

HOT HOT HOT DEALS

Shop a completely remodelled store with the same great deals!

Optimum™

Get **5,000 pts** When you spend \$25*

\$5 back in points

BODY WASH, DEODORANT OR SOAP
SELECTED VARIETIES AND SIZES
20840721_EA/21435048_EA

UP TO 30% OFF

PC® GRILL TOOLS
SELECTED VARIETIES
21670082_EA/21670142_EA

UP TO 30% OFF*

PC® BATTERIES SELECTED VARIETIES
21473296_EA/21026717_EA
*CUSTOMER IS RESPONSIBLE FOR THE PAYMENT OF ANY APPLICABLE MUNICIPAL AND/OR PROVINCIAL DEPOSIT OR PRODUCT/PACKAGING RECYCLING FEE THAT MAY APPLY.

Optimum™

\$58 Get **5,000 pts** **\$5** back in points

BLUE BUFFALO DRY DOG FOOD
SELECTED VARIETIES, 9.9 KG
21360573_EA

UP TO 25% OFF

CATIT CAT ACCESSORIES
SELECTED VARIETIES, 1 EA.
21636655_EA/21639718_EA

Available at Joseph Howe 3601 Joseph Howe Drive, Trinity Superstore 89 Trinity Drive and Charlottetown Superstore 465 University Avenue locations only.

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



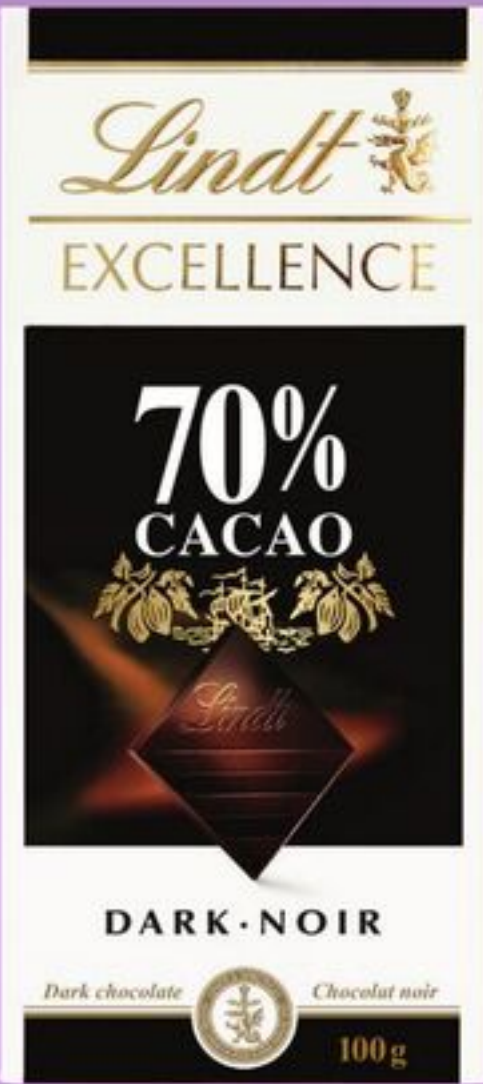
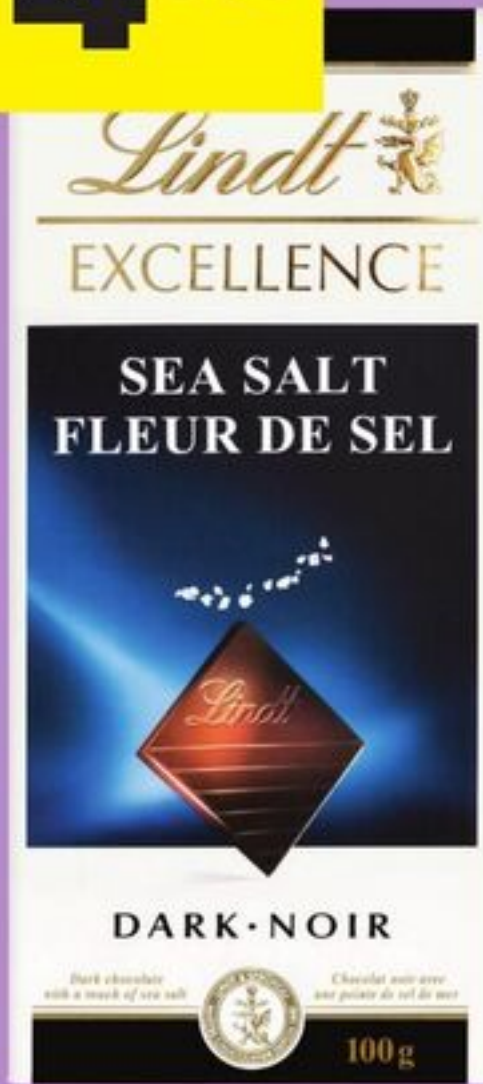
\$24

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

\$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



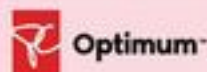
Get more points

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

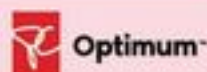
\$8
back in
points

**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

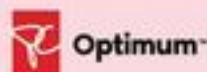
When you
spend \$20*

**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*

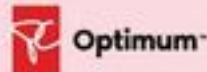
**CADBURY CHOCOLATE BARS 80-100 G
OR MAYNARDS CANDY 150-154 G,
CHRISTIE OREO, CHIPS AHOY,
FUDGE-O OR NUTTER BUTTER
CHRISTIE COOKIES 224-303 G**

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

2⁹⁹
LB
6.59/KG

NO NAME* OR HALAL CHICKEN LEG
BACK ATTACHED, FRESH
CUISSE DE POULET SANS NOM*
OU HALAL
20153925_KG



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

11⁸⁸
LB
26.19/KG

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



HOT DEAL

\$8
LB/EA

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* CRUES OU CUITES,
DÉCORTIQUÉES OU CRUES À DÉCORTICAGE ÉCLAIR MC
21093211_KG/20788888_EA/20789931_EA



SALE

2⁵⁰

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



HOT DEAL

\$4



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



RED MANGOES
PRODUCT OF MEXICO
MANGUE ROUGE
20059635001_EA

SALE

\$1



1000s OF NEW LOWERED PRICES

Save hundreds of dollars on your groceries.*

*Estimated annual savings based on average purchases by a family of 4 of product selections with newly lowered prices as compared to their previous shelf prices. Actual savings may vary based on household shopping habits and product selections.



NOW \$3⁹⁷

FARMER'S MARKET*
GRAPE TOMATOES
PRODUCT OF CANADA
OR MEXICO, 283 G
TOMATES RAISINS
DÉLICIES DU MARCHÉ MC
21367888001_EA

MULTI SAVE

2/\$7
OR 3.99 EA

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

HOT DEAL

1²⁵

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

4⁹⁸

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

SAVE UP TO 1.49

6⁵⁰

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 12⁹⁹

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

3/4⁹⁸
OR 2.00 EA

BARILLA PASTA
SELECTED VARIETIES
410 G
PÂTES BARILLA
21404904_EA
21405047_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 PLATS
DINNER OU PLATS
CUISINÉS SMART ONES
21085515_EA/21553329_EA

HOT DEAL

2⁹⁹

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

SAVE 26%

13⁸⁸

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

Subscribe & Earn up to **20% back in pts***

Express™

- Subscribe online
- Schedule your frequency
- Earn up to 20% in points on popular essentials*

**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

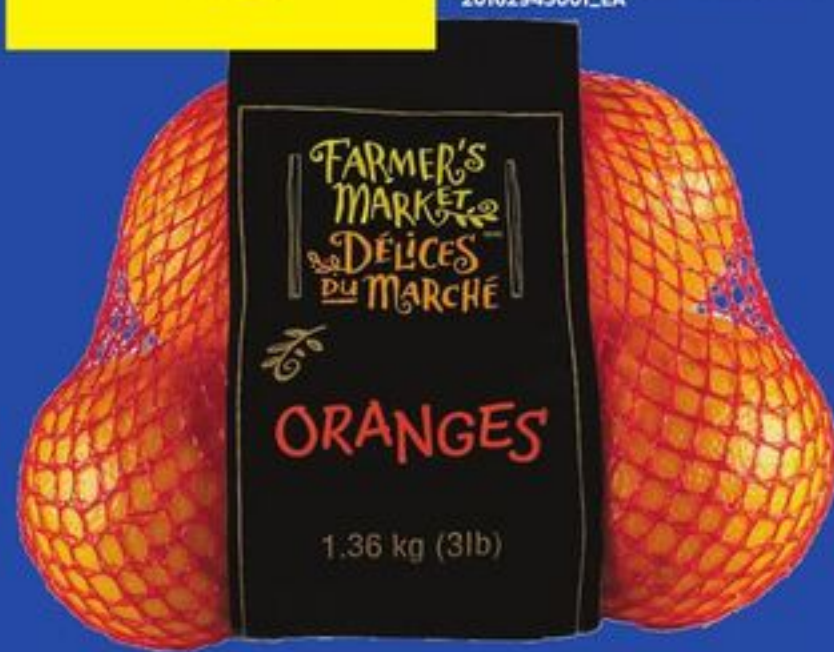
8.80/KG

**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

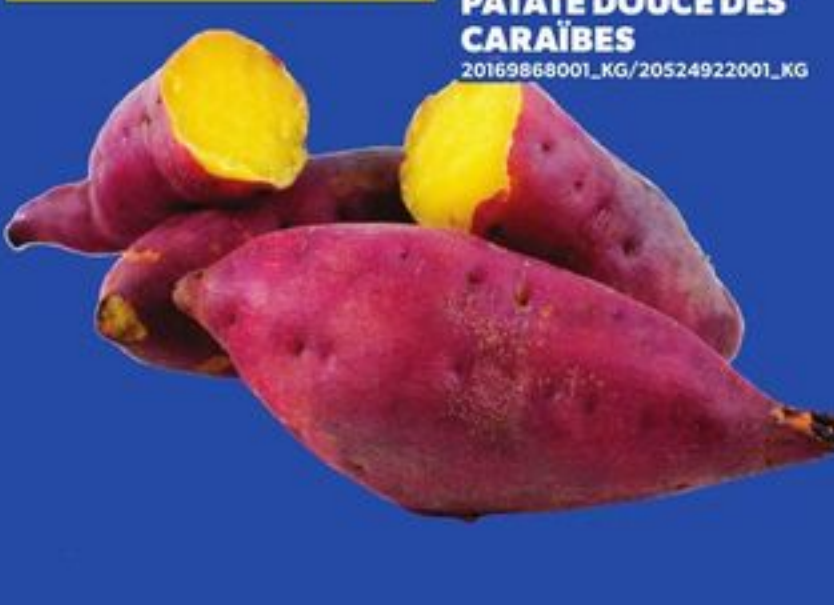


\$2

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}**
21522001_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
DÉSOSSÉE 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}
216960321KG



PREPARED IN CANADA

Optimum™

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.



Optimum™

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

Optimum™

\$14 **Get 2,500 pts** **\$250 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



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

2 LB



\$7

NO NAME® NATURALLY IMPERFECT™ APPLES
PRODUCT OF CANADA, CANADA NO. 2 GRADE
20868985001_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



5.99

BUTTERBALL TURKEY BACON
SELECTED VARIETIES, 375 G
20016865_EA



PREPARED IN CANADA

5.50


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



PRODUCT OF CANADA

12.49

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



PREPARED IN CANADA

\$8

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



PREPARED IN CANADA

5.50

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



4.50

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



PREPARED IN CANADA

5.49 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

PC ORGANICS PEANUT BUTTER 1 KG
21047266_EA

\$9



7.75

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



PREPARED IN CANADA

\$8

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



6.50

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



PREPARED IN CANADA

\$6 Get **1,000** pts **\$1** back in points

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



PREPARED IN CANADA

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

*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

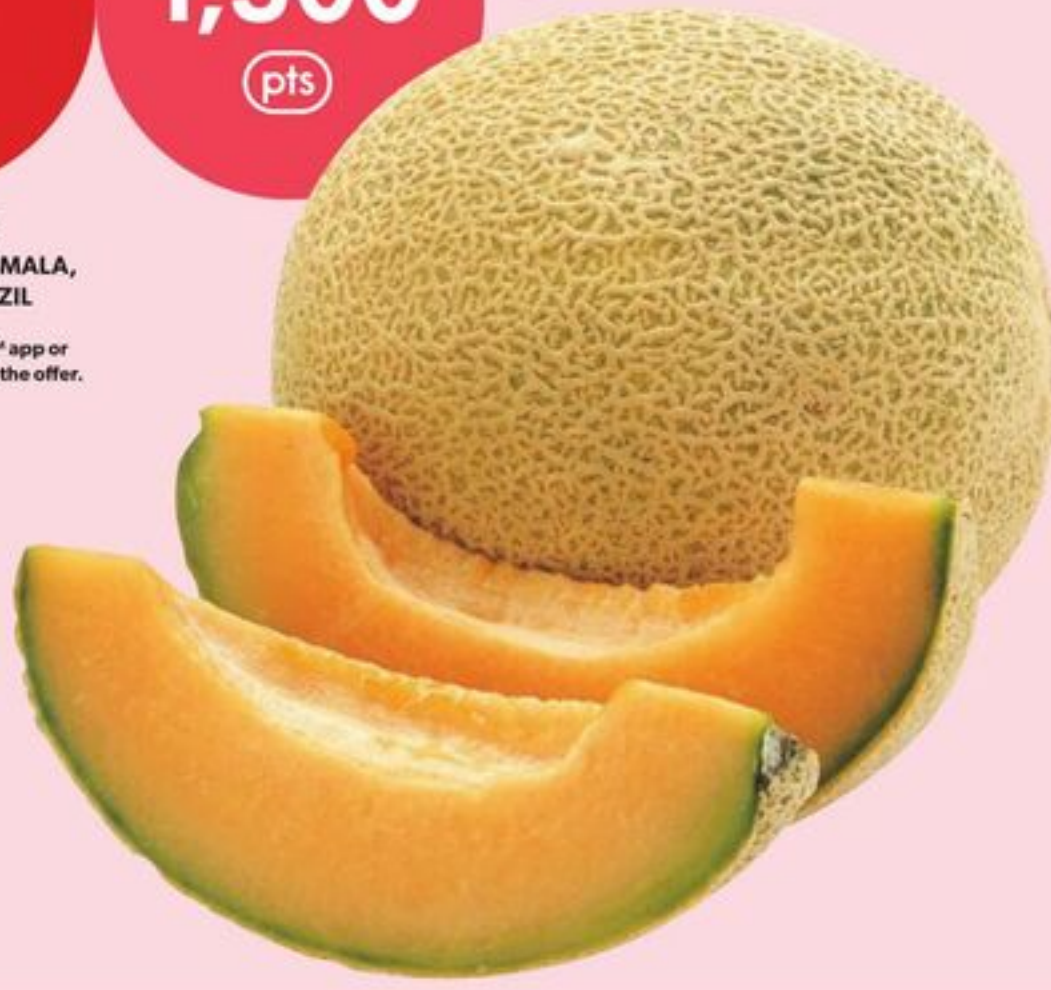


\$5

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

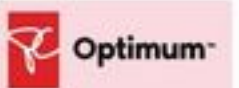
Non-Members
450

Members
Save \$1

PC® OR BLUE MENU® ENTRÉES
SELECTED VARIETIES, FROZEN, 212-365 G
2031253001_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

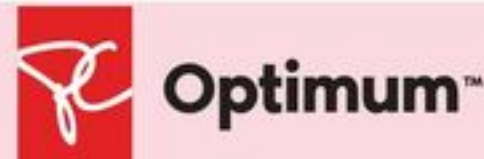


Get 8,000 pts

\$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

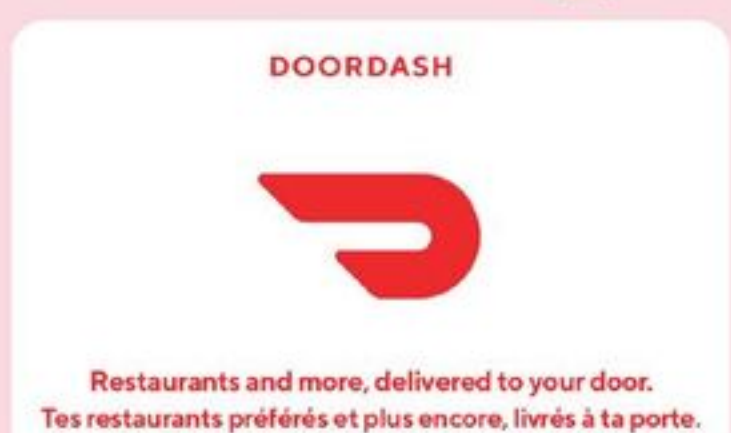
for every
\$75 spent
on apparel*

**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
21688966_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.

PREPARED IN CANADA

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: **999**
Non-Members: **1,000** pts
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: **1,000** pts
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: **499**
Get **499** pts
When you spend \$10*

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: **2,000** pts
Get **2,000** pts
When you spend \$10*

\$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**
Get **\$5** back in points

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: **350**
Non-Members: **500** pts
Get **500** pts
When you spend \$10*

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

Optimum

Members Price: **2,000** pts
Non-Members: **\$2** back in points
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: **1,000** pts
Non-Members: **\$1** back in points
Get **1,000** pts
When you buy 2

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

Optimum

Members Price: **449**
Non-Members: **1,000** pts
Members Save **\$1**
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: **1,000** pts
Members Save **\$1**
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: **5,000** pts
Members Save **\$5**
Get **5,000** pts
When you spend \$10*

\$5 back in points

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

Optimum

Members Price: **\$8**
Non-Members: **2,000** pts
Members Save **\$2**
Get **2,000** pts
When you spend \$10*

\$2 back in points

YORKSHIRE TEA
80'S
20752199_EA

Optimum

Members Price: **\$7**
Non-Members: **1,000** pts
Members Save **\$1**
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: **89c**
Non-Members: **150** pts
Members Save **\$1**
Get **150** pts
When you spend \$10*

\$1 back in points

WHISKAS WET CAT FOOD POUCH
SELECTED VARIETIES, 85 G
21605920_EA

Optimum

Members Price: **4,000** pts
Non-Members: **\$4** back in points
Get **4,000** pts
When you spend \$15*

\$4 back in points

LYSOL LAUNDRY DISINFECTANT
1.2 L
21487308_EA

Optimum

Members Price: **4,000** pts
Non-Members: **\$4** back in points
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

President's Choice
ORIGINAL LEMONADE
1.89 L

President's Choice
STRAWBERRY LEMONADE
1.89 L

PREPARED IN CANADA

10⁹⁹

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

6 x 355 mL CANS

0.0% alc./vol.

30 CALORIES PER CAN (355 mL)

ALCOHOL-FREE BEER WITH NATURAL FLAVOUR

ZERO

22⁹⁹

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

GATORADE
24 591 mL PACK BOTTLES

ION4⁺ ADVANCED ELECTROLYTE SYSTEM
POWERADE
WITH VITAMINS
24 591 mL BOTTLES

EQUIVALENT TO **96¢** PER BOTTLE

PREPARED IN CANADA

9⁹⁹

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

6 BOTTLES
330 mL BOTTLES PER 350 mL CAN

0.0% alc./vol.

ALCOHOL FREE BEER WITH NATURAL FLAVOURS

Heineken

10⁹⁹

CORONA CERO
SELECTED VARIETIES
6X330 ML
21650191_C06

6 330 mL CANS

0.0% alc./vol.

60 calories

ALCOHOL-FREE BEER WITH NATURAL FLAVOR AND VITAMIN B6

Corona Cero

SAVE 1.98
WHEN YOU BUY 2

2/\$7
OR 4.49 EA

GLACEAU SMARTWATER
SELECTED VARIETIES, 1L
20154181_EA

smartwater.
CALCIUM
mineralized
treated water

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

mio
HYDRATE - HYDRATATION

BERRY BURST

ELECTROLYTE⁺ Drink Mix

ZERO SUGAR
NATURAL FLAVOUR

10 x 3.8 g PACKETS

SAVE .50
WHEN YOU BUY 2

2/4⁵⁰
OR 2.50 EA

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

President's Choice
100% JUICE MANGO

President's Choice
100% JUICE PINEAPPLE
No sugar added.

SAVE .98
WHEN YOU BUY 2

2/\$17
OR 8.99 EA

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

PEPSI
12 355 mL CANS

PEPSI DIET
12 355 mL CANS

PREPARED IN CANADA

SAVE 1.58
WHEN YOU BUY 2

2/\$15
OR 8.29 EA

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

bubly
sparkling water beverage

blueberry

limebubly.

PREPARED IN CANADA

6⁹⁹

NESTEA
SELECTED VARIETIES, 12X341 ML
21689167_C12

Real TEA
NESTEA

ZERO SUGAR

ZERO SUGAR
LIMONADE FLAVOUR
LIMONADE FLAVOUR

\$11

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

GUINNESS
NON-ALCOHOLIC DRAUGHT
0.05% alc./vol.

4 x 440 mL CANS

7⁹⁹

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

NEW
CREATED BY
Maison Perrier
FRANCE
FOREVER LEMON

SPARKLING WATER BEVERAGE WITH NATURAL FLAVOUR

0 CALORIES SWEETENERS

8 x 330 ml

9⁹⁹

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

ASAHI BREWERS LIMITED
Asahi 0.0%
辛口

NON-ALCOHOLIC BEER
DRY, CRISP AND REFRESHING TASTE

6 CANS x 0.0% alc./vol. 330 mL (11.02 FL OZ)

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%

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
21611215_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
ROTTISERIE 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

350

LARGE DRAGONFRUIT
PRODUCT OF VIETNAM
20168395001_EA

1388

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

588 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

999

JAYONE SEASONED AND ROASTED SEAWEED
120 G
20699445_EA

349

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

399

COCON NATA DE COCO PUDDING MIX
700 G
20180623_EA

329

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

1288

KNORR CHICKEN BOUILLON MIX
SELECTED VARIETIES, 1 KG
20154074_EA

\$7

KEWPIE MAYONNAISE
465 ML
21644268_EA

479

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

HELUVA 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

**UPTO
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

99% PURE

Enriched with Moisturizer • Enrichi d'un hydratant

10 BARS/PAINS - 90 g (3.17 OZ) EACH/CHACUN
TOTAL NET WT/POIDS NET TOTAL 900 g (31.7 OZ) (1.98 LBS)

Get 5,000 pts
\$5 back in points
When you buy 2

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
\$5 back in points
When you spend \$15*

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
COUCHAGE PUR

Degree ADVANCED 72H
COOL PLUS
FRAICHEUR VIVE
107 G ANTIPERSPIRANT
ANTIPERSPIRANT

ANTI-STAIN | ANTI-TACHE

DRY SPRAY
VAPORISATION À LAISE
COOL PLUS
FRAICHEUR VIVE
107 G ANTIPERSPIRANT
ANTIPERSPIRANT

DANGER

\$50
Get 15,000 pts
\$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

DENTIST CLEAN FEELING in just 1 touch

\$25
Get 10,000 pts
\$10 back in points
When you buy 2

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 BROSSETTES
RECHARGEABLE

6⁵⁰
Get 3,000 pts
\$3 back in points
When you buy 2

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
\$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**

12 PROTEIN / PROTÉINES
225 g / 25

16+1

12 PROTEIN / PROTÉINES
225 g / 25

16+1

CHOCOLATE / CHOCOLAT

16 x 225 mL

VANILLA / VANILLE

16 x 225 mL

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

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

20 TABLETS

84 TABLETS

UP TO 20% OFF

ADVIL 40-150'S, VOLTAREN 100-150 G OR ROBAX 18'S
SELECTED VARIETIES AND SIZES
20809786_EA/2007716900L_EA

Advil **LIQUID-FAST RELIEF**
LIQUID-GELS

Advil **LIQUID-GELS**

Ibuprofen Capsules 200 mg

72 Capsules

Voltaren **Extra Strength**

100 g

\$17
LIMIT 4 OVER LIMIT PAY 19.99 EA

TENA UNDERWEAR OR BRIEFS
SELECTED VARIETIES AND SIZES 10-58'S
20957897_EA/21033778_EA

TENA **SENSITIVE care**

TENA **OVERNIGHT**
UNDEWEAR / COLOTTES

\$14
LIMIT 4 OVER LIMIT PAY 15.99 EA

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**

JUMBO

26 PADS • SERVIETTES

38 TAMPONS

SHOP HOME FOR LESS

\$99

LIMIT 4 OVER LIMIT PAY 169.00 EA

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

UP TO 20% OFF

BLACK & DECKER KITCHEN OR GARMENT CARE APPLIANCES
SELECTED VARIETIES
20960328_EA/21680936_EA

BUY 1 GET 1 50% OFF

EVERYDAY ESSENTIALS™ COOKWARE OR COOKWARE SETS
SELECTED VARIETIES
SECOND ITEM MUST BE OF EQUAL OR LESSER VALUE
20800507_EA/21345661_EA/21425511_EA

BUY 1 GET 1 50% OFF

EVERYDAY ESSENTIALS™ METAL BAKEWARE OR BAKEWARE SETS
SELECTED VARIETIES
SECOND ITEM MUST BE OF EQUAL OR LESSER VALUE
20647678_EA/20649162_EA/20797353_EA

UP TO 25% OFF

RUBBERMAID TAKEALONGS FOOD STORAGE CONTAINERS
SELECTED VARIETIES
20159085_EA/21182978_EA

UP TO 25% OFF

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

BUY 3 GET 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 OVER LIMIT PAY 20.00 EA

LIFE AT HOME™ NOVELTY CUSHIONS
SELECTED VARIETIES
21689978_EA/21689680_EA

\$7

LIMIT 4 OVER LIMIT PAY 10.00 EA

LIFE AT HOME™ KITCHEN TEA TOWELS
SELECTED VARIETIES
21683865_EA/21683867_EA

UP TO 20% OFF

PC® KNIVES OR BOARDS
SELECTED VARIETIES
21634988_EA/21635096_EA/21635107_EA

UP TO 15% OFF

ALL SYLVANIA LED A19 LIGHTBULBS
SELECTED VARIETIES
20961950_EA/20961964_EA

\$24*

LIMIT 4 OVER LIMIT PAY 28.00* EA

DURACELL BATTERIES
SELECTED VARIETIES, AA 32'S OR AAA 24'S
21696876_EA/21696877_EA

UP TO 30% OFF

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

Celebrate Mom

WITH A GOURMET HAPPY HOUR

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

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

| | | |
|---|--|--|
| <p>\$5.75</p> <p>General Mills™ Family Size Cereals 455-725 g 21103492_EA 21103495_EA</p> | <p>\$3</p> <p>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</p> | <p>\$3</p> <p>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</p> |
| <p>2/\$10 OR \$6.49 EA.</p> <p>Old El Paso™ Dinner Kits 250-510 g selected varieties 20795534_EA 21777322_EA</p> | <p>3/4.98 OR \$2.19 EA.</p> <p>Old El Paso™ Seasoning 24 g selected varieties 21675151_EA 21049495_EA</p> | <p>\$3.75</p> <p>Annie's™ Super! Mac 170 g or Annie's™ Vegan Mac 170 g 21687300_EA 21687279_EA</p> |
| <p>\$4</p> <p>Pillsbury™ Grand Cinnamon Rolls 496 g or Pillsbury™ Ready to Bake Cookies 454 g 21619335_EA 20301101001_EA</p> | <p>\$3.50</p> <p>Pillsbury™ Strudel 6's or Scramble 204-326 g 20772664001_EA/20301101002_EA</p> | <p>Celebrating 40 Years of Pillsbury™ Toaster Strudel</p> |

FOR BUDGET FRIENDLY MEALS

COOK WITH Prego

KID FRIENDLY

SCAN HERE FOR PREGO® TEXAS TOAST PIZZAS

BOLD FLAVOUR MEETS MAYO

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 20325820001_EA 21340617_EA

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 Write 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 20976626_EA/20276307_EA

**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



OFFICIAL ICED TEA OF THE FIFA WORLD CUP 26™

*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 4/26/26 for the Trip. (1) Trip ARV: CAD\$5,398.35; FUZE Prize Packs (25, 2 per entry period, 1 in entry period 13) ARV: CAD\$100. Odds depend on number of eligible entries received. Math skill test required. For Official Rules, visit <https://cokeint.com/fuzelegal>. Sponsor: Coca Cola Ltd. © The Coca Cola Company, used under license.



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



SEE IN-STORE FOR RETAILS

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



\$12.99** Monster Energy® beverages¹ selected varieties 4x473 mL 20937631_C04

Valid from April 16th to April 23rd, 2026

** Plus applicable taxes, levies, deposits and fees. Valid at participating locations for a limited time. Subject to availability while supplies last. Retailer may sell for less.

† This product may not be suitable for everyone. Please read the label for instructions.

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

**BETTER TEAR,
SO MUCH SOFTER***

*vs. leading 1000-sheet brand

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

4X STRONGER WHEN WET*

*vs. Leading Canada 2-ply bath tissue

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

50% MORE ABSORBENT*

*vs. leading ordinary brand.

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

THICKER AND MORE ABSORBENT*

*vs. the leading US 2-ply napkin

\$11 Bounty Napkin 400's 21053171_EA

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CLOROX SCENTIVA

Cleans like Clorox. Smells Extraordinary.

\$11 Glad® Black Regular 40 bags 21165477_EA

\$5 Clorox® Scentiva™ Bleach 2.4 L 21725566_EA

2/\$10 OR \$5.99 EA. Clorox® Scentiva™ Disinfecting Cleaner 709 mL 21734708_EA

\$6 Clorox® Scentiva™ Disinfecting Wipes 75's 21734738_EA

Poise® Depend®

STAY PROTECTED IN THE MOMENT

LIMIT 4 \$18

DEPEND® Underwear or POISE® Pads selected varieties and sizes 20558843005_EA/21302119_EA

OVER LIMIT PAY 18.99 EA

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