

DEALS DEALS DEALS DEALS FOR DAYS EVENT



Foodland
ONTARIO



SAVE 39%

.88

ENGLISH CUCUMBERS
product of Ontario, Canada no. 1 grade
each
concombres anglais
20070132001_EA



SAVE 33%

1.99
LB

**GREEN or RED
SEEDLESS GRAPES**
product of South Africa or Chile,
no. 1 grade
raisins verts ou rouges sans pépins
4.39/kg
20425775001_KG/20159199001_KG



WOW!

1.84

CANTALOUPE
product of Guatemala or Honduras,
no. 1 grade
each
cantaloup
20167017001_EA



SAVE 40%

2.99

PKG OF 4

**FARMER'S MARKET™
SWEET CORN**
product of U.S.A., no. 1 grade
maïs
20348977001_EA

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**
soupe
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
crème glacée ou friandises glacées
20301305002_EA/20344925006_EA/20763171_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
condiments
20069080_EA/20618579001_EA/20300473_EA



DEALS DEALS DEALS DEALS FOR DAYS EVENT

NOFRILLS

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



WOW!
2.77

D'ITALIANO BUNS
selected varieties
6/8's
petits pains
2062849 EA



SAVE 42%
4.66
LB

CHICKEN BREAST
boneless, skinless, fresh
poitrines de poulet
10.27/kg
20654734 EA



SAVE 32%
4.25

**CRACKER BARREL
NATURAL CHEESE SLICES**
selected varieties
200-240 g
tranches de fromage
21290703 EA



SAVE 33%
3.99

**JOHNSONVILLE DINNER
SAUSAGES, BREAKFAST SAUSAGES
or ROUNDS or ITALIAN GRINDS**
selected varieties
250-500 g
saucisses ou rondines ou viande hachée
20143838 EA



SAVE UP TO 37%
2.49

GREEN GIANT VEGETABLES 400-750 g or
MCCAIN FRIES 454-800 g
selected varieties, frozen
légumes ou frites
20234226002 EA/21022268 EA

**INTERNATIONAL
DELIGHT COFFEE
WHITENERS** 946 mL,
PC® INSTANT COFFEE
80/100 g or **LAVAZZA
ROAST AND GROUND
COFFEE** 250 g
selected varieties
café instant et café au café
20895480002 EA/21499936 EA

SAVE UP TO 33%
3.99



SAVE UP TO 49%
1.25

**COCA-COLA or
PEPSI SOFT
DRINKS**
selected varieties
2 L
boissons gazeuses
302796926002 EA/20316020002 EA



SAVE UP TO 50%
11.99

**ROYALE BATHROOM TISSUE or
ROYALE TIGER TOWELS**
selected varieties
papier hygiénique ou essuie-tout
21278232 EA/21484704 EA

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.
(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)

nofrills.ca

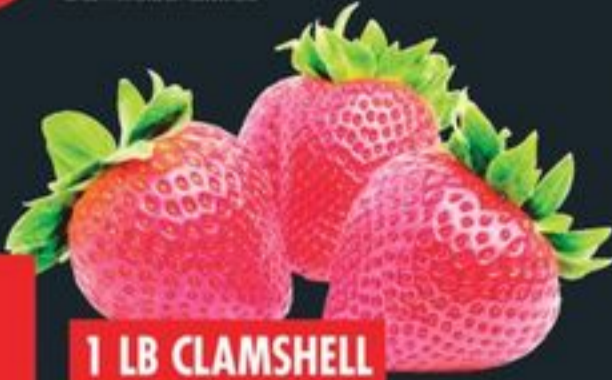
01 NFO

DEALS DEALS DEALS FOR DAYS EVENT



1.99
LB

BEEFSTEAK TOMATOES
product of Ontario, Canada no. 1 grade or
GREEN BEANS
product of U.S.A., no. 1 grade
manottes ou haricots verts
4.39/kg
2012141001 EA/20143002001 KG



3.99

1 LB CLAMSHELL
STRAWBERRIES product of U.S.A., no. 1 grade
Fruit
2004777001 EA



2.99

6 OZ CLAMSHELL

BLACKBERRIES product of Mexico or
RASPBERRIES product of U.S.A., no. 1 grade, 170 g
mûres ou framboises
2003101001 EA/20113040001 EA/20051010001 EA

PKG OF 4



CAULIFLOWER each,
product of U.S.A. or Mexico, no. 1 grade or
RED PEPPERS product of U.S.A.
chou-fleur ou poivrons rouges
2011317001 EA/200120001 EA

3.99



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



2.99

3 LB BAG
**FARMER'S MARKET™
YELLOW ONIONS**
product of Ontario,
Canada no. 1 grade
oignons jaunes
2011194001 EA



3.99

2 LB BAG
3 LB BAG
**FARMER'S MARKET™
LEMONS** product of South Africa
or NAVEL ORANGES
product of Morocco, Turkey or Egypt
citrons ou oranges
2019310001 EA/20142040001 EA



GROWN IN CANADA
4.99

10 LB BAG
**RED, RUSSET™
or YELLOW POTATOES**
product of Canada,
Canada no. 1 grade
pommes de terre
20041010001 EA/20041020001 EA



1.99
EA/LB

BUNCH SPINACH
each, product of U.S.A. or
GREEN ZUCCHINI
4.39/kg, product of Mexico
épinards ou courgette
2014200001 EA/20420160001 KG



4.99

4 LB BAG
**FARMER'S MARKET™
AMBROSIA™ or GALA™
APPLES**
product of Ontario,
Canada fancy grade
pommes
2130210001 EA/20161990001 EA



4.99

PINT
BLUEBERRIES
product of Mexico, no. 1 grade
bleuettes
20090127001 EA



.99

**ATAULFO™ or RED
MANGOES**
product of Mexico
mangues
20121209001 EA/20039420001 EA



3.99

2 LB BAG
**FARMERS MARKET™
MINI CARROTS**
product of U.S.A., no. 1 grade
carottes miniatures
20031454001 EA



4.99

2 LB CLAMSHELL
PLUMS
product of Chile, no. 1 grade
prunes noires
20040110001 EA



2.99

PKG OF 2

283 G

ROMAINE HEARTS
product of U.S.A. or
**FARMER'S MARKET™
GRAPE TOMATOES**
product of Mexico
cœur romaine or tomates
213040001 EA/200010001 EA



6.99

9 LB AVERAGE
**WHOLE SEEDLESS
WATERMELON**
product of U.S.A. or Mexico
melon d'eau sans pépins
20010001 EA



3.99

PKG OF 11
**FARMER'S MARKET™
MINI CUCUMBERS**
product of Ontario,
Canada no. 1 grade
mini-courcoubes
21307001 EA



4.99

681 G
**PC™ VARIETY
TOMATOES**
product of Canada or Mexico
tomates
20040001 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.

DEALS DEALS DEALS DEALS FOR DAYS EVENT



4.99
LB

LEAN GROUND BEEF AND PORK
fresh
11.00/kg
boeuf et porc hachés maigres
2061188.80



5.99

ULTIMATE CHICKEN SAUSAGE
500 g
saucisses de poulet
21278310.8A



PRICE DROP

6.99

PILLER'S PEPPERONI STICKS or **TURKEY BITES** selected varieties
300-500 g
bâtonnets de pepperoni ou bouchées de dinde
21097388.8A/21097291.8A



2.99

SMOKED STEELHEAD SALMON
pre-sliced 50 g
SEAQUEST® FLAVOURED ALASKA POLLOCK RAW 51/70 per lb or **COOKED** 61/90 per lb.
160 g frozen
saumon ou goberge aromatisée ou crevettes crues
20792840.8A



8.99

PMC TILAPIA
1.36 kg or **WHOLE GOLDEN POMPANO** 700 g
frozen
tilapia entier ou pompano doré entier
21432303.8A



\$13

PC® PORK BACK RIBS
selected varieties, frozen
680 g
côtes de dos de porc
20071713.8A



3.49

SCHNEIDERS REDHOTS WIENERS 375 g or **LUNCHMATE LUNCH KITS** or **STACKERS**
selected varieties, 90-120 g
saucisses fumées ou tranches repas
21210034.8A



3.99

MINI BABYBEL 120 g or **THE LAUGHING COW CHEESE**
120-140 g
selected varieties
fromage
20319107.8A/20319332.8A



6.79

PC® NATURAL CHOICE® SLICED MEAT
selected varieties
150/175 g
viandes tranchées
20102918.8A/2015315.8A



1.75

NO NAME® BAGELS or **ENGLISH MUFFINS** 6's, **TORTILLAS** 320 g or **BUN** 6's
selected varieties
bagels ou muffins anglais ou tortillas ou petits pains
21297821.8A/21309434.8A



2.99

COUNTRY HARVEST BREAD 600/650 g or **BAGELS** 6's
selected varieties
pain ou bagels
21178207.8A/21178642.8A



\$6

FARMER'S MARKET MUFFINS
selected varieties
6's
muffins
21282358.8A/21282357.8A



\$7

PC® PLANT BASED BURGERS
selected varieties, frozen
422 g
burgers à base de plantes
2142221.8A



\$12

PC® WAGYU BURGERS
frozen
364 g
burgers
2076222.8A



\$12

NO NAME® BEEF BURGERS
frozen
1.36 kg
burgers de boeuf
20118784.8A



\$13

PC® CHICKEN BURGER
frozen
1.12 kg
burger de poulet
2076222.8A

DEALS DEALS DEALS DEALS FOR DAYS EVENT



SAVE 25%
5.99

GAY LEA BUTTER
selected varieties
454 g
glace
20239408 EA



SAVE 36%
3.49

CHAPMAN'S COLLECTIONS #1,
LOLLY 20's, **NOVELTIES** or
MARKDALE CREAMERY ICE CREAM 2L
selected varieties, frozen
friandises glacées ou crème glacée
20232757001 EA/20231229001 EA



SAVE UP TO 30%
3.49

PC FROZEN VEGETABLES 400-750 g or
PREMIUM FROZEN VEGETABLES
350-500 g
selected varieties
légumes surgelés
202118913 EA/214220218 EA



WOW!
5.77

PC CHEESE BARS
selected varieties
300/400 g
barres de fromage
21299689 EA/212897708 EA



1.79

UNICO PASTA SAUCE
selected varieties
680 mL
sauce pour pâtes
20236537001 EA/20236537002 EA



4.49

PC FROZEN FRUIT
selected varieties
300-600 g
fruits surgelés
20212227 EA/212177841 EA



4.49

MINUTE MAID NUTRI or **ZERO SUGAR ADDED DRINKS** or **OASIS HEALTH BREAK** or **SMOOTHIE**
selected varieties,
refrigerated
boissons sans sucre ajoutés
ou boissons fouettées
1.54-1.75 L
21434100 EA/212399110 EA



1.49

GREEN GIANT VEGETABLES
selected varieties
341/398 mL
légumes
21021175 EA/21021224 EA



3.49

EGGO WAFFLES
selected varieties, frozen
8's
gâufres
20202779 EA



3.99

HEREFORD CORNED BEEF
340 g
boeuf salé
20050602 EA



2.49

CHRISTIE CRACKERS
selected varieties
175-386 g
craquelins
21020647 EA/212547054 EA



2.79

OASIS JUICE or
ARIZONA ICED TEA DRINK
BOXES 8x200 mL or
ALLEN'S APPLE JUICE or
CRANBERRY COCKTAIL 1.89 L
selected varieties
boissons sans sucre ajoutés
ou jus de pomme ou cocktail
2021214802 EA
20222764801 EA



3.99

RUFFLES POTATO CHIPS
selected varieties
croustilles
180-210 g
21241053 EA



2.29

QUAKER DIPPYS or **CHEWY GRANOLA BARS**
selected varieties
120-156 g
barres granola
20847582 EA/21239266 EA



5.99

GIUSEPPE THIN CRUST or **RIISING CRUST PIZZA**
selected varieties, frozen
439-785 g
pizza
21106381 EA



13.99

PC ROAST AND GROUND COFFEE 875/930 g or **PODS** 30's
selected varieties
cappuccinos de café torréfié
et moulu
21028677 EA/21283374 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**



\$2

Cavendish Farms Fries
800 g, selected varieties, frozen
frites
Limit: 6, over limit retail \$2.99

Optimum
Members-Only Price
\$2
Non-Members
\$2.99



Lederer Go Pure
140-175 g, selected varieties
barres
Limit: 6, over limit retail \$2.99

\$3



Feastables
Mr. Beast Chocolate Bars
60 g, selected varieties
barres de chocolat
Limit: 8, over limit retail \$3.99
While quantities last.

**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 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
produit de fromage fondu
11232564_EA



Optimum
Members-Only Price™
349
Non-members
449

HIGH LINER
CATCH OF THE DAY FISH
selected varieties, frozen
350 g
poisson gelé
21220919_EA



Optimum
Members-Only Price™
369
Non-members
399

DANONE
ACTIVIA YOGURT
selected varieties
8's
yogourt
20224741901_EA/20223384002_EA



Optimum
50¢ Value
Optimum
500
6.99

TIM HORTONS
COFFEE CREAMER
selected varieties
750 mL
crèmeur à café
21341919_EA



Optimum
Members-Only Price™
279
Non-members
329

DOLE FRUIT
BOWLS 6x107 mL
- **FRUIT 'N**
GEL SNACKS
6x127 g
selected varieties
sacs de fruits au gelatinés
20220928_EA



Optimum
Members-Only Price™
549
Non-members
599

GENERAL MILLS
FAMILY SIZE CEREAL
selected varieties
475-778 g
céréales
21220928_EA/21220928_EA



Optimum
1,000 pts
\$1 Value
9.99

MCCAFE ROAST
AND GROUND COFFEE 340 g - PODS
selected varieties
café torréfié et moulu en capsules
21220928_EA/21220928_EA



Optimum
Members-Only Price™
9.99
Non-members
11.99

28'S
BLACK DIAMOND
CHEESTRINGS
fromage effiloché
21220928_EA



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

CADBURY
FAMILY BAR 53-100 g or
MAYNARDS
CANDY SMALL BAG 100-134 g
selected varieties
sacs de chocolat au lait de
bonbon
20220928_EA/20220928_EA



Optimum
Members-Only Price™
249
Non-members
299

CHRISTIE
COOKIES
selected varieties
217-302 g
biscuits
21220928_EA/21220928_EA



Optimum
1,000 pts
\$1 Value
4.49

ORVILLE
REDENBACHER
MICROWAVE
POPCORN 345-492 g or
KERNEL JAR 532 g
selected varieties
maïs à torréfier en sac
21220928_EA



Optimum
1,000 pts
\$1 Value
15.99

BERTOLLI OLIVE OIL
selected varieties
750 mL/1 L
huile d'olive
20220928_EA



Optimum
Members-Only Price™
4.99
Non-members
5.99

VLASIC
PICKLES
selected varieties
1 L
cornichons
20220928_EA



Optimum
1,000 pts
\$1 Value
4.99

ZIPLOC STORAGE
BAGS
selected varieties
10-50 L
sacs de rangement
20220928_EA/20220928_EA



Optimum
1,000 pts
\$1 Value
5.49

ST. IVES
BODY LOTION 400 mL or
FACE PRODUCTS
200/300 mL, 170 g
selected varieties
lotion pour le corps ou produits
pour le visage
21220928_EA




Optimum
3,000 pts
\$3 Value
8.99

SWIFFER WETJET
LIQUID REFILL 1.35 L
DUSTER KIT 1 mL
WET CLOTH REFILLS 10/125
- **DRY CLOTH**
REFILLS 10/125
selected varieties
recharge de liquide de nettoyage
d'épongelette en microfibre de
tissu synthétique en papier
20220928_EA/20220928_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 12/30/51%, Dawn Powerwash Starter Kits & Refills 473 mL or Dawn Platinum dish soap 366 mL-2.2 L
selected varieties
trousses de départ ou savon à vaisselle
21218861_EA/21507156_EA

7.50 value



Always



no name® sans nom®

chicken strips

breaded chicken cutlets

FULLY COOKED • ENTIEREMENT CUITES

escalopettes de poulet panées

lanières de poulet

Simple

908 g

ALWAYS

\$6

NO NAME®
CHICKEN NUGGETS,
BURGERS or STRIPS

frozen
908 g
pépites ou burgers ou lanières de poulet
21178742 EA



President's Choice
le Choix de Président

Butter Chicken
Poulet au beurre



President's Choice
le Choix de Président

GENERAL TAO
CHICKEN • POULET
GÉNÉRAL TAO

ALWAYS

\$4

PC® ENTRÉES
selected varieties, frozen
212-365 g
plats cuisinés
20312233061 EA/20317707 EA



PC® GREEK YOGURT
selected varieties
650/750 g
yogourt grec

ALWAYS

\$5



ALWAYS

\$4

PC® ICE CREAM SHOP 946 mL or
BLACK LABEL PREMIUM 500 mL
ICE CREAM
selected varieties, frozen
crème glacée
2029983003 EA/2060454003 EA



PINK SALMON
FILLETS

frozen
700 g
filets de saumon rose

ALWAYS

\$10



no name® sans nom®

marble

100% real cheese

marbré

vrai fromage à 100%

12 34% MCF 39% MCF

230 g

ALWAYS

4.50

NO NAME®
CHEESE SLICES
selected varieties
210/230 g
tranches de fromage
20742315 EA



SURAJ
AGED BASMATI RICE
RIZ BASMATI VIEILLI

3.63 kg/8 lb

AGED BASMATI RICE
RIZ BASMATI VIEILLI

ALWAYS

\$10

SURAJ®
BASMATI RICE
3.63 kg
riz basmati
20839921 EA



UNSCENTED

UNSCENTED

BABY WIPES

UNSCENTED

NON PARFUMÉES

300

ALWAYS

\$5

PC® 3X
BABY WIPES
scented or unscented
300's
lingettes pour bébé
21540719 EA

PRICE DROP

Lowered price for a longer time.



PRICE DROP

1.49

MICHELINA'S DINNER ENTRÉES
selected varieties, frozen
156-204 g
plats surgelés
2120814 EA



PRICE DROP

2.99

LIBERTÉ MÉDITERRANÉE 4%
LIBERTÉ GREEK 2%
YOPLAIT SOURCE PROTEIN TUBS 650 g
YOGURT
selected varieties
yogourt
2124754 EA/21267047 EA



PRICE DROP

\$3

ST-HUBERT FRESH MEAT PIES or QUICHE
selected varieties
235 g
pâtes à la viande ou quiche
2120092 EA



PRICE DROP

5.99

IMPERIAL MARGARINE
selected varieties
1.28/1.36 kg
margarine
2004492 EA



PRICE DROP

2.79

TIM HORTONS SOUP
540 mL or **CHILI** 425 g
selected varieties
soupe ou chili
21202782 EA/212322119 EA



PRICE DROP

5.99

2.27 KG

ITALPASTA
selected varieties
pâtes
20182470001 EA



PRICE DROP

\$7

PC® CHEESE BLOCKS
selected varieties
250 g
barres de fromage
20770652 EA/20770708 EA



PRICE DROP

2.99

DIANA BULL'S-EYE BBQ 500 mL or **SAUCE** 425 mL
selected varieties
sauce barbecue
2024784005 EA/21184617 EA



PRICE DROP

4.99

HEINZ KETCHUP 750 mL/1 L
or **KRAFT MIRACLE WHIP** 650/890 mL
selected varieties
ketchup ou tartarade
20049060 EA/20298481001 EA



PRICE DROP

4.99

GOLD SEAL SOCKEYE SALMON
213 g
saumon
21184814 EA



PRICE DROP

2.49

BODY ARMOR SPORTS DRINK
selected varieties
473 mL
boisson sportive
21200000 EA



PRICE DROP

2.49

EARTH'S OWN OAT or ALMOND BEVERAGE - SO NICE SOY BARISTA
selected varieties
148 mL
boisson à base de plantes
21200000 EA



PRICE DROP

3.49

FIBRE 1 - NATURE VALLEY SWEET & SALTY BARS
selected varieties
125-210 g
barres
21200000 EA



PRICE DROP

5.49

JACK LINK'S JERKY
selected varieties
45-130 g
jerky
21200000 EA



PRICE DROP

9.99

NO NAME® VEGETABLE OIL
2 L
huile végétale
21200000 EA



PRICE DROP

15.99

BEYOND MEAT PLANT-BASED BURGERS
170 g
burgers à base de plantes
21200000 EA



PRICE DROP

5.99

FRISKIES DRY CAT FOOD
selected varieties
1.4-1.5 kg
nourriture sèche pour chats
20200000 EA



PRICE DROP

16.99

TIDE PODS 3-IN-1 LAUNDRY DETERGENT, DOWNY - GAIN FABRIC SOFTENER and SCENT BOOSTERS 480 g or **TIDE ZERO LIQUID LAUNDRY DETERGENT** 3.4 L
selected varieties
détergent à lessive et assouplissant textile ou substitut de parfum
21200000 EA

NATURAL FOODS AT LOW PRICES

ORGANIC
249

227 G

PC[®] ORGANICS WHOLE WHITE or CREMINI MUSHROOMS
product of Ontario
champignons blancs ou cremini entiers
31021545 EA/71021499 SA

ORGANIC
599

312 G

PC[®] ORGANICS FIELD GREENS or BABY SPINACH
product of U.S.A.
légumes-feuilles ou jeunes épinards
30137267 EA/30223731 SA

799

IMPOSSIBLE[™] BURGER PATTIES
MADE FROM PLANTS
GALETTES DE BURGER
À BASE DE PLANTES

IMPOSSIBLE PLANT BASED BURGER PATTIES
227 g
galettes à base de plantes
31402373 SA

799

BEYOND SAUSAGE
PLANT-BASED LINKS
SAUCISSES À BASE DE PLANTES

BEYOND MEAT ITALIAN SAUSAGE
selected varieties
400 g
saucisses italiennes
31300113 SA

SILK NON-DAIRY REFRIGERATED BEVERAGE
selected varieties
1.74-1.89 L
boisson réfrigérée non lactaire
30113090001 EA/21194119 SA

379

SILVER HILLS BREAD or BAGEL 430-680 g
selected varieties
pain ou bagel
21047070 EA/21100349 SA

\$5

ORGANIC
599

PC[®] ORGANICS SMOOTHIE BLENDS
selected varieties, frozen
450 g
mélanges à boisson frappée
31416757 EA/21416759 SA

NUTS TO YOU ALMOND BUTTER
selected varieties
365 g
beurre d'amande
2092342001 EA

999

GOGO GLUTEN-FREE QUINOA PASTA
selected varieties
227 g
pâtes de quinoa sans gluten
2073224002 EA

399

BRAGG ORGANIC APPLE CIDER VINEGAR
946 mL
vinaigre de cidre biologique
20992004 EA

799

KIND BREAKFAST
Peanut Butter

KIND HEALTHY GRAINS BARS
Oats & Honey
Cherry with a crunch

449

KIND HEALTHY GRAINS BARS
175 g or **BREAKFAST BARS**
200 g
selected varieties
barres
30954432 EA/71518332 SA

LEMON LIME

COVE GUT HEALTHY SODA
ZERO SUGAR

699

COVE SODA
selected varieties
4x355 mL
soda
31515636 EA/71515706 SA

CLIF BUILDERS PROTEIN

RXBAR

2399

RXBAR, CLIF NUT BUTTER or CLIF BUILDERS BARS
selected varieties
600-816 g
barres
30300133002 C12/31189955 C13

SOUTH ASIAN FLAVOURS AT LOW PRICES



1.49
LB

LONG EGGPLANT
product of U.S.A.
3.28/kg
aubergines
2019013001 EA



.99
EA/LB

BUNCHED MINT each,
product of Mexico, U.S.A. or Morocco,
CILANTRO each,
product of Colombia, Mexico or U.S.A. or
OPO SQUASH 2.18/kg,
product of Dominican Republic
épinards ou coriandre ou courge-boutelle
2019023001 EA/20091823001 EA/20142053001 EA



1.99
LB

GINGER ROOT
product of China
4.39/kg
gingembre
2019028001 EA



CRISPY CAKE RUSKS
selected varieties
650/750 g
biscottes croustillantes
20418904 EA

4.99



SURAJ® NAAN
selected varieties
10's
naan
2044261 EA

\$5



SUFRA® HALAL CHICKEN LEGS
back attached, fresh
cuisses de poulet halal
21420676 EA

\$10

PRICE DROP

Lowered price
for a longer time.

NATIONAL VERMICELLI
150 g
vermicelles
20170037 EA

PRICE DROP
.79

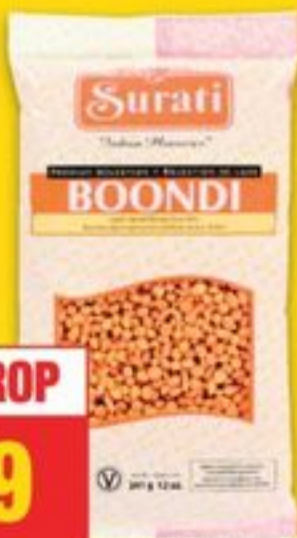


SHANA PARATHA
paratha
400 g
2099053001 EA

PRICE DROP
1.99

SURATI INDIAN SNACKS
selected varieties
341 g
collations
2032257003 EA

PRICE DROP
2.49



PRICE DROP
6.99

BRAR'S SAMOSAS
selected varieties, frozen
624 g
samosas
21000033 EA



SURATI PREMIUM ASSAM TEA
908 g
thé
21093497 EA

PRICE DROP
8.99

QUALITY SPICES
selected varieties
400 g
épices
20713005 EA

PRICE DROP
2.99



SHAN COOKING SAUCE
selected varieties
350 g
sauce
21528034 EA

PRICE DROP
4.49



MAHARANI SUPER GOLDEN SELLA BASMATI RICE
4.54 kg
ris basmati
20182230 CD1

PRICE DROP
14.99

AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ET 01 NFO



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