

**CANADA'S  
MOST  
TRUSTED  
GROCERY  
STORE FOR  
LOW PRICES:**



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



**SAVE 30%**

**.33**

**SWEET CORN**  
product of U.S.A., no. 1 grade  
each  
maïs sucré  
20131179001 EA



**SAVE 56%**

**.88** LB

**BARTLETT PEARS**  
product of Argentina, extra fancy grade  
poires  
1.54/kg  
2017230001 RD



**SAVE 33%**

**1.99**

**PINT**

**BLUEBERRIES**  
product of U.S.A., Mexico or Morocco  
340 g  
bleuets  
20080137001 EA



**SAVE 33%**

**3.99**

**312 G**

**PC® BABY SPINACH or  
SPRING MIX**  
product of U.S.A.  
jeunes épinards ou mélange printanier  
31204384 EA/31204385 EA



**MAY**

**HIT  
OF THE  
MONTH**



**\$1<sup>50</sup>**

**Cheez-It Baked  
Snack Crackers**  
191-200g, selected varieties  
Limit: 6, over limit retail \$2.50

**\$3<sup>50</sup>**



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



**\$3**

**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.



**CANADA'S MOST TRUSTED GROCERY STORE FOR LOW PRICES.**



**NOFRILLS**

FLYER PRICES EFFECTIVE THURSDAY, MAY 9 TO WEDNESDAY, MAY 15, 2024.



**WOW!**  
**2.88**  
LB

**PEAMEAL BACON**  
6.35/kg  
bacon embobé de farine de pois  
20145416 KO  
**WHILE QUANTITIES LAST**



**CLUB SIZE**

**WOW!**  
**6.99**  
LB

**T-BONE or WING STEAK**  
cut from ungraded beef  
13.41/kg  
bifeck d'aloiau ou bifeck de côte d'aloiau  
21497506 KO  
**WHILE QUANTITIES LAST**



**SAVE 28%**  
**9.77**  
LB

**ATLANTIC SALMON FILLET**  
fresh  
21.54/kg  
filet de saumon  
20339747 KO  
**WHILE QUANTITIES LAST**



**SAVE 24%**  
**4.88**

**NEILSON TRUTASTE 1%, 2%, SKIM or CHOCOLATE 4L or LACTOSE FREE 2L MILK**  
selected varieties  
lait écrimé ou lait ou chocolat ou lait sans lactose  
20148477 EA/20188053001 EA



**SAVE UP TO 33%**  
**5.99**

**ROYALE BATHROOM TISSUE or TIGER TOWELS**  
selected varieties  
papier hygiénique ou essuie-tout  
21484792 EA/21173800 EA



**SAVE UP TO 50%**  
**.99**

**OCEAN'S LIGHT TUNA 85/170 g or GOLD SEAL SARDINES 125 g**  
selected varieties  
thon pâle ou sardines  
21004270 EA/21024443 EA



**WOW!**  
**\$10**

**ANNUAL HANGING BASKETS\***  
selected varieties, 10 inch  
portiers suspendus d'annuelles  
20033144 EA  
**WHILE QUANTITIES LAST**



**SAVE 33%**  
**11.88**  
**908 G**

**DAN-D PAK CASHEWS**  
selected varieties  
noix de cajou  
20314842002 EA



**APP EXCLUSIVE OFFER\***  
**1,000**

**13.88**  
**8 KG**

**ROOSTER® SCENTED JASMINE RICE**  
riz au jasmin  
20121871 EA

Deals from the past on select items. †



**SAVE 25%**  
**1.49**

**NO NAME® CHICKEN WIENERS**  
450 g  
saucisses fumées de poulet  
20038192 EA

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY:

**nofrills.ca**

AVAILABLE AT: BIC'S - AJAX, STEVE & ARANDA'S - AJAX, JOE & NIK'S - AURORA, ADL'S - BRAMPTON, DAVE'S - BRAMPTON, FARZIN'S - BRAMPTON, MICHELE & ALICIA'S - BRAMPTON, RAMAN'S - BRAMPTON, ROCKY'S - BRAMPTON, SARAJANGAN'S - BRAMPTON, RYAN'S - EAST YORK, COSIMO'S - ETOBICOKE, ENGLAND & ANA'S - ETOBICOKE, JASON'S - ETOBICOKE, JEFF, ROSE & HEBB'S - ETOBICOKE, JEFF'S - ETOBICOKE, STEVE'S - ETOBICOKE, DAVE & ANNETTE'S - MARKHAM, PETER & SUZIE'S - MARKHAM, BOB'S - MARKHAM, YANISPAUL'S - MARKHAM, JOHN'S - MIDON, KISHLET'S - MISSISSAUGA, DANIEL'S - MISSISSAUGA, DANIEL'S - MISSISSAUGA, DENNIS - MISSISSAUGA, ANNA'S - MISSISSAUGA, TOM & MICHELLE'S - MISSISSAUGA, VITO'S - MISSISSAUGA, YANIS - MISSISSAUGA, DICKIE'S - NEWMARKET, JOHN'S - NEWMARKET, VINCENZO'S - NORBORN, CARLO'S - NORTH YORK, DURANT'S - NORTH YORK, JOHN & BIANCHI'S - NORTH YORK, JOHN'S - NORTH YORK, LEONETTI'S - NORTH YORK, LISTRO'S - NORTH YORK, RICHARD & BUTE'S - NORTH YORK, VITO'S - NORTH YORK, OUSO'S - OAKVILLE, AGOSTINO & NANCY'S - OSHANA, DRILAN'S - OSHANA, NADIM'S - OSHANA, SACCUSIA'S - PICKERING, ENZO'S - RICHMOND HILL, JIM'S - RICHMOND HILL, BOB'S - RICHMOND HILL, ADRIAN'S - SCARBOROUGH, DAVE & CHARLOTTE'S - SCARBOROUGH, DAVE'S - SCARBOROUGH, NADIA'S - SCARBOROUGH, NADIA'S - SCARBOROUGH, ROD & JOE'S - SCARBOROUGH, STEPHEN'S - SCARBOROUGH, WTS - SCARBOROUGH, MICHAEL'S - SCARBOROUGH, ALFIE'S - TORONTO, ANDREW & SHIRLEY'S - TORONTO, ANTHONY'S - TORONTO, BARIANZI'S - TORONTO, BARRIN'S - TORONTO, BINO'S - TORONTO, FRANCO'S - TORONTO, GEORGE'S - TORONTO, GINO'S - TORONTO, JEFF'S - TORONTO, JIM & MARIA'S - TORONTO, LUCIANO'S - TORONTO, MIKE'S - TORONTO, NICHOLSON'S - TORONTO, ROCCA'S - TORONTO, ROCCO'S - TORONTO, SAM & NANCY'S - TORONTO, SAM'S - TOTTENHAM, ANTHONY'S - VAUGHAN, DINO'S - VAUGHAN, VINCE & FRANCA'S - VAUGHAN, CONROY'S - WHITBY, UZ'S - WHITBY, GARY - WHITBY, MIKE'S - WOODBRIIDGE

\*not available in John's Wf Essex, 53 Arthur Ave Essex, Alan & Michelle's - NORFOLK North Bay 475 McEwen Avenue North Bay, Jeff & Toni's - NORFOLK North Bay 200 Lakeshore Drive North Bay, Dorell & Tracy's - NORFOLK London, 1275 Highway Ave, London, Gory's - No Frills 7 Base Line Rd E London 01 NFO G





**1.99**  
LB

**BEEFSTEAK TOMATOES**  
product of Ontario, Canada no. 1 grade or  
**EGGPLANT**  
product of U.S.A. or Mexico  
tomates ou aubergines  
4.39/kg  
20434141001 EA/20153799001 EA



**1.99**

**BROCCOLI CROWNS**  
product of U.S.A. or Mexico  
each  
couronnes de brocoli  
21121540001 EA



**3.99**

**STRAWBERRIES**  
product of U.S.A., no. 1 grade or  
**HONEYDEW**  
product of Guatemala  
fraises ou melon miel  
20049778001 EA/200452276001 EA

**1 LB CLAMSHELL**



**10 LB BAG**

**RED, YELLOW, or RUSSET POTATOES**  
product of Canada, Canada no. 1 grade  
pommes de terre  
20051015001 EA/20120928001 EA

**GROWN IN CANADA**

**4.99**



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



**1.29**

**ENGLISH CUCUMBERS**  
product of Ontario, Canada no. 1 grade  
each  
concombres anglais  
20079132001 EA



**2.99**

**6 OZ CLAMSHELL**  
**BLACKBERRIES**  
product of Mexico  
mûres  
20051915001 EA



**3.99**

**CAULIFLOWER**  
product of U.S.A. or Mexico,  
no. 1 grade  
each  
chou-fleur  
20125377001 EA



**.99**

**ATAULFO or RED MANGOES**  
product of Mexico  
mangues  
20121309001 EA/20059633001 EA



**2.99**

**FARMER'S MARKET CARROTS or YELLOW ONIONS**  
product of Canada, Canada no. 1 grade  
carottes ou oignons  
20609927001 EA/20811994001 EA

**GROWN IN CANADA**

**3 LB BAG**



**3.99**

**RED or GREEN PEPPERS** product of U.S.A. or **FARMER'S MARKET MINI CUCUMBERS**  
product of Canada, Canada no. 1 grade  
piments ou mini-concombres  
21026479001 EA/20113233001 EA

**PKG OF 4**

**PKG OF 11**



**.59**

**LIMES**  
product of Mexico  
each  
limes  
20040489001 EA



**2.99**

**CANTALOUPE**  
product of Guatemala,  
no. 1 grade or  
**PINEAPPLE**  
product of Costa Rica  
each  
cantaloup ou ananas  
20167017001 EA/20160993001 EA



**3.99**

**FARMER'S MARKET GRAPEFRUIT**  
product of Turkey,  
**LEMONS**  
product of South Africa  
or **NAVEL ORANGES**  
product of Spain, Morocco,  
Turkey or Egypt  
pomelo/morisse ou oranges  
ou citrons  
20118409001 EA/20162943001 EA/  
20795313001 EA

**2 LB BAG**

**3 LB BAG**



**1.99**

**FARMER'S MARKET GRAPE TOMATOES**  
product of Mexico  
tomates raisins  
21367888001 EA

**283 G**



**4.99**

**PC VARIETY TOMATOES**  
product of Canada or Mexico  
tomates  
20949866001 EA

**681 G**



**4.99**

**FARMER'S MARKET AMBROSIA or ROYAL GALA APPLES**  
product of Ontario,  
Canada fancy grade  
tomates  
21307912001 EA/2076799001 EA

**4 LB BAG**



\* 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.





**2.99**  
LB

**PORK COMBO CHOPS**  
bone-in, fresh  
côtelettes de porc  
6.59/kg  
20483470, KO

WHILE QUANTITIES LAST

**3.49**  
LB

**WHOLE CHICKEN**  
air chilled, fresh  
poulet entier  
7.69/kg  
20483992, KO

WHILE QUANTITIES LAST



**3.99**

**LILYDALE TURKEY BREAKFAST SAUSAGES**  
selected varieties  
375 g  
saucisses de dinde à déjeuner  
20796132, EA



**CLUB  
SIZE**

**6.49**  
LB

**EXTRA LEAN GROUND BEEF**  
fresh  
boeuf haché  
14.31/kg  
20257910, KO



**PMC BASA FILLETS** 400 g,  
**ANCHOR'S BAY  
MUSSEL MEAT** or  
**COOKED CLAM  
MEAT** 340 g  
frozen  
filet de pangasius ou  
chair de moule ou palourde  
21432207, EA

**3.99**



**SEAQUEST® RAW  
SHELL ON SHRIMP  
or COOKED PEELED  
SHRIMP**  
36-43 count per lb, frozen  
300 g  
Crevettes  
21043683, EA

**5.99**



**36-45/lb**  
Pacific White Shrimp  
Crevettes blanches du Pacifique

300 g (0.66 lb) **COOKED • CUITES**



**PILLER'S KOLBASSA**  
or **SLICED PEPPERONI**  
selected varieties  
250/375 g  
kolbassa ou pepperoni tranché  
2043333, EA/2056447, EA

**\$6**



**NO NAME®  
SMOKED  
SAUSAGE**  
selected varieties  
900 g  
saucisse fumée  
20734271, EA

**6.99**



**2.99**

**PC® DIPS or  
HUMMUS**  
selected varieties, 227 g  
trappettes ou hummus  
20364097, EA/20584212, EA



**2.99**

**ZIGGY'S® SALAD**  
selected varieties  
454 g  
salade  
20209146, EA



**1,000**

**7.99**

**BALDERSON CHEESE**  
selected varieties  
250/280 g  
fromage  
21493413, EA



**1.97**

**NO NAME®  
BAGELS or  
ENGLISH  
MUFFINS** 6's,  
**TORTILLAS** 320 g  
or **BUNS** 8's  
selected varieties  
bagels ou muffins anglais  
ou tortillas ou petits pains  
21297831, EA/21297780, EA



**2.49**

**WONDER BREAD**  
675 g or **BUNS** 8's  
selected varieties  
pain ou petits pains  
20276296, EA/20297423, EA



**\$5**

**SIMPLE JOYS  
FILLED CROISSANTS**  
selected varieties  
272 g  
croissants fourrés  
21270491, EA



# BREAKFAST DEALS FIT FOR A QUEEN

**SAVE 20%**  
**3.99**

**SUN-MAID RAISIN BREAD**  
450 g  
pain aux raisins  
3014372 SA



**SAVE UP TO 37%**  
**4.99**

**PC® BLUE MENU® EGG WHITES** 1 kg or **FREE RUN LARGE WHITE EGGS** 12x  
blancs d'œufs ou œufs  
3061342001 SA

**SAVE UP TO 25%**  
**2.99**

**CAVENDISH ALL-DAY BREAKFAST or FRIES**  
selected varieties, frozen  
400-750 g  
pommes de terre rissolées ou frites  
3147972 SA



**SAVE UP TO 27%**  
**3.99**

**PHILADELPHIA CREAM CHEESE PRODUCT** 227/250 g  
selected varieties  
produit de fromage à la crème  
30641247 SA/3064424010 SA

**NEILSON 5/10% 1 L or 18/35% 473 mL CREAM**  
crème  
3012349 SA

**2.49**



**DOM Specialty Spécialité**  
Smoked Steelhead Salmon pre-cooked, 50 g or SEAQUEST® Flavoured Alaska Pollock ready to eat, 227 g  
saumon ou galbani  
3070445 SA

**2.99**



**BEYOND BREAKFAST SAUSAGE**  
CLASSIC CLASSIQUE  
235 g  
saucisses à déjeuner à base de plantes  
31299430 SA

**6.99**



**Naturally Imperfect Naturellement imparfaits**  
strawberries fraises  
450 g OUSK3 100  
raspberries framboises  
450 g OUSK3 100

**ALWAYS \$3**

**NO NAME® FROZEN FRUIT**  
selected varieties  
300/400 g  
Fruits surgelés  
3134307 SA/31343104 SA



**DANONE OÏKOS YOGURT TUB**  
selected varieties  
450/750 g  
contenant de yogourt  
3106434 SA/3106436 SA

**5.49**



**PC® SHREDDED CHEESE**  
selected varieties  
250-320 g  
fromage râpé  
3104001 SA

**5.49**



**TWININGS HERBAL TEA/TISAN**  
Lemon & Ginger Citron et gingembre  
24 g

**2.99**

**PC® TWININGS HERBAL TEA**  
selected varieties  
20 x  
boîtes  
3034074001 SA/30427913001 SA



**QUAKER CEREAL**  
325-500 g or **HARVEST CRUNCH** 400-510 g  
selected varieties  
céréales  
3121934 SA

**3.99**



**DEL MONTE JUICE BLENDS**  
selected varieties, refrigerated  
2.5 L  
mélanges de jus  
31427174 SA/31427381 SA/31397356 SA

**5.29**



**LINDT SWISS CLASSIC - MERCI TABLET**  
selected varieties  
100/112 g  
chocolat  
3034074001 SA/31397356 SA

**2.79**



**PEARL MILLING COMPANY PANCAKE MIX SYRUP** 712 mL  
selected varieties  
mélange à pancakes ou sirop  
3104001 SA/3104002 SA

**3.49**



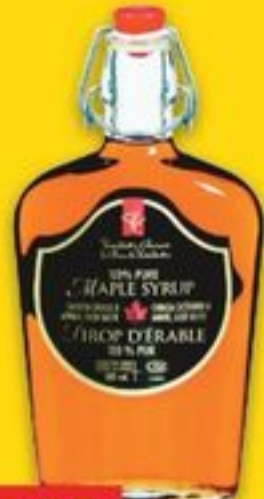
**PC® MAXWELL HOUSE - NABOB TASSIMO DISCS**  
selected varieties  
8-18 x  
disques de café  
3034074001 SA/31397356 SA

**5.99**



**PC® 100% PURE MAPLE SYRUP**  
500 mL  
sirop d'érable  
3034074001 SA

**10.99**



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.





# FOR THE MOM THAT HAS EVERYTHING



**\$16**

**ROSES**  
assorted colours  
dozen  
roses  
21397347 EA

**WHILE QUANTITIES LAST**



**\$20**

**MOTHER'S DAY EXQUISITE MIXED BOUQUET**

bouquet  
21397348 EA/21481096 EA

**WHILE QUANTITIES LAST**

# DIG THESE LOW PRICES

## Scharringa Greenhouses

A family-owned business since 1962, Scharringa Greenhouses provides top-quality plants and flowers with a goal to promote happiness. Shop their products at No Frills® stores across Ontario.



**ANNUALS**  
8 inch  
selected varieties  
annuals  
21023618 EA

**WHILE QUANTITIES LAST**

**\$9\***



\*not available in Rocco's No Frills, 200 Front St E Toronto, Alan & Michelle's NOFRILLS North Bay 975 Mckeown Avenue North Bay, Chris' NOFRILLS Etobicoke 460 Renforth Drive Etobicoke, Jeff & Tanis' NOFRILLS 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, Agostino & Nancy's No Frills 151 Bloor St E Oshawa, Gary's No Frills 7 Base Line Rd E London





**SAVE UP TO 33%**

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

**BECEL MARGARINE**  
selected varieties  
637/850 g  
margarine  
30297918002 SA



**SAVE UP TO 35%**

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

**CHAPMAN'S FROZEN YOGURT or SORBET 2 L or SUPER NOVELTIES 8-20's**  
selected varieties, frozen  
yogourt surgelé ou friandises glacées  
30117581001 SA/20514434001 SA



**SAVE UP TO 25%**

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

**CLOVER LEAF WHITE TUNA or PINK SALMON**  
selected varieties  
170-213 g  
thon blanc ou saumon rose  
30256218001 SA



**SAVE UP TO 20%**

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

**EGGO WAFFLES**  
16's selected varieties, frozen  
425-600 g  
gâufres  
300972004 SA



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

**NO NAME® PROCESSED CHEESE SLICES**  
selected varieties  
400 g  
tranches de fromage fondu  
31220995 SA



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

**ALLEN'S FRUIT COCKTAIL DRINK BOXES 8x200 mL, MIO, CRYSTAL LIGHT or KOOL-AID DRINK MIXES 48 mL/22.56 g**  
selected varieties  
cocktail aux fruits ou mélanges à boisson  
30115996002 SA/20663423 SA



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

**HIGH LINER PAN-SEAR or SIGNATURE CUTS or BITES**  
selected varieties, frozen  
425-600 g  
poisson  
30296596002 SA/21184254 SA



**1<sup>50</sup>**

**FRUITÉ DRINK**  
selected varieties  
2 L  
boisson  
30240658005 SA



**2<sup>69</sup>**

**MOTT'S FRUITSACTIONS SAUCE**  
selected varieties  
6's  
purée de fruit  
30234341001 SA



**4<sup>29</sup>**

**OASIS HEALTH BREAK or SMOOTHIE or TROPICANA BEVERAGES or PURE LEAF ICED TEA**  
selected varieties, refrigerated  
1.54-1.75 L  
boissons ou thé glacé  
21358461 SA/21329910 SA



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

**JACK LINK'S JERKY**  
selected varieties  
65-150 g  
jerky  
30501983002 SA



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

**SAN PELLEGRINO SPARKLING FRUIT BEVERAGES**  
selected varieties  
6x330 mL  
boissons pétillantes aux fruits  
21341013 C06/21432206 C06



**7<sup>49</sup>**

**PEPPERIDGE FARM GOLDFISH CRACKERS**  
family pack, selected varieties  
750 g  
croquelins  
21162365 SA



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

**COCA-COLA or PEPSI SOFT DRINKS**  
selected varieties, 2 L  
boissons gazeuses  
30297926002 SA/20514033002 SA



**\$3**

**MONSTER 473 mL or RED BULL 250 mL ENERGY DRINKS**  
selected varieties  
boissons énergisantes  
30292466 SA/20928249 SA



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

**GLAD KITCHEN CATCHER or WHITE GARBAGE BAGS**  
selected varieties  
10-52's  
sacs à ordures  
21339461 SA



**3<sup>49</sup>**

**FEBREZE AIR MR. CLEAN ALL PURPOSE CLEANER MAGIC ERASER 2's**  
selected varieties  
désodorisant ou nettoyant au citron  
210287 SA/21184801 SA



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

**NO NAME® LAUNDRY DETERGENT 4.0 L, FABRIC SOFTENER 3.3 L or DRYER SHEETS 300's**  
selected varieties  
détergent ou assouplissant  
30424801 SA/21360272 SA



**10<sup>49</sup>**

**DAWN DISHWASHING LIQUID**  
selected varieties  
2.66 L  
détergent liquide à vaisselle  
214288 SA



**12<sup>99</sup>**

**FEBREZE PLUG IN SCENTED OIL REFILL**  
selected varieties  
2's  
récharge à huile parfumée  
210666 SA/21184801 SA



# DEALS THAT SIZZLE



**WOW!**  
**2.77**



**D'ITALIANO BUNS**  
selected varieties  
6/8" /  
pains pains  
363449 SA



**SAVE UP TO 20%**  
**7.99**

**REA ITALIAN SAUSAGES**  
selected varieties  
720 g  
saucisses  
3144021 SA

**SAVE 30%**  
**4.49**



**CRACKER BARREL NATURAL CHEESE SLICES**  
selected varieties  
200-240 g  
tranches de fromage  
2129203 SA



**NO NAME BURGERS**  
frozen  
2.27 kg  
burgers  
3006013 SA

**WOW!**  
**\$22**

**PC CROUTONS**  
140 g or **SALAD DRESSINGS** 475 mL  
selected varieties  
croûtons ou vinaigrette  
202848001 SA/2079424001 SA



**2.99**

**PC BBQ SAUCE**  
selected varieties  
500 mL  
sauce barbecue  
10321472 SA/21021321 SA



**3.49**



**2.49**

**NO NAME MARSHMALLOWS**  
selected varieties  
400 g  
guimauves  
3028472001 SA



**3.99**

**DORITOS TORTILLA CHIPS** 210-280 g or **SMARTFOOD POPCORN** 130-200 g  
selected varieties  
croustilles de tortille ou maïs soufflé  
30072819 SA/31349134 SA



**5.99**

**CHAPMAN'S PREMIUM ICE CREAM**  
selected varieties, frozen  
2 L  
crème glacée  
30103372001 SA



**2.79**

**KOOL-AID JAMMERS** 10x120 mL or **DEL MONTE ON ICE REFRESHER** 1.29 L  
selected varieties  
boissons  
2007976004 SA/21575041 SA

**4.99**

**PAM COOKING SPRAY**  
selected varieties  
141/170 g  
vaporisateur à cuisson  
30213273001 SA



**7.49**

**PC DE-ALCOHOLIZED WINE**  
selected varieties  
750 mL  
vin déalcoolisé  
21043402 SA/21302907 SA/  
21483389 SA



**5.49**

**NO NAME NAPKINS**  
500's  
serviettes  
30284877 SA



**11.49**

**ZIPLOC STORAGE BAGS**  
selected varieties  
40-270's  
sacs de rangement  
2119130 SA



**11.49**

**PEPSI SOFT DRINKS**  
selected varieties  
34x355 mL  
boissons gazeuses  
300847012 CA/300847007 CA

## 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\*  
**2,500 pts**

for every \$10\* spent on French's ketchup 235-375 mL, mustard 225-330 mL or Worcestershire sauce 235 mL, Frank's Red Hot or Thick sauce 234/160 mL or Stubb's BBQ sauce 430 mL, selected varieties  
ketchup ou moutarde ou sauce Worcestershire ou sauce  
20802238 SA/20820048 SA

**250**  
value







**5.99**

**PILLSBURY PIZZA POPS™ BITES**  
selected varieties, frozen  
493/740 g  
pizzas collation ou bouchées  
3420912 SA



**YOPLAIT SOURCE™**  
MINIGO 4%  
TUBES 2% or  
YOPLAIT SOURCE  
PROTEIN  
YOGURT  
selected varieties  
yogourt  
33710801 SA/33710812 SA

**2.49**



**GENERAL MILLS JUMBO CEREAL**  
selected varieties  
823 g-1.2 kg  
céréales  
3470912 SA

**2.99**

**NATURE VALLEY GRANOLA BARS™**  
MOTT'S™ or BETTY CROCKER  
FRUIT SNACKS  
selected varieties  
130-230 g  
barres ou collations  
3011020012 SA/3011021401 SA

**3.99**

**OLD EL PASO DINNER KITS**  
SALSA 430 mL  
selected varieties  
Preparation à faire ou collation  
300211000 SA/300211024 SA

**8.99**



**4.29**

**PEPSI SOFT DRINKS**  
selected varieties  
6x710 mL  
boissons gazeuses  
3011000012 SA/3011000012 SA

**1.99**

**GATORADE FIT SPORT DRINKS**  
selected varieties  
820 mL  
boissons hydratantes  
31100012 SA

**CELSIUS ENERGY DRINK**  
selected varieties  
333 mL  
boissons énergisantes  
303000 SA/303000 SA

**\$3**

**JOLLY RANCHER HARD CANDY**  
182/198 g  
**TWIZZLERS GUMMIES**  
170/173 g or  
**HERSHEY'S FAMILY BAR**  
100 g  
selected varieties  
bonbons ou barre  
30070112 SA/31101000 SA  
**WHILE QUANTITIES LAST**



**2.49**



**HERSHEY'S STAND UP POUCH**  
140-200 g or  
MULTIPACK 4x  
selected varieties  
chocolat  
30070100 SA/30070100 SA

**3.99**

**TWIZZLERS LICORICE**  
selected varieties  
311-454 g  
licorice  
30070000 SA/30070000 SA



**REESE'S LARGE POUCH**  
selected varieties  
800 g  
chocolat  
3100012 SA

**2.49**

**9.99**



**\$1**

**NESTLÉ SINGLE CHOCOLATE BARS**  
selected varieties  
40-52 g  
barre de chocolat  
3000012 SA

**2.29**

**NESTLÉ TABLET JUNIORS**  
90-120 g or  
selected varieties  
barres de chocolat  
310000 SA/31001114 SA

**NESTLÉ STAND UP POUCH**  
130-203 g or  
MULTI PACK 4x  
selected varieties  
chocolat  
3000012 SA/3000012 SA

**3.49**

**3.79**



**3.33**

**DANONE OIKOS™ TWO GOOD LOW SUGAR YOGURT**  
selected varieties  
4%  
yogourt à faible teneur en sucre  
30100012 SA/30100012 SA

**1.69**

**DANONE ACTIVIA™ OIKOS DRINKABLE YOGURT**  
selected varieties  
190 mL  
yogourt à boire  
30100012 SA/30100012 SA



**5.49**

**DANONE ACTIVIA DRINKS™**  
TWO GOOD LOW SUGAR YOGURT  
selected varieties  
yogourt  
30100012 SA/30100012 SA

**ALWAYS 5.50**

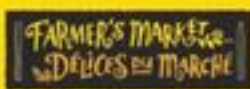
**DANONE ACTIVIA YOGURT**  
selected varieties  
12%  
yogourt  
30100012 SA/30100012 SA



# OUR BRANDS Made by us, loved by you.



no name®



**3.50**

638 g

**NO NAME® ORIGINAL GARLIC TOAST**  
16's  
toast à l'ail  
21341140 EA



**\$6**

**ZIGGY'S® SLICED DELI MEAT or STRIPS** 150-600 g or **CHEESE SLICES** 200/220 g  
selected varieties  
charcuteries tranchées ou lamères ou tranches de fromage  
20817342 EA/20928400 EA



**2.99**

**PC® GREEK YOGURT**  
selected varieties  
4's  
yogourt grec  
2083062801 EA/2083063803 EA



**2.99**

**PC® OATMEAL**  
selected varieties  
254-344 g  
groux  
21309117 EA/21309150 EA

**PC® THIN CRUST PIZZA**  
selected varieties,  
frozen  
330-397 g  
pizza  
20971429 EA

**\$4**



**FARMER'S MARKET® COOKIES**  
selected varieties  
12's  
biscuits  
2056A295 EA

**\$5**



**PC® 100% JUICE**  
selected varieties  
1 L  
jus ou boisson  
20201912 EA/21080958 EA

**1.50**



**PC® THE DECADENT® COOKIE**  
selected varieties  
280/300 g  
biscuits  
20412237 EA

**3.49**



**ORGANIC**  
**2.79**

**PC® ORGANICS VEGAN CHEDDAR PUFFS**  
selected varieties  
142 g  
soufflés au cheddar à base de plantes  
2128484 EA/2128485 EA



**2.99**

**PC® BLUE MENU® CRANBERRY or VEGETABLE COCKTAIL**  
selected varieties  
1.89 L  
cocktail de cranberries ou légumes  
208309201 EA/208309202 EA



**9.49**



**1.79**

**NO NAME® BLEACH**  
selected varieties  
1.27 L  
eau de Javel  
210714961 EA



**ALWAYS**  
**\$4**

**LIFE BRAND® MOUTHWASH**  
selected varieties  
1 L  
rinçage-bouche  
210714961 EA



**8.99**





# 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's  
**YOGURT**  
selected varieties  
yogourt à boire  
3022132003 SA/21320250 SA

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

**LIBERTÉ GREEK** 650/750 g,  
**MÉDITERRANÉE** 900 g,  
**YOPLAIT YOP**  
**NO SUGAR ADDED** 8's or  
**YOP DRINKABLE** 6's  
**YOGURT**  
selected varieties  
yogourt  
20442273 SA/21478984 SA

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

**iögo nano**  
**iögo nano**  
**DRINKABLE YOGURT**  
selected varieties, 6's  
yogourt à boire  
2069687001 SA/2069687002 SA

**3<sup>69</sup>**

**siggis**  
simple ingredient skyr  
19 g  
PLAIN 750 g, 81 mL  
**siggis**  
selected varieties  
21332892 SA/21330027 SA

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

**STARBUCKS COFFEE ENHANCERS**  
selected varieties  
828 mL  
rehausseur pour café  
21328473 SA

**6<sup>49</sup>**

**NUTRI GRAIN**  
STRAWBERRY  
8 g  
8 BARS  
295 g  
**KELLOGG'S RICE KRISPIES** 176/198 g,  
**POP TARTS** 384 g,  
**SPECIAL K** 125 g or  
**NUTRI-GRAIN BARS** selected varieties  
barres  
2032394001 SA

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

**NATURE VALLEY**  
**SWEET & SALTY**  
DARK CHOCOLATE  
6  
210 g  
**NATURE VALLEY**  
**SWEET & SALTY**  
ALMOND  
6  
210 g  
**FIBRE 1** or  
**NATURE VALLEY SWEET & SALTY BARS**  
selected varieties  
barres granola  
21213359 SA/21213384 SA

**3<sup>49</sup>**

**DRUMSTICK**  
VANILLA CARAMEL  
4  
210 g  
**DRUMSTICK**  
VANILLA  
4  
210 g  
**NESTLÉ DRUMSTICKS** or  
**NOVELTIES** 4-10'S or  
**CONFECTIONARY FROZEN DESSERT** 1.5 L  
selected varieties  
friandises glacées  
20222380001 SA/20222380002 SA

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

**special K** original  
9  
210 g  
**VECTOR**  
10  
210 g  
**KELLOGG'S ALL BRAN** 450/525 g,  
**RAISIN BRAN** 425/451 g,  
**VECTOR SPECIAL K** 306/400 g,  
**SPECIAL K** 317-383 g or  
**MINI-WHEATS CEREAL**  
Selected varieties  
céréales  
20015041 SA/20993424 SA

**4<sup>49</sup>**

**Mini WHEATS!**  
FAMILY SIZE  
99 g  
**TWO SCOOPS Raisin Bran**  
FAMILY SIZE  
99 g  
**KELLOGG'S FAMILY SIZE CEREAL**  
selected varieties  
480-650 g  
céréales  
21430748 SA/21432055 SA

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

**Honey Nut Cheerios**  
FAMILY SIZE 8-  
475-778 g  
**Cinnamon Toast Crunch**  
FAMILY SIZE 8-  
475-778 g  
**GENERAL MILLS FAMILY SIZE CEREAL**  
selected varieties  
475-778 g  
céréales  
21103492 SA/21103495 SA

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

**TROPICANA ORANGE JUICE**  
selected varieties,  
refrigerated  
2.63 L  
jus d'orange  
20119758001 SA

**6<sup>79</sup>**

**STARBUCKS TRUE NORTH BLEND** 340 g or  
**NORDIQUE**  
**STARBUCKS TORREFACTION PIKE PLACE ROAST** 340 g or  
**PODS** 10's  
selected varieties  
café torréfié et moulu ou capsules  
20548482002 SA/20548482004 SA

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

**DONUT HOUSE**  
**Timothy's** LIGHT  
30  
210 g  
**TIMOTHY'S or DONUT HOUSE COFFEE PODS**  
selected varieties  
30's  
capsules de café  
20899892 SA/21433335 SA

**13<sup>99</sup>**

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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:



**LACTANTIA PURIFILTRE 2 L or ULTRAPUR 1.5 L MILK**  
selected varieties  
full  
2142491 SA

**4.99**

**NESCAFÉ or TASTER'S CHOICE COFFEE**  
selected varieties  
100-170 g  
càfé  
20441811001 SA/20072036 SA

**4.99**

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

**CADBURY FAMILY BAR 95/100 g or MAYNARDS CANDY SMALL BAG 150/154 g**  
selected varieties  
friandises ou barres de chocolat  
21343554 SA/2022192001 SA

**NÜGABAR**  
selected varieties  
175 g  
bonnes  
2128094 SA/21334097 SA

**2.49**

**Ocean's FLAKED WHITE TUNA**  
170 g  
or **GOLD SEAL PINK SALMON** 213 g  
selected varieties  
filets de thon ou saumon rose  
2100216 SA

**2.99**

**PRINGLES POTATO CHIPS**  
selected varieties  
148/154 g  
croustilles  
21002822 SA/21002822 SA

**2.49**

**LECLERC CELEBRATION COOKIES**  
selected varieties  
245/200 g  
biscuits  
21024747 SA/21024747 SA

**2.79**

**ORVILLE REDENBACHER MICROWAVE POPCORN KERNEL JAR** 850 g  
selected varieties  
maïs à déshuer ou en pel  
21002202 SA

**3.99**

**CHRISTIE CRISPERS**  
selected varieties  
145 g  
croustilles  
21244322 SA

**2.29**

**CHRISTIE CRACKERS**  
selected varieties  
175-200 g  
croustilles  
21240447 SA/21240447 SA

**2.49**

**CHRISTIE COOKIES**  
selected varieties  
251-303 g  
biscuits  
21240447 SA/21240447 SA

**2.79**

**TOSTITOS TORTILLA CHIPS**  
selected varieties  
205-293 g  
croustilles de tortilla  
21240473 SA

**3.79**

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

**3.99**

**RUFFLES POTATO CHIPS**  
selected varieties  
180-210 g  
croustilles  
21240473 SA

**3.99**

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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:



**COCA-COLA  
SOFT DRINKS  
or  
NESTEA ICED TEA**  
selected varieties  
12x341/355 mL  
boissons gazeuses ou thé glacé  
2013046002, C12/2031894002, C13



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



**PEPSI  
SOFT DRINKS**  
selected varieties  
8/12x355 mL  
boissons gazeuses  
2002231003, C12/  
2134184, C08



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



**GLACEAU  
VITAMINWATER 591 mL  
or  
SMARTWATER 1 L**  
selected varieties  
boisson à l'eau enrichie de nutriments  
ou eau distillée  
20134181, EA/2033319400A, EA



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

**GATORADE  
SPORT  
DRINKS**  
selected varieties  
6x591 mL/8x355 mL  
boissons désaltérantes  
20022318001, C04/  
21144182, C06



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



**3<sup>79</sup>**

**MOTT'S CLAMATO**  
selected varieties  
1.89 L  
jus de tomates  
2002231002, EA/21371200, EA



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

**BUBLY 12x355 mL or  
MONTELLIER 10x355 mL  
SPARKLING WATER**  
selected varieties  
nouveau parfumé  
2002231002, C06/2002231002, C12



**1,000<sup>00</sup>**

**\$1  
Value**

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

**AHA  
SPARKLING WATER**  
selected varieties  
12x355 mL  
nouveau parfumé  
2134182, C12



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

**CHARMIN BATHROOM  
TISSUE 8x24 rolls or  
BOUNTY PAPER TOWEL 4x4 rolls**  
papier hygiénique ou serviette papier  
2134182, EA/2134182, EA



**13<sup>99</sup>**

**FINISH DISHWASHER  
TABS 30x57x or  
JET-DRY 946 mL**  
selected varieties  
résineuse de désinfectant pour lave-vaisselle au  
régime de rinçage  
2134182, EA/2134182, EA



**14<sup>99</sup>**

**AIR WICK SCENTED OIL  
REFILLS 5x20 mL or KITS 2x3x20 mL**  
selected varieties  
bâton parfumé ou recharge  
2134182, EA/2134182, EA



**7<sup>49</sup>**

**SWIFFER WETJET  
LIQUID REFILL 1.25 L,  
DUSTER KITS 1 ea or  
REFILLS 2x,  
WET CLOTH  
REFILLS 10/12 ea or  
DRY CLOTH  
REFILLS 10/12 ea**  
selected varieties  
réfils pour le jet, kit  
2134182, EA/2134182, EA



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

**TIDE LIQUID 1.88 L or  
PODS 20/25/30  
LAUNDRY DETERGENT,  
DOWNY FABRIC  
SOFTENER 3.89-5.43 L,  
DOWNY + GAIN  
SCENT BOOSTERS 379 g,  
BOUNCE DRYER  
SHEETS 20/30 ea**  
selected varieties  
détergent au moussageant  
2134182, EA/2134182, EA



**12<sup>99</sup>**

**PUREX LIQUID  
LAUNDRY  
DETERGENT  
4.06-4.43 L or  
SNUGGLE FABRIC  
SOFTENER 3.43 L**  
selected varieties  
détergent au moussageant  
2134182, EA/2134182, EA



**20<sup>99</sup>**

**TIDE LIQUID 2.9 L or  
PODS - FLINGS 45/53/79 g**  
LAUNDRY  
DETERGENT  
selected varieties  
détergent à liquide  
2134182, EA/2134182, EA

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# SAVOUR THE FLAVOUR OF BOAT-IFUL ZONGZI

## 慶祝端午佳節



**.98**  
LB

**DAIKON or NAPA CABBAGE** product of Mexico or U.S.A. or **TAIWANESE CABBAGE** product of Mexico  
2.16/kg  
daikon ou chou napa ou chou taiwanais  
20082109001, KG/20013023001, KG/20020043001, KG



**1.28**  
EA/LB

**COCONUTS** each, product of India or **PAPAYA** 2.82/kg, product of Mexico  
noix de coco ou papaye  
2000574001, EA/20017964001, KG



**1.98**  
EA/LB

**DRAGON FRUIT** each, product of Vietnam or **JAPANESE SWEET YAMS**  
4.37/kg, product of U.S.A.  
pitaya ou igname japonaise  
20146299001, EA/20024922001, KG



**1.98**  
LB

**BABY BOK CHOY, SHANGHAI BOK CHOY, YU CHOY or GAI LON or BABY NAPA CABBAGE** product of Mexico  
4.37/kg  
pek-choi ou chou cantonnais ou brocoli chinois ou chou napa  
20082279001, KG/21034088001, KG/20003004001, KG



**3.99**  
LB

**GRADE A DUCK**  
frozen  
8.80/kg  
canard  
20079481, KG



**6.88**  
LB

**PORK BELLY SLICES**  
fresh  
15.17/kg  
tranches de poitrine de porc  
20253421, KG



**8.88**

**PMC TILAPIA**  
1.36 kg or **GOLDEN POMPANO** 700 g  
frozen  
tilapia ou pompano doré  
21432301, EA



**.88**

**CAMPBELL'S SWANSON CHICKEN BROTH**  
412 mL  
bouillon de poulet  
20042814, EA



**.88**

**KOSA RICE FLOUR or GLUTINOUS RICE FLOUR**  
400 g  
farine de riz ou farine de riz gluant  
21412794, EA



**3.88**

**HEIWA ROASTED SESAME SEEDS**  
selected varieties  
227 g  
graines de sésame  
20229491, EA



**2.48**

**SIX FORTUNE RICE PAPER** 400 g or **T&T SUSHI NORI ROASTED SEAWEED SHEETS** 27 g  
galettes de riz ou feuilles d'algues séchées  
20423487, EA/20292040, EA



**4.88**

**O'TASTY DUMPLINGS**  
selected varieties, frozen  
567 g  
boulettes  
20219243004, EA



**4.88**

**ROOSTER THAI SWEET RICE** 2 kg or **T&T GLUTINOUS RICE** 1.8 kg  
riz doux ou riz gluant  
20102054, EA/20028934, EA



**1.88**

**AROY-D COCONUT MILK**  
400 mL  
lait de coco  
20062844, EA



**3.88**

**COCK BRAND SWEET CHILI SAUCE** 650/720 mL or **LEE KUM KEE CHIU CHOW CHILI OIL** 205 g  
selected varieties  
sauce au chili doux ou huile de chili  
20148074, EA/21367021, EA



**10.88**

**BILLY BEE HONEY**  
1 kg  
miel  
20228711, EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ET 01 NFO





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can save up to 35%  
on home insurance.†**



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\*Conditions apply. Subject to change. For full details see [www.pcinsurance.ca](http://www.pcinsurance.ca).



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groceries.**

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



**APPLY NOW**

\*Offer available until May 13, 2024; conditions apply.

**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](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 [nofrills.ca](http://nofrills.ca).

ONLINE NF MKT