



PRICE CUT
EVENT

ONLY

2⁹⁹
LB

**GREEN or RED
SEEDLESS GRAPES**
product of Peru, South Africa or
Chile, no. 1 grade
raisins verts ou rouges
sans pépins
6.59/kg
2042572001_KG
20159199001_KG

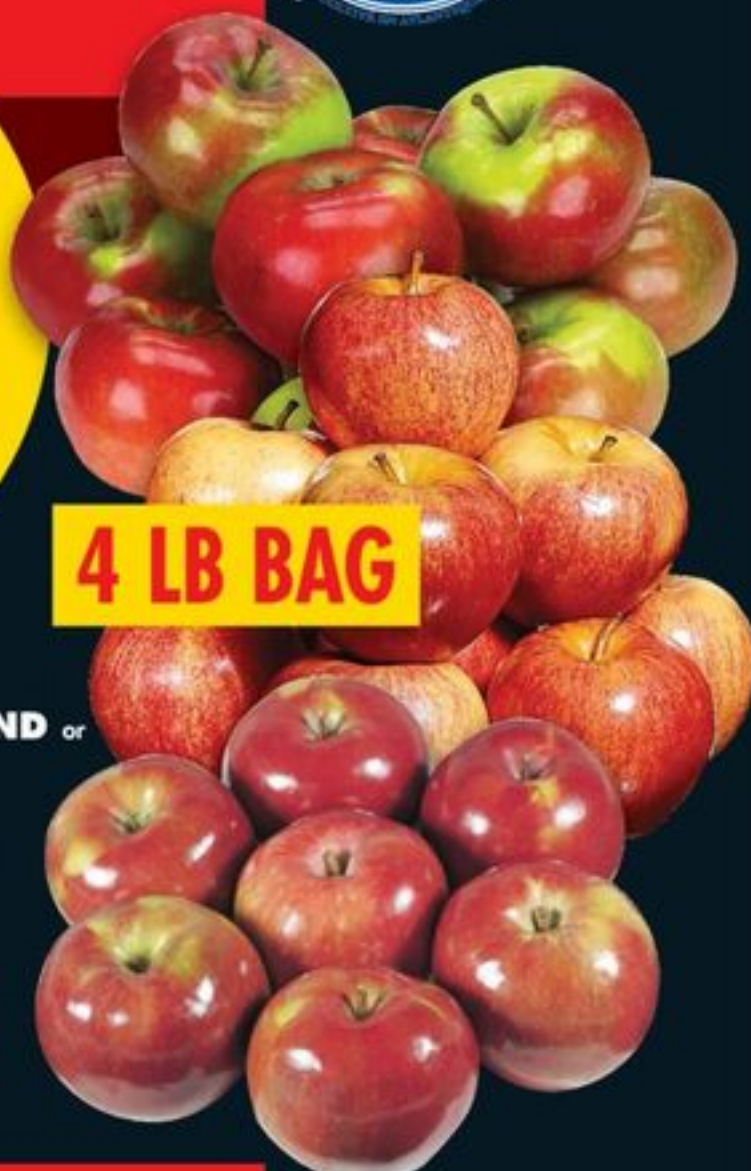


ONLY

3⁸⁸

4 LB BAG

**FARMER'S MARKET™
ROYAL GALA, CORTLAND or
MCINTOSH APPLES**
product of Atlantic provinces,
Canada fancy grade
pommes
20630871001_EA/20713211001_EA



SAVE 47%

1⁹⁹
LB

GREEN PEPPERS
product of U.S.A.
poivrons verts
4.39/kg
20425893001_KG



ONLY

1⁷⁷

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



NOFRILLS®

PRICE CUT
EVENT

FLYER PRICES EFFECTIVE THURSDAY, JANUARY 29 TO WEDNESDAY, FEBRUARY 4, 2026.



ONLY

\$10

CHICKEN BREAST
boneless, skinless, fresh
4 pack
poitrines de poulet
21290737 EA

WHILE QUANTITIES LAST



ONLY

3⁹⁹
LB

PORK TENDERLOIN
fresh, cryovac
filet de porc
8.80/kg
20520970 KG

WHILE QUANTITIES LAST



SAVE 30%

6⁹⁹

SCHNEIDERS WINGS
selected varieties, frozen
615 g
ailes
21372435 EA/21703461 EA



SAVE 27%

10⁸⁸

LEAN GROUND BEEF
halal, grass fed, 2x450 g
boeuf haché maigre
21618300 EA

PRICE DROP

\$3



CLASSICO PASTA SAUCE
selected varieties
410/600 mL
sauce pour pâtes
20325609001 EA/21618217 EA

SAVE 20%

\$2



CAMPBELL'S CHUNKY SOUP
selected varieties
515 mL
soupe
21480447 EA

SAVE UP TO 50%

\$2



MADE GOOD GRANOLA BARS, COOKIES, MINIS, CRISPY SQUARES or CRUNCHY BITES 110-150 g or **GOLDFISH CRACKERS** 167-200 g
selected varieties
barres granola ou biscuits ou carrés ou bouchées ou craquelins
21352121 EA/20300320 EA

PRICE DROP

6⁹⁹



BECEL MARGARINE
selected varieties
637/850 g
margarine
20297818002 EA

SAVE UP TO 43%

\$3



CRAVE DINNER ENTRÉES 200-340 g or **KRAFT DELUXE MAC & CHEESE** 340 g
selected varieties, frozen
plats cuisinés ou macaroni au fromage
21083515 EA

ONLY

3⁴⁷



OIKOS or ACTIVIA EXPERT YOGURT
selected varieties
4x100 g
yogourt
20419715001 EA/20625055 EA

SAVE 34%

11⁸⁸

8 KG

JASMINE GOLD THAI JASMINE RICE
riz au jasmin
21496274 EA



SAVE UP TO 55%

\$4



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

Optimum™

\$15⁹⁷

Earn
3,000
pts

That's
\$3
back in points



MAXWELL HOUSE ROAST AND GROUND COFFEE
selected varieties
631-900 g
café torréfié et moulu
21604882 EA

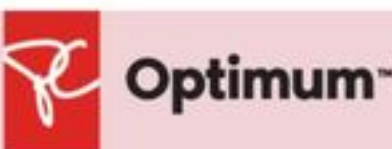
FLYER PRICES EFFECTIVE IN ATLANTIC CANADA STORES ONLY.

Moredays
Moredays
Moredays



Moredays™

Thursday, January 29 to Wednesday, February 4, 2026



App exclusive offer

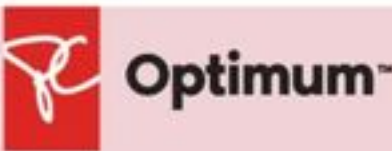


\$4⁹⁹

Earn
1,500
pts
That's
\$1⁵⁰
back in points

PKG OF 4

FARMER'S MARKET™ SWEET PEPPERS
product of Mexico
poivrons
20117350001 EA



App exclusive offer



Member Price
\$2²⁵

Non-Members
\$3²⁹
Members
Save
\$1⁰⁴

PC® or PC® BLUE MENU™
ENGLISH MUFFINS
selected varieties, 6's
muffins anglais
20810728 EA



App exclusive offer



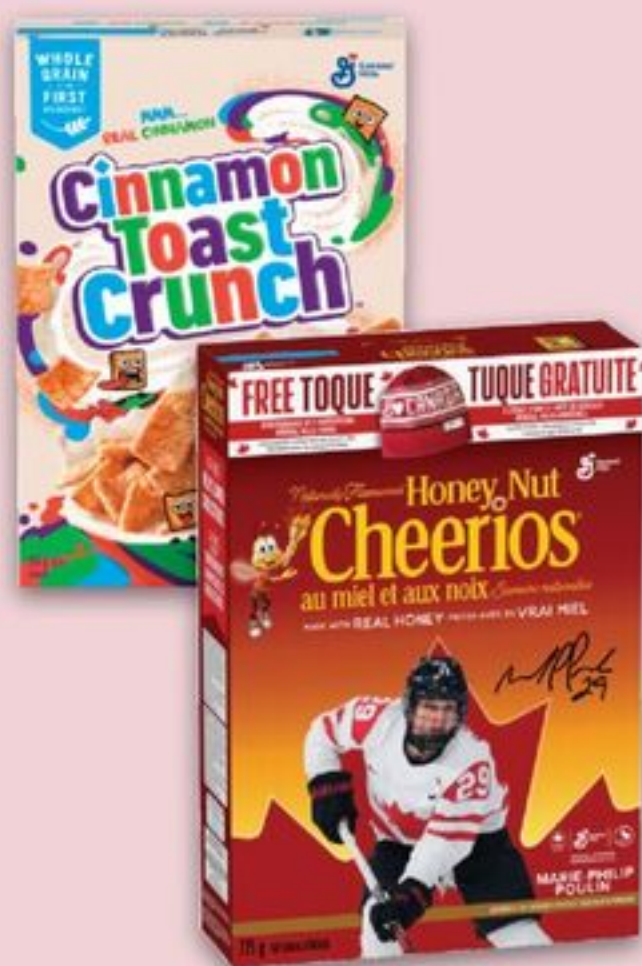
\$3⁵⁰

Earn
1,500
pts
That's
\$1⁵⁰
back in points

ZIGGY'S® SLICED DELI MEAT
selected varieties
175 g
charcuteries tranchées
21592461 EA/21596354 EA



App exclusive offer



Earn
5,000
pts
For every \$10*
spent
That's
\$5
back in points

GENERAL MILLS CEREAL
selected varieties
300 g - 1.3 kg
céréales
21104055 EA/21103495 EA

FRESH AT LOW PRICES

4.99

10 LB BAG

RED, YELLOW or RUSSET POTATOES
product of Canada, Canada no. 1 grade
pommes de terre
20601020001_EA/20601017001_EA

PINT

4.99
EA/LB

BLUEBERRIES each,
product of Mexico, Peru,
or Morocco, no. 1 grade,
MINI SEEDLESS WATERMELON each,
product of Guatemala, Honduras,
Costa Rica, Mexico, or Brazil, or
CHERRIES 11.00/kg,
product of Chile, no. 1 grade
bleuets ou cerises ou
mini-melon d'eau sans pépins
20080137001_EA/20159690001_KG/
20145379001_EA

2 LB BAG

5.99

PKG OF 3

ROMAINE HEARTS
product of U.S.A.
cœurs de romaine
20067389001_EA

PKG OF 5

3 LB BAG

4.99

FARMER'S MARKET™ LEMONS product of U.S.A.,
ORANGES product of Morocco or Spain or
AVOCADOS product of Mexico, Peru, or Colombia
citrons ou oranges ou avocats
20795315001_EA/20162945001_EA/
21644936001_EA



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

1.99

ENGLISH CUCUMBER
product of Mexico or U.S.A.
each
concombre anglais
20070132001_EA

4.99

PC®, BLUE MENU® or WONDERFUL PISTACHIOS
selected varieties, product of U.S.A., 200-225 g
pistaches
21351396_EA/20339219_EA

4.99

EAT SMART™ or TAYLOR FARMS CHOPPED SALAD KITS
selected varieties, product of U.S.A., 315-383 g
salades
21381584_EA/213335140_EA

2.49

BUNCH SPINACH or KALE
spinach, fresh
chou frisé
2016080001_EA/2013800001_EA

6.99

4 LB BAG

FARMER'S MARKET™ MANDARINS
product of Morocco or Spain
mandarines
20540520001_EA

2.99

283 G

PKG OF 6

FARMER'S MARKET™ GRAPE TOMATOES
product of Canada, Mexico or U.S.A. or
MINI CUCUMBERS product of Canada, Canada no. 1 grade
tomates raisins ou mini-concombres
21267880001_EA/20237370001_EA

2.99

3 LB BAG

FARMER'S MARKET™ CARROTS or YELLOW ONIONS
product of Canada, Canada no. 1 grade
carottes ou oignons jaunes
20600729001_EA/2081194001_EA

\$5
LB

PORK COMBO CHOPS
bone-in, fresh
côtelettes de porc
11.02/kg
21073172_KG

7.99

ST-HUBERT 800 g or SWISS CHALET POY PIES 650/655 g
selected varieties, frozen
pâtis
20719298_EA/21047194_EA

8.99

JANES BONELESS CHICKEN BITES, FILLETS or RESTAURANT STYLE TENDERS
selected varieties, frozen, 710/720 g
bouchées de poulet déossées ou filets ou tenders de poulet
21439346_EA/21440340_EA

\$9

Earn
1,000

Save
\$1.50
back in points

MAPLE LEAF PRIME CHICKEN DRUMSTICKS or THIGHS
raw, 16/20 per lb, 300 g, BAY SCALLOPS 400 g or
SHRIMP RING 227 g
frozen
crevettes blanches colossales ou pétoncles de baie ou couronne de crevettes
21043087_EA

\$4

THE LAUGHING COW CHEESE 133-140 g or MINI BABYBEL 6's
selected varieties
fromage
20137107_EA/20574332_EA

3.50

COUNTRY HARVEST BREAD 600/650 g or BAGELS 6's
selected varieties
pain ou bagels
21740717_EA/21778642_EA

4.50

FARMER'S MARKET™ BUTTER CROISSANTS 6's or PC® MINI MUFFINS 12's
selected varieties
croissants ou pains ou mini-muffins
20073942_EA/21448821_EA

\$7

SEAQUEST® WHITE COLOSSAL SHRIMP raw, 16/20 per lb, 300 g, BAY SCALLOPS 400 g or SHRIMP RING 227 g
frozen
crevettes blanches colossales ou pétoncles de baie ou couronne de crevettes
21043087_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.

BRANDS YOU LOVE AT LOW PRICES

3⁵⁰

ASTRO, IÖGO 650/750 g
or **LIBERTÉ GREEK** 4's
YOGURT
selected varieties
yogourt
20163226001_EA/20801752003_EA



\$6

CRACKER BARREL
CHEESE SHREDS 320 g,
BLACK DIAMOND
CHEESTRINGS or
SNACKS 252/336 g
selected varieties
fromage râpé ou collations
20763661_EA/21290616_EA



\$5

INTERNATIONAL DELIGHT COFFEE
ENHANCERS 946 mL
or **COLD FOAM** 396 g
colorants à café ou mousse froide
selected varieties
20995480002_EA/21629948_EA



1²⁹

MINUTE MAID
FROZEN PUNCH
or **LEMONADE**
selected varieties, 295 mL
punch ou limonade
20418237001_EA



4⁵⁰



HUNGRY-MAN
DINNER ENTRÉES
selected varieties, frozen, 360-455 g
plats cuisinés
22294014002_EA

\$7

DEL MONTE JUICE BLENDS
selected varieties, refrigerated, 2.5 L
mélanges de jus
21594961_EA



\$4

DORITOS TORTILLA CHIPS 310/225 g or
SMARTFOOD POPCORN 150-200 g
selected varieties
croustilles de tortilla ou maïs soufflé
20978339_EA/21494542_EA



\$12

KICKING HORSE
ORGANIC GROUND COFFEE
selected varieties, 284 g
café moulu
20803134001_EA



1²⁵

CAMPBELL'S
CONDENSED SOUP
selected varieties, 284 mL
soupe condensée
20297340002_EA



\$9

NO NAME® HONEY 1 kg or
FLOURISH PANCAKE MIX 430 g
selected varieties
miel ou mélange à crêpes
20023463_EA/21357971_EA



2²⁹

QUAKER DIPPS or
CHEWY GRANOLA BARS
selected varieties, 120-156 g
barres
20847582_EA/21359346_EA



2⁷⁹

CHRISTIE COOKIES
selected varieties, 251-303 g
biscuits
21358407_EA/21361508_EA



2⁷⁵

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



\$3

HEINZ FLAVOURED KETCHUP
selected varieties, 375 mL
ketchup
20128871_EA



\$3

VH COOKING or **DIPPING SAUCE**
selected varieties, 341-380 mL
sauces à cuisson ou à tremper
20297348_EA/20984013_EA



1⁶⁹

CAMPBELL'S BROTH
selected varieties, 250/900 mL
bouillon
2032248001_EA/21347243_EA



1⁵⁰

CLOVER LEAF LIGHT TUNA
selected varieties, 85/170 g
thon pâle
20575582_EA



3⁵⁰

OASIS, DEL MONTE or **ARIZONA DRINK**
BOXES 8x200 mL or **SUNRYPE JUICE** 1.36 L
selected varieties
boissons ou jus
20315744002_EA/20648778003_EA



\$4

COCA-COLA or **PEPSI SOFT DRINKS**
selected varieties, 6x710 mL
boissons gazeuses
20310544002_C06/20313741002_C06



1⁷⁵

CARNATION EVAPORATED MILK
selected varieties, 354 mL
lait évaporé
20898812_EA/20898887_EA



5⁴⁹

RED ROSE ORANGE PEKOE BLACK
TEA 70's or **TAZO TEA** 20's
selected varieties
thé
21892191_EA



App exclusive offer



PC® VEGETABLES
selected varieties
frozen
300-750 g
légumes
20318915_EA

Member Price

\$3

Non-Members

\$4

Members
Save
\$1

Moredays Moredays Moredays



Optimum™

Moredays™

Thursday, January 29 to
Wednesday, February 4, 2026

App exclusive offer



CHRISTIE COOKIES 303-482 g or **CAKESTERS** 285 g
selected varieties
biscuits
21014087_EA/21712437_EA

\$4.50

Earn

2,500

(pts)

That's
\$2.50
back in points



DR. OETKER SUPREMA 487-520 g or
GIUSEPPE STUFFED CRUST PIZZA 685-771 g
selected varieties, frozen
pizza
21649640_EA

\$7

Earn

1,000

(pts)

That's
\$1
back in points



CLARK BAKED BEANS
selected varieties
398 mL
fèves
21235336_EA

\$1.50

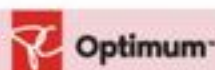
Earn

500

(pts)

That's
.50
back in points

App exclusive offer



Earn

4,000

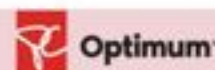
(pts)

For every \$10*
spent

That's
\$4
back in points

CHRISTIE PREMIUM PLUS CRACKERS
selected varieties
450/481 g
croquelins
21109001_EA/21109004_EA

App exclusive offer



Earn

5,000

(pts)

For every \$10*
spent

That's
\$5
back in points

KNORR LIQUID BOUILLION 250 mL, **CUBES** 63/69 g,
DRY SAUCE MIX 17-48 g, **OXO BOUILLION** 72/225 g or **VELOUTINE**
GRAVY MIX 250 g, selected varieties
bouillon ou mélanges à sauce ou mélanges à sauce brune
20311529002_EA/20320060_EA



Earn

3,500

(pts)

For every \$10*
spent

That's
\$3.50
back in points

GERBER BABY POUCHES, SNACKS or CEREALS
all varieties and sizes
sachets pour bébé ou collations ou céréales
21024943_EA/20574110001_EA/20305738001_EA



Earn

1,000

(pts)

For every \$6*
spent

That's
\$1
back in points

ORVILLE REDENBACHER MICROWAVE POPCORN 385-492 g or **KERNEL JAR** 850 g
selected varieties
maïs à éclater ou en pot
20629532002_EA



Earn

1,500

(pts)

For every \$6*
spent

That's
\$1.50
back in points

BETTY CROCKER SUPER MOIST CAKE MIX 375/404 g,
SNACK SIZE MIX 184/212 g or **FROSTING** 340/450 g
selected varieties
mélanges à gâteau ou mélanges à collation ou glaçage
20562641002_EA/21547838_EA



Earn

4,000

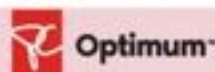
(pts)

For every \$12*
spent

That's
\$4
back in points

CADBURY CHOCOLATE
selected varieties
32-200 g
chocolat
20490539_EA/21648607_EA

App exclusive offer



Earn

2,000

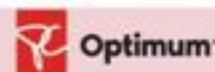
(pts)

For every \$5*
spent

That's
\$2
back in points

CHRISTIE CRISPERS
selected varieties
145 g
croquelins
21358333_EA

App exclusive offer



Earn

5,000

(pts)

For every \$10*
spent

That's
\$5
back in points

PILLSBURY REFRIGERATED DOUGH 200-468 g or
PILLSBURY POPS 380 g, **SCRAMBLES** 204 g or
STRUDEL 326 g, selected varieties
pâte réfrigérée ou collations de pizza ou pâtisseries
20318034002_EA/20305424002_EA/21436023_EA



Earn

3,500

(pts)

For every \$9*
spent

That's
\$3.50
back in points

YOPLAIT or LIBERTÉ YOGURT
selected varieties
excludes Yop 12's/15's, Liberté 16's
yogourt
20317317001_EA/20642273_EA

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 instore for details.

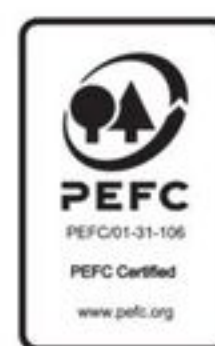


CUSTOMER RELATIONS 1-866-98-SMILE (76453)

nofrills.ca



this product contains
post consumer recycled
paper





\$11

Earn
1,000
pts

That's
\$1
back in points

**Moredays
Moredays
Moredays**



Optimum™

Moredays™

Thursday, January 29 to
Wednesday, February 4, 2026

NATIVE HAIR CARE 487 mL or **BODY WASH** 532 mL
selected varieties
soins capillaires ou nettoyant pour le corps
21505267_EA/21589043_EA



Earn
10,000
pts

For every \$25*
spent

That's
\$10
back in points



AVEENO BODY LOTION, FACIAL CARE, SUNSCREEN, BODY WASH or BABY TOILETRIES
all varieties and sizes
lotion pour le corps ou soins pour le visage ou écrans solaires ou
nettoyant pour le corps ou articles de toilette pour bébé
20102023001_EA/20102023003_EA/20157402001_EA



Earn
3,000
pts

For every \$15*
spent

That's
\$3
back in points

CETAPHIL FACE or BABY PRODUCTS
all varieties and sizes
produits pour le visage ou bébé
20432313001_EA/21115535_EA



Earn
5,000
pts

For every \$15*
spent

That's
\$5
back in points

AXE, DEGREE or VASELINE PRODUCTS
all varieties and sizes
produits
20303942001_EA/21042562_EA/21085011_EA



Earn
5,000
pts

For every \$12*
spent

That's
\$5
back in points

LISTERINE MOUTHWASH
selected varieties, 1/1.5 L
rinç-bouche
21091222_EA



Earn
7,500
pts

For every \$20*
spent

That's
\$750
back in points

BENEFIBER, CENTRUM, EMERGEN-C, ADVIL, NEOCITRAN, TUMS, SENSODYNE or POLIDENT
selected varieties and sizes
fibres, multivitamines, vitamine C, analgésique, produit pour le rhume, antiacide,
dentifrice, produits pour prothèses dentaires
20301179003_EA/21223300_EA



Earn
20,000
pts

For every \$50*
spent

That's
\$20
back in points

JAMIESON PROGRESSIVE
selected varieties, 840/850 g
poudre de protéines
21518344_EA

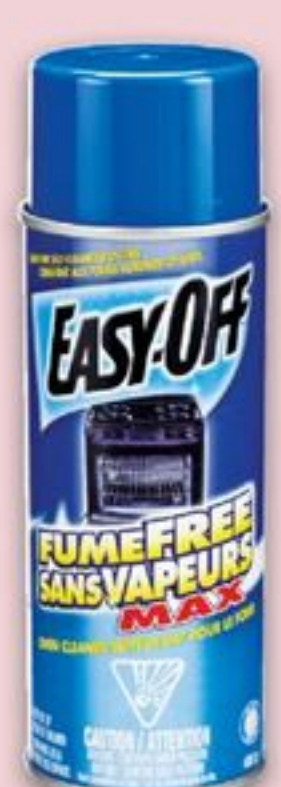


\$11⁴⁹

Earn
1,500
pts

That's
\$150
back in points

ZIPLOC STORAGE BAGS
selected varieties
60-270's
sacs de rangement
21196085_EA



\$7⁹⁹

Earn
3,000
pts

That's
\$3
back in points

EASY-OFF OVEN CLEANER
selected varieties, 400 g/475 mL
nettoyant pour four
20310166001_EA



Earn
8,000
pts

For every \$20*
spent

That's
\$8
back in points

TYLENOL, BENLYN or ZARBEE'S COUGH COLD PRODUCT, selected varieties and sizes
produits pour le rhume et la toux
20315180001_EA/20322277001_EA



\$22

Earn
1,000
pts

That's
\$1
back in points

TIDY CATS CAT LITTER
selected varieties
5.44 kg
litière pour chats
21217951_C01



Earn
5,000
pts

For every \$12*
spent

That's
\$5
back in points

CLOROX, PINE-SOL, LIQUID PLUMR, GREEN WORKS or GLAD, all sizes and varieties
produits nettoyants ou débouche-bouyx ou sacs
20298679001_EA/21283179_EA



Earn
5,000
pts

For every \$12*
spent

That's
\$5
back in points

LYSOL CLEANING or LAUNDRY
all sizes and varieties
produits nettoyants ou pour la lessive
20310677001_EA/21449826_EA

BRANDS YOU LOVE AT LOW PRICES

4⁵⁰



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



\$4

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

\$5



SIMPLY DRINKS
selected varieties, refrigerated
1.54 L
boissons
21170793_EA/21679536_EA



8⁵⁰

POGO
selected varieties, frozen
8/10's
saucisses sur bâtonnet
20053302001_EA

3⁵⁰



SCOTSBURN SOUR CREAM
selected varieties, 500 mL
crème sure
21310603_EA

\$1



SWANSON POT PIES
selected varieties, frozen, 200 g
pâtis
2022022001_EA

2²⁹



DARE ULTIMATE COOKIES 200/300 g
VIVA PUFFS 300 g or **WAGON WHEELS** 315/360 g
selected varieties
biscuits
2041996001_EA/20974246_EA

3⁵⁰



OLD DUTCH TORTILLA CHIPS 275/290 g
or **HUMPTY DUMPTY SNACKS** 250-290 g
selected varieties
croustilles de tortilla ou grignotines
21465176_EA

\$8



**NO NAME® SULTANA RAISINS or
CRANBERRIES** 750 g or
WHOLE PITTED DATES 1 kg
raisins secs ou canneberges ou dattes entières dénoyautées
20467009_EA/20467323_EA

Member Price
\$4⁵⁰

Non-Members
\$4⁹⁹

Members
for
.49



NO NAME® PIE FILLING
selected varieties, 480/710 mL
garniture pour tarte
21682314_EA/21667990_EA

1⁸⁹



KNORR SIDEKICKS
selected varieties, 120-160 g
pâtis
20321430001_EA/20321430011_EA

2⁷⁹



BEN'S ORIGINAL BISTRO EXPRESS RICE
selected varieties, 240/250 g
riz
21405476_EA

19⁸⁸



FINISH AUTO DISHWASHER TABS
selected varieties, 50-100's
capsules de détergent pour lave-vaisselle
21218873_EA/2121847323_EA

\$5



TIDE PODS 16's, **DOWNY SOFTENER**
0.78/1.31 L, **PURIFYING RINSE** 473 mL,
SCENT BOOSTERS 41/119 g, **BOUNCE DRYER
SHEETS** 40/80's, **CASCADE AUTO DISHWASHER
TABS** 10-15's or **RINSE AID** 473 mL
détergent à lessive ou assouplissant textile ou produit de rinçage ou
reboucureur de poêle ou feuilles pour sècheuse ou capsules de détergent
pour lave-vaisselle ou agent de rinçage
20201481001_EA/21547973_EA

5⁵⁰



PC® DRY ROASTED PEANUTS 700 g,
CASHEWS or DELUXE MIXED NUTS 200 g
selected varieties
arachides ou noix de cajou ou mélange de noix
20037990001_EA/21054942_EA

\$3



FERRERO CHOCOLATE BAR 90 g or
MERCI CHOCOLATE BAR 100 g
selected varieties
barres de chocolat
21465176_EA/21428863_EA

.80



**WHISKAS WET
CAT FOOD POUCH**
selected varieties, 85 g
sachet de nourriture humide pour chats
21639470_EA

.90



**PEDIGREE WET
DOG FOOD POUCH**
selected varieties, 100 g
sachet de nourriture humide pour chiens
21639566_EA

\$6



**TEMPTATIONS
CAT TREATS**
selected varieties, 454 g
gâteries pour chats
21012108_EA

App exclusive offer

Earn
5,000
pts
For every \$10*
spent

That's
\$5
Value



Optimum™

**SCRUBBING BUBBLES,
DRANO or GLADE**
all sizes and varieties
produits nettoyants
20323855001_EA/21367989_EA

NEW
LOWER
PRICES

\$7

**GREAT BRITISH
CHEDDAR**
400 g
cheddar
21527282, EA



3⁵⁰

**NATURAL BAKERY
RYE BREAD**
500 g
pain de seigle
21688966, EA



BURNBRAE NESTLAID WHITE EGGS
12's
œufs
20816075001, EA



SUNRISE SLICED BOLOGNA
selected varieties
375 g
bologna
20806936, EA



**CHAPMAN'S FROZEN
YOGURT or SORBET**
selected varieties, frozen
2 L
yogourt glacé ou sorbet
20314434001, EA/20529120001, EA

\$8

CLIF BAR 5 PK
selected varieties
340 g
barres
21664766, EA/21664843, EA



\$7

**PC® ORGANICS
FROZEN FRUIT**
selected varieties, frozen
600 g
fruits surgelés
20431483503, EA



3⁵⁰

**EARTH'S OWN
ALMOND or SOY
BEVERAGES**
selected varieties, refrigerated
1.75/1.89 L
boisson aux amandes ou soya
20327647, EA/21586394, EA



\$4

HEALTHY CHOICE DINNER ENTRÉES
selected varieties, frozen
269-306 g
plats cuisinés
20318616003, EA



\$2

**SNACK PACK
PUDDING**
selected varieties
4x99 g
pouding
20310707001, EA



3²⁵

**iÖGO NANO
YOGURT DRINKS**
selected varieties
6x93 mL
boissons de yogourt
20609687001, EA



\$5

**ACTIVIA
YOGURT**
selected varieties
8x93 mL
yogourt
21543512, EA



\$4

TWININGS TEA
selected varieties
20's
thé
20300740001, EA



6⁵⁰

**MCCAIN
POCKETS**
selected varieties, frozen
540/600 g
pochettes
21615134, EA



4⁷⁵



SMUCKER'S UNCRUSTABLES
selected varieties, frozen
52/58 g
pâtisseries
21543057, C04

7⁵⁰



LILYDALE SLICED DELI MEAT
selected varieties
500 g
charcuteries tranchées
21675604, EA/21675636, EA

\$7



ZIGGY'S® SUB TRIO
300 g
trio pour sous-marins
21596317, EA

\$8



EXTRA LEAN GROUND BEEF
fresh
450 g
bœuf haché extra maigre
21675392, EA

**NEW
LOWER
PRICES**

4⁷⁵

PC® FROZEN FRUIT
selected varieties
300-600 g
fruits surgelés
20312227 EA



\$10

**ROBIN HOOD
ALL PURPOSE FLOUR**
5 kg
farine tout usage
20149342001 EA

5⁵⁰

**SCHNEIDERS BREAKFAST
SANDWICH or EGG BITES**
selected varieties frozen
204 -288 g
sandwich déjeuner ou bouchées aux œufs
21623187 EA/21623288 EA



3⁵⁰

**MINUTE MAID ZERO SUGAR
or FUZE ICED TEA**
selected varieties, refrigerated
1.54/1.75 L
boissons au thé glacé
21434122 EA/21652207 EA

\$5

**CHAPMAN'S
SUPER NOVELTIES**
selected varieties, frozen
8-18's
friandises glacées
20115332 EA/20117581001 EA



6⁵⁰

**FRUTÉE
ICE CREAM**
selected varieties, frozen
270 mL
crème glacée
21701523 EA



7⁵⁰

**MUSAFIR BUTTER CHICKEN BITES
or PANEER BURGERS** 480 g
bouchées de poulet au beurre ou burgers paneer
21705194 EA/21705196 EA



\$5

**M&M'S or MARS
CHOCOLATE POUCHES**
selected varieties
155-170 g
chocolat
21571767 EA/21571768 EA



\$3

**TWIZZLERS CANDY PACK
JOLLY RANCHER ROPE** 283 g
selected varieties
friandises
20022328004 EA



7⁵⁰

**SAMYANG
NOODLES**
selected varieties
450 g
nouilles
21430283 EA



1⁵⁰

**LIPTON or KNORR
SOUP MIX**
selected varieties
40-145 g
mélange à soupe
20297314001 EA/20308188001 EA



\$5

PAM COOKING SPRAY
selected varieties
141/170 g
vaporisateur à cuisson
20178204001 EA



\$6

**NESTLÉ CARNATION
HOT CHOCOLATE MIX**
selected varieties
400/450 g
mélange à chocolat chaud
21397690 EA



3⁷⁵

**NO NAME®
DISINFECTANT WIPES**
selected varieties
75's
lingettes désinfectantes
21386780 EA



\$7

**PC® BATHROOM
TISSUE 12x24 rolls or
FACIAL TISSUE**
6x120 sheets
papier hygiénique ou
mouchoirs
20181283 EA/21340718 EA



\$12

**IAMS DRY
CAT FOOD**
selected varieties
1.36/1.59 kg
nourriture sèche pour chats
21027553 EA



1000s OF
LOWERED PRICES
EVERY DAY!

PRICE
DROP

3⁵⁰



CREST PRO-HEALTH or COMPLETE TOOTHPASTE
selected varieties
100-130 mL
dentifrice
21041420, EA/21354024, EA

\$6



COLGATE TOOTHPASTE
70-133 mL, 2x120/150 mL or
MANUAL TOOTHBRUSH 2's
selected varieties
dentifrice ou brosse à dents manuelle
20110327002, EA/21166450, EA

\$11



AVEENO LOTION
selected varieties
532 mL
lotion
20110202001, EA/2010203003, EA

\$5



DOVE BAR SOAP 3x106 g, **BODY WASH** 325 mL,
DEODORANT 45-76 g or **HAIR CARE** 142-198 g/195-355 mL
selected varieties
pain de savon ou nettoyant pour le corps ou déodorant ou soins capillaires
21220717, EA/211644833, EA

7⁵⁰



IVORY BODY WASH PUMP
selected varieties
1025 mL
nettoyant pour le corps
21432577, EA/21432666, EA

\$3



MEN'S or LADY'S SPEED STICK DEODORANT
selected varieties
45-85 g
déodorant
2034822001, EA/20404701, EA

\$18



POISE PADS or DEPENDS UNDERWEAR
selected varieties and sizes
12-66"
serviettes ou sous-vêtements
21023579, EA/21302119, EA

3²⁵



HERBAL ESSENCES HAIR CARE
selected varieties
346 mL
soins capillaires
21247055, EA/21347098, EA

\$10



TYLENOL CHILDREN'S or INFANTS' PAIN RELIEF PRODUCTS
selected varieties
16-20's / 24-100 mL
produits analgésiques pour enfants
20329139001, EA

\$12



ENSURE or GLUCERNA READY TO DRINK SHAKES
selected varieties
6's
boissons frappées prêtes à boire
20180283003, EA/20304707001, C06

26⁹⁷



PAMPERS EASY UPS or NINJAMA'S TRAINING PANTS
selected varieties
34-74's
calottes d'entraînement
21089365, EA/21393003, EA

34⁹⁷



ENFAGROW A+ INFANT NUTRITIONAL SUPPLEMENT
selected varieties
907 g
supplément nutritif pour nourrisson
21614898, EA

9⁵⁰



PEDIASURE COMPLETE
selected varieties
4x235 mL
boisson nutritive pour enfants
20322414001, EA/21371922, EA

7⁹⁹



HUGGIES 2x/3x BABY WIPE
selected varieties
112-192's
lingettes pour bébé
20358604, EA/21084935, EA



ALWAYS
\$5

LIFE BRAND® LIQUID HAND SOAP REFILL
selected varieties
2 L
recharge de savon liquide pour les mains
21357613003, EA/21357613004, EA

LAST *CHANCE TO* SAVE BIG*

Redemption ends
February 25th or
while supplies last.

Supplies
are
limited!



COLLECT
& SAVE!
BIG

*Get 1 stamp for every eligible \$20 spent before taxes in a single transaction until Feb. 11, 2026 at participating Loblaw banner stores. 8 bonus stamps for PC Optimum™ members who opt-in using the PC Optimum™ App ("App") between Oct. 16, 2025-Feb. 11, 2026. 1 bonus offer/account/household. Purchase exclusions apply. Stamps have no cash value and are non-transferrable. See in store for paper stamp card or App to opt-in to program for digital stamp card. Stamp redemption ends Feb. 25, 2026 or while supplies last. 20 stamps must be presented at time of ovenware purchase. Ovenware selection and/or quantities may diminish as completed cards are redeemed. All sales final. For full warranty information, product replacement process, FAQ's and complete offer details, visit pcoptimum.ca/collectandsave.

JANUARY 29 - FEBRUARY 11

LAST CHANCE TO

SAVE BIG
WITH *FEWER
STAMPS*

Supplies
are
limited!



Double Redemption

~~40~~ 20 =
stamps

Any **two pieces**
of Ovenware for
60%-80% off each!

COLLECT
& SAVE!
BIG

Offer available for redemption in-store and online at participating Loblaw banner stores until February 11, 2026. 20 digital or paper or a mix of both stamps must be presented to cashier at time of ovenware purchase. Stamps have no cash value and are non-transferrable. Ovenware selection and/or quantities may diminish as completed cards are redeemed. All sales are final. Ovenware is under warranty for 2 years from date of purchase. For full warranty information including warranty exclusions, product replacement process, FAQ's and complete offer details, visit pcoptimum.ca/collectandsave.

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Optimum



NO NAME® CHOCOLATE CHIP COOKIES
907 g
brisures chocolatées

Earn
500

(pts)

Until February - 4 - 2026

Optimum



NO NAME® BUTTER
454 g
beurre salé

Earn
500

(pts)

Until February - 4 - 2026

Optimum



NO NAME® 100% WHOLE GRAIN QUICK OATS
1 kg
gruau rapide

Earn
500

(pts)

Until February - 4 - 2026

Optimum



NO NAME® SPICES
150 g
épices

Earn
500

(pts)

Until February - 4 - 2026

Optimum



NO NAME® CHICKEN HOT DOGS
1.5 kg
saucisses fumées

Earn
1,000

(pts)

Until February - 4 - 2026

Optimum



NO NAME® CHICKEN BURGER
908 g
burger au poulet

Earn
500

(pts)

Until February - 4 - 2026

Optimum



NO NAME® CALIFORNIA MIXED VEGETABLES
750 g
mélange de légumes

Earn
500

(pts)

Until February - 4 - 2026

Optimum



NO NAME® CHICKEN WINGS, MEDIUM BBQ
908 g
barbecue mi-piquantes

Earn
2,000

(pts)

Until February - 4 - 2026

Optimum



NO NAME® LEMONADE
1.75 L
limonade

Earn
500

(pts)

Until February - 4 - 2026

Optimum



NO NAME® FACIAL TISSUE
21 L
2 ply, 6 x 200 sheets
tissu facial

Earn
1,500

(pts)

Until February - 4 - 2026

Optimum



NO NAME® KITCHEN GARBAGE BAGS
21 L
sacs poubelle

Earn
1,000

(pts)

Until February - 4 - 2026

Optimum



NO NAME® EXTRA SCENTED SCOOPABLE CLUMPING CAT LITTER
7 kg
litière pour chat

Earn
1,500

(pts)

Until February - 4 - 2026

JANUARY

**HIT
OF THE
MONTH**

\$1.50



🇨🇦 Made in Canada

Catelli Smart or Healthy Harvest pasta

Selected varieties, 340/375 g

Limit: 6, over limit retail \$2.50

20299819008_EA/20527060_EA

\$2.25



Kellogg's Eggo Waffles 8's

Frozen, selected varieties, 270/280 g

Limit: 6, over limit retail \$3.00

20302779_EA/20323436001_EA

\$1.99



🇨🇦 Prepared in Canada

Janes Cosmic Chicken Nuggets

Frozen, 500 g

21717211_EA

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local trade areas.

Offer valid January 1st - 31st, 2026 while quantities last.

We reserve the right to limit quantities to reasonable family requirements. No rainchecks.

RAMADAN KAREEM

رمضان كريم



ONLY

5⁹⁹

**DEGLET NOUR
PITTED DATES**
product of Tunisia or
HONEY PITTED DATES
product of Iran
dates
21562279001 EA/ 20772841 EA



ONLY

\$10

**SUFRA
HALAL CHICKEN
DRUMSTICKS**
fresh, up to 840 g
pilons de poulet halal
21617004 EA



SAVE UP TO 33%

3⁹⁹

**SURAJ®
DRY BEANS or
LENTILS**
selected varieties, 1.8 kg
lentilles ou haricots secs
20558757 EA
20558758 EA



SAVE 30%

8⁹⁹

**QUALITY
BASMATI RICE**
3.63 kg
riz basmati
20787290 EA



SAVE 31%

12⁹⁹

**BRAR'S SHER
DURUM ATTA
DESI
STYLE FOUR**
9.07 kg
farine
20657367 EA



GLOBAL FOODS AT LOW PRICES

.99
LB

DAIKON
product of China
2.18/kg
daikon
20082109001_KG



2.99
LB

GINGER ROOT
product of China
6.59/kg
racine de gingembre
20179038001_KG

.99
LB

NAPA CABBAGE
product of U.S.A. or Mexico
2.18/kg
chou napa
20015025001_KG



200 G



2.99

SNOW or SNAP PEAS
product of China
pois mange-tout ou snap
21023581001_EA/21023553001_EA

3.88
LB

UTILITY DUCK
frozen
8.55/kg
canard
20143584_KG



4.88
LB

PORK BELLY PORTIONS
fresh, dry-cured
10.76/kg
portions de poitrine de porc
21614914_KG



9.50

SEAQUEST® WHOLE TILAPIA 1.36 kg or **WHOLE POMPANO**
800 g frozen
tilapia entier ou pompano entier
21591947_EA/21592084_EA



3.49

CRISPY ROTI
selected varieties
750 g
roti
21195407_EA



2.29

HANS DAIRY DAHI
selected varieties
750 g
dahi
20092811_EA



5.49

BRAR'S MALAI PANEER
375 g
paneer
20283164_EA



2.88

INDOMIE INSTANT NOODLES
selected varieties
5's
nouilles instantanées
20486719_EA



4.28

HEIWA SANUKI-STYLE UDON NOODLES
1.25 kg
nouilles udon
20570578_EA



3.88

T&T® GREEN ONION PANCAKE
600 g
crêpes aux oignons verts
20614816_EA



2.88

LEE KUM KEE HOISIN SAUCE 445 mL or **PANDA OYSTER SAUCE** 510 g
sauce hoisin ou sauce aux huîtres
20045048_EA/20139600_EA



2.88

LEE KUM KEE PREMIUM SOY SAUCE 500 mL or **T&T® 3-MINUTE RAMEN NOODLES** 504 g
selected varieties
sauce soya ou nouilles ramen
20026520_EA/21447367_EA



2.88

UFC COCONUT WATER
1 L
eau de noix de coco
20570506_EA



2.18

LUNAR NEW YEAR HONEYCOMB LANTERN
selection varies by store
lanterne en nid d'abeille du Nouvel An lunaire
21672195_EA



1.88

LUNAR NEW YEAR RED ENVELOPES
selected varieties
8's
enveloppes rouges du Nouvel An lunaire
21673074_EA/21673075_EA



3.48

LUNAR NEW YEAR HORSE PLATE
selection varies by store
8's
assiettes avec cheval du Nouvel An lunaire
21673810_EA



19.88

FINISH AUTO DISHWASHER TABS
selected varieties
60-105's
capsules de détergent pour lave-vaisselle
21218873_EA/21561337_EA



5.48

LYSOL WIPES 75/84's, **DISINFECTANT SPRAY** 350 g or **MULTI-PURPOSE TRIGGER** 950 mL
selected varieties
lingettes ou vaporisateur désinfectant ou tout usage à gâchette
20114311001_EA/21449626_EA



12.48

TRU EARTH LAUNDRY DETERGENT ECO-STRIPS 32's or **SCENT BOOSTERS** 200 g
détergent à lessive ou rehausseurs de parfum
21425514_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 01 NFA



BUDGETS LOVE YELLOW

(So switch)

\$6



**NO NAME®
NAPKINS**
500's
serviettes
20306897_EA

5⁵⁰



**NO NAME®
COMPOSTABLE
KITCHEN
BAGS**
20's
sacs de cuisine compostables
20179960_EA

2²⁹



**NO NAME®
DISHWASHING LIQUID**
800 mL
détergent liquide à vaisselle
21309894_EA

\$2



**NO NAME®
WHITE VINEGAR**
Club Size
4 L
vinaigre blanc
20102756_EA

3⁵⁰



**NO NAME®
BLEACH**
selected varieties
2.4 L
eau de Javel
21486532_EA

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

ONL NFA NN FLAP



**Express[™]
Pass**

Get your first year
of *PC Express* Pass for

\$2/month*

- Unlimited No Frills® delivery or pickup
- Earn 2% back in (pts) with eligible pickup orders**

Use code

PASS76

Learn more

*/**Offer valid until February 18, 2026. Conditions apply, \$30 minimum order. Regular price \$99.99/year after your first year.



**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.

App exclusive offer



January 29 to February 4, 2026



for every \$100* spent on any combination of Boston Pizza, DoorDash, Gap Inc. Brands, Google Play, The Keg, and Ultimate Dining Card gift cards.



*Google Play gift card purchases are subject to a \$200 limit. 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, DoorDash, Gap Inc. Brands, Google Play, The Keg, Ultimate Dining Card, Harvey's, and Swiss Chalet 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. All other trademarks are property of their respective owners.

no name™ mobile

get 2GB of data
for \$19 a month
with auto top-up

find us at the checkout lanes
exclusively at **NOFRILLS**



*Subject to change. Conditions apply. Visit nonamemobile.ca for full details.

Optimum™ **Moredays™**

3,000 pts

when you spend \$30 or more on fuel.*

Jan 29 – Feb 1



Open the app to get this offer.

*Conditions apply. Complete details on the PC Optimum™ app or at www.pcoptimum.ca

MORE WAYS TO SAVE



Enjoy these price drops for longer.



We'll honour a current deal if we're sold out, and give 10% in PC Optimum points.



Count on low everyday prices.



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

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 NFA MKT