

# 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<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**  
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  
20301305002\_EA/20344925006\_EA/20763171\_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



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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  
202796926002 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](https://www.nofrills.ca)

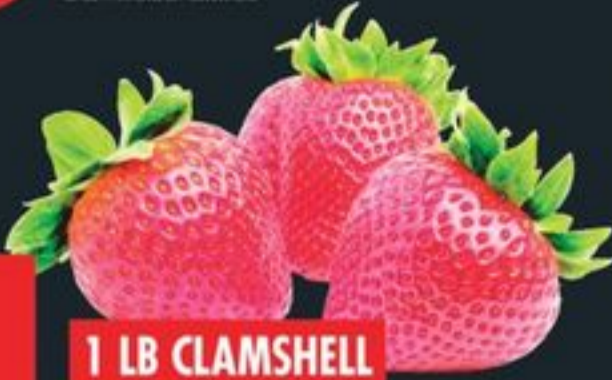
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# DEALS DEALS DEALS FOR DAYS EVENT



**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/20143682001 KG



**3.99**

**1 LB CLAMSHELL**  
**STRAWBERRIES** product of U.S.A., no. 1 grade  
Fruit  
2004777801 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/20113443001 EA/2005101001 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/2001238001 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  
2019311001 EA/2014274001 EA



**4.99**

**GROWN IN CANADA**  
**10 LB BAG**  
**RED, RUSSET™  
or YELLOW POTATOES**  
product of Canada,  
Canada no. 1 grade  
pommes de terre  
2004101001 EA/2004102001 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  
2014284001 EA/20426194001 KG



**4.99**

**4 LB BAG**  
**FARMER'S MARKET™  
AMBROSIA™ or GALA™  
APPLES**  
product of Ontario,  
Canada fancy grade  
pommes  
2130211001 EA/2016194001 EA



**4.99**

**PINT**  
**BLUEBERRIES**  
product of Mexico, no. 1 grade  
bleuettes  
2008012701 EA



**.99**

**ATAULFO™ or RED  
MANGOES**  
product of Mexico  
mangos  
2012120901 EA/2003942001 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  
2004211001 EA



**2.99**

**PKG OF 2**

**283 G**

**ROMAINE HEARTS**  
product of U.S.A. or  
**FARMER'S MARKET™  
GRAPE TOMATOES**  
product of Mexico  
chou romanesco or tomates  
21340001 EA/200010001 EA



**6.99**  
**9 LB  
AVERAGE**  
**WHOLE SEEDLESS  
WATERMELON**  
product of U.S.A. or Mexico  
melon d'eau sans pépins  
20011001 EA



**3.99**

**PKG OF 11**

**FARMER'S MARKET™  
MINI CUCUMBERS**  
product of Ontario,  
Canada no. 1 grade  
mini-courgettes  
21370001 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 gobeberge 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/20155315.8A



**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



**APP EXCLUSIVE OFFER**  
1,500\*

**\$1.50**

**\$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/21422028 EA



**WOW!**  
**5.77**

**PC CHEESE BARS**  
selected varieties  
300/400 g  
barres de fromage  
21299689 EA/21289708 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/212377841 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/21239910 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  
20212548002 EA  
20222764801 EA



**3.99**

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



**2.29**

**QUAKER DIPP'S** 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



**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<sup>pts</sup>  
**699**

**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  
selected varieties  
sacs de fruits au gelatinés  
20220928\_EA



**Optimum**  
Members-Only Price™  
**549**  
Non-members  
**599**

**GENERAL MILLS FAMILY SIZE CEREAL**  
selected varieties  
475-775 g  
céréales  
21224041\_20221024001\_EA



**Optimum**  
1,000<sup>pts</sup> \$1 Value  
**999**

**MCCAFE ROAST AND GROUND COFFEE** 340 g - PODS  
selected varieties  
café torréfié et moulu en capsules  
21224041\_20221024001\_EA



**Optimum**  
Members-Only Price™  
**999**  
Non-members  
**1199**

**28'S BLACK DIAMOND CHEESTRINGS**  
fromage effiloché  
21224041\_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  
barre de chocolat au lait de  
bonbon  
20221024001\_20221024001\_EA



**Optimum**  
Members-Only Price™  
**249**  
Non-members  
**299**

**CHRISTIE COOKIES**  
selected varieties  
217-302 g  
bonbons  
21224041\_20221024001\_EA



**Optimum**  
1,000<sup>pts</sup> \$1 Value  
**449**

**ORVILLE REDENBACHER MICROWAVE POPCORN** 345-492 g or  
**KERNEL JAR** 532 g  
popcorn  
21224041\_20221024001\_EA



**Optimum**  
1,000<sup>pts</sup> \$1 Value  
**1599**

**BERTOLLI OLIVE OIL**  
selected varieties  
750 mL/1 L  
huile d'olive  
20221024001\_EA



**Optimum**  
Members-Only Price™  
**499**  
Non-members  
**599**

**VLASIC PICKLES** selected varieties  
1 L  
cornichons  
20221024001\_EA



**Optimum**  
1,000<sup>pts</sup> \$1 Value  
**499**

**ZIPLOC STORAGE BAGS**  
selected varieties  
10-50 L  
sacs de rangement  
20221024001\_20221024001\_EA



**Optimum**  
1,000<sup>pts</sup> \$1 Value  
**549**

**ST. IVES BODY LOTION** 400 mL or  
**FACE PRODUCTS**  
200-300 mL, 170 g  
selected varieties  
soin pour le corps ou produits  
pour le visage  
21224041\_20221024001\_EA



**Optimum**  
3,000<sup>pts</sup> \$3 Value  
**899**


**SWIFFER WETJET LIQUID REFILL** 1.35 L  
**WET CLOTH REFILLS** 1 mL  
**DRY CLOTH REFILLS** 10/125  
selected varieties  
recharge de liquide de nettoyage  
d'entretien ou recharge de  
tissus humides en papier  
20221024001\_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<sup>pts</sup>**

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  
trousse de départ ou savon à vaisselle  
21218861\_EA/21507156\_EA

**750<sup>pts</sup>**  
value





# Always



no name® sans nom®

chicken strips

breaded chicken cutlettes

FULLY COOKED • ENTIEREMENT CUITES

escaloppettes 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/2040454003 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% 39%  
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

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 3.1.1.1 LAUNDRY DETERGENT, DOWNTOWN GAIN FABRIC SOFTENER AND SCENT BOOSTERS** 480 g or **TIDE ZERO LIQUID LAUNDRY DETERGENT** 1.4 L  
selected varieties  
détergent à base de perborate  
21200000 EA

# NATURAL FOODS AT LOW PRICES

**ORGANIC**  
**249**

**227 G**

**PC<sup>®</sup> ORGANICS WHOLE WHITE or CREMINI MUSHROOMS**  
product of Ontario  
champignons blancs ou cremini entiers  
31021545 EA/71021499 SA

**ORGANIC**  
**599**

**312 G**

**PC<sup>®</sup> ORGANICS FIELD GREENS or BABY SPINACH**  
product of U.S.A.  
légumes-feuilles ou jeunes épinards  
30137267 EA/70222731 SA

**799**

**IMPOSSIBLE PLANT BASED BURGER PATTIES**  
227 g  
galettes à base de plantes  
31402273 SA

**799**

**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 6's**  
430-680 g  
selected varieties  
pain ou bagel  
21047070 EA/21100349 SA

**\$5**

**ORGANIC**  
**599**

**PC<sup>®</sup> 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 au quinoa sans gluten  
2073224002 EA

**399**

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

**799**

**KIND HEALTHY GRAINS BARS**  
175 g or **BREAKFAST BARS**  
200 g  
selected varieties  
barres  
30954422 EA/71518322 SA

**449**

**COVE SODA**  
selected varieties  
4x355 mL  
soda  
31515626 EA/71515706 SA

**699**

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

**2399**

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

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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