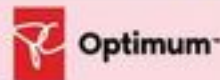


BECAUSE MOM DESERVES THE BEST



FROM
\$32

Get
7,000
pts

\$7
back in
points

PC[®] PREMIUM OR ELITE MOTHER'S DAY BOUQUET
BOUQUET DE LA FÊTE DES MÈRES DE QUALITÉ SUPÉRIEURE OU ÉLITE PC^{MD}
21087827_EA/21087772_EA



MULTI SAVE

2/\$40
OR 23.00 EA

PC[®] DELUXE ANNUAL HANGING BASKET
SELECTED VARIETIES, 11 INCH
PANIER SUSPENDU D'ANNUELLES DE LUXE PC^{MD}
20753918_EA



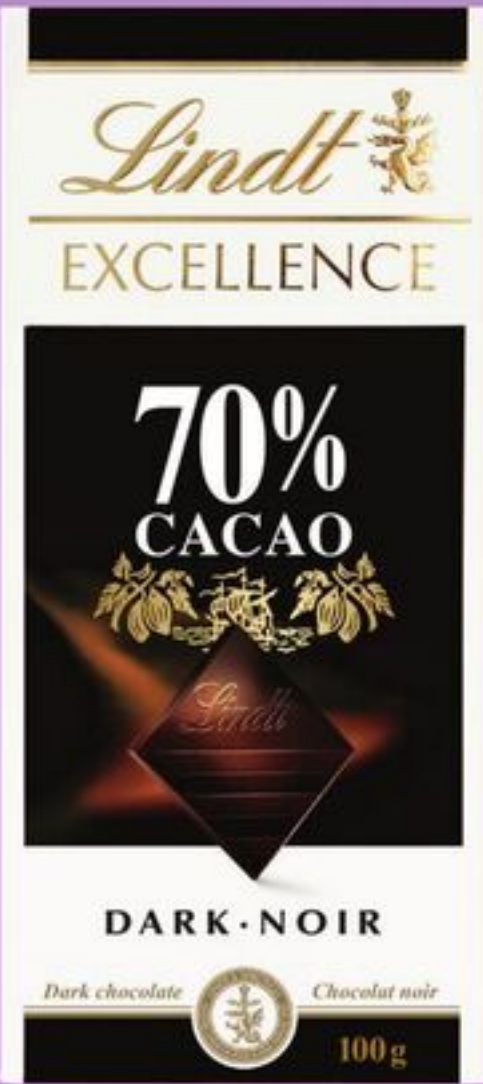
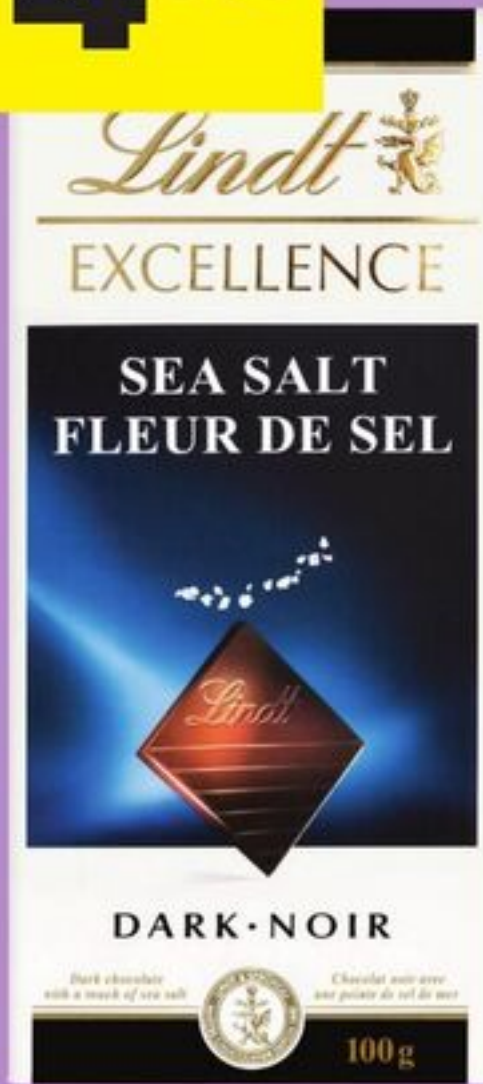
\$24

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



4.50

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



App exclusive offer



Get
5,000
pts

For every \$25* spent

\$5
back in
points

FRESH OR FROZEN SEAFOOD
FRUITS DE MER FRAIS OU SURGELÉS
20720065_KG/21210093_KG/20789931_EA
**Must be a registered PC Optimum[™] member to load and get this offer.
*Open your PC Optimum[™] app or visit pcoptimum.ca to get the offer.



More days Moredays Moredays Moredays



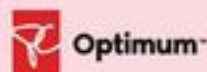
Get more points

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



Scan
for more
Moredays
deals!

App exclusive offer



19⁴⁹

Get
8,000
pts

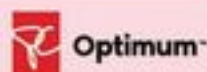
\$8
back in
points

**PC[®]
OLD FASHIONED
BACON
1 KG
BACON À
L'ANCIENNE PC^{MD}**

20115704_EA
**Must be a registered PC Optimum[™] member to load and get this offer.
*Open your PC Optimum[™] app or visit pcoptimum.ca to get the offer.



App exclusive offer



Get
8,000
pts

\$8
back in
points

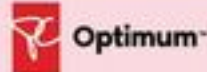
When you
spend \$20*

**NATURE VALLEY, FIBRE 1
OR CHEX ITEM
SELECTED VARIETIES
ARTICLE VAL NATURE,
FIBRE 1 OU CHEX**

20887596_EA/21675909_EA
**Must be a registered PC Optimum[™] member to load and get this offer.
*Open your PC Optimum[™] app or visit pcoptimum.ca to get the offer.



App exclusive offer



Get
4,000
pts

\$4
back in
points

When you
spend \$10*

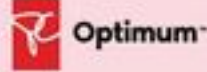
**CADBURY CHOCOLATE BARS 80-100 G
OR MAYNARDS CANDY 150-154 G,
CHRISTIE OREO, CHIPS AHOY,
FUDGE-O OR NUTTER BUTTER
CHRISTIE COOKIES 224-303 G**

SELECTED VARIETIES
**BARRES DE CHOCOLAT CADBURY OU
FRIANDISES MAYNARDS, BISCUITS
OREO, CHIPS AHOY, FUDGE-O OU
NUTTER BUTTER CHRISTIE**

21545554_EA/21648577_EA/21358407_EA/213161508_EA



App exclusive offer



6⁴⁹

Get
3,000
pts

\$3
back in
points

When you
spend \$11*

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

**CÉRÉALES FORMAT
FAMILIAL KELLOGG'S**

21430748_EA/21449784_EA



Members Price^{**}

\$10

Non-Members
\$15

Members
Save Up To
\$5

**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**

SELECTED VARIETIES
**DÉTERGENT TIDE,
ASSOULISSANT TEXTILE
DOWNY OU GAIN, PERLES
DOWNY OU GAIN**

21593782_EA/21550428_EA

**Must be a registered PC Optimum[™] member to load and get this offer. *Open your PC Optimum[™] app or visit pcoptimum.ca to get the offer.



GREEN THUMBS UP
OUR GARDEN CENTRE IS NOW OPEN!

REAL ATLANTIC SUPERSTORE
PROUDLY CANADIAN

SALE

NO NAME[®] OR HALAL CHICKEN LEG
BACK ATTACHED, FRESH
CUISSÉ DE POULET SANS NOM[®]
OU HALAL
20153925_KG

2.99
LB
6.59/KG



CLUB SIZE

4 DAYS ONLY!
THURSDAY, MAY 7TH TO SUNDAY, MAY 10TH, 2026

11.88
LB
26.19/KG

RIB STEAK
BONELESS, CUT FROM
UNGRADED BEEF
BIFTECK DE
CÔTE
21497218_KG



CLUB SIZE

HOT DEAL

FROZEN BAY SCALLOPS 80-120 PER LB, 17.64/KG OR
PC[®] PACIFIC LARGE WHITE SHRIMP RAW OR COOKED
PEELED OR RAW ZIPPERBACK[®] 31-40 PER LB, 400 G, FROZEN
PÉTONCLES DE BAIE SURGELÉS OU GROSSES CREVETTES
BLANCHES DU PACIFIQUE PC^{MD} CRUES OU CUITES,
DÉCORTIQUÉES OU CRUES À DÉCORTIQUAGE ÉCLAIR^{MC}
2109321_KG/20788888_EA/20789931_EA

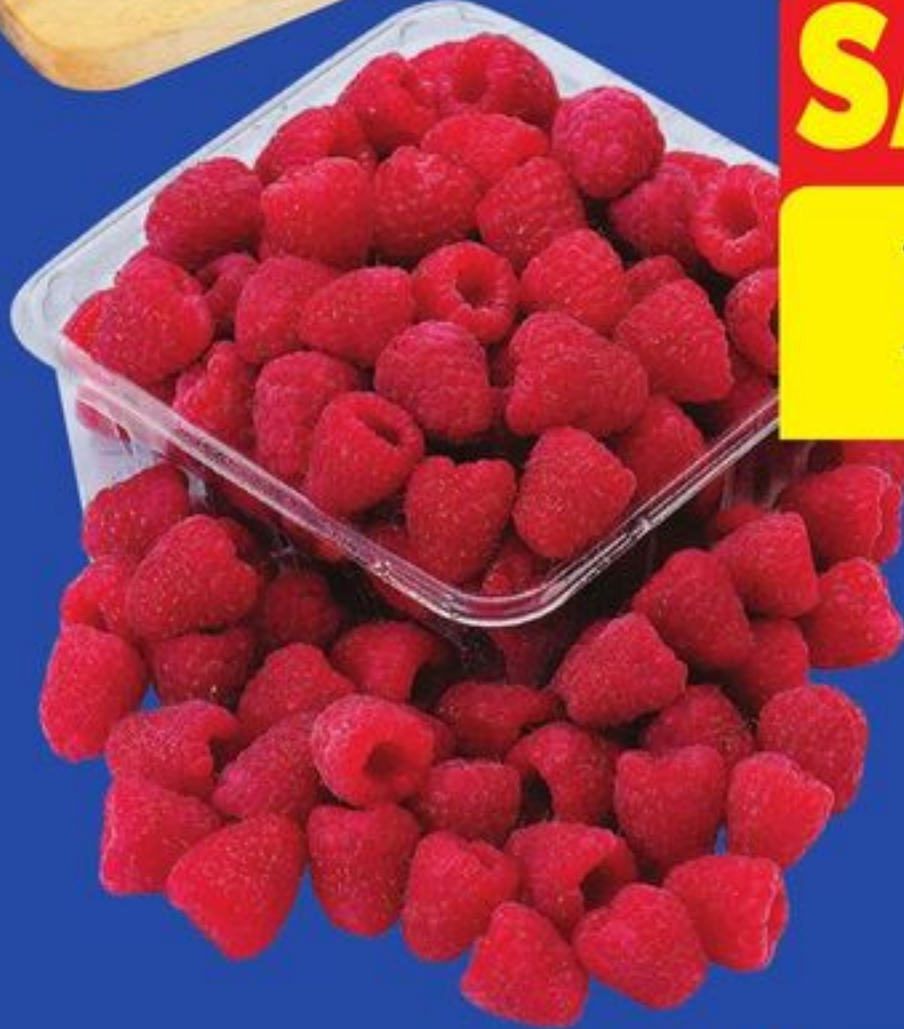
\$8
LB/EA



SALE

2.50

RASPBERRIES
PRODUCT OF MEXICO
OR U.S.A., 170 G
FRAMBOISES
20128938001_EA



HOT DEAL

SUNRISE SLICED BOLOGNA OR
LARSEN WIENERS SELECTED VARIETIES, 375-450 G
BOLOGNE TRANCHE SUNRISE OU
SAUCISSES FUMÉES LARSEN
20806936_EA/21093446_EA

\$4



RED MANGOES
PRODUCT OF MEXICO
MANGUE ROUGE
20059635001_EA

SALE

\$1



MULTI SAVE

WONDER BREAD OR
WONDER OR D'ITALIANO BUNS
SELECTED VARIETIES AND SIZES
PAIN WONDER OU PETITS
PAINS WONDER OU
D'ITALIANO[®]
20305135_EA/20626949_EA

2/\$7
OR 3.99 EA



HOT DEAL

1.25

OASIS 100% JUICE BLENDS,
DEL MONTE NECTAR,
HYDRAFRUIT OR ARIZONA
TEA 960 ML OR ALLEN'S JUICE
OR COCKTAILS 1 L
SELECTED VARIETIES
MÉLANGES DE JUS 100%
OASIS, NECTAR DEL MONTE,
HYDRAFRUIT OU THÉ ARIZONA[®]
OU JUS OU COCKTAILS ALLEN'S[®]
20336722001_EA/20336722008_EA



SAVE UP TO

1.50

4.98

BLACK DIAMOND CHEESE
BARS 400 G, SHREDS 300-320 G
OR PC[®] SHREDS 250-320 G
SELECTED VARIETIES
BARRÉS DE FROMAGE, FROMAGE
RÂPÉ BLACK DIAMOND OU
FROMAGE RÂPÉ PC^{MD}
21060207_EA/21279221_EA



SAVE UP TO

1.49

6.50

STOK COLD BREW
COFFEE 1.42 L OR
SIGGI'S SKYR
TUBS 450/750 G
SELECTED VARIETIES
CAFÉ INFUSÉ À
FROID STOK OU
CONTENANTS
SKYR SIGGI'S[®]
21203739_EA
21353865_EA



SALE

\$4

TOSTITOS TORTILLA CHIPS
SELECTED VARIETIES, 215-295 G
CROUSTILLES DE TORTILLA
TOSTITOS[®]
21050575_EA/21050581_EA



ONLY

12.99

COCA-COLA OR
PEPSI SOFT DRINKS
SELECTED VARIETIES, 24X355 ML
BOISSONS GAZEUSES
COCA-COLA OU PEPSI[®]
20308197001_C24/20306687002_C24



EQUIVALENT TO
55¢
PER CAN

MULTI SAVE

BARILLA PASTA
SELECTED VARIETIES
410 G
PÂTES BARILLA[®]
21404904_EA
21405047_EA

3/4.98
OR 2.00 EA



HOT DEAL

\$3

CRAVE OR KRAFT
DINNER ENTRÉES
200-340 G OR SMART
ONES ENTRÉES
241-283 G, SELECTED
VARIETIES, FROZEN
PLATS CUISINÉS
CRAVE OU KRAFT
DINNER OU PLATS
CUISINÉS SMART ONES[®]
21085515_EA/21553329_EA



HOT DEAL

2.99

BIBIGO STEAMED
DUMPLINGS
SELECTED VARIETIES
FROZEN, 187 G
DUMPLINGS
À LA VAPEUR
BIBIGO[®]
21592062_EA



SAVE 26%

13.88

ROOSTER[™]
JASMINE RICE
8 KG
RIZ AU JASMIN
ROOSTER[™]
20121871_EA



Subscribe & Earn up to
20% back
in pts[®]



Subscribe
online



Schedule
your frequency



Earn
Earn up to 20% in points
on popular essentials[®]

*Terms and conditions apply, see site for details.

Flyer prices effective from Thursday, May 7th to Wednesday, May 13th, 2026

RA 1

**FRESH
PROMISE**

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

*Fresh Promise: Applicable to eligible fresh produce items purchased at Real Atlantic Superstore store locations or online at realatlanticsuperstore.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 Real Atlantic Superstore store where purchase originated. This promise does not apply to reduced/clearance priced produce. This promise cannot be combined with any other offer. We reserve the right to cancel or change the terms of this promise at any time without notice.

\$9

**SEEDLESS
WATERMELONS**
PRODUCT OF U.S.A. OR MEXICO
**MELONS D'EAU SANS
PÉPINS**
2006732001_EA



**11 LB
AVERAGE**

\$7

**RESERVE
BLACKBERRIES**
PRODUCT OF MEXICO, 283 G
MÛRES RESERVE
21724952001_EA



**SAVE
UP TO
1.00**

\$5

**FARMER'S MARKET™
MANDARINS**
PRODUCT OF MOROCCO OR
SPAIN, 2 LB
**MANDARINES DÉLICIES
DU MARCHÉ^{MC}**
20099819001_EA



**CLUB
SIZE**

**SAVE
UP TO
1.00**

3.99

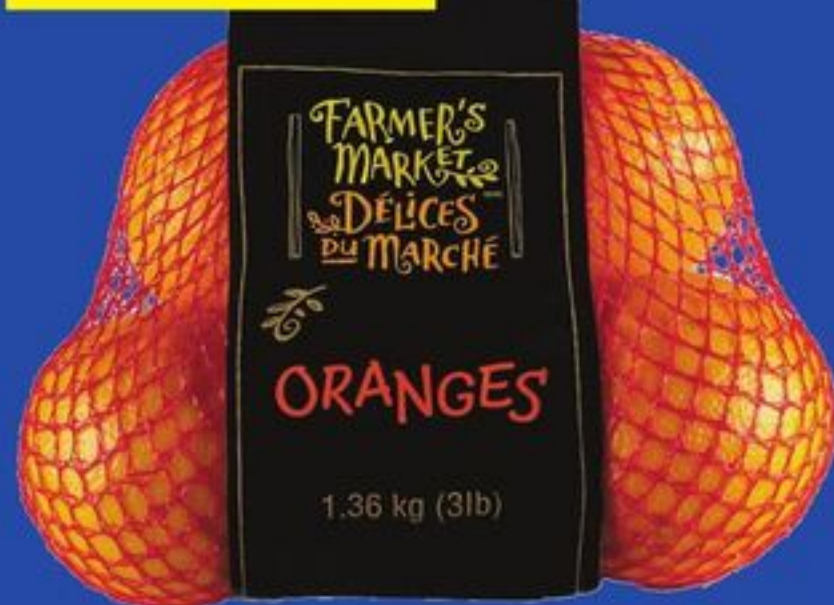
LB
8.80/KG

**GREENHOUSE EXTRA
LARGE RED, YELLOW
OR ORANGE SWEET
PEPPERS**
PRODUCT OF CANADA
**TRÈS GROS POIVRONS
DE SERRE ROUGES,
JAUNES OU ORANGE
DE SERRE**
20007535001_KG/20166880001_KG



\$6

**FARMER'S MARKET™
NAVEL ORANGES**
PRODUCT OF MOROCCO, SPAIN
OR EGYPT, 3 LB
**ORANGES NAVEL
DÉLICIES DU MARCHÉ^{MC}**
201629452001_EA



\$3

**PC® LIVE LETTUCE
GREEN, RED OR TRIO**
PRODUCT OF CANADA
**LAITUES VIVANTES
À FEUILLES VERTES,
ROUGES OU TRIO PC^{MD}**
21178855_EA/21506580_EA



\$3

LB
6.61/KG

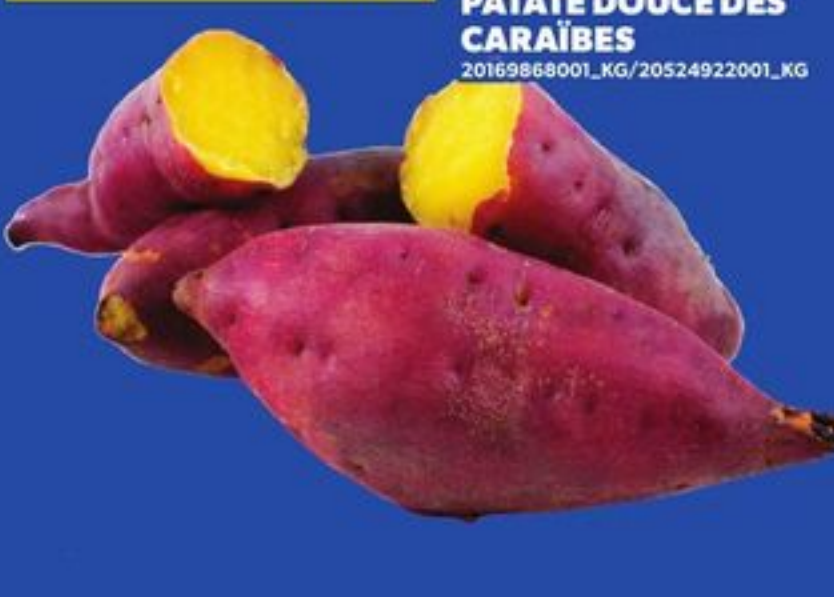
EGGPLANT
PRODUCT OF MEXICO
AUBERGINE
20155709001_EA



\$2

LB
4.41/KG

**JAPANESE OR PURPLE
UBE YAM** PRODUCT OF
CANADA OR CARIBBEAN
SWEET POTATO PRODUCT
OF HONDURAS
**IGNAME JAPONAISE
OU UBE VIOLET OU
PATATE DOUCE DES
CARAÏBES**
20169869001_KG/20524922001_KG



**4 DAYS
ONLY!**

\$20

**THURSDAY 7TH-
SUNDAY 10TH**
**LARGE VEGETABLE
OR FRUIT PLATTER,
PREPARED IN-STORE**
1.34-1.87 KG
**GROS PLATEAU DE
LÉGUMES OU FRUITS
FRAIS**
20081718_EA/20121599_EA



\$24

**PC® DOZEN ROSES
WITH BABY'S BREATH
AND GREENS**
ASSORTED COLOURS, DOZEN
**DOUZAINES DE ROSES
AVEC GYPSOPHILE ET
VERDURES PC^{MD}**
21522061_EA



\$30

**MOTHER'S DAY
TEAPOT
THÉIÈRE DE LA FÊTE
DES MÈRES**
20762093_EA



\$22

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



8.49

LB
18.72/KG

**LEAN GROUND BEEF
BŒUF HACHÉ MAIGRE**
20798281_KG



3.49

LB
7.69/KG

**PORK SHOULDER
PICNIC SPLIT
RÔTI D'ÉPAULE DE
PORC PICNIC SÉPARÉ**
21018388_KG



\$21

**PC® BONELESS
SKINLESS CHICKEN
BREAST**
5'S, UP TO 1.10 KG
**POITRINE DE POULET
DÉSOSÉE SANS PEAU**
PC^{MD}
21551178_EA



\$7

**ATLANTIC CHOICE®
SAUSAGES**
SELECTED VARIETIES, 375-500 G
SAUCISSES
ATLANTIC CHOICE®
21332592_EA/21332594_EA



14.99

**ATLANTIC MEATS
PORK RIBLETS PAIL**
2 KG
**SEAU DE CÔTES
LEVÉES DE PORC**
ATLANTIC MEATS
21094884_EA



**SAVE
UP TO
5.00**

\$18

**MONTANA'S SMOKY
BBQ ANGUS BEEF
BURGER**
FROZEN, 906 G
**BURGER DE BŒUF
ANGUS BBQ FUMÉ**
MONTANA'S
21665099_EA



\$23

**PC® BLACK TIGER
SHRIMP RING WITH MILD
COCKTAIL SAUCE OR
FROZEN LOBSTER TAILS**
FROZEN, 2-3 OZ, 4'S
**COURONNE DE
CREVETTES TIGRÉES
NOIRES AVEC SAUCE
COCKTAIL DOUCE**
**PC^{MD} OU QUEUES DE
HOMARD**
20979150_EA/21240991_EA



**SAVE
UP TO
1.99**

\$11

**PC® JUMBO WILD
ARGENTINIAN SHRIMP
RAW ZIPPERBACK**
21-30/LB, 340 G OR WILD
**ATLANTIC COLD WATER
SHRIMP COOKED PEELED**
150-200/LB, 340 G, FROZEN
**CREVETTES ARGENTINES
SAUVAGES GÉANTES**
**PC^{MD} CRUES, À
DÉCORTICAGE ÉCLAIR^{MC}**
**OU CREVETTES
NORDIQUES SAUVAGES
CUITES, DÉCORTIQUÉES**
21332386_EA/20021832_EA



\$23

**CANADIAN
SNOW CRAB
CLUSTERS**
SECTIONES DE
**CRABE DES
NEIGES CANADIEN**

**IFC COOKED
CANADIAN SNOW
CRAB CLUSTERS**
500 G
**GRAPPES DE
CRABE DES NEIGES
CANADIEN IFC
CUITES**
21615011_EA



SUPER FRESH

SAVE UP TO 1.00

\$4

SOURDOUGH OR PUMPERNICKEL BREAD
BAKED IN-STORE
SELECTED VARIETIES, 574 G
PAIN AU LEVAIN OU PUMPERNICKEL
20132458_EA/20653517_EA



PREPARED IN CANADA

3⁵⁰

CINNAMON RAISIN BREAD
BAKED IN-STORE, 468 G
PAIN CANNELLE ET RAISINS
20729432_EA



PREPARED IN CANADA

\$7

FARMER'S MARKET™ SQUARES
SELECTED VARIETIES, 400-450 G
CARRÉS DÉLICÉS DU MARCHÉ^{MC}
21216501_EA/21216499_EA



PREPARED IN CANADA

\$4

ACE BAGUETTE
BAKED IN-STORE
SELECTED VARIETIES
325-400 G
BAGUETTE ACE
20171071_EA/21314348_EA



PREPARED IN CANADA

4⁵⁰

CHOCOLATE CROISSANTS
BAKED IN-STORE, 4'S
CROISSANTS AU CHOCOLAT
21527027_EA



PREPARED IN CANADA

\$16

FARMER'S MARKET™ BAR CAKES
SELECTED VARIETIES, 675-770 G
GÂTEAUX RECTANGULAIRES DÉLICÉS DU MARCHÉ^{MC}
21500612_EA/21500763_EA



PREPARED IN CANADA

\$12

PC® PROFITEROLES OR MINI ECLAIRS
SELECTED VARIETIES
625/710 G
PROFITEROLES OU MINI-ÉCLAIRS PC^{MD}
21713388_EA/21713701_EA



FROM 5⁵⁰

LA FOURNÉE DORÉE SLICED BRIOCHE BREAD
500 G OR **CHOCOLATE CROISSANTS** 360 G
SELECTED VARIETIES
PAIN BRIOCHE TRANCÉ OU CROISSANTS AU CHOCOLAT LA FOURNÉE DORÉE
20978205_EA/20978540_EA



\$4

PC® CINNAMON RAISIN BREAD
SELECTED VARIETIES, 675 G
PAIN À LA CANNELLE AVEC RAISINS PC^{MD}
20639729_EA



PREPARED IN CANADA

SAVE UP TO 1.99

\$7

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



SAVE UP TO 1.99

\$7⁵⁰

TRE STELLE RICOTTA OR FETA 200 G
SELECTED VARIETIES
RICOTTA, BOCCONCINI OU FETA TRE STELLE
20024992_EA/20093692_EA



PREPARED IN CANADA

3²⁵ /100 G

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



PREPARED IN CANADA

Members Price: 10⁵⁰

Non-Members 11⁵⁰

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
**Must be a registered PC Optimum™ member to load and get this offer.



Members 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
**Must be a registered PC Optimum™ member to load and get this offer.



PREPARED IN CANADA

\$14

Get 2,500 pts

Members Save \$2.50 back in points

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



\$30

30 PIECE WINGS & WEDGES BUCKET
1.2-2 KG
SEAU DE 30 MORCEAUX D'AILES DE POULET ET FRITES EN QUARTIERS
21541872_EA
21541877_EA



SERVES 6

9⁹⁹

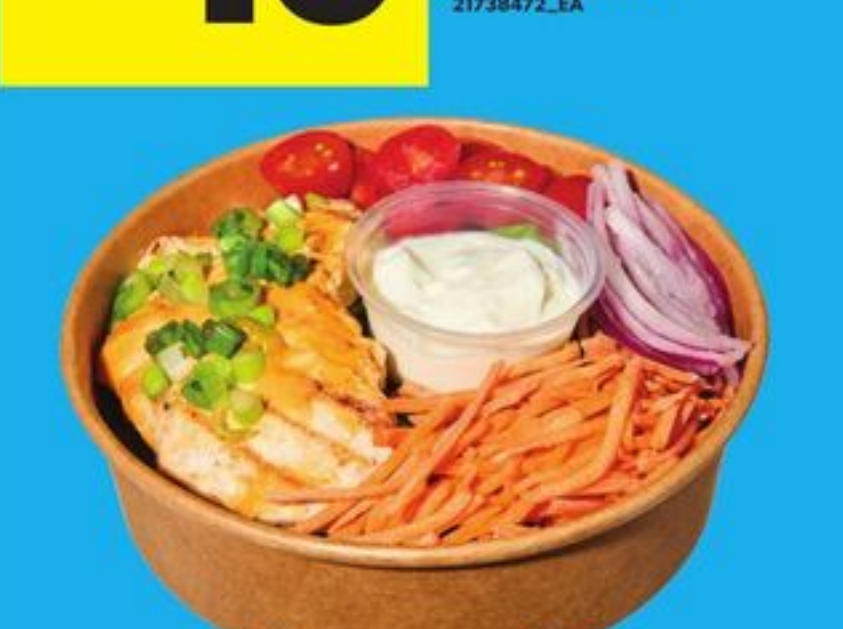
OLIVIERI FAMILY PACK PASTA
SELECTED VARIETIES, 500-700 G
SAUCE EN EMBALLAGE FAMILIAL OLIVIERI
20311594_EA/21021889_EA



PREPARED IN CANADA

\$10

IN-STORE MADE LOADED BOWLS
345-380 G
BOLS GARNIS FAITS EN MAGASIN
21738472_EA



Earn 6,000 pts



When you spend \$20+ on select in-store bakery items*. Online only.

Use code **B6K**

[Shop now](#)

*Offer valid from April 30 to May 13, 2026. Conditions apply. See site for details.



no name®

just low prices
(so switch)

2⁵⁰

NO NAME® BAGELS
SELECTED VARIETIES, 6'S
21217967_EA



NO NAME® PEANUT BUTTER
SELECTED VARIETIES, 1 KG
20296985001_EA/20296985003_EA

5⁵⁰



\$6

NO NAME® SODA CRACKERS
907 G
20795290_EA



\$10

NO NAME®
ALL PURPOSE FLOUR
SELECTED VARIETIES, 10 KG
20022248_EA



2/4⁵⁰

OR 2.69 EA

NO NAME® DRINKS
SELECTED VARIETIES, 2 L
20320439005_EA
20320439006_EA



no name®

imperfect
shape
perfect taste
(and price)

\$5

NO NAME® NATURALLY IMPERFECT™ LIMES
PRODUCT OF MEXICO
680 G
21673921001_EA



NO NAME® NATURALLY IMPERFECT ZUCCHINI
PRODUCT OF MEXICO, 2.5 LB
OR NO NAME® NATURALLY IMPERFECT LEMONS
PRODUCT OF SOUTH AFRICA OR U.S.A.
21294808001_EA/21673921001_EA

\$7



CLUB SIZE

3 LB

\$7

NO NAME® NATURALLY IMPERFECT™ AVOCADOS
PRODUCT OF MEXICO, CLUB SIZE
21699907001_EA



2.2 LB

\$4



2 LB



NO NAME® NATURALLY IMPERFECT™ MINI CUCUMBERS
PRODUCT OF CANADA, CLUB SIZE
21606679001_EA

\$7

NO NAME® NATURALLY IMPERFECT™ APPLES
PRODUCT OF CANADA, CANADA NO. 2 GRADE
2086985001_EA



6 LB

MAY

**HIT
OF THE
MONTH**

\$1.88

**MARCANGELO CHICKEN
OR PORK SOUVLAKI**

SELECTED VARIETIES, 2'S, 120 G
20902208_EA/21095022_EA



**LIMIT 6
AFTER LIMIT
2.50 EA.**

\$2.25

**TAKIS ROLLED
TORTILLA CHIPS**

SELECTED VARIETIES, 260 G
21602195_EA/21715466_EA



**LIMIT 6
AFTER LIMIT
3.00 EA.**

\$3

KRAFT MIRACLE WHIP

SELECTED VARIETIES, 650-890 ML
20298681001_EA



**LIMIT 6
AFTER LIMIT
4.00 EA.**

\$4

HEAD MEN'S OR WOMEN'S SOCKS

3 PK
21721517_EA/21721507_EA



**LIMIT 6
AFTER LIMIT
5.99 EA.**

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local areas.
Valid from May 1 - 31, 2026. While quantities last. See in-store for details.

RISE & CELEBRATE MOM

5⁹⁹

BUTTERBALL TURKEY BACON
SELECTED VARIETIES, 375 G
20016865_EA



5⁵⁰

BURNBRAE NESTLAID WHITE EGGS
SELECTED VARIETIES, 12'S
20816075001_EA



12⁴⁹

PC 100% PURE MAPLE SYRUP
CANADA GRADE A AMBER
RICH TASTE, 500 ML
20049221_EA



\$8

MCCAIN SUPERFRIES
FAMILY SIZE, SELECTED
VARIETIES, FROZEN, 1.45-1.8 KG
20861230_EA/21049522_EA



5⁵⁰

FRUIT PARFAIT
PREPARED IN-STORE
221-251 G
20139618_EA/20083678_EA



\$7

PC ROYAL BLUEAROMA BLUEBERRIES
PRODUCT OF MEXICO, PERU
OR MOROCCO
278 G
20573077_EA



4⁵⁰

GAY LEA REAL WHIPPED CREAM
SELECTED VARIETIES, 225 G
20048223001_EA/20048223002_EA



5⁴⁹

Get **750** pts

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



\$4

DANONE ACTIVIA EXPERT 4X100 G OR PILLSBURY READY TO BAKE DOUGH 454/468/496 G
SELECTED VARIETIES
20301101001_EA/21687900_EA



SAVE 1.00

\$9

PC ORGANICS PEANUT BUTTER
1 KG
21047266_EA



7⁷⁵

STARBUCKS COFFEE ENHANCER
SELECTED VARIETIES, 828 ML
21358473_EA/21436900_EA



\$8

LAVAZZA ORO OR DECAF GROUND COFFEE 250 G OR STARBUCKS NESPRESSO COMPATIBLE CAPSULES 10'S
SELECTED VARIETIES
20145899_EA/21240793_EA



6⁵⁰

FARMER'S MARKET™ MUFFINS
SELECTED VARIETIES, 6'S
21283356_EA/21283357_EA



\$6

Get **1,000** pts

\$1 back in points

IN-STORE BAKED DANISHES OR CINNAMON BUNS
SELECTED VARIETIES, 6'S
21467540_EA/21476309_EA



2/\$8
OR 4.50 EA

BAGELS 6'S OR MINI BAGELS 8'S
BAKED IN-STORE
SELECTED VARIETIES
21016649_EA/21738180_EA



BLOOMING WITH GRATITUDE



\$26

HYDRANGEA IN UPGRADE
21733663_EA

\$18

15 STEM TULIPS
21723965_EA

\$30

MOTHER'S DAY GARDEN
SELECTED VARIETIES
20962750_EA

\$30

TEAPOT ORCHID
21735629_EA

\$24

SIGNATURE MOTHER'S DAY BOUQUET
21087813_EA
21087812_EA

\$10

FERRERO ROCHER COLLECTION CHOCOLATES 156 G OR **JEWEL** 200 G BOX
20998034_EA/20981575_EA

7.50

PC CHOCOLATE GOLD BAR CHOCOLATE
SELECTED VARIETIES, 300 G
21679968_EA/21689854_EA

\$4

NESTLÉ CELLO CHOCOLATE POUCHES
SELECTED VARIETIES, 76-203 G
21556200_EA/21556311_EA

SAVE 1.58
WHEN YOU BUY 2

2/\$5
OR 3.29 EA

HERSHEY'S TWIZZLERS LICORICE 311-454 G
OR **JOLLY RANCHER ROPE** 283 G
SELECTED VARIETIES
20022528004_EA/21689823_EA

Earn 7,000 pts

When you spend \$25+ on select Mother's Day flowers*. Online only.

Use code **MA7**

Shop now

Express™

*Offer valid from April 30 to May 13, 2026. Conditions apply. See site for details.



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

App exclusive offer

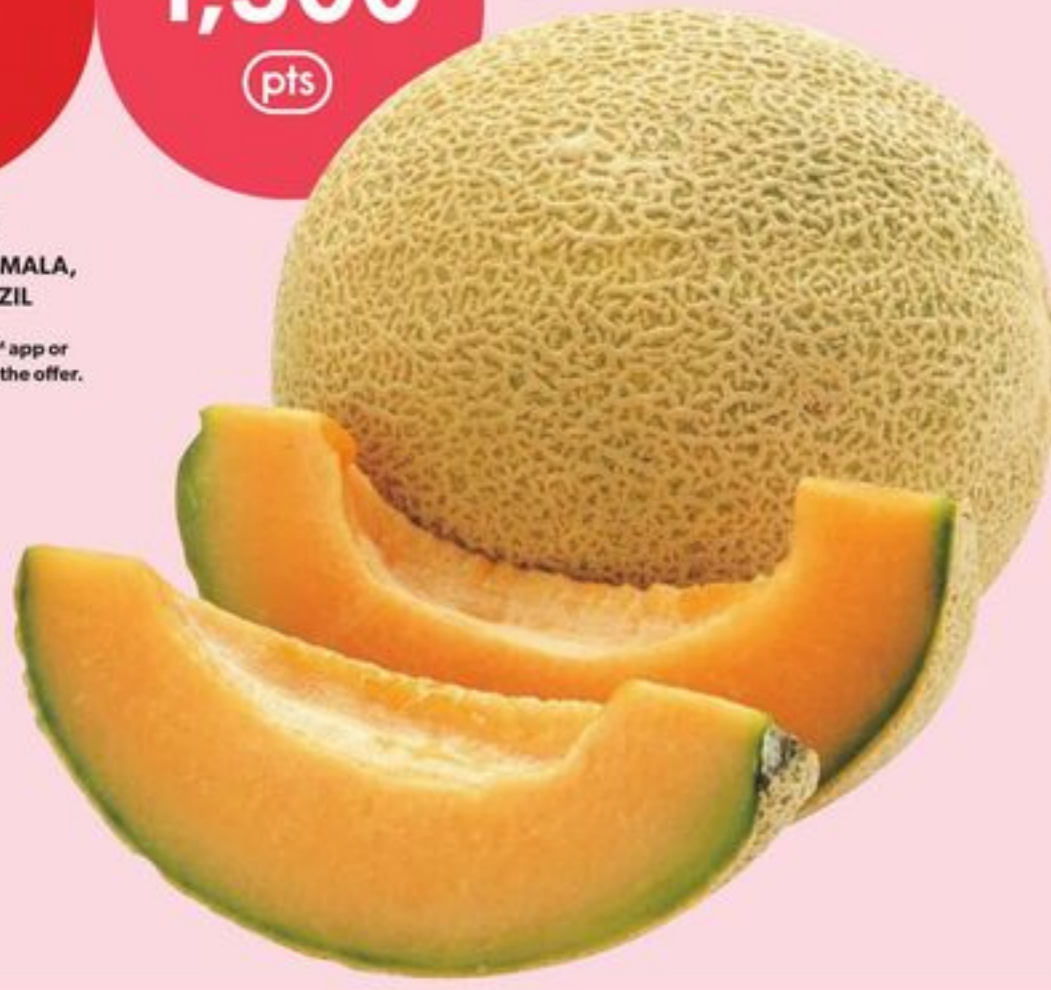


\$5

Get 1,500 pts

\$150 back in points

CANTALOUPE
PRODUCT OF GUATEMALA,
HONDURAS OR BRAZIL
2016707001_EA
*Open your PC Optimum™ app or
visit pcoptimum.ca to get the offer.



App exclusive offer



575

Get 2,500 pts

\$250 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
pcoptimum.ca to get the offer.



App exclusive offer



Members Price**
350

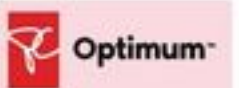
Non-Members
450

Members
Save \$1

PC® OR BLUE MENU® ENTRÉES
SELECTED VARIETIES, FROZEN, 212-365 G
20312253001_EA/21364244_EA
**Must be a registered PC Optimum™
member to load and get this offer.
*Open your PC Optimum™ app or
visit pcoptimum.ca to get the offer.



App exclusive offer



Get 4,000 pts

\$4 back in points

When you spend \$10*

ANY SILK
890 ML-1.89 L
20315090001_EA
21357595_EA
21731288_EA
*Open your PC Optimum™
app or visit pcoptimum.ca
to get the offer.



App exclusive offer



Get 4,000 pts

\$4 back in points

For every \$10* spent

**ANY 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.



App exclusive offer



Get 8,000 pts

\$8 back in points

When you spend \$16*

**SWIFFER
STARTER KITS**
SELECTED VARIETIES
21625788_EA
21625498_EA
*Open your PC Optimum™ app or
visit pcoptimum.ca to get the offer.



App exclusive offer

More days™

May 7 - 13

Plus, Score Major Points!

Members get
20,000
pts

for every
\$75 spent
on apparel*

**Must be a registered PC Optimum™ member to load and get this offer. *Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

Get 10,000 pts
For every \$100* spent

\$10 back in points

**ON ANY COMBINATION
OF DOORDASH AND
PLAYSTATION STORE
GIFT CARDS**



Restaurants and more, delivered to your door.
Tes restaurants préférés et plus encore, livrés à ta porte.



Redeem for anything on PlayStation®Store: games, add-ons, subscriptions and more. A utiliser pour tout achat à PlayStation®Store: jeux, extensions, abonnements et plus.

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.

More days More days More days

More days™

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!

May 7-10





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

Members Price **\$3** **Non-Members** **350**

PC[®] ORGANICS WHOLE WHITE OR CREMINI MUSHROOMS
PRODUCT OF CANADA, 227 G
21021565_EA/21021499_EA
**Must be a registered PC Optimum[™] member to load and get this offer.

PRODUCT OF CANADA

2/\$12 OR 7.00 EA

Get 1,000 pts **\$1 back in points**
When you buy 2

BOLTHOUSE FARMS SMOOTHIES OR JUICE
PRODUCT OF U.S.A.
SELECTED VARIETIES
946 ML
20301788_EA/20316397_EA

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

STRUB'S PICKLES
SELECTED VARIETIES, 1L
21671597_EA

Members Price **\$12** **Non-Members** **\$13** **Members Save \$1**

PC[®] BBQ PORK BACK RIBS
SELECTED VARIETIES
FULLY COOKED, 500 G
21284538_EA/21284542_EA
**Must be a registered PC Optimum[™] member to load and get this offer.

PREPARED IN CANADA

Members Price **\$15** **Non-Members** **\$16** **Members Save \$1**

PC[®] BLACK LABEL WAGYU BURGERS
SELECTED VARIETIES
FROZEN, 568 G
20762335_EA
21522754_EA
**Must be a registered PC Optimum[™] member to load and get this offer.

PREPARED IN CANADA

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

ULTIMATE DINNER OR BREAKFAST CHICKEN SAUSAGES
SELECTED VARIETIES
375/500 G
21378310_EA
21539969_EA

PREPARED IN CANADA

\$4 **Get 1,000 pts** **\$1 back in points**

NATURAL RYE BREAD
500 G
21689866_EA

PREPARED IN CANADA

Members Price **\$10** **Non-Members** **\$12** **Members Save \$2**

PC HOT SMOKED CANDIED OR SPICY SALMON STRIPS
150 G
20976930_EA/20977683_EA
**Must be a registered PC Optimum[™] member to load and get this offer.

Members Price **\$11** **Non-Members** **\$12** **Members Save \$1**

PC[®] PEI MUSSELS IN CREAMY WHITE WINE SAUCE
FROZEN, 907 G
20838560_EA
**Must be a registered PC Optimum[™] member to load and get this offer.

PREPARED IN CANADA

2/\$8 or 5.00 EA **Get 1,000 pts** **\$1 back in points**
When you buy 2

FRIED TORTILLA CHIPS
383 G
21534615_EA

\$32 **Get 2,000 pts** **\$2 back in points**

LA ROCCA 8 INCH CAKES
SELECTED VARIETIES
1.1-1.7 KG
21496165_EA
21496166_EA

PREPARED IN CANADA

Members Price **350** **Non-Members** **450** **Members Save \$1**

VACHON SNACK CAKES
SELECTED VARIETIES, 282-324 G
20963606_EA

PREPARED IN CANADA

Members Price **\$7** **Non-Members** **\$8** **Members Save \$1**

MAPLE LEAF NATURAL SELECTIONS OR SCHNEIDER'S DELI SLICED MEATS
SELECTED VARIETIES
150-175 G
20065285_EA/20582322_EA
**Must be a registered PC Optimum[™] member to load and get this offer.

PREPARED IN CANADA

Members Price **\$13** **Non-Members** **14⁵⁰** **Members Save \$150**

PC[®] DOUBLE CREAM BRIE
450 G
20787166_EA
**Must be a registered PC Optimum[™] member to load and get this offer.

PREPARED IN CANADA

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

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

Optimum

Get **3,000** pts
When you spend \$10*

\$3 back in points

BETTY CROCKER SUPER MOIST CAKE MIX 375-404 G OR **FROSTINGS** 340-450 G
SELECTED VARIETIES
20562641005_EA/21547838_EA

Optimum

Get **3,000** pts
When you spend \$10*

\$3 back in points

CLOVER LEAF SELECTED VARIETIES 85-240 G
20018177001_EA
20318426001_EA

Optimum

Get **5,000** pts
When you spend \$10*

\$5 back in points

KNORR GRAVY OR SAUCE MIX 22-48 G,
BASE FLAVOUR PASTES 113 G, **BOUILLON CUBES OR POWDERS** 63-250 G OR **LIQUID CONCENTRATE** 250 ML
SELECTED VARIETIES
20323323001_EA/21290143_EA
21683454_EA

Optimum

Members Price: **\$9.99**
Non-Members: **\$10.99**

Get **1,000** pts
When you spend \$10*

\$1 back in points

FLOURISH PROTEIN PANCAKE OR WAFFLE MIX
430 G OR **SYRUP** 375 ML
SELECTED VARIETIES
21375781_EA
21693002_EA

Optimum

Members Price: **\$10**
Non-Members: **\$10.99**

Get **1,000** pts
When you spend \$10*

\$1 back in points

KELLOGG'S JUMBO SIZE CEREAL
SELECTED VARIETIES, 700 G-1.05 KG
20072706_EA
21651842_EA

Optimum

Members Price: **\$4**
Non-Members: **\$4.99**

SUN-MAID RAISIN MINI PACKS
SELECTED VARIETIES
14'S, 196 G
20617713_EA
**Must be a registered PC Optimum member to load and get this offer.

Optimum

Members Price: **\$24**
Non-Members: **\$24.99**

Get **2,000** pts
When you spend \$20*

\$2 back in points

LAVAZZA WHOLE BEAN COFFEE
SELECTED VARIETIES, 1 KG
21556082_EA/21556201_EA

Optimum

Members Price: **\$4**
Non-Members: **\$5**

Members Save **\$1**

DORITOS TORTILLA CHIPS 210/235 G OR **MISS VICKIE'S KETTLE COOKED POTATO CHIPS** 190/200 G
SELECTED VARIETIES
21240628_EA
21693042_EA
**Must be a registered PC Optimum member to load and get this offer.

Optimum

Members Price: **\$3.50**
Non-Members: **\$3.99**

Get **500** pts
When you spend \$10*

CHRISTIE MINI COOKIES
SELECTED VARIETIES, 144-200 G
21584976_EA
21585155_EA

Optimum

Members Price: **\$2**
Non-Members: **\$2.99**

Get **2,000** pts
When you buy 2

CHRISTIE PEEK FREANS COOKIES 275-350 G OR **CADBURY FINGERS** 114/225 G
SELECTED VARIETIES
20680381_EA
21631880_EA

Optimum

Members Price: **\$1**
Non-Members: **\$1.99**

Get **1,000** pts
When you buy 2

CHRISTIE CRACKERS
SELECTED VARIETIES, 175-304 G
21030647_EA
21547034_EA

Optimum

Members Price: **\$4.49**
Non-Members: **\$4.99**

Get **1,000** pts
When you spend \$10*

\$1 back in points

RAINCOAST CANNED FISH
SELECTED VARIETIES, 142-160 G
20031301001_EA/21450375_EA

Optimum

Members Price: **\$4**
Non-Members: **\$4.99**

Get **1,000** pts
When you spend \$10*

\$1 back in points

MOTT'S CLAMATO COCKTAIL
SELECTED VARIETIES, 1.89 L
20318955002_EA/20318955003_EA

Optimum

Members Price: **\$39**
Non-Members: **\$39.99**

Get **5,000** pts
When you spend \$20*

\$5 back in points

MCCAFÉ K-CUPS
SELECTED VARIETIES, 48'S
21238592_EA

Optimum

Members Price: **\$8**
Non-Members: **\$8.99**

Get **2,000** pts
When you spend \$20*

\$2 back in points

YORKSHIRE TEA
80'S
20752199_EA

Optimum

Members Price: **\$7**
Non-Members: **\$7.99**

Get **1,000** pts
When you spend \$10*

\$1 back in points

WHISKAS TEMPTATIONS CAT TREATS
SELECTED VARIETIES, 454 G
21105449_EA

Optimum

Members Price: **89¢**
Non-Members: **99¢**

Get **150** pts
When you spend \$10*

WHISKAS WET CAT FOOD POUCH
SELECTED VARIETIES, 85 G
21609520_EA

Optimum

Members Price: **\$4**
Non-Members: **\$4.99**

Get **4,000** pts
When you spend \$15*

\$4 back in points

LYSOL LAUNDRY DISINFECTANT
1.2 L
21487308_EA

Optimum

Members Price: **\$4**
Non-Members: **\$4.99**

Get **4,000** pts
When you spend \$20*

\$4 back in points

METHOD CLEANERS, LAUNDRY OR DISH DETERGENT
SELECTED VARIETIES AND SIZES
21736870_EA

GREEN THUMBS UP

100% CANADIAN GROWERS

OUR GARDEN CENTRE IS NOW OPEN!

SHOP NOW

RECYCLE YOUR POTS FOR POINTS
APR 30 - JUN 17

Optimum
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 RASS Garden Centre's, 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.

5/\$25
OR 5.50 EA

PC GIGANTICO™ ANNUALS
SELECTED VARIETIES
4.33 INCH
21352664_EA

PRODUCT OF CANADA

5/\$25
OR 5.50 EA

PC GIGANTICO™ VEGETABLES OR HERBS
SELECTED VARIETIES
4.33 INCH
21350302_EA
21350301_EA

PRODUCT OF CANADA

Forest Glen Greenhouses was started in 1985 by Lee and Judy Thompson with a small backyard operation located in **Brookfield, NS**. Now, joined by their daughter, Megan and son in law, Jason, the family business has grown into a seven-acre, gutter connect greenhouse facility. Forest Glen specializes in growing annuals, perennials, vegetables, herbs, mums and poinsettias.

SAVE 1.50
\$26

PC JUMBO ANNUAL HANGING BASKET
SELECTED VARIETIES
12 INCH
20753924_EA

PRODUCT OF CANADA

\$22

PC BOSTON FERN HANGING BASKET
SELECTED VARIETIES
10 INCH
20845440_EA

PRODUCT OF CANADA

2/\$40
OR 23.00 EA

PC DELUXE ANNUAL HANGING BASKET
SELECTED VARIETIES
11 INCH
20753918_EA

PRODUCT OF CANADA

Optimum
\$32 Get **7,000** pts
\$7 back in points

WINDOW BOXES
20753920_EA

PRODUCT OF CANADA

\$18

PC CALLA LILY
SELECTED VARIETIES,
7 INCH
21570208_EA

PRODUCT OF CANADA

\$15

PC ANNUAL PLANTER
SELECTED VARIETIES
8.5 INCH
21001606_EA

PRODUCT OF CANADA

\$12

HOSTA
SELECTED VARIETIES
1 GALLON
20135316_EA

PRODUCT OF CANADA

\$30

PC DELUXE ANNUAL PLANTER
SELECTED VARIETIES
11 INCH
20753963_EA

PRODUCT OF CANADA

29⁹⁹

EMERALD CEDAR
CONTAINER GROWN
EMERALD CEDAR,
4' TO 6'
20058698_EA

Our container grown cedars are grown for their great quality, providing an established root system and survival rate as the roots are not cut when harvested.

PRODUCT OF CANADA

\$9

PC SUPER GIGANTICO™ ANNUALS
SELECTED VARIETIES
6 INCH
21352513_EA

PRODUCT OF CANADA

2/\$9
OR 9.00 EA

PERENNIALS
SELECTED VARIETIES,
9 CM
21347591_EA

PRODUCT OF CANADA

2/\$16
OR 9.00 EA

PERENNIALS
SELECTED VARIETIES,
13 CM
21347592_EA

PRODUCT OF CANADA

\$11

PC FLOWER AND GARDEN BED SOIL
50 L
21363856_EA

PRODUCT OF CANADA

4/\$14
OR 3.75 EA

PC BLACK EARTH SOIL
25 L
21357792_EA

PRODUCT OF CANADA

2/\$9
OR 4.75 EA

NO NAME COW MANURE COMPOST
12.5 KG
21001606_EA

PRODUCT OF CANADA

3/\$12
OR 4.50 EA

NO NAME CEDAR MULCH
AVAILABLE IN NATURAL, BLACK OR RED, 42.5 L
21349331_EA/21358573_EA

PRODUCT OF CANADA

TEAM SAVINGS: WEEKEND OVERTIME

For fans who live
for matchdays and
long weekends.

\$11
LB
24.24/KG

EYE OF ROUND ROAST
CUT FROM CANADA AA GRADE
BEEF OR HIGHER
20798494_KG



12⁹⁹

PC SMOKIES™
SELECTED VARIETIES, 1 KG
20732535_EA



\$4

PC GIGANTICO™
HAMBURGER OR
HOT DOG BUNS
SELECTED VARIETIES, 6-8'S
20371958_EA



\$5

PC GREENHOUSE
GROWN
STRAWBERRIES
PRODUCT OF CANADA, 340 G
21027142001_EA



249
LB
5.49/KG

SWEET
VIDALIA ONIONS
PRODUCT OF U.S.A.
NO. 1 GRADE
20083454001_KG



\$6

CROWNLESS
PINEAPPLE
PRODUCT OF COSTA RICA
20110813001_EA



949

ARMSTRONG
CHEESE SLICES
SELECTED VARIETIES, 500 G
21703729_EA/21703874_EA



550

HELLMANN'S SAUCES
SELECTED VARIETIES
340-445 ML
21169836_EA/21591067_EA



\$6

EXTREME BEAN
500-750 ML OR UNICO
GREEN OLIVES 750 ML
SELECTED VARIETIES
20114943_EA/20618220_EA



FROM
\$10

12" TAKE
AND BAKE PIZZA
SELECTED VARIETIES, 510-739 G
21456415_EA/21456401_EA



\$8

MEDIUM
PREMIUM SALADS
SELECTED VARIETIES, 330 G
21607930_EA



\$5

PC SCOOP SHOP
ICE CREAM
SELECTED VARIETIES
FROZEN, 946 ML
21706459_EA/21706563_EA



\$5

MI TIERRA
TORTILLA CHIPS
SELECTED VARIETIES, 280 G
21716107_EA/21716122_EA



Get
1,000
pts

When you buy 2

\$1
back in
points

HUMPTY DUMPTY
SNACKS 250-290 G,
OLD DUTCH
POTATO CHIPS
200/235 G OR
RESTAURANTE
TORTILLA
CHIPS 275/290 G
SELECTED VARIETIES
21445100_EA/21646697_EA



2/\$7
OR 3.99 EA

CHEEZ-IT CRACKERS
SELECTED VARIETIES, 191/200 G
21214559_EA/21214560_EA



TEAM SAVINGS

For fans who love low blocks and low prices.

SAVE .98
WHEN YOU BUY 2
2/\$7
OR 3.99 EA

PC[®] LEMONADE DRINKS
SELECTED VARIETIES, 1.89 L
20773870001_EA/20957804_EA



10⁹⁹

MICHELOB ULTRA ZERO NON-ALCOHOLIC BEER
SELECTED VARIETIES, 6X355 ML
21706873_C06



22⁹⁹

GATORADE CLUB PACK OR POWERADE SPORTS DRINK
SELECTED VARIETIES, 24X591 ML
20954130_C24/20325703_C24



9⁹⁹

HEINEKEN 0.0% ALCOHOL FREE BEER
SELECTED VARIETIES, 6X330 ML
21099500_C06/21100011_C06



10⁹⁹

CORONA CERO
SELECTED VARIETIES
6X330 ML
21650191_C06



SAVE 1.98
WHEN YOU BUY 2
2/\$7
OR 4.49 EA

GLACEAU SMARTWATER
SELECTED VARIETIES, 1L
20154181_EA



SAVE 1.58
WHEN YOU BUY 2
2/\$8
OR 4.79 EA

MIO LIQUID WATER ENHANCER, COUNTRY TIME, TANG, CRYSTAL LIGHT OR KOOL-AID LIQUID DRINK MIX
SELECTED VARIETIES, 48 ML
20662690_EA/21634119_EA



SAVE .50
WHEN YOU BUY 2
2/4⁵⁰
OR 2.50 EA

PC[®] 100% JUICE
SELECTED VARIETIES, 1L
21080954_EA/21080958_EA



SAVE .98
WHEN YOU BUY 2
2/\$17
OR 8.99 EA

PEPSI SOFT DRINKS
SELECTED VARIETIES, 12X355 ML
20322361001_C12/20322361002_C12



SAVE 1.58
WHEN YOU BUY 2
2/\$15
OR 8.29 EA

BUBLY SPARKLING WATER
SELECTED VARIETIES, 12X355 ML
21097772_C12/21651534_C12



6⁹⁹

NESTEA LEMON
SELECTED VARIETIES, 12X341 ML
21689167_C12



\$11

GUINNESS NON-ALCOHOLIC DRAUGHT 0.05%
SELECTED VARIETIES, 4X440 ML
21567137_C04



7⁹⁹

MAISON PERRIER SPARKLING WATER
SELECTED VARIETIES, 8X330 ML
21509060_C08/21575556_C08



9⁹⁹

ASAHI SUPER DRY 0.0%
SELECTED VARIETIES, 6X330 ML
21622600_C06



no name®

just low prices (so switch)

\$15

NO NAME® CHICKEN WINGS
SELECTED VARIETIES
FROZEN, 908 G
21045309_EA/21045311_EA

no name® sans nom®

honey garlic
chicken wings
17% MEAT PROTEIN - CUT UP - TIPS REMOVED - FULLY COOKED
17% DE PROTÉINES DE VIANDE - DÉPIECES
POINTES ENLEVÉES - ENTièrement CUITES
ailes de poulet
miel et ail



no name® sans nom®

salt & pepper
chicken wings
17% MEAT PROTEIN - CUT UP - TIPS REMOVED - FULLY COOKED
17% DE PROTÉINES DE VIANDE - DÉPIECES
POINTES ENLEVÉES - ENTièrement CUITES
ailes de poulet
sel et poivre



908 g



\$9

NO NAME® MEATBALLS
SELECTED VARIETIES
FROZEN, 680 G
21537713_EA/21538491_EA

no name® sans nom®

Italian
meatballs FULLY COOKED
made with seasoned pork, beef and chicken
ENTièrement CUITES
boulettes de viande
italiennes



no name® sans nom®

beef
meatballs
FULLY COOKED
boulettes de
bœuf
ENTièrement CUITES



680 g 42



8⁹⁹

NO NAME® GARLIC
COIL SAUSAGE
750 G
20090793_EA



\$5

NO NAME® SAUSAGE CHUBS
SELECTED VARIETIES
500 G
20015818_EA



15⁹⁹

NO NAME® HONEY HAM
CLUB PACK
1.3 KG
20858028_EA



1⁹⁹

NO NAME® CHICKEN WIENERS
450 G
20058192_EA



\$3

NO NAME® HAMBURGER OR
HOTDOG BUNS
SELECTED VARIETIES, 8'S
21509434_EA/21509514_EA



3⁵⁰

NO NAME® GARLIC TOAST
16'S
21361140_EA



6⁵⁰

NO NAME® CHEESECAKE
SELECTED VARIETIES, 510 G
21089151_EA



2⁸⁹

NO NAME® BREAD
WHITE OR WHOLE WHEAT, 520 G
21509610_EA



2⁵⁰

NO NAME® ENGLISH MUFFINS
SELECTED VARIETIES, 6'S
21216413_EA



1⁹⁹

NO NAME® PITA
SELECTED VARIETIES, 250 G
21315734_EA



no name®

just low prices (so switch)

5⁵⁰

NO NAME® JAM
SELECTED VARIETIES, 500 ML
20032552001_EA/20032552002_EA

raspberry jam with pectin
confiture de framboises avec pectine

strawberry
with pectin
confiture de fraises avec pectine

PREPARED IN CANADA

4⁵⁰

NO NAME® MARGARINE
907 G
20073675_EA

100% vegetable oil
margarine
huile d'huile végétale à 68%

PREPARED IN CANADA

3²⁵ Get **500 pts**

NO NAME® 100% WHOLE GRAIN OATS
SELECTED VARIETIES, 900 G/1 KG
20923828_EA/20923994_EA

large flake oats
avoine en gros flocons

quick oats
100% whole grain Canadian oats
grains canadiens à grains entiers à 100%
grauau rapide

PREPARED IN CANADA

3⁵⁰

NO NAME® SPICES
SELECTED VARIETIES, 15-250 G
20617758_EA/20618677_EA

ground cinnamon

garlic powder
poudre d'ail

PREPARED IN CANADA

3⁵⁰

NO NAME® APPLE OR ORANGE JUICE
SELECTED VARIETIES, 1.75 L
21665646_EA/21671461_EA

pulp free 100% juice blend orange

apple juice from concentrate
vitamin C added

PREPARED IN CANADA

2/\$10 OR 5.79 EA

NO NAME® CHEESE SLICES
SELECTED VARIETIES, 210/230 G
2161215_EA/21614277_EA

marble cheddar cheese slices
tranches de fromage cheddar marbré

old cheddar cheese slices
tranches de fromage cheddar fort

PREPARED IN CANADA

1⁵⁰

NO NAME® BROTH
SELECTED VARIETIES, 900 ML
21189608_EA/21189611_EA

chicken broth · bouillon poulet

beef broth · bouillon bœuf

PREPARED IN CANADA

\$3

NO NAME® VEGETABLES
SELECTED VARIETIES, FROZEN, 750 G
20312260_EA/20316412_EA

green peas
assorted sizes
grosseurs assorties
petits pois

California blend
mixed vegetables · mélange de légumes à la californienne

PREPARED IN CANADA

3⁵⁰

NO NAME® OLIVES
SELECTED VARIETIES,
375/398 ML
20323294_EA/20325649_EA

sliced ripe olives
olives mûres en tranches

stuffed manzanilla
with pimento paste
olives Manzanilla farcies avec pâte de piment

PREPARED IN CANADA

2/\$6 OR 3.49 EA

NO NAME® CROUTONS
145 G OR SALAD DRESSINGS 475 ML
SELECTED VARIETIES
20628489001_EA/21096223_EA

Caesar croutons · croûtons César

Caesar dressing vinaigrette César

PREPARED IN CANADA

\$6

NO NAME® INSTANT COFFEE
SELECTED VARIETIES, 150 G
20149246_EA/21180125_EA

instant coffee
café instantané

decaffeinated instant coffee
café instantané décaféiné

PREPARED IN CANADA

\$4

NO NAME® ICE MILK
SELECTED VARIETIES
FROZEN, 1.65 L
21610174_EA/21610238_EA

napolitaine

chocolat

PREPARED IN CANADA

3⁵⁰

NO NAME® PIZZA
SELECTED VARIETIES
FROZEN, 350-411 G
21541441_EA/21541444_EA

pizza croûte mince spinach

thin crust pizza croûte mince pepperoni

PREPARED IN CANADA

\$17

NO NAME® NATURALLY IMPERFECT™ FRUIT
SELECTED VARIETIES
FROZEN, 2 KG
21033164_EA/21480144_EA

Naturally Imperfect™
Naturellement imparfaits™
blueberries · bleuets

berry blend
mélange de petits fruits

PREPARED IN CANADA

\$5

NO NAME® PEROGIES
SELECTED VARIETIES
FROZEN, 2 KG
20323762001_EA

potato & cheddar
perogies · perogies
sauveur pommes de terre et cheddar

PREPARED IN CANADA

HAPPY EID AL-ADHA

Low prices for joyful celebrations.



\$5 LB
11.02/KG

OKRA
PRODUCT OF U.S.A.
20091263001_EA



4/\$6
OR 1.79 EA

RED MANGO
PRODUCT OF MEXICO
20059635001_EA



\$30

SUFRA' HALAL CHICKEN BREAST
BONELES, SKINLESS, 7'S,
UP TO 1.51 KG
21616967_EA



CLUB SIZE



8⁹⁹

SUFRA' HALAL LEAN GROUND BEEF
454 G
21397283_EA



\$18

TRADITIONAL BAKLAVA
800 G
21160115_EA



2²⁵

COCONUT
PRODUCT OF INDIA OR
DOMINICAN REPUBLIC
20005774001_EA



\$10

SAMOSA PLATTER WITH TAMIRAND SAUCE
1.37 KG
21558737_EA



2/4⁸⁸
OR 2.89 EA

ROOSTER TOFU
SELECTED VARIETIES, 454 G
21474765_EA



\$4

SURAJ' GINGER GARLIC PASTE
750 G
21088575_EA



\$12

BROOKE BOND RED LABEL TEA
900 G
21077684_EA



SAVE 2.00

9⁹⁹

TILDA BASMATI RICE
SELECTED VARIETIES, 4 LB
20013920_EA/20436365_EA



\$6

SURAJ' SOOJI FINE FLOUR
2 KG
21071270_EA



SAVE 1.50

3⁹⁹

KFI COOKING SAUCES
SELECTED VARIETIES,
375/395 ML
20419490001_EA/20419490003_EA



2⁵⁰

RUBICON JUICES
SELECTED VARIETIES, 1L
20029236001_EA/20296770001_EA



HAPPY EID AL-ADHA

Low prices for joyful celebrations.



2.48
LB
5.47/KG

GINGER ROOT
PRODUCT OF CHINA
20179038001_KG



1.25

MINT BUNCH
PRODUCT OF MEXICO
OR COLOMBIA
201939326001_KG



\$13

**HALAL BBQ SEASONED
ROTISSERIE CHICKEN**
FULLY COOKED
1 KG
20974684_EA



\$2

**ZABIHA HALAL
CHICKEN WIENERS
OR ZABIHA HALAL
CHICKEN BOLOGNA**
SELECTED VARIETIES, 375-450 G
20006571_EA



\$5

SURAJ NAAN
SELECTED VARIETIES, 10'S
20342261_EA



\$3

ZINDA COUSCOUS
SELECTED VARIETIES, 907 G
20013708_EA/20822580_EA



1.50

**TAMAM
CANNED BEANS**
SELECTED VARIETIES, 540 ML
21214481_EA/21214570_EA



\$5

CLIC QUINOA GRAINS
907 G
20051508_EA



\$14

**KRITI GOLD EXTRA
VIRGIN OLIVE OIL**
750 ML
20572876_EA



4.50

VEEBA SAUCES
SELECTED VARIETIES, 300 ML
21632689_EA/21632743_EA



1.75

**PUCK THICKENED
CREAMY PRODUCT**
160 G
21449248_EA



1.50

PRAN NOODLE SOUPS
SELECTED VARIETIES, 280 G
21685517_EA/21685721_EA



\$5

TAMAM TAHINI SMALL
454 G OR SLICED PICKLE
TURNIPS 1 KG
21217262_EA/21237887_EA



3.50

MAGGI SAUCE
SELECTED VARIETIES,
340 ML
20687724_EA
20693317_EA



\$5

**NESTLÉ INSTANT
TEA MIX**
SELECTED VARIETIES, 200 G
21665987_EA



SHOP THE WORLD IN OUR AISLES*

From bok choy to basmati rice, find international ingredients at low prices.

[SHOP NOW](#)

\$3 LB
6.61/KG

BABY BOK CHOY
PRODUCT OF MEXICO OR U.S.A.,
OR **SHANGHAI BOK CHOY**
PRODUCT OF MEXICO
20082279001_KG/20032454001_KG

3.50

LARGE DRAGONFRUIT
PRODUCT OF VIETNAM
20168395001_EA

13.88

T&T SLICED ROLLS BEEF OR LAMB
340 G
21570350_EA/21570410_EA
21570476_EA

\$4 LB
8.82/KG

CHICKEN WHOLE
FRESH
20729008_KG

CANADIAN POULTRY

\$9

SEAQUEST WHOLE TILAPIA 1.36 KG OR WHOLE POMPAÑO
800 G
21591947_EA/21592084_EA

5.88 LB
12.96/KG

PORK BELLY PORTION
20793502_KG

\$2

T&T TROPICAL CAKE
SELECTED VARIETIES, 180 G
20826539_EA/20826539_EA

PREPARED IN CANADA

\$2

WAHAHA YOGURT DRINK
SELECTED VARIETIES, 4'S, 400 ML
21091972_EA/21382076_EA

9.99

JAYONE SEASONED AND ROASTED SEAWEED
120 G
20699445_EA

3.49

INDOMIE INSTANT NOODLES
SELECTED VARIETIES
5'S, 400-425 G
20686719_EA/21094081_EA

3.99

COCON NATA DE COCO PUDDING MIX
700 G
20180623_EA

3.29

MARUKOME INSTANT MISO SOUP MIX
SELECTED VARIETIES, 27/29 G
20999038_EA/20999104_EA

12.88

KNORR CHICKEN BOUILLON MIX
SELECTED VARIETIES, 1 KG
20154074_EA

\$7

KEWPIE MAYONNAISE
465 ML
21644268_EA

4.79

NISSIN INSTANT NOODLES
SELECTED VARIETIES, 5'S, 500 G
21437173_EA/21438999_EA

SUPER YOUR EVERYDAY

750

YOPLAIT SOURCE OR CREAMY
SELECTED VARIETIES
16X100 G
20120316002_EA
20310980001_EA



3/\$9
OR 3.79 EA

KELLOGG'S RICE KRISPIES BARS 160-200 G,
POPARTS 384 G,
SPECIAL K BARS 125 G OR
NUTRI-GRAIN BARS 175-295 G
SELECTED VARIETIES
20126567001_EA
20313984001_EA



850

QUEEN ST. BAKERY FROZEN BREADS, ENGLISH MUFFINS
SELECTED VARIETIES
464-520 G
215759664_EA
21699221_EA



3/999
OR 4.49 EA

GENERAL MILLS RETAIL SIZE CEREAL
SELECTED VARIETIES
297-430 G
21104055_EA/21104058_EA



449

QUAKER, CAPTAIN CRUNCH, HARVEST CRUNCH OR LIFE OAT CEREAL, OATMEAL OR CORN SQUARES
SELECTED VARIETIES
288-510 G
21082500_EA
21239228_EA



\$6

QUAKER MUFFIN OR COOKIE MIX
SELECTED VARIETIES
900 G
20301064001_EA
21611930_EA



\$25

PC ORGANICS CASHEWS
SELECTED VARIETIES
1.13 KG
21917458_EA



\$10

PC BLUE MENU LIQUID EGG WHITES
REFRIGERATED
1 KG
20821364001_EA



\$5

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



\$7

BLACK DIAMOND CHEESE SNACKS
SELECTED VARIETIES
12/16'S/252/336 G
20763661_EA
20986474_EA



\$7

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



2/\$5
OR 3.29 EA

SNACK PACK PUDDING OR JUICY GELS
SELECTED VARIETIES
4'S
20310707006_EA
2031315001_EA



425

CHRISTIE GOOD THINS CRACKERS
SELECTED VARIETIES
100 G
21023024_EA
21023029_EA



2/\$8
OR 4.99 EA

DARE BEAR PAWS 168- 240 G,
WAGON WHEELS 315/360 G,
WHIPPETS 200-285 G, **ULTIMATE OR VIVA PUFFS COOKIES** 290/300 G
SELECTED VARIETIES
20974343_EA
21080791_EA



649

NESCAFÉ COFFEE CONCENTRATE
SELECTED VARIETIES
500 ML
21665027_EA
21665148_EA



\$6

TWINING'S SUPERBLEND TEA 18'S OR TETLEY TEA 40/48'S
SELECTED VARIETIES
20711553_EA
21427843_EA



\$12

COTTONELLE FLUSHABLE WIPES
SELECTED VARIETIES
4'S
21477027_EA



2/\$12
OR 6.99 EA

LYSOL DISINFECTANT SPRAY 350 G,
DISINFECTING WIPES 75-84'S
OR **ALL PURPOSE CLEANER** 950 ML
SELECTED VARIETIES
21449826_EA
21669300_EA



\$6

NO NAME FREEZER BAG RESEALABLE
30/40'S
20298374_EA
20155482_EA



Members Price **15.99** Non-Members **17.99** Members Save **\$2**

WHISKAS WET CAT FOOD
SELECTED VARIETIES, 12'S
20945387_EA
**Must be a registered PC Optimum™ member to load and get this offer.





**CUDDLY
DEALS,
TINY
PRICES**



\$2

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

**LIMIT 4
OVER LIMIT PAY
3.49 EA**



**PRICE
DROP**

2/\$11
OR 5.99 EA

**AMARA ORGANIC
SMOOTHIE MELTS OR
FRUIT BITES**
SELECTED VARIETIES, 23 G
21426240_EA/21536119_EA



**8+
MONTHS**

\$3

**PC[®] ORGANICS MINI
CEREAL BARS**
SELECTED VARIETIES, 160 G
20431341_EA/2043141001_EA

**LIMIT 6
OVER LIMIT PAY
3.50 EA**



**12+
MONTHS**

\$50

**ENFAMIL A+
NEUROPRO OR
GENTLEASE POWDER**
SELECTED VARIETIES, 553/587 G
21589117_EA/21589230_EA

**LIMIT 4
OVER LIMIT PAY
54.99 EA**



\$37

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

**LIMIT 4
OVER LIMIT PAY
42.99 EA**



\$70

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

**LIMIT 4
OVER LIMIT PAY
89.99 EA**



\$29

**PAMPERS SUPER BIG
PACK DIAPERS**
SIZES N-8, SELECTED VARIETIES
21370844_EA/21455660_EA

**LIMIT 4
OVER LIMIT PAY
34.99 EA**



\$27

**LIMIT 4, OVER LIMIT
PAY 31.99 EA**

Get **2,000** pts

\$2 back in points

**PAMPERS EASY UPS CLUB PACK
TRAINING PANTS**
SELECTED VARIETIES, 46-74'S
21089365_EA/21089367_EA



\$35

**LIMIT 4, OVER LIMIT
PAY 41.99 EA**

Get **2,000** pts

\$2 back in points

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



\$25

**LIMIT 4, OVER LIMIT
PAY 32.99 EA**

Get **2,000** pts

\$2 back in points

WATERWIPES
SELECTED VARIETIES, 360'S
21549611_EA



\$27

**LIMIT 4
OVER LIMIT PAY
32.99 EA**

**HUGGIES PULL-UPS
CLUB PACK TRAINING
PANTS OR GOODNITES**
28-74'S
21021522_EA/21371199_EA



\$25

**LIMIT 4, OVER LIMIT
PAY 29.99 EA**

Get **2,000** pts

\$2 back in points

MILLIE MOON PACK DIAPERS
CLUB SIZE, SELECTED VARIETIES
AND SIZES
21520442_EA/21520456_EA



4/\$7
OR 2.29 EA

**GERBER BABY FOOD
JARS 159-162 ML OR
ORGANIC BABY FOOD
POUCHES 99 G/128 ML**
SELECTED VARIETIES
21024932_EA/21466948_EA



\$20

**LIMIT 4
OVER LIMIT PAY
23.99 EA**

**HUGGIES
simply clean**
HUGE VALUE
grande valeur
enorme valor



DO NOT FLUSH
NE PAS JETER
AUX TOILETTES

**UP TO
20%
OFF**

**PHILIPS OR DR.
BROWN'S FEEDING
OR NURSING
ACCESSORIES**
SELECTED VARIETIES
21436447_EA/21601463_EA



KIDDICARE DIAPERS FOR LESS

The ultra-absorbent and super-soft
diapers have arrived.

Now exclusively here!



SHOP BEAUTY FOR LESS

Optimum™

Get **2,000** pts

When you spend \$10*

\$2 back in points



MONDAY HAIR CARE, BODY WASH OR BODY SCRUB
SELECTED VARIETIES AND SIZES
21703931_EA/21706301_EA

Optimum™

Get **5,000** pts

When you buy 2

\$5 back in points



JOHN FRIEDA HAIR CARE
SELECTED VARIETIES AND SIZES
20757892002_EA/20757892003_EA

Optimum™

Get **6,000** pts

When you spend \$15*

\$6 back in points



NICE N EASY, NATURAL INSTINCTS OR COLOR STRONG HAIR COLOUR
SELECTED VARIETIES
21082764_EA/21084326_EA

Optimum™

Get **5,000** pts

When you spend \$20*

\$5 back in points



METHOD SHAMPOO, CONDITIONER, BODY WASH OR DEODORANT
SELECTED VARIETIES AND SIZES
21640748_EA/21647725_EA

Optimum™

Get **4,000** pts

When you spend \$20*

\$4 back in points



TRESEMME HAIR CARE OR STYLING PRODUCTS
SELECTED VARIETIES AND SIZES
198-311 G/168-828 ML
21169663_EA

Optimum™

Get **3,000** pts

When you buy 2

\$3 back in points



HEAD & SHOULDERS HAIR CARE
SELECTED VARIETIES, 835 ML
21505259_EA

Optimum™

UP TO **15%** OFF

Get **2,000** pts

\$2 back in points



O'KEEFFE'S SKINCARE
SELECTED VARIETIES AND SIZES
20910310_EA/21723681_EA

Optimum™

Get **3,000** pts

When you spend \$30*

\$3 back in points



CETAPHIL CLEANSERS OR MOISTURIZERS
SELECTED VARIETIES AND SIZES
20318025_EA/21013201_EA

Optimum™

UP TO **15%** OFF

Get **3,000** pts

\$3 back in points



ST. IVES SKINCARE PRODUCTS
SELECTED VARIETIES AND SIZES
21086101_EA/21429055003_EA

Optimum™

Get **5,000** pts

When you buy 2

\$5 back in points



CERAVE CLEANSERS OR MOISTURIZERS
SELECTED VARIETIES AND SIZES
21276738_EA/21276745_EA

LOOK GOOD, FEEL GREAT, SPEND LESS.

\$5
LIMIT 6 OVER LIMIT PAY 7.49 EA

IVORY BODY WASH 621 ML OR BAR SOAP 10X90 G
SELECTED VARIETIES
21716909_EA/21717007_EA

Enriched with Moisturizer • Enrichi d'un hydratant

99% PURE

10 BARS/PAINS

Original Scent • Parfum Original

Gentle for the Whole Family

Enriched with Moisturizer • Enrichi d'un hydratant

99% PURE

10 BARS/PAINS • 50 g (1.76 OZ) EACH/CHACUN

TOTAL NET WT/POIDS NET TOTAL 900 g (31.7 OZ) (1.98 LBS)

Get **5,000 pts**
When you buy 2

\$5 back in points

DOVE BODY WASH
452-547 ML OR **SCRUB** 425 G
SELECTED VARIETIES
21638400_EA/21713889_EA

Dove **sérum+ radiance éclat**
OIL BODY WASH
SÉRUM À L'HOILE

Dove **OAT MILK & BERRY BRULEE**
LAIT D'AVOINE ET BAIES BRULÉES

SULFATE FREE
PARABEN FREE
SANS SULFATES
SANS PARABÈNES

517 mL

\$7
LIMIT 6 OVER LIMIT PAY 7.99 EA

BIC DISPOSABLE RAZORS
SELECTED VARIETIES, 2-8'S
20037524_EA/20312082001_EA

LONGER LIVING BLADES
MES PLUS DURABLES

BIC Flex 4
SENSITIVE | SENSIBLE

4 Blades / Lames

Helps Protect From Irritation*
Aide à protéger contre l'irritation*

3 RAZORS / RASOIRS

Soleil 3
Scented • Parfumé

4 RAZORS / RASOIRS

\$7
LIMIT 6, OVER LIMIT PAY 7.49 EA

Get **5,000 pts**
When you spend \$15*

\$5 back in points

DEGREE DRY SPRAY
107 G OR **WOMEN'S ANTIPERSPIRANT** 74 G
SELECTED VARIETIES
20941536_EA/21196402_EA

NEW NOUVEAU
Degree ULTRACLEAR
BLACK + WHITE 72h
PURE BAIN
COUCHES PLUS

ANTI-STAIN | ANTI-TACHE

Degree ADVANCED 72H
COOL PLUS
FRAICHEUR VIVE
107 g Antiperspirant Antitaches

DRY SPRAY
VAPORISATION À LAISE
COOL PLUS
FRAICHEUR VIVE
107 g Antiperspirant Antitaches

DANGER

\$50
LIMIT 4, OVER LIMIT PAY 38.99 EA

Get **15,000 pts**
When you buy 2

\$15 back in points

ORAL-B IO SERIES 2 RECHARGEABLE TOOTHBRUSH 1EA
21616577_EA/21616655_EA

Oral-B **io** SERIES 2

DENTIST CLEAN FEELING in just 1 touch

16.1 MILLION BRUSH STRIKES

3 MODES

30 SEC. TIMER

RECHARGEABLE BATTERY

RECHARGEABLE BATTERY

\$25
LIMIT 6, OVER LIMIT PAY 19.99 EA

Get **10,000 pts**
When you buy 2

\$10 back in points

ORAL-B PRO 300 RECHARGEABLE TOOTHBRUSH 1EA, REFILL HEADS 3'S OR CREST 3D WHITESTRIPS 10'S
SELECTED VARIETIES
2034623100L_EA
21479017_EA

Oral-B **PRO 300**

3D WHITESTRIPS[®]
DENTAL WHITENING KIT
ENSEMBLE DE BLANCHIMENT DES DENTS

NOTICEBLY WHITE
VISIBLEMENT BLANC

3 BRUSH HEADS / 3 BROUSSETTES RECHARGEABLES

6⁵⁰
LIMIT 4, OVER LIMIT PAY 5.99 EA

Get **3,000 pts**
When you buy 2

\$3 back in points

LISTERINE CLASSIC 1L MOUTHWASH OR KIDS SMART RINSE 500 ML
SELECTED VARIETIES
21091222_EA/21356391_EA

LISTERINE **CLASSIC**

LISTERINE **SMART RINSE**

LISTERINE **COOL MINT**

36⁹⁹
LIMIT 4, OVER LIMIT PAY 38.99 EA

Get **5,000 pts**
When you buy 2

\$5 back in points

ENSURE HIGH PROTEIN OR PLUS CALORIE VALUE PACKS
SELECTED VARIETIES AND SIZES
21333516_C16/21333517_C16

Ensure **HIGH PROTEIN HYPERPROTEIN**

Ensure **PLUS CALORIE**

16.1 MILLION BRUSH STRIKES

12 PROTEIN / PROTÉINES 225 g (8 OZ) / 25 SERVINGS

12 PROTEIN / PROTÉINES 225 g (8 OZ) / 25 SERVINGS

CHOCOLATE / CHOCOLAT

VANILLA / VANILLE

Get **2,000 pts**
When you buy 2

\$2 back in points

NATURE'S BOUNTY VITAMINS OR SUPPLEMENTS
SELECTED VARIETIES AND SIZES, 30-500'S
20954995_EA
21667833_EA

NATURE'S BOUNTY **Magnesium 500mg**
Plus Electrolytes

Helps to Maintain Proper Muscle Function

NATURE'S BOUNTY **Immune Defense**
Défense IMMUNITAIRE

UP TO 15% OFF

LIFE BRAND ALLERGY RELIEF PRODUCTS
SELECTED VARIETIES AND SIZES
21234869_EA/21229420_EA

life **24 Hour Allergy Remedy**

life **Extra Strength Allergy Relief**
Cetirizine Hydrochloride Tablets 10 mg

24 Hour Relief • Non-Drowsy

UP TO 20% OFF

ADVIL 40-150'S, VOLTAREN 100-150 G OR ROBAX 18'S
SELECTED VARIETIES AND SIZES
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Advil **LIQUID-FAST RELIEF**
LIQUID-GELS

Voltaren **Extra Strength**

\$17
LIMIT 4 OVER LIMIT PAY 19.99 EA

TENA UNDERWEAR OR BRIEFS
SELECTED VARIETIES AND SIZES 10-58'S
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TENA **SENSITIVE care**

TENA **OVERNIGHT**

\$14
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ALWAYS PADS 26-62'S OR LINERS 116-216'S OR TAMPAX TAMPONS 38-50'S
SELECTED VARIETIES
21439926_EA/21449723_EA

always **radiant**

TAMPAX **radiant**

Celebrate Mom

WITH A GOURMET HAPPY HOUR

- \$6** MONSIEUR GUSTAV Double crème, Camembert 125 g
21619307_EA/21619313_EA
- \$8** L'EXTRA Brie NOTRE-DAME Brie 170 g
21528319_EA/20177193_EA
- \$7** ENTREMONT Brie, Camembert 227 g
21692867_EA/21692836_EA
- \$8** KERRYGOLD Dubliner, Reserve Cheddar 198 g
20591635_EA/20359976_EA
- \$3.50** /100 g JARLSBERG Cheese 21388103_KG
- \$4** /100 g AGROPUR GRAND CHEDDAR 5 years 21194213_KG
- \$3.50** /100 g L'EXTRA Brie 21157608_KG
- \$5** /100 g CAMBOZOLA Cheese 20001969_KG

Marie Morin

INDULGE WITH OUR CHEF-STYLE GOURMET CREATIONS

3.50 Marie Morin Crème Brûlée, Salted Caramel Cheesecake or Chocolate Ganache 90 - 103 g
2185251_EA/2185250_EA

Prepared in Canada

- \$5.75** General Mills™ Family Size Cereals 455-725 g
21103492_EA 21103495_EA
- \$3** Nature Valley™ Granola Bars 120-230 g, Betty Crocker™ and Motts Fruit Snacks 128-226 g, Pillsbury™ Soft Baked Bars 150 g or Cereal Treat Bars 120 g
20887250_EA/21031310_EA
- \$3** Nature Valley™ Sweet & Salty 170-210 g, Fibre 1 Bars, Nature Valley Protein Bars or Nature Valley Biscuits 125-190 g
20686988001_EA/21714114_EA
- 2/\$10** OR \$6.49 EA. Old El Paso™ Dinner Kits 250-510 g selected varieties
20795534_EA 21777322_EA
- 3/4.98** OR \$2.19 EA. Old El Paso™ Seasoning 24 g selected varieties
21675151_EA 21049495_EA
- \$3.75** Annie's™ Super! Mac 170 g or Annie's™ Vegan Mac 170 g
21687300_EA 21687279_EA
- \$4** Pillsbury™ Grand Cinnamon Rolls 496 g or Pillsbury™ Ready to Bake Cookies 454 g
21619335_EA 20301101001_EA
- \$3.50** Pillsbury™ Strudel 6's or Scramble 204-326 g
20772664001_EA/20301101002_EA

NEW Old El Paso™ TACO and GUACAMOLE

NEW Grand!™ Cookie Dough Pâte & biscuits

Celebrating 40 Years of Pillsbury™ Toaster Strudel

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KID FRIENDLY

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

- \$5** PACE® CHUNKY SALSA SELECTED VARIETIES 645 ML
20307531002_EA 20307531001_EA
- 3.50** PREGO® PASTA SAUCE SELECTED VARIETIES 645 ML
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- NEW** Bull's-Eye BBQ Sauce selected varieties 425 mL
21735390_EA **\$4**
- NEW** Diana Sauce selected varieties 500 mL
21735502_EA **\$4**

BRING THE Fiesta HOME!

Wonder Wraps 640 g

Casa Mendosa TORTILLAS ORIGINAL 640 g

Casa Mendosa TORTILLAS WHOLE WHEAT BLE ENTIER 640 g

\$5 CASA MENDOSA OR WONDER TORTILLAS SELECTED VARIETIES AND SIZES
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SEE THE TROPHY.**



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2/\$6** or \$3.49 Glaceau vitaminwater® beverages selected varieties 591 mL 20562362003_EA



\$12.99** Monster Energy® beverages† selected varieties 4x473 mL 20937631_C04

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