



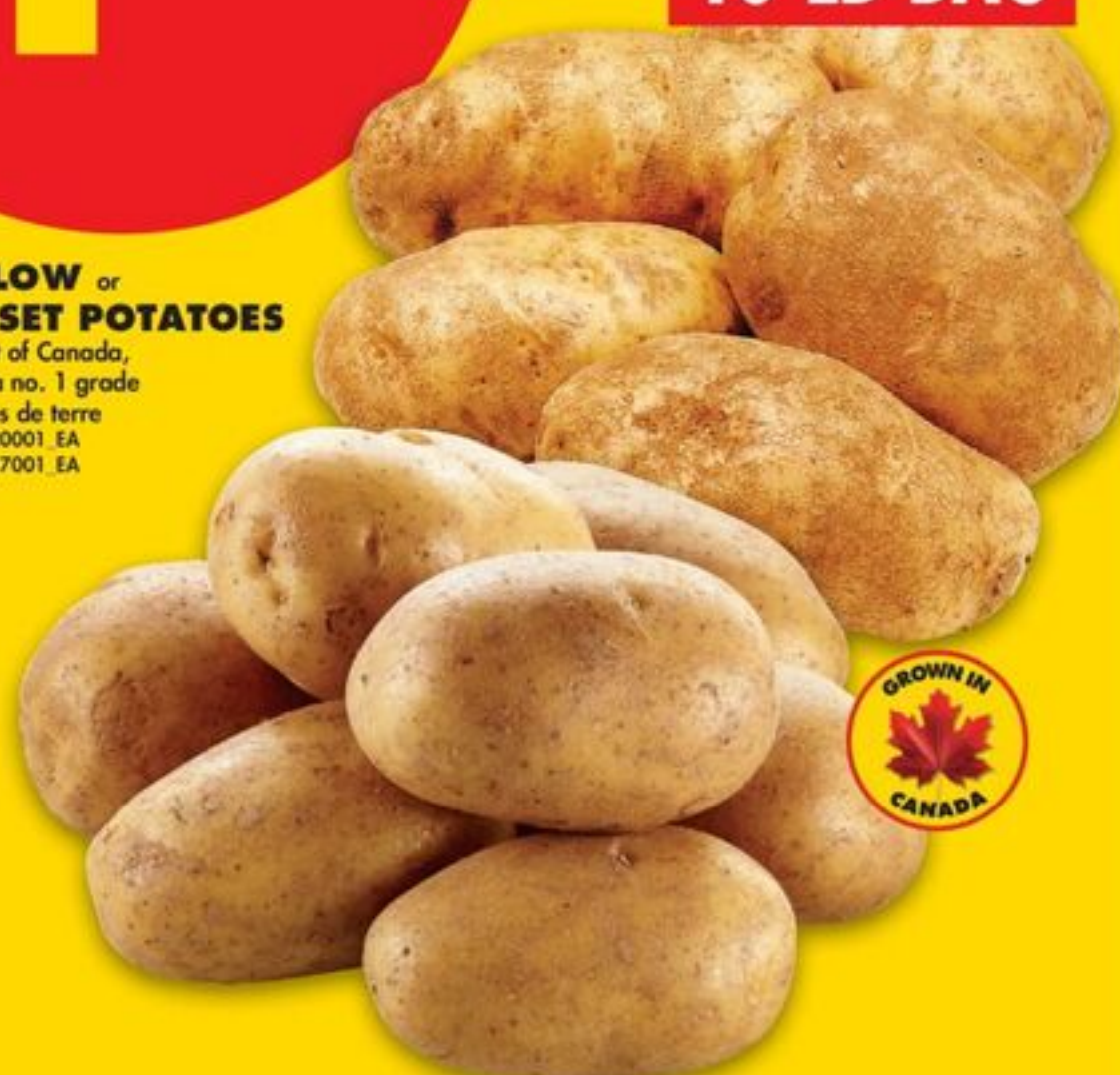
SAVE 42%

1<sup>99</sup>

10 LB BAG

**YELLOW or  
RUSSET POTATOES**

product of Canada,  
Canada no. 1 grade  
pommes de terre  
20601020001\_EA  
20601017001\_EA



1<sup>99</sup>

60Z CLAMSHELL

**BLACKBERRIES**

product of Mexico, or  
U.S.A.  
mûres  
20051015001\_EA



ONLY

1<sup>99</sup>

**CANTALOUPE**

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



ONLY

4<sup>99</sup>



6 LB BAG

**NO NAME®  
NATURALLY  
IMPERFECT™  
APPLES**

product of Ontario  
pommes  
20866985001\_EA



# NOFRILLS®

FLYER PRICES EFFECTIVE THURSDAY, FEBRUARY 26 TO WEDNESDAY, MARCH 4, 2026.

ALWAYS

**\$10**

CLUB  
SIZE

SAVE 50%

**1.99**  
LB

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



CLUB  
SIZE

**\$10**



**CHICKEN LEGS**  
back-attached, 4.39/kg  
cuisses de poulet  
20654709 KG

SAVE 40%

**5.99**



**JANES PUB STYLE CHICKEN STRIPS, NUGGETS, BURGERS, FRIES or POPCORN CHICKEN**  
selected varieties, frozen, 700 g  
lanières ou pépites ou burgers ou bouchées de poulet  
21191828 EA

ONLY

**4.88**



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



SAVE UP TO 44%

**\$1**

**NEILSON CHOCOLATE MILK** 750 mL or **MILKSHAKES** 310 mL  
selected varieties  
lait au chocolat ou laits frappés  
20766719 EA/21040942 EA

ONLY

**4.99**



**NESTLÉ DRUMSTICK or NOVELTIES** 4-10's or  
**CONFECTIONARY FROZEN DESSERT** 1.5 L  
selected varieties, frozen  
friandises glacées ou dessert glacé de confiserie  
20322380003 EA

ONLY

**3.47**



**RISTORANTE or CASA DI MAMA PIZZA**  
selected varieties, frozen  
320-410 g  
pizza  
20296100001 EA/20296424001 EA

SAVE 47%

**8.50**



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

SAVE 40%

**\$3**



**HEREFORD CORNED BEEF**  
340 g  
boeuf salé  
20050622 EA

ONLY

**6.99**



**UNICO VEGETABLE OIL**  
3 L  
huile végétale  
20098102 EA

ONLY

**3.33**



**ACTIVIA YOGURT**  
selected varieties  
650 g  
yogourt  
20325132001 EA/20325132003 EA

SAVE 23%

**\$5**



**ALLEN'S DRINK BOXES**  
24x200 mL or **GATORADE SPORT DRINKS**  
6x591 mL/8x355 mL, selected varieties  
boissons en boîte ou boissons désaltérantes  
20303218003 C06/20340520 EA

ONLY

**11.99**



**ROBIN HOOD or FIVE ROSES ALL PURPOSE FLOUR**  
10 kg  
farine tout usage  
20134743 EA/20251651 EA

SAVE 21%

**\$1.25**

Earn  
**300**  
pts

**KD ORIGINAL**  
200 g  
macaroni au fromage  
21549526 EA

Optimum™



**SURPRISE OFFER**  
**4 days only!**

Optimum™ Thursday February 26 to Sunday March 1

You could get

**30%** or **20%** or **10%**

back in pts

Open the App  
to get your offer!\*

Available for new and existing  
PC Optimum™ members.

**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**

01 NFO

PRICE  
DROP

\$3

**CLASSICO  
PASTA SAUCE**  
selected varieties  
410/600 mL  
sauce pour pâtes  
20325609003\_EA/21618217\_EA



1.50

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



1.69

**CHEF BOYARDEE  
PASTA**  
selected varieties  
418/425 g  
pâtes  
20312500001\_EA



6.99

**TETLEY TEA**  
selected varieties  
80/144's  
thé  
20711164\_EA  
21613866\_EA



8.99

**GALLO  
EXTRA VIRGIN  
OLIVE OIL**  
selected varieties  
1 L  
huile d'olive extra vierge  
20105368\_EA



# FRESH AT LOW PRICES

**2<sup>99</sup>**

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

**1 LB  
CLAMSHELL**



**6 OZ  
CLAMSHELL**

**3<sup>99</sup>**

**RASPBERRIES**  
product of Mexico or U.S.A., no. 1 grade or  
**BLUEBERRIES**  
product of Mexico, Peru, Chile or Morocco,  
no. 1 grade  
framboises ou bleuets  
20152465001 EA/20128938001 EA

**3<sup>99</sup>**  
LB

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



**1<sup>99</sup>**  
LB

**BEEFSTEAK TOMATOES**  
product of Canada, U.S.A. or Mexico,  
no. 1 grade  
tomates  
4.39/kg  
20172240001 KG



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

**1<sup>29</sup>**  
EA/LB

**CANARY MELON** 2.84/kg, product of Brazil, or  
**RED MANGOES** each, product of Peru  
melon canari ou mangue rouge  
21022311001 KG/20039635001 EA



**3<sup>99</sup>**

**PINEAPPLE**  
product of Costa Rica  
ananas  
20160992001 EA



**4<sup>99</sup>**

**MINI SEEDLESS WATERMELON**  
product of Guatemala, Honduras, or Brazil,  
**HONEYDEW** product of Guatemala, Honduras, or Mexico, or  
**KIWI** product of Greece  
kiwi ou mini-melon d'eau sans pépins ou melon miel  
21576167001 EA/201453279001 EA/200453276001 EA



**600 G**

**1<sup>99</sup>**  
LB

**BARTLETT PEARS**  
product of South Africa, extra fancy grade or  
poires Bartlett  
4.39/kg  
20172240001 KG



**3<sup>99</sup>**

**ASPARAGUS** product of Mexico, no. 1 grade,  
**RED or GREEN PEPPERS** product of Mexico  
asperges ou poivrons verts ou rouges  
20181709001 EA/20115233001 EA



**325 G**

**3<sup>49</sup>**

**FARMER'S MARKET™ CARROTS**  
product of Canada or U.S.A., no. 1 grade  
carottes  
20811994001 EA



**3 LB  
BAG**

**4<sup>99</sup>**

**FARMER'S MARKET™  
YELLOW ONIONS**  
product of Canada, Canada no. 1 grade  
oignons jaunes  
20600915001 EA



**10 LB  
BAG**

**.59**

**LIMES**  
product of Mexico  
each  
limes  
20040489001 EA



**4<sup>49</sup>**

**CAULIFLOWER**  
product of Mexico, or U.S.A. no. 1 grade  
chou-fleur  
20135377001 EA



**6<sup>99</sup>**

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



**4 LB  
BAG**

**3<sup>99</sup>**

**ROMAINE HEARTS** product of U.S.A., or  
**FARMER'S MARKET™ MINI  
CUCUMBERS** product of Canada, Canada no. 1 grade  
or **AVOCADOS** product of Mexico  
avocats ou cœurs de romaine ou mini-concombres  
20737370001 EA/20082754001 EA/21644936001 EA



**PKG OF 5**

**PKG OF 6**

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

**PC® WHOLE or SLICED, WHITE or  
CREMINI MUSHROOMS** product of Ontario, or  
**BROCCOLI CROWNS** product of U.S.A. or Mexico  
champignons blancs ou cremini entiers ou tranchés ou  
couronnes de brocoli  
20775801 EA/20776239 EA/21121540001 EA



**227 G**

**2<sup>99</sup>**

**FARMER'S MARKET™ GRAPE  
TOMATOES** product of Mexico, or U.S.A., or  
**BROCCOLINI** product of U.S.A.  
tomates raisins ou broccolini  
21367888001 EA/20737370001 EA/20154907 EA



**283 G**

**1<sup>99</sup>**  
LB

**HONEY  
TANGERINES**  
product of U.S.A.  
tangerines miel  
4.39/kg  
20002293001 KG



**PRICE  
DROP**

**.79**  
LB

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



**\$2**  
LB

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



**\$5**

**NO NAME®  
NATURALLY IMPERFECT™ TOMATOES**  
product of Canada or Mexico  
tomates  
21606704001 EA



**2.5 LB**

\*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

**\$8**

**PC® BLUE MENU® GROUND CHICKEN**  
or **MINCED TURKEY**  
454 g  
poulet haché ou hachis de dinde  
2110091 EA



**\$13** LB

**INSIDE ROUND STIR FRY STRIPS**  
cut from Canada grade AA beef or higher  
lanières à sauter  
28.66/kg  
2118996 KG

**\$3**

**SCHNEIDERS LUNCHMATE LUNCH KITS**  
or **STACKERS**  
selected varieties  
75-120 g  
trousses-repas  
21310034 EA



**1149**

**MARCANGELO SAUSAGE, BREAKFAST SAUSAGE or PATTIES**  
selected varieties, frozen  
600 g-1.4 kg  
saucisses ou saucisses à déjeuner ou rondelles  
20799697 EA

**12.99**



**MARCANGELO SOUVLAKI KABOBS**  
selected varieties, 480/640 g  
brochettes  
21041735 EA

**\$13**



**NO NAME® CHICKEN WINGS**  
selected varieties, frozen, 908 g  
ailes de poulet  
21045309 EA

**\$8**



**PC® ATLANTIC SALMON BURGER**  
500 g  
burgers de saumon de l'Atlantique  
21638144 EA

**3.50**



**SOYGANIC TOFU**  
selected varieties  
350-500 g  
tofu  
21023474 EA

**3.50**



**SEAQUEST® FLAVOURED ALASKA POLLOCK** ready-to-eat 227 g,  
**SMOKED STEELHEAD SALMON** frozen, pre-sliced 50 g or  
**GO SHRIMP** raw 51/70 per lb, 160 g, frozen  
goberge aromatisée ou saumon fumé ou crevettes  
20702840 EA/21208096 EA

**\$7**



**SEAQUEST® BAY SCALLOPS** 400 g, **SHRIMP RING** 227 g or  
**COLOSSAL RAW WHITE SHRIMP** 16-20 per lb, 300 g  
selected varieties, frozen  
pêtoncles de baie ou couronne de crevettes ou crevettes blanches colossales crues  
21043887 EA/21558337 EA

**\$5**



**OLIVIERI FRESH FILLED TWIN PACK PASTA** 450/500 g,  
**SKILLET GNOCCHI** 280/300 g, or **FRESH SAUCE** 300 mL  
selected varieties  
pâtes fraîches farcies ou gnocchi ou sauce fraîche  
21022065 EA/20221312 EA

**\$6**



**ZIGGY'S® SUB TRIO** 300 g, **BOLOGNA** 600 g  
or **BRANDT KOLBASSA** 250 g  
selected varieties  
charcuteries ou bologna ou kolbassa  
20333446 EA/21668433 EA

**\$7**



**PC® FETA** 400 g or  
**BALDERSON CHEESE** 250/280 g  
selected varieties  
fromage  
20219690 EA/21495455 EA

**\$2**



**NO NAME® BAGELS or ENGLISH MUFFINS**  
selected varieties, 6's  
bagels ou muffins anglais  
21297789 EA/21297831 EA

**\$3**



**COUNTRY HARVEST BREAD** 600 g  
or **BAGELS** 6's  
selected varieties  
pain ou bagels  
21178597 EA/21178642 EA

**\$5**



**FARMER'S MARKET™ BUTTER CROISSANTS** 260-336 g  
or **LOAF CAKES** 344-390 g  
selected varieties  
croissants ou beurre ou gâteaux quatre-quarts  
20565382 EA/20975943 EA

**\$6**



**MAPLE LEAF NATURAL SELECTIONS** 150/175 g,  
**SCHNEIDERS SUMMER SAUSAGE** 150 g  
or **FANTINO MONDELLO DELI MEAT** 125-200 g  
selected varieties  
saucisse ou charcuteries  
20009282 EA/20065285 EA

**\$7**



**SCHNEIDERS PEPPERETTES**  
selected varieties, 300/375 g  
bâtonnets de saucisson  
20976110 EA/21196171 EA

**\$11**



**MAPLE LEAF NATURAL SELECTIONS SLICED DELI MEAT**  
club pack, selected varieties, 375/400 g  
charcuteries tranchées  
20772016 EA

# BRANDS YOU LOVE AT LOW PRICES

ONLY

6<sup>50</sup>

**LIBERTÉ or SIGGI'S  
YOGURT**  
selected varieties  
650/750 g  
yogourt  
20642273 EA/21353892 EA



ONLY

6<sup>50</sup>

**ACTIVIA YOGURT** 12x100 g  
or **SAPUTO  
MOZZARELLISSIMA** 500 g  
selected varieties  
yogourt ou fromage  
20608924 EA/20759241002 EA



ONLY

5<sup>79</sup>

**NEILSON TRUTASTE  
LACTOSE FREE** 2 L or  
**PROTEIN MILK** 1.89 L  
selected varieties  
lait  
20188053001 EA



ONLY

\$7

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

6<sup>99</sup>

**IMPERIAL  
MARGARINE**  
selected varieties  
1.28/1.36 kg  
margarine  
20084892 EA



\$5

**CHAPMAN'S YUKON  
NOVELTIES** 5-8's or  
**SUPER PREMIUM  
ICE CREAM** 500 mL  
selected varieties, frozen  
friandises glacées ou crème glacée  
21012281 EA/21511147 EA



\$3

**GREEN GIANT  
VEGETABLES**  
selected varieties frozen  
283-750 g  
légumes  
21022353 EA



1<sup>25</sup>

**TINA'S BURRITO**  
selected varieties, frozen  
113 g  
burrito  
21629787 EA



\$1

**OLD EL PASO SEASONING**  
selected varieties  
24 g  
assaisonnement  
21044995 EA



2<sup>67</sup>

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



\$2

**CHEEZ-IT  
CRACKERS**  
selected varieties  
191/200 g  
craquelins  
21214560 EA



\$3

**LAY'S  
POTATO CHIPS**  
selected varieties  
177-235 g  
craquelins  
21241032 EA/211663082 EA



3<sup>25</sup>

**ALLEN'S CRANBERRY  
COCKTAIL** or  
**DEL MONTE ON ICE**  
1.89 L  
cocktail de canneberges ou jus  
21518094 EA/21574963 EA



\$3

**REAL CANADIAN SPRING WATER**  
24x500 mL  
eau de source  
20154975 C34



\$1

**NO NAME® TUNA** 170 g or **LEGUMES** 540 mL  
selected varieties  
thon ou légumineuses  
20521648 EA/20554593 EA



2<sup>75</sup>

**PC® CROUTONS** 140 g or  
**SALAD DRESSING** 475 mL  
selected varieties  
craquelons ou vinaigrette  
2062848001 EA/20796248002 EA



\$5

**PC® INSTANT  
COFFEE**  
selected varieties  
80/100 g  
café instantané  
21499926 EA



\$5

**POST FAMILY  
SIZE CEREAL**  
selected varieties  
525-650 g  
céréales  
21542452 EA/21575249 EA



7<sup>99</sup>

**ROYALE  
BATHROOM  
TISSUE**  
selected varieties  
15x30 rolls  
papier hygiénique  
21572800 EA



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

**MARCH**

**HIT  
OF THE  
MONTH**

**STARTS SUNDAY MARCH 1ST**

**\$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**



**454 G**

 **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 offers

More offers  
More points

Members  
get over

\$25

in value

CLICK FOR  
THESE COUPONS  
AND MORE



Optimum™



Earn  
**500**  
pts

Until March - 4 - 2026

**PC® INSTANT COFFEE**  
80 - 100 g  
café instantané

Optimum™



Save  
**\$2**  
with digital coupon

**NESCAFÉ RICH INSTANT COFFEE**  
excludes 95 g  
café instantané

Optimum™



Earn  
**1,000**  
pts

Until March - 4 - 2026

**PC® CHOCOLATE BARS**  
300 g  
chocolat au lait

Optimum™



Earn  
**2,000**  
pts

Until March - 4 - 2026

**PC® BASQUE CHEESECAKE**  
600 g  
gâteau au fromage

Optimum™



Earn  
**500**  
pts

Until March - 4 - 2026

**PC® COLESLAW**  
397 g  
salade de chou

Optimum™



Earn  
**1,000**  
pts

Until March - 4 - 2026

**PC® GNOCCHI or RISOTTO**  
350/400 g  
gnocchi ou risotto

Optimum™



Earn  
**750**  
pts

Until March - 4 - 2026

**PC® BLUE MENU® CALAMANSI CITRUS AND STRAWBERRY SPARKLING WATER** 12 x 355 mL  
eau pétillante

Optimum™



Earn  
**750**  
pts

Until March - 4 - 2026

**PC® LOW SODIUM CLUB SODA**  
12 x 355 mL  
soda

Optimum™



Earn  
**1,500**  
pts

Until March - 4 - 2026

**PC® RED BREW DE-ALCOHOLIZED LAGER BEER** 12 x 355 mL  
bière

Optimum™



Earn  
**1,000**  
pts

Until March - 4 - 2026

**PC® BABY WIPES**  
300's  
lingettes bébé

Optimum™



Earn  
**500**  
pts

Until March - 4 - 2026

**NO NAME® CHICKEN STRIPS**  
908 g  
lanières de poulet

Optimum™



Earn  
**500**  
pts

Until March - 4 - 2026

**NO NAME® CHICKEN NUGGETS**  
908 g  
pépites de poulet

Optimum™



Earn  
**2,000**  
pts

Until March - 4 - 2026

**PC® MEAT LASAGNA**  
2.27 kg  
lasagne

# More offers. More points.

CLICK FOR  
THESE COUPONS  
AND MORE



Earn  
**500**  
pts

Until March - 4 - 2026

**NO NAME® CHOCOLATE CHIP COOKIES**  
907 g  
brisures chocolatées



Earn  
**500**  
pts

Until March - 4 - 2026

**NO NAME® BUTTER**  
454 g  
beurre salé



Earn  
**500**  
pts

Until March - 4 - 2026

**NO NAME® 100% WHOLE GRAIN QUICK OATS**  
1 kg  
gruau rapide



Earn  
**500**  
pts

Until March - 4 - 2026

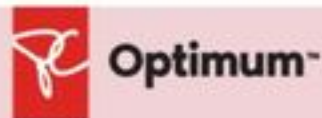
**NO NAME® SPICES**  
150 g  
épices



Earn  
**1,000**  
pts

Until March - 4 - 2026

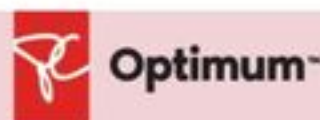
**NO NAME® CHICKEN HOT DOGS**  
1.5 kg  
saucisses fumées



Earn  
**500**  
pts

Until March - 4 - 2026

**NO NAME® CHICKEN BURGER**  
908 g  
burger au poulet



Earn  
**500**  
pts

Until March - 4 - 2026

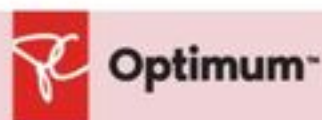
**NO NAME® CALIFORNIA MIXED VEGETABLES**  
750 g  
mélange de légumes



Earn  
**2,000**  
pts

Until March - 4 - 2026

**NO NAME® CHICKEN WINGS, MEDIUM BBQ**  
908 g  
barbecue mi-piquantes



Earn  
**500**  
pts

Until March - 4 - 2026

**NO NAME® LEMONADE**  
1.75 L  
limonade



Earn  
**1,500**  
pts

Until March - 4 - 2026

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



Earn  
**1,000**  
pts

Until March - 4 - 2026

**NO NAME® KITCHEN GARBAGE BAGS**  
21 L  
sacs poubelle



Earn  
**1,500**  
pts

Until March - 4 - 2026

**NO NAME® EXTRA SCENTED SCOOPABLE CLUMPING CAT LITTER**  
7 kg  
litière pour chat

# BRANDS YOU LOVE AT LOW PRICES

2<sup>75</sup>

**YOPLAIT SOURCE** 630 g,  
**TUBES** 8's, **MINIGO** 6's or  
**PROTEIN** 4's **YOGURT**  
selected varieties  
yogourt

21391318001\_EA/21547595\_EA



4<sup>79</sup>

**CRACKER BARREL**  
**NATURAL CHEESE**  
**SLICES**  
selected varieties  
200-240 g  
tranches de fromage naturel

21290705\_EA



3<sup>50</sup>

**PC® ICE CREAM SHOP**  
**ICE CREAM** 946 mL or **NOVELTIES** 6's  
selected varieties, frozen  
crème glacée ou friandises glacées

21013145\_EA



\$4

**CRAVE DINNER ENTRÉES** 200-340 g or  
**KRAFT DELUXE**  
**MACARONI & CHEESE** 340 g  
selected varieties, frozen  
plats cuisinés ou macaroni au fromage

21085515\_EA

5<sup>29</sup>

**LACTANTIA PUR FILTRE**  
or  
**ULTRAPUR MILK**

selected varieties  
1.5/2 L  
lait

21424994\_EA/21694605\_EA



\$8

**STOK or STARBUCKS**  
**COLD BREW COFFEE**

selected varieties  
1.42 L  
café infusé à froid

21203739\_EA/21215530\_EA



3<sup>50</sup>

**OLD DUTCH POTATO** 235 g or **TORTILLA CHIPS**

275/290 g or **HUMPTY DUMPTY SNACKS** 250-290 g  
selected varieties  
croustilles ou grignolines

21445100\_EA



\$3<sup>25</sup>

Earn  
**1,000**  
pts

That's  
\$1  
value

**KOOL-AID JAMMERS** 10x180 mL or **MIO**,  
**CRYSTAL LIGHT** or **KOOL-AID LIQUID**  
**WATER ENHANCERS** 48 mL/24-56 g, selected varieties  
boissons ou rehausseurs d'eau

20079976006\_EA/20663423\_EA



\$5<sup>50</sup>

Earn  
**1,000**  
pts

That's  
\$1  
value

**GENERAL MILLS**  
**FAMILY SIZE CEREAL**

selected varieties  
455-778 g  
céréales

21103492\_EA/21103495\_EA



1<sup>33</sup>

**NO NAME®**  
**VEGETABLES**

selected varieties  
341/398 mL  
légumes

20005237\_EA/20302135\_EA



\$4

**COCA-COLA** or  
**PEPSI SOFT DRINKS**

selected varieties  
6x710 mL  
boissons gazeuses

20310546002\_C06/20313741002\_C06



2<sup>50</sup>

**DARE CRACKERS**

selected varieties  
132-225 g  
craquelins

21550666\_EA/21520701\_EA



\$2

**UNICO**  
**PASTA SAUCE**

selected varieties  
680 mL  
sauce pour pâtes

20336537001\_EA/20326537003\_EA



2<sup>49</sup>

**FRENCH'S**  
**MUSTARD**

selected varieties  
325/400 mL  
moutarde

20082338\_EA/20318304001\_EA



2<sup>29</sup>

**NO NAME®**  
**OLIVES**

selected varieties  
275 mL  
olives

20325649\_EA



3<sup>50</sup>

**NO NAME®**  
**PICKLES**

selected varieties  
1 L  
cornichons

20300473\_EA



2<sup>79</sup>

**BEN'S ORIGINAL**  
**BISTRO EXPRESS RICE**

selected varieties  
240/250 g  
riz

21404899\_EA/21405476\_EA



# BRANDS YOU LOVE AT LOW PRICES

**\$3**

**NO NAME® CREAM CHEESE**  
selected varieties  
227/250 g  
fromage à la crème  
20308105001 EA



**4.50**

**POGO**  
frozen  
4's  
saucisses sur bâtonnet  
20110352001 EA

**\$4**

**PILLSBURY TOASTER STRUDEL or SCRAMBLES**  
selected varieties, frozen  
204/326 g  
pâtisserie  
20172664001 EA



**5.50**

**PC® ASIAN SOUPS or ENTRÉES**  
selected varieties, frozen  
300-400 g  
soups ou plats cuisinés asiatiques  
21565996 EA

**\$5.50**

Earn  
**1,000**  
pts

That's  
**\$1**  
value



**AMOOZA! TWISTS CHEESE SNACKS** 228 g or  
**BLACK DIAMOND CHEESE SNACKS** 189/252 g  
selected varieties  
collations au fromage  
20986474 EA/21403514 EA

**Optimum™**

**3.35**

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



**5.50**

**PC® DRY ROASTED PEANUTS** 700 g,  
**CASHEWS** or **DELUXE MIXED NUTS** 200 g  
selected varieties  
arachides ou noix de cajou ou mélange de noix  
20057990003 EA/21054943 EA



**\$3**

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



**\$5**

**QUAKER BAKING MIX or OAT FLOUR**  
selected varieties, 700-900 g  
mélanges à pâtisserie ou farine d'avoine  
20301064001 EA



**7.99**

**MAXWELL HOUSE, NABOB TASSIMO DISCS** 8-16's or **MAXWELL HOUSE GROUND COFFEE PODS** 12's  
selected varieties  
capsules de café  
20026954001 EA



**1.75**

**NO NAME® EVAPORATED MILK**  
selected varieties  
354 mL  
lait évaporé  
21040510 EA/21040543 EA



**10.99**

**PC® ROAST & GROUND COFFEE**  
selected varieties  
340 g  
café torréfié et moulu  
21380579 EA



**11.50**

**PC® 100% PURE MAPLE SYRUP** 500 mL or **BILLY BEE HONEY** 1 kg  
selected varieties  
sirop d'érable ou miel  
20049221 EA/20724506 EA



**\$3**

**NO NAME® PANCAKE MIX or TABLE SYRUP** 905 g  
mélange à crêpes ou sirop  
20306030 EA/203222949 EA



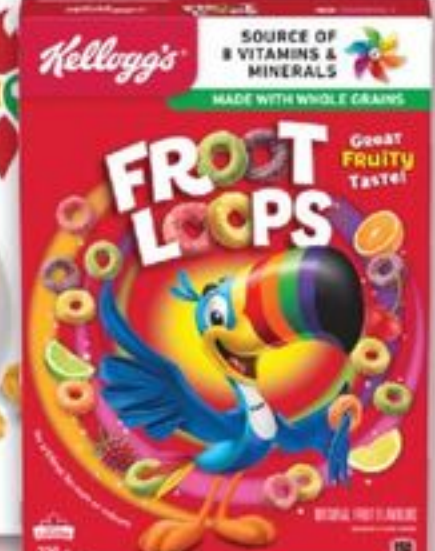
**7.50**

**PC® GOLD CHOCOLATE BAR**  
selected varieties  
300 g  
barres de chocolat  
20298217 EA



Earn  
**3,000**  
pts  
For every \$7\* spent

That's  
**\$3**  
value



**Optimum™**

**KELLOGG'S CEREAL**  
selected varieties  
269-355 g  
céréales  
21450851 EA/21652128 EA

# BRANDS YOU LOVE AT LOW PRICES

6<sup>50</sup>

**SOFTSOAP LIQUID  
HAND SOAP REFILL**  
selected varieties  
1.47 L  
recharge de savon liquide pour les mains  
21167194, EA



UP TO 40%  
OFF

**JAMIESON VITAMINS  
AND SUPPLEMENTS**  
selected varieties and sizes  
vitamines et suppléments  
20984309, EA/20303216001, EA



\$5



3<sup>50</sup>

**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  
détergent à lessive ou 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  
2030148 1003, EA/21549771, EA

**NO NAME® BLEACH**  
selected varieties  
2.4 L  
eau de Javel  
21486532, EA

\$4



**LYSOL MULTI SURFACE CLEANER** 1.2 L,  
**BATHROOM SPRAY** 950 mL or **BATHROOM AEROSOL** 538/680 g  
selected varieties  
nettoyant ou vaporisateur ou aérosol pour salle de bains  
20309873002, EA/21231235, EA

4<sup>29</sup>



**PINE-SOL ALL PURPOSE CLEANER**  
selected varieties  
1.41 L  
nettoyant tout usage  
20298679001, EA/20298679002, EA

1<sup>90</sup>



**NO NAME® ALUMINUM FOIL**  
25 ft  
papier d'aluminium  
21119986, EA

\$20



**CASCADE AUTO DISHWASHER TABS**  
selected varieties  
51-90's  
capsules de détergent pour lave-vaisselle  
21012172, EA/21516545, EA

11<sup>50</sup>



**GLAD GARBAGE BAGS**  
selected varieties  
20-40's  
sacs à ordures  
21165477, EA

**NEW  
LOWER  
PRICES**

**\$8**



**EXTRA LEAN  
GROUND BEEF**  
fresh  
450 g  
bœuf haché extra maigre  
21675592 EA

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

**NATURAL BAKERY  
RYE BREAD**  
500 g  
pain de seigle  
21688966 EA



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

**NATUREGG  
NATURE'S BEST  
LARGE EGGS**  
12's  
gros œufs  
20814983001 EA



**\$5**

**SCHNEIDERS  
BOLOGNA**  
selected varieties, 500 g  
bologna  
20039186 EA



**\$5**

**CHAPMAN'S  
FROZEN YOGURT or SORBET**  
selected varieties, frozen  
2 L  
yogourt glacé ou sorbet  
20314434001 EA/20329120001 EA



**\$8**

**CLIF BAR 5 PK**  
selected varieties  
340 g  
barre  
21664766 EA/21664843 EA



**\$7**

**PC ORGANICS  
FROZEN FRUIT**  
selected varieties, frozen  
600 g  
fruits surgelés  
20431483003 EA/20993672 EA



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

**MINUTE MAID ZERO SUGAR  
BEVERAGES or FUZE ICED TEA**  
selected varieties, refrigerated, 1.54/1.75 L  
boissons ou thé glacé  
21434119 EA/21452207 EA



**\$2**

**BEN'S ORIGINAL  
RICE CUPS**  
selected varieties  
62/68 g  
riz  
21680527 EA/21680713 EA



**\$4**

**HEALTHY CHOICE DINNER ENTRÉES**  
selected varieties, frozen, 269-306 g  
plats cuisinés  
21406269 EA



**\$2**

**SNACK PACK  
PUDDING**  
selected varieties  
4x99 g  
pudding  
20310707001 EA



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

**iÖGO NANO  
YOGURT DRINKS**  
selected varieties  
6x93 mL  
yogourt  
20609687003 EA



**\$5**

**ACTIVIA  
YOGURT**  
selected varieties  
6x93 mL  
yogourt  
21108458 EA



**\$4**

**TWININGS TEA or HERBAL TEA**  
selected varieties, 20's  
thé  
20300740001 EA



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

**MCCAIN PIZZA POCKETS**  
selected varieties, frozen  
540/600 g  
pochettes de pizza  
21047833 EA



**4<sup>75</sup>**

**SMUCKER'S UNCRUSTABLES**  
selected varieties, frozen  
4's  
pâtisseries  
21543057 C04



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

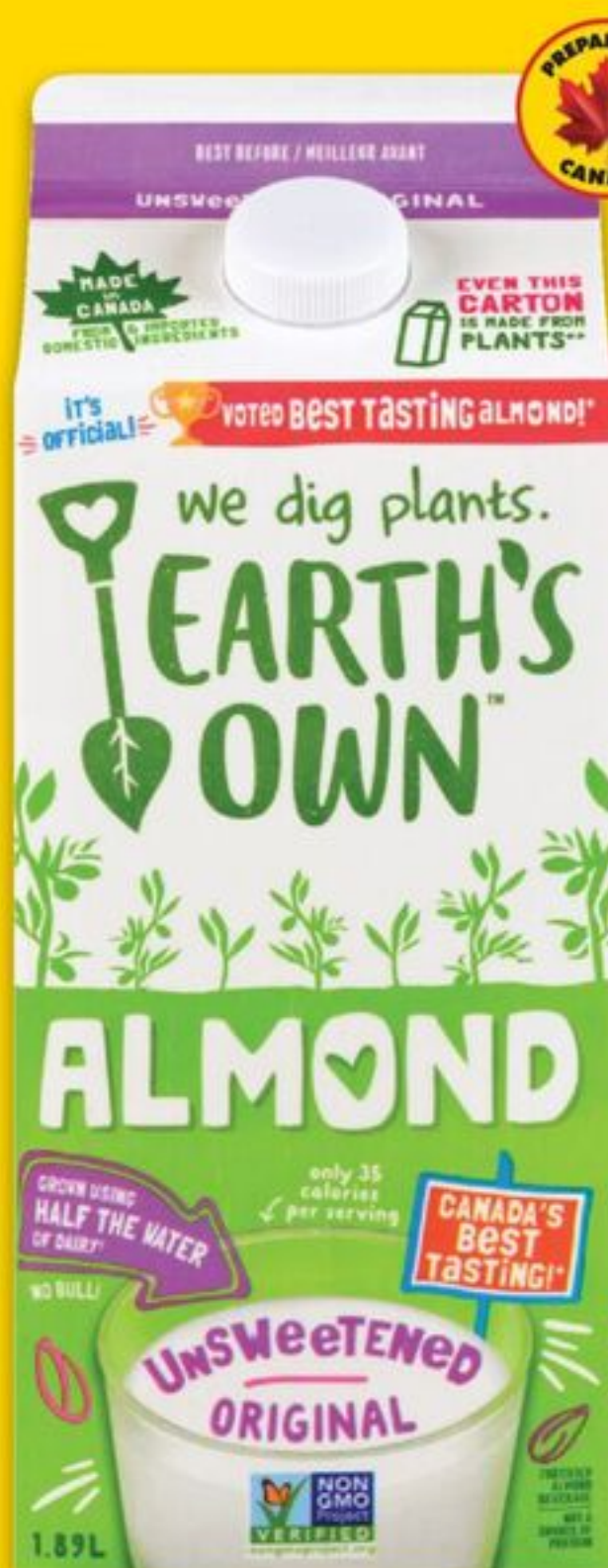
**LILYDALE SLICED DELI MEAT**  
selected varieties, 400/500 g  
viandes tranchées  
21675636 EA



**NEW  
LOWER  
PRICES**

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

**SCHNEIDERS BREAKFAST SANDWICH or EGG BITES**  
selected varieties, frozen  
204-288 g  
sandwich déjeuner ou bouchées aux œufs  
21623288 EA/21623323 EA



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

**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



**\$5**

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



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

**FRUTÉE ICE CREAM**  
selected varieties, frozen  
270 ml  
crème glacée  
21701523 EA

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

**PC® FROZEN FRUIT**  
selected varieties  
300-600 g  
fruits surgelés  
20312227 EA



**\$5**

**MARS CHOCOLATE POUCH**  
selected varieties  
155-170 g  
chocolat  
21571767 EA/21571768 EA



**\$3**

**TWIZZLERS CANDY PACK or JOLLY RANCHER ROPE** 283 g  
selected varieties  
friandises  
20022328004 EA



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

**SAMYANG NOODLES**  
selected varieties  
650 g  
nouilles  
21412584 EA/21450283 EA



**\$5**

**PAM COOKING SPRAY**  
selected varieties  
141/170 g  
vaporisateur à cuisson  
20178204001 EA

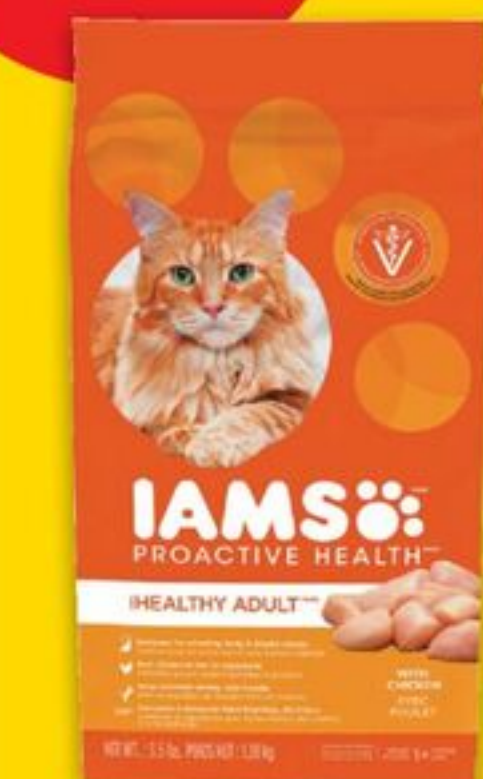


**\$6**

**NESTLÉ CARNATION HOT CHOCOLATE MIX**  
selected varieties  
400/450 g  
mélange à chocolat chaud  
21397690 EA



**\$12**



**IAMS DRY CAT FOOD**  
selected varieties  
1.36/1.59 kg  
nourriture sèche pour chats  
21027353 EA

**3<sup>75</sup>**

**NO NAME® DISINFECTANT WIPES**  
selected varieties  
75's  
lingettes désinfectantes  
21366780 EA



**1<sup>50</sup>**



**LIPTON or KNORR SOUP MIX**  
selected varieties  
40-145 g  
mélange à soupe  
20297314001 EA/20308188001 EA

**\$7**



**PC® BATHROOM TISSUE** 12=24 rolls  
or **FACIAL TISSUE** 6x126 sheets  
papier hygiénique ou mouchoirs  
20181283 EA/21430718 EA

# PET ESSENTIALS AT LOW PRICES

**.90**

**FANCY FEAST** 85 g or  
**FRISKIES** 156 g  
**WET CAT FOOD**  
selected varieties  
nourriture humide pour chats  
20319657006 EA/20348687001 EA



**150**

**CESAR WET DOG FOOD**  
selected varieties  
100 g  
nourriture humide pour chiens  
20323206007 EA

**750**

**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

**\$10**

**DENTASTIX DOG TREATS**  
selected varieties  
504 g-1.9 kg  
gâteries pour chiens  
21081180 EA



**\$13**

**PURINA ONE**  
**DRY CAT FOOD**  
selected varieties  
1.45-1.8 kg  
nourriture sèche pour chats  
21096817 EA



**1250**

**TIDY CATS**  
**CAT LITTER**  
selected varieties  
2.72 kg  
litière pour chats  
21237896 EA



**\$29**

**PURINA ONE DRY DOG FOOD** 6-7 kg  
or **TIDY CATS CAT LITTER** 7.71 kg  
selected varieties  
nourriture sèche pour chiens ou litière pour chats  
20913423, C01/20923514, C01



**\$3**

**PC® NUTRITION**  
**FIRST® WET DOG FOOD**  
selected varieties  
374 g  
nourriture humide pour chiens  
21359232 EA



**\$30**

**PC® NUTRITION**  
**FIRST® DRY DOG FOOD**  
selected varieties  
7 kg  
nourriture sèche pour chiens  
21304726 EA



**119**

**PC® NUTRITION FIRST®**  
**WET CAT FOOD**  
selected varieties  
85 g  
nourriture humide pour chats  
21618582 EA



**1450**

**PC® NUTRITION**  
**FIRST® CAT FOOD**  
selected varieties  
2 kg  
nourriture pour chats  
21303029 EA



# BIG EASTER DEALS!

3<sup>50</sup>



**CADBURY CRÈME EGGS** 3's,  
**LINDOR EGGS** 3's or  
**PEEPS MARSHMALLOWS** 85 g  
friandises  
21485296\_EA

6<sup>50</sup>



**CADBURY MINI EGGS** 154-200 g,  
**NESTLÉ POUCHES** or  
**NOVELTIES** 85-153 g  
selected varieties  
mini-œufs ou sachets ou friandises  
20073462\_EA

6<sup>50</sup>



**KINDER BAGGED  
CHOCOLATE** 104-184 g or  
**CARNBY SWEET MILK  
CHOCOLATE BUNNY** 350 g  
selected varieties  
chocolat ou lapin en chocolat  
20531650\_EA/21485295\_EA

\$8



**LINDT GOLD BUNNY**  
selected varieties  
5's/100 g  
lapin en chocolat  
20046002\_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](http://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](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 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](http://nonamemobile.ca) for full details.

## **MORE WAYS TO SAVE**



Enjoy these price  
drops for longer.



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



Count on low  
everyday prices.



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

**The  NOFRILLS® thing to do.**

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

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ONL NFO MKT