

DELI DEALS

SAVE 37%

4⁶⁷

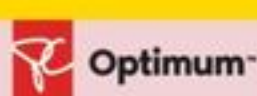
BOURSIN CHEESE
selected varieties
150 g
20116794_EA



SAVE UP TO 35%

\$5

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



App exclusive offer

\$3

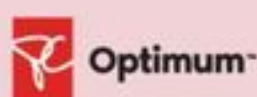
Earn

500

pts

That's 50¢ value

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



4⁵⁰

Earn

1,000

pts

That's \$1 value

SNACK FACTORY PRETZEL CRISPS
selected varieties
200 g
20948940_EA



NOFRILLS®

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

BIG EASTER DEALS!

ONLY

\$10

BONELESS, SKINLESS CHICKEN BREAST
4 pack
21437135_EA

SAVE 23%

\$5



NO NAME® BACON
regular or salt reduced
20156771_EA

SAVE 37%

2.49

SAVE 29%

2.75

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



SAVE 22%

\$7

20 LB BAG

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



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

SAVE UP TO 27%

6.50

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



PRICE DROP

4.99

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



PRICE DROP

1.25

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



ONLY

3.50

MOTT'S CLAMATO
selected varieties
1.89 L
20218955009_EA



SAVE 50%

\$1

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



ONLY

\$5

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



SAVE UP TO 43%

\$2

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



SAVE 39%

1.39

UNICO SOLID LIGHT TUNA
198 g
20113745_EA



SAVE UP TO 52%

\$4

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



SAVE UP TO 23%

12.99

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



Optimum™

\$15.97

3,000 pts

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



App exclusive offer

\$6

1,000 pts



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

Week 1

Spend & get

10%

back in (pts)

March 19 - 25

THIS WEEK

Week 2

Spend & get

10%

back in (pts)

March 26 - April 1

Week 3

Redeem & get

20%

back in (pts)

April 2 - 8

Bonus

10,000 (pts)

when you complete
all 3 offers*

Optimum™

Open your
PC Optimum™
App to start
earning.

FLYER PRICES EFFECTIVE IN WESTERN CANADA OR NORTHERN ONTARIO
STORES ONLY, INCLUDING GERALDTON, DRYDEN, KENORA & THUNDER BAY.

nofrills.ca

01 NFW

BIG EASTER DEALS!



\$10

8 STEM TULIPS
assorted colours
21637907_EA



\$16

HYDRANGEA
selected varieties
6.5 inch
20563697_EA



8⁹⁹

EASTER LILY
6 inch
20563699_EA

MAY NOT BE AVAILABLE AT ALL LOCATIONS
WHILE QUANTITIES LAST

FRESH AT LOW PRICES

4⁹⁹

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

1 LB CLAMSHELL

2⁹⁹ LB

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

2⁹⁹

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

3 LB BAG



3⁹⁹ LB

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



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

3⁹⁹ EA/LB

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

2⁹⁹ LB

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

3⁹⁹

PKG OF 5 OR 6

6 OZ CLAMSHELL

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

6⁹⁹

5 LB BAG

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

7⁹⁹

4 LB BAG

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

.99 LB

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

5⁹⁹

3 LB BAG

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

4⁹⁹

1 KG

200-225 G

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

1⁹⁹ LB

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

.99

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

5⁹⁹

5 LB BAG

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

3⁹⁹

680 G

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

3⁹⁹

PKG OF 4

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

5⁹⁹

907 G

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

PRICE DROP

3⁹⁹

454 G

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

\$2 LB

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

4⁹⁹

PKG OF 3

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

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

FRESH AT LOW PRICES

3-5 kg
\$18
each

5-7 kg
\$23
each

7-9 kg
\$30
each

9-11 kg
\$35
each



Sides not included,
but they are recommended

TURKEY
selected varieties
frozen
21209103_EA

6⁴⁹



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

12⁵⁰
LB

BEEF STIR FRY STRIPS
27.56/kg
20127070_E0

7⁷⁹



MARCANGELO CHICKEN BREAST PORTIONS
selected varieties
300 g
21706318_EA

15⁴⁹

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

2⁵⁰



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

\$6



SCHNEIDERS JUICY JUMBOS or SMOKED SAUSAGES 375/450 g or **SCHNEIDERS BOLOGNA** 500 g, selected varieties
20039186_EA/20105611_EA

\$13



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

\$6



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

\$9



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

\$13



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

\$5



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

\$6



ACE BAKERY ROLLS
selected varieties
640-840 g
21596355_EA

\$10



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

2⁸⁵



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

\$3



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

3⁵⁰



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

\$7



OKA CHEESE
selected varieties
190 g
20920736_EA

\$5



MONSIEUR GUSTAV CHEESE
selected varieties
170 g
21297420_EA

\$5



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

BIG EASTER DEALS!



3 LB BAG

\$5

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



5⁹⁹

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

\$9

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



\$9

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



\$16

ATLANTIC SALMON FILLET
frozen
405 g
21604491_EA



\$5

BASA FILLETS
previously frozen
300 g
21634501_EA



\$6

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



\$4

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



6⁵⁰

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



2¹⁹

PC® MUSTARD
selected varieties
325 mL
20050452001_EA



3¹⁹

PC® SEAFOOD SAUCE
selected varieties
250 mL
20023348002_EA



\$4

PC® TARTAR SAUCE
250 mL
20011013_EA



2⁵⁰

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



\$2

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



BIG EASTER DEALS!



SAVE 25%

\$3

NO NAME® CHEESE BARS
selected varieties, 200 g
20305854_SA

ONLY

6⁵⁰

LIBERTÉ 650/750 g or YOPLAIT SOURCE 16x100 g
selected varieties
20317317001_SA/20642273_SA



SAVE 29%

5⁹⁹

LACTANTIA BUTTER
selected varieties, 454 g
20639926_SA



SAVE UP TO 26%

3⁵⁰

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



SAVE 22%

\$7

DEL MONTE JUICE BLENDS
selected varieties, refrigerated, 2.5 L
21595736_SA/21595943_SA



2⁹⁹

IMPERIAL MARGARINE 427 g or BECEL PLANT BASED BRICKS 454 g
selected varieties
20132434_SA



3⁵⁰

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



\$9

PC® BLACK LABEL PIZZA
selected varieties,
frozen
370-440 g
21331413_SA



5⁵⁰

PC® FROZEN FRUIT
selected varieties,
frozen
300-600 g
20212327_SA



6²⁹

KRAFT PEANUT BUTTER
selected varieties
750 g/1 kg
20009581001_SA/20009581002_SA



2⁵⁰

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



\$4

TOSTITOS 215-295 g or DORITOS 210/235 g TORTILLA CHIPS
selected varieties
21060673_SA/21490043_SA



\$3

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



\$4

PC® 100% JUICE BOXES
selected varieties
8x200 mL
21718743_SA



13⁹⁹

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



.76

FRANCO AMERICAN GRAVY
selected varieties
284 mL
20042334_SA



1²⁹

STOVE TOP STUFFING
selected varieties
120 g
20310007001_SA



2⁷⁹

NO NAME® CROUTONS
selected varieties
145 g
21094223_SA/21094236_SA



1⁶⁹

NO NAME® EVAPORATED MILK
selected varieties
354 mL
210406119_SA/21040343_SA



5⁵⁰

KELLOGG'S FAMILY SIZE CEREAL
selected varieties
450-650 g
21420748_SA/21482002_SA



19⁹⁹

TIDE LIQUID 3.46/3.9 L or PODS or FLINGS 45/76's LAUNDRY DETERGENT or CASCADE AUTO DISHWASHER TABS 51-90's
selected varieties
211950492_SA/21516548_SA



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

PC Optimum™ members must open the PC Optimum™ App on or before April 8, 2026 to reveal their personalized offers. Subject to the member meeting the applicable spend requirements specified in the member's personalized offer for each of the offer periods March 19-25, 2026 and March 26-April 1, 2026, the member will earn up to 10% back in PC Optimum™ points on each such participating offer. Subject to the member meeting the applicable PC Optimum™ points redemption requirement specified in the member's personalized offer for the offer period April 2-8, 2026, the member will earn up to 20% back in PC Optimum™ points on such participating offer. A member who completes all three participating offers on or before April 8, 2026 will receive a one-time bonus award of 10,000 PC Optimum™ points. The maximum number of bonus points available under this promotion is 10,000 points per member. Bonus points will be awarded only once, and only where all three participating offers are completed; partial completion of fewer than all three offers will not qualify. The promotion will be deemed completed only upon fulfillment of all three participating offers in accordance with the applicable offer terms. The PC Optimum™ Card or App must be presented at the time of each eligible transaction. Limit of one offer per member. Personalized offer terms, conditions, exclusions, and participating details apply and are available in the PC Optimum™ App.

NOFRILLS

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

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



Be proud to recycle and reuse what you can.



MARCH

**HIT
OF THE
MONTH**



Made in Canada

Quaker Chewy Granola Bars

Selected varieties, 120 g
21359366_EA/21359369_EA

454 G



Prepared in Canada

PC® Dips

Selected varieties, 454 g
20584098_EA



Christie Family Size Crackers

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

See in-store for retails

**LOWEST PRICES
BEST DEALS**

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

BRANDS YOU LOVE AT LOW PRICES

\$5

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



4⁷⁹

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



9⁹⁹

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



3⁷⁷

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



\$5

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



\$6

PC® FREE RUN EGGS
12's
20612628001_EA



\$4

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



5⁵⁰

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



3⁴⁹

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



1⁵⁰

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



8⁵⁰

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



1⁵⁰

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



6⁵⁰

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



\$3

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



1⁵⁷

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



\$3

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



\$6

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



2⁶⁹

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



3³⁸

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



4⁹⁹

BICK'S PICKLES
selected varieties
1 L
21668460_EA



3⁹⁹

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



BRANDS YOU LOVE AT LOW PRICES

2⁵⁰



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



\$3

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



3⁴⁹

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



\$6

LACTANTIA ULTRAPUR MILK
selected varieties, 1.5 L
21694529_EA



1⁵⁰

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

5⁵⁰



TASTIEZ
selected varieties, frozen
311 g
21691571_EA

2⁷⁹



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

2⁷⁵



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

5⁴⁹



PRANA ORGANIC GRANOLA
selected varieties,
300 g
21593188_EA

2⁹⁹



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

\$5



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

2⁵⁵



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

\$3



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

7⁹⁹



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

4⁹⁹



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

\$3



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

10⁹⁹



MAZOLA CORN OIL
2.84 L
20015240_EA

\$4



QUAKER CEREAL 350-500 g or HARVEST CRUNCH 400-510 g
selected varieties
21042300_EA/21219834_EA

3⁵⁰



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

\$9



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

Optimum

Member Price
\$7⁵⁰

Non-Member Price
\$8

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

50¢

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

That's
\$10
value



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

Optimum

BRANDS YOU LOVE AT LOW PRICES

\$15

**CASCADE AUTO
DISHWASHER
TABS**
selected varieties
30-48's

21012357_EA/21507156_EA



5⁵⁰

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

20314511001_EA/21449826_EA



\$18

**POISE PADS or DEPENDS
UNDERWEAR**
selected varieties
12-66's

21023579_EA/21302119_EA



4⁵⁰

ZIPLOC STORAGE BAGS
selected varieties
10-90's

20871415_EA/20871443_EA



\$2

**GLAD CLING
WRAP**
30 m

20003818_EA



2⁵⁰

PALMOLIVE DISHWASHING LIQUID
selected varieties
591/828 mL

20861400_EA/21004388_EA



5⁵⁰

NO NAME® NAPKINS
club size
500's

20304897_EA



**UP TO 20%
OFF**

NO NAME® FOILWARE
selected varieties and sizes

20861912_EA/20870356_EA



\$3

PLASTIC EASTER EGGS

21668702_EA



\$3

OVAL EASTER BASKET

21668634_EA



\$8

PC® CHARITY BUNNY

21687563_EA/21687564_EA



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

That's
\$10
value



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

Optimum™

**NEW
LOWER
PRICES**



5⁵⁰

TRE STELLE TUBS
selected varieties
200-475 g
21364404_EA

2⁵⁰



HOSTESS SNACK CAKES
selected varieties
202-231 g
21283752_EA



3⁹⁹



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

\$4



LEAN GROUND PORK
fresh
450 g
21705787_EA

\$5



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

\$11



PC® BUTTERFLIED SHRIMP
frozen
400 g
20080117_EA

\$3



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

4²⁵



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

\$5



AMOOZA! TWISTS CHEESE SNACKS
selected varieties
228 g
21403514_EA

3⁵⁰



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

6⁵⁰



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

\$4



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

\$8



CARBONAUT BREAD
selected varieties
544/550 g
21446964_EA

**NEW
LOWER
PRICES**



\$5

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

\$5

5.50

4.50



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



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



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

\$5



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

4.50



NANAK PANEER
341 g
21286158_EA

8.50



BRAR'S BBQ VEGGIE BURGER
690 g
21656401_EA

2.75



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

\$3



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

3.77



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

1.75



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

2.25



CAMPBELL'S CHUNKY SOUP
selected varieties
515 mL
21480447_EA

\$5



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

\$13



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

4.50



WINDEX GLASS CLEANER 765 mL,
SCRUBBING BUBBLES 946/950 mL
or **FANTASTIK** 650 mL
20125323001_EA/21444632_EA

2.50



TEMPTATIONS PURREES 48 g or
SPOONS 40 g CAT TREATS
selected varieties
21479802_EA/21563482_EA

\$6



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

\$3



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

\$7



BILLY BEE HONEY
500 g
20724304_EA

\$5



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

NATURAL FOODS AT LOW PRICES

\$4

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



\$5

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



4⁵⁰

POPCORNERS
selected varieties
142 g
21370205_EA



8⁹⁹

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



5⁴⁹

BELSOY PUDDING
selected varieties
4x125 g
20151298003_EA



5⁴⁹

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



3⁵⁰

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



7⁹⁹

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



5⁹⁹

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



\$7

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



2⁴⁹

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



3⁵⁰

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



\$9

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



\$17

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



\$7

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



AVAILABLE AT SELECT LOCATIONS ONLY

ONL NEW HY

BIG EASTER DEALS!



\$8

PC® CHARITY BUNNY
21467563_EA/21467564_EA

1.25

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



2.50

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



3.50



4.50



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



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

\$5



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

\$7



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

\$12



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

\$18



CADBURY MINI EGGS
875 g
21463042_EA



App exclusive offers

More offers More points

LOAD YOUR DIGITAL COUPONS IN 6 EASY STEPS

1. Open your PC Optimum app and go to **Offers**
2. Tap **Digital Coupons**
3. Select **"Click here to add your Digital Coupons"**
4. Tap **"Select Offer"** on the coupons you want
5. Tap **"Add Offer"** – you're done!

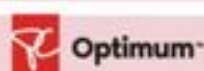
CLICK FOR
THESE COUPONS
AND MORE



Members
get over

\$25

in value



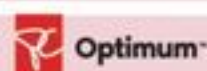
**BOOST READY-TO-DRINK
PRODUCT**

6x237 mL or 4x325 mL

Save

\$2

with digital
coupon



**PC® SPLENDIDO
SLICED MEATS**

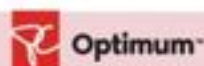
100 g

Earn

1,000

(pts)

Until April - 8 - 2026



PC® LOADS OF ICE CREAM

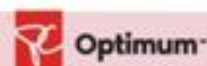
1.5 L

Earn

1,000

(pts)

Until April - 8 - 2026



**PC® BLACK LABEL
ICE CREAM**

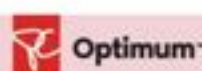
500 mL

Earn

750

(pts)

Until April - 8 - 2026



**PC® TOPPED
HUMMUS**

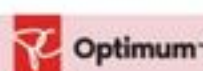
280

Earn

1,000

(pts)

Until April - 8 - 2026



**PC® SPRING
ROLLS**

574 g

Earn

1,500

(pts)

Until April - 8 - 2026



**PC® KETTLE
CHIPS**

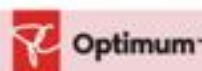
200 g

Earn

500

(pts)

Until April - 8 - 2026



**PC® SPLENDIDO
EXTRA
VIRGIN
OLIVE OIL**

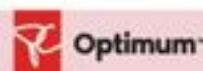
1 L

Earn

2,000

(pts)

Until April - 8 - 2026



**PC® PORTUGUESE
CUSTARD
TARTS**

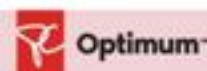
360 g

Earn

1,000

(pts)

Until April - 8 - 2026



**PC® 3 PLY
FACIAL TISSUES**

Earn

1,000

(pts)

Until April - 8 - 2026

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Optimum



Earn
500
pts
Until April - 8 - 2026

**NO NAME®
GARLIC TOAST**
16's

Optimum



Earn
1,000
pts
Until April - 8 - 2026

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

Optimum



Earn
1,000
pts
Until April - 8 - 2026

**NO NAME®
LONG GRAINED RICE**
2 kg

Optimum



Earn
750
pts
Until April - 8 - 2026

**NO NAME®
PEANUT
BUTTER**
1 kg

Optimum



Earn
500
pts
Until April - 8 - 2026

**NO NAME®
CHOCOLATE
BARS**
100 g

Optimum



Earn
250
pts
Until April - 8 - 2026

**PC® SUPER
SOFT
BATHROOM
TISSUE**

Optimum



Earn
5,000
pts
Until April - 8 - 2026

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

Optimum



Earn
1,000
pts
Until April - 8 - 2026

**PC® LARGE HEAVY
DUTY FREEZER BAGS**

Optimum



Earn
500
pts
Until April - 8 - 2026

**PC® DISHWASHING
LIQUID SOAP**
740 mL

HAPPY VAISAKHI!

ਵਿਸਾਖੀ ਦੀਆਂ ਵਧਾਈਆਂ!

1⁹⁹
LB/EA

LONG EGGPLANT 4.39/kg,
product of Mexico or **METHI LEAF**
each, product of Mexico or U.S.A.
20159012001_KG/20159689001_EA

2⁹⁹
LB/EA

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

1⁴⁹
LB/EA

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

2⁹⁹

COCONUT
product of Dominican Republic
each
20005774001_EA

\$2

SANTOSH NAAN
selected varieties
5's
21671463_EA

\$5

FRONTIER PUNJABI COOKIES
1.13 kg
21284062_EA

2⁹⁹



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

1⁴⁸



PRAN NOODLES
selected varieties
280 g
21685721_EA

4⁴⁹



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

\$3

SURAJ® TURMERIC
400 g
20617737_EA



11⁹⁹

VERKA DESI GHEE
800 g
20419253_EA



3⁹⁹

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



.99

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



\$8

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



5⁹⁹

DESI-LICIOUS ICE CREAM
selected varieties
1 L
20847564001_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONLY 1 NEW

HAPPY EASTER!

1⁹⁹
LB

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



\$13⁹⁹
LB

ETHNICO BEEF OXTAIL
28.66/kg
20079558_KG



20⁹⁹

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

1⁹⁹
LB

EDDOES
product of Jamaica
4.39/kg
20136133001_KG



\$8

CHUB MACKEREL
frozen, 1 kg
21079543_EA

3⁹⁹

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



8⁵⁰

MASECA INSTANT CORN MASA FLOUR
1.8 kg
21457445_EA



1²⁵

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



1⁹⁹

GRACE CONDENSED WHITENER
297 mL
20877966_EA



1²⁵

VITA MALT CLASSIC MALT BEVERAGE
330 mL
20139955_EA



6⁹⁹

GRACE VIRGIN COCONUT OIL
500 mL
20640509_EA



1⁵⁰

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



8⁹⁹

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



.50

CHUBBY SODA
selected varieties
250 mL
20941724_EA



\$4

COOL RUNNINGS ALL PURPOSE SEASONING
selected varieties
900 g
20311973_EA



2⁵⁰

GRACE SUNDRIED SORREL
126 g
21035421_EA





Express™

**Online grocery
pickup & delivery**

SHOP ONLINE, GET IT DELIVERED.

Get **\$15 in PC Optimum™ points** on each of your first 5 eligible online grocery orders*. Use code **TRYNF**

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

SHOP NOW



No Frills® delivery is available at select stores.

Visit nofrills.ca 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.

ONL NF PCX

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. We reserve the right to cancel or change the terms of this offer at any time without notice.

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ONL NFW MKT