NOFRILLS®
YESSAVINGS

PRICE DROP

4.99

LACTANTIA BUTTER
selected varieties
454 g
beurre
20639926_EA

4.99

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

5.25

GRADE A LARGE EGGS
brand varies by region, 18's
œufs
20814294001_EA/20822787001_EA

1.25

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

NO FRILLS® YES SAVINGS

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

SAVE 27%

10.88

4 DAY SALE THURSDAY-SUNDAY

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

SAVE 34%

5.25 LB

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

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

SAVE 37%

1.87 LB

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%

2.88

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

2.99

10 LB BAG

FARMER'S MARKET™ YELLOW ONIONS
product of Canada or U.S.A., no. 1 grade
oignons jaunes
20600991001_EA

ONLY

2.97

iÖGO 650 g, **iÖGO 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%

13.99

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

ONLY

7.77

APPROX. 5 LB CASE

ATAULFO MANGOES
product of Mexico
mangues
21047848_EA

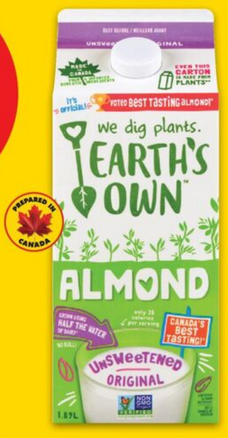
FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.
(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)

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

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
21434119_EA/21652207_EA

1.50

LIPTON or KNORR DRY SOUP MIX
selected varieties
40-145 g
mélange à soupe déshydraté
20297514001_EA/20308168001_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

3.99 1 LB CLAMSHELL
STRAWBERRIES or **RASPBERRIES**
product of U.S.A. or Mexico, no. 1 grade
framboises ou fraises
20128938001_EA/20049778001_EA

2.99 6 OZ CLAMSHELL
BLACKBERRIES
product of Mexico or U.S.A.
mûres
20051015001_EA

3.99 6 OZ CLAMSHELL
PINEAPPLE product of Costa Rica or **CANTALOUPE** product of Guatemala, Honduras or Brazil, no. 1 grade
ananas ou cantaloup
20167017001_EA/20160992001_EA

2.49 LB
TOMATOES ON THE VINE
product of Canada or Mexico
tomates sur vigne
5.49/kg
20026703001_KG

3.99 2 LB BAG / 3 LB BAG
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

FRESH GUARANTEE

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

2.99 283 G / PKG OF 6
FARMER'S MARKET™ GRAPE TOMATOES
product of Canada, U.S.A. or Mexico or **MINI CUCUMBERS**
product of Canada, Canada no. 1 grade
tomates raisins ou mini-concombres
2136788001_EA/2073757001_EA

3.99 PKG OF 5
AVOCADOS
product of Mexico, Peru or Colombia
avocats
2164493601_EA

3.99 GROWN IN CANADA / 10 LB BAG
RUSSET, RED or **YELLOW POTATOES**
product of Canada, Canada no. 1 grade
pommes de terre
20601013001_EA/20601020001_EA/2060107001_EA

1.49 LB
SWEET POTATOES
product of Canada or U.S.A.
3.28/kg
patates douces
20127708001_KG

3.99 PKG OF 2 / PKG OF 4
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

1.29 LB
CANARY MELONS
product of Brazil
2.84/kg
melons canaris
21022511001_KG

2.99 LB
BLACK PLUMS
product of Chile, no. 1 grade
prunes noires
6.59/kg
20316478001_KG

2.49
BROCCOLI CROWNS
product of Mexico or U.S.A.
couronnes de brocoli
2112156001_EA

4.99 600 G
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
2157616701_EA/20145379001_EA

2.99 3 LB BAG
FARMER'S MARKET™ CARROTS
product of Canada or U.S.A., no. 1 grade
carottes
20600972001_EA

4.99 Foodland ONTARIO / 4 LB BAG
FARMER'S MARKET™ AMBROSIA or **ROYAL GALA APPLES**
product of Ontario, Canada fancy grade
pommes
3130721001_EA/20767998001_EA

6.99 4 LB BAG
FARMER'S MARKET™ MANDARINS
product of Morocco, Spain or Egypt
mandarines
20054023001_EA

2.49 Foodland ONTARIO / 227 G
PC® SLICED or **WHOLE, WHITE** or **CREMINI MUSHROOMS**
product of Ontario
champignons blancs ou cremini tranchés ou entiers
20775805_EA/20776239_EA

1.99 GROWN IN CANADA
LIVING BUTTER LETTUCE
product of Canada
beurre vert de laitues vivante
2121248F_EA

PRICE DROP

2.49 LB
EGGPLANT
product of Mexico
5.49/kg
aubergine
20155790001_KG

.79 LB GROWN IN CANADA
GREEN CABBAGE
product of Canada, Canada no. 1 grade
1.74/kg
chou vert
20792034001_KG

$2 LB Foodland ONTARIO
PINK LADY APPLES
product of Ontario, Canada fancy grade
4.41/kg
pommes
30093376001_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

7.79 LB

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

EXTRA LEAN GROUND BEEF
bœuf haché extra maigre
17.17/kg
20327910_KG

6.50 LB

ALWAYS $10

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

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

8.99

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

Optimum™

$4

Earn **1,000** pts

That's $1 value

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

3.50

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

2.50

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_KG

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 1 L or **CREAM 5/10%** 437 mL
selected varieties
lait aromatisé ou crème
20577347_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 **RISING 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
croquettes
20300230_EA/20306994003_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 **DEL MONTE ON ICE**
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/20303490001_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
21553495_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 raincheck 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 instore 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

6.50

ACTIVIA YOGURT
selected varieties
12x100 g
yogourt
20608924_EA/20640892_EA

1.50

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

7.50

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

3.50

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

5.99

MCCAIN FROZEN CAKES
selected varieties
510 g
gâteaux surgelés
20310132002_EA

1.25

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
20154973_C24

1.50

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

2.25

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

2.50

STAGG CHILI
selected varieties
425 g
chili
20091906_EA

1.79

KRAFT DINNER
selected varieties
156/173 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

15.99

COLAVITA OLIVE OIL
1 L
huile d'olive
20617955_EA

1.99

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

3.79

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

4.25

SILK NON-DAIRY BEVERAGES
selected varieties, refrigerated, 1.74-1.89 L
boissons non laitières
20124284001_EA/20328231002_EA

9.99

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

2.88

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
galettes 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

Optimum

$5.50
Earn **1,000** pts
That's $1 value

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

4.50

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
20313337001_EA/21013899_EA

Optimum

$10
Earn **1,000** pts
That's $1 value

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

5.49

RED ROSE ORANGE PEKOE BLACK TEA 70's or **TAZO TEA** 20's
selected varieties
thé
21692191_EA

12.99

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

1.50

NO NAME® CRACKERS or **BREADSTICKS & CHEESE SNACKS**
selected varieties, 3's
craquelins ou bâtonnets ou collations au fromage
20889881_EA/20889882_EA

$5

NESTLÉ CHOCOLATE BAR MULTIPACK 4's or **POUCHES** 135-203 g
selected varieties
barres de chocolat ou sacs de chocolats
20176136_EA/20323502_EA

5.50

HERSHEY'S POUCHES 185-340 g, **MULTI'S** 4's or **SOLID BUNNY** 150 g
selected varieties
chocolat
21628340_EA/21628465_EA

6.50

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

Optimum

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
oeufs 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
20297334001_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 sécheuse 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

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

3.50

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

3.29

FIBRE 1 BARS 125 g or **NATURE VALLEY GRANOLA BARS, PROTEIN BARS** or **BISCUITS** 148-210 g
selected varieties
barres ou biscuits
20587204001_EA/20686988001_EA

Optimum™

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

$4

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

$2

QUAKER DIPPS
selected varieties
150/156 g
barres
20847582_EA/21185317_EA

2.50

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

6.99

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

$7

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

12.49

STARBUCKS ROAST AND GROUND COFFEE 340 g, **PODS** 10's or **HOT CHOCOLATE** 240/300 g
selected varieties
café torréfié et moulu ou capsules ou chocolat chaud
21651626_EA/21660617_EA

2.50

CHRISTIE CRISPERS
selected varieties
145 g
croquelins
21358333_EA

4.50

CHRISTIE PREMIUM PLUS 402-500 g or **RITZ DRIZZLED** 226 g **CRACKERS**
selected varieties
croquelins
21109004_EA/21712595_EA

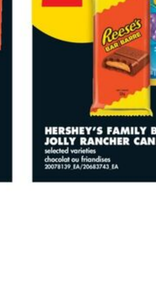
2.50

CHRISTIE CRACKERS
selected varieties
175-200 g
croquelins
21030647_EA/21547034_EA

$1

HERSHEY'S SINGLE CHOCOLATE BAR
selected varieties
42-58 g
barres de chocolat
20587797_EA/20582012_EA

4.50



HERSHEY'S CHOCOLATE BAR MULTIPACK 4's or **POUCHES** 160-230 g
selected varieties
chocolat
20329770004_EA/20573406_EA

2.50

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
21565554_EA/21694186_EA

LOW PRICES IN STOCK

$23

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

16.99

TIMOTHY'S, KRISPY KREME or DONUT HOUSE COFFEE PODS
selected varieties
30's
capsules de café
20899892_EA/21433555_EA

2.79

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

4.50

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

2.50

DARE GRISSOL TOAST 150/200 g or **BAGUETTES** 120/130 g
selected varieties
toast ou baguettes
21032188_EA

2.50

DARE BRETON 135-200 g or **VINTA** 200-225 g **CRACKERS** or **VEGGIES CRISPS** 100 g
selected varieties
craquelins ou grignotines
20973368_EA/21330666_EA

2.50

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** 210/233 g **CHIPS**
selected varieties
croustilles ou croustilles de tortillas
21341052_EA/21690542_EA

$4

TOSTITOS TORTILLA CHIPS
selected varieties
205-295 g
croustilles de tortilla
21000375_EA

$4

MISS VICKIE'S POTATO CHIPS
selected varieties
190/200 g
croustilles
21346703_EA

2.50

PRINGLES SUPER STACK POTATO CHIPS
selected varieties
148/156 g
croustilles
21003823_EA/21003833_EA

2.67

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

3.49

KELLOGG'S EGGO WAFFLES
selected varieties, frozen
8's
gaufres
20320779_EA

$8

NUTELLA HAZELNUT SPREAD 725 g or **NUTELLA & GO HAZELNUT SPREAD WITH BREADSTICKS** 208 g
selected varieties
tartinade de noisettes ou
tartinade de noisettes avec bâtonnets
20436102_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/21336595_EA

5.99

SIMPLY ORANGE JUICE
selected varieties, refrigerated
1.36 L
jus d'orange
31735026_EA

4.50

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

LOW PRICES IN STOCK

3.99

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
20641267_EA/21188865$_EA

6.29

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

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

6.50

iÖGO YOGURT
selected varieties
16x100 g
yogourt
20606778001_EA

$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
21002216_EA/21083426_EA

3.50

ACTIVIA EXPERT YOGURT
selected varieties
4x100 g
yogourt
21686261_EA

4.99

LACTANTIA PURFILTRE MILK
selected varieties
2 L
lait
21424991_EA

1.50

OCEAN'S LIGHT TUNA 170 g or **GOLD SEAL SARDINES** 125 g
selected varieties
thon pâle ou sardines
21006270_EA/21006465_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
20745511001_EA/21649826_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

11.99

ROYALE FACIAL TISSUE
12x100 sheets
mouchoirs
20703392_EA

12.99

ROYALE TIGER TOWEL PAPER TOWELS
selected varieties
6=12 rolls
essuie-tout
21484772_EA

$7

LYSOL TOILET BOWL CLEANER 2x710 mL, **DISINFECTANT SPRAY** 425/539 g or **LAUNDRY DISINFECTANT** 1.2 L
selected varieties
nettoyant à cuvette ou vaporisateur désinfectant ou désinfectant pour lessive
21338341_EA/21487508_EA

7.99

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
20959627_EA/21671135_EA

$22

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

$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
20083325002_EA/21437042_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!

CLICK FOR THESE COUPONS AND MORE

Members get over **$25** in value

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

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

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

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.

†Throwback Prices: Program applies to one item weekly, as advertised in-store/online at nofrills.ca.

ONL NFO MKT