

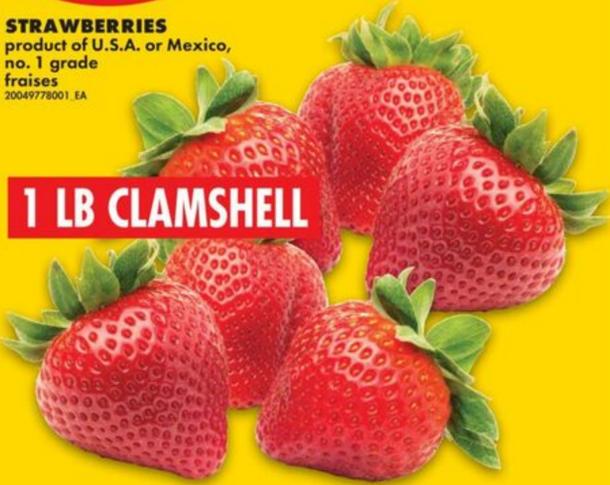
NOFRILLS[®]
YESSAVINGS

ONLY

1⁹⁹

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

1 LB CLAMSHELL

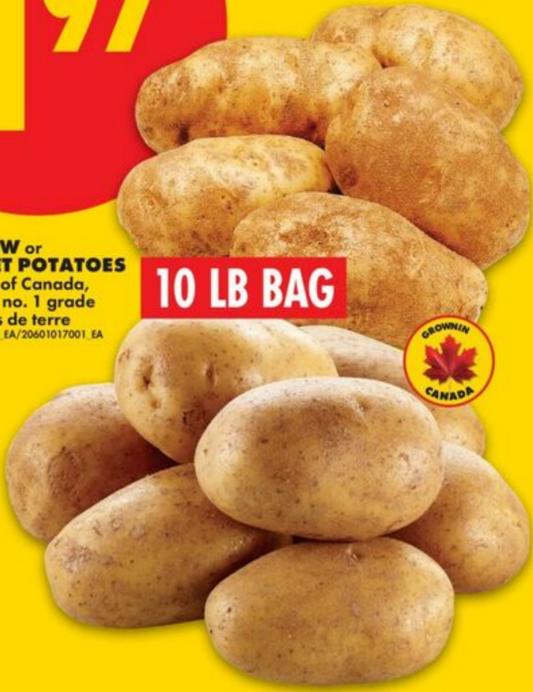


SAVE 50%

1⁹⁷

**YELLOW or
 RUSSET POTATOES**
 product of Canada,
 Canada no. 1 grade
 pommes de terre
 20601020001_EA/20601017001_EA

10 LB BAG



SAVE UP TO 40%

2⁹⁹

3 LB BAG

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

2 LB BAG



SAVE 43%

1⁹⁹

397 G

**PC[®] COLESLAW or
 GARDEN SALAD**
 product of U.S.A.
 salade de chou ou jardinière
 21204248_EA/21204304_EA

340 G



NO FRILLS® YES SAVINGS

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

SAVE 50%

1⁹⁹
LB



CLUB
SIZE

SAVE 33%

1⁹⁹
LB



COOK'S PORTION HAM
jambon
4.39/kg
20559641_KG

WHILE QUANTITIES LAST

SAVE 33%

\$6



HIGH LINER FAMILY FISH
selected varieties, frozen, 315-700 g
poisson pané
20303200001_EA

SAVE 25%

5¹⁷



NEILSON
TRUTASTE MILK
selected varieties, 4 L
lait
20148677_EA

SAVE 25%

2²⁵



YOPLAIT SOURCE 630 g, MINIGO 6's
or TUBES 8's YOGURT
selected varieties
yogourt
21391318001_EA/21547595_EA

SAVE 30%

\$4



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

WOW!

12⁹⁹



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

SAVE UP TO 47%

\$11



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

SAVE UP TO 38%

10⁹⁹



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

SAVE 33%

\$2



HANS DAIRY DAHI
selected varieties
750 g
dahi
20092811_EA/20313667_EA

PRICE
DROP

4⁹⁹



LACTANTIA BUTTER
selected varieties, 454 g
beurre
20639926_EA

4⁹⁹



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

\$3



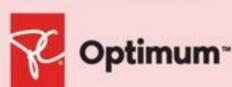
CLASSICO SAUCE
selected varieties
410/600 mL
sauce
20325609003_EA/21618217_EA

FLYER PRICES EFFECTIVE AT JEROME & ALIHA'S - AJAX, STEVE & AMANDA'S - AJAX, BOB & TINA'S - AMHERSTBURG, JOE & VALE'S - AURORA, JOE'S - BELLEVILLE, ADIS - BRAMPTON, DAVE'S - BRAMPTON, FARZIN'S - BRAMPTON, HECTOR & AUCIJA'S - BRAMPTON, MICHAEL & ABBY'S - BRAMPTON, ROCKY'S - BRAMPTON, SARANGAN'S - BRAMPTON, WALKER'S - BRANTFORD, ALFREDO'S - BURLINGTON, MICHAEL'S - BURLINGTON, JAY & SARAH'S - CAMBRIDGE, ROSS & LINDSAY'S - CAMBRIDGE, RYAN'S - EAST YORK, COUSO'S - ETOBICOKE, EMILIANO & ANA'S - ETOBICOKE, JASON'S - ETOBICOKE, JEFF, ROSE & HENRY'S - ETOBICOKE, JEFF'S - ETOBICOKE, STEVE'S - ETOBICOKE, DOMENIC'S - GUELPH, SHANNON & RICHARD'S - GUELPH, CHRIS & JENN'S - HAMILTON, FRANCOIS - HAMILTON, GIORGIO'S - HAMILTON, TONY'S - HAMILTON, DEREK & LAURA'S - KITCHENER, BRENT & JENNIE'S - LONDON, DARRYL & TRACY'S - LONDON, GARY'S - LONDON, JASSEL'S - LONDON, PHIL'S - LONDON, ROB & RACHAEL'S - LONDON, ROBERT & TRACY'S - LONDON, DAVE & ANNETTE'S - MARKHAM, PETER & SUZIE'S - MARKHAM, ROB'S - MARKHAM, WANDALL'S - MARKHAM, JOHN'S - MICHIGAN, DANIEL'S - MISSISSAUGA, DANIEL'S - MISSISSAUGA, HARRY'S - MISSISSAUGA, MARK'S - MISSISSAUGA, RAMAN'S - MISSISSAUGA, SARANGAN'S - MISSISSAUGA, TOM & MICHELLE'S - MISSISSAUGA, VITO'S - MISSISSAUGA, CHRIS & SARAH'S - NEPEAN, DICKIE'S - NEWMARKET, JOHN'S - NEWMARKET, ANAND & SHYVONE'S - NORTH YORK, CAROL'S - NORTH YORK, DORIAN'S - NORTH YORK, JOHN & DANIELLE'S - NORTH YORK, JOHN'S - NORTH YORK, LEONETTE'S - NORTH YORK, LESTER'S - NORTH YORK, RICHARD & RUTH'S - NORTH YORK, DYLAN'S - OSHAWA, MIKE'S - OSHAWA, NADOM'S - OSHAWA, GABE'S - OTTAWA, JOHNNY'S - OTTAWA, DACCOSTA'S - PICKERING, ASHLEY'S - RICHMOND HILL, FRANK & HEISSA'S - RICHMOND HILL, SIM'S - RICHMOND HILL, EYIE'S - SARINIA, ALMA'S - SCARBOROUGH, AUSTIN'S - SCARBOROUGH, CRAIG'S - SCARBOROUGH, DAVIS & CHARLOTTE'S - SCARBOROUGH, DAVIS'S - SCARBOROUGH, MADRID'S - SCARBOROUGH, NADIA'S - SCARBOROUGH, NICK'S - SCARBOROUGH, ROD & JOE'S - SCARBOROUGH, VI & YU LING'S - SCARBOROUGH, JEFF & HOLLY'S - STITTSVILLE, MICHAEL'S - STOUFFVILLE, AUSTIN'S - TORONTO, ANDREW & SHELLEY'S - TORONTO, ANTHONY'S - TORONTO, DARRIN'S - TORONTO, JIM & MARIA'S - TORONTO, LUCIANO'S - TORONTO, MIKE'S - TORONTO, ROCCO'S - TORONTO, SAM & NANCY'S - TORONTO, ANTHONY'S - VAUGHAN, DINO'S - VAUGHAN, VINCE & FRANCA'S - VAUGHAN, PAUL & MALLORY'S - WATERLOO, GLEAD'S - WELLS, CONROY'S - WHITBY, WHITBY'S - WHITBY, GAIS - WHITBY, MIKE'S - WOODBRIDGE, SCOTT'S - WOODSTOCK

nofrills.ca

01 NET FT

Moredays Moredays Moredays



Moredays™

Thursday, March 19 to Wednesday, March 25, 2026



App exclusive offer

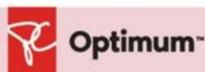


Earn
5,000
pts

For every \$10*
spent

That's
\$5
value

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



App exclusive offer

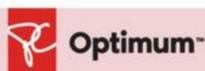


Earn
4,000
pts

For every \$10*
spent

That's
\$4
value

CHRISTIE COOKIES 251-303 g,
MINI COOKIES or
SNAK PAKS 144-200 g,
RITZ BITS SANDWICHES or
MINI ORIGINAL SNAK PAKS 280 g or
SOUP PATCH KIDS CANDY 135-154 g
selected varieties
biscuits ou croquillons ou collations ou bonbons
21358407_EA/21545554_EA/21585155_EA



App exclusive offer



Member Price

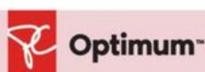
\$4

Non-Members

\$5.50

Members
Save
\$1.50

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



App exclusive offer



Member Price

\$5.50

Non-Members

\$6.50

Members
Save
\$1

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

DELI DEALS

4.50



PC® CHEESE SLICES 140-170 g,
BLOCKS 250 g or
BRANDT KOLBASSA 250 g
selected varieties
fromage ou kolbassa
20250947_EA/20353446_EA

\$4

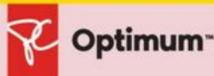


MASTRO SALAMI 100-150 g or
SAN DANIELLE PROSCIUTTO 100 g or
SAPUTO CHEESE TUBS 170-200 g
salami ou prosciutto
contenants
de fromage
21061099_EA/20573975_EA

\$4



LADLES OF LOVE SOUP 454 mL or
OLIVIERI SKILLET GNOCCHI
280/300 g
selected varieties
soupe ou gnocchi
21022065_EA/21689232_EA



\$5.50

Earn
1,000
pts

That's
\$1
value



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

FRESH AT LOW PRICES

2⁹⁹
LB

6 OZ CLAMSHELL

BLACKBERRIES
product of Mexico or U.S.A. or
AVOCADOS
product of Mexico, Peru or Colombia
mûres ou avocats
20051015001_EA/21644936001_EA

PKG OF 5

3⁹⁹
LB

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

2⁴⁹
LB

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

6 OZ CLAMSHELL

3⁹⁹

CANTALOUPE
product of Guatemala, Honduras
or Brazil, no. 1 grade,
PINEAPPLE product of Costa Rica
or **RASPBERRIES** product of
Mexico or U.S.A., no. 1 grade
ananas ou cantaloup ou framboises
20167017001_EA/20160992001_EA
20128938001_EA



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

1⁴⁹
LB



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

3⁹⁹

PKG OF 2

10 LB BAG

FARMER'S MARKET™ YELLOW ONIONS product of Canada,
Canada no. 1 grade or
ROMAINE HEARTS product of U.S.A.
oignons jaunes ou cœurs de romaine
20600991001_EA/20082756001_EA

2⁹⁹

325 G

ASPARAGUS
product of Mexico, no. 1 grade
asperges
20181709001_EA

1⁹⁹

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

2⁹⁹

283 G

PKG OF 6

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

2⁴⁹

227 G

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

2⁹⁹
LB

ORRI MANDARINS product of Israel or
YELLOW NECTARINES or
PEACHES product of Chile, no. 1 grade
mandarines ou nectarines jaune
ou pêches à chair
6.59/kg
20072482001_KG/20319426001_KG

5⁵⁰

BASSÉ SNACK MIX
selected varieties
41.5-60.0 g
mélange à collation
21158603_EA/21158612_EA

1²⁹
EA/LB



CANARY MELON 2.84/kg,
product of Brazil or
RED MANGOES each, product of Peru
melons canaris ou mangues rouges
21022511001_KG/20059635001_EA

3⁹⁹
LB

RED, ORANGE or YELLOW SWEET PEPPERS product of Canada or Mexico
poivrons
8.80/kg
20007535001_KG/20141814001_KG/20166880001_KG

1⁹⁹
LB

BARTLETT PEARS
product of South Africa, extra fancy grade
4.39/kg
poires
20172240001_KG

4⁹⁹



4 LB BAG
FARMER'S MARKET™ AMBROSIA or ROYAL GALA APPLES
product of Ontario, Canada fancy grade
pommes
21307212001_EA/20767998001_EA

4⁹⁹

600 G

KIWI
product of Greece
kiwi
21576167001_EA

1⁶⁹



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

3⁹⁹



PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES
product of Canada, Canada no. 1 grade
mini-pommes de terre rouges, dorées ou
assorties
21247301001_EA/21247299001_EA

6⁹⁹

4 LB BAG

FARMER'S MARKET™ MANDARINS
product of Morocco or Spain
mandarines
20054025001_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.

FRESH AT LOW PRICES

3.49
LB



PORK TENDERLOIN
fresh
filet de porc
7.69/kg
20520970_KG
WHILE QUANTITIES LAST

4.99
LB



INCLUDES HALAL

SPLIT CHICKEN WINGS or PC®
FREE FROM® SPLIT CHICKEN WINGS
fresh
ailes de poulet séparées
11.00/kg
20761916_KG

CLUB SIZE



11.99
LB



BONELESS STEWING BEEF
bœuf à ragoût désossé
26.43/kg
20357645_KG

\$4
LB



CLUB SIZE

LEAN GROUND PORK
club size, fresh
porc haché maigre
8.82/kg
20353851_KG

11.99
LB



MARCANGELO ITALIAN SAUSAGES or MEATBALLS
selected varieties, frozen, 1 kg
saucisses italiennes ou boulettes de viande
20867488_EA

4.49



MAPLE LEAF TOP DOGS or **SCHNEIDERS RED HOTS WIENERS**
selected varieties, 375 g
saucisses fumées
20602429_EA

\$10



MAPLE LEAF or **SCHNEIDERS HAM**
selected varieties
600/700 g
jambon
21094878_EA

7.99



LOU'S or **MANDARIN ENTRÉES**
selected varieties, fully cooked, 375-450 g
plats cuisinés
20078077_EA/21699144_EA

Optimum

\$7

GUSTA VEGAN SAUSAGE
selected varieties
350 g
saucisse à base de plantes
21284431_EA

Earn **1,000** pts

\$1

3.50

GO SHRIMP raw, 51/70 per lb or cooked, 61/90 per lb, 160 g or **SMOKED STEELHEAD SALMON** pre-sliced, 50 g, frozen
crevettes ou saumon fumé
20792840_EA/21208591_EA

\$8

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

7.50

SCHNEIDERS PEPPERETTES
selected varieties
300/375 g
bâtonnets de saucisson
20976110_EA/21196171_EA

\$4

THE LAUGHING COW 120/133 g or **MINI BABYBEL** 102/120 g **CHEESE**
selected varieties
fromage
20319107_EA/20574332_EA

\$6

LA CASA ROSA FRESH ENTRÉES 350 g or **PACE PIZZA** 502-542 g
selected varieties
plats cuisinés frais ou pizza
21515170_EA/21673693_EA

2.48

NO NAME® BREAD
selected varieties
675 g
pain
21509822_EA

\$3

D'ITALIANO BREAD 620/675 g or **BUNS** 6/8's
selected varieties
pain ou petits pains
20038335_EA/20626949_EA

\$5

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

3.50

MASTRO CAPOCOLLO or **PROSCIUTTO COTTO** or **ROSEMARY HAM** 125 g or **SAN DANIELE MORTADELLA** 175 g
selected varieties
capocollo ou prosciutto cotto ou jambon au romarin ou mortadelle
20576743_EA/20577341_EA

SOFINA

7.50

LILYDALE SLICED DELI MEAT
selected varieties, 400/500 g
charcuteries tranchées
21675604_EA/21675636_EA

\$11

MASTRO GENOA SALAMI CHUB
selected varieties, 600 g
saucisson de salami
20181136_EA/20302356_EA

App exclusive offer



\$5

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

PC® MINI MUFFINS
selected varieties
12's
mini-muffins
21488839_EA

Moredays Moredays Moredays



Moredays™

March 19-25, 2026

App exclusive offer



\$9

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

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

App exclusive offer

\$8

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



PC® BACON
selected varieties
500 g
bacon
20152629_EA

App exclusive offer



\$3.29

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

VH COOKING or DIPPING SAUCE
selected varieties, 341-380 mL
sauces à cuisson ou à trempette
20984013_EA

\$1

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



SWISS CHALET SAUCE 284 mL or
SWISS CHALET, ST-HUBERT or
KEG DRY SAUCE MIX 22-57 g, selected varieties
mélange à sauce
21080164_EA/21687848_EA

App exclusive offer



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

PHILADELPHIA CREAM CHEESE PRODUCT 227/250 g, **KRAFT SINGLES** 410 g or **CHEEZ WHIZ** 450 g, selected varieties
produit de fromage à la crème ou produit de fromage fondu
20641267_EA/21188634_EA



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

KNORR LIQUID BOUILLON CUBES 63/69 g, **DRY SAUCE MIX** 17-48 g, **ZERO SALT** 72 g, **OXO BOUILLON VELOUTINE GRAVY MIX** 250 g, selected varieties
bouillon ou mélange à sauce
20311529001_EA/20320060_EA/20323323004_EA



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

DANONE or ACTIVIA YOGURT
all sizes and varieties
yogourt
20325132001_EA/20419715004_EA



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

KNORR or LIPTON SOUP MIX
selected varieties, 40-912 g
mélange à soupe
20297514001_EA/20315085002_EA



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

FLEISCHMANN'S YEAST 24-450 g, **BREAD BOOSTER** 100 g, **BAKING POWDER** 340 g or **CORN STARCH** 454 g, selected varieties
levure ou bonifiant pour pain ou poudre à pâte ou féculé de maïs
20006692_EA/20102920001_EA/21351367_EA



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

CHRISTIE CRISPERS
selected varieties, 145 g
craquelins
21358327_EA/21358333_EA

App exclusive offer



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

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



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

EXCEL GUM MULTIPACK
selected varieties, 3's
gomme
21435037_EA/21435038_EA

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

App exclusive offer

\$2²⁹

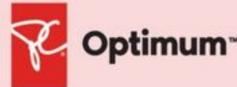
Earn 500 pts

That's 50¢ value

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



More days
More days
More days



More days™

March 19-25, 2026



\$8⁴⁹

GLAD GARBAGE BAGS
selected varieties
10-52's
sacs à ordures
20297334001_EA/21359461_EA

Earn 3,000 pts

That's \$3 value



\$12

Earn 6,000 pts

When you buy 3 That's \$6 value

ENSURE or GLUCERNA READY TO DRINK SHAKES
selected varieties and sizes
boissons frappées prêtes à boire
20304767002_C06/20308731008_C06



App exclusive offer

\$12

Earn 3,000 pts

That's \$3 value

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



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

Earn 5,000 pts

For every \$20* spent

That's \$5 value

App exclusive offer



IAMS PET FOOD
all varieties and sizes
nourriture pour animal de compagnie
20912435_EA

Earn 8,000 pts

For every \$20* spent

That's \$8 value

App exclusive offer



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

Earn 15,000 pts

For every \$50* spent

That's \$15 value



RESOLVE LAUNDRY
all sizes and varieties
détachant pour lessive
20944173_EA

Earn 5,000 pts

For every \$15* spent

That's \$5 value



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

Earn 5,000 pts

For every \$12* spent

That's \$5 value



TYLENOL, BENLYN or ZARBEE'S COUGH COLD PRODUCTS
selected varieties and sizes
produits pour le rhume et la toux
20315180001_EA/2032277001_EA

Earn 8,000 pts

For every \$20* spent

That's \$8 value



BENEFIBER, CENTRUM, EMERGEN-C, ADVIL, NEOCITRAN, TUMS, SENSODYNE or POLIDENT PRODUCT
selected varieties and sizes
fibres, multivitamines, vitamine C, analgésique, produit pour le rhume, antiacide, dentifrice, produits pour prothèses dentaires
20301179003_EA/2031689001_EA/20324424001EA/20437569002_EA/20997357_EA/21111046_EA/21223300_EA/21235884_EA/21372442_EA/21661561_EA

Earn 7,500 pts

For every \$20* spent

That's \$7.50 value



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

Earn 5,000 pts

For every \$10* spent

That's \$5 value



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

Earn 4,000 pts

For every \$12* spent

That's \$4 value



AIR WICK FRESHENER
all sizes and varieties
huile essentielle
20302590001_EA/21428270_EA

Earn 5,000 pts

For every \$14* spent

That's \$5 value

MARCH

**HIT
OF THE
MONTH**

\$1.75



Made in Canada

Quaker Chewy Granola Bars

Selected varieties, 120 g
Limit: 6, over limit retail \$2.50
21359366_EA/21359369_EA

\$4.75



Prepared in Canada

PC® Dips

Selected varieties, 454 g
Limit: 6, over limit retail \$6.00
20584098_EA

\$3.33



Christie Family Size Crackers

Selected varieties, 328-454 g
Limit: 6, over limit retail \$4.00
20686037_EA/21189848_EA

**LOWEST PRICES
BEST DEALS**

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

BRANDS YOU LOVE AT LOW PRICES

\$4



ACTIVIA YOGURT
selected varieties
8x100 g
yogourt

20325384002_EA/21726103_EA

PRICE DROP

5²⁵



GRADE A LARGE EGGS
pack of 18, brand varies by region
gros œufs

20814294001_EA/20822787001_EA

4⁵⁰



CHAPMAN'S MARKDALE CREAMERY ICE CREAM 2 L or COLLECTION NOVELTIES 8's
selected varieties, frozen
crème glacée ou friandises glacées

20315236010_EA/20323757001_EA



BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT 410 g or LACTANTIA CREAM CHEESE 227 g, selected varieties
produits de fromage fondu ou fromage à la crème

21252564_EA/21673558_EA

3⁵⁰

\$4



PC® FLATBREAD
selected varieties, frozen
338-395 g
pain plat

21013452_EA

\$5



INTERNATIONAL DELIGHT COFFEE ENHANCERS 946 mL or COLD FOAM 396 g
selected varieties
colorants à café ou mousse froide

20895480003_EA/21629968_EA

\$4



PC® ORANGE JUICE, LEMONADE or ICED TEA
selected varieties, refrigerated
1.54 L
jus d'orange ou limonade ou thé glacé

21430531_EA/21430542_EA

\$2



Earn **250** pts

25¢

BETTY CROCKER POTATOES
selected varieties
141-215 g
préparation pour pomme de terre ou repas

20296518003_EA

\$2



DEL MONTE NECTAR
selected varieties
960 mL
nectar

20894117004_EA

\$3



MONSTER 444 / 473 mL or REDBULL ENERGY DRINK 250 mL
selected varieties
boisson énergisant

20938249_EA

2⁵⁰



BEN'S ORIGINAL BISTRO EXPRESS RICE
selected varieties, 240/250 g
riz

21405242_EA/21405476_EA

\$1²⁵



Earn **250** pts

25¢

CLOVER LEAF FLAVOURED TUNA 85 g
thon

20315581007_EA

2⁵⁰



DARE BEAR PAWS ULTIMATE COOKIES 290/300 g, VIVA PUFFS 300 g or WAGON WHEELS 315/360 g
selected varieties
biscuits

20025850001_EA/21080791_EA

1⁵⁰



CAMPBELL'S CONDENSED SOUP
selected varieties, 284 mL
soupe condensée

20297246002_EA

2⁸⁸



MARIO'S CORNED BEEF or COOKED HAM
340 g
bœuf salé ou jambon cuit

21295614_EA

5⁵⁰



KRAFT DINNER
original
5x200 g
macaroni au fromage

21394513_EA

\$3



KRAFT SALAD DRESSING
selected varieties
425 mL
vinaigrette

21584931_EA

11⁹⁹



BERTOLLI OLIVE OIL
selected varieties
750 mL / 1 L
huile d'olive

20156182001_EA

2⁷⁵



PC® KETTLE, LOADS OF WORLDS OF FLAVOUR POTATO CHIPS
selected varieties, 200 g
croustilles

20840911002_EA/21422931_EA

2⁷⁵



PC® TORTILLA CHIPS
selected varieties, 320-350 g
croustilles de tortilla

20305180_EA

BRANDS YOU LOVE AT LOW PRICES

4⁹⁹



**HELUVA GOOD!
FRENCH ONION DIP**
680 g or **ASTRO
YOGURT** 12x100 g
selected varieties
trempette à l'oignon
ou yogourt
20300831_EA/20312788001_EA



6⁵⁰

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

1⁵⁰



ITALPASTA
selected varieties
750 g
pâtes
20296241001_EA/20296241003_EA

2²⁹

CAVENDISH FRIES
selected varieties,
frozen, 800 g
frites
21559837_EA



\$4



Earn
1,000
pts

**Crave Dinner
ENTREES** 200-340 g or
**KRAFT DELUXE
MAC AND CHEESE**
340 g
selected varieties, frozen
plats cuisinés ou
macaroni au fromage
21085515_EA

\$1

6⁵⁰



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

\$3



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

4⁵⁰



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

2⁵⁰



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

13⁹⁹



**MCCAFÉ ROAST AND
GROUND COFFEE PODS**
selected varieties, 10/12's
café torréfié et moulu ou capsules
21238598_EA

4⁹⁹



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

\$3



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

5⁵⁰



POST FAMILY SIZE CEREAL
selected varieties, 525-635 g
céréales
21542452_EA/21575249_EA

4⁵⁰



NO NAME® HAZELNUT SPREAD
725 g or **JAM** 500 mL
selected varieties
tartinaux aux noisettes ou confiture
20032552001_EA/20683943_EA

7⁷⁷



NESCAFÉ GOLD INSTANT COFFEE
90-100 g or **ESPRESSO
CONCENTRATE** 500 mL
selected varieties
café instantané ou concentré d'espresso
21074565_EA

1⁵⁰



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

3⁷⁵



FERRERO ROCHER CHOCOLATE BAR
selected varieties, 90 g
barres de chocolat
21428863_EA

\$5



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

5⁵⁰



KINDER CHOCOLATE EGG
selected varieties, 100 g
œufs en chocolat
20719295_EA

BRANDS YOU LOVE AT LOW PRICES

.88

COLGATE or CREST TOOTHPASTE 50-100 mL or **MANUAL TOOTHBRUSH** 1 ea selected varieties dentifrice ou brosse à dents manuelle 20338731001_EA/20975582_EA



4.50

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



4.50

DAWN DISHWASHING LIQUID 535-982 mL or **POWERWASH REFILL** 473 mL selected varieties savon liquide à vaisselle ou recharge 21430550_EA/21430569_EA



\$4

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

Optimum™

\$3.50

Earn **1,000 pts**

that's **\$1** value

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



\$5

NO NAME® FOOD STORAGE CONTAINERS selected varieties conteneurs de rangement pour aliments 20162802_EA/20149018_EA



10.99

ZIPLOC FOOD STORAGE BAGS selected varieties 60-270's sacs de rangement pour aliments 21196101_EA



4.50

OLD DUTCH LAUNDRY DETERGENT selected varieties, 4 L détergent 21467437_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 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 20301481003_EA/21549771_EA



\$7

PUREX LIQUID LAUNDRY DETERGENT 1.47-2.03 L, **SNUGGLE FABRIC SOFTENER** 1.16 L or **DRYER SHEETS** 120's selected varieties détergent ou assouplissant 20856516005_EA



Coca-Cola

7⁵⁰



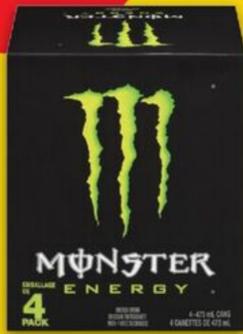
FUZE ICED TEA
selected varieties, 12x341 mL
thé glacé
21645563_C12

4²⁵



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

9⁵⁰



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

2²⁵



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



Unilever

\$4



BREYERS CLASSIC FROZEN DESSERT
selected varieties, frozen
1.41 L
dessert glacé
21651628_EA

\$5

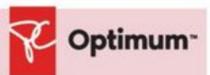


FUDGSICLE, CREAMSICLE or REVELLO NOVELTIES
selected varieties, frozen, 12's
friandises glacées
20763171_EA

\$5



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



\$15

Earn
2,000
pts

That's
\$2
value



TRE STELLE FETA CHEESE TUB
850 g
feta
21618723_EA

\$6



CASTELLO CHEESE
125-200 g or **APETINA**
FETA CUBES 200 g
selected varieties
fromage ou cubes de feta
20428574_EA/20573910_EA

\$7



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



\$10



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

6⁷⁹



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

\$1



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

3⁵⁰



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

\$2



PILLSBURY REFRIGERATED WRAPS
selected varieties, 200-227 g
pâte réfrigérée
20305424002_EA/21505340_EA



3²⁵

LIBERTÉ MEDITERRANÉE 500 g
or **YOPLAIT PROTEIN**
650 g **YOGURT**
selected varieties
yogourt
20788062001_EA/21547567_EA



6⁵⁰



LIBERTÉ GREEK YOGURT
selected varieties, 650/750 g
yogourt grec
20704361001_EA/20704361002_EA

5⁷⁹



YOP 6x200 mL,
LIBERTÉ KEFIR 1 L or
MEDITERRANÉE 900 g
YOGURT
selected varieties
kéfir ou yogourt
21305347_EA/21721005_EA



8⁹⁹

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



\$8



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

10⁹⁹



ROYALE FACIAL TISSUE
12x100 sheets
mouchoirs
20705292_EA

BAKING ESSENTIALS AT LOW PRICES

1⁷⁹



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



3⁵⁰

NEILSON CREAM
5/10% 1 L or
18/35% 473 mL
selected varieties
crème
20123609_EA/20774431_EA



2⁴⁹



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

6⁹⁹

BECEL MARGARINE
selected varieties
637/850 g
margarine
20297818002_EA

\$4⁴⁹



Earn
500
pts

That's
50¢
value

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

\$3²⁹



Earn
500
pts

That's
50¢
value

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

3⁵⁰



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

\$4



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

1⁸⁹



BETTY CROCKER SUPER MOIST CAKE MIX 375/404 g, **SNACK SIZE MIX** 184/212 g or **FROSTING** 340/450 g
selected varieties
mélanges à gâteau ou mélanges à collation ou glaçage
20562641002_EA/21547838_EA

4⁵⁰



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

3⁴⁹



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

5⁹⁹



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

4⁵⁰



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

3⁵⁰



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

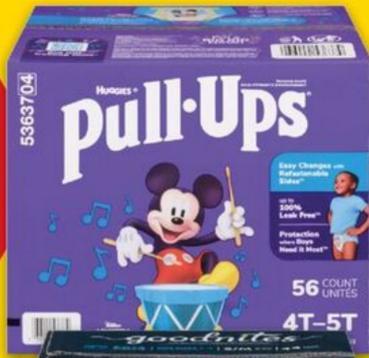
3⁴⁹



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

BABY ESSENTIALS AT LOW PRICES

26⁹⁷



HUGGIES PULL UPS or GOODNITES TRAINING PANTS
selected varieties
24-74's
culottes d'entraînement
20963841_EA/21371199_EA

34⁹⁹

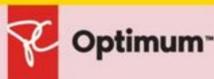


PAMPERS ECONO PACK DIAPERS
selected varieties
size N-8, 58-200's
couches
21551525_EA/21692756_EA

75⁴⁷



ENFAMIL A+ NEUROPRO or GENTLEASE READY TO FEED FORMULA
18x237 mL
préparation prête à servir
21590060_C01



Earn **10,000 pts**
For every \$50* spent on

That's **\$10** value

BABY DIAPERS, WIPES, FORMULA, FOOD, NEEDS or ACCESSORIES
selected varieties and sizes
couches ou lingettes ou préparation ou aliments ou articles ou accessoires
20358339007_EA/21172500_EA/21551645_EA/21699547_EA/20322414002_EA/21540721_EA



\$34⁹⁹

ONE DAY ONLY! FRIDAY, MARCH 20TH

Earn **5,000 pts**

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

That's **\$5** value

BABY ESSENTIALS AT LOW PRICES

2.69

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



27.99

**HUGGIES
SUPER BIG PACK DIAPERS**
selected varieties
N-7, 36-128's
couches
21172500_EA/21371074_EA



28.99

**PAMPERS SWADDLERS,
CRUISERS or BABY-DRY
SUPER BIG PACK DIAPERS**
selected varieties
38-120's
couches
21370843_EA/21370844_EA



34.99

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



2.49

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



2.50

**GERBER SNACKS or
ENTREES**
selected varieties
42-190 g
collations ou plats cuisinés pour bébé
20304618003_EA/20304618007_EA

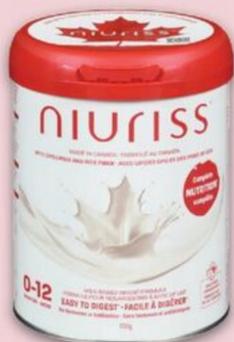


\$34.99

Earn
2,000
pts

That's
\$2
value

**NIURISS MILK-BASED
INFANT FORMULA**
0-12 months, 700 g
préparations pour nourrissons à base de lait
21648061_EA



54.99

**SIMILAC PRO-ADVANCE
POWDER FORMULA**
Step 1 or 2
859 g
préparation en poudre
21436985_EA/21437126_EA



ALWAYS

\$5



PC® 3X BABY WIPES
scented or unscented
300's
lingettes pour bébé
21540716_EA/21550950_EA

12.79



**DIAPER RASH
SUDOCREM**
250 g
crème pour l'érythème fessier
20147213_EA

12.99



LIVE CLEAN BABY NEEDS
selected varieties
750 mL
produits pour bébé
20607029_EA/20607347_EA

1000s OF LOWERED PRICES EVERY DAY!

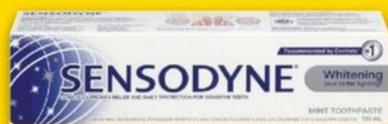
PRICE DROP

\$5



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

5.79



SENSODYNE or PRONAMEL VALUE SIZE TOOTHPASTE
selected varieties
110/135 mL
dentifrice
20432268001_EA

\$8



VASELINE HAND CREAM or BODY LOTION
selected varieties
40-227 g/150-600 mL
crème à main ou lotion pour le corps
21085011_EA/21085906_EA

4.50



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

6.50



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

\$8



NIVEA HAND or BODY LOTION
selected varieties
200-625 mL
lotion pour les mains ou le corps
21722989_EA/20700027_EA

\$4



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

5.50



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

\$7



TRESEMME HAIR CARE
selected varieties
184-311 g/236-828 mL
soins capillaires
20315303016_EA/21170103_EA

ALWAYS

\$4



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

5.50



TUMS ANTACID PRODUCT
60-100's or 28-32's
CHEWABLE TABLETS
selected varieties and sizes
produit antiacide ou comprimés croquables
21223300_EA

\$6



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

\$11



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

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More offers
More points

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4. Tap **"Select Offer"** on the coupons you want
5. Tap **"Add Offer"** – you're done!

Members
get over
\$25
in value

CLICK FOR
THESE COUPONS
AND MORE



BOOST READY-TO-DRINK PRODUCT
6x237 mL or 4x325 mL
supplément nutritif

Save
\$2
with digital coupon



PC® SPLENDIDO SLICED MEATS
100 g
viandes tranchées

Earn
1,000
pts
Until April - 8 - 2026



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

Earn
1,000
pts
Until April - 8 - 2026



PC® LOADS OF ICE CREAM
1.5 L
crème glacée

Earn
1,000
pts
Until April - 8 - 2026



PC® BLACK LABEL ICE CREAM
500 mL
crème glacée

Earn
750
pts
Until April - 8 - 2026



PC® TOPPED HUMMUS
280 g
hummus garni

Earn
1,000
pts
Until April - 8 - 2026



PC® CHICKEN SPRING ROLLS
574 g
rouleaux de printemps

Earn
1,500
pts
Until April - 8 - 2026



PC® KETTLE CHIPS
200 g
croustilles

Earn
500
pts
Until April - 8 - 2026



PC® SPLENDIDO EXTRA VIRGIN OLIVE OIL
1 L
huile d'olive

Earn
2,000
pts
Until April - 8 - 2026



PC® CHOCOLATE CHIPS
226-300 g
brisures de chocolat

Earn
750
pts
Until April - 8 - 2026



PC® 3 PLY FACIAL TISSUES
mouchoirs

Earn
1,000
pts
Until April - 8 - 2026

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Optimum



Earn
500
pts

Until April - 8 - 2026

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

Optimum



Earn
1,000
pts

Until April - 8 - 2026

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

Optimum



Earn
1,000
pts

Until April - 8 - 2026

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

Optimum



Earn
750
pts

Until April - 8 - 2026

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

Optimum



Earn
500
pts

Until April - 8 - 2026

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

Optimum



Earn
250
pts

Until April - 8 - 2026

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

Optimum



Earn
5,000
pts

Until April - 8 - 2026

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

Optimum



Earn
1,000
pts

Until April - 8 - 2026

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

Optimum



Earn
500
pts

Until April - 8 - 2026

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

EID MUBARAK!

عيد مبارك!



4⁹⁹

340 G



795 G

DEGLET NOUR PITTED DATES
product of Tunisia,
HONEY PITTED DATES
product of Iran or
ORGANIC PITTED DATES
product of U.S.A.
dattes

21562279001_EA/20772841_EA



907 G

5⁹⁹

KHUDRI DATES
product of Saudi Arabia
dattes

21562486001_EA

1 KG



7⁹⁹

BRAR'S MILK CAKE
frozen, 400 g
gâteau au lait

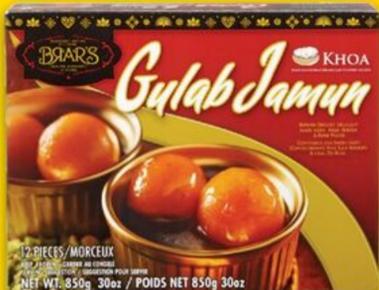
20609047_EA



6⁹⁹

BRAR'S GULAB JAMUN
frozen, 850 g
gulab jamun

20367557_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFO FLAP ET

EID MUBARAK!

عيد مبارك!

1.99
LB

GINGER ROOT
product of China
4.39/kg
racine de gingembre
20179038001_KG



.99

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

3.99
LB

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



200 G

2.99
LB/EA

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



\$8

SUFRA® HALAL CHICKEN DRUMSTICKS
fresh
up to 840 g
pilons de poulet
halal
21427840_EA



7.49

SUFRA® HALAL LEAN GROUND BEEF
454 g
bœuf haché maigre
halal
21397283_EA



14.99

ZABIHA HALAL CHICKEN WINGS or BREADED CHICKEN BREAST FILLET
selected varieties, frozen, 908 g
ailes ou filet de poitrine de poulet pané halal
20503453_EA/21306301_EA



8.29
LB

PC* FREE AUSTRALIAN LAMB SHANKS
frozen
18.28/kg
jarrets d'agneau
20798674_KG



3.49

CRISPY NAMAK PARA
selected varieties, 360 g
namak para
21443491_EA



13.99

TILDA EXTRA LONG BASMATI or GOLDEN SELLA BASMATI RICE
4.54 kg
riz
20795464_EA/21594605_EA



2.99

RUBICON ORGANIC COCONUT WATER
1 L
eau de noix de coco biologique
21383084_EA



9.99

WAGH BAKRI PREMIUM TEA
907 g
thé
20375231_EA



9.99

QUALITY BROWN SUGAR
4.5 kg
cassonade
20718452_EA



12.99

PILLSBURY CHAKKI ATTA
9.07 kg
chakki atta
21660582_EA



1.99

FROOTI MANGO JUICE 1 L or ROYALTY DIGESTIVES 400 g
selected varieties
jus de mangue ou biscuits
20041153_EA/20875669_EA



7.49

AL RIFAI COFFEE
selected varieties
450 g
café
20830650_EA



HAPPY VAISAKHI!

ਵਿਸਾਖੀ ਦੀਆਂ ਵਧਾਈਆਂ!

2.49
LB

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



3.99

PC® FINGER HOT PEPPERS
product of Mexico, **PC® RED** or **GREEN THAI HOT PEPPERS** product of Mexico or Vietnam
piments
21454748001_EA/21454049001_EA

2.99
LB

INDIAN EGGPLANT or KARELA
product of U.S.A. or Mexico
6.59/kg
aubergine indienne ou margose
20055882001_KG/20028046001_KG



1.69

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

4.95

BRAR'S MALAI PANEER
375 g
paneer
20283164_EA



2.99

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



2.49

BRITANNIA GOOD DAY BISCUITS
selected varieties, 231 g
biscuits
21023105_EA



3.49

SURAJ® OKRA
selected varieties, frozen, 1 kg
gombo
20379399_EA



8.99

NANAK RASMALAI
selected varieties, 850 g
rasmalai
21284814_EA/21284818_EA



2.49

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



1.50

HALDIRAM'S INDIAN SNACKS
selected varieties
150/160 g
collations
indiennes
20314667007_EA



3.99

SURAJ® GINGER AND GARLIC PASTE
selected varieties
750 g
pâte de gingembre et ail
21088388_EA/21088480_EA



\$3.49

Earn **500** pts
50¢

Optimum®



KFI COOKING SAUCES
selected varieties
375/395 mL
sauces à cuisson
20419490003_EA
21435947_EA

1.49

PRAN NOODLES
selected varieties, 280 g
nouilles
21685687_EA



11.99

INDIA'S OWN BROWN BASMATI RICE
4.54 kg
riz basmati brun
20138918_EA



22.99

NANAK DESI GHEE
1.6 kg
ghee
20181744_EA



\$2

MDH SPICES
selected varieties
100 g
épices
20687752_EA





**Express[™]
Pass**

Get your first year
of *PC Express Pass* for

\$2/month*

- Unlimited No Frills[®] delivery or pickup
- Earn 2% back in (pts) with eligible pickup orders**

Use code

PASS76

Learn more

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



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

App exclusive offer



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

That's
\$10
value

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



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

Optimum™ **Moredays™**

BONUS
30
pts

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

March 19-22



That's like
3¢/L
in pts

Open the app to get this offer.

*Conditions apply. Complete details on the PC Optimum™ app or at www.pcoptimum.ca

no name™ mobile

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

& get 50% off
a SIM card

no name™ mobile
only **\$5**
\$250

find us at the checkout lanes
exclusively at



Subject to change. Conditions apply. Visit nonamemobile.ca for full details.

MORE WAYS TO SAVE

**NEW
LOWER
PRICES**

Enjoy these price
drops for longer.

**RAIN
CHECK
+ pts**

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

ALWAYS

Count on low
everyday prices.

**FRESH
GUARANTEE**

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

The **NOFRILLS** thing to do.

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit www.pcoptimum.ca. 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