



ONLY

2⁸⁸

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

PINT



ONLY

.99

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



ONLY

3⁸⁸

GARLIC
product of China
ali
21238843001_EA

1 KG PKG



SAVE 33%

1⁹⁹

PKG OF 2

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



NOFRILLS®

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

LEAN GROUND BEEF
UNCOOKED • NON CUIT
BŒUF HACHÉ MAIGRE

\$10

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

\$10

CLUB SIZE

SAVE 50%

1.99 LB

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

WHILE QUANTITIES LAST

WHOLE PORK PICNIC
fresh
porc
4.39/kg
21161819 KG

WHILE QUANTITIES LAST

Campbell's
Cream of Mushroom
Crème de champignons

SAVE 40%

.88

CAMPBELL'S CREAM OF MUSHROOM, TOMATO, VEGETABLE or CHICKEN NOODLE SOUP 284 mL
soupe
20176214004_EA

NEILSON TRUTASTE MILK
selected varieties
4 L
lait
20148677_EA

ONLY

4.99

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

ONLY

\$10

APP EXCLUSIVE OFFER*

2,000 points = **\$2** back in points

ALLEN'S
Apple Juice
Orange Cocktail

PRICE DROP

1.25

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

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

SAVE 25%

\$3

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

SAVE UP TO 44%

3.88

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

ONLY

2.50

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

ONLY

6.44

APP EXCLUSIVE OFFER*

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

Optimum Members-Only Price*

6.99

Members save \$1

Non-members 7.99

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

SAVE UP TO 50%

\$6

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

ONLY

11.99

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

SAVE UP TO 40%

8.99

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

LIMIT 2, AFTER LIMIT \$7.99

#1 MOST TRUSTED
by Canadians
2026
BrandSpark Most Trusted Awards

CANADA'S MOST TRUSTED GROCERY STORE FOR LOW PRICES*

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

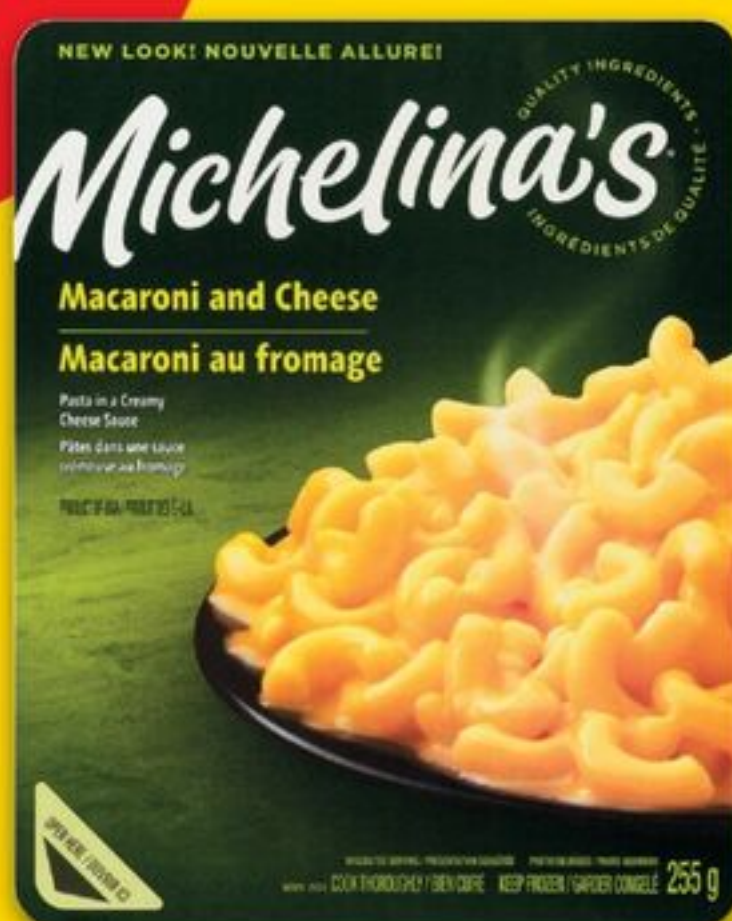
FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.
(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)
Not applicable at 1022 King St. W, Toronto, 42 Hanna Ave., Toronto, 261 Richmond St. W, Toronto, 3091 Appleby Line, Burlington, 332 Wellington Rd., London, 755 Mount Pleasant Rd., Toronto, 75 The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

SAVE 40%

\$1

**MICHELINA'S
DINNER ENTRÉES**

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



SAVE UP TO 51%

\$2

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

selected varieties
lait aromatisé ou crème
20774420 EA/20062332001 EA



SAVE UP TO 37%

\$3

**SPAM
LUNCHEON
MEAT**

selected varieties
340 g
pain de viande
20968255 EA



ONLY

\$3

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

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



SAVE 50%

99^{LB}

KINNOW MANDARINS
product of Pakistan
mandarines
2.18/kg
21092151001_KG



ONLY

\$15

**KING COLE
CONFIT DUCK LEG**
up to 280 g
cuisse de canard
20827041_EA



SAVE 28%

\$5

**O'TASTY
FROZEN DUMPLINGS**
selected varieties, 567 g
boulettes
20319243001_EA



ONLY

4⁵⁰

T&T® SWISS ROLL CAKE
350 g
gâteau roulé suisse
21682116_EA



FRESH AT LOW PRICES

3⁹⁹

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

1 LB CLAMSHELL

2⁹⁹

3 LB BAG

ORANGES
product of Spain or Morocco
oranges
20162945001 EA

3⁹⁹
EA/LB

PKG OF 5

283 G



2⁹⁹
EA/LB

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

3 LB BAG

3⁹⁹
LB

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



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

1⁹⁹



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

.79
LB



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

3⁹⁹

10 LB BAG

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

1²⁹



RED MANGO
product of Peru
mangue rouge
20059635001 EA

2⁹⁹
EA/LB



6 OZ CLAMSHELL

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

3⁹⁹

PKG OF 4

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



3⁹⁹



PINEAPPLE product of Costa Rica
ananas
20160992001 EA

4⁹⁹

2 LB BAG

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

4 LB BAG

1⁹⁹
LB



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

4⁹⁹



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

6⁹⁹

4 LB BAG

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



3⁹⁹



CAULIFLOWER product of Mexico, or U.S.A., no. 1 grade, or
PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES product of Canada, Canada no. 1 grade
mini-pommes de terre rouges, dorées ou assorties ou chou-fleur
21367801001 EA/21367299001 EA/20133277001 EA



2⁴⁹

227 G



PC® SLICED or WHOLE, WHITE or CREMINI MUSHROOMS
product of Ontario
champignons blancs ou cremini tranchés ou entiers
20773805 EA/20778239 EA



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

FRESH AT LOW PRICES

\$15

PC® BLUE MENU® CHICKEN BREASTS

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



11.80
LB

BONELESS STEWING BEEF

bœuf à ragoût désossé
26.01/kg
20337643, KG

6.50
LB

PORK BACK RIBS

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



4.99

LILYDALE TURKEY BREAKFAST SAUSAGES

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

4.49

SCHNEIDERS REDHOTS or MAPLE LEAF TOP DOGS

selected varieties
375 g
saucisses fumées
20607429, EA



\$4

NO NAME® STUFFED CHICKEN

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



4.50

SNACK FACTORY PRETZEL CRISPS

selected varieties
200 g
pretzels
20948490, EA



3.50

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

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



\$7

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

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



\$11

MASTRO GENOA SALAMI CHUB or PC® SLICED DELI MEAT

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



\$6

PC® CHEESE SLICES

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



\$7

LA CASA ROSA FRESH ENTRÉES

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



\$4

SUNMAID CINNAMON RAISIN BREAD

450 g
pain cannelle et raisins
20165873, EA



\$2

NO NAME® BAGELS or ENGLISH MUFFINS

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



5.50

QUINN'S SWISS ROLLS or TWO BITE MINI CROISSANTS

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



\$11

MINI BABYBEL

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



\$10

THE LAUGHING COW CHEESE

selected varieties, 535 g
fromage
20066307, EA



\$3

THE LAUGHING COW CHEESE DIPPER

selected varieties, 140 g
fromage
21291434, EA



\$1

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

SIMPLY BEVERAGES
 selected varieties, refrigerated
 340 mL
 boissons
 20767262 EA

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

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

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

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

\$2

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

NO NAME® PRETZELS, CHEESE SNACKS or CORN CHIPS
 selected varieties
 200 g
 grignolines
 20188557 EA/203222177 EA

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

SNACK PACK PUDDING
 selected varieties
 4x99 g
 pudding
 20310707001 EA

HELUVA GOOD! DIPS
 selected varieties
 250 g
 trempettes
 20179979002 EA

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

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

\$3

LIBERTÉ MÉDITERRANÉE
 500 g/4%
 2% or selected varieties
 yogurt
 20788043001 EA/21587047 EA

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

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

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

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

QUAKER INSTANT OATMEAL
 selected varieties
 232-344 g
 gruaux instantanés
 21190260 EA/21190265 EA

Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family requirements. See in-store for details. We are not obligated to sell items based on errors or misprints in typography or photography. All savings claims (i.e. "Save", "Was", "1/2 Price", etc.) are in comparison to our own regular prices. Regular pricing and savings on items shown may vary by store location. Applicable taxes, fees, deposits, recycling or environmental surcharges are extra. Coupons must be presented and redeemed at time of purchase. *PC Optimum™: Scan your PC Optimum™ app or swipe your card to get Members Pricing or points. See in-store for details. **Must be a registered PC Optimum™ member to get this offer.

JANUARY

**HIT
OF THE
MONTH**

\$1.50



🇨🇦 Made in Canada

Catelli Smart or Healthy Harvest pasta

Selected varieties, 340/375 g

Limit: 6, over limit retail \$2.50

20299819008_EA/20527060_EA

\$2.25



Kellogg's Eggo Waffles 8's

Frozen, selected varieties, 270/280 g

Limit: 6, over limit retail \$3.00

20302779_EA/20323436001_EA

\$1.99



🇨🇦 Prepared in Canada

Janes Cosmic Chicken Nuggets

Frozen, 500 g

21717211_EA

**LOWEST PRICES
BEST DEALS**

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

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

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

NEW DIGITAL COUPONS



MORE OFFERS. MORE POINTS.

**CLICK FOR
THESE COUPONS
AND MORE**



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

Get
250 ^{pts}
with digital
coupon



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

Get
500 ^{pts}
with digital
coupon



**PC®
100% JUICE**
1 L
jus

Get
750 ^{pts}
with digital
coupon



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

Get
1,000 ^{pts}
with digital
coupon



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

Get
1,000 ^{pts}
with digital
coupon



**PC®
NAAN ROUNDS**
480 g
naan

Get
1,000 ^{pts}
with digital
coupon



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

Get
1,500 ^{pts}
with digital
coupon



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

Get
1,500 ^{pts}
with digital
coupon



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

Get
1,500 ^{pts}
with digital
coupon



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

Get
2,500 ^{pts}
with digital
coupon



**PC®
SMOKIES**
1 kg
saucisses fumées

Get
3000 ^{pts}
with digital
coupon



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

Get
3000 ^{pts}
with digital
coupon

MORE OFFERS. MORE POINTS.

CLICK FOR
THESE COUPONS
AND MORE



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

Get
250 ^{pts}
with digital
coupon



**NO NAME®
CHIPS**
200 g
croustilles

Get
250 ^{pts}
with digital
coupon



**NO NAME®
VINEGAR**
4 L
vinaigre

Get
250 ^{pts}
with digital
coupon



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

Get
250 ^{pts}
with digital
coupon



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

Get
500 ^{pts}
with digital
coupon



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

Get
500 ^{pts}
with digital
coupon



**NO NAME®
MAYONNAISE**
890 mL
mayonnaise

Get
500 ^{pts}
with digital
coupon



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

Get
500 ^{pts}
with digital
coupon



**NO NAME®
FLOUR**
2.5 kg
farine

Get
500 ^{pts}
with digital
coupon



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

Get
1,000 ^{pts}
with digital
coupon



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

Get
1,500 ^{pts}
with digital
coupon



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

Get
1,500 ^{pts}
with digital
coupon

BRANDS YOU LOVE AT LOW PRICES

ONLY

7⁷⁵

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



ONLY

4⁹⁹

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



ONLY

\$4

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



ONLY

5⁵⁰

Optimum
EARN
500⁰⁰
Back in points

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



.25



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

1⁸⁹



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

2⁷⁵



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

2⁵⁰



STAGG CHILI
selected varieties
425 g
chili
20091906 EA

2⁵⁰



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

5⁷⁷



RIO MARE TUNA
selected varieties
195/240 g
thon
20035383 EA/21593037 EA

\$11



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

\$6



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

2⁹⁹



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

5⁹⁹



VLASIC PICKLES
selected varieties
1 L
cornichons
20055843001 EA

BRANDS YOU LOVE AT LOW PRICES

SAVE 20%

\$2

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



SAVE 33%

6⁵⁰

SAPUTO MOZZARELLISSIMA
selected varieties
500 g
fromage
20759241002_EA



ONLY

\$5

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



SAVE 43%

\$9

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



3⁵⁰

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



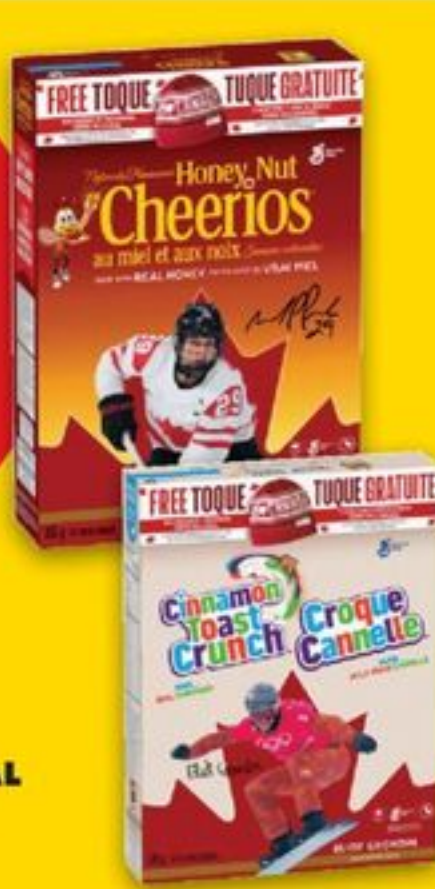
3⁵⁰

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



4⁸⁷

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



2⁵⁰

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



7⁹⁹

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



\$5

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



2²⁹

WERTHER'S CANDY BAG 150/154 g
selected varieties
friandises
20898717_EA/21543554_EA



5⁵⁰

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



6⁹⁹

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



\$8

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



\$7

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



BETTER AS A MEMBER

* Scan your PC Optimum™ app or swipe your card to get PC Optimum™ Members pricing or points. See back page for details.

Optimum™

EARN

1,000 pts

= \$1

Back in points

for every \$5* spent on

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



BRANDS YOU LOVE AT LOW PRICES

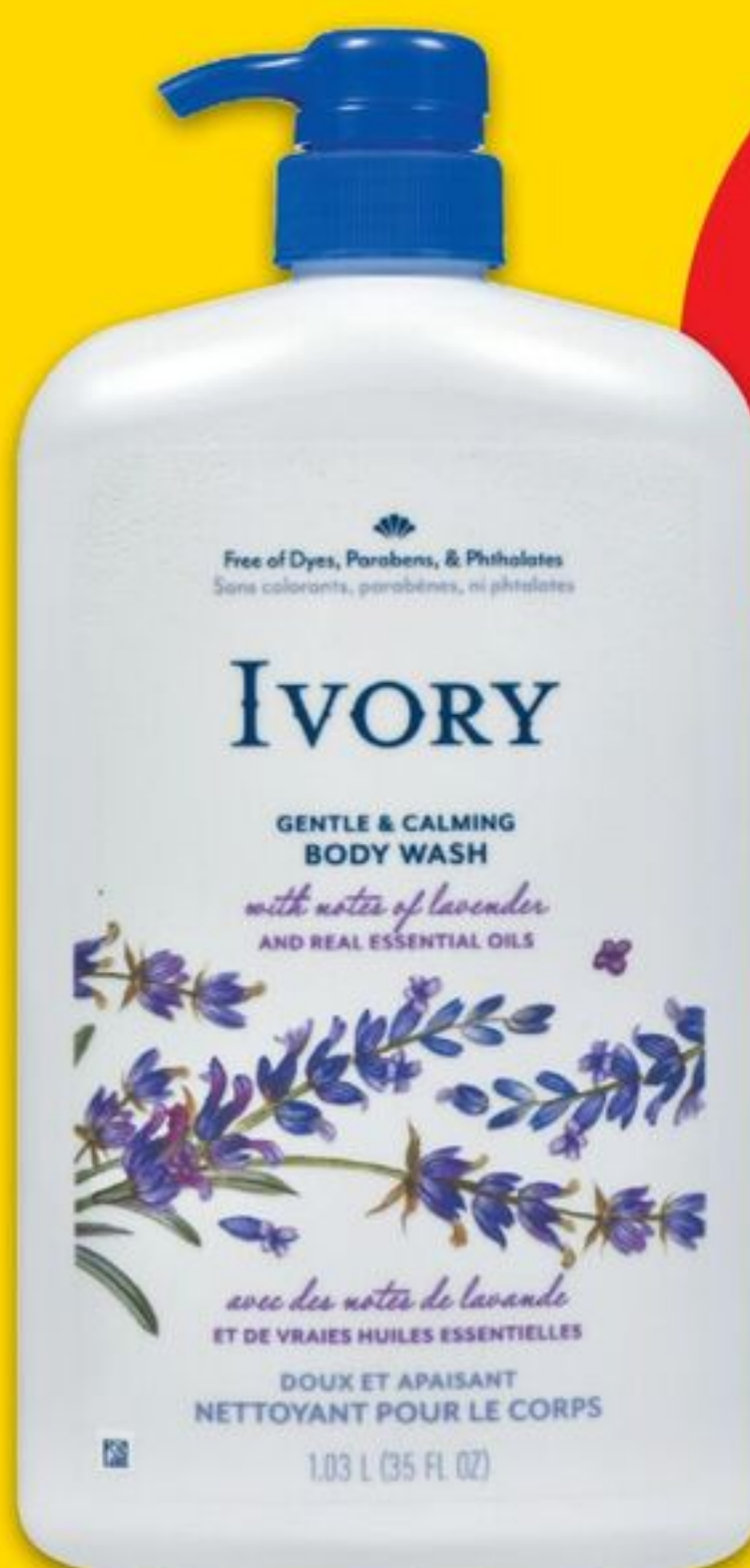
\$8

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



\$7

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



\$6

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



4.50

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

2.50



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

\$8



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

\$8



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



恭賀新禧

SAVE 28%

1²⁸
LB

PAPAYA
product of Mexico
papaye
2.82/kg
20817066001 KG



ONLY

1⁶⁸

AROY-D COCONUT MILK
selected varieties
400 mL
lait de coco
20063864 EA



SAVE 36%

.88

CAMPBELL'S SWANSON CHICKEN BROTH
412 mL
bouillon de poulet
20042814 EA



ONLY

8⁸⁸

FRITO LAY MIXED CHIPS PROSPERITY PACK
392 g
roustilles
21701039 EA

WHILE QUANTITIES LAST



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE FLAP ET



恭賀新禧

1⁹⁸

DRAGON FRUIT
product of Vietnam or
RED or WHITE POMELO
product of China
pitaya ou pomelo
20168395001_EA/20081390001_EA



.98^{LB}

JUMBO CARROTS
product of China
carottes géantes
2.16/KG
20851084001_KG

1⁹⁸

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



1⁹⁸^{LB}

BABY BOK CHOY, SHANGHAI BOK CHOY, YU CHOY, GAI LON, or BABY NAPA CABBAGE
product of Mexico, or U.S.A.
petit pak-choi ou brocoli chinois ou petit chou nappa ou pak-choi Shanghai ou chou cantonnais
4.37/kg
20082279001_KG/20032454001_KG

1⁸⁸^{LB}

FUJI APPLES, YELLOW or BROWN ASIAN PEARS
product of China
pommes ou poires asiatiques
4.14/kg
20314943001_KG/20033418001_KG



4⁸⁸^{LB}

GUAVA
product of Taiwan
goyave
10.76/kg
20142300001_KG



1⁸⁸

WINGS WRAPPERS, EGGROLL 454 g, or WONTON
400 g
pôles ou pôtis impériaux ou won-ton
20040006_EA/201217402_EA



2⁸⁸

GOLDEN HAPPINESS CHINESE LONG DOUGHNUT
255 g
beignes
21040297_EA



3⁸⁸

SUMMI! SPRING ROLLS or DUMPLINGS
selected varieties, 250-350 g
rouleaux de printemps ou dumplings
21114297_EA



9⁴⁸

SEAQUEST® WHOLE POMPANO
frozen, 800 g
pompans entier
21192084_EA



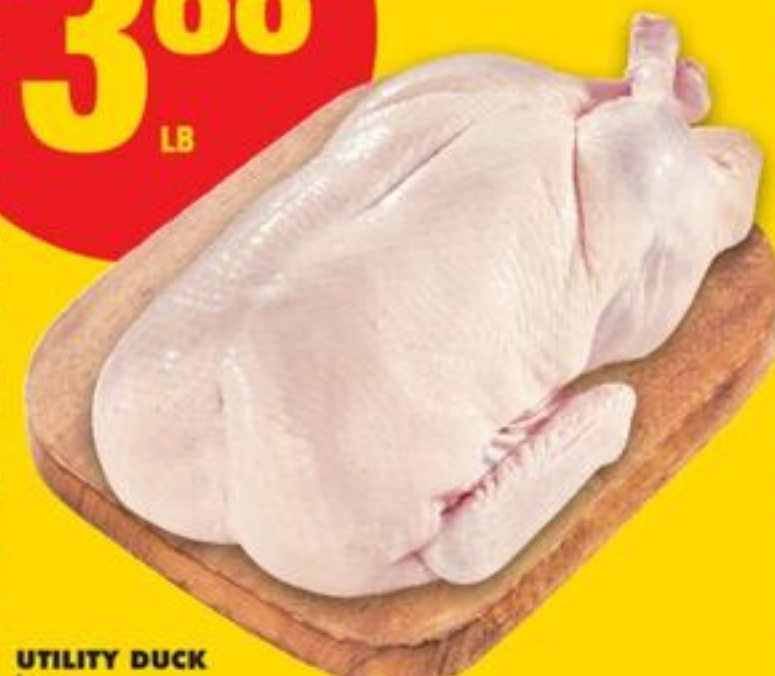
12⁸⁸

T&T® SLICED BEEF PLATE ROLLS
340 g
rouleaux de bœuf tranché
21570470_EA



3⁸⁸^{LB}

UTILITY DUCK
frozen
canard
8.55/kg
20142306_KG



5⁴⁸^{LB}

PORK BELLY PORTIONS
fresh
portions de poitrine de porc
12.08/kg
21614914_KG



8⁸⁸^{LB}

AUSTRALIAN LAMB LOIN CHOP
côtelettes de longe d'agneau
19.58/kg
21482497_KG



AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 01 NFO



恭賀新禧

.88

KOSA RICE FLOUR or KOSA GLUTINOUS RICE FLOUR
400 g
farine de riz
21412730, EA



2.88

MARUKAN RICE VINEGAR 355 mL or SQUID BRAND FISH SAUCE 725 mL
selected varieties
vinaigre de riz ou sauce de poisson
20321753001, EA, 21603212, EA

11.98

T&T® CASHEWS
selected varieties
800 g
noix de cajou
20807760, EA



7.88

CJ INSTANT WHITE or BROWN RICE 3x210 g or MAGGI SEASONING 800 mL
riz blanc ou brun ou assaisonnement
20073029, EA/21529700, EA

3.88

AUTHENTIC ASIA ENTRÉES
selected varieties
258-350 g
plats cuisinés asiatiques
20958234, EA



3.88

ROOSTER® JASMINE RICE or THAI SWEET RICE
selected varieties, 2 kg
20102054, EA/20144205, EA



16.88

HEIWA CALROSE RICE 4.8 kg or ROSE BRAND JASMINE RICE 8 kg
riz
20570205, EA/21433099, EA



1.28

NONGSHIM NOODLES
120 g
nouilles
21504277, EA



3.28

KJ DUMPLINGS
selected varieties, frozen
280 g
boulettes
21340804, EA



7.88

BIBIGO MINI WONTONS or MANDUS
selected varieties
680/710 g
mini wontons ou mandus
21391982, EA/21392031, EA



1.48

PALDO ROASTED SEAWEED WAHANA YOGURT FLAVOURED DRINK 100 mL
algues rôties au boisson aromatisée au yogourt
20431351, EA/21091972, EA



6.88

SHAO MEI DESSERT BAR
selected varieties, frozen
280 mL
barre dessert
21340979, EA



3.88

ROASTED SESAME SEEDS
227 g
graines de sésame rôties
2079488, EA



4.48

LOTTE MOCHI ICE CREAM
selected varieties, frozen, 270 g
mochi
21342111, EA



\$6

TOBLERONE TINY CHOCOLATE
120 g
mini-chocolat
21409704, EA



\$15

FERRERO ROCHER DIAMOND BOX
300 g
boîte de chocolat
21443824, EA



FRESH HOME, LUCKY YEAR

3⁹⁸

LYSOL MULTI SURFACE CLEANER 1.2 L,
BATHROOM SPRAY 950 mL or
BATHROOM AEROSOL 538-680 g
selected varieties
nettoyant
20309873002, EA/21231235, EA



5⁴⁸

LYSOL WIPES 75/84's,
DISINFECTANT SPRAY 350 g or
MULTI-PURPOSE TRIGGER 950 mL
selected varieties
lingettes ou vaporisateur désinfectant
ou tout usage à gâchette
20314511001, EA/21449826, EA



8⁹⁸

PALMOLIVE DISHWASHING LIQUID
selected varieties, 4.27 L
détergent liquide à vaisselle
21516689, EA



10⁹⁸

SWIFFER WET REFILLS 12-24's,
DRY REFILLS 16-32's or
DUSTER REFILLS 6-10's
selected varieties
recharges pour vadrouille ou
d'époussetage
20187652, EA/21628715, EA



2⁹⁸

GLADE AEROSOL AIR FRESHENER
selected varieties
235 g
essenceur d'air
21516916, EA/21516939, EA



6⁴⁸

**AIR WICK SCENTED OIL KIT or
ESSENTIAL MIST REFILL**
selected varieties
20 mL
huile parfumée ou recharge
2030209001, EA/21083604, EA



4⁴⁸

CLOROX CLEANING SPRAY
selected varieties
887/946 mL
vaporisateur nettoyant
21657792, EA



4⁹⁸

WINDEX GLASS CLEANER 765 mL,
SCRUBBING BUBBLES 946/950 mL or
FANTASTIK 450 mL
selected varieties
nettoyant
20125323001, EA/0233835001, EA



12⁴⁸

**TRU EARTH LAUNDRY
DETERGENT ECO-STRIPS** 32's
or **SCENT BOOSTERS** 200 g
bandes de détergent à lessive ou rehausseur de parfum
21425514, EA



19⁸⁸

FINISH AUTO DISHWASHER TABS
selected varieties, 60-105's
capsules de détergent pour lave-vaisselle
21318875, EA/21561337, EA



\$3



NO NAME® STORAGE BAGS
selected varieties, 80/100's
sacs de rangement
20180393, EA/20183986, EA

\$6



NO NAME® NAPKINS
500's
serviettes
20306897, EA

\$8



NO NAME® GARBAGE BAGS
selected varieties
30/40's
sacs à ordures
21116660, EA

KITCHEN ESSENTIALS

\$3

EVERYDAY ESSENTIALS™
HANDHELD ZESTER

21351350, EA



EVERYDAY ESSENTIALS™
SPICE SHAKER

large
21162852, EA



EVERYDAY ESSENTIALS™
STAINLESS STEEL LADLE

21213849, EA



\$4

EVERYDAY ESSENTIALS™
NESTED TONGS

3 pack
21162313, EA



PC® CERAMIC BERRY PINT

blue
21351929, EA



EVERYDAY ESSENTIALS™
POTATO MASHER

21214379, EA



\$6

PC® SILICONE DRINKING STRAWS WITH BRUSH

21186435, EA



EVERYDAY ESSENTIALS™
6-PIECE STEAK KNIFE SET

20113389, EA



PC® SQUARE CLIP JAR

2.0 L
20774691, EA



\$18

EVERYDAY ESSENTIALS™
HAND BLENDER

20164241, EA



EVERYDAY ESSENTIALS™
SANDWICH MAKER

20164267, EA

EVERYDAY ESSENTIALS™
6 CUP RICE COOKER

20053721, EA



EVERYDAY ESSENTIALS™
FOOD CHOPPER

20121544, EA

\$15

PC® INSTANT READ
DIGITAL PEN THERMOMETER

21218258, EA



\$20

EVERYDAY ESSENTIALS™
2 SLICE TOASTER

20219347002, EA



BUDGETS LOVE YELLOW (So switch)

Your home of
no name®

\$6

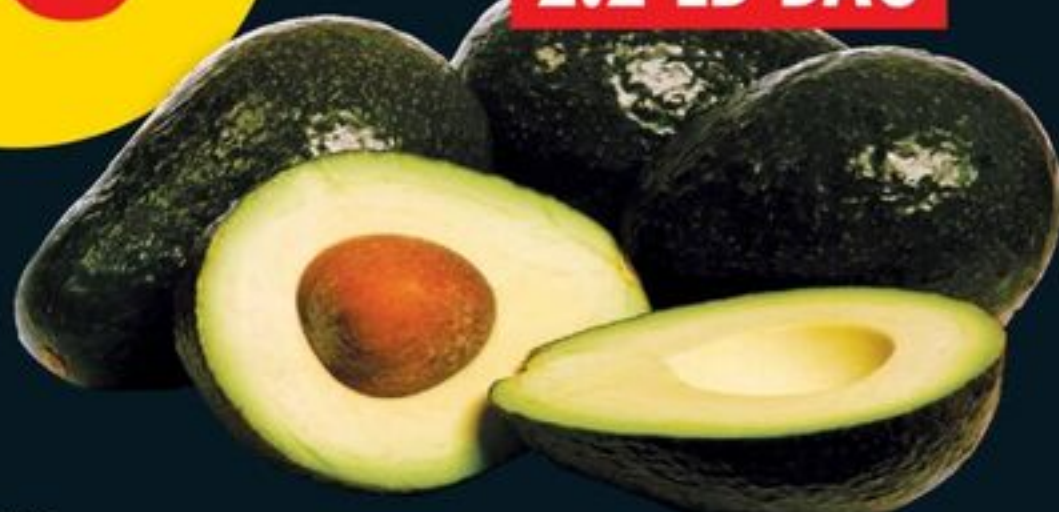
6 LB BAG



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

\$5

2.2 LB BAG



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

\$5

15 LB BAG



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

\$5

2.5 LB



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

\$5

2 LB BAG



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

\$3



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

\$3



NO NAME® PANCAKE MIX TABLE SYRUP
905 g or 750 mL
mélange à crêpes ou sirop
20306030_EA/2030222049_EA

2⁷⁵



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

4²⁹



APP EXCLUSIVE OFFER
Y. Optimum
EARN 1,000^{pts}
Back in points
=\$1

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

\$7



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

\$3



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

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

no name®

LAST
CHANCE TO
**SAVE
BIG***

**Redemption ends
February 25th or
while supplies last.**

**Supplies
are
limited!**



**COLLECT
& SAVE!
BIG**

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

COLLECT & SAVE! BIG IS BACK

Get one stamp for
every \$20* spent.

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

SAVE
60-80%*
OFF EACH



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

**KUHN
RIKON**
SWISS DESIGN

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



Express™

**Online grocery
pickup & delivery**

SHOP ONLINE, GET IT DELIVERED.

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

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

SHOP NOW



No Frills® delivery is available at select stores.

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

GET FLYER TO YOUR EMAIL.

STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*



*Standard message and data rates may apply.

MORE WAYS TO SAVE



**NEW
LOWER
PRICES**

Enjoy these price drops for longer.



**RAIN
CHECK**
+ **pts**

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



ALWAYS

Count on low everyday prices.



**FRESH
GUARANTEE**

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

The  **NOFRILLS**® thing to do.

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

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

ONLINE MKT