



PRICE CUT
EVENT

ONLY

4⁷⁷

**ARMSTRONG or
PC® SHREDDED CHEESE**
250-320 g or **ARMSTRONG
CHEESE** 400 g
selected varieties
fromage râpé ou barre de fromage
21386240 EA/21346749 EA



SAVE 28%

2⁵⁰

**LAY'S
POTATO CHIPS**
selected varieties
177-235 g
croustilles
21247032 EA/21663082 EA



ONLY

3⁴⁷

**DR. OETKER
RISTORANTE or
CASA DI MAMA
PIZZA**
selected varieties, frozen
320-410 g
pizzas
202294100001 EA/202294424001 EA



PRICE DROP

8⁹⁹

**JANES BONELESS
CHICKEN BITES 710 g,
CHICKEN BREAST
FILLETS 720 g, or
RESTAURANT STYLE
TENDERS 710 g**
selected varieties, frozen
bouchées de poulet ou filets ou
tendres de poulet
21440240 EA/21703408 EA



NOFRILLS®

**PRICE CUT
EVENT**

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

SAVE 39%

3.49
LB

**IQF FROZEN SPLIT
CHICKEN WINGS**
selected varieties
7.69/kg
11737211 SA

WHILE QUANTITIES LAST



SAVE 50%

3.99
LB

PORK BACK RIBS
carnegie package, 2's
value de deux de pain
8.80/kg
11737211 SA

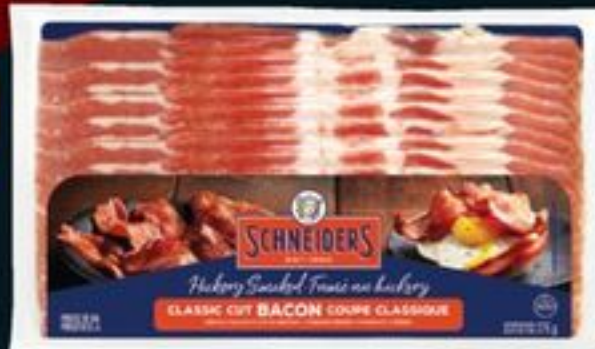
WHILE QUANTITIES LAST



SAVE 33%

\$4

SCHNEIDERS or
MAPLE LEAF BACON
selected varieties
45-575 g
11737211 SA



SAVE 50%

3.99

**HELUYA GOOD!
FRENCH ONION DIP**
480 g
11737211 SA

ONLY

4.97

**KRAFT
PEANUT BUTTER**
selected varieties
750 g/1 kg
11737211 SA



SAVE 44%

3.88

**MELONA FROZEN
DESSERT BARS**
selected varieties
560 mL
11737211 SA



App exclusive offer

Optimum®



Member Price
.99
Non-Member
\$1.99
1

CANTALOUPE
product of Guatemala, or Honduras, no. 1 grade
cantaloup
11737211 SA

PRICE DROP

1.75

**HOLIDAY
LUNCHEON
MEAT**
340 g
11737211 SA



SAVE UP TO 37%

\$1

**ALLEN'S FRUIT
COCKTAIL 1 L or
POWERADE
SPORT DRINKS 710 mL**
selected varieties
11737211 SA



SAVE 33%

1.97
LB

**RED or GREEN
SEEDLESS GRAPES**
product of Peru, South Africa, or Chile, no. 1 grade
selected varieties, product of U.S.A., 290-383 g
11737211 SA



SAVE 25%

2.99

**10 LB
BAG**

**FARMERS MARKET™
YELLOW ONIONS**
product of Canada
Canada no. 1 grade
selected varieties, product of U.S.A., 290-383 g
11737211 SA



SAVE 38%

7.99

70 LOADS

148 LOADS

**TIDE SIMPLY LIQUID LAUNDRY
DETERGENT 2.72 L, FLEECY FABRIC SOFTENER
3.5 L or DRYER SHEETS 200's, selected varieties**
11737211 SA



SAVE UP TO 29%

12.99

**MR. GOUDAS PARBOILED or
WHITE RICE 8 kg or TILDA BASMATI RICE 4.54 kg**
11737211 SA



SAVE 33%

3.99

**EAT SMART™ or
TAYLOR FARMS SALADS**
selected varieties, product of U.S.A., 290-383 g
11737211 SA



LAST CHANCE TO

**SAVE BIG
WITH FEWER STAMPS**

JANUARY 29 - FEBRUARY 11



COLLECT & SAVE! BIG

Supplies
are
limited!

Double Redem
40 20
stamps

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

Offer available for redemption in-store and online at participating Loblaws banner stores until February 11, 2026. 20 digital or paper or a mix of both stamps must be presented to cashier at time of ovenware purchase. Stamps have no cash value and are non-transferrable. Ovenware selection and/or quantities may diminish as completed cards are redeemed. All sales are final. Ovenware is under warranty for 2 years from date of purchase. For full warranty information including warranty exclusions, product replacement process, FAQ's and complete offer details, visit pcogitium.ca/collectandsave.

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.

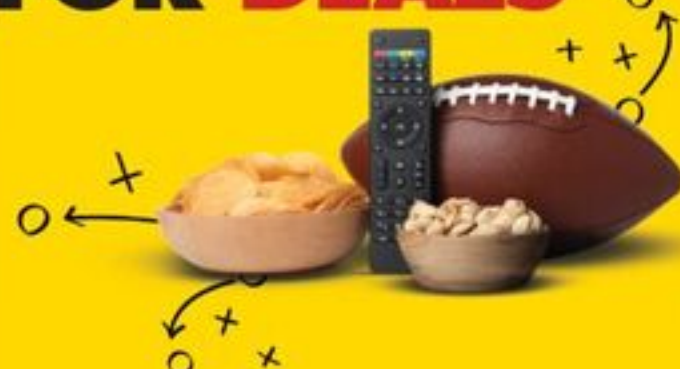
(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)

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.

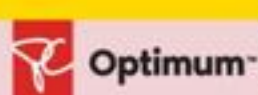
nofrills.ca

01 NFO

HUDDLE UP FOR DEALS



**App
exclusive offer**



\$3

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

PC® DIPS 227 g or
PC® NAAN DIPPER 200 g
selected varieties
trappettes ou pains Naan
20584212 EA/21092033 EA

SAVE 39%

4⁵⁰



BOURSIN CHEESE
selected varieties
150/220 g
fromage
20114754 EA/20391219 EA

SAVE UP TO 37%

\$5



PILLER'S PEPPERONI or KOLBASSA
selected varieties
175-375 g
pepperoni ou kolbassa
20042333 EA/20308449 EA

SAVE UP TO 46%

\$4



SAPUTO CHEESE 125-200 g
MASTRO CHARCUTERIE
100-150 g or
SAN DANIELE PROSCIUTTO 100 g
selected varieties
fromage ou salami ou prosciutto
20572975 EA/20381660 EA/20381737 EA

SAVE UP TO 26%

5⁵⁰



SEAQUEST® COOKED or RAW SHRIMP 36/55 per lb 300 g
or **SMALL SCALLOPS** 400 g
frozen
crevettes ou pétoncles
21558527 EA/21626332 EA

FRESH AT LOW PRICES

3⁹⁹
EA/LB

6 OZ CLAMSHELL

CHERRIES 8.80/kg, product of Chile, no. 1 grade or **BLUEBERRIES** each, product of Mexico or Morocco, no. 1 grade
cerises ou bleuets
20131690001, KG/20133465001, SA

2⁹⁹
EA/LB

6 OZ CLAMSHELL

BLACKBERRIES each, product of Mexico, or U.S.A., or **YELLOW PEACHES** or **NECTARINES** 6.59/kg, product of Chile, no. 1 grade
mûres ou pêches jaunes ou nectarines
20031610001, SA/20131742001, KG/20032644001, KG

10 LB BAG

3⁹⁹

RED, YELLOW or RUSSET POTATOES product of Canada, Canada no. 1 grade or **AVOCADOS** product of Mexico
pommes de terre ou avocats
20601013001, SA/20601030001, SA/21644936001, SA

PKG OF 5

2⁴⁹

BROCCOLI CROWNS product of Mexico, or U.S.A.
couronnes de brocoli
21121560001, SA

FRESH GUARANTEE

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

3⁹⁹



PKG OF 6

FARMER'S MARKET™ MINI CUCUMBERS product of Ontario, Canada no. 1 grade
mini-courcoubes
20131736001, SA

2⁹⁹

283 G

3 LB BAG

FARMER'S MARKET™ GRAPE TOMATOES product of Canada, U.S.A. or Mexico or **CARROTS** product of Canada, Canada no. 1 grade
grappes de tomates rouges
2060079001, SA

3⁹⁹

PKG OF 2

5 LB BAG

ROMAINE HEARTS product of U.S.A., **BEETS** product of Canada, Canada no. 1 grade or **FARMER'S MARKET™ SWEET POTATOES** product of Canada
salades de coeur de romaine
20131731001, SA/20131731001, SA/20600736001, SA

4⁴⁹

PKG OF 4

CAULIFLOWER product of U.S.A. or Mexico, no. 1 grade, or **RED or GREEN PEPPERS** product of Mexico or U.S.A.
choux-fleur
20132079001, SA/20132079001, SA/2013208001, SA

2⁴⁹

POMEGRANATES product of Egypt or Israel
grenades
20131736001, SA

3⁹⁹

325 G

ASPARAGUS product of Peru or Mexico, no. 1 grade or **PC® LITTLE GEMS™ YELLOW, RED or MIXED MINI POTATOES** product of Canada, Canada no. 1 grade
asperges ou mini-pommes de terre
20131736001, SA/20131736001, SA

1²⁹

RED MANGO product of Peru
mangue rouge
20131736001, SA

3⁹⁹

2 LB BAG

6 OZ CLAMSHELL

RASPBERRIES product of Mexico or U.S.A., no. 1 grade, **PINEAPPLE** product of Costa Rica or **FARMER'S MARKET™ LEMONS** product of U.S.A.
framboises
20132079001, SA/20132079001, SA/2013208001, SA

.99⁹⁹
LB



GREEN CABBAGE product of Canada, Canada no. 1 grade
chou-rave
20131736001, KG

1⁹⁹
LB

BARTLETT PEARS product of U.S.A., extra fancy grade or 4.25/kg
poires
20131736001, KG

7⁹⁹

PC® WONDERFUL NO SHELLS ROASTED PISTACHIOS selected varieties, product of U.S.A.
155/179 g
no shells
20131736001, SA/20131736001, SA

\$10

NO NAME® PEANUTS product of U.S.A.
arachides
20131736001, SA

4⁹⁹

4 LB BAG

600 G

FARMER'S MARKET™ AMBROSIA or ROYAL GALA APPLES product of Ontario, Canada fancy grade or **KIWIS** product of New Zealand
pommes de terre
20131736001, SA/20131736001, SA/20131736001, SA

2⁴⁹
EA/LB

227 G

ROMA TOMATOES 1.49/kg, product of Canada or Mexico, no. 1 grade or **PC® WHOLE or SLICED, CREMINE or WHITE MUSHROOMS** each, product of Ontario
champignons blancs ou cremini entiers ou tranchés ou blancs
20131736001, SA/20131736001, SA/20131736001, SA

4⁹⁹

3 LB BAG

FARMER'S MARKET™ ORANGES product of Mexico or Spain
orange
20131736001, SA

6⁹⁹

4 LB BAG

FARMER'S MARKET™ MANDARINS product of Mexico or Spain
mandarines
20131736001, SA

PRICE DROP

2⁵⁰

BUNCH DILL product of U.S.A. or Mexico
herbes fraîches
20131736001, SA

\$4

380 G

GREEN BEANS product of Mexico or U.S.A.
haricots verts
20131736001, SA

\$2⁰⁰
LB

RED DELICIOUS APPLES product of Canada, Canada fancy grade
pommes
2.41/kg
20131736001, KG



*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

\$15

**PC® AIR CHILLED
or SUFRA® HALAL
WHOLE CHICKEN**
up to 1.7 kg
poulet entier
21543456, SA/21636475, EA



\$7_{LB}

**LEAN GROUND BEEF
AND PORK**
bœuf et porc hachés maigres
15.43/kg
20641188, KG

HALAL



\$4_{LB}

**CLUB
SIZE**

LEAN GROUND PORK
club size, fresh
porc haché
8.82/kg
20352851, KG



**CLUB
SIZE**

**BUTCHER'S CHOICE®
SAUSAGE**
selected varieties, 1.1 kg
saucisses
21563790, EA

ALWAYS

\$10

\$6

SCHNEIDERS JUICY JUMBOS™
selected varieties
373/450 g
saucissons
20100411, EA



8⁹⁹

PC® SPRING ROLLS
selected varieties, frozen
374 g
rouleaux de printemps
2049940, EA



10⁹⁹

SCHNEIDERS DIPS 330 g
SCHNITZEL 450 g, or **CHICKEN MEATBALLS** 700 g
selected varieties, frozen
tranchées ou boulettes de poulet
2101448, SA/21770441, EA



\$4

Earn
1,000
pts

That's
\$1
value



**SNACK FACTORY
PRETZEL CRISPS**
selected varieties, 200 g
biscuits
2040940, EA

\$10_{LB}

**CANADIAN
STEELHEAD
TROUT FILLET**
frozen
filets de truite steelhead
22.05/kg
2049940, KG



3⁵⁰

SMOKED STEELHEAD SALMON 50 g
SEAQUEST® FLAVOURED POLLOCK 227 g,
WHITE SHRIMP raw, 51/70 per lb, or cooked, 61/70 per lb, 160 g, or
YELLOWFIN TUNA STEAKS 92 g
steaks en filet de thon ou gobeys ou crevettes blanches ou steaks de thon allumés
2077040, SA/21770441, EA



\$7

PILLER'S PEPPERONI™ or TURKEY BITES
selected varieties, 300-500 g
pepperoni ou bouchées de dinde
2107040, SA/21070441, EA



\$6

PC® CHEESE BLOCKS 320 g or
HENRI WILLIG GOUDA 200 g
selected varieties
fromage
2077040, SA/2104000, EA



\$3

ZIGGY'S® FRESH PASTA 350/340 g
or **SALADS** 454 g
selected varieties
pâtes ou salades fraîches
2007040, SA/21070441, EA



3⁵⁰

NO NAME® ORIGINAL GARLIC TOAST 438 g or
SUNMAID CINNAMON RAISIN BREAD 430 g
toast à l'ail ou pain cannelle et raisins
20163475, SA/2163475, EA



2⁵⁰

WONDER BREAD 675 g
or **BUNS** 8's
selected varieties
pain ou petits pains
2053475, SA/2053475, EA



\$6

**FARMER'S MARKET®
COOKIES**
selected varieties
12's
biscuits
2034075, SA/2034075, EA



HUDDLE UP FOR DEALS

SAVE 31%

1.89

COCA-COLA SOFT DRINKS
selected varieties
2 L
boissons gazeuses
2014/01/01 à 2014/03/31



ONLY

1.50

MICHELINA'S DINNER ENTRÉES
selected varieties, frozen
237-284 g
plats cuisinés
11/04/14 à 14/03/14



SAVE UP TO 34%

2.50

STAGG CHILI 425 g or
MONTANA'S SOUP 340 mL
selected varieties
chili au sauge
soupe
10/01/14 à 11/03/14



ONLY

4.50

TROPICANA ORANGE JUICE, PURE LEAF TEA, TROPICS™ DRINKS
selected varieties, not specified
1.26-1.75 L
jus d'orange ou thé au lait
01/07/13 à 03/14/14



ONLY

\$4

TOSTITOS TORTILLA CHIPS
205-295 g or **SMARTFOOD POPCORN**
130-230 g
selected varieties
craquelins de tortilla ou maïs soufflé
01/01/14 à 11/03/14

4.50

LACTANTIA PURIFILTRE MILK
selected varieties
2 L
lait
11/01/14 à 14/03/14



4.99

HÄAGEN-DAZS ICE CREAM 420 mL or
NOVELTIES 2 L, selected varieties, frozen
11/01/14 à 14/03/14



2.75

GREEN GIANT VEGETABLES
selected varieties, frozen
383-730 g
légumes
11/01/14 à 14/03/14



\$9

PATTY KING JAMAICAN-STYLE BEEF PATTIES
selected varieties, frozen, 1.17 kg
01/01/14 à 14/03/14



\$3

ASTRO™ iÖGO YOGURT 450/750 g
PILLSBURY REFRIGERATED DOUGH
selected varieties
produit au pain réfrigéré
01/01/14 à 14/03/14



11.99

PEPSI SOFT DRINKS
selected varieties
24x333 mL
boissons gazeuses
01/01/14 à 14/03/14



2.50

CHRISTIE CRACKERS
selected varieties
175-200 g
craquelins
01/01/14 à 14/03/14



3.99

PHILADELPHIA CREAM CHEESE PRODUCT
selected varieties
227/220 g
produit de fromagerie à la crème
01/01/14 à 14/03/14



\$4

OCEAN SPRAY CRANBERRY COCKTAIL or
MOTT'S CLAMATO
selected varieties
1.89 L
cocktail de cranberries ou
sauce
01/01/14 à 14/03/14



5.75

PC® BLUE MENU® SPARKLING WATER
selected varieties, 12x333 mL
eau pétillante
01/01/14 à 14/03/14



3.99

KRAFT CHEEZ WHIZ
selected varieties
450 g
produit de fromagerie liquide
01/01/14 à 14/03/14



2.50

PRINGLES POTATO CRISPS
selected varieties
140/134 g
craquelins
01/01/14 à 14/03/14



2.99

FRANK'S RED HOT™ THICK SAUCE
selected varieties
254 mL
sauce piquante
01/01/14 à 14/03/14



\$5

NESTLE CARNATION HOT CHOCOLATE MIX 175/230 g or **LYNCH HOT APPLE CIDER MIX** 10x23 g
selected varieties
mélange à chocolat chaud ou mélange à cidre de pomme
01/01/14 à 14/03/14



3.50

GENERAL MILLS CEREAL
selected varieties
200-420 g
céréales
01/01/14 à 14/03/14



2.67

KELLOGG'S RICE KRISPIES 134/199 g
POP TARTS 304 g, **SPECIAL K** 120 g or
NUTRI-GRAIN 245 g BARS
selected varieties
01/01/14 à 14/03/14



Earn
7,500
pts
For every \$25*
spent

That's
\$7.50
value



Optimum™
PEPSICO SOFT DRINKS, FRITO LAY SNACKS, RUFFLES, BUBLY, TOSTITOS or QUAKER CRISPY MINIS
all items and varieties
boissons gazeuses ou grignoleries
craquelins (RUFFLES) ou
craquelins (QUAKER CRISPY MINIS)
01/01/14 à 14/03/14

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.

NOFRILLS

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

nofrills.ca



Be proud to recycle and conserve natural paper



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.

JANUARY 29 - FEBRUARY 11

LAST CHANCE TO

SAVE BIG
WITH *FEWER
STAMPS*

Supplies
are
limited!



Double Redemption

~~40~~ 20 =
stamps

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

COLLECT
& *SAVE!*
BIG

Offer available for redemption in-store and online at participating Loblaw banner stores until February 11, 2026. 20 digital or paper or a mix of both stamps must be presented to cashier at time of ovenware purchase. Stamps have no cash value and are non-transferrable. Ovenware selection and/or quantities may diminish as completed cards are redeemed. All sales are final. Ovenware is under warranty for 2 years from date of purchase. For full warranty information including warranty exclusions, product replacement process, FAQ's and complete offer details, visit pcoptimum.ca/collectandsave.

App exclusive offers

More offers
More points

Members
get over

\$25

in value

CLICK FOR
THESE COUPONS
AND MORE



PC® INSTANT COFFEE
80 - 100 g
café instantané

Earn
500
pts

Valid February - 4 - 2020



NESCAFÉ RICH INSTANT COFFEE
excludes 95 g
café instantané

Earn
\$2

with digital coupon



PC® CHOCOLATE BARS
300 g
chocolat au lait

Earn
1,000
pts

Valid February - 4 - 2020



PC® BASQUE CHEESECAKE
400 g
gâteau au fromage

Earn
2,000
pts

with digital coupon



PC® COLESLAW
297 g
salade de chou

Earn
500
pts

Valid February - 4 - 2020



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

Earn
1,000
pts

Valid February - 4 - 2020



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

Earn
750
pts

Valid February - 4 - 2020



PC® LOW SODIUM CLUB SODA
12 x 355 mL
soda

Earn
750
pts

Valid February - 4 - 2020



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

Earn
1,500
pts

Valid February - 4 - 2020



PC® BABY WIPES
300's
lingettes bébé

Earn
1,000
pts

Valid February - 4 - 2020



NO NAME® CHICKEN STRIPS
908 g
lanières de poulet

Earn
500
pts

Valid February - 4 - 2020



NO NAME® CHICKEN NUGGETS
908 g
pépites de poulet

Earn
500
pts

Valid February - 4 - 2020



PC® MEAT LASAGNA
2.27 kg
lasagne

Earn
2,000
pts

Valid February - 4 - 2020

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



NO NAME® CHOCOLATE CHIP COOKIES
907 g
biscuits chocolatés

Earn
500
pts

Until February 4, 2026



NO NAME® BUTTER
454 g
beurre salé

Earn
500
pts

Until February 4, 2026



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

Earn
500
pts

Until February 4, 2026



NO NAME® SPICES
150 g
épices

Earn
500
pts

Until February 4, 2026



NO NAME® CHICKEN HOT DOGS
1.5 kg
saucisses fumées

Earn
1,000
pts

Until February 4, 2026



NO NAME® CHICKEN BURGER
908 g
burger au poulet

Earn
500
pts

Until February 4, 2026



NO NAME® CALIFORNIA MIXED VEGETABLES
750 g
mélange de légumes

Earn
500
pts

Until February 4, 2026



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

Earn
2,000
pts

Until February 4, 2026



NO NAME® LEMONADE
1.75 L
limonade

Earn
500
pts

Until February 4, 2026



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

Earn
1,500
pts

Until February 4, 2026



NO NAME® KITCHEN GARBAGE BAGS
21 L
sacs poubelle

Earn
1,000
pts

Until February 4, 2026



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

Earn
1,500
pts

Until February 4, 2026

BRANDS YOU LOVE AT LOW PRICES

\$5

**NO NAME®
STIRRED YOGURT**
selected varieties, 12x100 g
yogourt
2066337/4001, 5A



6⁹⁹

**IMPERIAL
MARGARINE**
selected varieties, 1.28/1.36 kg
margarine
20064812, 5A

\$5

MCCAIN Cakes
selected varieties, frozen
510 g
gâteaux
20310123002, 5A



5⁵⁰

TAST!EZ
selected varieties, frozen
311 g
bouchées
21491571, 5A

3⁵⁰

NEILSON CREAM
selected varieties, 473 mL/1 L
crème
10110001, 5A



7⁵⁰

**DEL MONTE
JUICE BLENDS**
selected varieties, refrigerated
2.5 L
jus
2110001, 5A



8⁹⁹

FRITO-LAY VARIETY PACK CHIPS
selected varieties, 10 g
chips
1110001, 5A



3⁷⁹

PC® BLUE MENU® BEANS - LENTILS
selected varieties, 900 g
beans or lentils
1110001, 5A



\$4

PC® 100% JUICE BOXES
selected varieties, 10x200 mL
boîtes de jus
2110001, 5A



\$1

SPARKLING ICE 500 mL or
PC® FREE AND CLEAR SPARKLING WATER 1 L
selected varieties
sans gaz
2110001, 5A



1⁵⁰

**BUSH'S BEST
BAKED BEANS**
selected varieties
284 mL
beans
2110001, 5A



1⁷⁵

DARE VEGGIE CRISPS CRACKER CHIPS
selected varieties, 100 g
crisps
2110001, 5A



Optimum™

Member Price
\$3²⁵

Non-Members
\$4

RIO MARE TUNA SALAD BOWLS
selected varieties, 180 g
boîtes de salade de thon
2011001, 5A

RIO MARE
Insalattissime
Tuna Tuna
CORN-MADE
VEGETARIAN

.75

4⁵⁰

OREO CAKESTERS
selected varieties
214 g
cookies
2110001, 5A

Chips Ahoy!
selected varieties
214 g
cookies
2110001, 5A

1⁷⁵

**AYLMER ACCENTS
TOMATOES**
selected varieties
284 mL
tomatoes
2110001, 5A

AYLMER
Accents
Catalan
Tomatoes
284 mL

2⁵⁰

LA MOLISANA STRAINED TOMATOES - PASTA
selected varieties
400 g
sauce de tomates ou pâtes
2110001, 5A

La Molisana
Strained Tomatoes
400 g

\$4

TACO BELL CREAMY SAUCE 354 mL or
DINNER KIT 360-430 g
selected varieties
sauce crémeuse ou ensemble de repas
2110001, 5A

TACO BELL
Creamy Sauce
354 mL

12⁹⁹

PC® SPLENDIDO® OLIVE OIL
selected varieties
1 L
huile d'olive
2110001, 5A

PC®
Splendido®
Olive Oil
1 L

\$3

**DIANA - BULL'S-EYE
BBQ SAUCE**
selected varieties
450-500 mL
sauce BBQ
2110001, 5A

DIANA
Bull's-Eye
BBQ Sauce
450-500 mL

1⁷⁹

KRAFT DINNER 136/177 g or
KRAFT SALAD PASTA 300 g
selected varieties
macaroni ou fromage ou salade de pâtes
2110001, 5A

KRAFT
Dinner
136/177 g

Earn
2,000
pts
For every \$10*
spent

That's
\$2
value



**BLUE DRAGON
PRODUCTS**
all sizes and varieties
produits
20712986, 5A/20901432, 5A



BRANDS YOU LOVE AT LOW PRICES

3⁵⁰



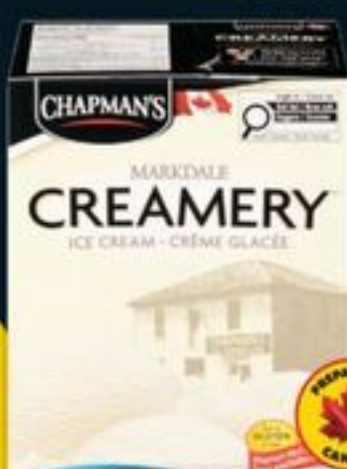
NO NAME® COTTAGE CHEESE
selected varieties
500 g
fromage cottage
20183991002, EA



6²⁵

NEILSON TRUTASTE MILK LACTOSE FREE 2 L or **PROTEIN MILK** 1.89 L
selected varieties
lait sans lactose ou avec protéines
20188003001, EA/21554243, EA

4⁵⁰



CHAPMAN'S COLLECTION 8's, **LOLLY NOVELTIES** 28's or **ORIGINAL ICE CREAM** 2 L
selected varieties, frozen
friandises glacées ou crème glacée
20313364001, EA/20333757001, EA



\$9

HIGH LINER PAN-SEAR or **BATTERED FISH FILLETS**
selected varieties, frozen
425-600 g
filets de poisson
20845016, EA

\$9



PC® BLACK LABEL PIZZA
selected varieties, frozen
370-420 g
pizza
21337403, EA

6⁵⁰



SIGGI'S 630/750 g or **IÖGO** 16x100 g **YOGURT**
selected varieties
yaourt
2066778001, EA/21333074, EA

App exclusive offer

Optimum™

\$5⁵⁰



Earn
1,000
pts

\$1

AMOOZAI TWISTS CHEESE SNACKS 270 g or **BLACK DIAMOND CHEESE SNACKS** 180/252 g
selected varieties
snacks
21403314, EA/20864476, EA

4⁵⁰



PC® THE DECADENT® COOKIE
selected varieties
280/300 g
biscuits
20612207, EA/20612202, EA

2⁵⁰



NO NAME® MARSHMALLOWS
selected varieties
400 g
guimauves
2056672801, EA/2056672802, EA

7⁹⁹



NESCAFÉ GOLD 90-100 g or **SWEET & CREAMY INSTANT COFFEE** 144-251 g
selected varieties
café instantané
21074463, EA/21100271, EA

15⁹⁷



MAXWELL HOUSE ROAST AND GROUND COFFEE 631-900 g or **PODS** 30's
selected varieties
café torréfié et moulu ou capsules
21308070, EA/21308081, EA

8⁹⁹



TWININGS TEA
selected varieties
20's
boîtes
20866148001, EA/21111076, EA

\$4



QUAKER CEREAL 310-500 g or **HARVEST CRUNCH** 400-510 g
selected varieties
céréales
21082500, EA/2110904, EA

5⁵⁰



SMUCKER'S JAM, MARMALADE or JELLY
selected varieties
310/500 mL
confitures ou marmelade ou gelée
2030842001, EA/2030842004, EA

\$3



NATURE VALLEY GRANOLA BARS, MOTT'S or BETTY CROCKER FRUIT SNACKS
selected varieties
170-230 g
barres granolées ou collations aux fruits
2003322006, EA/203184074001, EA

4⁵⁰



HERSHEY'S CHOCOLATE BAR MULTIPACK 4's or **POUCHES** 140-235 g
selected varieties
chocolat
2030370004, EA/20377404, EA

2⁷⁵



PC® TORTILLA CHIPS
selected varieties
320-330 g
croustilles de tortilla
20027188, EA

Earn
3,000
pts

For every \$10* spent

That's
\$3
value



Optimum™

HERSHEY'S VALENTINE'S CHOCOLATE or CANDY
selected varieties and sizes
chocolat ou friandises
2027584001, EA/21476120, EA

BRANDS YOU LOVE AT LOW PRICES



2.50

4.29

PALMOLIVE DISHWASHING LIQUID
selected varieties
591 mL
détergent liquide à vaisselle
21004368, EA/21004388, EA

PINE-SOL ALL PURPOSE CLEANER 1.41 L or
CLOROX CLEANING SPRAY
887/946 mL
selected varieties
nettoyant
20296679001, EA/21657792, EA

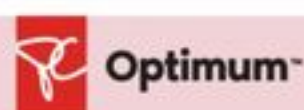


\$8

\$17

NO NAME® LAUNDRY DETERGENT 4.43 L
FABRIC SOFTENER 3.5 L
or **DRYER SHEETS** 200's
selected varieties
détergent ou assouplissant
21540283, EA

AIR WICK SCENTED OIL REFILL or KITS
selected varieties
5x20 mL
recharges d'huile parfumée ou trousseaux
21298211, EA/21428270, EA



Earn
10,000
pts
For every \$40* spent

That's
\$10
value

TIDE, GAIN, DOWNY, CHEER, BOUNCE or IVORY SNOW
all sizes and varieties
produits
21593670, EA/21593706, EA

PODIUM-WORTHY PRICES



RECIPE CPG

10⁹⁹



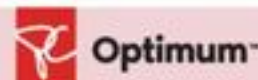
**MONTANA'S®
KELSEYS RIBS**
selected varieties, frozen, 600/600 g
14860
21448741 SA, 21447102 SA



17⁹⁹

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

MARS SNACKING



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

EXCEL GUM BOTTLE
selected varieties, 60/60's
gummi
2020019004 SA, 2020019002 SA



**SKITTLES® STARBURST
CANDY BAG**
selected varieties, 255-220 g
sac de friandises
980-6200 SA

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



MARS CHOCOLATE MULTIPACK
selected varieties, 4's
barres de chocolat
90119025 SA, 00606662 SA

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

reckitt

5⁴⁸

**LYSOL WIPES 75/84%
DISINFECTANT SPRAY 350 mL
MULTI-PURPOSE TRIGGER** 950 mL
selected varieties
lingettes au vaporisateur désinfectant au tout usage à gâchette
9014011500 SA, 0114000000 SA



\$4

**LYSOL MULTI SURFACE CLEANER 1.2 L,
BATHROOM SPRAY 950 mL or
BATHROOM AEROSOL 530/440 g**
selected varieties
nettoyant au vaporisateur ou aérosol pour salle de bains
91010110 SA, 9060670000 SA



\$14

**FINISH AUTO
DISHWASHER TABS**
30-55's or QUANTUM JET
DRY RINSE AID 1440 mL
selected varieties
cassétes de désinfectant pour
lave-vaisselle ou agent de rinçage
01101010 SA, 01100010 SA

PEPSICO

7⁵⁰

PEPSI SOFT DRINKS
selected varieties
12x355 mL
boissons gazeuses
2022004100 SA, 010



6²⁹

**BUBLY 12x355 mL or
MONTPELLIER 10x355 mL
SPARKLING WATER**
selected varieties
eau pétillante
21000732 SA, 21000737 SA, 010



2⁵⁰

**QUAKER CRISPY
MINIS**
selected varieties
30-55's or QUANTUM JET
mini galettes de riz
20010001 SA, 0010100000 SA



Nestlé

4⁹⁹



**NESTLÉ DRUMSTICK
NOVELTIES**
selected varieties, frozen
4-10's
friandises glacées à la crème glacée
2010100000 SA

McCain

3⁵⁰



**MCCAIN SUPER FRIES
SPECIALTY FRIES**
selected varieties, frozen
454-750 g
frites
2021010000 SA

Michelob ULTRA ZERO

\$12



**MICHELOB ULTRA ZERO
NON-ALCOHOLIC BEER**
6x355 mL
bière sans alcool
211000732 SA

Kellogg's

8⁵⁰



KELLOGG'S JUMBO CEREAL
selected varieties
700 g/1.65 kg
céréales
20010100 SA, 20010101 SA



6⁷⁹



2⁷⁵



LIBERTÉ GREEK 650/750 g or **YOPLAIT SOURCE YOGURT** 16x100 g
selected varieties
yogourt
20217217061 5A/20704041002 5A

YOPLAIT SOURCE 630 g, **TUBES** 8's, **MINIGO** 6's or **PROTEIN** 4's **YOGURT**
selected varieties
yogourt
215407595 5A/21619388 5A



Optimum™



\$9

Earn

500

pts

That's
\$.50
value

YOPLAIT YOP DRINKABLE YOGURT
15x93 mL
yogourt
21478178 5A/21478300 5A/21448873 5A



Optimum™



\$11

Earn

4,000

pts

When you buy 2

That's
\$4
value

ALWAYS LINERS 92-108 ea
or **PADS** 27-52 ea
selected varieties
protège-dessous ou serviettes
20963694 5A/20964379 5A

P&G



TAMPAX TAMPONS
22-36 ea
selected varieties
tampons
21020073 5A

LOW PRICES ARE IN THE AIR



\$12

**FERRERO ROCHER
HEART BOXED
CHOCOLATE**
16's
chocolats
20052252 EA



\$10

LINDT ROSE
120 g
roses
20130943 EA



\$5

LINDT LINDOR HEARTS 60 g
or **LINDT VALENTINES
HEART BAG** 103 g
cœurs au sac de cœurs de Saint-Valentin
20006403 EA



\$3

**KINDER SURPRISE VALENTINES
HEART T2 or LINDOR VALENTINE
HEART** 3pk
cœurs de Saint-Valentin
20718676 EA

1.50

**CARNABY SWEET
CINNAMON HEARTS**
130 g
cœurs à la cannelle
21060231 EA



\$9

**NESTLÉ KIT KAT -
SMARTIES CHOCOLATE**
selected varieties
30's
chocolat
21060231 EA



2.50

**CARNABY SWEET
LOLLIPOPS**
180 g
sugars
21060231 EA



4.50

**HERSHEY'S KISSES
VALENTINE'S POUCH or
HERSHEY'S EASTER POUCH**
selected varieties
161-340 g
sachets de Saint-Valentin ou de Pâques
21060231 EA/21060232 EA



4.50

KINDER HALLOW or JOLLY RANCHER JELLY HEARTS 230 g
chocolats crèmes au cœur
21060231 EA



6.25

**KINDER LOVE N MINI
VALENTINE'S CHOCOLATE
107 g, or REESE PEANUT
BUTTER HEARTS** 141 g
chocolat de Saint-Valentin ou cœur au beurre
d'arachide
21060231 EA



\$12

**LINDT ASSORTED MILK
CHOCOLATE HEART**
104 g
cœurs au chocolat au lait
21060231 EA



7.50

**REESE'S MINIATURES
HEARTS 145 g or JOLLY
RANCHER GUMMIES
HEARTS** 192 g
cœurs
2022704401 EA



SHOP HOME ESSENTIALS

\$10 & UNDER

\$6



**EVERYDAY ESSENTIALS™
6-PIECE STEAK
KNIFE SET**
20113389 SA



**PC® CERAMIC
COFFEE MUG**
blue, 415 mL
21317642 SA



**PC® FARMHOUSE
SPOON REST**
21331302 SA

\$7



**EVERYDAY ESSENTIALS™
4-SIDED GRATER**
21343405 SA



**PC® ARTISANAL
BERRY PINT**
21443203 SA



**EVERYDAY ESSENTIALS™
INSTANT-READ
THERMOMETER**
21318243 SA

\$8



**EVERYDAY ESSENTIALS™
LARGE PREP BOARD**
21122532 SA



**JOIE ORANGE
JUICER**
21179934 SA

\$9



**PC® 6-PIECE
MEASURING SPOON SET**
21343387 SA



**PC® PAPER TOWEL
HOLDER**
black
21344949 SA



**PC® SOFT GRIP
PIZZA WHEEL**
21190094 SA



**PC® ARTISANAL
BUTTER DISH**
21331525 SA

\$10



**EVERYDAY ESSENTIALS™
DUAL KNIFE SHARPENER**
20218999 SA



**EVERYDAY ESSENTIALS™
SPICE STORAGE TURNTABLE**
21161822 SA



**EVERYDAY ESSENTIALS™
LED TEALIGHTS**
12's
21415633 SA

BUDGETS LOVE YELLOW (So switch)

Your home of
no name®

\$5



NO NAME® NATURALLY IMPERFECT™ POTATOES
product of Canada, Canada no. 2 grade
pommes de terre
2014442001 EA

\$7



NO NAME® JAM or MARMALADE
selected varieties, 1 L
confiture ou marmelade
2017879 EA

4²⁹



NO NAME® PEANUT BUTTER
selected varieties, 1 kg
beurre d'arachide
2029695001 EA/2029695002 EA

2⁶⁹



NO NAME® SOUR CREAM
selected varieties, 500 mL
crème sure
2029657 EA

8⁷⁹



NO NAME® CHEESE BARS
selected varieties, 700 g
barres
2007373 EA

5²⁹



NO NAME® CHEESE SHREDS
selected varieties, 320 g
fromage râpé
2108275 EA

.25



NO NAME® INSTANT NOODLE SOUP
selected varieties, 55 g
soupe aux nouilles instantanée
200374001 EA

1⁶⁹



NO NAME® TOMATOES
selected varieties, 796 mL
tomates
2008937 EA

1⁵⁰



NO NAME® BEANS
selected varieties, 540 mL
legumineuses
20099001 EA

1⁵⁰



NO NAME® BROTH
selected varieties, 900 mL
bouillon
21189410 EA

3⁵⁰



NO NAME® PIZZA
selected varieties, frozen
295-411 g
pizza
21043401 EA

\$5



NO NAME® FISH
selected varieties, frozen
454 g
poisson grillé
2102257 EA

\$13



NO NAME® CHICKEN WINGS
frozen, 908 g
ailes de poulet
21043017 EA

App exclusive offer



Optimum™



\$6



6 LB BAG

NO NAME® NATURALLY IMPERFECT™ APPLES
product of Ontario
pommes
2068995001 EA

Earn
1,500
pts
That's \$1.50 value



\$6

4 LB BAG

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

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



\$3

NO NAME® 12 GRAIN or ANCIENT GRAIN BREAD
600 g
pain
21646723 EA/21646817 EA

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

*Open your PC Optimum™ app or visit pcoptimum.ca to get the offer.

no name®



Express™

**Online grocery
pickup & delivery**

SHOP ONLINE, GET IT DELIVERED.

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

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

SHOP NOW



No Frills® delivery is available at select stores.

Visit nofrills.ca or use the **PC Express** app to see if delivery is available in your area.

GET FLYER TO YOUR EMAIL.

STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*



*Standard message and data rates may apply.

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

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

ONL NF PCX

MORE WAYS TO SAVE



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.

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ONLINE MKT