

# Mother's day made beautiful

Sunday, May 10th



FROM  
**\$35**

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

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



**\$47**

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



**\$25**

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



**2/\$36**

OR  
\$20 EA.

**PC® DELUXE  
ANNUAL HANGING  
BASKET**  
SELECTED VARIETIES  
11 INCH  
**PANIER SUSPENDU  
D'ANNUELLES DE  
LUXE PC®**  
20753916\_EA  
20753947\_EA



**\$30**

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

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



**BUY ONE (1)**

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

**+ ONE (1)**

**10 STEM TULIPS  
10 TULIPES**  
**\$12**  
20833978\_EA

**FOR \$20**

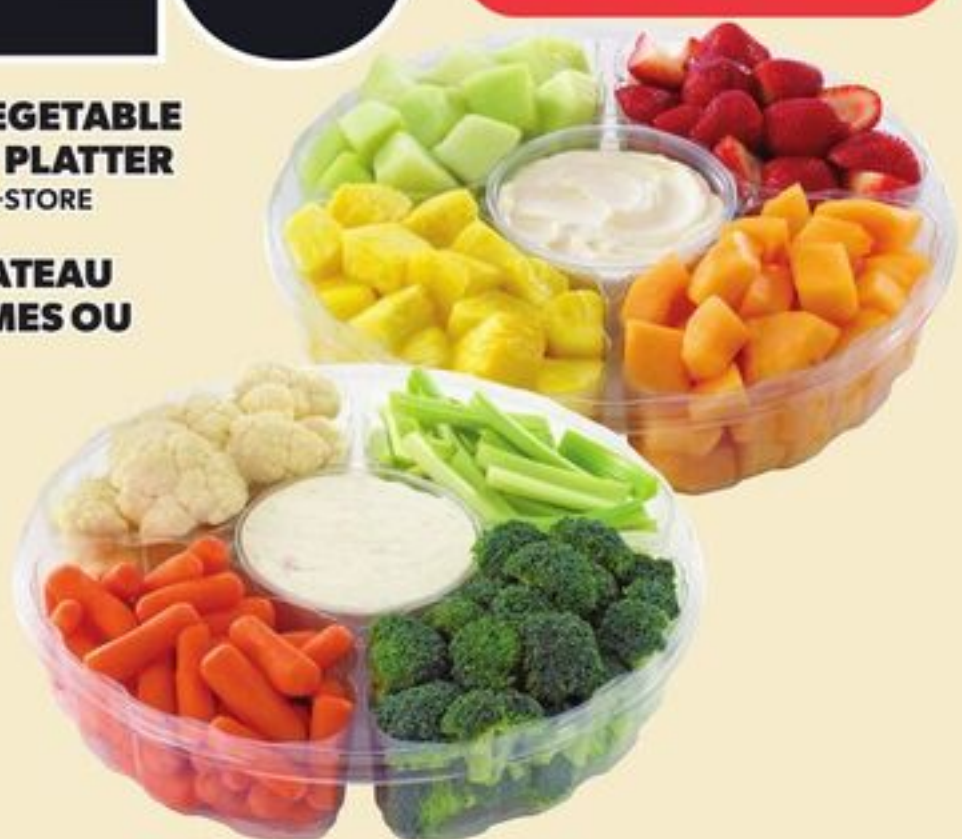


# weekly deals

## \$20

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

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



**SAVE  
UP TO \$2.49**

## \$6

**MARCANGELO ITALIAN  
DELI MEATS SLICED 85 G OR  
BOURSIN SOFT CHEESE 150 G**  
SELECTED VARIETIES  
**CHARCUTERIES ITALIENNES  
TRANCHÉES MARCANGELO  
OU FROMAGE À PÂTE  
MOLLE BOURSIN**  
20116794\_EA/21706089\_EA



**SAVE  
98¢  
WHEN YOU BUY 2**

## 2/\$7

OR  
\$3.99 EA.

**WONDER BREAD OR  
BUNS OR D'ITALIANO  
BUNS**  
SELECTED VARIETIES AND SIZES  
**PAIN OU PETITS PAINS  
WONDER OU PETITS  
PAINS D'ITALIANO**  
20276296\_EA  
20305135\_EA  
20627103\_EA



## \$5

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



## 2.50

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



## 12.99

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

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



**PROUDLY CANADIAN OWNED & OPERATED**

**Independent**  
Your Independent Grocer

**HOT PRICE**

**3<sup>99</sup>**  
LB

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

INCLUDES HALAL

**SAVE 38%**

**7<sup>99</sup>**  
LB

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

**SAVE UP TO \$2**

**\$8**

**PC® PACIFIC LARGE WHITE SHRIMP** RAW OR COOKED, PEELED OR RAW ZIPPERBACK® 31-40 PER LB 400 G OR **HIGH LINER WILD CAUGHT PACIFIC SALMON FILLETS** 400 G FROZEN  
**GROSSES CREVETTES BLANCHES DU PACIFIQUE PC<sup>MD</sup> OU FILETS DE SAUMON SAUVAGE DU PACIFIQUE HIGH LINER**  
20791381\_EA  
21093881\_EA



**\$5**

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



**SAVE 49¢/LB**

**2<sup>50</sup>**  
LB

**PC® EXTRA LARGE RED SEEDLESS GRAPES**  
PRODUCT OF CHILE, NO. 1 GRADE  
5.51/KG  
**TRÈS GROS RAISINS ROUGES SANS PÉPINS PC<sup>MD</sup>**  
20159199001\_KG

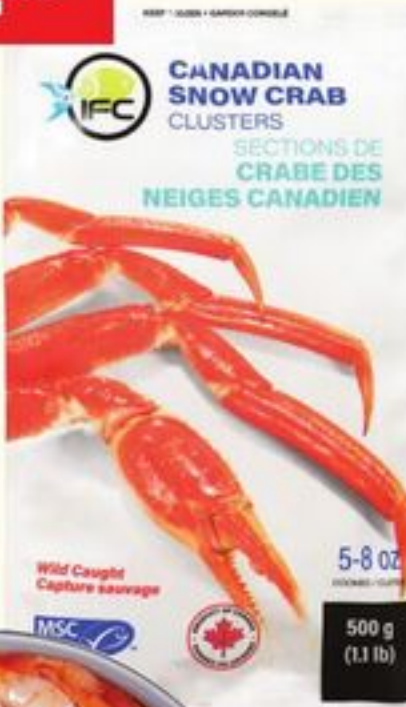


EXTRA LARGE

**SAVE UP TO \$4.99**

**\$19**

**PC® PACIFIC WHITE SHRIMP RING WITH MILD COCKTAIL SAUCE** 568 G OR **IFC COOKED CANADIAN SNOW CRAB CLUSTERS** 500 G FROZEN  
**COURONNE DE CREVETTES BLANCHES DU PACIFIQUE AVEC SAUCE COCKTAIL DOUCE PC<sup>MD</sup> OU GRAPPES DE CRABE DES NEIGES CANADIEN CUITES IFC**  
20147098\_EA  
21615011\_EA



**6<sup>50</sup>**

**PC® ORANGE JUICE 2.5 L OR SIGGI'S YOGURT TUB** 650-750 G SELECTED VARIETIES  
**JUS D'ORANGE PC<sup>MD</sup> OU CONTENANT DE YOGOURT SIGGI'S**  
21353892\_EA  
21531644\_EA



**HOT PRICE**

**\$10**

**PC® MAPLE SYRUP** GRADE A AMBER 500 ML  
**SIROP D'ÉRABLE PC<sup>MD</sup>**  
20049221\_EA



**\$17**

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



**HOT PRICE**

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

**DR. OETKER RISTORANTE OR CASA DI MAMA PIZZA** 320-410 G,  
**PC® FOCACCIA OR FLATBREAD PIZZA** 330-456 G  
SELECTED VARIETIES  
FROZEN  
**PIZZA RISTORANTE OU CASA DI MAMA, DR. OETKER, PIZZA FOCACCIA OU PAIN PLAT PC<sup>MD</sup>**  
20296100001\_EA  
21013452\_EA



**HOT PRICE**

**4<sup>98</sup>**

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



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

**3/4<sup>98</sup>**  
OR \$2 EA.

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



**SAVE 26%**

**13<sup>88</sup>**

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



**SAVE UP TO 56%**

**6<sup>50</sup>**

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



**Optimum**

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

**More days More days More days**

For more deal offers visit  
[www.yourindependentgrocer.ca](http://www.yourindependentgrocer.ca)  
or scan





GET **5,000** pts

**\$5** back in points

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



20720065\_KG/21240991\_EA/21687446\_EA

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

**\$4**

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

**YOGURT SKYR SIGGI'S OU BOISSONS NANO IOGO**

20609687001\_EA 21589925\_EA

**SAVE UP TO 46%**

**135**

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

**PLATS CUISINÉS MICHELINA'S OU PÂTES SWANSON**

20320525001\_EA 21208614\_EA

**\$5**

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

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

21087007\_EA 21428403\_EA

**\$10**

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

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

20547343001\_EA 205486820052EA

**SAVE UP TO \$125**

**350**

**NEILSON CREAM** SELECTED VARIETIES 473 ML/1L

**CRÈME NEILSON** 35% M.L. 20123609\_EA 20123609\_EA 20774431\_EA

**whipping cream** 35% M.L. 473 ML

**half & half cream** 10% M.L. 1L

**Optimum**

**Members-Only Price**

**550**

**Non-members 799**

**Members save \$2.49**

**meal Crisp**

**PROTEIN** 15g

**GENERAL MILLS FAMILY SIZE CEREAL** SELECTED VARIETIES 475-778 G

**CÉRÉALES FORMAT FAMILIAL GENERAL MILLS**

21103503\_EA 21667658\_EA

**\$5**

**CHRISTIE PREMIUM PLUS CRACKERS** SELECTED VARIETIES 450/481 G

**CRAQUELINS PREMIUM PLUS CHRISTIE**

21109001\_EA 21109004\_EA

**\$5**

**PC® FROZEN FRUIT** SELECTED VARIETIES 300-600 G

**FRUITS SURGELÉS PC®**

20312227\_EA 21496426\_EA

**RED RASPBERRIES**

**MORSELES JUGES**

**STRAWBERRIES FRAISES** SUCED - TRANCHÉES

**349**

**LANTIC WHITE GRANULATED SUGAR** SELECTED VARIETIES 2 KG

**SUCRE BLANC GRANULÉ LANTIC**

20145033\_EA

**\$11**

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

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

21550428\_EA 21593782\_EA

**SAVE UP TO 39%**

**\$12**

**COTTONELLE BATHROOM TISSUE** 12=48 ROLLS MEGA 48

**PAPIER HYGIÉNIQUE COTTONELLE**

21665900\_EA 21665993\_EA

**Ultra Clean**

**Ultra Comfort**

**90¢**

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

**NOURRITURE POUR CHAT FANCY FEAST OU FRISKIES**

20302296001\_EA 20316703\_EA

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

**LIMIT 6 AFTER LIMIT \$3 EA.**

**TAKI'S ROLLED TORTILLA CHIPS** SELECTED VARIETIES 260-280 G

**CROUSTILLES DE TORTILLA ROULÉES TAKIS**

21602195\_EA/21715466\_EA

**\$2.25**

**KRAFT MIRACLE WHIP** SELECTED VARIETIES 650-890 ML

**SAUCE À SALADE**

2029861001\_EA

**\$3**

**MARCANGELO CHICKEN OR PORK SOUVLAKI** 2 PACK 120 G SELECTED VARIETIES

**SOUVLAKI DE POULET OU PORC MARCANGELO**

20902208\_EA/21095022\_EA

**\$1.88**

**LIMIT 6 AFTER LIMIT \$5.99 EA.**

**HEAD MEN'S & WOMEN'S SOCKS** 3'S

**CHAUSSETTES POUR FEMMES HEAD**

21721517\_EA 21721507\_EA

**\$4**

Independent CUSTOMER RELATIONS 1-866-541-6315. VISIT yourindependentgrocer.ca FOR STORE HOURS.

Please call Customer Relations at 1-866-541-6315 or visit our website at yourindependentgrocer.ca for your store's hours and to see which Your Independent Grocer® locations do not participate in this flyer. Quantities and/or selection of items may be limited and may not be available in all stores. No rainchecks or substitutions on clearance items or where quantities are advertised as limited. Advertisements regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We are not obligated to sell items based on errors or misprints in typography or photography. Pricing: All references to "Save, Was, Now, Savings, etc." are in comparison to our own regular prices. Savings on items shown may vary by store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. Coupons must be presented and redeemed at time of purchase. Trademarks: ®/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. Purchase limits: We reserve the right to limit quantities to reasonable family requirements. PC Optimum™ Members Only: Offers are available to valid PC Optimum™ program members. Membership is free. To register, see in-store or visit pcoptimum.ca. Points are not guaranteed in case of errors or misprints. No cash value. See yourindependentgrocer.ca for full program details including redemption restrictions. Minimum redemption is 10,000 points. These offers cannot be combined with any other coupons, discounts, or promotions. No adjustments on previous purchases. We may modify or cancel offers without notice. Product availability may vary by store. While supplies last. Points Offers: Receive the specified points when you spend the qualifying amount on the listed products/categories before taxes, after discounts and redemptions, in a single transaction. Taxes apply on purchase amount after discounts. PC Optimum™ pricing is not valid in price match programs for participating Loblaws Inc. banner stores. Outdoor/Seasonal Items: Outdoor seasonal items (e.g., lawn and garden) may only be available at select stores. Please check your local store for pricing, limits, and availability. ‡PRICE DROP Offer: Valid in-store at participating locations from April 9 - May 13, 2026 before taxes and while quantities last. Applies only to select products. Offer may be modified or cancelled without notice. See in-store for full details.

YIG BACK



# freshness you can taste

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

\*Fresh Promise: 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<sup>50</sup>**

**FRESH PROMISE**

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

**\$8**

**PC® BLUEBERRIES**  
9.8 OZ, PRODUCT OF  
MEXICO, PERU OR  
MOROCCO OR  
**RÉSERVE  
BLACKBERRIES**  
10 OZ, PRODUCT OF MEXICO  
**BLEUETS PC<sup>MD</sup> OU  
MÛRES RÉSERVE**  
20573077\_EA  
21724952001\_EA

**\$3**

**FARMER'S MARKET™  
MINI CUCUMBERS**  
PRODUCT OF ONTARIO  
6'S  
**MINI-CONCOMBES  
DÉLICIES DU MARCHÉ<sup>MC</sup>**  
20737570001\_EA

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

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

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

**3/4<sup>98</sup>**

OR \$2 EA.

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

**\$5**

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

**\$2<sup>LB</sup>**

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

**\$8**

**PC® ORRI  
MANDARINS**  
PRODUCT OF ISRAEL  
2LB  
**MANDARINES ORRI  
PC<sup>MD</sup>**  
20907647001\_EA

**\$5**

**FARMER'S MARKET™  
AVOCADO BAG**  
PRODUCT OF MEXICO  
5'S  
**SAC D'AVOCATS  
DÉLICIES DU MARCHÉ<sup>MC</sup>**  
21644936001\_EA

## petals of appreciation for Mom

**\$22**

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

**\$22**

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

**\$28**

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

**\$18**

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

## feeling protein power-fuel

**\$13**

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

**18<sup>50</sup>**

**LB**

**PREPARED  
IN-STORE**

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

**\$5**

**LB**

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

**\$7**

**PREPARED IN CANADA**

**PC® PORK SAUSAGE**  
SELECTED VARIETIES  
375/500 G  
**SAUCISSES DE  
PORC PC<sup>MD</sup>**  
21584342\_EA  
21584308\_EA

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

**APP EXCLUSIVE OFFER\***

**GET 8,000<sup>PC</sup>**

**\$8**

**back in points**

**PC® OLD-FASHIONED  
STYLE BACON**  
SELECTED VARIETIES  
1 KG  
**BACON À L'ANGIENNE  
PC<sup>MD</sup>**  
20115703\_EA

**PREPARED IN CANADA**

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

**\$10**

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

## find your catch in seafood

**\$3**

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

**\$4**

**CANADIAN SEAFOOD**

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

**\$11**

**PC® SHRIMP  
APPETIZERS**  
SELECTED VARIETIES,  
FROZEN  
294-434 G  
**HORS-D'ŒUVRE DE  
CRÉVETTES PC<sup>MD</sup>**  
20135874\_EA  
20978921\_EA

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

**TEMPURA  
TORPEDO SHRIMP  
UNCOOKED NON-COATED  
CRÉVETTES  
EN TORPILLES**  
340 g 15

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



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



**4.50** /100 G

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



**\$7**

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



**3.25** /100 G



**FROM OUR CHEFS™ SERVICE CASE HAM**  
SELECTED VARIETIES  
**JAMBONS DU COMPTOIR DE SERVICE**  
CONCOCTÉ PAR NOS CHEFS™  
21696032\_KG



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

Members save **\$1**



**PC® SPLENDIDO® DELI SALAMI CHUBS**  
SELECTED VARIETIES  
225 G  
**SAUCISSONS DE SALAMI DE CHARCUTERIE PC® SPLENDIDO™**  
21449780\_EA  
21449787\_EA

**\$5**

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



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

Members save **\$1**



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



**FROM \$14**

GET **2,500** back in points

**\$30**

GET **5,000** back in points

**\$20/25**

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



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



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



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

Members save **\$5**



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

SERVES 6-10

**\$9-10**

PREPARED IN-STORE

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



try with

**\$12**

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



**7.50**



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



**4.50**



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



**4.50**

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



**\$6**

PREPARED IN-STORE

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



**\$2**

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



**\$6**

GET **1,000** back in points

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



# bakery deals rising daily

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

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

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

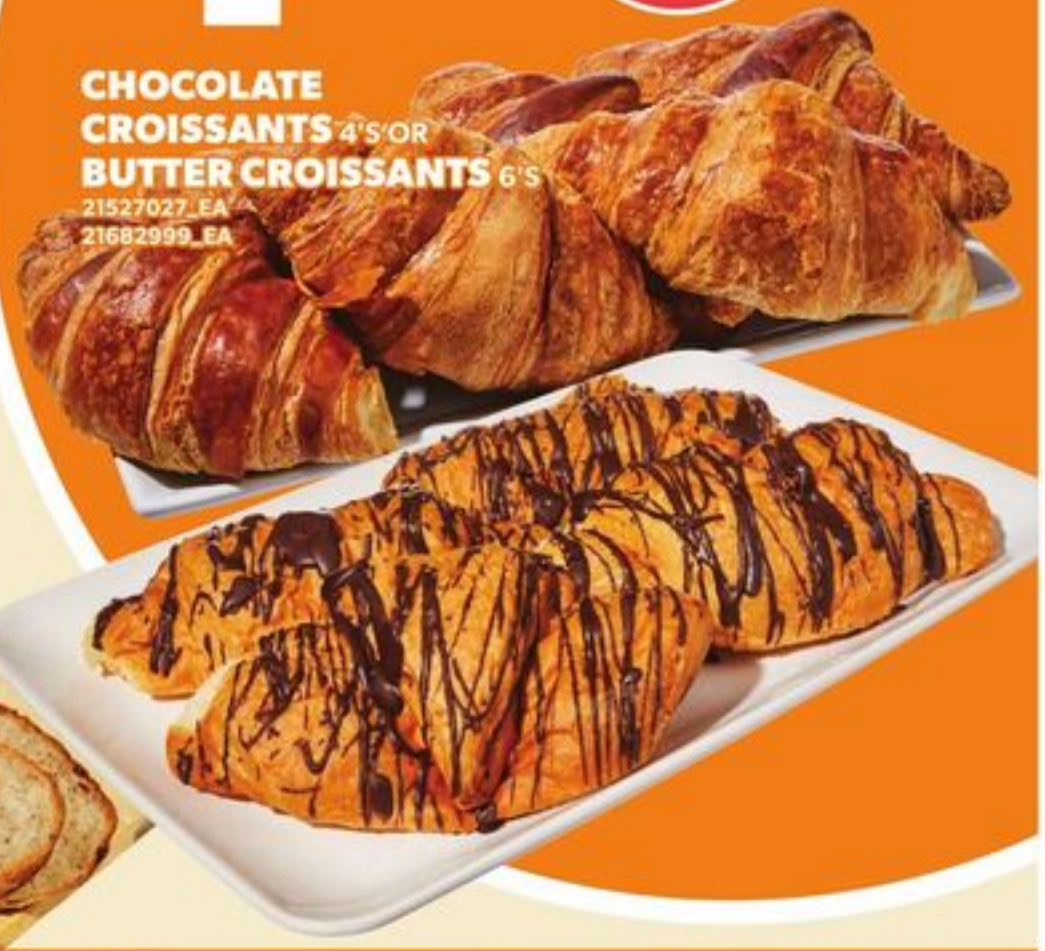


**\$4** **BAKED IN-STORE**

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



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



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

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



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

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



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

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



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

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



**4<sup>50</sup>** **GET 1,000<sup>00</sup> back in points**

**STONEMILL BREAD**  
SELECTED VARIETIES AND SIZES  
20371357\_EA  
20434411\_EA



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

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



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

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



## in the mood for deli-cious

**\$7**

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



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

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



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

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



**2/\$7** **OR \$4 EA.** **PREPARED IN CANADA**

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



**2/\$7** **OR \$4 EA.** **PREPARED IN CANADA**

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



## on the run, we got you

**2/\$8** **OR \$5 EA.** **GET 1,000<sup>00</sup> back in points when you buy 2**

**FRIED TORTILLA CHIPS**  
383 G  
21534615\_EA



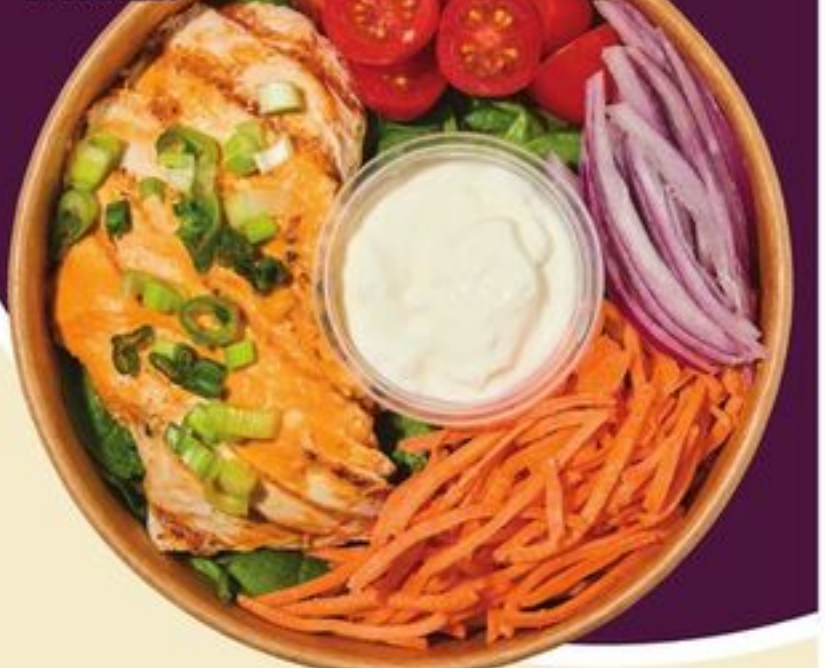
**9<sup>99</sup>** **PREPARED IN CANADA**

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



**\$10**

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

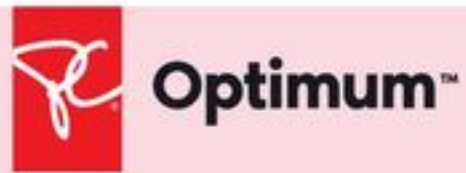


## Family meals

**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<sup>(pt)</sup>** 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

**VECTOR**  
HIGH PROTEIN<sup>®</sup>  
WITH CRUNCHY GRANOLA CLUSTERS

**Moredays**  
Members get **3,000<sup>(pt)</sup>** 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 Frosting**

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

**Moredays**  
Members get **1,500<sup>(pt)</sup>** for every \*7\* spent on

**\$1.50** back in points

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

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

**Lipton Tomato Vegetable**  
Tomate et légumes

**Moredays**  
Members get **1,000<sup>(pt)</sup>** when you buy 2

**\$1** back in points

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

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

**RITZ**  
original

**triscuit**  
ORIGINAL  
MADE WITH REAL WHEAT

**Moredays**  
Member Only Price<sup>™</sup>

**\$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

**Tostitos**  
ROUNDS-ROUNDES

**Moredays**  
Members get **5,000<sup>(pt)</sup>** 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

**Knorr**  
CHICKEN / POULET  
6 Cubes / 54 cubes

**Knorr**  
ROASTED CHICKEN  
POULET ROTI

**Moredays**  
Members get **500<sup>(pt)</sup>**

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

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

**OREO mini**  
MADE WITH REAL COCOA

**OREO mini**  
6 SNACK PAKS

**Moredays**  
Members get **1,000<sup>(pt)</sup>** when you buy 3

**\$1** back in points

**3<sup>79-3<sup>89</sup></sup>**

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

**SWISS CHALET**  
SWISS SOUP 1934

**MONTANA'S**  
BBQ & BAR

**Moredays**  
Members get **2,000<sup>(pt)</sup>** when you buy 2

**\$2** back in points

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

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

**Christie**  
CRÈME DE FRUIT

**Cadbury FINGERS**

**Moredays**  
Members get **1,000<sup>(pt)</sup>**

**\$1** back in points

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

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

**GOGO SQUEEZ**  
FRUIT SAUCE POUCHES

**Moredays**  
Members get **1,000<sup>(pt)</sup>**

**\$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

**BROCCOLI FLORETS**  
FLEURONS DE BROCCOLI

**Moredays**  
Members get **1,000<sup>(pt)</sup>**

**\$1** back in points

**4<sup>49-8<sup>49</sup></sup>**

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

**RAINCOAST**  
WILD PINK SALMON  
SAUMON ROSE SAUVAGE

**RAINCOAST**  
WILD ALBACORE TUNA  
THON BLANC SAUVAGE

**Moredays**  
Member Only Price<sup>™</sup>

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

Non-Members **\$4**

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

**MOTT'S**  
Fruitsations  
Apple Sauce

**MOTT'S**  
Fruitsations  
Strawberry Kiwi

**Moredays**  
Members get **150<sup>(pt)</sup>**

**89<sup>¢</sup>**

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

**whiskas**  
Favourites / Favoris

**whiskas**  
Favourites / Favoris

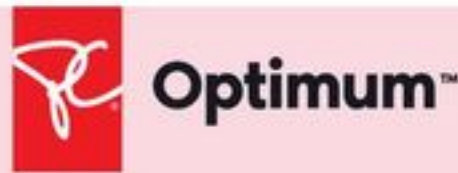
**Moredays**  
Members get **1,000<sup>(pt)</sup>**

**\$1** back in points

**\$7**

**TEMPTATIONS CAT TREATS**  
SELECTED VARIETIES  
454 G  
21012108\_EA

**Temptations**  
VALUE SIZE  
POURRA ÉCONOMIQUE



# Get more on

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

# Moredays Moredays Moredays Moredays Moredays

**Moredays**  
APP EXCLUSIVE OFFER

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

**\$5** back in points

**CANTALOUPE**  
PRODUCT OF GUATEMALA, HONDURAS OR BRAZIL  
EACH  
20167017001\_EA  
Open your PC Optimum™ app or visit [pcoptimum.ca](http://pcoptimum.ca) to get the offer.

**Moredays**  
APP EXCLUSIVE OFFER

Member Only Price™

Members save **\$1**

**3<sup>50</sup>**  
Non-Members **4<sup>50</sup>**

**PC® OR BLUE MENU® ENTRÉES**  
SELECTED VARIETIES, FROZEN  
212-365 G  
20312253001\_EA  
20987543\_EA  
Open your PC Optimum™ app or visit [pcoptimum.ca](http://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](http://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](http://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](http://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](http://pcoptimum.ca) to get the offer.

**Moredays**  
APP EXCLUSIVE OFFER

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

**\$2<sup>50</sup>** 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](http://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](http://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\*  
\*Open your PC Optimum™ app or visit [pcoptimum.ca](http://pcoptimum.ca) to get the offer.

**Moredays™**  
May 7 - 13

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

Visit [www.joefresh.com](http://www.joefresh.com)

**Express™ Pass**

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

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

Learn more

Use code **PASS76**

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

**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

**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.

Optimum™

**100% CANADIAN GROWERS**

**OUR GARDEN CENTRE IS NOW OPEN!**



**Linwell Gardens**

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

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



**PC® PERENNIALS**  
SELECTED VARIETIES  
13 CM  
21350465\_EA



**\$30**



**KIMBERLY QUEEN FERN**  
10 INCH  
21214925\_EA



**\$15**



**PC® ANNUAL PLANTER**  
SELECTED VARIETIES  
8.5 INCH  
21001606\_EA



**BUY 5 OR MORE \$5 EA.**  
OR \$5.50 EA.



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



**YOUR SPOT FOR RECYCLING FLATS AND POTS**

**Empty pots**

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

**Plastic**

Shredded plastic makes pellets for new pots and flats.

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

**RECYCLE YOUR POTS FOR POINTS**

**100**  
Optimum

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

**BUY 5 OR MORE \$5 EA.**  
OR \$5.50 EA.



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



**BUY 5 OR MORE \$5 EA.**  
OR \$5.50 EA.



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



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



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



**\$32**



**PC® DIPLADENIA HANGING BASKET**  
SELECTED VARIETIES  
11 INCH  
21426662\_EA



**\$22**



**PC® BOSTON FERN HANGING BASKET**  
10 INCH  
20845440\_EA



**\$32**



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



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

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



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



**\$9**



**PC® SUPER GIGANTICO™ ANNUALS**  
SELECTED VARIETIES  
6 INCH  
21352513\_EA



**\$30**



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



**SAVE \$150**



**\$26**

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



**\$18**



**PC® CALLA LILY**  
7 INCH  
21570208\_EA



**\$33**



**DAVID AUSTIN® ROSES**  
SELECTED VARIETIES  
3 GALLON  
21217196\_EA



**\$24**



**PC® ROSES**  
SELECTED VARIETIES  
2 GALLON  
20756587\_EA



**\$30-45**

**ASSORTED TROPICAL PLANTS**  
10 INCH  
21097210\_EA



**\$7**



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



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



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



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



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



**\$10**



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



**2/\$26**  
OR \$15 EA.



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



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



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



# your one-stop grocery shop

**\$7**

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



**\$3**

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



**\$6**

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



**\$5**

**CLUB HOUSE FAMILY SIZE, LA GRILLE OR ONE STEP SEASONING**  
SELECTED VARIETIES  
13-248 G  
20180764\_EA  
20308066001\_EA  
20321740001\_EA



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

**2/\$7**

OR \$4.29 EA.  
**MAPLE LEAF FLAKES**  
SELECTED VARIETIES  
156 G  
20298273001\_EA  
20298273005\_EA



**\$7**

**GOLD SEAL SOCKEYE SALMON**  
213 G  
21186814\_EA



**2/\$8**

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



**\$8**

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



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

**2/\$5**

OR \$3 EA.  
**UNICO PASTA SAUCE**  
SELECTED VARIETIES  
680 ML  
20326537001\_EA  
20326537003\_EA



**\$7**

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



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

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



**SAVE UP TO \$2.49**

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

**HIGH LINER FISH OR SHRIMP**  
SELECTED VARIETIES  
FROZEN  
315-700 G  
2030320001\_EA  
2030320003\_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**

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

OR \$3.49 EA.  
**CLIF BUILDERS PROTEIN BARS**  
SELECTED VARIETIES  
56-68 G  
20303133002\_EA  
21541067\_EA



**\$5**

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



**SAVE 98¢ WHEN YOU BUY 2**

**2/\$17**

OR \$8.99 EA.  
**COCA-COLA OR CANADA DRY SOFT DRINKS**  
SELECTED VARIETIES  
12X355 ML  
20318694002\_C12  
20318694003\_C12



**SAVE 98¢ WHEN YOU BUY 2**

**2/\$7**

OR \$3.99 EA.  
**PC® LEMONADE**  
SELECTED VARIETIES  
1.89 L  
20773870001\_EA  
20957804\_EA



**Optimum Members-Only Price**

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

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

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



**\$12**

**COTTONELLE FLUSHABLE WIPES**  
SELECTED VARIETIES  
4'S  
21477027\_EA



**\$21**

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



**Optimum Members-Only Price**

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

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

Members save **\$2**

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





for all your  
**household  
paper  
essentials**

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

APP EXCLUSIVE OFFER\*

GET  
**3,000<sup>pts</sup>**

**\$3**  
back  
in points

**PC® BATHROOM  
TISSUE**

30=100 ROLLS  
21450846\_EA



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

**\$9**

**PC® BATHROOM  
TISSUE**

SELECTED VARIETIES  
12=24 ROLLS  
21450718\_EA



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

APP EXCLUSIVE OFFER\*

GET  
**3,000<sup>pts</sup>**

**\$3**  
back  
in points

**PC® PAPER TOWEL**

12 ROLLS  
21558605\_EA



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

**\$8**

APP EXCLUSIVE OFFER\*

GET  
**1,000<sup>pts</sup>**

**\$1**  
back  
in points

**PC® DINNER  
NAPKINS**

2 PLY  
180 COUNT  
20084398\_EA



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**\$9**

**PC® FACIAL TISSUES**

6'S  
20181283\_EA





Get **6,000** pts

\$6 back in points



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

21295791\_EA/21505267\_EA/21607042\_EA

\$8

LIMIT 4 AFTER LIMIT 8.99 EA.

TRESEMMÉ HAIR CARE OR STYLING PRODUCTS SELECTED VARIETIES AND SIZES 2150194\_EA 21501931\_EA



\$8

LIMIT 4 AFTER LIMIT 9.99 EA.

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



\$9

LIMIT 4 AFTER LIMIT 11.49 EA.

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



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

NICE N EASY, NATURAL INSTINCTS OR COLOR STRONG HAIR COLOUR SELECTED VARIETIES 21082839\_EA/21084326\_EA



SAVE UP TO 20%

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



SAVE UP TO 20%

NIVEA BODY LOTIONS OR CREAMS SELECTED VARIETIES AND SIZES 20700027\_EA



SAVE UP TO 25%

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



4.50

LIMIT 4 AFTER LIMIT 5.99 EA.

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



SAVE UP TO 25%

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



7.50

LIMIT 4 AFTER LIMIT 8.49 EA.

CREST PRO HEALTH GUM DETOXIFY TOOTH PASTE 110 ML, ORAL-B FLOSS TWIN PACK, CREST SCOPE OUTLAST AND PROHEALTH ADVANCED RINSE 1 L OR ORAL-B BATTERY TOOTHBRUSH SELECTED VARIETIES AND SIZES 20598749\_EA/21354062\_EA



6.50

LIMIT 4 AFTER LIMIT 7.49 EA.

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



5.50

LIMIT 4 AFTER LIMIT 5.99 EA.

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



\$7

LIMIT 4 AFTER LIMIT 8.49 EA.

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



3.50

LIMIT 4 AFTER LIMIT 4.29 EA.

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



\$5

LIMIT 4 AFTER LIMIT 5.99 EA.

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



# live well, spend less

**SAVE UP TO 15%**

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

**SAVE UP TO 15%**

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

**SAVE UP TO 20%**

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

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

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

**\$15**

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

**SAVE UP TO 15%**

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

**\$12**

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

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

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

**\$18**

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

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

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

**6+ MONTHS**

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

**GERBER INFANT CEREAL**  
SELECTED VARIETIES  
227 G  
20358339002\_EA  
20358339007\_EA

**6+ MONTHS**

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

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

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

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

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

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

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

## Lactantia

FOR MILK CONNOISSEURS

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

PROUDLY MADE IN CANADA | CDHF

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

**gourmet beef burgers**  
20775785\_KG  
21550474\_KG

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

**marinated beef flank steak**  
20648756\_KG

**marinated beef short ribs**  
20797535\_KG

## BOLD FLAVOUR MEETS MAYO

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

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

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

**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: \$10,000. (2) Trip: \$5,000. (3) Trip: \$2,500. (4) Trip: \$1,000. (5) Trip: \$500. (6) Trip: \$250. (7) Trip: \$100. (8) Trip: \$50. (9) Trip: \$25. (10) Trip: \$10. (11) Trip: \$5. (12) Trip: \$2.50. (13) Trip: \$1.00. Odds depend on number of eligible entries received. Match skill test required. For Official Rules, visit <https://cokeurl.com/fuzetrotour>. Sponsor: Coca Cola Ltd.

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

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