

DEALS DEALS DEALS DEALS FOR DAYS EVENT

Optimum[®]
3,500 pts
for every \$10*
spent on

350
value

CAMPBELL'S CHUNKY 515 mL,
READY TO SERVE 515 mL, **CONDENSED** 284 mL,
HABITANT 796 mL or **EVERYDAY GOURMET** 500 mL **SOUP**
selected varieties
21479030_EA/21480447_EA



Optimum[®]
4,000 pts
for every \$10*
or more spent on

\$4
value

BREYERS or **POPSICLE ITEMS**
all sizes and varieties
20301305002_EA/20344925001_EA/20684180_EA



APP EXCLUSIVE OFFER*
Optimum[®]
1,000 pts
for every \$5*
spent on

\$1
value

CONDIMENTS
includes mayonnaise, ketchup, pickled products,
olives, mustard, BBQ and hot sauce
all sizes and varieties
20069080_EA/20618579001_EA/20300473_EA



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NOFRILLS

FLYER PRICES EFFECTIVE THURSDAY, APRIL 25 TO WEDNESDAY, MAY 1, 2024.

GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba



SAVE 42%

2⁸⁸

PKG OF 3

FARMER'S MARKET™ ENGLISH CUCUMBERS
product of Western Provinces, Canada no. 1 grade
2082841/1001 EA

CLUB SIZE



SAVE 31%

5⁴⁹
LB

CHICKEN BREAST
boneless, skinless, fresh
12.10/kg
20088430 EA



SAVE 35%

4⁴⁹

JOHNSONVILLE DINNER SAUSAGES, BREAKFAST SAUSAGES or ROUNDS or ITALIAN GRINDS
selected varieties
250-500 g
20111438 EA



SAVE UP TO 33%

3⁹⁹

INTERNATIONAL DELIGHT COFFEE WHITENER 946 mL,
PC® INSTANT COFFEE 80/100 g or LAVAZZA ROAST AND GROUND COFFEE 250 g
selected varieties
20895480002 EA/21449826 EA



SAVE 30%

2⁷⁹

GREEN GIANT VEGETABLES 400-750 g or MCCAIN FRIES 454-800 g
selected varieties, frozen
20234328002 EA/21022270 EA



SAVE 34%

4²⁵

CRACKER BARREL NATURAL CHEESE SLICES
selected varieties
200-240 g
21290703 EA

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
2L
20276926002 EA/20316004002 EA

SAVE UP TO 53%

1²⁵



30=60 ROLLS

6=12 ROLLS



SAVE UP TO 45%

12⁹⁹

ROYALE BATHROOM TISSUE or ROYALE TIGER TOWELS
selected varieties
21278232 EA/21484704 EA

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

[nofrills.ca](https://www.nofrills.ca)

01 NFW

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6⁹⁹

907 G CLAMSHELL

FARMER'S MARKET™ GREEN or RED SEEDLESS GRAPES
product of Chile or India,
no. 1 grade
3004579001 SA/30034471001 SA



4⁹⁹

1 LB CLAMSHELL

STRAWBERRIES
product of U.S.A.,
no. 1 grade
3004773001 SA



GROWN IN CANADA
1⁹⁹
LB

TOMATOES ON THE VINE
product of Canada
4.39/kg
3003677001 KG



11 LB AVERAGE

7⁹⁹

WHOLE SEEDLESS WATERMELON
product of Mexico or U.S.A.
3006723001 SA



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



3⁹⁹

6 OZ CLAMSHELL

BLACKBERRIES
product of Mexico or
RASPBERRIES
product of U.S.A., no. 1 grade, 170 g
30031013001 SA/301281903001 SA



4⁹⁹

PKG OF 5 OR 6

AVOCADOS
product of Mexico
3014223001 SA



6⁹⁹

5 LB BAG

COSMIC CRISP APPLES product of U.S.A.,
extra fancy grade or
FARMER'S MARKET™ AMBROSIA APPLES
product of Western Provinces,
Canada fancy grade
3140118001 SA/3003064001 SA



1⁴⁹

ATAULFO or RED MANGOES
product of Mexico
3011210001 SA/3003912001 SA



3⁹⁹

CAULIFLOWER
product of Mexico or U.S.A.,
no. 1 grade
3013327001 SA



4⁹⁹

3 LB BAG

FARMER'S MARKET™ GRAPEFRUIT or NAVEL ORANGES
product of U.S.A.
3011840001 SA/30142945001 SA



.99

CILANTRO
product of Colombia,
Mexico or U.S.A.
3001182001 SA



2⁹⁹

CELERY
product of U.S.A.,
no. 1 grade
3014317001 SA



3⁹⁹

2 LB BAG

FARMER'S MARKET™ MINI CARROTS
product of U.S.A., no. 1 grade
3003143001 SA



GROWN IN CANADA
3⁹⁹

680 G BAG

PC™ LITTLE GEMS MIXED, RED or YELLOW MINI POTATOES
product of Canada,
Canada no. 1 grade
each
300481001 SA/300481001 SA



GROWN IN CANADA
5⁹⁹

681 G

PC™ AXIANI VARIETY PACK TOMATOES
product of Canada
300447001 SA/300447001 SA



GROWN IN CANADA
6⁹⁹

PKG OF 6

FARMER'S MARKET™ SWEET PEPPERS
product of Canada
300399001 SA



6⁹⁹

3 LB BAG

PC™ MANDARIN MANDARINS
product of Mexico or U.S.A.
300661001 SA

*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.

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\$10

PC® BONE-IN CHICKEN THIGHS, DRUMSTICKS or CHICKEN BREAST FILLETS
up to 870 g
21341035 EA/21341042 EA



PRICE DROP

6⁹⁹

PILLER'S PEPPERONI STICKS or TURKEY BITES
selected varieties, 300-500 g
21099386 EA/21099391 EA



CLUB SIZE

8⁹⁹
LB

EYE OF ROUND ROAST or STEAK
cut from Canada AA grade beef
19.82/kg
20066325 KG

3⁹⁹
LB

MEDIUM GROUND PORK
fresh
8.80/kg
20409981 KG



7⁴⁹

MARCANGELO BEEF SAUSAGE
375 g
21348446 EA



6⁹⁹

SEAQUEST® COLOSSAL RAW WHITE SHRIMP
14-20 per lb 300 g
BAY SCALLOPS
100-150 per lb 400/454 g
SEAQUEST® SHRIMP RING
227 g or **GREEN LIPPED HALF SHELL MUSSELS**
454 g, frozen
20082399 EA/21043887 EA



8⁹⁹

BASA STEAKS
frozen
1 kg
20970449 EA



3⁴⁹

MAPLE LEAF TOP DOGS WIENERS 375 g or **SCHNEIDERS LUNCHMATE LUNCH KITS or STACKERS** 90-120 g
selected varieties
21093477 EA/21210034 EA



3⁹⁹

MINI BABYBEL 102-120 g or **THE LAUGHING COW CHEESE** 120-140 g
selected varieties
20319107 EA/20574332 EA



1,000
\$1 Value

4⁴⁹

MASTRO MILD or HOT SALAMI 150 g or **SAN DANIELE PROSCIUTTO** 100 g
selected varieties
20581860 EA/21061099 EA



1⁹⁹

NO NAME BREAD 320 g or **BUNS** 12+
selected varieties
21289512 EA
21289513 EA



SAVE 23%
2⁹⁹

D'ITALIANO BREAD
selected varieties
600/672 g
20066110 EA



2⁹⁹

COUNTRY HARVEST BREAD 400/430 g or **BAGELS** 6+
selected varieties
21279977 EA/21279982 EA



APP EXCLUSIVE OFFER
1,500

\$6

\$1.50 Value
FARMER'S MARKET MUFFINS
selected varieties
6+
21242006 EA/21038207 EA



\$7

PC® PLANT BASED BLACK BEAN, CORN AND SWEET POTATO VEGGIE BURGER
selected varieties, frozen
432 g
21422221 EA



\$12

PC® WAGYU BURGERS
beef
348 g
20962221 EA



\$12

NO NAME® BEEF BURGERS
beef
1.24 kg
20127424 EA



\$13

PC® CHICKEN BURGER 1.12 kg or **PORK BACK RIBS**
selected varieties, 500 g
frozen
20962221 EA/20962222 EA

DEALS DEALS DEALS FOR DAYS EVENT

WOW!
5⁹⁹

LACTANTIA BUTTER
selected varieties
454 g
20627925 EA

SAVE UP TO 50%
3⁴⁹

CHAPMAN'S COLLECTIONS 8's,
LOLLY 20's, **NOVELTIES** or
MARKDALE CREAMERY ICE CREAM 2L
selected varieties, frozen
2022373701 EA/20215234001 EA

SAVE UP TO 30%
3⁴⁹

PC® FROZEN VEGETABLES 400-750 g or
PREMIUM FROZEN VEGETABLES
350-500 g
selected varieties
20218913 EA/21432028 EA

3⁴⁹

EGGO WAFFLES
selected varieties, frozen
8's
20302779 EA

4⁴⁹

PC® FROZEN FRUIT
selected varieties
300-600 g
20212227 EA/21377841 EA

5⁷⁷

PC® CHEESE BARS
selected varieties
300/400 g
2128949 EA

1⁶⁹

GREEN GIANT VEGETABLES
selected varieties
341/398 mL
21021179 EA/21021224 EA

1⁷⁹

UNICO PASTA SAUCE
selected varieties
680 mL
2025637001 EA

3⁹⁹

HEREFORD CORNED BEEF
340 g
2000602 EA

1⁹⁹

SUNTYPE 100% JUICE BOXES
selected varieties
5x200 mL
20210907012 EA

2⁴⁹

CHRISTIE CRACKERS
selected varieties
175-386 g
21030647 EA/21547024 EA

3⁹⁹

RUFFLES POTATO CHIPS
selected varieties
180-210 g
21241053 EA

4²⁹

MINUTE MAID NO SUGAR ADDED DRINKS or OASIS HEALTH BREAK or SMOOTHIE
selected varieties, refrigerated
1.5L/1.6L
21404119 EA/21529910 EA

5⁹⁹

GIUSEPPE THIN CRUST or RISING CRUST PIZZA
selected varieties, frozen
439-785 g
21104361 EA

13⁹⁹

PC® ROAST AND GROUND COFFEE 875/930 g or **PODS** 30's
selected varieties
21038677 EA/21393374 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.

APRIL

**HIT
OF THE
MONTH**



**Cavendish
Farms Fries**

800g, selected varieties, frozen



Lédere Go Pure

140-175g, selected varieties



**Feastables Mr Beast
Chocolate Bars**

60g, selected varieties
While quantities last.

See in-store for retails

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local trade areas.
Valid from April 1st - 30th, 2024.

DEALS DEALS DEALS FOR DAYS EVENT



Optimum
Members-Only Price™
249
Non-members
349

BLACK DIAMOND SLICES
PROCESSED CHEESE PRODUCT
selected varieties
410 g
21232544 EA



Optimum
Members-Only Price™
349
Non-members
449

HIGH LINER CATCH OF THE DAY FISH
selected varieties, frozen
350 g
21202977 EA



Optimum
Members-Only Price™
399
Non-members
449

DANONE ACTIVIA YOGURT
selected varieties
8's
20324741001 EA/20323384002 EA



Optimum
Members-Only Price™
999
Non-members
1199

28'S
BLACK DIAMOND CHEESTRINGS
20765883 EA



Optimum
Members-Only Price™
229

QUAKER DIPP'S CHEWY GRANOLA BARS
selected varieties
130-136 g
20217401 EA/21202977 EA



Optimum
Members-Only Price™
299
Non-members
329

DOLE FRUIT BOWLS
4-107 mL or FRUIT 'N GEL SNACKS 4x133 g
selected varieties
20217401 EA



Optimum
Members-Only Price™
549
Non-members
599

GENERAL MILLS FAMILY SIZE CEREAL
selected varieties
473-776 g
21202977 EA



Optimum
Members-Only Price™
999

MCCAFE ROAST AND GROUND COFFEE PODS
340 g or 12's
selected varieties
21202977 EA



Optimum
Members-Only Price™
\$2
Non-members
249

CADBURY FAMILY BAR
23-100 g or
MAYNARDS CANDY SMALL BAR
130-134 g
selected varieties
20217401 EA/21202977 EA



Optimum
Members-Only Price™
249
Non-members
299

CHRISTIE COOKIES
selected varieties
212-202 g
21202977 EA



Optimum
Members-Only Price™
499

ORVILLE REDENBACHER MICROWAVE POPCORN
340-492 g or
KERNEL JAR 430 g
selected varieties
20217401 EA



Optimum
Members-Only Price™
1,000
Non-members
1599

BERTOLLI OLIVE OIL
selected varieties
250 mL or 1.33 L
20217401 EA



Optimum
Members-Only Price™
750
Non-members
529

BICK'S PICKLES
selected varieties
1 L
21202977 EA



Optimum
Members-Only Price™
1,000
Non-members
499

ZIPLOC STORAGE BAGS
selected varieties
10-90's
20217401 EA/21202977 EA



Optimum
Members-Only Price™
1,000
Non-members
549

ST. IVES BODY LOTION 400 mL or
FACE PRODUCTS
200 mL/170 g
selected varieties
21202977 EA



Optimum
Members-Only Price™
3,000
Non-members
899

SWIFFER WETJET LIQUID REFILL 1.33 L
DUSTER KIT 1.2m
WET CLOTH REFILLS 10-12's
DRY CLOTH REFILLS 10-12's
selected varieties
20217401 EA

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* **7,500** pts

for every \$25* spent on Cascade Platinum Plus 12/30/31's, Dawn Powerwash Starter Kits & Refills 473 mL or Dawn Platinum 366 mL/2.21 L selected varieties 21218861_EA/21507155_EA

750 value





ALWAYS
\$6

NO NAME® CHICKEN NUGGETS, BURGERS or STRIPS
frozen
908 g
21178744 EA



ALWAYS
\$4

PC® ENTRÉES
selected varieties, frozen
212-365 g
2017223001 EA/21147280 EA

ALWAYS
\$4

PC® BLACK LABEL ICE CREAM 500 ml
or SCOOP SHOP ICE CREAM 946 ml
selected varieties, frozen
2029983005 EA/20604543003 EA



ALWAYS
450

NO NAME® REAL CHEESE SLICES
selected varieties
210/230 g
20742315 EA



ALWAYS
\$10

PINK SALMON FILLETS
frozen
700 g
21190333 EA



ALWAYS
\$4

LIFE BRAND® LOTION
selected varieties
600 ml
21203733 EA



ALWAYS
\$5

PC® 3X BABY WIPES
scented or unscented
300's
21140718 EA



ALWAYS
\$10

SURAJ® BASMATI RICE
2.63 kg
20838931 EA

PRICE DROP

Lowered price for a longer time.



MICHELINA'S DINNER ENTRÉES
selected varieties, frozen
156-284 g
3120614 EA

PRICE DROP

1.49



PRICE DROP

2.99

TIM HORTONS SOUP CHILI
540 mL or 425 g
selected varieties
2132119 EA



PRICE DROP

2.99

LIBERTÉ MÉDITERRANÉE 4%
500 g or **LIBERTÉ GREEK** 2% YOGURT
selected varieties
3134734 EA



PRICE DROP

6.99

IMPERIAL MARGARINE
selected varieties
1.28/1.36 kg
2004492 EA



PRICE DROP

4.49

SUMMI SPRING ROLLS
selected varieties
240-350 g
3111437 EA



PRICE DROP

5.99

2.27 KG

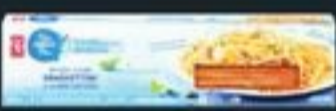
ITALPASTA
selected varieties
20182410001 EA



PRICE DROP

\$7

PC CHEESE BLOCKS
selected varieties
250 g
20770632 EA



PRICE DROP

2.49

PC BLUE MENU PASTA
selected varieties
375 g
20224022 EA



PRICE DROP

2.99

DIANA BULL'S-EYE BBQ SAUCE
330 mL or 425 mL
selected varieties
200780001 EA



PRICE DROP

4.99

HEINZ KETCHUP 750 mL/1 L or **KRAFT MIRACLE WHIP**
650/500 mL
selected varieties
200780001 EA



PRICE DROP

4.99

GOLD SEAL SOCKEYE SALMON
213 g
21244 EA



PRICE DROP

2.49

BODY ARMOR SPORTS DRINK
selected varieties
473 mL
21244 EA



PRICE DROP

2.49

SILK NON-DAIRY BEVERAGES
selected varieties
1.89 L
21244 EA



PRICE DROP

3.49

NATURE VALLEY SWEET & SALTY BARS
selected varieties
720/270 g
21244 EA



PRICE DROP

5.49

JACK LINK'S JERKY
selected varieties
200780001 EA



PRICE DROP

8.29

NO NAME CANOLA OIL
3 L
21244 EA



PRICE DROP

15.99

BEYOND MEAT PLANT-BASED BURGERS
8 burgers
472 g
21244 EA



PRICE DROP

5.99

FRISKIES DRY CAT FOOD
selected varieties
1.4-1.3 kg
201213 EA



PRICE DROP

16.99

TIDE PODS LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER & GAIN SCENT BOOSTERS
selected varieties
21244 EA

NATURAL FOODS AT LOW PRICES



GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

3⁹⁹

454 G

PC[®] ORGANICS WHOLE CREMINI or WHITE MUSHROOMS
product of Western Provinces
2119528001 EA/2121194001 EA



5⁹⁹

312 G

PC[®] ORGANICS FIELD GREENS or BABY SPINACH
product of U.S.A.
20127207 EA/20223751 EA

7⁹⁹

IMPOSSIBLE PLANT BASED BURGER PATTIES
227 g
21403372 EA



7⁹⁹

BEYOND MEAT ITALIAN SAUSAGE
selected varieties
400 g
21300112 EA



SILK NON-DAIRY REFRIGERATED BEVERAGE
selected varieties
1.74-1.89 L
2013090001 EA/21194119 EA

3⁷⁹



SILVER HILLS BREAD or BAGELS
430-680 g or 6's
selected varieties
21047070 EA/21100349 EA

\$5



3⁹⁹

BLUE DIAMOND ALMOND NUT-THINS CRACKERS
selected varieties
120 g
20105843001 EA/20105841004 EA



ORGANIC 5⁹⁹



PC[®] ORGANICS SMOOTHIE BLENDS
selected varieties, frozen
450 g
21141577 EA/211416739 EA

GOGO GLUTEN-FREE QUINOA PASTA
selected varieties
227 g
2072228002 EA

3⁹⁹



NUTS TO YOU ALMOND BUTTER
selected varieties
365 g
20922643001 EA

9⁹⁹



4⁴⁹

KIND HEALTHY GRAINS or BREAKFAST BARS
selected varieties
200 g
20994432 EA/21318232 EA



7⁹⁹

BRAGG ORGANIC APPLE CIDER VINEGAR
946 mL
20943004 EA



23⁹⁹

RXBAR, CLIF NUT BUTTER or CLIF BUILDERS BARS
selected varieties
400-815 g
20300133002, C12/21189650, C13



GLOBAL FOODS AT LOW PRICES



1.99
LB

GINGER ROOT product of China,
JAPANESE SWEET YAMS product of U.S.A. or
LONG EGGPLANT product of Honduras or Mexico
4.39/kg
3017902001 KG/20534923001 KG/30159013001 KG



3.99
LB

OKRA product of U.S.A. or
YELLOW YAMS
product of Costa Rica
8.80/kg
30091363001 KG/30070018001 KG



1.49
LB

OPO SQUASH
product of Mexico
3.28/kg
30143025001 KG



5.99
LB

HALAL LEAN GROUND BEEF
fresh
13.21/kg
30034901 KG



2.99

CRISPY ROTI
selected varieties
750 g
31195607 EA



8.99

PMC TILAPIA
1.36 kg or **WHOLE**
GOLDEN POMPANO 700 g
frozen
31432301 EA



\$24

SURAJ® HALAL CHICKEN WINGS
fresh
31430606 EA



\$3

ROOSTER® SWEET CONDENSED MILK
300 mL
30124907 EA



3.29

LA COSTEÑA SAUCE
selected varieties
455 mL
3021845001 EA



6.99

NANAK RASMALAI
selected varieties, frozen
850 g
31284618 EA



.99

KNORR BOUILLON
selected varieties
80 g
30379043001 EA



4.99

HALDIRAM'S PANI PURI
275 g
30012991 EA



4.99

DANISA BUTTER COOKIES
454 g
31340259 EA



1.44

HALDIRAM'S INDIAN SNACKS
selected varieties
150/160 g
30309425 EA/30309977 EA



1.49

SHANA VEGETABLES
selected varieties,
frozen
300 g
30732993 EA



\$4

SURAJ OKRA
selected varieties,
frozen
1 kg
30379701 EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ET 01 NFW



financial®

**Fast
forward
to FREE
groceries.**

Get
\$100
in welcome
points*



APPLY NOW

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

insurance

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

GET A QUOTE



†Conditions apply. Subject to change. For full details see www.pcinsurance.ca.

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. 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