



PROUDLY CANADIAN SINCE 1919

Available at the following Loblaws locations:

2877 Bayview Ave., 50 Musgrave St., Toronto, 5970 McLaughlin Rd., 5010 Glen Erin Dr.,
250 Lakeshore Rd., W., Mississauga, 301 High Tech Rd., Richmond Hill, 200 Bullock Dr., Markham,
1792 Liverpool Rd., Pickering, 1740 Richmond St. N., 3040 Wonderland Road S., London

HOT PRICE

\$3 LB

**PORK SIDERIB
PORTION**
6.61/KG
20836871_KG

HOT PRICE

2.99 LB

INCLUDES HALAL

**CHICKEN
DRUMSTICKS**
INCLUDES HALAL
FAMILY SIZE
6.59/KG
20004846_KG
21646527_KG

HOT PRICE

8.99 LB

BEEF BLADE STEAK
FAMILY SIZE OR ROAST
CUT FROM AUSTRALIAN
GRADE BEEF
19.82/KG
21725010_KG
21725042_KG

SAVE UP TO \$3.99 LB

\$10 LB

**FRESH RAINBOW
TROUT OR ASC
TILAPIA FILLETS**
SELECTED VARIETIES
22.05/KG
FRESH SEAFOOD ITEMS
SUBJECT TO AVAILABILITY
20897812_KG
20897813_KG

App exclusive offer

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

Optimum™

2/\$7.50

OR \$4 EA.

**SWEET DARLING
CLEMENTINES**
PRODUCT OF SOUTH AFRICA
2 LB
21506862001_EA

Get **2,000** pts

When you buy 2

\$2 back in points

When you buy 2

DARLING CLEMENTINES
Nature's Sweet Temptations
EASY TO PEEL

HOT PRICE

2.50 LB

**PC® EXTRA LARGE
RED OR GREEN
SEEDLESS GRAPES**
PRODUCT OF U.S.A.,
NO. 1 GRADE
5.51/KG
20159199001_KG

SAVE \$10

\$20

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

HALAL

SERVES 6

SAVE UP TO 38%

\$6

**MAPLE LEAF
NATURAL
SELECTIONS,
SCHNEIDERS DELI
SLICED MEATS**
150-175 G OR
PC® DELI CHEESE
SLICES 140-170 G
SELECTED VARIETIES
20065285_EA
20216643_EA



SAVE 33%

\$2

**FARMER'S MARKET™
MINI CUCUMBERS**
PRODUCT OF ONTARIO
6'S
20737570001_EA



HOT PRICE

2.50 LB

HONEYCRISP APPLES
PRODUCT OF ONTARIO,
FANCY GRADE
5.51/KG
20132621001_KG



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

3/4.98

OR \$2 EA.
BARILLA PASTA
SELECTED VARIETIES
340/410 G
21404904_EA
21404912_EA



\$3

SMART ONES
241-283 G, CRAVE
200-340 G OR
KRAFT DINNER
FROZEN MEALS
340 G
SELECTED VARIETIES
21085515_EA
21561644_EA



App exclusive offer

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

Optimum™

\$5

Get **3,000** pts

When you buy 2

**PC® WOOD-FIRED
PIZZA**
SELECTED VARIETIES
FROZEN
351-413 G
21540352_EA
21540359_EA



5.97

**BLACK DIAMOND
CHEESESTICKS OR
CHEESE STICKS**
189-336 G OR
CRACKER BARREL
CHEESE BARS 400 G
OR SHREDDED
CHEESE 250-320 G
SELECTED VARIETIES
20763661_EA
21290384_EA



2.29

**MADE GOOD GRANOLA
BARS, CRISPY OR
CRUNCHY SQUARES,
SOFT BAKED MINI
COOKIES, GRANOLA
BITES OR OAT BARS**
SELECTED VARIETIES
120-150 G
20797052002_EA
21722850_EA



2.45

**COUNTRY HARVEST
BREAD**
SELECTED VARIETIES
600 G
21693323_EA
21722057_EA



App exclusive offer

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

Optimum™

\$6.50

Get **2,000** pts

When you buy 2

PC® ORANGE JUICE
SELECTED VARIETIES
2.5 L
21531644_EA
21531646_EA



\$5

**NESTLÉ
DRUMSTICK 4'S OR
CONFECTIONERY
FROZEN DESSERT**
1.5 L OR BARS 4-10'S
OR IÖGO FROZEN
YOGURT 946 ML OR
BARS 4/8'S
SELECTED VARIETIES
FROZEN
21650572_EA
20322380001_EA



SAVE UP TO 34%

9.88

**NO NAME® CANOLA
OR VEGETABLE OIL**
3 L OR MAZOLA CORN
OIL 2.84 L
SELECTED VARIETIES
20015260_EA
20028656_EA



1.39

NO NAME® BROTH
SELECTED VARIETIES
900 ML
21189610_EA
21189611_EA



\$5

HEINZ KETCHUP
750 ML-1 L,
MAYONNAISE
675 ML OR KRAFT
MIRACLE WHIP
SPREAD 650-890 ML
SELECTED VARIETIES
20069080_EA
20296681001_EA



SAVE UP TO 40%

40%

**JAMIESON
VITAMINS OR
SUPPLEMENTS**
SELECTED VARIETIES
AND SIZES
20565076_EA
21085525_EA



WORLD FOODS Flavours for every table

\$12

**TRUGOURMET
KOREAN STYLE
BEEF SHORT
RIBS, PORK BELLY
SLICES OR BBQ
FLAVOURED PORK**
FROZEN
454 G-1.4 KG
21691680_EA
21692748_EA



12.88

**DAN D PAK
CASHEWS**
SELECTED VARIETIES
900 G
20314862002_EA
20314862001_EA



\$3

**INDOMIE INSTANT
NOODLES**
SELECTED VARIETIES
5'S, 400-425 G
20648719_EA
21094981_EA



App Exclusive Offer

Shop & earn more

Excludes prescription drugs and optical.
Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

Thursday,
September 10th
to Wednesday,
September 16th,
2026

Get
at least
10,000 pts

Open your PC Optimum™ App
to reveal your offer.

at least
\$10
value

Flyer prices effective from Thursday, September 10th to Wednesday, September 16th, 2026. SEE BACK PAGE FOR DETAILS.

PEFC
PEFC/01-31-106
PEFC Certified
www.pefc.org

***Fresh Promise:** Applicable to eligible fresh produce items purchased at Loblaws store locations or online at loblaws.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 Loblaws store where purchase originated. The fresh promise may not be combined with any other offer. We reserve the right to cancel or change the terms of this guarantee at any time without notice.

The image displays two boxes of Zabiha Halal frozen chicken products. The top box is for 'Chicken Nuggets' and the bottom box is for 'Chicken Strips'. Both boxes are labeled as 'No. 1 Halal Brand' and '800 g'. The packaging features a green and yellow color scheme with a 'Halal' logo. The chicken products are shown in a black bowl with a dipping sauce.

**SEAQUEST® SHRIMP
COCKTAIL SAUCE**

SEALQUEST
Shrimp Cocktail Sauce
45 x 53 g
Cocktail de crevettes
avec sauce cocktail
sans conservateur ni additifs
artificiels

BAP
750 280 portions, 114 g par

bakery deals rising daily

\$3 **BAKED IN-STORE**

WHITE OR 100% WHOLE WHEAT BREAD
383 G
21374404_EA
21377237_EA

\$4 **BAKED IN-STORE**

MINI BAGELS
SELECTED VARIETIES
8'S
21738180_EA
21738337_EA

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

\$4⁵⁰ **Get 1,000 pts** **\$1 back in points** **BAKED IN-STORE**

CINNAMON RAISIN BREAD
468 G
20729432_EA

NATIONAL CINNAMON RAISIN BREAD DAY
Wednesday, September 16th

\$6 **PREPARED IN CANADA**

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

\$5 **PREPARED IN CANADA**

FARMER'S MARKET™ CUPCAKES 6/12'S OR DONUTS 12/40'S
SELECTED VARIETIES
21659343_EA
21635700_EA

5⁵⁰ **BAKED IN-STORE**

BAKED IN-STORE STRUDELS, TURNOVERS & DANISHES
SELECTED VARIETIES
REGULAR 4'S OR MINI 8'S
21476309_EA

5⁵⁰

LA FOURNÉE DORÉE Brioche Bread 500 G OR SWIRLS 300 G
SELECTED VARIETIES
20978205_EA
21740992_EA

\$3

PC® OR BLUE MENU® ENGLISH MUFFINS 342 G OR PC® ENGLISH-STYLE CRUMPETS 284 G
SELECTED VARIETIES
20123948_EA
20810728_EA

\$7

SOLA BREAD OR BAGELS
SELECTED VARIETIES
340-567 G
21748946_EA
21749047_EA

Get 2,000 pts for every \$10* spent on **\$2 back in points**

MARCANGELO ITALIAN SLICED & CHUBS MEAT
SELECTED VARIETIES
85-300 G
21021491_EA
21706090_EA

3⁵⁰ /100 G **PREPARED IN CANADA**

PC® OR BLUE MENU® NATURAL CHOICE TURKEY
DELI SERVICE CASE
SELECTED VARIETIES
20308072_KG

SAVE 30%

\$4

PRESIDENT RONDELÉ
SELECTED VARIETIES
125 G
21672975_EA
21673695_EA

Member Price \$6 **Non-Member Price \$8** **Members save \$2**

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

\$5 **PREPARED IN CANADA**

DAIYA DAIRY FREE CHEESE 220 G OR GUSTA VEGGIE SLICES 155 G
SELECTED VARIETIES
21660590_EA
21706718_EA

FROM \$7

GRAB AND GO LUNCH TRAYS
SELECTED VARIETIES
204-650 G
20589530_EA
21217528_EA

on the run, we got you

\$9 **Get 2,000 pts** **\$2 back in points**

FRESHLY MADE IN-STORE ROMANACCIA SANDWICHES
SELECTED VARIETIES
225-385 G
21693850_EA

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

\$7 **Get 3,000 pts When you buy 2** **\$3 back in points**

SUB SANDWICHES OR WRAPS
PREPARED IN-STORE
230-299 G
21623659_EA
21623681_EA

\$10 **PREPARED IN-STORE**

12 INCH TAKE AND BAKE PIZZA
SELECTED VARIETIES
475-540 G
21751487_EA
21751488_EA

2/\$14 **OR \$8 EA.**

IN-STORE PREPARED SINGLE SERVE MEALS OR BOWLS
SELECTED VARIETIES
135-410 G
21738432_EA
21738434_EA

FROM \$9

2-PACK BENTO JAPANESE SNACK ROLLS 200 G OR 2-PACK BENTO ONIGIRI 244 G
SELECTED VARIETIES
21715743_EA
21716042_EA

BUY ONE (1) IN-STORE PREPARED LARGE PASTA
SELECTED VARIETIES
900 G-1.14 KG
\$16
21638701_EA

+ ONE (1) FURLANI GARLIC BREAD
20041579_EA

FOR \$20



Optimum™

Text to sign up for the hottest offers

**Text "OFFERS" to 55556*
to opt in to SMS and never
miss an offer again.**

Message & data rates may apply.

Get deals and a chance to

WIN 1 of 50 prizes of

500,000

pts

That's like
\$500

Loblaws  >

Text Message
Today 9:41 AM

OFFERS

You're in! 🎉

You've been entered to win
500,000 pts, that's like \$500!

Plus, get our hottest deals
delivered straight to you.

Reply STOP to unsubscribe.

sizzle up, stir fry

Quick. Flavourful. Better together.

\$8

PREPARED
IN-STORE

BEEF STIR FRY STRIPS
CUT FROM CANADA AA
GRADE BEEF OR USDA
SELECT GRADE BEEF
OR HIGHER
213 G
21588067_EA



\$10

PC® VEGETABLES
SELECTED VARIETIES
FROZEN
1.75 KG
20713420_EA
21096317_EA



4⁵⁰

PC® ORGANICS FROZEN VEGETABLES
SELECTED VARIETIES
FROZEN
300-500 G
20416869001_EA



5⁸⁸

GARLIC
PRODUCT OF CHINA
1 KG BAG
21238843001_EA



1 KG

3⁸⁸

FOREWAY PURE SESAME OIL
185 ML
20112073_EA



6⁵⁰

HUY FONG SRIRACHA SAUCE
740 ML
20074956_EA



2⁴⁸

PC® UDON NOODLES
4X200 G
20354811_EA



make it a fajita night

Fresh. Zesty. Always a hit.

\$13



PC® BLUE MENU® CHICKEN BREASTS
BONELESS, SKINLESS, AIR
CHILLED
3'S
21340952_EA



\$10

PC® VEGETABLES CLUB SIZE
SELECTED VARIETIES
FROZEN
1.75 KG
21096317_EA



4⁵⁰

PC® ORGANICS FROZEN VEGETABLES
SELECTED VARIETIES
FROZEN
300-500 G
21004383_EA



\$4

NO NAME® NATURALLY IMPERFECT™ LIMES
PRODUCT OF MEXICO
680 G
21673921001_EA



\$4



CASA MENDOSA 7 INCH CORN TORTILLA
204 G
20980625_EA



6⁵⁰

CHOLULA HOT SAUCE
SELECTED VARIETIES
150 ML
21392271_EA
21392198_EA



\$5

WILDLY DELICIOUS SALSA AND SKILLET SAUCE
SELECTED VARIETIES
350-430 ML
21657916_EA
21703899_EA



6⁵⁰

PC® SHREDS
SELECTED VARIETIES
250-320 G
21060201_EA
21060183_EA



2/\$6

OR
\$3.49 EA.
NO NAME® SOUR CREAM
SELECTED VARIETIES
500 ML
20299657_EA
20322987_EA



\$6

GUACAMOLE 255 G OR PICO DE GALLO SALSA 187 G
21657916_EA
21552223_EA



PREPARED
IN-STORE

SEPTEMBER

HIT
OF THE
MONTH

LIMIT 6
AFTER LIMIT
\$4 EA.



\$3

MAYNARDS CANDY
SELECTED VARIETIES
230-315 G
21545809_EA

LIMIT 6
AFTER LIMIT
\$4.50 EA.



\$2

PC® KETTLE COOKED OR
RIPPLED KETTLE POTATO
CHIPS
SELECTED VARIETIES
200 G
21422931_EA
21686985_EA

LIMIT 6
AFTER LIMIT
4.50 EA.



MARCANGELO
PORK SAUSAGES
SELECTED VARIETIES
375 - 500 G
21724134_EA
21724145_EA

\$3⁵⁰

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, 2026. While quantities last. See in-store for details.

your one-stop
grocery shop

\$10

MAYNARDS
FUN TREATS
45'S, 562 G
20891515_EA



Optimum™

\$5.49

Get
2,000
pts
When you
buy 3

\$2
back in
points

SMARTFOOD
POPCORN
150-200 G OR
MISS VICKIE'S
KETTLE
COOKED POTATO
CHIPS 190/200 G
SELECTED VARIETIES
20972859_EA/21240703_EA



DIGITAL
COUPONS

UP TO

\$50

IN TOTAL VALUE

More offers. More points.

CLICK FOR THESE
COUPONS AND MORE



\$5

SMUCKER'S
UNCRUSTABLES
SANDWICHES 4X58 G
OR TASTIEZ BITES OR
TRIANGLES 311 G
SELECTED VARIETIES, FROZEN
21543057_C04/21691571_EA



SAVE
\$1

WHEN YOU BUY 2

2/\$5

OR
\$3 EA.

PRIMO PIZZA
SQUEEZE 375 ML
OR UNICO PIZZA
SAUCE 398 ML
20125970001_EA



SAVE
\$1

WHEN YOU BUY 2

2/\$6

OR
\$3.50 EA.

AURORA
EGG PASTA
SELECTED VARIETIES
250 G
20901944001_EA
20901944003_EA



5.50

FRANK'S
REDHOT SAUCE
SELECTED VARIETIES
354 ML
20187632001_EA
21648960_EA



\$3

SWISS CHALET OR
MONTANA'S SOUP
SELECTED VARIETIES
540 ML
20097905001_EA
21690570_EA



\$3

CLOVER LEAF
WHITE TUNA
SELECTED VARIETIES
170 G
20167571_EA
20126358001_EA



\$5

PC® PICKLES,
STUFFED OLIVES OR
BANANA PEPPER
RINGS 500-750 ML/1 L OR
NO NAME®
SAUERKRAUT 1 L
SELECTED VARIETIES
20051164_EA
2043360001_EA



\$8

NESTLÉ ASSORTED
MINI BARS
SELECTED VARIETIES
25'S, 182-295 G
21571131_EA
21571179_EA



3.50

NO NAME® SPICES, HERBS
OR SEASONINGS
SELECTED VARIETIES
5.5-250 G
20617758_EA
20618006_EA



\$7

DR. OETKER GIUSEPPE
PIZZERIA RISING CRUST,
THIN CRUST OR
EASY PIZZI PIZZA
SELECTED VARIETIES,
FROZEN
439-785 G
21106361_EA
21359564_EA



\$10

PC® FISH FILLETS
SELECTED VARIETIES,
FROZEN
500-680 G
21096317_EA/21637039_EA



\$5

BREYERS CREAMERY
STYLE ICE CREAM 1.41 L OR
POPSICLE NOVELTIES 6-12'S
SELECTED VARIETIES, FROZEN
20763159_EA/21651382_EA



4.50

MOTT'S CLAMATO
SELECTED VARIETIES
1.89 L
20318955002_EA
20318955003_EA



SAVE
34%

9.88

GALLO OLIVE OIL
SELECTED VARIETIES
1 L
20105368_EA
20069755_EA



5.50

BEN & JERRY'S OR
TALENTI GELATO OR
SORBETTO 473 ML OR
MAGNUM BARS 3/4'S
SELECTED VARIETIES, FROZEN
21428403_EA/21720460_EA



Optimum™

\$3

Get
1,000
pts

\$1
back in
points

CHAPMAN'S
SUPER PREMIUM
PLUS ICE CREAM
SELECTED VARIETIES,
FROZEN
500 ML
21511147_EA
21511200_EA



2/\$7

OR
\$3.99 EA.

PC® NATURAL
SPRING WATER
24X500 ML
20137898_C24



\$12

COTTONELLE
FRESH CARE
FLUSHABLE
WET WIPES
SELECTED VARIETIES
4 PACK OR 168'S
21477027_EA



\$5

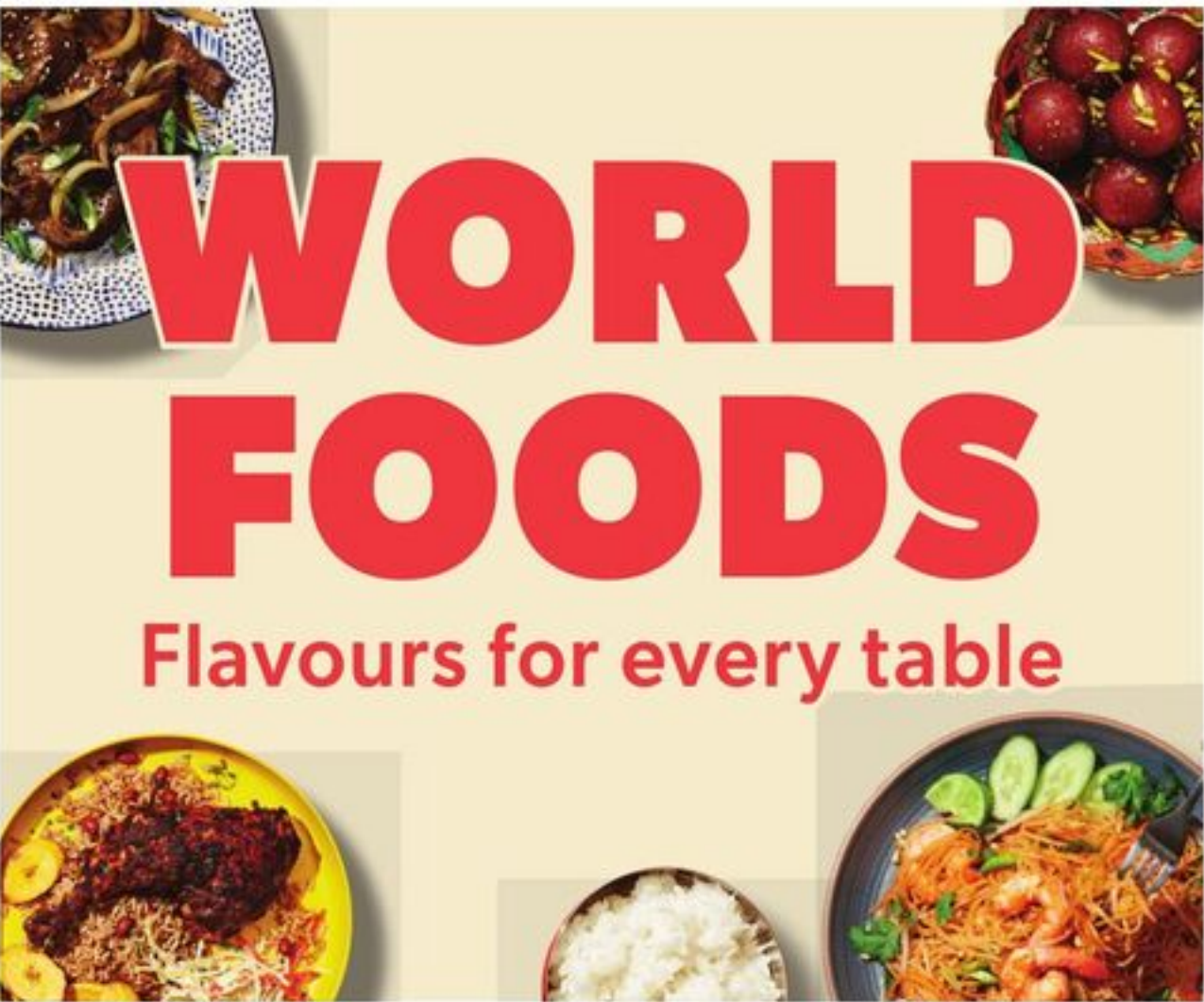
ROYALE
TOILET PAPER
SELECTED VARIETIES
8-16 ROLLS
21187388_EA
21378574_EA



\$15

CHARMIN
BATHROOM TISSUE
12-48 ROLLS OR
BOUNTY PAPER
TOWELS 6-12 ROLLS
21636641_EA
21670280_EA





WORLD FOODS

Flavours for every table

3⁶⁸

LARGE DRAGONFRUIT
PRODUCT OF VIETNAM
EACH
20168395001_EA



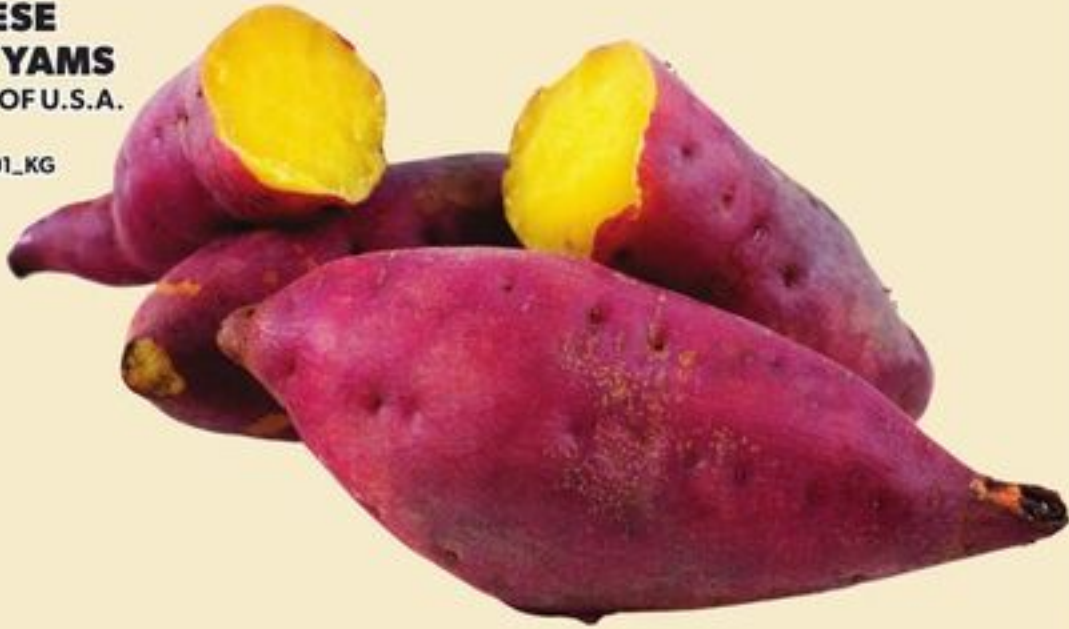
\$2^{LB}

PAPAYA
PRODUCT OF MEXICO
4.41/KG
20817066001_KG



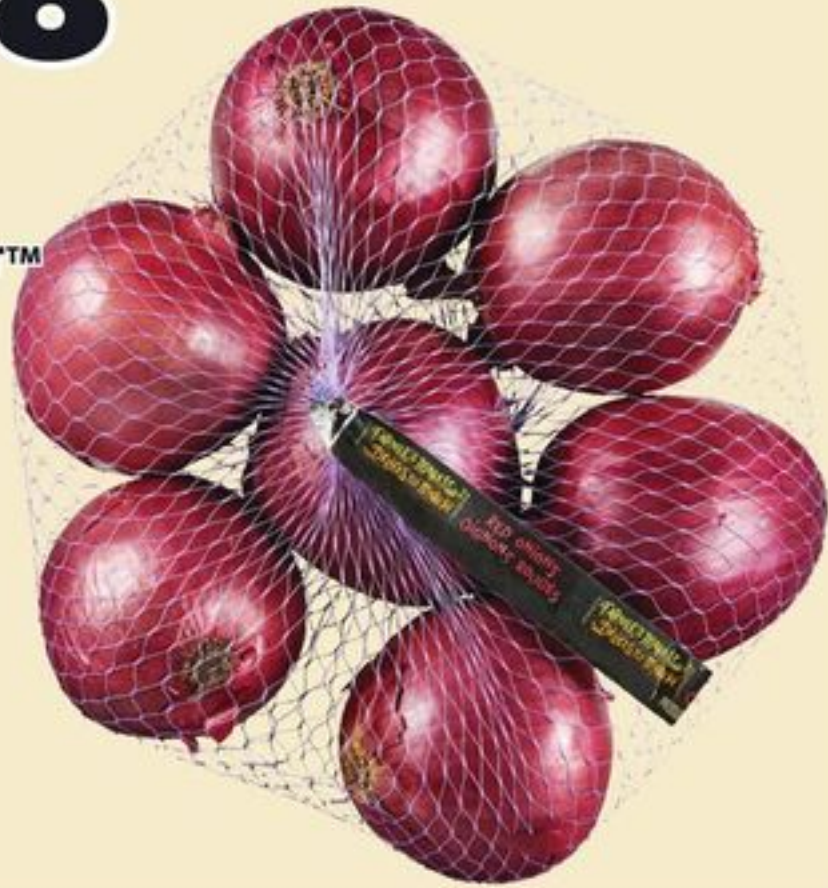
2⁵⁰

JAPANESE SWEET YAMS
PRODUCT OF U.S.A.
5.51/KG
20524922001_KG



3⁹⁸

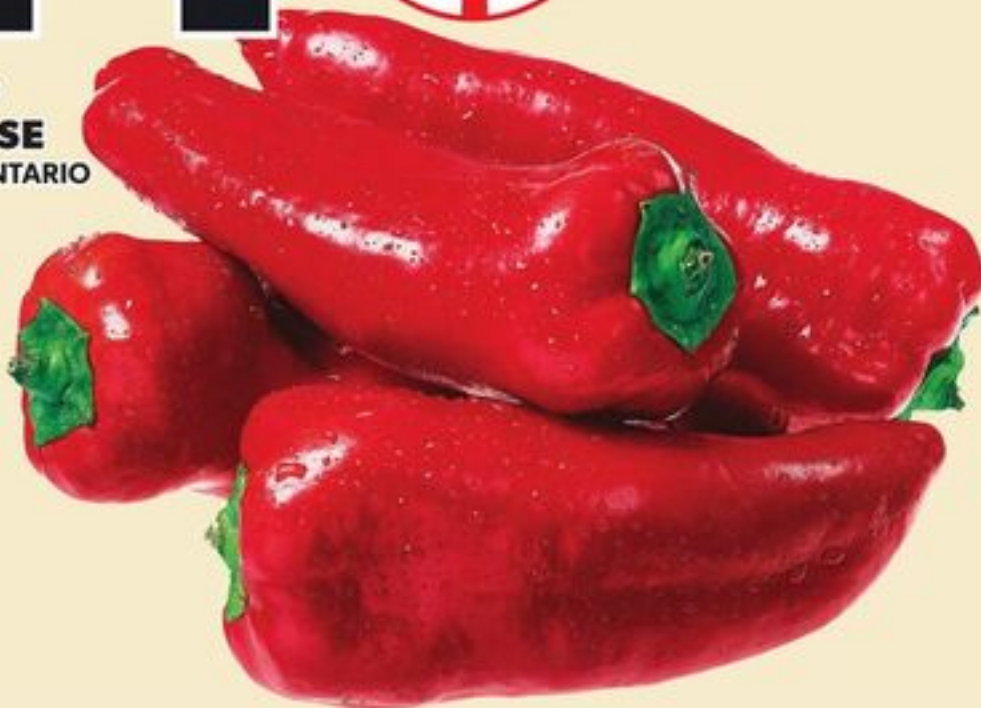
FARMER'S MARKET™ RED ONIONS
PRODUCT OF CANADA,
CANADA NO. 1 GRADE
3 LB BAG
20811362001_EA



\$14



SHEPHERD PEPPER CASE
PRODUCT OF ONTARIO
20964136001_C01



1⁵⁰



CILANTRO
PRODUCT OF CANADA
BUNCH
20091825001_EA



Happy Mid-Autumn Festival



Gather under the moon with **550+** familiar favourites

2²⁸
LB

ASIAN YELLOW PEARS
PRODUCT OF CHINA
FANCY GRADE
5.03/KG
2003561001_KG



2⁶⁸
LB

FUJI APPLES
PRODUCT OF U.S.A.
EXTRA FANCY GRADE
5.91/KG
2031084001_KG



1⁸⁸
LB

CHINESE JUMBO CARROT
PRODUCT OF CHINA
4.14/KG
20851084001_KG



5⁸⁸

1 KG

GARLIC
PRODUCT OF CHINA
1 KG BAG
21238843001_EA



4^{\$}

T&T® COOKIES
SELECTED VARIETIES
168-304 G
21475469_EA/21473267_EA



1⁵⁰

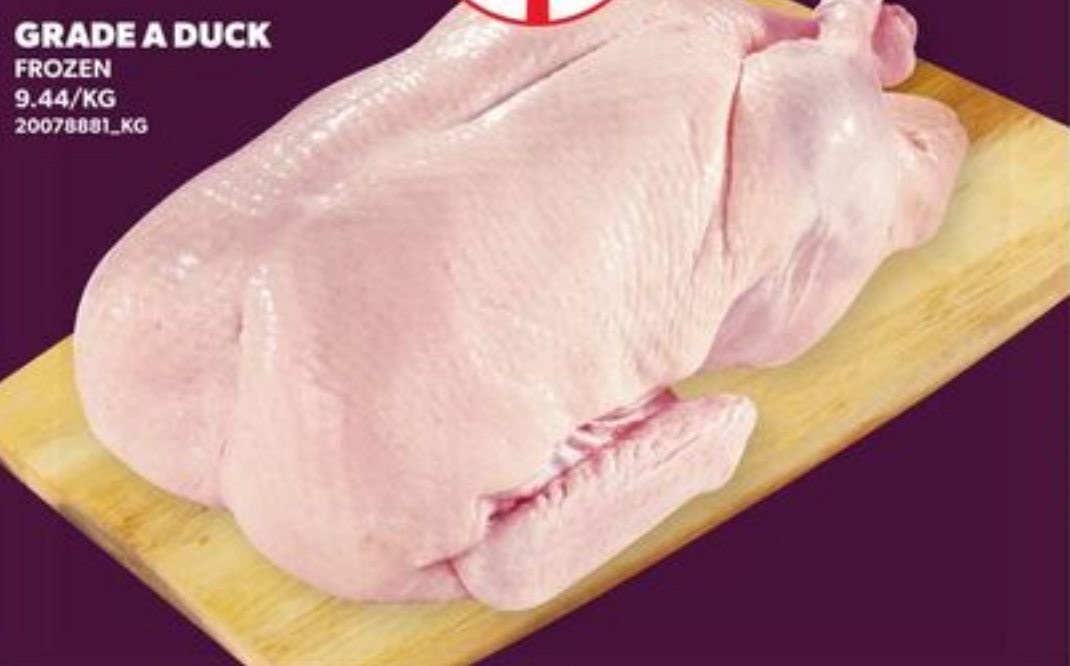
GOLDEN HAPPINESS SPECIALTY BUN
SELECTED VARIETIES
100 G
21297545_EA
21297542_EA



4²⁸
LB



GRADE A DUCK
FROZEN
9.44/KG
20078881_KG



\$4
LB



CHICKEN LEGS
BACK ATTACHED
FAMILY SIZE
8.82/KG
20153925_KG



5⁸⁸
LB

PORK BELLY PORTION
12.96/KG
20793502_KG



14⁵⁰
LB

BONELESS STEWING BEEF
FAMILY SIZE
CUT FROM CANADA AA OR USDA
SELECT GRADE BEEF OR HIGHER
31.97/KG
20797672_KG



\$9

SEAQUEST® WHOLE TILAPIA
1.36 KG OR WHOLE
POMPANO 800 G OR
BASA STEAKS 1 KG
FROZEN
20910489_EA
21592084_EA



SAVE 99¢

\$6

SEAQUEST® SEAFOOD MEDLEY
FROZEN
340 G
21592029_EA



5⁴⁸

SEMPIO HOT PEPPER PASTE 500 G OR **O'FOOD GOCHUJANG CHILI SAUCE** 215 G
20738497_EA/21453162_EA



6⁴⁸

KEWPIE MAYONNAISE
465 ML OR **SALAD DRESSINGS** 355 ML
SELECTED VARIETIES
21644268_EA/21533720_EA



1⁵⁰

ROOSTER® COCONUT MILK
SELECTED VARIETIES
398 ML
21378707_EA
21378715_EA



3⁴⁸

INDOMIE INSTANT NOODLES
SELECTED VARIETIES
5'S, 400-425 G
21246480_EA
21094981_EA



4⁹⁸

T&T® SALTED SHITAKE MUSHROOM CRISPS 160 G OR
FOREWAY SESAME OIL 360 ML
SELECTED VARIETIES
21446094_EA/20287680_EA



2⁸⁸

YUKI & LOVE MOCHI BAGS 120 G OR **T&T® ALOE VERA DRINK** 1.5 L
SELECTED VARIETIES
20935515_EA
21732322_EA



8⁸⁸

RIBENA JUICE 850 ML OR **ROOSTER LIQUID HONEY** 1 KG
21101494_EA/21182437_EA



98¢

T&T® WATER CHESTNUT 227 ML OR **MEGA SARDINES IN TOMATO SAUCE** 155 G
SELECTED VARIETIES
20774942_EA
20805716_EA



6⁷⁸

DANISA BUTTER COOKIE TINS 454 G OR **S&B® CRUNCHY GARLIC WITH CHILI OIL** 110 G
SELECTED VARIETIES
21716516_EA/21245259_EA



A close-up photograph of a bowl of fried chicken. The chicken pieces are golden-brown and coated in a thick, vibrant red sauce. They are garnished with finely chopped green herbs and a dollop of white sauce. The bowl is white with a wide rim and sits on a dark wooden surface. In the background, other bowls of food are visible but out of focus.

Our fully cooked entrees combine global flavours and comfort food favourites, giving you a quick, satisfying meal in just minutes.

- Chef-inspired recipes
- Ready in minutes
- No prep, no mess
- A fraction of the cost of takeout

2/\$14
OR \$10 EA.

ZEN GOURMET ENTREES
SELECTED VARIETIES
450 G
21748437_EA/21748771_EA



Delicious stress-free food gourmet meals crafted with authentic ingredients and bold flavours.

2/\$20
OR \$13 EA.

SPICE IT UP
ENTREES
SELECTED VARIETIES
800 G
21751981_EA/21751972_EA



Convenient ethnic cuisine; enjoy home-cooked flavour with endless possibilities

2/\$18
OR \$10 EA.

OLYMEL ENTREES
SELECTED VARIETIES
400/450 G
21743640 EA/21743731 EA



*Delicious pre-cooked meals;
perfect as a topping for rice.*

2/\$14
OR \$7.99 EA.

**RESER'S
MAIN STREET
BISTRO SIDES**
SELECTED VARIETIES
482-680 G
20338009_EA/20027947_EA



2/\$18
OR \$10 EA.

**PINTY'S SALT & PEPPER
BREADED CHICKEN STRIPS**
450 G
21732983 EA



PINTY'S®

2/\$18
OR \$10 EA.

RANA PASTA KITS
SELECTED VARIETIES
454G
21747713_EA/21549545_EA

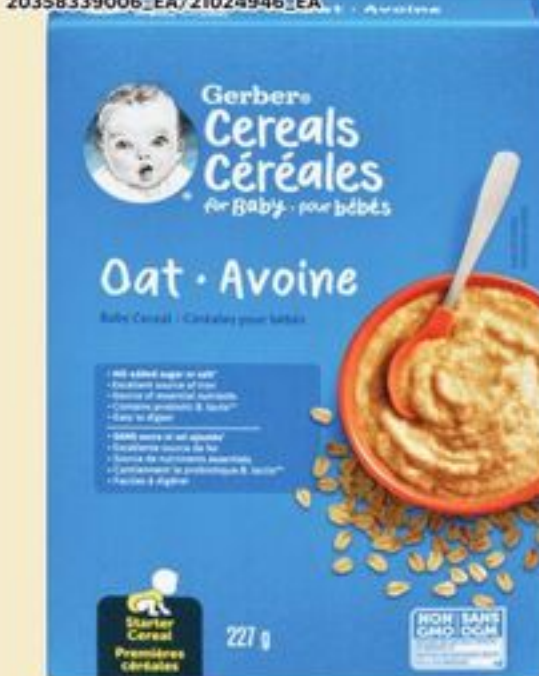


for your baby

2/\$11

OR \$5.99 EA.

NESTLÉ GERBER
BABY CEREAL
SELECTED VARIETIES
180-227 G



6+ MONTHS



2/\$11

OR \$5.99 EA.

AMARA ORGANIC
SMOOTHIE MELTS
OR FRUIT BITES
SELECTED VARIETIES
23 G



8+ MONTHS



\$70

LIMIT 4
AFTER LIMIT
89.99 EA.

SIMILAC 360 TOTAL
CARE STEP 1 & 2
READY TO FEED
BABY FORMULA
SELECTED VARIETIES
16X235 ML



\$2

LIMIT 6
AFTER LIMIT
4.49 EA.

HUGGIES 1X BABY WIPES
SELECTED VARIETIES
56-64'S
20557996_EA



\$35

LIMIT 4
AFTER LIMIT
41.99 EA.

HUGGIES LITTLE
SNUGGLERS,
LITTLE MOVERS
OVERNITES OR
SNUG & DRY
DIAPERS
SELECTED VARIETIES
SIZE N-8, 60-208'S
21456748_EA/21667086_EA



65⁵⁰

LIMIT 4
AFTER LIMIT
74.99 EA.

ENFAMILA+ NEUROPRO OR
GENTLEASE BABY FORMULA
POWDER REFILLS, 0-12 MONTHS
SELECTED VARIETIES
862/890 G
21589079_EA
21589205_EA



live well, spend less

SAVE
UP TO

20%

CENTRUM
MULTIVITAMINS,
CALTRATE
BONE HEALTH
SUPPLEMENTS
OR EMERGEN-C
VITAMINS OR
OLLY VITAMINS
OR SUPPLEMENTS
SELECTED VARIETIES
AND SIZES
21283428_EA
21286195_EA



SAVE
UP TO

10%

LIFE BRAND®
VITAMINS OR
SUPPLEMENTS
SELECTED VARIETIES
AND SIZES
21286148_EA
21289207_EA



SAVE
UP TO

20%

ENSURE OR
GLUCERNA READY
TO DRINK SHAKES
SELECTED VARIETIES
AND SIZES
2038083003_EA
20308731008_C06



16⁵⁰

LIMIT 4
AFTER LIMIT
16.99 EA.

ADVIL PAIN RELIEF GELS AND
CAPLETS 40-150'S OR ALEVE OR
ASPIRIN PAIN RELIEF CAPLETS,
TABS OR CHEWS 40-180'S
SELECTED VARIETIES
20103677001_EA/20306766001_EA



13⁵⁰

LIMIT 4
AFTER LIMIT
14.49 EA.

BENYLIN COUGH RELIEF
SYRUP 170-250 ML OR CAPLETS 24'S OR
TYLENOL COLD, COUGH & FLU
PRODUCTS 24/40'S OR SYRUP 170/180 ML
SELECTED VARIETIES
20129494001_EA/21263833_EA



SAVE
UP TO

20%

PERFECT SPORTS
SUPPLEMENTS
SELECTED VARIETIES
AND SIZES
21068247_EA
21068329_EA



Optimum™

Get
2,000
pts

\$2
back in
points

U BY KOTEX LINERS 54-120'S,
PADS 20-44'S OR TAMPONS 30/32'S
SELECTED VARIETIES
21719922_EA/21724866_EA



15⁵⁰

LIMIT 4
AFTER LIMIT
16.99 EA.

ALWAYS PADS 26-62'S OR
LINERS 116-216'S OR
TAMPAX TAMPONS 38-50'S
SELECTED VARIETIES
20567455_EA/21449577_EA



Optimum™

Get
8,000
pts

\$8
back in
points

TENA UNDERWEAR
OR BRIEFS
SELECTED VARIETIES AND SIZES
20957423_EA/21033611_EA



Think Pharmacist.

We can do more than you think.

Learn how we can help. Book an appointment today.*

*Participating locations only.



Health™

live well, spend less

9⁵⁰

LIMIT 4
AFTER LIMIT
11.99 EA.

DOVE BAR SOAP
6X106 G OR BODY
WASH 400-710 ML
SELECTED VARIETIES
2121317_EA
21638561_EA



FROM
8⁹⁹

METHOD BODY
WASH 532 ML OR
DEODORANT 75 G
SELECTED VARIETIES
\$8.99-13.59
21425051_EA
21425299_EA



\$5

LIMIT 4
AFTER LIMIT
6.99 EA.

IRISH SPRING
BAR SOAP 6X104 G,
BODY WASH 591 ML
OR SOFTSOAP
BODY WASH 591 ML
SELECTED VARIETIES
21219376_EA/21436477_EA



\$7

LIMIT 6
AFTER LIMIT
8.49 EA.

CREST 3D WHITE ADVANCED
OR PRO HEALTH GUM RESCUE/
RESTORE TOOTH PASTE
85-135 ML OR ORAL-B MANUAL
TOOTHBRUSH EA.
SELECTED VARIETIES
21354615_EA/21506786_EA



5⁵⁰

LIMIT 6
AFTER LIMIT
6.49 EA.

COLGATE TOTAL OR
SENSITIVE PRO-RELIEF
TOOTH PASTE 73-170 ML,
COLGATE EXTRA
CLEAN MANUAL
TOOTHBRUSHES 4'S,
COLGATE 360 OR PERIOGARD
MANUAL TOOTHBRUSHES EA.
SELECTED VARIETIES AND SIZES
20280090_EA/21166129_EA



\$8

LIMIT 4
AFTER LIMIT
9.29 EA.

SENSODYNE RAPID RELIEF
OR REPAIR AND PROTECT
TOOTH PASTE 75 ML,
POLIDENT TABLETS 96'S OR
POLIGRIP 62.4-70 G
SELECTED VARIETIES AND SIZES
21471656_EA/21717428_EA



\$5

LIMIT 6
AFTER LIMIT
5.99 EA.

AXE DEODORANT 76/85 G,
BODY SPRAY 113 G OR
BODY WASH OR
HAIR CARE 473 ML
SELECTED VARIETIES
21438255_EA/21042585_EA



Member Price
SAVE UP TO
40%

HYDRO SMOOTH,
SENSITIVE OR
SILK RAZOR
SELECTED VARIETIES
EACH
14.49-15.99
20540102_EA
21080186_EA



SAVE
UP TO

15%

NATIVE BODY
WASH 532/650 ML,
DEODORANT 75 G OR
BODY SPRAY 99 G
SELECTED VARIETIES
21346430_EA/21585515_EA



\$10

LIMIT 4
AFTER LIMIT
11.99 EA.

AUSSIE 778 ML OR
HERBAL ESSENCES
PURE PLANTS 400 ML,
SHAMPOO OR
CONDITIONER
SELECTED VARIETIES
21571326_EA
21167373_EA



Member Price
SAVE UP TO
25%

TRESEMMÉ
SHAMPOO,
CONDITIONER
828 ML OR STYLING
PRODUCTS
SELECTED VARIETIES
AND SIZES
21501949_EA
20336937_EA



\$9

LIMIT 4
AFTER LIMIT
12.99 EA.

MARC ANTHONY
OR CAKE HAIR CARE
SELECTED VARIETIES
AND SIZES
20730754002_EA
21225013_EA



\$7

LIMIT 4
AFTER LIMIT
9.49 EA.

GARNIER BELLE HAIR COLOUR
OR PANTENE SHAMPOO
OR CONDITIONER
SELECTED VARIETIES
476-530 ML
20317076001_EA
21424214_EA



SAVE
UP TO

20%

CETAPHIL
SKINCARE
PRODUCTS
SELECTED VARIETIES
AND SIZES
21712838_EA
21718816_EA



SAVE
UP TO

20%

AVEENO
SKINCARE
PRODUCTS
SELECTED VARIETIES
AND SIZES
21505337_EA
21010223001_EA



shop home for less

**BUY ONE (1)
GET ONE (1)
50% OFF**

**PC® COOKWARE OR
COOKWARE SETS**
SELECTED VARIETIES
SECOND ITEM MUST BE OF
EQUAL OR LESSER VALUE
\$18-141
21126978_EA/21413737_EA



**FROM
\$9**

**EVERYDAY ESSENTIALS™
COOKWARE OR
COOKWARE SETS**
SELECTED VARIETIES
21345662_EA/21345684_EA



**FROM
\$18**

**EVERYDAY
ESSENTIALS™
APPLIANCES**
BLACK OR WHITE
EACH
\$18-99
21701471_EA/21701485_EA



**SAVE
UP TO**

25%

**FOOD SAVER
VACUUM
SEALERS
OR ROLLS**
SELECTED
VARIETIES
2'S
\$22-185
21517041_EA
21633826_EA



**SAVE
UP TO**

20%

**LIFE AT HOME™
HOME DÉCOR**
SELECTED VARIETIES
\$8-120
21491988_EA/21714046_EA



\$9

**LIMIT 4
AFTER LIMIT
\$13 EA.**

**PC® TRITAN
LUNCH OR
SALAD KIT**
21218238_EA
21218244_EA



\$24

**LIMIT 4
AFTER LIMIT
\$30 EA.**

DURACELL BATTERIES

SELECTED VARIETIES
AA32'S OR AAA24'S
CUSTOMER IS RESPONSIBLE FOR THE
PAYMENT OF ANY APPLICABLE MUNICIPAL
AND/OR PROVINCIAL DEPOSIT OF PRODUCT/
PACKAGING RECYCLING FEE THAT MAY APPLY.
21696876_EA/21696877_EA



**FROM
\$2**

**EVERYDAY ESSENTIALS™
KITCHEN GADGETS
OR TOOLS**
SELECTED VARIETIES
21162313_EA/21213665_EA



**BUY THREE (3)
GET ONE (1)
FREE**

**PC® OR
LIFE AT HOME™
DINNERWARE,
SERVEWARE OR
DRINKWARE**
SELECTED VARIETIES
FREE ITEM MUST BE OF
EQUAL OR LESSER VALUE
21704392_EA
21705945_EA



5⁵⁰

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



\$12

**LIMIT 4
AFTER LIMIT
\$20 EA.**

**LIFE AT HOME™
CUSHIONS**
SELECTED VARIETIES
21703473_EA
21703477_EA



\$12

**LIMIT 4
AFTER LIMIT
\$17 EA.**

PC® FOOD JAR
500 ML
21295347_EA
21295328_EA



\$9

**PAPER PUMPKIN
DECORATIONS**
SELECTED VARIETIES
EACH
21571755_EA
21571756_EA



**SAVE
UP TO**

20%

**HARVEST
DECORATIVE
PUMPKINS**
SELECTED VARIETIES
21665248_EA
21665940_EA



Optimum™

**Member Price
\$29**

**Non-Member Price
\$39**

**Members save
\$10**

**HARVEST
WREATHS**
SELECTED VARIETIES
EACH
21587287_EA
21780225_EA



\$19

**HARVEST HOME
DECOR**
SELECTED VARIETIES
EACH
21571755_EA
21571756_EA



\$25

**LIMIT 2
AFTER LIMIT
\$29 EA.**

HARVEST GARLAND
SELECTED VARIETIES
6'
21719162_EA



\$19

**HARVEST
DECOR PILLOW**
SELECTED VARIETIES
EACH
21717760_EA
21717797_EA



\$14

**HARVEST
CRACKERS**
SELECTED VARIETIES
EACH
21717023_EA
21717024_EA



**BUY ONE (1)
GET ONE (1)
50% OFF**

**HALLOWEEN DECOR
OR PUMPKINS**
SELECTED VARIETIES
21664817_EA/21667904_EA
21667623_EA/21576581_EA
21576582_EA



JOE FRESH

20% off

Children's Footwear*

Regular Price Only
Excludes Brands
Ends September 16



NOW
\$15.20
REG. \$19

Men's Slip-On
Rain Clogs



NOW
\$27.20
REG. \$34

Women's Mary
Jane Flats



NOW
\$31.20
REG. \$39

Women's Cozy
Mules



NOW
\$35.20
REG. \$44

Women's Block
Heel Pumps

Excludes Clearance & Brands
Ends September 16

20% off

Adult Footwear*



20% off

Women's Active Leggings & Sports Bras*



NOW
\$19.20
REG. \$24

Women's Medium Impact
Sports Bra



NOW
\$19.20
REG. \$24

Women's High Impact
Sports Bra



NOW
\$23.20
REG. \$29

Women's Active
Balance Legging



NOW
\$23.20
REG. \$29

Women's Active Balance
7/8 Legging

Excludes Clearance & Brands
Ends September 16

EVEN MORE ONLINE & IN-STORE

SHOP NOW

*Visit www.joefresh.com/offerdetails for full details.


Optimum®

Get **1,500** pts for every \$10* spent on

\$150 back in points

THE KEG

THE KEG

ELEVATE EVERY DISH WITH RICH FLAVOUR



\$6 The Keg Salad dressings selected varieties 475 g 210707039_EA	\$6 The Keg Condiments selected varieties 250-355 g 21001963_EA	\$2 The Keg Dehydrated sauce mixes selected varieties 21-31 g 21687775_EA/21687842_EA	\$5⁵⁰ The Keg Seasonings selected varieties 140-190 g 20973148_EA
---	---	---	--

Bring Flavour to School Nights

and you could WIN!

Enter for your chance to win up to \$5,000!

BUY any three Ben's Original products

SCAN HERE

ENTER to CHANCE to WIN*

***NO PURCHASE NECESSARY.** Must be age of majority in your province or territory of residence and a resident of Canada. For full contest details, Contest Rules, free method of entry, odds of winning and to enter, visit bensoriginalgiveaway.ca. There are one hundred (100) Instant Win Prizes of CAD \$100 Visa® prepaid eRewards cards that can be used online only and one (1) Grand Prize of \$5,000 available to be won. Skill-testing question required. Sponsor: Mars Canada Inc. **CONTEST DATES: August 15 - September 30, 2026.**

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"Rice on the plate makes for a more nutritious meal"

Source: 'Evaluation of rice consumption with overall diet quality and key nutrient intakes.'
 *National Health & Nutrition Examination Study (2005-2010).

BEN'S ORIGINAL™ STREET FOOD SELECTED VARIETIES

255 G
21610756_EA

2/\$9

OR
\$5.79 EA.

BEN'S ORIGINAL™ STREET FOOD SELECTED VARIETIES

255 G
21719346_EA

2/\$9

OR
\$5.79 EA.

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A red background with white text and a mobile phone image. The text reads: "Connect all you want. Earn points for all you need." Below this, in a white rounded rectangle, it says: "Earn 20,000 pts after 2 months of service". To the right of the text is a black smartphone displaying a woman with grey hair smiling and talking on the phone. In the top right corner, there is a red logo and the word "Mobile".

4/\$5

OR
\$1.79 EA.

Yoplait® YOP®
selected varieties
200 mL

21757809_EA
21757810_EA

30%
less sugar

0 ARTIFICIAL
SWEETENER

0 ARTIFICIAL
FLAVOUR

0 COLOUR
ADDED

NEW

4⁷⁵

Yoplait® Source
Protein®
selected varieties
650 g

21720763_EA
21720809_EA

LIBERTÉ

PROTEIN & TASTE.

ALWAYS.

7⁵⁰

Liberté Greek®
selected varieties
1 kg

21305351_EA
21473562_EA

TRADEMARKS OF YOPLAIT S.N.C. USED UNDER LICENSE
FROM DOMESTIC AND IMPORTED INGREDIENTS

You could
WIN*

A VIP EXPERIENCE
TO MEET ALCARAZ

2/\$7
OR
\$4 EA.

Oikos®
selected varieties
300 mL
21652096_EA/21651848_EA

NEW

7⁹⁹

Oikos® selected varieties
650, 750 g
21757459_EA/21305945_EA

PLUS
\$100,000
in prizes!*

UPLOAD YOUR RECEIPT TO
WWW.BEATALCARAZ.COM

*NO PURCHASE NECESSARY. Begins 07/08/26 & Ends 09/13/26 at 11:59:59 PM ET. 1 Grand Prize: Trip to a meet-and-greet with Carlos Alcaraz in France or Spain (date and details subject to Carlos Alcaraz's availability) (ARV \$10,700 CAD). 2,800 Instant Win Prizes: coupons for one free Oikos® Pro™ product, \$20 and \$30 CAD Digital Prepaid cards (ARV \$63,000 CAD) and 2,650 Tier 1, 2, 3 and 4 Prizes: \$15 CAD, \$30 CAD, \$50 CAD and \$100 CAD Digital Prepaid cards and sports gear gift-cards, small training duffel bags, tennis hats and wristbands sets, wireless earbuds sets, backpacks, fitness trackers and one-year Strava memberships (ARV \$63,000 CAD). Mathematical skill-testing question. Full Program Rules: www.beatalcaraz.com.

**BACKED BY OVER 35 YEARS
OF ACTIVIA'S EXPERTISE IN GUT HEALTH**

4²⁵

Activia® Expert
selected varieties
4 x 100 g
21688261_EA/21687900_EA

7⁵⁰

Activia®
selected varieties
8 x 93 mL
21430512_EA

4²⁹

Activia®
selected varieties
650 g
20325132003_EA

2/\$10
OR
\$6.29 EA.

Activia®
selected varieties
8 x 100 g
21726103_EA

**SUGAR DOWN
PROTEIN UP**

4²⁵

Two Good®
selected varieties
4 x 95 g
21476047_EA/21475943_EA

**10-HOUR BREW FOR A BOLD
AND SMOOTH TASTE**

LIMITED EDITION
CAPPUCCINO

8⁵⁰

Stok®
selected varieties
1.42 L
21610155_EA
21475792_EA

LY ONLINE 4

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sip into something refreshing

2/\$13
OR \$7.99 EA.
GATORADE SPORTS DRINK
SELECTED VARIETIES
6X501 ML
21242891_C06
20303218003_C06



2⁵⁰
BODYARMOR SPORTS DRINK
SELECTED VARIETIES
473 ML
21582808_EA
21585195_EA



14⁹⁹
BUDWEISER ZERO FULL-FLAVOURED ZERO ALCOHOL BREW
12X355 ML
21295370_C12



\$4
NESTEA ICED TEA
SELECTED VARIETIES
10X200 ML
21687007_EA
21687240_EA



5⁹⁹
SANPELLEGRINO NATURAL, CIAO! OR LIGHT SPARKLING BEVERAGES
SELECTED VARIETIES
6X330 ML
21433202_C06
21590961_C06



10⁹⁹
MICHELOB ULTRA 0.0% ALCOHOL-FREE BEER
6X355 ML
21706873_C06



2/\$17
OR \$8.99 EA.
COCA-COLA OR CANADA DRY
SELECTED VARIETIES
12X355 ML
203786945002_C12
20307569004_C12



5⁴⁹
ESKA NATURAL SPRING WATER
24X500 ML
20071779_C24



2/\$6
OR \$3.49 EA.
ROCKSTAR 473 ML, CELSIUS OR ALANI NU ENERGY DRINKS 355 ML
SELECTED VARIETIES
20368415003_EA
21576466_EA



2/\$7
OR \$3.99 EA.
WONDER OR D'ITALIANO BUNS
SELECTED VARIETIES AND SIZES
21022027_EA/21595103_EA

Raise your Summer BBQ Game!



WDR WHT BLLPRK HOTS
BUN 6'S FRSH 1X432 G

DI GUS BRIO
HAM 8'S 520 G

Wonder
OFFICIAL BUN OF THE TORONTO BLUE JAYS™

50 SEASONS



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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



KEEP THE GRILL FIRED UP ALL SCHOOL YEAR!

Maple Lodge Farms
Original Wiener 450 g
20062715_EA

Zabiha Halal
Original Wiener 450 g
20006571_EA

Maple Lodge Farms ULTIMATE™
Original or Spicy Frankfurters 900 g
20671791_EA/21023278_EA

Maple Lodge Farms ULTIMATE™
Mild or Spicy Italian Dinner Sausage 500 g
or Original or Maple Breakfast Sausage 375 g
21378310_EA/21378346_EA

\$7

\$3⁵⁰

\$7⁵⁰

