



your **one-stop** grocery shop

7⁵⁰

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



\$8

ACTIVIA YOGURT
SELECTED VARIETIES
12X100 G
20303412001_EA
20608924_EA



\$12

LAKEWOOD PURE CRANBERRY JUICE
SELECTED VARIETIES
946 ML
21178156_EA



\$8

NUTELLA HAZELNUT SPREAD
725 G
20435105_EA



\$6

NO NAME® HONEY 500 G
OR BONNE MAMAN JAM AND SPREAD 250-360 ML
SELECTED VARIETIES
20129324_EA
20307313501_EA



\$6

TERRA VEGETABLE CHIPS
SELECTED VARIETIES
141 G
21557876_EA
21557962_EA



6⁴⁹

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



\$5

HELUVA GOOD! FRENCH ONION SOUR CREAM DIP
680 G
20312788001_EA



SAVE \$1.58 WHEN YOU BUY 2

2/\$6

OR
\$3.79 EA.
NO NAME® SOUR CREAM
SELECTED VARIETIES
500 ML
20299657_EA
20322987_EA



2⁵⁰

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



2⁷⁵

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



13⁵⁰

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



\$16

BALZAC'S WHOLE BEAN COFFEE
SELECTED VARIETIES
340 G
20987612_EA
21189401_EA



5⁵⁰

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



\$7

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



9⁹⁹

PC® AVOCADO OIL 500 ML
OR BALSAMIC VINEGAR
4 LEAF 250 ML
20332066_EA
20588613_EA



Optimum

Members-Only Price

4⁴⁹

Non-members

5⁹⁹

Members save **\$1.50**

LIMIT 4

ROBIN HOOD FLOUR
SELECTED VARIETIES
2.5 KG
20039497001_EA
20039497002_EA



\$8

LINDT BUNNY
100 G
20046002_EA
21552251_EA



\$9

GLAD INDOOR BAGS
SELECTED VARIETIES
12-52'S
21164516_EA
21614177_EA



\$5

PINE-SOL CLEANER 1.41 L,
CLOROX BLEACH 2.4 L,
FLEECY FABRIC SOFTENER 1.36 L
OR SHEETS 80'S
SELECTED VARIETIES
21311876_EA
20298679001_EA



\$50

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

GET **5,000** back in points



for the love of **pets**

\$15

PC® WILD BIRD
SEED
4 KG
21308596_EA



\$10

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



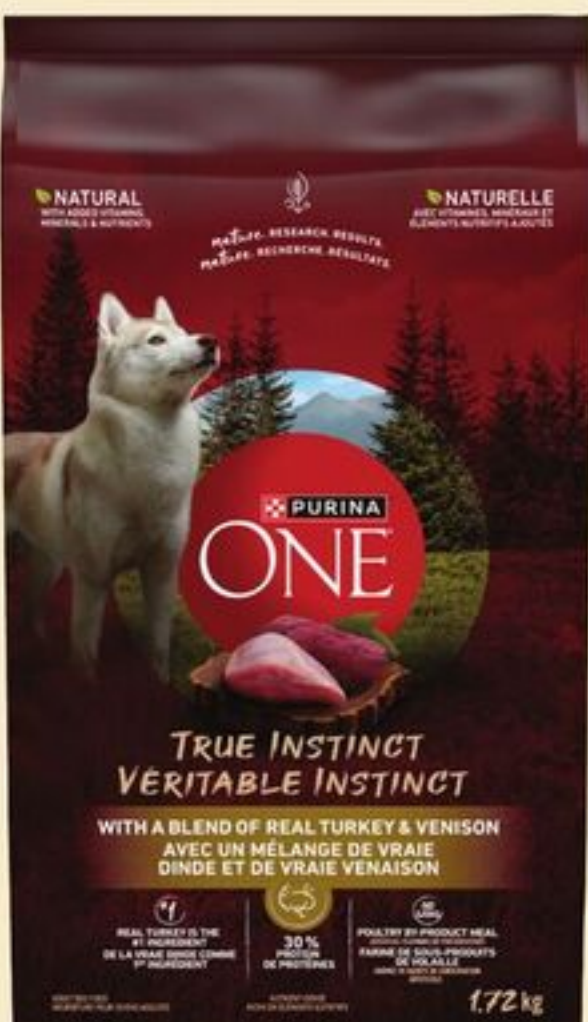
\$2

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



\$13

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



\$26

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



\$35

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



\$8

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



\$25

WHISKAS
CAT FOOD
SELECTED VARIETIES
24'S
21169598_EA



\$13

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



\$3

TEMPTATIONS
CAT TREATS
SELECTED VARIETIES
160/180 G
20298151005_EA



\$30

FRISKIES CAT FOOD
32'S, SELECTED VARIETIES
OR TIDY CATS ALERT
LITTER 3.63 KG
21186868_C01
21581080_EA



\$7

FRISKIES CAT
TREATS
SELECTED VARIETIES
454 G
21165907_EA



\$17

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



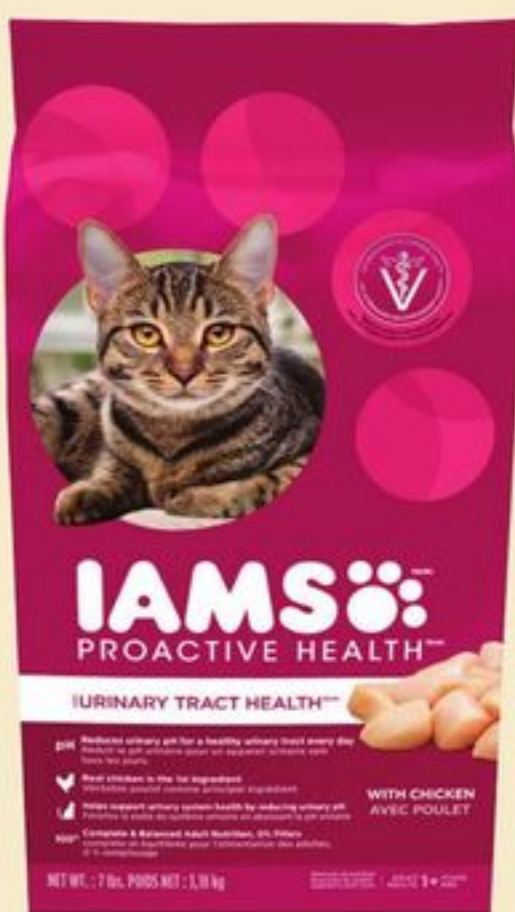
\$10

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



\$24

IAMS CAT FOOD
SELECTED VARIETIES
2.72/3.18 KG
21625484_EA



\$20

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



naturally good choices

SAVE

10%

ORANGE NATURAL VITAMINS AND SUPPLEMENTS
SELECTED VARIETIES
AND SIZES
21564772_EA



SAVE
\$1.08

WHEN YOU BUY 2

2/5.50

OR
\$3.29 EA.

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



2/\$7

OR
\$4.99 EA.

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



5.50

OLYMPIC ORGANIC YOGURT
SELECTED VARIETIES
650 G
20316485005_EA
20316485006_EA



\$4

RISE KOMBUCHA
SELECTED VARIETIES
414 ML
20910755001_EA
20910755003_EA



\$5

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



\$5

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



4.50

HARDBITE POTATO CHIPS WITH AVOCADO OIL
SELECTED VARIETIES
128 G
21187010_EA/214139700_EA



7.25

PACIFIC FOODS ORGANIC BROTH OR SOUP
SELECTED VARIETIES
946 ML/71 L
20599733003_EA
20599786001_EA



\$9

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



\$30

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



SAVE UP TO \$149

\$6

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



2/\$5

OR
\$3.29 EA.

KIND PROTEIN BARS
SELECTED VARIETIES
62 G
21697722_EA
21697730_EA



4.50

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



\$2

ROAR ORGANIC BEVERAGES
SELECTED VARIETIES
532 ML
21106395_EA
21160552_EA



SAVE

15%

CHICKAPEA ORGANIC PASTA 227 G OR
GOOD FOOD FOR GOOD CONDIMENTS OR PASTA SAUCE 250/450 ML
SELECTED VARIETIES
21172451_EA
21597621_EA



\$11

POPPI SODA
SELECTED VARIETIES
4X355 ML
21606285_EA
21669328_EA



SAVE

15%

CAPILANO MANUKA HONEY
SELECTED VARIETIES
375 G
21084948_EA
21291109_EA



live well, spend less

\$9

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



**GET
5,000[®]**
when you
spend '25* on

\$5
back
in points

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



Express™

Online grocery
pickup & delivery

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

\$18
back
in points



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

[Learn more](#)

**SAVE
UP TO**

20%

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



\$5

**LIMIT 6
AFTER LIMIT
5.99 EA.**

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



6⁵⁰

**LIMIT 6
AFTER LIMIT
7.49 EA.**

**SENSODYNE OR
PRONAMEL TOOTHPASTE**
SELECTED VARIETIES, 110/135 ML
20247931002_EA/20432268002_EA



SAVE

15%

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



SAVE

20%

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



5⁵⁰

**LIMIT 6
AFTER LIMIT
5.99 EA.**

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



\$3

**LIMIT 6
AFTER LIMIT
4.99 EA.**

**DEGREE BASE
DEODORANT**
SELECTED VARIETIES
48-85 G
20296452005_EA
21425475_EA



4⁵⁰

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



\$13

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



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

**Maximize your chances of quitting
with Combination Therapy**

**SAVE
UP TO**

20% Nicorette or Nicoderm
selected varieties and sizes



NICODERM[®]
Step 1
7 Clear Patches
20143534001_EA

NICORETTE[®]
QuickMist[®]
150 Sprays
21548830_EA

NICORETTE[®]
Gum 4 mg,
105 pieces
20318396002_EA

NICORETTE[®]
Lozenge
2 mg, 160's
21597656_EA

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



care for you, means confidence for her



#KeepHerConfident



\$5⁵⁰
ea.

**DOVE shampoo or
conditioner 355 mL,
hairspray 198 g,
dry shampoo 142 g,
bar soap 3x106 g or
body wash 325 mL**
selected varieties

21644748_EA/21644833_EA/20551359_EA
21018398_EA/21220515_EA/21511893_EA



**GET
2,500[®]**
back
in points

\$16⁹⁹
ea.

**DOVE sugar scrub
425 g or oil body
wash 452 mL**
selected varieties

21713889_EA/21717476_EA



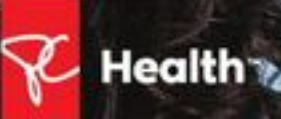
\$11
ea.

**DOVE derma scalp
shampoo or
conditioner
473/266 mL**
21703985_EA
21703991_EA



\$14
ea.

**DOVE derma scalp
3-in-1 scalp moisture
serum 59 mL**
21703921_EA



**Flu shot?
Think Pharmacist.**

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



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

**FOR HEALTHY LOOKING,
BEAUTIFUL SMILES!**



**LIMIT 6
AFTER LIMIT
4.49 EA.**

3⁵⁰

**Crest Complete Paste or
Crest Pro-Health Paste**
selected varieties
21041420_EA/21354028_EA

**LIMIT 6
AFTER LIMIT
7.49 EA.**

6⁵⁰

**Crest Gum Restore
Paste or Crest Scope
Outlast Mouthwash 1 L**
selected varieties
21354615_EA/20948877_EA



**LIMIT 4
AFTER LIMIT
10.49 EA.**

9⁵⁰

**Crest 3D White Advanced
Paste Multipack or
Crest Pro-Health
Mouthwash 1 L**
selected varieties
20902657_EA/21519018_EA

**SAVE
UP TO**

30%

**Oral-B Pro 300
Electric Brushes or
Oral-B Brush Heads**
selected varieties
17.00-140.00
AFTER SAVINGS
20346231002_EA/21475139_EA



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Brighten Winter Naturally.



13⁵⁰

Yoplait® YOP®
selected varieties
12 x 200 mL
21481820_EA



\$4

Yoplait Tubes®
selected varieties
8 x 56 g
56920133427_EA



5⁵⁰

Yoplait® Source Protein®
selected varieties
650 g
21587047_EA



\$8

Yoplait® Source® or
Yoplait® Creamy®
selected varieties
16 x 100 g
20317317001_EA
20120316004_EA

LIBERTÉ



7⁵⁰

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

20642273_EA
21685616_EA



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



5⁵⁰

Liberté® Kéfir
selected varieties
1 L
21216416_EA



3⁵⁰

Liberté
Méditerranée®
selected varieties
500 g
21473714_EA
20788062002_EA

iögo nanö
CREAMY YOGURT TO
GRAB & GO!



\$4⁵⁰

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



\$4⁷⁵

iögo nanö
DRINKABLE YOGURT
6 X 93 ML
SELECTED VARIETIES
21690943_EA/20609967001_EA



\$9

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



\$5

siggi's
SKYR YOGURT
4 X 100 G
SELECTED VARIETIES
21659194_EA/21589925_EA



\$4⁵⁰

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



\$12

iögo
CREAMY YOGURT, 2 KG
SELECTED VARIETIES
20636092_EA



\$4⁷⁵

ASTRO
BALKAN YOGURT
750 G
SELECTED VARIETIES
2016522601000_EA/20170553001_EA



\$8

ASTRO
BLAKAN YOGURT
12 X 100 G
SELECTED VARIETIES
20301501001_EA



GET
\$3,000
for every *12*
spent on

\$3
back
in points

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

INVITE PRETZEL CRISPS,
They're delicious company



\$6

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

\$8

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



Milk Chocolate &
Caramel Flavour

Milk Chocolate Crunch

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PROTEIN PARTNERS



3^{FIT}

\$6

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



2⁹⁹

BFit
No sugar added high
protein milkshake
460 mL
21737984_EA



33⁹⁹

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

dinner made simple

SAVE \$1
WHEN YOU BUY 2

2/\$6

OR
\$3.50 EA.

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

CATELLI
WHOLE GRAINS ENTIRE
ROTINI
375 g

\$7

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

TACO BELL
CHEESY
DOUBLE DECKER
TACO
TACO BELL
CRUNCHWRAP
SUPREME

\$3

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

BLUE DRAGON
SAUCY NOODLES
KOREAN BBQ
BLUE DRAGON
SAUCY NOODLES
CHILI CRISP

\$7

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

NONNA PIA'S
BASIL MARINARA
NONNA PIA'S
ARRABIATA

SAVE \$2.25
WHEN YOU BUY 3

3/7.50

OR
\$3.25 EA.

MINUTE OR TILDA
RICE
SELECTED VARIETIES
250 G
20695681_EA

Tilda
Pure Basmati
pur
MINUTE RICE
Chicken & Herbs
Poulet et herbes

\$11

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

RAO'S
TOMATO BASIL
TOMATE ET BASILIC
RAO'S
VODKA SAUCE
SAUCE VODKA

4.50

CLOVER LEAF
TUNA SALAD
SELECTED VARIETIES
160 G
21587767_EA

CLOVER LEAF
tuna salad with quinoa
& olive oil
salade de thon avec quinoa
et huile d'olive

1.75

CLARK
BAKED BEANS
SELECTED VARIETIES
398 ML
21235336_EA
21666180_EA

CLARK
GOURMET
APPLE BACON MESQUITE
Flavoured Baked Beans
CLARK
Maple Style
BEANS

2.50

PURITAN STEWS
SELECTED VARIETIES
410 ML
20063287001_EA
20063287002_EA

Puritan
Irish Stew
Ragoût Irlandais
Puritan
BEEF stew
ragoût de BŒUF

Olivieri

MIX & MATCH
2 FOR \$12
OR \$6.79 EA.

SKILLET GNOCCHI
POELER
REAL CHEESE VRAI FROMAGE

Oliveri
Pasta
Oliveri
Pasta
Oliveri
Pasta
Oliveri
Pasta

Skillet Gnocchi
selected varieties
280-350 g | 21022065_EA
or
Fresh Pasta selected varieties
250-350 g | 20915704_EA/20915838_EA
or
Fresh Sauce selected varieties | 300 mL | 20114410_EA

VISIT WWW.OLIVIERI.CA FOR GREAT RECIPE INSPIRATIONS

Laundry Essentials

Tide Detergent 21/24/25 LD,
Gain Detergent 32 LD, PODS/
Flings 9/16's, Liquid Softener
0.78/1.53 L, Sheets 40/80's,
Beads 121/141 g, Rinse 23 LD
Selected Varieties
21579827_EA/21553085_EA

TACKLE HOLI COLOUR STAINS WITH Gain

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

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

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more value

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delivery or pickup

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orders**

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

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