

 **Loblaws**  **Zehrs**  **Independent**
Your Independent Grocer

 Loblaws
CityMarket

 **valu-mart**

WE'RE OPEN!

MONDAY MAY 18TH



**HAPPY
VICTORIA
DAY!**



**CLICK HERE OR
VISIT ONLINE FOR
STORE HOURS**



long weekend starts here

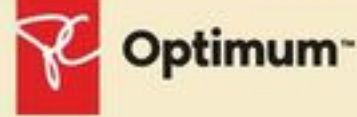
\$10 EA.

EQUIVALENT TO \$1 PER SKEWER

SHRIMP SKEWERS
PLAIN OR MARINATED FROZEN OR PREVIOUSLY FROZEN
10'S
BROCHETTES DE CREVETTES
21687446_EA



App exclusive offer*



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

\$20 Get **4,000** pts **\$4** back in points

PC® BURGERS
SELECTED VARIETIES
FROZEN
852 G-1.36 KG
BURGERS PC®
20941230_EA
20941343_EA



App exclusive offer*



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

\$7 Get **2,000** pts **\$2** back in points

PC® NATURALLY SMOKED BACON
SELECTED VARIETIES
375 G
BACON FUMÉ NATURELLEMENT
PC®
21738736_EA
21738792_EA



SAVE UP TO \$1.99



\$7

MAPLE LEAF NATURAL SELECTIONS, SCHNEIDER'S DELI SLICED MEATS 150-175 G OR **PC® DELI CHEESE SLICES** 140-170 G
SELECTED VARIETIES
CHARCUTERIES TRANCHÉES NATURAL SELECTIONS
MAPLE LEAF, SCHNEIDERS OU TRANCHES DE FROMAGE DE CHARCUTERIE PC®
20216643_EA/20065285_EA



SAVE 98¢ WHEN YOU BUY 2



2/\$7

OR \$3.99 EA.

WONDER HOT DOG OR HAMBURGER BUNS 8/12'S OR **D'ITALIANO CRUSTINI, SAUSAGE OR HAMBURGER BUNS**
420-568 G SELECTED VARIETIES
PAINS À HOT-DOG OU HAMBURGER WONDER OU CRUSTINI, PAINS À SAUCISSE OU HAMBURGER D'ITALIANO
20305135_EA/20627103_EA



SAVE 42%



\$4

PHILADELPHIA CREAM CHEESE OR DIPS 227/250 G, **KRAFT SINGLES** 410 G OR **KRAFT CHEEZ WHIZ** 450 G
SELECTED VARIETIES
20641267_EA
21188654_EA



SAVE UP TO 60%

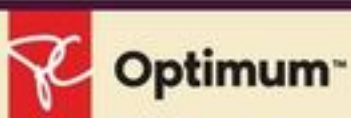
1.99

BULL'S-EYE BBQ SAUCE 425 ML, **DIANA SAUCE** 500 ML OR **KRAFT SALAD DRESSING** 425 ML
SELECTED VARIETIES
SAUCE BBQ
BULLS-EYE, SAUCE DIANA OU VINAIGRETTE
KRAFT
20547834005_EA
21184617_EA/21584850_EA



App exclusive offer*

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



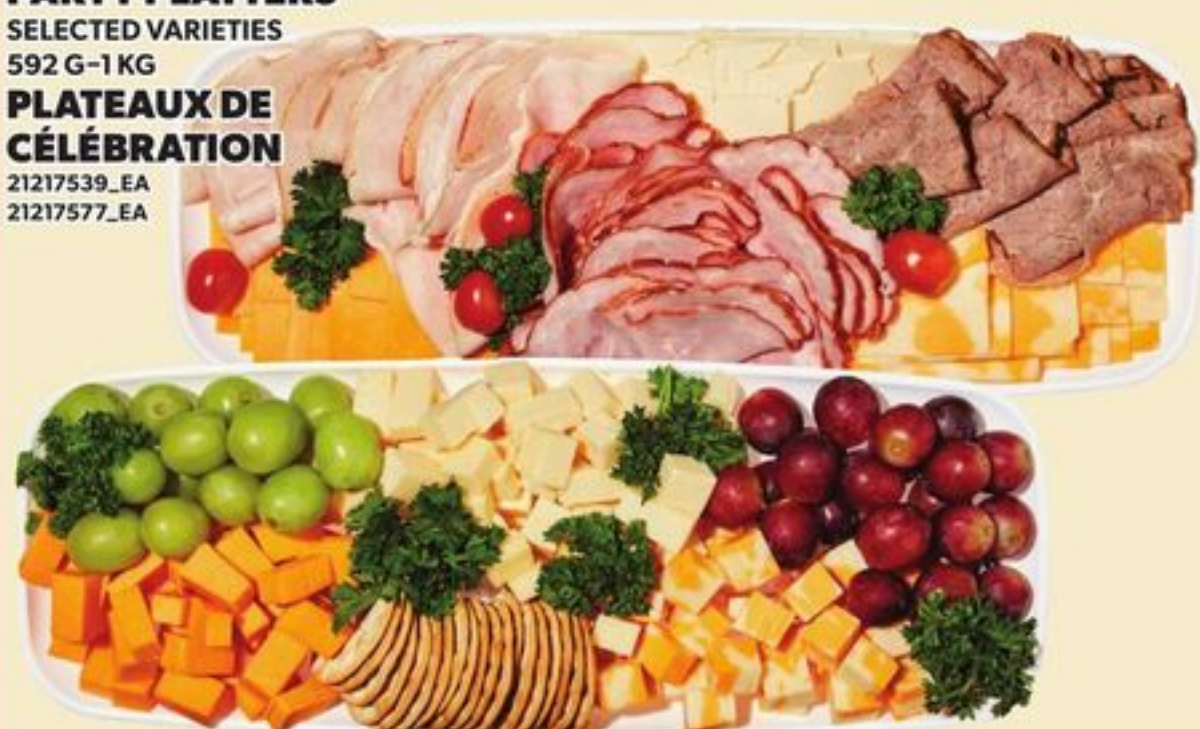
\$30

Get **5,000** pts

\$5 back in points

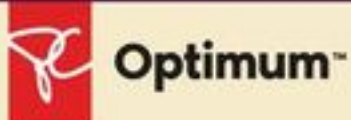
PARTY PLATTERS

SELECTED VARIETIES
592 G-1 KG
PLATEAUX DE CÉLÉBRATION
21217539_EA
21217577_EA



App exclusive offer*

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



\$6

Get **1,500** pts

\$1.50 back in points

BAKED IN-STORE COOKIES

SELECTED VARIETIES
18'S
BISCUITS CUIITS EN MAGASIN
21454952_EA
21455101_EA



BAKED IN-STORE

5⁵⁰



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



\$3



PC® NATURAL SPRING WATER
EAU DE SOURCE NATURELLE PC^{MD}
24X500 ML
20137898_C24



12⁹⁹

COCA-COLA OR PEPSI SOFT DRINKS
SELECTED VARIETIES
24X355 ML
BOISSONS GAZEUSES COCA-COLA OU PEPSI
20308197001_C24
20306687002_C24



It's here!



Independent™

Your Independent Grocer

PROUDLY CANADIAN OWNED & OPERATED

HOT PRICE

2.99

LB

AIR CHILLED

PC® WHOLE CHICKEN
AIR CHILLED
6.59/KG
POULET ENTIER PC^{MD}
20089413_KG

HOT PRICE

8.99

LB

4 DAY SALE
THURSDAY, MAY 14TH TO
SUNDAY, MAY 17TH

T-BONE GRILLING STEAK
FAMILY SIZE
CUT FROM MEXICAN BEEF
19.82/KG
BIFTECK D'ALOYAU
À GRILLER
21497212_KG

HOT PRICE

\$3

LB

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

HOT PRICE

\$10

LB

4 DAY SALE
THURSDAY, MAY 14TH TO
SUNDAY, MAY 17TH

FRESH ATLANTIC
SALMON FILLETS
FAMILY SIZE
22.05/KG
FRESH SEAFOOD ITEMS
SUBJECT TO AVAILABILITY
FILET DE SAUMON DE
L'ATLANTIQUE FRAIS
20720065_KG

\$23

LOBSTER TAILS
2-3 OZ, 4'S
FROZEN OR PREVIOUSLY FROZEN
QUEUES DE HOMARD
21240991_EA

\$3

FARMER'S MARKET™
ENGLISH CUCUMBERS
3'S, PRODUCT OF ONTARIO OR
LARGE CANTALOUPE
EA., PRODUCT OF GUATEMALA
OR HONDURAS
CONCOMBRES ANGLAIS
DÉLICIES DU MARCHÉ^{PC}
OU GROS CANTALOUPE
20828451001_EA
20167077001_EA

SAVE 50%

3.50



PC® GREENHOUSE
GROWN STRAWBERRIES
PRODUCT OF CANADA,
NO. 1 GRADE
340 G
FRAISES DE SERRE PC^{MD}
21027142001_EA



\$23

PC® BLACK TIGER
SHRIMP WITH MILD
COCKTAIL SAUCE
FROZEN
568 G
CREVETTES TIGRÉES
NOIRES AVEC SAUCE
COCKTAIL DOUCE PC^{MD}
20979150_EA

\$8

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



SAVE UP TO \$2

\$5

WOOD FIRED
Pepperoni
CUITE AU FEU
DE BOIS



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^{MD}
21106361_EA/21540352_EA



\$12

MEDJOOL DATES
PRODUCT OF U.S.A.
2 LB TUB
*SELECTION MAY VARY
BY STORE
DATTES MEDJOOL
20001686_EA



SAVE 33%

2.50

PREGO PASTA
SAUCE
SELECTED VARIETIES
645 ML
SAUCE POUR
PÂTES PREGO
20325820001_EA
21340384_EA



Member Price

\$20

Non-Member Price

\$28

Members save

\$8

TIDE LAUNDRY
DETERGENT 3.46-3.9 L,
TIDE POWER PODS OR
GAIN SUPER FLINGS
45'S, TIDE PODS OR
GAIN FLINGS 57-76'S
SELECTED VARIETIES
DÉTERGENT À LESSIVE
TIDE, POWER PODS
TIDE OU SUPER FLINGS
GAIN, PODS TIDE OU
FLINGS GAIN
21579830_EA
21593670_EA



5 days only Thursday May 14th-Monday May 18th

For every
\$100
spent in the
Garden Centre

Get
20,000
pts

\$20
back in
points



Optimum™

Flyer prices effective from Thursday, May 14th to Wednesday, May 20th, 2026. SEE BACK PAGE FOR DETAILS.

Optimum™

App exclusive offer
Open your PC Optimum™ app or visit pc optimum.ca to get the offer

Get **10,000** pts
back in points

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

\$27

GOODNITES NIGHTTIME BEDWETTING UNDERWEAR
SIZES XS-XL, 28-44" S OR
PAMPERS NINJAM NIGHTTIME UNDERWEAR SIZE S/M, 44"
SELECTED VARIETIES
SOUS-VÊTEMENTS DE NUIT GOODNITES OU SOUS-VÊTEMENTS DE NUIT NINJAMAS
PAMPERS TAILLE
20963841_EA
21308932_EA

LIMIT 4 AFTER LIMIT 31.99 EA.

\$35

PAMPERS SWADDLERS CRUISERS 360 OR BABY DRY ULTRA DIAPERS
SELECTED VARIETIES
SIZES 3-7, 66-138" S
COUCHES SWADDLERS CRUISERS 360 OU BABY DRY ULTRA PAMPERS
21551525_EA
21927503_EA

50% MORE DIAPERS PLUS DE COUCHES

LIMIT 6 AFTER LIMIT 39.99 EA.

4/\$5
OR \$1.49 EA.

PC® ORGANICS BABY FOOD POUCHES
SELECTED VARIETIES
PREPARED IN CANADA
128 G/ML
ALIMENTS POUR BÉBÉS EN SACHET PC® BIOLOGIQUE
20651248002_EA
20651270003_EA

6+ MONTHS

\$6

LACTANTIA BUTTER 454 G OR PC® SHREDDED CHEESE 250-320 G OR PC® CHEESE BARS 300-400 G
SELECTED VARIETIES
BEURRE LACTANTIA OU FROMAGE RÂPÉ PCMD OU BARRES DE FROMAGE PC®
20639926_EA
21060183_EA

PREPARED IN CANADA

TRIPLE CHEDDAR
CHEESE BLEND
MÉLANGE DE FROMAGES

LACTANTIA
COUNTRY CHURNED BUTTER
SALTED
454 g

DEAL DROP

Limited-time deals on PC® home & more.

FROM \$21
\$21-30

LIMIT 4 AFTER LIMIT \$42-60 EA. WHILE SUPPLIES LAST

PC® HONEYCOMB 10" OR 12" SKILLETS OR 13.3" WOK POÊLONS OU WOK EN NID D'ABEILLE PC®
21339634_EA
21492019_EA
21492022_EA

selection may vary by store

3.50

LAY'S POTATO CHIPS
SELECTED VARIETIES
177-235 G
CROUSTILLES LAY'S
21241032_EA
21664543_EA

3.50

CHRISTIE COOKIES
SELECTED VARIETIES
224-303 G
BISCUITS CHRISTIE
21358407_EA
21361508_EA

App exclusive offer
*Open your PC Optimum™ app or visit pc optimum.ca to get the offer

Get **6,000** pts when you spend \$15* or more on

\$6 back in points

REESE'S BRANDED PRODUCTS
SELECTED VARIETIES AND SIZES
PRODUITS DE MARQUE REESE'S
21651701_EA
21104053_EA
21702133_EA

2.25

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

PREPARED IN CANADA

7.50

ACTIVIA PROBIOTIC YOGURT 12X100 G OR 1.14 KG OR SIGGI'S SKYR YOGURT 650/750 G
SELECTED VARIETIES
YOGURT AUX PROBIOTIQUES ACTIVIA OU YOGURT SKYR SIGGI'S
20303412001_EA
21353874_EA

PREPARED IN CANADA

\$5

HÄAGEN-DAZS 414-450 ML OR BARS 3/4" S OR NESTLE DRUMSTICK 4" S
SELECTED VARIETIES
FROZEN
DESSERT GLACÉ OU BARRES HÄAGEN-DAZS OU DRUMSTICK NESTLÉ
20322380001_EA
21513578_EA

\$6

BONNE MAMAN FRUIT JAM OR CURD 250-280 ML/360 G, HAZELNUT AND COCOA SPREAD 250 G OR CORA CREPE MIX 700 G
SELECTED VARIETIES
CONFITURE DE FRUITS OU CRÈME, TARTINADE NOISETTES ET CACAÔ BONNE MAMAN OU MÉLANGE À CRÊPES CORA
21450798_EA
21456024_EA

\$2

DELVERDE PASTA
SELECTED VARIETIES
250/450 G
PÂTES DELVERDE
20317975004_EA
20317975007_EA

\$7

MINUTE RICE LONG GRAIN OR BROWN RICE
SELECTED VARIETIES
1.2/1.4 KG
RIZ À LONG GRAIN OU BRUN MINUTE RICE
20074783001_EA
20074783002_EA

\$7

NO NAME® VEGETABLES CLUB SIZE 2 KG OR BLUEWATER SEAFOODS BATTERED FILLETS, FISH STICKS OR POPCORN SHRIMP 325-600 G
SELECTED VARIETIES
FROZEN
LÉGUMES SANS NOM CLUB SIZE - FORMAT CLUB
FORMAT CLUB OU FILETS EN PÂTE, BÂTONNETS DE POISSON OU CREVETTES POPCORN BLUEWATER verts SEAFOODS
20174632_EA
20319825_EA
20310745004_EA

2/5.50
OR \$3.50 EA.

QUAKER DIPPS OR CHEWY GRANOLA BARS
SELECTED VARIETIES
120-156 G
BARRES GRANOLA DIPPS OU CHEWY QUAKER
20846816_EA
21359382_EA

2/\$7
OR \$5 EA.

HUMPTY DUMPTY OR OLD DUTCH POTATO CHIPS OR PARTY MIXES
SELECTED VARIETIES
CROUSTILLES OU MÉLANGES FIESTA HUMPTY DUMPTY OU OLD DUTCH
200-290 G
21445100_EA
21367541_EA

3.25

CHRISTIE CRISPERS OR BITS & BITES
SELECTED VARIETIES
145 G
CRISPERS OU MÉLI-MÉLO CHRISTIE
21358333_EA
21395350_EA

Member Price \$6
Non-Member Price \$10
Members save \$4

PC® DEALCOHOLIZED LAGER BEER
SELECTED VARIETIES
12X355 ML
BIÈRE DÉALCOOLISÉE PC®
20121729_C12
20225253_C12

SAVE UP TO 54%

\$14

CASHMERE BATHROOM TISSUE 20-60 ROLLS OR SPONGETOWELS PAPER TOWELS 6-12 ROLLS OR SCOTTIES FACIAL TISSUE 12'S
SELECTED VARIETIES
PAPIER HYGIÉNIQUE CASHMERE ROULEAUX OU ESSUIE-TOUIT SPONGETOWELS OU MOUCHOIRS SCOTTIES
21188655_EA
21677740_EA
21371391_EA

PREPARED IN CANADA

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

Please call Customer Relations at 1-866-541-6315 or visit our website at yourindependentgrocer.ca for your store's hours and to see which Your Independent Grocer™ locations do not participate in this flyer. Quantities and/or selection of items may be limited and may not be available in all stores. No rainchecks or substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We are not obligated to sell items based on errors or misprints in typography or photography. **Pricing:** All references to "Save, Was, Now, Savings, etc." are in comparison to our own regular prices. Savings on items shown may vary by store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. Coupons must be presented and redeemed at time of purchase. **Trademarks:** * / *™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. ® / *™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. **Purchase limits:** We reserve the right to limit quantities to reasonable family requirements. **PC Optimum™ Members Only:** Offers are available to valid PC Optimum™ program members. Membership is free. To register, see in-store or visit pc optimum.ca. Points are not guaranteed in case of errors or misprints. No cash value. See yourindependentgrocer.ca for full program details including redemption restrictions. Minimum redemption is 10,000 points. These offers cannot be combined with any other coupons, discounts, or promotions. No adjustments on previous purchases. We may modify or cancel offers without notice. Product availability may vary by store. While supplies last. **Points Offers:** Receive the specified points when you spend the qualifying amount on the listed products/categories before taxes, after discounts and redemptions, in a single transaction. Taxes apply on purchase amount after discounts. PC Optimum™ pricing is not valid in price match programs for participating Loblaws Inc. banner stores. **Outdoor/Seasonal Items:** Outdoor seasonal items (e.g., lawn and garden) may only be available at select stores. Please check your local store for pricing, limits, and availability. **PRICE DROP Offer:** Valid in-store at participating locations from May 14 - June 24, 2026 before taxes and while quantities last. Applies only to select products. Offer may be modified or cancelled without notice. See in-store for full details.

YIG BACK



freshness you can taste

FRESH PROMISE

If it's not fresh, it's free.*
 *Fresh Promise: Applicable to eligible fresh produce items purchased at Your Independent Grocer store locations or online at 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.

\$7 LB/EA.

RED CHERRIES
 PRODUCT OF U.S.A., NO. 1 GRADE \$7 LB 15.43/KG OR
JUMBO HONEYDEW MELONS PRODUCT OF GUATEMALA, HONDURAS OR MEXICO \$7 EA.
CERISES ROUGES OU MELONS MIEL GÉANTS
 2015969001_EA
 20045276001_EA



\$5

PC® LUSCIOUS LOVELIES STRAWBERRY TOMATOES 340 G OR
PC® BALANCIA MID SIZE TOMATOES ON THE VINE 340 G
 PRODUCT OF CANADA
TOMATES STYLE FRAISES EN GRAPPES
SUCCULENTES BEAUTES
BEAUTÉS OU TOMATES MOYENNES BALANCIA EN GRAPPES PC®
 21720704001_EA
 21720716001_EA




5.50

FARMER'S MARKET™ CORN 4'S, PRODUCT OF U.S.A. OR GREENHOUSE PEPPERS 3'S PRODUCT OF ONTARIO
MAÏS OU POIVRONS DE SERRE DÉLICÉS DU MARCHÉ™
 20348977001_EA
 20085851001_EA



\$3 EA./LB

BROCCOLI CROWNS \$3 OR **SHANGHAI BOK CHOY** \$3 LB 6.61/KG
 PRODUCT OF MEXICO OR U.S.A.
COURONNES DE BROCOLI OU PAK-CHOÏ SHANGHAI
 2112569001_EA
 20032454001_EA



3/4 98

OR \$2 EA.

ATAULFO OR RED MANGO
 PRODUCT OF MEXICO
MANGUE ATAULFO OU ROUGE
 20121509001_EA
 20059635001_EA



\$9

RÉSERVE BLACKBERRIES
 PRODUCT OF MEXICO
 10 OZ
MÛRES RÉSERVE
 21724952001_EA



\$6

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



\$5

FARMER'S MARKET™ LEMONS 2 LB, PRODUCT OF SOUTH AFRICA OR U.S.A. OR
RASPBERRIES HALF PINT
 PRODUCT OF MEXICO OR U.S.A.
CITRONS OU FRAMBOISES DÉLICÉS DU MARCHÉ™
 20795315001_EA
 20128938001_EA



\$20

LARGE VEGETABLE OR FRUIT PLATTER
 PREPARED IN-STORE
 1.34-1.87 KG
GROS PLATEAU DE LÉGUMES OU FRUITS
 20081718_EA
 20121599_EA



bouquets, bunches and blooms

\$25

SIGNATURE GIFT BOUQUET
 EACH
BOUQUET-CADEAU SIGNATURE
 21436377_EA



\$28

5 INCH ORCHID EACH
ORCHIDÉE 5 PO
 21664246_EA



\$10

FARM TO TABLE BOUQUET
 EACH
BOUQUET DE LA FERME À LA TABLE
 21729159_EA



feeling protein power-fuel

8.50

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



\$7 LB

PREPARED IN-STORE

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



\$9

PC® BLUE MENU® GROUND CHICKEN OR MINCED TURKEY
 454 G
POULET HACHÉ OU HACHIS DE DINDE
PC® MENU BLEU™
 21100091_EA
 21100092_EA



\$9 LB

PREPARED IN-STORE

MEDIUM GROUND BEEF BURGERS
 SELECTED VARIETIES
 19.84/KG
BURGERS DE BŒUF HACHÉ MI-MAIGRE
 21550474_KG



3.99

PREPARED IN CANADA

MAPLE LEAF TOP DOGS OR SCHNEIDERS RED HOTS WIENERS
 SELECTED VARIETIES
 375 G
TOP DOGS MAPLE LEAF OU SAUCISSES FUMÉES RED HOTS SCHNEIDERS
 20602429_EA
 21093477_EA



\$13

JANES CRISPY TENDERS
 SELECTED VARIETIES, FROZEN
 710 G
FILES CROUSTILLANTS JANES
 21703584_EA
 21703608_EA



find your catch in seafood

12.99

PC® GRILLING RAW SHRIMP SKEWERS
 LIME AND CHILI OR MANGO AND CALAMANSI CITRUS
 FROZEN
 360 G
BROCHETTES DE CREVETTES CRUES À GRILLER
PC® LIME ET CHILI OU MANGUE ET CALAMONDIN
 21283307_EA/21517019_EA



\$16

PC® THE ULTIMATE ATLANTIC SALMON BURGERS
 FROZEN
 500 G
BURGERS DE SAUMON DE L'ATLANTIQUE LES FABULEUX PC®
 21638144_EA



SAVE 33%

\$4

CANADIAN SEAFOOD

ATLANTIC SALMON PORTIONS
 SELECTED VARIETIES
 113-122 G
PORTIONS DE SAUMON DE L'ATLANTIQUE
 20948216_EA
 21018776_EA



bakery deals rising daily

5⁵⁰ **BAKED IN-STORE**

CHEESE SWIRL BUNS 4'S OR CHEESE STICKS 6'S
PETITS PAINS TOURBILLONS AU FROMAGE OU BÂTONNETS AU FROMAGE
 20742704_EA
 20745112_EA



7⁵⁰ **PREPARED IN-STORE**

SINGLE LAYER CAKES
 SELECTED VARIETIES EACH
GÂTEAUX UN ÉTAGE
 21093577_EA
 21093578_EA



\$3⁵⁰ **Get 2,000 pts** **\$2 back in points**
 When you buy 2

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

BAKED IN-STORE



\$12

PC® CREAM PIES
 SELECTED VARIETIES, FROZEN
 730 G
TARTES À LA CRÈME
 21566299_EA

KEY LIME PIE TARTÉ À LA LIMETTE
 730 g



\$5 **PREPARED IN CANADA**

FARMER'S MARKET™ MUFFINS
 SELECTED VARIETIES 4'S
MUFFINS DÉLICÉS DU MARCHÉ
 21639357_EA
 21639320_EA



\$6 **PREPARED IN-STORE**

PREPARED IN-STORE CÉLÉBRATION CUPCAKES
 CHOCOLATE OR WHITE 6'S
PETITS GÂTEAUX DE CÉLÉBRATION PRÉPARÉ EN MAGASIN
 20379763_EA
 20592676_EA



\$4

KING'S HAWAIIAN ROLLS
 SELECTED VARIETIES 340 G
PETITS PAINS KING'S HAWAIIAN
 21475970_EA
 21489831_EA



\$5

FURLANI TEXAS TOAST 640 G, GARLIC BREADSTICKS 660 G OR GARLIC KNOTS 296 G OR LA FOURNÉE DORÉE SLICED BRIOCHE BREAD 500 G
 SELECTED VARIETIES
TOAST STYLE TEXAS FURLANI, BÂTONNETS À L'AIL OU NŒUDS À L'AIL OU PAIN BRIOCHÉ TRANCHÉ LA FOURNÉE DORÉE
 20978205_EA
 21048246_EA



SAVE \$1.08 WHEN YOU BUY 2 **PREPARED IN CANADA**

2/7⁵⁰
 OR \$4.29 EA.

COUNTRY HARVEST BAGELS 450 G OR D'ITALIANO GUSTO! BAGELS 540 G
 SELECTED VARIETIES
BAGELS COUNTRY HARVEST OU BAGELS GUSTO! D'ITALIANO
 21178546_EA
 21577054_EA



\$8 **PREPARED IN CANADA**

BALDERSON CHEDDAR 250/280 G OR GOUDA 170/200 G
 SELECTED VARIETIES
CHEDDAR OU GOUDA BALDERSON
 21495455_EA
 21495458_EA



in the mood for deli-cious

\$7 **PREPARED IN CANADA**

BOURSIIN SOFT CHEESE 150 G OR PC® BRIE 165-200 G
 SELECTED VARIETIES
FROMAGE À PÂTE MOLLE BOURSIIN OU BRIE PC®
 20787327_EA
 20116794_EA

DOUBLE CREAM/CRÈME BRIE
 CHEESE - FROMAGE

Boursin AIL & FINES HERBES GARLIC & FINE HERBS
 150 g

SIKORSKI SERVICE CASE BBQ SAUSAGE SAUCISSES BARBECUE SIKORSKI DU COMPTOIR DE SERVICE
 20996146_KG
 20995534_KG



\$12 **PREPARED IN CANADA**

PC® CHICKEN BREAST STRIPS 375 G
LANIÈRES DE POULET PC®
 20786418_EA



Member Price \$8 **Non-Member Price \$12** **Members save \$4**

SCHNEIDERS PEPPERETTES
 SELECTED VARIETIES 225-375 G
PEPPERETTES SCHNEIDERS
 21738537_EA
 21738540_EA

PREPARED IN CANADA



Get 3,000 pts **\$3 back in points**
 for every \$12* spent on

SNACK FACTORY PRETZEL CRISPS
 200 G OR CHOCOLATE PRETZELS 155 G
PRETZEL CRISPS OU BRETZELS AU CHOCOLAT SNACK FACTORY
 21576333_EA
 21676303_EA



on the run, we got you

\$30 **Get 5,000 pts** **\$5 back in points**

30 PIECE WINGS & WEDGES BUCKET 1.2 KG
SEAU DE 30 MORCEAUX D'AILES ET POMMES DE TERRE EN QUARTIERS
 21541872_EA
 21541877_EA

SERVES 6



App exclusive offer* **Optimum**

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

FROM \$9 **Get 3,000 pts** **\$3 back in points**

12" TAKE AND BAKE PIZZA
 SELECTED VARIETIES 510-739 G
PIZZA 12 PO GUÏRE À LA MAISON
 21456415_EA
 21456401_EA

PREPARED IN-STORE



\$16 **SERVES 4**

IN-STORE PREPARED ONE PAN FAMILY MEALS
 440-960 G
REPAS FAMILIAUX EN UN PLAT PRÉPARÉ EN MAGASIN
 21738484_EA
 21738486_EA



BUY ONE (1) GET ONE (1) 50% OFF

MEDIUM PREMIUM SALADS
 SELECTED VARIETIES 330 G
SALADES DE QUALITÉ SUPÉRIEURE, FORMAT MOYEN
 21608061_EA
FOR \$8



\$55-65

SANDWICH OR WRAP PLATTERS
 PREPARED IN-STORE 1.23-3.4 KG
PLATEAUX DE SANDWICHES OU ROULÉS
 21558215_EA



\$35 **SERVES 6-8**

BENTO KAZOKU PLATTER
 53 PIECES
 REQUIRES 24 HOUR NOTICE
PLATEAU KAZOKU BENTO
 21637774_EA



stock the cottage skip the stress



5⁵⁰

**BURNBRAE FARMS
NATUREGG NEST
LAID WHITE EGGS**
LARGE
12'S
20816075001_EA



\$4

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



4⁵⁰

MINI BAGELS
SELECTED VARIETIES
8'S
21738337_EA

try with



**NO NAME®
CREAM CHEESE**
SELECTED VARIETIES
8'S
2/\$7.50 OR 4.29 EA.
20308105001_EA/21036106_EA

\$7



**BECEL
MARGARINE**
SELECTED VARIETIES
637/800 G
20297818002_EA
21279389_EA



\$8⁵⁰

Get **1,000** pts
\$1 back in points

**PC® ORGANICS
FROZEN FRUITS**
SELECTED VARIETIES
600 G
20431483001_EA
20431483002_EA



Member Price
\$5⁵⁰

Non-Member Price
\$7⁹⁹

Members save
\$2⁴⁹

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



\$30



**KICKING HORSE
ORGANIC WHOLE
BEAN COFFEE 850 G OR
ORGANIC GROUND
COFFEE 708 G**
SELECTED VARIETIES
21588734_EA
21628219_EA



\$8

**NESCAFÉ GOLD
INSTANT COFFEE**
90-100 G, PC® GROUND
COFFEE 340 G, OR
CAFFÈ BORBONE
NESPRESSO
COMPATIBLE
CAPSULES 10'S

SELECTED VARIETIES
21074552_EA/21735204_EA



6⁴⁹

**LAVAZZA CREMA OR ROSSA
GROUND COFFEE 250 G OR
NESCAFÉ INSTANT COFFEE
CONCENTRATE, 500 ML**
SELECTED VARIETIES
21665027_EA
21665148_EA
21553695_EA



**SAVE
\$1⁵⁰**



4⁵⁰

**NESTLÉ
COFFEE-MATE
COFFEE
ENHANCER**
SELECTED VARIETIES
828/946 ML
21091209_EA
21091311_EA



4⁹⁹

**NESCAFÉ SWEET &
CREAMY INSTANT
SACHETS 16/18'S OR
LIPTON PYRAMID
TEA BAGS 20'S**
SELECTED VARIETIES
21363371_EA/21736352_EA



8²⁵

**STOK COLD BREW
COFFEE 1.42 L OR
DEL MONTE
JUICE BLENDS OR
COCKTAILS 2.5 L**
SELECTED VARIETIES
21203739_EA
21595736_EA



\$3

**KELLOGG'S
RICE KRISPIES BARS 176 G,
NUTRI-GRAIN BARS 295 G,
SPECIAL-K 125 G OR
POP TARTS 384 G**
SELECTED VARIETIES
20313984003_EA/21290059_EA



\$5

**NUTELLA HAZELNUT
SPREAD 375 G OR B-READY
SNACK BARS 132 G**
SELECTED VARIETIES
20435988_EA/21457401_EA



3/3⁷⁵



OR
\$1.50 EA.

**YOPLAIT YOP
1% DRINKABLE
YOGURT**
SELECTED VARIETIES
200 ML
21477986_EA
21478178_EA



\$7

**BLACK DIAMOND
CHEESTRINGS 12/16'S
336 G OR CHEESE
STICKS 12'S 252 G**
SELECTED VARIETIES
20763661_EA
20986474_EA



**BUY 2 OR MORE
\$4 EA.**



ZIGGY'S® MEAT
SELECTED VARIETIES
175 G
21590279_EA
21592401_EA



**SAVE
UP TO 99¢**

3⁵⁰

**MCCAIN FRIES OR
HASHBROWNS**
SELECTED VARIETIES,
FROZEN
800 G
21521173_EA
21525020_EA



3⁵⁰

**PEPPERIDGE FARM
GOLDFISH 167-200 G
OR CRISPS 177 G**
SELECTED VARIETIES
20300320_EA
20306994003_EA



\$2

**SNACKPACK
PUDDINGS
OR GELS**
SELECTED VARIETIES
99 G
203107006_EA
203107001_EA



4⁵⁰

**OCEAN SPRAY
CRANBERRY
COCKTAIL OR 100%
JUICE BLENDS**
SELECTED VARIETIES
1.77/1.89 L
2030006008_EA
20982463_EA

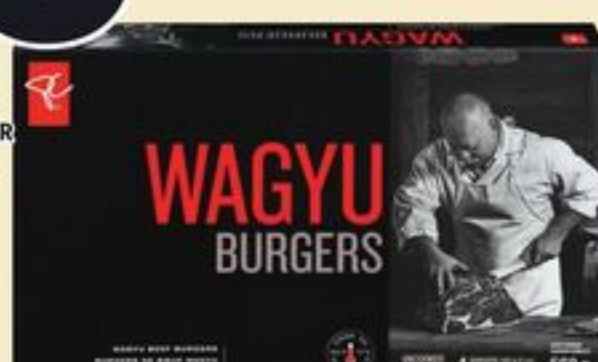


stock the cottage skip the stress



\$16

PC® DONAIR BURGER 668 G OR **BLACK LABEL WAGYU BURGER** 568 G FROZEN
20786235_EA
21644246_EA



\$14



MARCANGELO VALUE PACK PORK SAUSAGE SELECTED VARIETIES 1 KG
20867488_EA
20867487_EA



\$15

PC® SMOKIES™ SELECTED VARIETIES 1 KG
20732535_EA
20733617_EA



\$5

HEINZ TOMATO KETCHUP, SWEET RELISH & YELLOW MUSTARD VARIETY PACK 1.125 L
20552158_EA



\$3

Get **3,000 pts** for every \$12* spent on



\$5

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



4.50

PC® OR BLUE MENU® MEMORIES SAUCES SELECTED VARIETIES 350 ML
2031131008_EA
20622017_EA



2.50

PC® KETTLE COOKED OR KETTLE RIPPLED CHIPS SELECTED VARIETIES 200 G
21422931_EA
21687125_EA



\$5

SNYDERS TWISTED OR THE SNACK FACTORY PRETZELS SELECTED VARIETIES 240-340 G
21650270_EA
21650317_EA



\$12

HERSHEY'S SMORES KIT 651 G
21510797_EA



2/\$5

OR \$4.29 EA.
TWIZZLER LICORICE CANDY 311-454 G OR **JOLLY RANCHER CANDY ROPES** 283 G
SELECTED VARIETIES
20022328004_EA/21689823_EA



\$5

MR FREEZE, DR PEPPER OR POPSICLE FREEZE POPS SELECTED VARIETIES
2016 ML
21031219_C01
21721571_C01



SAVE UP TO 20%

SUNBUM SUNCARE PRODUCTS SELECTED VARIETIES AND SIZES
21219765_EA
21220460_EA



Get 6,000 pts for every \$18* spent on

OFF! OR RAID INSECT REPELLENT SELECTED VARIETIES
20001279001_EA
20111889_EA



SAVE UP TO 15%

REACTINE 24-36'S, CLARITIN 15-30'S, ALLEGRA 30'S, BENADRYL 25 MG 100'S, **ADVIL** 80-250'S, **VOLTAREN** 100-120 G OR **ROBAX** 40-70'S **CAPLETS, TABLETS OR GELS** SELECTED VARIETIES AND SIZES
21367017_EA



SAVE UP TO 15%

NO NAME® LUNCHEON PAPER PLATES 40'S OR **RED PLASTIC PARTY CUPS** 50'S
21202621_EA
21384145_EA



\$7



PC® BATHROOM TISSUE SELECTED VARIETIES 12=24 ROLLS
21300716_EA/21450718_EA



\$11

DAWN DISHWASHING LIQUID SELECTED VARIETIES 2.01/2.64 L
21430598_EA



\$11

GLAD OUTDOOR BAGS SELECTED VARIETIES 10-40'S
21164510_EA
21165477_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
20083525001_EA
21427042_EA



\$12

SWIFFER STARTER KITS SELECTED VARIETIES EACH
20900161_EA
21629779_EA



MAY

**HIT
OF THE
MONTH**

**LIMIT 6
AFTER LIMIT
\$3 EA.**



\$2²⁵

**TAKI'S ROLLED
TORTILLA CHIPS**
SELECTED VARIETIES
260-280 G
21602195_EA
21715466_EA

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



\$3

**KRAFT MIRACLE
WHIP SPREAD**
SELECTED VARIETIES
650/890 ML
20298681001_EA

**LIMIT 6
AFTER LIMIT
2.50 EA.**



**PREPARED IN
CANADA**

\$1⁸⁸

**MARCANGELO
CHICKEN OR
PORK SOUVLAKI**
SELECTED VARIETIES
2'S, 120 G
20902208_EA
21095022_EA

**LIMIT 6
AFTER LIMIT
\$5.99 EA.**



\$4

**HEAD MEN'S OR
WOMEN'S SOCKS**
3'S
21721517_EA
21721507_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 May 1 - 31, 2026. While quantities last. See in-store for details.

Big flavours, small prices

It's here!



SHOP NOW

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

Optimum™

\$5 Get **1,000** pts **\$1** back in points

PC® ICE CREAM SHOP ICE CREAM
SELECTED VARIETIES, FROZEN
946 ML
21706621_EA
21706641_EA



App exclusive offer*
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Optimum™

\$5 Get **1,000** pts **\$1** back in points

PC® FLATBREAD
338-395 G OR **FOCACCIA** 415-456 G
SELECTED VARIETIES, FROZEN
21013450_EA
21013452_EA



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

Optimum™

\$7 Get **1,500** pts **\$1.50** back in points

PC® CHOPPED SALAD KITS
SELECTED VARIETIES
PRODUCT OF U.S.A.
282-396 G
21731867_EA
21378122_EA



3⁵⁰

PC® ELOTE STREET CORN DIP
200 G
21706608_EA



\$8

PC® BLUEBERRIES
PRODUCT OF MEXICO, PERU OR MOROCCO
9.8 OZ
20573077_EA



\$7



PC® AXIANY TOMATOES
567 G OR **MIXIANY TOMATOES** 340 G
PRODUCT OF CANADA
21634164001_EA
21720721001_EA



\$18

PC® THE HEAT CHASER CHEDDAR JALAPEÑO BEEF BURGERS
FROZEN
852 G
21714070_EA



\$12

PC® JERK CHICKEN BURGERS
FROZEN
852 G
21714192_EA



5⁹⁹

PC® NATURALLY SMOKED CHICKEN SAUSAGES
SELECTED VARIETIES
375 G
21731918_EA
21732133_EA



5⁵⁰

PC® SWEET WITH HEAT™ MANGO SALSA
350 G
21646968_EA



\$9

PC® COTIJA MEXICAN STYLE CHEESE
290 G
21707616_EA



\$5

PC® ASIAN ENTRÉES OR SOUPS
SELECTED VARIETIES, FROZEN
300 G
21565996_EA



4⁵⁰

PC® M'AQUAS COCKTAIL FLAVOURED SPARKLING WATER
SELECTED VARIETIES
6X355 ML
21590669_C06



5⁷⁵



PC® BLUE MENU® OR PC® SPARKLING WATER
SELECTED VARIETIES
12X355 ML
21747415_C12
21747404_C12



\$5

PC® LOADS OF BARS
SELECTED VARIETIES
FROZEN
4'S
21575391_EA
21707047_EA



4⁵⁰

PC® BLACK LABEL ICE CREAM
SELECTED VARIETIES
FROZEN
500 ML
21648724_EA



where wags & purrs come first

\$29

TIDY CAT LIGHTWEIGHT LITTER
7.71 KG
20913423_C01



\$8

FRISKIES PARTY MIX CAT TREATS
SELECTED VARIETIES
510 G
21733038_EA



\$27

FRISKIES CAT FOOD
SELECTED VARIETIES
32'S
21186868_C01



\$11

FANCY FEAST CAT FOOD
SELECTED VARIETIES
12'S
20307537_EA



\$10

WHISKAS CAT FOOD
SELECTED VARIETIES
1.5/2 KG
21588943_EA



\$14

PC® NUTRITION FIRST® CAT FOOD
SELECTED VARIETIES
2 KG
21305872_EA



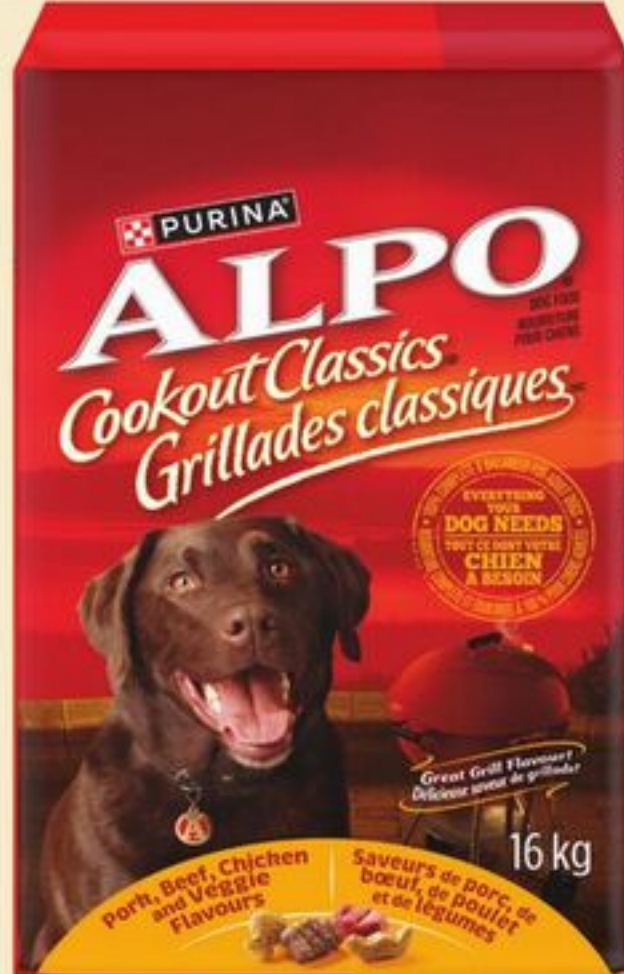
\$30

PURINA ONE DOG FOOD
SELECTED VARIETIES
6-7 KG
20339412_EA



\$38

ALPO DOG FOOD
16 KG
20112174_EA



\$9

ZUKE'S DOG TREATS
SELECTED VARIETIES
170 G
21661750_EA



\$26

PEDIGREE DOG FOOD
SELECTED VARIETIES
6.8/8 KG
2003937001_EA



\$11

MILK-BONE SOFT & CHEWY DOG TREATS
SELECTED VARIETIES
708 G
21047843_EA



\$9

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



3/750

OR \$2.99 EA.

PEDIGREE DOG FOOD
SELECTED VARIETIES
375 G
21359634_EA
21359778_EA



\$25

PRICE DROP!

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



\$22

Get **4,000** pts

\$4 back in points

BLUE BUFFALO DOG FOOD
SELECTED VARIETIES
2.2 KG
21360571_EA



it's time to grow!

GARDEN CENTRE OPEN Victoria Day 7am-6pm

100% CANADIAN GROWERS

4 day offer Thursday May 14th - Sunday May 17th

For every \$100 spent in the Garden Centre Get 20,000 pts \$20 back in points

RECYCLE YOUR POTS FOR POINTS APR 30 - JUN 17 Get 100 pts for every empty pot or flat you return to our garden centre

For every empty plant pot or flat returned to participating Loblaw Companies Limited Garden Centres, you will earn the points indicated. Offer expires after one use and cannot be used on previous or subsequent transactions. We reserve the right to limit number of pots or flats returned. We are not obligated to award points based on errors or misprints. No cash value.

\$12

PC® 4-SEASON TROPICALS
SELECTED VARIETIES
6 INCH
21347083_EA

\$5

PC® GIGANTICO™ ANNUALS
SELECTED VARIETIES
4 PACK
21570281_EA

5/\$25

OR \$5.50 EA.

PC® GIGANTICO ANNUALS, HERBS, VEGETABLES OR TROPICALS
SELECTED VARIETIES
4.33 INCH
21350305_EA/21350302_EA/21350301_EA/21352664_EA

\$20

PC® HERB IN WHISKEY BARREL
SELECTED VARIETIES
10 INCH
20753949_EA

\$15

PC® ANNUAL PLANTER
SELECTED VARIETIES
8.5 INCH
21001606_EA

2/\$55

OR \$32 EA.

PC® JUMBO ANNUAL HANGING BASKET
SELECTED VARIETIES
12 INCH
20753922_EA

\$9

PC® SUPER GIGANTICO™ ANNUALS
SELECTED VARIETIES
6 INCH
21352513_EA

2/\$36

OR \$20 EA.

PC® DELUXE ANNUAL HANGING BASKET
SELECTED VARIETIES
11 INCH
20753918_EA

\$20

PC® VEGETABLES IN CAGE
SELECTED VARIETIES
10 INCH
20753922_EA

\$30-45

TROPICAL PLANTS
SELECTED VARIETIES
10 INCH
21518651_EA/21214925_EA

\$10-17

SPRING BULBS
PLANT NOW FOR SUMMER BLOOMS,
SELECTED VARIETIES
EACH
21423977_EA

\$20

PC® LILIUM COLLECTION
SELECTED VARIETIES
8 INCH
20998866_EA

2/\$10

OR 5.50 EA.

PC® PERENNIALS
SELECTED VARIETIES
9 CM
21350463_EA

2/\$20

OR \$11 EA.

PC® PERENNIALS
SELECTED VARIETIES
13 CM
21350465_EA

2/\$26

OR \$15 EA.

PC® PERENNIALS
SELECTED VARIETIES
15 CM
21350466_EA

\$9

NO NAME® ALL PURPOSE SOIL
50 L
21358664_EA

\$10

PC® FLOWER AND GARDEN BED SOIL
50 L
21363856_EA

\$9

PC® MOISTURE LOCK POTTING SOIL
25 L
21349077_EA

2/\$13

OR \$11 EA.

PC® POTTING SOIL
25 L
21349090_EA

\$5-24⁴⁹

PLANT FOOD FERTILIZER OR GRASS SEED
1.5 KG
21359477_EA/21569919_EA

2/\$7

OR 3.99 EA.

PC® YARD WASTE PAPER BAGS
5'S
20429980_EA

Happy Eid al-Adha

Quality foods for a blessed celebration.



\$16 HALAL

SUFRA® HALAL WHOLE CHICKEN
UP TO 1.8 KG
21617063_EA



\$13 HALAL

LAMB LOIN CHOPS
FROZEN
350 G
20179913_EA



\$14

PC® FREE FROM® STEWING BEEF
BONELESS
454 G
21219169_EA



\$11 LB

TILAPIA FILLETS
SELECTED VARIETIES
24.25/KG
20719835_KG



3⁵⁰ LB

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



\$3

DRIED MANGO
PRODUCT OF VIETNAM
113 G
21700165_EA



\$8

FARMER'S MARKET™ DRIED FRUIT
SELECTED VARIETIES
220-400 G
21519932_EA
21519973_EA



\$3 LB

EGGPLANT
PRODUCT OF MEXICO OR U.S.A.,
NO 1 GRADE OR
LONG EGGPLANT
PRODUCT OF MEXICO
5.51/KG
20155709001_KG
20159013001_KG



6⁹⁹

DEL MONTE FROZEN DESSERT BARS 500 ML OR
FRUIT BARS 10'S
SELECTED VARIETIES FROZEN
21700612_EA



2⁵⁰

SURATI SNACKS
SELECTED VARIETIES
250/341 G
20303745002_EA
20303745004_EA



\$17

TRADITIONAL BAKLAVA
800 G
21160115_EA



1⁸⁰

CLIC BEANS OR CHICK PEAS 540 ML OR **PUCK THICKENED CREAMY PRODUCT** 160 G
SELECTED VARIETIES
20299827_EA
21449248_EA



4/\$5

OR \$1.40 EA.
BARBICAN MALT BEVERAGES
SELECTED VARIETIES
330 ML
20883547_EA



\$15

DAAWAT TRADITIONAL BASMATI RICE
4 KG
20896606_EA



\$14

KRITI GOLD EXTRA VIRGIN OLIVE OIL
750 ML
20572876_EA



\$5

TAMAM TAHINI 454 G
OR **SLICED PICKLED TURNIPS** 1 L
21217262_EA/21237887_EA



3/1³⁵

OR 49¢ EA.
MAGGI MASALA NOODLES
70 G
20802664_EA



ITEMS AVAILABLE AT THE FOLLOWING YOUR INDEPENDENT GROCER LOCATIONS:

PALMERI'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

EVERYDAY
LOW
PRICES

Value you
can count on.

\$13



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



\$8



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



5⁵⁰



**PC® ALL-BUTTER
BRIOCHE LOAF**
400 G
21050280_EA

4⁵⁰

**PC® BLACK LABEL
ICE CREAM**
SELECTED VARIETIES
FROZEN
500 ML
20604543003_EA
20604543004_EA



2/\$4
OR
\$4.50 EA.



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



\$6



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



3⁵⁰

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



\$11

**NO NAME®
CLUB SIZE
ICE CREAM
SANDWICHES
OR BARS**
SELECTED VARIETIES
FROZEN
24-30'S
2034740002_EA
21013432_EA



2/\$14
OR
\$8 EA.

**FRESHLY PREPARED
INSTORE SINGLE SERVE
ONE PAN MEALS OR
POWER BOWLS**
SELECTED VARIETIES
135-410 G
21696324_EA/21696361_EA



\$4

**PC® ORGANICS,
ORGANIC
UNSWEETENED
APPLE SAUCE**
SELECTED VARIETIES
6X100 ML
20320493001_EA
21306628_EA



4⁵⁰

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



3⁵⁰

**PC® ORGANICS
PLANT-BASED PUFFS**
SELECTED VARIETIES
142 G
21716046_EA
21716109_EA



cheers & chill

beers, ciders & ready to drink



\$12⁷⁹

LAKER ICE
6X473 ML CANS
21472702_C06



\$15

BUDWEISER, BUD LIGHT OR COORS LIGHT
6X473 ML CANS
20944739_C06
20946471_C06
20955258_C06



\$18

CORONA EXTRA BEER
6X473 ML CANS
21377481_C06



\$29

DILLON'S GIN COCKTAILS VARIETY PACK
12X355 ML CANS
21464792_C12



\$13

COLLECTIVE ARTS LIFE IN THE CLOUDS NEW ENGLAND STYLE IPA
4X473 ML CANS
21396996_C04



\$16

MICHELOB ULTRA LIGHT BEER
6X473 ML CANS
21097258_C06



\$18⁹⁹

COTTAGE SPRINGS VODKA SODA MIXED PACK OR DOCK DAY MIXED PACK
8X355 ML CANS
21617426_C08
21636333_C08



\$24⁹⁹

COORS SELTZER SLUSHIE FLAVOURS MIXED PACK
12X355 ML CANS
21536951_C12



Only at the following Your Independent Grocer locations (unless otherwise stated) : 455 McNeely Ave., Carleton Place, 4764-17 Regional Rd. 15, Chelmsford, 62 Thames Rd. E., Exeter, 5200 Hwy #69 N., Hanmer, 1521 Hwy #11 W., Hearst, 131 Howland Dr., Huntsville, 273 King St. W., Ingersoll, 55 Brunetville Rd., Kapuskasing, Kemptville Mall Hwy #43 W., Kemptville, 15 McChesney Ave., Kirkland Lake, 200 Grant Carman, Nepean, 55 Scott St., New Liskeard, 1 Laurentian Ave., North Bay, 685 River Rd., Ottawa, 1900 Dixie Rd., Pickering, 1244 Goderich St., Port Elgin, 1893 Scugog St., Port Perry, 44 Great Northern Rd., Sault Ste. Marie, 1251 Main St., Stittsville, 1836 Regent St. S., Sudbury and 654 Algonquin Blvd. E., Timmins.

We reserve the right to limit quantities. Above retails do not include deposit or tax and may be subject to change without notice. No rainchecks or substitutions. See in-store or yourindependentgrocer.ca for store hours.

Please drink responsibly & designate a driver. Don't drink & drive.

live well, spend less

SAVE UP TO

20%

OLD SPICE BODY WASH OR BAR SOAP
SELECTED VARIETIES AND SIZES
4.99-15.19
21237505_EA



7⁵⁰

LIMIT 6 AFTER LIMIT 8.99 EA.

OLD SPICE DEODORANT 73-144 G,
SECRET DEODORANT
68-116 G OR **GILLETTE DEODORANT** 108 G
SELECTED VARIETIES
21220787_EA



SAVE UP TO

20%

AUSSIE SHAMPOO, CONDITIONER OR BEING STYLING PRODUCTS
778 ML OR
SELECTED VARIETIES AND SIZES
21517546_EA



SAVE UP TO

20%

NIVEA BODY LOTIONS
SELECTED VARIETIES AND SIZES
20700027_EA/21723121_EA



SAVE UP TO

20%

HAWAIIAN TROPIC SUN CARE PRODUCTS
SELECTED VARIETIES
20637962_EA/21009236_EA



SAVE UP TO

20%

GÖT2B STYLING OR BEING HAIR CARE
SELECTED VARIETIES AND SIZES
20321473001_EA
21703887_EA



\$6

LIMIT 4 AFTER LIMIT 8.49 EA.

LISTERINE CLASSIC 1 L OR KIDS 500 ML MOUTHWASH
SELECTED VARIETIES
20348438001_EA
21356391_EA



SAVE UP TO

15%

DUREX OR K-Y CONDOMS OR LUBRICANTS
SELECTED VARIETIES AND SIZES
21474389_EA/2108854_EA

love sex
durex
SENSI-THIN
36



SAVE UP TO

20%

LIFE BRAND® PAIN OR ALLERGY RELIEF PRODUCTS
SELECTED VARIETIES AND SIZES
21134354_EA/21229420_EA



\$10

LIMIT 4 AFTER LIMIT 10.99 EA.

NESTLÉ CERELAC BABY CEREAL
SELECTED VARIETIES
400 G
21564977_EA/21670794_EA



6+ months

\$70

LIMIT 4 AFTER LIMIT 89.99 EA.

SIMILAC 360 TOTAL CARE MILK-BASED IRON-FORTIFIED INFANT FORMULA STEP 1 & 2
SELECTED VARIETIES
16X235 ML
21702863_C16/21702882_C16



\$67

LIMIT 4 AFTER LIMIT 74.99 EA.

ENFAMIL A+ NEUROPRO OR GENTLESE BABY FORMULA POWDER REFILLS 0-12 MONTHS
SELECTED VARIETIES
862/890 G
21589079_EA/21589205_EA



\$35

LIMIT 4 AFTER LIMIT 41.99 EA.

HUGGIES ECONO PACK DIAPERS
SELECTED VARIETIES
SIZES N-7, 60-200'S
21456748_EA
21667086_EA



\$37

LIMIT 4 AFTER LIMIT 43.99 EA.

PAMPERS EASY UPS TRAINING UNDERWEAR
SIZES 3T-5T, 86-100'S
SELECTED VARIETIES
21089194_EA



2/\$18

OR \$10.49 EA.

PEDIASURE COMPLETE
SELECTED VARIETIES
4X235 ML
20322414001_EA
20322414002_EA



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

Get **10,000** pts

\$10 back in points

Optimum™

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

Potty Training Made FUN

BLUEY

Pampers
easy ups™

Peppa Pig™



\$27

Get 2,000 pts

\$2 back in points

Pampers® Easy-Ups™ Club Pack training pants* selected varieties, 46-74's
21089367_EA/21089365_EA

BBC STUDIOS LUDO © Ludo Studio

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BIG PACK = BIGGER SAVINGS!



\$49

Get 3,000 pts

\$3 back in points

Pampers® Cruisers™ 360° Ultra Value Pack Selected Varieties
21732613_EA

new

\$49

Get 3,000 pts

\$3 back in points

Pampers® Swaddlers™ Ultra Value Pack Selected Varieties
21455875_EA

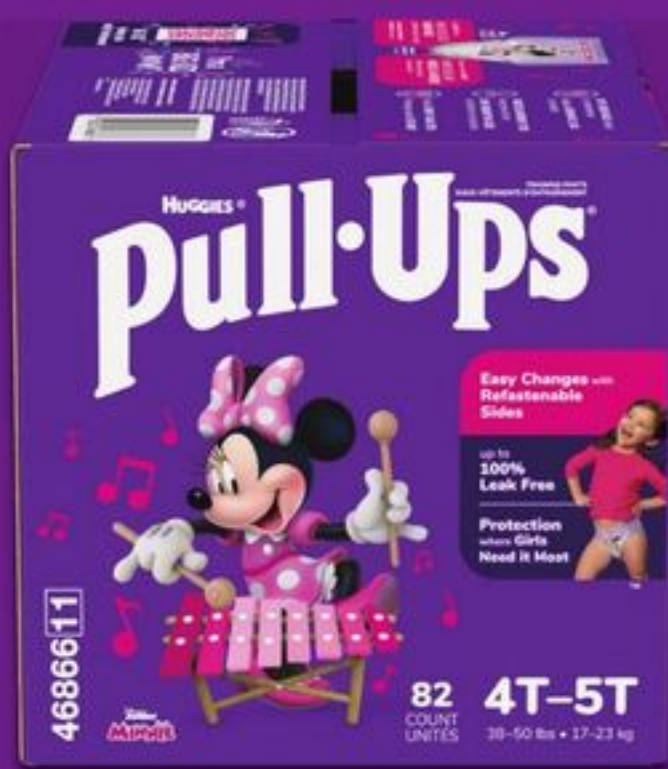
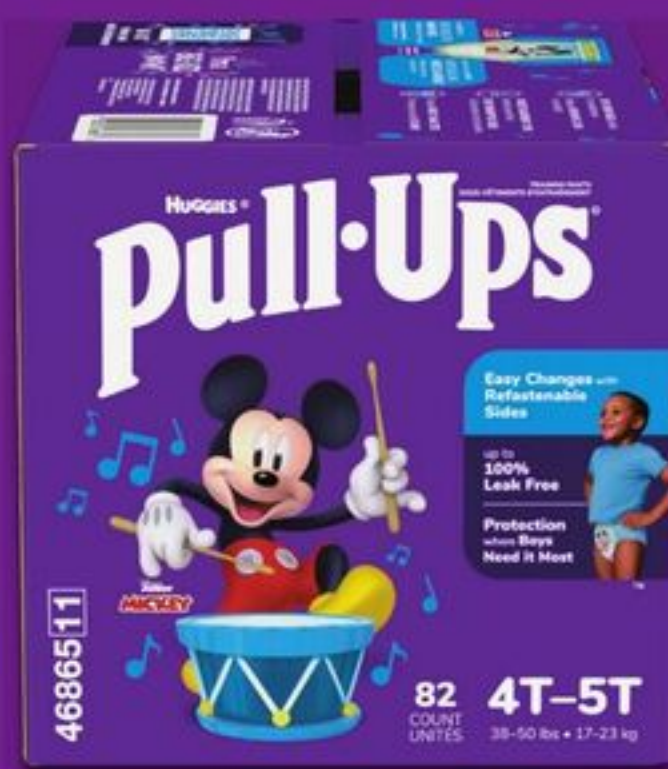


© 2026 P&G

vs. Pampers® Cruisers™ 360° Huge Pack

vs. Pampers® Swaddlers™ Huge Pack

PULL-UPS SIMPLIFY THE POTTY TRAINING JOURNEY



\$37

Get 4,000 pts

\$4 back in points

Pull-Ups Econo Pack Training Pants selected varieties, 66-104's
21021427_EA/21021423_EA

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Up to 100% LEAK FREE protection where Boys and Girls need it most

New Adventures in taste, shape & texture

2/\$6 OR \$3.99 EA.
Organic Little Bellies Pick-Me Sticks
21540212_EA



2/\$6 OR \$3.99 EA.
Organic Little Bellies Pick-Me Sticks
21540211_EA



7+ MONTHS

Aquaphor® Baby™



GENTLE CARE FOR BABY'S SENSITIVE SKIN

Get 5,000 pts

\$5 back in points

BABY AQUAPHOR EUCERIN BABY NEEDS SELECTED VARIETIES AND SIZES
21482321_EA/21482428_EA

When you spend \$20*

MARC ANGELO

BBQ Season is Back

FULLY COOKED CHICKEN BURGERS
• 452 g
21741671_EA/21741560_EA
\$9

PORK LOIN CENTER CHOPS
• 380 g
21741672_EA
21741594_EA
\$9

MINI SKEWER APPETIZERS HOT HONEY & LEMONGRASS
• 300 g
21741654_EA
\$9

ASSORTED SAUSAGES AND GROUND PORK
• 250 - 500 g
21724134_EA
21724145_EA
\$7

FRESH FLAVOUR FOR ALL YOUR LONG WEEKEND ACTIVITIES

Roasted Garlic Hummus! 283 g
21687331_EA
2/\$6
OR \$3 EA

Traditional Hummus 260 g
20501132_EA
2/\$6
OR \$3 EA

ROASTED RED PEPPER PROTEIN HUMMUS
HUMMUS PROTEINE
POURVINGES PROTÉINÉES
3 x 100 g
2/\$10
OR \$7 EA

Chili Spiced Oil Hummus! 482 g
21687273_EA
2/\$10
OR \$7 EA

fontaine santé
PROUDLY CANADIAN

YOU COULD WIN 1 MILLION PC Optimum™ Points Prizes

BUY ANY 4 participating Kraft Heinz products and SCAN your PC Optimum™ card to enter

Heinz Ketchup
Selected Varieties
750 mL - 1 L
20069080_EA
\$5.99

Heinz Picnic Trio
Selected Varieties
3 x 375 mL
20552158_EA
\$5

Kraft Singles
Process Cheese Product
Selected Varieties
410 g
21188654_EA
\$4

Heinz Mayonnaise-style Sauces
Selected Varieties
340 mL
21734588_EA/21734967_EA
\$2.99

Pure J.L. KRAFT Dressing & Marinade
Selected Varieties
335 mL
21581737_EA/21581659_EA
\$6

MiO, Kool Aid & Crystal Light
liquids or single-serve drink mix 48 mL
Selected Varieties
20663423_EA
20749494001_EA
2/\$8
OR \$4.79 EA.

*NO PURCHASE NECESSARY. Open to Canadian resident PC Optimum members who are 14 years or older. Contest ends June 24, 2026 at 11:59 PM ET. Members can get an entry when they purchase four or more on any eligible Kraft Heinz at participating Real Canadian Superstore, Real Atlantic Superstore, Your Independent Grocer, Fortinos, City Market, Zehrs, Loblaws, Valu-mart, Dominion, Provigo, No Frills, Maxi, Wholesale Club, Shoppers Drug Mart, Pharmaprix locations and scan their PC Optimum card at the time of purchase. Twenty Prizes of 1,000,000 PC Optimum points, that's like \$1,000 CDN in value when redeemed each. Limit of one prize per member. Must correctly answer mathematical skill-testing question. Odds of winning a prize depends on total number of eligible entries received. For full rules/details and how to enter without purchase, visit <https://www.pcoptimum.ca/pcocontest-kraftheinzsummer>
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MARC ANGELO

#1 IMPORTED ITALIAN BRAND

EUROPEAN CHARCUTERIE
85 g
21706423_EA
\$8

PROSCIUTTO AND ASSORTED VARIETIES
85 g
21706090_EA
\$8

MORTADELLA
110 g
21707188_EA
\$5

ANTIPASTO QUATTRO
150 g
21706582_EA
\$12

ASSORTED SALAMI CHUBS
225 - 300 g
21021491_EA
\$10 - \$13

Nestlé KitKat

NATIONAL HOCKEY LEAGUE OFFICIAL GAME PUCK

2/\$3
OR \$1.99 EA.
Nestlé® single bars
selected varieties
29-60 g
21717876_EA/21723751_EA

2/\$12
OR \$6.99 EA.
Nestlé® pouch
selected varieties
76-246 g
21708176_EA/21648460_EA

2/6.50
OR \$3.99 EA.
Nestlé® tablets
selected varieties
95-105 g
21720497_EA/21709019_EA

\$16
Nestlé® XL pouch
selected varieties
700-800 g
21720615_EA/21720683_EA

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Lindt
MAÎTRE CHOCOLATIER SUISSE DEPUIS 1845

Discover a World of Lindt

Lindt LINDOR Bags 150 g
selected varieties
21390291_EA
21390363_EA
\$10

Lindt EXCELLENCE Bars 50-100 g
selected varieties
20312527009_EA
20312527015_EA
2/\$10
OR \$5.99 EA.

Lindt LINDOR Bars 100 g or
Lindt SWISS CLASSIC Bars 100 g
selected varieties
20296856001_EA
20296856002_EA
2/\$8
OR \$4.99 EA.

Lindt DUBAI STYLE Milk Chocolate Singles 40 g
21717327_EA
\$5

Mobile

Connect all you want. Earn points for all you need.

Earn 20,000 pts
after 2 months of service

Cadbury DAIRY MILK

LOVE YOUR S'MORE™ EVEN MORE

NEW
2/\$6
OR \$3.49 EA.
CADBURY Family Bars
Selected Varieties
80-105 g
21708938_EA
21708198_EA

2/\$10
OR \$5.99 EA.
CADBURY Sharing Bars
Selected Varieties
180 g
21571941_EA
21648536_EA

2/\$6
OR \$3.79 EA.
SOUR PATCH KIDS OR MAYNARDS Bags
Selected Varieties
135-154 g
21686405_EA
21694186_EA

2/\$9
OR \$5 EA.
MAYNARDS OR SOUR PATCH KIDS Large Bags
Selected Varieties
308-315 g
21545809_EA
21708891_EA

*COMPARED TO THE ORIGINAL CADBURY DAIRY MILK MILK CHOCOLATE BAR, THE SQUARE IS LARGER TO FIT HONEY MAID WAFERS PERFECTLY AND THINNER FOR A QUICKER MELT.

LIBERTÉ PROTEIN & TASTE



4⁵⁰ Liberté Méditerranée[®] or Liberté Greek[®] selected varieties
4 x 100 g
20801752003_EA
21685700_EA

5⁵⁰

Liberté Kefir[®] selected varieties
1 L
21216416_EA



8⁵⁰
Yoplait[®] YOP[®] Less Sugar selected varieties
6 x 200 mL
21719749_EA
21721005_EA



4²⁵
Yoplait[®] Source[®] tubs selected varieties
630 g
21391318001_EA



4⁵⁰
Yoplait[®] Source[®] Protein[®] selected varieties
650 g
21587047_EA
21720809_EA



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BUY A GENERAL MILLS PARTICIPATING PRODUCT FOR A CHANCE TO

WIN*

CANADA SOCCER MERCH AND FREE GENERAL MILLS PRODUCTS!



\$5⁵⁰ General Mills[™] Family Size Cereals selected varieties
455-725 g
21103495_EA
21103492_EA



2/\$10 OR \$6.49 EA. Old El Paso[™] Dinner Kits 250-510 g selected varieties
20795534_EA
21675108_EA

*Must redeem online. Offer ends July 31, 2026. See participating products for details.

Spring SAVINGS



\$2⁵⁰ Betty Crocker[™] and Mott's[®] Fruit Snacks 128-226 g selected varieties
20318474001_EA
20686716001_EA



\$4 Pillsbury[™] Pizza Pops[™] 4's 380 g or Strudel 326 g or Scrambles 204 g Selected Varieties Frozen
21435996_EA
20172664005_EA



\$3⁷⁵
Annie's[™] Super! Mac 170 g or Annie's[™] Vegan Mac 170 g
21687300_EA
21687279_EA



3/\$9 OR \$3.49 EA. Pillsbury[™] Crescents or Weiner Wrap 200-227 g
21505340_EA
20305424002_EA



\$18 Larabar[™] Fruit & Nut Energy bar 16x45/48 g, selected varieties
20031362001_C16
20031362007_C16



3/4⁹⁸ OR \$2.19 EA. Old El Paso[™] Seasoning 24 g selected varieties
21675038_EA
21675151_EA

*Voted most trusted Mexican Food Products brand by Canadian shoppers, 2026 BrandSpark[®] Canadian Trust Study.

A recipe worth Gathering for

Easy Layered Greek Dip

Prep: 15 mins Servings: 20 servings

Ingredients

- 1 cup Crumbled Feta Cheese, divided
- 1 pkg (250 g) Philadelphia Brick Cream Cheese, softened
- ¼ cup Kraft Extra Virgin Olive Oil Greek Feta Dressing
- 1 tsp zest and juice from 1 lemon
- 2 tsp chopped fresh mint, divided
- 1 cup chopped English cucumbers
- ¼ cup chopped red onions
- ¼ cup sliced Kalamata olives
- 1 cup sliced grape tomatoes

Instructions

- Reserve 2 tbsp. feta for later use. Process remaining feta with cream cheese, dressing, lemon zest, lemon juice and 1 tbsp. mint in food processor until smooth; spread onto large platter.
- Top with layers of cucumbers, onions, olives and tomatoes; sprinkle with reserved feta and remaining mint.

Visit krafttheinz.com for this recipe and more!



Philadelphia Cream Cheese Product
227 - 250 g
Selected Varieties
20866924010_EA
\$4



Philadelphia Whipped Cream Cheese Selected Varieties
227 g
20866816002_EA
\$4



Philadelphia Cream Cheese Lactose Free Product
Selected Varieties
227 - 250 g
21674963_EA
\$4



Kraft Singles Process Cheese Product
410 g
Cheez Whiz Cheese Spread
450 g
Velveeta Process Cheese Product
450 g
Selected Varieties
21188654_EA
\$4

*Based on the 2026 BrandSpark™ Canadian Trust Study.

MADE BETTER to TASTE BETTER



Original
21316018_EA

Lactose-Free
21002993_EA

Herbs & Spices
2117728_EA

Light
21316006_EA

NEW

Lactose-Free Garlic & Chives
21731137_EA

2/\$8
OR \$4.99 EA.

Get 1,850
back in points
When you buy 2

\$1.85
back in points

Tre Stelle Cream Cheese

Pick your cherry favourite



Coca-Cola cherry

Cherry flavoured.
©Coca-Cola Ltd., used under license.

2/\$17* OR \$8.99 EA. Coca-Cola® beverages selected varieties 12x355 mL 21392782_C12

\$9.99* Fuze® iced tea selected varieties 12x341 mL 21723528_C12

2/\$6* OR \$3.49 EA. vitaminwater® beverages selected varieties 591 mL 20333194006_EA

2/\$7* OR \$4.49 EA. smartwater® beverages selected varieties 1L 20154181_EA

2/\$7* OR \$4.29 EA. Monster Energy® beverages* selected varieties 444-473 mL 21747704_EA

Valid from May 14th to May 20th, 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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MOTT'S CLAMATO

Mott's® Clamato® selected varieties 1.89 L
\$4.50

20318955002_EA
20318955003_EA

Trademark used under license by Canada Dry Mott's Inc.

Corona Cero

Corona® 0.0% alc./vol.
6 x 330 mL
\$10.99

21650191_C06

ENJOY RESPONSIBLY. Must be legal drinking age. Alcohol-free beer with natural flavour and vitamin D.
©/MD TRADEMARKS GRUPO MODELO, S. DE R.L. DE C.V., LIC. USE/ SOUS LIC.

Mrs. MEYER'S CLEAN DAY

INDOOR CARE for OUTDOOR PEOPLE



\$6 Mrs. Meyers Dish Detergent Selected Varieties 473 mL 21583420_EA

\$20 Mrs. Meyers laundry selected varieties 1.8 L 21583444_EA

\$12 Mrs. Meyers concentrated multi surface cleaner refills selected varieties 946 mL 21106584_EA

\$6 Mrs. Meyers multi surface cleaner 473 mL 21046908_EA

BETTER TEAR, SO MUCH SOFTER*

*vs. leading 1000-sheet brand



\$18 Charmin Bath Tissue, 12=48 roll, soft 21707532_EA

4X STRONGER WHEN WET*

*vs. Leading Canada 2-ply bath tissue



\$18 Charmin Bath Tissue, 12=48 roll, strong 21636641_EA

2X MORE ABSORBENT, SO YOU CAN USE LESS

*vs leading US ordinary brand



\$8 Bounty Paper Towel, Select A Size, 2=5 Roll 21670279_EA

\$18 Bounty Paper Towel, Select A Size, 6=12 roll 21670280_EA

MORE PAPER PER PACK!***
***compared to smaller count pack

MORE PAPER PER ROLL!***
***compared to regular rolls

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