

**SAVE  
66%**

**\$1**

**NEILSON  
CHOCOLATE MILK  
750 ML  
LAIT AU CHOCOLAT  
NEILSON  
20766719\_EA**



**SAVE  
UP TO 44%**

**\$5**

**KRAFT PEANUT  
BUTTER 750 G/1 KG OR  
HAZELNUT SPREAD  
725 G  
SELECTED VARIETIES  
BEURRE  
D'ARACHIDE OU  
TARTINADE DE  
NOISSETTES KRAFT  
200395870001\_EA  
212854131\_EA**



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

**PC® THIN & CRISPY,  
FOCACCIA OR  
FLATBREAD PIZZA  
330-455 G, DR. OETKER  
RISTORANTE OR  
CASA DI MAMA PIZZA  
320-410 G, MOMENTI  
OR GIUSEPPE GARLIC  
FINGERS 160-317 G  
SELECTED VARIETIES, FROZEN  
PIZZAS MINCE ET  
CROUSTILLANTE,  
FOCACCIA OU PIZZA  
PAIN PLAT PC® OU  
PIZZA RISTORANTE  
OU CASA DI MAMA,  
MOMENTI OU  
BÂTONNETS À L'AIL  
GIUSEPPE  
DR. OETKER**



**SAVE  
\$1.06**

**4<sup>94</sup>**

**NESTLÉ DRUMSTICK  
4'S OR CONFECTIONERY  
FROZEN DESSERT  
1.5 L OR BARS 4-10'S  
SELECTED VARIETIES, FROZEN  
DRUMSTICK OU  
DESSERT GLACÉ OU  
BARRES DE CONFISERIE  
NESTLÉ  
20332380001\_EA  
2033247520001\_EA**







APP  
EXCLUSIVE  
OFFER\*

**SAVE  
UP TO \$3<sup>99</sup>**

GET  
**5,000<sup>PC</sup>**

**\$5**  
back  
in points

**\$15**

**PC® MEATBALLS  
OR WINGS**  
SELECTED VARIETIES  
FROZEN  
800-907 G  
**BOULETTES OU  
AILES PC®**  
20503320\_EA  
20708932\_EA



\*Open your PC Optimum® app or visit pc optimum.ca to get the offer

**SAVE  
UP TO 47%**



**\$5**

**SCHNEIDERS  
SMOKED SAUSAGE  
OR JUICY JUMBOS  
WIENERS**  
SELECTED VARIETIES  
375/450 G  
**SAUCISSES  
FUMÉES OU  
SAUCISSES FUMÉES  
JUICY JUMBOS  
SCHNEIDERS**  
20003128\_EA  
20770591\_EA



**SAVE  
\$1<sup>50</sup>**



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

**BASSÉ SNACK MIX**  
SELECTED VARIETIES  
415-600 G  
**MÉLANGE DE  
COLLATION BASSÉ**  
21158571\_EA  
21158603\_EA



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

**RITZ CRACKERS,  
BITS SANDWICHES,  
CHEESE NIBS OR  
MINIS OR WHEAT  
THINS MULTIGRAIN  
CRACKERS**  
SELECTED VARIETIES  
175-200 G  
**CRAQUELINS, MINI  
SANDWICHES RITZ,  
CHEESE NIPS OU  
MINIS, CRAQUELINS  
MULTIGRAINS FINS**  
215-7030\_EA  
215-7040\_EA







**Independent**  
Your Independent Grocer

**PROUDLY CANADIAN  
OWNED & OPERATED**

**SAVE  
UP TO 50%**

**6<sup>99</sup>**  
LB

**BONELESS BLADE STEAK**  
FAMILY SIZE OR ROAST CUT FROM  
CANADA AA OR USDA SELECT GRADE  
BEEF OR HIGHER  
15.41/KG  
**BIFTECK OU RÔTIDE**  
**PALETTE DÉOSSÉE**  
20797470\_KG  
20797946\_KG

**SAVE  
46%**

**\$5**  
LB

**CHICKEN THIGHS**  
BONELESS/SKINLESS  
FAMILY SIZE  
11.02/KG  
**HAUTS DE CUISSE**  
**DE POULET**  
20962170\_KG

**SAVE  
UP TO \$2<sup>99</sup> LB**

**\$6**  
LB

**LAMB SHOULDER CHOPS**  
OR FROZEN GOAT CHOPS  
12.23/KG  
**CÔTELETTES D'ÉPAULE**  
**D'AGNEAU OU CÔTELETTES**  
**DE CHEVRE SURGELÉES**  
21590513\_KG  
21645389\_KG

**\$10**  
LB

**FRESH ASC TILAPIA FILLETS**  
OR FRESH RAINBOW  
TROUT FILLETS  
22.05/KG  
FRESH SEAFOOD ITEMS  
SUBJECT TO AVAILABILITY  
**FILETS DE TILAPIA ASC FRAIS**  
**OU FILETS DE TRUITE**  
**ARC-EN-CIEL FRAICHE**  
20897812\_KG  
20897813\_KG

**SAVE  
UP TO 44%**

**\$5**

**FARMER'S MARKET™**  
**MCINTOSH OR PAULA**  
**RED APPLES**  
PRODUCT OF ONTARIO,  
CANADA FANCY GRADE  
4 LB  
**POMMES MCINTOSH**  
**OU PAULA RED**  
**DÉLICES DU MARCHÉ**  
20255215001\_EA  
20713211001\_EA

**SAVE  
39%**

**\$3**

**STRAWBERRIES**  
PRODUCT OF TEXAS OR CALIFORNIA  
1 LB  
**FRAISES**  
PRODUIT D'ÉTOILE

**1 LB**

**SAVE  
\$1**

**\$3**

**COUNTRY HARVEST**  
**BAGELS**  
SELECTED VARIETIES  
6'S  
**BAGELS COUNTRY HARVEST**  
21078597\_EA

**\$8**

**GET  
2,000\***

**\$2**  
back in points

**BUTTER CROISSANTS**  
12'S  
**CROISSANTS AU**  
**BEURRE**  
21683006\_EA



**BAKED  
IN-STORE**

**SAVE  
UP TO 33%**

**\$6**

**PC® SPLENDIDO® 100 G OR**  
**PC® FREE FROM**  
**SLICED DELI MEATS**  
SELECTED VARIETIES  
**CHARCUTERIES**  
**TRANCHÉES PC®**  
**SPLENDIDO® OU PC®**  
**SIMPLEMENT BON**  
20682855\_EA  
21000405\_EA



**SAVE  
45%**

**\$3**

**CRAVE OR KRAFT**  
**DINNER ENTRÉES**  
SELECTED VARIETIES,  
FROZEN  
200-340 G  
**PLATS CUISINÉS**  
**CRAVE OU KRAFT**  
**DINNER**  
21055515\_EA  
21055329\_EA



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

**LIBERTÉ GREEK**  
**YOGURT 650/750 G**  
OR **iöGO YOGURT**  
16X100 G  
SELECTED VARIETIES  
**YOGURT GREC**  
**LIBERTÉ OU**  
**YOGOURT iöGO**  
20609183001\_EA  
20642273\_EA



**Optimum™**  
Members-Only Price

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

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

**ROYALE BATHROOM**  
**TISSUE 30=60 ROLLS OR**  
**TIGER TOWEL PAPER**  
**TOWELS 6=12 ROLLS OR**  
**FACIAL TISSUE 12'S**  
SELECTED VARIETIES  
**PAPIER HYGIÉNIQUE**  
**OU ESSUIE-TOÛT**  
**TIGER TOWEL**  
**OU MOUCHOIRS**  
**ROYALE**  
20705293\_EA  
21378233\_EA  
21484732\_EA

Members save  
**\$6**

**12**

**30=60**

**ROYALE**  
Original

**Tiger**



**APP  
EXCLUSIVE  
OFFER\***

**Shop & earn more**

**Sept 11<sup>th</sup> to Sept 17<sup>th</sup>**

**Open your PC® Optimum App to  
reveal your offer.**

Excludes prescription drugs and optical.

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

Get at least

**10,000** pts

at least  
**\$10**  
back in  
points



**APP EXCLUSIVE OFFER\***

**\$40**

PC® OR NO NAME® SINGLE SERVE COFFEE PODS SELECTED VARIETIES 72/100'S

CAPSULES DE CAFÉ PC™ OU SANS NOM®

2101233\_EA  
2101233\_EA

GET 10,000<sup>PC</sup> back in points

CLUB SIZE - FORMAT CLUB

medium roast pods de café moyenne

GOURMET WEST COAST DARK ROAST CAFÉ NOIR - CÔTE OUEST

\*Open your PC Optimum app or visit [pcoptimum.ca](http://pcoptimum.ca) to get the offer

**\$6**

PREPARED IN CANADA

LACTANTIA BUTTER SELECTED VARIETIES 454 G

BEURRE LACTANTIA

2029612005\_EA  
20639926\_EA

Lactantia COUNTRY CHURNED Butter SALTED 454 g

**\$2**

HEINZ BEANS OR PASTA SELECTED VARIETIES 398 ML

FÈVES OU PÂTES HEINZ

20040380003\_EA  
20177278006\_EA

HEINZ BEANS MAPLE SYRUP 8 g PROTEIN

HEINZ ALPHA GETTI

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

NONGSHIM NOODLES SELECTED VARIETIES 480-508 G

NOUILLES NONG SHIM

21444366\_EA  
21503849\_EA

Kimchi

NEOGURI

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

**2/\$7**

OR \$4 EA.

PC® PASTA SAUCE SELECTED VARIETIES 410-450 ML

SAUCE POUR PÂTES PC™

2033344009\_EA  
20320838001\_EA

ALFREDO

WEET BASIL BASILIC

**\$4**

GREEN GIANT VEGETABLES 400-750 G OR SPECIALTY VEGGIES 283-454 G

SELECTED VARIETIES FROZEN LÉGUMES OU LÉGUMES DE SPÉCIALITÉ GÉANT VERT

21022382\_EA  
21022355\_EA

Green Giant Géant Vert

**1<sup>35</sup>**

MICHELINA'S ENTREES 156-284 G OR TINA'S BURRITOS 113 G

SELECTED VARIETIES FROZEN PLATS CUISINÉS MICHELINA'S OU BURRITOS TINA'S

21208814\_EA  
21639797\_EA

Michelina's Macaroni and Cheese Macaroni au fromage

BEAN & CHILE HARICOTS ET POISSON BURRITO

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

**2/\$7**

OR \$4 EA.

HUMPTY DUMPTY OR OLD DUTCH POTATO CHIPS OR CHEESE FLAVOURED SNACKS OR PARTY MIX

SELECTED VARIETIES 200-290 G

CROUSTILLES, GRIGNOTINES À SAVEUR DE FROMAGE OU MÉLANGE FIESTA HUMPTY DUMPTY, OLD DUTCH

21445700\_EA  
21444697\_EA

Ola Dutch Riddies

Party Mix

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

PREPARED IN CANADA

CHAPMAN'S PREMIUM ICE CREAM, FROZEN YOGURT OR SORBET 2 L OR SUPER NOVELTIES 6-20'S SELECTED VARIETIES FROZEN

CRÈME GLACÉE PREMIUM, YOGOURT GLACÉ OU SORBET OU FRIANDISES GLACÉES SUPER

CHAPMAN'S

2010532\_EA  
20323079001\_EA

Sandwich ICE CREAM

**SAVE \$1.98 WHEN YOU BUY 2**

**2/\$8**

OR \$4.99 EA.

MINUTE MAID ZERO SUGAR DRINK OR SIMPLY DRINK SELECTED VARIETIES 1.54 L

BOISSONS ZÉRO SUCRE MINUTE MAID OU BOISSON SIMPLY

21434119\_EA  
21592206\_EA

Minute Maid zero sugar zero sucre

Simply Mango

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

PRINGLES SUPER STACK POTATO CHIPS SELECTED VARIETIES 148/156 G

CROUSTILLES FORMAT SUPER PRINGLES

21003823\_EA  
21003833\_EA

PRINGLES ORIGINAL

PRINGLES SOUR CREAM & ONION

GET 8,000<sup>PC</sup> for every '20' spent on

**\$8** back in points

IAMS CAT OR DOG FOOD SELECTED VARIETIES 75 G-18.14 KG

NOURRITURE POUR CHAT ET CHIEN IAMS

20924435\_EA  
21027553\_EA

IAMS PROACTIVE HEALTH

**\$21**

TIDE LAUNDRY DETERGENT 3.9 L OR CASCADE TUBS 51/67/90'S SELECTED VARIETIES

DÉTERGENT À LESSIVE TIDE OU CONTENANTS CASCADE

21593670\_EA

Cascade PLATINUM PLUS

Tide

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

GET 2,000<sup>PC</sup> back in points

PREPARED IN CANADA

PC® PAPER TOWELS CLUB SIZE 12 ROLLS

ESSUIE-TOUT PC™

21558605\_EA

SUPER absorbent SUPER absorbants

**PRICE DROP!**

**MORE WAYS TO SAVE**

**5<sup>97</sup>**

BLACK DIAMOND CHEESE SNACKS 252-338 G CRACKER BARREL BARS OR SHREDS 250-400 G

SELECTED VARIETIES COLLECTIONS AU FROMAGE BLACK DIAMOND OU BARRES OU FROMAGE RÂPÉ CRACKER BARREL

20703465\_EA  
21200364\_EA

Black Diamond

**SAVE 20%**

**\$2**

ANNIE'S MACARONI & CHEESE 140-170 G OR GLUTEN FREE 170 G SELECTED VARIETIES

MACARONI AU FROMAGE OU SANS GLUTEN ANNIE'S

2030487001\_EA  
20944957\_EA

Annie's

**SAVE \$1.49**

**\$5**

QUAKER MUFFIN OR COOKIE MIX MUFFIN SELECTED VARIETIES 900 G

MÉLANGE À MUFFIN OU À BISCUIT QUAKER

20301064005\_EA  
21618336\_EA

Quaker

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

**2/\$5**

OR \$2.29 EA.

RED BULL ENERGY DRINKS SELECTED VARIETIES 250 ML

BOISSONS ÉNERGISANTES RED BULL

20703466\_EA  
20703497\_EA

Red Bull

**\$10-20**

FALL BULBS PLANT NOW FOR SPRING BLOOMS SELECTED VARIETIES EACH

BULBES D'AUTOMNE

21389815\_EA  
21529047\_EA

12 Sparbush double mixed/en Mélange

6 Hyacinth mixed/en Mélange

**\$16**

GROWN IN CANADA

FARMER'S MARKET™ MUM HANGING BASKET SELECTED VARIETIES 11 INCH

PANIER SUSPENDU DE CHRYSANTHÈMES DÉLICES DU MARCHÉ™

20660313\_EA



**FRESH  
PROMISE**

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

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

**RASPBERRIES**  
PRODUCT OF MEXICO,  
CANADA OR U.S.A.  
**FRAMBOISES**  
2012838001\_EA



**\$4**

**ROMAINE HEARTS**  
PRODUCT OF CANADA  
OR U.S.A.  
3'S  
**CŒURS DE LAITUE  
ROMAINE**  
20067389001\_EA



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



**VINE RIPE FIELD  
TOMATOES**  
PRODUCT OF ONTARIO  
4.43/KG  
**TOMATES DES  
CHAMPS MÛRIES  
SUR VIGNE**  
20025417001\_KG



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



**EGGPLANT OR  
GREEN ZUCCHINI**  
PRODUCT OF ONTARIO  
CANADA NO. 1 GRADE  
4.41/KG  
**AUBERGINE OU  
GROSSE COURGETTE**  
20155709001\_KG  
20426596001\_KG



**\$4**

**CANTALOUPE**  
PRODUCT OF CANADA  
OR U.S.A.  
EACH  
**CANTALOUPE**  
20167017001\_EA



**\$5**

**LARGE CROWNLESS  
PINEAPPLE**  
PRODUCT OF COSTA RICA  
EACH  
**GROS ANANAS  
SANS COURONNES**  
20199813001\_EA



**\$4**

**FARMER'S MARKET™  
AVOCADO**  
PRODUCT OF MEXICO  
5'S  
**AVOCAT  
DÉLICIES DU MARCHÉ™**  
21644933001\_EA



**2/\$12**  
OR  
\$7 EA.

**BOLTHOUSE FARMS  
SMOOTHIES OR  
JUICE**  
SELECTED VARIETIES,  
PRODUCT OF U.S.A.  
946 ML  
**BOISSONS  
FOUETTÉES OU JUS  
BOLTHOUSE FARMS**  
20301788\_EA  
20325816\_EA



**\$6**

**GUACAMOLE 270 G  
OR PICO DE GALLO  
SALSA 170 G**  
PREPARED IN-STORE  
**GUACAMOLE OU  
SALSA PICO DE  
GALLO**  
21657916\_EA/21552232\_EA



**PREPARED  
IN-STORE**

**\$25**

**ECUADORIAN  
ROSES**  
ASSORTED COLOURS  
DOZEN  
**ROSES DE  
L'ÉQUATEUR**  
20081917001\_KG  
20081917001\_KG



**\$9**



**SUNFLOWERS**  
SELECTED VARIETIES  
5 STEM  
**TOURNESOLS**  
21201274\_EA/21550041\_EA



**\$8**

**MOUNT EVEREST  
SUCCULENT**  
EACH  
**PLANTE GRASSE  
MOUNT EVEREST**  
21665880\_EA



**BLOOM  
OF THE  
MONTH**

**\$8<sup>LB</sup>**

**LEAN GROUND  
BEEF**  
FAMILY SIZE  
17.64/KG  
**BŒUF HACHÉ  
MAIGRE**  
20074354\_KG



**\$7**

**BREADED PORK  
LOIN SCHNITZEL**  
300 G  
**ESCALOPE DE  
LONGE DE PORC  
PANÉE**  
21588065\_EA



**PREPARED  
IN-STORE**

**\$7<sup>LB</sup>**



**CHICKEN BREASTS**  
BONELESS, SKINLESS,  
FAMILY SIZE  
15.43/KG  
**POITRINES DE  
POULET**  
20028450\_KG



**SAVE  
50¢**



**\$7**

**PC® FRESH PORK  
SAUSAGES**  
SELECTED VARIETIES  
375/500 G  
**SAUCISSES DE  
PORC FRAÎCHES**  
PC®  
21584342\_EA  
21584308\_EA



**\$8**



**PC® NATURALLY  
SMOKED BACON**  
SELECTED VARIETIES  
375/500 G  
**BACON FUMÉ  
NATURELLEMENT**  
PC®  
20051292\_EA  
20152629\_EA



**\$9**

**ST-HUBERT PIES**  
SELECTED VARIETIES,  
FROZEN  
675-825 G  
**PÂTE ST-HUBERT**  
20719298\_EA  
20719334\_EA



**\$10**

**PC® HOT SMOKED  
CANDIED OR SPICY  
SALMON STRIPS**  
READY-TO-EAT  
150 G  
**LANIÈRES DE  
SAUMON CONFIT  
FUMÉ À CHAUD OU  
ÉPICÉES PC®**  
20976930\_EA  
20977683\_EA



**SAVE  
\$1**

**\$13**

**PC® ORGANICS  
BLACK TIGER  
LARGE SHRIMP**  
RAW PEELLED  
31-40 PER LBS, FROZEN  
300 G  
**GROSSES  
CIVRETTES  
TIGRÉES NOIRES  
PC® BIOLOGIQUE**  
21532404\_EA



**SAVE  
\$1.99**

**\$8**

**SEAQUEST®  
CALAMARI RINGS**  
UNCOOKED, FROZEN  
340 G  
**RONDELLES  
DE CALMAR  
SEAQUEST®**  
20027170\_EA





# FRESH VALUE

**\$4**



**CINNAMON RAISIN BREAD**  
BAKED IN-STORE  
550 G  
**PAIN CANNELLE ET RAISINS**  
20729433\_EA



NATIONAL CINNAMON RAISIN BREAD DAY  
TUESDAY SEPT 16TH

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



**ACE BAKERY BISTRO LOAF**  
WHITE OR SOURDOUGH  
595 G  
**MICHE BISTRO BOULANGERIE ACE**  
21060992\_EA  
20616156\_EA



**2/\$8**



OR \$4.79 EA.  
**PREMIUM BAGELS**  
SELECTED VARIETIES  
6'S  
**BAGELS DE CHOIX**  
21066449\_EA  
21572838\_EA



BAKED IN-STORE

**\$6**  
Members-Only Price

Members save \$1



**\$7**  
Non-members

**FARMER'S MARKET MUFFINS**  
SELECTED VARIETIES  
6'S  
**MUFFINS DÉLICIES DU MARCHÉ**  
21283356\_EA  
21283357\_EA



**\$5**



**TURNOVERS**  
BAKED IN-STORE  
SELECTED VARIETIES  
4'S  
**CHAUSSENS**  
21468196\_EA  
21468200\_EA



**\$19**



**LA ROCCA 6 INCH CAKES**  
SELECTED VARIETIES  
600 G  
**GÂTEAUX 6 POUCES LA ROCCA**  
20378310\_EA  
20378352\_EA



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



**HOSTESS SNACK CAKES**  
SELECTED VARIETIES  
AND SIZES  
**PETITS GÂTEAUX HOSTESS**  
21283356\_EA  
21283357\_EA



**\$3**



**PC® OR BLUE MENU® ENGLISH MUFFINS**  
SELECTED VARIETIES  
6'S  
**MUFFINS ANGLAIS PC® OU MENU BLEU®**  
20810738\_EA  
20810739\_EA



**2/\$7**



OR \$3.99 EA.  
**WONDER OR D'ITALIANO BREAD**  
SELECTED VARIETIES  
AND SIZES  
**PAIN WONDER OU D'ITALIANO**  
20938325\_EA  
20276294\_EA



**SAVE \$2.49**



**\$8**

**BALDERSON CHEDDAR**  
SELECTED VARIETIES  
250/280 G  
**CHEDDAR BALDERSON**  
20415944\_EA  
21495455\_EA  
21495561\_EA



**SAVE 99¢/100 G**

**\$4**

/100 G

**LE GRUYERE**  
IN-STORE, DELICUT  
**LE GRUYERE**  
20725733\_EA



**\$3**



/100 G

**PC® CHICKEN SERVICE CASE MEATS**  
SELECTED VARIETIES  
**POULET PC® POUR LE COMPTOIR DE SERVICE**  
20938325\_EA



**\$13**  
Members-Only Price

Members save \$1



**\$14**  
Non-members

**MAPLE LEAF NATURAL SELECTIONS SLICED DELI MEAT CLUB PACK**  
SELECTED VARIETIES  
**CHARCUTERIES NATURAL SELECTIONS MAPLE LEAF**  
375/400 G  
20772015\_EA/20772016\_EA



**SAVE 50¢**



**\$4**

**FONTAINE SANTÉ HUMMUS**  
SELECTED VARIETIES  
260/283 G  
**HUMMUS FONTAINE SANTÉ**  
20501132\_EA  
21687331\_EA



**\$5**  
Members-Only Price

Members save \$1



**\$6**  
Non-members

**PC® BLACK LABEL CRISPS 150 G OR SOMETHING SPECIAL JELLY**  
SELECTED VARIETIES  
**CRAQUELINS PCMD COLLECTION NOIRE OU GELÉE SOMETHING SPECIAL**  
20500871\_EA  
20501555\_EA



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

**BENTO CALIFORNIA ROLLS**  
SELECTED VARIETIES  
190-236 G  
**ROULEAUX CALIFORNIENS BENTO**  
21633857\_EA

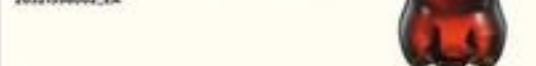


**BUY ANY**

**PREPACK SANDWICH 184-363 G SANDWICH PRÉEMBALLÉ FOR \$6-7**

**GET \$1 OFF**

**PEPSI OR AQUAFINA 591 ML, ROCKSTAR 473 ML OR GURU OR CELSIUS 355 ML**  
SELECTED VARIETIES  
**PEPSI OU AQUAFINA, ROCKSTAR, GURU OU CELSIUS**  
20321598002\_EA



**\$10**

**BUY AN IN-STORE PREPARED BOWLS 345-400 G, SELECTED VARIETIES AND A PEPSI, AQUAFINA 591 ML, ROCKSTAR 473 ML, GURU, CELSIUS 355 ML**  
SELECTED VARIETIES  
**BOL PRÉPARÉ EN MAGASIN, ET UN PEPSI, AQUAFINA, ROCKSTAR, GURU OU CELSIUS**  
21664710\_EA  
21664766\_EA



## \$20 meal deals

**\$20**

MADE IN-STORE ROTISSERIE CHICKEN 900 G-1 KG PAIRED WITH TWO SMALL SIDES OF YOUR CHOICE 134-454 G AND PEPSI BEVERAGE 1 L  
POULET DE ROTISSERIE PRÉPARÉ EN MAGASIN ACCOMPAGNE DEUX PLATS D'ACCOMPAGNEMENT PETIT FORMAT DE VOTRE CHOIX ET UNE BOISSON PEPSI

**\$20**

BUY IN-STORE PREPARED 8 PIECE FRIED CHICKEN OR 9 PIECE CHICKEN STRIPS 700-870 G WITH TWO SMALL SIDES OF CHOICE 134-454 G AND PEPSI BEVERAGE 1 L  
ACHETEZ 8 MORCEAUX DE POULET FRIT OU 9 MORCEAUX DE LANIÈRE DE POULET PRÉPARÉS EN MAGASIN AVEC DEUX PLATS D'ACCOMPAGNEMENT PETIT FORMAT DE VOTRE CHOIX ET UNE BOISSON PEPSI

**\$20**

BUY IN-STORE PREPARED READY TO COOK SALMON OR CHICKEN ENTRÉE 472-637 G WITH A READY TO COOK SIDE 545-865 G  
ACHETEZ UN PLAT CUISINÉ DE SAUMON OU POULET PRÊT À CUIRE AVEC UN PLAT D'ACCOMPAGNEMENT PRÊT À CUIRE



SEPTEMBER

HIT  
OF THE  
MONTH

LIMIT 6  
AFTER LIMIT  
\$4 EA.



\$3

**MAYNARDS CANDY**  
SELECTED VARIETIES  
308/315 G  
21545809\_EA  
21545820\_EA

LIMIT 6  
AFTER LIMIT  
2.50 EA.



\$1<sup>50</sup>

**BAGEL BITES PIZZA  
SNACKS**  
SELECTED VARIETIES  
FROZEN  
198 G  
20213483001E\_EA  
20213483003\_EA

LIMIT 6  
AFTER LIMIT  
3.50 EA.



\$2<sup>50</sup>

**PC® BLUE MENU® ORGANICS  
OR PROTEIN 10 INCH  
TORTILLAS**  
342-650 G OR  
**PRESIDENT RONDELE DELI  
CREAM CHEESE SPREAD**  
125 G  
SELECTED VARIETIES  
21672975\_EA  
20182857\_EA

LIMIT 6  
AFTER LIMIT  
\$5 EA.



\$4

**DURACELL  
COPPERTOP  
AA B'S OR AAA  
4'S ALKALINE  
BATTERIES**  
SELECTED VARIETIES  
21696237\_EA  
21696078\_EA

LIMIT 6  
AFTER LIMIT  
2.75 EA.



\$2

**WET ONES ANTIBACTERIAL  
HAND WIPES 20'S OR  
HUGGIES 1X BABY WIPES**  
SELECTED VARIETIES  
56/64'S  
20557596\_EA  
21084208\_EA

LOWEST PRICES  
BEST DEALS

As compared to other major grocery retailers within your local areas.

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

Valid from September 1 - 30, 2025. While quantities last. See in-store for details.



# GET BONUS STICKER PACKS

WHEN YOU BUY THESE PARTICIPATING OFFERS

© 2025 MARVEL

**SPEND \$15\* ON ANY CRACKER BARREL, BLACK DIAMOND, ASTRO OR LACTANTIA PRODUCTS AND GET ONE BONUS STICKER PACK**

21290384\_EA/20763661\_EA/20986474\_EA/20165226001\_EA/20020563\_EA/21424991\_EA

**SPEND \$10\* ON ANY CHEERIOS, OATMEAL CRISP, NATURE VALLEY, ANNIES, OLD EL PASO OR PILLSBURY PRODUCTS AND GET ONE BONUS STICKER PACK**

21210648\_EA/21053499\_EA

**SPEND \$10\* ON ANY KRAFT, HEINZ, PHILADELPHIA OR MAXWELL HOUSE PRODUCTS AND GET ONE BONUS STICKER PACK**

20039141001\_EA/20069080\_EA/20664924010\_EA/21188654\_EA

**SPEND \$15\* ON ANY CHRISTIE CRACKERS OR COOKIES OR CLIF ENERGY BARS AND GET ONE BONUS STICKER PACK**

21547034\_EA/21358407\_EA/21664843\_EA

**SPEND \$10\* ON ANY CAMPBELL'S SOUP, GOLDFISH CRACKERS, KETTLE CHIPS OR V8 BEVERAGE PRODUCTS AND GET ONE BONUS STICKER PACK**

21480447\_EA/20300330\_EA/21522052\_EA

**SPEND \$10\* ON ANY NESCAFE, STARBUCKS COFFEE, PERRIER OR MAISON PERRIER BEVERAGE AND GET ONE BONUS STICKER PACK**

20873036\_EA/20549682003\_EA/21575556\_CA

**SPEND \$12\* ON ANY 12X355 ML SIZE COCA COLA, CANADA DRY, A&W, SPRITE, FANTA OR FRESCA PRODUCTS AND GET ONE BONUS STICKER PACK**

2039894002\_C12/2039324002\_C12

**SPEND \$10\* ON ANY PC® SPARKLING BEVERAGES FOR IMMUNE SUPPORT, ENERGY METABOLISM OR GUT HEALTH OR PC® COLD PRESSED JUICES, JUICE SHOTS OR LIQUID WATER ENHANCERS FOR ENERGY METABOLISM AND IMMUNE AND GET ONE BONUS STICKER PACK**

21664423\_EA/20650411\_C06

**SPEND \$15\* ON ANY ROYALE PAPER PRODUCTS AND GET ONE BONUS STICKER PACK**

2108478\_EA/2107705\_EA/21484702\_EA/21378233\_EA

**SPEND \$10\* ON CREST, ORAL B, HEAD & SHOULDERS OR OLD SPICE SHAMPOO AND GET ONE BONUS STICKER PACK**

21354802\_EA/21050506\_EA/21354024\_EA/21354006\_EA



**MARVEL**

# GLASSWARE COLLECTIBLES

© 2025 MARVEL

COLLECT THEM ALL!

Buy two (2)  
Get two (2) FREE

**\$4 EACH\***

LIMITED QUANTITY AVAILABLE

\*While supplies last.

**\$3**

PC® READY TO EAT POPCORN  
SELECTED VARIETIES  
220-250 G  
20910769\_EA  
21287661\_EA

**PURPLE KERNEL**  
POPCORN • MAÏS SOUFFLÉ  
GRAINS MAUVES  
Sel de mer

**KETTLE CORN**  
MAÏS CUIT À LA MARMITE  
SWEET & SALTY  
SUCRE ET SALE

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

**2/\$5**  
OR  
\$3 EA.

CATELLI SMART OR HEALTHY HARVEST PASTA  
SELECTED VARIETIES  
340/375 G  
20226619004\_EA  
20527264\_EA

**CATELLI**  
SMART  
PENNE RIGATE  
FIBRE

**CATELLI**  
WHOLE GRAINS  
ROTINI  
FIBRE

**\$3**

GOLDFISH BAKED SNACK CRACKERS OR CRISPS  
SELECTED VARIETIES  
156-200 G  
20300320\_EA  
21575178\_EA

**Goldfish**  
BAKED  
CHEDDAR  
REAL CHEESE

**Goldfish**  
CRISPS  
CROUSTILLANTS  
SOUR CREAM & ONION  
CRÈME SURE ET OIGNON

**\$3**

NATURE VALLEY BISCUIT, PROTEIN BARS AND SWEET & SALTY 6'S 148-210 G  
OR FIBRE 1 BARS 125 G  
SELECTED VARIETIES  
20587504001\_EA  
21213559\_EA

**NATURE VALLEY**  
SWEET & SALTY  
DARK CHOCOLATE NUT

**fibre 1**  
BROWNIES  
CHOCOLATEY FIBRE

**SAVE \$1.47**  
**WHEN YOU BUY 3**

**3/\$3**  
OR  
\$1.49 EA.

NESTLÉ CHOCOLATE SINGLES  
SELECTED VARIETIES  
33-60 G  
20060954\_EA  
20306218\_EA

**KitKat**  
The SOULFUL KIT  
le SOUCHEUR DOUBLE

**Aero**  
100% naturally sourced cocoa  
Cocoa semisweet  
100% 7% dursité

**\$5**

CLASSICO SAUCE  
SELECTED VARIETIES  
410/600 ML  
20225609003\_EA  
20618217\_EA

**CLASSICO**  
TOMATO & BASIL  
TOMATES & BASILIC

**CLASSICO**  
ALFREDO  
PRODUCT OF U.S.A. / PRODUIT DU U.S.A.

**SAVE \$1.49**

**\$5**

MILK 2GO  
SELECTED VARIETIES  
6X200 ML  
21537895\_EA

**MILK 2GO**  
LATS GO

**\$5**

M&M STANDUP POUCH CHOCOLATE 125-193 G OR SKITTLES  
OR STARBURST CANDY OR GUMMIES  
SELECTED VARIETIES  
20048330\_EA  
21571767\_EA

**M&M's**  
milk chocolate  
chocolant aux lait

**Skittles**  
Bowl Size  
Four plus a bonbon

**SAVE 98¢**  
**WHEN YOU BUY 2**

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

CLIF ENERGY BARS  
SELECTED VARIETIES  
68 G  
20130914003\_EA

**CLIF BAR**  
SOURCE OF ENERGY  
SOURCE D'ÉNERGIE  
CHOCOLATE CHIP  
PÉPITES DE CHOCOLAT

**\$25**

McCAFE K-CUP  
SELECTED VARIETIES  
30'S  
21240975\_EA

**McCafe**  
100% ETHICALLY SOURCED ARABICA BEANS  
Premium Roast

**SAVE \$1.98**  
**WHEN YOU BUY 2**

**2/\$15**  
OR  
\$8.49 EA.

PEPSI SOFT DRINKS  
SELECTED VARIETIES  
12X355 ML  
209223610001C12  
203321327004\_C12

**PEPSI**  
DIET

**\$10**

ROYALE TIGER TOWELS  
PAPER TOWELS  
3+6 ROLLS  
21484793\_EA

**Royale**  
Tiger

**\$10**

TIDE DETERGENT 1.62-1.86 L/18-31'S,  
DOWNY OR GAIN FABRIC SOFTENER 1.66-2.63 L,  
DOWNY, GAIN OR IVORY SNOW BEADS 303-379 G OR DAWN LIQUID 2.21/2.64 L  
SELECTED VARIETIES  
21420099\_EA  
21583782\_EA

**Tide**

**DAWN**  
PLATINUM 4X

**\$5**

PINESOL CLEANER 1.41 L OR CLOROX WIPES 75'S  
SELECTED VARIETIES  
20298679001\_EA  
20348517002\_EA

**Pine-Sol**  
4X  
KILLS 99.9% OF VIRUSES & BACTERIA

**CLOROX**  
Disinfecting Wipes  
Kills 99.9% of Viruses & Bacteria

**\$8**

DOVE HAIR CARE  
SELECTED VARIETIES  
750 ML  
20419882001\_EA  
21571773\_EA

**Dove**  
MEN + CARE  
FRESH CLEAN

**\$10**

DOVE MEN CARE BODY WASH 710 ML OR BAR SOAP 6X106 G  
SELECTED VARIETIES  
21239547\_EA  
21638572\_EA

**Dove**  
MEN + CARE  
EXTRA FRESH  
FRAÎCHEUR ULTRA



# SWEET and TART



**\$5**

**FARMER'S MARKET™  
LEMONS**  
PRODUCT OF SOUTH AFRICA  
2 LB  
20795315001\_EA



**\$8**

**FARMER'S MARKET™  
GRAPEFRUIT**  
PRODUCT OF SOUTH AFRICA  
3 LB  
2018409001\_EA



**\$7**

**FARMER'S MARKET™  
NAVEL ORANGES**  
PRODUCT OF SOUTH AFRICA  
3 LB BAG  
20162945001\_EA



**\$7**

**NO NAME®  
NATURALLY IMPERFECT™  
MANDARINS**  
PRODUCT OF SOUTH AFRICA  
2 LB  
21649605001\_EA



**\$8**

**PC® ORRI  
MANDARINS**  
PRODUCT OF SOUTH AFRICA  
2 LB  
20907647001\_EA



**\$8**

**FARMER'S MARKET™  
MANDARINS**  
PRODUCT OF SOUTH AFRICA  
4 LB BAG  
20654025001\_EA



## FALL HARVEST

**SAVE  
\$2**

**\$5**

**FARMER'S MARKET™  
RED OR YELLOW  
POTATOES**  
PRODUCT OF ONTARIO,  
NO. 1 GRADE  
10 LB BAG  
20609013001\_EA  
20609017001\_EA



**\$2**

**PIE PUMPKIN**  
PRODUCT OF CANADA  
EACH  
2010185001\_EA



**SAVE  
\$1**

**\$3**

**FARMER'S MARKET™  
CARROTS OR  
YELLOW ONIONS**  
PRODUCT OF ONTARIO,  
CANADA NO. 1 GRADE  
3 LB BAG  
206090927001\_EA  
20819994001\_EA



**SAVE  
59%**

**\$1<sup>LB</sup>**

**SQUASH**  
SELECTED VARIETIES,  
PRODUCT OF ONTARIO,  
CANADA NO. 1 GRADE  
2.20/KG  
20071263001\_KG  
20317208001\_KG



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

**GREEN BEANS**  
PRODUCT OF ONTARIO,  
CANADA NO. 1 GRADE  
5.51/KG  
20142683001\_KG



**2<sup>25</sup>**

**BROCCOLI CROWNS**  
PRODUCT OF CANADA  
21121560001\_EA





# GROCERY

SAVE  
49¢

\$5

**THAI KITCHEN  
CURRY PASTE**  
SELECTED VARIETIES  
112 G  
20003373001\_EA  
20003373002\_EA



SAVE  
UP TO 99¢

\$7

**MINUTE RICE**  
SELECTED VARIETIES  
1.2/1.4 KG  
20074783001\_EA  
20074783002\_EA



11<sup>88</sup>

**DAN-D PAK  
CASHEWS**  
SELECTED VARIETIES  
908 G  
20314862001\_EA  
20314862002\_EA



SAVE  
UP TO \$1.99

\$12

**UNCrustABLES**  
SELECTED VARIETIES  
FROZEN  
10'S  
21022918\_EA  
21543056\_C10



1<sup>47</sup>

**CAMPBELL'S TOMATO,  
CREAM OF MUSHROOM,  
VEGETABLE OR CHICKEN  
NOODLE SOUP**  
284 ML  
20176214001\_EA  
20176214004\_EA



5<sup>50</sup>

**CLOVER LEAF  
SOCKEY SALMON 210 G  
OR LIGHT TUNA 3X80 G**  
SELECTED VARIETIES  
21314810\_EA  
21592145\_EA



SAVE  
\$2

\$5

**PC® MAYONNAISE**  
SELECTED VARIETIES  
750/890 ML  
20304638\_EA  
20770952\_EA



\$10

**NO NAME® CANOLA  
OR VEGETABLE OIL**  
SELECTED VARIETIES  
3 L  
20028656\_EA  
20103390\_EA



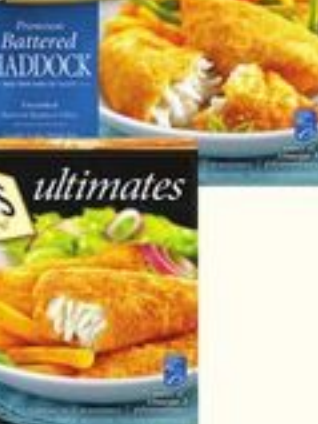
\$3

**NO NAME® SPICES**  
SELECTED VARIETIES  
15-250 G  
20617758\_EA  
20618677\_EA



\$13

**JANE'S ultimates**  
SELECTED VARIETIES  
FROZEN  
450-615 G  
20044853\_EA  
20617334\_EA



\$7

**GIUSEPPE PIZZA**  
439-785 G OR EASY PIZZI  
560-600 G  
SELECTED VARIETIES  
FROZEN  
21063461\_EA  
21359564\_EA



SAVE  
\$1.99

\$6

**SCHNEIDERS  
BREAKFAST BITES  
OR SANDWICHES**  
SELECTED VARIETIES  
FROZEN  
204-288 G  
21622187\_EA  
21623288\_EA



2/4<sup>50</sup>

OR  
\$2.49 EA.  
**PC® 100% JUICE  
OR JUICE BLENDS**  
SELECTED VARIETIES  
21060954\_EA  
21060958\_EA



APP  
EXCLUSIVE  
OFFER

\$5

GET  
1,500™

\$1.50  
back  
in points

**CHAPMAN'S  
SUPER PREMIUM  
PLUS ICE CREAM**  
500 ML OR  
PC® LOADS OF  
BARS 4'S  
SELECTED VARIETIES  
FROZEN  
21011467\_EA  
21073238\_EA



\$11

**CADBURY  
FUN SIZE BARS**  
45'S, 558 G  
21668862\_EA



SAVE  
\$2.98

WHEN YOU BUY 2

2/\$13

OR  
\$7.99 EA.  
**BUBLY  
SPARKLING WATER**  
SELECTED VARIETIES  
12X355 ML  
21097077\_C12  
21508926\_C12



4<sup>50</sup>

**OASIS 100%  
JUICE BLENDS OR  
HYDRAFRUIT JUICE**  
SELECTED VARIETIES  
8X200 ML  
20944313\_EA  
20944455\_EA



SAVE  
\$2

WHEN YOU BUY 2

2/15<sup>42</sup>

OR  
\$8.71 EA.  
**COCA-COLA OR  
CANADA DRY**  
SELECTED VARIETIES  
12X355 ML  
20318094002\_C12



SAVE  
99¢

2<sup>50</sup>

**ITALPASTA**  
SELECTED VARIETIES  
900 G  
20081342001\_EA



\$15

**COTTONELLE  
BATHROOM TISSUE**  
12=48 ROLLS OR  
FLUSHABLE WIPES 4'S  
SELECTED VARIETIES  
21477027\_EA  
21665993\_EA



\$21

**CASHMERE  
BATHROOM TISSUE**  
SELECTED VARIETIES  
24=72 ROLLS  
21189045\_EA  
21443648\_EA



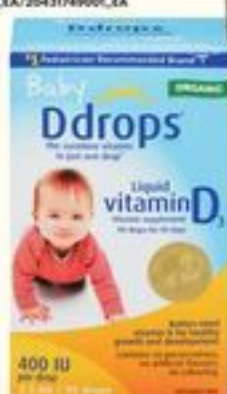


# ELEVATE YOUR WELL BEING

SAVE  
UP TO

**20%**

**DDROPS LIQUID  
VITAMIN DROPS 1.7-7.5 ML OR  
IRON KIDS CHILDREN'S  
VITAMINS 60-200'S**  
SELECTED VARIETIES  
20034059\_EA/20431749001\_EA



SAVE  
UP TO

**20%**

**CENTRUM MULTIVITAMINS  
CALTRATE BONE HEALTH  
SUPPLEMENTS OR  
EMERGEN-C VITAMINS**  
SELECTED VARIETIES AND SIZES  
20996280\_EA/20997357\_EA



SAVE  
UP TO

**20%**

**ENSURE OR  
GLUCERNA  
READY TO  
DRINK SHAKES**  
SELECTED VARIETIES  
AND SIZES  
20180283003\_EA  
20308731008\_C06



**\$10**

**TYLENOL  
COUGH & COLD,  
SINUS 18-20'S,  
BENLYN 20-5/100 ML  
OR SUDAFED 20-24'S**  
SELECTED VARIETIES  
20876419\_EA/20322277001\_EA



SAVE  
UP TO \$3.49

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

**ADVIL PAIN RELIEF GELS  
AND CAPLETS 40-150'S OR  
ALEVE OR ASPIRIN  
PAIN RELIEF  
CAPLETS, TABS  
OR CHEWS 40-180'S**  
SELECTED VARIETIES  
2030676001\_EA  
20103677001\_EA



SAVE  
UP TO

**15%**

**PERFECT SPORTS  
SUPPLEMENTS**  
SELECTED VARIETIES  
AND SIZES  
21068247\_EA/21068329\_EA



**\$15**

**ALWAYS  
PADS 26-62'S OR  
LINERS 116-216'S OR  
TAMPAX  
TAMPONS 38-50'S**  
SELECTED VARIETIES  
AND SIZES  
21274646\_EA  
21004690\_EA



**\$10**

**U BY KOTEX  
PADS 22-48'S OR  
LINERS 80-129'S OR  
TAMPONS 30-32'S**  
SELECTED VARIETIES  
21288015\_EA/21018306\_EA



**\$20**

**ALWAYS  
DISCREET  
PADS OR  
UNDERWEAR**  
SELECTED VARIETIES  
AND SIZES  
20814897\_EA/20814923\_EA



**4/\$5**

OR  
\$1.49 EA.  
**PC<sup>®</sup> ORGANICS  
BABY FOOD POUCH**  
SELECTED VARIETIES  
128 ML  
20651248003\_EA  
20664167011\_EA



**\$4**

**BABY GOURMET  
ORGANIC PUFFIES,  
BARS OR CRUNCHY  
CROCS BABY SNACKS**  
SELECTED VARIETIES  
35-90 G  
20414276\_EA/21097407\_EA



**3/\$9**

OR  
\$3.99 EA.  
**LITTLE BELLIES  
ORGANIC  
PICK-ME-STICKS**  
SELECTED VARIETIES  
16 G  
21540211\_EA/21060680\_EA



**75<sup>47</sup>**

**ENFAMILA+  
NEUROPRO OR  
GENTLELEASE  
READY TO FEED  
FORMULA**  
SELECTED VARIETIES  
16 X 237 ML  
21590960\_C01  
21590968\_C01



**55<sup>99</sup>**

**SIMILAC STAGE 1 & 2  
READY TO FEED  
BABY FORMULA**  
SELECTED VARIETIES  
16X235 ML  
21334496\_C01/21334752\_C01





# LIVE WELL, SPEND LESS

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

**SOFT SOAP  
LIQUID HAND  
SOAP PUMP**  
SELECTED VARIETIES  
332 ML  
2131640\_EA  
2131827\_EA



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

**IVORY BODY WASH  
631/1035 ML OR  
BAR SOAP 3/10X90 G**  
SELECTED VARIETIES  
20449374001\_EA  
20449374002\_EA



**SAVE  
UP TO**

**25%**

**MRS. MEYER'S  
HAND SOAP**  
370 ML OR  
REFILL 975 ML  
SELECTED VARIETIES  
21663707\_EA  
21663710\_EA



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

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



**\$6**

**LISTERINE  
CLASSIC 1 L OR  
KIDS 500 ML  
MOUTHWASH**  
SELECTED VARIETIES  
20348438001\_EA  
21356391\_EA



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

**CREST COMPLETE  
TOOTH PASTE 120 ML,  
CREST STAIN ERASER  
TOOTH PASTE 65 ML,  
CREST KIDS  
TOOTH PASTE 85-100 ML  
OR ORAL-B COMPLETE  
SATIN FLOSS 50 M**  
SELECTED VARIETIES  
20348790001\_EA  
21041820\_EA



**\$9**

**GILLETTE OR VENUS  
DISPOSABLE RAZORS**  
SELECTED VARIETIES  
1-B'S  
20179414001\_EA  
20984907\_EA



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

**DIAL LIQUID  
HAND SOAP  
OR FOAMING  
HAND WASH**  
SELECTED VARIETIES  
887 ML 1.53 L  
21310715\_EA  
21591315\_EA



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

**COLGATE MAXFRESH OR  
TOTAL TOOTH PASTE 3'S,  
MANUAL TOOTHBRUSH 2'S,  
BATTERY TOOTHBRUSH OR  
COLGATE TOTAL OR PRO  
RELIEF MOUTHWASH**  
SELECTED VARIETIES AND SIZES  
21189330\_EA/21166655\_EA



**\$6**

**HEAD &  
SHOULDERS  
OR OLD SPICE  
HAIR CARE**  
SELECTED VARIETIES  
AND SIZES  
21505016\_EA  
21505054\_EA



**SAVE  
UP TO**

**20%**

**PANTENE  
HAIR CARE**  
SELECTED VARIETIES  
AND SIZES  
21240064\_EA  
21431192\_EA



**\$12**

**L'ORÉAL PREFERENCE,  
FÉRIA OR GARNIER OLIA  
HAIR COLOUR**  
SELECTED VARIETIES  
2030462009\_EA  
20306667000\_EA



**SAVE  
UP TO**

**30%**

**JOHN FRIEDA OR  
MARC ANTHONY  
HAIR CARE**  
SELECTED VARIETIES  
AND SIZES  
20310284003\_EA  
20313630002\_EA



**SAVE  
UP TO**

**20%**

**EUCERIN OR AQUAPHOR  
LOTIONS OR HEALING  
OINTMENT CREAMS**  
SELECTED VARIETIES AND SIZES  
20404196\_EA



**SAVE  
UP TO**

**20%**

**NEUTROGENA  
CLEANSERS,  
MOISTURIZERS  
OR TREATMENTS**  
SELECTED VARIETIES  
AND SIZES  
208521050002\_EA



**SAVE  
UP TO**

**20%**

**GARNIER  
MICELLAR  
WATER 400 ML,  
SKIN ACTIVE  
OR NATURAL  
MOISTURIZERS  
OR L'ORÉAL  
REVITALIFT DERM  
SENSITIVE  
SERUM**  
SELECTED VARIETIES  
AND SIZES  
21079234\_EA  
21549485\_EA



**\$7**

**CAPRINA  
FOAM BATH**  
SELECTED VARIETIES  
1 L  
21658072\_EA  
21658252\_EA



**\$11**

**DR. TEAL'S  
PURE EPSOM SALT**  
SELECTED VARIETIES AND SIZES  
20335315\_EA/20884351\_EA





# PAMPER YOUR PET

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

**\$35**

**DOG OR PUPPY CHOW**  
SELECTED VARIETIES  
11.4/34 KG  
21520422\_CA



**SAVE**  
**\$4.99**

**\$38**

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



**SAVE**  
**99¢**

**\$10**

**PURINA CAT CHOW**  
SELECTED VARIETIES  
1.42-2 KG  
20319556061\_EA



**SAVE**  
**\$2.99**

**\$25**

**FANCY FEAST CAT FOOD**  
SELECTED VARIETIES  
24'S  
21570917\_CA



**SAVE**  
**\$2.99**

**\$25**

**FRISKIES CAT FOOD**  
SELECTED VARIETIES  
24'S  
21082328\_CA



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

**PC® NUTRITION FIRST® DOG FOOD**  
SELECTED VARIETIES  
374 G  
21559227\_EA  
21559232\_EA



**\$1**

**PC® NUTRITION FIRST® CAT FOOD**  
SELECTED VARIETIES  
85 G  
21618536\_EA  
21618544\_EA



**SAVE**  
**99¢**

**\$9**

**MILK-BONE COMFORT CHEWS**  
210/312 G  
21620417\_EA



**SAVE**  
**\$1.99**

**\$11**

**PC® LIGHT WEIGHT CAT LITTER**  
SELECTED VARIETIES  
21645236\_EA



\*\*\*\*\*  
\*\*\*\*\*  
**OFFICIAL SPONSORS  
OF THE NFL**  
\*\*\*\*\*  
\*\*\*\*\*



**LIMITED  
TIME  
ONLY**



**2/\$15**

OR  
\$8.49 EA.  
**PEPSI® BEVERAGES**  
12x355 mL  
20296626004\_C2/21622972\_C2



**LIMITED  
TIME  
ONLY**



**2/\$8**

OR  
\$5.29 EA.  
**PEPSICO BEVERAGES**  
selected varieties  
6x222 mL  
21657888\_C06/21659017\_C06



**2/\$13**

OR  
\$7.99 EA.  
**bubly™ sparkling water beverage**  
selected varieties  
12x355 mL  
21659534\_C2/21659717\_C2



**LIMITED  
TIME  
ONLY**

**2/\$12**

OR  
\$7.99 EA.  
**GATORADE PERFORM® Sports Drink**  
selected varieties  
6x591 mL  
21671194\_C06/21672493\_C06



**NEW**

**3/4.98**

OR  
\$1.99 EA.  
**BRISK® Iced Tea**  
selected varieties  
710 mL  
21082610\_EA/21653509\_EA



**STARBUCKS FRAPPUCCINO®**  
Coffee Drink  
selected varieties  
405 mL  
20660857\_EA/20662689\_EA



**3/4.98**

OR  
\$1.99 EA.  
**MONTELLIER® Carbonated  
Natural Spring Water**  
selected varieties  
1 L  
20662284\_EA/21096645\_EA





# BACK TO SCHOOL WITH *Disney* **Stitch**

**\$5**

Cheese Dippers 4g, 140 g  
200/K122\_SA



**\$5**

The Laughing Cow 6g  
100 g  
200/K127\_SA



**\$5**

Bakelyt 6g, 120 g  
200/K132\_SA









**Breyers**

100% Canadian Milk & Cream  
Sustainably Farmed Vanilla  
Flavours & Colours From  
Natural Sources



**2/\$11** Breyers Creamery Style or  
Custard  
Selected Varieties  
1.41 L  
214511382, EA716011189\_EA



**MAGNUM**  
ICE CREAM

MORE CHOCOLATE  
MORE INDULGENCE



**2/\$11** Magnum  
Selected Varieties  
3 or 4's  
16.99 EA, 20342009003\_EA

**BEN & JERRY'S**

New ways to indulge  
with Ben & Jerry's



**2/\$11** Ben & Jerry's  
Creamy Varieties  
873 mL  
214282175, EA714922146\_EA



**PopSicle**  
Real Fruit Flavour

A Family Favourite  
For All Ages!



**\$5** Popsicle  
Selected Varieties  
12's  
207631139\_EA

**SNACK,**  
*give & win*  
**CONTEST**

We'll donate  
**\$40,000**  
to Kids Help Phone





**+ You could WIN\* one of**

**5 prizes of \$1,000**

**ENTER TODAY!**

 **Buy any Lactalis yogurt**

 **Upload your receipt to snackandgive.ca**

† Made in Canada from domestic and imported ingredients.  
\*Lactalis Canada Inc. will donate a one-time total of \$40,000 to Kids Help Phone by October 31, 2025.  
\*\*No purchase necessary. Contest starts on August 3, 2025 (11:59pm ET), and ends on September 30, 2025 (11:59 pm ET). One form of entry is to purchase any participating Lactalis yogurt product, submit the purchase receipt, and complete the entry form at [www.snackandgive.ca](http://www.snackandgive.ca) (the "Website"). There are five (5) Grand Prizes consisting of a cash prize of \$1,000 (CAD), for a total value of \$5,000 (CAD), available to be won by random draw at the end of the contest period. The odds of winning the Grand Prizes depend on the number of eligible entries received. Skill-testing question required from winners of Grand Prizes. For full participating products and full rules, visit the Website. Contest is open to Canadian residents in Canada at the time of entry, except individuals under the age of thirteen (13) residing in Quebec. ©2025 Lactalis Canada. All rights reserved. Trademarks owned or used under licence by Lactalis Canada, Toronto, ON M9C 5J1.

 **insurance**

**PC Optimum™ members  
can save up to 35% on  
home and auto insurance\***



\*Conditions apply. Subject to change. For full details see [www.pcinsurance.ca](http://www.pcinsurance.ca).





# LUNCH BOX FAVOURITES





21685635\_EA  
21685700\_EA

**\$4**

Liberté Méditerranée®  
selected varieties  
4 x 100 g



20788062002\_EA  
20788062001\_EA

**\$4**

Liberté Méditerranée®  
selected varieties  
500 g




20801752003\_EA  
21648736\_EA

**\$4**

Liberté Greek®  
selected varieties  
4 x 100 g



21041543002\_EA

**\$4**

Liberté Greek® Crunch  
selected varieties  
2 x 130 g



21477986\_EA  
21478300\_EA

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

Yoplait® Yop®  
selected varieties  
200 mL



21648875\_EA

**\$11**

Yoplait® Yop®  
15 x 93 mL



21648832\_EA  
56920133427\_EA

**3<sup>75</sup>**

Yoplait Tubes®  
selected varieties  
8 pk



TAXES APPLICABLES  
TRADEMARKS OF YOPLAIT MARQUES S.N.C. (FRANCE) USED UNDER LICENSE /  
TRADEMARKS OF LIBERTÉ MARQUES S.N.C. USED UNDER LICENSE /  
MADE IN CANADA FROM DOMESTIC AND IMPORTED INGREDIENTS



## WIN BACK MORNINGS





**\$4** Danone® - 6 x 93 mL  
21620257\_EA/21620340\_EA

**3/\$12** OR \$4.99 EA. Oikos® - 4 x 95-100 mL  
2040375034\_EA/2040375031\_EA

**BUY** any three (3) participating Oikos® and Danone® products

**SNAP** a picture of your receipt

**UPLOAD** to enter at [winbackmornings.ca](http://winbackmornings.ca)



NO PURCHASE NECESSARY. Subject to Official Rules. To view the full official Contest rules, draw dates & no purchase entry details, visit [www.winbackmornings.ca](http://www.winbackmornings.ca). Open to legal residents of Canada who are the age of majority in their province/territory of residence at the entry date. Begins 7/28/2025 at 12:00:01 AM ET, ends 9/29/2025 at 11:59:59 PM ET. Mathematical skill-testing question required. Odds of winning the Grand Prize depend on the total number of eligible entries received for the duration of the Contest and odds of winning a Weekly Prize depend upon the number of eligible entries for each respective week during the Contest. A VALID E-MAIL ACCOUNT AND THE ABILITY TO RECEIVE SMS TEXT MESSAGES ARE REQUIRED AND CONNECTION FEES MAY APPLY. STANDARD DATA RATES MAY APPLY. Sponsor: Danone Inc., 100 Rue de Lauro, Boucherville, QC J4B 1E5, Canada. Danone® used under lic.; © 2025 Danone US, LLC. All rights reserved.

**\$5<sup>50</sup>** Activia® Expert - 750 g  
21688205\_EA/21688207\_EA



**[ NEW ]**

## ACTIVIA® EXPERT

OUR MOST ADVANCED GUT HEALTH YOGURT

**pre+pro BIOTICS®**

Activia Expert contains 7.5 g of inulin per 175 g, 5 g per day of the prebiotic fibre inulin has been shown to increase Bifidobacteria in the gut, which helps support gut health. \*Activia contains more than 10<sup>10</sup> CFU Bifidobacterium lactis, a probiotic that contributes to healthy gut flora. Activia® used under lic.; © 2025 Danone US, LLC. All rights reserved.

**\$4** Activia® Expert - 4 x 100 g  
21688261\_EA/216887900\_EA



## START THE DAY WITH A PROTEIN SNACK\*

**NEW HIGH PROTEIN!**

**\$11<sup>75</sup>** Oikos® - 12 x 100 g  
21658021\_EA/21396062\_EA

**\$12<sup>50</sup>** Oikos® - 1.5 kg  
2147261\_EA

**\$3<sup>50</sup>** Oikos® Pro® - 200 mL  
21658040\_EA  
21652006\_EA



\*As part of a complete breakfast and balanced diet. Oikos® Oikos® Pro® used under lic.; © 2025 Danone US, LLC. All rights reserved.

## COLD BREW WITH NO CURFEW



**NEW**

**\$7<sup>50</sup>** Stok® - 1.42 L  
21656604\_EA  
21203739\_EA

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