



BIG EASTER DEALS!

ONLY

3⁹⁹



PINEAPPLE
product of
Costa Rica
each
ananas sans
couronne
20119813001_EA

SAVE 41%

.99^{LB}



**SWEET
POTATOES**
product of Canada
or U.S.A.
patates douces
2.18/kg
20127708001_KG

ONLY

2⁴⁹



3 LB BAG

**FARMER'S MARKET™
CARROTS**
product of Canada,
U.S.A. or Mexico, no. 1 grade or
YELLOW ONIONS
product of Canada,
Canada no. 1 grade
carottes ou oignons jaunes
20600927001_EA/20811994001_EA



SAVE 27%

1²⁹



RED MANGOES
product of Mexico
mangues rouges
20059635001_EA



Optimum™

App exclusive offer



Earn

200

(pts)

For every \$1* spent
on root vegetables

That's

20%
back

légumes racines

21247300001_EA/20600927001_EA

21004355001_EA/20127708001_EA/20164563001_EA

20168304001_EA/20325274001_EA/20307900001_EA

NOFRILLS®

FLYER PRICES EFFECTIVE THURSDAY, MARCH 26 TO WEDNESDAY, APRIL 01, 2026.

BIG EASTER DEALS!



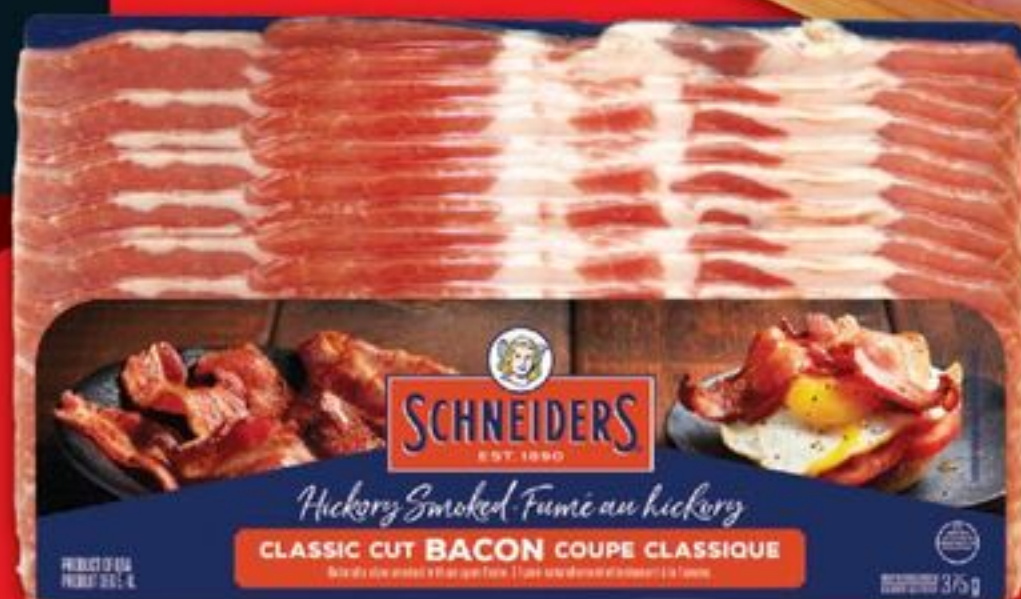
ONLY

5⁹⁹
LB

BONELESS, SKINLESS CHICKEN BREAST
fresh
poitrine de poulet sans
peau désossée
13.21/kg
20654124_KG/21636240_KG

ONLY

\$5



SCHNEIDERS
or **MAPLE LEAF BACON**
selected varieties, 100/375 g
bacon
20772671_EA

SAVE 29%

2⁷⁵

SAVE 33%

\$2



SCHNEIDERS LUNCHMATE
LUNCH KITS or
STACKERS
selected varieties,
75-120 g
trousses-repas
21310034_EA

SAVE 26%

10⁹⁹
LB



ATLANTIC SALMON FILLET
fresh
filet de saumon
24.23/kg
20339767_KG



LAY'S POTATO CHIPS
selected varieties
177-235 g
croustilles
21241032_EA/21663082_EA

SAVE 25%

\$3



OCEAN SPRAY CRANBERRY COCKTAIL or
MOTT'S CLAMATO
selected varieties, 1.89 L
cocktail de canneberge ou jus de palourdes
20300006008_EA/20318953002_EA

SAVE 50%

\$1



HEINZ BEANS
or **PASTA**
selected varieties
398 mL
fèves ou pâtes
20040380003_EA/20177278001_EA

ONLY

3⁵⁰



CREAM
selected varieties
brand and size varies by region
473 mL-1 L
crème
20174729001_EA

SAVE UP TO 33%

\$1



NEILSON MILKSHAKE
or **MILK2GO** 310 mL or
YOP DRINKABLE YOGURT 200 mL
selected varieties
lait frappé ou yogourt à boire
21040942_EA/21478178_EA

SAVE 50%

\$1



CLOVER LEAF LIGHT TUNA 170 g or
OCEAN'S FLAVOURED TUNA 85 g
selected varieties
thon pâle ou thon aromatisé
20573583_EA

Optimum™

\$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

App exclusive offer

\$6



NO NAME® CHICKEN STRIPS,
NUGGETS or BURGERS
selected varieties, frozen,
908 g
lanières ou pépites ou
burgers de poulet
21178761_EA

SAVE UP TO 52%

\$4



CADBURY MINI EGGS 154-200 g,
NESTLÉ POUCHES or **NOVELTIES** 85 g-153 g,
ROCHER HALLOW BUNNY or
FERRERO EGGS 90-100 g or
PC® MILK CHOCOLATE BUNNY 100 g
œufs en chocolat
20073462_EA/21628045_EA

SAVE UP TO 27%

12⁹⁹



DAAWAT BASMATI RICE 4 kg,
MR. GOUDAS PARBOILED or
WHITE RICE 8 kg
riz
20896606_EA/21606990_EA

PRICE DROP

4⁹⁹



ATLANTIC BUTTER
selected varieties, 454 g
beurre
20066904_EA

4⁹⁹



ARMSTRONG or **PC®**
SHREDDED CHEESE 250-320 g or
selected varieties
fromage râpé ou fromage
21286240_EA

4²⁵



GRADE A LARGE WHITE EGGS
12's
gros œufs blancs
20812144001_EA

1²⁵



ALLEN'S FRUIT COCKTAIL
selected varieties, 1 L
cocktail de fruit
20307424001_EA/21630125_EA

FLYER PRICES EFFECTIVE IN ATLANTIC CANADA STORES ONLY.

nofrills.ca

01 NFA

DELI DEALS

SAVE UP TO 23%

\$5

BOURSIN CHEESE
selected varieties
150 g
fromage

20116794_EA

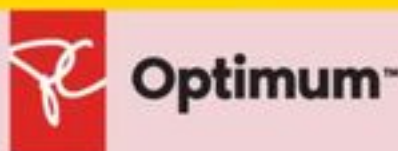


SAVE UP TO 35%

\$5

**ZIGGY'S®
PEPPERONI STICKS 300 g
or MARCANGELO SLICED
DELI MEAT 85 g**
selected varieties
pepperoni ou
charcuteries tranchées

21665209_EA/21706089_EA



App exclusive offer

\$3

Earn
500
pts

That's
50¢
value

**ZIGGY'S®
FRESH PASTA**
selected varieties
350/360 g
pâtes fraîches

21521168_EA



\$4

Earn
1,000
pts

That's
\$1
value

**SNACK FACTORY®
PRETZEL CRISPS**
selected varieties
200 g
bretzels

20948940_EA



BIG EASTER DEALS!

\$20

MIXED BOUQUET
in seasonal colours
bouquet varié

21663870_EA



\$10

EASTER LILY

6 inch
lis de Pâques

20094291_EA



\$5

TULIPS

5 stems
tulipes

21177073_EA



MAY NOT BE AVAILABLE AT ALL LOCATIONS
WHILE QUANTITIES LAST

ONL NFA FLAP 1

FRESH AT LOW PRICES

3⁹⁹



6 OZ CLAMSHELL

3⁹⁹
LB

BLACKBERRIES
product of Mexico or U.S.A. or
RASPBERRIES
product of Mexico or U.S.A., no. 1 grade
mûres ou framboises

20128938001_EA/20051015001_EA

GREEN SEEDLESS GRAPES
product of Chile, South Africa or
Peru, no. 1 grade or **RED**
SEEDLESS GRAPES product of
South Africa or Chile, no. 1 grade
raisins sans pépins

8.80/kg
20425775001_KG/20159199001_KG

4⁹⁹



PKG OF 5

PKG OF 6

283 G

2⁹⁹
EA/LB

CANTALOUPE product of Guatemala,
Honduras, or Brazil, no. 1 grade,
STRAWBERRIES product of Mexico or
U.S.A., no. 1 grade or **AVOCADOS**
product of Mexico, Peru or Colombia
cantaloup, fraises ou avocats

20167017001_EA/21644936001_EA/20049778001_EA

FARMER'S MARKET™ GRAPE TOMATOES each,
product of Canada or Mexico, **FARMER'S MARKET™**
MINI CUCUMBERS each, product of Canada, Canada
no. 1 grade or **TOMATOES ON THE VINE** 6.59/kg
tomates raisins ou mini-concombres ou tomates sur vigne

21367888001_EA/20737570001_EA



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

4⁹⁹



10 LB BAG

RED, YELLOW or RUSSET POTATOES
product of Canada, Canada no. 1 grade
pommes de terre rouges, jaunes ou Russet

20601013001_EA/20601020001_EA

1⁶⁹



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

20070132001_EA

5⁹⁹



PKG OF 3

ROMAINE HEARTS
product of U.S.A.
cœurs de romaine

20067389001_EA

3⁹⁹



680 G

**PC® LITTLE GEMS™ RED, YELLOW
or MIXED MINI POTATOES**
product of Morocco or Spain
mini-pommes de terre

21247301001_EA/21247300001_EA

7⁹⁹



**4 LB
BAG**

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

20054025001_EA

4⁹⁹



**4 LB
BAG**

**FARMER'S MARKET™
AMBROSIA or MCINTOSH APPLES**
product of Atlantic Provinces, Canada
fancy grade
pommes

21307212001_EA/20713211001_EA

5⁹⁹



**3 LB
BAG**

FARMER'S MARKET™ ORANGES
product of Morocco or Spain
oranges

20162945001_EA

\$5⁰⁰
LB



**PORK COMBO
CHOPS**
bone-in, fresh
côtelettes de porc
11.02/kg

21073172_KG

\$13⁰⁰



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

21045309_EA

\$9⁰⁰



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

21100091_EA

\$10⁰⁰



PC® CREAM PIES
selected varieties,
frozen
730 g
tartes à la crème

21586299_EA

\$5⁰⁰



PC® GOAT CHEESE
selected varieties
140 g
fromage de chèvre

20000584_EA

3⁵⁰



**ZIGGY'S® SLICED
DELI MEAT**
selected varieties
175 g
charcuteries tranchées

21592461_EA/21599921_EA

3⁵⁰



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

21178571_EA/21178642_EA

\$6⁰⁰

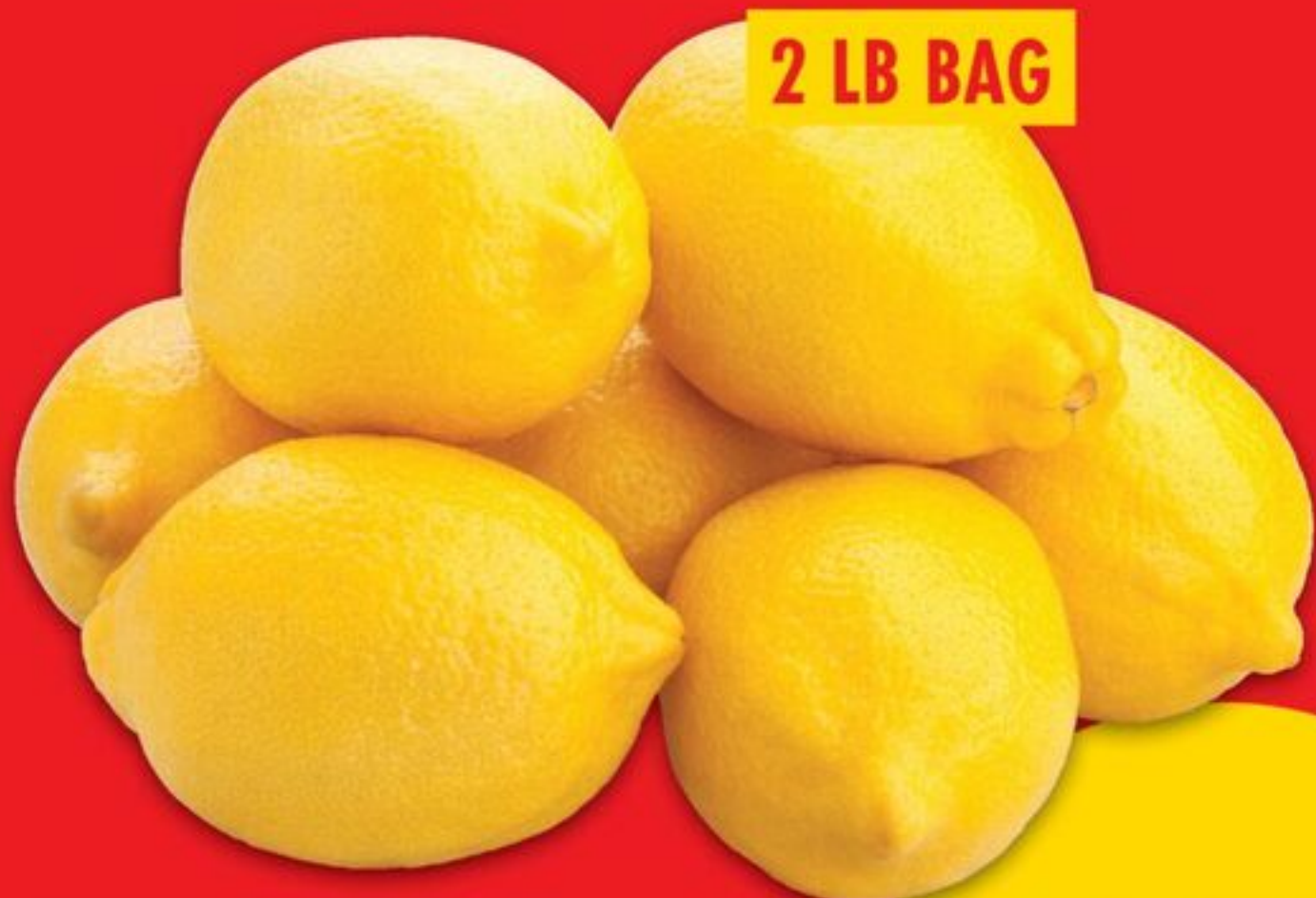


ACE BAKERY ROLLS
selected varieties
640-800 g
petits pains

21596323_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.

BIG EASTER DEALS!



2 LB BAG

\$5

**WATERVIEW
MARKET CRISPY
CALAMARI**
uncooked, frozen
300 g
calmars croustillants
21454797_EA



4⁹⁹

**FARMER'S MARKET™
LEMONS**
product of U.S.A.
citrons
20795315001_EA

\$7

**SEAQUEST® COLOSSAL
RAW WHITE SHRIMP**
16-20/lb, frozen
300 g
crevettes
21043887_EA



\$9

**SEAQUEST® WILD PINK
SALMON FILLETS**
frozen
700 g
filets de saumon rose sauvage
21592064_EA



\$16

**ATLANTIC SALMON
FILLET**
405 g
filet de saumon de l'Atlantique
21634491_EA

\$5

BASA FILLET
previously frozen, 300 g
filets de pangasius
21634501_EA



\$6

SEAQUEST® SHRIMP RING
frozen
227 g
couronne de crevettes
20080289_EA



\$4

**AURORA ITALIAN
STYLE BREAD
CRUMBS**
680 g
chapelure
20184061_EA



6⁵⁰

**CLUB HOUSE
DILL WEED**
50 g
aneth
20139519_EA



2⁵⁰

PC® MUSTARD
selected varieties
325 mL
moutardes
20050452001_EA



3¹⁹

PC® SEAFOOD SAUCE
selected varieties, 250 mL
sauce pour fruits de mer
20023348002_EA



\$4

PC® TARTAR SAUCE
250 mL
sauce tartare
20011012_EA



2⁵⁰

NO NAME® LIME JUICE
445 mL or **LEMON JUICE** 946 mL
selected varieties
jus de lime ou jus de citron
20971992_EA



\$2



MCCAIN RED BAG FRIES
selected varieties, frozen
800 g
frites
21521219_EA

BRANDS YOU LOVE AT LOW PRICES

6⁵⁰

LIBERTÉ GREEK
650/750 g or
YOPLAIT
SOURCE 16x100 g
YOGURT
selected varieties
yogourt
20317317001_EA/
20642273_EA



4⁷⁹

CRACKER BARREL
NATURAL CHEESE
SLICES
selected varieties
200-240 g
tranches de fromage
naturel
21290705_EA

9⁹⁹

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



\$5

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



\$5

PC® ASIAN ENTRÉES
or **SOUPS**
selected varieties, frozen
280-400 g
plats cuisinés asiatiques
ou soupes
21546625_EA/21565869_EA

\$3

POST CEREAL
selected varieties
283-525 g
céréales
20299648_EA/21427214_EA



2⁷⁹

FRUITOPIA, PEACE
TEA or FRUITE
BEVERAGES
selected varieties,
refrigerated
1.54/1.75 L
boissons
20347440002_EA/21595777_EA



\$4

TOSTITOS
215-295 g or
DORITOS
210/235 g
TORTILLA CHIPS
selected varieties
croustilles
21050575_EA/21693042_EA



1⁵⁰

CAMPBELL'S
BROTH
selected varieties
250/900 mL
bouillon
20322348001_EA/21347245_EA



6²⁹

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



3⁵⁰

PEARL MILLING COMPANY
PANCAKE MIX 905 g or
ORIGINAL SYRUP 710 mL
selected varieties
mélange à crêpes ou sirop
21384609_EA/21391619_EA



2⁵⁰

QUAKER CRISPY
MINIS
selected varieties
100-199 g
mini-galette de riz
20163708002_EA/20303002001_EA



\$3

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



3⁹⁹

FRANK'S RED
HOT SAUCE
selected varieties
354 mL
sauce piquante
20187632001_EA



4⁹⁹

BICK'S PICKLES
selected varieties
1 L
cornichons
21668833_EA



.79

FRANCO AMERICAN
GRAVY
selected varieties
284 mL
sauce brune
20063534_EA



1⁵⁷

OCEAN SPRAY
CRANBERRY
SAUCE
selected varieties
348 mL
sauce aux
canneberges
20022893001_EA



Optimum®

Member Price
\$7⁵⁰

Non-Members
\$8

PC® CHOCOLATE COVERED FRUITS, NUTS
250-400 g or
CHOCOLATE BAR 300 g
selected varieties
fruits ou noix
enrobés de
chocolat ou barre
de chocolat
20000356_EA/
20307295_EA

50¢

\$4

PC® 100% JUICE BOXES
selected varieties, 8x200 mL
jus en boîte
21718742_EA



1⁶⁹

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



7⁹⁹

MAXWELL HOUSE or NABOB
TASSIMO COFFEE DISCS
selected varieties, 8-16's
capsules de café
20026934001_EA



\$3

PLASTIC EASTER EGGS
œufs de Pâques en
plastique
21668702_EA



\$3

OVAL EASTER
BASKET
panier de
Pâques
ovale
21668634_EA



\$8

PC® CHARITY BUNNY
lapin
21687563_EA/21687564_EA



UP TO 20%
OFF



NO NAME® FOILWARE
selected varieties and sizes
articles en aluminium
20861912_EA/20870356_EA

BIG EASTER DEALS!



3⁴⁹

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

\$3



**NO NAME®
PROCESSED CHEESE
SLICES**
selected varieties, 400 g
tranches de fromage fondu
21220993_EA

\$4



SIMPLY DRINKS or LEMONADE
selected varieties, refrigerated, 1.54 L
boissons ou limonade
21170784_EA/21170793_EA

2⁹⁹



**IMPERIAL MARGARINE 427 g or
BECEL PLANT BASED BRICKS 454 g**
selected varieties
margarine ou briques à base de plantes
20152424_EA

\$9



PC® BLACK LABEL PIZZA
selected varieties, frozen,
370-440 g
pizza
21531415_EA

10⁹⁹



**MAZOLA
CORN OIL**
2.84 L
huile de maïs
20015260_EA

3⁵⁰



**PC® VEGETABLES 300-750 g or
CATCH OF THE DAY FISH
FILLETS 350 g**
selected varieties, frozen
légumes ou filets de poisson
20318915_EA/21020919_EA

2⁵⁰



**TOWNHOUSE 247-391 g or CHEEZ IT
SNAP'D CRACKERS 213 g**
selected varieties
craquelins
21107403_EA/21451181_EA

2⁷⁵



**PC® KETTLE COOKED, LOADS OF,
or WORLD OF FLAVOURS
POTATO CHIPS**
selected varieties, 200 g
croustilles
20840911002_EA/21422931_EA

2⁵⁵



NO NAME® MARSHMALLOWS
selected varieties, 400 g
guimauves
20304672001_EA/20304672002_EA

\$5



**QUAKER BAKING MIXES
or OAT FLOUR**
selected varieties
700/900 g
mélanges à pâtisserie ou farine d'avoine
20301064001_EA/20301064004_EA

1²⁹



**STOVE TOP
STUFFING**
selected varieties
120 g
farce
20310307001_EA

\$6



MINUTE RICE
selected varieties
1.2/1.4 kg
riz
20074783001_EA

\$2



GLAD CLING WRAP
30 m
pellicule plastique
20003818_EA

5⁵⁰



NO NAME® NAPKINS
Club Size
500's
serviettes
20306897_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

13⁹⁹



**COCA-COLA or PEPSI
SOFT DRINKS**
selected varieties, 24x355 mL
boissons gazeuses
20306687002_C24/20308197001_C24

3⁵⁰



NO NAME® BLEACH
selected varieties
2.4 L
eau de Javel
21486532_EA

.80



**WHISKAS
WET CAT
FOOD POUCH**
selected varieties
85 g
sachet de
nourriture humide
pour chats
21659470_EA

.90



**PEDIGREE
WET DOG
FOOD POUCH**
selected varieties
100 g
sachet de
nourriture humide
pour chiens
21659566_EA

\$9⁷⁵



**CALEDON
FARMS
DOG
TREATS**
selected
varieties
110-550 g
gâteries pour
chiens
21659337_EA



Earn
10,000
pts
For every \$20*
spent on

That's
\$10
value



**HERSHEY'S EASTER
CHOCOLATE/CANDY**
selected varieties
34-900 g
chocolat ou bonbons
20268183001_EA/20526640_EA

Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family requirements. See in-store for details. We are not obligated to sell items based on errors or misprints in typography or photography. All savings claims (i.e. "Save", "Was", "1/2 Price", etc.) are in comparison to our own regular prices. Regular pricing and savings on items shown may vary by store location. Applicable taxes, fees, deposits, recycling or environmental surcharges are extra. Coupons must be presented and redeemed at time of purchase. *PC Optimum™: Scan your PC Optimum™ app or swipe your card to get Members Pricing or points. See instore for details. **Must be a registered PC Optimum™ member to get this offer.



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

nofrills.ca



this product contains
post consumer recycled
paper



MARCH

**HIT
OF THE
MONTH**

\$1⁷⁵



Made in Canada

Quaker Chewy Granola Bars

Selected varieties, 120 g

Limit: 6, over limit retail \$2.50

21359366_EA/21359369_EA

454 G

\$4⁷⁵



Prepared in Canada

PC® Dips

Selected varieties, 454 g

Limit: 6, over limit retail \$6.00

20584098_EA

\$3³³



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.

**NEW
LOWER
PRICES**



5⁵⁰

TRE STELLE TUBS
selected varieties
200-475 g
contenants de fromage
20318663_EA

2⁵⁰



HOSTESS SNACK CAKES
selected varieties
202-231 g
petits gâteaux
21283752_EA



3⁵⁰



LEAN GROUND PORK
fresh
450 g
porc haché maigre
21646160_EA



\$5

**MARCANGELO SLICED
CHARCUTERIE**
selected varieties, 85 g
charcuteries tranchées
21706089_EA/21706090_EA

\$5



**MAPLE LEAF READY CRISP BACON or
FULLY COOKED BREAKFAST SAUSAGES**
selected varieties, 65/300 g
bacon ou saucisses à déjeuner entièrement cuites
20164959_EA/21094887_EA

\$9



PC® BUTTERFLIED SHRIMP
selected varieties, 400 g
crevettes en papillon
20080117_EA

\$3



NO NAME® WHIPPED TOPPING
225 g
garniture fouettée
20017493_EA

4²⁵



**OASIS HEALTH-BREAK or
SMOOTHIES**
selected varieties, refrigerated
1.6 L
boissons fouettées
21529899_EA/21529910_EA

3⁹⁹



**PHILADELPHIA CREAM
CHEESE PRODUCT**
selected varieties, 227/250 g
produit de fromage à la crème
20641267_EA/20866924010_EA

\$5



**AMOOZA! TWISTS
CHEESE SNACKS**
selected varieties, 228 g
collations au fromage
21403314_EA

3⁵⁰



OIKOS GREEK YOGURT
selected varieties, 4x100 g
yogourt grec
20419715001_EA/20419715004_EA

6⁵⁰



EARTH'S OWN CREAMER
selected varieties, refrigerated
946 mL
colorant à café
21576699_EA/21576791_EA

\$4



PC® ORGANICS VEGETABLES
selected varieties, frozen, 500 g
légumes
20416869001_EA/20416869002_EA

\$7



CARBONAUT BREAD
selected varieties, 544/550 g
pain
21446964_EA

\$3



**PILLSBURY POPS 380 g,
SCRAMBLES 204 g or
TOASTER STRUDEL 326 g**
selected varieties, frozen
pizza ou pâtisserie
20172664001_EA/21436023_EA

**NEW
LOWER
PRICES**



\$5

**BEN & JERRY'S
ICE CREAM 473 mL
or MAGNUM
NOVELTIES 3's**
selected varieties,
frozen
crème glacée ou
friandises glacées
20950739_EA/21428403_EA

\$5

5.50

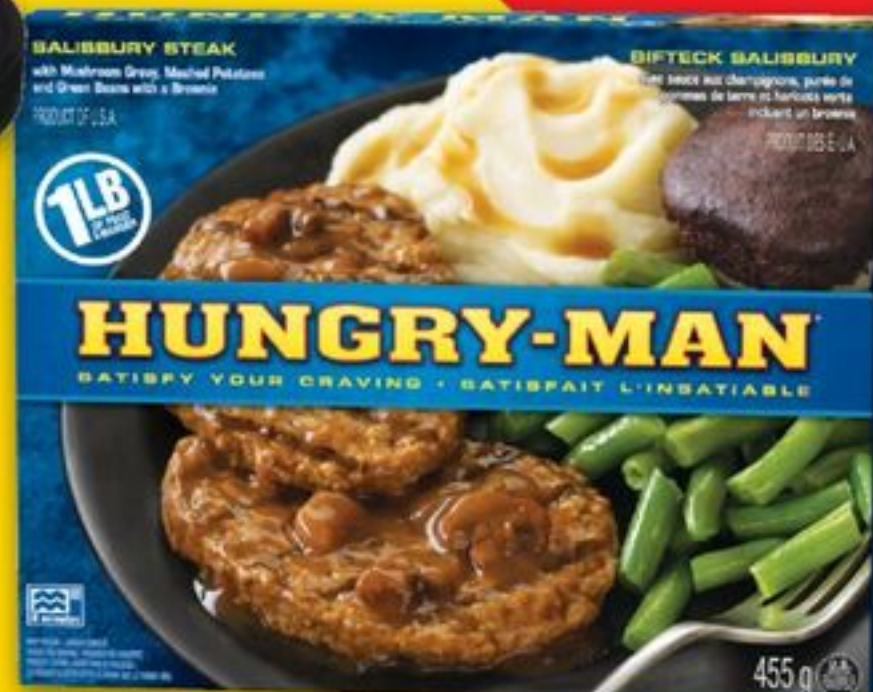
4.50



EGGO WAFFLES 16's or PROTEIN 8's
selected varieties, frozen
gaufres
20099730004_EA/21639330_EA



CHAPMAN'S PREMIUM ICE CREAM
selected varieties, frozen, 2 L
crème glacée
20323573001_EA



**HUNGRY-MAN
DINNER ENTREES**
selected varieties
frozen, 360-455 g
plats cuisinés
20296014002_EA

\$5



**ROYALE BATHROOM TISSUE
8=16 ROLLS or ROYALE FACIAL
TISSUE 6x100 SHEETS**
selected varieties
papier hygiénique ou mouchoirs
20702419_EA/21378574_EA

4.50



NANAK PANEER
341 g
paneer
21286158_EA

8.50



BRAR'S BBQ VEGGIE BURGER
690 g
burgers végété
21636401_EA

2.75



**NESTLÉ KIT KAT or AERO
CHOCOLATE TABLET**
selected varieties, 95-105 g
chocolat
20640580_EA/21648521_EA

\$3



**GOGO SQUEEZ FRUIT
SAUCE POUCHES**
selected varieties, 4x90 g
sachets de sauce aux fruits
20322697002_EA

3.77



OLD EL PASO DINNER KIT
selected varieties, 250-510 g
trousses à taco
20795534_EA/20795536_EA

1.75



KNORR SIDEKICKS
selected varieties, 120-162 g
pâtes
20321430007_EA/20321430011_EA

2.25



CAMPBELL'S CHUNKY SOUP
selected varieties, 515 mL
soupe
21480447_EA

\$5



**MAXWELL HOUSE
INSTANT COFFEE**
selected varieties, 150 g
café instantané
21026608_EA

\$13



**PUREX 4.08-4.43 L or SUNLIGHT 4 L
LIQUID LAUNDRY DETERGENT,
SNUGGLE FABRIC SOFTENER**
2.77 L or DRYER SHEETS 200's
selected varieties
détergent ou assouplissant ou feuilles
pour sècheuse
20083525001_EA/21427038_EA

4.50



**WINDEX GLASS CLEANER 765 mL,
SCRUBBING BUBBLES 946/950 mL
or FANTASTIK 650 mL**
nettoyant
20125323001_EA/21666832_EA

2.50



**TEMPTATIONS PURRRES 48 g or
SPOONS 40 g CAT TREATS**
selected varieties
gâteries pour chats
21479803_EA/21585483_EA

\$6



**HUY FONG
SRIRACHA
SAUCE**
714 mL
sauce sriracha
20074956_EA

\$3



HARDBITE POTATO CHIPS
selected varieties, 128/150 g
croustilles
20370855001_EA/21157616_EA

\$7



BILLY BEE HONEY
500 g
miel
20724504_EA

\$5



BONNE MAMAN JAM
selected varieties, 250 mL
confiture
20307313001_EA/20307313006_EA

GLOBAL FOODS AT LOW PRICES

2⁹⁹
LB

LONG EGGPLANT
product of Mexico
aubergine longue
6.59/kg
20159013001_KG



3⁹⁹
LB

OKRA
product of U.S.A.
gombo
8.80/kg
20091263001_KG



1⁹⁹
LB

BABY BOK CHOY or SHANGHAI BOK CHOY
product of Mexico or U.S.A.
petit pak-choi ou pak-choi Shanghai
4.39/kg
20082279001_KG/20032454001_KG



1⁹⁹
LB

OPO SQUASH
product of Honduras, Mexico or Dominican Republic
courge opo
4.39/kg
20142055001_KG



3⁸⁸
LB

UTILITY DUCK
frozen
canard
8.55/kg
20143586_KG



5⁹⁹
LB

ST. LOUIS PORK SIDE RIBS
single pack, fresh
côtes de flanc de porc
13.21/kg
20022784_KG



5⁵⁰

SEAQUEST® SEAFOOD MEDLEY
frozen
340 g
mélange de produits de la mer
21592029_EA



2⁹⁹

CRISPY POUND CAKE
selected varieties, 368 g
quatre-quarts
20814080_EA



2²⁹

HANS DAIRY DAHI
selected varieties
750 g
dahi
20092811_EA



4⁵⁰

NANAK PANEER
341 g
paneer
21286158_EA



3⁴⁹

INDOMIE INSTANT NOODLES
selected varieties, 400-425 g
nouilles instantanées
20686719_EA



8⁹⁹

PRANA PARATHA
selected varieties,
frozen, 2.4 kg
paratha
21172364_EA



2⁹⁹

PRAN SAMOSA or SPRING ROLL
selected varieties, frozen, 400 g
samosas ou rouleaux de printemps
21054779_EA/21054846_EA



3⁷⁹

GRACE JERK SEASONING
selected varieties
284 g
assaisonnement
20057089_EA/20693138_EA



5⁹⁹

SURAJ® KIDNEY BEANS, URAD DAL or TOOR DAL 1.8 kg or NANAK DESI GHEE
400 g
haricots ou urad dal ou toor dal ou ghee
20157906_EA/20558870_EA



1⁵⁰

GRACE COCONUT MILK
400 mL or **COCONUT WATER** 500 mL
selected varieties
lait de noix de coco ou eau de noix de coco
20047774_EA/21027754_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFA ET



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

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® CHOCOLATE
CHIPS**
226-300 g
brisures de chocolat

Earn
750
pts
Until April - 8 - 2026

Optimum™

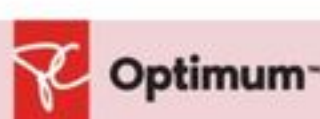


**PC® 3 PLY
FACIAL TISSUES**
mouchoirs

Earn
1,000
pts
Until April - 8 - 2026

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Earn
500
pts

Until April - 8 - 2026

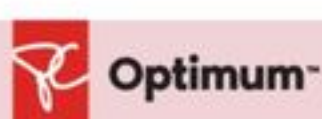
**NO NAME®
GARLIC TOAST**
16's
toast à l'ail



Earn
1,000
pts

Until April - 8 - 2026

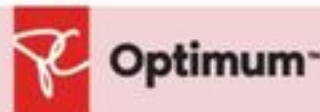
**NO NAME® POTATO AND
CHEDDAR PEROGIES**
2 kg
perogies



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

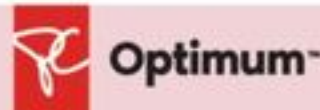
**NO NAME®
CHOCOLATE
BARS**
100 g
barres de chocolat



Earn
250
pts

Until April - 8 - 2026

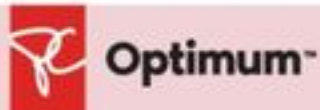
**PC® SUPER
SOFT
BATHROOM
TISSUE**
papier hygiénique



Earn
5,000
pts

Until April - 8 - 2026

**PC® LAMB, BROWN
RICE & PEÄ 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



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

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. We reserve the right to cancel or change the terms of this offer at any time without notice.

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ONL NFA MKT