

MAY

**HIT
OF THE
MONTH**



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



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



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

See in-store for retails

**LOWEST PRICES
BEST DEALS**

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



Always



Set low prices on select items.



ALWAYS

\$3

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



ALWAYS

\$6

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



ALWAYS

\$10

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



ALWAYS

\$10

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

NO FRILLS®

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



WOW!
2.49
LB

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

SAVE 44%
.50

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



APP EXCLUSIVE OFFER
Optimum
1,000
10.99

\$1
value

WOW!
4.44

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

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



SAVE UP TO 27%
\$4

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



SAVE UP TO 30%
1.25

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



SAVE UP TO 48%
9.27

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



WOW!
11.49

COCA-COLA or
CANADA DRY SOFT DRINKS
selected varieties
24x355 mL
2026332002 C34/20208197001 C34

Deals from the past on select items. ‡



**THROW
BACK
PRICES**

SAVE 28%
1.77

Breton original
DARE CRACKERS
selected varieties
100-225 g
20973368 EA/21122666 EA



4⁹⁹

1 LB CLAMSHELL

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

3 LB BAG

5 LB BAG

COSMIC CRISP

6⁹⁹

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



3⁹⁹

CANTALOUPE
product of Guatemala, no. 1 grade or
PINEAPPLE product of Costa Rica
each
20167017001 SA/20160972001 SA

6 OZ CLAMSHELL

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

3⁹⁹



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



2⁹⁹

2 LB BAG

FARMER'S MARKET™ CARROTS
product of Canada,
Canada no. 1 grade
20164238001 SA



4⁹⁹

681 G

PC® VARIETY TOMATOES
product of Canada or Mexico
2004866001 SA



5⁹⁹

PKG OF 15

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



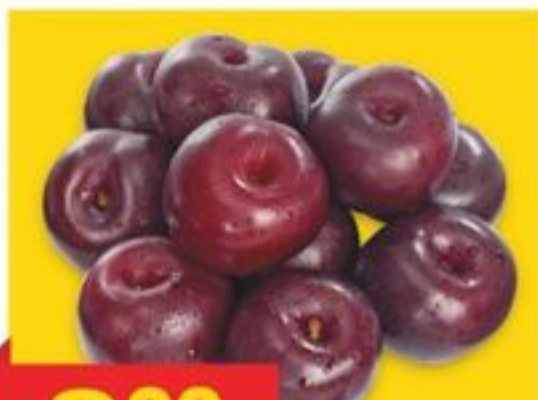
1⁴⁹

ATAULFO or RED MANGO
product of Mexico
each
2013109001 SA/2009623001 SA



1⁹⁹

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



2⁹⁹

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



.99

GREEN ONIONS
product of Mexico
bunch
20137300001 SA



4⁹⁹

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



4⁹⁹

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



3⁹⁹

PKG OF 3

FARMER'S MARKET™ ENGLISH CUCUMBERS
product of Western Provinces,
Canada no. 1 grade
2004866001 SA



3⁹⁹

454 G

PC® WHOLE CREMINI or WHITE MUSHROOMS
product of Western Provinces
2004866001 SA



6⁹⁹

PKG OF 6

FARMER'S MARKET™ SWEET PEPPERS
product of Canada
2004866001 SA



5⁹⁹

3 LB BAG

FARMER'S MARKET™ LEMONS
product of U.S.A.
2004866001 SA

*Fresh Guarantee: Applicable to eligible fresh produce items purchased at No Frills store locations or online at nofrills.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original receipt within 7 days of purchase at the No Frills store where purchase originated. The guarantee does not apply to produce items with a stated "best before" date (e.g. bagged salad kit, packaged bean sprouts) and may not be combined with any other offer. We reserve the right to cancel or change the terms of this guarantee at any time without notice.



5⁴⁹
LB

SPLIT CHICKEN BREAST

fresh
12.10/kg
2012612 KO

4⁹⁹
LB

LEAN GROUND BEEF AND PORK

fresh
11.00/kg
2064942 KO



FREE FROM

5⁴⁹
LB

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

fresh
12.10/kg
2107795 KO



LILYDALE TURKEY DINNER SAUSAGES

selected varieties
500 g
2106494 SA

6⁹⁹



5⁹⁹

PC[®] or FREE FROM[®] BACON

selected varieties
375/500 g
2015049 SA



10⁹⁹

SWISS CHALET PORK BACK RIBS

selected varieties, fully cooked
600 g
2102221 SA



4⁹⁹

SAPUTO CHEESE

selected varieties
170-200 g
2012793 SA/21011214 SA



5⁹⁹

SEAQUEST[®] RAW SHELL ON SHRIMP or COOKED PEELED SHRIMP

36-45 count per lb, frozen
300 g
2106492 SA

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

8⁹⁹



1⁴⁴

SUNRISE TOFU

selected varieties
150/300 g
2012794 SA/20064934 SA



4⁷⁹

PILLER'S SLICED DELI MEAT

selected varieties
150-200 g
2096322 SA/21206382 SA



5⁹⁹

BIG MOUNTAIN MEAT ALTERNATIVE

selected varieties
300-400 g
2131025 SA/21310329 SA



1⁹⁹

NO NAME[®] BAGELS or ENGLISH MUFFINS

selected varieties
6's
2121967 SA/
2121219 SA



2⁹⁹

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

selected varieties
2008325 SA/2063849 SA



4⁵⁰

PC[®] MINI MUFFINS

selected varieties
12's
2148829 SA



3⁹⁹

OLIVIERI FRESH PASTA SAUCE

selected varieties
300 mL
201482 SA



4⁹⁹

OLIVIERI FRESH SKILLET GNOCCHI

selected varieties
280/300 g
2100862 SA



5⁴⁹

OLIVIERI TWIN PACK FRESH PASTA

selected varieties
430/300 g
2031012 SA

MOOOORE DEALS



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

WOW!
267



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

SAVE UP TO 36%
299



SAVE 27%
399

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



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

SAVE UP TO 25%
546

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

125



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

577



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

189



449



PC® CHEESE SLICES
selected varieties
210 g
21405933 EA

749



SAPUTO MOZZARELLISSIMA CHEESE
selected varieties
500 g
20739435002 EA

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

229



379



DAIRYLAND COTTAGE CHEESE
selected varieties
500 g
20749833 EA

499



COUNTRY CROCK MARGARINE
850 g
21553353 EA

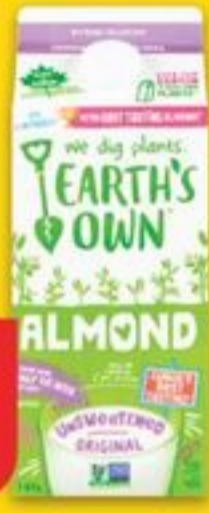


297

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

349

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



499

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



549

HÄAGEN-DAZS ICE CREAM
selected varieties, frozen
420-430 mL
21222864 EA



549



HÄAGEN-DAZS NOVELTIES
selected varieties, frozen
240 g
21222879 EA

549

NESTLÉ DRUMSTICKS NOVELTIES 4-10%
selected varieties, frozen
MOZZARELLA EA/21211976 EA



Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family requirements. See in-store for details. We are not obligated to sell items based on errors or misprints in typography or photography. All savings claims (i.e. "Save", "Was", "1/2 Price", etc.) are in comparison to our own regular prices. Regular pricing and savings on items shown may vary by store location. Applicable taxes, fees, deposits, recycling or environmental surcharges are extra. Coupons must be presented and redeemed at time of purchase. *PC Optimum™: Scan your PC Optimum™ app or swipe your card to get Members Pricing or points. See in-store for details.



APP EXCLUSIVE OFFER*

Optimum
1,000

\$1
Value

349

**PC® THE DECADENT®
COOKIE**
selected varieties
280/300 g
30412237 EA



329

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



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

247

GALLO OLIVE OIL
selected varieties
1 L
20103368 EA

1299

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

449



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

599



349

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



399

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



577



199

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



299

**NATURE VALLEY
GRANOLA BARS,
MOTT'S®
or
BETTY CROCKER
FRUIT SNACKS**
selected varieties
120-230 g
301532000 EA/20154074001 EA



379

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



397

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



699

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



999

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



399

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



1099

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



1399

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



2099

**TIDE LIQUID
3.33 L or
PODS** 43.57/76 L
**LAUNDRY
DETERGENT**
selected varieties
3009033001 EA/2020214001 EA

PRICE DROP

Lowered price for a longer time.



SIMPLY JUICE or **BEVERAGES** or **GOLD PEAK ICED TEA**
selected varieties, refrigerated
1.54/1.75 L
2706048 SA/2117079 SA

PRICE DROP
4.79



PRICE DROP
6.99

GIUSEPPE STUFFED CRUST PIZZA
selected varieties, frozen
685-771 g
2133844 SA



PRICE DROP
5.49

KELLOGG'S FAMILY SIZE CEREAL
selected varieties
480-650 g
2143048 SA/2143075 SA



PRICE DROP
2.29

QUAKER CRISPY MINIS or **RICE CAKES**
selected varieties
90-199 g
20542798002 SA/
20303027005 SA



PRICE DROP
3.50

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



PRICE DROP
5.99

PC COFFEE PODS 12's or **NESQUIK SYRUP**
510/700 mL or **POWDER** 540 g
selected varieties
20320147002 SA/20385345 SA



PRICE DROP
1.29

NO NAME CANNED VEGETABLES
selected varieties
240/290 mL
20303027005 SA



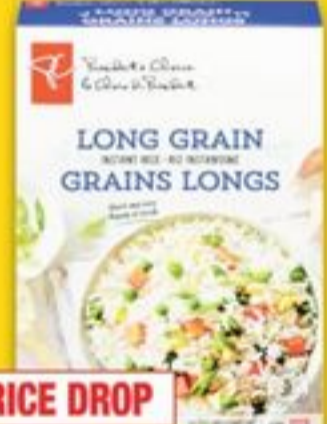
PRICE DROP
1.99 **369 ML**

UNICO TOMATO PASTE
2172006 SA



PRICE DROP
2.49

PC READY TO SERVE SOUP
selected varieties
540 mL
2130661 SA



PRICE DROP
5.99

PC INSTANT RICE
1.4 kg
2170661 SA



PRICE DROP
1.50

GRACE COCONUT WATER
selected varieties
300 mL
2042071 SA



PRICE DROP
1.99

ROOSTER TOFU
selected varieties
434 g
2147071 SA/2147076 SA



PRICE DROP
4.47

LEA & PERRINS WORCESTERSHIRE SAUCE 234 mL or **MATT & STEVE'S THE EXTREME BEAN**
300 mL
selected varieties
2060422 SA/20614225 SA



PRICE DROP
8.99

PC SPRING ROLLS
selected varieties, frozen
574 g
2040661 SA



PRICE DROP
\$2

PALMOLIVE DISHWASHING LIQUID
selected varieties
591/828 mL
2060408 SA/
2106048 SA



PRICE DROP
7.99

NIVEA BODY LOTION
selected varieties
300-625 mL
2044071 SA/2044066 SA



PRICE DROP
5.99

TRESEMME HAIR CARE
selected varieties
198-311 g/234-828 mL
2117061 SA/2117063 SA



PRICE DROP
10.99

ROYALE FACIAL TISSUE
12x100 sheets
2070071 SA

GLOBAL FOODS AT LOW PRICES



1.99
EA/LB

BUNCH SPINACH each, product of U.S.A.
GINGER ROOT 4.39/kg product of China or
JAPANESE SWEET YAMS 4.39/kg, product of U.S.A.
2012340001 3A/2017920001 80



1.99
LB

BITTER MELON or
INDIAN KARELA
product of Mexico
4.39/kg
20101293001 80/20028040001 80



.99
LB

JUMBO CARROTS
product of China
2.18/kg
20831084001 80



.99
LB

DAIKON or **TAIWANESE CABBAGE** product of China or
NAPA CABBAGE product of U.S.A.,
2.18/kg
20030843001 80/20082109001 80/20015025001 80

PMC BASA FILLETS 400 g or
ANCHOR'S BAY MUSSEL MEAT or
COOKED CLAM MEAT
340 g
frozen
21423307 3A



4.49



9.99
ZABIHA HALAL BREADED CHICKEN
selected varieties, frozen
800 g
21192305 3A



\$10

SUFRA® HALAL CHICKEN LEGS
back attached, fresh
21433674 3A

2.49

CHACHA SUNFLOWER SEEDS
selected varieties
260 g
20894136002 3A



3.50

CRISPY POUND CAKE
selected varieties
268 g
20814078 3A



4.77

BRAR'S MALAI PANEER
375 g
20783164 3A



1.99

KOSA CRISPY SEAWEED
selected varieties
26 g
21377903 3A



3.99

S&W SWEET SPAGHETTI SAUCE
1 L
21495446 3A



3.49

GRACE JERK SEASONING
selected varieties
312 g
20492138 3A



4.99

BRITANNIA MILK CAKE RUSKS
550/540 g
2102404 3A



4.99

7 DAYS PUFF PASTRY
selected varieties,
frozen
850 g
2091782 3A



6.99

SHER BESAN CHANA FLOUR
4 lb
2044921 3A



13.99

INDIA GATE BASMATI RICE
4.54 kg
2040704 3A



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ET 01 NFW

BETTER AS A MEMBER

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

May 2-8, 2024

Get*

10,000 pts

\$10
value

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



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



Experience entertainment and more from Apple.

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

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



Open the app for these offers.



Fast forward to FREE groceries.

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



APPLY NOW

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

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit www.pcoptimum.ca. We reserve the right to cancel or change the terms of this offer at any time without notice.

‡Throwback Prices: Program applies to one item weekly, as advertised in-store/online at norrills.ca.

ONLINE NF MKT