

# NO FRILLS<sup>®</sup> YES SAVINGS

FLYER PRICES EFFECTIVE THURSDAY, FEBRUARY 26 TO WEDNESDAY, MARCH 4, 2026.

SAVE UP TO 50%

1.75

**BEATRICE or DAIRYLAND CHOCOLATE MILK**  
selected varieties  
brand varies by region  
946 mL  
20799732 SA/21449812 EA



SAVE 42%

3.99 LB

**PORK TENDERLOIN**  
fresh, cryovac package  
8.80/kg  
20120970 KO

WHILE QUANTITIES LAST

SAVE 27%

10.88



**LEAN GROUND BEEF**  
grass fed, 2x450 g  
21618300 EA

SAVE 40%

\$3

**HEREFORD CORNED BEEF**  
240 g  
20050622 EA



SAVE 30%

3.49

PKG OF 5 OR 6

**AVOCADOS**  
product of Mexico  
2164950001 EA



Optimum<sup>™</sup>

SAVE 21%

\$1.25

300 pts

**KD ORIGINAL**

200 g  
21549526 EA



App exclusive offer

ONLY

\$9.88

2,000 pts

**NO NAME<sup>®</sup> FLOUR**

selected varieties  
10 kg  
20022248 EA/20306865 EA



ONLY

\$10



**BUTCHER'S CHOICE<sup>®</sup> SAUSAGE**  
selected varieties, 1.1 kg  
21360790 EA

ONLY

4.88

**ARMSTRONG or PC<sup>®</sup> SHREDDED CHEESE**  
250-320 g or  
ARMSTRONG CHEESE 400 g  
21288240 EA/21346797 EA



ONLY

2.97 LB



**RED or GREEN SEEDLESS GRAPES**  
product of Peru, Chile or South Africa, no. 1 grade  
6.55/kg  
20423775001 KO/20131919901 KO

SAVE UP TO 31%

4.99

**NESTLÉ DRUMSTICK or NOVELTIES** 4-10's or  
**CONFECTORY FROZEN DESSERT** 1.5 L  
selected varieties, frozen  
2022380003 EA



ONLY

3.47

**DR. OETKER RISTORANTE PIZZA**  
selected varieties, frozen, 320-410 g  
20294100001 SA/2029442804 EA



ONLY

\$6

**ALLEN'S DRINK BOXES or GATORADE SPORT DRINKS** 6x251 mL  
selected varieties  
2000219802 COE/20040202 EA



ONLY

7.99

**NO NAME<sup>®</sup> CANOLA OIL**  
3 L  
20000000 EA



SAVE 47%

8.50

**HIGH LINER PAN-SEAR or BATTERED FISH FILLETS**  
selected varieties, frozen, 425-600 g  
20842014 EA



ONLY

3.33

**ACTIVIA YOGURT**  
selected varieties  
600 g  
20023120001 EA/20023120002 EA



**SURPRISE OFFER**  
4 days only!

Optimum<sup>™</sup> Thursday February 26 to Sunday March 1

You could get

30% or 20% or 10%  
back in pts

Open the App  
to get your offer!

Available for new and existing  
PC Optimum<sup>™</sup> members.

nofrills.ca

01 NFW

FLYER PRICES EFFECTIVE AT ROB'S - AIRDRIE, JEB'S - BEAUMONT, TERASHITA'S - BROOKS, ANDREW'S - CALGARY, BLAIR'S - CALGARY, HARMAN'S - CALGARY, JOHN & IRISH'S - CALGARY, JOHN'S - CALGARY, KEVIN'S - CALGARY, TRAVIS' - CARLSTON, SEUN & ALEXANDRA'S - CHESTERMERE, MARK'S - COCHRANE, BOB & KATHY'S - COLD LAKE, KEN'S - DAUPHIN, DAVE'S - DAWSON CREEK, NICHOLAS & MEGAN'S - DRUMHELLER, JAMES' - DRYDEN, BROOK'S - EDMONTON, CAROL'S - EDMONTON, CHRIS' - EDMONTON, COLTON'S - EDMONTON, JAY & SUZIE'S - EDMONTON, MATT & ASHLEY'S - EDMONTON, REAL & CAROLYN'S - EDMONTON, SHELTON'S - EDMONTON, TEJUS & RAMAN'S - EDMONTON, WALSH'S - EDMONTON, CLIFTON'S - ESTEVAN, CHRIS' - FORT SASKATCHEWAN, AMANDA'S - FORT ST JOHN, JONNY'S - GERRARD, AARON & KATRINA'S - GRANDE PRAIRIE, COREY & MEGAN'S - HIGH RIVER, TERRY'S - HUMBOLDT, PAUL'S - INNOVATION, SUSHI-MAN'S - KENORA, LIONEL'S - LACOMBE, CRAIG'S - LEDUC, RAY'S - LETHBRIDGE, TROY'S - LETHBRIDGE, GAGAN & SATVIER'S - MEADOW LAKE, CHRIS & TRACEY'S - MOUNTAIN VIEW, RAY'S - MOUNTAIN VIEW, IYAN & KAREN'S - NORTH BATTLEFORD, WESAM'S - OROONTO, PATRICK'S - OROONTO, KAREN'S - PLACE RIVER, PAUL'S - PONDOKA, CRAWFORD'S - REGINA, JACI'S - ROCKY MOUNTAIN HOUSE, AURELIO'S - SASKATOON, GORD'S - SASKATOON, SHANE & TINA'S - SASKATOON, AARON'S - SASKATOON, GREG'S - SLAVE LAKE, STEVE'S - SPRUCE GROVE, LINDA'S - ST PAUL, ZOE & SHANE'S - STITTNER, TINA'S - STRATHMORE, DYLAN & GALEN'S - SWAN RIVER, COVERDALE'S - STYVAN LAKE, TONY & SAM'S - TABER, BRODY'S - THE PAS, DARCY'S - THUNDER BAY, SHAWN'S - THUNDER BAY, ADAM'S - VEGREVILLE, ISAAC'S - WAINWRIGHT, JORDAN'S - WETASKIWIN, MIKE & REBECCA'S - WHITECOURT, ANDY & NICK'S - WINNIPEG, CHRIS' - WINNIPEG, HELLARD'S - WINNIPEG, JERAMIE'S - WINNIPEG, LUIS & EMMA'S - WINNIPEG, MIKE'S - WINNIPEG, TOM'S - WINNIPEG, TREVOR & HATLEY'S - WINNIPEG

**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.

ONE.NFW.FLAP.1

# FRESH AT LOW PRICES

**4.99**

**3.99**



**BLACKBERRIES**  
product of Mexico or U.S.A., or  
**RASPBERRIES**  
product of Mexico or U.S.A.,  
no. 1 grade  
20031515001 SA

**6 OZ CLAMSHELL**

**1 LB CLAMSHELL**



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

**2.99**  
LB



**BROCCOLI CROWNS**  
product of U.S.A. or Mexico  
6.59/kg  
20036161001 XG

**5.99**



**10 LB BAG**

**RED or RUSSET POTATOES**  
product of Canada, Canada no. 1 grade  
20061012001 SA/20061017001 SA



**PKG OF 3**

**4.99**

**FARMER'S MARKET™ ENGLISH CUCUMBERS**  
product of Canada, Canada no. 1 grade or  
**ROMAINE HEARTS**  
product of U.S.A.  
20067289001 SA/20028661001 SA



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

**5.99**

**3 LB BAG**



**600 G**

**FARMER'S MARKET™ KIWIS**  
product of Greece or **LEMONS** product of U.S.A.  
21129147001 SA/2079881001 SA

**1.99**



**RED MANGO**  
product of Peru  
2006622001 SA

**3.99**

**PKG OF 4**



**GREEN or RED PEPPERS**  
product of Mexico  
2011222001 SA/2011228001 SA

**5.99**

**907 G**



**681 G**

**FARMER'S MARKET™ GRAPE TOMATOES**  
or **PC™ VARIETY TOMATOES**  
product of Canada or Mexico  
2004032801 SA/200404001 SA

**2.49**  
LB



**BARTLETT PEARS**  
product of U.S.A., extra fancy grade  
5.49/kg  
201724001 XG

**4.99**



**CANTALOUPE** product of Guatemala, Honduras, or Brazil, no. 1 grade or  
**PINEAPPLE** product of Costa Rica  
20107517001 SA/20146990001 SA

**2.99**  
LB



**YELLOW PEACHES or NECTARINES**  
product of Chile, no. 1 grade  
6.59/kg  
2017428001 XG/20100340001 XG

**.79**



**KIWIS**  
product of Greece  
each  
2017820001 SA

**5.99**



**PKG OF 11**

**FARMER'S MARKET™ MINI CUCUMBERS**  
product of Western Provinces, Canada no. 1 grade  
2101670001 SA

**4.99**  
LB



**ASPARAGUS**  
product of Mexico or Peru,  
no. 1 grade  
11.00/kg  
20174281001 XG

**6.99**



**5 LB BAG**

**COSMIC CRISP APPLES**  
product of U.S.A., extra fancy grade or  
**FARMER'S MARKET™ AMBROSIA APPLES**  
product of Canada, Canada fancy grade  
2042118001 SA/20420340001 SA

**6.99**



**3 LB BAG**

**PC™ MANDARINS**  
product of U.S.A.  
2004911001 SA

**2.99**

**3 LB BAG**



**2 LB BAG**

**FARMER'S MARKET™ CARROTS or YELLOW ONIONS**  
product of Canada or U.S.A., no. 1 grade  
2004912001 SA/20041190001 SA

**3.99**

**454 G**



**680 G**

**PC™ LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES**  
product of Canada, Canada no. 1 grade or  
**PC™ WHOLE WHITE or CREMINI MUSHROOMS**  
product of Canada  
2104701001 SA/20141072 SA

**PRICE DROP**

**.99**  
LB



**GREEN CABBAGE**  
product of Canada,  
Canada no. 1 grade  
2.18/kg  
2017820001 XG

**1.50**



**GREEN ONIONS**  
product of Mexico  
2010750001 SA

**\$5**

**2.5 LB**



**NO NAME™ NATURALLY IMPERFECT™ TOMATOES**  
product of Canada or Mexico  
2106700001 SA

\* Fresh Guarantee: Applicable to eligible fresh produce items purchased at No Frills store locations or online at nofrills.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original receipt within 7 days of purchase at the No Frills store where purchase originated. The guarantee does not apply to produce items with a stated "best before" date (e.g. bagged salad kit, packaged bean sprouts) and may not be combined with any other offer. We reserve the right to cancel or change the terms of this guarantee at any time without notice.

# FRESH AT LOW PRICES

**12<sup>50</sup>**  
LB



**BEEF STIR FRY STRIPS**  
27.56/kg  
20127076 AD

**\$19**

**PC<sup>®</sup> BLUE MENU<sup>®</sup> CHICKEN BREASTS**  
boneless, skinless, 4's  
21406270 SA



**CLUB SIZE**

**4<sup>99</sup>**  
LB



**SPLIT CHICKEN WINGS**  
fresh  
11.00/kg  
20761914 AD

**4<sup>50</sup>**

**LEAN GROUND PORK**  
fresh  
450 g  
21705787 SA



**11<sup>99</sup>**

**MARCANGELO SAUSAGE, BREAKFAST SAUSAGE or PATTIES**  
selected varieties, frozen  
1.2/1.4 kg  
20794999 SA

**\$3**



**SCHNEIDERS LUNCHMATE LUNCH KITS - STACKERS**  
selected varieties  
75/120 g  
21318024 SA

**\$13**



**NO NAME<sup>®</sup> CHICKEN WINGS**  
selected varieties, frozen, 908 g  
21042007 SA

**\$8**



**PC<sup>®</sup> ATLANTIC SALMON BURGER**  
500 g  
21400144 SA

**\$3**



**SOYGENIC TOFU**  
selected varieties  
230/500g  
2102474 SA

**\$7**



**SEAQUEST<sup>®</sup> FISH FILLETS**  
selected varieties, frozen  
400 g  
21214742 SA

**\$7**



**SEAQUEST<sup>®</sup> COLOSSAL RAW WHITE SHRIMP**  
16-20 per lb, 300 g, BAY SCALLOPS 400 g or SHRIMP RING 227 g  
selected varieties, frozen  
21040827 SA

**\$6**



**PC<sup>®</sup> SPLENDIDO<sup>®</sup> SLICED DELI MEAT** 100 g  
or **ZIGGY'S<sup>®</sup> KOLBASSA** 375 g  
selected varieties  
21047121 SA/21214484 SA

**\$7**



**PC<sup>®</sup> FETA CHEESE** 400 g or **BALDERSON DELI CHEESE** 250/280 g  
selected varieties  
20213490 SA/21214483 SA

**\$5**



**OLIVIERI FRESH FILLED TWIN PACK PASTA** 450/500 g, **SKILLET GNOCCHI** 280/300 g, or **FRESH SAUCE** 300 mL  
selected varieties  
21022041 SA/20212110 SA

**2<sup>25</sup>**



**NO NAME<sup>®</sup> BAGELS - ENGLISH MUFFINS**  
selected varieties  
8's  
21212747 SA/21212719 SA

**\$3**



**COUNTRY HARVEST BREAD** 400 g or **BAGELS** 6's  
selected varieties  
21212747 SA/21212744 SA

**\$5**



**FARMER'S MARKET<sup>™</sup> BUTTER CROISSANTS** 240/236 g or **LOAF CAKES** 344/390 g  
selected varieties  
20202283 SA/20212740 SA

**\$6**



**MAPLE LEAF NATURAL SELECTIONS SLICED DELI MEAT**  
selected varieties  
120/177 g  
20202283 SA/20212740 SA



**\$11**



**MAPLE LEAF NATURAL SELECTIONS SLICED DELI MEAT**  
selected varieties, family size  
370/450 g  
20212741 SA

# BRANDS YOU LOVE AT LOW PRICES

PRICE DROP

8<sup>99</sup>



**GALLO EXTRA VIRGIN OLIVE OIL**  
selected varieties  
1 L  
20102348 EA



ONLY

6<sup>50</sup>

**ACTIVIA YOGURT** 12x100 g or  
**SAPUTO MOZZARELLISSIMA** 500 g  
selected varieties  
20608924 EA/202739141003 EA

ONLY

\$6



**LACTANTIA PUR FILTRÉ or LACTOSE FREE MILK**  
selected varieties  
2 L  
20301822001 EA/21424994 EA

ONLY

\$1



**OLD EL PASO SEASONING**  
selected varieties  
24 g  
2104995 EA

ONLY

7<sup>44</sup>



**PC ORANGE JUICE**  
selected varieties, refrigerated  
2.5 L  
21031644 EA

\$5



**CHAPMAN'S YUKON NOVELTIES** 3-8" or  
**SUPER PREMIUM ICE CREAM** 500 mL  
selected varieties, frozen  
2131147 EA/21012383 EA

3<sup>33</sup>



**GREEN GIANT VEGETABLES**  
selected varieties, frozen  
283-750 g  
2100238 EA

1<sup>25</sup>



**TINA'S BURRITO**  
selected varieties, frozen  
113 g  
2143787 EA

6<sup>50</sup>



**LIBERTÉ or SIGGI'S YOGURT**  
selected varieties  
850-750 g  
206071 EA/2103891 EA

6<sup>99</sup>



**IMPERIAL MARGARINE**  
selected varieties  
1.28 L / 34.6 kg  
2064973 EA

\$2



**CHEEZ-IT CRACKERS**  
selected varieties  
191-200 g  
2114086 EA

\$3



**LAY'S POTATO CHIPS**  
selected varieties  
177-235 g  
2044902 EA/2104861 EA

PRICE DROP

1<sup>69</sup>



**ITALPASTA**  
selected varieties  
730 g  
202043801 EA/202043802 EA

3<sup>25</sup>



**ALLEN'S CRANBERRY COCKTAIL, or DEL MONTE ON ICE REFRESHER**  
selected varieties  
1.89 L  
2128894 EA/2107204 EA

3<sup>25</sup>



**REAL CANADIAN SPRING WATER**  
24x300 mL  
2010475 EA

\$1



**NO NAME TUNA** 170 g or **LEGUMES** 540 mL  
selected varieties  
2021148 EA/2034291 EA

2<sup>67</sup>



**KELLOGG'S RICE KRISPIES** 154-198 g  
**POP TARTS** 384 g, **SPECIAL K** 123 g or  
**NUTRI-GRAIN** 292 g **BARS**  
selected varieties  
201264701 EA/2129011 EA

\$5



**PC INSTANT COFFEE**  
selected varieties  
85/100 g  
2149936 EA

\$5



**POST FAMILY SIZE CEREAL**  
selected varieties  
323-450 g  
2134033 EA/2107204 EA

6<sup>99</sup>



**ROYALE BATHROOM TISSUE** 15-20 rolls  
or **TIGER TOWEL** 2/3x4 rolls  
selected varieties  
2148470 EA/2107204 EA

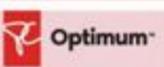
Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family 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. Members must open their PC Optimum™ App by March 1, 2026 to reveal their personalized surprise offer that will award one of 10%, 20% or 30% back in PC Optimum™ points when they spend the indicated minimum threshold or more cumulatively on groceries between February 26 to March 1, 2026, before taxes and after other redemptions, all coupons and discounts, and exclusions are deducted. PC Optimum™ Card or App must be presented at the time of transaction. Limit of one offer per member. See full personalized offer details in your App. \*\*Must be a registered PC Optimum™ member to get this offer.

# App exclusive offers

**More offers  
More points**

Members  
get over  
**\$25**  
in value

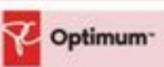
**CLICK FOR  
THESE COUPONS  
AND MORE** 





**Earn 500 pts**  
Until March - 4 - 2026

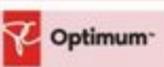
**PC® INSTANT COFFEE**  
80 - 100 g





**Save \$2**  
with digital coupon

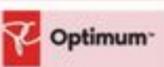
**NESCAFÉ RICH INSTANT COFFEE**  
excludes 95 g





**Earn 1,000 pts**  
Until March - 4 - 2026

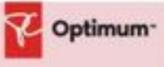
**PC® CHOCOLATE BARS**  
300 g





**Earn 2,000 pts**  
Until March - 4 - 2026

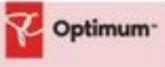
**PC® BASQUE CHEESECAKE**  
600 g





**Earn 500 pts**  
Until March - 4 - 2026

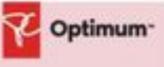
**PC® COLESLAW**  
397 g





**Earn 1,000 pts**  
Until March - 4 - 2026

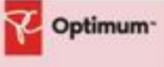
**PC® GNOCCHI or RISOTTO**  
350/400 g





**Earn 750 pts**  
Until March - 4 - 2026

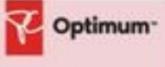
**PC® BLUE MENU® CALAMANSI CITRUS AND STRAWBERRY SPARKLING WATER** 12 x 355 mL





**Earn 750 pts**  
Until March - 4 - 2026

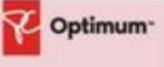
**PC® LOW SODIUM CLUB SODA**  
12 x 355 mL





**Earn 1,500 pts**  
Until March - 4 - 2026

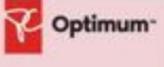
**PC® RED BREW DE-ALCOHOLIZED LAGER BEER**  
12 x 355 mL





**Earn 1,000 pts**  
Until March - 4 - 2026

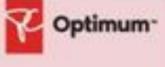
**PC® BABY WIPES**  
300's





**Earn 500 pts**  
Until March - 4 - 2026

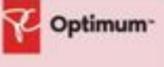
**NO NAME® CHICKEN STRIPS**  
908 g





**Earn 500 pts**  
Until March - 4 - 2026

**NO NAME® CHICKEN NUGGETS**  
908 g





**Earn 2,000 pts**  
Until March - 4 - 2026

**PC® MEAT LASAGNA**  
2.27 kg

# More offers. More points.

CLICK FOR  
THESE COUPONS  
AND MORE



Optimum



Earn  
**500**  
pts

Until March - 4 - 2026

**NO NAME®  
CHOCOLATE CHIP COOKIES**  
907 g

Optimum



Earn  
**500**  
pts

Until March - 4 - 2026

**NO NAME® BUTTER**  
454 g

Optimum



Earn  
**500**  
pts

Until March - 4 - 2026

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

Optimum



Earn  
**500**  
pts

Until March - 4 - 2026

**NO NAME® SPICES**  
150 g

Optimum



Earn  
**1,000**  
pts

Until March - 4 - 2026

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

Optimum



Earn  
**500**  
pts

Until March - 4 - 2026

**NO NAME®  
CHICKEN BURGER**  
908 g

Optimum



Earn  
**500**  
pts

Until March - 4 - 2026

**NO NAME® CALIFORNIA  
MIXED VEGETABLES**  
750 g

Optimum



Earn  
**2,000**  
pts

Until March - 4 - 2026

**NO NAME® CHICKEN  
WINGS, MEDIUM BBQ**  
908 g

Optimum



Earn  
**500**  
pts

Until March - 4 - 2026

**NO NAME® LEMONADE**  
1.75 L

Optimum



Earn  
**1,500**  
pts

Until March - 4 - 2026

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

Optimum



Earn  
**1,000**  
pts

Until March - 4 - 2026

**NO NAME®  
KITCHEN GARBAGE BAGS**  
21 L

Optimum



Earn  
**1,500**  
pts

Until March - 4 - 2026

**NO NAME®  
EXTRA  
SCENTED  
SCOOPABLE  
CLUMPING CAT LITTER**  
7 kg

# BRANDS YOU LOVE AT LOW PRICES

**\$3**



**YOPLAIT SOURCE** 630 g  
**TUBES** 8% MINIGO 6% or  
**PROTEIN** 4% YOGURT  
selected varieties  
2129131801 SA/2121547593 SA



**4.79**

**CRACKER BARREL**  
**NATURAL CHEESE**  
**SLICES**  
selected varieties  
200-240 g  
21290703 SA



**3.50**

**PC® ICE CREAM SHOP**  
**ICE CREAM** 946 mL or  
**NOVELTIES** 6%  
selected varieties, frozen  
21013143 SA



**\$4**

**CRAVE DINNER ENTRÉES** 200-340 g  
= **KRAFT DELUXE**  
**MAC & CHEESE** 340 g  
selected varieties, frozen  
21063111 SA

**6.99**

**STARBUCKS**  
**COFFEE ENHANCER**  
selected varieties  
828 mL  
21438713 SA



**\$8**

**STOK** = **STARBUCKS**  
**COLD BREW COFFEE**  
selected varieties  
1.42 L  
21260729 SA/21013330 SA



**3.50**

**OLD DUTCH POTATO** 235 g or **TORTILLA** 275/290 g  
**CHIPS** or **HUMPTY DUMPTY SNACKS** 250-290 g  
selected varieties  
21047346 SA/21403100 SA



**Optimum™**

**\$3.25**

**KOOL-AID JAMMERS**  
10x180 mL or  
**MIO, CRYSTAL**  
**LIGHT** or  
**KOOL-AID**  
**LIQUID WATER**  
**ENHANCERS**  
48 mL/2.4-5.6 g  
26070016 SA  
26063413 SA

Earn **1,000 pts**

that's **\$1** value

**Optimum™**

**\$5.50**

**GENERAL MILLS**  
**FAMILY SIZE CEREAL**  
selected varieties  
475-578 g  
21104971 SA/21105891 SA

Earn **1,000 pts**

that's **\$1** value

**1.33**

**NO NAME® VEGETABLES**  
selected varieties  
447-518 mL  
26194411 SA/26081021 SA

**\$4**

**COCA-COLA** = **PEPSI** **SOFT DRINKS**  
selected varieties  
4x175 mL  
26101440 SA/26101440 SA

**2.50**

**DARE CRACKERS**  
selected varieties  
132-223 g  
21210944 SA/21210970 SA

**PRICE DROP**

**1.69**

**CHEF BOYARDEE**  
**PASTA**  
selected varieties  
418/423 g  
26121000 SA

**2.69**

**TIM HORTONS**  
**SOUP SAUCE** 340 mL or **CHILI** 425 g  
selected varieties  
21201912 SA

**\$2**

**UNICO PASTA SAUCE**  
selected varieties  
480 mL  
26220107 SA/26220107 SA

**2.49**

**FRENCH'S MUSTARD**  
selected varieties  
233-400 mL  
26044001 SA/26044001 SA

**2.29**

**NO NAME® OLIVES**  
selected varieties  
375 mL  
26223447 SA

**3.50**

**NO NAME® PICKLES**  
selected varieties  
1 L  
26220031 SA

**2.79**

**BEN'S ORIGINAL**  
**BISTRO EXPRESS RICE**  
selected varieties  
340/250 g  
21404071 SA/21404071 SA

# BRANDS YOU LOVE AT LOW PRICES

**\$3**



**NO NAME®  
CREAM CHEESE**  
selected varieties  
227/230 g  
203810001 EA



**4.50**

**POGO**  
Frozen  
4's  
20110332001 EA

**\$4**



**PILLSBURY  
TOASTER STRUDEL  
or SCRAMBLES**  
selected varieties, frozen  
204/326 g  
2017264004 EA



**\$5**

**PC® ASIAN ENTRÉES  
or SOUPS**  
selected varieties, frozen  
280-400 g  
2136389 EA

**\$5.50**



Earn  
**1,000**  
pts

That's  
**\$1**  
value

**AMOZZA! TWISTS  
CHEESE SNACKS** 228 g or  
**BLACK DIAMOND  
CHEESE SNACKS** 189/252 g  
selected varieties  
3096474 EA/2104514 EA

**3.35**



**NO NAME® APPLE  
or ORANGE JUICE**  
selected varieties, refrigerated  
1.75 L  
2166344 EA/21071941 EA

**2.75**



**PC® CROUTONS** 140 g or  
**SALAD DRESSING** 475 mL  
selected varieties  
2062488001 EA/20796248003 EA

**\$6**



Earn  
**1,000**  
pts

That's  
**\$1**  
value

**QUAKER BAKING  
MIXES or OAT FLOUR**  
selected varieties  
700-900 g  
2030194001 EA/2030194003 EA

**\$3**



**LECLERC  
CÉLÉBRATION  
COOKIES**  
selected varieties  
200/240 g  
21480133 EA

**5.50**



**PC® DRY ROASTED PEANUTS** 700 g,  
**CASHEWS** or **DELUXE MIXED NUTS** 200 g  
selected varieties  
30057990003 EA/21054943 EA

**7.99**



**MAXWELL HOUSE, NABOB  
TASSIMO DISCS** 8-16's or **MAXWELL  
HOUSE GROUND COFFEE PODS** 12's  
selected varieties  
20024954001 EA

**1.75**



**NO NAME®  
EVAPORATED MILK**  
selected varieties  
354 mL  
21048510 EA/21048514 EA

**10.99**



**PC® ROAST &  
GROUND  
COFFEE**  
selected varieties  
340 g  
21380379 EA

**11.50**



**PC® 100% PURE  
MAPLE SYRUP** 500 mL  
or **BILLY BEE  
HONEY** 1 kg  
selected varieties  
20449201 EA/20734306 EA

**\$3**



**NO NAME®  
PANCAKE MIX  
or TABLE SYRUP** 905 g  
or 750 mL  
20364005 EA/20327949 EA

**7.50**



**PC® GOLD CHOCOLATE BAR**  
selected varieties  
300 g  
20292317 EA

Earn  
**3,000**  
pts

For every \$7\*  
spent

That's  
**\$3**  
value



**Optimum™**

**KELLOGG'S CEREAL**  
selected varieties  
269-355 g  
21450851 EA/214532138 EA

# BRANDS YOU LOVE AT LOW PRICES

**6<sup>50</sup>**



**SOFTSOAP LIQUID HAND SOAP REFILL**  
selected varieties  
1.27 L  
2114714 SA



**UP TO 40% OFF**

**JAMIESON VITAMINS AND SUPPLEMENTS**  
selected varieties and sizes  
20964309 SA/20302214001 SA



**\$5**



**TIDE PODS** 16's, **DOWNY FABRIC SOFTENER** 0.78/1.31 L,  
**PURIFYING RINSE** 473 ml or **SCENT BOOSTERS** 141/150 g,  
**BOUNCE DRYER SHEETS** 40/80's, **CASCADE AUTO DISHWASHER TABS** 10-15's or **RINSE AID** 473 ml  
2154771 SA



**3<sup>50</sup>**

**NO NAME BLEACH**  
selected varieties  
2.4 L  
21446523 SA

**3<sup>97</sup>**



**LYSOL MULTI SURFACE CLEANER** 1.2 L,  
**BATHROOM SPRAY** 950 ml or **BATHROOM AEROSOL** 538 g  
selected varieties  
20209873002 SA/712121223 SA

**4<sup>29</sup>**



**PINE-SOL ALL PURPOSE CLEANER**  
selected varieties  
1.41 L  
20298479001 SA/20298679002 SA

**1<sup>79</sup>**



**NO NAME ALUMINUM FOIL**  
25 ft  
2119986 SA

**\$20**



**CASCADE AUTO DISHWASHER TABS**  
selected varieties  
51-90's  
21012172 SA/21114545 SA

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



**GLAD WASTE BAGS**  
selected varieties  
20-40's  
21165477 SA

**NEW  
LOWER  
PRICES**



**\$5**

**CHAPMAN'S FROZEN YOGURT or SORBET**  
selected varieties, frozen  
2 L  
30314434001 EA/20229120001 EA

**3<sup>50</sup>**

**NATURAL BAKERY RYE BREAD**  
500 g  
20670349 EA



**\$5**

**SCHNEIDERS BOLOGNA**  
selected varieties  
500 g  
20029136 EA

**\$5**

**BURNBRAE NESTLAID EGGS**  
12's  
20816072001 EA



**\$8**



**CLIF BAR 5 PK**  
selected varieties  
340 g  
21046756 EA/21046843 EA

**\$4**



**TWINING'S TEA or HERBAL TEA**  
selected varieties  
20's  
20300740001 EA

**3<sup>50</sup>**



**MINUTE MAID ZERO SUGAR BEVERAGES or FUZE ICED TEA**  
selected varieties, refrigerated  
1.54/1.75 L  
21434119 EA/21432207 EA

**\$2**



**BEN'S ORIGINAL RICE CUPS**  
selected varieties  
62/68 g  
21046843 EA/210468713 EA

**\$4**



**HEALTHY CHOICE DINNER ENTRÉES**  
selected varieties, frozen  
269-306 g  
21046871 EA

**\$2**



**SNACK PACK PUDDING**  
selected varieties  
4x99 g  
20216757001 EA

**\$5**



**ACTIVIA YOGURT**  
selected varieties  
8x93 mL  
21104639 EA

**\$8**



**EXTRA LEAN GROUND BEEF**  
fresh  
430 g  
21475392 EA

**6<sup>50</sup>**



**MCCAIN PIZZA POCKETS**  
selected varieties, frozen  
345/600 g  
21047833 EA

**4<sup>75</sup>**



**SMUCKER'S UNCRUSTABLES**  
selected varieties, frozen  
4's  
21143007 004

**7<sup>50</sup>**

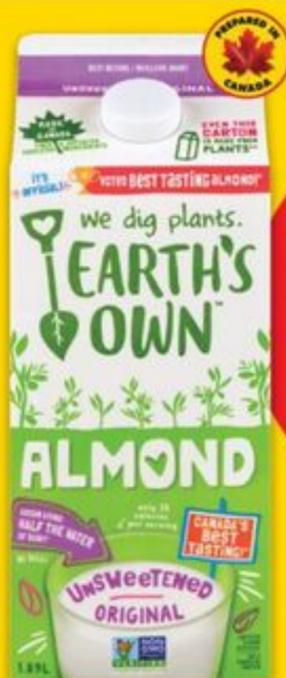


**LILYDALE SLICED DELI MEAT**  
selected varieties  
400/500 g  
21475434 EA

**NEW  
LOWER  
PRICES**

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

**SCHNEIDERS  
BREAKFAST SANDWICH  
or EGG BITES**  
selected varieties, frozen  
204-288 g  
21623187 EA/21623208 EA



**3<sup>50</sup>**

**EARTH'S OWN  
ALMOND or SOY  
NON DAIRY  
BEVERAGE**  
selected varieties, refrigerated  
1.75/1.89 L  
20327647 EA

**\$5**

**CHAPMAN'S  
SUPER NOVELTIES**  
selected varieties, frozen  
8-18's  
20111532 EA/20117341001 EA



**6<sup>50</sup>**

**FRUTÉE ICE CREAM**  
selected varieties, frozen  
270 mL  
21701523 EA

**4<sup>75</sup>**

**PC® FROZEN FRUIT**  
selected varieties  
300-600 g  
20212227 EA



**\$5**

**M&M'S CHOCOLATE BAG**  
selected varieties  
155-170 g  
21571767 EA/21571768 EA



**\$3**

**TWIZZLERS CANDY PACK** 311-454 g or  
**JOLLY RANCHER ROPE** 352 g  
selected varieties  
20222286 EA



**7<sup>50</sup>**

**SAMYANG  
NOODLES**  
selected varieties  
400-450 g  
21466918 EA



**7<sup>50</sup>**

**MUSAFIR PANEER BURGERS** 400 g or  
**BUTTER CHICKEN BITES** 357 g  
21701523 EA



**\$5**

**PAM COOKING OIL SPRAY**  
selected varieties  
143-170 g  
20170360 EA



**\$6**

**NESTLÉ CARNATION  
HOT CHOCOLATE MIX**  
selected varieties  
400-450 g  
20104918 EA



**\$12**

**IAMS DRY CAT FOOD**  
selected varieties  
1.26/1.38 kg  
21207522 EA



**3<sup>75</sup>**

**NO NAME®  
DISINFECTANT WIPES**  
selected varieties  
77's  
21366760 EA



**1<sup>50</sup>**

**LIPTON - KNORR  
SOUP MIX**  
selected varieties  
40-143 g  
2029714601 EA/2029714602 EA



**\$7**

**PC® BATHROOM TISSUE** 12-24 ROLLS  
or **FACIAL TISSUE** 6x126 SHEETS  
20102423 EA/20102424 EA



# NATURAL FOODS AT LOW PRICES

22<sup>99</sup>



**VEGA PROTEIN AND GREENS DRINK MIX**  
selected varieties  
510-526 g  
2083038601 EA



4<sup>29</sup>

**GT'S KOMBUCHA**  
selected varieties  
480 mL  
20374106 EA/2099034001 EA



5<sup>29</sup>

**SILK CREAMER**  
selected varieties  
890 mL  
21243380 EA/21422292 EA



\$4

**HARDBITE CHIPS**  
selected varieties  
128/150 g  
20370835001 EA/21157616 EA

\$3



**SENSIBLE PORTIONS VEGGIE STRAWS or CHIPS**  
selected varieties  
120-142 g  
2037726401 EA/21380091 EA

\$13



**KICKING HORSE ORGANIC GROUND COFFEE**  
selected varieties  
284 g  
20805126001 EA

\$5



**TRADITIONAL MEDICINALS ORGANIC HERBAL TEA**  
selected varieties  
16's  
21452637 EA

3<sup>50</sup>



**EARTH'S OWN BARISTA OAT LIGHT or VITA COCO COCONUT WATER**  
selected varieties  
2032922 EA/21443465 EA

\$5



**MADE GOOD CRUNCHY COOKIES, GRANOLA BITES or OAT CUPS**  
selected varieties  
175-200 g  
2157920 EA/2167889 EA

3<sup>50</sup>



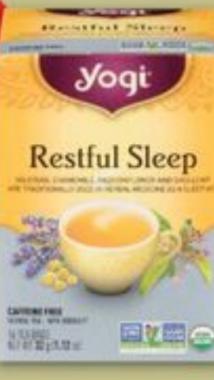
**PC ORGANICS APPLE SAUCE CUPS 6x100 g, SQUEEZABLE FRUIT SNACKS 360 g or JUMBO RAISIN SNACK PACK 196 g**  
selected varieties  
20320493001 EA/21170526 EA

\$7



**LITTLE NORTHERN BAKEHOUSE GLUTEN-FREE BREAD**  
selected varieties, frozen  
320-567 g  
21190057 EA

\$6



**YOGI ORGANIC TEA**  
selected varieties  
16x36 g  
20492912003 EA

6<sup>99</sup>



**NATURE'S BAKERY FIG BAR**  
selected varieties  
270/340 g  
21549405 EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFW NV

# PET ESSENTIALS AT LOW PRICES

**\$9**

**CALEDON FARMS  
DOG TREATS**  
selected varieties  
110-550 g  
21419479 EA



**1.50**

**CESAR WET DOG FOOD**  
selected varieties  
100 g  
2022206007 EA

**10.50**

**PC® EXTRA MEATY  
DRY CAT FOOD**  
selected varieties  
2 kg  
21261390 EA



**\$3**

**PC® NUTRITION FIRST®  
WET DOG FOOD**  
selected varieties  
374 g  
21269232 EA

**12.50**

**TIDY CATS  
CAT LITTER**  
selected varieties  
2.72 kg  
21227996 EA



**.90**

**FANCY FEAST 85 g or  
FRISKIES 156 g  
WET CAT FOOD**  
selected varieties  
20211299 EA/20214703 EA



**1.19**

**PC® NUTRITION FIRST®  
WET CAT FOOD**  
selected varieties  
85 g  
21416382 EA



**\$30**

**PC® NUTRITION  
FIRST® DRY  
DOG FOOD**  
selected varieties  
7 kg  
21264726 EA



**\$10**

**DENTASTIX  
DOG TREATS**  
selected varieties  
504 g-1.9 kg  
21081180 EA



**12.50**

**PURINA ONE  
DRY CAT FOOD**  
selected varieties  
1.45-1.8 kg  
21094817 EA



**\$29**

**PURINA ONE DRY  
DOG FOOD 6.8/7 kg  
or TIDY CATS CAT  
LITTER 7.71 kg**  
selected varieties  
20913433 CS1/20923514 CS1



**7.50**

**DELECTABLES  
LICKABLE  
SPOON  
CAT TREATS**  
selected varieties  
80 g  
21459448 EA



# BIG EASTER DEALS!

3<sup>50</sup>



**CADBURY CRÈME EGGS** 3x  
**LINDOR EGGS** 3x  
**PEEPS MARSHMALLOWS** 85 g  
21482796 SA

6<sup>50</sup>



**CADBURY MINI EGGS** 154-200 g,  
**NESTLÉ POUCHES** or  
**NOVELTIES** 85-153 g  
selected varieties  
20073462 SA

6<sup>50</sup>



**KINDER BAGGED  
CHOCOLATE** 104-184 g or  
**CARNBY SWEET MILK  
CHOCOLATE BUNNY** 350 g  
selected varieties  
20231430 SA/21483295 SA

\$8



**LINDT GOLD BUNNY**  
selected varieties  
5 1/2 / 100 g  
20046002 SA



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

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

ONL NF PCX

no name™ mobile



& get 50% off a SIM card



find us at the checkout lanes

exclusively at  **NOFRILLS**

Subject to change. Conditions apply. Visit nonamemobile.ca for full details.

## MORE WAYS TO SAVE



Enjoy these price drops for longer.



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



Count on low everyday prices.



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

The  **NOFRILLS** thing to do.

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

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

ONL NFW MKT