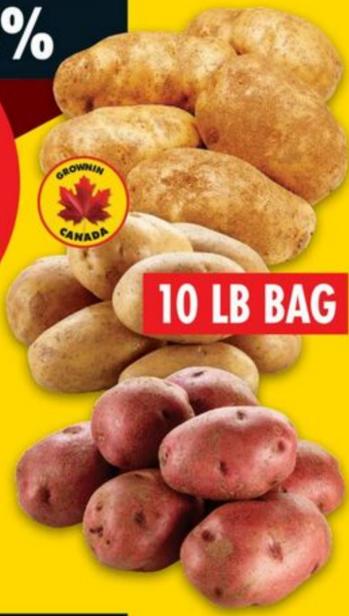


# NOFRILLS<sup>®</sup> YESSAVINGS

SAVE 20%

3<sup>99</sup>



10 LB BAG

**RED, YELLOW  
or RUSSET  
POTATOES**  
product of Canada,  
Canada no. 1 grade  
pommes de terre  
rouges, jaunes ou Russet  
20601020001\_EA/20601017001\_EA

ONLY

1<sup>77</sup>

**BROCCOLI  
CROWNS**  
product of Mexico  
or U.S.A.  
each  
couronnes de  
brocoli  
21121560001\_EA



SAVE 57%

1<sup>49</sup>  
LB

**BARTLETT PEARS**  
product of South Africa,  
extra fancy grade  
3.28/kg  
poires  
20172240001\_KG



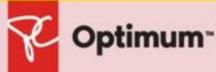
SAVE UP TO 33%

3<sup>99</sup>

**PC<sup>®</sup> BABY  
SPINACH  
or SPRING MIX**  
product of U.S.A.  
jeunes épinards ou  
mélange printanier  
21204386\_EA/21204385\_EA



312 G



App exclusive offer



Earn  
**200**  
pts

For every \$1\* spent on  
fresh peppers

That's  
**20%**  
back

poivrons frais  
20921434001\_EA/20007535001\_KG/20425893001\_KG

# NOFRILLS<sup>®</sup> YESSAVINGS

FLYER PRICES EFFECTIVE THURSDAY, MARCH 19  
TO WEDNESDAY, MARCH 25, 2026.

ONLY

3<sup>50</sup>

**CREAM**  
selected varieties,  
brand and size varies by region  
473 mL-1 L  
crème  
20139719\_EA



SAVE 33%

\$3<sup>00</sup> LB



**WHOLE CHICKEN**  
fresh  
6.61 /kg  
poulet entier  
20729008\_KG/20707744\_KG

WHILE QUANTITIES LAST

SAVE UP TO 33%

\$6<sup>00</sup>



**HIGH LINER FAMILY FISH**  
selected varieties, frozen  
315-700 g  
poisson gefilte  
20303200001\_EA



HALAL

SAVE 25%

5<sup>99</sup> LB

**NEW ZEALAND  
SHORT CUT LAMB LEG**  
frozen, 13.21 /kg  
gigot d'agneau raccourci  
de Nouvelle-Zélande  
20142553\_KG

WHILE QUANTITIES LAST

SAVE 25%

2<sup>25</sup>



**YOPLAIT SOURCE** 630 g,  
**MINIGO** 6's or **TUBES** 8's **YOGURT**  
selected varieties  
yogourt  
21391318001\_EA/21547571\_EA

SAVE UP TO 32%

\$4<sup>00</sup>



**COCA-COLA** or **PEPSI** SOFT DRINKS  
selected varieties, 6x710 mL  
boissons gazeuses  
20310546002\_C06/20313741002\_C06

WOW!

12<sup>99</sup>



**ROYALE TIGER TOWEL** or  
**ROYALE BATHROOM TISSUE**  
selected varieties  
essuie-tout ou papier hygiénique  
21378233\_EA/21484732\_EA

SAVE UP TO 47%

\$11<sup>00</sup>



**HERSHEY'S EGGIES** 900 g, **HERSHEY'S  
MINI PB EGGS** 670 g or **FERRERO  
RABBIT T13** or **REGAL HALLOWS** 300 g  
selected varieties  
chocolat  
20526640\_EA

SAVE UP TO 38%

10<sup>99</sup>



**817 ELEPHANT BRAND BASMATI RICE**  
selected varieties, 4 kg  
riz basmati  
20787524\_EA/21341987\_EA

PRICE  
DROP

4<sup>25</sup>



**GRADE A LARGE EGGS**  
selected varieties, pack of 12  
œufs  
20812144001\_EA

4<sup>99</sup>



**ARMSTRONG** or **PC**  
**SHREDDED CHEESE** 250-320 g  
or **ARMSTRONG CHEESE** 400 g  
or **ATLANTIC BUTTER** 454 g  
fromage ou beurre  
21286240\_EA/21346749\_EA/20066904\_EA

1<sup>25</sup>



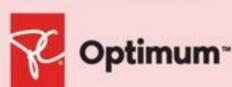
**MAPLE LEAF  
VIENNA SAUSAGE**  
113 g  
saucisses viennoises  
20617958\_EA

\$3<sup>00</sup>



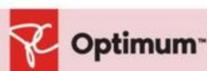
**CLASSICO  
PASTA SAUCE**  
selected varieties  
218-600 mL  
sauce pour pâtes  
20325609001\_EA/21618217\_EA

# More days More days More days



# More days™

March 19-25, 2026



## App exclusive offer

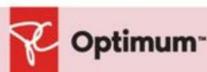


Earn  
**5,000**  
pts

For every \$10\*  
spent

That's  
**\$5**  
value

**OLD EL PASO PRODUCTS**  
all sizes and varieties  
ensembles à repas  
20795534\_EA/21049505\_EA



## App exclusive offer



Earn  
**4,000**  
pts

For every \$10\*  
spent

That's  
**\$4**  
value

**RITZ SNACK PACK** 280 g,  
**OREO** or **CHIPS AHOY!**  
**MINI COOKIES** 150-200 g,  
**MAYNARDS** or **SOUR PATCH**  
**KIDS CANDY** 135-154 g **PRODUCTS**  
selected varieties  
biscuits ou bonbons  
21545554\_EA/21585155\_EA



## App exclusive offer



Member Price

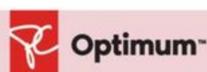
**\$4**

Non-Members

**\$5.50**

Members  
Save  
**1.50**

**FARMER'S MARKET™**  
**BUTTER CROISSANTS**  
6's  
croissants au beurre  
20975943\_EA



## App exclusive offer



Member Price

**\$5.50**

Non-Members

**\$6.50**

Members  
Save  
**1**

**PC® DOUBLE CREAM BRIE** or  
**CAMEMBERT CHEESE**  
selected varieties  
165-200 g  
brie double crème ou camembert  
20787327\_EA

# DELI DEALS

**\$5**



**ZIGGY'S® PEPPERONI STICKS 300 g, PC® CHEESE SLICES 140-170 g or BLOCKS 250 g**  
selected varieties  
pepperettes ou fromage  
20250947\_EA/21665209\_EA

**\$4**

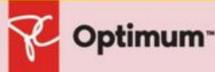


**MASTRO SALAMI 150 g, SAN DANIELLE PROSCIUTTO 100 g or SAPUTO CHEESE TUBS 140-200 g**  
selected varieties  
salami ou prosciutto  
contenants de fromage  
20523975\_EA/21061099\_EA

**\$4**



**OLIVIERI SKILLET GNOCCHI**  
selected varieties  
280/300 g  
gnocchi à poêler  
21022065\_EA



**\$5.50**

Earn  
**1,000**  
pts

That's  
**\$1**  
value



**RESER'S MAIN ST. BISTRO MAC AND CHEESE or MASHED POTATOES 567-680 g or DAIYA VEGAN CHEESE 170-200 g**  
selected varieties  
macaroni au fromage ou purée de pommes de terre ou fromage végétal  
20027947\_EA/21207740\_EA

# BABY ESSENTIALS AT LOW PRICES

26<sup>97</sup>

**HUGGIES PULL UPS or GOODNITES NIGHTTIME UNDERWEAR**  
selected varieties  
24-74's  
sous-vêtements



34<sup>99</sup>

**HUGGIES ECONO PACK DIAPERS**  
selected varieties  
size N-8, 60-208's  
couches



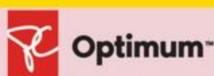
34<sup>99</sup>

**PAMPERS ECONO PACK DIAPERS**  
selected varieties  
size N-8, 58-200's  
couches



75<sup>47</sup>

**ENFAMIL A+ NEUROPRO OR GENTLEASE READY TO FEED FORMULA**  
selected varieties  
18x237 mL  
préparation pour nourrissons



Earn  
**10,000**  
pts

for every \$50\*  
spent on

That's  
**\$10**  
value

**BABY DIAPERS, WIPES, FORMULA, FOOD, NEEDS or ACCESSORIES**  
all varieties and sizes  
couches ou lingettes ou préparation pour nourrisson  
ou aliments ou articles ou accessoires

20304618007\_EA/21172501\_EA/21370843\_EA/21540716\_EA/21699547\_EA

# FRESH AT LOW PRICES

3<sup>99</sup>

1 LB CLAMSHELL

6 OZ CLAMSHELL

**BLACKBERRIES**  
product of Mexico, or U.S.A.,  
**RASPBERRIES** or  
**STRAWBERRIES**  
product of Mexico, or U.S.A., no. 1 grade  
mûres ou framboises ou fraises  
20128938001\_EA/20049778001\_EA

4<sup>99</sup>

**CANTALOUPE**  
product of Guatemala,  
Honduras  
or Brazil, no. 1 grade  
cantaloup  
20167017001\_EA

5<sup>99</sup>

5 LB BAG

**FARMERS MARKET™ CARROTS**  
product of Canada, Canada no. 1 grade  
carottes  
20600928001\_EA

4 LB BAG

7<sup>99</sup>

**FARMERS MARKET™ MANADARINS**  
product of Morocco or Spain  
mandarines  
20054025001\_EA



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

2<sup>99</sup>  
EA/LB  
PKG OF 6

**FARMER'S MARKET™ GRAPE TOMATOES** each, or **ROMA TOMATOES** 6.59/kg, product of Canada or Mexico or **FARMER'S MARKET™ MINI CUCUMBERS** each, product of Canada, Canada no. 1 grade tomates raisins ou tomates roma ou mini-concombres  
21367888001\_EA/20737570001\_EA

1<sup>49</sup>  
LB

**SWEET POTATOES**  
product of Canada  
patates douces  
3.28/kg  
20127708001\_KG

5<sup>99</sup>

**PINEAPPLE**  
product of Costa Rica  
ananas  
20119813001\_EA

5<sup>50</sup>

**BASSÉ SNACK MIX**  
selected varieties  
415-600 g  
mélange à collation  
21158603\_EA/21158612\_EA

4<sup>99</sup>

4 LB BAG

**FARMER'S MARKET™ AMBROSIA** or **MCINTOSH APPLES**  
product of Atlantic provinces,  
Canada fancy grade  
pommes  
20713211001\_EA/20281372001\_EA

5<sup>99</sup>

10 LB BAG

**FARMERS MARKET™ YELLOW ONIONS**  
product of Canada, Canada no. 1 grade  
oignons jaunes  
20600991001\_EA

4<sup>99</sup>

PKG OF 4

PKG OF 5

**FARMER'S MARKET™ SWEET PEPPERS** product of Mexico or **AVOCADOS** product of Mexico, Peru, or Colombia poivrons ou avocats  
21644936001\_EA/20117550001\_EA

2<sup>49</sup>

227 G

**PC® WHOLE WHITE** or **CREMINI MUSHROOMS**  
product of Canada  
champignons blancs ou cremini entiers  
20775805\_EA/20776239\_EA

3<sup>50</sup>

**LARSEN WIENERS**  
375 g  
saucisses fumées  
21093446\_EA



ALWAYS

\$10

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



6<sup>50</sup>  
LB

**LEAN GROUND BEEF AND PORK**  
fresh  
bœuf et porc hachés maigres  
14.33/kg  
20862066\_KG



\$6

**MAPLE LEAF NATURAL SELECTIONS** or **SCHNEIDERS SLICED DELI MEAT** 150-175 g or **ZIGGY'S® KOLBASSA** 375 g selected varieties charcuteries tranchées ou kolbassa  
20009282\_EA/21396884\_EA



3<sup>50</sup>

**D'ITALIANO BREAD** 620/675 g or **BUNS** 6/8's selected varieties pain ou petits pains  
20038335\_EA/20521048\_EA



\$5

**LA BAGUETTERIE SLICED MICHE**  
selected varieties, 600/800 g  
miche tranchée  
20862393\_EA



\$7

**SEAQUEST® FISH FILLET**  
selected varieties, frozen, 400 g  
filet de poisson  
20153570\_EA/21314740\_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.

# BRANDS YOU LOVE AT LOW PRICES

4<sup>50</sup>



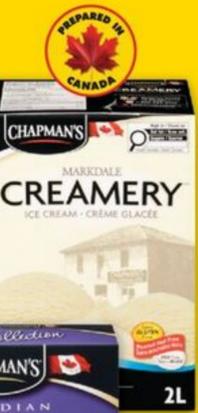
**ACTIVIA YOGURT**  
selected varieties  
8x100 g  
yogourt  
20325384002\_EA/21726103\_EA



2<sup>50</sup>

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

4<sup>50</sup>



**CHAPMAN'S MARKDALE CREAMERY ICE CREAM 2 L or COLLECTION NOVELTIES 8's**  
selected varieties, frozen  
crème glacée ou friandises glacées  
20315236001\_EA/20323757001\_EA

3<sup>50</sup>



**BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT**  
selected varieties, 410 g  
produit de fromage fondu  
21252564\_EA

1<sup>50</sup>



**ITALPASTA**  
selected varieties, 750 g  
pâtes  
20296241001\_EA/20296241003\_EA

\$5



**INTERNATIONAL DELIGHT COFFEE CREAMERS 946 mL or COLD FOAM 396 g**  
selected varieties  
colorants à café ou mousse froide  
20895480002\_EA/21629968\_EA

\$4



**PC® ORANGE JUICE, LEMONADE or TEA**  
selected varieties, refrigerated, 1.54 L  
jus d'orange ou limonade ou thé glacé  
21430531\_EA/21430542\_EA

2<sup>75</sup>



**PC® TORTILLA CHIPS**  
selected varieties, 320/340 g  
croustilles de tortilla  
20305180\_EA

\$4



**PC® FLATBREAD**  
selected varieties, frozen, 330-397 g  
pain plat  
21013452\_EA

4<sup>50</sup>



**GARNIER WHOLE BLENDS SHAMPOO or CONDITIONER**  
selected varieties, 346-370 mL  
shampooing ou revitalisant  
20941723\_EA/20941827\_EA  
**LIMIT: 6, OVER LIMIT RETAIL: \$5**

7<sup>77</sup>



**NESCAFÉ GOLD INSTANT COFFEE 95/100 g or ESPRESSO CONCENTRATÉ 500 mL**  
selected varieties  
café instantané ou concentré d'espresso  
21074565\_EA/21665148\_EA

5<sup>50</sup>



**POST CEREAL**  
selected varieties  
525-635 g  
céréales  
20940327\_EA/21575229\_EA

2<sup>50</sup>



**DARE BEAR PAWS 168-210 g, ULTIMATE COOKIES 290/300 g, or VIVA PUFFS 300 g or WAGON WHEELS 315/360 g**  
selected varieties  
biscuits ou collations  
20025850001\_EA/21080791\_EA

\$3



**KRAFT SALAD DRESSING**  
selected varieties  
425 mL  
vinaigrette  
21584931\_EA

11<sup>99</sup>



**BERTOLLI OLIVE OIL**  
selected varieties  
750 mL/1 L  
huile d'olive  
20156182001\_EA

1<sup>50</sup>



**CAMPBELL'S CONDENSED SOUP**  
selected varieties, 284 mL  
soupe condensée  
20297246002\_EA

1<sup>25</sup>



**CLOVER LEAF FLAVOURED TUNA**  
selected varieties, 85 g  
thon aromatisé  
20315581002\_EA

\$2



**DEL MONTE NECTAR**  
selected varieties  
960 mL  
nectar  
20894117004\_EA

\$3



**MONSTER 444-473 mL or RED BULL ENERGY DRINKS 250 mL**  
selected varieties  
boissons énergisantes  
20702466\_EA/20938249\_EA

4<sup>99</sup>



**NESCAFÉ SWEET & CREAMY INSTANT COFFEE 144-351 g or AGGA COFFEE CAPSULES 10's**  
selected varieties  
café instantané ou capsules de café  
21307021\_EA/21363371\_EA

\$3



**TETLEY or HERBAL TEA**  
selected varieties, 20/24's  
thé ou tisane  
20711158\_EA/21663642\_EA

App exclusive offer

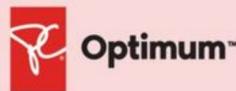


**\$5**

Earn **2,000** pts  
That's **\$2** value

**PC® MINI MUFFINS**  
selected varieties  
12's  
mini-muffins  
2148839\_EA

# Moredays Moredays Moredays



# Moredays™

March 19-25, 2026

App exclusive offer



**\$9**

Earn **5,000** pts  
That's **\$5** value

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

App exclusive offer

**\$8**

Earn **4,000** pts  
That's **\$4** value



**PC® BACON**  
selected varieties  
500 g  
bacon  
20152629\_EA

App exclusive offer



**VH COOKING or DIPPING SAUCE**  
selected varieties, 341-380 mL  
sauces à cuisson ou à trempette  
20984002\_EA

**\$3.29**

Earn **1,500** pts  
That's **\$1.50** value

**\$1**

Earn **2,000** pts  
When you buy 4  
That's **\$2** value

**SWISS CHALET SAUCE** 284 mL or **SWISS CHALET, ST-HUBERT or KEG DRY SAUCE MIX** 22-51 g  
selected varieties  
mélanges à sauce  
21080164\_EA/21687848\_EA

App exclusive offer

Earn **4,000** pts  
For every \$10\* spent  
That's **\$4** value

**PHILADELPHIA CREAM CHEESE PRODUCT** 227/250 g, **KRAFT SINGLES** 410 g or **CHEEZ WHIZ** 450 g  
selected varieties  
produit de fromage à la crème ou produit de fromage fondu  
20641267\_EA/21188654\_EA

Earn **5,000** pts  
For every \$10\* spent  
That's **\$5** value

**KNORR LIQUID BOUILLON** 250 mL, **CUBES** 63/69 g, **DRY SAUCE MIX** 17-48 g, **ZERO SALT** 72 g, **OXO BOUILLON** 72 g or **VELOUTINE GRAVY MIX** 250 g, selected varieties  
bouillon ou mélange à sauce  
20069590\_EA/20311529001\_EA/203232323004\_EA

Earn **3,000** pts  
For every \$10\* spent  
That's **\$3** value

**DANONE or ACTIVIA YOGURT**  
all sizes and varieties  
yogourt  
20325132003\_EA/20625055\_EA

Earn **1,500** pts  
For every \$7\* spent  
That's **\$1.50** value

**KNORR or LIPTON SOUP MIX**  
selected varieties, 40-912 g  
mélange à soupe  
20297514001\_EA/20314754003\_EA

Earn **3,500** pts  
For every \$10\* spent  
That's **\$3.50** value

**FLEISCHMANN'S YEAST** 24/113 g, **BREAD BOOSTER** 100 g, **BAKING POWDER** 340 g or **CORN STARCH** 454 g, selected varieties  
levure ou bonifiant pour pain ou poudre à pâte ou féculé de maïs  
20006692\_EA/20102920002\_EA/21351074\_EA

Earn **2,000** pts  
For every \$5\* spent  
That's **\$2** value

**CHRISTIE CRISPERS**  
selected varieties  
145 g  
craquelins  
21358327\_EA/21358333\_EA

App exclusive offer

Earn **2,000** pts  
For every \$5\* spent  
That's **\$2** value

**CHRISTIE RITZ DRIZZLED MINIS CRACKERS**  
selected varieties, 226 g  
craquelins  
21712532\_EA/21712595\_EA

Earn **3,000** pts  
For every \$8\* spent  
That's **\$3** value

**EXCEL GUM MULTIPACK**  
selected varieties, 3's  
gomme  
21435037\_EA/21435038\_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.



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

nofrills.ca



This product contains post consumer recycled paper



**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

**\$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.

App exclusive offer

\$2.29

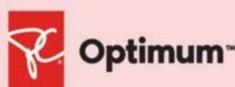
Earn 500 pts

That's 50¢ value

**PC® DISHWASHING LIQUID**  
selected varieties  
638 mL - 1 L  
détergent liquide à vaisselle  
21012490\_EA/21012740\_EA



More days  
More days  
More days



More days™

March 19-25, 2026

\$8

Earn 3,000 pts

That's \$3 value

**GLAD GARBAGE BAGS**  
selected varieties  
10-52's  
sacs à ordures  
20297334001\_EA/21614177\_EA



\$12

Earn 6,000 pts

When you buy 3 That's \$6 value

**ENSURE or GLUCERNA READY TO DRINK SHAKES**  
selected varieties and sizes  
boissons frappées prêtes à boire  
20180283003\_C06/20308731008\_C06



App exclusive offer

\$11

Earn 3,000 pts

That's \$3 value

**PC® NUTRITION FIRST® DOG FOOD**  
selected varieties, 2 kg  
nourriture pour chiens  
21304456\_EA



**LIQUID I.V. HYDRATION MULTIPLIER ELECTROLYTE DRINK MIX**  
selected varieties,  
6-16's  
mélange à boisson avec électrolytes  
21592444\_EA/21592485\_EA

Earn 5,000 pts

For every \$20\* spent

That's \$5 value

App exclusive offer



**IAMS PET FOOD**  
all sizes and varieties  
nourriture pour animal de compagnie  
21027553\_EA

Earn 8,000 pts

For every \$20\* spent

That's \$8 value

App exclusive offer



**PAMPERS IN THE BABY DEPARTMENT**  
all varieties and sizes  
couches  
21370844\_EA/21551525\_EA/21692756\_EA/21184273\_EA

Earn 15,000 pts

For every \$50\* spent

That's \$15 value



**RESOLVE or LYSOL LAUNDRY**  
all sizes and varieties  
détachant pour lessive  
20944173\_EA

Earn 5,000 pts

For every \$15\* spent

That's \$5 value



**LISTERINE MOUTHWASH**  
selected sizes and varieties  
rince-bouche  
20348438001\_EA/21091218\_EA

Earn 5,000 pts

For every \$12\* spent

That's \$5 value



**TYLENOL, BENLYN or ZARBEE'S COUGH COLD PRODUCTS**  
selected varieties and sizes  
produits pour le rhume et la toux  
20315180001\_EA/20322277001\_EA

Earn 8,000 pts

For every \$20\* spent

That's \$8 value



**BENEFIBER, CENTRUM, EMERGEN-C, ADVIL, NEOCITRAN, TUMS, SENSODYNE or POLIDENT PRODUCT**  
selected varieties  
fibres, multivitamines, vitamine C, analgésique, produit pour le rhume, antiacide, dentifrice, produits pour prothèses dentaires  
21235884\_EA/20997357\_EA/21111046\_EA  
21372442\_EA/20316898001\_EA/20324424001\_EA  
21223300\_EA/20437569002\_EA/20301179003\_EA/21661561\_EA

Earn 7,500 pts

For every \$20\* spent

That's \$7.50 value



**SCRUBBING BUBBLES, DRANO or GLADE PRODUCT**  
all sizes and varieties  
nettoyant pour salle de bains ou débouche-tuyaux ou huile parfumée  
20323855001\_EA/21367989\_EA

Earn 5,000 pts

For every \$10\* spent

That's \$5 value



**FINISH DISHWASHER TABS or RINSE AID**  
all sizes and varieties  
capsules de détergent pour lave-vaisselle ou agent de rinçage  
20548797\_EA/21218875\_EA

Earn 4,000 pts

For every \$12\* spent

That's \$4 value



**AIR WICK FRESHENER**  
all sizes and varieties  
huile essentielle  
20302509001\_EA/21428270\_EA

Earn 5,000 pts

For every \$14\* spent

That's \$5 value

# BRANDS YOU LOVE AT LOW PRICES

6<sup>50</sup>



**CRACKER BARREL CHEESE SHREDS** 320 g,  
**BLACK DIAMOND CHEESTRINGS** or  
**SNACKS** 252/336 g  
selected varieties  
fromage  
20763661\_EA/21290616\_EA



4<sup>50</sup>

**PC® SCOOP SHOP**  
**ICE CREAM** 946 mL or  
**NOVELTIES** 330 mL  
selected varieties, frozen  
crème glacée ou friandises glacées  
21575127\_EA

6<sup>50</sup>



**ACTIVIA EXPERT**  
**YOGURT**  
selected varieties  
750 g  
yogourt  
21688205\_EA

2<sup>29</sup>



**CAVENDISH FRIES**  
selected varieties, frozen, 800 g  
frites  
21602936\_EA

4<sup>99</sup>



**HELUVA GOOD!**  
**FRENCH ONION**  
**DIP**  
680 g  
trempeuse à l'oignon  
20312788001\_EA

Optimum™

\$4



Earn  
**1,000**  
pts  
\$1

**CRAVE DINNER**  
**ENTRÉES** 200-340 g or  
**KRAFT DELUXE MAC**  
**AND CHEESE** 340 g  
selected varieties, frozen  
plats cuisinés ou  
macaroni au fromage  
21085515\_EA

Optimum™

\$2



Earn  
**250**  
pts  
25¢

**BETTY CROCKER**  
**POTATOES**  
selected varieties, 141-215 g  
pommes de terre  
20296518003\_EA

Optimum™

\$34<sup>99</sup>

ONE DAY ONLY!  
FRIDAY, MARCH 20TH



Earn  
**5,000**  
pts  
\$5

**HUGGIES ECONO**  
**PACK DIAPERS**  
selected varieties  
size N-8, 60-208's  
couches  
21456748\_EA/21663768\_EA

2<sup>50</sup>



**BEN'S ORIGINAL**  
**BISTRO EXPRESS**  
**RICE**  
selected varieties  
240/250 g  
riz  
21405476\_EA

5<sup>50</sup>



**KRAFT DINNER**  
**ORIGINAL**  
5x200 g  
macaroni au fromage  
21594513\_EA

\$3



**DOLE FRUIT BOWLS** 4x107 mL or  
**FRUIT N' GEL SNACKS** 4x123 g  
selected varieties  
bols de fruits ou collations  
20318455001\_EA

2<sup>50</sup>



**CHEEZ-IT**  
**CRACKERS**  
selected varieties  
191/200 g  
craquelins  
21214559\_EA/21214560\_EA

10<sup>99</sup>



**ZIPLOC**  
**MEGA STORAGE**  
**BAGS**  
selected varieties  
60-270's  
sacs de rangement  
21196101\_EA

\$8



**PUREX LIQUID LAUNDRY**  
**DETERGENT** 1.47-2.03 L, **SNUGGLE**  
**FABRIC SOFTENER** 1.16 L or  
**DRYER SHEETS** 120's  
selected varieties  
détergent ou assouplissant  
20856516004\_EA

\$5



**TIDE PODS** 16's, **DOWNY FABRIC**  
**SOFTENER** 0.78/1.31 L, **PURIFYING**  
**RINSE** 473 mL, **SCENT BOOSTERS**  
141/150 g or **BOUNCE DRYER**  
**SHEETS** 40/80's  
selected varieties  
détergent ou assouplissant ou rinçage ou  
rehausseur de parfum ou feuilles  
20301481001\_EA/21553274\_EA

4<sup>50</sup>



**DAWN**  
**DISHWASHING**  
**LIQUID** 650-982 mL  
or **POWERWASH**  
**REFILL** 473 mL  
selected varieties  
savon liquide à  
vaisselle ou recharge  
21430550\_EA/21430569\_EA

1<sup>50</sup>



**HERSHEY'S** 34-42 g or  
**NESTLE SINGLES** 25-29 g  
selected varieties  
chocolat  
20268183001\_EA/21634741\_EA

3<sup>75</sup>



**FERRERO**  
**ROCHER**  
**CHOCOLATE**  
**BAR**  
selected varieties  
90 g  
barre de chocolat  
21428863\_EA

\$5



**PC® MILK**  
**CHOCOLATE**  
**BUNNY**  
100 g  
lapin en chocolat au lait  
21609314\_EA

5<sup>50</sup>



**KINDER**  
**CHOCOLATE**  
**EGG**  
selected varieties  
100 g  
œufs en chocolat  
20719293\_EA

7<sup>50</sup>



**DELECTABLES**  
**LICKABLE**  
**SPOON CAT**  
**TREATS**  
selected varieties  
80 g  
gâteries pour  
chats  
21659468\_EA

\$9



**CALEDON**  
**FARMS**  
**DOG**  
**TREATS**  
selected varieties  
110-550 g  
gâteries pour  
chiens  
20550003\_EA

14<sup>50</sup>



**PC® NUTRITION**  
**FIRST® DRY CAT**  
**FOOD**  
selected varieties  
2 kg  
nourriture sèche  
pour chats  
21303029\_EA

\$3<sup>50</sup>

Earn  
**1,000**  
pts  
\$1



**PC® YARD**  
**WASTE BAGS**  
5's  
sac à déchets  
pour l'extérieur  
20429980\_EA

# Coca-Cola

**7<sup>50</sup>**



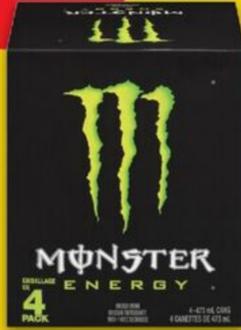
**FUZE ICED TEA or PEACE TEA**  
selected varieties, 12x341 mL  
thé glacé  
21645563\_C12

**4<sup>25</sup>**



**COCA-COLA SOFT DRINKS**  
selected varieties  
6x222 mL  
boissons gazeuses  
20354288002\_C06

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



**MONSTER ENERGY DRINK**  
selected varieties  
4x473 mL  
boisson énergisante  
20937631\_C04

**2<sup>25</sup>**



**GLACEAU VITAMINWATER 591 mL or SMARTWATER 1 L**  
selected varieties  
eau  
20154181\_EA/20333194006\_EA

THE  
**MAGNUM**<sup>®</sup>  
ICE CREAM  COMPANY

**\$4**



**BREYERS CLASSIC FROZEN DESSERT**  
selected varieties  
1.41 L  
dessert glacé  
21651628\_EA

**\$5**



**BREYERS CREAMERY STYLE ICE CREAM**  
selected varieties, frozen, 1.41 L  
crème glacée  
21651606\_EA

**\$5**



**FUDGSICLE, CREAMSICLE or REVELLO NOVELTIES**  
selected varieties, frozen  
12's  
friandises glacées  
20763171\_EA



**\$6**



**CASTELLO DELI CHEESE**  
125-200 g or **APETINA FETA CUBES** 200 g  
selected varieties  
fromage ou cubes de feta  
20428574\_EA/20574966\_EA

**\$5**



**TRE STELLE MOZZARELLA BALL**  
selected varieties  
340 g  
boule de mozzarella  
20189267\_EA



**\$10**



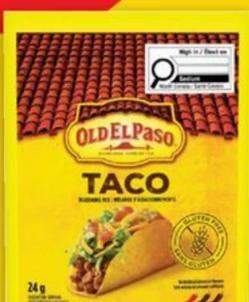
**GENERAL MILLS JUMBO CEREAL**  
selected varieties, 825 g-1.3 kg  
céréales  
20679390\_EA/21347133\_EA

**6<sup>79</sup>**



**NATURE VALLEY GRANOLA BARS** 525 g,  
**REESE PUFFS CEREAL BARS** 384 g or  
**BETTY CROCKER FRUIT SNACKS** 340/368 g  
selected varieties  
barres granola ou de céréales ou collations aux fruits  
21279930\_EA/21344016\_EA

**\$1**



**OLD EL PASO SEASONING**  
selected varieties, 24 g  
assaisonnement  
21049495\_EA

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



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

**\$2**



**PILLSBURY REFRIGERATED WRAPS**  
selected varieties, 200-227 g  
pâte réfrigérée  
21505340\_EA



**5<sup>50</sup>**

**YOP** 6x200 mL,  
**LIBERTÉ KEFIR** 1 L or  
**MÉDITERRANÉE** 900 g  
**YOGURT**  
selected varieties  
kéfir ou yogourt  
21216409\_EA/21721005\_EA



**6<sup>50</sup>**



**LIBERTÉ GREEK YOGURT**  
selected varieties, 650/750 g  
yogourt grec  
20704361001\_EA/21079491\_EA

**3<sup>25</sup>**



**LIBERTÉ MÉDITERRANÉE** 500 g or  
**YOPLAIT PROTEIN** 650 g **YOGURT**  
selected varieties  
yogourt  
20788062001\_EA/21547564\_EA



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

**ROYALE BATHROOM TISSUE**  
selected varieties,  
15=30 rolls  
papier hygiénique  
21572800\_EA



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



**ROYALE TIGER TOWEL PAPER TOWELS**  
selected varieties,  
2/3=6 rolls  
essuie-tout  
21484702\_EA

**11<sup>99</sup>**



**ROYALE FACIAL TISSUE**  
12x100 sheets  
mouchoirs  
20705292\_EA

# BAKING ESSENTIALS AT LOW PRICES

1.79



**CARNATION EVAPORATED MILK**  
selected varieties  
354 mL  
lait évaporé  
20896812\_EA/20896887\_EA

\$8



**PC® BLUE MENU EGG WHITES**  
1 kg  
blancs d'œufs  
20821364001\_EA

1.89



**BETTY CROCKER SUPER MOIST CAKE MIX**  
375/404 g, **SNACK SIZE MIX** 184/212 g or  
**FROSTING** 340/450 g  
selected varieties  
mélanges à gâteau ou mélanges à collation ou glaçage  
20562641007\_EA/21547838\_EA



6.99

**BECEL MARGARINE**  
selected varieties  
637/850 g  
margarine  
20297818002\_EA

\$4.49



Earn  
500  
pts  
That's  
50¢  
value

**ROBIN HOOD or FIVE ROSES FLOUR**  
selected varieties, 2/2.5 kg  
farine  
20039497001\_EA/20039497005\_EA

\$3.29



Earn  
500  
pts  
That's  
50¢  
value

**ROBIN HOOD QUICK, LARGE FLAKE or MINUTE OATS**  
selected varieties, 1 kg  
flocons d'avoine  
20893369\_EA/20893370\_EA

3.50



**TENDERFLAKE PIE SHELLS**  
selected varieties  
frozen  
255-397 g  
croûtes à tarte  
20303840001\_EA

\$4



**COOL WHIP DESSERT TOPPING**  
selected varieties,  
frozen  
1 L  
garniture à dessert  
20030369001\_EA

3.50



**TENDERFLAKE LARD or CRISCO SHORTENING**  
selected varieties, 454 g  
saindoux ou shortening  
20027695\_EA/21475300\_EA

4.50



**HERSHEY'S CHIPITS**  
selected varieties, 200-270 g  
brisures de chocolat  
21452844\_EA/21452924\_EA

3.49



**EAGLE BRAND SWEETENED CONDENSED MILK**  
selected varieties  
300 mL  
lait condensé sucré  
21012618\_EA

4.49



**NO NAME® COCOA POWDER**  
227 g  
poudre de cacao  
21467906\_EA

4.50



**E.D. SMITH PIE FILLING**  
selected varieties  
540 mL  
garniture pour tarte  
20297753001\_EA

2.49



**LANTIC SUGAR**  
selected varieties  
1 kg  
sucre  
20016320\_EA/20169394\_EA

3.49



**ALCAN FOIL** 50 ft or **NON-STICK** 25 ft,  
**GLAD WRAP** 60 m or **REYNOLDS PARCHMENT PAPER** 35 ft  
papier d'aluminium ou pellicule plastique ou papier parchemin  
20043471\_EA/20051862\_EA

# 1000s OF LOWERED PRICES EVERY DAY!

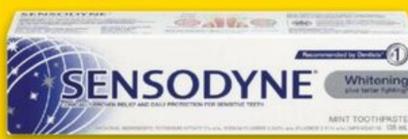
## PRICE DROP

**\$5**



**CREST GUM TOOTH PASTE** 63 mL or **SCOPE MOUTHWASH** 1 L  
selected varieties  
dentifrice ou rince-bouche  
20948747\_EA/21354690\_EA

**5<sup>79</sup>**



**SENSODYNE or PRONAMEL VALUE SIZE TOOTH PASTE**  
selected varieties, 110/135 mL  
dentifrice  
20432268001\_EA

**\$8**



**VASELINE BODY LOTION**  
selected varieties  
40 g/150-600 mL  
lotion pour le corps  
21085011\_EA/21085906\_EA

**\$4**



**AXE BODY SPRAY** 113 g,  
**DEODORANT** 76/85 g, **BODY WASH** or  
**HAIR CARE** 473 mL  
selected varieties  
vaporisateur pour le corps ou déodorant ou  
nettoyant pour le corps ou soins capillaires  
21042562\_EA

**4<sup>50</sup>**



**NIVEA BODY WASH** 500 mL,  
**DEODORANT ROLL-ON** 50 mL or  
**ANTIPERSPIRANT** 51/52 g  
selected varieties  
nettoyant pour le corps ou déodorant à bille  
ou antisudorifique  
20321421004\_EA/21169899\_EA

**6<sup>50</sup>**



**SOFTSOAP LIQUID HAND SOAP REFILL**  
selected varieties  
1.47 L  
recharge de savon  
liquide pour les mains  
21715457\_EA/21715576\_EA

**\$5**



**L'ORÉAL PARIS HAIR EXPERTISE HAIR CARE**  
selected varieties  
150-375 mL  
soins capillaires  
21647134\_EA/21647145\_EA

**\$7**



**TRESEMMÉ HAIR CARE**  
selected varieties, 198-311 g/168-828 mL  
soins capillaires  
20315303016\_EA/21170103\_EA

**\$11**



**ALWAYS LINERS** 92-108's, **PADS** 27-52's or  
**TAMPAX TAMPONS** 22-36's  
selected varieties  
protège-dessous ou serviettes ou tampons  
20964379\_EA/21020073\_EA

**ALWAYS**

**\$4**



**LIFE BRAND® MOUTHWASH**  
selected varieties, 1 L  
rince-bouche  
21201386\_EA

**5<sup>50</sup>**



**TUMS ANTACID PRODUCT**  
60-100 counts or 28-32  
**CHEWABLE TABLETS**  
selected varieties and sizes  
produit antacide ou  
comprimés croquables  
21223300\_EA

**\$6**



**JAMIESON VITAMINS C or D**  
selected varieties, 75-240's  
vitamines C ou D  
20299993\_EA/20303216001\_EA

**\$8**



**NIVEA HAND or BODY LOTION**  
selected varieties, 200-625 mL  
lotion pour les mains ou le corps  
20688737\_EA/20700027\_EA

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



**LITTLE BELLIES ORGANIC PICK-ME-STICKS**  
selected varieties, 16 g  
collations pour bébé  
21540210\_EA/21540211\_EA

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



**SIMPLY GOURMET CRUNCHERS or PUFFIES SNACKS**  
selected varieties, 32 g  
collations pour bébé  
21597310\_EA/21597336\_EA

**27<sup>99</sup>**



**HUGGIES SUPER BIG PACK DIAPERS**  
selected varieties, N-7, 36-128's  
couches  
21172501\_EA

**54<sup>99</sup>**



**SIMILAC PRO-ADVANCE POWDER FORMULA**  
Step 1 or 2, 859 g  
préparation pour nourrissons en poudre  
21436985\_EA/21437126\_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!

CLICK FOR  
THESE COUPONS  
AND MORE



Members  
get over

# \$25

in value

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® 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® PORTUGUESE  
CUSTARD  
TARTS**  
360 g  
tartelettes portugaises  
à la crème pâtissière

Earn  
**1,000**  
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



Optimum



Earn  
**500**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**1,000**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**1,000**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**750**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**500**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**250**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**5,000**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**1,000**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**500**  
pts

Until April - 8 - 2026

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



**Express<sup>™</sup>  
Pass**

Get your first year  
of *PC Express Pass* for

**\$2/month\***

- Unlimited No Frills<sup>®</sup> delivery or pickup
- Earn 2% back in (pts) with eligible pickup orders\*\*

Use code

**PASS76**

**Learn more**

\*/\*\*Offer valid until April 1, 2026. Conditions apply, \$30 minimum order. Regular price \$99.99/year after your first year.



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## STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

## STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)\*



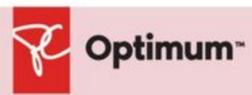
\*Standard message and data rates may apply.

†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

## App exclusive offer



Earn  
**10,000**  
pts  
For every \$100\*  
spent on

That's  
**\$10**  
value

any combination of  
**Ardene, Gap Inc.  
Brands, Uber Eats,  
and Uber gift cards.**



\*Offer valid in-store only from March 19-25, 2026. Subject to availability; selection may vary by region and store. Please check your local store for availability. We reserve the right to limit quantities. See gift card for details, terms & conditions. Offer applies to every \$100 spent on Ardene, Gap Inc. Brands, Uber Eats, and Uber gift cards in a single transaction. Cannot be combined with any other gift card offers. Not valid on prior purchases. PC Optimum points cannot be redeemed toward the purchase of gift cards. Must be a registered PC Optimum member. All trademarks are the property of their respective owners.

## Optimum™ **Moredays™**

**BONUS**  
**30**  
pts

per litre of fuel  
purchased at **Esso™**  
or **Mobil™** stations.\*

March 19-22



That's like  
**3¢/L**  
in pts

Open the app to get this offer.

\*Conditions apply. Complete details on the PC Optimum™ app or at [www.pcoptimum.ca](http://www.pcoptimum.ca)

**no name™ mobile**

no name™ mobile  
**get 2GB  
of data  
for \$19  
a month  
with auto  
top-up**

& get 50% off  
a SIM card

no name™ mobile  
only **\$5**  
\$250

find us at the checkout lanes  
exclusively at



Subject to change. Conditions apply. Visit [nonamemobile.ca](http://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](http://www.pcoptimum.ca). We reserve the right to cancel or change the terms of this offer at any time without notice.

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

ONL NFA MKT