



# THE BIG SALE!

ONLY

**1<sup>88</sup>**  
LB

**GREEN or  
RED SEEDLESS  
GRAPES**

product of Peru, South Africa or  
Chile, no 1 grade  
raisins verts ou  
rouges sans pépins  
4.14/kg  
20423775001\_KG  
20159199001\_KG



ONLY

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

3 LB BAG

**FARMER'S MARKET™  
LEMONS**

product of U.S.A. or  
**ORANGES**  
product of Morocco or Spain  
citrons ou oranges  
20795315001\_EA/20162945001\_EA

2 LB BAG



ONLY

**1<sup>27</sup>**  
LB

**ROMA TOMATOES**

product of Canada or  
Mexico, no. 1 grade  
tomates roma  
2.80/kg  
20143381001\_KG



ONLY

**7<sup>77</sup>**

APPROX.  
9 LB CASE

**RED MANGOES**

product of Peru  
mangues rouges  
21047849\_EA



# NOFRILLS®

## THE BIG SALE!

FLYER PRICES EFFECTIVE THURSDAY, FEBRUARY 19 TO WEDNESDAY, FEBRUARY 25, 2026.



**PORK HALF LOIN**  
boneless, fresh,  
cryovac package  
demi-longe de porc  
4.39/kg  
20554787\_KG

WHILE QUANTITIES LAST

ONLY  
**1.99**  
LB



**WHOLE EYE OF ROUND ROAST**  
cut from Canada AA grade beef  
or higher  
rôti de noix de ronde entière  
11.99/kg  
21019179\_KG

WHILE QUANTITIES LAST

ONLY  
**5.44**  
LB



**NEILSON TRUTASTE MICROFILTERED MILK**  
selected varieties  
4 L  
lait  
20148677\_EA



**NO NAME® BACON**  
375 g  
bacon  
21659056\_EA

WHILE QUANTITIES LAST

SAVE 45%  
**2.97**

ONLY  
**3.50**



**GROUND CHICKEN**  
454 g  
poulet haché  
21351582\_EA

WHILE QUANTITIES LAST

ONLY  
**3.33**



**BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT**  
selected varieties, 410 g  
tranches de produit de fromage fondu  
21252564\_EA

App exclusive offer



Member Price

**\$5**

Non-Member Price

**\$7**

Member Price  
**\$2**



**PC® DINNER ENTRÉES**  
selected varieties, frozen  
907-1.13 kg  
plats cuisinés  
21359210\_EA

PRICE DROP

**1.75**



**HOLIDAY LUNCHEON MEAT** 340 g or  
**MAPLE LEAF FLAKES** 156 g, selected varieties  
poin de viande ou flocons  
20298273001\_EA/20618778\_EA

SAVE 43%

**1.88**



**CAMPBELL'S READY TO SERVE SOUP** 515 mL or  
**HABITANT** 796 mL  
selected varieties  
soupe  
20299690002\_EA/21479030\_EA

SAVE 28%

**\$2**



**CHRISTIE CRACKERS**  
selected varieties, 175-200 g  
croquelins  
21030647\_EA/21547034\_EA

PRICE DROP

**\$3**



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

ONLY

**\$4**



**TROPICANA ORANGE JUICE, DRINKS or PURE LEAF ICED TEA**  
selected varieties, refrigerated, 1.36-1.75 L  
jus d'orange ou boissons au thé glacé  
20755752002\_EA/21622130\_EA

SAVE UP TO 38%

**10.99**



**817 ELEPHANT BRAND BASMATI RICE**  
selected varieties, 4 kg  
riz basmati  
20787524\_EA/21341987\_EA

SAVE 30%

**\$9**



**SUNLIGHT PUREX 41** 4 L or  
**PUREX** 4.08-4.43 L  
**LAUNDRY DETERGENT**  
or **FLEECE FABRIC SOFTENER** 3.5 L, selected varieties  
détergent ou assouplissant  
20083525002\_EA/21427042\_EA

SAVE 55%

**\$4**



**ROYALE FACIAL TISSUE**  
selected varieties  
6x72/100 sheets  
mouchoirs  
20702419\_EA

WOW!

**1.25**



**PALMOLIVE LIQUID DISH DETERGENT**  
selected varieties  
591/828 mL  
savon liquide à vaisselle  
20861400\_EA/20861642\_EA



**CANADA'S MOST TRUSTED GROCERY STORE FOR LOW PRICES\***

Voted most trusted Grocery Store for Low Prices/Affordability by Canadian shoppers nationally in Atlantic Canada, Ontario and Western Canada 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.

nofrills.ca

01 NFO

# NEW LOWER PRICES

## 4<sup>50</sup>

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



## \$5

**CHAPMAN'S  
FROZEN YOGURT or  
SORBET**  
selected varieties, frozen  
yogourt glacé or sorbet  
20314434001 EA/20529120001 EA



## 5<sup>50</sup>

**SCHNEIDERS  
BREAKFAST SANDWICH or  
EGG BITES**  
selected varieties, frozen  
204-288 g  
sandwichs déjeuner ou bouchées d'œuf  
21622288 EA/21623323 EA



## 3<sup>50</sup>

**EARTH'S OWN ALMOND or  
SOY BEVERAGE**  
selected varieties, refrigerated  
1.75/1.89 L  
boisson d'amande ou soya  
20327647 EA/21586376 EA



## \$5

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



ONLY

1<sup>77</sup>  
LB

**HONEY  
TANGERINES**

product of Mexico  
tangerines miel  
3.90/kg  
20002393001\_KG



SAVE 33%

.99

**NONGSHIM  
SNACKS**

selected varieties  
45-75 g  
collections  
20138370\_EA



SAVE 26%

.49

**NATIONAL  
VERMICELLI**

150 g  
vermicelles  
20170057\_EA



SAVE 25%

1<sup>50</sup>

**FROOTI  
MANGO JUICE**

1 L  
jus de mangue  
20041155\_EA



# FRESH AT LOW PRICES

**3.99**



**6 OZ CLAMSHELL**

**CANTALOUPE**  
product of Guatemala, Honduras or Brazil, no. 1 grade,  
**RASPBERRIES**  
product of Mexico or U.S.A., no. 1 grade or  
**BLUEBERRIES**  
product of Mexico, Peru or Morocco, no. 1 grade  
cantaloup ou framboises ou bleuets  
20167017001\_EA/20080137001\_EA

**3.99**



**10 LB BAG**

**RED, RUSSET or YELLOW POTATOES**  
product of Canada, Canada no. 1 grade  
pommes de terre  
20601013001\_EA/20601017001\_EA

**2.49**



**6 OZ CLAMSHELL**

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

**2.99**

**BLACKBERRIES**  
product of Mexico or U.S.A.  
mûres  
20051013001\_EA



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

**2.99**



**283 G**

**FARMER'S MARKET™ GRAPE TOMATOES**  
product of Canada or Mexico  
tomates raisins  
21307880001\_EA

**3.99**

**PKG OF 2**



**PKG OF 6**

**325 G**

**ROMAINE HEARTS** product of U.S.A.,  
**ASPARAGUS** product of Mexico, no. 1 grade, or  
**FARMER'S MARKET™ MINI CUCUMBERS**  
product of Canada or Mexico, no. 1 grade  
cœurs de romaine ou mini-concombres ou asperges  
20082750001\_EA/20181790001\_EA/20171370001\_EA

**3.99**



**PKG OF 5**

**PINEAPPLE** product of Costa Rica,  
**AVOCADOS** product of Mexico, or  
**HONEYDEW** product of Guatemala, Honduras, or Mexico  
ananas ou avocats ou melon miel  
20160992001\_EA/21644930001\_EA/20043270001\_EA

**2.49**  
LB



**HONEYCRISP APPLES**  
product of Ontario, Canada fancy grade  
pommes  
5.49/kg  
20132621001\_KG



**4.49**



**PKG OF 4**

**GREEN or RED PEPPERS**  
product of Mexico or U.S.A.  
poivrons  
20115323001\_EA/20013200001\_EA

**2.99**  
LB



**YELLOW PEACHES or NECTARINES**  
product of Chile, no. 1 grade  
pêches jaunes ou nectarines à chair  
6.59/kg  
20319426001\_KG/20003446001\_KG

**.79**  
LB



**GREEN CABBAGE**  
product of Canada, Canada no. 1 grade  
chou vert  
1.74/kg  
20793024001\_KG



**1.79**



**ENGLISH CUCUMBERS**  
product of Canada or Mexico, no. 1 grade  
concombres anglais  
20070132001\_EA

**2.99**



**3 LB BAG**

**FARMER'S MARKET™ CARROTS or YELLOW ONIONS**  
product of Morocco or Spain  
carottes ou oignons jaunes  
20400927001\_EA/20811994001\_EA



**5.50**



**BASSÉ SNACK MIX**  
selected varieties  
415-600 g  
mélange à collation  
21138603\_EA/21158612\_EA

**4.99**



**292-383 G**  
**EAT SMART SWEET KALE or TAYLOR FARMS CHOP SALAD KITS**  
selected varieties, product of U.S.A.  
salades de chou frisé ou salades hachées  
20674118\_EA/21599513\_EA

**2.49**



**227 G**  
**PC® WHOLE, or SLICED, WHITE or CREMINI MUSHROOMS**  
product of Ontario  
champignons blancs ou cremini entiers ou tranchés  
20775803\_EA/20776239\_EA



**6.99**



**4 LB BAG**  
**FARMER'S MARKET™ MANDARINS**  
product of Morocco or Spain  
mandarines  
20054023001\_EA



**4.99**



**4 LB BAG**  
**FARMER'S MARKET™ AMBROSIA or ROYAL GALA APPLES**  
product of Ontario, Canada fancy grade  
pommes  
21307212001\_EA/20767990001\_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

**2.49**  
LB



**WHOLE PORK PICNIC**  
fresh  
porc  
5.49/kg  
21161819\_KG  
**WHILE QUANTITIES LAST**



**PRICE DROP**

**8.99**

**JANES RESTAURANT STYLE BONELESS CHICKEN BITES, CHICKEN BREAST FILLETS or TENDERS**  
selected varieties, frozen, 710/720 g  
bouchées de poulet ou filets ou lanieres de poitrine de poulet  
21440340\_EA/21703608\_EA

**\$8**



**PC® BONE-IN CHICKEN THIGHS**  
fresh  
up to 870g  
hauts de cuisse de poulet avec os  
21606983\_EA



**6.49**

**PC® SAUSAGES, ULTIMATE DINNER or BREAKFAST CHICKEN SAUSAGES**  
selected varieties, 375/500 g  
saucisses  
21378310\_EA/21584342\_EA

**4.49**



**MAPLE LEAF TOP DOGS or SCHNEIDERS RED HOTS WIENERS**  
selected varieties, 375 g  
saucisses fumées  
20603429\_EA

**6.50**  
LB



**PORK BACK RIBS**  
single pack, fresh  
côtes de dos de porc  
14.33/kg  
20705983\_KG

**11.99**  
LB



**BONELESS STEWING BEEF**  
boeuf à ragoût désossé  
26.43/kg  
20337645\_KG

**\$4**



Earn  
**1,000**  
pts

That's  
**\$1**  
value

**SNACK FACTORY PRETZEL CRISPS**  
selected varieties, 200 g  
bretzels  
20948939\_EA/20948940\_EA

**\$7**



**SEAQUEST® FISH FILLET**  
selected varieties, frozen, 400 g  
filets de poisson  
21314740\_EA

**\$7**



**SEAQUEST® cooked or raw SHRIMP 36/55 per lb, 300 g or BAY SCALLOPS 400 g**  
frozen  
crevettes ou pétoncles de baie  
21636337\_EA

**4.50**



**PILLER'S SLICED DELI MEAT**  
selected varieties  
150/200 g  
charcuteries  
21206382\_EA/21206939\_EA

**\$6**



**CASTELLO CHEESE 125-200 g, TRESTELLE HALLOUMI or APETINA FETA CUBES 200 g**  
selected varieties  
fromage ou halloumi ou cubes de feta  
20428574\_EA/205373910\_EA

**\$3**



**ZIGGY'S® FRESH PASTA**  
selected varieties, 350/360 g  
pâtes ou salades fraîches  
21521168\_EA

**2.48**



**NO NAME® BREAD**  
white or whole wheat  
675 g  
pain  
21309822\_EA

**\$3**



**D'ITALIANO BREAD 620/675 g or BUNS 6/8's**  
selected varieties  
pain ou petits pains  
20038333\_EA/20626949\_EA

**\$6**



**FARMER'S MARKET™ MUFFINS 6's or PC® MINI MUFFINS 336 g**  
selected varieties  
muffins  
21283356\_EA/21488839\_EA

**\$4**



**OLIVIERI SKILLET GNOCCHI 280/300 g or LADIES OF LOVE SOUP 454 mL**  
selected varieties  
gnocchi ou soupe  
21023065\_EA/21489232\_EA

App exclusive offer

**\$5**

Earn  
**1,000**  
pts

That's  
**\$1**  
value



**ZIGGY'S® PEPPERONI STICKS 300 g or PC® CHEESE SLICES 140-170 g**  
selected varieties  
pepperettes ou tranches de fromage  
21665309\_EA/20230947\_EA

**\$5.50**

Earn  
**1,000**  
pts

That's  
**\$1**  
value



**DAIYA VEGAN CHEESE 200/220 g or RESER'S MAIN ST. BISTRO MAC AND CHEESE or MASHED POTATOES 567-689 g**  
fromage végétal ou macaroni ou purée de pommes de terre  
21207740\_EA/20027947\_EA

**\$6**



**PACE PIZZA 502-542 g or LA CASA ROSA FRESH ENTRÉES 350 g**  
selected varieties  
pizza ou plats cuisinés frais  
21515170\_EA/21673093\_EA

# THE BIG SALE!

ONLY

6<sup>79</sup>

**YOPLAIT or iöGO YOGURT**  
selected varieties  
16 x 100 g  
yogourt  
20317317001\_EA/20606778002\_EA



PRICE DROP

1<sup>50</sup>

**ITALPASTA**  
selected varieties  
750 g  
pâtes  
20296241001\_EA/20296241003\_EA



ONLY

6<sup>50</sup>

**DEL MONTE JUICE BLENDS**  
selected varieties, refrigerated  
2.5 L  
melanges de jus  
21595698\_EA/21595736\_EA



PRICE DROP

8<sup>99</sup>

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



5<sup>99</sup>

**CHAPMAN'S PREMIUM ICE CREAM** 2 L or  
**MCCAIN CAKES** 510 g  
selected varieties, frozen  
crème glacée ou gâteau  
20323373001\_EA/20310132001\_EA



1<sup>24</sup>

**MICHELINA'S DINNER ENTRÉES**  
156-284 g or **SWANSON POT PIE** 200 g  
selected varieties, frozen  
plats cuisinés ou potes  
20320523001\_EA/21208614\_EA



\$7

**DR. OETKER SUPREMA GIUSEPPE STUFFED CRUST PIZZA** 487-520 g or  
685-771 g  
selected varieties, frozen  
pizza  
21649940\_EA



1<sup>79</sup>

**ANNIE'S MACARONI & CHEESE**  
selected varieties  
170 g  
macaroni ou fromage  
20316187001\_EA



\$2

**CHEEZ-IT CRACKERS**  
selected varieties  
191/200 g  
croquilles  
20124560\_EA



\$3

**LAY'S POTATO CHIPS**  
selected varieties  
177-235 g  
croquilles  
21241032\_EA/21663082\_EA



8<sup>79</sup>

**NO NAME® CHEESE**  
selected varieties  
700 g  
fromage  
20972773\_EA



\$2

**OASIS JUICE, DEL MONTE NECTAR, or ARIZONA ICED TEA,**  
960 mL or **FRUITÉ BEVERAGES** 2 L  
selected varieties  
jus ou nectar ou thé glacé ou boissons  
2034005005\_EA/20894117004\_EA



13<sup>75</sup>

**PEPSI or COCA-COLA SOFT DRINKS**  
selected varieties  
24x355 mL  
boissons gazeuses  
20306687002\_C34/20308197001\_C24



.25

**NO NAME® INSTANT NOODLE SOUP**  
selected varieties  
85 g  
soupe aux nouilles instantanée  
20301274001\_EA



\$2

**KNORR SIDEKICKS**  
selected varieties  
120-162 g  
plats d'accompagnement  
20321430007\_EA  
20321430011\_EA



2<sup>75</sup>

**PC® CROUTONS**  
selected varieties  
140 g  
croustons  
20794348502\_EA



\$7

**NESCAFÉ® TASTER'S CHOICE INSTANT COFFEE**  
selected varieties  
100-170 g  
café instantané  
20661811001\_EA/20673036\_EA



\$4

**KELLOGG'S ALL BRAN 405/525 g, RAISIN BRAN 375/436 g, SPECIAL K 320-383 g, MINI-WHEATS 377-460 g or CRISPIX 350 g CEREAL**  
selected varieties  
céréales  
21607207\_EA/21607294\_EA



4<sup>50</sup>

**NO NAME® PEANUT BUTTER**  
selected varieties  
1 kg  
beurre d'arachide  
20294985001\_EA/20294985002\_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.

**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<sup>67</sup>**



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.

# LAST *CHANCE TO* SAVE BIG\*

Redemption ends  
February 25<sup>th</sup> or  
while supplies last.

Supplies  
are  
limited!



COLLECT  
*& SAVE!*  
BIG

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



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**  
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

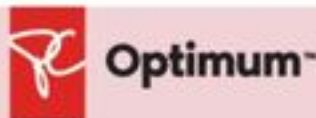
**NO NAME® BUTTER**  
454 g  
beurre salé



Earn  
**500**  
pts

Until March - 4 - 2026

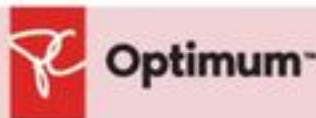
**NO NAME® 100% WHOLE GRAIN QUICK OATS**  
1 kg  
gruau rapide



Earn  
**500**  
pts

Until March - 4 - 2026

**NO NAME® SPICES**  
150 g  
épices



Earn  
**1,000**  
pts

Until March - 4 - 2026

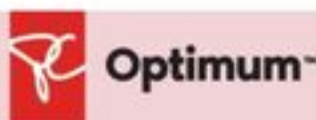
**NO NAME® CHICKEN HOT DOGS**  
1.5 kg  
saucisses fumées



Earn  
**500**  
pts

Until March - 4 - 2026

**NO NAME® CHICKEN BURGER**  
908 g  
burger au poulet



Earn  
**500**  
pts

Until March - 4 - 2026

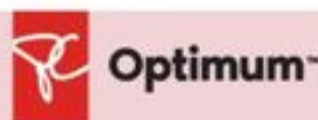
**NO NAME® CALIFORNIA MIXED VEGETABLES**  
750 g  
mélange de légumes



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

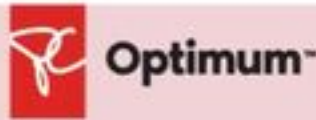
**NO NAME® LEMONADE**  
1.75 L  
limonade



Earn  
**1,500**  
pts

Until March - 4 - 2026

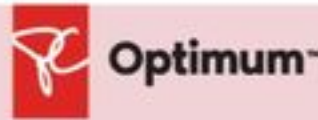
**NO NAME® FACIAL TISSUE**  
2 ply, 6 x 200 sheets  
tissu facial



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

3<sup>25</sup>

**LIBERTÉ MÉDITERRANÉE** 500 g,  
**CRUNCH** 2's or  
**YOPLAIT PROTEIN**  
**YOGURT** 650 g or 4's  
selected varieties  
yogourt  
20788062001 EA/21587047 EA



3<sup>99</sup>

**BECEL MARGARINE** 427 g  
or **PLANT-BASED**  
**BRICK** 454 g  
selected varieties  
margarine ou brique à base  
de plantes  
20322707001 EA



\$6

**IOGO FROZEN YOGURT**  
946 mL, **POPS** 8's or **BARS** 4's  
selected varieties, frozen yogurt surgelé ou  
barres glacées ou barres  
21654421 EA



\$15

**POGO**  
selected varieties, frozen  
20's  
saucisses sur bâtonnet  
20665224002 EA



5<sup>99</sup>



**GRADE A LARGE EGGS**  
pack of 18, brand varies by region  
œufs  
20814294001 EA

2<sup>49</sup>

**FRUITE DRINKS,  
FRUITOPIA or  
PEACE TEA**

selected varieties,  
refrigerated  
1.54/1.75 L  
boissons  
20347440001 EA/21595841 EA



2<sup>50</sup>

**PRINGLES POTATO CRISPS**  
selected varieties  
148/156 g  
croustilles  
21003823 EA/21003833 EA



2<sup>50</sup>

**QUAKER CRISPY MINIS**  
selected varieties  
100-199 g  
mini-galette de riz  
20163708002 EA/2030302001 EA



6<sup>50</sup>



**PC® SOFT DRINKS**  
selected varieties  
12-355 mL  
boissons gazeuses  
20490671001 C12

1<sup>50</sup>

**COCA COLA SOFT DRINKS**  
1 L or **PC® SPRING WATER** 4 L  
selected varieties  
boissons gazeuses ou  
eau de source  
20299050 EA/21183641 EA



1<sup>69</sup>

**CAMPBELL'S BROTH**  
selected varieties  
250/900 mL  
bouillon  
20322348001 EA/21347243 EA



5<sup>99</sup>

**KELLOGG'S EGGO WAFFLES** 16's or  
**PROTEIN WAFFLES** 8's  
selected varieties, frozen  
gaufres  
20099730004 EA/21639330 EA



2<sup>79</sup>



**CHRISTIE PEEK FREANS COOKIES**  
selected varieties  
290-350 g  
biscuits  
20479968 EA/20480381 EA

1<sup>25</sup>

**CLOVER LEAF LIGHT TUNA**

selected varieties  
170 g  
thon pâle  
20018117001 EA



1<sup>99</sup>

**NO NAME® APPLESAUCE** 620 mL  
or **FRUIT** 398 mL  
selected varieties  
purée de pomme ou fruits  
20628585001 EA/21379737 EA



\$1

**UNICO TOMATO PASTE**

selected varieties  
156 mL  
pâte de tomate  
20006537 EA



\$3<sup>99</sup>

Earn  
**500**  
pts  
50¢



**PATAK'S COOKING SAUCE** 400 mL or  
**PASTE** 284 mL  
selected varieties  
each  
sauce à cuisson ou pâte  
20217180002 EA

1<sup>50</sup>

**NO NAME® MUSTARD**  
550 mL  
moutarde  
21457738 EA



2<sup>99</sup>

**UNICO PICKLED VEGETABLES OLIVES**  
or selected varieties  
125-750 mL  
légumes marinés ou  
olives  
20024445 EA/21103533 EA



2<sup>50</sup>

**UNICO PASSATA**  
680 mL  
coulis de tomates  
20416260 EA



# BRANDS YOU LOVE AT LOW PRICES

\$2

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



3.99

**I CAN'T BELIEVE IT'S NOT BUTTER MARGARINE**  
850 g  
margarine  
21666474\_EA



5.50

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



\$11

**NO NAME® MEAT LASAGNA**  
frozen  
2.27 kg  
lasagne à la viande  
20097995\_EA

7.50

**PC® WOOD-FIRED PIZZA**  
selected varieties, frozen  
351-413 g  
pizza  
21540352\_EA



3.50

**PC® ICE CREAM SHOP TUBS** 946 mL or **NOVELTIES** 6's  
selected varieties, frozen  
crème glacée ou friandises glacées  
21012145\_EA



.97

**YOPLAIT YOP DRINKABLE YOGURT**  
selected varieties  
200 mL  
yogourt à boire  
21626178\_EA/21478300\_EA



2.29

**DARE BEAR PAWS** 168-210 g,  
**ULTIMATE COOKIES** 290/300 g,  
**VIVA PUFFS** 300 g or **WAGON WHEELS** 315/360 g  
selected varieties  
biscuits  
20974346\_EA/21080791\_EA



\$4

**MISS VICKIE'S POTATO CHIPS**  
selected varieties  
190/200 g  
croustilles  
21540703\_EA



2.50

**PC® APPLE SAUCE** 6x100 mL or  
**SQUEEZE FRUIT SNACKS** 4x90 g  
selected varieties  
purée de pomme ou collations aux fruits  
20309701001\_EA



6.99

**TETLEY TEA**  
selected varieties  
80/144's  
thé  
20711164\_EA/21013866\_EA



\$3

**TETLEY TEA or HERBAL TEA**  
selected varieties  
20/24's  
thé ou tisane  
20711158\_EA/21663642\_EA



11.50

**PC® 100% PURE MAPLE SYRUP**  
500 mL  
sirop d'érable  
20049221\_EA



\$5

**NO NAME® HAZELNUT SPREAD** 725 g  
or **JAM** 500 mL  
selected varieties  
tartinade aux noisettes ou confiture  
20032553001\_EA/20663943\_EA



\$8.99

Earn 1,000 pts

**KELLOGG'S JUMBO SIZE CEREAL**  
selected varieties  
700 g/1.05 kg  
céréales  
20072706\_EA/20591235\_EA



\$5.50

Earn 500 pts

**ROBIN HOOD or FIVE ROSES FLOUR**  
selected varieties  
2/2.5 kg  
farine  
20039497001\_EA/20039497005\_EA



\$6

Earn 1,000 pts

**NESQUIK SYRUP or POWDER** 540 g  
selected varieties  
sirop ou poudre  
20320167002\_EA



2.29

**WERTHER'S Original** 116-135 g or  
**MAYNARDS CANDY BAG** 150/154 g  
selected varieties  
friandises  
2089717\_EA/21545354\_EA



# BRANDS YOU LOVE AT LOW PRICES

**\$4**

**IRISH SPRING  
BODY WASH** 591 mL, or  
**BAR SOAP** 6x104 g, or  
**SOFTSOAP  
BODY WASH** 591 mL  
selected varieties  
nettoyant pour le corps ou pain de savon  
21219375 EA/214236477 EA



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

**LISTERINE CLASSIC  
MOUTHWASH**  
selected varieties  
1 L  
rinç-bouche  
20348438001 EA/21091218 EA



**\$10**

**AIR WICK  
ESSENTIAL MIST  
STARTER KIT** 20 mL,  
**SCENTED OIL REFILL** 2x20 mL,  
**VIBRANT STARTER KIT** 23.9 mL  
or **REFILL** 2x23.9 mL  
selected varieties  
trousse de départ Essential Mist,  
recharge d'huile parfumée,  
trousse de départ ou recharge  
20342475001 EA/21495649 EA



**\$6**

**EVERYDAY  
ESSENTIALS™  
PERFORM BATH  
TOWELS**  
serviettes de bain  
21434220 EA



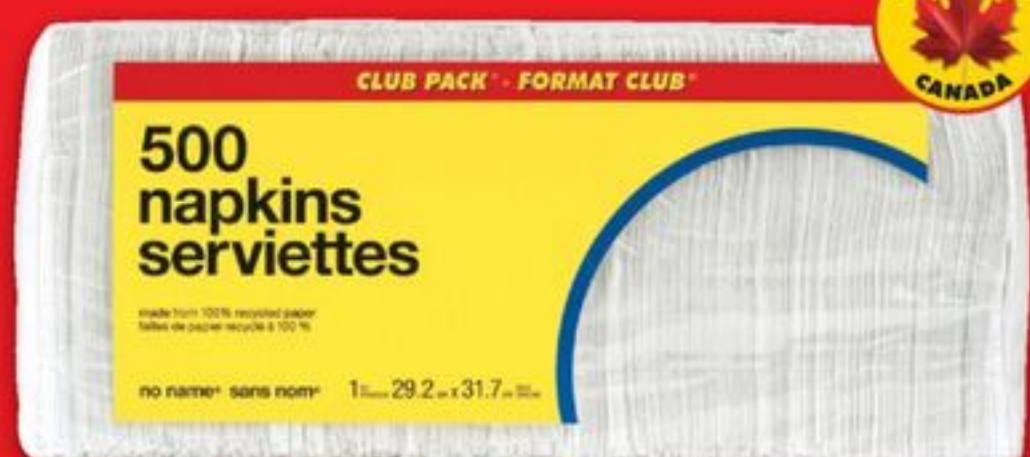
**\$15**

**GAIN LIQUID  
LAUNDRY DETERGENT** 4.25 L or  
**FLINGS** 42's  
selected varieties  
détergent à lessive  
20959627 EA/21671135 EA



**\$6**

**NO NAME® NAPKINS**  
Club Size  
500's  
serviettes  
20306897 EA



**11<sup>50</sup>**

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



# PODIUM-WORTHY PRICES



RECIPE  
CPG

10<sup>99</sup>



**MONTANA'S or KELSEYS RIBS**  
selected varieties, frozen  
600/650 g  
côtes  
21668141 EA/21667932 EA



17<sup>99</sup>

**MONTANA'S SMOKY BBQ BEEF BURGERS**  
frozen  
906 g  
burgers de bœuf  
21665099 EA



Optimum™

Earn  
**4,000**  
pts  
For every \$10\*  
spent



**KELLOGG'S FAMILY SIZE CEREAL**  
selected varieties, 480-650 g  
céréales  
20054727 EA/ 21651640 EA

That's  
**\$4**  
value



Optimum™

\$12

Earn  
**1,000**  
pts

That's  
**\$1**  
value



**CORONA CERO 0% NON-ALCOHOLIC BEER**  
6x330 mL  
bière sans alcool  
21650191 C06



Optimum™



Member Price  
**\$3<sup>49</sup>**

Non-Members  
**\$3<sup>99</sup>**

Members Save  
**.50**

**EXCEL GUM BOTTLE**  
selected varieties, 40/60's  
gomme  
20310919004 EA/20310919002 EA



Member Price  
**\$3<sup>49</sup>**

Non-Members  
**\$3<sup>99</sup>**

Members Save  
**.50**

**SKITTLES or STARBURST CANDY BAG**  
selected varieties, 255-320 g  
sac de friandises  
20018330 EA



Member Price  
**\$3<sup>99</sup>**

Non-Members  
**\$4<sup>49</sup>**

Members Save  
**.50**

**MARS CHOCOLATE MULTIPACK**  
selected varieties, 4's  
emballage multiple de chocolat  
20313925 EA/20638842 EA



5<sup>48</sup>



**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

\$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  
21231235 EA/20309873002 EA



\$14

**FINISH AUTO DISHWASHER TABS**  
30-55's or **QUANTUM JET DRY RINSE AID** 946 mL  
selected varieties  
capsules de détergent pour lave-vaisselle ou agent de rinçage  
21218146 EA/21565525 EA



5<sup>50</sup>



**NESTLÉ DRUMSTICK or NOVELTIES**  
selected varieties, frozen  
4-10's  
friandises glacées  
2032238003 EA



3<sup>50</sup>



**MCCAIN SUPER FRIES or SPECIALTY FRIES**  
selected varieties, frozen  
454-750 g  
frites  
20324328002 EA

3<sup>29</sup>

**FIBRE 1 BARS** 125 g or **NATURE VALLEY GRANOLA BARS, PROTEIN BARS** or **BISCUITS** 148-210 g  
 selected varieties  
 barres granola ou barres protéinées ou biscuits ou barres  
 20587504001, EA/20668986001, EA

\$6

**PILLSBURY PIZZA POPS** 760 g or **BITES** 693 g  
 selected varieties, frozen pizzas collations ou bouchées  
 21429910, EA

1<sup>25</sup>

**OLD EL PASO SEASONING**  
 selected varieties  
 24 g assaisonnement  
 21048493, EA

5<sup>50</sup>

**GENERAL MILLS FAMILY SIZE CEREAL**  
 selected varieties, 475-778 g céréales  
 21103492, EA/21103493, EA

6<sup>99</sup>

**LARABAR**  
 selected varieties  
 5's barre  
 20146380002, EA/20146380003, EA

\$7

**FUZE ICED TEA**  
 selected varieties  
 12x341 mL thé glacé  
 21645563, C12

1<sup>25</sup>

**POWERADE SPORTS DRINK**  
 selected varieties  
 710 mL boisson désaltérante  
 20853721, EA/21340145, EA

\$4

**COCA-COLA MINI CAN SOFT DRINKS**  
 selected varieties  
 6x222 mL boisson gazeuse  
 20354288002, C06

3<sup>50</sup>

**OIKOS PRO YOGURT**  
 selected varieties  
 300 mL yogurt  
 21632096, EA

3<sup>50</sup>

**ACTIVIA YOGURT**  
 selected varieties  
 650 g yogurt  
 20323132003, EA/21043151001, EA

3<sup>50</sup>

**OIKOS or ACTIVIA EXPERT YOGURT**  
 selected varieties  
 4x100 g yogurt  
 20419715004, EA/21687900, EA

3<sup>50</sup>

**DANONE DANINO YOGURT**  
 selected varieties  
 6x93 mL yogurt  
 21530250, EA

\$10

**ADVIL PAIN RELIEF CAPSULES** 20-32's, **TABLETS** 30-50's or **CHILDREN'S ADVIL FEVER AND PAIN RELIEF** 100 mL, 20 tablets or **PEDIATRIC DROPS FOR INFANTS** 24 mL  
 selected varieties  
 analgésiques en capsules ou comprimés ou produits de soulagement de la fièvre pour enfants ou gouttes pour tout-petits  
 20314698001, EA/21372442, EA

\$16

**CENTRUM MULTIVITAMIN 90's, VOLTAREN BACK & MUSCLE PAIN** 120 g or **JOINT PAIN** 100 g  
 selected varieties  
 multivitamines ou analgésique  
 2111046, EA/21235884, EA

\$13

**NEOCITRAN COUGH COLD RELIEF PRODUCT**  
 selected varieties, 10's single dose pouches produit pour le soulagement de la toux et du rhume  
 20324424001, EA

5<sup>50</sup>

**TUMS ANTACID FOR HEARTBURN RELIEF**  
 60-100's or **CHEWABLE TABLETS** 28-32's  
 selected varieties  
 antacide  
 21223300, EA/21236031, EA

9<sup>50</sup>

**PEDIASURE COMPLETE**  
 selected varieties  
 4x235 mL supplément nutritif  
 21371922, EA

76<sup>99</sup>

**SIMILAC 360 TOTAL CARE READY TO FEED INFANT FORMULA**  
 step 1 or 2  
 16x235 mL préparation pour nourrissons  
 21702882, C16

34<sup>99</sup>

**SIMILAC CALCIUM, IRON or REGULAR INFANT FORMULA**  
 850 g préparation pour nourrissons  
 20755571002, EA

25<sup>99</sup>

**SIMILAC GO & GROW TODDLER NUTRITION POWDER**  
 selected varieties, 850 g préparation nutritive en poudre pour tout-petit  
 21702816, EA

# 1000s OF LOWERED PRICES EVERY DAY!

## PRICE DROP

### 3<sup>50</sup>



**CREST PRO-HEALTH or COMPLETE TOOTHPASTE**  
selected varieties  
100-130 mL  
dentifrice  
21041420, EA/21354024, EA



### \$6

**COLGATE TOOTHPASTE**  
70-133 mL, 2x120/150 mL, or  
**MANUAL TOOTHBRUSH** 2's  
selected varieties  
dentifrice ou brosse à dents  
20110327002, EA/21166650, EA



### \$11

**AVEENO LOTION**  
selected varieties  
532 mL  
lotion  
20102023001, EA/20102023003, 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/21644833, EA

### 7<sup>50</sup>

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



### \$3

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



### \$18

**POISE PADS or DEPENDS UNDERWEAR**  
selected varieties and sizes  
12 -66's  
serviettes ou sous-vêtements  
21099790, EA/21302103, EA



### 3<sup>25</sup>

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



### 9<sup>50</sup>

**TYLENOL CHILDREN'S or INFANTS' PAIN RELIEF PRODUCTS**  
selected sizes and varieties  
6-20's/24-100 mL  
produits de soulagement de la douleur  
20329139001, EA



### \$12



**ENSURE or GLUCERNA READY TO DRINK SHAKES**  
selected varieties and sizes  
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  
213357613003, EA  
213357613004, EA



# BABY ESSENTIAL AT LOW PRICES

34<sup>99</sup>

**HUGGIES ECONO PACK DIAPERS**  
selected varieties  
size N-8, 60-208's  
couches  
21456640 EA/21663768 EA

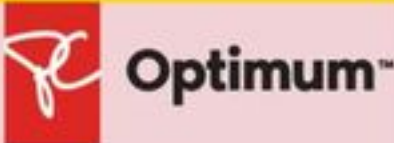


34<sup>99</sup>

**PAMPERS ECONO PACK DIAPERS**  
selected varieties  
size N-8, 58-180's  
couches  
21551525 EA/21692756 EA



App exclusive offer



Earn  
**10,000**  
pts  
when you spend  
\$50 or more

**BABY DIAPERS, WIPES, FORMULA, FOOD, BABY NEEDS or ACCESSORIES**  
selected varieties and sizes  
couches ou lingettes ou préparation pour nourrisson ou  
aliments ou articles ou accessoires pour bébé  
20304618007 EA/21370844 EA/21172500 EA/21699547 EA/21540716 EA

That's  
**\$10**  
value

# BABY ESSENTIALS AT LOW PRICES



27<sup>99</sup>



**HUGGIES**  
**SUPER BIG PACK DIAPERS** N-7, 36-128's  
selected varieties  
couches  
21172500 EA/21371074 EA



4<sup>50</sup>



**GERBER INFANT CEREAL**  
selected varieties  
227 g  
céréales pour bébé  
2035839006 EA/20574110001 EA

44<sup>99</sup>



**KENDAMIL**  
**INFANT FORMULA**  
800 g  
céréales pour bébé  
21699547 EA



11<sup>50</sup>

**AVEENO** 532 mL,  
**CETAPHIL** 400 mL or  
**LIVE CLEAN** 750 mL  
**BABY NEEDS**  
selected varieties  
produits pour bébé  
20956985 EA/21014772 EA

34<sup>97</sup>



**ENFAGROW A+ INFANT**  
**NUTRITIONAL SUPPLEMENT**  
selected varieties  
907 g  
supplément nutritif  
21694898 EA

9<sup>50</sup>



**PEDIASURE COMPLETE**  
selected varieties  
4x235 mL  
suppléments  
21371922 EA

26<sup>97</sup>



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

7<sup>99</sup>



**HUGGIES** 2x/3x  
**BABY WIPES**  
selected varieties  
112-192's  
lingettes pour bébé  
20558604 EA/21086933 EA

1<sup>99</sup>



**BABY GOURMET ORGANIC FRUIT** or  
**VEGETABLE FOOD POUCH** or **JARS**  
selected varieties  
113-128 mL  
sachets ou pots de fruits ou légumes biologiques  
20616541001 EA/21123983 EA

4<sup>50</sup>



**AMARA ORGANIC INFANT**  
**SMOOTHIE MELTS**  
23 g  
fondants de smoothie biologiques pour bébés  
21426267 EA/21703352 EA

2<sup>99</sup>



**BABY MUM MUM ORGANIC** or  
**HOT KIDS SNACKS**  
selected varieties  
50-70 g  
collations pour enfants  
21291768 EA

4<sup>27</sup>



**Q-TIPS COTTON SWABS**  
500's  
cotons-tiges  
20323077001 EA

**\$15**

**CENTRUM MULTIVITAMINS**  
selected varieties, 90's  
vitamines  
21235884, EA/21235897, EA



**\$12**

**LIQUID I.V. HYDRATION MULTIPLIER ELECTROLYTE DRINK MIX** 6 ea  
selected varieties  
mélange à boisson d'électrolytes  
21592485, EA/21592512, EA



**\$15**

**TENA INCONTINENCE UNDERWEAR** 10-58 ea  
selected varieties  
sous-vêtements  
21033611, EA/21099265, EA



**\$10**

**SYSTANE EYE DROPS**  
selected varieties and sizes  
gouttes pour les yeux  
20323021, EA



**SAVE UP TO 15%**

**RESTORALAX POWDERS** 119-765 g,  
**GUMMIES** 30/90's or  
**PACKETS** 10's  
selected varieties  
laxatif  
20159213, EA, 20187552, EA





# 恭賀新禧

**.98**  
LB

**JUMBO CARROTS**  
product of China  
carottes  
2.16/kg  
20851064001\_KG



**1.98**  
LB

**3.88**

**1 KG PKG**



**GARLIC**  
product of China  
ail  
21238843001\_EA

**BABY BOK CHOY, SHANGHAI BOK CHOY, YU CHOY, GAI LONG, BABY NAPA CABBAGE**  
product of Mexico or U.S.A. or  
**GINGER ROOT** product of China  
pak-choi ou brocoli chinois ou chou cantonnais ou  
petit chou nappa ou racine de gingembre  
4.37/kg  
20082279001\_KG/20003604001\_KG

**4.88**  
LB

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



**3.88**  
LB

**UTILITY DUCK**  
frozen  
canard  
8.55/kg  
20143586\_KG

**3.28**



**KJ DUMPLINGS**  
selected varieties, frozen  
380 g  
boulettes  
21359084\_EA

**5.48**  
LB



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

**12.88**



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

**2.88**



**HI-CHEW CANDY**  
selected varieties  
90/100 g  
friandises  
21380659\_EA

**4.98**



**M.Y. SAN SKY FLAKES CRACKERS**  
800 g  
craquelins  
21176798\_EA

**3.88**



**NONGSHIM NOODLES**  
selected varieties  
4's  
nouilles  
21504161\_EA

**2.88**



**KIKKOMAN STIR-FRY SAUCE** 285 mL or  
**SOY SAUCE**  
148 mL  
selected varieties  
sauce à sauté  
ou sauce soya  
20038844\_EA/20043711\_EA

**.88**



**KOSA RICE FLOUR or KOSA GLUTINOUS RICE FLOUR**  
400 g  
farine de riz ou  
farine de riz gluant  
21412730\_EA

**.88**



**MEGA SARDINES**  
selected varieties  
155 g  
sardines  
20774942\_EA

**6.88**



**SHAOMEI DESSERT BAR**  
selected varieties, frozen  
280 mL  
barre dessert  
21309979\_EA/21451403\_EA

**5.48**



**LYSOL DISINFECTING WIPES** 75/84's, **SPRAY** 350 g or  
**MULTI-PURPOSE TRIGGER** 950 mL  
selected varieties  
lingettes ou vaporisateur désinfectant  
20314511001\_EA/21444926\_EA

**12.48**



**TRU EARTH LAUNDRY DETERGENT ECO-STRIPS** 32's or **SCENT BOOSTERS** 200 g  
selected varieties  
détergent à lessive ou rehausseurs de parfum  
21425514\_EA

**19.88**



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

AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 01 NFO BM

**.88**

**KOSA RICE FLOUR** or  
**KOSA GLUTINOUS RICE FLOUR**  
400 g  
farine de riz ou farine de riz gluant  
21412730 EA/21412794 EA



**1.98**

**KOSA CRISPY SEAWEED**  
selected varieties  
36 g  
algues croustillantes  
21377035 EA

**1.48**

**KOSA RICE VERMICELLI**  
selected varieties  
400 g  
vermicelles  
21446288 EA/21446289 EA



**.88**

**HOT KID GUMMY CANDY**  
selected varieties  
70 g  
friandises  
21450187 EA

**3.88**

**ROASTED SESAME SEED**  
selected varieties  
227 g  
graines de sésame rôties  
20739488 EA/20739491 EA



**.88**

**MEGA SARDINES**  
selected varieties  
155 g  
sardines  
20774710 EA

**1.48**

**LOTTE ALOE VERA DRINK**  
500 mL  
boisson à l'aloès  
21672606 EA



**1.88**

**TASTIE SPRING ROLL**  
204 g  
rouleaux de printemps  
20995597 EA

**2.88**

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



**1.28**

**ROOSTER® SUSHI GINGER**  
210 g  
gingembre pour sushi  
21100328 EA

**1.88**

**ROOSTER® TOFU**  
selected varieties  
454 g  
tofu  
21474765 EA



**4.88**

**ROOSTER® KIMCHI**  
400 g  
kimchi  
21040695 EA



**6.98**

**CHARMIN BATHROOM TISSUE** 8=24 rolls or **BOUNTY PAPER TOWELS** 3=6 rolls  
papier hygiénique ou essuie-tout  
21670159 EA/21707477 EA



**14.98**

**CASCADE AUTO DISHWASHER TABS**  
selected varieties  
30/39/48's  
capsules de détergent pour lave-vaisselle  
21012357 EA/21507156 EA



**10.98**

**TIDE LIQUID** 1.86 L or **PODS** 18/23/31's  
**LAUNDRY DETERGENT** or **SWIFFER WET REFILLS** 12-24's, **DRY REFILLS** 16-32's or **DUSTER REFILLS** 6-10's  
selected varieties  
détergent à lessive ou recharges  
21629789 EA/21593782 EA

# RAMADAN KAREEM

رمضان كريم

**4.99**

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



**795 G**

**340 G**

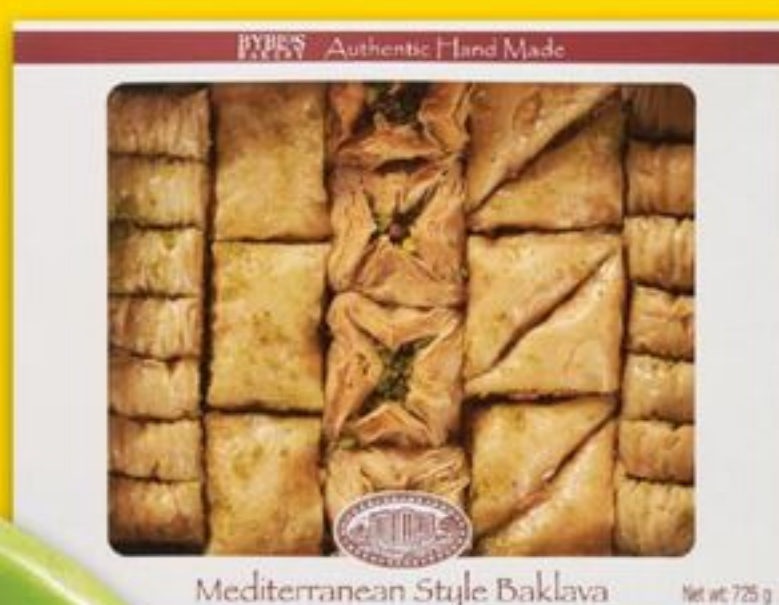


**1.99**  
LB

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

**1.29**  
LB

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



**\$15**

**BYBLOS BAKLAVA**  
725 g  
baklava  
21708090 EA

**\$8**

**SUFRA® HALAL CHICKEN THIGHS**  
up to 840 g  
hauts de cuisses de poulet halal  
21430680 EA



**14.99**

**ZABIHA HALAL WINGS** or **BREADED CHICKEN BREAST FILLET**  
selected varieties, frozen  
908 g  
ailes ou filet de poitrine de poulet pané halal  
20503453 EA/21306301 EA



**11.48**

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



**9.99**

**WAGH BAKRI PREMIUM TEA**  
907 g  
thé  
20375231 EA



**.39**

**MAGGI MASALA NOODLES**  
selected varieties  
70 g  
nouilles masala  
20802664 EA



**6.99**

**TAMAM TAHINI**  
907 g  
tahini  
21217267 EA



**2.99**

**CLIC DRY BEANS** or **LENTILS**  
selected varieties  
907 g  
lentilles ou haricots secs  
20312131 EA/20312891 EA



**10.99**

**ASEEL VEGETABLE GHEE** 2 kg or **KRITI GOLD EXTRA VIRGIN OLIVE OIL** 750 mL  
ghee végétal ou huile d'olive extra vierge  
20572876 EA/20607119 EA



**2.29**

**SURAJ DAHI YOGURT**  
selected varieties  
750 g  
yogourt dahi  
20959052 EA



**8.99**

**PRANA PLAIN PARATHA**  
selected varieties, frozen  
2.4 kg  
paratha nature  
21172364 EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 03 NFO

# HAPPY HOLI!

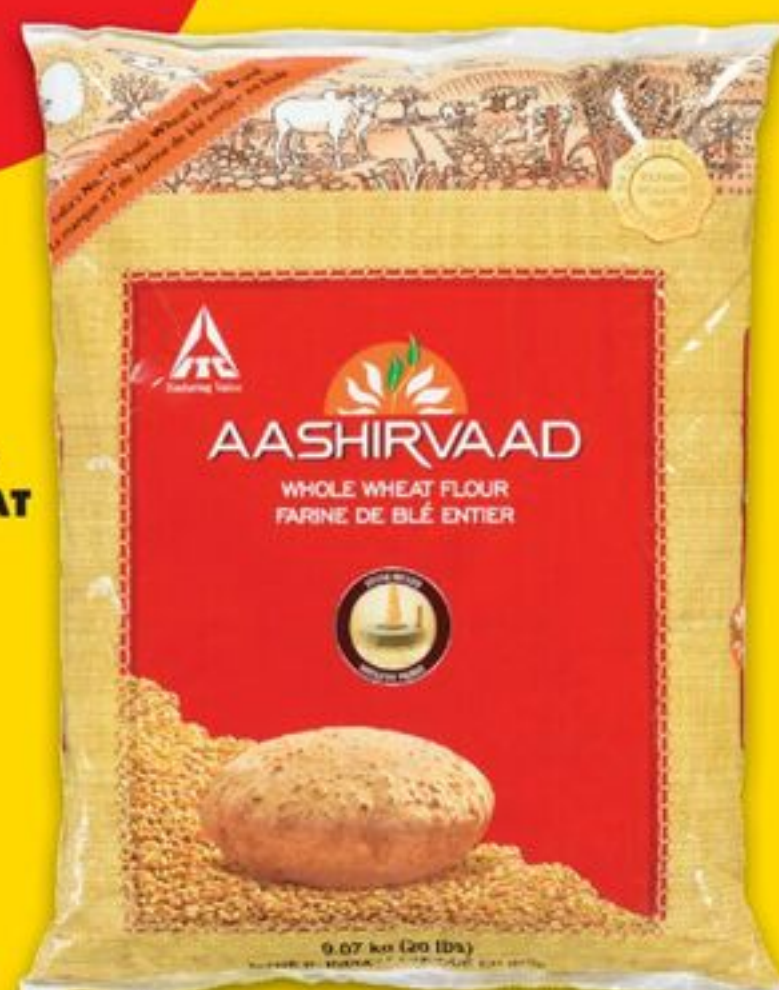
होली की शुभकामनाएं



## 10<sup>99</sup>

### AASHIRVAAD WHOLE WHEAT FLOUR

9.07 kg  
farine de blé entier  
21339688 EA



## 3<sup>99</sup>



### SURAJ<sup>®</sup> DRY BEANS or LENTILS

selected varieties  
1.8 kg  
lentilles ou haricots secs  
20558757 EA/20558758 EA

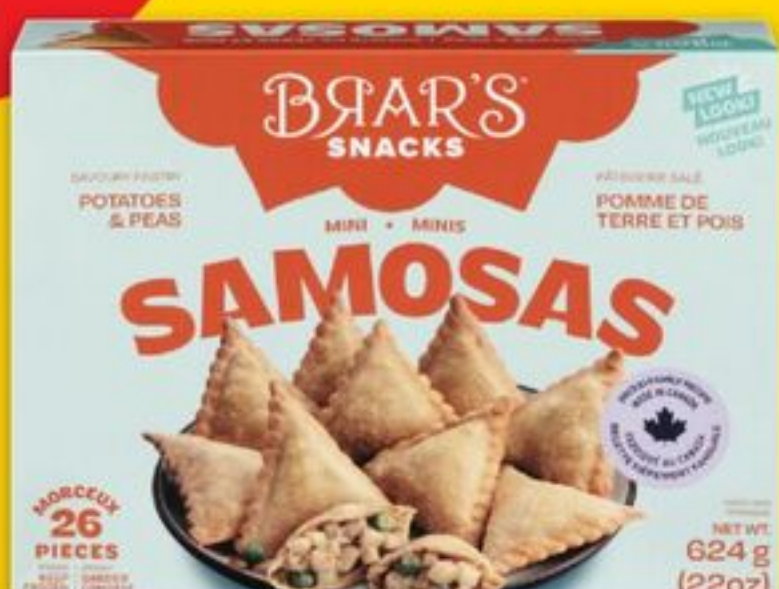
## 1<sup>25</sup>



### HALDIRAM'S INDIAN SNACKS

selected varieties  
150/160 g  
collations indiennes  
20314667007 EA

## 5<sup>99</sup>



### BRAR'S SAMOSA

selected varieties, frozen  
624 g  
samosas  
21000033 EA

## \$2



### RUBICON JUICE

selected varieties  
4x200 mL  
Bjus  
20325890001 EA

# HAPPY HOLI!

होली की शुभकामनाएं



**1.99**  
LB

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



**.99**

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



**3.99**

**CRISPY CAKE RUSK**  
original  
550 g  
petits gâteaux  
21700202\_EA



**3.49**

**CRISPY ROTI**  
selected varieties  
15's  
roti  
21195607\_EA

**5.99**

**SHER BESAN CHANA FLOUR**  
1.81 kg  
farine  
20869922\_EA



**4.49**

**TRE STELLE PANEER**  
300 g  
paneer  
21664545\_EA



**3.99**

**SURAJ® GINGER AND GARLIC PASTE**  
selected varieties  
750 g  
pâte de gingembre et ail  
21088388\_EA/21088480\_EA



**1.29**

**TAMAM CANNED BEANS**  
selected varieties  
796 mL  
légumineuses en conserve  
21214487\_EA



**7.99**

**MOTHER'S MAGIC or NOOR BASMATI RICE**  
4.54 kg  
riz basmati  
20056100\_EA/21590432\_EA



**12.99**

**BRAR'S DESI GHEE**  
800 g  
ghee  
20869886\_EA



**5.99**

**DESI-LICIOUS ICE CREAM**  
selected varieties, frozen  
1 L  
crème glacée  
20847564001\_EA



**1.50**

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



**1.49**

**SHANA VEGETABLES**  
selected varieties, frozen  
300 g  
légumes  
20733978\_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





**Express™**

**Online grocery  
pickup & delivery**

# MORE SPEED, LESS FEES.

Get groceries delivered to your door in as little as **2 hours\*** with lower delivery fees.

**SHOP DELIVERY**



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

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

ONLINE MKT