

**MAY**

**HIT  
OF THE  
MONTH**



**Cheez-It Baked  
Snack Crackers**  
191-200g, selected varieties



**New Treasure Long  
Grain White Rice**  
2kg  
**WHILE QUANTITIES LAST**



**Planters Deluxe  
Whole Cashews,  
Salted or Unsalted**  
200g

See in-store for retails

**LOWEST PRICES  
BEST DEALS**

As compared to other major grocery retailers within your local trade areas.  
Valid from May 1st - 31st, 2024.





Always



Set low prices on select items.



ALWAYS

\$3

**NO NAME® FROZEN FRUIT**  
selected varieties  
300/400 g  
21545007\_EA/21545106\_EA



ALWAYS

\$6

**NO NAME® CHICKEN NUGGETS, BURGERS or STRIPS**  
frozen, 908 g  
21178744\_EA



ALWAYS

\$10

**BREADED CHICKEN, MEATBALLS, LEAN GROUND BEEF or HOR D'OEUVRES**  
selected varieties, frozen  
800 g-1.81 kg  
21372892\_EA



ALWAYS

\$10

**BUTCHER'S CHOICE® SAUSAGE**  
selected varieties  
1.2 kg  
21563790\_EA



# NO FRILLS®

FLYER PRICES EFFECTIVE THURSDAY, MAY 2 TO WEDNESDAY, MAY 8, 2024.



**WOW!**

**2.49**  
LB

**PORK HALF LOIN**  
fresh, boneless, cryovac package  
5.49/kg  
20354767 X0  
**WHILE QUANTITIES LAST**

**SAVE 44%**

**.50**

**SWEET CORN**  
product of U.S.A., no. 1 grade  
each  
2012117001 EA



**APP EXCLUSIVE OFFER**

**Optimum**

**1,000** (value)

**\$1**  
value

**10.99**

**PC®, BLUE MENU®, THICK & JUICY™**  
or **FREE FROM® BURGERS**  
selected varieties, frozen  
512 g/1.36 kg  
20441230 EA

**WOW!**

**4.44**

**ARMSTRONG** or  
**PC® SHREDDED CHEESE** 250-320 g or  
**ARMSTRONG CHEESE BAR** 400 g  
selected varieties  
21286240 EA/213366789 EA



**SAVE UP TO 27%**

**\$4**

**FARMER'S MARKET™ BUTTER**  
**CROISSANTS** or **LOAF CAKES** 260-400 g  
or **LA BAGUETTERIE MICHE SLICED**  
600-800 g  
selected varieties  
20973942 EA/21144112 EA



**SAVE UP TO 30%**

**1.25**

**UNICO BEANS** or  
**CHICK PEAS** 540 mL or  
**TOMATOES** 796 mL  
selected varieties  
20213447001 EA/20214429001 EA



**110 LOADS**

**SAVE UP TO 48%**

**9.27**

**SUNLIGHT** 4 L or  
**PUREX** 4.08-4.43 L  
**LAUNDRY**  
**DETERGENT,**  
**FLEECY FABRIC**  
**SOFTENER** 3.5 L or  
**DRYER SHEETS** 200's  
selected varieties  
2008222001 EA/21427042 EA



**WOW!**

**11.49**

**COCA-COLA** or  
**CANADA DRY** SOFT DRINKS  
selected varieties  
24x355 mL  
2026330002 C34/20208197001 C34

**Deals from the past on select items. ‡**



**THROW  
BACK  
PRICES**



**Breton** original



**Veggie  
CRISPS**  
Légume

**SAVE 28%**

**1.77**

**DARE CRACKERS**  
selected varieties  
100-225 g  
20973368 EA/21120666 EA





**4<sup>99</sup>**

**1 LB CLAMSHELL**

**STRAWBERRIES**  
product of U.S.A., no. 1 grade  
2004778001 SA

**3 LB BAG**

**6<sup>99</sup>**

**COSMIC CRISP APPLES** product of U.S.A. extra fancy grade  
or **FARMER'S MARKET™ AMBROSIA APPLES**  
product of Western Provinces, Canada fancy grade or  
**PC® MANDARINS** product of Morocco or U.S.A.  
21405188001 SA/20630646001 SA/20884961001 SA



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

**CANTALOUPE**  
product of Guatemala, no. 1 grade or  
**PINEAPPLE** product of Costa Rica  
each  
20167017001 SA/20160992001 SA

**6 OZ CLAMSHELL**

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

**BLACKBERRIES** product of Mexico or  
**RASPBERRIES** product of U.S.A., no. 1 grade  
20051015001 SA/20120928001 SA



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



**2<sup>99</sup>**

**2 LB BAG**

**FARMER'S MARKET™ CARROTS**  
product of Canada,  
Canada no. 1 grade  
20164328001 SA



**4<sup>99</sup>**

**681 G**

**PC® VARIETY TOMATOES ASSORTMENT**  
product of Canada or Mexico  
2016466001 SA



**5<sup>99</sup>**

**PKG OF 15**

**FARMER'S MARKET™ MINI CUCUMBERS**  
product of Western Provinces,  
Canada no. 1 grade  
210290001 SA



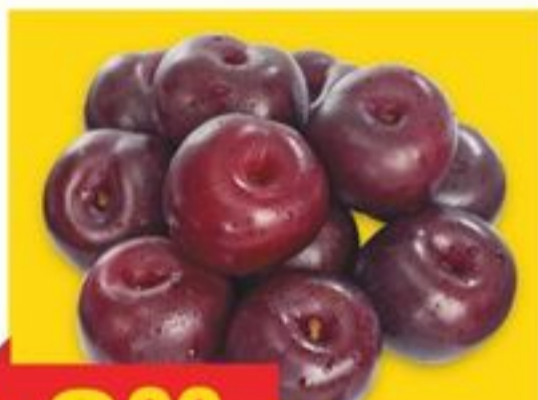
**1<sup>49</sup>**

**ATAULFO or RED MANGO**  
product of Mexico  
each  
2013109001 SA/2009620001 SA



**1<sup>99</sup>**

**POMEGRANATES**  
each, product of Peru or  
**BARTLETT PEARS**  
4.39/lb, product of Argentina,  
extra fancy grade  
20172340001 SA/201307307001 SA



**2<sup>99</sup>**

**BLACK PLUMS**  
product of Chile, no. 1 grade  
6.59/lb  
20114478001 SA



**.99**

**GREEN ONIONS**  
product of Mexico  
bunch  
20137300001 SA



**4<sup>99</sup>**

**EAT SMART or TAYLOR FARMS CHOPPED SALAD KITS**  
selected varieties, product of U.S.A.  
315-383 g  
2304298 SA/20474118 SA



**4<sup>99</sup>**

**PC®, BLUE MENU® or WONDERFUL PISTACHIOS**  
selected varieties, product of U.S.A.  
200/225 g  
2040461 SA/21231396 SA



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

**PKG OF 3**

**FARMER'S MARKET™ ENGLISH CUCUMBERS**  
product of Western Provinces,  
Canada no. 1 grade  
20164328001 SA



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

**454 G**

**PC® WHOLE CREMINI or WHITE MUSHROOMS**  
product of Western Provinces  
20164328001 SA



**6<sup>99</sup>**

**PKG OF 6**

**FARMER'S MARKET™ SWEET PEPPERS**  
product of Canada  
20164328001 SA



**5<sup>99</sup>**

**3 LB BAG**

**FARMER'S MARKET™ LEMONS**  
product of U.S.A.  
20164328001 SA

\*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.





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

**SPLIT CHICKEN BREAST**  
fresh  
12.10/kg  
2012612 KO

**4<sup>99</sup>**  
LB

**LEAN GROUND BEEF AND PORK**  
fresh  
11.00/kg  
2064942 KO



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

**PC® FREE FROM® PORK SHOULDER BLADE STEAKS**  
fresh  
12.10/kg  
2107995 KO



**LILYDALE TURKEY DINNER SAUSAGES**  
selected varieties  
500 g  
21064924 SA

**6<sup>99</sup>**



**5<sup>99</sup>**

**PC® or FREE FROM® BACON**  
selected varieties  
375/500 g  
20150429 SA



**10<sup>99</sup>**

**SWISS CHALET PORK BACK RIBS**  
selected varieties, fully cooked  
600 g  
2102221 SA



**4<sup>99</sup>**

**SAPUTO CHEESE**  
selected varieties  
170-200 g  
20127973 SA/21051214 SA



**5<sup>99</sup>**

**SEAQUEST® RAW SHELL ON SHRIMP or COOKED PEELED SHRIMP**  
36-45 count per lb, frozen  
300 g  
21064927 SA

**BASA, SOLE, COD or HADDOCK FILLETS 600 g or HIGH LINER WILD PACIFIC PINK SALMON FILLETS 400 g**  
frozen  
21093881 SA



**8<sup>99</sup>**



**1<sup>44</sup>**

**SUNRISE TOFU**  
selected varieties  
150/300 g  
20127974 SA/20564934 SA



**4<sup>79</sup>**

**PILLER'S SLICED DELI MEAT**  
selected varieties  
150-200 g  
20963232 SA/21206382 SA



**5<sup>99</sup>**

**BIG MOUNTAIN MEAT ALTERNATIVE**  
selected varieties  
300-400 g  
21310525 SA/21310529 SA



**1<sup>99</sup>**

**NO NAME® BAGELS or ENGLISH MUFFINS**  
selected varieties  
6's  
21217967 SA/  
21212119 SA



**2<sup>99</sup>**

**D'ITALIANO BREAD 600 g or BUNS 6/8's**  
selected varieties  
20083232 SA/20638449 SA



**4<sup>50</sup>**

**PC® MINI MUFFINS**  
selected varieties  
12's  
21488829 SA



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

**OLIVIERI FRESH PASTA SAUCE**  
selected varieties  
300 mL  
2014620 SA



**4<sup>99</sup>**

**OLIVIERI FRESH SKILLET GNOCCHI**  
selected varieties  
280/300 g  
2105862 SA



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

**OLIVIERI TWIN PACK FRESH PASTA**  
selected varieties  
430/300 g  
2031912 SA



# MOOOORE DEALS



**ASTRO YOGURT**  
selected varieties  
425-750 g  
2014326001 EA/20170533002 EA

**WOW!**  
**267**



**LACTANTIA** 1 L or  
**DAIRYLAND** 946 mL  
**10% CREAM** or  
**33/35% WHIPPING CREAM**  
473 mL  
brand varies by site  
20072927 EA

**SAVE UP TO 36%**  
**299**



**SAVE 27%**  
**399**

**KRAFT SINGLES**  
410 g or  
**CHEEZ WHIZ**  
450 g  
selected varieties  
20037906001 EA/  
21188654 EA



**DANONE OIKOS GREEK**  
650/750 g or  
**ACTIVIA DRINKS 8% YOGURT**  
selected varieties  
21006634 EA/21108409 EA

**SAVE UP TO 25%**  
**546**

**NESTLÉ MILKSHAKES**  
or **MILK 2 GO**  
selected varieties  
325/473 mL  
2022366001 EA/  
2094935002 EA

**125**



**BLACK DIAMOND CHEESTRINGS** 16%  
or **STICKS** 12%  
selected varieties  
20762861 EA/20966474 EA

**577**



**DAIRYLAND**  
946 mL or  
**BEATRICE**  
946 mL/1 L  
**CHOCOLATE MILK**  
brand varies by site  
20799732 EA/  
20942108 EA

**189**



**PC CHEESE SLICES**  
selected varieties  
210 g  
21405933 EA

**449**



**SAPUTO MOZZARELLISSIMA CHEESE**  
selected varieties  
500 g  
20739435002 EA

**749**

**FRUITOPIA, NESTEA**  
or **PEACE TEA BEVERAGES**  
selected varieties,  
refrigerated  
1.75 L  
2054740001 EA/  
20548321004 EA

**229**



**DAIRYLAND COTTAGE CHEESE**  
selected varieties  
500 g  
20749633 EA

**379**



**COUNTRY CROCK MARGARINE**  
850 g  
21553353 EA

**499**



**297**

**PILLSBURY REFRIGERATED DOUGH**  
selected varieties  
318-468 g  
20187565 EA/20218054001 EA



**EARTH'S OWN ALMOND NON-DAIRY BEVERAGES**  
selected varieties,  
refrigerated  
1.89 L  
20227647 EA

**349**



**CHAPMAN'S PREMIUM ICE CREAM**  
2 L or  
**YUKON NOVELTIES**  
6%  
selected varieties, frozen  
20223373001 EA

**499**



**549**

**HÄAGEN-DAZS ICE CREAM**  
selected varieties, frozen  
420-430 mL  
21212864 EA



**HÄAGEN-DAZS NOVELTIES**  
selected varieties, frozen  
240 g  
21228879 EA

**549**



**NESTLÉ DRUMSTICKS NOVELTIES** 4-10%  
selected varieties, frozen  
MOZZARELLISSIMA EA/21211974 EA

**549**

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.





APP EXCLUSIVE OFFER\*

Optimum  
**1,000**

\$1  
Value

**349**

**PC® THE DECADENT®  
COOKIE**  
selected varieties  
280/300 g  
30412257 EA



**329**

**CLASSICO  
PASTA SAUCE**  
selected varieties  
410/650 mL  
3022101001 EA



**CATELLI SMART®  
HEALTHY HARVEST PASTA**  
selected varieties  
340/375 g  
30312613001 EA/203027263 EA

**247**

**GALLO OLIVE OIL**  
selected varieties  
1 L  
20103368 EA

**1299**

**POST FAMILY SIZE  
CEREAL**  
selected varieties  
340-725 g  
30440227 EA

**449**



**TETLEY®  
LIPTON®  
YELLOW LABEL TEA**  
selected varieties  
80-144's  
30079830 EA/21393357 EA

**599**



**349**

**CHAPMAN'S  
LOLLY NOVELTIES**  
selected varieties, frozen  
28's  
20950734 EA



**399**

**CRAVE DINNER  
ENTRÉES** 200-340 g,  
**KRAFT DELUXE  
MAC & CHEESE** 340 g  
or **SMART ONES  
ENTRÉES** 241-283 g  
selected varieties, frozen  
21085113 EA/21328997 EA



**577**

**OASIS JUICE,  
DEL MONTE  
NECTAR or  
ARIZONA  
ICED TEA**  
selected varieties  
960 mL  
3032672000 EA/  
30844171004 EA

**199**



**299**

**NATURE VALLEY  
GRANOLA BARS,  
MOTT'S®  
or BETTY CROCKER®  
FRUIT SNACKS**  
selected varieties  
120-230 g  
3011532002 EA/20116074001 EA



**379**

**LAY'S POTATO  
CHIPS** 177-233 g,  
**POPPABLES** 130 g or  
**CHEETOS** 170-283 g  
3134002 EA/21329148 EA



**397**

**HELLMANN'S  
REAL MAYONNAISE**  
selected varieties  
340/445 mL  
3009033001 EA/21110401 EA



**699**

**JAMIESON  
VITAMIN C or D**  
selected varieties  
75-240's  
3029992 EA/2020214001 EA



**999**

**STAR GRILL  
LUMP  
CHARCOAL**  
4 kg  
30773897 EA



**399**

**LYSOL MULTI  
SURFACE  
CLEANER** 1.33 L or  
**SPRAYS** 430/510 mL  
selected varieties  
3009033001 EA/2020214001 EA



**1099**

**GLAD GARBAGE BAGS**  
selected varieties  
30-40's  
2118827 EA



**1399**

**CASCADE DISHWASHING TABS**  
selected varieties  
30-40's  
3009033001 EA/2020214001 EA



**2099**

**TIDE LIQUID  
3.33 L or PODS  
45.57/76g  
LAUNDRY  
DETERGENT**  
selected varieties  
3009033001 EA/2020214001 EA



# PRICE DROP

Lowered price for a longer time.



**SIMPLY JUICE** or **BEVERAGES** or **GOLD PEAK ICED TEA**  
selected varieties, refrigerated  
1.54/1.75 L  
2708048 SA/2117079 SA

**PRICE DROP**  
**4.79**



**PRICE DROP**  
**6.99**

**GIUSEPPE STUFFED CRUST PIZZA**  
selected varieties, frozen  
685-771 g  
21331844 SA



**PRICE DROP**  
**5.49**

**KELLOGG'S FAMILY SIZE CEREAL**  
selected varieties  
480-650 g  
21430748 SA/21430735 SA



**PRICE DROP**  
**2.29**

**QUAKER CRISPY MINIS** or **RICE CAKES**  
selected varieties  
90-199 g  
2054279802 SA/  
2030302705 SA



**PRICE DROP**  
**3.50**

**PC ORGANICS APPLEREET™** 6x100 g,  
**APPLE SAUCE** 650 mL,  
**JUMBO RAISIN SNACK PACK** 196 g  
or **CHOCOLATE BAR** 100 g  
selected varieties  
2117026 SA



**PRICE DROP**  
**5.99**

**PC COFFEE PODS** 12's or **NESQUIK SYRUP**  
510/700 mL or **POWDER** 540 g  
selected varieties  
20320147002 SA/20381345 SA



**PRICE DROP**  
**1.29**

**NO NAME CANNED VEGETABLES**  
selected varieties  
240/290 mL  
2030302705 SA



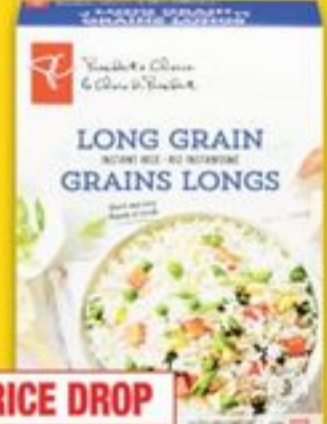
**PRICE DROP**  
**1.99** **369 ML**

**UNICO TOMATO PASTE**  
2172006 SA



**PRICE DROP**  
**2.49**

**PC READY TO SERVE SOUP**  
selected varieties  
540 mL  
2130465 SA



**PRICE DROP**  
**5.99**

**PC INSTANT RICE**  
1.4 kg  
2170464 SA



**PRICE DROP**  
**1.50**

**GRACE COCONUT WATER**  
selected varieties  
300 mL  
2042071 SA



**PRICE DROP**  
**1.99**

**ROOSTER TOFU**  
selected varieties  
434 g  
2147077 SA/2147076 SA



**PRICE DROP**  
**4.47**

**LEA & PERRINS WORCESTERSHIRE SAUCE** 234 mL or **MATT & STEVE'S THE EXTREME BEAN**  
300 mL  
selected varieties  
2062422 SA/20614225 SA



**PRICE DROP**  
**8.99**

**PC SPRING ROLLS**  
selected varieties, frozen  
574 g  
2040404 SA



**PRICE DROP**  
**\$2**

**PALMOLIVE DISHWASHING LIQUID**  
selected varieties  
591/828 mL  
2061404 SA/  
2104048 SA



**PRICE DROP**  
**7.99**

**NIVEA BODY LOTION**  
selected varieties  
300-425 mL  
2044077 SA/2070448 SA



**PRICE DROP**  
**5.99**

**TRESEMME HAIR CARE**  
selected varieties  
199-311 g/234-428 mL  
2117045 SA/2117043 SA



**PRICE DROP**  
**10.99**

**ROYALE FACIAL TISSUE**  
12x100 sheets  
2070471 SA



# SUMMER SWEET WAVE



**\$2**

**NESTLÉ, MARS or  
HERSHEY'S KING SIZE BARS**  
selected varieties  
50-93 g  
20274373 EA/21000283 EA



**2<sup>29</sup>**

**HERSHEY'S, MARS, NESTLÉ or  
CADBURY JUNIORS**  
selected varieties  
8-10's  
21223446 EA/212171114 EA



**2<sup>49</sup>**

**WERTHER'S CANDY** 116-158 g  
**JOLLY RANCHER HARD CANDY** 182/198 g or  
**TWIZZLERS GUMMIES** 170/175 g  
selected varieties  
20079129 EA/20096717 EA



**2<sup>49</sup>**

**TWIZZLERS LICORICE**  
selected varieties  
311-454 g  
2002228004 EA



**1<sup>29</sup>**

**MAYNARDS  
THEATRE BOX**  
100 g or  
**ICEE FROST** 6 oz  
selected varieties  
20300034002 EA/21219341 EA  
WHILE QUANTITIES LAST



**2<sup>49</sup>**

**PEPPERIDGE  
FARM GOLDFISH  
CRACKERS**  
selected varieties  
156-227 g  
20300020 EA



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

**CARNABY  
SWEET TUB**  
500 g or  
**CADBURY  
MULTI** 4's  
selected varieties  
20490529 EA/2121343890 EA



**\$3**

**SKITTLES CANDY**  
235-320 g or  
**EXCEL GUM  
BOTTLE** 83 g  
selected varieties  
20018330 EA/20210919002 EA



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

**NESTLÉ STAND  
UP POUCH**  
135-203 g or  
**MULTI PACK** 4's  
selected varieties  
20222502 EA/21040077 EA



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

**CARNABY  
SWEET SYRUP**  
428 mL or  
**PC® WAFFLE  
CONE** 205 g  
selected varieties  
21202793 EA



**4<sup>99</sup>**

**HERSHEY'S SYRUP**  
462-522 mL  
**JOLLY RANCHER  
LARGE BAG** 355 g or  
**MR. FREEZE** 48's  
selected varieties  
21032119 CS/21494952 EA  
WHILE QUANTITIES LAST



**7<sup>99</sup>**

**MONDOUX  
SWEET SIXTEEN  
CANDY** 1 kg  
**CADBURY LARGE  
POUCH** 361/380 g or  
**MAYNARDS CLUB  
PACK CANDY**  
814/816 g  
selected varieties  
21210257 EA/214432286 EA



**9<sup>99</sup>**

**HERSHEY'S or  
NESTLÉ'S LARGE  
CHOCOLATE  
POUCH** 800 g/1 kg or  
**AERO S'MORES  
KIT** 515 g  
selected varieties  
21214534 EA/212353373 EA



# GLOBAL FOODS AT LOW PRICES



**1.99**  
EA/LB

**BUNCH SPINACH** each, product of U.S.A.  
**GINGER ROOT** 4.39/kg product of China or  
**JAPANESE SWEET YAMS** 4.39/kg, product of U.S.A.  
2012340001 EA/2017920001 KG



**1.99**  
LB

**BITTER MELON** or  
**INDIAN KARELA**  
product of Mexico  
4.39/kg  
20101293001 KG/20029040001 KG



**.99**  
LB

**JUMBO CARROTS**  
product of China  
2.18/kg  
20831084001 KG



**.99**  
LB

**DAIKON** or **TAIWANESE CABBAGE** product of China or  
**NAPA CABBAGE** product of U.S.A.,  
2.18/kg  
20030843001 KG/20082109001 KG/20015025001 KG

**PMC BASA FILLETS** 400 g or  
**ANCHOR'S BAY MUSSEL MEAT** or  
**COOKED CLAM MEAT**  
340 g  
frozen  
21423307 EA



**4.49**



**9.99**

**ZABIHA HALAL BREADED CHICKEN**  
selected varieties, frozen  
800 g  
21192305 EA



**\$10**

**SUFRA® HALAL CHICKEN LEGS**  
back attached, fresh  
21433674 EA

**2.49**

**CHACHA SUNFLOWER SEEDS**  
selected varieties  
260 g  
20904156002 EA



**3.50**

**CRISPY POUND CAKE**  
selected varieties  
268 g  
20814078 EA



**4.77**

**BRAR'S MALAI PANEER**  
375 g  
20983164 EA



**1.99**

**KOSA CRISPY SEAWEED**  
selected varieties  
26 g  
21377903 EA



**3.99**

**S&W SWEET SPAGHETTI SAUCE**  
1 L  
21495446 EA



**3.49**

**GRACE JERK SEASONING**  
selected varieties  
312 g  
20492138 EA



**4.99**

**BRITANNIA MILK CAKE RUSKS**  
530/540 g  
2102404 EA



**4.99**

**7 DAYS PUFF PASTRY**  
selected varieties,  
frozen  
830 g  
2091780 EA



**6.99**

**SHER BESAN CHANA FLOUR**  
4 lb  
2049921 EA



**13.99**

**INDIA GATE BASMATI RICE**  
4.54 kg  
2040707 EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ET 01 NFW



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\* Scan your PC Optimum™ app or swipe your card to get PC Optimum™ Members pricing.

May 2-8, 2024

Get\*

**10,000** pts

**\$10**  
value

for every \$100\* spent on Happy Active, Happy Her, and Happy Teen gift cards.



\* Offer valid in-store only. Subject to availability; selection may vary by store. We reserve the right to limit quantities. See gift card for details, terms & conditions. Offer applies to every \$100 spent on any combination of Happy Active, Happy Her, and Happy Teen cards in a single transaction. Cannot be combined with any other gift card offers. Not valid on prior purchases. PC Optimum points cannot be redeemed toward the purchase of gift cards.



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**Fast forward to FREE groceries.**

Get **\$100** in welcome points\*



**APPLY NOW**

\*Offer available until May 13, 2024; conditions 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](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 [norrills.ca](http://norrills.ca).

ONLINE NF MKT