



BIG EASTER DEALS!

ONLY

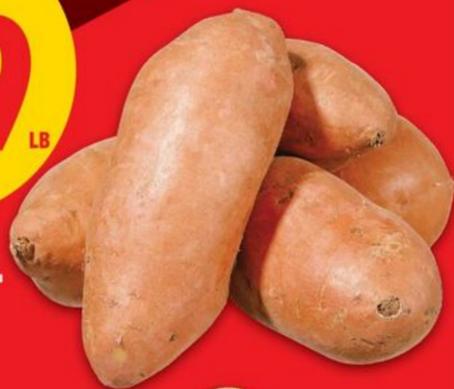
3⁹⁹



PINEAPPLE
product of
Costa Rica
each
ananas sans
couronne
20119813001_EA

SAVE 41%

.99 LB



**SWEET
POTATOES**
product of Canada
or U.S.A.
patates douces
2.18/kg
20127708001_KG

ONLY

2⁴⁹



3 LB BAG

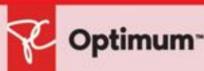
**FARMER'S MARKET™
CARROTS**
product of Canada,
U.S.A. or Mexico, no. 1 grade or
YELLOW ONIONS
product of Canada,
Canada no. 1 grade
carottes ou oignons jaunes
20600927001_EA/20811994001_EA

SAVE 27%

1²⁹



RED MANGOES
product of Mexico
mangues rouges
20059635001_EA



App exclusive offer



Earn
200
pts

For every \$1* spent
on root vegetables

That's
20%
back

légumes racines
21247300001_EA/20600927001_EA
21004355001_EA/20127708001_EA/20164563001_EA
20168304001_EA/20325274001_EA/20307900001_EA

NOFRILLS®

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

BIG EASTER DEALS!



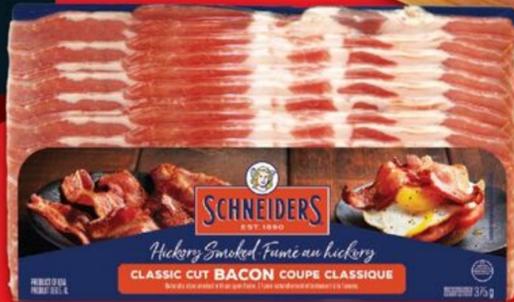
ONLY

5.99
LB

BONELESS, SKINLESS CHICKEN BREAST
fresh
poitrine de poulet sans peau désossée
13.21/kg
20654124_KG/21636240_KG

ONLY

\$5



SCHNEIDERS
or **MAPLE LEAF BACON**
selected varieties, 100/375 g
bacon
20772671_EA

SAVE 29%

2.75

SAVE 33%

\$2



SCHNEIDERS LUNCHMATE LUNCH KITS or **STACKERS**
selected varieties,
75-120 g
trousses-repas
21310034_EA

SAVE 26%

10.99
LB



ATLANTIC SALMON FILLET
fresh
filet de saumon
24.23/kg
20339767_KG



LAY'S POTATO CHIPS
selected varieties
177-235 g
croustilles
21241032_EA/21663082_EA

SAVE 25%

\$3



OCEAN SPRAY CRANBERRY COCKTAIL or **MOTT'S CLAMATO**
selected varieties, 1.89 L
cocktail de canneberge ou jus de palourdes
2030006008_EA/20318953002_EA

SAVE 50%

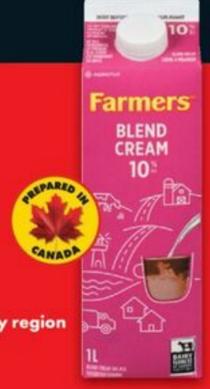
\$1



HEINZ BEANS
or **PASTA**
selected varieties
398 mL
fèves ou pâtes
20040380003_EA/20177278001_EA

ONLY

3.50



CREAM
selected varieties
brand and size varies by region
473 mL-1 L
crème
20174729001_EA

SAVE UP TO 33%

\$1



NEILSON MILKSHAKE
or **MILK2GO** 310 mL or
YOP DRINKABLE YOGURT 200 mL
selected varieties
lait frappé ou yogourt à boire
21040942_EA/21478178_EA

SAVE 50%

\$1



CLOVER LEAF LIGHT TUNA 170 g or
OCEAN'S FLAVOURED TUNA 85 g
selected varieties
thon pâle ou thon aromatisé
20573583_EA

Optimum™

\$15.97



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

Earn **3,000** pts
That's **\$3** value

App exclusive offer

\$6



NO NAME® CHICKEN STRIPS, NUGGETS or BURGERS
selected varieties, frozen,
908 g
lanières ou pépites ou burgers de poulet
21178761_EA

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

SAVE UP TO 52%

\$4



CADBURY MINI EGGS 154-200 g,
NESTLE POUCHES or **NOVELTIES** 85 g-153 g,
ROCHER HALLOW BUNNY or
FERRERO EGGS 90-100 g or
PC® MILK CHOCOLATE BUNNY 100 g
œufs en chocolat
20073462_EA/21628045_EA

SAVE UP TO 27%

12.99



DAAWAT BASMATI RICE 4 kg,
MR. GOUDAS PARBOILED or
WHITE RICE 8 kg
riz
20896606_EA/21606990_EA

PRICE DROP

4.99



ATLANTIC BUTTER
selected varieties, 454 g
beurre
20066904_EA

4.99



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

4.25



GRADE A LARGE WHITE EGGS
12's
gros œufs blancs
20812144001_EA

1.25



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

FLYER PRICES EFFECTIVE IN ATLANTIC CANADA STORES ONLY.

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

01 NFA

DELI DEALS

SAVE UP TO 23%

\$5

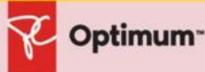
BOURSIN CHEESE
selected varieties
150 g
fromage
20116794_EA



SAVE UP TO 35%

\$5

ZIGGY'S® PEPPERONI STICKS 300 g
or **MARCANGELO SLICED DELI MEAT 85 g**
selected varieties
pepperoni ou
charcuteries tranchées
21665209_EA/21706089_EA



App exclusive offer

\$3

Earn
500
pts

That's
50¢
value

ZIGGY'S® FRESH PASTA
selected varieties
350/360 g
pâtes fraîches
21521168_EA



\$4

Earn
1,000
pts

That's
\$1
value

SNACK FACTORY® PRETZEL CRISPS
selected varieties
200 g
bretzels
20948940_EA

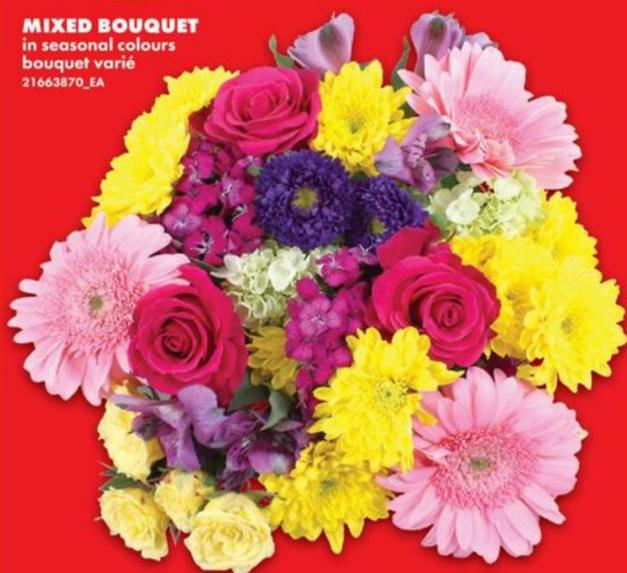


BIG EASTER DEALS!

\$20

MIXED BOUQUET
in seasonal colours
bouquet varié

21663870_EA



\$10

EASTER LILY

6 inch
lis de Pâques

20094291_EA



\$5

TULIPS

5 stems
tulipes

21177073_EA



MAY NOT BE AVAILABLE AT ALL LOCATIONS
WHILE QUANTITIES LAST

ONL NFA FLAP 1

FRESH AT LOW PRICES

3⁹⁹



6 OZ CLAMSHELL

BLACKBERRIES
product of Mexico or U.S.A. or **RASPBERRIES**
product of Mexico or U.S.A., no. 1 grade
mûres ou framboises
20128938001_EA/20051015001_EA

3⁹⁹
LB

GREEN SEEDLESS GRAPES
product of Chile, South Africa or Peru, no. 1 grade or **RED SEEDLESS GRAPES** product of South Africa or Chile, no. 1 grade
raisins sans pépins
8.80/kg
20425775001_KG/20159199001_KG

4⁹⁹



PKG OF 5

PKG OF 6

283 G

1 LB CLAMSHELL

CANTALOUPE product of Guatemala, Honduras, or Brazil, no. 1 grade, **STRAWBERRIES** product of Mexico or U.S.A., no. 1 grade or **AVOCADOS** product of Mexico, Peru or Colombia cantaloup, fraises ou avocats
20167017001_EA/21644936001_EA/20049778001_EA

2⁹⁹
EA/LB

FARMER'S MARKET™ GRAPE TOMATOES each, product of Canada or Mexico, **FARMER'S MARKET™ MINI CUCUMBERS** each, product of Canada, Canada no. 1 grade or **TOMATOES ON THE VINE** 6.59/kg product of Canada or Mexico tomates raisins ou mini-concombres ou tomates sur vigne
21367888001_EA/20737570001_EA



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

4⁹⁹



10 LB BAG

RED, YELLOW or RUSSET POTATOES
product of Canada, Canada no. 1 grade
pommes de terre rouges, jaunes ou Russet
20601013001_EA/20601020001_EA

1⁶⁹



ENGLISH CUCUMBERS
product of Canada, Canada no. 1 grade
each
concombres anglais
20070132001_EA

5⁹⁹



PKG OF 3

ROMAINE HEARTS
product of U.S.A.
cœurs de romaine
20067389001_EA

3⁹⁹



680 G

PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES
product of Canada, Canada no. 1 grade
mini-pommes de terre
21247301001_EA/21247300001_EA

7⁹⁹



4 LB BAG

FARMERS MARKET™ MANDARINS
product of Morocco or Spain
mandarines
20054025001_EA

4⁹⁹



4 LB BAG

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

5⁹⁹



3 LB BAG

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

\$5⁰⁰
LB



PORK COMBO CHOPS
bone-in, fresh
côtelettes de porc
11.02/kg
21073172_KG

\$13⁰⁰



NO NAME™ CHICKEN WINGS
selected varieties, frozen, 908 g
ailes de poulet
21045309_EA

\$9⁰⁰



PC® BLUE MENU™ GROUND CHICKEN or MINCED TURKEY
454 g
poulet haché ou hachis de dinde
21100091_EA

\$10⁰⁰



PC® CREAM PIES
selected varieties,
frozen
730 g
tartes à la crème
21586299_EA

\$5⁰⁰



PC® GOAT CHEESE
selected varieties
140 g
fromage de chèvre
20000584_EA

3⁵⁰



ZIGGY'S® SLICED DELI MEAT
selected varieties
175 g
charcuteries tranchées
21592461_EA/21599921_EA

3⁵⁰



COUNTRY HARVEST BREAD 600 g or BAGELS 6's
selected varieties
pain ou bagels
21178571_EA/21178642_EA

\$6⁰⁰



ACE BAKERY ROLLS
selected varieties
640-800 g
petits pains
21596323_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.

BIG EASTER DEALS!



2 LB BAG

\$5



4.99

WATERVIEW MARKET CRISPY CALAMARI
uncooked, frozen
300 g
calmars croustillants
21454797_EA

FARMER'S MARKET™ LEMONS
product of U.S.A.
citrons
20795315001_EA

\$7



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

\$9

SEAQUEST® WILD PINK SALMON FILLETS
frozen
700 g
filets de saumon rose sauvage
21592064_EA



\$16

ATLANTIC SALMON FILLET
405 g
filet de saumon de l'Atlantique
21634491_EA

\$5



BASA FILLET
previously frozen, 300 g
filets de pangasius
21634501_EA

\$6



SEAQUEST® SHRIMP RING
frozen
227 g
couronne de crevettes
20080289_EA

\$4



AURORA ITALIAN STYLE BREAD CRUMBS
680 g
chapelure
20184061_EA

6.50



CLUB HOUSE DILL WEED
50 g
aneth
20139519_EA

2.50



PC® MUSTARD
selected varieties
325 mL
moutardes
20050452001_EA

3.19



PC® SEAFOOD SAUCE
selected varieties, 250 mL
sauce pour fruits de mer
20023348002_EA

\$4



PC® TARTAR SAUCE
250 mL
sauce tartare
20011012_EA

2.50



NO NAME® LIME JUICE
445 mL or **LEMON JUICE** 946 mL
selected varieties
jus de lime ou jus de citron
20971992_EA

\$2



MCCAIN RED BAG FRIES
selected varieties, frozen
800 g
frites
21521219_EA

BRANDS YOU LOVE AT LOW PRICES

6⁵⁰



LIBERTÉ GREEK
650/750 g or
YOPLAIT
SOURCE 16x100 g
selected varieties
yogurt
20317317001_EA/
20642273_EA



4⁷⁹

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

\$5

INTERNATIONAL DELIGHT
COFFEE ENHANCERS 946 mL
or **COLD FOAM** 396 mL
selected varieties
colorants à café ou
mousse froide
20895480002_EA/21629968_EA



\$5

PC® ASIAN ENTRÉES
or **SOUPS**
selected varieties, frozen
280-400 g
plats cuisinés asiatiques
ou soupes
21546625_EA/21565869_EA

\$3



POST CEREAL
selected varieties
283-525 g
céréales
20299648_EA/21427214_EA

2⁷⁹

FRUITOPIA, PEACE
TEA or FRUITE
BEVERAGES
selected varieties,
refrigerated
1.54/1.75 L
boissons
20347440002_EA/21595777_EA



\$4

TOSTITOS
215-295 g or
DORITOS
210/235 g
TORTILLA CHIPS
selected varieties
croustilles
21050575_EA/21493042_EA



1⁵⁰

CAMPBELL'S
BROTH
selected varieties
250/900 mL
bouillon
20322348001_EA/21347245_EA



6²⁹



KRAFT PEANUT BUTTER
selected varieties
750 g/1 kg
beurre d'arachide
20039581001_EA/20039581005_EA

3⁵⁰

PEARL MILLING COMPANY
PANCAKE MIX 905 g or
ORIGINAL SYRUP 710 mL
selected varieties
mélange à crêpes ou sirop
21384609_EA/21391619_EA



2⁵⁰

QUAKER
CRISPY MINIS
selected varieties
100-199 g
mini-galette de riz
20163708002_EA/20303002001_EA



\$3

ANGIE'S BOOM
CHICKA POP
or
PUFFS
selected varieties
136-198 g
maïs éclaté ou
grignottes soufflées
20811709_EA



3⁹⁹



FRANK'S RED
HOT SAUCE
selected varieties
354 mL
sauce piquante
20187632001_EA

4⁹⁹

BICK'S
PICKLES
selected varieties
1 L
cornichons
21668833_EA



.79

FRANCO
AMERICAN
GRAVY
selected varieties
284 mL
sauce brune
20063534_EA



1⁵⁷

OCEAN
SPRAY
CRANBERRY
SAUCE
selected varieties
348 mL
sauce aux
canneberges
20022893001_EA



Optimum

Member Price
\$7⁵⁰

Non-Members
\$8

PC® CHOCOLATE COVERED FRUITS, NUTS
250-400 g or
CHOCOLATE BAR 300 g
selected varieties
fruits ou noix
enrobés de
chocolat ou barre
de chocolat
20000336_EA/
20307295_EA

50¢

\$4

PC® 100% JUICE BOXES
selected varieties, 8x200 mL
jus en boîte
21718742_EA

1⁶⁹

NO NAME®
EVAPORATED
MILK
selected varieties
354 mL
lait évaporé
21040510_EA/
21040543_EA

7⁹⁹

MAXWELL HOUSE or **NABOB**
TASSIMO
COFFEE DISCS
selected varieties, 8-16's
capsules de café
20026934001_EA

\$3

PLASTIC
EASTER EGGS
œufs de Pâques en
plastique
21668702_EA

\$3

OVAL
EASTER
BASKET
panier de
Pâques
ovale
21668634_EA

\$8

PC® CHARITY BUNNY
lapin
21687563_EA/21687564_EA

UP TO 20% OFF

NO NAME® FOILWARE
selected varieties and sizes
articles en aluminium
20861912_EA/20870356_EA

BIG EASTER DEALS!



3.49

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

\$3



NO NAME® PROCESSED CHEESE SLICES
selected varieties, 400 g
tranches de fromage fondu
21220993_EA

\$4



SIMPLY DRINKS or LEMONADE
selected varieties, refrigerated, 1.54 L
boissons ou limonade
21170784_EA/21170793_EA

2.99



IMPERIAL MARGARINE 427 g or BECEL PLANT BASED BRICKS 454 g
selected varieties
margarine ou briques à base de plantes
20152424_EA

\$9



PC® BLACK LABEL PIZZA
selected varieties, frozen,
370-440 g
pizza
21531415_EA

10.99



MAZOLA CORN OIL
2.84 L
huile de maïs
20015260_EA

3.50



PC® VEGETABLES 300-750 g or CATCH OF THE DAY FISH FILLETS 350 g
selected varieties, frozen
légumes ou filets de poisson
20318915_EA/21020919_EA

2.50



TOWNHOUSE 247-391 g or CHEEZ IT SNAP'D CRACKERS 213 g
selected varieties
craquelins
21107403_EA/21451181_EA

2.75



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

2.55



NO NAME® MARSHMALLOWS
selected varieties, 400 g
guimauves
20304672001_EA/20304672002_EA

\$5



QUAKER BAKING MIXES or OAT FLOUR
selected varieties
700/900 g
mélanges à pâtisserie ou farine d'avoine
20301064001_EA/20301064004_EA

1.29



STOVE TOP STUFFING
selected varieties
120 g
farce
20310307001_EA

\$6



MINUTE RICE
selected varieties
1.2/1.4 kg
riz
20074783001_EA

\$2



GLAD CLING WRAP
30 m
pellicule plastique
20003818_EA

5.50



NO NAME® NAPKINS
Club Size
500's
serviettes
20306897_EA

5.50



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

13.99



COCA-COLA or PEPSI SOFT DRINKS
selected varieties, 24x355 mL
boissons gazeuses
20306687002_C24/20308197001_C24

3.50



NO NAME® BLEACH
selected varieties
2.4 L
eau de Javel
21486532_EA

.80



WHISKAS WET CAT FOOD POUCH
selected varieties
85 g
sachet de nourriture humide pour chats
21659470_EA

.90



PEDIGREE WET DOG FOOD POUCH
selected varieties
100 g
sachet de nourriture humide pour chiens
21659566_EA

\$9.75



CALEDON FARMS DOG TREATS
selected varieties
110-550 g
gâteries pour chiens
21659337_EA

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

That's **\$10** value



HERSHEY'S EASTER CHOCOLATE/CANDY
selected varieties
34-900 g
chocolat ou bonbons
20268183001_EA/20526640_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.

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.

**NEW
LOWER
PRICES**



5.50

TRE STELLE TUBS
selected varieties
200-475 g
contenants de fromage
20318663_EA

2.50



HOSTESS SNACK CAKES
selected varieties
202-231 g
petits gâteaux
21283752_EA



3.50



LEAN GROUND PORK
fresh
450 g
porc haché maigre
21646160_EA



\$5

MARCANGELO SLICED CHARCUTERIE
selected varieties, 85 g
charcuteries tranchées
21706089_EA/21706090_EA

\$5



MAPLE LEAF READY CRISP BACON or
FULLY COOKED BREAKFAST SAUSAGES
selected varieties, 65/300 g
bacon ou saucisses à déjeuner entièrement cuites
20164959_EA/21094887_EA

\$9



PC BUTTERFLIED SHRIMP
selected varieties, 400 g
crevettes en papillon
20080117_EA

\$3



NO NAME WHIPPED TOPPING
225 g
garniture fouettée
20017493_EA

4.25



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

3.99



PHILADELPHIA CREAM CHEESE PRODUCT
selected varieties, 227/250 g
produit de fromage à la crème
20641267_EA/20866924010_EA

\$5



AMOENZA! TWISTS CHEESE SNACKS
selected varieties, 228 g
collations au fromage
21403514_EA

3.50



OIKOS GREEK YOGURT
selected varieties, 4x100 g
yogourt grec
20419715001_EA/20419715004_EA

6.50



EARTH'S OWN CREAMER
selected varieties, refrigerated
946 mL
colorant à café
21576699_EA/21576791_EA

\$4



PC ORGANICS VEGETABLES
selected varieties, frozen, 500 g
légumes
20416869001_EA/20416869002_EA

\$7



CARBONAUT BREAD
selected varieties, 544/550 g
pain
21446964_EA

\$3



PILLSBURY POPS 380 g,
SCRAMBLES 204 g or
TOASTER STRUDEL 326 g
selected varieties, frozen
pizza ou pâtisserie
20172664001_EA/21436023_EA

**NEW
LOWER
PRICES**



\$5

BEN & JERRY'S ICE CREAM 473 mL or MAGNUM NOVELTIES 3's
selected varieties, frozen
crème glacée ou friandises glacées
20950739_EA/21428403_EA

\$5

5.50

4.50



EGGO WAFFLES 16's or PROTEIN 8's
selected varieties, frozen
gaufres
20099730004_EA/21639330_EA

CHAPMAN'S PREMIUM ICE CREAM
selected varieties, frozen, 2 L
crème glacée
20323573001_EA

HUNGRY-MAN DINNER ENTREES
selected varieties
frozen, 360-455 g
plats cuisinés
20296014002_EA

\$5

4.50

8.50

2.75



ROYALE BATHROOM TISSUE 8=16 ROLLS or ROYALE FACIAL TISSUE 6x100 SHEETS
selected varieties
papier hygiénique ou mouchoirs
20702419_EA/21378574_EA

NANAK PANEER
341 g
paneer
21286158_EA

BRAR'S BBQ VEGGIE BURGER
690 g
burgers végété
21636401_EA

NESTLÉ KIT KAT or AERO CHOCOLATE TABLET
selected varieties, 95-105 g
chocolat
20640580_EA/21648521_EA

\$3

3.77

1.75

2.25



GOGO SQUEEZ FRUIT SAUCE POUCHES
selected varieties, 4x90 g
sachets de sauce aux fruits
20322697002_EA

OLD EL PASO DINNER KIT
selected varieties, 250-510 g
trousses à taco
20795534_EA/20795536_EA

KNORR SIDEKICKS
selected varieties, 120-162 g
pâtes
20321430007_EA/20321430011_EA

CAMPBELL'S CHUNKY SOUP
selected varieties, 515 mL
soupe
21480447_EA

\$5

\$13

4.50

2.50



MAXWELL HOUSE INSTANT COFFEE
selected varieties, 150 g
café instantané
21026608_EA

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
détergent ou assouplissant ou feuilles pour sècheuse
20083525001_EA/21427038_EA

WINDEX GLASS CLEANER 765 mL, SCRUBBING BUBBLES 946/950 mL or FANTASTIK 650 mL
nettoyant
20125323001_EA/21666832_EA

TEMPTATIONS PURREES 48 g or SPOONS 40 g CAT TREATS
selected varieties
gâteries pour chats
21479803_EA/21585483_EA

\$6

\$3

\$7

\$5



HUY FONG SRIRACHA SAUCE
714 mL
sauce sriracha
20074956_EA

HARDBITE POTATO CHIPS
selected varieties, 128/150 g
croustilles
20370855001_EA/21157616_EA

BILLY BEE HONEY
500 g
miel
20724504_EA

BONNE MAMAN JAM
selected varieties, 250 mL
confiture
20307313001_EA/20307313006_EA

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

1⁹⁹
LB



BABY BOK CHOY or SHANGHAI BOK CHOY
product of Mexico or U.S.A.
petit pak-choi ou pak-choi Shanghai
4.39/kg
20082279001_KG/20032454001_KG

1⁹⁹
LB



OPO SQUASH
product of Honduras, Mexico or Dominican Republic
courage opo
4.39/kg
20142055001_KG

3⁸⁸
LB



UTILITY DUCK
frozen
canard
8.55/kg
20143586_KG

5⁹⁹
LB



ST. LOUIS PORK SIDE RIBS
single pack, fresh
côtes de flanc de porc
13.21/kg
20022784_KG

5⁵⁰



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

2⁹⁹



CRISPY POUND CAKE
selected varieties, 368 g
quatre-quarts
20814080_EA

2²⁹



HANS DAIRY DAHI
selected varieties
750 g
dahi
20092811_EA

4⁵⁰



NANAK PANEER
341 g
paneer
21286158_EA

3⁴⁹



INDOMIE INSTANT NOODLES
selected varieties, 400-425 g
nouilles instantanées
20686719_EA

8⁹⁹



PRANA PARATHA
selected varieties,
frozen, 2.4 kg
paratha
21172364_EA

2⁹⁹



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

3⁷⁹



GRACE JERK SEASONING
selected varieties
284 g
assaisonnement
20057089_EA/20693138_EA

5⁹⁹



SURAJ® KIDNEY BEANS, URAD DAL or TOOR DAL 1.8 kg or NANAK DESI GHEE
400 g
haricots ou urad dal ou toor dal ou ghee
20157906_EA/20558870_EA

1⁵⁰



GRACE COCONUT MILK WATER 500 mL or COCONUT MILK 400 mL
selected varieties
lait de noix de coco ou eau de noix de coco
20047774_EA/21027754_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFA ET

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

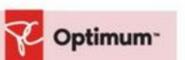
**Earn
1,000
pts**
Until April - 8 - 2026





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

**Earn
1,000
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



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 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. 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.

MORE WAYS TO SAVE

**NEW
LOWER
PRICES**

Enjoy these price drops for longer.

**RAIN
CHECK
+ pts**

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

ALWAYS

Count on low everyday prices.

**FRESH
GUARANTEE**

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

The  **NOFRILLS** thing to do.

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit www.pcoptimum.ca. We reserve the right to cancel or change the terms of this offer at any time without notice.

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