

NOFRILLS[®] YESSAVINGS

FLYER PRICES EFFECTIVE THURSDAY, MARCH 5 TO
WEDNESDAY, MARCH 11, 2026.

SAVE 45%

\$8

**FREYBE
FRESH
PEPPERONI
STICKS**

selected varieties
300/500 g
20322436 EA
20323265 EA



SAVE 50%

2.49
LB

WHOLE CHICKEN
fresh, 3 pack
5.49/kg
20734042 KG

WHILE QUANTITIES LAST



SAVE 22%

\$7

**NO NAME[®]
NATURALLY IMPERFECT[™]
RED or RUSSET
POTATOES**

product of Canada, Canada no. 2 grade
20044637001 EA/20101572001 EA



20 LB BAG

SAVE 26%

2.94

RASPBERRIES
product of U.S.A. or Mexico,
no. 1 grade
20128938001 EA



6 OZ CLAMSHELL

SAVE 44%

\$1

**CARL BUDDIG
SLICED DELI MEAT**

selected varieties
55 g
20662015 EA



ONLY

3.49
LB

**PORK SPLIT
SIDE RIBS**

fresh, cryovac package
7.69/kg
20289619 KG

WHILE QUANTITIES LAST



ONLY

6.50

**SEAQUEST[®]
RAW or
COOKED
WHITE
SHRIMP**

36-55 per lb, 300 g or
SEAQUEST[®]
BAY SCALLOPS
400 g
frozen

21558527 EA/21636352 EA



SAVE UP TO 50%

\$1

CLOVER LEAF LIGHT TUNA 170 g or
GOLD SEAL SARDINES 125 g
selected varieties
20573583 EA/21024465 EA



**App
exclusive offer**

Optimum[™]

\$20

5,000
pts

That's \$5
value

**PC[®] ROAST AND
GROUND COFFEE** 800-930 g,
WHOLE BEAN 820/907 g or **PODS** 30's
selected varieties
21038677 EA/21668446 EA



SAVE 23%

.77

**SAPPORO
ICHIHAN NOODLES**

selected varieties
100 g
20275907005 EA



SAVE UP TO 50%

1.44

**OASIS JUICE,
DEL MONTE NECTAR or
ARIZONA
ICED TEA** 960 mL or
FRUITE BEVERAGES 2 L
selected varieties
20336722005 EA/202894117004 EA



SAVE 31%

12.99

**TILDA
BASMATI
RICE**

4.54 kg
20153678 EA



SAVE UP TO 43%

8.99

TIDE LIQUID 1.62/1.86 L or
PODS 18/31's, **GAIN**
LIQUID 2.6 L **LAUNDRY**
DETERGENT, DOWNY
FABRIC SOFTENER
1.66/2.63 L, **DOWNY** or
GAIN SCENT
BOOSTERS 379 g or
BOUNCE DRYER
SHEETS 120/200's
selected varieties
21579816 EA/21593782 EA



PRICE DROP

\$3

**CLASSICO
PASTA SAUCE**

selected varieties
410/600 mL
20325609001 EA/21618217 EA



PRICE DROP

1.69

ITALPASTA

selected varieties
750 g
20296241001 EA/20296241003 EA



PRICE DROP

8.99

**GALLO
EXTRA VIRGIN
OLIVE OIL**

selected varieties
1 L
20105368 EA



ONLY

13.49

**ROGERS
GRANULATED
SUGAR**

10 kg
20170195 EA



nofrills.ca

AVAILABLE AT: ROB'S - AIRDRIE, JEB'S - BEAUMONT, TERASHITA'S - BROOKS, ANDREW'S - CALGARY, BLAIR'S - CALGARY, HARMAN'S - CALGARY, JOHN & IRISH'S - CALGARY, JOHN'S - CALGARY, KEVIN'S - CALGARY, TRAVIS - CARDSTON, SEUN & ALEXANDRA'S - CHESTERMERE, MARK'S - COCHRANE, ROB & KATHY'S - COLD LAKE, KEN'S - DAUPHIN, DAVE'S - DAWSON CREEK, NICHOLAS & MEGAN'S - DRUMHELLER, JAMES' - DRYDEN, BROOK'S - EDMONTON, CAROL'S - EDMONTON, CHRIS' - EDMONTON, COLTON'S - EDMONTON, JAY & SUZIE'S - EDMONTON, MATT & ASHLEY'S - EDMONTON, REAL & CAROLYN'S - EDMONTON, SHELTON'S - EDMONTON, TEJUS & RAMAN'S - EDMONTON, WALSH'S - EDMONTON, CLIFTON'S - ESTEVAN, CHRIS' - FORT SASKATCHEWAN, AMANDA'S - FORT ST JOHN, JINKY'S - GERALDTON, AARON & KATRINA'S - GRANDE PRAIRIE, CORY & MEGAN'S - HIGH RIVER, TERRY'S - HUMBOLDT, PAUL'S - INNISFAIR, SUKHMANN'S - KENORA, LIONEL'S - LACOMBE, CRAIG'S - LEDUC, RAY'S - LETHBRIDGE, TROY'S - LETHBRIDGE, GAGAN & SATVEER'S - MEADOW LAKE, CHRIS & TRACEY'S - MORINVILLE, MATT'S - NIPAWIN, IVAN & KAREN'S - NORTH BATTLEFORD, WESAM'S - OKOTOKS, PATRYK'S - OLDS, KARL'S - PEACE RIVER, PAUL'S - PONOKA, CRAWFORD'S - REGINA, JACE'S - ROCKY MOUNTAIN HOUSE, AUREO'S - SASKATOON, GORD'S - SASKATOON, SHANE & TINA'S - SASKATOON, AARON'S - SELKIRK, GREG'S - SLAVE LAKE, STEVE'S - SPRUCE GROVE, LENORA'S - ST PAUL, ZOE & SHANE'S - STETTLER, TINA'S - STRATHMORE, DYLAN & GALEN'S - SWAN RIVER, COVERDALE'S - SYLVAN LAKE, TONY & SAM'S - TABER, BRODY'S - THE PAS, DARCY'S - THUNDER BAY, SHAWN'S - THUNDER BAY, ADAM'S - VEGREVILLE, ISAAC'S - WAINWRIGHT, JORDAN'S - WETASKIWIN, MIKE & REBECCA'S - WHITECOURT, ANDY & NICK'S - WINNIPEG, CHRIS' - WINNIPEG, HELLARD'S - WINNIPEG, JERAMIE'S - WINNIPEG, LUIS & EMMA'S - WINNIPEG, MIKE'S - WINNIPEG, TOM'S - WINNIPEG, TREVOR & HAYLEY'S - WINNIPEG

01 NFW

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.

FRESH AT LOW PRICES

4⁹⁹

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

1 LB CLAMSHELL

PKG OF
5 OR 6

3⁹⁹

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

6 OZ CLAMSHELL

2⁹⁹
LB

BROCCOLI CROWNS
product of Mexico or U.S.A.
6.59/kg
20026161001_KG

PKG OF 3

4⁹⁹

GROWN IN THE
WESTERN
PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

**FARMER'S MARKET™
ENGLISH CUCUMBERS**
product of Western Provinces,
Canada no. 1 grade
20828461001_EA



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

5⁹⁹

600 G

3 LB
BAG

FARMER'S MARKET™ LEMONS product of U.S.A.,
KIWI product of Greece
20798811001_EA/21576167001_EA

6⁹⁹

COSMIC
CRISP

5 LB
BAG

COSMIC CRISP APPLES product of U.S.A., extra fancy grade or
AMBROSIA APPLES product of Canada, Canada fancy grade
21465188001_EA/20430646001_EA

2⁹⁹

ICEBERG LETTUCE
product of U.S.A., no. 1 grade
each
20135326001_EA

5⁹⁹

907 G

681 G

**FARMER'S MARKET™
GRAPE TOMATOES** or
PC® VARIETY TOMATOES
product of Canada or Mexico
20840038001_EA/20949866001_EA

2⁹⁹

BROCCOLINI
product of U.S.A.
each
20154907_EA

3⁹⁹

3 LB BAG

**FARMER'S MARKET™
RED ONIONS**
product of Canada or U.S.A., no. 1 grade
20811362001_EA

3⁹⁹

PKG
OF 4

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

\$20

**INTERNATIONAL
WOMEN'S DAY BOUQUET**
21665235_EA/21638413_EA/21638423_EA

\$10

TULIPS
21637907_EA

3⁹⁹

GROWN IN
CANADA

680 G

**PC® LITTLE GEMS™ RED,
YELLOW or MIXED MINI POTATOES**
product of Canada, Canada no. 1 grade
21547201001_EA/21247299001_EA

2⁴⁹

3 LB
BAG

2 LB BAG

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

3⁹⁹

GROWN IN THE
WESTERN
PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

454 G

**PC® WHOLE CREMINI or
WHITE MUSHROOMS**
product of Western provinces
20761372_EA/20738371_EA

6⁹⁹

3 LB BAG

PC® MANDARINS
product of U.S.A.
20849961001_EA

PRICE
DROP

.99
LB

GREEN CABBAGE
product of Canada,
Canada no. 1 grade
2.18/kg
20793034001_KG

GROWN IN
CANADA

\$2
LB

ROMA TOMATOES
product of Canada or Mexico, no. 1 grade
tomatoes Roma
4.41/kg
20153709001_KG

1⁵⁰

GREEN ONIONS
product of Mexico
bunch
20107500001_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

13⁹⁹

MARCANGELO SOUVLAKI KABOBS

selected varieties
480/640 g
21041735 EA



\$11⁰⁰ LB

BONELESS STEWING BEEF

24.25/kg
20106117 KG



10⁹⁹

SWISS CHALET or MONTANA'S RIBS

selected varieties
600/650 g
21022221 EA/21203458 EA



6⁹⁹

HARVEST DINNER or BREAKFAST SAUSAGES

375/500 g
21724040 EA

\$6

SCHNEIDERS JUICY JUMBOS or SMOKED SAUSAGES

selected varieties, 375/450 g
20105611 EA



\$13

Earn 1,000 pts

That's \$1 value



MAPLE LEAF PRIME CHICKEN BREAST FILLET

selected varieties, up to 880 g
20568928 EA

\$4

PC® TOPPED HUMMUS or GUSTA VEGGIE SLICES

selected varieties
280 g
20811384 EA/21706638 EA



3⁵⁰

SMOKED STEELHEAD SALMON or GO SHRIMP

pre-sliced, 50 g, frozen, 50g
20792840 EA/21308591 EA



9⁵⁰

SEAQUEST® WHOLE TILAPIA or WHOLE POMPANO

1.36 kg or 800 g
frozen
21591947 EA/21592084 EA



\$6

PC® FREE FROM™ SLICED DELI MEAT or MASTRO SALAMETTI CHUB

selected varieties
175 g
20303790 EA/20682966 EA



\$5

PC® GOAT CHEESE or HENRI WILLIG GOUDA

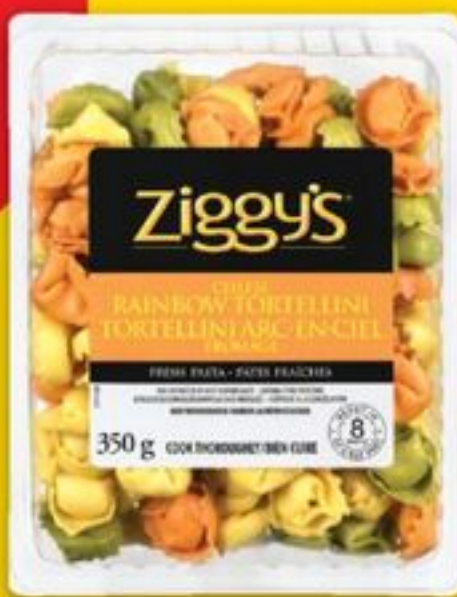
140 g
20330259 EA/21345050 EA



\$3

ZIGGY'S® FRESH PASTA

selected varieties
350 g
20084505 EA/21302270 EA



2⁵⁰

DELI WORLD LIGHT RYE BREAD

500 g
20097436 EA



2⁵⁰

WONDER BREAD or BUNS 12's

570 g
20305674 EA/20520827 EA



5⁵⁰

PIZZA BUNS

6's
21668798 EA



BRANDS YOU LOVE AT LOW PRICES

ONLY

3⁵⁰

PC® PROBIOTIC YOGURT
selected varieties
650 g
21684020 EA/21684254 EA



ONLY

\$6

PC® CHEESE BARS
400 g or **SHREDDED CHEESE** 250-320 g
selected varieties
21060183 EA/21289689 EA



ONLY

\$7

PC® ORANGE JUICE
selected varieties, refrigerated
2.5 L
21531644 EA



ONLY

\$5

PC® BLUE MENU® MARGARINE
selected varieties
907 g
20604365 EA



2⁵⁰

NO NAME® WHIPPED TOPPING
225 g
20017493 EA



\$3

PC® VEGETABLES
selected varieties, frozen
300-750 g
20318915 EA



\$6

PC® WOOD-FIRED PIZZA
selected varieties, frozen
351-413 g
21540352 EA



\$5

PC® LARGE HEAVY DUTY FREEZER BAGS
28's
21160491 EA



5⁹⁹

PC® LOADS OF ICE CREAM 1.5 L or **NOVELTIES** 288 mL
selected varieties, frozen
20746245004 EA/21575239 EA



4⁵⁰

PC® THE DECADENT COOKIES
selected varieties
280/300 g
20612237 EA/20612260 EA



2⁷⁵

PC® KETTLE COOKED, LOADS OF, WORLD OF FLAVOURS POTATO CHIPS
selected varieties
200 g
20840911002 EA/21422931 EA



6⁵⁰

PC® SOFT DRINKS
selected varieties
12x355 mL
20218887001 C12/206990671001 C12



5⁷⁵

PC® or BLUE MENU® SPARKLING WATER
selected varieties
12x355 mL
20668034002 C01



.88

NO NAME® TOMATO, CREAM OF MUSHROOM, VEGETABLE or CHICKEN NOODLE SOUP
284 mL
20618885 EA



\$1

NO NAME® TOMATO PASTE 150 mL, PIZZA SAUCE 213 mL or MAC AND CHEESE DINNER 200 g
20118094 EA/21529754 EA



2⁷⁹

PC® CROUTONS 140 g or SALAD DRESSING 475 mL
selected varieties
2063488001 EA/20796248002 EA



2⁷⁵

PC® SWEETENED CONDENSED MILK
300 mL
20112979 EA



8⁹⁹

NO NAME® HONEY
selected varieties
1 kg
20033483 EA



3⁵⁰

PC® or BLUE MENU® PANCAKE or WAFFLE MIX 340/905 g or SYRUP
750 mL
selected varieties
20173139 EA/20374908 EA



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



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!

Members
get over

\$25

in value

CLICK FOR
THESE COUPONS
AND MORE



Optimum™



**BOOST READY-TO-DRINK
PRODUCT**

6x237 mL or 4x325 mL

Save

\$2

with digital
coupon

Optimum™



**PC® SPLENDIDO
SLICED MEATS**

100 g

Earn

1,000

(pts)

Until April - 8 - 2026

Optimum™



**PC® PORTUGUESE
CUSTARD
TARTS**

360 g

Earn

1,000

(pts)

Until April - 8 - 2026

Optimum™



**PC® LOADS
OF ICE
CREAM**

1.5 L

Earn

1,000

(pts)

Until April - 8 - 2026

Optimum™



**PC® BLACK LABEL
ICE CREAM**

500 mL

Earn

750

(pts)

Until April - 8 - 2026

Optimum™



**PC® TOPPED
HUMMUS**

280

Earn

1,000

(pts)

Until April - 8 - 2026

Optimum™



**PC® SPRING
ROLLS**

574 g

Earn

1,500

(pts)

Until April - 8 - 2026

Optimum™



**PC® KETTLE
CHIPS**

200 g

Earn

500

(pts)

Until April - 8 - 2026

Optimum™



**PC® SPLENDIDO
EXTRA
VIRGIN OLIVE OIL**

1 L

Earn

2,000

(pts)

Until April - 8 - 2026

Optimum™



PC® CHOCOLATE CHIPS

226-300 g

Earn

750

(pts)

Until April - 8 - 2026

Optimum™



**PC® 3 PLY
FACIAL TISSUES**

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



Earn
1,000
pts

Until April - 8 - 2026

**NO NAME® POTATO AND
CHEDDAR PEROGIES**

2 kg

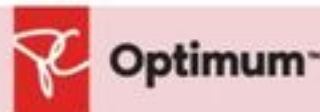


Earn
1,000
pts

Until April - 8 - 2026

**NO NAME®
LONG GRAINED RICE**

2 kg



Earn
750
pts

Until April - 8 - 2026

**NO NAME®
PEANUT
BUTTER**

1 kg



Earn
500
pts

Until April - 8 - 2026

**NO NAME®
CHOCOLATE
BARS**

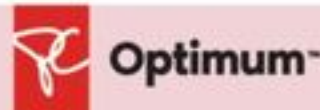
100 g



Earn
250
pts

Until April - 8 - 2026

**PC® SUPER
SOFT
BATHROOM
TISSUE**

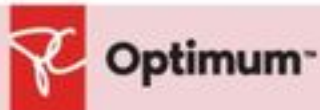


Earn
5,000
pts

Until April - 8 - 2026

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

14 kg



Earn
1,000
pts

Until April - 8 - 2026

**PC® LARGE HEAVY
DUTY FREEZER BAGS**

28



Earn
500
pts

Until April - 8 - 2026

**PC®
DISHWASHING
LIQUID SOAP**

740 mL

BRANDS YOU LOVE AT LOW PRICES

\$1

**YOPLAIT YOP
DRINKABLE YOGURT**
selected varieties
200 mL
21478178 EA/21478300 EA



\$4

**DAIRYLAND
COTTAGE CHEESE**
selected varieties
500 g
20749835 EA



5⁹⁹

MCCAIN DEEP 'N DELICIOUS CAKE
selected varieties, frozen
510 g
20310132002 EA



3⁵⁰

CAVENDISH PREMIUM FRIES
selected varieties, frozen
400-750 g
21685114 EA

1⁵⁰

**NESTLÉ
MILKSHAKE** 473 mL
or **MILK2GO** 325/473 mL
selected varieties
2032368001 EA



4⁴⁹

**OASIS HEALTH-BREAK
or SMOOTHIE**
selected varieties, refrigerated
1.6 L
21529899 EA/21529910 EA



\$4

**ORVILLE REDENBACHER
MICROWAVE POPCORN**
385-492 g or **KERNEL JAR** 850 g
selected varieties
20629532003 EA



3⁵⁰

SUNRYPE JUICE 1.36 L, **OASIS,
ARIZONA or DEL MONTE
DRINK BOXES** 8x200 mL
selected varieties
20648778003 EA/21649074 C08



6²⁵

GATORADE SPORT DRINKS 6x591 mL or
POWDERS 560 g
selected varieties
20303218003 C06/20336724001 EA



\$2

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
2 L
20294926002 EA/20316026002 EA



1²⁵

**NO NAME®
BROTH**
selected varieties
900 mL
21189611 EA



Optimum

AYLMER ACCENTS 540 mL or **ROTEL TOMATOES** 284 g
selected varieties
21154530 EA/21307587 EA

\$2

Earn **500 pts** That's **50¢** value

PREPARED IN CANADA

CHEEZ-IT

2⁵⁰

CHEEZ-IT CRACKERS
selected varieties
191/200 g
21214539 EA/21214560 EA

\$1

**NO NAME®
MUSHROOMS**
selected varieties
284 mL
20299211 EA

2⁹⁹

CATELLI

CATELLI GLUTEN-FREE PASTA
selected varieties
340/375 g
20704235 EA

\$3

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

4⁹⁹

BICK'S PICKLES
selected varieties
1 L
21675037 EA

2⁹⁹

VH COOKING or DIPPING SAUCE
selected varieties
341-380 mL
20984013 EA

\$6

MINUTE RICE
selected varieties
1.2/1.4 kg
20074783001 EA

BRANDS YOU LOVE AT LOW PRICES

3⁵⁰

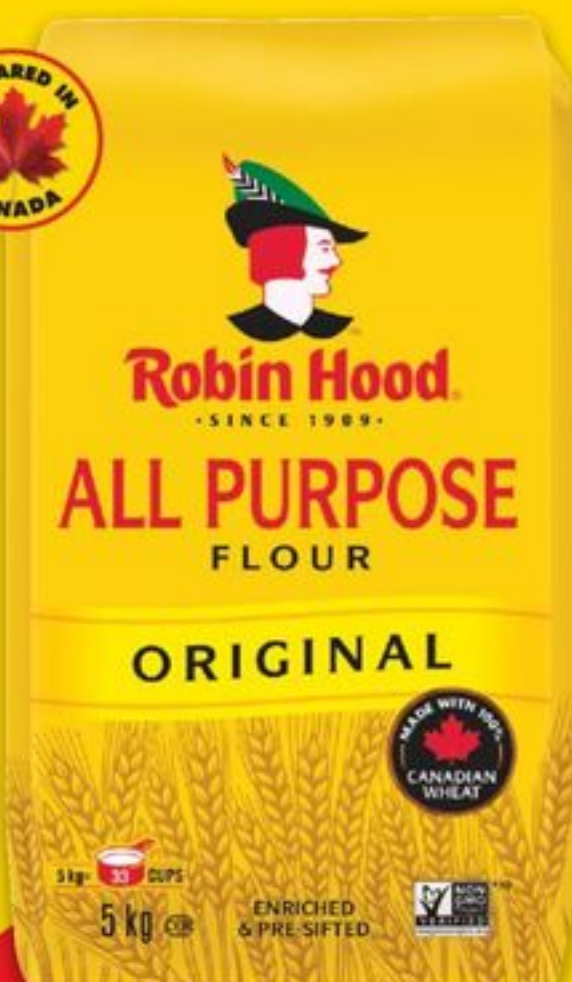


DAIRYLAND SOUR CREAM
selected varieties
500 mL
20275966001_EA



\$4

NO NAME® CHEESE SLICES
selected varieties
210/230 g
21614277_EA



\$5

CHAPMAN'S MARKDALE CREAMERY ICE CREAM 2 L or **COLLECTION NOVELTIES** 8's
selected varieties, frozen
20315236001_EA/20323757004_EA

\$10

ROBIN HOOD FLOUR
selected varieties
5 kg
20149342001_EA

\$8

HIGH LINER FISH FILLETS
selected varieties, frozen
315-700 g
20303200001_EA/21595973_EA

2⁵⁰



BAGEL BITES
selected varieties, frozen
198 g
20213483001_EA

4⁵⁰



ACTIVIA YOGURT
selected varieties
8x100 g
20325384002_EA/21726103_EA

2⁵⁰



NO NAME® PRETZELS, CHEESE SNACKS or CORN CHIPS
selected varieties
200 g
20048210_EA/20322677_EA

4⁷⁹



DARE BEAR PAWS 480/490 g, **WAGON WHEELS** 630 g or **GRISOL MELBA TOAST** 350/400 g
selected varieties
20307218001_EA/21238487_EA

\$1



CLUB HOUSE DRY SAUCE MIX
selected varieties
20-47 g
20302816001_EA/20323721001_EA

\$5



CLUB HOUSE BLENDS or LA GRILLE SEASONING
selected varieties
111-248 g
20308006002_EA/20321740001_EA

6⁹⁹



TAZO TEA CONCENTRATE 946 mL or **LIPTON TEA BLACK or GREEN** 200 g
selected varieties
21295930_EA/21593297_EA

\$6



NESTLÉ COFFEE-MATE 425/450 g, **NESQUIK SYRUP** 510/700 mL or **POWDER** 540 g
selected varieties
20309221002_EA/20320167002_EA

\$5



NO NAME® HOT CHOCOLATE MIX
500 g
20760278_EA

\$3



SENSIBLE PORTIONS VEGGIE STRAWS or CHIPS
selected varieties
120-142 g
2037294001_EA

3⁹⁹



MARS CHOCOLATE MULTIPACK
selected varieties
4's
20313925_EA/20638842_EA

Optimum™

Member Price
\$8⁴⁹

Non-Members
\$8⁹⁹



KELLOGG'S JUMBO SIZE CEREAL
selected varieties
700 g-1.05 kg
20072706_EA/20591235_EA

BRANDS YOU LOVE AT LOW PRICES

4⁵⁰

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



2⁵⁰

**DEGREE
DEODORANT**
selected varieties
48-85 g
20303942001 EA/20304331002 EA



\$1

**NO NAME®
GEL AIR FRESHENER**
selected varieties
170 g
21405442 EA/21405448 EA



2⁵⁰

**DAWN
DISHWASHING LIQUID**
selected varieties
431-473 mL
21430581 EA/21430590 EA



4⁵⁰

CLOROX BLEACH
2.4 L
21283179 EA



7⁹⁹

GLAD GARBAGE BAGS
selected varieties
10-52's
20297334001 EA/21359461 EA



LOW PRICES IN STOCK



\$4

KELLOGG'S ALL BRAN 405/525 g, **RAISIN BRAN** 375/436 g, **VECTOR** 306/400 g, **SPECIAL K** 320-355 g, or **MINI-WHEATS** 377-460 g **CEREAL**
selected varieties
21607207_EA/21653774_EA



3 29

FIBRE 1 BARS 125 g or **NATURE VALLEY GRANOLA BARS, PROTEIN BARS** or **BISCUITS** 148-210 g
selected varieties
20587304001_EA/2068698001_EA



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



PILLER'S KOLBASSA 375 g or **PEPPERONI** 250 g
selected varieties
20042333_EA/20308469_EA

\$6

\$3



QUAKER INSTANT OATMEAL
selected varieties
232-344 g
21190260_EA/21190265_EA

\$2



QUAKER DIPPS
selected varieties
150/156 g
20847582_EA/21185317_EA

2 50



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

6 99



STARBUCKS COFFEE ENHANCER
selected varieties
828 mL
21436915_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

2 50



CHRISTIE CRISPERS
selected varieties
145 g
21358333_EA

4 79



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

2 50



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

2 50



HERSHEY'S FAMILY BAR 90-120 g or **JOLLY RANCHER CANDY BAG** 182/198 g
selected varieties
20078139_EA/20683743_EA

\$2



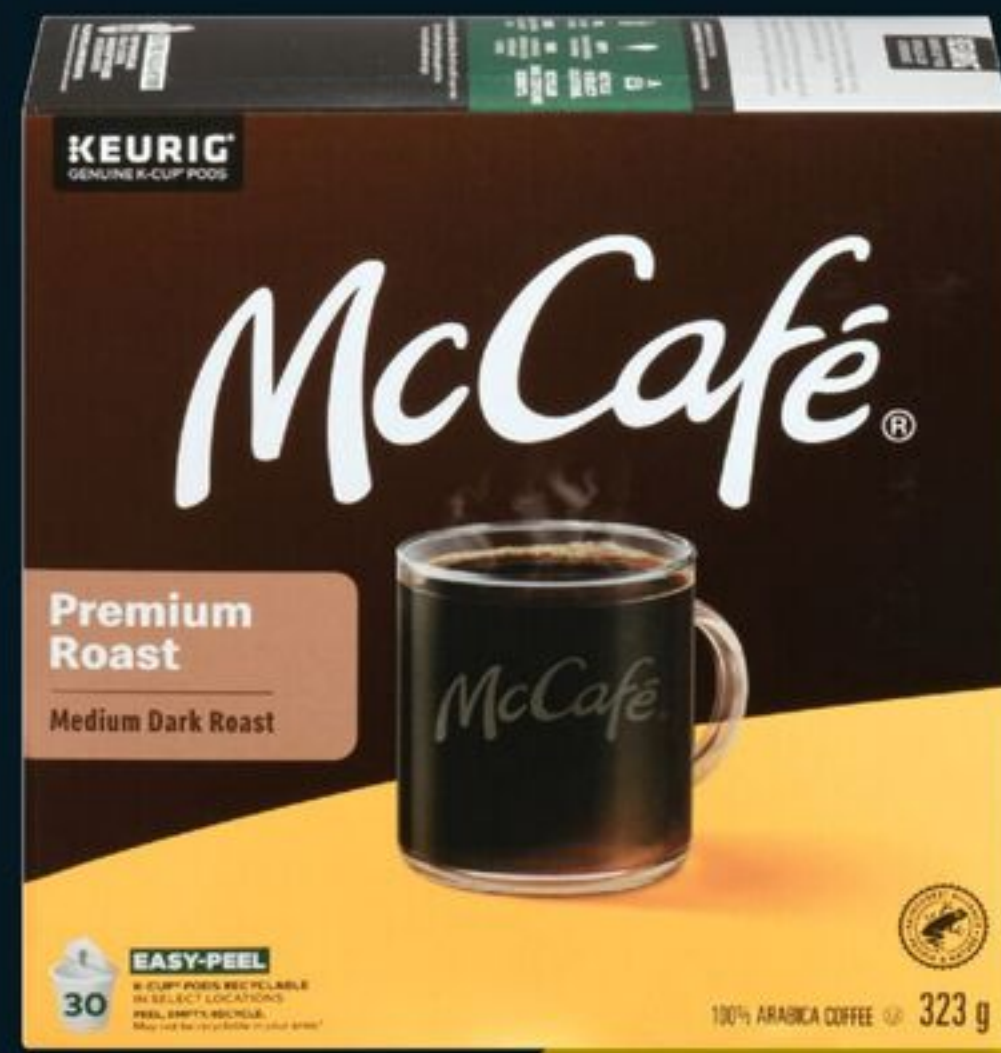
MAYNARDS CANDY
selected varieties
135-154 g
21545554_EA/21694186_EA

**LOW
PRICES
IN STOCK**



16⁹⁹

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



\$23

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

279

CHRISTIE COOKIES 224-303 g or MINI COOKIES 144-200 g
selected varieties
21398407_EA/21585155_EA



450

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 135-200 g or VINTA 200/225 g CRACKERS or VEGGIE CRISPS 100 g
selected varieties
20973368_EA/21520666_EA

\$3



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

\$4



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

\$4



TOSTITOS TORTILLA CHIPS
selected varieties
205-295 g
21050573_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 295 g BARS
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
20436105_EA

\$3



LECLERC CÉLÉBRATION COOKIES
selected varieties
240 g
21680155_EA

\$3



LECLERC CÉLÉBRATION MINI COOKIES
selected varieties
200 g
21648654_EA/21648929_EA

\$3



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

\$4



SIMPLY DRINKS
selected varieties, refrigerated
1.54 L
21170793_EA

**LOW
PRICES
IN STOCK**



6²⁹

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



3⁹⁹

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



15⁹⁷

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



6⁵⁰

iöGO YOGURT
selected varieties
16x100 g
20409583001_EA



\$3

OCEAN'S WHITE TUNA 170 g or **GOLD SEAL MACKEREL** 115 g or **PINK SALMON** 213 g
selected varieties
21005216_EA/21083426_EA



3⁵⁰

ACTIVIA EXPERT YOGURT
selected varieties
4x100 g
21688261_EA



\$6

LACTANTIA LACTOSE FREE or PURIFILTRE MILK
selected varieties
2 L
20301822001_EA



1⁵⁰

OCEAN'S LIGHT or FLAVOURED TUNA
selected varieties
85/170 g
21004270_EA



5⁵⁰

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
21218875_EA/21561337_EA



\$8

ROYALE BATHROOM TISSUE
selected varieties
15x30 rolls
21572800_EA



11⁹⁹

ROYALE FACIAL TISSUE
12x100 sheets
20705292_EA



12⁹⁹

ROYALE TIGER TOWEL
selected varieties
6x12 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



7⁹⁹

CHARMIN BATHROOM TISSUE 8x24 rolls or **BOUNTY PAPER TOWELS** 3x6 rolls
selected varieties
21670159_EA/21707477_EA



\$15

GAIN LIQUID LAUNDRY DETERGENT 4.25 L or **FLINGS** 42's
selected varieties
20959627_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



BIG EASTER DEALS!



150

150



HERSHEY'S 34-42 g or
NESTLÉ SINGLES 25-29 g
selected varieties
20268183001_EA

CADBURY MINI EGGS,
CREAM EGGS or
KINDER JOY 20 g or
CARNABY SWEET MILK
CHOCOLATE BUNNY 100 g
selected sizes
20831065_EA



\$3



350

JOLLY RANCHER GUMMIES,
TWIZZLERS BUNNIES 200 g or
CARNABY SWEET MILK
CHOCOLATE EGGS 150 g
selected varieties
21065056_EA

CADBURY or
LINDT MULTI'S or
PEEPS MARSHMALLOW
CHICS 3's
20077202_EA/21485296_EA

450



LINDT MINI EGG,
KINDER HOLLO, **MINI FRIENDS** or
DARE REAL FRUIT BUNNY
selected varieties
75-225 g
20187234_EA

525



FERRERO EGGS 90-100 g or
ROCHER HALLOW BUNNY 70 g
21484705_EA/21694065_EA

\$8



LINDT CHOCOLATE
EGG POUCHES 180 g or
BUNNY 5's
selected varieties
21628561_EA

\$12



KINDER MAXI PLUSH 116-150 g or
LINDT BUNNY 200 g
selected varieties
20012895_EA/21158918_EA

RAMADAN KAREEM

رمضان كريم



8⁹⁹

MEDJOOL DATES

product of U.S.A.
20001686_EA



1⁹⁹
LB

CHICKEN DRUMSTICKS

halal, fresh, 4.39/kg
21646527_KG

WHILE QUANTITIES LAST

CLUB
SIZE



4⁴⁹

SURAJ® DRY BEANS or LENTILS

selected varieties
1.8 kg
20558737_EA
20558867_EA



12⁹⁹

SHER DURUM ATTA

9.07 kg
20657367_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFW FLAP ET

RAMADAN KAREEM

رمضان كريم

1.99
LB

GREY ZUCCHINI
product of Mexico
4.39/kg
20036780001_KG

1.69
EA/LB

BUNCH MINT each,
product of Mexico or Colombia or
OPO SQUASH 3.73/kg
product of Dominican Republic
20139326001_KG/20142055001_KG

1 KG



6.99

KHUDRI DATES
product of Saudi Arabia
21562486001_EA

200 G



400 G

2.99

DEGLET NOUR PITTED DATES
product of Tunisia or
DRIED FIGS
product of Turkey
21562270001_EA/20599942_EA

9.99



ZABIHA HALAL FIRE CRISP CHICKEN BURGERS, NUGGETS or DRUMSTICKS
selected varieties, frozen
700-750 g
21704617_EA

\$14

PC® FREE FROM® LEAN GROUND LAMB
454 g
21352008_EA



11.99



NANAK DESI GHEE
800 g
20082263_EA

1.29



TAMAM CANNED BEANS
selected varieties
796 mL
21214487_EA

2.49



NORDEX CREAM PRODUCT
170 mL
20127025_EA

8.99



BRAR'S RASMALAI
selected varieties
850 g
20284980002_EA

1.50



HALDIRAM'S SNACKS
selected varieties
150/160 g
20309977_EA

\$2



TAMAM SHAWARMA SPICES
selected varieties
50 g
21219645_EA

2.99



PRAN SAMOSA or SPRING ROLL
selected varieties
400 g
21054779_EA/21054846_EA

5.99



SHAN GINGER GARLIC PASTE 700 g or
SURAJ® KIDNEY BEANS 1.8 kg
selected varieties
21447370_EA/20558870_EA

5.99



SHER BESAN CHANA FLOUR
1.81 kg
20869923_EA

3.29



ROOH AFZA
800 mL
21027924_EA

7.49



ALSHIFA NATURAL HONEY
selected varieties
500 g
20862354_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 1 NFW



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pickup & delivery**

SHOP ONLINE, GET IT DELIVERED.

Get **\$15 in PC Optimum™ points** on each of your first 5 eligible online grocery orders*. Use code **TRYNF**

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STRAIGHT TO YOUR EMAIL

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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

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



find us at the checkout lanes

exclusively at  **NOFRILLS®**

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

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drops for longer.



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



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everyday prices.



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

The  NOFRILLS® thing to do.

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ONL NFW MKT