

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 25%
2.99
LB

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



WOW!
4.49

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

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
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
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
condiments
20069080_EA/20618579001_EA/20300473_EA



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NOFRILLS

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



SAVE 37%

5.99
LB

CHICKEN BREAST
boneless, skinless, fresh
poitrines de poulet
13.21/kg
30706737 82



SAVE 32%

4.25

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



SAVE 43%

3.99

**JOHNSONVILLE DINNER
SAUSAGES, BREAKFAST SAUSAGES
or ROUNDS or ITALIAN GRINDS**
selected varieties
250-500 g
saucisses ou rondines ou viande hachée
20142838 EA



SAVE UP TO 44%

2.79

GREEN GIANT VEGETABLES
400-750 g or **MCCAIN FRIES** 454-800 g
selected varieties, frozen
Mgumes ou frites
20334238002 EA/21022202 EA

**COCA-COLA or PEPSI
SOFT DRINKS**
selected varieties
2 L
boissons gazeuses
202794926002 EA/202140204002 EA

SAVE UP TO 49%

1.25



**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/21499804 EA

SAVE UP TO 33%

3.99



30=60 ROLLS

6=12 ROLLS

SAVE UP TO 50%

11.99



**ROYALE BATHROOM TISSUE
or TIGER TOWELS**
selected varieties
papier hygiénique ou serviette-tout
2129222 EA/21444704 EA

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GROWN IN CANADA

1.99
LB

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

PINT

5.49

1 LB CLAMSHELL

BLUEBERRIES
product of Mexico, no. 1 grade or
STRAWBERRIES
product of U.S.A., no. 1 grade
bleuets ou fraises
20080137001, 8A/20049779001, 8A

ATLANTIC GROWN
CULTIVÉ EN ATLANTIQUE

5.99

10 LB BAG

RED, YELLOW & RUSSET POTATOES
product of Atlantic Canada, Canada no. 1 grade
pommes de terre
20681013001, 8A/20681020001, 8A

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, 8A/20133377001, 8A

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 vert
2.18/kg
207700001, 80

.99
LB

ATAULFO & RED MANGO
product of Mexico
mangos
201220001, 8A/200800001, 8A

1.79

283 G CLAMSHELL

3.49

FARMER'S MARKET GRAPE TOMATOES
product of Mexico
tomates grappes
21-06-00001, 8A

380 G

3.99

GREEN BEANS
product of U.S.A.
haricots verts
21-0800001, 8A

GROWN IN CANADA

454 G

3.99

PC® WHOLE CREAMINI™ WHITE MUSHROOMS
product of Canada
champignons
2010121, 8A/2010001, 8A

FARMER'S MARKET NAVEL ORANGES
product of Spain, Morocco, Turkey or Egypt
oranges
201240001, 8A

5.99

3 LB BAG

GROWN IN CANADA

4.99

PKG OF 3

FARMER'S MARKET SWEET PEPPERS
product of Canada
poivrons
200000001, 8A

ATLANTIC GROWS

PRODUCED HERE

5.99

4 LB BAG

FARMER'S MARKET MCINTOSH™ ROYAL GALA APPLES
product of Atlantic Canada, best grade
pommes
201221001, 8A/2012199001, 8A

Larsen

3.49

LARSEN WIENERS 375 g or SCHNEIDERS LUNCHMATE LUNCH KITS™ STACKERS
90-120 g
selected varieties
saucisses fumées ou hot-dogs végétaux
2109000, 8A/2110000, 8A

4.99
LB

LEAN GROUND BEEF AND PORK
fresh
piece of beef/pork
1.100/kg
2000000, 80

SEAQUEST™ RAW SHELL ON SHRIMP or COOKED PELEED SHRIMP
36-45 count per lb, frozen
300 g
crevettes
2100001, 8A

5.99

D'ITALIANO

3.49

D'ITALIANO BREAD 400/473 g or BUNS 4/7g
selected varieties
pain ou petits pains
2000000, 8A/2000000, 8A

4.50

FARMER'S MARKET MINI DOUGHNUTS
selected varieties
600 g
mini-bûchettes
2100000, 8A

6.79

PC® NATURAL CHOICE™ SALAMI™ & SALAMI WITH PROSCIUTTO™ 100 g or PC® FREE FROM™ SLICED DELI MEAT™ 173 g
selected varieties
charcuteries
2010010, 8A/2010010, 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.

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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/21127841 EA



599

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



349

CHAPMAN'S COLLECTIONS LOLLY NOVELTIES or MARKDALE CREAMERY ICE CREAM 2 L
selected varieties, frozen
friandises glacées ou crème glacée
2022237001 EA/20212226001 EA



449

MINUTE MAID NO SUGAR ADDED DRINKS or OASIS HEALTH BREAK or SMOOTHIE
selected varieties, refrigerated
1.54/1.6 L
boissons ou boissons fouettées
21242119 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
2022112 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 or RED BULL ENERGY DRINKS
selected varieties
boissons énergisantes
20702466 EA
20928249 EA



.90

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



899

ROYALE TIGER TOWELS
selected varieties
2/3x6 rolls
essuie-tout
21484992 EA

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SAVE 40%
1.49

MICHELINA'S DINNER ENTRÉES
selected varieties, frozen
156-284 g
plats cuisinés
2120614 EA



SAVE 33%
3.99

**HIGH LINER
CATCH OF THE DAY FISH**
selected varieties, frozen
350 g
poisson
2102019 EA



ALWAYS
\$4

PC® ENTRÉES
selected varieties, frozen
212-265 g
plats cuisinés
2021223001 EA/21247290 EA

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



1.49

**CHAPMAN'S
YUKON 4 1/2 or
PREMIUM
ICE CREAM 2 L**
selected varieties, frozen
crème glacée
20223372001 EA/21012282 EA



4.99

**UNICO
PASTA SAUCE**
selected varieties
680 mL
sauce pour pâtes
20204537001 EA



1.79



3.49

**FIBRE 1 or
NATURE VALLEY
SWEET & SALTY
GRANOLA BAR**
selected varieties
125-210 g
21212559 EA/21212585 EA



4.99

**GOLD SEAL
SOCKEYE
SALMON**
213 g
saumon sockeye
21186814 EA



1.49

**SCOTSBURN
SOUR CREAM**
selected varieties
250 mL
crème sure
210231202 EA



2.49

**CHRISTIE
CRACKERS**
selected varieties
175-284 g
croquillons
21020647 EA/21247034 EA



3.99

**RUFFLES
POTATO
CHIPS**
selected varieties
180-200 g
croquilles
21241053 EA



3.99

**OCEAN SPRAY
COCKTAIL 1.89 L or
100%
CRANBERRY
JUICE 1.77 L**
selected varieties
cocktail ou jus de cranberge
2020000408 EA/2092463 EA



5.49

**PC®
SOFT DRINKS**
selected varieties
12x355 mL
boissons gazeuses
20218867027 C12/20690671001 C12



1,000

**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**



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.

MAY

**HIT
OF THE
MONTH**

STARTS WEDNESDAY MAY 1ST



**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.

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