

**NO FRILLS<sup>®</sup>**  
**YESSAVINGS**

**PRICE  
DROP**

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



**GRADE A LARGE EGGS**  
12's  
œufs  
20812144001 EA

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



**ATLANTIC BUTTER**  
selected varieties  
454 g  
beurre  
20066904 EA

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



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

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



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

# NO FRILLS<sup>®</sup> YES SAVINGS

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

SAVE 40%

5<sup>96</sup>



**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%

1<sup>99</sup>  
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  
000050\_EA

SAVE 25%

2<sup>99</sup>  
LB

SAVE 46%

10<sup>99</sup>



**MAPLE LEAF SUNRISE LARGE WAX BOLOGNA**  
2 kg  
bologna  
20997095\_EA



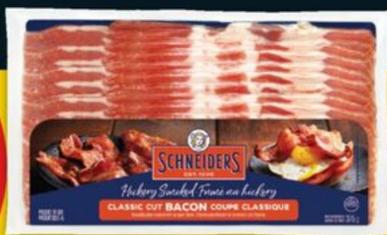
SAVE UP TO 33%

\$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

2<sup>99</sup>  
LB



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

ONLY

\$3



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

ONLY

5<sup>99</sup>



**FARMER'S MARKET™ MANDARINS**  
product of Morocco or Spain  
mandarins  
20054025001\_EA

ONLY

2<sup>97</sup>



**İÖĞÖ** 650 g, **İÖĞÖ NANO BUBBLES** or **LIBERTÉ** 4x100 g **YOGURT**, selected varieties  
yogourt  
20801732003\_EA/21719941\_EA

SAVE UP TO 57%

\$4



**ROYALE FACIAL TISSUE**  
selected varieties, 6x72/100 sheets  
mouchoirs  
20070419\_EA

ONLY

13<sup>99</sup>



**ROOSTER™ SCENTED JASMINE RICE**  
8 kg  
riz ou jasmijn  
20121871\_EA

App exclusive offer

Earn  
**200**  
pts

for every \$1 spent on fresh tomatoes

That's  
**20%**

value



Optimum™

tomates  
21367888001\_EA/20026703001\_KG/21606704001\_EA

FLYER PRICES EFFECTIVE IN ATLANTIC CANADA STORES ONLY.

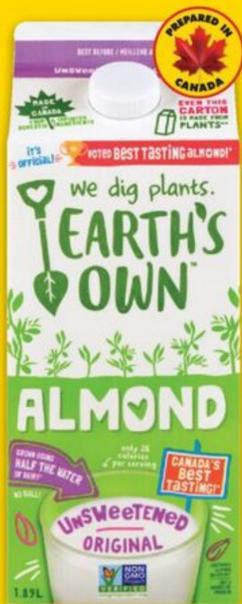
[nofrills.ca](https://www.nofrills.ca)

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**NEW  
LOWER  
PRICES**

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

**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



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

**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



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

**LIPTON** or **KNORR DRY SOUP MIX**  
selected varieties  
40-145 g  
mélange à soupe déshydraté  
20297314001\_EA  
20308188001\_EA



**\$5**

**CHAPMAN'S SUPER NOVELTIES**  
selected varieties, frozen  
8-18's  
friandises glacées  
2011532\_EA  
20117581001\_EA



# FRESH AT LOW PRICES

**4.99**

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

**1 LB CLAMSHELL**



**10 LB BAG**

**4.99**

**RED, RUSSET or YELLOW POTATOES** product of Canada, Canada  
no. 1 grade or **CAULIFLOWER**  
product of Mexico, or U.S.A., no. 1 grade  
pommes de terre rouges, Russet  
ou jaunes ou chou-fleur  
20601013001\_EA/20135377001\_EA

**4.99**

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

**PKG OF 4**



**PKG OF 5**



**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

**2.99**



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

**1.99**

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



**1.99**

**BROCCOLI CROWNS**  
product of Mexico or U.S.A.  
couronnes de brocoli  
21121540001\_EA



**1.49**  
LB

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



**4.99**

**FARMER'S MARKET™ AMBROSIA**  
or **MCINTOSH APPLES**  
product of Atlantic provinces, Canada fancy grade  
pommes  
21307212001\_EA/20713211001\_EA

**4 LB BAG**



**5.99**

**PINEAPPLE** product of Costa Rica,  
**ROMAINE HEARTS** product of U.S.A. or  
**FARMER'S MARKET™ ORANGES**  
product of Morocco or Spain  
ananas, cœurs de romaine ou oranges  
20162945001\_EA/20119813001\_EA/2066389001\_EA

**3 LB BAG**



**PKG OF 3**

**2.99**

**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

**3 LB BAG**



**2.49**

**PC® WHOLE WHITE** or  
**CREMINI MUSHROOMS**  
product of Canada  
champignons blancs ou cremini entiers  
20775803\_EA/20776239\_EA

**227 G**



**13.99**

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



**7.99**

**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  
20297453\_EA/20305674\_EA



**\$6**

**FARMER'S MARKET™**  
**COOKIES** 12's or **MUFFINS** 6's  
selected varieties  
biscuits ou muffins  
20564295\_EA/21283356\_EA



**\$7**

**SEAQUEST® BAY SCALLOPS** 400 g or  
**COLOSSAL RAW WHITE SHRIMP**  
16-20 per lb, 300 g  
frozen  
pêtoncles 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

4.50



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



9.99

**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



5.50

**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  
trempettes  
20179979002 EA

\$10



**HIGH LINER PAN-SEAR  
or BATTERED FISH FILLETS**  
selected varieties frozen  
425-540 g  
filets de poisson  
20296596002 EA

1.50



**NO NAME® RICE CRACKERS**  
selected varieties  
100 g  
croquette de riz  
20297188002 EA/20297188003 EA

\$3



**MOTT'S FRUITSATIONS** 6x113 g or  
**GOGO SQUEEZ FRUIT SAUCE** 4x99 g  
selected varieties  
purée de fruit  
20322597002 EA/203225431001 EA

4.50



**KRAFT SHAKE'N BAKE  
COATING MIXES**  
selected varieties  
142-160 g  
mélange de panure  
21548016 EA/21603329 EA

\$6



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

3.99



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

1.79



**KRAFT DINNER**  
selected varieties  
156/175 g  
macaroni ou fromage  
21549589 EA/21549590 EA

\$2



**DOLE  
PINEAPPLE**  
selected varieties  
398 mL  
ananas  
20136767004 EA

1.50



**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 SCENT  
BOOSTERS** 141/150 g, **BOUNCE  
DRYER SHEETS** 40/80's or **CASCADE  
DISHWASHER TABS** 10-15's  
nettoyant ou assouplissant ou rinçage ou  
rehausseur de parfum ou feuilles ou  
capsules de détergent pour lave-vaisselle  
21532274 EA/20301481001 EA

2.79



**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  
FRESHENER**  
250 mL, **BATHROOM  
AIR FRESHENER**  
7.5 mL, **CAR** 2 mL or  
**MAGIC ERASER** 2's  
selected varieties  
nettoyant ou désodorisant ou  
pince pour bouche d'aération ou  
effaceur magique  
21005017 EA/21001198 EA

\$3



**OVAL EASTER BASKET**  
panier de Pâques ovale  
2168834 EA

\$3



**PLASTIC  
EASTER EGGS**  
œufs de Pâques en  
plastique  
2168702 EA

\$8



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

\$1



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

# BRANDS YOU LOVE AT LOW PRICES

SAVE UP TO 40%

3<sup>25</sup>

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



SAVE 57%

1<sup>50</sup>

**SCOTSBURN SOUR CREAM**  
selected varieties  
250 mL  
crème sure  
21381008 EA



SAVE 20%

5<sup>99</sup>

**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

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

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

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

**NO NAME® POTATO CHIPS**  
selected varieties  
200 g  
croustilles  
21502821 EA

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

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

**5<sup>79</sup>**

**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 grignottes soufflées  
20811709 EA

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

**NO NAME® WHITE VINEGAR**  
selected varieties  
Club Size  
4 L  
vinigre blanc  
20102736 EA

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

**STAGG CHILI**  
selected varieties  
425 g  
chili  
20091906 EA

**\$1**

**OLD EL PASO SEASONING**  
selected varieties  
24 g  
assaisonnement  
21049495 EA

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

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

**2<sup>25</sup>**

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

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

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

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

**COCA-COLA or PEPSI SOFT DRINKS**  
selected varieties  
24x355 mL  
boissons gazeuses  
20306687002 C24/203008197001 C24

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

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

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

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

**12<sup>99</sup>**

**STARBUCKS NESPRESSO CAPSULES VERTUO** 8/10's or **TWININGS TEA** 100's  
selected varieties  
capsules de café ou thé  
21592899 EA

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

**HERSHEY'S POUCHES** 180-340 g, **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**

**Optimum™**

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

**GENERAL MILLS JUMBO CEREAL**  
selected varieties  
825 g-1.3 kg  
céréales  
20697990 EA/21347133 EA

**Optimum™**

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/21628474 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. In 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.

**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

**454 G**

**\$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



**\$4**

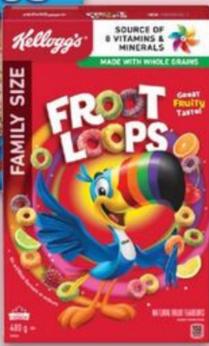


**350**

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

**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**



Earn  
**3,000**  
pts

For every \$10\*  
spent

That's  
**\$3**  
value

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



**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  
21082300\_EA/21219824\_EA

**\$2**

**QUAKER DIPPS**  
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

**6.99**

**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

**12.49**

**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

**4.50**

**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

**4.50**

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

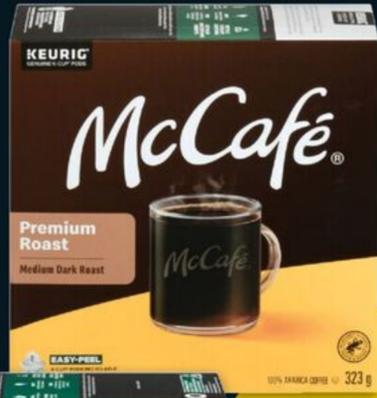
**250**

**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



**16<sup>99</sup>**

**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 CRACKERS or VINTA CRACKERS or VEGGIE CRISPS** 135-200 g, 200-225 g or 100 g  
selected varieties  
croûillons ou grignolines  
20772368\_EA/21520666\_EA



**250**

**DARE BEAR PAWS ULTIMATE COOKIES** 168-240 g or 290/300 g  
selected varieties  
biscuits  
20974346\_EA/21080791\_EA



**\$4**

**TOSTITOS TORTILLA CHIPS**  
selected varieties  
205-295 g  
croustilles de tortilla  
21005575\_EA



**\$4**

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



**\$4**

**RUFFLES POTATO TORTILLA or DORITOS CHIPS**  
selected varieties  
croustilles ou croustilles de tortillas  
21241053\_EA/21693042\_EA



**250**

**PRINGLES POTATO CRISPS**  
selected varieties  
148/156 g  
croustilles  
21003823\_EA/21003833\_EA



**267**

**KELLOGG'S RICE KRISPIES** 154-198 g, **POP-TARTS** 384 g, **SPECIAL K NUTRI-GRAIN BARS** 125 g or 295 g  
selected varieties  
barres  
20126567001\_EA/21290111\_EA



**349**

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



**\$8**

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



**\$3**

**LECLERC CÉLÉBRATION COOKIES**  
selected varieties  
200/240 g  
biscuits  
2160155\_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**  
374 g  
kolbassa  
20308469\_EA

# LOW PRICES IN STOCK



6<sup>29</sup>



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

3<sup>99</sup>

**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 / 21185654 EA

15<sup>97</sup>



**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

6<sup>50</sup>

\$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

3<sup>50</sup>



**ACTIVIA EXPERT YOGURT**  
selected varieties  
4x100 g  
yogourt  
21088261 EA

1<sup>50</sup>



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

5<sup>50</sup>



**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

11<sup>99</sup>



**ROYALE FACIAL TISSUE**  
12x100 sheets  
mouchoirs  
20705292 EA

12<sup>99</sup>



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

7<sup>99</sup>



**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** 3-19 or **FLINGS** 45/76's  
selected varieties  
détergent à lessive  
21592670 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**, **SNUGGLY FABRIC SOFTENER** 2.77 L or **DRYER SHEETS** 200's  
selected varieties  
détergent ou assouplissant  
20083255001 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

# 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  
supplément nutritif

Save  
**\$2**  
with digital  
coupon



**PC® SPLENDIDO  
SLICED MEATS**  
100 g  
viandes tranchées

Earn  
**1,000**  
pts  
Until April - 8 - 2026



**PC® PORTUGUESE  
CUSTARD  
TARTS**  
360 g  
tartelettes portugaises  
à la crème pâtissière

Earn  
**1,000**  
pts  
Until April - 8 - 2026



**PC® LOADS  
OF ICE  
CREAM**  
1.5 L  
crème glacée

Earn  
**1,000**  
pts  
Until April - 8 - 2026



**PC® BLACK LABEL  
ICE CREAM**  
500 mL  
crème glacée

Earn  
**750**  
pts  
Until April - 8 - 2026



**PC® TOPPED  
HUMMUS**  
280  
hummus garni

Earn  
**1,000**  
pts  
Until April - 8 - 2026



**PC® SPRING  
ROLLS**  
574 g  
rouleaux de printemps

Earn  
**1,500**  
pts  
Until April - 8 - 2026



**PC® KETTLE  
CHIPS**  
200 g  
croustilles

Earn  
**500**  
pts  
Until April - 8 - 2026



**PC® SPLENDIDO  
EXTRA  
VIRGIN OLIVE OIL**  
1 L  
huile d'olive

Earn  
**2,000**  
pts  
Until April - 8 - 2026



**PC® CHOCOLATE CHIPS**  
226-300 g  
brisures de chocolat

Earn  
**750**  
pts  
Until April - 8 - 2026



**PC® 3 PLY  
FACIAL TISSUES**  
mouchoirs

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  
toast à l'ail

Optimum



Earn  
**1,000**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**1,000**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**750**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**500**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**250**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**5,000**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**1,000**  
pts

Until April - 8 - 2026

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

Optimum



Earn  
**500**  
pts

Until April - 8 - 2026

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

# GLOBAL FOODS AT LOW PRICES

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

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



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

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

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

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



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

**OPO SQUASH**  
product of Honduras,  
Mexico or Dominican Republic  
courge apo  
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



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

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



**2<sup>29</sup>**

**SURAJ® NAAN**  
selected varieties  
5's  
naan  
21051353\_EA



**2<sup>29</sup>**

**HANS DAIRY DAHI**  
selected varieties  
750 g  
dahi  
20092811\_EA



**4<sup>95</sup>**

**BRAR'S MALAI PANEER**  
375 g  
paneer  
20283164\_EA



**.39**

**MAGGI MASALA NOODLES**  
selected varieties  
70 g  
nouilles masala  
20802664\_EA



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

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



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

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



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

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



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

**TAMAM SLICED PICKLED TURNIPS**  
1 L  
navets marinés  
21237887\_EA



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

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



AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 1 NFA



**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.

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## 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).

ONLN FPCX

no name™ mobile



& get 50% off a SIM card



find us at the checkout lanes

exclusively at  **NOFRILLS**®

Subject to change. Conditions apply. Visit [nonamemobile.ca](http://nonamemobile.ca) for full details.

## MORE WAYS TO SAVE



Enjoy these price drops for longer.



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



Count on low everyday prices.



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

The  **NOFRILLS**® thing to do.

†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.

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