

DEALS THAT SIZZLE



WONDER BUNS
selected varieties
8's
petits pains
20297455 EA



SAVE 21%
2.99



ONLY
9.99

NO NAME® BEEF BURGERS
frozen
1.36 kg
burgers de bœuf
20114154 EA



SAVE 34%
2.49

BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT
selected varieties
410 g
produit de fromage fondu
21232564 EA

FRANK'S RED HOT, THICK SAUCE or SQUEEZE
selected varieties
354 mL
sauce piquante
20187632001 EA/
21352812 EA



SAVE UP TO 40%
2.99

SUMMER OF LOW PRICES



Insiders Report™

PC® Summer Insiders Report™

Find it in-store or online.



\$5

APP EXCLUSIVE OFFER*

Single use offer
2,000 ^{Optimum} ^{Value}

PC® ice pops
selected varieties, frozen
6's
bâtons glacés
21575280_EA/21575381_EA



4.99

APP EXCLUSIVE OFFER*

Single use offer
2,000 ^{Optimum} ^{Value}

PC® chopped salad kits
assorted varieties,
product of U.S.A.
285-369 g
salades hachées
21378031_EA/21378038_EA/21547869_EA

Shop the full
PC® Summer Insiders
Report™ collection

SHOP NOW

CANADA'S MOST TRUSTED GROCERY STORE FOR LOW PRICES!



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

NOFRILLS

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

WOW!
1.49

CARNATION EVAPORATED MILK
selected varieties
354 mL
lait évaporé
2094612 EA/2094687 EA

CLUB SIZE

SAVE 48%
2.49
LB

CHICKEN DRUMSTICKS
fresh
pilons de poulet
5.49/kg
2070733 X2

SAVE 30%
3.49

PINT BLUEBERRIES
product of U.S.A., Mexico, or Morocco, no. 1 grade
bleuets
208012701 EA

ONLY
2.99
LB

GREEN or RED SEEDLESS GRAPES
product of Chile or India, no. 1 grade
raisins verts ou rouges sans pépins
6.59/kg
2042377301 X2/2013479901 X2

SAVE UP TO 27%
2.75

LAY'S POTATO CHIPS 177-233 g or **POPPABLES** 130 g
selected varieties
croustilles
2124102 EA

SAVE 40%
2.99

BREYERS CLASSIC DESSERT 1.60 L or **CHAPMAN'S COLLECTION NOVELTIES** 8's
selected varieties, frozen
crème glacée ou bonbonnes glacées
2036120004 EA/20222757901 EA

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

SAVE UP TO 44%
6.88

PC* ENTRÉES 400 g-1.13 kg
SWANSON OVEN EASY MEALS 879/992 g or **SWANSON FAMILY SKILLETS** 1.19 kg
selected varieties, frozen
plats cuisinés
2023434 EA/2113934 EA

THROW BACK PRICES

Deals from the past on select items. ‡

SAVE 60%
\$1

FRUITOPIA or PEACE TEA BEVERAGES
selected varieties, refrigerated
1.75 L
boissons
20347440001 EA/20347440004 EA

SAVE UP TO 58%
1.25

GREEN GIANT VEGETABLES 341/398 mL or **ITALPASTA** 750 g
selected varieties
légumes ou pâtes
2026421802 EA/21021179 EA

ONLY
4.99

NESCAFÉ or TASTER'S CHOICE INSTANT COFFEE
selected varieties
100-170 g
café instantané
2046411001 EA/20473004 EA



2.49
LB

EGGPLANT or GREEN ZUCCHINI
product of Mexico or
TOMATOES ON THE VINE
product of Canada
aubergine ou courgette verte ou tomate sur vigne
5.49/kg
30056703001_KG/201135709001_KG/3042639A001_KG



454 G

PKG OF 3

3.99

GROWN IN CANADA

PC® WHOLE CREMINI or WHITE MUSHROOMS product of Canada or
FARMER'S MARKET™ ENGLISH CUCUMBERS
product of Canada, Canada no. 1 grade
champignons ou concombres
30741372_EA/20738371_EA



5.99

1 LB CLAMSHELL

STRAWBERRIES
product of U.S.A., no. 1 grade
fraises
3004977001_EA



PKG OF 4

PKG OF 3

4.99

FARMER'S MARKET™ SWEET CORN
product of U.S.A., no. 1 grade or
SWEET PEPPERS
product of Canada
maïs sucré ou poivrons
20117330001_EA/20348977001_EA



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



1.99

BROCCOLI CROWNS
product of U.S.A. or Mexico, each
couronnes de brocoli
20348977001_EA



3.99

3 LB BAG

FARMER'S MARKET™ YELLOW ONIONS
product of Canada or U.S.A.,
no. 1 grade
oignons jaunes
2081199A001_EA



7.99

15 LB BAG

NO NAME® NATURALLY IMPERFECT POTATOES
product of Atlantic Canada,
Canada no. 2 grade
pommes de terre
20944A32001_EA



2.99

283 G

FARMER'S MARKET™ GRAPE TOMATOES
product of Canada or U.S.A.
tomates grappes
2138788A001_EA



5.99

4 LB BAG

3 LB BAG

FARMER'S MARKET™ MCINTOSH or ROYAL GALA APPLES
product of Atlantic Canada, Canada variety
apple or **NAVEL ORANGES**
product of Spain, Morocco, Turkey or Egypt
pommes ou oranges
20712010001_EA
2012424A001_EA



4.99

PKG OF 11

FARMER'S MARKET™ MINI CUCUMBERS
product of Atlantic Canada,
Canada no. 1 grade
mini-concombres
21070A70001_EA



5.99

681 G

680 G

PC® AXIANY - MIXIANY TOMATOES
product of Canada
tomates
21208A42001_EA
21208A8A001_EA



5.99
LB

PORK CENTRE CHOPS
boneless, fresh
côtelettes de porc
13.21/kg
210030015_KG



\$8

PC® ASSORTED CHICKEN or MINCED TURKEY
selected varieties, up to
870 g
poulet haché ou
hachis de dinde
211000091_EA/211000092_EA



\$14

PC® PORK BELLY BURNT ENDS
frozen, 500 g
bouchettes broilées de
Ronde de porc
215A5531_EA



2.49

NO NAME® BAGELS or ENGLISH MUFFINS or HOTDOG or HAMBURGER BUNS 2/3
selected varieties,
bagels ou muffins
anglais ou pains à hot
dog ou hamburger
21204A12_EA
21207A07_EA
21209A2A_EA



4.50

PC® MINI MUFFINS
selected varieties
236 g
muffins mini
21488A07_EA



\$6

PC® CHEESE SLICES
selected varieties
130-170 g
tranches de fromage
20209A07_EA



5.99

SEAQUEST® RAW SHELL or COOKED PEELED SHRIMP
26-45 count per lb, frozen
200 g
crevettes
21004A01_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

Forest Glen Greenhouses

Forest Glen Greenhouses evolved from a small backyard business to a seven-acre family legacy. Shop their annuals, perennials, vegetables, herbs and more at select No Frills® stores.



ANNUALS, HERBS or VEGETABLES

selected varieties

4 inch

annuelles ou fines herbes ou légumes
21357227_EA/21348166_EA/21357059_EA

\$3



ONLY
5.49

GIUSEPPE THIN CRUST or RISING CRUST PIZZA
selected varieties, frozen
480-785 g
pizza
31106341 EA



SAVE 35%
4.99

CHAPMAN'S YUKON 5-8's or PREMIUM ICE CREAM 2L
selected varieties, frozen
friandises glacées ou crème glacée
3033373001 EA/21012383 EA



SAVE 36%
4.99

HELUVA GOOD! FRENCH ONION DIP
680 g
trempette à l'oignon
30313788001 EA



ARMSTRONG or PC® SHREDDED CHEESE 250-320 g or **ARMSTRONG CHEESE BARS** 400 g
selected varieties
fromage
31284340 EA/21366749 EA

5.49



NESQUIK SYRUP 510/700 mL or **POWDER** 540 g or **TAZO TEA CONCENTRATE**
946 mL
selected varieties
sirop ou chocolat ou poudre ou concentré de thé
30320147002 EA/21299930 EA

4.77



5.99

EGGO WAFFLES 16's or **BREYERS CREAMERY STYLE ICE CREAM** 1.66 L
selected varieties, frozen
gâteaux ou crème glacée
3009973004 EA/20344923001 EA



3.29

NO NAME® PICKLES
selected varieties
1 L
cornichons
30301126 EA



6.49

NATURE VALLEY SWEET & SALTY GRANOLA BARS or REESE PUFFS CEREAL BARS
family size, selected varieties
340-690 g
barres
31279928 EA/21382205 EA



5.49

SIMPLY or TROPICANA JUICE
selected varieties,
refrigerated
1.54/1.75 L
jus
2106006 EA/21209636 EA



9.99

MONSTER 4x473 mL or RED BULL 4x250 mL ENERGY DRINKS
selected varieties
boissons énergisantes
20446737001 034/20927631 034



2.49

DAWN DISHWASHING LIQUID
selected varieties
431/473 mL
détergent liquide à vaisselle
21430581 EA/21430090 EA



3.99

OLD DUTCH LAUNDRY DETERGENT
selected varieties
4 L
détergent à lessive
21467427 EA

PRICE DROP



PC[®] FROZEN FRUIT
selected varieties
300-600 g
fruits surgelés
30312237 EA/21377841 EA

PRICE DROP
4⁴⁹



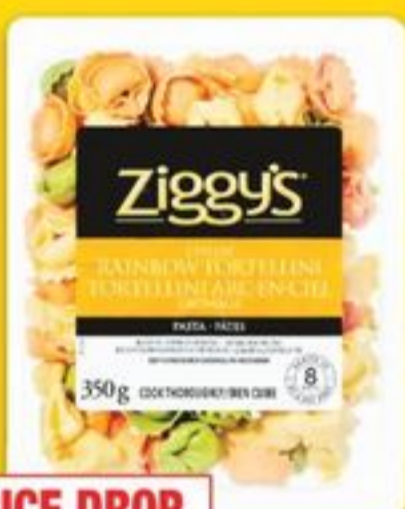
GENERAL MILLS CEREAL
selected varieties
300-430 g
céréales
21104047 EA/21104053 EA

PRICE DROP
3³³



PC[®] LEMONADE
selected varieties
1.89 L
limonade
2077387001 EA

PRICE DROP
2⁹⁹



ZIGGY'S[®] FRESH PASTA
selected varieties
350/360 g
pâtes
21321148 EA

PRICE DROP
3⁴⁹



CLUB HOUSE BLENDS 120-244 g
LA GRILLE SEASONING or **WET RUBS**
120-248 g, 200 mL
selected varieties
mélanges ou assaisonnements
ou marinades
20308004002 EA/20211740001 EA

PRICE DROP
4⁹⁹



SEAQUEST[®] SHRIMP RING
frozen
227 g
couronne de crevettes
20080389 EA

PRICE DROP
6⁹⁹



PC[®] SALAD DRESSING
selected varieties
475 mL
vinaigrette
20628488006 EA/
20628488008 EA

PRICE DROP
\$3



Optimum[™]
Members-Only Price[™]
3⁴⁹

Non-members
3⁷⁹

NESTLÉ STAND UP POUCH
135-203 g or **MULTI PACK** 4's
selected varieties
chocolat
20222502 EA/21080077 EA

PRICE DROP
4⁴⁹



SKINNY POP POPCORN
selected varieties
125/150 g
maïs soufflé
20793478001 EA

PRICE DROP
4⁴⁹



GATORADE FIT
828 mL or **GATORLYTE**
591 mL
SPORT DRINKS
selected varieties
boissons désaltérantes
21449905 EA/21449906 EA

PRICE DROP
1⁹⁹



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

PRICE DROP
8⁹⁹



GAIN LIQUID LAUNDRY DETERGENT
4.55 L or 42's
selected varieties
détergent à lessive
2005228002 EA/20854514001 EA

PRICE DROP
15⁹⁹



349

GREEN GIANT VEGETABLES
selected varieties, frozen
400-750 g
légumes
21022302 EA/21022303 EA



399

HUNGRY-MAN ENTREES
selected varieties, frozen
360-455 g
plats cuisinés
20790514/004 EA



149

NO NAME® BEANS
selected varieties
540 mL
légumineuses
20148074 EA/2022991001 EA



399

PC® ENTREES 212-345 g or
BLUE MENU® BOWLS 300 g
selected varieties, frozen
plats cuisinés ou bols
20219758 EA/21547280 EA



449

POST FAMILY SIZE CEREAL
selected varieties
625-725 g
céréales
20940237 EA/211573229 EA



449

INTERNATIONAL DELIGHT COFFEE WHITENER
selected varieties
946 mL
colorant à café
2089548002 EA



699

PC® ROAST AND GROUND COFFEE PODS 340 g or **FOLGERS** 12's
selected varieties
café torréfié et moulu ou capsules
20416419001 EA/21380579 EA



229

QUAKER DIPPES or CHEWY GRANOLA BARS
selected varieties, 120-156 g
barres granola
20847382 EA/21139266 EA



349

PC® THE DECADENT® COOKIE
selected varieties
280/300 g
biscuits
20412257 EA



499

HÄAGEN-DAZS ICE CREAM
400-450 mL or **NOVELTIES** 3/4's
selected varieties, frozen
crème glacée ou bonbons glacés
2002298001 EA/2113306 EA



.99

NO NAME® BAKED BEANS
selected varieties
298 mL
fèves
20273474 EA



\$1

UNICO TOMATO PASTE
156 mL
pâte de tomate
20065127 EA



229

REAL CANADIAN NATURAL SPRING WATER
24x500 mL
eau
20154973 CA



333

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
6x710 mL
boissons gazeuses
2017054802 CA
20113741002 CA

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 kinder, use less and recycle more.



04 NFA

MAY

**HIT
OF THE
MONTH**



\$1⁵⁰

**Cheez-It Baked
Snack Crackers**

selected varieties, 191-200 g
craquelins

Limit: 6, over limit retail \$2.50

\$3⁵⁰



**New Treasure
Long Grain 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.

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

when you spend \$50* or more baby diapers, wipes, formula, food, needs, or accessories all sizes and varieties produits pour bébé

21456318_EA/21540721_EA/20304618008_EA

\$10
value



PAMPERS or HUGGIES SUPER BIG PACK DIAPERS
selected varieties size N-8, 32-108's couches pour bébé

21456311_EA/21370644_EA

19⁹⁹



PC ORGANICS BABY FOOD POUCHES
selected varieties 128 mL sachets d'aliments biologiques pour bébé

20631248023_EA

ORGANIC

\$1



JAMIESON VITAMINS C or D
selected varieties 75-240's vitamines C ou D

20303214001_EA/2029992_EA

4⁹⁹

PRICE DROP



HERBAL ESSENCES HAIR CARE
selected varieties 346 mL soins capillaires

21347098_EA/21347099_EA

PRICE DROP
2⁹⁹



COLGATE PREMIUM TOOTH PASTE
70-150 mL or MANUAL TOOTHBRUSH 1 ea

selected varieties dentifrice ou brosse à dents

21144483_EA/20304410001_EA

PRICE DROP
3⁴⁹

CREST GUM TOOTH PASTE
63 mL or SCOPE MOUTHWASH 1 L

selected varieties dentifrice ou rince-bouche

20948747_EA/21334490_EA

PRICE DROP
4⁹⁹



ST. IVES BODY LOTION
selected varieties 400/631 mL lotion pour le corps

21084088_EA/21084101_EA

PRICE DROP
4⁹⁹



OLD SPICE or SECRET DEODORANT
selected varieties 73/85 g déodorant

2000094_EA/20663249003_EA

PRICE DROP
3⁹⁹



NIVEA BODY WASH 500 mL, DEODORANT ROLL-ON 50 mL or ANTIPERSPIRANT 51/52 g

selected varieties nettoyant pour le corps ou déodorant ou antioisurant

20321421004_EA/21144999_EA

PRICE DROP
3⁹⁹



DOVE HAIR CARE
selected varieties 142/198 g, 195-355 mL soins capillaires

20228435001_EA/20206035001_EA

PRICE DROP
3⁹⁹



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 ou savon pour les mains

21436477_EA/21219373_EA

PRICE DROP
4⁹⁹



ALWAYS PADS or LINERS 10-72's or TAMPAX TAMPONS 14-18's

selected varieties serviettes ou protège-dos ou tampons

20311227001_EA

PRICE DROP
8⁹⁹



PEDIASURE COMPLETE NUTRITIONAL SUPPLEMENT

selected varieties 4x235 mL supplément nutritif

20225414001_EA

PRICE DROP
9⁹⁹



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**



DANONE ACTIVIA 650 g or **DANINO KIDS DRINKABLES 6's YOGURT** selected varieties yogurt
2023122002 EA/21520253 EA



2.99

LIBERTÉ GREEK 650/750 g, **MEDITERRANÉE** 900 g or **YOPLAIT YOP NO SUGAR ADDED 6's YOGURT** selected varieties yogurt
20642273 EA/21290111 EA



5.99

iögo nano DRINKABLE YOGURT selected varieties 6's yogurt à boire
201967001 EA/201967001 EA



3.69

siggis simple ingredient skyr 18 x 11 or 19 x 11 selected varieties 750 g
2152092 EA/2152092 EA



4.99

TROPICANA ORANGE JUICE selected varieties, refrigerated 2.63 L (1 x 2.63 L)
2011970001 EA



7.29

KELLOGG'S RICE KRISPIES 176/198 g, **POP TARTS** 384 g, **SPECIAL K** 123 g or **NUTRI-GRAIN BARS** selected varieties bars
2013637001 EA/2013637001 EA



2.99

NATURE VALLEY SWEET & SALTY selected varieties 270 g
2123209 EA/2123209 EA



3.49

NESTLÉ DRUMSTICKS or **NOVELTIES** 4-10's or **CONFECTIONARY FROZEN DESSERT** 1.5 L selected varieties, frozen
2012200001 EA/21220000 EA



4.99

KELLOGG'S ALL BRAN 450/525 g, **RAISIN BRAN** 425/451 g, **VECTOR** 306/400 g, **SPECIAL K MINI-WHEATS** 405-510 g, **CEREAL** selected varieties cereals
2013041 EA/2013041 EA



4.49

KELLOGG'S CEREAL family size, selected varieties 480-450 g
2143073 EA/2143073 EA



5.49

GENERAL MILLS CEREAL family size, selected varieties 475-778 g
2110349 EA/2110349 EA



5.49

STARBUCKS COFFEE ENHANCER selected varieties 828 mL
2128473 EA



6.49

STARBUCKS ROAST AND GROUND COFFEE 345 g - **PODS** 10's selected varieties café torréfié et moulu ou capsules
2014442002 EA/2014442004 EA



9.99

TIMOTHY'S or **DONUT HOUSE COFFEE PODS** selected varieties 30's capsules de café
2089892 EA/21432003 EA



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.

ONLINE 03 NFA

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:



OCEAN'S WHITE TUNA
170 g or **GOLD SEAL PINK SALMON** 213 g
selected varieties
fran ou saumon
21003216 EA

2.99

NESCAFÉ or TASTER'S CHOICE INSTANT COFFEE
selected varieties
100-170 g
café instantané
20641811001 EA/20672036 EA

4.99

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

CADBURY FAMILY BAR
95/100 g or **MAYNARD CANDY SMALL BAG** 150/154 g
selected varieties
chocolat ou friandises
20034347001 EA/21543534 EA

2.79

LECLERC CÉLÉBRATION COOKIES
selected varieties
240-300 g
biscuits
2085297001 EA

2.79

Christie Crispers
ALL DRESSED ASSAISONNÉS
BITES & BITES
ORIGINAL
143 g
collations
21348332 EA/21348330 EA

2.29

PRINGLES POTATO CHIPS
selected varieties
148/156 g
croustilles
21000833 EA/21000834 EA

2.49

ORVILLE REDENBACHER MICROWAVE POPCORN
KERNEL JAR 850 g
selected varieties
maïs à délayer ou en pot
20429122003 EA

3.99

LECLERC NÜGABAR
selected varieties
175 g
barres
21324974 EA/21324977 EA

2.49

CHRISTIE COOKIES
selected varieties
251-300 g
biscuits
21324827 EA/21324830 EA

2.49

CHRISTIE PEAK FREANS
selected varieties
290-350 g
biscuits
20480229 EA

3.49

TOSTITOS RESTAURANT TORTILLA CHIPS
selected varieties
205-293 g
croustilles de tortille
21080573 EA

3.79

RUFFLES REGULAR NATURE POTATO CHIPS
selected varieties
180-200 g
croustilles
21241832 EA

3.99

MISS VICKIE'S KETTLE COOKED POTATO CHIPS
selected varieties
190/200 g
croustilles
21040770 EA

3.99

ONLINE 04 NFA *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:



**COCA-COLA
SOFT DRINKS
or
NESTEA ICED TEA**
selected varieties
12x341/355 mL
boissons gazeuses ou thé glacé
2013046002, C12/2031869402, C12



6⁹⁹



**PEPSI
SOFT DRINKS**
selected varieties
8/12x355 mL
boissons gazeuses
20323361002, C12/
21361944, C06



6⁹⁹



**GLACEAU
VITAMINWATER
or
SMARTWATER** 591 mL
selected varieties
eau ou boissons gazeuses
20154181, 5A/
2032319406, 5A



1⁹⁹

**GATORADE
SPORT DRINKS**
selected varieties
6x591 mL/8x355 mL
boissons déshydratantes
21144182, C06/
21325944, C06



5⁴⁹



3⁷⁹

MOTT'S CLAMATO
selected varieties
1.89 L
jus de tomates
20219502, SA/21070308, 5A



5⁹⁹

BUBLY 12x355 mL or
MONTELLIER 12x355 mL
SPARKLING WATER
selected varieties
sans pétillants
2106732, 21070307, C12



1,000⁰⁰

\$1 Value

5⁹⁹

AHA SPARKLING WATER
selected varieties
12x355 mL
eau pétillants
2106732, C12/2106734, C12



7⁹⁹

**CHARMIN BATHROOM
TISSUE** 8-24 rolls or
BOUNTY PAPER TOWELS
6-6x rolls
papier hygiénique ou essuie-tout
21101608, SA/21101675, 5A



13⁹⁹

FINISH DISHWASHER TABS
30-55 or JET-DRY 144 mL
selected varieties
pastilles pour lave-vaisselle
21216104, SA/21216104, 5A



14⁹⁹

**AIR WICK SCENTED OIL
REFILL** 3x20 mL or **KITS** 3x 5x20 mL
selected varieties
recharges d'huile parfumée ou kits
21201704, SA/21201704, 5A



7⁴⁹

**SWIFFER WETJET
LIQUID REFILL** 1.25 L
DUSTER KITS 1 set
WET CLOTH REFILLS
16x
DRY CLOTH REFILLS
16x
selected varieties
échange de liquide ou kit de
dépoussiérage ou recharge de Swiffer
brosse ou spray
21010104, SA/21010104, 5A



10⁹⁹

TIDE LIQUID 1.89 L or
PODS 30/75/19x
**LAUNDRY
DETERGENT**, **DOWNY
FABRIC SOFTENER**
1.89/2.62 L, **DOWNY** or
**GAIN SCENT
BOOSTERS** 209 g,
**BOUNCE DRYER
SHEETS**
130/200x
selected varieties
détergent au moussage ou
adoucissant de parfum ou feuilles
séchées SA/21040104, 5A



12⁹⁹

**PUREX LIQUID
LAUNDRY
DETERGENT**
4.08-4.42 L or **SNUGGLE
FABRIC SOFTENER**
2.61 L
selected varieties
détergent au moussage ou
adoucissant SA/21040104, 5A



20⁹⁹

TIDE LIQUID 3.9 L or
PODS or **FLINGS**
45/53/70x
**LAUNDRY
DETERGENT**
selected varieties
détergent à liquide
21010104, SA/21010104, 5A

*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.

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
crème glacée au gâteau de fête ou à la barbe à papa
21575127_EA/21575303_EA



\$5

6x60 mL

PC® BLUEBERRY CINNAMON FLAVOURED ICE POPS
frozen
bâtons glacés à saveur de bleuets et cannelle
21575381_EA



\$4

150 g

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



\$4

500 mL

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



\$7

224 g

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



\$9.99

730 g

PC® S'MORES CREAM PIE
frozen
tarte à la crème s'mores
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
pains aux sésames
21876538_EA



\$6

250 g

PC® BARSE SAUSAGE
saucisse barèse
21876127_EA



\$14

1.13 kg

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



\$14

500 g

PC® PORK BELLY BURNT ENDS
frozen
bouchées braisées
de flanc de porc
21866531_EA



\$15

360 g

PC® SWEET & SMOKY BARBECUE BUTTERFLIED BLACK TIGER SHRIMP
frozen
crevettes tigrées noires en papillon, barbecue sucré et fumé
21859382_EA



\$17

480 g

PC® CHICKEN YAKITORI
frozen
yakitori au poulet
21876909_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
collection tropicale

21575901_EA/21575866_EA/21575820_EA



\$5

300 g

PC® CHICKEN BUN CHA
frozen
bun cha au poulet

21565869_EA



\$5

300 g

PC® CINNAMON SUGAR or CHILI LIME PINEAPPLE SKEWERS

frozen
brochettes d'ananas au sucre à la cannelle ou piment chili et lime

21560146_EA/21560219_EA



\$6

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

frozen
frusta au fromage ou champignons

21549514_EA/21549100_EA



\$4⁵⁰

350 mL

PC® BLACK LABEL WHITE BARBECUE SAUCE

sauce barbecue blanche

21589265_EA



\$7⁹⁹

370/420 g

PC® BLACK LABEL PIZZA
selected varieties, frozen
pizza

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
croustilles cuites à la marmite aux cornichons à l'aneth épicé ou ketchup épicé
21576249_EA/21576175_EA



\$3⁴⁹
1.54 L

PC® LEMONADE selected varieties, refrigerated limonade
21430542_EA/21506771_EA/21430694_EA



\$4⁵⁰
6x355 mL

PC® M'AQUA MULE or TEQUILA SUNRISE COCKTAIL FLAVOURED SPARKLING WATER
eau pétillante à saveur de cocktail
21590613_EA/21590689_EA



\$5⁹⁹
4x355 g

PC® IPA or DARK ALE LOW ALCOHOL BEER (LESS THAN 0.5% ALC./VOL.)
bière faible en alcool
21589335_EA/21589408_EA



\$7⁴⁹
4x330 mL

PC® SPARKLING DEALCOHOLIZED APPLE or PEAR CIDER BEVERAGE
boisson de cidre désalcoolisée pétillante à la pomme ou poire
21588266_EA/21588277_EA



\$8
312/337 g

PC® INBETWEENZ™ DESSERT SQUARE selected varieties carrés desserts
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.



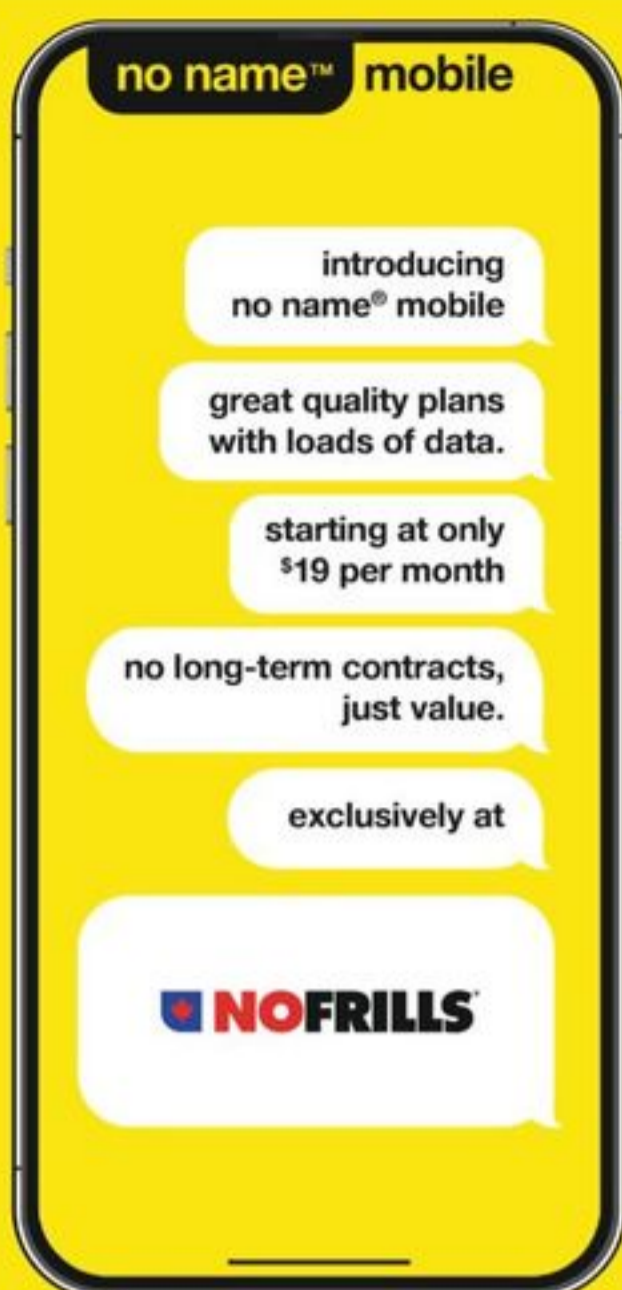
CUSTOMER RELATIONS 1-866-98-SMILE (76453)



100% post-consumer recycled material



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