

**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 KO

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  
20214862002 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  
160477001\_EA



**GROWN IN CANADA** 

**4.99**

**681 G**

**PC™ VARIETY TOMATOES**  
product of Canada  
160477001\_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  
214819001\_EA/200294001\_EA



**1.49**

**ATAULFO & RED MANGOES**  
product of Mexico  
161110001\_EA/200294001\_EA



**1.99**  
LB

**EGGPLANT & GREEN ZUCCHINI** product of Mexico or U.S.A. or  
product of Mexico  
201110001\_KG/200294001\_KG



**2.99**

**CELERY**  
product of U.S.A., no. 1 grade  
160477001\_EA



**.69**

**LIMES**  
product of Mexico  
160477001\_EA



**1.99**

**BUNCHED SPINACH**  
product of U.S.A.  
160477001\_EA



**3.99**

**CANTALOUPE**  
product of Guatemala,  
no. 1 grade  
160477001\_EA



**4.99**

**3 LB BAG**

**FARMER'S MARKET™ GRAPEFRUIT**  
product of Mexico or  
**NAVEL ORANGES**  
product of Turkey or U.S.A.  
160477001\_EA/200294001\_EA



**GROWN IN THE WESTERN PROVINCES**  
British Columbia  
Alberta • Saskatchewan  
Manitoba

**3.99**

**454 G**

**PC™ WHOLE CREMINI & WHITE MUSHROOMS**  
product of Western Provinces  
200110001\_EA/200294001\_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.  
160477001\_EA



**GROWN IN CANADA** 

**6.99**

**PKG OF 6**

**FARMER'S MARKET™ MIXED SWEET PEPPERS**  
product of Canada  
160477001\_EA



**\$20**

**ROSES**  
imported  
160477001\_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  
2021270.1A

**LOU'S PORK BACK RIBS**  
selected varieties, frozen  
680 g  
21530777.1A



**2.99**

**3.79**

**\$10**

**PC® HUMMUS or DIPS**  
selected varieties  
227 g  
20184097.1A/20584312.1A

**PMC BASA FILLETS**  
frozen  
400 g  
2143207.1A

**PINK SALMON FILLETS**  
frozen  
700 g  
2118033.1A



**2.99**

**\$6**

**7.99**

**ZIGGY'S SALAD**  
selected varieties  
454 g  
2084301.1A

**PILLER'S KOLBASSA**  
selected varieties  
250-375 g  
20308497.1A

**BALDERSON CHEESE**  
selected varieties  
250/380 g  
21894411.1A



**2.49**

**3.29**

**\$5**

**WONDER BREAD BUNS** 12's  
selected varieties  
20206474.1A/20206827.1A

**VACHON SNACK CAKES** 252-336 g or **CASA MENDOSA 7/10 INCH TORTILLAS** 340-640 g  
selected varieties  
20002708.1A/21044428.1A/21044431.1A

**SIMPLE JOYS FILLED CROISSANTS**  
selected varieties  
272 g  
21570491.1A

# 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 273g  
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  
2081308901 SA/2081304801 SA

**5.49**

**Naturally Imperfect** / **Naturellement imparfaits** strawberries / fraises or blueberries / bleuets

**ALWAYS \$3**

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

**DANONE OIKOS YOGURT TUB** selected varieties 450/750g  
21006624 SA/21006640 SA

**5.46**

**PC® SHREDDED CHEESE** selected varieties 250-320g  
21006624 SA

**5.49**

**PC® or TWININGS HERBAL TEA** selected varieties 20's  
2020074001 SA/2062751201 SA

**2.99**

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

**3.99**

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

**6.29**

**LINDT SWISS CLASSIC or MERCI TABLET** selected varieties 100/112g  
20904020 SA/20904024 SA

**2.79**

**PEARL MILLING COMPANY PANCAKE MIX** 400g or **SYRUP** 710 mL selected varieties  
21204212 SA/21204214 SA

**3.49**

**PC® MAXWELL HOUSE® or NABOB TASSIMO DISCS** selected varieties 8-12's  
20904020 SA/20904024 SA

**5.99**

**PC® 100% PURE MAPLE SYRUP** 250 mL  
20904020 SA

**10.99**

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.



**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** 2L 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**



**OASIS SMOOTHIE**  
LACTOSE FREE  
STRAWBERRY SANGRIA  
1.0 L



**EGGO WAFFLES**  
16's selected varieties, frozen  
30099730064 SA

**SAVE 23%**  
**5.99**



**MOTT'S FRUITSATIONS SAUCE**  
selected varieties  
6x104 mL  
30234281001 SA

**2.69**



**HIGH LINER PAN-SEAR or SIGNATURE CUTS or BITES**  
selected varieties, frozen  
425-600 g  
30296396003 SA/21136334 SA

**9.99**



**AYLMER ACCENTS TOMATOES**  
selected varieties  
540 mL  
31207937 SA

**1.99**



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

**1.99**



**JACK LINK'S JERKY** 65-81 g or **STRIPS** 74 g  
selected varieties  
30301983002 SA

**5.49**



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

**6.99**



**PEPPERIDGE FARM FAMILY SIZE GOLDFISH CRACKERS**  
750 g  
21143546 SA

**7.49**



**COCA-COLA or PEPSI SOFT DRINKS**  
selected varieties, 2L  
30297926002 SA/30314034002 SA

**1.99**



**MONSTER** 473 mL or **RED BULL ENERGYDRINKS** 250 mL  
selected varieties  
30703446 SA/307934249 SA

**\$3**



**GLAD KITCHEN CATCHER or WHITE GARBAGE BAGS**  
selected varieties  
10-52's  
21239661 SA

**8.99**



**FEBREZE AIR** 333 g, **MR. CLEAN ALL PURPOSE CLEANER** 1.2 L or **MAGIC ERASER** 71  
selected varieties  
200077 SA/2129497 SA

**3.49**



**NO NAME® LAUNDRY DETERGENT** 4.43 L, **FABRIC SOFTENER** 3.33 L or **DRYER SHEETS** 100's  
selected varieties  
20049402 SA/2129497 SA

**6.99**



**DAWN DISHWASHING LIQUID**  
selected varieties  
2.64 L  
21436916 SA

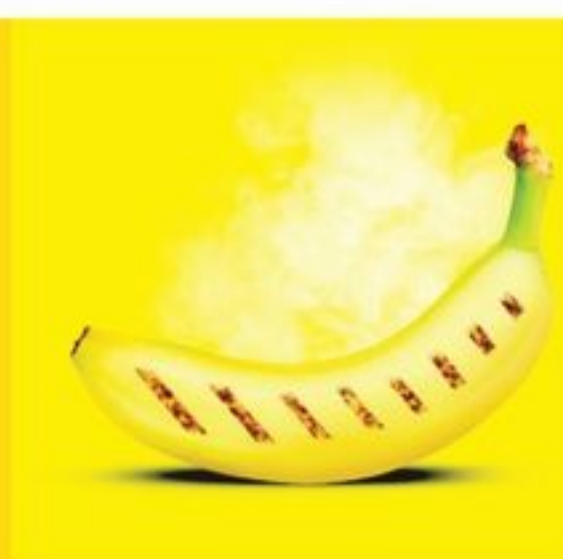
**10.49**



**FEBREZE PLUG IN SCENTED OIL REFILL**  
selected varieties  
71  
2129497 SA/2129497 SA

**12.99**

# 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

2.79



selected varieties  
3062848001 SA/30796348003 SA

**PC® BBQ SAUCE**  
selected varieties  
500 mL

3.49



31021473 SA/31021321 SA

2.49



**NO NAME® MARSHMALLOWS**  
selected varieties  
400 g  
30204472001 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/306434213 SA

**PAM COOKING SPRAY**  
selected varieties  
141/170 g  
3010273003 SA

4.99



**PC® DE-ALCOHOLIZED WINE**  
selected varieties  
750 mL  
3130997 SA/31483391 SA

7.49



5.99



**NO NAME® NAPKINS**  
500's  
30204472001 SA

11.49



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

11.49



**PEPSI SOFT DRINKS**  
selected varieties  
34x235 mL  
30204472001 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  
3008238 SA/3082391 SA

**250** value





5.99

500<sup>¢</sup> Value

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

2.67

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



2.99

NATURE VALLEY GRANOLA BARS or  
MOTT'S - BETTY CROCKER  
FRUIT SNACKS  
selected varieties  
120-230 g  
202102002 SA, 2021047001 SA

3.97

OLD EL PASO DINNER KITS 230-310 g  
or SALSA 450 mL  
selected varieties  
2020102004 SA, 2021021024 SA

8.99

GENERAL MILLS JUMBO CEREAL  
selected varieties  
825 g-1.2 kg  
2007910 SA



4.29

PEPSI SOFT DRINKS  
selected varieties  
6x750 mL  
2021020001 SA, 2021040001 SA

1.99

GATORADE FIT SPORT DRINKS  
selected varieties  
825 mL  
2114002 SA

\$3

CELSIUS ENERGY DRINK  
selected varieties  
333 mL  
2123404 SA, 2123406 SA

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



2.49



3.99

HERSHEY'S STAND UP  
POUCH 140-210 g or  
MULTIPACK 253 g  
selected varieties  
2007101 SA, 2021040 SA

2.49

TWIZZLERS LICORICE  
selected varieties  
211-454 g  
200222004 SA, 21107101 SA



9.99

REESE'S LARGE POUCH  
selected varieties  
800 g  
2120071 SA



\$1

NESTLE SINGLE CHOCOLATE BARS  
selected varieties  
43-60 g  
2000014 SA

2.29

NESTLE TABLET 10-120 g or  
JUNIORS 7%  
selected varieties  
2140004 SA, 21210114 SA

Optimum<sup>®</sup>  
Members-Only Price<sup>™</sup>

3.49

Non-members

3.79

NESTLE STAND UP  
POUCH 135-203 g or  
MULTI PACK 4%  
selected varieties  
2000014 SA, 2100007 SA



3.33

DANONE OIKOS or  
TWO GOOD LOW SUGAR  
YOGURT  
selected varieties  
43 g  
2000014 SA, 21047001 SA

1.69

DANONE ACTIVIA or  
OIKOS DRINKABLE  
YOGURT  
selected varieties  
190 mL  
2100004 SA, 2100070 SA



5.49

DANONE ACTIVIA DRINKS 8%  
or TWO GOOD LOW SUGAR  
YOGURT 425 g  
selected varieties  
2100004 SA, 21047001 SA

ALWAYS

5.50

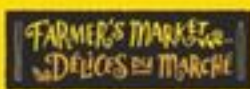
DANONE ACTIVIA YOGURT  
selected varieties  
12%  
2000014 SA, 2100007 SA



# 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/21033734 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



**PC® 100% JUICE**  
selected varieties  
1 L  
21080938 EA

**\$2**



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

**3.49**



**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  
21034648 EA/21034648 EA



**9.49**

**NO NAME® STRING CHEESE**  
selected varieties  
582 g  
2074348 EA



**1.79**

**NO NAME® BLEACH**  
selected varieties  
1.27 L  
21097081 EA/21097081 EA



**ALWAYS**  
**\$4**

**LIFE BRAND® MOUTHWASH**  
selected varieties  
1 L  
21070381 EA/21070381 EA



**8.99**

**NO NAME® CAT LITTER**  
selected varieties  
18 kg  
20774881 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:  **children's charity**



**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**  
**DRINKABLE**  
**YOGURT**  
selected varieties  
2060967001 SA/2060967002 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  
21258473 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**  
**RAISIN BRAN** 450/525 g  
**RAISIN BRAN** 425/451 g  
**VECTOR** 306/400 g  
**SPECIAL K** 377-435 g or  
**MINI-WHEATS** 405-510 g  
selected varieties  
20115041 SA/20642855 SA



**449**

**KELLOGG'S**  
**MINI-WHEATS!**  
ORIGINAL

**KELLOGG'S**  
**RAISIN BRAN**

**549**

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

**Honey Nut**  
**Cheerios**  
MADE WITH Real Honey

**Cinnamon**  
**Toast**  
**Crunch**

**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**  
SLURRY-MELANGA  
NORDIQUE

**STARBUCKS**  
**TOURNAFFON**  
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**

**30's**

**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.

ONLINE 05 NFW

# 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 or LACTOSE FREE**  
selected varieties  
2 L  
20301822001 EA/21424991 EA

**5<sup>49</sup>**

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

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

**Optimum Members-Only Price**  
**\$2**  
Non-members **2<sup>49</sup>**

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

**2<sup>49</sup>**

**LECLERC NÜGABAR**  
selected varieties  
175 g  
21224994 EA/21224994 EA

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

**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

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

**2<sup>79</sup>**

**LECLERC CELEBRATION COOKIES**  
selected varieties  
240-350 g  
2063277021 EA

**3<sup>99</sup>**

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

**2<sup>29</sup>**

**CHRISTIE CRISPERS**  
selected varieties  
145 g  
21288332 EA

**2<sup>49</sup>**

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

**2<sup>79</sup>**

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

**3<sup>99</sup>**

**RUFFLES POTATO CHIPS**  
selected varieties  
190-220 g  
21344032 EA

**3<sup>99</sup>**

**TOSTITOS TORTILLA CHIPS**  
selected varieties  
205-295 g  
21308073 EA

**4<sup>29</sup>**

**MISS VICKIE'S KETTLE COOKED POTATO CHIPS**  
selected varieties  
190-220 g  
21344032 EA

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# 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**



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




**6<sup>99</sup>**

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




**6<sup>99</sup>**

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




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

**GATORADE SPORT DRINKS**  
selected varieties  
6x591 mL/8x255 mL  
20232218001 C04/  
21164182 C08



**5<sup>49</sup>**

**MOTT'S CLAMATO COCKTAIL**  
selected varieties  
1.89 L  
202095042 SA/21071006 SA



**3<sup>49</sup>**

**BUBLY SPARKLING WATER or MONTELLIER CARBONATED WATER**  
12x355 mL or  
10x255 mL  
selected varieties  
21049703 C10/21369361 C12




**5<sup>99</sup>**

**AHA SPARKLING WATER**  
selected varieties  
12x355 mL  
21246702 C12



**5<sup>99</sup>** **1,000<sup>00</sup>** **\$1 Value**

**CHARMIN BATHROOM TISSUE or BOUNTY PAPER TOWELS**  
4-24 rolls or  
4-6 rolls  
2103568 SA/2104705 SA




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

**FINISH DISHWASHER TABS or JET-DRY**  
30-55 or  
146 mL  
selected varieties  
2121848 SA/2106202 SA




**13<sup>99</sup>**

**AIR WICK SCENTED OIL REFILLS or KITS**  
3x20 mL  
selected varieties  
2126218 SA/2106202 SA




**14<sup>99</sup>**

**SWIFFER WETJET LIQUID REFILL DUSTER KITS or WET CLOTH REFILLS or DRY CLOTH REFILLS**  
1.25 L  
selected varieties  
2100704 SA/2106202 SA



**7<sup>49</sup>**

**TIDE LIQUID LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER or GAIN SCENT BOOSTERS or BOUNCE DRYER SHEETS**  
1.6 L or  
2.5 L or  
1.39 L or  
1.39 L or  
1.39 L or  
1.39 L  
selected varieties  
2100704 SA/2106202 SA



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

**PUREX LIQUID LAUNDRY DETERGENT or SNUGGLE FABRIC SOFTENER**  
4.26 L or  
1.6 L or  
1.6 L  
selected varieties  
2100704 SA/2106202 SA



**12<sup>99</sup>**

**TIDE LIQUID PODS or FLINGS or LAUNDRY DETERGENT**  
2.1 L or  
4.26 L or  
1.39 L  
selected varieties  
2100704 SA/2106202 SA



**20<sup>99</sup>**

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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](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).