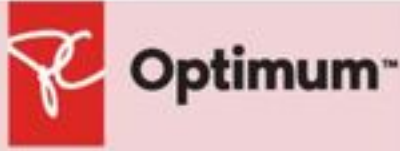




PRICE CUT
EVENT

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%

10⁸⁸

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



SAVE 25%

4⁸⁸
LB

CHICKEN BREAST
club size, boneless, skinless
10.76/kg
poitrines de poulet
20454124, KG



SAVE 20%

\$1

NEILSON CHOCOLATE MILK
750 mL
lait
20766719, EA



SAVE 30%

6⁹⁹

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

3⁴⁷

OIKOS or ACTIVIA EXPERT YOGURT
selected varieties
4x100 g
yogourt
20419715001, 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

6⁹⁹

BECEL MARGARINE
selected varieties
637/850 g
margarine
202978118002, 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%

11⁸⁸
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**

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
20117550001_EA



App exclusive offer



Member Price
\$2²⁵

Non-Members
\$3

Members
Save
.75

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



App exclusive offer



\$3⁵⁰

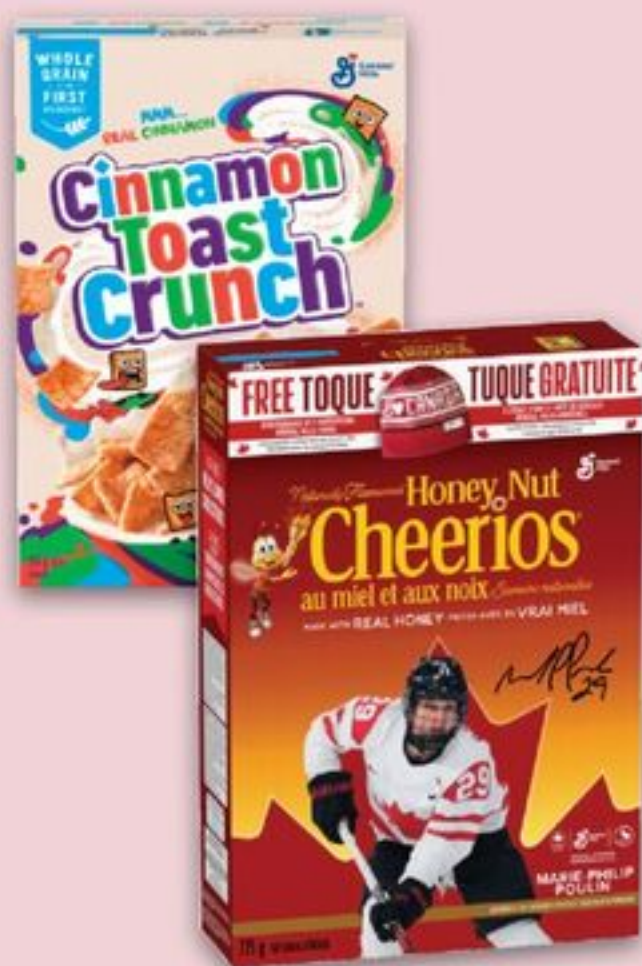
Earn
1,500
pts

That's
\$1⁵⁰
back in points

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

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
2013570601 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/20267998001 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
207906 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
lanières de bœuf à sauter
28.66/kg
21189995, KG

\$7



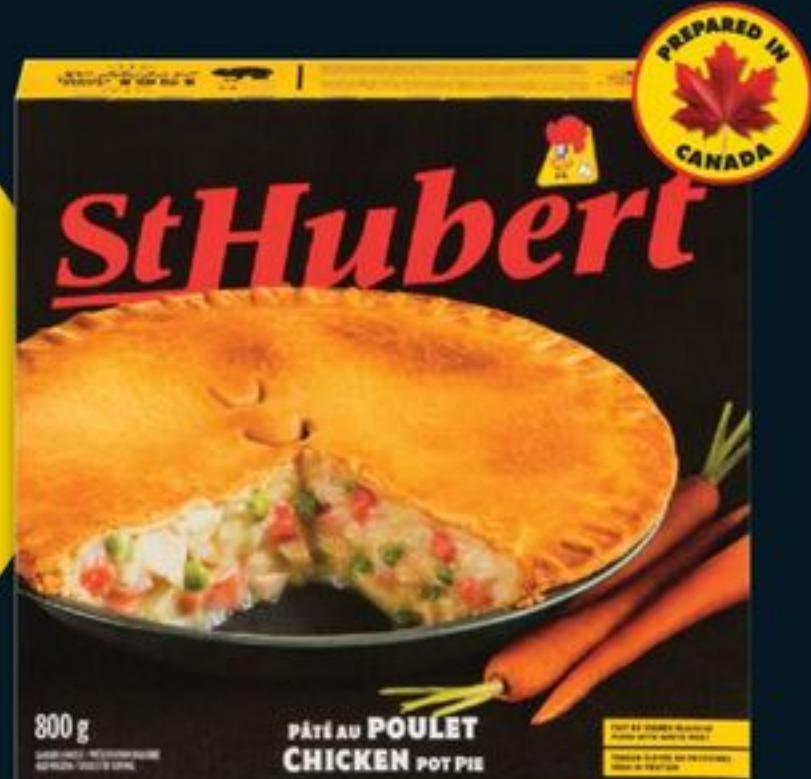
SEAQUEST® WHITE COLOSSAL SHRIMP raw, 16/20 per lb,
300 g, **BAY SCALLOPS** 400 g or **SHRIMP RING** 227 g
frozen
crevettes blanches colossales ou pétoncles de baie ou couronne de crevettes
21043387, EA



\$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

\$4⁵⁰

Earn

2,500
(pts)

That's
\$2⁵⁰
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

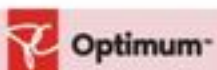
\$1⁵⁰

Earn

500
(pts)

That's
.50
back in points

App exclusive offer



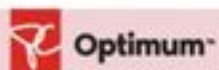
Earn
4,000
(pts)

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
\$3⁵⁰
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
\$1⁵⁰
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 givrage
20562641007_EA/21547838_EA



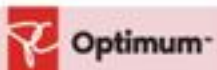
Earn
4,000
(pts)

For every \$12*
spent

That's
\$4
back in points

CADBURY CHOCOLATE
selected varieties
32-200 g
chocolat
20690539_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
21356333_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
\$3⁵⁰
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 in-store for details. Members must open their PC Optimum™ App by Feb 1st, 2026 to reveal their personalized surprise offer that will award one of 10%, 20% or 30% back in PC Optimum™ points when they spend the indicated minimum threshold or more cumulatively on groceries between Jan 29th and Feb 1st, 2026, before taxes and after other redemptions, all coupons and discounts, and exclusions are deducted. PC Optimum™ Card or App must be presented at the time of transaction. Limit of one offer per member. See full personalized offer details in your App.

**Must be a registered PC Optimum™ member to get this offer.

NOFRILLS

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

[nofrills.ca](https://www.nofrills.ca)



this product contains
post consumer recycled
paper



Moredays Moredays Moredays



Optimum™

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
\$7.50
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

App exclusive offer



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

App exclusive offer



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 rehausseur 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
20323855001_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 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.



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



NO NAME® CHOCOLATE CHIP COOKIES
907 g
brisures chocolatées

Earn
500

(pts)

Until February - 4 - 2026



NO NAME® BUTTER
454 g
beurre salé

Earn
500

(pts)

Until February - 4 - 2026



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

Earn
500

(pts)

Until February - 4 - 2026



NO NAME® SPICES
150 g
épices

Earn
500

(pts)

Until February - 4 - 2026



NO NAME® CHICKEN HOT DOGS
1.5 kg
saucisses fumées

Earn
1,000

(pts)

Until February - 4 - 2026



NO NAME® CHICKEN BURGER
908 g
burger au poulet

Earn
500

(pts)

Until February - 4 - 2026



NO NAME® CALIFORNIA MIXED VEGETABLES
750 g
mélange de légumes

Earn
500

(pts)

Until February - 4 - 2026



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

Earn
2,000

(pts)

Until February - 4 - 2026



NO NAME® LEMONADE
1.75 L
limonade

Earn
500

(pts)

Until February - 4 - 2026



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

Earn
1,500

(pts)

Until February - 4 - 2026



NO NAME® KITCHEN GARBAGE BAGS
21 L
sacs poubelle

Earn
1,000

(pts)

Until February - 4 - 2026



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

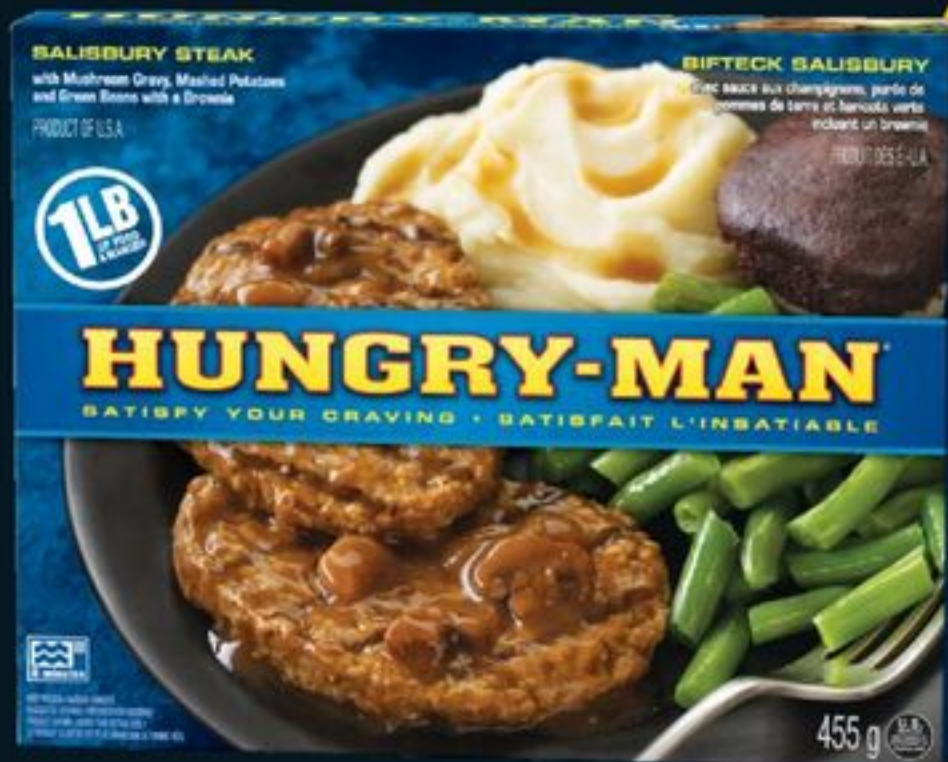


\$6

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
20448778003 EA/21649074 C06

\$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 or WAGON WHEELS
selected varieties
biscuits ou collations
20417960001 EA/209748640 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
375 mL
ketchup
20128881 EA

\$4

NO NAME® CANOLA or VEGETABLE OIL
740 mL
huile de canola ou végétale
20088990 EA/20748640 EA

\$3

Optimum™
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



Optimum™
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

4⁹⁹

NEILSON TRUTASTE MILK
selected varieties
2 L
lot
20130270_EA



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



\$1

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

8⁵⁰



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

2⁸⁸



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

3⁵⁰



OLD DUTCH POTATO or TORTILLA 235 g or 275/290 g **CHIPS or HUMPTY DUMPTY SNACKS** 250-290 g
croustilles ou grignolines
21443100_EA

\$6



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

2⁷⁹



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 750 g or DATES 1 kg
raisins secs ou canneberges ou dates
20647009_EA/20647525_EA

2⁷⁵



PC® KETTLE, LOADS OF or WORLD OF FLAVOURS CHIPS
selected varieties, 200 g
croustilles
2040511002_EA/21422931_EA

\$6



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

5⁴⁹



RED ROSE ORANGE PEKOE BLACK TEA 70's
Tazo Tea 20's
thé
21642191_EA

1⁷⁵



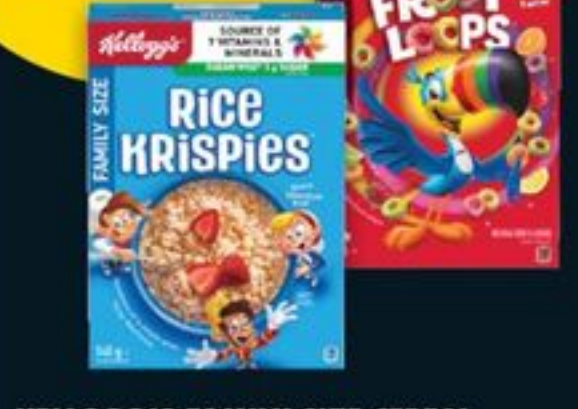
CARNATION EVAPORATED MILK
selected varieties, 354 mL
lait évaporé
20694812_EA/20694887_EA

\$12



KICKING HORSE ORGANIC GROUND COFFEE
selected varieties, 254 g
café moulu
20805136001_EA

5⁵⁰



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

2²⁹



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

\$9



NO NAME® HONEY or FLOURISH PANCAKE MIX 430 g
selected varieties
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

App
exclusive offer



\$7

Earn
1,000
pts

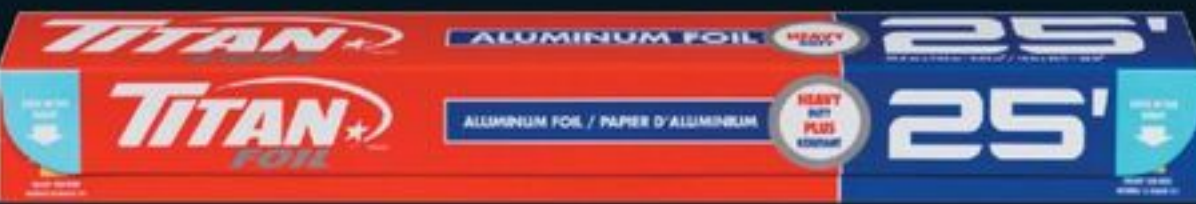
That's
\$1
value

**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



19⁸⁸

**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



3⁵⁰

**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
bœuf haché extra maigre
21675592_EA



4⁵⁰

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



3⁵⁰

**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



3²⁵

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



\$5

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



4⁷⁵

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



7⁵⁰

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



6⁵⁰

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



**NEW
LOWER
PRICES**

4⁷⁵

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

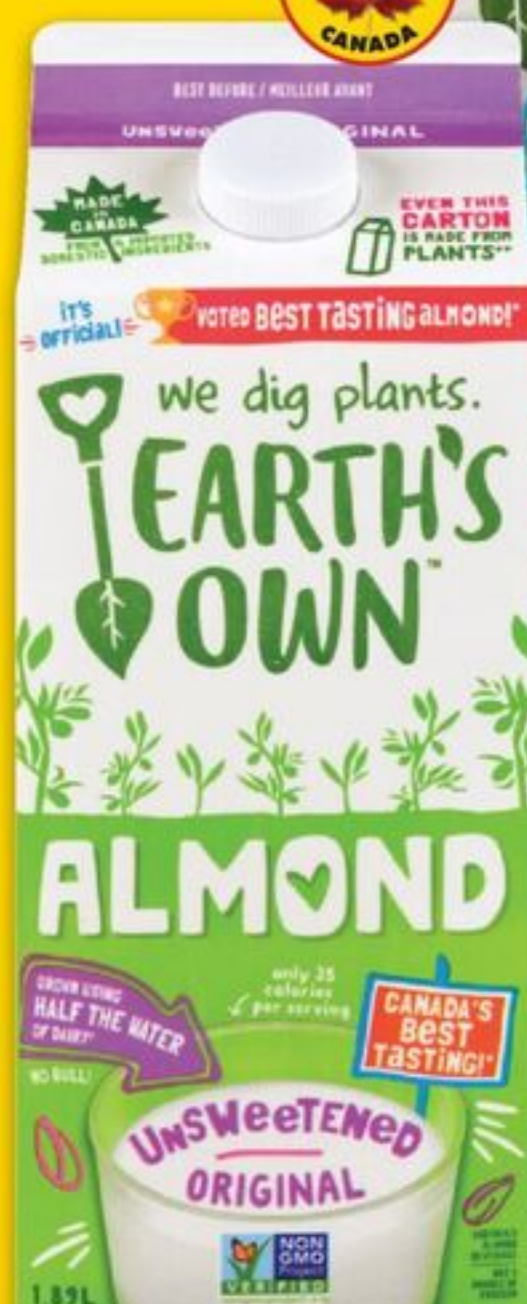


\$10

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

5⁵⁰

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



3⁵⁰

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



6⁵⁰

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



7⁵⁰

MUSAFIR BUTTER CHICKEN BITES or PANEER BURGERS
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 or JOLLY RANCHER ROPE
selected varieties
friandises
20022328004_EA



7⁵⁰

SAMYANG NOODLES
selected varieties
650 g
nouilles
21450283_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
21397996_EA



3⁷⁵

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



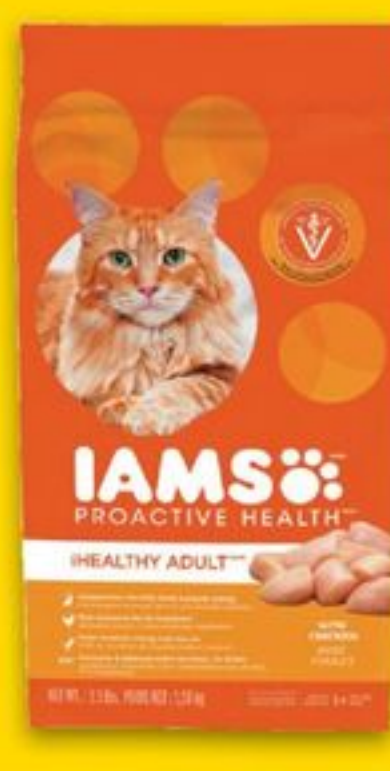
\$7

PC® BATHROOM TISSUE or FACIAL TISSUE
12x24 rolls or 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

8⁹⁹



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

3⁵⁰



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

3⁵⁰



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

8⁹⁹



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

4⁵⁰



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

\$5



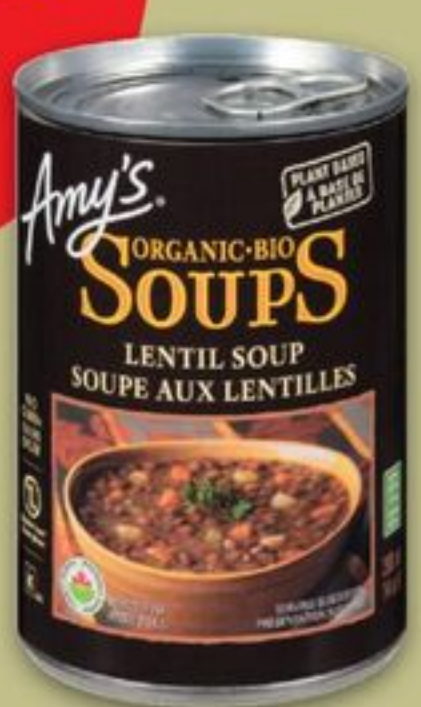
CHICKAPEA HIGH PROTEIN GLUTEN-FREE PASTA
selected varieties
227 g
pâtes sans gluten
21597621, EA

12⁹⁹



LUNDBERG RICE
selected varieties
907 g
riz
20652730, EA

4⁴⁹



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



26⁹⁷

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



7⁹⁹

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



34⁹⁷

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



9⁵⁰

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

1⁹⁹



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

4⁵⁰



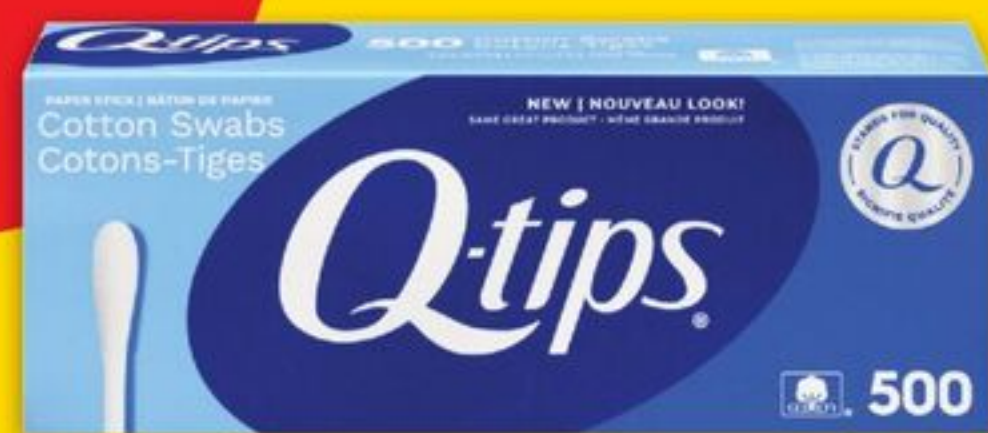
AMARA ORGANIC INFANT SMOOTHIE MELTS
selected varieties, 23 g
smoothie fondant biologique
21426267 EA/21703352 EA

2⁹⁹



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

4²⁷



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

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 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 ou nettoyant pour le corps ou
déodorant ou soins capillaires
21220717, EA/21644832, EA

7⁵⁰



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

3²⁵



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

9⁵⁰



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



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

ONLI NFO NIN FLAP



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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.



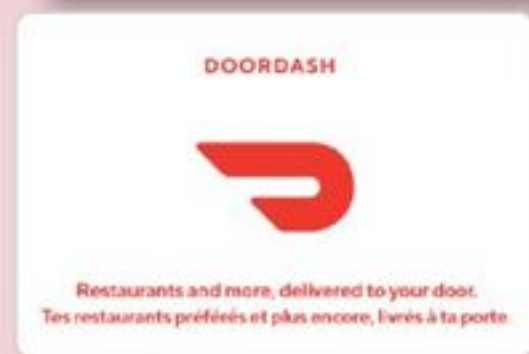
App exclusive offer

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.

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 NFO MKT