

# DEALS THAT SIZZLE



SAVE 42%

2<sup>49</sup>

**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%

2<sup>49</sup>



SAVE 23%

9<sup>99</sup>

**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  
3<sup>99</sup>



# 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**

**ONLY**  
**.44**

**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**  
**4.99**

**SAVE 40%**  
**2.99**

**SAVE 39%**  
**1.69**

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

**BREYERS CLASSIC**  
DESSERT  
1.6L 1 or  
**CHAPMAN'S**  
COLLECTION  
NOVELTIES 8.5  
selected varieties, frozen  
3006130906 EA/20222375001 EA

**ITALPASTA**  
selected varieties  
730 g  
2079241902 EA



**WOW!**  
**3.33**

**SAVE 24%**  
**2.49**

**SAVE 37%**  
**1.25**

**LAY'S POTATO**  
**CHIPS** 165-235 g or  
**POPPABLES** 130 g  
selected varieties  
23143322 EA/23143349 EA

**REAL CANADIAN**  
**NATURAL SPRING**  
**WATER**  
24x500 mL  
20134975 C24

**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  
20080289 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 - AIRDRIE, 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, JOY'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  
30036703001, KG



**FARMER'S MARKET™ SWEET MIXED PEPPERS**  
product of Western Provinces  
21030970001, EA

**6.99**



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



**4.99**

**PKG OF 5 OR 6**

**AVOCADOS**  
product of Mexico  
3014223001, EA



**5.99**

10 LB BAG

**RUSSET POTATOES**  
product of Western Provinces,  
Canada no. 1 grade  
3060102001, EA



**5.99**

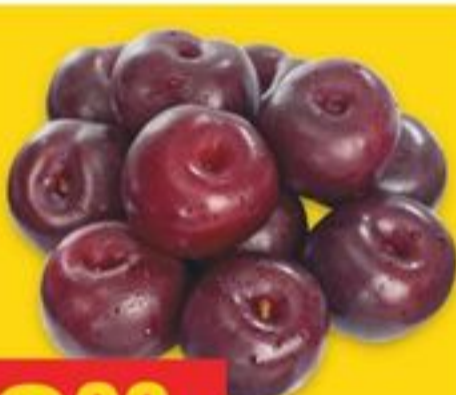
PKG OF 15

**FARMER'S MARKET™ MINI CUCUMBERS**  
product of Canada,  
Canada no. 1 grade  
2103190001, EA



**1.29**

**ATAULFO or RED MANGOES**  
product of Mexico  
30039633001, EA/201211309001, EA



**2.99**  
LB

**BLACK PLUMS**  
product of Chile, no. 1 grade  
6.59/kg  
30316478001, 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  
3063064001, EA/21463188001, EA



**1.99**

**BUNCH SPINACH or KALE**  
product of Canada or U.S.A.  
30143840001, EA/2013680001, EA



**3.99**

PKG OF 3

**FARMER'S MARKET™ ENGLISH CUCUMBERS**  
product of Western Provinces,  
Canada no. 1 grade  
30828461001, EA



**4.99**

3 LB BAG

**FARMER'S MARKET™ NAVEL ORANGES**  
product of U.S.A.  
30142945001, EA



**3.99**

680 G

**PC™ LITTLE GEMS MIXED, RED or YELLOW MINI POTATOES**  
product of Canada,  
Canada no. 1 grade  
2134729001, EA  
21347301001, EA



**4.99**

681 G

**PC™ VARIETY TOMATOES**  
product of Canada or Mexico  
2084964001, EA



**7.99**

799

**PC™ or WONDERFUL NO SHELL PISTACHIOS**  
product of U.S.A.  
155/170 g  
2134729001, EA  
21347301001, EA/21344713, EA



**\$11**

1,000

\$1 Value

2 KG PKG

**NO NAME™ PEANUTS**  
product of U.S.A.  
30205477, 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 RD  
WHILE QUANTITIES LAST

**CLUB SIZE**

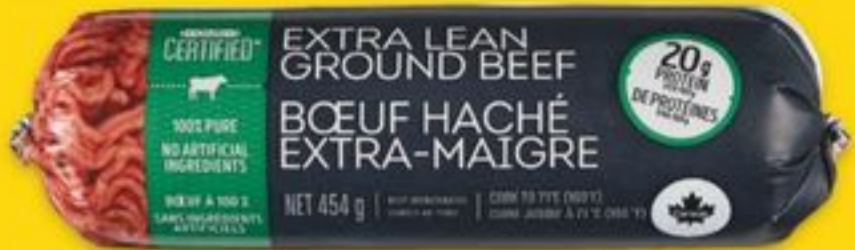
**CHICKEN THIGHS**  
fresh, club size  
8.13/kg  
20051413 RD

**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  
21044111 EA



**\$17**

**PC® CHICKEN YAKITORI**  
480 g  
21373901 EA  
WHILE QUANTITIES LAST



**1.99**

**MAPLE LODGE FARMS CHICKEN WIENERS**  
selected varieties  
450 g  
20047113 EA



**3.49**

**MAPLE LEAF TOPDOGS WIENERS or SCHNEIDERS LUNCHMATE LUNCH KITS or STACKERS** 90-120 g  
selected varieties  
21093407 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  
20211910 EA/20232947 EA

**\$10**



**PC® ASSORTED CHICKEN**  
selected varieties  
up to 870 g  
21509946 EA

**CLUB SIZE**



**BUTCHER'S CHOICE® SAUSAGE**  
selected varieties  
1.2 kg  
21345790 EA



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





5<sup>49</sup>

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



4<sup>99</sup>

**CHAPMAN'S PREMIUM ICE CREAM** 2 L or **YUKON NOVELTIES** 5-8's  
selected varieties, frozen  
30323573001 5A/20323573013 5A



4<sup>99</sup>

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



4<sup>99</sup>

**HÄAGEN-DAZS ICE CREAM NOVELTIES** 400-450 mL or 3/4's  
selected varieties  
20302298001 5A/21512347 5A



.<sup>99</sup>

**NO NAME® BAKED BEANS**  
selected varieties  
398 mL  
20314839003 5A



3<sup>33</sup>

**COCA-COLA or PEPSI SOFT DRINKS**  
selected varieties  
6x710 mL  
2031046002 06/20312741002 06



5<sup>79</sup>

**ALLEN'S FRUIT COCKTAIL DRINK BOXES**  
selected varieties  
24x200 mL  
20822306001 001

# ALL HAIL CAESAR

Say cheers to National Caesar Day with low prices.



2<sup>49</sup>



**NO NAME® WORCESTERSHIRE SAUCE** 295 mL or **TABASCO SAUCE** 57 mL  
selected varieties  
20027370 5A/21279647 5A

2<sup>99</sup>



**PC® or BLUE MENU® CRANBERRY or VEGETABLE COCKTAIL**  
selected varieties  
1.89 L  
20307022001 5A/205004849004 5A

4<sup>49</sup>



**EXTREME BEAN PICKLED BEANS**  
500 mL  
selected varieties  
20418220 5A

.<sup>69</sup>



**LIMES**  
product of Mexico  
1.69 lb

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

3<sup>29</sup>



5<sup>99</sup>

**HELLMANN'S MAYONNAISE**  
selected varieties  
710-890 mL  
20418279001 5A



6<sup>99</sup>

**NO NAME® CHARCOAL BRIQUETTES**  
3.76 kg  
20043048 5A



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<sup>x</sup>  
selected varieties  
20416419003 SA/21380379 SA

**PRICE DROP**  
**699**



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

**PRICE DROP**  
**327**



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



**PRICE DROP**  
**1<sup>69</sup>**

**CHEF BOYARDEE PASTA**  
selected varieties  
418/425 g  
3031230001 EA



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

**PRICE DROP**  
**3<sup>99</sup>**



**PRICE DROP**  
**2<sup>99</sup>**

**OASIS JUICE or ARIZONA ICED TEA**  
2x200 mL  
**ALLEN'S CRANBERRY COCKTAIL or DEL MONTE ON ICE BEVERAGES** 1.89 L  
selected varieties  
30313744002 EA/211374890 EA



**PRICE DROP**  
**3<sup>99</sup>**

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



**PRICE DROP**  
**5<sup>99</sup>**

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



**PRICE DROP**  
**5<sup>49</sup>**

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



**PRICE DROP**  
**6<sup>49</sup>**

**MARCANGELO SLICED DELI MEAT**  
pre-packaged  
100 g  
20863302 EA



**PRICE DROP**  
**\$11**

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



**PRICE DROP**  
**\$8**

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



**PRICE DROP**  
**8<sup>99</sup>**

**PC SPRING ROLLS**  
selected varieties, frozen  
574 g  
20870004 EA



**PRICE DROP**  
**\$3**

**PC SALAD DRESSING**  
selected varieties  
475 mL  
2062848001 EA



**PRICE DROP**  
**2<sup>79</sup>**

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



**PRICE DROP**  
**3<sup>79</sup>**

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



**PRICE DROP**  
**5<sup>49</sup>**

**PC DRY ROASTED PEANUTS**  
selected varieties  
700 g  
20057990003 EA



# PRICE DROP



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

**PRICE DROP**  
**4.49**



**PRICE DROP**  
**3.49**

**ZIGGY'S FRESH PASTA**  
selected varieties  
350 g  
3020712 EA



**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**



**PRICE DROP**  
**1.99**

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



**PRICE DROP**  
**6.99**

**HEINZ KETCHUP**  
1.5 L  
20110556 EA



**PRICE DROP**  
**3.99**

**SKINNY POP POPCORN**  
selected varieties  
125/150 g  
20785418001 EA



**Optimum**  
**Members-Only Price™**  
**3.49**  
**Non-members**  
**3.79**

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



**PRICE DROP**  
**8.49**

**PC® DE-ALCOHOLIZED BEER**  
selected varieties  
12x335 mL  
30121728 C12

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

**PRICE DROP**  
**8.99**



**PRICE DROP**  
**2.49**

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



**PRICE DROP**  
**3.99**

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



**PRICE DROP**  
**15.99**

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



# 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

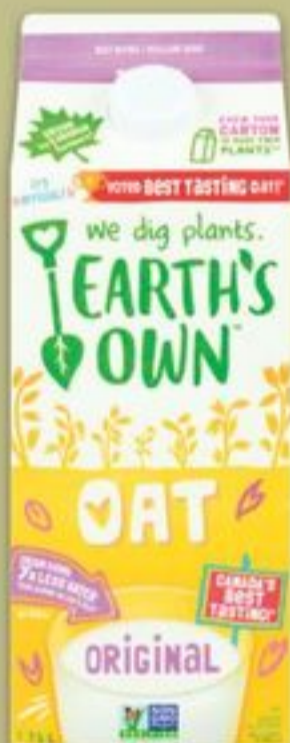
**ORGANIC**  
**4.99**



**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



**24<sup>99</sup>**

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



**24<sup>99</sup>**

**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



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

**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

**1<sup>79</sup>**



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

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



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

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

**ALWAYS \$5**



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



**26<sup>99</sup>**

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



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

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

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

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



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

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



## 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

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

**\$10** value





# PRICE DROP



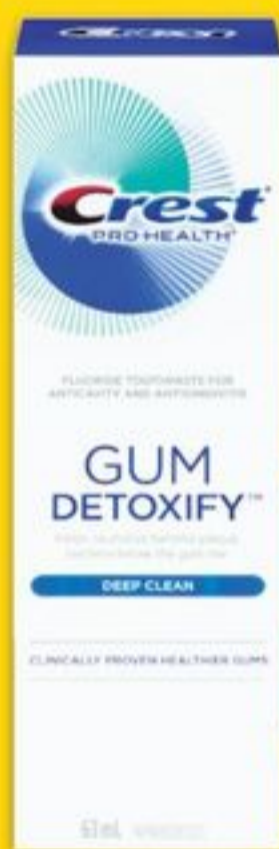
**PRICE DROP**  
**2.99**

**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/21346490 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  
20236433001 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  
3011934001 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  
31232019 SA/31232084 SA

**DRUMSTICK**  
VANILLA CARAMEL

**CARAMILK**  
FROZEN DESSERT  
1.5 L  
selected varieties, frozen  
3033200001 SA/31102000 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  
31420208 SA/31440704 SA

**GENERAL MILLS**  
**CHEERIO** FAMILY SIZE 8 1/2  
HONEY NUT  
WASHED WHEAT FLAKES

**GENERAL MILLS**  
**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  
31230473 SA

**649**

**STARBUCKS**  
**TRUE NORTH**  
FLAVOR 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



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

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



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

**Optimum**  
Members-Only Price™  
**\$2**  
Non-members  
**2<sup>49</sup>**



**CADBURY FAMILY BAR MAYNARDS CANDY SMALL BAG**  
selected varieties  
95/100 g or 150/154 g  
2184534 SA/202219061 SA

**LECLERC CELEBRATION COOKIES**  
selected varieties  
240-250 g  
208279701 SA



**2<sup>79</sup>**

**OCEAN'S WHITE TUNA** 170 g or **GOLD SEAL PINK SALMON** 213 g  
selected varieties  
2106376 SA/2118647 SA



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

**CHRISTIE CRISPERS or CRISPER BITS & BITES**  
selected varieties  
145 g  
2134633 SA/2134630 SA



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

**PRINGLES POTATO CHIPS**  
selected varieties  
148/156 g  
2106682 SA/2106681 SA



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

**ORVILLE REDENBACHER MICROWAVE POPCORN** 385-492 g or **KERNEL JAR** 650 g  
selected varieties  
2106330 SA



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

**LECLERC NUGABAR**  
selected varieties  
175 g  
2134634 SA/2134631 SA



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

**CHRISTIE COOKIES**  
selected varieties  
251-303 g  
2134647 SA/2134638 SA



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

**CHRISTIE PEAK FREANS**  
selected varieties  
290-350 g  
2066329 SA



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

**TOSTITOS TORTILLA CHIPS**  
selected varieties  
205-245 g  
2106671 SA



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

**RUFFLES POTATO CHIPS**  
selected varieties  
180-220 g  
2134632 SA



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

**MISS VICKIE'S KETTLE COOKED POTATO CHIPS**  
selected varieties  
190-220 g  
2106672 SA



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

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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).

WOW!

GRILL-READY!

 **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.



**\$4<sup>99</sup>**

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



**\$4<sup>50</sup>**

350 mL

**PC® BLACK LABEL WHITE BARBECUE SAUCE**

21589265\_EA



**\$7<sup>99</sup>**

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.



**\$2<sup>50</sup>**

200 g

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

21576249\_EA/21576175\_EA



**\$3<sup>49</sup>**

1.54 L

PC® LEMONADE

selected varieties, refrigerated

21430642\_EA/21506771\_EA/21430694\_EA



**\$4<sup>50</sup>**

6x355 mL

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

21590813\_EA/21590689\_EA



**\$5<sup>99</sup>**

4x355 g

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

21589335\_EA/21589408\_EA



**\$7<sup>49</sup>**

4x330 mL

PC® SPARKLING DEALCOHOLIZED APPLE or PEAR APPLE CIDER BEVERAGE

21588266\_EA/21588277\_EA



**\$8**

312/337 g

PC® INBETWEENZ™ DESERT 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.

**NOFRILLS**

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

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



100% post-consumer recycled paper



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](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