

# DEALS DEALS DEALS DEALS FOR DAYS EVENT



**SAVE 50%**  
**.99**

**ENGLISH CUCUMBERS**  
product of Atlantic Canada,  
Canada no. 1 grade  
each  
concombres anglais  
20070132001\_EA



**SAVE 39%**  
**2.49**  
LB

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



**SAVE 20%**  
**3.99**

**PKG OF 4**  
**FARMER'S MARKET™  
SWEET CORN**  
product of U.S.A., no. 1 grade  
maïs sucré  
20348977001\_EA



**SAVE 20%**  
**3.99**

**PKG OF 3**  
**ROMAINE HEARTS**  
product of U.S.A.  
cœurs de laitue romaine  
20067389001\_EA



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Optimum<sup>®</sup>  
**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  
soupe  
21479030\_EA/21480447\_EA



Optimum<sup>®</sup>  
**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  
20344925001\_EA/20684180\_EA



**APP EXCLUSIVE OFFER\***  
Optimum<sup>®</sup>  
**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 FOR DAYS EVENT

**NOFRILLS**

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



SAVE 31%

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

**CHICKEN BREAST**  
boneless, skinless, fresh  
poitrines de poulet  
12.10/kg  
21189206, EA



SAVE 32%

**4<sup>25</sup>**

**CRACKER BARREL  
NATURAL CHEESE SLICES**  
selected varieties  
200-240 g  
tranches de fromage  
21290705, EA



SAVE 43%

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

**JOHNSONVILLE DINNER  
SAUSAGES, BREAKFAST SAUSAGES  
or ROUNDS or ITALIAN GRINDS**  
selected varieties  
250-500 g  
saucisses ou rondines ou viande hachée  
20142858, EA



SAVE UP TO 44%

**2<sup>79</sup>**

**GREEN GIANT VEGETABLES**  
400-750 g or **MCCAIN FRIES** 454-800 g  
selected varieties, frozen  
Mgumes ou frites  
20234238002, EA/21022202, EA

**COCA-COLA or PEPSI  
SOFT DRINKS**  
selected varieties  
2 L  
boissons gazeuses  
202794928002, EA/20214028002, EA

SAVE UP TO 49%

**1<sup>25</sup>**



**INTERNATIONAL DELIGHT COFFEE  
WHITENER** 946 mL,  
**PC INSTANT COFFEE**  
80/100 g or **LAVAZZA  
ROAST AND GROUND  
COFFEE** 250 g  
colorant à café ou café  
20895480002, EA/21499904, EA

SAVE UP TO 33%

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



30=60 ROLLS

6=12 ROLLS

SAVE UP TO 50%

**11<sup>99</sup>**



**ROYALE BATHROOM TISSUE  
or TIGER TOWELS**  
selected varieties  
papier hygiénique ou serviette-tout  
21292202, EA/21444704, EA

FLYER PRICES EFFECTIVE IN ATLANTIC CANADA STORES ONLY.

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

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# DEALS DEALS DEALS FOR DAYS EVENT

**GROWN IN CANADA**

**1.99**  
LB

**BEEFSTEAK TOMATOES**  
product of Canada, Canada no. 1 grade  
tomatoes  
4.39/kg  
20426141001, 80

**PINT**

**4.99**

**BLUEBERRIES**  
product of Mexico, no. 1 grade or  
**STRAWBERRIES**  
product of U.S.A., no. 1 grade  
bleuets ou fraises  
20080137001, 5A/20049778001, 5A

**ATLANTIC GROWN**  
CULTIVÉ EN ATLANTIQUE

**4.99**

**10 LB BAG**

**RED, YELLOW & RUSSET POTATOES**  
product of Atlantic Canada, Canada no. 1 grade  
pommes de terre  
20681013001, 5A/20681020001, 5A

**4.99**

**PKG OF 5 OR 6**

**AVOCADOS**  
product of Mexico or  
**CAULIFLOWER**  
product of U.S.A. or Mexico, no. 1 grade  
avocats ou chou-fleur  
20142222001, 5A/20133377001, 5A

**FRESH GUARANTEE**

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

**ATLANTIC GROWS**

**GREEN CABBAGE**  
product of Atlantic Canada, no. 1 grade  
chou-rave  
2.18/kg  
207700001, 80

**.99**  
LB

**ATAULFO - RED MANGO**  
product of Mexico  
mandarines  
201220001, 5A/200800001, 5A

**1.69**

**283 G CLAMSHELL**

**2.99**

**FARMER'S MARKET GRAPE TOMATOES**  
product of Mexico  
tomates grappes  
21-06-00001, 5A

**380 G**

**3.99**

**GREEN BEANS**  
product of U.S.A.  
haricots verts  
21-0600001, 5A

**GROWN IN CANADA**

**454 G**

**3.99**

**PC® WHOLE CREAMINI - WHITE MUSHROOMS**  
product of Canada  
champignons  
2010121, 5A/2010001, 5A

**FARMER'S MARKET NAVEL ORANGES**  
product of Spain, Morocco, Turkey or Egypt  
oranges  
201240001, 5A

**4.99**

**3 LB BAG**

**FARMER'S MARKET SWEET PEPPERS**  
product of Mexico  
poivrons  
201220001, 5A

**4.99**

**PKG OF 4**

**ATLANTIC GROWS**

**FARMER'S MARKET MCINTOSH - ROYAL GALA APPLES**  
product of Atlantic Canada, best grade  
pommes  
201221001, 5A/2012199001, 5A

**4.99**

**4 LB BAG**

**Larsen**  
Wiener Sausages  
375 g or  
**Schneiders Lunchmate Lunch Kits - Stackers**  
90-120 g  
selected varieties  
sandwiches frites ou biscuits végétaux  
2109348, 5A/2110004, 5A

**3.49**

**LEAN GROUND BEEF AND PORK**  
fresh  
piece of beef/pork  
1.00/kg  
2062004, 80

**4.99**  
LB

**SEAQUEST RAW SHELL ON SHRIMP OR COOKED PELED SHRIMP**  
36-45 count per lb, frozen  
300 g  
crevettes  
2104001, 5A

**5.99**

**36-45/lb**  
Pacific White Shrimp  
Crevettes Manche du Pacifique

**D'ITALIANO**  
BREAD 400/473 g or **BUNS** 4/7g  
selected varieties  
pain ou petits pains  
2003822, 5A/2002104, 5A

**3.49**

**FARMER'S MARKET MINI DOUGHNUTS**  
selected varieties  
600 g  
mini-bûchettes  
2102442, 5A

**4.50**

**PC® NATURAL CHOICE® SALAMI - SALAMI WITH PROSCIUTTO** 100 g or **PC® FREE FROM! SLICED DELI MEAT** 173 g  
selected varieties  
charcuteries  
2010018, 5A/2002004, 5A

**6.79**

\*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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Optimum  
Members-Only Price™  
**249**  
Non-members  
**349**

**BLACK DIAMOND SLICES**  
PROCESSED CHEESE PRODUCT  
selected varieties  
410 g  
produit de fromage fondu  
2132264 EA



**369**

**DANONE ACTIVIA** 8%  
**DANINO DRINKABLE** 4% or  
**TWO GOOD** 4% YOGURT  
selected varieties  
700g/947  
20222384002 EA/21520233 EA



**449**

**PC FROZEN FRUIT**  
selected varieties  
300-600 g  
Fruits surgelés  
20212227 EA/21177841 EA



**599**

**GIUSEPPE THIN CRUST or RISING CRUST PIZZA**  
selected varieties, frozen  
480-782 g  
pizzas  
21106261 EA



**349**

**CHAPMAN'S COLLECTIONS** 8%  
**LOLLY** 28%  
**NOVELTIES** or  
**MARKDALE CREAMERY**  
**ICE CREAM** 2 L  
selected varieties, frozen  
friandises glacées ou  
crème glacée  
20222377001 EA/20213226001 EA



**449**

**MINUTE MAID**  
**NO SUGAR**  
**ADDED**  
**DRINKS** or  
**OASIS HEALTH**  
**BREAK** or  
**SMOOTHIE**  
selected varieties,  
refrigerated  
1.54/1.6 L  
boissons ou  
boisson fouettée  
21424119 EA  
21529910 EA



**749**

**IMPERIAL MARGARINE**  
1.28 kg  
margarine  
20084992 EA



**399**

**HEREFORD CORNED BEEF**  
340 g  
boeuf salé  
20020422 EA

**1,000** Value

**749**

**STARBUCKS**  
**COFFEE**  
**ENHANCER**  
selected varieties  
828 mL  
rehausseur pour café  
21328472 EA



**1399**

**PC ROAST AND GROUND COFFEE** 875/930 g  
or **PODS** 30's  
selected varieties  
café torréfié et moulu  
ou capsules  
21028677 EA/21292374 EA



**249**

**PC BLUE MENU DRY BEANS**  
selected varieties  
900 g  
Légumineuses sèches  
20221132 EA



**279**

**CATELLI SMART or HEALTHY HARVEST PASTA**  
selected varieties  
340/372 g  
pâtes  
20212623001 EA/20227264 EA

**499**

**BICK'S PICKLES**  
selected varieties  
1 L  
cornichons  
2018082007 EA



**279**

**MONSTER** 473 mL  
or **RED BULL**  
**250 mL ENERGY DRINKS**  
selected varieties  
boissons énergisantes  
20702466 EA  
20928249 EA



**.90**

**FANCY FEAST** 85 g or  
**FRISKIES** 156 g  
**WET CAT FOOD**  
selected varieties  
nouriture humide pour chats  
20202294014 EA/20211703 EA



**899**

**ROYALE TIGER TOWELS**  
selected varieties  
2/3x6 rolls  
essuie-tout  
21484702 EA





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**SAVE 40%**  
**1.49**

**MICHELINA'S DINNER ENTRÉES**  
selected varieties, frozen  
156-284 g  
plats cuisinés  
2120814 EA



**SAVE 33%**  
**3.99**

**HIGH LINER  
CATCH OF THE DAY FISH**  
selected varieties, frozen  
350 g  
poisson  
2102919 EA



**ALWAYS  
\$4**

**PC® ENTRÉES**  
selected varieties, frozen  
212-265 g  
plats cuisinés  
2031223/3001 EA/2134720 EA

**GREEN GIANT  
VEGETABLES**  
selected varieties  
341/398 mL  
légumes  
2102124 EA



**1.49**

**CHAPMAN'S  
YUKON 4 1/2 or  
PREMIUM  
ICE CREAM 2 L**  
selected varieties, frozen  
crème glacée  
2022337/2001 EA/2101232 EA



**4.99**

**UNICO  
PASTA SAUCE**  
selected varieties  
680 mL  
sauce pour pâtes  
2030453/901 EA



**1.79**



**3.49**

**FIBRE 1 or  
NATURE VALLEY  
SWEET & SALTY  
GRANOLA BAR**  
selected varieties  
125-210 g  
2121259 EA/2121258 EA



**4.99**

**GOLD SEAL  
SOCKEYE  
SALMON**  
213 g  
saumon sockeye  
2118614 EA



**1.49**

**SCOTSBURN  
SOUR CREAM**  
selected varieties  
250 mL  
crème sure  
2102120 EA



**2.49**

**CHRISTIE  
CRACKERS**  
selected varieties  
175-284 g  
croûtes  
2102047 EA/2134703 EA



**3.99**

**RUFFLES  
POTATO  
CHIPS**  
selected varieties  
180-200 g  
croustilles  
2124103 EA



**3.99**

**OCEAN SPRAY  
COCKTAIL 1.89 L or  
100%  
CRANBERRY  
JUICE 1.77 L**  
selected varieties  
cocktail ou jus de cranberge  
2020000/008 EA/2092463 EA



**5.49**

**PC®  
SOFT DRINKS**  
selected varieties  
12x355 mL  
boissons gazeuses  
2021885/927 C12/206906/1001 C12



**9.99**

**MCCAFE ROAST  
AND GROUND  
COFFEE 340 g or  
PODS 12's**  
selected varieties  
café torréfié et moulu ou  
capsules  
21228495 EA/21238398 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.



**MAY**

**HIT  
OF THE  
MONTH**

**STARTS WEDNESDAY MAY 1<sup>ST</sup>**



**Cheez-It Baked  
Snack Crackers**  
191-200g, selected varieties  
Limit: 6, over limit retail \$2.50



**New Treasure  
Long Grain White Rice**  
2kg, Limit: 4, over limit retail \$4.50  
**WHILE QUANTITIES LAST**



**Planters Deluxe Whole Cashews,  
Salted or Unsalted**  
200g, Limit: 6, over limit retail \$4.50

**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.





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](http://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](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