

**CANADA'S  
MOST  
TRUSTED  
GROCERY  
STORE FOR  
LOW PRICES:**



\*Based by Canadian shoppers based on the 2024 BrandSpark® Canadian Trust Study.



**SAVE 39%**

**.60**

**SWEET CORN**  
product of U.S.A., no. 1 grade  
each  
maïs sucré  
2013170001 SA



**SAVE 33%**

**1.99**

**283 G  
CLAMSHELL**

**FARMER'S MARKET™  
GRAPE TOMATOES**  
product of Canada or Mexico  
tomates raisins  
2136788001 SA



**WOW!**

**5.99**

**15 LB BAG**

**NO NAME®  
NATURALLY IMPERFECT™  
POTATOES**  
product of Atlantic Canada, Canada no. 2 grade  
pommes de terre  
2044462001 SA

**2 LB BAG**

**FARMER'S MARKET™  
LEMONS**  
product of South Africa  
citrons  
20795313001 SA



**SAVE 20%**

**3.99**



**\$20**

**ROSES**  
assorted colours  
dozen  
roses  
2000726 SA

**MAY**

**HIT  
OF THE  
MONTH**



**Cheez-It Baked  
Snack Crackers**  
191-200g, selected varieties  
Limit: 6, over limit retail \$2.50



**New Treasure  
Long Grain White Rice**  
2kg  
**WHILE QUANTITIES LAST**



**Planters Deluxe Whole Cashews,  
Salted or Unsalted**  
200g, Limit: 6, over limit retail \$4.50

**LOWEST PRICES  
BEST DEALS**

As compared to other major grocery retailers within your local trade areas. \*Must be a registered PC Optimum™ member to get this offer. Valid from May 1st - 31st, 2024.

**CANADA'S MOST TRUSTED GROCERY STORE FOR LOW PRICES!**



\*Rated by Canadian shoppers based on the 2024 BrandSpark® Canadian Trust Study.

**NOFRILLS**

FLYER PRICES EFFECTIVE THURSDAY, MAY 9 TO WEDNESDAY, MAY 15, 2024.



**WOW!**  
**2<sup>88</sup>**  
LB

**PEAMEAL BACON**  
6.35/kg  
bacon enrobé de farine de pois  
20143414, KG  
**WHILE QUANTITIES LAST**



**SAVE 40%**  
**5<sup>99</sup>**  
LB

**BONELESS CROSS RIB STEAK**  
cut from Canada AA grade beef or USDA Select grade beef  
13.21/kg  
biftek de côtes croisées déossée  
21500553, KG  
**WHILE QUANTITIES LAST**

**SEAQUEST® RAW SHELL ON SHRIMP or COOKED PEELLED SHRIMP**  
36-45 count per lb, frozen  
300 g  
C1760785, EA  
2154385, EA



**SAVE UP TO 37%**  
**4<sup>99</sup>**



**MAPLE LEAF SUNRISE LARGE WAX BOLOGNA**  
2 kg  
bologna  
2091702, EA

**SAVE 47%**  
**10<sup>99</sup>**



**SAVE 43%**  
**7<sup>99</sup>**

**LOU'S PORK BACK RIBS**  
selected varieties, frozen  
680 g  
côtes de dos de porc  
21530777, EA

**MAPLE LEAF VIENNA SAUSAGE**  
113 g  
SAUSISSES VIENNOISES  
20417928, EA

**SAVE 50%**  
**.99**



**ROYALE BATHROOM TISSUE or TIGER TOWELS**  
selected varieties  
papier hygiénique ou essuie-tout  
21484702, EA/21572800, EA



**SAVE UP TO 53%**  
**5<sup>99</sup>**

**OCEAN'S TUNA 85/170 g or GOLD SEAL SARDINES 125 g**  
selected varieties  
thon ou sardines  
21001134, EA/21003444, EA

**SAVE 50%**  
**.99**



**DAN-D PAK CASHEWS**  
selected varieties  
908 g  
noix de cajou  
20214862002, EA



**SAVE 37%**  
**11<sup>88</sup>**

**APP EXCLUSIVE OFFER**  
**1,000**

**\$1**  
value

**SAVE 25%**  
**14<sup>88</sup>**

**8 KG**  
**ROOSTER® SCENTED JASMINE RICE**  
riz au jasmin  
20121871, EA



**Deals from the past on select items. ‡**



**SAVE 50%**  
**1<sup>49</sup>**

**NO NAME® CHICKEN WIENERS**  
selected varieties  
450 g  
saucisses fumées de poulet  
2008192, EA

FLYER PRICES EFFECTIVE IN ATLANTIC CANADA STORES ONLY.

**nofrills.ca**

01 NFA N



**1.99**  
EA/LB

**BROCCOLI CROWNS**  
each, product of U.S.A. or Mexico or  
**BEEFSTEAK TOMATOES**  
4.29/kg, product of Canada, Canada no. 1 grade  
couronnes de brocoli ou tomates beefsteak  
20436141001 EA/21121300001 EA



**1 LB CLAMSHELL**

**PINT**

**5.99**

**BLUEBERRIES**  
product of Mexico, no. 1 grade or  
**STRAWBERRIES**  
product of U.S.A., no. 1 grade  
framboises ou fraises  
20080137001 EA/20049770001 EA



**4.99**

**PKG OF 5 OR 6**

**AVOCADOS**  
product of Mexico  
avocats  
20142220001 EA



**6 OZ CLAMSHELL**

**3.99**

**BLACKBERRIES**  
product of Mexico  
mûres  
20128928001 EA



**If your produce isn't fresh,  
we'll replace AND refund it.\***



**1.79**

**ATAULFO or RED MANGOES**  
product of Mexico  
mangues  
20121309001 EA/200194230001 EA



**GROWN IN CANADA**

**680 G**

**3.99**

**PC® LITTLE GEMS MIXED, RED or YELLOW MINI POTATOES**  
product of Canada, Canada no. 1 grade  
mini-pommes de terre  
21247301001 EA/21247299001 EA



**GROWN IN CANADA**

**454 G**

**3.99**

**PC® WHOLE CREMINI or WHITE MUSHROOMS**  
product of Canada  
champignons  
20761372 EA/20738371 EA



**GROWN IN CANADA**

**PKG OF 11**

**4.99**

**FARMER'S MARKET® MINI CUCUMBERS**  
product of Canada, Canada no. 1 grade  
mini-courcoubennes  
21079049001 EA



**3 LB BAG**

**5.99**

**FARMER'S MARKET® GRAPEFRUIT or NAVAL ORANGES**  
product of Turkey or Mexico,  
Turkey or Egypt  
pommes-citronnelles ou oranges  
20128928001 EA/20128928001 EA



**GROWN IN CANADA**

**PKG OF 3**

**4.99**

**FARMER'S MARKET® SWEET PEPPERS**  
product of Canada  
20080137001 EA



**6 LB BAG**

**7.99**

**NO NAME® NATURALLY IMPERFECT® APPLES**  
product of Atlantic Canada  
pommes  
20080137001 EA



**2.99**

**PC® HUMMUS or DIPS**  
selected varieties  
237 g  
hummus ou dips  
20080137001 EA/20080137001 EA



**3.99**

**SUNRISE BOLOGNA**  
selected varieties  
375 g  
bologna  
20080137001 EA



**4.49**

**PC® SAUSAGES**  
selected varieties  
375/500 g  
saucissons  
20080137001 EA



**5.49**

**MEDIUM GROUND BEEF**  
454 g  
bœuf haché  
20080137001 EA



**2.49**

**NO NAME® BAGELS or ENGLISH MUFFINS**  
selected varieties  
6 1/2 bagels ou muffins anglais  
21128473 EA/21128473 EA



**\$6**

**FARMER'S MARKET® MUFFINS**  
selected varieties  
6 1/2 muffins  
21079049 EA/21079049 EA



**\$6**

**ZIGGY'S® SLICED DELI MEAT**  
selected varieties  
250-400 g  
charcuteries  
20080137001 EA



**\$6**

**SEAQUEST® PINK SALMON FILLETS, COD, SOLE, TILAPIA, HADDOCK or WILD POLLOCK FILLET**  
400 g  
filets de poisson  
20080137001 EA

\* Fresh Guarantee: Applicable to eligible fresh produce items purchased at No Frills store locations or online at nofrills.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 No Frills store where purchase originated. The guarantee does not apply to produce items with a stated "best before" date (e.g. bagged salad kit, packaged bean sprouts) and 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.



SAVE UP TO 25%

2.99

**PILLSBURY PIZZA POPS**  
selected varieties, frozen  
300 g  
pizzas  
21426071 SA



SAVE UP TO 25%

5.99

**EGGO WAFFLES** 16's  
**CHAPMAN'S PREMIUM ICE CREAM** 2 L  
selected varieties, frozen  
gâteaux ou crème glacées  
ou friandises glacées  
2004730004 SA/2022373001 SA



SAVE UP TO 44%

4.99

**CHAPMAN'S FROZEN YOGURT or SORBET** 2 L or **SUPER NOVELTIES** 8-20's  
selected varieties, frozen  
yogurt surgelé ou sorbet ou friandises glacées  
20111332 SA/20613412 SA



SAVE 36%

5.99

**BECEL MARGARINE**  
selected varieties  
637/850 g  
margarine  
2027710023 SA

**NEILSON MILKSHAKE or MILK 2 GO**  
selected varieties  
310 mL  
boîtes fourchettes ou lait  
21040242 SA

1.19



2.69

**MOTT'S FRUITSATIONS SAUCE**  
selected varieties  
6x104 mL  
purée de pomme  
20224341001 SA

**PC THE DECADENT COOKIE**  
selected varieties  
280/300 g  
biscuits  
20412237 SA

2.99



4.99

**SWIFT PREMIUM HAM**  
454 g  
jambon  
20026070 SA



5.99

**DEL MONTE JUICE BLENDS**  
selected varieties, refrigerated  
2.5 L  
mélanges de jus  
21437174 SA/21437261 SA



2.79

**LINDY SWISS CLASSIC or MERCI TABLET**  
selected varieties  
100/112 g  
chocolat  
2029434001 SA/21140114 SA



4.49

**LA GRILLE SPICES**  
120-248 g, **RUBS** 200 mL or **CLUB HOUSE SEASONINGS** 111-181 g  
selected varieties  
épices ou épices à frotter ou  
assaisonnements  
2008064803 SA/2022740001 SA



5.49

**NO NAME NAPKINS**  
500's  
serviettes  
20204977 SA



1.79

**NO NAME BLEACH**  
selected varieties  
1.27 L  
eau de Javel  
21409209 SA/21107048 SA



2.79

**MONSTER or RED BULL ENERGY DRINKS**  
selected varieties  
boissons énergisantes  
20702446 SA/20108247 SA





SAVE 30%  
**2.99**



ALWAYS  
**\$4**

**SMART ONES**  
DINNER ENTRÉES  
selected varieties, frozen  
241-283 g  
plats cuisinés  
3033219001 SA/21334909 SA

**PC® ENTRÉES**  
selected varieties, frozen  
212-265 g  
plats cuisinés  
30312233001 SA/20217707 SA



SAVE UP TO 27%  
**3.99**

**PHILADELPHIA CREAM CHEESE PRODUCT**  
227/250 g  
selected varieties  
produit de fromage à la crème  
30641367 SA/3064934010 SA



**NO NAME® FROZEN FRUIT**  
selected varieties, frozen  
300/400 g  
fruits surgelés  
21543097 SA/21543106 SA

ALWAYS  
**\$3**



**2.99**

**PC® TWININGS HERBAL TEA**  
selected varieties  
207 g  
thé  
3030749001 SA/3063761061 SA



**5.99**

**PC® MAXWELL HOUSE or NABOB TASSIMO DISCS**  
selected varieties  
8-16's  
disques de café  
3003754801 SA/30038492 SA



**9.99**

**HIGH LINER PAN-SEAR or SIGNATURE CUTS or BITES**  
selected varieties, frozen  
425-600 g  
poisson  
30844070 SA/31184729 SA



**1.99**

**AYLMER ACCENTS TOMATOES**  
selected varieties  
540 mL  
tomatoes  
21707367 SA



**2.99**

**CLOVER LEAF WHITE TUNA or PINK SALMON**  
selected varieties 150-213 g  
thon blanc ou saumon rose  
30236358001 SA



**3.29**

**CLASSICO PASTA SAUCE**  
selected varieties  
410/650 mL  
sauce pour pâtes  
3033310001 SA



**1.49**

**OASIS JUICE, DEL MONTE NECTAR or ARIZONA ICED TEA**  
selected varieties  
940 mL  
jus ou nectar ou thé glacé  
3033472000 SA/30344117004 SA



**1.99**

**COCA-COLA or PEPSI SOFT DRINKS**  
selected varieties  
2 L  
boissons gazeuses  
3004450402 SA/30110103002 SA



**2.99**

**NATURE VALLEY GRANOLA BARS or MOTT'S or BETTY CROCKER FRUIT SNACKS**  
selected varieties  
120-230 g  
barres granola ou collations aux fruits  
3011020000 SA/30110474001 SA

Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family requirements. See in-store for details. We are not obligated to sell items based on errors or misprints in typography or photography. All savings claims (i.e. "Save", "Was", "1/2 Price", etc.) are in comparison to our own regular prices. Regular pricing and savings on items shown may vary by store location. Applicable taxes, fees, deposits, recycling or environmental surcharges are extra. Coupons must be presented and redeemed at time of purchase. \*PC Optimum™: Scan your PC Optimum™ app or swipe your card to get Members Pricing or points. See in-store for details.

# YOU GET, WE GIVE.

When you get participating products\* marked in store and online, a portion of the proceeds from every purchase made will be donated to:



**DANONE ACTIVIA** 650 g or **DANINO KIDS DRINKABLES** 6's **YOGURT**  
selected varieties  
yogourt à boire  
3025132003 EA/71332033 EA

**2<sup>99</sup>**

**LIBERTÉ GREEK MÉDITERRANÉE** 650/750 g, **YOPLAIT YOP NO SUGAR ADDED** 8's **YOGURT**  
selected varieties  
yogourt  
2042273 EA/21390111 EA

**5<sup>99</sup>**

**iögo nano** **DRINKABLE YOGURT**  
selected varieties, 6's  
yogourt à boire  
2009687001 EA/2060967002 EA

**3<sup>69</sup>**

**siggis** **ICELANDIC SKYR**  
selected varieties  
650/750 g, 4's  
skyr  
21332892 EA/21390027 EA

**4<sup>99</sup>**

**STARBUCKS COFFEE ENHANCER**  
selected varieties  
828 mL  
rehausseur pour café  
21358473 EA

**6<sup>49</sup>**

**KELLOGG'S RICE KRISPIES** 178 g, **POP TARTS** 384 g, **SPECIAL K** 135 g or **NUTRI-GRAIN BARS**, selected varieties  
barres  
20126647001 EA/2021396001 EA

**2<sup>99</sup>**

**FIBRE 1** or **NATURE VALLEY SWEET & SALTY GRANOLA BARS**  
selected varieties  
125-210 g  
barres granola  
21213209 EA/21213583 EA

**3<sup>49</sup>**

**NESTLÉ DRUMSTICKS** or **NOVELTIES** 4-10's or **CONFECTIONARY FROZEN DESSERT** 1.5 L  
selected varieties, frozen  
friandises glacées ou  
dessert glacé de confiserie  
2022290003 EA/21162960 EA

**4<sup>99</sup>**

**KELLOGG'S ALL BRAN** 450/525 g, **RAISIN BRAN** 425/451 g, **VECTOR** 306/400 g, **SPECIAL K** 320-435 g or **MINI-WHEATS CEREAL**  
selected varieties  
céréales  
20013041 EA/20279342 EA

**4<sup>49</sup>**

**KELLOGG'S FROST LOOPS** or **MINI-WHEATS!**  
selected varieties  
480-650 g  
céréales  
21430728 EA/21430748 EA

**5<sup>49</sup>**

**GENERAL MILLS FAMILY SIZE CEREAL**  
selected varieties, 475-778 g  
céréales  
21103492 EA/21103495 EA

**5<sup>49</sup>**

**TROPICANA ORANGE JUICE**  
selected varieties, refrigerated  
2.63 L  
jus d'orange  
20119754001 EA

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

**STARBUCKS ROAST AND GROUND COFFEE** 340 g or **PODS** 10's  
selected varieties  
café torréfié et moulu ou  
capsules  
20548482002 EA/20548482004 EA

**9<sup>99</sup>**

**TIMOTHY'S** or **DONUT HOUSE COFFEE PODS**  
selected varieties  
30's  
capsules de café  
20819892 EA/21433303 EA

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

\*In conjunction with our partners, a maximum of \$1,000,000 will be collectively donated to President's Choice Children's Charity from purchases of participating products made at NOFRILLS® this year.

# YOU GET, WE GIVE.

When you get participating products\* marked in store and online, a portion of the proceeds from every purchase made will be donated to:  **children's charity**



**OCEAN'S WHITE TUNA**  
170 g or **GOLD SEAL PINK SALMON** 213 g  
selected varieties  
thon blanc ou saumon rose  
21005214 EA



**2.99**

**NESCAFÉ or TASTER'S CHOICE COFFEE**  
selected varieties  
100-170 g  
café  
20661811001 EA/20672036 EA



**4.99**

**Optimum**  
Members-Only Price™  
**\$2**  
Non-members  
**2.49**

**CADBURY FAMILY BAR**  
95/100 g or **MAYNARD CANDY**  
**SMALL BAG** 150/154 g  
selected varieties  
friandises ou barres de chocolat  
21543554 EA/2032219001 EA



**2.49**

**LECLERC NÜGABAR**  
selected varieties  
175 g  
barres  
21534094 EA/21534097 EA



**2.49**

**PRINGLES POTATO CHIPS**  
selected varieties  
148/156 g  
croustilles  
21000033 EA/21000032 EA



**2.49**

**LECLERC CELEBRATION COOKIES**  
selected varieties  
240/200 g  
biscuits  
2083219701 EA



**2.79**

**ORVILLE REDENBACHER MICROWAVE POPCORN**  
selected varieties  
385-492 g or **KERNEL JAR** 450 g  
maïs à dégraisser en pel  
2067532043 EA



**3.99**

**CHRISTIE CRISPERS**  
selected varieties  
145 g  
croustilles  
21303233 EA



**2.29**

**CHRISTIE CRACKERS**  
selected varieties  
175-286 g  
croustilles  
21000447 EA/21347024 EA



**2.49**

**CHRISTIE COOKIES**  
selected varieties  
231-302 g  
biscuits  
21338407 EA/21361306 EA



**2.79**

**TOSTITOS TORTILLA CHIPS**  
selected varieties  
203-295 g  
croustilles de tortille  
21000073 EA



**3.79**

**MISS VICKIE'S KETTLE COOKED POTATO CHIPS**  
selected varieties  
190/200 g  
croustilles  
21345923 EA



**3.99**

**RUFFLES POTATO CHIPS**  
selected varieties  
180-200 g  
croustilles  
21341933 EA



**3.99**



# YOU GET, WE GIVE.

When you get participating products\* marked in store and online, a portion of the proceeds from every purchase made will be donated to:



**COCA-COLA SOFT DRINKS or NESTEA ICED TEA**  
selected varieties  
12x341/355 mL  
boissons gazeuses  
30130440002, C12/3031849002, C12

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

**PEPSI SOFT DRINKS**  
selected varieties  
8/12x355 mL  
boissons gazeuses  
30323361002, C12/  
31361864, C08

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

**GLACEAU VITAMINWATER or SMARTWATER** 591 mL  
selected varieties  
boisson à l'eau enrichie de nutriments ou eau distillée  
30134181, EA/30333194006, EA

**1<sup>99</sup>**

**GATORADE SPORT DRINKS**  
selected varieties  
6x591 mL/8x355 mL  
boissons électrolytiques  
21144182, C06/21337044, C06

**5<sup>49</sup>**

**MOTT'S CLAMATO**  
selected varieties  
1.89 L  
jus de tomates  
303194002, EA/31107308, EA

**3<sup>79</sup>**

**MONTELLIER** 10x 250 mL  
selected varieties  
eau pétillante  
3106732, EA/3106732, EA

**5<sup>99</sup>**

**AHA SPARKLING WATER**  
selected varieties  
12x355 mL  
eau pétillante  
3124672, C12/3124674, C12

**5<sup>99</sup>** **\$1 Value**

**CHARMIN BATHROOM TISSUE** 24 rolls or **BOUNTY PAPER TOWEL** 4x6 rolls  
papier hygiénique ou essuie-tout  
3110482, EA/3110482, EA

**7<sup>99</sup>**

**FINISH DISHWASHER TABS or JET-DRY** 144 mL  
selected varieties  
recharges de détergent pour lave-vaisselle ou agent de rinçage  
3121436, EA/3121436, EA

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

**AIR WICK SCENTED OIL REFILLS** 5x20 mL or **KITS** 3x5x20 mL  
selected varieties  
recharges d'huile parfumée ou kits  
3124174, EA/3124174, EA

**14<sup>99</sup>**

**SWIFFER WETJET LIQUID REFILL** 1.25 L, **DUSTER KITS** 1 mL, **WET CLOTH REFILLS** 10/12x10", **DRY CLOTH REFILLS** 10x10"

**7<sup>49</sup>**

**TIDE LIQUID LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER, or GAIN SCENT BOOSTERS** 375 mL, **BOUNCE DRYER SHEETS** 120/200x

**10<sup>99</sup>**

**PUREX LIQUID DETERGENT** 4.06 L, **SNUGGLE FABRIC SOFTENER** 3.41 L

**12<sup>99</sup>**

**TIDE LIQUID LAUNDRY DETERGENT** 2.9 L or **PODS - FLINGS** 45/53/78x

**20<sup>99</sup>**

\*In conjunction with our partners, a maximum of \$1,000,000 will be collectively donated to President's Choice Children's Charity from purchases of participating products made at NOFRILLS® this year.

PC Optimum™ members  
can save up to 35%  
on home insurance.†



GET A QUOTE



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

**Fast  
forward  
to FREE  
groceries.**

Get  
**\$100**  
in welcome  
points\*



APPLY NOW

\*Offer available until May 13, 2024;  
conditions apply.

## THREE NEW WAYS WE'RE KEEPING BUDGETS HAPPY



If your produce isn't  
fresh, we'll replace  
AND refund it.



We'll honour a current flyer  
deal if we're sold out, plus  
give you 10% back in PC  
Optimum™ points.



Deals from the past  
on select items.

The  **NOFRILLS** thing to do.

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit [www.pcoptimum.ca](http://www.pcoptimum.ca). We reserve the right to cancel or change the terms of this offer at any time without notice.

‡Throwback Prices: Program applies to one item weekly, as advertised in-store/online at [nofrills.ca](http://nofrills.ca).

ONLINE NF MKT