



THE BIG SALE!

ONLY

1⁸⁸
LB

**GREEN or
RED SEEDLESS
GRAPES**

product of Peru, South Africa or
Chile, no 1 grade
raisins verts ou
rouges sans pépins
4.14/kg
20423775001_KG
20159199001_KG



ONLY

2⁹⁹

3 LB BAG

**FARMER'S MARKET™
LEMONS**

product of U.S.A. or
ORANGES
product of Morocco or Spain
citrons ou oranges
20795315001_EA/20162945001_EA

2 LB BAG



ONLY

1²⁷
LB

ROMA TOMATOES

product of Canada or
Mexico, no. 1 grade
tomates roma
2.80/kg
20143381001_KG



ONLY

7⁷⁷

APPROX.
9 LB CASE

RED MANGOES

product of Peru
mangues rouges
21047849_EA



NOFRILLS®

THE BIG SALE!

FLYER PRICES EFFECTIVE THURSDAY, FEBRUARY 19 TO WEDNESDAY, FEBRUARY 25, 2026.



PORK HALF LOIN
boneless, fresh,
cryovac package
demi-longe de porc
4.39/kg
20554787_KG

WHILE QUANTITIES LAST

ONLY
1.99
LB



WHOLE EYE OF ROUND ROAST
Cut from Canada AA grade beef
or USDA select grade beef or higher
rôti de noix de ronde entière
11.99/kg
21019179_KG

WHILE QUANTITIES LAST

ONLY
5.44
LB



NEILSON TRUTASTE MICROFILTERED MILK
selected varieties
4 L
lait
20148677_EA



NO NAME® BACON
375 g
bacon
21659056_EA

WHILE QUANTITIES LAST

SAVE 45%
2.97

ONLY
3.50



GROUND CHICKEN
454 g
poulet haché
21351582_EA

WHILE QUANTITIES LAST

ONLY
3.33



BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT
selected varieties, 410 g
tranches de produit de fromage fondu
21252564_EA

App exclusive offer

Member Price
\$5

Non-Member Price
\$7

PC® DINNER ENTRÉES
selected varieties, frozen
907-1.13 kg
plats cuisinés
21359210_EA

PRICE DROP

1.75



HOLIDAY LUNCHEON MEAT 340 g or
MAPLE LEAF FLAKES 156 g, selected varieties
poin de viande ou flocons
20298273001_EA/20618778_EA

SAVE 43%

1.88



CAMPBELL'S READY TO SERVE SOUP 515 mL or
HABITANT 796 mL **SOUP**
selected varieties
soupe
20299690002_EA/21479030_EA

SAVE 28%

\$2



CHRISTIE CRACKERS
selected varieties, 175-200 g
croquelins
21030647_EA/21547034_EA

PRICE DROP

\$3



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

ONLY

\$4



TROPICANA ORANGE JUICE, DRINKS or PURE LEAF ICED TEA
selected varieties, refrigerated, 1.36-1.75 L
jus d'orange ou boissons au thé glacé
20755752002_EA/21622130_EA

SAVE UP TO 38%

10.99



817 ELEPHANT BRAND BASMATI RICE
selected varieties, 4 kg
riz basmati
20787524_EA/21341987_EA

SAVE 30%

\$9



SUNLIGHT PUREX 4 L or LAUNDRY DETERGENT or FLEECE FABRIC SOFTENER 3.5 L, selected varieties
détergent ou assouplissant
20083525002_EA/21427042_EA

SAVE 55%

\$4



ROYALE FACIAL TISSUE
selected varieties
6x72/100 sheets
mouchoirs
20702419_EA

WOW!

1.25



PALMOLIVE LIQUID DISH DETERGENT
selected varieties
591/828 mL
savon liquide à vaisselle
20861400_EA/20861642_EA



CANADA'S MOST TRUSTED GROCERY STORE FOR LOW PRICES*

Voted most trusted Grocery Store for Low Prices/Affordability by Canadian shoppers nationally in Atlantic Canada, Ontario and Western Canada based on the 2026 BrandSpark® Canadian Trust Study.

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.

nofrills.ca

01 NFO

**NEW
LOWER
PRICES**

4⁵⁰

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



\$5

**CHAPMAN'S
FROZEN YOGURT or
SORBET**
selected varieties, frozen
yogourt glacé or sorbet
20314434001 EA/20529120001 EA



5⁵⁰

**SCHNEIDERS
BREAKFAST SANDWICH or
EGG BITES**
selected varieties, frozen
204-288 g
sandwichs déjeuner ou bouchées d'œuf
21622288 EA/21623323 EA



3⁵⁰

**EARTH'S OWN ALMOND or
SOY BEVERAGE**
selected varieties, refrigerated
1.75/1.89 L
boisson d'amande ou soya
20327647 EA/21586376 EA



\$5

**ACTIVIA
YOGURT**
selected varieties
8x93 mL
yogourt
21108458 EA



BABY ESSENTIAL AT LOW PRICES

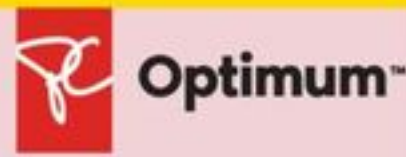
34⁹⁹

**HUGGIES
ECONO PACK
DIAPERS**
selected varieties
size N-8, 60-208's
couches
21456640 EA/21663768 EA



34⁹⁹

**PAMPERS
ECONO PACK
DIAPERS**
selected varieties
size N-8, 58-180's
couches
21551525 EA/21692756 EA



Earn
10,000
pts
when you spend
\$50 or more

That's
\$10
value

**BABY DIAPERS, WIPES,
FORMULA, FOOD,
BABY NEEDS or ACCESSORIES**
selected varieties and sizes
couches ou lingettes ou préparation pour nourrisson ou
aliments ou articles ou accessoires pour bébé
20304618007 EA/21370844 EA/21172500 EA/21699547 EA/21540716 EA

FRESH AT LOW PRICES

3.99



6 OZ CLAMSHELL

CANTALOUPE

product of Guatemala, Honduras or Brazil, no. 1 grade,
RASPBERRIES
product of Mexico or U.S.A., no. 1 grade or
BLUEBERRIES
product of Mexico, Peru or Morocco, no. 1 grade
cantaloup ou framboises ou bleuets
20167017001_EA/20080137001_EA

2.49



6 OZ CLAMSHELL

BROCCOLI CROWNS

product of Mexico or U.S.A. each
couronnes de brocoli
21121560001_EA

3.99



10 LB BAG

RED, RUSSET or YELLOW POTATOES
product of Canada, Canada no. 1 grade
pommes de terre
20601013001_EA/20601017001_EA

2.99

BLACKBERRIES

product of Mexico or U.S.A.
mûres
20051013001_00



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

2.99



283 G

FARMER'S MARKET™ GRAPE TOMATOES

product of Canada or Mexico
tomates raisins
2130788001_EA

3.99

PKG OF 2



PKG OF 6

325 G

ROMAINE HEARTS

product of U.S.A.,
ASPARAGUS product of Mexico, no. 1 grade, or
FARMER'S MARKET™ MINI CUCUMBERS
product of Canada or Mexico, no. 1 grade
cœurs de romaine ou mini-concombres ou asperges
2008275001_EA/2018179001_EA/2017137001_EA

3.99



PKG OF 5

PINEAPPLE or AVOCADOS

product of Costa Rica,
product of Mexico, or
HONEYDEW product of Guatemala, Honduras, or Mexico
ananas ou avocats ou melon miel
20160992001_EA/2164493001_EA/2004327001_EA

2.49
LB



HONEYCRISP APPLES

product of Ontario, Canada fancy grade
pommes
5.49/kg
20132621001_KG

4.49



PKG OF 4

GREEN or RED PEPPERS

product of Mexico or U.S.A.
poivrons
20115323001_EA/2001320001_EA

2.99
LB



YELLOW PEACHES or NECTARINES

product of Chile, no. 1 grade
pêches jaunes ou nectarines à chair
6.59/kg
20319426001_KG/20003446001_KG

.79
LB



GREEN CABBAGE

product of Canada, Canada no. 1 grade
chou vert
1.74/kg
20793034001_KG

1.79



ENGLISH CUCUMBERS

product of Canada or Mexico, no. 1 grade
concombres anglais
20070132001_EA

2.99



3 LB BAG

FARMER'S MARKET™ CARROTS or YELLOW ONIONS

product of Morocco or Spain
carottes ou oignons jaunes
20400927001_EA/20811994001_EA

5.50



BASSÉ SNACK MIX

selected varieties
415-600 g
mélange à collation
21138603_EA/21158612_EA

4.99



292-383 G

EAT SMART SWEET KALE or TAYLOR FARMS CHOP SALAD KITS

selected varieties, product of U.S.A.
salades de chou frisé ou salades hachées
20674118_EA/21599513_EA

2.49



227 G

PC® WHOLE, or SLICED, WHITE or CREMINI MUSHROOMS

product of Ontario
champignons blancs ou cremini entiers ou tranchés
20775803_EA/20776239_EA

6.99



4 LB BAG

FARMER'S MARKET™ MANDARINS

product of Morocco or Spain
mandarines
20054023001_EA

4.99



4 LB BAG

FARMER'S MARKET™ AMBROSIA or ROYAL GALA APPLES

product of Ontario, Canada fancy grade
pommes
21307212001_EA/2076799001_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

2.49
LB



WHOLE PORK PICNIC
fresh
porc
5.49/kg
21161819_KG
WHILE QUANTITIES LAST



PRICE DROP

8.99

JANES RESTAURANT STYLE BONELESS CHICKEN BITES, CHICKEN BREAST FILLETS or TENDERS
selected varieties, frozen, 710/720 g
bouchées de poulet ou filets ou
lanières de poitrine de poulet
21440340_EA/21703608_EA

\$8



PC® BONE-IN CHICKEN THIGHS
fresh
up to 870g
hauts de cuisse de poulet avec os
21606983_EA

Earn
1,000
pts

That's
\$1
value



6.49

PC® SAUSAGES, ULTIMATE DINNER or BREAKFAST CHICKEN SAUSAGES
selected varieties, 375/500 g
saucisses
21378310_EA/21584342_EA

4.49



MAPLE LEAF TOP DOGS or SCHNEIDERS RED HOTS WIENERS
selected varieties, 375 g
saucisses fumées
20603429_EA

6.50
LB



PORK BACK RIBS
single pack, fresh
côtes de dos de porc
14.33/kg
20705983_KG

11.99
LB



BONELESS STEWING BEEF
boeuf à ragoût désossé
26.43/kg
20337645_KG

\$4



SNACK FACTORY PRETZEL CRISPS
selected varieties, 200 g
bretzels
20948939_EA/20948940_EA

Earn
1,000
pts

That's
\$1
value

\$7



SEAQUEST® FISH FILLET
selected varieties, frozen, 400 g
filets de poisson
21314740_EA

\$7



SEAQUEST® cooked or raw SHRIMP 36/55 per lb, 300 g or BAY SCALLOPS 400 g
frozen
crevettes ou pétoncles de baie
21636337_EA

4.50



PILLAR'S SLICED DELI MEAT
selected varieties
150/200 g
charcuteries
21206382_EA/21206939_EA

\$6



CASTELLO CHEESE 125-200 g, TRESTELLE HALLOUMI or APETINA FETA CUBES 200 g
selected varieties
fromage ou halloumi ou cubes de feta
20428574_EA/205373910_EA

\$3



ZIGGY'S® FRESH PASTA
selected varieties, 350/360 g
pâtes ou salades fraîches
21521168_EA

2.48



NO NAME® BREAD
white or whole wheat
675 g
pain
21309822_EA

\$3



D'ITALIANO BREAD 620/675 g or BUNS 6/8's
selected varieties
pain ou petits pains
20038333_EA/20626949_EA

\$5



FARMER'S MARKET™ MUFFINS 6's or PC® MINI MUFFINS 336 g
selected varieties
muffins
21283356_EA/21488839_EA

\$4



OLIVIERI SKILLET GNOCCHI 280/300 g or LADIES OF LOVE SOUP 454 mL
selected varieties
gnocchi ou soupe
21023065_EA/21489232_EA

App exclusive offer

\$5

Earn
1,000
pts

That's
\$1
value



ZIGGY'S® PEPPERONI STICKS 300 g or PC® CHEESE SLICES 140-170 g
selected varieties
pepperettes ou tranches de fromage
21665309_EA/20230947_EA

\$5.50

Earn
1,000
pts

That's
\$1
value



DAIYA VEGAN CHEESE 200/220 g or RESER'S MAIN ST. BISTRO MAC AND CHEESE or MASHED POTATOES 567-689 g
fromage végétal ou macaroni ou fromage ou purée de pommes de terre
21207740_EA/20027947_EA

\$6



PACE PIZZA 502-542 g or LA CASA ROSA FRESH ENTRÉES 350 g
selected varieties
pizza ou plats cuisinés frais
21515170_EA/21673093_EA

THE BIG SALE!

ONLY

6⁷⁹

YOPLAIT or iöGO YOGURT
selected varieties
16 x 100 g
yogourt
20317317001_EA/20606778002_EA



PRICE DROP

1⁵⁰

ITALPASTA
selected varieties
750 g
pâtes
20296241001_EA/20296241003_EA



ONLY

6⁵⁰

DEL MONTE JUICE BLENDS
selected varieties, refrigerated
2.5 L
mélanges de jus
21595698_EA/21595736_EA



PRICE DROP

8⁹⁹

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



5⁹⁹

CHAPMAN'S PREMIUM ICE CREAM 2 L or
MCCAIN CAKES 510 g
selected varieties, frozen
crème glacée ou gâteau
20323373001_EA/20310132001_EA



1²⁴

MICHELINA'S DINNER ENTRÉES
156-284 g or **SWANSON POT PIE** 200 g
selected varieties, frozen
plats cuisinés ou potes
20320523001_EA/21208614_EA



\$7

DR. OETKER SUPREMA GIUSEPPE STUFFED CRUST PIZZA 487-520 g or
685-771 g
selected varieties, frozen
pizza
21649940_EA



1⁷⁹

ANNIE'S MACARONI & CHEESE
selected varieties
170 g
macaroni ou fromage
20316187001_EA



\$2

CHEEZ-IT CRACKERS
selected varieties
191/200 g
croquilles
20124560_EA



\$3

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



8⁷⁹

NO NAME® CHEESE
selected varieties
700 g
fromage
20972773_EA



\$2

OASIS JUICE, DEL MONTE NECTAR, or ARIZONA ICED TEA,
960 mL or **FRUITÉ BEVERAGES** 2 L
selected varieties
jus ou nectar ou thé glacé ou boissons
2034005005_EA/20894117004_EA



13⁷⁵

PEPSI or COCA-COLA SOFT DRINKS
selected varieties
24x355 mL
boissons gazeuses
20306687002_C34/20308197001_C24



.25

NO NAME® INSTANT NOODLE SOUP
selected varieties
85 g
soupe aux nouilles instantanée
20301274001_EA



\$2

KNORR SIDEKICKS
selected varieties
120-162 g
plats d'accompagnement
20321430007_EA
20321430011_EA



2⁷⁵

PC® CROUTONS
selected varieties
140 g
croustons
20794348502_EA



\$7

NESCAFÉ® TASTER'S CHOICE INSTANT COFFEE
selected varieties
100-170 g
café instantané
20661811001_EA/20673036_EA



\$4

KELLOGG'S ALL BRAN 405/525 g, RAISIN BRAN 375/436 g, SPECIAL K 320-383 g, MINI-WHEATS 377-460 g or CRISPIX 350 g CEREAL
selected varieties
céréales
21607207_EA/21607294_EA



4⁵⁰

NO NAME® PEANUT BUTTER
selected varieties
1 kg
beurre d'arachide
20294985001_EA/20294985002_EA



Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family requirements. See in-store for details. We are not obligated to sell items based on errors or misprints in typography or photography. All savings claims (i.e. "Save", "Was", "1/2 Price", etc.) are in comparison to our own regular prices. Regular pricing and savings on items shown may vary by store location. Applicable taxes, fees, deposits, recycling or environmental surcharges are extra. Coupons must be presented and redeemed at time of purchase. *PC Optimum™: Scan your PC Optimum™ app or swipe your card to get Members Pricing or points. See in-store for details. **Must be a registered PC Optimum™ member to get this offer.

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.

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.



Optimum™

App exclusive offers

More offers
More points

Members
get over

\$25

in value

CLICK FOR
THESE COUPONS
AND MORE



Optimum™



Earn
500
pts

PC® INSTANT COFFEE
80 - 100 g
café instantané

Optimum™



Save
\$2
with digital
coupon

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

Optimum™



Earn
1,000
pts

PC® CHOCOLATE BARS
300 g
chocolat au lait

Optimum™



Earn
2,000
pts

PC® BASQUE CHEESECAKE
600 g
gâteau au fromage

Optimum™



Earn
500
pts

PC® COLESLAW
397 g
salade de chou

Optimum™



Earn
1,000
pts

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

Optimum™



Earn
750
pts

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

Optimum™



Earn
750
pts

PC® LOW SODIUM CLUB SODA
12 x 355 mL
soda

Optimum™



Earn
1,500
pts

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

Optimum™



Earn
1,000
pts

PC® BABY WIPES
300's
lingettes bébé

Optimum™



Earn
500
pts

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

Optimum™



Earn
500
pts

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

Optimum™



Earn
2,000
pts

PC® MEAT LASAGNA
2.27 kg
lasagne

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Earn
500
pts

Until March - 4 - 2026

NO NAME® CHOCOLATE CHIP COOKIES
907 g
brisures chocolatées



Earn
500
pts

Until March - 4 - 2026

NO NAME® BUTTER
454 g
beurre salé



Earn
500
pts

Until March - 4 - 2026

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



Earn
500
pts

Until March - 4 - 2026

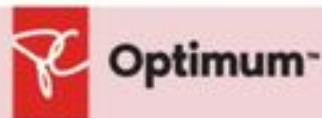
NO NAME® SPICES
150 g
épices



Earn
1,000
pts

Until March - 4 - 2026

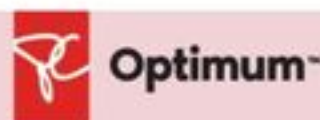
NO NAME® CHICKEN HOT DOGS
1.5 kg
saucisses fumées



Earn
500
pts

Until March - 4 - 2026

NO NAME® CHICKEN BURGER
908 g
burger au poulet



Earn
500
pts

Until March - 4 - 2026

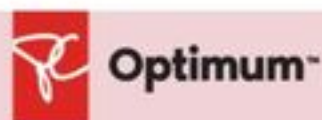
NO NAME® CALIFORNIA MIXED VEGETABLES
750 g
mélange de légumes



Earn
2,000
pts

Until March - 4 - 2026

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



Earn
500
pts

Until March - 4 - 2026

NO NAME® LEMONADE
1.75 L
limonade



Earn
1,500
pts

Until March - 4 - 2026

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



Earn
1,000
pts

Until March - 4 - 2026

NO NAME® KITCHEN GARBAGE BAGS
21 L
sacs poubelle



Earn
1,500
pts

Until March - 4 - 2026

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

BRANDS YOU LOVE AT LOW PRICES

3²⁵

LIBERTÉ MÉDITERRANÉE 500 g,
CRUNCH 2's or
YOPLAIT PROTEIN
YOGURT 650 g or 4's
selected varieties
yogourt
20788062001 EA/21587047 EA



3⁹⁹

BECEL MARGARINE 427 g
or **PLANT-BASED**
BRICK 454 g
selected varieties
margarine ou brique à base
de plantes
20322707001 EA



\$6

IOGO FROZEN YOGURT
946 mL, **POPS** 8's or **BARS** 4's
selected varieties, frozen yogurt surgelé ou
barres glacées ou barres
21654421 EA



\$15

POGO
selected varieties, frozen
20's
saucisses sur bâtonnet
20665224002 EA



5⁹⁹



GRADE A LARGE EGGS
pack of 18, brand varies by region
œufs
20814294001 EA

2⁴⁹

**FRUITE DRINKS,
FRUITOPIA or
PEACE TEA**

selected varieties,
refrigerated
1.54/1.75 L
boissons
20347440001 EA/21595841 EA



2⁵⁰

PRINGLES POTATO CRISPS
selected varieties
148/156 g
croustilles
21003823 EA/21003833 EA



2⁵⁰

QUAKER CRISPY MINIS
selected varieties
100-199 g
mini-galette de riz
20163708002 EA/2030302001 EA



6⁵⁰



PC® SOFT DRINKS
selected varieties
12-355 mL
boissons gazeuses
20490671001 C12

1⁵⁰

COCA COLA SOFT DRINKS
1 L or **PC® SPRING WATER** 4 L
selected varieties
boissons gazeuses ou
eau de source
20299050 EA/21183641 EA



1⁶⁹

CAMPBELL'S BROTH
selected varieties
250/900 mL
bouillon
20322348001 EA/21347243 EA



5⁹⁹

KELLOGG'S EGGO WAFFLES 16's or
PROTEIN WAFFLES 8's
selected varieties, frozen
gaufres
20099730004 EA/21639330 EA



2⁷⁹



CHRISTIE PEEK FREANS COOKIES
selected varieties
290-350 g
biscuits
20479968 EA/20480381 EA

1²⁵

CLOVER LEAF LIGHT TUNA

selected varieties
170 g
thon pâle
20018117001 EA



1⁹⁹

NO NAME® APPLESAUCE 620 mL
or **FRUIT** 398 mL
selected varieties
purée de pomme ou fruits
20628585001 EA/21379737 EA



\$1

UNICO TOMATO PASTE

selected varieties
156 mL
pâte de tomate
20006537 EA



\$3⁹⁹

Earn
500
pts

.50



PATAK'S COOKING SAUCE 400 mL or
PASTE 284 mL
selected varieties
each
sauce à cuisson ou pâte
20217180002 EA

1⁵⁰

NO NAME® MUSTARD
550 mL
moutarde
21457738 EA



2⁹⁹

UNICO PICKLED VEGETABLES OLIVES
or selected varieties
125-750 mL
légumes marinés ou
olives
20024445 EA/21103533 EA



2⁵⁰

UNICO PASSATA
680 mL
coulis de tomates
20416260 EA



BRANDS YOU LOVE AT LOW PRICES

\$2

NO NAME® SOUR CREAM
selected varieties
500 mL
crème sure
20299657, EA



3.99

I CAN'T BELIEVE IT'S NOT BUTTER MARGARINE
850 g
margarine
21666474, EA



5.50

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



\$11

NO NAME® MEAT LASAGNA
frozen
2.27 kg
lasagne à la viande
20097795, EA

7.50

PC® WOOD-FIRED PIZZA
selected varieties, frozen
351-413 g
pizza
21540352, EA



3.50

PC® ICE CREAM SHOP TUBS 946 mL or **NOVELTIES** 6's
selected varieties, frozen
crème glacée ou friandises glacées
21012145, EA



.97

YOPLAIT YOP DRINKABLE YOGURT
selected varieties
200 mL
yogourt à boire
21626178, EA/21478300, EA



2.29

DARE BEAR PAWS 168-210 g,
ULTIMATE COOKIES 290/300 g,
VIVA PUFFS 300 g or **WAGON WHEELS** 315/360 g
selected varieties
biscuits
20974346, EA/21080791, EA



\$4

MISS VICKIE'S POTATO CHIPS
selected varieties
190/200 g
croustilles
21540703, EA



2.50

PC® APPLE SAUCE 6x100 mL or
SQUEEZE FRUIT SNACKS 4x90 g
selected varieties
purée de pomme ou collations aux fruits
20309701001, EA



6.99

TETLEY TEA
selected varieties
80/144's
thé
20711164, EA/21013866, EA



\$3

TETLEY TEA or HERBAL TEA
selected varieties
20/24's
thé ou tisane
20711158, EA/21663642, EA



11.50

PC® 100% PURE MAPLE SYRUP
500 mL
sirop d'érable
20049221, EA



\$5

NO NAME® HAZELNUT SPREAD 725 g
or **JAM** 500 mL
selected varieties
tartinade aux noisettes ou confiture
20032553001, EA/20663943, EA



\$8.99

Earn
1,000
pts

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



\$5.50

Earn
500
pts

ROBIN HOOD or FIVE ROSES FLOUR
selected varieties
2/2.5 kg
farine
20039497001, EA/20039497005, EA



\$6

Earn
1,000
pts

NESQUIK SYRUP or POWDER 540 g
selected varieties
sirop ou poudre
20320167002, EA



2.29

WERTHER'S Original 116-135 g or
MAYNARDS CANDY BAG 150/154 g
selected varieties
friandises
2089717, EA/21545354, EA



BRANDS YOU LOVE AT LOW PRICES

\$4

**IRISH SPRING
BODY WASH** 591 mL, or
BAR SOAP 6x104 g, or
**SOFTSOAP
BODY WASH** 591 mL
selected varieties
nettoyant pour le corps ou pain de savon
21219375 EA/214236477 EA



5⁵⁰

**LISTERINE CLASSIC
MOUTHWASH**
selected varieties
1 L
rinç-bouche
20348438001 EA/21091218 EA



\$10

**AIR WICK
ESSENTIAL MIST
STARTER KIT** 20 mL,
SCENTED OIL REFILL 2x20 mL,
VIBRANT STARTER KIT 23.9 mL
or **REFILL** 2x23.9 mL
selected varieties
trousse de départ Essential Mist,
recharge d'huile parfumée,
trousse de départ ou recharge
20342475001 EA/21495649 EA



\$6

**EVERYDAY
ESSENTIALS™
PERFORM BATH
TOWELS**
serviettes de bain
21434220 EA



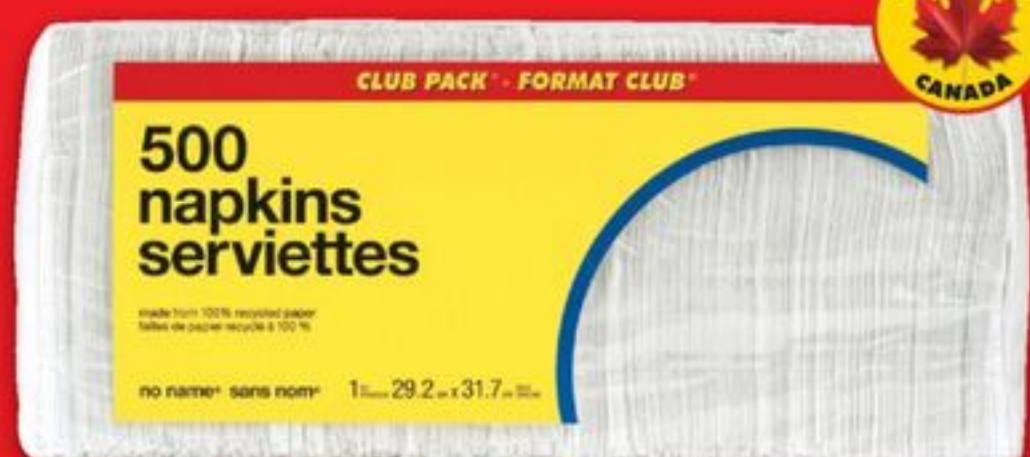
\$15

**GAIN LIQUID
LAUNDRY DETERGENT** 4.25 L or
FLINGS 42's
selected varieties
détergent à lessive
20959627 EA/21671135 EA



\$6

NO NAME® NAPKINS
Club Size
500's
serviettes
20306897 EA



11⁵⁰

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



10⁹⁹

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



RECIPE
CPG

17⁹⁹

MONTANA'S SMOKY BBQ BEEF BURGERS
frozen
906 g
burgers de bœuf
21665099 EA



Optimum™

Earn
4,000
pts
For every \$10*
spent

That's
\$4
value



KELLOGG'S FAMILY SIZE CEREAL
selected varieties, 480-650 g
céréales
20054727 EA/ 21651640 EA



Optimum™

\$12

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



CORONA CERO 0% NON-ALCOHOLIC BEER
6x330 mL
bière sans alcool
21650191 C06



Optimum™



Member Price
\$3⁴⁹

Non-Members
\$3⁹⁹

Members Save
.50



Member Price
\$3⁴⁹

Non-Members
\$3⁹⁹

Members Save
.50



Member Price
\$3⁹⁹

Non-Members
\$4⁴⁹

Members Save
.50

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

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

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



5⁴⁸

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



\$4

LYSOL MULTI SURFACE CLEANER 1.2 L,
BATHROOM SPRAY 950 mL or
BATHROOM AEROSOL 538/680 g
selected varieties
nettoyant ou vaporisateur ou aérosol pour salle de bains
21231235 EA/20309873002 EA



14



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



5⁵⁰

NESTLÉ DRUMSTICK or NOVELTIES
selected varieties, frozen
4-10's
friandises glacées
20322380003 EA



3⁵⁰

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



3²⁹

FIBRE 1 BARS 125 g or **NATURE VALLEY GRANOLA BARS, PROTEIN BARS** or **BISCUITS** 148-210 g
 selected varieties
 barres granola ou barres protéinées ou biscuits ou barres
 20587504001, EA/20668986001, EA

6

PILLSBURY PIZZA POPS 760 g or **BITES** 693 g
 selected varieties, frozen pizzas collations ou bouchées
 21439910, EA

1

OLD EL PASO SEASONING
 selected varieties
 24 g assaisonnement
 21048495, EA

5⁵⁰

GENERAL MILLS FAMILY SIZE CEREAL
 selected varieties, 475-778 g céréales
 21103492, EA/21103495, EA

6⁹⁹

LARABAR
 selected varieties
 5's barre
 20146380002, EA/20146380003, EA

7

FUZE ICED TEA
 selected varieties
 12x341 mL thé glacé
 21645563, C12

1²⁵

POWERADE SPORTS DRINK
 selected varieties
 710 mL boisson désaltérante
 20853721, EA/21340145, EA

4

COCA-COLA MINI CAN SOFT DRINKS
 selected varieties
 6x222 mL boisson gazeuse
 20354288002, C06

3

OIKOS PRO YOGURT
 selected varieties
 300 mL yogurt
 21632096, EA

3⁵⁰

OIKOS or ACTIVIA EXPERT YOGURT
 selected varieties
 4x100 g yogurt
 20419715004, EA/21687900, EA

3⁵⁰

DANONE DANINO YOGURT
 selected varieties
 6x93 mL yogurt
 21530250, EA

10

ADVIL PAIN RELIEF CAPSULES 20-32's, **TABLETS** 30-50's or **CHILDREN'S ADVIL FEVER AND PAIN RELIEF** 100 mL, 20 tablets or **PEDIATRIC DROPS FOR INFANTS** 24 mL
 selected varieties
 analgésiques en capsules ou comprimés ou produits de soulagement de la fièvre pour enfants ou gouttes pour tout-petits
 20314698001, EA/21372442, EA

16

CENTRUM MULTIVITAMIN 90's, VOLTAREN BACK & MUSCLE PAIN 120 g or **JOINT PAIN** 100 g
 selected varieties
 multivitamines ou analgésique
 21111046, EA/21235884, EA

13

NEOCITRAN COUGH COLD RELIEF PRODUCT
 selected varieties, 10's single dose pouches produit pour le soulagement de la toux et du rhume
 20324424001, EA

9⁵⁰

PEDIASURE COMPLETE
 selected varieties
 4x235 mL supplément nutritif
 21571922, EA

76⁹⁹

SIMILAC 360 TOTAL CARE READY TO FEED INFANT FORMULA
 step 1 or 2
 16x235 mL préparation pour nourrissons
 21702882, C16

34⁹⁹

SIMILAC CALCIUM, IRON or REGULAR INFANT FORMULA
 850 g préparation pour nourrissons
 20755571002, EA

1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

3⁵⁰



CREST PRO-HEALTH or COMPLETE TOOTHPASTE
selected varieties
100-130 mL
dentifrice
21041420, EA/21354024, EA



\$6

COLGATE TOOTHPASTE
70-133 mL, 2x120/150 mL, or
MANUAL TOOTHBRUSH 2's
selected varieties
dentifrice ou brosse à dents
20110327002, EA/21166650, EA



\$11

AVEENO LOTION
selected varieties
532 mL
lotion
20102023001, EA/20102023003, EA



\$5

DOVE BAR SOAP 3x106 g,
BODY WASH 325 mL,
DEODORANT 45-76 g or
HAIR CARE 142-198 g/195-355 mL
selected varieties
pain de savon ou nettoyant pour le corps
ou déodorant ou soins capillaires
21220717, EA/21644833, EA

7⁵⁰

IVORY BODY WASH PUMP
selected varieties
1035 mL
nettoyant pour le corps
21432577, EA/21432666, EA



\$3

SPEED STICK or LADY SPEED STICK DEODORANT
selected varieties
45-85 g
déodorant
20348223001, EA/20847071, EA



\$18

POISE PADS or DEPENDS UNDERWEAR
selected varieties and sizes
12 -66's
serviettes ou sous-vêtements
21099790, EA/21302103, EA



3²⁵

HERBAL ESSENCES HAIR CARE
selected varieties
346 mL
soins capillaires
21247098, EA/21247099, EA



9⁵⁰

TYLENOL CHILDREN'S or INFANTS' PAIN RELIEF PRODUCTS
selected sizes and varieties
6-20's/24-100 mL
produits de soulagement de la douleur
20329139001, EA



\$12



ENSURE or GLUCERNA READY TO DRINK SHAKES
selected varieties and sizes
boissons frappées prêtes à boire
20180283003, EA/20304767001, C06

ALWAYS \$5

LIFE BRAND LIQUID HAND SOAP REFILL
selected varieties
2 L
recharge de savon liquide
pour les mains
213357613003, EA
213357613004, EA



BABY ESSENTIALS AT LOW PRICES



27⁹⁹



HUGGIES
SUPER BIG PACK DIAPERS N-7, 36-128's
selected varieties
couches
21172500 EA/21371074 EA



4⁵⁰



GERBER INFANT CEREAL
selected varieties
227 g
céréales pour bébé
2035839006 EA/20574110001 EA

44⁹⁹



KENDAMIL
INFANT FORMULA
800 g
céréales pour bébé
21699547 EA



11⁵⁰

AVEENO 532 mL,
CETAPHIL 400 mL or
LIVE CLEAN 750 mL
BABY NEEDS
selected varieties
produits pour bébé
20956985 EA/21014772 EA

34⁹⁷



ENFAGROW A+ INFANT
NUTRITIONAL SUPPLEMENT
selected varieties
907 g
supplément nutritif
21694898 EA

9⁵⁰



PEDIASURE COMPLETE
selected varieties
4x235 mL
suppléments
21371922 EA

26⁹⁷



PAMPERS EASY UPS or
NINJAMA'S TRAINING PANTS
selected varieties
34-74's
culottes d'entraînement
21089401 EA/21089456 EA

7⁹⁹



HUGGIES 2x/3x
BABY WIPES
selected varieties
112-192's
lingettes pour bébé
20558604 EA/21086933 EA

1⁹⁹



BABY GOURMET ORGANIC FRUIT or
VEGETABLE FOOD POUCH or **JARS**
selected varieties
113-128 mL
sachets ou pots de fruits ou légumes biologiques
20616541001 EA/21123983 EA

4⁵⁰



AMARA ORGANIC INFANT
SMOOTHIE MELTS
23 g
fondants de smoothie biologiques pour bébés
21426267 EA/21703352 EA

2⁹⁹



BABY MUM MUM ORGANIC or
HOT KIDS SNACKS
selected varieties
50-70 g
collations pour enfants
21291768 EA

4²⁷



Q-TIPS COTTON SWABS
500's
cotons-tiges
20323077001 EA



恭賀新禧

.98
LB

JUMBO CARROTS
product of China
carottes
2.16/kg
20851084001_KG



1.98
LB

3.88

1 KG PKG



GARLIC
product of China
ail
21238843001_EA

BABY BOK CHOY, SHANGHAI BOK CHOY, YU CHOY, GAI LONG, BABY NAPA CABBAGE
product of Mexico or U.S.A. or
GINGER ROOT product of China
pak-choi ou brocoli chinois ou chou cantonnais ou
petit chou nappa ou racine de gingembre
4.37/kg
20082279001_KG/20003604001_KG

4.88
LB

GUAVA
product of Taiwan
goyave
10.76/kg
20162500001_KG



3.88
LB

UTILITY DUCK
frozen
canard
8.55/kg
20143586_KG

3.28



KJ DUMPLINGS
selected varieties, frozen
380 g
boulettes
21359084_EA

5.48
LB

PORK BELLY PORTIONS
fresh
portions de poitrine
de porc
12.08/kg
21614914_KG



12.88



T&T® SLICED BEEF PLATE ROLLS
340 g
rouleaux de bœuf tranché
21570476_EA

1.28



NONGSHIM SNACKS
selected varieties
45-75 g
collations
20138370_EA

2.88



HI-CHEW CANDY
selected varieties
90/100 g
friandises
21380659_EA

4.98



M.Y. SAN SKY FLAKES CRACKERS
800 g
craquelins
21176798_EA

3.88



NONGSHIM NOODLES
selected varieties
4's
nouilles
21504161_EA

2.88



KIKKOMAN STIR-FRY SAUCE
285 mL or
SOY SAUCE
148 mL
selected varieties
sauce à sauté
ou sauce soya
20038844_EA/20043711_EA

.88



KOSA RICE FLOUR or KOSA GLUTINOUS RICE FLOUR
400 g
farine de riz ou
farine de riz gluant
21412730_EA

.88



MEGA SARDINES
selected varieties
155 g
sardines
20774942_EA

6.88



SHAOMEI DESSERT BAR
selected varieties, frozen
280 mL
barre dessert
21309979_EA/21451403_EA

5.48



LYSOL DISINFECTING WIPES
75/84's, SPRAY 350 g or
MULTI-PURPOSE TRIGGER 950 mL
selected varieties
lingettes ou vaporisateur désinfectant
20314511001_EA/21444926_EA

12.48



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

19.88



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

AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 01 NFO

RAMADAN KAREEM

رمضان كريم

4.99

DEGLET NOUR PITTED DATES or **ORGANIC PITTED DATES** product of Tunisia or **HONEY PITTED DATES** product of Iran
dattes
21562279001 EA/20772841 EA



795 G

340 G



340 G

340 G

1.99
LB

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



1.29
LB

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



\$15

BYBLOS BAKLAVA
725 g
baklava
21708090 EA

\$8

SUFRA® HALAL CHICKEN THIGHS
up to 840 g
hauts de cuisses de poulet halal
21430680 EA



14.99

ZABIHA HALAL WINGS or **BREADED CHICKEN BREAST FILLET**
selected varieties, frozen
908 g
ailes ou filet de poitrine de poulet pané halal
20503453 EA/21306301 EA



11.48

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



9.99

WAGH BAKRI PREMIUM TEA
907 g
thé
20375231 EA



.39

MAGGI MASALA NOODLES
selected varieties
70 g
nouilles masala
20802664 EA



6.99

TAMAM TAHINI
907 g
tahini
21217267 EA



2.99

CLIC DRY BEANS or **LENTILS**
selected varieties
907 g
lentilles ou haricots secs
20312131 EA/20312891 EA



10.99

ASEEL VEGETABLE GHEE 2 kg or **KRITI GOLD EXTRA VIRGIN OLIVE OIL** 750 mL
ghee végétal ou huile d'olive extra vierge
20572876 EA/20607119 EA



2.29

SURAJ DAHI YOGURT
selected varieties
750 g
yogourt dahi
20959052 EA



8.99

PRANA PLAIN PARATHA
selected varieties, frozen
2.4 kg
paratha nature
21172364 EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 03 NFO

HAPPY HOLI!

होली की शुभकामनाएं



10⁹⁹

AASHIRVAAD WHOLE WHEAT FLOUR

9.07 kg
farine de blé entier
21339688 EA



3⁹⁹



SURAJ[®] DRY BEANS or LENTILS

selected varieties
1.8 kg
lentilles ou haricots secs
20558757 EA/20558758 EA

1²⁵



HALDIRAM'S INDIAN SNACKS

selected varieties
150/160 g
collations indiennes
20314667007 EA

5⁹⁹



BRAR'S SAMOSA

selected varieties, frozen
624 g
samosas
21000033 EA

\$2



RUBICON JUICE

selected varieties
4x200 mL
Bjus
20325890001 EA

HAPPY HOLI!

होली की शुभकामनाएं



1.99
LB

LONG EGGPLANT
product of Mexico, Honduras or Dominican Republic
4.39/kg
aubergine longue
20159013001_KG



.99

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



3.99

CRISPY CAKE RUSK
original
550 g
petits gâteaux
21700202_EA



3.49

CRISPY ROTI
selected varieties
15's
roti
21195607_EA

5.99



SHER BESAN CHANA FLOUR
original
550 g
petits gâteaux
21700202_EA

4.49



TRE STELLE PANEER
300 g
paneer
21664545_EA

3.99



SURAJ® GARLIC AND GARLIC PASTE
selected varieties
750 g
pâte de gingembre et ail
21088388_EA/21088480_EA

1.29



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

7.99



MOTHER'S MAGIC or NOOR BASMATI RICE
4.54 kg
riz basmati
20056100_EA/21590432_EA

12.99



BRAR'S DESI GHEE
800 g
ghee
20869886_EA

5.99



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

1.50



KURKURE SNACKS
selected varieties
115 g
collations
20659742_EA

1.49



SHANA VEGETABLES
selected varieties, frozen
300 g
légumes
20723978_EA



Express™

**Online grocery
pickup & delivery**

MORE SPEED, LESS FEES.

Get groceries delivered to your door in as little as **2 hours*** with lower delivery fees.

SHOP DELIVERY



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.

MORE WAYS TO SAVE



**NEW
LOWER
PRICES**

Enjoy these price drops for longer.



**RAIN
CHECK**
+ pts

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



ALWAYS

Count on low everyday prices.



**FRESH
GUARANTEE**

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

The  **NOFRILLS**® thing to do.

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

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

ONLINE MKT