

**PRICE
DROP**

4⁹⁹

**LACTANTIA
BUTTER**
selected varieties
454 g
beurre
20639926 EA



4⁹⁹

**ARMSTRONG or PC®
SHREDDED CHEESE** 250-320 g or
ARMSTRONG CHEESE 400 g
selected varieties
fromage râpé ou fromage
21286240 EA/21346749 EA



5²⁵

**GRADE A
LARGE EGGS**
brand varies by region, 18's
œufs
20814294001 EA/20822787001 EA



1²⁵

**ALLEN'S FRUIT
COCKTAIL**
selected varieties
1 L
cocktail de fruit
20307424001 EA/21630125 EA



NOFRILLS[®] YESSAVINGS

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

SAVE 27%

10⁸⁸

4 DAY SALE
THURSDAY-SUNDAY

LEAN GROUND BEEF
grass-fed, 2x450 g
bœuf haché maigre
21618300, EA



HALAL

HALAL



SAVE 34%

5²⁵ LB

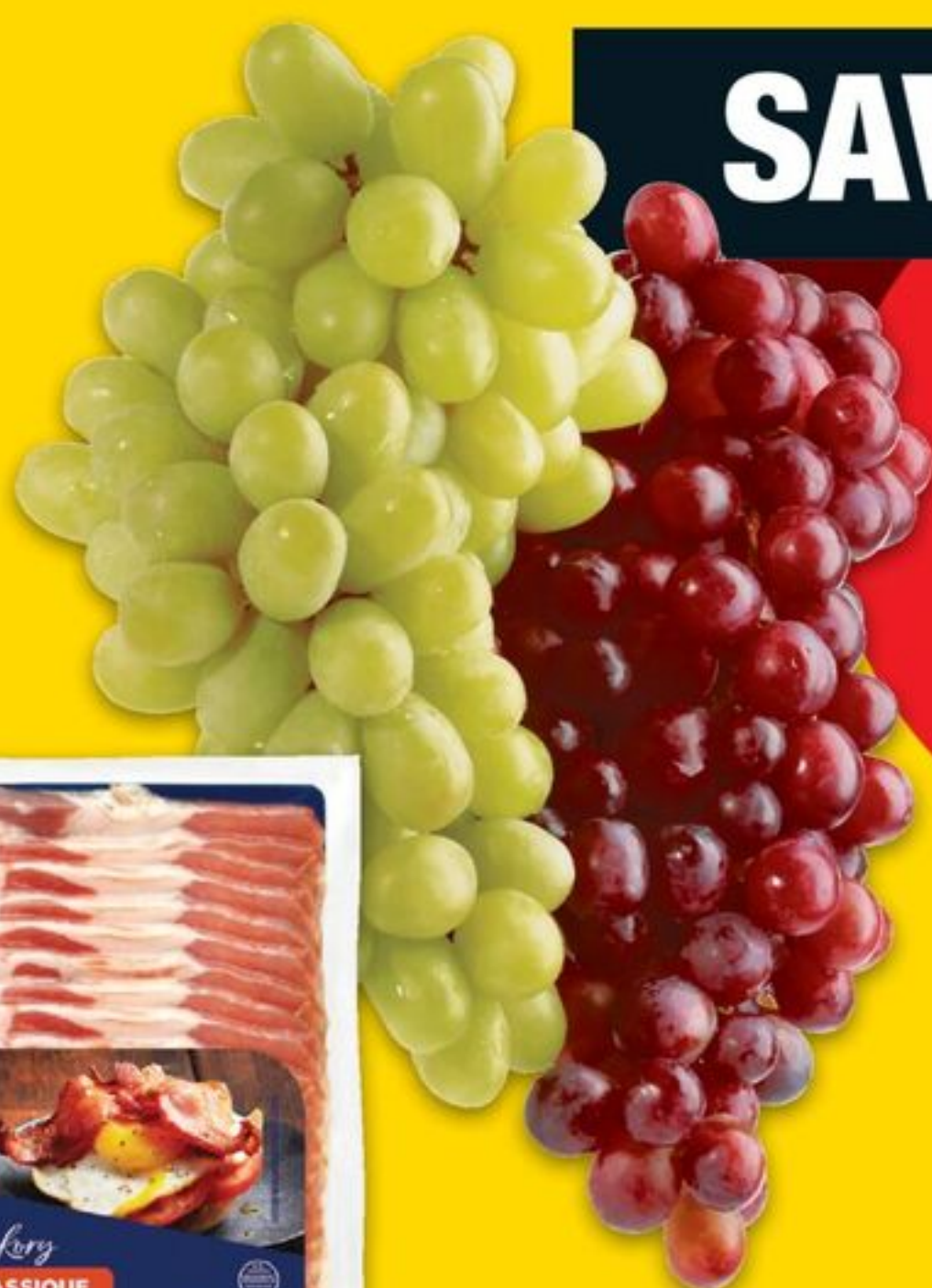
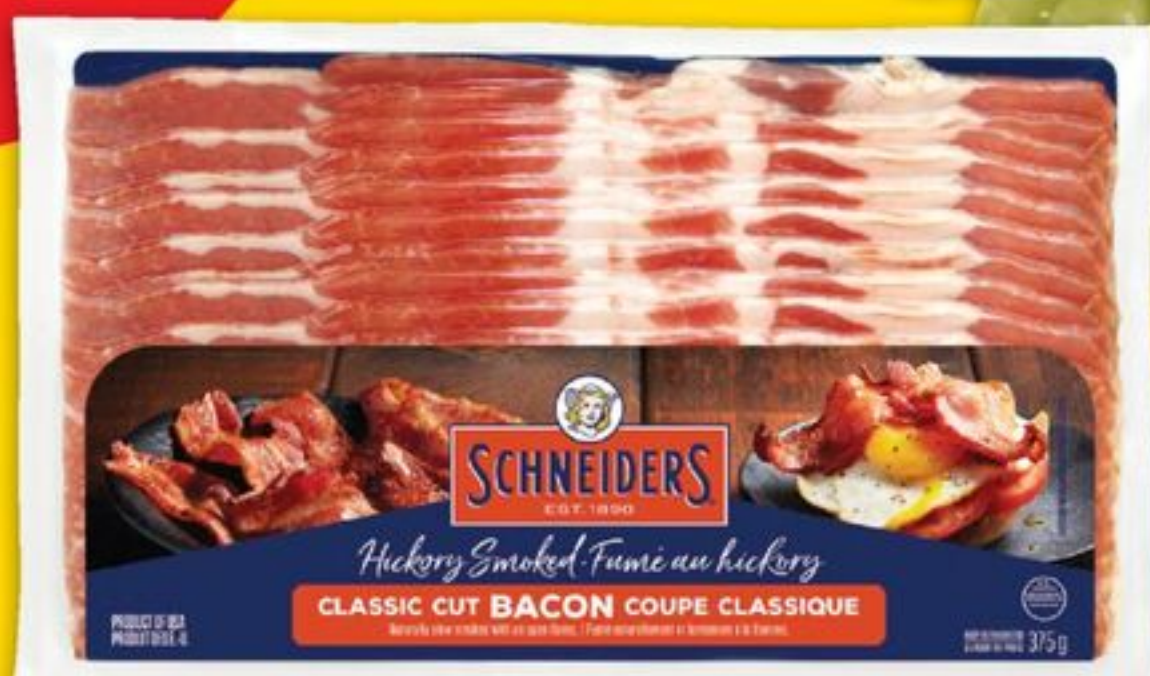
NEW ZEALAND SHORT CUT LAMB LEG
frozen
gigot d'agneau raccourci de
Nouvelle-Zélande
11.57/kg
20142553, KG

WHILE QUANTITIES LAST

SAVE 33%

\$4

SCHNEIDERS or MAPLE LEAF BACON
precooked or uncooked
selected varieties
100-375 g
bacon
20772671, EA



SAVE 37%

1⁸⁷ LB

GREEN or RED SEEDLESS GRAPES
product of South Africa
or Chile, no. 1 grade
raisins verts ou rouges sans pépins
4.12/kg
20425775001, KG/20159199001, KG

SAVE 28%

2⁸⁸

GREEN GIANT VEGETABLES 283-750 g,
MCCAIN SUPERFRIES or
SPECIALTY FRIES 454-800 g
selected varieties, frozen
légumes ou frites
20324328002, EA/21022335, EA



ONLY

2⁹⁹

10 LB BAG

FARMER'S MARKET™ YELLOW ONIONS
product of Canada or U.S.A., no. 1 grade
oignons jaunes
20609991001, EA



ONLY

2⁹⁷

İÖGO 650 g, **İÖGO NANO BUBBLES** or
LIBERTÉ 4x100 g **YOGURT**
selected varieties
yogourt
20801752003, EA/21659463, EA



SAVE 25%

\$3

POST CEREAL
selected varieties
311-525 g
céréales
20299648, EA/21427214, EA



SAVE 23%

.99



ENGLISH CUCUMBERS
product of Ontario, Canada no. 1 grade
each
concombres anglais
20070132001, EA



SAVE UP TO 55%

\$4

ROYALE FACIAL TISSUE
selected varieties
6x72/100 sheets
mouchoirs
20702419, EA



SAVE 26%

13⁹⁹

ROOSTER® SCENTED JASMINE RICE
8 kg
riz au jasmin
20121871, EA



ONLY

7⁷⁷

ATAULFO MANGOES
product of Mexico
mangues
21047448, EA



APPROX.
5 LB CASE

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.

(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)

Not applicable at 1022 King St. W., Toronto, 42 Hanna Ave., Toronto, 261 Richmond St. W., Toronto, 3091 Appleby Line, Burlington, 332 Wellington Rd., London, 755 Mount Pleasant Rd., Toronto, 75 The Esplanade St., Toronto, 899 College St. W., Toronto, 2999 Kingston Rd., Scarborough, 1175 Hyde Park Rd., London, 75 Shuter St., Toronto, 970 Upper Wentworth St., Hamilton, 671 Broadway St., Tillsonburg, 410 St Clair St., Chatham, 1425 Kingsway, Sudbury, 1678 Bayview Ave., Toronto, 1035 Plains Rd., Burlington; please see nofrills.ca for flyers for these stores.

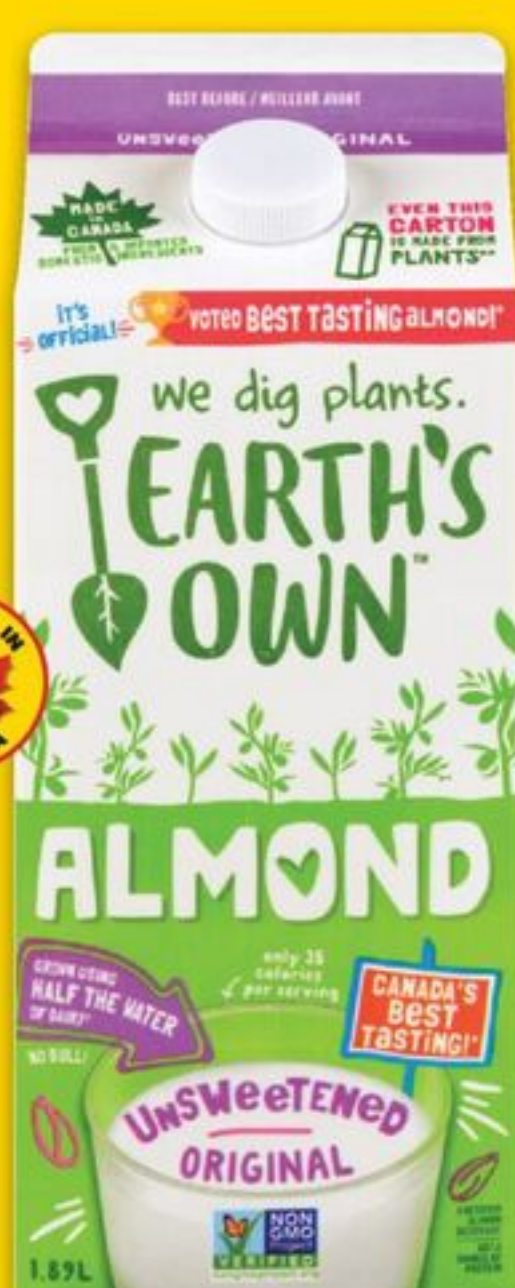
[nofrills.ca](https://www.nofrills.ca)

01 NFO

**NEW
LOWER
PRICES**

3⁵⁰

**EARTH'S OWN
ALMOND or SOY
NON-DAIRY
BEVERAGE**
selected varieties, refrigerated
1.75/1.89 L
boisson sans produits laitiers
aux amandes ou soya
20327647 EA



3⁵⁰

**MINUTE MAID
ZERO SUGAR
BEVERAGES or
FUZE ICED TEA**
selected varieties, refrigerated
1.54/1.75 L
boissons ou thé glacé
21434119 EA/21652207 EA



1⁵⁰

**LIPTON or KNORR
DRY SOUP MIX**
selected varieties
40-145 g
mélange à soupe déshydraté
20297514001 EA/20308188001 EA



\$5

**CHAPMAN'S
SUPER
NOVELTIES**
selected varieties, frozen
8-18's
crème glacée ou friandises glacées
20111532 EA/20117581001 EA



FRESH AT LOW PRICES

3⁹⁹

STRAWBERRIES or RASPBERRIES
product of U.S.A. or Mexico,
no. 1 grade
framboises ou fraises
20128938001 EA/20049778001 EA

1 LB CLAMSHELL

6 OZ CLAMSHELL

2⁹⁹

BLACKBERRIES
product of Mexico or U.S.A.
mûres
20051015001 EA

3⁹⁹

PINEAPPLE product of Costa Rica
or **CANTALOUPE** product of
Guatemala, Honduras or Brazil, no. 1 grade
ananas ou cantaloup
20167017001 EA/20160992001 EA

2⁴⁹
LB

TOMATOES ON THE VINE
product of Canada or Mexico
tomates sur vigne
5.49/kg
20026703001 KG

6 OZ CLAMSHELL

2 LB BAG

3⁹⁹

FARMER'S MARKET™ LEMONS
product of U.S.A. or **FARMER'S MARKET™**
ORANGES product of Morocco or Spain
citrons ou oranges
20795315001 EA/20162945001 EA

3 LB BAG



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

2⁹⁹

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



3⁹⁹

AVOCADOS
product of Mexico, Peru or Colombia
avocats
21644936001 EA

PKG OF 5

3⁹⁹

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



10 LB BAG

1⁴⁹
LB

SWEET POTATOES
product of Canada or U.S.A.
3.28/kg
patates douces
20127708001 KG



3⁹⁹

RED or GREEN PEPPERS
product of Mexico or
ROMAINE HEARTS product of U.S.A.
poivrons ou cœurs de romaine
20115233001 EA/20013208001 EA/20082756001 EA



PKG OF 4

1²⁹
LB

CANARY MELONS
product of Brazil
2.84/kg
melons canaris
21022511001 KG



2⁹⁹
LB

BLACK PLUMS
product of Chile, no. 1 grade
prunes noires
6.59/kg
20316478001 KG



2⁴⁹

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



4⁹⁹

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



600 G

2⁹⁹

3 LB BAG

FARMER'S MARKET™ CARROTS
product of Canada or U.S.A., no. 1 grade
carottes
20600927001 EA



4⁹⁹

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



6⁹⁹

4 LB BAG

FARMER'S MARKET™ MANDARINS
product of Morocco, Spain or Egypt
mandarines
20054025001 EA



2⁴⁹

PC® SLICED or WHOLE, WHITE or CREMINI MUSHROOMS
product of Ontario
champignons blancs ou cremini tranchés ou entiers
20775805 EA/20776239 EA



227 G

1⁹⁹

LIVING BUTTER LETTUCE
product of Canada
beurre vert de laitues vivante
21212489 EA



PRICE DROP

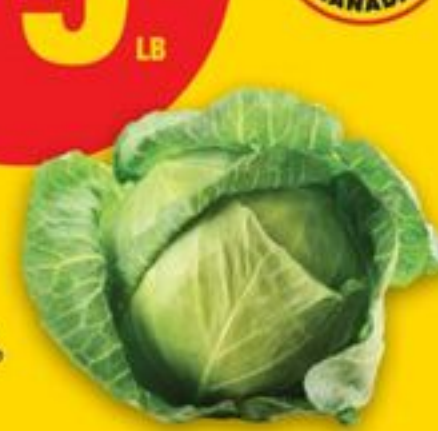
2⁴⁹
LB

EGGPLANT
product of Mexico
5.49/kg
aubergine
20153709001 KG



.79
LB

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



\$2
LB

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



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

FRESH AT LOW PRICES

\$15



PC® BLUE MENU® CHICKEN BREASTS
boneless, skinless
4's, up to 841 g
poitrines de poulet
21606270 EA

779
LB



EXTRA LEAN GROUND BEEF
boeuf haché extra maigre
17.17/kg
20357910 KG

650
LB



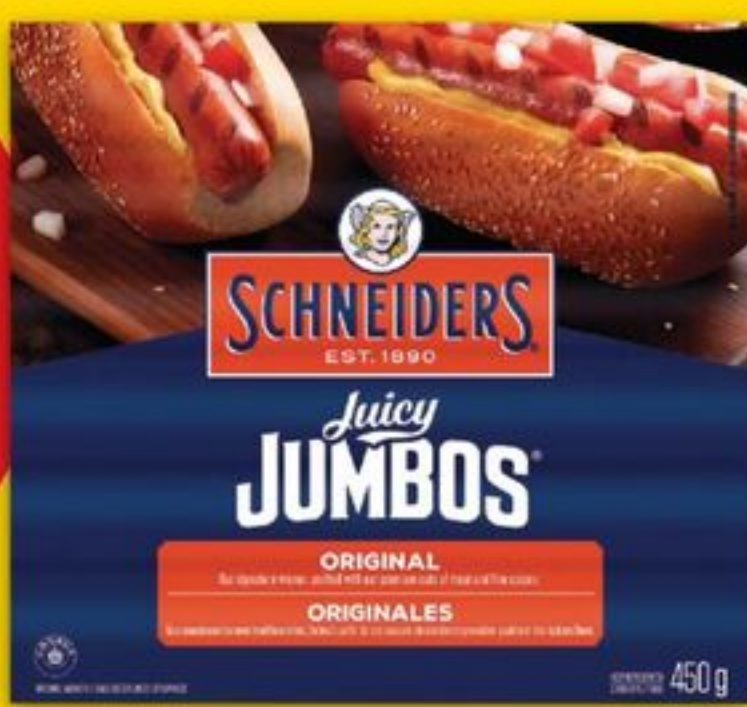
PORK BACK RIBS
single pack, fresh
côtes de dos de porc
14.33/kg
20705983 KG



ALWAYS
\$10

BUTCHER'S CHOICE® SAUSAGE
selected varieties
1.1 kg
saucisses
21565790 EA

\$6



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

899



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

\$4

Earn
1,000
pts

That's
\$1
value



SNACK FACTORY PRETZEL CRISPS
selected varieties
200 g
croquelins
20948939 EA/20948940 EA

\$7



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

\$7



SEAQUEST® BAY SCALLOPS 400 g or COLOSSAL RAW WHITE SHRIMP
16-20 per lb, 300 g
selected varieties, frozen
pétoncles ou crevettes
21043887 EA/21558527 EA

350

ZIGGY'S® SLICED DELI MEAT
selected varieties
175 g
charcuteries tranchées
21592377 EA/21599921 EA



\$12



PC® CHEESE SLICES 500 g or PC® SPLENDIDO® PARMIGIANO REGGIANO, PECORINO ROMANO or GRANA PADANO 250 g
selected varieties
fromage
20251914 EA/21053434 EA

\$5



OLIVIERI FRESH FILLED TWIN PACK PASTA 450-500 g or SKILLET GNOCCHI 280/300 g
selected varieties
pâtes farcies ou gnocchi à poêler
20321512 EA

\$2

NO NAME® BAGELS or ENGLISH MUFFINS
selected varieties
6's
bagels ou muffins anglais
21297780 EA/21297831 EA



250



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

\$6



FARMER'S MARKET™ COOKIES 12's or MUFFINS 6's
selected varieties
biscuits ou muffins
20566295 EA/21283356 EA

BRANDS YOU LOVE AT LOW PRICES



SAVE 46%

3⁴⁹
LB

PORK TENDERLOIN
fresh
filet de porc
7.69/kg
20520970 EA



SAVE 24%

3²⁵

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



ONLY

4⁷⁹

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



SAVE UP TO 40%

\$2

NEILSON FLAVOURED MILK 1L or **CREAM**
5/10% 437 mL
selected varieties
lait aromatisé ou crème
20577247 EA/20774420 EA



SAVE 43%

1⁸⁹

I CAN'T BELIEVE IT'S NOT BUTTER
MARGARINE 427 g or **BECEL GARLIC PLANT BUTTER** 227 g
margarine ou beurre à l'ail à base de plantes
20061949001 EA



8²⁵

TROPICANA ORANGE JUICE
selected varieties, refrigerated, 2.63 L
jus d'orange
20119756001 EA/20119756003 EA



\$4

PC® DINNER ENTRÉES
selected varieties frozen, 212-365 g
plats cuisinés
20312253001 EA



5⁵⁰

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



5⁵⁰

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



2⁵⁰

GOLDFISH CRACKERS
selected varieties
167-227 g
craquelins
20300320 EA/203006994003 EA



1⁵⁰

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



\$3

ANGIE'S BOOM CHICKA POP
POPCORN or **PUFFS**
selected varieties, 136-198 g
maïs éclaté ou grignotines soufflées
20811709 EA



3²⁵

ALLEN'S CRANBERRY COCKTAIL
or **DEL MONTE ON ICE**
selected varieties
1.89 L
cocktail de canneberges
ou jus
21518094 EA/21574983 EA



13⁹⁹

COCA-COLA or PEPSI
SOFT DRINKS
selected varieties, 24x355 mL
boissons gazeuses
20306687002 C24/20308197001 C24



1⁶⁹

UNICO BEANS 540 mL or
TOMATOES 796 mL
selected varieties
légumineuses ou tomates
20313447001 EA/20314629001 EA



2⁵⁰

LA MOLISANA STRAINED TOMATOES 680 mL or **PASTA** 450 g
selected varieties
coulis de tomates ou pâtes
20016661 EA/20303498001 EA



\$3

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



5⁹⁹

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



5⁷⁹

SMUCKER'S JAM, MARMALADE or **JELLY**
selected varieties, 310/500 mL
confiture ou marmelade ou gelée
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 in-store for details. **Must be a registered PC Optimum™ member to get this offer.

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.

BRANDS YOU LOVE AT LOW PRICES

6⁵⁰



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

1⁵⁰



GREEN GIANT VEGETABLES
selected varieties
341/398 mL
légumes
21021485 EA

\$10



HIGH LINER PAN-SEAR or BATTERED FISH FILLETS
selected varieties, frozen
425-600 g
filets de poisson
20296596002 EA



7⁵⁰

PC® BLUE MENU® EGG WHITES 1 kg or
NEILSON WHIPPING CREAM 1 L
blancs d'œufs ou crème à fouetter
20101039 EA/20821364001 EA

3⁵⁰



NO NAME® APPLE or ORANGE JUICE
selected varieties, refrigerated
1.75 L
jus de pomme ou orange
21665646 EA/21671461 EA

\$3



MOTT'S FRUITSATIONS 6x113 g or
GOGO SQUEEZE FRUIT SAUCE 4x99 g
selected varieties
purée de fruit
20322697002 EA/20324241001 EA

5⁹⁹



MCCAIN FROZEN CAKES
selected varieties
510 g
gâteaux surgelés
20310132002 EA

1²⁵



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

\$3



REAL CANADIAN NATURAL SPRING WATER
24x500 mL
eau de source naturelle
20154975 C24

1⁵⁰



NO NAME® RICE CRACKERS
selected varieties, 100 g
craquelins de riz
20297188002 EA/20297188003 EA

2²⁵



CAMPBELL'S CHUNKY, READY TO SERVE 515 mL or
HABITANT 796 mL **SOUP**
selected varieties
soupe
21479030 EA/21480447 EA

2⁵⁰



STAGG CHILI
selected varieties
425 g
chili
20091906 EA

1⁷⁹



KRAFT DINNER
selected varieties
156/175 g
macaroni au fromage
21549389 EA/21549390 EA

\$2



DOLE PINEAPPLE
selected varieties
398 mL
ananas
20136767001 EA

\$1



OLD EL PASO SEASONING
selected varieties, 24 g
assaisonnement
21049495 EA

15⁹⁹



COLAVITA OLIVE OIL
1 L
huile d'olive
20617955 EA

1⁹⁹



NO NAME® WHITE VINEGAR
Club Size, 4 L
vinaigre blanc
20102756 EA

3⁷⁹



PC® BLUE MENU® BEANS or LENTILS
selected varieties, 900 g
haricots ou lentilles
20629153 EA/20629676 EA

BRANDS YOU LOVE AT LOW PRICES

\$2



HELUVA GOOD! DIPS
selected varieties, 250 g
trempepates
20179979002 EA



4²⁵

SILK NON-DAIRY BEVERAGES
selected varieties, refrigerated, 1.74-1.89 L
boissons non laitières
20124384001 EA/20328231002 EA

9⁹⁹



BASKIN ROBBINS ICE CREAM 946 ml or **NOVELTIES** 4's
selected varieties, frozen
crème glacée ou friandises glacées
21721551 EA/21721501 EA



2⁸⁸

CHEEMO PEROGIES 745-907 g or
VILLA PASTA 400 g
selected varieties, frozen
perogies ou pâtes
20527159 EA/21025861 EA

\$9



PATTY KING JAMAICAN STYLE BEEF PATTIES
selected varieties, frozen
1.17 kg
galettes de bœuf à la jamaïcaine
20313668002 EA

\$8



STOK or STARBUCKS COLD BREW COFFEE
selected varieties
1.18/1.42 L
café infusé à froid
21203739 EA/21215530 EA

\$3



SNYDER'S PRETZELS or PIECES
selected varieties
240 g
bretzels
20316052004 EA

Optimum™

\$5⁵⁰



Earn
1,000
pts

That's
\$1
value

AMOOZA! TWISTS CHEESE SNACKS
selected varieties, 228 g
collations ou fromage
21403514 EA

4⁵⁰



NO NAME® COOKIES
selected varieties, 907 g
biscuits
20318678001 EA/20318678002 EA

\$4



KRAFT SHAKE 'N BAKE COATING MIXES
selected varieties, 142-160 g
mélange de panure
21548016 EA

\$6



NO NAME® CHOPPED GARLIC 1 kg or
LIQUID BOUILLON 500 mL
selected varieties
oil haché ou bouillon liquide
20312337001 EA/21013899 EA

Optimum™

\$10



Earn
1,000
pts

That's
\$1
value

GENERAL MILLS JUMBO CEREAL
selected varieties, 825 g-1.3 kg
céréales
20697990 EA/21347133 EA

5⁴⁹



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

12⁹⁹



STARBUCKS NESPRESSO CAPSULES VERTUO 8/10's or
TWININGS TEA 100's
selected varieties
capsules de café ou thé
21398289 EA

\$6



PC® HOT CHOCOLATE MIX
selected varieties, 450/500 g
mélange à chocolat chaud
21549129 EA

1⁵⁰



NO NAME® CRACKERS or BREADSTICKS & CHEESE SNACKS
selected varieties, 3's
craquelins ou bâtonnets ou collations ou fromage
20889881 EA/20889882 EA

\$5



NESTLÉ CHOCOLATE BAR MULTIPACK 4's or **POUCHES** 135-203 g
selected varieties
barres de chocolat ou sacs de chocolats
20176136 EA/20322302 EA

5⁵⁰



HERSHEY'S POUCHES MULTI'S 4's or **SOLID BUNNY** 150 g
selected varieties
chocolat
21628340 EA/21628465 EA

6⁵⁰



KINDER BAGGED CHOCOLATE 104-184 g or
CSR MILK CHOCOLATE BUNNY 350 g
selected varieties
sacs de chocolats ou chocolat
20531650 EA

\$11



CADBURY MINI EGGS
400 g
chocolat
20081165 EA

Earn
6,000
pts

For every \$16*
spent

That's
\$6

value



Optimum™

NESTLÉ EASTER ITEMS

selected varieties
25-300 g
articles de Pâques
21628045 EA/21634741 EA

BRANDS YOU LOVE AT LOW PRICES

\$3



OVAL EASTER BASKET
panier de Pâques ovale
21668634 EA

\$3



PLASTIC EASTER EGGS
œufs de Pâques en plastique
21668702 EA

\$8



PC® CHARITY BUNNY
lapin
21687563 EA/21687564 EA



SAVE
UP TO 30%

NATURE'S BOUNTY VITAMINS or SUPPLEMENTS
selected varieties and sizes
vitamines ou suppléments
21020231 EA/21180320 EA

7.99



GLAD GARBAGE BAGS
selected varieties
10-52's
sacs à ordures
20297334001 EA/21339461 EA

\$4



MR. CLEAN ALL PURPOSE CLEANER 1.21 L,
FEBREZE AIR 250 g,
BATHROOM AIR FRESHENER 7.5 mL,
CAR FRESHENER 2 mL or
MAGIC ERASER 2's
selected varieties
nettoyant ou désodorisant ou pince pour
bouche d'aération ou effaceur magique
21005017 EA/21700198 EA

\$8



NO NAME® LAUNDRY DETERGENT 4.43 L,
FABRIC SOFTENER 3.5 L or
DRYER SHEETS 200's
détergent ou assouplissant
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
assouplissant textile ou produit de rinçage ou rehausseurs de parfum ou
feuilles pour sècheuse ou capsules de détergent pour lave-vaisselle ou
agent de rinçage
21549771 EA/21658961 EA

\$10



NO NAME® CLUMPING CAT LITTER
selected varieties
18 kg
litière agglomérante
pour chats
20177169002 EA

\$6



FRISKIES DRY CAT FOOD
selected varieties
1.4-1.5 kg
nourriture sèche pour chats
20912515 EA

2.79



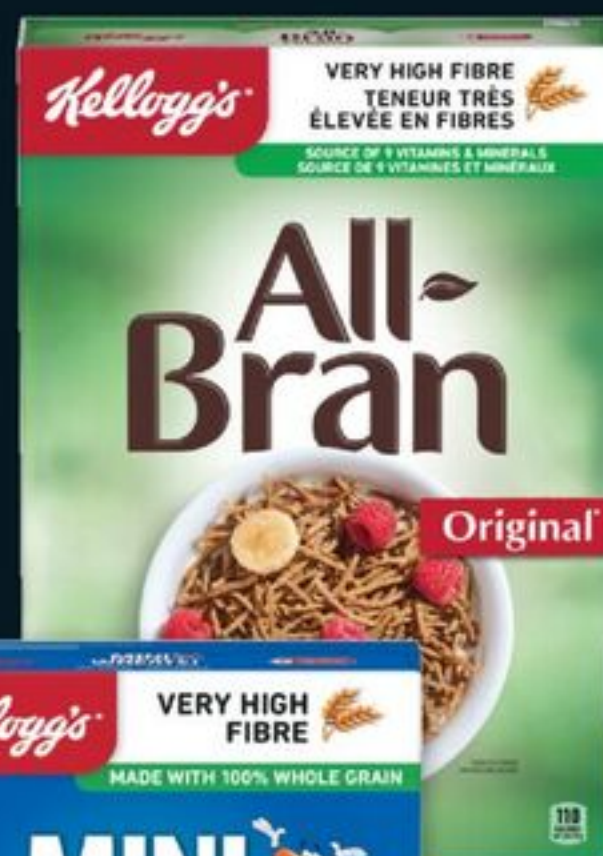
TEMPTATIONS CAT TREATS
selected varieties
180 g
gâteries pour chats
21105375 EA

**LOW
PRICES
IN STOCK**

350

GENERAL MILLS CEREAL

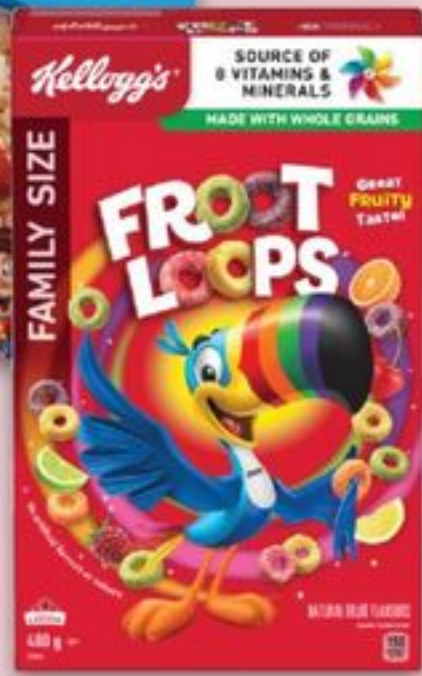
selected varieties
300-437 g
céréales
21104047_EA/21213662_EA



\$4

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

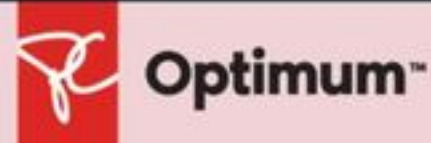
329



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
barres ou biscuits
20587504001_EA/20686988001_EA

\$4



QUAKER CEREAL 350-500 g
or **HARVEST CRUNCH** 400-510 g
selected varieties
céréales
21082500_EA/21219824_EA

\$2



QUAKER DIPP'S
selected varieties
150/156 g
borres
20647582_EA/21185317_EA

250



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

6⁹⁹



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

\$7



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

12⁴⁹



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

250



CHRISTIE CRISPERS
selected varieties
145 g
croquellins
21356333_EA

450



CHRISTIE PREMIUM PLUS 402-500 g or
RITZ DRIZZLED 226 g **CRACKERS**
selected varieties
croquellins
21109004_EA/21712993_EA

250



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

\$1



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

450



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

250



HERSHEY'S FAMILY BAR 90-120 g or
JOLLY RANCHER CANDY BAG 182/198 g
selected varieties
chocolat ou friandises
20078139_EA/20683743_EA

\$2

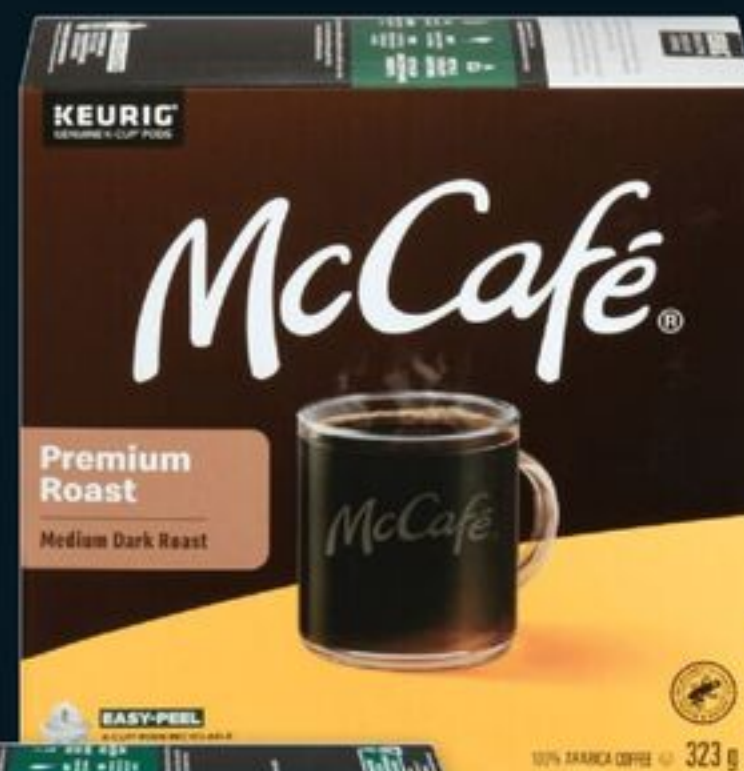


**MAYNARDS
CANDY**
selected varieties
135-154 g
friandises
21545554_EA/21694186_EA

LOW PRICES IN STOCK

16⁹⁹

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



\$23

MCCAFÉ or VAN HOUTTE GROUND COFFEE PODS
selected varieties
30's
capsules de café
20743469, EA/21240975, EA

279

CHRISTIE COOKIES 240-303 g or MINI COOKIES 144-200 g
selected varieties
biscuits
21358407, EA/21585155, EA/21586618, EA



450

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

250

DARE GRISSOL TOAST BAGUETTES 150/200 g or 120/130 g
selected varieties
toast ou baguettes
21033188, EA



250

DARE BRETON 135-200 g or VINTA CRACKERS or VEGGIES CRISPS 200-225 g
selected varieties
croquepins ou grignotines
20772368, 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
biscuits
20974346, EA/21080791, EA



\$4

RUFFLES POTATO TORTILLA 210/235 g or DORITOS CHIPS 180-220 g
selected varieties
croustilles ou croustilles de tortillas
21241033, EA/21693042, EA



\$4

TOSTITOS TORTILLA CHIPS 205-295 g
selected varieties
croustilles de tortilla
21050375, EA



\$4

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



250

PRINGLES SUPER STACK POTATO CHIPS 148/156 g
selected varieties
croustilles
21003823, EA/21003833, EA



267

KELLOGG'S RICE KRISPIES 154-198 g, POP TARTS 384 g, SPECIAL K NUTRI-GRAIN 295 g or 125 g or 8's
selected varieties
barres
20126567001, EA/21290111, EA



349

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



\$8

NUTELLA HAZELNUT SPREAD 725 g or NUTELLA & GO HAZELNUT SPREAD WITH BREADSTICKS 208 g
selected varieties
karinde de noisettes ou karinde de noisettes avec bâtonnets
20436105, EA



\$3

LECLERC CÉLÉBRATION COOKIES 200/240 g
selected varieties
biscuits
21680155, EA



\$3

LECLERC GO PURE or NUGABAR BARS 140-175 g
selected varieties
barres
21507858, EA/21536595, EA



599

SIMPLY ORANGE JUICE 1.36 L
selected varieties, refrigerated
jus d'orange
21735026, EA



450

PILLER'S SLICED DELI MEAT 150/200 g
selected varieties
charcuteries branchées
21206382, EA/21206939, EA



LOW PRICES IN STOCK

6²⁹

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



3⁹⁹

PHILADELPHIA CREAM CHEESE PRODUCT 227/250 g or
KRAFT SINGLES 410 g
selected varieties
produit de fromage à la crème
ou produit de fromage fondu
20041267_EA/21188654_EA



15⁹⁷

MAXWELL HOUSE ROAST AND GROUND COFFEE 631-900 g or **PODS** 30's
selected varieties
café torréfié et moulu ou capsules
21308076_EA/21606882_EA



6⁵⁰

iöGO YOGURT
selected varieties
16x100 g
yogourt
20606778001_EA



\$3

OCEAN'S WHITE TUNA 170 g or **GOLD SEAL MACKEREL** 115 g or **PINK SALMON** 213 g
selected varieties
thon blanc ou maquereau ou saumon rose
21005216_EA/21083428_EA



3⁵⁰

ACTIVIA EXPERT YOGURT
selected varieties
4x100 g
yogourt
21068261_EA



4⁹⁹

LACTANTIA PURFILTRE MILK
selected varieties
2 L
lait
21424991_EA



1⁵⁰

OCEAN'S LIGHT TUNA 170 g or **GOLD SEAL SARDINES** 125 g
selected varieties
thon pâle ou sardines
21004270_EA/21024465_EA



5⁵⁰

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



\$20

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



\$8

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



11⁹⁹

ROYALE FACIAL TISSUE
12x100 sheets
mouchoirs
20705292_EA



12⁹⁹

ROYALE TIGER TOWEL PAPER TOWELS
selected varieties
6=12 rolls
essuie-tout
21484732_EA



\$7

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



7⁹⁹

CHARMIN BATHROOM TISSUE 8=24 rolls or **BOUNTY PAPER TOWELS** 3=6 rolls
selected varieties
papier hygiénique ou essuie-tout
21670159_EA/21707477_EA



\$15

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



\$22

TIDE LIQUID LAUNDRY DETERGENT
3.46/3.9 L or **PODS** 51 or **FLINGS** 45/76's
selected varieties
détergent à lessive
21593670_EA/21593706_EA



\$13

PUREX 4.08-4.43 L, **SUNLIGHT** 4 L, **LIQUID LAUNDRY DETERGENT**, **SNUGGLE FABRIC SOFTENER** 2.77 L or **DRYER SHEETS** 200's
selected varieties
détergent ou assouplissant
2008353002_EA/21427042_EA





Optimum™

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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



BOOST READY-TO-DRINK PRODUCT

6x237 mL or 4x325 mL
supplément nutritif

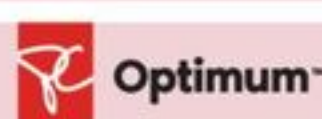
Save
\$2
with digital
coupon



PC® SPLENDIDO SLICED MEATS

100 g
viandes tranchées

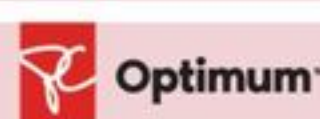
Earn
1,000
pts
Until April - 8 - 2026



PC® PORTUGUESE CUSTARD TARTS

360 g
tartelettes portugaises
à la crème pâtissière

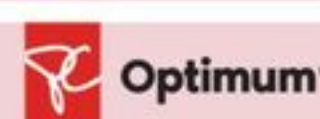
Earn
1,000
pts
Until April - 8 - 2026



PC® LOADS OF ICE CREAM

1.5 L
crème glacée

Earn
1,000
pts
Until April - 8 - 2026



PC® BLACK LABEL ICE CREAM

500 mL
crème glacée

Earn
750
pts
Until April - 8 - 2026



PC® TOPPED HUMMUS

280
hummus garni

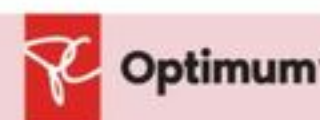
Earn
1,000
pts
Until April - 8 - 2026



PC® SPRING ROLLS

574 g
rouleaux de printemps

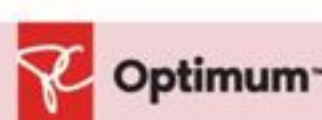
Earn
1,500
pts
Until April - 8 - 2026



PC® KETTLE CHIPS

200 g
croustilles

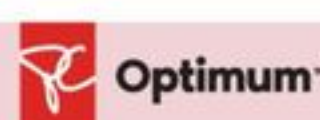
Earn
500
pts
Until April - 8 - 2026



PC® SPLENDIDO EXTRA VIRGIN OLIVE OIL

1 L
huile d'olive

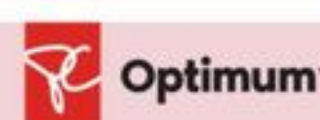
Earn
2,000
pts
Until April - 8 - 2026



PC® CHOCOLATE CHIPS

226-300 g
brisures de chocolat

Earn
750
pts
Until April - 8 - 2026



PC® 3 PLY FACIAL TISSUES

mouchoirs

Earn
1,000
pts
Until April - 8 - 2026

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Earn
500
pts

Until April - 8 - 2026

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



Earn
1,000
pts

Until April - 8 - 2026

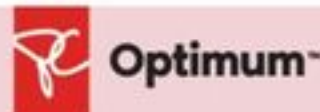
**NO NAME® POTATO AND
CHEDDAR PEROGIES**
2 kg
perogies



Earn
1,000
pts

Until April - 8 - 2026

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



Earn
750
pts

Until April - 8 - 2026

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



Earn
500
pts

Until April - 8 - 2026

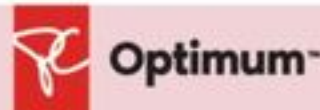
**NO NAME®
CHOCOLATE
BARS**
100 g
barres de chocolat



Earn
250
pts

Until April - 8 - 2026

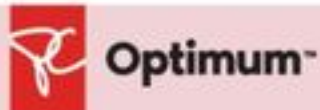
**PC® SUPER
SOFT
BATHROOM
TISSUE**
papier hygiénique



Earn
5,000
pts

Until April - 8 - 2026

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



Earn
1,000
pts

Until April - 8 - 2026

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



Earn
500
pts

Until April - 8 - 2026

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

RAMADAN KAREEM

رمضان كريم



5⁹⁹

KHUDRI DATES
product of Saudi Arabia
dates
21562486001_EA

1 KG



7⁹⁹

PC® MEDJOL DATES
product of Israel
21715402001_EA

400 G



7⁹⁹

PC® SAFAWI DATES
product of Saudi Arabia
dates
21706738001_EA

400 G



7⁹⁹

PC® SUKKARI DATES
product of Saudi Arabia
dates
21706824001_EA

400 G



1²⁹

200 G

TUNISIAN DATES
product of Tunisia
dates
20416963_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONLET 01 FLAP NFO

RAMADAN KAREEM

رمضان كريم

4.99

DEGLET NOUR PITTED DATES or **ORGANIC PITTED DATES**
product of Tunisia or
HONEY PITTED DATES
product of Iran
dattes dénoyautées
21562279001 EA/20772841 EA

907 G



340 G



795 G



2.49
LB

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



1.99
LB

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



200 G



2.99
EA/LB

DRIED FIGS
each, product of Turkey or
JUMBO WALNUTS
6.59/kg, product of U.S.A.
figues séchées ou noix
20599942 EA/20123893001 KG

\$5

SURAJ® NAAN
selected varieties
10's
naan
20342261 EA



12.49
LB

HALAL



AUSTRALIAN LAMB SHOULDER CHOPS
côtelettes d'épaule d'agneau
27.54/kg
21682455 KG

14.99



ZABIHA HALAL CHICKEN WINGS or **BREAST FILLETS**
selected varieties, frozen, 908 g
ailes de poulet ou filets de poitrine de poulet
20503453 EA/21306301 EA

\$13



SUFRA® HALAL BONELESS SKINLESS CHICKEN BREASTS
3's
poitrines de poulet sans peau désossées
21430678 EA

\$15

CLUB SIZE



SUFRA® HALAL CHICKEN LEGS
back attached
up to 1.6 kg
cuisses de poulet
21430677 EA

11.48



SUFRA® HALAL BONELESS STEWING BEEF
454 g
boeuf à ragoût désossé
21395711 EA

\$4



PC® TOPPED HUMMUS
selected varieties, 280 g
hummus garni
20811328 EA/20811384 EA

4.50



ZABIHA HALAL CHICKEN BREAST SLICES
200 g
poitrines de poulet
20911558 EA

\$6



ZABIHA HALAL JUICY SUPREME HOT DOGS
selected varieties, 900 g
saucisses fumées
20911445 EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 1 NFO

RAMADAN KAREEM

رمضان كريم

.99

PARLE-G ORIGINAL 300 g or
BRITANNIA GOOD DAY BISCUITS 75 g
selected varieties
biscuits
20840892003 EA/20956495 EA



\$2

RUBICON JUICE
selected varieties
4x200 mL/1 L
jus
20029236001 EA/20325890001 EA

\$2

BRITANNIA SUJI RUSK 305 g
or **SURATI SNACKS** 250/341 g
selected varieties
biscottes ou crème de noix de coco ou collations
21032472 EA/20322576003 EA



149

PRAN NOODLES
selected varieties
280 g
nouilles
21685721 EA

1399

FALAK BASMATI RICE
selected varieties
4.54 kg
riz basmati
21591250 EA/21591364 EA



199

CHING'S SCHEZWAN CHUTNEY 250 g
or **CHILLI SAUCE** 170 mL
selected varieties
chutney ou sauce chili
21416871 EA



1099

ASEEL VEGETABLE GHEE
2 kg
ghee végétal
20607119 EA



449

TILDA BASMATI or JASMINE RICE
selected varieties
907 g
riz basmati ou ou jasmin
20065191 EA/21576625 EA



229

SURAJ DAHI YOGURT
selected varieties
750 g
yogourt dahi
20959052 EA



199

MTR MINUTE MEALS
selected varieties
300 mL
repas minutes
20769717008 EA



249

QUALITY BULGUR or JARISH
selected varieties, 907 g
bulgur ou jarish
21528275 EA/21528536 EA



999

QUALITY BROWN SUGAR
4.5 kg
cassonade
20718452 EA



699

NANAK GULAB JAMUN
selected varieties
908 g
gulab jamun
20426517 EA



150

KURKURE SNACKS
115 g
collations
20659742 EA



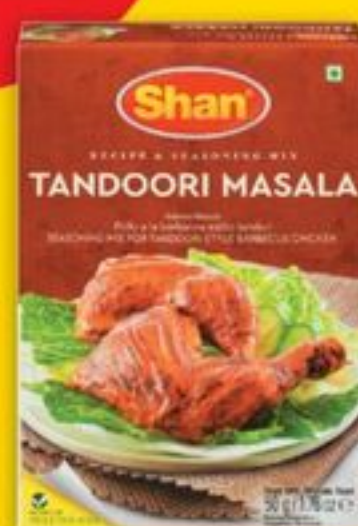
899

PRANA PLAIN PARATHA
selected varieties, frozen, 2.4 kg
paratha nature
21172364 EA



\$2

SHAN SPICE MIXES
selected varieties
50-100 g
mélanges d'épices
20160022001 EA



329

ROOH AFZA
800 mL
courage concentrée
21027924 EA



HAPPY NOWRUZ!

نوروزتان پیروز!



.99

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



129

COCONUTS
product of India or
Dominican Republic
each
noix de coco
20005774001 EA

169

METHI LEAF
product of Mexico or U.S.A.
bunch
feuilles de fenugrec
20159689001 EA



400 G

599

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

279

KHAAS HALAL YOGOURT
selected varieties, 750 g
yogourt
20343515 EA



499

PUCK LABNEH
400 g
labneh
21624037 EA



\$8

BASA STEAKS
frozen
1 kg
dorées de pangasius
20910469 EA



\$15

BYBLOS BAKLAVA
725 g
baklava
21708090 EA



299

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



599

ALFA PUFF PASTRY 850 g or
ARARAT PISTACHIO CREAM 200 g
selected varieties
pâte feuilletée
21606988 EA/ 21697233 EA



249

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



799

AL RIFAI COFFEE
selected varieties
450 g
café
20830650 EA



249

NORDEX CREAM PRODUCT
170 mL
produit à la crème
20127025 EA



199

NO NAME® WHITE VINEGAR
4 L
vinaigre blanc
20102756 EA



1199

IRINI EXTRA VIRGIN OLIVE OIL
750 mL
huile d'olive extra vierge
20021287 EA



899

PILAROS STUFFED GREEN OLIVES
selected varieties, 1 L
olives vertes farcies
20087448 EA/20105016 EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 03 NFO

KITCHEN ESSENTIALS

KITCHEN GADGETS

\$2



EVERYDAY ESSENTIALS™
NYLON SOLID TURNER
21214127 EA

\$3



EVERYDAY ESSENTIALS™
CAN OPENER
21213665 EA

\$4



EVERYDAY ESSENTIALS™
STAINLESS STEEL
TONGS
2's
21421691 EA

COOKWARE

\$12



EVERYDAY ESSENTIALS™
12" NON-STICK SKILLET
21345661 EA

\$14



EVERYDAY ESSENTIALS™
NON-STICK WOK
21345889 EA

\$24



EVERYDAY ESSENTIALS™
NON-STICK SKILLET SET
3-piece
21345884 EA

KITCHEN NEEDS \$12 & UNDER

\$5

PC® SOFT GRIP NYLON
TURNER
21352772 EA



\$8

PC® SOFT GRIP
POTATO MASHER
21190088 EA



\$8

EVERYDAY ESSENTIALS™
SALAD SPINNER
WITH HANDLE
20079221 EA



\$12

EVERYDAY ESSENTIALS™
WOOD CUTTING BOARD
16x11
20105525 EA



\$10

PC® SOFT GRIP
GARLIC PRESS
21190093 EA



\$12

PC® SOFT GRIP
MESH STRAINER
21351504 EA



\$10

PC® 4-SIDED GRATER
WITH CONTAINER
21345400 EA



\$12

PC® SALT AND
PEPPER MILL SET
21065214 EA





Express™

**Online grocery
pickup & delivery**

SHOP ONLINE, GET IT DELIVERED.

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

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

SHOP NOW



No Frills® delivery is available at select stores.

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.

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