

NOFRILLS[®] YESSAVINGS

ONLY

1⁹⁹

1 LB
CLAMSHELL

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

SAVE 35%

1²⁹
LB

ROMA TOMATOES
product of Canada or
Mexico, no. 1 grade
tomates Roma
2.84/kg
20143381001_KG

SAVE 50%

.⁹⁹
LB

BARTLETT PEARS
product of South Africa,
Extra Fancy Grade
poires
2.18/kg
20172240001_KG

SAVE 33%

3⁹⁹

292-383 G

EAT SMART or
TAYLOR FARMS
CHOP SALAD KIT
selected varieties, product of U.S.A.
trousses de salade
20674118_EA/ 21599513_EA



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

550

**SEAQUEST® RAW or
COOKED WHITE SHRIMP**
frozen
36-55 per lb
300 g
crevettes
21636326 FA/21636352 FA

22^{LB}

PORK COMBO CHOP
fresh, bone-in
côtelettes de porc
4.89/kg
20683470_KG

\$13

AUSTRALIAN LEAN GROUND LAMB
2x350 g
agneau haché
21682482 EA

877

MEDJOOL DATES
product of U.S.A.
dattes
20003484 EA

HALAL

699

SCHNEIDERS WINGS
selected varieties, frozen
615 g
oiles
21372435 EA

188

LANTIC
GRANULATED SUGAR
2 kg
sucre granulé
20145023 EA

\$1

CARL BUDDIG SLICED DELI MEAT
selected varieties
55 g
charcuteries tranchées
20662015 EA

\$1

CLOVER LEAF LIGHT TUNA 170 g or
GOLD SEAL SARDINES 125 g
selected varieties
thon pâle ou sardines
20573583 EA/21024465 EA

**App
exclusive offer**

\$20

Earn
5,000

That's
\$5
value

PC® ROAST AND GROUND COFFEE 800-930 g,
WHOLE BEAN 820/907 g or **PODS** 30's
selected varieties
café torréfié et moulu ou en grains ou capsules
21038677 EA/21668446 EA

899

48 LOADS

TIDE LIQUID 1.62/1.86 l. or **PODS** 18/31's
GAIN LIQUID 2.6 l. **LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER** 1.66/2.63 l. **DOWNY** or **GAIN SCENT BOOSTERS** 379 g. or **BOUNCE DRYER SHEETS** 120/200's or selected varieties

détergent ou assouplissant ou rehausseur de parfum ou feuilles pour sècheuse

125

**OASIS JUICE, DEL MONTE
NECTAR or ARIZONA ICED TEA**
960 mL or **FRUITÉ BEVERAGES** 2 L
selected varieties
jus ou nectar ou thé glacé ou boissons

29

MR. NOODLES INSTANT NOODLES
selected varieties
85 g
nouilles instantanées

1299

TILDA BASMATI RICE
4.54 kg
riz basmati
20153478 EA

[illegible]

 nofrills.ca

01 NFO MCM

PRICE
DROP

1⁵⁰

ITALPASTA

selected varieties
750 g
pâtes
20296241001 EA
20296241003 EA



\$3

CLASSICO SAUCE

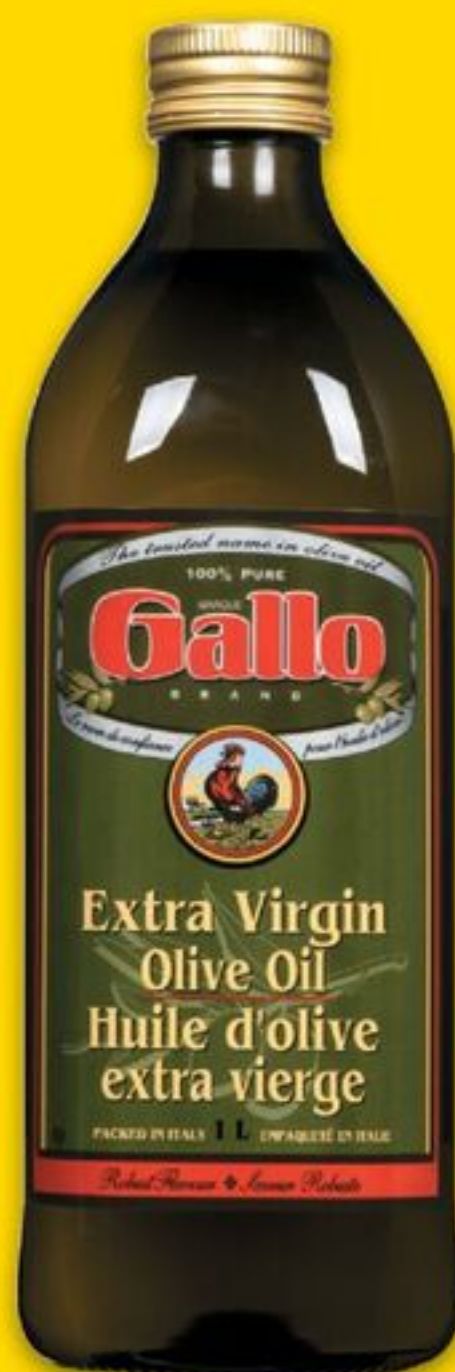
selected varieties
410/600 mL
sauce
20325609003 EA/21618217 EA



8⁹⁹

GALLO EXTRA VIRGIN OLIVE OIL

selected varieties
1 L
huile d'olive
20105368 EA



Optimum™



GENERAL MILLS FAMILY SIZE CEREAL

selected varieties
455-778 g
céréales
21103492 EA/21103495 EA

\$5⁵⁰

Earn
1,000
pts

That's
\$1
value

FRESH AT LOW PRICES

2⁹⁹



PKG OF 6

FARMER'S MARKET™ GRAPE TOMATOES
product of Canada, U.S.A. or Mexico or **MINI CUCUMBERS**
product of Ontario, Canada no. 1 grade
mini-concombres ou tomates raisins
21367888001 EA/20737570001 EA

283 G



3⁹⁹

10 LB BAG

RUSSET, YELLOW or RED POTATOES
product of Canada, Canada no. 1 grade
pommes de terre
20601020001 EA/20601017001 EA/20601013001 EA

3⁹⁹



3⁹⁹
LB/EA



PKG OF 5

6 OZ CLAMSHELL



RED or GREEN SEEDLESS GRAPES 8.80 kg, product of Peru, South Africa or Chile, no. 1, grade or **BLACKBERRIES** each, product of Mexico or U.S.A
raisins verts ou rouges sans pépins ou mûres
20425775001 EA/20139199001 KG

AVOCADOS product of Mexico, Peru, or Colombia or **PINEAPPLE** product of Costa Rica
ananas ou avocats
20160992001 EA/21644936001 EA



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

3⁹⁹
LB



RED, YELLOW or ORANGE SWEET PEPPERS
product of Mexico
poivrons rouges, jaunes ou orange
8.80/kg
20007335001 KG/20166880001 KG

2⁹⁹



325 G

ASPARAGUS
product of Mexico, no. 1 grade
asperges
20181709001 EA

2⁴⁹



BROCCOLI CROWNS
product of Mexico or U.S.A.
each
couronnes de brocoli
21121560001 EA

1⁶⁹



ENGLISH CUCUMBER
product of Ontario, Canada no. 1 grade
each
concombre anglais
20070132001 EA

3⁹⁹

3 LB BAG



2 LB BAG

FARMER'S MARKET™ ORANGES product of Morocco or Spain or **LEMONS** product of U.S.A.
oranges ou citrons
20182945001 EA/20795313001 EA

1²⁹
EA/LB



RED MANGOES each, product of Peru or **CANARY MELONS** 2.84/kg, product of Brazil
mangue rouge ou melons canaris
20079635001 EA/21022511001 KG

4⁹⁹



600 G

KIWI product of Greece or **MINI SEEDLESS WATERMELON or HONEYDEW**
product of Guatemala, Honduras, Costa Rica, Mexico or Brazil
kiwi ou mini-melon d'eau sans pépins ou melon miel
21576167001 EA/20145379001 EA/20045376001 EA

3⁹⁹



PKG OF 2

ROMAINE HEARTS
product of U.S.A.
cœurs de romaine ou citron
20082756001 EA

2⁹⁹



3 LB BAG

FARMER'S MARKET™ CARROTS or YELLOW ONIONS
product of Canada or U.S.A., no. 1 grade
carottes ou oignons jaunes
20600927001 EA/20811994001 EA

3⁹⁹



680 G

PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES
product of Canada, Canada no. 1 grade
mini-pommes de terre rouges, dorées ou assorties
213473071001 EA/21347299001 EA

4⁹⁹



4 LB BAG

FARMER'S MARKET™ AMBROSIA or ROYAL GALA APPLES
product of Ontario, Canada fancy grade
pommes
21307213001 EA/20767998001 EA

6⁹⁹



4 LB BAG

FARMER'S MARKET™ MANDARINS
product of Morocco or Spain
mandarines
20054023001 EA

2⁴⁹



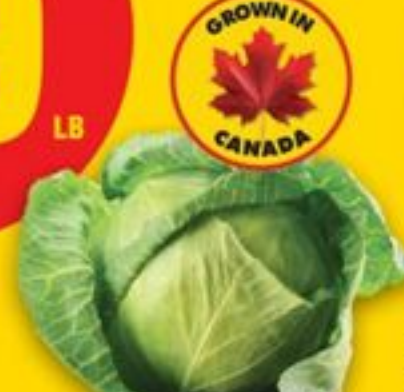
227 G

PC® WHOLE, or SLICED, WHITE or CREMINI MUSHROOMS
product of Ontario
champignons blancs ou cremini entiers ou tranchés
20759805 EA/20776239 EA

PRICE DROP

.79
LB

GREEN CABBAGE
product of Canada,
Canada no. 1 grade
chou vert
1.74/kg
20793034001 KG



2⁴⁹
LB

EGGPLANT
product of Mexico
aubergine
5.49/kg
20153709001 KG



\$2
LB

PINK LADY APPLES
product of Ontario, Canada fancy grade
pommes
4.41/kg
20093376001 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.

FLORAL DEALS

\$20

**INTERNATIONAL
WOMEN'S DAY
BOUQUET**

bouquet
21397548_EA



\$10

**MIXED SMALL
BOUQUET or TULIPS**

petit bouquet varié ou tulipes
21619952_EA/21660811_EA



\$10

KALANCHOE

in bag
kalanchoé
21575956_EA



FRESH AT LOW PRICES

\$15

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



\$7^{LB}

LEAN GROUND BEEF AND PORK
bœuf et porc hachés maigres
15.43/kg
20861188 KG

\$4

LEAN GROUND PORK or **MARCANGELO ITALIAN PORK SAUSAGE GRINDS**
fresh, 450 g
porc haché maigre ou chair à saucisse de porc italienne
21646160 EA/21706437 EA



7⁹⁹

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

\$6

SCHNEIDERS JUICY JUMBOS or **SMOKED SAUSAGES**
selected varieties, 375/450 g
saucisses à hot dog ou saucisses fumées
20105611 EA



10⁹⁹

SWISS CHALET or **MONTANA'S RIBS**
selected varieties, 600/650 g
côtes
21022221 EA/21668141 EA



\$4

PC® TOPPED HUMMUS 280 g or **GUSTA VEGGIE SLICES** 155 g
selected varieties
hummus ou tranches végété
20811328 EA/21706638 EA



\$7

SEAQUEST® FISH FILLETS
selected varieties, frozen, 400 g
filets de poisson
20153570 EA/21314740 EA



9⁵⁰

SEAQUEST® TILAPIA 1.36 kg or **WHOLE POMPANO** 800 g
tilapia ou pompano entier
21591947 EA/21592084 EA



\$6

PC® SPLENDIDO® CHARCUTERIE 100 g or **ZIGGY'S® KOLBASSA** 375 g
selected varieties
charcuteries ou kolbassa
21050405 EA/21396884 EA



\$5

PC® GOAT CHEESE LOGS 140 g or **HENRI WILLIG GOUDA** 200 g
selected varieties
fromage de chèvre ou gouda
20330259 EA/21345050 EA



\$3

ZIGGY'S® FRESH PASTA
selected varieties
350/360 g
pâtes fraîches
21521168 EA



2⁵⁰

WONDER BREAD 675 g or **BUNS** 8's
selected varieties
pain ou petits pains
20276296 EA/20297455 EA



\$3

COUNTRY HARVEST FARMHOUSE BREAD
selected varieties, 675 g
pain
21666487 EA/21666537 EA



3⁵⁰

PC® CINNAMON RAISIN BREAD
675 g
pain aux raisins
20639729 EA



5⁵⁰

PIZZA BUNS
6's
pains à pizza
21668798 EA



BRANDS YOU LOVE AT LOW PRICES



**CLUB
SIZE**



INCLUDES
HALAL

ONLY

5⁹⁹
LB

**BONELESS SKINLESS
CHICKEN BREAST**
fresh
13.21/kg
poitrine de poulet sans peau désossée
20654124_KG

ONLY

3⁵⁰

**PC® PROBIOTIC
YOGURT**
selected varieties
650 g
yogourt
21684020_EA/21684254_EA



ONLY

\$6

PC® CHEESE BARS 400 g or
SHREDDED CHEESE 250-320 g
selected varieties
barres de fromage ou fromage râpé
21060207_EA/21289689_EA

ONLY

\$7

**PC® ORANGE
JUICE**
selected varieties, refrigerated
2.5 L
jus d'orange
21531644_EA



**PC® BLUE
MENU®
MARGARINE**
selected varieties
907 g
margarine
20604565_EA

ONLY

\$5

2⁵⁰

**NO NAME®
WHIPPED TOPPING**
225 g
garniture fouettée
20017493_EA



\$3

PC® VEGETABLES
selected varieties, frozen
300-750 g
légumes
20318915_EA



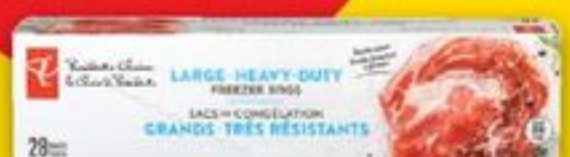
\$6

PC® WOOD-FIRED PIZZA
selected varieties, frozen
351-413 g
pizza au feu de bois
21560352_EA



\$5

**PC® LARGE HEAVY-DUTY
FREEZER BAGS**
28's
sacs à congélation
21160691_EA



5⁹⁹

PC® LOADS OF ICE CREAM 1.5 L
or **NOVELTIES** 288 mL
selected varieties, frozen
crème glacée ou friandises glacées
20746245004_EA/215175239_EA



4⁵⁰

**PC® THE DECADENT®
COOKIES**
selected varieties
280/300 g
biscuits
20612257_EA/20612260_EA



2⁷⁵

**PC® KETTLE, LOADS OF
WORLD OF FLAVOURS
POTATO CHIPS**
selected varieties, 200 g
croustilles
20840911002_EA/21422931_EA



6⁵⁰

PC® CARBONATED SOFT DRINKS
selected varieties, 12x355 mL
boissons gazeuses
20218887001_C12/20690471001_C12



5⁷⁵

**PC® or BLUE MENU®
SPARKLING WATER**
selected varieties, 12x355 mL
eau pétillante
20668034002_C01



.88

**NO NAME® TOMATO, CREAM
OF MUSHROOM, VEGETABLE or
CHICKEN NOODLE SOUP**
284 mL
soupe
20302431_EA



\$1

**NO NAME® TOMATO PASTE
156 mL, PIZZA SAUCE
213 mL or MAC AND
CHEESE DINNER** 200 g
pâte de tomate, sauce à pizza ou
macaroni au fromage
20118094_EA/21529754_EA



2⁷⁹

PC® CROUTONS 140 g or
SALAD DRESSING 475 mL
selected varieties
crouillons ou vinaigrette
2003488001_EA/20796248002_EA



2⁷⁵

**PC® SWEETENED
CONDENSED MILK**
300 mL
lait condensé sucré
20112979_EA



8⁹⁹

**NO NAME®
HONEY**
selected varieties
1 kg
miel
20033683_EA



3⁵⁰

**PC® or BLUE MENU® PANCAKE
or WAFFLE MIX** 340/905 g or **SYRUP** 750 mL
selected varieties
mélange à crêpes ou gaufres ou sirop
20173139_EA/20374906_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.



Optimum™

App exclusive offers

More offers More points

LOAD YOUR DIGITAL COUPONS IN 6 EASY STEPS

1. Open your PC Optimum app and go to **Offers**
2. Tap **Digital Coupons**
3. Select **"Click here to add your Digital Coupons"**
4. Tap **"Select Offer"** on the coupons you want
5. Tap **"Add Offer"** – you're done!

Members
get over

\$25

in value

CLICK FOR
THESE COUPONS
AND MORE



Optimum™



BOOST READY-TO-DRINK PRODUCT

6x237 mL or 4x325 mL
supplément nutritif

Save
\$2
with digital
coupon

Optimum™



PC® SPLENDIDO SLICED MEATS

100 g
viandes tranchées

Earn
1,000
pts
Until April - 8 - 2026

Optimum™



PC® PORTUGUESE CUSTARD TARTS

360 g
tartelettes portugaises
à la crème pâtissière

Earn
1,000
pts
Until April - 8 - 2026

Optimum™



PC® LOADS OF ICE CREAM

1.5 L
crème glacée

Earn
1,000
pts
Until April - 8 - 2026

Optimum™



PC® BLACK LABEL ICE CREAM

500 mL
crème glacée

Earn
750
pts
Until April - 8 - 2026

Optimum™



PC® TOPPED HUMMUS

280
hummus garni

Earn
1,000
pts
Until April - 8 - 2026

Optimum™



PC® SPRING ROLLS

574 g
rouleaux de printemps

Earn
1,500
pts
Until April - 8 - 2026

Optimum™



PC® KETTLE CHIPS

200 g
croustilles

Earn
500
pts
Until April - 8 - 2026

Optimum™



PC® SPLENDIDO EXTRA VIRGIN OLIVE OIL

1 L
huile d'olive

Earn
2,000
pts
Until April - 8 - 2026

Optimum™



PC® CHOCOLATE CHIPS

226-300 g
brisures de chocolat

Earn
750
pts
Until April - 8 - 2026

Optimum™



PC® 3 PLY FACIAL TISSUES

mouchoirs

Earn
1,000
pts
Until April - 8 - 2026

More offers. More points.

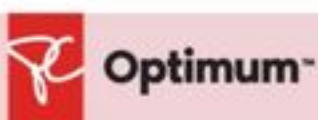
CLICK FOR
THESE COUPONS
AND MORE



Earn
500
pts

Until April - 8 - 2026

**NO NAME®
GARLIC TOAST**
16's
toast à l'ail



Earn
1,000
pts

Until April - 8 - 2026

**NO NAME® POTATO AND
CHEDDAR PEROGIES**
2 kg
perogies



Earn
1,000
pts

Until April - 8 - 2026

**NO NAME®
LONG GRAINED RICE**
2 kg
riz



Earn
750
pts

Until April - 8 - 2026

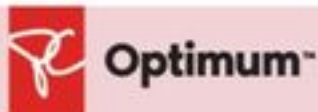
**NO NAME®
PEANUT
BUTTER**
1 kg
beurre d'arachide



Earn
500
pts

Until April - 8 - 2026

**NO NAME®
CHOCOLATE
BARS**
100 g
barres de chocolat



Earn
250
pts

Until April - 8 - 2026

**PC® SUPER
SOFT
BATHROOM
TISSUE**
papier hygiénique



Earn
5,000
pts

Until April - 8 - 2026

**PC® LAMB, BROWN
RICE & PEA DOG FOOD
RECIPE**
nourriture pour chiens



Earn
1,000
pts

Until April - 8 - 2026

**PC® LARGE HEAVY
DUTY FREEZER BAGS**
sacs à congélation



Earn
500
pts

Until April - 8 - 2026

**PC®
DISHWASHING
LIQUID SOAP**
740 mL
détergent liquide à vaisselle

MARCH

**HIT
OF THE
MONTH**

\$1.75



 Made in Canada

Quaker Chewy Granola Bars

Selected varieties, 120 g

Limit: 6, over limit retail \$2.50

21359366_EA/21359369_EA

454 G

\$4.75



 Prepared in Canada

PC® Dips

Selected varieties, 454 g

Limit: 6, over limit retail \$6.00

20584098_EA

\$3.33



Christie Family Size Crackers

Selected varieties, 328-454 g

Limit: 6, over limit retail \$4.00

20686037_EA/21189848_EA

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local trade areas.
Offer valid March 1st - 31st, 2026 while quantities last.
We reserve the right to limit quantities to reasonable family requirements. No rainchecks.

BRANDS YOU LOVE AT LOW PRICES

.97



**YOPLAIT YOP
DRINKABLE YOGURT**
selected varieties
200 mL
yogourt à boire
21478178 EA/21478300 EA



4.99

**MCCAIN DEEP 'N
DELICIOUS CAKE**
selected varieties, frozen
510 g
gâteau
20310132002 EA

3.50



**CAVENDISH
PREMIUM FRIES**
selected varieties, frozen
400-750 g
frites
21685114 EA



3.75

NEILSON CREAM
selected varieties
473 mL / 1 L
crème
20123609 EA

4.29



**OASIS SMOOTHIE
or HEALTH-BREAK**
selected varieties, refrigerated
1.6 L
boisson fourrée
21529899 EA/21529910 EA

\$4



**ORVILLE REDENBACHER MICROWAVE
POPCORN** 385-492 g or **KERNEL JAR** 850 g
selected varieties
maïs à éclater ou en pot
20629532003 EA

1.25



NO NAME® BROTH
selected varieties
900 mL
bouillon
21189410 EA

3.50



SUNRYPE JUICE 1.36 L, **OASIS, ARIZONA**
or **DEL MONTE DRINK BOXES** 8x200 mL
selected varieties
jus ou boisson en boîte
20648778003 EA/211649074 EA

6.25



GATORADE SPORT DRINKS 6x591 mL/8x355 mL
or **POWDERS** 10x1/560 g, selected varieties
boissons désaltérantes ou poudres
20303218003 EA/214603383 EA

\$2



COCA-COLA or PEPSI SOFT DRINKS
selected varieties
2 L
boissons gazeuses
20294926002 EA/20316026002 EA

\$2



Earn
500
pts

That's
50¢
value

AYLMER ACCENTS 540 mL or
ROTEL TOMATOES 284 g
selected varieties
tomates
21544532 EA/21207587 EA

2.50



CHEEZ-IT CRACKERS
selected varieties
191/200 g
craquelins
21214539 EA/21214540 EA

\$1



NO NAME® MUSHROOMS
selected varieties
284 mL
champignons
20299211 EA

2.99



CATELLI GLUTEN-FREE PASTA
selected varieties
340/375 g
pâtes sans gluten
20704235 EA

\$3



DIANA or BULL'S-EYE BBQ SAUCE
selected varieties
425/500 mL
sauce BBQ
20547834005 EA/21184617 EA

4.99



VLASIC PICKLES
selected varieties
1 L
cornichons
20555863001 EA

2.99



VH COOKING or DIPPING SAUCE
selected varieties
341-380 mL
sauces à cuisson ou à trempette
202984013 EA

\$6



MINUTE RICE
selected varieties
1.2/1.4 kg
riz
20074782001 EA

BRANDS YOU LOVE AT LOW PRICES

\$4

NO NAME® CHEESE SLICES

selected varieties
210/230 g
tranches de fromage
216142277 EA



\$5

CHAPMAN'S MARKDALE CREAMERY ICE CREAM 2L or COLLECTION NOVELTIES 8's

selected varieties, frozen
crème glacée ou friandises glacées
20315236001 EA/20323757004 EA

\$10

ROBIN HOOD or FIVE ROSES FLOUR

selected varieties
5 kg
farine
20149342001 EA



\$8

HIGH LINER FISH FILLETS

selected varieties, frozen
315-700 g
filets de poisson
20303200001 EA/21595973 EA

2.50



BAGEL BITES

selected varieties, frozen
198 g
bouchées de bagel
20213483001 EA

\$4



ACTIVIA YOGURT

selected varieties
8x100 g
yogourt
20325384002 EA/21726103 EA

2.50



NO NAME® PRETZELS, CHEESE SNACKS or CORN CHIPS

selected varieties
200 g
grignotines
20048210 EA/20322677 EA

4.79



DARE BEAR PAWS WAGON WHEELS 630 g, GRISSOL MELBA TOAST 350/400 g or BAGUETTES 220 g

selected varieties
biscuits ou craquelins
20307218001 EA/21238487 EA

\$1



CLUB HOUSE DRY SAUCE MIX

selected varieties
20-47 g
mélanges à sauce déshydratés
20302816001 EA/20801021 EA

\$5



CLUB HOUSE BLENDS or LA GRILLE SEASONING

selected varieties
111-248 g
mélanges ou assaisonnement
20308060002 EA/20321740001 EA

6.99



TAZO TEA CONCENTRATE 946 mL or LIPTON TEA BLACK or GREEN 200 g

selected varieties
concentré de thé ou thé
21295930 EA/21593297 EA

\$6



NESTLÉ COFFEEMATE 425/450 g, NESQUIK SYRUP 510/700 mL or POWDER 540 g

selected varieties
rehausseur pour café ou sirop ou chocolat ou poudre
20309221002 EA/20320167002 EA

\$5



NO NAME® HOT CHOCOLATE MIX

500 g
mélange à chocolat chaud
20760278 EA

\$3



SENSIBLE PORTIONS VEGGIE STRAWS or CHIPS

selected varieties
120-142 g
grignotines ou croustilles
20377204001 EA

3.99



MARS CHOCOLATE MULTIPACK

selected varieties
4's
chocolat
20313925 EA/20638842 EA

Optimum™

\$8.49



\$8.99



KELOGG'S JUMBO SIZE CEREAL

selected varieties
700 g-1.05 kg
céréales
20072706 EA/20591235 EA

BRANDS YOU LOVE AT LOW PRICES

4⁵⁰

**GARNIER WHOLE BLENDS
SHAMPOO or
CONDITIONER**
selected varieties
346-370 mL
shampooing ou revitalisant
20941723, EA/20941827, EA

LIMIT: 6, OVER LIMIT RETAIL: \$5



2⁵⁰

**DEGREE
DEODORANT**
selected varieties
48-85 g
déodorant
20303942001, EA/20304331002, EA



\$1

**NO NAME®
GEL AIR FRESHENER**
selected varieties
170 g
assainisseur d'air
21405442, EA/21405448, EA



2⁵⁰

**DAWN
DISHWASHING LIQUID**
selected varieties
431-473 mL
détergent liquide à vaisselle
21430581, EA/21430590, EA



4⁵⁰

CLOROX BLEACH
2.4 L
eau de Javel
21283179, EA

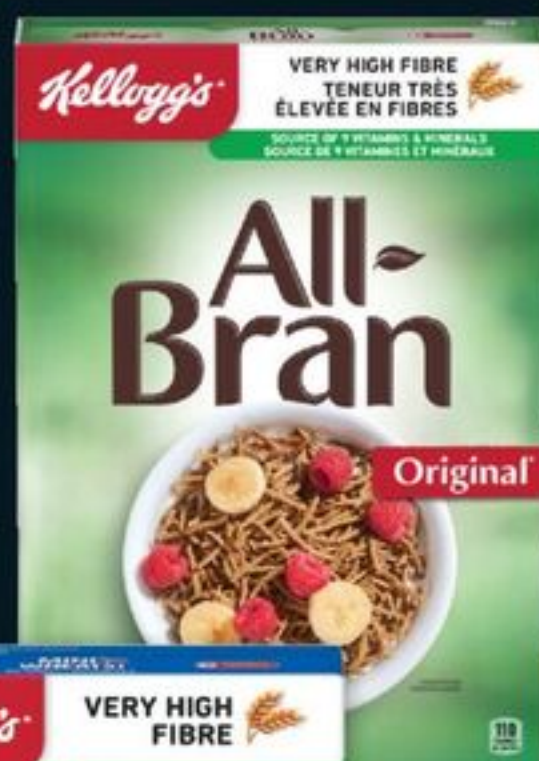


\$7

GLAD GARBAGE BAGS
selected varieties
10-52's
sacs à ordures
20297334001, EA/213359461, EA



LOW PRICES IN STOCK



\$4

KELLOGG'S ALL BRAN 405/525 g, **RAISIN BRAN** 375/436 g, **VECTOR** 306/400 g, **SPECIAL K** 320-355 g, **MINI-WHEATS** 377-460 g or **CRISPIX** 350 g **CEREAL** selected varieties
céréales
21607207_EA/21607294_EA



329

FIBRE 1 BARS 125 g or **NATURE VALLEY GRANOLA BARS, PROTEIN BARS** or **BISCUITS** 148-210 g selected varieties
barres
20587504001_EA/2068698001_EA

GENERAL MILLS CEREAL selected varieties 300-437 g
céréales
21104047_EA/21213662_EA



Earn
3,000
pts

For every \$10* spent

That's
\$3
value

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



\$6

PILLER'S KOLBASSA 300/375 g or **PEPPERONI** 175/250 g selected varieties
kolbassa ou pepperoni
20042333_EA/20308469_EA

\$3



QUAKER INSTANT OATMEAL selected varieties 232-344 g
gruau instantané
21190260_EA/21190265_EA

\$2



QUAKER DIPPS selected varieties 150/156 g
biscuits
20847582_EA/21185317_EA

250



QUAKER RICE CAKES or **CRISPY MINIS** selected varieties 100-199 g
galettes de riz ou minis
20163708002_EA/20850854_EA

6.99



STARBUCKS COFFEE ENHANCER selected varieties 828 mL
rehausseur pour café
21358473_EA

\$7



NESCAFÉ or **TASTER'S CHOICE INSTANT COFFEE** selected varieties 100-170 g
café instantané
20661811001_EA/20873036_EA

12.49



STARBUCKS ROAST AND GROUND COFFEE 340 g, **PODS** 10's or **HOT CHOCOLATE** 240/300 g selected varieties
café torréfié et moulu ou capsules ou chocolat chaud
21651626_EA/21660417_EA

250



CHRISTIE CRISPERS selected varieties 145 g
croquellins
21358333_EA

450



CHRISTIE PREMIUM PLUS 402-500 g or **RITZ DRIZZLED** 226 g **CRACKERS** selected varieties
croquellins
21109004_EA/21712595_EA

250



CHRISTIE CRACKERS selected varieties 175-200 g
croquellins
21030647_EA/21547034_EA

\$1



HERSHEY'S SINGLE CHOCOLATE BAR selected varieties, 42-58 g
barre de chocolat
20581797_EA/20582012_EA

450



HERSHEY'S CHOCOLATE BAR MULTIPACK 4's or **POUCHES** 160-230 g selected varieties
chocolat
20303970004_EA/20573406_EA

250



HERSHEY'S FAMILY BAR 90-120 g or **JOLLY RANCHER CANDY** 182/198 g selected varieties
barre ou sac de friandises
20078139_EA/20683743_EA

\$2



MAYNARDS CANDY selected varieties 135-154 g
friandises
21545554_EA/21694186_EA

LOW PRICES IN STOCK

16⁹⁹

TIMOTHY'S, KRISPY KREME or DONUT HOUSE COFFEE PODS
selected varieties, 30's capsules de café
20899892_EA/21433555_EA



\$23

VAN HOUTTE or McCAFÉ GROUND COFFEE PODS
selected varieties, 30's capsules de café moulu
20743469_EA/21240975_EA



279

CHRISTIE COOKIES 224-303 g or **MINI COOKIES** 144-200 g
selected varieties biscuits
21358407_EA/21585155_EA



450

CHRISTIE FAMILY SIZE COOKIES 374-488 g or **CAKESTERS** 285 g
selected varieties biscuits
21014087_EA/21712437_EA



250

DARE GRISSOL TOAST 150/200 g or **BAGUETTES** 120/130 g
selected varieties biscottes ou baguettes
21033188_EA



250

DARE BRETON 135-200 g, **VINTA CRACKERS** 200/225 g or **VEGGIE CRISPS** 100 g
selected varieties croquillons
20973368_EA/21520664_EA



250

DARE BEAR PAWS 168-240 g, **ULTIMATE COOKIES** 290/300 g, **WAGON WHEELS** 315/360 g or **VIVA PUFFS** 300 g
selected varieties biscuits
20974346_EA/21080791_EA



\$4

RUFFLES POTATO TORTILLA 210/235 g or **DORITOS CHIPS** 180-220 g
croustilles ou croustilles de tortillas
21241053_EA/21693042_EA



\$4

TOSTITOS TORTILLA CHIPS
selected varieties 205-295 g
croustilles de tortilla
21050575_EA



\$4

MISS VICKIE'S POTATO CHIPS
selected varieties 190/200 g
croustilles
21240703_EA



250

PRINGLES POTATO CRISPS
selected varieties 148/156 g
croustilles
21003823_EA/21003833_EA



267

KELLOGG'S RICE KRISPIES 154-198 g, **POP TARTS** 384 g, **SPECIAL K NUTRI-GRAIN** 295 g **BARs**
selected varieties bars
20126567001_EA/21290111_EA



349

KELLOGG'S EGGO WAFFLES
selected varieties, frozen, 8's gaufres
20302779_EA



\$8

NUTELLA HAZELNUT SPREAD 725 g or **NUTELLA & GO HAZELNUT SPREAD WITH BREADSTICKS** 208 g
kartinade de noisettes ou kartinade de noisettes avec bâtonnets
20436105_EA



\$3

LECLERC CÉLÉBRATION COOKIES
selected varieties, 240 g biscuits
21680155_EA



\$3

LECLERC CÉLÉBRATION MINI COOKIES
selected varieties 200 g biscuits
21686654_EA/21648929_EA



\$3

LECLERC GO PURE or NUGABAR BARS
selected varieties, 140-175 g bars
21507838_EA/21536595_EA



\$4

SIMPLY DRINKS
selected varieties, refrigerated 1.54 L boissons
21170793_EA



LOW PRICES IN STOCK

6²⁹

KRAFT PEANUT BUTTER
selected varieties
750 g/1 kg
beurre d'arachide
20039581001_EA/20039581005_EA



3⁹⁹

PHILADELPHIA CREAM CHEESE PRODUCT 227/250 g or **KRAFT SINGLES** 410 g
selected varieties
fromage à la crème ou tranches de fromage
20441267_EA/21188654_EA



15⁹⁷

MAXWELL HOUSE ROAST AND GROUND COFFEE 864-900 g or **PODS** 30's
selected varieties
café torréfié et moulu ou capsules
21308076_EA/21606882_EA



6⁵⁰

iöGO YOGURT
selected varieties
16x100 g
yogourt
20066778001_EA



\$3

OCEAN'S WHITE TUNA 170 g, **GOLD SEAL MACKEREL** 115 g or **PINK SALMON** 213 g
selected varieties
thon blanc ou maquereau ou saumon rose
21005216_EA/21083426_EA



3⁵⁰

ACTIVIA EXPERT YOGURT
selected varieties
4x100 g
yogourt
21688261_EA



4⁹⁹

LACTANTIA PURIFILTRE MILK
selected varieties
2 L
lait
21424991_EA



1⁵⁰

OCEAN'S LIGHT or FLAVOURED TUNA
selected varieties
85/170 g
thon pâle ou aromatisé
21004270_EA



5⁵⁰

LYSOL DISINFECTING WIPES 75/84", **SPRAY** 350 g or **MULTI-PURPOSE TRIGGER** 950 mL
selected varieties
lingettes ou vaporisateur désinfectant ou tout usage à gâchette
20314511001_EA/21449826_EA



\$20

FINISH DISHWASHER TABS
selected varieties
60-105's
capsules de détergent pour lave-vaisselle
21218875_EA/21561337_EA



\$8

ROYALE BATHROOM TISSUE
selected varieties
15x30 rolls
papier hygiénique
21572800_EA



11⁹⁹

ROYALE FACIAL TISSUE
12x100 sheets
mouchoirs
20705292_EA



12⁹⁹

ROYALE TIGER TOWEL PAPER TOWELS
selected varieties, 6x12 rolls
essuie-tout
21484732_EA



\$7

LYSOL TOILET BOWL CLEANER 2x710 mL, **DISINFECTANT SPRAY** 425/539 g or **LAUNDRY DISINFECTANT** 1.2 L
selected varieties
nettoyant à cuvette ou vaporisateur désinfectant ou désinfectant pour lessive
21238361_EA/21487308_EA



7⁹⁹

CHARMIN BATHROOM TISSUE 24 ROLLS or BOUNTY PAPER TOWELS 3x6 rolls
selected varieties
papier hygiénique ou essuie-tout
21670159_EA/21707477_EA



\$15

GAIN LIQUID LAUNDRY DETERGENT 4.25 L or **FLINGS** 42's
selected varieties
détergent à lessive
20959627_EA/21671135_EA



\$22

TIDE LIQUID LAUNDRY DETERGENT 3.46/3.9 L or **PODS** selected varieties 45/76's
selected varieties
détergent à lessive
21593670_EA/21593706_EA



\$13

PUREX 4.08-4.43 L, SUNLIGHT 4 L LIQUID LAUNDRY DETERGENT, SNUGGLE FABRIC SOFTENER 2.77 L or **DRYER SHEETS** 200's
selected varieties
détergent ou assouplissant
2008352002_EA/21427042_EA



BIG EASTER DEALS!



150



150

CADBURY MINI EGGS, CREAM EGGS or KINDER JOY 20 g or **CARNABY SWEET MILK CHOCOLATE BUNNY** 100 g
selected sizes
friandises
20831065_EA

HERSHEY'S 34-42 g or **NESTLÉ SINGLES** 25-29 g
selected varieties
barres individuelles
20268183001_EA



\$3

350

JOLLY RANCHER GUMMIES, TWIZZLERS BUNNIES 200 g or **CARNABY SWEET MILK CHOCOLATE EGGS** 150 g
selected varieties
friandises
21065056_EA

CADBURY or LINDT MULTI'S or PEEPS MARSHMALLOW CHICS 3's
friandises
20077202_EA/21485296_EA

450



LINDT MINI EGG, KINDER HOLLO, MINI FRIENDS or DARE REAL FRUIT BUNNY
selected varieties
75-225 g
friandises
20187234_EA

525



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

\$8



LINDT CHOCOLATE EGG POUCHES 180 g or **BUNNY** 5's
selected varieties
sachets d'œufs en chocolat ou lapin
21628361_EA

\$12



KINDER MAXI PLUSH 116-150 g or **LINDT BUNNY** 200 g
selected varieties
peluche ou chocolat
20012895_EA/21158918_EA

RAMADAN KAREEM

رمضان كريم



8⁷⁷

2 LB TUB

MEDJOL DATES
product of U.S.A.
dates
20001686_EA



3⁹⁹

SURAJ® DRY BEANS or LENTILS
selected varieties
1.8 kg
lentilles ou haricots
20558757_EA
20558760_EA



12⁹⁹

SHER DURUM ATTA
9.07 kg
farine durum atta
20657367_EA



2²⁹

SURAJ® NAAN
selected varieties
5's
naan
21051353_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL INFO FLAP ET

RAMADAN KAREEM

رمضان كريم

1.69
LB

OPO SQUASH
product of Dominican Republic
courge opo
3.73/kg
20142053001 KG

1.99
LB

GREY ZUCCHINI
product of Mexico
courgette grise
4.39/kg
20036780001 KG

2.99
LB

JUMBO WALNUTS
product of U.S.A.
noix géantes
6.59/kg
20123893001 KG

2.99

DRIED FIGS
product of Turkey
figues séchées
20599942 EA

2.99

CRISPY POUND CAKE
selected varieties
368 g
quatre-quarts
20814079 EA

2.99

CRISPY COOKIES
selected varieties
350 g
biscuits
20820419 EA

3.49

CRISPY ROTI
selected varieties
15's
21195607 EA

\$12

SUFRA® HALAL CHICKEN THIGHS
boneless, skinless
up to 736 g
hauts de cuisses de poulet halal
216427999 EA

\$12

SUFRA® HALAL SPLIT CHICKEN WINGS
up to 720 g
ailes de poulet
halal séparées
21670164 EA

11.49
LB

AUSTRALIAN MINI LAMB LEG
mini-gigot d'agneau australien
25.33/kg
21682534 KG

13.99
LB

AUSTRALIAN LAMB LOIN CHOPS
fresh
côtelettes de longe d'agneau
30.84/kg
21682497 KG

9.99

ZABIHA HALAL FIRE CRISP CHICKEN BURGERS, NUGGETS or DRUMSTICKS
selected varieties, frozen
700-750 g
burgers de poulet ou pépites ou pilons
21704617 EA/21704999 EA

4.99

ZABIHA HALAL BREAKFAST CHICKEN STRIPS
375 g
tranches de poulet halal à déjeuner
20105121 EA

2.50

ZABIHA HALAL CHICKEN WIENERS
450 g
saucisses de poulet halal
20006571 EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 01 NFO

RAMADAN KAREEM

رمضان كريم

1⁹⁹

FROOTI MANGO JUICE 1 L or
ROYALTY DIGESTIVES 400 g
selected varieties
jus de mangue ou biscuits
20041155, EA
20875669, EA



8⁹⁹

BRAR'S RASMALAI
selected varieties
850 g
rasmalai
20286980002, EA



13⁹⁹

GUARD BASMATI RICE
selected varieties
4.54 kg
riz basmati
21531648, EA/21531791, EA



11⁹⁹

NANAK DESI GHEE
800 g
ghee
20082263, EA



7⁴⁹

ALSHIFA NATURAL HONEY
selected varieties
500 g
miel
20862354, EA



5⁹⁹

NANAK CUBED PANEER
selected varieties
400 g
paneer en cubes
20107519, EA



2²⁹

HANS DAIRY DAHI
selected varieties
750 g
dahi
20092811, EA/20313667, EA



1²⁹

TAMAM CANNED BEANS
selected varieties
796 mL
légumineuses en conserve
21214487, EA



9⁹⁹

WAGH BAKRI PREMIUM TEA
907 g
thé de qualité supérieure
20375231, EA



2⁴⁹

NORDEX CREAM PRODUCT
170 mL
produit à la crème
20127025, EA



1⁵⁰

HALDIRAM'S SNACKS
selected varieties
150/160 g
collations
20309425, EA/20314667007, EA



\$2

TAMAM SHAWARMA SPICES
selected varieties
50 g
épices à shawarma
21219645, EA



.75

NATIONAL VERMICELLI
150 g
vermicelles
20170057, EA



3⁴⁹

SHAN GINGER GARLIC PASTE
selected varieties
310 g
pâte de gingembre et ail
21447372, EA/21447373, EA



5⁹⁹

SHER BESAN CHANA FLOUR
1.81 kg
farine
20869922, EA



3²⁹

ROOH AFZA
800 mL
courage concentrée
21027924, EA



2⁴⁹

BRITANNIA GOOD DAY BISCUITS
selected varieties
231 g
biscuits
21023105, EA



HAPPY NOWRUZ!

نوروزتان پیروز!



.99

BUNCH MINT
product of Mexico or
CILANTRO
product of Mexico or U.S.A.
menthe ou coriandre
20139326001_KG/20091825001_KG



249
LB

LONG EGGPLANT
product of Mexico
aubergine longue
5.49/kg
20159013001_KG



169

METHI LEAF
product of Mexico
bunch
feuilles de fenugrec
20159689001_EA



400 G

599

TAMARIND SWEET & SOUR
product of Thailand
tamarin aigre-doux
21658886001_EA



279

KHAAS HALAL YOGOURT
selected varieties
750 g
yogourt
20343515_EA



499

PUCK LABNEH
400 g
labneh
21624037_EA



\$8

BASA STEAKS
frozen
1 kg
darnes de pangasius
20910469_EA



\$15

BYBLOS BAKLAVA
725 g
baklava
21708090_EA



299

ZINDA COUSCOUS 907 g
or **TRICOLOUR PEARL COUSCOUS** 600 g
selected varieties
couscous
20013708_EA/21406157_EA



599

ALFA PUFF PASTRY
selected varieties
850 g
pâte feuilletée
21606988_EA



249

QUALITY BULGUR or JARISH
selected varieties
907 g
bulgur ou jarish
21528275_EA/21528526_EA



150

PUCK THICKENED CREAMY PRODUCT
160 g
produit crémeux épais
21449248_EA



799

AL RIFAI COFFEE
selected varieties
450 g
café
20830650_EA



199

NO NAME® WHITE VINEGAR
4 L
vinaigre blanc
20102756_EA



1199

KRITI GOLD EXTRA VIRGIN OLIVE OIL
750 mL
huile d'olive extra vierge
20572876_EA



1299

817 ELEPHANT BRAND EXTRA LONG GRAIN BASMATI RICE
4 kg
riz basmati
21341987_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 03 NFO

KITCHEN MUST-HAVES

\$5



**EVERYDAY ESSENTIALS™
MEDIUM COOKIE SHEET**
2's
20649021_EA



**EVERYDAY ESSENTIALS™
12-CUP MUFFIN PAN**
20649161_EA



**EVERYDAY ESSENTIALS™
12 INCH PIZZA PAN
AND CRISPER**
2 piece
20647680_EA



**EVERYDAY ESSENTIALS™
COOLING RACK**
18x10 inches
21490134_EA



**EVERYDAY ESSENTIALS™
OBLONG CAKE PAN**
13x9 inches
20797353_EA



**EVERYDAY ESSENTIALS™
LOAF PAN SET**
2 piece
20647678_EA

\$9



**PC® COOKIE
TURNER/SPATULA**
21345447_EA

\$12



**PC® MEASURING
CUP SET**
4 piece
21345385_EA

\$15



**EVERYDAY
ESSENTIALS™
HAND MIXER**
20121698_EA

4.50



**SISTEMA SMALL
SPLIT TO GO**
350 mL
20976655_EA

\$8



**SISTEMA MULTI
SPLIT TO GO**
820 mL
21183153_EA

\$10



**SISTEMA BENTO
TO GO**
1.65 L
21073027_EA

\$7



**PC® STAINLESS
STEEL UTOPIA
BOTTLE**
stone
485 mL
21345540_EA

\$10



**PC® TRITAN
WATER
BOTTLE**
green
1000 mL
21385745_EA

\$12



**PC® STAINLESS
STEEL TO-GO
TUMBLER**
lilac
24 oz.
21464435_EA



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.

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GET FLYER TO YOUR EMAIL.

STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*



*Standard message and data rates may apply.

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

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

ONL NF PCX

no name™ mobile

no name™ mobile

**get 2GB
of data
for \$19
a month
with auto
top-up**

**& 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

**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 NFO MKT