

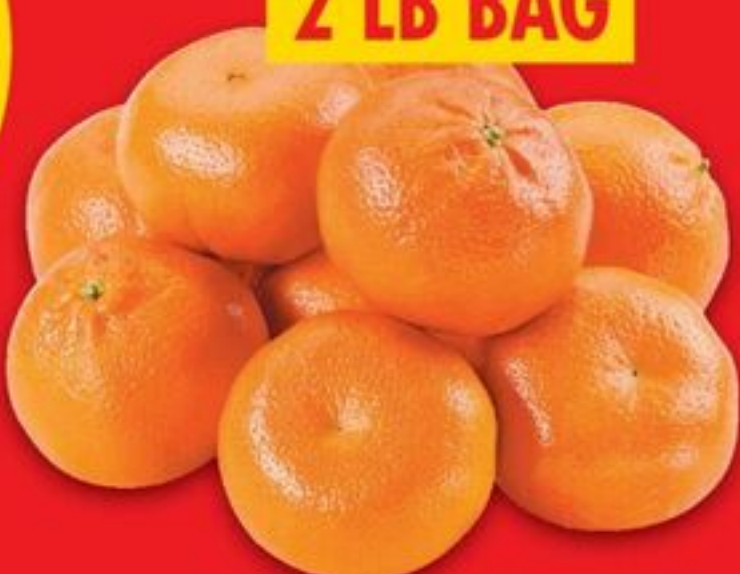


THE BIG SALE!

ONLY

4⁴⁹

2 LB BAG



**FARMER'S MARKET™
MANDARINS**
product of Spain or Morocco
mandarines
20099819001 EA

ONLY

1⁹⁹



**PC® WHOLE WHITE or
CREMINI MUSHROOMS**
product of Canada
champignons blancs ou cremini entiers
20775805 EA/20776239 EA

ONLY

1⁶⁹



**ENGLISH
CUCUMBERS**
product of Atlantic provinces,
Canada no. 1 grade
concombres anglais
20070132001 EA

ONLY

3⁹⁹



ROMAINE HEARTS
product of U.S.A.
cœurs de romaine
20067389001 EA

**App
exclusive offer**



Earn

200
pts

For every \$1* spent
on fresh berries

That's

20%
back

baies fraîches
20080137001 EA/20128938001 EA/20051015001 EA/20049778001 EA

NOFRILLS®

THE BIG SALE!

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

SAVE 29%

11.99

30=60 ROLLS

ROYALE BATHROOM TISSUE
selected varieties
papier hygiénique
21378233 EA



WHOLE CHICKEN
fresh
poulet entier
6.35/kg
20729008 KG/20707744 KG

WHILE QUANTITIES LAST

SAVE 35%

2.88 LB

ONLY

4.95

ATLANTIC BUTTER
selected varieties
454 g
beurre
20066904 EA

App exclusive offer

Optimum

App exclusive offer

Optimum



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

SAVE 28%

\$1.25

Earn 500 pts

That's .50 more



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

SAVE UP TO 46%

6.99



LOU'S ENTRÉES 375-400 g,
fresh, fully cooked or **ST-HUBERT**
or **SWISS CHALET POT**
PIES 650/655 g, frozen
selected varieties
plats cuisinés ou pâtés
20078077 EA/21047194 EA

SAVE 30%

3.50



OCEAN PIER ATLANTIC FISH CAKES
frozen, 225 g
galettes de poisson
20600497 EA

SAVE UP TO 35%

5.50



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

ONLY

2.97



ASTRO or IÖGO 650/750 g or
LIBERTÉ 4x100 g
GREEK YOGURT
selected varieties
yaourt
20165226001 EA/20801752003 EA

SAVE UP TO 54%

1.25



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
20336722005 EA/20894117004 EA

SAVE UP TO 25%

3.50



CREAM
selected varieties
473 mL - 1 L
brand and size varies by region
crème
20174729001 EA/20187346 EA

SAVE 51%

3.91



WATSON RIDGE CHICKEN STRIPS or NUGGETS
frozen, 800 g
lonières ou pépites de poulet
21305249 EA

ONLY

1.50



UNICO BEANS or TOMATOES 540 mL or
selected varieties
pâtes ou légumineuses ou tomates
2013447001 EA/20314629001 EA

SAVE 50%

\$1



HEINZ BEANS or PASTA
selected varieties
398 mL
fèves ou pâtes
20040380003 EA/20177278001 EA

PRICE DROP

1.50



ITALPASTA
selected varieties
750 g
pâtes
20296241001 EA/20296241003 EA

PRICE DROP

8.99



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

App exclusive offer

Optimum



SAVE 35%

\$1.75

Earn 750 pts

That's .75 more

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

ONLY

\$3



REAL CANADIAN SPRING WATER
24x500 mL
eau de source
20154975 C24

SAVE 28%

12.88



T&T® THAI JASMINE RICE
8.2 kg
riz ou jasmin thaï
20705590 EA

ONLY

12.88

908 G



DAN-D PAK CASHEDS
salted or unsalted
908 g
noix de cajou
20314862002 EA

FLYER PRICES EFFECTIVE IN ATLANTIC CANADA STORES ONLY.

nofrills.ca

01 NFA N

LOW PRICES ARE IN THE AIR

\$20

**HOLIDAY
ROSES**

roses de célébration
21664028 EA

WHILE QUANTITIES LAST



\$20

DELUXE BOUQUET

bouquet de luxe
21663870 EA

WHILE QUANTITIES LAST



\$10

**SMALL MIXED
BOUQUETS**

petit bouquet varié
21664005 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

4.99

STRAWBERRIES
product of Mexico or U.S.A.,
no. 1 grade or
CANTALOUPE
product of Guatemala or
Honduras, no. 1 grade
fraises ou cantaloup
20049778001 EA/20167017001 EA

**1 LB
CLAMSHELL**

4.99

**6 OZ
CLAMSHELL**

BLACKBERRIES
product of Mexico or U.S.A. or
RASPBERRIES
product of Mexico or U.S.A., no. 1 grade
mûres ou framboises
20051015001 EA/20128938001 EA

2.99
EA/LB

TOMATOES ON THE VINE
6.59/kg, product of Canada or Mexico, or
FARMER'S MARKET™ GRAPE TOMATOES
each, product of Canada, Mexico, or U.S.A.
tomates sur vigne ou tomates raisins
21367888001 EA

283 G

3.99

PKG OF 6

**FARMER'S MARKET™
MINI CUCUMBERS**
product of Canada, Canada no. 1 grade
mini-concombres
20737570001 EA



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

\$6

15 LB BAG

**NO NAME® NATURALLY
IMPERFECT™ POTATOES**
product of Canada, Canada no. 2 grade
pommes de terre
2044463001 EA

1.29
LB

GREEN CABBAGE
product of Canada,
Canada no. 1 grade
chou vert
20793038001 KG

1.29

KIWI
product of Greece
each
kiwi
20130242001 EA

\$12

**MEDIUM
MIXED BOUQUET**
bouquet moyen varié
2166079 EA

5.99

PKG OF 3

FARMER'S MARKET™ SWEET PEPPERS
product of Mexico
piments
2004931001 EA

4.49

**PC® LITTLE GEMS™ RED,
YELLOW or MIXED MINI POTATOES**
product of Canada, Canada no. 1 grade
mini-pommes de terre rouges, dorées ou assorties
21347201001 EA/21347299001 EA

680 G

5.99

**2 LB
BAG**

**FARMER'S MARKET™ LEMONS
OR ORANGES** product of Spain or Morocco
citrons ou oranges
20793315001 EA/20162945001 EA

**3 LB
BAG**

5.99

4 LB BAG

**FARMER'S MARKET™
MCINTOSH or ROYAL GALA APPLES**
product of Atlantic Provinces, Canada fancy grade
pommes
20732311001 EA/20767998001 EA

13.99

MARCANGELO SOUVLAKI KABOBS
selected varieties, 480/640 g
brochettes
21041735 EA

5.99

**WONG WING
ENTRÉES**
selected varieties, frozen
400/500 g
plats cuisinés
20507139 EA

\$12

**PC® BLUE MENU® SPLIT CHICKEN
WINGS - BONELESS SKINLESS
CHICKEN THIGHS**
selected varieties, up to 720 g
côtes de poulet séparées ou hanches de cuisse déossées sans peau
21601658 EA

\$7

SEAQUEST® FILLETS
selected varieties, frozen, 400 g
filets de poisson
20153570 EA/21314740 EA

\$5

PC® CHEESE SLICES 140-170 g
**AGROPUR BRIE or MONSIEUR
GUSTAV GOUDA** 170 g, selected varieties
tranches de fromage ou fromage
20230505 EA/20230947 EA

\$3

WONDER BREAD 570/675 g or **BUNS** 8's
selected varieties
pain ou petits pains
20297435 EA/20305674 EA

\$5

FARMER'S MARKET™ LOAF CAKES
selected varieties, 344-400 g
gâteaux quatre-quarts
20565382 EA/21542137 EA

\$10

**PC® BASQUE
CHOCOLATE CHEESECAKE**
600 g
gâteau ou fromage
21687935 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.

BRANDS YOU LOVE AT LOW PRICES

6⁵⁰

**OIKOS GREEK or
ACTIVIA EXPERT
YOGURT**
selected varieties
650/750 g
yogourt
21066667 EA/21688207 EA



\$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



5⁹⁹

**CHAPMAN'S
PREMIUM
ICE CREAM** 2 L or
**YUKON
NOVELTIES** 6's
selected varieties, frozen
crème glacée ou
friandises glacées
20323573001 EA



\$1

**CAMPBELL'S
TOMATO, CREAM OF
MUSHROOM, or
CHICKEN
NOODLE SOUP**
284 mL
soupe
20176214001 EA



\$7

**HIGH LINER
FISH FILLETS**
selected varieties, frozen
315-700 g
filets de poisson
20303200001 EA



4⁷⁹

**INTERNATIONAL DELIGHT
COFFEE CREAMERS** 946 mL or
COLD FOAM 396 g, selected varieties
colorants à café ou mousse froide
20895480002 EA



6⁹⁹

DEL MONTE JUGS
selected varieties, refrigerated, 2.5 L
jus
21595698 EA



\$4

**DORITOS
TORTILLA CHIPS** 210/235 g or
SMARTFOOD POPCORN 150-200 g
selected varieties
croustilles de tortilla ou maïs soufflé
20972859 EA/21693042 EA



1⁵⁰

**NO NAME®
POTATO
CHIPS**
selected varieties
200 g
croustilles
21302821 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
20831065 EA/20934878 EA



5²⁵

**FERRERO
EGGS** 90-100 g
or **ROCHER
HALLOW
BUNNY** 70 g
chocolat
21484705 EA/21694065 EA



5⁵⁰

**KINDER
CHOCOLATE UOVO**
selected varieties, 100 g
chocolat
20719295 EA



2⁹⁹

SKITTLES or STARBURST CANDY
selected varieties, 130-170 g
friandises
21445465 EA/21647110 EA



3⁵⁰

**PEARL MILLING COMPANY
PANCAKE MIX** 905 g or **SYRUP** 710 mL
selected varieties
mélange à crêpes ou sirop
21384609 EA/21391619 EA



5⁵⁰

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



2⁵⁰

GOLDFISH CRACKERS
selected varieties, 156-200 g
craquelins
20306320 EA/2030694003 EA



3⁴⁹

KETTLE BRAND POTATO CHIPS
selected varieties, 198 g
croustilles
21520652 EA/21520692 EA



3⁵⁰

**HEINZ FLAVORED
MAYONNAISE STYLE DIPS**
selected varieties, 340 mL
mayonnaise aromatisée
21686143 EA/21686231 EA



4⁹⁹

BICK'S PICKLES
selected varieties, 1 L
cornichons
21668833 EA



PRICE DROP
1⁶⁹

CHEF BOYARDEE PASTA
selected varieties, 418/425 g
pâtes
20312300005 EA



1⁵⁰

GREEN GIANT VEGETABLES
selected varieties, 341/398 mL
légumes
21021224 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



16⁹⁹

**TIMOTHY'S, KRISPY KREME or
DONUT HOUSE COFFEE PODS**
selected varieties, 30's
capsules de café
21007380 EA/21433555 EA



6⁹⁹

TAZO TEA CONCENTRATE 946 mL or
LIPTON TEA BLACK or GREEN 200 g
selected varieties
concentré de thé ou thé vert ou noir
21295930 EA/21593297 EA



THE BIG SALE!

ONLY
\$5

BEN & JERRY'S ICE CREAM 473 mL or **MAGNUM NOVELTIES** 3's
selected varieties, frozen
boissons non laitières
20342005003 EA/21428403 EA

ONLY
\$5

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

ONLY
6⁹⁹

BECEL MARGARINE
selected varieties, 637/850 g
margarine
20297818002 EA

ONLY
4²⁵

SILK NON-DAIRY BEVERAGES
selected varieties, refrigerated
1.75/1.89 L
boissons non laitières
20328231002 EA/21337480 EA

ONLY
6⁷⁵

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



DARE GRISSOL MELBA TOAST, CANAPE or BAGUETTES
selected varieties, 120-200 g
biscottes
20172823002 EA/21033188 EA



BETTY CROCKER POTATOES
selected varieties, 141-215 g
pommes de terre
20296518003 EA



PC® DINNER ENTRÉES
selected varieties, frozen, 907-1.13 kg
plats cuisinés
20314880 EA



DR. OETKER GIUSEPPE THIN CRUST or RISING CRUST PIZZA
selected varieties, frozen, 480-785 g
pizza
21106361 EA

\$5⁵⁰
Earn **500** pts
50



CLUB HOUSE BLENDS or LA GRILLE SEASONING
selected varieties
120-248 g
assaisonnement
20308060002 EA/203321740001 EA



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
20307313006 EA/21687639 EA



PRIMO PASTA SAUCE
selected varieties, 680 mL
sauce pour pâtes
20730715 EA



TIDE LIQUID LAUNDRY DETERGENT 1.02/1.86 L or **PODS** 18/31'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



FANCY FEAST WET CAT FOOD
selected varieties
nourriture humide pour chats
20302296012 EA/20319657005 EA



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



LYSOL TOILET BOWL CLEANER
2x710 mL,
DISINFECTANT SPRAY 539 g or
LAUNDRY DISINFECTANT 1.2 L
selected varieties
nettoyant à cuvette ou
vaporisateur désinfectant ou
désinfectant pour lessive
20822648 EA/21238361 EA/21487308 EA



PINE-SOL ALL PURPOSE CLEANER 1.41 L or
CLOROX CLEANING SPRAY 887/946 mL
selected varieties
nettoyant
20296079001 EA/21657792 EA

Optimum™

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
21014403 EA/21303479 EA/21304726 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.

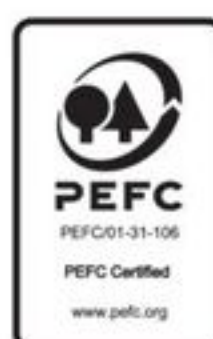
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CUSTOMER RELATIONS 1-866-98-SMILE (76453)

nofrills.ca



this product contains post consumer recycled paper





\$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 MACARONI & CHEESE
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
20325609001 EA/21618217 EA

\$4

CRAVE DINNER ENTRÉES 200-340 g or **KRAFT DELUXE MACARONI AND CHEESE ENTRÉES** 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** 390 g
selected varieties
fromage
21188654 EA

\$3

KRAFT SALAD DRESSING
selected varieties
425 mL
vinaigrette
21584850 EA/21584927 EA



3⁹⁹

KRAFT CHEEZ WHIZ
selected varieties
450 g
produit de fromage fondu
20659606001 EA



1²⁵



JELL-O JELLY POWDER
selected varieties
10-85 g
poudre pour gelée
20300739003 EA/20317293001 EA

PODIUM-WORTHY PRICES



RECIPE
CPG

10⁹⁹



17⁹⁹

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

**MONTANA'S SMOKY
BBQ BEEF BURGERS**
frozen
906 g
burgers de boeuf
21665099_EA

\$4



KELLOGG'S ALL BRAN 405/525 g,
RAISIN BRAN 375/436 g,
VECTOR 306/400 g, **SPECIAL K** 320-355 g or
MINI-WHEATS 377-460 g **CEREAL**
selected varieties
céréales
20015041_EA/21607207_EA

3⁵⁰



**FONTAINE
SANTÉ HUMMUS**
selected varieties
260/283 g
hummus
20501132_EA

MARS
SNACKING

Optimum™



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
gomme
20310919004_EA/20310919002_EA

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

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

reckitt

5⁴⁸



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

\$4



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

\$14



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

Nestlé

5⁵⁰



NESTLE DRUMSTICK or NOVELTIES
selected varieties, frozen
4-10's
friandises glacées
20322380003_EA

McCain

3⁵⁰



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

Corona
Cero

Optimum™



\$12

**CORONA
CERO 0%
NON-ALCOHOLIC
BEER**
6x330 mL
bière sans alcool
21650191_C06

Earn
1,000
pts
That's
\$1
value

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.

LOW PRICES ARE IN THE AIR

\$12

**FERRERO
ROCHER HEART**

16's
boîte de cœurs en chocolat
20032252 EA



\$9

**NESTLÉ KITKAT or
SMARTIES**

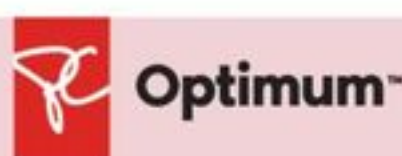
selected varieties
30's
chocolat
21620932 EA



\$12

**LINDT MILK or
ASSORTED
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.

GLOBAL FOODS AT LOW PRICES

2⁸⁸

DRAGONFRUIT
product of Vietnam
each
pitaya
20168395001_EA



1⁹⁸
LB

BABY BOK CHOY or
SHANGHAI BOK CHOY
product of Mexico
4.37/kg
pak-choi
20082279001_KG/20032454001_KG



1⁹⁸
LB

PAPAYA
product of Mexico
4.37/kg
papaye
20817066001_KG



2⁹⁸

RED or **WHITE**
POMELO
product of China
pomélo rouge ou blanc
20081390001_EA/20042410001_EA

\$14

**SUFRA®
HALAL
CHICKEN
BREASTS**
boneless, skinless
3's, up to 645 g
poitrines de poulet halal
21618923_EA



\$8

**EXTRA
LEAN
GROUND
BEEF**
fresh
450 g
boeuf haché extra
maigre
21675592_EA



5⁵⁰

**SEAQUEST®
SEAFOOD
MEDLEY**
frozen
340 g
mélange de produits de la mer
21592029_EA



\$5

SURAJ® NAAN
selected varieties
10's
naan
20342281_EA



2²⁹

HANS DAIRY DAHI
selected varieties
750 g
dahi
20092811_EA



5⁴⁹

**BRAR'S
MALAI
PANEER**
375 g
paneer
20283164_EA



.39

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



2⁹⁹

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



4⁴⁸

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



5⁸⁸

**LEE KUM KEE
SESAME OIL** 445 mL
or **SOY SAUCE** 1.9 L
huile de sésame ou sauce soya
20165090_EA/20703390_EA



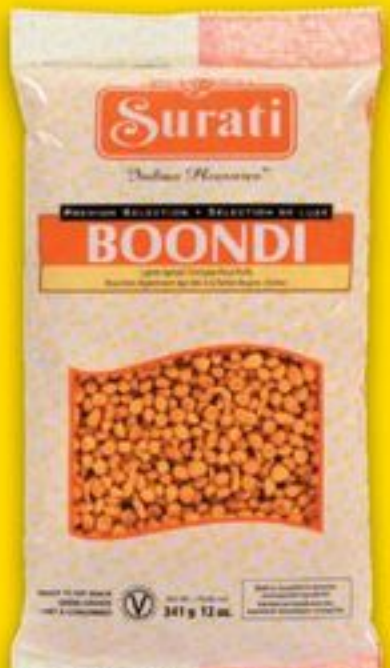
4⁸⁸

**KEWPIE
MAYONNAISE**
456 mL or **O'FOOD
GOCHUJANG** 215 g
mayonnaise ou sauce
21453162_EA/21644268_EA



2²⁹

SURATI SNACKS
selected varieties
250/341 g
collations
20322576003_EA



5⁴⁸

LYSOL WIPES 75/84's
**DISINFECTANT
SPRAY** 350 g or
**MULTI-PURPOSE
TRIGGER** 750 mL
selected varieties
lingettes ou vaporisateur désinfectant
ou tout usage à gâchette
20314511001_EA/21449626_EA



19⁸⁸

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



12⁴⁸

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



AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET NFA



Optimum™

App exclusive offers

More offers
More points

Members
get over

\$25

in value

CLICK FOR
THESE COUPONS
AND MORE



Optimum™



Earn
500
pts

Until March - 4 - 2026

PC® INSTANT COFFEE
80 - 100 g
café instantané



Optimum™



Save
\$2

with digital
coupon

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



Optimum™



Earn
1,000
pts

Until March - 4 - 2026

PC® CHOCOLATE BARS
300 g
chocolat au lait



Optimum™



Earn
2,000
pts

Until March - 4 - 2026

PC® BASQUE CHEESECAKE
600 g
gâteau au fromage



Optimum™



Earn
500
pts

Until March - 4 - 2026

PC® COLESLAW
397 g
salade de chou



Optimum™



Earn
1,000
pts

Until March - 4 - 2026

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



Optimum™



Earn
750
pts

Until March - 4 - 2026

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



Optimum™



Earn
750
pts

Until March - 4 - 2026

PC® LOW SODIUM CLUB SODA
12 x 355 mL
soda



Optimum™



Earn
1,500
pts

Until March - 4 - 2026

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



Optimum™



Earn
1,000
pts

Until March - 4 - 2026

PC® BABY WIPES
300's
lingettes bébé



Optimum™



Earn
500
pts

Until March - 4 - 2026

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



Optimum™



Earn
500
pts

Until March - 4 - 2026

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



Optimum™



Earn
2,000
pts

Until March - 4 - 2026

PC® MEAT LASAGNA
2.27 kg
lasagne

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Earn
500
pts

Until March - 4 - 2026

NO NAME® CHOCOLATE CHIP COOKIES
907 g
brisures chocolatées



Earn
500
pts

Until March - 4 - 2026

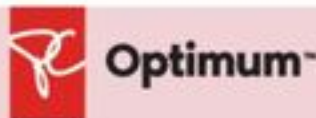
NO NAME® BUTTER
454 g
beurre salé



Earn
500
pts

Until March - 4 - 2026

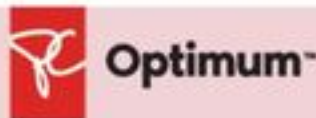
NO NAME® 100% WHOLE GRAIN QUICK OATS
1 kg
gruau rapide



Earn
500
pts

Until March - 4 - 2026

NO NAME® SPICES
150 g
épices



Earn
1,000
pts

Until March - 4 - 2026

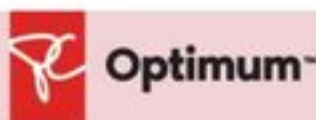
NO NAME® CHICKEN HOT DOGS
1.5 kg
saucisses fumées



Earn
500
pts

Until March - 4 - 2026

NO NAME® CHICKEN BURGER
908 g
burger au poulet



Earn
500
pts

Until March - 4 - 2026

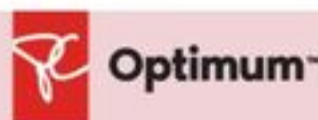
NO NAME® CALIFORNIA MIXED VEGETABLES
750 g
mélange de légumes



Earn
2,000
pts

Until March - 4 - 2026

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



Earn
500
pts

Until March - 4 - 2026

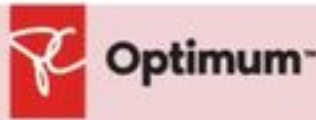
NO NAME® LEMONADE
1.75 L
limonade



Earn
1,500
pts

Until March - 4 - 2026

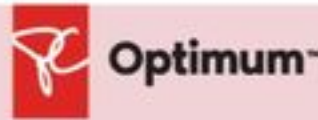
NO NAME® FACIAL TISSUE
2 ply, 6 x 200 sheets
tissu facial



Earn
1,000
pts

Until March - 4 - 2026

NO NAME® KITCHEN GARBAGE BAGS
21 L
sacs poubelle



Earn
1,500
pts

Until March - 4 - 2026

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



**Express[™]
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.

More Value
More Value
More Value



**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.

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ONL NFA MKT