



Earn
1,000
pts

That's
\$1

The image shows two BOGFERRIS products. The top product is a clear plastic tub of Naan, Roasted Garlic. The label features the BOGFERRIS logo, the word "Naan" in large letters, and "ROASTED GARLIC" below it. It also includes a list of ingredients: "Wheat Flour, Water, Yeast, Salt, Sugar, Olive Oil, Roasted Garlic, Onion Powder, Black Pepper, Red Pepper Flakes, and Preservatives". The bottom product is a glass jar of Hummus, Roasted Garlic. The label features the BOGFERRIS logo, the word "HUMMUS" in large letters, and "ROASTED GARLIC" below it. It also includes a list of ingredients: "Chickpeas, Tahini, Olive Oil, Roasted Garlic, Lemon Juice, Salt, and Preservatives".

549

Boursin®

AIL & FINES HERBES
avec herbes fraîches*

GARLIC & FINE HERBS
with fresh herbs*

150 g

*SP-5, SP-6, MF
80'S / MOUTON - MOISTURE
FROMAGE FRAG. / SOFT WHITE CHEESE

NE PAS DÉGELER
Après ouverture,
conservation au réfrigérateur.
À consommer rapidement.

MADE IN CANADA
Produit du Québec

\$4

The image shows two food products against a yellow background with a red circular graphic on the left. At the top is a package of San Daniele Prosciutto Jamon + Pata, weighing 100g. The package is white with orange and red accents, featuring the San Daniele logo and the text 'PROSCIUTTO JAMON + PATA'. Below it is a tub of Saputo Feta cheese. The tub has a red lid and a label with the Saputo logo, 'FETA', and 'TRADITIONNEL'. The label also includes the text 'FROMAGE ET SAUMURE - CLASSIC' and an image of the cheese and vegetables.

\$5

650

The image displays three bags of SealQuest seafood products against a yellow background with a red and yellow geometric pattern on the left. The top bag is dark blue and labeled 'SealQuest™ 36-55/lb Pacific White Shrimp'. Below the English text, it reads 'Crevettes blanches du Pacifique' and 'D'ÉCOLE À PÊCHE RESPONSABLE'. A small seal on the bottom left of this bag states 'Responsable, durable, éthique, respectueux de l'environnement'. The bottom-left bag is also dark blue, labeled 'SealQuest™ SALMONIDRY™ 100-150 FROZEN BAY SCALLOPS'. It features the text 'RESPONSIBLY FARMED', 'Pétoncles de baie congelés', and 'D'ÉCOLE À PÊCHE RESPONSABLE'. The weight '400 g' is printed on the bottom left, and a 'SEALED FOR YOUR PROTECTION' logo is on the bottom right. The bottom-right bag is white with a red band, labeled 'SealQuest™ SMOKE D CLUPEA'. It includes the 'COP' logo and the text 'SMOKED - CLUPEA'.

NOFRILLS®

**PRICE CUT
EVENT**

FLYER PRICES EFFECTIVE THURSDAY, FEBRUARY 5 TO
WEDNESDAY, FEBRUARY 11, 2026.



ONLY

3⁹⁹
LB

PORK BACK RIBS
frozen
8.80/kg
21163594_KG

WHILE QUANTITIES LAST

SAVE 22%

4⁴⁹
LB



IQF FROZEN SPLIT CHICKEN WINGS
9.90/kg
21727221_KG

WHILE QUANTITIES LAST

ONLY

3⁹⁹

**FARMER'S MARKET™
ENGLISH CUCUMBERS**
product of Canada or Mexico, no. 1 grade
20838461001_EA



PKG OF 3

PKG OF 5 OR 6



AVOCADOS
product of Mexico, Peru or Colombia
21644936001_EA

SAVE 30%

3⁴⁹

PRICE DROP

8⁹⁹



JANES BONELESS BITES 710 g, **CHICKEN BREAST
FILLETS** 720 g or **RESTAURANT STYLE TENDERS** 710 g
selected varieties, frozen
21440340_EA/21703608_EA

SAVE 23%

\$5



**NO NAME®
BACON**
selected varieties
500 g
20156771_EA

ONLY

3⁴⁷



**RISTORANTE or
CASA DI MAMA
PIZZA**
selected varieties, frozen
320-410 g
20296100001_EA/20296434004_EA

SAVE 29%

4⁹⁷



**KRAFT
PEANUT BUTTER**
selected varieties
750 g/1 kg
20039581001_EA/20039581005_EA

ONLY

4⁸⁸



ARMSTRONG or PC® SHREDDED CHEESE 250-320 g or
ARMSTRONG CHEESE 400 g
selected varieties
21266340_EA/21346749_EA

SAVE UP TO 37%

\$1



**ALLEN'S FRUIT COCKTAIL
1 L or POWERADE SPORT
DRINKS** 710 mL
selected varieties
20307434001_EA/20833721_EA

PRICE DROP

\$2



**HOLIDAY
LUNCHEON MEAT**
340 g
20418778_EA

SAVE 54%

3⁹⁹



**HELUVA GOOD!
FRENCH ONION DIP**
680 g
2031278001_EA

SAVE 28%

2⁵⁰



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

SAVE 38%

7⁹⁹



**TIDE SIMPLY LIQUID LAUNDRY
DETERGENT** 2.7 L
FLEECE FABRIC SOFTENER 3.5 L or **DRYER SHEETS** 200's
selected varieties
21311739_EA/21671020_EA

SAVE UP TO 31%

12⁹⁹



MR. GOUDAS PARBOILED or WHITE RICE 8 kg or
TILDA BASMATI RICE 4.54 kg
20153678_EA/21606990_EA

SAVE 44%

3⁸⁸



**MELONA FROZEN
DESSERT BARS**
selected varieties
560 mL
21622903_EA

**LAST CHANCE TO
SAVE BIG
WITH FEWER STAMPS**



**Supplies
are
limited!**

COLLECT & SAVE BIG

**Double Redemp-
40 = 20** Any two pieces
stamps of Ovenware for
60%-80% off each!

Offer available for redemption in-store and online at participating Loblaw banner stores until February 11, 2026. 20 digital or paper or a mix of both stamps must be presented to cashier at time of ovenware purchase. Stamps have no cash value and are non-transferrable. Ovenware selection and/or quantities may diminish as completed cards are redeemed. All sales are final. Ovenware is under warranty for 2 years from date of purchase. For full warranty information including warranty exclusions, product replacement process, FAQ's and complete offer details, visit pcoptimum.ca/collectandsave.

FRESH AT LOW PRICES

4⁹⁹
EA/LB

BLUEBERRIES each, product of Mexico, Peru, Chile, or Morocco, no. 1 grade or **CHERRIES** 11.00/kg, product of Chile, no. 1 grade 20080137001_EA/20159690001_KG

PINT

1 LB CLAMSHELL

4⁹⁹

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

3⁹⁹
LB

RED or GREEN SEEDLESS GRAPES product of Peru, South Africa, or Chile, no. 1 grade 20425775001_KG/20159199001_KG

3 LB BAG

2 LB BAG

2⁴⁹

FARMER'S MARKET™ CARROTS or YELLOW ONIONS product of Canada, Canada no. 1 grade 20626628001_EA/20811994001_EA



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

2⁹⁹
LB

TOMATOES ON THE VINE product of Canada or **BROCCOLI CROWNS** product of Mexico, or U.S.A. 4.59/lb 20026703001_KG/20026161001_KG

4⁹⁹
EA/LB

ASPARAGUS 11.00/kg, product of Mexico, or Peru, no. 1 grade, or **CAULIFLOWER** each, product of Mexico, or U.S.A., no. 1 grade 20174381001_KG/20135377001_EA

3⁹⁹

PKG OF 4

454 G

RED or GREEN PEPPERS product of U.S.A. or **PC® WHOLE WHITE or CREMINI MUSHROOMS** product of Canada 20761372_EA/20013208001_EA

4⁹⁹

CANTALOUPE product of Guatemala or Honduras, no. 1 grade or **PINEAPPLE** product of Costa Rica or Mexico each 20147017001_EA/20160992001_EA

5⁹⁹

FARMER'S MARKET™ KIWI product of Greece 21576162001_EA

600 G

8⁹⁹

FARMER'S MARKET™ RED ONIONS product of Canada, Canada no. 1 grade 20771962001_EA

10 LB BAG

\$10

NO NAME® PEANUTS product of U.S.A. 20293477_EA

2 KG PKG

4⁹⁹

PKG OF 3

ROMAINE HEARTS product of U.S.A. 20067389001_EA

4⁹⁹

EAT SMART or TAYLOR FARMS SALADS selected varieties, product of U.S.A. 292-383 g 20674118_EA/21599513_EA

7⁹⁹

PC® NO SHELLS or WONDERFUL NO SHELLS PISTACHIOS selected varieties, product of U.S.A. 155/170 g 21469201_EA/21230375_EA

6⁹⁹

5 LB BAG

BARLETT PEARS product of U.S.A., extra fancy grade, **FARMER'S MARKET™ AMBROSIA or ROYAL GALA APPLES** product of Canada, Canada fancy grade or **PC® MANDARINS** product of U.S.A. 2063305001_EA/21115847001_EA/21032825001_EA

5⁹⁹

3 LB BAG

FARMER'S MARKET™ LEMONS product of U.S.A. 20798811001_EA

3⁹⁹

PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES product of Canada, Canada no. 1 grade 21347299001_EA/21347200001_EA

680 G

5⁹⁹

907 G

FARMER'S MARKET™ GRAPE TOMATOES or MINI CUCUMBERS product of Canada, Canada no. 1 grade 20860233001_EA/21070679001_EA

PRICE DROP

\$3

BUNCH DILL product of U.S.A. or Mexico 20183182001_EA

\$2

CURLY or ITALIAN PARSLEY product of Mexico or U.S.A. 20013746001_EA 20139141001_EA

1⁵⁰
LB

RED CABBAGE product of Canada, Canada no. 1 grade 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

4⁹⁹_{LB}

SPLIT CHICKEN BREAST
fresh
11.00/kg
20113612_KG

CLUB
SIZE

\$11_{LB}

BONELESS STEWING BEEF
24.25/kg
20106117_KG

4²⁹_{LB}

MEDIUM GROUND PORK
club size, fresh
9.46/kg
20639981_KG

CLUB
SIZE

\$10

CLUB
SIZE

ALWAYS

\$10

BUTCHER'S CHOICE® SAUSAGE
selected varieties
1.1 kg
21565790_EA

\$6



SCHNEIDERS JUICY JUMBOS or SMOKED SAUSAGES
selected varieties, 375/450 g
20105611_EA

8⁹⁹



PC® SPRING ROLLS
selected varieties, frozen
574 g
20678133_EA

10⁹⁹



SCHNEIDERS DIPS 530 g, **SCHNITZEL** 450 g, or **CHICKEN MEATBALLS** 700 g
selected varieties, frozen
21551426_EA/21570344_EA

\$4⁵⁰

Earn
1,000
pts

That's
\$1
value



SNACK FACTORY PRETZEL CRISPS
selected varieties
200 g
20948940_EA

3⁵⁰



SMOKED STEELHEAD SALMON pre-filleted, 50 g, **SEAQUEST® FLAVOURED ALASKA POLLOCK** ready to eat, 227 g, **GO SHRIMP** raw, 51/70 per lb or cooked, 61/90 per lb, 160 g or **YELLOWFIN TUNA STEAKS** 92 g
selected varieties
20772842_EA/21208391_EA



9⁵⁰



SEAQUEST® WHOLE TILAPIA 1.36 kg or **WHOLE POMPANO** 800 g
frozen
21591947_EA/21592084_EA

\$7



PILLER'S PEPPERONI or TURKEY BITES
selected varieties
300-500 g
21099286_EA/21099391_EA

\$6



PC® CHEESE BLOCKS 250 g or **HENRI WILLIG GOUDA** 200 g
selected varieties
20770452_EA/21345050_EA

\$3



ZIGGY'S® FRESH PASTA 350 g or **SALADS** 454 g
selected varieties
20584625_EA/21302270_EA

2⁵⁰



WONDER BREAD 570 g or **BUNS** 12's
selected varieties
20305674_EA/20320827_EA

2⁵⁰



DELI WORLD LIGHT RYE BREAD
500 g
20097456_EA

\$6



FARMER'S MARKET™ COOKIES
selected varieties
12's
20584625_EA/20566774_EA

HUDDLE UP FOR DEALS

SAVE 34%

1.89

**COCA-COLA
SOFT DRINKS**
selected varieties
2 L
2031602002 EA



SAVE UP TO 21%

\$3



STAGG CHILI 425 g
or **MONTANA'S
SOUP** 540 mL
selected varieties
20091906 EA/21680729 EA



ONLY

1.50

**MICHELINA'S
DINNER ENTRÉES**
selected varieties, frozen
227-284 g
21208589 EA



ONLY

4.50

**TROPICANA ORANGE
JUICE, PURE LEAF TEA,
TROPICS or DRINKS**
selected varieties, refrigerated
1.36-1.75 L
2075575002 EA/21422130 EA



ONLY

\$4

**TOSTITOS TORTILLA
CHIPS** 205-295 g or
**SMARTFOOD
POPCORN** 150-220 g
selected varieties
20072839 EA/21050575 EA

\$6



**LACTANTIA
LACTOSE FREE or
PUR FILTRE MILK**
2 L **ULTRA PUR
MILK** 1.5 L
selected varieties
21424991 EA

4.99



**HÄAGEN-DAZS
ICE CREAM** 430 mL
or **NOVELTIES**
3/4's
selected varieties frozen
21133247 EA

\$3



GREEN GIANT VEGETABLES
selected varieties, frozen, 283-750 g
21023202 EA

\$9



**PATTY KING JAMAICAN
STYLE BEEF PATTIES**
selected varieties, frozen, 1.17 kg
2031348002 EA

3.25



**ASTRO ioco
YOGURT** 450/750 g or
**PILLSBURY
REFRIGERATED
DOUGH** 318-448 g
selected varieties
2014622001 EA/21459463 EA

12.99



**PEPSI
SOFT
DRINKS**
selected varieties
24x355 mL
2036487001 C24

2.50



**CHRISTIE
CRACKERS**
selected varieties
175-200 g
21030447 EA/21547034 EA

3.99



PHILADELPHIA CREAM CHEESE PRODUCT
selected varieties
227/230 g
20441347 EA/2064492010 EA

\$4



**MOTT'S CLAMATO
or OCEAN SPRAY
CRANBERRY
COCKTAIL**
selected varieties
1.89 L
2020050608 EA/20318953002 EA

5.75



PC® BLUE MENU® SPARKLING WATER
12x355 mL
20648034002 C12

3.99



KRAFT CHEEZ WHIZ
450 g
2063906001 EA

\$3



PRINGLES POTATO CRISPS
selected varieties
148/150 g
21005823 EA/21005833 EA

2.99



**FRANK'S RED HOT
or THICK SAUCE**
selected varieties
354 mL
2018742001 EA

\$5



**NESTLÉ CARNATION HOT
CHOCOLATE MIX** 175/250 g or **LYNCH
HOT APPLE CIDER MIX** 10x23 g
selected varieties
21041744 EA

3.50



GENERAL MILLS CEREAL
selected varieties
300-420 g
21104055 EA/213133662 EA

2.67



KELLOGG'S RICE KRISPIES 154-198 g,
POP TARTS 364 g, **SPECIAL K** 125 g or
NUTRI-GRAIN BARS 295 g
selected varieties
20126347001 EA/21290111 EA



Earn
7,500
pts
For every \$25*
spent

That's
\$7.50
value



**PEPSICO SOFT
DRINKS, FRITO LAY
SNACKS, RUFFLES,
BUBLY, TOSTITOS or
QUAKER CRISPY
MINIS**
all sizes and varieties
21693042 EA/20303002001 EA/
20249694002 EA/21091717 C12

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**



Made in Canada

Cavendish Fries

Frozen, selected varieties, 800 g
21559837_EA



Royale Tiger Towel

3=6 rolls
21484702_EA



Prepared in Canada

Vachon Snack Cakes

Selected varieties, 282 g - 336 g
20963606_EA/20005728_EA

See in-store for retails

**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. See in store for limits. No rainchecks.

ONL NFW FLAP HOTM

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.

JANUARY 29 - FEBRUARY 11

LAST CHANCE TO

SAVE BIG
WITH *FEWER
STAMPS*

Supplies
are
limited!



Double Redemption

~~40~~ 20 =
stamps

Any **two pieces**
of Ovenware for
60%-80% off each!

COLLECT
& SAVE!
BIG

Offer available for redemption in-store and online at participating Loblaw banner stores until February 11, 2026. 20 digital or paper or a mix of both stamps must be presented to cashier at time of ovenware purchase. Stamps have no cash value and are non-transferrable. Ovenware selection and/or quantities may diminish as completed cards are redeemed. All sales are final. Ovenware is under warranty for 2 years from date of purchase. For full warranty information including warranty exclusions, 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



PC® INSTANT COFFEE
80 - 100 g

Earn
500
pts
Until February - 4 - 2026



NESCAFÉ RICH INSTANT COFFEE
excludes 95 g

Save
\$2
with digital coupon



PC® CHOCOLATE BARS
300 g

Earn
1,000
pts
Until February - 4 - 2026



PC® BASQUE CHEESECAKE
600 g

Earn
2,000
pts
with digital coupon



PC® COLESLAW
397 g

Earn
500
pts
Until February - 4 - 2026



PC® GNOCCHI or RISOTTO
350/400 g

Earn
1,000
pts
Until February - 4 - 2026



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

Earn
750
pts
Until February - 4 - 2026



PC® LOW SODIUM CLUB SODA
12 x 355 mL

Earn
750
pts
Until February - 4 - 2026



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

Earn
1,500
pts
Until February - 4 - 2026



PC® BABY WIPES
300's

Earn
1,000
pts
Until February - 4 - 2026



NO NAME® CHICKEN STRIPS
908 g

Earn
500
pts
Until February - 4 - 2026



NO NAME® CHICKEN NUGGETS
908 g

Earn
500
pts
Until February - 4 - 2026



PC® MEAT LASAGNA
2.27 kg

Earn
2,000
pts
Until February - 4 - 2026

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Optimum



NO NAME® CHOCOLATE CHIP COOKIES

907 g

Earn
500

(pts)

Until February - 4 - 2016

Optimum



NO NAME® BUTTER

454 g

Earn
500

(pts)

Until February - 4 - 2016

Optimum



NO NAME® 100% WHOLE GRAIN QUICK OATS

1 kg

Earn
500

(pts)

Until February - 4 - 2016

Optimum



NO NAME® SPICES

150 g

Earn
500

(pts)

Until February - 4 - 2016

Optimum



NO NAME® CHICKEN HOT DOGS

1.5 kg

Earn
1,000

(pts)

Until February - 4 - 2016

Optimum



NO NAME® CHICKEN BURGER

908 g

Earn
500

(pts)

Until February - 4 - 2016

Optimum



NO NAME® CALIFORNIA MIXED VEGETABLES

750 g

Earn
500

(pts)

Until February - 4 - 2016

Optimum



NO NAME® CHICKEN WINGS, MEDIUM BBQ

908 g

Earn
2,000

(pts)

Until February - 4 - 2016

Optimum



NO NAME® LEMONADE

1.75 L

Earn
500

(pts)

Until February - 4 - 2016

Optimum



NO NAME® FACIAL TISSUE

2 ply, 6 x 200 sheets

Earn
1,500

(pts)

Until February - 4 - 2016

Optimum



NO NAME® KITCHEN GARBAGE BAGS

21 L

Earn
1,000

(pts)

Until February - 4 - 2016

Optimum



NO NAME® EXTRA SCENTED SCOOPABLE CLUMPING CAT LITTER

7 kg

Earn
1,500

(pts)

Until February - 4 - 2016

BRANDS YOU LOVE AT LOW PRICES

\$5

**NO NAME®
STIRRED YOGURT**
selected varieties
12x100 g
20685574001_EA/20685574002_EA



6.99

**IMPERIAL
MARGARINE**
selected varieties
1.28/1.36 kg
20084892_EA

\$5

MCCAIN CAKES
selected varieties, frozen
510 g
20310132002_EA



5.50

TASTIEZ
selected varieties, frozen
311 g
21691571_EA

3.50

DAIRYLAND CREAM 10% LACTANTIA CREAM 10%
1 L or 473 mL
selected varieties, limited availability varies by region
20072927_EA/21443331_EA



7.50

**DEL MONTE
JUGS**
selected varieties
refrigerated
2.5 L
21431174_EA



3.79

PC® BLUE MENU® BEANS or LENTILS
selected varieties, 900 g
20070153_EA/20070154_EA



8.99

FRITO-LAY VARIETY PACK CHIPS
selected varieties
18.1 L
21584937_EA



\$4

PC® 100% JUICE BOXES
selected varieties
8x200 mL
21718947_EA



\$1

SPARKLING ICE 203 mL or PC® FREE AND CLEAR SPARKLING WATER 1 L
selected varieties
201432061002_EA/2085430001_EA



1.50

**BUSH'S BEST
BAKED BEANS**
selected varieties
398 mL
20101518001_EA



\$2

DARE VEGGIE CRISPS CRACKER CHIPS
selected varieties
100 g
20973348_EA/20973370_EA



**Member Price
\$3.25**

**Non-Members
\$4**

**Members
Save
.75**

RIO MARE TUNA SALAD BOWLS
selected varieties
160 g
21494942_EA



4.50

CHRISTIE FAMILY SIZE COOKIES 374-488 g or CAKESTERS 285 g
selected varieties
21014087_EA/21639135_EA



1.99

AYLMER ACCENTS TOMATOES
selected varieties
\$40 mL
21207587_EA/21207591_EA



2.50

MOLISANA STRAINED TOMATOES 480 mL, TILDA READY TO HEAT or MINUTE RICE READY TO SERVE CUPS 250 g
selected varieties
20014661_EA/20495681_EA



\$4

TACO BELL CREAMY SAUCE 354 mL, or DINNER KIT 260-420 g
selected varieties
21661774_EA/21663637_EA



\$3

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



12.99

PC® SPLENDIDO® OLIVE OIL
selected varieties
1 L
20081865_EA



1.79

KRAFT DINNER 156/175 g or KRAFT SALAD PASTA 200 g
selected varieties
21495587_EA/21495590_EA



**Earn
2,000
pts
For every \$10*
spent**

**That's
\$2
value**



**BLUE DRAGON
PRODUCTS**
all sizes and varieties
20712986_EA/20901432_EA



BRANDS YOU LOVE AT LOW PRICES

3⁵⁰

NO NAME® COTTAGE CHEESE
selected varieties
500 g
20183991002_EA



\$7

iögo 16x100 g or
SIGGI'S YOGURT
selected varieties
20609583001_EA/21353892_EA

4⁵⁰

CHAPMAN'S COLLECTION 8's,
LOLLY NOVELTIES 28's or
ORIGINAL ICE CREAM 2 L
selected varieties, frozen
20315236001_EA/20323757001_EA



\$9

HIGH LINER PAN-SEAR or
BATTERED FISH FILLETS
selected varieties, frozen
425-600 g
20296596002_EA

\$9

PC® BLACK LABEL PIZZA
selected varieties, frozen
370-420 g
21531415_EA



\$4

QUAKER CEREAL 350-500 g or
HARVEST CRUNCH 400-510 g
selected varieties
21082300_EA/21211924_EA



App exclusive offer

\$5⁵⁰

Earn
1,000
pts

That's
\$1
value



AMOOZA! TWISTS CHEESE SNACKS 228 g or
BLACK DIAMOND CHEESE SNACKS 189/252 g
selected varieties
21403514_EA/20986474_EA

2⁷⁵

PC® TORTILLA CHIPS
selected varieties
320-350 g
20305180_EA



4⁵⁰

PC® THE DECADENT® COOKIE
selected varieties
280/300 g
20612257_EA/20612260_EA



2⁵⁰

NO NAME® MARSHMALLOWS
selected varieties
400 g
20304672001_EA/20304672002_EA



7⁹⁹

NESCAFÉ GOLD 90-100 g or
SWEET & CREAMY INSTANT COFFEE
selected varieties
21363271_EA/21521456_EA



15⁹⁷

MAXWELL HOUSE ROAST AND GROUND COFFEE 631-900 g or
PODS 30's
selected varieties
21308076_EA/21606882_EA



8⁹⁹

TWININGS TEA
selected varieties
50's
20006148001_EA/21111078_EA



5⁵⁰

SMUCKER'S JAM, MARMALADE or JELLY
selected varieties
310/500 mL
20306043001_EA/20308043004_EA



\$3

NATURE VALLEY GRANOLA BARS, MOTT'S or BETTY CROCKER FRUIT SNACKS
selected varieties
120-220 g
2031532006_EA/20318474001_EA



4⁵⁰

HERSHEY'S CHOCOLATE BAR MULTIPACK 4's or **POUCHES** 160-235 g
selected varieties
20303970004_EA/203573406_EA



Optimum™

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

That's
\$3
value



HERSHEY'S VALENTINE'S CHOCOLATE or CANDY
selected varieties
20275860001_EA

BRANDS YOU LOVE AT LOW PRICES



250

429

PALMOLIVE DISHWASHING LIQUID
selected varieties
591 mL
21004368_EA/21004388_EA

PINE-SOL ALL PURPOSE CLEANER 1.41 L or
CLOROX CLEANING SPRAY
887/946 mL
selected varieties
20298679001_EA/21657792_EA



\$8

\$17

NO NAME® LAUNDRY DETERGENT 4.43 L,
FABRIC SOFTENER 3.5 L
or **DRYER SHEETS** 200's
21540283_EA

AIR WICK SCENTED OIL REFILL or KITS
selected varieties
5x20 mL
21362106_EA/21428270_EA



Earn
10,000
pts
For every \$40*
spent

That's
\$10
value

TIDE, GAIN, DOWNY, CHEER, BOUNCE or IVORY SNOW
all sizes and varieties
21593670_EA/21593679_EA

PODIUM-WORTHY PRICES



RECIPE CPG

10⁹⁹



17⁹⁹

MONTANA'S or KELSEYS RIBS
selected varieties, frozen
600/650 g
21668141, EA, 21667952, EA

MONTANA'S SMOKY BBQ BEEF BURGERS
10x3mm
905 g
21665099, EA

MARS SNACKING



Member Price
\$3⁴⁹
Non-Members
\$3⁹⁹
Members Save **.50**



Member Price
\$3⁴⁹
Non-Members
\$3⁹⁹
Members Save **.50**



Member Price
\$3⁹⁹
Non-Members
\$4⁴⁹
Members Save **.50**

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

SKITTLES or STARBURST CANDY BAG
selected varieties
255-320 g
20018330, EA

MARS CHOCOLATE MULTIPACK
selected varieties
4's
20312925, EA/20638842, EA

reckitt

5⁴⁸



\$4



\$14

LYSOL WIPES 75/84's,
DISINFECTANT SPRAY 350 g or
MULTI-PURPOSE TRIGGER 950 mL
selected varieties
20314511001, EA/21449826, EA

LYSOL MULTI SURFACE CLEANER 1.2 L,
BATHROOM SPRAY 950 mL or
BATHROOM AEROSOL 538 g
selected varieties
21212135, EA/20309873002, EA

FINISH AUTO DISHWASHER TABS
30-55's or **QUANTUM JET DRY RINSE AID** 946 mL
selected varieties
21218146, EA/21565525, EA

PEPSICO

7⁵⁰



6²⁹



2⁵⁰

PEPSI SOFT DRINKS
selected varieties
12x355 mL
20322361002, C12

BUBLY 12x355 mL or
MONTELLIER 10x355 mL
SPARKLING WATER
selected varieties
21096704, C10/21097177, C12

QUAKER CRISPY MINIS
selected varieties
90-199 g
20303002001, EA/20163708002, EA



4⁹⁹



NESTLE DRUMSTICK or NOVELTIES
selected varieties, frozen
4-10's
20322180003, EA



3⁵⁰



MCCAIN SUPER FRIES or SPECIALTY FRIES
selected varieties, frozen
454-750 g
20323422003, EA



\$12



MICHELOB ULTRA ZERO NON-ALCOHOLIC BEER
selected varieties
6x355 mL
21706873, C06



8⁵⁰



KELLOGG'S JUMBO CEREAL
selected varieties
700 g-1.05 kg
céréales
20072706, EA/20591235, EA



\$3

679



YOPLAIT SOURCE 630 g, **TUBES** 8's,
MINIGO 6's or **PROTEIN** 4's **YOGURT**
selected varieties
21547595, EA/21619318, EA



LIBERTÉ GREEK 650/750 g or
YOPLAIT SOURCE 16x100 g **YOGURT**
selected varieties
20317317001, EA/21079491, EA



YOPLAIT YOP DRINKABLE YOGURT
15x93 mL
21478178, EA/21478300, EA/21448875, EA



Optimum™

\$9⁵⁰

Earn
500
pts

That's
.50
value



ALWAYS LINERS 92-108 ea
or **PADS** 27-52 ea
selected varieties
20963694, EA/20964379, EA



P&G



Optimum™

\$11

Earn
4,000
pts

When you buy 2

That's
\$4
value



TAMPAX TAMPONS
22-36 ea
selected varieties
21020073, EA



恭賀新禧

.98
LB

DAIKON or JUMBO CARROTS
product of China or **NAPA CABBAGE** or
TAIWANESE CABBAGE
product of Mexico, or U.S.A.
2.16/kg
20082109001, KG/20013023001, KG



1.88
LB

RED DELICIOUS APPLES
product of Western Provinces,
Canada fancy grade or **ASIAN
BROWN or YELLOW PEARS**
or **FUJI APPLES** product of China
4.14/kg
20314943001, KG/20081066001, KG



2.88
EA/LB

DRAGON FRUIT each
product of Vietnam or
**WHITE FLESH
NECTARINES** 6.35/kg
product of Chile, no. 1 grade
30148295001, EA/20213059001, KG



**GOLDEN HAPPINESS
CHINESE LONG
DOUGHNUT**
255 g
21046297, EA

5.48
LB

PORK BELLY PORTIONS
fresh
12.08 /kg
21414914, KG



4.98

**SEAQUEST®
SEAFOOD MEDLEY**
frozen
340 g
21592029, EA



2.88

**ROOSTER®
CORN STARCH**
454 g
21047841, EA



3.88

HANAMARUKI SOYBEAN PASTE
or **O'FOOD GOCHUJANG PASTE**
selected varieties
500 g
20171886001, EA/21452984, EA



15.88

**ROYAL UMBRELLA
THAI JASMINE RICE**
selected varieties
8 kg
20710232, EA



1.50

**ROOSTER®
COCONUT MILK**
398 mL
21376707, EA



1.98

**CHACHA
SUNFLOWER SEEDS**
selected varieties
260 g
20634536002, EA



7.88

MAGGI SEASONING
800 mL
20073029, EA



4.48

PALDO NOODLES
selected varieties
520/560 g
21476222, EA



4.88

O'TASTY DUMPLINGS
selected varieties, frozen
567 g
203119243001, EA



8.88

**KNORR CHICKEN
BOUILLON MIX**
selected varieties
1 kg
20154074, EA



.98

GOLDEN HAPPINESS SPECIALTY BUNS
selected varieties
100 g
21297542, EA



\$6

**TOBLERONE
TINY CHOCOLATE**
120 g
21409706, EA



\$15

FERRERO ROCHER DIAMOND BOX
24 x
21463826, EA



5.48

LYSOL WIPES 75/84'S, DISINFECTANT SPRAY
350 g or **MULTI-PURPOSE TRIGGER** 950 mL
selected varieties
21449626, EA/20214511001, EA



19.88

**FINISH AUTO
DISHWASHER TABS**
selected varieties
60-105 s
21218875, EA/21561337, EA



12.48

**TRU EARTH LAUNDRY DETERGENT
ECO-STRIPS 32's or SCENT BOOSTERS** 200 g
21425514, EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 01 NFW

HAPPY HOLI!

होली की शुभकामनाएं



1.99
LB

PAPAYA
product of Mexico,
4.39/kg
20817066001_KG



2.99

COCONUT
product of Dominican Republic
each
20005774001_EA

.99

CILANTRO
product of Mexico, or U.S.A.
each
20091825001_EA



1.69

BUNCH MINT
product of Mexico, or U.S.A.
20139326001_EA

\$5



SURAJ® PUNJABI VEGETARIAN BISCUIT
1.1 kg
21052448_EA

\$3



SURAJ® NAAN
selected varieties
5's
21051353_EA

\$2



RUBICON JUICES or JUICE BOXES
selected varieties
4X200 mL / 1 L
20029236001_EA/20232890001_EA

1.50



HALDIRAM'S INDIAN SNACKS
selected varieties
150/160 g
20309977_EA

.39



MAGGI MASALA NOODLES
selected varieties
70 g
20802664_EA

2.50



SURAJ® TURMERIC
400 g
20617737_EA

22.99



NANAK DESI GHEE
1.6 kg
20181744_EA

3.99



VEEBA VEGINAISE, CHUTNEY or SPREADS
selected varieties
300-500 g
21632689_EA/21632744_EA

3.99



DABUR MUSTARD OIL 500 mL,
SURAJ® COCONUT OIL 500 mL or
ALMOND OIL 237 mL
20963644_EA/21000533_EA

1.99



SHANA PARATHA
selected varieties
400 g
20990533001_EA

5.99



BRAR'S SAMOSA
selected varieties, frozen
624 g
21000033_EA

BUDGETS LOVE YELLOW (So switch)

Your home of
no name®

App exclusive offer



Optimum™



\$8

Earn
1,500
pts

That's
\$1.50
value

6 LB BAG

NO NAME®
NATURALLY IMPERFECT™ APPLES
product of Western Provinces
20868985001_EA



\$7

Earn
1,000
pts

That's
\$1
value

4 LB BAG

NO NAME®
NATURALLY IMPERFECT™ ORANGES
product of U.S.A.
21649536001_EA



\$3

Earn
1,000
pts

That's
\$1
value

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

4²⁹



NO NAME®
PEANUT BUTTER
selected varieties
1 kg
20296985001_EA/20296985002_EA

\$7



NO NAME®
JAM or MARMALADE
selected varieties
1 L
20217879_EA

3²⁹



NO NAME®
SOUR CREAM
selected varieties
500 mL
20297641002_EA

8⁷⁹



NO NAME®
CHEESE BARS
selected varieties
700 g
20973773_EA

\$5



NO NAME®
CHEESE SHREDS
selected varieties
320 g
21206884_EA

.25



NO NAME®
INSTANT NOODLE SOUP
selected varieties, 85 g
20301274001_EA

1⁶⁹



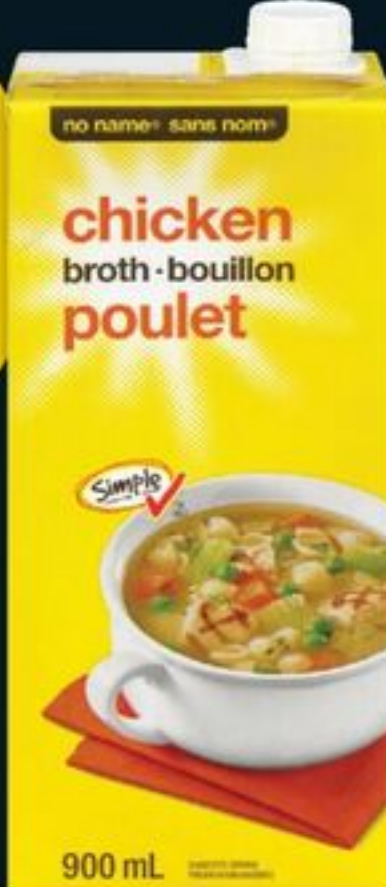
NO NAME®
TOMATOES
selected varieties
796 mL
20600787_EA

1⁵⁰



NO NAME®
BEANS
selected varieties
540 mL
20235921001_EA

1⁵⁰



NO NAME®
BROTH
selected varieties
900 mL
21189611_EA

3⁵⁰



NO NAME®
PIZZA
selected varieties, frozen
369/411 g
21541429_EA

\$5



NO NAME®
FISH
selected varieties, frozen
454 g
21672358_EA

\$13



NO NAME®
CHICKEN WINGS
frozen
908 g
21045309_EA

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

no name®



Express™

**Online grocery
pickup & delivery**

SHOP ONLINE, GET IT DELIVERED.

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

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

SHOP NOW



No Frills® delivery is available at select stores.

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

GET FLYER TO YOUR EMAIL.

STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*



*Standard message and data rates may apply.

†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.

†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.

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ONL NFW MKT