

# DELI DEALS

SAVE 37%

4<sup>67</sup>

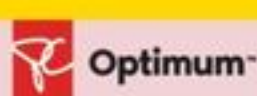
**BOURSIN  
CHEESE**  
selected  
varieties  
150 g  
20116794\_EA



SAVE UP TO 35%

\$5

**ZIGGY'S®  
PEPPERONI  
STICKS** 300 g or  
**MARCANGELO  
SLICED DELI  
MEAT** 85 g  
21665209\_EA/21706089\_EA



App exclusive offer

\$3

Earn

500

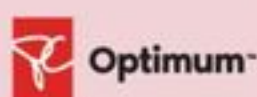
pts

That's

50¢

value

**ZIGGY'S®  
FRESH PASTA**  
selected varieties  
350 g  
21302270\_EA



4<sup>50</sup>

Earn

1,000

pts

That's

\$1

value

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





# NOFRILLS

FLYER PRICES EFFECTIVE THURSDAY, MARCH 26 TO WEDNESDAY, APRIL 01, 2026.

## BIG EASTER DEALS!

ONLY

\$10

BONELESS, SKINLESS CHICKEN BREAST  
4 pack  
21437135\_EA

SAVE 23%

\$5



NO NAME® BACON  
regular or salt reduced  
20156771\_EA

SAVE 37%

2.49

SAVE 29%

2.75

LAY'S POTATO CHIPS  
selected varieties  
177-235 g  
21241032\_EA/21662082\_EA



SAVE 22%

\$7

20 LB BAG

NO NAME® NATURALLY IMPERFECT™  
RED or RUSSET POTATOES  
product of Canada, Canada no. 2 grade  
20851084001\_EA/20044637001\_EA



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

SAVE UP TO 27%

6.50

SEAQUEST® BAY SCALLOPS 400 g or SHRIMP  
raw, shell on or cooked, 36-45 per lb, 300 g, frozen  
21043683\_EA/21558527\_EA



PRICE DROP

4.99

ARMSTRONG® or PC® SHREDDED CHEESE  
250-320 g or ARMSTRONG CHEESE 400 g  
selected varieties  
21286340\_EA/21246749\_EA



PRICE DROP

1.25

ALLEN'S FRUIT COCKTAIL  
selected varieties  
1 L  
20307434001\_EA/21430133\_EA



ONLY

3.50

MOTT'S CLAMATO  
selected varieties  
1.89 L  
20218955009\_EA



SAVE 50%

\$1

HEINZ BEANS or PASTA  
selected varieties  
398 mL  
20040380003\_EA/20177278001\_EA



ONLY

\$5

INTERNATIONAL DELIGHT  
COFFEE CREAMERS 946 mL  
or COLD FOAM 396 g  
selected varieties  
20895480002\_EA/21439939\_EA



SAVE UP TO 43%

\$2

BEATRICE or DAIRYLAND  
CHOCOLATE MILK  
brand varies by region, 946 mL  
20799732\_EA/21699812\_EA



SAVE 39%

1.39

UNICO SOLID LIGHT TUNA  
198 g  
20113745\_EA



SAVE UP TO 52%

\$4

CADBURY MINI EGGS 154-200 g, NESTLÉ  
POUCHES or NOVELTIES 85-153 g, ROCHER  
HALLOW BUNNY or FERRERO EGGS 90-100 g  
or PC® MILK CHOCOLATE BUNNY 100 g  
selected varieties  
20073462\_EA/21628043\_EA



SAVE UP TO 23%

12.99

DAAWAT BASMATI RICE 4 kg, MR. GOUDAS  
PARBOILED or WHITE RICE 8 kg  
20896406\_EA/21606990\_EA



Optimum™

\$15.97

3,000 pts

MAXWELL HOUSE  
ROAST AND GROUND  
COFFEE 631-900 g or  
PODS 30's  
selected varieties  
21308076\_EA/21604882\_EA



App exclusive offer

\$6

1,000 pts



NO NAME® CHICKEN  
STRIPS, NUGGETS or  
BURGERS  
selected varieties, frozen, 908 g  
21178744\_EA

Week 1

Spend & get

10%

back in (pts)

March 19 - 25

THIS WEEK

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 NFW



# BIG EASTER DEALS!



\$10

**8 STEM TULIPS**  
assorted colours  
21637907\_EA



\$16

**HYDRANGEA**  
selected varieties  
6.5 inch  
20563697\_EA



8<sup>99</sup>

**EASTER LILY**  
6 inch  
20563699\_EA

MAY NOT BE AVAILABLE AT ALL LOCATIONS  
WHILE QUANTITIES LAST



# FRESH AT LOW PRICES

**4<sup>99</sup>**

**STRAWBERRIES** product of Mexico or U.S.A., no. 1 grade, **CANTALOUPE** product of Guatemala, Honduras, or Brazil no. 1 grade, or **PINEAPPLE** product of Costa Rica  
20167017001\_EA/20160992001\_EA

**1 LB CLAMSHELL**

**2<sup>99</sup>** LB

**BROCCOLI CROWNS** product of Mexico or U.S.A. or **TOMATOES ON THE VINE** product of Canada or Mexico  
6.59/kg  
20026703001\_KD/20026161001\_EA

**2<sup>99</sup>**

**FARMER'S MARKET™ YELLOW ONIONS** product of Canada, Canada no. 1 grade  
20811994001\_EA

**3 LB BAG**



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

**GREEN SEEDLESS GRAPES** product of Chile, no. 1 grade or **RED SEEDLESS GRAPES** product of South Africa or Chile, no. 1 grade  
8.80/kg  
20423775001\_KD/20159199001\_KD



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

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

**ASPARAGUS** product of Mexico, no. 1 grade, 8.80/kg or **CELERY** each, product of Mexico or U.S.A.  
20174381001\_KD/20163119001\_EA

**2<sup>99</sup>** LB

**BRUSSELS SPROUTS** product of U.S.A.  
6.39/kg  
20034115001\_KD

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

**PKG OF 5 OR 6**

**6 OZ CLAMSHELL**

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

**6<sup>99</sup>**

**5 LB BAG**

**FARMER'S MARKET™ AMBROSIA or PINK LADY APPLES** product of Western Provinces, Canada fancy grade  
2088719001\_EA/20064020001\_EA

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

**4 LB BAG**

**FARMER'S MARKET™ MANDARINS** product of Morocco or Spain  
20054023001\_EA

**.99** LB

**GREEN CABBAGE** product of Canada, Canada no. 1 grade  
2.18/kg  
20795034001\_KD

**5<sup>99</sup>**

**3 LB BAG**

**FARMER'S MARKET™ ORANGES** product of U.S.A.  
20163943001\_EA

**4<sup>99</sup>**

**1 KG**

**200-225 G**

**PC® PC® BLUE MENU® or WONDERFUL PISTACHIOS** product of U.S.A. or **GARLIC** product of China, selected varieties  
21331596\_EA/20039219\_EA

**1<sup>99</sup>** LB

**RED MANGOES** each, product of Mexico or **SWEET POTATOES** 4.39/kg, product of Canada or U.S.A.  
20127708001\_KD/20039635001\_EA

**.99**

**CILANTRO** product of U.S.A. or Mexico  
20091825001\_EA

**5<sup>99</sup>**

**5 LB BAG**

**FARMERS MARKET™ CARROTS** product of Canada, Mexico or U.S.A., no. 1 grade  
20600928001\_EA

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

**680 G**

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

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

**PKG OF 4**

**FARMER'S MARKET™ ENGLISH CUCUMBERS** product of Canada, Canada no. 1 grade or **RED or GREEN PEPPERS** product of Mexico or U.S.A.  
20826461001\_EA / 20115233001\_EA

**5<sup>99</sup>**

**907 G**

**FARMER'S MARKET™ GRAPE TOMATOES** product of Canada, U.S.A. or Mexico or **MINI CUCUMBERS** product of Canada, Canada no. 1 grade or **PC® VARIETY TOMATOES** product of U.S.A. or Mexico  
20640033001\_EA/21070679001\_EA

**PRICE DROP**

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

**454 G**

**PC® WHOLE WHITE or CREMINI MUSHROOMS** product of Western Provinces  
20738571\_EA/20761372\_EA

**\$2** LB

**PINK LADY APPLES** product of Western Provinces, Canada fancy grade  
20093376001\_KD

**4<sup>99</sup>**

**PKG OF 3**

**ROMAINE HEARTS** product of U.S.A.  
200667389001\_EA

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



# FRESH AT LOW PRICES

3-5 kg  
**\$18**  
each

5-7 kg  
**\$23**  
each

7-9 kg  
**\$30**  
each

9-11 kg  
**\$35**  
each



Sides not included, but they are recommended

**TURKEY**  
selected varieties  
frozen  
21209103\_EA

**6<sup>49</sup>**



**PC® SAUSAGES or ULTIMATE DINNER or BREAKFAST CHICKEN SAUSAGES**  
selected varieties  
375/500 g  
21378310\_EA/21384342\_EA

**12<sup>50</sup>**  
LB

**BEEF STIR FRY STRIPS**  
27.56/kg  
20127070\_E0

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



**MARCANGELO CHICKEN BREAST PORTIONS**  
selected varieties  
300 g  
21706318\_EA

**15<sup>49</sup>**

**NO NAME® HAM**  
club pack, selected varieties  
1.3 kg  
20858030\_EA

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



**MAPLE LODGE FARMS or ZABIHA HALAL CHICKEN WIENERS**  
selected varieties, 450 g  
20962713\_EA

**\$6**



**SCHNEIDERS JUICY JUMBOS or SMOKED SAUSAGES** 375/450 g or **SCHNEIDERS BOLOGNA** 500 g, selected varieties  
20039184\_EA/20105611\_EA

**\$13**



**NO NAME® CHICKEN WINGS**  
selected varieties, frozen  
908 g  
21045309\_EA

**\$6**



**PILLER'S KOLBASSA** 250/375 g or **PEPPERONI** 250 g or **MASTRO SALAMEETTI** 300 g  
selected varieties  
20203790\_EA/20208469\_EA

**\$9**



**PC® FRESH POT PIE**  
selected varieties  
550-575 g  
21442000\_EA

**\$13**



**HYGAARD MINI SUBS**  
family pack, selected varieties  
770/830 g  
20120214\_EA

**\$5**



**ALEXIS DE PORTNEUF BRISE DU MATIN BRIE** 125 g or **PC® GOAT CHEESE LOGS** 140 g  
selected varieties  
20000584\_EA/21417949\_EA

**\$6**



**ACE BAKERY ROLLS**  
selected varieties  
640-840 g  
21596355\_EA

**\$10**



**PC® CREAM PIES**  
selected varieties, frozen  
730 g  
21586299\_EA

**2<sup>85</sup>**



**WONDER BALLPARK BUNS**  
selected varieties  
6/8's  
21022027\_EA/21022316\_EA

**\$3**



**COUNTRY HARVEST BREAD** 600 g or **BAGELS** 6's  
selected varieties  
21178571\_EA/21178642\_EA

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



**PC® CINNAMON RAISIN BREAD** 675 g or **HOT CROSS BUNS** 6's  
20104367\_EA/21577822\_EA

**\$7**



**OKA CHEESE**  
selected varieties  
190 g  
20920734\_EA

**\$5**



**MONSIEUR GUSTAV CHEESE**  
selected varieties  
170 g  
21297420\_EA

**\$5**



**AGROPUR NOTRE-DAME BRIE or L'EXTRA CAMEMBERT CHEESE**  
selected varieties  
170 g  
20177193\_EA



# BIG EASTER DEALS!



3 LB BAG

\$5

**WATerview  
MARKET CRISPY  
CALAMARI**  
frozen  
300 g  
21454797\_EA



5<sup>99</sup>

**FARMER'S  
MARKET™ LEMONS**  
product of U.S.A.  
20798811001\_EA

\$9

**PC® COOKED PACIFIC  
WHITE SHRIMP**  
frozen, 31-40 per lb  
400 g  
20791381\_EA



\$9

**SEAQUEST® WILD  
PINK SALMON  
FILLETS**  
frozen  
700 g  
21592064\_EA



\$16

**ATLANTIC SALMON FILLET**  
frozen  
405 g  
21604491\_EA



\$5

**BASA FILLETS**  
previously frozen  
300 g  
21634501\_EA



\$6

**SEAQUEST®  
SHRIMP RING**  
frozen  
227 g  
20080289\_EA



\$4

**AURORA  
ITALIAN STYLE  
BREAD CRUMBS**  
680 g  
20184061\_EA



6<sup>50</sup>

**CLUB HOUSE  
DILL WEED**  
50 g  
20139519\_EA



2<sup>19</sup>

**PC® MUSTARD**  
selected varieties  
325 mL  
20050452001\_EA



3<sup>19</sup>

**PC® SEAFOOD SAUCE**  
selected varieties  
250 mL  
20023348002\_EA



\$4

**PC® TARTAR SAUCE**  
250 mL  
20011013\_EA



2<sup>50</sup>

**NO NAME® LIME JUICE 445 mL  
or LEMON JUICE 946 mL**  
20642381\_EA/20971992\_EA



\$2

**MCCAIN RED BAG FRIES**  
selected varieties, frozen  
800 g  
31521173\_EA





# BIG EASTER DEALS!



**SAVE 25%**

**\$3**

**NO NAME® CHEESE BARS**  
selected varieties, 200 g  
20305854\_EA

**ONLY**

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

**LIBERTÉ 650/750 g or  
YOPLAIT SOURCE 16x100 g**  
selected varieties  
20317317001\_EA/20642273\_EA



**SAVE 29%**

**5<sup>99</sup>**

**SAVE UP TO 26%**

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

**SAVE 22%**

**\$7**

**DEL MONTE JUICE BLENDS**  
selected varieties, refrigerated, 2.5 L  
21595736\_EA/21595943\_EA



**LACTANTIA BUTTER**  
selected varieties, 454 g  
20639926\_EA



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

**2<sup>99</sup>**



**IMPERIAL MARGARINE 427 g or  
BECEL PLANT BASED BRICKS 454 g**  
selected varieties  
20132424\_EA

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



**PC® VEGETABLES 300-750 g or  
CATCH OF THE DAY FISH FILLETS**  
350 g  
selected varieties, frozen  
20318913\_EA/21020919\_EA

**\$9**



**PC® BLACK LABEL PIZZA**  
selected varieties,  
frozen  
370-440 g  
21331413\_EA

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



**PC® FROZEN FRUIT**  
selected varieties,  
frozen  
300-600 g  
20212227\_EA

**6<sup>29</sup>**



**KRAFT PEANUT BUTTER**  
selected varieties  
750 g/1 kg  
20009581001\_EA/20009581002\_EA

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



**TOWNHOUSE 247-391 g or CHEEZ-IT  
IT SNAP'D CRACKERS 213 g**  
selected varieties  
21107403\_EA/21481181\_EA

**\$4**



**TOSTITOS 215-295 g or DORITOS  
210/235 g TORTILLA CHIPS**  
selected varieties  
21060673\_EA/21480042\_EA

**\$3**



**ANGIE'S BOOM CHICKA  
POP POPCORN  
or PUFFS**  
selected varieties  
136-198 g  
20411709\_EA

**\$4**



**PC® 100% JUICE BOXES**  
selected varieties  
8x200 mL  
21718742\_EA

**13<sup>99</sup>**



**COCA-COLA or PEPSI  
SOFT DRINKS**  
selected varieties  
24x355 mL  
20306687003\_C34/203068197001\_C34

**.76**



**FRANCO AMERICAN  
GRAVY**  
selected varieties  
284 mL  
20042334\_EA

**1<sup>29</sup>**



**STOVE TOP  
STUFFING**  
selected varieties  
120 g  
20310007001\_EA

**2<sup>79</sup>**



**NO NAME®  
CROUTONS**  
selected varieties  
145 g  
21094223\_EA/21094236\_EA

**1<sup>69</sup>**



**NO NAME®  
EVAPORATED  
MILK**  
selected varieties  
354 mL  
21040610\_EA/21040543\_EA

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



**KELLOGG'S FAMILY SIZE  
CEREAL**  
selected varieties  
450-650 g  
21420748\_EA/21482002\_EA

**19<sup>99</sup>**



**TIDE LIQUID 3.46/3.9 L or PODS or  
FLINGS 45/76's LAUNDRY  
DETERGENT or CASCADE AUTO  
DISHWASHER TABS 51-90's**  
selected varieties  
21195049\_EA/21516548\_EA

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

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.

**NOFRILLS**

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

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



Be proud to recycle and reuse what you can.





**MARCH**

**HIT  
OF THE  
MONTH**



Made in Canada

**Quaker Chewy Granola Bars**

Selected varieties, 120 g  
21359366\_EA/21359369\_EA

**454 G**



Prepared in Canada

**PC® Dips**

Selected varieties, 454 g  
20584098\_EA



**Christie Family Size Crackers**

Selected varieties, 328-454 g  
20686037\_EA/21189848\_EA

See in-store for retails

**LOWEST PRICES  
BEST DEALS**

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



# BRANDS YOU LOVE AT LOW PRICES

**\$5**

**NO NAME®  
STIRRED YOGURT**  
selected varieties  
12x100 g  
20685574001\_EA/20685574002\_EA



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

**CRACKER BARREL  
NATURAL CHEESE  
SLICES**  
selected varieties, 200-240 g  
21290705\_EA



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

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



**3<sup>77</sup>**

**OCEAN SPRAY  
CRANBERRY COCKTAIL**  
selected varieties, 1.89 L  
20300006008\_EA



**\$5**

**PC® ASIAN SOUPS,  
ENTREES or SIDE DISHES**  
280-400 g  
21546625\_EA/21545869\_EA



**\$6**

**PC® FREE RUN EGGS**  
12's  
20612628001\_EA



**\$4**

**SIMPLY  
DRINKS or  
LEMONADE**  
selected varieties, refrigerated  
1.54 L  
21170784\_EA/21170793\_EA



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

**PC® DRY ROASTED PEANUTS  
700 g, CASHEWS or DELUXE  
MIXED NUTS 200 g**  
selected varieties  
20057990003\_EA/21054943\_EA



**3<sup>49</sup>**

**KETTLE BRAND CHIPS**  
selected varieties  
156/198 g  
21530652\_EA/21530692\_EA



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

**GATORADE SPORT DRINKS**  
selected varieties  
710 mL  
20305775003\_EA/21337037\_EA



**8<sup>50</sup>**

**PC® DE-ALCOHOLIZED  
WINE**  
selected varieties  
750 mL  
21045602\_EA/21045800\_EA



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

**CAMPBELL'S  
BROTH**  
selected varieties  
250/900 mL  
20323348002\_EA/21347343\_EA



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

**ANNIE'S ORGANIC  
GRAHAM SANDWICHES or  
BUNNY FRUIT SNACK PACK**  
selected varieties  
198/226 g  
21547875\_EA/21674381\_EA



**\$3**

**QUAKER  
CRISPY MINIS**  
selected varieties  
100-199 g  
20163708003\_EA/20303002001\_EA



**1<sup>57</sup>**

**OCEAN SPRAY  
CRANBERRY SAUCE**  
selected varieties  
348 mL  
20023892001\_EA



**\$3**

**CLOVER LEAF WHITE TUNA 170 g  
or FLAKED PINK SALMON 142 g**  
selected varieties  
20167571\_EA/21178602\_EA



**\$6**

**MINUTE  
RICE**  
selected varieties  
1.2/1.4 kg  
20074782001\_EA



**2<sup>69</sup>**

**DE CECCO PASTA 454 g or  
UNICO PASSATA 680 mL**  
selected varieties  
20416290\_EA/21056286\_EA



**3<sup>38</sup>**

**VH COOKING  
or DIPPING  
SAUCE**  
selected varieties  
341-380 mL  
20984013\_EA



**4<sup>99</sup>**

**BICK'S PICKLES**  
selected varieties  
1 L  
21468460\_EA



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

**FRANK'S  
RED HOT SAUCE**  
selected varieties  
354 mL  
20187632001\_EA





# BRANDS YOU LOVE AT LOW PRICES

2<sup>50</sup>



**NO NAME® SOUR CREAM**  
selected varieties,  
500 mL  
20299657\_EA



\$3

**NO NAME® PROCESSED CHEESE SLICES**  
selected varieties,  
400 g  
21220993\_EA



3<sup>49</sup>

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



\$6

**LACTANTIA ULTRAPUR MILK**  
selected varieties, 1.5 L  
21694529\_EA



1<sup>50</sup>

**MICHELINA'S DINNER ENTRÉES**  
156-284 g or **SWANSON POT PIE** 200 g  
selected varieties, frozen  
20320525001\_EA/21208614\_EA

5<sup>50</sup>



**TASTIEZ**  
selected varieties, frozen  
311 g  
21691571\_EA

2<sup>79</sup>



**FRUITOPIA, PEACE TEA or FRUITE DRINKS**  
selected varieties,  
refrigerated  
1.54/1.75 L  
2034740901\_EA/21595777\_EA

2<sup>75</sup>



**PC® KETTLE, LOADS OF or WORLD OF FLAVOURS POTATO CHIPS**  
selected varieties, 200 g  
20640911002\_EA/21422931\_EA

5<sup>49</sup>



**PRANA ORGANIC GRANOLA**  
selected varieties,  
300 g  
21593188\_EA

2<sup>99</sup>



**GRISSOL MELBA TOAST, CANAPE or BAGUETTES**  
selected varieties, 120-200 g  
21032188\_EA

\$5



**QUAKER BAKING MIXES or OAT FLOUR**  
selected varieties, 700/900 g  
20301064003\_EA/20301064004\_EA

2<sup>55</sup>



**NO NAME® MARSHMALLOWS**  
selected varieties, 400 g  
203044672001\_EA/203044672002\_EA

\$3



**POST CEREAL**  
selected varieties  
311-525 g  
20299448\_EA/21427214\_EA

7<sup>99</sup>



**MAXWELL HOUSE or NABOB TASSIMO COFFEE DISCS**  
selected varieties  
8-16's  
20026954001\_EA

4<sup>99</sup>



**NESCAFÉ SWEET & CREAMY INSTANT COFFEE** 144-351 g or **AGGA COFFEE CAPSULES** 10's  
selected varieties  
21363371\_EA/21307031\_EA

\$3



**PC® TEA or HERBAL TEA**  
selected varieties  
20's  
20308417\_EA/20627612001\_EA

10<sup>99</sup>



**MAZOLA CORN OIL**  
2.84 L  
20015240\_EA

\$4



**QUAKER CEREAL** 350-500 g or **HARVEST CRUNCH** 400-510 g  
selected varieties  
21042500\_EA/21219834\_EA

3<sup>50</sup>



**PEARL MILLING COMPANY SYRUP** 710 mL or **PANCAKE MIX** 905 g  
selected varieties  
21284609\_EA/21391619\_EA

\$9



**NO NAME® HONEY** 1 kg or **FLOURISH PANCAKE MIX** 430 g  
selected varieties  
20055063\_EA/21375781\_EA

**Optimum®**

Member Price  
**\$7<sup>50</sup>**

Non-Member Price  
**\$8**

**PC® CHOCOLATE COVERED FRUITS, NUTS** 250-400 g or **CHOCOLATE BAR** 300 g  
selected varieties  
20000336\_EA/20307295\_EA

50¢

Earn  
**10,000**  
pts  
For every \$20\*  
spent on

That's  
**\$10**  
value



**HERSHEY EASTER CHOCOLATE/CANDY**  
selected varieties  
34-900 g  
20268183001\_EA/20526640\_EA

**Optimum®**



# BRANDS YOU LOVE AT LOW PRICES

**\$15**

**CASCADE AUTO  
DISHWASHER  
TABS**  
selected varieties  
30-48's  
21012357\_EA/21507156\_EA



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

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



**\$18**

**POISE PADS or DEPENDS  
UNDERWEAR**  
selected varieties  
12-66's  
21023579\_EA/21302119\_EA



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

**ZIPLOC STORAGE BAGS**  
selected varieties  
10-90's  
20871415\_EA/20871443\_EA



**\$2**

**GLAD CLING  
WRAP**  
30 m  
20003818\_EA



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

**PALMOLIVE DISHWASHING LIQUID**  
selected varieties  
591/828 mL  
20861400\_EA/21004388\_EA



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

**NO NAME® NAPKINS**  
club size  
500's  
20306897\_EA



**UP TO 20%  
OFF**

**NO NAME® FOILWARE**  
selected varieties and sizes  
20861912\_EA/20870356\_EA



**\$3**

**PLASTIC EASTER EGGS**  
21668702\_EA



**\$3**

**OVAL EASTER BASKET**  
21668634\_EA



**\$8**

**PC® CHARITY BUNNY**  
21687563\_EA/21687564\_EA



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

That's  
**\$10**  
value



**HUGGIES IN THE BABY  
DEPARTMENT**  
selected sizes and varieties  
20963841\_EA/21371199\_EA/  
21172501\_EA/21456748\_EA/21401195\_EA





**NEW  
LOWER  
PRICES**



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

**TRE STELLE TUBS**  
selected varieties  
200-475 g  
21364404\_EA

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



**HOSTESS SNACK CAKES**  
selected varieties  
202-231 g  
21283752\_EA



**\$4**

**\$4**



**LEAN GROUND PORK**  
fresh  
450 g  
21705787\_EA



**PHILADELPHIA CREAM CHEESE PRODUCT**  
selected varieties  
227/250 g  
20641267\_EA/20666924010\_EA

**\$5**



**MAPLE LEAF READY CRISP BACON or FULLY COOKED BREAKFAST SAUSAGES**  
selected varieties  
65/300 g  
20164939\_EA/21094887\_EA

**\$11**



**PC® BUTTERFLIED SHRIMP**  
frozen  
400 g  
20080117\_EA

**\$3**



**PILLSBURY POPS 380 g, SCRAMBLES 204 g or TOASTER STRUDEL 326 g**  
selected varieties, frozen  
20172664001\_EA/21435996\_EA

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



**OASIS HEALTH-BREAK or SMOOTHIES**  
selected varieties, refrigerated  
1.6 L  
21529899\_EA/21529910\_EA

**\$5**



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

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



**OIKOS GREEK YOGURT**  
selected varieties  
4x100 g  
20419715001\_EA/20419715004\_EA

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



**EARTH'S OWN CREAMER**  
selected varieties, refrigerated  
946 mL  
21576699\_EA/21576791\_EA

**\$4**



**PC® ORGANICS VEGETABLES**  
selected varieties, frozen  
500 g  
20416869001\_EA/20416869002\_EA

**\$8**



**CARBONAUT BREAD**  
selected varieties  
544/550 g  
21446964\_EA



**NEW  
LOWER  
PRICES**



**\$5**

**BEN & JERRY'S  
ICE CREAM** 473 mL  
or **MAGNUM  
NOVELTIES** 3's  
selected varieties,  
frozen  
20950739\_EA/21428403\_EA

**\$5**

**5.50**

**4.50**



**KELLOGG'S EGGO WAFFLES** 16's or  
**PROTEIN** 8's  
selected varieties, frozen  
20099730004\_EA/21639330\_EA



**CHAPMAN'S PREMIUM ICE CREAM**  
selected varieties, frozen  
2 L  
20233573001\_EA



**HUNGRY-MAN  
DINNER  
ENTREES**  
selected varieties,  
frozen  
360-455 g  
20296014002\_EA

**\$5**



**ROYALE BATHROOM TISSUE**  
8-16 ROLLS or **ROYALE FACIAL  
TISSUE** 6x100 SHEETS  
selected varieties  
20702419\_EA/21378574\_EA

**4.50**



**NANAK PANEER**  
341 g  
21286158\_EA

**8.50**



**BRAR'S BBQ VEGGIE BURGER**  
690 g  
21656401\_EA

**2.75**



**NESTLÉ CHOCOLATE BARS**  
selected varieties  
95-105 g  
20640580\_EA/21648521\_EA

**\$3**



**GOGO SQUEEZ FRUIT  
SAUCE POUCHES**  
selected varieties  
4x90 g  
20222697002\_EA

**3.77**



**OLD EL PASO DINNER KITS**  
selected varieties  
250-510 g  
20795534\_EA/20795536\_EA

**1.75**



**KNORR SIDEKICKS**  
selected varieties  
120-162 g  
20221430007\_EA/20221430011\_EA

**2.25**



**CAMPBELL'S CHUNKY SOUP**  
selected varieties  
515 mL  
21480447\_EA

**\$5**



**MAXWELL HOUSE  
INSTANT COFFEE**  
150 g  
21026608\_EA

**\$13**



**PUREX** 4.08-4.43 L or **SUNLIGHT**  
4 L LIQUID LAUNDRY  
DETERGENT, **SNUGGLE FABRIC  
SOFTENER** 2.77 L or **DRYER  
SHEETS** 200's  
selected varieties  
20083523001\_EA/21427042\_EA

**4.50**



**WINDEX GLASS CLEANER** 765 mL,  
**SCRUBBING BUBBLES** 946/950 mL  
or **FANTASTIK** 650 mL  
20125323001\_EA/214446832\_EA

**2.50**



**TEMPTATIONS PURREOS** 48 g or  
**SPOONS** 40 g CAT TREATS  
selected varieties  
21479802\_EA/21563482\_EA

**\$6**



**HUY FONG  
SRIRACHA  
SAUCE**  
714 mL  
20074956\_EA

**\$3**



**HARDBITE POTATO CHIPS**  
selected varieties  
128/150 g  
20230855001\_EA/21137616\_EA

**\$7**



**BILLY BEE HONEY**  
500 g  
20724304\_EA

**\$5**



**BONNE MAMAN JAM**  
selected varieties  
250 mL  
20307313001\_EA/20307313006\_EA



# NATURAL FOODS AT LOW PRICES

**\$4**

**GT'S KOMBUCHA**  
selected varieties  
480 mL  
20374106\_EA/20906034003\_EA



**\$5**

**PC® ORGANICS KEFIR**  
selected varieties  
1 L  
20944278\_EA/21105766\_EA



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

**POPCORNERS**  
selected varieties  
142 g  
21370205\_EA



**8<sup>99</sup>**

**DAIYA PIZZA**  
gluten free, dairy free,  
selected varieties, frozen  
354-550 g  
20923827\_EA



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

**BELSOY PUDDING**  
selected varieties  
4x125 g  
20151298003\_EA



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

**JORDANS MORNING CRISP GRANOLA**  
selected varieties  
375/400 g  
21720997\_EA



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

**EARTH'S OWN BARISTA** 946 mL or  
**VITA COCO COCONUT WATER** 1 L  
selected varieties  
20322922\_EA/21643665\_EA



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

**KIND BAR 5's or SOFT BAKED SQUARES** 200 g  
selected varieties  
21296840\_EA/21663411\_EA



**5<sup>99</sup>**

**FREE YUMM COOKIES or BARS**  
selected varieties  
135/154 g  
21048240\_EA



**\$7**

**PC® ORGANICS FLOUR** 2.5 kg or  
**CHOCOLATE CHIPS** 205 g  
selected varieties  
20069335\_EA/21309604\_EA



**2<sup>49</sup>**

**RIZOPIA GLUTEN-FREE RICE PASTA**  
selected varieties  
454 g  
20304808001\_EA



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

**PC® ORGANICS APPLE SAUCE CUPS** 6x100 g, **SQUEEZABLE FRUIT SNACKS** 360 g or **JUMBO RAISIN SNACK PACK** 196 g  
selected varieties  
20320493001\_EA/21170326\_EA



**\$9**

**NUTTIN' BUT SPREADS ALMOND BUTTER**  
selected varieties  
365 g  
21101516\_EA



**\$17**

**KICKING HORSE ORGANIC WHOLE BEAN COFFEE**  
selected varieties  
454 g  
20322468006\_EA



**\$7**

**PC® GLUTEN-FREE PIE CRUST**  
frozen  
380 g  
21311742\_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL NEW HY



# BIG EASTER DEALS!



**\$8**

**PC® CHARITY BUNNY**  
21467563\_EA/21467564\_EA

**1.25**

**CADBURY MINI EGGS** 33 g or  
**CREME EGGS** 34 g  
selected sizes and varieties  
20831065\_EA



**2.50**

**JOLLY RANCHER GUMMIES,**  
**TWIZZLERS BUNNIES** 200 g  
or **CADBURY SWEET MILK**  
**CHOCOLATE EGGS** 150 g  
selected varieties  
21063036\_EA  
21493835\_EA



**3.50**



**4.50**



**CADBURY CRÈME EGGS** 3's,  
**LINDT LINDOR EGGS** 3's or  
**PEEPS MARSHMALLOWS** 85 g  
20077202\_EA/21485296\_EA



**LINDT MINI EGG** 100 g,  
**KINDER HOLLOW BUNNY** 75 g,  
or **KINDER MINI FRIENDS** 20 g or  
**DARE REAL FRUIT BUNNY** 225 g  
selected varieties  
20187234\_EA/21549633\_EA

**\$5**



**HERSHEY'S POUCHES** 185-340 g or  
**HERSHEY'S MULTI'S** 4's or **HERSHEY'S SOLID BUNNY** 150 g  
selected varieties  
21628340\_EA

**\$7**



**LINDT BUNNY** 100 g/ 5's or  
**CHOCOLATE EGG POUCHES** 180 g  
selected varieties  
20046002\_EA/21428561\_EA

**\$12**



**KINDER MAXI PLUSH**  
116-150 g or **LINDT BUNNY** 200 g  
selected varieties  
20012895\_EA

**\$18**



**CADBURY MINI EGGS**  
875 g  
21463042\_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!

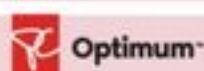
CLICK FOR  
THESE COUPONS  
AND MORE



Members  
get over

# \$25

in value



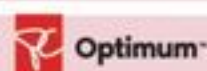
**BOOST READY-TO-DRINK  
PRODUCT**

6x237 mL or 4x325 mL

Save

**\$2**

with digital  
coupon



**PC® SPLENDIDO  
SLICED MEATS**

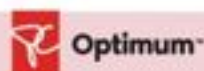
100 g

Earn

**1,000**

(pts)

Until April - 8 - 2026



**PC® LOADS OF ICE CREAM**

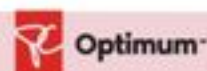
1.5 L

Earn

**1,000**

(pts)

Until April - 8 - 2026



**PC® BLACK LABEL  
ICE CREAM**

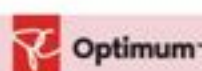
500 mL

Earn

**750**

(pts)

Until April - 8 - 2026



**PC® TOPPED  
HUMMUS**

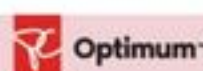
280

Earn

**1,000**

(pts)

Until April - 8 - 2026



**PC® SPRING  
ROLLS**

574 g

Earn

**1,500**

(pts)

Until April - 8 - 2026



**PC® KETTLE  
CHIPS**

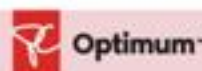
200 g

Earn

**500**

(pts)

Until April - 8 - 2026



**PC® SPLENDIDO  
EXTRA  
VIRGIN  
OLIVE OIL**

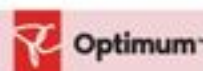
1 L

Earn

**2,000**

(pts)

Until April - 8 - 2026



**PC® PORTUGUESE  
CUSTARD  
TARTS**

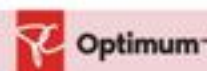
360 g

Earn

**1,000**

(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



# HAPPY VAISAKHI!

ਵਿਸਾਖੀ ਦੀਆਂ ਵਧਾਈਆਂ!

**1<sup>99</sup>**  
LB/EA

**LONG EGGPLANT** 4.39/kg, product of Mexico or **METHI LEAF** each, product of Mexico or U.S.A.  
20159013001\_KG/20159689001\_EA

**2<sup>99</sup>**  
LB/EA

**INDIAN EGGPLANT** 6.59/kg, or **KARELA** 6.59/kg, product of Mexico, Honduras or Dominican Republic or **RAPINI** each, product of U.S.A.  
20053882001\_KG/20028046001\_KG

**1<sup>49</sup>**  
LB/EA

**BUNCH MINT** each, product of Mexico or Colombia or **OPO SQUASH** 3.28/kg, product of Mexico  
20139326001\_EA/20142035001\_KG

**2<sup>99</sup>**

**COCONUT** product of Dominican Republic each  
20005774001\_EA

**\$2**

**SANTOSH NAAN** selected varieties 5's  
21671463\_EA

**\$5**

**FRONTIER PUNJABI COOKIES** 1.13 kg  
21284062\_EA

**2<sup>99</sup>**



**PRAN SAMOSA** or **SPRING ROLL** selected varieties, frozen, 400 g  
21054779\_EA/21054846\_EA

**1<sup>48</sup>**



**PRAN NOODLES** selected varieties 280 g  
21685721\_EA

**4<sup>49</sup>**



**SURAJ® DRY BEANS** or **LENTILS** selected varieties, 1.8 kg  
20558757\_EA/20558862\_EA

**\$3**



**SURAJ® TURMERIC** 400 g  
20617737\_EA

**11<sup>99</sup>**



**VERKA DESI GHEE** 800 g  
20419253\_EA

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



**SURAJ® COCONUT OIL** 500 mL or **ALMOND OIL** 237 mL or **DABUR MUSTARD OIL** 500 mL  
20983644\_EA/21000535\_EA

**.99**



**PARLE-G ORIGINAL** 300 g or **BRITANNIA GOOD DAY BISCUITS** 75 g selected varieties  
20640892003\_EA/20956493\_EA

**\$8**



**TEA INDIA** 681 g or **TATA TEA AGNI** 1 kg  
20177173\_EA

**5<sup>99</sup>**



**DESI-LICIOUS ICE CREAM** selected varieties 1 L  
20847564001\_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONLY 1 NEW



# HAPPY EASTER!



**1<sup>99</sup>**  
LB



**CARIBBEAN SWEET POTATOES**  
product of Honduras or **CASSAVA**  
product of Costa Rica  
4.39/kg  
20169848001\_KG/20087682001\_KG

**1<sup>99</sup>**  
LB



**EDDOES**  
product of Jamaica  
4.39/kg  
20136133001\_KG



**\$13<sup>00</sup>**  
LB

**ETNICO BEEF OXTAIL**  
28.66/kg  
20079558\_KG



**20<sup>99</sup>**

**NEW ZEALAND STEWING GOAT**  
bone-in, frozen, 1 kg  
20143053\_EA



**\$8<sup>00</sup>**

**CHUB MACKEREL**  
frozen, 1 kg  
21079543\_EA

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



**GRACE JERK SEASONING**  
selected varieties  
284 g  
20057089\_EA/20093138\_EA

**8<sup>50</sup>**



**MASECA INSTANT CORN MASA FLOUR**  
1.8 kg  
21437445\_EA

**1<sup>25</sup>**



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

**1<sup>99</sup>**



**GRACE CONDENSED WHITENER**  
297 mL  
20877966\_EA

**1<sup>25</sup>**



**VITA MALT CLASSIC MALT BEVERAGE**  
330 mL  
20139955\_EA

**6<sup>99</sup>**



**GRACE VIRGIN COCONUT OIL**  
500 mL  
20640509\_EA

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



**GRACE COCONUT MILK**  
400 mL or  
**COCONUT WATER** 500 mL  
selected varieties  
20047774\_EA/21027754\_EA

**8<sup>99</sup>**



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

**.50**



**CHUBBY SODA**  
selected varieties  
250 mL  
20941724\_EA

**\$4<sup>00</sup>**



**COOL RUNNINGS ALL PURPOSE SEASONING**  
selected varieties  
900 g  
20311973\_EA

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



**GRACE SUNDRIED SORREL**  
126 g  
21035421\_EA





**Express™**

**Online grocery  
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**

That's up to **\$75** in points!

**SHOP NOW**



No Frills® delivery is available at select stores.

Visit [nofrills.ca](http://nofrills.ca) or use the **PC Express** app to see if delivery is available in your area.

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

ONL NF PCX



# 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.

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ONL NFW MKT