

PRICE
DROP

4²⁵



GRADE A LARGE EGGS
12's
œufs
20812144001_EA

4⁹⁹



ATLANTIC BUTTER
selected varieties
454 g
beurre
20066904_EA

4⁹⁹



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

1²⁵



ALLEN'S FRUIT COCKTAIL
selected varieties
1 L
cocktails de fruit
20307424001_EA/21630125_EA

NOFRILLS[®] YESSAVINGS

FLYER PRICES EFFECTIVE THURSDAY, MARCH 12 TO
WEDNESDAY, MARCH 18, 2026.

SAVE 40%

5⁹⁶



JANES PUB STYLE CHICKEN STRIPS, NUGGETS, BURGERS, FRIES or POPCORN CHICKEN
selected varieties, frozen
700 g
kanières ou pépites ou burgers ou bouchées de poulet
21191828_EA

SAVE 20%

1⁹⁹
LB



COOK'S PORTION HAM
jambonneau
4.39/kg
20559641_KG

WHILE QUANTITIES LAST

SAVE 23%

\$13



AUSTRALIAN LEAN GROUND LAMB

2x350 g
agneau haché maigre
21682482_EA

CLUB SIZE



CHICKEN DRUMSTICKS

fresh
pilons de poulet
6.59/kg
000000_EA

SAVE 25%

2⁹⁹
LB

SAVE 46%

10⁹⁹



MAPLE LEAF SUNRISE LARGE WAX BOLOGNA
2 kg
bologna
20997095_EA



SAVE UP TO 33%

\$3



GREEN GIANT VEGETABLES 283-750 g
MCCAIN SUPERFRIES, SPECIALTY FRIES 454-800 g
selected varieties, frozen
légumes ou frites de spécialité
20324328002_EA/21022355_EA

ONLY

\$5



SCHNEIDERS or MAPLE LEAF BACON
precooked or uncooked
selected varieties, 100-375 g
bacon
20772671_EA

ONLY

3⁴⁹
LB



GREEN or RED SEEDLESS GRAPES
product of South Africa or Chile, no. 1 grade
raisins verts ou rouges sans pépins
7.69/kg
20425775001_KG/20139199001_KG

ONLY

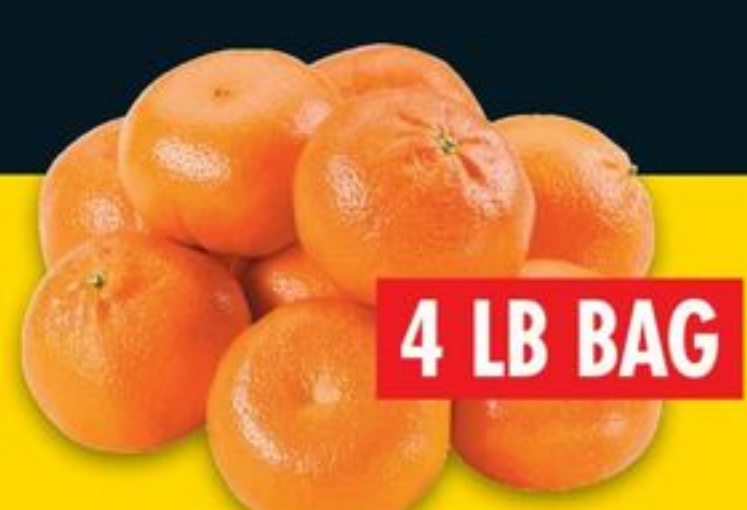
\$3



POST CEREAL
selected varieties, 311-525 g
céréales
20299648_EA/21427214_EA

ONLY

5⁹⁹



4 LB BAG

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

ONLY

2⁹⁷



iÖGO 450 g, iÖGO NANO BUBBLES or LIBERTE 4x100 g YOGURT, selected varieties
yogourt
20801752003_EA/21719941_EA

SAVE UP TO 57%

\$4



ROYALE FACIAL TISSUE
selected varieties, 6x72/100 sheets
mouchoirs
20702419_EA

ONLY

13⁹⁹



ROOSTER® SCENTED JASMINE RICE
8 kg
riz au jasmin
20121871_EA

App exclusive offer

Earn 200 pts
for every \$1 spent
on fresh tomatoes

That's 20% value



Optimum™

tomates
2136788001_EA/20026703001_KG/21606704001_EA

FLYER PRICES EFFECTIVE IN ATLANTIC CANADA STORES ONLY.

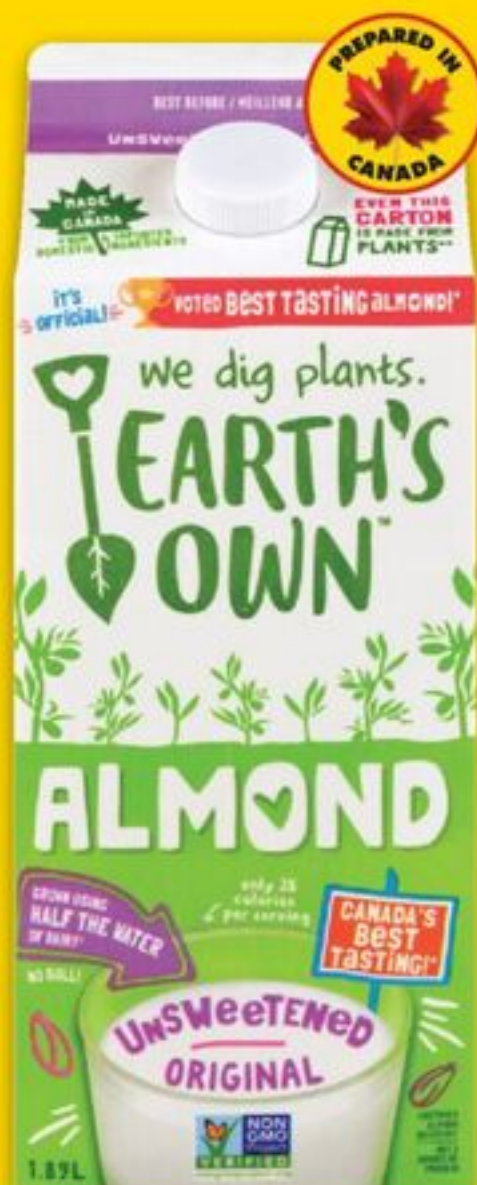
nofrills.ca

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**NEW
LOWER
PRICES**

3⁵⁰

EARTH'S OWN ALMOND or
SOY NON-DAIRY BEVERAGE
selected varieties, refrigerated
1.75/1.89 L
boisson sans produits laitiers aux amandes ou soya
20327647_EA



3⁵⁰

**MINUTE MAID
ZERO SUGAR BEVERAGES** or
FUZE ICED TEA
selected varieties, refrigerated
1.54/1.75 L
boissons au thé glacé
21434100_EA/21652207_EA



1⁵⁰

LIPTON or
KNORR DRY SOUP MIX
selected varieties
40-145 g
mélange à soupe déshydraté
20297514001_EA
20308188001_EA



\$5

**CHAPMAN'S
SUPER NOVELTIES**
selected varieties, frozen
8-18's
friandises glacées
20111532_EA
20117581001_EA

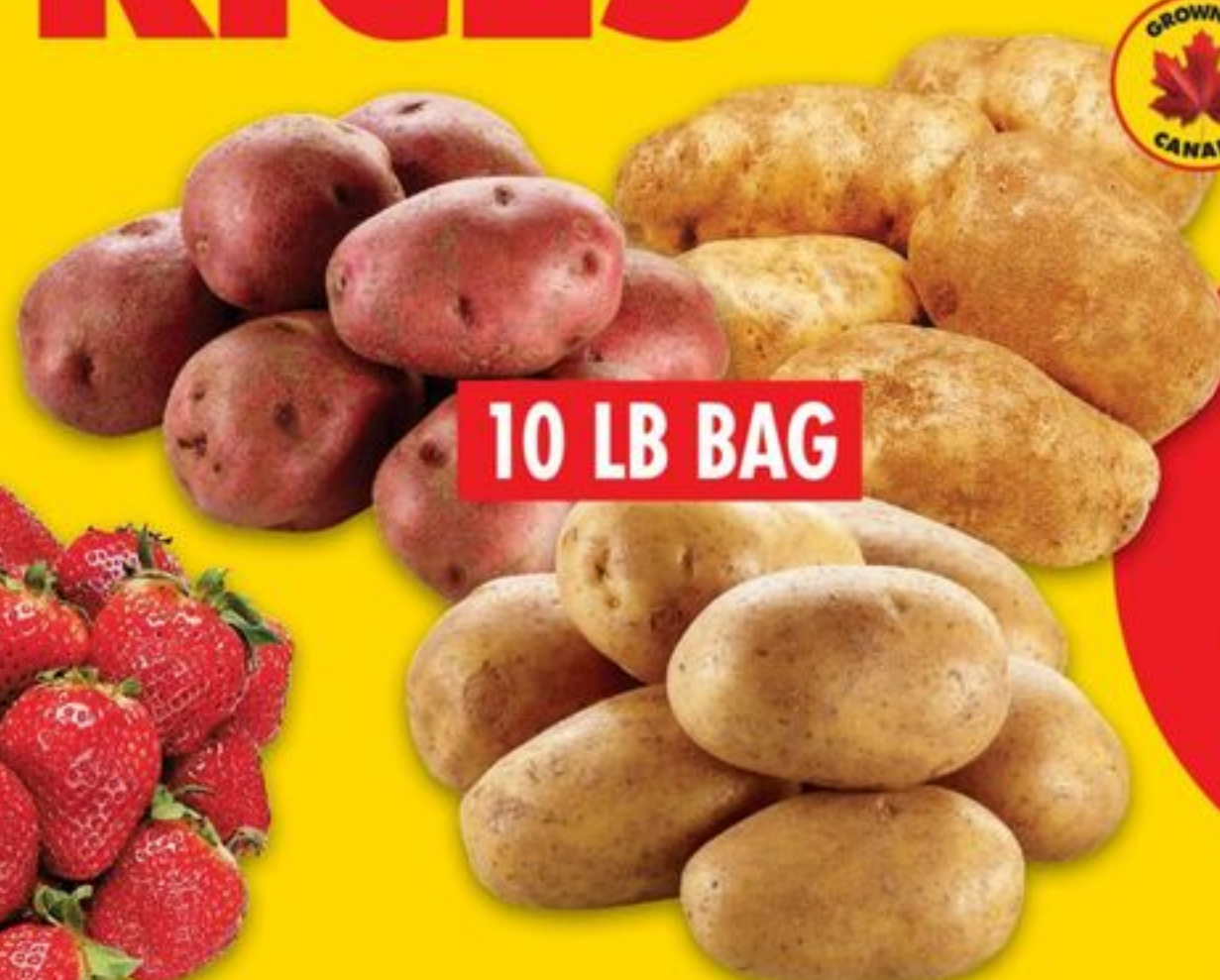


FRESH AT LOW PRICES

5⁹⁹

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

1 LB CLAMSHELL



10 LB BAG

5⁹⁹

RED, RUSSET or YELLOW POTATOES
product of Canada, Canada no. 1 grade
pommes de terre rouges, Russet ou jaunes
20601013001_EA/20601017001_EA

5⁹⁹

FARMER'S MARKET™ SWEET PEPPERS
product of Canada or Mexico or U.S.A.
poivrons ou cœurs de romaine
20085851001_EA/20067389001_EA



PKG OF 3

PKG OF 3



PKG OF 6

283 G

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

2⁹⁹



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

1⁹⁹



ENGLISH CUCUMBER
product of Canada, Canada no. 1 grade
each
concombre anglais
20070132001_EA

2⁴⁹



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

4⁹⁹



PKG OF 5

CAULIFLOWER product of Mexico or U.S.A. or
AVOCADOS product of Mexico, Peru or Colombia
chou-fleur ou avocats
21644936001_EA/20135377001_EA

1⁶⁹



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

5⁹⁹



4 LB BAG

PINEAPPLE product of Costa Rica,
FARMER'S MARKET™ AMBROSIA
or **MCINTOSH APPLES**
product of Atlantic provinces, Canada fancy grade
ananas ou pommes
21307212001_EA/20713211001_EA/20119813001_EA

5⁹⁹



3 LB BAG

FARMER'S MARKET™ ORANGES
product of Morocco or Spain
oranges
20162945001_EA

3⁴⁹



3 LB BAG

FARMER'S MARKET™ CARROTS or
YELLOW ONIONS
product of Canada or U.S.A., no. 1 grade
carottes ou oignons jaunes
20402927001_EA/20811994001_EA

2⁷⁹



227 G

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

13⁹⁹



MARCANGELO SOUVLAKI KABOBS
selected varieties
480/640 g
brochettes
21041735_EA

7⁹⁹



ST-HUBERT or
SWISS CHALET
POT PIE
selected varieties, frozen
650-800 g
pâtés
20719298_EA/21047194_EA

\$12



MAPLE LEAF PRIME CHICKEN LEGS
back attached
up to 1.4 kg
cuisses de poulet
21684202_EA

\$12



PC® CHEESE SLICES
500 g or **PC®**
SPLENDIDO®
PARMIGIANO
REGGIANO,
PECORINO
ROMANO or
GRANA PADANO
250 g
fromage
21053434_EA/20249826_EA

\$3



WONDER
BREAD 570/675 g
or **BUNS** 8's
selected varieties
pain ou petits pains
20207455_EA/20305674_EA

\$6



FARMER'S MARKET™
COOKIES 12's or **MUFFINS** 6's
selected varieties
biscuits ou muffins
20566295_EA/21283356_EA

\$7



SEAQUEST® BAY SCALLOPS 400 g or
COLOSSAL RAW WHITE SHRIMP
16-20 per lb, 300 g
frozen
pêtoles ou crevettes
21043887_EA/21558527_EA

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

BRANDS YOU LOVE AT LOW PRICES

4⁵⁰

**CRACKER BARREL
NATURAL CHEESE
SLICES**
selected varieties
200-240 g
tranches de fromage naturel
21290705, EA



9⁹⁹

**BASKIN ROBBINS
ICE CREAM** 946 ml or
NOVELTIES 4's
selected varieties, frozen
crème glacée ou friandises glacées
21721551, EA/21721501, EA

\$8

**STOK or STARBUCKS
COLD BREW COFFEE**
selected varieties
1.18/1.42 L
café infusé à froid
21203739, EA/21215530, EA



5⁵⁰

**DR. OETKER THIN CRUST
or RISING CRUST PIZZA**
selected varieties, frozen
480-785 g
pizza
21106361, EA

\$3



HELUVA GOOD! DIPS
selected varieties
250 g
trempelettes
2017979002, EA

\$10



**HIGH LINER PAN-SEAR
or BATTERED FISH FILLETS**
selected varieties frozen
425-540 g
filets de poisson
20296396002, EA

1⁵⁰



NO NAME® RICE CRACKERS
selected varieties
100 g
croquelins de riz
20297188002, EA/20297188003, EA

\$3



MOTT'S FRUITSATIONS 6x113 g or
GOGO SQUEEZ FRUIT SAUCE 4x99 g
selected varieties
purée de fruit
20322697002, EA/20322641001, EA

4⁵⁰

**KRAFT SHAKE'N BAKE
COATING MIXES**
selected varieties
142-160 g
mélange de panure
21548016, EA/21603339, EA



\$6

**NO NAME® CHOPPED
GARLIC LIQUID
BOUILLON** 1 kg or
500 mL
selected varieties
oil haché ou bouillon liquide
20312337001, EA/21013899, EA



3⁹⁹

PC® BLUE MENU® BEANS or LENTILS
selected varieties
900 g
haricots ou lentilles
20629153, EA/20629676, EA



1⁷⁹

KRAFT DINNER
selected varieties
156/175 g
macaroni au fromage
21549589, EA/21549590, EA



\$2

DOLE PINEAPPLE
selected varieties
398 mL
ananas
20136767004, EA



1⁵⁰

GREEN GIANT VEGETABLES
selected varieties
341/398 mL
légumes
21021224, EA



\$5

**NESTLÉ CHOCOLATE BAR
MULTIPACK** 4's or
POUCHES 135-203 g
selected varieties
chocolat
20176136, EA/21080077, EA



\$5

TIDE PODS 16's, **DOWNY
FABRIC SOFTENER** 0.78/1.31 L,
PURIFYING RINSE 473 mL, **SCENT
BOOSTERS** 141/150 g, **BOUNCE
DRYER SHEETS** 40/80's or **CASCADE
DISHWASHER TABS** 10-15's
détergent ou assouplissant ou rinçage ou
rehausseur de parfum ou feuilles ou
capsules de détergent pour lave-vaisselle
21532274, EA/20301481001, EA



2⁷⁹

TEMPTATIONS CAT TREATS
selected varieties
180 g
gâteries pour chats
20298151006, EA



\$6

**FRISKIES
CAT FOOD**
selected varieties
1.4-1.5 kg
nourriture pour chats
20912315, EA



\$10

NO NAME® CAT LITTER
selected varieties
18 kg
litière pour chats
20177169002, EA



\$4

**MR. CLEAN ALL
PURPOSE CLEANER**
1.21 L, **FEBREZE AIR
BATHROOM
AIR FRESHENER**
7.5 mL, **CAR** 2 mL or
MAGIC ERASER 2's
selected varieties
nettoyant ou désodorisant ou rinçage ou
pince pour bouche d'aération ou
effaceur magique
21005017, EA/21700198, EA



\$3

OVAL EASTER BASKET
panier de Pâques ovale
31668634, EA



\$3

**PLASTIC
EASTER EGGS**
œufs de Pâques en
plastique
31668702, EA



\$8

PC® CHARITY BUNNY
lapin
21687563, EA/21687564, EA



\$1

**NO NAME® GEL
AIR FRESHENER**
selected varieties
170 g
assainisseur d'air
21405442, EA/21405448, EA



BRANDS YOU LOVE AT LOW PRICES

SAVE UP TO 40%

3²⁵

LIBERTÉ MÉDITERRANÉE
500 g/4x100 g, **CRUNCH** 2's or
YOPLAIT PROTEIN 650 g
YOGURT, selected varieties
20788062001 EA/21587047 EA



SAVE 57%

1⁵⁰

SCOTSBURN SOUR CREAM
selected varieties
250 mL
crème sure
21381008 EA



SAVE 20%

5⁹⁹

MCCAIN CAKES
selected varieties, frozen
510 g
gâteaux
20310132002 EA



ONLY

\$4

PC® DINNER ENTRÉES
selected varieties, frozen
212-365 g
plats cuisinés
20312253001 EA



\$5

SCOTSBURN or BAXTER CHOCOLATE MILK
selected varieties
2 L
brand varies by region
lait au chocolat
20110277001 EA/20146518 EA



4²⁵

OASIS SMOOTHIES or HEALTH-BREAK
selected varieties, refrigerated
1.6 L
boissons louchées ou jus
21529999 EA/21529910 EA



1⁵⁰

NO NAME® POTATO CHIPS
selected varieties
200 g
croustilles
21302821 EA



2⁵⁰

GOLDFISH CRACKERS
selected varieties
167-200 g
croustilles
20300320 EA/20306994003 EA



5⁷⁹

SMUCKER'S JAM, MARMALADE or JELLY
selected varieties
310/500 mL
confiture ou marmelade ou gelée
20308043001 EA/20308043004 EA



\$3

ANGIE'S BOOM CHICKA POP POPCORN or PUFFS
selected varieties
136-198 g
maïs éclaté ou grignotines soufflées
20811709 EA



1⁹⁹

NO NAME® WHITE VINEGAR
Club Size
4 L
 vinaigre blanc
20102736 EA



2⁵⁰

STAGG CHILI
selected varieties
425 g
chili
20091906 EA



\$1

OLD EL PASO SEASONING
selected varieties
24 g
assaisonnement
21049495 EA



1²⁵

POWERADE SPORT DRINKS
selected varieties
710 mL
boissons déshydratantes
20853721 EA/21240145 EA



2²⁵

CAMPBELL'S CHUNKY, READY TO SERVE 515 mL or **HABITANT** 796 mL SOUP
selected varieties
soupe
21480447 EA/21480538 EA



1⁶⁹

UNICO BEANS 540 mL or **TOMATOES** 796 mL
selected varieties
légumineuses ou tomates
20313447001 EA/20314629001 EA



13⁹⁹

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
24x355 mL
boissons gazeuses
20306687002 C24/203081977001 C24



6⁵⁰

KINDER BAGGED CHOCOLATE 140-184 g or **CSR MILK CHOCOLATE BUNNY** 350 g
selected varieties
chocolat ou lapin en chocolat
20531650 EA



5⁹⁹

LAVAZZA CREMA E GUSTO or ROSSA GROUND COFFEE
selected varieties
250 g
café moulu
21553695 EA/21553714 EA



12⁹⁹

STARBUCKS NESPRESSO CAPSULES VERTUO 8/10's or **TWININGS TEA** 100's
selected varieties
capsules de café ou thé
21598289 EA



5⁵⁰

HERSHEY'S POUCHES MULTI'S 4's or **SOLID BUNNY** 150 g
selected varieties
chocolat
21628340 EA/21628445 EA



\$11

CADBURY MINI EGGS
400 g
mini-œuf en chocolat
20081165 EA



\$10

Earn 1,000 pts
That's \$1 value

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



Earn 6,000 pts

For every \$16* spent
That's \$6 value

NESTLÉ EASTER NOVELTIES
selected varieties
25-300 g
chocolat de Pâques
21628045 EA/21634741 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.

NOFRILLS

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

nofrills.ca



This product contains post consumer recycled paper



MARCH

**HIT
OF THE
MONTH**

\$1.75



 Made in Canada

Quaker Chewy Granola Bars

Selected varieties, 120 g

Limit: 6, over limit retail \$2.50

21359366_EA/21359369_EA

\$4.75



 Prepared in Canada

PC® Dips

Selected varieties, 454 g

Limit: 6, over limit retail \$6.00

20584098_EA

\$3.33



Christie Family Size Crackers

Selected varieties, 328-454 g

Limit: 6, over limit retail \$4.00

20686037_EA/21189848_EA

**LOWEST PRICES
BEST DEALS**

As compared to other major grocery retailers within your local trade areas.

Offer valid March 1st - 31st, 2026 while quantities last.

We reserve the right to limit quantities to reasonable family requirements. No rainchecks.

**LOW
PRICES
IN STOCK**

350

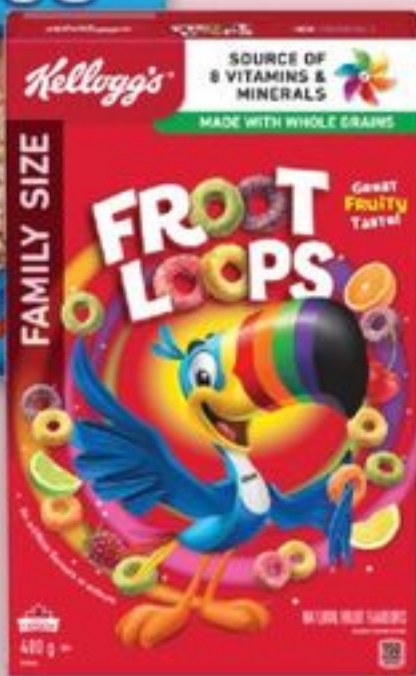
GENERAL MILLS CEREAL
selected varieties
300-437 g
céréales
21104047_EA/21213662_EA



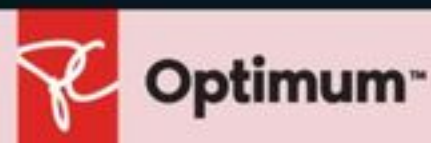
\$4

KELLOGG'S ALL BRAN 405/525 g,
RAISIN BRAN 375/436 g, **VECTOR** 306/400 g,
SPECIAL K 320-355 g, **MINI-WHEATS** 377-460 g or
CRISPIX 350 g **CEREAL**
selected varieties
céréales
20015041_EA/21607207_EA

\$3



KELLOGG'S FAMILY SIZE CEREAL
selected varieties
480-650 g
céréales
21449784_EA/21651640_EA



Earn
3,000
pts

For every \$10*
spent

That's
\$3
value



FIBRE 1 BARS 125 g or
NATURE VALLEY GRANOLA BARS, PROTEIN BARS or
BISCUITS 148-210 g
selected varieties
barres granola ou barres protéinées ou biscuits
20587504001_EA/20686988001_EA

\$4



QUAKER CEREAL 350-500 g or
HARVEST CRUNCH 400-510 g
selected varieties
céréales
21082500_EA/21219824_EA

\$2



QUAKER DIPP'S
selected varieties
150/156 g
barres granola
20847582_EA/21185317_EA

250



QUAKER RICE CAKES
or **CRISPY MINIS**
selected varieties
100-199 g
galettes de riz ou minis
20163708002_EA/20850854_EA

6⁹⁹



STARBUCKS COFFEE ENHANCER
selected varieties
828 mL
rehausseur pour café
21358473_EA

\$7



NESCAFÉ or
TASTER'S CHOICE INSTANT COFFEE
selected varieties
100-170 g
café instantané
20661811001_EA/20873036_EA

12⁴⁹



STARBUCKS ROAST AND GROUND COFFEE 340 g,
PODS 10's or **HOT CHOCOLATE** 240/300 g
selected varieties
café torréfié et moulu ou capsules ou chocolat chaud
21651626_EA/21660417_EA

250



CHRISTIE CRISPERS
selected varieties
145 g
craquelins
21356333_EA

450



CHRISTIE PREMIUM PLUS 402-481 g or
RITZ DRIZZLED 226 g **CRACKERS**
selected varieties
craquelins
21109004_EA/21712595_EA

250



CHRISTIE CRACKERS
selected varieties
180-200 g
craquelins
21030647_EA/21547034_EA

\$1



HERSHEY'S SINGLE CHOCOLATE BAR
selected varieties
43-58 g
barres de chocolat
20581797_EA/20582012_EA

450



HERSHEY'S CHOCOLATE BAR MULTIPACK 4's or **POUCHES** 160-230 g
selected varieties
chocolat
20303970004_EA/20573406_EA

250



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

\$2

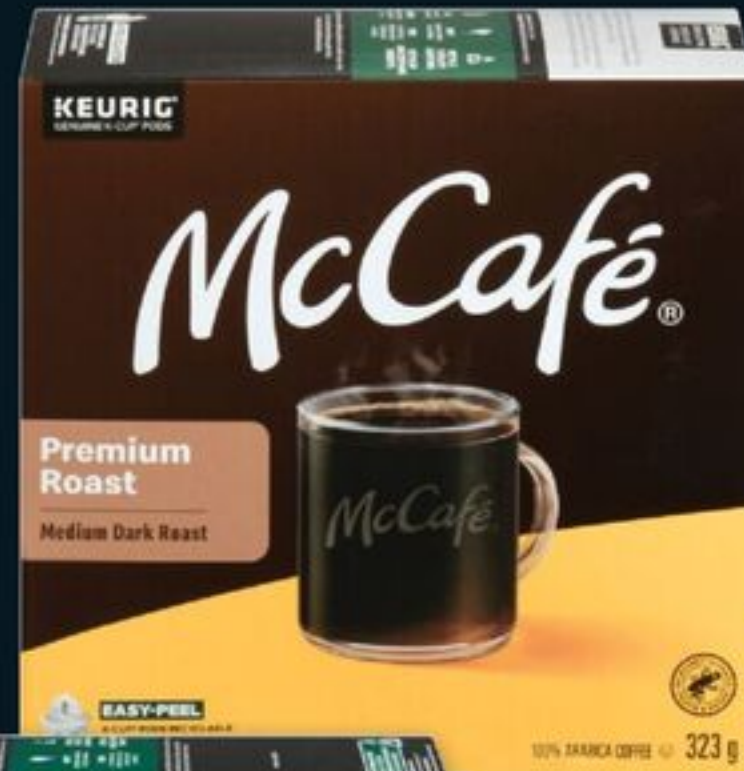


MAYNARDS CANDY
selected varieties
135-154 g
friandises
21545554_EA/21694186_EA

**LOW
PRICES
IN STOCK**

16⁹⁹

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



\$23

**MCCAFÉ or VAN HOUTTE
GROUND COFFEE PODS**
selected varieties
30's
capsules de café moulu
20743469_EA/21240975_EA

2⁷⁹

CHRISTIE COOKIES 240-303 g
or **MINI COOKIES** 144-200 g
selected varieties
biscuits
21358407_EA/21585155_EA/21586618_EA



4⁵⁰

**CHRISTIE FAMILY SIZE
COOKIES** 374-488 g or
CAKESTERS 285 g
selected varieties
biscuits
21014087_EA/21712437_EA

2⁵⁰



**DARE GRISSOL TOAST
BAGUETTES** 150/200 g or
120/130 g
selected varieties
biscottes ou baguettes
21033188_EA

2⁵⁰



DARE BRETON 135-200 g, **VINTA** 200-225 g
CRACKERS or **VEGGIES CRISPS** 100 g
selected varieties
croquillons ou grignotines
20972368_EA/21520666_EA

2⁵⁰



DARE BEAR PAWS 168-240 g, **ULTIMATE COOKIES**
290/300 g, **WAGON WHEELS** 315/360 g or **VIVA PUFFS** 300 g
selected varieties
biscuits
20974365_EA/21080791_EA

\$4



**TOSTITOS
TORTILLA CHIPS**
selected varieties
205-295 g
croustillons de tortilla
21050575_EA

\$4



**MISS VICKIE'S
KETTLE COOKED
POTATO CHIPS**
selected varieties
190/200 g
croustillons
21240703_EA

\$4



**RUFFLES POTATO
TORTILLA** 180-220 g or **DORITOS**
210/235 g **CHIPS**
selected varieties
croustillons ou croustillons de tortillas
21241053_EA/21693042_EA

2⁵⁰



**PRINGLES
POTATO
CRISPS**
selected varieties
148/156 g
croustillons
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
barres
20126567001_EA/21290111_EA

3⁴⁹



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

\$8



NUTELLA HAZELNUT SPREAD 725 g or
**NUTELLA & GO HAZELNUT
SPREAD WITH BREADSTICKS** 208 g
selected varieties
tartinade de noisettes ou tartinade de noisettes avec bâtonnets
20436105_EA

\$3



LECLERC CÉLÉBRATION COOKIES
selected varieties
200/240 g
biscuits
21680155_EA

\$3



LECLERC GO PURE or NUGABAR BARS
selected varieties
140-175 g
barres
21507858_EA/21536595_EA

\$6



**SIMPLY
ORANGE JUICE**
selected varieties, refrigerated
1.36 L
jus d'orange
21735026_EA

\$6



PILLER'S KOLBASSA
375 g
kolbassa
20308469_EA

LOW PRICES IN STOCK

6²⁹



KRAFT PEANUT BUTTER
selected varieties
750 g / 1 kg
beurre d'arachide
2003958 1001_EA/2003958 1005_EA



3⁹⁹

PHILADELPHIA CREAM CHEESE PRODUCT 227/250 g or
KRAFT SINGLES 410 g
selected varieties
produit de fromage à la crème ou produit de fromage fondu
20041267_EA/21183654_EA

15⁹⁷



MAXWELL HOUSE ROAST AND GROUND COFFEE 631-900 g or **PODS** 30's
selected varieties
café torréfié et moulu ou capsules
21308076_EA/21606882_EA



iöGO YOGURT
selected varieties
16x100 g
yogourt
20606778001_EA

6⁵⁰

\$3



OCEAN'S WHITE TUNA 170 g or **GOLD SEAL MACKEREL** 115 g or **PINK SALMON** 213 g
selected varieties
thon ou maquereau ou saumon rose
21005216_EA/21186867_EA

3⁵⁰



ACTIVIA EXPERT YOGURT
selected varieties
4x100 g
yogourt
21088261_EA

1⁵⁰



OCEAN'S LIGHT TUNA 170 g or **GOLD SEAL SARDINES** 125 g
selected varieties
thon pâle ou sardines
21005134_EA/21024465_EA

5⁵⁰



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

\$20



FINISH DISHWASHER TABS
selected varieties
60-105's
capsules de détergent pour lave-vaisselle
21218875_EA/21561337_EA

\$8



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

11⁹⁹



ROYALE FACIAL TISSUE
12x100 sheets
mouchoirs
20705292_EA

12⁹⁹



ROYALE TIGER TOWEL PAPER TOWELS
selected varieties
6=12 rolls
essuie-tout
21484732_EA

7⁹⁹



CHARMIN BATHROOM TISSUE 8=24 rolls or **BOUNTY PAPER TOWELS** 3=6 rolls
selected varieties
papier hygiénique ou essuie-tout
21670159_EA/21707477_EA

\$22



TIDE LIQUID LAUNDRY DETERGENT
3.46/3.9 L or **PODS** or **FLINGS** 45/76's
selected varieties
détergent à lessive
21593670_EA/21593706_EA

\$15



GAIN LIQUID LAUNDRY DETERGENT 4.25 L or **FLINGS** 42's
selected varieties
détergent à lessive
20959627_EA/21671135_EA

\$13



PUREX 4.08-4.43 L, **SUNLIGHT** 4 L, **LIQUID LAUNDRY DETERGENT, SNUGGLE FABRIC SOFTENER, DRYER SHEETS** 200's
selected varieties
détergent ou assouplissant
20083555001_EA/21427038_EA

\$7



LYSOL TOILET BOWL CLEANER 2x710 mL, **DISINFECTANT SPRAY** 539 g or **LAUNDRY DISINFECTANT** 1.2 L
selected varieties
nettoyant à cuvette ou vaporisateur désinfectant ou désinfectant pour lessive
21238361_EA/21487308_EA



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

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in value

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BOOST READY-TO-DRINK PRODUCT

6x237 mL or 4x325 mL
supplément nutritif

Save
\$2
with digital
coupon

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PC® SPLENDIDO SLICED MEATS

100 g
viandes tranchées

Earn
1,000
pts
Until April - 8 - 2026

Optimum™



PC® PORTUGUESE CUSTARD TARTS

360 g
tartelettes portugaises
à la crème pâtissière

Earn
1,000
pts
Until April - 8 - 2026

Optimum™



PC® LOADS OF ICE CREAM

1.5 L
crème glacée

Earn
1,000
pts
Until April - 8 - 2026

Optimum™



PC® BLACK LABEL ICE CREAM

500 mL
crème glacée

Earn
750
pts
Until April - 8 - 2026

Optimum™



PC® TOPPED HUMMUS

280
hummus garni

Earn
1,000
pts
Until April - 8 - 2026

Optimum™



PC® SPRING ROLLS

574 g
rouleaux de printemps

Earn
1,500
pts
Until April - 8 - 2026

Optimum™



PC® KETTLE CHIPS

200 g
croustilles

Earn
500
pts
Until April - 8 - 2026

Optimum™



PC® SPLENDIDO EXTRA VIRGIN OLIVE OIL

1 L
huile d'olive

Earn
2,000
pts
Until April - 8 - 2026

Optimum™



PC® CHOCOLATE CHIPS

226-300 g
brisures de chocolat

Earn
750
pts
Until April - 8 - 2026

Optimum™



PC® 3 PLY FACIAL TISSUES

mouchoirs

Earn
1,000
pts
Until April - 8 - 2026

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Earn
500
pts

Until April - 8 - 2026

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



Earn
1,000
pts

Until April - 8 - 2026

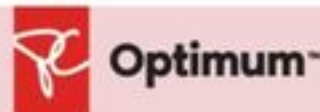
**NO NAME® POTATO AND
CHEDDAR PEROGIES**
2 kg
perogies



Earn
1,000
pts

Until April - 8 - 2026

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



Earn
750
pts

Until April - 8 - 2026

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



Earn
500
pts

Until April - 8 - 2026

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



Earn
250
pts

Until April - 8 - 2026

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



Earn
5,000
pts

Until April - 8 - 2026

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



Earn
1,000
pts

Until April - 8 - 2026

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



Earn
500
pts

Until April - 8 - 2026

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

GLOBAL FOODS AT LOW PRICES

2⁹⁹
LB

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



3⁹⁹
LB

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

8⁹⁹

2 LB TUB
MEDJOOL DATES
product of U.S.A.
dattes
20001686_EA



3⁹⁹
LB

OPO SQUASH
product of Honduras,
Mexico or Dominican Republic
courge ope
8.80/kg
20142035001_KG

\$11

SUFRA® HALAL CHICKEN LEGS
back attached
up to 1.28 kg
cuisses de poulet
21616972_EA



\$6

HALAL

MEDIUM GROUND BEEF
grass-fed, 450 g
bœuf haché mi-maigre
21615908_EA



5⁵⁰

SEAQUEST® SEAFOOD MEDLEY
frozen
340 g
mélange de produits de la mer
21592029_EA



2²⁹

SURAJ® NAAN
selected varieties
5's
naan
21051353_EA



2²⁹

HANS DAIRY DAHI
selected varieties
750 g
dahi
20092811_EA



4⁹⁵

BRAR'S MALAI PANEER
375 g
paneer
20283164_EA



.39

MAGGI MASALA NOODLES
selected varieties
70 g
nouilles masala
20802664_EA



2⁹⁹

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



7⁹⁹

SHAOMEI DESSERT BAR
selected varieties, frozen
280 mL
barre dessert
21309979_EA



2⁹⁹

ZINDA COUSCOUS 907 g or
TRICOLOUR PEARL COUSCOUS 600 g
selected varieties
couscous
20013708_EA/21406157_EA



3⁹⁹

TAMAM SLICED PICKLED TURNIPS
1 L
navets marinés
21237887_EA



2⁵⁰

ROOSTER® SWEETENED CONDENSED MILK
300 mL
lait condensé sucré
20126907_EA



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ONL ET 1 NFA



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Scan the QR code to sign up.

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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.

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



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exclusively at  **NOFRILLS®**

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

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Enjoy these price
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.



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we'll replace AND refund it.

The  NOFRILLS® thing to do.

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