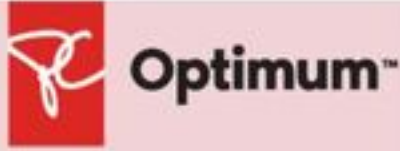




PRICE CUT  
EVENT

App  
exclusive offer



Member Price

\$1.35

Non-Member Price

\$1.99

Members  
Save  
.64



10 LB BAG

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

2.99  
EA/LB

PKG OF 5



**CHERRIES**

6.59/kg, product of Chile,  
no. 1 grade or  
**AVOCADOS**  
each, product of Mexico,  
Peru or Colombia  
cerises ou avocats  
20159690001\_KG  
21644936001\_EA

1.44



**BROCCOLI CROWNS**

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

1.99

283 G



**FARMER'S MARKET™  
GRAPE TOMATOES**

product Canada, U.S.A.  
or Mexico  
tomates raisins  
21367880001\_EA

# NOFRILLS®

PRICE CUT  
EVENT

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

CLUB  
SIZE

SAVE 27%

10<sup>88</sup>

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



SAVE 25%

4<sup>88</sup>  
LB

**CHICKEN BREAST**  
club size, boneless, skinless  
10.76/kg  
poitrines de poulet  
20654124, KG



SAVE 20%

\$1

**NEILSON CHOCOLATE MILK**  
750 mL  
lait  
20766719, EA



SAVE 30%

6<sup>99</sup>

**SCHNEIDERS CHICKEN WINGS**  
selected varieties, frozen, 615 g  
ailes de poulet  
21374335, EA



PRICE DROP

\$3

**CLASSICO PASTA SAUCE**  
selected varieties  
410/600 mL  
sauce pour pâtes  
2032560003, EA/21618217, EA



ONLY

3<sup>47</sup>

**OIKOS or ACTIVIA EXPERT YOGURT**  
selected varieties  
4x100 g  
yogourt  
20619715001, EA/20633053, EA



SAVE UP TO 50%

\$2

**MADE GOOD GRANOLA BARS, COOKIES, MINIS, CRISPY SQUARES or CRUNCHY BITES** 110-150 g or **GOLDFISH CRACKERS** 150-200 g  
selected varieties  
barres granola ou biscuits ou carrés ou bouchées ou craquelins  
21352121, EA/20300230, EA



PRICE DROP

6<sup>99</sup>

**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  
21085515, EA



SAVE 33%

\$2

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



SAVE 55%

\$4

**ROYALE FACIAL TISSUE**  
selected varieties  
6x2/100 sheets  
mouchoirs  
20702419, EA



SAVE 33%

11<sup>88</sup>

8 KG

**JASMINE GOLD THAI JASMINE RICE**  
8 kg  
riz au jasmin  
21494274, EA



**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.

  **nofrills.ca**

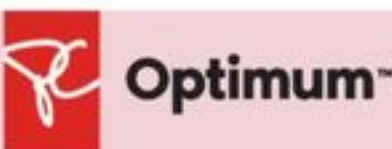
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Moredays  
Moredays  
Moredays



Moredays™

Thursday, January 29 to Wednesday, February 4, 2026



App exclusive offer



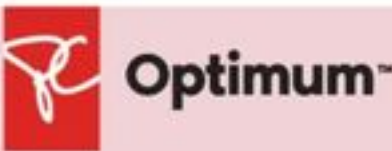
\$4<sup>99</sup>

Earn  
1,500  
pts

That's  
\$1<sup>50</sup>  
back in points

PKG OF 4

FARMER'S MARKET™ SWEET PEPPERS  
product of Mexico  
poivrons  
20117550001\_EA



App exclusive offer



Member Price  
\$2<sup>25</sup>

Non-Members  
\$3

Members  
Save  
.75

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



App exclusive offer



\$3<sup>50</sup>

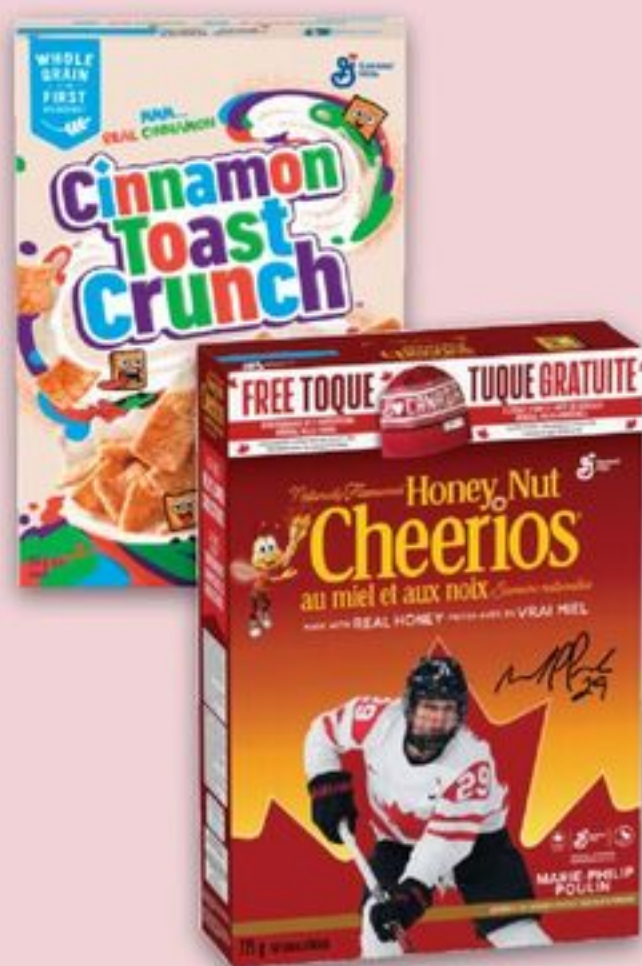
Earn  
1,500  
pts

That's  
\$1<sup>50</sup>  
back in points

ZIGGY'S® SLICED DELI MEAT  
selected varieties  
175 g  
charcuteries tranchées  
21592461\_EA/21596554\_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

188

**DRAGON FRUIT**

product of Vietnam  
pitaya  
20168395001\_EA



SAVE 40%

150

**NESCAFÉ  
COFFEE MIX**

150 g  
mélange de café  
20964335\_EA



ONLY

150

**KALAS SEA SALT**

75 g  
sel de mer  
20088518\_EA



SAVE 23%

329

**SURAJ®  
GARLIC AND  
GINGER PASTE**

selected varieties  
750 g  
ail ou pâte de gingembre  
21088388\_EA/21088480\_EA



# FRESH AT LOW PRICES



**3.99**

**6 OZ CLAMSHELL**

**STRAWBERRIES**  
product of Mexico or U.S.A., no. 1 grade,  
**BLACKBERRIES**  
product of U.S.A. or Mexico or  
**BLUEBERRIES**  
product of Mexico, Peru, Chile or Morocco, no. 1 grade  
fraises ou mûres ou bleuets  
20051015001 EA/20128938001 EA/  
20049778001 EA

**PINT**

**1 LB CLAMSHELL**

**2 LB BAG**

**1.79**

**ENGLISH CUCUMBER**  
product of Ontario, Canada no. 1 grade  
concombre anglais  
20070132001 EA

**2.99**

**FARMER'S MARKET™ CARROTS or YELLOW ONION**  
product of Canada, Canada no. 1 grade  
carottes ou oignons jaunes  
20600927001 EA/20811994001 EA

**3 LB BAG**

**3.99**

**CANTALOUPE**  
product of Guatemala or Honduras, no. 1 grade,  
**PINEAPPLE**  
product of Costa Rica or  
**FARMER'S MARKET™ LEMONS**  
product of U.S.A.  
citrons ou cantaloup ou ananas  
20167017001 EA/20160992001 EA/  
20795315001 EA



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

**2.49**  
LB

**EGGPLANT** product of Mexico or  
**ROMA TOMATOES** product of Canada or Mexico, no. 1 grade  
aubergine ou tomates roma  
5.49/kg  
2015570001 KG/20143381001 KG

**3.99**

**PKG OF 2**

**CAULIFLOWER**  
product of Mexico or U.S.A., no. 1 grade or  
**ROMAINE HEARTS** product of U.S.A.  
chou-fleur ou cœurs de romaine  
20135377001 EA/20082756001 EA

**2.99**

**BROCCOLINI** product of U.S.A. or  
**FARMER'S MARKET™ MINI CUCUMBERS**  
product of Canada, Canada no. 1 grade  
mini-concombres ou broccolini  
2073737001 EA/20154907 EA

**PKG OF 6**

**5.99**

**FARMER'S MARKET™ RED ONIONS**  
product of Canada, Canada no. 1 grade  
oignons rouges  
20771965001 EA

**10 LB BAG**

**.79**  
LB

**GREEN CABBAGE**  
product of Canada, Canada no. 1 grade  
chou vert  
1.74/kg  
20795034001 KG

**1.29**

**RED MANGOES**  
product of Peru  
mangues rouges  
20059615001 EA

**2.99**  
LB

**STEM & LEAF CLEMENTINES**  
product of Spain  
clementines  
6.59/kg  
20613483001 KG

**4.99**

**FARMER'S MARKET™ ORANGES**  
product of Morocco or Spain  
oranges  
20162945001 EA

**3 LB BAG**

**4.99**

**PC®, BLUE MENU® or WONDERFUL PISTACHIOS**  
selected varieties, product of U.S.A.  
200-225 g  
pistaches  
21331596 EA/20339219 EA

**4.99**

**4 LB BAG**

**FARMER'S MARKET™ AMBROSIA or ROYAL GALA APPLES**  
product of Ontario, Canada fancy grade  
pommes  
51307312001 EA/20767998001 EA

**6.99**

**4 LB BAG**

**FARMER'S MARKET™ MANDARINS**  
product of Morocco or Spain  
mandarines  
20054020001 EA

**2.49**

**227 G**

**PC® WHOLE, or SLICED, WHITE or CREMINI MUSHROOMS** product of Ontario  
champignons blancs ou cremini tranchés ou entiers  
20737811 EA/20773860 EA

**.69**

**KIWI**  
product of Greece  
kiwi  
20120242001 EA

**\$10**

**4" ORCHID**  
orchidées  
20790001 EA  
WHILE QUANTITIES LAST

\*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

**\$7**



**SEAQUEST® FILLETS**  
selected varieties, frozen, 400 g  
filets de poisson  
21314740, EA

**\$13** LB



**BEEF STIR FRY STRIPS**  
Canada AA  
lanieres de bœuf à sauter  
28.66/kg  
21189995, KG

**\$7**



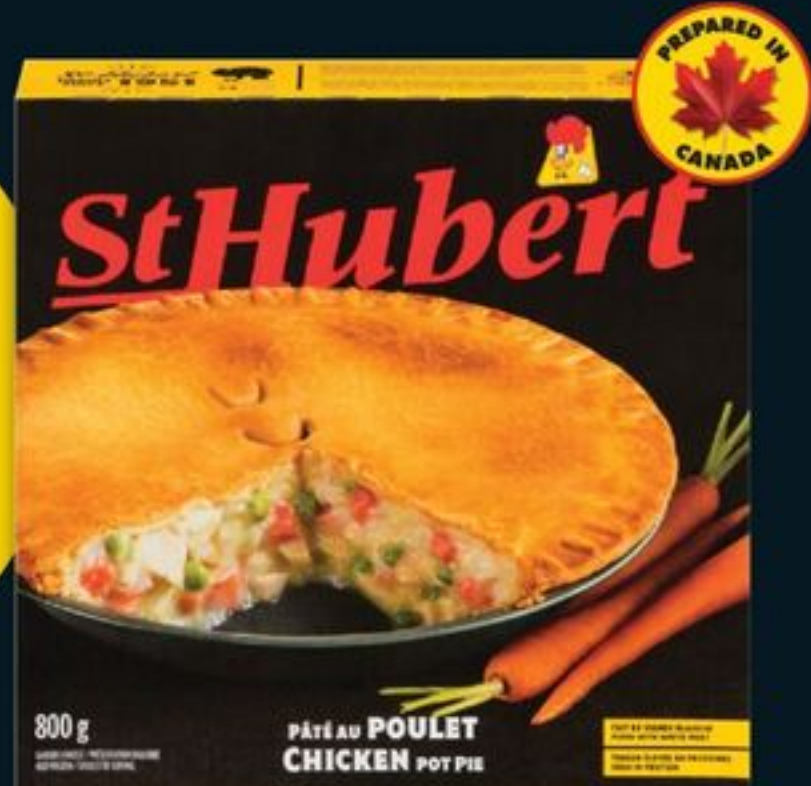
**SEAQUEST® WHITE COLOSSAL SHRIMP** raw, 16/20 per lb,  
300 g, **BAY SCALLOPS** 400 g or **SHRIMP RING** 227 g  
frozen  
crevettes blanches colossales ou pétoncles de baie ou couronne de crevettes  
21043387, EA



**\$8**

**PC® BLUE MENU® GROUND CHICKEN** or  
**MINCED TURKEY**  
454 g  
poulet haché ou hachis de dinde  
21100911, EA

**7.99**



**ST-HUBERT** 715/800 g or  
**SWISS CHALET POT PIES** 650/655 g  
selected varieties, frozen  
pâtis  
20719298, EA



**8.99**

**JANES BONELESS CHICKEN BITES, FILLETS or TENDERS**  
selected varieties, frozen, 710/720 g  
bouchées de poulet désossées ou filets ou lanieres de poulet  
21440340, EA/21703608, EA

**\$12**

Earn  
**1,000**  
pts

that's  
**\$1**  
back in points

**MAPLE LEAF PRIME CHICKEN LEGS**  
back attached  
up to 1.4 kg  
cuisses de poulet  
21684202, EA



**12.99**



**MARCANGELO SOUVLAKI KABOBS**  
selected varieties, 480/640 g  
brochettes  
21041735, EA

**\$3.50**

Earn  
**500**  
pts

that's  
**.50**  
back in points

**MASTRO CAPOCOLLO or PROSCIUTTO COTTO or ROSEMARY HAM or SAN DANIELE MORTADELLA** 175 g  
capocollo ou prosciutto cotto ou jambon ou mortadelle  
20576742, EA/20576743, EA



**\$6**



**PC® FREE FROM® SLICED DELI MEAT** 175 g,  
**MARCANGELO COOKED CHICKEN BITES** 200 g or  
**SLICED DELI MEAT** 85 g  
selected varieties  
charcuteries tranchées ou bouchées de poulet ou charcuteries tranchées  
20682855, EA/21706097, EA

**\$6**



**SCHNEIDERS JUICY JUMBOS or SMOKED SAUSAGES** 375-450 g  
selected varieties  
saucisses à hot dog ou saucisses fumées  
20103611, EA

**\$4**



**THE LAUGHING COW®** 8's,  
**CHEESE DIPPER** 140 g or **MINI BABYBEL** 6's  
selected varieties  
fromage  
20319107, EA/20574332, EA

**\$4**



**PC® TOPPED HUMMUS**  
selected varieties, 280 g  
hummus  
20611208, EA

**\$5**



**OLIVIERI FRESH FILLED TWIN PACK PASTA** 450-500 g,  
**SKILLET GNOCCHI** 280/300 g or **FRESH SAUCE** 300 mL  
pâtis ou gnocchi ou sauce fraîche  
21022061, EA/20201312, EA

**\$2**



**NO NAME® BAGELS**  
selected varieties  
6's  
bagels  
21297831, EA

**\$3**



**COUNTRY HARVEST BREAD** 600 g or **BAGELS** 6's  
selected varieties  
pain ou bagels  
21178597, EA/21178642, EA

**4.50**



**FARMER'S MARKET® BUTTER CROISSANTS** 6's  
or **PC® MINI MUFFINS** 12's  
selected varieties  
croissants au beurre ou mini-muffins  
20973943, EA/21488839, 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 BEANS**  
selected varieties, 398 mL  
légumineuses  
21308477\_EA

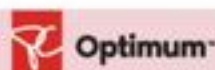
**\$1.50**

Earn

**500**  
(pts)

That's  
**.50**  
back in points

App exclusive offer



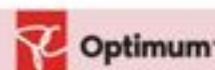
Earn  
**4,000**  
(pts)

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 BOULLION** 250 mL, **CUBES** 63/69 g,  
**DRY SAUCE MIX** 17-48 g, **ZERO SALT** 72 g, **OXO**  
**BOULLION** 72 g or **VELOUTINE GRAVY MIX** 250 g  
selected varieties  
boullion ou mélanges à sauce ou mélanges à sauce brune  
20311529001\_EA/20320060\_EA/2032323004\_EA



Earn  
**3,500**  
(pts)

For every \$10\*  
spent

That's  
**\$3.50**  
back in points

**GERBER BABY POUCHES, SNACKS or CEREALS**  
all sizes and varieties  
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 gâteau et collation ou glaçage  
20562641007\_EA/21547838\_EA



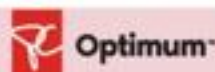
Earn  
**4,000**  
(pts)

For every \$12\*  
spent

That's  
**\$4**  
back in points

**CADBURY CHOCOLATE**  
selected varieties  
32-200 g  
chocolat  
20490539\_EA/21648577\_EA

App exclusive offer



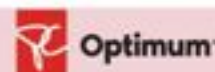
Earn  
**2,000**  
(pts)

For every \$5\*  
spent

That's  
**\$2**  
back in points

**CHRISTIE CRISPERS**  
selected varieties  
145 g  
croquelins  
21358323\_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  
20318034001\_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.

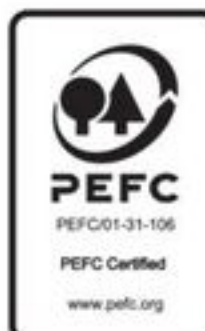


CUSTOMER RELATIONS 1-866-98-SMILE (76453)

nofrills.ca



this product contains  
post consumer recycled  
paper



# Moredays Moredays Moredays



## Moredays™

Thursday, January 29 to  
Wednesday, February 4, 2026



**\$11**

Earn  
**1,000**  
pts

That's  
**\$1**  
back in points

**NATIVE HAIR CARE** 487 mL or **BODY WASH** 532 mL  
selected varieties  
soins capillaires ou nettoyant pour le corps  
21435048\_EA/21505267\_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 sizes and varieties  
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/20157402002\_EA



Earn  
**3,000**  
pts

For every \$15\*  
spent

That's  
**\$3**  
back in points

**CETAPHIL FACE or BABY PRODUCTS**  
all sizes and varieties  
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 sizes and varieties  
produits  
20303942001\_EA/21042562\_EA/21085011\_EA



Earn  
**5,000**  
pts

For every \$12\*  
spent

That's  
**\$5**  
back in points

**LISTERINE MOUTHWASH**  
all sizes and varieties  
rinçage-bouche  
20348438001\_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/20997357\_EA



Earn  
**20,000**  
pts

For every \$50\*  
spent

That's  
**\$20**  
back in points

**JAMIESON PROGRESSIVE, IRON VEGAN or SMART SOLUTIONS ITEMS**  
selected varieties, 680-850 g  
poudre de protéines  
21518344\_EA



**\$11.49**

Earn  
**1,500**  
pts

That's  
**\$1.50**  
back in points

**ZIPLOC STORAGE BAGS**  
selected varieties  
60-270's  
sacs de rangement  
21196100\_EA



**\$7.99**

Earn  
**3,000**  
pts

That's  
**\$3**  
back in points

**EASY-OFF OVEN CLEANER**  
selected varieties  
400 g/475 mL  
nettoyant pour four  
20318168001\_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



Earn  
**8,000**  
pts

For every \$20\*  
spent

That's  
**\$8**  
back in points

**TYLENOL, BENLYN or ZARBEE'S COUGH COLD PRODUCTS**  
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 HOMECARE PRODUCTS**, all sizes and varieties  
produits pour la maison  
20298679001\_EA/21583179\_EA



Member Price  
**\$10**

Non-Members  
**\$11**

Members  
Save  
**\$1**

**TIDE LIQUID** 1.62/1.86 L or **PODS** 31/18's  
**LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER** 1.66/2.63 L, **DOWNY or GAIN SCENT BOOSTERS** 379 g or **BOUNCE DRYER SHEETS** 120/200's  
détergent ou assouplissant ou moussieur de parfum ou feuilles pour sècheuse  
21593782\_EA/21659584\_EA



Earn  
**5,000**  
pts

For every \$10\*  
spent

That's  
**\$5**  
back in points

**SCRUBBING BUBBLES, DRANO or GLADE PRODUCTS**  
all sizes and varieties  
produits nettoyants ou huile parfumée  
2032855001\_EA/21367989\_EA

**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

Limit: 6, over limit retail \$4.50

**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.

LAST  
*CHANCE TO*  
**SAVE  
BIG\***

**Redemption ends  
February 25<sup>th</sup> 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](https://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](http://pcoptimum.ca/collectandsave).



Optimum™

# App exclusive offers

More offers  
More points

Members  
get over

\$25

in value

CLICK FOR  
THESE COUPONS  
AND MORE



Optimum™



**PC® INSTANT COFFEE**  
80 - 100 g  
café instantané

Earn  
**500**  
pts  
Until February - 4 - 2026

Optimum™



**NESCAFÉ RICH INSTANT COFFEE**  
excludes 95 g  
café instantané

Save  
**\$2.50**  
with digital  
coupon

Optimum™



**PC® CHOCOLATE BARS**  
300 g  
chocolat au lait

Earn  
**1,000**  
pts  
Until February - 4 - 2026

Optimum™



**PC® CHEESECAKE**  
600 g  
gâteau au fromage

Earn  
**2,000**  
pts  
with digital  
coupon

Optimum™



**PC® COLESLAW**  
397 g  
salade de chou

Earn  
**500**  
pts  
Until February - 4 - 2026

Optimum™



**PC® GNOCCHI or RISOTTO**  
350/400 g  
gnocchi ou risotto

Earn  
**1,000**  
pts  
Until February - 4 - 2026

Optimum™



**PC® BLUE MENU CALAMANSI CITRUS AND STRAWBERRY SPARKLING WATER**  
12 x 355 mL  
eau pétillante

Earn  
**750**  
pts  
Until February - 4 - 2026

Optimum™



**PC® LOW SODIUM CLUB SODA**  
12 x 355 mL  
soda

Earn  
**750**  
pts  
Until February - 4 - 2026

Optimum™



**PC® RED BREW DE-ALCOHOLIZED LAGER BEER**  
12 x 355 mL  
bière

Earn  
**1,500**  
pts  
Until February - 4 - 2026

Optimum™



**PC® BABY WIPES**  
300's  
lingettes bébé

Earn  
**1,000**  
pts  
Until February - 4 - 2026

Optimum™



**NO NAME® CHICKEN STRIPS**  
908 g  
lanières de poulet

Earn  
**500**  
pts  
Until February - 4 - 2026

Optimum™



**NO NAME® CHICKEN NUGGETS**  
908 g  
pépites de poulet

Earn  
**500**  
pts  
Until February - 4 - 2026

Optimum™



**PC® MEAT LASAGNA**  
2.27 kg  
lasagne

Earn  
**2,000**  
pts  
Until February - 4 - 2026

# 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**  
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

# BRANDS YOU LOVE AT LOW PRICES

**\$3**

**ASTRO, IÖGO or LIBERTÉ GREEK 4's YOGURT**  
selected varieties  
yogourt  
20165226001 EA/20801752003 EA



**\$6**

**CRACKER BARREL CHEESE SHREDS or BLACK DIAMOND CHEESTRINGS or SNACKS** 252/336 g  
selected varieties  
fromage râpé ou collations  
20763601 EA/21290616 EA

**1.29**

**MINUTE MAID FRUIT PUNCH or LEMONADE**  
selected varieties  
295 mL  
punch ou limonade surgelé  
20418237001 EA



**4.50**

**HUNGRY-MAN DINNER ENTRÉES**  
selected varieties, frozen  
plats cuisinés  
20296014002 EA



**5.50**

**PC® DRY ROASTED PEANUTS, CASHEWS or DELUXE MIXED NUTS** 700 g  
selected varieties  
amandes ou noix de cajou ou mélange de noix  
20057990001 EA/21054843 EA



**6.49**

**PC® ORANGE JUICE**  
selected varieties, refrigerated, 2.5 L  
jus d'orange  
21531044 EA



**\$11**

**NO NAME® MEAT LASAGNA**  
frozen, 2.27 kg  
lasagne à la viande  
20097975 EA



**1.25**

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



**3.50**

**OASIS, DEL MONTE or ARIZONA DRINK BOXES** 8x200 mL or **SUNRYPE JUICE** 1.36 L  
selected varieties  
boissons ou jus  
2048778003 EA/21649074 C08



**\$4**

**COCA-COLA or PEPSI SOFT DRINKS**  
selected varieties, 6x710 mL  
boissons gazeux  
2001371002 C06



**1.69**

**CAMPBELL'S BROTH**  
selected varieties, 250/900 mL  
bouillon  
20223248001 EA/21347245 EA



**\$4**

**DORITOS TORTILLA CHIPS or SMARTFOOD POPCORN** 210-235 g or 150-220 g  
selected varieties  
croustilles de tortilla ou maïs soufflé  
20972859 EA/21649042 EA



**2.29**

**DARE ULTIMATE COOKIES, VIVA PUFFS or WAGON WHEELS**  
selected varieties  
biscuits ou collations  
2041796001 EA/20974860 EA



**1.50**

**CLOVER LEAF LIGHT TUNA**  
selected varieties, 85/170 g  
thon léger  
20018117001 EA



**3.25**

**MARIO'S CORNED BEEF or COOKED HAM**  
340 g  
bœuf salé ou jambon cuit  
21295614 EA



**1.89**

**KNORR SIDEKICKS**  
selected varieties, 120-162 g  
plats d'accompagnement  
20221630007 EA/20221630012 EA



**\$3**

**HEINZ KETCHUP**  
selected varieties  
275 mL  
ketchup  
20128881 EA



**\$4**

**NO NAME® CANOLA or VEGETABLE OIL**  
740 mL  
huile de canola ou végétale  
20088990 EA/20748660 EA



**\$3**

Earn  
**1,000 pts**  
That's  
**\$1** value

**VH COOKING or DIPPING SAUCE**  
selected varieties, 341-380 mL  
sauces à cuisson ou à trempette  
20297368 EA/20984012 EA



**2.79**

**BEN'S ORIGINAL BISTRO EXPRESS RICE**  
selected varieties, 240/250 g  
riz  
21405342 EA/21405476 EA



**App exclusive offer**

Earn  
**3,500 pts**  
For every \$10\* spent

That's  
**\$3.50**  
value



**FLEISCHMANN'S YEAST** 24-450 g  
**BREAD BOOSTER** 100 g  
**BAKING POWDER** 340 g or  
**CORNSTARCH** 454 g  
selected varieties  
levure ou bonifiant de pain ou  
poudre à pâte ou fécule de maïs  
20006692 EA/20102920001 EA/21351074 EA

# BRANDS YOU LOVE AT LOW PRICES

4<sup>99</sup>

**NEILSON TRUTASTE MILK**  
selected varieties  
2 L  
lot  
20130270\_EA



4<sup>50</sup>

**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



\$1

**SWANSON POT PIES**  
selected varieties, frozen, 200 g  
pâtés  
20320525001\_EA

8<sup>50</sup>



**POGO**  
selected varieties, frozen, 8/10's  
soudées sur bâtonnet  
2003302001\_EA

2<sup>88</sup>



**FRUITOPIA, PEACE TEA or FRUITE BEVERAGES**  
selected varieties, refrigerated, 1.54/1.75 L  
thé au fruits  
2034740001\_EA/21170470\_EA

3<sup>50</sup>



**OLD DUTCH POTATO or TORTILLA CHIPS or HUMPTY DUMPTY SNACKS**  
selected varieties  
235-290 g  
croustilles ou grignolines  
21443100\_EA

\$6



**JACK LINK'S JERKY**  
selected varieties, 65-81 g  
jerky  
2050193002\_EA

2<sup>79</sup>



**CHRISTIE COOKIES**  
selected varieties, 251-303 g  
biscuits  
21258407\_EA/21361508\_EA



**NO NAME® PIE FILLING**  
selected varieties, 540/796 mL  
garniture pour tarte  
21643314\_EA/21647990\_EA

\$8



**NO NAME® SULTANA RAISINS or CRANBERRIES**  
selected varieties, 750 g or DATES 1 kg  
raisins secs ou cranberries ou dates  
20647009\_EA/20647525\_EA

2<sup>75</sup>



**PC® KETTLE, LOADS OF or WORLD OF FLAVOURS CHIPS**  
selected varieties, 200 g  
croustilles  
2060511002\_EA/21422931\_EA

\$6



**MAXWELL HOUSE INSTANT COFFEE**  
selected varieties, 150 g  
café instantané  
21256608\_EA

5<sup>49</sup>



**RED ROSE ORANGE PEKOE BLACK TEA 70's**  
selected varieties, 20's  
thé  
21642191\_EA

1<sup>75</sup>



**CARNATION EVAPORATED MILK**  
selected varieties, 354 mL  
lait évaporé  
20694812\_EA/20694887\_EA

\$12



**KICKING HORSE ORGANIC GROUND COFFEE**  
selected varieties, 254 g  
café moulu  
2060513601\_EA

5<sup>50</sup>



**KELLOGG'S FAMILY SIZE CEREAL**  
selected varieties, 450-650 g  
céréales  
21489784\_EA/21615440\_EA

2<sup>29</sup>



**QUAKER DIPS or CHEWY GRANOLA BARS**  
selected varieties, 120-150 g  
barres  
20647582\_EA/21339366\_EA

\$9



**NO NAME® HONEY or FLOURISH PANCAKE MIX**  
selected varieties, 1 kg or 430 g  
sirop ou mélange à crêpes  
20033683\_EA/21373781\_EA

\$3



**FERRERO CHOCOLATE BAR 90 g or MERCI CHOCOLATE BAR 100 g**  
selected varieties  
barres de chocolat  
21160514\_EA/21428863\_EA

# BRANDS YOU LOVE AT LOW PRICES



\$7

Earn  
**1,000**  
pts

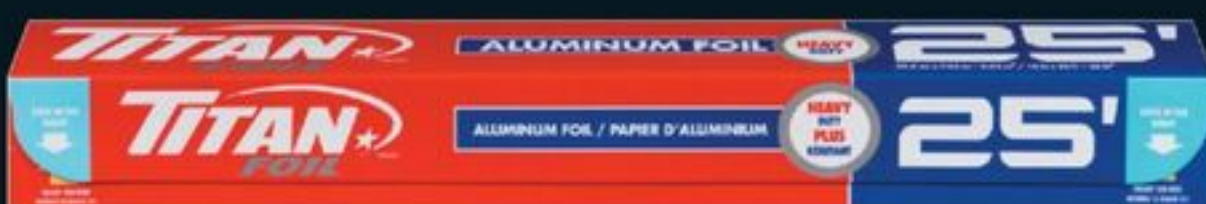
That's  
**\$1**  
value

**TRESEMMÉ  
HAIR CARE**  
selected varieties  
184-311 g/236-828 mL  
soins capillaires  
20315303016, EA/21170103, EA



\$2

**GLAD CLING WRAP** 30 m, **TITAN FOIL** 25 ft or  
**TITAN WAX PAPER** 25 ft  
pellicule plastique ou papier d'aluminium ou papier ciré  
20003818, EA/21408432, EA



\$4

**MR. CLEAN ALL  
PURPOSE CLEANER** 1.21 L,  
**FEBREZE AIR** 250 g,  
**BATHROOM  
AIR FRESHENER** 7.5 mL,  
**CAR** 2 mL or  
**MAGIC ERASER** 2's  
selected varieties  
nettoyant ou désodorisant ou  
effaceur magique  
21005017, EA/21700198, EA



19<sup>88</sup>

**FINISH AUTO  
DISHWASHER TABS**  
selected varieties  
60-105's  
capsules de détergent  
pour lave-vaisselle  
21218875, EA/21561337, EA



NEW  
LOWER  
PRICES

\$7

**GREAT BRITISH  
CHEDDAR**  
400 g  
cheddar  
21527282\_EA



3<sup>50</sup>

**NATURAL BAKERY  
RYE BREAD**  
500 g  
pain de seigle  
21688966\_EA

\$5

**SCHNEIDERS BOLOGNA**  
selected varieties  
500 g  
bologna  
20039186\_EA



\$8

**EXTRA LEAN GROUND BEEF**  
fresh, halal, grass fed  
450 g  
boeuf haché extra maigre  
21675592\_EA



4<sup>50</sup>

**NATUREGG  
NATURE'S BEST  
LARGE EGGS**  
12's  
œufs  
20814983001\_EA

3<sup>50</sup>

**MINUTE MAID  
ZERO SUGAR or  
FUZE BEVERAGES**  
selected varieties, refrigerated  
1.54/1.75 L  
boissons  
21434122\_EA/21652207\_EA



\$5

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



\$7

**PC® ORGANICS  
FROZEN FRUIT**  
selected varieties, frozen  
600 g  
fruits surgelés  
20431483003\_EA/20993672\_EA



\$2

**BEN'S ORIGINAL  
RICE CUPS**  
selected varieties  
62/68 g  
riz  
21680527\_EA/21680713\_EA



\$2

**SNACK PACK  
PUDDING**  
selected varieties  
4x99 g  
pouding  
20310707001\_EA



\$4

**HEALTHY CHOICE  
DINNER ENTRÉES**  
selected varieties, frozen  
269-306 g  
plats cuisinés  
20318616009\_EA



3<sup>25</sup>

**IÖGO NANÖ  
YOGURT  
DRINKS**  
selected varieties  
6x93 mL  
boissons de yogourt  
20609487003\_EA



\$5

**ACTIVIA  
YOGURT**  
selected varieties  
8x93 mL  
yogourt  
21108458\_EA



4<sup>75</sup>

**SMUCKER'S UNCRUSTABLES**  
selected varieties, frozen  
52/58 g  
pâtisseries  
21543057\_C04



7<sup>50</sup>

**LILYDALE SLICED DELI MEAT**  
selected varieties  
400/500 g  
charcuteries branchées  
21673404\_EA/21673436\_EA



\$4

**TWININGS  
TEA**  
selected varieties  
20's  
thé  
20300740001\_EA



\$8

**CLIF BAR  
5 PK**  
selected varieties  
340 g  
barres  
21664794\_EA/21664843\_EA



6<sup>50</sup>

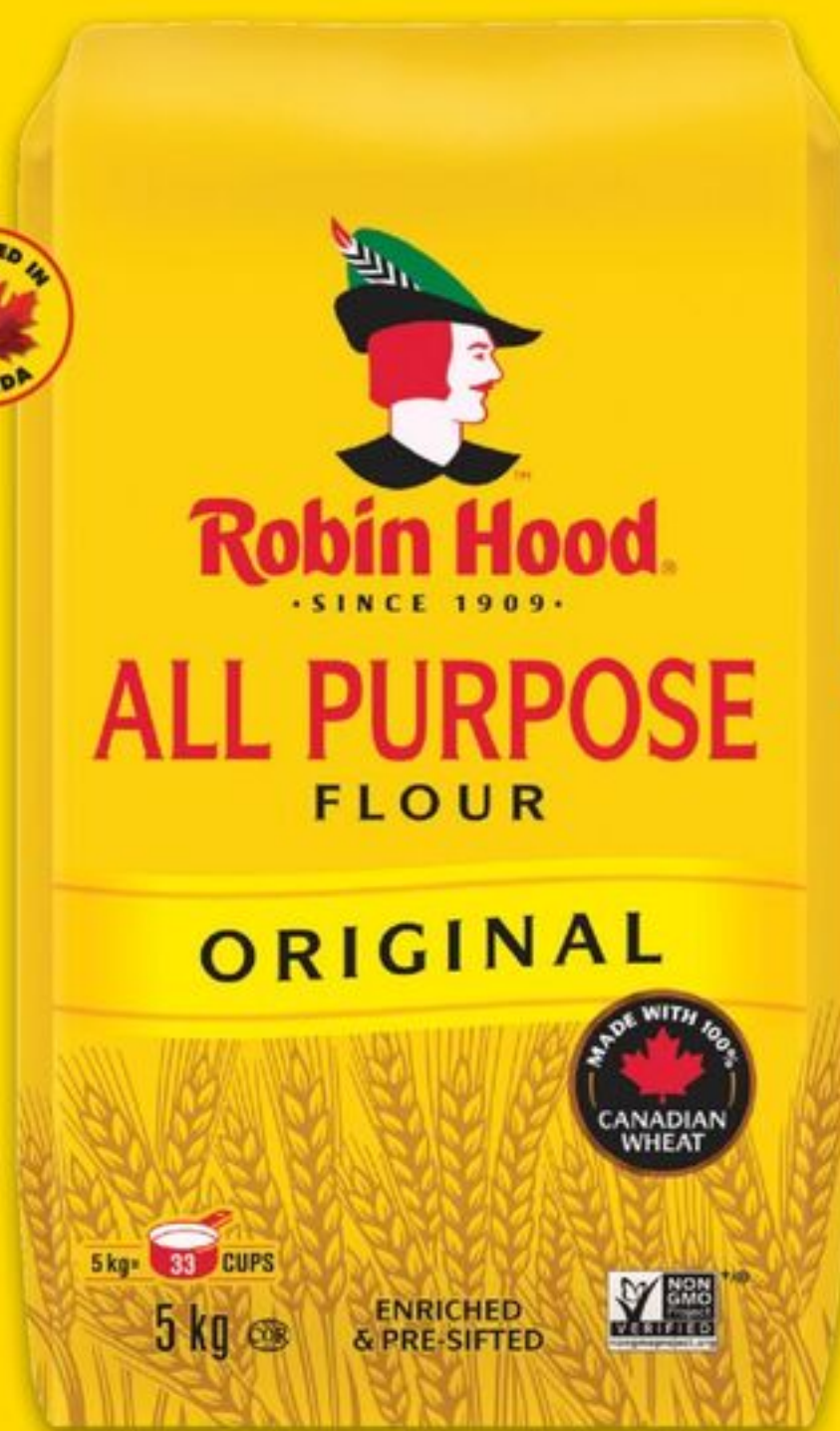
**MCCAIN PIZZA POCKETS**  
selected varieties, frozen  
540/600 g  
gâchettes de pizza  
21047833\_EA



**NEW  
LOWER  
PRICES**

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

**PC® FROZEN FRUIT**  
selected varieties  
300-600 g  
fruits surgelés  
20312227\_EA



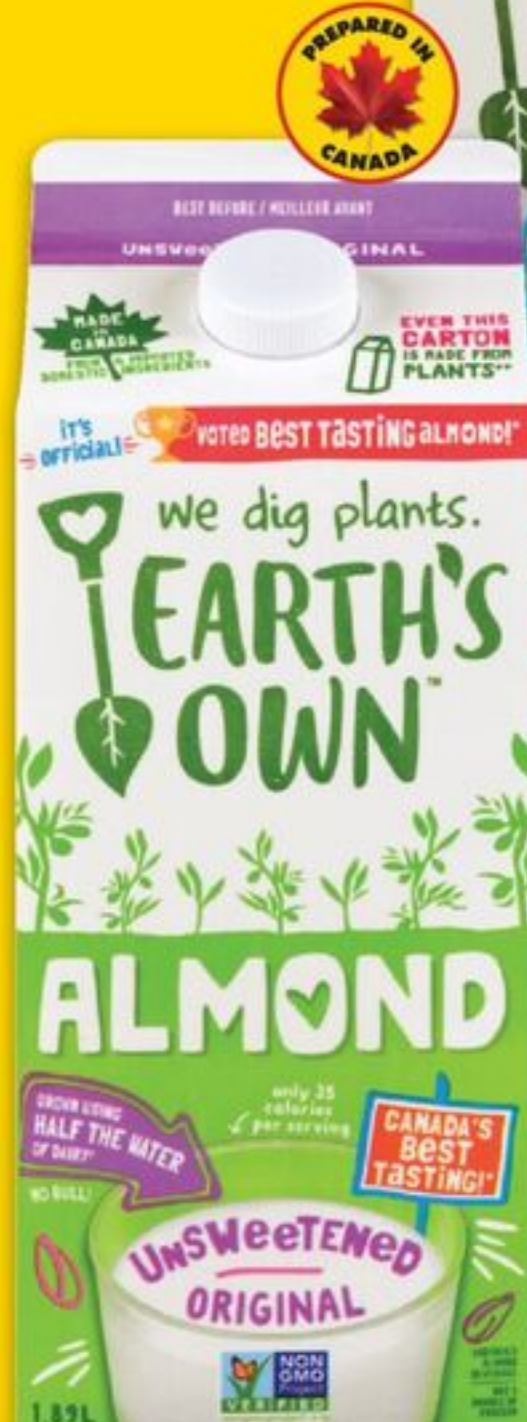
**\$10**

**ROBIN HOOD or FIVE ROSES FLOUR**  
selected varieties  
5 kg  
farine  
20149342001\_EA



**5<sup>50</sup>**

**SCHNEIDERS BREAKFAST SANDWICH or EGG BITES**  
selected varieties frozen  
204-288 g  
sandwich déjeuner ou bouchées aux œufs  
21623288\_EA/21623323\_EA



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

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

**\$5**



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

**6<sup>50</sup>**

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



**7<sup>50</sup>**



**MUSAFIR BUTTER CHICKEN BITES** 357 g 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** 311-454 g or  
**JOLLY RANCHER ROPE** 283 g  
friandises  
20022328004\_EA

**7<sup>50</sup>**



**SAMYANG NOODLES**  
selected varieties  
650 g  
nouilles  
21450283\_EA

**1<sup>50</sup>**



**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  
21397996\_EA

**3<sup>75</sup>**

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



**\$7**

**PC® BATHROOM TISSUE** 12x24 rolls or  
**FACIAL TISSUE** 6x126 sheets  
papier hygiénique ou mouchoirs  
20181283\_EA/21450718\_EA



**\$12**

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



# NATURAL FOODS AT LOW PRICES

\$4



**GT'S KOMBUCHA**  
selected varieties  
480 mL  
kombucha  
20374106, EA/20906034003, EA

8<sup>99</sup>



**DAIYA PIZZA**  
gluten free  
selected varieties, frozen  
354-550 g  
pizza  
20923827, EA

3<sup>50</sup>



**EARTH'S OWN BARISTA** 946 mL or  
**VITA COCO COCONUT WATER** 1 L  
selected varieties  
boissons à l'avoine ou eau de noix ce coco  
20332922, EA/21643665, EA



**QUE PASA TORTILLA CHIPS**  
selected varieties  
156-350 g  
croustilles de tortilla  
21031316, EA

3<sup>50</sup>



**SKINNY POP POPCORN**  
selected varieties  
125/150 g  
maïs soufflé  
20785418001, EA

8<sup>99</sup>



**KIND MINIS or THINS**  
selected varieties  
200/210 g  
barres  
21125232, EA/21554179, EA

4<sup>50</sup>



**THE GOOD CRISP CHIPS**  
selected varieties  
160 g  
croustilles  
21535581, EA

\$5



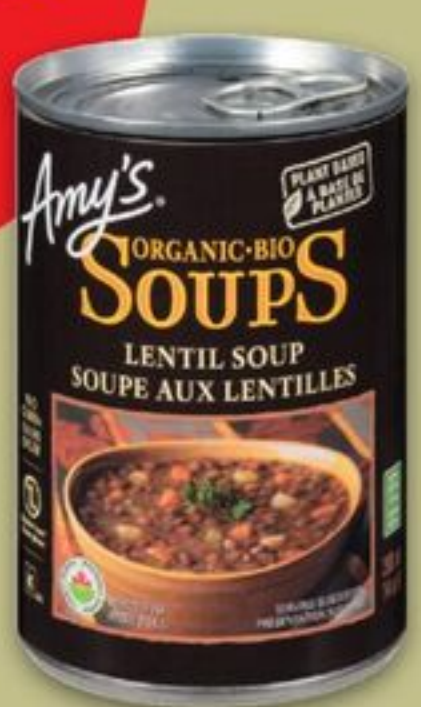
**CHICKAPEA HIGH PROTEIN GLUTEN-FREE PASTA**  
selected varieties  
227 g  
pâtes sans gluten  
21597621, EA

12<sup>99</sup>



**LUNDBERG RICE**  
selected varieties  
907 g  
riz  
20652730, EA

4<sup>49</sup>



**AMY'S PLANT-BASED ORGANIC SOUP**  
selected varieties  
398 mL  
soupe  
20305535002, EA

\$11



**RX BAR MINIS**  
or 5's  
selected varieties  
208-275 g  
barres  
21540999, EA/21541007, EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL INFO NV

# BABY ESSENTIALS AT LOW PRICES



26<sup>97</sup>

**PAMPERS EASY UPS** or **NINJAMA'S TRAINING PANTS**  
selected varieties  
34-74's  
sous-vêtements d'entraînement  
21089401 EA/21089456 EA



7<sup>99</sup>

**HUGGIES 2X/3X BABY WIPES**  
selected varieties, 112-192's  
lingettes  
20358604 EA/21086935 EA



34<sup>97</sup>

**ENFAGROW A+ INFANT NUTRITIONAL SUPPLEMENT**  
selected varieties  
907 g  
supplément nutritionnel pour nourrissons  
21698898 EA



9<sup>50</sup>

**PEDIASURE COMPLETE**  
selected varieties  
4x235 mL  
boisson nutritive pour enfants  
2032241001 EA/20322414002 EA



1<sup>99</sup>

**BABY GOURMET ORGANIC FRUIT or VEGETABLE BABY FOOD POUCHES** or **JARS**  
selected varieties, 113-128 mL  
pots d'aliments pour bébé ou sachets d'aliments pour bébé biologiques  
20616541001 EA/21122983 EA



4<sup>50</sup>

**AMARA ORGANIC INFANT SMOOTHIE MELTS**  
selected varieties, 23 g  
smoothie fondant biologique  
21426267 EA/21703352 EA

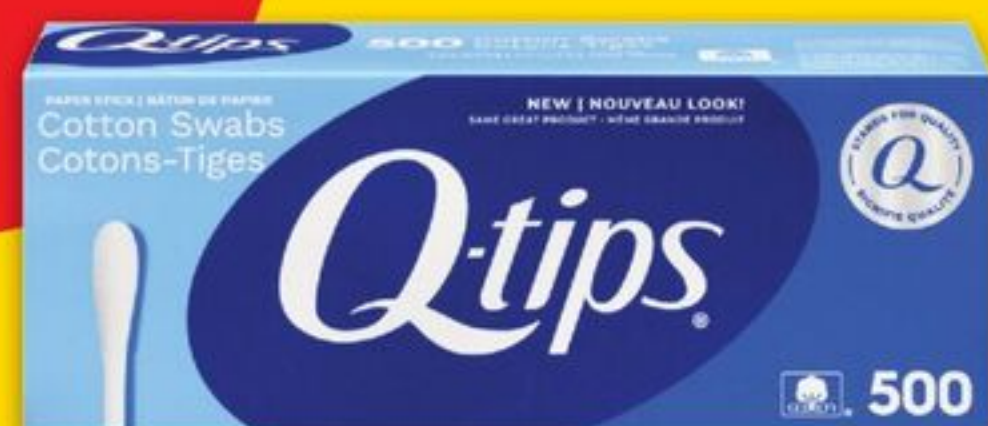


2<sup>99</sup>

**BABY MUM MUM'S WAFER STICKS** 70 g or **MUM MUM SNAX CHICKPEA CRISP** 50/60 g  
bâtonnets de gaufrettes pour bébé  
21291768 EA

4<sup>27</sup>

**Q-TIPS COTTON SWABS**  
500's  
cotons-tiges  
2032077001 EA



App exclusive offer



Earn  
**10,000**  
pts  
For every \$50\*  
spent

That's  
**\$10**  
value



**HUGGIES IN THE BABY DEPARTMENT**  
selected varieties and sizes  
couches  
20963841 EA/21172500 EA/  
21371199 EA/21401195 EA/  
21456748 EA

# 1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

3<sup>50</sup>



**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 2's  
**MANUAL TOOTHBRUSH**  
selected varieties  
dentifrice ou brosse à dents manuelle  
20110327002, EA/21164650, EA

\$11



**AVEENO LOTION**  
selected varieties  
532 mL  
lotion  
201020233001, EA/201020233003, 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 au nettoyant pour le corps ou  
déodorant ou soins capillaires  
21220717, EA/21644832, EA

7<sup>50</sup>



**IVORY BODY WASH PUMP**  
selected varieties  
1035 mL  
nettoyant pour le corps  
21432577, EA/21432666, EA



\$18

**POISE PADS or DEPENDS UNDERWEAR**  
selected varieties and sizes  
12-60's  
serviettes ou sous-vêtements  
21023579, EA/21302119, EA

3<sup>25</sup>



**HERBAL ESSENCES HAIR CARE**  
selected varieties  
346 mL  
soins capillaires  
21247098, EA/21247099, EA



\$3

**MEN'S or LADY'S SPEED STICK DEODORANT**  
selected varieties  
45-85 g  
déodorant  
20348223001, EA/20847071, EA

9<sup>50</sup>



**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/20304767001, C06

ALWAYS

\$5



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

# RAMADAN KAREEM

رمضان كريم



\$8

**SUFRA HALAL CHICKEN DRUMSTICKS**  
fresh, up to 840 g  
piles de poulet halal  
21427840 EA



4.99

**DEGLET NOUR PITTED DATES, or ORGANIC PITTED DATES**  
product of Tunisia or  
**HONEY PITTED DATES**  
product of Iran  
dates  
21562279001 EA/20772841 EA/21217809001 EA



3.99

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



8.99

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



App exclusive offer



Member Price

\$11.99

Non-Members

\$13.99

Members Save \$2

**SHER DURUM ATTA**  
9.07 kg  
farine  
20657367 EA



# RAMADAN KAREEM

رمضان كريم

\$8

**SUFRA® HALAL CHICKEN DRUMSTICKS**  
fresh, up to 840 g  
pilons de poulet halal  
21427840 EA



2<sup>29</sup>

**SUFRA® PROBIOTIC YOGURT**  
selected varieties  
750 g  
yaourt aux probiotiques  
21246557 EA

\$2

**SURAJ® JUICE**  
selected varieties  
1 L  
jus  
21901004 EA



\$5

**SURAJ® NAAN**  
selected varieties  
10's  
naan  
20345261 EA



1<sup>29</sup>

**SURAJ® BEANS**  
selected varieties  
540 mL  
legumineuses  
20340264 EA

7<sup>50</sup>

**MUSAFIR OMELETTE BITES**  
336 g  
bouchées d'omelette  
21705242 EA



7<sup>50</sup>

**MUSAFIR PANEER NUGGETS**  
480 g  
poisettes de paneer  
21705222 EA



7<sup>50</sup>

**MUSAFIR PANEER BITES**  
selected varieties  
336 g  
bouchées de paneer  
21705580 EA



7<sup>50</sup>

**MUSAFIR PANEER BURGERS**  
480 g  
burgers de paneer  
21705194 EA/21705196 EA

4<sup>99</sup>

**AHMAD TEA**  
selected varieties  
200 g  
thé  
20784225 EA



1<sup>29</sup>

**TAMAM BEANS**  
selected varieties  
540 mL  
legumineuses  
21314370 EA

1<sup>79</sup>

**TAMAM ROSE or ORANGE BLOSSOM WATER**  
selected varieties, 300 mL  
eau de rose ou de fleur d'oranger  
21217099 EA/21217237 EA



3<sup>99</sup>

**TAMAM PICKLES or OLIVES**  
selected varieties, 600 g/1 L  
cornichons ou olives  
21227887 EA/21230682 EA

## App exclusive offer



Earn  
**1,000**  
pts  
For every \$5\*  
spent

That's  
**\$1**  
value

**ALL SURAJ® AND SUFRA® PRODUCTS**

produits  
20838931 EA/20618034 EA/20379701 EA/  
21179709 EA/21246557 EA



Earn  
**1,000**  
pts  
For every \$5\*  
spent

That's  
**\$1**  
value

**ALL ROOSTER®, NONGSHIM, DAN-D, LEE KUM KEE AND SAMYANG PRODUCTS**

(excl. Rooster Jasmine Rice 8 kg)  
produits  
21295298 EA/21367021 EA/21450283 EA





# 恭賀新禧

**.98**  
LB

**DAIKON** product of China,  
**NAPA** or **TAIWANESE**  
**CABBAGE**  
product of Mexico, or U.S.A.  
2.16/kg  
daikon ou chou napa ou chou taiwanais  
20082109001\_KG/20015025001\_KG



**1.88**  
LB

**ASIAN BROWN** or  
**YELLOW PEARS** or  
**FUJI APPLES**  
product of China  
4.14/kg  
poires ou pommes  
20314943001\_KG/20035618001\_KG



**1.88**  
LB

**GINGER ROOT**  
product of China  
4.14/kg  
racine de gingembre  
20179038001\_KG



**1.88**  
LB

**PAPAYA**  
product of Mexico  
4.14/kg  
papaye  
20817066001\_KG

**4.88**  
LB

**GUAVA**  
product of Taiwan  
10.76/kg  
goyave  
20162500001\_KG



**.88**

**ROOSTER® GARLIC**  
product of China  
oil  
21004355001\_EA



**PKG OF 3**

**3.88**

**AUTHENTIC ASIA ENTRÉES**  
selected varieties, frozen  
258-350 g  
plats cuisinés  
20958324\_EA



**9.48**

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



**.98**

**GOLDEN HAPPINESS SPECIALTY BUNS**  
selected varieties, 100 g  
brioches de spécialité  
21297543\_EA



**1.78**

**T&T® ORGANIC KONJAC NOODLES**  
200 g  
nouilles konjac biologiques  
21099839\_EA



**3.88**

**LUNAR NEW YEAR ORIGINAL TWO-BITE CUPCAKE**  
300 g  
petit-gâteau  
21431082\_EA





# 恭賀新禧

2<sup>88</sup>

**ROOSTER® CORN STARCH**  
454 g  
féculé de maïs  
21047841, EA



8<sup>88</sup>

**BILLY BEE HONEY**  
1 kg  
miel  
20528715, EA

2<sup>48</sup>

**ROOSTER® SWEETENED CONDENSED MILK**  
selected varieties  
300 mL  
lait condensé sucré  
20126907, EA



4<sup>88</sup>

**LEE KUM KEE SRIRACHA MAYO**  
445 mL  
mayonnaise à la sauce sriracha  
20775047, EA

1<sup>88</sup>



**GARDEN CREAM WAFERS**  
selected varieties  
200 g  
gaufrettes  
20312830003, EA

4<sup>98</sup>



**M.Y. SAN SKY FLAKES CRACKERS**  
800 g  
craquelins  
21174798, EA

.88



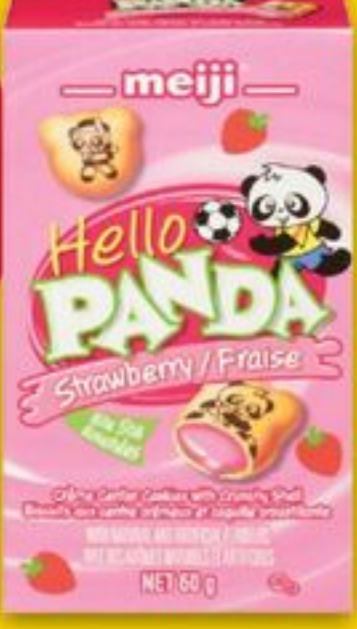
**KOPIKO CANDY**  
selected varieties  
120 g  
friandises  
21094799, EA

4<sup>50</sup>



**T&T® MATCHA SWISS ROLL**  
350 g  
roulées suisses  
21682116, EA

1<sup>88</sup>



**MEIJI HELLO PANDA SNACKS** 60 g or **T&T® ALOE VERA DRINK** 1.5 L  
selected varieties  
collations ou boisson à l'alcool  
20393585, EA/21183381, EA

2<sup>28</sup>



**SPRINGHOME SPRING ROLL PASTRY**  
Frozen  
400 g  
pâte pour rouleaux de printemps  
20131105, EA

2<sup>88</sup>



**HI-CHEW CANDY**  
selected varieties  
90/100 g  
friandises  
21380659, EA

4<sup>48</sup>



**LOTTE MOCHI ICE CREAM**  
selected varieties, frozen  
270 g  
mochi  
21247111, EA

4<sup>88</sup>



**O'TASTY DUMPLINGS**  
selected varieties, frozen  
567 g  
boulettes  
20319243001, EA

6<sup>88</sup>



**SHAOMEI DESSERT BAR**  
selected varieties, frozen  
280 mL  
barre dessert  
21431403, EA

19<sup>88</sup>



**FINISH AUTO DISHWASHER TABS**  
selected varieties  
60-105's  
capsules de détergent pour lave-vaisselle  
20318875, EA/21561337, EA

5<sup>48</sup>



**LYSOL WIPES** 75/84 ct.  
**DISINFECTANT SPRAY** 350 g or  
**MULTI-PURPOSE TRIGGER** 950 mL  
selected varieties  
lingettes ou vaporisateur désinfectant ou tout usage à  
gâchette  
20314311001, EA/21449826, EA

12<sup>48</sup>



**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 03 NFO BM

# HOT POT ESSENTIALS

**1.98**  
LB



**JAPANESE SWEET YAMS**  
product of U.S.A.  
4.37/kg  
ignames  
20524922001\_KG



**PC® ORGANICS BABY KING OYSTER, ENOKI or SHITAKE MUSHROOMS or PC® OYSTER MUSHROOMS**  
product of Ontario  
100-170 g  
champignons  
21548173\_eo/20626629\_eo

**3.88**

**1.48**



**BEAN SPROUTS**  
product of Canada  
germes de soja  
20058232001\_EA

**1.28**  
LB



**CASSAVA**  
product of Costa Rica  
2.82/kg  
manioc  
20087682001\_KG

**12.88**



**T&T® SLICED BEEF PLATE ROLLS**  
340 g  
rouleaux de bœuf tranché  
21570476\_EA

**13.88**



**T&T® LAMB SHOULDER ROLLS**  
fresh  
340 g  
rouleaux d'épaule d'agneau  
21570410\_EA

**1.88**



**ROOSTER™ LONGKOU VERMICELLI** 8x50 g  
or **T&T® SWEET POTATO VERMICELLI** 400 g  
vermicelles  
21295299\_EA/21447369\_EA

**4.88**



**FOREWAY SESAME OIL** 370 mL or **LEE KUM KEE CHILI OIL** 205 g  
selected varieties  
huile de sésame ou huile de piments  
20387680\_EA/21567021\_EA

**11.88**



**T&T® DRIED SHITAKE MUSHROOMS**  
454 g  
champignons séchés  
21426418\_EA

**.88**



**LEE KUM KEE SEAFOOD HOT POT SOUP BASE**  
selected varieties  
40 mL  
base de soupe hot pot  
21384051\_EA

**1.88**



**SUNRISE MEDIUM FIRM TOFU**  
selected varieties, 454 g  
tofu mi-ferme  
20022239\_EA

**2.88**



**LAO GAN MA CHILI CRISP** 210 g or **LEE KUM KEE PREMIUM SOY SAUCE** 500 mL  
selected varieties  
chili épici croustillant ou sauce soja  
20026320\_EA/20874066\_EA

**3.88**



**SPAM LUNCHEON MEAT**  
340 g  
pain de viande  
21450739\_EA

**5.98**



**T&T® HEAD ON SHELL ON SHRIMP, RAW** 30/40 per lb, 400 g, or **COOKED** 21/25 per lb, 300 g  
selected varieties, frozen  
crevettes  
21689820\_EA/21489948\_EA

**6.98**



**TRADITIONS FISH BALLS** 750 g or **SHRIMP BALLS** 650 g  
frozen  
boules de poisson ou crevettes  
21592065\_EA/21593537\_EA

# SOUTH ASIAN FLAVOURS AT LOW PRICES

**1<sup>29</sup>**  
LB



**RED CARROTS**  
product of China  
2.84/kg  
carottes rouges  
21618319001\_KG

**1<sup>99</sup>**  
LB



**LONG EGGPLANT**  
product of Mexico, Honduras or Dominican Republic  
4.39/kg  
aubergine longue  
20159013001\_KG

**.99**



**CILANTRO or BUNCH MINT**  
product of Mexico or U.S.A.  
menthe ou coriandre en botte  
20139326001\_EA/20091825001\_EA

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



**CRISPY ROTI**  
selected varieties  
15's  
roti  
21195569\_EA

**\$12**

HALAL



**SUFRA® HALAL CHICKEN THIGHS**  
boneless, skinless  
up to 736 g  
sans de cuisses de poulet halal  
21647999\_EA

**\$16**

HALAL



**AUSTRALIAN LEAN GROUND LAMB**  
fresh  
2x350 g  
agneau haché maigre  
21682482\_EA

**\$10**



**ZABIHA HALAL CHICKEN**  
selected varieties,  
frozen  
800/908 g  
21192505\_EA

**1<sup>25</sup>**



**KURKURE SNACKS**  
selected varieties  
115 g  
collations  
20659742\_EA/21361077\_EA

**\$2**



**FROOTI MANGO JUICE**  
1 L  
jus de mangue  
20041155\_EA

**9<sup>99</sup>**



**WAGH BAKRI PREMIUM TEA**  
907 g  
thé  
20375231\_EA

**2<sup>29</sup>**



**SURAJ® DAHI YOGURT**  
selected varieties  
750 g  
yogourt dahi  
20599532\_EA

**\$4**



**HAPPY DAIRY PANEER**  
300 g  
paneer  
21343632\_EA

**1<sup>49</sup>**



**NATIONAL CUSTARD**  
selected varieties  
300 g  
crème anglaise  
20130570\_EA/20430289001\_EA

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



**PRAN SAMOSA or SPRING ROLLS**  
selected varieties, frozen  
400 g  
samosas ou rouleaux de printemps  
21054779\_EA/21054846\_EA

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



**BRAR'S SAMOSA**  
selected varieties, frozen  
624 g  
samosas  
21000033\_EA

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



**BRAR'S GULAB JAMUN**  
selected varieties, frozen  
850 g  
gulab jamun  
20347537\_EA

**7<sup>50</sup>**



**BRAR'S DAIRY DAHI**  
3.25%  
1.8 kg  
21576316\_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 05 NFO



# BUDGETS LOVE YELLOW

(So switch)

\$6



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

5<sup>50</sup>



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

2<sup>29</sup>



**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

3<sup>50</sup>



**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

ONLI NFO NIN FLAP



**Express<sup>™</sup>**  
**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.



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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.



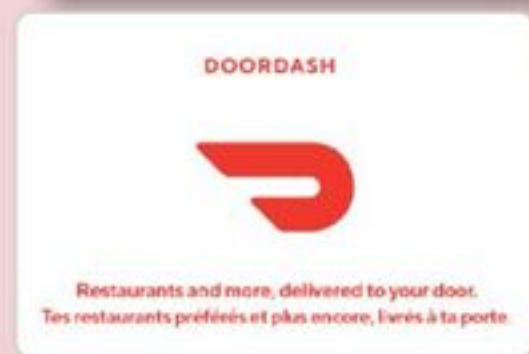
## App exclusive offer

January 29 to February 4, 2026

Earn  
**15,000**  
pts

That's  
**\$15**  
value

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.

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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](http://www.pcoptimum.ca)

## 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](http://www.pcoptimum.ca). We reserve the right to cancel or change the terms of this offer at any time without notice.

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

ONL NFO MKT