



FORTINOS®

20% OFF ALL LOOSE BULK FOODS



Boneless

10⁹⁹lb beef tri tip steak cut from Canada AA grade beef or higher
24.23/kg 20874387_KG



5⁹⁹lb Fortinos fresh flavoured or Raised Without Antibiotics pork sausage selected varieties
13.21/kg 20963788_KG/21201342_KG



10⁹⁹lb fresh rainbow trout fillet
24.23/kg 20990494_KG

Large size!



3⁹⁹ PC® greenhouse strawberries product of Ontario, Canada no. 1 grade
340 g 21027142001_EA

Sweetness is in SEASON

Hand PICKED

2⁴⁹lb hand-picked green beans product of Mexico, no. 1 grade or product of Ontario, Canada no. 1 grade
5.49/kg 20142683001_KG



1²⁹lb large Ambrosia apples product of Ontario, Canada Extra Fancy grade
2.84/kg 20092614001_KG



2⁹⁹lb/ea Goldenheart potatoes product of Ontario, Canada no. 1 grade, 5 lb bag, 2.99 ea., Vision Greens lettuce all varieties, product of Ontario, 113 g, 2.99 ea. or seedless stem and leaf clementines 2.99/lb, 6.59/kg, product of Spain
6.59/kg 21609220001_EA/21686609_EA

2⁹⁹lb/ea Goldenheart potatoes product of Ontario, Canada no. 1 grade, 5 lb bag, 2.99 ea., Vision Greens lettuce all varieties, product of Ontario, 113 g, 2.99 ea. or seedless stem and leaf clementines 2.99/lb, 6.59/kg, product of Spain
2.99/lb, 6.59/kg, product of Spain



- ✓ Air Chilled
- ✓ Canadian grown
- ✓ Grain fed

6⁴⁹ PC® Blue Menu® ground turkey, Blue Menu® or Mina Halal ground chicken or DuBreton organic lean ground pork
454 g 21100091_EA/21428950_EA

8⁹⁹ each PC® Pacific Zipperback® white shrimp 31-40/lb or Ocean Jewel shrimp ring with sauce 284 g selected varieties, frozen
20788888_EA/21737473_EA

5⁹⁹ Mastro salami selected varieties
125-150 g 21059807_EA

3⁷⁹ PC® dips all varieties
227 g 20574522_EA



12⁹⁹ each Pinty's chicken wings selected varieties, frozen, 700/720 g
21699629_EA

13⁹⁹lb Balderson cheddar selected varieties
30.85/kg 20088737_KG

2⁹⁹ each Country Harvest bread 600 g, bagels 450 g, PC® English muffins 6's or tortillas 340 g selected varieties
20810728_EA/21178597_EA

2⁹⁹ each Wonder Ballpark hotdog 6's or hamburger buns 8's
21022027_EA



4.99
454 g
Lactantia butter
selected varieties
20296112005_EA/20639926_EA



1.29
85/170 g
Clover Leaf
light tuna
selected varieties
20315581001_EA/20573583_EA

4.99
each
Heinz ketchup
750 mL/1 L or
PC® mayonnaise
750/890 mL
selected varieties
20069080_EA/20618892_EA



Barilla pasta 340/410 g,
Hunt's tomato sauce
680 mL or Vita Sana
gnocchi 500 g
selected varieties
20173173001_EA/20296852002_EA



1.79
each
Barilla spaghetti



4.99
each
Cracker Barrel natural slices
200-240 g or Heluva Good!
French onion dip 680 g
selected varieties
20312788001_EA/21290684_EA



4.99
each
Haagen-Dazs 414-450 mL or bars 3/4's,
Nestlé Drumstick or novelties or
IOGO frozen yogurt 4/8's or 946 mL,
selected varieties
20302298004_EA/20322380001_EA



3.99
212-456 g
PC® frozen entrées,
flatbread or focaccia
selected varieties,
frozen
20312253001_EA/20987543_EA



6.99
each
Cashmere bathroom tissue
12=24 rolls, Sponge Towels
3=6 rolls or Scotties facial
tissues 6's, selected varieties
20318667_EA/21204739_EA



1,000
9.99
each
Sunlight 4 L, 100 WL,
Purex 4.08 L/4.43 L,
110 WL, Persil 2.2 L, 48 WL
or Snuggle 2.77 L/200's
selected varieties
20083525001_EA/21427042_EA



500
2.49
each
Christie or
Town House
crackers 162-391 g
selected varieties
21030647_EA/21107403_EA



5.99
6x591 mL
Gatorade sports drink
selected varieties
20303218003_C06



up to
40% OFF
Webber Naturals
vitamins
selected varieties
and sizes
20215329_EA/20686110_EA



4.99
12x355 mL
PC® or PC® Blue Menu®
sparkling water
selected varieties
21518575_C01/21518579_C01



4.99
each
Kashi Go Lean or
organic cereal 349-510 g
or Olympic organic yogurt
650 g, selected varieties
20316485005_EA/21680536_EA

Prices effective at all Burlington, Oakville and Waterdown stores only.

Flyer prices effective from Thursday, April 23rd, to Wednesday, April 29th, 2026

Visit us at fortinos.ca. FOLLOW US ON

Quantities and/or selection of items may be limited and may not be available in all stores. No Rainchecks OR Substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We reserve the right to limit quantities to reasonable family requirements. 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 shown may be greater depending on store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. To register as a PC Optimum™ member visit pcoptimum.ca. We are not obligated to award points based on errors or misprints. No cash value. Minimum redemption 10,000 points. These offers cannot be combined with any other coupons, discounts or promotions. Receive the points specified when you spend the qualifying dollar amount on the displayed product (s) and/or category. The trade-marks, service marks and logos displayed in this flyer are trade-marks of Loblaws Inc. and others. ©2026 Loblaws Inc. All rights reserved.

Produce Nature's Bounty arriving fresh daily!



NEW

8⁹⁹ RubyRed kiwi
product of New Zealand
454 g 21426233001_EA



4⁹⁹lb PC® pink muscat grapes
product of Chile, no. 1 grade
11.00/kg 20562311001_KG



fresh yellow dates on branch
product of Peru
6⁹⁹lb
15.41/kg 20926984001_KG



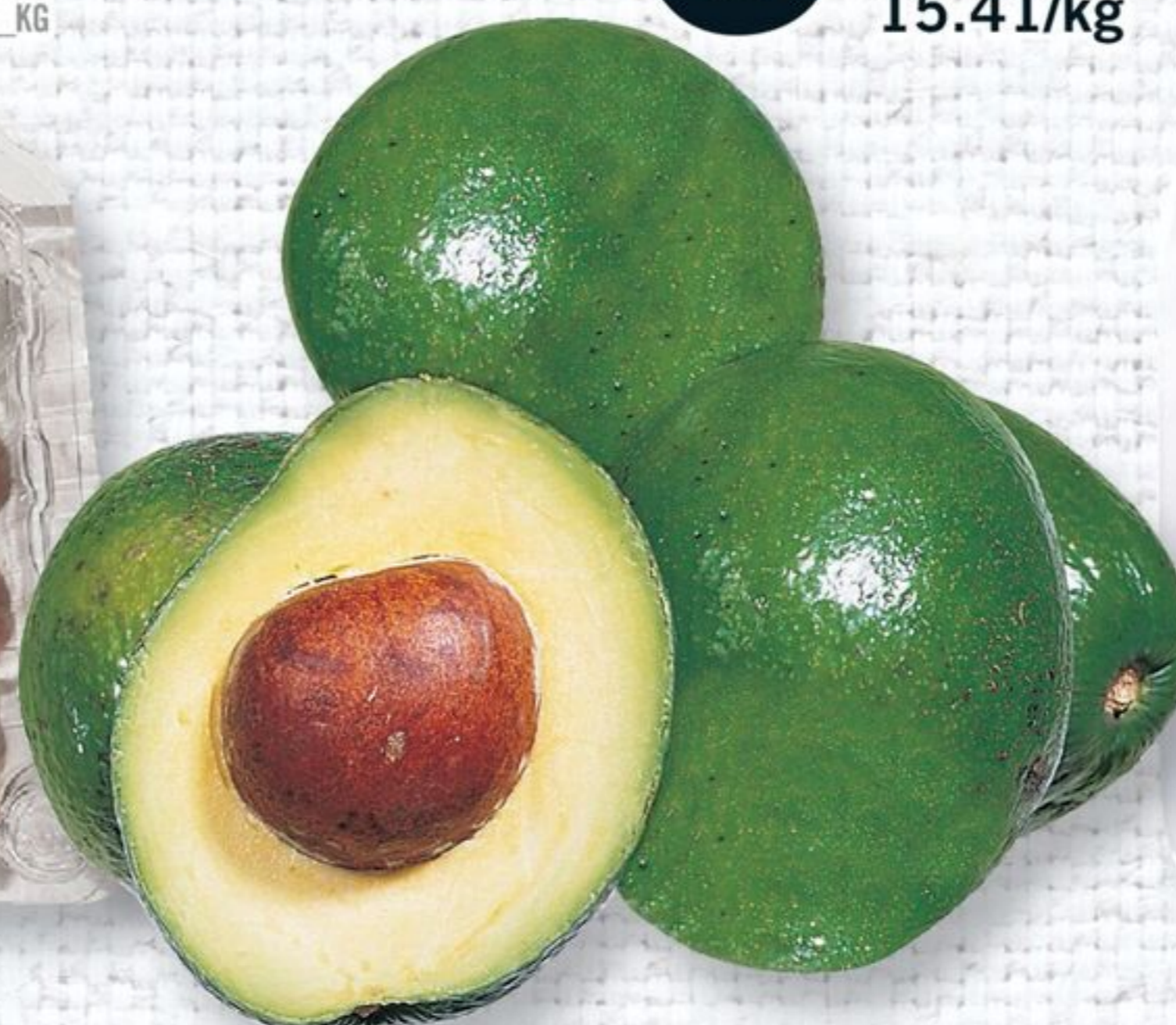
VIDALIA
First of the SEASON
2⁹⁹lb Vidalia onions
product of U.S.A., no. 1 grade
6.59/kg 20083454001_KG



.99 large red grapefruit
product of Israel
each 20020516001_EA



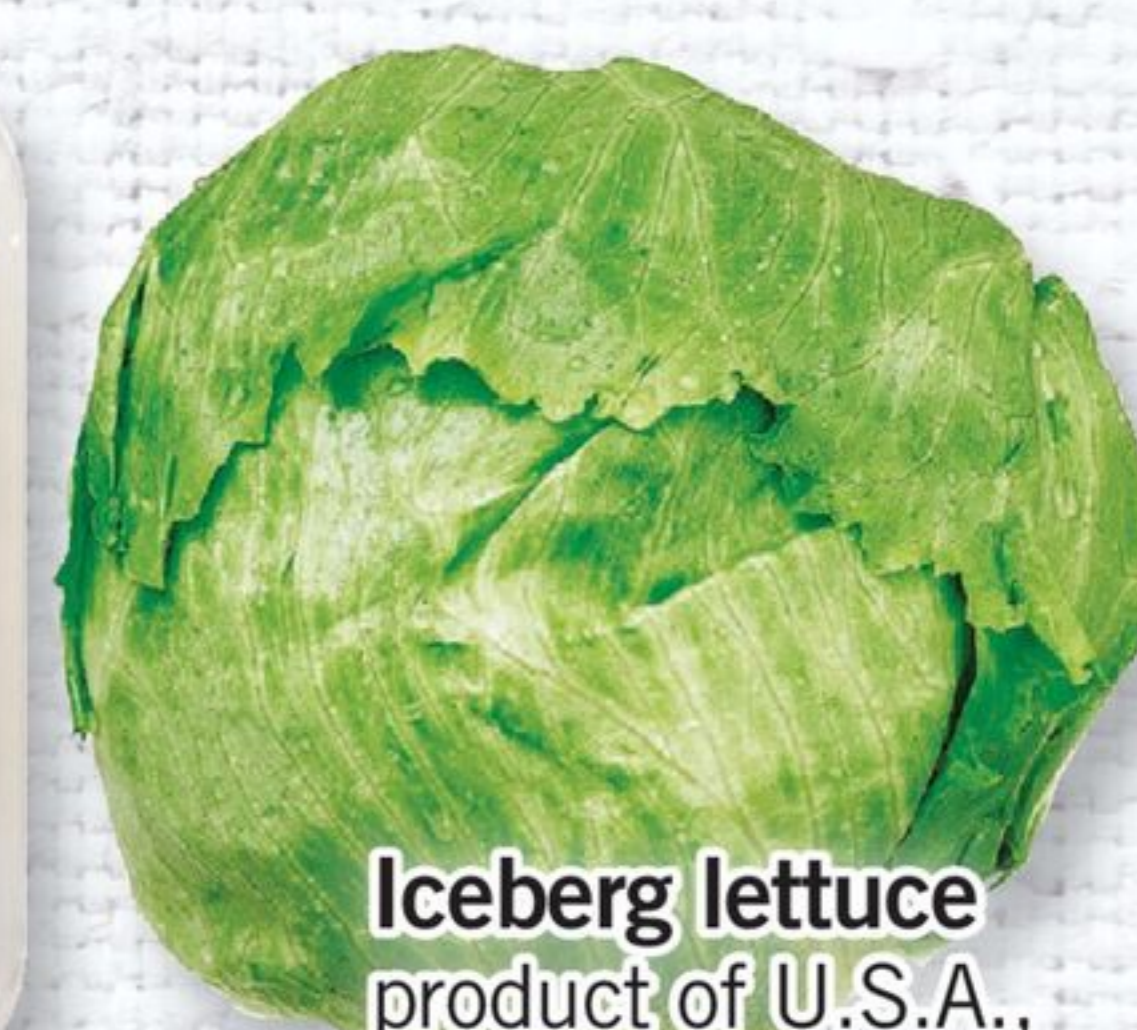
4⁹⁹ Cherto tomatoes
product of Canada, Canada no. 1 grade or Mexico, no. 1 grade
340 g 21669611001_EA



3⁴⁹ Caribbean avocado
product of Dominican Republic or U.S.A.
each 20119760001_EA



3²⁹ sweet Nantes carrots
product of Canada, Canada no. 1 grade or Mexico, no. 1 grade
454 g 21302363001_EA



3⁶⁹ Iceberg lettuce
product of U.S.A., or Mexico
each 20135326001_EA



Prepared IN STORE DAILY
1⁸⁹lb seedless watermelon cuts
product of Mexico or U.S.A.
4.17/kg 20503182_KG



Prepared IN STORE DAILY
4⁹⁹ vegetable kebabs
made in store
each 21451044_EA



4⁹⁹ POM Wonderful pistachios in shell
selected varieties product of U.S.A.
200/225 g 21085963001_EA/20339219_EA



2⁹⁹ PC® coleslaw
product of U.S.A.
397 g 21204248_EA



4⁹⁹ pomegranate arils
product of Peru or Turkey
113 g 21724629_EA

Pick Organic Over 150 items available every day!



6⁹⁹ organic blueberries
product of U.S.A. or Mexico, no. 1 grade
170 g 20625647001_EA



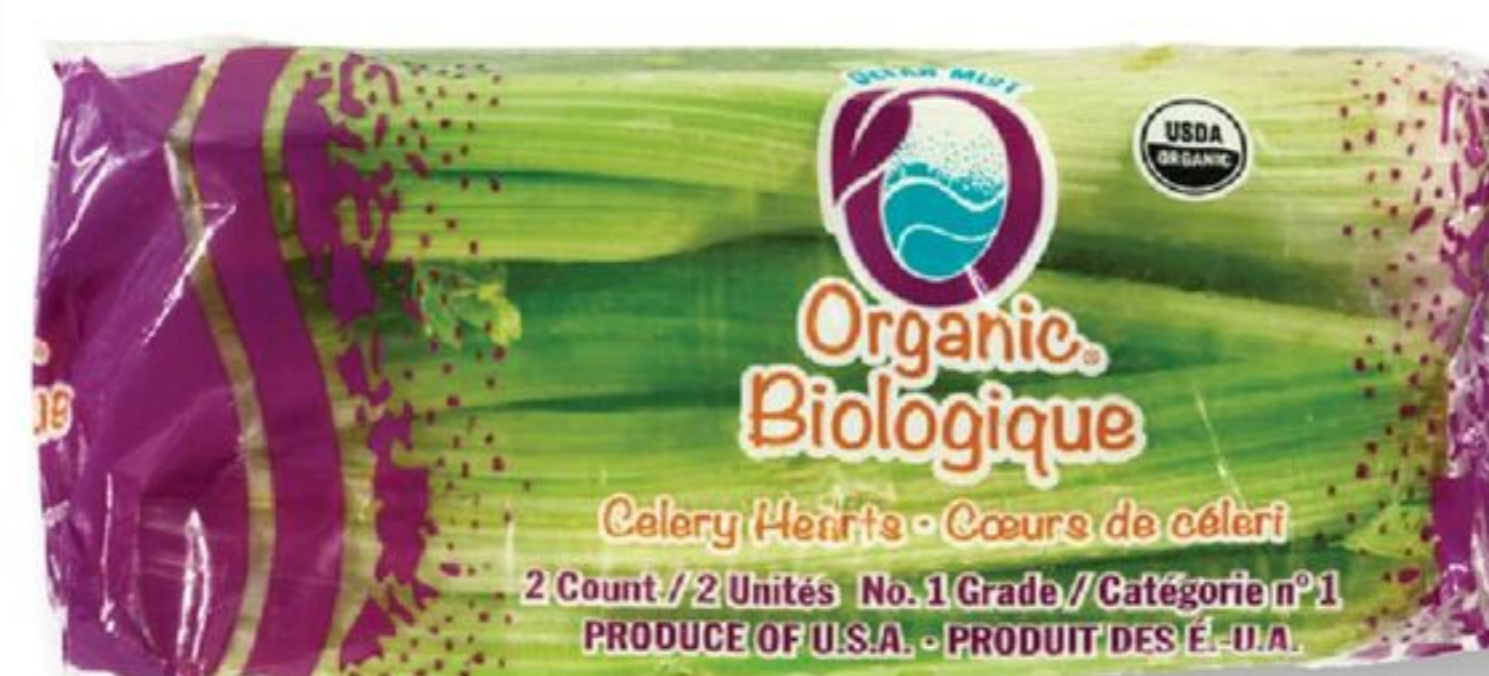
5⁴⁹ PC® Organics Umami mushrooms
product of Ontario
150 g 21005517_EA



3⁹⁹ each
PC® Organics ginger 160 g, product of Peru
20717130001_EA/21102204001_EA



4⁹⁹ PC® Organics garlic 115 g, product of Spain or U.S.A.
2's 20600792001_EA



4⁹⁹ organic celery hearts
product of U.S.A. or Mexico, no. 1 grade



4⁹⁹lb PC® Organics tomatoes on the vine
product of Canada, Canada no. 1 grade or Mexico, no. 1 grade
11.00/kg 20127917001_KG

Deli Always freshly sliced or shaved your way!



PAIR WITH
Gourmet
jalepeno delight
300 g



17⁹⁹lb
39.66/kg

Castello
Danish fontina
by the piece
20128148_KG

PAIR WITH
Gourmet
chile delight
300 g



18⁹⁹lb
41.87/kg

Beemster
classic cheese
selected varieties
20588271_KG

28⁹⁹lb
63.91/kg

Applewood
smoked cheddar
deli cut in store
20076601_KG

18⁴⁹lb
40.76/kg

Cows extra old
cheddar or Appletree
smoked cheese
by the piece or deli sliced
21108462_KG

14⁴⁹
180 g

Cows Creamery
Avonlea cheddar
21428868_EA

11⁴⁹
200 g

Cows Creamery
extra old
cheddar
21427044_EA

PAIR WITH
Paris toast
80 g



25⁹⁹lb
57.30/kg

Gunn's Hill 5 Brothers
artisan cheese
smoked or firm
20643932_KG/21060290_KG

PAIR WITH
Rosewood
Wildflower Honey
150 g



13⁹⁹
150 g

Udder Way cheese
selected varieties
21555540_EA/21555602_EA

PAIR WITH
PC® Black Label
Apricot & Rosemary Crisps
150 g



25⁹⁹lb
57.30/kg

Black River
cheddar
honey or maple
21018917_KG/21127263_KG

7⁹⁹
170 g

Bothwell cheese
selected varieties
21184024_EA

17⁹⁹
500 g

Salerno
grated parmesan
20565351_EA

17⁹⁹
500 g

Salerno
grated romano
20565352_EA

Bakery Baked fresh by Bakers with passion!

fruit topped
cheesecake, flan
or Boston cake
selected varieties
20593086_EA



29⁹⁹
595-850 g

20⁹⁹
383-600 g

LA ROCCA
CREATIVE CAKES
6-inch cakes
selected varieties
20378352_EA

3⁹⁹
90-110 g

zeppole pastry
or fresh fruit tart
selected varieties
20592677_EA/20592789_EA

2⁴⁹
80 g

Love dessert...and eat it too!
BAKER STREET™
premium cupcakes
selected varieties
20529318_EA

4⁹⁹
545-640 g

ACE Bistro loaf
selected varieties
21616156_EA/21707813_EA

4⁹⁹
200/385 g

La Fournee Doree
brioche buns
selected varieties
21192729_EA

30⁹⁹
1.2 kg

Three Sisters
ice cream cake
selected varieties,
frozen
21702111_EA

4⁹⁹
282-336 g

SchoolSafe
MINI LOAVES
BIRTHDAY CAKE

JOS LOUIS
L'ORIGINAL THE ORIGINAL
Vachon snack cakes
or School Safe bars
selected varieties
20963606_EA/21722608_EA

proud FORTINOS recipes

MADE FRESH

Fortinos fresh burgers salt & pepper, garlic & worcestershire, bacon or cheddar

5.99
227 g



CERTIFIED ANGUS BEEF
SINCE 1978
100% Ground Chuck



ONTARIO TURKEY

10.99
each

Fortinos turkey & caramelized onion or parsley turkey burger



CERTIFIED ANGUS BEEF
SINCE 1978

7.99
250/260 g

beef kebobs plain or seasoned, selected varieties

6.99
250/260 g

chicken breast kebobs plain or seasoned, selected varieties



6.49 lb
14.31/kg

PC® air chilled chicken wings tips removed



4.49 lb
9.90/kg

PC® chicken legs



Mina Halal
chicken drumsticks or thighs

4.99 lb
11.00/kg



5.99
375 g

Maple Lodge chicken bacon or Zabiha Halal chicken breakfast strips



6.99
900 g

Maple Lodge Ultimate chicken wieners or Zabiha Halal Supreme chicken wieners selected varieties



19.99
700 g

The Keg BBQ pork back ribs



8.99
452 g

PC® plant based veggie burgers selected varieties, frozen

Seafood We'll Clean & Scale Your Fish at No Charge... just ask!



6.49
142 g

fresh Atlantic salmon portions selected varieties



11.99 lb
26.43/kg

fresh whole seabream (orata) or European seabass



6.99
each

Atlantic salmon or shrimp kebobs



7.99
each

swordfish or previously frozen tuna kebobs



8.99
170 g

Heron Point wild caught crab meat ready to eat



9.99
550 g

Toppits squid rings large or small, frozen



5.99
each

Ferma large sardines 750 g or Waterview Marketars crispy calamari 300 g, frozen



14.99
454 g

IFC tuna steaks or Coho salmon portions frozen

NEW



Fire up the Grill



**Carolinian BBQ
chuck short ribs**

21747272_KG

16⁹⁹lb
37.46/kg

- Marinated
- Convenient & ready to grill
- Tender & flavourful



The perfect blend!



**Smoked Whisky
burger**

21746700_EA

12⁹⁹
500 g

- Made with Certified Angus Chuck and Brisket
- Delivers the ultimate in flavour & juiciness



4 pack!



**Hot Chicken
burger**

21746955_EA

10⁹⁹
500 g



4 pack!

- Made with 100% Canadian boneless chicken thighs
- Seasoned 



NATURE'S TREASURE

by **FORTINOS**

Now Is The Time!

We've made it through the winter and now is the time to reinvigorate your mind and body! Set the intent to establish new routines – get outside, change your eating habits and be mindful of your health and wellness journey. And don't forget, you're not alone – our Certified Nutritional Practitioners are here to help you on this reset towards an enjoyable summer!

Follow us
@Fortinos.supermarket

35⁹⁹
each

CanPrev adrenal-pro, healthy hair or magnesium bis-glycinate capsules or powders selected varieties & sizes

20776242_EA/21033708_EA

200 mg of Elemental Magnesium per cap!



Staple nutrients to add to your daily stack!

12⁹⁹
100's

NOW Foods vitamin B12 with folic acid or Omega-3 100's or vitamin D3 30 mL

21419374_EA/21419705_EA



38⁹⁹
each

AOR gastro relief, superfocus or postbiotic 60's or advanced b-complex 90's, or magnesium bis-glycinate 180's selected varieties

21307668_EA/21307672_EA



24⁹⁹
20/21's

Organika electrolyte powder sachets selected varieties

21546047_EA/21546545_EA



Children's varieties now available!

19⁹⁹
60's

Suku vitamin gummies all varieties

21310902_EA/21311095_EA



38⁹⁹
120's/ 225 mL

Aqua Omega Omega-3 fish oil selected varieties

21157460_EA/21639506_EA



29⁹⁹
440 g

Good Protein all-in-one powder all varieties

21691723_EA/21691741_EA



3⁹⁹
each

Kettle Brand potato chips 156-198 g selected varieties

21520654_EA



3⁹⁹
each

Skinny Pop popcorn 125-150 g selected varieties

20785418001_EA



7⁴⁹
4x355 mL

Remedy Sodaly no-sugar soda

21667301_C04/21668568_C04



3⁹⁹
45-50 g

Smart Sweets low sugar gummy candy selected varieties

21154474_EA/21707168_EA



3⁹⁹
1.75/1.89 L

Earth's Own non-dairy beverage selected varieties

20327647_EA/21037796_EA



3⁹⁹
120-150 g

Made Good school safe snacks selected varieties

21425469_EA/21723052_EA



8⁹⁹
4x33 g

Mid-Day Squares snack all varieties

21620087_EA/21620089_EA



UP TO **20% OFF**

ALL Vitamins, Supplements & Protein Powders in our Nature's Treasure department!

Schinoussa New Zealand whey protein powder or sea vegetables powder all varieties & sizes
20377175002_EA/20378028002_EA



Progressive or Iron Vegan protein powder, collagen, or greens all varieties & sizes
21293683_EA/21519275_EA



Vega all-in-one shake or protein-made-simple pouch all varieties & sizes
20575566002_EA/21493606_EA



Leanfit plant-based or whey protein, greens powder, electrolytes or creatine all varieties & sizes
21395716_EA/21403978_EA



Prairie Naturals supplements, protein or superfood powders all varieties & sizes
21209178_EA/21592686_EA



PVL whey-isolate protein powder all varieties & sizes
21743110_EA/21743332_EA



NEW

10 servings, perfect for travel or trial!



Genuine Health fermented organic vegan protein powder or collagen powder all varieties & sizes
21722693_EA/21722649_EA

20g of protein per bar

18g of plant-based protein per serving!



NEW

Organic!

5.99 1.42 L

Silk high protein soy beverage
21731288_EA/21731300_EA



4.99 1 L

Thirsty Buddha coconut water selected varieties
20689784_EA

NEW

2.79 62 g

Kind protein + protein bar selected varieties
21697722_EA/21697730_EA



2.99 40 g

Hornby organic energy bar selected varieties
21308996_EA/21309036_EA



Gluten-free & Dairy-free!

3.79 55 g

Love Good Protein protein bar selected varieties
21541134_EA/21541140_EA



2.29 45-51 g

Larabar snack bar selected varieties
20031362001_EA/20031362008_EA



Flyer prices effective from Thursday, April 23 to Wednesday, May 20, 2026

Start Your Day Right!

Nourishing foods help you take on the day & stay energized. Start your day right with our selection of breakfast foods to maximize energy & wellness! You'll find organic coffee free of toxins, peanut butter powered with gut-healthy chia seeds, and gluten & dairy free alternatives to add to your morning favourites!

5.49
16's
Traditional Medicinals organic herbal tea
selected varieties
21397739_EA/21397740_EA



NEW
8.99
750 mL

Elmhurst non-dairy latte or creamer
selected varieties
21665198_EA/21707988_EA



Serve chilled over ice!

6.99
each
Califia premium non-dairy beverage 1.4 L
all varieties, refrigerated
21397053_EA/21663936_EA



Fair-trade & organic!

18.99
454 g

Kicking Horse whole bean coffee
selected varieties
20322468001_EA/20322468006_EA



7.49
each
Prana chia seeds 284-300 g
or **Granolove protein granola** 300 g, selected varieties
20845806002_EA/21720959_EA



7.99
145-200 g
Elan organic nuts
selected varieties
21306142_EA/21306310_EA

Boosted with MCT oil & chia seeds!



8.49
500 g
Fatso peanut butter
selected varieties
21314270_EA/21314277_EA



17.99
800-850 g
Terra Granola small batch non-GMO granola
selected varieties
21520971_EA/21537841_EA

Soft & chewy!

UP TO 20% OFF

LOCALLY MADE

Dutchman's Gold bee pollen 500 g
21538802_EA



Nature's Way nutrasea Omega-3 fish oil
all varieties & sizes
20099274_EA/20923800_EA



LOCALLY MADE

ITL Health magnesium capsules, powders, topical spray or sachets
all varieties & sizes
21581033_EA/21667087_EA



Metagenics professional grade supplements
all varieties & sizes
21683263_EA/21683720_EA

All in one - 4 supplements in each pack!

Liquid vitamin tonics absorb better!

Salus Haus vitamin and mineral tonics
all varieties & sizes
21566292_EA/21701168_EA



Orange Naturals supplements
all varieties & sizes
21065667_EA/21164425_EA



Ask our in-store experts what blend or form is right for you!

Croque Madame

Serves 2

Ingredients:

- 1 tbsp (15 mL) **SAVOR** butter
- 1 tbsp (15 mL) **PHOEAPOLIS** extra-virgin olive oil
- 1 tbsp (15 mL) **BOB'S RED MILL** arrowroot starch
- 3/4 cup (180 mL) **ROLLING MEADOW** whole milk
- 1/2 cup (125 mL) **TREE ISLAND** plain full-fat Greek yogurt, room temperature
- 2 tbsp (30 mL) finely minced garlic scapes
- 1 tbsp (15 mL) chopped chive blossoms or chives
- 1/4 tsp (1 mL) grated nutmeg
- 1/2 tsp (2 mL) **HERBAMARE** fine sea salt
- 4 slices **QUEEN ST. BAKERY** sourdough bread
- 4 to 6 oz (115 to 170 g) **MCLEAN'S** nitrite-free ham
- 3/4 cup (180 mL) finely grated **L'ANCETRE** cheese
- 2 **ALDERWOOD** pasture-raised eggs
- 1 tsp to 3/4 Tbsp (5 to 10 mL) fresh lemon juice
- Arugula or dandelion greens
- white or black pepper, to taste

Directions:

Preheat oven to 400 F (200 C). Line baking sheet with parchment paper.

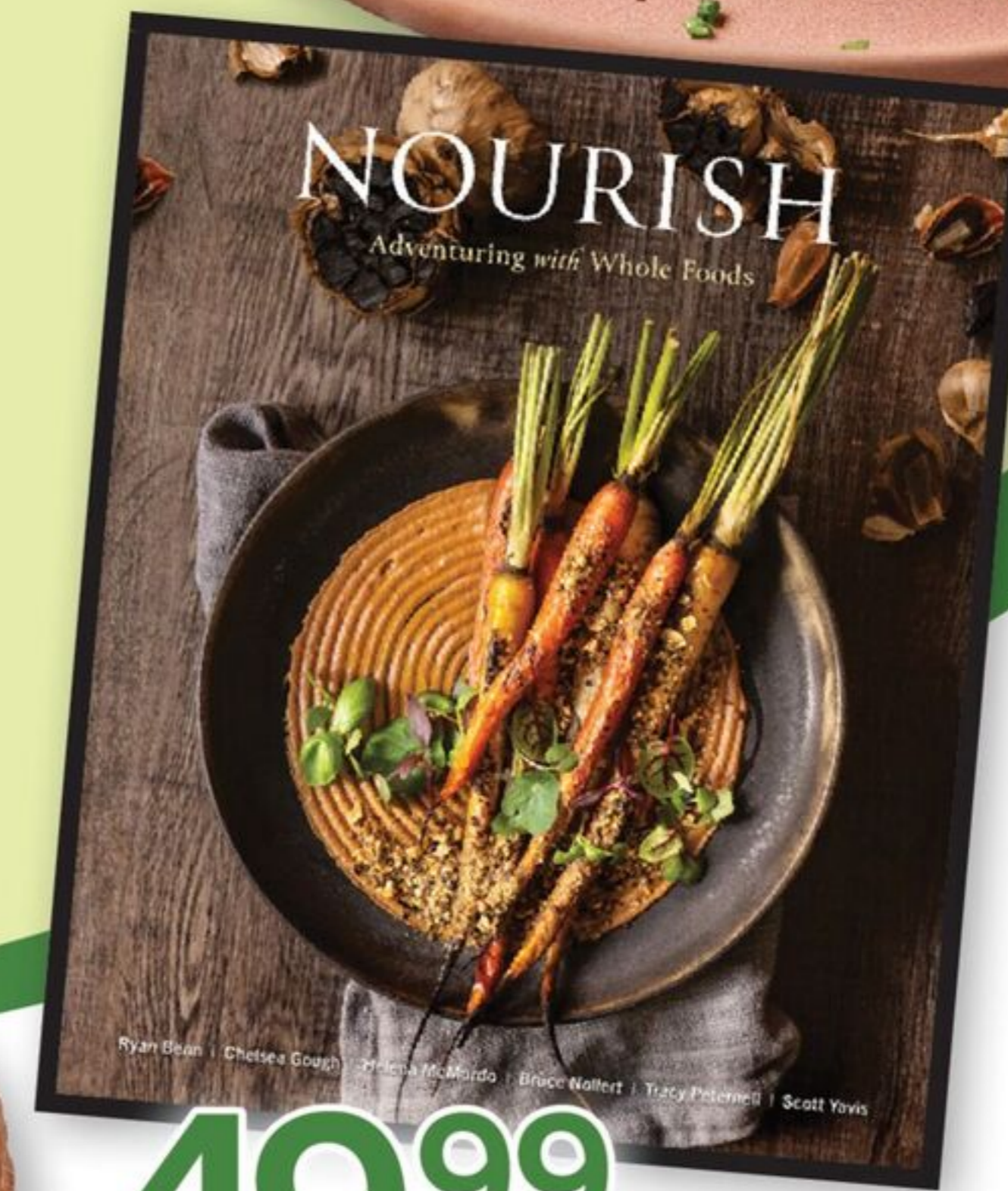
Béchamel sauce - in small saucepan over medium-low heat, melt butter and olive oil together. Add flour or starch and whisk continuously for 30 to 45 seconds until lightly foamy but not browned. Slowly whisk in milk and continue whisking for 2 to 3 minutes until sauce thickens slightly and coats the back of a spoon. Remove from heat and let cool for 1 to 2 minutes. Once cooled, whisk in yogurt until smooth. Return saucepan to very low heat and stir in garlic scapes, chives, nutmeg, salt, and pepper to taste. Sauce should be silky and spoonable; do not allow to boil.

In pan over medium-low heat, lightly toast sourdough slices

until just golden on one side. Place two slices of bread, toasted side up, on prepared baking sheet and layer with ham, generous spoonful of béchamel, and a light scattering of cheese. Top with remaining bread slices, toasted side down. Spoon more béchamel over tops and finish with remaining cheese. Bake for 10 to 12 minutes until melted and lightly golden. Broil for 1 to 2 minutes if needed.

While baking, fry eggs until whites are set and yolks remain runny. Top each croque madame with fried egg and finish with chive blossoms and freshly ground black pepper, to taste. Add a side salad tossed with oil & fresh lemon juice

Recipe Courtesy of *Alive Magazine*



LOCALLY MADE

8⁹⁹
12 pk

Alderswood pasture-raised eggs large
21434214001_EA



LOCALLY MADE

8⁴⁹
464-500

Queen St. Bakery gluten-free sourdough bread, original English muffins or superfood bagels frozen, all varieties & sizes
21575964_EA/21690221_EA



19⁹⁹lb
44.07/kg

McLean's black forest ham
20346674_KG



49⁹⁹ each

Nourish cookbook
21719085_EA

A great mother's day gift!



5⁹⁹
350 g

Tree Island organic yogurt selected varieties
21622466_EA/21622531_EA



5⁹⁹
250 g

Herbamare organic herbed sea salt selected varieties
20317961001_EA/20317961002_EA

With help!

LOCALLY MADE

7⁴⁹
2 L

Rolling Meadow grass fed milk 2% or 3.8%
2083553001_EA/21212714_EA



Available in Deli!



7⁹⁹
227-454 g

Savor New Zealand grass-fed butter salted or unsalted, or Bob's Red Mill arrowroot starch
21684830_EA/21127436_EA



12⁹⁹
325 g

L'Ancetre organic cheese all varieties
21551880_EA/21551978_EA

Aspartame-free!

3⁹⁹
77-81 g

Pur gum selected varieties
20799503001_EA/21564534_EA



NEW

4⁹⁹
100 g

True Dates flavoured date snacks
21721677_EA/21721710_EA



NEW

9⁹⁹
95-142 g

Unreal low sugar chocolate treats
21732616_EA/21732732_EA



Three delicious flavours!

4⁹⁹
200 mL

Jucaí acai-based sorbet frozen, all varieties
21723459_EA/21723542_EA



Gluten-free!

6⁹⁹
95 g

Rawesome dairy-free cheese cake slice frozen, selected varieties
21371506_EA/21371543_EA



NEW

7⁹⁹
500 mL

Nora's dairy-free ice cream frozen, all varieties
21625448_EA/21625500_EA



Made with cashews!

Backyard Entertaining

Bring 'healthy' to your menu when entertaining this summer. Explore our large variety of foods and fixings for your next BBQ fling! There are many better-for-you options including clean ingredient veggie burgers (paired with a gluten free bun!), organic potato chips, and sugar free ketchup & BBQ sauces which leave you feeling great, without compromising the flavours of summer! Don't forget the sun care. And, it's pollen season - ensure to stock up on allergy support that's right for you!

5⁹⁹
300-510g
O'Doughs
gluten-free hamburger buns, sandwich loaves or bagel thins frozen, selected varieties
21106820_EA/21603056_EA



5⁹⁹
200g
Violife
dairy-free cheese-style shreds or slices selected varieties
21339330_EA/21591969_EA



8⁹⁹
250-296 mL
Naked Naturals
nooch dressing or sauce selected varieties
20984039_EA/21543634_EA



Organic & Gluten-free!

6⁹⁹
284g
Wholly Veggie!
plant-based burger all varieties, frozen
21619720_EA/21619764_EA



6⁹⁹
250 mL
Good Food For Good
organic ketchup or BBQ sauce selected varieties
21172442_EA/21172444_EA



3⁹⁹
120/140g
Three Farmers
roasted chickpeas, fava beans or lentils selected varieties
21127150_EA/21127194_EA



5⁹⁹
10x40mL
Deebee's Organics
superfruit freeze pops
21658954_EA



8⁹⁹
134g
Chosen Foods
avocado oil spray selected varieties
20967915_EA



21⁹⁹
300 mL
WhoaNelly's
premium beef tallow
21682086_EA



100% grass-fed!

UP TO
20% OFF

Substitute Flax or Udo's oil for a home-made functional salad dressing!

Flora supplements and oils
all varieties & sizes
20568801_EA/20596913_EA



LOCALLY MADE
St. Francis Herb Farm
herbal tonics or capsules
all varieties & sizes
21369459_EA/21407348_EA



Allergy & Sinus trio! Effectively reduces symptoms!

A.Vogel herbal remedies
all varieties & sizes
20013112_EA/20078528_EA



BUY 1 GET 1 50% OFF
Orange Naturals
inner beauty supplement blends
all varieties & sizes
21190744_EA/21565193_EA



Collagen, ceramides, and hyaluronic acid to enhance hair & skin health from the inside-out!



Kalaya
pain-relief cream or spray 60 mL or joint support supplement 60's
21362727_EA/21524742_EA

Reef safe sunscreens with simple organic ingredients and mineral zinc oxide!

Badger mineral sunscreen
all varieties & sizes
21465543_EA/21465546_EA



NEW

399
540 mL

Yorkshire Valley Farms
organic canned beans

21303645_EA/21303659_EA



Many Bean Antipasto Salad

Serves 10

Ingredients:

- one, 19 oz (540 mL) can each YORKSHIRE VALLEY navy beans, chickpeas, and kidney beans, drained & rinsed
- 10 oz (285 mL) sliced, DIVINA roasted red peppers
- 6 oz (170 g) SOLENZI marinated artichoke hearts, drained & sliced
- 1/2 cup (125 mL) SOLENZI oil-packed sun-dried tomatoes, drained & sliced
- 1/2 cup (125 mL) ACROPOLIS Kalamata olives, pitted & sliced

Dressing:

- 1 pouch TRUE CITRUS lemon
- 3 tbs (45 mL) PHOEAPOLIS extra-virgin olive oil
- 2 tbs (30 mL) PC ORGANICS® red wine vinegar
- 1 garlic clove, grated
- 2 tsp (10 mL) KOOPS Dijon mustard
- 1 tsp (5 mL) Italian seasoning
- 1/4 tsp (1 mL) black pepper
- 8 oz (225 g) SUNFLOWER KITCHEN hummus
- 5 oz (142 g) baby kale
- 2 cups (500 mL) chopped fresh parsley

Direction:

In large bowl, toss together all ingredients. For the dressing, in blender add; lemon juice, oil, vinegar, garlic, mustard, Italian seasoning, and black pepper and mix until smooth. Add dressing to bean mixture and toss.

To serve, spread hummus on serving plates and top with kale and parsley. Spoon bean salad on top.



Recipe Courtesy of
Alive Magazine

alive

NEW

449
325 mL

Koops Organic
mustard

21598696_EA



NEW

1299
450 mL

Divina roasted
red peppers

21721366_EA



Organic!



399
227 g

Sunflower Kitchen
hummus
selected varieties

21098691_EA/21100664_EA



799
315 mL

Acropolis
Organics olives

21291127_EA/21291134_EA



899
each

Solenzi antipasto,
pesto 180-210g,
or tomato sauce 480 mL
selected varieties

21699317_EA/21699584_EA



599
500 mL

PC Organics®
aged red or white
wine vinegar
selected varieties

20302485001_EA/20302485002_EA

New look,
same gold
award winning
olive oil!



2299
750 mL

Four Trees by
Phoeapolis extra
virgin olive oil
selected varieties

21562579_EA

449
90 g

Sesmark
rice crackers
selected varieties

21672824_EA/21673493_EA



399
26 g

True Citrus
crystalized
lemon or lime

20416511_EA/21295344_EA



399
414 mL

Rise
kombucha drink
all varieties

20910755003_EA/21295048_EA



Organic!
449
135 g

Humble rumbles
potato chips
selected varieties

21664857_EA/21664952_EA



Gluten-free!

499
220 g

Snyder's
of Hanover
pretzels
selected varieties

21082616_EA/21082619_EA



NEW

749
6x355 mL

Zevia sugar free soda
selected varieties

21106231_C06/21106233_C06



Sweetened
with stevia!



Celiac Awareness

Nature's Treasure takes gluten allergies seriously, and that's why we're GROWING our dedicated section of Gluten & Wheat-free products! Recognizing the ever increasing prevalence of this auto-immune disease, we provide the product range that is free of gluten & other top allergens to meet any dietary need!

Our Certified Nutritional Practitioners are in stores daily to help you navigate the best gluten-free choices for anyone new to this diagnosis, or looking for different, tastier options!



3.99
120-400g
Livia shirataki rice or pasta selected varieties

21154073_EA/21639786_EA

Keto friendly!



11.99
400g

Pasta Tavola gluten-free ravioli selected varieties, frozen

21474074_EA/21474078_EA

Gluten-free & plant-based!



7.99
796 mL

Bianco DiNapoli vine ripened canned tomatoes selected varieties

21613939_EA/21613991_EA

Organic!



9.99
each

Glutenull gluten-free loaf 737g or ciabatta buns 600g frozen, all varieties

21686560_EA/21686646_EA

Made with amaranth, buckwheat or coconut flour!

NEW



Great for s'mores!



5.49
80-85g

Zazubean chocolate selected varieties

21104213_EA/21104228_EA



6.49
280g

Dandies jumbo camper marshmallows selected varieties

21476762_EA

Vegan!

Gluten-free



6.49
160g

Schar honeygrams selected varieties

21311984_EA/21403616_EA

Free from top 8 allergens including gluten, dairy and tree nuts!



11.99
500g

Allergy Smart cakes chocolate or vanilla, frozen

21731169_EA/21731279_EA

UP TO 20% OFF

New Look!



Pure-Le Naturals fibre or supplements, all varieties & sizes

20121764_EA/20132146_EA



Leaf Source berberine or shilajit supplements all varieties & sizes

21708537_EA/21708560_EA



Herbaland yumbiotic probiotic sachets or gummy vitamins all varieties & sizes

21715867_EA/21715932_EA

Bio-K drinkable probiotic or capsules all varieties & sizes

20425368001_EA/20863972_EA



Prairie Naturals digestive support supplements selected varieties & sizes

21593477_EA/21593571_EA



Slippery Elm is an anti-inflammatory herb with soothing properties, may help relieve heartburn & IBS

Nature's Way digestive support supplements selected varieties & sizes

20856930_EA/20861001_EA



Sweetened with organic maple sap!



1.99
355 mL

Sapsucker sparkling water
selected varieties

21549482_EA/21697371_EA

Available in still & sparkling!

NEW

2.79
355 mL

Saltwater Co himalayan salt electrolyte water

21739326_EA/21739357_EA

The importance of hydration!

With warmer weather on the way, now is the time to start thinking about your overall hydration levels.

Hydration helps:

- ✓ To support nutrient transportation to cells
- ✓ To protect joints & organs
- ✓ To promote the removal of waste & by-products
- ✓ Necessary for nerve function & transmission, as well as temperature control of the body

Drinking plenty of water throughout the day, focusing on mineral rich foods & drinks (think Potassium & Sodium!—YES, sodium!), and reducing sugar intake as it de-hydrates the body are 3 easy ways to ensure your hydration levels are optimal.

Supplementing with electrolyte powders or tablets can ensure you are getting optimal levels to support hydration. Ask our in-store Certified Nutritional Practitioners which ones may be right for you!

Always remember to consult your doctor or pharmacist before taking any new supplements

Sourced from artesian springs!

2.79
1 L

Flow alkaline water
selected varieties

20987454_EA/21521476_EA

LOCALLY MADE

3.79
355 mL

Tonica kombucha bottle or low-sugar can
all varieties

20818822001_EA/21632459_EA

8.99
4x355 mL

Cove gut-healthy soda
selected varieties

21515636_EA/21515706_EA



2.49
355 mL

Wakewater caffeinated sparkling water
selected varieties

21404358_EA/21404371_EA



2.49
458 mL

Yerba Madre yerba mate

21609433_EA/21637789_EA



NEW

3.99
355 mL

Mateina yerba mate

21485333_EA/21716117_EA



NEW

UP TO 20% OFF

Roar Plus hydration powders
all varieties & sizes

21686295_EA/21686341_EA



blume Super Belly electrolyte and probiotic powder sachets
all varieties

21648198_EA/21648263_EA



TruME electrolytes with BCAA's powder
all varieties

21689749_EA/21689797_EA



Genuine Health enhanced hydration electrolytes
100 g or creatine with BCAAs
440 g

21558966_EA/21562455_EA



Cwench electrolyte drink 500 mL or sachet powder 10's
all varieties

21658588_EA/21658630_EA



Electrolytes with hydrolyzed Marine Collagen!

WithinUs rehydrate + collagen powder sachets
all varieties

21680240_C01/21681514_C01





LOCAL

PICCIONI MUSHROOMS



Organic

Since 1964, the Dundas-based Piccioni family has been growing over 220,000 lbs of organic white, cremini and portobello mushrooms weekly. Sauté in butter, they're great as a burger topping! Simply sauté.



5.99lb
13.21/kg
portobello mushrooms
product of Ontario
20160721001_KG



5.99lb
13.21/kg
organic cremini or white mushrooms
product of Ontario
20096584001_KG/20321225001_KG



5.49
150 g
PC® Organics Umami mushrooms
product of Ontario
21005517_EA



3.49
227 g
PC® Organics whole cremini or white mushrooms
product of Ontario
21021565_EA/21021499_EA



3.79
227 g
PC® Organics sliced cremini or white mushrooms
product of Ontario
21005382_EA/21021587_EA



7.99
340 g
gourmet mushroom mix
product of Ontario
20008324_EA



4.99
100 g
PC® Organics shiitake mushrooms
product of Ontario
20626629_EA



5.49
100 g
PC® Organics oyster mushrooms
product of Ontario
21005184_EA

Disney · PIXAR

FREE STICKER PACK FOR EVERY \$25 SPENT*

\$5 UNIQUE ALBUM

*WHILE SUPPLIES LAST FROM APRIL 9TH UNTIL MAY 6TH, 2026. EXCLUSIONS APPLY. VISIT WWW.LOBLAWUNIVERSE.CA OR IN-STORE FOR EXCLUSIONS AND COMPLETE OFFER DETAILS.

©Disney ©Disney/Pixar

Milk 2Go milk selected varieties
21065263_EA

4.99
6x200 mL

3.99
4's

iGO nano bubbles selected varieties
20165226002_EA/21719739_EA

3.49 each

Nature Valley, Mott's Fruit Roll-Ups, Pillsbury, General Mills or Betty Crocker granola or fruit snack bars selected varieties, 120-226 g
20686716001_EA/21644476_EA

VH cooking or dipping sauce selected varieties
20297368_EA/20308726001_EA

3.79
341-380 mL

4.99 each

Kraft Singles 410 g or Cheez Whiz 450 g selected varieties
20659606001_EA/21188654_EA

12.99 8's

Starbucks Nespresso Vertuo capsules selected varieties
21398289_EA/21520565_EA

Nescafé or Taster's Choice instant coffee selected varieties
20661811001_EA/20873036_EA

8.49
100-170 g

6.99
5x200 g

KD original 5 pack
21594513_EA

18.99
631-900 g

Maxwell House ground coffee selected varieties
21606882_EA

5.99
142/200 g

Snack Factory Pretzel Crisps selected varieties
20948939_EA/20948940_EA

2.99 each

Campbell's ready to serve 515 mL or Habitant 796 mL soup selected varieties
20299690002_EA/21479030_EA

4.49
400-750 g

Cavendish premium fries selected varieties, frozen
20729779_EA/21479273_EA

4.99
414 mL

Core Power
21731564_EA/21731701_EA

4.79
227/250 g

Philadelphia cream cheese selected varieties
20641267_EA/20866816002_EA

Disney · PIXAR

FREE STICKER PACK FOR EVERY \$25 SPENT*

\$5

UNIQUE
ALBUM

©Disney ©Disney/Pixar

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Pillsbury
pizza pops,
toaster strudel
or scrambles
selected varieties,
frozen

20172664001_EA

349

204-280 g

Cracker Barrel cheese bars
400 g or shreds 250-320 g
selected varieties

21290257_EA/21290613_EA

699

each

Christie cookies
selected varieties

21358407_EA/21361508_EA

379

144-303 g

PC® or PC® Blue Menu®
sparkling water selected varieties

21518575_C01/21518579_C01

499

12x355 mL

Lactantia
UltraPur milk
selected varieties

21694605_EA/21239130_EA

599

1.5 L

Powerade
sports drink
selected varieties

20853721_EA/20853723_EA

179

710 mL

Nesquik
chocolate or
strawberry syrup
selected varieties

20320167002_EA/20320167004_EA

799

510/700 mL

General Mills cereal
selected varieties

21104055_EA/21104173_EA

499

300-437 g

Monster
or Reign
energy drinks
selected varieties

20938249_EA/20938521_EA

349

355-473 mL

Healthy Choice
VH Steamers or
Simply Dinner entrées
selected varieties,
frozen, 259-298 g

20974538_EA/21406269_EA

549

each

Yoplait Tubes 8's
or Minigo 6's yogurt
selected varieties

21547595_EA/21619318_EA

349

each

PC® Kettle Cooked,
Loads Of™ or World of
Flavours potato chips
selected varieties

20840911002_EA/20841921001_EA

250

200 g

Coca-Cola Classic
in glass bottles

20048388001_C06

699

6x237 mL

Kraft
parmesan
cheese
selected varieties

21528135_EA/21528156_EA

799

250 g

GET BONUS STICKERS

WHEN YOU BUY THESE PARTICIPATING OFFERS*

SPEND \$9*

On select Milk 2 Go and get one bonus sticker pack.
21065263_EA/21537885_EA



SPEND \$10*

On Cheerios, Oatmeal Crisp, Nature Valley, Old El Paso, Pillsbury, or Annie's products and get one bonus sticker pack.
21103495_EA/21714114_EA



SPEND \$10*

On select Kraft, Heinz, Philadelphia, Maxwell House, Nabob, Tassimo, Taco Bell, Classico, Garden Select, Crave, Bagel Bites, MiO, Crystal Light, Jell-O, Renee's, Bull's-Eye, Diana products and get one bonus sticker pack.
20866924010_EA/20039581001_EA



SPEND \$10*

On select Nescafe, Starbucks coffee, or Maison Perrier beverage products and get one bonus sticker pack.
20873036_EA/21576465_EA



SPEND \$10*

On PC® Blue Menu products and get one bonus sticker pack.
20057669001_EA/20923627_EA



SPEND \$10*

On select PC® or no name® chips, popcorn, or pretzels and get one bonus sticker pack.
21686998_EA/20840911004_EA



SPEND \$12*

On select Campbell's ready to serve soups 515 ml, Habitant soup 796 ml, Snyder's pretzels 240 g, Chunky 515 ml, Goldfish crackers or Snack Factory crisps 200 g and get one bonus sticker pack.
20300320_EA/20948940_EA



SPEND \$15*

On select Coca-Cola, Canada Dry, Sprite, A&W, Fanta, Fresca, Vitaminwater, Smartwater, Core Power, Peace Tea, Fuze, Monster energy, Powerade or Body Armor and get one bonus sticker pack.
20853723_EA/20318694002_EA



SPEND \$15*

On select Cracker Barrel, Black Diamond, IOGO, Astro or Lactantia products and get one bonus sticker pack.
21290705_EA/20986474_EA



SPEND \$15*

On select Christie crackers, Christie cookies, Cadbury, Halls or Clif energy bars and get one bonus sticker pack.
21520747_EA/20686037_EA



SPEND \$15*

On select Royale paper products and get one bonus sticker pack.
21484702_EA/21378233_EA



*WHILE SUPPLIES LAST. WHEN YOU SPEND REQUIRED AMOUNT ON SELECT PRODUCTS BEFORE APPLICABLE TAXES IN A SINGLE TRANSACTION AND GET ONE (1) BONUS STICKER PACK. NO CASH VALUE. CANNOT BE COMBINED WITH ANY OTHER COUPONS OR PROMOTIONAL OFFERS. NO SUBSTITUTIONS, REFUNDS, EXCHANGES OR RAINCHECKS ON FREE BONUS CARD PACK. PURCHASE MUST BE MADE IN SAME TRANSACTION TO QUALIFY. WE RESERVE THE RIGHT TO LIMIT QUANTITIES TO REASONABLE REQUIREMENTS. OFFER VALID UNTIL MAY 6, 2026.



optimum™

More offers. More points.

pts pts pts pts



Optimum 7,500 pts for every \$15 spent on

Febreze fabric refreshers, plug ins, bathroom or car clips selected varieties and sizes

21574333_EA/21625120_EA



Optimum 5,000 pts for every \$15 spent on

Zuke's dog treats selected varieties, 170 g

21661851_EA/21661853_EA



Optimum 4,000 pts for every \$12 spent on

Rio Mare products selected varieties and sizes

20035383_EA



Optimum 3,500 pts for every \$15 spent on

McCormick gravy, seasonings or spices 11-62 g selected varieties

20321601001_EA/21666873_EA



Optimum 3,000 pts for every \$10 spent on

Old El Paso dinner kits and components selected varieties and sizes

20306992001_EA/20795534_EA



Optimum 2,000 pts for every \$10 spent on

Knorr, Lipton, Bovril or Oxo products selected varieties and sizes

20297514001_EA/20315085002_EA



Optimum 1,000 pts for every \$10 spent on

Liguori pasta 454 g or Paese Mio passata 720 mL selected varieties

20100480_EA/21665208_EA



Optimum 5,000 pts when you buy 2

Kellogg's family cereal 480-600 g

21652002_EA/21449784_EA



Optimum 1,000 pts when you buy 2

Caledon Farms dog treats value packs 340-795 g, selected varieties

21358478_EA/21358526_EA



Optimum 10,000 pts

Swiffer starter kits selected varieties, each

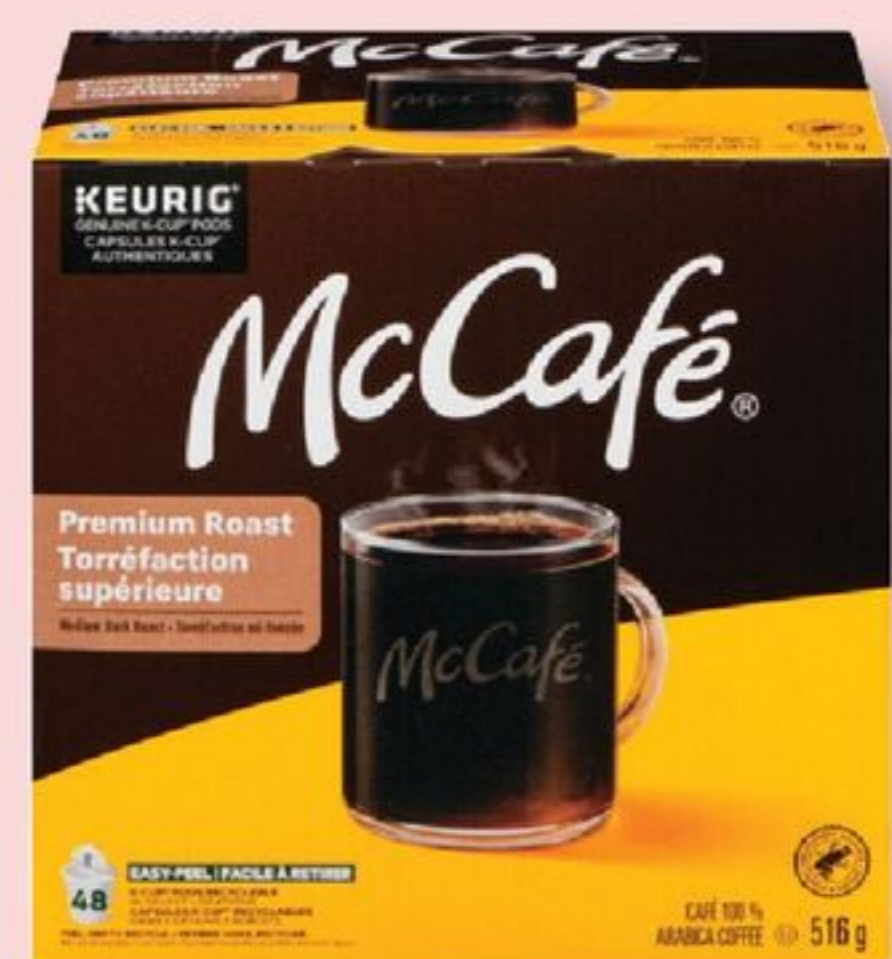
21625501_EA/216255693_EA



Optimum 7,000 pts

Blue Buffalo dry dog food 9.9 kg selected varieties

21360573_EA/21360859_EA



Optimum 3,000 pts

McCafe K-Cups 48's

21238592_EA



Optimum 2,000 pts

High Liner Pan Seared or Signature fish fillets selected varieties, frozen, 425-540 g

20296596002_EA/21186729_EA



Optimum 2,000 pts

IAMS dry cat food selected varieties 1.36/1.59 kg

21027553_EA/21027556_EA



Optimum 1,000 pts

Lysol disinfecting wipes 75-84's or disinfecting spray 350 g selected varieties

20314511002_EA/21397372_EA

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optimum™

More offers. More points.

pts pts pts pts



Optimum 1,000 pts

Illy coffee selected varieties 95-250 g/10's

21507643_EA/21507666_EA

Optimum 1,000 pts

Kraft pasta salad 200 g

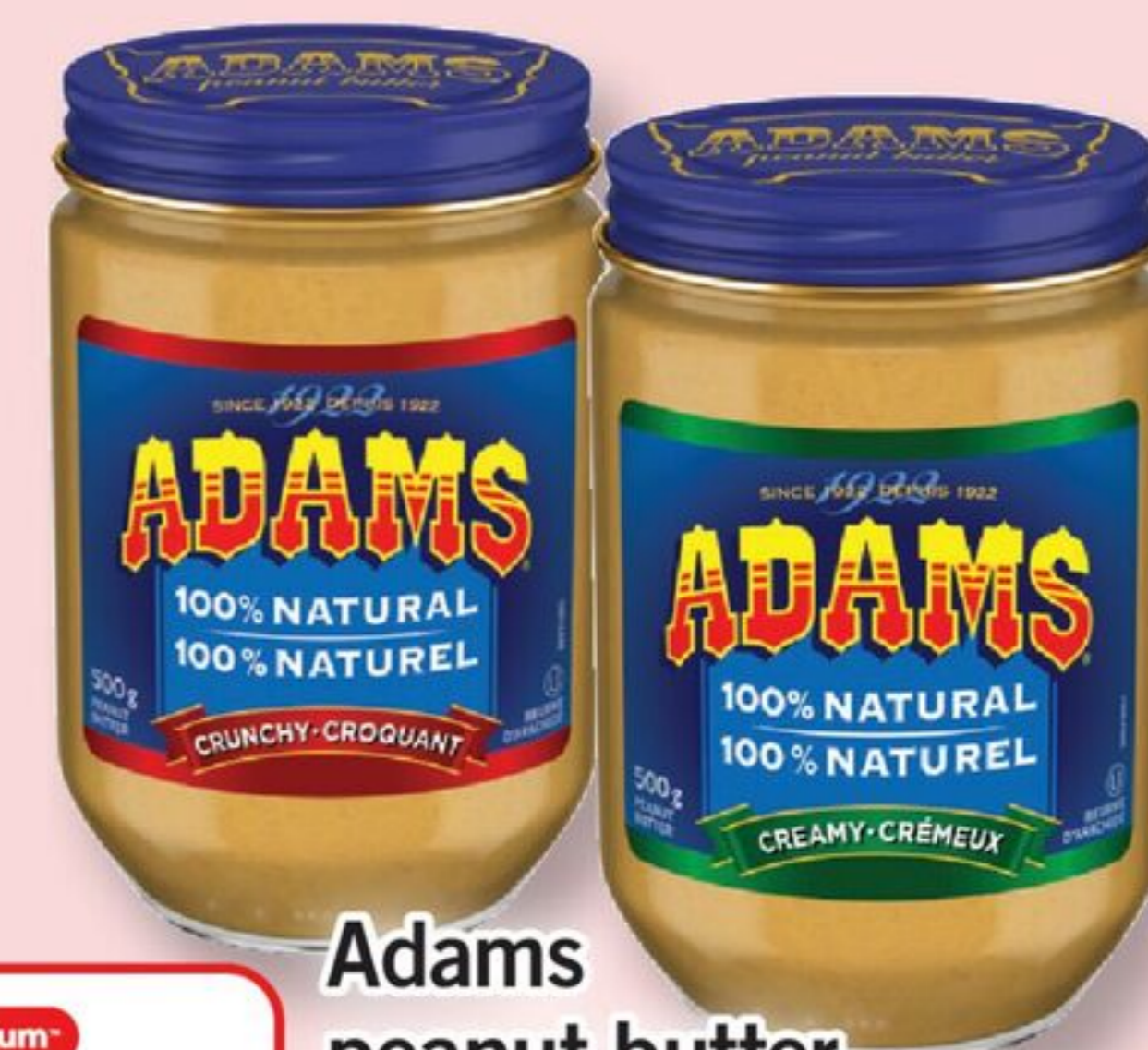
20976367_EA



Optimum 1,000 pts

Adams peanut butter 500 g

20367670001_EA/20367670002_EA



Optimum 1,000 pts

Aurora EVOO, avocado or blended oil or Basso grapeseed oil 750/1000 mL

20145686_EA/20971283_EA

Optimum 750 pts 699

Ponti vinegar selected varieties 250/500 mL

21337610_EA/21397052_EA



Optimum 500 pts

Dutchman's Gold raw honey 500 g

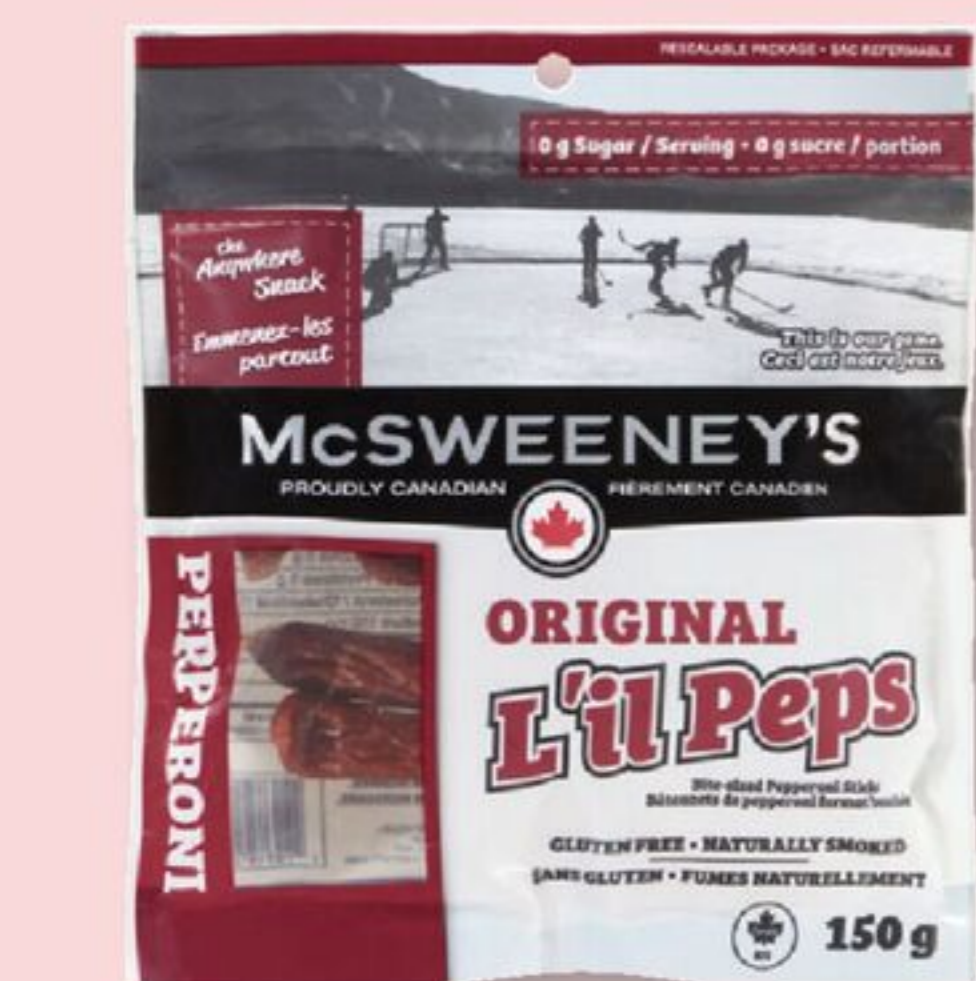
21053159_EA



Optimum 500 pts

Goldfish or Snyder's pretzels selected varieties and sizes

20300320_EA/20316052004_EA



Optimum 500 pts

McSweeney's Lil Peps 150 g

21217778_EA



Optimum 500 pts

Green Giant Simply Steam vegetables selected varieties, frozen, 198/250 g

21022284_EA/21022362_EA



Optimum 500 pts

Skinny Girl salad dressing 237 mL, Crisco shortening 567 g or Accent flavour enhancer 128 g selected varieties

21448144_EA/21475299_EA



Optimum 500 pts

Old Dutch chips or Humpty Dumpty snacks 175-290 g

21367510_EA/21445100_EA



Optimum 500 pts

Aurora, Alessia or Cucina Della Nonna products selected varieties and sizes

20184061_EA/20560901_EA



Optimum 500 pts

Crisco vegetable or canola oil 1.18 L

21528425_EA/21528433_EA



Optimum 500 pts

Casa Firelli hot sauce selected varieties 148 mL

21729608_EA/21729658_EA



Optimum 250 pts

Tre Stelle cream cheese selected varieties 200 g

20016786_EA/21316018_EA

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Fire up the Grill

French's
yellow mustard
20083238_EA

2.49
400 mL



5.99
3x375 mL
Heinz picnic pack
selected varieties
20552158_EA

Maille
dijon mustard
20304823001_EA

4.99
200 mL



Frank's
Red Hot sauce
selected varieties
20187632001_EA/20187632003_EA

3.79
354 mL



Matheson
Food Company
sauce
selected varieties
21618525_EA/21618529_EA

6.49
350 mL



Optimum
500 (pts)

Diana
gourmet 500 mL
or Bull's Eye
BBQ sauce 425 mL
selected varieties
20547834005_EA/21184617_EA

3.99
each



Maldon
sea salt
selected varieties
21010200_EA/21703807_EA

8.99
100-250 g



Sabatino Truffle
Zest seasoning or
Kanel truffle salt
21461163_EA/21466429_EA

14.99
50/60 g



4.99
10-248 g
Club House or
Le Grille spices
or seasoning
selected varieties
20180764_EA/20308006002_EA



4.99
100 g
PC® spice rubs
20301893001_EA/20301893002_EA



The Keg
or Montana's
seasoning blends
selected varieties
20973143_EA/21359215_EA

4.99
165-180 g



Follow the story
@Fortinos.supermarket

17.99
340-397 g
Meat Church
BBQ rubs
selected varieties
21702449_EA/21702538_EA



Unico
hot pepper
rings
21103533_EA

4.29
750 mL



Cascina
San Cassiano
zucchini relish
21731436_EA

5.99
410 g



Brine pickles
selected varieties
21681255_EA/21681273_EA

5.49
1 L



PAM avocado
or organic
olive oil spray
21361501_EA/21361505_EA

7.49
141 mL



Alcan aluminum foil
20030018_EA

8.99
100 ft



Star Grill
lump charcoal
20027522_EA

12.99
10 lb



BRINGING THE WORLD TO YOUR KITCHEN

Sharing culture through food



17⁹⁹ Island Way sorbet
700 mL 21737274_EA



1⁴⁹ Cedar pita selected varieties
21509333_EA/21509350_EA 330 g



2⁴⁹ Sunrise soft or dessert tofu selected varieties
20135704_EA/20570507_EA 150-350 g



4⁹⁹ Nanak paneer selected varieties
21286158_EA 341 g



9⁹⁹ Crafty Ramen entree selected varieties
21544830_EA 500/520 g



5⁹⁹ St. Dalfour fruit spread
20299223001_EA/20299223009_EA 225 mL



4⁹⁹ Kuhne sauerkraut
20068748_EA 796 mL



3⁴⁹ Gerolsteiner mineral water
20771154_EA 750 mL



4⁹⁹ Pelmen perogies selected varieties, frozen
21530577_EA 500 g



12⁹⁹ Irimi extra virgin olive oil
20021287_EA 750 mL



4⁹⁹ O'Food gochujang paste
21452984_EA 500 g



17⁹⁹ Rodoula baklava or kataifi
21714415_EA/21714451_EA 630 g



4⁹⁹ T'aom ice cream bars selected varieties, frozen
21566307_EA/21622902_EA 5x75 mL



2⁴⁹ Paese Mio tomato purée
20100480_EA 720 mL



9⁹⁹ Krinos fillo twisters selected varieties, frozen
20755147_EA/20765310_EA 840 g/1 kg



27⁹⁹ Monini Mono extra virgin olive oil
21339826_EA/21549727_EA 500 mL

Baby

Enfamil A+
PACK / FORMAT ÉCONOMIQUE
Ready to feed
Prête à servir

HUGGIES
little movers
OUTSTANDING ACTIVE FIT
12 Hours of Leak Protection

Pampers
swaddlers
100% Leakproof skin protection
100 DIAPERS
OÙLICHES

Organics Biologique
Pruneaux
100% Ingrédients naturels
sans sucre ajouté
sans conservateurs
sans colorants artificiels

Enfagrow A+
DHA-PLUS
12 Hours of Leak Protection

Similac
PRO-ADVANCE
OUR MOST ADVANCED FORMULA
NOTRE PRÉPARATION LA PLUS AVANCÉE
2'-FL Oligosaccharides
DHA ADH
1 step
étape
0+ NOUVEAU MOIS

Enfamil A+ NEURO PRO
50% MORE* DE PLUS*
DHA PLUS
ADH PLUS
HUMOG

Enfamil A+ NEURO PRO GENTLELEASE
50% MORE* DE PLUS*
DHA PLUS
ADH PLUS
HUMOG

Brothers fruit crisps
10/12 g
20549406_EA
20549409_EA

\$1

HUGGIES
little movers
OUTSTANDING ACTIVE FIT

Pampers
swaddlers
100% Leakproof skin protection

Huggies or Pampers club pack
diapers 66-184's
or EnfaGrow formula powder 907 g
selected varieties
21456748_EA/21551645_EA

34.99 each

Similac pro advance
ready to drink formula
selected varieties
21334752_C01

59.99 16x235 mL

Enfamil NeuroPro powder
selected varieties
21589079_EA/21589205_EA

65.99 862/890 g

Kendamil
infant formula
préparation pour nourissons
with natural powder with iron | poudre à base de lait enrichie en fer
with whole milk last enteric | avec lait entier

Kendamil formula powder
21699547_EA

44.99 800 g

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Optimum
10,000 pts
for every \$50* spent on

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Pampers Sensitive
COLLAGEN PROTECTANT

HUGGIES natural care
sensitive
délicates
sans parfum

Nestlé Cerelac
cereal 400 g
or Pampers or Huggies wipes
112-216's
selected varieties
20708211_EA/20799372_EA

8.99 each

Gerber Organic Biologique
Banane
Pomme
Frais

Gerber pouches 128 mL
or jars 159-162 mL
21024932_EA/21024943_EA

1.79 each

Love Child
love ducks™
Fruit & Veggie Oat Bars
Baby Gourmet pouches 128 mL
or Love Child Love Ducks 30 g
selected varieties
20368074001_EA/21054242_EA

1.99 each

Love Child
oaty chomps™
Baby Gourmet puffs or bars
40-98 g or Love Child Oaty Chomps 138 g
selected varieties
20944539_EA/21123961_EA

3.99 each

Baby Gourmet
cereal
208/227 g
20972153_EA/20625551003_EA

5.99 each

Body & Health

Method hand soap
300/354 mL or Colgate toothpaste 70-150 mL
selected varieties
20432113001_EA/20432113004_EA

3.99 each

Dove deodorant 74-113 g
or **OGX hair care** 100-385 mL
selected varieties
20340206005_EA/21003511_EA

8.99 each

TheraBreath 473 mL or **Aveeno body wash** 532 mL
or **Dove bar soap** 6's
selected varieties
20756056_EA/20862909_EA

11.99 each

Sensodyne toothpaste 75/100 mL
or **Gum flossers** 90's
or **Band-Aid** 20's
selected varieties
20281940001_EA/20301179006_EA

4.99 each

TRESemmé hair care 828 mL
or **styling** 198-311 g
/168-300 g
selected varieties
20315303003_EA/20315303016_EA

7.99 each

Always pads, liners or Tampax tampons
selected varieties and sizes
21000869_EA/21374659_EA

11.99 each

Depends or Poise
12-60's
or liners 114-126's
selected varieties
20558643005_EA/21100737_EA

18.99 each

Vaseline lotion 100-295 mL
or **Live Clean body wash** 500 mL
selected varieties
20539440004_EA/20756639_EA

7.99 each

Ensure 6x235 mL
or **Glucerna** 6x237 mL
or **Barebells** 4's
selected varieties
20180283003_EA/20308731008_C06

13.99 each

Nature's bounty, Lil Critters or Vitafusion vitamins
selected varieties and sizes
20867041_EA/20867280_EA

up to **20% OFF**

Household



Lysol laundry disinfectant

21487308_EA/21495667_EA

9.99
1.2 L



Resolve Oxi-Action Gold laundry booster selected varieties

21627561_EA

13.99
1.38 kg



Allen's multi-purpose cleaners selected varieties

20977116_EA/21027899_EA

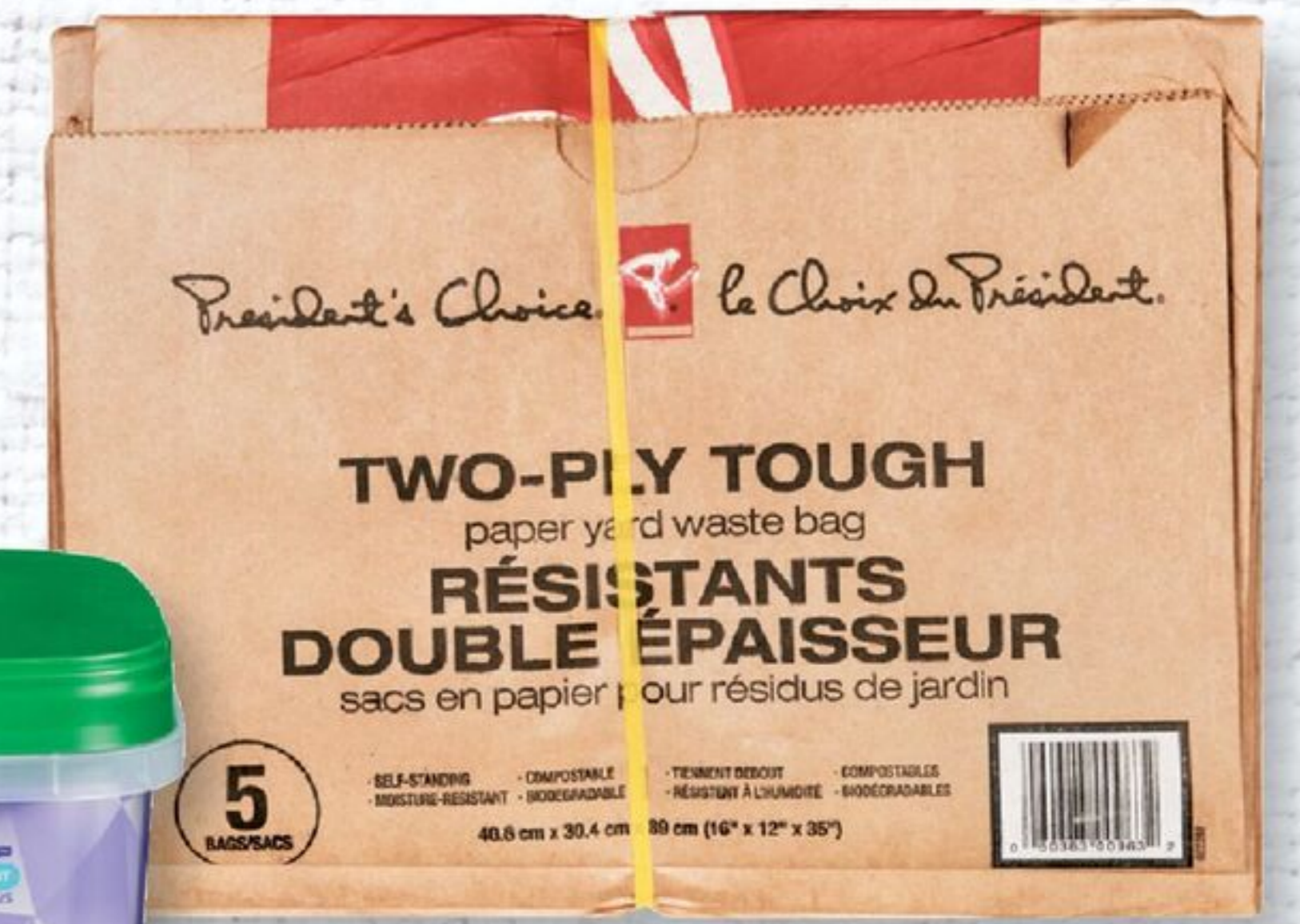
4.49
950 mL/2.5 L



Cascade Platinum Plus or Complete dishwashing tabs selected varieties

21575009_EA/21518479_EA

23.99
51-90's



TWO-PLY TOUGH paper yard waste bag
RÉSISTANTS DOUBLE ÉPAISSEUR sacs en papier pour résidus de jardin

5 BAGS
48.8 cm x 30.4 cm 80 cm (16" x 12" x 30")

4.79
5's
PC® paper yard waste bags
20429980_EA

Air Wick scented oil kit 20 mL, essential mist 20 mL or freshmatic refill 175-180 g selected varieties

20124109002_EA/20302509001_EA

7.49
each



Glad garbage bags selected varieties

20166439002_EA/21165477_EA

11.99
20-40's



no name® aluminum foil 50' or plastic wrap 60 m

21119987_EA/21120002_EA

2.99
each



Swiffer Duster or Wet Jet refills 3-16's or liquid refills 1.25 L selected varieties

21624929_EA/21627479_EA

7.99
each



4.49
120's
Royale napkins 1 ply
20972882_EA

Pet Needs for Cats & Dogs!



3.29
283 g
Purina Beneful wet prepared meals for dogs
20303551002_EA/20303551007_EA



Cesar Canine Cuisine selected varieties

20628583002_EA/20628583004_EA

19.99
12x100 g



Greenies dental treats for dogs

21588838_EA/21588846_EA

18.99
340 g



Beneful dog food selected varieties

20295905001_EA

10.99
1.6/1.8 kg



IAMS Proactive Health dry dog food selected varieties

20912435_EA/20913421_EA

15.99
2.72-3.18 kg



Whiskas Temptations or lickable cat treats spoons or pouches selected varieties

20298151001_EA/21479803_EA

3.49
40-180 g



\$1
PC® Nutrition First® grain free wet cat food 85 g selected varieties
21359624_EA/21618536_EA



Fancy Feast wet cat food variety packs selected varieties

20753278_EA/20946804_EA

12.99
12x85 g



Fresh Pet Purina Friskies dry cat food selected varieties

20912515_EA/21630324_EA

7.99
each



PC® Nutrition First® dry cat food selected varieties

21303028_EA/21303031_EA

27.99
4 kg

Graduations & Proms

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Fortinos mixed bouquets
assorted colours
and sizes
21159059_EA/21549450_EA

from
\$20-50 each



spring mix
21609452_EA
16⁹⁹ bunch



rainbow tulips
21022558_EA
24⁹⁹ each



21⁹⁹ each
aloe mix in 6" decorative pot
21750165_EA

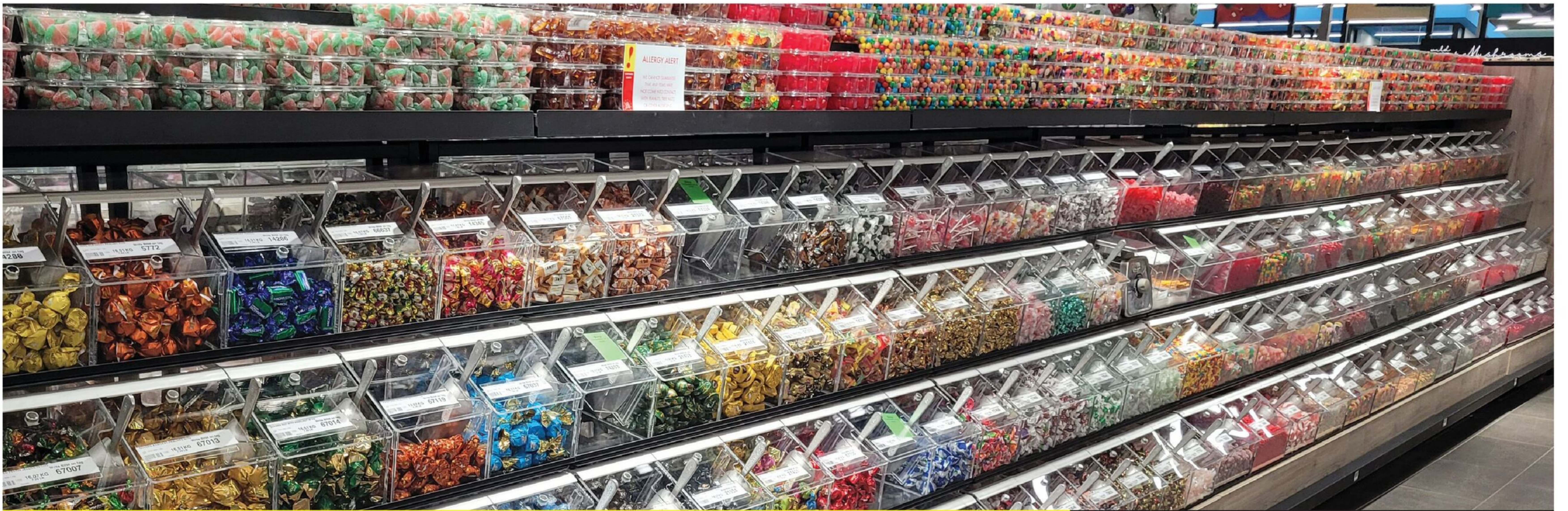
16⁹⁹ each
Hawarhia and Gasteria mix in 6" decorative pot
21750192_EA



29⁹⁹ each
double spiked orchid
5 inch ceramic pot
20944596_EA



4/\$12 or \$3.25 ea.
PC® Black Earth soil 25 L
21357792_EA



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- ✓ Over 175 varieties of chocolate, candy & dried fruit!
- ✓ Over 125 varieties of nuts, seeds & snacking mixes!
- ✓ Over 150 varieties of spices & baking needs!



Seafood



8⁹⁹ Heron Point wild caught crab meat ready to eat
170 g 21647384_EA/21647418_EA



16⁹⁹ Go Wild shrimp ring with sauce 19/23 per lb., frozen
425 g 21154099_EA



12⁹⁹ PC® PEI mussels selected varieties, frozen
907 g 20838559_EA/20838560_EA



8⁹⁹ Sushi Pocket salmon teriyaki or tuna mayo, frozen
528 g 21702599_EA/21702921_EA

Meat



5⁹⁹ each
Maple Leaf Top Dogs, Schneiders Red Hots wieners 375 g or Mina Halal chicken wieners 675 g, selected varieties
20602429_EA/21093477_EA



14⁹⁹ Schneiders Smokies sausages selected varieties
21094083_EA/21094879_EA



15⁹⁹ each
Swiss Chalet BBQ pork back ribs 600 g or Montana's BBQ pork back ribs 650 g selected varieties, fully cooked
21022221_EA/21203458_EA



13⁹⁹ Marcangelo beef medallions
340 g 21025464_EA



5⁹⁹ Springer's mild or hot Debrecziner sausage
375 g 21735454_EA/21735409_EA



24⁹⁹ Marcangelo lamb spiedini 24's, frozen
480 g 21100221_EA



14⁹⁹ Royal Meats beef or chicken burgers selected varieties, frozen
852 g 21680569_EA/21680615_EA



18⁹⁹ Yorkshire Valley Farms organic chicken or turkey burger selected varieties, frozen
678 g 21592097_EA/21592125_EA

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Caramel Macchiato Natural Flavour
24g PROTEIN
Source of electrolytes
NO ADDED SUGAR

oikos PRO
Vanilla Natural Flavour
13g PROTEIN
NO ADDED SUGAR

oikos
Greek Yogurt
NO SUGAR ADDED
PLAIN

oikos
Greek Yogurt
VANILLA

\$329 Oikos® Pro™ 300 mL 21651846

\$799 Oikos® Pro™ 650 g 21652073

\$799 Oikos® 650 g, 750 g 21305945

\$429 Oikos® 4 x 95 g, 4 x 100 g 20625055

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3

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3

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\$549 Activia® 650 g 20325132003

\$699 Activia® 8 x 93 mL 21430512

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8% 40%
6 ESSENTIAL NUTRIENTS ESSENTIELS

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\$999

Baskin-Robbins® 4PK Sandwiches and 946 mL, select varieties.
21721501_EA, 21721551_EA

BR
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NETFLIX
STRANGER THINGS

\$499

Nestlé® Drumstick® Confectionery/Novelties (4/6's, 4-10's, 1.5 L), select varieties.
21722287_EA

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\$499

iöGO® Frozen Yogurt Novelties (4/8's) and 946 mL Tubs, select varieties.
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EXTRÄAZ

\$499

Häagen-Dazs® (414 mL - 450 mL and 3-4's), select varieties.
21722230_EA, 21722352_EA, 21722168_EA

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21434646_EA / 21434658_EA / 21611251_EA

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