

Mother's day made beautiful

Sunday, May 10th



FROM
\$35

GET **7,000**^{pts}
\$7 back in points

PREMIUM OR ELITE
MOTHER'S DAY
BOUQUET
EACH
BOUQUET DE LA
FÊTE DES MÈRES
DE QUALITÉ
SUPÉRIEURE
OU ÉLITE
21436381_EA
21436382_EA



\$47

VANDERPUMP
GARDENS, VILLA
ROSA BOUQUET
EACH
BOUQUET JARDINS
VANDERPUMP,
VILLA ROSA
21739140_EA



\$25

HYDRANGEA
IN UPGRADE
EACH
HORTENSIA DANS
UN POT DE QUALITÉ
SUPÉRIEURE
EACH
21733663_EA



2/**\$36**

OR
\$20 EA.

PC® DELUXE
ANNUAL HANGING
BASKET
SELECTED VARIETIES
11 INCH
PANIER SUSPENDU
D'ANNUELLES DE
LUXE PC^{MD}
20753916_EA
20753947_EA



\$30

GET **2,000**^{pts}
\$2 back in points

LA ROCCA 8 INCH
OCCASION CAKES
SELECTED VARIETIES
1.1-1.7 KG
GÂTEAUX
D'OCCASION
8 PO LA ROCCA
21390957_EA
21645576_EA



BUY ONE (1)

BIG COOKIE
SELECTED VARIETIES
12'S
GROS BISCUIT
\$12
21365157_EA

+ ONE (1)

10 STEM TULIPS
10 TULIPES
\$12
20833978_EA

FOR \$20

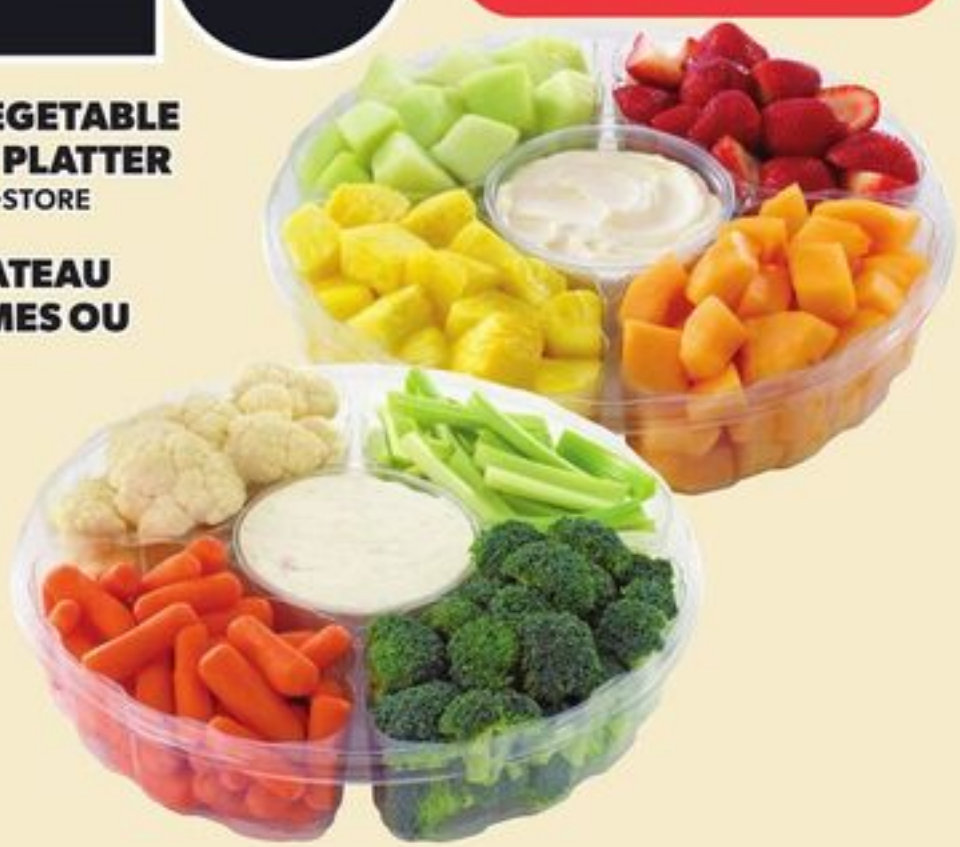


weekly deals

\$20

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

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



**SAVE
UP TO \$2.49**

\$6

**MARCANGELO ITALIAN
DELI MEATS SLICED 85 G OR
BOURSIN SOFT CHEESE 150 G**
SELECTED VARIETIES
**CHARCUTERIES ITALIENNES
TRANCHÉES MARCANGELO
OU FROMAGE À PÂTE
MOLLE BOURSIN**
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
**PAIN OU PETITS PAINS
WONDER OU PETITS
PAINS D'ITALIANO**
20276296_EA
20305135_EA
20627103_EA



\$5

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



2.50

**PC® KETTLE COOKED,
LOADS OF FLAVOUR OR
WORLD OF FLAVOUR
POTATO CHIPS**
SELECTED VARIETIES
200 G
**CROUSTILLES CUITES À
LA MARMITE, PLEINES
DE OU SAVEURS DU
MONDE PC®**
21422931_EA
20840911004_EA



12.99

**COCA-COLA OR
PEPSI SOFT DRINKS**
SELECTED VARIETIES

24X355 ML
**BOISSONS
GAZEUSES
COCA-COLA
OU PEPSI**
20306687002_C24
20308197001_C24



PROUDLY CANADIAN OWNED & OPERATED

Independent
Your Independent Grocer

HOT PRICE

INCLUDES HALAL

3⁹⁹
LB

SPLIT CHICKEN WINGS
INCLUDES HALAL
FAMILY SIZE
8.80/KG
AILES DE POULET SÉPARÉES
20761916_KG
21656520_KG



SAVE 38%

7⁹⁹
LB

BEEF BRISKET PORTION
CUT FROM CANADA AA OR USDA
SELECT GRADE BEEF OR HIGHER
17.61/KG
PORTION DE POINTE DE POITRINE DE BŒUF
20798405_KG



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
GROSSES CREVETTES BLANCHES DU PACIFIQUE PC^{MD} OU FILETS DE SAUMON SAUVAGE DU PACIFIQUE HIGH LINER
20791381_EA
21093881_EA



\$5

SEEDLESS WATERMELON
PRODUCT OF U.S.A. OR MEXICO
EACH
MELON D'EAU SANS PÉPINS
20067326001_EA



SAVE 49¢/LB

2⁵⁰
LB

PC® EXTRA LARGE RED SEEDLESS GRAPES
PRODUCT OF CHILE, NO. 1 GRADE
5.51/KG
TRÈS GROS RAISINS ROUGES SANS PÉPINS PC^{MD}
20159199001_KG



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
COURONNE DE CREVETTES BLANCHES DU PACIFIQUE AVEC SAUCE COCKTAIL DOUCE PC^{MD} OU GRAPES DE CRABE DES NEIGES CANADIEN CUITES IFC
20147098_EA
21615011_EA



6⁵⁰

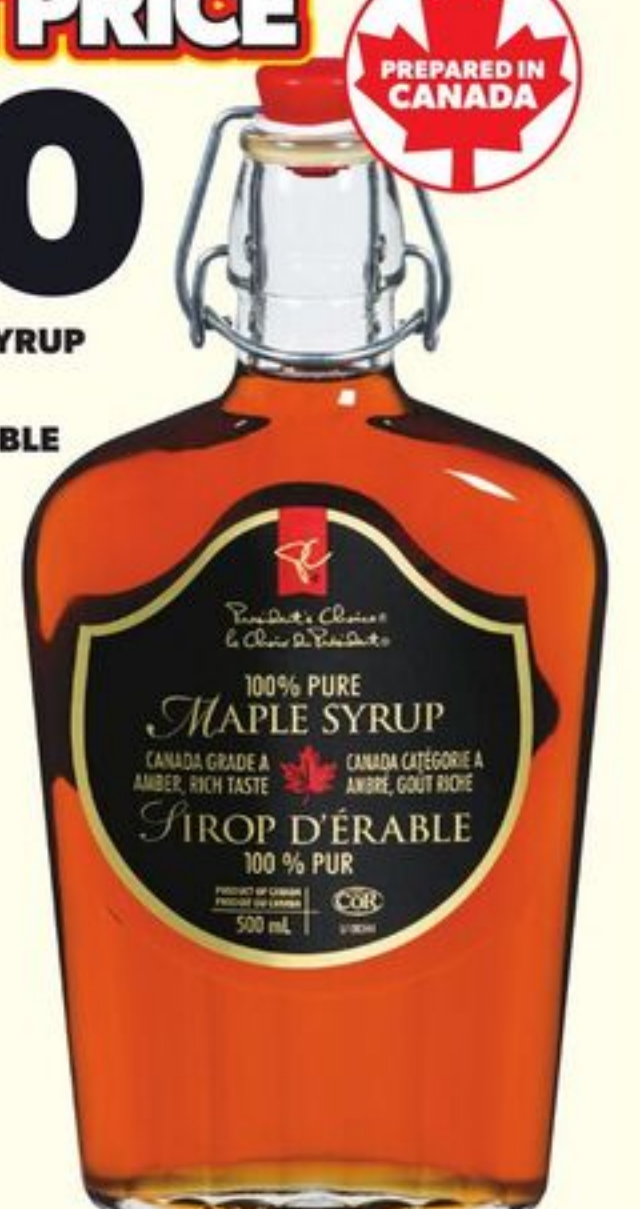
PC® ORANGE JUICE 2.5 L OR SIGGI'S YOGURT TUB 650-750 G SELECTED VARIETIES
JUS D'ORANGE PC^{MD} OU CONTENANT DE YOGOURT SIGGI'S
21353892_EA
21531644_EA



HOT PRICE

\$10

PC® MAPLE SYRUP GRADE A AMBER 500 ML
SIROP D'ÉRABLE PC^{MD}
20049221_EA



\$17

KICKING HORSE ORGANIC WHOLE BEAN COFFEE
SELECTED VARIETIES
454 G
CAFÉ EN GRAINS BIOLOGIQUE KICKING HORSE
20322468001_EA
20322468002_EA



HOT PRICE

3⁵⁰

DR. OETKER RISTORANTE OR CASA DI MAMA PIZZA 320-410 G,
PC® FOCACCIA OR FLATBREAD PIZZA 330-456 G
SELECTED VARIETIES
FROZEN
PIZZA RISTORANTE OU CASA DI MAMA, DR. OETKER, PIZZA FOCACCIA OU PAIN PLAT PC^{MD}
20296100001_EA
21013452_EA



HOT PRICE

4⁹⁸

BLACK DIAMOND CHEESE BARS 400 G OR **SHREDS** 300-320 G OR **PC® SHREDS** 250-320 G
SELECTED VARIETIES
BARRES DE FROMAGE OU FROMAGE RÂPÉ
BLACK DIAMOND OU FROMAGE RÂPÉ PC^{MD}
21060207_EA
21279221_EA



SAVE \$1.02 WHEN YOU BUY 3

3/4⁹⁸
OR \$2 EA.

BARILLA PASTA SELECTED VARIETIES
410 G
PÂTES BARILLA
21404904_EA
21404912_EA



SAVE 26%

13⁸⁸

ROOSTER® SCENTED JASMINE RICE 8 KG
RIZ PARFUMÉ AU JASMIN ROOSTER®
20121871_EA



SAVE UP TO 56%

6⁵⁰

CASHMERE BATHROOM TISSUE 12 DOUBLE ROLLS, **SPONGETOWELS PAPER TOWELS** 3=6 ROLLS OR **SCOTTIES FACIAL TISSUE** 6'S SELECTED VARIETIES
PAPIER HYGIÉNIQUE CASHMERE, ESSUIE-TOUT SPONGETOWELS 12=24
SCOTTIES
21204739_EA
21676183_EA



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.yourindependentgrocer.ca
or scan



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



GET **5,000** pts

\$5 back in points

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



20720065_KG/21240991_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

YOGURT SKYR SIGGI'S OU BOISSONS NANO IOGO

20609687001_EA
21589925_EA

SAVE UP TO 46%

135

MICHELINA'S ENTRÉES 156-284 G OR **SWANSON POTPIES** 200 G SELECTED VARIETIES

FROZEN PLATS CUISINÉS Macaroni and Cheese
MICHELINA'S OU Macaroni au fromage
PÂTES SWANSON

20320525001_EA
21208614_EA

\$5

BEN & JERRY'S OR HALO TOP 473 ML OR **MAGNUM BARS** 3/4'S SELECTED VARIETIES

FROZEN BEN & JERRY'S OU HALO TOP OU BARRES MAGNUM

21087007_EA
21428403_EA

\$10

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

CAFÉ MOULU, K-CUPS, CREMA OU CAFÉ INSTANTANÉ STARBUCKS

20547343001_EA
205486820052EA

SAVE UP TO \$125

350

NEILSON CREAM SELECTED VARIETIES 473 ML/1L

CRÈME NEILSON 35% M.F. 473 ML/1L

whipping cream 35% M.F. 473 ML/1L

20123609_EA
20774431_EA

Optimum

Members-Only Price

550

Non-members 799

Members save \$2.49 meal Crisp

PROTEIN 15g

GENERAL MILLS FAMILY SIZE CEREAL SELECTED VARIETIES 475-778 G

CÉRÉALES FORMAT FAMILIAL GENERAL MILLS

21103503_EA
21667658_EA

\$5

CHRISTIE PREMIUM PLUS CRACKERS SELECTED VARIETIES 450/481 G

CRAQUELINS PREMIUM PLUS CHRISTIE

21109001_EA
21109004_EA

\$5

PC® FROZEN FRUIT SELECTED VARIETIES 300-600 G

FRUITS SURGELÉS PC®

RED RASPBERRIES 300 G

MORSELES JUGES 300 G

STRAWBERRIES FRAISES SUCED - TRANCHÉES 300 G

20312227_EA
21496426_EA

349

LANTIC WHITE GRANULATED SUGAR SELECTED VARIETIES 2 KG

SUCRE BLANC GRANULÉ LANTIC

20145033_EA

\$11

TIDE DETERGENT 1.62-1.86 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

DÉTERGENT TIDE, ASSOULISSANT DOWNY OU GAIN, PERLES DOWNY OU GAIN, OU GRANDS SACS CASCADE

21550428_EA
21593782_EA

SAVE UP TO 39%

\$12

COTTONELLE BATHROOM TISSUE 12=48 ROLLS MEGA 48

PAPIER HYGIÉNIQUE COTTONELLE

21665900_EA
21665993_EA

90¢

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

NOURRITURE POUR CHAT FANCY FEAST OU FRISKIES

20302296001_EA
20316703_EA

MAY **HIT OF THE MONTH** **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.

LIMIT 6 AFTER LIMIT \$3 EA. **TAKI'S ROLLED TORTILLA CHIPS** SELECTED VARIETIES 260-280 G

CROUSTILLES DE TORTILLA ROULÉES TAKIS

21602195_EA/21715466_EA

\$2.25

KRAFT MIRACLE WHIP SELECTED VARIETIES 650-890 ML

SAUCE À SALADE

2029861001_EA

\$3

MARCANGELO CHICKEN OR PORK SOUVLAKI 2 PACK 120 G SELECTED VARIETIES

SOUVLAKI DE POULET OU PORC MARCANGELO

20902208_EA/21095022_EA

\$1.88

LIMIT 6 AFTER LIMIT \$5.99 EA. **HEAD MEN'S & WOMEN'S SOCKS** 3'S

CHAUSSETTES POUR FEMMES HEAD

21721517_EA
21721507_EA

\$4

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. **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. 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 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.



YIG BACK

freshness you can taste

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

FRESH PROMISE

*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.

5⁵⁰

BLUEBERRIES PINT,
PRODUCT OF MEXICO,
PERU OR U.S.A. OR
**PC® GREENHOUSE
GROWN STRAWBERRIES**
340 G, PRODUCT OF CANADA,
NO. 1 GRADE
**BLEUETS OU
FRAISES CULTIVÉES
EN SERRE PC^{MD}**
20080137001_EA
21027142001_EA

\$8

PC® BLUEBERRIES
9.8 OZ, PRODUCT OF
MEXICO, PERU OR
MOROCCO OR
**RÉSERVE
BLACKBERRIES**
10 OZ, PRODUCT OF MEXICO
**BLEUETS PC^{MD} OU
MÛRES RÉSERVE**
20573077_EA
21724952001_EA

\$3

**FARMER'S MARKET™
MINI CUCUMBERS**
PRODUCT OF ONTARIO
6'S
**MINI-CONCOMBES
DÉLICIES DU MARCHÉ^{MC}**
20737570001_EA

5⁵⁰

CAULIFLOWER EACH,
PRODUCT OF MEXICO
OR U.S.A. OR
**FARMER'S MARKET™
GREENHOUSE
PEPPERS 3'S**
PRODUCT OF ONTARIO
**CHOU-FLEUR OU
POIVRONS DE
SERRE DÉLICIES DU
MARCHÉ^{MC}**
20135377001_EA
20085851001_EA

**SAVE \$1.02
WHEN YOU BUY 3**

3/4⁹⁸

OR \$2 EA.

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

\$5

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

\$2^{LB}

SWEET POTATOES
PRODUCT OF U.S.A.
4.41/KG
PATATES DOUCES
20127708001_KG

\$8

**PC® ORRI
MANDARINS**
PRODUCT OF ISRAEL
2LB
**MANDARINES ORRI
PC^{MD}**
20907647001_EA

\$5

**FARMER'S MARKET™
AVOCADO BAG**
PRODUCT OF MEXICO
5'S
**SAC D'AVOCATS
DÉLICIES DU MARCHÉ^{MC}**
21644936001_EA

petals of appreciation for Mom

\$22

**20 STEM
TULIPS
20 TULIPES
SUR TIGE**
21293990_EA

\$22

**PREMIUM
FARM FRESH
BOUQUET
EACH
BOUQUET FRAIS
DE LA FERME
DE QUALITÉ
SUPÉRIEURE**
21478148_EA

\$28

**TEAPOT ORCHID
EACH
ORCHIDÉE
DANS UNE
THÉIÈRE**
21735629_EA

\$18

**MINI ROSE
IN CLAY POT
EACH
MINI-ROSIER
DANS UN POT
EN ARGILE**
21524787_EA

feeling protein power-fuel

\$13

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

18⁵⁰ **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
**BROCHETTE
DE HAÛT DE
SURLONGE DE
BŒUF**
21462765_KG

\$5 **LB**

CHICKEN BREASTS
BONE-IN, SKINLESS
FAMILY SIZE
11.02/KG
**POITRINES DE
POULET**
20055906_KG

\$7

PC® PORK SAUSAGE
SELECTED VARIETIES
375/500 G
**SAUCISSES DE
PORC PC^{MD}**
21584342_EA
21584308_EA

17⁹⁹ **APP EXCLUSIVE OFFER***
GET 8,000^{PC} **\$8** **back in points**

**PC® OLD-FASHIONED
STYLE BACON**
SELECTED VARIETIES
1 KG
**BACON À L'ANGIENNE
PC^{MD}**
20115703_EA

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

\$10

**SWISS CHALET,
MONTANA'S OR
PC® PORK BACK
RIBS OR LOU'S
ENTRÉES**
SELECTED VARIETIES,
FULLY COOKED
375-650 G
**CÔTES DE DOS
DE PORC BBQ**
**SWISS CHALET,
MONTANA'S OU
PC^{MD} OU PLATS
CUISINÉS LOU'S**
200780221_EA
21668141_EA

find your catch in seafood

\$3

**SEAQUEST® CRAB
OR LOBSTER
FLAVOURED
POLLOCK FLAKES
OR CHUNKS**
SELECTED VARIETIES,
READY-TO-EAT
227 G
**GOBERGE À
SAVEUR DE CRABE
OU HOMARD**
**SEAQUEST®
FLOCONS OU
MORCEAUX**
20609832_EA
20749798_EA

\$4 **CANADIAN
SEAFOOD**

**FRESH ATLANTIC
SALMON PORTIONS**
MARINATED
SELECTED VARIETIES
113 G
**PORTIONS DE SAUMON
FRAIS DE L'ATLANTIQUE**
20948217_EA

\$11

**PC® SHRIMP
APPETIZERS**
SELECTED VARIETIES,
FROZEN
294-434 G
**HORS-D'ŒUVRE DE
CRÉVETTES PC^{MD}**
20135874_EA
20978921_EA

**BREADED
COCONUT SHRIMP
UNCOOKED NON-CUTTES
CRÉVETTES
À LA NOIX DE COCO**

**TEMPURA
TORPEDO SHRIMP**
UNCOOKED NON-CUTTES
CRÉVETTES
EN TORPILLES

340 g 15

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
CHEDDAR FUMÉ APPLEWOOD
20076601_KG

PC® DOUBLE CREAM BRIE
SELECTED VARIETIES
170-200 G
BRIE DOUBLE CRÈME PC^{MD}
20787327_EA



\$7

CASTELLO HAVARTI, CHEDDAR OR BLUE CHEESE
SELECTED VARIETIES
125-200 G
HAVARTI, CHEDDAR OU BLEU CASTELLO
20428574_EA
21158086_EA



3.25 /100 G



FROM OUR CHEFS™ SERVICE CASE HAM
SELECTED VARIETIES
JAMBONS DU COMPTOIR DE SERVICE
CONCOCTÉ PAR NOS CHEFS^{MC}
21696032_KG



Optimum
Members-Only Price[™]
10.50
Non-members
11.50

Members save **\$1**

PC® SPLENDIDO® DELI SALAMI CHUBS
SELECTED VARIETIES
225 G
SAUCISSONS DE SALAMI DE CHARCUTERIE PC^{MD} SPLENDIDO^{MD}
21449780_EA
21449787_EA



\$5

BRETAGNE PÂTE
SELECTED VARIETIES
150 G
PÂTES BRETAGNE
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
CRAQUELINS RAINCOAST CRISPS
LESLEY STOWE OU GELÉES WILDLY DELICIOUS
21025538_EA
21030996_EA



FROM \$14

GET 2,500[®] back in points

\$30

GET 5,000[®] back in points

\$20/25

CHARCUTERIE BOARDS
SELECTED VARIETIES
278-330 G
PLANCHES DE CHARCUTERIES
21405538_EA
21405571_EA



PARTY PLATTER
SELECTED VARIETIES
592 G-1 KG
PLATEAU DE CÉLÉBRATION
21217533_EA
21217572_EA



SANDWICH OR WRAP PLATTERS
PREPARED IN-STORE
1.2-1.7 KG
PLATEAUX DE SANDWICHES OU ROULÉS
21558135_EA
21558137_EA



Optimum
Members-Only Price[™]
\$30
Non-members
\$35

Members save **\$5**

BENTO KAZOKU PLATTER
53 PIECES
1.2 KG
PLATEAU KAZOKU BENTO
21637774_EA



\$9-10 **PREPARED IN-STORE**

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



\$12

FILIPPO BERIO OIL FLAVOR PIZZA, GARLIC, BASIL OR CHILLI
SELECTED VARIETIES
250 ML
HUILE FILIPPO BERIO SAVEUR PIZZA, AIL, BASILIC OU CHILI
21732655_EA
21732735_EA



7.50



8 INCH PIES
SELECTED VARIETIES
635-750 G
TARTES DE 8 POUÇES
21297466_EA
21297475_EA



4.50

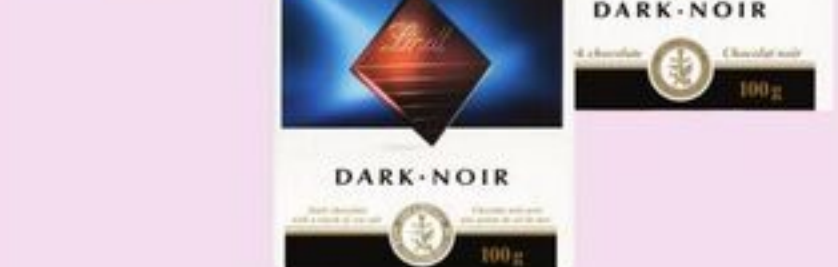


CHAPMAN'S MARKDALE CREAMERY ICE CREAM 2 L OR **COLLECTION NOVELTIES** 6/8'S
SELECTED VARIETIES FROZEN
CRÈME GLACÉE MARKDALE CREAMERY OU FRIANDISES GLACÉES COLLECTION CHAPMAN'S
20315236001_EA
20323757001_EA



4.50

LINDT EXCELLENCE CHOCOLATE BARS
SELECTED VARIETIES
80-100 G
BARRES DE CHOCOLAT LINDT EXCELLENCE
20312527005_EA
20312527009_EA



\$6 **PREPARED IN-STORE**

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



\$2

SMALL CANNOLI
SELECTED VARIETIES
EACH
PETITS CANNOLI
20752722_EA



\$6

GET 1,000[®] back in points

FARMER'S MARKET™ LOAF CAKES, WHOLE OR SLICED OR SIMPLE JOY SLICED LOAF CAKES
SELECTED VARIETIES
344-400 G
GÂTEAUX QUATRE-QUARTS DÉLICÉS DU MARCHÉ^{MC} ENTIERS OU TRANCHÉS OU GÂTEAUX QUATRE-QUARTS TRANCHÉS SIMPLE JOY
20565382_EA
21488954_EA



bakery deals rising daily

4⁵⁰ **BAKED IN-STORE**

3⁵⁰ **BAKED IN-STORE**

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



\$4 **BAKED IN-STORE**

CINNAMON RAISIN BREAD
468 G
20729432_EA



CHOCOLATE CROISSANTS 4'S OR BUTTER CROISSANTS 6'S
21027027_EA
21022999_EA



6⁵⁰ **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



7⁵⁰ **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



4⁵⁰ **GET 1,000⁰⁰ back in points**

STONEMILL BREAD
SELECTED VARIETIES AND SIZES
20371357_EA
20434411_EA

Stonemill
SOURDOUGH
MULTIGRAIN RYE
SOURDOUGH
CRANBERRY PUMPKIN SEED



4⁵⁰ **PREPARED IN CANADA**

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

Little Bites
JOS LOUIS



7⁵⁰ **PREPARED IN CANADA**


TRE STELLE RICOTTA 475 G OR BOCCONCINI OR FETA 200 G
SELECTED VARIETIES
20003436_EA
20093652_EA



\$7

CATHEDRAL CITY CHEDDAR
SELECTED VARIETIES
200 G
21245346_EA
21434515_EA

CATHEDRAL CITY
ENGLISH CHEDDAR ANGLAIS
MATURE / AFFINE
VINTAGE



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

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

NATURAL SELECTIONS
Schneiders Deli Sliced Meat
150-175 G
20065285_EA
20582322_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 1,000⁰⁰ back in points when you buy 2**

OR \$5 EA.

FRIED TORTILLA CHIPS
383 G
21534615_EA



9⁹⁹ **PREPARED IN CANADA**

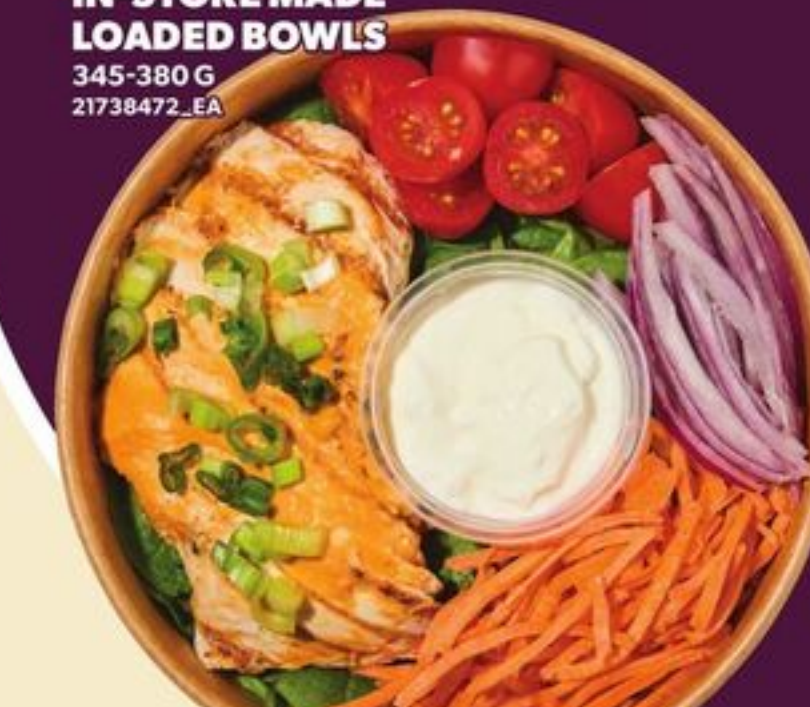
OLIVIERI FAMILY PACK PASTA
SELECTED VARIETIES
500-700 G
20311594_EA
21021889_EA

Oliveri
SKILLET NOCCHI
POËLER CLASSIC CLASSIQUE



\$10

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

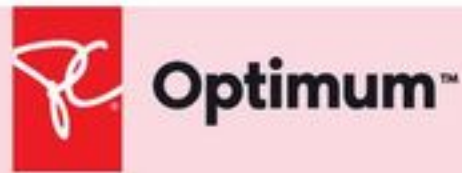


Family meals

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

Moredays
Members get **5,000^(pt)** for every *10* spent on

\$5 back in points

\$5

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

Kellogg's VERY HIGH FIBRE
MADE WITH 100% WHOLE GRAIN

MINI WHEATS!
ORIGINAL

465 g

VECTOR
HIGH PROTEIN[®]
WITH CRUNCHY GRANOLA CLUSTERS

400 g

Moredays
Members get **3,000^(pt)** for every *10* spent on

\$3 back in points

BETTY CROCKER SUPERMOIST CAKE MIX 375-404 G OR **FROSTINGS** 340-450 G
SELECTED VARIETIES
20562641007_EA
21547837_EA

Betty Crocker Whipped CREAM CHEESE
340 g (12 oz)

Betty Crocker Super Moist
Rainbow Bit - Brisures arc-en-ciel
câtes arc-en-ciel - mâtage à gelées

Moredays
Members get **1,500^(pt)** for every *7* spent on

\$1.50 back in points

KNORR OR LIPTON SOUP MIX
SELECTED VARIETIES
40-338 G
20297514001_EA
20308188002_EA

Knorr VEGETABLE LÉGUMES
SOUP MIX / MÉLANGE À SOUPE

40 g

Lipton Tomato Vegetable
Tomate et légumes

90 g

Moredays
Members get **1,000^(pt)** when you buy 2

\$1 back in points

4²⁵

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

RITZ
original

180 g

triscuit ORIGINAL
MADE WITH REAL SALT

200 g

Moredays
Member Only Price[™]

\$4

Members save **\$1**

Non-Members \$5

DORITOS FLAVOURED TORTILLA CHIPS OR TOSTITOS TORTILLA CHIPS
SELECTED VARIETIES
205-295 G
21050581_EA
21693042_EA

Doritos
FROMAGE NACHO CHEESE

75 g

Tostitos ROUNDS-ROUNDES

149 g

Moredays
Members get **5,000^(pt)** 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
20323230001_EA
21693454_EA

Knorr ALFREDO
PASTA SAUCE MIX / MÉLANGE À SAUCE POUR PÂTES

375 g

Knorr CHICKEN / POULET
6 Cubes / 54 cubes

100 g

Knorr ROASTED CHICKEN
POULET ROTI

100 g

Moredays
Members get **500^(pt)**

3⁵⁰

CHRISTIE KIDS COOKIES
SELECTED VARIETIES
144-200 G
21584976_EA
21585047_EA

OREO mini
MADE WITH REAL COCOA

120 g

6 SNAK PAKS
DESUS S'OUS 2

150 g

Moredays
Members get **1,000^(pt)** when you buy 3

\$1 back in points

3^{79-3⁸⁹}

SWISS CHALET OR MONTANA'S READY TO SERVE SOUP
SELECTED VARIETIES
540 ML
21313335_EA
21690570_EA

SWISS CHALET
SWISS OUPES 1934

540 mL

MONTANA'S
MADE WITH POULET / FAIT AVEC POULET

540 mL

Moredays
Members get **2,000^(pt)** when you buy 2

\$2 back in points

5⁴⁹

CHRISTIE PEEK FREANS COOKIES 275-350 G OR **CADBURY FINGERS CHOCOLATEY COOKIE BISCUITS** 114-125 G
SELECTED VARIETIES
20680381_EA
21631880_EA

CHRISTIE
CRÈME DE FRUIT

300 g

Cadbury FINGERS
CHOCOLATEY BISCUITS

114 g

Moredays
Members get **1,000^(pt)**

\$1 back in points

17⁹⁹

GOGO SQUEEZ FRUIT SAUCE POUCHES
SELECTED VARIETIES
20X90 G
21547671_EA
21547693_EA

GOGO SQUEEZ
FRUIT SAUCE POUCHES

20x90 g

Moredays
Members get **1,000^(pt)**

\$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
20827761_EA
21096317_EA

CAVENDISH
CLASSIQUE / CLASSIQUE

2 kg

BROCCOLI FLORETS
FLEURONS DE BROCCOLI

1.75 kg

Moredays
Members get **1,000^(pt)**

\$1 back in points

4^{49-8⁴⁹}

RAINCOAST CANNED FISH
SELECTED VARIETIES
142-160 G
20031301001_EA
20317500002_EA

RAINCOAST
WILD PINK SALMON / SAUMON ROSE SAUVAGE

160 g

RAINCOAST
WILD ALBACORE TUNA / THON BLANC SAUVAGE

160 g

Moredays
Member Only Price[™]

3⁵⁰

Non-Members **\$4**

MOTT'S FRUITSATIONS APPLE SAUCE
SELECTED VARIETIES
6 X 104 ML
20324241001_EA
20324241009_EA

MOTT'S
APPLE SAUCE

104 mL

MOTT'S
FRUITSATIONS UNSWEETENED

104 mL

MOTT'S
STRAWBERRY KIWI

104 mL

Moredays
Members get **150^(pt)**

89[¢]

WHISKAS CAT FOOD POUCHES
SELECTED VARIETIES
85 G
21659520_EA
21659626_EA

whiskas
Favourites / Favoris

85 g

whiskas
Favourites / Favoris

85 g

Moredays
Members get **1,000^(pt)**

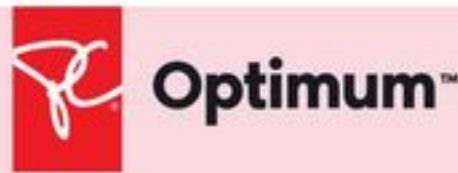
\$1 back in points

\$7

TEMPTATIONS CAT TREATS
SELECTED VARIETIES
454 G
21012108_EA

Temptations
VALUE SIZE / FORMAT ÉCONOMIQUE

454 g



Get more on

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

More days Moredays Moredays Moredays Moredays

Moredays
APP EXCLUSIVE OFFER

Members get **1,500 pts** back in points

\$5

CANTALOUPE
PRODUCT OF GUATEMALA, HONDURAS OR BRAZIL
EACH
20167017001_EA
Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

Moredays
APP EXCLUSIVE OFFER

Member Only Price™

Members save **\$1**

3⁵⁰

Non-Members **4⁵⁰**

PC® OR BLUE MENU® ENTRÉES
SELECTED VARIETIES, FROZEN
212-365 G
20312253001_EA
20987543_EA
Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

Moredays
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
21361508_EA
Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

Moredays
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
20315090001_EA
21357595_EA
21731288_EA
Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

Moredays
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
20770751_EA
20811709_EA
Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

Moredays
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 pcoptimum.ca to get the offer.

Moredays
APP EXCLUSIVE OFFER

Members get **2,500 pts** back in points

\$2⁵⁰

PC® BLUE MENU® OR PC® SPARKLING WATER
SELECTED VARIETIES
12X355 ML
21747415_C12
21747404_C12
Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

PREPARED IN CANADA

Moredays
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 pcoptimum.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

Offer valid in-store only. Subject to availability; selection 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*
*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

Moredays™
May 7 - 13

Members get **20,000 pts** for every \$75 spent on apparel*

Visit 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.

Moredays

Optimum Moredays 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
21350465_EA



\$30 

KIMBERLY QUEEN FERN
10 INCH
21214925_EA



\$15 

PC® ANNUAL PLANTER
SELECTED VARIETIES
8.5 INCH
21001606_EA



BUY 5 OR MORE \$5 

OR \$5.50 EA.

PC® GIGANTICO™ ANNUALS
SELECTED VARIETIES, 4.33 INCH
21352664_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 30th to June 17th, 2026

RECYCLE YOUR POTS FOR POINTS 

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.

BUY 5 OR MORE \$5 

OR \$5.50 EA.

PC® GIGANTICO™ HERBS AND VEGETABLES
SELECTED VARIETIES
4.33 INCH
21350302_EA



BUY 5 OR MORE \$5 

OR \$5.50 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
21426662_EA



\$22 

PC® BOSTON FERN HANGING BASKET
10 INCH
20845440_EA



\$32 

MOTHER'S DAY UNIT OFFER WINDOW BOXES
SELECTED VARIETIES
20753920_EA

GET 7,000⁺ back in points

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
21352513_EA



\$30 

PC® DELUXE ANNUAL PLANTER
SELECTED VARIETIES
11 INCH
20753963_EA



SAVE \$150 

\$26

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




\$18 

PC® CALLA LILY
7 INCH
21570208_EA



\$33 

DAVID AUSTIN® ROSES
SELECTED VARIETIES
3 GALLON
21217196_EA



\$24 


PC® ROSES
SELECTED VARIETIES
2 GALLON
20756587_EA




\$30-45 

ASSORTED TROPICAL PLANTS
10 INCH
21097210_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 \$15 EA.

PC® PERENNIALS
SELECTED VARIETIES
15 CM
21350466_EA



2/\$10 

OR \$5.50 EA.

PC® PERENNIALS
SELECTED VARIETIES
9 CM
21350463_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
21427181_EA
21648226_EA



\$6

QUAKER MUFFIN OR COOKIE MIX
SELECTED VARIETIES
900 G
2031064001_EA
21612041_EA



\$5

CLUB HOUSE FAMILY SIZE, LA GRILLE OR ONE STEP SEASONING
SELECTED VARIETIES
13-248 G
20180764_EA
20308066001_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
21186814_EA



2/\$8

OR \$4.49 EA.
PC® SALAD DRESSING 475 ML OR **CROUTONS** 140 G
SELECTED VARIETIES
20628488001_EA
20796248001_EA



\$8

BOTTICELLI PASTA SAUCE
SELECTED VARIETIES
370/710 ML
21544485_EA
21545119_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
21362407_EA



3⁵⁰

MCCAIN FRIES OR HASHBROWNS
800 G OR **CHEEMO PEROGIES** 745-907 G
SELECTED VARIETIES
FROZEN
20527159_EA
21521173_EA



SAVE UP TO \$2.49

8⁵⁰

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
21214560_EA/213502537_EA



SAVE \$1.48 WHEN YOU BUY 2

2/5⁵⁰

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
20318694002_C12
20318694003_C12



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

2⁷⁵

Non-members **3⁵⁰**

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



\$12

COTTONELLE FLUSHABLE WIPES
SELECTED VARIETIES
4'S
21477027_EA



\$21

CASHMERE BATHROOM TISSUE
SELECTED VARIETIES
24-72 ROLLS
21189845_EA/21443648_EA



Optimum Members-Only Price

15⁹⁹

Non-members **17⁹⁹**

WHISKAS CAT FOOD
SELECTED VARIETIES
12'S
20548822_EA





for all your
**household
paper
essentials**

21⁹⁹

APP EXCLUSIVE OFFER*

GET **3,000^{pts}** **\$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



24⁹⁹

APP EXCLUSIVE OFFER*

GET **3,000^{pts}** **\$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^{pts}** **\$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





Get **6,000** pts

\$6
back in points



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

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

21295791_EA/21505267_EA/21607042_EA

\$8 **LIMIT 4**
AFTER LIMIT 8.99 EA.

TRESEMMÉ HAIR CARE OR STYLING PRODUCTS
SELECTED VARIETIES AND SIZES
2150194_EA
2150193_EA



\$8 **LIMIT 4**
AFTER LIMIT 9.99 EA.

HERBAL ESSENCES PURE PLANTS SHAMPOO, CONDITIONER 400 ML OR STYLING PRODUCTS
SELECTED VARIETIES AND SIZES
21571326_EA/21642282_EA



\$9 **LIMIT 4**
AFTER LIMIT 11.49 EA.

OGX, MAUI OR AVEENO HAIR CARE
SELECTED VARIETIES AND SIZES
20340206004_EA
21166986_EA



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
21082839_EA/21084326_EA



SAVE UP TO 20%

NEUTROGENA SKIN OR SUN CARE PRODUCTS
SELECTED VARIETIES AND SIZES
20853160002_EA
21352122_EA



SAVE UP TO 20%

NIVEA BODY LOTIONS OR CREAMS
SELECTED VARIETIES AND SIZES
20700027_EA



SAVE UP TO 25%

NATIVE BODY WASH 532/650 ML, DEODORANT 75 G OR BODY SPRAY 99 G
SELECTED VARIETIES
21585515_EA/21644026_EA



4.50 **LIMIT 4**
AFTER LIMIT 5.99 EA.

NIVEA BODY WASH 500 ML OR DEODORANT 50 ML/51/52 G
SELECTED VARIETIES
20321421004_EA/21169899_EA



SAVE UP TO 25%

DOVE BAR SOAP 12X106 G OR BODY WASH 905/950 ML
SELECTED VARIETIES
21220391_EA/21221337_EA



7.50 **LIMIT 4**
AFTER LIMIT 8.49 EA.

CREST PRO HEALTH GUM DETOXYFY TOOTH PASTE 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
20598749_EA/21354062_EA



6.50 **LIMIT 4**
AFTER LIMIT 7.49 EA.

SENSODYNE OR PRONAMEL TOOTH PASTE
SELECTED VARIETIES
110/135 ML
20247931002_EA
20432268002_EA



5.50 **LIMIT 4**
AFTER LIMIT 5.99 EA.

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



\$7 **LIMIT 4**
AFTER LIMIT 8.49 EA.

BIC OR SOLEIL DISPOSABLE RAZORS
SELECTED VARIETIES
2-8'S
20037524_EA
20312082001_EA



3.50 **LIMIT 4**
AFTER LIMIT 4.29 EA.

SPEED STICK PREMIUM DEODORANT 85/85 G OR SOFTSOAP LIQUID HAND SOAP 332 ML
SELECTED VARIETIES
20847071_EA/21351640_EA



\$5 **LIMIT 4**
AFTER LIMIT 5.99 EA.

AXE BODY SPRAY 113 G, DEODORANT 76/85 G OR BODY WASH 473 ML
SELECTED VARIETIES
21042562_EA/21436066_EA



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/21033531_EA



SAVE UP TO 15%

BAND-AID BANDAGES OR POLYSPORIN OINTMENT
SELECTED VARIETIES AND SIZES
20380516001_EA
21335482_EA



\$12

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



\$13 **GET 4,000** when you buy 2 **\$4** back in points

U BY KOTEX LINERS 54-120'S, PADS 20-44'S OR TAMPONS 30/32'S
SELECTED VARIETIES
21724866_EA/21724867_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
20616541001_EA/21123983_EA



6+ MONTHS

2/\$11 OR \$5.99 EA.


GERBER INFANT CEREAL
SELECTED VARIETIES
227 G
20358339002_EA
20358339007_EA



6+ MONTHS

\$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** back in points **\$2** **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/21089194_EA



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

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



shop home for less

\$99

**LIMIT 4
AFTER LIMIT
\$169 EA.**

**NESPRESSO
VERTUO POP
COFFEE MACHINE**
BLACK OR WHITE
21541584_EA
21691662_EA



**SAVE
UP TO**

20%

**BLACK & DECKER KITCHEN OR
GARMENT CARE APPLIANCES**
SELECTED VARIETIES
20960328_EA/21660938_EA



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

**EVERYDAY ESSENTIALS™
COOKWARE OR
COOKWARE SETS**
SELECTED VARIETIES, EACH
SECOND ITEM MUST BE
OF EQUAL OR LESSER VALUE
\$11-60
20800507_EA/21345661_EA/21425511_EA



**SAVE
UP TO**

20%

**STARFRIT COOKWARE
OR COOKWARE SETS**
SELECTED VARIETIES
EACH
20952677_EA
20952965_EA



**SAVE
UP TO**

25%

**RUBBERMAID
TAKEALONGS
FOOD STORAGE
CONTAINERS**
SELECTED VARIETIES
EACH
20159085_EA/2183482_EA



**SAVE
UP TO**

25%

**PC® GLASS FOOD
STORAGE CONTAINERS**
SELECTED VARIETIES
21339856_EA/21343710_EA



\$7

**LIMIT 4
AFTER LIMIT
\$10 EA.**

**LIFE AT HOME™
KITCHEN TEA TOWELS**
SELECTED VARIETIES
2'S
21683865_EA/21683867_EA



**SAVE
UP TO**

20%

**PC® KNIVES
OR BOARDS**
SELECTED VARIETIES
EACH
21634988_EA
21635096_EA
21635107_EA



**BUY THREE (3)
GET ONE (1)
FREE**

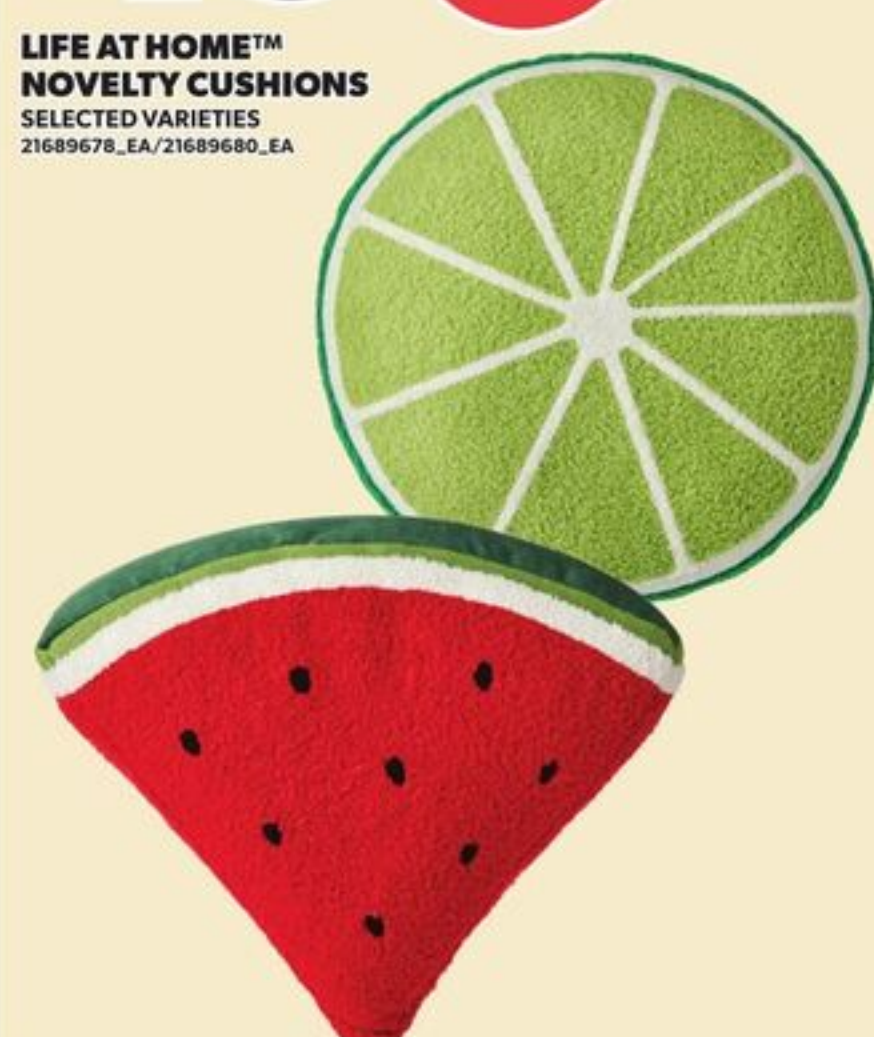
**LIFE AT HOME™ OUTDOOR DINNERWARE,
SERVEWARE OR DRINKWARE**
SELECTED VARIETIES
FREE ITEM MUST BE
OF EQUAL OR LESSER VALUE
21692655_EA/21692518_EA/21692324_EA



\$15

**LIMIT 4
AFTER LIMIT
\$20 EA.**

**LIFE AT HOME™
NOVELTY CUSHIONS**
SELECTED VARIETIES
21689678_EA/21689680_EA



\$24

**LIMIT 4
AFTER LIMIT
\$28 EA.**

**DURACELL
BATTERIES**
AA32'S OR AAA24'S
21696876_EA
21696877_EA



**SAVE
UP TO**

30%

**LIFE AT HOME™
FAUX PLANTS**
SELECTED VARIETIES
21684291_EA/21684308_EA



Celebrate Mom

WITH A GOURMET HAPPY HOUR

- \$3.50** /100g
JARLSBERG
Cheese
21388103_KG
- \$3** /100g
AGROPUR GRAND CHEDDAR
1 year, 5 years
21185100_KG
21194213_KG
- \$12**
MONSIEUR GUSTAV
Double crème
325 g
21396602_EA
- \$6**
MONSIEUR GUSTAV
Double crème
Camembert
125g
21619307_EA
21619313_EA
- \$8**
L'EXTRA
Brie, Camembert
NOTRE-DAME
Brie
170g
21528319_EA
20016313_EA
- \$3.50** /100g
L'EXTRA
Brie Double crème
21157608_KG
21128235_KG
- \$7**
ENTREMONT
Brie, Camembert
227g
21692867_EA
21692836_EA
- \$4** /100g
ENTREMONT
Brie
21732984_KG
- \$8**
KERRYGOLD
Dubliner
Reserve Cheddar
198g
20591635_EA
20359976_EA
- \$5** /100g
CAMBOZOLA
Cheese
20001969_KG
- \$10**
SNOWDONIA
Beech Wood
Black Bomber
200g
21638091_EA
21632796_EA

Lactantia

FOR MILK CONNOISSEURS

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

PROUDLY MADE IN CANADA | CDHF

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 \$2.99
selected varieties
340 mL
21735038_EA

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. Enter by 11:59 pm ET on 4/30/26 for the Trip. (1) Trip AWK: CAD\$5,398.35; FUZE Prize Packs (25, 2 per entry period), 1 in entry period. (2) AWK: CAD\$500. Odds depend on number of eligible entries received. Math skill test required. For Official Rules, visit <https://cokeurl.com/fuzetrotour>. Sponsor: Coca Cola Ltd.

\$9.99** Fuze® iced tea selected varieties 12x341 mL 21645563_C12

2/\$17** or \$8.99 Diet Coke® beverages selected varieties 12x355 mL 21730741_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

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.
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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

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