

# MIX & SAVE FOR EASTER



**CHOOSE ANY 3  
FOR \$15**

or less than 3,  
\$5.49 each



**PC® NATURAL CHOICE  
SALAMI or SALAMI  
WITH PROSCIUTTO** 150 g,  
**PC® GOAT CHEESE LOGS** 140 g,  
**BERGERON GOUDA  
CHEESE** 125 g,  
**PC® CHEESE SLICES** 140-170 g or  
**PC® DOUBLE CREAM BRIE or  
CAMEMBERT CHEESE** 165-200 g  
selected varieties

20000584\_EA/20250947\_EA/20315515\_EA/20784364\_EA/  
20787327\_EA/21562889\_EA 20787327\_EA 21562889\_EA



# FLORAL DEALS



**\$10**

**CUT TULIP IN  
ASSORTED  
COLOURS**  
10 stems  
20546961\_EA



**\$10**

**EASTER LILY**  
6 inch  
20543699\_EA



**\$20**

**DELUXE  
EASTER  
BOUQUET IN  
SEASONAL  
COLOURS**  
21103486\_EA





FLYER PRICES EFFECTIVE THURSDAY, MARCH 28 TO WEDNESDAY, APRIL 3, 2024.

# HAPPY EASTER

**SEAQUEST®**  
**RAW SHELL ON SHRIMP or**  
**COOKED PEELED SHRIMP**  
36-45 count per lb, frozen  
300 g  
21044927 EA

**SAVE UP TO 35%**

**5<sup>77</sup>**

**36-45/lb**  
Pacific White Shrimp  
Crevettes blanches du Pacifique  
RAW - CRUES

**SAVE 59%**

**2<sup>47</sup>**

**1 LB CLAMSHELL**

**STRAWBERRIES**  
product of U.S.A. or Mexico, no. 1 grade  
200491778001 EA

**WOW!**

**2<sup>49</sup>**

**LB**

**PORK HALF LOIN**  
fresh, boneless  
5.49/kg  
20534787 KG

**WHILE QUANTITIES LAST**

**CLUB SIZE**

**SAVE 31%**

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

**LB**

**CHICKEN BREASTS**  
boneless, skinless, fresh  
12.10/kg  
20038450 KG

**FARMER'S MARKET®**  
**PIES**  
selected varieties  
580 g/1 kg  
11297365 EA/21297367 EA

**WOW!**

**4<sup>97</sup>**

**APPLE - CINNAMON**  
1 kg  
POMME - CANNELLE

**ROUTILLE**

**PC® FROZEN FRUIT**  
selected varieties  
300-600 g  
20312227 EA/213277841 EA

**SAVE 27%**

**3<sup>99</sup>**

**STRAWBERRIES**  
FRAISES  
300-600 g

**CANADIAN BLUEBERRIES**  
BLEUETS  
CANADIENS  
300-600 g

**SAVE 33%**

**3<sup>17</sup>**

**EARTH'S OWN ALMOND BEVERAGE** 1.89 L  
**SIMPLY or TROPICANA JUICE or**  
**BEVERAGE or PURE LEAF or**  
**GOLD PEAK ICED TEA** 1.54/1.75 L  
selected varieties, refrigerated  
2029498001 EA/21209636 EA

**Tropicana**

**EARTH'S OWN**  
ALMOND  
ORIGINAL

**Optimum**  
**Members-Only Price™**

**6<sup>88</sup>**

**Non-members**

**\$8**

**MEAT LASAGNA**  
LASAGNE  
VIANDE

**Swanson**  
OVEN EASY MEALS  
REPS FACILES AU FOUR  
Chicken Taco  
Tacos au poulet

**PC® ENTRÉES** 600 g/1.13 kg  
**SWANSON OVEN EASY MEALS** 879/992 g  
or **SWANSON FAMILY SKILLETS** 1.19 kg  
selected varieties, frozen  
20026334 EA/21159264 EA

**TIDE SIMPLY LIQUID LAUNDRY DETERGENT** 3.4 L  
**FLEECY FABRIC SOFTENER** 3.5 L or  
**DRYER SHEETS** 200's  
selected varieties  
21201739 EA/21404664 EA

**SAVE UP TO 38%**

**7<sup>97</sup>**

**148 LOADS**

**74 LOADS**

**Fleecy**

**Tide**  
SIMPLY ALL IN ONE

**817 ELEPHANT BRAND BASMATI RICE**  
4 kg  
20787534 EA

**SAVE 26%**

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

**NO. 817®**  
**ELEPHANT BRAND**  
TRADE MARK  
PRODUCT OF INDIA  
PRODUIT DE L'INDE  
NET WT. / POIDS NET 4 kg (8.8 LB)

## Deals from the past on select items.†

**THROW BACK PRICES**

**COLA**

**Low Sodium CLUB SODA**

**SAVE UP TO 50%**

**.69**

**PC®**  
**SOFT DRINKS**  
selected varieties  
2 L  
20311643003 EA/20311643012 EA

FLYER PRICES EFFECTIVE IN WESTERN CANADA OR NORTHERN ONTARIO STORES ONLY, INCLUDING GERALDTON, DRYDEN, KENORA & THUNDER BAY.

**nofrills.ca**  
01 NFW





**.99**  
LB

**GREEN CABBAGE**  
product of U.S.A., no. 1 grade  
2.18/kg  
20793034001\_KG



**6.99**

**907 G**

**FARMER'S MARKET™  
GREEN or RED  
SEEDLESS GRAPES**  
product of South Africa or Chile, no. 1 grade  
200458194001\_EA/20254491001\_EA



**2.49**  
LB

**BROCCOLI  
CROWNS**  
product of U.S.A.  
5.49/kg  
20726141001\_KG



**PKG OF 3**

**CAULIFLOWER**  
product of U.S.A. or Mexico, no. 1 grade or  
**FARMER'S MARKET™  
ENGLISH CUCUMBERS**  
product of Western Provinces, Canada no. 1 grade  
20028461001\_EA/20135377001\_EA

**3.99**



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



**2.99**  
LB/EA

**ASPARAGUS** 6.59/kg  
product of Mexico, no. 1 grade,  
**CELERY**, each  
product of U.S.A., no. 1 grade  
20174581001\_KG/20143119001\_EA



**1.99**  
LB

**ROMA TOMATOES**  
product of Mexico, no. 1 grade  
4.29/kg  
20143281001\_KG



**3.99**

**CANTALOUPE**  
product of Guatemala, no. 1 grade  
or **PINEAPPLE**  
product of Costa Rica  
20167017001\_EA/20140992001\_EA



**1.49**

**ATAULFO  
MANGOES**  
product of Mexico or  
**RED MANGOES**  
product of Mexico or Peru  
20121509001\_EA/20059630001\_EA



**1.99**  
LB

**ANJOU PEARS**  
product of Canada,  
Canada fancy grade,  
**BARTLETT PEARS**  
product of Argentina,  
extra fancy grade or  
**BOSC PEARS**  
product of U.S.A.,  
extra fancy grade  
4.39/kg  
20174514001\_KG/201773240001\_KG



**4.99**

**EAT SMART  
SWEET KALE or  
TAYLOR FARMS  
CHOPPED  
SALAD KITS**  
selected varieties,  
product of U.S.A.  
215-383 g  
200674118\_EA/213331139\_EA



**\$6**

**2.5 LB  
BAG**  
**NO NAME®  
NATURALLY  
IMPERFECT™  
MIXED PEPPERS**  
product of Mexico  
20921434001\_EA



**6.99**

**5 LB BAG**  
**COSMIC CRISP  
APPLES** product of U.S.A.,  
extra fancy grade or  
**FARMER'S MARKET™  
AMBROSIA  
APPLES** product of  
Canada, Canada fancy grade  
21A65188001\_EA/20A306440001\_EA



**\$9**

**20 LB BAG**  
**NO NAME®  
NATURALLY  
IMPERFECT™  
RUSSET or RED  
POTATOES**  
product of Western Provinces,  
Canada no. 2 grade  
20044637001\_EA/20101572001\_EA



**3.99**

**454 G**  
**PC® WHOLE  
CREMINI or WHITE  
MUSHROOMS**  
product of Western Provinces  
20761372\_EA/20738571\_EA



**5.99**

**2 LB CLAMSHELL**  
**681 G**  
**FARMER'S MARKET™  
GRAPE TOMATOES or  
PC® VARIETY  
TOMATOES**  
product of Mexico  
20840038001\_EA/20A49846001\_EA



**6.99**

**3 LB BAG**  
**PC® MANDARINS**  
product of Morocco or U.S.A.  
20664961001\_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.





**\$8**

**MAPLE LEAF PRIME  
EXTRA LEAN GROUND  
CHICKEN or TURKEY or SUFRA®  
HALAL LEAN GROUND CHICKEN**  
454 g  
30706483 EA/30811940 EA



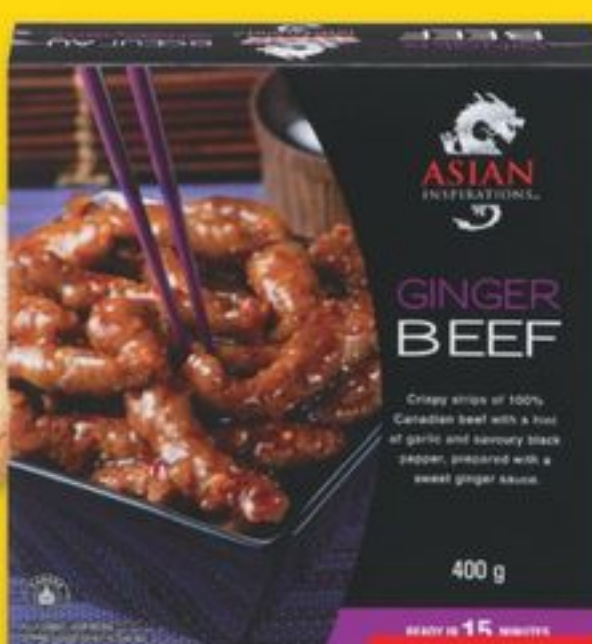
**EYE OF ROUND  
ROAST or STEAK**  
cut from Canada AA grade beef  
19.82/kg  
30049431 KU

**8.99**  
LB



**3.99**  
LB

**PORK COMBO CHOP**  
fresh, bone-in  
8.80/kg  
20974963 KU  
**WHILE QUANTITIES LAST**



**ASIAN INSPIRATIONS  
ENTREES or  
MULDOONS MEAT BITES**  
selected varieties, frozen  
400 g  
21047378 EA

**4.88**



**6.99**  
LB

**SCHNEIDERS  
FESTIVE HAM**  
15.41/kg  
21744336 KU



**FREE FROM**  
**8.49**  
LB

**PC® FREE FROM®  
AUSTRALIAN  
LAMB SHANKS**  
frozen  
18.72/kg  
20716074 KU



**10.99**

**SEAQUEST®  
SHRIMP RING  
WITH SAUCE**  
frozen  
454 g  
20079191 EA



**2.77**

**SMOKED  
STEELHEAD  
SALMON**  
pre-diced, 50 g, frozen or  
SEAQUEST®  
FLAVOURED  
ALASKA POLLOCK  
ready to eat, 227 g  
20772840 EA



**3.49**

**PC® NAAN  
DIPPERS** 300 g or  
**SABRA  
HUMMUS** 283 g  
selected varieties  
20103342 EA/21093022 EA



**4.49**

**PILLER'S SLICED  
DELI MEAT**  
selected varieties  
150-200 g  
20961022 EA/21093022 EA



**4.99**

**SAPUTO CHEESE**  
selected varieties  
170/200 g  
20079191 EA/21093022 EA



**2.99**

**VACHON SNACK  
CAKES** 232-328 g  
selected varieties, or  
PC® CINNAMON  
RAISIN BREAD 475 g  
20060738 EA/20104307 EA  
**WHILE QUANTITIES  
LAST**



**2.99**

**D'ITALIANO  
BREAD** 650/675 g  
or **BUNS** 475 g  
selected varieties  
20049111 EA/21043049 EA



**\$4**

**PC® ALL BUTTER  
CROISSANTS  
READY TO BAKE**  
selected varieties, frozen  
312-360 g  
21043122 EA



**\$6**

**FARMER'S  
MARKET®  
MUFFINS**  
selected varieties  
8's  
21043049 EA/21043049 EA



**FREE FROM**  
**7.99**

**PC® FREE FROM®  
MEAT PIES**  
selected varieties, frozen  
300 g  
21043049 EA



**8.99**

**SWISS CHALET  
PIES**  
selected varieties, frozen  
650/655 g  
21047178 EA



**10.99**

**PC® BLUE MENU®  
SHEPHERD'S PIE**  
frozen  
900 g  
20062102 EA



**13.99**

**PC® TOURTIÈRE**  
frozen  
900 g  
21047018 EA



# HOP INTO SAVINGS

Low prices on Easter essentials.



SAVE 20%

**1.99**

**NO NAME® DINNER ROLLS**  
white or whole wheat  
12's  
21431343 SA



SAVE 25%

**2.99**

**CAVENDISH QUICK CRISP, PREMIUM or PATTIES**  
selected varieties, frozen  
454-750 g  
21584077 SA



**1.66**

**CARNATION EVAPORATED MILK**  
selected varieties  
354 mL  
20894812 SA/20894887 SA



SAVE UP TO 41%

**9.99**

**HIGH LINER PAN-SEAR, SIGNATURE CUTS, BITES or SHRIMP**  
selected varieties, frozen  
425-600 g  
20294594003 SA/21186234 SA



**2.47**

**CATELLI SMART - HEALTHY HARVEST PASTA**  
selected varieties  
340/375 g  
30337343 SA



**3.49**

**MOTT'S CLAMATO**  
selected varieties  
1.89 L  
30337343 SA



**3.99**

**PHILADELPHIA CREAM CHEESE PRODUCT**  
selected varieties  
227/230 g  
30481247 SA/20481247 SA



**5.77**

**PC® CHEESE BARS** 200/200 g or **CRACKER BARREL SHREDS** 230 g  
selected varieties  
21204812 SA/21204812 SA

## EVERY HERO NEEDS THEIR SIDEKICKS

Sides for under \$2!



**1.25**



**1.49**

**GREEN GIANT VEGETABLES**  
341/398 mL  
selected varieties  
21021179 SA



**1.49**

**DOLE PINEAPPLE**  
398 mL  
selected varieties  
20134747003 SA



**1.99**

**PILLSBURY CRESCENT WRAPS**  
200/227 g  
selected varieties  
20205424002 SA/21303340 SA



**2.49**

**DARE CRACKERS**  
selected varieties  
100-225 g  
21104812 SA



**3.33**

**LAY'S POTATO CHIPS** 137-225 g or **POPPABLES** 130 g  
selected varieties  
21241403 SA



**2.97**

**OCEAN SPRAY CRANBERRY COCKTAIL**  
selected varieties  
1.89 L  
20204812 SA



**3.49**

**COCA-COLA - PEPSI SOFT DRINKS**  
selected varieties  
6x750 mL  
20212741003 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.

**NOFRILLS**

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

[nofrills.ca](http://nofrills.ca)



See product website for more information





# HOP INTO SAVINGS

Low prices on Easter essentials.



**3.99**

**KRAFT SINGLES** 410 g or  
**CHEEZ WHIZ** 450 g  
selected varieties  
2043960001 SA/21188454 SA



**SAVE 36%**

**4.99**

**HELUYA GOOD!**  
**FRENCH ONION DIP** 680 g  
2031278901 SA



**2.29**

**FRUITOPIA, NESTEA** or  
**PEACE TEA BEVERAGE**  
selected varieties, refrigerated  
1.75 L  
2034744001 SA/20348331004 SA



**4.99**

**BREYERS**  
**CREAMERY STYLE**  
**ICE CREAM** 1.66 L or  
**FUDGSICLE**  
**NOVELTIES** 12's  
selected varieties, frozen  
20344922009 SA/204841180 SA



**1.25**

**NESTLÉ** or  
**MILK 2 GO** or  
**MILK 2 GO SPORT**  
**SHAKES**  
selected varieties  
2032600001 SA



**3.49**

**EGGO** WAFFLES  
selected varieties, frozen  
8's  
2030779 SA



**5.49**



**LACTANTIA**  
**ULTRAPUR**  
**MILK** 1.5 L or  
**PUR FILTRE**  
**MILK** 2 L  
selected varieties  
2120137 SA

**17.99**

**TIM HORTONS**  
**ROAST AND**  
**GROUND**  
**COFFEE** 875/930 g  
or **PODS** 30's  
selected varieties  
2037017 SA/21188454 SA



**2.49**

**DARE** COOKIES  
selected varieties  
160-300 g  
2100771 SA



**3.99**

**KRAFT SHAKE**  
**'N BAKE**  
**COATING**  
selected varieties  
143-160 g  
2104714 SA/21188454 SA



**5.77**

**BLACK DIAMOND**  
**CHEESTRINGS**  
16's or **STICKS** 12's  
selected varieties  
2070001 SA/2080004 SA



**9.99**

**MONSTER**  
4x473 mL or **RED**  
**BULL** 4x330 mL  
**ENERGY**  
**DRINKS**  
selected varieties  
20344720001 SA/21188454 SA



**\$2**

**CADBURY FAMILY**  
**BAR** 45-100 g or  
**MAYNARDS**  
**CANDY SMALL**  
**BAG** 130/154 g  
selected varieties  
2032770001 SA/21188454 SA



**3.49**

**PC® THE DECADENT®**  
**COOKIE**  
selected varieties  
280/300 g  
2041237 SA



**3.99**

**OLD DUTCH**  
**HUMPTY**  
**DUMPTY**  
**SNACKS**  
selected varieties  
230-290 g  
2040014 SA/21188454 SA



**4.99**

**SIMPLY** TOSTITOS or  
**DORITOS**  
**CHIPS**  
selected varieties  
212-240 g  
2039004 SA/21188454 SA



**2.49**

**DAWN** LIQUID DISH  
**DETERGENT**  
selected varieties  
425/473 mL  
2110001 SA/21188454 SA



**2.99**

**GLADE** AEROSOL  
selected varieties  
225 g  
2121002 SA/21188454 SA



**5.99**

**NO NAME®**  
**NAPKINS**  
500's  
2030007 SA



**6.99**

**HEFTY** GARBAGE  
**BAGS**  
selected varieties  
12-40 L  
2100001 SA/21188454 SA





# PRICE DROP

Lowered price  
for a longer time.



**iögo**  
**CREAMY or 0%**  
16's or  
**NANO DRINKABLE**  
900 mL  
**YOGURT**  
selected varieties  
20406778001 EA/20409583001 EA

**PRICE DROP**

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



**PRICE DROP**

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

**HOLIDAY LUNCHEON MEAT** 340 g  
or **MAPLE LEAF FLAKES** 156 g  
selected varieties  
20298273001 EA/206180718 EA



**CAMPBELL'S  
CHUNKY SOUP**  
selected varieties  
515 mL  
21480447 EA

**PRICE DROP**

**2<sup>69</sup>**



**PRICE DROP**

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

**QUAKER  
INSTANT OATMEAL**  
selected varieties  
264-344 g  
2119024 EA/2119040 EA



**PRICE DROP**

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

**QUAKER BAKING MIXES  
or OAT FLOUR**  
selected varieties  
700/900 g  
2020104001 EA/2020104004 EA



**PRICE DROP**

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

**EARTH'S OWN OAT  
REFRIGERATED  
BEVERAGES**  
selected varieties  
1.75 L  
21027790 EA



**PRIMO  
PASTA SAUCE**  
selected varieties  
480 mL  
20163340 EA

**PRICE DROP**

**2<sup>19</sup>**



**PRICE DROP**

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

**CHAPMAN'S  
MARKDALE  
ICE CREAM** 2 L or  
**COLLECTIONS  
NOVELTIES** 1 L  
selected varieties, frozen  
20212304001 EA/20212307004 EA



**PRICE DROP**

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

**GATORADE  
SPORT DRINKS**  
selected varieties  
6x591/8x355 mL  
2000218001 C24/21144182 C26



**PMC BASA  
FILLETS**  
400 g  
21412307 EA

**PRICE DROP**

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



**PRICE DROP**

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

**PC® SPLENDIDO®  
PARMIGIANO  
REGGIANO,  
GRANA PADANO or  
PECORINO ROMANO**  
250 g  
21057301 EA/21057303 EA/21180718 EA



**PRICE DROP**

**19<sup>99</sup>**

**CLIF BAR**  
selected varieties  
12x48 g  
20100914003 C13/  
2010091401 C12



**PRICE DROP**

**1<sup>19</sup>**

**LITTLE BELLIES  
ORGANIC BABY  
SNACKS**  
selected varieties  
8/12 g  
2129484 EA/21292936 EA



**PRICE DROP**

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

**VASELINE LOTION**  
selected varieties  
400/600 mL  
21080011 EA/21080112 EA



**PRICE DROP**

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

**ENSURE MEAL  
REPLACEMENT  
SHAKES**  
selected varieties  
6x235/4x320 mL  
21233482 EA



# PRICE DROP

Lowered price  
for a longer time.



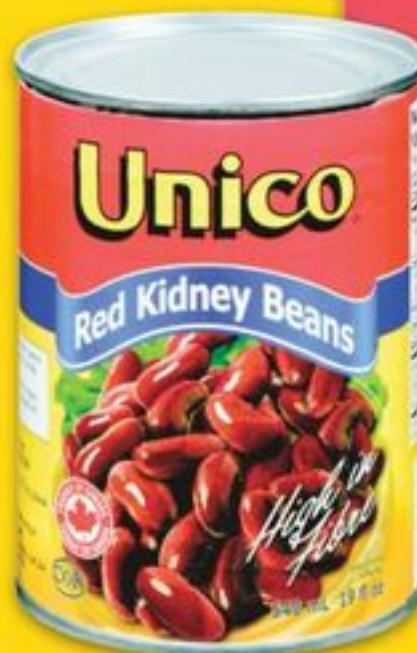
**PRICE DROP**  
**349**

**GREEN GIANT VEGETABLES**  
selected varieties, frozen  
400-750 g  
21022302 EA/21022335 EA



**PRICE DROP**  
**149**

**OCEAN'S LIGHT TUNA**  
selected varieties  
170 g  
21009134 EA



**PRICE DROP**  
**179**

**UNICO BEANS or TOMATOES**  
540 mL or 796 mL  
selected varieties  
20113447001 EA/20114029001 EA

**ALLEN'S JUICE or FRUIT COCKTAIL**  
selected varieties  
1 L  
20307434001 EA



**PRICE DROP**  
**125**



**PRICE DROP**  
**499**

**CHAPMAN'S YUKON** 4's or PREMIUM ICE CREAM 2 L  
selected varieties, frozen  
20322173001 EA/21012282 EA

**TROPICANA ORANGE JUICE**  
selected varieties, refrigerated  
2.63 L  
20119736001 EA



**PRICE DROP**  
**699**

**NO NAME MAYO**  
selected varieties  
890 mL  
20627614002 EA



**PRICE DROP**  
**479**



**PRICE DROP**  
**589**

**RAINCOAST CANNED FISH**  
selected varieties  
150/160 g  
20021301001 EA

**CLUB HOUSE PURE VANILLA EXTRACT**  
46 mL  
20041848 EA



**PRICE DROP**  
**699**

**KRAFT BBQ SAUCE**  
selected varieties  
455 mL  
20627619002 EA/  
20627619007 EA



**PRICE DROP**  
**247**



**PRICE DROP**  
**\$6**

**PC® FREE FROM® SLICED DELI MEAT**  
selected varieties  
175 g  
20682855 EA/21003844 EA



**PRICE DROP**  
**699**

**SEAQUEST® SHRIMP RING**  
frozen  
227 g  
20060209 EA

**PRINGLES POTATO CHIPS**  
selected varieties  
148/156 g  
21003823 EA/21003823 EA



**PRICE DROP**  
**299**



**PRICE DROP**  
**599**

**BUBLY SPARKLING WATER** 12x355 mL or **MONTELLIER CARBONATED WATER** 10x355 mL  
selected varieties  
2106722 C10/21308936 C12



**PRICE DROP**  
**449**

**IVORY BAR SOAP**  
10x90 g or **BODY WASH** 621 mL  
selected varieties  
20347837001 EA/20860540001 EA



# WHISKING YOU A HAPPY EASTER

Deals on baking essentials!



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

**ROBIN HOOD FLOUR**  
selected varieties  
2/2.5 kg  
20029497001, EA/20029497002, EA



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

**BECEL MARGARINE**  
selected varieties  
637/850 g  
20297818002, EA



**3<sup>99</sup>**

**GAY LEA WHIPPED CREAM**  
selected varieties  
225 g  
20048223001, EA



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

**HERSHEY'S CHIPITS**  
selected varieties  
180-270 g  
21432844, EA/21432934, EA

**COOL WHIP DESSERT TOPPING**  
selected varieties  
1 L  
20030349001, EA

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



**E.D. SMITH PIE FILLING**  
selected varieties  
540 mL  
20297733001, EA/20297733006, EA

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



**EAGLE BRAND SWEETENED CONDENSED MILK**  
selected varieties  
300 mL  
21012618, EA

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



**PAM COOKING SPRAY**  
selected varieties  
141/170 g  
20178254001, EA

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



**1<sup>69</sup>**

**BETTY CROCKER SUPER MOIST CAKE MIXES or SNACK SIZE MIXES**  
selected varieties  
184-404 g  
21347817, EA/21347818, EA



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

**CRISCO SHORTENING**  
selected varieties, 454 g  
21473300, EA



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

**FLEISCHMANN'S BAKING POWDER**  
340 g  
20404823, EA



**ORGANIC 3<sup>50</sup>**

**PC ORGANICS APPLE TREAT** 8x100 mL, **APPLE SAUCE** 650 mL, **SQUEEZEABLE FRUIT SNACKS** 340 g, **JUMBO RAISIN SNACK PACK BAR** 100 g  
selected varieties  
20220491001, EA/21177026, EA



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

**PC ORGANICS ALL PURPOSE or WHOLE WHEAT FLOUR** 2.5 kg  
selected varieties 20049102, EA/20303111, EA



**10<sup>79</sup>**

**ZIPLOC STORAGE BAGS**  
selected varieties  
60-270's  
21194100, EA



# RAMADAN KAREEM

Plan a bountiful Iftar for less.



**149**  
LB

**GREY ZUCCHINI**, product of U.S.A. or Mexico or  
**OPO SQUASH** product of Mexico  
3.28/kg  
20034780001\_KG/20142003001\_KG



**340 G**

**ORGANIC DATES**  
**DEGLET NOOR**  
DATTES BIOLOGIQUES  
TERRA DELYSSA  
ORGANIC PITTED DATES  
DATTES DÉNOYAUTÉES BIOLOGIQUES



**795 G**

**4.99**

**DEGLET NOOR PITTED DATES** or  
**ORGANIC PITTED DATES**  
product of Tunisia  
21542379001\_SA/21217809001\_SA



**149**  
LB

**LONG EGGPLANT**  
product of U.S.A.  
3.28/kg  
20139013001\_KG



**1.99**  
LB

**JUMBO WALNUTS**  
product of U.S.A.  
4.29/kg  
20123893001\_KG



**5.99**  
LB

**HALAL LEAN GROUND BEEF**  
fresh  
13.21/kg  
20936903\_KG

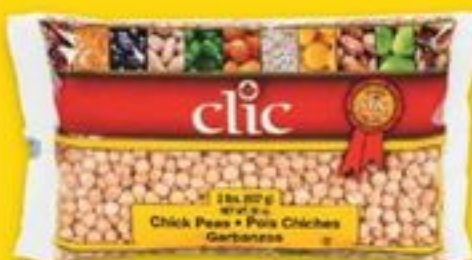
**SUFRA® HALAL CHICKEN WINGS**  
fresh  
21420406\_SA

**\$24**



**1.99**

**ZABIHA HALAL CHICKEN WIENERS**  
450 g  
20006371\_SA



**2.99**

**CLIC DRY BEANS or LENTILS**  
selected varieties  
907 g  
20312991\_SA



**3.49**

**SURAJ® NAAN**  
selected varieties  
5%  
27801252\_SA



**.99**

**KNORR BOUILLON**  
selected varieties  
80 g  
20378082001\_SA



**1.29**

**PARLE G ORIGINAL BISCUITS**  
300 g  
20956493\_SA



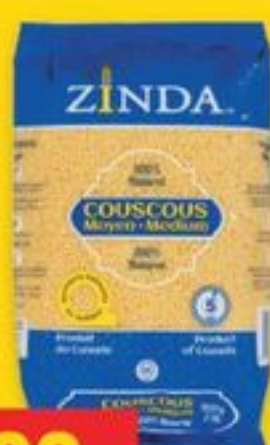
**2.99**

**LAY'S FLAVOURED CHIPS**  
selected varieties  
165 g  
21345045\_SA/21345049\_SA



**1.49**

**GRACE COCONUT WATER**  
selected varieties  
500 mL  
20425671\_SA



**2.99**

**ZINDA COUSCOUS**  
selected varieties  
907 g  
20015706\_SA



**9.99**

**907 G**  
**WAGH BAKRI PREMIUM TEA**  
20373231\_SA

AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ET 01 NFW



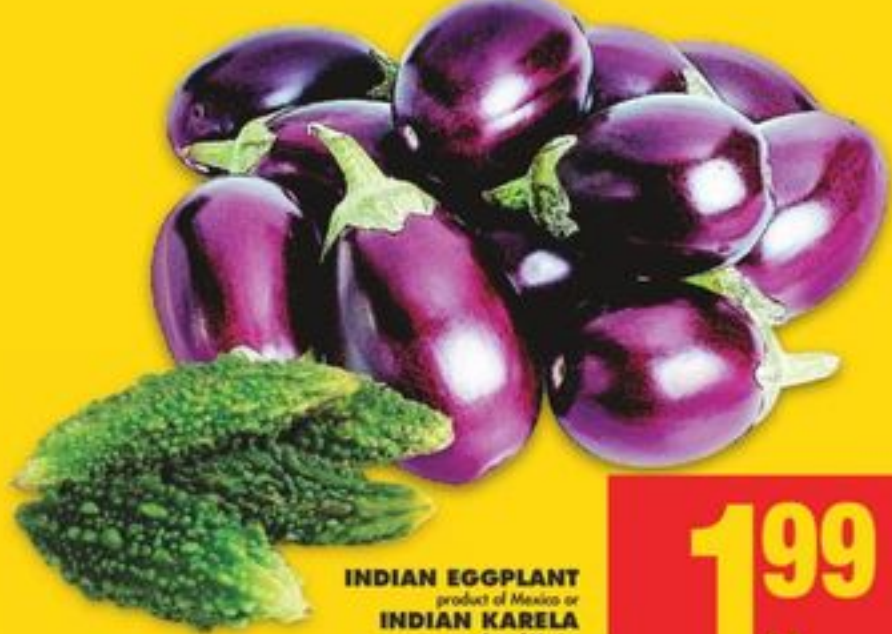
# HAPPY VAISAKHI

Get harvest festival staples at great prices.



**.99**

**DRUMSTICK**  
product of India or  
**CILANTRO**  
product of U.S.A., Mexico or Colombia  
20667030001 EA/20091823001 EA



**INDIAN EGGPLANT**  
product of Mexico or  
**INDIAN KARELA**  
product of Mexico  
4.29/kg  
20033483001 KG/20028046001 KG

**1.99**  
LB



**1.99**

**METHI LEAF or BUNCH SPINACH**  
product of U.S.A.  
2014284001 EA/20139689001 EA



**2.99**

**COCONUTS**  
product of Dominican Republic or  
**RAPINI** product of U.S.A.  
20003774001 EA/20048070001 EA



**4.99**  
LB

**RED CARROTS**  
product of India  
11.00/kg  
20423181001 KG



**2.49**  
LB

**GINGER ROOT**  
product of China  
5.49/kg  
20179038001 KG

**SHANA VEGETABLES**  
selected varieties,  
frozen  
300 g  
20753945 EA

**1.99**



**3.47**

**CRISPY POUND CAKE**  
selected varieties  
368 g  
20814690 EA



**4.99**

**CRISPY CAKE RUSK**  
650 g  
20418926 EA



**1.99**

**SHANA PARATHA**  
selected varieties, frozen  
400 g  
2096533001 EA



**2.29**

**SURAJ® DAHI YOGURT**  
selected varieties  
750 g  
20939032 EA

**SHAN GINGER GARLIC PASTE**  
700 g  
21447370 EA

**4.99**



**1.29**

**KURKURE SNACKS**  
113 g  
20639782 EA/21361077 EA



**\$2**

**SURAJ® JUICE**  
selected varieties  
1 L  
21001004 EA/21001025 EA

**SURAJ® ALMOND**  
237 ml or  
**COCONUT**  
500 ml  
**OIL**  
20871833 EA/20983648 EA

**3.99**







## Spring Flash Sale!

Get 3GB of bonus data for  
6 months on \$30+ plans.

Offer ends April 3



\*Conditions apply. Visit [pcmobile.ca](http://pcmobile.ca) for full details. Subject to change.



This  
bank  
account  
is the  
real deal.

Earn up to  
**125K** pts  
in welcome  
offers\*



No  
monthly  
fee

### PC Money™ Account

📍 Close to your heart

📁 Avid points collector

🔍 Life-long partner

Sign up

\*Limited time offer. Conditions apply. ®/™All trademarks property of their respective owners. PC Money™ Account is provided by President's Choice Bank.

## 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