

MAY

**HIT
OF THE
MONTH**



**Cheez-It Baked
Snack Crackers**
191-200g, selected varieties
Limit: 6, over limit retail \$2.50



**New Treasure
Parboiled or White Rice**
2kg
WHILE QUANTITIES LAST



**Planters Deluxe Whole Cashews,
Salted or Unsalted**
200g, Limit: 6, over limit retail \$4.50

**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.



Always



Set low prices on select items.



ALWAYS

\$3

NO NAME® FROZEN FRUIT
selected varieties
200/400 g
Fruits surgelés
21543097_SA/21545106_EA



ALWAYS

\$6

NO NAME® CHICKEN NUGGETS, BURGERS or STRIPS
frozen, 908 g
pépites ou burgers ou lanieres de poulet
21178744_EA



ALWAYS

\$10

BREADED CHICKEN, MEATBALLS, LEAN GROUND BEEF or HOR D'OEUVRES
selected varieties, frozen
800 g / 1.81 kg
poulet pané ou boulettes ou bœuf haché maigre ou hors-d'œuvre
21372892_EA



ALWAYS

\$10

BUTCHER'S CHOICE® SAUSAGE
selected varieties
1.2 kg
saucisses
21560790_EA

CANADA'S MOST TRUSTED GROCERY STORE FOR LOW PRICES!



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



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



WOW!
\$3

GROUND CHICKEN
454 g
poulet haché
11551582 EA
WHILE QUANTITIES LAST



WOW!
1.91
LB

PORK HALF LOIN
fresh, boneless, cryovac package
4.23 /kg
demi-longe de porc
30534787 KG
WHILE QUANTITIES LAST



WOW!
6.99

APPROX. 9 LB CASE
RED MANGOES
product of Mexico
caisse de manges rouges
21047547 EA
WHILE QUANTITIES LAST



WOW!
3.88
EA

9 LB AVERAGE
WHOLE SEEDLESS WATERMELON
product of U.S.A. or Mexico
melon d'eau entier sans pépins
3006733001 EA



WOW!
4.44

ARMSTRONG or PC® SHREDDED CHEESE 250-320 g or **ARMSTRONG CHEESE BAR** 400 g
selected varieties
fromage râpé ou barres de fromage
21286240 EA/21346749 EA



APP EXCLUSIVE OFFER*
if Optimum
1,000 ^{PC}
10.99

PC®, BLUE MENU®, THICK & JUICY™ or FREE FROM® BURGERS
selected varieties, frozen
568 g / 1.26 kg
burgers
30941443 EA



SAVE UP TO 20%
\$4

FARMER'S MARKET™ BUTTER CROISSANTS or LOAF CAKES 240-400 g or **LA BAGUETTERIE MICHE SLICED** 400/900 g
selected varieties
croissants ou gâteaux quatre-quarts ou miches
20972942 EA/21346749 EA



SAVE 26%
1.25

OASIS JUICE, DEL MONTE NECTAR or ARIZONA ICED TEA
selected varieties
100 mL
jus ou thé glacé
3024722098 EA/3094117096 EA



SAVE UP TO 30%
1.25

UNICO BEANS, CHICK PEAS or LENTILS 540 mL or **TOMATOES** 750 mL
selected varieties
Légumineuses en conserve
201346749 EA/201346749 EA



SAVE UP TO 50%
8.99

100 LOADS
Purex
110 LOADS
Sunlight

SUNLIGHT 4.1 L or PUREX 4.20-4.43 L LAUNDRY DETERGENT, FLEECY FABRIC SOFTENER 3.5 L or DRYER SHEETS 2000,
selected varieties
détergent ou assouplissant
2000222097 EA/21346749 EA



WOW!
11.49

COCA-COLA or CANADA DRY SOFT DRINKS 34x333 mL or **NESTEA ICED TEA** 20x241 mL
selected varieties
boissons gazeuses ou thé glacé
3004970001 CAN/3004970001 CAN



SAVE 28%
1.77

DARE CRACKERS
selected varieties, 100-225 g
croûtons
21520646 EA/20972368 EA

Deals from the past on select items. †



SAVE 27%
\$2

RED BULL ENERGY DRINKS
selected varieties, 250 mL
boissons énergisantes
20702446 EA/21341822 EA

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.
(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)

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

01 NFO



1.99
LB

TOMATOES ON THE VINE
product of Canada or Mexico or
GREEN BEANS product of U.S.A.
tomates sur vigne ou haricots verts
4.29/kg
20142682001 SA/20024703001 SA



1.99

BROCCOLI CROWNS
product of U.S.A. or Mexico
each
couronnes de brocoli
3112150001 SA



6 OZ
CLAMSHELL

2.99

PINEAPPLE product of Costa Rica or
BLACKBERRIES product of Mexico
ananas ou miras
20051013001 SA/20140992001 SA



1 LB CLAMSHELL



PINT

3.99

BLUEBERRIES product of Mexico, no. 1 grade or
STRAWBERRIES product of U.S.A., no. 1 grade
bleuets ou fraises
20080137001 SA/20049778001 SA



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



GROWN IN CANADA

1.99

5 LB BAG

NO NAME®
NATURALLY IMPERFECT™
SMALL POTATOES
product of Canada,
Canada no. 1 grade
2004720001 SA



3 LB BAG

2.99

CELERY product of U.S.A.,
no. 1 grade, **FARMER'S MARKET™**
YELLOW ONIONS product of Ontario,
Canada no. 1 grade or
GRAPE TOMATOES 283 g
product of Mexico
céleri ou céleris jaunes
ou tomates raisins
20142110001 SA/20011194001 SA/
2124788001 SA



4.99

PKG OF 5 OR 6

AVOCADOS
product of Mexico
avocats
2014222001 SA



1.29

COLLARDS
product of U.S.A.,
ENGLISH CUCUMBERS
product of Ontario,
Canada no. 1 grade or
KALE product of U.S.A.
chou cavalier ou
coco-carottes anglais ou chou frisé
20118230001 SA/20010120001 SA/
2013840001 SA



2.99
LB

BLACK PLUMS
product of Chile, no. 1 grade
prunes noires
6.59/kg
2016476001 SA



4.99

681 G

PC® VARIETY TOMATOES
product of Canada or Mexico
tomates
2004844001 SA



2.99

BROCCOLINI or
RAPINI
product of U.S.A.
each
broccolini ou rapini
201348001 SA/20048200001 SA



3.99

PC®, BLUE MENU®
or WONDERFUL
PISTACHIOS
selected varieties, product of U.S.A.
200/225 g
pistaches
2101109 SA/20021282 SA



4.99

EAT SMART or
TAYLOR FARMS
CHOPPED SALAD KITS
selected varieties, product of U.S.A.
215-282 g
salades
2104008 SA/20047410 SA



GROWN IN CANADA

3.49

680 G
BAG

PC® LITTLE GEMS™
MIXED, RED or
YELLOW MINI
POTATOES
product of Canada,
Canada no. 1 grade
petites pommes de terre
2114210001 SA/20048200001 SA



PKG OF 4

3.99

454 G

PC® WHOLE
WHITE or CREMINI
MUSHROOMS
product of Ontario or
RED PEPPERS
product of U.S.A.
champignons blancs ou
rouges ou poivrons rouges
2001210 SA/20021282 SA



3.99

PKG OF 11
FARMER'S MARKET™
MINI CUCUMBERS
product of Ontario,
Canada no. 1 grade
courgettes
2004820001 SA



3.99

3 LB BAG
FARMER'S MARKET™
GRAPEFRUIT
product of Turkey or
NAVEL ORANGES
product of Spain, Morocco,
Turkey or Egypt
2004820001 SA/20048200001 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.



349
LB

PORK SIDE RIBS
fresh, cryovac package
côtes de flanc de porc
7.69/kg
20289619 RG
WHILE QUANTITIES LAST

BONELESS BEEF STEW
cubes de bœuf déossés
19.82/kg
2027443 RG

899
LB



**CLUB
SIZE**

549
LB

SPLIT CHICKEN BREAST
fresh
poitrines de poulet
12.10/kg
20654620 RG



**LILYDALE
TURKEY DINNER
SAUSAGES**
selected varieties
500 g
saucisses de dinde
21064934 EA

699



599

PC® or FREE FROM® BACON
selected varieties
275/500 g
bacon
20152829 EA



1099

SWISS CHALET PORK BACK RIBS
selected varieties, fully cooked
600 g
côtes de dos de porc cuites
21022231 EA



499

SAPUTO CHEESE
selected varieties
125-200 g
fromage
20157973 EA/21051214 EA



599

**SEAQUEST®
HADDOCK, COD,
SOLE, TILAPIA,
BASA or WILD
POLLOCK
FILLET**
frozen
400 g
filet de poisson
20152570 EA



1299

**CHELSEA
COD FILLETS**
boned, salted, frozen
454 g
filets de morue
20866434 EA



144

SUNRISE TOFU
selected varieties
150/200 g
tofu
20157574 EA/20649354 EA



479

**PILLER'S SLICED
DELI MEAT**
selected varieties
150-200 g
charcuteries
20963334 EA/21206383 EA



599

**BIG MOUNTAIN
MEAT
ALTERNATIVE**
selected varieties
300-400 g
solution de rechange à la viande
21210523 EA/21210529 EA



299

**D'ITALIANO
BREAD** 600-675 g
or
BUNS 4/8's
selected varieties
pain ou petits pains
20038333 EA/20627102 EA



\$3

**VACHON SNACK
CAKES** 252-336 g or
**CASA MENDOSA
7/10 INCH
TORTILLA** 204-640 g
selected varieties
petits gâteaux ou tortillas
20005728 EA/20179158 EA



\$5

**QUINN'S
SWISS ROLLS**
selected varieties
400 g
roulés suisses
21210526 EA/21210527 EA



399

**OLIVIERI
FRESH PASTA SAUCE**
selected varieties
200 mL
sauce fraîche pour pâtes
2014442 EA



499

**OLIVIERI
SKILLET
GNOCCHI**
selected varieties
280/200 g
gnocchi
2102266 EA



549

**OLIVIERI TWIN PACK
FRESH PASTA**
selected varieties
450/200 g
pâtes fraîches
2002112 EA

MOOOORE DEALS



ASTRO YOGURT
selected varieties
625-750 g
yogurt
30143226001 EA/30170933001 EA

WOW!
2.49



NEILSON
5/10% 1 L or
18/35% 473 mL
CREAM
CRM9
301236001 EA

SAVE UP TO 37%
2.99



SAVE UP TO 38%
3.99

KRAFT SINGLES 410 g or
CHEEZ WHIZ 450 g
selected varieties
fromage
3063969001 EA/21188454 EA



SAVE UP TO 21%
5.49

DANONE OIKOS TUBS
650/750 g or
ACTIVIA DRINKS 8 L
YOGURT
selected varieties
yogurt
21006634 EA/21108439 EA

NESTLÉ MILKSHAKES
or **M2GO FLAVOURED MILK**
selected varieties
473 mL
lait aromatisé
3023268001 EA/30232344802 EA

1.49



BLACK DIAMOND CHEESTRINGS 16's
or **STICKS** 12's
selected varieties
fromage
30743641 EA/30946474 EA

5.77



4.49

PC® CHEESE SLICES
selected varieties
210 g
fromage
21489933 EA

NATREL LACTOSE FREE MILK
selected varieties
2 L
lait
30077874001 EA

5.29



6.49

SAPUTO MOZZARELLISSIMA
selected varieties
500 g
fromage
307941002 EA

FRUITOPIA, NESTEA or PEACE TEA DRINKS
selected varieties, refrigerated
1.75 L
boissons
3034748001 EA/
30348231004 EA

2.29



3.49



NORDICA COTTAGE CHEESE
selected varieties
450/500 g, 4x113 g
fromage cottage
30219458001 EA

4.99



COUNTRY CROCK MARGARINE
850 g
margarine
21533555 EA

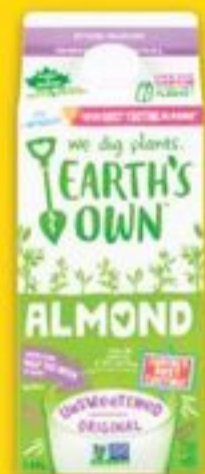


2.99

PILLSBURY REFRIGERATED DOUGH
selected varieties
318-668 g
pâte réfrigérée
30187383 EA/30218034001 EA

3.49

EARTH'S OWN ALMOND NON-DAIRY BEVERAGES
selected varieties, refrigerated
1.89 L
boissons non laitières
30227447 EA



4.99



CHAPMAN'S YUKON 5.8 L or
PREMIUM ICE CREAM 2 L
selected varieties, frozen
crème glacée
3022273001 EA/21012291 EA

NESTLÉ DRUMSTICKS or NOVELTIES
selected varieties, frozen
4-10's
friandises glacées
3022284001 EA

5.49



HÄAGEN-DAZS ICE CREAM
selected varieties, frozen
414/450 mL
crème glacée
21513347 EA

5.49



5.49



HÄAGEN-DAZS NOVELTIES
selected varieties, frozen
3.74's
friandises glacées
30302298005 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 kinder, use less and recycle more.





SAVE 25%
4.99

PRESTIGE or GRAY RIDGE LARGE WHITE EGGS
18's
brand varies by region
seals
20422787001 SA



WOW!
3.29

CLASSICO SAUCE
selected varieties
410/450 mL
SAUCE
20323101001 SA

APP EXCLUSIVE OFFER*

Optimum
1,000

3.49

PC® THE DECADENT® COOKIE
selected varieties
280/300 g
biscuits
20412237 SA



\$1 Value

WOW!
12.99

GALLO OLIVE OIL
selected varieties
1 L
huile d'olive
20105364 SA



2.99

NATURE VALLEY GRANOLA BARS™ MOTT'S® or BETTY CROCKER FRUIT SNACKS
selected varieties
120-230 g
barres granola ou collations aux fruits
2011020003 SA/20110474001 SA



4.49

POST FAMILY SIZE CEREAL 550-650 g or HONEY BUNCHES OF OATS GRANOLA 340/368 g
selected varieties
céréales ou granola
20440227 SA/21070229 SA



5.99

TETLEY or LIPTON YELLOW LABEL TEA
selected varieties
80-144's
thé
20079030 SA/21032027 SA



2.99

CRAVE ENTRÉES 300-340 g, KRAFT DELUXE MAC & CHEESE 340 g or SMART ONES ENTRÉES 241-283 g
selected varieties, frozen plats cuisinés ou macaroni au fromage
21048311 SA/21133229 SA



2.79

CATELLI SMART or HEALTHY HARVEST PASTA
selected varieties
340/373 g
pâtes
2011243003 SA/201027343 SA



5.77

CRACKER BARREL CHEESE SHREDS
selected varieties
330 g
fromage râpé
21290416 SA



3.79

LAY'S POTATO CHIPS 177-235 g, POPPLES 130 g or CHEETOS 170-285 g
selected varieties
craquelins ou pignolis
21041032 SA/21133229 SA



3.99

OCEAN SPRAY CRANBERRY COCKTAIL 1.29 L or 100% CRANBERRY JUICE 1.77 L
selected varieties
cocktail de cranberges ou jus
2000000004 SA/20002442 SA



3.49

CHAPMAN'S LOLLY NOVELTIES
selected varieties, frozen 22's
bonbons glacés
21141183 SA



3.99

HELLMANN'S REAL MAYONNAISE
selected varieties
340/445 mL
mayonnaise
2004823009 SA/21131841 SA



6.99

JAMIESON VITAMIN C or D
selected varieties
75-340's
vitamines
20299925 SA/2020210011 SA



9.99

STAR GRILL LUMP CHARCOAL
4 kg
charbon de bois
20772849 SA



3.99

LYSOL MULTI SURFACE CLEANER or SPRAYS
1.2 L
450-950 mL
selected varieties
nettoyants
2000070002 SA/2010477001 SA



10.99

GLAD GARBAGE BAGS
selected varieties
30-40's
40's & roll-ups
21144277 SA



13.99

CASCADE DISHWASHER TABS
selected varieties
30-40's
pastilles pour lave-vaisselle
2000000001 SA/21070701 SA



20.99

TIDE LIQUID 2.9 L or PODS or FLINGS 4.5/5.7/7.6's
selected varieties
détergent à lessive
21070476 SA/21070476 SA

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
boissons ou thé glacé
2108068 SA/21170792 SA

PRICE DROP
4.49



PRICE DROP
6.99

GIUSEPPE STUFFED CRUST PIZZA
selected varieties, frozen
685-771 g
pizza
21335844 SA



PRICE DROP
5.49

KELLOGG'S FAMILY SIZE CEREAL
selected varieties
480-650 g
céréales
21430748 SA/21430755 SA



PRICE DROP
2.29

QUAKER CRISPY MINIS or RICE CAKES
or selected varieties
90-199 g
grignolines ou galettes de riz
2054270802 SA/
2030302201 SA



PRICE DROP
3.50

PC ORGANICS APPLETTREE™ 6x100 g
APPLE SAUCE 650 mL
or JUMBO RAISIN PACK 196 g
selected varieties
gâteries aux pommes ou purée de pommes ou raisins
21170526 SA



PRICE DROP
5.99

PC COFFEE PODS 12% NESQUIK SYRUP 510/700 mL or **POWDER** 540 g
selected varieties
capsules de café ou sirop ou chocolat au poudre
20220147002 SA/20285345 SA



PRICE DROP
1.29

NO NAME VEGETABLES
selected varieties
243/298 mL
légumes en conserve
20202131 SA/
20202021 SA



PRICE DROP
1.99

369 ML
UNICO TOMATO PASTE
pâte de tomates
20112026 SA



PRICE DROP
2.49

PC READY TO SERVE SOUP
selected varieties
540 mL
soupe
21302051 SA



PRICE DROP
5.99

PC LONG GRAIN RICE
1.4 kg
riz
21149992 SA



PRICE DROP
1.50

GRACE COCONUT WATER
selected varieties
500 mL
eau de noix de coco
20420711 SA



PRICE DROP
1.99

ROOSTER TOFU
selected varieties
454 g
tofu
21474778 SA/21474784 SA



PRICE DROP
4.49

LEA & PERRINS WORCESTERSHIRE SAUCE 254 mL or **MATT & STEVE'S THE EXTREME BEAN**
200 mL
selected varieties
sauce au fenouil marinée
20604422 SA/20474220 SA



PRICE DROP
8.99

PC SPRING ROLLS
selected varieties, frozen
574 g
rouleaux de printemps
20202021 SA



PRICE DROP
\$2

PALMOLIVE DISHWASHING LIQUID
selected varieties
591/628 mL
détergeant liquide
à vaisselle
20044081 SA/
20044082 SA



PRICE DROP
5.99

TRESEMME HAIR CARE
selected varieties
198-311 g/148-428 mL
soins capillaires
202134916 SA/
21170526 SA



PRICE DROP
7.99

NIVEA BODY LOTION
selected varieties
200-425 mL
lotion pour le corps
20044081 SA/20044082 SA



PRICE DROP
10.99

ROYALE FACIAL TISSUE
12x100 sheets
serviettes
20202021 SA

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