

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.

NO FRILLS®

FLYER PRICES EFFECTIVE THURSDAY, MAY 9 TO WEDNESDAY, MAY 15, 2024.



4.99

NO NAME® BACON
regular or salt reduced
30154771 EA



PORK BACK RIBS
frozen cryovac package
6.59/kg
21105294 KG

WHILE QUANTITIES LAST

2.99
LB

SEAQUEST® COLOSSAL RAW WHITE SHRIMP
16-20 per lb, 300 g or
BAY SCALLOPS 400 g
frozen
21042887 EA

5.99



1 LB CLAMSHELL

STRAWBERRIES
product of U.S.A., no. 1 grade
3049778001 EA

2.48

ROYALE BATHROOM TISSUE or TIGER TOWELS
selected varieties
21484702 EA/21572800 EA

SAVE UP TO 46%

6.99



BREADED CHICKEN, MEATBALLS, LEAN GROUND BEEF or HOR D'OEUVRES
frozen, selected varieties
0.9-1.81 kg
21338928 EA/21447587 EA

\$10



ANNUAL HANGING BASKETS
10 inch
selected varieties
20051146 EA

\$10



SAVE UP TO 50%

.99



OCEAN'S LIGHT TUNA
85/170 g or
GOLD SEAL SARDINES 125 g
selected varieties
21004270 EA/21038445 EA

DAN-D PAK CASHEWS
selected varieties
908 g
20214882002 EA

SAVE 23%

13.88



ROOSTER® SCENTED JASMINE RICE
20157222 EA

SAVE 25%

29.88



Deals from the past on select items. ‡

THROW BACK PRICES



SAVE 50%

1.49

NO NAME® CHICKEN WIENERS
selected varieties
450 g
30058192 EA

FLYER PRICES EFFECTIVE IN WESTERN CANADA OR NORTHERN ONTARIO STORES ONLY, INCLUDING GERALDTON, DRYDEN, KENORA & THUNDER BAY.

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

01 NFW



GROWN IN CANADA 

1.99
LB

BEEFSTEAK TOMATOES
product of Canada,
Canada no. 1 grade
4.39/kg
2042141001_KG



PINT

4.99

BLUEBERRIES
product of Mexico, no. 1 grade, 340 g
2088137001_EA



6.99

907 G CLAMSHELL

FARMER'S MARKET™ GREEN & RED SEEDLESS GRAPES
product of Chile or India, no. 1 grade
2004589001_EA/20234491001_EA



GROWN IN THE WESTERN PROVINCES

British Columbia
Alberta • Saskatchewan
Manitoba

5.99

PKG OF 15

FARMER'S MARKET™ MINI CUCUMBERS
product of Western Provinces,
Canada no. 1 grade
2103940001_EA



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



4.99

PKG OF 4

FARMER'S MARKET™ SWEET CORN
product of U.S.A., no. 1 grade
1604877001_EA



GROWN IN CANADA 

4.99

681 G

PC™ VARIETY TOMATOES
product of Canada
1604877001_EA



6.99

5 LB BAG

COSMIC CRISP APPLES
product of U.S.A., extra heavy grade or
FARMER'S MARKET™ AMBROSIA APPLES
product of Western Provinces,
Canada heavy grade
2148198001_EA/2002940001_EA



1.49

ATAULFO & RED MANGOES
product of Mexico
1611109001_EA/2002940001_EA



1.99
LB

EGGPLANT & GREEN ZUCCHINI product of Mexico or U.S.A. or
product of Mexico
2011117001_KG/2002940001_KG



2.99

CELERY
product of U.S.A., no. 1 grade
1604877001_EA



.69

LIMES
product of Mexico
each
1604877001_EA



1.99

BUNCHED SPINACH
product of U.S.A.
1604877001_EA



3.99

CANTALOUPE
product of Guatemala,
no. 1 grade
each
1604877001_EA



4.99

3 LB BAG

FARMER'S MARKET™ GRAPEFRUIT
product of Mexico or
NAVEL ORANGES
product of Turkey or U.S.A.
1604877001_EA/2002940001_EA



GROWN IN THE WESTERN PROVINCES

British Columbia
Alberta • Saskatchewan
Manitoba

3.99

454 G

PC™ WHOLE CREMINI & WHITE MUSHROOMS
product of Western Provinces
2001111001_EA/2002940001_EA



GROWN IN THE WESTERN PROVINCES

British Columbia
Alberta • Saskatchewan
Manitoba

3.99

PKG OF 3

FARMER'S MARKET™ ENGLISH CUCUMBERS
product of U.S.A.
1604877001_EA



GROWN IN CANADA 

6.99

PKG OF 6

FARMER'S MARKET™ MIXED SWEET PEPPERS
product of Canada
1604877001_EA



\$20

ROSES
assorted colors
dozen
1604877001_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.



CLUB SIZE

FREE FROM
4.49
LB

11.99
LB

PC® FREE FROM® PORK COMBO CHOPS
bone-in, fresh
9.90/kg
2107611.80

BEEF BRAISING STYLE SHORT RIBS
cut from Canada AA grade beef
26.43/kg
20793740.80



FREE FROM
5.99

\$11

PC® FREE FROM® SAUSAGE
selected varieties
375/500 g
2021270.8A

LOU'S PORK BACK RIBS
selected varieties, frozen
680 g
21530777.8A



2.99

3.79

\$10

PC® HUMMUS or DIPS
selected varieties
227 g
20184097.8A/20584312.8A

PMC BASA FILLETS
frozen
400 g
2143207.8A

PINK SALMON FILLETS
frozen
700 g
2118033.8A



2.99

\$6

7.99

ZIGGY'S SALAD
selected varieties
454 g
2084301.8A

PILLER'S KOLBASSA
selected varieties
250-375 g
20308497.8A

BALDERSON CHEESE
selected varieties
250/380 g
21894812.8A



2.49

3.29

\$5

WONDER BREAD BUNS 12's
selected varieties
20206474.8A/20206827.8A

VACHON SNACK CAKES 252-336 g or **CASA MENDOSA 7/10 INCH TORTILLAS** 340-640 g
selected varieties
20002738.8A/21044428.8A/21044412.8A

SIMPLE JOYS FILLED CROISSANTS
selected varieties
272 g
21570491.8A

BREAKFAST DEALS FIT FOR A QUEEN

WOW!
2.99

SMOKED STEELHEAD SALMON pre-filleted 50g or **SEAQUEST® FLAVOURED ALASKA POLLOCK** ready to eat 227g
3072640 SA



WOW!
3.99

LILYDALE TURKEY BREAKFAST SAUSAGES selected varieties 375g
20178401 SA

SAVE UP TO 25%
2.99

CAVENDISH ALL-DAY BREAKFAST or FRIES selected varieties, frozen 400/750g
31479273 SA



SAVE UP TO 18%
3.99

PHILADELPHIA CREAM CHEESE PRODUCT 227/250g selected varieties
30641247 SA/3064424010 SA

GAY LEA WHIPPED TOPPING selected varieties 225g
2064823301 SA

3.99



PC® BLUE MENU® EGG WHITES 1kg or **PC® FREE RUN LARGE EGGS** 12's
2061308961 SA/2061304801 SA

5.49



ALWAYS \$3

NO NAME® FROZEN FRUIT selected varieties 300/400g
21542097 SA/21543104 SA



5.46

DANONE OIKOS YOGURT TUB selected varieties 450/750g
21066424 SA/21066440 SA



5.49

PC® SHREDDED CHEESE selected varieties 250-320g
21066424 SA



2.99

PC® or TWININGS HERBAL TEA selected varieties 20's
2020074001 SA/2020171001 SA



3.99

QUAKER CEREAL 350-500g or **HARVEST CRUNCH** 400-510g selected varieties
21219824 SA



6.29

DEL MONTE JUICE BLENDS selected varieties, refrigerated 2.3L
21437174 SA/21437261 SA



2.79

LINDT SWISS CLASSIC or MERCI TABLET selected varieties 100/112g
2020074001 SA/2020171001 SA



3.49

PEARL MILLING COMPANY PANCAKE MIX 100g or **SYRUP** 710 mL selected varieties
21219824 SA



5.99

PC®, MAXWELL HOUSE® or NABOB TASSIMO DISCS selected varieties 8-12's
2020074001 SA



10.99

PC® 100% PURE MAPLE SYRUP 250 mL
2020074001 SA



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.



SAVE 36%
5.99

BECHEL MARGARINE
selected varieties
637/850 g
30297818002 SA



SAVE UP TO 37%
4.99

CHAPMAN'S FROZEN YOGURT or SORBET 2 L or SUPER NOVELTIES 4-20's
selected varieties, frozen
30111332 SA/30314434001 SA



TROPICANA BEVERAGES or PURE LEAF ICED TEA or OASIS HEALTH BREAK, JUICE or SMOOTHIE
selected varieties, refrigerated
1.5-1.75 L
2125491 SA/21259910 SA

WOW!
4.49



EGGO WAFFLES
16's selected varieties, frozen
3009732004 SA

SAVE 23%
5.99



2.69

MOTT'S FRUITSATIONS SAUCE
selected varieties
6x104 mL
30234241001 SA



9.99

HIGH LINER PAN-SEAR or SIGNATURE CUTS or BITES
selected varieties, frozen
425-600 g
3029639602 SA/21136234 SA



COCA-COLA or PEPSI SOFT DRINKS
selected varieties, 2 L
3029926002 SA/30314026002 SA

1.99



SUNRYPE JUICE
selected varieties
900 mL/1 L
30640702011 SA/30744072008 SA

1.99



5.49

JACK LINK'S JERKY 65-81 g or STRIPS 74 g
selected varieties
30201982002 SA



6.99

SAN PELLEGRINO SPARKLING FRUIT BEVERAGES
selected varieties
6x330 mL
21241013_C04/21433206_C06



7.49

PEPPERIDGE FARM FAMILY SIZE GOLDFISH CRACKERS
750 g
21143465 SA



\$3

MONSTER 473 mL or RED BULL 250 mL ENERGYDRINKS
selected varieties
30202446 SA/302928249 SA



FEBREZE AIR 250 g, MR. CLEAN ALL PURPOSE CLEANER 1.21 L or MAGIC ERASER 2's
selected varieties
21002017 SA/21274819 SA

3.49



8.99

GLAD KITCHEN CATCHER or WHITE GARBAGE BAGS
selected varieties
10-52's
21239461 SA



6.99

NO NAME® LAUNDRY DETERGENT 4.43 L, FABRIC SOFTENER 3.5 L or DRYER SHEETS 200's
selected varieties
30689438001 SA/21340272 SA



10.49

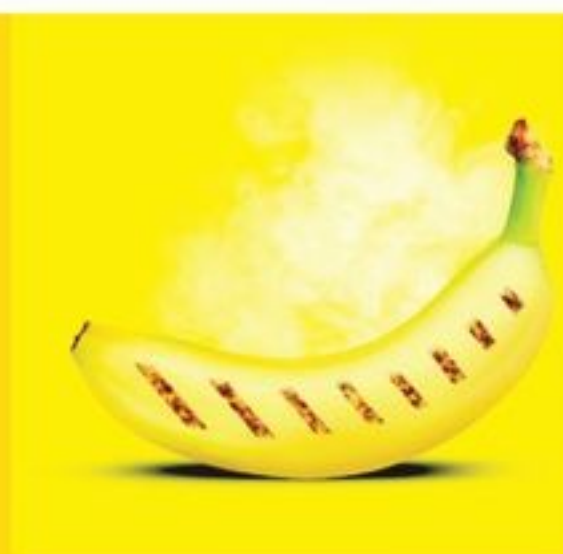
DAWN DISHWASHING LIQUID
selected varieties
2.64 L
21430096 SA



12.99

FEBREZE PLUG IN SCENTED OIL REFILL
selected varieties
3's
21249626 SA/21249625 SA

DEALS THAT SIZZLE



SAVE 30%
2.99



D'ITALIANO BUNS
selected varieties
6/8's
3062849 SA



WOW!
5.99

ULTIMATE CHICKEN SAUSAGE
500 g
3129210 SA

SAVE 30%
4.49



CRACKER BARREL NATURAL CHEESE SLICES
selected varieties
200-240 g
3129170 SA



SAVE UP TO 25%
5.99

CHAPMAN'S PREMIUM ICE CREAM
selected varieties, frozen
2L
3022373001 SA

PC® CROUTONS
140 g or **SALAD DRESSINGS** 475 mL

selected varieties
3062848001 SA/30796348003 SA
2.79



PC® BBQ SAUCE
selected varieties
500 mL

31021473 SA/31021321 SA
3.49



2.49



NO NAME® MARSHMALLOWS
selected varieties
400 g
30204672001 SA

DORITOS TORTILLA CHIPS 210-280 g or **SMARTFOOD POPCORN** 150-200 g

selected varieties
3072839 SA/31284118 SA
3.99



2.99



MIO, CRYSTAL LIGHT or KOOL-AID DRINK MIXES
48 mL/22.56 g
selected varieties
3074948001 SA/30643423 SA

4.99

PAM COOKING SPRAY
selected varieties
141/170 g
3010273003 SA



7.49

PC® DE-ALCOHOLIZED WINE
selected varieties
750 mL
3130997 SA/31483399 SA



5.99



NO NAME® NAPKINS
500's
30204672001 SA

11.49



ZIPLOC STORAGE BAGS
selected varieties
60-270's
3119190 SA

11.49



PEPSI SOFT DRINKS
selected varieties
34x235 mL
30204672001 SA/31284118 SA

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*
2,500 pts

for every \$10* spent on French's ketchup 750 mL/1 L or mustard 325-350 mL or worcestershire sauce 295 mL or Frank's Red Hot or Thick sauce 354/600 mL

selected varieties
30082336 SA/30082391 SA

250
value





5.99

500[¢] Value

PILLSBURY PIZZA POPS - BITES
selected varieties, frozen
493/790 g
2140014 SA

YOPLAIT SOURCE 430 g
MINIGO 4%
TUBES 2%
YOPLAIT SOURCE PROTEIN 4%
YOGURT
selected varieties
213718001 SA, 213718701 SA

2.67



2.99

NATURE VALLEY GRANOLA BARS or
MOTT'S - BETTY CROCKER
FRUIT SNACKS
selected varieties
120-230 g
2011032802 SA, 20110474001 SA

3.97

OLD EL PASO DINNER KITS 230-310 g
or SALSA 450 mL
selected varieties
2000110300 SA, 201070120 SA

8.99

GENERAL MILLS JUMBO CEREAL
selected varieties
825 g-1.2 kg
20079100 SA



4.29

PEPSI SOFT DRINKS
selected varieties
6x750 mL
2011034001 SA, 2011044001 SA

1.99

GATORADE FIT SPORT DRINKS
selected varieties
825 mL
21144001 SA

\$3

CELSIUS ENERGY DRINK
selected varieties
325 mL
21234001 SA, 21234002 SA

JOLLY RANCHER HARD CANDY
182/198 g
TWIZZLERS GUMMIES
170/173 g or
HERSHEY'S FAMILY BAR 100 g
selected varieties
2007101 SA, 21107101 SA
WHOLE QUANTITIES
LAST



2.49



HERSHEY'S STAND UP
POUCH 140-210 g or
MULTIPACK 4%
selected varieties
200710001 SA, 200710002 SA

3.99

2.49

TWIZZLERS LICORICE
selected varieties
311-454 g
2007100001 SA, 2110710101 SA



9.99

REESE'S LARGE POUCH
selected varieties
800 g
2122071 SA



\$1

NESTLE SINGLE CHOCOLATE BARS
selected varieties
43-60 g
2000001 SA

2.29

NESTLE TABLET 10-120 g or
JUNIORS 4%
selected varieties
21400001 SA, 21107111 SA

Optimum Members-Only Price

3.49

Non-members 3.79

NESTLE STAND UP POUCH MULTI PACK 4%
selected varieties
200001 SA, 21000001 SA



3.33

DANONE OIKOS or TWO GOOD LOW SUGAR YOGURT
selected varieties
4%
200001 SA, 21047001 SA

1.69

DANONE ACTIVIA or OIKOS DRINKABLE YOGURT
selected varieties
190 mL
2100001 SA, 2100002 SA



5.49

DANONE ACTIVIA DRINKS 8% or TWO GOOD LOW SUGAR YOGURT
selected varieties
425 g
2100001 SA, 21047001 SA

ALWAYS

5.50

DANONE ACTIVIA YOGURT
selected varieties
12%
200001 SA, 21000001 SA

OUR BRANDS Made by us, loved by you.



no name®



3.50

638 g

NO NAME® ORIGINAL GARLIC TOAST
638 g
21361140 EA



\$6

ZIGGY'S® SLICED DELI MEAT 250-600 g or
CHEESE SLICES 200/220 g
selected varieties
20817362 EA/20928600 EA



2.99

PC® OATMEAL
selected varieties
264-344 g
21505117 EA/21505130 EA



3.49

PC® GREEK YOGURT
selected varieties
4's
20830628001 EA/21053734 EA



\$4

PC® THIN CRUST PIZZA
selected varieties,
frozen
330-397 g
20971429 EA



\$5

FARMER'S MARKET® COOKIES
selected varieties
12's
2056A295 EA



\$2

PC® 100% JUICE
selected varieties
1 L
21080938 EA



3.49

PC® THE DECADENT® COOKIE
selected varieties
280/300 g
20412207 EA



2.99

PC® BLUE MENU® CRANBERRY or VEGETABLE COCKTAIL
selected varieties
1.89 L
208272001 EA/21098849 EA



ORGANIC 2.99

PC® ORGANICS VEGAN CHEDDAR PUFFS
selected varieties
142 g
21026488 EA/21098848 EA



9.49

NO NAME® STRING CHEESE
selected varieties
582 g
20774348 EA



1.79

NO NAME® BLEACH
selected varieties
1.27 L
21097091 EA/21097094 EA



ALWAYS \$4

LIFE BRAND® MOUTHWASH
selected varieties
1 L
21097094 EA/21097096 EA



8.99

NO NAME® CAT LITTER
selected varieties
18 kg
20774348 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's
YOGURT
selected varieties
3032513003 SA/21330250 SA

264

LIBERTÉ GREEK
650/750 g
MÉDITERRANÉE 900 g or
YOPLAIT YOP
NO SUGAR ADDED 6's
YOGURT
selected varieties
20442273 SA/21390111 SA

597

iögo nano
iögo nano
DRINKABLE
YOGURT
selected varieties
2060987001 SA/2060987002 SA

367

siggis
simple ingredient skyr
19x
PLAIN
750 g 8oz

siggis
simple ingredient skyr
18x 11oz
VANILLA
750 g 8oz

547

SIGGI'S ICELANDIC SKYR
selected varieties
650/750 g
21333874 SA/21333892 SA

STARBUCKS
COFFEE
ENHANCERS
selected varieties
828 mL
21238473 SA

649

KELLOGG'S
RICE KRISPIES
BARS 176/198 g
POP TARTS
SPECIAL K BARS
125 g or NUTRI-GRAIN
BARS 295 g
selected varieties
20126367001 SA/2013984001 SA

299

NATURE VALLEY
SWEET & SALTY
DARK CHOCOLATE

NATURE VALLEY
SWEET & SALTY
ALMOND

349

FIBRE 1 or NATURE VALLEY SWEET & SALTY BARS
125-210 g
selected varieties
21313359 SA/21313358 SA

DRUMSTICK
VANILLA CARAMEL

CARAMILK
CARAMEL MACCARTON

499

NESTLÉ DRUMSTICKS or NOVELTIES 4-10's or CONFECTIONERY FROZEN DESSERT 1.5 L
selected varieties
20322380001 SA/21142940 SA

KELLOGG'S
TWO SCOOPS
Raisin Bran

VECTOR

449

KELLOGG'S ALL BRAN 450/525 g, RAISIN BRAN 425/451 g, VECTOR 306/400 g, SPECIAL K 377-435 g or MINI-WHEATS CEREAL 405-510 g
selected varieties
20113041 SA/20642855 SA

KELLOGG'S
MINI-WHEATS!
ORIGINAL

KELLOGG'S
TWO SCOOPS
Raisin Bran

549

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

Honey Nut Cheerios
FAMILY SIZE 8-oz

Cinnamon Toast Crunch
FAMILY SIZE 8-oz

549

GENERAL MILLS FAMILY SIZE CEREAL
selected varieties
475-778 g
21103492 SA/21103495 SA

TROPICANA
ORANGE
JUICE
selected varieties,
refrigerated
2.63 L
20119736001 SA

679

STARBUCKS
TRUE NORTH
BLUET-BELLAGRA
NORDIQUE

STARBUCKS
TORREFACTION
PIKE PLACE
ROAST

999

STARBUCKS ROAST AND GROUND COFFEE
340 g or PODS 10's
selected varieties
20548482002 SA/20548482004 SA

KEURIG
DONUT HOUSE
collection
DONUT HOUSE
COFFEE
LIGHT ROAST COFFEE

30

1399

TIMOTHY'S or DONUT HOUSE COFFEE PODS
selected varieties
30's
2069892 SA

*In conjunction with our partners, a maximum of \$1,000,000 will be collectively donated to President's Choice Children's Charity from purchases of participating products made at NOFRILLS® this year.

YOU GET, WE GIVE.

When you get participating products* marked in store and online, a portion of the proceeds from every purchase made will be donated to:  **children's charity**



LACTANTIA PURFILTRE or LACTOSE FREE
selected varieties
2 L
20301822001 EA/21424991 EA



5⁴⁹

NESCAFÉ or TASTER'S CHOICE COFFEE
selected varieties
100-170 g
20441811001 EA/20072036 EA



4⁹⁹

Optimum Members-Only Price
\$2
Non-members **2⁴⁹**



CADBURY FAMILY BAR 95/100 g or **MAYNARDS CANDY SMALL BAG** 150/154 g
selected varieties
21345554 EA/2022793001 EA

NÜGABAR



2⁴⁹

LECLERC NÜGABAR
selected varieties
175 g
21224994 EA/21224994 EA

Ocean's FLAKED WHITE TUNA
IN WATER



2⁹⁹

OCEAN'S WHITE TUNA 170 g or **GOLD SEAL PINK SALMON** 215 g
selected varieties
21302216 EA

PRINGLES POTATO CHIPS
selected varieties
148/158 g
21000823 EA/21001823 EA



2⁹⁹

CELEBRATION
Caramel Truffle



2⁷⁹

LECLERC CELEBRATION COOKIES
selected varieties
240-350 g
2063277021 EA

Orville Redenbacher's BUTTERY



3⁹⁹

ORVILLE REDENBACHER MICROWAVE POPCORN 385-492 g or **KERNEL JAR** 650 g
selected varieties
2009232002 EA

Crispers
ALL DRESSED RECAFFONNÉS



2²⁹

CHRISTIE CRISPERS
selected varieties
145 g
21288332 EA

triscuit ORIGINAL
with 100% BEST FLOUR



2⁴⁹

CHRISTIE CRACKERS
selected varieties
175-388 g
21288447 EA/21344704 EA

The Original OREO
The Original



2⁷⁹

CHRISTIE COOKIES
selected varieties
251-303 g
21288447 EA/21344704 EA

Ruffles ALL DRESSED ASSAISONNÉS



3⁹⁹

RUFFLES POTATO CHIPS
selected varieties
180-220 g
21344032 EA

Tostitos RESTAURANT



3⁹⁹

TOSTITOS TORTILLA CHIPS
selected varieties
205-295 g
21308073 EA

Miss Vickie's ORIGINAL RECETTE
ORIGINAL RECETTE
RECETTE ORIGINALE



4²⁹

MISS VICKIE'S KETTLE COOKED POTATO CHIPS
selected varieties
190-220 g
21308073 EA

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COCA-COLA SOFT DRINKS or NESTEA ICED TEA
selected varieties
12x341/355 mL
2013046002 C12/2021849403 C12




6⁹⁹

PEPSI SOFT DRINKS
selected varieties
8/12x355 mL
2022261902 C12/
21361864 C08




6⁹⁹

GLACEAU VITAMINWATER or SMARTWATER
591 mL or 1 L
selected varieties
20134181 SA/20232194006 SA



1⁹⁹

GATORADE SPORT DRINKS
selected varieties
6x591 mL/8x255 mL
2023219001 C04/
21164182 C08



5⁴⁹

MOTT'S CLAMATO COCKTAIL
selected varieties
1.89 L
202095042 SA/21075006 SA



3⁴⁹

MONTELLIER WATER
12x355 mL or 10x355 mL
selected varieties
21049703 C10/21049703 C12



5⁹⁹

AHA SPARKLING WATER
selected varieties
12x355 mL
21240702 C12



5⁹⁹ **1,000⁰⁰** **\$1 Value**

CHARMIN BATHROOM TISSUE or BOUNTY PAPER TOWELS
4-24 rolls or 4-6 rolls
21010604 SA/21010604 SA



8⁹⁹

FINISH DISHWASHER TABS or JET-DRY
30-55 or 146 mL
selected varieties
21210416 SA/21040025 SA



13⁹⁹

AIR WICK SCENTED OIL REFILLS or KITS
3x20 mL or 2x20 mL
21202104 SA/21021004 SA



14⁹⁹

SWIFFER WETJET LIQUID REFILL DUSTER KITS or WET CLOTH REFILLS or DRY CLOTH REFILLS
1.25 L or 10/14 L
selected varieties
21000104 SA/21000104 SA



7⁴⁹

TIDE LIQUID LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER or GAIN SCENT BOOSTERS or BOUNCE DRYER SHEETS
1.6 L or 1.89 L or 2.8 L or 100-200 L
selected varieties
21000104 SA/21000104 SA



10⁹⁹

PUREX LIQUID LAUNDRY DETERGENT or SNUGGLE FABRIC SOFTENER
4.26 L or 1.8 L or 1.4 L
selected varieties
21000104 SA/21000104 SA



12⁹⁹

TIDE LIQUID PODS or FLINGS or LAUNDRY DETERGENT
selected varieties
21000104 SA/21000104 SA



20⁹⁹

*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.

SAVOUR THE FLAVOUR OF BOAT-IFUL ZONGZI

慶祝端午佳節



2⁸⁸
LB

BABY or SHANGHAI BOK CHOY, YU CHOY or GAI LON
product of Mexico
6.35/kg
30682279001_KG/20032454001_KG/20032454001_KG



1²⁸
LB

DAIKON or NAPA CABBAGE product of U.S.A. or TAIWANESE CABBAGE product of Mexico
2.82/kg
20030643001_KG/20082109001_KG/20013023001_KG



2⁹⁸

COCONUTS
product of India
30005774001_EA



3⁸⁸

DRAGON FRUIT
product of Vietnam
30104395001_EA



1⁹⁸
LB

GINGER ROOT product of China or JAPANESE SWEET YAMS product of U.S.A.
4.37/kg
30179038001_KG/30134923001_KG



3⁹⁹
LB

GRADE A DUCK
frozen
8.80/kg
20079481_KG



PMC TILAPIA
1.36 kg or GOLDEN POMPANO WHOLE 700 g
frozen
31422305_EA

8⁸⁸



.88

KOSA RICE FLOUR or GLUTINOUS RICE FLOUR
selected varieties
400 g
21413730_EA



.98

CAMPBELL'S SWANSON CHICKEN BROTH
412 mL
20042814_EA



1⁸⁸

ERAWAN RICE STICKS
selected varieties
454 g
2034346001_EA



3⁸⁸

HEIWA ROASTED SESAME SEEDS
selected varieties
227 g
20729491_EA



4⁸⁸

O'TASTY DUMPLINGS
selected varieties, frozen
567 g
20019242004_EA



3⁸⁸

ROOSTER® BROWN JASMINE or THAI SWEET RICE
2 kg
20032765_EA/20102804_EA



3⁸⁸

COCK BRAND SWEET CHILI SAUCE 650/720 mL or LEE KUM KEE CHIU CHOW CHILI OIL 205 g
selected varieties
20149074_EA/21367021_EA



10⁸⁸

BILLY BEE HONEY
1 kg
20108713_EA

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can save up to 35%
on home insurance.†



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

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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.

†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