

DEALS THAT SIZZLE



SAVE 36%

2.49

BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT

selected varieties
410 g
produit de fromage fondu
21252564 EA



WOW!

2.49

WONDER BUNS

selected varieties
8's
petits pains
20297455 EA



SAVE 23%

9.99

NO NAME® BEEF BURGERS

frozen
1.36 kg
burgers de boeuf
20114154 EA

FRANK'S RED HOT, THICK SAUCE or SQUEEZE
selected varieties
354 mL
sauce piquante
20187632001 EA/
21352812 EA



SAVE UP TO 37%

2.99

SUMMER OF LOW PRICES



Insiders Report™

PC® Summer Insiders Report™

Find it in-store or online.



\$5

Optimum™ APP EXCLUSIVE OFFER*

Single use offer
Optimum™ 2,000
\$2 Value

PC® ice pops
selected varieties, frozen
6's
bâtons glacés
21575280_EA/21575381_EA



4.99

Optimum™ APP EXCLUSIVE OFFER*

Single use offer
Optimum™ 2,000
\$2 Value

PC® chopped salad kits
selected varieties,
product of U.S.A.
285-369 g
salades hachées
21378038_EA/21547869_EA

Shop the full
PC® Summer Insiders
Report™ collection

SHOP NOW

CANADA'S MOST TRUSTED GROCERY STORE FOR LOW PRICES:



*Rated by Canadian shoppers based on the 2024 BrandSpark® Canadian Trust Study.

NOFRILLS

FLYER PRICES EFFECTIVE THURSDAY, MAY 16 TO WEDNESDAY, MAY 22, 2024.



MEAT LASAGNA
LASAGNE
VIANDE

APP EXCLUSIVE OFFER:
Optimum
1,000

\$1 Value

SAVE UP TO 40%
688

PC® ENTRÉES 600 g-1.13 kg
SWANSON OVEN EASY MEALS 879/992 g or
SWANSON FAMILY SKILLETS 1.19 kg
selected varieties, frozen
plats cuisinés
30236334 EA/71537264 EA



CLUB SIZE

WOW!
699
LB

T-BONE or WING STEAK
cut from ungraded beef
loback
15.41/kg
21497308 X0

WHILE QUANTITIES LAST



WOW!
564

APPROX. 5 LB CASE

ATAULFO MANGOES
product of Mexico
mangues
30121509001 EA

WHILE QUANTITIES LAST



SAVE 40%
299

9 LB AVERAGE

WHOLE SEEDLESS WATERMELON
product of U.S.A. or Mexico
melon d'eau sans pépins entier
30067326001 EA



SAVE 42%
288

BREYERS CLASSIC DESSERT 1.66 L or
CHAPMAN'S COLLECTION NOVELTIES 8's
selected varieties, frozen
crème glacée ou fraises glacées
30341303004 EA/30323717901 EA



SAVE 58%
125

ITALPASTA
selected varieties
750 g
pâtes
30294041001 EA/30294041901 EA



GREEN GIANT VEGETABLES
selected varieties
341/298 mL
légumes
31021175 EA/31021485 EA

SAVE UP TO 50%
.99



THROW BACK PRICES

Deals from the past on select items. ‡



FRUITOPIA or PEACE TEA BEVERAGES
selected varieties, refrigerated
1.75 L
boissons
303407480001 EA/30347440004 EA

SAVE 59%
\$1



SAVE 21%
275

LAY'S POTATO CHIPS 177-235 g or
POPPABLES 130 g
selected varieties
croustilles
31241002 EA



ONLY
499

NESCAFÉ or TASTER'S CHOICE INSTANT COFFEE
selected varieties
100-170 g
café instantané
3041811001 EA/304173004 EA

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY:

nofrills.ca

AVAILABLE AT LOCATIONS & SARA'S - ACTON, BOB & TIM'S - AMHERSTBURG, JUSTIN & STACY'S - ANGLE, MARK'S - ANTONIO, RYAN'S - ATLAN, TONY & JULIE - BANCROFT, CHRIS - BARRIE, NICK'S - BARRIE, RYAN'S - BARKSHILL, BEAUL'S - BRADFORD, BUDY'S - BRANTFORD, WILKIE'S - BRANTFORD, CHRIS & ANGELA'S - BRIDGTON, FISHER'S - CAMBRIDGE, DANIEL'S - CAGLIARI, BOB & KRISTY'S - CANTARA, SAID'S - COSSAIO, JAMES & JENNY'S - CORNWALL, CHRIS - COVINGTON, CUI'S - SUIJ LAKE, JOHN'S - ESSEX, JESS & KELLY'S - FORT HEN, MARGIE'S - GANANOQUE, MIKE & GRACE'S - GANON, MIKE & TERRY'S - GRAND BOND, ROBYN'S - HARRISVILLE, KENNY & ONY'S - HAMILTON, JOHN'S - HINDELL, STEPHAN'S - INCARVILLE, ANDREW & ONY'S - KINGSTON, SARA'S - KINGSTON, PAUL'S - MIDLAND, PETER'S - MOUNT FOREST, JAMIE & JACQUELYNNE'S - NANTWICK, MACKAY'S - NEW HARRISBURG, PALMER'S - NEWCASTLE, JIM'S - NIAGARA FALLS, ALAN & MICKELLE'S - NORTH BAY, JIM & TANYA'S - NORTH BAY, JIM & USANNE'S - ORANGEVILLE, JASON'S - ORILLA, DEAN & WENDY'S - OWEN SOUND, JAY'S - PEARL, STACE & TERRY'S - PEARL SOUND, STEVEN & JULIE'S - PEARCEVILLE, CHRIS & NICKY'S - PETERBOROUGH, BRIS'S - PETERBOROUGH, DAVID'S - PICTON, BRANDON'S - PORT CAROLINE, MIKE'S - PORT DUFFER, CHRIS & TANYA'S - RENFREW, ETYLL'S - SARNIA, JOE & JINNY'S - SAULT STE MARIE, JIMMY & STEVE'S - SHELBURNE, BLAKE'S - ST CATHARINES, KAREN'S - ST CATHARINES, CRAIG & JESSY - STICKTOWN, BRANDON & KATHY'S - THORNHILL, TRACY'S - SUTTON WEST, CAROL'S - TILBURY, GARETT'S - TIRINDI, MARK & SARA'S - WALLINGFORD, TERRY'S - WICKHAM, GREGORY'S - WILLIAMS, TONY & LARRY'S - WINNICK, SCOTT'S - WOODBOCK



1.99
LB

BEEFSTEAK TOMATOES
product of Ontario, Canada no. 1 grade
4.39/kg
tomates
20135709001_KG



2.99
LB

ASPARAGUS
product of Ontario, Canada no. 1 grade or
GREEN BEANS
product of U.S.A. or Mexico, no. 1 grade
asperges ou haricots verts
6.59/kg
20142683001_KG/20174381001_KG



6 OZ CLAMSHELL

2.99
EA/LB

BLACK PLUMS 6.59/kg,
product of Chile, no. 1 grade or
PINEAPPLE each, product of Costa Rica or
BLACKBERRIES each, product of Mexico
prunes noires ou ananas ou mûres
20051013001_KG/20140993001_EA



PKG OF 4

RED PEPPER - POIVRONS ROUGES
PRIME TIME

GREEN PEPPER - POIVRONS VERTS
PRIME TIME

3.99

GREEN or RED PEPPERS
product of U.S.A.
poivrons ou chou-fleur
20135377001_EA/2013226001_EA



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



.79

KIWI
product of Italy
kiwi
20130343001_EA



.99

RED MANGOES
product of Mexico
mangos rouges
20059625001_EA



1 LB CLAMSHELL

3.99

PINT

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



.99

ENGLISH CUCUMBERS
product of Ontario,
Canada no. 1 grade
each
concombres anglais
20070123001_EA



1.99

BROCCOLI CROWNS
product of Mexico or U.S.A.
each
couronnes de brocoli
21121560001_EA



1.99
LB

GREEN ZUCCHINI
product of U.S.A.
4.29/kg
courgettes vertes
20426396001_KG



1.99
LB

BARTLETT PEARS
product of Argentina,
extra fancy grade or
FORELLE PEARS
product of South Africa,
extra fancy grade
4.39/kg
poires
20143210001_KG/20172340001_KG



3.99

2 LB BAG
FARMER'S MARKET LEMONS
product of South Africa
citrons
20099819001_EA



4 LB BAG

4.99

2 LB BAG

FARMER'S MARKET AMBROSIA or ROYAL GALA APPLES
product of Ontario,
Canada fancy grade or
MANDARINS
product of Spain or Turkey
pommes ou mandarines
20769990001_EA/21307232001_EA
20099819001_EA



3.99

PKG OF 11
FARMER'S MARKET MINI CUCUMBERS
product of Ontario,
Canada no. 1 grade
mini-concombres
21070079001_EA



5.99

907 G
681 G
FARMER'S MARKET GRAPE TOMATOES
product of Canada or U.S.A. or
PC VARIETY TOMATOES
product of Canada or Mexico
tomates
2084028001_EA/2014966001_EA



6.99

PC or WONDERFUL NO SHELL PISTACHIOS
155/170 g
product of U.S.A. or
COMPASS DATES 2 kg
product of Iran
selected varieties
pistaches ou dattes
21220273_EA/21413008_EA
21440718_EA



\$10

1,000 Value
2 KG PKG
NO NAME PEANUTS
product of U.S.A.
arachides
20292477_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.

PRICES SOW LOW

TD Greenhouses Ltd.

Located in the Niagara Peninsula, TD Greenhouses Ltd is a second-generation, family-owned greenhouse focused on spreading joy through beautiful bedding plants. Find their products at select No Frills® stores.



2⁷⁵

ANNUALS, HERBS or VEGETABLES*

selected varieties
4 inch
annuelles ou fines herbes ou légumes
21348168_EA/21348166_EA/21348167_EA



\$12

ANNUAL PLANTER*

selected varieties
10 inch
jardinière d'annuelles
21348169_EA

*NOT AVAILABLE IN ALAN & MICHELLE'S NOFRILLS NORTH BAY 975 MCKEOWN AVENUE NORTH BAY, STEVE'S NOFRILLS ETOBICOKE 460 RENFORTH DRIVE ETOBICOKE, JEFF & TANIS' NOFRILLS NORTH BAY 300 LAKESHORE DRIVE NORTH BAY, TONY'S NOFRILLS HAMILTON 770 UPPER JAMES AVENUE HAMILTON, MARK'S NOFRILLS ST CATHARINES 581 LAKE STREET ST. CATHARINES, DOMENIC'S NOFRILLS GUELPH 35 HARVARD ROAD GUELPH, NICHOLSON'S NOFRILLS TORONTO 2187 BLOOR STREET WEST TORONTO, DURANTE'S NOFRILLS NORTH YORK 1 YORK GATE BLVD NORTH YORK, OLEG'S NOFRILLS OAKVILLE 1395 ABBEYWOOD DRIVE OAKVILLE, JOE'S NOFRILLS TORONTO 345 BLOOR STREET EAST, UNIT 1A TORONTO, ANTHONY'S NOFRILLS TORONTO 1435 KING STREET WEST TORONTO, GINO'S NOFRILLS TORONTO 1951 EGLINGTON AVE WEST TORONTO, ALI'S NO FRILLS 449 PARLIAMENT ST. TORONTO



244
LB

WHOLE PORK PICNIC
fresh
porc
5.38/kg
21161819 80
WHILE QUANTITIES LAST



**CLUB
SIZE**

379
LB

CHICKEN THIGHS
fresh
hauts de cuisse de poulet
8.36/kg
20654330 40



\$6

LEAN GROUND BEEF
fresh
454 g
boeuf haché
21210226 5A



\$8

PC® ASSORTED CHICKEN or MINCED TURKEY
selected varieties
up to 870 g
poulet haché ou hachis de dinde
21100091 5A/21100092 5A



1.99

MAPLE LODGE FARMS CHICKEN WIENERS
selected varieties
430 g
saucisses fumées
20647113 5A



\$3

MARCANGELO SOUVLAKI KABOBS
selected varieties
2 x 130 g
brochettes
206226 5A
WHILE QUANTITIES LAST



2.99

SEAQUEST® FLAVOURED ALASKA POLLOCK
ready to eat, 227 g
SMOKED STEELHEAD SALMON
pre-sliced, 302 g or
GO SHRIMP
RAW \$1.70 per lb. 160 g
COOKED \$1.70 per lb. 160 g
gambas au saumon
ou crevettes
207079 5A/207080 5A



7.99

PMC TILAPIA
1.36 kg or
GOLDEN POMPANO WHOLE 700 g
frozen
filets ou pompanos
214203 5A



3.49

SCHNEIDERS REDHOTS WIENERS
selected varieties
90/120 g
saucisses fumées ou
fumées saumon
21238034 5A



1,000

\$1 Value

5.99

MASTRO SALAMI or SALAMI WITH PROSCIUTTO
125/130 g or
SAN DANIELE PROSCIUTTO
100 g
selected varieties
saucisson au prosciutto
20681448 5A/21061099 5A



5.99

WONG WING ENTRÉES
selected varieties, frozen
800 g
plats cuisinés
2064437 5A



6.99

MARCANGELO JUMBO SAUSAGES
selected varieties, frozen
500/675 g
saucisses
21289711 5A



1.97

NO NAME® BAGELS or ENGLISH MUFFINS 6's
TORTILLAS or HOTDOG or HAMBURGER BUNS 6's
selected varieties
bagels ou muffins anglais
ou petits pains
21048796 5A/21048794 5A



\$3

COUNTRY HARVEST BREAD 400/630 g
or **BAGELS** 6's
selected varieties
pain ou bagels
21276422 5A/21276421 5A



4.50

PC® MINI MUFFINS
selected varieties
326 g
muffins
214887 5A



\$6

PC® CHEESE SLICES
selected varieties
140/170 g
fromages
20217916 5A/20217917 5A

\$10



KABOBS 450 g or **CHICKEN WINGS** 500 g
selected varieties, fresh
brochettes ou ailes poulet
21467065 5A/21593080 5A



BUTCHER'S CHOICE® SAUSAGE
selected varieties
1.2 kg
saucisses
21565790 5A



BREADED CHICKEN, MEATBALLS, LEAN GROUND BEEF or HOR D'OEUVRES
selected varieties, frozen
800 g-1.81 kg
poulet pané ou boulettes ou
boeuf haché maigre ou hors-d'oeuvre
21373692 5A



5.49

ARMSTRONG or PC® SHREDDED CHEESE 250-320 g or **ARMSTRONG CHEESE BARS** 400 g
selected varieties
fromage râpé ou barres de fromage
21386340 EA/21346749 EA



4.99

CHAPMAN'S YUKON 6/8's or **PREMIUM ICE CREAM** 2 L
selected varieties, frozen
crème glacée
30333573001 EA/21012281 EA



4.99

PC® FREE RUN LARGE EGGS 12's or **BLUE MENU® EGG WHITES** 1 kg
œufs ou blancs d'œufs
20813628001 EA/20821364001 EA



4.79

TROPICANA or SIMPLY JUICE
selected varieties, refrigerated
1.54 L
jus
21084048 EA/21209936 EA



.99

NO NAME® BAKED BEANS
selected varieties
398 mL
boîtes
20314839003 EA



3.33

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
6x750 mL
boissons gazeuses
20310548002 C06/20313741002 C06



5.99

HEINZ PICNIC PACK 3x375 mL or **HELLMANN'S MAYO** 710-890 mL
ensemble pour pique-nique
ou mayonnaise
20353158 EA/30618579001 EA



1.99

REAL CANADIAN NATURAL SPRING WATER
24x500 mL
eau
203148975 C24



3.29

OLD DUTCH HUMPTY DUMPTY SNACKS 250-290 g or **RESTAURANTE TORTILLA CHIPS**
275-310 g
selected varieties
grignolines ou croustilles
21267510 EA/21483100 EA



4.99

HÄAGEN-DAZS ICE CREAM 400-450 mL or **NOVELTIES** 3/4's
selected varieties, frozen
crème glacée ou fraises glacées
3030229005 EA/213132347 EA

ALL HAIL CAESAR

Say cheers to National Caesar Day with low prices.



2.49

2.99

2.99
LB

4.49

NO NAME® WORCESTERSHIRE SAUCE 295 mL or **TABASCO SAUCE** 57 mL
selected varieties
sauces
20027570 EA/21379647 EA

PC® or BLUE MENU® CRANBERRY or VEGETABLE COCKTAIL
selected varieties
1.89 L
cocktail de canneberges ou légumes
20307023001 EA/203004899004 EA

ASPARAGUS
product of Canada,
no. 1 grade
6.59/kg
asperges
20174581001 80

EXTREME BEAN PICKLED BEANS
500 mL
selected varieties
haricots
20618230 EA



5.29

ALLEN'S FRUIT COCKTAIL DRINK BOXES
selected varieties, 24x200 mL
cocktail aux fruits
20340130 EA



6.99

NO NAME® CHARCOAL BRIQUETTES
3.76 kg
briquettes de charbon
20043044 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.



CUSTOMER RELATIONS 1-866-98-SMILE (76453)

nofrills.ca



Be your own boss and make money from home



MAY

**HIT
OF THE
MONTH**



**Cheez-It Baked
Snack Crackers**

selected varieties, 191-200 g
craquelins

Limit: 6, over limit retail \$2.50



**New Treasure Long Grain
Parboiled or White Rice**

2 kg
riz

WHILE QUANTITIES LAST



**Planters Deluxe Whole Cashews,
Salted or Unsalted**

200 g, Limit: 6, over limit retail \$4.50
noix de cajou

**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.

PRICE DROP



GREEN GIANT VEGETABLES
selected varieties, frozen
400-750 g
Nombres surajetés
21022377 EA/21022355 EA

PRICE DROP
349



PRICE DROP
229

CAMPBELL'S READY TO SERVE SOUP
selected varieties
515 mL
soupe
2147030 EA



CATELLI GLUTEN-FREE PASTA
selected varieties
300/340 g
pâtes
20704241 EA

PRICE DROP
299



PRICE DROP
229

QUAKER DIPPABLES or CHEWY GRANOLA BARS
selected varieties
120-156 g
barres
20847382 EA/21339364 EA



PRICE DROP
249

DARE COOKIES
selected varieties
168-215 g
biscuits
20025430002 EA/21080771 EA



PRICE DROP
699

PC® ROAST AND GROUND COFFEE 340 g or **FOLGERS PODS** 12's
selected varieties
café
2041647000 EA/21380579 EA



PRICE DROP
299

KRAFT SALAD DRESSING
selected varieties
425 mL
 vinaigrette
21584850 EA/21584931 EA



PRICE DROP
399

RIO MARE TUNA SALAD BOWL
selected varieties
160 g
bois de thon
20971501 EA



PRICE DROP
449

MINUTE RICE
selected varieties
600/700 g
riz
20177384 EA/20310838 EA



PRICE DROP
249

PC® LIQUID ENHANCER
selected varieties
48 mL
mélanges pour eau
20734123001 EA



PRICE DROP
299

UFC COCONUT WATER
1 L
eau de noix de coco
20570506 EA



PRICE DROP
450

PC® or BLUE MENU® SPARKLING WATER
selected varieties
12x355 mL
eau pétillante
2068034000 CS/21518579 CS



PRICE DROP
249

ANNIE'S MACARONI AND CHEESE PASTA
selected varieties
149-170 g
pâtes
20216187001 EA



PRICE DROP
899

FRITO-LAY VARIETY PACK
selected varieties
428/448 g
croustilles
21584937 EA



PRICE DROP
349

ALCAN FOIL 50 ft, **GLAD PLASTIC WRAP** 60 m or **REYNOLDS PARCHMENT PAPER** 35 ft
papier d'aluminium ou pellicule plastique ou papier parchemin
20043471 EA/20011842 EA

PRICE DROP



PHILADELPHIA CREAM CHEESE PRODUCT
selected varieties
227/250 g
produit de fromage à la crème
20641267 SA/2064492610 SA

PRICE DROP
3⁹⁹



CHEF BOYARDEE
selected varieties
418/425 g
pâtes
2031230001 SA

PRICE DROP
1⁶⁹



DANONE ACTIVIA 8% MIX & GO VANILLA 2% or TWO GOOD LOW SUGAR YOGURT
selected varieties
yogourt
2022384002 SA/21477313 SA

PRICE DROP
3⁹⁹



OASIS JUICE or ARIZONA ICED TEA, ALLEN'S APPLE or CRANBERRY COCKTAIL or DEL MONTE ON ICE REFRESHERS 1.89 L
selected varieties
jus ou thé glacé ou boissons
20313744002 SA/21375041 SA

PRICE DROP
2⁷⁹



COCA-COLA or PEPSI SOFT DRINKS
selected varieties
6x222 mL
boissons gazeuses
20344288002 C06/20637340004 C06

PRICE DROP
3⁹⁹



EGGO WAFFLES 16's or BREYERS CREAMERY STYLE ICE CREAM 1.66 L
selected varieties, frozen
gâteaux ou crème glacée
20097730004 SA/20344920004 SA

PRICE DROP
5⁹⁹



GIUSEPPE THIN CRUST or RISING CRUST PIZZA
selected varieties, frozen
439-785 g
pizza
21106361 SA

PRICE DROP
5⁴⁹



MARCANGELO SLICED DELI MEAT
selected varieties
100 g
viandes de charcuterie
20681202 SA

PRICE DROP
6⁴⁹



STEELHEAD TROUT FILLET
frozen
22.02/kg
filet de truite
21496461 KC

PRICE DROP
9⁹⁹
LB



TRE STELLE CHEESE TWIN PACK
selected varieties
240-560 g
fromage
21100062 SA/21100064 SA

PRICE DROP
\$8



PC® SPRING ROLLS
selected varieties, frozen
574 g
rouleaux de printemps
20692094 SA

PRICE DROP
8⁹⁹



LOU'S PORK BACK RIBS
selected varieties, frozen
680 g
côtes de dos
21320777 SA

PRICE DROP
\$11



CADBURY POUCH or MAYNARDS CANDY 147-200 g
selected varieties
chocolat ou friandises
21101841 SA/21343809 SA

PRICE DROP
3⁷⁹



PC® DRY ROASTED PEANUTS
selected varieties
700 g
arachides
2005799002 SA

PRICE DROP
4⁹⁹



EARTH'S OWN OAT BARISTA
946 mL
boisson à l'avoine
21179478 SA

PRICE DROP
4⁹⁹

PRICE DROP



PC[®] FROZEN FRUIT
selected varieties
300-600 g
fruits surgelés
2012227 EA/21327941 EA

PRICE DROP
449



ZIGGY'S[®] FRESH PASTA
selected varieties
350/360 g
pâtes fraîches
2132148 EA

PRICE DROP
349



GENERAL MILLS CEREAL
selected varieties
300-430 g
céréales
2110453 EA/
21448349 EA

PRICE DROP
333



CLUB HOUSE BLENDS 120-244 g,
LA GRILLE SEASONING or
WET RUBS
120-248 g, 200 ml
selected varieties
mélanges ou assaisonnement
ou marinades
20010706 EA/20321740001 EA

PRICE DROP
499

HEINZ KETCHUP
1.5 L
ketchup
20110254 EA



PRICE DROP
699

BASA STEAKS or CHUB MACKEREL
frozen
1 kg
poisson gelé
20910449 EA



PRICE DROP
699



GATORADE FIT
828 mL or
GATORLYTE 591 mL
SPORT DRINKS
selected varieties
boissons désaltérantes
21449706 EA/21314023 EA

PRICE DROP
199

PC[®] LEMONADE
selected varieties
1.89 L
limonade
20773870001 EA



PRICE DROP
299

SKINNY POP POPCORN
selected varieties
125/150 g
maïs soufflé
20795418001 EA



PRICE DROP
399



NESTLÉ STAND UP POUCH
135-203 g or
MULTI PACK 4x
selected varieties
chocolat
20322502 EA/21080077 EA

Members-Only Price[™]
349
Non-members
379



PC[®] DE-ALCOHOLIZED BEER
selected varieties
12x355 mL
bière déalcoolisée
20121729 C12

PRICE DROP
749

WHISKAS DRY CAT FOOD
selected varieties
1.5/2 kg
nourriture sèche
pour chats
21388889 EA



PRICE DROP
899



DAWN LIQUID DISH DETERGENT
selected varieties
431/473 mL
détergent à vaisselle
21430381 EA/21430390 EA

PRICE DROP
249



LYSOL MULTI SURFACE CLEANER 1.2 L or
SPRAYS 650-950 mL
selected varieties
nettoyants
20309872002 EA/20310677001 EA

PRICE DROP
399



GAIN LIQUID 4.55 L
or **FLINGS** 42x
LAUNDRY DETERGENT
selected varieties
détergent à lessive
20959427 EA/21402174 EA

PRICE DROP
1599

NATURAL FOODS AT LOW PRICES



ORGANIC
249

227 G

PC[®] ORGANICS WHOLE CREMINI or WHITE MUSHROOMS
product of Ontario
champignons cremini ou blancs entiers
21021345 EA/21021499 EA



ORGANIC
499

PKG OF 3

PC[®] ORGANICS ROMAINE HEARTS
product of U.S.A.
cœurs de romaine
2019776001 EA

EARTH'S OWN OAT NON-DAIRY REFRIGERATED BEVERAGES
selected varieties
1.75 L
boissons réfrigérées non laitères
21027794 EA

379



499

BELSOY PUDDING
selected varieties
4x125 g
pudding
20131298003 EA



299

PC[®] GLUTEN-FREE WAFFLES
selected varieties, frozen
320 g
gaufres sans gluten
21419162 EA/21419170 EA

899



MAISON ORPHEE EXTRA VIRGIN OLIVE OIL
selected varieties
750 mL
huile d'olive extra vierge
21161851 EA

1899



KICKING HORSE ORGANIC FAIRTRADE WHOLE BEAN COFFEE
selected varieties
454 g
café en grains biologique
2022248001 EA/2022248004 EA

1299



399

HARDBITE POTATO CHIPS
selected varieties
150 g
croustilles
202370650001 EA/202370650002 EA



549

LA CROIX SPARKLING WATER
selected varieties
8x355 mL
eau pétillante
20951154 C08/21300994 C08



1899

KIND BARS
selected varieties
12x40 g
barres
20420550002 C12/20764073 C12



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE NV NFO

BIG DEALS FOR LITTLE ONES



SAVE 25%
19⁹⁹

PAMPERS SUPER BIG PACK DIAPERS
selected varieties
size N-8, 38-120's
couches
21370844 EA



SAVE 20%
19⁹⁹

HUGGIES SUPER BIG PACK DIAPERS
selected varieties
size N-7, 32-108's
couches
21456311 EA



ORGANIC
\$1

PC[®] ORGANICS BABY FOOD POUCHES
selected varieties
128 mL
sachets d'aliments pour bébé biologiques
20651348002 EA



SAVE UP TO 20%
7⁹⁹

HUGGIES or PAMPERS 3X BABY WIPES
selected varieties
168-216's
lingettes pour bébé
20558604 EA

GERBER BABY FOOD JARS 159-162 mL
ORGANIC BABY FOOD POUCHES 99/128 mL
selected varieties
plats d'aliments pour bébé ou sachets d'aliments pour bébé biologiques
21024892 EA/21464952 EA



1⁷⁹

PC[®] ORGANICS BABY SNACKS or ENTRÉES
selected varieties
42-185 g
collations ou plats cuisinés biologiques pour bébé
2066492801 EA/20888821002 EA



ORGANIC
2⁹⁹



JAMIESON VITAMINS C or D
selected varieties, 75-240's
colettes d'entraînement
20299992 EA/20303214001 EA

4⁹⁹



ALWAYS
\$5

PC[®] 3X BABY WIPES
scented or unscented 300 g
lingettes pour bébé
21146714 EA



HUGGIES PULL UPS or PAMPERS EASY UPS CLUB PACK TRAINING PANTS
selected varieties, 28-74's
produits de soins solaires
21089365 EA

26⁹⁹



BANANA BOAT SUN CARE PRODUCTS
selected varieties
75-315 mL, 141-226 g
bébé
21087481 EA/1176211 EA

8⁹⁹



DOVE BABY BODY WASH or LOTION
selected varieties
591 mL
bébé
2107298 EA

8⁹⁹



AVEENO BABY BODY WASH or LOTION
selected varieties
532 mL
bébé
20157402002 EA

10⁹⁹

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*
10,000 pts

\$10
value

when you spend \$50 or more on baby diapers, wipes, formula, food, needs or accessories.

all varieties and sizes
couches ou lingettes ou préparation pour nourrisson
ou aliments ou articles ou accessoires
2023077061 EA/2056412801 EA/2022414001 EA/21070843 EA/21540714 EA



PRICE DROP



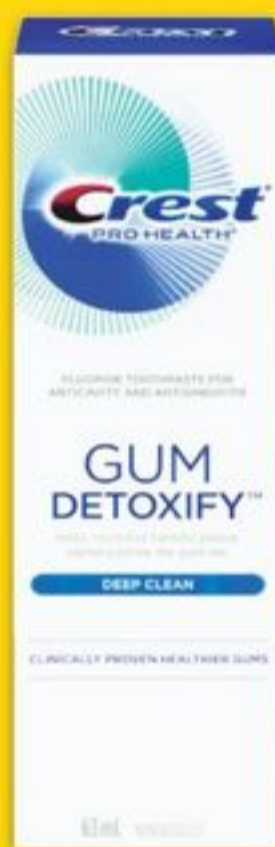
PRICE DROP
2.99

HERBAL ESSENCES HAIR CARE
selected varieties
346 mL
soins capillaires
21247098 EA/21247099 EA



PRICE DROP
3.49

COLGATE PREMIUM TOOTH PASTE
70-150 mL or **MANUAL TOOTHBRUSH** 1 ea
selected varieties
dentifrice ou brosse à dents manuelle
21144483 EA/20306410001 EA



PRICE DROP
4.99

CREST GUM TOOTH PASTE 63-160 mL or
SCOPE MOUTHWASH 1 L
selected varieties
dentifrice ou rinçage-bouche
20942747 EA/212524690 EA

NIVEA BODY WASH 500 mL,
DEODORANT ROLL-ON 50 mL, or
ANTIPERSPIRANT 51/52 g
selected varieties
nettoyant pour le corps ou
déodorant à bille ou antioùdorifique
20221421004 EA/21141999 EA



PRICE DROP
3.99

ST. IVES BODY LOTION
selected varieties
600/621 mL
lotion pour le corps
21084088 EA/21084101 EA



PRICE DROP
4.99

OLD SPICE or SECRET DEODORANT
selected varieties
73/85 g
déodorant
20090094 EA/20643349001 EA



PRICE DROP
3.99

DOVE HAIR CARE
selected varieties
142/198 g, 195-355 mL
soins capillaires
20238435001 EA/20206023001 EA



PRICE DROP
3.99

IRISH SPRING



PRICE DROP
4.99

IRISH SPRING BODY WASH
591 mL or **BAR SOAP** 6x104 g or
SOFTSOAP BODY WASH
591 mL, selected varieties
nettoyant pour le corps
ou pain de savon
21436477 EA/212119373 EA



PRICE DROP
8.99

ALWAYS PADS or LINERS 20-162's or
TAMPAX TAMPONS 22-54's
selected varieties
serviettes ou protège-dosous
ou tampons
21011938 EA/20963094 EA



PRICE DROP
9.99

PEDIASURE COMPLETE NUTRITIONAL SUPPLEMENT
selected varieties
4x235 mL
supplément nutritif
20222414001 EA

YOU GET, WE GIVE.

When you get participating products* marked in store and online, a portion of the proceeds from every purchase made will be donated to:



DANONE ACTIVIA 650 g or **DANINO KIDS DRINKABLES** 6% YOGURT selected varieties yogurt 30229132003 SA/21320230 SA

2⁹⁹

LIBERTÉ GREEK MÉDITERRANÉE 650/750 g, **YOPLAIT YOP NO SUGAR ADDED** 8% or **YOP DRINKABLE** 6% YOGURT selected varieties yogurt 20642273 SA/21478964 SA

5⁹⁹

iögo nano DRINKABLE YOGURT selected varieties 8% yogurt à boire 2069487001 SA/2069487001 SA

3⁶⁹

SIGGI'S ICELANDIC SKYR selected varieties 850/750 g skyr 21232892 SA/21232874 SA

4⁹⁹

TROPICANA ORANGE JUICE selected varieties, refrigerated 2.63 L jus d'orange 2011730001 SA

6⁹⁹

KELLOGG'S RICE KRISPIES 176/198 g, **POP TARTS** 364 g, **SPECIAL K** 125 g or **NUTRI-GRAIN BARS** selected varieties barres 2012984001 SA

2⁹⁹

FIBRE 1 or **NATURE VALLEY SWEET & SALTY BARS** selected varieties 125-210 g barres 21232329 SA/21232328 SA

3⁴⁹

NESTLÉ DRUMSTICKS or **NOVELTIES** 4-10" or **CONFECTIONARY FROZEN DESSERT** 1.5 L selected varieties, frozen bonbonnes glacées 2022220001 SA/2022220001 SA

4⁹⁹

KELLOGG'S ALL BRAN 450/525 g, **RAISIN BRAN** 425/451 g, **VECTOR** 306/400 g, **SPECIAL K** 317-435 g or **MINI-WHEATS CEREAL** selected varieties céréales 20542344 SA/20542344 SA

4⁴⁹

GENERAL MILLS CEREAL family size, selected varieties 475-778 g céréales 21232499 SA/21232499 SA

5⁴⁹

KELLOGG'S FAMILY SIZE CEREAL selected varieties 480-650 g céréales 21489784 SA/21420712 SA

5⁴⁹

STARBUCKS COFFEE ENHANCER selected varieties 828 mL rehausseur pour café 21232473 SA

6⁴⁹

STARBUCKS ROAST AND GROUND COFFEE 340 g or **PODS** 10's selected varieties café torréfié et moulu ou capsules 2054842002 SA/2054842004 SA

9⁹⁹

TIMOTHY'S or **DONUT HOUSE COFFEE PODS** selected varieties 30's capsules de café 20489912 SA/21422212 SA

13⁹⁹

*In conjunction with our partners, a maximum of \$1,000,000 will be collectively donated to President's Choice Children's Charity from purchases of participating products made at NOFRILLS® this year.

YOU GET, WE GIVE.

When you get participating products* marked in store and online, a portion of the proceeds from every purchase made will be donated to:  **children's charity**



LACTANTIA PURFILTRÉ 2 L or ULTRAPUR 1.5 L MILK
selected varieties
lot# 21291137 SA/21434991 SA



4.99

NESCAFÉ or TASTER'S CHOICE INSTANT COFFEE
selected varieties
100-170 g
càfé instantané
26641811001 SA/20672036 SA



4.99

CADBURY FAMILY BAR 95/100 g or MAYNARDS CANDY SMALL BAG 130/154 g
selected varieties
chocolat ou bonbons
21548254 SA/2022192001 SA



Optimum Members-Only Price™
\$2
Non-members **2.49**

CELEBRATION CARAMEL TRUFFLE



2.79

LECLERC CELEBRATION COOKIES
selected varieties
240-300 g
biscuits
2083379001 SA

Ocean's FLAKED WHITE TUNA IN WATER



2.99

OCEAN'S WHITE TUNA 170 g or GOLD SEAL PINK SALMON 213 g
selected varieties
thon ou saumon
21002314 SA

CHRISTIE CRISPERS or BITS & BITES
selected varieties
145 g
collations
21288202 SA/21288200 SA



2.29

PRINGLES POTATO CHIPS
selected varieties
148/156 g
croustilles
21008202 SA/21008203 SA



2.49

ORVILLE REDENBACHER MICROWAVE POPCORN BUTTERY



3.99

ORVILLE REDENBACHER MICROWAVE POPCORN 265-492 g or KERNEL JAR 850 g
selected varieties
maïs à déshydrater ou en pot
2062922002 SA

NÜGABAR



2.49

LECLERC NÜGABAR
selected varieties
175 g
bonbons
21234704 SA/21234707 SA

OREO



2.49

CHRISTIE COOKIES
selected varieties
251-303 g
biscuits
21238407 SA/21238106 SA

CHRISTIE PEAK FREANS
selected varieties
273-250 g
biscuits
20629948 SA



3.49

TOSTITOS RESTAURANT



3.79

TOSTITOS TORTILLA CHIPS
selected varieties
203-295 g
croustilles de tortille
21288273 SA

Miss Vickie's ORIGINAL RECIPE RECETTE ORIGINALE



3.99

MISS VICKIE'S POTATO CHIPS
selected varieties
190-220 g
croustilles
21240703 SA

Ruffles REGULAR NATURE



3.99

RUFFLES POTATO CHIPS
selected varieties
180-220 g
croustilles
21240703 SA

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YOU GET, WE GIVE.

When you get participating products* marked in store and online, a portion of the proceeds from every purchase made will be donated to:



6⁹⁹ COCA-COLA SOFT DRINKS or NESTEA ICED TEA
selected varieties
12x341/355 mL
boissons gazeuses ou thé glacé
3013048002, C12/2011849002, C12



6⁹⁹ PEPSI SOFT DRINKS
selected varieties
8/12x355 mL
boissons gazeuses
30323361002, C12/213361004, C06

1⁹⁹ GLACEAU VITAMINWATER 591 mL or SMARTWATER 1 L
selected varieties
eau ou boissons gazeuses
30154181, SA/3033794006, SA



5⁴⁹



GATORADE SPORT DRINKS
selected varieties
6x591/8x355 mL
boissons désaltérantes
3030318007, C06/21164782, C08



3⁷⁹ MOTT'S CLAMATO
selected varieties
1.89 L
jus de tomates
30318953002, SA/21373330, SA



5⁹⁹ BUBLY 12x355 mL or MONTELLIER 10x355 mL SPARKLING WATER
selected varieties
eau pétillante
21096722, C10/21097177, C13



1,000⁰⁰ \$1 Value

5⁹⁹ AHA SPARKLING WATER
selected varieties
12x355 mL
eau pétillante
21340742, C12



7⁹⁹ CHARMIN BATHROOM TISSUE BOUNTY PAPER TOWEL 4x6 rolls
papier hygiénique ou essuie-tout
21313836, SA/21348793, SA



13⁹⁹ FINISH DISHWASHER TABS 30-55's or JET-DRY 946 mL
selected varieties
capsules de détergent pour lave-vaisselle ou agent de rinçage
21318146, SA/21365525, SA



14⁹⁹ AIR WICK SCENTED OIL REFILLS 5x20 mL or KITS 2x5x20 mL
selected varieties
recharges d'huile parfumée ou trousse
21363106, SA/21438270, SA



7⁴⁹ SWIFFER WETJET LIQUID REFILL 1.25 L, DUSTER KITS or REFILLS 2 L, WET CLOTH REFILLS 16x17" or DRY CLOTH REFILLS 16x14"
selected varieties
recharge de liquide ou trousse d'entretien, kit d'entretien ou recharge de linges humides ou secs
21307620, SA/21307620, SA



10⁹⁹ TIDE LIQUID 1.89 L or PODS 3-1-1 100% STAIN FIGHTER, DOWNY FABRIC SOFTENER 1.49 Lx3 L, DOWNY or GAIN SCENT BOOSTERS 279 g, BOUNCE DRYER SHEETS 720/280's
selected varieties
détergent au réassouplissant
21307620, SA/21307620, SA



12⁹⁹ PUREX LIQUID LAUNDRY DETERGENT 4.08 Lx3 L or SNUGGLE FABRIC SOFTENER 3.41 L
selected varieties
détergent au réassouplissant
21307620, SA/21307620, SA



20⁹⁹ TIDE LIQUID 3.41 L or PODS 3-1-1 100% STAIN FIGHTER LAUNDRY DETERGENT
selected varieties
détergent à liquide
21307620, SA/21307620, SA

SIZZLIN' SUMMER SAVINGS

Hot weather, meet hotter deals. The PC Insiders Report™ Summer Edition is here with this season's Must Trys. Feast your eyes on some of our fave picks at sun-sational prices (and try not to drool).



 **NOFRILLS**

TASTEBUD THERAPY

Fun fact: "stressed" spelled backwards is "desserts."
Coincidence? We think not. Check out our top sweets tout suite.



\$4
946 g

PC® SCOOP SHOP BIRTHDAY CAKE or COTTON CANDY ICE CREAM
frozen
crème glacée au gâteau de fête ou à la barbe à papa
21575127_EA/21575303_EA



\$5
6x60 mL

PC® BLUEBERRY CINNAMON FLAVOURED ICE POPS
frozen
bâtons glacés à saveur de bleuets et cannelle
21575381_EA



\$4
150 g

PC® FROSTOVERS™ HAND PIE
selected varieties
choussons
21588524_EA/21588459_EA/21588644_EA



\$4
500 mL

PC® BLACK LABEL ICE CREAM
selected varieties
crème glacée
21588332_EA/21588234_EA/21578921_EA



\$7
224 g

PC® FLAKE OUTS™ CROISSANT DONUTS
selected varieties
croissants beignes
21590412_EA/21590246_EA/21590229_EA



\$9.99
730 g

PC® S'MORES CREAM PIE
frozen
tarte à la crème s'mores
21574358_EA

ABSOLUTELY GRILLIANT

Summer and BBQs go together like... well, summer and BBQs.
Fire up the grill and bring the flavour with every finger-licking bite.



\$4⁹⁹

300 g

PC® BRIOCHE SESAME BUNS
pains aux sésames
21876538_EA



\$6

250 g

PC® BARSE SAUSAGE
saucisse barèse
21876127_EA



\$14

1.13 kg

PC® THICK & JUICY™ PRIME RIB BURGER
selected varieties, frozen
burgers de côte de bœuf
20941230_EA/20941443_EA



\$14

500 g

PC® PORK BELLY BURNT ENDS
frozen
bouchées braisées
de flanc de porc
21866531_EA



\$15

360 g

PC® SWEET & SMOKY BARBECUE BUTTERFLIED BLACK TIGER SHRIMP
frozen
crevettes tigrées noires en papillon, barbecue sucré et fumé
21859382_EA



\$17

480 g

PC® CHICKEN YAKITORI
frozen
yakitori au poulet
21876909_EA

FLAVOUR FIESTA

Ever wonder what a party in your mouth feels like? Switch out the usual for globally inspired foods to make your tastebuds dance.



\$6

2-4's

PC® TROPICAL COLLECTION
selected varieties
collection tropicale

21575901_EA/21575866_EA/21575820_EA



\$5

300 g

PC® CHICKEN BUN CHA
frozen
bun cha au poulet

21565869_EA



\$5

300 g

PC® CINNAMON SUGAR or CHILI LIME PINEAPPLE SKEWERS

frozen
brochettes d'ananas au sucre à la cannelle ou piment chili et lime

21560146_EA/21560219_EA



\$6

PC® CHEESE 2x165 g or MUSHROOM 2x175 g FRUSTA

frozen
frusta au fromage ou champignons

21549514_EA/21549100_EA



\$4⁵⁰

350 mL

PC® BLACK LABEL WHITE BARBECUE SAUCE

sauce barbecue blanche

21589265_EA



\$7⁹⁹

370/420 g

PC® BLACK LABEL PIZZA
selected varieties, frozen
pizza

21531415_EA/21531410_EA/21531412_EA

YUM-WORTHY SNACKAGE

Because sometimes the sides are the real superstars.
Warning: may cause audible yummy noises.



\$2⁵⁰

200 g

PC® SPICY DILL PICKLE or SPICY KETCHUP FLAVOUR KETTLE COOKED POTATO CHIPS

croustilles cuites à la marmite aux cornichons à l'aneth épicé ou ketchup épicé
21576249_EA/21576175_EA



\$3⁴⁹

1.54 L

PC® LEMONADE
selected varieties, refrigerated
limonade
21430542_EA/21506771_EA/21430694_EA



\$4⁵⁰

6x355 mL

PC® M'AQUA MULE or TEQUILA SUNRISE COCKTAIL FLAVOURED SPARKLING WATER

eau pétillante à saveur de cocktail
21590613_EA/21590689_EA



\$5⁹⁹

4x355 g

PC® IPA or DARK ALE LOW ALCOHOL BEER (LESS THAN 0.5% ALC./VOL.)

bière faible en alcool
21589335_EA/21589408_EA



\$7⁴⁹

4x330 mL

PC® SPARKLING DEALCOHOLIZED APPLE or PEAR CIDER BEVERAGE

boisson de cidre désalcoolisée pétillante à la pomme ou poire
21588266_EA/21588277_EA



\$8

312/337 g

PC® INBETWEENZ™ DESSERT SQUARE

selected varieties
carrés desserts
21592622_EA/21592641_EA/21592554_EA



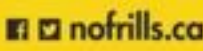
COOL!

WOW!

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.



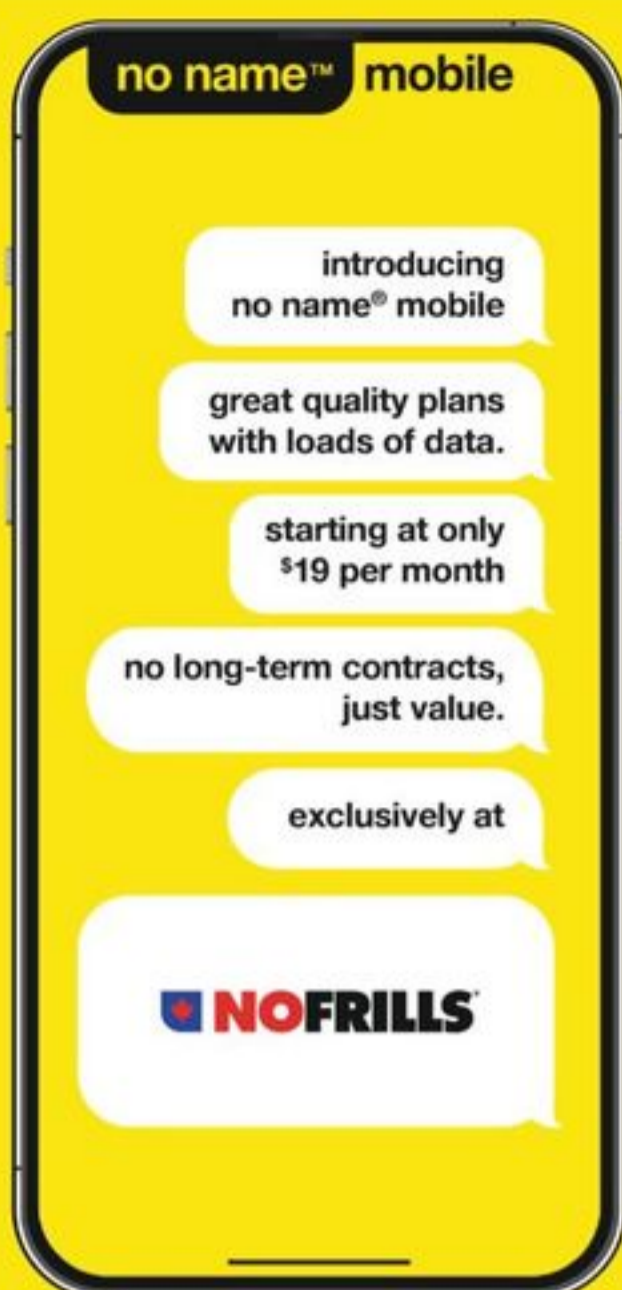
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NF SIR BACK



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THREE NEW WAYS WE'RE KEEPING BUDGETS HAPPY



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



RAIN CHECK + pts
We'll honour a current flyer deal if we're sold out, plus give you 10% back in PC Optimum™ points.



THROW BACK PRICES
Deals from the past on select items.

The thing to do.

GET FLYER TO YOUR EMAIL.

STRAIGHT TO YOUR EMAIL

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STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*



*Standard message and data rates may apply.

†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