



**Optimum™**

Earn  
**1,000**  
pts

pts

\$1

back in print

549

**Boursin®**  
 AIL & FINES HERBES  
 avec herbes fraîches™

**Garlic & Fine Herbs**  
 with fresh herbs™

150 g

3.5 FL. OZ. (100 mL) NET WT  
 40% MOISTURE, 60% FAT  
 FROMAGE FRAIG, 30% WHITE CHEESE

Produit canadien  
 Canadian product

**\$4**

The image displays three distinct cheese products against a white background. In the foreground, a red-lidded tub of Saputo Feta cheese is prominent. The label features the Saputo logo, the word 'FETA' in large blue letters, and 'TRADITIONNEL' and 'CLASSIC' on either side. Below the name, it lists 'FROMAGE ET SAUMURE - CLASSIC' and shows an image of the cheese with vegetables. To the right of the tub is a wedge of Brie cheese with a white rind. In the background, a vacuum-sealed package of San Daniele Prosciutto Jamon + 100g is visible. The package has a white label with the San Daniele logo, the product name 'PROSCIUTTO JAMON + 100g', and a small circular seal with the number '1'. The package is tied with a yellow band.

**\$5**

650

The image displays three bags of SealQuest seafood products against a background of red and yellow geometric shapes. The top bag is dark blue and labeled 'SealQuest' with a logo of a seal leaping from a wave. Below the logo, it says '36-55/lb' and 'RESPONSIBLY FARMED Pacific White Shrimp'. The middle bag is also dark blue, labeled 'SealQuest' with the same logo. It says 'SALMONIPPI - 100% EXTRA YDQ - ISO' and 'Frozen Bay Scallops RESPONSIBLY FARMED Pétondes de baie congelées'. The bottom bag is white with a red and blue design, labeled 'SealQuest' with the logo. It says 'SMOKED • CUITE' and '100% SEALED'. All bags feature a 'Best Before' date stamp.

# NOFRILLS®

**PRICE CUT  
EVENT**

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



**ONLY**

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

**PORK BACK RIBS**  
frozen  
8.80/kg  
21163594\_KG

**WHILE QUANTITIES LAST**

**SAVE 22%**

**4<sup>49</sup>**  
LB



**IQF FROZEN SPLIT CHICKEN WINGS**  
9.90/kg  
21727221\_KG

**WHILE QUANTITIES LAST**

**ONLY**

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

**FARMER'S MARKET™  
ENGLISH CUCUMBERS**  
product of Canada or Mexico, no. 1 grade  
20838461001\_EA



**PKG OF 3**

**PKG OF 5 OR 6**



**AVOCADOS**  
product of Mexico, Peru or Colombia  
21644936001\_EA

**SAVE 30%**

**3<sup>49</sup>**

**PRICE DROP**

**8<sup>99</sup>**



**JANES BONELESS BITES** 710 g, **CHICKEN BREAST  
FILLETS** 720 g or **RESTAURANT STYLE TENDERS** 710 g  
selected varieties, frozen  
21440340\_EA/21703608\_EA

**SAVE 23%**

**\$5**



**NO NAME®  
BACON**  
selected varieties  
500 g  
20156771\_EA

**ONLY**

**3<sup>47</sup>**



**RISTORANTE or  
CASA DI MAMA  
PIZZA**  
selected varieties, frozen  
320-410 g  
20296100001\_EA/20296434004\_EA

**SAVE 29%**

**4<sup>97</sup>**



**KRAFT  
PEANUT BUTTER**  
selected varieties  
750 g/1 kg  
20029581001\_EA/20029581005\_EA

**ONLY**

**4<sup>88</sup>**



**ARMSTRONG or PC® SHREDDED CHEESE** 250-320 g or  
**ARMSTRONG CHEESE** 400 g  
selected varieties  
21266340\_EA/21346749\_EA

**SAVE UP TO 37%**

**\$1**



**ALLEN'S FRUIT COCKTAIL  
1 L or POWERADE SPORT  
DRINKS** 710 mL  
selected varieties  
20307434001\_EA/20833721\_EA

**PRICE DROP**

**\$2**



**HOLIDAY  
LUNCHEON MEAT**  
340 g  
20418778\_EA

**SAVE 54%**

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



**HELUVA GOOD!  
FRENCH ONION DIP**  
680 g  
2031278001\_EA

**SAVE 28%**

**2<sup>50</sup>**



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

**SAVE 38%**

**7<sup>99</sup>**



**TIDE SIMPLY LIQUID LAUNDRY  
DETERGENT** 2.7 L  
**FLEECE FABRIC SOFTENER** 3.5 L or **DRYER SHEETS** 200's  
selected varieties  
21311739\_EA/21671020\_EA

**SAVE UP TO 31%**

**12<sup>99</sup>**



**MR. GOUDAS PARBOILED or WHITE RICE** 8 kg or  
**TILDA BASMATI RICE** 4.54 kg  
20153678\_EA/21606990\_EA

**SAVE 44%**

**3<sup>88</sup>**



**MELONA FROZEN  
DESSERT BARS**  
selected varieties  
560 mL  
21622903\_EA

**LAST CHANCE TO  
SAVE BIG  
WITH FEWER STAMPS**



**Supplies  
are  
limited!**

**COLLECT & SAVE BIG**

**Double Redemp-  
40 = 20** Any two pieces  
stamps of Ovenware for  
60%-80% off each!

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](http://pcoptimum.ca/collectandsave).

# FRESH AT LOW PRICES

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

**BLUEBERRIES** each, product of Mexico, Peru, Chile, or Morocco, no. 1 grade or **CHERRIES** 11.00/kg, product of Chile, no. 1 grade 20080137001\_EA/20159690001\_KG

**PINT**

**1 LB CLAMSHELL**

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

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

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

**RED or GREEN SEEDLESS GRAPES** product of Peru, South Africa, or Chile, no. 1 grade 20425775001\_KG/20159199001\_KG

**3 LB BAG**

**2 LB BAG**

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

**FARMER'S MARKET™ CARROTS or YELLOW ONIONS** product of Canada, Canada no. 1 grade 20626628001\_EA/20811994001\_EA



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

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

**TOMATOES ON THE VINE** product of Canada or **BROCCOLI CROWNS** product of Mexico, or U.S.A. 4.59/lb 20026703001\_KG/20026161001\_KG

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

**ASPARAGUS** 11.00/kg, product of Mexico, or Peru, no. 1 grade, or **CAULIFLOWER** each, product of Mexico, or U.S.A., no. 1 grade 20174381001\_KG/20135377001\_EA

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

**PKG OF 4**

**454 G**

**RED or GREEN PEPPERS** product of U.S.A. or **PC® WHOLE WHITE or CREMINI MUSHROOMS** product of Canada 20761372\_EA/20013208001\_EA

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

**CANTALOUPE** product of Guatemala or Honduras, no. 1 grade or **PINEAPPLE** product of Costa Rica or Mexico each 20147017001\_EA/20160992001\_EA

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

**FARMER'S MARKET™ KIWI** product of Greece 21576162001\_EA

**600 G**

**8<sup>99</sup>**

**FARMER'S MARKET™ RED ONIONS** product of Canada, Canada no. 1 grade 20771962001\_EA

**10 LB BAG**

**\$10**

**NO NAME® PEANUTS** product of U.S.A. 20293477\_EA

**2 KG PKG**

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

**PKG OF 3**

**ROMAINE HEARTS** product of U.S.A. 20067389001\_EA

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

**EAT SMART or TAYLOR FARMS SALADS** selected varieties, product of U.S.A. 292-383 g 20674118\_EA/21599513\_EA

**7<sup>99</sup>**

**PC® NO SHELLS or WONDERFUL NO SHELLS PISTACHIOS** selected varieties, product of U.S.A. 155/170 g 21469201\_EA/21230375\_EA

**6<sup>99</sup>**  
**3 LB BAG**

**BARLETT PEARS** product of U.S.A., extra fancy grade, **FARMER'S MARKET™ AMBROSIA or ROYAL GALA APPLES** product of Canada, Canada fancy grade or **PC® MANDARINS** product of U.S.A. 2063305001\_EA/21115847001\_EA/21032825001\_EA

**5 LB BAG**

**5<sup>99</sup>**  
**3 LB BAG**

**FARMER'S MARKET™ LEMONS** product of U.S.A. 20798811001\_EA

**3<sup>99</sup>**  
**680 G**

**PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES** product of Canada, Canada no. 1 grade 21347299001\_EA/21347200001\_EA

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

**5<sup>99</sup>**  
**907 G**

**FARMER'S MARKET™ GRAPE TOMATOES or MINI CUCUMBERS** product of Canada, Canada no. 1 grade 20860233001\_EA/21070679001\_EA

**PRICE DROP**

**\$3**

**BUNCH DILL** product of U.S.A. or Mexico 20183182001\_EA

**\$2**

**CURLY or ITALIAN PARSLEY** product of Mexico or U.S.A. 20013746001\_EA 20139141001\_EA

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

**RED CABBAGE** product of Canada, Canada no. 1 grade 20773656001\_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

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

**SPLIT CHICKEN BREAST**  
fresh  
11.00/kg  
20113612\_KG

**CLUB SIZE**

**\$11**  
LB

**BONELESS STEWING BEEF**  
24.25/kg  
20106117\_KG

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

**MEDIUM GROUND PORK**  
club size, fresh  
9.46/kg  
20639981\_KG

**CLUB SIZE**

**\$10**

**CLUB SIZE**

**ALWAYS**

**\$10**

**BUTCHER'S CHOICE® SAUSAGE**  
selected varieties  
1.1 kg  
21565790\_EA

**\$6**



**SCHNEIDERS JUICY JUMBOS or SMOKED SAUSAGES**  
selected varieties, 375/450 g  
20105611\_EA

**8<sup>99</sup>**



**PC® SPRING ROLLS**  
selected varieties, frozen  
574 g  
20678133\_EA

**10<sup>99</sup>**



**SCHNEIDERS DIPS 530 g, SCHNITZEL 450 g, or CHICKEN MEATBALLS 700 g**  
selected varieties, frozen  
21551426\_EA/21570344\_EA

**\$4<sup>50</sup>**

Earn  
**1,000**  
pts

That's  
**\$1**  
value



**SNACK FACTORY PRETZEL CRISPS**  
selected varieties  
200 g  
20948940\_EA

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



**SMOKED STEELHEAD SALMON** pre-filleted, 50 g  
**SEAQUEST® FLAVOURED ALASKA POLLOCK** ready to eat, 227 g  
**GO SHRIMP** raw, 51/70 per lb or cooked, 61/90 per lb, 160 g or  
**YELLOWFIN TUNA STEAKS** 92 g  
20792840\_EA/21208391\_EA

**9<sup>50</sup>**



**SEAQUEST® WHOLE TILAPIA** 1.36 kg or  
**WHOLE POMPANO** 800 g  
frozen  
21591947\_EA/21592084\_EA

**\$7**



**PILLER'S PEPPERONI or TURKEY BITES**  
selected varieties  
300-500 g  
21099286\_EA/21099391\_EA

**\$6**



**PC® CHEESE BLOCKS 250 g or HENRI WILLIG GOUDA 200 g**  
selected varieties  
20779452\_EA/21345050\_EA

**\$3**



**ZIGGY'S® FRESH PASTA 350 g or SALADS 454 g**  
selected varieties  
20584625\_EA/21302270\_EA

**2<sup>50</sup>**



**WONDER BREAD 570 g or BUNS 12's**  
selected varieties  
20305674\_EA/20320827\_EA

**2<sup>50</sup>**



**DELI WORLD LIGHT RYE BREAD**  
500 g  
20097456\_EA

**\$6**



**FARMER'S MARKET™ COOKIES**  
selected varieties  
12's  
20584625\_EA/20566774\_EA

# HUDDLE UP FOR DEALS

SAVE 34%

1.89

**COCA-COLA  
SOFT DRINKS**  
selected varieties  
2 L  
2031602002 EA



SAVE UP TO 21%

\$3

**STAGG CHILI** 425 g  
or **MONTANA'S  
SOUP** 540 mL  
selected varieties  
20091906 EA/21680729 EA



ONLY

1.50

**MICHELINA'S  
DINNER ENTRÉES**  
selected varieties, frozen  
227-284 g  
21208589 EA



ONLY

4.50

**TROPICANA ORANGE  
JUICE, PURE LEAF TEA,  
TROPICS or DRINKS**  
selected varieties, refrigerated  
1.36-1.75 L  
2075575002 EA/21422130 EA



ONLY

\$4

**TOSTITOS TORTILLA  
CHIPS** 205-295 g or  
**SMARTFOOD  
POPCORN** 150-220 g  
selected varieties  
20072839 EA/21050575 EA

\$6

**LACTANTIA  
LACTOSE FREE or  
PUR FILTRE MILK**  
2 L **ULTRA PUR  
MILK** 1.5 L  
selected varieties  
21424991 EA



4.99

**HÄAGEN-DAZS  
ICE CREAM** 430 mL  
or **NOVELTIES**  
3/4's  
selected varieties frozen  
21133247 EA



\$3

**GREEN GIANT VEGETABLES**  
selected varieties, frozen, 283-750 g  
21022302 EA



\$9

**PATTY KING JAMAICAN  
STYLE BEEF PATTIES**  
selected varieties, frozen, 1.17 kg  
2033468002 EA



3.25

**ASTRO or iögo  
YOGURT** 450/750 g or  
**PILLSBURY  
REFRIGERATED  
DOUGH** 318-448 g  
selected varieties  
2014622001 EA/21459463 EA



12.99

**PEPSI  
SOFT  
DRINKS**  
selected varieties  
24x355 mL  
2066487002 C24



2.50

**CHRISTIE  
CRACKERS**  
selected varieties  
175-200 g  
21030447 EA/21547034 EA



3.99

**PHILADELPHIA CREAM CHEESE PRODUCT**  
selected varieties  
227/230 g  
20441347 EA/2064492010 EA



\$4

**MOTT'S CLAMATO  
or OCEAN SPRAY  
CRANBERRY  
COCKTAIL**  
selected varieties  
1.89 L  
2020050608 EA/20318953002 EA



5.75

**PC® BLUE MENU® SPARKLING WATER**  
12x355 mL  
20648034002 C24



3.99

**KRAFT CHEEZ WHIZ**  
450 g  
2063906001 EA



\$3

**PRINGLES POTATO CRISPS**  
selected varieties  
148/150 g  
21005823 EA/21005833 EA



2.99

**FRANK'S RED HOT  
or THICK SAUCE**  
selected varieties  
354 mL  
2018742001 EA



\$5

**NESTLÉ CARNATION HOT  
CHOCOLATE MIX** 175/250 g or **LYNCH  
HOT APPLE CIDER MIX** 10x23 g  
selected varieties  
21041744 EA



3.50

**GENERAL MILLS CEREAL**  
selected varieties  
300-420 g  
21104055 EA/21104047 EA



2.67

**KELLOGG'S RICE KRISPIES** 154-198 g,  
**POP TARTS** 364 g, **SPECIAL K** 125 g or  
**NUTRI-GRAIN BARS** 295 g  
selected varieties  
20126347001 EA/21290111 EA



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

That's  
**\$7.50**  
value



**PEPSICO SOFT  
DRINKS, FRITO LAY  
SNACKS, RUFFLES,  
BUBLY, TOSTITOS or  
QUAKER CRISPY  
MINIS**  
all sizes and varieties  
21693042 EA/20303002001 EA/  
20249694002 EA/21091717 C12



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 instore for details. \*\*Must be a registered PC Optimum™ member to get this offer.



**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.

ONL NFW FLAP HOTM

# LAST *CHANCE TO* SAVE BIG\*

Redemption ends  
February 25<sup>th</sup> 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](https://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](http://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

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



**NESCAFÉ RICH INSTANT COFFEE**  
excludes 95 g

Save  
**\$2**  
with digital  
coupon



**PC® CHOCOLATE BARS**  
300 g

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



**PC® BASQUE CHEESECAKE**  
600 g

Earn  
**2,000**  
pts  
with digital  
coupon



**PC® COLESLAW**  
397 g

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



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

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



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

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



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

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



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

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



**PC® BABY WIPES**  
300's

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



**NO NAME® CHICKEN STRIPS**  
908 g

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



**NO NAME® CHICKEN NUGGETS**  
908 g

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



**PC® MEAT LASAGNA**  
2.27 kg

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

# More offers. More points.

CLICK FOR  
THESE COUPONS  
AND MORE



Optimum



**NO NAME® CHOCOLATE CHIP COOKIES**

907 g

Earn  
**500**

(pts)

Until February - 4 - 2026

Optimum



**NO NAME® BUTTER**

454 g

Earn  
**500**

(pts)

Until February - 4 - 2026

Optimum



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

1 kg

Earn  
**500**

(pts)

Until February - 4 - 2026

Optimum



**NO NAME® SPICES**

150 g

Earn  
**500**

(pts)

Until February - 4 - 2026

Optimum



**NO NAME® CHICKEN HOT DOGS**

1.5 kg

Earn  
**1,000**

(pts)

Until February - 4 - 2026

Optimum



**NO NAME® CHICKEN BURGER**

908 g

Earn  
**500**

(pts)

Until February - 4 - 2026

Optimum



**NO NAME® CALIFORNIA MIXED VEGETABLES**

750 g

Earn  
**500**

(pts)

Until February - 4 - 2026

Optimum



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

908 g

Earn  
**2,000**

(pts)

Until February - 4 - 2026

Optimum



**NO NAME® LEMONADE**

1.75 L

Earn  
**500**

(pts)

Until February - 4 - 2026

Optimum



**NO NAME® FACIAL TISSUE**

2 ply, 6 x 200 sheets

Earn  
**1,500**

(pts)

Until February - 4 - 2026

Optimum



**NO NAME® KITCHEN GARBAGE BAGS**

21 L

Earn  
**1,000**

(pts)

Until February - 4 - 2026

Optimum



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

7 kg

Earn  
**1,500**

(pts)

Until February - 4 - 2026

# BRANDS YOU LOVE AT LOW PRICES

**\$5**

**NO NAME®  
STIRRED YOGURT**  
selected varieties  
12x100 g  
20685574001\_EA/20685574002\_EA



**6.99**

**IMPERIAL  
MARGARINE**  
selected varieties  
1.28/1.36 kg  
20084892\_EA

**\$5**

**MCCAIN CAKES**  
selected varieties, frozen  
510 g  
20310132002\_EA



**TAST!EZ**

**MAC & CHEESE  
Triangles  
MACARONI  
FROMAGE**



**5.50**

**TASTIEZ**  
selected varieties, frozen  
311 g  
21691571\_EA

**3.50**

**DAIRYLAND CREAM 10% 946 mL or  
33% 473 mL LACTANTIA CREAM 10%**  
selected varieties, limited availability varies by region  
20072927\_EA/21443331\_EA



**7.50**

**DEL MONTE  
JUGS**  
selected varieties  
refrigerated  
2.5 L  
21431174\_EA



**3.79**

**PC® BLUE MENU® BEANS or LENTILS**  
selected varieties, 900 g  
20070153\_EA/20070154\_EA



**8.99**

**FRITO-LAY VARIETY PACK CHIPS**  
selected varieties  
18.1 L  
21584937\_EA



**\$4**

**PC® 100% JUICE BOXES**  
selected varieties  
8x200 mL  
21718947\_EA



**\$1**

**SPARKLING ICE 203 mL or  
PC® FREE AND CLEAR SPARKLING WATER 1 L**  
selected varieties  
201432061002\_EA/2085430001\_EA



**1.50**

**BUSH'S BEST  
BAKED BEANS**  
selected varieties  
398 mL  
20101518001\_EA



**\$2**

**DARE VEGGIE CRISPS CRACKER CHIPS**  
selected varieties  
100 g  
20973348\_EA/20973370\_EA



**Optimum™**

Member Price  
**\$3.25**

Non-Members  
**\$4**

**RIO MARE TUNA SALAD BOWLS**  
selected varieties  
160 g  
21494942\_EA

**4.50**

**CHRISTIE FAMILY SIZE COOKIES 374-488 g or  
CAKESTERS 285 g**  
selected varieties  
21014087\_EA/21639135\_EA

**1.99**

**AYLMER ACCENTS TOMATOES**  
selected varieties  
540 mL  
21207587\_EA/21207591\_EA

**2.50**

**MOLISANA STRAINED TOMATOES 480 mL  
TILDA READY TO HEAT or MINUTE RICE  
READY TO SERVE CUPS 250 g**  
selected varieties  
20014661\_EA/20495681\_EA

**\$4**

**TACO BELL CREAMY SAUCE 354 mL, or  
DINNER KIT 260-420 g**  
selected varieties  
21661774\_EA/21663637\_EA

**\$3**

**DIANA or BULL'S-EYE  
BBQ SAUCE**  
selected varieties  
425/500 mL  
20547834005\_EA/21184617\_EA

**12.99**

**PC® SPLENDIDO®  
OLIVE OIL**  
selected varieties  
1 L  
20081865\_EA

**1.79**

**KRAFT DINNER 156/175 g or  
KRAFT SALAD PASTA 200 g**  
selected varieties  
21495587\_EA/21495590\_EA

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

That's  
**\$2**  
value



**BLUE DRAGON  
PRODUCTS**  
all sizes and varieties  
20712986\_EA/20901432\_EA

# BRANDS YOU LOVE AT LOW PRICES

3<sup>50</sup>

**NO NAME® COTTAGE CHEESE**  
selected varieties  
500 g  
20183991002\_EA



\$7

**iögo** 16x100 g or  
**SIGGI'S**  
**YOGURT**  
selected varieties  
20609583001\_EA/21353892\_EA

4<sup>50</sup>

**CHAPMAN'S COLLECTION** 8's,  
**LOLLY NOVELTIES** 28's or  
**ORIGINAL ICE CREAM** 2 L  
selected varieties, frozen  
20315236001\_EA/20323757001\_EA



\$9

**HIGH LINER PAN-SEAR** or  
**BATTERED FISH FILLETS**  
selected varieties, frozen  
425-600 g  
20296596002\_EA

\$9

**PC® BLACK LABEL PIZZA**  
selected varieties, frozen  
370-420 g  
21531415\_EA



\$4

**QUAKER CEREAL** 350-500 g or  
**HARVEST CRUNCH** 400-510 g  
selected varieties  
21082300\_EA/21211924\_EA



App exclusive offer

\$5<sup>50</sup>

Earn  
1,000  
pts

That's  
\$1  
value



**AMOOZA! TWISTS**  
**CHEESE SNACKS** 228 g or  
**BLACK DIAMOND**  
**CHEESE SNACKS** 189/252 g  
selected varieties  
21403514\_EA/20986474\_EA

2<sup>75</sup>

**PC® TORTILLA CHIPS**  
selected varieties  
320-350 g  
20305180\_EA



4<sup>50</sup>

**PC® THE DECADENT®**  
**COOKIE**  
selected varieties  
280/300 g  
20612257\_EA/20612260\_EA



2<sup>50</sup>

**NO NAME® MARSHMALLOWS**  
selected varieties  
400 g  
20304672001\_EA/20304672002\_EA



7<sup>99</sup>

**NESCAFÉ GOLD** 90-100 g or  
**SWEET & CREAMY**  
**INSTANT COFFEE** 144-351 g,  
selected varieties  
21363371\_EA/21521456\_EA



15<sup>97</sup>

**MAXWELL HOUSE**  
**ROAST AND GROUND**  
**COFFEE** 631-900 g or  
**PODS** 30's  
selected varieties  
21308076\_EA/21606882\_EA



8<sup>99</sup>

**TWININGS TEA**  
selected varieties  
50's  
20006148001\_EA/21111078\_EA



5<sup>50</sup>

**SMUCKER'S JAM,**  
**MARMALADE** or **JELLY**  
selected varieties  
310/500 mL  
20306043001\_EA/20308043004\_EA



\$3

**NATURE VALLEY**  
**GRANOLA BARS, MOTT'S** or  
**BETTY CROCKER FRUIT SNACKS**  
selected varieties  
120-220 g  
2031532006\_EA/20318474001\_EA



4<sup>50</sup>

**HERSHEY'S CHOCOLATE BAR**  
**MULTIPACK** 4's or **POUCHES** 160-235 g  
selected varieties  
20303970004\_EA/20373406\_EA



Optimum™

Earn  
3,000  
pts

For every \$10\*  
spent

That's  
\$3

value



**HERSHEY'S VALENTINE'S**  
**CHOCOLATE** or  
**CANDY**  
selected varieties  
20275860001\_EA

# BRANDS YOU LOVE AT LOW PRICES



**250**

**429**

**PALMOLIVE DISHWASHING LIQUID**  
selected varieties  
591 mL  
21004368\_EA/21004388\_EA

**PINE-SOL ALL PURPOSE CLEANER** 1.41 L or  
**CLOROX CLEANING SPRAY**  
887/946 mL  
selected varieties  
20298679001\_EA/21657792\_EA



**\$8**

**\$17**

**NO NAME® LAUNDRY DETERGENT** 4.43 L,  
**FABRIC SOFTENER** 3.5 L  
or **DRYER SHEETS** 200's  
21540283\_EA

**AIR WICK SCENTED OIL REFILL or KITS**  
selected varieties  
5x20 mL  
21362106\_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  
21593670\_EA/21593679\_EA

# PODIUM-WORTHY PRICES



## RECIPE CPG

10<sup>99</sup>



17<sup>99</sup>

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

**MONTANA'S SMOKY BBQ BEEF BURGERS**  
10x3mm  
905 g  
21665099, EA

## MARS SNACKING



Member Price  
**\$3<sup>49</sup>**  
Non-Members  
**\$3<sup>99</sup>**  
Members Save **.50**



Member Price  
**\$3<sup>49</sup>**  
Non-Members  
**\$3<sup>99</sup>**  
Members Save **.50**



Member Price  
**\$3<sup>99</sup>**  
Non-Members  
**\$4<sup>49</sup>**  
Members Save **.50**

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

**SKITTLES or STARBURST CANDY BAG**  
selected varieties  
255-320 g  
20018330, EA

**MARS CHOCOLATE MULTIPACK**  
selected varieties  
4's  
20312925, EA/20638842, EA

## reckitt

5<sup>48</sup>



\$4



\$14

**LYSOL WIPES** 75/84's,  
**DISINFECTANT SPRAY** 350 g or  
**MULTI-PURPOSE TRIGGER** 950 mL  
selected varieties  
20314511001, EA/21449826, EA

**LYSOL MULTI SURFACE CLEANER** 1.2 L,  
**BATHROOM SPRAY** 950 mL or  
**BATHROOM AEROSOL** 538 g  
selected varieties  
21231235, EA/20309873002, EA

**FINISH AUTO DISHWASHER TABS**  
30-55's or **QUANTUM JET DRY RINSE AID** 946 mL  
selected varieties  
21218146, EA/21565525, EA

## PEPSICO

7<sup>50</sup>



6<sup>29</sup>



2<sup>50</sup>

**PEPSI SOFT DRINKS**  
selected varieties  
12x355 mL  
20322361002, C12

**BUBLY** 12x355 mL or  
**MONTELLIER** 10x355 mL  
**SPARKLING WATER**  
selected varieties  
21096704, C10/21097177, C12

**QUAKER CRISPY MINIS**  
selected varieties  
90-199 g  
20303002001, EA/20163708002, EA



4<sup>99</sup>



**NESTLE DRUMSTICK or NOVELTIES**  
selected varieties, frozen  
4-10's  
20322180003, EA



3<sup>50</sup>



**MCCAIN SUPER FRIES or SPECIALTY FRIES**  
selected varieties, frozen  
454-750 g  
20323422003, EA



\$12



**MICHELOB ULTRA ZERO NON-ALCOHOLIC BEER**  
selected varieties  
6x355 mL  
21706873, C06



8<sup>50</sup>



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



\$3

679



**YOPLAIT SOURCE** 630 g, **TUBES** 8's,  
**MINIGO** 6's or **PROTEIN** 4's **YOGURT**  
selected varieties  
21547595, EA/21619318, EA

**LIBERTÉ GREEK** 650/750 g or  
**YOPLAIT SOURCE** 16x100 g **YOGURT**  
selected varieties  
20317317001, EA/21079491, EA



**YOPLAIT YOP DRINKABLE YOGURT**  
15x93 mL  
21478178, EA/21478300, EA/21448875, EA



**Optimum™**

\$9<sup>50</sup>

Earn

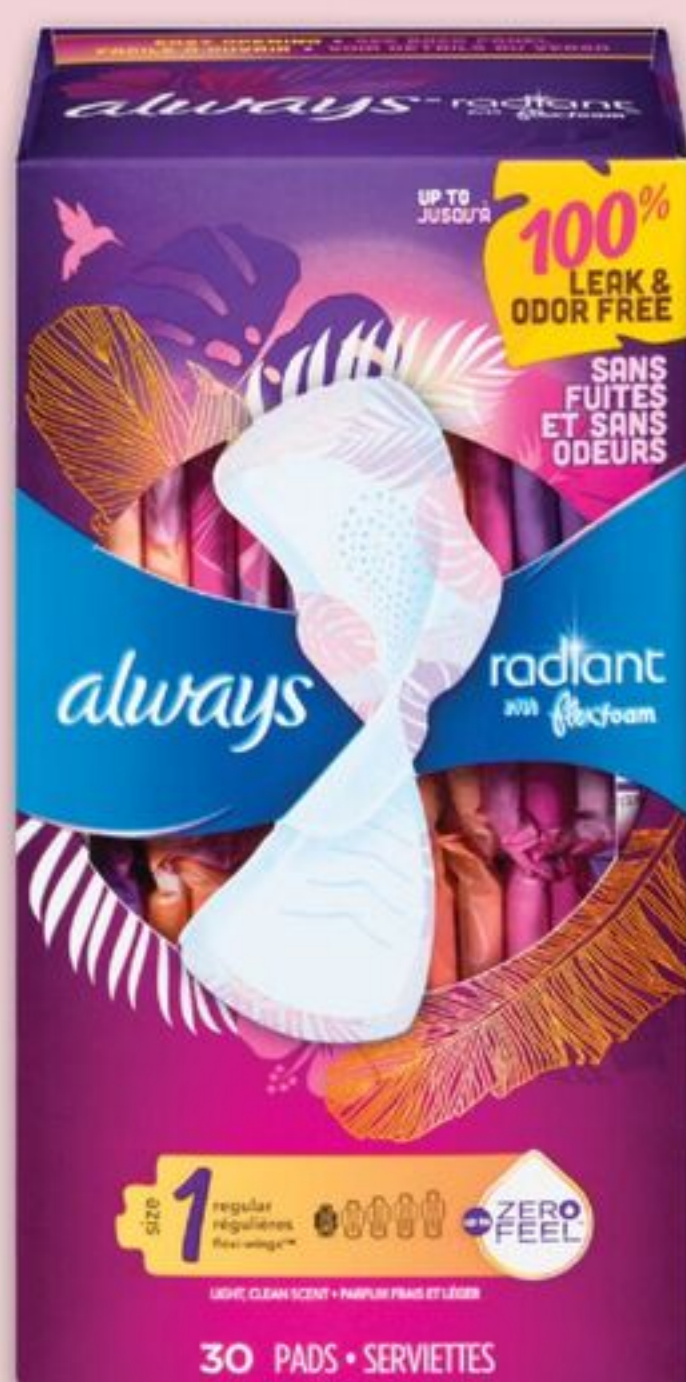
500

pts

That's

.50

value



**ALWAYS LINERS** 92-108 ea  
or **PADS** 27-52 ea  
selected varieties  
20963694, EA/20964379, EA



**P&G**



**Optimum™**

\$11

Earn

4,000

pts

When you buy 2

That's

\$4

value



**TAMPAX TAMPONS**  
22-36 ea  
selected varieties  
21020073, EA

# LOW PRICES ARE IN THE AIR



\$12

**FERRERO ROCHER HEART**  
16's  
20052252, EA



\$10

**LINDT ROSE**  
120 g  
20155943, EA



\$5

**LINDT LINDOR HEARTS** 60 g  
or **LINDT VALENTINES HEART BAG** 103 g  
20008603, EA



\$3

**KINDER SURPRISE VALENTINES HEART T2,**  
or **LINDOR VALENTINE HEART** 3's  
20718676, EA

1.50



**CARNABY SWEET CINNAMON HEARTS**  
150 g  
21020331, EA

\$9



**NESTLÉ KITKAT SMARTIES**  
or selected varieties  
30's  
21620932, EA

2.50



**CARNABY SWEET LOLLIPOPS**  
180 g  
21020331, EA

4.50



**HERSHEY'S KISSES VALENTINES POUCHES** or **HERSHEY'S EASTER POUCH**  
selected varieties  
161-340 g  
21478120, EA/21617827, EA

4.50



**KINDER HALLOW 6's** or **JOLLY RANCHER JELLY HEARTS** 250 g  
21609923, EA

6.25



**KINDER LOVE N MINI VALENTINE'S CHOCOLATE** 107 g, or **REESE PEANUT BUTTER HEARTS** 141 g  
21610701, EA

\$12



**LINDT ASSORTED MILK CHOCOLATE HEART**  
108 g  
21690436, EA

7.50



**REESE'S MINIATURES HEARTS** 165 g or **JOLLY RANCHER GUMMIES HEARTS** 192 g  
20273866001, EA

# BUDGETS LOVE YELLOW (So switch)

Your home of  
no name®

## App exclusive offer



Optimum™



\$8

Earn  
1,500  
pts

That's  
\$1.50  
value

6 LB BAG

**NO NAME®**  
**NATURALLY IMPERFECT™ APPLES**  
product of Western Provinces  
20868985001\_EA



\$7

Earn  
1,000  
pts

That's  
\$1  
value

4 LB BAG

**NO NAME®**  
**NATURALLY IMPERFECT™ ORANGES**  
product of U.S.A.  
21649536001\_EA



\$3

Earn  
1,000  
pts

That's  
\$1  
value

**NO NAME®**  
**12 GRAIN or ANCIENT GRAIN BREAD**  
600 g  
21666723\_EA/21666817\_EA

4<sup>29</sup>



**NO NAME®**  
**PEANUT BUTTER**  
selected varieties  
1 kg  
20296985001\_EA/20296985002\_EA

\$7



**NO NAME® JAM or MARMALADE**  
selected varieties  
1 L  
20217879\_EA

3<sup>29</sup>



**NO NAME®**  
**SOUR CREAM**  
selected varieties  
500 mL  
20297641002\_EA

8<sup>79</sup>



**NO NAME® CHEESE BARS**  
selected varieties  
700 g  
20973773\_EA

\$5



**NO NAME® CHEESE SHREDS**  
selected varieties  
320 g  
21206884\_EA

.25



**NO NAME® INSTANT NOODLE SOUP**  
selected varieties, 85 g  
20301274001\_EA

1<sup>69</sup>



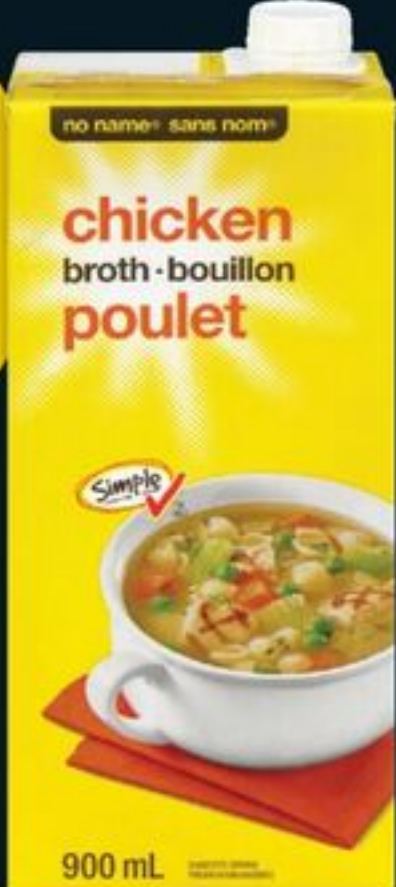
**NO NAME®**  
**TOMATOES**  
selected varieties  
796 mL  
20600787\_EA

1<sup>50</sup>



**NO NAME®**  
**BEANS**  
selected varieties  
540 mL  
20235921001\_EA

1<sup>50</sup>



**NO NAME®**  
**BROTH**  
selected varieties  
900 mL  
21189611\_EA

3<sup>50</sup>



**NO NAME® PIZZA**  
selected varieties, frozen  
369/411 g  
21541429\_EA

\$5



**NO NAME® FISH**  
selected varieties, frozen  
454 g  
21672358\_EA

\$13



**NO NAME® CHICKEN WINGS**  
frozen  
908 g  
21045309\_EA

\*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](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

# MORE WAYS TO SAVE



**NEW  
LOWER  
PRICES**

Enjoy these price drops for longer.



**RAIN  
CHECK**  
+ **pts**

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



**ALWAYS**

Count on low everyday prices.



**FRESH  
GUARANTEE**

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

The  **NOFRILLS**® thing to do.

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit [www.pcoptimum.ca](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