



THE BIG SALE!

ONLY

1⁹⁹

60Z
CLAMSHELL

RASPBERRIES
product of Mexico or U.S.A.,
no. 1 grade
mûres
20128938001_EA



SAVE UP TO 20%

3⁹⁹

**FARMER'S MARKET™
AMBROSIA or
ROYAL GALA APPLES**
product of Ontario, Canada fancy grade or
MANDARINS
product of Morocco or Spain
pommes ou mandarines
21307212001_EA/20054025001_EA
20767998001_EA

4 LB BAG



SAVE 27%

1⁵⁰

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



ONLY

1⁹⁹

**PC® COLESLAW or
GARDEN SALAD**
product of U.S.A.
397/340 g
salade de chou ou jardinière
21204248_EA/21204304_EA



NOFRILLS®

THE BIG SALE!

FLYER PRICES EFFECTIVE THURSDAY, FEBRUARY 12 TO WEDNESDAY, FEBRUARY 18, 2026.

CLUB SIZE

SAVE 44%

3⁸⁵ LB

CHICKEN BREAST
club size, bone-in, skinless
poitrines de poulet
8.49/kg
20654526_EA

WHILE QUANTITIES LAST

SAVE 29%

11⁹⁹



30=60 ROLLS



ROYALE BATHROOM TISSUE
selected varieties
papier hygiénique
21378233_EA



LACTANTIA BUTTER
selected varieties
454 g
beurre
20639926_EA

ONLY

4⁹⁵

App exclusive offer



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

SAVE 28%

\$1²⁵

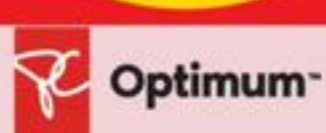
Earn 500 pts

There's .50 more

App exclusive offer



STRIPLOIN or BONELESS RIB STEAK
product of New Zealand, 300 g
bifteck de contre-filet ou de côte déossée
21623721_EA/21624177_EA



Member Price

\$11

Non-Members

\$14

Members Save \$3

ONLY

9⁹⁹ LB



SALMON FILLET
fresh
filet de saumon
22.02/kg
20339767_KG

SAVE UP TO 33%

6⁹⁹



LOU'S KITCHEN 375/400 g or **MANDARIN** 400/450 g
ENTRÉES fresh, fully cooked or **SWISS CHALET** 650/655 g or
ST-HUBERT 715/800 g **POT PIES** frozen, selected varieties
plats cuisinés ou pâtés
20078077_EA/20719298_EA

SAVE UP TO 51%

3⁹¹



WATSON RIDGE CHICKEN STRIPS or NUGGETS or TA'AAM HALAL NUGGETS
frozen, 800 g
lanâires ou pépites de poulet ou pépites halal
21305249_EA

ONLY

2⁹⁷



ASTRO or IOGO LIBERTÉ GREEK YOGURT
650/750 g or 4x100 g
selected varieties
yogourt
20165226001_EA/20801732003_EA

SAVE 44%

1²⁵



OASIS JUICE, DEL MONTE NECTAR or ARIZONA ICED TEA 960 mL
or **FRUITE BEVERAGES** 2 L
selected varieties
jus ou nectar ou thé glacé ou boisson
20336722003_EA/20894117004_EA

SAVE 50%

\$1



HEINZ BEANS or PASTA
selected varieties
398 mL
fèves ou pâtes
20040380003_EA/20177378001_EA

ONLY

1⁵⁰



UNICO BEANS TOMATOES 540 mL or 796 mL
selected varieties
légumineuses ou tomates
20313447001_EA/20314629001_EA

PRICE DROP

1⁵⁰



ITALPASTA
selected varieties, 750 g
pâtes
20296341001_EA/20296341003_EA

PRICE DROP

8⁹⁹

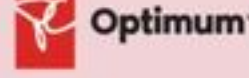


GALLO EXTRA VIRGIN OLIVE OIL
selected varieties, 1 L
huile d'olive extra vierge
20105368_EA

App exclusive offer



NO NAME® WHITE VINEGAR
club size, 4 L
vinaigre blanc
20102756_EA



ONLY

\$1⁷⁵

Earn 750 pts

There's .75 more

ONLY

\$3



REAL CANADIAN SPRING WATER
24x500 mL
eau de source
20154973_C24

ONLY

12⁸⁸



DAN-D PAK CASHEWS
salted or unsalted
908 g
noix de cajou
20314862002_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

LOW PRICES ARE IN THE AIR

\$19



**HOLIDAY
ROSES**

roses de célébration
21440087 EA

WHILE QUANTITIES LAST

\$20



DELUXE BOUQUET

bouquet de luxe
21481696 EA

WHILE QUANTITIES LAST

\$10



**TULIPS or
SMALL MIXED BOUQUET**

tulipes ou petit bouquet varié
21619952 EA/21660811 EA

WHILE QUANTITIES LAST

ONLY

\$15



**FERRERO
ROCHER
DIAMOND
BOX**

24's
chocolat en boîte
21463826 EA

ONLY

\$6



**TOBLERONE
TINY CHOCOLATE**

120 g
mini-chocolat
21609706 EA

FRESH AT LOW PRICES

3⁹⁹
EA/LB

PINEAPPLE each,
product of Costa Rica or
RED or GREEN
SEEDLESS GRAPES

8.80/kg, product of Peru, Chile, or
South Africa, no. 1 grade
fraises ou raisins rouges ou
verts sans pépins ou ananas
20425775001_EA/20160992001_EA

4⁴⁹

CAULIFLOWER
product of U.S.A. or Mexico, no. 1 grade or
GREEN or RED PEPPERS
product of Mexico or U.S.A.
chou-fleur ou poivrons
20135377001_EA/20115233001_EA/20013208001_EA

**8 LB
BOX**

ORANGES
product of Turkey
oranges
20090173001_EA
WHILE QUANTITIES LAST

4⁹⁹

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

2⁴⁹
LB

ROMA TOMATOES
product of Mexico, no. 1 grade
tomates roma
5.49/kg
20143381001_KG



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

1⁷⁹



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

3⁹⁹



**FARMER'S MARKET™
SWEET POTATOES** product of Canada or
RED ONIONS product of Canada, Canada no. 1 grade
patates douces ou oignons rouges
20811363001_EA/20697331001_EA

3⁹⁹

PKG OF 5



CANTALOUPE product of Guatemala or Honduras, no. 1 grade,
FARMER'S MARKET™ LEMONS product of U.S.A. or
AVOCADOS product of Mexico, or Colombia
cantaloup ou avocats ou citrons
20167017001_EA/21644936001_EA/20793315001_EA

1²⁹



RED MANGOES
product of Peru
mangues
20039635001_EA

3⁹⁹

**3 LB
BAG**



BLUEBERRIES product of Mexico or Morocco, no. 1 grade
or **FARMER'S MARKET™ GRAPEFRUIT**
product of Turkey
bleuets ou pamplemousse
2013463001_EA/20118409001_EA

3⁹⁹

PKG OF 2



PKG OF 6

ROMAINE HEARTS product of U.S.A. or
**FARMER'S MARKET™ MINI
CUCUMBERS** product of Ontario, Canada no. 1 grades
cœurs de romaine ou mini-concombres
20082736001_EA/20737570001_EA

2⁹⁹



BROCCOLINI product of U.S.A.,
**FARMER'S MARKET™
GRAPE TOMATOES**
product of Canada, Mexico, or U.S.A. no. 1 grade
broccolini ou tomates raisins
20134907_EA/2130788001_EA

1⁹⁹
LB



BARTLETT PEARS
product of U.S.A., extra fancy grade
poires
4.39/kg
2017226001_KG

2⁹⁹



**6 OZ
CLAMSHELL**

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

2⁴⁹
EA/LB



HONEY TANGERINES 5.49/kg, product of U.S.A.
or **POMEGRANATES** each, product of Israel
tangerines miel ou grenades
20082393001_KG/20134767001_EA

\$7



MINI ROSES
mini-rosiers
21665884_EA

2⁹⁹



**3 LB
BAG**

**FARMER'S MARKET™
CARROTS or YELLOW ONIONS**
product of Canada, Canada no. 1 grade
carottes ou oignons jaunes
2006097001_EA/20011994001_EA

3⁹⁹



680 G

**PC® LITTLE GEMS™ RED,
YELLOW or MIXED MINI POTATOES**
product of Canada, Canada no. 1 grade
mini-pommes de terre rouges, dorées ou assorties
21347501001_EA/21347599001_EA

2⁴⁹



227 G

**PC® WHOLE or SLICED,
WHITE or CREMINI MUSHROOMS**
product of Ontario
champignons blancs ou cremini entiers ou tranchés
20737611_EA/207636633_EA

4⁹⁹



1 LB CLAMSHELL

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

2⁵⁰



BUNCH DILL
product of U.S.A. or Mexico
aneth en botte
20185183001_EA

\$4



GREEN BEANS
product of U.S.A. or Mexico
haricots verts
21108053001_EA

1⁵⁰
LB



RED CABBAGE
product of Canada,
Canada no. 1 grade
chou rouge
3.31/kg
20773656001_KG

*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

\$12

PC® BLUE MENU® CHICKEN THIGHS
boneless, skinless
up to 720 g
hauts de cuisse de poulet
21606506, EA



7.79
LB

EXTRA LEAN GROUND BEEF
club size
boeuf haché extra maigre
17.17/kg
20357910, KG



3.99
LB

PORK COMBO CHOPS
bone-in, fresh
côtelettes de porc
8.80/kg
20683470, KG
WHILE QUANTITIES LAST



11.99

MARCANGELO ITALIAN SAUSAGES or MEATBALLS
selected varieties, 1 kg
saucisses italiennes ou boulettes de viande
20867488, EA

4.49

MAPLE LEAF TOP DOGS or SCHNEIDERS RED HOTS WIENERS
selected varieties, 375 g
saucisses fumées
20602429, EA



4.99

WONG WING or ASIAN INSPIRATIONS ENTRÉES
selected varieties, frozen, 400 g
plats cuisinés
20507138, EA/21047378, EA



\$9

SUSHI POCKET SALMON TERIYAKI 528 g
teriyaki de saumon
21702921, EA



\$6

PC® SPLENDIDO® CHARCUTERIE 100 g or **ZIGGY'S® KOLBASSA** 375 g
selected varieties
charcuteries ou kolbassa
21050405, EA/21394884, EA



1.88

ROOSTER® TOFU
selected varieties
454 g
tofu
21474765, EA



\$7

SEAQUEST® WHITE RAW COLOSSAL SHRIMP
16/20 per lb, 300 g, **SMALL SCALLOPS** 400 g, or
SHRIMP RING 227 g
frozen
crevettes blanches colossales crues ou petits pétoncles ou couronne de crevettes
20080289, EA/21043887, EA



\$11

MASTRO SALAMI CHUB 600 g or
PC® DELI MEAT 250-400 g
selected varieties
saucisson de salami ou charcuteries
20302356, EA/20923814, EA



\$5

AGROPUR BRIE or CAMEMBERT 170 g
or **MONSIEUR GUSTAV GOUDA** 170 g or
PC® CHEESE SLICES 140-170 g
selected varieties, 130-220 g
fromage
20177193, EA/20217853, EA



\$5

OLIVIERI FRESH FILLED TWIN PACK PASTA 450-500 g,
SKILLET GNOCCHI 280/300 g or **FRESH SAUCE** 300 mL
pâtes fraîches farcies ou gnocchi à poêler ou sauce fraîche
20321512, EA/21022065, EA



\$10

PC® BASQUE CHOCOLATE CHEESECAKE
600 g
gâteaux au fromage
21687935, EA



\$2

NO NAME® BAGELS or ENGLISH MUFFINS
selected varieties, 6's
bagels ou muffins anglais
21297780, EA/21297831, EA



2.50

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



\$5

FARMER'S MARKET™ LOAF CAKES
selected varieties, 344-390 g
gâteaux quatre-quarts
20565382, EA/21542157, EA



THE BIG SALE!

ONLY

6⁵⁰

OIKOS GREEK or ACTIVIA EXPERT YOGURT
selected varieties
650/750 g
yogurt
21006634 EA/21688205 EA



ONLY

\$6

CRACKER BARREL SHREDDED CHEESE 320 g
or **BLACK DIAMOND CHEESTRINGS** or **SNACKS** 252/336 g
selected varieties
fromage râpé ou fromage effilochable
ou collations
20763661 EA/21290616 EA



ONLY

6⁷⁵

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



ONLY

6⁹⁹

BECEL MARGARINE
selected varieties
637/850 g
margarine
20297818002 EA



4⁷⁹



INTERNATIONAL DELIGHT COFFEE CREAMERS 946 mL or **COLD FOAM** 396 g, selected varieties
colorants à café ou mousse froide
2049548002 EA

\$4



PILLSBURY TOASTER STRUDEL
selected varieties, frozen, 326 g
pâtisserie
2017864001 EA

\$7



HIGH LINER FAMILY PACK FISH FILLETS
selected varieties, frozen, 315-700 g
filets de poisson
2030320001 EA



GIUSEPPE THIN CRUST or RISING CRUST PIZZA
selected varieties
frozen, 439-785 g
pizza
21106361 EA

Earn 500 pts
\$0.50

\$1



OLD EL PASO SEASONING
selected varieties, 24 g
assaisonnement
21049495 EA

2⁵⁰



TOWNHOUSE 247-391 g or **CHEEZ IT SNAP'D CRACKERS** 213 g
selected varieties
croquillons
21107403 EA/21451181 EA



\$4



DORITOS TORTILLA CHIPS 210/235 g or **SMARTFOOD POPCORN** 150-220 g
selected varieties
croustilles de tortilla ou maïs soufflé
20977839 EA/21493042 EA

7²⁵



NEILSON TRUTASTE 3.25% or CHOCOLATE MILK
4 L
lait ou lait au chocolat
20091466 EA



\$9



RED BULL ENERGY DRINK
selected varieties, 4x250 mL
boissons énergisantes
20166737001 C04

1⁶⁹



COCA-COLA or PEPSI SOFT DRINKS
selected varieties, 2 L
boissons gazeuses
20296936002 EA/20316026002 EA

1⁵⁰



GREEN GIANT VEGETABLES
selected varieties, 341/398 mL
légumes
21021485 EA

\$2



PRIMO SAUCE
selected varieties
680 mL
sauce
20730715 EA



1⁵⁰



NO NAME® YELLOW MUSTARD
550 mL
moutarde jaune
21457728 EA

16⁹⁹



TIMOTHY'S, KRISPY KREME or DONUT HOUSE COFFEE PODS
selected varieties, 30's
capsules de café
20499919 EA/21453555 EA

3⁵⁰



PEARL MILLING COMPANY SYRUP 710 mL or **PANCAKE MIX** 905 g
selected varieties
sirop ou mélange à crêpes
21346409 EA/21391619 EA

\$3



LECLERC GO PURE or NUGABAR BARS
selected varieties, 140-175 g
barres
21207838 EA/21556398 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

\$2⁶⁷



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

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

PC® CHOCOLATE BARS
300 g
chocolat au lait

Optimum™



Earn
2,000
pts

PC® BASQUE CHEESECAKE
600 g
gâteau au fromage

Optimum™



Earn
500
pts

PC® COLESLAW
397 g
salade de chou

Optimum™



Earn
1,000
pts

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

Optimum™



Earn
750
pts

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

Optimum™



Earn
750
pts

PC® LOW SODIUM CLUB SODA
12 x 355 mL
soda

Optimum™



Earn
1,500
pts

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

Optimum™



Earn
1,000
pts

PC® BABY WIPES
300's
lingettes bébé

Optimum™



Earn
500
pts

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

Optimum™



Earn
500
pts

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

Optimum™



Earn
2,000
pts

PC® MEAT LASAGNA
2.27 kg
lasagne

More offers. More points.

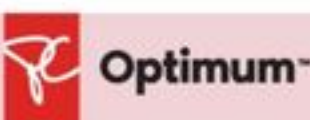
CLICK FOR
THESE COUPONS
AND MORE



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

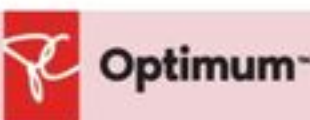
NO NAME® CHICKEN HOT DOGS
1.5 kg
saucisses fumées



Earn
500
pts

Until March - 4 - 2026

NO NAME® CHICKEN BURGER
908 g
burger au poulet



Earn
500
pts

Until March - 4 - 2026

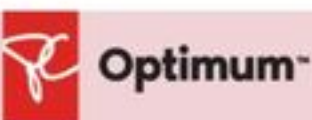
NO NAME® CALIFORNIA MIXED VEGETABLES
750 g
mélange de légumes



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

LOW PRICES ARE IN THE AIR

\$12

FERRERO ROCHER HEART

16's
boîte de cœurs en chocolat
20032252_EA



\$9

NESTLÉ KITKAT or SMARTIES

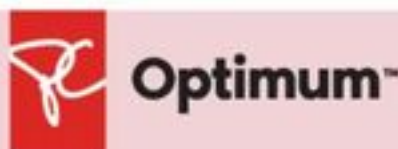
selected varieties
30's
chocolat
21620932_EA



\$12

LINDT ASSORTED MILK CHOCOLATE HEART

108 g
cœurs au chocolat au lait
21690456_EA



HERSHEY'S VALENTINES CHOCOLATE or CANDY

selected varieties and sizes
chocolat ou friandises de Saint-Valentin
20275866001_EA/21478120_EA

Earn
3,000
pts

For every \$10*
spent

That's

\$3
value

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.

BRANDS YOU LOVE AT LOW PRICES



6⁵⁰

ACTIVIA YOGURT
selected varieties
12's
yogourt
20303412003_EA



4²⁵

SILK NON-DAIRY BEVERAGES
selected varieties, refrigerated
1.75/1.89 L
boissons non laitières
20328231004_EA/21196119_EA



\$10

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



3⁵⁰

NEILSON CREAM
selected varieties
473 mL/1 L
crème
20123609_EA/20774431_EA

CHAPMAN'S COLLECTION 8%
LOLLY NOVELTIES 28's or
ORIGINAL ICE CREAM 2L
selected varieties, frozen
friandises glacées ou crème glacée
20315236001_EA/203223757004_EA

Optimum®

Member Price
\$4⁴⁹

Non-Members
\$4⁹⁹

Members Save
.50

4⁴⁹

OASIS HEALTH-BREAK or SMOOTHIES 1.6 L or
ASTRO YOGURT 12x100 g, selected varieties
boissons fouettées ou yogourt
20300831_EA/21529899_EA

3⁵⁰

KOOL-AID JAMMERS 10x180 mL, **MINUTE MAID, FIVE ALIVE** or **FUZE DRINK BOXES** 8/10x200 mL
selected varieties
boîtes de boisson
20079976006_EA/20327042001_EA

\$6

GATORADE SPORT DRINKS 6x591 mL/8x355 mL, or
POWDERS 10's/560 g
selected varieties
boissons désaltérantes ou poudres
20303218003_C06/21603385_EA

\$2

UNICO SOLID LIGHT TUNA
198 g
thon pâle en morceaux
20113743_EA

2⁵⁰

GOLDFISH CRACKERS
selected varieties
167-227 g
craquelins
20300320_EA/20306994003_EA

PRICE DROP

1⁶⁹

CHEF BOYARDEE PASTA
selected varieties
418/425 g
pâtes
20312300001_EA

.88

MR. NOODLES CUP
selected varieties
64 g
nouilles instantanées
20296360002_EA

2²⁹

BETTY CROCKER POTATOES
selected varieties, 141-215 g
pommes de terre
20296518003_EA/21574295_EA

3⁵⁰

HEINZ MAYO STYLE DIPS
selected varieties, 340 mL
trémpelettes
21686143_EA/21686231_EA

8⁸⁸

MAZOLA CORN OIL
2.84 L
huile de maïs
20015260_EA

4⁹⁹

VLASIC PICKLES
selected varieties
1 L
cornichons
20055862001_EA

2⁷⁹

BEN'S ORIGINAL BISTE EXPRESS RICE
selected varieties, 240/250 g
riz
21404700_EA/21405476_EA

\$1

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

BRANDS YOU LOVE AT LOW PRICES

2⁵⁰

BAGEL BITES
selected varieties, frozen
198 g
bouchées de bagel
20213483001 EA



4⁷⁹

**CRACKER BARREL
NATURAL CHEESE
SLICES**
selected varieties
200-240 g
tranches de fromage naturel
21290705 EA

\$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



\$3

**CHEEMO
PEROGIES**
745-907 g or **VILLA
PASTA** 400 g
selected varieties, frozen
perogies ou pâtes
20527369 EA

3⁴⁹

**KETTLE BRAND
POTATO CHIPS**
selected varieties, 198 g
croustilles
21220652 EA/21520642 EA



\$8

STOK COLD BREW COFFEE
selected varieties
1.42 L
café infusé à froid
21303739 EA



1⁵⁰

**NO NAME®
POTATO CHIPS**
selected varieties, 200 g
croustilles
21302821 EA



2²⁹

GRISSOL MELBA TOAST, CANAPE or BAGUETTES
selected varieties, 120-200 g
biscottes
21033185 EA/21033188 EA



\$5

BONNE MAMAN JAM 250 mL **CORA CREPE MIX** 700 g
or **CORA MUFFIN MIX** 450 g, selected varieties
confiture ou mélange à crêpes ou mélange à muffins
20307213001 EA/21647639 EA



\$5

**CLUB HOUSE BLENDS or
LA GRILLE SEASONING**
selected varieties, 111-248 g
mélange d'assaisonnement
20304004002 EA/20321740001 EA



1⁵⁰

**CADBURY MINI EGGS, CREAM EGGS or
KINDER JOY** 20 g or **CARNABY STREET CHOCOLATE
BUNNY** 100 g or **REESE CANE** selected varieties
chocolat
20801065 EA/20934878 EA



5²⁵

FERRERO EGGS 90-100 g or
ROCHER HALLOW BUNNY 70 g
chocolat
214640705 EA/21694065 EA



5⁵⁰

**KINDER
CHOCOLATE UOVO**
selected varieties, 100 g
chocolat
20719293 EA



6⁹⁹

TAZO TEA CONCENTRATE 946 mL or
LIPTON TEA BLACK or GREEN 200 g
selected varieties
thé
21295930 EA/21592297 EA



12⁴⁹

STARBUCKS ROAST AND GROUND COFFEE 340 g,
PODS 10's or **HOT CHOCOLATE** 240/300 g, selected varieties
café torréfié et moulu ou capsules ou chocolat chaud
21651836 EA/21660417 EA



\$5

NO NAME® HOT CHOCOLATE 500 g or
LYNCH HOT APPLE CIDER MIX 10x23 g
mélange à chocolat chaud ou à cidre de pommes
20760278 EA



5⁵⁰

**KELLOGG'S
FAMILY SIZE
CEREAL**
selected varieties
480-650 g
céréales
21449784 EA/21651640 EA



7⁵⁰

NUTELLA HAZELNUT SPREAD 725 g or
**NUTELLA & GO HAZELNUT SPREAD
WITH BREADSTICKS** 208 g
selected varieties
torréfiée de noisettes ou torréfiée de noisettes avec bâtonnets
20436103 EA



1⁵⁰

NO NAME® CHEESE SNACKS
selected varieties, 3's
collations ou fromage
20889981 EA/20889982 EA



2⁹⁹

**SKITTLES or
STARBURST
CANDY**
selected varieties
130-170 g
friandises
21445605 EA/21647110 EA



Earn
3,000
pts
For every \$10*
spent

That's
\$3
value



Optimum™

**BETTY CROCKER
PREMIUM CAKE MIX**
selected varieties
263-550 g
mélange à gâteau de choix
20136507001 EA/20325452001 EA

BRANDS YOU LOVE AT LOW PRICES

\$5

CREST GUM TOOTHPASTE 63-90 mL,
or **SCOPE MOUTHWASH** 1 L
selected varieties
dentifrice ou rince-bouche
20948747 EA/21354690 EA



6⁵⁰

SOFTSOAP LIQUID HAND SOAP REFILL
selected varieties
1.47 L
recharge de savon liquide
pour les mains
21715457 EA

\$9

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



\$4

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

\$7

LYSOL TOILET BOWL CLEANER 2x710 mL,
DISINFECTANT SPRAY 425/539 g or
LAUNDRY DISINFECTANT 1.2 L
selected varieties
nettoyant à cuvette ou vaporisateur désinfectant ou désinfectant pour lessive
21236361 EA/21487308 EA



\$5

OLD DUTCH LAUNDRY DETERGENT
4 L
détergent à lessive
21467437 EA



\$11

TIDE LIQUID LAUNDRY DETERGENT 1.62/1.86 L or
PODS 31/18's, **DOWNY FABRIC SOFTENER** 1.66/2.63 L,
DOWNY or GAIN SCENT BOOSTERS 379 g or
BOUNCE DRYER SHEETS 120/200's, selected varieties
détergent ou assouplissant ou rehausseur de parfum ou feuilles pour sècheuse
21593782 EA/21659564 EA



31⁹⁹

ALPO COOKOUT CLASSICS DRY DOG FOOD
16 kg
nourriture sèche pour chiens
20112174 EA



.90

FANCY FEAST 85 g or **FRISKIES** 156 g
selected varieties
nourriture humide pour chats
20311259 EA/20319657006 EA



\$10

NO NAME® CAT LITTER
selected varieties
18 kg
litière pour chats
20177169001 EA



Earn
5,000
pts
For every \$25*
spent

That's
\$5
value



PET FOOD or SUPPLIES
all varieties and sizes
nourriture ou fournitures pour animaux
20912435 EA/21014573 EA



\$5

HEINZ KETCHUP
750 mL/1 L or **KRAFT**
MIRACLE WHIP
650/890 mL
selected varieties
ketchup ou tartinade
20069080, EA/20298681001, EA



9⁹⁷

KD ORIGINAL
12x200 g
macaroni au fromage
21550825, EA

\$4

TACO BELL CREAMY SAUCE 354 mL or
DINNER KIT 260-420 g
selected varieties
sauce crémeuse ou ensemble pour repas
21661774, EA/21663637, EA



\$3

CLASSICO PASTA SAUCE
selected varieties
410/600 mL
sauce pour pâtes
20325609003, EA/21618217, EA

\$4

CRAVE DINNER ENTRÉES 200-340 g or **KRAFT DELUXE**
MACARONI AND CHEESE ENTRÉE 340 g
selected varieties, frozen
plats cuisinés ou macaroni au fromage
21085515, EA



15⁹⁷

MAXWELL HOUSE ROAST AND GROUND COFFEE 631-900 g or
PODS 30's
selected varieties
café torréfié et moulu ou capsules
21308076, EA/21606882, EA



7⁹⁹

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



\$4

J.L. KRAFT PURE SALAD DRESSING
selected varieties
355 mL
vinaigrette
21581628, EA/21581655, EA



3⁹⁹

KRAFT SINGLES 410 g or
EXTRA CHEDDAR SLICES 390 g
selected varieties
fromage
21188654, EA



\$3

KRAFT SALAD DRESSING
selected varieties
425 mL
vinaigrette
21584749, EA/21584931, EA



3⁹⁹

KRAFT CHEESE WHIZ 450 g or
PHILADELPHIA CREAM CHEESE PRODUCT 227/250 g
selected varieties
produit de fromage fondu ou produit de fromage à la crème
20659606001, EA/20641267, EA



1²⁵

JELL-O JELLY POWDER
selected varieties
9.1-85 g
poudre pour gelée
20317293001, EA





恭賀新禧

SAVE 50%

.98 LB

FUJI APPLES
product of China
2.16/kg
pommes
20081066001_KG



SAVE 34%

.98

GOLDEN HAPPINESS SPECIALTY BUNS
selected varieties
100 g
brioches de spécialité
21297542_EA



SAVE 28%

12⁸⁸

T&T® THAI JASMINE RICE
8.2 kg
riz au jasmin thaï
20705590_EA



ONLY

1⁶⁸

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



SAVE 40%

4⁴⁸

PALDO NOODLES
selected varieties
520-560 g
nouilles
21676222_EA
21676223_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET FLAP INFO



恭賀新禧

.88
LB

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



1.88
LB

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

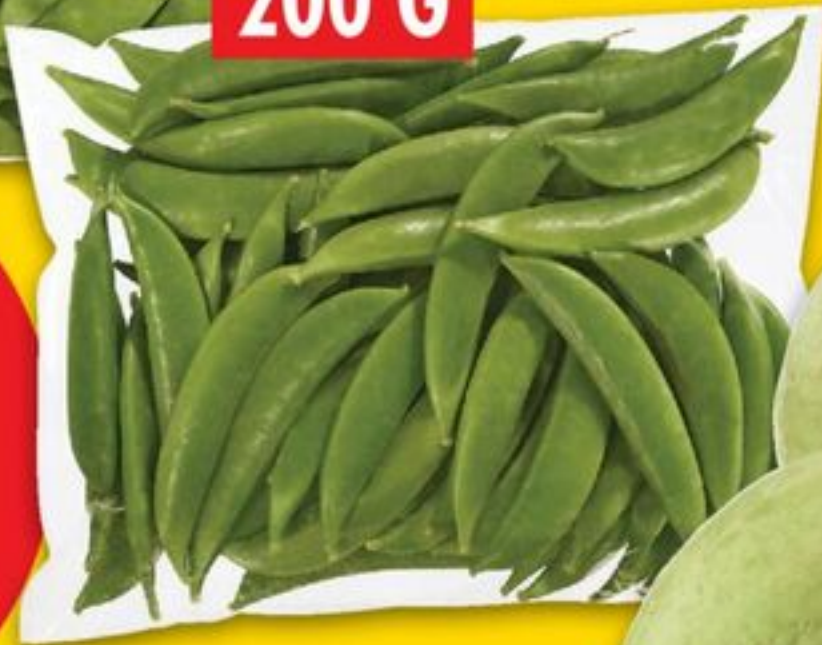
1.48
LB

JAPANESE SWEET YAMS
product of Canada
3.26/kg
igname japonaise
20524922001_KG



1.98

SNOW or SNAP PEAS
product of China
pois mange-tout ou snap
210223581001_EA/210223553001_EA



4.88
LB

GUAVA
product of Taiwan
10.76/kg
gayave
20162500001_KG



2.88

GOLDEN HAPPINESS CHINESE LONG DOUGHNUT
255 g
beignes chinois
21046297_EA



3.88

KIMBERLEY'S FROSTED COOKIES
383 g
biscuits glacés
21433261_EA



3.88

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



5.88

T&T® HEAD-ON, SHELL-ON SHRIMP
selected varieties, frozen
300/400 g
crevettes
21689820_EA/21689868_EA



5.88

SEAQUEST® SEAFOOD MEDLEY
frozen
340 g
mélange de produits de la mer
21392029_EA



4.88

ANCHORS BAY COOKED CLAM MEAT or MUSSEL MEAT
frozen
340 g
chair de palourde ou moule cuite
20791670_EA/20792247_EA



12.88
LB

INSIDE ROUND STIR FRY STRIPS
cut from Canada grade AA beef or higher
28.40/kg
lanières à sauter d'intérieur de ronde
21189996_KG



5.48
LB

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



6.88
LB

TAIWANESE CHICKEN
frozen
15.17/kg
poulet
21587976_KG



**HAPPY
LUNAR
NEW
YEAR**

恭賀新禧

3⁸⁸



SPAM LUNCHEON MEAT
340 g
pain de viande
21430739, EA



.88

**NONG SHIM
NOODLE CUP**
selected varieties
75 g
contenant de nouilles
20032441002, EA

3⁸⁸



PALM CORNED BEEF
selected varieties
326 g
bœuf salé
20416342, EA



3⁸⁸

**ROASTED
SESAME SEED**
selected varieties
227 g
graines de sésame
20739488, EA

8⁸⁸



BILLY BEE HONEY
1 kg
miel
20528715, EA

1⁴⁸



**ROOSTER® KONGMOON
RICE STICK VERMICELLI or
KOSA RICE VERMICELLI**
selected varieties
400 g
vermicelles
20967204, EA/21446288, EA

2⁸⁸



**COCK BRAND FISH SAUCE 700 mL or
T&T® 3-MINUTE RAMEN NOODLES 504 g**
selected varieties
sauce au poisson ou nouilles ramen
20060853, EA/21447367, EA

5⁸⁸



**NO NAME®
PEANUT OIL 946 mL or
GOLDEN PHOENIX
JASMINE RICE 2.27 kg**
huile d'arachide ou riz au jasmijn
20127768, EA/20841904, EA

2⁸⁸



**LEE KUM KEE
HOISIN SAUCE 445 mL or PANDA
OYSTER SAUCE 510 g**
sauce hoisin ou sauce aux huîtres
20045048, EA/20139100, EA

2⁴⁸



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

2²⁸



**T&T® COOKED
SOY BEANS**
selected varieties, frozen
454 g
haricots de soja cuits
20393404, EA

4⁴⁸



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

1⁴⁸



WAHAHA YOGURT FLAVORED DRINK
4's
boisson de yogourt aromatisée
21091972, EA

3⁸⁸



DORITOS
selected varieties
210-225 g
croustilles
21672047, EA/21695244, EA

5⁴⁸



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

12⁴⁸



**TRU EARTH LAUNDRY
DETERGENT ECO-STRIPS 32's
or SCENT BOOSTERS 200 g**
détergent à lessive ou rehausseurs de parfum
21425314, EA

19⁸⁸



FINISH AUTO DISHWASHER TABS
selected varieties
60-105's
capsules de détergent pour lave-vaisselle
21318875, EA/21561327, EA

14⁹⁸



**CASCADE AUTO DISHWASHER TABS
30/39/48's or GAIN LIQUID 4.25 L or FLINGS
42's LAUNDRY DETERGENT**
selected varieties
capsules de détergent pour lave-vaisselle ou détergent
21507156, EA/21671135, EA

10⁹⁸



**SWIFFER WET REFILLS 12-24's, DRY
REFILLS 16-32's or DUSTER REFILLS 6-10's**
selected varieties
recharges
216979, EA

6⁹⁸



**CHARMIN BATHROOM
TISSUE 8-24 rolls or BOUNTY
PAPER TOWEL 3-6 rolls**
selected varieties
papier hygiénique ou essuie-tout
21670159, EA/21707477, EA

RAMADAN KAREEM

رمضان كريم

5⁹⁹



KHUDRI DATES
product of Saudi Arabia
dates
21562486001 EA

.99



MINT
product of Mexico or
CILANTRO
product of Mexico or U.S.A.
bunch
menthe ou coriandre
20091825001 EA



1⁹⁹
LB

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



\$2

SANTOSH NAAN
selected varieties
5's
naan
21671462 EA

\$12



SUFRA® HALAL CHICKEN THIGHS
boneless, skinless
up to 736 g
hauts de cuisses de poulet halal
21647999 EA

10⁸⁸



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

.99



BARBICAN MALT BEVERAGE
selected varieties
330 mL
boisson de malt
20883754 EA

3²⁹



ROOH AFZA
800 mL
courage concentrée
21027924 EA

\$10



SUFRA® HALAL BREADED CHICKEN
selected varieties, frozen, 568-840 g
poulet pané halal
21179709 EA

2²⁹



HANS DAIRY DAHI
selected varieties
750 g
dahi
20092811 EA

7⁴⁹



AL SHIFA NATURAL HONEY
selected varieties
500 g
miel
20862354 EA

2⁹⁹



QUALITY BULGUR or JARISH 907 g, ZINDA COUSCOUS 907 g or TRICOLOUR PEARL COUSCOUS 600 g, selected varieties
bulgur ou jarish, couscous ou couscous perlé
20013708 EA/21528526 EA

.99



KNORR BOUILLON CUBES
selected varieties, 80 g
cubes de bouillon
20378063001 EA

2⁴⁹



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

18⁹⁹



GOLDEN TEMPLE FLOUR
selected varieties
9 kg
farine
20312711001 EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 03 NFO

HAPPY HOLI!

होली की शुभकामनाएं

2⁴⁹

BUNCH SPINACH
product of U.S.A.,
épinards en botte
20162840001 EA



1⁹⁹
LB

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



1⁶⁹
LB

OPO SQUASH
product of Mexico, Honduras,
or Dominican Republic
3.73/kg
courage opo
20142055001 KG

3⁴⁹

CRISPY NAMAK PARA
selected varieties
360 g
namak para
21443491 EA



2⁹⁹

CRISPY POUND CAKE
selected varieties
368 g
quatre-quarts
20814080 EA

.⁹⁹

PARLE G BISCUIT
original
300 g
biscuit
20954495 EA



2²⁹

SURATI SNACKS
selected varieties
250/341 g
collations
20313391003 EA/20222576003 EA



\$8

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



5⁹⁹

SHER BESAN FLOUR
1.81 kg
farine
20869922 EA



11⁹⁹

DAAWAT EVERYDAY BASMATI RICE
4 kg
riz
21466269 EA



5⁹⁹

SHAN GINGER GARLIC PASTE 700 g or **SURAJ KIDNEY BEANS, URAD DAL or TOOR DAL** 1.8 kg
selected varieties
pâte d'ail et gingembre ou haricots ou urad dal ou toor dal
20558870 EA/21447370 EA



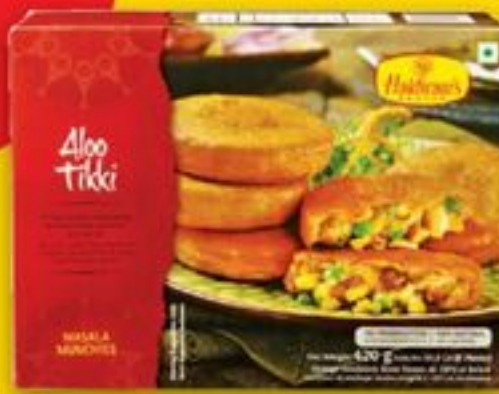
5⁹⁹

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



4⁹⁹

HALDIRAM APPETIZERS
selected varieties, frozen
420-500 g
hors-d'œuvre
20710636 EA/20710712 EA



5⁹⁹

NANAK CUBED PANEER
selected varieties
400 g
paneer en cubes
20107519 EA



4⁵⁰

BRAR'S MALAI PANEER
375 g
paneer
20283164 EA



2⁹⁹

KFI CHUTNEY MAGGI SAUCE 455 mL or 340 mL
selected varieties
chutney ou sauce
20299412001 EA/20687724 EA



.39

MAGGI MASALA NOODLES
selected varieties
70 g
nouilles masala
20802664 EA



SOUTH ASIAN FLAVOURS AT LOW PRICES



1⁶⁹

METHI LEAF
product of Mexico
feuilles de fenugrec
20053882001_KG



1⁹⁹
LB

INDIAN KARELA or
INDIAN EGGPLANT
product of Mexico, Honduras or
Dominican Republic
4.39/kg
karela ou aubergine
20028046001_KG/20053882001_KG



CLUB
SIZE

\$1⁵

**SUFRA® HALAL
CHICKEN LEGS**
back attached
up to 1.6 kg
cuisses de poulet halal
21430677_EA



**ZABIHA HALAL
FIRECRISP SPICY
CHICKEN BURGERS** 700 g,
NUGGETS 720 g or
DRUMSTICKS 750 g
frozen
burgers de poulet, pépites de poulet ou
pilon de poulet
21704617_EA

9⁹⁹

1⁹⁹

SHANA PARATHA
selected varieties, frozen
400 g
paratha
207990535001_EA



\$1⁶

LEAN GROUND LAMB
product of Australia, fresh
2x350 g
agneau haché maigre
21682482_EA



HALAL

.4⁹

BRITANNIA FIFTY FIFTY BISCUITS
55 g
biscuits
20755577_EA



4⁷⁹

**TEA INDIA CHAI
MOMENTS TEA**
selected varieties, 224 g
the
20849671_EA



1⁹⁹

CHING'S SCHEZWAN CHUTNEY 250 g, **CHILLI
SAUCE** 170 ml or **MTR MINUTE MEALS** 300 g
selected varieties
chutney ou sauce chili ou repas
20769717008_EA/21416871_EA



2⁵⁰

SURAJ® TURMERIC
400 g
curcuma
20617737_EA



2⁹⁹

**DAAWAT BIRYANI
KIT** 327 g or **MOTHER'S
RECIPE MIXED HOT
PICKLE** 300/500 g
selected varieties
biryani ou marinade variée
21632735_EA/20016078001_EA



2⁹⁹

QUALITY SOYA CHUNKS
400 g
boulettes de soya
20418250_EA



8⁹⁹

**NANAK
RASMALAI**
selected varieties
850 g
rasmalai
21284818_EA





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Pass**

Get your first year
of *PC Express* Pass for

\$2/month*

- Unlimited No Frills® delivery or pickup
- Earn 2% back in (pts) with eligible pickup orders**

Use code

PASS76

Learn more

*/**Offer valid until February 18, 2026. Conditions apply, \$30 minimum order. Regular price \$99.99/year after your first year.



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TO YOUR
EMAIL.**

STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*



*Standard message and data rates may apply.

†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

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.

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ONLINE MKT