

NOFRILLS

SAVE 50%

.99
LB



TOMATOES ON THE VINE
product of Canada or Mexico
tomates sur vigne
2.18/kg
20026703001_K0

SAVE 31%

.88



Foodland
ONTARIO



ENGLISH CUCUMBERS
product of Ontario, Canada no. 1 grade
concombres anglais
20070132001_EA

ONLY

344



4 LB BAG

FARMER'S MARKET™ MANDARINS
product of Morocco, Spain or Egypt
mandarines
20054025001_EA

SAVE 50%

125



Foodland
ONTARIO



227 G

PC® WHOLE WHITE MUSHROOMS
product of Ontario
champignons blancs entiers
20776339_EA

NOFRILLS®

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

SAVE UP TO 50%

3⁹⁹



SCHNEIDERS BACON
selected varieties
275 g
bacon
30772671 EA

ONLY

2⁷⁷ LB



PORK BACK RIBS
côtes de dos de porc
6.11/kg
31103794 KG
WHILE QUANTITIES LAST

SAVE UP TO 50%

6⁹⁹



SCHNEIDERS CHICKEN WINGS or SCHNITZELS
selected varieties
450/615 g, frozen
ailes de poulet ou escalopes
31373433 EA

ONLY

\$3 EA



GROUND CHICKEN
454 g
poulet haché
31311582 EA
WHILE QUANTITIES LAST

SAVE UP TO 43%

.95



CLOVER LEAF LIGHT TUNA
selected varieties, 85/170 g
thon pâle ou sardines
3031158101 EA/30372383 EA

SAVE 33%

\$4



ZERTO PARMESAN SHREDDED CHEESE 140 g
SAN DANIELE PROSCIUTTO 100 g or **MASTRO SALAMI** 125/150 g
selected varieties
fromage râpé ou prosciutto ou salami
20563140 EA/20281640 EA

SAVE UP TO 24%

.37



MR. NOODLES INSTANT NOODLES 65 g or **MAGGI NOODLES** 70 g
selected varieties
nouilles instantanées ou nouilles
20223618001 EA/20802644 EA

SAVE UP TO 28%

\$5

APP EXCLUSIVE OFFER
1,000 Value = \$1



SEAQUEST® RAW SHELL ON SHRIMP or COOKED PEELED SHRIMP 35-45 per lb, 300 g,
SMALL SCALLOPS 400 g or
SHRIMP RING 227 g frozen
crevettes ou pétoncles
20082019 EA/21043483 EA

SAVE UP TO 53%

1²⁵



OASIS JUICE, DEL MONTE NECTAR or ARIZONA ICED TEA FRUITS BEVERAGES 2 L
selected varieties
jus ou thé glacé ou boissons
303072304 EA/3030417304 EA

SAVE UP TO 26%

4⁹⁹



NESTLÉ DRUMSTICKS or NOVELTIES 4-10's or **CONFECTIONARY FROZEN DESSERT** 1.5 L
selected varieties, frozen
bonbons glacés ou dessert glacé
302228881 EA/21142900 EA

SAVE 44%

4⁹⁹



TIM HORTONS INSTANT COFFEE
2 kg
café instantané
31107084 EA

SAVE 41%

6⁴⁴



UNICO VEGETABLE OIL
2 L
huile végétale
30307102 EA

SAVE 43%

8⁹⁹



TIDE LIQUID 1.80 L or **PODS** 312/2170 L, **LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER** 1.80 L x 3 L, **DOWNY GAIN SCENT BOOSTERS** 375 g, **BOUNCE DRYER SHEETS** 120-200
selected varieties
détergent au réassouplissant ou réassouplissant de parfum ou feuilles
3030711001 EA/21102886 EA

SAVE 26%

13⁹⁹



ROOSTER® SCENTED JASMINE RICE
2 kg
riz au jasmin
30312871 EA
WHILE QUANTITIES LAST

nofrills.co

AVAILABLE AT: LUCIANO & SARAH'S - ACTON, ROB & TINA'S - AMHERSTBURG, JUSTIN & TRACEY'S - ANGLIS, MARK'S - ANNAPOLIS, RYAN'S - ATYMER, TONY & JULIE'S - BANCROFT, CHRIS' - BARRIE, NICK'S - BARRIE, RYAN'S - BEANSVILLE, JOE'S - BELLEVILLE, BEAU'S - BRADFORD, BUSTY'S - BRANTFORD, WALKER'S - BRANTFORD, CHRIS & ANGELA'S - BRIGHTON, DANIEL'S - BURLINGTON, MICHAEL'S - BURLINGTON, JAYD & SALMA'S - CAMBRIDGE, ROSE & LINDSAY'S - CAMBRIDGE, FISHER'S - CAMPBELLFORD, DANIEL'S - CASSIDIAN, ROB & KRISTY'S - CHATHAM, DAVID'S - COBourg, JAMES & JENNY'S - CORNWALL, CHRIS' - CORNWALL, TYLER'S - DORCHESTER, IYU'S - ELIOT LAKE, JOSH'S - ESSEX, JESSE & KELLY'S - FORT ERIC, BALDREY'S - GANANQUOUE, MIKE & GRACE'S - GUNDOCK, DAN & MATY'S - GRAND BEND, DOMINIC'S - GUELPH, SHANNON & RICHARD'S - HAGERSVILLE, BRENT & WAGAN'S - HAMILTON, CHRIS & JENNY'S - HAMILTON, FRANCO'S - HAMILTON, GIORGIO'S - HAMILTON, TONY'S - HAMILTON, JOHN'S - HUNTSVILLE, STEPHAN'S - KINGSTON, TANYA'S - KINGSTON, DEBIE & LAUREA'S - KITCHENER, BRENT & JENNIE'S - LAMARCA, GABRIEL & TRACEY'S - LEICESTER, GARY'S - LONDON, WAGAN'S - LONDON, PHIL'S - LONDON, BOB & RACHAEL'S - LONDON, ROBERT & TRACEY'S - LONDON, BRIAN & RICKY'S - MIDLAND, PAUL'S - MIDLAND, PETER'S - MOUNT FOREST, JAMIE & JACZY'S - NAPANEE, CHRIS & SARAH'S - NEPEAN, MACKAY'S - NEW HAMBURG, PALMER'S - NEWCASTLE, JIM'S - NICHOLSON, BLAIR & MICHELLE'S - NORTH BAY, JEFF & TANYA'S - NORTH BAY, JIM & LEE-ANNE'S - ORANGEVILLE, JASON'S - ORILLIA, CONNOR & KENNEDY'S - OTTAWA, GABE'S - OTTAWA, DEAN & WENDY'S - OWEN SOUND, JAY'S - PARIS, STACIE & TROY'S - PRAYE SOUND, STEVEN & JULIE'S - PENBRIDGE, CHRIS & NIKKI'S - PETERBOROUGH, GREG'S - PETERBOROUGH, DAVID'S - PICTON, BRANDON'S - PORT CHARLOTTE, MIKE'S - PORT DOVER, CHRIS & TANYA'S - RICHMOND, KYLIE'S - SARNIA, BRADY & MARY'S - SAULT STE MARIE, JIMMY & STEPH'S - SHELburne, BLAKE'S - ST CATHARINES, MARK'S - ST CATHARINES, BRANDON & WAGAN'S - STITTSVILLE, CRAIG & JESS' - STRATFORD, BRANDON & ASHLEY'S - STURGEON FALLS, STEVE'S - SUTTON WEST, CAYLIE'S - TSBURY, RYAN & CATHY'S - THIRING, MARK & SARAH'S - WALLACEBURG, ERIC'S - WATERDOWN, PAUL & MALLOTT'S - WATERLOO, GERRARD'S - WELLS, TONY & KATHY'S - WINDSOR, SCOTT'S - WOODSTOCK

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
Limit: 6, over limit retail \$1.25
21435104_EA / 20298547001_EA



Mott's or Betty Crocker Fruit Snacks

Selected varieties, 128 g - 226 g
Limit: 6, over limit retail \$2.75
20318474001_EA / 20686716001_EA



Olivieri Skillet Gnocchi

Selected varieties, 280 g - 300 g
Limit: 6, over limit retail \$4.99
21022065_EA



Smartfood Popcorn

Selected varieties, 150 g - 200 g
Limit: 6, over limit retail \$3.00
21084988_EA / 20972859_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 March 1st – 31st, 2025.

FRESH AT LOW PRICES

3⁹⁹

1 LB CLAMSHELL

STRAWBERRIES
product of Mexico or U.S.A., no. 1 grade
frases
2009773001 EA

6 OZ CLAMSHELL

BLACKBERRIES
product of U.S.A. or Mexico
noires
20011013001 EA

1⁸⁸

2⁹⁹

6 OZ CLAMSHELL

BLUEBERRIES
product of Mexico or Chile, no. 1 grade
bleues
20152463001 EA

10 LB BAG

RED, RUSSET or YELLOW POTATOES
product of Canada, Canada no. 1 grade
pommes de terre
20401013001 EA/20601020001 EA

GROWN IN CANADA 🍁

4⁹⁹

FRESH GUARANTEE

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

1⁹⁹

BROCCOLI CROWNS or BUNCH SPINACH each, product of Mexico or U.S.A.
couronnes de brocoli ou épinards en botte
21121340001 EA/20142840001 EA

2⁹⁹

ROMAINE HEARTS
product of U.S.A.
coeurs de laitue romaine
20082734001 EA

2⁹⁹

RED or GREEN SEEDLESS GRAPES
product of Chile or South Africa, no. 1 grade
raisins rouges ou verts sans pépins
6.59/kg
20425775001 KG/20151199001 KG

1⁹⁹

BARTLETT PEARS
product of South Africa, extra fancy grade
poires
4.29/kg
20172340001 KG

2⁹⁹

ASPARAGUS
product of Mexico, no. 1 grade
asperges
20181709001 EA

3⁹⁹

AVOCADOS product of Mexico or FARMER'S MARKET™ NAVEL ORANGES
product of Morocco, Spain or Turkey
avocats ou oranges navel
20162940001 EA/20142323001 EA

1²⁹

RED MANGO
product of Peru
mangue rouge
20094623001 EA

2⁹⁹

BLACK PLUMS
product of Chile, no. 1 grade
prunes noires
6.59/kg
20214478001 KG

2⁹⁹

CANTALOUPE product of Guatemala or Honduras, no. 1 grade or WHOLE PINEAPPLE
product of Costa Rica
cantaloup
20167017001 EA/20167017001 EA

2⁹⁹

FARMER'S MARKET™ GRAPE TOMATOES product of Canada or Mexico or MINI CUCUMBERS product of Canada, Canada no. 1 grade
tomates raisins ou mini-concombre
21367884001 EA/20727570001 EA

GROWN IN CANADA 🍁

3⁹⁹

PC® LITTLE GEMS™ MIXED, RED or YELLOW MINI POTATOES
product of Canada, Canada no. 1 grade
mini-gommes de terre variées
21347301001 EA/21347399001 EA

4⁹⁹

FARMER'S MARKET™ SWEET CORN
product of U.S.A., no. 1 grade
maïs sucré
20348977001 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.

FLORAL DEALS

\$10



CUT TULIPS
9 inches, assorted colours
tulips
2160811 EA

\$10



SEASONAL BOUQUET
assorted colours
bouquet
2161994 EA

\$20



INTERNATIONAL WOMEN'S DAY BOUQUET
assorted colours
bouquet
2139756 EA

FRESH AT LOW PRICES

\$10

MARINATED CHICKEN BREAST
selected varieties
350-500 g
poitrine de poulet marinée
21004574 SA



6.99
LB

LEAN GROUND BEEF AND PORK
fresh
boeuf et porc hachés maigres
15.41/kg
20041188 KO

5.99

SCHNEIDERS JUICY JUMBOS or
SMOKED SAUSAGES 375-450 g or
SCHNEIDERS BOLOGNA 375/500 g
selected varieties
saucisses ou bologna
20105411 SA



5.99

PC® SAUSAGES or
ULTIMATE MILD CHICKEN SAUSAGES
selected varieties
375/500 g
saucisses
21378310 SA/21384342 SA

5.99

SEAQUEST® FROZEN FISH FILLETS
selected varieties
400 g
filets de poisson surgelés
20123376 SA/21324740 SA



6.99

BASA STEAK
frozen
1 kg
dosses de pangasius
20100447 SA



9.49
LB

FRESH STEELHEAD FILLETS
filets de saumon frais
20.92/kg
21002076 KO



11.99

JANES BONELESS CHICKEN BREAST BITES or **FILLETS**
selected varieties, frozen
710/720 g
bouchées ou filets de poitrine de poulet déossés
21400200 SA



12.99

ZIGGY'S® CHICKEN STRIPS
500 g or **MARCANGELO SLICED DELI MEAT** 175/200 g
selected varieties
bouchées ou filets de poitrine de poulet déossés
21299914 SA/21299922 SA

APP EXCLUSIVE OFFER
3,000 = \$3 Value



\$15

PC® BLUE MENU® CHICKEN BREASTS
boneless, skinless
4 x, 841 g
poitrine de poulet
21002076 SA



\$3

ZIGGY'S® FRESH PASTA OR SALAD 350/360 g or 454 g
selected varieties
pâtes ou salades fraîches
20209146 SA/21221148 SA



\$7

OKA CHEESE 190 g or **MONSIEUR GUSTAV SY PAULIN CHEESE** 190 g or **TRE STELLE MOZZARELLA BALL** 340 g
selected varieties
fromage
20189267 SA/20991279 SA



\$8

RANA PASTA KITS
selected varieties
454 g
ensembles de pâtes
21549543 SA/21599493 SA



3.49

PC® DIPS 227 g or **NAAN DIPPERS** 200 g
selected varieties
travaillées ou paines Naan
20040047 SA/20990332 SA



2.49

WONDER BREAD 675 g or **BUNS** 2 x
selected varieties
pain ou petits pains
20209146 SA/20991279 SA



2.50

CASA MENDOSA 7-10 INCH TORTILLAS 340-640 g or **HOSTESS SNACK CAKES** 121-232 g
selected varieties
wrâtilles ou petits gâteaux
20209146 SA/21281232 SA



\$5

FARMER'S MARKET SQUARES
selected varieties
400/430 g
bonnes Merveilles ou carrés au chocolat
21204499 SA/21204499 SA



OUR BRANDS Made by us, loved by you.



no name®



ONLY

4⁹⁹



NO NAME® CHEESE SHREDS or CHEESE BARS 320 g or 400 g selected varieties fromage râpé ou barres de fromage 21062491 SA/2128743 SA



no name® marble farmer's cheese - fromage fermier marbré 27% M.F./M.G. - 4% MOUSSURE/HUMIDITÉ 400 g



BROCCOLI FLORETS FLEURONS DE BROCCOLI



SMOKIN' STAMPED FUME SUN DRIED WASH FRESH COFFEE GRIND

ONLY

\$4

PC® FROZEN VEGETABLES selected varieties 300-750 g légumes surgelés 20318913 SA/21220140 SA

ONLY

1⁷⁹



NO NAME® EVAPORATED MILK selected varieties 254 mL lait évaporé 21040310 SA/21040543 SA



STRAWBERRIES FRAISES SUGAR FREE



CANADIAN BLUEBERRIES BLEUETS CANADIENS

ONLY

4⁴⁹

PC® FROZEN FRUIT selected varieties 300-600 g fruits surgelés 20312227 SA/2127841 SA

1⁵⁰

NO NAME® CHEESE SNACKS selected varieties 3's collations au fromage 2088982 SA



2⁴⁹

NO NAME® WHIPPED TOPPING 225 g garniture fouettée 20017493 SA



3⁵⁰

PC® GREEK YOGURT selected varieties 4's yogurt grec 20830628001 SA/20830628002 SA



.⁷⁹



NO NAME® CREAM OF MUSHROOM, TOMATO, VEGETABLE or CHICKEN NOODLE SOUP 284 mL soupe 20201421 SA

1⁹⁹

NO NAME® BREAD BAGELS or ENGLISH MUFFINS 6's or 20's selected varieties pain ou bagels ou muffins anglais ou tortillas 21309822 SA/21297780 SA



3⁵⁰

NO NAME® PIZZA selected varieties, frozen 350-411 g pizza 21341441 SA



1⁹⁹

NO NAME® WHITE VINEGAR Club Size 4 L vinaigre blanc 20017494 SA



\$2

NO NAME® FRUIT BEVERAGES selected varieties 2 L boissons aux fruits 202042006 SA



2⁵⁰

PC® KETTLE COOKED, LOADS OF WORLD OF CHIPS selected varieties 200 g chips 20000010002 SA/21429911 SA



3⁵⁰

ZIGGY'S® SLICED DELI MEAT selected varieties 175/300 g charcuterie tranchée 21309811 SA



1⁵⁰

NO NAME® CHOCOLATE BAR selected varieties 100 g barres de chocolat 20000776 SA/20000777 SA



\$2

NO NAME® OLIVES selected varieties 275 mL olives 20200441 SA



3⁵⁰

PC® ORGANICS DURUM WHEAT SEMOLINA PASTA selected varieties 454 g pâtes 200000002 SA



\$4

NO NAME® WIPES selected varieties 72's lingettes 21080771 SA/21080780 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.



Be kinder, use less paper and recycle more.



We are Proudly
CANADIAN
OWNED & OPERATED



NOFRILLS

5.99



DANONE OIKOS TUBS 650/750 g or **ACTIVIA DRINKS** 2 L **YOGURT**
selected varieties
yogourt ou yogourt à boire
21094634 EA/21106439 EA



3.50



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

.79



NO NAME® CREAM OF MUSHROOM, TOMATO, VEGETABLE or CHICKEN NOODLE SOUP
284 mL
soupe
20303431 EA



1.79

NO NAME® EVAPORATED MILK
selected varieties
354 mL
lait évaporé
21040510 EA/21040543 EA

2.49



DARE COOKIES
selected varieties, 168-360 g
biscuits
20974343 EA/21080779 EA

3.99



DARE BEAR PAWS COOKIES 337-480 g or **DRY BREADS** 220-400 g
selected varieties
biscuits ou pain sec
2030718001 EA/21081883 EA

2.50



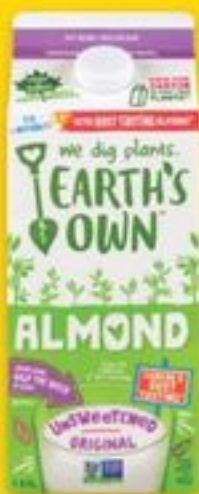
PC® KETTLE COOKED, LOADS OF or WORLD OF CHIPS
selected varieties, 200 g
croustilles
20840911002 EA/21422931 EA

3.99



TOSTITOS TORTILLA CHIPS
selected varieties, 205-295 g
croustilles de tortilla
21000173 EA

3.49



EARTH'S OWN ALMOND BEVERAGE
selected varieties, 1.89 L
boisson à l'amande
20327647 EA

\$2



UNICO PASTA SAUCE
selected varieties, 680 mL
sauce pour pâtes
20326517001 EA/20326527002 EA

6.44



UNICO VEGETABLE OIL
3 L
huile végétale
20094102 EA

11.99



ROYALE FACIAL TISSUE
12x100 sheets
mouchoirs
20703292 EA

We are Proudly
CANADIAN
OWNED & OPERATED



NOFRILLS

GROWN IN CANADA 🍁

4⁹⁹



10 LB BAG

RED, RUSSET or YELLOW POTATOES
product of Canada, Canada no. 1 grade
pommes de terre
30601013001 EA/30601030001 EA

GROWN IN CANADA 🍁

3⁹⁹



680 G

PC[®] LITTLE GEMS[™] MIXED, RED or YELLOW MINI POTATOES
product of Canada, Canada no. 1 grade
mini-pommes de terre variées
21247201001 EA/21247299001 EA

.88



ENGLISH CUCUMBERS
product of Ontario, Canada no. 1 grade
concombres anglais
20070133001 EA



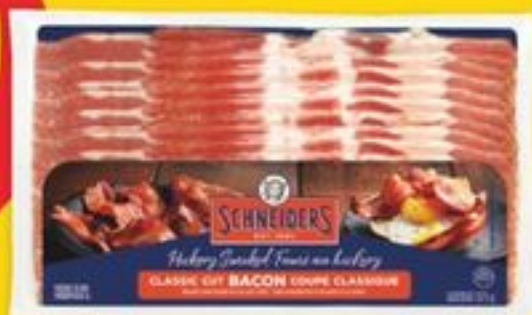
1²⁵



227 G

PC[®] WHOLE WHITE MUSHROOMS
product of Ontario
champignons blancs entiers
20776227 EA

3⁹⁹



SCHNEIDERS BACON
selected varieties
375 g
bacon
20772671 EA

\$7



OKA CHEESE 190 g or MONSIEUR GUSTAV ST PAULIN CHEESE 190 g or TRE STELLE MOZZARELLA BALL 340 g
selected varieties
fromage
20189267 EA/2091279 EA

\$3



ZIGGY'S[®] FRESH PASTA 330/360 g or SALAD 454 g
selected varieties
pâtes ou salades fraîches
20209140 EA/21031148 EA

3⁴⁹



PC[®] DIPS 227 g or NAAN DIPPERS 200 g
selected varieties
tremettes ou pains Naan
20564097 EA/21092033 EA

2⁴⁹



WONDER BREAD 675 g or BUNS 8¹
selected varieties
pain ou petits pains
20274396 EA/20297453 EA

2⁵⁰



CASA MENDOSA 7 or 10 INCH TORTILLAS 340-640 g or HOSTESS SNACKCAKES 121-252 g
tortillas ou gâteaux
20179136 EA/21383732 EA

\$5



FARMER'S MARKET[™] SQUARES
selected varieties
400/450 g
bonne Miamina ou carrés au chocolat
21256499 EA/21216501 EA

1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

\$4

SWANSON HUNGRY-MAN DINNER ENTREES
selected varieties, frozen
360-455 g
plats cuisinés
30294014002 EA



\$2

UNICO PASTA SAUCE
selected varieties
680 mL
sauce pour pâtes
30234537901 EA/30234537903 EA

2.99

LIBERTE MEDITERRANEE 4 1/2 or GREEK 4's or CRUNCH 2's YOGURT
selected varieties
yogourt grec
30748962001 EA/30801733002 EA



\$6

DEL MONTE JUGS
selected varieties, refrigerated
2.5 L
jus d'orange
31395736 EA

\$2

AYLMER ACCENTS or RO-TEL DICED TOMATOES
selected varieties
284-540 mL
Reves ou tomates
21154450 EA/21207587 EA



8.99

PC® SPLENDIDO® PARMIGIANO REGGIANO
250 g
parmigiano reggiano
2103434 EA

3.49

EARTH'S OWN ALMOND BEVERAGE
selected varieties
1.89 L
boisson à l'amande
30327447 EA



3.50

PC® 100% JUICE BOXES
selected varieties
10x200 mL
jus en boîte
31041912 EA



TIM HORTONS ROAST AND GROUND COFFEE
875/930 g or
PODS 24/30's
selected varieties
café moulu ou capsules
30875767 EA/31166482 EA



17.99

3.99

MISS VICKIE'S KETTLE COOKED POTATO CHIPS
selected varieties
190/200 g
croustilles
21240703 EA



\$6

GATORADE SPORT DRINKS
selected varieties
6x591/8x355 mL
boissons deshydratées
21164182 CN/21242891 CN



UNICO SUNFLOWER OIL
3 L
huile de tournesol
3009602 EA



10.99

1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

1.69



CAMPBELL'S BROTH
selected varieties
250/900 mL
bouillon
2022348002 EA/21147343 EA



\$2

PEPPERIDGE FARM GOLDFISH CRACKERS
selected varieties
156-227 g
croquants
20200220 EA/20243540 EA

4.99



RED ROSE ORANGE PEKOE TEA 72's
thé
21593421 EA



5.49

SMUCKER'S JAM or JELLY
selected varieties
310-500 mL
confiture ou gelée
2020043001 EA/2020043004 EA

2.99

CADBURY CREME or LINDY EGGS 3's or PEEPS MARSHMALLOW CHICKS 85 g
selected varieties
œufs en chocolat ou guimauves
21481296 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
chocolat
20073462 EA/21428041 EA
WHILE QUANTITIES LAST

6.99



LINDT GOLDEN BUNNY 100 g or **FERRERO ROCHER SQUIRREL** 90 g
selected varieties
lapin ou écureuil en chocolat
20044002 EA
WHILE QUANTITIES LAST

2.49

DAWN LIQUID DISH DETERGENT
selected varieties
431/473 mL
détergents à vaisselle liquide
21420181 EA
21420190 EA

\$7

PC® BATHROOM TISSUE
selected varieties
12x24 rolls
papier hygiénique
21420718 EA

GLAD GARBAGE BAGS
selected varieties
10-52's
sacs à ordures
2029734001 EA
21209461 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
pizza
21521411 EA



**NEW
LOWER
PRICES**

\$2



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

3⁵⁰



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

\$5



CHAPMAN'S SUPER NOVELTIES
selected varieties, frozen
8-12's
friandises glacées
20111532 EA

\$5



**PC® ASIAN SOUPS or
ENTRÉES**
selected varieties, frozen
300 g
soups ou plats cuisinés
21565869 EA

PET CARE AT LOW PRICES

\$9



NO NAME® CAT LITTER
selected varieties
18 kg
litière pour chats
20177149001 EA

15⁴⁹



IAMS DRY CAT FOOD
selected varieties
1.36-1.65 kg
nourriture sèche pour chats
11027550 EA

29⁹⁹



**PURINA ONE DRY DOG FOOD 7 kg or
TIDY CATS LIGHTWEIGHT CAT
LITTER 7.71 kg**
selected varieties
nourriture sèche pour chiens ou litière pour chats
20239412 EA

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 6's or SIGGI'S SKYR 4's YOGURT
selected varieties
yogourt à boire ou yogourt
200/467/701 SA/21196027 SA

499



GENERAL MILLS FAMILY SIZE CEREAL
selected varieties, 475-778 g
céréales
21103492 SA/21103495 SA

899



KELLOGG'S JUMBO CEREAL
selected varieties
700 g/1.2 kg
céréales
20072706 SA

549



SIGGI'S ICELANDIC SKYR
selected varieties
650/750 g
skyr
21333893 SA

599



DANONE OIKOS TUBS 650/750 g or ACTIVIA DRINKS 6's, YOGURT
selected varieties
yogourt ou yogourt à boire
21066434 SA/21108409 SA

649



LIBERTÉ GREEK 650/750 g, YOPLAIT 16's or YOP NO SUGAR ADDED 6's, YOGURT
selected varieties
yogourt sans sucre ajouté
20317317001 SA/20642373 SA

249



PRINGLES POTATO CHIPS
selected varieties
148/156 g
croustilles
21003833 SA/21003833 SA

Optimum
Members-Only Price™
229
Non-members
329



MAYNARDS CANDY
selected varieties
150/154 g
friandises
21545554 SA/21545405 SA

\$4



MOTT'S CLAMATO
selected varieties
1.89 L
jus de tomates
20218953002 SA

399



RUFFLES POTATO CHIPS
selected varieties
180-200 g
croustilles
21341033 SA

399



TOSTITOS TORTILLA CHIPS
selected varieties
205-295 g
croustilles de tortilla
21050575 SA

949



FRITO-LAY VARIETY PACK CHIPS
selected varieties
428/448 g
croustilles
21184937 SA

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
= **\$3** Value
for every \$10* spent on

KELLOGG'S FAMILY SIZE CEREAL
selected varieties
480-650 g
céréales
21430748 SA/21400735 SA



*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. ONL 03 NFO

YOU GET, WE GIVE.

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449



PILLER'S SLICED DELI MEAT
selected varieties
150/200 g
charcuterie branches
2096534 EA/21206382 EA

349



EGGO WAFFLES 8" or THICK AND FLUFFY WAFFLES 6"
selected varieties, frozen
gaufres
2001779 EA

299



KELLOGG'S RICE KRISPIES 176/199 g,
POP TARTS 140/284 g, **SPECIAL K** 125 g or
NUTRI-GRAIN 295 g **BARS**
selected varieties
barnes
20126367001 EA/20113964001 EA

349



FIBRE 1 BARS 125 g or
NATURE VALLEY GRANOLA or
WAFFER BARS 148-210 g
selected varieties
barnes
2064498001 EA/21213584 EA

249



DARE COOKIES
selected varieties
168-360 g
biscuits
20974342 EA/21080779 EA

249



**DARE CRACKERS,
DRY BREADS or CRISPS**
selected varieties
100-230 g
croûtes ou pains secs ou grignolines
21520646 EA/21520791 EA

399



DARE BEAR PAWS COOKIES 337-480 g
or **DRY BREADS** 220-400 g
selected varieties
biscuits ou pain sec
2030718001 EA/21081882 EA

199



**QUAKER DIPPES or
CHEWY GRANOLA BARS**
selected varieties, 120-154 g
barnes granola
20847582 EA/21339366 EA

249



CHRISTIE CRACKERS
selected varieties
180-200 g
croûtes
21020647 EA/21547034 EA

279



QUAKER RICE CAKES 127-199 g or
CRISPY MINIS 90/100 g
selected varieties
galettes de riz
20163708002 EA/20850854 EA

229



CHRISTIE COOKIES 240-303 g or
PEEK FREANS 280-350 g, selected varieties
biscuits
21328407 EA/21361508 EA

229



**CHRISTIE MINI COOKIES
or SNACK PACKS**
selected varieties, 150-200 g
mini-biscuits ou collations
21584976 EA/21585155 EA

399



CHRISTIE FAMILY SIZE COOKIES
selected varieties, 374-488 g
biscuits
21361903 EA/21517294 EA

229



**CHRISTIE CRISPERS or
BITS & BITES CRACKERS**
selected varieties
145 g
biscuits
21328327 EA/21338332 EA

249



**LECLERC NUGABAR
or GO PURE BARS**
selected varieties
140/175 g
barnes
21507838 EA/21536594 EA

279



**LECLERC CÉLÉBRATION
COOKIES**
selected varieties
240 g
biscuits
2085377001 EA/20965272 EA

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YOU GET, WE GIVE.

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4.99



KRAFT PEANUT BUTTER 750 g/1 kg or **HAZELNUT SPREAD** 725 g selected varieties
beurre d'arachide ou tartine de noisettes
2009561001 SA/21285418 SA

3.99



PHILADELPHIA CREAM CHEESE PRODUCT selected varieties 227/250 g
produit de fromage à la crème
20441267 SA/20864934010 SA

5.99



NESCAFÉ or TASTER'S CHOICE INSTANT COFFEE 100-170 g or **NESCAFÉ SWEET & CREAMY** 144-351 g selected varieties
café instantané
20461811001 SA/20872026 SA

\$7



SIMPLY ORANGE JUICE selected varieties 2.63 L
jus d'orange
21592119 SA

9.99



STARBUCKS ROAST AND GROUND COFFEE 340 g **PODS** 10's or **HOT CHOCOLATE** 240/300 g selected varieties
café torréfié et moulu ou capsules au chocolat chaud
2014842002 SA/2014842004 SA

11.99



MAXWELL HOUSE ROAST AND GROUND COFFEE selected varieties, 631-900 g
café torréfié et moulu
21048827 SA

15.99



TIMOTHY'S, KRISPY KREME or DONUT HOUSE PODS selected varieties 30's
capsules de café
21420333 SA

7.99



ROYALE TIGER TOWELS selected varieties 2/2x6 rolls
essuie-tout
21484702 SA

8.99



CHARMIN BATHROOM TISSUE 8-24 rolls or **BOUNTY PAPER** 4-6 rolls selected varieties
papier hygiénique ou essuie-tout
21211818 SA/21248782 SA

11.99



ROYALE FACIAL TISSUE 12x100 sheets
mouchoirs
2090292 SA

6.99



LYSOL TOILET BOWL CLEANER 2x710 mL, **DISINFECTANT SPRAY** 539 g, **RESOLVE STAIN REMOVER** 650 mL, **IN WASH POWDER** 425 g, **LYSOL LAUNDRY DISINFECTANT** 1.2 L selected varieties
nettoyant à cuvette ou vaporisateur désinfectant ou détachant ou désinfectant à lessive
21228267 SA/21487206 SA

9.99



AIR WICK SCENTED OIL TWIN PACK REFILL 2x20 mL, **ESSENTIAL MIST** or **PULSE VIBRANT KIT** 20 mL selected varieties
huile parfumée ou huiles essentielles
21048427 SA/21048427 SA

19.99



FINISH AUTO DISH TABS selected varieties 60-115's
pastilles pour lave-vaisselle
21218870 SA/21218870 SA

12.99



PUREX LIQUID LAUNDRY DETERGENT 4.08-4.43 L or **SUNLIGHT LIQUID LAUNDRY DETERGENT** 4 L selected varieties
détergent à lessive liquide
2046123002 SA/21427042 SA

\$15



GAIN LIQUID 4.55 L or **FLINGS LAUNDRY DETERGENT** 42's selected varieties
détergent à lessive
20919627 SA/21485174 SA

21.99



TIDE LIQUID 3.9 L or **PODS** 43/57/76's **LAUNDRY DETERGENT** selected varieties
détergent à lessive
21291670 SA/21292104 SA

MULTI BUY? TRY SINGLE BUY.



ONE FOR

179



KNORR SIDEKICKS
selected varieties
121-162 g
plats d'accompagnement
2021430907 EA/2021430912 EA

ONE FOR

\$3



CLASSICO PASTA SAUCE
410/600 mL
sauce pour pâtes
2022360906 EA/21618218 EA

ONE FOR

\$3



DIANA 500 mL or
BULL'S-EYE 425 mL SAUCE
selected varieties
30008
20247834001 EA/21184617 EA

ONE FOR

399



LYSOL MULTI SURFACE CLEANER 1.2L
or **SPRAYS** 650-950 mL
selected varieties
mellroynt
20209872002 EA/2021047901 EA

1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

479



SENSODYNE or PRONAMEL TOOTH PASTE 75/100 mL or **POLIGRIP** 40 g
selected varieties
dentifrice ou adhésif pour prothèses dentaires
20301179001 EA/20734073 EA

\$5



CREST GUM TOOTH PASTE 63 mL or **SCOPE MOUTHWASH** 1 L
selected varieties
dentifrice ou rinçage-bouche
20448747 EA/21334490 EA

\$5

GARNIER WHOLE BLENDS SHAMPOO or CONDITIONER
selected varieties
340-370 mL
shampooing ou revitalisant
20441723 EA/20414827 EA

\$4



NIVEA BODY WASH
selected varieties
500 mL
nettoyant pour le corps
21149999 EA/21149901 EA

\$8



NIVEA HAND or BODY LOTION
selected varieties, 200-625 mL
lotion pour les mains ou le corps
20448737 EA/20700027 EA

450



IRISH SPRING BODY WASH 391 mL or **BAR SOAP** 6x104 g or **SOFTSOAP BODY WASH** 391 mL
selected varieties
nettoyant pour le corps ou pain de savon
21214273 EA/21436477 EA

399



OLD SPICE or SECRET DEODORANT
selected varieties
45-107 g
déodorant
20448094 EA/2044349001 EA

\$11



AVEENO LOTION
selected varieties
532 mL
lotion
20170023001 EA/2010002002 EA

549



U BY KOTEX LINERS 40-50's, **PADS** 14-22's or **TAMPONS** 14's
selected varieties
protège-dos ou serviettes ou tampons
20447090 EA/21307970 EA

299



HUGGIES 1X WIPES
selected varieties
56/64's
Singles
20027794 EA

1279



SUDOCREM
250 g
crème contre l'érythème fessier
20147213 EA

1299



ENSURE or GLUCERNA READY TO DRINK SHAKES
selected varieties
9's
Sole Ingrédients
20140104003 EA/20140721001 EA

179



BABY GOURMET ORGANIC FRUIT or VEGETABLE BABY FOOD POUCHES
selected varieties
113/128 mL
aliments pour bébé en sachets
20140104001 EA/21123002 EA

249



GERBER SNACKS or ENTRÉES
selected varieties
43-187 g
collations ou plats cuisinés
20140104003 EA/20140410007 EA

ALWAYS

125

PC® DISTILLED WATER
4 L
eau distillée
20197191 EA

ALWAYS

\$4

LIFE BRAND® MOUTHWASH
selected varieties
1 L
rinçage-bouche
21301384 EA/21301400 EA



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\$75
in value!



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*Standard message and data rates may apply.

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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.

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