

APP EXCLUSIVE OFFER*

GET **5,000** pts

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

20055009_EA
21687446_EA



\$5 back in points

Independent
Your Independent Grocer

PROUDLY CANADIAN OWNED & OPERATED

SAVE 34%

7.88 LB

BEEF BRISKET PORTION
CUT FROM CANADA AA BEEF
OR HIGHER
17.37 / KG
207984053_KG



SAVE UP TO \$5

\$23

PC® BLACK TIGER SHRIMP PLATTER WITH SAUCE 16-20/LB, 568 G OR ATLANTIC LOBSTER TAILS 2-3 OZ, 4'S FROZEN

20979150_EA
212409913_EA



HOT PRICE

\$16 LB

SOCKEYE SALMON FILLETS PREVIOUSLY FROZEN FAMILY SIZE 35.28 / KG 211225453_KG



SAVE 50%

\$3 LB

PORK LOIN COMBINATION CHOPS SIRLOIN AND RIB PORTION BONE-IN 6.61 / KG 20822343_KG



\$20

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

LARGE VEGETABLE OR FRUIT PLATTER PREPARED IN-STORE 1.34-1.87 KG 20081718_EA 20121599_EA



HOT PRICE

64¢

BICOLOUR SWEET CORN PRODUCT OF U.S.A. EACH 20131170001_EA



5.99

SEEDLESS WATERMELON PRODUCT OF U.S.A. OR MEXICO EACH 20067326001_EA



11 LB AVG

SAVE 98¢ WHEN YOU BUY 2

2/\$7

OR \$3.99 EA. WONDER BREAD OR BUNS OR D'ITALIANO BUNS SELECTED VARIETIES AND SIZES 20305674_EA 20520828_EA 20627103_EA



SAVE UP TO \$2.29

6.50

PC® ORANGE JUICE 2.5 L OR SIGGI'S YOGURT 19g simple ingredient skyr® TUB 650-750 G SELECTED VARIETIES 21353892_EA 21531644_EA



HOT PRICE

\$10

PC® 100% PURE MAPLE SYRUP 500 ML 20049221_EA



SAVE UP TO \$2.49

\$6

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



3.50

DR. OETKER RISTORANTE OR CASA DI MAMA PIZZA 320-410 G OR PC® FOCACCIA OR FLATBREAD PIZZA 330-456 G SELECTED VARIETIES FROZEN 320-410 G 20296100001_EA 21013452_EA



4.98

BLACK DIAMOND CHEESE BARS 400 G, SHREDS 300-320 G OR PC® SHREDS 250-320 G SELECTED VARIETIES 21060207_EA 21279221_EA



\$17

KICKING HORSE ORGANIC WHOLE BEAN COFFEE SELECTED VARIETIES 454 G 20322468001_EA 20322468006_EA



1.97

BARILLA PASTA SELECTED VARIETIES 410 G 21404904_EA 21404912_EA



2.50

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



\$5

HEINZ KETCHUP OR BICK'S PICKLES SELECTED VARIETIES 750 ML/1 20069080_EA 21675037_EA



12.99

COCA-COLA OR PEPSI SOFT DRINKS SELECTED VARIETIES 24X355 ML 20308197001_C24 20306687003_C24



SAVE 25%

29.88

ROOSTER® SCENTED JASMINE RICE 18.1 KG 20157222_EA



SAVE UP TO 55%

6.50

PUREX BATHROOM TISSUE 12 DOUBLE ROLLS, SPONGETOWELS PAPER TOWELS 3=6 ROLLS OR SCOTTIES FACIAL TISSUE 6'S SELECTED VARIETIES 21186225_EA 21676183_EA



Optimum™

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

More days More days More days

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



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

Mother's day made beautiful

Sunday, May 10th

\$30 GET 2,000⁺ back in points

LA ROCCA 8 INCH OCCASION CAKES
SELECTED VARIETIES
1.1-1.7 KG
21390957_EA
21645576_EA



BUY ONE (1)

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

+ ONE (1)

8 STEM TULIPS
\$10
21637907_EA

FOR \$18



FROM \$35 GET 7,000⁺ back in points

PREMIUM OR ELITE MOTHER'S DAY BOUQUET
21436381_EA
21436382_EA



\$25

PC® DOZEN ROSES WITH BABY'S BREATH AND GREENS
21630028_EA
21630087_EA



\$24

HYDRANGEA
6 INCH
20563697_EA



2/\$40
OR \$23 EA.

PC® DELUXE ANNUAL HANGING BASKET
SELECTED VARIETIES
11 INCH
20753916_EA



\$4

SIGGI'S SKYR YOGURT 4X100 G
OR IOGO NANO DRINKS 6X93 ML
SELECTED VARIETIES
20609687001_EA
21589925_EA



SAVE UP TO 46%

\$1.35

MICHELINA'S ENTRÉES 156-284 G OR
SWANSON POT PIES 200 G
SELECTED VARIETIES
FROZEN
20320525001_EA
21208614_EA



\$5

BEN & JERRY'S OR HALO TOP OR MAGNUM BARS 3/4'S
SELECTED VARIETIES
FROZEN
21087907_EA
21428403_EA



\$10

STARBUCKS GROUND COFFEE 311/340 G,
K-CUPS 10'S,
CREMA 202 G OR
INSTANT COFFEE 90 G
SELECTED VARIETIES
20547343001_EA
20548682005_EA



SAVE UP TO 34%

\$3.50

LACTANTIA OR DAIRYLAND CREAM
SELECTED VARIETIES
473 ML-1L
20073927_EA
21443531_EA



\$5.50

Non-members \$7.99

GENERAL MILLS FAMILY SIZE CEREAL
SELECTED VARIETIES
475-778 G
21103495_EA
21667577_EA



\$5

CHRISTIE PREMIUM PLUS CRACKERS
SELECTED VARIETIES
450/481 G
21109001_EA
21109004_EA



\$5

PC® FROZEN FRUIT
SELECTED VARIETIES
300-600 G
20312227_EA
21496426_EA



\$15.99

ROGERS GRANULATED WHITE SUGAR
10 KG
20170195_EA



\$11

TIDE DETERGENT 1.62-1.86 L, 18-31'S,
DOWNY OR GAIN FABRIC SOFTENER
1.66-2.63 L, DOWNY OR GAIN BEADS
303-379 G OR
CASCADE LARGE BAGS 21/26/30'S
SELECTED VARIETIES
21550428_EA
21593782_EA



SAVE UP TO 39%

\$12

COTTONELLE BATHROOM TISSUE
SELECTED VARIETIES
12=48 ROLLS
21665900_EA
21665993_EA



90¢

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



MAY HIT OF THE MONTH **LOWEST PRICES. BEST DEALS.** Prices effective May 1 - 31, 2026. As compared to other major grocery retailers within your local areas. While quantities last. See in-store for details.

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

KRAFT MIRACLE WHIP
SELECTED VARIETIES
650-890 ML
20298681001_EA

MARCANGELO CHICKEN OR PORK SOUVLAKI
2 PACK 120 G
SELECTED VARIETIES
20902208_EA
21095022_EA

HEAD MEN'S & WOMEN'S
3 PK SOCKS
21721517_EA
21721507_EA

Independent CUSTOMER RELATIONS 1-800-296-2332. VISIT yourindependentgrocer.ca FOR STORE HOURS.

Please call Customer Relations at 1-800-296-2332 or visit our website at yourindependentgrocer.ca for your store's hours and to see which Your Independent Grocer® locations do not participate in this flyer. Quantities and/or selection of items may be limited and may not be available in all stores. No rainchecks or substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We are not obligated to sell items based on errors or misprints in typography or photography. **Pricing:** All references to "Save, Was, Now, Savings, etc." are in comparison to our own regular prices. Savings on items shown may vary by store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. Coupons must be presented and redeemed at time of purchase. **Trademarks:** ®/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. **Purchase limits:** We reserve the right to limit quantities to reasonable family requirements. **PC Optimum™ Members Only:** Offers are available to valid PC Optimum™ program members. Membership is free. To register, see in-store or visit pcoptimum.ca. Points are not guaranteed in case of errors or misprints. No cash value. See yourindependentgrocer.ca for full program details including redemption restrictions. Minimum redemption is 10,000 points. These offers cannot be combined with any other coupons, discounts, or promotions. No adjustments on previous purchases. We may modify or cancel offers without notice. Product availability may vary by store. While supplies last. **Points Offers:** Receive the specified points when you spend the qualifying amount on the listed products/categories before taxes, after discounts and redemptions, in a single transaction. Taxes apply on purchase amount after discounts. PC Optimum™ pricing is not valid in price match programs for participating Loblaws Inc. banner stores. **Outdoor/Seasonal Items:** Outdoor seasonal items (e.g., lawn and garden) may only be available at select stores. Please check your local store for pricing, limits, and availability. **PRICE DROP Offer:** Valid in-store at participating locations from April 9 - May 13, 2026 before taxes and while quantities last. Applies only to select products. Offer may be modified or cancelled without notice. See in-store for full details.

WB WW WY BACK



freshness you can taste

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

*Fresh Promise: Applicable to eligible fresh produce items purchased at Your Independent Grocer store locations or online at yourindependentgrocer.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original receipt within 7 days of purchase at the Your Independent Grocer store where purchase originated. The fresh promise may not be combined with any other offer. We reserve the right to cancel or change the terms of this guarantee at any time without notice.

\$5

PC® GREENHOUSE GROWN STRAWBERRIES
340 G, PRODUCT OF CANADA, NO. 1 GRADE OR
RASPBERRIES HALF PINT,
PRODUCT OF MEXICO OR U.S.A.
21027342001_EA
20128938001_EA

3.50

FARMER'S MARKET™ MINI CUCUMBERS
6'S PRODUCT OF CANADA OR
GRAPE TOMATOES
283 G PRODUCT OF CANADA OR
MEXICO, NO. 1 GRADE
20737570001_EA
21367888001_EA

3.99 **EXTRA LARGE**
LB

PC® EXTRA LARGE RED SEEDLESS GRAPES
PRODUCT OF CHILE,
NO. 1 GRADE
8.80/KG
20159199001_KG

\$2

RED MANGO
PRODUCT OF MEXICO
EACH
20059635001_EA

5.50 **PRODUCT OF CANADA**

FARMER'S MARKET™ GREENHOUSE PEPPERS
PRODUCT OF WESTERN PROVINCES
3'S
20085851001_EA

\$5

FARMER'S MARKET™ AVOCADO BAG
PRODUCT OF MEXICO
6'S
21644936001_EA

8.50

PC® ORRI MANDARINS
PRODUCT OF ISRAEL
2 LB
20907647001_EA

7.50

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

petals of appreciation for Mom

\$14 **12 STEM TULIPS**
ASSORTED COLOURS
21593048_EA

\$15 **FARM FRESH BOUQUET**
EACH
21210212_EA

\$28 **5 INCH ORCHID**
EACH
21607618_EA

\$11 **MOTHER'S DAY MINI-ROSE**
EACH
21663948_EA

8.50

EXTRA LEAN GROUND BEEF
GRASS FED
450 G
216755921_EA

18.50 **PREPARED IN-STORE**
LB

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

\$15 **AIR CHILLED**

PC® WHOLE CHICKEN
AIR CHILLED
UP TO 1.7 KG
21666198_EA

SAVE \$1 **PREPARED IN CANADA**

\$7

PC® PORK SAUSAGE
SELECTED VARIETIES
375-500 G
21584342_EA
21584308_EA

17.99 **APP EXCLUSIVE OFFER***
GET **8,000** back in points

PC® OLD-FASHIONED STYLE BACON
SELECTED VARIETIES
1 KG
20115704_EA

PREPARED IN CANADA

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

\$19

BEYOND MEAT PLANT-BASED BURGERS 678 G OR
GROUND BEEF 908 G
FROZEN
21378994_EA
21702916_EA

find your catch in seafood

\$9

PC® CRAB & LOBSTER OR SMOKED SALMON
BAKE & SERVE DIP
FROZEN
360 G
21682673_EA
21682613_EA

3.50

SEAQUEST® CRAB OR LOBSTER FLAVOURED ALASKA POLLOCK
SELECTED VARIETIES,
READY-TO-EAT
227 G
20699832_EA
20749798_EA

\$15

PC® BACON-WRAPPED SCALLOPS
FROZEN
260 G
21220644_EA

a little sweet, a little savory, all for Mom



SAVE
UP TO \$1.79
\$7



4.50
/100 G

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

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



\$7

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



3.25
/100 G

**FROM OUR CHEFS™
SERVICE CASE HAM**
SELECTED VARIETIES
21696032_KG



Optimum
Members-Only Price™
10.50
Non-members
11.50

Members save
\$1

PC® **SPLENDIDO®
DELI SALAMI CHUBS**
SELECTED VARIETIES
225 G
21449780_EA
21449787_EA



\$5



FREYBE PATE
SELECTED VARIETIES
200 G
20539528_EA
20539713_EA



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

Members save
\$1



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



FROM
\$14

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

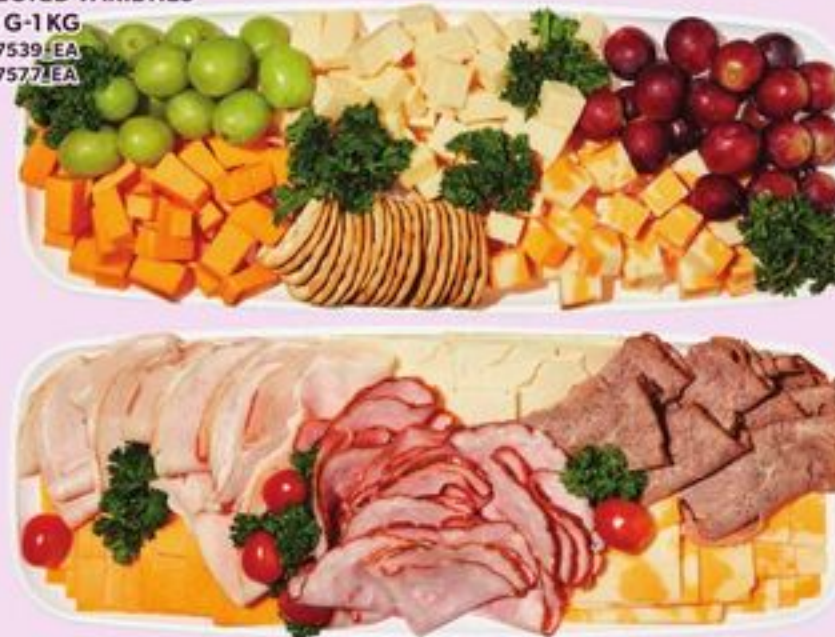
**CHARCUTERIE
BOARDS**
SELECTED VARIETIES
278-330 G
21405538_EA
21405571_EA



\$30

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

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



\$20/25

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



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

Members save
\$5

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



SERVES
6-10

\$9-10



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



\$12

**FILIPPO BERIO OIL
FLAVOR PIZZA, GARLIC,
BASIL OR CHILLI**
SELECTED VARIETIES
250 ML
21732658_EA
21732735_EA



try with

7.50

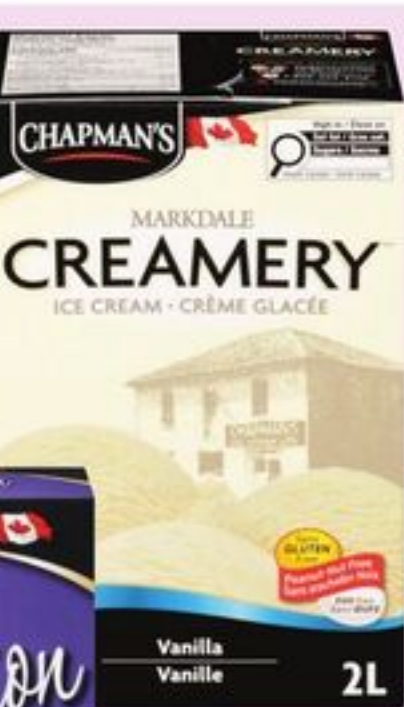


8 INCH PIES
SELECTED VARIETIES
635-750 G
21297466_EA
21297475_EA



4.50

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



4.50

**LINDT EXCELLENCE
CHOCOLATE BARS**
SELECTED VARIETIES
80-100 G
20312527005_EA
20312527009_EA



\$6



**IN-STORE
CÉLÉBRATION
CUPCAKES**
CHOCOLATE OR WHITE
6'S
20379763_EA
20592676_EA



\$2

SMALL CANNOLI
SELECTED VARIETIES
EACH
20752722_EA



\$6

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

**FARMER'S MARKET™
LOAF CAKES, WHOLE
OR SLICED OR
SIMPLE JOY SLICED
LOAF CAKES**
SELECTED VARIETIES
344-400 G
20565382_EA
21488954_EA



bakery deals rising daily

4⁵⁰ **BAKED IN-STORE**

3⁵⁰ **BAKED IN-STORE**

ACE BAGUETTE
SELECTED VARIETIES
325-400 G
20171171_EA
21314348_EA



\$4 **BAKED IN-STORE**

CINNAMON RAISIN BREAD
468 G
20729432_EA



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



6⁵⁰ **PREPARED IN CANADA**

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



\$7 **PREPARED IN CANADA**

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



7⁵⁰ **PREPARED IN CANADA**

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



\$3 **PREPARED IN CANADA**

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



4⁵⁰ **GET 1,000⁰⁰ back in points**

STONEMILL BREAD
SELECTED VARIETIES AND SIZES
20371357_EA
20434411_EA

Stonemill
SOURDOUGH MULTIGRAIN RYE
SOURDOUGH CRANBERRY PUMPKIN SEED

PREPARED IN CANADA



4⁵⁰ **PREPARED IN CANADA**

SARA LEE LITTLE BITES OR VACHON SNACK CAKES
SELECTED VARIETIES AND SIZES
20963606_EA
21716308_EA

Little Bites
JOS LOUIS



SAVE UP TO \$1⁹⁹

7⁵⁰ **PREPARED IN CANADA**

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



in the mood for deli-cious

SAVE UP TO \$1⁵⁰

\$7

CATHEDRAL CITY CHEDDAR
SELECTED VARIETIES
200 G
21245346_EA
21434515_EA

CATHEDRAL CITY
ENGLISH CHEDDAR ANGLAIS - MATURE / AFFINE
ENGLISH CHEDDAR ANGLAIS - VINTAGE



Optimum
Members-Only Price™

\$7 **Members save \$1**

Non-members \$8

MAPLE LEAF NATURAL SELECTIONS, SCHNEIDERS DELI SLICED MEAT
SELECTED VARIETIES
150-175 G
20065285_EA
20582322_EA

Natural selections



\$7 **PREPARED IN CANADA**

FREYBE SLICED DELI SALAMI
SELECTED VARIETIES
125 G
20581508_EA
20700976_EA

Freybe
ERVELAT SALAMI
SALAMI ERVELAS
HUNGARIAN SALAMI
SALAMI HONGROIS



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

OR \$4 EA.

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

PC
HUMMUS
FRENCH ONION SALAD



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

OR \$4 EA.

PC® NAAN CRISPS
SELECTED VARIETIES
170 G
21683470_EA

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



on the run, we got you

2/\$8 **GET 1,000⁰⁰ back in points when you buy 2**

OR \$5 EA.

FRIED TORTILLA CHIPS
383 G
21534615_EA



9⁹⁹ **PREPARED IN CANADA**

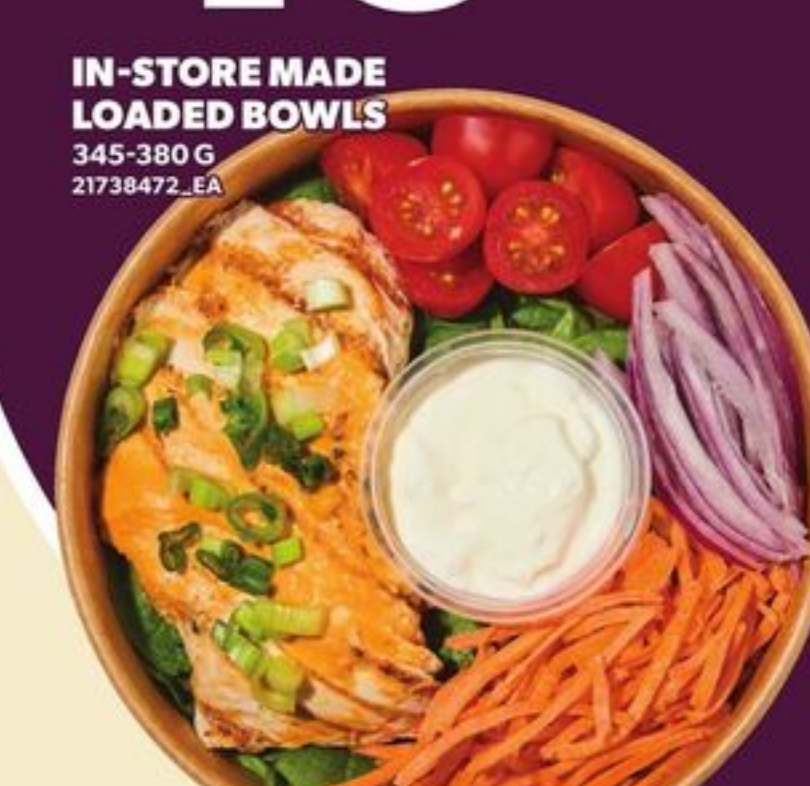
OLIVIERI FAMILY PACK PASTA
SELECTED VARIETIES
500-700 G
20311594_EA
21021889_EA

Oliveri
SKILLET NOCCHI
POËLER CLASSIC CLASSIQUE



\$10

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



Family meals

FROM \$16 **NEW**

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






Get more on

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

More days More days More days More days More days

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

\$5 back in points

\$5

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

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

MINI WHEATS!
ORIGINAL

465 g

VECTOR
HIGH PROTEIN[®]
WITH CRUNCHY GRANOLA CLUSTERS

400 g

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

\$3 back in points

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

Betty Crocker Whipped CREAM CHEESE
340 g (12 oz)

Betty Crocker Super Moist
Rainbow Bit - Brisures arc-en-ciel
câble arc - mâtresse à pépite

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

\$1.50 back in points

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

Knorr VEGETABLE LÉGUMES
SOUP MIX / MÉLANGE À GOUÏPE

40 g

Lipton Tomato Vegetable
Tomate et légumes

90 g

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

\$1 back in points

4²⁵

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

RITZ
original

180 g

triscuit ORIGINAL
MADE WITH REAL SALT

200 g

Moredays
Member Only Price[™]

\$4

Non-Members **\$5**

Members save **\$1**

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

Doritos
FROMAGE NACHO CHEESE

75 g

Tostitos ROUNDS-ROUNDES

149 g

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

\$5 back in points

KNORR GRAVY AND SAUCE MIX 22-48 G, **BASE FLAVOUR PASTES** 113 G, **BOUILLON CUBES OR POWDERS** 63-250 G OR **LIQUID CONCENTRATE** 250 ML
SELECTED VARIETIES
20297436001_EA
20323230001_EA
21693454_EA

Knorr ALFREDO
PASTA SAUCE MIX / MÉLANGE À SAUCE POUR PÂTES

375 g

Knorr CHICKEN / POULET
6 Cubes / 54 cubes

100 g

Knorr ROASTED CHICKEN
POULET ROTI

100 g

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

3⁵⁰

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

OREO mini
MADE WITH REAL COCOA

120 g

OREO mini
6 SNACK PAKS

150 g

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

\$1 back in points

3^{79-3⁸⁹}

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

SWISS CHALET
SWISS OUPES 1934

540 mL

MONTANA'S
MADE WITH POISSON
FAIT AVEC POISSON

540 mL

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

\$2 back in points

5⁴⁹

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

CHRISTIE
CRÈME DE FRUIT

300 g

Cadbury FINGERS
CHOCOLATEY BISCUITS

114 g

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

\$1 back in points

17⁹⁹

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

GOGO SQUEEZ
FRUIT SAUCE POUCHES

20x90 g

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

\$1 back in points

\$10

CAVENDISH FRIES, ONION RINGS, WEDGES OR HASHBROWNS 1-2.25 KG OR **PC® VEGETABLES** 1.75 KG
SELECTED VARIETIES FROZEN
20827761_EA
21096317_EA

CAVENDISH
Flavour CRISP

2 kg

BROCCOLI FLORETS
FLEURONS DE BROCCOLI

1.75 kg

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

\$1 back in points

4^{99-8⁴⁹}

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

RAINCOAST
WILD PINK SALMON
SAUMON ROSE SAUVAGE

160 g

RAINCOAST
WILD ALBACORE TUNA
THON BLANC SAUVAGE

160 g

Moredays
Member Only Price[™]

3⁵⁰

Non-Members **\$4**

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

MOTT'S
Fruitsations

104 mL

MOTT'S
Fruitsations

104 mL

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

89[¢]

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

whiskas
Favourites / Favoris

85 g

whiskas
Favourites / Favoris

85 g

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

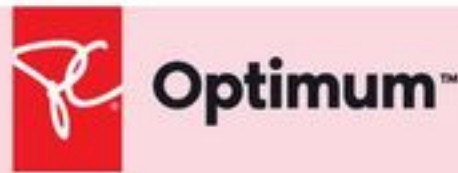
\$1 back in points

\$7

TEMPTATIONS CAT TREATS
SELECTED VARIETIES
454 G
21012108_EA

Temptations
VALUE SIZE
POURRA ÉCONOMIQUE

454 g



Get more on

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

Moredays Moredays Moredays Moredays

Moredays
APP EXCLUSIVE OFFER

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

\$1.50 back in points

5.50

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

Moredays
APP EXCLUSIVE OFFER

Member Only Price*

3.50

Non-Members **4.50**

Members save **\$1**

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

Moredays
APP EXCLUSIVE OFFER

Members get **4,000 pts** for every \$10* spent on

\$4 back in points

CHRISTIE COOKIES
SELECTED VARIETIES
224-303 G
21358407_EA
21361508_EA
Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

Moredays
APP EXCLUSIVE OFFER

Members get **4,000 pts** for every \$10* spent on

\$4 back in points

SILK NON-DAIRY BEVERAGES
SELECTED VARIETIES
890 ML-1.89 L
20315090001_EA
21357595_EA
21731288_EA
Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

Moredays
APP EXCLUSIVE OFFER

Members get **4,000 pts** for every \$10* spent on

\$4 back in points

ANGIE'S POPCORN OR PUFFS
SELECTED VARIETIES
102-397 G
20770751_EA
20811709_EA
Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

Moredays
APP EXCLUSIVE OFFER

Members get **8,000 pts** for every \$20* spent on

\$8 back in points

NATURE VALLEY, FIBRE 1 OR CHEX
SELECTED VARIETIES AND SIZES
20887250_EA
21499403_EA
Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

Moredays
APP EXCLUSIVE OFFER

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

\$2.50 back in points

PC® BLUE MENU® OR PC® SPARKLING WATER
SELECTED VARIETIES
12X355 ML
21747415_G12
21747404_G12
Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

PREPARED IN CANADA

Moredays
APP EXCLUSIVE OFFER

Members get **8,000 pts** for every \$16* spent on

\$8 back in points

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

GET 10,000 pts for every \$100* spent on

\$10 back in points

ANY COMBINATION OF DOORDASH AND PLAYSTATION STORE GIFT CARDS

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

JOE FRESH

Optimum App exclusive offer*

Moredays™
May 7 - 13

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

Visit www.joefresh.com

Express™ Pass

Get your first year of PC Express Pass for **\$2/month***

- Unlimited grocery delivery or pickup
- Earn 2% back in pts with eligible pickup orders**

Learn more

Use code **PASS76**

** Offer valid until May 20, 2026. Conditions apply, see site for details.

Moredays™
Moredays™

Optimum Moredays™ Esso Mobil

App exclusive mystery offer

Earn up to 10¢/L in pts

Reveal your exclusive mystery offer in the App, then fuel up at Esso™ or Mobil™ stations!
4 days only! May 7-10

Optimum™

SURPRISE OFFER
1 week only!
Thursday, May, 7th to Wednesday, May, 13th

You could get **30%** or **20%** or **10%** back in pts

Open the App to get your offer!*
Available for new and existing PC Optimum™ members.

100% CANADIAN GROWERS

OUR GARDEN CENTRE IS NOW OPEN!



Vanderveen's Greenhouses

With 25 acres of greenhouses in Carman, MB, Vanderveen's Greenhouses has been a family run business for over 50 years, specializing in outdoor flower and vegetable bedding plants. The bedding season runs from February to June each year, and all product is proudly grown in Canada. Even though the annual growing season is short, Vanderveen's is proud to help Canadians bring colour to their garden.

2/\$20
OR \$11 EA.



PC® PERENNIALS
SELECTED VARIETIES
13 CM
21350465_EA



\$23-25

ASSORTED PROVEN WINNERS® SHRUBS
SELECTED VARIETIES, 8 INCH
20676996_EA / 21523698_EA



\$15



PC® ANNUAL PLANTER
SELECTED VARIETIES
8.5 INCH
21001606_EA



BUY 5 OR MORE

\$5 EA.



PC® GIGANTICO™ ANNUALS
SELECTED VARIETIES, 4.33 INCH
21352664_EA



YOUR SPOT FOR RECYCLING FLATS AND POTS

Empty pots

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

Plastic

Shredded plastic makes pellets for new pots and flats.

April 30th to June 17th, 2026

RECYCLE YOUR POTS FOR POINTS

100^{pts}

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

BUY 5 OR MORE
\$5 EA.



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



BUY 5 OR MORE

\$5 EA.



PC® GIGANTICO™ VEGETABLES
SELECTED VARIETIES
4.33 INCH
21350302_EA



2/\$40
OR \$23 EA.



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



\$24



PC® BOSTON FERN HANGING BASKET
10 INCH
20845440_EA



2/\$40
OR \$23 EA.



PC® STRAWBERRY HANGING BASKET
SELECTED VARIETIES
11 INCH
20753916_EA



\$30



PC® DELUXE ANNUAL PLANTER
SELECTED VARIETIES
11 INCH
20753963_EA



\$19

PC® LILIUM COLLECTION
IN A DECORATIVE COLOUR POT
SELECTED VARIETIES
8 INCH
20998866_EA



\$5



ANNUALS 6 PACK
SELECTED VARIETIES
3.5 INCH
21351207_EA



SAVE \$150
\$26



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



\$18



CALLA LILY
6 INCH
21570208_EA



\$16



CLEMATIS
SELECTED VARIETIES
1 GALLON
21097226_EA



\$20-32

SHRUBS OR EVERGREENS
SELECTED VARIETIES
2 GALLON
21167784_EA / 20759925_EA
21394800_EA / 21639973_EA
21632487_EA



2/\$26
OR \$15 EA.



PC® PERENNIALS
SELECTED VARIETIES
15 INCH
21350466_EA



2/\$10
OR \$5.50 EA.

PC® PERENNIALS
SELECTED VARIETIES
9 CM
21350463_EA



\$23



HYDRANGEA PATIO POT
IN A DECORATIVE COLOUR POT
SELECTED VARIETIES
21221149_EA



4/\$14
OR \$3.75 EA.



PC® BLACK EARTH SOIL
25 L
21357792_EA



\$11



PC® FLOWER & GARDEN BED SOIL
50 L
21363856_EA



2/\$15
OR \$8 EA.



PC® POTTING SOIL
25 L
21349090_EA



2/\$11
OR \$6 EA.



NO NAME® CEDAR MULCH
AVAILABLE IN NATURAL, BLACK
42.5 L
21358573_EA



Shop the **World** in our aisles



\$16

SUFRA® HALAL CHICKEN DRUMSTICKS
UP TO 1.7 KG OR
THIGHS
UP TO 1.9 KG
21616885_EA
21617106_EA



HALAL

\$11 LB

BEEF RIB FINGER MEAT
BONELESS, CRYOVAC
24.25/KG
20142159_KG



4⁵⁰ LB

WHOLE POMPANO OR MILKFISH
FROZEN
9.92/KG
20066381_KG
20119071_KG



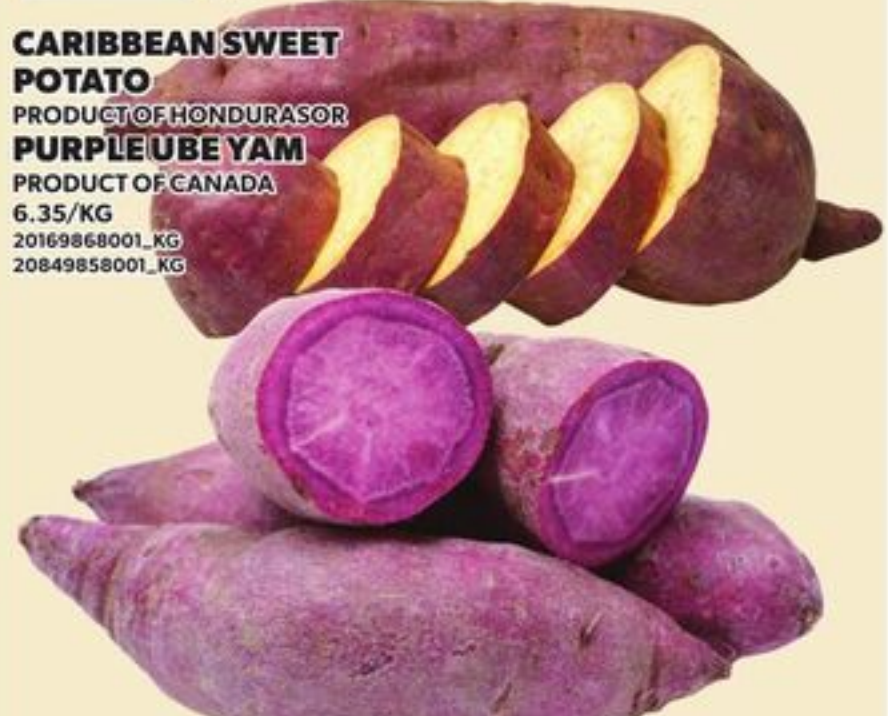
\$25

STEWING GOAT
BONE-IN, FROZEN
1 KG
20143053_EA



2⁸⁸ LB

CARIBBEAN SWEET POTATO
PRODUCT OF HONDURAS OR
PURPLE UBE YAM
PRODUCT OF CANADA
6.35/KG
2016986001_KG
2084958001_KG



2²⁸ LB

GINGER ROOT
PRODUCT OF CHINA
5.03/KG
20179038001_KG



10⁸⁸

ATAULFO MANGO CASE
PRODUCT OF MEXICO
EACH
21047848_EA



CLUB SIZE

3⁵⁰ EA./LB

LARGE DRAGONFRUIT
PRODUCT OF VIETNAM
\$3.50 EA. OR
BABY OR SHANGHAI BOK CHOY
PRODUCT MEXICO OR U.S.A.
\$3.50 LB OR 7.72/KG
20082279001_KG
20168395001_EA



6⁹⁹

HANDI MEATEOR BEEF SAMOSAS
SELECTED VARIETIES
FROZEN
300 G
21692043_EA



9⁹⁹

NANAK GAJAR HALWA
SELECTED VARIETIES
FROZEN
850 G
21504086_EA



4⁹⁹

GLICO POCKY BISCUIT STICK BAG
SELECTED VARIETIES
12'S 144 G
21066079_EA
21066087_EA



1⁶⁹

WAHAHA YOGHURT DRINK
SELECTED VARIETIES
4'S 400 ML
21091972_EA
21382076_EA



3⁴⁹

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



1⁵⁰

GRACE COCONUT MILK 400 ML OR LA COSTEÑA CHIPOTLE SAUCE
220 G
20047774_EA
20823424_EA



1⁷⁵

VITA MALT
SELECTED VARIETIES
330 ML
20191955_EA
20795408_EA



3⁷⁵

LA COSTEÑA SAUCES
SELECTED VARIETIES
455 ML
20318656001_EA
20318656002_EA



3⁴⁹

ORIO TURTLE CHIPS
SELECTED VARIETIES
160 G
21704482_EA
21704410_EA



ITEMS AVAILABLE AT THE FOLLOWING YOUR INDEPENDENT GROCERS LOCATIONS: JOLY'S YIG 251 POWDER DRIVE FORT MCMURRAY, ELDHO'S YIG 1792A 9TH AVENUE FERNIE, EDSON'S YIG 4431 4TH AVENUE EDSON, LOBLAW CITY MARKET 658 HOMER STREET VANCOUVER, MACNEIL'S YIG 335 HORNOR CRES SASKATOON, PAUL'S YIG 829 MANDALAY BLVD CARSTAIRS, NIEL'S YIG 1341 BROADWAY AVE. REGINA, PARK ROYAL CITY MARKET 845 PARK ROYAL NORTH WEST VANCOUVER, WYKES' YIG #5-303 OGILVIE ST. WHITEHORSE, MILLER'S YIG 7190 KERR STREET VANCOUVER, LONSDALE CITY MARKET 1650 LONSDALE AVENUE NORTH VANCOUVER, MIKE'S YIG 56016 HIGHWAY 28A GIBBONS, MORTADA'S YIG ST. ALBERT #100-925 ST ALBERT TRAIL ST. ALBERT, PETER'S YIG 1835 GORDON DRIVE KELOWNA, CINDY'S YIG 620A SASKATCHEWAN AVE EAST MELFORT, NIELSEN'S YIG 18765 FRASER HIGHWAY SURREY, MICHAEL'S YIG 2815 WANUSKEWIN RD. SASKATOON, INDER'S YIG YELLOWKNIFE 250 OLD AIRPORT ROAD YELLOWKNIFE, SINNOTT'S YIG 3 CLEARVIEW MARKET WAY RED DEER, VAHAGN'S YIG 106 HAWTHORN WAY LEDUC, MARINO'S YIG 5530 SUNSHINE COAST HIGHWAY SECHLT

your one-stop grocery shop

\$7

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



\$3

POST CEREAL
SELECTED VARIETIES
311-525 G
21427181_EA
21648226_EA



\$6

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



\$5

CLUB HOUSE FAMILY SIZE, LA GRILLE OR ONE STEP SEASONING
SELECTED VARIETIES
13-248 G
20180764_EA
20308096001_EA
20321740001_EA



SAVE \$1.58 WHEN YOU BUY 2
2/\$7
OR \$4.29 EA.
MAPLE LEAF FLAKES
SELECTED VARIETIES
156 G
20298273001_EA
20298273005_EA



\$7

GOLD SEAL SOCKEYE SALMON
213 G
21186814_EA



2/\$8
OR \$4.49 EA.

PC® SALAD DRESSING 475 ML OR **CROUTONS** 140 G
SELECTED VARIETIES
20628488001_EA
20796248001_EA



\$8

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



SAVE \$1 WHEN YOU BUY 2
2/\$5
OR \$3 EA.

UNICO PASTA SAUCE
SELECTED VARIETIES
680 ML
20326537001_EA
20326537003_EA



\$7

GIUSEPPE EASY PIZZI
SELECTED VARIETIES
FROZEN
560-600 G
21359564_EA
21362407_EA



3⁵⁰

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



SAVE UP TO \$2.49

8⁵⁰

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



2/\$7
OR \$3.99 EA.

CHEEZ-IT BAKED SNACK CRACKERS
SELECTED VARIETIES
191/200 G
21214560_EA/213502537_EA



SAVE \$1.48 WHEN YOU BUY 2
2/5⁵⁰
OR \$3.49 EA.

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



\$5

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



SAVE \$1.98 WHEN YOU BUY 2
2/\$14
OR \$7.99 EA.

COCA-COLA SOFT DRINKS
SELECTED VARIETIES
6X710 ML
20313741002_C00
20313741003_C00



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

PC® LEMONADE
SELECTED VARIETIES
1.89 L
20773870001_EA
20957804_EA



Optimum Members-Only Price
2⁷⁵
Non-members **3⁵⁰**

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



\$12

COTTONELLE FLUSHABLE WIPES
SELECTED VARIETIES
4'S
21477027_EA



\$21

PUREX BATHROOM TISSUE
SELECTED VARIETIES
24-72 ROLLS
21189854_EA/21443672_EA



Optimum Members-Only Price
15⁹⁹
Non-members **17⁹⁹**
Members save \$2

WHISKAS CAT FOOD
SELECTED VARIETIES
12'S
20548822_EA





for all your
**household
paper
essentials**

21⁹⁹

APP EXCLUSIVE OFFER*

GET **3,000^{pts}** **\$3** back in points

**PC® BATHROOM
TISSUE**
30=100 ROLLS
21450846_EA



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

\$9

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



24⁹⁹

APP EXCLUSIVE OFFER*

GET **3,000^{pts}** **\$3** back in points

PC® PAPER TOWEL
12 ROLLS
21558605_EA



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

\$8

APP EXCLUSIVE OFFER*

GET **1,000^{pts}** **\$1** back in points

**PC® DINNER
NAPKINS**
2 PLY
180 COUNT
20084398_EA



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

\$9

PC® FACIAL TISSUES
6'S
20181283_EA





Get **6,000** pts

\$6 back in points



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

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

21295791_EA/21505267_EA/21607042_EA

\$8

LIMIT 4 AFTER LIMIT 8.99 EA.

TRESEMMÉ HAIR CARE OR STYLING PRODUCTS SELECTED VARIETIES AND SIZES



\$8

LIMIT 4 AFTER LIMIT 9.99 EA.

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



\$9

LIMIT 4 AFTER LIMIT 11.49 EA.

OGX, MAUI OR AVEENO HAIR CARE SELECTED VARIETIES AND SIZES



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

\$6 back in points

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



SAVE UP TO

20%

NEUTROGENA SKIN OR SUN CARE PRODUCTS SELECTED VARIETIES AND SIZES



SAVE UP TO

20%

NIVEA BODY LOTIONS OR CREAMS SELECTED VARIETIES AND SIZES



SAVE UP TO

25%

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



4⁵⁰

LIMIT 4 AFTER LIMIT 5.99 EA.

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



SAVE UP TO

25%

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



7⁵⁰

LIMIT 4 AFTER LIMIT 8.49 EA.

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



6⁵⁰

LIMIT 4 AFTER LIMIT 7.49 EA.

SENSODYNE OR PRONAMEL TOOTHPASTE SELECTED VARIETIES



5⁵⁰

LIMIT 4 AFTER LIMIT 5.99 EA.

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



\$7

LIMIT 4 AFTER LIMIT 8.49 EA.

BIC OR SOLEIL DISPOSABLE RAZORS SELECTED VARIETIES



3⁵⁰

LIMIT 4 AFTER LIMIT 4.29 EA.

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



\$5

LIMIT 4 AFTER LIMIT 5.99 EA.

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



live well, spend less

SAVE UP TO 15%

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




SAVE UP TO 15%

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



SAVE UP TO 20%

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



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

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



\$15

TYLENOL TABLETS, CAPLETS OR GELCAPS
SELECTED VARIETIES
60-150'S
20040611_EA/21033531_EA



SAVE UP TO 15%

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



\$12

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



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

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



\$18

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



5/\$10 OR \$2.49 EA.

BABy GOURMET ORGANIC FRUIT OR VEGETABLE BABY FOOD POUCHES 113/128 ML OR JARS 113 ML
SELECTED VARIETIES
20616541001_EA/21123983_EA



6+ MONTHS

2/\$11 OR \$5.99 EA.

GERBER INFANT CEREAL
SELECTED VARIETIES
227 G
20358339002_EA
20358339007_EA



6+ MONTHS

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

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



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

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



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

HUGGIES PULL-UPS OR PAMPERS EASY UPS
GIANT PACK TRAINING PANTS
SELECTED VARIETIES
68-112'S
21021427_EA/21089194_EA



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

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



Celebrate Mom

WITH A GOURMET HAPPY HOUR

	\$6 MONSIEUR GUSTAV Double crème 125g 21619307_EA		\$4 /100g JARLSBERG Cheese 21388103_KG
	\$7.50 L'EXTRA Brie Camembert 170g 21528319_EA 20016313_EA		\$3 /100g AGROPUR GRAND CHEDDAR 1 year 21185100_KG
	\$7 ENTREMONT Brie Camembert 227g 21692867_EA 21692836_EA		\$8 KERRYGOLD Dubliner Reserve Cheddar 198g 20591635_EA 20359976_EA

Lactantia

FOR MILK CONNOISSEURS

\$5.75 LACTANTIA PURIFILTRE MILK, 2 L SELECTED VARIETIES 21424991_EA	\$6 LACTANTIA LACTOSE-FREE MILK, 2 L SELECTED VARIETIES 21441429_EA	\$3.25 BFIT HIGH PROTEIN MILKSHAKE, 460 ML SELECTED VARIETIES 21345511_EA 21345500_EA
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PROUDLY MADE IN CANADA | CDHF | *per 460 mL serving

Our butchers cut quality meat in your store every day!

gourmet beef burgers
20775785_KG
21550474_KG

marinated top sirloin beef, chicken or pork kebabs
20636713_KG
20636715_KG

marinated beef flank steak
20648756_KG

marinated beef short ribs
20797535_KG

BOLD FLAVOUR MEETS MAYO

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

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

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

SIP THE FLAVOUR, SEE THE TROPHY.

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

Naturally Flavoured Iced Tea

fuze iced tea

*NO PURCHASE NECESSARY. Void outside Canada & where prohibited. Open to legal residents of Canada, who are 18+ & legal age of majority or older in their jurisdiction of residence. Ends at 11:59 pm ET on 5/31/26, with 13 entry periods. Enter by 11:59 pm ET on 4/30/26 for the Trip. (1) Trip Prize: CAD\$5,398.35; FUZE Prize Packs (25, 2 per entry period), 1 in entry period (13) Air: CAD\$500. Odds depend on number of eligible entries received. Math skill test required. For Official Rules, visit <https://cokart.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



\$13.49**
Monster Energy® beverages* selected varieties 4x473 mL 20937631_C04

Valid from April 16th to April 23rd, 2026
** Plus applicable taxes, levies, deposits and fees. Valid at participating locations for a limited time. Subject to availability while supplies last. Retailer may sell for less.
† This product may not be suitable for everyone. Please read the label for instructions.
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BETTER TEAR, SO MUCH SOFTER*

*vs. leading 1000-sheet brand

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

4X STRONGER WHEN WET*

*vs. Leading Canada 2-ply bath tissue

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

50% MORE ABSORBENT*

*vs. leading ordinary brand.

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

THICKER AND MORE ABSORBENT*

*vs. the leading US 2-ply napkin

\$11 Bounty Napkin 400's 21053171_EA

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