

**MARCH**

**HIT  
OF THE  
MONTH**



**Christie Oreo Cookies or  
Ritz Crackers Grab & Go Snacks**  
selected varieties, 96 g - 113 g  
21646362\_EA / 21575702\_EA



**Kraft Dinner Cups**  
selected varieties, 58 g  
21435104\_EA / 20298547001\_EA



**Mott's or Betty Crocker Fruit Snacks**  
selected varieties, 128 g - 226 g  
20318474001\_EA / 20686716001\_EA



**Olivieri Skillet Gnocchi**  
selected varieties, 280 g - 300 g  
21022065\_EA



**Smartfood Popcorn**  
selected varieties, 150 g - 200 g  
21084988\_EA / 20972859\_EA

See in-store for retails

**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 March 1st – 31st, 2025.

# NOFRILLS®

FLYER PRICES EFFECTIVE THURSDAY, MARCH 6 TO WEDNESDAY, MARCH 12, 2025.



SAVE 40%

**2.97**  
LB

**PORK COMBO CHOP**  
fresh, bone-in  
6.55/kg  
2077693, KG



WOW!

**\$10**

**LEAN GROUND BEEF**  
1 kg  
2148763 EA  
WHILE QUANTITIES LAST

SAVE UP TO 25%

**2.97**  
LB



**RED or GREEN SEEDLESS GRAPES**  
product of Chile or South Africa, no. 1 grade  
6.55/kg  
2042373001, KG/20139199001, KG

ONLY

**3.98**

PKG OF  
5 OR 6

**AVOCADOS**  
product of Mexico  
21444934001, EA

SAVE UP TO 25%

**\$6**



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

**SEAQUEST® RAW SHELL ON SHRIMP or COOKED PEELED SHRIMP**, 36-45 per lb., 300 g, **SHRIMP RING** 227 g or **SMALL SCALLOPS** 400 g  
20080289, EA/21043483, EA

SAVE UP TO 53%

**6.99**



**SCHNEIDERS CHICKEN WINGS or SCHNITZELS**  
selected varieties, frozen  
450/615 g  
21481408, EA

SAVE UP TO 42%

**\$4**



**ZERTO PARMESAN SHREDDED CHEESE** 140 g, **SAN DANIELE PROSCIUTTO** 100 g or **MASTRO SALAMI** 125 g  
selected varieties  
20563140, EA/21061099, EA

SAVE 33%

**\$1**



**CLOVER LEAF LIGHT TUNA**  
selected varieties  
170 g  
2042117801, EA

SAVE 35%

**.77**



**SAPPORO ICHIBAN NOODLES**  
selected varieties  
100 g  
2027287901, EA

SAVE 44%

**4.99**



**TIM HORTONS INSTANT COFFEE**  
selected varieties  
100 g  
21167104, EA

SAVE 25%

**2.99**



**18.1 KG**  
**ROOSTER® SCENTED JASMINE RICE**  
2037223, EA  
WHILE QUANTITIES LAST

SAVE 37%

**9.99**



**TIDE LIQUID** 1.66 L or **PODS** 31/23/18 L, **LAUNDRY DETERGENT**, **DOWNY FABRIC SOFTENER** 1.89 L or 2.63 L, **DOWNY - GAIN SCENT BOOSTERS** 379 g, **BOUNCE DRYER SHEETS** 130-200\*, selected varieties  
2042117801, EA/21043483, EA

ONLY

**6.99**



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

**NO NAME® CANOLA OIL**  
2 L  
2037287901, EA

SAVE 36%

**1.44**



**OASIS JUICE, DEL MONTE NECTAR or ARIZONA ICED TEA** 900 mL or **FRUITE BEVERAGES** 2 L, selected varieties  
2020722001, EA/2039410700, EA

SAVE 26%

**4.99**



**NESTLÉ DRUMSTICKS or NOVELTIES** 4-10\*, or **CONFECTIONARY FROZEN DESSERT** 1.5 L, selected varieties, frozen  
2022109001, EA/21162900, 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

**NEW  
LOWER  
PRICES**

**\$2**



**NO NAME® PEROGIES**  
selected varieties, frozen  
907 g  
20811340 EA

**3.50**



**NO NAME® ICE MILK**  
selected varieties, frozen  
1.65 L  
21410174 EA

**\$5**



**CHAPMAN'S SUPER NOVELTIES**  
selected varieties, frozen  
8-18's  
20111532 EA

**\$5**



**PC® ASIAN SOUPS or ENTRÉES**  
selected varieties, frozen  
300 g  
21540048 EA

# FRESH AT LOW PRICES

**3.99**

**6 OZ CLAMSHELL**

**BLACKBERRIES**  
product of Mexico or U.S.A. or  
**PINEAPPLE** product of Costa Rica  
20051013001 EA/20140992001 EA

**3 LB BAG**

**GROWN IN CANADA**

**3.99**

**FARMER'S MARKET™ RED ONIONS**  
product of Canada, Canada no. 1 grade  
30811362001 EA

**4.99**

**1 LB CLAMSHELL**

**STRAWBERRIES**  
product of Mexico or U.S.A.,  
no. 1 grade  
2008776001 EA

**454 G**

**3.99**

**PC® WHOLE CREMINI™ or WHITE MUSHROOMS**  
product of Canada or  
**GREEN or RED PEPPERS**  
product of Mexico  
20941372 EA/20115232001 EA/20012208001 EA



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

**2.49**

**BROCCOLINI** product of U.S.A. or  
**ICEBERG LETTUCE** product of U.S.A., no. 1 grade  
20134907 EA/20133306001 EA

**6.99**

**5 LB BAG**

**COSMIC CRISP APPLES,**  
product of U.S.A., extra fancy grade or  
**FARMER'S MARKET™ AMBROSIA APPLES**  
product of Western Provinces, Canada fancy grade  
21463188001 EA/20420440001 EA

**\$20**

**SMALL INTERNATIONAL WOMEN'S DAY BOUQUET**  
21628423 EA/21661235 EA  
21628413 EA

**6.99**

**3 LB BAG**

**PC® MANDARINS**  
product of Morocco  
2004941001 EA

**1.99**

**LB**

**NAVEL ORANGES**  
product of Spain or Morocco  
4.29/kg  
20426079001 KG

**2.49**

**LB**

**ANJOU PEARS**  
product of Canada, Canada fancy grade,  
**BARTLETT PEARS** product of Argentina, extra fancy grade or  
**BOSC PEARS** product of U.S.A., extra fancy grade  
5.49/kg  
20174514001 KG/20172340001 KG

**1.69**

**ATALUFO MANGOES**  
product of Mexico or  
**RED MANGOES**  
product of Peru  
20121309001 EA/200319630001 EA

**3.99**

**LB**

**ASPARAGUS**  
product of Mexico,  
no. 1 grade  
8.80/kg  
20174581001 KG

**1.29**

**GREEN ONIONS**  
product of Mexico  
bunch  
20107300001 EA

**4.99**

**EAT SMART SWEET KALE™ or TAYLOR FARMS CHOP SALAD KITS**  
selected varieties, product of U.S.A.  
315-383 g  
20674118 EA/21381575 EA

**GROWN IN CANADA**

**2.99**

**2 LB BAG** **3 LB BAG**

**FARMER'S MARKET™ CARROTS or YELLOW ONIONS**  
product of Canada, Canada no. 1 grade  
20426426001 EA/20811944001 EA

**GROWN IN CANADA**

**3.99**

**680 G**

**PC® LITTLE GEMS™ MIXED, RED or YELLOW MINI POTATOES**  
product of Canada, Canada no. 1 grade  
21247301001 EA/21247299001 EA

**5.99**

**681 G**

**907 G**

**FARMER'S MARKET™ GRAPE TOMATOES or PC® VARIETY TOMATOES**  
product of Canada or Mexico  
20840038001 EA/20949566001 EA

**GROWN IN THE WESTERN PROVINCES**

**5.99**

**PKG OF 11**

**FARMER'S MARKET™ MINI CUCUMBERS**  
product of Western Provinces, Canada no. 1 grade  
21070679001 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

**\$19**



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

**BONELESS BEEF STEW**  
23.13/kg  
20106117\_80

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

**PC® BLUE MENU® CHICKEN BREASTS**  
boneless, skinless  
4's  
21404370\_5A



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

**MEDIUM GROUND PORK**  
fresh  
8.55/kg  
20627991\_80



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

**JOHNSONVILLE DINNER or BREAKFAST SAUSAGE, ROUNDS or ITALIAN GRINDS**  
selected varieties  
250-500 g  
20303841\_5A

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

**SCHNEIDERS BACON, JUICY JUMBOS or SMOKED SAUSAGES**  
selected varieties  
375-450 g  
20106117\_5A



**11<sup>99</sup>**

**JANES BONELESS CHICKEN BREAST BITES or FILLETS**  
selected varieties, frozen  
710/720 g  
21404370\_5A



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

**SMOKED STEELHEAD SALMON, PRE-SLICED 50 g, GO SHRIMP RAW \$1.70 per lb or COOKED \$1.90 per lb, 160 g, frozen, YELLOWFIN TUNA STEAKS, 92 g or SEAQUEST® FLAVOURED ALASKA POLLOCK.**  
ready to eat, 237 g  
selected varieties  
20106117\_5A/21303811\_5A



**12<sup>99</sup>**

**ZIGGY'S® CHICKEN STRIPS 500 g or MARCANGELO SLICED DELI MEAT 175/200 g**  
selected varieties  
21099232\_5A



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

**\$7**

**OKA CHEESE 190 g or TRE STELLE MOZZARELLA BALL 340 g**  
selected varieties  
20106117\_5A/20921276\_5A



**9<sup>50</sup>**

**SEAQUEST® WHOLE TILAPIA 1.36 kg or WHOLE POMPANO 800 g**  
frozen  
21303811\_5A/21303841\_5A



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

**DELI WORLD LIGHT RYE**  
selected varieties  
500 g  
20071454\_5A



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

**D'ITALIANO BREAD 400/475 g or BUNS 6/8's**  
selected varieties  
20084331\_5A/20426949\_5A



**\$5**

**FARMER'S MARKET SQUARES**  
selected varieties  
400/430 g  
21314897\_5A/21314897\_5A



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

**PC® DIPS 227 g or NAAN DIPPERS 200 g**  
selected varieties  
20106117\_5A/21092003\_5A



**\$3**

**ZIGGY'S® FRESH PASTA 250/340 g or SALADS 454 g**  
selected varieties  
20084331\_5A/21302270\_5A



**\$8**

**RANA PASTA KITS**  
selected varieties  
454 g  
21314897\_5A/21314897\_5A



# OUR BRANDS Made by us, loved by you.



no name®



ONLY

4<sup>50</sup>

**NO NAME® CHEESE SLICES**  
selected varieties  
210/230 g  
21614277 SA



SAVE 20%

\$4

**PC® FROZEN VEGETABLES**  
selected varieties  
300-750 g  
2011915 SA/2130140 SA

ONLY

1<sup>79</sup>

**NO NAME® EVAPORATED MILK**  
selected varieties  
354 mL  
21640310 SA/21640543 SA



ONLY

4<sup>49</sup>

**PC® FROZEN FRUIT**  
selected varieties  
300-600 g  
20112227 SA/21377841 SA

2<sup>49</sup>

**NO NAME® WHIPPED TOPPING AEROSOL**  
225 g  
20021493 SA



3<sup>50</sup>

**PC® GREEK YOGURT**  
selected varieties  
4's  
2083642001 SA  
21652734 SA



3<sup>50</sup>

**NO NAME® PIZZA**  
selected varieties, frozen  
350-411 g  
21541409 SA



.79

**NO NAME® CREAM OF MUSHROOM, TOMATO, VEGETABLE or CHICKEN NOODLE SOUP**  
254 mL  
20418883 SA



1<sup>50</sup>

**NO NAME® CHEESE SNACKS**  
selected varieties  
3's  
2088982 SA



2<sup>49</sup>

**NO NAME® BAGELS or ENGLISH MUFFINS**  
selected varieties  
6's  
21312967 SA  
21313119 SA



\$2

**NO NAME® FRUIT BEVERAGES**  
selected varieties  
750 mL  
20022006 SA



2<sup>29</sup>

**NO NAME® WHITE VINEGAR**  
Club Size  
4 L  
20107794 SA



2<sup>50</sup>

**PC® KETTLE COOKED, LOADS OF FLAVOUR or WORLD OF FLAVOUR POTATO CHIPS**  
selected varieties  
200 g  
2086611802 SA  
21622923 SA



3<sup>50</sup>

**ZIGGY'S® SLICED DELI MEAT**  
selected varieties  
173/300 g  
2130461 SA  
2130462 SA



1<sup>50</sup>

**NO NAME® CHOCOLATE BAR**  
selected varieties  
100 g  
2086611802 SA  
2086611803 SA



\$2

**NO NAME® OLIVES**  
selected varieties  
375 mL  
20104947 SA



3<sup>50</sup>

**PC® ORGANICS DURUM WHEAT SEMOLINA PASTA**  
selected varieties  
424 g  
204662002 SA



\$4

**NO NAME® WIPES**  
selected varieties  
75's  
21666771 SA  
21666772 SA



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.



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

nofrills.ca



Be kinder, use less and recycle more.



We are Proudly  
**CANADIAN**  
OWNED & OPERATED



**NOFRILLS**

**5.99**



**3.50**



**DANONE OIKOS TUBS**  
650/750 g  
or **ACTIVIA DRINKS** 8.1  
selected varieties  
2106434 EA/21108437 EA



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

**.79**



**1.79**



**NO NAME CREAM OF MUSHROOM, TOMATO, VEGETABLE or CHICKEN NOODLE SOUP**  
284 mL  
2061885 EA

**NO NAME EVAPORATED MILK**  
selected varieties  
254 mL  
21040310 EA/21040543 EA

**2.49**



**DARE COOKIES**  
selected varieties  
168-360 g  
20914342 EA/21080779 EA

**3.99**



**DARE BEAR PAWS COOKIES** 337/480 g or **DRY BREADS** 350/400 g  
selected varieties  
2030718001 EA/21081883 EA

**2.50**



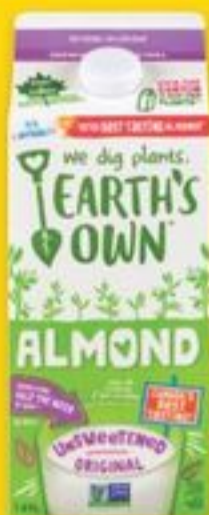
**PC KETTLE COOKED, LOADS OF FLAVOUR or WORLD OF FLAVOUR POTATO CHIPS**  
selected varieties  
200 g  
20840911003 EA/21422931 EA

**3.99**



**TOSTITOS TORTILLA CHIPS**  
selected varieties  
205-295 g  
21050575 EA

**3.50**



**EARTH'S OWN ALMOND BEVERAGE**  
selected varieties  
refrigerated  
1.89 L  
20227647 EA

**\$2**



**UNICO PASTA SAUCE**  
selected varieties  
680 mL  
20226527001 EA/20226527003 EA

**6.99**

APP EXCLUSIVE OFFER  
1,000 = \$1 Value



**NO NAME CANOLA OIL**  
3 L  
20028454 EA

**11.99**



**ROYALE FACIAL TISSUE**  
12's  
20705292 EA

We are Proudly  
**CANADIAN**  
OWNED & OPERATED



**NOFRILLS**

**GROWN IN CANADA** 🍁

**3.99**



**3 LB BAG**

**FARMER'S MARKET<sup>™</sup>  
RED ONIONS**  
product of Canada, Canada no. 1 grade  
20811242001 EA

**PKG OF 11**



**5.99**



**FARMER'S MARKET<sup>™</sup>  
MINI CUCUMBERS**  
product of Western Provinces,  
Canada no. 1 grade  
21070679001 EA

**GROWN IN CANADA** 🍁

**2.99**



**3 LB BAG**



**2 LB BAG**

**FARMER'S MARKET<sup>™</sup>  
CARROTS or YELLOW ONIONS**  
product of Canada, Canada no. 1 grade  
2082442001 EA/20811994001 EA

**GROWN IN CANADA** 🍁

**3.99**



**PC<sup>®</sup> LITTLE GEMS<sup>™</sup>  
MIXED, RED or YELLOW  
MINI POTATOES**  
product of Canada, Canada no. 1 grade  
21247201001 EA/21247299001 EA

**2.99**



**DELI WORLD LIGHT RYE**  
selected varieties  
500 g  
20097434 EA

**2.99**



**D'ITALIANO  
BREAD 600/675 g or BUNS 6/8"**  
selected varieties  
20028335 EA/20028449 EA

**2.49**



**NO NAME<sup>®</sup> BAGELS  
or ENGLISH MUFFINS**  
selected varieties  
6's  
21217947 EA/21213119 EA

**\$5**



**FARMER'S MARKET<sup>™</sup> SQUARES**  
selected varieties, 400/450 g  
21214499 EA/21214501 EA

**\$3**

**ZIGGY'S<sup>®</sup>  
FRESH PASTA**  
350/360 g or  
**SALADS** 454 g  
selected varieties  
20084305 EA/21302270 EA



**3.49**

**PC<sup>®</sup> DIPS 227 g or  
NAAN  
DIPPERS 200 g**  
selected varieties  
20574322 EA/21092023 EA



**\$7**

**OKA CHEESE 190 g or  
TRE STELLE  
MOZZARELLA  
BALL 340 g**  
selected varieties  
20189267 EA/20021279 EA





# 1000s OF LOWERED PRICES EVERY DAY!

**PRICE DROP**

**\$4**



**SWANSON HUNGRY-MAN DINNER ENTRÉES**  
selected varieties, frozen  
360-455 g  
20294014002 SA



**\$2**

**UNICO PASTA SAUCE**  
selected varieties  
680 mL  
20206527001 SA/20206537002 SA

**2.99**



**LIBERTÉ MÉDITERRANÉE 4% or GREEK 4% or CRUNCH 2% YOGURT**  
selected varieties  
20788062001 SA/20801732003 SA



**6.50**

**DEL MONTE JUGS**  
selected varieties  
2.5 L  
21393736 SA

**\$2**



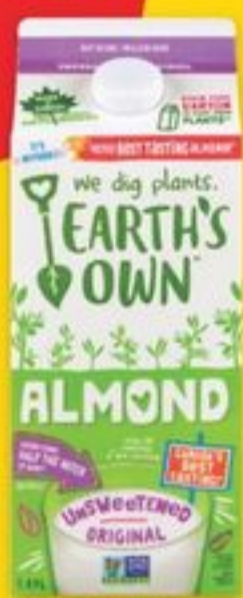
**AYLMER ACCENTS or RO-TEL DICED TOMATOES**  
selected varieties  
283-540 mL  
21207587 SA



**8.99**

**PC SPLENDIDO® PARMIGIANO REGGIANO or PECORINO ROMANO or GRANA PADANO SMALL 250 g**  
21031031 SA/21053434 SA

**3.50**



**EARTH'S OWN ALMOND BEVERAGE**  
selected varieties  
refrigerated  
1.89 L  
20227447 SA

**3.50**



**PC® 100% JUICE BOXES**  
selected varieties  
10x200 mL  
21061913 SA

**TIM HORTONS ROAST AND GROUND COFFEE or PODS** 875/930 g or 24/30's  
selected varieties  
20675747 SA/21146682 SA

**17.99**



**1.50**

**BRUNSWICK FILLETS or CLOVER LEAF FLAVOURED TUNA** 85 g  
selected varieties  
21358323 SA/20213581001 SA



**4.29**

**MISS VICKIE'S KETTLE COOKED POTATO CHIPS**  
selected varieties  
190/200 g  
21240702 SA



**\$6**

**GATORADE SPORT DRINKS**  
selected varieties  
6x591/8x355 mL  
21144182 C08/21242891 C04



**10.99**

**UNICO SUNFLOWER OIL** 3 L  
20089042 SA



# 1000s OF LOWERED PRICES EVERY DAY!

**PRICE DROP**

**1.69**



**CAMPBELL'S BROTH**  
selected varieties  
250/900 mL  
2022248002 EA/21347343 EA



**\$2**

**PEPPERIDGE FARM GOLDFISH CRACKERS**  
selected varieties  
156-227 g  
20200220 EA/20543340 EA

**4.99**



**RED ROSE ORANGE PEKOE TEA 72's**  
21393431 EA



**5.49**

**SMUCKER'S JAM or JELLY**  
selected varieties  
310-500 mL  
20308043001 EA/20308043004 EA

**2.99**

**CADBURY CREME or LINDY EGGS 7's or PEEPS MARSHMALLOW CHICKS 85 g**  
selected varieties  
21483296 EA  
**WHILE QUANTITIES LAST**

**5.99**

**NESTLÉ HIDE ME EGGS or BUNNIES 85-153 g or CADBURY MINI or CREME EGGS 154-200 g**  
selected varieties  
20073462 EA/21428045 EA  
**WHILE QUANTITIES LAST**

**6.99**



**LINDY GOLDEN BUNNY 100 g or FERRERO RÖCHER SQUIRREL 90 g**  
selected varieties  
20044002 EA  
**WHILE QUANTITIES LAST**

**2.49**

**DAWN LIQUID DISH DETERGENT**  
selected varieties  
431/473 mL  
21400581 EA/21433090 EA

**\$7**

**PC® BATHROOM TISSUE**  
selected varieties  
12=24 rolls  
21430718 EA

**GLAD GARBAGE BAGS**  
selected varieties  
10-52 bags  
2029734001 EA  
21204611 EA

**7.99**



**APP EXCLUSIVE OFFER\***  
Optimum®  
EARN **1,000** pts  
= **\$1** Value  
for every \$5\* spent on

**PC®, PC® BLACK LABEL or NO NAME® PIZZA**  
all sizes and varieties  
21531415 EA



# PET CARE AT LOW PRICES

\$9



**NO NAME® CAT LITTER**  
selected varieties  
18 kg  
2017714901 SA

15<sup>49</sup>



**IAMS DRY CAT FOOD**  
selected varieties  
1.36-1.65 kg  
21027532 SA

29<sup>99</sup>



**PURINA ONE DRY DOG FOOD 7 kg or TIDY CATS LIGHTWEIGHT CAT LITTER 7.71 kg**  
selected varieties  
20239412 SA

# YOU GET, WE GIVE.

When you get participating products\* marked in store and online, a portion of the proceeds from every purchase made will be donated to:  **children's charity**



**349**

**iögo NANO DRINKABLE 4's or SIGGI'S SKYR 4's YOGURT**  
selected varieties  
200947001 EA/21158923 EA

**499**

**GENERAL MILLS FAMILY SIZE CEREAL**  
selected varieties  
475-778 g  
21103492 EA/21103495 EA

**899**

**KELLOGG'S JUMBO CEREAL**  
selected varieties  
730 g 1.2 kg  
20072706 EA/20091235 EA

**599**

**SIGGI'S ICELANDIC SKYR**  
selected varieties, 650/750 g  
21353874 EA/21353892 EA

**599**

**DANONE OIKOS TUBS 650/750 g or ACTIVIA DRINKS 8's, selected varieties**  
21066434 EA/21104409 EA

**649**

**LIBERTÉ GREEK 650/750 g, YOPLAIT 16's or YOP NO SUGAR ADDED 8's, YOGURT**  
selected varieties  
20642273 EA

**\$3**

**PRINGLES POTATO CHIPS**  
selected varieties  
148/156 g  
21003822 EA/21003823 EA

**Optimum**  
Members-Only Price™  
**229**  
Non-members  
**329**

**MAYNARDS CANDY**  
selected varieties  
150/154 g  
21043334 EA/21043403 EA

**\$4**

**MOTT'S CLAMATO**  
selected varieties  
1.89 L  
20318955002 EA

**399**

**RUFFLES POTATO CHIPS**  
selected varieties  
180-200 g  
21241032 EA

**399**

**TOSTITOS TORTILLA CHIPS**  
selected varieties  
205-295 g  
21090575 EA

**949**

**FRITO-LAY VARIETY PACK CHIPS**  
selected varieties, 428/448 g  
21584927 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  
**3,000** pts  
for every \$10\*  
spent on

**=\$3**  
Value

**KELLOGG'S FAMILY SIZE CEREAL**  
selected varieties, 450-650 g  
21430748 EA/21430753 EA



\*In conjunction with our partners, a maximum of \$1,000,000 will be collectively donated to President's Choice Children's Charity from purchases of participating products made at NOFRILLS® this year.

# YOU GET, WE GIVE.

When you get participating products\* marked in store and online, a portion of the proceeds from every purchase made will be donated to:  **children's charity**



**449**

**PILLER'S SLICED DELI MEAT**  
selected varieties  
150/200 g  
21204382 EA/21204929 EA

**349**

**KELLOGG'S EGGO WAFFLES** 8's or  
**THICK AND FLUFFY WAFFLES** 6's  
selected varieties, frozen  
20302779 EA

**299**

**KELLOGG'S RICE KRISPIES** 176/199 g,  
**POP TARTS** 384 g, **SPECIAL K** 125 g or  
**NUTRI-GRAIN** 295 g **BARS**  
selected varieties  
20126567001 EA/20212984001 EA

**349**

**FIBRE 1 BARS** 125 g or  
**NATURE VALLEY GRANOLA** or  
**WAFFER BARS** 148-210 g  
selected varieties  
20587504001 EA/20686988001 EA

**249**

**DARE COOKIES**  
selected varieties  
168-360 g  
20974342 EA/21208779 EA

**249**

**DARE CRACKERS,  
DRY BREADS or VEGGIE CRISPS**  
selected varieties  
100-225  
21209646 EA/21210791 EA

**399**

**DARE BEAR PAWS COOKIES** 337/480 g  
or **DRY BREADS** 350/400 g  
selected varieties  
20507298001 EA/212081883 EA

**199**

**QUAKER DIPPS or  
CHEWY GRANOLA BARS**  
selected varieties  
120-156 g  
20847382 EA/212139366 EA

**249**

**CHRISTIE CRACKERS**  
selected varieties  
175-360 g  
21209647 EA/212147024 EA

**279**

**QUAKER RICE CAKES** 127-199 g or  
**CRISPY MINIS** 90/100 g  
selected varieties  
20163788002 EA/20820854 EA

**229**

**CHRISTIE COOKIES** 240-303 g or  
**PEEK FREANS** 290/300 g  
selected varieties  
21238407 EA/212341308 EA

**229**

**CHRISTIE MINI COOKIES  
or SNACK PACKS**  
selected varieties  
150-200 g  
21264976 EA/212681155 EA

**449**

**CHRISTIE FAMILY SIZE COOKIES**  
selected varieties  
374-488 g  
21234917 EA/212341963 EA

**249**

**CHRISTIE CRISPERS  
or BITS & BITES CRACKERS**  
selected varieties  
145 g  
21258327 EA/21238322 EA

**249**

**LECLERC NUGABAR or  
GOPURE BARS**  
selected varieties  
140/175 g  
21207838 EA/212346194 EA

**279**

**LECLERC CÉLÉBRATION  
COOKIES**  
selected varieties  
240 g  
20965304 EA/20965372 EA

# YOU GET, WE GIVE.

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**4.99**



**KRAFT PEANUT BUTTER** 750 g/1 kg  
or **HAZELNUT SPREAD** 725 g  
selected varieties  
20029541301 SA/21285418 SA

**3.99**



**PHILADELPHIA CREAM CHEESE PRODUCT**  
selected varieties  
227/250 g  
20441267 SA/20844924010 SA

**5.99**



**NESCAFÉ or TASTER'S CHOICE INSTANT COFFEE** 100-170 g or **NESCAFÉ SWEET & CREAMY** 144-331 g  
selected varieties  
20441811301 SA/20872036 SA

**\$7**



**SIMPLY ORANGE JUICE**  
selected varieties, refrigerated  
2.43 L  
21392119 SA

**9.99**



**STARBUCKS ROAST AND GROUND COFFEE**  
340 g **HOT CHOCOLATE** 240/300 g or **PODS** 10's  
selected varieties  
2044482002 SA/2044482004 SA

**11.99**



**MAXWELL HOUSE ROAST AND GROUND COFFEE**  
selected varieties  
431-900 g  
2166682 SA

**15.99**



**TIMOTHY'S, KRISPY KREME or DONUT HOUSE PODS**  
selected varieties  
30's  
21423335 SA

**7.99**



**ROYALE TIGER TOWELS**  
selected varieties  
2/2x3 rolls  
21484792 SA

**9.99**



**CHARMIN BATHROOM TISSUE** 8x24 rolls or **BOUNTY PAPER** 4x6 rolls  
selected varieties  
21511808 SA/215148792 SA

**11.99**



**ROYALE FACIAL TISSUE**  
12x100 sheets  
20942392 SA

**6.99**



**LYSOL TOILET BOWL CLEANER** 2x710 mL, **DISINFECTANT SPRAY** 539 g, **RESOLVE STAIN REMOVER** 450 mL, **IN WASH POWDER** 475 g or **LYSOL LAUNDRY DISINFECTANT** 1.2 L  
selected varieties  
21228361 SA/21487306 SA

**9.99**



**AIR WICK SCENTED OIL TWIN PACK REFILL** 2x200 mL, **ESSENTIAL MIST** or **PULSE VIBRANT KIT** 20 mL  
selected varieties  
21493649 SA/21512306 SA

**19.99**



**FINISH AUTO DISH TABS**  
selected varieties  
60-105's  
21218875 SA/21341237 SA

**12.99**



**PUREX LIQUID LAUNDRY DETERGENT** 4.08-4.43 L or **SUNLIGHT LIQUID LAUNDRY DETERGENT** 4 L  
selected varieties  
2044223001 SA/21427942 SA

**\$15**



**GAIN LIQUID LAUNDRY DETERGENT** 4.55 L or **FLINGS LAUNDRY DETERGENT**  
selected varieties  
20519627 SA/21487174 SA

**21.99**



**TIDE LIQUID LAUNDRY DETERGENT** 3.9 L or **PODS** 45/37/78's  
selected varieties  
21393870 SA/21392704 SA

ONL 05 NFW \*In conjunction with our partners, a maximum of \$1,000,000 will be collectively donated to President's Choice Children's Charity from purchases of participating products made at NOFRILLS® this year.

# MULTI BUY? TRY SINGLE BUY.



ONE FOR

179



**KNORR SIDEKICKS**  
selected varieties  
121-162 g  
2021430007 EA/2021430012 EA

ONE FOR

\$3



**CLASSICO PASTA SAUCE**  
410/600 mL  
2022609006 EA/21618218 EA

ONE FOR

\$3



**DIANA** 500 mL or  
**BULL'S-EYE** 425 mL SAUCE  
selected varieties  
20247834002 EA/21194617 EA

ONE FOR

399



**LYSOL MULTI SURFACE CLEANER** 1.2 L  
or **SPRAYS** 650-950 mL  
selected varieties  
20309872002 EA/20210479001 EA

# 1000s OF LOWERED PRICES EVERY DAY!



**479**



**SENSODYNE or PRONAMEL TOOTHPASTE** 75/100 mL or **POLIGRIP** 40 g  
selected varieties  
20301179001 EA/20734073 EA

**\$5**



**CREST GUM TOOTHPASTE** 63 mL or **SCOPE** 1 L  
selected varieties  
20482747 EA/21334490 EA



**\$5**

**GARNIER WHOLE BLENDS HAIR CARE**  
selected varieties  
346-370 mL  
20441723 EA/20418327 EA

**\$4**



**NIVEA BODY WASH**  
selected varieties  
500 mL  
21148999 EA/21148901 EA

**\$8**



**NIVEA HAND or BODY LOTION**  
selected varieties  
200-625 mL  
20482737 EA

**450**



**IRISH SPRING BAR SOAP** 6x104 g, **BODY WASH** 391 mL or **SOFT SOAP BODY WASH** 391 mL  
selected varieties  
2121973 EA/21434677 EA

**399**



**OLD SPICE or SECRET DEODORANT**  
selected varieties  
45-107 g  
20554235002 EA/20643349901 EA

**\$11**



**AVEENO LOTION**  
selected varieties  
532 mL  
20102823001 EA/20102023003 EA

**549**



**U BY KOTEX LINERS**  
40-50's, **PADS** 14-22's or **TAMPONS** 16's  
selected varieties  
20992780 EA/21387976 EA

**299**



**HUGGIE'S 1X WIPES**  
selected varieties  
56/64's  
20557344 EA

**1279**



**SUDOCREM**  
250 g  
20147213 EA

**1299**



**ENSURE or GLUCERNA READY-TO-DRINK SHAKES**  
6's  
20180283003 EA/20308731001 C06

**179**



**BABY GOURMET ORGANIC FRUIT or VEGETABLE BABY FOOD POUCHES**  
112/128 mL or **JARS** 113 mL  
selected varieties  
21123293 EA/21291341 EA

**249**



**GERBER SNACKS or ENTRÉES**  
selected varieties  
42-187 g  
20304618003 EA  
20304618007 EA

**ALWAYS \$4**

**LIFE BRAND® MOUTHWASH**  
selected varieties  
1 L  
21201384 EA/21201405 EA





# NATURAL FOODS AT LOW PRICES

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

**312 G**

**PC® ORGANICS BABY SPINACH or FIELD GREENS**  
product of U.S.A.  
30137907 EA/20222731 EA



**ORGANICS**

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

**2 LB BAG**

**PC® ORGANICS LEMONS**  
product of U.S.A.  
30140331001 EA



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

**BEYOND MEAT ITALIAN SAUSAGES**  
selected varieties  
400 g  
21260112 EA



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

**IMPOSSIBLE PLANT-BASED BURGER PATTIES**  
227 g  
21403532 EA



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

**WHOLLY VEGGIE BURGER**  
selected varieties  
284 g  
2161976 EA



**15<sup>99</sup>**

**KIND BARS**  
selected varieties  
12x40 g  
20784072 C12



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

**PC® ORGANICS APPLE SAUCE CUPS** 6x100 g, **CHOCOLATE BAR** 100 g,  
**JUMBO RAISIN PACK** 190 g or **SQUEEZABLE FRUIT SNACKS** 360 g  
selected varieties  
20220492001 EA/21170326 EA



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

**ANNIE'S ORGANIC GRAHAM SANDWICHES or BUNNY FRUIT SNACK PACK**  
selected varieties  
198/226 g  
21347830 EA/21347875 EA



**4<sup>50</sup>**

**GOGO QUINOA GLUTEN FREE ORGANIC PASTA**  
selected varieties  
227 g  
2041904002 EA



**26<sup>99</sup>**

**VEGA PROTEIN AND GREENS PROTEIN POWDER**  
selected varieties  
510-526 g  
20830084002 EA



# RAMADAN KAREEM

رمضان كريم

**5.99**

**795 G**

**340 G**

**907 G**

**1.99** LB

**1.69** EA/LB

**2.49**

**200 G**

**DEGLET NOUR PITTED DATES, HONEY PITTED DATES or ORGANIC PITTED DATES**  
product of Tunisia  
2134229001 EA/202772841 EA

**GREY ZUCCHINI**  
product of Mexico  
4.39/kg  
2023678001 KG

**BUNCH MINT** each, product of Morocco or Mexico  
or **OPO SQUASH** 3.73/kg, product of U.S.A., Mexico or Honduras  
2019226001 EA/20142023001 KG

**DRIED APRICOTS or FIGS**  
product of Turkey  
20027690 EA/20299942 EA

**\$10**

**SUFRA® HALAL BREADED CHICKEN**  
selected varieties, frozen  
568-840 g  
21179709 EA

**\$15**

**SUFRA® HALAL WHOLE CHICKEN**  
1.55 kg  
21420673 EA

**20.99**

**NEW ZEALAND STEWING GOAT**  
bone-in  
1 kg  
20142023 EA

**1.29**

**SURAJ® CANNED BEANS**  
selected varieties  
540 mL  
20540284 EA

**3.49**

**CRISPY POUND CAKE**  
selected varieties  
358 g  
20814580 EA

**\$9**

**NANAK RASMALAI FROZEN DESSERT**  
selected varieties  
850 g  
21284818 EA

**4.99**

**SHAN GINGER GARLIC PASTE**  
700 g  
21447270 EA

**4.99**

**DANISA TRADITIONAL BUTTER COOKIES**  
454 g  
21242239 EA

**.99**

**KNORR BOUILLON CUBES**  
selected varieties  
80 g  
20278063001 EA  
20278063002 EA

**\$2**

**SHANA PARATHA**  
selected varieties, frozen  
400 g  
20990913002 EA

**2.99**

**CLIC DRY BEANS or LENTILS**  
selected varieties  
907 g  
20212891 EA

**4.49**

**QUALITY ALPHONSO SWEETENED MANGO PULP**  
selected varieties  
850 g  
2067642001 EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 01 NFW

# HAPPY HOLI!

होली की शुभकामनाएं



**1.99**  
LB/EA

**LONG EGGPLANT**  
4.39/kg, product of Mexico or Honduras or **METHI LEAF** each, product of Mexico or U.S.A.  
201590130011 80  
201590490011 8A



**2.99**

**COCONUT**  
product of Dominican Republic each  
200057740011 8A

**.99**

**CILANTRO**  
product of U.S.A., Mexico or Dominican Republic  
200918230011 8A



**3.99**  
LB

**OKRA**  
product of U.S.A.  
8.80/kg  
200912830011 80

**6.49**

**BRAR'S SAMOSA**  
selected varieties, frozen  
624 g  
21900023 8A



**\$4**

**SURAJ<sup>®</sup> SLICED OKRA**  
selected varieties, frozen  
1 kg  
20219299 8A



**4.99**

**NANAK PANEER**  
341 g  
21380138 8A



**2.49**

**SURATI SNACKS**  
selected varieties  
250-341 g  
202225740011 8A



**\$3**

**ROOSTER<sup>®</sup> SWEETENED CONDENSED MILK**  
300 mL  
20128407 8A



**4.99**

**BRITANNIA MILK RUSK**  
selected varieties  
620 g  
21024034 8A



**.39**

**MAGGI INSTANT MASALA NOODLES**  
selected varieties  
70 g  
20002644 8A



**\$10**

**NANAK VEGGIE BURGER PATTIES**  
640 g  
20080088 8A



**2.99**

**MAGGI SAUCE**  
selected varieties  
340 mL  
20487724 8A



# 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).

ONL NFW MKT