

NOFRILLS[®] YESSAVINGS

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

SAVE 20%

5⁹⁹
LB

**NEW ZEALAND
SHORT CUT LAMB
LEG**
frozen
13.21/kg
20142553_KG

WHILE QUANTITIES LAST

HALAL



SAVE 33%

1⁹⁹
LB

COOK'S PORTION HAM
4.39/kg
20559641_KG

WHILE QUANTITIES LAST



SAVE 46%

3⁷⁶

**EAT SMART SWEET KALE or
TAYLOR FARMS CHOP
SALAD KITS**
product of U.S.A.,
selected varieties
292-383 g
20674118_EA/21335159_EA



SAVE 40%

2⁹⁹

STRAWBERRIES
product of Mexico or U.S.A.,
no. 1 grade
2004977801_EA



PRICE DROP

\$3

CLASSICO PASTA SAUCE
selected varieties
410/600 mL
20325609001_EA/21618217_EA



PRICE DROP

4⁹⁹

ARMSTRONG or PC[®] SHREDDED CHEESE 250-320 g or
ARMSTRONG CHEESE 400 g
selected varieties
21286240_EA/21346749_EA



SAVE 33%

\$6

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



SAVE 25%

2²⁵

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



ONLY

3⁵⁰

LACTANTIA CREAM 10% 1 L,
35% 473 mL or **DAIRYLAND CREAM**
0-18% 946 mL or **33%** 473 mL,
selected varieties
20073927_EA/20962887_EA



SAVE UP TO 47%

\$11

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



SAVE UP TO 27%

12⁹⁹

**817 ELEPHANT
BRAND
BASMATI RICE**
selected varieties
4 kg
20787524_EA/21341987_EA



WOW!

12⁹⁹

ROYALE BATHROOM TISSUE
or **TIGER TOWEL**
selected varieties
21378233_EA/21484732_EA



SAVE 30%

\$4

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



Week 1

Spend & get

10%

back in pts

March 19 - 25

+

Week 2

Spend & get

10%

back in pts

March 26 - April 1

+

Week 3

Redeem & get

20%

back in pts

April 2 - 8

Bonus

10,000 pts

when you complete
all 3 offers*

Optimum[™]

Open your
PC Optimum[™]
App to start
earning.

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

nofrills.ca

01 NW

FRESH AT LOW PRICES

3⁹⁹



6 OZ CLAMSHELL



BLACKBERRIES
product of Mexico, or U.S.A., or
RASPBERRIES
product of Mexico, or U.S.A.,
no. 1 grade
20051015001_EA



PKG OF 4



3⁹⁹
EA/LB

ASPARAGUS 8.80/kg
product of Mexico, no. 1 grade or
RED or GREEN PEPPERS
each, product of Mexico or U.S.A.
20013208001_EA/20174581001_KG

4⁹⁹



4⁹⁹

PKG OF 3

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

CANTALOUPE product of
Guatemala, Honduras or Brazil,
no. 1 grade, or
PINEAPPLE product of Costa Rica
or Mexico
20167017001_EA/20160992001_EA



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

5⁹⁹



3 LB BAG

FARMER'S MARKET™ ORANGES
product of U.S.A.
21576167001_EA/20162945001_EA

2⁹⁹



2 LB BAG

FARMER'S MARKET™ CARROTS
product of Canada or U.S.A., no. 1 grade or
YELLOW ONIONS product of Canada,
Canada no. 1 grade
20626628001_EA/20811994001_EA

1⁹⁹
LB



SWEET POTATOES
product of Canada
4.39/kg
20127708001_KG

5⁹⁹



681 G

PKG OF 11

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

5⁹⁹



MINI SEEDLESS WATERMELON
product of Guatemala, Honduras, Costa Rica, Mexico
or Brazil
20145379001_EA

2⁹⁹
EA/LB



BROCCOLI CROWNS
6.59/kg, product of Mexico, or U.S.A., or
BROCCOLINI each, product of U.S.A.
20154907_EA/20026161001_KG

1⁹⁹



RED MANGOES
product of Peru
20059635001_EA

5⁹⁹



PKG OF 3

ROMAINE HEARTS
product of U.S.A. or Mexico
20067389001_EA

2⁹⁹



POMEGRANATES
product of Peru
20134767001_EA

6⁹⁹



FARMER'S MARKET™ AMBROSIA
APPLES or **PINK LADY APPLES**
product of Western provinces, Canada
fancy grade
20697746001_EA/20630646001_EA

6⁹⁹



3 LB BAG

PC® MANDARINS
product of U.S.A.
20864961001_EA

\$9



NO NAME® NATURALLY
IMPERFECT™ RED or RUSSET
POTATOES
product of Canada, Canada no. 2 grade
20044637001_EA/20101572001_EA

3⁹⁹



454 G

CELERY
product of U.S.A. or Mexico, no. 1 grade or
PC® WHOLE WHITE or CREMINI
MUSHROOMS product of Canada
20163119001_EA/20761372_EA/20738571_EA

5⁹⁹



600 G

FARMER'S MARKET™ KIWI
product of Greece
21576167001_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.

DELI DEALS

\$5

PC® CHEESE SLICES
140-170 g or
BLOCKS 250 g or
ZIGGY'S® PEPPERONI STICKS
300 g
selected varieties
20250947_EA/21665209_EA



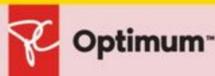
\$4

MASTRO SALAMI
100-175 g or,
SAN DANIELLE PROSCIUTTO 100 g
or **SAPUTO CHEESE TUBS** 170-200 g
selected varieties
20573975_EA/21061099_EA



\$4

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



\$5.50

Earn
1,000
pts

That's
\$1
value



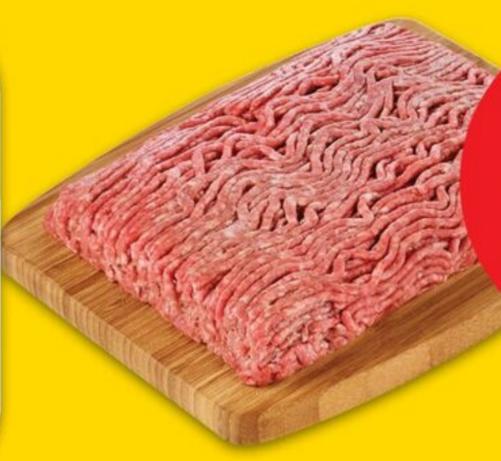
RESER'S MAIN ST. BISTRO MAC AND CHEESE or
MASHED POTATOES 567-680 g or
DAIYA VEGAN CHEESE 200/220 g
selected varieties
20027947_EA/21207740_EA

FRESH AT LOW PRICES

\$15



PC® AIR CHILLED WHOLE CHICKEN or SUFRA® HALAL WHOLE CHICKEN
up to 1.7 kg
21666198_EA



6.50
LB

LEAN GROUND BEEF AND PORK
14.33/kg
20865962_KG

3.99
LB



CLUB SIZE

PORK COMBO CHOP
fresh, bone-in
8.80/kg
20976983_KG



7.99

MARCANGELO JUMBO SAUSAGE
selected varieties, frozen
500/675 g
21289731_EA

4.49



SCHNEIDERS WIENERS or MAPLE LEAF TOP DOGS
selected varieties
375 g
21093477_EA

\$10



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

7.99



LOU'S or MANDARIN ENTRÉES
selected varieties, fully cooked
375-450 g
20507550_EA/21699144_EA

Optimum

\$7

Earn **1,000** pts

GUSTA VEGAN SAUSAGE
selected varieties
350 g
21284431_EA

\$1

\$8

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

\$9

HIGH LINER WILD PACIFIC PINK SALMON FILLETS
frozen
400 g
21093881_EA

3.50

FREYBE LIVER SAUSAGE
selected varieties, 250 g
20008349_EA

\$4

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

\$6

LA CASA ROSA FRESH ENTRÉES 350 g or PACE PIZZA 502-542 g
selected varieties
21515170_EA/21673693_EA

\$2

NO NAME® BREAD
selected varieties
520 g
21509610_EA

\$3

D'ITALIANO BREAD 620/675 g or BUNS 6/8's
selected varieties
20038335_EA/20626949_EA

\$5

LA BAGUETTERIE MICHÉ
selected varieties
600/800 g
20862393_EA

3.50

MASTRO CAPOCOLLO 125 g or SAN DANIELE MORTADELLA 175 g
selected varieties
20576743_EA/20577341_EA

SOFINA

\$6

MASTRO SALAMETTI CHUB
hot or mild
300 g
20046483_EA/20303790_EA

7.50

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

App exclusive offer



\$5

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

PC® MINI MUFFINS
selected varieties
12's
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
21531415_EA

App exclusive offer

\$8

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



PC® BACON
selected varieties
500 g
20152629_EA

App exclusive offer



VH COOKING or DIPPING SAUCE
selected varieties
341-380 mL
20984002_EA

\$3.38

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

\$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
21080164_EA/21687535_EA

App exclusive offer



PHILADELPHIA CREAM CHEESE PRODUCT 227/250 g,
KRAFT SINGLES 410 g or **CHEEZ WHIZ** 450 g
selected varieties
20641267_EA/21188654_EA

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



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 GRÄVY MIX** 250 g
selected varieties
20069590_EA/20311529002_EA

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



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

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



KNORR or LIPTON SOUP MIX
selected varieties
40-912 g
20297514001_EA/20315085002_EA

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



FLEISCHMANN'S YEAST 24-450 g,
BREAD BOOSTER 100 g, **BAKING POWDER** 340 g
or **CORNSTARCH** 454 g
selected varieties
20006692_EA/20102920002_EA

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



CHRISTIE CRISPERS
selected varieties
145 g
21358327_EA/21358333_EA

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



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

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



EXCEL GUM MULTIPACK
selected varieties
3's
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.

PC Optimum™ members must open the PC Optimum™ App on or before April 8, 2026 to reveal their personalized offers. Subject to the member meeting the applicable spend requirements specified in the member's personalized offer for each of the offer periods March 19–25, 2026 and March 26–April 1, 2026, the member will earn up to 10% back in PC Optimum™ points on each such participating offer. Subject to the member meeting the applicable PC Optimum™ points redemption requirement specified in the member's personalized offer for the offer period April 2–8, 2026, the member will earn up to 20% back in PC Optimum™ points on such participating offer. A member who completes all three participating offers on or before April 8, 2026 will receive a one-time bonus award of 10,000 PC Optimum™ points. The maximum number of bonus points available under this promotion is 10,000 points per member. Bonus points will be awarded only once, and only where all three participating offers are completed; partial completion of fewer than all three offers will not qualify. The promotion will be deemed completed only upon fulfillment of all three participating offers in accordance with the applicable offer terms. The PC Optimum™ Card or App must be presented at the time of each eligible transaction. Limit of one offer per member. Personalized offer terms, conditions, exclusions, and participating details apply and are available in the PC Optimum™ App.



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

nofrills.ca



This product contains post consumer recycled paper



App exclusive offer

\$2.50

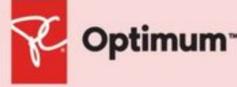
Earn 500 pts

That's 50¢ value

PC® LIQUID DISH DETERGENT selected varieties 638 mL-1 L 21012490_EA/21012740_EA



More days More days More days



More days™

March 19-25, 2026

\$8

Earn 3,000 pts

That's \$3 value



GLAD GARBAGE BAGS selected varieties 10-52's 20297334001_EA/21613985_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 20304767002_C06/20308731008_C06



PC® NUTRITION FIRST® DOG FOOD selected varieties 2 kg 21304456_EA

App exclusive offer

\$12

Earn 3,000 pts

That's \$3 value

LIQUID I.V. HYDRATION MULTIPLIER ELECTROLYTE DRINK MIX selected varieties 6-16's 21592444_EA/21592485_EA



Earn 5,000 pts

For every \$20* spent

That's \$5 value

App exclusive offer

Earn 8,000 pts

For every \$20* spent

That's \$8 value

IAMS DOG FOOD all sizes and varieties 20912435_EA



App exclusive offer

Earn 15,000 pts

For every \$50* spent

That's \$15 value



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

Earn 5,000 pts

For every \$15* spent

That's \$5 value

RESOLVE LAUNDRY all sizes and varieties 20944173_EA



Earn 5,000 pts

For every \$12* spent

That's \$5 value

LISTERINE MOUTHWASH all varieties and sizes 20348438001_EA/21091218_EA



Earn 8,000 pts

For every \$20* spent

That's \$8 value

TYLENOL, BENYLIN or ZARBEE'S COUGH COLD PRODUCT selected varieties and sizes 2032277001_EA 20315180001_EA



Earn 7,500 pts

For every \$20* spent

That's \$7.50 value

BENIBID, CENTRUM, EMERGEN-C, ADVIL, NEOCYTRAN, TUMS, SENSODYNE or POLIDENT PRODUCT selected varieties and sizes 2031235884_EA/20997357_EA/21111046_EA/21372442_EA 20316898001_EA/20324424001_EA/21223300_EA 20437569002_EA/20301179003_EA/21661561_EA



Earn 5,000 pts

For every \$10* spent

That's \$5 value

SCRUBBING BUBBLES, DRANO & GLADE all sizes and varieties 20323855001_EA/21367989_EA



Earn 4,000 pts

For every \$12* spent

That's \$4 value

FINISH AUTO DISHWASHER TABS or RINSE AID all sizes and varieties 20548797_EA/21218875_EA



Earn 5,000 pts

For every \$14* spent

That's \$5 value

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

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



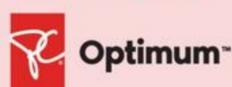
Christie Family Size Crackers
Selected varieties, 328-454 g
20686037_EA/21189848_EA

See in-store for retails

LOWEST PRICES
BEST DEALS

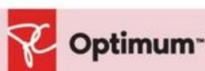
As compared to other major grocery retailers within your local trade areas. Offer valid March 1st - 31st, 2026 while quantities last. We reserve the right to limit quantities to reasonable family requirements. See in store for limits. No rainchecks.

More days More days More days



More days™

MARCH 19 - 25, 2026



App exclusive offer



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

Earn
5,000
pts

For every \$10*
spent on

That's
\$5
value



App exclusive offer



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

Earn
4,000
pts

For every \$10*
spent on

That's
\$4
value



App exclusive offer

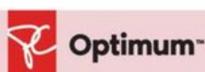


**FARMER'S MARKET™
BUTTER CROISSANTS**
6's
20975943_EA

Member Price
\$4

Non-Members
\$5.50

Members
Save
\$1.50



App exclusive offer



PC® BRIE or CAMEMBERT CHEESE
selected varieties
165-200 g
20787327_EA

Member Price
\$5.50

Non-Members
\$6.50

Members
Save
\$1

BRANDS YOU LOVE AT LOW PRICES

4⁵⁰



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



2⁵⁰

NO NAME[®] SOUR CREAM
selected varieties
500 mL
20299657_EA

4⁵⁰



CHAPMAN'S MARKDALE ICE CREAM 2 L or COLLECTION NOVELTIES 8's
selected varieties, frozen
20315236001_EA/20323757001_EA

3⁵⁰



BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT 410 g or LACTANTIA CREAM CHEESE 227 g
selected varieties
21252564_EA/21673558_EA

4⁵⁰



PC[®] FLATBREAD
selected varieties, frozen
338-395 g
21013452_EA

\$5



INTERNATIONAL DELIGHT COFFEE ENHANCERS 946 mL or COLD FOAM 396 g
selected varieties
20895480007_EA

\$4



PC[®] ORANGE JUICE, LEMONADE or TEA
selected varieties, refrigerated
1.54 L
21430531_EA/21430542_EA

2⁷⁵



PC[®] TORTILLA CHIPS
selected varieties
320-350 g
20305180_EA

\$3



MONSTER 444-473 mL or RED BULL ENERGY DRINKS 250 mL
selected varieties
20702466_EA/20938249_EA

\$2



DEL MONTE NECTAR
selected varieties
960 mL
20894117004_EA

1²⁵



CLOVER LEAF FLAVOURED TUNA
selected varieties, 85 g
20315581002_EA

2⁵⁰



DARE BEAR PAWS ULTIMATE COOKIES 168-210 g, VIVA PUFFS 300 g or WAGON WHEELS 315/360 g, selected varieties
20025850001_EA/21080791_EA

1⁵⁰



CAMPBELL'S CONDENSED SOUP
selected varieties
284 mL
20297246002_EA

2⁸⁸



MARIO'S CORNED BEEF or COOKED HAM
340 g
21295614_EA

\$3



KRAFT SALAD DRESSING
selected varieties
425 mL
21584931_EA

11⁹⁹



BERTOLLI OLIVE OIL
selected varieties
750 mL/1 L
20156182001_EA

5⁵⁰



KD ORIGINAL
5x200 g
21594312_EA

\$2

Earn 250 pts

25[¢]



BETTY CROCKER POTATOES
selected varieties
141-215 g
20296518002_EA
21574295_EA

BRANDS YOU LOVE AT LOW PRICES

4⁹⁹



**HELUVA GOOD!
FRENCH ONION DIP**
680 g
20312788001_EA



6⁵⁰

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



4⁵⁰



**PC® SCOOP SHOP
ICE CREAM 946 mL or
NOVELTIES 330 mL**
selected varieties
21575127_EA/21077477_EA



5⁹⁹



LACTANTIA BUTTER
selected varieties
454 g
20639926_EA



1⁶⁹

ITALPASTA
selected varieties
750 g
20296241001_EA/20296241003_EA

2²⁹



CAVENDISH FRIES
selected varieties, frozen
800 g
21559837_EA

6⁵⁰



ACTIVIA EXPERT YOGURT
selected varieties
750 g
21688205_EA

\$3



**DOLE FRUIT BOWLS 4x107 mL or
FRUIT N' GEL SNACKS 4x123 g**
selected varieties
20318455001_EA

Optimum™

\$4

Earn **1,000 pts**

\$1

CRAVE DINNER ENTREES 200-340 g or KRAFT DELUXE MAC AND CHEESE 340 g
selected varieties, frozen
21085515_EA

2⁵⁰



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

13⁹⁹



**MCCAFÉ ROAST AND
GROUND COFFEE PODS**
selected varieties
10/12's
21238598_EA

4⁹⁹



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

\$3



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

5⁵⁰



POST FAMILY SIZE CEREAL
selected varieties
525-635 g
21542452_EA/21575229_EA

4⁵⁰



**NO NAME® HAZELNUT
SPREAD 725 g or JAM 500 mL**
selected varieties
20032552001_EA/20683943_EA

7⁷⁷



**NESCAFÉ GOLD
INSTANT COFFEE 90-100 g or
ESPRESSO CONCENTRATE
500 mL**
selected varieties
21074552_EA/21665148_EA

3⁷⁵



**FERRERO CHOCOLATE
BAR**
selected varieties
90 g
21428863_EA

1⁵⁰



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

\$5



PC® MILK CHOCOLATE BUNNY
100 g
21609314_EA

5⁵⁰



**KINDER CHOCOLATE
EGG**
selected varieties
100 g
20719295_EA

BRANDS YOU LOVE AT LOW PRICES

.88



COLGATE or CREST TOOTHPASTE 50-100 mL, or **MANUAL TOOTHBRUSH** 1 ea selected varieties
20338731001_EA/20975582_EA



4.50

GARNIER WHOLE BLENDS SHAMPOO or CONDITIONER selected varieties 346-370 mL
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
21430550_EA/21430569_EA

\$4

LYSOL MULTI SURFACE CLEANER 1.2 L, **BATHROOM SPRAY** 950 mL or **BATHROOM AEROSOL** 538 g selected varieties
20309873002_EA/21231235_EA

\$5



NO NAME® FOOD STORAGE CONTAINERS selected varieties
20162802_EA/20149018_EA

10.99



ZIPLOC FOOD STORAGE BAGS selected varieties 60-270's
21196101_EA

Optimum™

\$3.50

Earn **1,000 pts**

PC® YARD WASTE BAGS 5's
20429980_EA

There's **\$1** value

\$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 AUTO DISHWASHER TABS** 10-15's or **RINSE AID** 473 mL
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
20856516005_EA

Coca-Cola

7⁵⁰



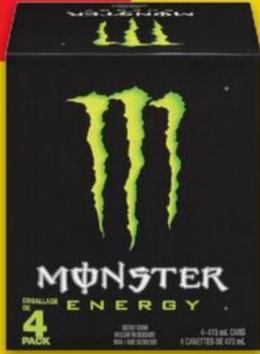
FUZE ICED TEA
selected varieties
12x341 mL
21645563_C12

4²⁵



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

9⁵⁰



MONSTER ENERGY DRINK
selected varieties
4x473 mL
20937631_C04

2²⁵



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



Unilever

\$5



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

\$4



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

\$5



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



\$15

Earn
2,000
pts

That's
\$2
value



TRE STELLE FETA CHEESE TUB
850 g
21618723_EA

\$6



CASTELLO DELI CHEESE
125-200 g or **APETINA DANISH FETA CHEESE** 200 g
selected varieties
20428574_EA/20599157_EA

\$7



TRE STELLE MOZZARELLA BALL
selected varieties
340 g
20189267_EA



\$10

6⁷⁹



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

NATURE VALLEY GRANOLA BARS 525 g,
REESE PUFFS CEREAL BARS 384 g or
BETTY CROCKER FRUIT SNACKS 340/368 g
selected varieties
21279930_EA/21344016_EA

\$1

3⁵⁰

\$2



OLD EL PASO SEASONING
selected varieties, 24 g
21049495_EA

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

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



5⁹⁹



YOPLAIT YOP 6x200 mL,
LIBERTÉ KEFIR 1 L or
MÉDITERRANÉE 900 g
YOGURT
21305347_EA/21721005_EA

3²⁵

6⁵⁰



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

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



8⁹⁹



ROYALE BATHROOM TISSUE
selected varieties
15=30 rolls
21572800_EA

8⁹⁹

11⁹⁹



ROYALE TIGER TOWEL PAPER
TOWEL PAPER
selected varieties
2/3=6 rolls
21484702_EA

ROYALE FACIAL TISSUE
12x100 sheets
20705292_EA

BAKING ESSENTIALS AT LOW PRICES

1.79



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

8.50



PC® BLUE MENU EGG WHITES
1 kg
20821364001_EA

5.99



NO NAME® COCOA
227 g
21467906_EA

6.99



BECEL MARGARINE
selected varieties
637/850 g
20297818002_EA

\$4.49



Earn
500
pts

That's
50¢
value

ROBIN HOOD FLOUR
selected varieties
2/2.5 kg
20039497001_EA/20039497005_EA

\$3.29



Earn
500
pts

That's
50¢
value

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

3.50



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

\$4



COOL WHIP DESSERT TOPPING
selected varieties
frozen
1 L
20030369001_EA

2.49



ROGERS SUGAR
selected varieties
1 kg
20108812_EA/20169394_EA

3.50



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

3.49



EAGLE BRAND SWEETENED CONDENSED MILK
selected varieties
300 mL
21012618_EA

4.50



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

\$5



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

1.89



BETTY CROCKER SUPER MOIST CAKE MIX 375/404 g, **SNACK SIZE MIX** 184/212 g or **FROSTING** 340/450 g
selected varieties
20562641007_EA/21547838_EA

3.49



ALCAN FOIL 50 ft or **NON-STICK** 25 ft, **GLAD WRAP** 60 m or **REYNOLDS PARCHMENT PAPER** 35 ft
20043471_EA/20051862_EA

UP TO **50% OFF**



JAMIESON VITAMINS AND SUPPLEMENTS
selected varieties and sizes
20311899_EA/21587778_EA

\$12



LIQUID I.V. HYDRATION MULTIPLIER ELECTROLYTE DRINK MIX
selected varieties
6's
21592485_EA/21592512_EA

\$18



POISE PADS or DEPENDS UNDERWEAR
selected varieties and sizes
12-66's
21023366_EA/21099790_EA

\$13



ADVIL TABLETS 40-100's, CAPLETS 45-100's, LIQUI-GELS 40-72's, LIQUID 230 mL, VOLTAREN 100-150 g
or **ROBAX CAPLETS 18's**
selected varieties and sizes
20077169001_EA/20809786_EA

\$10



ICY HOT SPRAY, CREAM or PATCH
selected varieties and sizes
20154052001_EA/21485173_EA

BABY ESSENTIALS AT LOW PRICES

26⁹⁷



HUGGIES PULL UPS or GOODNITES POTTY or NIGHTTIME CP TRAINING PANTS
selected varieties
24-74's

20963841_EA/21371199_EA

34⁹⁹



PAMPERS ECONO PACK DIAPERS
selected varieties
size N-8, 58-200's

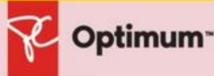
21551525_EA/21692756_EA

75⁴⁷



ENFAMIL A+ NEUROPRO or GENTLEASE READY TO FEED FORMULA
selected varieties

18x237 mL
21590060_C01



Earn
10,000
pts

For every \$50 spent on

That's
\$10
value

BABY FORMULA, FOOD, NEEDS or ACCESSORIES
selected varieties and sizes

2035839007_EA/21699547_EA/21370844_EA 21541191_EA/20322414001_EA



\$34⁹⁹

ONE DAY ONLY! FRIDAY, MARCH 20TH

Earn
5,000
pts

That's
\$5
value

HUGGIES ECONO PACK DIAPERS
selected varieties
size N-8, 60-208's

21456748_EA/21663768_EA

BABY ESSENTIALS AT LOW PRICES

27⁹⁹



28⁹⁹

HUGGIES SUPER BIG PACK DIAPERS
selected varieties
N-7, 36-128's
21172500_EA/21371019_EA

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



34⁹⁹



26⁹⁹

HUGGIES ECONO PACK DIAPERS
selected varieties
size N-8, 60-208's
21456640_EA/21663768_EA

SIMPLY GOURMET CRUNCHERS or PUFFIES SNACKS
selected varieties
32 g
21597310_EA/21597336_EA



24⁹⁹



25⁰⁰



LITTLE BELLIES ORGANIC PICK-ME-STICKS
selected varieties
16 g
21540210_EA/21540211_EA

GERBER BASE SNACKS or ENTRÉES
selected varieties
42-192 g
20304618003_EA/20304618007_EA

\$34⁹⁹

Earn **2,000** pts

That's **\$2** value

Optimum[™]

NIURISS MILK-BASED INFANT FORMULA
0-12 months
700 g
21648061_EA

54⁹⁹

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

ALWAYS

\$5

PC[®] 3X BABY WIPES
scented or unscented
300's
21540716_EA/21550950_EA

12⁷⁹

DIAPER RASH SUDOCREM
250 g
20147213_EA

12⁹⁹

LIVE CLEAN BABY NEEDS
selected varieties
750 mL
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
20948747_EA/21354690_EA

5.79



SENSODYNE or PRONAMEL VALUE SIZE TOOTHPASTE
selected varieties
110/135 mL
20247931001_EA

\$8



VASELINE BODY LOTION
selected varieties
40-227 g/150-600 mL
21085011_EA/21085906_EA

6.50



SOFTSOAP LIQUID HAND SOAP REFILL
selected varieties
1.47 L
21715457_EA/21715576_EA

4.50



NIVEA BODY WASH 500 mL, **DEODORANT ROLL-ON** 50 mL or **ANTIPERSPIRANT** 51/52 g
selected varieties
20321421004_EA/21169899_EA

\$8



NIVEA HAND or BODY LOTION
selected varieties
200-625 mL
20688737_EA/20700027_EA

\$4



AXE BODY SPRAY 113 g, **DEODORANT** 76/85 g, **BODY WASH** or **HAIR CARE** 473 mL
selected varieties
21042562_EA

5.50



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

\$7



TRESEMME HAIR CARE
selected varieties
198-311 g/168-828 mL
20315303016_EA/21170103_EA

ALWAYS

\$4



LIFE BRAND® MOUTHWASH
selected varieties
1 L
21201386_EA

5.50



TUMS ANTACID PRODUCT
60-100's or 28-32's **CHEWABLE TABLETS**
selected varieties and sizes
21223300_EA

\$6



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

\$11



ALWAYS LINERS 92-108's, **PADS** 27-52's or **TAMPAX TAMPONS** 22-36's
selected varieties
20963694_EA/21020073_EA

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



**BOOST READY-TO-DRINK
PRODUCT**
6x237 ml or 4x325 ml

Save
\$2
with digital
coupon



**PC® SPLENDIDO
SLICED MEATS**
100 g

Earn
1,000
pts
Until April - 8 - 2026



**PC® PORTUGUESE
CUSTARD
TARTS**
360 g

Earn
1,000
pts
Until April - 8 - 2026



**PC® LOADS
OF ICE
CREAM**
1.5 L

Earn
1,000
pts
Until April - 8 - 2026



**PC® BLACK LABEL
ICE CREAM**
500 mL

Earn
750
pts
Until April - 8 - 2026



**PC® TOPPED
HUMMUS**
280

Earn
1,000
pts
Until April - 8 - 2026



**PC® SPRING
ROLLS**
574 g

Earn
1,500
pts
Until April - 8 - 2026



**PC® KETTLE
CHIPS**
200 g

Earn
500
pts
Until April - 8 - 2026



**PC® SPLENDIDO
EXTRA
VIRGIN OLIVE OIL**
1 L

Earn
2,000
pts
Until April - 8 - 2026



PC® CHOCOLATE CHIPS
226-300 g

Earn
750
pts
Until April - 8 - 2026



**PC® 3 PLY
FACIAL TISSUES**

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

Optimum



Earn
1,000
pts

Until April - 8 - 2026

**NO NAME® POTATO AND
CHEDDAR PEROGIES**

2 kg

Optimum



Earn
1,000
pts

Until April - 8 - 2026

**NO NAME®
LONG GRAINED RICE**

2 kg

Optimum



Earn
750
pts

Until April - 8 - 2026

**NO NAME®
PEANUT
BUTTER**

1 kg

Optimum



Earn
500
pts

Until April - 8 - 2026

**NO NAME®
CHOCOLATE
BARS**

100 g

Optimum



Earn
250
pts

Until April - 8 - 2026

**PC® SUPER
SOFT
BATHROOM
TISSUE**

Optimum



Earn
5,000
pts

Until April - 8 - 2026

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

Optimum



Earn
1,000
pts

Until April - 8 - 2026

**PC® LARGE HEAVY
DUTY FREEZER BAGS**

Optimum



Earn
500
pts

Until April - 8 - 2026

**PC®
DISHWASHING
LIQUID SOAP**

740 mL

EID MUBARAK!

عيد مبارك!



11⁹⁹

2 LB TUB

MEDJOOOL DATES
product of U.S.A.
20001686_EA



5⁹⁹



907 G

795 G

DEGLET NOUR PITTED DATES or
ORGANIC PITTED DATES product of Tunisia
or **HONEY PITTED DATES** product of Iran
21562279001_EA/20772841_EA



340 G

5⁹⁹

1 KG

KHUDRI DATES
product of Saudi Arabia
21562486001_EA



8⁹⁹

NANAK RASMALAI
selected varieties
850 g
21284818_EA



7⁹⁹

BRAR'S MILK CAKE
selected varieties
400 g
20609047_EA



EID MUBARAK!

عيد مبارك!

1.99
LB



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

1.99
LB



GINGER ROOT
product of China
4.39/kg
20179038001_KG

3.99
LB



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

200 G



2.99

DRIED FIGS
product of Turkey
20599942_EA

\$24



CLUB SIZE

SUFRA® HALAL CHICKEN WINGS
club size, fresh
up to 2 kg
21430606_EA

10.29
LB



PC® FREE FROM® AUSTRALIAN LAMB SHANKS
frozen
22.69/kg
20798674_KG

14.99



ZABIHA HALAL CHICKEN WINGS or BREADED CHICKEN BREAST FILLET
selected varieties, frozen
908 g
20503453_EA/21306301_EA

12.99



PILLSBURY CHAKKI ATTA
9.07 kg
21663582_EA

\$5



SURAJ® NAAN
selected varieties
10's
20342261_EA

13.99



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

2.99



RUBICON ORGANIC COCONUT WATER 1 L or FRITO LAY'S SPECIALTY FLAVOUR CHIPS 200 g
selected varieties
21383084_EA/21663082_EA

9.99



WAGH BAKRI PREMIUM TEA
907 g
20375231_EA

9.99



QUALITY BROWN SUGAR
4.5 kg
20718452_EA

1.99



FROOTI MANGO JUICE 1 L or ROYALE DIGESTIFS 400 g
selected varieties
20041155_EA/20875669_EA

2.49



BRITANNIA GOOD DAY BISCUITS
selected varieties
231 g
21023769_EA

HAPPY EASTER!



6⁹⁹
LB



YELLOW YAMS
product of Costa Rica
15.41/kg
20070018001_KG

1⁹⁹
LB

CARIBBEAN SWEET POTATOES
product of Honduras or **CASSAVA**
product of Costa Rica
4.39/kg
20169868001_KG / 20087682001_KG

2⁵⁰



GRACE SUNDRIED SORREL
126 g
21035421_EA

3⁹⁹
LB

GUAVA
product of Taiwan
8.80/kg
20162500001_KG

\$8



BASA STEAKS
frozen
1 kg
20910469_EA

\$13
LB



ETNICO BEEF OXTAIL
28.66/kg
20079558_KG

.99



GRACE PEANUT PUNCH
240 mL
20213313_EA

2⁹⁹



PAN WHITE CORN MEAL
selected varieties
1 kg
20945705_EA

1²⁵



GRACE PLANTAIN CHIPS 85 g or
GRACE ISLAND SODAS 355 mL
selected varieties
20299652001_EA / 20602609002_EA

1⁵⁰



GRACE 100% COCONUT WATER 500 mL or
COCONUT MILK 400 mL or
POWER MALT EXTRA ENERGY DRINK 330 mL, selected varieties
20047774_EA / 20796021_EA / 21027754_EA

1⁹⁹



GRACE CONDENSED WHITENER
297 mL
20877966_EA

1⁴⁹



MR. GOUDAS TABLE SALT
1 kg
21537275_EA

4⁴⁹



GRACE CORNED BEEF
selected varieties
340 g
20325345002_EA

3⁴⁹



NUTRAMENT VANILLA ENERGY DRINK
325 mL
21613313_EA

2⁴⁹



GRACE BROWNING SAUCE
142 mL
20006947_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.

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

ONL NFW MKT