

DEALS DEALS DEALS DEALS FOR DAYS EVENT



SAVE 48%

.88

GREEN ONIONS
product of Mexico
bunch
20107300001 EA



SAVE 41%

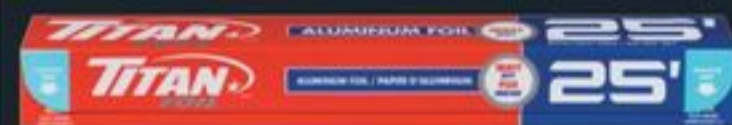
.88

ATAULFO MANGOES
product of Mexico
20121509001 EA

**APPLE JUICE or
FRUIT COCKTAIL**
selected varieties
1 L
20307424001 EA

SAVE UP TO 47%

.88



SAVE UP TO 73%

.88

**GLAD CLING WRAP 30 m or
TITAN ALUMINUM FOIL or
WAX PAPER 25 ft**
20003818 EA/21400432 EA

BIG DEALS FOR LITTLE ONES



24⁹⁹

HUGGIES SUPER BIG PACK DIAPERS
 size N-7, selected varieties
 32-108's
 21456221 EA/21456318 EA



ORGANIC

\$1

PC[®] ORGANICS BABY FOOD POUCHES
 selected varieties
 128 mL
 20431248002 EA/20444167004 EA

Optimum[®]

10,000^(pts)

for every \$50* spent on

\$10
value



PAMPERS DIAPERS, TRAINING PANTS or WIPES
 all sizes and varieties
 20304474001_EA



SAVE UP TO 27%

12⁹⁹

FINISH DISHWASHER TABS 30-55's or **JET-DRY** 946 mL selected varieties 21561525 EA

120 LOADS



SAVE UP TO 33%

9⁹⁹

TIDE PODS 31/23/18's **LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER** 1.89-2.63 L, **DOWNY** or **GAIN SCENT BOOSTERS** 379 g or **BOUNCE DRYER SHEETS** 120/200's selected varieties 21504426 EA/20890215 EA



SAVE 30%

8⁹⁹

15=30 ROLLS

ROYALE BATHROOM TISSUE selected varieties 21572800 EA



7⁹⁹

2/3=6 ROLLS

ROYALE TIGER TOWELS selected varieties 21484702 EA



SAVE 20%

3⁹⁹

PC® PLANET FIRST™ ALL PURPOSE CLEANER selected varieties 700 mL 21543267 EA/21543202 EA

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NOFRILLS

FLYER PRICES EFFECTIVE THURSDAY, APRIL 18 TO WEDNESDAY, APRIL 24, 2024.



\$15 EACH EQUAL TO

1.36
LB

5 KG BOX, FROZEN

CHICKEN LEGS
back attached
20774509 201

SAVE 50%

2.79

1 LB CLAMSHELL

STRAWBERRIES
product of U.S.A., no. 1 grade
3048778001 EA



SAVE 50%

5.99

SCHNEIDERS CHICKEN WINGS
selected varieties, frozen
615 g
21372433 EA



2.99

POST CEREAL
selected varieties
311-525 g
21437314 EA/21513493 EA



SAVE 30%

3.49

RISTORANTE or CASA DI MAMA PIZZA
selected varieties, frozen
320-410 g
20296100001 EA/20296434006 EA

PC[®] KETTLE,
LOADS OF
WORLD OF CHIPS

SAVE 24%

1.88



CAMPBELL'S
CHUNKY SOUP

SAVE 37%

1.88



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

nofrills.ca

01 NFW



DEALS DEALS DEALS FOR DAYS EVENT

1.99
LB

GREEN ZUCCHINI product of Mexico or
TOMATOES ON THE VINE
product of Canada

4.39/kg
2042619001, 80/20006703001, 80

PKG OF 4



4.99

AVOCADOS product of Mexico or
**FARMER'S MARKET™
SWEET CORN** product of U.S.A., no. 1 grade

20348977001, 8A/20143232001, 8A

**PKG OF
5 OR 6**



PINT

BLUEBERRIES
product of Mexico, no. 1 grade

20080137001, 1A

4.99



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



2.49
LB

BROCCOLI CROWNS
product of U.S.A. or Mexico

5.49/kg
2032410101, 80



5.99

PKG OF 15

**FARMER'S MARKET™
MINI CUCUMBERS**
product of Western Provinces,
Canada no. 1 grade

2032000001, 8A



6.99

COSMIC CRISP APPLES,
product of U.S.A., extra fancy grade, or
**FARMER'S MARKET™
AMBROSIA APPLES,**
product of Western Provinces, Canada fancy grade
or **PC® MANDARIN**
product of U.S.A. or Mexico

2140010001, 8A/204040001, 1A



1.99
LB

BARTLETT PEARS
product of Argentina, extra fancy grade

4.29/kg
2017014001, 80



3.99
LB

ASPARAGUS,
product of Mexico, no. 1 grade, or
GREEN BEANS, product of U.S.A.

5.80/kg
2017400101, 80/2014300001, 80



5.99

**FARMER'S MARKET™
CARROTS - RUSSET
POTATOES**
product of Canada or U.S.A., no. 1 grade

200070001, 8A/200100001, 1A



.69

LIMES
product of Mexico

each
20000001, 1A



.89

KIWI
product of China

2017000001, 80



1.49

RED MANGOES
product of Mexico

20000001, 80



5.99

**HONEYDEW -
MINI SEEDLESS
WATERMELON**
product of Guatemala

each
20000001, 8A/2014327001, 8A



3.99

PKG OF 3

**FARMER'S MARKET™
ENGLISH
CUCUMBERS**
product of Western Provinces,
Canada no. 1 grade

2032000001, 8A



3.99

454 G

**PC® WHOLE
CREMINI - WHITE
MUSHROOMS**
product of Western Provinces,
Canada no. 1 grade

20170170101, 80/20170170101, 8A



4.99

3 LB BAG

**FARMER'S
MARKET™
GRAPEFRUIT -
NAVEL ORANGES**
product of U.S.A.

2017000001, 8A/2017000001, 8A



5.99

681 G

**PC® AXIAN™
TOMATOES -
VARIETY TOMATOES**
product of Canada or Mexico

2017000001, 8A/2017000001, 8A

*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.

DEALS DEALS DEALS FOR DAYS EVENT



\$15

PC® or SUFRA® HALAL BONELESS SKINLESS CHICKEN BREAST 2½ or PC® SPLIT CHICKEN WINGS or BONELESS SKINLESS CHICKEN THIGHS up to 725 g
21340932 EA/21340972 EA/21341017 EA



CLUB SIZE

FREE FROM
4.49
LB

PC® FREE FROM® PORK COMBO CHOPS
bone-in, fresh
9.90/kg
21097411 KG



CLUB SIZE

6.49
LB

EXTRA LEAN GROUND BEEF
fresh
14.31/kg
20981822 KG

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

2.99



Smoked Steelhead Salmon
Salmon steelhead fumé
50 g • 1.7 oz
Keep frozen prior to use • Garder congelé jusqu'à utilisation

SEAQUEST® COLOSSAL RAW WHITE SHRIMP 16-20 per lb, 300 g, SHRIMP RING 227 g or BAY SCALLOPS 400 g
frozen
21043887 EA

\$6



16-20/lb
Pacific White Shrimp
Crevettes blanches du Pacifique
200 g (0.66 lb) RAW • CRUES

Lunch Mate
Maple Leaf Natural Top Dogs
Schneiders Lunch Kits or Stackers
90-120 g
selected varieties
21095477 EA/21373034 EA

3.49

MAPLE LEAF NATURAL TOP DOGS 375 g, SCHNEIDERS LUNCH KITS or STACKERS
90-120 g
selected varieties
21095477 EA/21373034 EA



11.99

MARCANGELO SAUSAGE, BREAKFAST SAUSAGE or PATTIES
selected varieties
1.2-1.4 kg
20779228 EA



\$14

PC®, BLUE MENU®, THICK & JUICY® or FREE FROM® BURGERS
selected varieties, frozen
1.02-1.36 kg
20941230 EA



\$4

PC® ALL BUTTER CROISSANTS READY TO BAKE
selected varieties, frozen
312-360 g
21548132 EA

MAPLE LEAF NATURAL SELECTIONS or SCHNEIDERS SLICED DELI MEAT
selected varieties
125-175 g
20009282 EA/20582322 EA

6.99



\$8

ZIGGY'S FETA CHEESE
selected varieties
400 g
20592932 EA



2.50

WONDER BREAD 570 g or BUNS 12's
selected varieties
20305674 EA/20520827 EA



2.99

CASA MENDOSA 10 INCH TORTILLAS 384/640 g or DELI WORLD LIGHT RYE 500 g
selected varieties
20097436 EA/21564518 EA



4.50

FARMER'S MARKET® MINI DOUGHNUTS
selected varieties
600 g
21559442 EA

\$1
each

**DEALS
DEALS
DEALS
FOR DAYS
EVENT**

YOPLAIT YOP DRINKABLE YOGURT
selected varieties
200 mL
21478178 SA/21478300 SA



SAVE 22%
\$1



CAMPBELL'S CREAM OF MUSHROOM, CHICKEN NOODLE, VEGETABLE or TOMATO SOUP
204 mL
20178214004 SA

SAVE 37%
\$1

UNICO TOMATO PASTE
156 mL
20000337 SA



\$1

NESTLÉ MILKSHAKES or MILK 2 GO
selected varieties
473 mL
20232648001 SA
20899252002 SA



\$1

KRAFT DINNER
original
200 g
213449526 SA



\$1



\$1



CLUB HOUSE GRAVY or DRY SAUCE MIXES
selected varieties
20-47 g
202002814001 SA/202002814004 SA



\$1

SAPPORO ICHIBAN NOODLES
selected varieties
100 g
20073407003 SA



\$1

PC® FREE & CLEAR or BLUE MENU® SPARKLING WATER
selected varieties
1 L
20162041002 SA/20220422004 SA



\$1

CARNABY SWEET FREEZE POP
18 x 20 mL
211423200 SA
WHILE QUANTITIES LAST



\$1

NO NAME® CHOCOLATE BAR 100 g or CARNABY SWEET CANDY 125 g
selected varieties
20040727 SA/21214047 SA



\$1

DARE BREAKTIME COOKIES
selected varieties
250 g
21522013 SA



\$1

COLGATE or CREST TOOTH PASTE 50-100 mL or MANUAL TOOTHBRUSH 1 ea
selected varieties
20220721001 SA/200723382 SA



\$1

NO NAME® FACIAL TISSUE
1 x 126 sheets
20070999 SA



\$1

COMET POWDER CLEANER 600 g or NO NAME® GEL AIR CONES
selected varieties
21522009 SA/21402448 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.

APRIL

**HIT
OF THE
MONTH**



**Cavendish
Farms Fries**

800g, selected varieties, frozen



Leduc 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

50¢ Value

500^{pts}

SAVE 33%

2.99



TETLEY HERBAL TEA
selected varieties
30/24's
30/1138_EA

SAVE 33%

5.77



CRACKER BARREL CHEESE SHREDS
selected varieties
320 g
71790616_EA

2.99



DANONE ACTIVIA YOGURT TUB
selected varieties
650 g
20225123001_EA/20225123003_EA

2.99



KELLOGG'S RICE KRISPIES BARS
176/199 g, **POP TARTS** 384 g,
SPECIAL K BARS 122 g or
NUTRI-GRAIN BARS 293 g
selected varieties
2013047001_EA/2021294881_EA

4.79




SMUCKER'S JAM, MARMALADE or JELLY
selected varieties
370-500 mL
2020043801_EA/2021270813_EA

5.99



NUTELLA HAZELNUT SPREAD
722 g
2042405_EA

3.49



PC® THE DECADENT® CHOCOLATE CHIPS
selected varieties
250-260 g
20211475_EA/20220275_EA

3.99



LAVAZZA ROAST AND GROUND COFFEE 250 g or **TAZO CHAI LATTE** LATTE AU THÉ CHAI
selected varieties
2100000022_EA/2100000023_EA

5.49



GENERAL MILLS FAMILY SIZE CEREAL
selected varieties
475-778 g
2100000015_EA/2100000016_EA

8.99



KELLOGG'S JUMBO CEREAL
selected varieties
720 g & 1.2 kg
202129101_EA/202129102_EA

2.99



MINUTE MAID, FIVE ALIVE or NESTLÉ ICED TEA DRINK BOXES
selected varieties
8/70/200 mL
2021000002_EA/2021000003_EA

3.99



PEPSI SOFT DRINKS
selected varieties
84/719 mL
2021000002_EA/2021000003_EA

6.99



KRAFT CHEEZ WHIZ
100 g
2021000001_EA

13.99




KRISPY KREME, TIMOTHY'S, or DONUT HOUSE COFFEE PODS 20's or PC® WHOLE BEAN COFFEE 107 g
selected varieties
2021000001_EA/2021000002_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* **3,000^{pts}** for every \$9* spent on Danone yogurt
all varieties and sizes
20225384002_EA/20419715004_EA

\$3 value



DEALS DEALS DEALS DEALS FOR DAYS EVENT



SAVE UP TO 30%
8⁹⁹

PC® ENTRÉES 600 g / 1.13 kg, SWANSON OVEN EASY MEALS 879/992 g or SWANSON FAMILY SKILLETS 1.19 kg selected varieties, frozen 20226334, EA/21329284, EA



SAVE UP TO 50%
3⁴⁹

CHAPMAN'S COLLECTION 8's or LOLLY NOVELTIES 28's selected varieties, frozen 2022757001, EA/20950724, EA

SAVE 20%
7⁹⁹

POGO selected varieties, frozen 8/10's 20053302001, EA



2⁴⁹ PEPPERIDGE FARMS GOLDFISH CRACKERS selected varieties 136/227 g 20220001, EA



2⁴⁹ DARE CRACKERS selected varieties 190/221 g 20220001, EA



2⁴⁹ DARE COOKIES selected varieties 168/240 g 20220001, EA



3⁹⁹ TOSTITOS TORTILLA 203/293 g or MISS VICKIE'S POTATO CHIPS 190/200 g selected varieties 20220001, EA/21329284, EA



3⁹⁹ OCEAN SPRAY CRANBERRY COCKTAIL or 100% JUICE BLEND selected varieties 1.77/1.88 L 20220001, EA/20220001, EA



5⁷⁷ CHEERSTRINGS FICEFLO 16's or BLACK DIAMOND CHESTNUTS 16's or STICKS 12's selected varieties 20220001, EA/20220001, EA



9⁹⁹ NO NAME® FLOUR selected varieties 10 kg 20220001, EA



13⁹⁹ ARM & HAMMER LIQUID LAUNDRY DETERGENT 4.0 L 20220001, EA



3⁹⁹ PINE-SOL CLEANER selected varieties 1.4 L 20220001, EA/20220001, EA



6⁹⁹ HEFTY GARBAGE BAGS selected varieties 12/40's 20220001, EA/20220001, EA



8⁹⁹ PALMOLIVE LIQUID DISH SOAP selected varieties 4.27 L 20220001, EA



14⁹⁹ GAIN LIQUID 4.5 L or FLINGS 47' LAUNDRY DETERGENT selected varieties 20220001, EA/21329284, EA

SUMMER SWEET WAVE



\$2 NESTLÉ, MARS or HERSHEY'S KING SIZE BARS selected varieties 20/22's 20220001, EA



2⁴⁹ TWIZZLERS CANDY selected varieties 275/424 g 20220001, EA



\$3 SKITTLES CANDY 233/200 g or EXCEL GUM BOTTLE 87 g selected varieties 20220001, EA/20220001, EA



3⁴⁹ MAYNARDS MEDIUM BAG 266/313 g or FERRERO ROCHER TABLET 192 g selected varieties 21428820, EA/21428820, EA

DEALS DEALS DEALS DEALS FOR DAYS EVENT



SAVE 16%
24⁹⁹

**PAMPERS SUPER BIG
PACK DIAPERS**
selected varieties
size N-6, 42-120's
21370844 EA



SAVE 25%
2⁹⁹

**HUGGIES or
PAMPERS 1X BABY WIPES**
selected varieties
56-72's
20557396 EA/20708133 EA



26⁹⁹

**HUGGIES PULL UPS or
PAMPERS EASY UPS
CLUB PACK TRAINING PANTS**
selected varieties
46-74's
21089365 EA/21371199 EA



4⁴⁹

GERBER INFANT CEREAL
selected varieties
227 g
20338329007 EA



**ALWAYS
\$5**

PC® 3X BABY WIPES
scented or unscented
300's
21540716 EA



4⁴⁹

Q-TIPS COTTON SWABS
500's
20322077901 EA



9⁹⁹

**PEDIASURE COMPLETE
TODDLER NUTRITIONAL
SUPPLEMENT**
selected varieties
4x235 mL
20322418001 EA



3⁹⁹

**AXE BODY SPRAY 112 g,
DEODORANT 76-151 g,
BODY WASH or
HAIR CARE 473 mL**
selected varieties
20236717001 EA/21420096 EA



4⁹⁹

**L'ORÉAL PARIS
HAIR EXPERTISE
HAIR CARE**
selected varieties
200/285 mL
2040000002 EA/2040000003 EA



10⁹⁹

AVEENO LOTION
selected varieties
532 mL
2010020001 EA/2010020002 EA



**ALWAYS
\$5**

**LIFE BRAND®
LIQUID HAND
SOAP REFILL**
selected varieties
2L
213209120002 EA/213209120004 EA



**ALWAYS
\$8**

**LIFE BRAND®
EPSOM SALTS**
4 kg
2132091200 EA



**ALWAYS
\$10**

**LIFE BRAND®
SKIN CLEANSER**
300 mL
2132091200 EA

DELI DEALS!

A story of super value.



500⁺ Value



449

MASTRO CAPOCOLLO
125 g or **SAN DANIELE MORTADELLA**
regular or light 175 g
selected varieties
2025743_EA/20257341_EA



\$5

INDIVIDUAL HAND PANNED PIZZA
selected varieties
222-245 g
21546336_EA

ZIGGY'S SALAD
selected varieties
454 g
20064105_EA



\$3



FREYBE PEPPERONI STICKS
selected varieties, fresh
500 g
2022434_EA/20223263_EA

9.99



\$6

PILLER'S KOLBASSA
selected varieties
375 g
2026447_EA



TRE STELLE MOZZARELLA BALL
340 g
20187047_EA

\$7

PC CHEESE SLICES
selected varieties
150-170 g
20219790_EA/20230947_EA

\$6



BARI RICOTTA CHEESE
selected varieties
500 g
20272121_EA

\$7



3.99

SABRA HUMMUS 383 g or
PC NAAN DIPPERS 200 g
selected varieties
2002428_EA/21092223_EA



4.49

SABRA GUACAMOLE 198 g or
SNACK FACTORY PRETZEL CRISPS 200 g
selected varieties
2109244_EA/21092443_EA



\$5

ZIGGY'S OLIVES
selected varieties
500 ml
20027267_EA/20201109_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*
3,000 pts

\$3
value

for every \$10* spent on
Olivieri Twin Pack pasta 450-500 g,
Skillet Gnocchi 280/300 g or **fresh sauce** 200 ml
20321512_EA/210222065_EA/20114410_EA





financial®

This bank account is the real deal.

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



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.



financial®

Fast forward to FREE groceries.

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



APPLY NOW

*Offer available until May 13, 2024; conditions 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 1

BETTER AS A MEMBER * Scan your PC Optimum™ app or swipe your card to get PC Optimum™ Members pricing.

Apr 18-24, 2024

Get 10% off all WestJet gift cards



* Valid April 18-24, 2024. Purchase any one WestJet gift card and get 10% off, while quantities last. See gift card for full details, terms & conditions. Offer valid in-store only at participating Loblaw banner store locations; offer not available at Shoppers Drug Mart® locations. Subject to availability; selection may vary by store. We reserve the right to limit quantities. Cannot be combined with any other gift card offers. Not valid on prior purchases. Trademarks © are the property of their respective owners. PC Optimum™ points cannot be redeemed toward the purchase of gift cards. The Gift of Choice gift card selection is available at participating Loblaw banner stores where President's Choice® products are sold.

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.