weekly deals

2.50

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

PC® KETTLE COOKED 200 G, **LOADS OF™ FLAVOUR** 200 G, **WORLD OF FLAVOURS** 200 G, **TORTILLA CHIPS** 320-350 G OR **POPCORN** 220/250 G
SELECTED VARIETIES
20302765_EA
21422931_EA

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

$15

APP EXCLUSIVE OFFER*
PC Optimum GET 4,000 pts
$4 back in points

PC® WINGS
SELECTED VARIETIES
FROZEN
800-907 G
20708932_EA
20708933_EA

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

SAVE UP TO 36%

3.50

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

PC® OR BLUE MENU® ENTRÉES
SELECTED VARIETIES
FROZEN
212-365 G
2031253001_EA
20987543_EA

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

SAVE UP TO $2

$5

GIUSEPPE PIZZA 439-785 G OR **PC® WOOD-FIRED PIZZA** 351-413 G
SELECTED VARIETIES
FROZEN
21106361_EA
21540352_EA

$4

BREYERS CREAMERY STYLE ICE CREAM 1.41 L OR **POPSICLE NOVELTIES** 6-12'S OR **PC® FROZEN FRUIT** 300-600 G
SELECTED VARIETIES
FROZEN
20312227_EA
21651169_EA

Optimum

Members-Only Price**
$8

Non-members
$12

Members save $4

SCHNEIDERS PEPPERETTES 250-375 G OR **MITCHELLS PEPPERETTES** 450 G
SELECTED VARIETIES
21337025_EA
21196171_EA

PREPARED IN CANADA

$4

BABYBEL 6's OR **THE LAUGHING COW** 8's
SELECTED VARIETIES
20319107_EA
20574332_EA

PREPARED IN CANADA

$8

OLIVIERI FAMILY PACK PASTA
SELECTED VARIETIES
500-700 G
20311594_EA
21021889_EA

PREPARED IN CANADA

$6

KRAFT PEANUT BUTTER
SELECTED VARIETIES
750 G-1 KG
20039581001_EA
20311582003_EA

$5.50

Optimum
GET 1,000 PTS
$1 back in points

GENERAL MILLS CEREAL
FAMILY SIZE
SELECTED VARIETIES
455-778 G
21103495_EA
21667577_EA

PROUDLY CANADIAN OWNED & OPERATED

Independent™
Your Independent Grocer

SAVE 45%

$4 LB

PORK TENDERLOIN
CRYOVAC PKG OF 2
8.82/KG
20854535_KG

SAVE 46%

7.99 LB

SIRLOIN TIP OVEN ROAST
CUT FROM CANADA AA OR USDA SELECT GRADE BEEF OR HIGHER
17.61/KG
20825943_KG

SAVE UP TO 29%

$12 LB/EA.

FRESH STEELHEAD TROUT FILLETS
$12 LB 26.46/KG OR
PC® BLACK TIGER SHRIMP
$12 EA. RAW, ZIPPERBACK™
16-20 PER LB FROZEN 400 G
21025083_KG
20801192_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
6.59/KG
20425775001_KG
2015919900 1_KG

8.99

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

6.88 PRODUCT OF CANADA

FARMER'S MARKET™ FUJI OR SPARTAN APPLES
PRODUCT OF WESTERN PROVINCES, CANADA FANCY GRADE
5 LB
20630286001_EA
20051459001_EA

6.88

PC® MANDARIN
PRODUCT OF U.S.A.
3 LB
20864961001_EA

$6

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

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

PREPARED IN CANADA

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

$4 PREPARED IN CANADA

PC® ORANGE JUICE, TEA OR LEMONADE
1.54 L OR **IÖGO NANO DRINKS** 6X93 ML
SELECTED VARIETIES
20609687001_EA
21430531_EA

5.97 PREPARED IN CANADA

CRACKER BARREL CHEESE BARS OR SHREDS 250-400 G OR **BLACK DIAMOND CHEESE SNACKS**
252-336 G
SELECTED VARIETIES
20763661_EA
21290384_EA

SAVE 39% PREPARED IN CANADA

$12

ROBIN HOOD FLOUR
SELECTED VARIETIES
10 KG
20134743_EA

SAVE $10

29.99

ROOSTER® SCENTED JASMINE RICE
18.1 KG
20157222_EA

SAVE UP TO 48% PREPARED IN CANADA

13.99

PUREX BATHROOM TISSUE 20-60 ROLLS OR **SPONGETOWELS PAPER TOWELS**
6-12 ROLLS
SELECTED VARIETIES
21188700_EA
21677740_EA

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

3.50

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

39.99

PC® OR NO NAME® SINGLE SERVE COFFEE PODS
SELECTED VARIETIES
72/102'S
211112135_EA/21593380_C01

APP EXCLUSIVE OFFER*
GET 10,000 PC Points $10 back in points

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

$13

CLIF BAR ENERGY BARS
SELECTED VARIETIES
10X68 G
21664705_EA
21664748_EA

SAVE UP TO 35%

3.50

LACTANTIA OR DAIRYLAND CREAM
SELECTED VARIETIES
473 ML/1 L
20073927_EA
21643531_EA

6.50

PREPARED IN CANADA

SIGGI'S YOGURT TUB 650-750 G OR **IOGO CREAMY YOGURT** 16X100 G
SELECTED VARIETIES
20609583001_EA
21353892_EA

5.99

HELLMANN'S MAYONNAISE
SELECTED VARIETIES
710-890 ML
20618579001_EA
20627339002_EA

2.50

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

$7

PREPARED IN CANADA

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

$5

HALO TOP FROZEN DESSERT 473 ML OR **BEN & JERRY'S** 473 ML OR **MAGNUM BARS** 3/435
SELECTED VARIETIES
FROZEN
21087007_EA
21428403_EA

5.50

KELLOGG'S FAMILY SIZE CEREAL
SELECTED VARIETIES
450-650 G
20054727_EA
21504064_EA

SAVE $2.99

$6

PRODUCT OF CANADA

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

3.50

TAKIS ROLLED TORTILLA CHIPS 260-280 G OR **PC® READY TO EAT POPCORN** 220-230 G
SELECTED VARIETIES
20557781_EA
21715466_EA

$6

PC® DRY ROASTED PEANUTS 700 G OR **JACK LINK'S BEEF JERKY, PORK STRIPS, CHICKEN BITES OR NUGGETS OR TURKEY JERKY** 65-81 G
SELECTED VARIETIES
20057990001_EA
20501983002_EA

$10

DAIYA FROZEN PIZZA AND FLATBREADS
SELECTED VARIETIES
331-500 G
21538958_EA
20923827_EA

SAVE 98¢ WHEN YOU BUY 2

PREPARED IN CANADA

2/$7

OR $3.99 EA.

PC® NATURAL SPRING WATER
24X500 ML
20137898_C24

$15

FINISH 40-55'S OR **CASCADE** 39-48'S **DISHWASHER PODS, GAIN LAUNDRY DETERGENT** 4.25 L, **PODS** OR **FLINGS** 42'S, **DOWNY FABRIC SOFTENER** 1.92-3.29 L, **BOUNCE SHEETS** 240'S OR **DOWNY** OR **GAIN BEADS** 453-550 G
SELECTED VARIETIES
20965291_EA
20660832001_EA

90¢

FRISKIES 156 G OR **FANCY FEAST** 85 G **CAT FOOD**
SELECTED VARIETIES
20302296001_EA
20316703_EA

PRICE DROP‡

More ways to save

2.50

GOLDFISH BAKED SNACK CRACKERS OR CRISPS
SELECTED VARIETIES
156-227 G
20300320_EA
20306994003_EA

2.50

CHEEMO PEROGIES
SELECTED VARIETIES
FROZEN
745-907 G
20527159_EA
20527641_EA

2.50

MONSTER ENERGY DRINKS
SELECTED VARIETIES
473 ML
20938249_EA
20938521_EA

5.50

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

Independent
Your Independent Grocer

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

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WB WW WY BACK

FRESH PROMISE

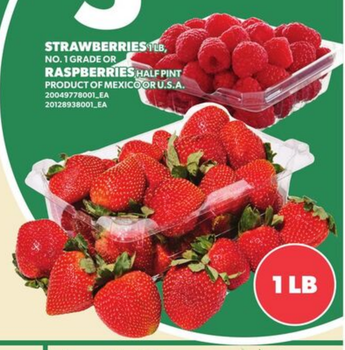
freshness you can taste

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

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

$5

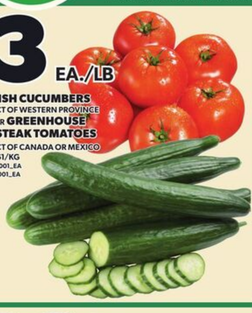
STRAWBERRIES 1 LB, NO. 1 GRADE OR **RASPBERRIES** HALF PINT
PRODUCT OF MEXICO OR U.S.A.
20049778001_EA
20128938001_EA



1 LB

$3 EA./LB

ENGLISH CUCUMBERS
PRODUCT OF WESTERN PROVINCE
$3 EA. OR **GREENHOUSE BEEFSTEAK TOMATOES**
PRODUCT OF CANADA OR MEXICO
$3 LB 6.61/KG
20070132001_EA
20426141001_EA

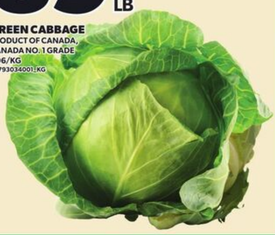


$4

FARMER'S MARKET™ GRAPE TOMATOES
283 G
21367888001_EA

89¢ LB

GREEN CABBAGE
PRODUCT OF CANADA, CANADA NO. 1 GRADE
1.96/KG
20793034001_KG



$2

RED MANGO
PRODUCT OF PERU
EACH
20059635001_EA

5.50

CANTALOUPES
PRODUCT OF GUATAMALA, HONDURAS OR BRAZIL OR **PINEAPPLE** PRODUCT OF COSTA RICA OR MEXICO
EACH
20167017001_EA
20160992001_EA

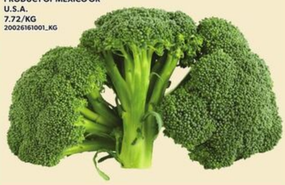
$5

PC® RUSSET OR RED POTATOES
PRODUCT OF CANADA
5 LB BAG
20600999001_EA
20616206001_EA

5 LB

3.50 LB

BROCOLI CROWNS
PRODUCT OF MEXICO OR U.S.A.
7.72/KG
20026161001_KG



$7

CORED PINEAPPLE
PREPARED IN-STORE
EACH
21016085_EA

$15

FARM FRESH BOUQUET
21210212_EA

$14

CALLA LILY
4 INCH
21638136_EA

$35

PREMIUM GIFT BOUQUET
21436381_EA

feeling protein power-fuel

$12 LB

EYE OF ROUND MARINATING STEAK
FAMILY SIZE, CUT FROM CANADA AA OR USDA SELECT GRADE BEEF OR HIGHER
26.46/KG
20836736_KG

$8

BEEF STIR FRY STRIPS
CUT FROM CANADA AA GRADE BEEF OR HIGHER, 250 G
21588067_EA

PREPARED IN-STORE

$11 LB

FREE FROM®

PC® FREE FROM® CHICKEN BREASTS
BONELESS, SKINLESS
FAMILY SIZE
24.25/KG
20821992_KG

$14

PREPARED IN CANADA

MARCANGELO BREAKFAST PATTIES OR ITALIAN STYLE MEATBALLS
SELECTED VARIETIES
1-1.4 KG
21088753_EA
20799609_EA

$9

PRODUCT OF CANADA

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

500 G

$5

ASIAN INSPIRATIONS OR MULDOON'S ENTRÉES
SELECTED VARIETIES
FROZEN
400 G
21047378_EA
21047671_EA

find your catch in seafood

$13 LB

COD FILLETS
FROZEN OR PREVIOUSLY FROZEN
28.66/KG
21210093_KG

$8

SEAQUEST® FISH FILLETS
SELECTED VARIETIES
FROZEN
400 G
20036614_EA
20153570_EA

$11

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

bakery deals rising daily

$3 BAKED IN-STORE
WHITE OR 100% WHOLE WHEAT BREAD
383 G
21374404_EA
21377237_EA

3.50 BAKED IN-STORE
ACE BAGUETTE
SELECTED VARIETIES
325-400 G
20171171_EA
21314348_EA

$6 PREPARED IN CANADA
FARMER'S MARKET™ LOAF CAKES
WHOLE OR SLICED OR
SIMPLE JOY SLICED LOAF CAKES
SELECTED VARIETIES
344-400 G
21488954_EA

$5 GET 1,000 PC points $1 back in points
BAKED IN-STORE MINI COOKIES
SELECTED VARIETIES
24'S
21596672_EA
BAKED IN-STORE

$6 BAKED IN-STORE
IN-STORE BAKED MINI ASSORTED DANISH 8'S
OR **CINNAMON BUNS** 6'S
SELECTED VARIETIES
21476309_EA
21467583_EA

4.50 BAKED IN-STORE
BUTTER CROISSANTS
6'S
21682999_EA

$5 PREPARED IN CANADA
FURLANI TEXAS GARLIC TOAST OR KNOTS
SELECTED VARIETIES AND SIZES
20041579_EA
21048246_EA

3.50 PREPARED IN CANADA
COUNTRY HARVEST BREAD OR BAGELS OR D'ITALIANO BREAD
SELECTED VARIETIES AND SIZES
21178597_EA
21693323_EA
21596468_EA

$6
LA FOURNÉE DORÉE BRIOCHE BREAD
SLICED
500 G
20978205_EA

SAVE $1.49
$7 PREPARED IN CANADA
PC® DELI CHEESE SLICES
SELECTED VARIETIES
140-170 G
20216643_EA
20250947_EA

in the mood for deli-cious

$9 PREPARED IN CANADA
OKA CHEESE
SELECTED VARIETIES
190 G
20920756_EA
20921279_EA

SAVE 30% PREPARED IN CANADA
2.50 /100 G
ZIGGY'S® SERVICE CASE HAM
SERVICE CASE
SELECTED VARIETIES
20313480_KG

$10 PREPARED IN CANADA
GRIMMS KOLBASSA DELI CHUBS
SELECTED VARIETIES
300 G
21531418_EA
21531801_EA

SAVE $2 WHEN YOU BUY 2 PREPARED IN CANADA
2/$10
OR $6 EA.
DAIYA DAIRY FREE CHEESE
SELECTED VARIETIES
170-227 G
21207746_EA
21660590_EA

SAVE 90¢ WHEN YOU BUY 2
2/4.88
OR $2.89 EA.
ROOSTER™ TOFU
SELECTED VARIETIES
454 G
21474765_EA

on the run, we got you

$8
PREPARED IN-STORE BOWLS
SELECTED VARIETIES
290-340 G
21666110_EA

$9 PREPARED IN CANADA
PC® PIES AND QUICHE
SELECTED VARIETIES
550-575 G
21682000_EA
21682154_EA

$16
9 PIECE CHICKEN STRIPS
HOT OR CHILLED
700 G
20992187_EA
20991197_EA

Order in-store or online today.
Please place your orders at the Meals To Go department 24 hours in advance.

party platters

Discover our selection of freshly prepared platters for your next occasion.

FROM $20
serves 8-10

MARCH HIT OF THE MONTH

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

QUAKER CHEWY GRANOLA BARS
SELECTED VARIETIES
120 G
21359364_EA
21359369_EA

PREPARED IN CANADA

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

See in-store for retails.

LOWEST PRICES
BEST DEALS

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

WYIG FLAP HM MAR

tropical vibes sweet savings

Passionfruit

1.25
PASSIONFRUIT
PRODUCT OF COLOMBIA
EACH
20003716001_EA

Intensely aromatic and tartly sweet, with a jelly like pulp & crunchy, edible seeds. Perfect as a dessert topping, or mix the pulp with honey as a sweet & sour snack!

Palmer Mango

$6
PALMER MANGO
PRODUCT OF PERU
EACH
20025410001_EA

The Palmer mangoes is a large, mostly fibreless fruit with a sweet, mild, and tropical flavor often compared to a mix of pineapple, peach, and citrus.

Black Figs

1 LB
9.99
PC® BLACK FIGS
PRODUCT OF MEXICO
4.54/KG
21633382001_EA

Black figs are ready to eat when they are a deep dark colour & exceptionally soft. Enjoy them fresh, add a pop of sweetness on a charcuterie board or as a salad topper.

Coconut

$4
LARGE COCONUT
PRODUCT OF INDIA OR DOMINICAN REPUBLIC
EACH
20005774001_EA

Firmly tap around the center of the coconut with the back of a heavy knife until it cracks. Use the creamy milk & shredded flakes for curries and desserts!

Nam Dok Mai Mango

2.75
NAM DOK MAI MANGO
PRODUCT OF MEXICO
EACH
21475827001_EA

Nam Dok Mai mangoes are premium Thai mangoes known for their intensely sweet, honeyed flavor, creamy texture, and distinct floral aroma with subtle vanilla or lemony notes.

Carribean Avocado

3.88
CARIBBEAN AVOCADO
PRODUCT OF BRAZIL
EACH
20119760028_EA

These avocados contain significantly less fat than the Hass variety, which results in a milder, more subtle flavour. It has a less creamy texture, perfect for salads & sandwiches!

Plantain

1.50 LB
PLANTAIN
PRODUCT OF MEXICO
3.31/KG
20817066001_KG

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

Yellow Guava

$5 LB
YELLOW GUAVA
PRODUCT OF TAIWAN
13.23/KG
20162500001_KG

Fruit is ready when it has a slight give under pressure. It's popularly blended into juices & smoothies, or add a pop of flavour as a salad topper!

Papaya

2.49 LB
PAPAYA
PRODUCT OF MEXICO
5.49/KG
20817066001_KG

Ripe papaya features a sweet, tropical flavor often described as a blend of cantaloupe and mango, with a soft, buttery texture. Its taste is mildly musky and unique in the fruit spectrum.

Canary Melon

$2 LB
CANARY MELON
PRODUCT OF BRAZIL
4.41/KG
21022511001_KG

Canary melon has a sweet, mildly tangy, and refreshing flavour that tastes like a hybrid between a honeydew and a pear, often with a subtle tropical aroma.

Watermelon

$14
SEEDLESS WATERMELON
PRODUCT OF GUATEMALA, HONDURAS, COSTA RICA, MEXICO OR BRAZIL
EACH
20067326001_EA

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

Mangosteen

$7
MANGOSTEEN
PRODUCT OF COLOMBIA
3/$8
21357421001_EA

Pick when the deep purple shell yields to gentle pressure. The taste is sweet and tangy, with notes of strawberry & pineapple. Fruit has soft, juicy segments that melt in your mouth.

Yellow Dragonfruit

$4
YELLOW DRAGONFRUIT
PRODUCT OF COLOMBIA OR ECUADOR
EACH
20626393001_EA

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

Granadilla

2.50
GRANADILLA
PRODUCT OF COLOMBIA
EACH
20096630001_EA

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

Large Dragonfruit

3.50
LARGE DRAGONFRUIT
PRODUCT OF VIETNAM
EACH
20968395001_EA

Celebrated as a vibrant superfood, dragonfruit has a subtly sweet flavour, blending pear & kiwi. Packed with antioxidants, it also provides a nutrient-dense base for colourful smoothies, juices & fruit bowls.

Dino Melon

2.50 LB
PC® DINO MELON
PRODUCT OF BRAZIL
5.51/KG
21688131001_KG

Dino melons are exceptionally sweet, juicy, and aromatic, often described as a superior, creamier version of honeydew with distinct hints of honey and Asian pear.

Quince

3.25
QUINCE
PRODUCT OF TURKEY
EACH
20047112001_EA

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

Jackfruit

$6 LB
JACKFRUIT SLICE
PRODUCT OF MEXICO
13.23/KG
21349382001_KG

Jackfruit has a very sweet, tropical flavor, reminiscent of banana and pineapple. It is typically eaten fresh or used as a fragrant component in desserts & smoothies.

St. Patrick's Day

$5
PRODUCT OF CANADA
PC® LITTLE GEMS™ MINI MIXED, YELLOW OR RED POTATOES
PRODUCT OF CANADA, CANADA NO. 1 GRADE
680 G
21247301001_EA
21247300001_EA

SAVE $1.98 LB
$10 LB
BEEF BRISKET PORTION
CUT FROM CANADA AA OR USDA SELECT GRADE BEEF OR HIGHER
22.05/KG
20798405_KG

SAVE $3.99 LB
$10 LB
BONELESS STEWING BEEF
FAMILY SIZE CUT FROM CANADA AA OR USDA SELECT GRADE BEEF OR HIGHER
22.05/KG
20867483_KG

7.99 LB
RACHEL'S OCF CORNED BEEF BRISKET
17.61/KG
20722618_EA

89¢ LB
GREEN CABBAGE
PRODUCT OF CANADA, CANADA NO. 1 GRADE
1.96/KG
20793034001_KG

$5 /100 G
CASHEL BLUE IRISH CHEESE
21435911_KG

$2
CAMPBELL'S BROTH OR CONCENTRATED BROTH
SELECTED VARIETIES
250/900 ML
20322348002_EA
21347245_EA

2.50
PURITAN STEWS
SELECTED VARIETIES
410 G
20063287001_EA
20063287002_EA

SAVE $1.49
$8
KERRYGOLD IRISH CHEDDAR
SELECTED VARIETIES
198 G
20359976_EA
20591635_EA

6.50
BAKED IN-STORE
IN-STORE CELEBRATION CUPCAKES
CHOCOLATE OR WHITE
6'S
20379763_EA
20592676_EA

$5
ST. PATRICK'S DAY DONUTS
SELECTED VARIEITES
6'S
21237980_EA

$5
TWO BITE MINI CUPCAKES
12'S
21619370_EA

March break made simple

$7
PREPARED IN CANADA
12" TAKE AND BAKE PIZZA
SELECTED VARIETIES
510-739 G
21456415_EA
21456401_EA

$18
TENDERS DINNER COMBO FOR TWO, 9 PIECE STRIPS FULLY COOKED, 700 G **COMES WITH TWO SMALL SIDES** 134-454 G
21086335_EA/21086335_EA

$20
IN-STORE PREPARED PULLED PORK BAO BUNS GYRO OR FAJITA CHICKEN TACO TRAY
825-850 G
21533948_EA
21696308_EA

$13
PC® ENTRÉES 770 G-1.13 KG (EXCLUDING MEAT & VEG LASAGNA AND MAC N CHEESE) OR **JANE'S FISH** 450-590 G
SELECTED VARIETIES, FROZEN
21703860_EA
21364316_EA

$10
GET 3,000 PC® $3 back in points
PC® THE SQUARE DEEP DISH PIZZA
SELECTED VARIETIES, FROZEN
648/678 G
21663917_EA
21663964_EA

SAVE 97¢ WHEN YOU BUY 3
3/4.98
OR $1.99 EA.
KRAFT DINNER ORIGINAL
200 G
21549526_EA

$2
NO NAME® PASTA 900 G **OR PASTA SAUCE** 680 ML
SELECTED VARIETIES
20299866001_EA
20315613003_EA

$16
JANES RESTAURANT STYLE CRISPY TENDERS
SELECTED VARIETIES
FROZEN
710 G
21703608_EA
21703584_EA

SAVE UP TO $1.99
$10
CAVENDISH FRIES, ONION RINGS, WEDGES OR HASHBROWNS
SELECTED VARIETIES
FROZEN
1-2.25 KG
20827701_EA
21449731_EA

your one-stop grocery shop

1.25

UNICO TOMATO PASTE
SELECTED VARIETIES
156 ML
20000527_EA

7.50

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

4.50

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

$5

THE KEG SALAD DRESSING
SELECTED VARIETIES
475 ML
21670482_EA

$16

FILIPPO BERIO OLIVE OIL
SELECTED VARIETIES
750 ML
21193728_EA
21193747_EA

SAVE 87¢ WHEN YOU BUY 3

3/$3

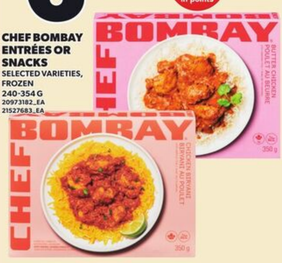
OR
$1.29 EA.

NO NAME® SOUP CUPS
SELECTED VARIETIES
65 G
20301246001_EA
20301246002_EA

$6

GET 1,000 PC $1 back in points

CHEF BOMBAY ENTRÉES OR SNACKS
SELECTED VARIETIES, FROZEN
240-354 G
20973182_EA
21527683_EA



SAVE $1.89 WHEN YOU BUY 3

3/$7.98

OR
$3.29 EA.

CHEF BOYARDEE PASTA
SELECTED VARIETIES
425 ML
20312500002_EA
20312500005_EA

$7

GIUSEPPE EASY PIZZI
SELECTED VARIETIES
FROZEN
560-600 G
21359564_EA
21362407_EA

3.50

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

$6

SCHNEIDERS BREAKFAST SANDWICHES 232 G OR **EGG BITES** 224 G
SELECTED VARIETIES, FROZEN
21623187_EA
21623288_EA

$6

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

2.79

OASIS 100% JUICE BLENDS, DEL MONTE NECTAR, HYDRAFRUIT, ARIZONA TEA 960 ML **OR ALLEN'S JUICE OR COCKTAILS** 1 L
SELECTED VARIETIES
20336722001_EA
20894117004_EA

SAVE $1.58 WHEN YOU BUY 2

2/$7

OR
$4.29 EA.

COCA-COLA OR CANADA DRY DRINKS
SELECTED VARIETIES
2 L
20316026002_EA

5.50

HÄAGEN-DAZ 414-450 ML **OR BARS** 3/4'S OR **NESTLÉ DRUMSTICK** 4'S
SELECTED VARIETIES, FROZEN
20322380001_EA
21513579_EA

5.50

CADBURY MINI EGGS
148-154 G
20047651EA
20161664001_EA

2/$3

OR
$1.75 EA.

HERSHEY'S SINGLES
34-42 G
20268183001_EA
21205577_EA

$17

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

$10

ROYALE BATHROOM TISSUE 12 DOUBLE ROLLS, **TIGER TOWELS PAPER TOWELS** 3=6 ROLLS OR **FACIAL TISSUE** 6'S
SELECTED VARIETIES
21363770_EA
21484702_EA

$21

PUREX BATHROOM TISSUE
SELECTED VARIETIES
24=72 ROLLS
21189854_EA
21443672_EA

Optimum

Members-Only Price **14.99**

Non-members **17.99**

Members save $3

WHISKAS CAT FOOD
SELECTED VARIETIES
12'S
20548822_EA

Blessed Ramadan

Savour meals worth sharing and more value than ever

$13
NEW ZEALAND LAMB LOIN CHOPS
FROZEN
350 G
21616640_EA

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

GET 5,000 pts for every $30* spent on Sufra® Halal chicken drumsticks up to 1.7 kg, **thighs** up to 1.9 kg or **whole chicken** up to 1.8 kg
21617063_EA
21617106_EA

$5 back in points

HALAL

$10 LB
ASC TILAPIA FILLETS
FRESH
22.05/KG
20997812_KG

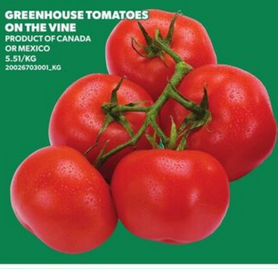
8.50
EXTRA LEAN GROUND BEEF
GRASS FED
450 G
21675092_EA

4.98
FARMER'S MARKET™ RED ONIONS
PRODUCT OF CANADA OR U.S.A.
NO. 1 GRADE
3 LB BAG
20811362001_EA

3.50
RAPINI
PRODUCT OF U.S.A.
20048070001_KG

1.50
CILANTRO
PRODUCT OF MEXICO, U.S.A., OR **MINT BUNCH**
PRODUCT OF MEXICO OR COLOMBIA
20091825001_EA
20139326001_EA

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



$4
SURAJ OKRA
SELECTED VARIETIES
FROZEN
1 KG
20379701_EA

$15
KRITI GOLD EXTRA VIRGIN OLIVE OIL
750 ML
20572876_EA

$13
HALAL BBQ SEASONED ROTISSERIE CHICKEN
FULLY COOKED
1 KG
20974684_EA

2.50
PUCK THICKENED CREAMY PRODUCT
160 G
21449248_EA

3.50
ZINDA COUSCOUS
SELECTED VARIETIES
907 G
20013708_EA
20822580_EA

2.75
RUBICON JUICES
SELECTED VARIETIES
1 L
20029236001_EA
20296770001_EA

$6
FARMER'S MARKET™ DRIED FRUIT
220-400 G
21519965_EA
21519973_EA

$5
TAMAM TAHINI SMALL 454 G OR **SLICED PICKLE TURNIPS** 1 KG
21237262_EA
21237887_EA

1.75
HALDIRAM'S SNACKS
SELECTED VARIETIES
90/150 G
20309977_EA
20314667007_EA

ITEMS AVAILABLE AT THE FOLLOWING YOUR INDEPENDENT GROCERS LOCATIONS: JOLY'S YIG 251 POWDER DRIVE FORT MCMURRAY, ELDHO'S YIG 1792A 9TH AVENUE FERNIE, EDSON'S YIG 4431 4TH AVENUE EDSON, LOBLAW CITY MARKET 658 HOMER STREET VANCOUVER, MACNEIL'S YIG 335 HORNER CRES SASKATOON, PAUL'S YIG 829 MANDALAY BLVD CARSTAIRS, NIEL'S YIG 1341 BROADWAY AVE. REGINA, PARK ROYAL CITY MARKET 845 PARK ROYAL NORTH WEST VANCOUVER, WYKES' YIG #5-303 OGILVIE ST. WHITEHORSE, MILLER'S YIG 7190 KERR STREET VANCOUVER, LONSDALE CITY MARKET 1650 LONSDALE AVENUE NORTH VANCOUVER, MIKE'S YIG 56016 HIGHWAY 28A GIBBONS, MORTADA'S YIG ST. ALBERT #100-925 ST ALBERT TRAIL ST. ALBERT, PETER'S YIG 1835 GORDON DRIVE KELOWNA, CINDY'S YIG 620A SASKATCHEWAN AVE EAST MELFORT, NIELSEN'S YIG 18765 FRASER HIGHWAY SURREY, MICHAEL'S YIG 2815 WANUSKEWIN RD. SASKATOON, INDER'S YIG YELLOWKNIFE 250 OLD AIRPORT ROAD YELLOWKNIFE, SINNOTT'S YIG 3 CLEARVIEW MARKET WAY RED DEER, VAHAGN'S YIG 106 HAWTHORN WAY LEDUC, MARINO'S YIG 5530 SUNSHINE COAST HIGHWAY SECHELT

live well, spend less

5.50 LIMIT 6 AFTER LIMIT 7.49 EA.

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

$7 LIMIT 6 AFTER LIMIT 8.49 EA.

SOFTSOAP LIQUID HAND SOAP REFILL
SELECTED VARIETIES
1.47 L
21715457_EA

SAVE UP TO 25%

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

5.50 LIMIT 6 AFTER LIMIT 6.99 EA.

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

7.50 LIMIT 6 AFTER LIMIT 8.99 EA.

COLGATE MAXFRESH OR TOTAL TOOTHPASTE 3's, **MANUAL TOOTHBRUSH** 2'S OR **BATTERY TOOTHBRUSH** 1'S OR **COLGATE TOTAL OR PRO RELIEF MOUTHWASH**
SELECTED VARIETIES AND SIZES
21118930_EA/21666655_EA

3.50 LIMIT 6 AFTER LIMIT 4.49 EA.

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

$7 LIMIT 6 AFTER LIMIT 8.49 EA.

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

7.50 LIMIT 6 AFTER LIMIT 8.99 EA.

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

FROM 5.99

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

$9 LIMIT 4 AFTER LIMIT 9.99 EA.

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

8.50 GET 1,000 PC $1 back in points LIMIT 4 AFTER LIMIT 8.99 EA.

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

$13 LIMIT 4 AFTER LIMIT 15.99 EA.

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

$10 LIMIT 4 AFTER LIMIT 12.99 EA.

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

SAVE UP TO 20%

NIVEA SKIN CARE PRODUCTS
SELECTED VARIETIES AND SIZES
20687737_EA/21110152_EA

SAVE UP TO 20%

CETAPHIL CLEANSERS OR MOISTURIZERS
SELECTED VARIETIES AND SIZES
20432313001_EA

live well, spend less

SAVE UP TO 25%

ONE A DAY MULTIVITAMINS
60-130'S OR
FLINTSTONE'S CHILDREN'S VITAMINS OR SUPPLEMENTS
60-180'S
SELECTED VARIETIES
21515316_EA
21515317_EA

SAVE UP TO 15%

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

12.50 LIMIT 4 AFTER LIMIT 15.49 EA.

PURE PROTEIN BARS
SELECTED VARIETIES
AND SIZES
20539046_EA
20856450_EA

$15 LIMIT 4 AFTER LIMIT 16.99 EA.

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

SAVE UP TO 15%

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

12.50 LIMIT 4 AFTER LIMIT 15.99 EA.

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

8.50 LIMIT 4 AFTER LIMIT 9.99 EA.

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

$12 LIMIT 4 AFTER LIMIT 13.99 EA.

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

$19 LIMIT 4 AFTER LIMIT 21.99 EA.

DEPEND UNDERWEAR OR POISE PADS
SELECTED VARIETIES
AND SIZES
2109985_EA/21302119_EA

for your baby

2/$6
OR
$3.99 EA.

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

$3 LIMIT 6 AFTER LIMIT 3.50 EA.

PC® ORGANICS MINI CEREAL BARS
SELECTED VARIETIES, 160 G
20066938001_EA/20434441001_EA

Express™ Online grocery pickup & delivery

GET 18,000 PC Optimum points 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

$37 LIMIT 4 AFTER LIMIT 43.99 EA.

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

$48 LIMIT 4 AFTER LIMIT 58.99 EA.

PAMPERS SWADDLERS ULTRA VALUE PACK DIAPERS
SELECTED VARIETIES
SIZE 2-8, 120-192'S
21455875_EA/21455889_EA

2/$18
OR
$10.49 EA.

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

65.47

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

iÖGO nanö
CREAMY YOGURT TO
GRAB & GO!
NEW
Source of Vitamin A Calcium Vitamin D
DAIRY FARMERS OF CANADA QUALITY MILK
Prepared in Canada
$4.50
iÖGO nanö
CREAMY YOGURT POUCH
4 X 90 G
SELECTED VARIETIES
2578786_EA/2578994_EA
SOURCE OF VITAMIN A & D
$4
iÖGO nanö
DRINKABLE YOGURT
6 X 93 ML
SELECTED VARIETIES
2660945 / 2660968700
NEW
$4.50
iÖGO nanö
YOGURT WITH FLAVOURED PEARLS
4 X 100 G
SELECTED VARIETIES
2576739
$6.50
iÖGO
CREAMY, 0% OR LACTOSE-FREE YOGURT
16 X 100 G
SELECTED VARIETIES
2060958300 / 2622847
$12
iÖGO
CREAMY YOGURT
2 KG
SELECTED VARIETIES
2063692
$4.50
siggi's
SKYR YOGURT
4 X 100 G
SELECTED VARIETIES
2659784 / 2589925 / 2590027
$4.75
ASTRO
BALKAN YOGURT
750 G
SELECTED VARIETIES
2066326600000 / 2070533000

Almond Breeze
It's better with Almond Breeze.
Available in 946 mL Shelf Stable, 1.9 L Shelf Stable or 1.89 L Chilled selected varieties
20794060002_EA/20107219004_EA
2/$6
OR $4.49 EA.
UNSWEETENED
Original
Vanilla
50% MORE CALCIUM THAN DAIRY MILK
NO ADDED SUGAR
30 CALORIES
32 FL OZ
HALF GALLON (1.89 L)

BIG BOWL. BIG FLAVOUR.
CRAVE
Frozen Bowls
Selected Varieties
340 g
21681823_EA
21681688_EA
2/$12
OR $7 EA.
GET 1,000 when you buy 2 $1 back in points
CRAVE
Frozen Meals
Selected Varieties
200 – 340 g
21085515_EA/21177052_EA
2/$11
OR $6.49 EA.
GET 2,000 when you buy 2 $2 back in points
Kraft Dinner Deluxe
Frozen Meals
Selected Varieties
340 g
21553329_EA
21604101_EA
2/$11
OR $6.49 EA.
DELICIOUSLY SMART CHOICES MADE EASY
Smart Ones® Entrées
Selected Varieties
255 – 283 g
20322159001_EA
21558989_EA
2/$7
OR $4.50 EA.
Bagel Bites ARE BACK
Bagel Bites®
Selected Varieties
198 g
20213483001_EA
20213483003_EA
2/$7
OR $3.99 EA.

WILD FLAVOUR, ENDLESS POSSIBILITIES.
GOLD SEAL
Wild Sockeye Salmon
213 g | 21186814_EA
$6.50
GOLD SEAL
Wild Pink Salmon Flavours, selected varieties
80 g | 21592988_EA
$2.25
GOLD SEAL
Wild Mackerel, selected varieties | 115 g | 21083414_EA
$3.50
Ocean's
Light Tuna
selected varieties
170 g | 21004270_EA
$1.75

Our butchers cut quality meat in your store every day!
pork loin schnitzel
21588065_EA
beef meatballs
plain
21587897_EA
pork
stir fry strips
21588095_EA
beef stir fry strips
cut from Canada AA grade beef or higher
21588067_EA
chicken
stir fry strips
21588091_EA

Mobile

Mobile that doesn't break the bank.

Plans starting from $20/month