

DEALS THAT SIZZLE



SAVE 36%

2⁴⁹

**BLACK DIAMOND
SLICES PROCESSED
CHEESE PRODUCT**
selected varieties
410 g
produit de fromage fondu
21252564 EA



WOW!

2⁴⁹

WONDER BUNS
selected varieties
8's
petits pains
20297455 EA



SAVE 23%

9⁹⁹

**NO NAME®
BEEF BURGERS**
frozen
1.36 kg
burgers de bœuf
20114154 EA

**FRANK'S
RED HOT,
THICK SAUCE
or SQUEEZE**
selected varieties
354 mL
sauce piquante
20187632001 EA/
21352812 EA



SAVE UP TO 37%

2⁹⁹

PRICES SOW LOW

TD Greenhouses Ltd.

Located in the Niagara Peninsula, TD Greenhouses Ltd is a second-generation, family-owned greenhouse focused on spreading joy through beautiful bedding plants. Find their products at select No Frills® stores.



2⁷⁵

ANNUALS, HERBS or VEGETABLES*

selected varieties
4 inch
annuelles ou fines herbes ou légumes
21348168_EA/21348166_EA/21348167_EA



\$12

ANNUAL PLANTER*

selected varieties
10 inch
jardinière d'annuelles
21348169_EA

*NOT AVAILABLE IN ALAN & MICHELLE'S NOFRILLS NORTH BAY 975 MCKEOWN AVENUE NORTH BAY, STEVE'S NOFRILLS ETOBICOKE 460 RENFORTH DRIVE ETOBICOKE, JEFF & TANIS' NOFRILLS NORTH BAY 300 LAKESHORE DRIVE NORTH BAY, TONY'S NOFRILLS HAMILTON 770 UPPER JAMES AVENUE HAMILTON, MARK'S NOFRILLS ST CATHARINES 581 LAKE STREET ST. CATHARINES, DOMENIC'S NOFRILLS GUELPH 35 HARVARD ROAD GUELPH, NICHOLSON'S NOFRILLS TORONTO 2187 BLOOR STREET WEST TORONTO, DURANTE'S NOFRILLS NORTH YORK 1 YORK GATE BLVD NORTH YORK, OLEG'S NOFRILLS OAKVILLE 1395 ABBEYWOOD DRIVE OAKVILLE, JOE'S NOFRILLS TORONTO 345 BLOOR STREET EAST, UNIT 1A TORONTO, ANTHONY'S NOFRILLS TORONTO 1435 KING STREET WEST TORONTO, GINO'S NOFRILLS TORONTO 1951 EGLINGTON AVE WEST TORONTO, ALI'S NO FRILLS 449 PARLIAMENT ST. TORONTO

SUMMER OF LOW PRICES



**Insiders
Report™**

PC® Summer Insiders Report™

Find it in-store or online.



\$5



**APP
EXCLUSIVE
OFFER***

Single use offer

2,000

\$2
Value

PC® ice pops
selected varieties, frozen
6's
bâtons glacés

21575280_EA/21575381_EA



4.99



**APP
EXCLUSIVE
OFFER***

Single use offer

2,000

\$2
Value

PC® chopped salad kits
selected varieties,
product of U.S.A.
285-369 g
salades hachées

21378038_EA/21547869_EA

Shop the full
PC® Summer Insiders
Report™ collection

SHOP NOW



FLYER PRICES EFFECTIVE THURSDAY, MAY 16 TO WEDNESDAY, MAY 22, 2024.

**THROW
BACK
PRICES**

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

**FRUITOPIA or PEACE TEA
BEVERAGES**
selected varieties, refrigerated
1.75 L
boissons
30347480001, 8A/30347480004, 8A

SAVE 59%

\$1

Fruitopia
Blueberry Watermelon Wisdom
Strawberry Passion Awakening

Lay's
Classic Classique
Magic Masala
Masala mangue

SAVE 21%

2.75

**LAY'S POTATO
CHIPS** 165-235 g or
POPPABLES 130 g
selected varieties
croustilles
31341932, 8A/31343049, 8A

NESCAFÉ
RICH - RICHE
Taster's Choice

ONLY

4.99

**NESCAFÉ or
TASTER'S CHOICE
INSTANT COFFEE**
selected varieties
100-170 g
café instantané
30461811001, 8A/30473036, 8A

  nofrills.ca

01 NFO GE



1.99
LB

BEEFSTEAK TOMATOES
product of Ontario, Canada no. 1 grade
4.39/kg
tomates
20135709001_KG



2.99
LB

ASPARAGUS
product of Ontario, Canada no. 1 grade or
GREEN BEANS
product of U.S.A. or Mexico, no. 1 grade
asperges ou haricots verts
6.59/kg
20142483001_KG/20174381001_KG



6 OZ CLAMSHELL

2.99
EA/LB

BLACK PLUMS 6.59/kg.
product of Chile, no. 1 grade or
PINEAPPLE each, product of Costa Rica or
BLACKBERRIES each, product of Mexico
prunes noires ou ananas ou mûres
20051013001_KG/20140993001_EA



PKG OF 4

RED PEPPER - POIVRONS ROUGES

PER - POIVRONS VERTS

PRIME TIME

3.99

GREEN or RED PEPPERS
product of U.S.A.
poivrons ou chou-fleur
20135377001_EA/2013208001_EA



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



.79

KIWI
product of Italy
kiwi
20130343001_EA



.99

RED MANGOES
product of Mexico
mangues rouges
20059625001_EA

1 LB CLAMSHELL



3.99

PINT

BLUEBERRIES
product of U.S.A., Mexico, or
Morocco, no. 1 grade or
STRAWBERRIES
product of U.S.A., no. 1 grade
bleuets ou fraises
20080137001_EA/20049779001_EA



.99

ENGLISH CUCUMBERS
product of Argentina,
Canada no. 1 grade
each
courcambres anglais
20070122001_EA



1.99

BROCCOLI CROWNS
product of Mexico or U.S.A.
each
courcambres de brocoli
21121560001_EA



1.99
LB

GREEN ZUCCHINI
product of U.S.A.
4.29/kg
courgettes vertes
20426396001_KG



1.99
LB

BARTLETT PEARS
product of Argentina,
extra fancy grade or
FORELLE PEARS
product of South Africa,
extra fancy grade
4.39/kg
poires
20142210001_KG/20172340001_KG



3.99

2 LB BAG
FARMER'S MARKET LEMONS
product of South Africa
citrons
20099819001_EA



4.99

2 LB BAG
FARMER'S MARKET AMBROSIA or ROYAL GALA APPLES
product of Ontario,
Canada fancy grade or
MANDARINS
product of Spain or Turkey
pommes ou mandarines
20169990001_EA/21307212001_EA
20099819001_EA



PKG OF 11

3.99

FARMER'S MARKET MINI CUCUMBERS
product of Ontario,
Canada no. 1 grade
mini-courcambres
21070679001_EA



5.99

FARMER'S MARKET GRAPE TOMATOES
product of Canada or U.S.A. or
PC VARIETY TOMATOES
product of Canada or Mexico
tomates
20840208001_EA/20149666001_EA



6.99

PC or WONDERFUL NO SHELL PISTACHIOS
155/170 g.
product of U.S.A. or
COMPASS DATES 2 kg
product of Iran
selected varieties
pistaches ou dattes
21220272_EA/21413008_EA
21440718_EA



1,000

\$1 Value

\$10

2 KG PKG
NO NAME PEANUTS
product of U.S.A.
arachides
20293477_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.



244
LB

WHOLE PORK PICNIC
fresh
porc
5.38/kg
21161819 KG
WHILE QUANTITIES LAST



**CLUB
SIZE**

CHICKEN THIGHS
fresh
hauts de cuisse de poulet
8.36/kg
20654330 KG

379
LB



\$6

LEAN GROUND BEEF
fresh
454 g
boeuf haché
21210226 EA



PC® ASSORTED CHICKEN or MINCED TURKEY
selected varieties
up to 870 g
poulet haché ou hachis de dinde
21100091 EA/21100092 EA

\$8



1.99

MAPLE LODGE FARMS CHICKEN WIENERS
selected varieties
430 g
saucisses fumées
20643715 EA



\$3

MARCANGELO SOUVLAKI KABOBS
selected varieties
2 x 130 g
brochettes
20000000 EA
WHILE QUANTITIES LAST



2.99

SEAQUEST® FLAVOURED ALASKA POLLOCK
ready to eat, 227 g
SMOKED STEELHEAD SALMON
per fillet, 30 g per
GO SHRIMP
RAW
COOKED
\$1.70 per lb, 160 g
gambas ou crevettes
20700000 EA/20700001 EA



7.99

PMC TILAPIA
1.36 kg or
GOLDEN POMPANO WHOLE 700 g
Pommes
filets de pompano
21420000 EA



3.49

SCHNEIDERS REDHOTS WIENERS
selected varieties
90-120 g
saucisses fumées au
fromage suisse
21200000 EA



5.99

MASTRO SALAMI & SALAMI WITH PROSCIUTTO
125/130 g or
SAN DANIELE PROSCIUTTO
100 g
selected varieties
saucisson au prosciutto
20001400 EA/21001399 EA



5.99

WONG WING ENTRÉES
selected varieties, frozen
400 g
plats cuisinés
20004337 EA



6.99

MARCANGELO JUMBO SAUSAGES
selected varieties, frozen
500/675 g
saucisses
21200000 EA



1.97

NO NAME® BAGELS or ENGLISH MUFFINS
6 x
TORTILLAS 320 g
or **HOTDOG or HAMBURGER BUNS**
selected varieties
bagels ou muffins anglais
ou petits pains
21004000 EA/21004001 EA



\$3

COUNTRY HARVEST BREAD 400/450 g
or **BAGELS** 6 x
selected varieties
pain ou bagels
21004000 EA/21004001 EA



4.50

PC® MINI MUFFINS
selected varieties
324 g
muffins
21400000 EA



\$6

PC® CHEESE SLICES
selected varieties
140-170 g
fromage
20210000 EA/20210001 EA

\$10



KABOBS 450 g or **CHICKEN WINGS** 500 g
selected varieties, fresh
brochettes ou ailes poulet
21407065 EA/21593080 EA

**CLUB
SIZE**



BUTCHER'S CHOICE® SAUSAGE
selected varieties
1.2 kg
saucisses
21565790 EA



BREADED CHICKEN, MEATBALLS, LEAN GROUND BEEF or HORS D'OEUVRES
selected varieties, frozen
800 g-1.81 kg
poulet pané ou boulettes ou
boeuf haché maigre ou hors d'oeuvre
21373692 EA



5⁴⁹

ARMSTRONG or PC® SHREDDED CHEESE 250-320 g or **ARMSTRONG CHEESE BARS** 400 g
selected varieties
fromage râpé ou barres de fromage
21396340 5A/21346749 5A



4⁹⁹

CHAPMAN'S YUKON 6/8's or **PREMIUM ICE CREAM** 2 L
selected varieties, frozen
crème glacée
20333573001 5A/21012281 5A



4⁹⁹

PC® FREE RUN LARGE EGGS 12's or **BLUE MENU® EGG WHITES** 1 kg
œufs ou blancs d'œufs
20813638001 5A/20821364001 5A



4⁷⁹

TROPICANA or SIMPLY JUICE
selected varieties, refrigerated
1.54 L
jus
21084048 5A/21309936 5A



.99

NO NAME® BAKED BEANS
selected varieties
398 mL
boîtes
20314839003 5A



3³³

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
6x750 mL
boissons gazeuses
20310548002 5A/20313741002 5A



5⁹⁹

HEINZ PICNIC PACK 3x375 mL or **HELLMANN'S MAYO** 710-890 mL
ensemble pour pique-nique
ou mayonnaise
20353158 5A/30618579001 5A



1⁹⁹

REAL CANADIAN NATURAL SPRING WATER
24x500 mL
eau
20354975 5A



3²⁹

OLD DUTCH HUMPTY DUMPTY SNACKS 250-290 g or **RESTAURANTE TORTILLA CHIPS**
275-310 g
selected varieties
grignolines ou croustilles
21367510 5A/21443100 5A



4⁹⁹

HÄAGEN-DAZS ICE CREAM 400-450 mL or **NOVELTIES** 3/4's
selected varieties, frozen
crème glacée ou fraîsises glacées
20302299005 5A/21313347 5A

ALL HAIL CAESAR

Say cheers to National Caesar Day with low prices.



NO NAME® WORCESTERSHIRE SAUCE 295 mL or **TABASCO SAUCE** 57 mL
selected varieties
sauce
20027570 5A/21394647 5A

2⁹⁹
PC® or BLUE MENU® CRANBERRY or VEGETABLE COCKTAIL
selected varieties
1.89 L
cocktail de canneberges ou légumes
20307023001 5A/20304849004 5A

2⁹⁹ LB
ASPARAGUS
product of Canada,
no. 1 grade
6.59/kg
asperges
20174581001 5A

4⁴⁹
EXTREME BEAN PICKLED BEANS
500 mL
selected varieties
haricots
2018230 5A



5²⁹

ALLEN'S FRUIT COCKTAIL DRINK BOXES
selected varieties, 24x200 mL
cocktail aux fruits
20340320 5A



6⁹⁹

NO NAME® CHARCOAL BRIQUETTES
3.76 kg
briquettes de charbon
20043046 5A

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.



CUSTOMER RELATIONS 1-866-98-SMILE (76453)

nofrills.ca



Be proud to recycle and reuse what you can.



MAY

HIT OF THE MONTH



\$1⁵⁰

Cheez-It Baked Snack Crackers

selected varieties, 191-200 g
craquelins

Limit: 6, over limit retail \$2.50

\$3⁵⁰



New Treasure Long Grain Parboiled or White Rice

2 kg

riz

WHILE QUANTITIES LAST



\$3

Planters Deluxe Whole Cashews, Salted or Unsalted

200 g, Limit: 6, over limit retail \$4.50

noix de cajou

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.

PRICE DROP



PRICE DROP
2²⁹

CAMPBELL'S READY TO SERVE SOUP
selected varieties
515 mL
soupe
21479030 EA



GREEN GIANT VEGETABLES
selected varieties, frozen
400-750 g
légumes surgelés
21022377 EA/21022355 EA

PRICE DROP
3⁴⁹



CATELLI GLUTEN-FREE PASTA
selected varieties
300/340 g
pâtes
20704241 EA

PRICE DROP
2⁹⁹



PRICE DROP
2²⁹

QUAKER DIPP'S or CHEWY GRANOLA BARS
selected varieties
120-156 g
barres
20847382 EA/21339344 EA



PRICE DROP
2⁴⁹

DARE COOKIES
selected varieties
168-215 g
biscuits
20025430002 EA/21080771 EA



PRICE DROP
6⁹⁹

PC® ROAST AND GROUND COFFEE 340 g or **FOLGER'S PODS** 12's
selected varieties
café
2041647002 EA/21380579 EA



KRAFT SALAD DRESSING
selected varieties
425 mL
 vinaigrette
21584850 EA/21584901 EA

PRICE DROP
3²⁹



PRICE DROP
3⁹⁹

RIO MARE TUNA SALAD BOWL
selected varieties
160 g
bois de thon
20971501 EA



PRICE DROP
4⁴⁹

MINUTE RICE
selected varieties
600/700 g
riz
20177384 EA/20310858 EA



PRICE DROP
2⁴⁹

PC® LIQUID ENHANCER
selected varieties
48 mL
mélange pour eau
20734713001 EA



UFC COCONUT WATER
1 L
eau de noix de coco
20570506 EA

PRICE DROP
2⁹⁹



PRICE DROP
4⁵⁰

PC® or BLUE MENU® SPARKLING WATER
selected varieties
12x355 mL
eau pétillante
20668034002 C01/21518579 C01



ANNIE'S MACARONI AND CHEESE PASTA
selected varieties
149-170 g
pâtes
20316187001 EA

PRICE DROP
2⁴⁹



PRICE DROP
8⁹⁹

FRITO-LAY VARIETY PACK
selected varieties
428/448 g
croustilles
21584937 EA



PRICE DROP
3⁴⁹

ALCAN FOIL 50 ft, **GLAD PLASTIC WRAP** 60 m or **REYNOLDS PARCHMENT PAPER** 35 ft
papier d'aluminium ou pellicule plastique ou papier parchemin
20043471 EA/20051842 EA

PRICE DROP



PHILADELPHIA CREAM CHEESE PRODUCT
selected varieties
227/250 g
produit de fromage à la crème
20641267 SA/20644924010 SA

PRICE DROP
3⁹⁹



PRICE DROP
1⁶⁹

CHEF BOYARDEE
selected varieties
418/425 g
pâtes
20312300001 SA



DANONE ACTIVIA 8%, MIX & GO VANILLA 2% or TWO GOOD LOW SUGAR YOGURT
selected varieties
yogourt
20325384002 SA/21477313 SA

PRICE DROP
3⁹⁹



PRICE DROP
2⁷⁹

OASIS JUICE or ARIZONA ICED TEA 8x200 mL, ALLEN'S APPLE CRANBERRY COCKTAIL or DEL MONTE ON ICE REFRESHERS
selected varieties
jus ou thé glacé ou boissons
20313764002 SA/21373061 SA



PRICE DROP
3⁹⁹

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
6x222 mL
boissons gazeuses
20342384002 C06/206373640004 C06



PRICE DROP
5⁹⁹

EGGO WAFFLES 16's or BREYERS CREAMERY STYLE ICE CREAM
selected varieties, frozen
gâufres ou crème glacée
20097730004 SA/20344923004 SA



PRICE DROP
5⁴⁹

GIUSEPPE THIN CRUST or RISING CRUST PIZZA
selected varieties, frozen
439-785 g
pizza
21106361 SA



PRICE DROP
6⁴⁹

MARCANGELO SLICED DELI MEAT
selected varieties
100 g
viandes de charcuterie
20665252 SA



PRICE DROP
9⁹⁹
LB

STEELHEAD TROUT FILLET
frozen
22.02/kg
filet de truite
21496440 KG



PRICE DROP
\$8

TRE STELLE CHEESE TWIN PACK
selected varieties
240-560 g
fromage
21100063 SA/21100064 SA



PRICE DROP
8⁹⁹

PC® SPRING ROLLS
selected varieties, frozen
574 g
rouleaux de printemps
20669296 SA



PRICE DROP
\$11

LOU'S PORK BACK RIBS
selected varieties, frozen
680 g
côtes de porc
21330777 SA



PRICE DROP
3⁷⁹

CADBURY POUCH or MAYNARDS CANDY
selected varieties
chocolat ou friandises
21101841 SA/21343809 SA



PRICE DROP
4⁹⁹

PC® DRY ROASTED PEANUTS
selected varieties
700 g
arachides
20037990002 SA



PRICE DROP
4⁹⁹

EARTH'S OWN OAT BARISTA
946 mL
boisson à l'avoine
21179478 SA

PRICE DROP



PC® FROZEN FRUIT
selected varieties
300-600 g
fruits surgelés
20312227 1A/21377941 1A

PRICE DROP
4.49



PRICE DROP
3.49

ZIGGY'S® FRESH PASTA
selected varieties
350/360 g
pâtes fraîches
21321148 1A



GENERAL MILLS CEREAL
selected varieties
300-430 g
céréales
21104053 1A/
21448369 1A

PRICE DROP
3.33



PRICE DROP
4.99

CLUB HOUSE BLENDS 120-244 g,
LA GRILLE SEASONING or
WET RUBS
120-248 g, 200 mL
selected varieties
mélanges ou assaisonnements
ou marinades
20010708 1A/20321740001 1A

HEINZ KETCHUP
1.5 L
ketchup
20110534 1A

PRICE DROP
6.99



BASA STEAKS or CHUB MACKEREL
frozen
1 kg
poisson grillé
20910499 1A

PRICE DROP
6.99



PRICE DROP
1.99

GATORADE FIT
828 mL or
GATORLYTE 591 mL
SPORT DRINKS
selected varieties
boissons désaltérantes
21449906 1A/213140033 1A

PC® LEMONADE
selected varieties
1.89 L
limonade
20773870001 1A

PRICE DROP
2.99



SKINNY POP POPCORN
selected varieties
125/150 g
maïs soufflé
20785418001 1A

PRICE DROP
3.99



Optimum®
Members-Only Price™
3.49

Non-members
3.79

NESTLÉ STAND UP POUCH
135-203 g or
MULTI PACK 4's
selected varieties
chocolat
20322502 1A/21080077 1A



PRICE DROP
7.49

PC® DE-ALCOHOLIZED BEER
selected varieties
12x355 mL
bière déalcoolisée
20121729 C12

WHISKAS DRY CAT FOOD
selected varieties
1.5/2 kg
nourriture sèche
pour chats
21388889 1A

PRICE DROP
8.99



PRICE DROP
2.49

DAWN LIQUID DISH DETERGENT
selected varieties
431/473 mL
détergent à vaisselle
21430381 1A/21430390 1A



PRICE DROP
3.99

LYSOL MULTI SURFACE CLEANER 1.2 L or
SPRAYS 650-950 mL
selected varieties
nettoyants
20309872002 1A/20310677001 1A



PRICE DROP
15.99

GAIN LIQUID 4.55 L
or **FLINGS** 42's
LAUNDRY DETERGENT
selected varieties
détergent à lessive
20959427 1A/21405174 1A

NATURAL FOODS AT LOW PRICES



ORGANIC

249

227 G

PC® ORGANICS WHOLE CREMINI or WHITE MUSHROOMS
product of Ontario
champignons cremini ou blancs entiers
21021345 EA/21021499 EA



ORGANIC

499

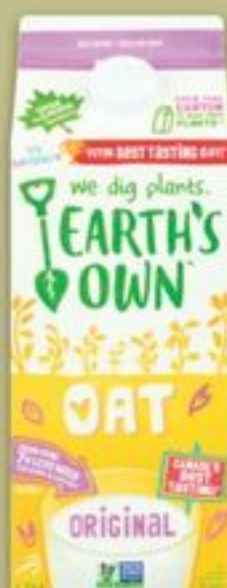
PKG OF 3

PC® ORGANICS ROMAINE HEARTS
product of U.S.A.
cœurs de romaine
20191776001 EA

EARTH'S OWN OAT NON-DAIRY REFRIGERATED BEVERAGES

selected varieties
1.75 L
boissons réfrigérées non laitères
21037796 EA

379



499

BELSOY PUDDING
selected varieties
4x125 g
pouding
20131298003 EA



299

PC® GLUTEN-FREE WAFFLES
selected varieties, frozen
320 g
gâufres sans gluten
21419162 EA/21419170 EA

899

NATURE'S PATH ORGANIC CEREAL
selected varieties
650-907 g
céréales biologiques
20119303001 EA



KICKING HORSE ORGANIC FAIRTRADE WHOLE BEAN COFFEE

selected varieties
454 g
café en grains biologique
2032344001 EA/2032344006 EA

1299



MAISON ORPHEE EXTRA VIRGIN OLIVE OIL

selected varieties
750 mL
huile d'olive extra vierge
21161851 EA

1899



399

HARDBITE POTATO CHIPS
selected varieties
150 g
craquelottes
20370855001 EA/20370855002 EA



549

LA CROIX SPARKLING WATER
selected varieties
8x355 mL
eau pétillante
20951154 C08/21300994 C08



1899

KIND BARS
selected varieties
12x40 g
barres
204325550002 C12/20764073 C12

AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE NV INFO

BIG DEALS FOR LITTLE ONES



SAVE 25%
19⁹⁹

PAMPERS SUPER BIG PACK DIAPERS
selected varieties
size N-8, 38-120's
couches
21370844 EA



SAVE 20%
19⁹⁹

HUGGIES SUPER BIG PACK DIAPERS
selected varieties
size N-7, 32-108's
couches
21456311 EA



ORGANIC
\$1

PC® ORGANICS BABY FOOD POUCHES
selected varieties
128 mL
sachets d'aliments pour bébé biologiques
20651348003 EA



SAVE UP TO 20%
7⁹⁹

HUGGIES or PAMPERS 3X BABY WIPES
selected varieties
168-216's
lingettes pour bébé
20558604 EA

GERBER BABY FOOD JARS 159-162 mL
ORGANIC BABY FOOD POUCHES 99/128 mL
selected varieties
pots d'aliments pour bébé ou
sachets d'aliments pour bébé biologiques
21034892 EA/21464953 EA

1⁷⁹



PC® ORGANICS BABY SNACKS or ENTRÉES
selected varieties
42-185 g
collations ou plats cuisinés
biologiques pour bébé
20664938001 EA/20888821002 EA

ORGANIC
2⁹⁹



4⁹⁹

JAMIESON VITAMINS C or D
selected varieties, 75-240's
colloïdes d'entraînement
20299993 EA/203032314001 EA

ALWAYS
\$5



PC® 3X BABY WIPES
scented or unscented 300 g
lingettes pour bébé
215480714 EA



26⁹⁹

HUGGIES PULL UPS or PAMPERS EASY UPS CLUB PACK TRAINING PANTS
selected varieties, 28-74's
produits de soins solaires
21089365 EA



8⁹⁹

BANANA BOAT SUN CARE PRODUCTS
selected varieties
75-315 mL, 141-226 g
bébé
21087451 EA/21762115 EA

DOVE BABY BODY WASH or LOTION
selected varieties
591 mL
bébé
21057298 EA

8⁹⁹



AVEENO BABY BODY WASH or LOTION
selected varieties
532 mL
bébé
20157402002 EA

10⁹⁹



BETTER AS A MEMBER

* Scan your PC Optimum™ app or swipe your card to get PC Optimum™ Members pricing or points. See back page for details.

Get*

10,000^{pts}

\$10
value

when you spend \$50 or more on baby diapers, wipes, formula, food, needs or accessories.

all varieties and sizes
couches ou lingettes ou préparation pour nourrisson
ou aliments ou articles ou accessoires
2023077061 EA/20564510001 EA/20222414001 EA/21070843 EA/215480714 EA



PRICE DROP



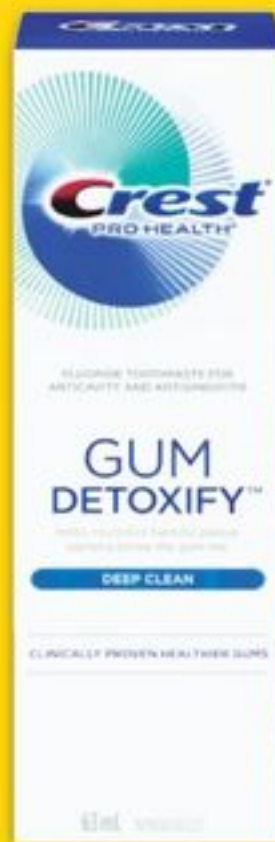
PRICE DROP
3.49

COLGATE PREMIUM TOOTHPASTE 70-150 mL or **MANUAL TOOTHBRUSH** 1 ea
selected varieties
dentifrice ou brosse à dents manuelle
21144483 EA/2030641001 EA



HERBAL ESSENCES HAIR CARE
selected varieties
346 mL
soins capillaires
21247096 EA/21347099 EA

PRICE DROP
2.99



CREST GUM TOOTHPASTE 63-160 mL or
SCOPE MOUTHWASH 1 L
selected varieties
dentifrice ou rinçage-bouche
20948747 EA/21254690 EA

PRICE DROP
4.99

NIVEA BODY WASH 500 mL,
DEODORANT ROLL-ON 50 mL, or
ANTIPERSPIRANT 51/52 g
selected varieties
nettoyant pour le corps ou
déodorant à bille ou antioùdantique
20231421004 EA/21144999 EA



PRICE DROP
3.99

ST. IVES BODY LOTION
selected varieties
600/621 mL
lotion pour le corps
21084088 EA/21086101 EA



PRICE DROP
4.99

OLD SPICE or SECRET DEODORANT
selected varieties
73/85 g
déodorant
20098044 EA/20661349001 EA



PRICE DROP
3.99

DOVE HAIR CARE
selected varieties
142/198 g, 195-355 mL
soins capillaires
20238435001 EA/20306023001 EA



PRICE DROP
3.99



PRICE DROP
4.99

IRISH SPRING BODY WASH 591 mL or **BAR SOAP** 6x104 g or **SOFTSOAP BODY WASH** 591 mL, selected varieties
nettoyant pour le corps ou pain de savon
21436477 EA/21219373 EA



PRICE DROP
8.99

ALWAYS PADS or LINERS 20-162's or **TAMPAX TAMPONS** 22-54's
selected varieties
serviettes ou protège-dessous ou tampons
21019938 EA/20963694 EA



PRICE DROP
9.99

PEDIASURE COMPLETE NUTRITIONAL SUPPLEMENT
selected varieties
4x235 mL
supplément nutritif
20232414001 EA

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:



Get to Give

DANONE
ACTIVIA 650 g or
DANINO KIDS
DRINKABLES 6%
YOGURT
selected varieties
yogourt
30229133005 EA/21320250 EA

2⁹⁹



LIBERTÉ GREEK 650/750 g.
MÉDITERRANÉE 900 g.
YOPLAIT YOP
NO SUGAR ADDED 8%
or YOP DRINKABLE 6%
YOGURT
selected varieties
yogourt
20642275 EA/21478964 EA

5⁹⁹



3⁶⁹

IÖGO NANO
DRINKABLE
YOGURT
selected varieties
8%
yogourt à boire
20040479001 EA/20404679002 EA



4⁹⁹

SIGGI'S
ICELANDIC SKYR
selected varieties
850/750 g
skyr
21323892 EA/21323874 EA



6⁹⁹

TROPICANA
ORANGE
JUICE
selected varieties,
refrigerated
2.63 L
jus d'orange
20118750001 EA



2⁹⁹

KELLOGG'S
RICE KRISPIES 176/196 g.
POP TARTS 364 g.
SPECIAL K 306/400 g.
or NUTRI-GRAIN 295 g
BARS
selected varieties
barres
2012984001 EA



3⁴⁹

FIBRE 1 or
NATURE VALLEY
SWEET & SALTY BARS
selected varieties
125-210 g
barres
21232329 EA/21232328 EA



4⁹⁹

NESTLÉ DRUMSTICKS
or NOVELTIES 4-10" or
CONFECTIONARY
FROZEN DESSERT 1.5 L
selected varieties, frozen
friandises glacées
20023280001 EA/20023280002 EA



4⁴⁹

KELLOGG'S
ALL BRAN 450/525 g.
RAISIN BRAN 425/451 g.
VECTOR 306/400 g.
SPECIAL K 317-435 g or
MINI-WHEATS 405-510 g
CEREAL
selected varieties
céréales
20542364 EA/20793624 EA



5⁴⁹

GENERAL MILLS
CEREAL
family size, selected varieties
475-778 g
céréales
21232492 EA/21232493 EA



5⁴⁹

KELLOGG'S
FAMILY SIZE
CEREAL
selected varieties
480-650 g
céréales
21449784 EA/21449785 EA



6⁴⁹

STARBUCKS
COFFEE
ENHANCER
selected varieties
828 mL
réhausseur pour café
21338473 EA



9⁹⁹

STARBUCKS
ROAST AND GROUND COFFEE
340 g or PODS 10" s
selected varieties
café torréfié et moulu ou capsules
2034842002 EA/2034842004 EA



13⁹⁹

TIMOTHY'S
DONUT HOUSE
COFFEE PODS
selected varieties
30" s
capsules de café
20049972 EA/21422233 EA

*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**



**LACTANTIA
PURFILTRE 2 L or
ULTRAPUR 1.5 L
MILK**
selected varieties
10/11

4.99



**NESCAFÉ or
TASTER'S CHOICE
INSTANT COFFEE**
selected varieties
100-170 g
càfé instantané
20641811001 EA/20672036 EA

4.99



**CADBURY
FAMILY BAR
95/100 g or
MAYNARDS
CANDY SMALL
BAG 130/154 g**
selected varieties
chocolat au lait
21343154 EA/21343155 EA

**Optimum
Members-Only Price™
\$2**

**Non-members
2.49**



**CELEBRATION
CARAMEL TRUFFLE**

2.79

**LECLERC
CELEBRATION
COOKIES**
selected varieties
240-300 g
biscuits
210031797001 EA



2.99

**OCEAN'S
WHITE TUNA 170 g or
GOLD SEAL PINK
SALMON 213 g**
selected varieties
than en magasin
21003171 EA



2.29

**CHRISTIE CRISPERS
or BITS & BITES**
selected varieties
145 g
collations
21300330 EA/21300330 EA

**PRINGLES
POTATO CHIPS**
selected varieties
148/156 g
croustilles
21000332 EA/21000332 EA

2.49



3.99

**ORVILLE
REDENBACHER
MICROWAVE
POPCORN 285-492 g or
KERNEL JAR 850 g**
selected varieties
mais à déshydrater en pot
206295270001 EA



2.49

LECLERC NÜGABAR
selected varieties
175 g
bonbons
21334074 EA/21334074 EA



2.49

CHRISTIE COOKIES
selected varieties
251-303 g
biscuits
21334075 EA/2133411006 EA



3.49



3.79

**TOSTITOS
TORTILLA CHIPS**
selected varieties
203-295 g
croustilles de tortille
21300373 EA



3.99

**MISS VICKIE'S
POTATO CHIPS**
selected varieties
190-220 g
croustilles
21340703 EA



3.99

**RUFFLES
POTATO CHIPS**
selected varieties
180-220 g
croustilles
21341003 EA

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ONLINE 07 NFO

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:



6⁹⁹

**COCA-COLA SOFT DRINKS or
NESTEA ICED TEA**
selected varieties
12x341/355 mL
boissons gazeuses ou thé glacé
2013048002, C12/2013049002, C12



6⁹⁹

PEPSI SOFT DRINKS
selected varieties
8/12x355 mL
boissons gazeuses
20122361002, C12/21361864, C08

**GLACEAU
VITAMINWATER**
591 mL or
SMARTWATER 1 L
selected varieties
eau ou boissons gazeuses
20154181, SA/20133794006, SA

1⁹⁹



5⁴⁹

GATORADE SPORT DRINKS
selected varieties
6x591/8x355 mL
boissons désaltérantes
2030318001, C06/21164782, C08



3⁷⁹

MOTT'S CLAMATO
selected varieties
1.89 L
jus de polcaurdes
2031895002, SA/211573330, SA



5⁹⁹

**BUBLY 12x355 mL or
MONTELLIER 10x355 mL
SPARKLING WATER**
selected varieties
eau pétillante
21096722, C10/21097177, C13



1,000⁰⁰

**\$1
Value**

5⁹⁹

AHA SPARKLING WATER
selected varieties
12x355 mL
eau pétillante
21340762, C12



7⁹⁹

**CHARMIN BATHROOM
TISSUE BOUNTY
PAPER TOWEL** 4x6 rolls
papier hygiénique ou essuie-tout
21151838, SA/211548785, SA



13⁹⁹

**FINISH DISHWASHER
TABS 30-55's or
JET-DRY 946 mL**
selected varieties
capsules de détergent pour
lave-vaisselle ou agent de rinçage
21318546, SA/211565535, SA



14⁹⁹

**AIR WICK SCENTED
OIL REFILLS 5x20 mL or
KITS** 2x5x20 mL
selected varieties
recharges d'huile parfumée ou trousses
21363106, SA/21438370, SA



7⁴⁹

**SWIFFER WET/JET
LIQUID REFILL 1.25 L DUSTER KITS
or REFILLS 2 L
WET CLOTH
REFILLS 16/12 L or
DRY CLOTH
REFILLS 16/14 L**
selected varieties
recharge de liquide ou trousses
d'essuyage, ou recharges de
linges humides ou secs
21151838, SA/211548785, SA



10⁹⁹

**TIDE LIQUID 1.89 L or
PODS 3.1 L or
LAUNDRY DETERGENT,
DOWNY FABRIC
SOFTENER 1.49 L or
DOWNY
GAIN SCENT BOOSTERS
SHEETS 120/200's**
selected varieties
détergent ou assouplissant
21151838, SA/211548785, SA



12⁹⁹

**PUREX LIQUID LAUNDRY
DETERGENT
4.08 L or
SHUGGLE FABRIC
SOFTENER 3.4 L**
selected varieties
détergent ou assouplissant
21151838, SA/211548785, SA



20⁹⁹

**TIDE LIQUID 3.9 L or
PODS 4.1 L or
LAUNDRY DETERGENT
2.4 L**
selected varieties
détergent à lessive
21151838, SA/211548785, SA

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deal if we're sold out, plus
give you 10% back in PC
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on select items.

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STRAIGHT TO YOUR PHONE

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†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. 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.

ONLINE NF MKT