

save

\$5



**Tide 2x ultra liquid detergent**

78-96 washloads (713179)



save

\$2



**Bounce fabric softener**

250 sheets (216517)



Save \$5 when you purchase this product at participating store banners indicated below and where product is sold. Excludes tobacco, alcohol products, prescriptions, prescription eyewear, gift cards, phone cards, lottery tickets, all third party operations (post office, gas bars, dry cleaners, etc.) and any other products which are provincially regulated. \$5 will be deducted from the total purchase amount after sales taxes are applied. Limit one coupon per family and/or customer account. No cash value. No copies. Cannot be combined with any other coupons or promotional offers. Coupon must be presented to the cashier at time of purchase. This coupon can be redeemed at the following stores, from **May 21 to June 14, 2009**, where the featured product is available; Atlantic Superstore, Extra Foods, Fortinos, Loblaw Great Food, Loblaws, Maxi & Cie, Real Canadian Superstore, Your Independent Grocer, Zehrs, and Zehrs Great Food. Product availability varies by store and location.

Save \$2 when you purchase this product at participating store banners indicated below and where product is sold. Excludes tobacco, alcohol products, prescriptions, prescription eyewear, gift cards, phone cards, lottery tickets, all third party operations (post office, gas bars, dry cleaners, etc.) and any other products which are provincially regulated. \$2 will be deducted from the total purchase amount after sales taxes are applied. Limit one coupon per family and/or customer account. No cash value. No copies. Cannot be combined with any other coupons or promotional offers. Coupon must be presented to the cashier at time of purchase. This coupon can be redeemed at the following stores, from **May 21 to June 14, 2009**, where the featured product is available; Atlantic Superstore, Extra Foods, Fortinos, Loblaw Great Food, Loblaws, Maxi & Cie, Real Canadian Superstore, Your Independent Grocer, Zehrs, and Zehrs Great Food. Product availability varies by store and location.

save

\$5



**IAMS dog food**

18.14 kg (351245/351237/353779)



save

\$5



**Tide compact detergent**

95-120 washloads (847590)



Save \$5 when you purchase this product at participating store banners indicated below and where product is sold. Excludes tobacco, alcohol products, prescriptions, prescription eyewear, gift cards, phone cards, lottery tickets, all third party operations (post office, gas bars, dry cleaners, etc.) and any other products which are provincially regulated. \$5 will be deducted from the total purchase amount after sales taxes are applied. Limit one coupon per family and/or customer account. No cash value. No copies. Cannot be combined with any other coupons or promotional offers. Coupon must be presented to the cashier at time of purchase. This coupon can be redeemed at the following stores, from **May 21 to June 14, 2009**, where the featured product is available; Atlantic Superstore, Extra Foods, Fortinos, Loblaw Great Food, Loblaws, Maxi & Cie, Real Canadian Superstore, Your Independent Grocer, Zehrs, and Zehrs Great Food. Product availability varies by store and location.

Save \$5 when you purchase this product at participating store banners indicated below and where product is sold. Excludes tobacco, alcohol products, prescriptions, prescription eyewear, gift cards, phone cards, lottery tickets, all third party operations (post office, gas bars, dry cleaners, etc.) and any other products which are provincially regulated. \$5 will be deducted from the total purchase amount after sales taxes are applied. Limit one coupon per family and/or customer account. No cash value. No copies. Cannot be combined with any other coupons or promotional offers. Coupon must be presented to the cashier at time of purchase. This coupon can be redeemed at the following stores, from **May 21 to June 14, 2009**, where the featured product is available; Atlantic Superstore, Extra Foods, Fortinos, Loblaw Great Food, Loblaws, Maxi & Cie, Real Canadian Superstore, Your Independent Grocer, Zehrs, and Zehrs Great Food. Product availability varies by store and location.

save

\$2



**Downy ultra liquid fabric softener**

150 washloads (884762)



save

\$5



**IAMS cat food**

9.07 - 9.1 kg (170208/415880)



Save \$2 when you purchase this product at participating store banners indicated below and where product is sold. Excludes tobacco, alcohol products, prescriptions, prescription eyewear, gift cards, phone cards, lottery tickets, all third party operations (post office, gas bars, dry cleaners, etc.) and any other products which are provincially regulated. \$2 will be deducted from the total purchase amount after sales taxes are applied. Limit one coupon per family and/or customer account. No cash value. No copies. Cannot be combined with any other coupons or promotional offers. Coupon must be presented to the cashier at time of purchase. This coupon can be redeemed at the following stores, from **May 21 to June 14, 2009**, where the featured product is available; Atlantic Superstore, Extra Foods, Fortinos, Loblaw Great Food, Loblaws, Maxi & Cie, Real Canadian Superstore, Your Independent Grocer, Zehrs, and Zehrs Great Food. Product availability varies by store and location.

Save \$5 when you purchase this product at participating store banners indicated below and where product is sold. Excludes tobacco, alcohol products, prescriptions, prescription eyewear, gift cards, phone cards, lottery tickets, all third party operations (post office, gas bars, dry cleaners, etc.) and any other products which are provincially regulated. \$5 will be deducted from the total purchase amount after sales taxes are applied. Limit one coupon per family and/or customer account. No cash value. No copies. Cannot be combined with any other coupons or promotional offers. Coupon must be presented to the cashier at time of purchase. This coupon can be redeemed at the following stores, from **May 21 to June 14, 2009**, where the featured product is available; Atlantic Superstore, Extra Foods, Fortinos, Loblaw Great Food, Loblaws, Maxi & Cie, Real Canadian Superstore, Your Independent Grocer, Zehrs, and Zehrs Great Food. Product availability varies by store and location.

save

\$3



**Cascade 2 in 1  
action pacs**  
pkg of 90 (419658)



Save \$3 when you purchase this product at participating store banners indicated below and where product is sold. Excludes tobacco, alcohol products, prescriptions, prescription eyewear, gift cards, phone cards, lottery tickets, all third party operations (post office, gas bars, dry cleaners, etc.) and any other products which are provincially regulated. \$3 will be deducted from the total purchase amount after sales taxes are applied. Limit one coupon per family and/or customer account. No cash value. No copies. Cannot be combined with any other coupons or promotional offers. Coupon must be presented to the cashier at time of purchase. This coupon can be redeemed at the following stores, from **May 21 to June 14, 2009**, where the featured product is available; Atlantic Superstore, Extra Foods, Fortinos, Loblaw Great Food, Loblaws, Maxi & Cie, Real Canadian Superstore, Your Independent Grocer, Zehrs, and Zehrs Great Food. Product availability varies by store and location.

save

\$2



**Mr. Clean  
all purpose cleaner**  
5 L (190764)



Save \$2 when you purchase this product at participating store banners indicated below and where product is sold. Excludes tobacco, alcohol products, prescriptions, prescription eyewear, gift cards, phone cards, lottery tickets, all third party operations (post office, gas bars, dry cleaners, etc.) and any other products which are provincially regulated. \$2 will be deducted from the total purchase amount after sales taxes are applied. Limit one coupon per family and/or customer account. No cash value. No copies. Cannot be combined with any other coupons or promotional offers. Coupon must be presented to the cashier at time of purchase. This coupon can be redeemed at the following stores, from **May 21 to June 14, 2009**, where the featured product is available; Atlantic Superstore, Extra Foods, Fortinos, Loblaw Great Food, Loblaws, Maxi & Cie, Real Canadian Superstore, Your Independent Grocer, Zehrs, and Zehrs Great Food. Product availability varies by store and location.

save

\$2



**Marc Angelo  
pork souvlaki**  
marinated, pkg of 8 (478969)



Save \$2 when you purchase this product at participating store banners indicated below and where product is sold. Excludes tobacco, alcohol products, prescriptions, prescription eyewear, gift cards, phone cards, lottery tickets, all third party operations (post office, gas bars, dry cleaners, etc.) and any other products which are provincially regulated. \$2 will be deducted from the total purchase amount after sales taxes are applied. Limit one coupon per family and/or customer account. No cash value. No copies. Cannot be combined with any other coupons or promotional offers. Coupon must be presented to the cashier at time of purchase. This coupon can be redeemed at the following stores, from **May 21 to June 14, 2009**, where the featured product is available; Atlantic Superstore, Extra Foods, Fortinos, Loblaw Great Food, Loblaws, Maxi & Cie, Real Canadian Superstore, Your Independent Grocer, Zehrs, and Zehrs Great Food. Product availability varies by store and location.

save

\$50



**KitchenAid® artisan  
or classic stand mixer**  
Available at participating stores  
(840176/606594)



Save \$50 when you purchase this product at participating store banners indicated below and where product is sold. Excludes tobacco, alcohol products, prescriptions, prescription eyewear, gift cards, phone cards, lottery tickets, all third party operations (post office, gas bars, dry cleaners, etc.) and any other products which are provincially regulated. \$50 will be deducted from the total purchase amount after sales taxes are applied. Limit one coupon per family and/or customer account. No cash value. No copies. Cannot be combined with any other coupons or promotional offers. Coupon must be presented to the cashier at time of purchase. This coupon can be redeemed at the following stores, from **May 21 to June 14, 2009**, where the featured product is available; Atlantic Superstore, Extra Foods, Fortinos, Loblaw Great Food, Loblaws, Maxi & Cie, Real Canadian Superstore, Your Independent Grocer, Zehrs, and Zehrs Great Food. Product availability varies by store and location.

save

\$5



**Fuji DVD +R 75 pk**  
Available at participating stores  
(271197/744486)



Save \$5 when you purchase this product at participating store banners indicated below and where product is sold. Excludes tobacco, alcohol products, prescriptions, prescription eyewear, gift cards, phone cards, lottery tickets, all third party operations (post office, gas bars, dry cleaners, etc.) and any other products which are provincially regulated. \$5 will be deducted from the total purchase amount after sales taxes are applied. Limit one coupon per family and/or customer account. No cash value. No copies. Cannot be combined with any other coupons or promotional offers. Coupon must be presented to the Electronics Department cashier at time of purchase. This coupon can be redeemed at the following stores, from **May 21 to June 14, 2009**, where the featured product is available; Atlantic Superstore, Extra Foods, Fortinos, Loblaw Great Food, Loblaws, Maxi & Cie, Real Canadian Superstore, Your Independent Grocer, Zehrs, and Zehrs Great Food. Product availability varies by store and location.

save

\$5



**HP, Lexmark, Canon,  
Epson multipack ink**  
Available at participating stores  
(314280)



Save \$5 when you purchase this product at participating store banners indicated below and where product is sold. Excludes tobacco, alcohol products, prescriptions, prescription eyewear, gift cards, phone cards, lottery tickets, all third party operations (post office, gas bars, dry cleaners, etc.) and any other products which are provincially regulated. \$5 will be deducted from the total purchase amount after sales taxes are applied. Limit one coupon per family and/or customer account. No cash value. No copies. Cannot be combined with any other coupons or promotional offers. Coupon must be presented to the Electronics Department cashier at time of purchase. This coupon can be redeemed at the following stores, from **May 21 to June 14, 2009**, where the featured product is available; Atlantic Superstore, Extra Foods, Fortinos, Loblaw Great Food, Loblaws, Maxi & Cie, Real Canadian Superstore, Your Independent Grocer, Zehrs, and Zehrs Great Food. Product availability varies by store and location.

save

\$20



CoreMicro 8GB SD card

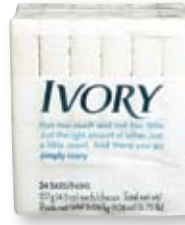
Available at participating stores (786991)



Save \$20 when you purchase this product at participating store banners indicated below and where product is sold. Excludes tobacco, alcohol products, prescriptions, prescription eyewear, gift cards, phone cards, lottery tickets, all third party operations (post office, gas bars, dry cleaners, etc.) and any other products which are provincially regulated. \$20 will be deducted from the total purchase amount after sales taxes are applied. Limit one coupon per family and/or customer account. No cash value. No copies. Cannot be combined with any other coupons or promotional offers. Coupon must be presented to the Electronics Department cashier at time of purchase. This coupon can be redeemed at the following stores, from **May 21 to June 14, 2009**, where the featured product is available; Atlantic Superstore, Extra Foods, Fortinos, Loblaw Great Food, Loblaws, Maxi & Cie, Real Canadian Superstore, Your Independent Grocer, Zehrs, and Zehrs Great Food. Product availability varies by store and location.

save

\$2



Ivory bar soap pkg of 24 (111043)



Save \$2 when you purchase this product at participating store banners indicated below and where product is sold. Excludes tobacco, alcohol products, prescriptions, prescription eyewear, gift cards, phone cards, lottery tickets, all third party operations (post office, gas bars, dry cleaners, etc.) and any other products which are provincially regulated. \$2 will be deducted from the total purchase amount after sales taxes are applied. Limit one coupon per family and/or customer account. No cash value. No copies. Cannot be combined with any other coupons or promotional offers. Coupon must be presented to the cashier at time of purchase. This coupon can be redeemed at the following stores, from **May 21 to June 14, 2009**, where the featured product is available; Atlantic Superstore, Extra Foods, Fortinos, Loblaw Great Food, Loblaws, Maxi & Cie, Real Canadian Superstore, Your Independent Grocer, Zehrs, and Zehrs Great Food. Product availability varies by store and location.

free

wipes



FREE mega size wipes 184 – 216's

with the purchase of Huggies club size diapers Baby shaped S3(168), S4(150), S5(132), S6(108) Supreme S3(136), S4(116), S5(104), S6(88) (789000/458241)



Get 1 Free package of Huggies Mega Wipes (184-216's) when you purchase one (1) Huggies club size diapers at the participating store banners indicated below and where product is sold. Limit one coupon per family and/or customer account. No cash value. No copies. Coupon must be presented to the cashier at time of purchase. Coupons in this book can be redeemed at the following stores, from **May 21 to June 14, 2009**, where the featured product is available; Superstore, Atlantic Superstore, Real Canadian Superstore, Extra Foods, Loblaw Great Food, Zehrs Great Food, Fortinos, Independent and Loblaws. Product availability varies by store and location. Cannot be combined with any other coupons or promotional offers.

save

\$2



Club size Always pads 32 – 72's or liners 144 – 160's, or Tampax tampons 80's (423804)



Save \$2 when you purchase this product at participating store banners indicated below and where product is sold. Excludes tobacco, alcohol products, prescriptions, prescription eyewear, gift cards, phone cards, lottery tickets, all third party operations (post office, gas bars, dry cleaners, etc.) and any other products which are provincially regulated. \$2 will be deducted from the total purchase amount after sales taxes are applied. Limit one coupon per family and/or customer account. No cash value. No copies. Cannot be combined with any other coupons or promotional offers. Coupon must be presented to the cashier at time of purchase. This coupon can be redeemed at the following stores, from **May 21 to June 14, 2009**, where the featured product is available; Atlantic Superstore, Extra Foods, Fortinos, Loblaw Great Food, Loblaws, Maxi & Cie, Real Canadian Superstore, Your Independent Grocer, Zehrs, and Zehrs Great Food. Product availability varies by store and location.

save

\$2



Herbal Essences shampoo or conditioner

1.18 L (503443)



Save \$2 when you purchase this product at participating store banners indicated below and where product is sold. Excludes tobacco, alcohol products, prescriptions, prescription eyewear, gift cards, phone cards, lottery tickets, all third party operations (post office, gas bars, dry cleaners, etc.) and any other products which are provincially regulated. \$2 will be deducted from the total purchase amount after sales taxes are applied. Limit one coupon per family and/or customer account. No cash value. No copies. Cannot be combined with any other coupons or promotional offers. Coupon must be presented to the cashier at time of purchase. This coupon can be redeemed at the following stores, from **May 21 to June 14, 2009**, where the featured product is available; Atlantic Superstore, Extra Foods, Fortinos, Loblaw Great Food, Loblaws, Maxi & Cie, Real Canadian Superstore, Your Independent Grocer, Zehrs, and Zehrs Great Food. Product availability varies by store and location.