

DEALS THAT SIZZLE



SAVE 36%

2.49

BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT

selected varieties
410 g
produit de fromage fondu
21252564 EA



WOW!

2.49

WONDER BUNS

selected varieties
8's
petits pains
20297455 EA



SAVE 23%

9.99

NO NAME® BEEF BURGERS

frozen
1.36 kg
burgers de boeuf
20114154 EA

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



SAVE UP TO 37%

2.99

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

Optimum™ APP EXCLUSIVE OFFER*

Single use offer
Optimum™ 2,000
\$2 Value

PC® ice pops
selected varieties, frozen
6's
bâtons glacés
21575280_EA/21575381_EA



4.99

Optimum™ APP EXCLUSIVE OFFER*

Single use offer
Optimum™ 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

CANADA'S MOST TRUSTED GROCERY STORE FOR LOW PRICES:



NOFRILLS

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



APP EXCLUSIVE OFFER: **1,000** (Optimum)

\$1 Value



CLUB SIZE

SAVE UP TO 40% **688**



WOW! 187 LB

PC ENTRÉES 600 g-1.12 kg
SWANSON OVEN EASY MEALS 879/992 g or **SWANSON FAMILY SKILLETS** 1.19 kg
selected varieties, frozen
plats cuisinés
20236334 EA/21537924 EA

CHICKEN DRUMSTICKS
fresh
pâtes de poulet
4.12/kg
20634779 KO
WHILE QUANTITIES LAST



WOW! 564

APPROX. 5 LB CASE

ATAULFO MANGOES
product of Mexico
mangues
20121509001 EA
WHILE QUANTITIES LAST



9 LB AVERAGE

SAVE 40% **299**

WHOLE SEEDLESS WATERMELON
product of U.S.A. or Mexico
melon d'eau sans pépins entier
20067326001 EA



SAVE 40% **299**

BREYERS CLASSIC DESSERT 1.66 L or **CHAPMAN'S COLLECTION NOVELTIES** 8 x selected varieties, frozen
crème glacée ou fromages glacés
203407480001 EA/20323757901 EA



SAVE 58% **125**

ITALPASTA
selected varieties
750 g
pâtes
20294041901 EA/20294041901 EA



SAVE UP TO 50% **.99**

GREEN GIANT VEGETABLES
selected varieties
341/398 ml
legumes
21021173 EA/21021485 EA



Deals from the past on select items. ‡



SAVE 21% **275**

LAY'S POTATO CHIPS 165-223 g or **POPPABLES** 130 g
selected varieties
craquelins
21041902 EA/21041902 EA

FRUITOPIA or PEACE TEA BEVERAGES
selected varieties, refrigerated
1.75 L
boissons
203407480001 EA/20347440004 EA

SAVE 59% **\$1**



ONLY 499

NESCAFÉ or TASTER'S CHOICE INSTANT COFFEE
selected varieties
100-170 g
café instantané
204181001 EA/204181001 EA

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY:

nofrills.ca

AVAILABLE AT: RICHMOND HILL - ALIX STEVE & AMANDA'S - ALIX, ADÈS - BRAMPTON, DAVE'S - BRAMPTON, FAREZ'S - BRAMPTON, HECTOR & ALICIA'S - BRAMPTON, RAMAN'S - BRAMPTON, ROCKY'S - BRAMPTON, SABRANG'S - BRAMPTON, RYAN'S - EAST YORK, COSMO'S - ETOBICOKE, EMILIANO & ANA'S - ETOBICOKE, JASON'S - ETOBICOKE, JIFF, ROSE & HELEN'S - ETOBICOKE, JEFF'S - ETOBICOKE, JEFF'S - ETOBICOKE, DAVE & ANNETTE'S - MARKHAM, PETER & SUZIE'S - MARKHAM, BOB'S - MARKHAM, VANDERKAM'S - MARKHAM, JOHN'S - MILTON, ASHLEY'S - MISSISSAUGA, DANIEL'S - MISSISSAUGA, DANIEL'S - MISSISSAUGA, DENNY - MISSISSAUGA, MARCO - MISSISSAUGA, TOM & MICHELLE'S - MISSISSAUGA, VITO'S - MISSISSAUGA, YANA'S - MISSISSAUGA, DICKIE'S - NORTH BAY, CAROL'S - NORTH YORK, DEBRA'S - NORTH YORK, JOHN & DANIELLE'S - NORTH YORK, JOHN'S - NORTH YORK, JENNIFER'S - NORTH YORK, JUSTO'S - NORTH YORK, EDUARDO & BRYAN'S - NORTH YORK, VITO'S - NORTH YORK, DILLIAN'S - OSHAWA, MIKE'S - OSHAWA, NADINE'S - OSHAWA, PASCOLO'S - PICKERING, ENZO'S - RICHMOND HILL, JIM'S - RICHMOND HILL, BOB'S - RICHMOND HILL, ADRIAN'S - SCARBOROUGH, ALI'S - SCARBOROUGH, DAVE & CHARLOTTE'S - SCARBOROUGH, DAVE'S - SCARBOROUGH, NADIA'S - SCARBOROUGH, NICK'S - SCARBOROUGH, BOB & JOE'S - SCARBOROUGH, STEPHEN'S - SCARBOROUGH, VITO'S - SCARBOROUGH, MICHAEL'S - STONEYVILLE, ALI'S - TORONTO, ANDREW & SHELLEY'S - TORONTO, ANTHONY'S - TORONTO, DARRYN'S - TORONTO, FRANCOIS' - TORONTO, JIN & MARIA'S - TORONTO, LUCIANO'S - TORONTO, MIKE'S - TORONTO, ROCCO'S - TORONTO, SAM & NANCY'S - TORONTO, ANTHONY'S - VAUGHAN, SIMO'S - VAUGHAN, VINCE & FRANCA'S - VAUGHAN, CONROY'S - WHITEY, GUY'S - WHITEY, QAY - WHITEY, MIKE'S - WOODBRIDGE

©2024 NOFRILLS



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
20142683001 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

PRIME TIME

PER - POIVRONS VERTS

PRIME TIME

3.99

GREEN or RED PEPPERS
product of U.S.A.
poivrons ou chou-fleur
20135377001 EA/2013226001 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
mangos 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 Ontario,
Canada no. 1 grade
each
concombres anglais
20070123001 EA



1.99

BROCCOLI CROWNS
product of Mexico or U.S.A.
each
couronnes 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
20143210001 KG/20172340001 KG



3.99

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



4 LB BAG

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
20769990001 EA /21307232001 EA
20099819001 EA



3.99

PKG OF 11
FARMER'S MARKET MINI CUCUMBERS
product of Ontario,
Canada no. 1 grade
mini-concombres
21070079001 EA



5.99

907 G
681 G
FARMER'S MARKET GRAPE TOMATOES
product of Canada or U.S.A.
or **PC VARIETY TOMATOES**
product of Canada or Mexico
tomates
2084028001 EA/2014966001 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
21220273 EA/21413008 EA
21440718 EA



\$10

1,000 Value
2 KG PKG
NO NAME PEANUTS
product of U.S.A.
arachides
20292477 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 EA
WHILE QUANTITIES LAST



**CLUB
SIZE**

379
LB

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



\$6

LEAN GROUND BEEF
fresh
454 g
boeuf haché
21210226 EA



\$8

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



1.99

MAPLE LODGE FARMS CHICKEN WIENERS
selected varieties
430 g
saucisses fumées
20647113 EA



\$3

MARCANGELO SOUVLAKI KABOBS
selected varieties
2 x 130 g
brochettes
206226 EA
WHILE QUANTITIES LAST



2.99

SEAQUEST® FLAVOURED ALASKA POLLOCK
ready to eat, 227 g
SMOKED STEELHEAD SALMON
pre-sliced, 302 g or
GO SHRIMP
RAW \$1.70 per lb. 160 g
COOKED \$1.70 per lb. 160 g
gambas au saumon
ou crevettes
2019976 EA/2019976 EA



7.99

PMC TILAPIA
1.36 kg or
GOLDEN POMPANO WHOLE 700 g
frozen
filets ou pompanos
214203 EA



3.49

SCHNEIDERS REDHOTS WIENERS
selected varieties
90/120 g
saucisses fumées ou
saucisses végétales
21238024 EA



1,000

\$1 Value

5.99

MASTRO SALAMI or SALAMI WITH PROSCIUTTO
125/130 g or
SAN DANIELE PROSCIUTTO
100 g
selected varieties
saucisson au prosciutto
20081468 EA/21061099 EA



5.99

WONG WING ENTRÉES
selected varieties, frozen
800 g
plats cuisinés
2004437 EA



6.99

MARCANGELO JUMBO SAUSAGES
selected varieties, frozen
500/675 g
saucisses
2128971 EA



1.97

NO NAME® BAGELS or ENGLISH MUFFINS 6 x
TORTILLAS 320 g
HOTDOG or HAMBURGER BUNS 6 x
selected varieties
bagels ou muffins anglais
ou petits pains
2104876 EA/2104876 EA



\$3

COUNTRY HARVEST BREAD 400/630 g
or **BAGELS** 6 x
selected varieties
pain ou bagels
2107446 EA/2107446 EA



4.50

PC® MINI MUFFINS
selected varieties
326 g
muffins
214887 EA



\$6

PC® CHEESE SLICES
selected varieties
140/170 g
fromages
2021979 EA/2021979 EA

\$10



KABOBS 450 g or **CHICKEN WINGS** 500 g
selected varieties, fresh
brochettes ou ailes poulet
21467065 EA/21593080 EA



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



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



5.49

ARMSTRONG or **PC**® SHREDDED CHEESE 250-320 g or **ARMSTRONG CHEESE BARS** 400 g selected varieties fromage râpé ou barres de fromage 21386340 EA/21346749 EA



4.99

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



4.99

PC® FREE RUN LARGE EGGS 12's or **BLUE MENU**® EGG WHITES 1 kg œufs ou blancs d'œufs 20813628001 EA/20821364001 EA



4.79

TROPICANA or **SIMPLY JUICE** selected varieties, refrigerated 1.54 L jus 21084048 EA/21209936 EA



.99

NO NAME® BAKED BEANS selected varieties 398 mL boîtes 20314839003 EA



3.33

COCA-COLA or **PEPSI** SOFT DRINKS selected varieties 6x750 mL boissons gazeuses 20310548002 C06/20313741002 C06



5.99

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



1.99

REAL CANADIAN NATURAL SPRING WATER 24x500 mL eau 203148975 C24



3.29

OLD DUTCH HUMPTY DUMPTY SNACKS 250-290 g or **RESTAURANTE TORTILLA CHIPS** 275-310 g selected varieties grignolons ou croustilles 21267510 EA/21463100 EA



4.99

HÄAGEN-DAZS ICE CREAM 400-450 mL or **NOVELTIES** 3/4's selected varieties, frozen crème glacée ou fraises glacées 2030229005 EA/213132347 EA

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 EA/21379647 EA

PC® or **BLUE MENU**® CRANBERRY or **VEGETABLE COCKTAIL** 1.89 L cocktail de canneberges ou légumes 20307023001 EA/203004899004 EA

ASPARAGUS product of Canada, no. 1 grade 6.59/kg asperges 20174581001 B0

EXTREME BEAN PICKLED BEANS 500 mL selected varieties haricots 20618230 EA



5.29

ALLEN'S FRUIT COCKTAIL DRINK BOXES selected varieties, 24x200 mL cocktail aux fruits 20340130 EA



6.99

NO NAME® CHARCOAL BRIQUETTES 3.76 kg briquettes de charbon 20043044 EA

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 your own boss and make money from home



MAY

**HIT
OF THE
MONTH**



**Cheez-It Baked
Snack Crackers**

selected varieties, 191-200 g
craquelins

Limit: 6, over limit retail \$2.50



**New Treasure Long Grain
Parboiled or White Rice**

2 kg
riz

WHILE QUANTITIES LAST



**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



GREEN GIANT VEGETABLES
selected varieties, frozen
400-750 g
Nombres surajetés
31022377 EA/31022355 EA

PRICE DROP
349



PRICE DROP
229

CAMPBELL'S READY TO SERVE SOUP
selected varieties
515 mL
soupe
21470303 EA



PRICE DROP
299

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



PRICE DROP
229

QUAKER DIPPABLES or CHEWY GRANOLA BARS
selected varieties
120-156 g
barres
20847382 EA/21339364 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 **FOLGERS PODS** 12's
selected varieties
café
2041647000 EA/21380579 EA



PRICE DROP
329

KRAFT SALAD DRESSING
selected varieties
425 mL
 vinaigrette
21584850 EA/21584931 EA



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/20310838 EA



PRICE DROP
249

PC® LIQUID ENHANCER
selected varieties
48 mL
mélanges pour eau
20734123001 EA



PRICE DROP
299

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



PRICE DROP
450

PC® or BLUE MENU® SPARKLING WATER
selected varieties
12x355 mL
eau pétillante
2068034000 CS/21518579 CS



PRICE DROP
249

ANNIE'S MACARONI AND CHEESE PASTA
selected varieties
149-170 g
pâtes
20216187001 EA



PRICE DROP
899

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



PRICE DROP
349

ALCAN FOIL WRAP 50 ft, **GLAD PLASTIC WRAP** 60 m or **REYNOLDS PARCHMENT PAPER** 35 ft
papier d'aluminium ou pellicule plastique ou papier parchemin
20043471 EA/20011842 EA

PRICE DROP



PHILADELPHIA CREAM CHEESE PRODUCT
selected varieties
227/250 g
produit de fromage à la crème
20641267 SA/2064492610 SA

PRICE DROP
3⁹⁹



CHEF BOYARDEE
selected varieties
418/425 g
pâtes
2031230001 SA

PRICE DROP
1⁶⁹



DANONE ACTIVIA 8% MIX & GO VANILLA 2% or **TWO GOOD LOW SUGAR** 625 g
selected varieties
yogourt
20223264002 SA/21477313 SA

PRICE DROP
3⁹⁹



OASIS JUICE or ARIZONA ICED TEA, ALLEN'S APPLE or CRANBERRY COCKTAIL or DEL MONTE ON ICE REFRESHERS 1.89 L
selected varieties
jus ou thé glacé ou boissons
20313764002 SA/21375061 SA

PRICE DROP
2⁷⁹



COCA-COLA or PEPSI SOFT DRINKS
selected varieties
6x222 mL
boissons gazeuses
20344284002 C06/20637340004 C06

PRICE DROP
3⁹⁹



EGGO WAFFLES 16's or **BREYERS CREAMERY STYLE ICE CREAM** 1.66 L
selected varieties, frozen
gâteaux ou crème glacée
20099730004 SA/20344920004 SA

PRICE DROP
5⁹⁹



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

PRICE DROP
5⁴⁹



MARCANGELO SLICED DELI MEAT
selected varieties
100 g
viandes de charcuterie
20661232 SA

PRICE DROP
6⁴⁹



STEELHEAD TROUT FILLET
frozen
22.02/kg
filet de truite
21496461 KC

PRICE DROP
9⁹⁹
LB



TRE STELLE CHEESE TWIN PACK
selected varieties
240-560 g
fromage
21100062 SA/21100064 SA

PRICE DROP
\$8



PC® SPRING ROLLS
selected varieties, frozen
574 g
rouleaux de printemps
20692094 SA

PRICE DROP
8⁹⁹



LOU'S PORK BACK RIBS
selected varieties, frozen
680 g
côtes de dos
21320777 SA

PRICE DROP
\$11



CADBURY POUCH or MAYNARDS CANDY 147-200 g
selected varieties
chocolat ou friandises
21101861 SA/21343809 SA

PRICE DROP
3⁷⁹



PC® DRY ROASTED PEANUTS
selected varieties
700 g
arachides
2002799002 SA

PRICE DROP
4⁹⁹



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

PRICE DROP
4⁹⁹

PRICE DROP



PC[®] FROZEN FRUIT
selected varieties
300-600 g
fruits surgelés
2012227 EA/21327941 EA

PRICE DROP
449



ZIGGY'S[®] FRESH PASTA
selected varieties
350/360 g
pâtes fraîches
2132148 EA

PRICE DROP
349



GENERAL MILLS CEREAL
selected varieties
300-430 g
céréales
2110453 EA/
21448349 EA

PRICE DROP
333



CLUB HOUSE BLENDS 120-244 g,
LA GRILLE SEASONING or
WET RUBS
120-248 g, 200 ml
selected varieties
mélanges ou assaisonnement
ou marinades
20010706 EA/20321740001 EA

PRICE DROP
499

HEINZ KETCHUP
1.5 L
ketchup
20110254 EA



PRICE DROP
699

BASA STEAKS or CHUB MACKEREL
frozen
1 kg
poisson gelé
20910449 EA



PRICE DROP
699



GATORADE FIT
828 mL or
GATORLYTE 591 mL
SPORT DRINKS
selected varieties
boissons désaltérantes
21449706 EA/21314023 EA

PRICE DROP
199

PC[®] LEMONADE
selected varieties
1.89 L
limonade
20773870001 EA



PRICE DROP
299

SKINNY POP POPCORN
selected varieties
125/150 g
maïs soufflé
20795418001 EA



PRICE DROP
399



NESTLÉ STAND UP POUCH
135-203 g or
MULTI PACK 4x
selected varieties
chocolat
20322502 EA/21080077 EA

Members-Only Price[™]
349
Non-members
379



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

PRICE DROP
749

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



PRICE DROP
899



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

PRICE DROP
249



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

PRICE DROP
399



GAIN LIQUID LAUNDRY DETERGENT 4.55 L
or
FLINGS 42x
détergent à lessive
selected varieties
20959427 EA/21402174 EA

PRICE DROP
1599

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



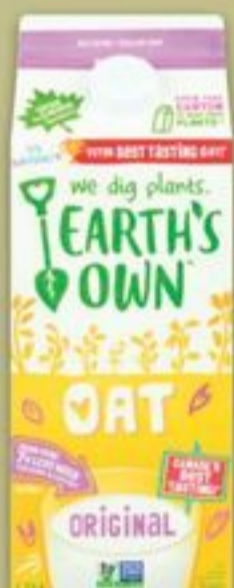
ORGANIC
499

PKG OF 3

PC[®] ORGANICS ROMAINE HEARTS
product of U.S.A.
cœurs de romaine
2019776001 EA

EARTH'S OWN OAT NON-DAIRY REFRIGERATED BEVERAGES
selected varieties
1.75 L
boissons réfrigérées non laitères
21027794 EA

379



499

BELSOY PUDDING
selected varieties
4x125 g
pudding
20131298003 EA



299

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

899



MAISON ORPHEE EXTRA VIRGIN OLIVE OIL
selected varieties
750 mL
huile d'olive extra vierge
21161851 EA

1899



KICKING HORSE ORGANIC FAIRTRADE WHOLE BEAN COFFEE
selected varieties
454 g
café en grains biologique
2022248001 EA/2022248004 EA

1299



399

HARDBITE POTATO CHIPS
selected varieties
150 g
croustilles
202370650001 EA/202370650002 EA



549

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



1899

KIND BARS
selected varieties
12x40 g
barres
20420550002 C12/20764073 C12



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
20651348002 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
plats d'aliments pour bébé ou sachets d'aliments pour bébé biologiques
21024892 EA/21464952 EA



1⁷⁹

PC[®] ORGANICS BABY SNACKS or ENTRÉES
selected varieties
42-185 g
collations ou plats cuisinés biologiques pour bébé
2066492801 EA/20888821002 EA



ORGANIC
2⁹⁹



JAMIESON VITAMINS C or D
selected varieties, 75-240's
colettes d'entraînement
20299992 EA/20303214001 EA

4⁹⁹



ALWAYS \$5

PC[®] 3X BABY WIPES
scented or unscented 300 g
lingettes pour bébé
21146714 EA



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

26⁹⁹



BANANA BOAT SUN CARE PRODUCTS
selected varieties
75-315 mL, 141-226 g
bébé
21087481 EA/1176211 EA

8⁹⁹



DOVE BABY BODY WASH or LOTION
selected varieties
591 mL
bébé
2107298 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 nourisson
ou aliments ou articles ou accessoires
2023077061 EA/2056412801 EA/2022414061 EA/21070843 EA/21548714 EA



PRICE DROP



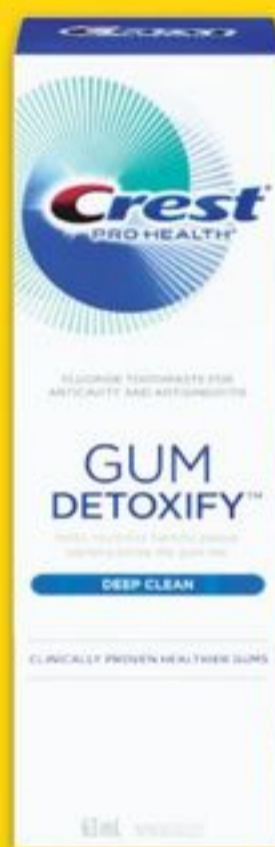
PRICE DROP
2.99

HERBAL ESSENCES HAIR CARE
selected varieties
346 mL
soins capillaires
21347096 EA/21347099 EA



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/20306410001 EA



PRICE DROP
4.99

CREST GUM TOOTHPASTE 63-160 mL or
SCOPE MOUTHWASH 1 L
selected varieties
dentifrice ou rinçage-bouche
20942747 EA/21254690 EA

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 antioùdorifique
20231421004 EA/21141999 EA



PRICE DROP
3.99

ST. IVES BODY LOTION
selected varieties
600/621 mL
lotion pour le corps
21084088 EA/21084101 EA



PRICE DROP
4.99

OLD SPICE or SECRET DEODORANT
selected varieties
73/85 g
déodorant
20090094 EA/20643349001 EA



PRICE DROP
3.99

DOVE HAIR CARE
selected varieties
142/198 g, 195-355 mL
soins capillaires
20238435001 EA/20206023001 EA



PRICE DROP
3.99

IRISH SPRING



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-dosons
ou tampons
21019938 EA/20963094 EA



PRICE DROP
9.99

PEDIASURE COMPLETE NUTRITIONAL SUPPLEMENT
selected varieties
4x235 mL
supplément nutritif
2022414001 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:



DANONE ACTIVIA 650 g or **DANINO KIDS DRINKABLES** 6% YOGURT selected varieties yogurt 30229132003 SA/21320230 SA

2.99

LIBERTÉ GREEK MÉDITERRANÉE 650/750 g, **YOPLAIT YOP NO SUGAR ADDED** 900 g or **YOP DRINKABLE** 6% YOGURT selected varieties yogurt 20642273 SA/21478964 SA

5.99

iögo nano DRINKABLE YOGURT selected varieties 6% yogurt à boire 2009487001 SA/20409467001 SA

3.69

SIGGI'S ICELANDIC SKYR simple ingredient skyr selected varieties 850/750 g 18% PL18 VANILLA 790 g 19% PL19 21232892 SA/21232874 SA

4.99

TROPICANA ORANGE JUICE selected varieties, refrigerated 2.63 L jus d'orange 2011730001 SA

6.99

KELLOGG'S RICE KRISPIES 176/198 g, **POP TARTS** 364 g, **SPECIAL K** 125 g or **NUTRI-GRAIN BARS** selected varieties barres 2012984001 SA

2.99

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

3.49

NESTLÉ DRUMSTICKS or **NOVELTIES** 4-10" or **CONFECTIONARY FROZEN DESSERT** 1.5L selected varieties, frozen bonbonnes glacées 2022220001 SA/2022220001 SA

4.99

KELLOGG'S ALL BRAN 450/525 g, **RAISIN BRAN** 425/451 g, **VECTOR** 306/400 g, **SPECIAL K** 317-435 g or **MINI-WHEATS CEREAL** selected varieties céréales 20542344 SA/20542344 SA

4.49

GENERAL MILLS CEREAL family size, selected varieties 475-778 g céréales 21232499 SA/21232499 SA

5.49

KELLOGG'S FAMILY SIZE CEREAL selected varieties 480-650 g céréales 21489784 SA/21420712 SA

5.49

STARBUCKS COFFEE ENHANCER selected varieties 828 mL rehausseur pour café 21232473 SA

6.49

STARBUCKS ROAST AND GROUND COFFEE 340 g or **PODS** 10's selected varieties café torréfié et moulu ou capsules 2054842002 SA/2054842004 SA

9.99

TIMOTHY'S or **DONUT HOUSE COFFEE PODS** selected varieties 30's capsules de café 20489912 SA/21422212 SA

13.99

*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:



LACTANTIA PURFILTRÉ 2 L or ULTRAPUR 1.5 L MILK
selected varieties
lait



4.99

NESCAFÉ or TASTER'S CHOICE INSTANT COFFEE
selected varieties
100-170 g
café instantané



4.99

CADBURY FAMILY BAR 95/100 g or MAYNARDS CANDY SMALL BAG 130/154 g
selected varieties
chocolat ou bonbons



Optimum
Members-Only Price™
\$2

Non-members
2.49



2.79

LECLERC CELEBRATION COOKIES
selected varieties
240-300 g
biscuits



2.99

OCEAN'S WHITE TUNA 170 g or GOLD SEAL PINK SALMON 213 g
selected varieties
thon ou saumon



2.29

CHRISTIE CRISPERS or BITS & BITES
selected varieties
145 g
collations

2.49

PRINGLES POTATO CHIPS
selected varieties
148/156 g
croustilles



3.99

ORVILLE REDENBACHER MICROWAVE POPCORN 265-492 g or KERNEL JAR 850 g
selected varieties
maïs à déshydrater ou en pot



2.49

LECLERC NÜGABAR
selected varieties
175 g
bonbons



2.49

CHRISTIE COOKIES
selected varieties
251-303 g
biscuits



3.49



3.79

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



3.99

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



3.99

RUFFLES POTATO CHIPS
selected varieties
180-220 g
croustilles

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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
3013048002, C12/2011849002, C12



6⁹⁹

PEPSI SOFT DRINKS
selected varieties
8/12x355 mL
boissons gazeuses
2022361002, C12/21361004, C06

GLACEAU VITAMINWATER 591 mL or SMARTWATER 1 L
selected varieties
eau ou boissons gazeuses
20154181, SA/20232794006, 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 tomates
20318953002, SA/21373330, 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
21360762, C12



7⁹⁹

CHARMIN BATHROOM TISSUE BOUNTY PAPER TOWEL 4x6 rolls
papier hygiénique ou essuie-tout
21315836, SA/21348793, 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
21318146, SA/21365525, SA



14⁹⁹

AIR WICK SCENTED OIL REFILLS 5x20 mL or KITS 2x5x20 mL
selected varieties
recharges d'huile parfumée ou trousse
21363106, SA/21438270, SA



7⁴⁹

SWIFFER WETJET LIQUID REFILL 1.25 L, DUSTER KITS or REFILLS 2 L, WET CLOTH REFILLS 16x17.5" or DRY CLOTH REFILLS 16x14"
selected varieties
recharge de liquide ou trousse d'entretien ou chiffons en microfibre
21363106, SA/21438270, SA



10⁹⁹

TIDE LIQUID 1.89 L or PODS 3-1-1 100% 2x10.5 L, LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER 1.49 Lx3 L, DOWNY or GAIN SCENT BOOSTERS 279 x BOUNCE DRYER SHEETS 120/200's
selected varieties
détergent ou assouplissant
21363106, SA/21438270, SA



12⁹⁹

PUREX LIQUID LAUNDRY DETERGENT 4.08 Lx3 L or SNUGGLES FABRIC SOFTENER 3.4 L
selected varieties
détergent ou assouplissant
21363106, SA/21438270, SA



20⁹⁹

TIDE LIQUID 3.4 L or PODS 3-1-1 100% 2x10.5 L, LAUNDRY DETERGENT
selected varieties
détergent à lecture
21363106, SA/21438270, SA

SOUTH ASIAN FLAVOURS AT LOW PRICES



.99
EA/LB

CHAYOTE SQUASH
each, product of Mexico or
OPO SQUASH 2.18/kg
product of U.S.A. or Mexico
cavage
30167637001 SA/20142053001 KD



.99

BUNCH MINT product of U.S.A., Mexico or Morocco or
CILANTRO product of Mexico, Colombia or U.S.A.
menthe ou coriandre en botte
20139226001 SA/20091825001 SA



2.99
LB

OKRA
product of U.S.A.
6.59/kg
gombo
20091263001 KD



1.99
LB

GINGER ROOT
product of China
4.29/kg
racine de gingembre
20179038001 KD



4.50

CRISPY CAKE RUSKS
selected varieties
650/750 g
biscottes croustillantes
20418926 SA



\$5

SURATI® NAAN
selected varieties
10's
naan
20042361 SA



\$10

SUFRA® HALAL CHICKEN LEGS
back attached, fresh
cuisses de poulet halal
21430676 SA

PRICE DROP



PRICE DROP

.49

YIPPEE NOODLES
selected varieties
70 g
nouilles
21127102 SA



NATIONAL VERMICELLI
150 g
vermicelles
20179057 SA

PRICE DROP

.79

RANI FRUIT DRINK
selected varieties
240 mL
boissons aux fruits
20865827 SA



PRICE DROP

1.29

SURATI SNACKS
selected varieties
341 g
collations
20222574003 SA



PRICE DROP

2.29



BRAR'S SAMOSAS
selected varieties, frozen
624 g
samosas
21000032 SA

PRICE DROP

6.49



PRICE DROP

2.99

QUALITY TAMARIND
400 g
tamarinde
20712005 SA

SHAN COOKING SAUCE
selected varieties
350 g
sauce à cuisson
21528238 SA



PRICE DROP

4.49



MAHARANI SUPER GOLDEN SELLA BASMATI RICE
4.54 kg
riz basmati
20542230 C01

PRICE DROP

14.99

AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ET 01 NFO

CARIBBEAN FLAVOURS AT LOW PRICES



249
LB

BREADFRUIT
product of Jamaica
5.49/kg
fruit à pain
2044218001_KG



179
LB

CARIBBEAN SWEET POTATOES or EDDOES
product of Honduras or product of Jamaica
3.95/kg
patates douces ou eddo
2014948001_KG/20126132001_KG



299

ATEMOYA or CARIBBEAN AVOCADOS or GREEN WATER COCONUTS
product of Costa Rica
atemoya ou avocats ou noix de coco
2046349001_SA/20119740001_SA/20107992001_SA



399
LB

WHITE or YELLOW YAMS
product of Costa Rica
8.80/kg
ignames
20034940001_KG/20079018001_KG

PMC BASA FILLETS, 400 g or ANCHOR'S BAY COOKED CLAM MEAT or ANCHOR'S BAY MUSSEL MEAT
340 g
frozen
filets de pangasius ou chair de palourde ou moule cuit
21432207_SA



399

CRISPY ROTI
selected varieties
15's
roti
21195407_SA



299

PRICE DROP



GRACE CORNED BEEF
340 g
boeuf salé
2012343002_SA

PRICE DROP
449



PRICE DROP
179

GRACE LIMA BEANS
540 mL
haricots de Lima
20118306_SA



PRICE DROP
599

GRACE GREEN PIGEON PEAS
425 mL
pois cajon verts
20402123_SA



PRICE DROP
599

TROPICAL TREATS ICE CREAM
selected varieties, frozen
1 L
crème glacée
20297905_SA



PRICE DROP
149

OVALTINE BISCUITS WITH MALT
150 g
biscuits
20118949_SA



PRICE DROP
249

RUBICON JUICE
selected varieties
200 mL
jus
2022890001_SA



PRICE DROP
399

COOL RUNNINGS ALL PURPOSE SEASONING
900 g
assaisonnement tout usage
20211972_SA

no name®

save on summer



\$1

NO NAME®
BBQ LIGHTER
21299201, EA

no name®

towel for the beach

\$8

NO NAME®
BEACH TOWEL
21400022, EA



\$12

NO NAME®
UMBRELLA
21400992, EA

\$5

NO NAME®
TUMBLER
21296436, EA



\$10

NO NAME®
STAINLESS
STEEL WATER
BOTTLE
485 mL
21299720, EA



\$10

NO NAME®
COOLER BAG
21331315, EA



\$12

NO NAME®
CAMP CHAIR
21331312, EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE GM NFO

BEER AND CIDER



16⁹⁵

COORS ORIGINAL
6 cans
6x473 mL
bière
3129487 C04



STELLA ARTOIS
6 cans
473 mL
bière
21317003 EA

345



15⁶⁵

CORONA EXTRA
6 bottles
6x330 mL
bière
31238480 C04



PABST BLUE RIBBON
6 cans
473 mL
bière
30954813 EA

210



12⁵⁵

SOMERSBY APPLE CIDER
6 cans
6x473 mL
cider
31313144 C04



SAPPORO
6 cans
6x500 mL
bière
31014346 C04

17⁹⁵



BALLS FALLS SESSION IPA
473 mL
bière
31009274 EA

325

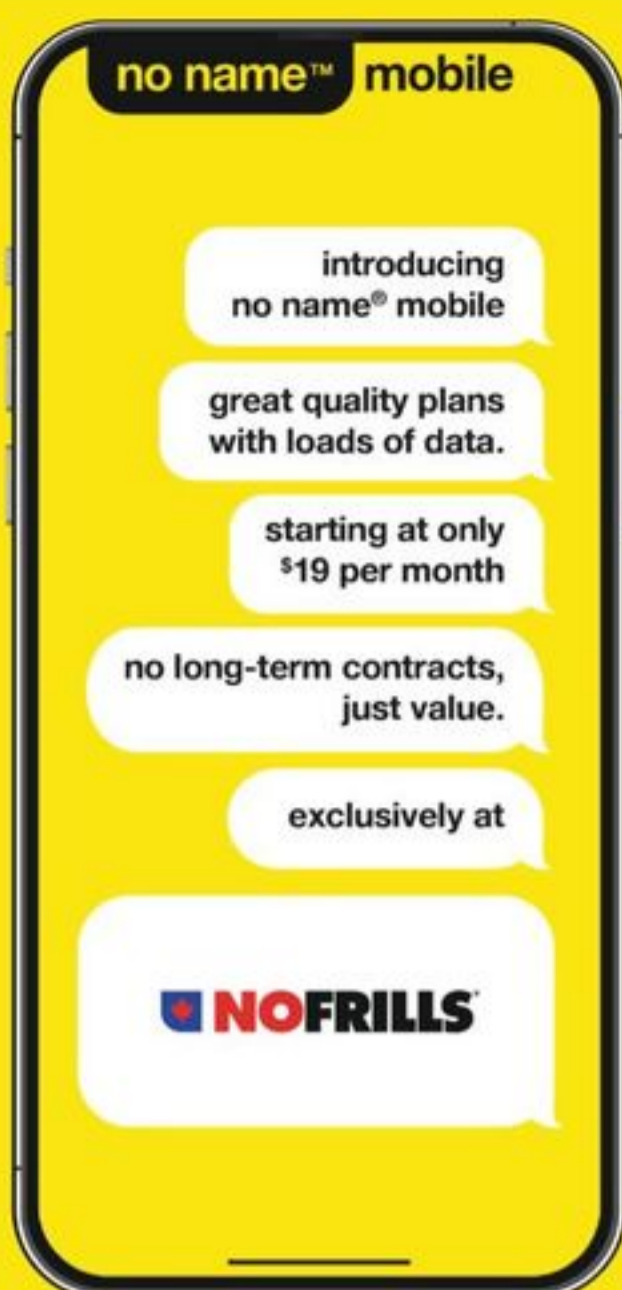


GLB OCTOPUS WANTS TO FIGHT IPA
473 mL
bière
21181570 EA

335

**PLEASE DRINK RESPONSIBLY.
ONLY AVAILABLE AT:**

- Ryan's, Aylmer • Rocky's, Brampton • Sarangan's, Brampton • Rob's, Markham • Dave & Annette's, Markham • Daniel's, Mississauga
- Tom & Michelle's, Mississauga • Jeff & Tanis', North Bay • Carlo's, North York • DaCosta's, Pickering • Chris & Tanya's, Renfrew
- Enzo's, Richmond Hill • Dave & Charlotte's, Scarborough • Brandon & Ashley's, Sturgeon Falls • Andrew & Shelley's, Toronto • Mike's, Toronto



Subject to change. Conditions apply. Visit nonamemobile.ca for full details.

THREE NEW WAYS WE'RE KEEPING BUDGETS HAPPY



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



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



THROW BACK PRICES
Deals from the past on select items.

The **NOFRILLS** thing to do.

GET FLYER TO YOUR EMAIL.

STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*



*Standard message and data rates may apply.

†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