Loblaws

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

SAVE 61%

2.50 LB

PORK LOIN COMBINATION CHOPS SIRLOIN AND RIB PORTION
BONE-IN
5.51/KG
20822343_KG

HOT PRICE

4.99 LB INCLUDES HALAL

SPLIT CHICKEN WINGS
INCLUDES HALAL
FAMILY SIZE
11.00/KG
20761916_KG/21656520_KG

HOT PRICE

1.50 LB

GREENHOUSE TOMATOES ON THE VINE
PRODUCT OF CANADA OR MEXICO
3.31/KG
20026703001_KG

3.77

LARGE CANTALOUPE
PRODUCT OF U.S.A.
EACH
20167017001_EA

LARGE

HOT PRICE

2.88

STRAWBERRIES
PRODUCT OF MEXICO OR U.S.A., NO.1 GRADE
1 LB
20049726001_EA

1 LB

$7 LB PREPARED IN-STORE

PORK SAUSAGES
SELECTED VARIETIES
15.43/KG
20709051_KG
20709042_KG

SAVE UP TO 38%

$8

PC® SMOKED ATLANTIC SALMON 150 G OR **PACIFIC WHITE SHRIMP** 400 G
SELECTED VARIETIES
FROZEN
20098286_EA
20789931_EA

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

$4.88 Get 1,000 pts

Optimum

$1 back in points

NO NAME® SHREDDED CHEESE 320 G OR **CHEESE BARS** 400 G
SELECTED VARIETIES
21200684_EA
21289745_EA

$6

PROMISE GLUTEN-FREE BREAD, BUNS, ROLLS, PITAS, ENGLISH MUFFINS OR NAAN
SELECTED VARIETIES
240-480 G
21414753_EA
21689193_EA

SAVE UP TO $1.99

$7

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

PREPARED IN CANADA

3.33

EARTH'S OWN OR SO NICE NON-DAIRY BEVERAGES
SELECTED VARIETIES
1.75/1.89 L
20913872_EA
21037796_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
21750781_EA

$3

PC® OR BLUE MENU® PASTA SAUCE
SELECTED VARIETIES
410-650 ML
20320818001_EA
21734544_EA

$3

PC® VEGETABLES
350-750 G OR
CRAVE MEALS
200-340 G
SELECTED VARIETIES
FROZEN
20318915_EA
21085515_EA

Optimum

Member Price $5.99 Non-Member Price $10.99 Members save $5

HIGH LINER FISH STICKS, BREADED OR BATTERED FILLETS, BURGERS OR SHRIMP
SELECTED VARIETIES
FROZEN
315-700 G
20303200001_EA
20303200003_EA

$15

NESTLÉ ASSORTED MINI BARS
SELECTED VARIETIES
100'S, 977 G
21595523_EA

$14

CADBURY 90'S OR **ASSORTED HALLOWEEN BARS** 993 G
21736021_EA

3.49

CHAPMAN'S MARKDALE CREAMERY ICE CREAM 2 L OR **COLLECTION NOVELTIES** 8'S
SELECTED VARIETIES
FROZEN
20315236001_EA
20323757001_EA

PREPARED IN CANADA

$6

ROYALE BATHROOM TISSUE 12 DOUBLE ROLLS, **TIGER TOWELS PAPER TOWELS** 3=6 ROLLS OR **FACIAL TISSUE** 6'S
SELECTED VARIETIES
21363770_EA
21484702_EA
21618478_EA

WORLD FOODS Flavours for every table

$7

APNA TASTE BOONDI LADDOO OR MOTICHOOR LADDOO OR BESAN BURFI
400 G
21669312_EA
21630674_EA

7.50

FRUTTEE FROZEN DESSERT BARS
SELECTED VARIETIES
FROZEN
270 ML
21701514_EA

3X90ml 270 ml

3.50 LB

MANDARIN SUMO
PRODUCT OF AUSTRALIA
7.72/KG
20562570001_KG

LSL MCM 1_rad12/10/26_ON

APP EXCLUSIVE OFFER
For every $50 spent get 10,000 pts
$10 back in points
on diapers, training pants, wipes, food, formula, accessories and/or toiletries
*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer

Optimum

$79 LIMIT 4 AFTER LIMIT 89.99 EA.

SIMILAC 360 TOTAL CARE READY TO FEED INFANT FORMULA
SELECTED VARIETIES
16X235 ML
21702863_EA
21702882_EA

$4 LIMIT 4 AFTER LIMIT 5.99 EA.

Q-TIPS COTTON SWABS
500'S
20323077001_EA

$35 LIMIT 6 AFTER LIMIT 39.99 EA.

PAMPERS ECONO PACK DIAPERS
SELECTED VARIETIES
SIZE N-8, 58-200'S
21551537_EA/21692660_EA

Flyer prices effective from Thursday, October 15th to Wednesday, October 21st, 2026. **SEE BACK PAGE FOR DETAILS.**

App Exclusive Offer — 2 days only

Shop & earn more

Tuesday, October 20th to Wednesday, October 21st

Get at least 10,000 pts — Open your PC Optimum™ App to reveal your offer.

at least $10 value

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

PRICE DROP‡

More ways to save

prices effective
Thursday October 15 - Wednesday November 4, 2026

$5
BRAR'S SAMOSAS
SELECTED VARIETIES
FROZEN
624 G
21000033_EA



2.50
SENSIBLE PORTIONS GARDEN VEGGIE STRAWS OR CHIPS
SELECTED VARIETIES
120-142 G
20377204000_EA
21380091_EA



4.75
PREPARED IN CANADA
SILVER HILLS SPROUTED POWER BREAD
SELECTED VARIETIES
430-680 G
20711960_EA
21047070_EA



2.50
DAWN DISH DETERGENT
SELECTED VARIETIES
431/443 ML
21729715_EA



90¢
PC® NUTRITION FIRST® CAT FOOD
SELECTED VARIETIES
85 G
21359618_EA
21616582_EA



$5
BEN & JERRY'S OR TALENTI GELATO OR SORBETTO 473ML OR **MAGNUM BARS** 3/4'S
SELECTED VARIETIES FROZEN
21428403_EA
20950739_EA



SAVE $8
12.99
TILDA PURE BASMATI RICE
10 LB
20153678_EA



$4
ACTIVIA YOGURT 650 G OR **MINUTE MAID ZERO SUGAR BEVERAGES** 1.54 L
SELECTED VARIETIES
20325132003_EA
21434119_EA



$5
KELLOGG'S EGGO WAFFLES 16'S OR **PROTEIN WAFFLES** 8'S
SELECTED VARIETIES
FROZEN
20099730004_EA
21639327_EA



SAVE UP TO 30%
$3
MCCAIN FRIES OR HASHBROWNS
SELECTED VARIETIES FROZEN
800 G
21521219_EA
21525020_EA



$6
PC® WOOD-FIRED PIZZA 351-413 G OR **DR. OETKER GIUSEPPE PIZZERIA RISING CRUST THIN CRUST OR RIP'N SHARE PIZZA** 439-785 G
SELECTED VARIETIES
FROZEN
21036361_EA
21540352_EA





SAVE UP TO 46%
1.35
MICHELINA'S FROZEN DINNERS OR ENTREES 128-284 G OR **SWANSON POT PIES** 200 G
SELECTED VARIETIES
FROZEN
20320525001_EA
21208614_EA



$3
PC® VINEGAR 4 L, **NO NAME® CROUTONS** 145 G OR **SKINNYGIRL SALAD DRESSINGS** 237 ML
SELECTED VARIETIES
20149137_EA
21096223_EA
21448141_EA



12.88
DAN-D PAK CASHEWS
SELECTED VARIETIES
908 G
20314862001_EA
20314862002_EA



4.50
PC® THE DECADENT® COOKIE
SELECTED VARIETIES
280/300 G
20612257_EA
20612260_EA



2/$7
OR $4.50 EA.
PEPPERIDGE FARM GOLDFISH CRACKERS 156-227 G OR **CRISPS** 177 G
SELECTED VARIETIES
20300320_EA
21575178_EA



1.50
PEDIGREE WET DOG FOOD
SELECTED VARIETIES
375 G
21359634_EA



$15
FINISH 40-55'S OR **CASCADE** 39-48'S **DISHWASHER PODS, GAIN LAUNDRY DETERGENT** 4.25 L **PODS** OR **FLINGS** 42'S, **DOWNY FABRIC SOFTENER** 1.92-3.29 L, **BOUNCE SHEETS** 240'S OR **DOWNY OR GAIN BEADS** 453-550 G
SELECTED VARIETIES
21565525_EA
21671138_EA



5.99
PRESTONE WINDSHIELD WASHER FLUID DE-ICER
-40°C
3.78 L
21694187_EA



LSL4_rad12/10/26_ON

Loblaws — CUSTOMER RELATIONS 1-800-296-2332 VISIT loblaws.ca FOR STORE HOURS. — Loblawson — Loblawson

Please call Customer Relations at 1-800-296-2332 or visit our website at loblaws.ca for your store's hours and to see which Loblaws* locations do not participate in this flyer. Quantities and/or selection of items may be limited and may not be available in all stores. No rainchecks or substitutions on clearance items or where quantities are advertised as limited. Advertised regular pricing and product selection (flavour, colour, patterns, style) may vary by store location. We are not obligated to sell items based on errors or misprints in typography or photography.**Pricing:** All references to "Save, Was, Now, Savings, etc." are in comparison to our own regular prices. Savings on items shown may vary by store location. Applicable taxes, deposits, or environmental surcharges are extra. No sales to retail outlets. Coupons must be presented and redeemed at time of purchase. **Trademarks:** */**™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. ®/™ The trademarks, service marks and logos displayed in this flyer are trademarks of Loblaws Inc. and others. **Purchase limits:** We reserve the right to limit quantities to reasonable family requirements. **PC Optimum™ Members Only:** Offers are available to valid PC Optimum™ program members. Membership is free. To register, see in-store or visit pcoptimum.ca. Points are not guaranteed in case of errors or misprints. No cash value. See loblaws.ca for full program details including redemption restrictions. Minimum redemption is 10,000 points. These offers cannot be combined with any other coupons, discounts, or promotions. No adjustments on previous purchases. We may modify or cancel offers without notice. Product availability may vary by store. While supplies last. **Points Offers:** Receive the specified points when you spend the qualifying amount on the listed products/categories before taxes, after discounts and redemptions, in a single transaction. Taxes apply on purchase amount after discounts. PC Optimum™ pricing is not valid in price match programs for participating Loblaws Inc. banner stores. **Outdoor/Seasonal Items:** Outdoor seasonal items (e.g., lawn and garden) may only be available at select stores. Please check your local store for pricing, limits, and availability. **‡PRICE DROP Offer:** Valid in-store at participating locations from October 15 - November 4, 2026 before taxes and while quantities last. Applies only to select products. Offer may be modified or cancelled without notice. See in-store for full details.

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

FRESH PROMISE

freshness you can taste

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

*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.

4.50

RASPBERRIES, PRODUCT OF MEXICO OR U.S.A. OR **BLUEBERRIES** PRODUCT OF PERU
HALF PINT
20128938001_EA
20152465001_EA



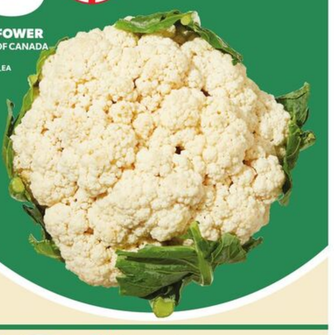
$7 PRODUCT OF CANADA

PC® MIXIANY CHERRY TOMATOES ON THE VINE
PRODUCT OF CANADA
340 G
21720723001_EA



$5 PRODUCT OF CANADA

CAULILFOWER
PRODUCT OF CANADA
EACH
20135377001_EA



$6 PRODUCT OF CANADA

PC® LUSCIOUS LOVELIES STRAWBERRY TOMATOES
PRODUCT OF CANADA
340 G
21720704001_EA



$1

KIWI
PRODUCT OF NEW ZEALAND
EACH
20130242001_EA



$6 PRODUCT OF CANADA

JUMBO PUMPKINS
PRODUCT OF CANADA
EACH
20081484001_EA



$5

CANARY MELON
PRODUCT OF BRAZIL
EACH
20041212001_EA



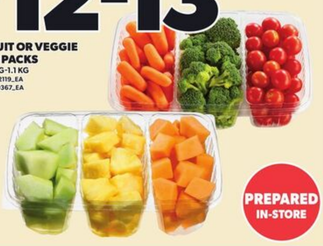
$4 LB EXTRA LARGE

PC® EXTRA LARGE BLACK OR RED SEEDLESS GRAPES
PRODUCT OF U.S.A., NO. 1 GRADE
8.82/KG
20711275001_KG
20159119001_KG



$12-13

FRUIT OR VEGGIE TRI PACKS
706 G-1.1 KG
20022119_EA
21209367_EA



PREPARED IN-STORE

bouquets, bunches and blooms

$25

SIGNATURE GIFT BOUQUET
21436377_EA
21436378_EA



$6 BLOOM OF THE MONTH

MARIGOLD
21735734_EA



$10

INTERMEDIATE ROSES
21586298_EA



10.50

GRASS FED EXTRA LEAN GROUND BEEF
450 G
21675592_EA



feeling protein power-fuel

$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



$12

PC® CHICKEN DRUMSTICKS 8'S OR **THIGHS** 6'S
AIR CHILLED, BONE-IN
21341035_EA
21341042_EA



$11 LB

NEW ZEALAND LAMB SHANK
FROZEN
24.25/KG
21740797_KG



7.50

STRUB'S DILL PICKLES
SELECTED VARIETIES
1 L
21671597_EA
21671700_EA



$10

ZABIHA HALAL BREADED CHICKEN
SELECTED VARIETIES
FROZEN
800 G
21192505_EA
21192652_EA



find your catch in seafood

$9

HERON POINT SEAFOOD WILD CAUGHT CRAB MEAT
SELECTED VARIETIES
170 G
21647384_EA
21647418_EA



SAVE UP TO $2.99

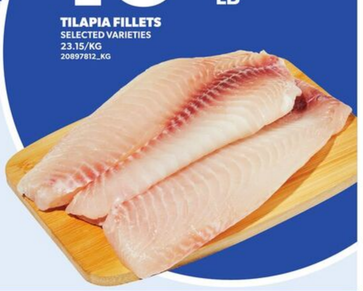
$11

PC® BATTERED WILD COD BITES
454 G FROZEN OR **HOT SMOKED CANDIED STRIPS**
READY-TO-EAT 150 G
20976930_EA
21108887_EA



10.50 LB

TILAPIA FILLETS
SELECTED VARIETIES
23.15/KG
20897812_KG



LSL 2_rad12/10/26_ON

Loblaws

bakery deals rising daily

3.50 BAKED IN-STORE

SOURDOUGH LOAF
ORIGINAL OR EVERYTHING
404/450 G
20706542_EA
21682979_EA



4.50 BAKED IN-STORE

KAISER, PANINI OR CIABATTA ROLLS
SELECTED VARIETIES
6'S
21579030_EA
21579825_EA



$16

ELITE SWEETS 6 INCH CARROT CAKE
775 G
21529848_EA



FROM $8 PREPARED IN CANADA

FARMER'S MARKET™ MINI COCONUT MACAROONS OR TWO-BITE BROWNIES
350-608 G
21450067_EA
20323572_EA



$19 PREPARED IN CANADA

FARMER'S MARKET™ 7 INCH CAKES
SELECTED VARIETIES
750-875 G
21392537_EA
21392554_EA



7.50 PREPARED IN CANADA

FARMER'S MARKET™ HOMESTYLE TARTS
SELECTED VARIETIES
6/12'S
21619735_EA
21721791_EA



SAVE $1.48 WHEN YOU BUY 2 PREPARED IN CANADA

2/7.50
OR $4.49 EA.

CASA MENDOSA TORTILLAS OR WONDER WRAPS
SELECTED VARIETIES
340/640 G
20976626_EA
21740667_EA



SAVE 98¢ WHEN YOU BUY 2

2/$6
OR $3.49 EA.

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



$5

LITTLE DEBBIE SNACKS
SELECTED VARIETIES
301-459 G
21774306_EA
21774709_EA



Optimum

in the mood for deli-cious

Member Price $10 | Non-Member Price $13 | Members save $3

PILLER'S PEPPERETTES, BITES & STICKS
SELECTED VARIETIES
300-500 G
21099386_EA
21099391_EA



Optimum

Member Price $5 | Non-Member Price $8 | Members save $3

SAPUTO SHREDDED CHEESE
SELECTED VARIETIES
140 G
21081213_EA
21081222_EA



2/$10 PREPARED IN CANADA
OR $6 EA.

DAIYA DAIRY-FREE SHREDS, SLICES, BLOCKS, CREAM CHEESE STYLE SPREAD OR CRUMBLES
SELECTED VARIETIES
170-227 G
21207740_EA
21660590_EA



4.50 PREPARED IN CANADA

FONTAINE SANTÉ HUMMUS
SELECTED VARIETIES
260/283 G
20501132_EA
21687301_EA



3.75 /100 G

FROM OUR CHEFS™ TURKEY OR CHICKEN
DELI SERVICE CASE.
SELECTED VARIETIES
21591690_KG
21695890_KG



$8

PC® DELI CHEESE BLOCKS
SELECTED VARIETIES
250 G
20770652_EA
20770658_EA



on the run, we got you

MIX & MATCH OR $6.79 EA.

2/$10
OR $6.79 EA.

OLIVIERI PASTA
SELECTED VARIETIES
250-350 G
21022065_EA
21593793_EA



$16 SERVES 4

PREPARED IN-STORE ONE PAN FAMILY MEALS
SELECTED VARIETIES
440-960 G
21738468_EA
21738492_EA



$9 HALAL

KOREAN CHICKEN STRIPS
6 PIECE INDIVIDUAL COMBO WITH WEDGES
SELECTED VARIETIES
361-530 G
21022536_EA
21743202_EA



$10 PREPARED IN CANADA

ZEN GOURMET ENTREES
SELECTED VARIETIES
450 G
21748437_EA
21748771_EA



red thai curry chicken with rice



chicken teriyaki with rice



LSL 3_rad12/10/26_ON

OCTOBER HIT OF THE MONTH

LIMIT 6
AFTER LIMIT
$3 EA.



$2

SMOKED STEELHEAD SALMON 50 G OR **YELLOWFIN TUNA STEAKS** 92 G
FROZEN
21754823_EA
21694839_EA

LIMIT 6
AFTER LIMIT
$4 EA.



$3

CEDAR VALLEY PITA CHIPS
SELECTED VARIETIES
180 G
21524190_EA
21566354_EA

LIMIT 6
AFTER LIMIT
$3EA.



$1.75

DARE BEAR PAWS COOKIES
SELECTED VARIETIES
168-210 G
21720734_EA
21713321_EA

LIMIT 6
AFTER LIMIT
$2 EA.



$1

KRAFT KD MACARONI & CHEESE
SELECTED VARIETIES
156/175 G
21549555_EA
21549590_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 October 1 - 31, 2026. While quantities last. See in-store for details.

MKT FLAP HM OCT

no name®

made without

synthetic colours* • artificial flavours • hydrogenated oils • artificial sweeteners • brominated vegetable oil
sugar alcohols • bha, bht, tbhq • polydextrose • monosodium glutamate** • azodicarbonamide (ada)

*as defined in Canadian regulations **except those naturally occurring

Simple™ MC

$7

NO NAME® NATURALLY IMPERFECT™ AVOCADO
PRODUCT OF MEXICO
2.2 LB
21699907001_EA



SAVE $1

$4

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



$6

NO NAME® NATURALLY IMPERFECT™ MIXED PEPPERS
PRODUCT OF CANADA OR MEXICO
2.5 LB BAG
20921434001_EA



3.50

PREPARED IN CANADA

NO NAME® WHIPPED TOPPING
SELECTED VARIETIES
225 G
20017493_EA



2/$12
OR $6.50 EA.

PREPARED IN CANADA

NO NAME® BACON
SELECTED VARIETIES
375 G
21738685_EA
21750394_EA



2.50

PREPARED IN CANADA

NO NAME® BAGELS
SELECTED VARIETIES
6'S
21297831_EA
21666664_EA



5.99

NO NAME® BUTTER
SELECTED VARIETIES
454 G
20316543002_EA
20325029_EA



5.50

NO NAME® JAM OR MARMALADE
SELECTED VARIETIES
500 ML
20032552001_EA
20298902_EA



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

Optimum™

$4.88 Get 1,000 pts $1 back in points

NO NAME® SHREDDED CHEESE 320 G OR **CHEESE BARS** 400 G
SELECTED VARIETIES
21082491_EA
21289745_EA



$2

NO NAME® PASTA
SELECTED VARIETIES
900 G
20315613002_EA
20315613003_EA



1.25

NO NAME® PIZZA SAUCE
213 ML
20018020_EA



$5

NO NAME® PIE FILLING
SELECTED VARIETIES
540/796 ML
21662314_EA
21667990_EA



$5

NO NAME® PEANUT BUTTER
SELECTED VARIETIES
1 KG
20296985001_EA
20296985002_EA



$5

NO NAME® HONEY
375 G
20435988_EA



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

Optimum™

$10 Get 3,000 pts $3 back in points

NO NAME® FLOUR
SELECTED VARIETIES
10 KG
20022248_EA
20309126_EA



$1

NO NAME® GRAVY MIX
SELECTED VARIETIES
25 G
21687251_EA
21687380_EA



3.50

NO NAME® SPICES OR HERBS
SELECTED VARIETIES
5.5-250 G
20617758_EA
20618677_EA



$3

NO NAME® MARSHMALLOWS
SELECTED VARIETIES
400 G
20304672001_EA
21023141_EA



$14

NO NAME® CANOLA, VEGETABLE OR CORN OIL
SELECTED VARIETIES
3 L
20028656_EA
20103390_EA



1.50

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



$8

NO NAME® CLUMPING CAT LITTER
SELECTED VARIETIES
7 KG
20023746002_EA



fall's better roasted



$3 PRODUCT OF CANADA

FARMER'S MARKET™ CARROTS OR YELLOW ONIONS
PRODUCT OF CANADA
CANADA NO. 1 GRADE
3 LB
2081994001_EA
20600927001_EA

3 LB



$1 LB

ACORN, BUTTERNUT, BUTTERCUP OR SPAGHETTI SQUASH
PRODUCT OF CANADA
2.20/KG
20317208001_KG
20325274001_KG



$5 PRODUCT OF CANADA

PC® LITTLE GEMS™ MINI MIXED, RED OR YELLOW POTATOES
PRODUCT OF CANADA, CANADA NO.1 GRADE
680 G
21247301001_EA
21247300001_EA



$3

BROCCOLI
PRODUCT OF U.S.A. OR MEXICO
20145621001_EA



$4

PC® MINI SWEET POTATOES
PRODUCT OF U.S.A.
680 G
20827037_EA



3.50 LB

BRUSSELS SPROUTS
PRODUCT OF U.S.A.
7.72/KG
20172240001_KG



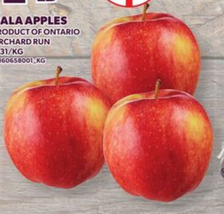
2.50 LB PRODUCT OF CANADA

BARTLETT PEARS
PRODUCT OF ONTARIO
FANCY GRADE
5.51/KG
20172240001_KG



1.50 LB PRODUCT OF CANADA

GALA APPLES
PRODUCT OF ONTARIO
ORCHARD RUN
3.31/KG
21160658001_KG



$3

CRANBERRIES
PRODUCT OF CANADA OR U.S.A.
340 G
20160096001_EA



fall is in the air... and on your plate

14.50 LB

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



$12 AIR CHILLED

PC® CHICKEN THIGHS
BONE-IN, AIR CHILLED
6'S
21341035_EA



3.75

TIM HORTONS LOADED SOUP
SELECTED VARIETIES
540 ML
21762123_EA
21762207_EA



$4 BAKED IN-STORE

APPLE CINNAMON HOT CROSS BUNS
8'S
AVAILABE FOR A LIMITED TIME
21781514_EA



$10 PREPARED IN CANADA

FARMER'S MARKET™ PIES
SELECTED VARIETIES
580 G-1 KG
21297367_EA
21297365_EA



5.50 PREPARED IN CANADA

FARMER'S MARKET™ MUFFINS
SELECTED VARIETIES
4'S
21639320_EA
21639357_EA



5.50 PREPARED IN CANADA

ROBIN HOOD OR FIVE ROSES FLOUR
SELECTED VARIETIES
2.5 KG
20039497001_EA
20148914001_EA



$5

NO NAME® PIE FILLING 540 ML OR **PURE PUMPKIN** 796 ML
SELECTED VARIETIES
21662314_EA
21667990_EA



SAVE 48¢ WHEN YOU BUY 2

2/7.50
OR $3.99 EA.

NO NAME® CREAM CHEESE
SELECTED VARIETIES
227/250 G
20308105001_EA



a little Italy in every twirl



2/$7 OR $4 EA.

RUMMO PASTA
SELECTED VARIETIES
340/500 G
21425566_EA
21425691_EA

5.50

MUTTI TOMATOES
796 ML
20934512_EA
21598454_EA

$3

BASIL
PRODUCT OF CANADA OR MEXICO
21188276_EA

$7

PC® DICED PANCETTA
150 G
20049345_EA

8.50

MADE FRESH IN-STORE

MEDIUM BEEF MEATBALLS
SELECTED VARIETIES
361 G
21587896_EA

$14

BERTOLLI 750 ML/1 L, **CARAPELLI** 500 ML OR **OLIVE GREEN OLIVE OIL** 1 L
SELECTED VARIETIES
20156182001_EA
21045083_EA

$12

PC® SPLENDIDO® PECORINO ROMANO
PRODUCT OF ITALY
250 G
21188276_EA

$14

PC® SPLENDIDO® PARMIGIANO REGGIANO
PRODUCT OF ITALY
250 G
21053434_EA

$5

MUTTI TOMATO PASTE
SELECTED VARIETIES
156 ML
21221302_EA

more bellissimo bites

Optimum

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

Optimum

Member Price $12

Non-Member Price $13

Members save $1

ROMA LA PIZZERIA PEPPERONI
CLUB PACK SELECTED VARIETIES
900 G
21217405_EA
21217461_EA

$7

GALBANI FRESH MOZZARELLA
SELECTED VARIETIES
227 G
21547229_EA
21632629_EA

$4

BAKED IN-STORE

ROSEMARY & SEA SALT OR CHEESE FOCACCIA BREAD
430/484 G
21724758_EA
21724807_EA

$4

BAKED IN-STORE

CALABRESE BREAD
SELECTED VARIETIES
449-660 G
21633048_EA
21633162_EA

FROM $2

CANNOLI OR ZEPPOLE
HANDPIPED WITH ASSORTED RICCOTA OR CREAM FILLINGS
30-50 G
20752723_EA
21102005_EA

2.50 LB

GREEN ZUCCHINI
PRODUCT OF MEXICO OR U.S.A.
5.51/KG
20426596001_KG

5.98

GARLIC
PRODUCT OF CHINA
1 KG BAG
21238843001_EA

$4

PC® SALAD MIX
SELECTED VARIETIES
PRODUCT OF U.S.A.
142 G
21203746_EA
21203748_EA

5.50

MUTTI PASTA SAUCE
SELECTED VARIETIES
680 ML
20288490001_EA
20288490002_EA

$11

NEW

MONINI BALSAMIC GLAZE
SELECTED VARIETIES
250 G
21551148_EA
21551161_EA

$6

PC® BLACK LABEL PESTO
SELECTED VARIETIES
175-190 ML
21339444_EA
21339514_EA

Happy Diwali

Share the joy of being together with a taste of home.

1.50

CILANTRO
PRODUCT OF CANADA OR U.S.A
EACH
20091825001_EA



SAVE 42¢ WHEN YOU BUY 3

3/4.98
OR $1.80 EA.

RED MANGO
PRODUCT OF BRAZIL
20059633001_EA



4.50 LB

OKRA
PRODUCT OF U.S.A., CANADA OR HONDURAS
9.92/KG
20091283001_KG



SAVE 52¢

3.98

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



3 LB BAG

$4

SURAJ® NAAN FLATBREADS
SELECTED VARIETIES
10'S
20342261_EA
20343319_EA



9.99

PRANA PLAIN PARATHA
FROZEN
2.4 KG
21172364_EA



2.99

PRAN VEGETABLE SPRING ROLLS OR SAMOSAS
SELECTED VARIETIES
FROZEN
400 G
21054779_EA



3.50

CRISPY ROTI WRAPS
SELECTED VARIETIES
750 G
21195569_EA
21195607_EA



SAVE $3.99

$11

QUALITY BASMATI RICE
8 LB
20787290_EA



SAVE UP TO $1.49

$4

KFI COOKING SAUCE 375/395 ML OR **TILDA RICE** 907 G
SELECTED VARIETIES
20419490001_EA
21576625_EA



$4

VEEBA SAUCES
SELECTED VARIETIES
300-400 G
21632617_EA
21632753_EA



$10

BROOKE BOND RED LABEL TEA
900 G
21017684_EA



40¢

MAGGI MASALA NOODLES
70 G
20802664_EA



1.50

KURKURE SNACKS
SELECTED VARIETIES
115 G
20659742_EA
21360177_EA



$19

AASHIRVAAD WHOLE WHEAT FLOUR
9.07 KG
21359688_EA



3.50

DABUR NECTAR JUICE DRINK
SELECTED VARIETIES
1 L
21399816_EA
21399828_EA



naturally good choices

$8

SUNBUTTER SUNFLOWER SEED BUTTER
SELECTED VARIETIES
454 G
20016641001_EA
20987460_EA



SAVE

15%

BIOITALIA ORGANIC PASTA 500 G OR **CANNED BEANS OR TOMATOES**
340/398 ML
SELECTED VARIETIES
20984139_EA
21122805_EA



16.99

NATURE CLEAN DISHWASHER PACS
UNSCENTED
60'S
20914501_EA



Optimum

$5

Get 1,000 pts

$1 back in points

PC® ORGANICS OATS
SELECTED VARIETIES
900 G/1 KG
20705773_EA
20971286_EA



SAVE

10%

GREEN BEAVER HEALTH AND BEAUTY PRODUCTS
SELECTED VARIETIES AND SIZES
20609553001_EA / 20608226003_EA



SAVE

15%

LUNDBERG RICE
SELECTED VARIETIES
156-907 G
20648150001_EA
21703069_EA



SAVE

10%

ORANGE NATURALS VITAMINS, MINERALS OR SUPPLEMENTS
SELECTED VARIETIES
10-450 ML, 50-270 G OR 30-180'S
21191161_EA
21528197_EA



$4

HARDBITE HANDCRAFTED-STYLE CHIPS
SELECTED VARIETIES
125-150 G
20370855001_EA
21157616_EA



SAVE

25%

ZEVIA SODA 6X355 ML OR **LOVEGOODFATS PROTEIN BARS** 55 G/12X55 G
SELECTED VARIETIES
21090231_CON
21541140_EA



5.50

VIOLIFE NON-DAIRY CHEESE
SELECTED VARIETIES
150-227 G
21339317_EA
21339319_EA



8.50

BLISS BALLS ENERGY TRUFFLE BALLS
SELECTED VARIETIES
150 G
21734665_EA
21736112_EA



$8

QUEEN ST. BAKERY SUPERFOOD BAGELS, ENGLISH MUFFINS OR BREAD
SELECTED VARIETIES FROZEN
464-520 G
21575964_EA
21690221_EA



$2

COVE SODA
SELECTED VARIETIES
355 ML
21672466_EA
21672561_EA



$9

KIND MINIS OR THINS BARS
SELECTED VARIETIES
200/210 G
21125232_EA
21127676_EA



Optimum

5.50

Get 1,000 pts

$1 back in points

PC® ORGANICS PEANUT BUTTER
SELECTED VARIETIES
500 G
20055833_EA
20298178_EA



SAVE

25%

GO MACRO MACROBARS
SELECTED VARIETIES
65-69 G OR 12X65-69 G
21100509_EA
21315359_C12



$5

EARTH'S OWN BARISTAS NON-DAIRY BEVERAGES
SELECTED VARIETIES
946 ML
21179478_EA
21643665_EA



SAVE

20%

DAIYA PIZZA, FLATBREAD 331-550 G, 2'S OR **CHEESECAKE BITES** 170 G OR **BUTCHER'S BOARD PIZZA** 375 G
SELECTED VARIETIES
FROZEN
21753371_EA
21759828_EA



your one-stop grocery shop

4.50

PREPARED IN CANADA

OASIS HEALTH BREAK JUICE OR SMOOTHIES
SELECTED VARIETIES
1.6 L
21529899_EA
21529910_EA



3/3.75
OR
$1.50 EA.

PREPARED IN CANADA

YOPLAIT YOP DRINKABLE YOGURT
SELECTED VARIETIES
200 ML
21757810_EA
21757965_EA



Optimum

$12 Get 500 pts

NATURE VALLEY, FIBRE 1, BETTY CROCKER OR MOTT'S FRUITSATIONS GRANOLA OR CEREAL BARS OR FRUIT SNACKS CLUB SIZE
SELECTED VARIETIES
637 G-1.176 KG
21418522_EA
21418534_EA



SAVE UP TO 25%

ASCENTA, NUTRASEA OR NATURE'S WAY OMEGA-3 OR VITAMIN D LIQUID 200 ML OR **FENUGREEK + BLESSED THISTLE** 180'S
SELECTED VARIETIES
20617285_EA/21241222_EA



6.50

BONNE MAMAN JAM, CURD OR SPREADS 250-380 G/250-290 ML OR **CORA CREPE, WAFFLE OR PANCAKE MIX** 700 G
SELECTED VARIETIES
20307313001_EA
21456024_EA



3.25

BLACK DIAMOND CHEESTRINGS 168 G OR **CRACKER BARREL CHEESE SPREAD** 200 G
SELECTED VARIETIES
20763227_EA
21742881_EA



$7

BECEL MARGARINE
SELECTED VARIETIES
637/800G
21747558_EA
21747692_EA



4.50

ARMSTRONG COMBOS, NIBBLERS OR CHEESE STICKS
SELECTED VARIETIES
180-210 G
21539032_EA
21694973_EA



$16

MAYNARDS ASSORTED TREAT SIZE BARS
90'S, 1.12 KG
20891582_EA



$16

BOB'S RED MILL ALMOND FLOUR
453 G
21102198_EA



2/5.50
OR
$3 EA.

PC® KETTLE COOKED OR RIPPLED KETTLE POTATO CHIPS 200 G OR **SNACK PACK PUDDING OR JUICY GELS** 4'S
SELECTED VARIETIES
20310707006_EA
21422931_EA



2/7.50
OR
$4 EA.

HUMPTY DUMPTY SNACKS 250-290 G, **OLD DUTCH POTATO CHIPS** 200-290 G OR **TAKIS ROLLED TORTILLA** 198-260 G
SELECTED VARIETIES
21445100_EA/21715466_EA



2/$8
OR
$5.49 EA.

DORITOS OR TOSTITOS TORTILLA CHIPS
SELECTED VARIETIES
210-295 G
21050581_EA
21693042_EA



2/$10
OR
$5.49 EA.

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



$3

PC® SWEETENED CONDENSED MILK 300 ML OR **TEA** 20'S
SELECTED VARIETIES
20112979_EA
20301067_EA



$7

PREPARED IN CANADA

STARBUCKS COFFEE ENHANCERS
SELECTED VARIETIES
800/828 ML
21358473_EA
21436900_EA



$8

NESCAFE GOLD INSTANT COFFEE 90-100 G, **STARBUCKS NESPRESSO CAPSULES** 10'S OR **PC® K-CUP PODS** 12'S, SELECTED VARIETIES
21074532_EA/20585545_EA



$8

GLAD KITCHEN BAGS
SELECTED VARIETIES
12-52'S
20297334001_EA



2/$12
OR
$6.99 EA.

LYSOL DISINFECTANT SPRAY 350 G, **DISINFECTING WIPES** 75-84'S OR **ALL PURPOSE CLEANER** 950 ML
SELECTED VARIETIES
21449826_EA
21751080_EA



5.50

FLEECY FABRIC SOFTENER 1.36 L, **REFRESHERS** 754 ML OR **SHEETS** 80'S
SELECTED VARIETIES
20311072001_EA
21724350_EA



GET A CHANCE TO **WIN**† **NHL GAME TICKETS**

OFFICIAL PARTNER OF THE NHL®

†NO PURCHASE NECESSARY. Closes 11/06/26 at 11:59:59 PM ET. Fifteen (15) prizes to be won, ARV of $500 each. Open to Canadian PC Optimum members only, age of majority. Math skill test req'd. Terms apply. Full rules & entry: https://www.pcoptimum.ca/PCO-hockey-contest. © NHL

Spend **$100+** in ONE OR MORE PURCHASES on participating P&G brands**
Between **October 8** to **November 6, 2026** for a chance to win†
*After discounts and before taxes and fees
**Exclusions apply. See PC Optimum App or visit https://www.pcoptimum.ca/PCO-hockey-contest for participating brands and official rules.

GET GAME DAY READY!
Old Spice · Gillette · Tide · Downy · Pampers · Crest · Pepto Bismol · OLAY · Cascade · NATIVE

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Optimum

Scan the App to enter
Plus get a bonus **20,000 pts**◊
◊ Customers who spend $100+ on eligible P&G products and scan their PC Optimum App/card with qualifying transaction(s) during the Contest also receive 20,000 in bonus points.

for every wag and purr

$22
FANCY FEAST CAT FOOD
SELECTED VARIETIES
24'S
21170917_C01
21235467_C01



$1.25
WHISKAS CAT FOOD
SELECTED VARIETIES
75/100 G
20945388_EA
21011788_EA





90¢ PRICE DROP!
PC® NUTRITION FIRST® CAT FOOD
SELECTED VARIETIES
85 G
21359618_EA
21618582_EA



$14
PC® NUTRITION FIRST® CAT FOOD
SELECTED VARIETIES
2 KG
21303268_EA



$24
PC® EXTRA MEATY CAT FOOD
SELECTED VARIETIES
7 KG
21361599_EA



$30
PC® NUTRITION FIRST® DOG FOOD
SELECTED VARIETIES
7 KG
21304726_EA



$17
CESAR DOG FOOD OR SHEBA CAT FOOD
SELECTED VARIETIES
12'S
20548229_EA
21517795_EA



$40
PC® EXTRA MEATY DOG FOOD
SELECTED VARIETIES
14 KG
21361766_EA



$25
BENEFUL DOG FOOD
SELECTED VARIETIES
7 KG
21041235_C01



$40
PEDIGREE DOG FOOD
SELECTED VARIETIES
13.6/14 KG
20644138_EA



$5
MILK-BONE DOG BISCUITS
SELECTED VARIETIES
750-900 G
21014403_EA



$5
MILKBONE TREATS SALMON RECIPE
252 G
21733170_EA



$38
ALPO DOG FOOD
16 KG
20112174_EA



$11
NO NAME® WILD BIRD SEED
4 KG
21308564_EA



$20
ARM & HAMMER CAT LITTER
SELECTED VARIETIES
6.35-12.7 KG
21097017_EA



NUTRITION FIRST·PREMIÈRE®

Your pet cares about high quality. Not high prices.

LET'S COMPARE BOWLS

Love it or your money back with our PC® Guarantee



- Veterinarian Formulated
- All diets have Real Meat as First Ingredient
- Grain-free Diets Offered
- Formulated without Corn, Wheat, Soy, or Animal By-products
- All diets include Omega-3 & Omega-6 Fatty Acids
- All diets include Fruits, Vegetables, Prebiotics & Probiotics

*Based on average regular retail price per 100g of the brands shown. Prices may vary by store. See in-store or online for details.
"-" represents that the claim was not true and/or inconclusive in our search for that particular brand.

live well, spend less

SAVE UP TO **20%**

IVORY BAR SOAP 3/10X90 G OR **BODY WASH** 621-1035 ML
SELECTED VARIETIES
21432595_EA
21716909_EA



2.50 LIMIT 4 AFTER LIMIT 5.49 EA.

DEGREE BASE ANTIPERSPIRANT
SELECTED VARIETIES
48-85 G
20296452001_EA
20303942001_EA



$6 LIMIT 4 AFTER LIMIT 8.49 EA.

DOVE SHAMPOO OR CONDITIONER 355 ML, **HAIRSPRAY OR DRY SHAMPOO** 195-273 ML OR 142-198 G
SELECTED VARIETIES
21644891_EA/21018398_EA



Optimum

SAVE UP TO **20%** Get 2,000 pts $2 back in points

O'KEEFFE'S HAND, FEET OR BODYCARE PRODUCTS
SELECTED VARIETIES AND SIZES
20910310_EA



SAVE UP TO **20%**

GARNIER FACECARE PRODUCTS
SELECTED VARIETIES AND SIZES
21549485_EA



$13 LIMIT 4 AFTER LIMIT 15.99 EA.

L'ORÉAL PREFERENCE, FERIA OR GARNIER OLIA
SELECTED VARIETIES
20304162041_EA/20848760_EA



SAVE UP TO **25%**

ORAL-B ELECTRIC TOOTHBRUSH, POWER REFILLS OR 3D WHITENING STRIPS
SELECTED VARIETIES AND SIZES
20346231002_EA
21479017_EA



SAVE UP TO **10%**

LIFE BRAND® VITAMINS OR SUPPLEMENTS
SELECTED VARIETIES AND SIZES
21286148_EA
21286185_EA



Optimum

Member Price **$10** Non-Member Price **$10.49**

TYLENOL COUGH & COLD, SINUS 18-20'S, **BENYLIN** 20'S/100 ML **OR SUDAFED** 20-24'S
SELECTED VARIETIES AND SIZES
20876619_EA/20322277003_EA



for your baby

2/$10 OR $5.99 EA.

GERBER GET'EMS PUFFS, COOKIES OR CRACKERS
SELECTED VARIETIES
64/142 G
21720363_EA
21720392_EA



2/6.50 OR $3.79 EA.

GOODIES KIDS PUFFED GRAIN SNACKS
SELECTED VARIETIES
28 G
21740570_EA
21740691_EA



$61 LIMIT 4 AFTER LIMIT 69.99 EA.

ENFAMIL A+ STEP 1 & 2 BABY FORMULA POWDER REFILLS
SELECTED VARIETIES
992 G
20435527002_EA
20435527003_EA



Optimum

$37 Get 2,000 pts $2 back in points LIMIT 4 AFTER LIMIT 43.99 EA.

PAMPERS EASY UPS TRAINING PANTS
SELECTED VARIETIES
SIZES 4-8, 58-112'S
21089194_EA



$35 LIMIT 4 AFTER LIMIT 39.99 EA.

MILLIE MOON DIAPERS ECONO PACKS
SELECTED VARIETIES AND SIZES
21590508_EA/21590526_EA



$37 LIMIT 4 AFTER LIMIT 42.99 EA.

ENFAGROW NUTRITIONAL SUPPLEMENT MILK-BASED POWDER 1-5 YEARS
SELECTED VARIETIES
907 G
21694898_EA
21694972_EA



live well, spend less

$8 EVERYDAY LOW PRICE

OPERATIVE
SELECTED VARIETIES
4 KG
21668050_EA



Member Price SAVE UP TO 20%

Optimum

LIFE BRAND® FIRST AID
SELECTED VARIETIES AND SIZES
3.73-77.49
21283617_EA/21306178_EA



$3 EVERYDAY LOW PRICE

LIFE BRAND® HYDROGEN PEROXIDE OR 70% RUBBING ALCOHOL
SELECTED VARIETIES AND SIZES
21427021_EA
21439259_EA



SAVE UP TO 20%

JAMIESON SLEEP, STRESS OR ENERGY 30-200'S **VITAMINS OR SUPPLEMENTS**
SELECTED VARIETIES AND SIZES
20215777_EA/21736361_EA



SAVE UP TO 25%

NATURE'S BOUNTY OR KIDS VITAMINS OR SUPPLEMENTS
SELECTED VARIETIES AND SIZES
30-500'S
20860425_EA/21086233_EA



SAVE UP TO 20%

CENTRUM MULTIVITAMINS, CALTRATE BONE HEALTH SUPPLEMENTS OR EMERGEN-C VITAMINS
SELECTED VARIETIES AND SIZES
20997357_EA/21283427_EA



Member Price $4.50 Non-Member Price $4.99

Optimum

HALLS LOZENGES
SELECTED VARIETIES
25-30'S
20315680001_EA
20315680012_EA



SAVE UP TO 20%

TYLENOL PAIN OR TYLENOL PEDS
SELECTED VARIETIES AND SIZES
20218432001_EA
20310804001_EA



SAVE UP TO 20%

NEOCITRAN COLD POWDER, 10 SINGLE DOSE POUCHES, BUCKLEY'S COLD & SINUS LIQUID GELS 24'S OR **COUGH SYRUPS** 150 ML
SELECTED VARIETIES
20062201002_EA
21718138_EA



SAVE UP TO 15%

SYSTANE EYEDROPS
SELECTED VARIETIES
15/20/21 ML
20180473_EA
21459841_EA



Member Price $12 Non-Member Price $13.99 Members save $1.99

Optimum

HYDRASENSE NASAL CARE PRODUCT
SELECTED VARIETIES AND SIZES
100 ML/30X5 ML
21312625_EA
21313374_EA



SAVE UP TO 15%

VICKS MEDIUM SIZE 8-24'S OR 91-354 ML OR **VICKS X-LARGE SIZE** 16-48'S OR 2X236/354 ML
SELECTED VARIETIES
21048106_EA/21405006_EA



19.50 LIMIT 4 AFTER LIMIT 21.99 EA.

DEPEND UNDERWEAR OR POISE PADS
SELECTED VARIETIES AND SIZES
21126314_EA/21302165_EA



11.50 LIMIT 4 AFTER LIMIT 11.99 EA.

U BY KOTEX LINERS 54-120'S, **PADS** 20-44'S OR **TAMPONS** 30/32'S
SELECTED VARIETIES
21291897_EA/21719856_EA



$15 LIMIT 4 AFTER LIMIT 16.49 EA.

ALWAYS PADS 26-62'S OR **LINERS** 116-216'S OR **TAMPAX TAMPONS** 38-50'S
SELECTED VARIETIES
21374646_EA/21606690_EA





shop home for less

FROM $9

EVERYDAY ESSENTIALS™ COOKWARE
SELECTED VARIETIES
21345884_EA/21345889_EA



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

PC® COOKWARE OR COOKWARE SETS
SELECTED VARIETIES
$17-141
21126978_EA
21161215_EA



$25

EVERYDAY ESSENTIALS™ 12 PIECE DINNERWARE SET
SELECTED VARIETIES
21018490_EA



SAVE UP TO 20%

PC® SOFT GRIP KITCHEN GADGETS
SELECTED VARIETIES
21190085_EA
21190090_EA



$7 **LIMIT 8 AFTER LIMIT $10 EA.**

EVERYDAY ESSENTIALS™ SCENTED CANDLES
SELECTED VARIETIES
21722839_EA/ 21723004_EA



FROM $3

EVERYDAY ESSENTIALS™ FOOD STORAGE CONTAINERS
SELECTED VARIETIES
21704037_EA
21704077_EA



BUY TWO (2) GET ONE (1) FREE

PC® PANTRY STORAGE
SELECTED VARIETIES
21731049_EA/21731050_EA



$89 **LIMIT 2 AFTER LIMIT $150 EA.**

NINJA PRO PLUS BLENDER WITH AUTO IQ
SELECTED VARIETIES
21620013_EA



5.50

EVERYDAY ESSENTIALS™ JUMBO PILLOW
21607755_EA



$8 EVERYDAY LOW PRICE

EVERYDAY ESSENTIALS™ BATH TOWELS
SELECTED VARIETIES
21434220_EA
21434225_EA



FROM $6-10

EVERYDAY ESSENTIALS™ PILLOW CASES
SELECTED VARIETIES
2'S
21586657_EA
21615517_EA



spook up your space

SAVE UP TO 30%

HALLOWEEN DECOR
SELECTED VARIETIES
21723030_EA/21726603_EA



SAVE UP TO 30%

HALLOWEEN PUMPKINS
SELECTED VARIETIES
21576479_EA/21576579_EA



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

HALLOWEEN GLOW IN THE DARK
SELECTED VARIETIES
21731049_EA/21731050_EA



SAVE UP TO 30%

HALLOWEEN SKULL & BONES
SELECTED VARIETIES
21591759_EA
21591831_EA



SAVE UP TO 30%

HALLOWEEN INFLATABLES & LIFESIZE DECOR
SELECTED VARIETIES
21727031_EA/21736694_EA



SAVE UP TO 30%

HALLOWEEN PARTYWARE
SELECTED VARIETIES
21666336_EA/21666434_EA



$3

HALLOWEEN DECORATIONS
SELECTED VARIETIES
21732549_EA/21732550_EA



SAVE UP TO 30%

HALLOWEEN COSTUMES
SELECT VARIETIES
21665587_EA/21665879_EA
21665534_EA/21665535_EA

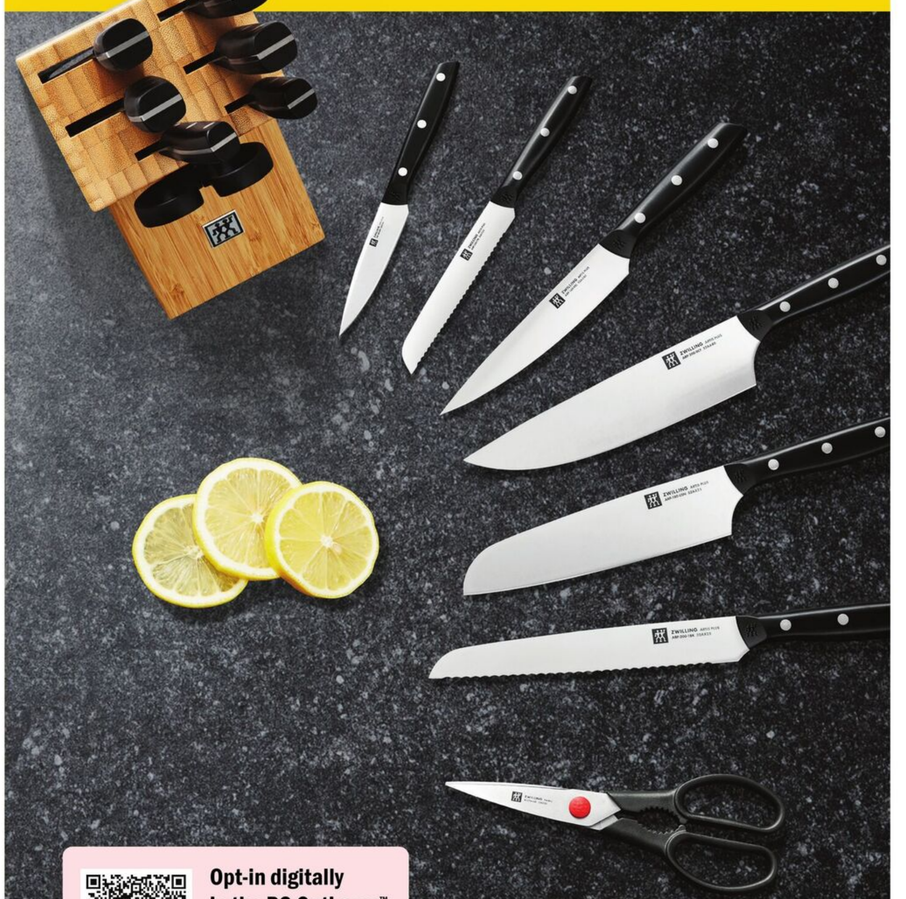


ZWILLING

COLLECT & SAVE!

**Get one stamp for every $20* spent.
Collect 20 stamps and get 60%–85% off
one high-quality item from the
ZWILLING knife collection.**

**SAVE
60-85%*
OFF EACH**



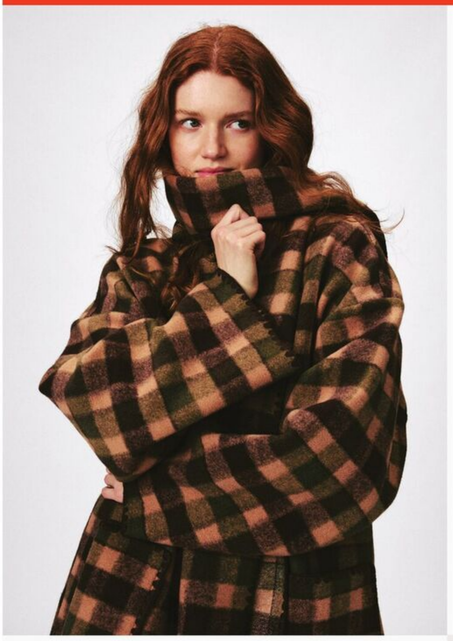
**Opt-in digitally
in the PC Optimum™
App and get
8 bonus stamps***

*Offer available at participating Loblaw banner stores and online (excluding Shoppers Drug Mart® online) from September 24, 2026, while supplies last. Receive 1 stamp for every $20 spent before taxes until January 13, 2027. Collect and redeem 20 stamps to receive 60%–85% off one eligible ZWILLING knife. PC Optimum™ members who opt in through the PC Optimum™ app may receive 8 bonus stamps (limit 1 per household). Conditions, exclusions, redemption deadlines, and item availability apply. Visit pcoptimum.ca/collectandsave for full offer details.

MKT ONLINE STP

JOE FRESH

Outerwear for $99 & Under





Women's Reversible Quilted Jacket $69



Women's Hooded Puffer Jacket $79



Women's Cocoon Coat $99



Women's Hooded Long Puffer Jacket $99



Toddler Girls' Heart Puffer Jacket $19



Toddler Boys' Snow Parka $39



Kid Boys' Colourblocked Snow Jacket $49



Kid Girls' Extra Long Puffer Jacket $59





Assorted Long Sleeve Tops Buy 2 or more for $15 ea.

Reg. $19 ea.

20% off Adult NHL Styles*

20% off Children's Footwear*

EVEN MORE ONLINE & IN-STORE

SHOP NOW

* Regular Price Only | Visit www.joefresh.com/offerdetails for full details.

MKT GM 2


iÖGO nanö
Creamy goodness, now in a pouch.
New
iÖGO nanö, anywhere
Prepared in Canada
$4.50
iÖGO nanö
CREAMY YOGURT POUCH
4 X 90 G
SELECTED VARIETIES
2/$8
OR $4.99 EA.
iÖGO nanö
DRINKABLE YOGURT
6 X 93 ML
SELECTED VARIETIES
$4.50
iÖGO nanö
YOGURT WITH FLAVOURED PEARLS
4 X 100 G
SELECTED VARIETIES
$4.50
siggi's
HIGH PROTEIN SKYR YOGURT
4 X 100 G
SELECTED VARIETIES
$6.50
OLYMPIC
KREMA YOGURT
650 G
SELECTED VARIETIES
$9
iÖGO
CREAMY, 0% OR LACTOSE-FREE YOGURT
16 X 100 G
SELECTED VARIETIES
$12
iÖGO
CREAMY YOGURT
2 KG
SELECTED VARIETIES
$3.99
ASTRO
BALKAN YOGURT
750 G
SELECTED VARIETIES


GRAIN GOODNESS, HOWEVER YOU SLICE IT
2/$7.50
OR $4.29 EA.
COUNTRY HARVEST BREAD OR BAGELS
SELECTED VARIETIES AND SIZES
COUNTRY HARVEST
14 GRAINS
WHOLE GRAINS
+PROTEIN


BETTER TEAR, SO MUCH SOFTER*
*vs. leading 1000-sheet brand
$18
Charmin
Bath Tissue, 12=48 roll, soft
21707532_EA
4X STRONGER WHEN WET*
*vs. Leading Canada 2-ply bath tissue
$18
Charmin
Bath Tissue, 12=48 roll, strong
21636641_EA


50% MORE ABSORBENT!*
*vs leading ordinary brand
$8
Bounty Paper Towel, select-a-size, 2=4 Roll
21759599_EA
NEW PACK SIZE!
MORE PAPER PER PACK!***
***compared to smaller count pack
$18
Bounty Paper Towel, select-a-size, 6=12 roll
21670280_EA
© 2026 P&G


Tide boosted clean
cleaner whiter brighter fresher
$5
Tide liquid 21/25 use, Gain detergent 32 LD, PODS/Flings 9/16's,
Selected Varieties
21579685_EA/21182552_EA
*vs Tide Simply
NEW
SCENTS THAT LUXE UP YOUR LAUNDRY
$9
Gain Detergent 61 LD, Ivory Snow Detergent 32 LD, PODS/Flings 18/31's, Liquid Softener 83/120 LD, Sheets 120/200's, Beads 303/388/379 g, Downy Rinse 54 LD
selected varieties
21738676_EA/21738609_EA
powerful clean, even in coldwater
$30
Tide PODS 112/85's or Tide Power PODS 63's
Selected varieties
21450151_EA/21597128_EA
© 2026 P&G
App exclusive offer*
*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer
Optimum
Get 20,000 pts for every $100* spent on
$20 back in points
on ONE OR MORE PURCHASES on participating P&G brands**
Scan the App from October 8 to November 6, 2026
SEE PC OPTIMUM APP* FOR DETAILS.
*Before taxes. **Exclusions apply.

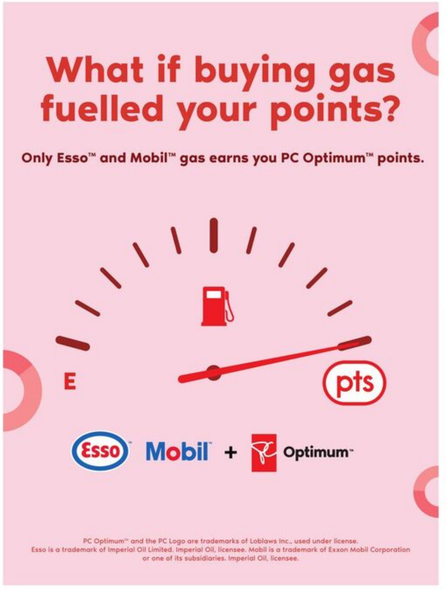

Lactantia
FRESH & SMOOTH
EASY TO DIGEST
20 G PROTEIN
$5.50
LACTANTIA
PURFILTRE
MILK, 2 L
SELECTED VARIETIES
21424991_EA
$6.25
LACTANTIA
LACTOSE-FREE MILK, 2 L
SELECTED VARIETIES
21441429_EA
CDHF
$6.25
LACTANTIA
ULTRAPUR MILK, 1.5 L
SELECTED VARIETIES
21694529_EA
21239130_EA
per 250 mL serving


TRY NEW
Cadbury DAIRY MILK
Biscoff
2/$6 OR $3.79 EA.
CADBURY chocolates selected varieties 80-100 g
21750659_EA
21648577_EA
2/$2.50 OR $1.79 EA.
CADBURY singles chocolate selected varieties 33-40 g
21750686_EA/
20691851_EA
Lotus and Biscoff are trademarks owned by Lotus Bakeries NV and used under license.
SOUR PATCH Kids
CHEWS TENDRES
Maynards
2/$5.50 OR $3.79 EA.
MAYNARDS candy selected varieties 100-154 g
21750602_EA
21545735_EA
2/$9 OR $5.29 EA.
MAYNARDS candy selected varieties 230-315 g
21761912_EA
21545809_EA


3:45
Joseph
WHAT'S FOR DINNER TONIGHT?
15 MINUTE MEALS
Quick, easy, delicious meals that always answer the question of the day. Just download and dive in.
After all, don't you have enough on your plate?
ITALPASTA
Since 1989 · Depuis 1989
2.75 Italpasta Pasta Selected varieties 900 g
20081342001_EA
LASAGNE
$3 Italpasta Baking Pasta Selected varieties 225-500 g
20313491001_EA
6.50 Italpasta Pasta Selected varieties 2.27 kg
20317105001_EA
* Registered Trademark of Italpasta Ltd.


OLD EL PASO
ESTABLISHED 1938
Optimum
2/$10 OR $6.49 EA.
Get 3,000 pts for every $10* spent on
$3 back in points
NEW
Old El Paso™ Premium Dinner Kits selected varieties 343-375 g
21751313_EA/21751138_EA
2/$9 OR $5.79 EA.
Old El Paso™ Taco Dinner Kits selected varieties 250-510 g
21717322_EA
3/$4.98 OR $2.19 EA.
Old El Paso™ Seasonings selected varieties 24 g
21049495_EA/21049487_EA
2/$7 OR $4.49 EA.
Old El Paso™ Mexican Rice 215 g
20150260001_EA
#1 MOST TRUSTED
*Mexican Food Products brand. 2026 BrandSpark® Canadian Trust Study.


HERSHEY
SHARE HERSHEY MOMENTS
HERSHEY'S snack size chocolate 50's, or Reese's shapes 35's, 481-595 G selected varieties
21668281_EA/21736183_EA
$11
HERSHEY'S snack size chocolate 25's/35's, 370-390 g or Harry Potter, 267 g selected varieties
21599604_EA
$8
HERSHEY'S assorted chocolate or peanut free candy, 100's or Reese's lovers, 90's 909 g-1.02 kg
21668235_EA/21736093_EA
$16


What if buying gas fuelled your points?
Only Esso™ and Mobil™ gas earns you PC Optimum™ points.
E
pts
Esso
Mobil
+
Optimum
PC Optimum™ and the PC Logo are trademarks of Loblaws Inc., used under license.
Esso is a trademark of Imperial Oil Limited. Imperial Oil, licensee. Mobil is a trademark of Exxon Mobil Corporation or one of its subsidiaries. Imperial Oil, licensee.


CRAVE
NEW
CRAVE Crispy Roll-ups Selected Varieties 540 g
21771324_EA
$11
CRAVE Frozen Meals Selected Varieties 200 – 340 g
21085515_EA
$3
Get 2,000 pts
$2 back in points
CRAVE Bowls Frozen Meals Selected Varieties 340 g
21681823_EA
2/$13 OR $7.50 EA.
Get 1,000 pts when you buy 3
$1 back in points
#1 MOST TRUSTED
BEST NEW PRODUCT
Based on the 2026 Brandspark® Canadian Trust Study. *Voted the best New Frozen Meals by Consumers. *Winner Frozen Meals Category. Survey of 4,000 people by Kantar.

Bagel Bites
ARE BACK
Bagel Bites®
Selected Varieties 198 g
20213483001_EA
2/$7.50 OR $3.99 EA.
Get 1,000 pts when you buy 3
$1 back in points
DELICIOUSLY SMART CHOICES MADE EASY
SMART ONES
Smart Ones® Entrées
Selected Varieties 255 – 283 g
20322159001_EA
2/$7.50 OR $4.50 EA.
Get 2,000 pts when you buy 3
$2 back in points


Optimum
Pantry POWER-UP!
General Mills
Stock up and get points on PROTEIN and FIBRE essentials.
$6 Get 100 pts
Cheerios Protein
Oatmeal Crisp PROTEIN
when you purchase 1 CHEERIOS or Oatmeal Crisp Protein selected varieties 317-455 G
21729775_EA/21667658_EA
$6 Get 100 pts
FAMILY SIZE
Cheerios
when you purchase 1 Cheerios or Oatmeal Crisp (excluding protein) selected varieties 317-1300 g
21103499_EA/21713444_EA
From $4.49 Get 100 pts
fibre 1
when youpurchase 1 Fibre 1™ cereal 475-587 g or bar 125-84 g selected varieties
21411648_EA/20302987002_EA
$4 Get 100 pts
Annie's SUPER MAC
when you purchase 1 Annie's™ Super Mac selected varieties 170 G
21687300_EA/21687279_EA
From $4.49 Get 100 pts
NATURE VALLEY
when you purchase 1 Nature Valley Granola 310-481 g or Nature Valley Protein or Nature Valley Lunchbox bars 148-172 g selected varieties
20849323_EA/20686980001_EA
Plus, get Get 10,000 pts $10 back in points
Optimum
when you redeem 4 out of 5 offers.
Open your PC Optimum™ app to view your offers!
Offers valid in-store & online from October 15th to November 11th.
Only in the app

New recipe. Better taste.*

REDISCOVER ACTIVIA®

$4 Activia* selected varieties 650 g 21043151001_EA



$8 Activia* selected varieties 12 x 100 g 20393412001_EA

NO GELATIN

PROBIOTICS 100X STRONGER IN SURVIVABILITY vs. standard yogurt cultures† in a simulated gut model

Comparing Activia 2.4% M.F. Vanilla to the regular 1.5% M.F. Vanilla of the leading flavoured yogurt brand in Canada.
†*Lactobacillus bulgaricus* and *Streptococcus thermophilus*.

THE TASTE OF PERFECTION

$7.50 Oikos® selected varieties 750 g 21006634_EA

3/$12 OR $4.79 EA. Oikos® selected varieties 4 x 95 g, 4 x 100 g 20625055_EA/20419756006_EA



FEED YOUR STRENGTH.†

2/$7 OR $4 EA. Oikos® Pro™ selected varieties 300 mL 21652096_EA



NEW

$7.50 Oikos® Pro™ selected varieties 650 g 21757458_EA

†OIKOS® PRO™ IS A SOURCE OF PROTEIN. PROTEIN HELPS BUILD STRONG MUSCLES. CONSUMED AS PART OF A HEALTHY ACTIVE LIFESTYLE AND BALANCED DIET.

SUGAR DOWN PROTEIN UP



$4.50 Two Good™ selected varieties 4 x 95 g 21476047_EA/21475943_EA

10-HOUR BREW FOR A BOLD AND SMOOTH TASTE

$9 Stōk® selected varieties 1.42 L 21203739_EA 21475782_EA



LIMITED EDITION PUMPKIN

Activia® / Two Good™ used under lic., © 2026 Cie Gervais Danone. / Oikos® / Oikos® Pro™ used under lic., © 2026 Danone US, LLC. / Stōk® © 2026 WhiteWave Services, Inc. All rights reserved.

Yoplait YOP



30% less sugar

- 0 ARTIFICIAL SWEETENER
- 0 ARTIFICIAL FLAVOUR
- 0 COLOUR ADDED

12.50 Yoplait® YOP® drinkable yogurt selected varieties 12 x 200 mL

21756203_EA
21768335_EA

Yoplait

4.75 Yoplait® Source Protein® Yogurt selected varieties 650 g

21720809_EA
21720763_EA



LIBERTÉ

PROTEIN & TASTE. ALWAYS.



2/$9 OR $5.49 EA. Liberté Méditerranée® Yogurt selected varieties 4 x 100 g

21685700_EA
21685635_EA



7.79 Liberté Greek® Yogurt 650-750 g, Méditerranée® Yogurt 900 g, selected varieties

20642273_EA
21685616_EA



5.75 Liberté® Kéfir select varieties 1 L

21216416_EA
21216409_EA

MADE IN CANADA

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

PediaSure

COMPLETE, BALANCED NUTRITION* WITH A TASTE KIDS LOVE



2/$18 OR $10.49 EA.

PediaSure complete selected varieties 4x235 mL
20322414001_EA
20322414002_EA

Pedialyte

REHYDRATE WITH PEDIALYTE® THIS SUMMER



$10 LIMIT 4 AFTER LIMIT 13.49 EA

Pedialyte electrolyte Freezer Pops selected varieties 16 x 62.5 mL
20186130_EA

Pedialyte oral rehydration solution selected varieties 1 L
21623984_EA

Similac 2'-FL

Breast milk-inspired



$53 LIMIT 4 AFTER LIMIT 73.49 EA.

Similac Pro-Advance ready to feed infant formula Stage 1 16 x 235 mL
21334752_EA

Similac Pro-Advance Step 1 or 2 powder formula 837-859 g
21436985_EA
21437126_EA

$53 LIMIT 4 AFTER LIMIT 63.99 EA.

2'-FL is a unique component of breast milk that helps build baby's immune system.†

† Not derived from human milk.
‡ Breast milk contains many immune components.

© Abbott - DIR/577A-MA 2025

Abbott





Thicker & more absorbent for a gentle clean*

*vs Pampers Baby Clean Fresh

$26 LIMIT 4 AFTER LIMIT 29.99 EA.

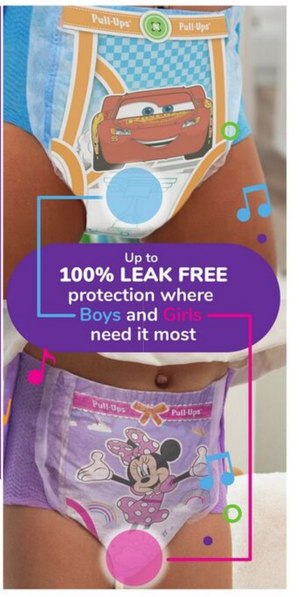
Huggies 16x baby wipes selected varieties 960-1152's
21541191_EA

® Registered Trademark and Trademark of Kimberly-Clark Worldwide, Inc. ©KCWW.

Pull-Ups

SIMPLIFY THE POTTY TRAINING JOURNEY





Optimum

$37 LIMIT 4, AFTER LIMIT 39.99 EA

Get 3,000 pts

$3 back in points

Huggies Pull-Ups econo pack training pants selected varieties 68-112's
21021423_EA/21021427_EA

® Registered Trademark and * Trademark of Kimberly-Clark Worldwide, Inc. © KCWW. © Disney

NEW

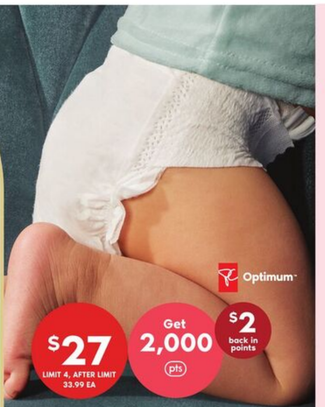
Pampers AMORE

Our Best Diaper Ever

Tested for 1000+ harmful chemicals*



© 2026 P&G



Optimum

$27 LIMIT 4, AFTER LIMIT 33.99 EA

Get 2,000 pts

$2 back in points

Pampers® super big pack diapers
Sizes N-8, 32-120's
Selected Varieties 21729513_EA

NO PURCH. NEC. Open to residents of Canada who are PC Optimum™ members age of majority or older at time of entry. Contest ends Nov. 4/26 at 11:59:59 pm ET. To enter, scan the PC Optimum™ App with purchase of eligible Pamper product. Limit 1 entry/PC Optimum™ account. 3 Prizes to be won consisting of 52 boxes of Pamper Amore diapers (ARV $35.00 CDN EA). Skill-testing question req'd. Odds depend on number of eligible entries received. For rules, including how to enter without purchase, visit https://www.pcoptimum.ca/gaming/rules?campaignId=diapers.

Optimum

App exclusive offer

YOU COULD

WIN A 2 YEAR SUPPLY OF DIAPERS

When You Buy Any Pampers® Amore™ or Swaddlers™ Diapers*

*PC Optimum™ App Exclusive Offer. No purchase necessary. See in-app for details.

Scan the PC Optimum™ App with your next purchase.

Offer valid until November 4, 2026

BIG PACK = BIGGER SAVINGS!



Optimum

$45 LIMIT 4, AFTER LIMIT 52.99 EA

Get 3,000 pts

$3 back in points

Pampers® Swaddlers™ Ultra Value Pack selected varieties and sizes
21455875_EA

© 2026 P&G

*vs. Pampers® Swaddlers™ Huge Pack