

# DEALS THAT SIZZLE



SAVE 36%

2.49

**BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT**

selected varieties  
410 g  
produit de fromage fondu  
21252564 EA



WOW!

2.49

**WONDER BUNS**

selected varieties  
8's  
petits pains  
20297455 EA



SAVE 23%

9.99

**NO NAME® BEEF BURGERS**

frozen  
1.36 kg  
burgers de boeuf  
20114154 EA

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

selected varieties  
354 mL  
sauce piquante  
20187632001 EA/  
21352812 EA



SAVE UP TO 37%

2.99



# PRICES SOW LOW

## TD Greenhouses Ltd.

Located in the Niagara Peninsula, TD Greenhouses Ltd is a second-generation, family-owned greenhouse focused on spreading joy through beautiful bedding plants. Find their products at select No Frills® stores.



**2<sup>75</sup>**

### ANNUALS, HERBS or VEGETABLES\*

selected varieties  
4 inch  
annuelles ou fines herbes ou légumes  
21348168\_EA/21348166\_EA/21348167\_EA



**\$12**

### ANNUAL PLANTER\*

selected varieties  
10 inch  
jardinière d'annuelles  
21348169\_EA

\*NOT AVAILABLE IN ALAN & MICHELLE'S NOFRILLS NORTH BAY 975 MCKEOWN AVENUE NORTH BAY, STEVE'S NOFRILLS ETOBICOKE 460 RENFORTH DRIVE ETOBICOKE, JEFF & TANIS' NOFRILLS NORTH BAY 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, GINO'S NOFRILLS TORONTO 1951 EGLINGTON AVE WEST TORONTO, ALI'S NO FRILLS 449 PARLIAMENT ST. TORONTO



# 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  
bâtons glacés  
21575280\_EA/21575381\_EA



**4.99**

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  
salades hachées  
21378038\_EA/21547869\_EA

Shop the full  
PC® Summer Insiders  
Report™ collection

**SHOP NOW**



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



**NOFRILLS**

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



**MEAT LASAGNA**  
LASAGNE  
VIANDE

APP EXCLUSIVE OFFER:  
Optimum  
**1,000**

**\$1 Value**

**SAVE UP TO 40%**  
**688**

**PC<sup>®</sup> ENTRÉES** 600 g-1.13 kg  
**SWANSON OVEN EASY MEALS** 879/992 g or  
**SWANSON FAMILY SKILLETS** 1.19 kg  
selected varieties, frozen  
plats cuisinés  
20236334 EA/21537264 EA



**CLUB SIZE**

**WOW!**  
**699**  
LB

**T-BONE or WING STEAK**  
cut from ungraded beef  
loftback  
15.41/kg  
21497308 X0

**WHILE QUANTITIES LAST**



**WOW!**  
**564**

**APPROX. 5 LB CASE**

**ATAULFO MANGOES**  
product of Mexico  
mangues  
20121509001 EA

**WHILE QUANTITIES LAST**



**SAVE 40%**  
**299**

**9 LB AVERAGE**

**WHOLE SEEDLESS WATERMELON**  
product of U.S.A. or Mexico  
melon d'eau sans pépins entier  
2006/226001 EA



**SAVE 40%**  
**299**

**BREYERS CLASSIC DESSERT** 1.66 L or  
**CHAPMAN'S COLLECTION NOVELTIES** 8's  
selected varieties, frozen  
crème glacée ou fraises glacées  
2034126004 EA/20323757901 EA



**SAVE 58%**  
**125**

**ITALPASTA**  
selected varieties  
750 g  
pâtes  
20294241001 EA/20294241001 EA



**GREEN GIANT VEGETABLES**  
selected varieties  
341/298 mL  
légumes  
21021175 EA/21021485 EA

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



**THROW BACK PRICES**

**Deals from the past on select items. ‡**



**FRUITOPIA or PEACE TEA BEVERAGES**  
selected varieties, refrigerated  
1.75 L  
boissons  
20340480001 EA/20347440004 EA

**SAVE 59%**  
**\$1**



**SAVE 21%**  
**275**

**LAY'S POTATO CHIPS** 177-235 g or  
**POPPABLES** 130 g  
selected varieties  
croustilles  
21241002 EA



**ONLY**  
**499**

**NESCAFÉ or TASTER'S CHOICE INSTANT COFFEE**  
selected varieties  
100-170 g  
café instantané  
2041811001 EA/204173004 EA

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY:

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

AVAILABLE AT LOCATIONS & STORES: ACTON, BOB & TIM'S, AMHERSTBURG, JUSTIN & STACY'S, ANDLU, MARK'S, BARNHURST, RYAN'S, ATLAN, TONY & JULIE, BANCROFT, CHRIS, BARRIE, NICK'S, BARRIE, RYAN'S, BARKSHILL, BEAUL'S, BRADSHAW, BUDY'S, BRANTFORD, WILKIE'S, BRANTFORD, CHRIS & ANGELA'S, BRIDGTON, FISHER'S, CAMPBELLSDALE, DANIEL'S, CAGLIARIAN, BOB & KRISTY'S, CATHARINE, SAVID'S, COSSA, JAMES & JENNY'S, CORNWALL, CHRIS', COONONA, CUI'S, SUJAT LAL, JOON'S, ESSEX, JESSI & KELLY'S, FORT HEE, BALDWIN'S, GANANOQUE, MIKE & GRACE'S, GLANVILLE, MIKE & TERRY'S, GRAND BEND, ROY'S, HARRISVILLE, KENNY & ONY'S, HAMILTON, JOHN'S, MARGIE, STEWART'S, INCARCIGINE, ANDREW & DREY'S, KINGSTON, BARRY'S, KINGSTON, PAUL'S, MIDLAND, PETER'S, MOUNT FOREST, JAMIE & JACQUELYNNE'S, NAPPANEE, MACKAY'S, NEW HARRISBURG, PALMER'S, NEWCASTLE, JIM'S, NIAGARA FALLS, ALAN & MICKELLE'S, NORTH BAY, JIM & TANYA'S, NORTH BAY, JIM & USANNE'S, ORANGEVILLE, JASON'S, ORILLIA, SHAR & WINDY'S, OWEN SOUND, JAY'S, PEARL, STACE & TERRY'S, PERRY SOUND, STEVEN & JULIE'S, PUNBROOK, CHRIS & NICKY'S, PETERBOROUGH, BRIS'S, PETERBOROUGH, DAVID'S, PICTON, BRANDON'S, PORT COLBORNE, MIKE'S, PORT DUFFER, CHRIS & TANYA'S, RENOIR, ETYLL'S, SARNIA, JOE & JINNY'S, SAULT STE MARIE, JIMMY & STEVE'S, SHELBURNE, SHAW'S, ST CATHARINES, MARK'S, ST CATHARINES, CRAIG & JESSY, SILVERBUSH, BRANTON & KIMMY'S, STURSON HILLS, STEVE'S, SUTTON WEST, CAROL'S, TILBURY, GARETT'S, TIRRING, MARK & SARAH'S, WALLACETOWN, TERRY'S, WICKBOWEN, GREGORY'S, WILLIAMS, TONY & LARRY'S, WINCHEL, SCOTT'S, WOODBOCK





**1.99**  
LB

**BEEFSTEAK TOMATOES**  
product of Ontario, Canada no. 1 grade  
4.39/kg  
tomates  
20135709001\_KG



**2.99**  
LB

**ASPARAGUS**  
product of Ontario, Canada no. 1 grade or  
**GREEN BEANS**  
product of U.S.A. or Mexico, no. 1 grade  
asperges ou haricots verts  
6.59/kg  
20142683001\_KG/20174381001\_KG



**6 OZ CLAMSHELL**

**2.99**  
EA/LB

**BLACK PLUMS** 6.59/kg,  
product of Chile, no. 1 grade or  
**PINEAPPLE** each, product of Costa Rica or  
**BLACKBERRIES** each, product of Mexico  
prunes noires ou ananas ou mûres  
20051013001\_KG/20140993001\_EA



**PKG OF 4**

**RED PEPPER - POIVRONS ROUGES**

**PRIME TIME**

**PER - POIVRONS VERTS**

**PRIME TIME**

**3.99**

**GREEN or RED PEPPERS**  
product of U.S.A.  
poivrons ou chou-fleur  
20135377001\_EA/2013226001\_EA



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



**.79**

**KIWI**  
product of Italy  
kiwi  
20130343001\_EA



**.99**

**RED MANGOES**  
product of Mexico  
mangos rouges  
20059625001\_EA



**1 LB CLAMSHELL**

**3.99**

**PINT**

**BLUEBERRIES**  
product of U.S.A., Mexico, or  
Morocco, no. 1 grade or  
**STRAWBERRIES**  
product of U.S.A., no. 1 grade  
bleuets ou fraises  
20080137001\_EA/20049779001\_EA



**.99**

**ENGLISH CUCUMBERS**  
product of Ontario,  
Canada no. 1 grade  
each  
courcambres anglais  
20070122001\_EA



**1.99**

**BROCCOLI CROWNS**  
product of Mexico or U.S.A.  
each  
couronnes de brocoli  
21121560001\_EA



**1.99**  
LB

**GREEN ZUCCHINI**  
product of U.S.A.  
4.29/kg  
courgettes vertes  
20426396001\_KG



**1.99**  
LB

**BARTLETT PEARS**  
product of Argentina,  
extra fancy grade or  
**FORELLE PEARS**  
product of South Africa,  
extra fancy grade  
4.39/kg  
poires  
20143210001\_KG/20172340001\_KG



**3.99**

**2 LB BAG**  
**FARMER'S MARKET LEMONS**  
product of South Africa  
citrons  
20099819001\_EA



**4 LB BAG**

**4.99**

**2 LB BAG**

**FARMER'S MARKET AMBROSIA or ROYAL GALA APPLES**  
product of Ontario,  
Canada fancy grade or  
**MANDARINS**  
product of Spain or Turkey  
pommes ou mandarines  
20769990001\_EA/21307232001\_EA  
20099819001\_EA



**3.99**

**FARMER'S MARKET MINI CUCUMBERS**  
product of Ontario,  
Canada no. 1 grade  
mini-courcambres  
21070079001\_EA



**5.99**

**FARMER'S MARKET GRAPE TOMATOES**  
product of Canada or U.S.A.  
or **PC VARIETY TOMATOES**  
product of Canada or Mexico  
tomates  
2084028001\_EA/2014966001\_EA



**6.99**

**PC or WONDERFUL NO SHELL PISTACHIOS**  
155/170 g,  
product of U.S.A. or  
**COMPASS DATES** 2 kg  
product of Iran  
selected varieties  
pistaches ou dattes  
21220273\_EA/21413008\_EA  
21440218\_EA



**\$10**

**2 KG PKG**  
**NO NAME PEANUTS**  
product of U.S.A.  
arachides  
20292477\_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.





**244**  
LB

**WHOLE PORK PICNIC**  
fresh  
porc  
5.38/kg  
21161819 EA  
WHILE QUANTITIES LAST



**CLUB  
SIZE**

**379**  
LB

**CHICKEN THIGHS**  
fresh  
hauts de cuisse de poulet  
8.36/kg  
20654330 EA



**\$6**

**LEAN GROUND BEEF**  
fresh  
454 g  
boeuf haché  
21210226 EA



**\$8**

**PC® ASSORTED CHICKEN or MINCED TURKEY**  
selected varieties  
up to 870 g  
poulet haché ou hachis de dinde  
21100091 EA/21100092 EA



**1.99**

**MAPLE LODGE FARMS CHICKEN WIENERS**  
selected varieties  
430 g  
saucisses fumées  
20647113 EA



**\$3**

**MARCANGELO SOUVLAKI KABOBS**  
selected varieties  
2 x 130 g  
brochettes  
206226 EA  
WHILE QUANTITIES LAST



**2.99**

**SEAQUEST® FLAVOURED ALASKA POLLOCK**  
ready to eat, 227 g  
**SMOKED STEELHEAD SALMON**  
pre-sliced, 302 g or  
**GO SHRIMP RAW**  
\$1.70 per lb, 160 g  
**COOKED**  
\$1.70 per lb, 160 g  
gambas au saumon  
ou crevettes  
207079 EA/207080 EA



**7.99**

**PMC TILAPIA**  
1.36 kg or  
**GOLDEN POMPAÑO WHOLE** 700 g  
frozen  
filets ou pompanos  
214203 EA



**3.49**

**SCHNEIDERS REDHOTS WIENERS** 371 g or  
**LUNCHMATE LUNCH KITS** or  
**STACKERS**  
selected varieties  
90-120 g  
saucisses fumées ou  
tranches saumon  
2123634 EA



**1,000**

**\$1 Value**

**5.99**

**MASTRO SALAMI or SALAMI WITH PROSCIUTTO**  
125/130 g or  
**SAN DANIELE PROSCIUTTO**  
100 g  
selected varieties  
saucisson au prosciutto  
2068148 EA/21061099 EA



**5.99**

**WONG WING ENTRÉES**  
selected varieties, frozen  
800 g  
plats cuisinés  
2064637 EA



**6.99**

**MARCANGELO JUMBO SAUSAGES**  
selected varieties, frozen  
500/675 g  
saucisses  
2128971 EA



**1.97**

**NO NAME® BAGELS or ENGLISH MUFFINS** 6 x  
**TORTILLAS** 320 g or  
**HOTDOG or HAMBURGER BUNS** 6 x  
selected varieties  
bagels ou muffins anglais  
ou petits pains  
2104876 EA/2104874 EA



**\$3**

**COUNTRY HARVEST BREAD** 400/630 g or  
**BAGELS** 6 x  
selected varieties  
pain ou bagels  
2127642 EA/2127641 EA



**4.50**

**PC® MINI MUFFINS**  
selected varieties  
326 g  
muffins  
2148877 EA



**\$6**

**PC® CHEESE SLICES**  
selected varieties  
140-170 g  
fromages  
2021790 EA/2021791 EA

**\$10**



**KABOBS** 450 g or **CHICKEN WINGS** 500 g  
selected varieties, fresh  
brochettes ou ailes poulet  
21467065 EA/21593080 EA



**BUTCHER'S CHOICE® SAUSAGE**  
selected varieties  
1.2 kg  
saucisses  
21565790 EA



**BREADED CHICKEN, MEATBALLS, LEAN GROUND BEEF or HOR D'OEUVRES**  
selected varieties, frozen  
800 g-1.81 kg  
poulet pané ou boulettes ou  
boeuf haché maigre ou hors-d'oeuvre  
21373692 EA





5.49

**ARMSTRONG** or **PC**® SHREDDED CHEESE 250-320 g or **ARMSTRONG CHEESE BARS** 400 g selected varieties fromage râpé ou barres de fromage 21386340 EA/21346749 EA



4.99

**CHAPMAN'S YUKON** 6/8's or **PREMIUM ICE CREAM** 2 L selected varieties, frozen crème glacée 20333573001 EA/21012281 EA



4.99

**PC**® FREE RUN LARGE EGGS 12's or **BLUE MENU**® EGG WHITES 1 kg œufs ou blancs d'œufs 20813628001 EA/20821364001 EA



4.79

**TROPICANA** or **SIMPLY JUICE** selected varieties, refrigerated 1.54 L jus 21084048 EA/21209936 EA



.99

**NO NAME**® BAKED BEANS selected varieties 398 mL boîtes 20314839003 EA



3.33

**COCA-COLA** or **PEPSI** SOFT DRINKS selected varieties 6x750 mL boissons gazeuses 20310548002 C06/20313741002 C06



5.99

**HEINZ PICNIC PACK** 3x375 mL or **HELLMANN'S MAYO** 710-890 mL ensemble pour pique-nique ou mayonnaise 20353158 EA/30618579001 EA



1.99

**REAL CANADIAN NATURAL SPRING WATER** 24x500 mL eau 203148975 C24



3.29

**OLD DUTCH HUMPTY DUMPTY SNACKS** 250-290 g or **RESTAURANTE TORTILLA CHIPS** 275-310 g selected varieties grignolons ou croustilles 21267510 EA/21483100 EA



4.99

**HÄAGEN-DAZS ICE CREAM** 400-450 mL or **NOVELTIES** 3/4's selected varieties, frozen crème glacée ou fraîches glacées 2030229005 EA/213132347 EA

# ALL HAIL CAESAR

Say cheers to National Caesar Day with low prices.



**NO NAME**® WORCESTERSHIRE SAUCE 295 mL or **TABASCO SAUCE** 57 mL selected varieties sauce 20027570 EA/21379647 EA

**PC**® or **BLUE MENU**® CRANBERRY or **VEGETABLE COCKTAIL** 1.89 L selected varieties cocktail de canneberges ou légumes 20307023001 EA/20300489904 EA

**ASPARAGUS** product of Canada, no. 1 grade 6.59/kg asperges 20174581001 B0

**EXTREME BEAN PICKLED BEANS** 500 mL selected varieties haricots 20618230 EA



5.29

**ALLEN'S FRUIT COCKTAIL DRINK BOXES** selected varieties, 24x200 mL cocktail aux fruits 20340130 EA



6.99

**NO NAME**® CHARCOAL BRIQUETTES 3.76 kg briquettes de charbon 20043044 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.



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

nofrills.ca



Be your own boss and make money from home





**MAY**

**HIT  
OF THE  
MONTH**



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

**Cheez-It Baked  
Snack Crackers**

selected varieties, 191-200 g  
craquelins

Limit: 6, over limit retail \$2.50

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



**New Treasure Long Grain  
Parboiled or White Rice**

2 kg  
riz

**WHILE QUANTITIES LAST**



**\$3**

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

200 g, Limit: 6, over limit retail \$4.50  
noix de cajou

**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.



# PRICE DROP



**GREEN GIANT VEGETABLES**  
selected varieties, frozen  
400-750 g  
Nombres surajetés  
21022377 EA/21022355 EA

**PRICE DROP**  
**349**



**PRICE DROP**  
**229**

**CAMPBELL'S READY TO SERVE SOUP**  
selected varieties  
515 mL  
soupe  
21479030 EA



**CATELLI GLUTEN-FREE PASTA**  
selected varieties  
300/340 g  
pâtes  
20794241 EA

**PRICE DROP**  
**299**



**PRICE DROP**  
**229**

**QUAKER DIPPABLES or CHEWY GRANOLA BARS**  
selected varieties  
120-156 g  
barres  
20847382 EA/21339364 EA



**PRICE DROP**  
**249**

**DARE COOKIES**  
selected varieties  
168-215 g  
biscuits  
20025430002 EA/21080771 EA



**PRICE DROP**  
**699**

**PC® ROAST AND GROUND COFFEE** 340 g or **FOLGERS PODS** 12's  
selected varieties  
café  
20416479002 EA/21380579 EA



**PRICE DROP**  
**329**

**KRAFT SALAD DRESSING**  
selected varieties  
425 mL  
 vinaigrette  
21584850 EA/21584931 EA



**PRICE DROP**  
**399**

**RIO MARE TUNA SALAD BOWL**  
selected varieties  
160 g  
bois de thon  
20971501 EA



**PRICE DROP**  
**449**

**MINUTE RICE**  
selected varieties  
600/700 g  
riz  
20177384 EA/20310838 EA



**PRICE DROP**  
**249**

**PC® LIQUID ENHANCER**  
selected varieties  
48 mL  
mélanges pour eau  
20734123001 EA



**PRICE DROP**  
**299**

**UFC COCONUT WATER**  
1 L  
eau de noix de coco  
20570506 EA



**PRICE DROP**  
**450**

**PC® or BLUE MENU® SPARKLING WATER**  
selected varieties  
12x355 mL  
eau pétillante  
2068034000 CS/21518579 CS



**PRICE DROP**  
**249**

**ANNIE'S MACARONI AND CHEESE PASTA**  
selected varieties  
149-170 g  
pâtes  
20216187001 EA



**PRICE DROP**  
**899**

**FRITO-LAY VARIETY PACK**  
selected varieties  
428/448 g  
croustilles  
21584937 EA



**PRICE DROP**  
**349**

**ALCAN FOIL** 50 ft, **GLAD PLASTIC WRAP** 60 m or **REYNOLDS PARCHMENT PAPER** 35 ft  
papier d'aluminium ou pellicule plastique ou papier parchemin  
20043471 EA/20011842 EA



# PRICE DROP



**PHILADELPHIA CREAM CHEESE PRODUCT**  
selected varieties  
227/250 g  
produit de fromage à la crème  
20641267 SA/2064492610 SA

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



**CHEF BOYARDEE**  
selected varieties  
418/425 g  
pâtes  
2031230001 SA

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



**DANONE ACTIVIA 8% MIX & GO VANILLA 2% or TWO GOOD LOW SUGAR YOGURT**  
selected varieties  
yogourt  
2022384002 SA/21477313 SA

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



**OASIS JUICE or ARIZONA ICED TEA, ALLEN'S APPLE or CRANBERRY COCKTAIL or DEL MONTE ON ICE REFRESHERS**  
1.89 L  
selected varieties  
jus ou thé glacé ou boissons  
20313764002 SA/21375061 SA

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



**COCA-COLA or PEPSI SOFT DRINKS**  
selected varieties  
6x222 mL  
boissons gazeuses  
20344286002 C06/20637360004 C06

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



**EGGO WAFFLES 16's or BREYERS CREAMERY STYLE ICE CREAM**  
1.66 L  
selected varieties, frozen  
gâteaux ou crème glacée  
20099720004 SA/20344920004 SA

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



**GIUSEPPE THIN CRUST or RISING CRUST PIZZA**  
selected varieties, frozen  
439-785 g  
pizza  
21106361 SA

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



**MARCANGELO SLICED DELI MEAT**  
selected varieties  
100 g  
viandes de charcuterie  
20681202 SA

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



**STEELHEAD TROUT FILLET**  
frozen  
22.02/kg  
filet de truite  
21496461 KC

**PRICE DROP**  
**9<sup>99</sup>**  
LB



**TRE STELLE CHEESE TWIN PACK**  
selected varieties  
240-560 g  
fromage  
21100062 SA/21100064 SA

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



**PC® SPRING ROLLS**  
selected varieties, frozen  
574 g  
rouleaux de printemps  
20692094 SA

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



**LOU'S PORK BACK RIBS**  
selected varieties, frozen  
680 g  
côtes de dos  
21320777 SA

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



**CADBURY POUCH or MAYNARDS CANDY**  
147-200 g  
308/315 g  
selected varieties  
chocolat ou friandises  
21101861 SA/21343809 SA

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



**PC® DRY ROASTED PEANUTS**  
selected varieties  
700 g  
arachides  
2005799002 SA

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



**EARTH'S OWN OAT BARISTA**  
946 mL  
boisson à l'avoine  
21179478 SA

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



# PRICE DROP



**PC<sup>®</sup> FROZEN FRUIT**  
selected varieties  
300-600 g  
fruits surgelés  
2012227 EA/21327941 EA

**PRICE DROP**  
**449**



**ZIGGY'S<sup>®</sup> FRESH PASTA**  
selected varieties  
350/360 g  
pâtes fraîches  
2132148 EA

**PRICE DROP**  
**349**



**GENERAL MILLS CEREAL**  
selected varieties  
300-430 g  
céréales  
2110453 EA/  
21448349 EA

**PRICE DROP**  
**333**



**CLUB HOUSE BLENDS** 120-244 g,  
**LA GRILLE SEASONING** or  
**WET RUBS**  
120-248 g, 200 ml  
selected varieties  
mélanges ou assaisonnement  
ou marinades  
20010706 EA/20321740001 EA

**PRICE DROP**  
**499**

**HEINZ KETCHUP**  
1.5 L  
ketchup  
20110254 EA



**PRICE DROP**  
**699**

**BASA STEAKS or CHUB MACKEREL**  
frozen  
1 kg  
poisson gelé  
20910449 EA



**PRICE DROP**  
**699**



**GATORADE FIT**  
828 mL or  
**GATORLYTE** 591 mL  
**SPORT DRINKS**  
selected varieties  
boissons désaltérantes  
21449706 EA/21314023 EA

**PRICE DROP**  
**199**

**PC<sup>®</sup> LEMONADE**  
selected varieties  
1.89 L  
limonade  
20773870001 EA



**PRICE DROP**  
**299**

**SKINNY POP POPCORN**  
selected varieties  
125/150 g  
maïs soufflé  
20795418001 EA



**PRICE DROP**  
**399**



**NESTLÉ STAND UP POUCH**  
135-203 g or  
**MULTI PACK** 4x  
selected varieties  
chocolat  
20322502 EA/21080077 EA

**Members-Only Price<sup>™</sup>**  
**349**  
**Non-members**  
**379**



**PC<sup>®</sup> DE-ALCOHOLIZED BEER**  
selected varieties  
12x355 mL  
bière déalcoolisée  
20121729 C12

**PRICE DROP**  
**749**

**WHISKAS DRY CAT FOOD**  
selected varieties  
1.5/2 kg  
nourriture sèche  
pour chats  
21388889 EA



**PRICE DROP**  
**899**



**DAWN LIQUID DISH DETERGENT**  
selected varieties  
431/473 mL  
détergent à vaisselle  
21430381 EA/21430390 EA

**PRICE DROP**  
**249**



**LYSOL MULTI SURFACE CLEANER** 1.2 L or  
**SPRAYS** 650-950 mL  
selected varieties  
nettoyants  
20309872002 EA/20310677001 EA

**PRICE DROP**  
**399**



**GAIN LIQUID** 4.55 L  
or **FLINGS** 42x  
**LAUNDRY DETERGENT**  
selected varieties  
détergent à lessive  
20959427 EA/21402174 EA

**PRICE DROP**  
**1599**



# NATURAL FOODS AT LOW PRICES



**ORGANIC**  
**249**

**227 G**

**PC<sup>®</sup> ORGANICS WHOLE CREMINI or WHITE MUSHROOMS**  
product of Ontario  
champignons cremini ou blancs entiers  
21021345 EA/21021499 EA



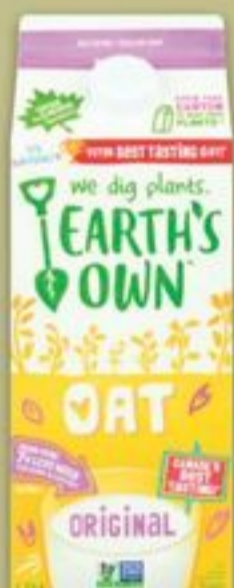
**ORGANIC**  
**499**

**PKG OF 3**

**PC<sup>®</sup> ORGANICS ROMAINE HEARTS**  
product of U.S.A.  
cœurs de romaine  
2019776001 EA

**EARTH'S OWN OAT NON-DAIRY REFRIGERATED BEVERAGES**  
selected varieties  
1.75 L  
boissons réfrigérées non laitères  
21027794 EA

**379**



**499**

**BELSOY PUDDING**  
selected varieties  
4x125 g  
pudding  
20131298003 EA



**299**

**PC<sup>®</sup> GLUTEN-FREE WAFFLES**  
selected varieties, frozen  
320 g  
gaufres sans gluten  
21419162 EA/21419170 EA

**899**



**MAISON ORPHEE EXTRA VIRGIN OLIVE OIL**  
selected varieties  
750 mL  
huile d'olive extra vierge  
21161851 EA

**1899**



**KICKING HORSE ORGANIC FAIRTRADE WHOLE BEAN COFFEE**  
selected varieties  
454 g  
café en grains biologique  
2022248001 EA/2022248004 EA

**1299**



**399**

**HARDBITE POTATO CHIPS**  
selected varieties  
150 g  
croustilles  
202370650001 EA/202370650002 EA



**549**

**LA CROIX SPARKLING WATER**  
selected varieties  
8x355 mL  
eau pétillante  
20951154 C08/21300994 C08



**1899**

**KIND BARS**  
selected varieties  
12x40 g  
barres  
20420550002 C12/20764073 C12





# BIG DEALS FOR LITTLE ONES



**SAVE 25%**  
**19<sup>99</sup>**

**PAMPERS SUPER BIG PACK DIAPERS**  
selected varieties  
size N-8, 38-120's  
couches  
21370844 EA



**SAVE 20%**  
**19<sup>99</sup>**

**HUGGIES SUPER BIG PACK DIAPERS**  
selected varieties  
size N-7, 32-108's  
couches  
21456311 EA



**ORGANIC**  
**\$1**

**PC<sup>®</sup> ORGANICS BABY FOOD POUCHES**  
selected varieties  
128 mL  
sachets d'aliments pour bébé biologiques  
20651348002 EA



**SAVE UP TO 20%**  
**7<sup>99</sup>**

**HUGGIES or PAMPERS 3X BABY WIPES**  
selected varieties  
168-216's  
lingettes pour bébé  
20558604 EA

**GERBER BABY FOOD JARS** 159-162 mL  
**ORGANIC BABY FOOD POUCHES** 99/128 mL  
selected varieties  
pots d'aliments pour bébé ou sachets d'aliments pour bébé biologiques  
21024892 EA/21464952 EA



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

**PC<sup>®</sup> ORGANICS BABY SNACKS or ENTRÉES**  
selected varieties  
42-185 g  
collations ou plats cuisinés biologiques pour bébé  
2066492801 EA/20888821002 EA



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



**JAMIESON VITAMINS C or D**  
selected varieties, 75-240's  
colettes d'entraînement  
20299992 EA/20303214001 EA

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



**ALWAYS \$5**

**PC<sup>®</sup> 3X BABY WIPES**  
scented or unscented 300 g  
lingettes pour bébé  
21146714 EA



**HUGGIES PULL UPS or PAMPERS EASY UPS CLUB PACK TRAINING PANTS**  
selected varieties, 28-74's  
produits de soins solaires  
21089365 EA

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



**BANANA BOAT SUN CARE PRODUCTS**  
selected varieties  
75-315 mL, 141-226 g  
bébé  
21087451 EA/1176211 EA

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

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

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



**AVEENO BABY BODY WASH or LOTION**  
selected varieties  
532 mL  
bébé  
20157402002 EA

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



## 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

when you spend \$50 or more on baby diapers, wipes, formula, food, needs or accessories.

all varieties and sizes  
couches ou lingettes ou préparation pour nourrisson  
ou aliments ou articles ou accessoires  
2023077061 EA/2056412801 EA/2022414001 EA/21070843 EA/21540714 EA





# PRICE DROP



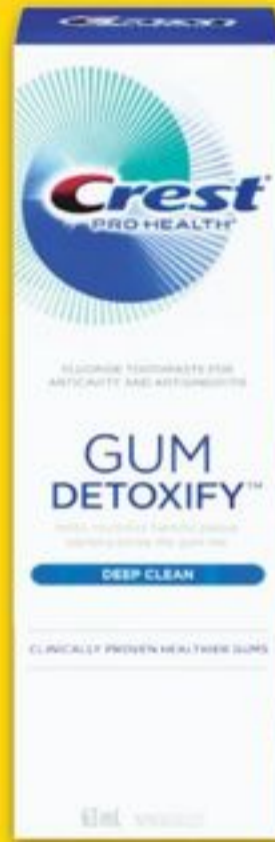
**PRICE DROP**  
**2.99**

**HERBAL ESSENCES HAIR CARE**  
selected varieties  
346 mL  
soins capillaires  
21347096 EA/21347099 EA



**PRICE DROP**  
**3.49**

**COLGATE PREMIUM TOOTH PASTE**  
70-150 mL or **MANUAL TOOTHBRUSH** 1 ea  
selected varieties  
dentifrice ou brosse à dents manuelle  
21144483 EA/20306410001 EA



**PRICE DROP**  
**4.99**

**CREST GUM TOOTH PASTE** 63-160 mL or  
**SCOPE MOUTHWASH** 1 L  
selected varieties  
dentifrice ou rinçage-bouche  
20942747 EA/21254690 EA

**NIVEA BODY WASH** 500 mL,  
**DEODORANT ROLL-ON** 50 mL, or  
**ANTIPERSPIRANT** 51/52 g  
selected varieties  
nettoyant pour le corps ou  
déodorant à bille ou antioisodorique  
20221421004 EA/21141999 EA



**PRICE DROP**  
**3.99**

**ST. IVES BODY LOTION**  
selected varieties  
600/621 mL  
lotion pour le corps  
21084088 EA/21084101 EA



**PRICE DROP**  
**4.99**

**OLD SPICE or SECRET DEODORANT**  
selected varieties  
73/85 g  
déodorant  
20090094 EA/20643349001 EA



**PRICE DROP**  
**3.99**

**DOVE HAIR CARE**  
selected varieties  
142/198 g, 195-355 mL  
soins capillaires  
20238435001 EA/20206023001 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  
nettoyant pour le corps  
ou pain de savon  
21436477 EA/21219373 EA



**PRICE DROP**  
**8.99**

**ALWAYS PADS or LINERS** 20-162's or  
**TAMPAX TAMPONS** 22-54's  
selected varieties  
serviettes ou protège-dosons  
ou tampons  
21019938 EA/20963094 EA



**PRICE DROP**  
**9.99**

**PEDIASURE COMPLETE NUTRITIONAL SUPPLEMENT**  
selected varieties  
4x235 mL  
supplément nutritif  
20222414001 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** 6% YOGURT selected varieties yogurt 30229132002 SA/21320200 SA

**2.99**

**LIBERTÉ GREEK MÉDITERRANÉE** 650/750 g, **YOPLAIT YOP NO SUGAR ADDED** 900 g or **YOP DRINKABLE** 6% YOGURT selected varieties yogurt 20642273 SA/21478964 SA

**5.99**

**iögo nano DRINKABLE YOGURT** selected varieties 6% yogurt à boire 2009487001 SA/20409467001 SA

**3.69**

**SIGGI'S ICELANDIC SKYR** selected varieties 850/750 g 18% PLAIN 21232892 SA/21232874 SA

**4.99**

**TROPICANA ORANGE JUICE** selected varieties, refrigerated 2.63 L box of orange 2011730001 SA

**6.99**

**KELLOGG'S RICE KRISPIES** 176/198 g, **POP TARTS** 364 g, **SPECIAL K** 125 g or **NUTRI-GRAIN BARS** selected varieties 3012984001 SA

**2.99**

**FIBRE 1** or **NATURE VALLEY SWEET & SALTY BARS** selected varieties 125-210 g bars 21232329 SA/21232328 SA

**3.49**

**NESTLÉ DRUMSTICKS** or **NOVELTIES** 4-10" or **CONFECTIONARY FROZEN DESSERT** 1.5L selected varieties, frozen 3022230001 SA/2022230001 SA

**4.99**

**KELLOGG'S ALL BRAN** 450/525 g, **RAISIN BRAN** 425/451 g, **VECTOR** 306/400 g, **SPECIAL K** 317-435 g or **MINI-WHEATS CEREAL** selected varieties 20542344 SA/20542344 SA

**4.49**

**GENERAL MILLS CEREAL** family size, selected varieties 475-778 g céréales 21232499 SA/21232499 SA

**5.49**

**KELLOGG'S FAMILY SIZE CEREAL** selected varieties 480-650 g céréales 21489784 SA/21420712 SA

**5.49**

**STARBUCKS COFFEE ENHANCER** selected varieties 828 mL rehausseur pour café 21232473 SA

**6.49**

**STARBUCKS ROAST AND GROUND COFFEE** 340 g or **PODS** 10" selected varieties café torréfié et moulu ou capsules 2054842002 SA/2054842004 SA

**9.99**

**TIMOTHY'S** or **DONUT HOUSE COFFEE PODS** selected varieties 30" capsules de café 20489912 SA/21422210 SA

**13.99**

\*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:



**LACTANTIA  
PURFILTRE 2 L or  
ULTRAPUR 1.5 L  
MILK**  
selected varieties  
lot# 21291137 SA/21434991 SA



**4.99**

**NESCAFÉ or  
TASTER'S CHOICE  
INSTANT COFFEE**  
selected varieties  
100-170 g  
càfé instantané  
26641811001 SA/20672036 SA



**4.99**

**CADBURY  
FAMILY BAR  
95/100 g or  
MAYNARDS  
CANDY SMALL  
BAG 130/154 g**  
selected varieties  
chocolat ou bonbons  
21548254 SA/2022192001 SA



Optimum  
Members-Only Price™  
**\$2**

Non-members  
**2.49**



**2.79**

**LECLERC  
CELEBRATION  
COOKIES**  
selected varieties  
240-300 g  
biscuits  
2083279001 SA



**2.99**

**OCEAN'S  
WHITE TUNA 170 g or  
GOLD SEAL PINK  
SALMON 213 g**  
selected varieties  
thon ou saumon  
21002214 SA



**2.29**

**CHRISTIE CRISPERS  
or BITS & BITES**  
selected varieties  
145 g  
collations  
21288202 SA/21288200 SA

**2.49**

**PRINGLES  
POTATO CHIPS**  
selected varieties  
148/156 g  
croustilles  
21008202 SA/21008203 SA



**3.99**

**ORVILLE  
REDBACHER  
MICROWAVE  
POPCORN 265-492 g or  
KERNEL JAR 850 g**  
selected varieties  
maïs à déshydrater ou en pot  
2062922002 SA



**2.49**

**LECLERC NÜGABAR**  
selected varieties  
175 g  
bonbons  
21324704 SA/21324707 SA

**2.49**



**CHRISTIE COOKIES**  
selected varieties  
251-303 g  
biscuits  
21238207 SA/21238208 SA

**3.49**

**CHRISTIE  
PEAK FREANS**  
selected varieties  
273-250 g  
biscuits  
20629204 SA



**3.79**

**TOSTITOS  
TORTILLA CHIPS**  
selected varieties  
203-295 g  
croustilles de tortille  
21388273 SA

**3.99**



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

**3.99**



**RUFFLES  
POTATO CHIPS**  
selected varieties  
180-220 g  
croustilles  
21240703 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:



**6<sup>99</sup>** COCA-COLA SOFT DRINKS or NESTEA ICED TEA  
selected varieties  
12x341/355 mL  
boissons gazeuses ou thé glacé  
2013048002, C12/2011849002, C12



**6<sup>99</sup>** PEPSI SOFT DRINKS  
selected varieties  
8/12x355 mL  
boissons gazeuses  
2022361002, C12/21361004, C06

GLACEAU VITAMINWATER 591 mL or SMARTWATER 1 L  
selected varieties  
eau ou boissons gazeuses  
20154181, SA/20232794006, SA



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



**5<sup>49</sup>** GATORADE SPORT DRINKS  
selected varieties  
6x591/8x355 mL  
boissons désaltérantes  
2030318001, C06/21164782, C08



**3<sup>79</sup>** MOTT'S CLAMATO  
selected varieties  
1.89 L  
jus de tomates  
20318953002, SA/21373330, SA



**5<sup>99</sup>** BUBLY 12x355 mL or MONTELLIER 10x355 mL SPARKLING WATER  
selected varieties  
eau pétillante  
21096722, C10/21097177, C13



**1,000<sup>00</sup>** **\$1 Value**

**5<sup>99</sup>** AHA SPARKLING WATER  
selected varieties  
12x355 mL  
eau pétillante  
21360762, C12



**7<sup>99</sup>** CHARMIN BATHROOM TISSUE BOUNTY PAPER TOWEL 4x6 rolls  
papier hygiénique ou essuie-tout  
21313836, SA/21348793, SA



**13<sup>99</sup>** FINISH DISHWASHER TABS 30-55's or JET-DRY 946 mL  
selected varieties  
capsules de détergent pour lave-vaisselle ou agent de rinçage  
21318146, SA/21365525, SA



**14<sup>99</sup>** AIR WICK SCENTED OIL REFILLS 5x20 mL or KITS 2x5x20 mL  
selected varieties  
recharges d'huile parfumée ou trousse  
21363106, SA/21438270, SA



**7<sup>49</sup>** SWIFFER WETJET LIQUID REFILL 1.25 L DUSTER KITS or REFILLS 2 L WET CLOTH REFILLS 16x17" or DRY CLOTH REFILLS 16x14"  
selected varieties  
recharge de liquide ou trousse d'entretien ou chiffons  
21363106, SA/21438270, SA



**10<sup>99</sup>** TIDE LIQUID 1.89 L or PODS 3-1-1 100% STAIN FIGHTER 1.89 L 3.0 L DOWNY or GAIN SCENT BOOSTERS 279 g BOUNCE DRYER SHEETS 120/200's  
selected varieties  
détergent ou assouplissant  
21363106, SA/21438270, SA



**12<sup>99</sup>** PUREX LIQUID LAUNDRY DETERGENT 4.08 4.83 L or SNUGGLES FABRIC SOFTENER 3.41 L  
selected varieties  
détergent ou assouplissant  
21363106, SA/21438270, SA



**20<sup>99</sup>** TIDE LIQUID 3.8 L or PODS 3-1-1 100% STAIN FIGHTER 3.8 L  
selected varieties  
détergent à lessive  
21363106, SA/21438270, SA



no name®

# save on summer



\$1

NO NAME®  
BBQ LIGHTER  
21299201, EA

no name®

## towel for the beach

\$8

NO NAME®  
BEACH TOWEL  
21400022, EA



\$12

NO NAME®  
UMBRELLA  
21400992, EA

\$5

NO NAME®  
TUMBLER  
21296436, EA



\$10

NO NAME®  
STAINLESS  
STEEL WATER  
BOTTLE  
485 mL  
21299720, EA



\$10

NO NAME®  
COOLER BAG  
21331315, EA



\$12

NO NAME®  
CAMP CHAIR  
21331312, EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE GM NFO





Subject to change. Conditions apply. Visit [nonamemobile.ca](http://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.

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## STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

## STRAIGHT TO YOUR PHONE

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\*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