

DEALS DEALS DEALS DEALS FOR DAYS EVENT



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
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

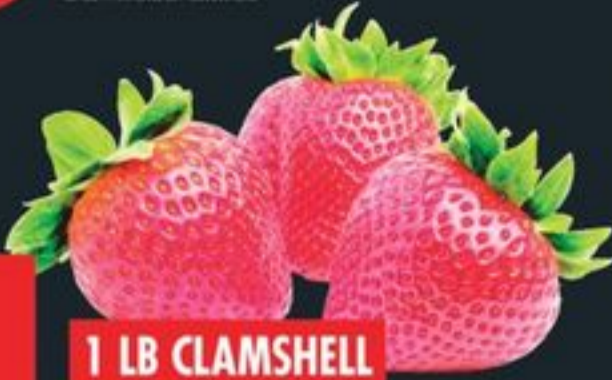
01 NFO

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



4.99

10 LB BAG
**RED, RUSSSET™
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/20161940001 EA



4.99

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



.99

**ATAULFO™ or RED
MANGOES**
product of Mexico
mangos
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
2004010001 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-courgettes
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 POMPANNO** 700 g
frozen
tilapia entier ou pompanno 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/20153515.8A



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
21422221.8A



\$12

PC® WAGYU BURGERS
frozen
364 g
burgers
20762221.8A



\$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
20762221.8A

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 fourrées
1.34-1.75 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



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 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.

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/20225384002_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
6x127g
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
21224941_20221028001_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
21224941_20221028001_EA



Optimum
Members-Only Price™
9.99
Non-members
11.99

28'S
BLACK DIAMOND
CHEESTRINGS
fromage effiloché
21224941_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
20221028001_20221028001_EA



Optimum
Members-Only Price™
249
Non-members
299

CHRISTIE
COOKIES
selected varieties
217-302 g
biscuits
21224941_20221028001_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 au pop
21224941_EA



Optimum
1,000 pts
\$1 Value
15.99

BERTOLLI OLIVE OIL
selected varieties
750 mL/1 L
huile d'olive
20221028001_EA



Optimum
Members-Only Price™
4.99
Non-members
5.99

VLASIC
PICKLES
selected varieties
1 L
conserve de légumes
20221028001_EA



Optimum
1,000 pts
\$1 Value
4.99

ZIPLOC STORAGE
BAGS
selected varieties
10-50 L
sacs de rangement
20221028001_20221028001_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
21224941_20221028001_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'appointement de chiffons de
légère humidité ou secs
20221028001_20221028001_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
trousse de départ ou savon à vaisselle
21218861_EA/21507156_EA

7.50 value



Always



ALWAYS

\$6

NO NAME® CHICKEN NUGGETS, BURGERS or STRIPS
frozen
908 g
21179744 EA



ALWAYS

\$4

PC® ENTRÉES
selected varieties, frozen
212-365 g
plats cuisinés
3031233001 EA/30317707 EA



ALWAYS

\$5

PC® GREEK YOGURT
selected varieties
650/750 g
yogourt grec
21318405 EA/21318404 EA

PC® ICE CREAM SHOP 946 mL or **BLACK LABEL PREMIUM ICE CREAM** 500 mL
selected varieties, frozen
crème glacée
30299933003 EA/20604343003 EA

ALWAYS

\$4



PINK SALMON FILLETS
frozen
700 g
filets de saumon rose
21180932 EA

ALWAYS

\$10



NO NAME® CHEESE SLICES
selected varieties
210/230 g
tranches de fromage
30740213 EA

ALWAYS

450



SURAJ® BASMATI RICE
3.63 kg
riz basmati
20638931 EA

ALWAYS

\$10



LIFE BRAND® LOTION
selected varieties
600 mL
lotion
21303733 EA

ALWAYS

\$4



PC® 3X BABY WIPES
scented or unscented
300's
lingettes pour bébé
21340716 EA

ALWAYS

\$5



PRICE DROP

Lowered price for a longer time.



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

PRICE DROP

1.49



PRICE DROP

2.99

LIBERTÉ MÉDITERRANÉE 4's, 500 g,
LIBERTÉ GREEK 2's or
YOPLAIT SOURCE PROTEIN TUBS 650 g
YOGURT
selected varieties
yogourt
2134754 EA/21367047 EA



PRICE DROP

\$3

ST-HUBERT FRESH MEAT PIES or QUICHE
selected varieties
235 g
pâtes à la viande ou quiche
2120032 EA



PRICE DROP

5.99

IMPERIAL MARGARINE
selected varieties
1.28/1.36 kg
margarine
2004493 EA



PRICE DROP

2.79

TIM HORTONS SOUP
540 ml or **CHILI** 425 g
selected varieties
soupe ou chili
21202782 EA/21322119 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

2.49

PC® BLUE MENU® PASTA
selected varieties
373 g
pâtes
20304002 EA
20304007 EA



PRICE DROP

2.99

DIANA BULL'S-EYE BBQ SAUCE
432 ml
selected varieties
sauce barbecue
20070006 EA/21196017 EA



PRICE DROP

4.99

HEINZ KETCHUP 750 ml/1 L or
KRAFT MIRACLE WHIP
450/590 ml
selected varieties
ketchup ou barbecue
20047016 EA/20047021 EA



PRICE DROP

4.99

GOLD SEAL SOCKEYE SALMON
373 g
poisson
2128474 EA



PRICE DROP

2.49

BODY ARMOR SPORTS DRINK
selected varieties
473 ml
boisson sportive
20100000 EA/20100001 EA



PRICE DROP

2.49

EARTH'S OWN OAT ALMOND BEVERAGE or SO NICE SOY BARISTA
selected varieties
148 ml
boisson à base de plantes
20100000 EA/20100001 EA



PRICE DROP

3.49

FIBRE 1 - NATURE VALLEY SWEET & SALTY BARS
selected varieties
125-210 g
barres
21210000 EA/21210001 EA



PRICE DROP

5.49

JACK LINK'S JERKY
selected varieties
45-130 g
jerky
20100000 EA



PRICE DROP

9.99

NO NAME® VEGETABLE OIL
2 L
huile végétale
20100000 EA



PRICE DROP

15.99

BEYOND MEAT PLANT-BASED BURGERS
20's
475 g
burgers à base de plantes
20100000 EA



PRICE DROP

5.99

FRISKIES DRY CAT FOOD
selected varieties
1.4-1.5 kg
nourriture sèche pour chats
20100000 EA



PRICE DROP

16.99

TIDE PODS 3-IN-1 LAUNDRY DETERGENT, DOWNY - GAIN FABRIC SOFTENER & SCENT BOOSTERS 480 g or
TIDE ZERO LIQUID LAUNDRY DETERGENT 3.4 L
selected varieties
détergent à lessive ou assouplissant
20100000 EA/20100001 EA



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