

It's here!



SHOP NOW

\$12

**PC<sup>®</sup> JERK CHICKEN BURGERS**  
FROZEN, 852 G  
**BURGER DE POULET JERK PC<sup>MD</sup>**  
21714192\_EA



Must Try!

\$13

**PC<sup>®</sup> SHRIMP SIZZLE WHEEL**  
SELECTED VARIETIES, FROZEN, 300 G  
**CREVETTES LA ROUE À GRILLER PC<sup>MD</sup>**  
21704047\_EA/21704114\_EA



Must Try!

5<sup>75</sup>

**PC<sup>®</sup> BLUE MENU<sup>®</sup> PASSIONFRUIT GUAVA SPARKLING WATER**  
12X355 ML  
**EAU PÉTILLANTE FRUIT DE LA PASSION ET GOYAVE PC<sup>MD</sup> MENU BLEU<sup>MD</sup>**  
21703743\_C12



PREPARED IN CANADA

App exclusive offer

Optimum<sup>™</sup>

\$5

Get 1,000 pts

\$1 back in points

**PC<sup>®</sup> FLATBREAD**  
SELECTED VARIETIES, FROZEN  
330-395 G  
**PAIN PLAT PC<sup>MD</sup>**  
21013452\_EA/21648988\_EA  
\*\*Must be a registered PC Optimum<sup>™</sup> member to load and get this offer.  
\*Open your PC Optimum<sup>™</sup> app or visit pcoptimum.ca to get the offer.

CHICKEN, BACON & CAMELIZED ONION  
**FLATBREAD**  
POULET, BACON ET OIGNONS CARAMELISES



App exclusive offer

Optimum<sup>™</sup>

\$5

Get 1,000 pts

\$1 back in points

**PC<sup>®</sup> SCOOP SHOP ICE CREAM**  
SELECTED VARIETIES  
FROZEN, 946 ML  
21706621\_EA  
**CRÈME GLACÉE DÉLICIES DU BAR LAITIER PC<sup>MD</sup>**  
\*\*Must be a registered PC Optimum<sup>™</sup> member to load and get this offer.  
\*Open your PC Optimum<sup>™</sup> app or visit pcoptimum.ca to get the offer.



Must Try!

# TEAM SAVINGS

For fans who live for matchdays and long weekends.

**4 DAYS ONLY!**

**\$20**

**THURS-SUN**  
**LARGE VEGETABLE OR FRUIT PLATTER**  
 PREPARED IN-STORE, 1.34-1.87 KG  
**GRAND PLATEAU DE LEGUMES OU FRUITS**  
 20081718\_EA/20121599\_EA



**Optimum**

**2/\$7**  
OR 3.99 EA

Get **500 pts**  
When you buy 2

**WONDER OR D'ITALIANO BUNS**  
 SELECTED VARIETIES AND SIZES  
**PETITS PAINS WONDER OU D'ITALIANO**  
 20626949\_EA/20305135\_EA



**SAVE UP TO 46%**  
**5.99**

**LARSEN HAM SLICES 375 G OR WIENERS 900 G**  
 SELECTED VARIETIES  
**TRANCHES DE JAMBON OU SAUCISSES FUMÉES LARSEN**  
 20163601\_EA/20416522\_EA



**SALE 7.99**

**BULL'S-EYE BBQ SAUCE 425 ML**  
**OR DIANA SAUCE 500 ML**  
**OR KRAFT SALAD DRESSING 425 ML**  
 SELECTED VARIETIES  
**SAUCE BBQ**  
**BULL'S EYE OU SAUCE DIANA**  
**OU VINAIGRETTE KRAFT**  
 20547834005\_EA/21184617\_EA



Members Price\* **\$6**

Non-Members **\$11**

Members Save **\$5**

**PC® DE-ALCOHOLIZED LAGER BEER**  
 SELECTED VARIETIES, 12X355 ML  
**BIÈRE DÉALCOOLISÉE PC®**  
 20121729\_C12/20325253\_C12  
 \*\*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.



HAPPY VICTORIA DAY! SEE IN-STORE FOR HOLIDAY HOURS

It's here!



**REAL ATLANTIC SUPERSTORE™**  
PROUDLY CANADIAN

**SALE**  
**\$10** LB/EA

**FRESH ATLANTIC SALMON SKIN-ON FILLETS** CLUB SIZE, 22.05/KG OR **SHRIMP SKEWERS** PLAIN OR MARINATED, FROZEN OR PREVIOUSLY FROZEN, 10'S  
**FILETS DE SAUMON DE L'ATLANTIQUE FRAIS** AVEC PEAU OU **BROCHETTES DE CREVETTES**  
207200653\_KG/21667446\_EA



**4 DAYS ONLY!**  
THURSDAY, MAY 14<sup>TH</sup> TO SUNDAY, MAY 17<sup>TH</sup>, 2026

**9.88** LB  
21.78/KG

**T-BONE OR WING STEAK** CUT FROM UNGRADED BEEF  
**BIFTECK D'ALOYAU OU DE CÔTE D'ALOYAU**  
21497212\_KG/21497213\_KG

**CLUB SIZE**



**SALE**  
**2.99** LB  
6.59/KG

**NO NAME\* OR HALAL CHICKEN DRUMSTICKS FRESH**  
**CUISSES DE POULET SANS NOM\* OU HALAL**  
20004494\_KG/21646527\_KG



**CLUB SIZE**

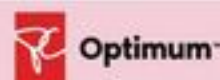
**\$6**

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



**11 LB AVERAGE**

App exclusive offer



**\$18**

Get **2,000** pts

**\$2** back in points



**PC\* BURGERS** SELECTED VARIETIES, FROZEN, 1.02-1.36 KG  
**BURGERS PC<sup>MD</sup>** 20862651\_EA/20941230\_EA  
\*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

**4.50**

**PC\* MUSHROOMS WHOLE CREMINI** 454 G OR **PC\* MUSHROOMS WHOLE WHITE** 454 G, PRODUCT OF CANADA  
**CHAMPIGNONS ENTIERS CREMINI PC<sup>MD</sup> OU CHAMPIGNONS BLANCS ENTIERS PC<sup>MD</sup>**  
207613722\_EA

**PRODUCT OF CANADA**

**SAVE UP TO 35%**

**64¢**

**BULK CORN** PRODUCT OF U.S.A.  
**MAÏS EN VRAC**  
2013170001\_EA

**SAVE UP TO 51%**

**\$4**

**SCOTSBURN PREMIUM ICE CREAM** SELECTED VARIETIES, FROZEN, 1.5 L  
**CRÈME GLACÉE DE QUALITÉ SUPÉRIEURE SCOTSBURN**  
21043321\_EA/21034400\_EA

**SAVE UP TO 42%**

**\$4**

**PHILADELPHIA CREAM CHEESE OR DIPS** 227/250 G, **KRAFT SINGLES** 410 G OR **CHEEZWHIZ** 450 G  
SELECTED VARIETIES  
**FROMAGE À LA CRÈME OU TREMPETTES PHILADELPHIA, SINGLES OU CHEEZ WHIZ KRAFT**  
20641267\_EA/21188654\_EA

**PREPARED IN CANADA**

**SALE**

**2.99**

**LAY'S POTATO CHIPS** SELECTED VARIETIES, 177-235 G  
**CROUSTILLES LAY'S**  
21241032\_EA/21664543\_EA

**SALE**

**\$5**

**GIUSEPPE PIZZA** 439-785 G OR **PC\* WOOD FIRED PIZZA** 351-413 G  
SELECTED VARIETIES, FROZEN  
**PIZZA GIUSEPPE OU PIZZA CUITE AU FEU DE BOIS PC<sup>MD</sup>**  
20904584\_EA/21540407\_EA

**12.99**

**COCA-COLA, SPRITE OR CANADA DRY SOFT DRINKS OR PEPSI SOFT DRINKS** SELECTED VARIETIES 24X355 ML  
**BOISSONS GAZEUSES COCA-COLA, SPRITE, CANADA DRY OU FANTA OU BOISSONS GAZEUSES PEPSI**  
20308197001C24  
20306687002C24

**SALE**

**\$3**

**PC\* NATURAL SPRING WATER** 24X500 ML  
**EAU DE SOURCE NATURELLE PC<sup>MD</sup>**  
20137898\_C24

**PREPARED IN CANADA**

**SAVE UP TO 37%**

**\$10**

**KING COLE ORANGE PEKOE TEA** 120/216'S OR **TETLEY ORANGE PEKOE TEA BAGS** 216'S  
SELECTED VARIETIES  
**THÉ EN SACHETS ORANGE PEKOE KING COLE OU SACHETS DE THÉ ORANGE PEKOE RED ROSE**  
21250568\_EA/21611946\_EA

**SAVE UP TO 48%**

**\$14**

**CASHMERE BATHROOM TISSUE** 20-60 ROLLS OR **SPONGE TOWELS PAPER** 6-12 ROLLS OR **SCOTTIES FACIAL TISSUE** 12'S  
SELECTED VARIETIES  
**PAPIER HYGIÉNIQUE CASHMERE OU ESSUIE-TOUT SPONGETOWELS OU MOUCHOIRS SCOTTIES**  
21188655\_EA  
21627740\_EA/21371391\_EA

**PREPARED IN CANADA**

App exclusive offer Get **20,000** pts **\$20** back in points for every \$100\* spent on baby diapers, training pants, wipes, formula, food, accessories, toiletries, gear and baby apparel  
\*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

**\$24**

**HUGGIES 16X BABY WIPES** SELECTED VARIETIES 960-1152'S  
**LINGETTES POUR BÉBÉS 16X HUGGIES**  
21083819\_EA/21541191\_EA

**LIMIT 4 OVER LIMIT PAY 29.99 EA**

**\$35**

**HUGGIES ECONO PACK DIAPERS** SELECTED VARIETIES SIZE N-7, 60-200'S  
**COUCHES EMBALLAGE ÉCONO HUGGIES**  
21456748\_EA/21456654\_EA

**LIMIT 4 OVER LIMIT PAY 41.99 EA**

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

**6+** MONTHS

**APPLE SWEET POTATO & PEPPERONI**  
**BABY GOURMET ORGANIC PURÉE POUCHES** 128 ML OR **ORGANIC JARS** 113 ML  
SELECTED VARIETIES  
**SACHETS DE PURÉE BIOLOGIQUE OU POTS D'ALIMENTS BIOLOGIQUE BABY GOURMET**  
20368074009\_EA/21292141\_EA

**ONE DAY ONLY!**  
WEDNESDAY, MAY 20<sup>TH</sup>

**\$32**

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

**LIMIT 6, OVER LIMIT PAY 41.99 EA**

**PAMPERS SWADDLERS 360° OR CRUISERS 360° ECONO PACK** SELECTED VARIETIES, SIZE 3-7, 66-132'S  
**SWADDLERS 360° OU CRUISERS 360° PAMPERS EMBALLAGE ÉCONO**  
21551506\_EA/21612019\_EA

# DEAL DROP

Limited-time deals on PC® home & more.

LIMIT 4  
OVER LIMIT PAY 42.00 EA

**\$21**

PC® HONEYCOMB  
10" SKILLET  
21492019\_EA



LIMIT 4  
OVER LIMIT PAY 48.00 EA

**\$24**

PC® HONEYCOMB  
12" SKILLET  
21492022\_EA



LIMIT 4  
OVER LIMIT PAY 60.00 EA

**\$30**

PC® HONEYCOMB  
13.3" WOK  
SKILLET  
21339634\_EA



**SAVE 3.99**  
**\$16**

**ROBIN HOOD OR FIVE ROSES ALL PURPOSE FLOUR 10 KG**  
FARINE TOUT USAGE ROBIN HOOD OU FIVE ROSES  
20134743\_EA/20251651\_EA

**PREPARED IN CANADA** **CLUB SIZE**

**App exclusive offer**

Get **6,000 pts** When you spend \$15\* or more

**\$6** back in points

**ON REESE'S BRANDED PRODUCTS ALL SIZES AND VARIETIES SUR LES PRODUITS DE MARQUE REESE'S**  
20320606002\_EA/20683743\_EA  
21103497\_EA/21184633\_EA  
Offer inclusive to all products with Reese's brand. This offer cannot be combined with product, department or total store offers including 20x offers.  
\*\*Must be a registered PC Optimum™ member to load and get this offer.  
\*Open your PC Optimum™ app or visit [pc optimum.ca](http://pc optimum.ca) to get the offer.

**\$6**

**DAIRY ISLE BUTTER 454 G, PC CHEESE BARS 300/400 G OR SHREDS 250/300/320 G**  
SELECTED VARIETIES  
BEURRE DAIRY ISLE, BARRES DE FROMAGE OU FROMAGE RÂPÉ  
PCMD  
21060183\_EA/21102314\_EA

**PREPARED IN CANADA**

**SAVE UP TO 1.49**  
**\$7**

**SIGGI'S SKYR TUBS 650/750 G OR DANONE ACTIVIA 12X100 G**  
SELECTED VARIETIES  
CONTENANTS SKYR SIGGI'S OU ACTIVIA DANONE  
203034120031\_EA  
21353874\_EA

**PREPARED IN CANADA**

**SAVE UP TO 43%**  
**1.69**

**ALLEN'S COCKTAILS 1L OR OASIS, DEL MONTE OR ARIZONA JUICE OR ICED TEA 960 ML**  
SELECTED VARIETIES  
COCKTAIL ALLEN'S OU OASIS, DEL MONTE OU JUUS OU THÉ GLACÉ ARIZONA  
20333722005\_EA  
20307424002\_EA

**PREPARED IN CANADA**

**MULTI SAVE**  
**3/9.99** OR 4.49 EA

**GENERAL MILLS RETAIL SIZE CEREAL**  
SELECTED VARIETIES, 300-437 G  
CÉRÉALES FORMAT VENTE AU DÉTAIL  
GENERAL MILLS  
21104055\_EA/21104058\_EA

**SAVE UP TO 39%**  
**4.50**

**PC VINEGAR OR BALSAMIC GLAZE 250-500 ML OR MEZZETTA PEPPERS 296-375 ML**  
SELECTED VARIETIES  
VINAIGRE OU GLAÇAGE BALSAMIQUE PCMD OU PIMENTS MEZZETTA  
20052442\_EA  
20884600\_EA

**SAVE UP TO 33%**  
**2.50**

**PREGO PASTA SAUCE 645 G/ML**  
SELECTED VARIETIES  
SAUCE POUR PÂTES PREGO  
20325820001\_EA  
21340384\_EA

**\$2**

**DELVERDE PASTA 250/450 G**  
SELECTED VARIETIES  
PÂTES DELVERDE  
20317975004\_EA  
20317975007\_EA

**\$3**

**QUAKER CRISPY MINIS OR RICE CAKES**  
SELECTED VARIETIES, 90-199 G  
CRISPY MINIS OU GALETTES DE RIZ QUAKER  
20163208902\_EA  
20303020005\_EA

**SAVE UP TO 31%**  
**\$5**

**HUNGRY-MAN ENTRÉES 360-455 G OR HEALTHY CHOICE STEAMERS 269-306 G OR SIMPLY 255-283 G**  
SELECTED VARIETIES FROZEN  
REPAS HUNGRY-MAN OU PLATS CUISINÉS STEAMERS OU SIMPLEMENT HUNGRY-MAN VAPEURS HEALTHY CHOICE  
20296014003\_EA  
21043166\_EA

**SAVE UP TO 41%**  
**2.50**

**CLOVER LEAF SOLID TUNA 170 G OR HOLIDAY CANNED LUNCHEON MEAT 340 G**  
SELECTED VARIETIES  
THON EN MORCEAU CLOVER LEAF OU PAIN DE VIANDE EN CONSERVE HOLIDAY  
20326358001\_EA  
20618778\_EA

**LUNCHEON MEAT**  
20326358001\_EA

**CLOVER LEAF SOLID WHITE TUNA ALBACORE IN WATER 4**

**\$26**

**STARBUCKS K-CUPS 24'S**  
SELECTED VARIETIES  
STARBUCKS  
21013199\_EA/21122965\_EA

**Optimum**

Get **850** or **1,000 pts** **\$1** back in points

**PC ORGANICS FROZEN FRUIT**  
SELECTED VARIETIES, 600 G  
FRUITS SURGELÉS PCMD BIOLOGIQUE  
20431483002\_EA/21357574\_EA

**SAVE 34%**  
**\$25**

**PC NUTRITION FIRST DOG FOOD 7 KG**  
SELECTED VARIETIES  
NOURRITURE POUR CHIENS PCMD NUTRITION PREMIÈRE  
213047261EA/21305879\_EA

**PREPARED IN CANADA** **PRICE DROP**

**\$21**

**TIDE LAUNDRY DETERGENT 3.46-3.9L, TIDE POWER PODS 45'S, TIDE PODS OR GAIN FLINGS 57-76'S, DOWNY OR GAIN BEADS 853 G**  
SELECTED VARIETIES  
DÉTURGENT À LESSIVE TIDE, POWER PODS TIDE OU PODS TIDE OU FLINGS GAIN, PERLES DOWNY OU GAIN  
21593676\_EA/21625891\_EA

**Optimum**

Get **7,500 pts** **\$7.50** back in points  
When you spend \$15\*

**SHOUT STAIN REMOVERS DÉTACHANTS SHOUT**  
20071729\_EA  
21688090\_EA

**Optimum**

Get **24.99** or **2,000 pts** **\$2** back in points

**PC SUPER ABSORBENT PAPER TOWELS 12 ROLLS**  
ESSUIE-TOUT SUPER ABSORBANTS PCMD  
21558605\_EA

**PREPARED IN CANADA** **CLUB SIZE**

**PRICE DROP<sup>+</sup> so you can save more**

**\$2**

**PC GARDEN STIX 142 G**  
SELECTED VARIETIES  
BÂTONNETS AUX LÉGUMES DU JARDIN PCMD  
21204151\_EA/212042431\_EA

**PREPARED IN CANADA**

**2.50**

**GENERAL MILLS BETTY CROCKER OR MOTT'S FRUITSACTIONS FRUIT SNACKS 128-227 G**  
SELECTED VARIETIES  
COLLATIONS AUX FRUITS BETTY CROCKER GENERAL MILLS OU FRUITSACTIONS MOTT'S  
20318474001\_EA  
20686716001\_EA

**\$9**

**POPPY SODA 4X355 ML**  
SELECTED VARIETIES  
SODA POPPI  
21606285\_EA/21606294\_EA

**SAVE UP TO 39%**  
**\$3**

**BREYERS CLASSIC FROZEN DESSERT 1.4 L**  
SELECTED VARIETIES  
DESSERT GLACÉ CLASSIQUE BRÉYERS  
21651628\_EA/21651683\_EA

**PREPARED IN CANADA**

**FRESH PROMISE:** Applicable to eligible fresh produce items purchased at Real Atlantic Superstore locations or online at [realatlanticsuperstore.ca](http://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 purchase receipt within 7 days of purchase at the Real Atlantic Superstore 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. Quantities and/or selection of items may be limited and may not be available in all stores. For inquiries on product availability at your store please contact Customer Relations at the above phone number. 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." is in comparison to our own regular prices. Coupons must be presented and redeemed at time of purchase. Savings on items shown may vary in each store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. ©/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. All rights reserved. © 2025 Loblaws Inc. MasterCard and the MasterCard Brand Mark are registered trademarks and PayPass is a trademark of MasterCard International Incorporated. President's Choice Bank a licensee of Sun Life. 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These offers cannot be combined with any other coupons, discounts or promotions and no adjustments on previous purchases. We reserve to modify or cancel these offers without notice. Product availability may vary by store. While supplies last. We reserve the right to limit quantities. \*Receive the points specified when you spend the qualifying dollar amount on the displayed participating product(s) and/or category(ies) before taxes and after redemptions and all coupons and discounts are deducted in a single transaction; \*\* Valid for full duration, after which the price will be the same for both PC Optimum™ and non-PC Optimum™ members. Taxes applicable on the purchase amount after discounts. PC Optimum™ member pricing is not applicable to any price match programs for participating stores operating under the Loblaws Inc. banner. **OUTDOOR/SEASONAL:** For your local store's hours and for a list of Atlantic Superstore locations that DO NOT participate in this flyer, visit [www.atlanticsuperstore.ca](http://www.atlanticsuperstore.ca) or call Customer Relations at 1-866-727-0771. Quantities and/or selection of items may be limited and may not be available in all stores. Outdoor seasonal items (e.g. lawn and garden) may only be available at select store locations. Please check your local store for pricing, limits and availability. We reserve the right to limit quantities to reasonable family requirements. Rainchecks may be available for out of stock items excluding clearance items or where quantities are advertised as limited. We reserve the right to substitute the out of stock item for an equivalent item in lieu of providing a raincheck. **Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location.** All references in our flyer to "Save", "Was", "Now", "Savings" etc. is in comparison to our own regular prices. Savings on items advertised. **Valid in-store only.** Coupons must be presented and redeemed at time of purchase. We are not obligated to sell items based on errors or misprints in typography or photography. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. ©/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. All rights reserved. © 2025 Loblaws Inc. **#PRICE DROP** offer valid in-store at participating locations between May 14 - May 27, 2026 before applicable taxes and while quantities last. Offer applies only to select products. Offer may be modified and/or cancelled without notice. See in-store for full details.



# 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.

**3.99**  
LB  
8.80/KG

**PC<sup>®</sup> BLACK OR EXTRA LARGE RED SEEDLESS GRAPES**  
PRODUCT OF CHILE  
**RAISINS NOIRS OU TRÈS GROS RAISINS ROUGES SANS PÉPINS**

PC<sup>MD</sup>  
20711275001\_KG/20159199001\_KG

**GABLE SEEDLESS**  
BLACK SEEDLESS GRAPES  
RAISINS NOIRS SANS PÉPINS

**SWEET CELEBRATION**  
RED SEEDLESS GRAPES  
RAISINS ROUGES SANS PÉPINS

**\$5**

**STRAWBERRIES**  
PRODUCT OF MEXICO OR U.S.A.  
454 G  
**FRAISES**

20049778001\_EA

**MULTI SAVE**

**2/\$3**  
OR 2.00 EA

**RED MANGO**  
PRODUCT OF MEXICO  
**MANGUE ROUGE**

20059635001\_EA

**\$3**

**SNOW OR SUGAR SNAP PEAS**  
PRODUCT OF CHINA  
**POIS MANGE-TOUT OU SUGAR SNAP**

21023553001\_EA/21023581001\_EA

**\$5**

**FARMER'S MARKET<sup>™</sup> MINI CUCUMBERS**  
PRODUCT OF CANADA, 6'S  
**MINI-CONCOMBRE DÉLICÉS DU MARCHÉ<sup>MC</sup>**

20737570001\_EA

PRODUCT OF CANADA

**\$3**

**BROCCOLI CROWNS**  
PRODUCT OF MEXICO OR U.S.A.  
**COURONNES DE BROCOLI**

21121560001\_EA

**\$6**

**FARMER'S MARKET<sup>™</sup> ORANGES**  
PRODUCT OF MOROCCO, SPAIN OR EGYPT, 3 LB  
**ORANGES DÉLICÉS DU MARCHÉ<sup>MC</sup>**

20162945001\_EA

1.36 kg (3lb)

**6.49**

**VIDALIA ONIONS**  
PRODUCT OF U.S.A.  
NO. 1 GRADE, 3 LB  
**OIGNONS VIDALIA**

20083454001\_KG

VIDALIA SWEET ONIONS  
LITTLE BEAR

**\$6**

**GUACAMOLE 270 G OR PICO DE GALLO SALSA**  
170 G, PREPARED IN-STORE  
**GUACAMOLE OU SALSA PICO DE GALLO**

21657916\_EA/21552223\_EA

**\$26**

**PC<sup>®</sup> SIGNATURE GIFT BOUQUET**  
**BOUQUET-CADEAU SIGNATURE PC<sup>MD</sup>**

21751715\_EA

**\$28**

**5 INCH ORCHID ORCHIDÉE 5 PO**

20603981\_EA

**\$10**

**8 STEM TULIPS**  
ASSORTED COLOURS  
**8 TULIPES SUR TIGE**

21723469\_EA

**3.99**  
LB  
8.80/KG

**NO NAME<sup>®</sup> OR HALAL CHICKEN THIGHS**  
FRESH  
**HAUTS DE CUISSE DE POULET SANS NOM<sup>®</sup> OU HALAL**

20055863\_KG  
21646525\_KG

CHICKEN POULET

CLUB SIZE

CANADIAN POULTRY

**SAVE UP TO 3.00**  
LB

**14.99**  
LB  
33.05/KG

**BEEF SHORT RIBS KOREAN STYLE**  
CUT FROM CANADA  
AA GRADE BEEF  
**BOUTS DE CÔTES DE BŒUF À LA CORÉENNE**

20810384\_KG

**SAVE UP TO 2.00**

**\$5**

**BREADED PORK LOIN SCHNITZEL**  
PREPARED IN-STORE, 300 G  
**ESCALOPE DE LONGE DE PORC PANÉE**

21588065\_EA

**ALWAYS LOW PRICE**

**\$13**

**PC<sup>®</sup> BONELESS, SKINLESS CHICKEN BREAST**  
AIR CHILLED, 3'S  
UP TO 630 G  
**POITRINE DE POULET DÉOSSÉE SANS PEAU**

PC<sup>MD</sup>  
21340952\_EA

CHICKEN POULET

CANADIAN POULTRY

**\$7**

**PC<sup>®</sup> PORK SAUSAGES**  
SELECTED VARIETIES, 375/500 G  
**SAUCISSES DE PORC PC<sup>MD</sup>**

21584342\_EA/21584304\_EA

WILD ITALIAN WILD ITALIENNES SAUCISSES

MAPLE À L'ÉRABLE

CANADIAN PORK

**\$5**

**NO NAME<sup>®</sup> BACON**  
SELECTED VARIETIES, 375 G  
**BACON SANS NOM<sup>®</sup>**

21750394\_EA

bacon

**SAVE UP TO 2.00**

**\$6**

**ASIAN INSPIRATIONS ENTRÉES**  
SELECTED VARIETIES  
FROZEN, 400 G  
**PLATS CUISINÉS ASIAN INSPIRATIONS**

21047373\_EA/21047530\_EA

GINGER BEEF

THAI CHICKEN

**\$5**

**FRESH ATLANTIC SALMON PORTIONS**  
PLAIN OR MARINATED  
SELECTED VARIETIES, 100 G  
**PORTIONS DE SAUMON DE L'ATLANTIQUE**

20636762\_EA

**SAVE UP TO 3.99**

**11.50**

**PC<sup>®</sup> SMOKED SALMON**  
SELECTED VARIETIES  
FROZEN, 150 G  
**SAUMON FUMÉ PC<sup>MD</sup>**

20055009\_EA/20108286\_EA

SMOKED WILD SOCKEYE SALMON

SAUMON SOCKEYE SAUVAGE FUMÉ

**\$5**  
LB  
11.02/KG

**CAPTAIN JAC FLAVORED SEAFOOD FLAKES**  
**FLOCONS DE PRODUIT DE LA MER AROMATISÉ AU CRABE CAPTAIN JAC**

21396015\_KG

# TEAM SAVINGS

For fans who rep their table and their team.

**MULTI SAVE**

**2/\$8**

OR 4.79 EA

**KAISER OR PANINI ROLLS**  
SELECTED VARIETIES, 6'S  
**PETITS PAINS KAISER OU PANINI**  
21579824\_EA/21579825\_EA



**\$5**

**ACE BISTRO LOAVES**  
SELECTED VARIETIES  
545-640 G  
**MICHES BISTRO ACE**  
21616156\_EA/21707813\_EA



**3.50**

**GARLIC LOAF**  
330 G  
**PAIN À L'AIL**  
21020061\_EA



**SAVE 1.50**

**8.50**

**FARMER'S MARKET™ PIES**  
SELECTED VARIETIES, 580 G-1 KG  
**TARTES DÉLICIES DU MARCHÉ™**  
21297366\_EA/21297367\_EA



**\$7**

**FARMER'S MARKET™ COOKIES**  
SELECTED VARIETIES, 12'S  
**BISCUITS DÉLICIES DU MARCHÉ™**  
20566294\_EA/20566295\_EA



**\$5**

**FARMER'S MARKET™ CUPCAKES**  
SELECTED VARIETIES, 284-318 G  
**PETITS GÂTEAUX DÉLICIES DU MARCHÉ™**  
21634708\_EA/21635894\_EA



**3.75**

**PC® OR BLUE MENU® TORTILLAS**  
10 INCH, SELECTED VARIETIES  
342/650 G  
**TORTILLAS PC™ OU MENU BLEU™**  
20182857\_EA



**\$12**

**PC® BASQUE CHEESECAKE**  
SELECTED VARIETIES  
FROZEN, 600 G  
**GÂTEAU AU FROMAGE BASQUE PC™**  
21609491\_EA



**\$5**

**FURLANI TEXAS TOAST** 16X40 G OR **GARLIC KNOTS** 296 G  
SELECTED VARIETIES, 16'S  
**TOAST À L'AIL STYLE TEXAS OU NŒUDS À L'AIL FURLANI**  
20041579\_EA



**SAVE 2.49**

**\$8**

**BALDERSON CHEDDAR**  
250/280 G OR **GOUDA** 200 G  
SELECTED VARIETIES  
**CHEDDAR OU GOUDA BALDERSON**  
21495455\_EA/21495501\_EA



**SAVE 1.49**

**5.50**

**KAUKAUNA SHARP OR SMOKY CHEDDAR**  
SELECTED VARIETIES, 170 G  
**CHEDDAR FORT OU FUMÉ KAUKAUNA**  
21468074\_EA/21468099\_EA



**SAVE UP TO 1.79**

**4.50**

**CHRIS BROTHERS SLICED MEATS**  
SELECTED VARIETIES, 175/250 G  
**VIANDES TRANCHÉES CHRIS BROTHERS**  
20347646\_EA/20380156\_EA



**\$12**

**PC® CHICKEN BREAST STRIPS**  
375 G  
**LANIÈRES DE POITRINE DE POULET PC™**  
20786418\_EA



**SAVE UP TO 1.99**

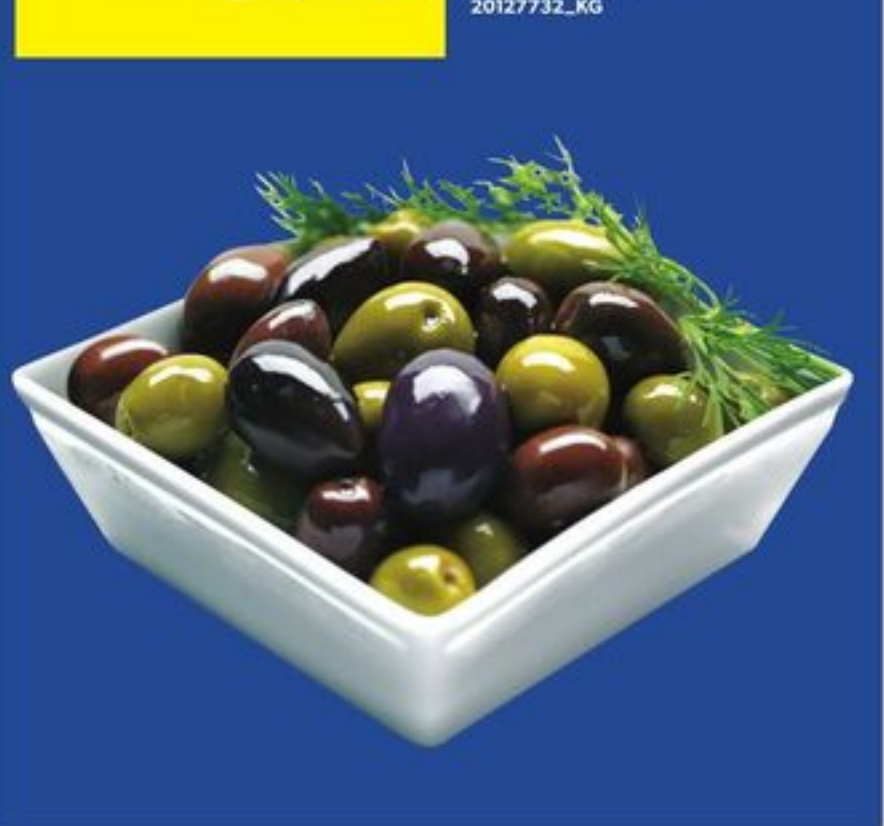
**\$6**

**BRANDT LIVER SAUSAGE CHUB OR KOLBASSA SAUSAGE**  
SELECTED VARIETIES, 250 G  
**SAUCISSON DE FOIE OU SAUCISSON KOLBASSA BRANDT**  
20317795\_EA/20353446\_EA



**\$3** /100 G

**OLIVE OR ANTIPASTO BAR**  
VARIABLE WEIGHT  
SELECTED VARIETIES  
**BAR À OLIVES OU ANTIPASTO**  
20127732\_KG



**Members Price™**

**\$30** (Members) / **\$35** (Non-Members)

**Members Save \$5**

**BENTO KAZOKU PLATTER**  
53 PIECES, SERVES 6, 1.2 KG  
**PLATEAU KAZOKU BENTO**  
21637774\_EA

\*Must be a registered PC Optimism™ member to load and get this offer.  
†Open your PC Optimism™ app or visit pcoptimism.ca to get the offer.

**App exclusive offer**

**From \$9** Get **3,000 pts** **\$3** back in points

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

\*Open your PC Optimism™ app or visit pcoptimism.ca to get the offer.

**FROM \$20**

**SANDWICH OR WRAP PLATTERS**  
PREPARED IN-STORE, 1.2-1.7 KG  
**PLATEAUX DE SANDWICHES OU ROULÉS**  
21218193\_EA/21558137\_EA

# HAPPY EID AL-ADHA

Low prices for joyful celebrations.



**\$13**

**MEDJOO DATES**  
PRODUCT OF U.S.A., 2 LB TUB  
20001686\_EA



**\$12**

**SUFRA HALAL CHICKEN LEGS**  
BACK ATTACHED, FRESH, UP TO 1.28 KG  
21616972\_EA



**\$23**

**BRAR'S DESI GHEE**  
20669883\_EA



**1.6 KG**

**3.49**

**PRAN SAMOSA OR VEGETABLE SPRING ROLLS**  
SELECTED VARIETIES, FROZEN, 400 G  
21054846\_EA



**SAVE 28%**

**\$10**

**QUALITY BASMATI RICE**  
20787290\_EA



**8 LB**

# EASY MEALS ON A BUDGET

**\$16**

**IN-STORE PREPARED ONE PAN FAMILY MEALS**  
440-960 G, SERVES 4  
21738484\_EA/21738486\_EA



**\$8**

**IN-STORE PREPARED BOWLS**  
SELECTED VARIETIES  
350/400 G  
21666110\_EA/21738434\_EA



**\$8**

**IN-STORE MADE ORIGINAL OR MARRY ME CHICKEN SALAD**  
400 G  
21734661\_EA/21738407\_EA



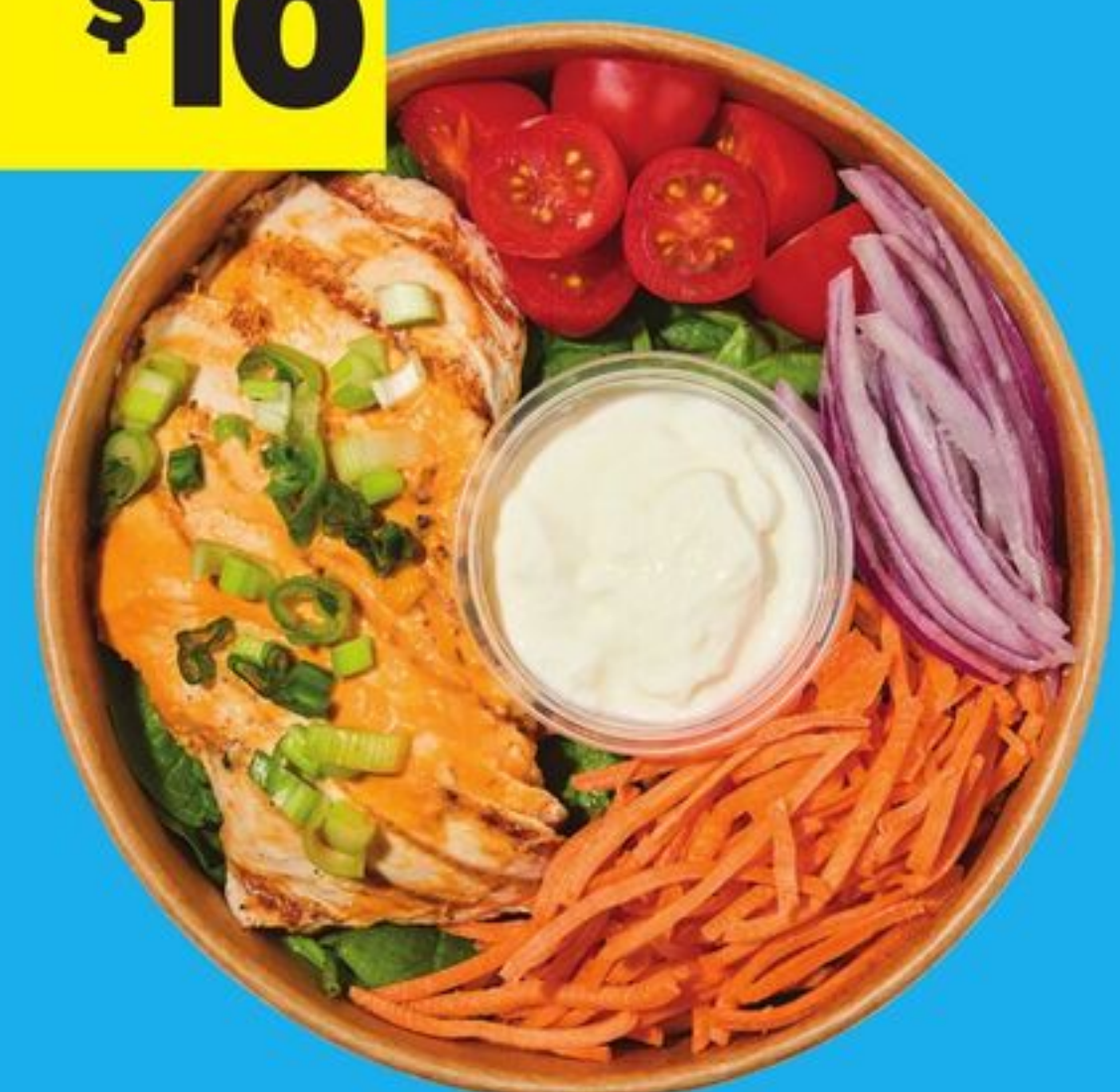
**\$8**

**IN-STORE PREPARED SINGLE SERVE MEALS**  
SELECTED VARIETIES  
135-410 G  
21738433\_EA



**\$10**

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



# TEAM SAVINGS: LOCAL ICONS

For fans who cheer loudly and eat proudly Canadian.

**5<sup>99</sup>**

**FARMER'S MARKET™  
RUSSET POTATOES**  
PRODUCT OF CANADA  
CANADA NO. 1 GRADE  
10 LB  
2060102001\_EA



**8<sup>99</sup>**

**NO NAME®  
SMOKED SAUSAGES**  
SELECTED VARIETIES  
CLUB PACK, 900 G  
20734142\_EA



**\$10**

**SUNRISE BEEF BURGERS**  
FROZEN, 500 G  
20074623\_EA



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

**CANADIAN COVE  
FRESH PEI MUSSELS**  
907 G  
21556624\_EA



**MULTI  
SAVE**

**2/7<sup>50</sup>**

OR 4.19 EA

**COUNTRY HARVEST  
BAGELS 450 G OR  
BREAD 600-605 G  
SELECTED VARIETIES**  
21178571\_EA/21693323\_EA



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

Get **2,000** pts

**\$2** back in points

When you buy 2

**JUMBO HAMBURGER  
OR HOT DOG BUNS**  
BAKED IN-STORE  
SELECTED VARIETIES  
8'S  
20711617\_EA/20711614\_EA



**\$2**

**UNICO BEANS 540 ML OR  
TOMATOES 796 ML**  
SELECTED VARIETIES  
20313447001\_EA/20314629001\_EA



**1<sup>25</sup>**

**UNICO TOMATO PASTE**  
SELECTED VARIETIES, 156 ML  
20000527\_EA/20679191\_EA



Get **2,500** pts

**\$2.50** back in points

When you buy 4

**HEINZ PASTA OR BEANS**  
SELECTED VARIETIES, 398 ML  
20040380003\_EA/20177278001\_EA



**4<sup>50</sup>**

**PC® VINAIGRETTE**  
SELECTED VARIETIES, 350 ML  
21072462\_EA/21683167\_EA



**\$6**

**MATT & STEVE'S  
THE EXTREME BEAN  
PICKLED BEANS 500 ML,  
PICKLE SPEARS OR  
BABY DILLS 750 ML**  
SELECTED VARIETIES  
20618220\_EA/21498289\_EA



**MULTI  
SAVE**

**2/\$9**

OR 4.99 EA



**\$16**

**JUST US! ORGANIC  
WHOLE BEAN AND  
GROUND COFFEE**  
SELECTED VARIETIES, 340 G  
20095523003\_EA/20309024002\_EA



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

**MADE GOOD GRANOLA  
BARS 120 G, CRISPY  
SQUARES 132 G, SOFT  
BAKED MINI COOKIES  
24-120 G, GRANOLA BITES  
24 G, SOFT BAKED OAT  
BARS OR ORGANIC  
CRUNCHY GRANOLA  
SQUARES 150 G**  
SELECTED VARIETIES  
21722850\_EA/21352121\_EA



**\$6**

**NO NAME® NAPKINS**  
CLUB SIZE  
500'S  
20306897\_EA





Insiders Report™

# PC®'s top produce picks

SHOP NOW

\$7

PC® MIXIANY CHERRY TOMATOES ON THE VINE  
PRODUCT OF CANADA, 340 G  
21720721001\_EA



Must Try!



\$3

PC® CRIMSON PEACH MANGO  
PRODUCT OF MEXICO  
21729495001\_EA



Must Try!

Optimum™  
App exclusive offer

\$6

Get 1,500 pts

\$150 back in points

PC® CHOPPED SALAD KITS  
PRODUCT OF U.S.A.  
SELECTED VARIETIES  
282-396 G  
6047390\_EA/4627187\_EA  
\*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.



\$2

PC® NAM DOK MAI MANGO  
PRODUCT OF MEXICO  
21729547001\_EA

Must Try!

\$6

PC® LUSCIOUS LOVELIES STRAWBERRY-TYPE TOMATOES ON THE VINE  
PRODUCT OF CANADA, 340 G  
21720704001\_EA



Must Try!



\$8

PC® SUKKARI OR SAFAWI  
PRODUCT OF SAUDI ARABIA  
SELECTED VARIETIES  
400 G  
21706738001\_EA/21706824001\_EA



Must Try!

\$15

PC® MY SIP  
SELECTED VARIETIES, 700 ML  
21686035\_EA/21686084\_EA



Must Try!

\$5

PC® SIPPETS  
SELECTED VARIETIES  
21686175\_EA/21686176\_EA



Must Try!

\$15

PC® GREENS & GRAINS SALAD CONTAINER  
SELECTED VARIETIES  
21635139\_EA/21635333\_EA



Must Try!

\$115

LIMIT 3  
OVER LIMIT PAY  
165.00 EA



PC® THE PERFECTLY PORTABLE TABLETOP GRILL  
INTEGRATED CARRY HANDLE, MARINADE TRAY AND CUTTING BOARD  
21670419\_EA



New!

\$645

LIMIT 3  
OVER LIMIT PAY  
795.00 EA



PC® THE ULTIMATE PROPANE GRILL  
4 1/2" x 1" BURNERS  
21670484\_EA



New!

UP TO 20% OFF

PC® FLAT TOP TOOLS  
SELECTED VARIETIES  
21668531\_EA



New!



Insiders Report™

# Sip. Snack. Save.

SHOP NOW

2<sup>50</sup>

PC<sup>®</sup> WORLD OF FLAVOURS POTATO CHIPS  
SELECTED VARIETIES, 200 G  
21712080\_EA/21712032\_EA



New!

2<sup>50</sup>

PC<sup>®</sup> KETTLE COOKED OR KETTLE RIPPLED POTATO CHIPS  
SELECTED VARIETIES, 200 G  
21422931\_EA/21687125\_EA



5<sup>50</sup>

PC<sup>®</sup> PEANUTS 700 G OR CASHEWS 200 G  
SELECTED VARIETIES  
2005799003\_EA/21054943\_EA



\$5

PC<sup>®</sup> HUMMUS SQUEEZE BOTTLES  
SELECTED VARIETIES  
255 ML  
21732723\_EA/21732733\_EA  
21732656\_EA



Must Try!

\$5

PC<sup>®</sup> ORGANICS LEMONADE  
1.36 L  
21687663\_EA



\$3

PC<sup>®</sup> LEMONADE  
SELECTED VARIETIES, 1.89 L  
20773870001\_EA/20957804\_EA



PREPARED IN CANADA

7<sup>50</sup>

PC<sup>®</sup> DE-ALCOHOLIZED WINE  
SELECTED VARIETIES, 750 ML  
21403389\_EA/21403385\_EA



\$3

PC<sup>®</sup> GUAVA LEMONADE  
1.89 L  
21706967\_EA



Must Try!

6<sup>75</sup>

PC<sup>®</sup> COLA ZERO  
SELECTED VARIETIES  
12X355 ML  
21747386\_C12  
21747413\_C12



New!

5<sup>75</sup>

PC<sup>®</sup> BLUE MENU™ OR PC<sup>®</sup> SPARKLING WATER  
SELECTED VARIETIES, 12X355 ML  
21747415\_C12  
21747404\_C12



PREPARED IN CANADA

5<sup>75</sup>

PC<sup>®</sup> SPARKLING WATER  
SELECTED VARIETIES, 80/100 G  
12X355 ML  
21703791\_C12



New!

PREPARED IN CANADA

\$7

PC<sup>®</sup> SINGLE SERVE K-CUPS  
SELECTED VARIETIES, 12'S  
20585472\_EA/21696559\_EA



8<sup>50</sup>

PC<sup>®</sup> SINGLE ORIGIN GROUND COFFEE  
SELECTED VARIETIES, 340 G  
21380541\_EA/21668472\_EA



New!

\$5

PC<sup>®</sup> INSTANT COFFEE  
SELECTED VARIETIES, 80/100 G  
21499826\_EA/21500188\_EA





# Your barbecue's favourites

SHOP NOW

Insiders Report™

\$7

PC<sup>®</sup> ROYAL BLUAROMA BLUEBERRIES  
PRODUCT OF MEXICO, PERU OR MOROCCO, 278 G  
20573077\_EA



3<sup>99</sup>

PC<sup>®</sup> LITTLE GEMS<sup>™</sup> RED, YELLOW OR MIXED MINI POTATOES  
PRODUCT OF CANADA  
CANADA NO. 1 GRADE, 680 G  
21247300001\_EA/21247299001\_EA



\$7

PC<sup>®</sup> SWEET MARVELS GRAPE TOMATOES  
PRODUCT OF CANADA, 340 G  
21720619001\_EA



New!



3<sup>50</sup>

PC<sup>®</sup> ELOTE STREET CORN DIP  
200 G  
21706608\_EA



New!

\$15

PC<sup>®</sup> BLACK LABEL WAGYU BURGERS  
SELECTED VARIETIES  
FROZEN, 568 G  
20766235\_EA/21522754\_EA



\$14

PC<sup>®</sup> RIBS  
SELECTED VARIETIES  
FROZEN, 500-680 G  
20071715\_EA/21394197\_EA



\$15

PC<sup>®</sup> THE ULTIMATE ATLANTIC SALMON BURGERS  
FROZEN, 500 G  
21638144\_EA



SAVE UP TO 1.29  
\$7

PC<sup>®</sup> BRIE  
SELECTED VARIETIES, 165-200 G  
20787327\_EA



5<sup>50</sup>

PC<sup>®</sup> FRESH SALSA  
SELECTED VARIETIES  
300/350 G/430 ML  
20959575\_EA/21646968\_EA



ALWAYS LOW PRICE  
\$5<sup>50</sup>

PC<sup>®</sup> BRIOCHE BURGER BUNS, HOT DOG BUNS OR LOAF  
SELECTED VARIETIES, 270-400 G  
21050280\_EA/21094319\_EA



\$12

PC<sup>®</sup> CREAM PIE  
SELECTED VARIETIES  
FROZEN, 730 G  
21586299\_EA



4<sup>50</sup>

PC<sup>®</sup> HAZELNUT SPREADS  
SELECTED VARIETIES, 375 ML  
20792384\_EA



2<sup>50</sup>

PC<sup>®</sup> LOADS OF<sup>™</sup> FLAVOUR POTATO CHIPS  
SELECTED VARIETIES, 200 G  
20840911002\_EA/20840911004\_EA



3<sup>49</sup>

PC<sup>®</sup> MINI POPPADOMS  
SELECTED VARIETIES, 113 G  
21605321\_EA/21605358\_EA



3<sup>50</sup>

PC<sup>®</sup> WINE GUMS OR LICORICE ALLSORTS  
SELECTED VARIETIES, 175-200 G  
20878994\_EA/20879245\_EA





Insiders Report™

# Sip. Snack. Save.

SHOP NOW

\$6

PC<sup>®</sup> SHREDS  
SELECTED VARIETIES, 250-320 G  
21060183\_EA/21060201\_EA



\$5

PC<sup>®</sup> LOADS OF NOVELTIES ICE CREAM BARS  
SELECTED VARIETIES  
FROZEN, 288 ML/4'S  
21575391\_EA/21707047\_EA



4<sup>50</sup>

PC<sup>®</sup> ORANGE JUICE  
SELECTED VARIETIES, 1.36 L  
21716997\_EA/21717114\_EA



\$5

PC<sup>®</sup> FROZEN RISOTTO OR GNOCCHI 350-400 G  
OR PC<sup>®</sup> ASIAN ENTREES OR SOUPS 300 G  
SELECTED VARIETIES, FROZEN  
21546584\_EA/21565996\_EA



5<sup>75</sup>

PC<sup>®</sup> FUNCTIONAL SODA  
SELECTED VARIETIES, 6X355 ML  
21650369\_C06/21650434\_C06



7<sup>50</sup>

PC<sup>®</sup> OLIVES  
SELECTED VARIETIES  
375/750 ML  
20317800\_EA/20319890\_EA



MULTI SAVE  
2/\$8  
OR 4.49 EA

PC<sup>®</sup> OR BLUE MENU<sup>®</sup> SALAD DRESSINGS 475 ML  
OR PC<sup>®</sup> CROUTONS 140 G  
SELECTED VARIETIES  
20628488006\_EA/20796248001\_EA



5<sup>50</sup>

PC<sup>®</sup> SALSA  
SELECTED VARIETIES, 650 ML  
20309646001\_EA/20309646003\_EA



3<sup>50</sup>

PC<sup>®</sup> ORGANICS PLANT-BASED PUFFS  
SELECTED VARIETIES, 142 G  
21716046\_EA/21716109\_EA



\$1

PC<sup>®</sup> NUTRITION FIRST GRAIN FREE CANNED CAT FOOD  
SELECTED VARIETIES, 85 G  
21359608\_EA/21359618\_EA



\$7

PC<sup>®</sup> NUTRITION FIRST<sup>®</sup> DOG TREATS  
SELECTED VARIETIES, 160-270 G  
21722109\_EA/21722496\_EA



\$14

PC<sup>®</sup> NUTRITION FIRST<sup>®</sup> CAT FOOD  
SELECTED VARIETIES, 2 KG  
21303268\_EA



BUY 2 GET 1 FREE

LIFE AT HOME<sup>™</sup> CANDLES  
SELECTED VARIETIES  
FREE ITEM MUST BE OF EQUAL OR LESSER VALUE  
10.00-21.00  
21684212\_EA/21686688\_EA



BUY 3 GET 1 FREE

PC<sup>®</sup> TRITAN STEMLESS GLASS  
SELECTED VARIETIES, 20 OZ  
FREE ITEM MUST BE OF EQUAL OR LESSER VALUE  
4.00  
21058707\_EA/21058706\_EA  
21058708\_EA/21058705\_EA



\$25

PC<sup>®</sup> PICNIC BOWL  
21692266\_EA/21692441\_EA



# TEAM SAVINGS

For fans who love low blocks and low prices.

**5<sup>99</sup>**

**MAPLE LODGE FARMS  
ULTIMATE CHICKEN  
WIENERS OR ZABIHA  
HALAL SUPREME  
WIENERS**  
SELECTED VARIETIES, 900 G  
20671791\_EA



**\$3**

**NO NAME<sup>®</sup> HOT DOG  
OR HAMBURGER BUNS**  
SELECTED VARIETIES, 344/360 G  
21509434\_EA



**10<sup>99</sup>**  
LB  
24.23/KG

**EXTRA LEAN  
GROUND BEEF**  
20798252\_KG



**CLUB  
SIZE**

**\$4**

**ICEBERG LETTUCE**  
PRODUCT OF MEXICO OR U.S.A.  
NO. 1 GRADE  
20135326001\_EA



**2/\$10**  
OR 5.99 EA

**PC<sup>®</sup> CHEESE SLICES**  
SELECTED VARIETIES, 210 G  
21405953\_EA/21406181\_EA



**4 DAYS  
ONLY!**

**\$20**

**THURS-SUN  
LARGE VEGETABLE  
OR FRUIT PLATTER**  
PREPARED IN-STORE  
1.34-1.87 KG  
20081718\_EA/20121599\_EA



**\$4**

**KING'S  
HAWAIIAN ROLLS**  
SELECTED VARIETIES, 12'S  
21489831\_EA



**2/\$7**  
OR 3.99 EA

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



**Optimum<sup>™</sup>**  
Members Price<sup>™</sup> **\$8**  
Non-Members **\$12**  
Members Save **\$4**

**SCHNEIDERS PEPPERETTES**  
SELECTED VARIETIES, 225-375 G  
21738537\_EA/21738540\_EA

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



**4<sup>75</sup>**

**LECLERC  
CÉLÉBRATION  
COOKIES**  
SELECTED VARIETIES, 200-350 G  
21680135\_EA/21682304\_EA



**SAVE  
28%**

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

**NO NAME<sup>®</sup>  
MARSHMALLOWS**  
SELECTED VARIETIES, 400 G  
20304972001\_EA/21023141\_EA



**Optimum<sup>™</sup>**  
Get **3,000** pts  
When you spend \$10\*  
**\$3** back in points

**FRENCH'S MUSTARD** 325-550 ML, SAUCE 400 ML,  
**KETCHUP** 750 ML-1 L,  
**FRANK'S REDHOT SAUCE** 354-680 ML,  
**THICK SAUCE** 354 ML,  
**CHOLULA HOT SAUCE** 150 ML  
**OR STUBB'S BBQ SAUCE** 450 ML  
SELECTED VARIETIES  
20187632001\_EA/21021268\_EA



**Optimum<sup>™</sup>**  
**\$30** Get **5,000** pts  
**\$5** back in points

**30 PIECE WINGS &  
WEDGES BUCKET**  
1.2 KG  
21541872\_EA/21541877\_EA



**SERVES  
6**

**Optimum<sup>™</sup>**  
**App exclusive offer**  
**FROM \$9** Get **3,000** pts  
**\$3** back in points

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

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



**Optimum<sup>™</sup>**  
**App exclusive offer**  
**\$30** Get **5,000** pts  
**\$5** back in points

**PARTY PLATTERS**  
SELECTED VARIETIES, 592 G-1 KG  
21217539\_EA/21217572\_EA

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



**Earn 10,000 pts**

**Express<sup>™</sup>**

When you spend \$50+ on select BBQ essentials\*. Online only.

Use code **BBQ10**

**Shop now**



\*Offer valid from May 14 to 27, 2026. Conditions apply. See site for details.

# TEAM SAVINGS

For fans who love low blocks and low prices.

**MULTI SAVE**

**2/\$15**  
OR 8.29 EA

**BUBLY SPARKLING WATER**  
SELECTED VARIETIES  
12X355 ML  
21097177\_C12/21651534\_C12



**10<sup>99</sup>**

**CORONA ZERO 0.0% ALCOHOL-FREE BEER**  
6X330 ML  
21650191\_C06



**MULTI SAVE**

**2/\$7**  
OR 4.29 EA

**MONSTER ENERGY, FULL THROTTLE, NOS OR REIGN ENERGY DRINKS**  
SELECTED VARIETIES  
355-473 ML  
20938249\_EA/20938521\_EA



**MULTI SAVE**

**2/\$5**  
OR 2.99 EA

**GATORADE FIERCE OR ZERO SPORTS DRINK**  
SELECTED VARIETIES, 710 ML  
20305775001\_EA/20305775003\_EA



**11<sup>49</sup>**

**PERONI NON-ALCOHOLIC BEER**  
SELECTED VARIETIES, 6X330 ML  
21622480\_C06



**18<sup>99</sup>**

**COORS EDGE NON-ALCOHOLIC BEER WITH NATURAL FLAVOURS DOUBLE BREWED**  
SELECTED VARIETIES, 12X355 ML  
21105236\_C12



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

**MAISON PERRIER SPARKLING WATER BEVERAGES**  
SELECTED VARIETIES, 8X330 ML  
21576465\_C08/21575556\_C08



**MULTI SAVE**

**2/4<sup>50</sup>**  
OR 2.50 EA

**PC 100% JUICE**  
SELECTED VARIETIES, 1L  
21080947\_EA/21080958\_EA



**2/\$6**  
OR 3.49 EA

**GLACEAU VITAMIN WATER BEVERAGES**  
SELECTED VARIETIES, 591 ML  
20333194006\_EA/20562362003\_EA



**\$8**

**CAFFÈ BORBONE NESPRESSO COMPATIBLE CAPSULES 10'S OR NESCAFÉ GOLD INSTANT COFFEE**  
80-100 G  
SELECTED VARIETIES  
21733119\_EA/21733204\_EA  
21074565\_EA



**6<sup>49</sup>**

**NESCAFÉ ESPRESSO CONCENTRATES**  
500 ML  
21665027\_EA/21665148\_EA



**\$12**

**STARBUCKS CREMA INSTANT COFFEE 202 G OR ROYNEST PREMIUM MATCHA**  
50/150 G  
SELECTED VARIETIES  
21734975\_EA/21721603\_EA



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

**LAVAZZA CREMA GUSTO OR ROSSA GROUND COFFEE**  
250 G, CAFÈ AGGA NESPRESSO COMPATIBLE CAPSULES 10'S OR TORANI SYRUPS 375 ML  
SELECTED VARIETIES  
21553714\_EA/21307021\_EA  
21704546\_EA



**\$16**

**JUMPING BEAN K-CUPS**  
SELECTED VARIETIES, 20'S  
21210620\_EA/21210719\_EA



**4<sup>99</sup>**

**NESCAFÉ SWEET & CREAMY INSTANT SACHETS 16/18'S OR LIPTON PYRAMID TEA BAGS 20'S**  
SELECTED VARIETIES  
21363371\_EA/21736352\_EA



# FROM OUR SHELVES TO YOURS

## WINE, BEER & CIDER

limited time offer May 21 - May 27

**SHOP NOW**

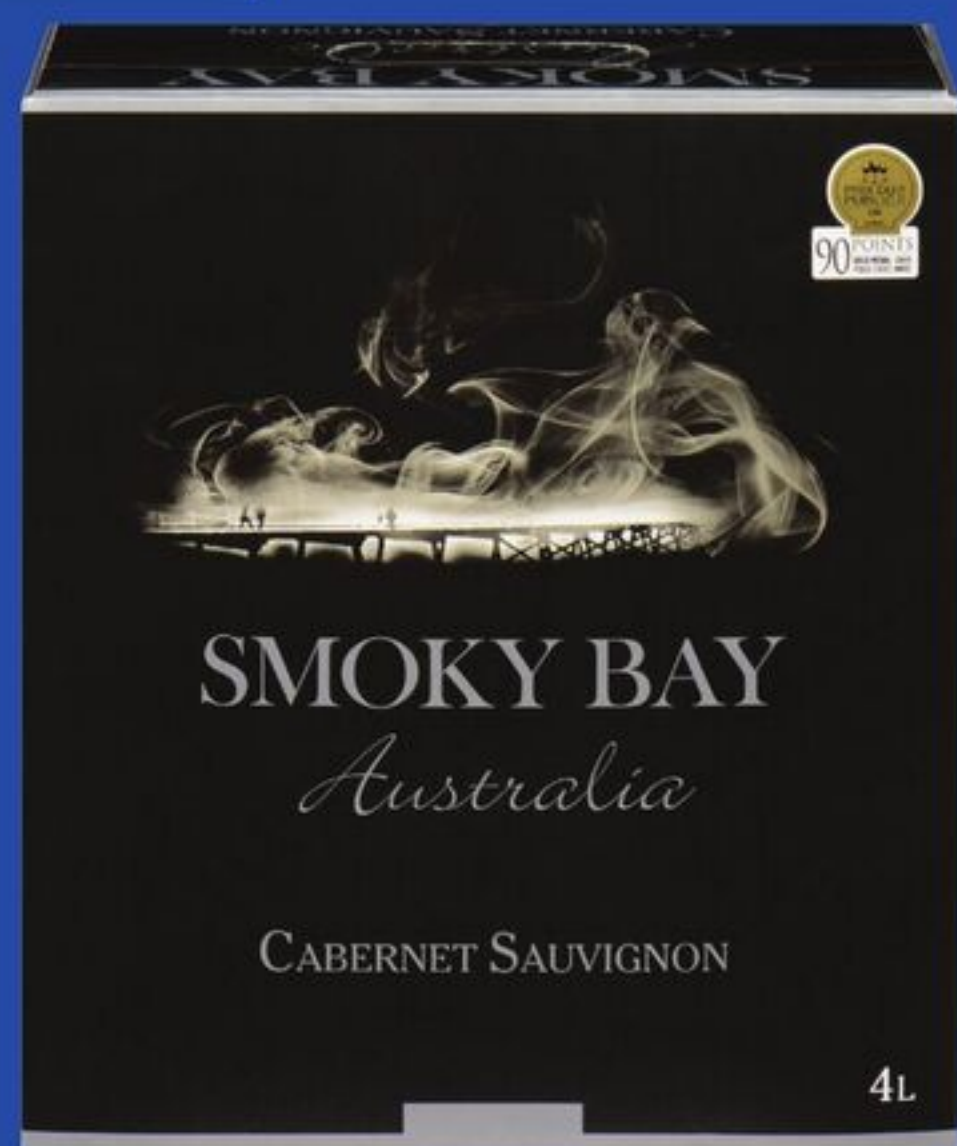
**15<sup>59</sup>**

**SMIRNOFF RASPBERRY SODA**  
4X355 ML  
20796567\_C04



**46<sup>99</sup>**

**SMOKY BAY RED WINE**  
4L  
20974680\_EA



**20<sup>99</sup>**

**BUDWEISER, COORS LIGHT BEER  
MOOSEHEAD LIGHT OR ALPINE BEER**  
8X355 ML  
20064392\_C08/21479802\_C08/21468501\_C08/21467656\_C08



**13<sup>99</sup>**

**PELEE ISLAND SHIRAZ  
OR PINOT GRIGIO WINE**  
750 ML  
20970723\_EA/20970724\_EA



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

**MICHELOB ULTRA BEER**  
8X355 ML  
21675730\_C08



**17<sup>79</sup>**

**STELLA ARTOIS  
OR HEINEKEN** 6X330 ML  
21337007\_C06/20142699\_C06



**47<sup>99</sup>**

**JACKSON-TRIGGS WINE**  
SELECTED VARIETIES, 4L  
20971213\_EA/20595480\_EA  
20595479\_EA/21504632\_EA



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

**LA MARCA PROSECCO  
OR BENJAMIN BRIDGE  
NOVA PROSECCO**  
750 ML  
21424080\_EA/21028797\_EA



Only at the following Your Atlantic Superstore locations (unless otherwise stated) : 25 Savoie Ave., Atholville, 700 St Peter Ave., Bathurst, 2 Johnson St., Chatham, 577 Victoria St., Edmundston, 116 Main St. and 471 Smythe St., Fredericton, 240 Madawaska Rd. Grand Falls, 408 King George Hwy., Miramichi, 89 Trinity Dr. and 165 Main St., Moncton, 1150 Onondago St., Oromocto, 429 Coverdale Rd, Riverview, 115 Campbell Rd., Unit B, Rothesay, 680 Somerset St. and 168 Rothesay Ave., Saint John, 195 King St., St. Stephen, 44 Lower Cove Rd., Sussex, 3455 Rue Principale, Tracadie and 350 Connell St., Woodstock.

We reserve the right to limit quantities. Prices do not include tax or deposit and may be subject to change without notice. No rainchecks or substitutions. See in-store or youratlanticsuperstore.ca for store hours.

**Please drink responsibly & designate a driver. Don't drink & drive.**

# GREEN THUMBS UP

100% CANADIAN GROWERS

## GARDEN CENTRE OPEN

Victoria Day 7am-6pm **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.

Optimum™  
**4 DAYS ONLY!**  
Thursday, May 14<sup>th</sup> to Sunday, May 17<sup>th</sup>, 2026  
Get **20,000 pts**  
\$20 back in points  
for every \$100\* spent in the Garden Centre

**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



**\$15**  
PC<sup>®</sup> ANNUAL PLANTER  
SELECTED VARIETIES, 8.5 INCH  
21001606\_EA



PRODUCT OF CANADA

**\$5**  
PC<sup>®</sup> GIGANTICO™ ANNUALS  
SELECTED VARIETIES, 4 PACK  
21570281\_EA



PRODUCT OF CANADA

**MULTI SAVE**  
5/\$25  
OR 5.50 EA  
PC<sup>®</sup> GIGANTICO™ ANNUALS, HERBS OR VEGETABLES  
SELECTED VARIETIES, 4.33 INCH  
21350302\_EA/21352664\_EA/21350301\_EA



PRODUCT OF CANADA

**\$30**  
PC<sup>®</sup> DELUXE ANNUAL PLANTER  
SELECTED VARIETIES  
11 INCH  
20753963\_EA



PRODUCT OF CANADA

**\$20**  
PC<sup>®</sup> HERBIN WHISKEY BARREL  
SELECTED VARIETIES  
10 INCH  
20753948\_EA



PRODUCT OF CANADA

**MULTI SAVE**  
2/\$55  
OR 32.00 EA  
PC<sup>®</sup> JUMBO ANNUAL HANGING BASKET  
SELECTED VARIETIES  
12 INCH  
20753924\_EA



PRODUCT OF CANADA

**\$9**  
PC<sup>®</sup> SUPER GIGANTICO™ ANNUALS  
SELECTED VARIETIES  
6 INCH  
21352513\_EA



PRODUCT OF CANADA

**MULTI SAVE**  
2/\$40  
OR 23.00 EA  
PC<sup>®</sup> DELUXE ANNUAL HANGING BASKET  
SELECTED VARIETIES  
11 INCH  
20753918\_EA



PRODUCT OF CANADA

**\$20**  
PC<sup>®</sup> VEGETABLES IN CAGE  
SELECTED VARIETIES  
10 INCH  
20753957\_EA



PRODUCT OF CANADA

**MULTI SAVE**  
2/\$9  
OR 5.00 EA  
PERENNIALS  
SELECTED VARIETIES  
9 CM  
21347591\_EA



PRODUCT OF CANADA

**MULTI SAVE**  
2/\$16  
OR 9.00 EA  
PERENNIALS  
SELECTED VARIETIES  
13 CM  
21347592\_EA



PRODUCT OF CANADA

**MULTI SAVE**  
2/\$14  
OR 8.00 EA  
PC<sup>®</sup> POTTING SOIL  
25 L  
21349090\_EA



PRODUCT OF CANADA

**MULTI SAVE**  
2/\$14  
OR 8.00 EA  
PC<sup>®</sup> VEGETABLE OR HERB SOIL  
25 L  
21349109\_EA



PRODUCT OF CANADA

**MULTI SAVE**  
2/\$14  
OR 8.00 EA  
PC<sup>®</sup> ENRICHED LAWN SOIL  
25 L  
21349080\_EA



PRODUCT OF CANADA

**948**  
NO NAME<sup>®</sup> ALL-PURPOSE SOIL  
50 L  
21358664\_EA



PRODUCT OF CANADA

**MULTI SAVE**  
3/\$12  
OR 4.50 EA  
NO NAME<sup>®</sup> CEDAR MULCH  
AVAILABLE IN NATURAL, BLACK OR RED, 42.5 L  
21358573\_EA



PRODUCT OF CANADA

FROM **\$12**  
GRASS SEED  
SELECTED VARIETIES AND SIZES  
21156919\_EA



**\$9**  
MIRACLE GRO SHAKE 'N FEED TOMATO, FRUIT & VEGETABLE  
453 G  
21567431\_EA




**MULTI SAVE**  
2/\$7  
OR 3.99 EA  
PC<sup>®</sup> YARD WASTE BAGS  
SELECTED VARIETIES  
5'S  
20429980\_EA



FROM **\$5**  
PLANT FOOD FERTILIZER  
SELECTED VARIETIES AND SIZES  
21157038\_EA



FROM **\$13**  
GARDEN DÉCOR, POTS  
SELECTED VARIETIES AND STYLES  
21569526\_EA



FROM **\$4**  
GARDEN TOOLS  
SELECTED VARIETIES  
21625523\_EA



FROM **\$8**  
GARDEN WATERING ACCESSORIES  
20278904\_EA



# PERFECTLY PRICED PATIO FAVES



**\$215**  
**LIMIT 3**  
OVER LIMIT PAY  
295.00 EA

**PC<sup>®</sup> ALMOST SMOKELESS WOOD-BURNING FIRE PIT**  
INCLUDES STAINLESS STEEL GRILL,  
2 YEAR LIMITED WARRANTY  
21526029\_EA



**\$415**  
**LIMIT 3**  
OVER LIMIT PAY  
495.00 EA

**PC<sup>®</sup> PELLET SMOKER**  
21601376\_EA



**\$545**  
**LIMIT 3**  
OVER LIMIT PAY  
695.00 EA

**PC<sup>®</sup> THE URBAN GRILL**  
3 BURNERS +1 REAR BURNER  
21670523\_EA

50,000 BTU



**\$275**  
**LIMIT 3**  
OVER LIMIT PAY  
345.00 EA

**LIFE AT HOME<sup>™</sup> GREENWOOD WOVEN 3 PIECE CHAT SET**  
21670462\_EA



**\$295**  
**LIMIT 3**  
OVER LIMIT PAY  
395.00 EA

**LIFE AT HOME<sup>™</sup> CURVED GAZEBO OR PERGOLA**  
21670328\_EA/21670346\_EA



UP TO  
**30% OFF**

**LIFE AT HOME<sup>™</sup> OUTDOOR PATIO CUSHIONS**  
SELECTED VARIETIES  
21669896\_EA/21670051\_EA



UP TO  
**30% OFF**

**LIFE AT HOME<sup>™</sup> OUTDOOR STRING LIGHTS, STAKE LIGHTS AND LANTERNS**  
SELECTED VARIETIES  
21601409\_EA/21675895\_EA  
21600099\_EA



**BUY 1 GET 1 50% OFF**

**EVERYDAY ESSENTIALS<sup>™</sup> GRILL TOOLS**  
SELECTED VARIETIES  
SECOND ITEM MUST BE OF EQUAL OR LESSER VALUE  
8.00  
21670367\_EA/21670392\_EA



UP TO  
**20% OFF**

**PC<sup>®</sup> HARD COOLERS**  
21684324\_EA/21684345\_EA



**\$69**  
**LIMIT 4**  
OVER LIMIT PAY  
79.00 EA

**EVERYDAY ESSENTIALS<sup>™</sup> CLUB CHAIR**  
21685991\_EA/21685780\_EA



Get **6,000 pts** For every \$18\* spent

**\$6** back in points

**OFF!<sup>®</sup> RAID INSECT REPELLENT**  
20001279001\_EA/20111889\_EA

**OFF!<sup>®</sup> DEEP WOODS<sup>™</sup> FOR SPORTSMEN**  
MAXIMUM PROTECTION

**BUY 1 GET 1 50% OFF**

**POOL ACCESSORIES**  
SELECTED VARIETIES  
SECOND ITEM MUST BE OF EQUAL OR LESSER VALUE  
4.00-75.00  
21470340\_EA/21637145\_EA

UP TO  
**25% OFF**

**BUBBLES MACHINES AND BLASTERS**  
SELECTED VARIETIES  
21621763\_EA/21694050\_EA

**BUNCH BUBBLES**

**DUCK<sup>®</sup> MACHINE BUBBLES MAKER 'A BULLES DE CANARD'**

# TEAM SAVINGS

For fans who love low blocks and low prices.

**MULTI SAVE**

**2/\$7**

OR 4.00 EA

**PC® BASMATI OR JASMINE RICE**  
SELECTED VARIETIES, 750 G  
20961107\_EA/20961292\_EA



**MULTI SAVE**

**3/\$9**

OR 3.79 EA

**KELLOGG'S NUTRI GRAIN BARS**  
295 G, **RICE KRISPIES BARS** 176 G, **SPECIAL K CRISPY BARS** 125 G  
**OR POP TARTS** 384 G  
SELECTED VARIETIES  
20126567001\_EA/20313984001\_EA



**MULTI SAVE**

**3/9.99**

OR 4.49 EA

**KELLOGG'S RETAIL SIZE CEREAL**  
SELECTED VARIETIES, 269-355 G  
21652110\_EA/21652128\_EA



**\$3**

**CAVENDISH FARMS CLASSIC FRIES**  
SELECTED VARIETIES  
FROZEN, 800 G  
215898372\_EA  
21602936\_EA



**SAVE UP TO 4.00**

**\$16**

**FILIPPO BERIO OLIVE OIL** 750 ML  
**OR DENIGRIS BALSAMIC VINEGAR**  
250 ML  
SELECTED VARIETIES  
21193747\_EA  
21635208\_EA



**2.75**

**HABITANT SOUPS** 796 ML  
**OR PC® BLUE MENU® SOUP** 500 ML  
SELECTED VARIETIES  
20299690002\_EA  
21545172\_EA



**\$3**

Get **1,000** pts  
When you buy 3

Optimum®

**\$1** back in points

**SWISS CHALET SOUP OR MONTANA'S SOUP**  
SELECTED VARIETIES, 540 ML  
21313335\_EA/21690570\_EA



**4.99**

**MONTANA'S BBQ SAUCE** 350 ML  
**OR THE KEG DRESSING** 475 ML  
SELECTED VARIETIES  
21387446\_EA  
21670482\_EA



**\$5**

**KRAFT SHAKE & BAKE COATING MIX**  
SELECTED VARIETIES  
142-160 G  
21548016\_EA  
21603339\_EA



**MULTI SAVE**

**2/\$7**

OR 4.29 EA

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



**\$7**

**KELLOGG'S EGGO WAFFLES** 560 G  
**OR PROTEIN WAFFLES** 280 G  
**OR PANCAKES** 560 G  
SELECTED VARIETIES  
FROZEN  
20099736004\_EA  
21639327\_EA



**\$3**

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



**\$5**

**NO NAME® FISH**  
SELECTED VARIETIES  
FROZEN, 454 G  
21672264\_EA  
21672358\_EA



**SAVE 1.50**

**4.50**

**NESTLÉ COFFEE MATE COFFEE ENHANCER**  
SELECTED VARIETIES  
828/946 ML  
21091311\_EA  
21564632\_EA



**2.75**

**MAPLE LEAF FLAKED MEAT**  
SELECTED VARIETIES  
156 G  
20298273001\_EA  
20298273002\_EA



**4.49**

**OCEAN SPRAY CRANBERRY COCKTAIL** 1.89 L, **100% JUICE BLENDS** 1.77 L  
**OR MOTT'S CLAMATO** 1.89 L  
SELECTED VARIETIES  
20318955002\_EA  
203000606008\_EA



**MULTI SAVE**

**2/\$8**

OR 4.79 EA

**MIO, KOOL-AID, TANG, COUNTRY TIME, KRAFT OR CRYSTAL LIGHT LIQUID WATER ENHANCERS OR DRINK MIXES**  
SELECTED VARIETIES  
48 ML/22-45 G  
20663423\_EA  
2056519001\_EA



**\$15**

**COTTONELLE FRESH CARE FLUSHABLE WET WIPES** 168'S  
**OR ULTRA CLEAN OR ULTRA COMFORT TOILET PAPER** 12'S  
SELECTED VARIETIES  
21477027\_EA/21665900\_EA



**\$22**

**CASHMERE BATHROOM TISSUE**  
SELECTED VARIETIES  
24 TRIPLE ROLLS=72 SINGLE ROLLS  
21189845\_EA  
21443640\_EA



**CLUB SIZE**

**BUY BIG. SPEND SMALL.**

**\$7**

**NO NAME<sup>®</sup> NATURALLY IMPERFECT LEMONS**  
 PRODUCT OF SOUTH AFRICA  
 OR U.S.A., 3 LB  
 21124487001\_EA

Naturellement imparfait  
 lemons - citrons  
 Freshness and quality... in all shapes and sizes.  
 Fraîcheur et qualité... sous toutes les formes.

1.36 kg (3 lb)

**CLUB SIZE**

**\$5**

**FARMER'S MARKET<sup>™</sup> AVOCADO BAG**  
 PRODUCT OF MEXICO, 5'S  
 21644936001\_EA

**CLUB SIZE**

**10<sup>99</sup>**  
 LB  
 24.23/KG

**BONELESS BEEF STEW**  
 CUT FROM CANADA AA GRADE  
 BEEF OR HIGHER  
 20766562\_XG

**CLUB SIZE**

**\$6**  
 LB  
 13.23/KG

**NO NAME<sup>®</sup> OR HALAL CHICKEN WINGS**  
 FRESH  
 20168158\_XG

**CLUB SIZE**

**CANADIAN POULTRY**

**4<sup>99</sup>**  
 LB  
 11.00/KG

**PORK SHOULDER BLADE STEAKS**  
 20837875\_XG

**CLUB SIZE**

**\$26**

**NO NAME<sup>®</sup> CHICKEN WINGS**  
 SELECTED VARIETIES  
 FROZEN, 1.8 KG  
 21045698\_EA/21045704\_EA

no name<sup>®</sup> sans nom<sup>®</sup>

honey garlic chicken wings  
 100% poulet d'origine canadienne

ailes de poulet miel et ail

no name<sup>®</sup> sans nom<sup>®</sup>

salt & pepper chicken wings  
 100% poulet d'origine canadienne

ailes de poulet sel et poivre

**CLUB SIZE**

**PREPARED IN CANADA**

**14<sup>99</sup>**

**SUNRISE LARGE WAX BOLOGNA**  
 2 KG  
 20997095\_EA

**CLUB SIZE**

**PREPARED IN CANADA**

**\$11**

**NO NAME<sup>®</sup> BREADED CHICKEN NUGGETS, BURGERS OR STRIPS**  
 SELECTED VARIETIES  
 FROZEN, 1.81 KG  
 21178763\_EA

**CLUB SIZE**

no name<sup>®</sup> sans nom<sup>®</sup>

chicken strips  
 breaded chicken cutlets  
 FULLY COOKED - ENTÈREMENT CUITES  
 escaloppettes de poulet panées  
 lanières de poulet

**CLUB SIZE**

**PREPARED IN CANADA**

**\$13**

**ATLANTIC CHOICE SAUSAGES**  
 SELECTED VARIETIES, 1 KG  
 21332587\_EA/21332589\_EA

**CLUB SIZE**

**PREPARED IN CANADA**

**SAVE 1.99**

**\$15**

**PC<sup>®</sup> DELI CHEESE SLICES**  
 SELECTED VARIETIES  
 500 G  
 20217638\_EA/20249826\_EA

**CLUB SIZE**

no name<sup>®</sup> sans nom<sup>®</sup>

CREAMY AVARTI CRÈMEUX

EN TRANCHES

35% M.G. 41% MOISTURE

PREPARED IN CANADA

**CLUB SIZE**

**\$12**

**ZIGGY'S SLICED DELI MEATS**  
 SELECTED VARIETIES, 600 G  
 21596514\_EA/21668501\_EA

**CLUB PACK**

**CLUB SIZE**

smoked black forest ham  
 jambon forêt-noire fumé

smoked turkey breast  
 poitrine de dinde fumée

smoked black forest ham  
 jambon forêt-noire fumé

**CLUB SIZE**

**PREPARED IN CANADA**

**\$20**

**PARIS ALL BUTTER CROISSANTS**  
 FROZEN, 30'S  
 21687364\_C01

**CLUB SIZE**

**PREPARED IN CANADA**

**\$6**

**PC<sup>®</sup> TRADITIONAL NAAN DIPPERS**  
 400 G  
 20999700\_EA

**CLUB SIZE**

**PREPARED IN CANADA**

**CLUB SIZE**

**CLUB  
SIZE**

**BUY BIG.  
SPEND SMALL.**

**\$25**

**PC® ORGANIC CASHEWS**  
SELECTED VARIETIES, 1.13 KG  
21517458\_EA



**CLUB  
SIZE**

**\$12**

**iöGO**  
SELECTED VARIETIES, 2 KG  
20636092\_EA/20690267\_EA



**PREPARED IN CANADA**

**CLUB  
SIZE**

**950**

Get **1,000** pts

**\$1** back in points

**SHREDDIES JUMBO CEREAL**  
SELECTED VARIETIES, 1.24 KG  
21201395\_EA



**CLUB  
SIZE**

**\$15**

**PC® OR BLUE MENU® LASAGNA OR MAC & CHEESE**  
SELECTED VARIETIES FROZEN, 2/2.27 KG  
20134930\_EA/21178593\_EA



**PREPARED IN CANADA**

**CLUB  
SIZE**

**16<sup>50</sup>**

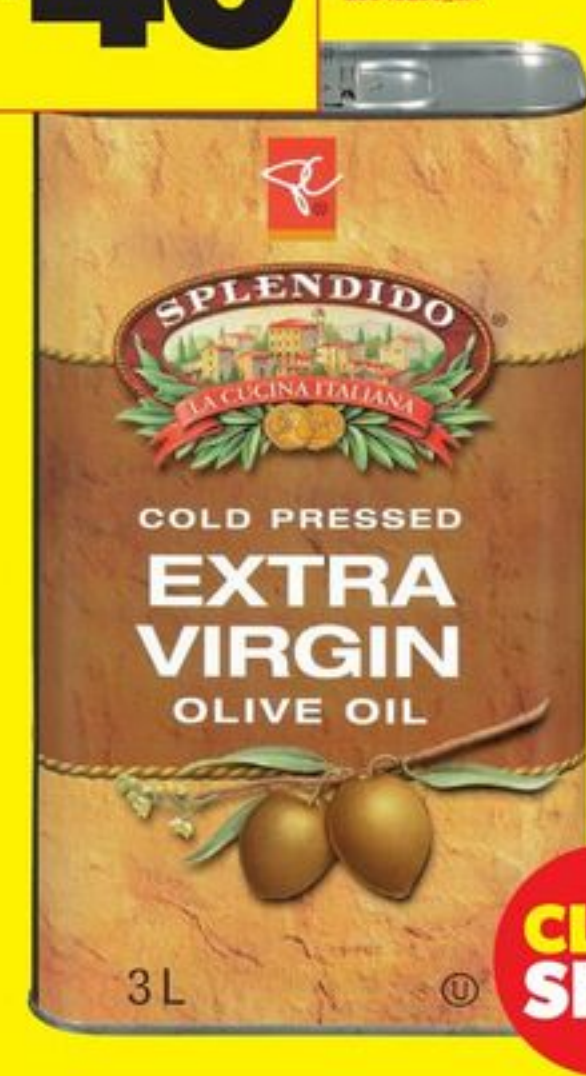
**PC® FROZEN FRUIT**  
SELECTED VARIETIES FROZEN, 1.5/2 KG  
21099410\_EA/21381732\_EA



**CLUB  
SIZE**

**\$40**

**PC® SPLENDIDO™ COLD-PRESSED EXTRA VIRGIN OLIVE OIL**  
3 L  
20045250\_EA



**CLUB  
SIZE**

**\$8**

**PC® PICKLED HOT BANANA PEPPER RINGS OR NO NAME® PICKLES**  
2 L  
20081534\_EA/20313986\_EA



**CLUB  
SIZE**

**\$5**

**NO NAME® COOKIES**  
SELECTED VARIETIES, 907 G  
20318678001\_EA/20318678002\_EA



**PREPARED IN CANADA**

**CLUB  
SIZE**

**5<sup>99</sup>**

**FRITO LAY VALUE SIZE POTATO CHIPS**  
SELECTED VARIETIES, 325-535 G  
21663088\_EA/21663836\_EA



**PREPARED IN CANADA**

**CLUB  
SIZE**

**\$6**

**PC® CRANBERRY COCKTAIL**  
2.84 L  
21637707\_EA



**CLUB  
SIZE**

**\$11**

**NO NAME® ICE CREAM SANDWICHES OR BARS**  
SELECTED VARIETIES FROZEN, 24/30'S  
20347400002\_EA/21013432\_EA



**PREPARED IN CANADA**

**CLUB  
SIZE**

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

**GOGO SQUEEZ FRUIT SNACK**  
SELECTED VARIETIES, 20X90 G  
21547719\_EA/21547693\_EA



**CLUB  
SIZE**

**\$11**

**NO NAME® PLASTIC WRAP**  
SELECTED VARIETIES, 305 M  
20149806\_EA



**PREPARED IN CANADA**

**CLUB  
SIZE**

**\$10**

**NO NAME® LIQUID DISH DETERGENT**  
SELECTED VARIETIES, 5 L  
21012774\_EA



**PREPARED IN CANADA**

**CLUB  
SIZE**

**ALWAYS LOW PRICE**

**\$8**

**LIFE BRAND® UNSCENTED EPSOM SALTS**  
SELECTED VARIETIES 4 KG  
21668050\_EA



**CLUB  
SIZE**

# HAPPY EID AL-ADHA

Low prices for joyful celebrations.



**248**  
LB  
5.47/KG

GINGER ROOT  
PRODUCT OF CHINA  
20179038001\_KG



**\$3**

DRIED MANGO  
PRODUCT OF VIETNAM, 113 G  
21700165\_EA



**\$15**

SUFRA<sup>TM</sup> HALAL  
BEEF STEW  
454 G  
21395711\_EA



**\$12**

PC<sup>®</sup> HALAL  
SHAWARMA  
CHICKEN STRIPS  
300 G  
21711098\_EA



SAVE  
**5.00**

DAAWAT  
TRADITIONAL  
BASMATI RICE  
4 KG  
20896606\_EA

**14<sup>99</sup>**



**\$2**

PUCK THICKENED  
CREAMY PRODUCT  
160 G  
21449248\_EA



**\$4**

CRISPY COOKIES  
SELECTED VARIETIES, 350 G  
20820419\_EA/20820681\_EA



**7<sup>50</sup>**

ARZ BAKLAVA  
200 G  
20693560\_EA



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

SURATI SNACKS  
SELECTED VARIETIES, 250/341 G  
20303745002\_EA/20303745004\_EA



**\$14**

PILLSBURY 100%  
WHOLE WHEAT FLOUR  
CHAKKI ATTA  
9.07 KG  
21663582\_EA



**45¢**

MAGGI  
MASALA NOODLES  
SELECTED VARIETIES, 70 G  
20802664\_EA



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

SURAJ<sup>®</sup> DRY BEANS  
SELECTED VARIETIES, 1.8 KG  
20558756\_EA/20558758\_EA



**\$7**

TATA LOOSE BLACK  
TEA  
SELECTED VARIETIES, 450 G  
21407291\_EA/21407294\_EA



# HAPPY EID AL-ADHA

Low prices for joyful celebrations.



**2.88**  
LB  
6.35/KG

**LONG EGGPLANT**  
PRODUCT OF MEXICO  
20159013001\_KG



**\$5**  
LB  
11.02/KG

**OKRA**  
PRODUCT OF GUATEMALA,  
HONDURAS OR U.S.A.  
20091263001\_KG



**\$10**

**SAMOSA PLATTER WITH TAMIRAND SAUCE**  
1.37 KG  
21558737\_EA



**9.99**  
LB  
22.02/KG

**NEW ZEALAND SHORT CUT LAMB LEG**  
FROZEN  
20142553\_KG



**INCLUDES HALAL**

**\$5**

**SURAJ NAAN FLATBREADS**  
SELECTED VARIETIES, 10'S  
20342261\_EA/20343319\_EA



**\$12**

**IRINI EXTRA VIRGIN OLIVE OIL**  
750 ML  
20021287\_EA



**\$3**

**DABUR NECTAR**  
SELECTED VARIETIES,  
1L  
21399816\_EA  
21399828\_EA



**\$7**

**SHER BESAN**  
1.81 KG  
20869922\_EA



**1.75**

**KURKURE SNACKS**  
SELECTED VARIETIES, 115 G  
21361077\_EA/20659742\_EA



**5.49**

**HEREFORD CORNED BEEF**  
HALAL, 340 G  
21416495\_EA



**2.50**

**BRITANNIA GOOD DAY COOKIES** 372 G  
SELECTED VARIETIES  
21023105\_EA/21205822\_EA



**3.50**

**LAY'S INTERNATIONAL FLAVORS**  
SELECTED VARIETIES, 200 G  
21663082\_EA/20659742\_EA



# SHOP THE WORLD IN OUR AISLES\*

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

[SHOP NOW](#)

**2.25** LB  
4.96/KG

**JAPANESE OR PURPLE UBE YAMS**  
PRODUCT OF CANADA  
20524922001\_KG/20849858001\_KG

**PRODUCT OF CANADA**

**\$2** LB  
4.41/KG

**CHINESE JUMBO CARROT**  
PRODUCT OF CHINA  
OR **NAPA CABBAGE**  
PRODUCT OF MEXICO  
20851084001\_KG  
20015025001\_KG

**\$3** LB  
6.61/KG

**BABY OR SHANGHAI BOK CHOY**  
PRODUCT OF MEXICO OR U.S.A.  
20082279001\_KG/2003245001\_KG

**SAVE 3.00**

**\$7**

**PC® MINI SAMOSAS**  
SELECTED VARIETIES, FROZEN,  
288/345 G  
20581030\_EA/20603356\_EA

**VEGETABLE SAMOSAS AUX LÉGUMES**

**Mini CHICKEN SAMOSAS AU POULET**

**\$9**

**PMC SWIMMING CRAB**  
WILD CAUGHT, RAW, FROZEN,  
680 G  
21594562\_EA

**PMC** Premier Marine Canada

**Swimming Crab Crabe Nageant**  
Cut Crab with Claws  
Crabes Coupés avec Pinces

Raw - Crues  
Wild Caught  
État Sauvage

Net Weight / Poids Net : 680g  
Keep Frozen / Garder Congelé (-18°C)

Product of China / Produit de la Chine

**3.50**

**CRISPY ROTI**  
SELECTED VARIETIES, 750 G  
21195569\_EA/21195567\_EA

**High Source of Fibre**  
15 Roti Bread  
Pain Wrap  
NET 750g

**ROTI** Whole Wheat Blé Entier

**CRISPY** Bigger - 15 Pack

**ROTI** Original Originale

**PREPARED IN CANADA**

**1.88**

**LAPID'S CHOICE FRIED PORK RIND**  
SELECTED VARIETIES, 78 G  
20688318001\_EA/20688318002\_EA

**CRICHARON**

**PREPARED IN CANADA**

**1.50**

**GRACE COCONUT MILK**  
SELECTED VARIETIES, 400 ML  
20047774\_EA

**Grace** QUALITY SINCE 1922

**Coconut Milk**

400 mL

GREAT FOR MILK, CAKES, CANDIES, ICE CREAM, COFFEE, JAM, BUTTER, CARAMELS, ETC.

**1.75**

**LA COSTENA CHIPOTLE PEPPER SAUCE**  
220 ML OR **SUPLIGEN INSTANT BREAKFAST BEVERAGE VANILLA FLAVOUR** 250 ML  
SELECTED VARIETIES  
20823424\_EA/21381630\_EA

**Supligen** INSTANT BREAKFAST BEVERAGE

**La Costeña** CHIPOTLE PEPPER SAUCE SAUCE PÉPANTE MEXICAINE

**7.49**

**KOPIKO COFFEE MIX**  
SELECTED VARIETIES, 825/900 G  
21238713\_EA/21238723\_EA

**KOPIKO** Brown Coffee

**KOPIKO** Blanca

**3.28**

**UFC COCONUT**  
1L  
20570506\_EA

**UFC** Refresh

**Coconut Water**  
Eau de noix de coco

1L

**5.25**

**GRACE CORNED BEEF**  
SELECTED VARIETIES,  
340 G  
20325345002\_EA  
20583459\_EA

**Grace** Corned Beef Boeuf Salé

**Grace** Corned Beef Boeuf Salé

**2.50**

**VALENTINA HOT SAUCE**  
SELECTED VARIETIES,  
370 ML  
20056649001\_EA/20056649002\_EA

**Valentina** MEXICAN HOT SAUCE SAUCE PIQUANTE MEXICAINE

**3.25**

**PAN CORN MEAL OR FLOUR**  
SELECTED VARIETIES,  
1KG  
20945695\_EA  
20945705\_EA

**PAN**

**PAN**

**4.75**

**GRACE JAMAICAN JERK BBQ SAUCE OR MARINADE**  
SELECTED VARIETIES,  
350/480 ML  
20037395\_EA  
20122943\_EA

**Grace** JAMAICAN JERK MARINADE

**Grace** JAMAICAN JERK SAUCE BBQ A LA JERK BBQ SAUCE

**PREPARED IN CANADA**



# PET

**SAVE 4.00**

**TIDY CAT LIGHTWEIGHT LITTER**  
7.71 KG  
20913423\_CA1

**\$29**

50% LIGHTER  
21 DAY FRESHNESS  
24/7 PERFORMANCE  
7.71 kg

**\$8**

**FRISKIES PARTY MIX**  
SELECTED VARIETIES, 510 G  
21733038\_EA

FORMULA SUPER VALUE ECONOMIES  
Friskies Party Mix  
with real chicken and flavours of liver and turkey  
avec du vrai poulet et des saveurs de foie et de dinde  
CROQUANTS ORIGINAL CRUNCH  
510 g

**SAVE 3.00**

**FRISKIES CAT FOOD**  
SELECTED VARIETIES, 32'S  
21186868\_CA1

**\$27**

32 CANS

**\$11**

**FANCY FEAST CAT FOOD**  
SELECTED VARIETIES, 12'S  
20153246002\_EA

FANCY FEAST Medleys  
PRIMAVERA COLLECTION  
12 CANS

**\$10**

**WHISKAS CAT FOOD**  
SELECTED VARIETIES, 1.5/2 KG  
21588889\_EA

40% MORE MEATY SELECTIONS  
whiskas  
MEATY SELECTIONS  
HIGH QUALITY PROTEIN  
PREPARED IN CANADA

**\$14**

**PC NUTRITION FIRST CAT FOOD**  
SELECTED VARIETIES, 2 KG  
21303270\_EA

NUTRITION FIRST-PREMIERE  
Senior Chats âgés  
PREPARED IN CANADA

**\$30**

**PURINA ONE DOG FOOD**  
SELECTED VARIETIES, 6-7 KG  
20339412\_EA

PURINA ONE  
LAMB & RICE FORMULA • FORMULE AGNEAU ET RIZ  
REAL LAMB IS THE ONLY AGNEAU COMING 1st INGREDIENT  
7 kg

**SAVE 4.99**

**ALPO DOG FOOD**  
16 KG  
20112174\_EA

**\$38**

ALPO Cookout Classics Grillades classiques  
16 kg

**\$9**

**ZUKES DOG TREATS**  
SELECTED VARIETIES, 170 G  
21661750\_EA

Zuke's MINI  
NATURALS  
170 g

**\$26**

**PEDIGREE DOG FOOD**  
SELECTED VARIETIES, 6.8, 8/8 KG  
20039397001\_EA

Pedigree VITALITY+  
ORIGINAL ROASTED CHICKEN AND VEGETABLE FLAVOUR  
8 kg

**\$11**

**MILKBONE SOFT & CHEWY DOG TREATS**  
SELECTED VARIETIES, 708 G  
20018670\_EA

MILK-BONE Soft & Chewy Tendres et fondants  
708 g

**\$9**

**MILK-BONE COMFORT CHEWS DOG TREATS**  
SELECTED VARIETIES, 210/312 G  
21620394\_EA

MILK-BONE COMFORT CHEWS  
Bar with Beef Barre avec boeuf  
210 g

**MULTI SAVE**

**3/750** OR 2.99 EA

**PEDIGREE DOG FOOD**  
SELECTED VARIETIES, 375 G  
21359642\_EA/21359778\_EA

CHOPPED GROUND DINNER REPAS HACHÉ  
With Chicken Avec poulet  
With Beef Avec boeuf  
375 g

**\$25**

**PC NUTRITION FIRST DOG FOOD**  
SELECTED VARIETIES, 7 KG  
21304726\_EA

NUTRITION FIRST-PREMIERE  
Chicken, Brown Rice & Pea Recipe  
Formule au poulet, au riz brun et aux pois  
7 kg  
PRICE DROP  
PREPARED IN CANADA

**\$22**

Get **4,000** pts

**\$4** back in points

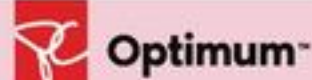
**Optimum**

**BLUE BUFFALO DOG FOOD**  
SELECTED VARIETIES, 2.2 KG  
21360571\_EA

BLUE  
Life Protection Formula  
2.2 kg

**CUDDLY DEALS, TINY PRICES**

App exclusive offer



Get **20,000** pts

\$20 back in points

for every \$100\* spent on baby diapers, training pants, wipes, formula, food, accessories, toiletries, gear and baby apparel

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

**2/\$9**  
OR 5.29 EA

**LITTLE BELLIES COOKIES 130 G OR BARS 85 G**  
SELECTED VARIETIES  
21606746\_EA/21664853\_EA

ORGANIC-BIOLOGIQUE  
OAT & RAISIN  
ABC COOKIES  
BISCUITS ABC AVOINE & RAISINS SECS

ORGANIC-BIOLOGIQUE  
FRUITY BARS  
BARRES FRUITÉES

12+ MONTHS

**2/550**  
OR 3.29 EA

**SIMPLY GOURMET PUFFIES OR CRUNCHERS**  
SELECTED VARIETIES, 32 G  
21597451\_EA/21671989\_EA

Simply Gourmet

puffies

crunchers

Zesty Veggie  
Dolce aux légumes

8+ MONTHS

**2/\$11**  
OR 6.49 EA

**GERBER ORGANIC OR NESTLÉ CERELAC BABY CEREAL**  
SELECTED VARIETIES, 200-208 G  
21671033\_EA/21666216\_EA

Gerber Organic Biologique  
Rice • Riz

Nestlé Cerelac  
Savoury Cereals  
Céréales salées

6+ MONTHS

**2/\$18**  
OR 9.99 EA

**PEDIASURE COMPLETE**  
SELECTED VARIETIES, 4X235 ML  
20322414001\_EA/20322414002\_EA

PediaSure Complete

Vanilla • Vanille

Chocolate • Chocolat

**6550**

**LIMIT 4 OVER LIMIT PAY 74.99 EA**

**ENFAMIL A+ NEUROPRO AND GENTLEASE POWDER REFILLS**  
SELECTED VARIETIES, 862/890 G  
21589079\_EA/21589205\_EA

Enfamil A+ NEUROPRO

GENTLEASE

50% MORE! DE PLUS!

**\$60**

**LIMIT 4 OVER LIMIT PAY 76.49 EA**

**SIMILAC 360 TOTAL CARE POWDER LARGE TUB STEP 1 & 2**  
SELECTED VARIETIES, 859 G  
21697863\_EA/21697866\_EA

Similac 360 Total Care

47% MORE! DE PLUS!

**\$35**

**LIMIT 4 OVER LIMIT PAY 39.99 EA**

**MILLIE MOON LUXURY DIAPERS**  
SELECTED VARIETIES AND SIZES  
21590508\_EA/21590526\_EA

Millie Moon Luxury Diapers

**\$27**

**LIMIT 4 OVER LIMIT PAY 31.99 EA**

**GOODNITES NIGHTTIME BEDWETTING UNDERWEAR SIZES XS-XL, 28-44'S OR PAMPERS NINJAM NIGHTTIME UNDERWEAR SIZES S/M, 44'S**  
SELECTED VARIETIES  
20963841\_EA/21308932\_EA

goodnites

NINJAM

**2788**

**LIMIT 4 OVER LIMIT PAY 34.88 EA**

**KIDDICARE ECONO PACK DIAPERS**  
SELECTED VARIETIES AND SIZES  
21726965\_EA/21727012\_EA

Kiddicare

**\$25**

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

**PAMPERS 12X SENSITIVE BABY WIPES**  
1008'S  
21719427\_EA

Pampers sensitive

**\$25**

**LIMIT 4 OVER LIMIT PAY 29.99 EA**

**MILLIE MOON CLUB PACK DIAPERS**  
SELECTED VARIETIES AND SIZES  
21520442\_EA/21520456\_EA

Millie Moon Club Pack Diapers

**\$28**

**LIMIT 4 OVER LIMIT PAY 32.99 EA**

**HUGGIES LITTLE SNUGLERS, LITTLE MOVERS, OVERNITES OR SKIN ESSENTIALS SUPER BIG PACK DIAPERS**  
SIZES N-7, SELECTED VARIETIES  
21172502\_EA/21317019\_EA

Huggies Little Snugglers

**850**

**LIMIT 4 OVER LIMIT PAY 10.99 EA**

**JOHNSON & JOHNSON 800 ML OR DOVE 591 ML BABY NEEDS**  
SELECTED VARIETIES  
21017298\_EA/21112434\_EA

Johnson's baby moisture

babyDove

**UPTO 20% OFF**

**SUDOCREM, PENATEN, ZINCOFAX, BABY BUTZ OR VASELINE PETROLEUM JELLY BABY NEEDS**  
SELECTED VARIETIES AND SIZES  
20603040001\_EA/21302986\_EA

Penaten

Zincofax

**450**

**LIMIT 4 OVER LIMIT PAY 4.99 EA**

**Q-TIPS COTTON SWABS**  
SELECTED VARIETIES, 300-500'S  
20323077001\_EA/21665088\_EA

Q-tips

**KIDDICARE DIAPERS FOR LESS**

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

Now exclusively here!



# Potty Training Made FUN

## Bluey

Pampers  
**easy ups**

## Peppa Pig



BBC STUDIOS LUDO © Ludo Studio

**\$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  
21089367\_EA/21089365\_EA

© 2026 ABD Ltd/Hasbro/HCPL Ltd.

# BIG PACK = BIGGER SAVINGS!



**\$49**  
LIMIT 4, OVER LIMIT PAY 55.99 EA

Get **3,000** pts  
\$3 back in points

Pampers® Cruisers™ 360° Ultra Value Pack Selected Varieties  
21732613\_EA

**new**

**\$49**  
LIMIT 4, OVER LIMIT PAY 55.99 EA

Get **3,000** pts  
\$3 back in points

Pampers® Swaddlers™ Ultra Value Pack Selected Varieties  
21455875\_EA



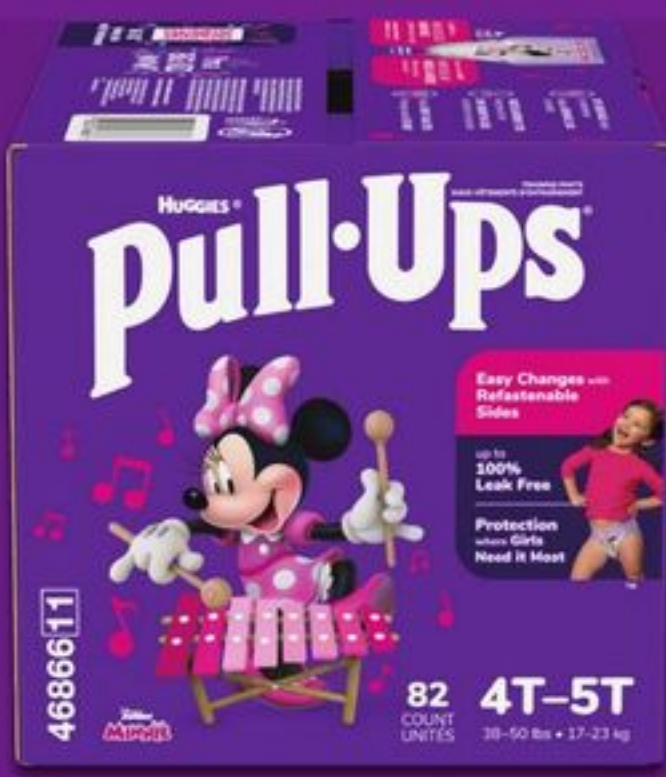
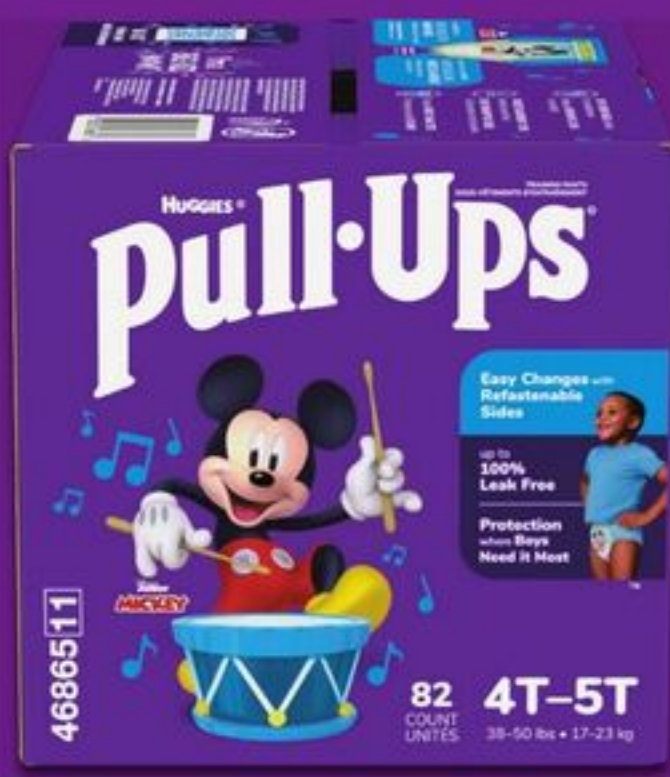
© 2026 P&G

vs. Pampers® Cruisers™ 360° Huge Pack

vs. Pampers® Swaddlers™ Huge Pack

# pull-Ups

## SIMPLIFY THE POTTY TRAINING JOURNEY



Up to **100% LEAK FREE** protection where **Boys and Girls** need it most

**\$37**  
LIMIT 4, OVER LIMIT PAY 43.99 EA

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

Pull-Ups Econo Pack Training Pants selected varieties, 66-104's  
21021427\_EA/21021423\_EA

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## New Adventures in taste, shape & texture

**2/\$6**  
OR \$3.99 EA.  
Organic Little Bellies Pick-Me Sticks  
21540212\_EA



**2/\$6**  
OR \$3.99 EA.  
Organic Little Bellies Pick-Me Sticks  
21540211\_EA



## Aquaphor

### Baby



GENTLE CARE FOR BABY'S SENSITIVE SKIN

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

**BABY AQUAPHOR EUCERIN BABY NEEDS** SELECTED VARIETIES AND SIZES  
21482321\_EA/21482428\_EA

# SHOP BEAUTY FOR LESS

**\$9**

**LIMIT 4 OVER LIMIT PAY 12.99 EA**

**MARC ANTHONY OR CAKE HAIRCARE**  
SELECTED VARIETIES AND SIZES  
20298861001\_EA/21649017\_EA

**THE CURL CRUSH™**  
TOTALLY-TO-DIE-FOR CURL JELLY soft and nourishing humidity blocking curl defining

**STRICTLY CURLS™**  
Curl Emu Cream  
Controls Frizz Softens and defines coarse curls.  
Amande Oil + Shea Butter  
CRÈME Curl Emu  
Contrôle les frisettes Assouplit et définit les boucles sèches.  
Huile d'amande + beurre de karité

#1 Selling Curl Cream - Crème frisante la plus vendue

Net Wt. 200 g / 7oz

**\$9**

**LIMIT 4 OVER LIMIT PAY 12.99 EA**

**BATISTE DRY SHAMPOO**  
SELECTED VARIETIES, 200 ML  
20850398\_EA/20945832\_EA

**BATISTE**  
DRY SHAMPOO / SHAMPOING SEC  
ORIGINAL  
Instantly cleans / purifie instantanément les cheveux secs

**BATISTE**  
DRY SHAMPOO PLUS  
divine dark / fonce divin  
Instantly cleans / purifie instantanément les cheveux secs

**\$6**

**LIMIT 4 OVER LIMIT PAY 9.99 EA**

**GARNIER BELLE HAIR COLOUR**  
SELECTED VARIETIES  
20317076001\_EA/20317076020\_EA

**Belle Color™**  
ColorEase Crème Crème Couleur Facile  
GUARANTEED NATURAL RESULTS UP TO 100% GREY COVERAGE  
Protège, nourrit, illumine

**Belle Color™**  
ColorEase Crème Crème Couleur Facile  
GUARANTEED NATURAL RESULTS UP TO 100% GREY COVERAGE  
Protège, nourrit, illumine

**\$8**

**LIMIT 4 OVER LIMIT PAY 11.49 EA**

**GARNIER WHOLE BLENDS SHAMPOO, CONDITIONER 650 ML OR TREATMENT 150-250 ML**  
SELECTED VARIETIES AND SIZES  
20941779\_EA/20941824\_EA

**GARNIER Whole Blends**  
Coconut Oil & Cocoa Butter  
Huile de coco et beurre de cacao  
SMOOTHING SHAMPOO SHAMPOING LISSANT

**GARNIER Whole Blends**  
SMOOTHING CONDITIONER REVITALISANT LISSANT  
COCONUT OIL & COCOA BUTTER HUILE DE COCO ET BEURRE DE CACAO

**\$8**

**LIFE BRAND PURAVIDA SHAMPOO OR CONDITIONER**  
SELECTED VARIETIES, 532 ML  
21705330\_EA/21705966\_EA

**life puravida**  
FREE FROM SILICONE, SULFATES, PARABENS & DYES  
SANS SILICONE, SULFATES, PARABÈNES NI COLORANTS

**life puravida**  
2 IN 1  
SHAMPOO & CONDITIONER  
SHAMPOING ET REVITALISANT

**UP TO 20% OFF**

**AUSSIE SHAMPOO, CONDITIONER 778 ML OR STYLING PRODUCTS**  
SELECTED VARIETIES AND SIZES  
21187363\_EA/2157546\_EA

**aussie**  
HAIR INSURANCE  
LEAVE-IN CONDITIONER REVITALISANT SANS RINÇAGE

**aussie**  
Miracle VOLUME  
CONDITIONER | REVITALISANT

**UP TO 20% OFF**

**OLAY SERUM, REGENERIST MOISTURIZER OR FACIAL CLEANSER**  
SELECTED VARIETIES AND SIZES  
20327057001\_EA

**OLAY REGENERIST**  
REGENERIST MICRO-SCULPTING CREAM HYDRATING MOISTURIZER

**OLAY REGENERIST**  
MICRO-SCULPTING CREAM CRÈME MICRO-SCULPTANTE

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

**\$5 back in points**

**Optimum**

**BUBBLE MOISTURIZERS OR TONERS**  
SELECTED VARIETIES AND SIZES  
21707424\_EA/21708067\_EA

**BUBBLE**  
POWER WAVE  
Super Hydrating Moisturizer  
Crème super hydratante

**BUBBLE**  
COSMIC SILK  
Hydrating Milky Toner  
Lotion tonique lactée hydratante

**\$6**

**LIMIT 4 OVER LIMIT PAY 7.49 EA**

**VASELINE HAND AND BODY LOTIONS**  
SELECTED VARIETIES  
200-295 ML  
2053944003\_EA/2053944004\_EA

**Vaseline**  
Intensive Care™  
dry skin repair  
48H MOISTURE / HYDRATION  
PREVENTS DRYNESS

**Vaseline**  
Intensive Care™  
cocoa radiant®  
48H MOISTURE / HYDRATION  
PREVENTS DRYNESS

**UP TO 20% OFF**

**EUCERIN AND AQUAPHOR BODY CARE PRODUCTS**  
SELECTED VARIETIES AND SIZES  
20856891\_EA/21085698\_EA

**Aquaphor**  
HEALING OINTMENT ONGUENT REPARATEUR  
Advanced Hydration Hydratation Supérieure

**Eucerin**  
COMPLETE REPAIR™  
Moisturizing Lotion Lotion Hydratante

# LOOK GOOD, FEEL GREAT, SPEND LESS.

**\$6**

**LIMIT 6 OVER LIMIT PAY 7.49 EA**

**SOFTSOAP LIQUID HAND SOAP REFILL**  
SELECTED VARIETIES, 1.47 L  
21715457\_EA/21715576\_EA

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

**LIMIT 6 OVER LIMIT PAY 4.79 EA**

**IRISH SPRING BAR SOAP 3X104 G OR SOFTSOAP LIQUID HAND SOAP PUMPS 332 ML**  
SELECTED VARIETIES  
21436450\_EA/21644764\_EA

**\$7**

**LIMIT 6 OVER LIMIT PAY 8.49 EA**

**OLD SPICE 73-144 G, SECRET 68-116 G OR GILLETTE 122 G DEODORANT**  
SELECTED VARIETIES  
20701678\_EA/21221095\_EA

**4<sup>50</sup>**

**LIMIT 6 OVER LIMIT PAY 6.49 EA**

**AXE DEODORANT 76/85 G, BODY SPRAY 113 G, BODY WASH OR HAIR CARE 473 ML**  
SELECTED VARIETIES  
21042611\_EA/21438255\_EA

**\$5**

**LIMIT 6 OVER LIMIT PAY 6.29 EA**

**SENSODYNE OR PRONAMEL BASE TOOTH PASTE 75/100 ML, POLIDENT TABLETS 36-40'S OR POLIGRIP 40 G**  
SELECTED VARIETIES  
2030179003\_EA/20756075\_EA

**7<sup>50</sup>**

**LIMIT 4 OVER LIMIT PAY 9.99 EA**

**LISTERINE MULTI-BENEFITS, 1L OR CLASSIC 1.5L MOUTHWASH**  
SELECTED VARIETIES  
20701283\_EA/21091810\_EA

**\$6**

**LIMIT 6 OVER LIMIT PAY 6.99 EA**

**COLGATE OPTIC WHITE OR SENSITIVE PRO RELIEF TOOTH PASTE 70-150 ML, KIDS MANUAL TOOTHBRUSHES 2'S, HELLO TOOTH PASTE 82-98 ML OR COLGATE PERIOGARD TOOTH PASTE 70 ML**  
SELECTED VARIETIES  
21777027\_EA/21584840\_EA

**UP TO 25% OFF**

**BAND-AID BANDAGES OR POLYSPORIN OINTMENT**  
SELECTED VARIETIES AND SIZES  
21337878\_EA/21520494\_EA

**UP TO 20% OFF**

**WEBBER NATURALS VITAMINS OR SUPPLEMENTS**  
SELECTED VARIETIES AND SIZES  
21448486\_EA/21449178\_EA

**UP TO 15% OFF**

**Get 3,000 pts**  
When you spend \$30\*

**3 back in points**

**GAVISCON LARGE SIZE TABS 50-60'S, LIQUID 340-600 ML OR HYDRALYTE HYDRATION PRODUCT 10-20'S**  
SELECTED VARIETIES AND SIZES  
20804741\_EA/20986019\_EA

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

**\$5 back in points**

**ALEVE OR ASPIRIN PAIN RELIEF PRODUCTS**  
SELECTED VARIETIES AND SIZES  
21362879\_EA/20067407002\_EA

**\$18**

**LIMIT 4 OVER LIMIT PAY 21.99 EA**

**DEPEND UNDERWEAR OR POISE PADS**  
SELECTED VARIETIES AND SIZES  
21099790\_EA/21301866\_EA

**\$12**

**LIMIT 4 OVER LIMIT PAY 13.99 EA**

**ALWAYS PADS 7-92'S OR LINERS 92-96'S**  
SELECTED VARIETIES  
20873987\_EA/21284428\_EA

# SHOP HOME FOR LESS

**UP TO 25% OFF**

**PC® ORGANICS SHEET SETS**  
SELECTED VARIETIES  
21638540\_EA/21638798\_EA

**UP TO 30% OFF**

**LIFE AT HOME™ RUGS**  
SELECTED VARIETIES  
21681898\_EA/21681952\_EA

**UP TO 20% OFF**

**PC® COOKWARE OR COOKWARE SETS**  
SELECTED VARIETIES  
2126783\_EA/2126789\_EA  
21578866\_EA

**BUY 1 GET 1 50% OFF**

**EVERYDAY ESSENTIALS™ COOKWARE OR COOKWARE SETS**  
SELECTED VARIETIES  
20800507\_EA/21345661\_EA  
21423311\_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/21692440\_EA

**UP TO 20% OFF**

**PC® SOFT GRIP GADGETS, THERMOMETER OR SCALES**  
SELECTED VARIETIES  
21190090\_EA/21190094\_EA  
21219111\_EA/21352759\_EA

**2/\$5**  
OR 3.50 EA

**NO NAME™ AIR FRYER LINERS**  
SELECTED VARIETIES, 30'S  
21639239\_EA/21639383\_EA

**UP TO 20% OFF**

**PC® PORTION PREPPERS**  
SELECTED VARIETIES  
21638393\_EA/21638398\_EA

**UP TO 20% OFF**

**THERMOS FOOD JARS, TUMBLERS OR MUGS**  
SELECTED VARIETIES  
21335134\_EA/21335976\_EA

**FROM \$24**

**HAMILTON BEACH APPLIANCES OR GARMENT CARE**  
21036261\_EA/21646963\_EA

**5.50**

**EVERYDAY ESSENTIALS™ JUMBO PILLOW**  
21667755\_EA

**\$6**

**SODASTREAM PEPSI OR CLASSIC SYRUPS OR FLAVOURS**  
SELECTED VARIETIES  
440 ML  
21406583\_EA/21406599\_EA

**LIMIT 8 OVER LIMIT PAY 8.00 EA**

**UP TO 25% OFF**

**SHOWER CURTAINS OR ACCESSORIES**  
SELECTED VARIETIES  
21682288\_EA/20247948002\_EA

# JOE FRESH LONG WEEKEND DEALS!

4 DAYS ONLY!

**20%**  
off

Adult Styles\*



Regular Price Only  
Ends May 17



NOW  
**\$12**  
REG. \$15

Canada T-Shirt



NOW  
**\$20**  
REG. \$25

Canada Minnie Mouse T-Shirt



NOW  
**\$12**  
REG. \$15

Canada Raglan Shirt



NOW  
**\$12**  
REG. \$15

Maple Leaf Tank



NOW  
**\$12**  
REG. \$15

Canada Raglan Shirt



NOW  
**\$12**  
REG. \$15

Canada T-Shirt



NOW  
**\$12**  
REG. \$15

Canada Raglan Shirt



NOW  
**\$12**  
REG. \$15

Canada Tank



NOW  
**\$12**  
REG. \$15

Canada T-Shirt



NOW  
**\$20**  
REG. \$25

Adult Peanuts Snoopy Canada T-Shirt

EVEN MORE ONLINE & IN-STORE

SHOP NOW

\*Visit [www.joefresh.com/offerdetails](http://www.joefresh.com/offerdetails) for full details.

## A recipe worth Gathering for

### Easy Layered Greek Dip

Prep: 15 mins Servings: 20 servings

**Ingredients**

- 1 cup Crumbled Feta Cheese, divided
- 1 pkg (250 g) Philadelphia Brick Cream Cheese, softened
- ¼ cup Kraft Extra Virgin Olive Oil Greek Feta Dressing
- 1 tbsp zest and juice from 1 lemon
- 2 tbsp chopped fresh mint, divided
- 1 cup chopped English cucumbers
- ¼ cup chopped red onions
- ¼ cup sliced Kalamata olives
- 1 cup sliced grape tomatoes

**Instructions**

1. Reserve 2 tbsp. feta for later use. Process remaining feta with cream cheese, dressing, lemon zest, lemon juice and 1 tbsp. mint in food processor until smooth; spread onto large platter.
2. Top with layers of cucumbers, onions, olives and tomatoes; sprinkle with reserved feta and remaining mint.

Visit [kraftheinz.com](http://kraftheinz.com) for this recipe and more!



**Philadelphia Cream Cheese Product**  
Philadelphia Cream Cheese Lactose Free Product selected varieties 227 - 250 g 20866924010\_EA **\$4**

**Philadelphia Whipped Cream Cheese**  
Philadelphia Whipped Cream Cheese selected varieties 227 g 20866816002\_EA **\$4**

**Philadelphia Dips**  
Philadelphia Dips selected varieties 227 g 20299760001\_EA **\$4**

**Philadelphia Cream Cheese Lactose Free Product**  
Philadelphia Cream Cheese Lactose Free Product selected varieties 227 - 250 g 21674963\_EA **\$4**

**Kraft Singles Process Cheese Product**  
Kraft Singles Process Cheese Product 410 g **\$4**

**Cheez Whiz Cheese Spread**  
Cheez Whiz Cheese Spread 450 g **\$4**

**Velveeta Process Cheese Product**  
Velveeta Process Cheese Product 450 g selected varieties 21188654\_EA **\$4**

\*Based on the 2026 BrandSpark™ Canadian Trust Study.

## MARC ANGELO

### #1 IMPORTED ITALIAN BRAND



**ANTIPASTO QUATTRO**  
150 g  
21706582\_EA **\$12**

**EUROPEAN CHARCUTERIE**  
85 g  
21706423\_EA **\$8**

**PROSCIUTTO AND ASSORTED VARIETIES**  
85 g  
21706090\_EA **\$8**

**ASSORTED SALAMI CHUBS**  
300 g  
21021491\_EA **\$13**

## MADE BETTER to TASTE BETTER



**Original**  
21316018\_EA

**Lactose-Free**  
21002993\_EA

**Lactose-Free Garlic & Chives**  
21731137\_EA

**Herbs & Spices**  
21177728\_EA

**NEW** Tre Stelle

**2/\$8** OR \$4.99 EA.

**Get 1,850** back in points when you buy 2.

**\$185** back in points

**Tre Stelle Cream Cheese**

## MARC ANGELO

### BBQ Season is Back



**FRESH FULLY COOKED CHICKEN BURGERS**  
• 450 g  
21741560\_EA/21741671\_EA **\$9**

**BACON WRAPPED CHICKEN OR BEEF MEDALLIONS**  
• 340 - 452 g  
21025464\_EA/21378258\_EA **\$15**

**HOT OR MILD ITALIAN GROUND SAUSAGE MEAT**  
• 375 g  
21726446\_EA/21726511\_EA **\$5**

**ALL MARCANGELO FROZEN BAGS**  
• 600 g - 1.4 kg  
20799828\_EA/20799699\_EA **\$14**

## FRESH FLAVOUR FOR ALL YOUR LONG WEEKEND ACTIVITIES



**2/\$6** OR \$5.50 EA. **Traditional Hummus** 260 g 20501132\_EA

**2/\$6** OR \$5.50 EA. **Roasted Garlic Humm!** 283 g 21687331\_EA

**2/\$10** OR \$7.75 EA. **Roasted Red Pepper Protein Hummus** 3 x 100 g 21703711\_EA

**2/\$10** OR \$7.75 EA. **Chili Spiced Oil Humm!** 482 g 21687273\_EA

**fontaine santé**

## YOU COULD WIN 1 MILLION PC Optimum™ Points Prizes

BUY ANY 4 participating Kraft Heinz products and SCAN your PC Optimum™ card to enter



**Heinz Ketchup**  
Selected Varieties  
750 mL - 1 L  
20069080\_EA **\$6**

**Heinz Picnic Trio**  
Selected Varieties  
3 x 375 mL  
20552158\_EA **\$5**

**Heinz Mayonnaise-style Sauces**  
Selected Varieties  
340 mL  
21734588\_EA/21734967\_EA **\$2.99**

**Pure J.L. KRAFT Dressing & Marinade**  
Selected Varieties  
355 mL  
21581737\_EA/21581659\_EA **\$6**

**MiO, Kool Aid & Crystal Light**  
liquids or single-serve drink mix 48 mL  
Selected Varieties  
20749494001\_EA/20663423\_EA **2/\$8** OR \$4.79 EA.

\*NO PURCHASE NECESSARY. Open to Canadian resident PC Optimum members who are 14 years or older. Contest ends June 24, 2026 at 11:59 PM ET. Members can get an entry when they purchase four or more on any eligible Kraft Heinz at participating Retail Canadian Superstore, Real Atlantic Superstore, Your Independent Grocer, Fortinos, City Market, Zehrs, Loblaws, Valu-mart, Dominion, Provigo, No Frills, Maxi, Wholesale Club, Shoppers Drug Mart, Pharmaprix locations and scan their PC Optimum card at the time of purchase. Twenty Prizes of 1,000,000 PC Optimum points, that's like \$1,000 CDN in value when redeemed each. Limit of one prize per member. Must correctly answer mathematical skill-testing question. Odds of winning a prize depends on total number of eligible entries received. For full rules/details and how to enter without purchase, visit <https://www.pcoptimum.com/contest-kraftheinzsummer>

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## Pick your cherry favourite



**Coca-Cola** cherry

**Coca-Cola** cherry

**Diet Coke** cherry

**vitaminwater** cherry

**smartwater** cherry

**MONSTER ENERGY** cherry



**2/\$17\*** OR \$8.99 EA. **Coca-Cola® beverages** selected varieties 12x355 mL 21392782\_C12



**\$9.99\*** **Fuze® iced tea** selected varieties 12x341 mL 21723528\_C12



**2/\$6\*** OR \$3.49 EA. **vitaminwater®** beverages selected varieties 591 mL 20333194006\_EA



**2/\$7\*** OR \$4.49 EA. **smartwater®** beverages selected varieties 1 L 20154181\_EA



**2/\$7\*** OR \$4.29 EA. **Monster Energy®** beverages® selected varieties 444-473 mL 21747704\_EA

Valid from May 14th to May 20th, 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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# TEAM SAVINGS

For fans who love low blocks and low prices.

**4.40** /100 G  
PC® SPLENDIDO PARMIGIANO REGGIANO CHEESE  
PRODUCT OF ITALY, DELI CUT  
20377023\_KG



ALWAYS LOW PRICE  
**\$5** /200 G

ZIGGY'S DELI SERVICE CASE MEAT  
SELECTED VARIETIES  
200 G  
20299196\_KG



**3.25** /100 G  
FROM OUR CHEFS SERVICE CASE HAM  
SELECTED VARIETIES  
21696032\_KG



**\$4**

ZIGGY'S SLICED MEATS  
SELECTED VARIETIES  
175 G  
21592461\_EA  
21590279\_EA



**\$7**

BOURSIN  
SELECTED VARIETIES  
150 G  
20116794\_EA  
20591214\_EA



**2/\$11**  
OR \$6.50 EA

DAIYA DAIRY FREE CHEESE 170-227G  
OR GUSTA VEGGIE BURGER 300 G  
SELECTED VARIETIES  
21660590\_EA/21706716\_EA



Optimum

Members Price  
**\$3**

Non-Members  
**\$4**

Members Save  
**\$1**

PC® NAAN DIPPERS  
SELECTED VARIETIES  
SIZE  
21092033\_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



Optimum

Members Price  
**\$8**

Non-Members  
**\$10**

Members Save  
**\$2**

FIESTA DIP TRAY  
SELECTED SIZES  
425G  
21291689\_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



Optimum

Get **3,000** pts  
When you spend \$12\*

**\$3** back in points

SNACK FACTORY PRETZEL CRISPS  
200 G  
OR CHOCOLATE PRETZEL 155 G  
21576333\_EA  
21676303\_EA



KREMA

The rich and creamy yogurt you deserve



**\$6**

OLYMPIC KREMA YOGURT, 650 G  
SELECTED VARIETIES  
20580372001\_EA/21567006\_EA

NEW



**\$4**

iögo nano CREAMY YOGURT POUCH, 4 X 90 G  
SELECTED VARIETIES  
21797970\_EA/21709941\_EA

NEW



**\$4**

iögo nano YOGURT WITH FLAVOURED PEARLS  
4 X 100 G  
SELECTED VARIETIES  
21797970\_EA/21709941\_EA

SOURCE OF VITAMIN A & D  
DIP LACTOSE FREE



**\$4.50**

iögo nano DRINKABLE YOGURT  
6 X 93 ML  
SELECTED VARIETIES  
21690945\_EA/2060968001\_EA



**\$9**

iögo CREAMY, 0% OR LACTOSE-FREE YOGURT  
16 X 100 G  
SELECTED VARIETIES  
20609583001\_EA/21622847\_EA



**\$12**

iögo CREAMY YOGURT  
2 KG  
SELECTED VARIETIES  
20630092\_EA



**2/\$8**  
OR \$4.99 EA.

siggi's SKYR YOGURT  
4 X 100 G  
SELECTED VARIETIES  
21659074\_EA/21589925\_EA



**\$4**

ASTRO BALKAN YOGURT  
750 G  
SELECTED VARIETIES  
201952800100\_EA/20170532001\_EA

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

# LIBERTÉ PROTEIN & TASTE



**4<sup>50</sup>** Liberté Méditerranée<sup>®</sup> or Liberté Grec<sup>®</sup> selected varieties  
4 x 100 g

20801752003\_EA  
21685700\_EA

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

Liberté Kefir<sup>®</sup> selected varieties  
1 L

21216416\_EA



**\$5**

Yoplait<sup>®</sup> Source<sup>®</sup> tubs selected varieties  
630 g

21391318001\_EA



**\$5**

Yoplait<sup>®</sup> Source<sup>®</sup> Protein<sup>®</sup>  
650 g



21587047\_EA  
21720809\_EA



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**BETTER TEAR, SO MUCH SOFTER<sup>®</sup>**  
\*vs. leading 1000-sheet brand

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

**4X STRONGER WHEN WET<sup>®</sup>**  
\*vs. Leading Canada 2-ply bath tissue

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

## 2X MORE ABSORBENT, SO YOU CAN USE LESS

\*vs leading US ordinary brand

**\$8**

Bounty Paper Towel, Select A Size, 2=5 Roll  
21670279\_EA



**MORE PAPER PER ROLL!<sup>\*\*</sup>**  
\*\*compared to regular rolls

**MORE PAPER PER PACK!<sup>\*\*\*</sup>**  
\*\*\*compared to smaller count pack

**\$18**

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



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Connect all you want.  
Earn points for all you need.

**Earn 20,000 pts**  
after 2 months of service



Mrs. MEYER'S<sup>®</sup> CLEAN DAY

INDOOR CARE for OUTDOOR PEOPLE



**\$5**

Mrs. Meyer's dish soap  
473 mL  
21583420\_EA

**\$20**

Mrs. Meyer's laundry selected varieties  
1.8 L  
21583444\_EA

**\$12**

Mrs. Meyer's concentrated multi surface cleaner refills selected varieties  
946 mL  
21106584\_EA

**\$6**

Mrs. Meyer's multi surface cleaner  
473 mL  
21046908\_EA