

NOFRILLS®

FLYER PRICES EFFECTIVE THURSDAY, FEBRUARY 13 TO WEDNESDAY, FEBRUARY 19, 2025.

THE

BIG



SALE



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

ONLY

2²²
LB

SAVE 55%

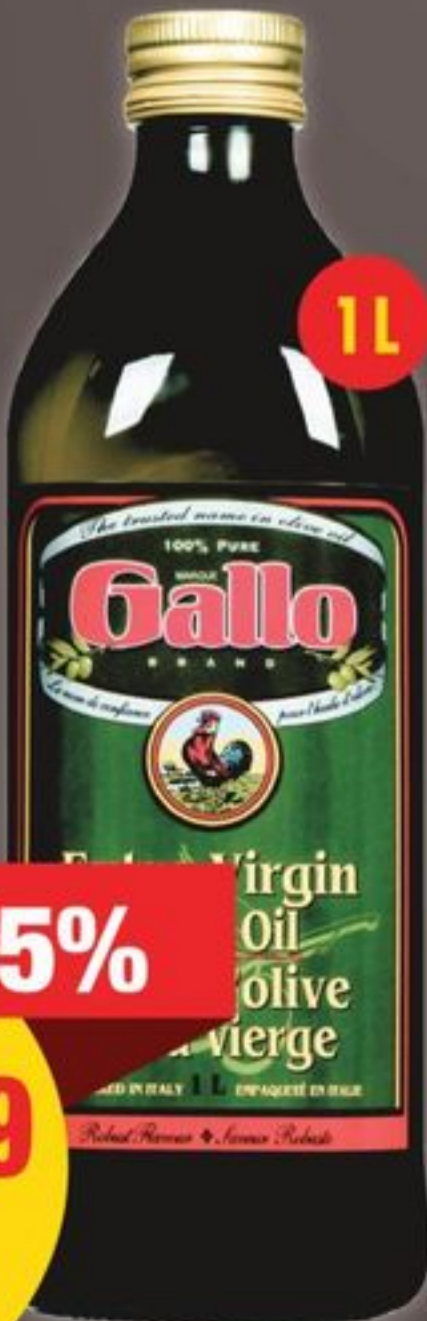
3⁹⁹

PORK HALF LOIN
boneless fresh, 4.90/kg
20154787 8D

WHILE QUANTITIES LAST

10 LB BAG

RED OR RUSSET POTATOES
product of Western Provinces,
Canada no. 1 grade
20601013001 8A/20601020001 8A



1L



SAVE 35%

10⁹⁹

SAVE 39%

\$3

GALLO EXTRA VIRGIN OLIVE OIL
selected varieties
20105368 8A

HEREFORD CORNED BEEF
340 g
20050622 8A

SAVE 50%

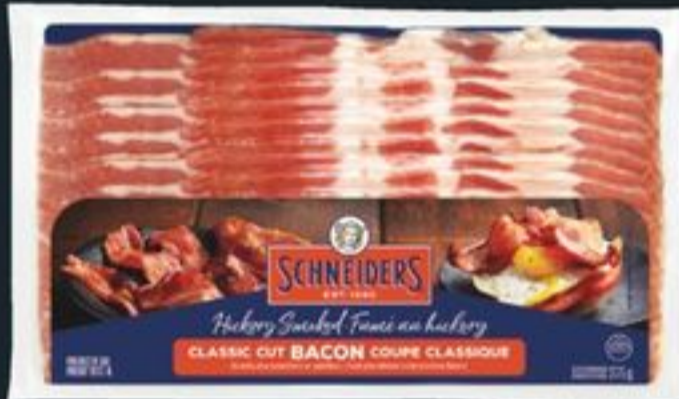
2⁹⁷
LB



ASPARAGUS
product of Mexico, no. 1 grade
6.55/lb
20174381001_80

SAVE UP TO 55%

3⁹⁹



SCHNEIDER'S BACON
selected varieties
375 g
20773571_8A

SAVE UP TO 27%

3⁹⁹



FARMER'S MARKET[™]
BUTTER CROISSANTS or
LOAF CAKES
selected varieties
260-400 g
20973942_8A/21488954_8A

NOFRILLS

THE BIG SALE

FLYER PRICES EFFECTIVE THURSDAY, FEBRUARY 13 TO WEDNESDAY, FEBRUARY 19, 2025.



THURSDAY & FRIDAY ONLY

\$12



NEW ZEALAND STRIP LOIN or BONELESS RIB STEAKS
fresh
300 g
21423731 EA/21424177 EA

APP EXCLUSIVE OFFER

Optimum EARN 4,000 PER PACKAGE = \$4 Value

WOW!

4.99 LB

CHICKEN BREASTS
bone-in, skinless
11.00/kg
20023906 KG
WHILE QUANTITIES LAST

SAVE UP TO 52%

\$8



HIGH LINER BATTERED or PAN SEAR FISH
selected varieties, frozen
425-600 g
21182354 EA/2029459602 EA



2.99

BREYERS CLASSIC FROZEN DESSERT
1.41/1.66 L or
CHAPMAN'S LOLLY NOVELTIES 28's
selected varieties, frozen
2020135202 EA/20952724 EA

ONLY

2.29

NO NAME WHITE VINEGAR
Club Size
4 L
20102754 EA



APP EXCLUSIVE OFFER
Optimum EARN 500 = .50 Value

ONLY

\$20

ROSES, ASSORTED COLOURS
dozen
21462224 EA/21440087 EA



ONLY

1.50

UNICO BEANS, CHICK PEAS or LENTILS 540 ml or TOMATOES
796 ml
selected varieties
2021344701 EA
2021462901 EA



WOW!

2.27

ASTRO YOGURT
selected varieties
425-750 g
2016522601 EA



ONLY

2.97

PC® DIPS 227 g or PC® NAAN DIPPERS 200 g
selected varieties
20284212 EA
21092023 EA



APP EXCLUSIVE OFFER
Optimum EARN 1,000 = \$1 Value

SAVE UP TO 48%

12.99

ROYALE BATHROOM TISSUE
selected varieties
21278232 EA



SAVE 32%

2.50

KOOL-AID JAMMERS
10x180 mL
MINUTE MAID or NESTLE ICED TEA
10x200 mL
selected varieties
2027997606 EA
20227042001 EA



SAVE 35%

8.99

QUALITY BASMATI RICE
3.63 kg
20787292 EA



AVAILABLE AT: MIKE'S - ABBOTSFORD, ROB'S - AIRDRIE, TERASHITA'S - BROOKS, ANDREW'S - CALGARY, BLAIR'S - CALGARY, JOHN & IRISH'S - CALGARY, JOHN'S - CALGARY, MERV'S - CALGARY, SEUN & ALEXANDRA'S - CHESTERMERE, MARK'S - COCHRANE, ROB & KATHY'S - COLD LAKE, DAVE'S - DAWSON CREEK, BROOK'S - EDMONTON, CHRIS' - EDMONTON, COLTON'S - EDMONTON, JAY & SUZIE'S - EDMONTON, MATT & ASHLEY'S - EDMONTON, REAL & CAROLYN'S - EDMONTON, SHELDON'S - EDMONTON, WALSH'S - EDMONTON, CLIFTON'S - ESTEVAN, CHRIS' - FORT SASKATCHEWAN, AMANDA'S - FORT ST JOHN, SIMRAN'S - GRAND FORKS, AARON & KATRINA'S - GRANDE PRAIRIE, TERRY'S - HUMBOLDT, MICHAEL'S - LANGLEY, CRAIG'S - LEDUC, TROY'S - LETHBRIDGE, SHIPLEY'S - MAPLE RIDGE, GAGAN & SATVEER'S - MEADOW LAKE, MIKE'S - NORTH BATTLEFORD, CHRISTINE'S - OKOTOKS, PATRYK'S - OLDS, KARL'S - PEACE RIVER, SEWAK'S - PORT COQUITLAM, TOBI'S - QUINSEL, SHANE & TINA'S - SASKATOON, LENORA'S - ST PAUL, DEEPU'S - SURREY, GLENN'S - SURREY, PRAKASH'S - SURREY, DYLAN & GALEN'S - SWAN RIVER, BRANDON & JOANNY'S - VANCOUVER, DEAN'S - VANCOUVER, JOY'S - VANCOUVER, JUSTIN'S - VANCOUVER, MIKE'S - VANCOUVER, SIMON'S - VANCOUVER, ADAM'S - VEGREVILLE, CHRIS' - WINNIPEG, HELLARD'S - WINNIPEG, JERAMIE'S - WINNIPEG, MIKE'S - WINNIPEG, SEUN'S - WINNIPEG

FRESH AT LOW PRICES

4⁹⁹



3⁹⁹ LB

PINT

BLUEBERRIES
product of Mexico or Morocco, no. 1 grade
2013949001 EA

RED or GREEN SEEDLESS GRAPES
product of Peru, South Africa or Chile,
no. 1 grade
8.80/kg
2042377501 KG/2013919901 KG

3⁹⁹



CAULIFLOWER
product of U.S.A. or Mexico,
no. 1 grade or
PINEAPPLE
product of Costa Rica
2014099301 EA/2013537701 EA

5⁹⁹

3 LB BAG

FARMER'S MARKET™ LEMONS
product of U.S.A.
2019811001 EA



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

6⁹⁹

3 LB BAG

PC® MANDARINS
product of Morocco or U.S.A.
2084961001 EA



3⁹⁹

PKG OF 4

GREEN or RED PEPPERS
product of Mexico
2011533301 EA/2001220801 EA



4⁹⁹

PKG OF 5 OR 6

AVOCADOS
product of Mexico or
ROMAINE HEARTS
product of U.S.A.
2004738901 EA/2014223301 EA



PKG OF 3

.79

KIWI
product of Greece
20130242001 EA



GROWN IN CANADA 🍁

1⁶⁹ LB

SWEET POTATOES
product of Canada
3.73/kg
2012770801 KG



GROWN IN CANADA 🍁

3⁹⁹

680 G

PC® LITTLE GEMS™ MIXED, RED or YELLOW MINI POTATOES
product of Canada,
Canada no. 1 grade
2134739901 EA/2134730001 EA



1⁶⁹

RED MANGO
product of Peru
each
2004623001 EA



1⁹⁹

KALE or BUNCH SPINACH
product of U.S.A. or Mexico
2014044401 EA/2012880801 EA



4⁹⁹

PC® CHOP SALAD KITS
product of U.S.A.,
selected varieties
283-294 g
21079601 EA/21079801 EA



GROWN BY THE WESTERN PROVINCES

6⁹⁹

5 LB BAG

FARMER'S MARKET™ AMBROSIA or SPARTAN APPLES
product of Western Provinces,
Canada fancy grade
2004442001 EA/2004442001 EA



2⁹⁹

FARMER'S MARKET™ CARROTS or YELLOW ONIONS
product of Canada,
Canada no. 1 grade
2004823001 EA/2001198801 EA

3 LB BAG

2 LB BAG



3⁹⁹

454 G

PC® WHOLE CREMINI or WHITE MUSHROOMS
product of Canada
20141372 EA/20128801 EA



4⁹⁹

GROWN BY THE WESTERN PROVINCES

PKG OF 3

FARMER'S MARKET™ ENGLISH CUCUMBERS
product of Western Provinces, Canada no. 1 grade
2004442001 EA



4⁹⁹

3 LB BAG

PC® CARA CARA ORANGES
product of U.S.A.
2001770001 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.

FRESH AT LOW PRICES

3⁴⁹

MAPLE LEAF TOP DOGS or **SCHNEIDERS RED HOTS WIENERS**
selected varieties
375 g
21093477 1A



5⁸⁸
LB

LEAN GROUND BEEF or **PORK**
fresh
12.96/kg
20631962 8D

3⁹⁹
LB/EA

BREAKFAST BEEF or **PORK SAUSAGES** 8.80/kg or **LILYDALE TURKEY BREAKFAST SAUSAGES** 375 g
20175401 1A/20682878 8D



7⁹⁹

LOU'S KITCHEN ENTRÉES
selected varieties, fully cooked
375-400 g
20078077 1A

2⁹⁹

SMOKED STEELHEAD SALMON PRE-SLICED 50 g,
GO SHRIMP RAW 31/70 per lb. or **COOKED** 61/90 per lb., 140 g,
SEAQUEST® FLAVOURED ALASKA POLLOCK ready to eat 227 g or
YELLOWFIN TUNA STEAKS 42 g
selected varieties, frozen
20175360 1A/21080971 1A



6⁹⁹

SEAQUEST® COLOSSAL RAW WHITE SHRIMP 16-20 per lb., 300 g,
SHRIMP RING 227 g or
BAY SCALLOPS 400 g
frozen
21040837 1A/21080971 1A



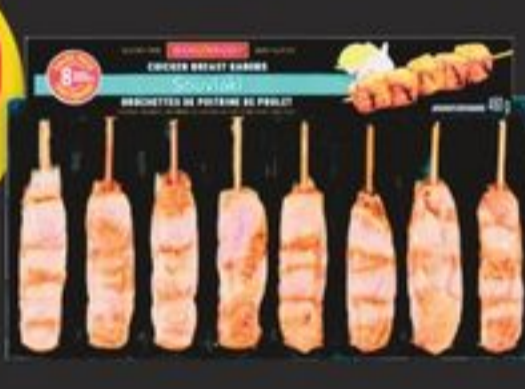
\$15

MAPLE LEAF PRIME ASSORTED CHICKEN
boneless, skinless
up to 880 g
21044987 1A



13⁹⁹

MARCANGELO SOUVLAKI KABOBS
selected varieties
480/540 g
21041723 1A



1⁹⁹

ROOSTER® TOFU
selected varieties
454 g
21074363 1A



3⁷⁹

THE LAUGHING COW CHEESE
selected varieties
120-140 g
24119197 1A/21081434 1A



5⁹⁹

PC® FREE FROM® SLICED DELI MEAT 175 g
- **FANTINO AND MONDELLO SLICED DELI MEAT** 100-200 g
selected varieties
20480003 1A



2⁴⁹

WONDER BREAD 370 g or **BUNS** 12x
selected varieties
2003474 1A/20038037 1A



\$3

COUNTRY HARVEST BREAD BAGELS 4x
selected varieties
21078797 1A/21081434 1A



\$10

PC® CHEESECAKE
selected varieties, frozen
400 g
20141327 1A



THE BIG SALE



ONLY

4⁴⁹



SAVE UP TO 52%

1⁸⁹

I CAN'T BELIEVE IT'S NOT BUTTER MARGARINE 427 g or BECEL GARLIC PLANT BUTTER 227 g

CRACKER BARREL NATURAL CHEESE SLICES selected varieties 200-240 g

SAVE UP TO 37%

2⁹⁹



DAIRYLAND CREAM 10% 946 mL or 33% 473 mL or LACTANTIA CREAM 10% 1 L or 35% 473 mL

ONLY

\$3



LIBERTÉ MEDITERRANÉE 4% 500 g or GREEK 4% YOGURT selected varieties

.88

SAPPORO ICHIBAN NOODLES selected varieties 100 g

1⁵⁰

CLOVER LEAF LIGHT TUNA 85/170 g or BRUNSWICK FILLETS 90/100 g

1⁵⁰

GREEN GIANT CANNED VEGETABLES selected varieties 241/298 mL

\$2

AYLMER TOMATOES selected varieties 240 mL

1⁴⁹

NESTLÉ MILKSHAKE 473 mL or MILK2GO 375/473 mL

\$2

CHEEZ-IT CRACKERS 191/200 g or PEPPERIDGE FARMS GOLDFISH CRACKERS 134-200 g

2⁴⁹

MOTT'S FRUITSATIONS SAUCE selected varieties 624 mL/200-478 g

3⁴⁹

KELLOGG'S EGGO WAFFLES selected varieties, frozen 83

12⁹⁹

COCA-COLA or PEPSI SOFT DRINKS selected varieties 24x333 mL

3⁹⁹

HERSHEY'S CHIPITS selected varieties 300-370 g

5⁴⁹

ROBIN HOOD FLOUR selected varieties 2/2.5 kg

3⁹⁹

IRISH SPRING BODY WASH 391 mL or BAR SOAP 6x104 g or SOAP BODY WASH 291 mL

4⁸⁸

DOVE BAR SOAP 3x106 g, BODY WASH 375 mL, DEODORANT or ANTIPERSPIRANT 43-74 g

\$4

OLD DUTCH LAUNDRY DETERGENT selected varieties 4 L

8⁹⁹

PALMOLIVE DISHWASHING LIQUID selected varieties 4.27 L

19⁹⁹

CASCADE AUTO DISH TABS selected varieties 51-110 g

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.

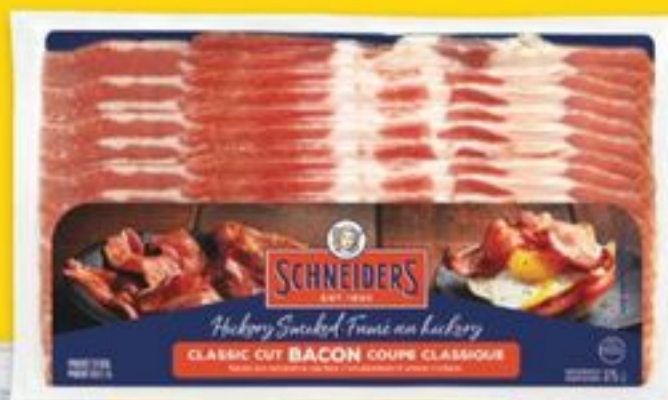
We are Proudly
CANADIAN
OWNED & OPERATED



NOFRILLS

APP EXCLUSIVE OFFER

1,000 = \$1 Value



2.97

3.99

PC[®] DIPS 227 g or NAAN DIPPERS 200 g

SCHNEIDERS BACON 375 g

3.99



2.99

10 LB BAG

3 LB BAG

RED or RUSSET POTATOES
product of Western Provinces, Canada no. 1 grade

FARMER'S MARKET[™] CARROTS or YELLOW ONIONS
product of Canada, Canada no. 1 grade

6.99



3.99



FARMER'S MARKET[™] AMBROSIA or SPARTAN APPLES
product of Western Provinces, Canada fancy grade

PC[®] LITTLE GEMS[™] MIXED, RED or YELLOW MINI POTATOES
product of Canada, Canada no. 1 grade

3.99



4.99



PC[®] WHOLE, WHITE or CREMINI MUSHROOMS
product of Canada

FARMER'S MARKET[™] ENGLISH CUCUMBERS
product of Western Provinces, Canada no. 1 grade

1.69
LB



\$15



SWEET POTATOES
product of Canada, 3.73/kg

MAPLE LEAF PRIME ASSORTED CHICKEN
up to 850 g

3.49



7.99



3.79



MAPLE LEAF TOP DOGS or SCHNEIDERS WIENERS 375 g

LOU'S KITCHEN ENTRÉES
selected varieties, fully cooked, 300-400 g

THE LAUGHING COW CHEESE
selected varieties, 120-140 g

FEBRUARY

**HIT
OF THE
MONTH**



Annie's Mac & Cheese
Selected varieties, 170 g
20316187001_EA / 20811201_EA



Cavendish Fries, frozen
Selected varieties, 800 g
21559837_EA / 21602936_EA



**Vachon Jos Louis, Ah Caramel,
Vanilla Half Moon, Apple
Raspberry Flakies or Swiss Rolls**
282 g - 336 g
20963606_EA / 21027889_EA



Royale Tiger Towels
3-6 rolls
21484702_EA

See in-store for retails

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local trade areas. Offer valid February 1st - 28th, 2025. We reserve the right to limit quantities to reasonable family requirements.



3⁹⁹

3⁹⁹

PHILADELPHIA CREAM CHEESE PRODUCT
selected varieties
227/250 g
20441267 SA

KRAFT SINGLES
selected varieties
410 g
21186524 SA



\$3

1²⁵

CLASSICO SAUCE
selected varieties
410/600 mL
21418217 SA

KD ORIGINAL
200 g
21349524 SA

4⁹⁹

5²⁹



HEINZ KETCHUP
selected varieties
750 mL / 1 L
20049640 SA

KRAFT MIRACLE WHIP DRESSING
selected varieties
650/890 mL
20296481001 SA

\$3

11⁹⁹

6⁹⁹



KRAFT SALAD DRESSING
selected varieties
425 mL
21584830 SA/21584921 SA

MAXWELL HOUSE ROAST AND GROUND COFFEE
selected varieties
631-900 g
21604882 SA

MAXWELL HOUSE or NABOB COFFEE TASSIMO DISCS
selected varieties
8-16's
20028934001 SA
20532948 SA

BRANDS YOU LOVE AT LOW PRICES

SAVE 31%

4⁹⁹

CHAPMAN'S PREMIUM ICE CREAM 2L or YUKON NOVELTIES 5-8's selected varieties, frozen 20223373001 EA/21012383 EA



SAVE 27%

3⁹⁹

EARN 1,000 = \$1 Value

QUAKER CEREAL 350-500 g or HARVEST CRUNCH 325-510 g selected varieties 20637355 EA/21076104 EA



SAVE 37%

1⁷⁵

CARNATION EVAPORATED MILK selected varieties 354 mL 20916812 EA/20916887 EA



SAVE 42%

3⁹⁹

CHAPMAN'S COLLECTION NOVELTIES selected varieties, frozen 8's 20223757001 EA



3⁹⁹

KELLOGG'S ALL BRAN 405/525 g, RAISIN BRAN 425-451 g, VECTOR 306/400 g, SPECIAL K 320-383 g or MINI-WHEATS 377-460 g CEREAL selected varieties 20612047 EA/21084203 EA



4²⁹

NO NAME® PEANUT BUTTER selected varieties 1 kg 2024938001 EA/21455045 EA



11⁹⁹

FOLGERS ROAST AND GROUND COFFEE selected varieties 344-816 g 21479183 EA



2²⁹

CHRISTIE COOKIES 240-383 g or PECK FREANS 290-350 g selected varieties 21308487 EA/21381098 EA



1³⁷

NO NAME® POTATO CHIPS selected varieties 200 g 21302021 EA



\$4

DORITOS TORTILLA CHIPS 210-280 g or SMARTFOOD POPCORN 150-220 g selected varieties 20972818 EA/21384118 EA



10⁹⁹

PC® 100% PURE MAPLE SYRUP Canada grade A amber 500 mL 20049221 EA



4⁹⁹

BICK'S PICKLES selected varieties 1 L 2018062001 EA



3⁴⁹

FEBREZE AIR MR. CLEAN ALL PURPOSE CLEANER 1.21 L or MAGIC ERASER 2/3's selected varieties 21302017 EA/21374829 EA



11⁴⁹

GLAD GARBAGE BAGS selected varieties 20-40's 21183477 EA



\$5

EVERYDAY ESSENTIALS™ 18 OZ SCENTED CANDLES selected varieties 21302078 EA/21392640 EA



\$2

OASIS JUICE, DEL MONTE NECTAR, ARIZONA ICED TEA selected varieties 940 mL 20187102 EA/2098417004 EA



2⁵⁰

KIJU ORGANIC JUICE selected varieties 1 L, 6x200 mL 2012171000 EA/20202714003 EA



4⁷⁹

MOTT'S PARTY PAK CLAMATO COCKTAIL selected varieties 2.58 L 2014772802 EA



\$6

GATORADE SPORT DRINKS selected varieties 6x591/8x355 mL 21184102 OR/21382811 OR



BRANDS YOU LOVE AT LOW PRICES

ONLY

5⁴⁹

LACTANTIA LACTOSE FREE or PURIFILTRE MILK 2 L or ULTRA PUR MILK 1.5 L selected varieties 21424991 SA/21484729 EA



ONLY

3⁹⁹

GAY LEA WHIPPED CREAM selected varieties 225 g 20048232001 EA



ONLY

3⁵⁰

NO NAME[®] PIZZA selected varieties, frozen 350-411 g 21541429 EA



SAVE 20%

5⁴⁹

DAIRYLAND BUTTER selected varieties 454 g 21125327 EA



6⁸⁸

DEL MONTE JUICE BLENDS selected varieties, refrigerated 2.5 L 21427174 EA



5⁴⁷

SIGGI'S ICELANDIC SKYR selected varieties 450/750 g 21223874 SA/21223892 EA



8⁷⁹

NO NAME[®] CHEESE selected varieties 700 g 2007373 EA



\$3

PC[®] or TETLEY HERBAL TEA selected varieties 20/24 x 2042712001 EA/20711138 EA



5⁹⁹

NESCAFÉ or TASTER'S CHOICE INSTANT COFFEE 100-170 g or NESCAFÉ SWEET & CREAMY 144-251 g selected varieties 2041811001 SA/20073034 EA



7⁹⁹

POGO selected varieties, frozen 8/10 x 2003202001 EA



2⁵⁰

NO NAME[®] SALAD DRESSING selected varieties 475 mL 2062849901 EA



\$3

DIANA or BULL'S-EYE BBQ SAUCE selected varieties 425/500 mL 20447634002 SA/21184617 EA



9⁹⁹

MAZOLA CORN OIL 2.84 L 20032360 EA



4⁹⁹

CREST GUM or KIDS TOOTHPASTE or SCOPE MOUTHWASH 1 L selected varieties 2042712001 SA/21224496 EA



4⁹⁹

CLOROX DISINFECTING WIPES selected varieties 72 x 2044822782 SA/2044822782 EA



\$9

NO NAME[®] CAT LITTER selected varieties 18 kg 2017716881 EA



11⁹⁹

LYSOL TOILET BOWL CLEANER 4.5/4.6 L or MULTI SURFACE CLEANER 4.26 L or WIPES 2x110 x selected varieties 21202364 SA/21247098 EA



1000s OF LOWERED PRICES EVERY DAY!



2⁹⁹



HERBAL ESSENCES HAIR CARE
selected varieties
346 mL
2124709 EA/21247099 EA



3⁴⁹

GARNIER FRUCTIS HAIR CARE
selected varieties
334-370 mL
21007181 EA/21007198 EA

3⁴⁹



CREST PRO-HEALTH or COMPLETE TOOTHPASTE
selected varieties
100-130 mL
21041420 EA/21334034 EA

2⁹⁹



LADY or MEN'S SPEEDSTICK DEODORANT
selected varieties
45-85 g
204423001 EA/20447071 EA

5⁹⁹



COLGATE TOOTHPASTE 70-133 mL, 2x130/130 mL or **MANUAL TOOTHBRUSH** 2x
selected varieties
20110327001 EA/21104430 EA

4⁴⁹



GERBER INFANT CEREAL
selected varieties, 227 g
2035829008 EA/2035829007 EA

1⁷⁹



GERBER BABY FOOD JARS 159-162 mL or **ORGANIC BABY FOOD POUCHES** 99 g/128 mL, selected varieties
21024994 EA/21046948 EA

7⁹⁹



HUGGIES 3 X BABY WIPES
selected varieties, 148-192x
20328844 EA

4⁴⁹



IVORY BAR SOAP 10x90 g or **BODY WASH** 631 mL
selected varieties
2034787002 EA/2034787001 EA

4⁹⁹



ST. IVES BODY LOTION
selected varieties, 600 mL
21084101 EA/21084107 EA

6⁴⁹



SOFTSOAP LIQUID HAND SOAP REFILL
selected varieties, 1.47 L
21167194 EA

4⁷⁹



ALWAYS or TAMPAX 1X PADS, LINERS or TAMPONS selected varieties, 10-72x
21444966 EA/21444992 EA

9⁹⁹



PEDIASURE COMPLETE
selected varieties, 4x235 mL
20222414001 EA/20222414002 EA

12⁹⁹



BOOST READY TO DRINK SHAKES
selected varieties, 6x237 mL
2030429002 COM/20986341 COM

ALWAYS
\$4

LIFE BRAND MOUTHWASH
selected varieties
1 L
21201384 EA/21201406 EA



MULTI BUY? TRY SINGLE BUY.



.90



**FRISKIES or FANCY FEAST
WET CAT FOOD**
selected varieties
85/156 g
20319637007 EA/20548687901 EA

1.25



OLD EL PASO SEASONINGS
selected varieties
24 g
21049482 EA

\$2



CAMPBELL'S BROTH
selected varieties
250/900 mL
2032248001 EA/21347343 EA

3.99



**LYSOL MULTI SURFACE CLEANER 1.2L or
SPRAYS 650/950 mL**
selected varieties
20209873002 EA/20310677901 EA

4.49



**GENERAL MILLS CHEERIOS VEGGIE
BLENDS, CHEX, LOADED BITES,
OATMEAL CRISP AND NATURE VALLEY
GRANOLA CEREAL**
selected varieties
300-437 g
21212668 EA/21599148 EA

RAMADAN KAREEM

رمضان كريم

5⁹⁹



DEGLET NOUR PITTED DATES 795 g
HONEY PITTED DATES 907 g or
ORGANIC PITTED DATES 340 g

product of Tunisia
 21542379001 SA/20172841 SA

.99



CILANTRO
 product of U.S.A., Mexico, Dominican
 Republic or Colombia
 20091825001 SA

1⁶⁹
 EA/LB



BUNCH MINT
 each, product of Mexico or
OPO SQUASH
 2.72/kg, product of Honduras, U.S.A. or Mexico
 20139226001 SA/20142853001 KG

1⁹⁹
 LB



GINGER ROOT product of China
 or **PAPAYA** product of Mexico
 4.39/kg
 20179028001 KG/20170668001 KG

12⁸⁸

SUFRA® HALAL BEEF STEW
 454 g
 21395711 SA



\$24



SUFRA® HALAL CHICKEN WINGS
 fresh
 up to 2 kg
 21430006 SA

3⁹⁹



KFI COOKING SAUCE
 selected varieties
 375/395 g
 20419490001 SA
 20419490002 SA

1⁴⁹



SURAJ® CANNED BEANS
 selected varieties
 540 ml
 20548264 SA

\$1



KURKURE MASALA MUNCH
 selected varieties
 115 g
 20459742 SA

4⁴⁹



QUALITY ALPHONSO or KESAR MANGO PULP
 selected varieties
 850 g
 20470436001 SA

5⁴⁹



SURAJ® KIDNEY BEANS, URAD DAL or TOOR DAL
 selected varieties
 1.8 kg
 20558870 SA

5⁹⁹



BRAR'S SAMOSA
 selected varieties, frozen
 624 g
 21000031 SA



Express™

Online grocery
pickup & delivery

Save time, shop online

Get **\$15 in PC Optimum™ points** on your
first 5 eligible online grocery orders*.

Use code **PC75**

Shop now

That's up to
\$75
in value!



*Terms and conditions apply.
See site for details.

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.

Earn PC Optimum™ points for banking and now interest on your savings

Save your savings

The no monthly fee
PC Money™ Account

Earn
3.5%
interest on
your savings*

Open account



*Annualized rate, calculated daily & paid monthly.
Conditions and exclusions apply to all offers and benefits.

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.

†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 NFW MKT