

PRICE CUT EVENT

Get down with
lowered prices.



WOW!
.74 LB

TOMATOES ON THE VINE
product of Ontario
1.63/kg
tomates sur vigne
20026703001 EA



WOW!
6.44

**APPROX 9 LB
CASE**

RED MANGOES
product of Mexico
caisse de mangues rouges
20009633001 EA

WHILE QUANTITIES LAST



SAVE 35%
3.88

6 LB BAG

**NO NAME® NATURALLY
IMPERFECT™ APPLES**
product of Ontario
pommes
20864953001 EA



WOW!
6.88

**APPROX.
3 LB CASE**

TRIUMPH PERSIMMONS
product of South Africa
caisse de kakiés
21812817001 EA

**THANK
YOU
DAY!**

JUNE 1ST

FREE



Be one of the first
300 customers and
receive a free
Bodyarmour Hydration
SuperDrink[®], 473 mL.

*Valid only on June 1st, 2024 until supplies last. Be one of the first 300 customers and get a free Bodyarmour Hydration SuperDrink[®], 473 mL, at participating NOFRILLS[®] locations. Limit one per family and/or customer. No cash value. Product availability may vary by location. Cannot be combined with any other coupons or promotional offers. No substitutions, refunds or exchanges on free product.

ONLINE INFO TTY FLAP

SUMMER OF LOW PRICES



Insiders Report™

PC® Summer Insiders Report™

Find it in-store or online.



APP EXCLUSIVE OFFER*

Single use offer

3,000

\$3 Value

14⁹⁹

PC® or Free From® chicken wings selected varieties, frozen 700-907 g ailes de poulet 20709932 EA



APP EXCLUSIVE OFFER*

Single use offer

2,000

\$2 Value

9⁹⁹

PC® cream pie selected varieties 730/830 g tarte à la crème 21574358 EA

Shop the full PC® Summer Insiders Report™ collection

SHOP NOW

PRICE CUT
EVENT

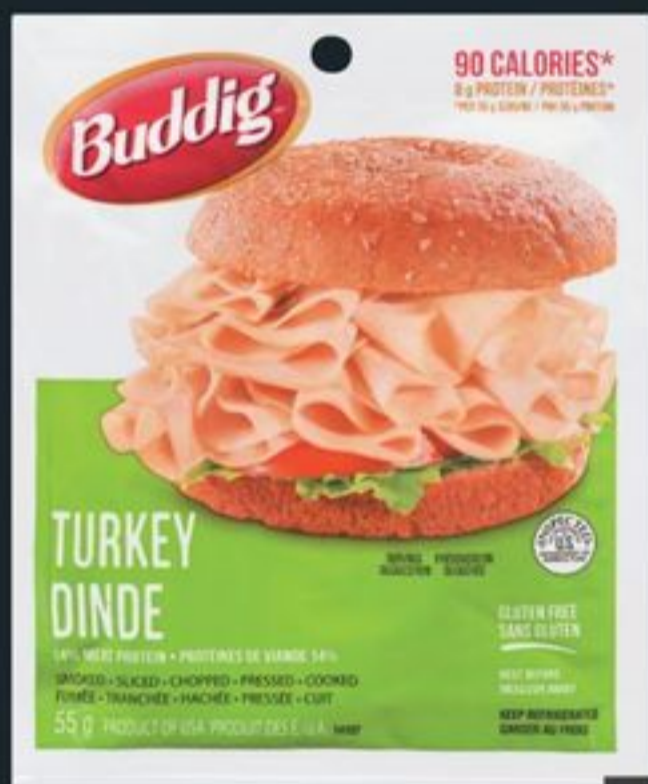
Get down with
lowered prices.



KD ORIGINAL
200 g
macaroni au fromage
21549526 EA

SAVE 20%

\$1



SAVE 49%

\$1

**CARL BUDDIG
SLICED MEAT**
selected varieties
55 g
viandes tranchées
20662013 EA



SAVE UP TO 60%

\$1

PC® DISHWASHING LIQUID
selected varieties
638/739 mL
détergent liquide à vaisselle
21012490 EA/21012498 EA

Get down with lowered prices.

PRICE CUT EVENT

NOFRILLS

FLYER PRICES EFFECTIVE THURSDAY, MAY 30 TO WEDNESDAY, JUNE 5, 2024.

WOW!
5.99

MARINA DEL REY ECUADORIAN SHRIMP
frozen, 300 g
crevettes
21541366 EA

WHILE QUANTITIES LAST



WOW!
1.88
LB

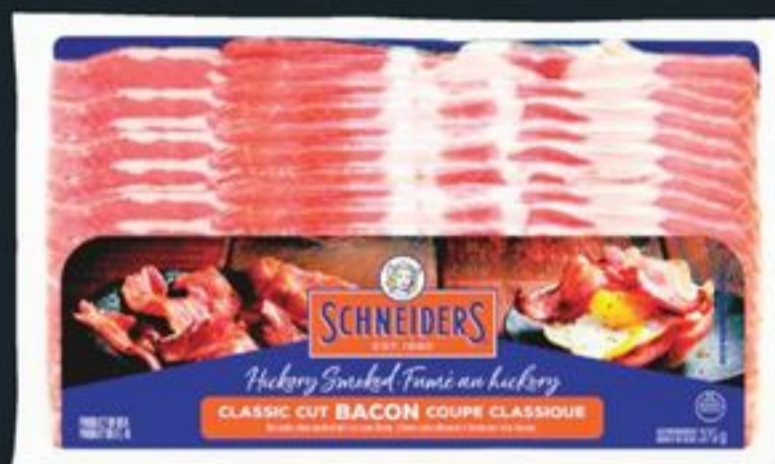
WHOLE CHICKEN
air chilled, fresh
4.14/kg
poulet entier
20949493 KG

WHILE QUANTITIES LAST



SAVE 33%
6.99

LOU'S KITCHEN ENTRÉES
selected varieties, fully cooked
375/400 g
plats cuisinés
20078077 EA



SAVE 20%
3.99

SCHNEIDERS BACON
375 g, selected varieties
bacon
20772671 EA



SAVE UP TO 45%
2.99

CHAPMAN'S COLLECTIONS 1's,
LOLLY NOVELTIES 20's or
MARKDALE CREAMERY ICE CREAM 2 L
selected varieties, frozen
friandises glacées ou crème glacée
2021224601 EA/2022272704 EA



SAVE 38%
3.99

CRACKER BARREL NATURAL CHEESE SLICES
selected varieties
200-240 g
tranches de fromage naturel
21290705 EA



SAVE 30%
8.99

FOLGERS ROAST AND GROUND COFFEE 544-816 g or
TETLEY ORANGE PEKOE TEA 216's
selected varieties
café torréfié et moulu ou thé
21478183 EA/20023499 EA



SAVE 50%
1.49

CATELLI SAUCE
selected varieties
640 mL
SAUCE
20091184001 EA



SAVE UP TO 50%
5.99

CHARMIN BATHROOM TISSUE or
BOUNTY PAPER TOWELS
selected varieties
papier hygiénique ou essuie-tout
21213854 EA/21214978 EA



SAVE UP TO 50%
8.88

SUNLIGHT 4 L or
PUREX 4.08-4.43 L
LAUNDRY DETERGENT
selected varieties
détergent et lessive
2008322001 EA/21427042 EA

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY:

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

AVAILABLE AT: LUCIANO & SARAH'S - ACTON, BOB & TINA'S - AMHERSTBURG, JUSTIN & STACEY'S - ANGLE, MARK'S - ARLINGDALE, RYAN'S - ARLINGDALE, TONY & JILL'S - BAINBRIDGE, CHRIS' - BARRE, NICK'S - BARRE, RYAN'S - BEANSVILLE, BEAU'S - BRADFORD, RUSTY'S - BRANTFORD, WALKER'S - BRANTFORD, CHRIS & ANGLA'S - BRIDGTON, FISHER'S - CANNONVILLE, SANDY'S - CASILLMAN, BOB & KRISTY'S - CHATHAM, SALLY'S - COBURN, JAMES & JENNY'S - COBURN, CHRIS' - CORUNNA, CRY'S - ELLIOT LAKE, ZOE'S - ETOBICOKE, JESSIE & RILEY'S - FORT BR, MADREY'S - GAINANOGUE, MIKE & GRACE'S - GLENCOE, MIKE & TERRY'S - GRAND MND, BON'S - HADDONVILLE, KENNY & CINDY'S - HAMILTON, JOHN'S - INNESFORTH, STEPHAN'S - KINCARDINE, ANDREW & EMILY'S - KINGSTON, TANYA'S - KINGSTON, PAUL'S - MIDLAND, PETER'S - MOUNT PLEASANT, JAMIE & JACLYN'S - NAPANEE, MACKAY'S - NEW HAMBURG, PALMIST'S - NEWCASTLE, JIM'S - NIAGARA FALLS, ALAN & MICHELLE'S - NORTH BAY, JEFF & TAINS' - NORTH BAY, JIM & LEE-ANN'S - ORANGEVILLE, JASON'S - ORILLIA, DEAN & WENDY'S - OWEN SOUND, SKY'S - PARIS, STACEY & TROY'S - PARRY SOUND, STEVEN & JULIE'S - PEMBROKE, CHRIS & NIKKI'S - PETERBOROUGH, GREG'S - PETERBOROUGH, SALLY'S - PICKTON, BRANDON'S - PORT CAROLINE, MIKE'S - PORT DUFFERIN, CHRIS & TANYA'S - RENOIRVILLE, KYLE'S - SARNIA, JOE & JANEY'S - SAUNDERS BAY, JIMMY & STEVE'S - SHELburne, BLAKE'S - ST CATHARINES, MARK'S - ST CATHARINES, CRAIG & JESSI - STRATFORD, BRANDON & ASHLEY'S - STURGEON FALLS, STEVE'S - SUTTON WEST, CATHY'S - TILBURY, GARY'S - TINKING, MARK & SARAH'S - WALLACEBURG, ERIC'S - WATRODOWN, GIBBY'S - WELLAND, TONY & KATHY'S - WINDSOR, SCOTT'S - WOODSTOCK



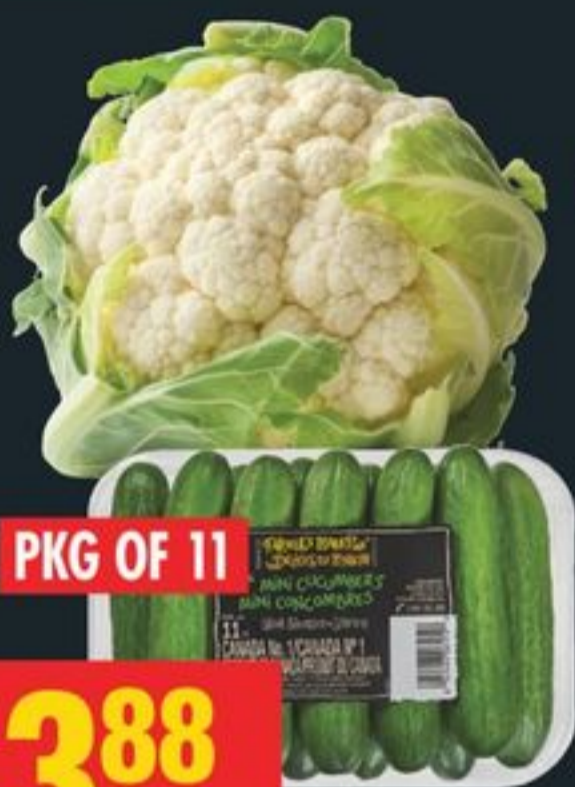
PINT

1 LB CLAMSHELL

3⁸⁸

BLUEBERRIES
product of U.S.A., Mexico or Morocco, no. 1 grade or
STRAWBERRIES
product of U.S.A., no. 1 grade
bleuets ou fraises
20082137001 EA/20049779001 EA

PRICE CUT
EVENT
Get down with lowered prices.



PKG OF 11

3⁸⁸

FARMER'S MARKET™ MINI CUCUMBERS
product of Ontario, Canada no. 1 grade or
CAULIFLOWER
product of Mexico or U.S.A., no. 1 grade
mini-cucumbers ou chou-fleur
21076779001 EA/20133377901 EA



2⁸⁸
LB

ASPARAGUS
product of Ontario, Canada no. 1 grade
asperges
6.35/kg
20174381001 KG



4⁵⁵
LB

CHERRIES
product of U.S.A., no. 1 grade
cerises
10.03/kg
2013969001 KG



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



1⁸⁸

BROCCOLI CROWNS
each, product of U.S.A. or Mexico or
BUNCH SPINACH
each, product of U.S.A.
couronnes de brocoli ou épinards
21121500001 EA/20142000001 EA



PKG OF 4

1 KG

3⁸⁸

GARLIC product of China or
RED or GREEN PEPPERS product of U.S.A.
ail ou poivrons rouges ou verts
211208420001 EA/20115222001 EA/
20073200001 EA



GROWN IN CANADA

3⁹⁹

10 LB BAG

RUSSET POTATOES
product of Canada, Canada no. 1 grade
pommes de terre
20070200001 EA



1³³

ENGLISH CUCUMBERS
product of Ontario, Canada no. 1 grade or
GREEN ONIONS
product of Mexico
cucumbers anglais ou oignons verts
20070123001 EA/20107300001 EA



1⁸⁸
LB

BARTLETT PEARS
product of U.S.A., no. 1 grade,
extra fancy grade or
FORELLE PEARS
product of South Africa,
extra fancy grade
poires
4.14/kg
20172340001 KG/20143213001 KG



PKG OF 5 OR 6

340 G

4⁸⁸

AVOCADOS
product of Mexico or
SWEET SNAP PEPPERS product of Canada
avocats ou poivrons
20142222001 EA/21396042001 EA



.99

ATAULFO MANGOES
product of Mexico
mangues ataulfo
20121200001 EA



6 OZ CLAMSHELL

2⁸⁸

RASPBERRIES
product of U.S.A., no. 1 grade,
BLACKBERRIES
product of Mexico or
PINEAPPLE
product of Costa Rica
framboises, mûres ou ananas
20140970001 EA/20129428001 EA



5⁸⁸

10 LB BAG

FARMER'S MARKET™ YELLOW ONIONS
product of Ontario, Canada no. 1 grade
oignons
20107400001 EA



3⁸⁸

PC™ WHOLE CREMINI™ WHITE MUSHROOMS
product of Ontario
champignons cremini
ou champignons
20191212001 EA/2019071 EA



3⁸⁸

FARMER'S MARKET™ LEMONS
product of South Africa
citrons
20191212001 EA



4⁸⁸

FARMER'S MARKET™ MANDARINS
product of Turkey, Egypt or Spain
mandarines
2009070001 EA



5⁸⁸

FARMER'S MARKET™ GRAPE TOMATOES
product of Canada or U.S.A. or
PC™ VARIETY TOMATOES
product of Canada or Mexico
tomates
2008080001 EA/2008080001 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.

PRICE CUT

Get down with lowered prices.



10⁹⁹

MARCANGELO ITALIAN SAUSAGES or MEATBALLS
selected varieties
1 kg
saucisses ou boulettes de viande
20657488 EA



LACROIX CHICKEN WINGS, DRUMS, LEGS
selected varieties, fresh
500-750 g
poulet
21593137 EA

\$10



SEAQUEST COLOSSAL RAW WHITE SHRIMP
16-20 per lb, 300 g or
BAY SCALLOPS 400 g
Frozen
crevettes ou palourdes
21643887 EA

6⁹⁹

2⁹⁹

GO SHRIMP RAW 51/70 per lb or
COOKED 61/90 per lb, 160 g, frozen,
SMOKED STEELHEAD SALMON pre-sliced, 50 g, frozen or
SEAQUEST® FLAVOURED ALASKA POLLOCK ready to eat, 227 g
crevettes ou saumon ou gouberge
20792840 EA/21208591 EA

CLUB SIZE



9⁴⁹
LB

TOP BLADE STEAK
boneless, cut from Canada AA grade beef or USDA Select grade
20,92/kg
billet de haut de poitrine
20337989 KG

\$13



MAPLE LEAF PRIME ASSORTED CHICKEN
selected varieties
up to 880 g
poulet
20568928 EA/20648017 EA



\$3

SCHNEIDERS LUNCHMATE LUNCH KITS or STACKERS
selected varieties
90-120 g
trousses-papotes
21210034 EA



3⁹⁹

MINI BABYBEL 102-120 g or
THE LAUGHING COW CHEESE 120-140 g
selected varieties
fromage
20319707 EA/20574322 EA



5⁹⁹

MAPLE LEAF NATURAL SELECTIONS or SCHNEIDER'S SLICED DELI MEAT
selected varieties
125-175 g
charcuteries
20009282 EA/20061285 EA



2²²

WONDER BREAD 675 g or
BUNS 6's
selected varieties
pain ou petits pains
20276296 EA/20297455 EA



2⁹⁹

COUNTRY HARVEST BREAD 600 g or
BAGELS 6's
selected varieties
pain ou bagels
21178397 EA/21178642 EA



4⁸⁸

FARMER'S MARKET COOKIES
selected varieties
12's
biscuits
20566295 EA



\$7

PC® PLANT BASED VEGGIE BURGERS
selected varieties, frozen
452 g
végeburgers
21433332 EA



\$12

PC® WAGYU BURGERS
frozen
568 g
burgers de boeuf wagyu
21222754 EA



\$13

PC® CHICKEN BURGERS
frozen
1,13 kg
burgers de poulet
20566897 EA



SAVE 46%

1⁸⁸

I CAN'T BELIEVE IT'S NOT BUTTER!
MARGARINE
427 g
margarine
206749001 EA

PRICE CUT
EVENT
Get down with lowered prices.



500^{PC}

50¢ Value



SAVE UP TO 43%

2⁴⁴

CHEEMO PEROGIES 815/907 g or
VILLA PASTA 400 g
selected varieties, frozen
perogies ou pâtes
20127139 EA/21021840 EA



SAVE 43%

5⁸⁸

HIGH LINER FAMILY FAVOURITES
FISH or SHRIMP
selected varieties, frozen
330-700 g
poisson ou crevettes
2079834001 EA/2057299001 EA



1⁴⁴

UNICO BEANS,
CHICK PEAS or
LENTILS 540 mL or
TOMATOES 796 mL
selected varieties
Légumineuses ou tomates
20313447001 EA/20314629001 EA

INTERNATIONAL
DELIGHT COFFEE
ENHANCERS
selected varieties
946 mL
rehausseurs pour café
20895480002 EA

4⁴⁴



6⁹⁹

TIM HORTONS
ROAST AND
GROUND
COFFEE 300 g or
TWININGS TEA 50's
selected varieties
café ou thé
20902294 EA/211111078 EA



1²²

MINUTE MAID
PUNCH,
LEMONADE or
NESTEA
selected varieties, frozen
295 mL
punch ou thé glacé
20418227001 EA/204185328 EA

SIMPLY or
TROPICANA
BEVERAGES
or
GOLD PEAK
or
PURE LEAF
ICED TEA
selected varieties,
refrigerated
1.34/1.75 L
boissons ou thé glacé
21170784 EA/21354941 EA

4²²



5⁷⁷

BLACK DIAMOND
CHEESTRINGS 16's or
STICKS 12's
selected varieties
fromage
20763561 EA/20986474 EA

COCA-COLA or
PEPSI SOFT
DRINKS
selected varieties
2 L
boissons
20294926002 EA/
20314026002 EA

1⁴⁴



OASIS JUICE,
DEL MONTE
NECTAR or
ARIZONA
ICED TEA
selected varieties
960 mL
nectar ou thé glacé
2033672008 EA/
20894117004 EA

1⁴⁴



NO NAME®
BLEACH
selected varieties
2.4 L
eau de Javel
21486531 EA/21486532 EA

1⁸⁸



2⁴⁴

WERTHER'S
CANDY
JOLLY
RANCHER
HARD CANDY
182/180 g or
TWIZZLERS
GUMMIES
178/175 g
selected varieties
bonbons
20071129 EA/20409717 EA



2⁷⁷

LINDT SWISS
CLASSIC or
MERCİ TABLET
selected varieties
100 g
chocolat
207848001 EA/
21104001 EA



3⁵⁵

KISKO
FREEZIES
selected varieties
12/18 x
bonbons glacés
21000001 EA/21077001 EA
WHILE
QUANTITIES
LAST



14⁸⁸

MR. FREEZE
JUMBO
FREEZE POPS
60's
bonbons glacés
21000001 EA
WHILE
QUANTITIES
LAST

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 instore for details.

JUNE

**HIT
OF THE
MONTH**

STARTS SATURDAY JUNE 1ST

\$2



**General Mills
Honey Nut Cheerios, 292g**
Limit: 4, over limit retail \$2.
WHILE QUANTITIES LAST

Optimum
Members-Only Price
\$7
Non-Members
\$8.49



**no name® Canola Oil
or Vegetable Oil, 3L**

95¢



Titan Aluminum Foil, 12" x 25'
Limit: 6, over limit retail \$2.00

**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 June 1st - 30th, 2024.



SAVE 22%
3⁸⁸

PRICE CUT
EVENT Get down with lowered prices.

CHAPMAN'S YUKON NOVELTIES
selected varieties, frozen
3-8's
friandises glacées
21012981 SA



PC® FREE RUN EGGS
12's or **BLUE MENU®**
EGG WHITES 1 kg
œufs ou blancs d'œufs
2011302801 SA/2002134401 SA

SAVE UP TO 31%
5⁴⁴



DANONE OIKOS TUBS 450/750 g or
ACTIVIA DRINKS 9's YOGURT
selected varieties
yogourt
21006434 SA/21108419 SA

SAVE 20%
5⁵⁵



MINUTE MAID NUTRI or **OASIS**
HEALTH BREAK
or **SMOOTHIE**
selected varieties,
refrigerated
14/1.75 L
jus ou boissons fraiches
2034340301 SA/21107912 SA

4⁴⁴



ROBIN HOOD or
FIVE ROSES FLOUR
selected varieties
2.5 kg
farine
2002949701 SA/2002949700 SA

5⁸⁸



PC® ROAST AND
GROUND or
WHOLE BEAN
COFFEE or **PODS** 30's
selected varieties
café
21028477 SA/21303374 SA

13⁸⁸



QUAKER CRISPY MINIS
or **RICE CAKES**
selected varieties
90-199 g
gâchettes de riz
2014270801 SA
2014270801 SA

2²²



LECLERC CELEBRATION
COOKIES
selected varieties
240/300 g
Biscuits
2003177901 SA

2⁷⁷



COCA-COLA
SOFT DRINKS
selected varieties
12x355 mL
boissons gazeuses
201144402 C12

6⁷⁷



2⁷⁷

MONSTER
ENERGY DRINKS
selected varieties
473 mL
boissons énergisantes
2004410101 SA/2004410101 SA



2⁷⁷

RED BULL
ENERGY DRINKS
selected varieties
250 mL
boissons énergisantes
2004410101 SA/2004410101 SA



5⁴⁴

ZEVIA
SPRITZERS
selected varieties
6x355 mL
spritzers
21100221 SA/21100221 SA



3⁸⁸

BREYERS CLASSIC
FROZEN DESSERT
selected varieties
1.66 L
dessert glacé
2030130502 SA



4⁴⁴

FUDGSICLE or
CREAMSICLE
NOVELTIES
selected varieties, frozen
12's
friandises glacées
20743139 SA/20743139 SA



BREYERS
CREAMERY STYLE
ICE CREAM
selected varieties, frozen
1.66 L
crème glacée
2034492501 SA/2034492500 SA

4⁸⁸

PRICE CUT
EVENT Get down with lowered prices.



277

MCCAIN FRIES
 selected varieties, frozen
 800 g
 fries
 21521173 EA



588

YOPLAIT SOURCE or
CREAMY 16's, YOP
 NO ADDED SUGAR 0% or
 DRINKABLE 0% YOGURT
 selected varieties
 yoplait
 2037377001 EA/21479984 EA



166

UNICO SOLID LIGHT TUNA
 198 g
 from
 20113743 EA



222

CHRISTIE CRISPERS
 selected varieties
 143 g
 croustilles
 2138833 EA



477

POPCORNERS CHIPS
 selected varieties
 142 g
 croustilles
 21379005 EA/21379047 EA



688

SAPUTO MOZZARELLISSIMA
 selected varieties
 500 g
 fromage
 20792341902 EA



344

HERSHEY'S CHIPITS
 selected varieties
 200-270 g
 briures de chocolat
 21432844 EA/21432934 EA



477

SENSODYNE or
PROMAMEL TOOTHPASTE 75/100 mL
 selected varieties
 dentifrice au crème sulfure
 pour profonds dentifrice
 2030117903 EA/20736073 EA



644

FRISKIES DRY CAT FOOD 1.4-1.5 kg or
PARTY MIX CAT TREATS 454 g
 selected varieties
 nourriture ou pâtisseries pour chats
 20922515 EA/21146010 EA



.99

TITAN WAX PAPER 25 ft or
GLAD CLING WRAP 30 m
 papier cire ou
 pellicule plastique
 20003818 EA/20099340 EA



344

FEBREZE AIR 250 g or
MR. CLEAN ALL PURPOSE CLEANER 1.21 L
 selected varieties
 désodorisant d'air
 ou nettoyeur
 21300017 EA/21374809 EA



688

LYSOL DISINFECTANT WIPES 75/84%
SPRAY 350 g or
TOILET BOWL CLEANER 940 mL
 selected varieties
 lingettes désinfectantes
 ou vaporisateur de
 nettoyage à cuvette
 2021431301 EA/21449834 EA



1077

TIDE LIQUID 1.86 L or
PODS 31/23/18's
LAUNDRY DETERGENT,
DOWNY FABRIC SOFTENER or
GAIN SCENT BOOSTERS 379 g
 or **BOUNCE DRYER SHEETS** 120-200's
 selected varieties
 détergent ou assouplissant ou
 rehausseur de parfum ou
 feuilles pour sècheuse
 21192781 EA/20911048 EA



1677

DOWNY or **GAIN FABRIC SOFTENER** 4.36 L,
 480 g,
TIDE ZERO LIQUID 3.4 L
 or **TIDE PODS** 57/43/32's
LAUNDRY DETERGENT
 selected varieties
 assouplissant textile ou rehausseur
 de parfum ou détergent à lessive
 21149939 EA/21424213 EA



1977

FINISH DISHWASHER TABS
 selected varieties
 60-120's
 pastilles pour lave-vaisselle
 21198873 EA/21198137 EA

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* **1,000 pts**

\$1
value

for every \$5* spent on
Old Dutch Humpty Dumpty
 snacks 250-290 g or
Restaurante tortilla
 chips 273/290 g
 selected varieties
 fripperies ou croustilles
 21067918 EA/2148100 EA



\$1
value

Get* **1,000 pts**

for every \$5* spent on
Pringles potato chips
 selected varieties
 148-203 g
 croustilles
 21008823 EA/21008823 EA





The **NOFRILLS** thing to do.

LET THE GOOD TIMES AND LOW PRICES ROLL!
Shop deals on brand name products.

PEPPERIDGE FARM GOLDFISH CRACKERS
selected varieties
156-227 g
croquillons
20300220 EA





SNYDER'S
PIECES BOUCHÉES
Honey Mustard & Onion
Mustard au miel & oignon

500^g **50¢ Value**

SNYDER'S PRETZELS
selected varieties
240 g
bretzels
2031403204 EA

2²⁹

2⁹⁹

YOPLAIT MINIGO TUBES
selected varieties
yogurt
2021610001 EA/21547392 EA





LIBERTÉ GREEK 650/750 g or
MÉDITERRANÉE 900 g **YOGURT**
selected varieties
yogurt
20643273 EA/21079491 EA

2⁴⁹

5⁹⁹

MINUTE MAID ZERO SUGAR ADDED BEVERAGES
selected varieties,
refrigerated
1.24 L
boissons
21434700 EA/21434719 EA





SIMPLY JUICE or
LEMONADE or
GOLD PEAK
ICED TEA
selected varieties,
refrigerated
2.63 L
jus d'orange ou limonade
ou thé glacé
21592119 EA/21392203 EA

3⁹⁹

6⁹⁹

DIANA or BULL'S-EYE BBQ SAUCE
selected varieties
425/500 mL
SAUCE
20547834003 EA/
21194617 EA





J.L. KRAFT PURE DRESSINGS
selected varieties
355 mL
 vinaigrette
21581428 EA/21581455 EA

2⁹⁹

4⁹⁹

ROYALE BATHROOM TISSUE
selected varieties
15-30 rolls
papier hygiénique
21187140 EA/21572800 EA



IRVING
CONSUMER PRODUCTS

ROYALE TIGER TOWELS
6-12 rolls
essuie-tout
21484704 EA

7⁹⁹

11⁹⁹

PERSIL LAUNDRY DETERGENT
selected varieties
2.21 L
détergent à lessive
20923144 EA





SNUGGLE FABRIC SOFTENER
selected varieties
3.41 L
assouplissant textile
20131241 EA

11⁹⁹

11⁹⁹

PRICE DROP



QUAKER DIPPS or CHEWY GRANOLA BARS
selected varieties
120-156 g
barres granola
30847382 EA/21337966 EA

PRICE DROP
2.29



PRICE DROP
2.29

CAMPBELL'S READY TO SERVE SOUP
selected varieties
515 mL
soupe
21479030 EA



PRICE DROP
2.99

CATELLI GLUTEN-FREE PASTA
selected varieties
300/340 g
pâtes sans gluten
30794341 EA



PRICE DROP
3.49

GREEN GIANT VEGETABLES
selected varieties, frozen
400-750 g
légumes
31023377 EA/31023353 EA



PRICE DROP
2.49

ANNIE'S MACARONI AND CHEESE PASTA
selected varieties, 170 g
macaroni au fromage
30216187001 EA/20971317 EA



PRICE DROP
3.99

RIO MARE TUNA SALAD BOWLS or TUNA IN OLIVE OIL
selected varieties, 160 g
bols de salade de thon ou thon dans l'huile d'olive
30971361 EA



PRICE DROP
6.99

PC® ROAST AND GROUND COFFEE 340 g or **FOLGERS PODS** 12's
selected varieties
café torréfié et moulu ou capsules
30416419003 EA/21388079 EA



PRICE DROP
2.99

KRAFT SALAD DRESSING
selected varieties
425 mL
vinaigrette
21384630 EA/21384931 EA



PRICE DROP
4.49

MINUTE RICE
selected varieties
600/700 g
riz
30210858 EA



PRICE DROP
\$11

LOU'S PORK BACK RIBS
selected varieties, frozen
680 g
côtes de dos de porc
31330777 EA



PRICE DROP
2.49

DARE COOKIES
selected varieties
168-215 g
biscuits
30793564 EA/21080791 EA



PRICE DROP
2.99

UFC COCONUT WATER
1 L
eau de noix de coco
30570306 EA



PRICE DROP
8.99

FRITO-LAY VARIETY PACK
selected varieties, 428/448 g
grignolines
21584937 EA



PRICE DROP
2.49

PC® LIQUID ENHANCER
selected varieties
48 mL
mélanges pour eau
30734132061 EA



PRICE DROP
4.50

PC® or BLUE MENU® SPARKLING WATER
selected varieties
12x355 mL
eau pétillante
3068024002 C12/21318379 C12



PRICE DROP
3.49

ALCAN FOIL 50 h,
GLAD PLASTIC WRAP 60 m
or **REYNOLDS PARCHMENT PAPER** 25 h
papier d'aluminium ou pellicule
plastique ou papier parchemin
30643071 EA/20015862 EA



ALCAN 50' CLASSIC
GLAD Cling Wrap 60'

PRICE DROP



DOVE HAIR CARE
selected varieties
142-198 g/195-355 mL
soins capillaires
2020023001 SA

PRICE DROP
3⁹⁹



PRICE DROP
2⁹⁹

HERBAL ESSENCES HAIR CARE
selected varieties
346 mL
soins capillaires
21347094 SA/21347099 SA



SOFTSOAP BODY WASH or IRISH SPRING BODY WASH 591 mL or **BAR SOAP** 6x104 g
selected varieties
nettoyant pour le corps ou pain de savon
21219373 SA/1436477 SA



PRICE DROP
4⁹⁹

NIVEA BODY WASH 500 mL, **DEODORANT ROLL-ON** 50 mL or **ANTIPERSPIRANT** 51/52 g
selected varieties
nettoyant pour le corps ou déodorant à bille ou antiperspirant
20231421004 SA
21149899 SA



PRICE DROP
3⁹⁹

OLD SPICE or SECRET DEODORANT
selected varieties
73/85 g
déodorant
20098094 SA/20663349001 SA



PRICE DROP
3⁹⁹



PRICE DROP
3⁴⁹

COLGATE PREMIUM TOOTHPASTE 70-150 mL or **MANUAL TOOTHBRUSH** 1 no.
selected varieties
dentifrice ou brosse à dents manuelle
20206410001 SA/21144483 SA



CREST GUM TOOTHPASTE 63 mL or **SCOPE MOUTHWASH** 1 L
selected varieties
dentifrice au rince-bouche
20948747 SA/21354690 SA

PRICE DROP
4⁹⁹



PRICE DROP
4⁹⁹

ST. IVES BODY LOTION
selected varieties, 600 mL
lotion pour le corps
21084089 SA/21084101 SA



PRICE DROP
9⁹⁹

ALWAYS PADS or LINERS 20-162's or **TAMPAX TAMPONS** 22-54's
selected varieties
serviettes ou protège-dames ou tampons
21019928 SA/20962094 SA



PRICE DROP
9⁹⁹

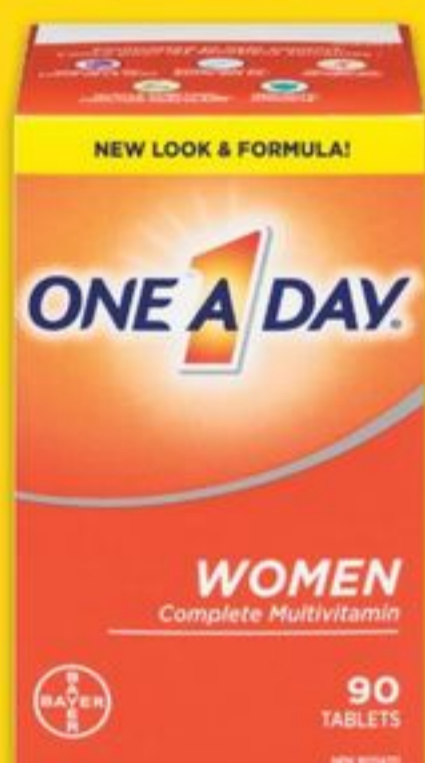
PEDIASURE COMPLETE NUTRITIONAL SUPPLEMENT
selected varieties
4x235 mL
supplément nutritif
2022814001 SA

HEALTHY DEALS



5⁴⁹

BAND-AID BANDAGES
selected varieties, 5-80's
pansements
20122893 SA/20380514001 SA



12⁹⁹

ONE A DAY MULTIVITAMIN TABLETS 90's or
FLINTSTONE'S CHILDREN'S GUMMY VITAMINS 60's
selected varieties
multivitamines ou vitamines
21515217 SA



13⁹⁹

VOLTAREN EMULGEL
selected varieties
100-150 g
gel pour les articulations
21111048 SA/21222471 SA



21⁹⁹

REACTINE ALLERGY TABLETS 24-36's or
BENADRYL ALLERGY CAPLETS 100's
selected varieties
comprimés ou caplets contre les allergies
20054819001 SA/20234897 SA

BEER AND CIDER



15⁹⁵

BUD LIGHT TALL BEER
cans
6x473 mL
bière
20953208 C04



18⁹⁵

BEER MADRI EXCEPCIONAL BEER
cans
6x473 mL
bière
21407641 C06



14⁹⁵

SLEEMAN ORIGINAL DRAUGHT BEER
cans
6x473 mL
bière
20953192 C04



12⁴⁰

GUINNESS DRAUGHT BEER
cans
4x440 mL
bière
20053374 C04



19⁹⁵

CORONA EXTRA BEER
cans
6x473 mL
bière
21377481 C04



19⁶⁵

HEINEKEN TALL BEER
cans
6x500 mL
bière
20953360 C06



28⁴⁵

STRONGBOW CIDER
cans
6x440 mL
cidre
20123479 C04



3⁷⁰

**OMNIPOLLO
IPA**
473 mL
bière
21097264 EA

**PLEASE DRINK RESPONSIBLY.
ONLY AVAILABLE AT:**

- Ryan's, Aylmer • Rocky's, Brampton • Sarangan's, Brampton • Rob's, Markham • Dave & Annette's, Markham • Daniel's, Mississauga • Tom & Michelle's, Mississauga • Jeff & Tanis', North Bay • Carlo's, North York • DaCosta's, Pickering • Chris & Tanya's, Renfrew • Enzo's, Richmond Hill • Dave & Charlotte's, Scarborough • Brandon & Ashley's, Sturgeon Falls • Andrew & Shelley's, Toronto • Mike's, Toronto

ONLINE ALC NFO

no name®

sale for savings



\$1

NO NAME® LIGHTER
21277001, EA



\$8

NO NAME® BEACH TOWEL
21406022, EA



\$4

NO NAME® TO-GO TUMBLER
21294636, EA

\$12

NO NAME® BEACH UMBRELLA
21406992, EA



\$10

NO NAME® STAINLESS STEEL WATER BOTTLE
485 mL
21229120, EA



\$12

NO NAME® CAMP CHAIR
21221212, EA



\$10

NO NAME® COOLER BAG
21221215, EA



\$14

NO NAME® HARD COOLER
6 L
21296264, EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE GM NFO

BETTER AS A MEMBER

* Scan your PC Optimum™ app or swipe your card to get PC Optimum™ Members pricing.

Get*

May 30 – Jun 5, 2024

10,000 pts

\$10
value

for every \$100* spent on any combination of Happy Birthday and Happy Kid 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 Birthday and Happy Kid 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.

no name™ mobile



Subject to change. Conditions apply. Visit nonamemobile.ca for full details.

†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

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).



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
chaussons
21588524_EA/21588459_EA/21588644_EA



\$4
500 mL

PC® BLACK LABEL ICE CREAM
selected varieties
crème glacée
21588332_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.

NOFRILLS

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

nofrills.ca



100% post-consumer recycled paper



NF SIR BACK

25% off
Women's Dresses*

May 30 - June 5 | In-Store + Online
*Visit www.joefresh.com/offerdetails for full details

SHOP NOW

JOE FRESH

NOW
51.75

Reg. \$69
Cutout Maxi Dress



NOW
26.25

Reg. \$26
Shift Dress



NOW
36.75

Reg. \$47
Women + Popover Dress



THREE NEW WAYS WE'RE KEEPING BUDGETS HAPPY



**FRESH
GUARANTEE**

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



**RAIN
CHECK
+ pts**

We'll honour a current flyer deal
if we're sold out,
plus give you 10% back in
PC Optimum™ points.



**THROW
BACK
PRICES**

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.
*Standard message and data rates may apply.

STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*

