

MARCH

**HIT
OF THE
MONTH**

STARTS SUNDAY MARCH 1ST



Made in Canada

Quaker Chewy Granola Bars

Selected varieties, 120 g

21359366_EA/21359369_EA



Prepared in Canada

PC® Dips

Selected varieties, 454 g

20584098_EA



Christie Family Size Crackers

Selected varieties, 328-454 g

20686037_EA/21189848_EA

See in-store for retails

**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. See in store for limits. No rainchecks.

FRESH AT LOW PRICES

3⁹⁹

BLACKBERRIES
product of Mexico or U.S.A., or
RASPBERRIES
product of Mexico or U.S.A.,
no. 1 grade
20051015001 SA

**6 OZ
CLAMSHELL**

**1 LB
CLAMSHELL**

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

2⁹⁹
LB

BROCCOLI CROWNS
product of U.S.A. or Mexico
6.59/kg
20036161001 KG

5⁹⁹

10 LB BAG
RED or RUSSET POTATOES
product of Canada, Canada no. 1 grade
20061015001 SA/20061017001 SA

PKG OF 3

4⁹⁹

**FARMER'S MARKET™
ENGLISH CUCUMBERS**
product of Canada, Canada no. 1 grade or
ROMAINE HEARTS
product of U.S.A.
20067289001 SA/20028461001 SA



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

5⁹⁹

3 LB BAG

600 G

FARMER'S MARKET™ KIWI
product of Greece or **LEMONS** product of U.S.A.
21179167001 SA/20179817001 SA

1⁹⁹

RED MANGO
product of Peru
20050220001 SA

3⁹⁹

PKG OF 4

GREEN or RED PEPPERS
product of Mexico
20112220001 SA/20112208001 SA

5⁹⁹

907 G

681 G

FARMER'S MARKET™ GRAPE TOMATOES
or **PC® VARIETY TOMATOES**
product of Canada or Mexico
20040228001 SA/200404001 SA

2⁴⁹
LB

BARTLETT PEARS
product of U.S.A., extra fancy grade
5.49/kg
20112500001 KG

4⁹⁹

CANTALOUPE product of Guatemala, Honduras, or Brazil, no. 1 grade or
PINEAPPLE product of Costa Rica
20047617001 SA/20146990001 SA

2⁹⁹
LB

YELLOW PEACHES or NECTARINES
product of Chile, no. 1 grade
6.59/kg
20071620001 KG/20070204001 KG

.79

KIWI
product of Greece
each
20112620001 SA

5⁹⁹

PKG OF 11

**FARMER'S MARKET™
MINI CUCUMBERS**
product of Western Provinces, Canada no. 1 grade
21000470001 SA

4⁹⁹
LB

ASPARAGUS
product of Mexico or Peru,
no. 1 grade
11.00/kg
201743001 KG

6⁹⁹

COSMIC CRISP™

5 LB BAG

COSMIC CRISP APPLES
product of U.S.A., extra fancy grade or
FARMER'S MARKET™ AMBROSIA
APPLES product of Canada, Canada fancy grade
21042188001 SA/20042040001 SA

6⁹⁹

3 LB BAG

PC® MANDARINS
product of U.S.A.
20040410001 SA

2⁹⁹

3 LB BAG

2 LB BAG

**FARMER'S MARKET™
CARROTS or YELLOW ONIONS**
product of Canada or U.S.A., no. 1 grade
2004057001 SA/20041100001 SA

3⁹⁹

454 G

680 G

**PC® LITTLE GEMS™ RED,
YELLOW or MIXED MINI POTATOES**
product of Canada, Canada no. 1 grade or
PC® WHOLE WHITE or CREMINI
MUSHROOMS product of Canada
2104700001 SA/20041072 SA

**PRICE
DROP**

.99
LB

GREEN CABBAGE
product of Canada,
Canada no. 1 grade
210702001 KG

1⁵⁰

GREEN ONIONS
product of Mexico
2010700001 SA

\$5

2.5 LB

**NO NAME™
NATURALLY IMPERFECT™ TOMATOES**
product of Canada or Mexico
21060700001 SA

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

FRESH AT LOW PRICES

12⁵⁰
LB

\$19



BEEF STIR FRY STRIPS
27.56/kg
20127070 EA

CLUB SIZE

4⁹⁹
LB

PC® BLUE MENU® CHICKEN BREASTS
boneless, skinless, 4's
21406270 EA



SPLIT CHICKEN WINGS
fresh
11.00/kg
20761916 EA

4⁵⁰

LEAN GROUND PORK
fresh
450 g
21705787 EA



11⁹⁹

MARCANGELO SAUSAGE, BREAKFAST SAUSAGE or PATTIES
selected varieties, frozen
1.2/1.4 kg
20799499 EA

\$3



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

\$13

NO NAME® CHICKEN WINGS
selected varieties, frozen, 908 g
21042307 EA



\$8



PC® ATLANTIC SALMON BURGER
500 g
21455014 EA

\$3



SOYGENIC TOFU
selected varieties
230-500g
21024574 EA

\$7



SEAQUEST® FISH FILLETS
selected varieties, frozen
400 g
21214742 EA

\$7



SEAQUEST® COLOSSAL RAW WHITE SHRIMP
16-20 per lb, 300 g, BAY SCALLOPS 400 g or SHRIMP RING 237 g
selected varieties, frozen
21042307 EA

\$6



PC® SPLENDIDO® SLICED DELI MEAT 100 g or ZIGGY'S® KOLBASSA 375 g
selected varieties
21049731 EA/21214484 EA

\$7



PC® FETA CHEESE 400 g or BALDERSON DELI CHEESE 250/280 g
selected varieties
20213492 EA/21049453 EA

\$5



OLIVIERI FRESH FILLED TWIN PACK PASTA 450-500 g, SKILLET GNOCCHI 280/300 g, or FRESH SAUCE 300 mL
selected varieties
21022061 EA/20021112 EA

2²⁵



NO NAME® BAGELS - ENGLISH MUFFINS
selected varieties
8's
21213947 EA/21212179 EA

\$3



COUNTRY HARVEST BREAD 400 g or BAGELS 6's
selected varieties
21072475 EA/21072443 EA

\$5



FARMER'S MARKET® BUTTER CROISSANTS 240-236 g or LOAF CAKES 344-390 g
selected varieties
2020255 EA/20770442 EA

\$6



MAPLE LEAF NATURAL SELECTIONS SLICED DELI MEAT
selected varieties
150/179 g
20007452 EA/20041001 EA



\$11



MAPLE LEAF NATURAL SELECTIONS SLICED DELI MEAT
selected varieties, family size
370/450 g
20770473 EA

BRANDS YOU LOVE AT LOW PRICES

PRICE DROP

8⁹⁹

**GALLO
EXTRA VIRGIN
OLIVE OIL**
selected varieties
1 L
20102348 EA



ONLY

6⁵⁰

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

ONLY

\$6

**LACTANTIA
PUR FILTRE or
LACTOSE FREE
MILK**
selected varieties
2 L
20301822001 EA/21404994 EA



ONLY

\$1

OLD EL PASO SEASONING
selected varieties
24 g
21040495 EA



ONLY

7⁴⁴

**PC®
ORANGE JUICE**
selected varieties, refrigerated
2.5 L
21031644 EA



\$5

**CHAPMAN'S
YUKON
NOVELTIES** 5-8" or
**SUPER PREMIUM
ICE CREAM** 500 mL
selected varieties, frozen
21031147 EA/2103283 EA



3³³

**GREEN GIANT
VEGETABLES**
selected varieties, frozen
263-750 g
21002385 EA



1²⁵

TINA'S BURRITO
selected varieties, frozen
113 g
21430787 EA



6⁵⁰

LIBERTÉ or SIGGI'S YOGURT
selected varieties
850/750 g
2040271 EA/2103091 EA



6⁹⁹

**IMPERIAL
MARGARINE**
selected varieties
1.28 L/1.36 kg
20404975 EA



\$2

**CHEEZ-IT
CRACKERS**
selected varieties
191/200 g
21140462 EA



\$3

**LAY'S
POTATO
CHIPS**
selected varieties
177/235 g
21041002 EA/21040602 EA



PRICE DROP

1⁶⁹

ITALPASTA
selected varieties
750 g
2070641001 EA/2070641002 EA



3²⁵

**ALLEN'S CRANBERRY COCKTAIL, or
DEL MONTE ON ICE REFRESHER**
1.89 L
21130894 EA/21070261 EA



3²⁵

REAL CANADIAN SPRING WATER
24x300 mL
20104975 EA



\$1

NO NAME® TUNA 170 g or **LEGUMES** 540 mL
selected varieties
20211448 EA/20214093 EA



2⁶⁷

KELLOGG'S RICE KRISPIES 154/196 g
POP TARTS 384 g **SPECIAL K**
NUTRI-GRAIN 295 g **BAR**
selected varieties
2010340701 EA/21070011 EA



\$5

**PC® INSTANT
COFFEE**
selected varieties
80/100 g
21404934 EA



\$5

**POST FAMILY
SIZE CEREAL**
selected varieties
325-450 g
21340432 EA/21070309 EA



6⁹⁹

**ROYALE
BATHROOM
TISSUE**
selected varieties
15x30 rolls
21073049 EA



Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family requirements. See in-store for details. We are not obligated to sell items based on errors or misprints in typography or photography. All savings claims (i.e. "Save", "Was", "1/2 Price", etc.) are in comparison to our own regular prices. Regular pricing and savings on items shown may vary by store location. Applicable taxes, fees, deposits, recycling or environmental surcharges are extra. Coupons must be presented and redeemed at time of purchase. *PC Optimum™: Scan your PC Optimum™ app or swipe your card to get Members Pricing or points. See in-store for details. Members must open their PC Optimum™ App by March 1, 2026 to reveal their personalized surprise offer that will award one of 10%, 20% or 30% back in PC Optimum™ points when they spend the indicated minimum threshold or more cumulatively on groceries between February 26 to March 1, 2026, before taxes and after other redemptions, all coupons and discounts, and exclusions are deducted. PC Optimum™ Card or App must be presented at the time of transaction. Limit of one offer per member. See full personalized offer details in your App. **Must be a registered PC Optimum™ member to get this offer.

NOFRILLS

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

[nofrills.ca](https://www.nofrills.ca)



See product website
and in-store marked
app



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



 Optimum™



Earn
500
pts

Until March - 4 - 2026

NO NAME® CHOCOLATE CHIP COOKIES
907 g

 Optimum™



Earn
500
pts

Until March - 4 - 2026

NO NAME® BUTTER
454 g

 Optimum™



Earn
500
pts

Until March - 4 - 2026

NO NAME® 100% WHOLE GRAIN QUICK OATS
1 kg

 Optimum™



Earn
500
pts

Until March - 4 - 2026

NO NAME® SPICES
150 g

 Optimum™



Earn
1,000
pts

Until March - 4 - 2026

NO NAME® CHICKEN HOT DOGS
1.5 kg

 Optimum™



Earn
500
pts

Until March - 4 - 2026

NO NAME® CHICKEN BURGER
908 g

 Optimum™



Earn
500
pts

Until March - 4 - 2026

NO NAME® CALIFORNIA MIXED VEGETABLES
750 g

 Optimum™



Earn
2,000
pts

Until March - 4 - 2026

NO NAME® CHICKEN WINGS, MEDIUM BBQ
908 g

 Optimum™



Earn
500
pts

Until March - 4 - 2026

NO NAME® LEMONADE
1.75 L

 Optimum™



Earn
1,500
pts

Until March - 4 - 2026

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

 Optimum™



Earn
1,000
pts

Until March - 4 - 2026

NO NAME® KITCHEN GARBAGE BAGS
21 L

 Optimum™



Earn
1,500
pts

Until March - 4 - 2026

NO NAME® EXTRA SCENTED SCOOPABLE CLUMPING CAT LITTER
7 kg

BRANDS YOU LOVE AT LOW PRICES

\$3



YOPLAIT SOURCE 630 g
TUBES 8% MINIGO 6% or
PROTEIN 4% YOGURT
selected varieties
2129131801 SA/21154795 SA



4.79



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

3.50



PC® ICE CREAM SHOP
ICE CREAM 946 mL or
NOVELTIES 6%
selected varieties, frozen
21013145 SA



\$4

CRAVE DINNER ENTRÉES 200-340 g
or **KRAFT DELUXE**
MAC & CHEESE 340 g
selected varieties, frozen
21063115 SA

6.99



STARBUCKS
COFFEE ENHANCER
selected varieties
828 mL
2143M715 SA

\$8



STOK or STARBUCKS
COLD BREW COFFEE
selected varieties
1.42 L
21360739 SA/21101530 SA

3.50



OLD DUTCH POTATO 235 g or **TORTILLA** 275/290 g
CHIPS or **HUMPTY DUMPTY SNACKS** 250-290 g
selected varieties
21367346 SA/21443100 SA

Optimum®

KOOL-AID JAMMERS
10x180 mL or
MIO, CRYSTAL
LIGHT or KOOL-AID
LIQUID WATER
ENHANCERS
48 mL/24-56 g
20063425 SA
20063423 SA

\$3.25

1,000 pts

Earn

that's \$1 value

Optimum®

GENERAL MILLS
FAMILY SIZE CEREAL
selected varieties
475-578 g
21104945 SA/21104946 SA

\$5.50

1,000 pts

Earn

that's \$1 value

1.33

NO NAME® VEGETABLES
selected varieties
341/398 mL
20094451 SA/20095121 SA

\$4

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
4x175 mL
2001544905 SA/2001544902 SA

2.50

DARE CRACKERS
selected varieties
132-225 g
21120844 SA/21120701 SA

PRICE DROP

1.69

CHEF BOYARDEE
PASTA
selected varieties
418/425 g
2011200001 SA

2.69

TIM HORTONS
SOUP 340 mL or **CHILI** 425 g
selected varieties
21207922 SA

\$2

UNICO PASTA
SAUCE
selected varieties
480 mL
20220327001 SA/20220327002 SA

2.49

FRENCH'S
MUSTARD
selected varieties
225/400 mL
2006445001 SA/2006445002 SA

2.29

NO NAME®
OLIVES
selected varieties
375 mL
20220447 SA

3.50

NO NAME®
PICKLES
selected varieties
1 L
20220451 SA

2.79

BEN'S ORIGINAL
BISTRO EXPRESS RICE
selected varieties
240/250 g
21044901 SA/21044904 SA

BRANDS YOU LOVE AT LOW PRICES

\$3

NO NAME® CREAM CHEESE
selected varieties
227/250 g
2030810001, EA



4.50

POGO
Frozen
4's
20110332001, EA

\$4

PILLSBURY TOASTER STRUDEL
or **SCRAMBLES**
selected varieties, frozen
204/326 g
2017264004, EA



\$5

PC® ASIAN ENTRÉES
or **SOUPS**
selected varieties, frozen
280-400 g
21363849, EA

\$5.50

Earn
1,000
pts

That's
\$1
value



AMOOZA! TWISTS CHEESE SNACKS 228 g or
BLACK DIAMOND CHEESE SNACKS 189/252 g
selected varieties
3096474, EA/21403314, EA

3.35

NO NAME® APPLE
or **ORANGE JUICE**
selected varieties, refrigerated
1.75 L
21463448, EA/21467141, EA



2.75

PC® CROUTONS 140 g or
SALAD DRESSING 475 mL
selected varieties
206348801, EA/2079424803, EA



\$6

Earn
1,000
pts

That's
\$1
value



QUAKER BAKING MIXES or **OAT FLOUR**
selected varieties
700-900 g
2030704001, EA/2030704003, EA

\$3

LECLERC CÉLÉBRATION
COOKIES
selected varieties
200/240 g
21480133, EA



5.50

PC® DRY ROASTED PEANUTS 700 g,
CASHEWS or **DELUXE MIXED NUTS** 200 g
selected varieties
30057990003, EA/21054943, EA



7.99

MAXWELL HOUSE, NABOB
TASSIMO DISCS 8-16's or **MAXWELL**
HOUSE GROUND COFFEE PODS 12's
selected varieties
200264954001, EA



1.75

NO NAME® EVAPORATED MILK
selected varieties
354 mL
21040510, EA/210405343, EA



10.99

PC® ROAST & GROUND
COFFEE
selected varieties
340 g
21380139, EA



11.50

PC® 100% PURE
MAPLE SYRUP 500 mL
or **BILLY BEE**
HONEY 1 kg
selected varieties
20449121, EA/20794306, EA



\$3

NO NAME® PANCAKE MIX 905 g
or **TABLE SYRUP** 750 mL
20364005, EA/20372949, EA



7.50

PC® GOLD CHOCOLATE BAR
selected varieties
300 g
20292317, EA



Earn
3,000
pts

For every \$7*
spent

That's
\$3

value



Optimum™

KELLOGG'S CEREAL
selected varieties
269-355 g
21450851, EA/214532138, EA

BRANDS YOU LOVE AT LOW PRICES

6⁵⁰

**SOFTSOAP LIQUID
HAND SOAP REFILL**
selected varieties
1.27 L
21147194 SA



UP TO 40%
OFF

**JAMIESON VITAMINS
AND SUPPLEMENTS**
selected varieties and sizes
20964309 SA/20303216001 SA



\$5

TIDE PODS 16's, **DOWNY FABRIC SOFTENER** 0.78/1.31 L,
PURIFYING RINSE 473 ml or **SCENT BOOSTERS** 141/150 g,
BOUNCE DRYER SHEETS 40/80's, **CASCADE AUTO
DISHWASHER TABS** 10-15's or **RINSE AID** 473 ml
21547771 SA



3⁵⁰

NO NAME® BLEACH
selected varieties
2.4 L
21446522 SA

3⁹⁷



LYSOL MULTI SURFACE CLEANER 1.2 L,
BATHROOM SPRAY 950 ml or **BATHROOM AEROSOL** 538 g
selected varieties
20309673002 SA/21231223 SA

4²⁹



PINE-SOL ALL PURPOSE CLEANER
selected varieties
1.41 L
20296679001 SA/20296679002 SA

1⁷⁹



NO NAME® ALUMINUM FOIL
25 ft
2119986 SA

\$20



CASCADE AUTO DISHWASHER TABS
selected varieties
51-90's
21012172 SA/2114545 SA

11⁵⁰



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

**NEW
LOWER
PRICES**

\$5

3⁵⁰

**NATURAL BAKERY
RYE BREAD**

500 g
20670349 SA



**CHAPMAN'S
FROZEN YOGURT or
SORBET**

selected varieties, frozen
2 L
20314434001 SA/20329120001 SA



\$5

**SCHNEIDERS
BOLOGNA**

selected varieties
500 g
20029136 SA

\$5

BURNBRAE NESTLAID EGGS

12's
20816073001 SA



\$8

CLIF BAR 5 PK

selected varieties
340 g
21044784 SA/21044843 SA



\$4

TWININGS TEA or HERBAL TEA

selected varieties
20's
20300740001 SA



3⁵⁰

**MINUTE MAID ZERO SUGAR
BEVERAGES or FUZE ICED TEA**

selected varieties, refrigerated
1.54/1.75 L
21434119 SA/21432207 SA



\$2

**BEN'S ORIGINAL
RICE CUPS**

selected varieties
62/68 g
21408463 SA/21408713 SA



\$4

HEALTHY CHOICE DINNER ENTRÉES

selected varieties, frozen
269-306 g
21406247 SA



\$2

**SNACK PACK
PUDDING**

selected varieties
4x99 g
20216707001 SA



\$5

ACTIVIA YOGURT

selected varieties
8x93 mL
21108439 SA



\$8

**EXTRA LEAN
GROUND BEEF**

fresh
430 g
21475393 SA



6⁵⁰

MCCAIN PIZZA POCKETS

selected varieties, frozen
540/600 g
21047933 SA



4⁷⁵

SMUCKER'S UNCRUSTABLES

selected varieties, frozen
4's
21340037 SA



7⁵⁰

**LILYDALE
SLICED
DELI MEAT**

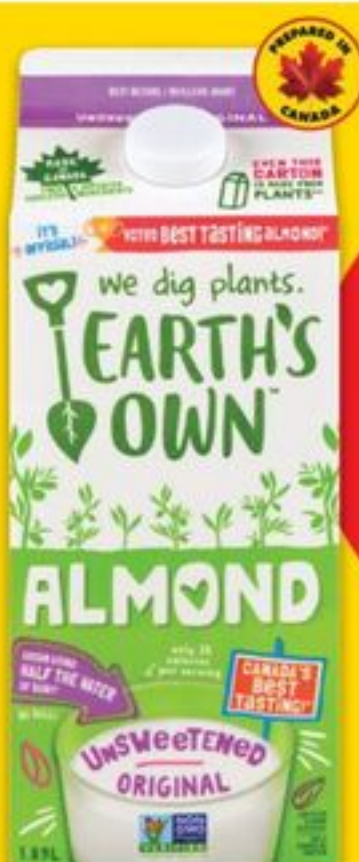
selected varieties
400/500 g
21475436 SA



**NEW
LOWER
PRICES**

5⁵⁰

**SCHNEIDERS
BREAKFAST SANDWICH
or EGG BITES**
selected varieties, frozen
204-288 g
21623187 EA/21623288 EA



3⁵⁰

**EARTH'S OWN
ALMOND or SOY
NON DAIRY
BEVERAGE**
selected varieties, refrigerated
1.75/1.89 L
20327647 EA

\$5

**CHAPMAN'S
SUPER NOVELTIES**
selected varieties, frozen
8-18's
20111532 EA/20117581001 EA



6⁵⁰

FRUTÉE ICE CREAM
selected varieties, frozen
270 mL
21701523 EA



4⁷⁵

PC® FROZEN FRUIT
selected varieties
300-600 g
20212207 EA



\$5

MARS CHOCOLATE BAG
selected varieties
155-170 g
21571767 EA/21571768 EA



\$3

**TWIZZLERS CANDY PACK
JOLLY RANCHER ROPE** 311-454 g or
selected varieties 352 g
20022386EA EA



7⁵⁰

**SAMYANG
NOODLES**
selected varieties
400-450 g
21400881 EA



7⁵⁰

**MUSAFIR PANEER BURGERS
BUTTER CHICKEN BITES** 400 g or
selected varieties 357 g
21700918 EA/21700919 EA



\$5

PAM COOKING OIL SPRAY
selected varieties
143/170 g
2017004601 EA



\$6

**NESTLÉ CARNATION
HOT CHOCOLATE MIX**
selected varieties
400-450 g
21400881 EA



\$12

IAMS DRY CAT FOOD
selected varieties
1.36/1.39 kg
21027522 EA



3⁷⁵

**NO NAME®
DISINFECTANT WIPES**
selected varieties
77%
21360760 EA



1⁵⁰

**LIPTON - KNORR
SOUP MIX**
selected varieties
40-143 g
2039714001 EA/2039714002 EA



\$7

**PC® BATHROOM TISSUE 12x24 ROLLS
or FACIAL TISSUE 6x12x SHEETS**
20192042 EA/21400718 EA



NATURAL FOODS AT LOW PRICES

22⁹⁹

VEGA PROTEIN AND GREENS DRINK MIX
selected varieties
510-526 g
20830386001 EA



4²⁹

GT'S KOMBUCHA
selected varieties
480 mL
20374106 EA/20906034001 EA



5²⁹

SILK CREAMER
selected varieties
890 mL
21243380 EA/21422292 EA



\$4

HARDBITE CHIPS
selected varieties
128/150 g
20370835001 EA/21157616 EA

\$3

SENSIBLE PORTIONS VEGGIE STRAWS or CHIPS
selected varieties
120-142 g
2037726001 EA/21380091 EA



\$13

KICKING HORSE ORGANIC GROUND COFFEE
selected varieties
284 g
20805126001 EA



\$5

TRADITIONAL MEDICINALS ORGANIC HERBAL TEA
selected varieties
16's
21452637 EA



3⁵⁰

EARTH'S OWN BARISTA OAT LIGI
945 mL or
VITA COCO COCONUT WATER 1 L
selected varieties
20329922 EA/21443365 EA



\$5

MADE GOOD CRUNCHY COOKIES, GRANOLA BITES or OAT CUPS
selected varieties
175-200 g
21579230 EA/21678889 EA



3⁵⁰

PC ORGANICS APPLE SAUCE CUPS SQUEEZABLE FRUIT SNACKS 360 g or JUMBO RAISIN SNACK PACK 196 g
selected varieties
20320493001 EA/21170526 EA



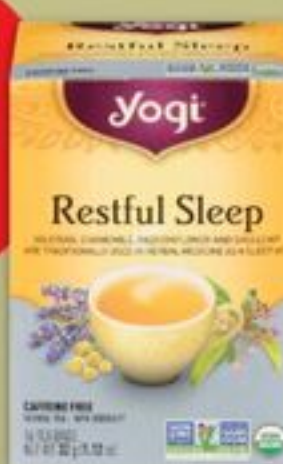
\$7

LITTLE NORTHERN BAKEHOUSE GLUTEN-FREE BREAD
selected varieties, frozen
320-567 g
21100057 EA



\$6

YOGI ORGANIC TEA
selected varieties
16x36 g
20492912003 EA



6⁹⁹

NATURE'S BAKERY FIG BAR
selected varieties
270/340 g
21549605 EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFW NV

BIG EASTER DEALS!

3⁵⁰



CADBURY CRÈME EGGS 3%,
LINDOR EGGS 3%,
PEEPS MARSHMALLOWS 85 g
31481296, 3A

6⁵⁰



CADBURY MINI EGGS 154-200 g,
NESTLÉ POUCHES or
NOVELTIES 85-153 g
selected varieties
20073462, 3A

6⁵⁰



**KINDER BAGGED
CHOCOLATE** 104-184 g or
**CARNBY SWEET MILK
CHOCOLATE BUNNY** 350 g
selected varieties
20231450, 3A/31483295, 3A

\$8



LINDT GOLD BUNNY
selected varieties
5 1/2/100 g
20046002, 3A

RAMADAN KAREEM

رمضان كريم

5⁹⁹

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

1156279001 SA/20773841 SA

795 G

907 G

340 G

2 LB TUB

8⁹⁹

MEDJOOL DATES
product of U.S.A.

20001486 SA

1⁴⁹
EA/LB

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

20139336001 SA/201420536001 RD

1⁹⁹
LB

GREY ZUCCHINI
product of Mexico

4.39/kg

20036780001 RD

\$13

SUFRA[®] HALAL SPLIT CHICKEN WINGS
up to 720 g

21470144 SA

\$10

ZABIHA HALAL BREADED CHICKEN
selected varieties, frozen

800/1908 g

21192302 SA

9⁹⁹

QUALITY BROWN SUGAR
4.5 kg

20714632 SA

8⁹⁹

NANAK RASMALAI
selected varieties

850 g

21264814 SA

7⁵⁰

BRAR'S DAIRY DAHI
3.23%

1.8 kg

21276214 SA

\$8

TEA INDIA 683 g
or **TATA TEA AGNI** 1 kg

20171715 SA/21271515 SA

\$2

SHAN SPICE MIXES
selected varieties

50-100 g

20168022801 SA

1²⁹

TAMAM CANNED BEANS
selected varieties

796 mL

21214887 SA

7⁴⁹

ALSHIFA NATURAL HONEY
selected varieties

500 g

20661244 SA

1⁵⁰

PUCK THICKENED CREAMY PRODUCT
160 g

21447348 SA

3⁹⁹

TAMAM PICKLES or OLIVES
selected varieties

100 mL/1 L

21217987 SA/21217987 SA

5⁵⁰

RAMADAN - EID PARTY BANNER
Selection varies by store

21471794 SA

\$10

RAMADAN - EID PARTY DIY LED LANTERN
Selection varies by store

21471794 SA

\$6

RAMADAN - EID PARTY LED LIGHTS
Selection varies by store

21471794 SA

2⁹⁹

QUALITY BULGUR or JARISH ZINDA COUSCOUS
selected varieties, 907 g

20013784 SA/21213784 SA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 01 NFW

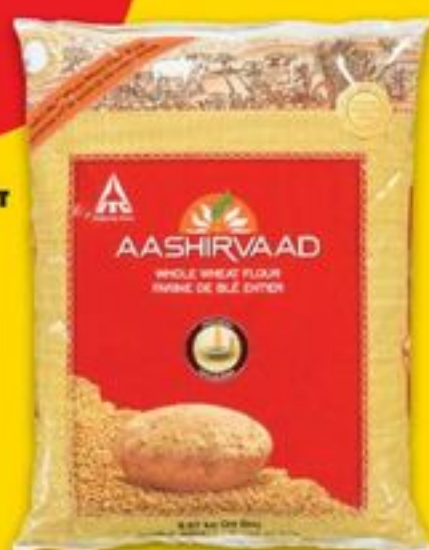
HAPPY HOLI!

होली की शुभकामनाएं



12⁹⁹

**AASHIRVAAD
WHOLE WHEAT
FLOUR**
9.07 kg
21309486 EA



4⁴⁹

**SURAJ®
DRY BEANS or
LENTILS**
selected varieties
1.8 kg
20558757 EA/20558867 EA



1⁷⁵

**KURKURE
SNACKS**
selected varieties
115 g
20697742 EA/21361077 EA



5⁹⁹

**BRAR'S
SAMOSA**
selected varieties
frozen
624 g
21000033 EA



2²⁹

SURATI SNACKS
selected varieties
250/341 g
20322576003 EA/21001004 EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONLINE FLAP ET

HAPPY HOLI!

होली की शुभकामनाएं



1⁹⁹
LB



INDIAN KARELA or LONG EGGPLANT
product of Mexico, Honduras, Dominican Republic
4.99/kg
20029646001, KZL/201319013001, KG

2⁹⁹



COCONUT
product of Vietnam
each
20005774001, EA

1⁶⁹



METHI LEAF
product of Mexico or U.S.A.
bunch
20159646001, EA

.99



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

3⁹⁹
LB



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

5⁹⁹



NANAK CUBED PANEER
400 g
201075119, EA

.99



PARLE-G BISCUIT
original
300 g
20159646001, EA

.36



MAGGI MASALA NOODLES
70 g
201075119, EA

4⁹⁹



NANAK RETAIL PANEER
341 g
21084116, EA

6⁹⁹



NANAK GULAB JAMUN
selected varieties
400 g
20425117, EA

4⁹⁹



FOOTHILLS WHIPPED BUTTER
250 g
20134807, EA

\$4



SURAJ GREEN CARDAMOM SEEDS
50 g
20134807, EA

2⁹⁹



QUALITY SOYA CHUNKS
400 g
20414235, EA

\$3



ROOSTER SWEETENED CONDENSED MILK
300 mL
20134807, EA

7⁹⁹



GFA BASMATI RICE 3.63 kg or **QUALITY PRIYA BASMATI RICE** 3.63 kg
20091842, EA/20083349, C21



Express™

**Online grocery
pickup & delivery**

SHOP ONLINE, GET IT DELIVERED.

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

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

SHOP NOW



No Frills® delivery is available at select stores.

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

GET FLYER TO YOUR EMAIL.

STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*



*Standard message and data rates may apply.

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

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

ONL NF PCX

no name™ mobile



**& get 50% off
a SIM card**



find us at the checkout lanes

exclusively at  **NOFRILLS®**

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

MORE WAYS TO SAVE



Enjoy these price
drops for longer.



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



Count on low
everyday prices.



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

The  NOFRILLS® thing to do.

†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 NFW MKT