

DEALS THAT SIZZLE



SAVE 42%

2⁴⁹

**BLACK DIAMOND
SLICES PROCESSED
CHEESE PRODUCT**
selected varieties
410 g
21322564 EA

**WONDER
HAMBURGER
or
HOT DOG
BUNS**

selected varieties
12's
20520827 EA



SAVE 29%

2⁴⁹



SAVE 23%

9⁹⁹

**NO NAME®
BEEF BURGERS**
frozen
1.36 kg
20114134 EA

**FRANK'S
RED HOT,
THICK SAUCE
or
SQUEEZE**

selected varieties
354 mL
20187632001 EA/
21352695 EA



ONLY
3⁹⁹

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
21575280_EA/21575381_EA



5.99

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
21378024_EA/21647873_EA

Shop the full
PC® Summer Insiders
Report™ collection

SHOP NOW

NOFRILLS®

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



WOW!
5.97
LB

SAVE 45%
4.94

SIRLOIN TIP STEAK
cut from Canada AAA grade beef
13.16/kg
23100211 EA

11 LB AVERAGE

WHOLE SEEDLESS WATERMELON
product of U.S.A. or Mexico
2006720601 EA



Optimum
Members-Only Price
6.88
Non-members
\$9

PC® ENTRÉES 600 g - 1.13 kg, **SWANSON**
OVEN EASY MEALS 879/992 g or
SWANSON FAMILY SKILLETS 1.19 kg
selected varieties, frozen
20236534 EA/21539264 EA

SWEET CORN
product of U.S.A., no. 1 grade
each
20131170001 EA

ONLY
.44



ONLY
4.99

NESCAFÉ®
TASTER'S CHOICE
INSTANT COFFEE
selected varieties
1300-1720 g
2044181501 EA/20873036 EA

SAVE 42%
2.86

BREYERS CLASSIC
DESSERT
CHAPMAN'S
COLLECTION
NOVELTIES
1.66 L or
selected varieties, frozen
3006130906 EA/20223757001 EA

SAVE 39%
1.69

ITALPASTA
selected varieties
730 g
2079241902 EA



WOW!
2.75

LAY'S POTATO
CHIPS 165-235 g or
POPPABLES 130 g
selected varieties
23143302 EA/23143304 EA

SAVE 24%
2.49

REAL CANADIAN
NATURAL SPRING
WATER
24x500 mL
20134975 C24

SAVE 37%
1.25

GREEN GIANT
VEGETABLES
selected varieties
341/398 mL
21011179 EA

Deals from the past on select items. †



SAVE 28%
\$5

SEAQUEST®
SHRIMP RING
frozen
227 g
20080209 EA

FLYER PRICES EFFECTIVE IN WESTERN CANADA OR NORTHERN ONTARIO STORES ONLY, INCLUDING GERALDTON, DRYDEN, KENORA & THUNDER BAY.

[nofrills.ca](https://www.nofrills.ca)

AVAILABLE AT: RAY'S - ABBOTSFORD, BOB'S - AIRDRIL, TERASHTA'S - BROOKS, ANDREW'S - CALGARY, BLAIR'S - CALGARY, JOHN & IRISH'S - CALGARY, JOHN'S - CALGARY, MERY'S - CALGARY, ERIC'S - CHESTERMERE, BOB & KATHY'S - COLD LAKE, DAVE'S - SASKATOON, BROOK'S - EDMONTON, CHRIS' - EDMONTON, COLTON'S - EDMONTON, MATT & ASHLEY'S - EDMONTON, REAL & CAROLYN'S - EDMONTON, SHILDON'S - EDMONTON, WALSH'S - EDMONTON, CLIFTON'S - ESTEVAN, AMANDA'S - FORT ST JOHN, NICK'S - GRANDE PRAIRIE, MICHAEL'S - LANGLEY, CRAIG'S - LEDUC, TROY'S - LETHBRIDGE, AMY & BRENDAN'S - MEADOW LAKE, MIKE'S - NORTH BATTLEFORD, KARL'S - PEACE RIVER, SEWAK'S - PORT COQUITLAM, MATHEW'S - SASKATOON, DEEPU'S - SURREY, GLENN'S - SURREY, PRAKASH'S - SURREY, BRANDON & JOANNY'S - VANCOUVER, DEAN'S - VANCOUVER, JORY'S - VANCOUVER, JUSTIN'S - VANCOUVER, MIKE'S - VANCOUVER, SIMON'S - VANCOUVER, CHRIS' - WINNIPEG, HELLARD'S - WINNIPEG, JERAMIE'S - WINNIPEG, SEUN'S - WINNIPEG



283 G

2.99
EA/LB

BROCCOLI CROWNS
6.59/kg, product of U.S.A. or
FARMER'S MARKET™
GRAPE TOMATOES each
product of Canada or Mexico
30036141001_KG/2136788001_EA



PINT

4.99

BLUEBERRIES
product of U.S.A., Mexico or Morocco, no. 1 grade
20080137001_EA



1.99
LB

TOMATOES ON THE VINE
product of Canada
4.39/kg
20036703001_KG



6.99

FARMER'S MARKET™ SWEET MIXED PEPPERS
product of Western Provinces
21030970001_EA



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



4.99

PKG OF
5 OR 6

AVOCADOS
product of Mexico
20142230001_EA



5.99

10 LB BAG

RUSSET POTATOES
product of Western Provinces,
Canada no. 1 grade
20601020001_EA



5.99

PKG OF 15

FARMER'S MARKET™ MINI CUCUMBERS
product of Canada,
Canada no. 1 grade
21031940001_EA



1.29

ATAULFO or RED MANGOES
product of Mexico
20099632001_EA/201211309001_EA



2.99
LB

BLACK PLUMS
product of Chile, no. 1 grade
6.59/kg
20316478001_KG



6.99

5 LB BAG

COSMIC CRISP APPLES
product of U.S.A.,
extra fancy grade or
FARMER'S MARKET™
AMBROSIA APPLES
product of Western Provinces,
Canada fancy grade
20630640001_EA/211403188001_EA



1.99

BUNCH SPINACH or KALE
product of Canada or U.S.A.
20143840001_EA/20138800001_EA



3.99

PKG OF 3

FARMER'S MARKET™ ENGLISH CUCUMBERS
product of Western Provinces,
Canada no. 1 grade
20828461001_EA



4.99

3 LB BAG

FARMER'S MARKET™ NAVEL ORANGES
product of U.S.A.
20142945001_EA



3.99

680 G

PC™ LITTLE GEMS MIXED, RED or YELLOW MINI POTATOES
product of Canada,
Canada no. 1 grade
21347290001_EA
21347301001_EA



4.99

681 G

PC™ VARIETY TOMATOES
product of Canada or Mexico
20849640001_EA



7.99

PC™ or WONDERFUL NO SHELL PISTACHIOS
product of U.S.A.
155/170 g
21347290001_EA
21347301001_EA/21344713_EA



1,000

\$1 Value

NO NAME™ PEANUTS
product of U.S.A.
20295477_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

DeVry Greenhouses

A trusted supplier for over 30 years, DeVry Greenhouses employ over 400 employees who help grow and create high-quality herbs, vegetables, and plants. Find their lush selection at select No Frills® stores.

deVry
greenhouses Ltd.



ANNUALS, HERBS
or **VEGETABLES**
selected varieties
4 inch
20010971_EA/21348166_EA/
21356436_EA/21348167_EA

\$3



2.99
LB

WHOLE PORK PICNIC
fresh
6.59/kg
21041819 EA
WHILE QUANTITIES LAST

CLUB SIZE

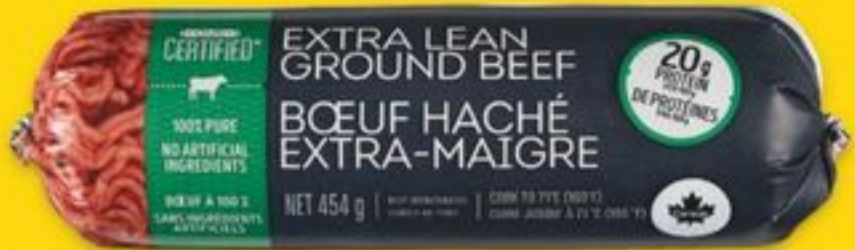
CHICKEN THIGHS
fresh, club size
8.13/kg
2005143 EA

3.69
LB



4.88

ASIAN INSPIRATIONS ENTRÉES or MULDOONS MEAT BITES
selected varieties, frozen
400 g
21047378 EA



EXTRA LEAN GROUND BEEF
fresh
454 g
21370221 EA

\$7



6.99

SEAQUEST® COLOSSAL RAW WHITE SHRIMP
16-20 per lb, 200 g or BAY SCALLOPS 100-150 per lb or GREEN LIPPED HALF SHELL MUSSELS 454 g
frozen
21043887 EA



6.99

SEAQUEST® RAW or COOKED PEELED SHRIMP
70-90/lb, 200 g
21044114 EA



\$17

PC® CHICKEN YAKITORI
480 g
21373907 EA
WHILE QUANTITIES LAST



1.99

MAPLE LODGE FARMS CHICKEN WIENERS
selected varieties
450 g
2004713 EA



3.49

MAPLE LEAF TOPDOGS WIENERS or SCHNEIDERS LUNCHMATE LUNCH KITS or STACKERS 90-120 g
selected varieties
21093477 EA/21010034 EA



6.99

MAPLE LEAF NATURAL SELECTIONS or SCHNEIDERS SLICED DELI MEAT
selected varieties
125-175 g
20007912 EA/20042222 EA



2.50

NO NAME® HOT DOG or HAMBURGER BUNS
selected varieties
12x
21099445 EA



4.50

FARMER'S MARKET® MINI DONUTS
selected varieties
600 g
21335343 EA



\$6

PC® CHEESE SLICES
selected varieties
150-175 g
20211970 EA/20232947 EA

\$10



PC® ASSORTED CHICKEN
selected varieties
up to 870 g
21509988 EA

CLUB SIZE



BUTCHER'S CHOICE® SAUSAGE
selected varieties
1.2 kg
21365790 EA



BREADED CHICKEN, MEATBALLS, LEAN GROUND BEEF or HOR D'OEUVRES
selected varieties, frozen
800 g-1.81 kg
21372692 EA



5⁴⁹

ARMSTRONG or PC® SHREDDED CHEESE 250-320 g or **ARMSTRONG CHEESE BARS** 400 g
selected varieties
21286240 5A/21346749 5A



4⁹⁹

CHAPMAN'S PREMIUM ICE CREAM 2 L or **YUKON NOVELTIES** 5-8's
selected varieties, frozen
20223573001 5A/20223573013 5A



4⁹⁹

SIMPLY or TROPICANA JUICE
selected varieties, refrigerated
1.54/1.75 L
21086066 5A/21209636 5A



4⁹⁹

HÄAGEN-DAZS ICE CREAM NOVELTIES 400-450 mL or 3/4's
selected varieties
20202298001 5A/21512347 5A



.⁹⁹

NO NAME® BAKED BEANS
selected varieties
398 mL
20214839002 5A



3³³

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
6x710 mL
2021046002 026/20212741002 026



5⁷⁹

ALLEN'S FRUIT COCKTAIL DRINK BOXES
selected varieties
24x200 mL
20222306001 021

ALL HAIL CAESAR

Say cheers to National Caesar Day with low prices.



2⁴⁹



NO NAME® WORCESTERSHIRE SAUCE 295 mL or **TABASCO SAUCE** 57 mL
selected varieties
20227370 5A/21279647 5A

2⁹⁹



PC® or BLUE MENU® CRANBERRY or VEGETABLE COCKTAIL
selected varieties
1.89 L
20207022001 5A/202004849004 5A

4⁴⁹



EXTREME BEAN PICKLED BEANS
500 mL
selected varieties
20418220 5A

.⁶⁹



LIMES
product of Mexico
1.69 lb/0.75 kg

OLD DUTCH RESTAURANTE TORTILLA 265-310 g or **HUMPTY DUMPTY SNACKS** 250-290 g
selected varieties
20860418 5A/21347309 5A

3²⁹



HELLMANN'S MAYONNAISE
selected varieties
710-890 mL
20418227001 5A

5⁹⁹



NO NAME® CHARCOAL BRIQUETTES
3.76 kg
20243048 5A

6⁹⁹



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 partner and recycle your waste.



MAY

**HIT
OF THE
MONTH**



**Cheez-It Baked
Snack Crackers**

191-200 g, selected varieties



**New Treasure Long
Grain White Rice**

2 kg

WHILE QUANTITIES LAST



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

200 g

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.

PRICE DROP



GREEN GIANT VEGETABLES
selected varieties, frozen
400-750 g
21022270 SA/21022302 SA

PRICE DROP
349



CAMPBELL'S READY TO SERVE SOUP
selected varieties
515 mL
21480539 SA

PRICE DROP
229



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

PRICE DROP
299



QUAKER DIPPS or CHEWY GRANOLA BARS
selected varieties
120-156 g
20647382 SA/21339366 SA

PRICE DROP
229



PC® ROAST AND GROUND COFFEE 340 g or **FOLGERS PODS** 12^x
selected varieties
20416619003 SA/21380379 SA

PRICE DROP
699



KRAFT SALAD DRESSING
selected varieties
425 mL
21384800 SA/21384931 SA

PRICE DROP
299



RIO MARE TUNA SALAD BOWL
selected varieties
160 g
21335478 SA

PRICE DROP
399



MINUTE RICE
selected varieties
600/700 g
20117384 SA/20110638 SA

PRICE DROP
499



FRUITOPIA or PEACE TEA BEVERAGES
selected varieties, refrigerated
1.75 L
2024740001 SA/21170481 SA

PRICE DROP
229



DARE COOKIES
selected varieties
168-360 g
20782364 SA/21080791 SA

PRICE DROP
249



PC® or BLUE MENU® SPARKLING WATER
selected varieties
12x355 mL
20668034002 C01 / 21518159 C01

PRICE DROP
450

ANNIE'S MACARONI AND CHEESE PASTA
selected varieties
170 g
20316187001 SA



PRICE DROP
249



FRITO-LAY VARIETY PACK
selected varieties
428/448 g
21384937 SA

PRICE DROP
899



ALCAN FOIL 50 h, **NON STICK FOIL** 25 h, **GLAD PLASTIC WRAP** 60 m or **REYNOLDS PARCHMENT PAPER** 25 h
20018402 SA

PRICE DROP
349

PRICE DROP



PHILADELPHIA CREAM CHEESE PRODUCT
227/250 g
selected varieties
20411347 EA/20844934012 EA

PRICE DROP
3⁹⁹



CHEF BOYARDEE PASTA
selected varieties
418/425 g
3031230001 EA

PRICE DROP
1⁶⁹



DANONE ACTIVIA 8's or TWO GOOD LOW SUGAR YOGURT
selected varieties
20234741001 EA/20232384002 EA

PRICE DROP
3⁹⁹



OASIS JUICE or ARIZONA ICED TEA ALLEN'S CRANBERRY COCKTAIL or DEL MONTE ON ICE BEVERAGES
1.89 L
selected varieties
30313744002 EA/211374890 EA

PRICE DROP
2⁹⁹



COCA-COLA or PEPSI SOFT DRINKS
selected varieties,
6x222 mL
20234288903 C66/
20837360004 C06

PRICE DROP
3⁹⁹



EGGO WAFFLES 16's or BREYERS CREAMERY STYLE ICE CREAM
1.66 L
selected varieties, frozen
20097730004 EA/20344920004 EA

PRICE DROP
5⁹⁹



GIUSEPPE THIN CRUST or RISING CRUST PIZZA
selected varieties, frozen
439-785 g
21104361 EA

PRICE DROP
5⁴⁹



MARCANGELO SLICED DELI MEAT
pre-packaged
100 g
20863302 EA

PRICE DROP
6⁴⁹



LOU'S PORK BACK RIBS
selected varieties, frozen
680 g
21130777 EA

PRICE DROP
\$11



TRE STELLE CHEESE TWIN PACK
selected varieties
240-550 g
21100063 EA/21100064 EA

PRICE DROP
\$8



PC SPRING ROLLS
selected varieties, frozen
574 g
20870004 EA

PRICE DROP
8⁹⁹



PC SALAD DRESSING
selected varieties
475 mL
2062848001 EA

PRICE DROP
\$3



BLUE DIAMOND ALMOND BREEZE NON-DAIRY BEVERAGE
selected varieties
946 mL
20107319004 EA/202044273 EA

PRICE DROP
2⁷⁹



CADBURY POUCH 147-200 g or MAYNARDS CANDY 208/315 g
selected varieties
21120074 EA/211545809 EA

PRICE DROP
3⁷⁹



PC DRY ROASTED PEANUTS
selected varieties
700 g
20057990003 EA

PRICE DROP
5⁴⁹

PRICE DROP



PC® FROZEN FRUIT
selected varieties
300-600 g
30212227 EA/21377841 EA

PRICE DROP
4.49



ZIGGY'S FRESH PASTA
selected varieties
350 g
3020712 EA

PRICE DROP
3.49



GENERAL MILLS CEREAL
selected varieties
297-430 g
21104033 EA/
21448369 EA

PRICE DROP
3.33

CLUB HOUSE BLENDS 120-244 g
LA GRILLE SEASONING or WET RUBS
120-248 g, 200 mL
selected varieties
20210706 EA/2022176001 EA



PRICE DROP
4.99

HIGH LINER WILD PACIFIC PINK SALMON FILLETS
400 g
21093811 EA



PRICE DROP
7.99



GATORADE FIT 828 mL or GATORLYTE SPORT DRINKS
selected varieties
21449906 EA/21514025 EA

PRICE DROP
1.99



HEINZ KETCHUP 1.5 L
20110556 EA

PRICE DROP
6.99



SKINNY POP POPCORN
selected varieties
125/150 g
20785418001 EA

PRICE DROP
3.99



NESTLÉ STAND UP POUCH 135-203 g or MULTI PACK 4's
selected varieties
30222502 EA/21086077 EA

Members-Only Price™
3.49
Non-members
3.79



PC® DE-ALCOHOLIZED BEER
selected varieties
12x335 mL
30121729 C12

PRICE DROP
8.49

WHISKAS DRY CAT FOOD
selected varieties
1.5/2 kg
21388897 EA



PRICE DROP
8.99



DAWN DISHWASHING LIQUID
selected varieties
431/473 mL
21420581 EA/21430590 EA

PRICE DROP
2.49



LYSOL MULTI SURFACE CLEANER 1.2 L or SPRAYS 650/950 mL
selected varieties
20204873002 EA/20210677001 EA

PRICE DROP
3.99



GAIN LIQUID 4.55 L or FLINGS 42's LAUNDRY DETERGENT
selected varieties
20954627 EA/21405174 EA

PRICE DROP
15.99

NATURAL FOODS AT LOW PRICES



GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

ORGANIC
3.99



454 G

PC® ORGANICS WHOLE CREMINI or WHITE MUSHROOMS
product of Western Provinces
21219529001 EA/21211946001 EA

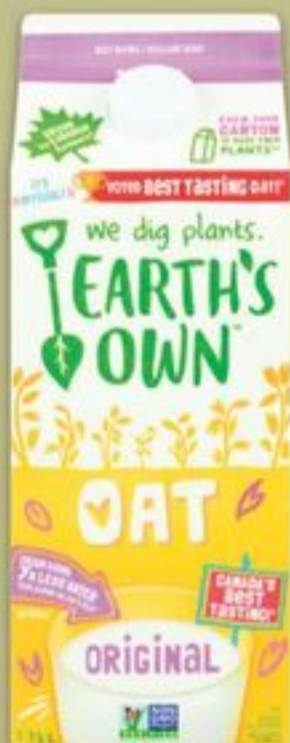
ORGANIC
4.99



PKG OF 3

PC® ORGANICS ROMAINE HEARTS
product of U.S.A.
2029776001 EA

EARTH'S OWN OAT NON-DAIRY REFRIGERATED BEVERAGES
selected varieties
1.75 L
71027796 EA



3.79



BELSOY PUDDING
selected varieties
4x125 g
20151398003 EA

5.49



2.99

PC® GLUTEN-FREE WAFFLES
selected varieties, frozen
320 g
21419143 EA/21419170 EA

ALWAYS \$5



PC® ORGANICS SMOOTH or CRUNCHY PEANUT BUTTER
selected varieties
500 g
20051423 EA

8.99

NATURE'S PATH ORGANIC CEREAL
selected varieties
450-907 g
20212047003 EA



12.99

KICKING HORSE ORGANIC FAIRTRADE WHOLE BEAN COFFEE
selected varieties
454 g
20222488001 EA/20222488006 EA



3.99



HARDBITE POTATO CHIPS
selected varieties
150 g
20270653001 EA/20270655002 EA

18.99



KIND BARS
selected varieties
12x40 g
20423330003 C13/20794872 C13

BIG DEALS FOR LITTLE ONES



24⁹⁹

PAMPERS SUPER BIG PACK DIAPERS
selected varieties
size N-6, 42-120's
21370844 EA



24⁹⁹

HUGGIES SUPER BIG PACK DIAPERS
selected varieties
size N-7, 32-108's
21456221 EA/21456318 EA



ORGANIC \$1

PC ORGANICS BABY FOOD POUCHES
selected varieties
128 mL
20451348002 EA/20664167004 EA



7⁹⁹

PAMPERS or HUGGIES 3X BABY WIPES
selected varieties
168-216's
20204474001 EA/201538604 EA

GERBER BABY FOOD JARS 159-162 mL or **ORGANIC BABY FOOD POUCHES** 99/128 mL
selected varieties
21024892 EA
21464953 EA

1⁷⁹



PC ORGANICS BABY SNACKS or ENTRÉES
selected varieties
42-170 g
20044728001 EA
20488821001 EA

ORGANIC 2⁹⁹



JAMIESON VITAMINS C or D
selected varieties
75-240's
20299993 EA/20302214001 EA

4⁹⁹



ALWAYS \$5

PC 3X BABY WIPES
scented or unscented
300's
21548714 EA



HUGGIES PULL UPS or PAMPERS EASY UPS CLUB PACK TRAINING PANTS
selected varieties
28-74's
21093615 EA

26⁹⁹



BANANA BOAT SUN CARE PRODUCTS
selected varieties
150-315 mL, 170/226 g
21087431 EA/11742311 EA

8⁹⁹



DOVE BABY BODY WASH or LOTION
selected varieties
591 mL
21017298 EA

8⁹⁹



AVEENO BABY BODY WASH or LOTION
selected varieties
532 mL
2015340002 EA
20280479001 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

for every \$50* spent on Huggies diapers, training pants, or wipes.
all sizes and varieties
20327994 EA



PRICE DROP



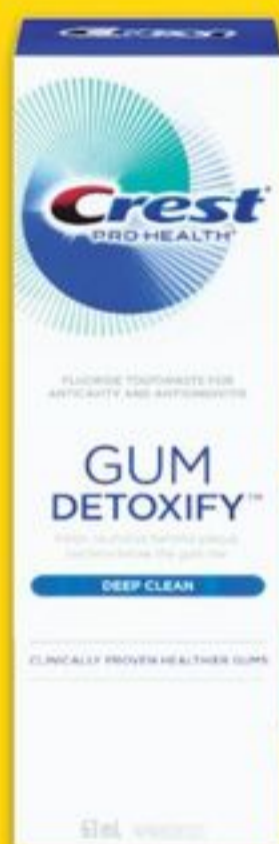
PRICE DROP
2.99

HERBAL ESSENCES HAIR CARE
selected varieties
346 mL
21347098 EA/21347099 EA



PRICE DROP
3.49

COLGATE PREMIUM TOOTH PASTE
70-150 mL or **MANUAL TOOTHBRUSH** 1 ea
selected varieties
21144483 EA/20306410001 EA



PRICE DROP
4.99

CREST GUM TOOTH PASTE 63-160 mL or
SCOPE MOUTHWASH 1 L
selected varieties
20948747 EA/21334490 EA

NIVEA BODY WASH 500 mL,
DEODORANT ROLL-ON 50 mL or
ANTIPERSPIRANT 51/52 g
selected varieties
20231421004 EA/21141999 EA



PRICE DROP
3.99

ST. IVES BODY LOTION
selected varieties
600/621 mL
21084088 EA/21084101 EA



PRICE DROP
4.99

OLD SPICE or SECRET DEODORANT
selected varieties
73/85 g
20092044 EA/20641349001 EA



PRICE DROP
3.99

DOVE HAIR CARE
selected varieties
142/198 g, 195-355 mL
20238433001 EA/20306023009 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
21436477 EA/21219373 EA



PRICE DROP
8.99

ALWAYS PADS or LINERS 7-162's or
TAMPAX TAMPONS 22-54's
selected varieties
21019938 EA/20943044 EA



PRICE DROP
9.99

PEDIASURE COMPLETE NUTRITIONAL SUPPLEMENT
selected varieties
4x235 mL
20220414001 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
6x **YOGURT**
selected varieties
3032512003 SA/2130253 SA

264

LIBERTÉ GREEK
650/750 g
MÉDITERRANÉE
900 g or **YOPLAIT**
YOP NO SUGAR
ADDED 8% YOGURT
selected varieties
30442273 SA/2120111 SA

597

iögo nano
DRINKABLE
YOGURT
selected varieties
304047001 SA/304047001 SA

367

siggis
simple ingredient skyr
18x 110 g
VANILLA
750g 8oz

siggis
simple ingredient skyr
19x
PLAIN
750g 8oz

547

SIGGI'S ICELANDIC SKYR
selected varieties
650/750 g
31203874 SA/31203892 SA

TROPICANA
ORANGE
JUICE
selected varieties,
refrigerated
2.63 L
301193667 SA

699

KELLOGG'S
RICE KRISPIES
176/190 g **POP TARTS**
384 g **SPECIAL K** 125 g or
NUTRI-GRAIN 295 g
BAR
selected varieties
30130467001 SA/30131294001 SA

299

NATURE VALLEY
SWEET & SALTY
6
ALMOND

349

FIBRE 1 or
NATURE VALLEY
SWEET & SALTY
BAR
selected varieties
125-210 g
31203209 SA/31203204 SA

DRUMSTICK
VANILLA CARAMEL

CARAMILK
FROZEN DESSERT
1.5 L
selected varieties, frozen
3033200001 SA/31103900 SA

499

NESTLÉ
DRUMSTICKS or
NOVELTIES 4-10% or
CONFECTIONERY
FROZEN
DESSERT 1.5 L

KELLOGG'S
RAISIN BRAN 430/523 g
VECTOR 425/451 g
RAISIN BRAN 306/400 g
SPECIAL K 377-433 g or
MINI-WHEATS 405-510 g
CEREAL
selected varieties
30130467001 SA/30130467001 SA

449

KELLOGG'S
MINI-WHEATS!
FAMILY SIZE
ORIGINAL

KELLOGG'S
RICE KRISPIES
FAMILY SIZE
ORIGINAL

549

KELLOGG'S CEREAL
family size, selected varieties
480-650 g
31420209 SA/31440704 SA

Honey Nut Cheerio
FAMILY SIZE 8 1/2

Cinnamon Toast Crunch
FAMILY SIZE 8 1/2

549

GENERAL MILLS
CEREAL
family size, selected varieties
475-778 g
31103492 SA/31103492 SA

STARBUCKS
COFFEE
ENHANCER
selected varieties
828 ml
31203873 SA

649

STARBUCKS
TRUE NORTH
BLAND-MELANGE
NORDIQUE

STARBUCKS
TORREFACTION
PIKE PLACE
ROAST

999

STARBUCKS
ROAST AND
GROUND COFFEE
340 g or **PODS** 10x
selected varieties
3054442002 SA/3054442004 SA

KEURIG
DONUT HOUSE
collection
DONUT HOUSE
COFFEE
LIGHT ROAST COFFEE

1399

TIMOTHY'S or
DONUT HOUSE
COFFEE PODS
selected varieties
30x
30544492 SA

*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 PURIFILTRE or LACTOSE FREE
selected varieties
2 L
30301822001 SA/21424991 SA



5⁴⁹

NESCAFÉ or TASTER'S CHOICE INSTANT COFFEE
selected varieties
100-170 g
20661811001 SA/20673036 SA



4⁹⁹

Optimum
Members-Only Price™
\$2
Non-members
2⁴⁹



CADBURY FAMILY BAR MAYNARDS CANDY SMALL BAG
selected varieties
95/100 g or 150/154 g
21845334 SA/2022190901 SA

LECLERC CELEBRATION COOKIES
selected varieties
240-250 g
2082797001 SA



2⁷⁹

OCEAN'S WHITE TUNA 170 g or **GOLD SEAL PINK SALMON** 213 g
selected varieties
21063216 SA/2118647 SA



2⁹⁹

CHRISTIE CRISPERS or CRISPER BITS & BITES
selected varieties
145 g
21242032 SA/21242030 SA



2²⁹

PRINGLES POTATO CHIPS
selected varieties
148/156 g
21060022 SA/21060021 SA



2⁹⁹

ORVILLE REDENBACHER MICROWAVE POPCORN 385-492 g or **KERNEL JAR** 650 g
selected varieties
21063216 SA



3⁹⁹

LECLERC NUGABAR
selected varieties
175 g
21242034 SA/21242035 SA



2⁴⁹

CHRISTIE COOKIES
selected varieties
251-303 g
21242047 SA/21241038 SA



2⁴⁹

CHRISTIE PEAK FREANS
selected varieties
290-350 g
20663229 SA



2⁴⁹

TOSTITOS TORTILLA CHIPS
selected varieties
205-245 g
21066071 SA



3⁹⁹

RUFFLES POTATO CHIPS
selected varieties
180-220 g
21241032 SA



3⁹⁹

MISS VICKIE'S KETTLE COOKED POTATO CHIPS
selected varieties
190-220 g
21066071 SA



4²⁹

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YOU GET, WE GIVE.

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6⁹⁹

COCA-COLA SOFT DRINKS or NESTEA ICED TEA
selected varieties
12x341/355 mL
2013048002, C12/2011849402, C12

6⁹⁹

PEPSI SOFT DRINKS
selected varieties
8/12x355 mL
2022341909, C12/21341844, C08

1⁹⁹

GLACEAU VITAMINWATER 391 mL or SMARTWATER 1 L
selected varieties
20154181, SA/20223794006, SA

5⁴⁹

GATORADE SPORT DRINKS
selected varieties
6x591/8x355 mL
20303218007, C06/21164782, C08

3⁴⁷

MOTT'S CLAMATO COCKTAIL
selected varieties
1.89 L
20318953002, SA

5⁹⁹

BUBLY 12x355 mL or MONTELLIER WATER 10x355 mL
selected varieties
21094722, C10/21308926, C13

1,000⁰⁰ **\$1 Value**

5⁹⁹

AHA SPARKLING WATER
selected varieties
12x355 mL
21248742, C12

8⁹⁹

CHARMIN BATHROOM TISSUE 8x24 rolls or BOUNTY PAPER TOWEL 4x6 rolls
21313838, SA/21348785, SA

13⁹⁹

FINISH DISHWASHER TABS 30-55's or JET-DRY 946 mL
selected varieties
21318146, SA/21365523, SA

14⁹⁹

AIR WICK SCENTED OIL REFILLS 5x20 mL or KITS 2x2x20 mL
selected varieties
21363706, SA/21438270, SA

7⁴⁹

SWIFFER WETJET LIQUID REFILL 1.33 L, DUSTER KITS 1 mL, WET CLOTH REFILLS 100/72's or DRY CLOTH REFILLS 10/16's
selected varieties
2022024, SA/21348785, SA

10⁹⁹

TIDE LIQUID 1.33 L or PODS 3.12x10's, LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER 1.89 L, GAIN SCENT BOOSTERS 50% & BOUNCE DRYER SHEETS 120/200's
selected varieties
2022024, SA/2022024, SA

12⁹⁹

PUREX LIQUID LAUNDRY DETERGENT 2.08 L, 4.01 L or SNUGGLY FABRIC SOFTENER 3.8 L, 4.1 L
selected varieties
2022024, SA/2022024, SA

20⁹⁹

TIDE LIQUID 2.9 L or PODS 4x10's, FLINGS LAUNDRY DETERGENT
selected varieties
21375706, SA/21375707, SA

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SAVOUR THE FLAVOUR OF BOAT-IFUL ZONGZI

慶祝端午佳節



198
LB

LONG EGGPLANT product of Mexico or U.S.A. or **PAPAYA** product of Mexico
4.37/kg
20417064001, KG/20139013001, KG



298
LB

BITTER MELON product of Mexico or **OKRA** product of U.S.A.
6.57/kg
20101293001, KG/20091263001, KG



248
LB

GINGER ROOT product of China or **JAPANESE SWEET YAMS** product of U.S.A.
5.47/kg
20179038001, KG/20134923001, KG

.98
LB

DAIKON product of Mexico, **NAPA CABBAGE** product of U.S.A. or **TAIWANESE CABBAGE** product of China
2.16/kg
20020843001, KG/20082109001, KG/20015023001, KG



148

SUNRISE DESSERT or SOFT TOFU
selected varieties
200 g
201313704, EA/201049334, EA



449

PMC BASA FILLETS 400 g, **ANCHOR'S BAY MUSSEL MEAT or COOKED CLAM MEAT**
340 g
frozen
21422307, EA



899

PMC TILAPIA 1.36 kg, **GOLDEN POMPANO**, whole, 700 g, **BASA STEAKS or CHUB MACKEREL** 1 kg, frozen
21422303, EA
WHOLE QUANTITIES LAST



188

AROY-D COCONUT MILK
400 mL
20061884, EA



488

O'TASTY DUMPLINGS
selected varieties, frozen
567 g
20119342004, EA



488

ROOSTER® DRIED SHIITAKE MUSHROOM
200 g
20143376, EA



LEE KUM KEE HOISIN SAUCE
445 mL
20043048, EA

248



348

INDOMIE INSTANT NOODLES
selected varieties
5's
20686719, EA



FOREWAY SESAME OIL
370 mL
20287890, EA

388



188

GARDEN WAFERS
selected varieties
200 g
20212830002, EA



248

CHACHA SUNFLOWER SEEDS
selected varieties
200 g
20834336002, EA



788

ROOSTER® BLACK GLUTINOUS RICE 2 kg or **MAGGI SEASONING** 800 mL
20072029, EA/21190826, EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ET 01 NFW

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
21575127_EA/21575303_EA



\$5
6x60 mL

PC® BLUEBERRY CINNAMON FLAVOURED ICE POPS
frozen
21575381_EA



\$4
150 g

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



\$4
500 mL

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



\$7
224 g

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



\$9.99
730 g

PC® S'MORES CREAM PIE
frozen
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
21676538_EA



\$6

250 g

PC® BARESE SAUSAGE
21676127_EA



\$14

1.13 kg

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



\$14

500 g

PC® PORK BELLY BURNT ENDS
frozen
21666531_EA



\$15

360 g

PC® SWEET & SMOKY BARBECUE BUTTERFLIED BLACK TIGER SHRIMP
frozen
21659382_EA



\$17

480 g

PC® CHICKEN YAKITORI
frozen
21675909_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
21575901_EA/21575865_EA/21575820_EA



\$5

300 g

PC® CHICKEN BUN CHA

frozen
21565869_EA



\$5

300 g

PC® CINNAMON SUGAR or CHILI LIME PINEAPPLE SKEWERS

frozen
21560146_EA/21560219_EA



\$6

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

frozen
21549514_EA/21549100_EA



\$4⁵⁰

350 mL

PC® BLACK LABEL WHITE BARBECUE SAUCE

21589265_EA



\$7⁹⁹

370/420 g

PC® BLACK LABEL PIZZA

selected varieties, frozen
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

21576249_EA/21576175_EA



\$3⁴⁹

1.54 L

PC® LEMONADE

selected varieties, refrigerated

21430642_EA/21506771_EA/21430694_EA



\$4⁵⁰

6x355 mL

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

21590813_EA/21590689_EA



\$5⁹⁹

4x355 g

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

21589335_EA/21589408_EA



\$7⁴⁹

4x330 mL

PC® SPARKLING DEALCOHOLIZED APPLE or PEAR APPLE CIDER BEVERAGE

21588266_EA/21588277_EA



\$8

312/337 g

PC® INBETWEENZ™ DESSERT SQUARE

selected varieties

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.



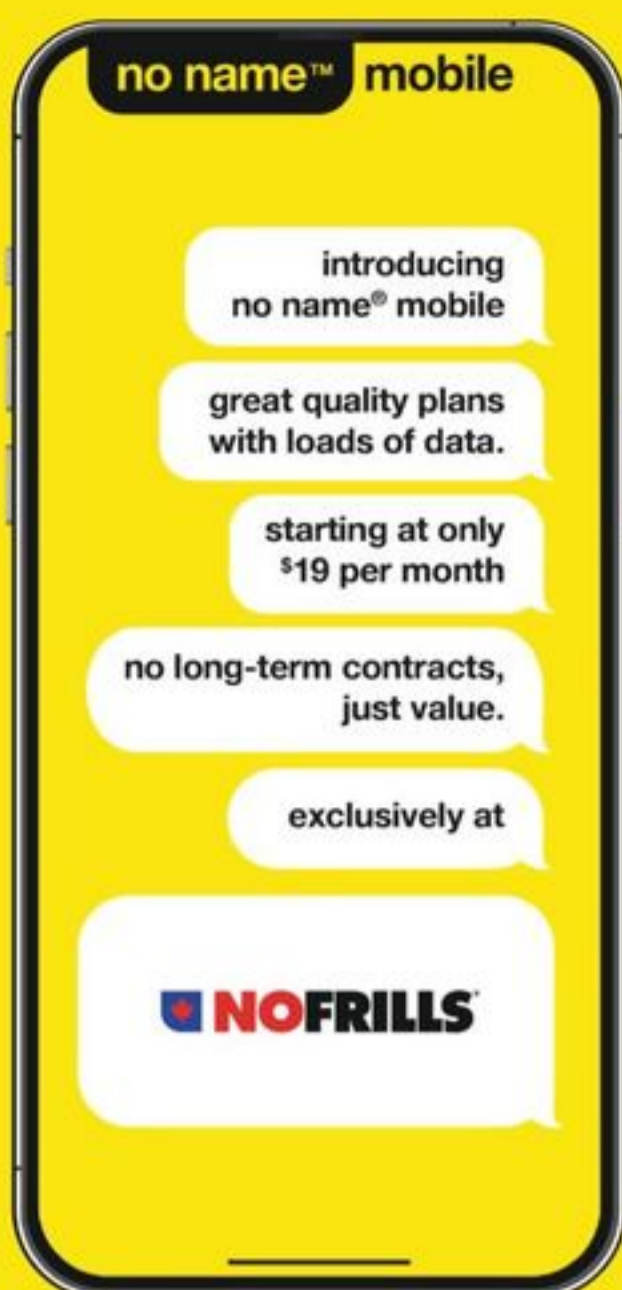
CUSTOMER RELATIONS 1-866-98-SMILE (76453)



Produced in Canada



NF SIR BACK



Subject to change. Conditions apply. Visit nonamemobile.ca for full details.

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.

GET FLYER TO YOUR EMAIL.

STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

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