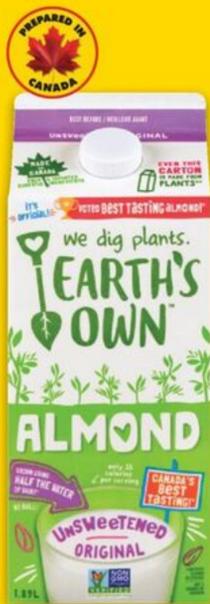


**NEW  
LOWER  
PRICES**

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

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



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

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



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

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



**\$5**

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



# NOFRILLS<sup>®</sup> YES SAVINGS

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

SAVE UP TO 50%

5.96

**JANES PUB STYLE CHICKEN STRIPS, NUGGETS, BURGERS, FRIES or POPCORN CHICKEN**  
selected varieties, frozen  
700 g  
21191828 EA



ONLY

2.49  
LB

**PORK HALF LOIN**  
boneless, fresh  
5.49/kg  
20554787 KG

WHILE QUANTITIES LAST

SAVE 23%

SAVE 23%

\$5

**NO NAME<sup>®</sup> BACON**  
selected varieties  
500 g  
20156771 EA



**AUSTRALIAN LEAN GROUND LAMB**  
2x350 g  
21682482 EA

\$13

SAVE 30%



PKG OF 5 OR 6

3.49

**AVOCADOS**  
product of Mexico, Peru or Colombia  
21644936001 EA

SAVE 41%

4.99

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



ONLY

2.97

**iÖGO 650 g, iÖGO NANO BUBBLES or LIBERTÉ 4x100 g YOGURT**  
selected varieties  
20801752003 EA/21719941 EA



ONLY

2.77  
LB

**GREEN SEEDLESS GRAPES** product of Chile, no. 1 grade or **RED SEEDLESS GRAPES** product of South Africa or Chile, no. 1 grade  
6.11/kg  
20425775001 KG/20159199001 KG



SAVE 55%

\$4

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



SAVE UP TO 33%

\$3

**GREEN GIANT VEGETABLES** 283-750 g, **MCCAIN SUPERFRIES, SPECIALTY FRIES** 454-800 g  
selected varieties, frozen  
20324228002 EA/21022355 EA



SAVE 25%

\$3

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



SAVE 25%

2.99

**ROOSTER<sup>®</sup> SCENTED JASMINE RICE**  
18.1 kg  
20157222 EA



PRICE DROP

4.99

**ARMSTRONG or PC<sup>®</sup> SHREDDED CHEESE** 250-320 g or **ARMSTRONG CHEESE** 400 g  
selected varieties  
21286240 EA/21346749 EA



1.25

**ALLEN'S FRUIT COCKTAIL**  
selected varieties  
1 L  
20307424001 EA/21630123 EA



1.50

**CAMPBELL'S BROTH**  
selected varieties  
250/900 mL  
20322348001 EA/21347245 EA



FLYER PRICES EFFECTIVE IN WESTERN CANADA OR NORTHERN ONTARIO STORES ONLY, INCLUDING GERALDTON, DRYDEN, KENORA & THUNDER BAY.

[nofrills.ca](http://nofrills.ca)

01 NW

# FRESH AT LOW PRICES

**4.99**

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

**1 LB CLAMSHELL**

**6 OZ CLAMSHELL**

**3.99**

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

**5.99**

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

**PKG OF 3**

**1.99**  
EA/LB

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



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

**5.99**



**PKG OF 11**

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

**5.99**



**10 LB BAG**

**RUSSET POTATOES** product of Canada,  
Canada no. 1 grade or **YELLOW ONIONS**  
product of Canada or U.S.A., no. 1 grade  
20661020001 EA/20660991001 EA

**3.99**  
LB



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

**3.99**



**PKG OF 4**

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

**4.99**



**5 LB BAG**

**CAULIFLOWER** product of Mexico or U.S.A., no. 1 grade or  
**FARMER'S MARKET™ CARROTS**  
product of Canada or U.S.A., no. 1 grade  
20135377001 EA/206609928001 EA

**4.99**



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

**4.99**



**292-383 G**

**EAT SMART** or  
**TAYLOR FARMS**  
**CHOP SALAD KIT**  
selected varieties, product of U.S.A.  
20647118 EA/21703561 EA

**5.99**



**600 G**

**FARMER'S MARKET™ KIWI**  
product of Greece  
21376167001 EA

**1.99**  
LB



**SWEET POTATOES**  
product of Canada  
4.39/kg  
20127708001 KG



**3.99**



**680 G**

**PC® LITTLE GEMS™ RED, YELLOW**  
or **MIXED MINI POTATOES**  
product of Canada, Canada no. 1 grade  
21247301001 EA/21247300001 EA

**3.99**



**454 G**

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

**6.99**



**5 LB BAG**

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

**6.99**



**3 LB BAG**

**PC® MANDARINS**  
product of U.S.A.  
2084961001 EA

**PRICE DROP**

**.99**  
LB

**GREEN CABBAGE**  
product of Canada,  
Canada no. 1 grade  
2.18/kg  
2079034001 KG



**1.50**

**GREEN ONIONS**  
product of Mexico  
20107500001 EA



**\$2**  
LB

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



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

# FRESH AT LOW PRICES

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

**CLUB SIZE**



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

**7<sup>79</sup>**  
LB



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

**4<sup>29</sup>**  
LB

**CLUB SIZE**



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

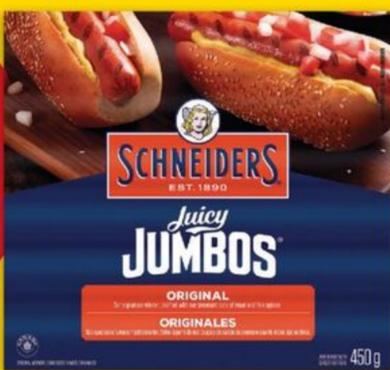
**ALWAYS**

**\$10**



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

**\$6**



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

**7<sup>99</sup>**



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

**\$4<sup>50</sup>**

Earn **1,000** pts  
That's **\$1** value



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

**\$7**



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

**\$7**



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

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

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



**\$12**

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



**\$5**

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



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

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



**2<sup>50</sup>**

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



**\$6**

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



# BRANDS YOU LOVE AT LOW PRICES

SAVE 35%

3<sup>25</sup>



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



ONLY

4<sup>79</sup>



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

SAVE UP TO 30%

3<sup>33</sup>



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



SAVE 43%

1<sup>89</sup>



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

8<sup>25</sup>



**TROPICANA ORANGE JUICE**  
selected varieties, refrigerated  
2.43 L  
20119756001 EA/20119756003 EA

\$4



**PC® DINNER ENTRÉES**  
selected varieties frozen  
212-365 g  
20012252001 EA

5<sup>50</sup>



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

5<sup>50</sup>



**HÄAGEN-DAZS ICE CREAM** 450 mL  
or **NOVELTIES** 3/4's  
selected varieties, frozen  
20302299001 EA/21513347 EA

2<sup>50</sup>



**GOLDFISH CRACKERS**  
selected varieties  
167-227 g  
20300320 EA/20306994003 EA

1<sup>57</sup>



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

1<sup>50</sup>



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

\$3



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

3<sup>25</sup>



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

13<sup>99</sup>



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

1<sup>69</sup>



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

2<sup>50</sup>



**LA MOLISANA STRAINED TOMATOES**  
680 mL  
20016661 EA

\$3



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

5<sup>99</sup>



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

5<sup>79</sup>



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

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

**MARCH**

**HIT  
OF THE  
MONTH**



 **Made in Canada**

**Quaker Chewy Granola Bars**  
Selected varieties, 120 g  
21359366\_EA/21359369\_EA



 **Prepared in Canada**

**PC® Dips**  
Selected varieties, 454 g  
20584098\_EA



**Christie Family Size Crackers**  
Selected varieties, 328-454 g  
20686037\_EA/21189848\_EA

See in-store for retails

**LOWEST PRICES  
BEST DEALS**

As compared to other major grocery retailers within your local trade areas. Offer valid March 1st - 31st, 2026 while quantities last. We reserve the right to limit quantities to reasonable family requirements. See in store for limits. No rainchecks.

# BRANDS YOU LOVE AT LOW PRICES

6<sup>50</sup>



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



3<sup>50</sup>

**DAIRYLAND SOUR CREAM**  
selected varieties  
500 mL  
2027596001 EA

5<sup>99</sup>



**MCCAIN CAKES**  
selected varieties, frozen  
510 g  
20310132002 EA



\$10

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

\$2



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

3<sup>50</sup>



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

\$3



**MOTT'S FRUITSATIONS 6x113 g or GOGO SQUEEZ FRUIT SAUCE 4x99 g**  
selected varieties  
20322697002 EA/20324241001 EA

1<sup>25</sup>



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

3<sup>25</sup>



**REAL CANADIAN NATURAL SPRING WATER**  
24x500 mL  
20154975 C24

\$2



**DOLE PINEAPPLE**  
selected varieties  
398 mL  
20136767003 EA

1<sup>69</sup>



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

2<sup>25</sup>



**CAMPBELL'S READY TO SERVE CHICKEN NOODLE or HABITANT 796 mL SOUP**  
selected varieties  
21479030 EA/21480447 EA

2<sup>50</sup>



**STAGG CHILI**  
selected varieties  
425 g  
20091906 EA

1<sup>79</sup>



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

\$1



**OLD EL PASO SEASONING**  
selected varieties  
24 g  
21049495 EA

15<sup>99</sup>



**COLAVITA OLIVE OIL**  
1 L  
20617955 EA

2<sup>29</sup>



**NO NAME® WHITE VINEGAR**  
Club Size  
4 L  
20102756 EA

3<sup>79</sup>



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

# BRANDS YOU LOVE AT LOW PRICES

**\$3**



**HELUVA GOOD! DIPS**  
selected varieties  
250 g  
20179979002\_EA



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

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

**9<sup>99</sup>**



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



**2<sup>88</sup>**

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

**\$9**



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

**\$8**



**STOK or STARBUCKS COLD BREW COFFEE**  
selected varieties  
1.18/1.42 L  
21203739\_EA/21213530\_EA

**\$3**



**SNYDER'S PRETZELS or PIECES**  
selected varieties  
240 g  
20316022004\_EA

**\$5<sup>50</sup>**



Earn **1,000** pts  
That's **\$1** value

**AMOENZA! TWISTS CHEESE SNACKS**  
selected varieties  
228 g  
21403514\_EA

**4<sup>79</sup>**



**NO NAME® COOKIES**  
selected varieties  
907 g  
20318678001\_EA/20318678002\_EA

**\$6**



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

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



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

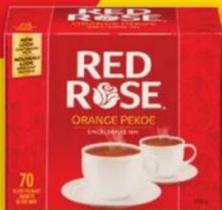
**\$10**



Earn **1,000** pts  
That's **\$1** value

**GENERAL MILLS JUMBO CEREAL**  
selected varieties  
825 g/1.3 kg  
20067990\_EA/21347133\_EA

**5<sup>49</sup>**



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

**12<sup>99</sup>**



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

**\$6**



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

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



**NO NAME® CRACKERS or BREADSTICKS & CHEESE SNACKS**  
selected varieties  
3's  
2088981\_EA

**\$5**



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

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



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

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



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

**\$11**



**CADBURY MINI EGGS**  
400 g  
20081165\_EA

Earn **6,000** pts

For every \$16\* spent

That's **\$6** value



**Optimum®**

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

# BRANDS YOU LOVE AT LOW PRICES

**\$3**



**\$3**

**OVAL EASTER BASKET**  
21668634 EA

**PLASTIC EASTER EGGS**  
21668702 EA

**\$8**



**SAVE  
UP TO 30%**

**PC® CHARITY BUNNY**  
21687563 EA / 21687564 EA

**NATURE'S BOUNTY VITAMINS or SUPPLEMENTS**  
selected varieties and sizes  
21020231 EA / 2180320 EA

**7.99**



**GLAD GARBAGE BAGS**  
selected varieties  
10-52's  
2029734001 EA / 21359461 EA

**\$4**



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

**\$8**



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

**\$5**



**TIDE PODS** 16's, **DOWNY FABRIC SOFTENER** 0.78/1.31 L,  
**PURIFYING RINSE** 473 mL or **SCENT BOOSTERS** 141/150 g,  
**BOUNCE DRYER SHEETS** 40/80's,  
**CASCADE DISHWASHER TABS** 10-15's or **RINSE AID** 473 mL  
21549771 EA / 21658961 EA

**\$10**



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

**\$6**



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

**2.79**



**TEMPTATIONS CAT TREATS**  
selected varieties  
180 g  
20299151001 EA

**LOW PRICES IN STOCK**



**\$4**

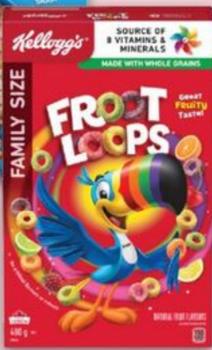
**350**



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

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

**329**



Earn  
**3,000**  
pts

For every \$10\*  
spent

That's  
**\$3**  
value

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



**FIBRE 1 BARS** 125 g or **NATURE VALLEY GRANOLA BARS, PROTEIN BARS** or **BISCUITS** 148-210 g  
selected varieties  
20587504001 EA/2068698001 EA

**\$4**



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

**\$2**



**QUAKER DIPPS**  
selected varieties  
150/156 g  
20847582 EA/21185317 EA

**250**



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

**6.99**



**STARBUCKS COFFEE ENHANCER**  
selected varieties  
828 mL  
21436900 EA

**\$7**



**NESCAFÉ** or **TASTER'S CHOICE INSTANT COFFEE**  
selected varieties  
100-170 g  
20661811001 EA/20873036 EA

**12.49**



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

**250**



**CHRISTIE CRISPERS**  
selected varieties  
145 g  
21358333 EA

**4.50**



**CHRISTIE PREMIUM PLUS** 402-500 g or **RITZ DRIZZLED MINIS** 226 g **CRACKERS**  
selected varieties  
21109004 EA/21712595 EA

**250**



**CHRISTIE CRACKERS**  
selected varieties  
175-200 g  
21030647 EA/21547034 EA

**\$1**



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

**4.50**



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

**250**



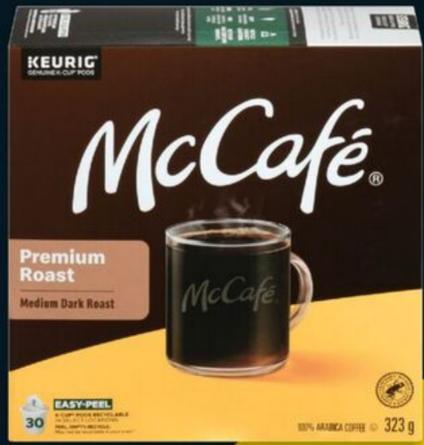
**HERSHEY'S FAMILY BAR** 90-120 g or **JOLLY RANCHER CANDY BAG** 182/198 g  
selected varieties  
20683743 EA/21332398 EA

**\$2**



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

# LOW PRICES IN STOCK



16<sup>99</sup>



\$23

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

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

279



450

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



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

250



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

250



**DARE BRETON CRACKERS** 135-200 g or **VINTA CRACKERS** 200-225 g or **VEGGIES CRISPS** 100 g  
selected varieties  
20973368\_EA/21520666\_EA

250



**DARE BEAR PAWS ULTIMATE COOKIES** 168-240 g or **WAGON WHEELS** 290/300 g or **VIVA PUFFS** 315/360 g or **VIVA PUFFS** 300 g  
selected varieties  
20974343\_EA/21080791\_EA

\$4



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

\$4



**TOSTITOS TORTILLA CHIPS**  
selected varieties  
205-295 g  
21050575\_EA

\$4



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

\$3



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

267



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

349



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

\$8



**NUTELLA HAZELNUT SPREAD** 725 g or **NUTELLA & GO HAZELNUT SPREAD WITH BREADSTICKS** 208 g  
selected varieties  
2046105\_EA

\$3



**LECLERC CÉLÉBRATION COOKIES**  
selected varieties  
200/240 g  
21680155\_EA

\$3



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

\$6



**SIMPLY ORANGE JUICE**  
selected varieties, refrigerated  
1.36 L  
21735026\_EA

450



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

# LOW PRICES IN STOCK



6<sup>29</sup>



**KRAFT PEANUT BUTTER**  
selected varieties  
750 g/1 kg  
20039581001\_EA/20039581005\_EA

3<sup>99</sup>

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

15<sup>97</sup>



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

6<sup>50</sup>



**iöGO YOGURT**  
selected varieties  
16x100 g  
20609583001\_EA

\$3



**OCEAN'S WHITE TUNA** 170 g or **GOLD SEAL MACKEREL** 115 g or **PINK SALMON** 213 g  
selected varieties  
21005216\_EA/21083428\_EA

3<sup>50</sup>



**ACTIVIA EXPERT YOGURT**  
selected varieties  
4x100 g  
21688261\_EA

\$6



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

1<sup>50</sup>



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

5<sup>50</sup>



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

\$20



**FINISH DISHWASHER TABS**  
selected varieties  
60-105's  
21218873\_EA/21561337\_EA

\$8



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

11<sup>99</sup>



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

12<sup>99</sup>



**ROYALE TIGER TOWEL PAPER TOWELS**  
selected varieties  
6=12 rolls  
21484732\_EA

\$7



**LYSOL TOILET BOWL CLEANER** 2x710 mL, **DISINFECTANT SPRAY** 539 g or **LAUNDRY DISINFECTANT** 1.2 L  
selected varieties  
21238361\_EA/21487308\_EA

7<sup>99</sup>



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

\$15



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

\$22



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

\$13



**PUREX** 4.08-4.43 L, **SUNLIGHT** 4 L, **LIQUID LAUNDRY DETERGENT, SNUGGLE FABRIC SOFTENER** 2.77 L or **DRYER SHEETS** 200's  
selected varieties  
20083525001\_EA/21427042\_EA



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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!

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in value

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6x237 ml or 4x325 ml

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**PC® SPLENDIDO  
SLICED MEATS**

100 g

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Earn

## 1,000

(pts)

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**PC® PORTUGUESE  
CUSTARD  
TARTS**

360 g

Optimum™



Earn

## 1,000

(pts)

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**PC® LOADS  
OF ICE  
CREAM**

1.5 L

Optimum™



Earn

## 750

(pts)

Until April - 8 - 2026

**PC® BLACK LABEL  
ICE CREAM**

500 mL

Optimum™



Earn

## 1,000

(pts)

Until April - 8 - 2026

**PC® TOPPED  
HUMMUS**

280

Optimum™



Earn

## 1,500

(pts)

Until April - 8 - 2026

**PC® SPRING  
ROLLS**

574 g

Optimum™



Earn

## 500

(pts)

Until April - 8 - 2026

**PC® KETTLE  
CHIPS**

200 g

Optimum™



Earn

## 2,000

(pts)

Until April - 8 - 2026

**PC® SPLENDIDO  
EXTRA  
VIRGIN OLIVE OIL**

1 L

Optimum™



Earn

## 750

(pts)

Until April - 8 - 2026

**PC® CHOCOLATE CHIPS**

226-300 g

Optimum™



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## 1,000

(pts)

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**PC® 3 PLY  
FACIAL TISSUES**

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CLICK FOR  
THESE COUPONS  
AND MORE



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Earn  
**500**  
pts

Until April - 8 - 2026

**NO NAME®  
GARLIC TOAST**

16's

Optimum



Earn  
**1,000**  
pts

Until April - 8 - 2026

**NO NAME® POTATO AND  
CHEDDAR PEROGIES**

2 kg

Optimum



Earn  
**1,000**  
pts

Until April - 8 - 2026

**NO NAME®  
LONG GRAINED RICE**

2 kg

Optimum



Earn  
**750**  
pts

Until April - 8 - 2026

**NO NAME®  
PEANUT  
BUTTER**

1 kg

Optimum



Earn  
**500**  
pts

Until April - 8 - 2026

**NO NAME®  
CHOCOLATE  
BARS**

100 g

Optimum



Earn  
**250**  
pts

Until April - 8 - 2026

**PC® SUPER  
SOFT  
BATHROOM  
TISSUE**

Optimum



Earn  
**5,000**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**1,000**  
pts

Until April - 8 - 2026

**PC® LARGE HEAVY  
DUTY FREEZER BAGS**

Optimum



Earn  
**500**  
pts

Until April - 8 - 2026

**PC®  
DISHWASHING  
LIQUID SOAP**

740 mL

# NATURAL FOODS AT LOW PRICES

**\$5**



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

**\$5**



**KIND DIPPED CLUSTERS**  
selected varieties  
113 g  
21453223\_EA

**2.50**



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

**4.50**

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

**\$5**



**PC ORGANICS PEANUT BUTTER**  
selected varieties  
500 g  
20298178\_EA

**\$3.49**

Earn **1,000 pts**

That's **\$1** value



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

**3.50**



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

**2.50**



**CLIF BAR**  
selected varieties  
68 g  
20130914003\_EA/20312621\_EA

**4.50**



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

**3.50**



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

**\$2**



**PC ORGANICS BROTH**  
selected varieties  
900 mL  
21190798\_EA

**9.50**



**PC ORGANICS EXTRA VIRGIN OLIVE OIL**  
500 mL  
20027043\_EA

**\$4**



**SMART SWEETS**  
selected varieties  
50 g  
21154474\_EA/21199935\_EA

**4.50**



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

AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFW NV

# RAMADAN KAREEM

رمضان كريم

**5.99**



**DEGLET NOUR PITTED DATES** or **ORGANIC PITTED DATES** product of Tunisia, **HONEY PITTED DATES** product of Iran or **TAMARIND** product of Thailand  
21562279001 EA/20772841 EA

**340 G**



**795 G**



**454 G**



**1.69**  
EA/LB



**BUNCH MINT** each, product of Mexico or Colombia or **OPO SQUASH** 3.73/kg, product of Mexico  
20139326001 EA/20142055001 KG

**1.99**  
LB



**GREY ZUCCHINI** or **LONG EGGPLANT** product of Mexico  
4.39/kg  
20036780001 KG/20159013001 KG

**2.99**



**200 G**

**DRIED FIGS** product of Turkey  
20599942 EA

**\$13**



**SUFRA® HALAL CHICKEN THIGHS** boneless, skinless up to 640 g  
21669347 EA

**2.50**



**ZABIHA HALAL CHICKEN WIENERS** 450 g  
20006571 EA

**2.99**



**CLITC DRY BEANS** or **LENTILS** selected varieties 907 g  
20125770 EA/20312891 EA

**2.29**



**SURAJ® DAHI YOGURT** selected varieties 750 g  
20958143 EA/20959032 EA

**22.99**



**NANAK DESI GHEE** 1.6 kg  
20181744 EA

**9.99**



**QUALITY BROWN SUGAR** 4.5 kg  
20718452 EA

**6.99**



**NANAK GULAB JAMUN** selected varieties 908 g  
20426517 EA

**10.99**



**ASEEL VEGETABLE GHEE** 2 kg  
20607119 EA

**\$2**



**ROOSTER™ COCONUT CREAM** 400 mL, **BRITANNIA SUJI RUSK** 305 g, **RUBICON JUICE** 4x200 mL or 1 L or **SURATI SNACKS** 250/341 g selected varieties  
20322576003 EA/210323472 EA

**\$3.49**

Earn **500** pts

That's **50¢** value

**KFI COOKING SAUCES** selected varieties 375/395 mL  
20419490001 EA/20419490003 EA



Optimum™



**.99**



**PARLE-G ORIGINAL** 300 g or **BRITANNIA GOOD DAY BISCUITS** 75 g selected varieties  
20840892001 EA/20956495 EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 1 NFW



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

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**& get 50% off a SIM card**



**find us at the checkout lanes**

**exclusively at  NOFRILLS®**

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