

NOFRILLS®

THE

FLYER PRICES EFFECTIVE THURSDAY, FEBRUARY 20 TO WEDNESDAY, FEBRUARY 26, 2025.

BIG



SALE



ONLY

3⁷⁷
LB

BEEF EYE OF ROUND ROAST
USDA grade select or higher
roix de ronde de boeuf entière
8.31/kg
21019179 KO

WHILE QUANTITIES LAST



SAVE 57%

2⁷⁷
LB

PORK TENDERLOIN
fresh, cryovac package
filet de porc
6.11/kg
2022079 KO



SAVE 37%

1⁸⁸
LB

RED or GREEN SEEDLESS GRAPES
product of Peru, Chile or South Africa, no. 1 grade
raisins rouges ou verts sans pépins
4.14/kg
2042573001 KO/201351199001 KO



ONLY

4⁸⁸

LACTANTIA BUTTER
selected varieties
454 g
beurre
20629928 EA



SAVE UP TO 58%

3³³

ROYALE FACIAL TISSUE
selected varieties
6x72/100 sheets
mouchoirs
20702479 EA



SAVE UP TO 58%

1²⁵

PALMOLIVE LIQUID DISH DETERGENT
selected varieties
591/828 ml
savon liquide à vaisselle
20661400 EA/20661642 EA

ONLY

4⁹⁴



8 LB CASE

NAVEL ORANGES
product of Turkey
oranges navel
20090173001 EA

ONLY

1⁹⁹



283 G

FARMER'S MARKETSM
GRAPE TOMATOES
product of Canada, Mexico or U.S.A.
tomates raisins
2136788001 EA

SAVE 33%

3⁹⁹



312 G

**PCSM BABY SPINACH or
SPRING MIX**
product of U.S.A.
jeunes épinards ou mélange printanier
31204386 EA/31204385 EA

NOFRILLS®

THE BIG SALE

FLYER PRICES EFFECTIVE THURSDAY, FEBRUARY 20 TO WEDNESDAY, FEBRUARY 26, 2025.

ALWAYS

\$10

SAVE UP TO 46%

7.99



SWISS CHALET or **MONTANA'S PORK BACK RIBS**
selected varieties, fully cooked, 600/650 g
côtes de dos de porc



APP EXCLUSIVE OFFER
EARN 2,000 = \$2 Value

BUTCHER'S CHOICE® SAUSAGE
selected varieties, 1.2 kg
saucisses

ONLY

\$3



GROUND CHICKEN
454 g
poulet haché

WHILE QUANTITIES LAST

SAVE 41%

1.77



CAMPBELL'S CHUNKY, READY TO SERVE 515 ml or **HABITANT** 796 ml **SOUP**
selected varieties

SAVE UP TO 28%

\$2



DARE CRACKERS, DRY BREADS or **VEGGIE CRISPS** 100-225 g.
PEPPERIDGE FARM GOLDFISH CRACKERS 156-227 g

SAVE 40%

2.49



BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT
selected varieties
410 g

SAVE 25%

2.99



SILK BEVERAGES
selected varieties, refrigerated
1.74-1.89 L

SAVE UP TO 33%

3.50



TROPICANA ORANGE JUICE or **DRINKS**
selected varieties, refrigerated
1.36/1.75 L

ONLY

4.99



GENERAL MILLS FAMILY SIZE CEREAL
selected varieties
475-778 g

SAVE UP TO 50%

8.99



SUNLIGHT 4 L or **PUREX** 4.08-4.43 L
LAUNDRY DETERGENT, FLEECY FABRIC SOFTENER 3.5 L or **DRYER SHEETS** 200's
selected varieties

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.

(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)

Not applicable at 1022 King St. W, Toronto, 42 Hanna Ave., Toronto, 261 Richmond St. W, Toronto, 3091 Appleby Line, Burlington, 332 Wellington Rd., London, 755 Mount Pleasant Rd., Toronto, 75 The Esplanade St., Toronto; please see nofrills.ca for flyers for these stores.

nofrills.ca

01 NFO

FRESH AT LOW PRICES



\$2
LB



PKG OF 5 OR 6

3.99

ROMA TOMATOES
product of Canada, Mexico or U.S.A., no. 1 grade
tomates roma
4.41/kg
20143281001_KG

AVOCADOS
product of Mexico or **CAULIFLOWER**
product of U.S.A. or Mexico, no. 1 grade
21444936001_EA/2013377001_EA



2.99

6 OZ
CLAMSHELL



4.99

10 LB BAG

BLACKBERRIES
product of U.S.A. or Mexico,
BLUEBERRIES
product of Chile, no. 1 grade or
CANTALOUPE
product of Guatemala,
Honduras or Mexico, no. 1 grade
mêles ou bleuets ou cantaloupe
20001015001_EA/20113463001_EA
20167017001_EA

RED, YELLOW or RUSSET POTATOES
product of Ontario,
Canada no. 1 grade
pommes de terre
20601013001_EA/20601020001_EA



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

.99
LB



GREEN CABBAGE
product of Ontario, Canada no. 1 grade
chou vert
2.18/kg
20792034001_KG



1.99



BROCCOLI CROWNS
product of U.S.A. or Mexico
mêch
couronnes de brocoli
21121560001_EA

2.99



ASPARAGUS
product of Mexico,
no. 1 grade or
ROMAINE HEARTS
product of U.S.A. or
FARMER'S MARKET™ MINI CUCUMBERS
product of Ontario,
Canada no. 1 grade
asperges ou cœurs de romaine
ou mini concombres
20727370001_EA/20082756001_EA
20181709001_EA

325 G PKG OF 2 PKG OF 6

1.99
LB



HONEY CRISP APPLES
product of Canada,
Canada fancy grade
4.39/kg
pommes
20133821001_KG

2.99



PINEAPPLE
product of Costa Rica
ananas
20160992001_EA

3.99



1 LB CLAMSHELL STRAWBERRIES
product of U.S.A. or Mexico,
no. 1 grade
fraises
20048773001_EA

1.29



RED MANGOES
product of Peru
mangues rouges
20071623001_EA

1.99
LB



HONEY TANGERINES
product of U.S.A.
tangerines miel
4.39/kg
product of Mexico

2.99



BROCCOLINI or RAPINI
product of U.S.A.
broccolini ou rapini
20154907_EA/20048070001_EA

2.49



PC™ SLICED or WHOLE, WHITE or CREAMI MUSHROOMS
product of Ontario
champignons blancs
ou blancs frais ou surgelés
20707011_EA/2070702001_EA

227 G

.59



LIMES
product of Mexico
limes
200487001_EA

4.99



FARMER'S MARKET™ AMBROSIA or ROYAL GALA APPLES
product of Ontario, Canada fancy grade
pommes
210712001_EA/210712001_EA

6.99



4 LB BAG FARMER'S MARKET™ MANDARIN
product of Mexico
mandarines
200487001_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

3⁹⁹
LB

PORK COMBO CHOPS
bone-in, fresh
côtes/lets de porc
8.80/kg
20483476, 80

WHILE QUANTITIES LAST



7⁷⁹
LB

EXTRA LEAN GROUND BEEF
fresh
boeuf haché extra maigre
17.17/kg
20357910, 80

6⁹⁹

SCHNEIDERS PEPPERETTES
selected varieties
300/375 g
bûchettes de saucisson
20976110, SA/21433026, SA



2⁴⁹

SCHNEIDERS LUNCHMATE LUNCH KITS, STACKERS or SNACK KITS
selected varieties
75-120 g
trousses repas
21310036, SA

5⁹⁹

SEAQUEST FROZEN FISH FILLETS
selected varieties
400 g
filets de poisson surgelés
21214740, SA



6⁵⁰

SEAQUEST RAW SHELL ON SHRIMP or COOKED PEELED SHRIMP 36-45 per lb, 300 g or **SMALL SCALLOPS** 400 g
frozen
crevettes ou petits pétoncles
21043483, SA/21338227, SA



\$15

APP EXCLUSIVE OFFER
Spend \$3,000 = \$3 Value



PC BLUE MENU CHICKEN BREASTS
boneless, skinless
4's
poussins de poulet
21462370, SA

2⁷⁹

SUNRISE EXTRA FIRM TOFU
350 g
tofu extra ferme
20270607, SA



6⁹⁹

BALDERSON CHEESE 250/280 g or **ZIGGY'S FETA CHEESE** 400 g
selected varieties
fromage
20292923, SA/21493453, SA



8⁹⁹

ST-HUBERT or SWISS CHALET PIES
selected varieties, frozen
650-800 g
pâtis
21047194, SA



1⁹⁹

NO NAME BREAD 475 g, **BAGELS** or **ENGLISH MUFFINS** 6'1 or **TORTILLAS** 320 g
selected varieties
pain ou bagels ou muffins anglais ou tortillas
21309222, SA/21279231, SA



2⁴⁹

WONDER BREAD 475 g or **BUNS** 8'1
selected varieties
pain ou petits pains
20274294, SA/20217433, SA



\$3

FARMER'S MARKET GLAZED DOUGHNUTS
552 g
bagettes glacées
21312794, SA



THE BIG SALE



SAVE UP TO 41%

ONLY

1.50

MICHELINA'S DINNER ENTRÉES
selected varieties,
frozen
156-284 g
plats cuisinés
21208414 EA



HIGH LINER BATTERED or PAN SEAR FISH FILLETS
selected varieties, frozen
425-600 g
filets de poisson
21186204 EA

\$9

SAVE UP TO 26%

6.99

IMPERIAL MARGARINE
selected varieties, 1.28/1.36 kg
margarine
20084912 EA



WHOLE PORK PICNIC
fresh
porc
4.39/kg
21161819 KG

ONLY

1.99 LB

WHILE QUANTITIES LAST

PC® DRY ROASTED PEANUTS 700 g,
CASHEWS or
DELUXE MIXED NUTS 200 g
selected varieties
arachides ou noix de cajou
ou mélange de noix
2005799003 EA/21034843 EA

\$5

VITA COCO COCONUT WATER 1 L or
EARTH'S OWN BARISTA OAT 946 mL
selected varieties
eau de noix de coco ou
lait d'avoine
20332922 EA/21179478 EA

\$3

KELLOGG'S RICE KRISPIES 176/198 g, **POP TARTS** 384 g,
SPECIAL K 125 g or
NUTRI-GRAIN 295 g
selected varieties
barres
2012657001 EA/2021264001 EA

2.99

ALLEN'S APPLE JUICE or
CRANBERRY COCKTAIL 1.89 L
or **FRUIT COCKTAIL DRINK BOXES**
8x200 mL
selected varieties
jus ou cocktail aux fruits ou
boissons en boîte
2031399001 EA/20322764001 EA

\$3

PC® SPLENDIDO® PASSATA 680 mL
passees
21124832 EA

1.99

TIM HORTONS ROAST AND GROUND COFFEE 300 g or
PODS 10/12's
selected varieties
café torréfié et moulu ou capsules
20902294 EA/21004843 EA

8.99

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
6x710 mL
boissons gazeuses
2031249002 EA/2031249002 EA

3.99

REAL CANADIAN NATURAL SPRING WATER
selected varieties
24x300 mL
eau
20158073 CA

2.49

LAY'S POTATO CHIPS 177-231 g or
POPPABLES 130 g
selected varieties
craquelins ou grignolines
21140012 EA

\$3

LECLERC CELEBRATION COOKIES
selected varieties
340 g
biscuits
20166173 EA/20166173 EA

2.49

DENTASTIX DOG TREATS
selected varieties
500 g, 1.13 kg
sévilles pour chiens
1141180 EA

\$10

CESAR WET DOG FOOD
selected varieties
100 g
souffles humides
pour chiens
2022088007 EA

1.50

FRISKIES DRY CAT FOOD
selected varieties
1.4, 1.5 kg
souffles secs
pour chats
20120114 EA

\$6

TIDYCATS CAT LITTER
selected varieties
3.72 kg
litière pour chats
21107994 EA

12.50

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

4⁸⁸



\$5

LACTANTIA BUTTER
selected varieties
454 g
beurre
20439936 EA

CHAPMAN'S SUPER NOVELTIES
selected varieties, frozen
8-20's
friandises glacées
20111532 EA

4⁴⁹



3⁴⁹

NEILSON TRUTASTE MILK
selected varieties
2 L
lait
20130270 EA

NORDICA COTTAGE CHEESE
selected varieties
500 g or 4x113 g
fromage cottage
20319458001 EA

\$2



NEILSON FLAVOURED MILK 1 L or CREAM 5/10% 473 mL, selected varieties
lait ou crème
20377247 EA/203774400 EA

3³³



PILLSBURY PIZZA POPS
selected varieties, frozen, 380 g
tortillettes de pizza
21433996 EA

3³³



ROYALE FACIAL TISSUE
selected varieties, 6x72/100 sheets
mouchoirs
20702419 EA

2⁴⁹



REAL CANADIAN NATURAL SPRING WATER
selected varieties, 24x500 mL
eau de source naturelle
20154973 CS4

\$7



HIGH LINER FAMILY FAVOURITES FISH or SHRIMP
selected varieties, frozen, 330-700 g
poisson ou crevettes
2020200001 EA

\$3



EARTH'S OWN BARISTA OAT
946 mL
boisson à l'avoine
21179478 EA

3⁵⁰



OLD DUTCH POTATO 235 g or TORTILLA 275/290 g CHIPS or HUMPTY DUMPTY SNACKS 250-290 g
selected varieties
croustilles ou grignolines
21443100 EA

2⁴⁹



GAY LEA SOUR CREAM
selected varieties, 425/500 mL
crème sure
20317536001 EA

We are Proudly
CANADIAN
OWNED & OPERATED



NOFRILLS

1.99
LB



HONEY CRISP APPLES
product of Canada, Canada fancy grade
pommes
4.39/kg
2012821001 EA

10 LB BAG

4.99



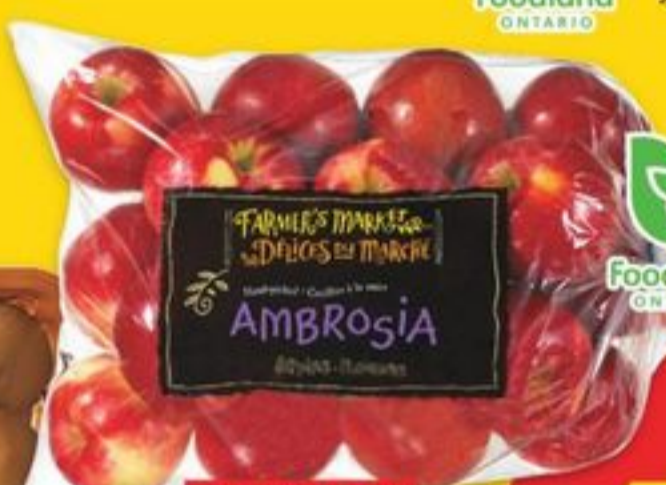
RED, YELLOW or RUSSET POTATOES
product of Ontario,
Canada no. 1 grade
pommes de terre
30401013001 EA/20401020001 EA



227 G

2.49

PC[®] SLICED or WHOLE, WHITE or CREMINI MUSHROOMS
product of Ontario, 227 g
champignons cremini ou blancs entiers
2017311 EA/20174237 EA



4 LB BAG

4.99



FARMER'S MARKET[™] AMBROSIA or ROYAL GALA APPLES
product of Ontario, Canada fancy grade
pommes
11307212001 EA/2016799001 EA

.99
LB



GREEN CABBAGE
product of Ontario, Canada no. 1 grade
chou vert
2.18/kg
20179204001 EA

2.99



PKG OF 6

FARMER'S MARKET[™] MINI CUCUMBERS
product of Canada, Canada no. 1 grade
mini concombres
20173170001 EA

7.79
LB



CLUB SIZE

EXTRA LEAN GROUND BEEF
fresh
bœuf haché extra maigre
17.17/kg
20207410 EA

\$15



APP EXCLUSIVE OFFER[®]

Optimum EARN 3,000[®] = \$3 Value

PC[®] BLUE MENU[®] CHICKEN BREASTS
boneless, skinless, 4's
poitrines de poulet
11404270 EA

2.49



SCHNEIDERS LUNCHMATE LUNCH KITS, STACKERS or SNACK KITS
selected varieties, 75-120 g
troussees repas
21110034 EA

6.99



SCHNEIDERS PEPPERETTES
selected varieties, 300/275 g
bâtonnets de saucisson
20976110 EA/21423636 EA

2.49



WONDER BREAD 675 g or BUNS 8's
selected varieties
pain ou petits pains
20274296 EA/20274151 EA

6.99



ZIGGY'S[®] FETA CHEESE 400 g or **BALDERSON CHEESE** 250/280 g
selected varieties
fromage
20292912 EA/21493431 EA

MEALS MADE EASY

SAVE UP TO 46%

\$7



PC® ENTRÉES 600 g/1.13 kg or
SWANSON FAMILY SKILLETS 1.19 kg
selected varieties, frozen
plats cuisinés ou repas à poêler
20226534, EA/20745235, EA

ONLY

3⁵⁰



NO NAME® ORIGINAL GARLIC TOAST
638 g
toast à l'ail
21341140, EA

ONLY

\$3



NO NAME® CREAM CHEESE
selected varieties
227/250 g
fromage à la crème
pastourisée
20308125001, EA

SAVE UP TO 33%

\$5



MCCAIN CAKES
selected varieties, frozen
510 g
gâteaux
20116122002, EA

SAVE UP TO 29%

1⁷⁵



MARIO'S LUNCHEON MEAT 340 g or
FLAKES OF HAM 156 g
pain de viande ou flocons de jambon
21994410, EA

FEBRUARY

**HIT
OF THE
MONTH**



Annie's Mac & Cheese

Selected varieties, 170 g
20316187001_EA / 20811201_EA



Cavendish Fries, frozen

Selected varieties, 800 g
Limit: 6, over limit retail \$2.99
21559837_EA / 21602936_EA



**Vachon Jos Louis, Ah Caramel,
Vanilla Half Moon, Apple
Raspberry Flakies or Swiss Rolls**

282 g - 336 g
Limit: 4, over limit retail \$3.99
20963606_EA / 21027889_EA



Royale Tiger Towels

3-6 rolls
Limit: 4, over limit retail \$6.00
21484702_EA

**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 February 1st - 28th, 2025.

BRANDS YOU LOVE AT LOW PRICES

SAVE UP TO 26%

5⁸⁸

BLACK DIAMOND CHEESTRINGS or SNACKS 252/336 g or **CRACKER BARREL CHEESE SHREDS** 320 g selected varieties fromage affiné/affiné ou collations de fromage ou fromage râpé 20743461 EA/21290614 EA



SAVE UP TO 23%

4⁴⁹

NEILSON TRUTASTE MILK selected varieties 2 L lait 20130370 EA



SAVE UP TO 41%

3⁴⁹

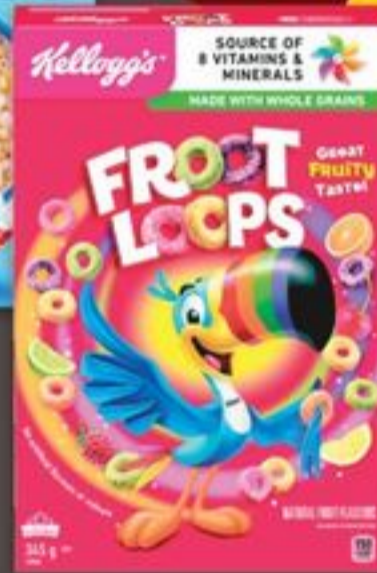
NORDICA COTTAGE CHEESE selected varieties 500 g or 4x113 g fromage cottage 2019618001 EA



SAVE 33%

3³³

KELLOGG'S CEREAL selected varieties 269-435 g céréales 20991279 EA/21430814 EA



4⁴⁹

POST FAMILY SIZE CEREAL selected varieties 550-630 g céréales ou granola 20940327 EA/21373229 EA



3⁵⁰

OLD DUTCH POTATO TORTILLA CHIPS or HUMPTY DUMPTY SNACKS 235 g or 275/290 g chips or 250-290 g selected varieties croustilles ou gâchettes 21443106 EA



1⁸⁹

BETTY CROCKER SUPERMOIST CAKE MIX FROSTING or SNACK SIZE MIX 375/404 g frosting 340/450 g or 184/212 g selected varieties mélange à gâteau ou glçage 2056241002 EA/21347617 EA



1⁵⁰

CHEF BOYARDEE PASTA selected varieties 418/425 g pâtes 201200001 EA



1⁷⁹⁹

BERTOLLI OLIVE OIL selected varieties 750 mL/1 L huile d'olive 2015412001 EA



4⁴⁹

AMY'S PLANT-BASED ORGANIC SOUP selected varieties 398 mL soupe biologique à base de plantes 2020533002 EA



4⁹⁹

CLUB HOUSE BLENDS or LA GRILLE SEASONING selected varieties 115-180 g assaisonnement 200120001 EA/200214001 EA



2⁴⁹

CHEEZ-IT SNAP'D CRACKERS or TOWNHOUSE CRACKERS 212 g or 247-291 g selected varieties croustilles 21107403 EA/21401181 EA



4⁴⁹

DAWN LIQUID DISH or POWDERWASH REFILL 473 mL selected varieties 130-220 g détergent 21430042 EA/21430104 EA



3⁹⁹

LYSOL MULTI SURFACE CLEANER 1.2 L or SPRAYS selected varieties 450/950 mL détergent 200097481 EA/200097991 EA



1²⁵

CADBURY MINI EGGS or HERSHEY'S EGGIES 37 g or 42 g selected varieties mini œufs ou chocolat 2024414001 EA/20934674 EA **WHILE QUANTITIES LAST**



2⁹⁹

CADBURY CREME EGGS 27 g multi œuf chocolat 21402276 EA **WHILE QUANTITIES LAST**



4⁹⁹

HERSHEY'S CHOCOLATE selected varieties 130-220 g chocolat 21430042 EA **WHILE QUANTITIES LAST**



4⁴⁹

PC ORGANICS QUICK ROLLED or STEEL CUT OATS 1 kg grains rapides ou ovine 20103772 EA



BRANDS YOU LOVE AT LOW PRICES

ONLY

3⁹⁹

DANONE ACTIVA 8's or **TWO GOOD TUBS** 625 g
selected varieties
yogourt



SAVE UP TO 28%

4⁹⁹

GIUSEPPE THIN CRUST or **RIISING CRUST PIZZA**
selected varieties, frozen
439-785 g
pizza



SAVE 39%

\$2

NEILSON FLAVORED MILK 1 L or **CREAM** 5/10% 473 mL
selected varieties
lait aromatisé ou crème



ONLY

3³³

PILLSBURY PIZZA POPS
selected varieties, frozen
380 g
pizzas



\$4

OASIS HEALTH-BREAK or **SMOOTHIES**
selected varieties



2⁴⁹

GAY LEA SOUR CREAM
selected varieties



2⁵⁰

NO NAME[®] LEMON JUICE
750 mL



\$3

MIO, CRYSTAL LIGHT or **KOOL-AID DRINK MIXES**
selected varieties



2⁷⁹

SUNNYD KOOOL-AID JAMMERS
10x180 mL



3⁹⁹

PINE-SOL CLEANER
selected varieties



3²⁵

OASIS or ARIZONA DRINK BOXES
4x200 mL or **SUNRYPE JUICE** 1.36 L



4⁴⁹

NO NAME[®] MAYONNAISE
selected varieties



3⁹⁹

PATAK'S COOKING SAUCE 400 mL or **PASTE** 254 mL



3²⁹

ALCAN FOIL NON-STICK FOIL 25 ft, **GLAD PLASTIC WRAP** 40 m or **REYNOLDS PARCHMENT PAPER** 35 ft



2⁵⁰

NO NAME[®] STORAGE BAGS
selected varieties



5⁴⁹

LISTERINE CLASSIC MOUTHWASH
selected varieties



\$15

GAIN LIQUID 4.55 L or FLINGS LAUNDRY DETERGENT 42%
selected varieties



6⁵⁰

CLOROX LIQUID BLEACH 3.57 L



5⁹⁹

LYSOL DISINFECTANT WIPES 75/84%, DISINFECTANT SPRAY 330 g or POWER PLUS TOILET BOWL CLEANER 940 mL



MULTI BUY? TRY SINGLE BUY.



3⁹⁹



OLD EL PASO DINNER KITS
selected varieties
250-510 g
troussees-repas
20795300 EA

1²⁵



OLD EL PASO SEASONINGS
selected varieties
24 g
mélange d'assaisonnements
21049482 EA

2⁷⁵



PC® SALAD DRESSING
selected varieties
473 mL
 vinaigrette
20626488001 EA

1⁷⁹



KNORR SIDEKICKS
selected varieties
170-162 g
plats d'accompagnement
2022143000P_EA/20221430012 EA

NEW LOWER PRICES

\$5



PC® ASIAN SOUPS or ENTRÉES
selected varieties, frozen
300 g
soups ou plats cuisinés asiatiques
2145869 SA

\$2



NO NAME® PEROGIES
selected varieties, frozen
907 g
perogies
20811340 SA

\$7



HIGH LINER FAMILY FAVOURITES FISH or SHRIMP
selected varieties, frozen
330-700 g
poisson ou crevettes
20302300001 SA

3⁵⁰



NO NAME® ICE MILK
selected varieties, frozen
1.65 L
lait glacé
2140174 SA



\$7

PC® ORGANICS FROZEN FRUIT
selected varieties
500 g
fruits surgelés
20149290 SA/20431483003 SA



5⁵⁰

SCHNEIDERS BREAKFAST SANDWICHES or EGG BITES
selected varieties, frozen
204-288 g
sandwiches déjeuner ou bûchettes aux œufs
21422288 SA



\$5

CHAPMAN'S SUPER NOVELTIES
selected varieties, frozen
8-20' x
friandises glacées
20111332 SA

DEALS ON BABY ESSENTIALS



24⁹⁹



29⁹⁹

HUGGIES SUPER BIG PACK DIAPERS
size N-7, selected varieties
32-108's
couches
2145421 SA/2145473 EA

PAMPERS ECONO PACK DIAPERS
size N-8, selected varieties
58-180's
couches
2155137 SA/2155165 EA/2155196 EA



24⁹⁷



PAMPERS SWADDLERS, CRUISERS or BABY-DRY DIAPERS
selected varieties
38-120's
couches
2070182 SA/21101406 EA



7⁹⁹

HUGGIES 3X BABY WIPES
selected varieties
168-192's
lingettes pour bébé
2018844 EA

26⁹⁷



Optimum
EARN **3,000** pts
= \$3 Value

PAMPERS EASY UPS CLUB PACK TRAINING PANTS
selected varieties
46-74's
vulottes d'entraînement
2108785 EA/21089436 EA

31⁹⁹



GOOD START BABY FORMULA STEP 1 or 2
900 g
préparation pour nourrisson
2139642 EA/2139950 EA

\$1



PC ORGANICS BABY FOOD POUCH 120 mL or LITTLE BELLIES BABY SNACKS
8/12 g
selected varieties
sachet d'aliments pour bébé
ou collations pour bébé
20651348001 EA/211579233 EA

2²⁹



SIMPLY GOURMET CRUNCHERS or PUFFIES SNACKS
selected varieties
32 g
préparatives ou collations
2139730 EA/21397406 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.

Optimum
EARN **10,000** pts
= \$10 Value

when you spend \$50* or more on

BABY DIAPERS, WIPES, FORMULA, FOOD, NEEDS or ACCESSORIES

all varieties and sizes
couches ou lingettes ou préparation pour nourrisson
ou aliments ou articles ou accessoires
2066167004 EA/2070182 EA/21101406 EA/2145421 EA/2145473 EA/2155137 EA/2155165 EA/2155196 EA



HAPPY HOLI!

होली की शुभकामनाएं



1.99
LB

LONG EGGPLANT
product of Mexico
4.29/kg
aubergine longue
20129013001 EA



.99

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

1.29

COCONUTS
product of India or
BUNCH MINT
product of Mexico
noix de coco ou menthe en botte
20005774001 EA/20129326001 EA



2.99

CRISPY NAMAK PARA
360 g
namak para
21443491 EA

1.49

HALDIRAM'S SNACKS
selected varieties
150/160 g
collations
20209977 EA/20214467007 EA



8.49

TEA INDIA TEA BAGS
681 g
sachets de thé
20177172 EA



.39

MAGGI INSTANT MASALA NOODLES
selected varieties
70 g
nouilles masala
instantanées
20802644 EA



\$2

SURAJ® EXOTIC JUICE DRINK
selected varieties
1 L
boisson de jus exotique
21001004 EA/21001023 EA



2.29

SURAJ® DAHI YOGURT
selected varieties
750 g
yogurt dahi
20939052 EA



\$4

HAPPY DAIRY PANEER
300 g
paneer
21342632 EA



\$5

HALDIRAM'S APPETIZERS
selected varieties, frozen
420-500 g
hors-d'œuvre
20710712 EA



3.50

CRISPY POUND CAKE
selected varieties
368 g
quatre-quarts
20814080 EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ET 01 NFO

RAMADAN KAREEM

رمضان كريم

3⁹⁹
LB



OKRA
product of U.S.A.
8.80/kg
gombé
20091263001, KG

1⁹⁹
LB



GREY ZUCCHINI
product of Mexico
4.39/kg
courgette grise
20034790001, KG

4⁹⁹



795 G

907 G

DEGLET NOUR PITTED, HONEY PITTED or ORGANIC PITTED DATES
product of Tunisia
340-907 g
dates
21543279001, EA/20772841, EA



340 G

1⁷⁹
LB



PAPAYA
product of Mexico
3.95/kg
papaye
20017066001, KG

1²⁵

CEDAR PITA
selected varieties
330 g
pita
21309130, EA



6⁴⁹
LB

NEW ZEALAND SHORT CUT LAMB LEG
frozen, halal
14.31/kg
gigot d'agneau raccourci
20142353, KG



\$8

BRAR'S MILK CAKE
selected varieties, frozen
400 g
gâteau au lait
2009047, EA



9⁹⁹

ZABIHA HALAL BREADED CHICKEN
selected varieties, frozen
800 g
poulet pané halal
21192805, EA



2²⁹

FROOTI MANGO JUICE
1 L
jus de mangue
20041153, EA



\$3

BRITANNIA GOOD DAY COOKIES
selected varieties
231 g
biscuits
21022105, EA



7⁴⁹

ALSHIFA NATURAL HONEY
500 g
miel
20062254, EA





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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 INFO MKT