

NO FRILLS[®] YES SAVINGS

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

SAVE UP TO 50%

1.75

BEATRICE or DAIRYLAND CHOCOLATE MILK
selected varieties
brand varies by region
946 mL
20799732 SA/21449812 EA



SAVE 42%

3.99 LB

PORK TENDERLOIN
fresh, cryovac package
8.80/kg
20120970 KO

WHILE QUANTITIES LAST

SAVE 27%

10.88



LEAN GROUND BEEF
grass fed, 2x450 g
21618300 EA

SAVE 40%

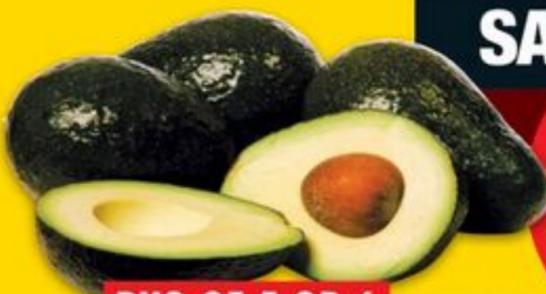
\$3

HEREFORD CORNED BEEF
240 g
20050622 EA



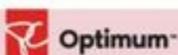
SAVE 30%

3.49



PKG OF 5 OR 6

AVOCADOS
product of Mexico
2164950001 EA



App exclusive offer

SAVE 21%

\$1.25

300 pts

KD ORIGINAL
200 g
21549526 EA



ONLY

\$9.88

2,000 pts

NO NAME[®] FLOUR
selected varieties
10 kg
20022248 EA/20306865 EA



ONLY

\$10



BUTCHER'S CHOICE[®] SAUSAGE
selected varieties, 1.1 kg
21360790 EA

ONLY

4.88



ARMSTRONG or PC[®] SHREDDED CHEESE 250-320 g or **ARMSTRONG CHEESE** 400 g
21288240 EA/21346797 EA

ONLY

2.97 LB



RED or GREEN SEEDLESS GRAPES
product of Peru, Chile or South Africa, no. 1 grade
6.55/kg
20423775001 KO/20131919901 KO

SAVE UP TO 31%

4.99



NESTLÉ DRUMSTICK or NOVELTIES 4-10's or **CONFECTIONARY FROZEN DESSERT** 1.5 L
selected varieties, frozen
2022380003 EA

ONLY

3.47



DR. OETKER RISTORANTE PIZZA
selected varieties, frozen, 320-410 g
20294100001 SA/20294428004 EA

ONLY

\$6



ALLEN'S DRINK BOXES or GATORADE SPORT DRINKS 6x291/6x253 mL
selected varieties
2000219802 COE/20040200 EA

ONLY

7.99



NO NAME[®] CANOLA OIL
3 L
20000000 EA

SAVE 47%

8.50



HIGH LINER PAN-SEAR or BATTERED FISH FILLETS
selected varieties, frozen, 425-600 g
20642014 EA

ONLY

3.33



ACTIVIA YOGURT
selected varieties
600 g
20020120001 EA/20020112000 EA



SURPRISE OFFER
4 days only!

Optimum[™] Thursday February 26 to Sunday March 1

You could get

30% or 20% or 10%
back in pts

Open the App
to get your offer!

Available for new and existing PC Optimum[™] members.

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

4.99

3.99



BLACKBERRIES
product of Mexico or U.S.A., or
RASPBERRIES
product of Mexico or U.S.A.,
no. 1 grade
20031515001 SA

6 OZ CLAMSHELL

1 LB CLAMSHELL



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

2.99
LB



BROCCOLI CROWNS
product of U.S.A. or Mexico
6.59/kg
20036141001 XG

5.99



10 LB BAG

RED or RUSSET POTATOES
product of Canada, Canada no. 1 grade
200401512001 SA/200401517001 SA



PKG OF 3

4.99

FARMER'S MARKET™ ENGLISH CUCUMBERS
product of Canada, Canada no. 1 grade or
ROMAINE HEARTS
product of U.S.A.
20047289001 SA/20028441001 SA



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

5.99

3 LB BAG



600 G

FARMER'S MARKET™ KIWIS
product of Greece or **LEMONS** product of U.S.A.
21129147001 SA/2079881001 SA

1.99



RED MANGO
product of Peru
2004022001 SA

3.99

PKG OF 4



GREEN or RED PEPPERS
product of Mexico
2011222001 SA/2011228001 SA

5.99

907 G



681 G

FARMER'S MARKET™ GRAPE TOMATOES
or **PC™ VARIETY TOMATOES**
product of Canada or Mexico
2004032801 SA/200404001 SA

2.49



BARTLETT PEARS
product of U.S.A., extra fancy grade
5.49/kg
201724001 XG

4.99



CANTALOUPE product of Guatemala, Honduras, or Brazil, no. 1 grade or
PINEAPPLE product of Costa Rica
20107517001 SA/20144990001 SA

2.99



YELLOW PEACHES or NECTARINES
product of Chile, no. 1 grade
6.59/kg
2017428001 XG/20100340001 XG

.79



KIWIS
product of Greece
each
2017428001 SA

5.99



PKG OF 11

FARMER'S MARKET™ MINI CUCUMBERS
product of Western Provinces, Canada no. 1 grade
2101047001 SA

4.99



ASPARAGUS
product of Mexico or Peru,
no. 1 grade
11.00/kg
2017428001 XG

6.99

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
2042118001 SA/20420340001 SA

6.99



3 LB BAG

PC™ MANDARINS
product of U.S.A.
2004911001 SA

2.99

3 LB BAG



2 LB BAG

FARMER'S MARKET™ CARROTS or YELLOW ONIONS
product of Canada or U.S.A., no. 1 grade
2004912001 SA/20041190001 SA

3.99

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/20141072 SA

PRICE DROP

.99



GREEN CABBAGE
product of Canada,
Canada no. 1 grade
2.18/kg
2017428001 XG

1.50



GREEN ONIONS
product of Mexico
2010750001 SA

\$5

2.5 LB



NO NAME™ NATURALLY IMPERFECT™ TOMATOES
product of Canada or Mexico
2104704001 SA

* 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

12⁵⁰
LB



BEEF STIR FRY STRIPS
27.56/kg
20127076 AD

\$19

PC[®] BLUE MENU[®] CHICKEN BREASTS
boneless, skinless, 4's
21406270 SA



CLUB SIZE

4⁹⁹
LB



SPLIT CHICKEN WINGS
fresh
11.00/kg
20761914 AD

4⁵⁰

LEAN GROUND PORK
fresh
450 g
21702787 SA



11⁹⁹

MARCANGELO SAUSAGE, BREAKFAST SAUSAGE or PATTIES
selected varieties, frozen
1.2/1.4 kg
20794979 SA

\$3



SCHNEIDERS LUNCHMATE LUNCH KITS - STACKERS
selected varieties
73/120 g
21310624 SA

\$13



NO NAME[®] CHICKEN WINGS
selected varieties, frozen, 908 g
21042007 SA

\$8



PC[®] ATLANTIC SALMON BURGER
500 g
21408144 SA

\$3



SOYGENIC TOFU
selected varieties
230-500g
2102474 SA

\$7



SEAQUEST[®] FISH FILLETS
selected varieties, frozen
400 g
21214747 SA

\$7



SEAQUEST[®] COLOSSAL RAW WHITE SHRIMP
16-20 per lb, 300 g, BAY SCALLOPS 400 g or SHRIMP RING 227 g
selected varieties, frozen
2104087 SA

\$6



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

\$7



PC[®] FETA CHEESE 400 g or **BALDERSON DELI CHEESE** 250/280 g
selected varieties
20213490 SA/21214483 SA

\$5



OLIVIERI FRESH FILLED TWIN PACK PASTA 450-500 g, **SKILLET GNOCCHI** 280/300 g, or **FRESH SAUCE** 300 mL
selected varieties
21022041 SA/20212110 SA

2²⁵



NO NAME[®] BAGELS - ENGLISH MUFFINS
selected varieties
8's
21212747 SA/21212719 SA

\$3



COUNTRY HARVEST BREAD 400 g or **BAGELS** 6's
selected varieties
21212747 SA/21212744 SA

\$5



FARMER'S MARKET[™] BUTTER CROISSANTS 240-236 g or **LOAF CAKES** 344-390 g
selected varieties
20202283 SA/20212740 SA

\$6



MAPLE LEAF NATURAL SELECTIONS SLICED DELI MEAT
selected varieties
120/177 g
20202283 SA/20212740 SA



\$11



MAPLE LEAF NATURAL SELECTIONS SLICED DELI MEAT
selected varieties, family size
370/450 g
20212741 SA

BRANDS YOU LOVE AT LOW PRICES

PRICE DROP

8⁹⁹



GALLO EXTRA VIRGIN OLIVE OIL
selected varieties
1 L
20102348 EA



ONLY

6⁵⁰

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

ONLY

\$6



LACTANTIA PUR FILTRÉ or LACTOSE FREE MILK
selected varieties
2 L
20301822001 EA/21424994 EA

ONLY

\$1



OLD EL PASO SEASONING
selected varieties
24 g
2104995 EA

ONLY

7⁴⁴



PC ORANGE JUICE
selected varieties, refrigerated
2.5 L
21031644 EA

\$5



CHAPMAN'S YUKON NOVELTIES 3-6% or
SUPER PREMIUM ICE CREAM 500 mL
selected varieties, frozen
2131147 EA/21012383 EA

3³³



GREEN GIANT VEGETABLES
selected varieties, frozen
263-750 g
21002383 EA

1²⁵



TINA'S BURRITO
selected varieties, frozen
113 g
2143787 EA

6⁵⁰



LIBERTÉ or SIGGI'S YOGURT
selected varieties
850-750 g
206071 EA/2103891 EA

6⁹⁹



IMPERIAL MARGARINE
selected varieties
1.28 L / 346 kg
2064973 EA

\$2



CHEEZ-IT CRACKERS
selected varieties
191/200 g
2114066 EA

\$3



LAY'S POTATO CHIPS
selected varieties
177-235 g
2044902 EA/2104861 EA

PRICE DROP

1⁶⁹



ITALPASTA
selected varieties
730 g
207043801 EA/207043802 EA

3²⁵



ALLEN'S CRANBERRY COCKTAIL, or DEL MONTE ON ICE REFRESHER
selected varieties
1.89 L
2128894 EA/21072041 EA

3²⁵



REAL CANADIAN SPRING WATER
24x300 mL
2010475 EA

\$1



NO NAME TUNA 170 g or **LEGUMES** 540 mL
selected varieties
20211448 EA/20342091 EA

2⁶⁷



KELLOGG'S RICE KRISPIES 154-198 g
POP TARTS 384 g, **SPECIAL K** 123 g or
NUTRI-GRAIN 292 g **BARS**
selected varieties
201264901 EA/2109011 EA

\$5



PC INSTANT COFFEE
selected varieties
85/100 g
2149934 EA

\$5



POST FAMILY SIZE CEREAL
selected varieties
323-450 g
2134403 EA/21072041 EA

6⁹⁹



ROYALE BATHROOM TISSUE 15-20 rolls
or **TIGER TOWEL** 2/3x4 rolls
selected varieties
21484702 EA/21072041 EA

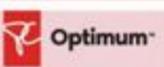
Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family 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.

App exclusive offers

More offers
More points

Members
get over
\$25
in value

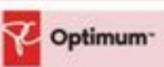
CLICK FOR
THESE COUPONS
AND MORE 





Earn **500** pts
Until March - 4 - 2026

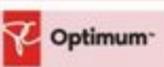
PC® INSTANT COFFEE
80 - 100 g





Save **\$2**
with digital coupon

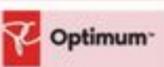
NESCAFÉ RICH INSTANT COFFEE
excludes 95 g





Earn **1,000** pts
Until March - 4 - 2026

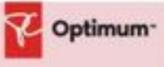
PC® CHOCOLATE BARS
300 g





Earn **2,000** pts
Until March - 4 - 2026

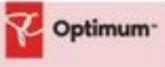
PC® BASQUE CHEESECAKE
600 g





Earn **500** pts
Until March - 4 - 2026

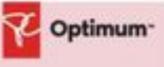
PC® COLESLAW
397 g





Earn **1,000** pts
Until March - 4 - 2026

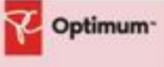
PC® GNOCCHI or RISOTTO
350/400 g





Earn **750** pts
Until March - 4 - 2026

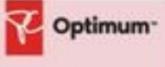
PC® BLUE MENU® CALAMANSI CITRUS AND STRAWBERRY SPARKLING WATER 12 x 355 mL





Earn **750** pts
Until March - 4 - 2026

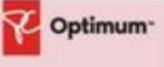
PC® LOW SODIUM CLUB SODA
12 x 355 mL





Earn **1,500** pts
Until March - 4 - 2026

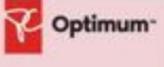
PC® RED BREW DE-ALCOHOLIZED LAGER BEER
12 x 355 mL





Earn **1,000** pts
Until March - 4 - 2026

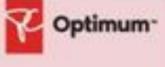
PC® BABY WIPES
300's





Earn **500** pts
Until March - 4 - 2026

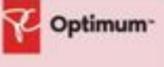
NO NAME® CHICKEN STRIPS
908 g





Earn **500** pts
Until March - 4 - 2026

NO NAME® CHICKEN NUGGETS
908 g





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 6% or
PROTEIN 4% YOGURT
selected varieties
2129131801 SA/2121547593 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 6%
selected varieties, frozen
21013143 SA



\$4

CRAVE DINNER ENTRÉES 200-340 g
or **KRAFT DELUXE**
MAC & CHEESE 340 g
selected varieties, frozen
21063111 SA

6.99

STARBUCKS
COFFEE ENHANCER
selected varieties
828 ml
21438713 SA



\$8

STOK or **STARBUCKS**
COLD BREW COFFEE
selected varieties
1.42 L
21260729 SA/21013330 SA



3.50

OLD DUTCH POTATO 233 g or **TORTILLA** 273/290 g
CHIPS or **HUMPTY DUMPTY SNACKS** 250-290 g
selected varieties
21047346 SA/21403100 SA



Optimum™

\$3.25

KOOL-AID JAMMERS
10x180 ml or
MIO, CRYSTAL
LIGHT or
KOOL-AID
LIQUID WATER
ENHANCERS
48 ml/24-36 g
26070016 SA
26063413 SA

Earn **1,000 pts**

that's **\$1** value

Optimum™

\$5.50

GENERAL MILLS
FAMILY SIZE CEREAL
selected varieties
475-578 g
21104971 SA/21105891 SA

Earn **1,000 pts**

that's **\$1** value

1.33

NO NAME® VEGETABLES
selected varieties
447-528 ml
26294411 SA/26291211 SA

\$4

COCA-COLA or **PEPSI** SOFT DRINKS
selected varieties
4x175 ml
26291499 SA/26291490 SA

2.50

DARE CRACKERS
selected varieties
132-223 g
21210944 SA/21210951 SA

PRICE DROP

1.69

CHEF BOYARDEE
PASTA
selected varieties
418/423 g
2621200011 SA

2.69

TIM HORTONS
SOUP SAUCE 340 ml or **CHILI** 423 g
selected varieties
21207922 SA

\$2

UNICO PASTA SAUCE
selected varieties
480 ml
2625012701 SA/2625012700 SA

2.49

FRENCH'S MUSTARD
selected varieties
233-400 ml
26294400 SA/26294408 SA

2.29

NO NAME® OLIVES
selected varieties
375 ml
26223471 SA

3.50

NO NAME® PICKLES
selected varieties
1 L
26220011 SA

2.79

BEN'S ORIGINAL
BISTRO EXPRESS RICE
selected varieties
340/250 g
21404071 SA/21404074 SA

BRANDS YOU LOVE AT LOW PRICES

\$3



NO NAME® CREAM CHEESE
selected varieties
227/230 g
203810001 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
2136389 EA

\$5.50



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

AMOENZA! TWISTS CHEESE SNACKS 228 g or **BLACK DIAMOND CHEESE SNACKS** 189/252 g
selected varieties
3096474 EA/2104514 EA

3.35



NO NAME® APPLE
or **ORANGE JUICE**
selected varieties, refrigerated
1.75 L
2166544 EA/21071941 EA

2.75



PC® CROUTONS 140 g or **SALAD DRESSING** 475 mL
selected varieties
202648001 EA/2079624003 EA

\$6



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

QUAKER BAKING MIXES or **OAT FLOUR**
selected varieties
700-900 g
2030194001 EA/2030194003 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
3005799003 EA/21054943 EA

7.99



MAXWELL HOUSE, NABOB TASSIMO DISCS 8-16's or **MAXWELL HOUSE GROUND COFFEE PODS** 12's
selected varieties
20024954001 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
21380379 EA

11.50



PC® 100% PURE MAPLE SYRUP 500 mL or **BILLY BEE HONEY** 1 kg
selected varieties
20449231 EA/20734306 EA

\$3



NO NAME® PANCAKE MIX 905 g or **TABLE SYRUP** 750 mL
20364005 EA/20327949 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

6⁵⁰



SOFTSOAP LIQUID HAND SOAP REFILL
selected varieties
1.27 L
21147196 SA



UP TO 40% OFF

JAMIESON VITAMINS AND SUPPLEMENTS
selected varieties and sizes
20964309 SA/20302214001 SA



\$5



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



3⁵⁰

NO NAME BLEACH
selected varieties
2.4 L
21446523 SA

3⁹⁷



LYSOL MULTI SURFACE CLEANER 1.2 L,
BATHROOM SPRAY 950 ml or **BATHROOM AEROSOL** 538 g
selected varieties
20209873002 SA/712121223 SA

4²⁹



PINE-SOL ALL PURPOSE CLEANER
selected varieties
1.41 L
20298479001 SA/20298679002 SA

1⁷⁹



NO NAME ALUMINUM FOIL
25 ft
2119986 SA

\$20



CASCADE AUTO DISHWASHER TABS
selected varieties
51-90's
21012172 SA/21114545 SA

11⁵⁰



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

**NEW
LOWER
PRICES**



\$5

CHAPMAN'S FROZEN YOGURT or SORBET
selected varieties, frozen
2 L
30314434001 EA/20229120001 EA

3⁵⁰

NATURAL BAKERY RYE BREAD

500 g
20470349 EA



\$5

SCHNEIDERS BOLOGNA
selected varieties
500 g
20029134 EA EA

\$5

BURNBRAE NESTLAID EGGS

12's
20814072001 EA



\$8



CLIF BAR 5 PK
selected varieties
340 g
21046754 EA/21046843 EA

\$4

TWININGS TEA or HERBAL TEA
selected varieties
20's
20300740001 EA



3⁵⁰



MINUTE MAID ZERO SUGAR BEVERAGES or FUZE ICED TEA
selected varieties, refrigerated
1.54/1.75 L
21434119 EA/21432207 EA

\$2



BEN'S ORIGINAL RICE CUPS
selected varieties
42/68 g
21046843 EA/210468713 EA

\$4

HEALTHY CHOICE DINNER ENTRÉES
selected varieties, frozen
269-306 g
2140207 EA



\$2



SNACK PACK PUDDING
selected varieties
4x99 g
20216797001 EA

\$5



ACTIVIA YOGURT
selected varieties
8x93 mL
21104639 EA

\$8

EXTRA LEAN GROUND BEEF
fresh
430 g
21475392 EA



6⁵⁰



MCCAIN PIZZA POCKETS
selected varieties, frozen
345/600 g
21047833 EA

4⁷⁵



SMUCKER'S UNCRUSTABLES
selected varieties, frozen
4's
21143007 004

7⁵⁰

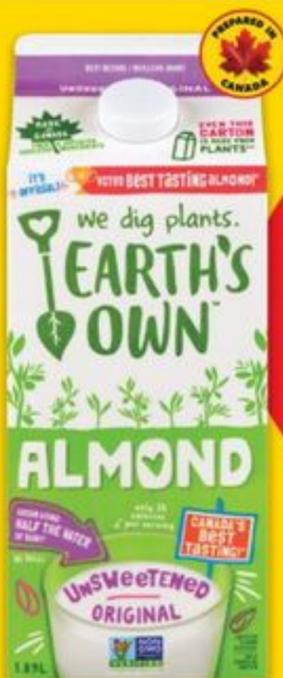
LILYDALE SLICED DELI MEAT
selected varieties
400/500 g
21475434 EA



**NEW
LOWER
PRICES**

5⁵⁰

**SCHNEIDERS
BREAKFAST SANDWICH
or EGG BITES**
selected varieties, frozen
204-288 g
21623187 EA/21623208 EA



3⁵⁰

**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/20117341001 EA



6⁵⁰

FRUTÉE ICE CREAM
selected varieties, frozen
270 mL
21701523 EA

4⁷⁵

PC® FROZEN FRUIT
selected varieties
300-600 g
20212227 EA



\$5

M&M'S CHOCOLATE BAG
selected varieties
155-170 g
21571767 EA/21571768 EA



\$3

TWIZZLERS CANDY PACK 311-454 g or
JOLLY RANCHER ROPE 352 g
selected varieties
20222886 EA



7⁵⁰

**SAMYANG
NOODLES**
selected varieties
400-450 g
21466818 EA



7⁵⁰

MUSAFIR PANEER BURGERS 400 g or
BUTTER CHICKEN BITES 357 g
21701523 EA



\$5

PAM COOKING OIL SPRAY
selected varieties
143/170 g
20170360 EA



\$6

**NESTLÉ CARNATION
HOT CHOCOLATE MIX**
selected varieties
400-450 g
20104918 EA



\$12

IAMS DRY CAT FOOD
selected varieties
1.26/1.39 kg
21207522 EA



3⁷⁵

**NO NAME®
DISINFECTANT WIPES**
selected varieties
77's
21386760 EA



1⁵⁰

**LIPTON - KNORR
SOUP MIX**
selected varieties
40-143 g
2029714601 EA/2029714602 EA



\$7

PC® BATHROOM TISSUE 12-24 ROLLS
or **FACIAL TISSUE** 6x126 SHEETS
2010242 EA/21007678 EA



NATURAL FOODS AT LOW PRICES

22⁹⁹



VEGA PROTEIN AND GREENS DRINK MIX
selected varieties
510-526 g
2083038601 EA



4²⁹

GT'S KOMBUCHA
selected varieties
480 mL
20374106 EA/2099034001 EA



5²⁹

SILK CREAMER
selected varieties
890 mL
21243380 EA/21422292 EA



\$4

HARDBITE CHIPS
selected varieties
128/150 g
2037083501 EA/21125716 EA

\$3



SENSIBLE PORTIONS VEGGIE STRAWS or CHIPS
selected varieties
120-142 g
2037726601 EA/21280091 EA

\$13



KICKING HORSE ORGANIC GROUND COFFEE
selected varieties
284 g
2080512601 EA

\$5



TRADITIONAL MEDICINALS ORGANIC HERBAL TEA
selected varieties
16's
21422637 EA

3⁵⁰



EARTH'S OWN BARISTA OAT LIGHT or VITA COCO COCONUT WATER
selected varieties
2032922 EA/21443465 EA

\$5



MADE GOOD CRUNCHY COOKIES, GRANOLA BITES or OAT CUPS
selected varieties
175-200 g
2157920 EA/2147889 EA

3⁵⁰



PC ORGANICS APPLE SAUCE CUPS or JUMBO RAISIN SNACK PACK
selected varieties
20320493001 EA/21170526 EA

\$7



LITTLE NORTHERN BAKEHOUSE GLUTEN-FREE BREAD
selected varieties, frozen
320-567 g
21190057 EA

\$6



YOGI ORGANIC TEA
selected varieties
16x36 g
20492912003 EA

6⁹⁹



NATURE'S BAKERY FIG BAR
selected varieties
270/340 g
21549405 EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFW NV

BIG EASTER DEALS!

3⁵⁰



CADBURY CRÈME EGGS 3x
LINDOR EGGS 3x
PEEPS MARSHMALLOWS 85 g
21482796, SA

6⁵⁰



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

6⁵⁰



**KINDER BAGGED
CHOCOLATE** 104-184 g or
**CARNBY SWEET MILK
CHOCOLATE BUNNY** 350 g
selected varieties
20231430, SA/21483295, SA

\$8



LINDT GOLD BUNNY
selected varieties
5 1/2 / 100 g
20046002, SA

RAMADAN KAREEM

رمضان كريم

5.99

795 G

DEGLET NOUR PITTED DATES or
ORGANIC PITTED DATES product of Tunisia or
HONEY PITTED DATES product of Iran

2156279001 SA/20772841 SA

907 G

8.99

MEDJOL DATES
product of U.S.A.

20001486 SA

340 G

2 LB TUB

1.49
EA/LB

BUNCH MINT each, product of Mexico, or U.S.A.
or **OPQ SQUASH** 1.28/kg, product of Honduras,
Mexico, or Dominican Republic

20129326001 SA/20142653601 RD

1.99
LB

GREY ZUCCHINI
product of Mexico

20026780001 RD

\$13

**SUFRA[®]
HALAL SPLIT
CHICKEN
WINGS**

up to 720 g

21470144 SA

\$10

**ZABIHA HALAL
BREADED CHICKEN**

selected varieties, frozen

800/908 g

21792302 SA

9.99

QUALITY BROWN SUGAR

4.5 kg

20716402 SA

8.99

**NANAK
RASMALAI**

selected varieties

850 g

21264814 SA

7.50

**BRAR'S
DAIRY DAHI**

3.23%

1.8 kg

21276124 SA

\$8

TEA INDIA 481 g
or **TATA TEA
AGNI** 1 kg

2027775 SA/21277111 SA

\$2

**SHAN SPICE
MIXES**

selected varieties

50-100 g

2016622261 SA

1.29

**TAMAM
CANNED BEANS**

selected varieties

796 mL

21214887 SA

7.49

**ALSHIFA
NATURAL
HONEY**

selected varieties

500 g

20661264 SA

1.50

**PUCK
THICKENED
CREAMY
PRODUCT**

160 g

21264814 SA

3.99

**TAMAM PICKLES
or OLIVES**

selected varieties

100 mL/1 L

21214887 SA/21214887 SA

5.50

RAMADAN - EID PARTY BANNER

Selection varies by store

21472794 SA

\$10

**RAMADAN -
EID PARTY
DIY LED
LANTERN**

Selection varies by store

21472794 SA

\$6

**RAMADAN -
EID PARTY
LED LIGHTS**

Selection varies by store

21472794 SA

2.99

**QUALITY BULGUR - JARISH -
ZINDA COUSCOUS**

selected varieties, 907 g

2012784 SA/21212826 SA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 01 NFW

HAPPY HOLI!

होली की शुभकामनाएं



12⁹⁹

**AASHIRVAAD
WHOLE WHEAT
FLOUR**

9.07 kg
21309468 EA



4⁴⁹

**SURAJ®
DRY BEANS &
LENTILS**

selected varieties
1.8 kg
20558757 EA/20558867 EA



1⁷⁵

**KURKURE
SNACKS**

selected varieties
115 g
2069742 EA/21361077 EA



5⁹⁹

**BRAR'S
SAMOSA**

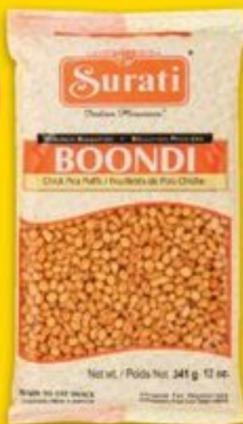
selected varieties
frozen
624 g
21000033 EA



2²⁹

SURATI SNACKS

selected varieties
250/341 g
2022376003 EA/21001004 EA



AVAILABLE AT SELECT LOCATIONS ONLY

ORL/NW FLAP/ET

HAPPY HOLI!

होली की शुभकामनाएं



1.99
LB



INDIAN KARELA or LONG EGGPLANT
product of Mexico, Honduras, Dominican Republic
4.99/kg
2002964001, KG/20139013001, KG

2.99



COCONUT
product of Vietnam
each
20005774001, EA

1.69



METHI LEAF
product of Mexico or U.S.A.
bunch
2015964001, EA

.99



CILANTRO
product of Mexico or U.S.A.
bunch
20091825001, EA

3.99
LB



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

5.99



NANAK CUBED PANEER
400 g
201075119, EA

.99



PARLE-G BISCUIT
original
300 g
2005401, EA

.36



MAGGI MASALA NOODLES
70 g
2010644, EA

4.99



NANAK RETAIL PANEER
341 g
21066726, EA

6.99



NANAK GULAB JAMUN
selected varieties
400 g
2042317, EA

4.99



FOOTHILLS WHIPPED BUTTER
250 g
2013484, EA

\$4



SURAJ GREEN CARDAMOM SEEDS
50 g
2013424, EA

2.99



QUALITY SOYA CHUNKS
400 g
2044238, EA

\$3



ROOSTER SWEETENED CONDENSED MILK
300 mL
2013487, EA

7.99



GIA BASMATI RICE 3.63 kg or **QUALITY PRIYA BASMATI RICE** 3.63 kg
20091842, EA/20082349, KG



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.

ONLNFPCX

no name™ mobile



& get 50% off a SIM card



find us at the checkout lanes

exclusively at  **NOFRILLS**

Subject to change. Conditions apply. Visit nonamemobile.ca for full details.

MORE WAYS TO SAVE



Enjoy these price drops for longer.



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



Count on low everyday prices.



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

The  **NOFRILLS** thing to do.

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