



**FEBRUARY**

**HIT  
OF THE  
MONTH**



**Made in Canada**

**Cavendish Fries**

Frozen, selected varieties, 800 g  
21559837\_EA



**Royale Tiger Towel**

3=6 rolls  
21484702\_EA



**Prepared in Canada**

**Vachon Snack Cakes**

Selected varieties, 282 g - 336 g  
20963606\_EA/20005728\_EA

See in-store for retails

**LOWEST PRICES  
BEST DEALS**

As compared to other major grocery retailers within your local trade areas. Offer valid February 1st - 28th, 2026 while quantities last. We reserve the right to limit quantities to reasonable family requirements. See in store for limits. No rainchecks.

ONE NEW FLAP 1

# FRESH AT LOW PRICES

**3<sup>99</sup>**

**BLACKBERRIES**  
product of Mexico or U.S.A., or  
**RASPBERRIES**  
product of Mexico or U.S.A.,  
no. 1 grade  
20051015001 SA

**6 OZ CLAMSHELL**

**1 LB CLAMSHELL**

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

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

**2<sup>99</sup>**  
LB

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

**5<sup>99</sup>**

**10 LB BAG**  
**RED or RUSSET POTATOES**  
product of Canada, Canada no. 1 grade  
20061015001 SA/20061017001 SA

**PKG OF 3**

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

**FARMER'S MARKET™ ENGLISH CUCUMBERS**  
product of Canada, Canada no. 1 grade or  
**ROMAINE HEARTS**  
product of U.S.A.  
20067289001 SA/20028461001 SA



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

**5<sup>99</sup>**

**3 LB BAG**

**600 G**

**FARMER'S MARKET™ KIWI**  
product of Greece or **LEMONS** product of U.S.A.  
21179167001 SA/20179817001 SA

**1<sup>99</sup>**

**RED MANGO**  
product of Peru  
20050220001 SA

**3<sup>99</sup>**

**PKG OF 4**

**GREEN or RED PEPPERS**  
product of Mexico  
20112220001 SA/20112200001 SA

**5<sup>99</sup>**

**907 G**

**681 G**

**FARMER'S MARKET™ GRAPE TOMATOES**  
or **PC® VARIETY TOMATOES**  
product of Canada or Mexico  
20040228001 SA/200404001 SA

**2<sup>49</sup>**  
LB

**BARTLETT PEARS**  
product of U.S.A., extra fancy grade  
5.49/kg  
20172500001 KG

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

**CANTALOUPE** product of Guatemala, Honduras, or Brazil, no. 1 grade or  
**PINEAPPLE** product of Costa Rica  
20047617001 SA/20146990001 SA

**2<sup>99</sup>**  
LB

**YELLOW PEACHES or NECTARINES**  
product of Chile, no. 1 grade  
6.59/kg  
20071620001 KG/20070204001 KG

**.79**

**KIWI**  
product of Greece  
each  
20173020001 SA

**5<sup>99</sup>**

**PKG OF 11**

**FARMER'S MARKET™ MINI CUCUMBERS**  
product of Western Provinces, Canada no. 1 grade  
21070470001 SA

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

**ASPARAGUS**  
product of Mexico or Peru,  
no. 1 grade  
11.00/kg  
201743001 KG

**6<sup>99</sup>**

**COSMIC CRISP**

**5 LB BAG**

**COSMIC CRISP APPLES**  
product of U.S.A., extra fancy grade or  
**FARMER'S MARKET™ AMBROSIA**  
**APPLES** product of Canada, Canada fancy grade  
21042188001 SA/20042040001 SA

**6<sup>99</sup>**

**3 LB BAG**

**PC® MANDARINS**  
product of U.S.A.  
20040410001 SA

**2<sup>99</sup>**

**3 LB BAG**

**2 LB BAG**

**FARMER'S MARKET™ CARROTS or YELLOW ONIONS**  
product of Canada or U.S.A., no. 1 grade  
2004057001 SA/20041100001 SA

**3<sup>99</sup>**

**454 G**

**680 G**

**PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES**  
product of Canada, Canada no. 1 grade or  
**PC® WHOLE WHITE or CREMINI MUSHROOMS** product of Canada  
2104701001 SA/20041072 SA

**PRICE DROP**

**.99**  
LB

**GREEN CABBAGE**  
product of Canada,  
Canada no. 1 grade  
2.18/kg  
201702001 KG

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

**GREEN ONIONS**  
product of Mexico  
2010700001 SA

**\$5**

**2.5 LB**

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

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

# FRESH AT LOW PRICES

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

**\$19**



**BEEF STIR FRY STRIPS**  
27.56/kg  
20127070 EA

**CLUB SIZE**

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

**PC® BLUE MENU® CHICKEN BREASTS**  
boneless, skinless, 4's  
21406270 EA



**SPLIT CHICKEN WINGS**  
fresh  
11.00/kg  
20761916 EA

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

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



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

**MARCANGELO SAUSAGE, BREAKFAST SAUSAGE or PATTIES**  
selected varieties, frozen  
1.2/1.4 kg  
20794499 EA

**\$3**



**SCHNEIDERS LUNCHMATE LUNCH KITS - STACKERS**  
selected varieties  
73-120 g  
21310624 EA

**\$13**

**NO NAME® CHICKEN WINGS**  
selected varieties, frozen, 908 g  
21042307 EA



**\$8**



**PC® ATLANTIC SALMON BURGER**  
500 g  
21455014 EA

**\$3**



**SOYGENIC TOFU**  
selected varieties  
230-500g  
21024574 EA

**\$7**



**SEAQUEST® FISH FILLETS**  
selected varieties, frozen  
400 g  
21214742 EA

**\$7**



**SEAQUEST® COLOSSAL RAW WHITE SHRIMP**  
16-20 per lb, 300 g, BAY SCALLOPS 400 g or SHRIMP RING 237 g  
selected varieties, frozen  
21042307 EA

**\$6**



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

**\$7**



**PC® FETA CHEESE 400 g or BALDERSON DELI CHEESE 250/280 g**  
selected varieties  
20213492 EA/21047443 EA

**\$5**



**OLIVIERI FRESH FILLED TWIN PACK PASTA**  
450-500 g, SKILLET GNOCCHI 280/300 g, or FRESH SAUCE 300 mL  
selected varieties  
21022061 EA/20212112 EA

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



**NO NAME® BAGELS - ENGLISH MUFFINS**  
selected varieties  
8's  
21212147 EA/21212119 EA

**\$3**



**COUNTRY HARVEST BREAD 400 g or BAGELS 6's**  
selected varieties  
21072475 EA/21072443 EA

**\$5**



**FARMER'S MARKET® BUTTER CROISSANTS 240-236 g or LOAF CAKES 344-390 g**  
selected varieties  
20202021 EA/20770142 EA

**\$6**



**MAPLE LEAF NATURAL SELECTIONS SLICED DELI MEAT**  
selected varieties  
150/175 g  
2000702 EA/2000703 EA



**\$11**



**MAPLE LEAF NATURAL SELECTIONS SLICED DELI MEAT**  
selected varieties, family size  
370/450 g  
20770173 EA

# BRANDS YOU LOVE AT LOW PRICES

PRICE DROP

8<sup>99</sup>

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



ONLY

6<sup>50</sup>

**ACTIVIA YOGURT** 12x100 g or  
**SAPUTO**  
**MOZZARELLISSIMA** 500 g  
selected varieties  
20608924 EA/20739341003 EA

ONLY

\$6

**LACTANTIA**  
**PUR FILTRE** or  
**LACTOSE FREE MILK**  
selected varieties  
2 L  
20301822001 EA/21404994 EA



ONLY

\$1

**OLD EL PASO SEASONING**  
selected varieties  
24 g  
21040495 EA



ONLY

7<sup>44</sup>

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



\$5

**CHAPMAN'S**  
**YUKON NOVELTIES** 5-8" or  
**SUPER PREMIUM ICE CREAM** 500 mL  
selected varieties, frozen  
21031147 EA/2103283 EA



3<sup>33</sup>

**GREEN GIANT VEGETABLES**  
selected varieties, frozen  
263-750 g  
21002385 EA



1<sup>25</sup>

**TINA'S BURRITO**  
selected varieties, frozen  
113 g  
21430787 EA



6<sup>50</sup>

**LIBERTÉ or SIGGI'S YOGURT**  
selected varieties  
850/750 g  
2040271 EA/2103091 EA



6<sup>99</sup>

**IMPERIAL MARGARINE**  
selected varieties  
1.28 L / 340 g  
20404975 EA



\$2

**CHEEZ-IT CRACKERS**  
selected varieties  
191/200 g  
21140496 EA



\$3

**LAY'S POTATO CHIPS**  
selected varieties  
177/235 g  
21041902 EA/21040601 EA



PRICE DROP

1<sup>69</sup>

**ITALPASTA**  
selected varieties  
750 g  
2070641001 EA/2070641002 EA



3<sup>25</sup>

**ALLEN'S CRANBERRY COCKTAIL, or**  
**DEL MONTE ON ICE REFRESHER**  
1.89 L  
21130894 EA/21070261 EA



3<sup>25</sup>

**REAL CANADIAN SPRING WATER**  
24x300 mL  
20104975 EA



\$1

**NO NAME® TUNA** 170 g or **LEGUMES** 540 mL  
selected varieties  
20211448 EA/20214091 EA



2<sup>67</sup>

**KELLOGG'S RICE KRISPIES** 154-198 g  
**POP TARTS** 384 g  
**SPECIAL K NUTRI-GRAIN** 295 g or **BARs**  
selected varieties  
2010340701 EA/21100111 EA



\$5

**PC® INSTANT COFFEE**  
selected varieties  
80/100 g  
21404936 EA



\$5

**POST FAMILY SIZE CEREAL**  
selected varieties  
525-650 g  
21140432 EA/21070201 EA



6<sup>99</sup>

**ROYALE BATHROOM TISSUE** 15-30 rolls  
or **TIGER TOWEL** 3/4-6 rolls  
selected varieties  
21040701 EA/21070201 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.



See product website  
and consumer-recycling  
app



# App exclusive offers

More offers  
More points

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

CLICK FOR  
THESE COUPONS  
AND MORE



 Optimum™



Earn  
**500**  
pts

Until March - 4 - 2026

**PC® INSTANT COFFEE**  
80 - 100 g

 Optimum™



Save  
**\$2**  
with digital  
coupon

**NESCAFÉ  
RICH INSTANT COFFEE**  
excludes 95 g

 Optimum™



Earn  
**1,000**  
pts

Until March - 4 - 2026

**PC® CHOCOLATE BARS**  
300 g

 Optimum™



Earn  
**2,000**  
pts

Until March - 4 - 2026

**PC® BASQUE CHEESECAKE**  
600 g

 Optimum™



Earn  
**500**  
pts

Until March - 4 - 2026

**PC® COLESLAW**  
397 g

 Optimum™



Earn  
**1,000**  
pts

Until March - 4 - 2026

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

 Optimum™



Earn  
**750**  
pts

Until March - 4 - 2026

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

 Optimum™



Earn  
**750**  
pts

Until March - 4 - 2026

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

 Optimum™



Earn  
**1,500**  
pts

Until March - 4 - 2026

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

 Optimum™



Earn  
**1,000**  
pts

Until March - 4 - 2026

**PC® BABY WIPES**  
300's

 Optimum™



Earn  
**500**  
pts

Until March - 4 - 2026

**NO NAME®  
CHICKEN STRIPS**  
908 g

 Optimum™



Earn  
**500**  
pts

Until March - 4 - 2026

**NO NAME®  
CHICKEN NUGGETS**  
908 g

 Optimum™



Earn  
**2,000**  
pts

Until March - 4 - 2026

**PC® MEAT LASAGNA**  
2.27 kg

# More offers. More points.

CLICK FOR  
THESE COUPONS  
AND MORE



 Optimum™



Earn  
**500**  
pts

Until March - 4 - 2026

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

 Optimum™



Earn  
**500**  
pts

Until March - 4 - 2026

**NO NAME® BUTTER**  
454 g

 Optimum™



Earn  
**500**  
pts

Until March - 4 - 2026

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

 Optimum™



Earn  
**500**  
pts

Until March - 4 - 2026

**NO NAME® SPICES**  
150 g

 Optimum™



Earn  
**1,000**  
pts

Until March - 4 - 2026

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

 Optimum™



Earn  
**500**  
pts

Until March - 4 - 2026

**NO NAME® CHICKEN BURGER**  
908 g

 Optimum™



Earn  
**500**  
pts

Until March - 4 - 2026

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

 Optimum™



Earn  
**2,000**  
pts

Until March - 4 - 2026

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

 Optimum™



Earn  
**500**  
pts

Until March - 4 - 2026

**NO NAME® LEMONADE**  
1.75 L

 Optimum™



Earn  
**1,500**  
pts

Until March - 4 - 2026

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

 Optimum™



Earn  
**1,000**  
pts

Until March - 4 - 2026

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

 Optimum™



Earn  
**1,500**  
pts

Until March - 4 - 2026

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

# BRANDS YOU LOVE AT LOW PRICES

**\$3**



**YOPLAIT SOURCE** 630 g  
**TUBES** 8% MINIGO 0% or  
**PROTEIN** 4% YOGURT  
selected varieties  
2129131801, SA/21547593, SA



**4.79**



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

**3.50**



**PC® ICE CREAM SHOP**  
**ICE CREAM** 946 mL or  
**NOVELTIES** 0%  
selected varieties, frozen  
21013143, SA



**\$4**

**CRAVE DINNER ENTRÉES** 200-340 g  
or **KRAFT DELUXE**  
**MAC & CHEESE** 340 g  
selected varieties, frozen  
21063113, SA

**6.99**



**STARBUCKS**  
**COFFEE ENHANCER**  
selected varieties  
828 mL  
2143M713, SA

**\$8**



**STOK or STARBUCKS**  
**COLD BREW COFFEE**  
selected varieties  
1.42 L  
21360739, SA/21013330, SA

**3.50**



**OLD DUTCH POTATO** 235 g or **TORTILLA** 275/290 g  
**CHIPS** or **HUMPTY DUMPTY SNACKS** 250-290 g  
selected varieties  
21367346, SA/21443100, SA

**Optimum®**

**\$3.25**

**KOOL-AID JAMMERS**  
10x180 mL or  
**MIO, CRYSTAL**  
**LIGHT or KOOL-AID**  
**LIQUID WATER**  
**ENHANCERS**  
48 mL/24-56 g  
20060440, SA  
20060441, SA

**1,000 pts**

**Earn**

**\$1 value**

**Optimum®**

**\$5.50**

**GENERAL MILLS**  
**FAMILY SIZE CEREAL**  
selected varieties  
475-578 g  
21104495, SA/21104496, SA

**1,000 pts**

**Earn**

**\$1 value**

**1.33**

**NO NAME® VEGETABLES**  
selected varieties  
341/398 mL  
20204411, SA/20204412, SA

**\$4**

**COCA-COLA or PEPSI** SOFT DRINKS  
selected varieties  
4x175 mL  
20204400, SA/20204401, SA

**2.50**

**DARE CRACKERS**  
selected varieties  
132-223 g  
21120844, SA/21120851, SA

**PRICE DROP**

**1.69**

**CHEF BOYARDEE**  
**PASTA**  
selected varieties  
418/425 g  
2021200001, SA

**2.69**

**TIM HORTONS**  
**SOUP** 340 mL or **CHILI** 425 g  
selected varieties  
21207022, SA

**\$2**

**UNICO PASTA**  
**SAUCE**  
selected varieties  
480 mL  
20204407, SA/20204408, SA

**2.49**

**FRENCH'S**  
**MUSTARD**  
selected varieties  
225/400 mL  
20060400, SA/20060401, SA

**2.29**

**NO NAME®**  
**OLIVES**  
selected varieties  
375 mL  
20204417, SA

**3.50**

**NO NAME®**  
**PICKLES**  
selected varieties  
1 L  
20204418, SA

**2.79**

**BEN'S ORIGINAL**  
**BISTRO EXPRESS RICE**  
selected varieties  
240/250 g  
21040401, SA/21040402, SA

# BRANDS YOU LOVE AT LOW PRICES

**\$3**

**NO NAME® CREAM CHEESE**  
selected varieties  
227/250 g  
2030810001, EA



**4.50**

**POGO**  
Frozen  
4's  
20110332001, EA

**\$4**

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



**\$5**

**PC® ASIAN ENTRÉES**  
or **SOUPS**  
selected varieties, frozen  
280-400 g  
21363849, 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  
3096474, EA/21403314, EA

**3.35**

**NO NAME® APPLE**  
or **ORANGE JUICE**  
selected varieties, refrigerated  
1.75 L  
21463448, EA/21047141, EA



**2.75**

**PC® CROUTONS** 140 g or  
**SALAD DRESSING** 475 mL  
selected varieties  
206348801, EA/2079424803, EA



**\$6**

Earn  
**1,000**  
pts

That's  
**\$1**  
value



**QUAKER BAKING MIXES** or **OAT FLOUR**  
selected varieties  
700-900 g  
2030704001, EA/2030704003, EA

**\$3**

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



**5.50**

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



**7.99**

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



**1.75**

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



**10.99**

**PC® ROAST & GROUND COFFEE**  
selected varieties  
340 g  
21380179, EA



**11.50**

**PC® 100% PURE MAPLE SYRUP** 500 mL  
or **BILLY BEE HONEY** 1 kg  
selected varieties  
20649121, EA/20734306, EA



**\$3**

**NO NAME® PANCAKE MIX** 905 g  
or **TABLE SYRUP** 750 mL  
20366005, EA/20320441, EA



**7.50**

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



Earn  
**3,000**  
pts

For every \$7\* spent

That's  
**\$3**  
value



**Optimum™**

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

# BRANDS YOU LOVE AT LOW PRICES

6<sup>50</sup>

**SOFTSOAP LIQUID  
HAND SOAP REFILL**  
selected varieties  
1.27 L  
21147194 SA



UP TO 40%  
OFF

**JAMIESON VITAMINS  
AND SUPPLEMENTS**  
selected varieties and sizes  
20964309 SA/20303216001 SA



\$5



3<sup>50</sup>

**TIDE PODS** 16's, **DOWNY FABRIC SOFTENER** 0.78/1.31 L,  
**PURIFYING RINSE** 473 ml or **SCENT BOOSTERS** 141/150 g,  
**BOUNCE DRYER SHEETS** 40/80's, **CASCADE AUTO  
DISHWASHER TABS** 10-15's or **RINSE AID** 473 ml  
21547771 SA

**NO NAME® BLEACH**  
selected varieties  
2.4 L  
21446522 SA

3<sup>97</sup>



**LYSOL MULTI SURFACE CLEANER** 1.2 L,  
**BATHROOM SPRAY** 950 ml or **BATHROOM AEROSOL** 538 g  
selected varieties  
20309673002 SA/21231223 SA

4<sup>29</sup>



**PINE-SOL ALL PURPOSE CLEANER**  
selected varieties  
1.41 L  
20296679001 SA/20296679002 SA

1<sup>79</sup>



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

\$20



**CASCADE AUTO DISHWASHER TABS**  
selected varieties  
51-90's  
21012172 SA/2114545 SA

11<sup>50</sup>



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

**NEW  
LOWER  
PRICES**

**\$5**

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

**NATURAL BAKERY  
RYE BREAD**

500 g  
20670349 SA



**CHAPMAN'S  
FROZEN YOGURT or  
SORBET**

selected varieties, frozen  
2 L  
20314434001 SA/20329120001 SA



**\$5**

**SCHNEIDERS  
BOLOGNA**

selected varieties  
500 g  
20029136 SA

**\$5**

**BURNBRAE NESTLAID EGGS**

12's  
20816073001 SA



**\$8**

**CLIF BAR 5 PK**

selected varieties  
340 g  
21044784 SA/21044843 SA



**\$4**

**TWININGS TEA or HERBAL TEA**

selected varieties  
20's  
20300740001 SA



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

**MINUTE MAID ZERO SUGAR  
BEVERAGES or FUZE ICED TEA**

selected varieties, refrigerated  
1.54/1.75 L  
21434119 SA/21432207 SA



**\$2**

**BEN'S ORIGINAL  
RICE CUPS**

selected varieties  
62/68 g  
21408463 SA/21408713 SA



**\$4**

**HEALTHY CHOICE DINNER ENTRÉES**

selected varieties, frozen  
269-306 g  
21406247 SA



**\$2**

**SNACK PACK  
PUDDING**

selected varieties  
4x99 g  
20216707001 SA



**\$5**

**ACTIVIA YOGURT**

selected varieties  
8x93 mL  
21108439 SA



**\$8**

**EXTRA LEAN  
GROUND BEEF**

fresh  
430 g  
21475393 SA



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

**MCCAIN PIZZA POCKETS**

selected varieties, frozen  
540/600 g  
21047933 SA



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

**SMUCKER'S UNCRUSTABLES**

selected varieties, frozen  
4's  
21340037 SA



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

**LILYDALE  
SLICED  
DELI MEAT**

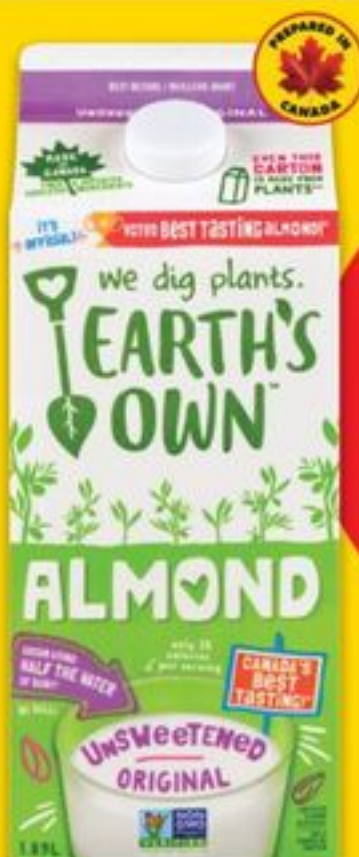
selected varieties  
400/500 g  
21475436 SA



**NEW  
LOWER  
PRICES**

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

**SCHNEIDERS  
BREAKFAST SANDWICH  
or EGG BITES**  
selected varieties, frozen  
204-288 g  
21623187 EA/21623288 EA



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

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

**\$5**

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



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

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

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

**PC® FROZEN FRUIT**  
selected varieties  
300-600 g  
20312207 EA



**\$5**

**MARS CHOCOLATE BAG**  
selected varieties  
155-170 g  
21571767 EA/21571768 EA



**\$3**

**TWIZZLERS CANDY PACK  
JOLLY RANCHER ROPE** 311-454 g or  
selected varieties 352 g  
20022386 EA



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

**SAMYANG  
NOODLES**  
selected varieties  
400-450 g  
21400881 EA



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

**MUSAFIR PANEER BURGERS  
BUTTER CHICKEN BITES** 480 g or  
selected varieties 357 g  
21700818 EA/21700819 EA



**\$5**

**PAM COOKING OIL SPRAY**  
selected varieties  
143/170 g  
2017004601 EA



**\$6**

**NESTLÉ CARNATION  
HOT CHOCOLATE MIX**  
selected varieties  
400-450 g  
21400881 EA



**\$12**

**IAMS DRY CAT FOOD**  
selected varieties  
1.36/1.39 kg  
21027522 EA



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

**NO NAME®  
DISINFECTANT WIPES**  
selected varieties  
77's  
21360760 EA



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

**LIPTON - KNORR  
SOUP MIX**  
selected varieties  
40-143 g  
2039714801 EA/2039714802 EA



**\$7**

**PC® BATHROOM TISSUE 12x24 ROLLS  
or FACIAL TISSUE 6x12x SHEETS**  
20190282 EA/21400718 EA



# NATURAL FOODS AT LOW PRICES

**22<sup>99</sup>**

**VEGA PROTEIN AND GREENS DRINK MIX**  
selected varieties  
510-526 g  
20830386001 EA



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

**GT'S KOMBUCHA**  
selected varieties  
480 mL  
20374106 EA/20906034001 EA



**5<sup>29</sup>**

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



**\$4**

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

**\$3**

**SENSIBLE PORTIONS VEGGIE STRAWS or CHIPS**  
selected varieties  
120-142 g  
20377266001 EA/21380091 EA



**\$13**

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



**\$5**

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



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

**EARTH'S OWN BARISTA OAT LIGI**  
945 mL or  
VITA COCO COCONUT WATER 1 L  
selected varieties  
20329922 EA/21443365 EA



**\$5**

**MADE GOOD CRUNCHY COOKIES, GRANOLA BITES or OAT CUPS**  
selected varieties  
175-200 g  
21579230 EA/21678889 EA



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

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



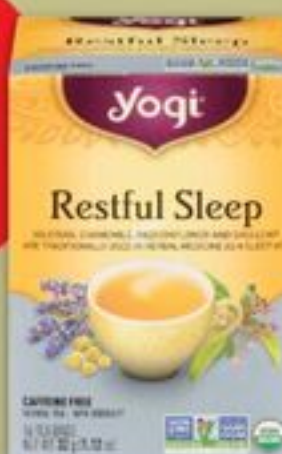
**\$7**

**LITTLE NORTHERN BAKEHOUSE GLUTEN-FREE BREAD**  
selected varieties, frozen  
320-567 g  
21100057 EA



**\$6**

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



**6<sup>99</sup>**

**NATURE'S BAKERY FIG BAR**  
selected varieties  
270/340 g  
21549605 EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFW NV

# BIG EASTER DEALS!

3<sup>50</sup>



**CADBURY CRÈME EGGS** 3%,  
**LINDOR EGGS** 3%,  
**PEEPS MARSHMALLOWS** 85 g  
31481296, 3A

6<sup>50</sup>



**CADBURY MINI EGGS** 154-200 g,  
**NESTLÉ POUCHES** or  
**NOVELTIES** 85-153 g  
selected varieties  
20073462, 3A

6<sup>50</sup>



**KINDER BAGGED  
CHOCOLATE** 104-184 g or  
**CARNBY SWEET MILK  
CHOCOLATE BUNNY** 350 g  
selected varieties  
20231450, 3A/31483295, 3A

\$8



**LINDT GOLD BUNNY**  
selected varieties  
5 1/2/100 g  
20046002, 3A



**Express™**

**Online grocery  
pickup & delivery**

# SHOP ONLINE, GET IT DELIVERED.

Get **\$15 in PC Optimum™ points** on each of your first 5 eligible online grocery orders\*. Use code **TRYNF**

That's up to **\$75** in points!

**SHOP NOW**



No Frills® delivery is available at select stores.

Visit [nofrills.ca](http://nofrills.ca) or use the **PC Express** app to see if delivery is available in your area.

# GET FLYER TO YOUR EMAIL.

## STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

## STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)\*



\*Standard message and data rates may apply.

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

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

ONL NF PCX

**no name™ mobile**



**& get 50% off  
a SIM card**



**find us at the checkout lanes**

**exclusively at**  **NOFRILLS®**

Subject to change. Conditions apply. Visit [nonamemobile.ca](http://nonamemobile.ca) for full details.

## **MORE WAYS TO SAVE**



Enjoy these price drops for longer.



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



Count on low everyday prices.



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

**The**  **NOFRILLS®** **thing to do.**

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

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

ONL NFW MKT