

**NEW
LOWER
PRICES**

3⁵⁰

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



3⁵⁰

**MINUTE MAID
ZERO SUGAR
BEVERAGES or
FUZE ICED TEA**
selected varieties
1.54/1.75 L
21434100 EA/21652207 EA



1⁵⁰

**LIPTON or KNORR
DRY SOUP MIX**
selected varieties
40-166 g
20297514001 EA/20308188001 EA



\$5

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



FRESH AT LOW PRICES

4⁹⁹

STRAWBERRIES
product of Mexico or U.S.A.,
no. 1 grade or
PINEAPPLE
product of Costa Rica or Mexico
20049778001 EA/20160992001 EA

1 LB CLAMSHELL

6 OZ CLAMSHELL

3⁹⁹

BLACKBERRIES
product of Mexico or U.S.A. or
RASPBERRIES
product of Mexico or U.S.A., no. 1 grade
20051015001 EA/20128938001 EA

5⁹⁹

ROMAINE HEARTS
product of Mexico or U.S.A.
20067389001 EA

PKG OF 3

1⁹⁹
EA/LB

ORANGES
4.39/kg, product of U.S.A. or
RED MANGOES
each, product of Peru
20426078001 KG/20059635001 EA



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

5⁹⁹



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

5⁹⁹



RUSSET POTATOES product of Canada,
Canada no. 1 grade or **YELLOW ONIONS**
product of Canada or U.S.A., no. 1 grade
20601020001 EA/20600991001 EA

3⁹⁹
LB



ASPARAGUS
product of Mexico or Peru, no. 1 grade
8.80/kg
20174581001 KG

3⁹⁹



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

4⁹⁹



CAULIFLOWER product of Mexico or U.S.A., no. 1 grade or
FARMER'S MARKET™ CARROTS
product of Canada or U.S.A., no. 1 grade
20135377001 EA/20600928001 EA

4⁹⁹



CANTALOUPE
product of Guatemala, Honduras or Brazil, no. 1 grade
each
20167017001 EA

4⁹⁹



EAT SMART or TAYLOR FARMS CHOP SALAD KIT
selected varieties, product of U.S.A.
20674118 EA/21703561 EA

5⁹⁹



FARMER'S MARKET™ KIWI
product of Greece
21576167001 EA

1⁹⁹
LB



SWEET POTATOES
product of Canada
4.39/kg
20127708001 KG

3⁹⁹



PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES
product of Canada, Canada no. 1 grade
21247201001 EA/21247300001 EA

3⁹⁹



PC® WHOLE CREMINI or WHITE MUSHROOMS
product of Western provinces
20761372 EA/20738571 EA

6⁹⁹



PINK LADY APPLES or FARMER'S MARKET™ AMBROSIA APPLES
product of Western provinces, Canada fancy grade
20630646001 EA

6⁹⁹



PC® MANDARINS
product of U.S.A.
20864961001 EA

PRICE DROP

.99
LB

GREEN CABBAGE
product of Canada,
Canada no. 1 grade
20793034001 KG



1⁵⁰

GREEN ONIONS
product of Mexico
20107500001 EA



\$2
LB

COSMIC CRISP APPLES
product of U.S.A., extra fancy grade
4.41/kg
21240884001 KG



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

FRESH AT LOW PRICES

3⁹⁹
LB

**CLUB
SIZE**



**CHICKEN
DRUMSTICKS**
club size, fresh
8.80/kg
20004494_KG

7⁷⁹
LB

**EXTRA LEAN
GROUND BEEF**
Club Size
17.17/kg
20981822_KG



4²⁹
LB

**CLUB
SIZE**



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



ALWAYS

\$10

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

\$6



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

7⁹⁹



**ST-HUBERT or
SWISS CHALET
POT PIE**
selected varieties, frozen
650-800 g
20719298_EA/21047194_EA

\$4⁵⁰

**Earn
1,000
pts**

**That's
\$1
value**



**SNACK
FACTORY
PRETZEL
CRISPS**
selected varieties, 200 g
20948940_EA/20948939_EA

\$7



SEAQUEST® FISH FILLETS
selected varieties, frozen
400 g
20036614_EA/21314740_EA

\$7



**SEAQUEST® BAY SCALLOPS 400 g or
COLOSSAL RAW WHITE SHRIMP**
16-20 per lb, 300 g
frozen
21043887_EA/21558527_EA

3⁵⁰

**ZIGGY'S®
SLICED DELI
MEAT**
selected varieties
175 g
21592461_EA/21599921_EA



\$12



**PC® CHEESE SLICES or BLOCKS 500 g, PC®
SPLENDIDO® PARMIGIANO REGGIANO,
ROMANO or GRANA PADANO 250 g**
selected varieties
20249826_EA/21053434_EA

\$5



**OLIVIERI FRESH FILLED TWIN PACK
PASTA 450-500 g or SKILLET GNOCCHI 280/300 g**
20321512_EA

2²⁵

**NO NAME® BAGELS or
ENGLISH MUFFINS**
selected varieties
6's
21217967_EA/21313119_EA



2⁵⁰

**WONDER
BREAD 570 g or
BUNS 12's**
selected varieties
20305674_EA/20520827_EA



\$6

**FARMER'S MARKET™ COOKIES 12's or
MUFFINS 6's**
selected varieties
20566295_EA/21283356_EA



BRANDS YOU LOVE AT LOW PRICES

SAVE 35%

3²⁵

LIBERTÉ MÉDITERRANÉE
500 g/4x100 g, **CRUNCH** 2's or
YOPLAIT PROTEIN 650 g
YOGURT
selected varieties
20788062001, EA/21587047, EA



ONLY

4⁷⁹

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



SAVE UP TO 30%

3³³

DAIRYLAND or
LACTANTIA CREAM
selected varieties,
brand varies by region
473 mL/1 L
20073927, EA/20962887, EA



SAVE 43%

1⁸⁹

I CAN'T BELIEVE IT'S NOT BUTTER
MARGARINE 427 g or **BECEL GARLIC**
PLANT BUTTER 227 g
20061949001, EA



8²⁵

TROPICANA
ORANGE JUICE
selected varieties, refrigerated
2.63 L
20119756001, EA/2119756003, EA



\$4

PC® DINNER ENTRÉES
selected varieties frozen
212-365 g
20312252001, EA



5⁵⁰

DR. OETKER GUISEPPE THIN CRUST
or **RIISING CRUST PIZZA**
selected varieties, frozen
439-785 g
21106361, EA



5⁵⁰

HÄAGEN-DAZS ICE CREAM 450 mL
or **NOVELTIES** 3/4's
selected varieties, frozen
20302298001, EA/21513347, EA



2⁵⁰

GOLDFISH CRACKERS
selected varieties
167-227 g
203003220, EA/20306994003, EA



1⁵⁷

NO NAME® POTATO CHIPS
selected varieties
200 g
21302821, EA



1⁵⁰

GREEN GIANT VEGETABLES
selected varieties
341/398 mL
21021224, EA



\$3

ANGIE'S BOOM CHICKA POP
POPCORN or **PUFFS**
selected varieties
136-198 g
20811709, EA



3²⁵

ALLEN'S CRANBERRY
COCKTAIL, or DEL MONTE
ON ICE REFRESHER
selected varieties
1.89 L
21518094, EA/21575061, EA



13⁹⁹

COCA-COLA or PEPSI
SOFT DRINKS
selected varieties
24x355 mL
20306687003, C24/20308197001, C24



1⁶⁹

UNICO BEANS 540 mL or
TOMATOES 796 mL
selected varieties
20313447001, EA/20314629001, EA



2⁵⁰

LA MOLISANA
STRAINED TOMATOES
680 mL
20016661, EA



\$3

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



5⁹⁹

LAVAZZA CREMA E GUSTO or
ROSSA GROUND COFFEE
selected varieties
250 g
21553695, EA/21553714, EA



5⁷⁹

SMUCKER'S JAM,
MARMALADE or JELLY
selected varieties
310/500 mL
20308043001, EA/20308043004, 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 instore 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



MARCH

**HIT
OF THE
MONTH**



Made in Canada

Quaker Chewy Granola Bars

Selected varieties, 120 g

21359366_EA/21359369_EA



454 G



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.

BRANDS YOU LOVE AT LOW PRICES

6⁵⁰



ACTIVIA YOGURT
selected varieties
12x100 g
20608924 EA/20640892 EA



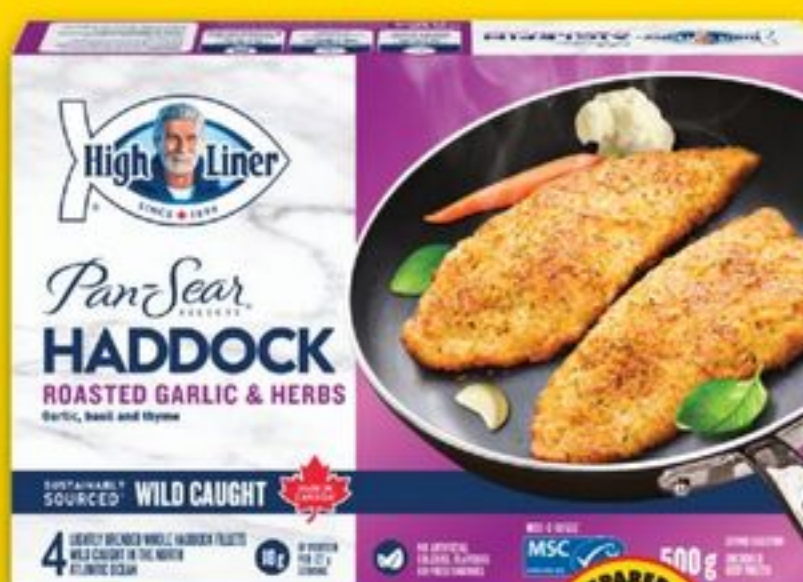
3⁵⁰

DAIRYLAND SOUR CREAM
selected varieties
500 mL
20275966001 EA

5⁹⁹



MCCAIN CAKES
selected varieties, frozen
510 g
20310132002 EA



\$10

HIGH LINER PAN-SEAR or BATTERED FISH FILLETS
425-600 g
20845016 EA

\$2



BEATRICE or DAIRYLAND CHOCOLATE MILK
selected varieties, brand varies by region
946 mL
20799752 EA/21699812 EA

3⁵⁰



NO NAME® APPLE or ORANGE JUICE
selected varieties, refrigerated
1.75 L
21665646 EA/21671461 EA

\$3



MOTT'S FRUITSATIONS or GOGO SQUEEZ FRUIT SAUCE
selected varieties
20322697002 EA/20324241001 EA

1²⁵



POWERADE SPORT DRINKS
selected varieties
710 mL
20853721 EA/21240145 EA

3²⁵



REAL CANADIAN NATURAL SPRING WATER
24x500 mL
20154975 C24

\$2



DOLE PINEAPPLE
selected varieties
398 mL
20136767003 EA

1⁶⁹



NO NAME® RICE CRACKERS
selected varieties
100 g
20297188002 EA/20297188003 EA

2²⁵



CAMPBELL'S READY TO SERVE or HABITANT SOUP
515 mL or 796 mL
21479030 EA/21480447 EA

2⁵⁰



STAGG CHILI
selected varieties
425 g
20091906 EA

1⁷⁹



KRAFT DINNER
selected varieties
156/175 g
21549589 EA/21549590 EA

\$1



OLD EL PASO SEASONING
selected varieties
24 g
21049495 EA

15⁹⁹



COLAVITA OLIVE OIL
1 L
20617955 EA

2²⁹



NO NAME® WHITE VINEGAR
Club Size
4 L
20102756 EA

3⁷⁹



PC® BLUE MENU® BEANS or LENTILS
selected varieties
900 g
20629153 EA/20629679 EA

BRANDS YOU LOVE AT LOW PRICES

\$3



HELUVA GOOD! DIPS
selected varieties
250 g
20179979002_EA



4²⁵

SILK NON-DAIRY BEVERAGES
selected varieties, refrigerated
1.74-1.89 L
20328231002_EA/21337480_EA

9⁹⁹



BASKIN ROBBINS ICE CREAM 946 mL or **NOVELTIES** 4's
selected varieties, frozen
21721551_EA/21721501_EA



2⁸⁸

CHEEMO PEROGIES
selected varieties, frozen
745-907 g
20327159_EA

\$9



PATTY KING JAMAICAN STYLE BEEF PATTIES
selected varieties, frozen
1.17 kg
20313668002_EA

\$8



STOK or STARBUCKS COLD BREW COFFEE
selected varieties
1.18/1.42 L
21203739_EA/21215530_EA

\$3



SNYDER'S PRETZELS or PIECES
selected varieties
240 g
20316032004_EA

Optimum™

\$5⁵⁰



Earn
1,000
pts

That's
\$1
value

AMOOZA! TWISTS CHEESE SNACKS
selected varieties
228 g
21403514_EA

4⁷⁹



NO NAME® COOKIES
selected varieties
907 g
20316078001_EA/20318678002_EA

\$6



NO NAME® CHOPPED GARLIC 1 kg or
LIQUID BOUILLON 500 mL
selected varieties
20312337002_EA/21013899_EA

4⁵⁰



KRAFT SHAKE 'N BAKE COATING MIXES
selected varieties
142-160 g
21548016_EA/21603329_EA

Optimum™

\$10



Earn
1,000
pts

That's
\$1
value

GENERAL MILLS JUMBO CEREAL
selected varieties
825 g/1.3 kg
20007990_EA/21347133_EA

5⁴⁹



RED ROSE ORANGE PEKOE BLACK TEA 70's or **TAZO TEA** 20's
selected varieties
21692191_EA

12⁹⁹



STARBUCKS NESPRESSO CAPSULES VERTUO 8/10's or
TWININGS TEA 100's
selected varieties
21398289_EA

\$6



PC® HOT CHOCOLATE MIX
selected varieties
450/500 g
21549129_EA

1⁵⁰



NO NAME® CRACKERS or BREADSTICKS & CHEESE SNACKS
selected varieties
3's
20889881_EA

\$5



NESTLÉ CHOCOLATE BAR MULTIPACK 4's or **POUCHES** 135-203 g
selected varieties
20176136_EA/21080077_EA

5⁵⁰



HERSHEY'S POUCHES 180-340 g,
MULTI'S 4's or **SOLID BUNNY** 150 g
selected varieties
21428340_EA/21428465_EA

6⁵⁰



KINDER BAGGED CHOCOLATE 104-184 g
or **CSR MILK CHOCOLATE BUNNY** 350 g
selected varieties
20531650_EA

\$11



CADBURY MINI EGGS
400 g
20081165_EA

Earn
6,000
pts

For every \$16*
spent

That's
\$6

value



Optimum™

NESTLÉ EASTER NOVELTIES
selected varieties
25-300 g
21628045_EA/21634741_EA

BRANDS YOU LOVE AT LOW PRICES

\$3

OVAL EASTER BASKET
21668634, EA



\$3

**PLASTIC
EASTER EGGS**
21668702, EA

\$8

PC® CHARITY BUNNY
21687563, EA / 21687564, EA



SAVE
UP TO 30%

**NATURE'S BOUNTY
VITAMINS or
SUPPLEMENTS**
selected varieties and sizes
21020231, EA/21180320, EA

7.99

GLAD GARBAGE BAGS
selected varieties
10-52's
20297334001, EA/21359461, EA



\$4

**MR. CLEAN ALL
PURPOSE CLEANER** 1.2 L,
FEBREZE AIR 250 g,
**BATHROOM AIR
FRESHENER** 7.5 mL,
CAR FRESHENER 2 mL or
MAGIC ERASER 2/3's
selected varieties
21005017, EA/21700198, EA



\$8

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



\$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 DISHWASHER TABS 10-15's or **RINSE AID** 473 mL
21549771, EA/21658961, EA



\$10

**NO NAME®
CAT LITTER**
selected varieties
18 kg
20177169002, EA



\$6

**FRISKIES
DRY CAT FOOD**
selected varieties
1.4-1.5 kg
20142252001, EA



2.79

**TEMPTATIONS
CAT TREATS**
selected varieties
180 g
20298151001, EA



**LOW
PRICES
IN STOCK**

350

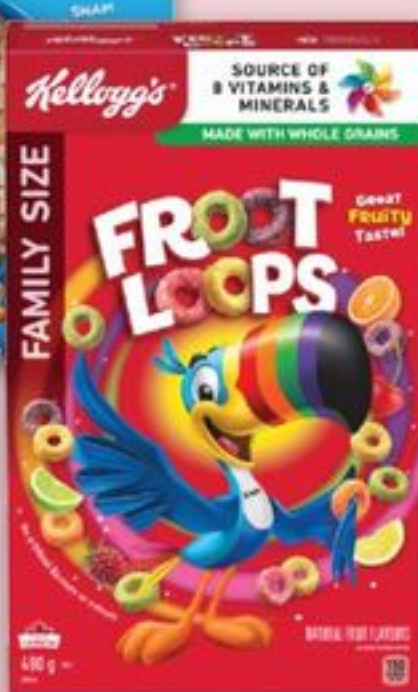
GENERAL MILLS CEREAL
selected varieties
300-437 g
21104047_EA/21213662_EA



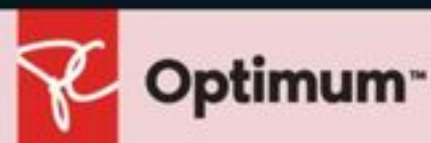
\$4

KELLOGG'S ALL BRAN 405/525 g,
RAISIN BRAN 425/451 g, **VECTOR**
306/400 g, **SPECIAL K** 320-355 g
or **MINI-WHEATS** 377-460 g **CEREAL**
selected varieties
21607207_EA/21653774_EA

329



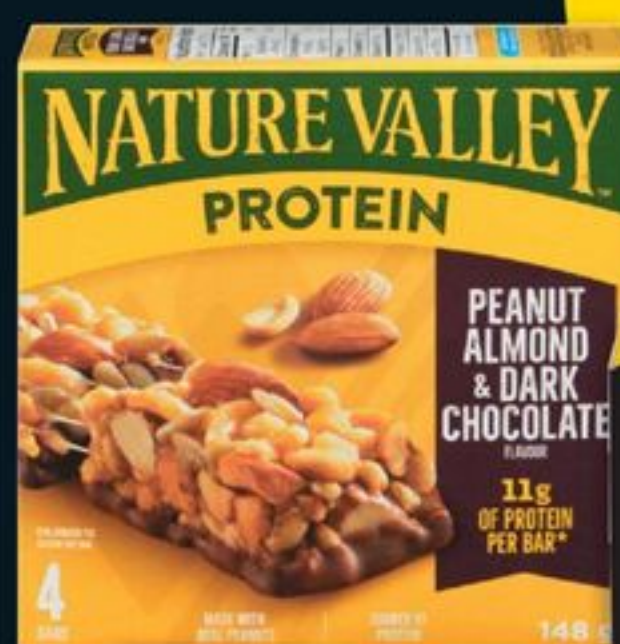
KELLOGG'S FAMILY SIZE CEREAL
selected varieties
480-650 g
21449784_EA/21651640_EA



Earn
3,000
pts

For every \$10*
spent

That's
\$3
value



FIBRE 1 BARS 125 g or **NATURE VALLEY GRANOLA BARS, PROTEIN BARS** or **BISCUITS** 148-210 g
selected varieties
20587504001_EA/20686988001_EA

\$4



QUAKER CEREAL 350-500 g
or **HARVEST CRUNCH** 400-510 g
selected varieties
21082300_EA/21219824_EA

\$2



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

250



QUAKER CRISPY MINIS
selected varieties
100-199 g
20163708002_EA/20850854_EA

6⁹⁹



STARBUCKS COFFEE ENHANCER
selected varieties
828 mL
21436900_EA

\$7



NESCAFÉ or TASTER'S CHOICE INSTANT COFFEE
selected varieties
100-199 g
20661811001_EA/20873036_EA

12⁴⁹



STARBUCKS ROAST AND GROUND COFFEE
340 g, **PODS** 10's or **HOT CHOCOLATE** 240/300 g
selected varieties
21651626_EA/21660417_EA

250



CHRISTIE CRISPERS
selected varieties
145 g
21358333_EA

450



CHRISTIE PREMIUM PLUS 402-500 g or
RITZ DRIZZLED 226 g **CRACKERS**
selected varieties
21109004_EA/21712593_EA

250



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

\$1



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

450



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

250



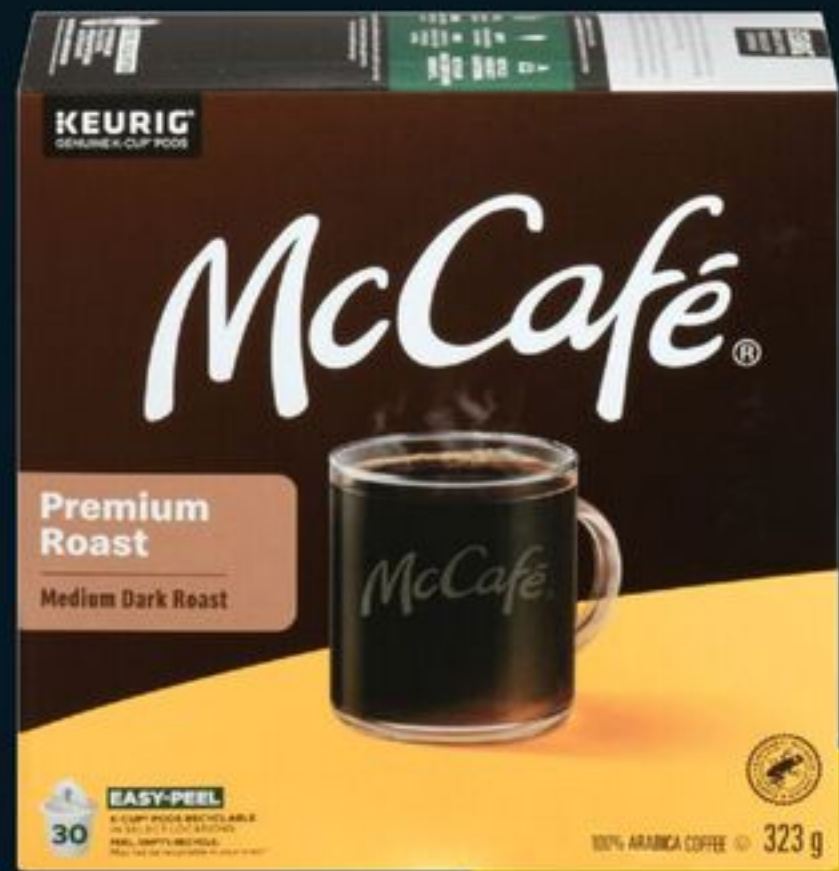
HERSHEY'S FAMILY BAR JOLLY RANCHER CANDY BAG 90-120 g or
182/198 g
selected varieties
20483743_EA/21332398_EA

\$2



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

LOW PRICES IN STOCK



16⁹⁹

TIMOTHY'S, KRISPY KREME or DONUT HOUSE COFFEE PODS
selected varieties
30's
21007380_EA/21433555_EA



\$23

MCCAFÉ or VAN HOUTTE GROUND COFFEE PODS
selected varieties
30's
21240975_EA

2⁷⁹

CHRISTIE COOKIES 240-303 g or **MINI COOKIES** 144-200 g
selected varieties
21358407_EA/21585155_EA/21586618_EA



4⁵⁰

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



2⁵⁰

DARE GRISSOL TOAST BAGUETTES 150/200 g or 120/130 g
selected varieties
21033188_EA



2⁵⁰

DARE BRETON CRACKERS or VINTA CRACKERS or VEGGIES CRISPS 135-200 g or 200-225 g
selected varieties
20973368_EA/21520666_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
20974343_EA/21080791_EA



\$4

RUFFLES POTATO TORTILLA CHIPS 180-220 g or 210/235 g
selected varieties
21241053_EA/21693042_EA



\$4

TOSTITOS TORTILLA CHIPS 205-295 g
selected varieties
21050575_EA



\$4

MISS VICKIE'S POTATO CHIPS 190-220 g
selected varieties
21240703_EA



\$3

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



2⁶⁷

KELLOGG'S RICE KRISPIES, POP TARTS, SPECIAL K, NUTRI-GRAIN 154-198 g, 384 g, 125 g or 295 g
selected varieties
20126567001_EA/21290111_EA



3⁴⁹

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



\$8

NUTELLA HAZELNUT SPREAD or NUTELLA & GO HAZELNUT SPREAD WITH BREADSTICKS 725 g or 208 g
selected varieties
20436105_EA



\$3

LECLERC CÉLÉBRATION COOKIES 200/240 g
selected varieties
21680155_EA



\$3

LECLERC GO PURE or NUGABAR BARS 140-175 g
selected varieties
21507858_EA/21536596_EA



\$6

SIMPLY ORANGE JUICE 1.36 L
selected varieties, refrigerated
21735026_EA



4⁵⁰

PILLER'S SLICED DELI MEAT 150/200 g
selected varieties
21206382_EA/21206939_EA



LOW PRICES IN STOCK



6²⁹

KRAFT PEANUT BUTTER
selected varieties
750 g/1 kg
20039581001 EA/20039581005 EA



3⁹⁹

PHILADELPHIA CREAM CHEESE PRODUCT 227/250 g or **KRAFT SINGLES** 410 g
selected varieties
20641267 EA/21188654 EA

15⁹⁷

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



6⁵⁰



iöGO YOGURT
selected varieties
16x100 g
20609583001 EA

\$3

OCEAN'S WHITE TUNA 170 g or **GOLD SEAL MACKEREL** 115 g or **PINK SALMON** 213 g
selected varieties
21005216 EA/21083426 EA



3⁵⁰

ACTIVIA EXPERT YOGURT
selected varieties
4x100 g
21688261 EA



\$6

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



1⁵⁰

OCEAN'S LIGHT TUNA 170 g or **GOLD SEAL SARDINES** 125 g
selected varieties
21004270 EA/21024465 EA



5⁵⁰

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



\$20

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



\$8

ROYALE BATHROOM TISSUE
selected varieties
15=30 rolls
21572800 EA



11⁹⁹

ROYALE FACIAL TISSUE
12x100 sheets
20705292 EA



12⁹⁹

ROYALE TIGER TOWEL PAPER TOWELS
selected varieties
6x12 rolls
21484732 EA



\$7

LYSOL TOILET BOWL CLEANER 2x710 mL, **DISINFECTANT SPRAY** 539 g or **LAUNDRY DISINFECTANT** 1.2 L
selected varieties
21236361 EA/21487308 EA



7⁹⁹

CHARMIN BATHROOM TISSUE 8=24 rolls or **BOUNTY PAPER TOWELS** 3=6 rolls
selected varieties
21670159 EA/21707477 EA



\$15

GAIN LIQUID LAUNDRY DETERGENT 4.25 L or **FLINGS** 42's
selected varieties
20959637 EA/21671139 EA



\$22

TIDE LIQUID LAUNDRY DETERGENT 3.46/3.9 L or **PODS** or **FLINGS** 45/76's
selected varieties
21593670 EA/21593679 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
20083535001 EA/21427042 EA





Optimum™

App exclusive offers

More offers More points

LOAD YOUR DIGITAL COUPONS IN 6 EASY STEPS

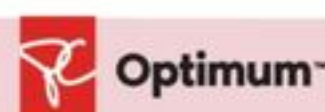
1. Open your PC Optimum app and go to **Offers**
2. Tap **Digital Coupons**
3. Select **"Click here to add your Digital Coupons"**
4. Tap **"Select Offer"** on the coupons you want
5. Tap **"Add Offer"** – you're done!

Members
get over

\$25

in value

CLICK FOR
THESE COUPONS
AND MORE



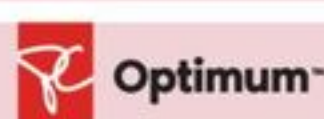
**BOOST READY-TO-DRINK
PRODUCT**
6x237 mL or 4x325 mL

Save
\$2
with digital
coupon



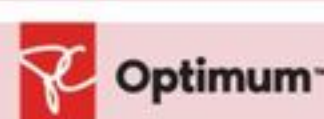
**PC® SPLENDIDO
SLICED MEATS**
100 g

Earn
1,000
pts
Until April - 8 - 2026



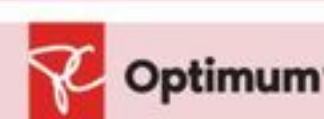
**PC® PORTUGUESE
CUSTARD
TARTS**
360 g

Earn
1,000
pts
Until April - 8 - 2026



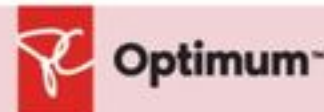
**PC® LOADS
OF ICE
CREAM**
1.5 L

Earn
1,000
pts
Until April - 8 - 2026



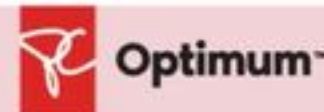
**PC® BLACK LABEL
ICE CREAM**
500 mL

Earn
750
pts
Until April - 8 - 2026



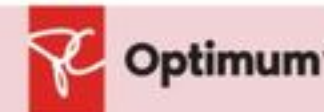
**PC® TOPPED
HUMMUS**
280

Earn
1,000
pts
Until April - 8 - 2026



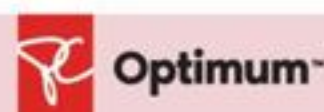
**PC® SPRING
ROLLS**
574 g

Earn
1,500
pts
Until April - 8 - 2026



**PC® KETTLE
CHIPS**
200 g

Earn
500
pts
Until April - 8 - 2026



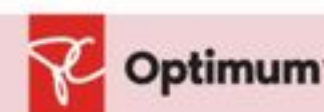
**PC® SPLENDIDO
EXTRA
VIRGIN OLIVE OIL**
1 L

Earn
2,000
pts
Until April - 8 - 2026



PC® CHOCOLATE CHIPS
226-300 g

Earn
750
pts
Until April - 8 - 2026



**PC® 3 PLY
FACIAL TISSUES**

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



Earn
1,000
pts

Until April - 8 - 2026

**NO NAME® POTATO AND
CHEDDAR PEROGIES**

2 kg

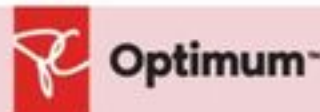


Earn
1,000
pts

Until April - 8 - 2026

**NO NAME®
LONG GRAINED RICE**

2 kg



Earn
750
pts

Until April - 8 - 2026

**NO NAME®
PEANUT
BUTTER**

1 kg



Earn
500
pts

Until April - 8 - 2026

**NO NAME®
CHOCOLATE
BARS**

100 g



Earn
250
pts

Until April - 8 - 2026

**PC® SUPER
SOFT
BATHROOM
TISSUE**



Earn
5,000
pts

Until April - 8 - 2026

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



Earn
1,000
pts

Until April - 8 - 2026

**PC® LARGE HEAVY
DUTY FREEZER BAGS**



Earn
500
pts

Until April - 8 - 2026

**PC®
DISHWASHING
LIQUID SOAP**

740 mL

NATURAL FOODS AT LOW PRICES

\$5

SILK DAIRY FREE CREAMER 890 mL or
OLYMPIC YOGURT 650 g
selected varieties
20316485005_EA/21245360_EA



\$5

KIND DIPPED CLUSTERS
selected varieties
113 g
21453223_EA



2⁵⁰

KIJU ORGANIC JUICE
selected varieties
1 L / 4x200 mL
20312710001_EA/20333714001_EA



4⁵⁰

PC® ORGANICS ANIMAL COOKIES
selected varieties
250 g
20181028_EA/20304981_EA



\$5

PC® ORGANICS PEANUT BUTTER
selected varieties
500 g
20298178_EA



\$3⁴⁹

Earn
1,000
pts

That's
\$1
value

KETTLE BRAND AIR FRIED POTATO CHIPS
selected varieties
156 g
21589837_EA



3⁵⁰

PC® ORGANICS APPLE SAUCE CUPS 6x100 g,
SQUEEZABLE FRUIT SNACKS 360 g
or **JUMBO RAISIN SNACK PACK** 196 g
selected varieties
20320493001_EA/21170526_EA



2⁵⁰

CLIF BAR
selected varieties
68 g
20130914003_EA/20312621_EA



4⁵⁰

AMY'S BURRITO
selected varieties, frozen
156/170 g
20371439001_EA



3⁵⁰

PC® ORGANICS DURUM WHEAT SEMOLINA PASTA
selected varieties
454 g
20669803003_EA



\$2

PC® ORGANICS BROTH
selected varieties
900 mL
21190798_EA



9⁵⁰

PC® ORGANICS EXTRA VIRGIN OLIVE OIL
500 mL
20027043_EA



\$4

SMART SWEETS
selected varieties
50 g
21154474_EA/21199935_EA



4⁵⁰

NEAL BROTHERS TORTILLA, CORN CHIPS
276/300 g or **SALSA** 410 mL
selected varieties
20975904_EA/21533145_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFW NV

MARCH 6TH TO MARCH 19TH

DAISY CAMPAIGN

#KindForKind

Buy a daisy in support of KBRH Oncology Department. Available for purchase in store at checkout. **\$5 each or five for \$20.**

Monetary donations of any amount are also greatly appreciated.



One small act of kindness multiplied by many
can change the world.



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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.

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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.

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