

# Mother's day made beautiful

Sunday, May 10th



FROM  
**\$35**

GET  
**7,000**<sup>®</sup>  
**\$7**  
back  
in points

**PREMIUM OR ELITE  
MOTHER'S DAY  
BOUQUET**

EACH

21436301\_EA

21436302\_EA



**\$47**

**VANDERPUMP  
GARDENS, VILLA  
ROSA BOUQUET**

EACH

21729140\_EA



**\$25**

**HYDRANGEA  
IN UPGRADE**

EACH

21733663\_EA



**2/\$36**

OR  
\$20 EA.

**PC® DELUXE  
ANNUAL HANGING  
BASKET**

SELECTED VARIETIES

11 INCH

20753916\_EA

20753947\_EA



**\$30**

GET  
**2,000**<sup>®</sup>  
**\$2**  
back  
in points

**LARocca 8 INCH  
OCCASION CAKES**

SELECTED VARIETIES

11-1.7 KG

21390957\_EA

21645576\_EA



**BUY ONE (1)**

**BIG COOKIE**

SELECTED VARIETIES

12" S

**\$12**

21361517\_EA

**+ ONE (1)**

**10 STEM TULIPS**

**\$12**

20823978\_EA

**FOR \$20**



# weekly deals

SAVE UP TO \$2.49

\$6

MARCANGELO ITALIAN DELI MEATS SLICED 85 G OR BOURSIN SOFT CHEESE 150 G SELECTED VARIETIES  
20116794\_EA  
21706089\_EA



SAVE 98¢ WHEN YOU BUY 2



2/\$7

OR \$3.99 EA.

WONDER BREAD OR BUNS OR D'ITALIANO BUNS SELECTED VARIETIES AND SIZES  
20276296\_EA  
20305135\_EA  
20627103\_EA



\$5

HEINZ KETCHUP 750 ML-1 L OR BICK'S PICKLES 1000 ML SELECTED VARIETIES  
20069080\_EA  
21675037\_EA



2<sup>50</sup>

PC® KETTLE COOKED, LOADS OF FLAVOUR OR WORLD OF FLAVOUR POTATO CHIPS SELECTED VARIETIES  
200 G  
21422931\_EA  
20840911004\_EA



12<sup>99</sup>

COCA-COLA OR PEPSI SOFT DRINKS SELECTED VARIETIES  
24X355 ML  
20306687002\_C24  
20308197001\_C24



PROUDLY CANADIAN

Zehrs™

SAVE 36%

7.99 LB

BEEF BRISKET PORTION  
CUT FROM CANADA AAA OR USDA  
SELECT GRADE BEEF OR HIGHER



HOT PRICE

INCLUDES HALAL

4.99 LB

CHICKEN BREASTS  
BONELESS SKINLESS  
INCLUDES HALAL  
FAMILY SIZE



SAVE UP TO \$2

\$8

PC® PACIFIC LARGE  
WHITE SHRIMP  
RAW OR COOKED, PEELED  
OR RAW ZIPPERBACK®  
31-40 PER LB 400 G OR  
HIGH LINER WILD  
CAUGHT PACIFIC  
SALMON FILLETS  
400 G FROZEN



HOT PRICE

\$3



PC® GREENHOUSE GROWN  
STRAWBERRIES  
PRODUCT OF CANADA  
CANADA NO. 1 GRADE  
340 G



SAVE UP TO \$4.99

\$19

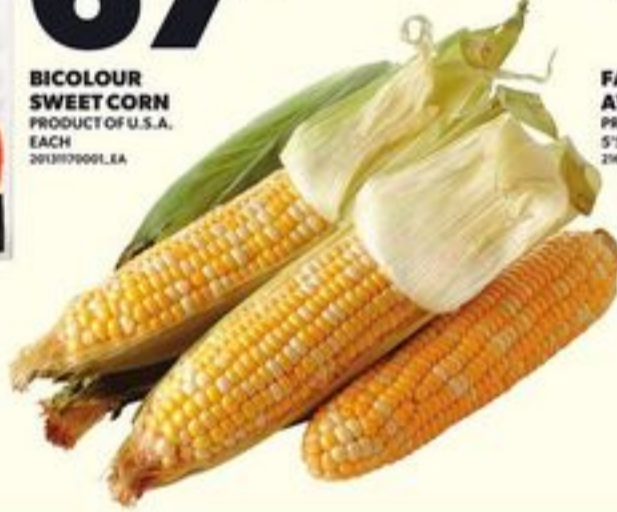
PC® PACIFIC WHITE  
SHRIMP RING WITH  
MILD COCKTAIL SAUCE  
568 G OR IFC COOKED  
CANADIAN SNOW CRAB  
CLUSTERS 500 G FROZEN



HOT PRICE

67¢

BICOLOUR  
SWEET CORN  
PRODUCT OF U.S.A.  
EACH



HOT PRICE

\$3

FARMER'S MARKET  
AVOCADO BAG  
PRODUCT OF MEXICO  
5'S



EQUIVALENT TO  
60¢  
PER AVOCADO

\$20

4 DAY SALE  
THURSDAY, MAY 7TH TO  
SUNDAY, MAY 10TH

LARGE VEGETABLE  
OR FRUIT PLATTER  
PREPARED IN-STORE  
1.34-1.87 KG



6.50



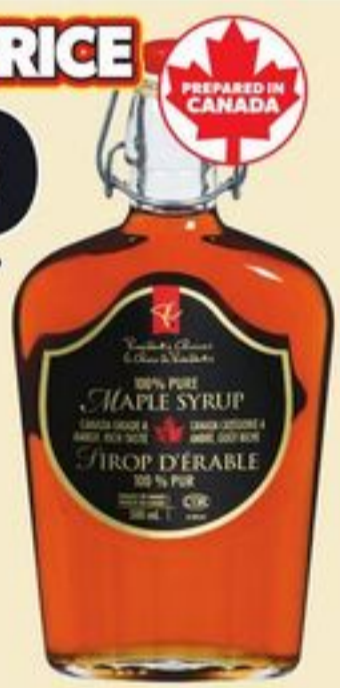
PC® ORANGE JUICE 2.5 L OR  
SIGGI'S YOGURT TUB  
650-750 G SELECTED VARIETIES



HOT PRICE

\$10

PC® MAPLE SYRUP  
GRADE A AMBER  
500 ML



\$17



KICKING HORSE  
ORGANIC WHOLE  
BEAN COFFEE  
SELECTED VARIETIES  
454 G



HOT PRICE

3.50

DR. OETKER  
RISTORANTE OR  
CASA DI MAMA  
PIZZA 320-410 G,  
PC® FOCACCIA OR  
FLATBREAD PIZZA  
330-456 G  
SELECTED VARIETIES  
FROZEN



HOT PRICE

4.98

BLACK DIAMOND  
CHEESE BARS 400 G OR  
SHREDS 300-320 G OR  
PC® SHREDS 250-320 G  
SELECTED VARIETIES



SAVE \$1.02  
WHEN YOU BUY 3

3/4.98  
OR \$2 EA.

BARILLA PASTA  
SELECTED VARIETIES  
410 G



SAVE 26%

13.88

ROOSTER®  
SCENTED  
JASMINE RICE  
5 KG



SAVE UP TO 56%

6.50

CASHMERE BATHROOM  
TISSUE 12 DOUBLE ROLLS,  
SPONGETOWELS PAPER  
TOWELS 3-G ROLLS OR  
SCOTTIES FACIAL TISSUE  
6'S SELECTED VARIETIES



Optimum™

Get more on  
More savings, more deals, more points  
This week only! May 7th-13th\*\*

More days  
More days  
More days

For more deal offers visit  
www.zehrs.ca or scan



Flyer prices effective from Thursday, May 7th to Wednesday, May 13th, 2026. SEE BACK PAGE FOR DETAILS.



APP EXCLUSIVE OFFER

GET **5,000** pts

**\$5** back in points

for every \$25\* spent on fresh and/or frozen seafood

2072068\_00/21040991\_EA/21687446\_EA

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



**\$4**



**SIGGI'S SKYR YOGURT** 4X100 G  
OR **IOGO NANO DRINKS** 6X93 ML  
SELECTED VARIETIES  
20609687001\_EA  
215899211\_EA



SAVE UP TO **46%**

**1.35**

**MICHELINA'S ENTRÉES** 196-284  
**SWANSON POT PIES** 200 G  
SELECTED VARIETIES  
FROZEN  
20320525001\_EA  
21208614\_EA



**\$5**

**BEN & JERRY'S OR HALO TOP** 473 ML OR **MAGNUM BARS** 3/4'S  
SELECTED VARIETIES  
FROZEN  
21047007\_EA  
21428403\_EA



**\$10**

**STARBUCKS GROUND COFFEE** 311/340 G,  
**K-CUPS** 10'S, **CREMA** 202 G  
OR **INSTANT COFFEE** 90 G  
SELECTED VARIETIES  
20547343001\_EA  
2054682005\_EA



SAVE UP TO **\$1.25**

**3.50**

**NEILSON CREAM**  
SELECTED VARIETIES  
473 ML/1 L  
20122609\_EA  
20776431\_EA



Members-Only Price  
**5.50**

Non-members  
**7.99**

**GENERAL MILLS FAMILY SIZE CEREAL**  
SELECTED VARIETIES  
475-778 G  
21105503\_EA  
21667658\_EA



**\$5**

**CHRISTIE PREMIUM PLUS CRACKERS**  
SELECTED VARIETIES  
450/481 G  
21090901\_EA  
21090904\_EA



**\$5**

**PC® FROZEN FRUIT**  
SELECTED VARIETIES  
300-600 G  
21092227\_EA  
21096426\_EA



**3.49**

**LANTIC WHITE GRANULATED SUGAR**  
SELECTED VARIETIES  
2 KG  
20450333\_EA



**\$11**

**TIDE DETERGENT** 1.62 L/36 L, 18-31'S,  
**DOWNY OR GAIN FABRIC SOFTENER**  
1.66-2.63 L, **DOWNY OR GAIN BEADS**  
303-379 G OR **CASCADE LARGE BAGS** 21/26/30'S  
SELECTED VARIETIES  
21550428\_EA  
21592782\_EA



SAVE UP TO **39%**

**\$12**

**COTTONELLE BATHROOM TISSUE**  
12=48 ROLLS  
21660906\_EA  
21660993\_EA



**90¢**

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



**MAY**

**LOWEST PRICES. BEST DEALS.**

Prices effective May 1 - 31, 2026

As compared to other major grocery retailers within your local areas. While quantities last. See in-store for details.

**HIT OF THE MONTH**

LIMIT 6 AFTER LIMIT \$3 EA.



**TAKI'S ROLLED TORTILLA CHIPS**  
SELECTED VARIETIES  
260-280 G  
21602795\_EA  
21715464\_EA

**\$2.25**



**KRAFT MIRACLE WHIP**  
SELECTED VARIETIES  
650-890 ML  
20298441001\_EA

**\$3**

LIMIT 6 AFTER LIMIT \$2.50 EA.



**MARCANGELO CHICKEN OR PORK SOUVLAKI**  
2 PACK  
120 G  
SELECTED VARIETIES  
20901204\_EA/21095022\_EA

**\$1.88**

LIMIT 6 AFTER LIMIT \$5.99 EA.



**HEAD MEN'S & WOMEN'S SOCKS**  
3'S  
21721517\_EA  
21721507\_EA

**\$4**



CUSTOMER RELATIONS 1-866-541-6315. VISIT [zehrs.ca](http://zehrs.ca) FOR STORE HOURS.

Please call Customer Relations at 1-866-541-6315 or visit our website at [zehrs.ca](http://zehrs.ca) for your store's hours and to see which Zehrs® 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. **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 [pcoptimum.ca](http://pcoptimum.ca). Points are not guaranteed in case of errors or misprints. No cash value. See [zehrs.ca](http://zehrs.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 April 9 - May 13, 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.



ZEH BACK

**FRESH PROMISE**

**freshness you can taste**

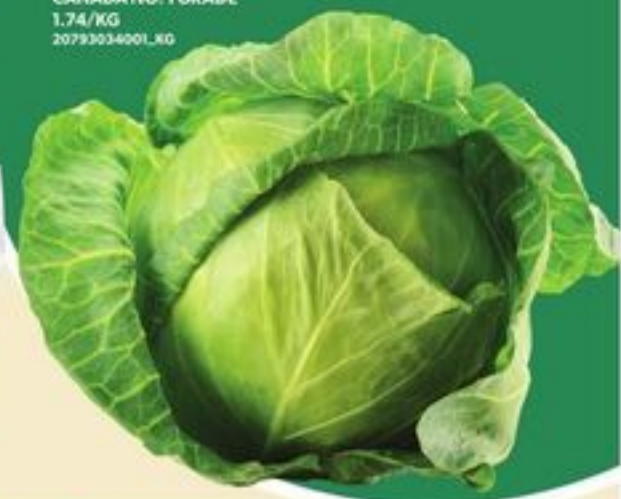
If it's not fresh, it's free.\*

\*Fresh Promise: Applicable to eligible fresh produce items purchased at Zehrs store locations or online at zehrs.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 Zehrs 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.

**79¢** LB



**GREEN CABBAGE**  
PRODUCT OF CANADA,  
CANADA NO. 1 GRADE  
1.74/KG  
2079303400L\_KG



**\$5**

**PINT**

**BLUEBERRIES** PINT,  
PRODUCT OF MEXICO, PERU  
OR U.S.A. OR  
**RASPBERRIES** 340 G,  
PRODUCT OF MEXICO OR U.S.A.  
2008013700L\_EA  
2012893800L\_EA



**3.99** LB

**EXTRA LARGE**

**PC® EXTRA LARGE  
RED SEEDLESS  
GRAPES**  
PRODUCT OF CHILE,  
NO. 1 GRADE  
9.80/KG  
2010919900L\_KG



**5.50**



**FARMER'S MARKET™  
GREENHOUSE  
PEPPERS**  
PRODUCT OF CANADA  
3'S  
2008585300L\_EA



**SAVE \$1  
WHEN YOU BUY 2**

**2/\$3**

OR  
\$2 EA.  
**ATAULFO OR  
RED MANGO**  
PRODUCT OF MEXICO  
201210900L\_EA  
2009843300L\_EA



**\$7**

**PC® BLUEBERRIES**  
9.8 OZ, PRODUCT OF MEXICO,  
PERU OR MOROCCO OR  
**RÉSERVE  
BLACKBERRIES**  
10 OZ, PRODUCT OF MEXICO  
20973077\_EA  
2172493200L\_EA



**\$2** LB

**SWEETVIDALIA  
ONIONS**  
PRODUCT OF U.S.A.  
NO. 1 GRADE  
4.41/KG  
2008345400L\_KG



**\$2** LB

**SWEET POTATOES**  
PRODUCT OF U.S.A.  
4.41/KG  
2012770800L\_KG



**\$8**

**PC® ORRI  
MANDARINS**  
PRODUCT OF ISRAEL  
2 LB  
2090764700L\_EA



**petals of appreciation for Mom**

**\$22**

**20  
STEM  
TULIPS**  
21293990\_EA



**\$22**

**PREMIUM  
FARM FRESH  
BOUQUET**  
EACH  
21679148\_EA



**\$40**

**UPGRADED  
MOTHER'S DAY  
ORCHID**  
EACH  
21732680\_EA



**\$18**

**MINI ROSE  
IN CLAY POT**  
EACH  
21124787\_EA



**\$13**

**GRASS FED MEDIUM  
GROUND BEEF**  
900 G  
21673509\_EA



**feeling protein power-fuel**

**18.50** LB

**PREPARED  
IN-STORE**

**TOP SIRLOIN BEEF  
KEBAB**  
PLAIN, CUT FROM CANADA  
AA GRADE BEEF OR USDA  
SELECT GRADE BEEF OR  
HIGHER  
40.79/KG  
21462765\_KG



**SAVE  
31%**

**6.50** LB

**CHICKEN THIGHS**  
BONELESS, SKINLESS  
FAMILY SIZE  
14.33/KG  
20162170\_KG



**\$7**



**PC® PORK SAUSAGE**  
SELECTED VARIETIES  
375/500 G  
21584342\_EA  
21584308\_EA



**17.99**

**APP EXCLUSIVE OFFER**  
GET **8,000** **\$8**  
back in points

**PC® OLD-FASHIONED  
STYLE BACON**  
SELECTED VARIETIES  
1 KG  
20052024\_EA



**\$10**

**SWISS CHALET,  
MONTANA'S OR  
PC® PORK BACK  
RIBS OR LOU'S  
ENTRÉES**  
SELECTED VARIETIES,  
FULLY COOKED  
375-650 G  
20078077\_EA  
21688161\_EA



**find your catch in seafood**

**\$3**

**SEAQUEST® CRAB  
OR LOBSTER  
FLAVOURED  
POLLOCK FLAKES  
OR CHUNKS**  
SELECTED VARIETIES,  
READY-TO-EAT  
227 G  
20699832\_EA  
20749798\_EA



**\$4**



**FRESH ATLANTIC  
SALMON PORTIONS**  
MARINATED  
SELECTED VARIETIES  
113 G  
20948217\_EA



**\$11**

**PC® SHRIMP  
APPETIZERS**  
SELECTED VARIETIES,  
FROZEN  
294/425 G  
20015242\_EA  
20973220\_EA



# a little sweet, a little savory, all for Mom



**SAVE UP TO \$1.79**  
**\$7**



**4.50** /100 G

**APPLEWOOD SMOKED CHEDDAR**  
IN-STORE DELI CUT  
20076601\_KG

**PC® DOUBLE CREAM BRIE**  
SELECTED VARIETIES  
170-200 G  
20787327\_EA



**\$7**

**CASTELLO HAVARTI, CHEDDAR OR BLUE CHEESE**  
SELECTED VARIETIES  
125-200 G  
20428574\_EA  
21180066\_EA



**3.25** /100 G

**FROM OUR CHEFS™ SERVICE CASE HAM**  
SELECTED VARIETIES  
21096032\_KG



**Optimum**  
Members-Only Price  
**10.50**  
Non-members  
**11.50**

Members save **\$1**

**PC® SPLENDIDO® DELI SALAMI CHUBS**  
SELECTED VARIETIES  
225 G  
21440786\_EA  
21440787\_EA



**\$5**

**BRETAGNE PÂTE**  
SELECTED VARIETIES  
150 G  
20287717\_EA  
20310083\_EA



**Optimum**  
Members-Only Price  
**\$7**  
Non-members  
**\$8**

Members save **\$1**

**LESLEY STOWE RAINCOAST CRISPS**  
150 G OR **WILDLY DELICIOUS JELLY** 185 ML  
SELECTED VARIETIES  
21025538\_EA  
21030996\_EA



**FROM \$14**

GET **2,500** back in points  
**\$2.50**

**\$30**

GET **5,000** back in points  
**\$5**

**\$20/25**

**CHARCUTERIE BOARDS**  
SELECTED VARIETIES  
278-330 G  
21405536\_EA  
21405571\_EA



**PARTY PLATTER**  
SELECTED VARIETIES  
592 G-1 KG  
21217539\_EA  
21217577\_EA



**SANDWICH OR WRAP PLATTERS**  
PREPARED IN-STORE  
1.2-1.7 KG  
21558135\_EA  
21558137\_EA



**Optimum**  
Members-Only Price  
**\$30**  
Non-members  
**\$35**

Members save **\$5**

**BENTO KAZOKU PLATTER**  
53 PIECES  
1.2 KG  
21437774\_EA



**SERVES 6-10**

**\$9-10**

**PREPARED IN-STORE**

**12 INCH TAKE AND BAKE PIZZA**  
SELECTED VARIETIES  
510-739 G  
21456401\_EA  
21456415\_EA



**\$12**

**FILIPPO BERIO OIL FLAVOR PIZZA, GARLIC, BASIL OR CHILLI**  
SELECTED VARIETIES  
250 ML  
21732616\_EA  
21732617\_EA



try with

**7.50**



**8 INCH PIES**  
SELECTED VARIETIES  
635-750 G  
21297466\_EA  
21297475\_EA



**4.50**



**CHAPMAN'S MARKDALE CREAMERY ICE CREAM**  
2 L OR COLLECTION NOVELTIES 6/8'S  
SELECTED VARIETIES FROZEN  
2031523601\_EA  
20315237001\_EA



**4.50**

**LINDT EXCELLENCE CHOCOLATE BARS**  
SELECTED VARIETIES  
80-100 G  
2031527905\_EA  
2031527909\_EA



**\$6**

**PREPARED IN-STORE**

**IN-STORE CÉLÉBRATION CUPCAKES**  
CHOCOLATE OR WHITE  
6'S  
20379763\_EA  
20392676\_EA



**\$2**

**SMALL CANNOLI**  
SELECTED VARIETIES  
EACH  
20752722\_EA



**\$6**

GET **1,000** back in points  
**\$1**

**FARMER'S MARKET™ LOAF CAKES, WHOLE OR SLICED OR SIMPLE JOY SLICED LOAF CAKES**  
SELECTED VARIETIES  
244-400 G  
21480954\_EA  
21480954\_EA



# bakery deals rising daily

**4<sup>50</sup>** **BAKED IN-STORE**

**3<sup>50</sup>** **BAKED IN-STORE**

**ACE BAGUETTE**  
SELECTED VARIETIES  
325-400 G  
2037107\_EA  
2194348\_EA



**\$4** **BAKED IN-STORE**

**CINNAMON RAISIN BREAD**  
468 G  
20729432\_EA



**CHOCOLATE CROISSANTS 4'S OR BUTTER CROISSANTS 6'S**  
21927027\_EA  
21943299\_EA



**6<sup>50</sup>** **PREPARED IN CANADA**

**FARMER'S MARKET™ MUFFINS**  
SELECTED VARIETIES  
6'S  
21283356\_EA  
21283357\_EA



**\$7** **PREPARED IN CANADA**

**FARMER'S MARKET™ SQUARES**  
SELECTED VARIETIES  
400/450 G  
21216499\_EA  
21216523\_EA



**7<sup>50</sup>** **PREPARED IN CANADA**

**FARMER'S MARKET™ HOMESTYLE TARTS**  
SELECTED VARIETIES  
6/12'S  
21629191\_EA  
21721791\_EA



**\$3** **PREPARED IN CANADA**

**SURAJ® NAAN**  
SELECTED VARIETIES  
5'S  
21050380\_EA  
21051353\_EA



**4<sup>50</sup>** **GET 1,000<sup>™</sup> \$1 back in points**

**STONEMILL BREAD**  
SELECTED VARIETIES AND SIZES  
20371337\_EA  
20434401\_EA

**Stonemill**  
SOURDOUGH  
MULTIGRAIN RYE

**Stonemill**  
SOURDOUGH  
CRANBERRY PUMPKIN SEED

**PREPARED IN CANADA**



**4<sup>50</sup>** **PREPARED IN CANADA**

**SARA LEE LITTLE BITES OR VACHON SNACK CAKES**  
SELECTED VARIETIES AND SIZES  
20963606\_EA  
21716306\_EA

**Little Bites**  
**JOS LOLLI'S**



## 7<sup>50</sup> in the mood for deli-cious

**7<sup>50</sup>** **PREPARED IN CANADA**

**TRE STELLE RICOTTA 475 G OR BOCCONCINI OR FETA 200 G**  
SELECTED VARIETIES  
20003436\_EA  
20093452\_EA



**SAVE UP TO \$1**

**\$7**

**CATHEDRAL CITY CHEDDAR**  
SELECTED VARIETIES  
200 G  
21245346\_EA  
21434515\_EA

**CATHEDRAL CITY**  
ENGLISH CHEDDAR ANGLAIS  
MATURE / AFFINE

**CATHEDRAL CITY**  
ENGLISH CHEDDAR ANGLAIS  
VINAGE



**Optimum**  
Members-Only Price  
**\$7**  
Non-members **\$8**

**Members save \$1**

**PREPARED IN CANADA**

**NATURAL SELECTIONS**  
SCHNEIDER'S DELI SLICED MEAT  
SELECTED VARIETIES  
150-175 G  
20065285\_EA  
20082322\_EA



**\$6** **PREPARED IN CANADA**

**SAN DANIELE MORTADELLA, MASTRO PROSCIUTTO COTTO OR ROSEMARY HAM DELI SLICED MEAT**  
SELECTED VARIETIES  
125-175 G  
20576743\_EA  
21673542\_EA



**2/\$7** **PREPARED IN CANADA**

OR \$4 EA.

**PC® HUMMUS OR DIPS**  
SELECTED VARIETIES  
200-227 G  
21681330\_EA



**2/\$7** **PREPARED IN CANADA**

OR \$4 EA.

**PC® NAAN CRISPS**  
SELECTED VARIETIES  
170 G  
21683470\_EA

**NAAN CRISPS**  
SEA SALT - SEL DE MER  
CRAQUELINS DE NAANS



## on the run, we got you

**2/\$8** **GET 1,000<sup>™</sup> \$1 back in points when you buy 2**

OR \$5 EA.

**FRIED TORTILLA CHIPS**  
383 G  
21534610\_EA



**9<sup>99</sup>** **PREPARED IN CANADA**

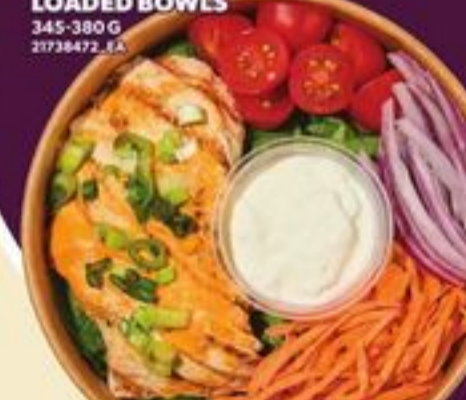
**OLIVIERI FAMILY PACK PASTA**  
SELECTED VARIETIES  
500-700 G  
20311094\_EA  
21021889\_EA

**Oliveri**  
SKILLET NOCCHI  
POELES  
CLASSIC CLASSIQUE



**\$10**

**IN-STORE MADE LOADED BOWLS**  
345-380 G  
21738472\_EA



**Family meals**

**FROM \$16** **NEW**

**IN-STORE PREPARED ONE PAN FAMILY MEALS**  
820-960 G  
21738484\_EA





# Get more on

More savings, more deals, more points  
This week only! May 7-13\*

# More days More days More days More days More days

**More days**

Members get **5,000** back in points for every '10' spent on

**\$5** back in points

**\$5**

**KELLOGG'S CEREAL**  
SELECTED VARIETIES  
317-525 G  
20015041\_EA  
21607207\_EA

**VERY HIGH FIBRE**  
**MINI-WHEATS!**  
MADE WITH 100% WHOLE GRAIN  
ORIGINAL

**VECTOR**  
HIGH PROTEIN  
WITH CRISPERY ISLANDS & CHOCOLATE

**More days**

Members get **3,000** back in points for every '10' spent on

**\$3** back in points

**BETTY CROCKER SUPERMOIST CAKE MIX** 375-404 G OR **FROSTINGS** 340-450 G  
SELECTED VARIETIES  
20542641007\_EA  
21547837\_EA

**Betty Crocker Whipped Cream Cheese**

**Super Moist**  
Rainbow Bit • Bismarck arc-en-ciel  
avec mini-macaron & gelée

**More days**

Members get **1,500** back in points for every '7' spent on

**\$1.50** back in points

**KNORR OR LIPTON SOUP MIX**  
SELECTED VARIETIES  
40-338 G  
20297514001\_EA  
20306189002\_EA

**Knorr**  
VEGETABLE LÉGUMES  
SOUP MIX / MÉLANGE À SOUPE

**Lipton**  
Tomato Vegetable  
Tomate et légumes

**More days**

Members get **1,000** when you buy 2

**\$1** back in points

**4<sup>25</sup>**

**CHRISTIE CRACKERS**  
SELECTED VARIETIES  
162-200 G  
21030647\_EA  
21547034\_EA

**RITZ**  
original

**triscuit**  
ORIGINAL  
MADE WITH REAL BUTTER

**More days**

Member Only Price **\$4**  
Non-Members **\$5**

Members save **\$1**

**DORITOS FLAVOURED TORTILLA CHIPS OR TOSTITOS TORTILLA CHIPS**  
SELECTED VARIETIES  
205-295 G  
21605081\_EA  
21693042\_EA

**Doritos**  
ORIGINAL NACHO

**Tostitos**  
ROUNDS-ROUNDES

**More days**

Members get **5,000** back in points for every '10' spent on

**\$5** back in points

**KNORR GRAVY AND SAUCE MIX** 22-48 G, **BASE FLAVOUR PASTES** 113 G, **BOUILLON CUBES OR POWDERS** 63-250 G OR **LIQUID CONCENTRATE** 250 ML  
SELECTED VARIETIES  
20297436001\_EA  
20312312001\_EA  
21683454\_EA

**Knorr**  
ALFREDO  
PASTA SAUCE MIX / MÉLANGE À SAUCE POUR PÂTES

**Knorr**  
CHICKEN / POULET

**Knorr**  
ROASTED CHICKEN / POULET ROTI

**More days**

Members get **500** back in points

**3<sup>50</sup>**

**CHRISTIE KIDS COOKIES**  
SELECTED VARIETIES  
144-200 G  
21584975\_EA  
21585047\_EA

**OREO mini**  
MADE WITH REAL COCOA

**6 SNACK PAKS**

**More days**

Members get **1,000** when you buy 3

**\$1** back in points

**3<sup>79-389</sup>**

**SWISS CHALET OR MONTANA'S READY TO SERVE SOUP**  
SELECTED VARIETIES  
540 ML  
21313333\_EA  
21690570\_EA

**SWISS CHALET**

**MONTANA'S**  
BBQ & BAR

**More days**

Members get **2,000** when you buy 2

**\$2** back in points

**5<sup>49</sup>**

**CHRISTIE PEEK FREANS COOKIES** 275-350 G OR **CADBURY FINGERS CHOCOLATEY COOKIE BISCUITS** 114-125 G  
SELECTED VARIETIES  
20488037\_EA  
21631887\_EA

**Christie**  
CRÈME DE FRUIT

**Cadbury FINGERS**

**More days**

Members get **1,000** back in points

**\$1** back in points

**17<sup>99</sup>**

**GOGO SQUEEZ FRUIT SAUCE POUCHES**  
SELECTED VARIETIES  
20X90 G  
21547971\_EA  
21547993\_EA

**GoGo SQUEEZ**

**More days**

Members get **1,000** back in points

**\$1** back in points

**\$10**

**CAVENDISH FRIES, ONION RINGS, WEDGES OR HASHBROWNS** 1-2.25 KG OR **PC® VEGETABLES** 1.75 KG  
SELECTED VARIETIES FROZEN  
85 G  
20827761\_EA  
21696317\_EA

**Cavendish**  
Flavour CRISP

**BROCCOLI FLORETS / FLEURONS DE BROCCOLI**

**More days**

Members get **1,000** back in points

**\$1** back in points

**4<sup>49-849</sup>**

**RAINCOAST CANNED FISH**  
SELECTED VARIETIES  
142-160 G  
20691309001\_EA  
20317500002\_EA

**RAINCOAST**  
WILD PINK SALMON / SAUMON ROSÉ SAUVAGE

**RAINCOAST**  
WILD ALBACORE TUNA / THON BLANC SAUVAGE

**More days**

Member Only Price **3<sup>50</sup>**  
Non-Members **\$4**

**MOTT'S FRUITSACTIONS APPLE SAUCE**  
SELECTED VARIETIES  
6 X 304 ML  
20324240011\_EA  
20324240027\_EA

**MOTT'S**  
Fruitsations  
unsweetened

**APPLE**

**STRAWBERRY KIWI**

**More days**

Members get **150** back in points

**89¢**

**WHISKAS CAT FOOD POUCHES**  
SELECTED VARIETIES  
85 G  
21699520\_EA  
21699626\_EA

**whiskas**  
Favourites / Favoris

**More days**

Members get **1,000** back in points

**\$1** back in points

**\$7**

**TEMPTATIONS CAT TREATS**  
SELECTED VARIETIES  
454 G  
21021208\_EA

**Temptations**  
VALUE 454 G / ÉCONOMIQUE



# Get more on

More savings, more deals, more points  
This week only! May 7-13\*

# More days More days More days More days More days

**More days**  
APP EXCLUSIVE OFFER  
Members get **1,500 pts** back in points  
**\$5**  
CANTALOUPE  
PRODUCT OF GUATEMALA, HONDURAS OR BRAZIL  
EACH  
2016707001\_EA  
Open your PC Optimum™ app or visit [pc optimum.ca](http://pc optimum.ca) to get the offer.

**More days**  
APP EXCLUSIVE OFFER  
Member Only Price™  
**3.50**  
Non-Members **4.50**  
Members save **\$1**  
PC® OR BLUE MENU® ENTRÉES  
SELECTED VARIETIES, FROZEN  
212-365 G  
2031253001\_EA  
20987543\_EA  
Open your PC Optimum™ app or visit [pc optimum.ca](http://pc optimum.ca) to get the offer.

**More days**  
APP EXCLUSIVE OFFER  
Members get **4,000 pts** for every '10' spent on  
**\$4** back in points  
CHRISTIE COOKIES  
SELECTED VARIETIES  
224-303 G  
21358407\_EA  
21361506\_EA  
Open your PC Optimum™ app or visit [pc optimum.ca](http://pc optimum.ca) to get the offer.

**More days**  
APP EXCLUSIVE OFFER  
Members get **4,000 pts** for every '10' spent on  
**\$4** back in points  
SILK NON-DAIRY BEVERAGES  
SELECTED VARIETIES  
890 ML / 1.89 L  
2031509001\_EA  
21357995\_EA  
21731288\_EA  
Open your PC Optimum™ app or visit [pc optimum.ca](http://pc optimum.ca) to get the offer.

**More days**  
APP EXCLUSIVE OFFER  
Members get **4,000 pts** for every '10' spent on  
**\$4** back in points  
ANGIE'S POPCORN OR PUFFS  
SELECTED VARIETIES  
102-397 G  
20778751\_EA  
20810709\_EA  
Open your PC Optimum™ app or visit [pc optimum.ca](http://pc optimum.ca) to get the offer.

**More days**  
APP EXCLUSIVE OFFER  
Members get **8,000 pts** for every '20' spent on  
**\$8** back in points  
NATURE VALLEY FIBRE 1 OR CHEX  
SELECTED VARIETIES  
AND SIZES  
20887250\_EA  
21499403\_EA  
Open your PC Optimum™ app or visit [pc optimum.ca](http://pc optimum.ca) to get the offer.

**More days**  
APP EXCLUSIVE OFFER  
Members get **2,500 pts** for every '5' spent on  
**\$2.50** back in points  
PC® BLUE MENU® OR PC® SPARKLING WATER  
SELECTED VARIETIES  
12X355 ML  
21747415\_C12  
21747404\_C12  
Open your PC Optimum™ app or visit [pc optimum.ca](http://pc optimum.ca) to get the offer.

**More days**  
APP EXCLUSIVE OFFER  
Members get **8,000 pts** for every '16' spent on  
**\$8** back in points  
SWIFFER STARTER KITS  
SELECTED VARIETIES  
21625788\_EA  
21625498\_EA  
Open your PC Optimum™ app or visit [pc optimum.ca](http://pc optimum.ca) to get the offer.

GET **10,000 pts** for every '100' spent on  
**\$10** back in points  
ANY COMBINATION OF DOORDASH AND PLAYSTATION STORE GIFT CARDS  
DOORDASH  
PlayStation Store  
Offer valid in-store only. Subject to availability; selections may vary by region and store. Please check your local store for availability. We reserve the right to limit quantities. See gift card for details, terms & conditions. Offer applies to every \$100 spent on DoorDash and PlayStation Store gift cards in a single transaction. Cannot be combined with any other gift card offers. Not valid on prior purchases. PC Optimum points cannot be redeemed toward the purchase of gift cards. Must be a registered PC Optimum member. All trademarks are the property of their respective owners.

**JOE FRESH**  
Optimum App exclusive offer  
More days™  
May 7 - 13  
Members get **20,000 pts** for every \$75 spent on apparel\*  
Visit [www.joefresh.com](http://www.joefresh.com)

Express Pass  
Get your first year of PC Express Pass for **\$2/month**  
• Unlimited grocery delivery or pickup  
• Earn 2% back in pts with eligible pickup orders\*\*  
Learn more  
Use code **PASS76**  
Offer valid until May 20, 2026. Conditions apply, see site for details.

More days  
More days  
Optimum More days Esso Mobil  
App exclusive mystery offer  
Earn up to **10¢/L** in pts  
Reveal your exclusive mystery offer in the App, then fuel up at Esso™ or Mobil™ stations!  
4 days only! May 7-10

**SURPRISE OFFER**  
1 week only!  
Thursday, May. 7th to Wednesday, May. 13th  
You could get **30%** or **20%** or **10%** back in pts  
Open the App to get your offer!  
Available for new and existing PC Optimum™ members.

**100% CANADIAN GROWERS**

**OUR GARDEN CENTRE IS NOW OPEN!**



**Linwell Gardens**

With a farm in Beamsville, Ont. Linwell Gardens has been a family run business for over 30 years having left the original family greenhouse in 1989. All plants are rooted and grown in Canada, as Linwell sells exclusively to Canadian retailers. With a focus on annual cuttings from January - March, spring annual bedding plants from March - June and poinsettias from July - December - Linwell Gardens works closely with world class breeders to bring new and improved plants to gardeners across Canada.

**2/\$20**  
OR \$11 EA.

**PC® PERENNIALS**  
SELECTED VARIETIES  
13 CM  
21350463\_EA



**\$30**

**KIMBERLY QUEEN FERN**  
30 INCH  
2124923\_EA



**\$15**

**PC® ANNUAL PLANTER**  
SELECTED VARIETIES  
8.5 INCH  
2100946\_EA



**BUY 5 OR MORE \$5 EA.**

**PC® GIGANTICO™ ANNUALS**  
SELECTED VARIETIES, 4.33 INCH  
2132664\_EA



**YOUR SPOT FOR RECYCLING FLATS AND POTS**

**Empty pots** We recycle pots by shipping them to the greenhouse to be crushed.

**Plastic** Shredded plastic makes pellets for new pots and flats.

**April 30<sup>th</sup> to June 17<sup>th</sup>, 2026**

**RECYCLE YOUR POTS FOR POINTS**

**100<sup>pts</sup>**

For every empty pot that you return to our garden centre.

For every empty pot or flat returned to participating Loblaws Companies Limited Garden Centres, you will earn the points indicated. Offer expires after use and cannot be used in 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 price or quantity. No cash value.

**BUY 5 OR MORE \$5 EA.**

**PC® GIGANTICO™ HERBS AND VEGETABLES**  
SELECTED VARIETIES  
4.33 INCH  
213307202\_EA



**BUY 5 OR MORE \$5 EA.**

**PC® GIGANTICO™ TROPICALS**  
SELECTED VARIETIES  
4.33 INCH  
21350305\_EA



**2/\$36**  
OR \$20 EA.

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



**\$32**

**PC® DIPLADENIA HANGING BASKET**  
SELECTED VARIETIES  
11 INCH  
21436462\_EA



**\$22**

**PC® BOSTON FERN HANGING BASKET**  
10 INCH  
20643440\_EA



**\$32** **7,000<sup>pts</sup>** **\$7** **each in garden**

**MOTHER'S DAY UNIT OFFER WINDOW BOXES**  
SELECTED VARIETIES  
20753925\_EA



**7 DAYS**  
MAY 7TH TO 13TH

**2/\$36**  
OR \$20 EA.

**PC® STRAWBERRY HANGING BASKET**  
SELECTED VARIETIES  
11 INCH  
20753916\_EA



**\$9**

**PC® SUPER GIGANTICO™ ANNUALS**  
SELECTED VARIETIES  
6 INCH  
21332513\_EA



**\$30**

**PC® DELUXE ANNUAL PLANTER**  
SELECTED VARIETIES  
11 INCH  
20753963\_EA



**SAVE \$1.50 \$26**

**PC® JUMBO ANNUAL HANGING BASKET**  
SELECTED VARIETIES  
12 INCH  
20753924\_EA



**\$18**

**PC® CALLA LILY**  
7 INCH  
21370028\_EA



**\$33**

**DAVID AUSTIN® ROSES**  
SELECTED VARIETIES  
3 GALLON  
21277196\_EA



**\$24**

**PC® ROSES**  
SELECTED VARIETIES  
2 GALLON  
20756987\_EA



**\$30-45**

**ASSORTED TROPICAL PLANTS**  
10 INCH  
21097270\_EA



**\$7**

**PC® NATIVE PERENNIALS**  
4 INCH  
21290441\_EA



**3/\$12**  
OR \$4.50 EA.

**NO NAME® CEDAR MULCH**  
AVAILABLE IN NATURAL, BLACK OR RED  
42.5 L  
21358573\_EA



**4/\$13**  
OR \$3.50 EA.

**PC® BLACK EARTH SOIL**  
25 L  
21357792\_EA



**\$10**

**PC® FLOWER & GARDEN BED SOIL**  
50 L  
21363856\_EA



**2/\$26**  
OR \$13 EA.

**PC® PERENNIALS**  
SELECTED VARIETIES  
15 CM  
21350466\_EA



**2/\$10**  
OR \$5.50 EA.

**PC® PERENNIALS**  
SELECTED VARIETIES  
9 CM  
21350463\_EA



# Shop the **World** in our aisles



**\$16**

**SUFRA® HALAL CHICKEN DRUMSTICKS**  
UP TO 1.7 KG OR  
**THIGHS**  
UP TO 1.9 KG  
21914885\_EA  
21917106\_EA



**HALAL**

**\$10** LB

**BEEF RIB FINGER MEAT**  
BONELESS, CRYOVAC  
22.05/KG  
20142159\_KG



**\$25**

**STEWING GOAT**  
BONE-IN, FROZEN  
1 KG  
20143053\_EA



**\$7**

**SEAQUEST® BAY SCALLOPS UNCOOKED**  
100-150 PER LB 400 G OR  
**ASC BASA STEAKS**  
UNCOOKED 1 KG  
FROZEN  
20190465\_EA  
21558527\_EA



**3.50** LB

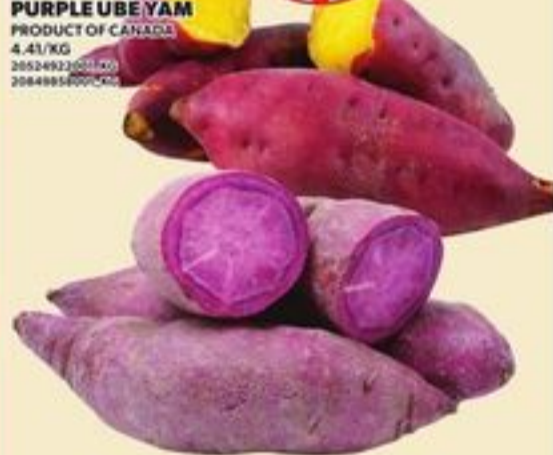
**ROMA TOMATOES**  
PRODUCT OF CANADA OR MEXICO  
7.22/KG  
2014338100L\_KG



**\$2** LB



**JAPANESE OR PURPLE UBE YAM**  
PRODUCT OF CANADA  
4.41/KG  
20524922000L\_KG  
20648855000L\_KG



**2.88** LB

**GINGER ROOT**  
PRODUCT OF CHINA  
6.35/KG  
20179038001\_KG



**\$30**

**ALPHONSO MANGO CASE**  
PRODUCT OF INDIA  
6'S  
2015170100L\_C02



**\$3** EA./LB

**LARGE DRAGONFRUIT**  
PRODUCT OF VIETNAM  
53 EA. OR  
**BABY OR SHANGHAI BOK CHOY**  
PRODUCT MEXICO OR U.S.A.  
53 LB OR 6.61/KG  
2008227900L\_KG  
2016439500L\_EA



**6.99**

**HANDI MEATEOR BEEF SAMOSAS**  
SELECTED VARIETIES,  
FROZEN  
300 G  
21692043\_EA



**9.99**

**NANAK GAJAR HALWA**  
SELECTED VARIETIES,  
FROZEN  
850 G  
216822061\_EA



**1.75**

**VITA MALT**  
SELECTED VARIETIES  
330 ML  
20191955\_EA  
20795408\_EA



**4.99**

**GLICO POCKY BISCUIT STICK BAG**  
SELECTED VARIETIES  
12'S 144 G  
21964079\_EA  
21964087\_EA



**3.49**

**INDOMIE INSTANT NOODLES**  
SELECTED VARIETIES  
5'S 400-425 G  
20686719\_EA  
21094981\_EA



**3.49**

**ORIO TURTLE CHIPS**  
SELECTED VARIETIES  
160 G  
21704482\_EA  
21704480\_EA



**3.75**

**LA COSTEÑA SAUCES**  
SELECTED VARIETIES  
455 ML  
20319656002\_EA  
20319656004\_EA



**1.50**

**GRACE COCONUT MILK** 400 ML OR  
**LA COSTEÑA CHIPOTLE SAUCE**  
220 G  
20061774\_EA  
20823424\_EA



**1.69**

**WAHAHA YOGHURT DRINK**  
SELECTED VARIETIES  
4'S 400 ML  
21091972\_EA  
21582076\_EA



# your one-stop grocery shop

**\$7**

**KELLOGG'S EGGO WAFFLES** 16'S OR **PROTEIN WAFFLES** 8'S  
SELECTED VARIETIES  
FROZEN  
21639330\_EA  
20099730004\_EA



**\$3**

**POST CEREAL**  
SELECTED VARIETIES  
311-525 G  
21627181\_EA  
21648226\_EA



**\$6**

**QUAKER MUFFIN OR COOKIE MIX**  
SELECTED VARIETIES  
900 G  
20301064001\_EA  
21612041\_EA



**\$5**

**CLUB HOUSE FAMILY SIZE, LA GRILLE OR ONE STEP SEASONING**  
SELECTED VARIETIES  
13-248 G  
20900764\_EA  
203060090001\_EA  
20321740001\_EA



**SAVE \$1.58 WHEN YOU BUY 2**

**2/\$7**

OR \$4.29 EA.

**MAPLE LEAF FLAKES**  
SELECTED VARIETIES  
156 G  
20298273001\_EA  
20298273005\_EA



**\$7**

**GOLD SEAL SOCKEYE SALMON**  
213 G  
21186414\_EA



**2/\$8**

OR \$4.49 EA.

**PC® SALAD DRESSING** 475 ML OR **CROUTONS** 140 G  
SELECTED VARIETIES  
20628489001\_EA  
20196248001\_EA



**\$8**

**BOTTICELLI PASTA SAUCE**  
SELECTED VARIETIES  
370/710 ML  
21544485\_EA  
21545179\_EA



**SAVE \$1 WHEN YOU BUY 2**

**2/\$5**

OR \$3 EA.

**UNICO PASTA SAUCE**  
SELECTED VARIETIES  
680 ML  
20326537001\_EA  
20326537003\_EA



**\$7**

**GIUSEPPE EASY PIZZI**  
SELECTED VARIETIES  
FROZEN  
560-600 G  
21359564\_EA  
21162407\_EA



**3<sup>50</sup>**

**MCCAIN FRIES OR HASHBROWNS**  
800 G OR **CHEEMO PEROGIES** 745-907 G  
SELECTED VARIETIES  
FROZEN  
20527199\_EA  
21521173\_EA



**SAVE UP TO \$2.49**

**8<sup>50</sup>**

**HIGH LINER FISH OR SHRIMP**  
SELECTED VARIETIES  
FROZEN  
315-700 G  
20303200001\_EA  
20303200003\_EA



**2/\$7**

OR \$3.99 EA.

**CHEEZ-IT BAKED SNACK CRACKERS**  
SELECTED VARIETIES  
191/200 G  
2119232001\_EA  
2119232002\_EA



**SAVE \$1.48 WHEN YOU BUY 2**

**2/5<sup>50</sup>**

OR \$3.49 EA.

**CLIF BUILDERS PROTEIN BARS**  
SELECTED VARIETIES  
56-68 G  
20303133002\_EA  
21541067\_EA



**\$5**

**PC® ICE CREAM SHOP ICE CREAM**  
SELECTED VARIETIES  
FROZEN  
946 ML  
21706410\_EA  
21706473\_EA



**SAVE 98¢ WHEN YOU BUY 2**

**2/\$17**

OR \$8.99 EA.

**COCA-COLA OR CANADA DRY SOFT DRINKS**  
SELECTED VARIETIES  
12X355 ML  
20338694001\_EA  
20338694002\_EA



**SAVE 98¢ WHEN YOU BUY 2**

**2/\$7**

OR \$3.99 EA.

**PC® LEMONADE**  
SELECTED VARIETIES  
1.89 L  
20773870001\_EA  
20957804\_EA



**Optimum Members-Only Price**

**2<sup>75</sup>**

Non-members **3<sup>50</sup>**

**CADBURY CHOCOLATES**  
SELECTED VARIETIES  
80-100 G  
21648577\_EA/21658430\_EA



**\$12**

**COTTONELLE FLUSHABLE WIPES**  
SELECTED VARIETIES  
4'S  
21477927\_EA



**\$21**

**CASHMERE BATHROOM TISSUE**  
SELECTED VARIETIES  
24-72 ROLLS  
2189845\_EA/21443648\_EA



**Optimum Members-Only Price**

**15<sup>99</sup>**

Non-members **17<sup>99</sup>**

**WHISKAS CAT FOOD**  
SELECTED VARIETIES  
12'S  
20548822\_EA





for all your  
**household  
paper  
essentials**



**21<sup>99</sup>**

APP EXCLUSIVE OFFER\*

GET  
**3,000<sup>®</sup>**

**\$3**  
back  
in points

**PC® BATHROOM  
TISSUE**

30=100 ROLLS  
21450846\_EA



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

**\$9**

**PC® BATHROOM  
TISSUE**

SELECTED VARIETIES  
12=24 ROLLS  
21450718\_EA



**24<sup>99</sup>**

APP EXCLUSIVE OFFER\*

GET  
**3,000<sup>®</sup>**

**\$3**  
back  
in points

**PC® PAPER TOWEL**

12 ROLLS  
21558605\_EA



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

**\$8**

APP EXCLUSIVE OFFER\*

GET  
**1,000<sup>®</sup>**

**\$1**  
back  
in points

**PC® DINNER  
NAPKINS**

2 PLY  
180 COUNT  
20084398\_EA



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

**\$9**

**PC® FACIAL TISSUES**

6'S  
20181283\_EA



MKT FLAP PAPER



APP EXCLUSIVE OFFER

Get 6,000 pts

\$6 back in points

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

for every \$25\* spent on cosmetics, haircare and skincare

21295791\_EA/21505267\_EA/21607043\_EA



\$8

LIMIT 4 AFTER LIMIT 8.99 EA.

TRESEMME HAIR CARE OR STYLING PRODUCTS SELECTED VARIETIES AND SIZES



\$8

LIMIT 4 AFTER LIMIT 9.99 EA.

HERBAL ESSENCES PURE PLANTS SHAMPOO, CONDITIONER 400 ML OR STYLING PRODUCTS SELECTED VARIETIES AND SIZES



\$9

LIMIT 4 AFTER LIMIT 11.49 EA.

OGX, MAUI OR AVEENO HAIR CARE SELECTED VARIETIES AND SIZES



GET 6,000 pts when you spend \$15\* on

\$6 back in points

NICE N EASY, NATURAL INSTINCTS OR COLOR STRONG HAIR COLOUR SELECTED VARIETIES



SAVE UP TO

20%

NEUTROGENA SKIN OR SUN CARE PRODUCTS SELECTED VARIETIES AND SIZES



SAVE UP TO

20%

NIVEA BODY LOTIONS OR CREAMS SELECTED VARIETIES AND SIZES



SAVE UP TO

25%

NATIVE BODY WASH 532/650 ML, DEODORANT 75 G OR BODY SPRAY 99 G SELECTED VARIETIES



4.50

LIMIT 4 AFTER LIMIT 5.99 EA.

NIVEA BODY WASH 500 ML OR DEODORANT 50 ML/51/52 G SELECTED VARIETIES



SAVE UP TO

25%

DOVE BAR SOAP 12X106 G OR BODY WASH 905/950 ML SELECTED VARIETIES



7.50

LIMIT 4 AFTER LIMIT 8.49 EA.

CREST PRO HEALTH GUM DETOXIFY TOOTHPASTE 110 ML, ORAL-B FLOSS TWIN PACK, CREST SCOPE OUTLAST AND PROHEALTH ADVANCED RINSE 1 L OR ORAL-B BATTERY TOOTHBRUSH SELECTED VARIETIES AND SIZES



6.50

LIMIT 4 AFTER LIMIT 7.49 EA.

SENSODYNE OR PRONAMEL TOOTHPASTE SELECTED VARIETIES



5.50

LIMIT 4 AFTER LIMIT 5.99 EA.

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



\$7

LIMIT 4 AFTER LIMIT 8.49 EA.

BIC OR SOLEIL DISPOSABLE RAZORS SELECTED VARIETIES



3.50

LIMIT 4 AFTER LIMIT 4.29 EA.

SPEED STICK PREMIUM DEODORANT 45/85 G OR SOFTSOAP LIQUID HAND SOAP 332 ML SELECTED VARIETIES



\$5

LIMIT 4 AFTER LIMIT 5.99 EA.

AXE BODY SPRAY 113 G, DEODORANT 76/85 G OR BODY WASH 473 ML SELECTED VARIETIES



# live well, spend less

**SAVE UP TO 15%**

**CENTRUM MULTIVITAMINS, CALTRATE BONE HEALTH SUPPLEMENTS OR EMERGEN-C VITAMINS**  
SELECTED VARIETIES AND SIZES  
20997330\_EA  
20997357\_EA



**SAVE UP TO 15%**

**YOUTHEORY HEALTH 45-80'S OR OLLY 25-90'S VITAMINS OR SUPPLEMENTS**  
SELECTED VARIETIES AND SIZES  
21289985\_EA/21546942\_EA



**SAVE UP TO 20%**

**BOOST READY TO DRINK SHAKES**  
SELECTED VARIETIES AND SIZES  
20986361\_C06  
20990880\_C06



**\$23** **LIMIT 4**  
AFTER LIMIT 25.99 EA.

**REACTINE 24-36'S, CLARITIN 15-30'S, ALLEGRA 30'S OR BENADRYL 25 MG 100'S CAPLETS, TABLETS OR GELS**  
SELECTED VARIETIES AND SIZES  
21367017\_EA/20308018001\_EA



**\$15**

**TYLENOL TABLETS, CAPLETS OR GELCAPS**  
SELECTED VARIETIES  
60-150'S  
20040611\_EA/21032531\_EA



**SAVE UP TO 15%**

**BAND-AID BANDAGES OR POLYSPORIN OINTMENT**  
SELECTED VARIETIES AND SIZES  
20380166001\_EA  
21335482\_EA



**\$12**

**ALWAYS LINERS 92-96'S, PADS 7-92'S, OR TAMPAX TAMPONS 22-26'S**  
SELECTED VARIETIES  
21025063\_EA/21374609\_EA



**\$13**

**GET 4,000** **\$4**  
back in points  
when you buy 2

**U BY KOTEX LINERS 54-120'S, PADS 30-44'S OR TAMPONS 30/32'S**  
SELECTED VARIETIES  
21724886\_EA/21734867\_EA



**\$18**

**TENA PADS, UNDERWEAR OR BRIEFS**  
SELECTED VARIETIES AND SIZES  
20957897\_EA/21099265\_EA



**5/\$10**  
OR \$2.49 EA.

**BABY GOURMET ORGANIC FRUIT OR VEGETABLE BABY FOOD POUCHES 113/128 ML OR JARS 113 ML**  
SELECTED VARIETIES  
2061654001\_EA/21123983\_EA



**2/\$11**  
OR \$5.99 EA.

**GERBER INFANT CEREAL**  
SELECTED VARIETIES  
227 G  
20358329002\_EA  
20358329007\_EA



**\$38** **LIMIT 4**  
AFTER LIMIT 42.99 EA.

**ENFAGROW A+ TODDLER NUTRITIONAL SUPPLEMENT**  
SELECTED VARIETIES  
907 G  
21694898\_EA/21694972\_EA



**\$35** **GET 2,000** **\$2**  
back in points  
**LIMIT 4**  
AFTER LIMIT 41.99 EA.

**HUGGIES ECONO PACK DIAPERS**  
SELECTED VARIETIES  
SIZE N-7, 60-200'S  
21456748\_EA/21663768\_EA



**\$37** **LIMIT 4**  
AFTER LIMIT 43.99 EA.

**HUGGIES PULL-UPS OR PAMPERS EASY UPS GIANT PACK TRAINING PANTS**  
SELECTED VARIETIES  
68-112'S  
21021427\_EA/21089704\_EA



**\$70** **LIMIT 4**  
AFTER LIMIT 89.99 EA.

**SIMILAC 360 TOTAL CARE READY TO FEED INFANT FORMULA**  
SELECTED VARIETIES  
16X235 ML  
21702863\_C06/21702882\_C16



## Celebrate Mom

WITH A GOURMET HAPPY HOUR

- \$3.50** /100g  
**JARLSBERG**  
Cheese  
21388103\_KG
- \$3** /100g  
**AGROPUR GRAND CHEDDAR**  
1 year, 5 years  
21180100\_KG  
21194213\_KG
- \$12**  
**MONSIEUR GUSTAV**  
Double crème  
325g  
21396602\_EA
- \$6**  
**MONSIEUR GUSTAV**  
Double crème  
Camembert  
125g  
21618007\_EA  
20091813\_EA
- \$8**  
**L'EXTRA**  
Brie, Camembert  
**NOTRE-DAME**  
Brie  
170g  
21138319\_EA  
20091813\_EA
- \$3.50** /100g  
**L'EXTRA**  
Brie  
Double crème  
21151808\_KG  
21128230\_KG
- \$7**  
**ENTREMONT**  
Brie, Camembert  
227g  
21602067\_EA  
21602036\_EA
- \$4** /100g  
**ENTREMONT**  
Brie  
21732984\_KG
- \$8**  
**KERRYGOLD**  
Dubliner  
Reserve Cheddar  
198g  
20981805\_EA  
20091813\_EA
- \$5** /100g  
**CAMBOZOLA**  
Cheese  
20001969\_KG
- \$10**  
**SNOWDONIA**  
Beech Wood  
Black Bomber  
200g  
21628091\_EA  
21622796\_EA

## Lactantia

FOR MILK CONNOISSEURS

- \$5.75** LACTANTIA  
PURIFILTRE  
MILK, 2L  
SELECTED VARIETIES  
21424991\_EA
- \$6** LACTANTIA  
LACTOSE-FREE  
MILK, 2L  
SELECTED VARIETIES  
21441429\_EA
- \$3.25** BFIT  
HIGH PROTEIN  
MILKSHAKE, 460 ML  
SELECTED VARIETIES  
21345511\_EA  
21345500\_EA

PRODUCT MADE IN CANADA

CDHF

\*per 400 mL serving

## Our butchers cut quality meat in your store every day!

- gourmet beef burgers**  
20775785\_KG  
21550474\_KG
- marinated top sirloin beef, chicken or pork kebabs**  
20636713\_KG  
20636715\_KG
- marinated beef flank steak**  
20648756\_KG
- marinated beef short ribs**  
20797535\_KG

## BOLD FLAVOUR MEETS MAYO

**NEW** Heinz Mayonnaise-style Sauces selected varieties 340 mL 21735038\_EA **\$2.99**

**NEW** Bull's-Eye BBQ Sauce selected varieties 425 mL 21735390\_EA **\$4**

**NEW** Diana Sauce selected varieties 500 mL 21735502\_EA **\$4**

## SIP THE FLAVOUR, SEE THE TROPHY

Scan for a chance to WIN\* a trip to the FIFA World Cup 26™ Trophy Tour and more prizes!

Naturally Flavoured Iced Tea

**fuze** iced tea

\*NO PURCHASE NECESSARY. Void outside Canada & where prohibited. Open to legal residents of Canada, who are 18+ & legal age of majority or older in their jurisdiction of residence. Ends at 11:59 pm ET on 5/31/26, with 13 entry periods. Entry by 11:59 pm ET on 4/26/26 for the Trip. (1) Trip AWD: CAD\$5,394.35; (1) Trip BWD: CAD\$1,025.7 per entry period. 1st entry period 13 AWD. CAD\$100. Odds depend on number of eligible entries received. Much skill/luck required. For Official Rules, visit <https://coca-cola.com/fuzelegal>. Sponsor: Coca-Cola Ltd. © The Coca-Cola Company, used under license.

- \$9.99\*\*** Fuze® iced tea selected varieties 12x341 mL 21645563\_C12
- 2/\$5\*\*** or \$2.99 POWERADE® beverages selected varieties 710 mL 20853723\_EA
- 2/\$6\*\*** or \$3.49 Glaceau vitaminwater® beverages selected varieties 591 mL 20562362003\_EA
- 2/\$17\*\*** or \$8.99 Diet Coke® beverages selected varieties 12x355 mL 21730741\_C12
- SEE IN-STORE FOR RETAILS** Monster Energy® beverages\* selected varieties 4x473 mL 20937631\_C04

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.  
‡ The trademarks that appear are the property of their respective trademark owners.

## 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

## 50% MORE ABSORBENT

\*vs. leading ordinary brand.

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

## THICKER AND MORE ABSORBENT

\*vs. the leading US 2-ply napkin

**\$11** Bounty Napkin 400's 21053171\_EA

© 2026 P&G