

THE BIG SALE!

PRICE DROP

169

ITALPASTA

selected varieties
750 g
20296241001_EA
20296241003_EA



ONLY

297

ASTRO or iÖGO 650/750 g
or **LIBERTÉ GREEK**
4x100 g **YOGURT**

selected varieties
20165226001_EA/20801752003_EA



ONLY

\$3

**REAL CANADIAN
SPRING WATER**

24x500 mL
20154975_C24



App
exclusive offer



Optimum™



ONLY

\$2²⁹

Earn

750

pts

That's

.75

value

NO NAME® VINEGAR

club size
4 L
20102756_EA

NOFRILLS®

THE BIG SALE!

FLYER PRICES EFFECTIVE THURSDAY, FEBRUARY 12 TO WEDNESDAY, FEBRUARY 18, 2026.

SAVE 41%

4⁹⁵

LACTANTIA BUTTER
selected varieties
454 g
20639926_EA



CLUB SIZE

ONLY

4⁸⁵ LB

CHICKEN BREAST
bone-in, skinless
10.69/kg
20055906_KG

WHILE QUANTITIES LAST



GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

SAVE UP TO 55%

3⁹⁹

10 LB BAG



RED or WHITE POTATOES
product of Western provinces,
Canada no. 1 grade
20601013001_EA/20600997001_EA

SAVE 50%

2⁹⁹ LB



ASPARAGUS
product of Mexico or Peru, no. 1 grade
6.59/kg
20174581001_KG

App exclusive offer

Optimum™

Member Price

\$11

Non-Members

\$14

Members Save 3



BONELESS RIB STEAK or STRIPLOIN STEAK
product of New Zealand
300 g
21623721_EA

SAVE 33%

11⁹⁹

30=60 ROLLS

ROYALE BATHROOM TISSUE
selected varieties
21378233_EA



SAVE 51%

3⁹¹

WATSON RIDGE CHICKEN STRIPS, NUGGETS or TA'AAM HALAL NUGGETS
frozen
800 g
21305249_EA



ONLY

6⁹⁹



LOU'S KITCHEN ENTRÉES 375/400 g, fresh, fully cooked or **SWISS CHALET POT PIES** 650/655 g or **ST-HUBERT CHICKEN POT PIE** 715/800 g
frozen
selected varieties
20078077_EA/21047194_EA

ONLY

6⁵⁰



SEAQUEST® RAW WHITE SHRIMP 16-20 per lb, 300 g, or **BAY SCALLOPS** 400 g or **SHRIMP RING** 227 g
frozen
21043887_EA

ONLY

\$6



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

SAVE 33%

1²⁵



NO NAME® EVAPORATED MILK
selected varieties
354 mL
21040510_EA/21040543_EA

ONLY

1⁵⁰



UNICO BEANS 540 mL or **TOMATOES** 796 mL
selected varieties
20313447001_EA/20314429001_EA

SAVE 50%

\$1



HEINZ BEANS or PASTA
selected varieties
398 mL
20040380003_EA/20177278001_EA

PRICE DROP

8⁹⁹



GALLO EXTRA VIRGIN OLIVE OIL
selected varieties
1 L
20105368_EA

SAVE 36%

1⁴⁴



OASIS JUICE, DEL MONTE NECTAR or ARIZONA ICED TEA 960 mL, or **FRUIT BEVERAGES** 2 L
selected varieties
20336722003_EA/20894117004_EA

ONLY

13⁸⁸

908 G



DAN-D PAK CASHES
salted or unsalted
908 g
20314862002_EA

ONLY

\$6



TOBLERONE TINY CHOCOLATE
120 g
21609706_EA

ONLY

\$15



FERRERO ROCHER DIAMOND BOX
24's
21463826_EA

FLYER PRICES EFFECTIVE IN WESTERN CANADA OR NORTHERN ONTARIO STORES ONLY, INCLUDING GERALDTON, DRYDEN, KENORA & THUNDER BAY.

nofrills.ca

01 NFW

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**

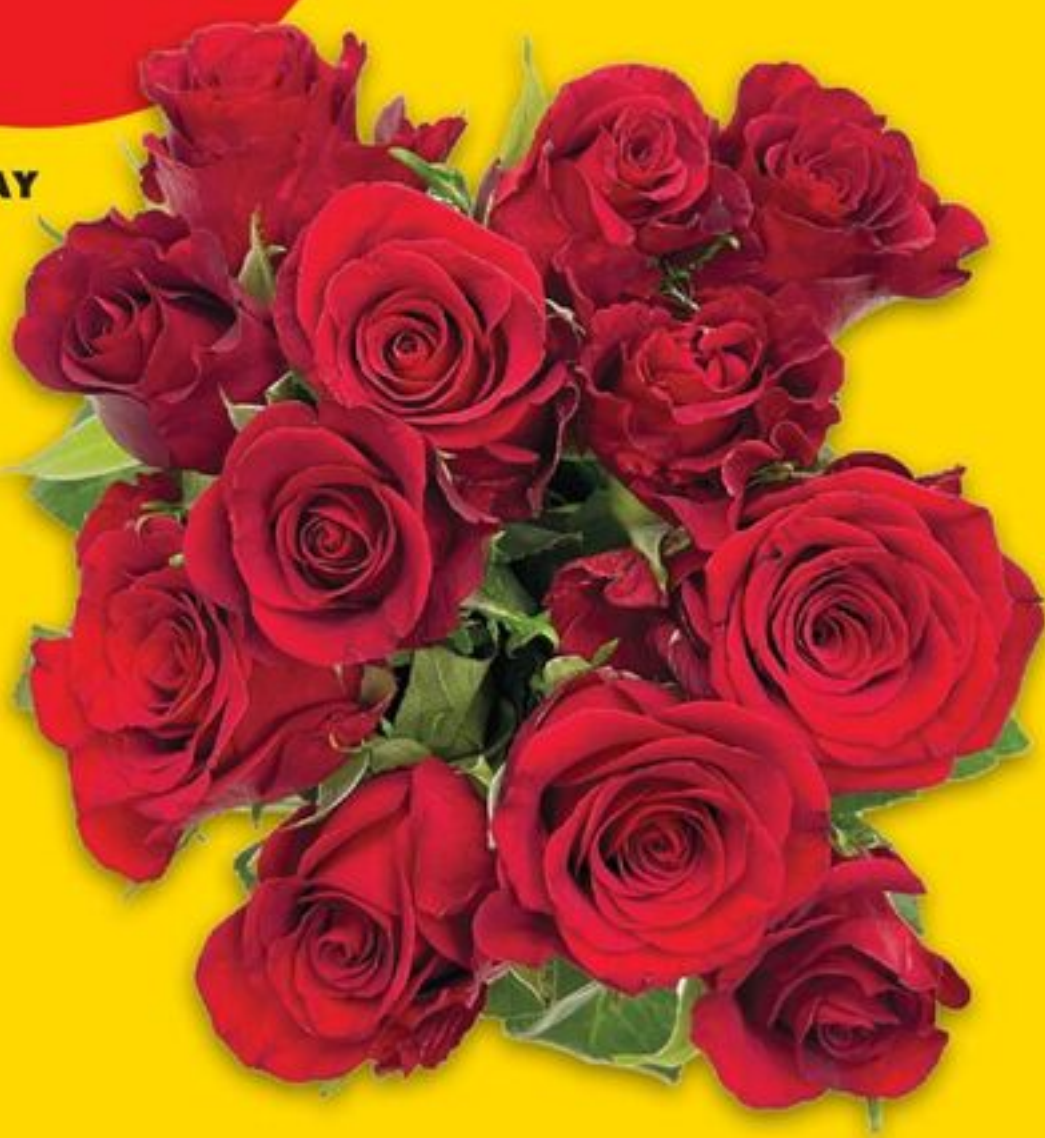
As compared to other major grocery retailers within your local trade areas. Offer valid February 1st - 28th, 2026 while quantities last. We reserve the right to limit quantities to reasonable family requirements. See in store for limits. No rainchecks.

FLORAL DEALS

\$20

**HOLIDAY
ROSES**

21663224 EA



\$20

**DELUXE
BOUQUETS**

21665235 EA
21638413 EA
21638423 EA



\$10

**TULIPS or
SMALL MIXED
BOUQUET**

21593531 EA
21593179 EA
216379072 EA



\$10

MINI ROSES

21663948 EA



FRESH AT LOW PRICES

4⁹⁹

1 LB CLAMSHELL

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

PKG 5 OR 6

3⁹⁹

AVOCADOS
product of Mexico or
PINEAPPLE
product of Costa Rica or Mexico
each
21644936001_EA/20160992001_EA

2⁹⁹
EA/LB

BROCCOLINI each, product of U.S.A. or
TOMATOES ON THE VINE 6.59/kg,
product of Canada or Mexico
20154907_EA/20026703001_KG

3⁹⁹
LB

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



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

4⁹⁹

PKG OF 3



ROMAINE HEARTS
product of Canada or U.S.A.
20067389001_EA

1⁶⁹
LB



SWEET POTATOES
product of Canada
3.73/kg
20127708001_KG

5⁹⁹

907 G



PKG OF 11

FARMER'S MARKET™ GRAPE TOMATOES
product of Canada or Mexico or
MINI CUCUMBERS product of Canada, Canada no. 1 grade
20840038001_EA/21070679001_EA

3⁹⁹



PC® LITTLE GEMS™ RED, YELLOW, or MIXED MINI POTATOES
product of Canada, Canada no. 1 grade
21247301001_EA/21247299001_EA

3⁹⁹



GREEN or RED PEPPERS
product of Mexico or U.S.A.
20115233001_EA/20013208001_EA

5⁹⁹

3 LB BAG



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

1⁹⁹



BUNCHED SPINACH
product of U.S.A. or Mexico
each
20162840001_EA

1⁶⁹



RED MANGO
product of Peru
20059635001_EA

2⁹⁹
LB



YELLOW NECTARINES or PEACHES
product of Chile, no. 1 grade
6.59/kg
20319426001_KG/20002646001_KG

6⁹⁹

5 LB BAG

BARTLETT PEARS product of U.S.A., extra fancy grade
or **FARMER'S MARKET™ AMBROSIA** or
ROYAL GALA APPLES product of Canada,
Canada fancy grade
21032823001_EA/20625303001_EA

6⁹⁹

3 LB BAG

PC® MANDARINS
product of U.S.A.
20849941001_EA

2⁴⁹

2 LB BAG

FARMER'S MARKET™ CARROTS or YELLOW ONIONS
product of Canada, Canada no. 1 grade
20426628001_EA/20811994001_EA



3 LB BAG

4⁹⁹

PKG OF 3

FARMER'S MARKET™ ENGLISH CUCUMBERS
product of Western Provinces, Canada no. 1 grade
20828441001_EA



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

FRESH AT LOW PRICES

\$13

PC® BLUE MENU® CHICKEN BREAST CUTLET
boneless skinless
590 g
21662359, EA



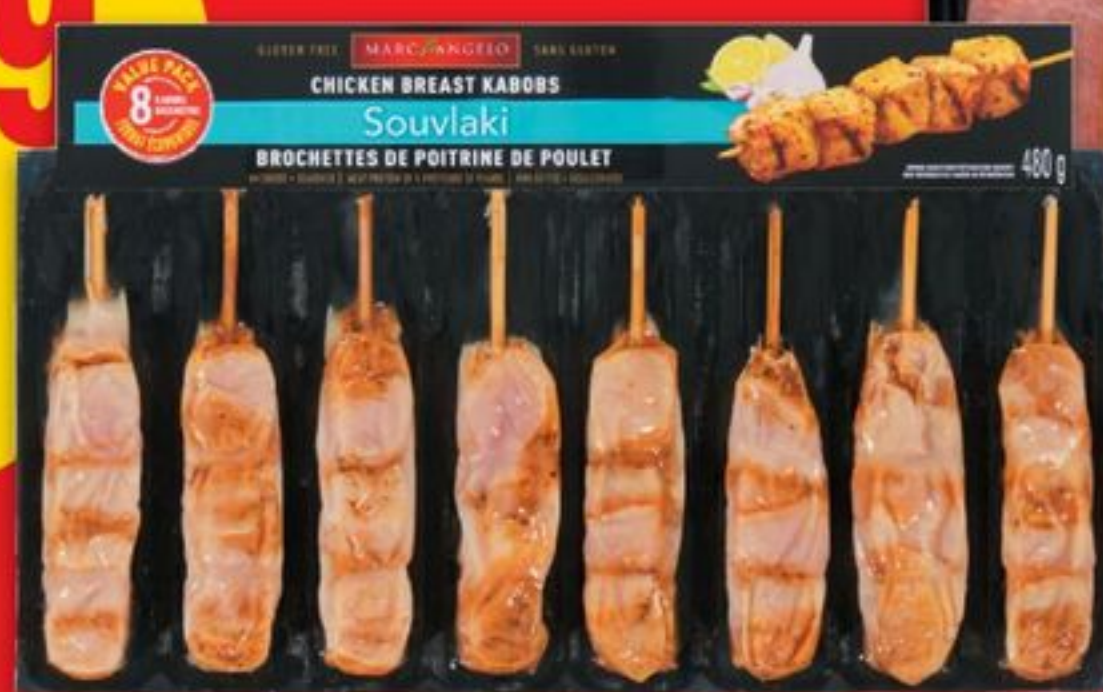
779
LB

EXTRA LEAN GROUND BEEF
17.17/kg
20981822, KG



1399

MARCANGELO SOUVLAKI KABOBS
selected varieties
480/640 g
21041735, EA



799

MARCANGELO JUMBO SAUSAGE
selected varieties, frozen
500/675 g
21289731, EA



449

MAPLE LEAF TOP DOGS or SCHNEIDERS WIENERS
selected varieties
375 g
21092477, EA



549

ASIAN INSPIRATIONS ENTRÉES
selected varieties, frozen
400 g
21047378, EA



\$6

PC® SPLENDIDO® SLICED DELI MEAT
100 g or **ZIGGY'S® KOLBASSA** 375 g
selected varieties
21049131, EA/21396884, EA



188

ROOSTER® TOFU
selected varieties
454 g
21474765, EA



350

SEAQUEST® FLAVOURED ALASKA POLLOCK
ready to eat, 227 g, **SMOKED STEELHEAD** frozen, 50 g,
GO SHRIMP raw, 51/70 per lb or cooked, 61/90 per lb, 160 g, frozen
20792840, EA



\$9

HIGH LINER WILD PACIFIC PINK SALMON FILLETS
frozen
400 g
21093881, EA



\$11

PC® FREE FROM SLICED DELI MEAT 375/400 g or
GRIMMS PEPPERONI STICKS 600 g
selected varieties
21381330, EA



\$5

AGROPUR BRIE or MONSIEUR GUSTAV GOUDA 170 g or
PC® CHEESE SLICES 140-170 g
selected varieties
20350947, EA



\$5

OLIVIERI FRESH FILLED TWIN PACK PASTA 450-500 g,
SKILLET GNOCCHI 280/300 g or **FRESH SAUCE** 300 mL
21022065, EA/20321512, EA



\$10

PC® BASQUE CHOCOLATE CHEESECAKE
600 g
21687925, EA



250

WONDER BREAD 570 g
or **BUNS 12's**
selected varieties
20305674, EA/20320827, EA



225

NO NAME® BAGELS or ENGLISH MUFFINS
selected varieties, 6's
21217967, EA/21313119, EA



\$5

FARMER'S MARKET™ LOAF CAKES
selected varieties, 344-390 g
20565382, EA



THE BIG SALE!

SAVE UP TO 33%

\$6

ONLY

650

OIKOS GREEK or ACTIVIA EXPERT YOGURT
selected varieties
650/750 g
21006660 EA/21688207 EA



CRACKER BARREL CHEESE SHREDS 320 g or **BLACK DIAMOND CHEESTRINGS or SNACKS** 252/336 g
selected varieties
20763661 EA/21290616 EA

ONLY

650

PC® ORANGE JUICE
selected varieties, refrigerated
2.5 L
21531644 EA



ONLY

699

BECEL MARGARINE
selected varieties
637/850 g
20297818002 EA

479



INTERNATIONAL DELIGHT COFFEE ENHANCERS 946 mL or **COLD FOAM** 396 g
selected varieties
2095480002 EA

\$4



PILLSBURY TOASTER STRUDEL
selected varieties, frozen, 326 g
20173644504 EA

\$7



HIGH LINER FAMILY SIZE FISH FILLETS
selected varieties, frozen, 315-700 g
20303200001 EA



\$5.50

GIUSEPPE THIN CRUST or RISING CRUST PIZZA
selected varieties, frozen
439-785 g
21106361 EA

Earn 500 pts
\$0.50

\$1



OLD EL PASO SEASONING
selected varieties
24 g
21049495 EA

250



TOWNHOUSE 247-391 or CHEEZ IT SNAP'D CRACKERS 213 g
selected varieties
21107403 EA/21451181 EA

\$4



DORITOS TORTILLA CHIPS 210/235 g or **SMARTFOOD POPCORN** 150-220 g
selected varieties
20972859 EA/21893042 EA

\$1



CAMPBELL'S TOMATO, CREAM OF MUSHROOM, VEGETABLE or CHICKEN NOODLE SOUP
284 mL
20176214004 EA

169



COCA-COLA or PEPSI SOFT DRINKS
selected varieties
2 L
202949236002 EA/20316026002 EA

\$9



RED BULL ENERGY DRINK
selected varieties
4x250 mL
201460237001 COM

150



GREEN GIANT VEGETABLES
selected varieties
710 mL or 241/298 mL
21021485 EA

279



BEN'S ORIGINAL BISTRO EXPRESS RICE
selected varieties, 240/250 g
21404900 EA/21405476 EA

150



NO NAME® MUSTARD
550 mL
2140728 EA

1699



TIMOTHY'S, KRISPY KREME or DONUT HOUSE COFFEE PODS
selected varieties
30x
21007380 EA/21432355 EA

350



PEARL MILLING COMPANY SYRUP
710 mL or 241/298 mL
21384600 EA/21391419 EA

\$3



LECLERC GO PURE or NUGABAR BARS
selected varieties
140-172 g
21007658 EA/21536598 EA

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

NOFRILLS

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

nofrills.ca



this product contains post consumer recycled paper



LOW PRICES ARE IN THE AIR

\$12

FERRERO ROCHER HEART
16's
20052252 EA



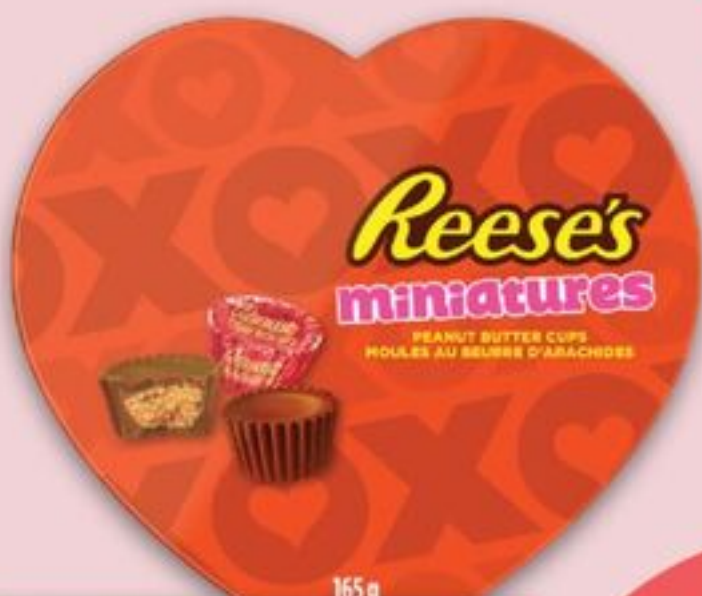
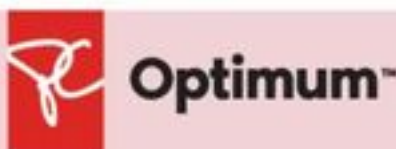
\$9

NESTLÉ KITKAT or SMARTIES
selected varieties
30's
21620932 EA



\$12

LINDT ASSORTED MILK CHOCOLATE HEART
108 g
21690456 EA



HERSHEY' VALENTINES CHOCOLATE or CANDY
selected varieties and sizes
20275866001 EA/21478120 EA

Earn
3,000
pts
For every \$10*
spent

That's
\$3
value

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.

App exclusive offers

**More offers
More points**

Members
get over
\$25
in value

CLICK FOR
THESE COUPONS
AND MORE



 **Optimum™**



Earn
500
pts

Until March - 4 - 2026

PC® INSTANT COFFEE
80 - 100 g

 **Optimum™**



Save
\$2
with digital
coupon

**NESCAFÉ
RICH INSTANT COFFEE**
excludes 95 g

 **Optimum™**



Earn
1,000
pts

Until March - 4 - 2026

PC® CHOCOLATE BARS
300 g

 **Optimum™**



Earn
2,000
pts

Until March - 4 - 2026

PC® BASQUE CHEESECAKE
600 g

 **Optimum™**



Earn
500
pts

Until March - 4 - 2026

PC® COLESLAW
397 g

 **Optimum™**



Earn
1,000
pts

Until March - 4 - 2026

**PC® GNOCCHI
or RISOTTO**
350/400 g

 **Optimum™**



Earn
750
pts

Until March - 4 - 2026

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

 **Optimum™**



Earn
750
pts

Until March - 4 - 2026

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

 **Optimum™**



Earn
1,500
pts

Until March - 4 - 2026

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

 **Optimum™**



Earn
1,000
pts

Until March - 4 - 2026

PC® BABY WIPES
300's

 **Optimum™**



Earn
500
pts

Until March - 4 - 2026

**NO NAME®
CHICKEN STRIPS**
908 g

 **Optimum™**



Earn
500
pts

Until March - 4 - 2026

**NO NAME®
CHICKEN NUGGETS**
908 g

 **Optimum™**



Earn
2,000
pts

Until March - 4 - 2026

PC® MEAT LASAGNA
2.27 kg

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Earn
500
pts

Until March - 4 - 2026

NO NAME® CHOCOLATE CHIP COOKIES
907 g



Earn
500
pts

Until March - 4 - 2026

NO NAME® BUTTER
454 g



Earn
500
pts

Until March - 4 - 2026

NO NAME® 100% WHOLE GRAIN QUICK OATS
1 kg



Earn
500
pts

Until March - 4 - 2026

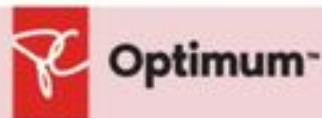
NO NAME® SPICES
150 g



Earn
1,000
pts

Until March - 4 - 2026

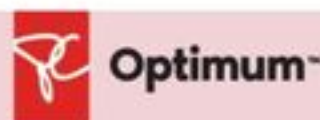
NO NAME® CHICKEN HOT DOGS
1.5 kg



Earn
500
pts

Until March - 4 - 2026

NO NAME® CHICKEN BURGER
908 g



Earn
500
pts

Until March - 4 - 2026

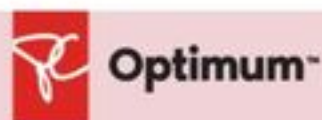
NO NAME® CALIFORNIA MIXED VEGETABLES
750 g



Earn
2,000
pts

Until March - 4 - 2026

NO NAME® CHICKEN WINGS, MEDIUM BBQ
908 g



Earn
500
pts

Until March - 4 - 2026

NO NAME® LEMONADE
1.75 L



Earn
1,500
pts

Until March - 4 - 2026

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



Earn
1,000
pts

Until March - 4 - 2026

NO NAME® KITCHEN GARBAGE BAGS
21 L



Earn
1,500
pts

Until March - 4 - 2026

NO NAME® EXTRA SCENTED SCOOPABLE CLUMPING CAT LITTER
7 kg

BRANDS YOU LOVE AT LOW PRICES



6⁵⁰

ACTIVIA YOGURT
selected varieties
12x100 g
2030341/2001_EA



4²⁵

SILK NON-DAIRY BEVERAGES
selected varieties, refrigerated
1.75/1.89 L
2032823/1002_EA/21337480_EA



\$10

PC® DINNER ENTRÉES
selected varieties, frozen
907-1.13 kg
20314880_EA



3⁵⁰

DAIRYLAND CREAM
10% 946 mL or 33% 473 mL,
LACTANTIA CREAM
10% 1 L or 35% 473 mL
selected varieties,
brand availability varies by region
20073927_EA/21443531_EA

Optimum

CHAPMAN'S COLLECTION 8%, LOLLY NOVELTIES
28's or **ORIGINAL ICE CREAM** 2 L
selected varieties, frozen
20315236/001_EA/20323757/001_EA

Member Price \$4⁴⁹
Non-Members \$4⁹⁹
Savings of .50

\$8

STOK COLD BREW COFFEE
selected varieties, 1.42 L
21203739_EA

3⁵⁰

KOOL-AID JAMMERS 10x180 mL,
MINUTE MAID, FIVE ALIVE or
FUZE DRINK BOXES 8/10x200 mL
selected varieties
20079976/006_EA/20327042/001_EA

\$6

GATORADE SPORT DRINKS 6x591 mL or **POWDERS** 560 g
selected varieties
2030321/8003_C06/20336724/001_EA

\$2

UNICO SOLID LIGHT TUNA IN OIL
198 g
20115745_EA

1⁵⁰

CADBURY MINI EGGS, CREAM EGGS or KINDER JOY 20 g
CARNABY STREET CHOCOLATE BUNNY 100 g or **REESE CANE**
selected varieties
20031065_EA/20934878_EA

5²⁵

FERRERO EGGS 90-100 g or **ROCHER HALLOW BUNNY** 70 g
21484705_EA/21694065_EA

5⁵⁰

KINDER CHOCOLATE UOVO
selected varieties
100 g
20719295_EA

2⁵⁰

GOLDFISH CRACKERS
selected varieties
167-227 g
20300320_EA/20306994/003_EA

PRICE DROP

1⁶⁹

CHEF BOYARDEE PASTA
selected varieties
418/425 g
20312500/002_EA

.88

MR. NOODLES CUP
selected varieties
64 g
20296506/002_EA

\$2

PRIMO SAUCE
selected varieties
680 mL
20730715_EA

3⁵⁰

HEINZ MAYO STYLE DIPS
selected varieties
340 mL
21686143_EA/21686231_EA

4⁹⁹

BICK'S PICKLES
selected varieties
1 L
21675037_EA

8⁸⁸

MAZOLA CORN OIL
2.84 L
20015260_EA

2²⁹

BETTY CROCKER POTATOES
selected varieties
141-215 g
20296518/003_EA/21574295_EA

BRANDS YOU LOVE AT LOW PRICES

3⁵⁰

DAIRYLAND SOUR CREAM
selected varieties
500 mL
20275966001_EA



4⁷⁹

CRACKER BARREL NATURAL CHEESE SLICES
selected varieties
200-240 g
21290705_EA



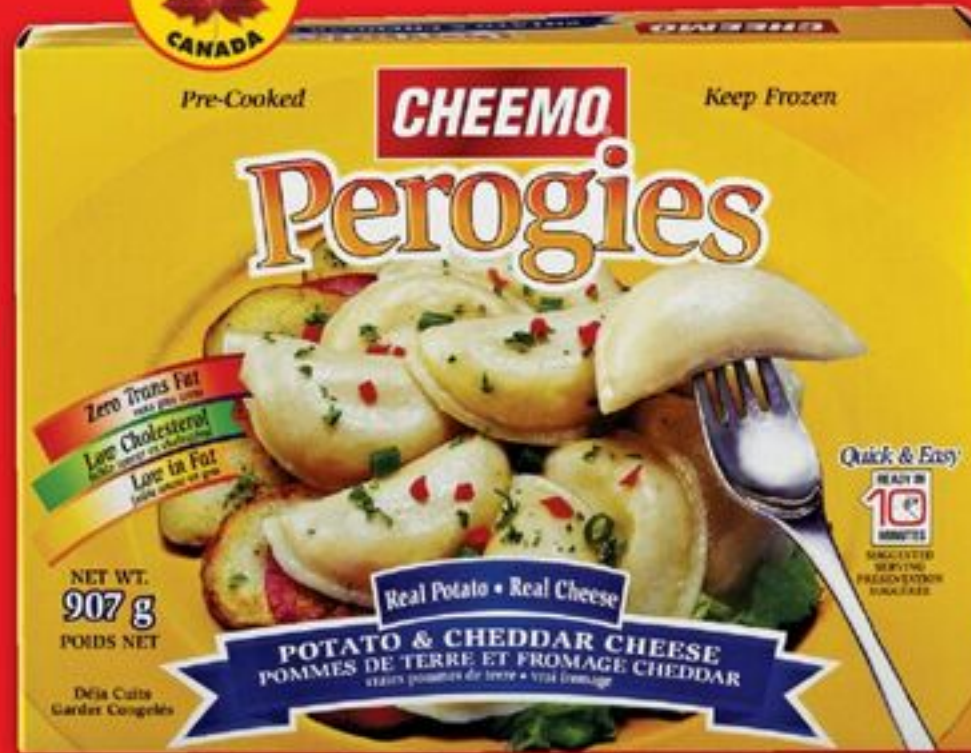
\$5

BEN & JERRY'S ICE CREAM 473 mL or
MAGNUM NOVELTIES 3's
selected varieties, frozen
20950739_EA/21428403_EA



\$3

CHEEMO PEROGIES
selected varieties, frozen
745-907 g
20527369_EA



4⁴⁹

Earn
500
pts
That's
.50
value

OASIS SMOOTHIES or HEALTH BREAK
selected varieties, refrigerated, 1.6 L
21529899_EA/21529910_EA



Optimum™

2⁵⁰

BAGEL BITES
selected varieties, frozen
198 g
20213483001_EA



1⁵⁷

NO NAME® POTATO CHIPS
selected varieties
200 g
21302821_EA



2⁵⁰

GRISSOL MELBA TOAST, CANAPE or BAGUETTES
selected varieties
120-200 g
21033184_EA/21033188_EA



\$5

CLUB HOUSE BLENDS or LA GRILLE SEASONING
selected varieties
111-248 g
20308056001_EA/203221740001_EA



\$5

BONNE MAMAN JAM CORA CREPE MIX 250 mL or
CORA MUFFIN MIX 450 g
selected varieties
20307212001_EA/21647639_EA



3⁴⁹

KETTLE BRAND POTATO CHIPS
selected varieties
190 g
21520602_EA/21520692_EA



6⁹⁹

TAZO TEA CONCENTRATE 946 mL or
LIPTON TEA BLACK or GREEN 200 g
selected varieties
21293920_EA/21392397_EA



12⁴⁹

STARBUCKS ROAST AND GROUND COFFEE 340 g, PODS 10's or
HOT CHOCOLATE 240/300 g
selected varieties
21631626_EA/21640417_EA



\$5

NO NAME® HOT CHOCOLATE 500 g or
LYNCH HOT APPLE CIDER MIX 10x23 g
20740078_EA



5⁵⁰

KELLOGG'S FAMILY SIZE CEREAL
selected varieties
480-650 g
21449784_EA/21651640_EA



\$7

NUTELLA HAZELNUT SPREAD 725 g or
NUTELLA & GO HAZELNUT SPREAD WITH BREADSTICKS 208 g
selected varieties
20436100_EA



1⁵⁰

NO NAME® CHEESE SNACKS
selected varieties
2's
20489981_EA/20489982_EA



2⁹⁹

SKITTLES or STARBURST CANDY
selected varieties
130-170 g
21645665_EA/21647110_EA



Earn
3,000
pts
For every \$10*
spent

That's
\$3
value



Optimum™

BETTY CROCKER PREMIUM CAKE MIX
selected varieties
263-550 g
20136507001_EA/20694464001_EA/20754542_EA

BRANDS YOU LOVE AT LOW PRICES

\$5

CREST GUM TOOTH PASTE 63-90 mL,
or **SCOPE MOUTHWASH** 1 L
selected varieties
20948747_EA/21334690_EA



6⁵⁰

SOFTSOAP LIQUID HAND SOAP REFILL
selected varieties
1.47 L
21162194_EA

\$9

PALMOLIVE DISHWASHING LIQUID
selected varieties
4.27 L
21516689_EA



\$4

ZIPLOC STORAGE BAGS
selected varieties
10-90's
20871415_EA/20871443_EA

6⁹⁹

LYSOL TOILET BOWL CLEANER 2x710 mL,
DISINFECTANT SPRAY 539 g or
LAUNDRY DISINFECTANT 1.2 L
selected varieties
20822648_EA/21238361_EA/21487308_EA



\$5

OLD DUTCH LAUNDRY DETERGENT
4 L
21467437_EA



\$11

TIDE LIQUID 1.66/2.63 L or **PODS** 31/18's
LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER 1.89-2.63 L, **DOWNY** or **GAIN SCENT BOOSTERS** 379 g or **BOUNCE DRYER SHEETS** 120/200's
selected varieties
21593782_EA/21695584_EA



31⁹⁹

ALPO COOKOUT CLASSICS DRY DOG FOOD
16 kg
20112174_EA



.90

FANCY FEAST 85 g or **FRISKIES** 156 g
selected varieties
20319657006_EA/20548687001_EA



\$12

NO NAME CAT LITTER
selected varieties
18 kg
20177169001_EA



Earn
5,000
pts
For every \$25*
spent

That's
\$5
value



PET FOOD SUPPLIES
or
all varieties and sizes
21014573_EA/21206496_EA/21304726_EA





\$5



HEINZ KETCHUP
750 mL/1 L or **KRAFT**
MIRACLE WHIP
650/890 mL
selected varieties
20069080_EA/20298681001_EA



9⁹⁷

KD ORIGINAL
12x200 g
21550825_EA

\$4



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



\$3



CLASSICO PASTA SAUCE
selected varieties
410/600 mL
20325609001_EA/21618217_EA

\$4



CRAVE DINNER ENTRÉES 200-340 g or **KRAFT DELUXE**
MACARONI AND CHEESE ENTRÉES 340 g
selected varieties, frozen
21085515_EA

15⁹⁷



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

7⁹⁹



MAXWELL HOUSE or NABOB TASSIMO COFFEE DISCS
selected varieties
8-16's
20026954001_EA

\$4



J.L. KRAFT PURE SALAD DRESSING
selected varieties
355 mL
21581628_EA/21581655_EA

3⁹⁹



KRAFT SINGLES
selected varieties
410 g
21188654_EA

\$3



KRAFT SALAD DRESSING
selected varieties
425 mL
21584850_EA/21584931_EA

3⁹⁹



KRAFT CHEEZ WHIZ
450 g
20659606001_EA

1²⁵



JELL-O JELLY POWDER
selected varieties
9.1-85 g
20300739001_EA/20317293001_EA

PODIUM-WORTHY PRICES



RECIPE
CPG

10⁹⁹



17⁹⁹

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

MONTANA'S SMOKY BBQ BEEF BURGERS
frozen
906 g
21665099_EA

\$4



KELLOGG'S ALL BRAN 405/525 g,
RAISIN BRAN 375/436 g,
VECTOR 306/400 g, **SPECIAL K** 320-383 g or
MINI-WHEATS 377-460 g **CEREAL**
selected varieties
20015041_EA/21607207_EA

3⁵⁰



FONTAINE SANTÉ HUMMUS
selected varieties
260/283 g
20501132_EA

MARS
SNACKING

Optimum™



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



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



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

EXCEL GUM BOTTLE
selected varieties
40/60's
20310919004_EA/20310919002_EA

SKITTLES or STARBURST CANDY BAG
selected varieties
255-320 g
20018330_EA

MARS CHOCOLATE MULTIPACK
selected varieties
4's
20313925_EA/20638842_EA

reckitt

5⁴⁸



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

\$4



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

\$14



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

5⁵⁰



NESTLÉ DRUMSTICK or NOVELTIES
selected varieties, frozen
4-10's
20322380003_EA

3⁵⁰



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

Corona Cero

Optimum™



\$12

CORONA CERO 0% NON-ALCOHOLIC BEER
6x330 mL
21650191_C06

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



恭賀新禧

3⁸⁸

ORIGINAL TWO-BITE LUNAR
NEW YEAR CUPCAKE

300 g
21431082, EA



12⁸⁸

T&T® THAI
JASMINE RICE

8.2 kg
20703390, EA



1⁶⁸

AROY-D
COCONUT MILK

selected varieties
400 mL
20063864, EA



2⁸⁸

INDOMIE
INSTANT
NOODLES

selected varieties
400-425 g
20686719, EA



4⁵⁰

T&T® MATCHA
SWISS ROLL

350 g
21682116, EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET PLAP NFW

HAPPY HOLI!

होली की शुभकामनाएं



1.99
LB

PAPAYA
product of Mexico
4.39/kg
20817066001_KG



1.69
EA/LB

BUNCH MINT or
METHI LEAF
each, product of Mexico or
OPO SQUASH
3.73/kg, product of Mexico or
Honduras
20139326001_EA/20159689001_EA

8.99

**FARMER'S MARKET™
RED ONIONS**
product of Canada, Canada no. 1 grade
20171965001_EA



10 LB BAG

2.99

CRISPY POUND CAKE
selected varieties
368 g
20814268_EA



\$8

TEA INDIA 681 g
or **TATA TEA**
AGNI 1 kg
20177173_EA/21375115_EA



.99

**PARLE G
BISCUIT**
original
300 g
20956495_EA



2.29

SURATI SNACKS
selected varieties
250/341 g
20322376003_EA



1.29

**TAMAM
CANNED
BEANS**
selected varieties
796 mL
21214487_EA



11.99

**DAAWAT
EVERYDAY
BASMATI
RICE**
4 kg
21666269_EA



2.99

KFI CHUTNEY 455 mL or
MAGGI SAUCE 340 mL
selected varieties
20299612001_EA/20687724_EA



\$4

**SURAJ®
GREEN
CARDAMOM
SEEDS**
50 g
20618034_EA



4.50

NANAK PANEER
selected varieties
341 g
21286158_EA



5.99

**SURAJ® SOOJI
WHEAT
SEMOLINA**
2 kg
21071270_EA



2.99

PRAN SAMOSA or **SPRING ROLL**
selected varieties, frozen
400 g
21054779_EA/21054846_EA



9.99

**NANAK VEGGIE
BURGER
PATTIES**
selected varieties
640 g
20880688_EA



1.49

**SHANA
VEGETABLES**
selected varieties, frozen
300 g
20753978_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 01 NFW



恭賀新禧

1⁹⁸
LB



GINGER ROOT
product of China or
JAPANESE SWEET YAMS
product of U.S.A.

4.37/kg
20179038001_KG/20524922001_KG

2⁹⁸
LB



BABY BOK CHOY, SHANGHAI BOK CHOY, GAI LON or YU CHOY
product of Mexico or U.S.A.

6.57/kg
20082279001_KG/20032454001_KG

3⁸⁸



AUTHENTIC ASIA ENTRÉES
selected varieties, frozen
250-350 g
20958324_EA

6⁸⁸
LB

TAIWANESE CHICKEN
frozen
15.17/kg
21587976_KG

10⁸⁸
LB



ETNICO BEEF OXTAIL
23.15/kg
20079558_KG

3⁸⁸



LEE KUM KEE COOKING SAUCE or PASTE or MIZKAN MIRIN
selected varieties
20319201_EA/21503878_EA

1⁸⁸



S&B WASABI 43 g or T&T LIGHT or DARK SOY SAUCE 500 mL
selected varieties
20498142_EA/21397130_EA

1⁸⁸



SPRINGHOME SPRING ROLL PASTRY
frozen
400 g
2031105_EA

8⁸⁸



BILLY BEE HONEY
1 kg
20528715_EA

3⁸⁸



ROASTED SESAME SEED
selected varieties
227 g
2077488_EA

1⁴⁸



WAHAHA YOGHURT DRINK 100 mL or PALDO ROASTED SEAWEED 15 g
20431251_EA/21091972_EA

2⁴⁸



ROOSTER SWEETENED CONDENSED MILK
selected varieties
300 mL
20126907_EA

3⁸⁸



HEIWA SHORT GRAIN SWEET RICE 1.81 kg or TILDA JASMINE RICE 907 g
selected varieties
21567503_EA/21576425_EA

4⁸⁸



PALM CORNED BEEF
selected varieties
326 g
20416342_EA

6⁹⁸



CHARMIN BATHROOM TISSUE 8-24 rolls or BOUNTY PAPER TOWEL 3-6 rolls
21670139_EA/21707477_EA

10⁹⁸



SWIFFER WET REFILLS 12-24's, DRY DUSTER REFILLS 6-10's
selected varieties
21629789_EA

14⁹⁸



CASCADE AUTO DISHWASHER TABS 30/39/48's or GAIN LIQUID 4.25 L or FLINGS 42's LAUNDRY DETERGENT
selected varieties
21507156_EA/21671135_EA

5⁴⁸



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

19⁸⁸



FINISH AUTO DISHWASHER TABS
selected varieties
60-105's
21218875_EA/21561337_EA

12⁴⁸



TRU EARTH LAUNDRY DETERGENT ECO-STRIPS 32's or SCENT BOOSTERS
200 g
21425514_EA



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- Earn 2% back in (pts) with eligible pickup orders**

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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



**NEW
LOWER
PRICES**

Enjoy these price drops for longer.



**RAIN
CHECK**
+ pts

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



ALWAYS

Count on low everyday prices.



**FRESH
GUARANTEE**

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

The  **NOFRILLS**® thing to do.

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

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ONL NFW MKT