

MAY

**HIT
OF THE
MONTH**



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



**New Treasure
Long Grain 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
300/400 g
Fruits surgelés
21543097, 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
994 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.

NOFRILLS

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



APP EXCLUSIVE OFFER
Optimum
1,000

\$1
value

10⁹⁹

PC®, BLUE MENU®, THICK & JUICY® or FREE FROM® BURGERS
selected varieties, frozen
568 g - 1.36 kg
burgers
20941232 EA



WOW!

2⁴⁹
LB

PORK HALF LOIN
fresh, boneless
5.49/kg
demi-large de porc
20554871 303
WHILE QUANTITIES LAST



WOW!
4⁸⁸

4 LB BAG

FARMER'S MARKET® MCINTOSH or ROYAL GALA APPLES
product of Atlantic, Canada fancy grade
pommes
20712311001 EA/2076799801 EA



SAVE 20%
7⁹⁹

9 LB AVERAGE

WHOLE SEEDLESS WATERMELON
product of Mexico or U.S.A.
melon d'eau sans pépins
2006733001 EA
WHILE QUANTITIES LAST



SAVE UP TO 27%
\$4

FARMER'S MARKET® BUTTER CROISSANTS or LOAF CAKES 250-400 g or LA BAGUETTERIE MICHE SLICED 400-800 g
selected varieties
croissants au beurre ou gâteaux quatre-quarts
2097943 EA/21104112 EA



SAVE UP TO 46%
4⁴⁴

ARMSTRONG or PC® SHREDDED CHEESE BAR 250-320 g or ARMSTRONG CHEESE BAR 400 g
selected varieties
fromage râpé ou barres de fromage
21284340 EA/21346749 EA



SAVE UP TO 30%
1²⁵

UNICO BEANS 540 mL or TOMATOES 796 mL
selected varieties
légumineuses ou tomates
2013447001 EA
2014629001 EA



110 LOADS
100 LOADS
SAVE UP TO 50%
8⁹⁹

SUNLIGHT 4 L or PUREX 4.08-4.43 L LIQUID LAUNDRY DETERGENT, FLEECY FABRIC SOFTENER 3.5 L or DRYER SHEETS 200's
selected varieties
détergent ou assouplissant
2008320001 EA/21427942 EA



WOW!
11⁴⁹

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
24x355 mL
boissons gazeuses
20306487002 C34/203004197001 C34

Deals from the past on select items. ‡



SAVE 28%
1⁷⁷

DARE CRACKERS
selected varieties
100-225 g
croquette
20973370 EA/2152066 EA

FLYER PRICES EFFECTIVE IN ATLANTIC CANADA STORES ONLY.

nofrills.ca
01 NFA N



2.49
EA/LB

BROCCOLI CROWNS each, product of U.S.A. or Mexico or
TOMATOES ON THE VINE 5.49/kg, product of Canada or Mexico
couronnes de brocoli ou tomates sur vine
31121540001 EA/20026703001 KG

1 LB CLAMSHELL

PINT

3 LB BAG

5.49

BLUEBERRIES product of Mexico, no. 1 grade,
FARMER'S MARKET™ NAVEL ORANGES
product of Spain, Morocco, Turkey or Egypt or
STRAWBERRIES product of U.S.A., no. 1 grade
bleuets ou oranges navel ou fraises
20080127001 EA/20142943001 EA



3.99
LB

GREEN SEEDLESS GRAPES
product of Chile or India, no. 1 grade or
RED SEEDLESS GRAPES
product of Chile, no. 1 grade
raisins sans pépins
8.80/kg
20423773001 KG/20139119601 KG

680 G BAG

454 G

GROWN IN CANADA

3.99

PC™ LITTLE GEMS™ RED, YELLOW or
MIXED MINI POTATOES product of Canada,
Canada no. 1 grade or **WHOLE WHITE** or **CREMINI**
MUSHROOMS product of Canada
mini-pommes de terre ou champignons blancs ou cremini
20161372 EA/20138571 EA



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



1.79

ENGLISH CUCUMBERS
product of Atlantic Provinces,
Canada no. 1 grade
each
concombres anglais
2009112001 EA



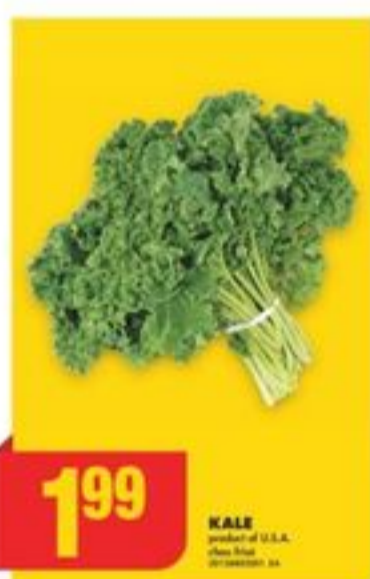
4.99

FARMER'S MARKET™ MINI CUCUMBERS
product of Canada, Canada no. 1 grade or
SWEET PEPPERS
product of Canada
concombres au pédoncule
2008010101 EA/21070679001 EA



7.99

NO NAME™ NATURALLY IMPERFECT™ POTATOES
product of Atlantic Provinces,
Canada no. 2 grade
pommes de terre
20172340001 EA/20194443001 EA



1.99

KALE
product of U.S.A.
chou frisé
20100001 EA



2.49
LB

BARTLETT PEARS
product of Argentina,
extra fancy grade
pomme
2.49/lb
20100001 EA



3.99

FARMER'S MARKET™ CARROTS product of U.S.A.,
no. 1 grade or **YELLOW ONIONS** product of Canada,
Canada no. 1 grade
carottes ou oignons jaunes
2008010101 EA/21070679001 EA



4.99

EAT SMART™ SWEET KALE product of U.S.A.,
no. 1 grade
chou frisé doux
20172340001 EA/20194443001 EA



3.99
LB

LEAN GROUND PORK
fresh
porc haché maigre
8.80/kg
20138300 KG



\$10

PC™ BONE-IN CHICKEN THIGHS, DRUMSTICKS or BREAST FILLETS
up to 870 g
hauts de cuisson de poulet ou
pilons ou filets de poitrine
21341042 EA



10.99

SWISS CHALET PORK BACK RIBS
selected varieties
600 g
côtes de dos de porc
21022221 EA



3.99

MINI BABYBEL
100 (120 g) = **THE LAUGHING COW**
CHEESE 133 (140 g)
selected varieties
fromage
20100001 EA/20100001 EA



2.99

WONDER BREAD
300-472 g or **BUNS** 7,
selected varieties
pain ou petits pains
20100001 EA/20100001 EA



\$5

FARMER'S MARKET™ COOKIES
selected varieties
171
biscuits
20080101 EA



8.77
LB

STEELHEAD TROUT FILLET
fresh
filet de truite steelhead
21331504
20100001 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.



SAVE 36%
12⁹⁹

POGO
Frozen
20's
savoies sur bâtonnet
30045224002 EA



SAVE UP TO 41%
3⁴⁹

CHAPMAN'S LOLLY NOVELTIES
selected varieties, frozen
28's
friandises glacées
30348105 EA/20950734 EA



SAVE 30%
2⁹⁹

CRAVE ENTRÉES 200-340 g, **KRAFT DELUXE MAC & CHEESE** 340 g or **SMART ONES ENTRÉES** 241-283 g
selected varieties, frozen
plats cuisinés ou macaroni au fromage
21081515 EA/21558999 EA



KRAFT SINGLES 410 g or **CHEEZ WHIZ** 450 g
selected varieties
produit de fromage fondu
206940001 EA/21188654 EA
SAVE 33%
3⁹⁹



3⁴⁹
SCOTSBURN COTTAGE CHEESE
selected varieties
300 g
fromage cottage
2097954 EA



3⁴⁹
SCOTSBURN SOUR CREAM
selected varieties
300 ml
crème sure
21031199 EA/21381963 EA



3⁷⁹
CLOVER LEAF TUNA BOWLS
selected varieties
140 g
boîtes de thon
21067078 EA/21387679 EA



2⁹⁹
NATURE VALLEY GRANOLA BARS, MOTT'S or BETTY CROCKER FRUIT SNACKS
selected varieties
120-230 g
barres granola ou collations aux fruits
2015120002 EA/2015474001 EA



2⁹⁹
KELLOGG'S RICE KRISPIES 176/198 g, POP TARTS 284 g, SPECIAL K 125 g or NUTRI-GRAIN BARS
selected varieties
barres
20150347001 EA/2015294001 EA



8⁹⁹
GENERAL MILLS JUMBO CEREAL
selected varieties
825 g-1.3 kg
céréales
2047910 EA



3⁴⁹
PC® LEMONADE or TEA
selected varieties, refrigerated
1.54 L
Limonade ou thé
21420547 EA/21350471 EA



3⁹⁹
COCA-COLA or PEPSI SOFT DRINKS
selected varieties
6x222 ml
boissons gazeuses
20334289002 C04/20437340004 C04



\$7
PC® BATHROOM TISSUE
selected varieties
12x24 rolls
papier hygiénique
21400714 EA



3⁹⁹
LYSOL MULTI SURFACE CLEANER SPRAYS 650/950 ml
selected varieties
nettoyant
2029673002 EA/2031847901 EA



5⁴⁹
LISTERINE CLASSIC MOUTHWASH
selected varieties
1 L
rinçage-bouche
2034830001 EA/21091218 EA



9⁹⁹
STAR GRILL LUMP CHARCOAL
4 kg
charbon de bois
20773849 EA

PRICE DROP

Lowered price for a longer time.



SIMPLY JUICE or BEVERAGES or GOLD PEAK ICED TEA
selected varieties, refrigerated
1.5L/1.75 L
boissons au réfrig. SA
2106068 SA/21170792 SA

PRICE DROP
4.99



PRICE DROP

6.99

GIUSEPPE STUFFED CRUST PIZZA
selected varieties, frozen
685-771 g
pizza
21235499 SA



PRICE DROP

6.99

PILLER'S PEPPERONI STICKS or TURKEY BITES
selected varieties
300-500 g
bâtonnets de pepperoni ou bouchées de dinde
21099266 SA/21109291 SA



PRICE DROP

2.29

QUAKER CRISPY MINIS or RICE CAKES
selected varieties
90-190 g
gâteaux de riz
24127960 SA/
20222091 SA



PRICE DROP

3.50

PC ORGANICS APPLE TREAT SAUCE JUMBO RAISIN PACK
176 g or CHOCOLATE BAR 100 g
selected varieties
gâteaux aux pommes ou purée de pommes au chocolat
2117024 SA



PRICE DROP

5.49

KELLOGG'S FAMILY SIZE CEREAL
selected varieties
600-650 g
céréales
2142878 SA/2142878 SA



PRICE DROP

5.99

PC COFFEE PODS NESQUIK SYRUP or POWDER
110-1700 mL or 140 g
selected varieties
capsules de café au sirop au chocolat ou poudre
20222091 SA/
20222091 SA



PRICE DROP

1.29

NO NAME VEGETABLES
selected varieties
24127960 SA/
20222091 SA



PRICE DROP

1.99

UNICO TOMATO PASTE
369 ML
pâte de tomate
20222091 SA



PRICE DROP

2.49

PC READY TO SERVE SOUP
selected varieties
340 mL
soupe
2124022 SA



PRICE DROP

5.99

PC WHITE RICE
1.4 kg
riz
2124022 SA



PRICE DROP

1.50

GRACE COCONUT MILK or WATER
400 mL or 100 mL
selected varieties
lait de noix de coco
2042711 SA/
2042711 SA



PRICE DROP

4.49

PC MINI HUMMUS
selected varieties
220 g
hummus
20222091 SA/20222091 SA



PRICE DROP

4.49

LEA & PERRINS WORCESTERSHIRE SAUCE or MATT & STEVE'S THE EXTREME BEAN
300 mL
selected varieties
sauce au Worcestershire
20222091 SA/20222091 SA



PRICE DROP

\$13

BUTCHER'S CHOICE BEEF BURGERS
selected varieties, frozen
1.13 kg
burgers
20222091 SA



PRICE DROP

\$2

PALMOLIVE DISHWASHING LIQUID
selected varieties
500 mL
liquide à vaisselle
20222091 SA/20222091 SA



PRICE DROP

7.99

NIVEA BODY LOTION
selected varieties
473-625 mL
lotion pour le corps
20222091 SA/20222091 SA



PRICE DROP

5.99

TRESEMME HAIR CARE
selected varieties
190-311 g/236-628 mL
soins capillaires
20222091 SA/
21170792 SA



PRICE DROP

10.99

ROYALE FACIAL TISSUE
12x100 sheets
serviettes
20222091 SA

ASTRO YOGURT
selected varieties
625-750 g
yogurt
2016223001 SA/
20170533001 SA



WOW!
2.69



MICHELINA'S DINNER ENTRÉES
selected varieties, frozen
156-284 g
plats cuisinés
2130814 EA

SAVE UP TO 40%
1.49



SAVE 26%
2.79

CHEEMO PEROGIES
selected varieties, frozen
907 g
perogies
20527139 EA



NESTLÉ DRUMSTICKS or NOVELTIES
selected varieties, frozen
4-10 L
bonbonnes glacées
2022238002 EA/21142940 EA



SAVE 21%
5.49

APP EXCLUSIVE OFFER*
Optimum
1,000 pts

PC® THE DECADENT® COOKIE
selected varieties
280/300 g
biscuits
20612257 EA

3.49



\$1 Value

POST FAMILY SIZE CEREAL
selected varieties
368-725 g
céréales
20940237 EA/21575329 EA

4.49



NO NAME® EVAPORATED MILK
selected varieties
354 mL
lait évaporé
21040210 EA/21040543 EA

1.49

FRUITOPIA, NESTEA or PEACE TEA BEVERAGES
selected varieties, refrigerated
1.75 L
boissons
2034744001 EA/
20348331004 EA

2.29



SCOTSBURN, BAXTER or FARMERS CREAM
selected varieties, brand availability varies by region
1 L
crème
20050614 EA/
20184742002 EA

3.29



UNICO TUNA
198 g
thon
20113748 EA

1.69

CAMPBELL'S CONDENSED SOUP
selected varieties
284 mL
soupe
2029734002 EA

1.99



BARILLA PASTA
selected varieties
340/410 g
pâtes
21404904 EA

1.99



LAY'S POTATO CHIPS POPPABLES 130 g or
CHEETOS 180-285 g
selected varieties
croustilles ou grignolines
21041002 EA/21310148 EA

3.49



TETLEY or LIPTON YELLOW LABEL TEA
selected varieties
80-144 L
thé
20078830 EA/21192337 EA

5.99



JAMIESON VITAMIN C or D
selected varieties
75-240 L
vitamines C ou D
20299993 EA/20303216001 EA

6.99

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.



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.



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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