

SAVE 42%

1.99

10 LB BAG

YELLOW or RUSSET POTATOES

product of Canada,
Canada no. 1 grade
pommes de terre
20601020001_EA
20601017001_EA

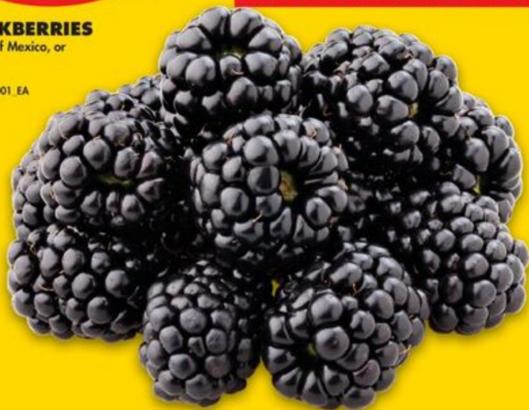


1.99

60Z CLAMSHELL

BLACKBERRIES

product of Mexico, or
U.S.A.
mûres
20051015001_EA



ONLY

1.99

CANTALOUPE

product of Guatemala, Honduras or
Brazil no. 1 grade
cantaloup
20167017001_EA



ONLY

4.99

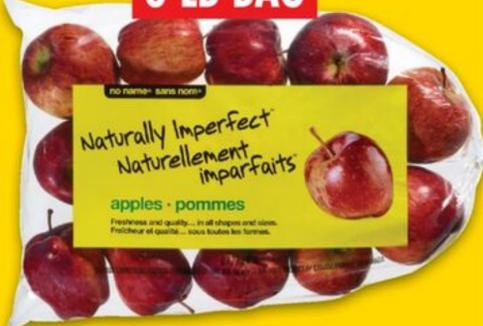


**Foodland
ONTARIO**

6 LB BAG

NO NAME® NATURALLY IMPERFECT™ APPLES

product of Ontario
pommes
2086985001_EA



NOFRILLS®

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

ALWAYS

\$10

CLUB SIZE

SAVE 50%

1.99
LB

BUTCHER'S CHOICE® SAUSAGE
selected varieties
1.1 kg
saucisses
21565790, EA



CLUB SIZE

\$10



CHICKEN LEGS
back-attached, 4.39/kg
cuisses de poulet
20654709, KG

SAVE 40%

5.99



JANES PUB STYLE CHICKEN STRIPS, NUGGETS, BURGERS, FRIES or POPCORN CHICKEN
selected varieties, frozen, 700 g
lanieres ou petites ou burgers ou bouchées de poulet
21191828, EA

ONLY

4.88



ARMSTRONG or PC® SHREDDED CHEESE 250-320 g,
ARMSTRONG CHEESE 400 g
selected varieties
fromage
21286240, EA/21346749, EA



SAVE UP TO 44%

\$1

NEILSON CHOCOLATE MILK 750 mL or **MILKSHAKES** 310 mL
selected varieties
lait ou chocolat ou laits frappés
20766719, EA/21040942, EA

ONLY

4.99



NESTLÉ DRUMSTICK or NOVELTIES 4-10's or
CONFECTIONARY FROZEN DESSERT 1.5 L
selected varieties, frozen
friandises glacées ou dessert glacé de confiserie
2032280003, EA

ONLY

3.47



RISTORANTE or CASA DI MAMA PIZZA
selected varieties, frozen
320-410 g
pizza
20296100001, EA/20296424001, EA

SAVE 47%

8.50



HIGH LINER PAN-SEAR or BATTERED FISH FILLETS
selected varieties, frozen, 425-600 g
filets de poisson
20296596002, EA

SAVE 40%

\$3



HEREFORD CORNED BEEF
340 g
boeuf salé
20050622, EA

ONLY

6.99



UNICO VEGETABLE OIL
3 L
huile végétale
20099102, EA

ONLY

3.33



ACTIVIA YOGURT
selected varieties
650 g
yogourt
20325132001, EA/20325132003, EA

SAVE 23%

\$5



ALLEN'S DRINK BOXES
24x200 mL or **GATORADE SPORT DRINKS**
6x591 mL/8x355 mL
selected varieties
boissons en boîte ou boissons désaltérantes
20303218003, C06/20340520, EA

ONLY

11.99



ROBIN HOOD or FIVE ROSES ALL PURPOSE FLOUR
10 kg
farine tout usage
20134743, EA/20251651, EA

SAVE 21%

\$1.25

Earn **300** pts

That's **30¢** value



KD ORIGINAL
200 g
macaroni au fromage
21549526, EA



SURPRISE OFFER
4 days only!

Optimum™ 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™ members.

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.

(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)

Not applicable at 1022 King St. W, Toronto, 42 Hanna Ave., Toronto, 261 Richmond St. W, Toronto, 3091 Appleby Line, Burlington, 332 Wellington Rd., London, 755 Mount Pleasant Rd., Toronto, 75 The Esplanade St., Toronto, 899 College St. W., Toronto, 2999 Kingston Rd., Scarborough, 1175 Hyde Park Rd., London, 75 Shuter St, Toronto, 970 Upper Wentworth St, Hamilton, 671 Broadway St, Tillsonburg, 410 St Clair St., Chatham, 1425 Kingsway, Sudbury, 1678 Bayview Ave., Toronto, 1035 Plains Rd., Burlington; please see nofrills.ca for flyers for these stores.

PRICE DROP

\$3



CLASSICO PASTA SAUCE
selected varieties
410/600 ml
sauce pour pâtes
20325609003_EA/21618217_EA

1.50



ITALPASTA
selected varieties
750 g
pâtes
20296241001_EA
20296241003_EA

1.69



CHEF BOYARDEE PASTA
selected varieties
418/425 g
pâtes
20312500001_EA

6.99



TETLEY TEA
selected varieties
80/144's
thé
20711164_EA
21613866_EA

8.99



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

FRESH AT LOW PRICES

2⁹⁹

1 LB CLAMSHELL

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

6 OZ CLAMSHELL

RASPBERRIES
product of Mexico or U.S.A., no. 1 grade or
BLUEBERRIES
product of Mexico, Peru, Chile or Morocco, no. 1 grade
framboises ou bleuets
20152465001 EA/20128938001 EA

3⁹⁹

3⁹⁹ LB

RED or GREEN SEEDLESS GRAPES
product of Peru, Chile, or South Africa, no. 1 grade
raisins rouges ou verts sans pépins
8.80/kg
20425775001 EA/20159199001 KG

3⁹⁹

1⁹⁹ LB

BEEFSTEAK TOMATOES
product of Canada, U.S.A. or Mexico, no. 1 grade
tomates
4.39/kg
20172240001 KG



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

1²⁹
EA/LB

CANARY MELON 2.84/kg, product of Brazil, or
RED MANGOES each, product of Peru
melon canari ou mangue rouge
21022311001 KG/20039635001 EA

3⁹⁹

PINEAPPLE
product of Costa Rica
ananas
20160992001 EA

4⁹⁹
600 G

MINI SEEDLESS WATERMELON
product of Guatemala, Honduras, or Brazil,
HONEYDEW product of Guatemala, Honduras, or Mexico, or
KIWI product of Greece
kiwi ou mini-melon d'eau sans pépins ou melon miel
21576167001 EA/20145379001 EA/20045374001 EA

1⁹⁹
LB

BARTLETT PEARS
product of South Africa, extra fancy grade or
poires Bartlett
4.39/kg
20172240001 KG

3⁹⁹
PKG OF 4

ASPARAGUS product of Mexico, no. 1 grade,
RED or GREEN PEPPERS product of Mexico
asperges ou poivrons verts ou rouges
20181709001 EA/20115233001 EA

3⁴⁹
3 LB BAG

FARMER'S MARKET™ CARROTS
product of Canada or U.S.A., no. 1 grade
carottes
20811994001 EA

4⁹⁹
10 LB BAG

FARMER'S MARKET™ YELLOW ONIONS
product of Canada, Canada no. 1 grade
oignons jaunes
20600911001 EA

.59

LIMES
product of Mexico
each
limes
20040489001 EA

4⁴⁹

CAULIFLOWER
product of Mexico, or U.S.A. no. 1 grade
chou-fleur
20135377001 EA

6⁹⁹
4 LB BAG

FARMER'S MARKET™ MANDARINS
product of Morocco or Spain
mandarines
20054025001 EA

3⁹⁹
PKG OF 2

ROMAINE HEARTS product of U.S.A., or
FARMER'S MARKET™ MINI CUCUMBERS product of Canada, Canada no. 1 grade
or
AVOCADOS product of Mexico
avocats ou coeurs de romaine ou mini-concombres
2073750001 EA/20082754001 EA/211644936001 EA

2⁴⁹
227 G

PC® WHOLE or SLICED, WHITE or CREMINI MUSHROOMS product of Ontario, or
BROCCOLI CROWNS product of U.S.A. or Mexico
champignons blancs ou cremini entiers ou tranchés ou
couronnes de brocoli
20775801 EA/20776239 EA/211215460001 EA

2⁹⁹
283 G

FARMER'S MARKET™ GRAPE TOMATOES product of Mexico, or U.S.A., or
BROCCOLINI product of U.S.A.
tomates raisins ou broccolini
21346788001 EA/20737570001 EA/20154907 EA

1⁹⁹
LB

HONEY TANGERINES
product of U.S.A.
tangerines miel
4.39/kg
20002293001 KG

PRICE DROP

.79
LB

GREEN CABBAGE
product of Canada,
Canada no. 1 grade
chou vert
1.74/kg
20792034001 KG

\$2
LB

PINK LADY APPLES
product of Ontario, Canada fancy grade
pommes
4.41/kg
20093276001 KG

\$5
2.5 LB

NO NAME® NATURALLY IMPERFECT™ TOMATOES
tomates
21606704001 EA

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

FRESH AT LOW PRICES

\$8



PC® BLUE MENU® GROUND CHICKEN
or **MINCED TURKEY**
454 g
poulet haché ou hachis de dinde
2110091 EA



\$13 LB

INSIDE ROUND STIR FRY STRIPS
cut from Canada grade AA beef or higher
lanières à sauter
28.66/kg
2118996 KG

\$3



SCHNEIDERS LUNCHMATE LUNCH KITS
or **STACKERS**
selected varieties
75-120 g
trousses-repas
21310034 EA



1149

MARCANGELO SAUSAGE, BREAKFAST SAUSAGE or PATTIES
selected varieties, frozen
600 g-1.4 kg
saucisses ou saucisses à déjeuner ou rondelles
20799697 EA

12.99



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

\$13



NO NAME® CHICKEN WINGS
selected varieties, frozen, 908 g
ailes de poulet
21045309 EA

\$8



PC® ATLANTIC SALMON BURGER
500 g
burgers de saumon de l'Atlantique
21638144 EA

3.50



SOYGANIC TOFU
selected varieties
350-500 g
tofu
21023474 EA

3.50



SEAQUEST® FLAVOURED ALASKA POLLOCK ready-to-eat 227 g,
SMOKED STEELHEAD SALMON frozen, pre-sliced 50 g or
GO SHRIMP raw 51/70 per lb, 160 g, frozen
gouberge aromatisée ou saumon fumé ou crevettes
20792840 EA/21208096 EA

\$7



SEAQUEST® BAY SCALLOPS 400 g, **SHRIMP RING** 227 g or
COLOSSAL RAW WHITE SHRIMP 16-20 per lb, 300 g
selected varieties, frozen
pétoncles de baie ou couronne de crevettes ou crevettes colossales crues
21042887 EA/21558327 EA

\$5



OLIVIERI FRESH FILLED TWIN PACK PASTA SKILLET GNOCCHI 280/300 g, or **FRESH SAUCE** 300 mL
selected varieties
pâtes fraîches farcies ou gnocchi ou sauce fraîche
21022063 EA/20221312 EA

\$6



ZIGGY'S® SUB TRIO 300 g, **BOLOGNA** 600 g
or **BRANDT KOLBASSA** 250 g
selected varieties
charcuteries ou bologna ou kolbassa
20233446 EA/21648432 EA

\$7



PC® FETA 400 g or
BALDERSON CHEESE 250/280 g
selected varieties
fromage
20219690 EA/21495455 EA

\$2



NO NAME® BAGELS or ENGLISH MUFFINS
selected varieties, 6's
bagels ou muffins anglais
21297780 EA/21297831 EA

\$3



COUNTRY HARVEST BREAD 600 g
or **BAGELS** 6's
selected varieties
pain ou bagels
21178597 EA/21178642 EA

\$5



FARMER'S MARKET™ BUTTER CROISSANTS 260-336 g
or **LOAF CAKES** 344-390 g
selected varieties
croissants ou beignes ou gâteaux quatre-quarts
20565382 EA/20975943 EA

\$6



MAPLE LEAF NATURAL SELECTIONS 150/175 g,
SCHNEIDERS SUMMER SAUSAGE 150 g
or **FANTINO MONDELLO DELI MEAT** 125-200 g
selected varieties
saucisse ou charcuteries
20009282 EA/20065285 EA

\$7



SCHNEIDERS PEPPERETTES
selected varieties, 300/375 g
bâtonnets de saucisson
20976110 EA/21194171 EA

\$11



MAPLE LEAF NATURAL SELECTIONS SLICED DELI MEAT
club pack, selected varieties, 375/400 g
charcuteries tranchées
20772016 EA

BRANDS YOU LOVE AT LOW PRICES

ONLY

650

LIBERTÉ or SIGGI'S YOGURT
selected varieties
650/750 g
yogourt

20642273 EA/21353892 EA



ONLY

650

ACTIVIA YOGURT 12x100 g
or **SAPUTO MOZZARELLISSIMA** 500 g
selected varieties
yogourt ou fromage

20608924 EA/20759241002 EA



ONLY

579

NEILSON TRUTASTE LACTOSE FREE 2 L or PROTEIN MILK 1.89 L
selected varieties
lait

20188053001 EA



ONLY

\$7

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

21531644 EA

699

IMPERIAL MARGARINE
selected varieties
1.28/1.36 kg
margarine

20084892 EA



\$5

CHAPMAN'S YUKON NOVELTIES 5-8's or SUPER PREMIUM ICE CREAM 500 mL
selected varieties, frozen
friandises glacées ou crème glacée

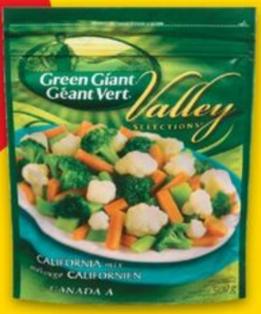
21012281 EA/21511147 EA



\$3

GREEN GIANT VEGETABLES
selected varieties frozen
283-750 g
légumes

21022353 EA



125

TINA'S BURRITO
selected varieties, frozen
113 g
burrito

21639787 EA



\$1

OLD EL PASO SEASONING
selected varieties
24 g
assaisonnement

21044995 EA



267

KELLOGG'S RICE KRISPIES 154-198 g,
POP TARTS 384 g, **SPECIAL K** 125 g or
NUTRI-GRAIN BARS 295 g
selected varieties
barres

20126547001 EA/21290111 EA



\$2

CHEEZ-IT CRACKERS
selected varieties
191/200 g
croûquillons

21214560 EA



\$3

LAY'S POTATO CHIPS
selected varieties
177-235 g
croustilles

21241032 EA/21663082 EA



325

ALLEN'S CRANBERRY COCKTAIL or DEL MONTE ON ICE
selected varieties
1.89 L
cocktail de canneberges ou jus

21518094 EA/21574963 EA



\$3

REAL CANADIAN SPRING WATER
24x500 mL
eau de source

20154975 C34



\$1

NO NAME TUNA 170 g or **LEGUMES** 540 mL
selected varieties
thon ou légumineuses

20521648 EA/20554593 EA



275

PC CROUTONS 140 g or
SALAD DRESSING 475 mL
selected varieties
croustillons ou vinaigrette

2062848001 EA/20799248002 EA



\$5

PC INSTANT COFFEE
selected varieties
80/100 g
café instantané

21499926 EA



\$5

POST FAMILY SIZE CEREAL
selected varieties
525-650 g
céréales

21542452 EA/21575249 EA



799

ROYALE BATHROOM TISSUE 15x30 rolls
or **TIGER TOWEL** 2/3x6 rolls
selected varieties
papier hygiénique ou essuie-tout

21484702 EA/21573800 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.

NOFRILLS

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

nofrills.ca



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

\$2.67



🇨🇦 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.

App exclusive offers

**More offers
More points**

Members
get over
\$25
in value

CLICK FOR
THESE COUPONS
AND MORE



 <p>Earn 500 pts Until March - 4 - 2026</p> <p>PC® INSTANT COFFEE 80 - 100 g café instantané</p>	 <p>Save \$2 with digital coupon</p> <p>NESCAFÉ RICH INSTANT COFFEE excludes 95 g café instantané</p>	 <p>Earn 1,000 pts Until March - 4 - 2026</p> <p>PC® CHOCOLATE BARS 300 g chocolat au lait</p>	 <p>Earn 2,000 pts Until March - 4 - 2026</p> <p>PC® BASQUE CHEESECAKE 600 g gâteau au fromage</p>
 <p>Earn 500 pts Until March - 4 - 2026</p> <p>PC® COLESLAW 397 g salade de chou</p>	 <p>Earn 1,000 pts Until March - 4 - 2026</p> <p>PC® GNOCCHI or RISOTTO 350/400 g gnocchi ou risotto</p>	 <p>Earn 750 pts Until March - 4 - 2026</p> <p>PC® BLUE MENU® CALAMANSI CITRUS & STRAWBERRY SPARKLING WATER 12 x 355 mL eau pétillante</p>	
 <p>Earn 750 pts Until March - 4 - 2026</p> <p>PC® LOW SODIUM CLUB SODA 12 x 355 mL soda</p>	 <p>Earn 1,500 pts Until March - 4 - 2026</p> <p>PC® RED BREW DE-ALCOHOLIZED LAGER BEER 12 x 355 mL bière</p>	 <p>Earn 1,000 pts Until March - 4 - 2026</p> <p>PC® BABY WIPES 300's lingettes bébé</p>	
 <p>Earn 500 pts Until March - 4 - 2026</p> <p>NO NAME® CHICKEN STRIPS 908 g lanières de poulet</p>	 <p>Earn 500 pts Until March - 4 - 2026</p> <p>NO NAME® CHICKEN NUGGETS 908 g pépites de poulet</p>	 <p>Earn 2,000 pts Until March - 4 - 2026</p> <p>PC® MEAT LASAGNA 2.27 kg lasagne</p>	

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
brisures chocolatées

Optimum



Earn
500
pts

Until March - 4 - 2026

NO NAME® BUTTER
454 g
beurre salé

Optimum



Earn
500
pts

Until March - 4 - 2026

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

Optimum



Earn
500
pts

Until March - 4 - 2026

NO NAME® SPICES
150 g
épices

Optimum



Earn
1,000
pts

Until March - 4 - 2026

NO NAME® CHICKEN HOT DOGS
1.5 kg
saucisses fumées

Optimum



Earn
500
pts

Until March - 4 - 2026

NO NAME® CHICKEN BURGER
908 g
burger au poulet

Optimum



Earn
500
pts

Until March - 4 - 2026

NO NAME® CALIFORNIA MIXED VEGETABLES
750 g
mélange de légumes

Optimum



Earn
2,000
pts

Until March - 4 - 2026

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

Optimum



Earn
500
pts

Until March - 4 - 2026

NO NAME® LEMONADE
1.75 L
limonade

Optimum



Earn
1,500
pts

Until March - 4 - 2026

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

Optimum



Earn
1,000
pts

Until March - 4 - 2026

NO NAME® KITCHEN GARBAGE BAGS
21 L
sacs poubelle

Optimum



Earn
1,500
pts

Until March - 4 - 2026

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

BRANDS YOU LOVE AT LOW PRICES

275



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



21391318001_EA/21547595_EA

479



**CRACKER BARREL
NATURAL CHEESE
SLICES**
selected varieties
200-240 g
tranches de fromage naturel

21290705_EA

350



**PC® ICE CREAM SHOP
ICE CREAM** 946 mL or **NOVELTIES** 6's
selected varieties, frozen
crème glacée ou friandises glacées

21013145_EA



CRAVE DINNER ENTRÉES 200-340 g or
**KRAFT DELUXE
MACARONI & CHEESE** 340 g
selected varieties, frozen
plats cuisinés ou macaroni au fromage

21085515_EA

529



LACTANTIA PUR FILTRÉ
or
ULTRAPUR MILK
selected varieties
1.5/2 L
lait

21424994_EA/21694605_EA

\$8



**STOK or STARBUCKS
COLD BREW COFFEE**
selected varieties
1.42 L
café infusé à froid

21203739_EA/21215530_EA

350



OLD DUTCH POTATO 235 g or **TORTILLA CHIPS**
275/290 g or **HUMPTY DUMPTY SNACKS** 250-290 g
selected varieties
croustilles ou grignolines

21445100_EA

\$3²⁵

Earn
1,000
pts

That's
\$1
value



KOOL-AID JAMMERS 10x180 mL or **MIO,
CRYSTAL LIGHT** or **KOOL-AID LIQUID
WATER ENHANCERS** 48 mL/24-56 g, selected varieties
boissons ou rehausseurs d'eau

20079976006_EA/20663423_EA

\$5⁵⁰

Earn
1,000
pts

That's
\$1
value



**GENERAL MILLS
FAMILY SIZE CEREAL**
selected varieties
455-778 g
céréales

21103492_EA/21103495_EA

133



**NO NAME®
VEGETABLES**
selected varieties
341/398 mL
légumes

20005237_EA/20302135_EA

\$4



COCA-COLA or
PEPSI SOFT DRINKS
selected varieties
6x710 mL
boissons gazeuses

20310546002_C06/20313741002_C06

250



DARE CRACKERS
selected varieties
132-225 g
croquellins

21520666_EA/21520701_EA

\$2



**UNICO
PASTA SAUCE**
selected varieties
680 mL
sauce pour pâtes

20326537001_EA/20326537003_EA

249



**FRENCH'S
MUSTARD**
selected varieties
325/400 mL
moutarde

20083238_EA/20318304001_EA

229



**NO NAME®
OLIVES**
selected varieties
375 mL
olives

20325649_EA

350



**NO NAME®
PICKLES**
selected varieties
1 L
cornichons

20300473_EA

279



**BEN'S ORIGINAL
BISTRO EXPRESS RICE**
selected varieties
240/250 g
riz

21404899_EA/21405476_EA

BRANDS YOU LOVE AT LOW PRICES

\$3



NO NAME® CREAM CHEESE
selected varieties
227/250 g
fromage à la crème
20308105001 EA



4.50

POGO
frozen
4's
saucisses sur bâtonnet
20110352001 EA

\$4



PILLSBURY TOASTER STRUDEL or SCRAMBLES
selected varieties, frozen
204/326 g
pâtisserie
20172664001 EA



5.50

PC® ASIAN SOUPS or ENTRÉES
selected varieties, frozen
300-400 g
soups ou plats cuisinés asiatiques
21565996 EA

\$5.50



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

AMOOZA! TWISTS CHEESE SNACKS 228 g or
BLACK DIAMOND CHEESE SNACKS 189/252 g
selected varieties
collations au fromage
20986474 EA/21403514 EA

3.35



NO NAME® APPLE or ORANGE JUICE
selected varieties, refrigerated
1.75 L
jus de pomme ou orange
21665646 EA/21671461 EA

5.50



PC® DRY ROASTED PEANUTS 700 g,
CASHEWS or **DELUXE MIXED NUTS** 200 g
selected varieties
arachides ou noix de cajou ou mélange de noix
2005799003 EA/21054943 EA

\$3



LECLERC CÉLÉBRATION COOKIES
selected varieties
200/240 g
biscuits
21680155 EA

\$5



QUAKER BAKING MIX or OAT FLOUR
selected varieties, 700-900 g
mélanges à pâtisserie
ou farine d'avoine
20301064001 EA

7.99



MAXWELL HOUSE, NABOB TASSIMO DISCS 8-16's or **MAXWELL HOUSE GROUND COFFEE PODS** 12's
selected varieties
capsules de café
20026954001 EA

1.75



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

10.99



PC® ROAST & GROUND COFFEE
selected varieties
340 g
café torréfié et moulu
21380579 EA

11.50



PC® 100% PURE MAPLE SYRUP 500 mL or **BILLY BEE HONEY** 1 kg
selected varieties
sirop d'érable ou miel
20049221 EA/20724506 EA

\$3



NO NAME® PANCAKE MIX or TABLE SYRUP 905 g or 750 mL
mélange à crêpes ou sirop
20306030 EA/20322949 EA

7.50



PC® GOLD CHOCOLATE BAR
selected varieties
300 g
barres de chocolat
20298217 EA

Earn
3,000
pts
For every \$7* spent

That's
\$3
value



KELLOGG'S CEREAL
selected varieties
269-355 g
céréales
21450851 EA/21652128 EA

BRANDS YOU LOVE AT LOW PRICES

6⁵⁰



SOFTSOAP LIQUID HAND SOAP REFILL
selected varieties
1.47 L
recharge de savon liquide pour les mains
21167194 EA



UP TO 40%
OFF



JAMIESON VITAMINS AND SUPPLEMENTS
selected varieties and sizes
vitamines et suppléments
20984309 EA/20303216001 EA



\$5



3⁵⁰

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 DISHWASHER TABS** 10-15's or **RINSE AID** 473 mL
détergent à lessive ou assouplissant textile ou produit de rinçage ou rehausseurs de parfum ou feuilles pour sècheuse ou capsules de détergent pour lave-vaisselle ou agent de rinçage
2030148 1003 EA/21549771 EA

NO NAME BLEACH
selected varieties
2.4 L
eau de Javel
21486532 EA

\$4



LYSOL MULTI SURFACE CLEANER 1.2 L,
BATHROOM SPRAY 950 mL or **BATHROOM AEROSOL** 538/680 g
selected varieties
nettoyant ou vaporisateur ou aérosol pour salle de bains
20309873002 EA/21549771 EA

4²⁹



PINE-SOL ALL PURPOSE CLEANER
selected varieties
1.41 L
nettoyant tout usage
20298679001 EA/20298679002 EA

1⁹⁰



NO NAME ALUMINUM FOIL
25 ft
papier d'aluminium
21119986 EA

\$20



CASCADE AUTO DISHWASHER TABS
selected varieties
51-90's
capsules de détergent pour lave-vaisselle
21012172 EA/21516545 EA

11⁵⁰



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

**NEW
LOWER
PRICES**



\$8

**EXTRA LEAN
GROUND BEEF**
fresh
450 g
bœuf haché extra maigre
21675592 EA

3⁵⁰

**NATURAL BAKERY
RYE BREAD**
500 g
pain de seigle
21688966 EA



**SCHNEIDERS
BOLOGNA**
selected varieties, 500 g
bologna
20039186 EA

4⁵⁰

**NATURE'S BEST
LARGE FREE RUN EGGS**
12's
gros œufs
20814983001 EA



\$5

\$5

**CHAPMAN'S
FROZEN YOGURT or SORBET**
selected varieties, frozen
2L
yaourt glacé ou sorbet
20314436001 EA/20329120001 EA



\$8

CLIF BAR 5 PK
selected varieties
340 g
barre
21664766 EA/21664843 EA



\$7

**PC ORGANICS
FROZEN FRUIT**
selected varieties, frozen
600 g
fruits surgelés
20431483003 EA/20993672 EA



3⁵⁰

**MINUTE MAID ZERO SUGAR
BEVERAGES or FUZE ICED TEA**
selected varieties, refrigerated, 1.54/1.75 L
boissons ou thé glacé
21434119 EA/21452207 EA



\$2

**BEN'S ORIGINAL
RICE CUPS**
selected varieties
62/68 g
rice
21680527 EA/21680713 EA



\$4

HEALTHY CHOICE DINNER ENTRÉES
selected varieties, frozen, 269-306 g
plats cuisinés
21406269 EA



\$2

**SNACK PACK
PUDDING**
selected varieties
4x99 g
pudding
20310707001 EA



3²⁵

**iÖGO NANO
YOGURT DRINKS**
selected varieties
6x93 mL
yaourt
20609687003 EA



\$5

**ACTIVIA
YOGURT**
selected varieties
6x93 mL
yaourt
21108458 EA



\$4

TWININGS TEA or HERBAL TEA
selected varieties, 20's
thé
203200740001 EA



6⁵⁰

MCCAIN PIZZA POCKETS
selected varieties, frozen
540/600 g
pochettes de pizza
21047833 EA



4⁷⁵

SMUCKER'S UNCRUSTABLES
selected varieties, frozen
4's
pâtisseries
21343057 C04



7⁵⁰

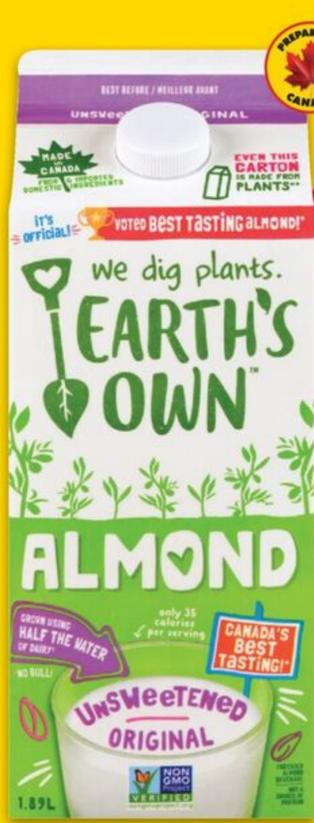
LILYDALE SLICED DELI MEAT
selected varieties, 400/500 g
viandes tranchées
21675636 EA



**NEW
LOWER
PRICES**

5.50

SCHNEIDERS BREAKFAST SANDWICH or EGG BITES
selected varieties, frozen
204-288 g
sandwich déjeuner ou bouchées aux œufs
21623288 EA/21623323 EA



3.50

EARTH'S OWN ALMOND or SOY NON DAIRY BEVERAGE
selected varieties, refrigerated
1.75/1.89 L
boisson sans produits laitiers aux amandes ou soya
20327647 EA



\$5

CHAPMAN'S SUPER NOVELTIES
selected varieties, frozen
8-18's
friandises glacées
20111532 EA/20117581001 EA



6.50

FRUTÉE ICE CREAM
selected varieties, frozen
270 mL
crème glacée
21701523 EA

4.50

PC® FROZEN FRUIT
selected varieties
300-600 g
fruits surgelés
20312227 EA



\$5

MARS CHOCOLATE POUCH
selected varieties
155-170 g
chocolat
21571767 EA/21571768 EA



\$3

TWIZZLERS CANDY PACK 311-454 g or
JOLLY RANCHER ROPE 283 g
selected varieties
friandises
2002328004 EA



7.50

SAMYANG NOODLES
selected varieties
650 g
nouilles
21412584 EA/21450283 EA



\$5

PAM COOKING SPRAY
selected varieties
141/170 g
vaporisateur à cuisson
20178204001 EA



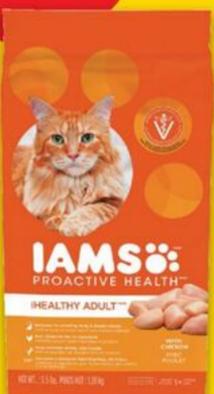
\$6

NESTLÉ CARNATION HOT CHOCOLATE MIX
selected varieties
400/450 g
mélange à chocolat chaud
21397690 EA



\$12

IAMS DRY CAT FOOD
selected varieties
1.36/1.59 kg
nourriture sèche pour chats
21027353 EA



3.75

NO NAME® DISINFECTANT WIPES
selected varieties
75's
lingettes désinfectantes
21386780 EA



1.50

LIPTON or KNORR SOUP MIX
selected varieties
40-145 g
mélange à soupe
20297314001 EA/20308188001 EA



\$7

PC® BATHROOM TISSUE 12=24 rolls
or **FACIAL TISSUE** 6x126 sheets
papier hygiénique ou mouchoirs
20181283 EA/21450718 EA



NATURAL FOODS AT LOW PRICES

22⁹⁹



VEGA PROTEIN AND GREENS DRINK MIX
selected varieties
510-526 g
mélange pour boisson
20830386002_EA



4²⁹

GT'S KOMBUCHA
selected varieties
480 mL
kombucha
20374106_EA/20906034003_EA



5²⁹

SILK DAIRY FREE CREAMER
selected varieties
890 mL
colorant à café sans produits laitiers
21245361_EA/21423292_EA



\$4

HARDBITE CHIPS
selected varieties
128/150 g
croustilles
20370855001_EA/21157616_EA

\$3



SENSIBLE PORTIONS VEGGIE STRAWS or CHIPS
selected varieties
120-142 g
grignolines ou croustilles
20377204001_EA/21380091_EA

\$13



KICKING HORSE ORGANIC GROUND COFFEE
selected varieties
284 g
café moulu biologique
20805126001_EA

\$5



TRADITIONAL MEDICINALS ORGANIC HERBAL TEA
selected varieties
16's
tisane biologique
21397739_EA

3⁵⁰



EARTH'S OWN BARISTA OAT LIGNIN or VITA COCO COCONUT WATER 1 L
selected varieties
barista ou eau de noix de coco
20332922_EA/21643665_EA

\$5



MADEGOOD CRUNCHY COOKIES, GRANOLA BITES or OAT CUPS
selected varieties
175-200 g
biscuits ou bouchées de granola ou gruau
21579350_EA/21678889_EA

3⁵⁰



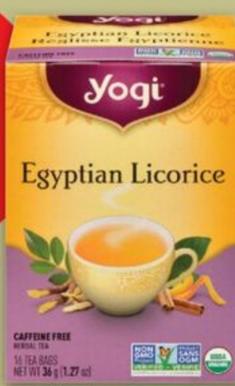
PC ORGANICS APPLE SAUCE CUPS or SQUEEZABLE FRUIT SNACKS 6x100 g, 360 g or 196 g
selected varieties
purée de pomme ou collations de fruits ou raisins secs biologiques
20320493001_EA/21170526_EA

\$7



LITTLE NORTHERN BAKEHOUSE GLUTEN-FREE BREAD
selected varieties, frozen
320-567 g
pain sans gluten
21100057_EA

\$6



YOGI ORGANIC TEA
selected varieties
16x36 g
thé biologique
20317306002_EA

6⁹⁹



NATURE'S BAKERY FIG BAR
selected varieties
270/340 g
barre aux figues
21549605_EA/21550356_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFO NV

BIG EASTER DEALS!

3⁵⁰



CADBURY CRÈME EGGS 3's,
LINDOR EGGS 3's or
PEEPS MARSHMALLOWS 85 g
friandises
21485296_EA

6⁵⁰



CADBURY MINI EGGS 154-200 g,
NESTLÉ POUCHES or
NOVELTIES 85-153 g
selected varieties
mini-œufs ou sachets ou friandises
20073462_EA

6⁵⁰



**KINDER BAGGED
CHOCOLATE** 104-184 g or
**CARNBY SWEET MILK
CHOCOLATE BUNNY** 350 g
selected varieties
chocolat ou lapin en chocolat
20531650_EA/21485295_EA

\$8



LINDT GOLD BUNNY
selected varieties
5's/100 g
lapin en chocolat
20046002_EA

RAMADAN KAREEM

رمضان كريم

4.99

ORGANIC PITTED DATES
product of Tunisia or
HONEY PITTED DATES
product of Iran
dattes
21562279001, EA/20772841, EA



340 G



907 G

1.99
LB

GREY ZUCCHINI
product of Mexico
4.39/kg
courgette grise
20036780001, KG



1.49
LB

OPO SQUASH
product of Honduras, Mexico or Dominican Republic
3.28/kg
courge ope
20142055001, KG



2.99
LB

JUMBO WALNUTS
product of U.S.A.
6.59/kg
noix géantes
20123893001, EA



3.99
LB

OKRA
product of Guatemala or Honduras
8.80/kg
gombo
20091263001, KG



2.99

BUNCHED DILL
product of Mexico or U.S.A.
aneth en botte
20185183001, EA



14.49
LB

AUSTRALIAN SEASONED LAMB LOIN CHOP
fresh
31.95/kg
côtelettes de longe
d'agneau
21682485, EA



\$10

ZABIHA HALAL BREADED CHICKEN
selected varieties, frozen
800/908 g
poulet pané halal
21192505, EA



11.48

SUFRA® HALAL STEWING BEEF
454 g
bœuf à ragoût halal
21395711, EA



\$13

SUFRA® HALAL CHICKEN BREASTS
boneless, skinless
3's
poitrines de poulet halal
21430678, EA



\$8

SUFRA® HALAL CHICKEN DRUMSTICKS
fresh
up to 840 g
pilons de poulet halal
21427840, EA



\$2

FRONTIER PITA
selected varieties
330 g
pita
21215681, EA



\$2

SANTOSH NAAN
selected varieties
5's
naan
21671462, EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 01 NFO

RAMADAN KAREEM

رمضان كريم



5⁹⁹

1 KG



KHUDRI DATES
product of Saudi Arabia
dates khudri
21562486001_EA

7⁹⁹

400 G



PC® MEDJOOI DATES
product of Israel
dates
21715402001_EA

7⁹⁹

400 G



PC® SAFAWI DATES
product of
Saudi Arabia
dates
21706738001_EA

7⁹⁹

400 G



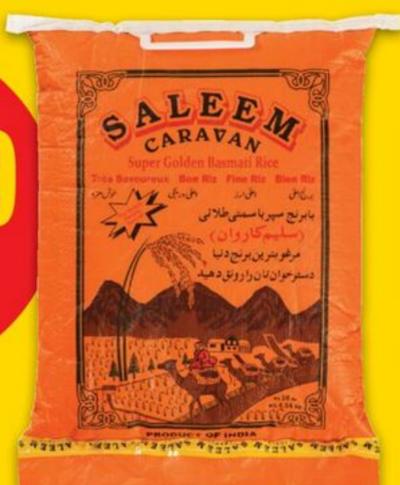
PC® SUKKARI DATES
product of
Saudi Arabia
dates
21706824001_EA

RAMADAN KAREEM

رمضان كريم

12⁹⁹

SALEEM CARAVAN BASMATI RICE
selected varieties
4.54 kg
riz basmati
21526001 EA



9⁹⁹

QUALITY BROWN SUGAR
4.5 kg
cassonade
20718452 EA

3⁹⁹

NATIONAL PICKLE
selected varieties
1 kg
marinade
2062712802 EA



7⁵⁰

BRAR'S DAIRY DAHI
3.25%
1.8 kg
dahi
21576316 EA

1²⁹

TAMAM CANNED BEANS
selected varieties
796 mL
légumineuses en conserve
21214487 EA



6⁹⁹

NANAK GULAB JAMUN
frozen
908 g
gulab jamun
20436517 EA



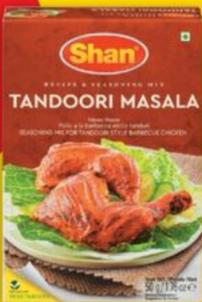
\$8

TEA INDIA 681 g
or **TATA TEA AGNI** 1 kg
thé
20177173 EA/21575115 EA



\$2

SHAN SPICE MIXES
selected varieties
50-100 g
mélanges d'épices
2016022001 EA



5⁹⁹

DESI-LICIOUS ICE CREAM
selected varieties, frozen
1 L
crème glacée
20847564001 EA



5⁴⁹

CLIC EXTRA LARGE FAVA BEANS
907 g
très grosses gousses
20124706 EA



7⁴⁹

ALSHIFA NATURAL HONEY
selected varieties
500 g
miel
20862354 EA



1⁵⁰

7UP NIMBOOZ LEMONADE
355 mL
limonade
21482042 EA



3⁹⁹

TAMAM PICKLES OLIVES
or selected varieties
600 mL/1 L
cornichons or olives
21237887 EA/21238082 EA



1²⁵

HALDIRAM'S INDIAN SNACKS
selected varieties
150/160 g
collations indiennes
20309423 EA/20314667007 EA



\$6

NESTLÉ MACKINTOSH'S QUALITY STREET DATES
102 g
dates
21635376 EA



3⁹⁹

SHAN COOKING SAUCE
selected varieties
350 g
sauce à cuisson
21528538 EA/21528876 EA



\$2

RUBICON JUICE
selected varieties
4x200 mL/1 L
jus
20029236001 EA/203225990001 EA



5⁵⁰

RAMADAN or EID PARTY BANNER
selection varies by store
bonnenaire
21673784 EA



\$10

RAMADAN or EID PARTY DIY LED LANTERN
selection varies by store
lampion à DEL
21673796 EA



\$6

RAMADAN or EID PARTY LED LIGHTS
selection varies by store
lumières à DEL
21673665 EA



HAPPY HOLI!

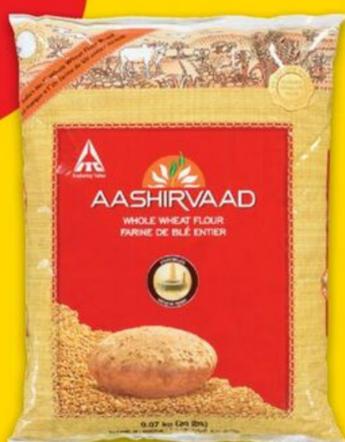
होली की शुभकामनाएं



10⁹⁹

**AASHIRVAAD
WHOLE WHEAT
FLOUR**

9.07 kg
farine de blé entier
21359688 EA



3⁹⁹

**SURAJ[®]
DRY BEANS or
LENTILS**

selected varieties
1.8 kg
haricots secs ou lentilles
20558757 EA
20558760 EA



\$2

**SURATI
SNACKS 250/341 g or
SURAJ[®] JUICE 1 L**

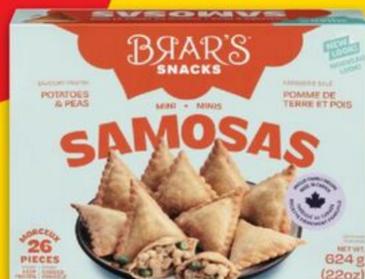
selected varieties
collations ou jus
20322576003 EA/21001025 EA



5⁹⁹

**BRAR'S
SAMOSA**

selected varieties
frozen
624 g
samosas
21000033 EA



1⁵⁰

**KURKURE
SNACKS**

selected varieties
115 g
collations
20659742 EA/21361077 EA



HAPPY HOLI!

होली की शुभकामनाएं



1.99
LB

INDIAN KARELA
product of Mexico
4.39/kg
margose indienne
20028046001_KG



.99

BUNCH MINT or CILANTRO
product of Mexico or U.S.A.
menthe ou coriandre en botte
20139326001_EA/20091825001_EA



1.29

COCONUT
product of India or Dominican Republic
each
noix de coco
20005774001_EA



1.49

METHI LEAF
product of Mexico or U.S.A.
bunch
feuilles de fenugrec
20159689001_EA



2.99
LB

INDIAN EGGPLANT
product of U.S.A. or Mexico
6.59/kg
aubergine indienne
2005582001_KG



4.99

ALFA PUFF PASTRY
850 g
pâte feuilletée
21606988_EA



.99

PARLE G BISCUIT
original
300 g
biscuit
20956495_EA



.39

MAGGI MASALA NOODLES
selected varieties
70 g
nouilles masala
20802644_EA



4.50

NANAK PANEER
selected varieties
341 g
paneer
21286158_EA



2.49

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



\$6

HANS WHIPPED BUTTER
300 g
beurre fouetté
21369481_EA



4.49

SURAJ GREEN CARDAMOM SEEDS
50 g
graines de cardamome verte
20618034_EA



2.99

QUALITY SOYA CHUNKS
400 g
boulettes de soya
20418230_EA



2.50

ROOSTER SWEETENED CONDENSED MILK
selected varieties
300 mL
lait condensé sucré
20126907_EA



7.99

GIA or QUALITY PRIYA BASMATI RICE
3.63 kg
riz basmati
20099642_EA/20582349_CO1



CARIBBEAN FLAVOURS AT LOW PRICES

1.49
LB



CARIBBEAN SWEET POTATOES
product of Honduras
3.28/kg
patates douces
2016986001_KG

4.99
LB



GUAVA
product of Taiwan
11.00/kg
goyave
2016250001_KG

2.99



CARIBBEAN AVOCADOS
product of Brazil
each
avocats
2011976001_EA

3.99



ATEMOYA
product of Brazil
each
atemoya
2096569001_EA

3.69



MATLOCK BUTTERFILLED BREAD
700 g
21519377_EA

\$13



CHELSEA COD FILLETS
boned, salted, frozen
454 g
filets de morue
20866456_EA

\$10



FERMA WHOLE RED FISH
frozen, 750 g
tambour rouge entier
20071364_EA

\$13
LB



ETNICO BEEF OXTAIL
28.66/kg
queue de boeuf
20079558_KG

1.79



GRACE VIENNA SAUSAGES
selected varieties
130 g
saucisses viennoises
20305465002_EA

3.79



COOL RUNNING'S ALL PURPOSE SEASONING
selected varieties
900 g
assaisonnement tout usage
20311973_EA

2.99



MATOUK'S HOT SAUCE
selected varieties
300 mL
sauce piquante
20602099001_EA/20602099002_EA

3.99



WALKERSWOOD JERK SEASONING
selected varieties
280 g
assaisonnement à la jerk
20213881_EA/21566303_EA

4.99



OVALTINE MALTED MILK DRINK
selected varieties
400 g
boisson maltée
20726620_EA

1.50



GRACE COCONUT WATER
selected varieties
500 mL
eau de noix de coco
21027754_EA

.99



GRACE PEANUT PUNCH 240 mL or
WIBISCO SHIRLEY BISCUITS 100 g
selected varieties
punch aux arachides ou biscuits
20213313_EA/20603048001_EA

1.25



GRACE PLANTAIN CHIPS
selected varieties
85 g
croustilles de plantain
20603025_EA



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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



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STRAIGHT TO YOUR EMAIL

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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

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. 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.