

NOFRILLS[®] YESSAVINGS

SAVE 20%

3⁹⁹



10 LB BAG

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

ONLY

1⁷⁷

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



SAVE 57%

1⁴⁹
LB

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



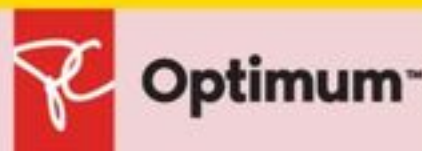
SAVE UP TO 33%

3⁹⁹

**PC[®] BABY
SPINACH
or SPRING MIX**
product of U.S.A.
jeunes épinards ou
mélange printanier
21204386_EA/21204385_EA



312 G



App exclusive offer



Earn

200
pts

For every \$1* spent on
fresh peppers

That's

20%
back

poivrons frais
20921434001_EA/20007535001_KG/20425893001_KG

NOFRILLS[®] YESSAVINGS

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

ONLY

3⁵⁰

CREAM
selected varieties,
brand and size varies by region
473 mL-1 L
crème
20139719_EA



SAVE 33%

\$3⁰⁰ LB



WHOLE CHICKEN
fresh
6.61/kg
poulet entier
20729008_KG/20707744_KG

WHILE QUANTITIES LAST

SAVE UP TO 33%

\$6⁰⁰



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



HALAL

SAVE 25%

5⁹⁹ LB

**NEW ZEALAND
SHORT CUT LAMB LEG**
frozen, 13.21/kg
gigot d'agneau raccourci
de Nouvelle-Zélande
20142553_KG

WHILE QUANTITIES LAST

SAVE 25%

2²⁵



YOPLAIT SOURCE 630 g,
MINIGO 6's or **TUBES 8's** **YOGURT**
selected varieties
yogourt
21391318001_EA/21547571_EA

SAVE UP TO 32%

\$4⁰⁰



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

WOW!

12⁹⁹



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

SAVE UP TO 47%

\$11⁰⁰



HERSHEY'S EGGIES 900 g, **HERSHEY'S
MINI PB EGGS** 670 g or **FERRERO
RABBIT 113** 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

PRICE
DROP

4²⁵



GRADE A LARGE EGGS
selected varieties, pack of 12
œufs
20812144001_EA

4⁹⁹



**ARMSTRONG or PC[®]
SHREDDED CHEESE** 250-320 g
or **ARMSTRONG CHEESE** 400 g
or **ATLANTIC BUTTER** 454 g
fromage ou beurre
21286240_EA/21346749_EA/20066904_EA

1²⁵



**MAPLE LEAF
VIENNA SAUSAGE**
113 g
saucisses viennoises
20617958_EA

\$3⁰⁰



**CLASSICO[®]
PASTA SAUCE**
selected varieties
218-600 mL
sauce pour pâtes
20325609001_EA/21618217_EA

Moredays
Moredays
Moredays



Moredays™

March 19-25, 2026

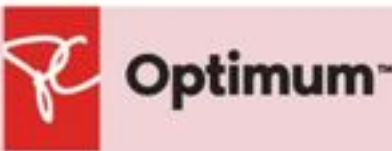


App exclusive offer



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

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

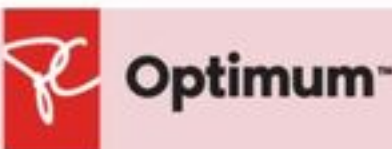


App exclusive offer



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 bonbons
21358407_EA/21545554_EA/21585155_EA

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



App exclusive offer



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

Member Price
\$4
Non-Members
\$5.50
Members
Save
\$1.50



App exclusive offer



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

Member Price
\$5.50
Non-Members
\$6.50
Members
Save
\$1

DELI DEALS

\$5

ZIGGY'S® PEPPERONI STICKS 300 g,
PC® CHEESE SLICES
140-170 g or
BLOCKS 250 g
selected varieties
pepperettes ou fromage



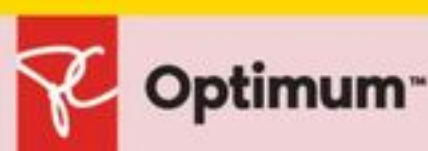
\$4

MASTRO SALAMI 150 g,
SAN DANIELLE PROSCIUTTO 100 g or
SAPUTO CHEESE TUBS
140-200 g
selected varieties
salami ou prosciutto
contenants de fromage



\$4

OLIVIERI SKILLET GNOCCHI
selected varieties
280/300 g
gnocchi à poêler



\$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 170-200 g
selected varieties
macaroni au fromage ou purée de pommes de
terre ou fromage végétal

BABY ESSENTIALS AT LOW PRICES

26⁹⁷

HUGGIES PULL UPS or GOODNITES NIGHTTIME UNDERWEAR
selected varieties
24-74's
sous-vêtements
20963841_EA/21371199_EA



34⁹⁹

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



34⁹⁹

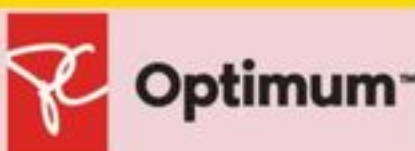
PAMPERS ECONO PACK DIAPERS
selected varieties
size N-8, 58-200's
couches
21551567_EA/21692756_EA



75⁴⁷



ENFAMIL A+ NEUROPRO OR GENTLEASE READY TO FEED FORMULA
selected varieties
18x237 mL
préparation pour nourrissons
21590060_CD1



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

That's
\$10
value



BABY DIAPERS, WIPES, FORMULA, FOOD, NEEDS or ACCESSORIES
all varieties and sizes
couches ou lingettes ou préparation pour nourrisson
ou aliments ou articles ou accessoires
20304618007_EA/21172501_EA/21370843_EA/21540716_EA/21699547_EA

FRESH AT LOW PRICES

3⁹⁹

1 LB CLAMSHELL

6 OZ CLAMSHELL

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

4⁹⁹

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

5⁹⁹

5 LB BAG

FARMER'S MARKET™ CARROTS
product of Canada, Canada no. 1 grade
carottes
20600928001_EA

4 LB BAG

7⁹⁹

FARMER'S MARKET™ MANADARINS
product of Morocco or Spain
mandarines
20054025001_EA



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

2⁹⁹

EA/LB



PKG OF 6

FARMER'S MARKET™ GRAPE TOMATOES each, or **ROMA TOMATOES**
6.59/kg, product of Canada or Mexico or
FARMER'S MARKET™ MINI CUCUMBERS each,
product of Canada, Canada no. 1 grade
tomates raisins ou tomates roma ou
mini-concombres
21367888001_EA/20737570001_EA

1⁴⁹

LB



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

5⁹⁹

PINEAPPLE
product of Costa Rica
ananas
20119813001_EA

5⁵⁰



BASSÉ SNACK MIX
selected varieties
415-600 g
mélange à collation
21158603_EA/21158612_EA

4⁹⁹

4 LB BAG

FARMER'S MARKET™ AMBROSIA or
MCINTOSH APPLES
product of Atlantic provinces,
Canada fancy grade
pommes
20713211001_EA/20281372001_EA

5⁹⁹

10 LB BAG

FARMER'S MARKET™ YELLOW ONIONS
product of Canada, Canada no. 1 grade
oignons jaunes
20600991001_EA

4⁹⁹

PKG OF 4

PKG OF 5



FARMER'S MARKET™ SWEET PEPPERS product of Mexico or
AVOCADOS product of Mexico, Peru, or
Colombia
poivrons ou avocats
21644936001_EA/20117550001_EA

2⁴⁹

227 G

PC® WHOLE WHITE
or **CREMINI MUSHROOMS**
product of Canada
champignons blancs ou cremini entiers
20775805_EA/20776239_EA

3⁵⁰

LARSEN WIENERS
375 g
saucisses fumées
21093446_EA



ALWAYS

\$ 10

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



6⁵⁰

LB

LEAN GROUND BEEF AND PORK
fresh
bœuf et porc hachés maigres
14.33/kg
20862066_KG



\$ 6

MAPLE LEAF NATURAL SELECTIONS or **SCHNEIDERS SLICED DELI MEAT** 150-175 g or **ZIGGY'S® KOLBASSA** 375 g
selected varieties
charcuteries tranchées ou kolbassa
20009282_EA/21396884_EA



3⁵⁰

D'ITALIANO BREAD 620/675 g
or **BUNS** 6/8's
selected varieties
pain ou petits pains
20038335_EA/20521048_EA



\$ 5

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



\$ 7

SEAQUEST® FISH FILLET
selected varieties, frozen, 400 g
filet de poisson
20153570_EA/21314740_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.

BRANDS YOU LOVE AT LOW PRICES

4⁵⁰

ACTIVIA YOGURT
selected varieties
8x100 g
yogourt



2⁵⁰

NO NAME[®] SOUR CREAM
selected varieties
500 mL
crème sure



4⁵⁰



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

3⁵⁰



BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT
selected varieties, 410 g
produit de fromage fondu

1⁵⁰



ITALPASTA
selected varieties, 750 g
pâtes

\$5

INTERNATIONAL DELIGHT COFFEE CREAMERS 946 mL or **COLD FOAM** 2 L
selected varieties
colorants à café ou mousse froide



\$4

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



2⁷⁵

PC[®] TORTILLA CHIPS
selected varieties, 320/340 g
croustilles de tortilla



\$4

PC[®] FLATBREAD
selected varieties, frozen, 330-397 g
pain plat



4⁵⁰

GARNIER WHOLE BLENDS SHAMPOO or CONDITIONER
selected varieties, 346-370 mL
shampooing ou revitalisant

20941723_EA/20941827_EA
LIMIT: 6, OVER LIMIT RETAIL: \$5



7⁷⁷

NESCAFÉ GOLD INSTANT COFFEE 95/100 g or **ESPRESSO CONCENTRATÉ** 500 mL
selected varieties
café instantané ou concentré d'espresso

21074565_EA/21665148_EA



5⁵⁰

POST CEREAL
selected varieties
525-635 g
céréales

20940327_EA/21575229_EA



2⁵⁰

DARE BEAR PAWS 168-210 g, **ULTIMATE COOKIES** 290/300 g, **VIVA PUFFS** 300 g or **WAGON WHEELS** 315/360 g
selected varieties
biscuits ou collations

20025850001_EA/21080791_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



1⁵⁰

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

20297246002_EA



1²⁵

CLOVER LEAF FLAVOURED TUNA
selected varieties, 85 g
thon aromatisé

20315581002_EA



\$2

DEL MONTE NECTAR
selected varieties
960 mL
nectar

20894117004_EA



\$3

MONSTER 444-473 mL or **RED BULL ENERGY DRINKS** 250 mL
selected varieties
boissons énergisantes

20702466_EA/20938249_EA



4⁹⁹

NESCAFÉ SWEET & CREAMY INSTANT COFFEE 144-351 g or **AGGA COFFEE CAPSULES** 10's
selected varieties
café instantané ou capsules de café

21307021_EA/21363371_EA



\$3

TETLEY or HERBAL TEA
selected varieties, 20/24's
thé ou tisane

20711158_EA/21663642_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



Optimum™

Moredays™

March 19-25, 2026

App exclusive offer

\$9

Earn
5,000
pts

That's
\$5
value

PC® BLACK LABEL PIZZA
selected varieties,
frozen
370-420 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
20984002_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** 22-51 g
selected varieties
mélanges 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/21188654_EA



KNORR LIQUID BOUILLON 250 mL, **CUBES** 63/69 g, **DRY SAUCE MIX** 17-48 g, **ZERO SALT** 72 g, **OXO BOUILLON** 72 g or **VELOUTINE GRAVY MIX** 250 g, selected varieties
bouillon ou mélange à sauce
20069590_EA/20311529001_EA/20323323004_EA

Earn
5,000
pts

For every \$10*
spent

That's
\$5
value



DANONE or ACTIVIA YOGURT
all sizes and varieties
yogourt
20325132003_EA/20625055_EA

Earn
3,000
pts

For every \$10*
spent

That's
\$3
value



KNORR or LIPTON SOUP MIX
selected varieties, 40-912 g
mélange à soupe
20297514001_EA/20314754003_EA

Earn
1,500
pts

For every \$7*
spent

That's
\$1.50
value



FLEISHMANN'S YEAST 24/113 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 fécule de maïs
20006692_EA/20102920002_EA/21351074_EA

Earn
3,500
pts

For every \$10*
spent

That's
\$3.50
value



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

Earn
2,000
pts

For every \$5*
spent

That's
\$2
value

App exclusive offer

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

Earn
2,000
pts

For every \$5*
spent

That's
\$2
value



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

Earn
3,000
pts

For every \$8*
spent

That's
\$3
value

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.

NOFRILLS

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

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



this product contains
post consumer recycled
paper



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.

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



Moredays
Moredays
Moredays



Optimum™

Moredays™

March 19-25, 2026

\$8

Earn

3,000

(pts)

That's
\$3
value

GLAD GARBAGE BAGS
selected varieties
10-52's
sacs à ordures
20297334001_EA/21614177_EA



\$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
20180283003_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



Optimum™

Earn

5,000

(pts)

For every \$20*
spent

That's
\$5
value

App exclusive offer



Optimum™

Earn

8,000

(pts)

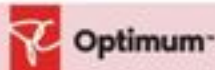
For every \$20*
spent

That's
\$8
value

IAMS PET FOOD
all sizes and varieties
nourriture pour
animal de compagnie
21027553_EA



App exclusive offer



Optimum™



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

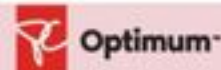
Earn

15,000

(pts)

For every \$50*
spent

That's
\$15
value



Optimum™

Earn

5,000

(pts)

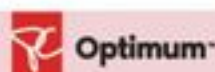
For every \$15*
spent

That's
\$5
value

**RESOLVE or
LYSOL LAUNDRY**
all sizes and varieties
détachant pour lessive
20944173_EA



LISTERINE MOUTHWASH
selected varieties and varieties
rinçee-bouche
20348438001_EA/21091218_EA



Optimum™

Earn

5,000

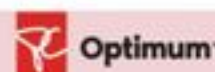
(pts)

For every \$12*
spent

That's
\$5
value



**TYLENOL, BENLYN or
ZARBE'S COUGH COLD
PRODUCTS**
selected varieties and sizes
produits pour le rhume et la toux
20315180001_EA/20322277001_EA



Optimum™

Earn

8,000

(pts)

For every \$20*
spent

That's
\$8
value



**BENEFIBER,
CENTRUM,
EMERGEN-C, ADVIL,
NEOCITRIN, TUMS,
SENSODYNE or
POLIDENT PRODUCT**
selected varieties
fibres, multivitamines,
vitamine C, analgésique,
produit pour le rhume,
antiacide, dentifrice,
produits pour prothèses dentaires
21235884_EA/20997357_EA/21111046_EA
21372442_EA/20316898001_EA/2032424001_EA
21223300_EA/20437569002_EA/20301179003_EA/21661561_EA



Optimum™

Earn

7,500

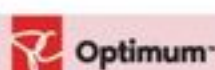
(pts)

For every \$20*
spent

That's
\$7⁵⁰
value



**SCRUBBING BUBBLES,
DRANO or
GLADE PRODUCT**
all sizes and varieties
nettoyant pour salle de bains ou
débouche-tuyaux ou huile parfumée
2032385001_EA/21367989_EA



Optimum™

Earn

5,000

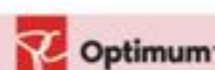
(pts)

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



Optimum™

Earn

4,000

(pts)

For every \$12*
spent

That's
\$4
value



AIR WICK FRESHENER
all sizes and varieties
huile essentielle
20302509001_EA/21428270_EA



Optimum™

Earn

5,000

(pts)

For every \$14*
spent

That's
\$5
value

BRANDS YOU LOVE AT LOW PRICES

6⁵⁰



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



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

6⁵⁰



ACTIVIA EXPERT
YOGURT
selected varieties
750 g
yogourt
21688205_EA

2²⁹



CAVENDISH FRIES
selected varieties, frozen, 800 g
frites
21602936_EA

4⁹⁹



HELUVA GOOD!
FRENCH ONION
DIP
680 g
trempette à l'oignon
20312788001_EA

Optimum™

\$4



CRAVE DINNER
ENTRÉES 200-340 g or
KRAFT DELUXE MAC
AND CHEESE 340 g
selected varieties, frozen
plats cuisinés ou
macaroni au fromage
21085515_EA

Earn
1,000
pts

\$1

Optimum™

\$2



BETTY CROCKER
POTATOES
selected varieties, 141-215 g
pommes de terre
20296518003_EA

Earn
250
pts

25¢

Optimum™

\$34⁹⁹



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

Earn
5,000
pts

\$5

ONE DAY ONLY!
FRIDAY, MARCH 20TH

2⁵⁰



BEN'S ORIGINAL
BISTRO EXPRESS
RICE
selected varieties
240/250 g
riz
21405476_EA

5⁵⁰



KRAFT DINNER
original
5x200 g
macaroni au fromage
21594513_EA

\$3



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

2⁵⁰



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

10⁹⁹



ZIPLOC
MEGA STORAGE
BAGS
selected varieties
60-270's
sacs de rangement
21196101_EA

\$8



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
20856516004_EA

\$5



TIDE PODS 16's, **DOWNY FABRIC**
SOFTENER 0.78/1.31 L, **PURIFYING**
RINSE 473 mL, **SCENT BOOSTERS**
141/150 g or **BOUNCE DRYER**
SHEETS 40/80's
selected varieties
détergent ou assouplissant ou rinçage ou
rehausseur de parfum ou feuilles
20301481001_EA/21553274_EA

4⁵⁰



DAWN
DISHWASHING
LIQUID 650-982 mL or
POWERWASH
REFILL 473 mL
selected varieties
savon liquide à
vaisselle ou recharge
21430550_EA/21430569_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
barre 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
20719293_EA

7⁵⁰



DELECTABLES
LICKABLE
SPOON CAT
TREATS
selected varieties
80 g
gâteries pour
chats
21659468_EA

\$9



CALEDON
FARMS
DOG
TREATS
selected varieties
110-550 g
gâteries pour
chiens
20550003_EA

14⁵⁰



PC® NUTRITION
FIRST® DRY CAT
FOOD
selected varieties
2 kg
nourriture sèche
pour chats
21303029_EA

Optimum™

\$3⁵⁰



Earn
1,000
pts

\$1

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

Coca-Cola

7⁵⁰

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

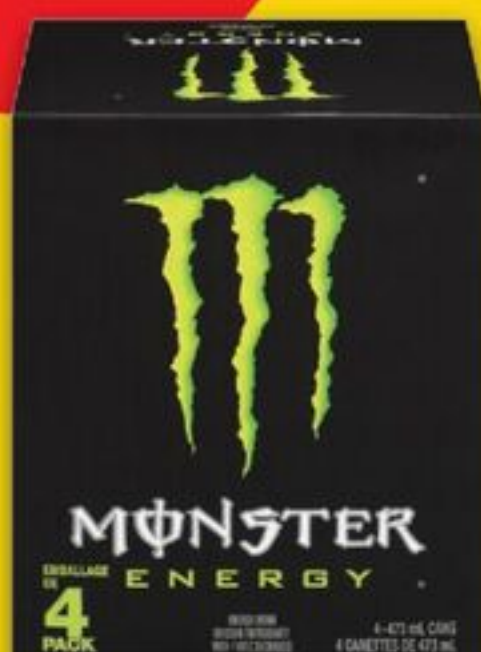


4²⁵



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

9⁵⁰



MONSTER ENERGY DRINK
selected varieties
4x473 mL
boisson énergisant
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
1.41 L
dessert glacé
21651628_EA



\$5



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

\$5



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



\$6

CASTELLO DELI CHEESE
125-200 g or **APETINA FETA CUBES** 200 g
selected varieties
fromage ou cubes de feta
20428574_EA/20574966_EA



\$5

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 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
21505340_EA



5⁵⁰

YOP 6x200 mL,
LIBERTÉ KEFIR 1 L or
MÉDITERRANÉE 900 g
YOGURT
selected varieties
kéfir ou yogourt
21216409_EA/21721005_EA



6⁵⁰



LIBERTÉ GREEK YOGURT
selected varieties, 650/750 g
yogourt grec
20704361001_EA/21079491_EA

3²⁵



LIBERTÉ MÉDITERRANÉE 500 g or
YOPLAIT PROTEIN 650 g **YOGURT**
selected varieties
yogourt
20788062001_EA/21547564_EA



8⁹⁹

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



8⁹⁹



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

11⁹⁹



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



\$8

**PC® BLUE MENU
EGG WHITES**
1 kg
blancs d'œufs
20821364001_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
20562641007_EA/21547838_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



3⁵⁰

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



4⁴⁹

**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



2⁴⁹

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



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

5⁷⁹



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

\$8



VASELINE BODY LOTION
selected varieties
40 g/150-600 mL
lotion pour le corps
21085011_EA/21085906_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

4⁵⁰



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 antisudorifique
20321421004_EA/21169899_EA

6⁵⁰



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

\$5



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

\$7



TRESEMMÉ HAIR CARE
selected varieties, 198-311 g/168-828 mL
soins capillaires
20315303016_EA/21170103_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

ALWAYS

\$4



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

5⁵⁰



TUMS ANTACID PRODUCT
60-100 counts or 28-32 **CHEWABLE TABLETS**
selected varieties and sizes
produit antacide ou
comprimés croquables
21223300_EA

\$6



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

\$8



NIVEA HAND or BODY LOTION
selected varieties, 200-625 mL
lotion pour les mains ou le corps
20688737_EA/20700027_EA

2⁴⁹



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

2⁴⁹



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

27⁹⁹



HUGGIES SUPER BIG PACK DIAPERS
selected varieties, N-7, 36-128's
couches
21172501_EA

54⁹⁹



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



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

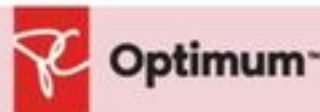
**NO NAME® POTATO AND
CHEDDAR PEROGIES**
2 kg
perogies



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 & PEA DOG FOOD
RECIPE**
nourriture pour chiens



Earn
1,000
pts

Until April - 8 - 2026

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



Earn
500
pts

Until April - 8 - 2026

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



**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



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™



**per litre of fuel
purchased at Esso™
or Mobil™ stations.***
March 19-22



Open the app to get this offer.

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

no name™ mobile



& get 50% off
a SIM card



find us at the checkout lanes
exclusively at



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

MORE WAYS TO SAVE



Enjoy these price
drops for longer.



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



Count on low
everyday prices.



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

The NOFRILLS® thing to do.

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ONL NFA MKT