

# NOFRILLS<sup>®</sup>

**THE**

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

# BIG



**SALE**



**SAVE 61%**

**.99** LB

**NAVEL ORANGES**  
product of U.S.A.  
2.18/kg  
20426079001\_K0



**WOW!**

**\$8**

**3 KG BOX**

**CHICKEN DRUMSTICKS**  
frozen  
21044687\_EA



**SAVE 44%**

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

**BLACK DIAMOND SLICES**  
PROCESSED CHEESE PRODUCT  
selected varieties, 410 g  
21232544\_EA



**SAVE 46%**

**\$4**

**PC® PUB RECIPE™**  
BREADED CHICKEN  
selected varieties, 700 g, frozen  
21201221\_EA



**SAVE 51%**

**3<sup>88</sup>**

**ROYALE FACIAL TISSUE**  
selected varieties  
6x72/100 sheets  
20702419\_EA



**SAVE UP TO 40%**

**1<sup>97</sup>**

**PALMOLIVE LIQUID**  
DISH DETERGENT  
selected varieties  
591/828 mL  
20861400\_EA/20861642\_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  
30226134 EA/70743231 EA

3<sup>50</sup>



NO NAME® ORIGINAL GARLIC TOAST  
638 g  
21341140 EA

ONLY

\$3



NO NAME® CREAM CHEESE  
selected varieties  
227/250 g  
3030610001 EA

ONLY

\$6



MCCAIN DEEP'N DELICIOUS CAKES  
selected varieties, frozen  
510 g  
30210132002 EA

SAVE 39%

1<sup>50</sup>



MARIO'S FLAKES OF HAM  
156 g  
21396417 EA

# NOFRILLS®

## THE BIG SALE

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

ALWAYS

**\$10**

ONLY

**3.33**



**SILK BEVERAGES**  
selected varieties, refrigerated  
1.74-1.89 L  
2031509001 EA



**BUTCHER'S CHOICE® SAUSAGE**  
selected varieties 1.2 kg  
21565790 KG

SAVE 37%

**1.88**



**CAMPBELL'S CHUNKY, READY TO SERVE** 515 mL or **HABITANT** 796 mL **SOUP**  
selected varieties  
21495447 EA/21479122 EA

SAVE 25%

**2.97**



**PINEAPPLE**  
product of Costa Rica  
2016092001 EA

ONLY

**2.49**



**DARE CRACKERS, DRY BREADS or VEGGIE CRISPS** 100-225 g or **PEPPERIDGE FARM GOLDFISH CRACKERS** 156-200 g  
selected varieties  
20300100 EA/21132664 EA

SAVE 33%

**3.50**



**TROPICANA ORANGE JUICE or DRINKS**  
selected varieties, refrigerated  
1.36/1.75 L  
21402130 EA

ONLY

**4.99**



**GENERAL MILLS FAMILY SIZE CEREAL**  
selected varieties  
475-778 g  
21105492 EA/21103495 EA

SAVE UP TO 35%

**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  
2006325001 EA/21427038 EA

FLYER PRICES EFFECTIVE IN WESTERN CANADA OR NORTHERN ONTARIO STORES ONLY, INCLUDING GERALDTON, DRYDEN, KENORA & THUNDER BAY.

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

01 NFW

# FRESH AT LOW PRICES

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



**BROCCOLI CROWNS**  
product of U.S.A. or Mexico  
6.59/kg  
20026111001\_KG

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



**ASPARAGUS**  
product of Mexico, no. 1 grade  
8.80/kg  
20174331001\_KG

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



**GREEN or RED PEPPERS**  
product of Mexico or  
**PC® WHOLE CREMINI or  
WHITE MUSHROOMS**  
product of Canada  
2008137001\_EA

**PKG OF 4**



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

**3 LB BAG**



**PC® MANDARINS**  
product of Mexico or U.S.A.  
2006491001\_EA



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

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

**PKG OF  
5 OR 6**

**AVOCADOS**  
product of Mexico  
2164492001\_EA



**500<sup>00</sup>**  
Value

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

**ROMAINE  
HEARTS**  
product of U.S.A.  
20067289001\_EA



**PKG OF 3**

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

**1 LB  
CLAMSHELL**

**STRAWBERRIES**  
product of U.S.A. or Mexico,  
no. 1 grade  
20069779001\_EA



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

**CANTALOUPE**  
product of Guatemala  
or Honduras,  
no. 1 grade  
20167517001\_EA



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



**FARMER'S  
MARKET™  
ENGLISH  
CUCUMBERS**  
product of Western Provinces,  
Canada no. 1 grade  
20028461001\_EA



**PKG OF 3**

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

**5 LB BAG**

**COSMIC CRISP  
APPLES**  
product of U.S.A., extra fancy or  
**FARMER'S  
MARKET™  
AMBROSIA  
APPLES**  
product of Western Provinces,  
Canada fancy grade  
2146518001\_EA/2003064001\_EA



**.99**  
LB

**GREEN CABBAGE**  
product of Western Provinces,  
Canada no. 1 grade  
2.18/kg  
20179302001\_KG



**1<sup>69</sup>**

**RED MANGOES**  
product of Peru or  
**ATAULFO  
MANGOES**  
product of Mexico  
20121509001\_EA/20039633001\_EA



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



**FARMER'S  
MARKET™  
MINI  
CUCUMBERS**  
product of Western Provinces,  
Canada no. 1 grade  
20028461001\_EA



**PKG OF 11**

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

**3 LB BAG**

**FARMER'S  
MARKET™  
LEMONS**  
product of U.S.A.  
20176811001\_EA



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

**FARMER'S  
MARKET™  
GRAPE  
TOMATOES or  
PC® VARIETY  
TOMATOES**  
product of Canada,  
Mexico or U.S.A.  
20040023001\_EA/20049846001\_EA



**907 G**

**681 G**

**10<sup>97</sup>**

**2 LB**

**MEDJOL  
DATES**  
product of U.S.A.  
20001466\_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, 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

**\$19**

**PC® BLUE MENU® CHICKEN BREASTS**  
boneless, skinless  
4's  
21406270 EA

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



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

**EXTRA LEAN GROUND BEEF**  
fresh  
16.51/kg  
20991822 EA



**\$10**

**MARINATED CHICKEN BREAST, THIGHS or LEGS**  
selected varieties  
500-900 g  
21406274 EA



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

**PC® SAUSAGES or ULTIMATE MILD CHICKEN SAUSAGE**  
selected varieties  
375/500 g  
21378310 EA/21584042 EA

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

**SCHNEIDERS LUNCHMATE LUNCH KITS, STACKERS or SNACK KITS**  
selected varieties  
75-120 g  
2120624 EA



**\$15**

**PC®, BLUE MENU®, THICK & JUICY™, FREE FROM® BURGERS**  
selected varieties, frozen  
1.22-1.26 kg  
2094120 EA



**\$6**

**SEAQUEST® FROZEN FISH FILLETS**  
selected varieties  
400 g  
21247462 EA



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

**SEAQUEST® WHOLE TILAPIA** 1.34 kg or  
**WHOLE POMPANNO** 800 g  
frozen  
21378787 EA/21292084 EA



**\$3**

**SUNRISE EXTRA FIRM TOFU**  
250 g  
2070207 EA



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

**MASTRO CAPOCOLLO** 133 g  
**SAN DANIELE MORTADELLA** 175 g or  
**ZIGGY'S® SLICED PEPPERONI** 175 g  
selected varieties  
2092947 EA/20257442 EA



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

**BALDERSON CHEESE** 250/280 g or  
**ZIGGY'S® FETA CHEESE** 400 g  
selected varieties  
2092947 EA/21584042 EA



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

**D'ITALIANO BREAD** 400/475 g or **BUNS**  
4's  
selected varieties  
2092947 EA/20257442 EA



**3<sup>29</sup>**

**CASA MENDOSA TORTILLAS**  
selected varieties, 7 or 10 inch  
340-640 g  
21266274 EA



**\$3**

**FARMER'S MARKET® GLAZED DOUGHNUTS**  
352 g  
21266274 EA



# THE BIG SALE



SAVE UP TO 47%

ONLY

1.50

**MICHELINA'S DINNER ENTRÉES**  
selected varieties, frozen  
1.56-284 g  
21208814 EA



**HIGH LINER BATTERED or PAN SEAR FISH FILLET**  
selected varieties, frozen  
425-600 g  
21180234 EA

\$9

SAVE UP TO 27%

6.99

**IMPERIAL MARGARINE**  
selected varieties  
1.28/1.35 kg  
20084992 EA



ONLY

2.49

**LECLERC CÉLÉBRATION COOKIES**  
selected varieties  
240 g  
20963372 EA

**PC® DRY ROASTED PEANUTS 700 g, CASHEWS or DELUXE MIXED NUTS 200 g**  
selected varieties  
20037990003 EA/21054942 EA

\$5

**VITA COCO COCONUT WATER 1 L or EARTH'S OWN OAT BARISTA**  
946 mL  
selected varieties  
20322922 EA/21179478 EA

\$3

**KELLOGG'S RICE KRISPIES BARS 176/198 g, POP TARTS 364 g, SPECIAL K BARS 125 g or NUTRI-GRAIN BARS 295 g**  
selected varieties  
20726267901 EA/20212984001 EA

2.99

**ALLEN'S CRANBERRY COCKTAIL 1.89 L or FRUIT COCKTAIL DRINK BOXES**  
8x200 mL  
selected varieties  
20313990001 EA/21318094 EA

\$3

**PC® SPLENDIDO® PASSATA**  
680 mL  
21124832 EA

1.99

**TIM HORTONS ROAST AND GROUND COFFEE 300 g or PODS 10/12's**  
selected varieties  
20902794 EA/21006843 EA

8.99

**COCA-COLA or PEPSI SOFT DRINKS**  
selected varieties  
6x710 mL  
200004042 C26/2001749832 C26

3.99

**REAL CANADIAN SPRING WATER**  
selected varieties  
24x500 mL  
20134875 C24

2.99

**LAY'S POTATO CHIPS POPPABLES 130 g**  
selected varieties  
21249002 EA

\$3

**CLUB HOUSE BLENDS or LA GRILLE SEASONING**  
selected varieties  
111/182 g  
200007002 EA/2001148001 EA

4.99

**CESAR WET DOG FOOD**  
selected varieties  
100 g  
2002200007 EA

1.50

**DENTASTIX DOG TREATS**  
selected varieties  
300 g/1.9 kg  
21081180 EA

\$10

**FRISKIES DRY CAT FOOD**  
selected varieties  
1.4/1.3 kg  
20912011 EA

\$6

**TIDYCATS LIGHTWEIGHT CAT LITTER**  
selected varieties  
2.7/3 kg  
21100001 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**

**5.99**



**\$5**

**LACTANTIA BUTTER**  
selected varieties  
454 g  
3003976 EA



**CHAPMAN'S SUPER NOVELTIES**  
selected varieties, frozen  
8-20's  
30111522 EA

**3.79**



**DAIRYLAND COTTAGE CHEESE**  
selected varieties  
500 g  
30749633 EA



**3.49**

**DAIRYLAND SOUR CREAM**  
selected varieties  
450/500 mL  
3027964001 EA

**3.50**



**OLD DUTCH POTATO 235 g or TORTILLA 275/290 g CHIPS**  
21347546 EA

**3.33**



**PILLSBURY PIZZA POPS**  
selected varieties, frozen  
380 g  
21434071 EA

**3.88**



**ROYALE FACIAL TISSUE**  
selected varieties  
6x72/100 sheets  
30702419 EA

**2.99**



**REAL CANADIAN SPRING WATER**  
selected varieties  
24x500 mL  
30134973 C34

**\$7**



**HIGH LINER FAMILY FAVOURITES FISH or SHRIMP**  
selected varieties, frozen  
330-700 g  
3030320006 EA/3030320003 EA

**\$3**



**EARTH'S OWN BARISTA OAT**  
346 mL  
31179478 EA

**\$9**



**HIGH LINER BATTERED or PAN-SEAR FISH FILLET**  
selected varieties, frozen  
425-600 g  
31184234 EA

**1.25**



**NEILSON MILKSHAKES**  
selected varieties  
310 mL  
31040932 EA

We are Proudly  
**CANADIAN**  
OWNED & OPERATED



**NOFRILLS**

**5.99**



**.99 LB**

**FARMER'S MARKET<sup>™</sup>  
MINI CUCUMBERS**  
product of Western Provinces, Canada no. 1 grade  
31070679001 EA



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

**GREEN CABBAGE**  
product of Western Provinces,  
Canada no. 1 grade  
2.18/kg  
30793034001 EA

**4.99**



**6.99**

**FARMER'S MARKET<sup>™</sup>  
ENGLISH CUCUMBERS**  
product of Western Provinces,  
Canada no. 1 grade  
20828441001 EA



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



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

**FARMER'S MARKET<sup>™</sup>  
AMBROSIA APPLES**  
product of Western Provinces,  
Canada fancy grade  
3063064001 EA

**7.49  
LB**



**EXTRA LEAN  
GROUND BEEF**  
fresh  
16.51/kg  
20491822 EA

**\$19**



**PC<sup>®</sup> BLUE MENU<sup>®</sup>  
CHICKEN BREASTS**  
boneless, skinless  
4's  
21406270 EA

**2.49**



**SCHNEIDERS LUNCHMATE<sup>™</sup>  
LUNCH KITS, STACKERS or  
SNACK KITS**  
selected varieties  
75-120 g  
21170034 EA

**5.99**



**PC<sup>®</sup> SAUSAGES or  
ULTIMATE MILD  
CHICKEN SAUSAGE**  
selected varieties  
275/500 g  
21170010 EA/21184432 EA

**3.49**



**ZIGGY'S<sup>®</sup>  
SLICED PEPPERONI**  
selected varieties  
175 g  
20085649 EA

**6.99**



**ZIGGY'S<sup>®</sup>  
FETA CHEESE**  
selected varieties  
400 g  
20392952 EA/21495455 EA

**\$3**



**SUNRISE EXTRA  
FIRM TOFU**  
350 g  
20070507 EA

**\$3**



**FARMER'S MARKET<sup>™</sup>  
GLAZED DOUGHNUTS**  
552 g  
21307094 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  
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.

# BRANDS YOU LOVE AT LOW PRICES

SAVE UP TO 34%

5<sup>88</sup>

CRACKER BARREL CHEESE SHREDS 320 g or BLACK DIAMOND CHEESTRINGS or SNACKS 252/336 g selected varieties 20783841 SA/21299614 EA



SAVE 21%

1<sup>25</sup>

NEILSON MILKSHAKES selected varieties 310 mL 21048932 EA



SAVE 33%

3<sup>33</sup>

KELLOGG'S CEREAL selected varieties 269-435 g 20391279 EA/21430814 EA



SAVE UP TO 20%

3<sup>79</sup>

DAIRYLAND COTTAGE CHEESE selected varieties 500 g 20749525 EA



4<sup>49</sup>

POST FAMILY SIZE CEREAL selected varieties 453-630 g 20940327 EA/21375229 EA



3<sup>50</sup>

OLD DUTCH POTATO 233 g or TORTILLA 273/290 g CHIPS or HUMPTY DUMPTY SNACKS 250-290 g selected varieties 21367346 EA/21443190 EA



1<sup>89</sup>

BETTY CROCKER SUPERMOIST CAKE MIX 373/404 g, FROSTING 340/450 g or SNACK SIZE BAKING MIX 184/212 g selected varieties 2050241902 EA/21547937 EA



1<sup>50</sup>

CHEF BOYARDEE PASTA selected varieties 418/425 g 2071200002 EA



17<sup>99</sup>

BERTOLLI OLIVE OIL selected varieties 750 mL/1 L 20154183001 EA

SAVE \$1 Value 1,000



4<sup>49</sup>

AMY'S PLANT-BASED ORGANIC SOUP selected varieties 398 mL 2030533002 EA



2<sup>97</sup>

CHEEZ-IT SNAP'D CRACKERS 213 g or TOWNHOUSE CRACKERS 242-291 g selected varieties 21187423 EA/21481381 EA



2<sup>50</sup>

NO NAME® STORAGE BAGS selected varieties 80/100/160/200 EA/20143946 EA



3<sup>99</sup>

LYSOL MULTI SURFACE CLEANER 1.3 L or SPRAYS 450/950 mL selected varieties 2029672003 EA/2030847902 EA



3<sup>99</sup>

PINE-SOL CLEANER selected varieties 1.41 L 2030847902 EA/2030847902 EA



1<sup>25</sup>

CADbury MINI EGGS 37 g or HERSHEY'S EGGIES 42 g selected varieties 2030430001 EA/2030430001 EA WHOLE QUANTITIES LAST



2<sup>99</sup>

CADbury CREME EGGS selected varieties 25 g 21480276 EA WHOLE QUANTITIES LAST



4<sup>99</sup>

HERSHEY'S CHOCOLATE selected varieties 136-230 g 2142808 EA WHOLE QUANTITIES LAST



4<sup>49</sup>

PC® ORGANICS QUICK ROLLED STEEL CUT OATS selected varieties 1 kg 20302772 EA



# BRANDS YOU LOVE AT LOW PRICES

ONLY

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

**DANONE ACTIVA<sup>SM</sup>** 8's or  
**TWO GOOD TUBS** 625 g  
selected varieties  
30323384902 EA/21477913 EA



ONLY

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

**GIUSEPPE THIN CRUST** or  
**RISING CRUST PIZZA**  
selected varieties, frozen  
439-785 g  
21196361 EA



SAVE UP TO **29%**

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

**LACTANTIA BUTTER**  
selected varieties  
454 g  
20629926 EA



SAVE UP TO **37%**

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

**DAIRYLAND CREAM**  
10% 946 mL or 33% 473 mL,  
**LACTANTIA CREAM**  
10% 1 L or 35% 473 mL  
20072927 EA/20962857 EA



**\$4**

**OASIS HEALTH-BREAK** or  
**SMOOTHIES**  
selected varieties  
1.8 L  
21329999 EA/21329910 EA



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

**DAIRYLAND SOUR CREAM**  
selected varieties  
450/500 mL  
202799001 EA



**3<sup>33</sup>**

**PILLSBURY PIZZA POPS**  
selected varieties, frozen  
380 g  
21436071 EA



**\$3**

**MIO, CRYSTAL LIGHT** or  
**KOOL-AID DRINK MIXES**  
selected varieties  
48 mL/24-56 g  
20443022 EA/207668001 EA



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

**SUNNYD 1.89 L or**  
**KOOL-AID JAMMERS**  
15x180 mL  
selected varieties  
20999926 EA/2128881 EA



**2<sup>50</sup>**

**NO NAME<sup>®</sup> LEMON JUICE**  
946 mL  
20436011 EA



**3<sup>25</sup>**

**SUNRYPE JUICE 1.36 L,**  
**OASIS** or  
**ARIZONA ICED TEA DRINK BOXES**  
3x200 mL  
selected varieties  
202174802 EA/20445471 EA



**4<sup>49</sup>**

**NO NAME<sup>®</sup> MAYONNAISE**  
selected varieties  
390 mL  
204714802 EA



**4<sup>49</sup>**

**PATAK'S COOKING SAUCE PASTE**  
400 mL or  
284 mL  
selected varieties  
202798802 EA



**4<sup>49</sup>**

**DAWN LIQUID POWERWASH REFILL**  
473 mL  
selected varieties  
21436061 EA/21436061 EA



**3<sup>47</sup>**

**ALCAN FOIL NON-STICK FOIL PLASTIC WRAP** 50 ft,  
**GLAD PLASTIC WRAP** 50 m or  
**REYNOLDS PARCHMENT PAPER** 31 ft  
202174802 EA/20445471 EA



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

**LISTERINE CLASSIC MOUTHWASH**  
selected varieties  
1 L  
202440001 EA  
20991212 EA



**\$15**

**GAIN LIQUID LAUNDRY DETERGENT**  
4.53 L or  
**FLINGS** 42's  
selected varieties  
20999926 EA/21402124 EA



**6<sup>50</sup>**

**CLOROX LIQUID BLEACH**  
3.57 L  
21202006 EA



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

**LYSOL DISINFECTANT SPRAY** 350 g or  
**WIPES** 75/84's  
selected varieties  
202174802 EA/21402124 EA



# MULTI BUY? TRY SINGLE BUY.



3<sup>99</sup>



**OLD EL PASO DINNER KITS**  
selected varieties  
250-510 g  
20795334 EA

1<sup>25</sup>



**OLD EL PASO SEASONINGS**  
selected varieties  
24 g  
21049493 EA

2<sup>75</sup>



**PC® SALAD DRESSING**  
selected varieties  
475 mL  
20626488001 EA

1<sup>79</sup>



**KNORR SIDEKICKS**  
selected varieties  
120-162 g  
20221430011 EA

# NEW LOWER PRICES

\$5



**PC® ASIAN SOUPS**  
or **ENTRÉES**  
selected varieties, frozen  
300 g  
21345667 EA

\$2



**NO NAME® PEROGIES**  
selected varieties, frozen  
907 g  
20611340 EA

\$7



**HIGH LINER FAMILY FAVOURITES**  
**FISH or SHRIMP**  
selected varieties, frozen  
330-700 g  
2030220001 EA/2030220003 EA

3<sup>50</sup>



**NO NAME® ICE MILK**  
selected varieties, frozen  
1.65 L  
21610174 EA



\$7

**PC® ORGANICS FROZEN FRUIT**  
selected varieties  
500 g  
20149390 EA/20421482003 EA



5<sup>50</sup>

**SCHNEIDERS BREAKFAST SANDWICH or EGG BITES**  
selected varieties, frozen  
204-232 g  
21632288 EA



\$5

**CHAPMAN'S SUPER NOVELTIES**  
selected varieties, frozen  
8-20's  
20111332 EA

# DEALS ON BABY ESSENTIALS



**24<sup>99</sup>**

**29<sup>99</sup>**

**HUGGIES SUPER BIG PACK DIAPERS**  
size N-7, selected varieties  
32-108's  
2146021 EA/2145473 EA

**PAMPERS ECONO PACK DIAPERS**  
size N-6, selected varieties  
58-160's  
2155157 EA/2155184 EA



**24<sup>97</sup>**

**7<sup>99</sup>**

**PAMPERS SWADDLERS, CRUISERS or BABY-DRY DIAPERS**  
selected varieties  
38-120's  
2079143 EA/2110160 EA



**HUGGIES 3X BABY WIPES**  
selected varieties  
168-192's  
2051804 EA

**26<sup>97</sup>**



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

**PAMPERS EASY UPS CLUB PACK TRAINING PANTS**  
selected varieties  
46-74's  
2108265 EA/2108436 EA

**31<sup>99</sup>**



**GOOD START BABY FORMULA STEP 1 or 2**  
900 g  
2139943 EA/2139950 EA

**\$1**



**PC ORGANICS BABY FOOD POUCH**  
128 mL or **LITTLE BELLIES BABY SNACKS** 8/12 g  
selected varieties  
206616704 EA/21339234 EA

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



**SIMPLY GOURMET CRUNCHERS or PUFFIES SNACKS**  
selected varieties  
22 g  
2139720 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

**HUGGIES PRODUCTS**  
all varieties and sizes  
2055804 EA/2134023 EA  
2146021 EA/2145473 EA



# RAMADAN KAREEM

رمضان كريم



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

**DEGLET HOUR PITTED, HONEY PITTED or ORGANIC PITTED DATES**  
product of Tunisia  
340-907 g  
2136237901 SA/20772841 SA

**340 G**



**795 G**

**907 G**



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

**LONG EGGPLANT product of U.S.A. or OPO SQUASH**  
product of U.S.A., Mexico or Honduras,  
4.29/kg  
20119913001 KG/20142053001 KG

**1<sup>69</sup>**  
EA

**BUNCH MINT**  
each, product of Mexico  
20129326001 SA



**.99**

**CILANTRO**  
product of U.S.A., Mexico or Dominican Republic  
20091823001 SA

**6<sup>49</sup>**  
LB

**NEW ZEALAND SHORT CUT LAMB LEG**  
frozen, halal  
14.31/kg  
20142353 KG



**\$11**

**ZABIHA HALAL CHICKEN BURGERS**  
frozen  
908 g  
20122720 SA



**\$24**

**SUFRA® HALAL CHICKEN WINGS**  
fresh  
up to 2 kg  
21420606 SA



**3<sup>50</sup>**

**CRISPY POUND CAKE**  
selected varieties  
368 g  
20814368 SA



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

**PRAN FROZEN SAMOSA or SPRING ROLL**  
selected varieties  
400 g  
21054846 SA



**10<sup>49</sup>**

**WAGH BAKRI PREMIUM TEA**  
907 g  
20073231 SA



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

**SURAJ® GINGER GARLIC PASTE**  
selected varieties  
750 g  
21086480 SA



**7<sup>99</sup>**

**ALSHIFA NATURAL HONEY**  
500 g  
20062354 SA



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

**TILDA GOLDEN SELLA BASMATI RICE**  
4.54 kg  
21594605 SA



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

**FROOTI MANGO JUICE**  
selected varieties  
1 L  
20041155 SA



**\$4**

**SURAJ® OKRA**  
selected varieties, frozen  
1 kg  
20379701 SA



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

**TAMAM TAHINI**  
907 g  
21217367 SA



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE ET 01 NFW

# 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](http://www.pcoptimum.ca). We reserve the right to cancel or change the terms of this offer at any time without notice.

†Throwback Prices: Program applies to one item weekly, as advertised in-store/online at [nofrills.ca](http://nofrills.ca).

ONLINE NFW MKT