

SAVE 42%

1⁹⁹

10 LB BAG

**YELLOW or
RUSSET POTATOES**

product of Canada,
Canada no. 1 grade
pommes de terre
20601020001_EA
20601017001_EA



1⁹⁹

60Z CLAMSHELL

BLACKBERRIES

product of Mexico, or
U.S.A.
mûres
20051015001_EA



ONLY

1⁹⁹

CANTALOUPE

product of Guatemala, Honduras or
Brazil no. 1 grade
cantaloup
20167017001_EA



ONLY

4⁹⁹



**Foodland
ONTARIO**

6 LB BAG

**NO NAME®
NATURALLY
IMPERFECT™
APPLES**

product of Ontario
pommes
20866985001_EA



NOFRILLS®

FLYER PRICES EFFECTIVE THURSDAY, FEBRUARY 26 TO WEDNESDAY, MARCH 4, 2026.

ALWAYS

\$10

CLUB
SIZE

SAVE 50%

1.99
LB

BUTCHER'S CHOICE® SAUSAGE
selected varieties
1.1 kg
saucisses
21565790, EA

CLUB
SIZE

\$10

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

SAVE 40%

5.99

ONLY

4.88

ARMSTRONG or PC® SHREDDED CHEESE 250-320 g,
ARMSTRONG CHEESE 400 g
selected varieties
fromage
21286240, EA/21346749, EA



JANES PUB STYLE CHICKEN STRIPS, NUGGETS, BURGERS, FRIES or POPCORN CHICKEN
selected varieties, frozen, 700 g
lanieres ou pépites ou burgers ou bouchées de poulet
21191828, EA

SAVE UP TO 44%

\$1



NEILSON CHOCOLATE MILK 750 mL or **MILKSHAKES** 310 mL
selected varieties
lait au chocolat ou laits frappés
20766719, EA/21040942, EA

ONLY

4.99

NESTLÉ DRUMSTICK or NOVELTIES 4-10's or
CONFECTIONARY FROZEN DESSERT 1.5 L
selected varieties, frozen
friandises glacées ou dessert glacé de confiserie
20322380003, EA



ONLY

3.47

RISTORANTE or CASA DI MAMA PIZZA
selected varieties, frozen
pizza
20296100001, EA/20296424001, EA



SAVE 47%

8.50

HIGH LINER PAN-SEAR or BATTERED FISH FILLETS
selected varieties, frozen, 425-600 g
filets de poisson
20296596002, EA



SAVE 40%

\$3

HEREFORD CORNED BEEF
340 g
boeuf salé
20050622, EA



ONLY

6.99

UNICO VEGETABLE OIL
3 L
huile végétale
20099102, EA



ONLY

3.33

ACTIVIA YOGURT
selected varieties
650 g
yogourt
20325132001, EA/20325132003, EA



SAVE 23%

\$5

ALLEN'S DRINK BOXES
24x200 mL or **GATORADE SPORT DRINKS**
6x591 mL/8x355 mL
selected varieties
boissons en boîte ou boissons désaltérantes
20303218003, C06/20340520, EA



ONLY

11.99

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



SAVE 21%

\$1.25

Earn
300
pts

That's
30¢
value

Optimum™



KD ORIGINAL
200 g
macaroni au fromage
21549526, EA



SURPRISE OFFER
4 days only!

Optimum™ Thursday February 26 to Sunday March 1

You could get

30% or 20% or 10%
back in pts

Open the App
to get your offer!

Available for new and existing
PC Optimum™ members.

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.

PRICE
DROP

\$3

**CLASSICO
PASTA SAUCE**
selected varieties
410/600 mL
sauce pour pâtes
20325609003_EA/21618217_EA



1.50

ITALPASTA
selected varieties
750 g
pâtes
20296241001_EA
20296241003_EA



1.69

**CHEF BOYARDEE
PASTA**
selected varieties
418/425 g
pâtes
20312500001_EA



6.99

TETLEY TEA
selected varieties
80/144's
thé
20711164_EA
21613866_EA



8.99

**GALLO
EXTRA VIRGIN
OLIVE OIL**
selected varieties
1 L
huile d'olive extra vierge
20105368_EA



FRESH AT LOW PRICES

2⁹⁹

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

**1 LB
CLAMSHELL**



**6 OZ
CLAMSHELL**

3⁹⁹

RASPBERRIES
product of Mexico or U.S.A., no. 1 grade or
BLUEBERRIES
product of Mexico, Peru, Chile or Morocco,
no. 1 grade
framboises ou bleuets
20152465001 EA/20128938001 EA

3⁹⁹
LB

**RED or GREEN
SEEDLESS GRAPES**
product of Peru, Chile, or South Africa, no. 1 grade
raisins rouges ou verts sans pépins
8.80/kg
20425775001 EA/20159199001 KG



1⁹⁹
LB

BEEFSTEAK TOMATOES
product of Canada, U.S.A. or Mexico,
no. 1 grade
tomates
4.39/kg
20172240001 KG



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

1²⁹
EA/LB

CANARY MELON 2.84/kg, product of Brazil, or
RED MANGOES each, product of Peru
melon canari ou mangue rouge
21022311001 KG/20039635001 EA



3⁹⁹

PINEAPPLE
product of Costa Rica
ananas
20160992001 EA



4⁹⁹

MINI SEEDLESS WATERMELON
product of Guatemala, Honduras, or Brazil,
HONEYDEW product of Guatemala, Honduras, or Mexico, or
KIWI product of Greece
kiwi ou mini-melon d'eau sans pépins ou melon miel
21576167001 EA/201453279001 EA/200453276001 EA



600 G

1⁹⁹
LB

BARTLETT PEARS
product of South Africa, extra fancy grade or
poires Bartlett
4.39/kg
20172240001 KG



3⁹⁹

ASPARAGUS product of Mexico, no. 1 grade,
RED or GREEN PEPPERS product of Mexico
asperges ou poivrons verts ou rouges
20181709001 EA/20115233001 EA



325 G

3⁴⁹

FARMER'S MARKET™ CARROTS
product of Canada or U.S.A., no. 1 grade
carottes
20811994001 EA



**3 LB
BAG**

4⁹⁹

**FARMER'S MARKET™
YELLOW ONIONS**
product of Canada, Canada no. 1 grade
oignons jaunes
206009915001 EA



**10 LB
BAG**

.59

LIMES
product of Mexico
each
limes
20040489001 EA



4⁴⁹

CAULIFLOWER
product of Mexico, or U.S.A. no. 1 grade
chou-fleur
20135377001 EA



6⁹⁹

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



**4 LB
BAG**

3⁹⁹

ROMAINE HEARTS product of U.S.A., or
**FARMER'S MARKET™ MINI
CUCUMBERS** product of Canada, Canada no. 1 grade
or **AVOCADOS** product of Mexico
avocats ou cœurs de romaine ou mini-concombres
20737370001 EA/20082754001 EA/21644936001 EA



PKG OF 5

PKG OF 6

2⁴⁹

**PC® WHOLE or SLICED, WHITE or
CREMINI MUSHROOMS** product of Ontario, or
BROCCOLI CROWNS product of U.S.A. or Mexico
champignons blancs ou cremini entiers ou tranchés ou
couronnes de brocoli
20775805 EA/20776239 EA/21121540001 EA



227 G

2⁹⁹

**FARMER'S MARKET™ GRAPE
TOMATOES** product of Mexico, or U.S.A., or
BROCCOLINI product of U.S.A.
tomates raisins ou broccolini
21367888001 EA/20737370001 EA/20154907 EA



283 G

1⁹⁹
LB

**HONEY
TANGERINES**
product of U.S.A.
tangerines miel
4.39/kg
20002293001 KG



**PRICE
DROP**

.79
LB

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



\$2
LB

PINK LADY APPLES
product of Ontario, Canada fancy grade
pommes
4.41/kg
20093376001 KG



\$5

**NO NAME®
NATURALLY IMPERFECT™ TOMATOES**
product of Canada or Mexico
tomates
21606704001 EA



2.5 LB

*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

\$8

**PC® BLUE MENU®
GROUND CHICKEN
or MINCED TURKEY**

454 g
poulet haché ou hachis de dinde
2110091 EA



\$13 LB

**INSIDE ROUND
STIR FRY STRIPS**

cut from Canada grade AA beef or higher
lanières à sauter
28.66/kg
2118996 KG

\$3

**SCHNEIDERS
LUNCHMATE
LUNCH KITS
or STACKERS**

selected varieties
75-120 g
trousses-repas
21310034 EA



1149

**MARCANGELO
SAUSAGE, BREAKFAST
SAUSAGE or PATTIES**

selected varieties, frozen
600 g-1.4 kg
saucisses ou saucisses à déjeuner ou
rondelles
20799697 EA

12.99



MARCANGELO SOUVLAKI KABOBS

selected varieties, 480/640 g
brochettes
21041735 EA

\$13



NO NAME® CHICKEN WINGS

selected varieties, frozen, 908 g
ailes de poulet
21045309 EA

\$8



PC® ATLANTIC SALMON BURGER

500 g
burgers de saumon de l'Atlantique
21638144 EA

3.50



**SOYGANIC
TOFU**

selected varieties
350-500 g
tofu
21023474 EA

3.50



SEAQUEST® FLAVOURED ALASKA POLLOCK

ready-to-eat 227 g,
SMOKED STEELHEAD SALMON frozen, pre-sliced 50 g or
GO SHRIMP raw 51/70 per lb, 160 g, frozen
goberge aromatisée ou saumon fumé ou crevettes
20702840 EA/21208096 EA

\$7



SEAQUEST® BAY SCALLOPS 400 g, **SHRIMP RING** 227 g or
COLOSSAL RAW WHITE SHRIMP 16-20 per lb, 300 g

selected varieties, frozen
pêtoncles de baie ou couronne de crevettes ou crevettes blanches colossales crues
21043887 EA/21558337 EA

\$5



OLIVIERI FRESH FILLED TWIN PACK PASTA 450/500 g,
SKILLET GNOCCHI 280/300 g, or **FRESH SAUCE** 300 mL

selected varieties
pâtes fraîches farcies ou gnocchi ou sauce fraîche
21022065 EA/20221312 EA

\$6



ZIGGY'S® SUB TRIO 300 g, **BOLOGNA** 600 g
or **BRANDT KOLBASSA** 250 g

selected varieties
charcuteries ou bologna ou kolbassa
20333446 EA/21668433 EA

\$7



PC® FETA 400 g or
BALDERSON CHEESE 250/280 g

selected varieties
fromage
20219690 EA/21495455 EA

\$2



NO NAME® BAGELS or ENGLISH MUFFINS

selected varieties, 6's
bagels ou muffins anglais
21297789 EA/21297831 EA

\$3



**COUNTRY HARVEST
BREAD** 600 g

or **BAGELS** 6's
selected varieties
pain ou bagels
21178597 EA/21178642 EA

\$5



FARMER'S MARKET™ BUTTER CROISSANTS 260-336 g

or **LOAF CAKES** 344-390 g
selected varieties
croissants ou beurre ou gâteaux quatre-quarts
20565382 EA/20975943 EA

\$6



MAPLE LEAF NATURAL SELECTIONS 150/175 g,
SCHNEIDERS SUMMER SAUSAGE 150 g
or **FANTINO MONDELLO DELI MEAT** 125-200 g

selected varieties
saucisse ou charcuteries
20009282 EA/20065285 EA

\$7



SCHNEIDERS PEPPERETTES

selected varieties, 300/375 g
bâtonnets de saucisson
20976110 EA/21196171 EA

\$11



**MAPLE LEAF NATURAL SELECTIONS
SLICED DELI MEAT**

club pack, selected varieties, 375/400 g
charcuteries tranchées
20772016 EA

BRANDS YOU LOVE AT LOW PRICES

ONLY

6⁵⁰

**LIBERTÉ or SIGGI'S
YOGURT**
selected varieties
650/750 g
yogourt
20642273 EA/21353892 EA



ONLY

6⁵⁰

ACTIVIA YOGURT 12x100 g
or **SAPUTO
MOZZARELLISSIMA** 500 g
selected varieties
yogourt ou fromage
20608924 EA/20759241002 EA



ONLY

5⁷⁹

**NEILSON TRUTASTE
LACTOSE FREE** 2 L or
PROTEIN MILK 1.89 L
selected varieties
lait
20188053001 EA



ONLY

\$7

PC® ORANGE JUICE
selected varieties, refrigerated
2.5 L
jus d'orange
21531644 EA



6⁹⁹

**IMPERIAL
MARGARINE**
selected varieties
1.28/1.36 kg
margarine
20084892 EA



\$5

**CHAPMAN'S YUKON
NOVELTIES** 5-8's or
**SUPER PREMIUM
ICE CREAM** 500 mL
selected varieties, frozen
friandises glacées ou crème glacée
21012281 EA/21511147 EA



\$3

**GREEN GIANT
VEGETABLES**
selected varieties frozen
283-750 g
légumes
21022353 EA



1²⁵

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



\$1

OLD EL PASO SEASONING
selected varieties
24 g
assaisonnement
21044995 EA



2⁶⁷

KELLOGG'S RICE KRISPIES 154-198 g,
POP TARTS 384 g, **SPECIAL K** 125 g or
NUTRI-GRAIN 295 g **BARS**
selected varieties
barres
20126567001 EA/21290111 EA



\$2

CHEEZ-IT
selected varieties
191/200 g
craquelins
21214560 EA



\$3

**LAY'S
POTATO CHIPS**
selected varieties
177-235 g
craquelins
21241032 EA/211663082 EA



3²⁵

**ALLEN'S CRANBERRY
COCKTAIL** or
DEL MONTE ON ICE
1.89 L
cocktail de canneberges ou jus
21518094 EA/21574963 EA



\$3

REAL CANADIAN SPRING WATER
24x500 mL
eau de source
20154975 C34



\$1

NO NAME® TUNA 170 g or **LEGUMES** 540 mL
selected varieties
thon ou légumineuses
20521648 EA/20554593 EA



2⁷⁵

PC® CROUTONS 140 g or
SALAD DRESSING 475 mL
selected varieties
craquelons ou vinaigrette
20628488001 EA/20796248002 EA



\$5

**PC® INSTANT
COFFEE**
selected varieties
80/100 g
café instantané
21499926 EA



\$5

**POST FAMILY
SIZE CEREAL**
selected varieties
525-650 g
céréales
21542452 EA/21575249 EA



7⁹⁹

ROYALE BATHROOM TISSUE 15=30 rolls
or **TIGER TOWEL** 2/3=6 rolls
selected varieties
papier hygiénique ou essuie-tout
21484702 EA/21572800 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 March 1, 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 February 26 to March 1, 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



this product contains
post consumer recycled
paper



FEBRUARY

**HIT
OF THE
MONTH**

\$2



Made in Canada

Cavendish Fries

Frozen, selected varieties, 800 g

Limit: 6, over limit retail \$3.00

21559837_EA

\$4



Royale Tiger Towel

3=6 rolls

Limit: 6, over limit retail \$5.00

21484702_EA

\$2.67



Prepared in Canada

Vachon Snack Cakes

Selected varieties, 282 g - 336 g

Limit: 6, over limit retail \$3.50

20963606_EA/20005728_EA

**LOWEST PRICES
BEST DEALS**

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

Offer valid February 1st - 28th, 2026 while quantities last.

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



Optimum™

App exclusive offers

More offers
More points

Members
get over

\$25

in value

CLICK FOR
THESE COUPONS
AND MORE



Optimum™



Earn
500
pts

Until March - 4 - 2026

PC® INSTANT COFFEE
80 - 100 g
café instantané



Optimum™



Save
\$2

with digital
coupon

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



Optimum™



Earn
1,000
pts

Until March - 4 - 2026

PC® CHOCOLATE BARS
300 g
chocolat au lait



Optimum™



Earn
2,000
pts

Until March - 4 - 2026

PC® BASQUE CHEESECAKE
600 g
gâteau au fromage



Optimum™



Earn
500
pts

Until March - 4 - 2026

PC® COLESLAW
397 g
salade de chou



Optimum™



Earn
1,000
pts

Until March - 4 - 2026

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



Optimum™



Earn
750
pts

Until March - 4 - 2026

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



Optimum™



Earn
750
pts

Until March - 4 - 2026

PC® LOW SODIUM CLUB SODA
12 x 355 mL
soda



Optimum™



Earn
1,500
pts

Until March - 4 - 2026

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



Optimum™



Earn
1,000
pts

Until March - 4 - 2026

PC® BABY WIPES
300's
lingettes bébé



Optimum™



Earn
500
pts

Until March - 4 - 2026

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



Optimum™



Earn
500
pts

Until March - 4 - 2026

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



Optimum™



Earn
2,000
pts

Until March - 4 - 2026

PC® MEAT LASAGNA
2.27 kg
lasagne

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Earn
500
pts

Until March - 4 - 2026

NO NAME® CHOCOLATE CHIP COOKIES
907 g
brisures chocolatées



Earn
500
pts

Until March - 4 - 2026

NO NAME® BUTTER
454 g
beurre salé



Earn
500
pts

Until March - 4 - 2026

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



Earn
500
pts

Until March - 4 - 2026

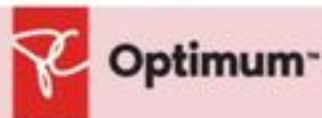
NO NAME® SPICES
150 g
épices



Earn
1,000
pts

Until March - 4 - 2026

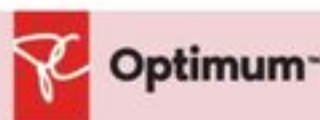
NO NAME® CHICKEN HOT DOGS
1.5 kg
saucisses fumées



Earn
500
pts

Until March - 4 - 2026

NO NAME® CHICKEN BURGER
908 g
burger au poulet



Earn
500
pts

Until March - 4 - 2026

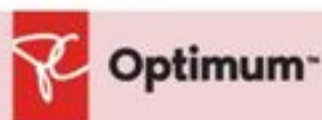
NO NAME® CALIFORNIA MIXED VEGETABLES
750 g
mélange de légumes



Earn
2,000
pts

Until March - 4 - 2026

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



Earn
500
pts

Until March - 4 - 2026

NO NAME® LEMONADE
1.75 L
limonade



Earn
1,500
pts

Until March - 4 - 2026

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



Earn
1,000
pts

Until March - 4 - 2026

NO NAME® KITCHEN GARBAGE BAGS
21 L
sacs poubelle



Earn
1,500
pts

Until March - 4 - 2026

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

BRANDS YOU LOVE AT LOW PRICES

2⁷⁵

YOPLAIT SOURCE 630 g,
TUBES 8's, **MINIGO** 6's or
PROTEIN 4's **YOGURT**
selected varieties
yogourt

21391318001_EA/21547595_EA



4⁷⁹

CRACKER BARREL
NATURAL CHEESE
SLICES
selected varieties
200-240 g
tranches de fromage naturel

21290705_EA



3⁵⁰

PC® ICE CREAM SHOP
ICE CREAM 946 mL or **NOVELTIES** 6's
selected varieties, frozen
crème glacée ou friandises glacées

21013145_EA



\$4

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

21085515_EA

5²⁹

LACTANTIA PUR FILTRE
or
ULTRAPUR MILK

selected varieties
1.5/2 L
lait

21424994_EA/21694605_EA



\$8

STOK or STARBUCKS
COLD BREW COFFEE

selected varieties
1.42 L
café infusé à froid

21203739_EA/21215530_EA



3⁵⁰

OLD DUTCH POTATO 235 g or **TORTILLA CHIPS**

275/290 g or **HUMPTY DUMPTY SNACKS** 250-290 g
selected varieties
croustilles ou grignolines

21445100_EA



\$3²⁵

Earn
1,000
pts

That's
\$1
value

KOOL-AID JAMMERS 10x180 mL or **MIO**,
CRYSTAL LIGHT or **KOOL-AID LIQUID**
WATER ENHANCERS 48 mL/24-56 g, selected varieties
boissons ou rehausseurs d'eau

20079976006_EA/20663423_EA



\$5⁵⁰

Earn
1,000
pts

That's
\$1
value

GENERAL MILLS
FAMILY SIZE CEREAL

selected varieties
455-778 g
céréales

21103492_EA/21103495_EA



1³³

NO NAME®
VEGETABLES

selected varieties
341/398 mL
légumes

20005237_EA/20302135_EA



\$4

COCA-COLA or
PEPSI SOFT DRINKS

selected varieties
6x710 mL
boissons gazeuses

20310546002_C06/20313741002_C06



2⁵⁰

DARE CRACKERS

selected varieties
132-225 g
craquelins

21506666_EA/21520701_EA



\$2

UNICO
PASTA SAUCE

selected varieties
680 mL
sauce pour pâtes

20336537001_EA/20326537003_EA



2⁴⁹

FRENCH'S
MUSTARD

selected varieties
325/400 mL
moutarde

20082338_EA/20318304001_EA



2²⁹

NO NAME®
OLIVES

selected varieties
275 mL
olives

20325649_EA



3⁵⁰

NO NAME®
PICKLES

selected varieties
1 L
cornichons

20300473_EA



2⁷⁹

BEN'S ORIGINAL
BISTRO EXPRESS RICE

selected varieties
240/250 g
riz

21404899_EA/21405476_EA



BRANDS YOU LOVE AT LOW PRICES

\$3

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



4.50

POGO
frozen
4's
saucisses sur bâtonnet
20110352001 EA

\$4

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



5.50

PC® ASIAN SOUPS or ENTRÉES
selected varieties, frozen
300-400 g
soups ou plats cuisinés asiatiques
21565996 EA

\$5.50

Earn
1,000
pts

That's
\$1
value



AMOOZA! TWISTS CHEESE SNACKS 228 g or
BLACK DIAMOND CHEESE SNACKS 189/252 g
selected varieties
collations au fromage
20986474 EA/21403514 EA

3.35

NO NAME® APPLE or ORANGE JUICE
selected varieties, refrigerated
1.75 L
jus de pomme ou orange
21665646 EA/21671461 EA



5.50

PC® DRY ROASTED PEANUTS 700 g,
CASHEWS or **DELUXE MIXED NUTS** 200 g
selected varieties
arachides ou noix de cajou ou mélange de noix
20057990003 EA/21054943 EA



\$3

LECLERC CÉLÉBRATION COOKIES
selected varieties
200/240 g
biscuits
21680155 EA



\$5

QUAKER BAKING MIX or OAT FLOUR
selected varieties, 700-900 g
mélanges à pâtisserie ou farine d'avoine
20301064001 EA



7.99

MAXWELL HOUSE, NABOB TASSIMO DISCS 8-16's or **MAXWELL HOUSE GROUND COFFEE PODS** 12's
selected varieties
capsules de café
20026954001 EA



1.75

NO NAME® EVAPORATED MILK
selected varieties
354 mL
lait évaporé
21040510 EA/21040543 EA



10.99

PC® ROAST & GROUND COFFEE
selected varieties
340 g
café torréfié et moulu
21380579 EA



11.50

PC® 100% PURE MAPLE SYRUP 500 mL or **BILLY BEE HONEY** 1 kg
selected varieties
sirop d'érable ou miel
20049221 EA/20724506 EA



\$3

NO NAME® PANCAKE MIX or TABLE SYRUP 905 g
mélange à crêpes ou sirop
20306030 EA/203222949 EA



7.50

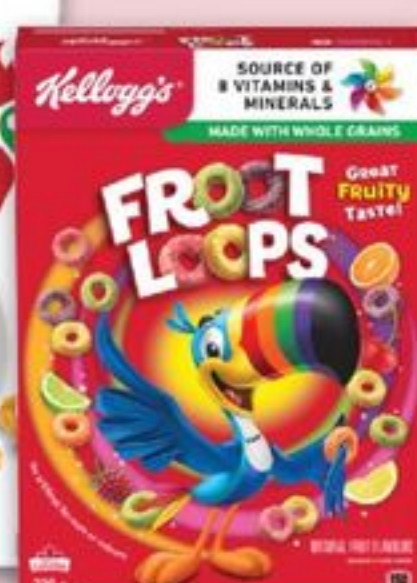
PC® GOLD CHOCOLATE BAR
selected varieties
300 g
barres de chocolat
20298217 EA



Earn
3,000
pts

For every \$7* spent

That's
\$3
value



KELLOGG'S CEREAL
selected varieties
269-355 g
céréales
21450851 EA/21652128 EA

BRANDS YOU LOVE AT LOW PRICES

6⁵⁰

**SOFTSOAP LIQUID
HAND SOAP REFILL**
selected varieties
1.47 L
recharge de savon liquide pour les mains
21167194, EA



UP TO 40%
OFF

**JAMIESON VITAMINS
AND SUPPLEMENTS**
selected varieties and sizes
vitamines et suppléments
20984309, EA/20303216001, EA



\$5



3⁵⁰

TIDE PODS 16's, **DOWNY FABRIC SOFTENER** 0.78/1.31 L, **PURIFYING
RINSE** 473 mL or **SCENT BOOSTERS** 141/150 g, **BOUNCE DRYER SHEETS**
40/80's, **CASCADE DISHWASHER TABS** 10-15's or **RINSE AID** 473 mL
détergent à lessive ou assouplissant textile ou produit de rinçage ou rehausseurs de parfum ou
feuilles pour sècheuse ou capsules de détergent pour lave-vaisselle ou agent de rinçage
2030148 1003, EA/21549771, EA

NO NAME® BLEACH
selected varieties
2.4 L
eau de Javel
21486532, EA

\$4



LYSOL MULTI SURFACE CLEANER 1.2 L,
BATHROOM SPRAY 950 mL or **BATHROOM AEROSOL** 538/680 g
selected varieties
nettoyant ou vaporisateur ou aérosol pour salle de bains
20309873002, EA/21231235, EA

4²⁹



PINE-SOL ALL PURPOSE CLEANER
selected varieties
1.41 L
nettoyant tout usage
20298679001, EA/20298679002, EA

1⁹⁰



NO NAME® ALUMINUM FOIL
25 ft
papier d'aluminium
21119986, EA

\$20



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

11⁵⁰



GLAD GARBAGE BAGS
selected varieties
20-40's
sacs à ordures
21165477, EA

**NEW
LOWER
PRICES**

\$8



**EXTRA LEAN
GROUND BEEF**
fresh
450 g
bœuf haché extra maigre
21675592 EA

3⁵⁰

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



4⁵⁰

**NATURE'S BEST
LARGE FREE RUN EGGS**
12's
gros œufs
20814983001 EA



\$5

**SCHNEIDERS
BOLOGNA**
selected varieties, 500 g
bologna
20039186 EA



\$5

**CHAPMAN'S
FROZEN YOGURT or SORBET**
selected varieties, frozen
2 L
yogourt glacé ou sorbet
20314434001 EA/20329120001 EA



\$8

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



\$7

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



3⁵⁰

**MINUTE MAID ZERO SUGAR
BEVERAGES or FUZE ICED TEA**
selected varieties, refrigerated, 1.54/1.75 L
boissons ou thé glacé
21434119 EA/21452207 EA



\$2

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



\$4

HEALTHY CHOICE DINNER ENTRÉES
selected varieties, frozen, 269-306 g
plats cuisinés
21406269 EA



\$2

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



3²⁵

**İÖĞÖ NANO
YOGURT DRINKS**
selected varieties
6x93 mL
yogourt
20609687003 EA



\$5

**ACTIVIA
YOGURT**
selected varieties
6x93 mL
yogourt
21108458 EA



\$4

TWININGS TEA or HERBAL TEA
selected varieties, 20's
thé
20300740001 EA



6⁵⁰

MCCAIN PIZZA POCKETS
selected varieties, frozen
540/600 g
pochettes de pizza
21047833 EA



4⁷⁵

SMUCKER'S UNCRUSTABLES
selected varieties, frozen
4's
pâtisseries
21543057 C04



7⁵⁰

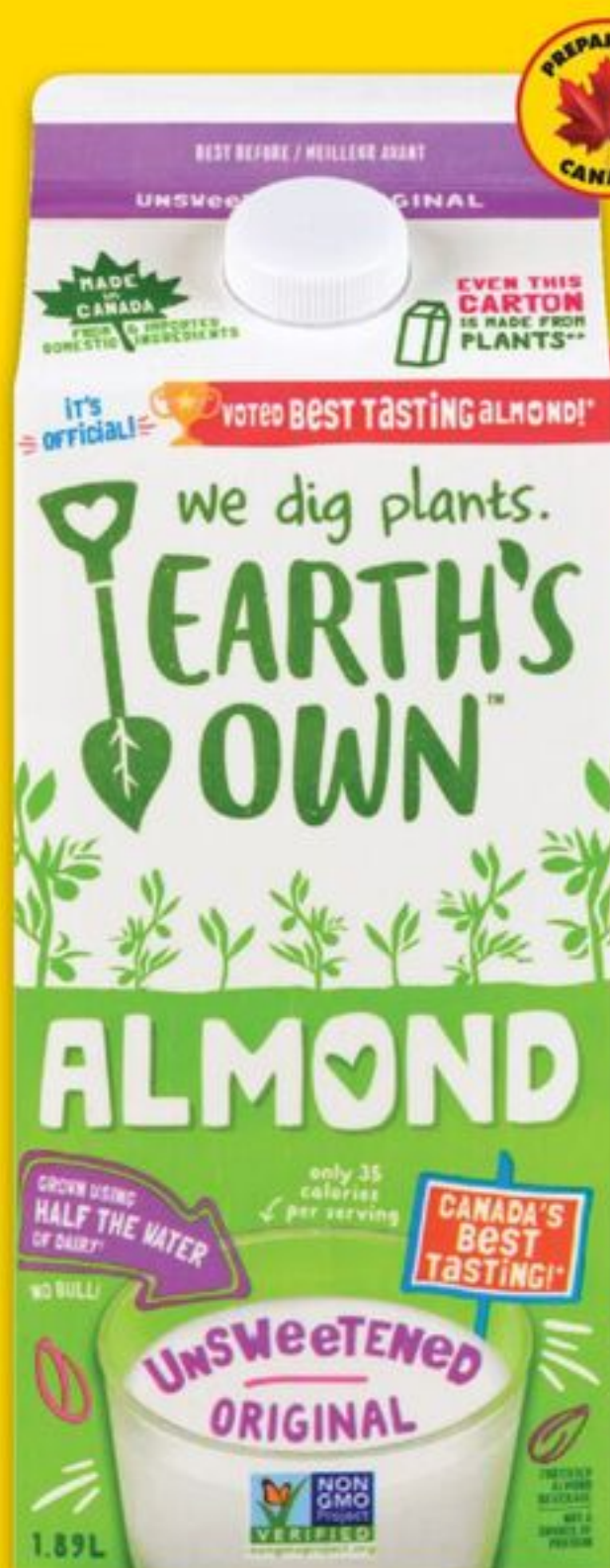
LILYDALE SLICED DELI MEAT
selected varieties, 400/500 g
viandes tranchées
21675636 EA



**NEW
LOWER
PRICES**

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 NON DAIRY BEVERAGE
selected varieties, refrigerated
1.75/1.89 L
boisson sans produits laitiers aux amandes ou soya
20327647 EA



\$5

CHAPMAN'S SUPER NOVELTIES
selected varieties, frozen
8-18's
friandises glacées
20111532 EA/20117581001 EA



6⁵⁰

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

4⁵⁰



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

\$5



MARS CHOCOLATE POUCH
selected varieties
155-170 g
chocolat
21571767 EA/21571768 EA

\$3



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

7⁵⁰



SAMYANG NOODLES
selected varieties
650 g
nouilles
21412584 EA/21450283 EA

\$5



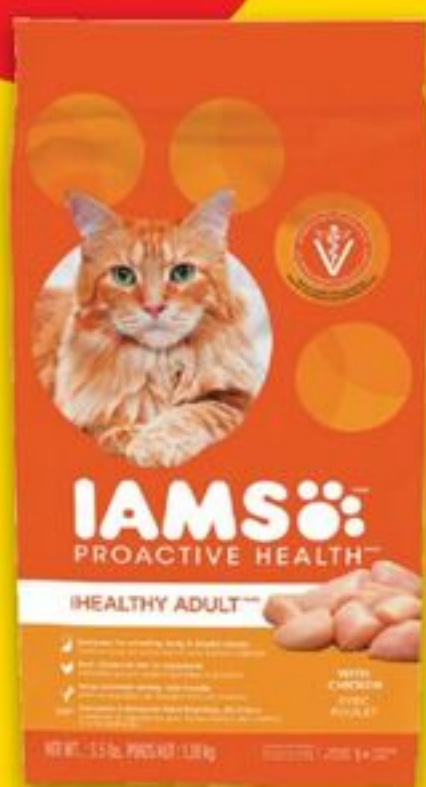
PAM COOKING SPRAY
selected varieties
141/170 g
vaporisateur à cuisson
20178204001 EA

\$6



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

\$12



IAMS DRY CAT FOOD
selected varieties
1.36/1.59 kg
nourriture sèche pour chats
21027353 EA

3⁷⁵



NO NAME® DISINFECTANT WIPES
selected varieties
75's
lingettes désinfectantes
21366780 EA

1⁵⁰



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

\$7



PC® BATHROOM TISSUE 12=24 rolls
or **FACIAL TISSUE** 6x126 sheets
papier hygiénique ou mouchoirs
20181283 EA/21430718 EA

NATURAL FOODS AT LOW PRICES

22⁹⁹

VEGA PROTEIN AND GREENS DRINK MIX
selected varieties
510-526 g
mélange pour boisson
20830386002_EA



4²⁹

GT'S KOMBUCHA
selected varieties
480 mL
kombucha
20374106_EA/20906034003_EA



5²⁹

SILK DAIRY FREE CREAMER
selected varieties
890 mL
colorant à café sans produits laitiers
21245361_EA/21423292_EA



\$4

HARDBITE CHIPS
selected varieties
128/150 g
croustilles
20370855001_EA/21157616_EA

\$3

SENSIBLE PORTIONS VEGGIE STRAWS or CHIPS
selected varieties
120-142 g
grignolines ou croustilles
20377204001_EA/21380091_EA



\$13

KICKING HORSE ORGANIC GROUND COFFEE
selected varieties
284 g
café moulu biologique
20805126001_EA



\$5

TRADITIONAL MEDICINALS ORGANIC HERBAL TEA
selected varieties
16's
tisane biologique
21397739_EA



3⁵⁰

EARTH'S OWN BARISTA or VITA COCO COCONUT WATER 1 L
selected varieties
barista ou eau de noix de coco
203322922_EA/21643665_EA



\$5

MADEGOOD CRUNCHY COOKIES, GRANOLA BITES or OAT CUPS
selected varieties
175-200 g
biscuits ou bouchées de granola ou gruuu
21579350_EA/21678889_EA



3⁵⁰

PC ORGANICS APPLE SAUCE CUPS SQUEEZABLE FRUIT SNACKS or JUMBO RAISIN SNACK PACK 6x100 g, 360 g or 196 g
selected varieties
purée de pomme ou collations de fruits ou raisins secs biologiques
20320493001_EA/21170526_EA



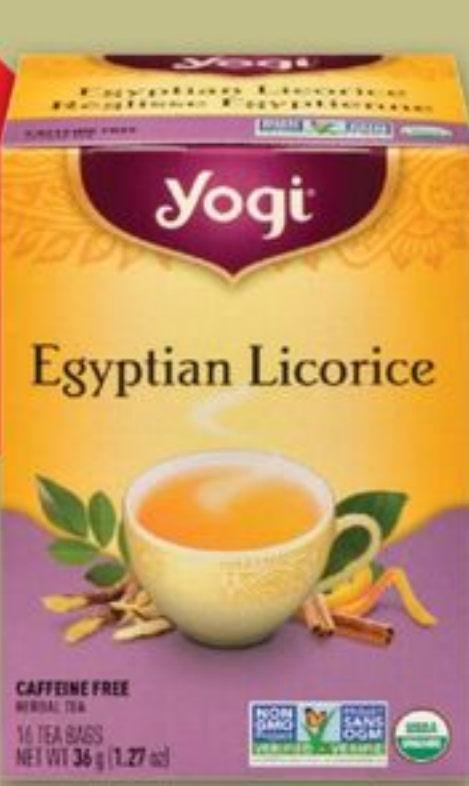
\$7

LITTLE NORTHERN BAKEHOUSE GLUTEN-FREE BREAD
selected varieties, frozen
320-567 g
pain sans gluten
21100057_EA



\$6

YOGI ORGANIC TEA
selected varieties
16x36 g
thé biologique
20317306002_EA



6⁹⁹

NATURE'S BAKERY FIG BAR
selected varieties
270/340 g
barre aux figues
21549605_EA/21550356_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE INFO

BIG EASTER DEALS!

3⁵⁰



CADBURY CRÈME EGGS 3's,
LINDOR EGGS 3's or
PEEPS MARSHMALLOWS 85 g
friandises
21485296_EA

6⁵⁰



CADBURY MINI EGGS 154-200 g,
NESTLÉ POUCHES or
NOVELTIES 85-153 g
selected varieties
mini-œufs ou sachets ou friandises
20073462_EA

6⁵⁰



**KINDER BAGGED
CHOCOLATE** 104-184 g or
**CARNBY SWEET MILK
CHOCOLATE BUNNY** 350 g
selected varieties
chocolat ou lapin en chocolat
20531650_EA/21485295_EA

\$8



LINDT GOLD BUNNY
selected varieties
5's/100 g
lapin en chocolat
20046002_EA

RAMADAN KAREEM

رمضان كريم

4⁹⁹

ORGANIC PITTED DATES product of Tunisia or
HONEY PITTED DATES product of Iran
dattes
21562279001, EA/20772841, EA



340 G



907 G

1⁹⁹

LB

GREY ZUCCHINI
product of Mexico
4.39/kg
courgette grise
20036780001, KG



1⁴⁹

LB

OPO SQUASH
product of Honduras, Mexico or Dominican Republic
3.28/kg
courge ope
20142055001, KG



2⁹⁹

LB

JUMBO WALNUTS
product of U.S.A.
6.59/kg
noix géantes
20123893001, EA



3⁹⁹

LB

OKRA
product of Guatemala or Honduras
8.80/kg
gombo
20091263001, KG



2⁹⁹

BUNCHED DILL
product of Mexico or U.S.A.
aneth en botte
20185183001, EA



14⁴⁹

LB

AUSTRALIAN SEASONED LAMB LOIN CHOP
fresh
31.95/kg
côtelettes de longe d'agneau
21682485, EA



\$10

ZABIHA HALAL BREADED CHICKEN
selected varieties, frozen
800/908 g
poulet pané halal
21192505, EA



11⁴⁸

SUFRA® HALAL STEWING BEEF
454 g
bœuf à ragoût halal
21395711, EA



\$13

SUFRA® HALAL CHICKEN BREASTS
boneless, skinless
3's
poitrines de poulet halal
21430678, EA



\$8

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



\$2

FRONTIER PITA
selected varieties
330 g
pita
21215681, EA



\$2

SANTOSH NAAN
selected varieties
5's
naan
21671462, EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 01 NFO

RAMADAN KAREEM

رمضان كريم



5⁹⁹

1 KG



KHUDRI DATES
product of Saudi Arabia
dates khudri
21562486001_EA

7⁹⁹

400 G



PC® MEDJOL DATES
product of Israel
dates
21715402001_EA

7⁹⁹

400 G



PC® SAFAWI DATES
product of
Saudi Arabia
dates
21706738001_EA

7⁹⁹

400 G



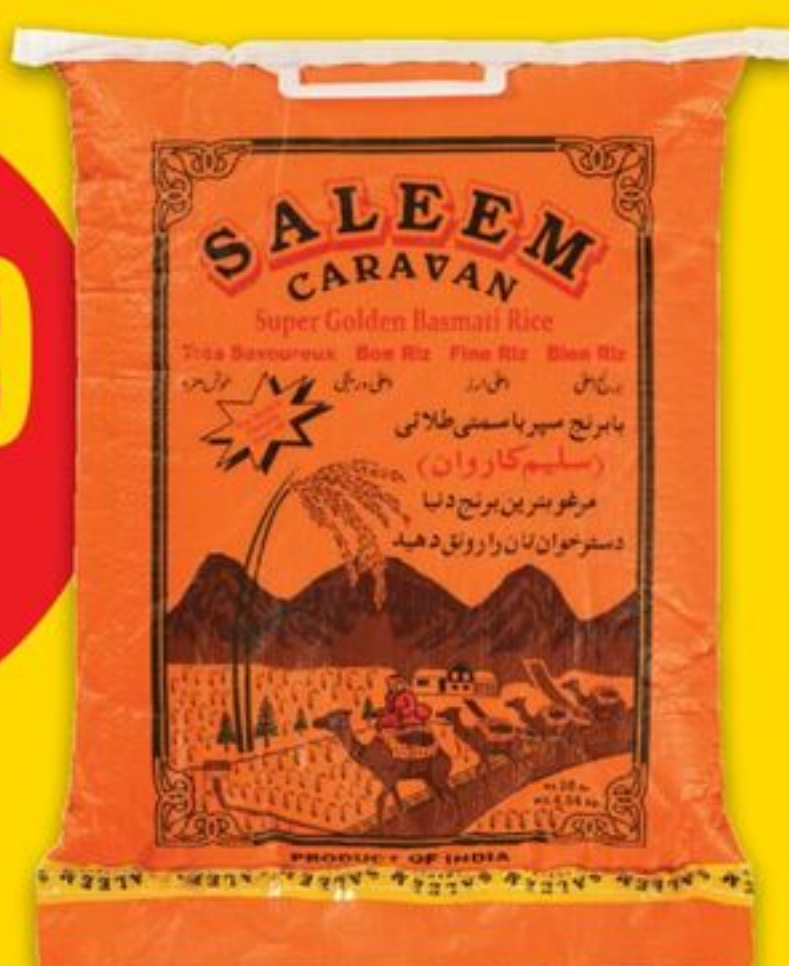
PC® SUKKARI DATES
product of
Saudi Arabia
dates
21706824001_EA

RAMADAN KAREEM

رمضان كريم

12⁹⁹

SALEEM CARAVAN BASMATI RICE
selected varieties
4.54 kg
riz basmati
21526001, EA



9⁹⁹

QUALITY BROWN SUGAR
4.5 kg
cassonade
20718452, EA

3⁹⁹

NATIONAL PICKLE
selected varieties
1 kg
marinade
20627128002, EA



7⁵⁰

BRAR'S DAIRY DAHI
3.25%
1.8 kg
dahi
21576316, EA

1²⁹

TAMAM CANNED BEANS
selected varieties
796 mL
légumineuses en conserve
21214487, EA



6⁹⁹

NANAK GULAB JAMUN
frozen
908 g
gulab jamun
20436517, EA



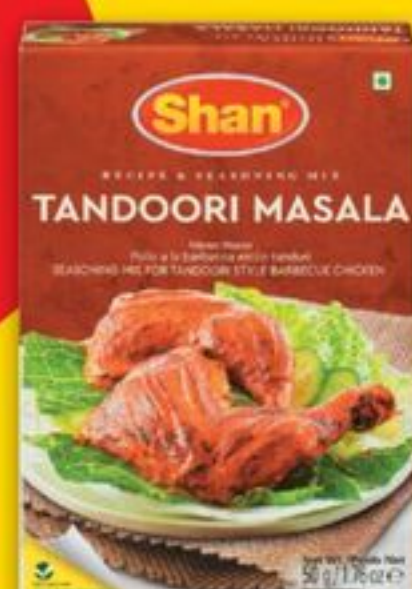
\$8

TEA INDIA 681 g
or **TATA TEA AGNI** 1 kg
thé
20177173, EA/21575115, EA



\$2

SHAN SPICE MIXES
selected varieties
50-100 g
mélanges d'épices
20160022001, EA



5⁹⁹

DESI-LICIOUS ICE CREAM
selected varieties, frozen
1 L
crème glacée
20847564001, EA



5⁴⁹

CLIC EXTRA LARGE FAVA BEANS
907 g
très grosses gourmantes
20124706, EA



7⁴⁹

ALSHIFA NATURAL HONEY
selected varieties
500 g
miel
20862354, EA



1⁵⁰

7UP NIMBOOZ LEMONADE
355 mL
limonade
21682042, EA



3⁹⁹

TAMAM PICKLES OLIVES
or selected varieties
600 mL/1 L
cornichons ou olives
21237887, EA/21238082, EA



1²⁵

HALDIRAM'S INDIAN SNACKS
selected varieties
150/160 g
collations indiennes
20309423, EA/20314467007, EA



\$6

NESTLÉ MACKINTOSH'S QUALITY STREET DATES
102 g
dates
21635376, EA



3⁹⁹

SHAN COOKING SAUCE
selected varieties
350 g
sauce à cuisson
21528538, EA/21528876, EA



\$2

RUBICON JUICE
selected varieties
4x200 mL/1 L
jus
20029236001, EA/20325990001, EA



5⁵⁰

RAMADAN or EID PARTY BANNER
selection varies by store
bannière
21673784, EA



\$10

RAMADAN or EID PARTY DIY LED LANTERN
selection varies by store
lanterne à DEL
21673786, EA



\$6

RAMADAN or EID PARTY LED LIGHTS
selection varies by store
lumières à DEL
21673663, EA



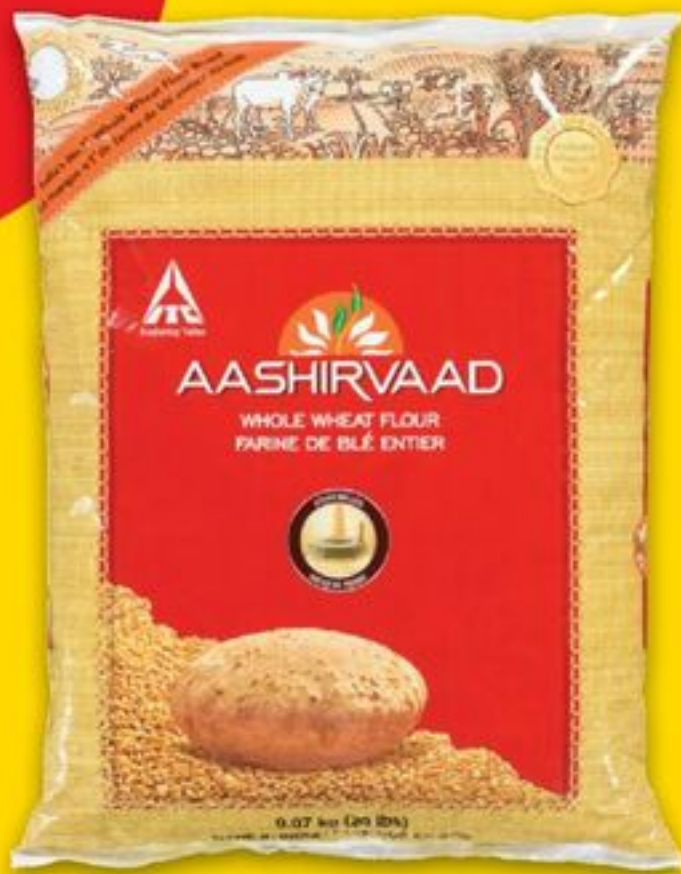
HAPPY HOLI!

होली की शुभकामनाएं



10⁹⁹

**AASHIRVAAD
WHOLE WHEAT
FLOUR**
9.07 kg
farine de blé entier
21359688 EA



3⁹⁹

**SURAJ®
DRY BEANS or
LENTILS**
selected varieties
1.8 kg
haricots secs ou lentilles
20558757 EA
20558760 EA



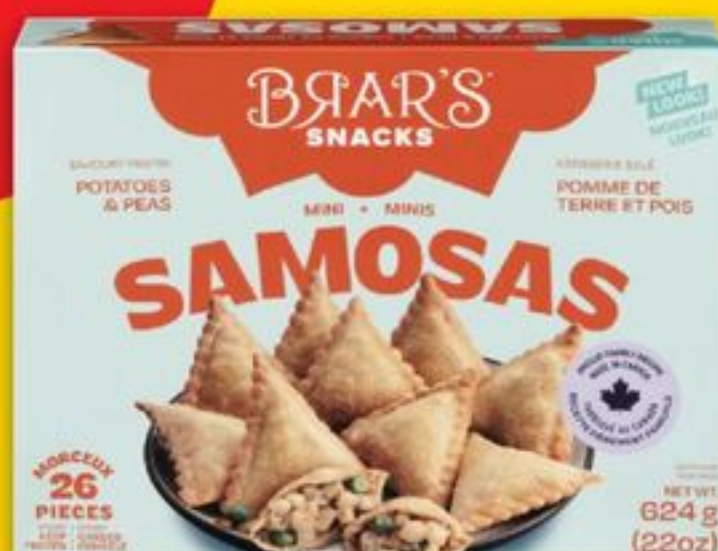
\$2

**SURATI
SNACKS** 250/341 g or
SURAJ® JUICE 1 L
selected varieties
collations ou jus
20322576003 EA/21001025 EA



5⁹⁹

**BRAR'S
SAMOSA**
selected varieties
frozen
624 g
samosas
21000033 EA



1⁵⁰

**KURKURE
SNACKS**
selected varieties
115 g
collations
20659742 EA/21361077 EA



HAPPY HOLI!

होली की शुभकामनाएं



1.99
LB

INDIAN KARELA
product of Mexico
4.39/kg
margose indienne
20028046001_KG



.99

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



1.29

COCONUT
product of India or Dominican Republic
each
noix de coco
20005774001_EA



1.49

METHI LEAF
product of Mexico or U.S.A.
bunch
feuilles de fenugrec
20159689001_EA



2.99
LB

INDIAN EGGPLANT
product of U.S.A. or Mexico
6.59/kg
aubergine indienne
2005582001_KG



4.99

ALFA PUFF PASTRY
850 g
pâte feuilletée
21606988_EA



.99

PARLE G BISCUIT
original
300 g
biscuit
20956495_EA



.39

MAGGI MASALA NOODLES
selected varieties
70 g
nouilles masala
20802644_EA



4.50

NANAK PANEER
selected varieties
341 g
paneer
21286158_EA



2.49

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



\$6

HANS WHIPPED BUTTER
300 g
beurre fouetté
21369481_EA



4.49

SURAJ® GREEN CARDAMOM SEEDS
50 g
graines de cardamome verte
20618034_EA



2.99

QUALITY SOYA CHUNKS
400 g
boulettes de soya
20418330_EA



2.50

ROOSTER® SWEETENED CONDENSED MILK
selected varieties
300 mL
lait condensé sucré
20126907_EA



7.99

GIA or QUALITY PRIYA BASMATI RICE
3.63 kg
riz basmati
20059642_EA/20582349_C01





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**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



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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.

†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 NF PCX

no name™ mobile



**& get 50% off
a SIM card**



find us at the checkout lanes

exclusively at  **NOFRILLS®**

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

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drops for longer.



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



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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.

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