

weekly deals

Optimum

Members-Only Price**

\$8

Non-members
\$12

Members save
\$4



PC® OR BLUE MENU®
ENTRÉES
SELECTED VARIETIES
FROZEN
770 G-1.13 KG
PLATS CUISINÉS PC®
OU MENU BLEU®
20326534_EA
21359210_EA

1.50

NO NAME®
POTATO CHIPS
SELECTED VARIETIES
200 G
CROUSTILLES
SANS NOM®
21302793_EA
21302935_EA



\$3



PC® LEMONADE
SELECTED VARIETIES
1.89 L
LIMONADE PC®
20773870001_EA
20957804_EA



4.50

PC® FROZEN FRUIT
SELECTED VARIETIES
300-600 G
FRUITS SURGELÉS
PC®
21496426_EA
20312227_EA



5.50

CHAPMAN'S PREMIUM
ICE CREAM, FROZEN YOGURT
OR SORBET 2 L OR
SUPER NOVELTIES 6-20'S
SELECTED VARIETIES, FROZEN
CRÈME GLACÉE PREMIUM,
YOGOURT GLACÉ OU SORBET
OU FRIANDISES GLACÉES
SUPER CHAPMAN'S
2011532_EA
20323573001_EA



4⁹⁹

SCHNEIDERS
SLICED BOLOGNA
 SELECTED VARIETIES
 500 G
BOLOGNE
TRANCHÉ
SCHNEIDERS
 20039186_EA
 20095530_EA



\$6

APP EXCLUSIVE OFFER*

GET **1,500**^{pts} **\$1.50** back in points

PC® DELI CHEESE SLICES
 140-170 G OR **PC® NATURAL CHOICE®**
TURKEY, CHICKEN OR HAM
SLICED DELI MEAT 175 G
 SELECTED VARIETIES
TRANCHES DE
FROMAGE DE
CHARCUTERIE
PC^{MD} OU VIANDE DE
DINDE, POULET
OU JAMBON
TRANCHÉE PC^{MD}
LE CHOIX NATUREL®
 20216643_EA
 20310580_EA



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

SAVE
98¢
WHEN YOU BUY 2

2/\$7

OR
 \$3.99 EA.

PC® OR BLUE MENU®
TORTILLAS 342-650 G,
PC® ORGANICS
TORTILLAS 390 G,
COUNTRY HARVEST
BREAD 600-650 G
 SELECTED VARIETIES
TORTILLAS PC^{MD}
MENU BLEU^{MD}
TORTILLAS PC^{MD}
BIOLOGIQUE, PAIN
COUNTRY HARVEST
 20182857_EA/21693323_EA



\$13

APP EXCLUSIVE OFFER*

GET **3,000**^{pts} **\$3** back in points

PC® NATURAL CHOICE®
CHICKEN BREAST
STRIPS
 375 G
LANIÈRES DE POITRINE
DE POULET PC^{MD}
LE CHOIX NATUREL®
 20786418_EA



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

\$5

PC® CHOPPED
SALAD KITS
 SELECTED VARIETIES
 PRODUCT OF U.S.A.
 282-396 G
SALADES HACHÉES
AVEC GARNITURES
PC^{MD}
 21334070_EA
 21378122_EA



5⁹⁹

PC® SMOKIN' STAMPEDE
BARBECUE SAUCE
 1 L OR **HELLMANN'S**
MAYONNAISE OR
DRESSING 710-890 ML
 SELECTED VARIETIES
SAUCE BARBECUE
STAMPEDE FUMÉ PC^{MD}
OU MAYONNAISE
OU VINAIGRETTE
HELLMANN'S
 20349189_EA
 20618579001_EA



PROUDLY CANADIAN OWNED & OPERATED

Independent™
Your Independent Grocer

SAVE 58%

2.50
LB

PORK LOIN COMBINATION CHOPS SIRLOIN AND RIB PORTION
BONE-IN
5.51/KG
CÔTELETTES DE LONGE DE PORC, COMBINAISON DE COUPES, PORTIONS SURLONGE ET BOUT DE CÔTES
20822343_KG



HOT PRICE

4.99
LB

CHICKEN BREASTS
INCLUDES HALAL OR THIGHS
BONELESS, SKINLESS
FAMILY SIZE
11.00/KG
POITRINES OU HAUTS DE CUÎSSES DE POULET
20020450_KG
20162170_KG



INCLUDES HALAL

HOT PRICE

\$10
LB

FRESH STEELHEAD TROUT FILLETS
22.05/KG
FRESH SEAFOOD ITEMS
SUBJECT TO AVAILABILITY
FILETS DE TRUITE STEELHEAD FRAIS
21025083_KG



HOT PRICE

2.99
LB

PC® EXTRA LARGE GREEN SEEDLESS GRAPES
PRODUCT OF MEXICO OR CHILE, NO. 1 GRADE OR
PC® EXTRA LARGE RED SEEDLESS GRAPES
PRODUCT OF CHILE, NO. 1 GRADE
6.59/KG
TRÈS GROS RAISINS VERTS OU ROUGES SANS PÉPINS PC®
20425775001_KG



EXTRA LARGE

SAVE UP TO 26%

\$19

PC® PACIFIC WHITE SHRIMP RING WITH MILD COCKTAIL SAUCE 568 G OR **NANUK SMOKED COHO SALMON** 300 G FROZEN
COURONNE DE CREVETTES BLANCHES DU PACIFIQUE AVEC SAUCE COCKTAIL DOUCE PC® OU SAUMON COHO FUMÉ NANUK
20147098_EA
20114395_EA



HOT PRICE

2.99
LB

HONEYCRISP APPLES
PRODUCT OF ONTARIO, CANADA FANCY GRADE
6.59/KG
POMMES HONEYCRISP
20132621001_KG



SAVE 42%

\$2

FARMER'S MARKET™ YELLOW ONIONS
PRODUCT OF CANADA, CANADA NO. 1 GRADE
3 LB BAG
OIGNONS JAUNES DÉLICIES DU MARCHÉ™
20811995001_EA



Optimum

Members-Only Price™

\$3

Non-members **\$4**

Members save **\$1**

JUMBO HAMBURGER OR HOT DOG BUNS
WHITE OR SESAME
8'S
PAINS À HAMBURGER OU HOT DOG GÉANTS
20711614_EA
20711617_EA



BAKED IN-STORE

SAVE UP TO \$2

\$5

DR. OETKER GIUSEPPE PIZZERIA RISING CRUST OR THIN CRUST PIZZA 480-785 G OR **PC® WOOD-FIRED PIZZA** 366-413 G SELECTED VARIETIES FROZEN
PIZZA LÈVE-AU-FOUR PIZZERIA GIUSEPPE OU PIZZA À CROÛTE MINCE DR. OETKER OU PIZZA CUITE AU FEU DE BOIS PC®
21106301_EA
21540352_EA



\$3

FARMER'S MARKET™ CUCUMBERS
PRODUCT OF ONTARIO
3'S
CONCOMBRES DÉLICIES DU MARCHÉ™
20828461001_EA



EQUIVALENT TO \$1 EACH

\$4



PHILADELPHIA CREAM CHEESE OR DIPS 227/250 G, **KRAFT SINGLES** 410 G OR **KRAFT CHEEZ WHIZ** 450 G SELECTED VARIETIES
FROMAGE À LA CRÈME OU TREMPETTES PHILADELPHIA SINGLES KRAFT OU CHEEZ WHIZ KRAFT
20641267_EA
21180654_EA



SAVE 36%

\$3

NEILSON CREAMER, TABLE CREAM OR WHIPPING CREAM
SELECTED VARIETIES
473 ML/1L
COLORANT À CAFÉ, CRÈME DE TABLE OU CRÈME À FOUETTER NEILSON
20123609_EA
20774431_EA



SAVE UP TO 51%

\$13

ROYALE BATHROOM TISSUE 30=60 ROLLS OR **TIGER TOWELS** 6=12 ROLLS OR **FACIAL TISSUE** 12'S
SELECTED VARIETIES
PAPIER HYGIÉNIQUE OU ESSUIE-TOUT TIGER TOWEL OU MOUCHOIRS ROYALE
20705292_EA
21378233_EA
21484732_EA



Disney · PIXAR

FREE STICKER PACK FOR EVERY \$25 SPENT*

\$5
UNIQUE ALBUM

ANIMAL FRIENDS STICKER

COLLECT AND DISCOVER INTERESTING ANIMAL FACTS

©Disney ©Disney/Pixar

*WHILE SUPPLIES LAST FROM APRIL 9TH UNTIL MAY 6TH, 2026. EXCLUSIONS APPLY. VISIT WWW.LOBLAWUNIVERSE.CA OR IN-STORE FOR EXCLUSIONS AND COMPLETE OFFER DETAILS.

Flyer prices effective from Thursday, April 16th to Wednesday, April 22nd, 2026. SEE BACK PAGE FOR DETAILS.

APP EXCLUSIVE OFFER*

for every \$100* spent on baby, cosmetics, health & beauty, apparel, gaming, small appliances, home and/or pet departments

GET **25,000** back in points



\$37

HUGGIES PULL UPS OR PAMPERS EASY UPS GIANT PACK TRAINING PANTS
SELECTED VARIETIES 68-112'S
CULOTTES D'ENTRAÎNEMENT FORMAT GÉANT PULL-UPS HUGGIES OU EASY-UPS PAMPERS
2102427_EA
21089259_EA

pull-Ups
4T-5T

easy ups
86 TRAINING UNDERWEAR
100% LEAKPROOF

LIMIT 4 AFTER LIMIT 43.99 EA.

\$35

GET **4,000** back in points

HUGGIES ECONO PACK DIAPERS
SELECTED VARIETIES SIZE N-7, 60-200'S
COUCHES EMBALLAGE ÉCONO HUGGIES
21456748_EA
21667086_EA

little movers
360

LIMIT 4 AFTER LIMIT 41.99 EA.

4/\$7
OR \$1.99 EA.

GERBER ORGANIC PUREE BABY FOOD
128 ML OR MEALTIME PUREE JARS 160 ML
SELECTED VARIETIES
ALIMENTS PURÉS BIOLOGIQUES GERBER OU POTS DE PURÉE MEALTIME
21024943_EA
21466955_EA

6+ MONTHS

\$5

BEN & JERRY'S OR HALO TOP OR TALENTI 473 ML OR MAGNUM BARS 3/4'S
SELECTED VARIETIES FROZEN
BEN & JERRY'S OU HALO TOP OU TALENTI OU BARRES MAGNUM
21087007_EA
21428403_EA

HALO TOP
150 CALORIES PER 100 ML

half baked

SAVE 45%

PREPARED IN CANADA

\$2

NEILSON CHOCOLATE MILK
SELECTED VARIETIES 1L
LAIT AU CHOCOLAT NEILSON
20062332001_EA
20650656_EA

1% chocolate
partly skimmed milk

fresh chocolate
partly skimmed milk 1% fat

25% CHOCOLATE
partly skimmed milk

LOW IN FAT

MADE WITH CANADIAN MILK

DEAL DROP

Limited-time deals on PC® home & more.

\$15

PC® SALAD SPINNER
21416723_EA

limit 4, after limit \$35 ea. while supplies last

\$4

PREPARED IN CANADA

LIBERTÉ MEDITERRANEE YOGURT 500 G, LIBERTÉ GREEK YOGURT 4X100 G OR PC® PROBIOTIC YOGURT 650 G
SELECTED VARIETIES
YOGOURT MÉDITERRANÉE LIBERTÉ, YOGOURT GREC LIBERTÉ OU YOGOURT AUX PROBIOTIQUES
PC MD
21547564_EA
21684206_EA

PROBIOTIC YOGURT
FOR GUT HEALTH POUR LA SANTÉ INTESTINALE

LIBERTÉ

1.50

CLOVER LEAF LIGHT TUNA
SELECTED VARIETIES 85/170 G
THON PÂLE CLOVER LEAF
20315581002_EA
2001817001_EA

MSC

CHUNK LIGHT TUNA
SKIPIACK IN WATER

SOLID LIGHT TUNA
IN PURE OLIVE OIL

SAVE UP TO 46%

1.35

SWANSON POT PIES 200 G OR MICHELINA FROZEN MEALS 212-284 G
SELECTED VARIETIES FROZEN
PÂTES SWANSON OU PLATS CUISINÉS SURGELÉS MICHELINA'S
20320525001_EA
21208614_EA

Michelina's
Macaroni and Cheese
Macaroni au fromage

Swanson
Chicken Pot Pie
Plat au poulet

\$7

PREPARED IN CANADA

BECEL MARGARINE
SELECTED VARIETIES 637/850 G
MARGARINE BECEL
202313447001_EA
21279389_EA

Olive Oil

Original

\$3

PREGO PASTA SAUCE
SELECTED VARIETIES 645 ML
SAUCE POUR PÂTES PREGO
20325820001_EA
20325820002_EA

Mushroom & Green Pepper
Champignons et poivrons verts

Original
Recette originale

SAVE 98% WHEN YOU BUY 2

2/\$5
OR \$2.99 EA.

DELVERDE PASTA
SELECTED VARIETIES 250/450 G
PÂTES DELVERDE
20317975004_EA
20317975008_EA

DELVERDE
SOURCE DE LA RIVIERE VERDE
SOURCE OF THE VERDE RIVER
ITALY - ITALIE

PENNE ZITTA THOAT

SPAGHETTI

1.39

UNICO BEANS 540 ML OR TOMATOES 796 ML
SELECTED VARIETIES
LÉGUMINEUSES OU TOMATES UNICO
20314629001_EA
20314629001_EA

Unico
Red Kidney Beans

Diced Tomatoes

\$3

KELLOGG'S RICE KRISPIES BARS 176 G, NUTRI-GRAIN BARS 295 G, SPECIAL K FRUIT CRISPS 125 G OR POP TARTS PASTRIES 384 G
SELECTED VARIETIES
BARRES RICE KRISPIES, BARRES NUTRI-GRAIN, BARRES CROQUANTES AUX FRUITS SPECIAL K OU TARTELETTES POP TARTS
20313984003_EA
21290059_EA

pop.tarts
Cookies and Crème

NUTRI GRAIN
RASPBERRY FRAMBOISES

\$11

TIDE DETERGENT 1.62-1.86 L, PODS/FLINGS 18-31'S, DOWNY/GAIN FABRIC SOFTENER 1.66-2.63 L, DOWNY/GAIN/IVORY SNOW BEADS 303-379 G OR DAWN LIQUID 2.01/2.64 L
SELECTED VARIETIES
DÉTERGENT TIDE, PODS/FLINGS ASSOULISSANT DOWNY/GAIN, PERLES DOWNY/GAIN/IVORY NEIGE OU LIQUIDE DAWN
21430598_EA
21550428_EA
21593782_EA

Tide

Downy

DAWN

PRICE DROP† More ways to save

1.25

JARRITOS SOFT DRINKS
SELECTED VARIETIES 370 ML
BOISSON GAZEUSE JARRITOS
20147354007_EA
20147354011_EA

JARRITOS
Lime
Mandarin

3.50

PC® SALSA
SELECTED VARIETIES 650 ML
SALSA PC®
20309646001_EA
20309646003_EA

SALSA MILD
DOUCE

SALSA ALUM
PIMENTÉE

\$3

MCCAIN SUPERFRIES
454-650 G OR FRIES, POTATO PANCAKES OR WEDGES 600-800 G
SELECTED VARIETIES, FROZEN
SUPERFRIES OU FRITES GALETTES DE POMMES DE TERRE EN QUARTIERS MCCAIN
20324338002_EA
20799522_EA

McCain
Bistro

4.50

SIETE GRAIN FREE TORTILLA CHIPS
SELECTED VARIETIES 142 G
CROUSTILLES DE TORTILLA SANS GRAINS SIETE
214447174_EA

SIETE
GRAIN FREE TORTILLA CHIPS
CROUSTILLES TORTILLA SANS GRAINS

Sea Salt
Sel marin

Independent CUSTOMER RELATIONS 1-866-541-6315. VISIT yourindependentgrocer.ca FOR STORE HOURS.

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YIG BACK



freshness you can taste

FRESH PROMISE

4⁵⁰

BLACKBERRIES
PRODUCT OF MEXICO
OR U.S.A. OR
BLUEBERRIES
PRODUCT OF MEXICO
OR MOROCCO
HALF PINT
MÛRES OU BLEUETS
20051015001_EA
20152465001_EA

3⁵⁰

ICEBERG LETTUCE
PRODUCT OF U.S.A.
EACH
LAITUE ICEBERG
20135326001_EA

2⁵⁰ LB

EGGPLANT
PRODUCT OF MEXICO,
NO. 1 GRADE
5.51/KG
AUBERGINE
20155709001_KG

5⁵⁰

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

SAVE \$1.02
WHEN YOU BUY 3

3/4⁹⁸

OR \$2 EA.

RED MANGOES
PRODUCT OF MEXICO
MANGUES ROUGES
20059635001_EA

5⁵⁰ **LARGE**

LARGE CROWNLESS PINEAPPLE
PRODUCT OF COSTA RICA
EACH
GROS ANANAS SANS COURONNE
20119813001_EA

\$4

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

\$8

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

\$18-20

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

New & exclusive Shop our Lisa Vanderpump floral collection.

Vanderpump
VANDERPUMP GARDENS

\$37 **\$47** **\$60**

11⁵⁰ LB

INSIDE ROUND OVEN ROAST
CUT FROM CANADA AA OR
USDA SELECT GRADE BEEF
OR HIGHER
25.35/KG
RÔTI D'INTÉRIEUR DE RONDE
20812494_KG

5⁹⁹ LB

LAMB SHOULDER CHOPS CLUB PACK OR FROZEN GOAT CHOPS
13.21/KG
CÔTELETTES D'ÉPAULE D'AGNEAU OU CÔTELETTES DE CHÈVRE SURGÉLÉES
215505131_KG
21645489_KG

\$12 **AIR CHILLED**

PC® CHICKEN DRUMSTICKS 8'S OR THIGHS BONE-IN 6'S
AIR CHILLED
PILONS OU HAUTS DE CUISSE DE POULET PC®
21341042_EA
21341035_EA

\$7 **PREPARED IN CANADA**

MAPLE LODGE ULTIMATE CHICKEN SAUSAGES
SELECTED VARIETIES
375/500 G
SAUCISSES DE POULET L'ULTIME MAPLE LODGE
21378310_EA
21539970_EA

\$9 **PREPARED IN CANADA**

PC® NATURALLY SMOKED BACON
SELECTED VARIETIES
375/500 G
BACON FUMÉ NATURELLEMENT PC®
20057892_EA
20152629_EA

\$8 **GET 50¢**

BEYOND MEAT PLANT-BASED
SELECTED VARIETIES,
FROZEN
226-400 G
BEYOND MEAT À BASE DE PLANTES
21220674_EA
21300103_EA

find your catch in seafood

SAVE UP TO \$1.49

9⁵⁰

PC® PACIFIC LARGE WHITE SHRIMP RAW ZIPPERBACK®
31-40 PER LB 400 G OR
MARINA DEL REY WILD ARGENTINIAN SHRIMP RAW
EASY PEEL 20-30 PER LB 300 G
GROSSES CREVETTES BLANCHES DU PACIFIQUE PC®
OU CREVETTES SAUVAGES D'ARGENTINE MARINE DEL REY
20788888_EA/20907159_EA

SAVE UP TO 24%

\$3

SEAQUEST® CRAB OR LOBSTER FLOURED POLLOCK FLAKES OR CHUNKS
SELECTED VARIETIES
READY-TO-EAT 227 G OR
LAURENA ANCOVY PASTE 60 G
FLOCONS OU MORCEAUX DE GOBERGE À SAVEUR DE CRABE OU HOMARD SEAQUEST®
OU PÂTE D'ANCHOIS LAURENA
20699832_EA/20862396_EA

\$12 EA./LB

PC® SMOKED SALMON
SELECTED VARIETIES
FROZEN 125/150 G \$12 EA.
OR FRESH ATLANTIC SALMON FILLETS
FAMILY SIZE \$12 LB 26.46/KG
SAUMON FUMÉ PC®
OU FILETS DE SAUMON DE L'ATLANTIQUE FRAIS
20055009_EA
20720065_EA

bakery deals rising daily

4⁵⁰

BAKED IN-STORE

PREMIUM BAGELS
SELECTED VARIETIES
6'S
BAGELS DE CHOIX
21016649_EA
21705757_EA



3⁵⁰

BAKED IN-STORE

ACE BAGUETTE
SELECTED VARIETIES
325-400 G
BAGUETTE ACE
2017171_EA
21314348_EA



\$5

PREPARED IN CANADA

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



5⁵⁰

BAKED IN-STORE

MINI DANISH 8'S OR TURNOVERS OR STRUDELS 4'S
SELECTED VARIETIES
MINI-DANOISE OU CHAUSSONS OU STRUDELS
21464137_EA
21476309_EA



9⁵⁰

PREPARED IN CANADA

FARMER'S MARKET™ PIES
ASSORTED VARIETIES
580 G-1 KG
TARTES DÉLICIES DU MARCHÉ™
21664095_EA
21664315_EA



7⁵⁰

PREPARED IN CANADA

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



\$3

PC® OR BLUE MENU® ENGLISH MUFFINS 342 G
OR **PC® ENGLISH-STYLE CRUMPETS 284 G**
SELECTED VARIETIES
MUFFINS ANGLAIS PC® OU MENU BLEU® OU CRUMPETS STYLE ANGLAIS PC®
20123948_EA
20801728_EA



\$3

PREPARED IN CANADA

PC® INDIAN NAAN BREAD
SELECTED VARIETIES
250 G
PAIN NAAN INDIEN PC®
20321754_EA



\$23

THREE SISTERS ICE CREAM CAKE
SELECTED VARIETIES
FROZEN
1.2 KG
GÂTEAU À LA CRÈME GLACÉE
THREE SISTERS
21702056_EA



\$7

PREPARED IN CANADA

BOURSIIN SOFT CHEESE
SELECTED VARIETIES
150 G
FROMAGE À PÂTE MOLLE BOURSIIN
20116794_EA
20591214_EA



in the mood for deli-cious

SAVE UP TO \$105/100 G

4⁴⁰

/100 G

PC® SPLENDIDO® PARMIGIANO REGGIANO CHEESE
PRODUCT OF ITALY
IN-STORE DELICIOUS
PARMIGIANO PC®
SPLENDIDO®
20377023_1KG



Members-Only Price™
\$8

Non-members \$12

SCHNEIDERS PEPPERETTES
SELECTED VARIETIES
250-375 G
PEPPERETTES SCHNEIDERS
20976110_EA
21196171_EA



SAVE UP TO \$7.49

\$8

PILLER'S PIZZA TOPPINGS 175/250 G
OR **TRE STELLE MOZZARELLA BALL 340 G**
SELECTED VARIETIES
TOPPINGS À PIZZA PILLER'S OU BOULES DE MOZZARELLA TRE STELLE
20042333_EA
20189267_EA



2/\$12

PREPARED IN CANADA

OR \$6.50 EA.
DAIYA DAIRY FREE CHEESE 170-227 G
OR **GUSTA VEGGIE BURGER 300 G**
SELECTED VARIETIES
FROMAGE SANS PRODUITS LAITIERS DAIYA OU BURGER VÉGÉ GUSTA
21660590_EA
21706716_EA



2/\$7

PREPARED IN CANADA

OR \$4.50 EA.
FONTAINE SANTÉ HUMMUS 260/283 G OR PC® NAAN DIPPERS 200 G
SELECTED VARIETIES
HUMMUS FONTAINE SANTÉ OU VARIÉTÉ
20501322_EA
21092033_EA



on the run, we got you

\$7

PREPARED IN-STORE

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



2/\$9

PREPARED IN CANADA

OR \$5 EA.
PC® PASTA OR GNOCCHI
SELECTED VARIETIES
255-350 G
PÂTES OU GNOCCHI PC®
21681515_EA
21682075_EA



SAVE UP TO \$1.99

\$16

BENTO CALIFORNIA FAMILY PACK 30'S
654 G OR **VARIETY PACK 470 G**
SELECTED VARIETIES
SUSHI.FORMAT FAMILIAL OU ASSORTIMENT CALIFORNIA BENTO
21638633_EA
21691329_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



celebrating the team behind the scenes

**ADMINISTRATIVE
PROFESSIONALS'
DAY**
Wednesday April 22nd



**BUY TWO (2)
GET ONE (1)
FREE**

MARKET BUNCHES
ASSORTED VARIETIES
AND COLOURS
2/\$20
OR \$12 EA.
21739702_EA



\$28

5 INCH ORCHID
EACH
21664246_EA



©Disney/Pixar

Disney · PIXAR

FREE STICKER PACK

FOR EVERY \$25 SPENT*

\$5 UNIQUE ALBUM

Disney PIXAR ANIMAL FRIENDS STICKER COLLECT AND DISCOVER INTERESTING ANIMAL FACTS

*WHILE SUPPLIES LAST FROM APRIL 9TH UNTIL MAY 6TH, 2026. EXCLUSIONS APPLY. VISIT WWW.LOBLAWUNIVERSE.CA OR IN-STORE FOR EXCLUSIONS AND COMPLETE OFFER DETAILS.

SPEND \$10* ON
SELECT CHEERIOS, OATMEAL CRISP, NATURE VALLEY, OLD EL PASO, PILLSBURY, OR ANNIE'S PRODUCTS AND GET A BONUS STICKER PACK
 21104047_EA/21667577_EA

SPEND \$12* ON ANY
COCA-COLA, CANADA DRY 12X355 ML SELECTED VARIETIES AND GET ONE BONUS STICKER PACK
 20318694002_C12

SPEND \$15* ON
SELECT BLACK DIAMOND, KRAFT PARMESAN, IOGO, ASTRO OR LACTANTIA PRODUCTS AND GET ONE BONUS STICKER PACK
 21694605_EA/21290384_EA/20763661_EA/20165226001_EA

SPEND \$15* ON
SELECT CHRISTIE CRACKERS, CHRISTIE COOKIES, CADBURY, HALLS OR CLIF ENERGY BARS AND GET ONE BONUS STICKER PACK
 21358407_EA/21361508_EA/21547034_EA/21030647_EA

SPEND \$10* ON
SELECT NESCAFÉ, STARBUCKS COFFEE, OR MAISON PERRIER BEVERAGE PRODUCTS AND GET ONE BONUS STICKER PACK
 20548682004_EA/20873036_EA/21576465_C08

SPEND \$10* ON
SELECT PC® OR NO® NAME CHIPS, POPCORN, OR PRETZELS AND GET ONE BONUS STICKER PACK
 21302821_EA/21302823_EA

SPEND \$9* ON
SELECT MILK 2 GO, ARMSTRONG PROTEIN STICKS AND GET A BONUS STICKER PACK
 21537885_EA/21694973_EA

SPEND \$15* ON
SELECT ROYALE PAPER PRODUCTS AND GET ONE BONUS STICKER PACK
 21378233_EA/21484732_EA/21618478_EA

SPEND \$10* ON
SELECT PC® BLUE MENU® PRODUCTS AND GET ONE BONUS STICKER PACK
 20668034002_C01/20668034001_C01

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Disney · PIXAR FREE STICKER PACK FOR EVERY \$25 SPENT*

\$5
UNIQUE
ALBUM



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7⁹⁹

MAISON PERRIER SLEEK CANS
SELECTED VARIETIES
8X330 ML
21576465_C08
21575556_C08

Optimum
Members-Only Price
5⁵⁰
Non-members
7⁹⁹

KELLOGG'S FAMILY SIZE CEREAL
SELECTED VARIETIES
450-650 G
20054727_EA
21651640_EA

2/\$6
OR \$3.49 EA.

GLACEAU VITAMIN WATER
SELECTED VARIETIES
591 ML
20333194006_EA
20562362003_EA

\$6

KRAFT PEANUT BUTTER
SELECTED VARIETIES
750 G/1 KG
20039581002_EA
20311582003_EA

2⁷⁵

PEPPERIDGE FARM GOLDFISH CRACKERS
SELECTED VARIETIES
156 - 200 G
20300320_EA
20306994003_EA

3/\$9
OR \$3.75 EA.

FIBRE 1 BROWNIES OR BARS 125-175 G OR
NATURE VALLEY PROTEIN BARS 148 G,
LUNCH BOX BARS 130 G OR
SWEET & SALTY BARS 160-175 G
SELECTED VARIETIES
20686988002_EA
20887250_EA

\$4

ASTRO YOGURT TUBS 650-750 G
OR **IÖCO NANO BUBBLES** 4X100 G
SELECTED VARIETIES
20163226001_EA
21719739_EA

2/\$7

OR \$4 EA.

YOPLAIT TUBES 448 G
OR **MINIGO** 360 G
SELECTED VARIETIES
21547595_EA
21619318_EA

\$5

ARMSTRONG STICKS
SELECTED VARIETIES
180/210 G
21440769_EA
21694973_EA

\$24 GET 2,000 back in points

MCCAFÉ K-CUPS
SELECTED VARIETIES
24/30'S
21240975_EA

SAVE 98¢
WHEN YOU BUY 2

2/\$5

OR \$2.99 EA.

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

SAVE \$1.98
WHEN YOU BUY 2

2/\$12

OR \$6.99 EA.

HEALTHY CHOICE STEAMERS OR SIMPLY STEAMERS
SELECTED VARIETIES
FROZEN
255-292 G
20318616005_EA
20974539_EA

4⁵⁰

CASA MENDOSA WHITE OR WHOLE WHEAT TORTILLA
SELECTED VARIETIES
640 G
20276307_EA
20318788_EA

SAVE \$1.98
WHEN YOU BUY 2

2/\$6

OR \$3.99 EA.

CADBURY CHOCOLATE BARS
SELECTED VARIETIES
80-100 G
21648577_EA
21648701_EA

SAVE \$2.08
WHEN YOU BUY 2

2/11⁵⁰

OR \$6.79 EA.

PC® OR PC® BLUE MENU® SPARKLING WATER
SELECTED VARIETIES
12X355 ML
20668034002_C01
20668034001_C01

\$10

ROYALE TIGER TOWELS PAPER TOWELS
SELECTED VARIETIES
3=6 ROLLS
21484702_EA

APRIL

HIT OF THE MONTH

LIMIT 6
AFTER LIMIT
\$3 EA.



\$1⁸⁸

LECLERC GO PURE
FRUIT & OAT OR
OATMEAL BARS
SELECTED VARIETIES
140/175 G
21221434_EA
21507858_EA

LIMIT 6
AFTER LIMIT
\$5 EA.



\$4

PLANTERS CASHEWS
SELECTED VARIETIES
200 G
21021617_EA
21021618_EA

LIMIT 6
AFTER LIMIT
4.50 EA.



\$3

HARVEST CREEK HALAL
CHICKEN WIENERS OR
BUTCHER'S SELECTION
STAMPEDE HOTDOG
ORIGINAL
SELECTED VARIETIES
900 G
21307061_EA
21309103_EA

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 April 1 - 30, 2026. While quantities last. See in-store for details.



Disney · PIXAR

FREE STICKER PACK FOR EVERY \$25 SPENT*

\$5
UNIQUE
ALBUM



64 STICKERS TO COLLECT
DISCOVER INTERESTING
ANIMAL FACTS

WHILE SUPPLIES LAST



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hello spring let the growing begin



\$18

PC® SENETTI PLANTER
8 INCH
21164649_EA



\$15

**FARMER'S MARKET™
PANSY BOWL**
SELECTED VARIETIES
10 INCH
20753921_EA



\$18

**FARMER'S MARKET™
EARLY MIX BOWL**
SELECTED VARIETIES
10 INCH
20753834_EA



\$23

PC® LAVENDER SHRUB
8 INCH
21573051_EA



1⁹⁹ - 5⁹⁹

**BURPEE OR
MCKENZIE SEEDS**
SELECTED VARIETIES
EACH
20752992_EA
20752876_EA



\$10-17

SPRING BULBS
PLANT NOW FOR
SUMMER BLOOMS
SELECTED VARIETIES
EACH
214223977_EA
21635808_EA



\$25

**PC® OUTDOOR
SPRING
ARRANGEMENT**
10 INCH
21575688_EA



2/\$12

OR
\$7 EA.
**PC® ENRICHED
LAWN SOIL**
25 L
21349080_EA



4/\$12

OR
\$3.25 EA.
**PC® BLACK
EARTH SOIL**
25 L
21357792_EA



\$10

**PC® FLOWER AND
GARDEN BED SOIL**
50 L
21363856_EA



3/\$12

OR
\$4.50 EA.
**NO NAME® COW
MANURE COMPOST**
12.5 KG
21349331_EA



2/\$12

OR
\$7 EA.
PC® POTTING SOIL
25 L
21349090_EA



3/\$12

OR
\$4.50 EA.
**NO NAME®
CEDAR MULCH**
AVAILABLE IN BLACK
NATURAL OR RED
42.5 L
21358531_EA
21358536_EA



EARTH CONSCIOUS. BUDGET CONSCIOUS.

Happy Earth Day! Shop planet-friendly products.

Leading with purpose:
Helping Canadians
Live Life Well®



Loblaw has made several changes to its packaging to become more environmentally conscious, focusing on reducing plastic waste and improving recyclability. Loblaw has taken proactive steps to tackle plastic waste by communicating the global "Golden Design Rules" to control brand and packaging vendors and outlining our new criteria for packaging standards. By the end of 2025, Loblaw successfully reached a percentage for recyclable or reusable control brand and store-supplied plastic packaging of 98%. Loblaw has also innovated with new materials, such as switching our whole bean coffee packaging to mostly paper-based containers made from renewable fibres, which lowers carbon impact and increases recyclability.

\$23

PC® WHOLE BEAN COFFEE
SELECTED VARIETIES
820/907 G
21393277_EA
21393334_EA



Loblaw Companies Limited is making your coffee more eco-friendly by switching President's Choice® whole bean varieties to recyclable, paper-based packaging. This new design uses mostly renewable materials, helping reduce environmental impact while keeping your coffee fresh.

6⁵⁰

PC® SPICES
SELECTED VARIETIES
7-82 G
21111108_EA
21117314_EA



Out with stealthy black, in with traceable flair—our spices and marinades got a colorful makeover so your recycling bin can finally recognize what's worth saving.

4⁵⁰

PC® VINAIGRETTE
SELECTED VARIETIES
350 ML
21072440_EA
21478280_EA



\$8



PC® ORGANICS WHOLE CREMINI OR WHITE MUSHROOMS
PRODUCT OF CANADA
680 G
21166445001_EA/21166443001_EA



Step aside, black plastic! Our new plastic mushroom containers are completely recyclable.

\$17

PC® ORGANICS BLACK TIGER SHRIMP COOKED LARGE FROZEN
340 G
21687334_EA



Same great shrimp ring, way better for the planet. Our clear plastic and recyclable packaging will make you the hit of the party!

\$12



PC® CHICKEN DRUMSTICKS 8'S OR THIGHS BONE-IN 6'S AIR CHILLED
21341042_EA/21341035_EA



Our fresh meat and seafood is transitioning to clear plastic trays. The planet will love this recyclable protein packaging!

clean home. cleaner planet.

\$30

TIDE PODS 112'S OR TIDE POWER PODS 63'S
SELECTED VARIETIES
21450151_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
OR **SHEETS 200'S**
SELECTED VARIETIES
2169575_EA
21658822_EA



\$5

GREENWORKS SPRAYS 946 ML, TOILET BOWL CLEANER 709 ML, DISHWASHING LIQUID 650 ML OR WIPES 75'S
SELECTED VARIETIES
21657822_EA



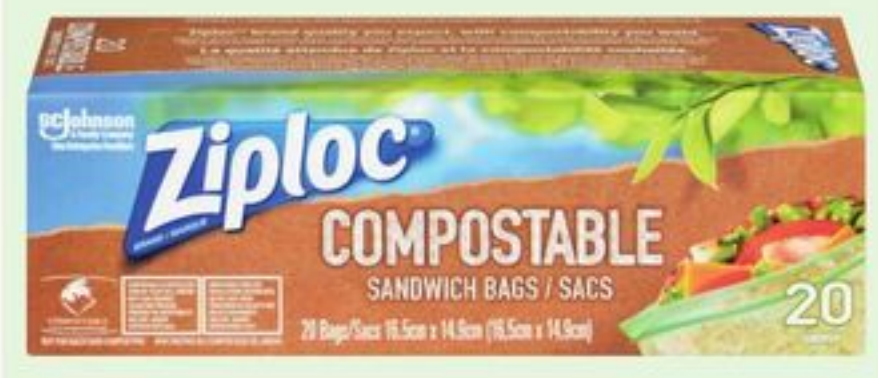
\$10

GLAD COMPOST BAGS
SELECTED VARIETIES
30'S
20578526_EA



\$6

ZIPLOC COMPOSTABLE BAGS
SELECTED VARIETIES
20'S
21351380_EA



\$8

LYSOL LAUNDRY DISINFECTANT
SELECTED VARIETIES
1.2 L
21495670_EA



5⁵⁰

METHOD OR MRS. MEYERS DISH DETERGENT 473-53 ML OR ALL PURPOSE CLEANERS 473-828 ML
SELECTED VARIETIES
21046918_EA
21518332_EA



SAVE 20%

ALL TRU EARTH LAUNDRY DETERGENT STRIPS, SCENT BOOSTERS, TOILET BOWL CLEANER OR MULTI SURFACE CLEANER STRIPS OR DRYER BALLS
21425514_EA



\$15

FINISH DISHWASHING TABS 30-55'S OR JET-DRY 946 ML
SELECTED VARIETIES
21565525_EA



\$12

ECO-MAX LAUNDRY WASH
SELECTED VARIETIES
3 L
20347155001_EA
20347155002_EA



SAVE 25%

LEMON AID CLEANERS OR CRATE 61 BAR SOAPS
SELECTED VARIETIES
750-1000 ML / 110 G
21012081_EA
21163379_EA
21012092_EA



8⁵⁰

NATURE CLEAN LAUNDRY DETERGENT STRIPS 32'S OR TOILET BOWL CLEANER STRIPS
SELECTED VARIETIES
21451364_EA
21451469_EA



Shop the **World** in our aisles



\$16 **HALAL**

SUFRA® HALAL WHOLE CHICKEN
UP TO 1.8 KG
21617063_EA

\$12 **LB**

BEEF OXTAIL
FRESH
26.46/KG
20879454_KG

5⁴⁹ **LB**

PORK BELLY PORTION
12.10/KG
20793502_KG

\$7

T&T® PACIFIC WHITE SHRIMP RAW 30-40 PERLB
400 G OR COOKED
21-25 PER LB 300 G
21689820_EA
21689868_EA

Pacific White Shrimp
Crevettes blanches du Pacifique
COOKED • HEAD ON • SHELL ON
CUTES • AVEC TÊTE • EN CARAPACE

1⁸⁸ **LB**

CHINESE JUMBO CARROT
PRODUCT OF CHINA OR
NAPA CABBAGE
PRODUCT OF MEXICO
4.14/KG
20851084001_KG
20015025001_KG

1⁸⁸ **LB**

JAPANESE SWEET YAM OR PURPLE UBE YAM
4.14/KG
20524922001_KG
20849858001_KG

PRODUCT OF CANADA

SAVE 58¢ WHEN YOU BUY 2

2/\$3

OR \$1.79 EA.

ATAULFO MANGO
PRODUCT OF MEXICO
20121509001_EA

2⁵⁰ **LB**

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

3⁹⁹ **LB**

PC® EXTRA LARGE BLACK SEEDLESS GRAPE
PRODUCT OF CHILE
NO. 1 GRADE
8.8/KG
20711275001_KG

4⁵⁰

HAPPY DAIRY PANEER
300 G
21343632_EA

\$9

KEBAB FACTORY TANDOORI CHICKEN BURGERS
FROZEN
678 G
21690487_EA

\$3

LA COSTENA REFRIED BEANS 546 ML OR PICKLED JALAPEÑO NACHO SLICES 440 G
SELECTED VARIETIES
20054076001_EA
21365904_EA

3⁵⁰

PAN CORN MEAL 1 KG OR CHARRAS TOSTADAS 350 G
SELECTED VARIETIES
20945705_EA
21117787_EA

2⁷⁹

ROOSTER® SWEET CONDENSED MILK
300 ML
20126907_EA

3⁴⁹

LEN XIANG RICE PAPER
400 G
21635892_EA

2⁵⁰

VALENTINA HOT SAUCE 370 ML OR GRACE HOT SAUCE 142 ML
SELECTED VARIETIES
20056649002_EA
21564210_EA

8⁹⁹

DAN D PAK CASHEWS
SELECTED VARIETIES
500 G
21498628_EA
21498672_EA

2⁵⁰

LA COSTENA PEPPERS
186 ML OR TOTIS 508 G
SELECTED VARIETIES
21682248_EA
20318080_EA

ITEMS AVAILABLE AT THE FOLLOWING YOUR INDEPENDENT GROCER LOCATIONS:
PALMER'S YIG 290 FIRST STREET NORTH, GRAVENHURST • TREMBLETT'S YIG 273 KING STREET WEST INGERSOLL, DAVIS' YIG 20 JOCELYN ROAD PORT HOPE, CHRIS'S YIG 82 LORNE STREET SUDBURY, BRIERLEY'S YIG 671 RIVER ROAD OTTAWA, EMBRUN YIG 753 NOTRE DAME STREET EMBRUN, MASSINE'S YIG 296 BANK ST. OTTAWA, LAURA'S YIG 1910 ST LAURENT BLVD OTTAWA, MORELLO'S YIG 400 LANSDOWNE STREET EAST PETERBOROUGH, JOHNSON'S YIG 654 ALGONQUIN BLVD EAST TIMMINS, BULLOCK'S 131 HOWLAND DRIVE HUNTSVILLE, BROWNS YIG 1251 MAIN STREET STITTSVILLE, MESSIER'S YIG 1836 REGENT STREET SOUTH SUDBURY, KATHY & MARK'S YIG 15 MCCHESEY AVENUE KIRKLAND LAKE

your one-stop grocery shop

5⁵⁰

OLYMPIC KREMA YOGURT 650 G OR **INTERNATIONAL DELIGHT ICED COFFEE** 1.89 L
SELECTED VARIETIES
20588372001_EA/21364851_EA



\$4



İÖGO NANO DRINKABLE YOGURT 6X93 ML/558 ML OR **NO NAME® JUICE** 1.75 L
SELECTED VARIETIES
20609687001_EA
21674161_EA



2/\$8

OR \$4.79 EA.

QUAKER INSTANT OATS 232-344 G OR **OATS** 900 G-1 KG
SELECTED VARIETIES
21683172_EA
21683233_EA



\$10

KELLOGG'S JUMBO CEREAL
SELECTED VARIETIES
750-1050 G
20072706_EA
21651842_EA



SAVE \$1.58

WHEN YOU BUY 2

2/\$6

OR \$3.79 EA.

HARIBO GUMMY CANDIES
SELECTED VARIETIES
170-175 G
21519578_EA



9⁴⁹



SAPUTO MOZZARELLISSIMA CHEESE 690 G OR **ARMSTRONG CHEESE SLICES** 500 G
SELECTED VARIETIES
20107017001_EA
21703729_EA



\$11

BLACK DIAMOND CHEESTRINGS
SELECTED VARIETIES
28'S/588 G
20765883_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



2/\$6

OR \$3.99 EA.

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



3⁵⁰

DARE BRETON CRACKERS 200 G, **BRETON GLUTEN-FREE CRACKERS** 135 G OR **BRETON VEGGIE BITES** 132-200 G, **DARE VINTA CRACKERS** 225 G, **GRISSOL MELBA TOAST** 200 G OR **BAGUETTES** 120 G
SELECTED VARIETIES
21520666_EA
21520701_EA



\$4

DARE VIVA PUFFS 300 G, **WAGON WHEELS** 315 G, **ULTIMATE COOKIES** 290-300 G OR **BEAR PAWS** 168-240 G
SELECTED VARIETIES
20974343_EA
2104107_EA



\$7

LAVAZZA NESPRESSO COMPATIBLE CAPSULES 10'S OR **TAZO TEA CONCENTRATES** 946 ML
SELECTED VARIETIES
21665354_EA
21520351_EA



\$25

GET 2,000⁺ back in points

MCCAFÉ ROAST AND GROUND COFFEE
SELECTED VARIETIES
640/875 G
21633664_EA



6⁵⁰

PC® FREE RUN BROWN EGGS
LARGE 12'S
20813628001_EA



2/\$7

OR \$3.99 EA.

PC® YARD WASTE BAGS
SELECTED VARIETIES
5'S
20429980_EA



\$6

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



SAVE \$1.58

WHEN YOU BUY 2

2/\$5

OR \$3.29 EA.

TWIZZLERS LICORICE CANDY 311-454 G OR **JOLLY RANCHER CANDY ROPES** 283 G
SELECTED VARIETIES
20022328004_EA
21716485_EA



4⁵⁰

HARDBITE POTATO CHIPS
SELECTED VARIETIES
150 G
20370855001_EA
21206678_EA



SAVE 99¢

\$7

KIND GRANOLA
SELECTED VARIETIES
312 G
20837713001_EA
20837713004_EA



\$5

CEDAR VALLEY PITA CHIPS
SELECTED VARIETIES
180 G
21524190_EA
21566354_EA





APP EXCLUSIVE OFFER*

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

for every \$100* spent on baby, cosmetics, health & beauty, apparel, gaming, small appliances, home and/or pet departments

Optimum GET 25,000

\$25 back in points



\$28

TIDY CATS LIGHTWEIGHT LITTER
7.71 KG
20913423_C01



\$23

FRISKIES CAT FOOD VARIETY PACK
SELECTED VARIETIES
24'S
21082328_C01



1.25

FANCY FEAST PETITES CAT FOOD
SELECTED VARIETIES
79.4 G
21357364_EA
21439968_EA

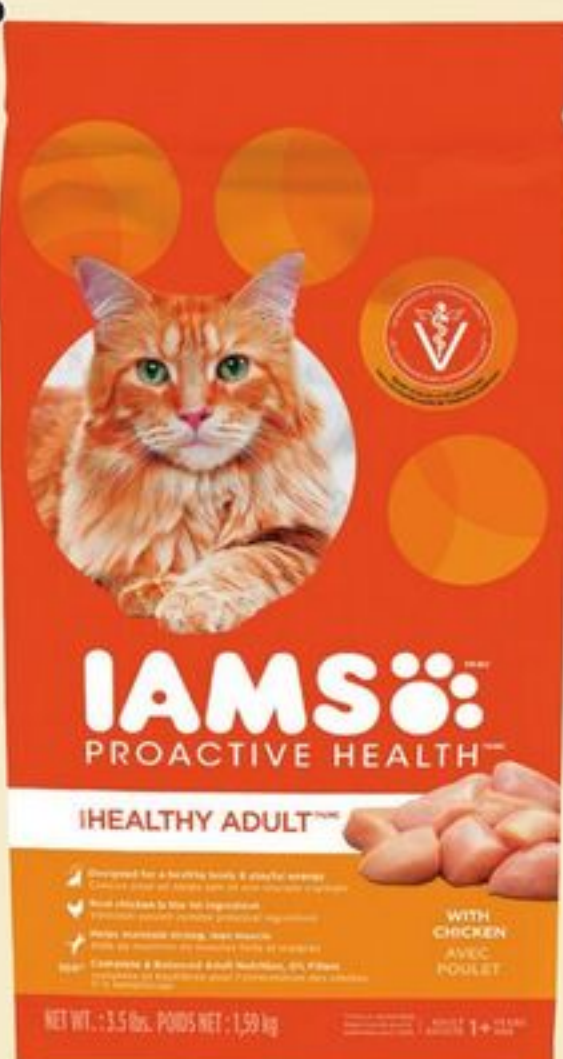


\$13

Optimum GET 3,000

\$3 back in points

IAMS CAT FOOD
SELECTED VARIETIES
1.36/1.59 KG
21027553_EA



\$1

PC® NUTRITION FIRST CAT FOOD
SELECTED VARIETIES
85 G
21618536_EA
21618544_EA



\$13

PC® NUTRITION FIRST CAT FOOD
SELECTED VARIETIES
2 KG
21303268_EA



2/6.50

OR \$3.25 EA.

TEMPTATIONS CAT TREATS 160/180 G,
SPOONS 40 G OR
PURREES 11'S
SELECTED VARIETIES
21029815005_EA
21479803_EA



2.99

PC® NUTRITION FIRST® DOG FOOD
SELECTED VARIETIES
374 G
21081006_EA



\$9

ZOË BETTER THAN RAWHIDE DOG TREATS
SELECTED VARIETIES
148-234 G
21548928_EA



3/6.99

OR \$2.49 EA.

PEDIGREE DOG FOOD
SELECTED VARIETIES
375 G
21359778_EA



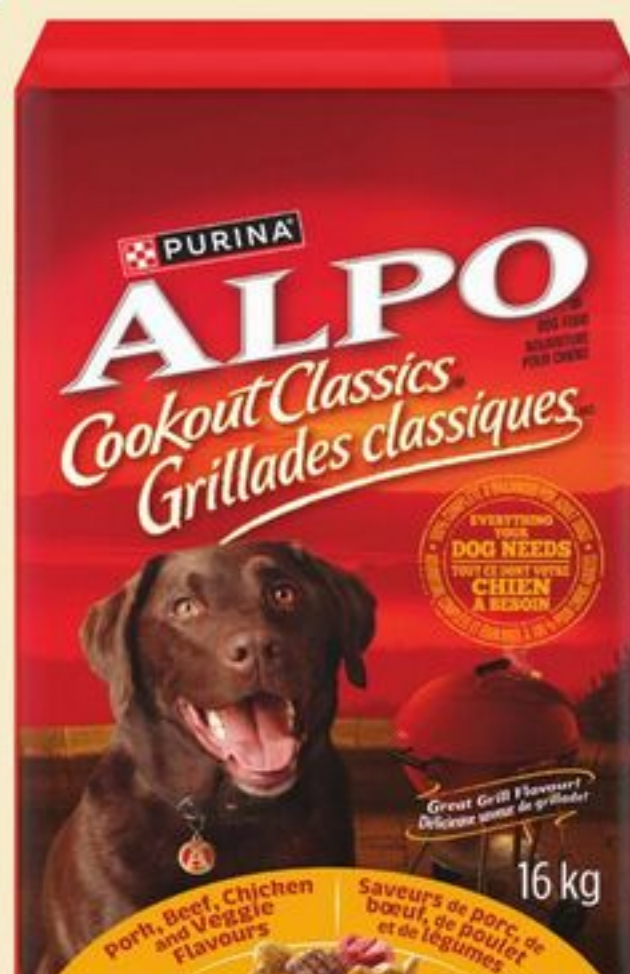
\$10

DENTALIFE 408-595 G OR BEGGIN' STRIPS 708/850 G
SELECTED VARIETIES
21081077_EA
2101589_EA



\$37

ALPO DOG FOOD
16 KG
20112174_EA



\$18

CESAR DOG FOOD
SELECTED VARIETIES
12'S
20548229_EA



\$11

MILK-BONE SOFT & CHEWY
708 G OR **BRUSHING CHEWS** 48'S
SELECTED VARIETIES
20018670_EA



\$12

MILK-BONE BRUSHING CHEWS TREATS FOR DOGS
SELECTED VARIETIES
557/688 G
21168245_EA



EVERYDAY
LOW
PRICES

Value you
can count on.

\$8

PC® PUB RECIPE
OR GLUTEN-FREE
CHICKEN
SELECTED VARIETIES
FROZEN
600/700 G
21201320_EA
21201321_EA



\$15

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



BUY 2 OR MORE
\$4
EA.
LESS THAN 2
\$4.50 EA.

ZIGGY'S®
SLICED MEAT
SELECTED VARIETIES
175 G
21590279_EA
21592461_EA



\$14

NO NAME®
MEAT
LASAGNA
FROZEN
2.27 KG
20099795_EA



\$9

PC® BLACK LABEL
PIZZA
SELECTED VARIETIES
FROZEN
370-440 G
21531415_EA
21615467_EA



2/7⁵⁰
OR
\$4.49 EA.

NO NAME®
CREAM CHEESE
SELECTED VARIETIES
227/250 G
20308105001_EA/21036106_EA



\$8

BUTTER CROISSANTS
SELECTED VARIETIES
12'S
21683000_EA



4⁵⁰

HAPPY DAIRY
PANEER
300 G
21343632_EA



\$10

SURAJ® AGED
BASMATI RICE
3.63 KG
20838931_EA



1⁵⁰

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



live well, spend less

\$2

LIMIT 6
AFTER LIMIT
3.49 EA.

PRICE
DROP!

PAMPERS 1X
BABY WIPES
SELECTED VARIETIES
56-72'S
20708133_EA



GET 4,000
when you buy 2

\$4
back
in points

GARNIER SKINCARE OR OMBRELLE
SUNCARE PRODUCTS
SELECTED VARIETIES AND SIZES
1.79 - 22.49
21428857_EA/21549485_EA

\$6

LIMIT 6
AFTER LIMIT
8.49 EA.

SOFTSOAP
LIQUID HAND
SOAP REFILL
SELECTED VARIETIES
1.47 L
21715457_EA
21715570_EA



\$5.50

LIMIT 4
AFTER LIMIT
7.49 EA.

DOVE BODY WASH 325 ML,
BAR SOAP 3X106 G,
DEODORANT 45/74 G OR
HAIR CARE 355 ML
SELECTED VARIETIES
AND SIZES
21644881_EA
21644891_EA
21220515_EA



\$24

LIMIT 4
AFTER LIMIT
29.99 EA.

HUGGIES 16X
BABY WIPES
SELECTED VARIETIES
960-1152'S
21172000_EA



SAVE
UP TO

15%

SUN BUM
SUN CARE
PRODUCTS
SELECTED VARIETIES
AND SIZES
11.29-18.79
21219780_EA



SAVE
UP TO

15%

AVEENO
BODY
LOTIONS
SELECTED VARIETIES
532/975 ML
12.79-23.49
20102023001_EA
20102023003_EA



SAVE
UP TO

20%

L'ORÉAL
HAIR CARE
SELECTED VARIETIES
100-828 ML
7.99-15.49
21704723_EA
21354432_EA



\$3.50

LIMIT 6
AFTER LIMIT
5.49 EA.

GET 500

DEGREE
BASE
DEODORANT
SELECTED VARIETIES
48-85 G
20296452001_EA
20303942001_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



\$10

LIMIT 4
AFTER LIMIT
12.99 EA.

JOHN FRIEDA
HAIR CARE OR **BATISTE**
DRY SHAMPOO
SELECTED VARIETIES
AND SIZES
20757892002_EA
21645037_EA



NOT YOUR MOTHER'S.

new

Your Healthiest Curls
Start Here!



\$9 **LIMIT 4**
AFTER LIMIT
11.99 EA.

21703772_EA/21703706_EA/21703717_EA

DESIGNED TO CALM
AND TAME YOUR FRIZZ



GET 2,000
when you buy 2

\$2
back
in points

being FORMULAS TARGETED
TO YOUR HAIR TYPE

21703830_EA/21705545_EA/21703887_EA/21703888_EA



Mobile
that doesn't
break the
bank.

Plans from
\$20/month



Gaviscon
...and it's gone!TM

GET 4,000
when you buy 2

\$4
back
in points

Gaviscon
large size tabs 50-100's
or liquid 340-600 mL
selected varieties and sizes
16.99-22.99
206673190_EA/20673738_EA





Nutrition they need, when it matters most.



3.50 **LIMIT 10** AFTER LIMIT 4.29 EA.

Cerebelly Pouches 128 mL selected varieties 21601227_EA 21601144_EA

- ✓ Veggie-first purees
- ✓ 0g added sugar

6+ months

Created by a Canadian neurosurgeon, developmental neurobiologist, and mom of 3.



Potty Training Made FUN

BLUEY

Peppa Pig



3,000 GET **\$3** back in points

\$27 **LIMIT 4** AFTER LIMIT 31.99 EA.

Pampers Easy Ups club pack training pants selected varieties 46-74's 21089365_EA/21089367_EA

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COMPLETE, BALANCED NUTRITION[®] WITH A TASTE KIDS LOVE



2/\$18 or 10.49 ea

PediaSure complete selected varieties 4x235 mL 20322414001_EA 20322414002_EA



WHEN WATER ISN'T ENOUGH Get advanced rehydration



\$11 **LIMIT 4** AFTER LIMIT 11.99 EA.

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

Similac 360 Total Care

A first of its kind from Similac

4,000 GET **\$4** back in points **\$70** **LIMIT 4** AFTER LIMIT 89.99 EA.

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



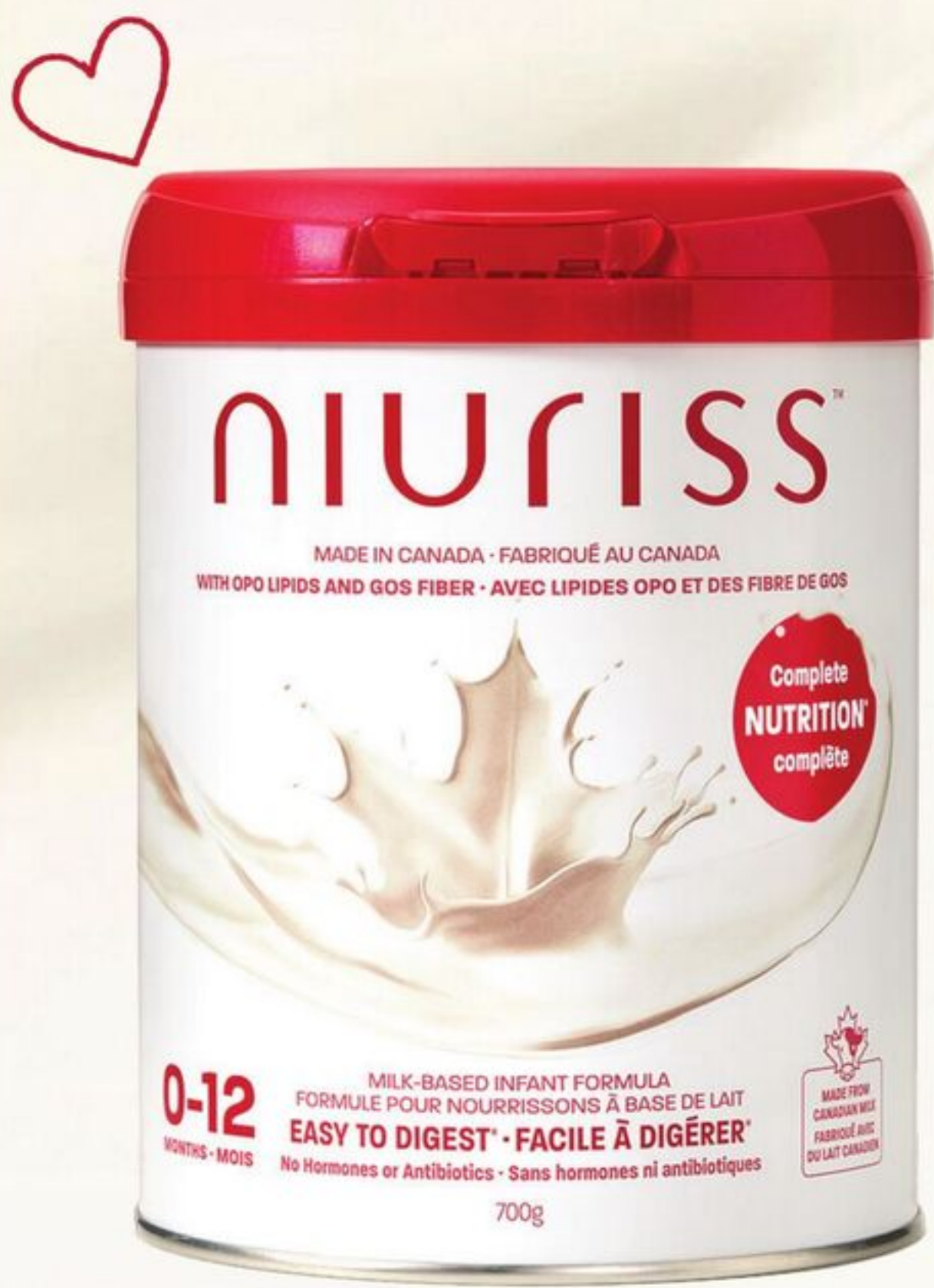
© Abbott - DIR/595A - FE 2026

4,000 GET **\$4** back in points **\$60** **LIMIT 4** AFTER LIMIT 76.49 EA.

Similac 360 Total Care infant formula large tubs selected varieties 859 g 21697863_EA 21697886_EA



Abbott



21648061_EA

Optimum GET **2,000** **\$2** back in points

UP TO **20% OFF**

\$27.99-44.79

Niuriss infant and toddler formula selected varieties and sizes MADE IN CANADA

Your Canadian Formula for a Gentle Transition

Pamper Them with Love

Comfortably dry all night long

Up to 100% leakproof fit



3,000 GET **\$3** back in points

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

Pampers[®] econo pack diapers selected varieties size N-8, 58-200's 21551525_EA



3,000 GET **\$3** back in points

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

Pampers[®] Swaddlers[™] 360[®] Diapers selected varieties 21612019_EA

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Prepared in Canada

SCHNEIDERS
EST. 1890

CANADIAN CRAFTED SINCE 1890

GET 1,000^{pts} \$1 back in points for every \$10⁺ spent on

15% OFF /100 g

Schneiders® Blue Ribbon® Bologna Service Case Meat 20275910_KG

15% OFF /100 g

Schneiders® Deli Best® Service Case Meats Selected Varieties 21201089_KG/20967023_KG

IT'S NOT JUST PASTA. IT'S

ITALPASTA
Since 1983 Depuis 1989

2⁷⁵

Italpasta Pasta Selected varieties 900 g 20081342013_EA

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

Facebook, Pinterest, Instagram, YouTube, LinkedIn

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TASTE THE DIFFERENCE

ITALY'S #1* BRAND OF TOMATOES

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

\$5 Mutti Peeled Tomatoes Selected varieties 796 mL 20934512_EA

\$3 Mutti Polpa Tomatoes Selected varieties 398 mL 20934514_EA

MUTTI ONE FAMILY, ONE PASSION. TOMATOES.

*Ciciana S.r.l. - Top Italy Hyper + Super + Small Self Service of the top brands by value sales in the Tomato Derivatives category - Progressive JAN 2025 - DEC 2025

NEW

MAGNUM
Ice cream

INDULGE WITH REAL BELGIAN CHOCOLATE

\$5 Magnum 3's or 4's Selected Varieties 21717434_EA 21717310_EA

Breyers

MOMENTS made sweeter

WITH BREYERS

\$6 Breyers creamery style Ice cream Selected Varieties Frozen 1.41 L 21717460_EA/21720665_EA

BEN & JERRY'S

Chunky Goodness, Swirled to Perfection

\$5 Ben & Jerry's Selected Varieties 473 mL 21720408_EA/21720654_EA

talenti

CRAFTED TO PERFECTION
Made with 100% natural ingredients

\$5 Talenti Gelato or Sorbetto Selected Varieties Frozen 473 mL 21720449_EA 21720544_EA

RIO mare

The Real Taste of Italy

\$4.50 Rio Mare® Insalatissime Tuna Salad selected varieties 160 g 20971498_EA

\$7 Rio Mare® Light Tuna selected varieties 195-240 g 21595029_EA/20035383_EA

Unico

PRIMO

PRODUCT OF CANADA / PRODUIT DU CANADA

\$3 PRIMO Pizza Sauce 375 mL 20097909001_EA

1²⁵ UNICO Tomato Paste selected varieties 156 mL 20000527_EA/20679191_EA

\$4 UNICO Canned Olives selected varieties 375 mL 20324873001_EA 20324873002_EA

\$5 UNICO Peppers 750 mL or UNICO Balsamic Vinegars 500 mL selected varieties 21103533_EA/21075805_EA

2⁷⁵ PRIMO Pasta Sauce selected varieties, 680 mL or UNICO Pasta selected varieties, 750 g 20794827_EA/20165260_EA

\$12 GALLO Extra Virgin Olive Oil 1 L 20105368_EA/20069755_EA

Optimum

GET 5,000^{pts} for every \$50* spent on

\$5 back in points

OFFER DATES: (APRIL 16-22)

ANY COMBINATION OF BOSTON PIZZA, INDIGO AND INSTACART GIFT CARDS

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oikos SNACK TO WIN

YOU COULD WIN A TRIP FOR 2 TO THE STANLEY CUP® FINAL

\$25,000 IN TOTAL PRIZES

THE OFFICIAL HIGH PROTEIN YOGURT OF THE NHL®

2/\$7
OR \$4 EA.

Oikos® Pro™ selected varieties 300 mL 21651846_EA

\$8.79

Oikos® Pro™ selected varieties 650 - 750 g 21305945_EA

3/\$12
OR \$4.99 EA.

Oikos® selected varieties 4 x 100 g 20419715004_EA

* No purchase necessary. Begins 03/23/26 at 12:00:01 AM ET & Ends 05/24/26 at 11:59:59 PM ET. Draw 05/25/26 at 2PM ET. One (1) Grand Prize: Trip for 2 to a 2026 Stanley Cup® Final game (ARV \$9,000 CAD) and 920 Instant Win Prizes: a \$100 CAD Digital Prepaid Card (20 total), or a \$5 CAD Physical Danone Oikos® Coupon (800 total). Mathematical skill-testing question required. Full contest rules: www.snacktowin.ca. Oikos® used under lic., © 2026, Danone US, LLC. All rights reserved. Oikos® Pro™ used under lic., © 2026, Danone US, LLC. All rights reserved. NHL, the NHL Shield, the word mark and image of the Stanley Cup and the Stanley Cup Final logo are registered trademarks of the National Hockey League. NHL and NHL team marks are the property of the NHL and its teams. © 2026 NHL. All Rights Reserved.

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

ALL 8 PACKS NOW AVAILABLE IN SINGLE FLAVOURS!

2/\$10
OR \$6.29 EA.

Activia® selected varieties 8 x 100 g 21725748_EA

NEW

\$4

Activia® Expert selected varieties 4 x 100 g 21688261_EA

NEW

\$6.50

Activia® Expert selected varieties 750 g 21688207_EA

NEW

\$4.50

Activia® selected varieties 650 g 20325132003_EA

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10-HOUR BREW FOR A BOLD AND SMOOTH TASTE

\$8

Stok® selected varieties 1.42 L 21203737_EA/21203739_EA

NEW LIMITED EDITION

COZY TO GRILL SEASON. WE GOT YOU!

D'ITALIANO BREAD OR BUNS

SELECTED VARIETIES AND SIZES 20038335_EA/20626949_EA

D'ITALIANO BUNS

SELECTED VARIETIES AND SIZES 20038335_EA/20626949_EA

2/\$7
OR \$3.99 EA.

GET 1,000⁺ back in points

when you buy 2

\$1

back in points

D'ITALIANO

™ © Wonder Brands Inc

9.49

MOZZARELLISSIMA BLOCK 690/700 G SAPUTO OR SLICES 500 G ARMSTRONG 21703729_EA

4.50

ULTRAFILTERED MILK 1 L NEILSON 21163395_EA

\$6

18% CREAM 1 L OR CHOCOLATE MILK 2 L NEILSON 20187292_EA

\$5

TRUTASTE: SELECTED VARIETIES 2 L NEILSON 20130270_EA

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SCAN the QR code
ENTER for a chance to win!

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2/\$17** Canada Dry® beverages
OR \$8.99 EA.
selected varieties
12x355 mL
21518539_C12



2/\$14**
OR \$7.99 EA.
Canada Dry® beverages
selected varieties
6x710 mL
20304419001_C06



\$18.79**
Glaceau smartwater®
beverages
selected varieties
6x1 L
21099117_C06



\$8.99**
Fuze® iced tea
selected varieties
12x341 mL
21723528_C12



2/\$7**
OR \$4.29 EA.
Monster Energy®
beverages†
selected varieties
473 mL
21723586_EA

Valid from April 16th to April 23rd, 2026.
** Plus applicable taxes, levies, deposits and fees. Valid at participating locations for a limited time. Subject to availability while supplies last. Retailer may sell for less.
† This product may not be suitable for everyone. Please read the label for instructions.
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SMALL ACTIONS AT HOME MAKE A DIFFERENCE



CLEANS IN COLD

\$22
Tide Detergent 100/94 LD, Ivory Snow Detergent 80 LD, PODS/Flings 45/57/76's, Downy/Gain Beads 853 g, Selected Varieties 21670912_EA 21593706_EA

Turn to Cold and Save up to \$130 per year**
**When using a non-HE washing machine and switching all loads from hot to cold water, based on average electricity rate of (CA, 11.6¢/kWh) and 8 loads per week.)

REFILL YOUR TUB - 80% LESS PLASTIC

SAVE PLASTIC BY REFILLING

\$10
Dawn Liquid 1.52/1.98 L, Cascade Bags 21/26/30's Complete Gel 2, 1/3, 4 kg, Selected Varieties 21516288_EA 21737062_EA

FOR EVERY TREE USED, AT LEAST TWO ARE REGROWN IN ITS PLACE

\$18
Charmin Bathroom Tissue 12=48 Soft or Strong 21707532_EA/21636641_EA

\$11
Bounty Paper Towel 6=12 Select a Size 21670280_EA

\$11
Bounty Napkins, 400's 21053171_EA

WORKS IN COLD WATER

\$16
Gain/Cheer/Tide/Simply Detergent 52-107 LD, PODS/Flings 25/42's, Liquid Softener 96/150 LD, Sheets 240's, Beads 453/515/550 g, Rinse 70 LD 21671135_EA 21549954_EA

PACKAGING MADE WITH 100% RECYCLED CARDBOARD

550
Mr. Clean Magic Eraser 5/6/7's Selected Varieties 21729453_EA

TOUGH ON GREASE, GENTLE ON WILDLIFE

550
Dawn EZ Squeeze 535/650 mL, Powerwash Refill 473 mL, Liquid 896 mL/1.12 L, Selected Varieties 21430550_EA/21218859_EA

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MADE IN CANADA* WITH THE WHOLE PLANET IN MIND



\$8 GET 1,000 back in points

BONTERRA® BATHROOM TISSUE 9=27 ROLLS, FACIAL TISSUE 3=6 BOXES OR PAPER TOWELS 3=6 ROLLS
21611251_EA/21434658_EA



*Made in Canada with domestic and imported material.

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TRUSTED QUALITY. CARBON NEUTRAL.*

Royale® Tiger Towel®
3=6 half sheet paper towels
21484702_EA

\$10

Royale® Original
12=24 bath tissue
21363770_EA

\$10

Royale® Velour®
6 pack facial tissue
21618478_EA

\$10

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