



PRICE CUT
EVENT

ONLY

4⁸⁸

ARMSTRONG[®] or
PC[®] SHREDDED CHEESE 250-320 g or
ARMSTRONG CHEESE 400 g
selected varieties
fromage râpé ou fromage
21360241 SA



SAVE 35%

2⁵⁰

LAY'S[®]
POTATO CHIPS
selected varieties
177-235 g
craquelins
21360222 SA/21360202 SA



ONLY

3⁴⁷

DR. OETKER[®]
RISTORANTE[®] or
CASA DI MAMA[®]
PIZZA 320-410 g or
GIUSEPPE GARLIC
FINGERS 217 g
selected varieties, frozen
pizza ou bâtonnets à l'ail
2136020001 SA



PRICE DROP

8⁹⁹

JANES BONELESS
CHICKEN BITES,
CHICKEN BREAST FILLETS or
RESTAURANT STYLE TENDERS
selected varieties, frozen, 710/720 g
bouchées de poulet déossées ou filets
ou tenders de poulet
21360240 SA



NOFRILLS®

**PRICE CUT
EVENT**

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

ONLY

3.99
LB

10F FROZEN SPLIT
CHICKEN WINGS

selected varieties, 4.5-5.5 lb
3001501001, 3A/3001501001, 3A

WHILE QUANTITIES LAST



SAVE 52%

3.99
LB

PORK BACK RIBS

crème, sans
os, 8.50/lb
3001501001, 3A/3001501001, 3A

WHILE QUANTITIES LAST

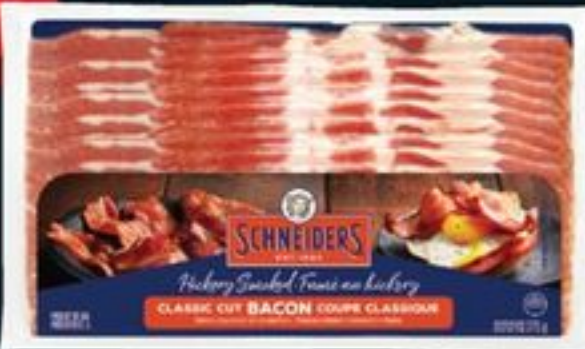


ONLY

\$5

SCHNEIDERS® MAPLE LEAF BACON

selected varieties, 4.5-5.5 lb
3001501001, 3A/3001501001, 3A



SAVE 50%

3.99

HELUVA GOOD!®
FRENCH ONION DIP

480 g
3001501001, 3A/3001501001, 3A



SAVE 23%

4.97

KRAFT®
PEANUT BUTTER

selected varieties
750 g/1 lb
3001501001, 3A/3001501001, 3A



SAVE 34%

3.88

MELONA®
FROZEN
DESSERT BARS

selected varieties
500 mL
3001501001, 3A/3001501001, 3A



SAVE 20%

3.99

RED, YELLOW &
RUSSET
POTATOES

product of Canada
Cannole no. 1 grade
pommes de terre
3001501001, 3A/3001501001, 3A



10 LB BAG

PRICE DROP

1.75

HOLIDAY
LUNCHEON
MEAT

340 g
poids de viande
3001501001, 3A/3001501001, 3A



SAVE UP TO 37%

\$1

GRAVES APPLE JUICE 1 L,
ALLEN'S FRUIT COCKTAIL 1 L or
POWERADE SPORT DRINKS 710 mL

selected varieties
jus de pomme ou cocktail de fruit ou
boissons déshydratées
3001501001, 3A/3001501001, 3A



ONLY

3.99

STRAWBERRIES

product of Mexico
or U.S.A., no. 1 grade
fraises
3001501001, 3A/3001501001, 3A



1 LB CLAMSHELL

SAVE 25%

2.99

CANTALOUPE

product of Guatemala
or U.S.A., no. 1 grade
cantaloup
3001501001, 3A/3001501001, 3A



ONLY

\$3

AVOCADOS

product of Mexico, Peru or Colombia
avocats
3001501001, 3A/3001501001, 3A



PKG OF 5

SAVE UP TO 38%

7.99

148 LOADS

TIDE SIMPLY
LIQUID LAUNDRY
DETERGENT 1.7 L,
FLEECY FABRIC
SOFTENER 3.5 L or
DRYER SHEETS 200's

selected varieties
détergent ou assouplissant ou
feuilles pour sècheuse
3001501001, 3A/3001501001, 3A



70 LOADS

SAVE UP TO 31%

12.99

MR. GOUDAS PARBOILED RICE 8 kg or
TILDA BASMATI RICE 4.54 kg

3001501001, 3A/3001501001, 3A



ONLY

\$3

AVOCADOS

product of Mexico, Peru or Colombia
avocats
3001501001, 3A/3001501001, 3A



PKG OF 5

LAST CHANCE TO

SAVE BIG
WITH **FEWER STAMPS**

JANUARY 29 - FEBRUARY 11



Supplies
are
limited!

COLLECT & SAVE BIG

Double Redemp

40 20 =
stamps

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

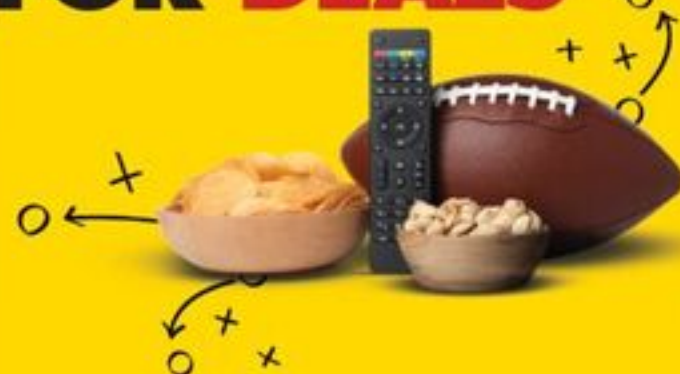
Offer available for redemption in-store and online at participating Loblaw banner stores until February 11, 2026. 20 digital or paper or a mix of both stamps must be presented to cashier at time of ovenware purchase. Stamps have no cash value and are non-transferable. Ovenware selection and/or quantities 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 procterm.ca/collectandsave.

nofrills.ca

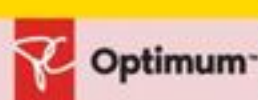
01 NFA M

FLYER PRICES EFFECTIVE IN ATLANTIC CANADA STORES ONLY.

HUDDLE UP FOR DEALS



**App
exclusive offer**



\$3

Earn
1,000
pts

That's
\$1
value

PC® DIPS 227 g or
PC® NAAN DIPPERS 200 g
selected varieties
trappettes ou pains Naan
20184212 EA/21092033 EA



SAVE 23%

\$5

BOURSIN CHEESE
selected varieties
150-220 g
fromage
20116794 EA



SAVE 20%

\$4

SAPUTO CHEESE 170-200 g.
SAN DANIELE
PROSCIUTTO 100 g or
MASTRO SALAMI 150 g
selected varieties
fromage ou prosciutto ou salami
20172975 EA/20581660 EA



SAVE 33%

\$5



PILLER'S KOLBASSA
selected varieties
375 g
kolbasson
20208469 EA

SAVE UP TO 31%

550

**SEAQUEST® RAW or
COOKED WHITE SHRIMP**
36-55 per lb, frozen
300 g
crevettes blanches
21436326 EA/21436332 EA



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
bleuets ou cerises
20080137001 EA/201319690001 KG

PINT



PKG OF 6



2⁹⁹
EA/LB

TOMATOES ON THE VINE 6.59/kg, product of Canada, **FARMER'S MARKET™ GRAPE TOMATOES** each, product of Canada, Mexico, or U.S.A., or **MINI CUCUMBERS** product of Canada, Canada no. 1 grade
tomates sur vigne ou tomates raisins ou mini-concombres
21367888001 EA/200267930001 KG

283 G



2⁹⁹

ICEBERG LETTUCE product of U.S.A., no. 1 grade or **FARMER'S MARKET™ CARROTS** or **YELLOW ONIONS** product of Canada, Canada no. 1 grade
carottes ou oignons jaunes ou laitue iceberg
20600927001 EA/20811994001 EA/20133336001 EA



3 LB BAG

4 LB BAG



6⁹⁹

FARMER'S MARKET™ MANDARINS product of Morocco or Spain
mandarines
20054073001 EA

FRESH GUARANTEE

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

3⁹⁹

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
20050115001 EA/20138400001 EA

1⁹⁹

BROCCOLI CROWNS product of U.S.A., or Mexico
courtesans de brocoli
21131300001 EA



3⁹⁹
LB



YELLOW NECTARINES or PEACHES product of Chile, no. 1 grade
nectarines ou pêches à chair jaune
2001420001 KG/20002040001 KG

4⁹⁹

4 LB BAG

FARMER'S MARKET™ ROYAL GALA or MCINTOSH APPLES product of Atlantic Provinces, Canada fancy grade
pommes
2013201001 EA/20137970001 EA

ATLANTIC GROWN



4⁹⁹

3 LB BAG

FARMER'S MARKET™ ORANGES product of Morocco or Spain
orange
2013400001 EA



3⁹⁹

PC™ LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES product of Canada, Canada no. 1 grade
mini pommes de terre rouges, jaunes ou mélangées
2124779001 EA/21247790001 EA



680 G

4⁹⁹

PKG OF 4

FARMER'S MARKET™ SWEET PEPPERS product of Mexico
poivrons
2013700001 EA



\$6⁵⁰

3,000
pfs



BUTTERBALL TURKEY BACON 375 g
bacon de dinde
200160001 EA

Optimum™

ALWAYS

\$10

CLUB SIZE



BUTCHER'S CHOICE™ SAUSAGE selected varieties, 1.1 kg
saucisses
213637901 EA

14⁵⁰
LB

BEEF STIR FRY STRIPS fresh
bandes de bœuf à sauter
202260001 KG



\$7

PILLER'S PEPPERETTES or TURKEY BITES selected varieties, 200-300 g
bâtonnets ou bâtonnets de dinde
21002001 EA/21002001 EA



\$3

WONDER BREAD 175/167 g or 80 BUNS 4.5
pain
2013400001 EA



\$6

FARMER'S MARKET™ COOKIES selected varieties, 175 g
biscuits
21040001 EA/21040001 EA



\$10
LB

STEELHEAD TROUT FILLET frozen
filets de truite steelhead
21240001 KG



PRICE DROP

1⁵⁰
LB

RED CABBAGE product of Canada, Canada no. 1 grade
chou rouge
2013400001 KG



\$2

CURLY or ITALIAN PARSLEY product of Mexico or U.S.A.
persil
2013400001 EA/2013400001 EA



\$3

1 LB BAG

PARSHIP product of Canada, Canada no. 1 grade
poireaux
2013400001 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

SIGGI'S 650/750 g or
iöGO 16x100 g **YOGURT**
selected varieties
yogourt
2009/362001, 5A/21353872, 5A



3⁹⁹

PHILADELPHIA CREAM CHEESE PRODUCT
selected varieties
227/250 g
produit de fromage à la crème
20641287, 5A/20866734010, 5A

\$5

MCCAIN CAKES
selected varieties, frozen
510 g
gâteaux
20310132002, 5A



\$9

PATTY KING JAMAICAN-STYLE BEEF PATTIES
selected varieties, frozen, 1.17 kg
pâtis au bœuf
20313668002, 5A

1⁵⁰

NEILSON MILKSHAKE or MILK3GO
selected varieties
210 mL
lait frappé
2009/362001, 5A/21353872, 5A



7⁵⁰

DEL MONTE JUICE BLENDS
selected varieties, refrigerated
2.2 L
sorbets de jus
2009/362001, 5A



3⁵⁰

GENERAL MILLS CEREAL
selected varieties
200/430 g
céréales
2009/362001, 5A/21353872, 5A



\$3

NATURE VALLEY GRANOLA BARS, MOTT'S - BETTY CROCKER FRUIT SNACKS
selected varieties, 140 g
barres granolées ou confitures sans fruits
2009/362001, 5A/21353872, 5A



5⁵⁰

SMUCKER'S JAM, MARMALADE or JELLY
selected varieties, 210/200 g
confitures ou marmelade ou gelée
2009/362001, 5A/21353872, 5A



4⁵⁰

CHRISTIE FAMILY SIZE COOKIES 374-488 g or
CAKESTERS 303 g
selected varieties
biscuits
2009/362001, 5A/21353872, 5A



1⁷⁵

DARE VEGGIE CRISPS CRACKER CHIPS
selected varieties, 100 g
craquelins
2009/362001, 5A/21353872, 5A



Optimum

Member Price
\$3²⁵

Non-Members
\$4

RIO MARE TUNA SALAD
selected varieties, 140 g
salade de thon
2009/362001, 5A

INSALATISSIMO
CORNE-MEAT

Member Price
\$3⁷⁵

PC® SPLENDIDO® OLIVE OIL
selected varieties
1 L
huile d'olive
2009/362001, 5A

EXTRA VIRGINE

NESCAFÉ GOLD
selected varieties
140/100 g or
SWEET & CREAMY INSTANT COFFEE
selected varieties
café instantané
2009/362001, 5A/21353872, 5A

MAXWELL HOUSE ROAST AND GROUND COFFEE 421-592 g or **PODS** 20's
selected varieties
café moulu et moulu en capsules
2009/362001, 5A/21353872, 5A

PALMOLIVE DISHWASHING LIQUID
selected varieties
291 mL
détergent liquide à vaisselle
2009/362001, 5A

NO NAME® ALUMINUM FOIL
25' x
papier d'aluminium
2009/362001, 5A

AIR WICK SCENTED OIL REFILL or KITS
selected varieties, 140/100 mL
récharges d'huile parfumée ou kits
2009/362001, 5A/21353872, 5A

HERSHEY'S CHOCOLATE BAR MULTIPACK 4's or **POUCHES** 140-235 g
selected varieties
chocolat
2009/362001, 5A/21353872, 5A

PURINA DENTALIFE DOG TREATS
selected varieties
426-293 g
gâteries pour chiens
2009/362001, 5A

FANCY FEAST WET CAT FOOD
selected varieties
125 g
nourriture humide pour chats
2009/362001, 5A

PURINA ONE DRY DOG FOOD
selected varieties
6.8/7 kg
nourriture sèche pour chiens
2009/362001, 5A

HUDDLE UP FOR DEALS

SAVE UP TO 28%

2.50

STAGG CHILI 425 g or
MONTANA'S SOUP 340 mL
selected varieties
chili au sauge
sauce au sauge
sauce au sauge



SAVE UP TO 28%

4.50

CHAPMAN'S
COLLECTION 8%
LOLLY NOVELTIES
28% or ORIGINAL ICE
CREAM 3 L
selected varieties, frozen
transformation glaciers au crème glacée
sauce au sauge
sauce au sauge



SAVE 31%

1.89

COCA-COLA - CANADA DRY
SOFT DRINKS
selected varieties
3 L
beverages gratuites
sauce au sauge



ONLY

\$4

TOSTITOS TORTILLA CHIPS 205-275 g
selected varieties
croquettes de tortilla au sauge
sauce au sauge

6.99

IMPERIAL
MARGARINE
1.25 kg
margarine
sauce au sauge



3.50

ASTRO - iögo
YOGURT 400/750 g or
PILLSBURY REFRIGERATED
DOUGH 340-448 g
selected varieties
sauce au sauge
sauce au sauge



\$9

HIGH LINER
PAN SEAR -
BATTERED
FISH FILLETS
selected varieties
frozen
425-540 g
filets de poisson
sauce au sauge



5.50

TASTIEZ
selected varieties, frozen, 211 g
beverages
sauce au sauge



2.75

GREEN GIANT
VEGETABLES
selected varieties, frozen
203-730 g
vegetables
sauce au sauge



2.50

PRINGLES
POTATO CRISPS
selected varieties
140-170 g
cristaux
sauce au sauge



4.50

PC® THE
DECADENT®
COOKIE
selected varieties
280/300 g
biscuits
sauce au sauge



8.99

FRITO-LAY VARIETY PACK CHIPS
selected varieties
16 L
cristaux
sauce au sauge



1.50

BUSH'S BEST
BAKED BEANS
selected varieties
390 mL
beans
sauce au sauge



3.99

KRAFT
CHEEZ WHIZ
selected varieties
430 g
produit de fromage fondu
sauce au sauge



2.99

FRANK'S RED HOT
- THICK SAUCE
selected varieties
234 mL
sauce piquante
sauce au sauge



1.79

KRAFT DINNER
SALAD PASTA
selected varieties
300 g
pâtes
sauce au sauge



12.99

PEPSI SOFT DRINKS
selected varieties
24x253 mL
beverages gratuites
sauce au sauge



\$4

OCEAN SPRAY
CRANBERRY
COCKTAIL -
MOTT'S CLAMATO
selected varieties
1.87 L
cocktail de cranberries ou
sauce au sauge



2.50

NO NAME® MARSHMALLOWS
selected varieties
400 g
guimauves
sauce au sauge



2.50

LA MOLISANA STRAINED
TOMATOES 400 mL, TILDA
READY TO HEAT -
MINUTE RICE READY TO
SERVE CUPS 150 g
selected varieties
sauce de tomates ou riz
sauce au sauge



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
beverages gratuites ou grignolines
sauce au sauge
sauce au sauge

Optimum™

NOFRILLS

CUSTOMER RELATIONS 1-866-98-5MILE (76453)

nofrills.ca



no paper cartons
and containers made
from paper



PODIUM-WORTHY PRICES



RECIPE CPG

10⁹⁹



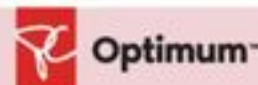
MONTANA'S KELSEYS RIBS
selected varieties, frozen, 600/600 g
14800
21448141 SA, 21447102 SA



17⁹⁹

MONTANA'S SMOKY BBQ BEEF BURGERS
frozen, 900 g
burgers de bœuf
21447070 SA

MARS SNACKING



Member Price
\$3⁴⁹
Non-Members
\$3⁹⁹
50

EXCEL GUM BOTTLE
selected varieties, 60/60's
gummi
20220906 SA, 20220906 SA



Member Price
\$3⁴⁹
Non-Members
\$3⁹⁹
50

SKITTLES or STARBURST CANDY BAG
selected varieties, 255-320 g
sac de bonbons
20041106 SA



Member Price
\$3⁹⁹
Non-Members
\$4⁴⁹
50

MARS CHOCOLATE MULTIPACK
selected varieties, 4's
barres de chocolat
20210925 SA, 20210925 SA

reckitt

5⁴⁸



LYSOL WIPES 75/84% DISINFECTANT SPRAY
selected varieties, 330 g or
MULTI-PURPOSE TRIGGER 950 ml
selected varieties
lingettes au répulsif désinfectant au tout usage à gâchette
2021071901 SA, 2021071902 SA

\$4



LYSOL MULTI SURFACE CLEANER 1.2 L BATHROOM SPRAY 950 ml or BATHROOM AEROSOL 570 g
selected varieties
multisurfaces au répulsif désinfectant ou aérosol pour salle de bain
21202120 SA, 2020072002 SA

\$14



FINISH AUTO DISHWASHER TABS
20-50's or QUANTUM JET DRY RINSE AID 945 ml
selected varieties
comprimés de détergent pour lave-vaisselle ou agent de rinçage
21212146 SA, 21214625 SA

PEPSICO

7⁵⁰



PEPSI SOFT DRINKS
selected varieties
12x355 ml
boissons gazeuses
20220906 SA, 20220906 SA

6²⁹



BUBLY 12x355 ml or MONTELLIER 10x355 ml SPARKLING WATER
selected varieties
multisurfaces au répulsif désinfectant ou aérosol pour salle de bain
21202120 SA, 2020072002 SA



2⁵⁰

QUAKER CRISPY MINIS
selected varieties
90-199 g
mini-gâteaux de riz
20210925 SA, 20210925 SA



4⁹⁹



NESTLÉ DRUMSTICK or NOVELTIES
selected varieties, frozen
4-10's
bonbons glacés à la crème glacée
20220906 SA



3⁵⁰



MCCAIN SUPER FRIES or SPECIALTY FRIES
selected varieties, frozen
424-730 g
frites
20220906 SA



\$12



MICHELOB ULTRA ZERO NON-ALCOHOLIC BEER
4x235 ml
bière sans alcool
21704473 SA



8⁵⁰



KELLOGG'S JUMBO CEREAL
selected varieties
823 g-1.01 kg
céréales
20220906 SA, 20220906 SA



6⁷⁹

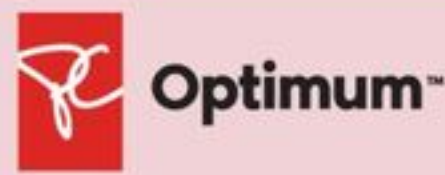


\$3



LIBERTÉ GREEK 650/750 g or
YOPLAIT SOURCE YOGURT 16x100 g
selected varieties
yogourt
20217217001 SA/21079491 SA

YOPLAIT SOURCE 630 g, **TUBES** 8's, **MINIGO** 6's or **PROTEIN** 4's **YOGURT**
selected varieties
yogourt
21540571 SA/21619318 SA



\$10

Earn
500
pts
That's
.50
value

YOPLAIT YOP DRINKABLE YOGURT
15x93 mL
yogourt
21478178 SA/21478300 SA/21648873 SA



\$11

Earn
4,000
pts
When you buy 2
That's
\$4
value

ALWAYS LINERS 92-108 eo
or **PADS** 27-52 eo
selected varieties
protège-dessous ou serviettes
20963694 SA/20964379 SA



TAMPAX TAMPONS
22-36 eo
selected varieties
tampons
21020073 SA

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
café instantané

Earn
500
pts

Valid February - 4 - 2020



NESCAFÉ RICH INSTANT COFFEE
excludes 95 g
café instantané

Earn
\$2

with digital coupon



PC® CHOCOLATE BARS
300 g
chocolat au lait

Earn
1,000
pts

Valid February - 4 - 2020



PC® BASQUE CHEESECAKE
400 g
gâteau au fromage

Earn
2,000
pts

with digital coupon



PC® COLESLAW
297 g
salade de chou

Earn
500
pts

Valid February - 4 - 2020



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

Earn
1,000
pts

Valid February - 4 - 2020



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

Earn
750
pts

Valid February - 4 - 2020



PC® LOW SODIUM CLUB SODA
12 x 355 mL
soda

Earn
750
pts

Valid February - 4 - 2020



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

Earn
1,500
pts

Valid February - 4 - 2020



PC® BABY WIPES
300's
lingettes bébé

Earn
1,000
pts

Valid February - 4 - 2020



NO NAME® CHICKEN STRIPS
908 g
lanières de poulet

Earn
500
pts

Valid February - 4 - 2020



NO NAME® CHICKEN NUGGETS
908 g
pépites de poulet

Earn
500
pts

Valid February - 4 - 2020



PC® MEAT LASAGNA
2.27 kg
lasagne

Earn
2,000
pts

Valid February - 4 - 2020

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



NO NAME® CHOCOLATE CHIP COOKIES
907 g
biscuits chocolatés

Earn
500
pts
Until February - 4 - 2026

NO NAME® BUTTER
454 g
beurre salé

Earn
500
pts
Until February - 4 - 2026

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

Earn
500
pts
Until February - 4 - 2026

NO NAME® SPICES
150 g
épices

Earn
500
pts
Until February - 4 - 2026

NO NAME® CHICKEN HOT DOGS
1.5 kg
saucisses fumées

Earn
1,000
pts
Until February - 4 - 2026

NO NAME® CHICKEN BURGER
908 g
burger au poulet

Earn
500
pts
Until February - 4 - 2026

NO NAME® CALIFORNIA MIXED VEGETABLES
750 g
mélange de légumes

Earn
500
pts
Until February - 4 - 2026

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

Earn
2,000
pts
Until February - 4 - 2026

NO NAME® LEMONADE
1.75 L
limonade

Earn
500
pts
Until February - 4 - 2026

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

Earn
1,500
pts
Until February - 4 - 2026

NO NAME® KITCHEN GARBAGE BAGS
21 L
sacs poubelle

Earn
1,000
pts
Until February - 4 - 2026

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

Earn
1,500
pts
Until February - 4 - 2026

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.

BUDGETS LOVE YELLOW (So switch)

Your home of
no name®

App exclusive offer



Optimum™



\$7

Earn
1,500
pts

That's \$1.50 value

6 LB BAG

NO NAME® NATURALLY IMPERFECT™ APPLES
product of Atlantic Provinces
pommes
2084995001 3A



\$7

Earn
1,000
pts

That's \$1 value

4 LB BAG

NO NAME® NATURALLY IMPERFECT™ ORANGES
product of Morocco or Spain
oranges
21649536001 3A



\$3

Earn
1,000
pts

That's \$1 value

NO NAME® 12 GRAIN or ANCIENT GRAIN BREAD
600 g
pain
31666723 3A/31666817 3A

4²⁹



NO NAME® PEANUT BUTTER
selected varieties, 1 kg
beurre d'arachide
3029493001 3A/3029493002 3A

\$8



NO NAME® JAM or MARMALADE
selected varieties, 1 L
confiture ou marmelade
30017479 3A

3²⁹



NO NAME® SOUR CREAM
selected varieties, 500 mL
crème sure
30296637 3A

8⁷⁹



NO NAME® CHEESE
selected varieties, 750 g
fromage
30073773 3A

5²⁹



NO NAME® CHEESE SHREDS 330 g
selected varieties
fromage râpé
21083801 3A

.25



NO NAME® INSTANT NOODLE SOUP
selected varieties, 85 g
soupe instant nouilles instantanées
30002749001 3A

1⁶⁹



NO NAME® TOMATOES
selected varieties
750 mL
tomates
20605767 3A

1⁵⁰



NO NAME® LEGUMES
selected varieties
540 mL
Légumineuses
3033931001 3A

1⁵⁰



NO NAME® BROTH
selected varieties
900 mL
bouillon
21189011 3A

3⁵⁰



NO NAME® PIZZA
selected varieties, frozen, 295-411 g
pizza
21341408 3A

\$5



NO NAME® FISH
selected varieties, frozen
434 g
poisson gelé
21472271 3A

\$13



NO NAME® SALT AND PEPPER CHICKEN WINGS
frozen, 908 g
ailes de poulet
21043091 3A

*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.

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ONL NFA MKT