



THE BIG SALE!

ONLY

1⁸⁸
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

2⁹⁹

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

1²⁷
LB

ROMA TOMATOES

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



ONLY

7⁷⁷

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-longue 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 USDA select 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

WHILE QUANTITIES LAST



App exclusive offer

Optimum™

Member Price

\$5

Non-Member Price

\$7

Member's \$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 HABITANT 515 mL or
HABITANT 796 mL **SOUP**
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 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](https://www.nofrills.ca)

01 NFO

**NEW
LOWER
PRICES**

4⁵⁰

**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



5⁵⁰

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



3⁵⁰

**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



BABY ESSENTIAL AT LOW PRICES

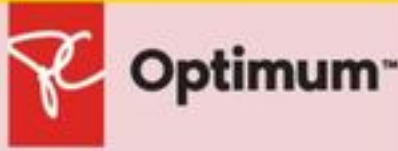
34⁹⁹

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



34⁹⁹

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



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

That's
\$10
value

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

ONLY

1⁷⁷
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%

1⁵⁰

**FROOTI
MANGO JUICE**

1 L
jus de mangue
20041155_EA



FRESH AT LOW PRICES

3⁹⁹



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



3⁹⁹

10 LB BAG

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

2⁴⁹



6 OZ
CLAMSHELL

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

2⁹⁹

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



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

2⁹⁹



283 G

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

3⁹⁹

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/20181799001_EA/20171370001_EA

3⁹⁹



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/20043276001_EA

2⁴⁹
LB



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



4⁴⁹



PKG OF 4

GREEN or RED PEPPERS
product of Mexico or U.S.A.
poivrons
20115323001_EA/20013208001_EA

2⁹⁹
LB



YELLOW PEACHES
or **NECTARINES**
product of Chile, no. 1 grade
pêches jaunes ou nectarines à chair
6.59/kg
20319426001_KG/20003646001_KG

.79
LB



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



1⁷⁹



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

2⁹⁹



3 LB
BAG

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



5⁵⁰



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

4⁹⁹



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

2⁴⁹



227 G

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



6⁹⁹



4 LB BAG

FARMER'S MARKET™ MANDARINS
product of Morocco or Spain
mandarines
20054023001_EA



4⁹⁹



4 LB BAG

FARMER'S MARKET™ AMBROSIA or ROYAL GALA APPLES
product of Ontario, Canada fancy grade
pommes
21307212001_EA/20767998001_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/21206399_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

\$5



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

6⁷⁹

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



PRICE DROP

1⁵⁰

ITALPASTA
selected varieties
750 g
pâtes
20296241001_EA/20296241003_EA



ONLY

6⁵⁰

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



PRICE DROP

8⁹⁹

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



5⁹⁹

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



1²⁴

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



1⁷⁹

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



8⁷⁹

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



13⁷⁵

PEPSI or COCA-COLA SOFT DRINKS
selected varieties
24x355 mL
boissons gazeuses
20306647002_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



2⁷⁵

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



4⁵⁰

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

\$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.

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.

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

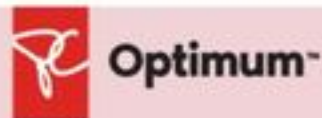
NO NAME® SPICES
150 g
épices



Earn
1,000
pts

Until March - 4 - 2026

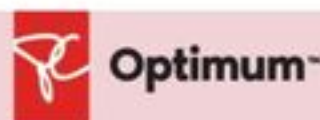
NO NAME® CHICKEN HOT DOGS
1.5 kg
saucisses fumées



Earn
500
pts

Until March - 4 - 2026

NO NAME® CHICKEN BURGER
908 g
burger au poulet



Earn
500
pts

Until March - 4 - 2026

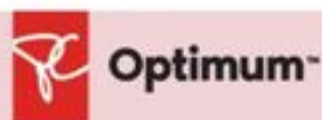
NO NAME® CALIFORNIA MIXED VEGETABLES
750 g
mélange de légumes



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

BRANDS YOU LOVE AT LOW PRICES

3²⁵

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



3⁹⁹

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



5⁹⁹



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

2⁴⁹

FRUITE DRINKS, FRUITOPIA or PEACE TEA
selected varieties,
refrigerated
1.54/1.75 L
boissons
20347440001 EA/21595841 EA



2⁵⁰

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



2⁵⁰

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



6⁵⁰



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

1⁵⁰

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



1⁶⁹

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



5⁹⁹

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



2⁷⁹



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

1²⁵

CLOVER LEAF LIGHT TUNA
selected varieties
170 g
thon pâle
20018117001 EA



1⁹⁹

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



\$3⁹⁹

Earn
500
pts
\$0.50



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

1⁵⁰

NO NAME® MUSTARD
550 mL
moutarde
21457738 EA



2⁹⁹

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



2⁵⁰

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
20097795_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 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

Optimum

\$8.99

Earn **1,000 pts**

That's **\$1** value

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

Optimum

\$5.50

Earn **500 pts**

That's **50¢** value

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

Optimum

\$6

Earn **1,000 pts**

That's **\$1** value

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



5⁵⁰

**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



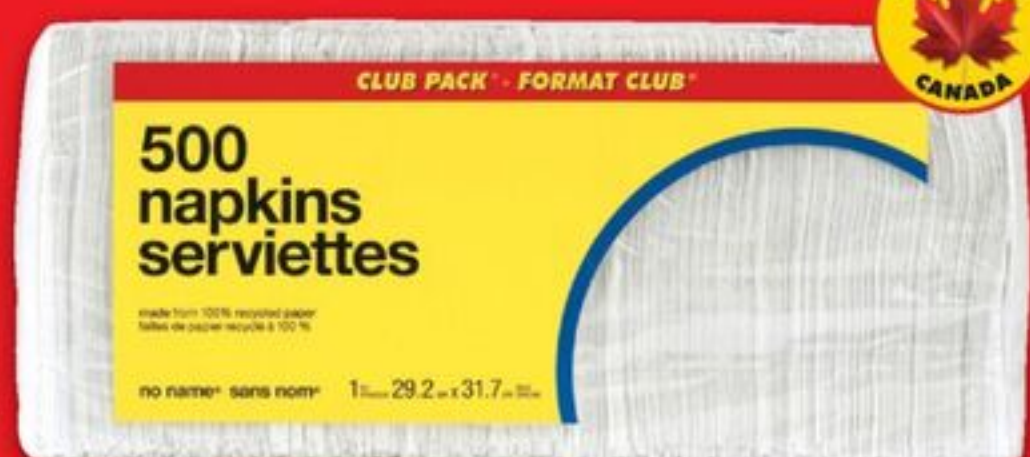
\$15

**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



11⁵⁰

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



3²⁹

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
 21439910, EA

1

OLD EL PASO SEASONING
 selected varieties
 24 g assaisonnement
 21048495, EA

5⁵⁰

GENERAL MILLS FAMILY SIZE CEREAL
 selected varieties, 475-778 g céréales
 21103492, EA/21103495, EA

6⁹⁹

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

7

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

1²⁵

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

OIKOS PRO YOGURT
 selected varieties
 300 mL yogurt
 21632096, EA

3⁵⁰

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

3⁵⁰

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
 21111046, 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

9⁵⁰

PEDIASURE COMPLETE
 selected varieties
 4x235 mL supplément nutritif
 21571922, EA

76⁹⁹

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

34⁹⁹

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

1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

3⁵⁰



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



\$6

COLGATE TOOTHPASTE
70-133 mL, 2x120/150 mL, or
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

7⁵⁰

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



3²⁵

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



9⁵⁰

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 ESSENTIALS AT LOW PRICES



27⁹⁹



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



4⁵⁰



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

44⁹⁹



KENDAMIL
INFANT FORMULA
800 g
céréales pour bébé
21699547 EA



11⁵⁰

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

34⁹⁷



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

9⁵⁰



PEDIASURE COMPLETE
selected varieties
4x235 mL
suppléments
21371922 EA

26⁹⁷



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

7⁹⁹



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

1⁹⁹



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

4⁵⁰



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

2⁹⁹



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

4²⁷



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
croûteaux
21176798_EA



3.88

NONGSHIM NOODLES
selected varieties
4's
nouilles
21504761_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



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!

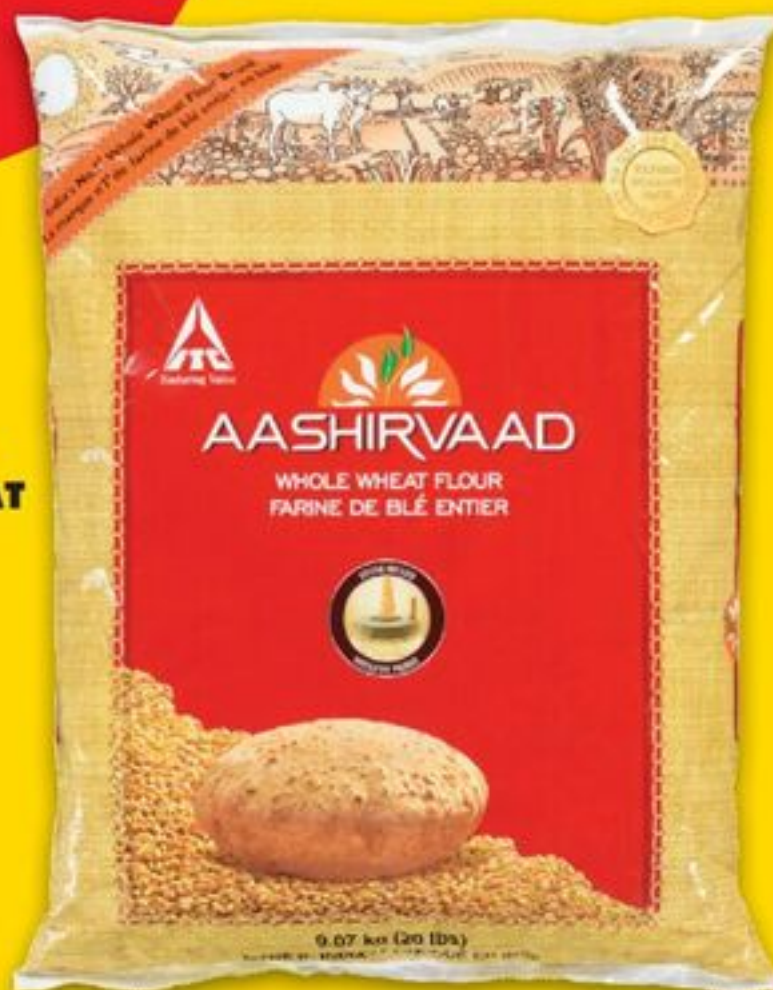
होली की शुभकामनाएं



10⁹⁹

AASHIRVAAD WHOLE WHEAT FLOUR

9.07 kg
farine de blé entier
21339688 EA



3⁹⁹



SURAJ[®] DRY BEANS or LENTILS

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

1²⁵



HALDIRAM'S INDIAN SNACKS

selected varieties
150/160 g
collations indiennes
20314667007 EA

5⁹⁹



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® GARLIC 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



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pickup & delivery**

MORE SPEED, LESS FEES.

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

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STRAIGHT TO YOUR PHONE

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*Standard message and data rates may apply.

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PRICES**

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**RAIN
CHECK**
+ pts

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



ALWAYS

Count on low everyday prices.



**FRESH
GUARANTEE**

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

The  **NOFRILLS**® thing to do.

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

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

ONLINE MKT