

**NOFRILLS<sup>®</sup>**  
**YESSAVINGS**

**PRICE  
DROP**

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

**LACTANTIA  
BUTTER**

selected varieties  
454 g  
beurre

20639926 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



**5<sup>25</sup>**

**GRADE A  
LARGE EGGS**

brand varies by region, 18's  
œufs

20814294001 EA/20822787001 EA



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

**ALLEN'S FRUIT  
COCKTAIL**

selected varieties  
1 L  
cocktail de fruit

20307424001 EA/21630125 EA



# NOFRILLS® YES SAVINGS

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

SAVE 27%

10<sup>88</sup>

4 DAY SALE  
THURSDAY-SUNDAY

SAVE 34%

5<sup>25</sup> LB

HALAL

**LEAN GROUND BEEF**  
grass-fed, 2x450 g  
bœuf haché maigre  
21618300\_EA



**NEW ZEALAND SHORT CUT LAMB LEG**  
frozen  
gigot d'agneau raccourci de  
Nouvelle-Zélande  
11.57/kg  
20142553\_KG  
**WHILE QUANTITIES LAST**

SAVE 33%

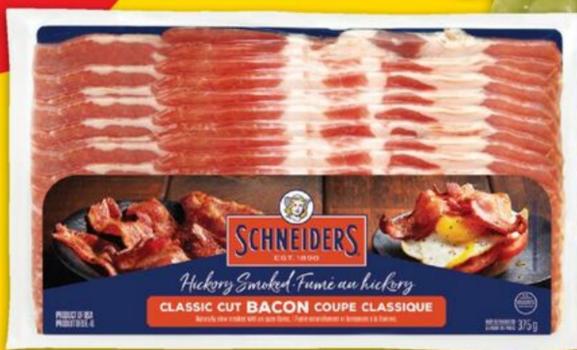
\$4

SAVE 37%

1<sup>87</sup> LB



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



**GREEN or RED SEEDLESS GRAPES**  
product of South Africa  
or Chile, no. 1 grade  
raisins verts ou rouges sans pépins  
4.12/kg  
20425775001\_KG/20159199001\_KG

SAVE 28%

2<sup>88</sup>

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



ONLY

2<sup>99</sup>

10 LB BAG

**FARMER'S MARKET™ YELLOW ONIONS**  
product of Canada or U.S.A., no. 1 grade  
oignons jaunes  
2060991001\_EA



ONLY

2<sup>97</sup>

**İÖĞÖ** 650 g, **İÖĞÖ NANO BUBBLES** or  
**LIBERTÉ** 4x100 g **YOGURT**  
selected varieties  
yogourt  
20801752003\_EA/21659463\_EA



SAVE 25%

\$3

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



SAVE 23%

.99



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



SAVE UP TO 55%

\$4

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



SAVE 26%

13<sup>99</sup>

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



ONLY

7<sup>77</sup>

**ATAULFO MANGOES**  
product of Mexico  
mangues  
21047448\_EA



APPROX.  
5 LB CASE

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.

(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)

Not applicable at 1022 King St. W, Toronto, 42 Hanna Ave., Toronto, 261 Richmond St. W, Toronto, 3091 Appleby Line, Burlington, 332 Wellington Rd., London, 755 Mount Pleasant Rd., Toronto, 75 The Esplanade St., Toronto, 899 College St. W., Toronto, 2999 Kingston Rd., Scarborough, 1175 Hyde Park Rd., London, 75 Shuter St, Toronto, 970 Upper Wentworth St, Hamilton, 671 Broadway St, Tillsonburg, 410 St Clair St., Chatham, 1425 Kingsway, Sudbury, 1678 Bayview Ave., Toronto, 1035 Plains Rd., Burlington; please see nofrills.ca for flyers for these stores.

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

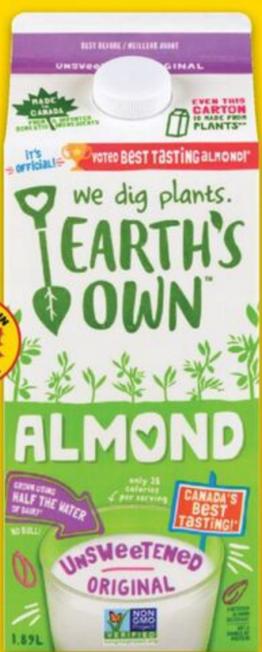
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# NEW LOWER PRICES

3.50

## 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



3.50

## MINUTE MAID ZERO SUGAR BEVERAGES or FUZE ICED TEA

selected varieties, refrigerated  
1.54/1.75 L  
boissons ou thé glacé  
21454119 EA/21652207 EA



1.50

## 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  
crème glacée ou friandises glacées  
20111532 EA/20117581001 EA



# FRESH AT LOW PRICES

2<sup>99</sup>

1 LB CLAMSHELL

6 OZ CLAMSHELL

**BLACKBERRIES**  
product of Mexico or U.S.A.  
mûres  
20051015001 EA

3<sup>99</sup>

**STRAWBERRIES or RASPBERRIES**  
product of U.S.A. or Mexico,  
no. 1 grade  
framboises ou fraises  
20128938001 EA/20049778001 EA

6 OZ CLAMSHELL

3<sup>99</sup>

**PINEAPPLE** product of Costa Rica  
or **CANTALOUPE** product of  
Guatemala, Honduras or Brazil, no. 1 grade  
ananas ou cantaloup  
20167017001 EA/20160992001 EA

2<sup>49</sup>  
LB

**TOMATOES ON THE VINE**  
product of Canada or Mexico  
tomates sur vigne  
5.49/kg  
20026703001 KG

2 LB BAG

3<sup>99</sup>

**FARMER'S MARKET™ LEMONS**  
product of U.S.A. or **FARMER'S MARKET™**  
**ORANGES** product of Morocco or Spain  
citrons ou oranges  
20795315001 EA/20162945001 EA

3 LB BAG



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

2<sup>99</sup>

**FARMER'S MARKET™ GRAPE TOMATOES**  
product of Canada, U.S.A. or Mexico or  
product of Canada, Canada no. 1 grade  
tomates raisins ou mini-concombres  
21367888001 EA/2073757001 EA



283 G

PKG OF 6

3<sup>99</sup>

**AVOCADOS**  
product of Mexico, Peru or Colombia  
avocats  
21644926001 EA



PKG OF 5

3<sup>99</sup>

**RUSSET, RED or YELLOW POTATOES**  
product of Canada, Canada no. 1 grade  
pommes de terre  
20601013001 EA/20601020001 EA/20601017001 EA



10 LB BAG

1<sup>49</sup>  
LB

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



3<sup>99</sup>

**RED or GREEN PEPPERS**  
product of Mexico or  
**ROMAINE HEARTS** product of U.S.A.  
poivrons ou cœurs de romaine  
20115233001 EA/20013208001 EA/20082756001 EA



PKG OF 2

PKG OF 4

1<sup>29</sup>  
LB

**CANARY MELONS**  
product of Brazil  
2.84/kg  
melons canaris  
21022511001 KG



2<sup>99</sup>  
LB

**BLACK PLUMS**  
product of Chile, no. 1 grade  
prunes noires  
6.59/kg  
20316478001 KG



2<sup>49</sup>

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



4<sup>99</sup>

**KIWI** product of Greece or  
**MINI SEEDLESS WATERMELON**  
product of Guatemala, Honduras, Costa Rica, Mexico or Brazil  
kiwi ou mini-melon d'eau sans pépins  
21576167001 EA/20145379001 EA



600 G

2<sup>99</sup>

**FARMER'S MARKET™ CARROTS**  
product of Canada or U.S.A., no. 1 grade  
carottes  
20600927001 EA



3 LB BAG

4<sup>99</sup>

**FARMER'S MARKET™ AMBROSIA**  
or **ROYAL GALA APPLES**  
product of Ontario, Canada fancy grade  
pommes  
21307212001 EA/20767998001 EA



4 LB BAG

6<sup>99</sup>

**FARMER'S MARKET™ MANDARINS**  
product of Morocco, Spain or Egypt  
mandarines  
20054025001 EA



4 LB BAG

2<sup>49</sup>

**PC® SLICED or WHOLE, WHITE or CREMINI MUSHROOMS**  
product of Ontario  
champignons blancs ou cremini tranchés ou entiers  
20755805 EA/20776239 EA



227 G

1<sup>99</sup>

**LIVING BUTTER LETTUCE**  
product of Canada  
beurre vert de laitues vivante  
21212489 EA



199

PRICE DROP

2<sup>49</sup>  
LB

**EGGPLANT**  
product of Mexico  
5.49/kg  
aubergine  
20153709001 KG



.79  
LB

**GREEN CABBAGE**  
product of Canada,  
Canada no. 1 grade  
1.74/kg  
chou vert  
20793034001 KG



\$2  
LB

**PINK LADY APPLES**  
product of Ontario, Canada fancy grade  
4.41/kg  
pommes  
20093376001 KG



\*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

**\$15**



**PC® BLUE MENU® CHICKEN BREASTS**  
boneless, skinless  
4's, up to 841 g  
poitrines de poulet  
21606270 EA



**779**  
LB

**EXTRA LEAN GROUND BEEF**  
boeuf haché extra maigre  
1.1 kg  
20357910 KG

**650**  
LB

**PORK BACK RIBS**  
single pack, fresh  
côtes de dos de porc  
14.33/kg  
20705983 KG



**ALWAYS**

**\$10**

**BUTCHER'S CHOICE® SAUSAGE**  
selected varieties  
1.1 kg  
saucisses  
21565790 EA

**\$6**



**SCHNEIDERS JUICY JUMBOS or SMOKED SAUSAGES**  
selected varieties  
375/450 g  
saucisses  
20105611 EA

**899**



**ST-HUBERT or SWISS CHALET POT PIE**  
selected varieties, frozen  
650-800 g  
pâtis  
20719298 EA/21047194 EA

**\$4**

Earn **1,000** pts

That's **\$1** value

**Optimum™**

**SNACK FACTORY PRETZEL CRISPS**  
selected varieties  
200 g  
craquelins  
20948939 EA/20948940 EA

**\$7**

**SEAQUEST® FISH FILLETS**  
selected varieties, frozen  
400 g  
filets de poisson  
20153570 EA/21314740 EA

**\$7**

**SEAQUEST® BAY SCALLOPS 400 g or COLOSSAL RAW WHITE SHRIMP**  
16-20 per lb, 300 g  
selected varieties, frozen  
pétoncles ou crevettes  
21043887 EA/21558527 EA

**350**

**ZIGGY'S® SLICED DELI MEAT**  
selected varieties  
175 g  
charcuteries tranchées  
21592377 EA/21599921 EA

**\$12**

**PC® CHEESE SLICES 500 g or PC® SPLENDIDO® PARMIGIANO REGGIANO, PECORINO ROMANO or GRANA PADANO 250 g**  
selected varieties  
fromage  
20251914 EA/21053434 EA

**\$5**

**OLIVIERI FRESH FILLED TWIN PACK PASTA 450-500 g or SKILLET GNOCCHI 280/300 g**  
selected varieties  
pâtes farcies ou gnocchi à poêler  
20321512 EA

**\$2**

**NO NAME® BAGELS or ENGLISH MUFFINS**  
selected varieties  
6's  
bagels ou muffins anglais  
21297780 EA/21297831 EA

**250**

**WONDER BREAD 675 g or BUNS 8's**  
selected varieties  
pain ou petits pains  
20276296 EA/20297455 EA

**\$6**

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

# BRANDS YOU LOVE AT LOW PRICES



**SAVE 46%**

**3.49**  
LB

**PORK TENDERLOIN**  
fresh  
filet de porc  
7.69/kg  
20520970 EA



**SAVE 24%**

**3.25**

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



**ONLY**

**4.79**

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

**SAVE UP TO 40%**

**\$2**



**NEILSON FLAVOURED MILK** 1L or **CREAM** 5/10% 437 mL  
selected varieties  
lait aromatisé ou crème  
20577247 EA/20774420 EA



**SAVE 43%**

**1.89**

**I CAN'T BELIEVE IT'S NOT BUTTER**  
**MARGARINE** 427 g or **BECEL GARLIC PLANT BUTTER** 227 g  
margarine ou beurre à l'ail à base de plantes  
20061949001 EA



**8.25**

**TROPICANA ORANGE JUICE**  
selected varieties, refrigerated, 2.63 L  
jus d'orange  
20119756001 EA/20119756003 EA



**\$4**

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



**5.50**

**DR. OETKER GIUSEPPE THIN CRUST**  
or **RIISING CRUST PIZZA**  
selected varieties, frozen, 439-785 g  
pizza  
21106361 EA



**5.50**

**HÄAGEN-DAZS ICE CREAM**  
450 mL or **NOVELTIES** 3/4's  
selected varieties, frozen  
crème glacée ou friandises glacées  
20302298001 EA/21513347 EA



**2.50**

**GOLDFISH CRACKERS**  
selected varieties  
167-227 g  
craquelins  
20300320 EA/203006994003 EA



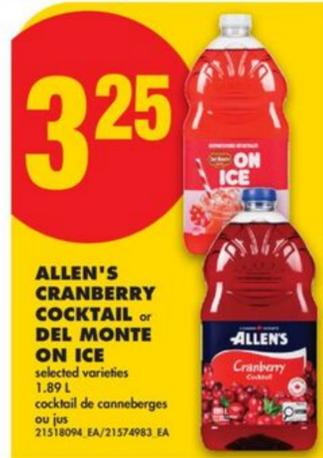
**1.50**

**NO NAME® CHIPS**  
selected varieties, 200 g  
croustilles  
21302821 EA



**\$3**

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



**3.25**

**ALLEN'S CRANBERRY COCKTAIL**  
or **DIANA SAUCE**  
selected varieties  
1.89 L  
cocktail de canneberges  
ou jus  
21518094 EA/21574983 EA



**13.99**

**COCA-COLA** or **PEPSI**  
**SOFT DRINKS**  
selected varieties, 24x355 mL  
boissons gazeuses  
20306687002 C24/20308197001 C24



**1.69**

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



**2.50**

**LA MOLISANA STRAINED TOMATOES** 680 mL or **PASTA** 450 g  
selected varieties  
coulis de tomates ou pâtes  
20016661 EA/203003498001 EA



**\$3**

**BULL'S-EYE BBQ SAUCE** 425 mL  
or **DIANA SAUCE**  
500 mL  
selected varieties  
sauce  
20547834005 EA/21184617 EA



**5.99**

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



**5.79**

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

**\$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.

# BRANDS YOU LOVE AT LOW PRICES

6<sup>50</sup>



**ACTIVIA YOGURT**  
selected varieties  
12x100 g  
yogourt  
20608924 EA/20640892 EA



**GREEN GIANT VEGETABLES**  
selected varieties  
341/398 mL  
légumes  
21021485 EA

\$10



**HIGH LINER PAN-SEAR or BATTERED FISH FILLETS**  
selected varieties, frozen  
425-600 g  
filets de poisson  
20296596002 EA



7<sup>50</sup>

**PC® BLUE MENU® EGG WHITES 1 kg or NEILSON WHIPPING CREAM 1 L**  
blancs d'œufs ou crème à fouetter  
20101039 EA/20821364001 EA

3<sup>50</sup>



**NO NAME® APPLE or ORANGE JUICE**  
selected varieties, refrigerated  
1.75 L  
jus de pomme ou orange  
21665646 EA/21671461 EA

\$3



**MOTT'S FRUITSATIONS 6x113 g or GOGO SQUEEZ FRUIT SAUCE 4x99 g**  
selected varieties  
purée de fruit  
20322697002 EA/20324241001 EA

5<sup>99</sup>



**MCCAIN FROZEN CAKES**  
selected varieties  
510 g  
gâteaux surgelés  
20310132002 EA

1<sup>25</sup>



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

\$3



**REAL CANADIAN NATURAL SPRING WATER**  
24x500 mL  
eau de source naturelle  
20154975 C24

1<sup>50</sup>



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

2<sup>25</sup>



**CAMPBELL'S CHUNKY, READY TO SERVE 515 mL or HABITANT 796 mL SOUP**  
selected varieties  
soupe  
21479030 EA/21480447 EA

2<sup>50</sup>



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

1<sup>79</sup>



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

\$2



**DOLE PINEAPPLE**  
selected varieties  
398 mL  
ananas  
20136767001 EA

\$1



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

15<sup>99</sup>



**COLAVITA OLIVE OIL**  
1 L  
huile d'olive  
20617955 EA

1<sup>99</sup>



**NO NAME® WHITE VINEGAR**  
Club Size, 4 L  
vinaigre blanc  
20102756 EA

3<sup>79</sup>



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

# BRANDS YOU LOVE AT LOW PRICES

**\$2**



**HELUVA GOOD! DIPS**  
selected varieties, 250 g  
trempettes  
20179979002\_EA



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

**SILK NON-DAIRY BEVERAGES**  
selected varieties, refrigerated, 1.74-1.89 L  
boissons non laitiers  
20124384001\_EA/20328231002\_EA

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



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

**2<sup>88</sup>**

**CHEEMO PEROGIES** 745-907 g or  
**VILLA PASTA** 400 g  
selected varieties, frozen  
perogies ou pâtes  
20527159\_EA/21025861\_EA

**\$9**



**PATTY KING JAMAICAN STYLE BEEF PATTIES**  
selected varieties, frozen  
1.17 kg  
gâlelles de bœuf à la jamaïcaine  
20313668002\_EA

**\$8**



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

**\$3**



**SNYDER'S PRETZELS or PIECES**  
selected varieties  
240 g  
bretzels  
20316052004\_EA

**\$5<sup>50</sup>**



Earn  
**1,000**  
pts

That's  
**\$1**  
value

**AMOENZA! TWISTS CHEESE SNACKS**  
selected varieties, 228 g  
collations ou fromage  
21403514\_EA

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



**NO NAME® COOKIES**  
selected varieties, 907 g  
biscuits  
20318678001\_EA/20318678002\_EA

**\$4**



**KRAFT SHAKE 'N BAKE COATING MIXES**  
selected varieties, 142-160 g  
mélange de panure  
21548016\_EA

**\$6**



**NO NAME® CHOPPED GARLIC** 1 kg or  
**LIQUID BOUILLON** 500 ml  
selected varieties  
ail haché ou bouillon liquide  
20312327001\_EA/21013899\_EA

**\$10**



Earn  
**1,000**  
pts

That's  
**\$1**  
value

**GENERAL MILLS JUMBO CEREAL**  
selected varieties, 825 g-1.3 kg  
céréales  
20067990\_EA/21347133\_EA

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



**RED ROSE ORANGE PEKOE BLACK TEA** 70's or **TAZO TEA** 20's  
selected varieties  
thé  
21642191\_EA

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



**STARBUCKS NESPRESSO CAPSULES VERTUO** 8/10's or  
**TWININGS TEA** 100's  
selected varieties  
capsules de café ou thé  
21398289\_EA

**\$6**



**PC® HOT CHOCOLATE MIX**  
selected varieties, 450/500 g  
mélange à chocolat chaud  
21549129\_EA

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



**NO NAME® CRACKERS or BREADSTICKS & CHEESE SNACKS**  
selected varieties, 3's  
croûteilles ou bâtonnets ou collations ou fromage  
20849881\_EA/20849882\_EA

**\$5**



**NESTLÉ CHOCOLATE BAR MULTIPACK** 4's or **POUCHES** 135-203 g  
selected varieties  
barres de chocolat ou sacs de chocolats  
20176136\_EA/20322302\_EA

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



**HERSHEY'S POUCHES** 185-340 g,  
**MULTI'S** 4's or **SOLID BUNNY** 150 g  
selected varieties  
chocolat  
21428340\_EA/21428465\_EA

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



**KINDER BAGGED CHOCOLATE** 104-184 g or  
**CSR MILK CHOCOLATE BUNNY** 350 g  
selected varieties  
sacs de chocolats ou chocolat  
20531650\_EA

**\$11**



**CADBURY MINI EGGS**  
400 g  
chocolat  
20081165\_EA

Earn  
**6,000**  
pts

For every \$16\*  
spent

That's  
**\$6**

value



**NESTLÉ EASTER ITEMS**  
selected varieties  
25-300 g  
articles de Pâques  
21628045\_EA/21634741\_EA

# BRANDS YOU LOVE AT LOW PRICES

**\$3**



**OVAL EASTER BASKET**  
panier de Pâques ovale  
21668634 EA

**\$3**



**PLASTIC EASTER EGGS**  
œufs de Pâques en plastique  
21668702 EA

**\$8**



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



**SAVE  
UP TO 30%**

**NATURE'S BOUNTY  
VITAMINS** or  
**SUPPLEMENTS**  
selected varieties and sizes  
vitamines ou suppléments  
21020231 EA/21180320 EA

**7.99**



**GLAD GARBAGE BAGS**  
selected varieties  
10-52's  
sacs à ordures  
2029734601 EA/21359461 EA

**\$4**



**MR. CLEAN ALL PURPOSE CLEANER** 1.21 L,  
**FEBREZE AIR** 250 g,  
**BATHROOM AIR FRESHENER** 7.5 mL,  
**CAR FRESHENER** 2 mL or  
**MAGIC ERASER** 2's  
selected varieties  
nettoyant ou désodorisant ou pince pour  
bouche d'aération ou effaceur magique  
21005017 EA/21700198 EA

**\$8**



**NO NAME® LAUNDRY  
DETERGENT** 4.43 L,  
**FABRIC SOFTENER** 3.5 L or  
**DRYER SHEETS** 200's  
détergent ou assouplissant  
21540283 EA

**\$5**



**TIDE PODS** 16's,  
**DOWNY FABRIC SOFTENER** 0.78/1.31 L,  
**PURIFYING RINSE** 473 mL or  
**SCENT BOOSTERS** 141/150 g,  
**BOUNCE DRYER SHEETS** 40/80's,  
**CASCADE DISHWASHER TABS** 10-15's or  
**RINSE AID** 473 mL  
assouplissant textile ou produit de rinçage ou rehausseurs de parfum ou  
feuilles pour sècheuse ou capsules de détergent pour lave-vaisselle ou  
agent de rinçage  
21549771 EA/21658961 EA

**\$10**



**NO NAME®  
CLUMPING  
CAT LITTER**  
selected varieties  
18 kg  
litière agglomérante  
pour chats  
20177169002 EA

**\$6**



**FRISKIES  
DRY CAT FOOD**  
selected varieties  
1.4-1.5 kg  
nourriture sèche pour chats  
20912515 EA

**2.79**



**TEMPTATIONS  
CAT TREATS**  
selected varieties  
180 g  
gâteries pour chats  
21105375 EA

**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  
21607207\_EA/21607294\_EA

**329**

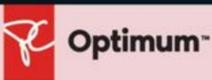


Earn  
**3,000**  
pts

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 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 DIPPES**  
selected varieties  
150/156 g  
borres  
20847582\_EA/21185317\_EA

**250**



**QUAKER CRISPY MINIS**  
or **RICE CAKES**  
selected varieties  
100-199 g  
galettes de riz  
20143708002\_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  
croquellins  
21356333\_EA

**4.50**



**CHRISTIE PREMIUM PLUS** 402-500 g or  
**RITZ DRIZZLED** 226 g **CRACKERS**  
selected varieties  
croquellins  
21109004\_EA/21712593\_EA

**250**



**CHRISTIE CRACKERS**  
selected varieties  
175-200 g  
croquellins  
21030647\_EA/21547034\_EA

**\$1**



**HERSHEY'S SINGLE CHOCOLATE BAR**  
selected varieties  
42-58 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  
20899892, EA/21433555, EA



**\$23**

**MCCAFÉ or VAN HOUTTE GROUND COFFEE PODS**  
selected varieties  
30's  
capsules de café  
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** 150/200 g or **BAGUETTES** 120/130 g  
selected varieties  
toast or baguettes  
21033188, EA



**250**

**DARE BRETON** 135-200 g or **VINTA CRACKERS** or **VEGGIE CRISPS** 100 g  
selected varieties  
croquelines ou grignolines  
20772368, 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  
20974346, EA/21080791, EA



**\$4**

**RUFFLES POTATO** 180-220 g or **DORITOS TORTILLA** 210/235 g **CHIPS**  
selected varieties  
croustilles ou croustilles de tortillas  
21241033, EA/21693042, EA



**\$4**

**TOSTITOS TORTILLA CHIPS**  
selected varieties  
205-295 g  
croustilles de tortilla  
21050575, EA



**\$4**

**MISS VICKIE'S POTATO CHIPS**  
selected varieties  
190/200 g  
croustilles  
21240703, EA



**250**

**PRINGLES SUPER STACK POTATO CHIPS**  
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** 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  
farinade de noisettes ou farinade 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



**599**

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



**450**

**PILLER'S SLICED DELI MEAT**  
selected varieties  
150/200 g  
charcuteries tranchées  
21206382, EA/21206939, EA



# LOW PRICES IN STOCK



6<sup>29</sup>



**KRAFT PEANUT BUTTER**  
selected varieties  
750 g/1 kg  
beurre d'arachide  
20039581001\_EA/20039581005\_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/21188654\_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  
2060678001\_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 blanc ou maquereau ou saumon rose  
21005216\_EA/21083428\_EA

3<sup>50</sup>



**ACTIVIA EXPERT YOGURT**  
selected varieties  
4x100 g  
yogourt  
21088261\_EA

4<sup>99</sup>



**LACTANTIA PURFILTRÉ MILK**  
selected varieties  
2 L  
lait  
21424991\_EA

1<sup>50</sup>



**OCEAN'S LIGHT TUNA** 170 g or **GOLD SEAL SARDINES** 125 g  
selected varieties  
thon pâle ou sardines  
21004270\_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 ou tout usage à gâchette  
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



**LYSOL TOILET BOWL CLEANER** 2x210 mL, **DISINFECTANT SPRAY** 425/539 g or **LAUNDRY DISINFECTANT** 1.2 L  
selected varieties  
nettoyant à cuvette et vaporisateur désinfectant ou désinfectant pour lessive  
21238361\_EA/21487308\_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

\$15



**GAIN LIQUID LAUNDRY DETERGENT** 4.25 L or **FLINGS** 42's  
selected varieties  
détergent à lessive  
20959637\_EA/21671135\_EA

\$22



**TIDE LIQUID LAUNDRY DETERGENT**  
3.46/3.9 L or **PODS** 31 or **FLINGS** 45/76's  
selected varieties  
détergent à lessive  
21593670\_EA/21593706\_EA

\$13



**PUREX** 4.08-4.43 L, **SUNLIGHT** 4 L **LIQUID LAUNDRY DETERGENT**, **SNUGGLE FABRIC SOFTENER** 2.77 L or **DRYER SHEETS** 200's  
selected varieties  
détergent ou assouplissant  
2008325002\_EA/21427042\_EA



Optimum™

# 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



Optimum™



**BOOST READY-TO-DRINK  
PRODUCT**  
6x237 mL or 4x325 mL  
supplément nutritif

Save  
**\$2**  
with digital  
coupon

Optimum™



**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



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

# RAMADAN KAREEM

رمضان كريم



5<sup>99</sup>

1 KG

**KHUDRI DATES**  
product of Saudi Arabia  
dates  
21562486001\_EA



7<sup>99</sup>

400 G

**PC® MEDJOL DATES**  
product of Israel  
21715402001\_EA



7<sup>99</sup>

400 G

**PC® SAFAWI DATES**  
product of Saudi Arabia  
dates  
21706738001\_EA



7<sup>99</sup>

400 G

**PC® SUKKARI DATES**  
product of Saudi Arabia  
dates  
21706824001\_EA



1<sup>29</sup>

200 G

**TUNISIAN DATES**  
product of Tunisia  
dates  
20416963\_EA



# RAMADAN KAREEM

رمضان كريم

**4.99**

907 G



**DEGLET NOUR PITTED DATES** or **ORGANIC PITTED DATES**  
product of Tunisia or **HONEY PITTED DATES**  
product of Iran  
dattes dénoyautées

21562279001 EA/20772841 EA

340 G



795 G



**2.49**  
LB

**LONG EGGPLANT**  
product of Mexico  
aubergine longue  
5.49/kg  
20159013001 KG



**1.99**  
LB

**GREY ZUCCHINI**  
product of Mexico  
courgette grise  
4.39/kg  
20036780001 KG



200 G



**2.99**  
EA/LB

**DRIED FIGS**  
each, product of Turkey or **JUMBO WALNUTS**  
6.59/kg, product of U.S.A.  
figues séchées ou noix  
20599942 EA/20123893001 KG

**\$5**

**SURAJ® NAAN**  
selected varieties  
10's  
naan  
20342261 EA



**12.49**  
LB

**HALAL**

**AUSTRALIAN LAMB SHOULDER CHOPS**  
côtelettes d'épaule d'agneau  
27.54/kg  
21682455 KG



**14.99**

**ZABIHA HALAL CHICKEN WINGS** or **BREAST FILLETS**  
selected varieties, frozen, 908 g  
ailes de poulet ou filets de poitrine de poulet  
20503453 EA/21306301 EA



**\$13**

**SUFRA® HALAL BONELESS SKINLESS CHICKEN BREASTS**  
3's  
poitrines de poulet sans peau désossées  
21430678 EA



**\$15**

**CLUB SIZE**

**SUFRA® HALAL CHICKEN LEGS**  
back attached  
up to 1.6 kg  
cuisse de poulet  
21430677 EA



**11.48**

**SUFRA® HALAL BONELESS STEWING BEEF**  
454 g  
boeuf à ragoût désossé  
21395711 EA



**\$4**

**PC® TOPPED HUMMUS**  
selected varieties, 280 g  
hummus garni  
20811328 EA/20811384 EA



**4.50**

**ZABIHA HALAL CHICKEN BREAST SLICES**  
200 g  
poitrines de poulet  
20911558 EA



**\$6**

**ZABIHA HALAL JUICY SUPREME HOT DOGS**  
selected varieties, 900 g  
saucisses fumées  
20911445 EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 1 NFO

# RAMADAN KAREEM

رمضان كريم

**.99**

**PARLE-G ORIGINAL** 300 g or **BRITANNIA GOOD DAY BISCUITS** 75 g selected varieties biscuits  
20840892003 EA/20956495 EA



**\$2**

**RUBICON JUICE** selected varieties 4x200 mL/1 L jus  
20029236001 EA/20325890001 EA

**\$2**

**BRITANNIA SUJI RUSK** 305 g or **SURATI SNACKS** 250/341 g selected varieties biscuits ou crème de noix de coco ou collations  
21032472 EA/20322576003 EA



**149**

**PRAN NOODLES** selected varieties 280 g nouilles  
21485721 EA

**1399**

**FALAK BASMATI RICE** selected varieties 4.54 kg riz basmati  
21591250 EA/21591364 EA



**199**

**CHING'S SCHEZWAN CHUTNEY** 250 g or **CHILLI SAUCE** 170 mL selected varieties chutney ou sauce chili  
21416871 EA



**1099**

**ASEEL VEGETABLE GHEE** 2 kg ghee végétal  
20607119 EA



**449**

**TILDA BASMATI or JASMINE RICE** selected varieties 907 g riz basmati ou au jasmin  
20065191 EA/21576625 EA



**229**

**SURAJ DAHI YOGURT** selected varieties 750 g yogourt dahi  
20959052 EA



**199**

**MTR MINUTE MEALS** selected varieties 300 mL repas minutes  
20769717008 EA



**249**

**QUALITY BULGUR or JARISH** selected varieties, 907 g bulgur ou jarish  
21528275 EA/21528526 EA



**999**

**QUALITY BROWN SUGAR** 4.5 kg cassonade  
20718452 EA



**699**

**NANAK GULAB JAMUN** selected varieties 908 g gulab jamun  
20426517 EA



**150**

**KURKURE SNACKS** 115 g collations  
20659742 EA



**899**

**PRANA PLAIN PARATHA** selected varieties, frozen, 2.4 kg paratha nature  
21172364 EA



**\$2**

**SHAN SPICE MIXES** selected varieties 50-100 g mélanges d'épices  
20160022001 EA



**329**

**ROOH AFZA** 800 mL cougée concentrée  
21027924 EA





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**SHOP NOW**



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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](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).

**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 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.**

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