

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
21372692 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 XG
WHILE QUANTITIES LAST

SAVE 44%

.50

SWEET CORN
product of U.S.A., no. 1 grade
each
201317001 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
21386340 EA/213346789 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
20973943 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

100 LOADS

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
20083220001 EA/21427042 EA

SAVE UP TO 48%

9.27



WOW!

11.49

COCA-COLA or
CANADA DRY SOFT DRINKS
selected varieties
24x355 mL
20364330002 C34/203008197001 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



4⁹⁹

1 LB CLAMSHELL

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

3 LB BAG

5 LB BAG

COSMIC CRISP

6⁹⁹

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



3⁹⁹

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

6 OZ CLAMSHELL

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

3⁹⁹



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



2⁹⁹

2 LB BAG

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



4⁹⁹

681 G

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



5⁹⁹

PKG OF 15

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



1⁴⁹

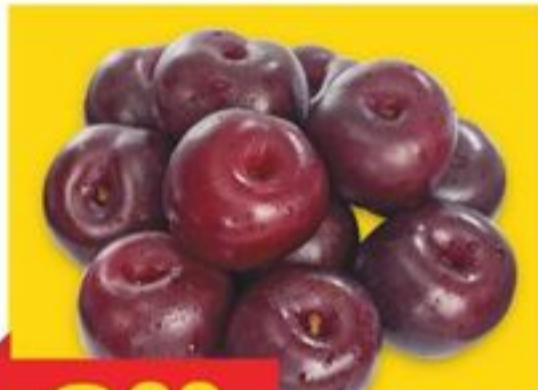
ATAULFO or RED MANGO
product of Mexico
each
2013109001 SA/2009620001 SA



1⁹⁹

EA/LB

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



2⁹⁹

LB

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



.99

GREEN ONIONS
product of Mexico
bunch
20137300001 SA



4⁹⁹

EAT SMART or TAYLOR FARMS CHOPPED SALAD KITS
selected varieties, product of U.S.A.
315-383 g
2304298 SA/20474114 SA



4⁹⁹

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



3⁹⁹

PKG OF 3

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



3⁹⁹

454 G

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



6⁹⁹

PKG OF 6

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



5⁹⁹

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.



5⁴⁹
LB

SPLIT CHICKEN BREAST

fresh
12.10/kg
2012612 KO

4⁹⁹
LB

LEAN GROUND BEEF AND PORK

fresh
11.00/kg
2064942 KO



FREE FROM

5⁴⁹
LB

PC[®] FREE FROM[®] PORK SHOULDER BLADE STEAKS

fresh
12.10/kg
2107995 KO



LILYDALE TURKEY DINNER SAUSAGES

selected varieties
500 g
21064924 SA

6⁹⁹



5⁹⁹

PC[®] or FREE FROM[®] BACON

selected varieties
375/500 g
20150429 SA



10⁹⁹

SWISS CHALET PORK BACK RIBS

selected varieties, fully cooked
600 g
2102221 SA



4⁹⁹

SAPUTO CHEESE

selected varieties
170-200 g
20127973 SA/21011214 SA



5⁹⁹

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
2109381 SA



8⁹⁹



1⁴⁴

SUNRISE TOFU

selected varieties
150/300 g
20127974 SA/20064934 SA



4⁷⁹

PILLER'S SLICED DELI MEAT

selected varieties
150-200 g
2096323 SA/21204382 SA



5⁹⁹

BIG MOUNTAIN MEAT ALTERNATIVE

selected varieties
300-400 g
21310525 SA/21310529 SA



NO NAME[®] BAGELS or ENGLISH MUFFINS

selected varieties
6's
21217967 SA/
21212119 SA

1⁹⁹



2⁹⁹

D'ITALIANO BREAD 600 g or BUNS 6/8's

selected varieties
2008323 SA/20638449 SA



4⁵⁰

PC[®] MINI MUFFINS

selected varieties
12's
21488829 SA



3⁹⁹

OLIVIERI FRESH PASTA SAUCE

selected varieties
300 mL
2014620 SA



OLIVIERI FRESH SKILLET GNOCCHI

selected varieties
280/300 g
2100842 SA

4⁹⁹



5⁴⁹

OLIVIERI TWIN PACK FRESH PASTA

selected varieties
430/300 g
2031912 SA

MOOOORE DEALS



ASTRO YOGURT
selected varieties
425-750 g
2014322601 EA/20179533002 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
20039406001 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
20223668001 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
2079752 EA/20963108 EA

189



PC® CHEESE SLICES
selected varieties
210 g
21403952 EA

449



FRUITOPIA, NESTEA
or **PEACE TEA BEVERAGES**
selected varieties, refrigerated
1.75 L
2034744001 EA/20348327004 EA

229



COUNTRY CROCK MARGARINE
850 g
21535355 EA

499

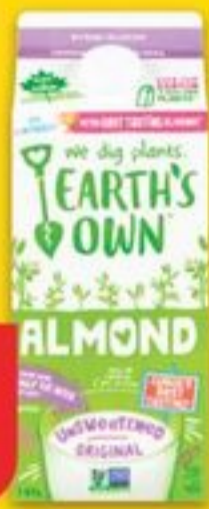


297

PILLSBURY REFRIGERATED DOUGH
selected varieties
318-468 g
20187565 EA/20318054001 EA

EARTH'S OWN 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
400-430 mL
21242864 EA



549



549



NESTLÉ DRUMSTICKS NOVELTIES 4-10%
selected varieties, frozen
300/220/280/340/410/470/540/610/680/750/820/890/960/1030/1100/1170/1240/1310/1380/1450/1520/1590/1660/1730/1800/1870/1940/2010/2080/2150/2220/2290/2360/2430/2500/2570/2640/2710/2780/2850/2920/2990/3060/3130/3200/3270/3340/3410/3480/3550/3620/3690/3760/3830/3900/3970/4040/4110/4180/4250/4320/4390/4460/4530/4600/4670/4740/4810/4880/4950/5020/5090/5160/5230/5300/5370/5440/5510/5580/5650/5720/5790/5860/5930/6000/6070/6140/6210/6280/6350/6420/6490/6560/6630/6700/6770/6840/6910/6980/7050/7120/7190/7260/7330/7400/7470/7540/7610/7680/7750/7820/7890/7960/8030/8100/8170/8240/8310/8380/8450/8520/8590/8660/8730/8800/8870/8940/9010/9080/9150/9220/9290/9360/9430/9500/9570/9640/9710/9780/9850/9920/10000 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.



APP EXCLUSIVE OFFER*

Optimum
1,000

\$1
Value

349

**PC® THE DECADENT®
COOKIE**
selected varieties
280/300 g
20412257 EA



329

**CLASSICO
PASTA SAUCE**
selected varieties
410/650 mL
2022101001 EA



**CATELLI SMART®
HEALTHY HARVEST PASTA**
selected varieties
340/375 g
20112413001 EA/201027243 EA

247

GALLO OLIVE OIL
selected varieties
1 L
20102348 EA

1299

**POST FAMILY SIZE
CEREAL**
selected varieties
340-725 g
20440227 EA



449

**TETLEY®
LIPTON®
YELLOW LABEL TEA**
selected varieties
80-144's
20079430 EA/21193257 EA



599



349

**CHAPMAN'S
LOLLY NOVELTIES**
selected varieties, frozen
28's
20050734 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/21102897 EA



577

**OASIS JUICE,
DEL MONTE
NECTAR®
OR ARIZONA
ICED TEA**
selected varieties
960 mL
2023472000 EA/
20044171004 EA

199



299

**NATURE VALLEY
GRANOLA BARS,
MOTT'S®
OR BETTY CROCKER
FRUIT SNACKS**
selected varieties
120-230 g
2011020002 EA/20110474001 EA



379

**LAY'S POTATO
CHIPS** 177-233 g,
POPPABLES 130 g or
CHEETOS 170-283 g
2124002 EA/21237048 EA



397

**HELLMANN'S
REAL MAYONNAISE**
selected varieties
340/445 mL
2009023001 EA/21110401 EA



699

**JAMIESON
VITAMIN C®
OR D**
selected varieties
75-240's
20209992 EA/20202114001 EA



999

**STAR GRILL
LUMP
CHARCOAL**
4 kg
20272401 EA

**ROYAL OAK®
Star Grill
HARDWOOD LUMP
CHARCOAL**
NET WT. 4.01 LB (1.82 kg)



399

**LYSOL MULTI
SURFACE
CLEANER** 1.33 L
SPRAYS 430/510 mL
selected varieties
2009023001 EA/20202114001 EA



1099

GLAD GARBAGE BAGS
selected varieties
20-40's
21100027 EA



1399

CASCADE DISHWASHING TABS
selected varieties
20-40's
2009023001 EA/20202114001 EA



2099

**TIDE LIQUID
3.33 L PODS®
OR FLINGS** 45/57/70's
**LAUNDRY
DETERGENT**
selected varieties
2009023001 EA/20202114001 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/21170793 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/
2030302005 SA



PRICE DROP
3.50

PC® ORGANICS APPLETREE™ 6x100 g, **APPLE SAUCE** 650 mL or **JUMBO RAISIN SNACK PACK** 196 g
selected varieties
21170226 SA



PRICE DROP
5.99

PC® COFFEE PODS 12's or **NESQUIK SYRUP** 510/700 mL or **POWDER** 540 g
selected varieties
20220147002 SA/20285345 SA



PRICE DROP
1.29

NO NAME® CANNED VEGETABLES
selected varieties
240/278 mL
202001 SA/202002 SA



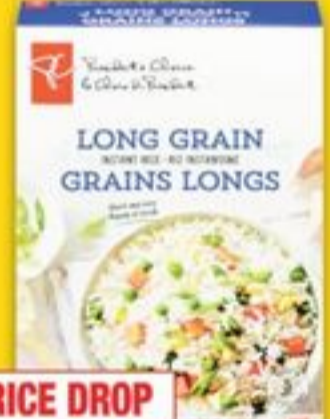
PRICE DROP
1.99 **369 ML**

UNICO TOMATO PASTE
21720026 SA



PRICE DROP
2.49

PC® READY TO SERVE SOUP
selected varieties
540 mL
21300001 SA



PRICE DROP
5.99

PC® INSTANT RICE
1.4 kg
21700001 SA



PRICE DROP
1.50

GRACE COCONUT WATER
selected varieties
300 mL
20420711 SA



PRICE DROP
1.99

ROOSTER® TOFU
selected varieties
434 g
21470711 SA/21470712 SA



PRICE DROP
4.47

LEA & PERRINS WORCESTERSHIRE SAUCE 234 mL or **MATT & STEVE'S THE EXTREME BEAN**
300 mL
selected varieties
20800022 SA/20810023 SA



PRICE DROP
8.99

PC® SPRING ROLLS
selected varieties, frozen
574 g
20200001 SA



PRICE DROP
\$2

PALMOLIVE DISHWASHING LIQUID
selected varieties
591/828 mL
20801408 SA/
21000001 SA



PRICE DROP
7.99

NIVEA BODY LOTION
selected varieties
300-625 mL
20440707 SA/20700001 SA



PRICE DROP
5.99

TRESEMME HAIR CARE
selected varieties
198-311 g/234-828 mL
21170001 SA/21170002 SA



PRICE DROP
10.99

ROYALE FACIAL TISSUE
12x100 sheets
20700001 SA

SUMMER SWEET WAVE



\$2

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



2.29

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



2.49

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



2.49

TWIZZLERS LICORICE
selected varieties
311-454 g
2002228004 EA



1.29

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



2.49

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



3.99

**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/20210919003 EA



3.99

**NESTLÉ STAND
UP POUCH**
135-203 g or
MULTI PACK 4's
selected varieties
20222502 EA/212040077 EA



3.99

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



4.99

HERSHEY'S SYRUP
462-522 mL
**JOLLY RANCHER
LARGE BAG** 355 g or
MR. FREEZE 48's
selected varieties
21032119 C01/21494952 EA
WHILE QUANTITIES LAST



7.99

**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



9.99

**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/20127920001 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
21277903 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
550/540 g
21024004 EA



4.99

7 DAYS PUFF PASTRY
selected varieties,
frozen
850 g
20917862 EA



6.99

SHER BESAN CHANA FLOUR
4 lb
20449212 EA



13.99

INDIA GATE BASMATI RICE
4.54 kg
20407074 CH



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ET 01 NFW

BETTER AS A MEMBER

* 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.



Experience entertainment and more from Apple.

Enjoy up to 3 months of Apple TV+, Apple Music, Apple Fitness+, Apple Arcade and Apple News+ on us* when you're a PC Optimum™ member.

*New and qualified returning Apple subscribers only. Conditions apply.



Open the app for these offers.



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. 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