



ONLY

2⁸⁸

BLUEBERRIES
product of Mexico, Peru,
Chile or Morocco, no. 1 grade
bleuets
20080137001_EA



ONLY

.99

ENGLISH CUCUMBER
product of Ontario, Canada no. 1 grade
each
concombre anglais
20070132001_EA



ONLY

3⁸⁸

GARLIC
product of China
ali
21238843001_EA

1 KG PKG



SAVE 33%

1⁹⁹

PKG OF 2

ROMAINE HEARTS
product of U.S.A.
cœurs de romaine
20082756001_EA



NOFRILLS®

FLYER PRICES EFFECTIVE THURSDAY, JANUARY 22 TO WEDNESDAY, JANUARY 28, 2026.

LEAN GROUND BEEF
UNCOOKED • NON CUIT
BŒUF HACHÉ MAIGRE

\$10

BUTTERMILK CHICKEN BREAST PIECES
Bœuf d'œuvres / Bœuf d'œuvres
Morceaux de poitrine de poulet au yaourt

\$10

CLUB SIZE

SAVE 50%

1.99 LB

CHICKEN LEGS
back-attached
cuisses de poulet
4.39/kg
20654709 KG

WHILE QUANTITIES LAST

WHOLE PORK PICNIC
fresh
porc
4.39/kg
21161819 KG

WHILE QUANTITIES LAST

CAMPBELL'S CREAM OF MUSHROOM, TOMATO, VEGETABLE or CHICKEN NOODLE SOUP 284 mL

20176214004_EA

NEILSON TRUTASTE MILK
selected varieties
4 L
lait
20148677_EA

ONLY \$10

BREADED CHICKEN, MEATBALLS, HORS D'OEUVRES, LEAN GROUND BEEF, TURKEY or HALAL CHICKEN
selected varieties, frozen
400 g-1.81 kg
poulet pané ou boulettes de viande ou hors-d'œuvre ou bœuf haché maigre ou dinde ou poulet halal
21626018_EA/21667936_EA

SAVE 40%

.88

ONLY 1.99 LB

PRICE DROP

1.25

ALLEN'S FRUIT COCKTAIL
selected varieties
1 L
cocktail de fruit
20207424001_EA/21430125_EA

SAVE 25%

\$3

PC FROZEN VEGETABLES
selected varieties
300-750 g
légumes surgelés
20318915_EA

SAVE UP TO 44%

3.88

CHAPMAN'S PREMIUM ICE CREAM 2 L or YUKON NOVELTIES 5-8's or MELONA FROZEN DESSERT BARS 500 mL
selected varieties, frozen
barre de dessert glacée
2022573001_EA/21622903_EA

ONLY 2.50

WONDER BREAD 675 g or BUNS 8's
selected varieties
pain ou petits pains
20276296_EA/20297455_EA

ONLY 6.44

NESCAFÉ or TASTER'S CHOICE SWEET & CREAMY INSTANT COFFEE
selected varieties
100-170 g or 144-351 g
café instantané
20461811001_EA/20873036_EA

APP EXCLUSIVE OFFER*

4 DAYS ONLY THURSDAY, JANUARY 22 - SUNDAY, JANUARY 25

Optimum Members-Only Price*

6.99

Members save \$1

Non-members 7.99

SAVE UP TO 50%

\$6

CHARMIN BATHROOM TISSUE or BOUNTY PAPER TOWEL
selected varieties
papier hygiénique ou essuie-tout
21670139_EA/21707477_EA

ONLY 11.99

ROBIN HOOD or FIVE ROSES ALL PURPOSE FLOUR
10 kg
farine tout usage
20134743_EA/20251651_EA

SAVE UP TO 40%

8.99

SWISS CHALET 600 g or MONTANA'S 650 g RIBS
selected varieties
côtes
21022221_EA/21203458_EA

NO NAME® MEDIUM SIZE EGGS
30's
œufs moyens
21685186001_EA

LIMIT 2, AFTER LIMIT \$7.99

#1 MOST TRUSTED
by Canadians
2026
BrandSpark Most Trusted Awards®

CANADA'S MOST TRUSTED GROCERY STORE FOR LOW PRICES*

*Voted most trusted grocery store for low prices by Canadian shoppers based on the 2026 BrandSpark® Canadian Trust Study.

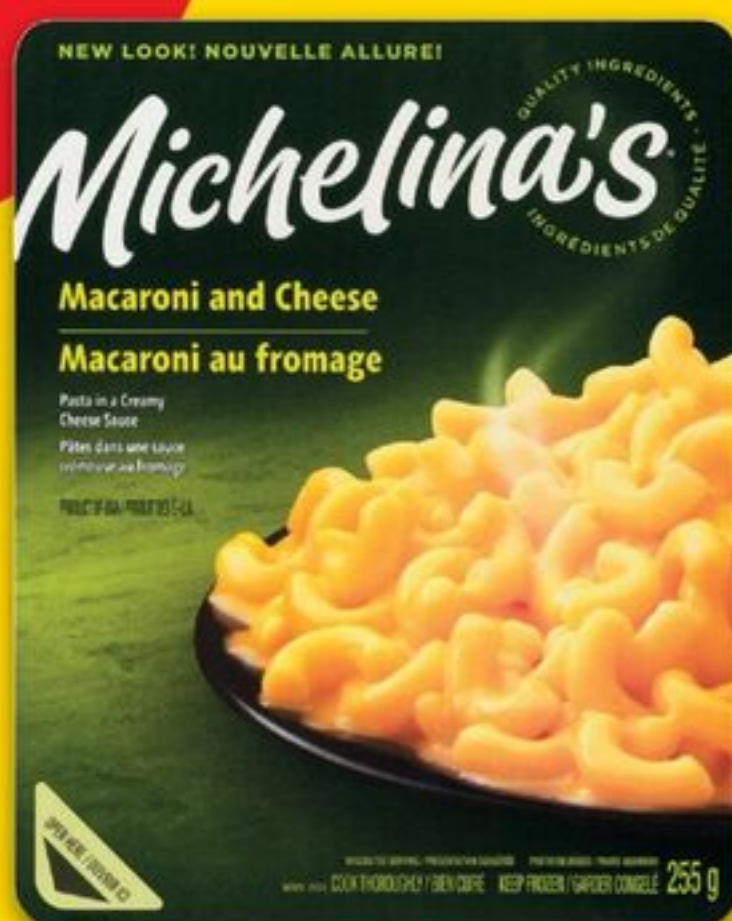
FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.
(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)
Not applicable at 1022 King St. W, Toronto, 42 Hanna Ave., Toronto, 261 Richmond St. W, Toronto, 3091 Appleby Line, Burlington, 332 Wellington Rd., London, 755 Mount Pleasant Rd., Toronto, 75 The Esplanade St., Toronto, 899 College St. W., Toronto, 2999 Kingston Rd. Scarborough, 1175 Hyde Park Rd., London, 75 Shuter St, Toronto, 970 Upper Wentworth St, Hamilton, 671 Broadway St, Tillsonburg, 410 St Clair St., Chatham, 1425 Kingsway, Sudbury, 1678 Bayview Ave., Toronto, 1035 Plains Rd., Burlington; please see nofrills.ca for flyers for these stores.

SAVE 40%

\$1

**MICHELINA'S
DINNER ENTRÉES**

selected varieties, frozen
156-284 g
plats cuisinés
21206614 EA



SAVE UP TO 51%

\$2

**NEILSON
FLAVOURED MILK** 1 L or
CREAM 5/10% 473 mL

selected varieties
lait aromatisé ou crème
20774420 EA/20062332001 EA



SAVE UP TO 37%

\$3

**SPAM
LUNCHEON
MEAT**

selected varieties
340 g
pain de viande
20968255 EA



ONLY

\$3

**BLACK DIAMOND SLICES
PROCESSED CHEESE PRODUCT** 410 g or
LACTANTIA CREAM CHEESE 227 g

selected varieties
tranches de produit de fromage fondu ou
fromage à la crème
21673558 EA/21252564 EA



FRESH AT LOW PRICES

3⁹⁹

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

1 LB CLAMSHELL

2⁹⁹

3 LB BAG

ORANGES
product of Spain or Morocco
oranges
20162945001 EA

3⁹⁹
EA/LB

PKG OF 5

283 G



2⁹⁹
EA/LB

FARMER'S MARKET™ GRAPE TOMATOES each,
product of Canada, Mexico, or U.S.A.,
CARROTS each,
product of Canada, Canada no. 1 grade or
TOMATOES ON THE VINE 6.59/kg,
product of Canada or Mexico
tomates raisins ou tomates sur vigne ou carottes
21367888001 EA/20026703001 KG/20609927001 EA

3 LB BAG

3⁹⁹
LB

GREEN SEEDLESS GRAPES
product of Peru or South Africa, no. 1 grade or
RED SEEDLESS GRAPES
product of Peru, South Africa or Chile, no. 1 grade
raisins verts ou rouges sans pépins
8.80/kg
20423773001 KG/20159199001 KG



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

1⁹⁹



BROCCOLI CROWNS
product of Mexico or U.S.A.
each
courannnes de brocoli
21121560001 EA

.79
LB



GREEN CABBAGE
product of Canada, Canada no. 1 grade
chou vert
1.74/kg
20793034001 KG

3⁹⁹

10 LB BAG

FARMER'S MARKET™ YELLOW ONIONS, RED, YELLOW or RUSSET POTATOES product of Canada, Canada no. 1 grade
pommes de terre ou oignons jaunes
20401013001 EA/20401030001 EA/20600991001 EA

1²⁹



RED MANGO
product of Peru
mangue rouge
20059635001 EA

2⁹⁹
EA/LB



6 OZ CLAMSHELL
YELLOW PEACHES or NECTARINES
6.59/kg, product of Chile, no. 1 grade or
BLACKBERRIES product of Mexico, or U.S.A.
pêches jaunes ou nectarines ou mûres
20319426001 KG/20002646001 KG/20051015001 EA

3⁹⁹

PKG OF 4

RED or GREEN PEPPERS
product of Mexico
poivrons
20115233001 EA/20013208001 EA



3⁹⁹



PINEAPPLE product of Costa Rica
ananas
20160992001 EA

4⁹⁹

2 LB BAG

FARMER'S MARKET™ LEMONS product of U.S.A. or
ROYAL GALA or AMBROSIA APPLES
product of Canada, Canada no. 1 grade
citrons ou pommes
20793315001 EA/21307212001 EA/20767998001 EA

4 LB BAG

1⁹⁹
LB



BARTLETT or BOSCH PEARS
product of U.S.A., extra fancy grade
poires
4.39/kg
20172340001 KG/20287815001 KG

4⁹⁹



MINI SEEDLESS WATERMELON
product of Guatemala, Honduras, Costa Rica, Mexico, or Brazil
mini-melon d'eau sans pépins
20145279001 EA

6⁹⁹

4 LB BAG

FARMER'S MARKET™ MANDARINS
product of Morocco or Spain
mandarines
20054025001 EA



3⁹⁹



CAULIFLOWER product of Mexico, or U.S.A., no. 1 grade, or
PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES product of Canada, Canada no. 1 grade
mini-pommes de terre rouges, dorées ou assorties ou chou-fleur
21367801001 EA/21367899001 EA/20133277001 EA



2⁴⁹

227 G



PC® SLICED or WHOLE, WHITE or CREMINI MUSHROOMS
product of Ontario
champignons blancs ou cremini tranchés ou entiers
20773805 EA/20773239 EA



*Fresh Guarantee: Applicable to eligible fresh produce items purchased at No Frills store locations or online at nofrills.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original receipt within 7 days of purchase at the No Frills store where purchase originated. The guarantee does not apply to produce items with a stated "best before" date (e.g. bagged salad kit, packaged bean sprouts) and may not be combined with any other offer. We reserve the right to cancel or change the terms of this guarantee at any time without notice.

FRESH AT LOW PRICES

\$15

PC® BLUE MENU® CHICKEN BREASTS

boneless, skinless
4's
poitrines de poulet
21606270, EA



11.80
LB

BONELESS STEWING BEEF

bœuf à ragoût désossé
26.01/kg
20337643, KG

6.50
LB

PORK BACK RIBS

single pack, fresh
côtes de dos de porc
14.33/kg
20705983, KG



4.99

LILYDALE TURKEY BREAKFAST SAUSAGES

selected varieties, 375 g
saucisses de dinde à déjeuner
20178401, EA

4.49

SCHNEIDERS REDHOTS® or MAPLE LEAF TOP DOGS

selected varieties
375 g
saucisses fumées
20607429, EA



\$4

NO NAME® STUFFED CHICKEN

selected varieties, frozen
284 g
poulet farci
21664886, EA/21664961, EA



4.50

SNACK FACTORY PRETZEL CRISPS

selected varieties
200 g
bretzels
20948490, EA



3.50

SMOKED STEELHEAD SALMON 50 g, SEQUEST® FLAVOURED POLLOCK 227 g, GO SHRIMP raw 51/70 per lb, or cooked, 61/90 per lb, 160 g, or YELLOWFIN TUNA STEAK 92 g

frozen
saumon steelhead fumé ou gobeberge aromatisée ou crevettes ou daim de thon allacore
20792840, EA



\$7

SEAQUEST® COOKED or RAW SHRIMP 36/55 per lb, 300 g, SMALL SCALLOPS 400 g, or SHRIMP RING 227 g

frozen
crevettes cuites ou crues ou petits pétoncles ou couronnes de crevettes
21636332, EA



\$11

MASTRO GENOVA SALAMI CHUB or PC® SLICED DELI MEAT

selected varieties
375/400 g
saucisson ou charcuteries tranchées
20181136, EA/20928214, EA



\$6

PC® CHEESE SLICES

selected varieties
140-170 g
tranches de fromage
20171970, EA/20220647, EA



\$7

LA CASA ROSA FRESH ENTRÉES

selected varieties
350 g
plats cuisinés froids
21673493, EA/21673796, EA



\$4

SUNMAID CINNAMON RAISIN BREAD

450 g
pain cannelle et raisins
20165872, EA



\$2

NO NAME® BAGELS or ENGLISH MUFFINS

selected varieties
6's
bagels ou muffins anglais
21297780, EA/21297931, EA



5.50

QUINN'S SWISS ROLLS or TWO BITE MINI CROISSANTS

selected varieties
400 g or 423 g
roulades suisses ou mini-croissants
21392547, EA/21616726, EA



\$11

MINI BABYBEL

selected varieties, 18 pack
fromage
20073375, EA/21312574, EA



\$10

THE LAUGHING COW CHEESE

selected varieties, 535 g
fromage
20066307, EA



\$3

THE LAUGHING COW CHEESE DIPPER

selected varieties, 140 g
fromage
21291434, EA



\$1



**CLUB HOUSE
DRY SAUCE MIX**
selected varieties
20-47 g
mélanges à sauce déshydratés
20302816001 EA/20801021 EA

SIMPLY BEVERAGES
selected varieties, refrigerated
340 mL
boissons
20767262 EA

TINA'S BURRITO
selected varieties, frozen
113 g
burrito
21629787 EA

**POWERADE
SPORT DRINKS**
selected varieties
710 mL
boissons désaltérantes
20853721 EA/21340145 EA

**SPARKLING ICE
FLAVOURED WATER**
selected varieties
503 mL
eau aromatisée
20885443 EA/20885450001 EA

**NO NAME® TOMATO PASTE or
PIZZA SAUCE** 156/213 mL or **BEN'S
FAST & FANCY RICE** 132 g
selected varieties
pâte de tomate ou sauce à pizza ou riz
2018094 EA/21397290 EA

\$2



**PILLSBURY
REFRIGERATED
WRAPS**
selected varieties, refrigerated
200-227 g
pâte réfrigérée
20305424002 EA/21305340 EA

**NO NAME®
PRETZELS,
CHEESE SNACKS
or CORN CHIPS**
selected varieties
200 g
grignolines
20188557 EA/2103221077 EA

BARILLA PASTA
340/410 g or **PRIMO
PASTA SAUCE** 680 mL
selected varieties
pâtes ou sauce pour pâtes
20730715 EA/21404904 EA

**SNACK PACK
PUDDING**
selected varieties
4x99 g
pudding
20310707001 EA

**HELUVA GOOD!
DIPS**
selected varieties
250 g
trappettes
20179979002 EA

**CHEEZ-IT
CRACKERS**
selected varieties
191/200 g
craquelins
21214539 EA/21214540 EA

**UNICO SOLID
LIGHT TUNA
IN OIL**
178 g
thon pôle en morceaux
dans l'huile
20113745 EA

\$3



LIBERTÉ MÉDITERRANÉE 500 g/4 L **CRUNCH**
2 L's or
selected varieties
yogourt
20788043001 EA/21587047 EA

**NO NAME® NATURALLY
IMPERFECT® FRUIT**
selected varieties, frozen
300/400 g
fruit
21543097 EA/21543106 EA

LAY'S POTATO CHIPS
selected varieties
177-235 g
croustilles
21241032 EA/21662082 EA

MASTRO PROSCIUTTO
COTTO or ROSEMARY HAM 125 g or
SAN DANIELE MORTADELLA 175 g
selected varieties
capocollo ou prosciutto cotto ou jambon ou mortadelle
205716743 EA/20577341 EA

DIANA 500 mL or **BULL'S-EYE** 425 mL
BBQ SAUCE
selected varieties
sauce BBQ
20547834005 EA/21184617 EA

GREEN GIANT VEGETABLES
selected varieties, frozen
400-750 g
 légumes
21022355 EA

**QUAKER INSTANT
OATMEAL**
selected varieties
grau instantané
232-344 g
21190260 EA/21190265 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 in-store for details. **Must be a registered PC Optimum™ member to get this offer.

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.

NEW DIGITAL COUPONS



MORE OFFERS. MORE POINTS.

CLICK FOR
THESE COUPONS
AND MORE



**PC®
ORANGE JUICE**
1.54 L
jus d'orange

Get
250 ^{pts}
with digital
coupon



**PC®
PASTA SAUCE**
410/650 mL
sauce pour pâtes

Get
500 ^{pts}
with digital
coupon



**PC®
100% JUICE**
1 L
jus

Get
750 ^{pts}
with digital
coupon



**PC®
MAX STRENGTH
AND THICKNESS
PAPER TOWELS**
3 = 6 Rolls
essuie-tout

Get
1,000 ^{pts}
with digital
coupon



**PC®
MINI MUFFINS**
336 g
mini-muffins

Get
1,000 ^{pts}
with digital
coupon



**PC®
NAAN ROUNDS**
480 g
naan

Get
1,000 ^{pts}
with digital
coupon



**PC®
PROBIOTIC
YOGURT**
650 g
yogourt aux probiotiques

Get
1,500 ^{pts}
with digital
coupon



**PC®
CHOCOLATE
COVERED NUTS**
340-400 g
noix enrobées de chocolat

Get
1,500 ^{pts}
with digital
coupon



**PC®
BUTTER
QUARTERS**
454 g
bâtonnets de beurre

Get
1,500 ^{pts}
with digital
coupon



**PC®
MAPLE SYRUP**
500 mL
sirop d'érable

Get
2,500 ^{pts}
with digital
coupon



**PC®
SMOKIES**
1 kg
saucisses fumées

Get
3000 ^{pts}
with digital
coupon



**PC®
SPLENDIDO® OLIVE OIL**
1 L
huile d'olive

Get
3000 ^{pts}
with digital
coupon

MORE OFFERS. MORE POINTS.

CLICK FOR
THESE COUPONS
AND MORE



**NO NAME®
WINDSHIELD
WASHER FLUID**
3.78 L
liquide lave-glace

Get
250 ^{pts}
with digital
coupon



**NO NAME®
CHIPS**
200 g
croustilles

Get
250 ^{pts}
with digital
coupon



**NO NAME®
VINEGAR**
4 L
vinaigre

Get
250 ^{pts}
with digital
coupon



**NO NAME®
DICED TOMATOES**
796 mL
tomates en dés

Get
250 ^{pts}
with digital
coupon



**NO NAME®
CHEESE BARS**
400 g
barres de fromage

Get
500 ^{pts}
with digital
coupon



**NO NAME®
PEANUT BUTTER**
1 kg
beurre d'arachide

Get
500 ^{pts}
with digital
coupon



**NO NAME®
MAYONNAISE**
890 mL
mayonnaise

Get
500 ^{pts}
with digital
coupon



**NO NAME®
SOUR CREAM**
500 mL
crème sure

Get
500 ^{pts}
with digital
coupon



**NO NAME®
FLOUR**
2.5 kg
farine

Get
500 ^{pts}
with digital
coupon



**NO NAME®
MICROWAVE
POPCORN**
6 x 82 g
maïs à éclater au four à micro-ondes

Get
1,000 ^{pts}
with digital
coupon



**T&T® FROZEN
POTSTICKERS**
567 g
quenelles

Get
1,500 ^{pts}
with digital
coupon



**NO NAME®
STRAWBERRY JAM**
confiture de fraises

Get
1,500 ^{pts}
with digital
coupon

BRANDS YOU LOVE AT LOW PRICES

ONLY

7⁷⁵

STOK COLD BREW COFFEE
selected varieties
1.42 L
café infusé à froid
21203737 EA/21203739 EA



ONLY

4⁹⁹

LACTANTIA ULTRAPUR MILK 1.5 L
or **EGG CREATIONS** 500 g
selected varieties
lait ou œufs
21694605 EA/2082069001 EA



ONLY

\$4

PILLSBURY TOASTER STRUDEL 326 g or
SCRAMBLES 204 g
selected varieties, frozen
pâtisserie
20172664001 EA



ONLY

5⁵⁰

Optimum
EARN
500
Back in points

GIUSEPPE THIN CRUST, RISING CRUST 439-785 g or
EASY PIZZI PIZZA 560-600 g
selected varieties
pizza
21106361 EA



.25



NO NAME® INSTANT NOODLE SOUP
selected varieties
85 g
soupe aux nouilles instantanée
20301274001 EA

1⁸⁹

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
2 L
boissons gazeuses
20296926002 EA/20316026002 EA



2⁷⁵

CHRISTIE MINI COOKIES
selected varieties
144-200 g
mini-biscuits
21584976 EA/21585019 EA



2⁵⁰



STAGG CHILI
selected varieties
425 g
chili
20091906 EA

2⁵⁰

MINUTE RICE READY TO SERVE CUPS or TILDA READY TO HEAT RICE
selected varieties
250 g
riz
20110052002 EA/20695681 EA



5⁷⁷

RIO MARE TUNA
selected varieties
195/240 g
thon
20035383 EA/21595037 EA



\$11



MICHELOB ULTRA ZERO NON-ALCOHOLIC BEER
0.0% alcohol free beer
6x355 mL
bière sans alcool
21704473 C06

\$6



HELLMANN'S REAL MAYONNAISE
selected varieties
710-890 mL
mayonnaise
20418579001 EA

2⁹⁹



UNICO PEPPER RINGS, PICKLED VEGETABLES 750 mL or **OLIVES** 375 mL
selected varieties
rondelles de piment fort ou légumes marinés ou olives
21103533 EA

5⁹⁹



VLASIC PICKLES
selected varieties
1 L
cornichons
20055843001 EA

BRANDS YOU LOVE AT LOW PRICES

SAVE 20%

\$2

NO NAME® SOUR CREAM
selected varieties
500 mL
crème sure
20299657_EA



SAVE 33%

6⁵⁰

SAPUTO MOZZARELLISSIMA
selected varieties
500 g
fromage
20759241002_EA



ONLY

\$5

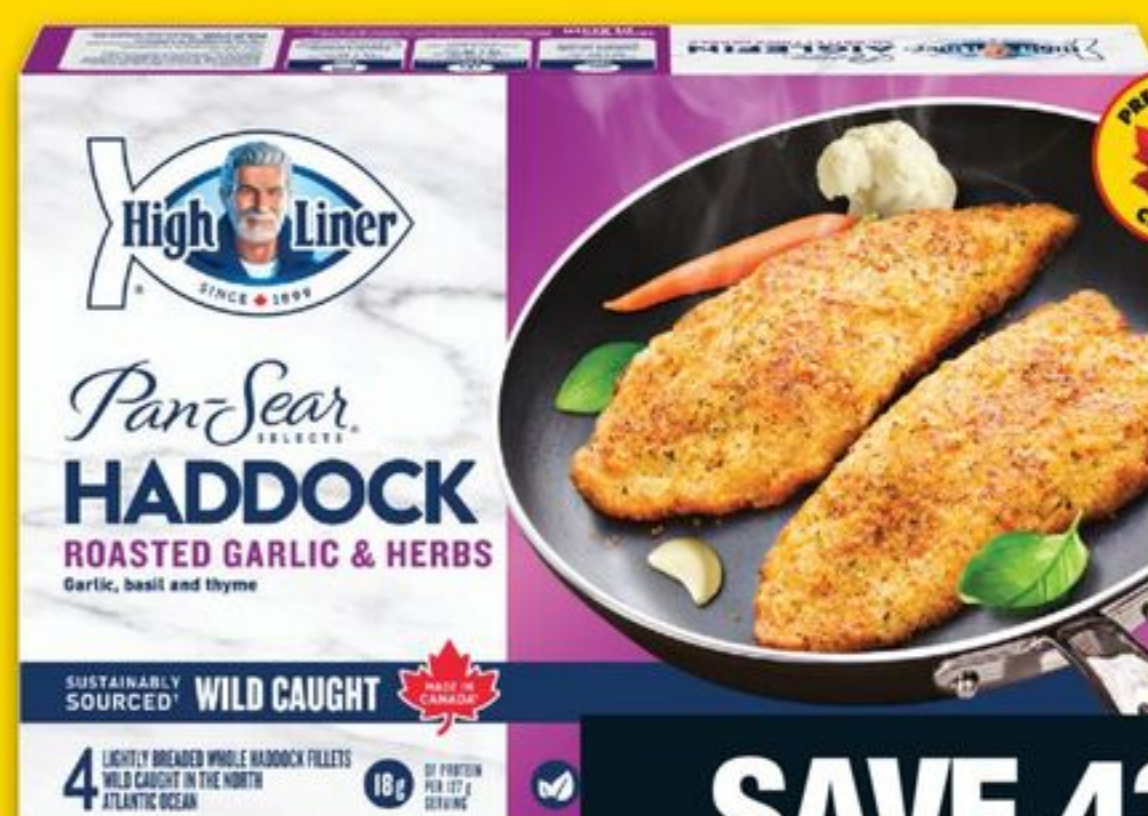
BEN & JERRY'S ICE CREAM 473 mL or
MAGNUM NOVELTIES 3's
selected varieties, frozen
crème glacée ou friandises glacées
20342005003_EA/21428403_EA



SAVE 43%

\$9

HIGH LINER PAN SEAR or BATTERED FISH FILLETS
selected varieties, frozen
425-600 g
filets de poisson
20845016_EA



3⁵⁰

MCCAIN SUPERFRIES or SPECIALTY POTATOES
selected varieties frozen
454-750 g
frites ou pommes de terre
20324328002_EA



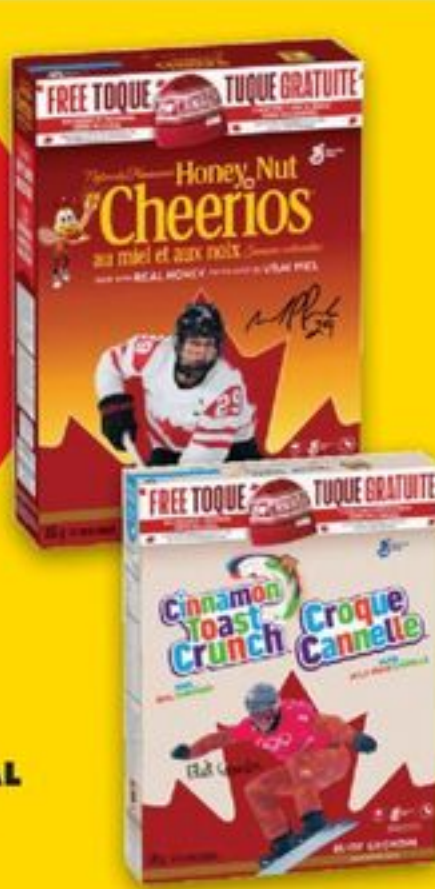
3⁵⁰

PC® PROBIOTIC YOGURT
selected varieties
650 g
yogourt aux probiotiques
21684020_EA/21684254_EA



4⁸⁷

GENERAL MILLS FAMILY SIZE CEREAL
selected varieties
455-778 g
céréales
21103492_EA/21103495_EA



2⁵⁰

CHRISTIE CRACKERS
selected varieties
175-200 g
croquillons
21030647_EA/21547034_EA



7⁹⁹

KIND BAR 5% PROTEIN 4's or SOFT BAKED SQUARES 200/248 g
selected varieties
barres
21296840_EA/21702796_EA



\$5

PC® THE DECADENT® CHOCOLATE CHIPS
selected varieties
226-300 g
brisures de chocolat
20011473_EA/20430272_EA



2²⁹

WERTHER'S CANDY BAG 116-135 g or
MAYNARDS CANDY BAG 150/154 g
selected varieties
friandises
20898717_EA/21543554_EA



5⁵⁰

NO NAME® INSTANT COFFEE
selected varieties
150 g
café instantané
21180125_EA



6⁹⁹

TAZO TEA CONCENTRATE 946 mL or
LIPTON TEA BLACK or GREEN 200 g
selected varieties
concentré de thé ou thé
21299930_EA/21193297_EA



\$8

PC® ROAST AND GROUND PODS 12's or COFFEE 250 g
selected varieties
café
21683350_EA



\$7

NUTELLA HAZELNUT SPREAD 725 g,
NUTELLA & GO HAZELNUT SPREAD WITH BREADSTICKS 208 g or
KODIAK CAKES FLAPJACK & WAFFLE MIX 567/621 g
farinade de noixettes ou mélange à crêpes et gâteaux
20436105_EA/21543770_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

1,000 pts

= \$1

Back in points

for every \$5*
spent on

PRINGLES PARTY STACK POTATO CRISPS 194/203 g or **MINGLES** 155 g
selected varieties
croustilles ou grignotines
21074284_EA/21626258_EA



BRANDS YOU LOVE AT LOW PRICES

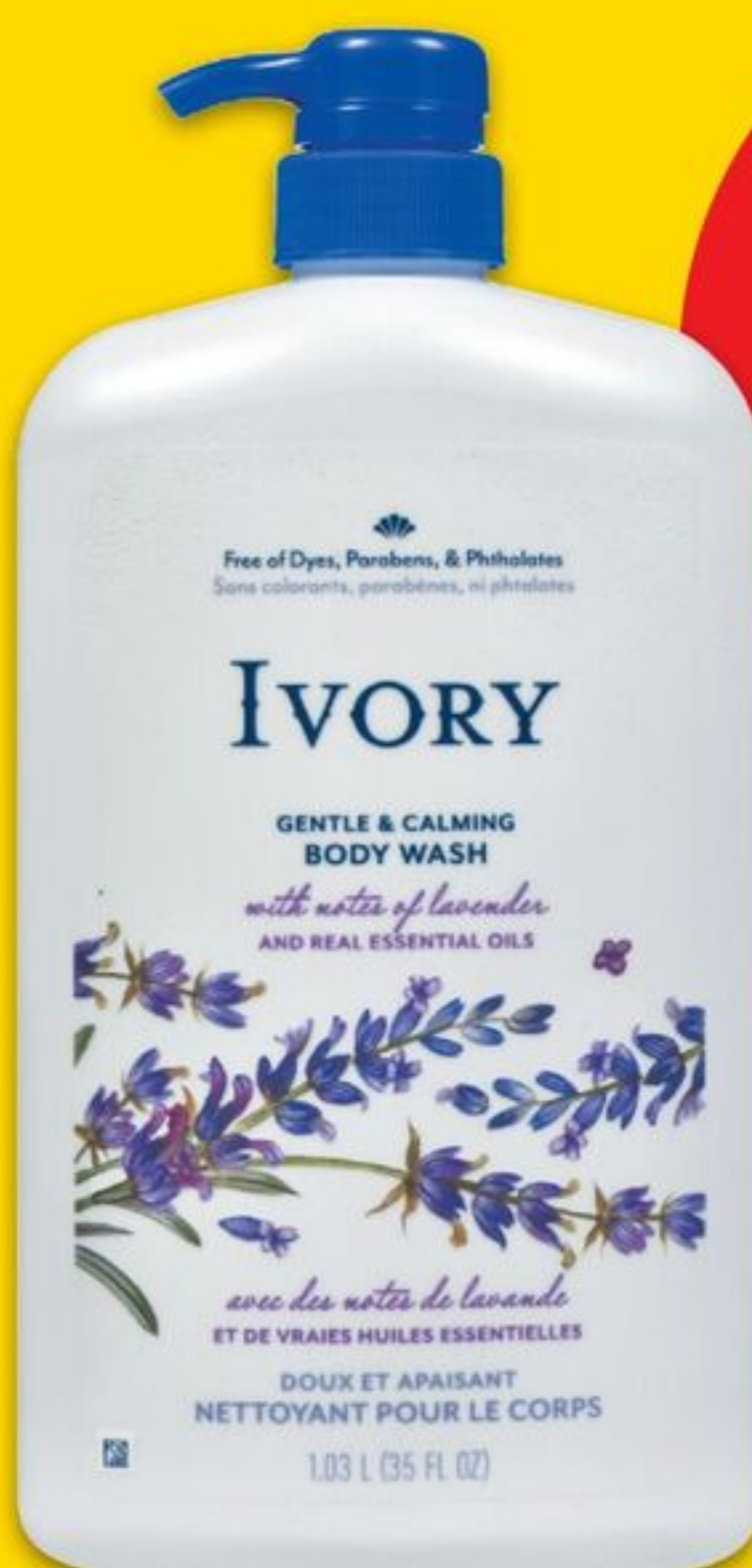
\$8

**DOVE
DRY SPRAY**
selected varieties, 107/113 g
vaporisateur à sec
20844533 EA



\$7

**IVORY BODY
WASH PUMP**
selected varieties
1035 mL
nettoyant pour le corps
21432577 EA



\$6

HEAD & SHOULDERS HAIR CARE
selected varieties
315-370 mL
soins capillaires
21505016 EA/21505044 EA



4.50

ZIPLOC STORAGE BAGS
selected varieties
10-90's
sacs de rangement
20871415 EA/20871443 EA

2.50



**DAWN
DISHWASHING
LIQUID**
selected varieties
431-473 mL
détergent liquide à vaisselle
21430581 EA/21430590 EA

\$8



**NO NAME®
LAUNDRY DETERGENT 4.43 L,
FABRIC SOFTENER 3.5 L or
DRYER SHEETS 200's**
détergent ou assouplissant
21540283 EA

\$8



**NO NAME®
FACIAL TISSUE**
6x126 sheets
mouchoirs
20971002 EA

\$6

MAPLE LEAF NATURAL SELECTIONS DELI MEAT
150/175 g or **SCHNEIDERS SUMMER SAUSAGE** 150 g
selected varieties
charcuteries ou saucisson d'été
20009282, EA/20063285, EA



\$11

MAPLE LEAF NATURAL SELECTIONS DELI MEAT
club pack, selected varieties
375/400 g
viande de charcuterie tranchée
20772016, EA

4⁷⁹

TROPICANA ORANGE JUICE
selected varieties, refrigerated
1.36 L
jus d'orange
21622130, EA/21622144, EA



\$4

TROPICANA DRINKS or PURE LEAF ICED TEA
selected varieties, refrigerated
1.36/1.75 L
boissons ou thé glacé
20755732002, EA/21622106, EA



3⁷⁵

TROPICANA TROPICS
selected varieties, refrigerated
1.53 L
jus
21679299, EA/21679511, EA

6⁵⁰

ACTIVIA YOGURT
selected varieties
12's
yogourt
2030413003, EA



6⁵⁰

OIKOS or ACTIVIA EXPERT YOGURT
selected varieties
650/750 g
yogourt
21006634, EA/21688205, EA



\$4

ACTIVIA YOGURT
selected varieties
8x100 g
yogourt
20324741001, EA



\$3

DANONE DANINO DRINKABLE
6's or **TWO GOOD 4's YOGURT**
selected varieties
yogourt
21475943, EA/21520230, EA

6²⁹

BUBLY or MONTELLIER SPARKLING WATER
selected varieties
10/12x355 mL
eau pétillante
21096722, C10/21097177, C12



\$3

CELSIUS or ROCKSTAR ENERGY DRINKS
selected varieties
355/473 mL
boissons énergisantes
20366415011, EA/21576466, EA

7⁵⁰

PEPSI SOFT DRINKS or BRISK ICED TEA
selected varieties
12x355 mL
boissons gazeuses ou thé glacé
20322361002, C12



\$4

TOSTITOS TORTILLA CHIPS or CHEETOS SNACKS
170-285 g
croustilles de tortilla ou grignolines
21050575, EA/21370195, EA

\$11

TIDE LIQUID LAUNDRY DETERGENT 1.62/1.86 L or **PODS DOWNY FABRIC SOFTENER** 1.66 L, **DOWNY or GAIN SCENT BOOSTERS** 379 g or **BOUNCE DRYER SHEETS** 120/200's or **DAWN LIQUID DISHWASHER DETERGENT** 2.21/2.64 L
selected varieties
détergent ou assouplissant ou rehausseur de parfum ou feuilles pour sècheuse ou savon liquide à vaisselle
21430595, EA/21593782, EA



\$22

TIDE LIQUID LAUNDRY DETERGENT 3.46/3.9 L, **PODS or FLINGS** 45/76's
selected varieties
détergent à lessive
21593670, EA/21593706, EA

\$15

GAIN LIQUID LAUNDRY DETERGENT 4.25 L or **FLINGS** 42's
selected varieties
détergent à lessive
20939627, EA/21671135, EA



\$20

CASCADE DISHWASHER TABS
selected varieties
51-90's
capsules de détergent pour lave-vaisselle
21012172, EA/21516545, EA

KITCHEN ESSENTIALS

\$3

**EVERYDAY ESSENTIALS™
HANDHELD
ZESTER**

21351350, EA



**EVERYDAY ESSENTIALS™
SPICE SHAKER**

large

21162852, EA



**EVERYDAY ESSENTIALS™
STAINLESS
STEEL LADLE**

21213849, EA



\$4

**EVERYDAY ESSENTIALS™
NESTED
TONGS**

3 pack

21162313, EA



**PC® CERAMIC
BERRY PINT**

blue

21351929, EA



**EVERYDAY ESSENTIALS™
POTATO
MASHER**

21214379, EA



\$6

**PC® SILICONE
DRINKING
STRAWS WITH
BRUSH**

21186435, EA



**EVERYDAY ESSENTIALS™
6-PIECE STEAK KNIFE SET**

20113389, EA



**PC® SQUARE
CLIP JAR**

2.0 L

20774691, EA



\$18

**EVERYDAY ESSENTIALS™
HAND BLENDER**

20164241, EA



**EVERYDAY ESSENTIALS™
SANDWICH MAKER**

20164267, EA



**EVERYDAY ESSENTIALS™
6 CUP RICE COOKER**

20053721, EA



**EVERYDAY ESSENTIALS™
FOOD CHOPPER**

20121544, EA

\$15

**PC® INSTANT READ
DIGITAL PEN
THERMOMETER**

21218258, EA



\$20

**EVERYDAY ESSENTIALS™
2 SLICE TOASTER**

20219347002, EA



BUDGETS LOVE YELLOW

(So switch)

Your home of
no name®

\$6

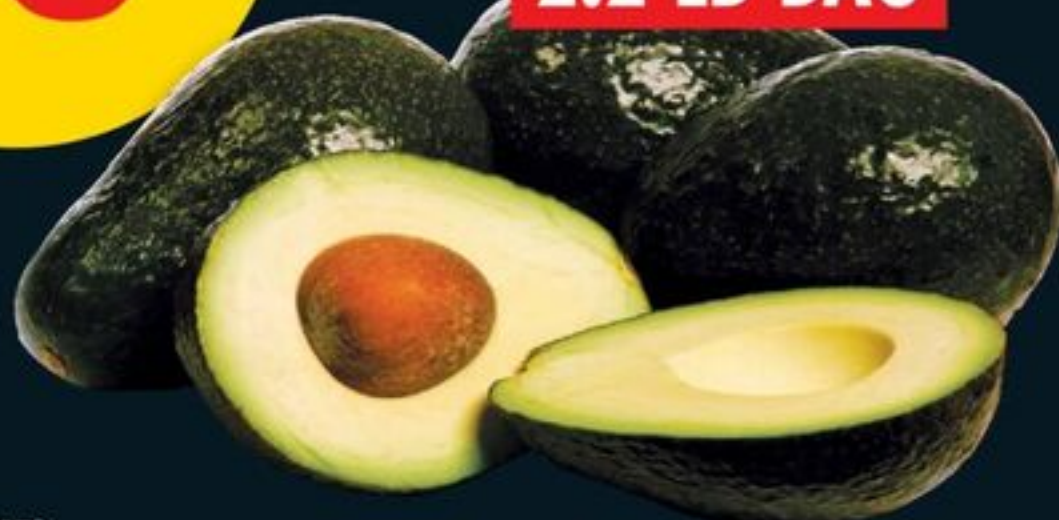
6 LB BAG



NO NAME® NATURALLY IMPERFECT™ APPLES
product of Canada
pommes
2046695001_EA

\$5

2.2 LB BAG



NO NAME® NATURALLY IMPERFECT™ AVOCADOS
product of Mexico
avocat
21699907001_EA

\$5

15 LB BAG



NO NAME® NATURALLY IMPERFECT™ POTATOES
product of Canada, Canada no. 2 grade
pommes de terre
2046637001_EA/20101572001_EA

\$5

2.5 LB



NO NAME® NATURALLY IMPERFECT™ TOMATOES
product of Canada or Mexico
tomates
2160675001_EA

\$5

2 LB BAG



NO NAME® NATURALLY IMPERFECT™ MINI CUCUMBERS
product of Canada
mini-concombres
2160667001_EA

\$3



NO NAME® 12 GRAIN or ANCIENT GRAIN BREAD
600 g
pain
21666723_EA/21666817_EA

\$3



NO NAME® PANCAKE MIX TABLE SYRUP
905 g or 750 mL
mélange à crêpes ou sirop
20306030_EA/20302249_EA

2⁷⁵



NO NAME® WAFFLES
selected varieties, frozen
8's
gâufres
20316375001_EA

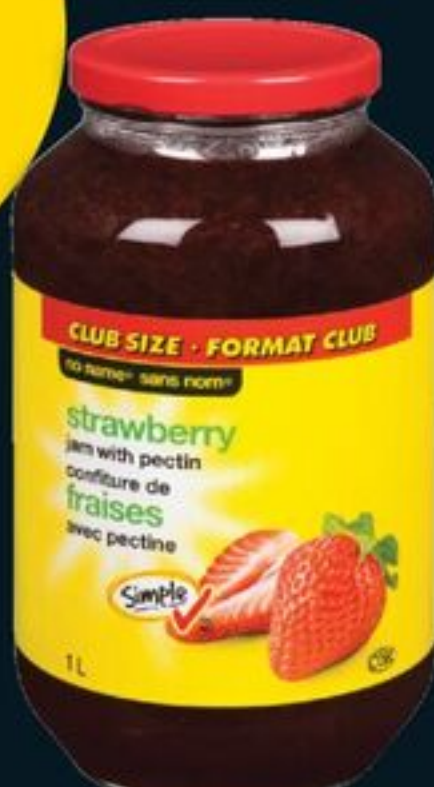
4²⁹



APP EXCLUSIVE OFFER
Y. Optimum
EARN 1,000⁰⁰ = \$1
Back in points

NO NAME® PEANUT BUTTER
selected varieties
1 kg
beurre d'arachide
20296985001_EA/20296985002_EA

\$7



NO NAME® JAM or MARMALADE
club size, selected varieties
1 L
confiture ou marmelade
20217879_EA

\$3



NO NAME® CREAM CHEESE
selected varieties
227/250 g
fromage à la crème
20308105001_EA

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

no name®

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.

COLLECT & SAVE! BIG IS BACK

Get one stamp for
every \$20* spent.

Collect 20 stamps and
get 60-80% off*
one piece of high-quality
Kuhn Rikon Swiss
design ovenware!

SAVE
60-80%*
OFF EACH



Opt-in digitally
in the PC Optimum™
App and get
8 bonus stamps*

**KUHN
RIKON**
SWISS DESIGN

*Offer available in-store and online at participating Loblaw banner stores starting Oct. 23, 2025. Receive 1 stamp for every \$20 spent before applicable taxes in a single transaction until Feb. 11, 2026. 8 bonus stamps available to PC Optimum™ members who opt-in to program using the PC Optimum™ App (the "App") between Oct. 16, 2025 and Feb. 11, 2026. Limit 1 bonus offer per account/household. Notwithstanding the foregoing, we reserve the right to stop issuing stamps (incl. bonus) earlier upon notice posted in-store, in the App and on pcoptimum.ca/collectandsave. Stamps are not provided for purchase of tobacco, alcohol, prescriptions, gift cards, phone cards, lottery tickets, 3rd party operations (post office, gas bar, dry cleaner, etc.) and any other products which are provincially regulated. When you collect and redeem 20 stamps, you'll get 60 - 80% off 1 Kuhn Rikon ovenware piece, before applicable taxes. Offer cannot be combined with any other coupons or promotional offers. Stamps have no cash value and are non-transferrable. PC Optimum™ Members: To obtain a digital stamp card, opt-in to this program using the App. Digital stamps collected by a household will be combined on one digital stamp card. For paper stamp card or for non-PC Optimum™ members, see in-store for card. 20 digital or paper or a mix of both stamps must be presented to cashier at time of ovenware purchase. Completed stamp cards can be redeemed until Feb. 25, 2026, after which time stamps/cards expire. Ovenware selection and/or quantities may diminish as completed cards are redeemed. All sales final. Eligible ovenware is under warranty for 2 years from date of purchase and can be replaced at your store of purchase until Feb. 25, 2026 or while supplies last, whichever is earlier, after which time, contact loblawpromotions@i-founders.com for replacement. For full warranty information including warranty exclusions, FAQ's and complete offer details, visit pcoptimum.ca/collectandsave.



Express™

**Online grocery
pickup & delivery**

SHOP ONLINE, GET IT DELIVERED.

Get **\$15 in PC Optimum™ points** on each of your first 5 eligible online grocery orders*. Use code **TRYNF**

That's up to **\$75** in points!

SHOP NOW



No Frills® delivery is available at select stores.

Visit nofrills.ca or use the **PC Express** app to see if delivery is available in your area.

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.

MORE WAYS TO SAVE



**NEW
LOWER
PRICES**

Enjoy these price drops for longer.



**RAIN
CHECK**
+ pts

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



ALWAYS

Count on low everyday prices.



**FRESH
GUARANTEE**

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.

ONLINE MKT