



SAVE 62%

1⁴⁴
LB



RED or GREEN SEEDLESS GRAPES
product of Chile or South Africa, no. 1 grade
raisins rouges ou verts sans pépins
3.17/kg
20425775001_KG/20159199001_KG

ONLY

6⁹⁹



APPROX. 5 LB CASE

ATAULFO MANGOES
product of Mexico
mangue
21047848_EA

SAVE 37%

1⁸⁸



CANTALOUPE
product of Guatemala or Honduras, no. 1 grade
cantaloup
20167017001_EA

SAVE 52%

1⁸⁸



325 G

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

NFO FLAP 1 D

NOFRILLS ONTARIO_ONLINE	WEEK 12/25	PAGE FLAPD1	SIGN OFF	G.L.A.	CREATIVE	O.C.	CSR	TEAM LEAD
DOCKET # 200354	FINAL SIZE: 4 X 21" IMAGE AREA: 3.5 X 20.25"		PRINERGY PROOF	LC				

NOFRILLS®

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

SUPER SAVER



SAVE 20%

3.97
LB

SPLIT CHICKEN WINGS
fresh
ailes de poulet séparées
8.75/kg
20761916_EA



SAVE 26%

8.88

LEAN GROUND BEEF
2 pack
boeuf haché maigre
21618300_EA



ONLY

1.95
LB

PORK HALF LOIN
boneless fresh cryovac package
demi-longe de porc
4.30/kg
20554787_EA

WHILE QUANTITIES LAST

SAVE 39%

1.99

LANTIC GRANULATED SUGAR
1 kg
sucre granulé
20145093_EA



SAVE 23%

4.44

ARMSTRONG or PC® SHREDDED CHEESE 250-320 g, **ARMSTRONG CHEESE** 400 g
selected varieties
fromage râpé ou fromage
21286240_EA/21346749_EA



SAVE UP TO 46%

1.88

I CAN'T BELIEVE IT'S NOT BUTTER
MARGARINE 427 g or
BECEL GARLIC PLANT BUTTER 227 g
margarine ou beurre à l'ail à base de plantes
20061949001_EA



SAVE 33%

\$2

YOPLAIT SOURCE 630 g,
PROTEIN 4's, MINIGO 6's or
TUBES 8's, **YOGURT**
selected varieties
contenants de yogourt ou yogourt
21391318001_EA/21547595_EA



SAVE 20%

2.75

CAVENDISH QUICK CRISP,
PREMIUM or PATTIES
selected varieties, frozen
400-750 g
frites ou galettes de pommes de terre
21584077_EA



SAVE UP TO 50%

.88

ALLEN'S FRUIT COCKTAIL 1 L or
POWERADE SPORT DRINKS 710 mL
selected varieties
cocktail de fruit ou boissons désaltérantes
20307424001_EA/20853721_EA



SAVE UP TO 50%

12.49

ROYALE BATHROOM TISSUE or
TIGER TOWELS
selected varieties
papier hygiénique ou essuie-tout
21378233_EA/21484704_EA



SAVE 33%

9.99

817 ELEPHANT BRAND BASMATI RICE
4 kg
riz basmati
20787524_EA



nofrills.ca

AVAILABLE AT: LUCIANO & SARAH'S - ACTON, ROB & TINA'S - AMHERSTBURG, JUSTIN & STACEY'S - ANGUS, MARK'S - ARNPRIOR, RYAN'S - AYLMER, TONY & JILL'S - BANCROFT, CHRIS - BARRIE, NICK'S - BARRIE, RYAN'S - BEAMSVILLE, JOE'S - BELLEVILLE, REALI'S - BRADFORD, RUSTY'S - BRANTFORD, WALKER'S - BRANTFORD, CHRIS & ANGELA'S - BRIGHTON, DANIEL'S - BURLINGTON, MICHAEL'S - BURLINGTON, JAVI & SALKMA'S - CAMBRIDGE, ROSS & LINDSAY'S - CAMBRIDGE, FISHER'S - CAMPBELLFORD, DANIEL'S - CASSELMAN, ROB & KRISTY'S - CHATHAM, DAVID'S - COBOURG, JAMES & JENN'S - CORNWALL, CHRIS - CORUNNA, TYLER'S - DORCHESTER, LYLE'S - ELIOT LAKE, JOSIE'S - ESSEX, JESSE & KELLY'S - FORT ERIE, BALDREE'S - GANANOQUE, MIKE & GRACE'S - GLENCOE, DANI & MATT'S - GRAND BEND, DOMENIC'S - GUELPH, SHANNON & RICHARD'S - GUELPH, RON'S - HAGERSVILLE, BRENT & MEGAN'S - HAMILTON, CHRIS & JENN'S - HAMILTON, FRANCO'S - HAMILTON, GIORGIO'S - HAMILTON, TONY'S - HAMILTON, JOHN'S - INNISFIL, DYKEMAN'S - KINCARDINE, ANDREW & EMILY'S - KINGSTON, DEREK & LAURA'S - KITCHENER, BRENT & JENNIE'S - LONDON, DARRYL & TRACY'S - LONDON, GARY'S - LONDON, MASSE'S - LONDON, PHIL'S - LONDON, ROB & RACHAEL'S - LONDON, ROBERT & TRACEY'S - LONDON, BRIAN & RICKI'S - MIDLAND, PAUL'S - MIDLAND, PETER'S - MOUNT FOREST, JAMIE & JACLYN'S - NAPANEE, CHRIS & SAMIA'S - NEPEAN, MACKAY'S - NEW HAMBURG, PALMIERI'S - NEWCASTLE, JIM'S - NIAGARA FALLS, ALAN & MICHELLE'S - NORTH BAY, JEFF & TANIS' - 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 - PARRY SOUND, STEVEN & JULIE'S - PEMBROKE, CHUB & NIKKI'S - PETERBOROUGH, GREG'S - PETERBOROUGH, DAVID'S - PICTON, BRANDON'S - PORT COLBORNE, MIKE'S - PORT DOVER, CHRIS & TANYA'S - RENFREW, KYLE'S - SARNIA, BRADY & MARY'S - SAULT STE MARIE, JIMMY & STEF'S - SHELBURNE, BLAKE'S - ST CATHARINES, MARK'S - ST CATHARINES, BRANDON & MEGAN'S - STITTSVILLE, CRAIG & JESS' - STRATFORD, BRANDON & ASHLEY'S - STURGEON FALLS, STEVE'S - SUTTON WEST, CATLYN'S - TILBURY, RYAN & CAITLIN'S - TIMMINS, MARK & SARAH'S - WALLACEBURG, ERIC'S - WATERDOWN, PAUL & MALLORY'S - WATERLOO, GIRARD'S - WELAND, TONY & KATHY'S - WINDSOR, SCOTT'S - WOODSTOCK

01 NFO T

NOFRILLS ONTARIO_NON GTA	WEEK 12/25	PAGE FRONT	SIGN OFF	G.L.A.	CREATIVE	Q.C.	CSR	TEAM LEAD
DOCKET # 200354	FINAL SIZE: 8 X 21" IMAGE AREA: 7.5 X 20.25"		PRINERGY PROOF	LC				

DELI & BAKERY DEALS

ONLY

2²²



WONDER BUNS
selected varieties, 8's
petits pains
20297455_EA/20305135_EA

SAVE 26%

4⁴⁴

APP EXCLUSIVE OFFER*

Optimum
EARN
1,000 ^{pts} = \$1 Value



FARMER'S MARKET™ MUFFINS 6's or
COOKIES 12's
selected varieties
muffins ou biscuits
20566295_EA/21283356_EA

SAVE UP TO 30%

4⁴⁴



PC® GOAT CHEESE LOGS 140 g or
BOURSIN CHEESE 150-220 g
selected varieties
fromage de chèvre ou fromage
20000584_EA/20116794_EA

SAVE 36%

4⁴⁴



BRANDT KOLBASSA
selected varieties, 250 g
kolbassa
20353446_EA

NFO FLAP 2

FRESH AT LOW PRICES

3.99



\$2 LB

1 LB CLAMSHELL

STRAWBERRIES
product of Mexico or U.S.A., no. 1 grade
fraises
20049778001_EA

ROMA TOMATOES
product of Mexico, no. 1 grade
tomates roma
4.41/kg
20143381001_KG

3.99



GROWN IN CANADA 🍁

4.99

EAT SMART SWEET KALE SALAD KIT or **TAYLOR FARMS CHOP SALAD KITS**
assorted varieties, product of U.S.A.
315-383 g
20674118_EA/21599513_EA/21335159_EA

10 LB BAG

RED or YELLOW POTATOES
product of Canada, Canada no. 1 grade
pommes de terre
20601013001_EA/20601017001_EA



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

4.99



FARMER'S MARKET™ AMBROSIA or ROYAL GALA APPLES or HONEYCRISP APPLES
product of Ontario, Canada fancy grade
pommes
21307212001_EA/20767998001_EA/20723960001_EA

2.99



BLACKBERRIES
product of Mexico or U.S.A.
or **PINEAPPLE**
product of Costa Rica
mûres ou ananas
20051015001_EA

6 OZ CLAMSHELL

GROWN IN CANADA 🍁

3.99



FARMER'S MARKET™ YELLOW ONIONS
product of Canada, Canada no. 1 grade or **NO NAME® NATURALLY IMPERFECT™ POTATOES**
product of Canada, Canada no. 2 grade
oignons jaunes ou pommes de terre
20600991001_EA/20944462001_EA

.69



KIWI
product of Greece
kiwi
20130242001_EA

2.99 LB



YELLOW PEACHES or NECTARINES
product of Chile, no. 1 grade
pêches ou nectarines à chair jaune
6.59/kg
20319426001_KG/20002646001_KG

6.99



FARMER'S MARKET™ MANDARINS
product of Morocco
mandarines
20054025001_EA

.99



COCONUT
product of India
noix de coco
20005774001_EA

1.29



RED MANGO
product of Peru
mangue rouge
20059635001_EA

1.49



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

2.49



PC® SLICED or WHOLE WHITE or CREMINI MUSHROOMS
product of Ontario
champignons blancs ou cremini tranchés ou entiers
20757811_EA/2076239_EA

2.99



FARMER'S MARKET™ MINI CUCUMBERS
product of Ontario, Canada no. 1 grade,
product of Mexico or U.S.A.
or **GRAPE TOMATOES**
product of U.S.A.
or **ROMAINE HEARTS**
product of U.S.A.
mini-concombres, tomates raisins ou coeurs de laitue romaine
21307888001_EA/20737570001_EA/20082756001_EA

1.99



BROCCOLI CROWNS
product of Mexico or U.S.A.,
each
couronnes de brocoli
21121669001_EA

4.99



FARMER'S MARKET™ NAVEL ORANGES
product of Morocco, Spain or Turkey
oranges navel
20162945001_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.

02 NFO

NOFRILLS ONTARIO	WEEK 12/25	PAGE 02	SIGN OFF	G.L.A.	CREATIVE	Q.C.	CSR	TEAM LEAD
DOCKET # 200354	FINAL SIZE: 8 X 21" IMAGE AREA: 7.5 X 20.25"		PRINERGY PROOF	AV/JF				

FRESH AT LOW PRICES



CLUB SIZE

6⁹⁹
LB

CHICKEN THIGHS
boneless
hauts de cuisse de poulet
15.41/kg
20654744_KG



CLUB SIZE

3⁹⁹
LB

LEAN GROUND PORK
fresh
porc haché maigre
8.80/kg
20353851_KG



6⁹⁹

PILLER'S PEPPERETTES
or **TURKEY BITES**
selected varieties
300-500 g
bâtonnets ou bouchées de saucisson
21099386_EA/21099391_EA



7⁹⁹

REA ITALIAN SAUSAGE
selected varieties
720 g
saucisses italiennes
21440715_EA

4⁴⁹



SCHNEIDERS REDHOTS or
MAPLE LEAF TOP DOGS
selected varieties
375 g
saucisses fumées
20602429_EA

9⁹⁹



SCHNEIDERS CHICKEN WINGS
selected varieties, frozen
615 g
ailes de poulet
21372433_EA

\$12



NEW ZEALAND STEAK
selected varieties
300-352 g
bifteck de Nouvelle-Zélande
21623685_EA

\$5



HENRI WILLIG GOUDA 200 g or
ZIGGY'S CHEESE SLICES 160/180 g
selected varieties
fromage
21345050_EA/21610826_EA

5⁹⁹



SEAQUEST FROZEN FISH FILLETS
selected varieties
400 g
filets de poisson surgelés
20153570_EA/21314740_EA

6⁹⁹



SEAQUEST COLOSSAL RAW WHITE SHRIMP 16-20 per lb, 300 g, **SHRIMP RING** 227 g or **SMALL SCALLOPS** 400 g
frozen
crevettes blanches colossales crues ou couronne de crevettes ou petits pétoncles
20080289_EA/21043887_EA

\$3



D'ITALIANO BREAD 600/675 g,
BUNS 4/8's or **BAGELS** 6's or
COUNTRY HARVEST BREAD 600/650 g or **BAGELS** 6's
selected varieties
pain ou petits pains ou bagels
20038335_EA/21178642_EA

\$3



VACHON SNACK CAKES
selected varieties
252-330 g
petits gâteaux
20005729_EA

4⁴⁴



FARMER'S MARKET LOAF CAKE
selected varieties
344-390 g
gâteau quatre-quarts
20365382_EA/21542157_EA

5⁹⁹



OLIVERI FRESH FILLED TWIN PACK PASTA
selected varieties
450/500 g
pâtes fraîches farcies
20321512_EA

03 NFO

NOFRILLS ONTARIO	WEEK 12/25	PAGE 03	SIGN OFF	G.L.A.	CREATIVE	Q.C.	CSR	TEAM LEAD
DOCKET # 200354	FINAL SIZE: 8 X 21" IMAGE AREA: 7.5 X 20.25"		PRINERGY PROOF	AV/JF				

BRANDS YOU LOVE AT LOW PRICES

SAVE UP TO 24%

1.50



CHEF BOYARDEE PASTA
selected varieties
418/425 g
pâtes
2031250001_EA

ONLY

4.49



CRACKER BARREL NATURAL CHEESE SLICES
selected varieties
200-240 g
tranches de fromage
21290705_EA

SAVE 43%

1.88



NEILSON FLAVOURED MILK 1 L or **CREAM 5/10%** 473 mL
selected varieties
lait ou crème
20577247_EA/20774420_EA

ONLY

1.50



UNICO TOMATOES or BEANS
selected varieties
540/796 mL
tomates ou légumineuses
20313447001_EA/20314629001_EA

\$6



PC WOOD-FIRED PIZZA
selected varieties, frozen
351-413 g
pizza
21540522_EA

2.88



NO NAME CHEESE BARS
selected varieties
200 g
barres de fromage
20208554_EA/20311973_EA

3.33



EGGO WAFFLES 8 1/2" THICK AND FLUFFY 6 1/2" or PILLSBURY TOASTER STRUDEL 326 g
selected varieties, frozen
gâufres ou pâtisseries
20172640001_EA/20202779_EA

6.22



SAPUTO MOZZARELLISSIMA PIZZA MOZZARELLA
selected varieties
500 g
fromage
20759241002_EA

2.44



BAGEL BITES
selected varieties, frozen
198 g
bouchées de bagel
20213483001_EA

3.22



MARIO'S CORNED BEEF or COOKED HAM
340 g
boeuf salé ou jambon cuit
21295614_EA

4.77



CLOVER LEAF SOCKEYE SALMON
213 g
saumon sockeye
21314811_EA

12.22



FOLGERS ROAST AND GROUND COFFEE
selected varieties
564-516 g
café
21478183_EA

3.22



PC or BLUE MENU CRANBERRY or VEGETABLE COCKTAIL
selected varieties
1.89 L
cocktail de canneberges ou légumes
20307025001_EA/20506849004_EA

3.33



MINUTE MAID DRINK BOXES
selected varieties
10x200 mL
boîtes de boisson
20327042001_EA

4.50



TROPICANA ORANGE JUICE or DRINKS or TROPICS
selected varieties, refrigerated
1.35/1.75 L
jus d'orange ou boisson
21621766_EA/21622130_EA

5.22



ROBIN HOOD or FIVE ROSES FLOUR
selected varieties
2/2.5 kg
farine
20039497001_EA/20039497005_EA

3.88



COCA-COLA or PEPSI SOFT DRINKS
selected varieties
6x710 mL
boissons gazeuses
20310546002_C06/20313741002_C06

6.49



COCA-COLA or PEPSI SOFT DRINKS
selected varieties
12x355 mL
boissons gazeuses
20318694002_EA/20322361002_EA

9.77



GUINNESS 0 NON-ALCOHOLIC BEER
selected varieties
4x440 mL
bière sans alcool
21567137_C04

9.88



MONSTER 4x473 mL or RED BULL 4x250 mL ENERGY DRINKS
selected varieties
boissons énergisantes
20168737001_C04/20937631_C04

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.

NOFRILLS

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

nofrills.ca



this product contains post consumer recycled paper



04 NFO

NOFRILLS ONTARIO	WEEK 12/25	PAGE BACK	SIGN OFF	G.L.A.	CREATIVE	Q.C.	CSR	TEAM LEAD
DOCKET # 200354	FINAL SIZE: 8 X 21" IMAGE AREA: 7.5 X 20.25"		PRINERY PROOF	JF				

We are Proudly
CANADIAN
OWNED & OPERATED



NOFRILLS

GROWN IN CANADA

4⁹⁹

RED or YELLOW POTATOES
product of Canada, Canada no. 1 grade
pommes de terre
20601013001_EA/20601017001_EA



10 LB BAG

15 LB BAG



10 LB BAG

GROWN IN CANADA

3⁹⁹

**FARMER'S MARKET™
YELLOW ONIONS**
product of Canada, Canada no. 1 grade or
**NO NAME™ NATURALLY
IMPERFECT™ POTATOES**
product of Canada, Canada no. 2 grade
oignons jaunes ou pommes de terre
20600991001_EA/20944462001_EA



2⁴⁹

**PC® SLICED or WHOLE WHITE or
CREMINI MUSHROOMS**
product of Ontario
champignons blancs ou cremini tranchés ou entiers
20757811_EA/20776239_EA



227 G



4 LB BAG

**FARMER'S MARKET™
AMBROSIA or ROYAL
GALA APPLES or
HONEYCRISP APPLES**
product of Ontario, Canada fancy grade
pommes
21307212001_EA/20767998001_EA/20723960001_EA



2²²

WONDER BUNS
selected varieties, 8's
petits pains
20297455_EA/20305135_EA



4⁴⁴

**FARMER'S MARKET™
MUFFINS 6's or COOKIES 12's**
selected varieties
muffins ou biscuits
20566295_EA/21283356_EA



APP EXCLUSIVE OFFER

Optimum
EARN
1,000 (CD) = \$1 Value

4⁴⁴

PC® GOAT CHEESE LOGS 140 g or BOURSIN CHEESE 150-220 g
selected varieties
fromage de chèvre ou fromage
20000584_EA/20116794_EA



4⁴⁴

FARMER'S MARKET™ LOAF CAKE
selected varieties, 344-390 g
gâteau quatre-quarts
20566382_EA/21283356_EA



5⁹⁹

**OLIVIERI FRESH FILLED
TWIN PACK PASTA**
selected varieties
450/500 g
pâtes fraîches farcies
20321512_EA



5⁵⁰

CASTELLO BLUE CHEESE
selected varieties
125 g
fromage bleu
20428574_EA



15⁵⁰

TRE STELLE FETA CHEESE TUB
850 g
feta
21618723_EA



Optimum
EARN
1,500 (CD) = \$150 Value

ONL INFO CAN 1

NOFRILLS ONTARIO	WEEK 12/25	PAGE NFO CAN 1	SIGN OFF	G.L.A.	CREATIVE	Q.C.	CSR	TEAM LEAD
DOCKET # 200354	FINAL SIZE: 8 X 21" IMAGE AREA: 7.5 X 20.25"		PRINERY PROOF	DF				

We are Proudly
CANADIAN
OWNED & OPERATED



NOFRILLS

4⁴⁴



ARMSTRONG or PC[®] SHREDDED CHEESE 320 g,
ARMSTRONG CHEESE 400 g
selected varieties
fromage râpé ou fromage
21286240_EA/21346749_EA

6²²



SAPUTO MOZZARELLISSIMA
selected varieties
500 g
fromage
20739241002_EA

1⁹⁹



LANTIC GRANULATED SUGAR
1 kg
sucre granulé
20145033_EA



2⁷⁷

LANTIC SUGAR
selected varieties
1 kg
sucre
20016320_EA/20097340_EA

2⁷⁵



CAVENDISH QUICK CRISP, PREMIUM or PATTIES
selected varieties, frozen
400-750 g
frites ou galettes de pommes de terre
21584077_EA

\$3



GREEN GIANT FROZEN VEGETABLES
selected varieties, 400-750 g
légumes surgelés
21022277_EA

1⁸⁸



NEILSON FLAVOURED MILK 1 L or
CREAM 5/10% 473 mL
selected varieties
lait ou crème
20577247_EA/20774420_EA

1⁵⁰



UNICO TOMATOES or BEANS
selected varieties
540/796 mL
tomates ou légumineuses
20313447001_EA/20314629001_EA

\$3



REAL CANADIAN NATURAL SPRING WATER
selected varieties, 24x500 mL
eau de source naturelle
20154975_C24

12⁴⁹



ROYALE BATHROOM TISSUE
selected varieties
papier hygiénique
21378233_EA

ONL NFO CAN 2

NOFRILLS ONTARIO	WEEK 12/25	PAGE NFO CAN 2	SIGN OFF	G.L.A.	CREATIVE	Q.C.	CSR	TEAM LEAD
DOCKET # 200354	FINAL SIZE: 8 X 21" IMAGE AREA: 7.5 X 20.25"		PRINERGY PROOF	DF/LC				

BRANDS YOU LOVE AT LOW PRICES

ONLY

1.55



MICHELINA'S DINNER ENTRÉES
selected varieties, frozen
156-284 g
plats cuisinés
21208614_EA

SAVE 25%

\$3



GREEN GIANT FROZEN VEGETABLES
selected varieties
400-750 g
légumes surgelés
21022277_EA

SAVE UP TO 38%

1.22



MINUTE MAID PUNCH or LEMONADE
selected varieties, frozen
295 mL
punch ou limonade
20418237001_EA/20418237002_EA

SAVE 25%

\$2

CATELLI GARDEN SELECT PASTA SAUCE
selected varieties
600 mL
sauce pour pâtes
21619103_EA

3.99



KELLOGG'S ALL BRAN 405/525 g,
RAISIN BRAN 425/436 g, **VECTOR** 306/400 g,
SPECIAL K 320-435 g or **MINI-WHEATS** 377-460 g **CEREAL**
selected varieties
céréales
20015041_EA/20816418_EA

2.88



TETLEY TEA or HERBAL TEA
selected varieties
20/24's
thé ou tisane
20711158_EA/21480614_EA

4.88



BREYERS CREAMERY STYLE ICE CREAM
1.41 L or **CHAPMAN'S YUKON NOVELTIES** 5-8's
selected varieties, frozen
crème glacée ou friandises glacées
21651169_EA/21012286_EA

\$1



SWISS CHALET SAUCE
selected varieties
284 mL
sauce
21080164_EA

4.22



HERSHEY'S CHIPITS
selected varieties
200-270 g
brisures de chocolat
21452844_EA/21452924_EA

3.77



POGO
frozen
4's
saucisses sur bâtonnet
20110352001_EA

7.88



PATTY KING BEEF PATTIES
selected varieties, frozen
1.17 kg
pâtés au bœuf
20313668002_EA

\$3



REAL CANADIAN NATURAL SPRING WATER
selected varieties, 24x500 mL
eau de source naturelle
20154973_C24

2.77



LANTIC SUGAR
selected varieties
1 kg
sucre
20016320_EA/20097340_EA

3.77



NESTLÉ CHOCOLATE BAR MULTIPACK 4's or **POUCHES** 135-203 g
selected varieties
chocolat
20322502_EA/21569498_EA

8.99



GOGO SQUEEZ FRUIT SAUCE
selected varieties
12x90 g
purée de fruit
21358429_EA

.88



COLGATE or CREST TOOTHPASTE 50-100 mL or **MANUAL TOOTHBRUSH** 1 ea
selected varieties
dentifrice ou brosse à dents manuelle
20338913001_EA/20975582_EA

3.44



FEBREZE AIR 250 g,
MR. CLEAN ALL PURPOSE CLEANER 1.21 L or
MAGIC ERASER 2/3's
selected varieties
déodorisant ou nettoyant ou éponge
21005017_EA

5.44



OXI CLEAN MAXFORCE
selected varieties
1.83/354 mL
détachant en vaporisateur pour lessive
20043178_EA

16.99



TIDE PODS 57/43/32's **LAUNDRY DETERGENT**, **DOWNY** or **GAIN FABRIC SOFTENER** 4.16 L, **SCENT BOOSTERS** 680 g or **TIDE ZERO LIQUID LAUNDRY DETERGENT** 3.1 L
détachant à lessive ou assouplissant ou rehausseur de parfum
21454815_EA/21549929_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

ESSENTIAL OIL, ESSENTIAL MIST or AUTO SPRAY
all sizes and varieties
huile essentielle ou diffuseur ou vaporisateur
21495649_EA/21575506_EA



ONL 01 NFO

NOFRILLS ONLINE_ONLINE	WEEK 12/25	PAGE ONL01	SIGN OFF	G.L.A.	CREATIVE	Q.C.	CSR	TEAM LEAD
DOCKET # 200354	FINAL SIZE: 8 X 21" IMAGE AREA: 7.5 X 20.25"		PRINERGY PROOF	AV/JF				

3.99

6.79

GENERAL MILLS CHEERIOS VEGGIE BLENDS, CHEX, LOADED BITES, OATMEAL CRISP or NATURE VALLEY GRANOLA CEREAL
selected varieties
300-437 g
céréales
21213668_EA/21535225_EA

NATURE VALLEY SWEET & SALTY GRANOLA BARS or REESE'S PUFFS CEREAL BARS
family size, selected varieties
340-690 g
granola ou barres de céréales
21279930_EA/21344016_EA

\$1

3.99

YOPLAIT YOP DRINKABLE YOGURT
selected varieties
200 mL
yogourt à boire
21478178_EA/21478300_EA

LIBERTÉ MÉDITERRANÉE
4's/500 g, **GREEK** 4's
or **CRUNCH** 2's
YOGURT
selected varieties
yogourt
20788062001_EA/20801732003_EA

OLD EL PASO SALSA 650 mL or **DINNER KITS**
250-510 g
selected varieties
salsa ou trousseaux de repas
20305182004_EA/20795534_EA

\$6

\$6

iögo NANO FROZEN YOGURT POPS
selected varieties
8's
friandises glacées au yogourt
21650572_EA

iögo FROZEN YOGURT
selected varieties
946 mL
yogourt glacé
21654419_EA

iögo FROZEN YOGURT BARS
selected varieties
4's
barres glacées au yogourt
21654135_EA

\$8

5.99

FUZE ICED TEA
12x341 mL or **COCA-COLA SOFT DRINKS**
8x300 mL
selected varieties
thé glacé ou boissons gazeuses
21181173_C08/21645563_C12

PEACE TEA ICED TEA
selected varieties
695 mL
thé glacé
21062228_EA/21162339_EA

AHA SPARKLING WATER
selected varieties
12x355 mL
eau pétillante
21240797_C12

5.99

5.99

MAPLE LEAF NATURAL SELECTIONS or SCHNEIDERS SLICED DELI MEAT
selected varieties, 150/175 g
charcuteries tranchées
20009282_EA/20065285_EA

MAPLE LEAF NATURAL SELECTIONS SLICED DELI MEAT
selected varieties, 375/400 g
charcuteries tranchées
20772015_EA

FANTINO AND MONDELLO SPECIALTY DELI MEATS
selected varieties
100-200 g
charcuterie de spécialité
21551583_EA

5.50

15.50

CASTELLO HAVARTI CHEESE
selected varieties
170/200 g
havarti
20573910_EA/20573932_EA

CASTELLO BLUE CHEESE
selected varieties
125 g
fromage bleu
20428574_EA

TRE STELLE FETA CHEESE TUB
850 g
feta
21618723_EA

Optimum
EARN 1,500 (pts)
= \$1.50 Value

ONL 02 NFO

NOFRILLS ONTARIO_ONLINE	WEEK 12/25	PAGE ONL02	SIGN OFF	G.L.A.	CREATIVE	Q.C.	CSR	TEAM LEAD
DOCKET # 200354	FINAL SIZE: 8 X 21" IMAGE AREA: 7.5 X 20.25"		PRINERGY PROOF	JF				

MARCH

**HIT
OF THE
MONTH**



Christie Oreo Cookies or Ritz Crackers Grab & Go Snacks

Selected varieties, 96 g - 113 g
21464362_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.

ONLINE_FLAP 1

MULTI BUY? TRY SINGLE BUY.



ONE FOR

2.29



HAMBURGER HELPER 158-220 g or
BETTY CROCKER POTATOES 141-215 g

selected varieties
hamburger ou pommes de terre
21574295_EA/21591094_EA

ONE FOR

\$2



CAMPBELL'S BROTH
selected varieties
250/900 mL
bouillon
20322348002_EA/21347245_EA

ONE FOR

1.25



OLD EL PASO SEASONINGS
selected varieties
24 g
assaisonnements
21049482_EA

ONE FOR

\$3



KRAFT SALAD DRESSING
selected varieties
425 mL
vinaigrette
21584850_EA

ONLINE INFO FLAP 2

DOCKET #	WEEK	PAGE	SIGN OFF	G.L.A.	CREATIVE	O.C.	CSR	TEAM LEAD
200354	12/25	ONLFLAP2	PRINERGY PROOF	LC				

SHOP HOME ESSENTIALS \$10 & UNDER



\$6



EVERYDAY ESSENTIALS™ 6-PIECE STEAK KNIFE SET
20113389_EA



PC® CERAMIC COFFEE MUG
blue, 415 mL
21217642_EA



PC® FARMHOUSE SPOON REST
21351052_EA

\$7



EVERYDAY ESSENTIALS™ 4-SIDED GRATER
21343405_EA



PC® ARTISANAL BERRY PINT
21445203_EA



EVERYDAY ESSENTIALS™ INSTANT-READ THERMOMETER
21218245_EA

\$8



EVERYDAY ESSENTIALS™ LARGE PREP BOARD
21122552_EA



JOIE ORANGE JUICER
21179934_EA

\$9



PC® 6-PIECE MEASURING SPOON SET
21345387_EA



PC® PAPER TOWEL HOLDER
black
21344969_EA



PC® SOFT GRIP PIZZA WHEEL
21190094_EA



PC® ARTISANAL BUTTER DISH
21351525_EA

\$10



EVERYDAY ESSENTIALS™ DUAL KNIFE SHARPENER
20218999_EA



EVERYDAY ESSENTIALS™ SPICE STORAGE TURNTABLE
21161822_EA



EVERYDAY ESSENTIALS™ LED TEALIGHTS
12's
21415653_EA

ONL GM NFO

AVAILABLE AT SELECT LOCATIONS ONLY

NOFRILLS ONTARIO	WEEK 12/25	PAGE GM01	SIGN OFF	G.L.A.	CREATIVE	Q.C.	CSR	TEAM LEAD
DOCKET # 200354	FINAL SIZE: 8 X 21" IMAGE AREA: 7.5 X 20.25"		PRINERGY PROOF	db	JE	BH		VR



Express™ Online grocery pickup & delivery

Save time, shop online

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

Use code **PC75**

Shop now

That's up to
\$75
in value!



*Terms and conditions apply. See site for details.

GET FLYER TO YOUR EMAIL.

STRAIGHT TO YOUR EMAIL
Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE
Text "OFFER" to 374557 (FRILLS)*



*Standard message and data rates may apply.

ONL NF PCX

NOFRILLS ONTARIO_ONLINE	WEEK 12/25	PAGE NFOPCX	SIGN OFF	G.L.A.	CREATIVE	Q.C.	CSR	TEAM LEAD
DOCKET # 200354	FINAL SIZE: 8 X 21" IMAGE AREA: 7.5 X 20.25"		PRINERGY PROOF	DF				

APP EXCLUSIVE OFFER

*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer

March 13th-19th, 2025

Earn*

10,000 pts

\$10
value

for every \$100* spent on any combination of Boston Pizza, Uber Eats and Uber gift cards.



*Offer valid in-store only. Subject to availability; selection may vary by store. We reserve the right to limit quantities. See gift card for details, terms & conditions. Offer applies to every \$100 spent on any combination of Boston Pizza, Uber Eats and Uber cards in a single transaction. Cannot be combined with any other gift card offers. Not valid on prior purchases. PC Optimum points cannot be redeemed toward the purchase of gift cards.



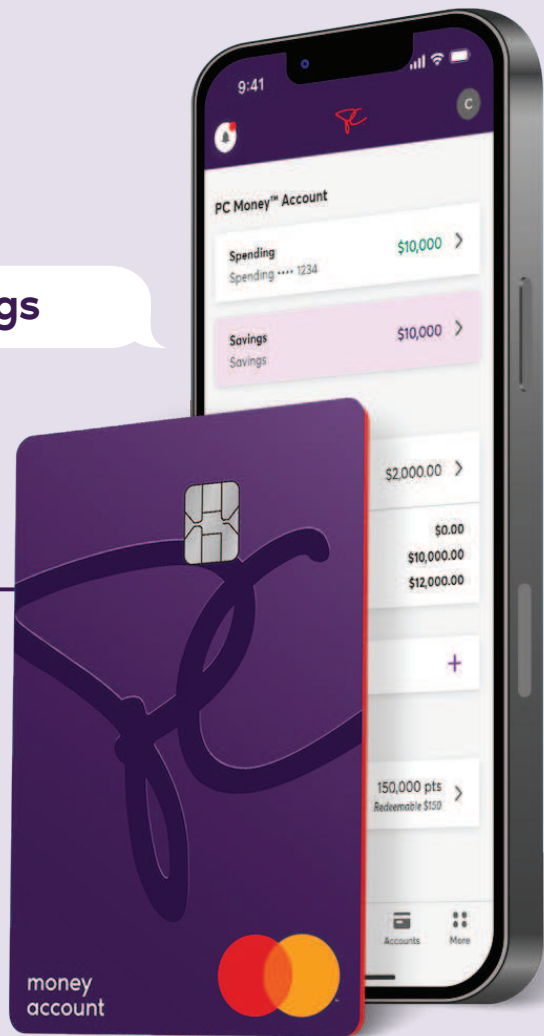
Earn PC Optimum™ points for banking and now interest on your savings

Save your savings

The no monthly fee PC Money™ Account

Earn **3.5%** interest on your savings*

Open account



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

THREE NEW WAYS WE'RE KEEPING BUDGETS HAPPY



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



We'll honour a current flyer deal if we're sold out, plus give you 10% back in PC Optimum™ points.



Deals from the past on select items.

The **NOFRILLS** thing to do.

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit www.pcoptimum.ca. We reserve the right to cancel or change the terms of this offer at any time without notice.

‡Throwback Prices: Program applies to one item weekly, as advertised in-store/online at nofrills.ca.

ONL NFO MKT

NOFRILLS ONTARIO_ONLINE	WEEK 12/25	PAGE NFOMKT	SIGN OFF	G.L.A.	CREATIVE	Q.C.	CSR	TEAM LEAD
DOCKET # 200354	FINAL SIZE: 8 X 21" IMAGE AREA: 7.5 X 20.25"		PRINERGY PROOF	DF				