

CARIBBEAN FAVES THAT'LL MAKE YOU JUMP UP AND WAVE

**4 DAY SALE!
THURS-SUN ONLY**

GRACE ACKEES
selected varieties
540 g
cibon
2009099 EA



SAVE 45%

5⁹⁹

GRACE COCONUT MILK 400 mL or
COCONUT WATER 500 mL
lait de noix de coco ou
eau de noix de coco
2004774 EA/2042567 EA



SAVE 33%

.99

CHUBBY SODA DRINKS
selected varieties, 250 mL
boissons gazeuses
2156732 EA



SAVE 36%

.50

CHELSEA FISH BITS
boned, salted, frozen
400 g
bouchées de poisson
2086439 EA



WHILE QUANTITIES LAST

**ONLY
3⁹⁹**



SAVE UP TO 27%

11⁹⁹

MR. GOUDAS PARBOILED • LONG GRAIN WHITE RICE
RIZ
21507265 EA



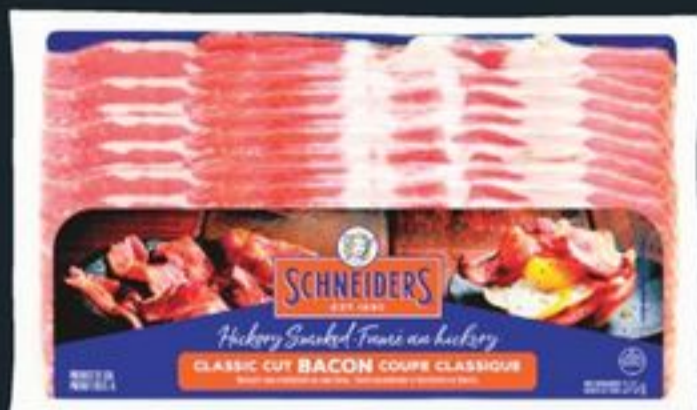
**ONLY
9⁹⁹**

TINNEL'S JAMAICAN PATTIES
Frozen, 1.12 kg
pâtis à la jamaïcaine
20542344001 EA

HOT SUMMER SALE



FLYER PRICES EFFECTIVE THURSDAY, JULY 25 TO WEDNESDAY, JULY 31, 2024.



SAVE UP TO 43%
3.97

SCHNEIDERS or **MAPLE LEAF BACON** or **SMOKED SAUSAGE** 375 g
selected varieties
bacon ou saucisses fumées
20772671 EA



SAVE 38%
4.66
LB

CHICKEN BREAST
fresh, boneless, skinless
10.27/kg
poitrines de poulet
20654124 RG

SAVE 34%
.97



CAMPBELL'S CREAM OF MUSHROOM, TOMATO, VEGETABLE or **CHICKEN NOODLE SOUP** 284 mL
300994
20176214004 EA



SAVE 31%
6.88

PC ENTRÉES 400 g/1.13 kg
SWANSON OVEN EASY MEALS 879/992 g or
SWANSON FAMILY SKILLETS 1.10 kg
selected varieties, frozen
plats, cuitinais
20236534 EA/21109294 EA

SAVE 32%
1.69



BARILLA PASTA
selected varieties
340/410 g
pâtes
21404904 EA

SAVE 20%
\$1



NEILSON CHOCOLATE MILK
750 mL
lait au chocolat
2576719 EA

SAVE 33%
2.50



LAY'S POTATO CHIPS or **POPPABLES** 130 g
selected varieties
croustilles ou grignolines
21241532 EA

WOW!
8.99



MAXWELL HOUSE ROAST AND GROUND COFFEE
431-925 g, **STARBUCKS** 340 g or
PODS 10's
selected varieties
café torréfié et moulu ou capsules
2054842304 EA/21406482 EA

42 PODS
107 LOADS
ONLY 12.99

GAIN LIQUID or FLINGS LAUNDRY DETERGENT
détergent à lessive
20999427 EA/21403174 EA

8=24 ROLLS
4=6 ROLLS
SAVE UP TO 50% 5.99

CHARMIN BATHROOM TISSUE or **BOUNTY PAPER TOWELS**
selected varieties
papier hygiénique ou essuie-tout
21515858 EA/21549785 EA

SAVE 20% 1.99

REAL CANADIAN NATURAL SPRING WATER
24x500 mL
eau de source naturelle
20154975 C24

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.

Earn*
4,000 pts

for every \$10* spent on Breyers or Popsicle items
all varieties and sizes, frozen
crème glacée ou friandises glacées
2024492506 EA/20242171 EA

\$4
value



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

nofrills.ca

01 NFO

HOT SUMMER SALE



SAVE 53%

.19

SWEET CORN
product of Ontario, Canada no. 1 grade
each
maïs sucré
20131170001 EA



SAVE 35%

3⁸⁸

3 L CLAMSHELL

**FARMER'S MARKET™
YELLOW PEACHES**
product of Ontario, no. 1 grade
pêches jaunes
20028568001 EA



SAVE 27%

2⁸⁸

3 LB BAG

**FARMER'S MARKET™
NAVEL ORANGES**
product of South Africa
oranges navel
20162943001 EA



SAVE 71%

.99 LB

GREEN PEPPERS
product of Ontario
poivrons verts
2.18/kg
20425893001 KG

HOT SUMMER SALE



SAVE 33%
1.99

PC® LEMONADE
selected varieties
1.89 L
lemonade
20773870001 EA/21423929 EA



SAVE 22%
3.49

CHAPMAN'S COLLECTIONS®,
LOLLY NOVELTIES 28's or
MARKDALE CREAMERY
ICE CREAM 2 L
selected varieties, frozen
friandises glacées ou crème glacée
20313234001 EA/2022237001 EA



ONLY
\$2

NO NAME®
ICE CREAM CONES
selected varieties
75/80 g
cornets à crème glacée
21203630 EA/21203683 EA



ALWAYS
\$10

NO NAME®
FROZEN NOVELTIES
selected varieties
24/30's
friandises glacées
2034740002 EA/21013432 EA

WE KNOW LOCAL.

FRESH GUARANTEE



RED SUN FARMS

Kingsville, Ontario

With over 25 years of greenhouse industry experience, Red Sun's Head Grower, Frank, knows a thing or two about growing local veg.

ENGLISH CUCUMBERS
product of Ontario, Canada no. 1 grade
concombres anglais
20079122001 EA

.99



1.99
LB

BEEFSTEAK TOMATOES
product of Ontario, Canada no. 1 grade
tomates beefsteak
4.29/kg
20426141001 KG



4.99

10 LB BAG

NEW CROP WHITE POTATOES
product of Ontario, Canada no. 1 grade
nouvelle récolte pommes de terre blanches
2060097001 EA



\$6

FARMER'S MARKET™ YELLOW NECTARINES or PLUMS
product of Ontario, no. 1 grade
nectarines jaunes ou prunes
20905336001 EA / 20905329001 EA



1.29
LB

GREEN or YELLOW ZUCCHINI
product of Ontario
courgette
2.84/kg
20426199001 KG / 20148263001 KG



GROWN IN CANADA
2.99

3 LB BAG

FARMER'S MARKET™ CARROTS or YELLOW ONIONS
product of Canada,
Canada no. 1 grade
carottes ou oignons jaunes
20811994001 EA / 20600927001 EA



GROWN IN CANADA
3.99

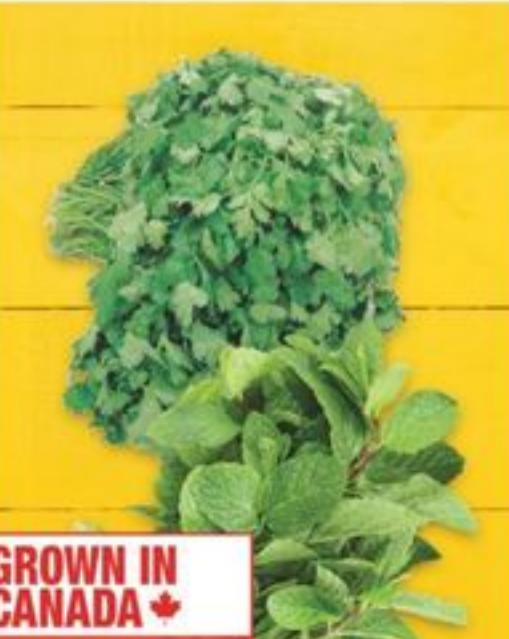
CAULIFLOWER
product of Canada,
Canada no. 1 grade
chou-fleur
20125377001 EA



4.99

4 LB BAG

FARMER'S MARKET™ AMBROSIA or ROYAL GALA APPLES
product of Ontario,
Canada Fancy grade
pommes
51307212001 EA / 20167996001 EA



GROWN IN CANADA
.99

BUNCH MINT or CILANTRO
product of Canada
menthe ou coriandre en botte
20129334001 EA / 20091823001 EA



GROWN IN CANADA
2.99

PKG OF 3

ROMAINE HEARTS
product of Canada
cœurs de romaine
20667389001 EA



\$5

3 LT BASKET

DILL CUCUMBERS
product of Ontario
concombre à mariner
20642074001 EA





HOT SUMMER SALE

1.99

CANTALOUPE
product of Canada or U.S.A.
cantaloup
20167017001 EA



3.99

340 G

FARMER'S MARKET™ STRAWBERRIES
product of Ontario,
Canada no. 1 grade
Fraises
21194329001 EA



PINT

BLUEBERRIES
product of Canada or U.S.A.,
no. 1 grade
bleuets
20080137001 EA

2.99



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



3.99 LB

JUMBO CHERRIES
product of U.S.A., no. 1 grade
cerises
8.80/kg
20139490001 EA



3.99

AVOCADOS product of Mexico
or **ASPARAGUS**
product of Peru, no. 1 grade
avocats
20181799001 EA/20142322001 EA



4.99

13 LB AVERAGE

SUGAR BABY WATERMELON
product of Ontario,
melon d'eau
20098440001 EA



1.99 LB

HONEY TANGERINES
product of South Africa
tangerines miel
4.29/kg
20002920001 EA



2.99

PINEAPPLE
product of Costa Rica
mich
ananas
20144990001 EA



4.99

JUMBO HONEYDEW
product of U.S.A.
melon miel
20043374001 EA



.69

LEMONS
product of South Africa
mich
citrons
20000000001 EA



.99

RED MANGOES
product of Mexico
mich
mangues
20000000001 EA



1.99 LB

FUJI APPLES
product of U.S.A.,
extra fancy grade
pommes
4.29/kg
20020000001 EA



4.99

EAT SMART SWEET KALE or TAYLOR FARMS CHOPPED SALAD KITS
selected varieties
product of U.S.A.
310-362 g
sachets de chou frisé ou salades hachées
20000000001 EA/21000000001 EA



3.99

PC™ WHOLE WHITE - CREMINI MUSHROOMS
product of Ontario
champignons cremini
en blancs entiers
20000000001 EA



3.99

FARMER'S MARKET™ MANDARIN MANDARINES
product of South Africa
mandarines
20000000001 EA



3.99

FARMER'S MARKET™ MINI CUCUMBERS
product of Ontario,
Canada no. 1 grade
mini-cucumbers
20000000001 EA



5.50

BASSE SNACK MIXES
selected varieties
440-600 g
mélange
20000000001 EA/21000000001 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.

HOT SUMMER SALE



3.99
LB

WHOLE CHICKEN
poulet entier
8.80/kg
20909893_KG
WHILE QUANTITIES LAST



**SCHNEIDERS
JUICY JUMBOS**
selected varieties
375/450 g
20105611_EA

3.97



**CLUB
SIZE**

3.99
LB

PORK COMBO CHOP
bone-in, fresh
côtelettes de porc
8.80/kg
20683470_KG



**JOHNSONVILLE
DINNER SAUSAGE BREAKFAST
SAUSAGES or ROUNDS or ITALIAN GRINDS**
selected varieties
250-500 g
saucisses ou rondines ou viande hachée
20303844_EA

5.99



1.99

**MAPLE LODGE
FARMS or
ZABIHA HALAL
CHICKEN
WIENERS**
selected varieties, 450 g
saucisses fumées de poulet
20004571_EA/20062713_EA



6.99

**SCHNEIDERS
SAUSAGE ROUNDS,
BREAKFAST or
DINNER SAUSAGES**
frozen, 375 g
rondines de saucisse ou saucisses à
déjeuner ou à réchauffer
20461539_EA/21119317_EA



**CLUB
SIZE**

7.22
LB

**EXTRA LEAN
GROUND BEEF**
fresh
bœuf haché extra maigre
15.92/kg
20257910_KG



3.50

**ZIGGY'S®
SLICED
DELI MEAT**
selected varieties
175/300 g
charcuterie tranchée
20009418_EA/21109418_EA



\$6

**SEAQUEST®
FROZEN
FISH FILLETS**
selected varieties
frozen, 400 g
filets de poisson
70133576_EA/21214740_EA



6.99

**SEAQUEST®
COLOSSAL
RAW WHITE
SHRIMP**
14-20 per lb., 200 g or
RAY SCALLOPS
400 g, frozen
crevettes blanches
cruées congelées ou
palanches de base
21042867_EA/21103837_EA



8.49

**PILLERS
PEPPERETTES
or
TURKEY
BITES**
selected varieties
300-500 g
bâtonnets ou bouchées
de saucisson
20009418_EA/21109418_EA



1.97

**NO NAME®
BAGELS or
ENGLISH
MUFFINS**
selected varieties
6 1/2"
bagels ou muffins anglais
21207790_EA/21207790_EA



2.99

**D'ITALIANO
BREAD
400/675 g or
BUNS 6 1/2"**
selected varieties
pain
20028332_EA/20027048_EA



4.44

**PC®
MINI
MUFFINS**
selected varieties
330 g
mini-muffins
21488839_EA



\$8

**TRE STELLE
CHEESE
TWIN PACK**
selected varieties
240-500 g
fromage
21100063_EA/21100064_EA

NEW ZEALAND STEAKS

fresh
top sirloin, flank, striploin
or boneless rib steak
product of New Zealand
biftecks
21565860_EA/21565985_EA
21566011_EA/21566021_EA
WHILE QUANTITIES LAST

\$12



HOT SUMMER SALE



SAVE 20%
5.99

LACTANTIA BUTTER
selected varieties
454 g
bouteille
30629936 EA



ONLY 3.33

DANONE ACTIVIA 650 g or **DANINO KIDS DRINKABLES 6'S YOGURT**
selected varieties
yogourt
20223123003 EA/21520190 EA



SAVE UP TO 36%
3.99

KELLOGG'S ALL BRAN 450/525 g, **RAISIN BRAN** 425/451 g, **VECTOR** 306/400 g, **SPECIAL K** 317-435 g, **MINI-WHEATS** 405-510 g or **FUN PAC CEREAL** 210 g
selected varieties
céréales
20545264 EA/20792638 EA

\$1 Value
1,000



1.99

PILLSBURY REFRIGERATED WRAPS
selected varieties
200/227 g
pâte réfrigérée
3036424002 EA/21003540 EA



3.99

PHILADELPHIA CREAM CHEESE PRODUCT
selected varieties
227/250 g
produit de fromagerie à la crème
30441367 EA



4.79

SMUCKER'S JAM, MARMALADE or JELLY
selected varieties
330-500 mL
confiture ou marmalade ou gelée
3038843001 EA/2032273001 EA



1.79

CATELLI GARDEN SELECT SAUCE
selected varieties
640 mL
sauce
30493184001 EA



2.99

MCCAIN SUPERFRIES or SPECIALTY FRIES
selected varieties, frozen
454-750 g
frites
3023423002 EA



3.99

HUNGRY-MAN ENTRÉES 360-455 g or **HEALTHY CHOICE GOURMET STEAMERS** 269-306 g
selected varieties, frozen
plats cuisinés
3029614004 EA/2021761009 EA



\$3

NO NAME® FROZEN FRUIT
selected varieties
300/400 g
fruits surgelés
21543007 EA/21543106 EA



3.99

GAY LEA WHIPPED CREAM
selected varieties
225 g
crème fouettée
3004823001 EA



5.99

DEL MONTE JUICE BLENDS
selected varieties, refrigerated
2.5 L
mélanges de jus
21423774 EA/21519570 EA



1.69

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
2 L
boissons gazeuses
2029826002 EA
2019403002 EA



5.99

BUBLY 12x355 mL or **MONTELLIER** 10x355 mL **SPARKLING WATER**
selected varieties
eau pétillante
2196722 EA/21967107 EA



7.99

NESTEA ICED TEA
selected varieties
12x341 mL
thé glacé
2012040002 EA/21

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.

HOT SUMMER SALE



SAVE 38%
3.99

**CRACKER BARREL
NATURAL CHEESE SLICES**
selected varieties
200-240 g
tranches de fromage
21290703 EA



ONLY
1.79

UNICO TUNA
198 g
thon
20113745 EA



SAVE UP TO 25%
5.79

**BLACK DIAMOND
CHEESTRINGS** 16's or **STICKS** 12's
selected varieties
fromage affiné/aboué ou bâtonnets
20133661 EA/20996474 EA



1.69

**HEINZ BEANS
or PASTA**
selected varieties
398 ml
boîtes ou pâtes
3048238002 EA/20177278001 EA



1.79

DOLE PINEAPPLE
selected varieties
398 ml
ananas
20134767001 EA



1,000⁺ Value

3.99

**GOLD SEAL
WILD SOCKEYE SALMON**
213 g
saumon sockeye
21168814 EA



2.99

**FIBRE 1⁺
or NATURE VALLEY
SWEET & SALTY BARS**
selected varieties
210-210 g
barres
20133338 EA/201333384 EA



5.99

**LIBERTÉ
GREEK MÉDITERRANÉE** 900 g,
YOPLAIT SOURCE or
CREAMY NO SUGAR ADDED
16% YOP
selected varieties
Yogourt
20442273 EA/21479984 EA



6.99

**KAWARTHA
ICE CREAM**
selected varieties, frozen
1.5 L
crème glacée
20611012022 EA



2.79

**DEL MONTE
ON ICE REFRESHER** 1.81 L.
— **KOOL-AID
JAMMERS** 15x180 mL
selected varieties
boissons
20277008 EA/21278001 EA



2.99

**DOLE FRUIT
BOWLS** 4x122 mL or
**FRUIT 'N GEL
SNACKS** 4x122 g
selected varieties
boîtes de fruits ou collations
20133333 EA



3.99

**PC[®] THE
DECADENT[™]
CHOCOLATE CHIPS**
selected varieties
234-300 g
chocolats de chocolat
20011421 EA



5.99

**HEINZ
PICNIC PACK**
3x375 mL
ensemble pour pique-nique
20001124 EA

HOT SUMMER SALE



ONLY
4.99

GIUSEPPE THIN CRUST or RISING CRUST PIZZA
selected varieties, frozen
439-783 g
pizza
21106341 EA



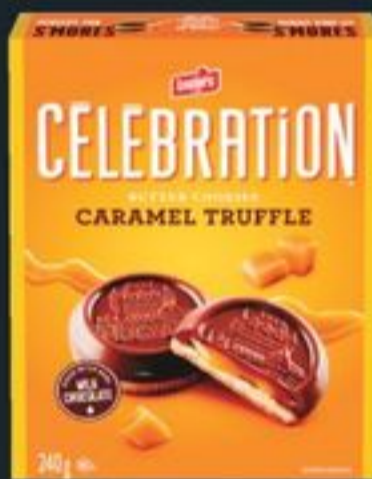
SAVE UP TO 43%
1.29

NEILSON SHAKES 310 mL or **M2GO FLAVORED MILK** 310-473 mL
selected varieties
boissons frappés ou lait aromatisé
21040943 EA/21043630 EA



SAVE UP TO 37%
1.99

CAMPBELL'S CHUNKY SOUP
selected varieties
515 mL
soupes
21480447 EA/21480519 EA



2.79

LECLERC CELEBRATION COOKIES
selected varieties
240/300 g
biscuits
20433797001 EA



3.29

OLD DUTCH HUMPTY DUMPTY SNACKS 250-290 g or **RESTAURANTE TORTILLA CHIPS** 275/290 g
selected varieties
grignolines ou croustilles
21367510 EA/21445100 EA



3.99

ORVILLE REDENBACHER MICROWAVE POPCORN 385-492 g or **KERNEL JAR** 850 g
selected varieties
maïs à échauffer ou en pot
20429532002 EA



3.49

MARIO'S CORNED BEEF or COOKED HAM
340 g
bœuf salé ou jambon cuit
21295414 EA



3.99

NO NAME® GRAHAM CRUMBS
selected varieties
400 g
chapelure graham
20322332 EA



3.99

CARNABY SWEET SYRUP 428 mL or **PC® WAFFLE CONE** 205 g
selected varieties
sirop ou cornet gouteux
21203793 EA



3.49

MINUTE MAID, FIVE ALIVE JUICE or NESTEA ICED TEA
selected varieties
8/10x200 mL
jus ou thé glacé
20274002 EA/21092967 EA



3.99

HELLMANN'S REAL MAYONNAISE
selected varieties
340/445 mL
mayonnaise
20048233001 EA



4.79

SENSODYNE or PRONAMEL TOOTH PASTE 75/100 mL or **POLIGRIP** 40 g
selected varieties
dentifrice ou adhésif pour prothèses dentaires
20201179001 EA/20726075 EA

DEALS ON CAMPING MUST-HAVES

2.99

PC® GIGANTICO™ BUNS
selected varieties
6-8" x
petits pains
30271958 EA



3.49

SCHNEIDERS REDHOTS WIENERS 375 g or LUNCHMATE LUNCH KITS or STACKERS
selected varieties, 90-120 g
soudées familiales ou troussees repas
3060329 EA/31310034 EA



3.99

KRAFT SINGLES 410 g or CHEEZ WHIZ 450 g
selected varieties
produit de fromage fondu
30496001 EA/31188454 EA



5.99

NESCAFÉ GOLD 90-100 g or SWEET & CREAMY 144-351 g INSTANT COFFEE
selected varieties
café instantané
31074045 EA/31363371 EA

ZIGGY'S® SUB TRIO
selected varieties
300 g
trio pour sous-marin
21396517 EA

\$6



\$10

ZIGGY'S® SLICED DELI MEAT
selected varieties
400 g
charcuterie tranchées
21396514 EA/21396523 EA



2.50

NO NAME® MARSHMALLOWS
selected varieties
400 g
guimauves
3030467301 EA



20.99

GATORADE SPORT DRINKS
selected varieties
24x591 mL
boissons désaltérantes
30396823002 C34



CLIF ENERGY, BUILDERS - NUT BUTTER BAR
selected varieties
50/68 g
barres
30130914003 EA/30303133003 EA

2.50



3.50

EXCEL GUM BOTTLE
selected varieties
40/60's
gommes
30333308 EA/30319119002 EA



6.49

ANNIE'S ORGANIC GRAHAM SANDWICHES or BUNNY FRUIT SNACK PACK
selected varieties
198/226 g
sandwiches graham ou collations aux fruits
21347813 EA/21347875 EA



NO NAME® PAPER TOWELS
2 rolls
essuie-tout
30118044 EA

2.50



3.99

ALCAN FOIL 50 R, NON STICK FOIL 25 R or REYNOLDS PARCHMENT PAPER 25 R
papier d'aluminium ou papier parchement
30311863 EA



9.99

BANANA BOAT SUN CARE PRODUCTS
selected varieties
150-313 mL, 170-236 g
produit de soins solaires
21376811 EA/21387851 EA



1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP



PRICE DROP

\$1

COLGATE TOOTH PASTE 52-95 mL or
MANUAL TOOTHBRUSH 1 ea
selected varieties
dentifrice ou brosse à dents manuelle
20277481002 EA/20973582 EA



PRICE DROP

179

GERBER ORGANIC BABY FOOD POUCHES
selected varieties
99 g/128 mL
sachets d'aliments pour bébé biologiques
21024943 EA/21181732 EA



PANTENE HAIR CARE
selected varieties
308/355 mL
soins capillaires
21431190 EA/21431192 EA

PRICE DROP

449



GARNIER WHOLE BLENDS HAIR CARE
selected varieties
250-370 mL
soins capillaires
20941723 EA/20941827 EA

PRICE DROP

499

LADY or MEN'S SPEEDSTICK DEODORANT
selected varieties
45-85 g
déodorant
2034822001 EA/20847071 EA



PRICE DROP

299



PRICE DROP

349

CREST PRO-HEALTH or COMPLETE TOOTH PASTE
selected varieties
100-130 mL
dentifrice
21041420 EA/21254004 EA

DOVE or DEGREE DEODORANT
selected varieties
45-76 g
déodorant
20188213003 EA



PRICE DROP

499

JAMIESON VITAMIN C or D
selected varieties
75-240's
vitamine C ou D
20299993 EA/20302214001 EA



PRICE DROP

699



PRICE DROP

349

IRISH SPRING BARS or LIQUID HAND SOAP
3x104 g or 332 mL
selected varieties
savon à savon ou savon liquide pour les mains
21424450 EA



PRICE DROP

799

NIVEA LOTION
selected varieties
250-625 mL
lotion
20468737 EA/20700027 EA



PRICE DROP

999

ALWAYS PADS 20-46's, LINERS 68-120's or TAMPAX TAMPONS 40's
selected varieties
serviettes ou protège-dessous ou tampons
21019955 EA/21178847 EA

ALWAYS

125

PC® DISTILLED WATER
4 L
eau distillée
20797191_EA



CARIBBEAN FAVES THAT'LL MAKE YOU JUMP UP AND WAVE



1.29
LB

CARIBBEAN SWEET POTATOES
product of Honduras or
JICAMA
product of Mexico
patates douces ou jicama
2.84/kg
20149648001, KG/20008743001, KG



2.99
EA/LB

ATEMOYA each
product of Brazil,
BREADFRUIT 6.59/kg
product of Jamaica,
CARIBBEAN AVOCADOES each
product of Brazil or Dominican Republic or
GREEN WATER COCONUTS each
product of Costa Rica
atemoya ou fruit à pain ou avocats ou noix de coco
20965490001, EA/20844319001, KG/20119790001, EA



.99

CHAYOTE SQUASH
product of Mexico
each
chayote
20147637001, EA



CUT PUMPKIN
product of Canada or
OPO SQUASH
product of Mexico or Honduras
citrouille découpée ou courge-opo
3.28/kg
20413981001, KG/201420535001, KG

1.49
LB



3.99

NORMAN SUE DHALL SHELL POURI 635 g or
PLAIN PARATHA ROTI 675 g
casse roti
20045408, EA



3.99

PMC SEAFOOD MEDLEY
Frozen
340 g
mélange de produits
de la mer
21432078, EA



8.99

SEAQUEST™ WHOLE POMPANO
Frozen
800 g
pompano entier
21192084, EA



1.29

THE GREAT GENTLEMEN GINGER BEER
250 ml or
GRACE ISLAND SODA DRINKS
355 ml
selected varieties
bière de gingembre
ou boissons gazeuses
20296430001, EA/21274081, EA



3.99

GRACE CORNED BEEF
340 g
boeuf salé
20225343002, EA



4.99

SURAJ™ GROUND TURMERIC
1 kg
curcuma moulu
20142942, EA



1.99

CHAMPION CHOWMEIN NOODLES
340 g
noodles de chow mein
21272813, EA



2.99

PAN YELLOW CORN FLOUR
1 kg
farine de maïs
20045414, EA



5.49

GRACE VIRGIN COCONUT OIL
500 ml
huile de noix de coco vierge
20402097, EA



5.99

TROPICAL TREATS ICE CREAM
selected varieties
1 L
crème glacée
20402097, EA

SUMMER SAVINGS



\$3

TOMO JUMBO CHALK
12's
20731498 SA

**OFF! SMOOTH AND DRY
FAMILY CARE OR
RAID INSECT KILLER**
113/330 g
20104430 SA

2,500
Value

250
Value



949

**OFF! DEEP WOODS
INSECT REPELLENT
OR SPORTSMEN**
230 g
20111849 SA/20138372 SA

3,500
Value

350
Value



1099



\$13

**EVERYDAY ESSENTIALS™
QUAD FOLDING CAMP CHAIR**
selected varieties
21450728 SA



\$21

**HONEYWELL
7" TURBO FORCE FAN**
20129684 SA

AVAILABLE AT SELECT LOCATIONS ONLY

JULY

**HIT
OF THE
MONTH**



\$1⁸⁸

Wheat Thins, Vegetable Thins and Triscuit Crackers, 175-200g, selected varieties
Limit: 6, over limit retail \$2.49

Optimum
Members-Only Price
\$3
Non-Members
\$3⁵⁰



Maynards Candy
308-315g, selected varieties

\$2



Hostess Twinkies or Cupcakes
6 pack, selected varieties
Limit: 6, over limit retail \$2.50

\$4⁵⁰



Softsoap liquid hand soap refill, 1.47L, Selected varieties
Limit: 6, over limit retail \$4.99

**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 July 1st - 31st, 2024.

ONLINE INFO FLAG



BUDGETS LOVE YELLOW.

(So switch)

Get great deals and great flavours when you shop your favourite no name® products at No Frills.



no name®

FLYER PRICES EFFECTIVE THURSDAY, JULY 11, 2024 TO WEDNESDAY, AUGUST 21, 2024.

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

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

NFO NN FRONT

COOL TREATS, HOT DEALS

Deliciously creamy and satisfying, no name® Vanilla Ice Cream Sandwiches prove these prices are anything but vanilla.

\$10

NO NAME® VANILLA ICE CREAM SANDWICHES
frozen
24x120 mL
sandwichs de crème glacée
21013402 EA



FLYER PRICES EFFECTIVE THURSDAY, JULY 11, 2024 TO WEDNESDAY, AUGUST 21, 2024.



\$10

NO NAME® FUDGE BARS
frozen
20x60 mL
barres fudge
2034740002 EA



6²⁹

NO NAME® SPACE POPS
frozen
20x75 mL
friandises glacées
20031045001 EA



\$6

NO NAME® VANILLA ICE MILK
frozen
4L
2079344002 EA



\$2

NO NAME® ICE CREAM CUPS or CONES
18's
gobelets ou cornets
21203883 EA/21203830 EA



3⁹⁹

NO NAME® CHOCOLATEY CHIP COOKIES
907 g
biscuits
20318479001 EA



1⁹⁹

NO NAME® DIPPED CHOCOLATE CHIP GRANOLA BARS
156 g
barres
20913354 EA



3⁹⁹

NO NAME® SALTED BLANCHED PEANUTS
500 g
arachides
20318062001 EA

CHIP CHIP HOORAY!

We crunched the numbers—crunching on no name® Ripple Cut Potato Chips is wallet-friendly (and finger-lickingly tasty!)



149

NO NAME® REGULAR RIPPLE CUT POTATO CHIPS
200 g
croustilles
21308811 EA

FLYER PRICES EFFECTIVE THURSDAY, JULY 11, 2024 TO WEDNESDAY, AUGUST 21, 2024.



\$13

NO NAME® BEEF BURGERS
frozen
1.36 kg
burgers de boeuf
20114134 EA



250

NO NAME® HOT DOG or HAMBURGER BUNS
12's
petits pains
21309829 EA/21309645 EA



329

NO NAME® TOMATO KETCHUP
1 L
ketchup
20102436 EA



479

NO NAME® MAYONNAISE
890 mL
mayonnaise
20627614002 EA



179

NO NAME® PREPARED YELLOW MUSTARD
550 mL
moutarde
21437728 EA



549

NO NAME® NAPKINS
500's
serviettes
20306897 EA



149

NO NAME® SWEET GREEN RELISH
375 mL
relish
2017430002 EA



SAVE \$3
1150

NO NAME® PAPER LUNCHEON PLATES
125's
assiettes
21384159 EA

NO MATTER HOW YOU SLICE IT

Making bellies and budgets happy with no name® Thin Crust Pepperoni Pizza is as easy as pie.

3⁵⁰

NO NAME® THIN CRUST PIZZA
frozen
350 g
pizza
21541441 EA



FLYER PRICES EFFECTIVE THURSDAY, JULY 11, 2024 TO WEDNESDAY, AUGUST 21, 2024.

NO NAME® CHICKEN STRIPS or NUGGETS
frozen
908 g
lanières ou pépites de poulet
21178744 EA/21178745 EA

\$6



NO NAME® POTATO & CHEDDAR FLAVOUR PEROGIES
frozen
2 kg
perogies
20223192001 EA

4⁹⁹

NO NAME® POTATO & CHEDDAR FLAVOUR PEROGIES
frozen
2 kg
perogies
20223192001 EA



NO NAME® WHOLE KERNEL CORN
frozen
750 g
maïs
20206173 EA

2⁵⁹

NO NAME® WHOLE KERNEL CORN
frozen
750 g
maïs
20206173 EA



NO NAME® MEAT LASAGNA
frozen
2.27 kg
lasagne à la viande
20091793 EA

\$12

NO NAME® MEAT LASAGNA
frozen
2.27 kg
lasagne à la viande
20091793 EA



26⁹⁹

NO NAME® CHICKEN WINGS
frozen
2 kg
ailes de poulet
20701744 EA



FRUITFUL SAVINGS

Keep your daily dose of vitamins high and prices low with no name® Naturally Imperfect™ frozen fruit.



\$14

NO NAME® BERRY BLEND
frozen
2 kg
mélange de petits fruits
21480144 EA

FLYER PRICES EFFECTIVE THURSDAY, JULY 11, 2024 TO WEDNESDAY, AUGUST 21, 2024.

NO NAME® ORIGINAL BREAD
520 g
pain
21309610 EA

1.97



NO NAME® SMOOTH PEANUT BUTTER
1 kg
beurre d'arachide
2020495001 EA

4.29



NO NAME® LIQUID HONEY
1 kg
miel
20033483 EA

9.99



NO NAME® STRAWBERRY JAM
500 mL
confiture
2003253001 EA

4.79



2.50

NO NAME® ORIGINAL WAFFLES
frozen
280 g
gâufres
20316275001 EA



3.19

NO NAME® PLAIN YOGURT
750 g
yogourt
20683942 EA



9.99

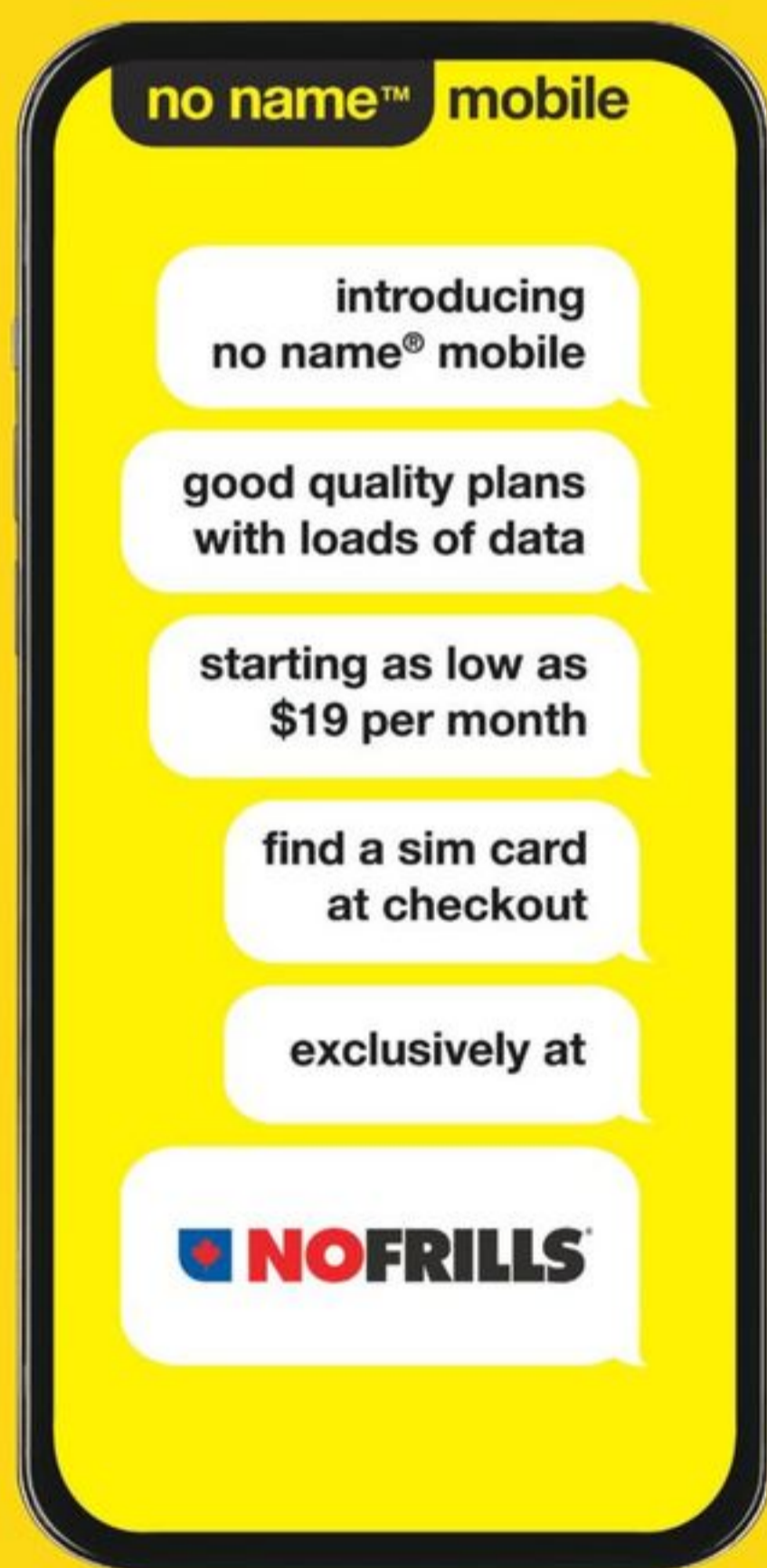
NO NAME® MEDIUM ROAST COFFEE
925 g
café
21280616 EA





**BUDGETS
LOVE
YELLOW.**

(So switch)



One-time \$5 SIM Card charge applies. Subject to change without notice. Product availability may vary by store.

no name®

BETTER AS A MEMBER

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

July 25-31, 2024

Earn*

10,000 pts

\$10
value

for every \$100* spent on any combination of Happy Birthday, Happy Custom, 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, Happy Custom, 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.

THREE NEW WAYS WE'RE KEEPING BUDGETS HAPPY



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.

GET FLYER TO YOUR EMAIL.

STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*



*Standard message and data rates may 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 nofrills.ca.

ONLINE NF MKT