

NOFRILLS[®]
YESSAVINGS

ONLY

1⁹⁹

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

1 LB CLAMSHELL

SAVE 50%

1⁹⁷

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

10 LB BAG



SAVE UP TO 40%

2⁹⁹

3 LB BAG

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

2 LB BAG

SAVE 43%

1⁹⁹

**PC[®] COLESLAW or
GARDEN SALAD**
product of U.S.A.
salade de chou ou jardinière
21204248_EA/21204304_EA

397 G



340 G



NO FRILLS[®] YESSAVINGS

FLYER PRICES EFFECTIVE THURSDAY, MARCH 19
TO WEDNESDAY, MARCH 25, 2026.

SAVE 50%

1.99
LB



**CLUB
SIZE**

SAVE 33%

1.99
LB

**CHICKEN
DRUMSTICKS**
fresh
pilons de poulet
4.39/kg
20654051_KG

COOK'S PORTION HAM
jambon
4.39/kg
20559641_KG

WHILE QUANTITIES LAST

SAVE 33%

\$6

SAVE 25%

5.17



HIGH LINER FAMILY FISH
selected varieties, frozen, 315-700 g
poisson pané
20303200001_EA



**NEILSON
TRUTASTE MILK**
selected varieties, 4 L
lait
20148677_EA

SAVE 25%

2.25



YOPLAIT SOURCE 630 g, MINIGO 6's
or **TUBES 8's YOGURT**
selected varieties
yogourt
21391318001_EA/21547595_EA

SAVE 30%

\$4



COCA-COLA or PEPSI SOFT DRINKS
selected varieties, 6x710 mL
boissons gazeuses
20310546002_C06/20313741002_C06

WOW!

12.99



ROYALE BATHROOM TISSUE
or **TIGER TOWEL**, selected varieties
papier hygiénique ou essuie-tout
21378233_EA/21484732_EA

SAVE UP TO 47%

\$11



HERSHEY'S EGGIES 900 g,
HERSHEY'S MINI PB EGGS 670 g
or **FERRERO RABBIT T13** or
REGAL HALLOWS 300 g, selected varieties
chocolat
20526640_EA

SAVE UP TO 38%

10.99



817 ELEPHANT BRAND BASMATI RICE
selected varieties, 4 kg
riz basmati
20787524_EA/21341987_EA

SAVE 33%

\$2



HANS DAIRY DAHI
selected varieties
750 g
dahi
20092811_EA/20313667_EA

**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

\$3



CLASSICO SAUCE
selected varieties
410/600 mL
sauce
20325609003_EA/21618217_EA

FLYER PRICES EFFECTIVE AT JEROME & ALISHA'S - AJAX, STEVE & AMANDA'S - AJAX, ROB & TINA'S - AMHERSTBURG, JOE & VAL'S - AURORA, JOE'S - BELLEVILLE, ADIS - BRAMPTON, DAVE'S - BRAMPTON, FARZIN'S - BRAMPTON, HECTOR & ALICIA'S - BRAMPTON, MICHAEL & ABBY'S - BRAMPTON, ROCKY'S - BRAMPTON, SARANGANI'S - BRAMPTON, WALKER'S - BRANTFORD, ALFREDO'S - BURLINGTON, MICHAEL'S - BURLINGTON, JAYD & SARAH'S - CAMBRIDGE, ROSS & LINDSAY'S - CAMBRIDGE, RYAN'S - EAST YORK, COSMO'S - ETOBICOKE, EMILIANO & ANA'S - ETOBICOKE, JASON'S - ETOBICOKE, JEFF, BOB & NER'S - ETOBICOKE, JEFF'S - ETOBICOKE, STEVE'S - ETOBICOKE, DOMENIC'S - GUELPH, SHANNON & RICHARD'S - GUELPH, CHRIS & JENN'S - HAMILTON, FRANCO'S - HAMILTON, GIORGIO'S - HAMILTON, TONY'S - HAMILTON, DEREK & LAURA'S - KITCHENER, BRENT & JENNIE'S - LONDON, DARRYL & TRACY'S - LONDON, GARY'S - LONDON, KASSIE'S - LONDON, PHIL'S - LONDON, ROB & RACHAEL'S - LONDON, ROBERT & TRACY'S - LONDON, DAVE & ANNETTE'S - MARKHAM, PETER & SUZIE'S - MARKHAM, ROB'S - MARKHAM, VANDALL'S - MARKHAM, JOHN'S - MISON, DANIEL'S - MISSISSAUGA, DANIEL'S - MISSISSAUGA, HASIB'S - MISSISSAUGA, MARK'S - MISSISSAUGA, SARAH'S - MISSISSAUGA, SARANGANI'S - MISSISSAUGA, TOM & MICHELLE'S - MISSISSAUGA, VITO'S - MISSISSAUGA, YANA'S - MISSISSAUGA, CHRIS & SARAH'S - NEWARK, DICKIE'S - NEWARK, JONNIE'S - NEWARK, ANAND & SHYVONNE'S - NORTH YORK, CARLO'S - NORTH YORK, DURANTE'S - NORTH YORK, JOHN & DANIELE'S - NORTH YORK, JOHN'S - NORTH YORK, LEONETTE'S - NORTH YORK, LUSTRO - NORTH YORK, RICHARD & EUTH'S - NORTH YORK, DYLAN'S - OSHAWA, MIKE'S - OSHAWA, NADIM'S - OSHAWA, GABE'S - OTTAWA, JOHNNY'S - OTTAWA, DACCOSTA'S - PICKERING, ASHLEY'S - RICHMOND HILL, FRAXER & HEISSA'S - RICHMOND HILL, TIM'S - RICHMOND HILL, KYE'S - SARINIA, AJMAL'S - SCARBOROUGH, AUL'S - SCARBOROUGH, CRAIG'S - SCARBOROUGH, DAVE'S - SCARBOROUGH, DAVIS & CHARLOTTE'S - SCARBOROUGH, DAVIS'S - SCARBOROUGH, NADIA'S - SCARBOROUGH, NICKY'S - SCARBOROUGH, ROD & JOE'S - SCARBOROUGH, VI & YU LING'S - SCARBOROUGH, JEFF & HOLLY'S - STITTSVILLE, MICHAEL'S - STOUFFVILLE, AUL'S - TORONTO, ANDREW & SHELLEY'S - TORONTO, ANTHONY'S - TORONTO, DARREN'S - TORONTO, JIM & MARIA'S - TORONTO, LUCIANO'S - TORONTO, MIKE'S - TORONTO, ROCCO'S - TORONTO, SAM & NANCY'S - TORONTO, ANTHONY'S - VAUGHAN, DINO'S - VAUGHAN, VINCE & FRANCESCA'S - VAUGHAN, PAUL & MALLORY'S - WATERLOO, GLEAD'S - WELLAND, CONROY'S - WHITBY, LIZ'S - WHITBY, GAIL'S - WHITBY, MIKE'S - WOODBRIDGE, SCOTT'S - WOODSTOCK

no frills.ca

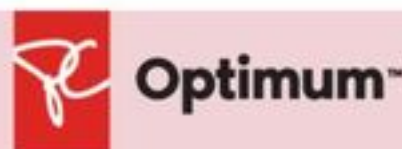
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Moredays Moredays Moredays



Moredays™

Thursday, March 19 to Wednesday, March 25, 2026



App exclusive offer

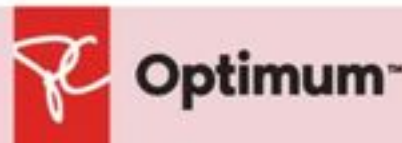


OLD EL PASO PRODUCTS
all sizes and varieties
ensembles à repas
20795534_EA/21049505_EA

Earn
5,000
pts

For every \$10*
spent

That's
\$5
value



App exclusive offer



CHRISTIE COOKIES 251-303 g,
MINI COOKIES or
SNAK PAKS 144-200 g,
RITZ BITS SANDWICHES or
MINI ORIGINAL SNAK PAKS 280 g or
SOUP PATCH KIDS CANDY 135-154 g
selected varieties
biscuits ou craquelins ou collations ou bonbons
21358407_EA/21545554_EA/21585155_EA

Earn
4,000
pts

For every \$10*
spent

That's
\$4
value



App exclusive offer



FARMER'S MARKET™
BUTTER CROISSANTS
6's
croissants au beurre
20975943_EA

Member Price

\$4

Non-Members

\$5.50

Members
Save
\$1.50



App exclusive offer



**PC® DOUBLE CREAM BRIE OR
CAMEMBERT CHEESE**
selected varieties
165-200 g
brie double crème ou camembert
20787327_EA

Member Price

\$5.50

Non-Members

\$6.50

Members
Save
\$1

DELI DEALS

4⁵⁰



PC® CHEESE SLICES 140-170 g,
BLOCKS 250 g or
BRANDT KOLBASSA 250 g
selected varieties
fromage ou kolbassa
20250947_EA/20353446_EA

\$4



MASTRO
SALAMI 100-150 g or
SAN DANIELLE
PROSCIUTTO 100 g or
SAPUTO CHEESE
TUBS 170-200 g
salami ou prosciutto
contenants
de fromage
21061099_EA/20573975_EA

\$4



LADLES OF LOVE
SOUP 454 mL or
OLIVIERI SKILLET
GNOCCHI
280/300 g
selected varieties
soupe ou gnocchi
21022065_EA/21689232_EA



\$5⁵⁰

Earn
1,000
pts

That's
\$1
value



RESER'S MAIN ST BISTRO
MAC AND CHEESE or
MASHED POTATOES 567-680 g or
DAIYA VEGAN CHEESE 200 g
selected varieties
macaroni au fromage ou purée de pommes de terre ou fromage végétal
20027947_EA/21207740_EA

FRESH AT LOW PRICES

2⁹⁹

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

6 OZ CLAMSHELL

**PKG
OF 5**

3⁹⁹
LB

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

2⁴⁹
LB

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

6 OZ CLAMSHELL

3⁹⁹

CANTALOUPE
product of Guatemala, Honduras
or Brazil, no. 1 grade,
PINEAPPLE product of Costa Rica
or **RASPBERRIES** product of
Mexico or U.S.A., no. 1 grade
ananas ou cantaloup ou framboises
20167017001_EA/20160992001_EA
20128938001_EA



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

1⁴⁹
LB



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

3⁹⁹

**PKG
OF 2**

**10 LB
BAG**

**FARMER'S MARKET™
YELLOW ONIONS** product of Canada,
Canada no. 1 grade or
ROMAINE HEARTS product of U.S.A.
oignons jaunes ou cœurs de romaine
20600991001_EA/20082756001_EA

2⁹⁹

325 G

ASPARAGUS
product of Mexico, no. 1 grade
asperges
20181709001_EA

1⁹⁹

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

2⁹⁹

283 G

PKG OF 6

**FARMER'S MARKET™ GRAPE
TOMATOES** product of Canada,
Mexico or U.S.A. or
**FARMER'S MARKET™ MINI
CUCUMBERS** product of Ontario,
Canada no. 1 grade
tomates raisins ou mini-concombres
21367888001_EA/20737570001_EA

2⁴⁹

227 G

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

2⁹⁹
LB

ORRI MANDARINS product of Israel or
YELLOW NECTARINES or
PEACHES product of Chile, no. 1 grade
mandarines ou nectarines jaune
ou pêches à chair
6.59/kg
20072482001_KG/20319426001_KG

5⁵⁰



**BASSE
SNACK MIX**
selected varieties
415-600 g
mélange à collation
21158603_EA/21158612_EA

1²⁹
EA/LB



CANARY MELON 2.84/kg,
product of Brazil or
RED MANGOES each, product of Peru
melons canaris ou mangues rouges
21022511001_KG/20059635001_EA

3⁹⁹
LB

**RED, ORANGE or YELLOW SWEET
PEPPERS** product of Canada or Mexico
poivrons
8.80/kg
20007535001_KG/20141814001_KG/20166880001_KG

1⁹⁹
LB

BARTLETT PEARS
product of South Africa, extra fancy grade
4.39/kg
poires
20172240001_KG

4⁹⁹



4 LB BAG

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

4⁹⁹

600 G

KIWI
product of Greece
kiwi
21576167001_EA

1⁶⁹



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

3⁹⁹



680 G

**PC® LITTLE GEMS™ RED, YELLOW or
MIXED MINI POTATOES**
product of Canada, Canada no. 1 grade
mini-pommes de terre rouges, dorées ou
assorties
21247301001_EA/21247299001_EA

6⁹⁹

4 LB BAG

FARMER'S MARKET™ MANDARINS
product of Morocco or Spain
mandarines
20054025001_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

4⁹⁹
LB

SPLIT CHICKEN WINGS or PC® FREE FROM® SPLIT CHICKEN WINGS

fresh
ailes de poulet séparées
11.00/kg
20761916_KG

CLUB SIZE

INCLUDES HALAL

3⁴⁹
LB

PORK TENDERLOIN
fresh
filet de porc
7.69/kg
20520970_KG
WHILE QUANTITIES LAST

11⁹⁹
LB

BONELESS STEWING BEEF
bœuf à ragoût désossé
26.43/kg
20357645_KG

\$4
LB

LEAN GROUND PORK
club size, fresh
porc haché maigre
8.82/kg
20353851_KG

CLUB SIZE

11⁹⁹

MARCANGELO ITALIAN SAUSAGES or MEATBALLS
selected varieties, frozen, 1 kg
saucisses italiennes ou boulettes de viande
20867488_EA

4⁴⁹

MAPLE LEAF TOP DOGS or SCHNEIDERS RED HOTS WIENERS
selected varieties, 375 g
saucisses fumées
20602429_EA

\$10

MAPLE LEAF or SCHEIDERS HAM
selected varieies
600/700 g
jambon
21094878_EA

7⁹⁹

LOU'S or MANDARIN ENTRÉES
selected varieties, fully cooked, 375-450 g
plats cuisinés
20078077_EA/21699144_EA

\$7

GUSTA VEGAN SAUSAGE
selected varieties
350 g
saucisse à base de plantes
21284431_EA

\$1,000
pts

\$1

3⁵⁰

GO SHRIMP raw, 51/70 per lb or cooked, 61/90 per lb, 160 g or **SMOKED STEELHEAD SALMON** pre-sliced, 50 g, frozen crevettes ou saumon fumé
20792840_EA/21208591_EA

\$8

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

7⁵⁰

SCHNEIDERS PEPPERETTES
selected varieties
300/375 g
bâtonnets de saucisson
20976110_EA/21196171_EA

\$4

THE LAUGHING COW 120/133 g or MINI BABYBEL 102/120 g CHEESE
selected varieties
fromage
20319107_EA/20574332_EA

\$6

LA CASA ROSA FRESH ENTRÉES 350 g or PACE PIZZA 502-542 g
selected varieties
plats cuisinés frais ou pizza
21515170_EA/21673693_EA

2⁴⁸

NO NAME® BREAD
selected varieties
675 g
pain
21509822_EA

\$3

D'ITALIANO BREAD 620/675 g or BUNS 6/8's
selected varieties
pain ou petits pains
20038335_EA/20626949_EA

\$5

LA BAGUETTERIE SLICED MICHE
selected varieties, 600/800 g
miche tranchée
20862393_EA

3⁵⁰

MASTRO CAPOCOLLO or PROSCIUTTO COTTO or ROSEMARY HAM 125 g or SAN DANIELE MORTADELLA 175 g
selected varieties
capocollo ou prosciutto cotto ou jambon au romarin ou mortadelle
20576743_EA/20577341_EA

7⁵⁰

LILYDALE SLICED DELI MEAT
selected varieties, 400/500 g
charcuteries tranchées
21675604_EA/21675636_EA

\$11

MASTRO GENOA SALAMI CHUB
selected varieties, 600 g
saucisson de salami
20181136_EA/20302356_EA

App exclusive offer



\$5

Earn
2,000
pts

That's
\$2
value

PC® MINI MUFFINS
selected varieties
12's
mini-muffins
21488839_EA

Moredays Moredays Moredays



Optimum™

Moredays™

March 19-25, 2026

App exclusive offer



\$9

Earn
5,000
pts

That's
\$5
value

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

App exclusive offer

\$8

Earn
4,000
pts

That's
\$4
value



PC® BACON
selected varieties
500 g
bacon
20152629_EA

App exclusive offer



\$3.29

Earn
1,500
pts

That's
\$1.50
value

VH COOKING or DIPPING SAUCE
selected varieties, 341-380 mL
sauces à cuisson ou à trempette
20984013_EA

\$1

Earn
2,000
pts

When you buy 4

That's
\$2
value



SWISS CHALET SAUCE 284 mL or
SWISS CHALET, ST-HUBERT or
KEG DRY SAUCE MIX 22-57 g, selected varieties
mélanges à sauce
21080164_EA/21687848_EA

App exclusive offer



Earn
4,000
pts

For every \$10*
spent

That's
\$4
value

**PHILADELPHIA CREAM CHEESE
PRODUCT** 227/250 g, **KRAFT SINGLES** 410 g or
CHEEZ WHIZ 450 g, selected varieties
produit de fromage à la crème ou produit de fromage fondu
20641267_EA/21188634_EA



Earn
5,000
pts

For every \$10*
spent

That's
\$5
value

KNORR LIQUID BOUILLON 250 mL,
CUBES 63/69 g, **DRY SAUCE MIX** 17-48 g,
ZERO SALT 72 g, **OXO BOUILLON** 72 g or
VELOUTINE GRAVY MIX 250 g, selected varieties
bouillon ou mélange à sauce
20311529001_EA/20320060_EA/20323323004_EA



Earn
3,000
pts

For every \$10*
spent

That's
\$3
value

DANONE or ACTIVIA YOGURT
all sizes and varieties
yogourt
20325132001_EA/20419715004_EA



Earn
1,500
pts

For every \$7*
spent

That's
\$1.50
value

KNORR or LIPTON SOUP MIX
selected varieties, 40-912 g
mélange à soupe
20297514001_EA/20315085002_EA



Earn
3,500
pts

For every \$10*
spent

That's
\$3.50
value

FLEISCHMANN'S YEAST 24-450 g,
BREAD BOOSTER 100 g, **BAKING POWDER** 340 g or
CORN STARCH 454 g, selected varieties
levure ou bonifiant pour pain ou poudre à pâte ou fécule de maïs
20006692_EA/20102920001_EA/21351367_EA



Earn
2,000
pts

For every \$5*
spent

That's
\$2
value

CHRISTIE CRISPERS
selected varieties, 145 g
craquelins
21358327_EA/21358333_EA

App exclusive offer



Earn
2,000
pts

For every \$5*
spent

That's
\$2
value

**CHRISTIE RITZ
DRIZZLED
MINIS CRACKERS**
selected varieties, 226 g
craquelins
21712532_EA/21712595_EA



Earn
3,000
pts

For every \$8*
spent

That's
\$3
value

**EXCEL GUM
MULTIPACK**
selected varieties, 3's
gomme
21435037_EA/21435038_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.

NOFRILLS

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

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



this product contains
post consumer recycled
paper



App exclusive offer

\$2²⁹

Earn
500
pts

That's
50¢
value

PC® DISHWASHING LIQUID
selected varieties
638 mL-1 L
détergent liquide à vaisselle
21012490_EA/21012740_EA



Moredays
Moredays
Moredays



Moredays™

March 19-25, 2026

\$8⁴⁹

Earn
3,000
pts

That's
\$3
value

GLAD GARBAGE BAGS
selected varieties
10-52's
sacs à ordures
20297334001_EA/21359461_EA



\$12

Earn
6,000
pts

When you buy 3

That's
\$6
value

**ENSURE or GLUCERNA
READY TO DRINK SHAKES**
selected varieties and sizes
boissons frappées prêtes à boire
20304767002_C06/20308731008_C06



\$11

Earn
3,000
pts

That's
\$3
value

PC® NUTRITION FIRST® DOG FOOD
selected varieties, 2 kg
nourriture pour chiens
21304456_EA



App exclusive offer



**LIQUID I.V. HYDRATION MULTIPLIER
ELECTROLYTE DRINK MIX**
selected varieties, 6-16's
mélange à boisson avec électrolytes
21592444_EA/21592485_EA

Earn
5,000
pts

For every \$20*
spent

That's
\$5
value

App exclusive offer



IAMS PET FOOD
all varieties and sizes
nourriture pour
animal de compagnie
20912435_EA

Earn
8,000
pts

For every \$20*
spent

That's
\$8
value

App exclusive offer



PAMPERS IN THE BABY DEPARTMENT
all varieties and sizes
couches
21370844_EA/21551525_EA/21692756_EA/21184273_EA

Earn
15,000
pts

For every \$50*
spent

That's
\$15
value



RESOLVE LAUNDRY
all sizes and varieties
détachant pour lessive
20944173_EA

Earn
5,000
pts

For every \$15*
spent

That's
\$5
value



LISTERINE MOUTHWASH
selected sizes and varieties
rinç-bouche
2034843001_EA/21091218_EA

Earn
5,000
pts

For every \$12*
spent

That's
\$5
value



**TYLENOL, BENLYN or
ZARBEE'S COUGH COLD PRODUCTS**
selected varieties and sizes
produits pour le rhume et la toux
20315180001_EA/20322277001_EA

Earn
8,000
pts

For every \$20*
spent

That's
\$8
value



**BENIBIO, CENTRUM,
EMERGEN-C, ADVIL,
NEOCITRAN, TUMS,
SENSODYNE or
POLIDENT PRODUCT**
selected varieties
and sizes
fibres, multivitamines,
vitamine C, analgésique,
produit pour le rhume,
antiacide, dentifrice,
produits pour prothèses dentaires
20301179003_EA/2031689001_EA/20324424001EA
20437569002_EA/20997357_EA/21111046_EA/21223300_EA
21235884_EA/21372442_EA/21661561_EA

Earn
7,500
pts

For every \$20*
spent

That's
\$7⁵⁰
value



**SCRUBBING BUBBLES,
DRANO or
GLADE PRODUCT**
all sizes and varieties
nettoyant pour salle de bains ou
débouche-tuyaux ou huile parfumée
20323855001_EA/21367989_EA

Earn
5,000
pts

For every \$10*
spent

That's
\$5
value



**FINISH DISHWASHER
TABS or RINSE AID**
all sizes and varieties
capsules de détergent pour lave-vaisselle ou
agent de rinçage
20548797_EA/21218875_EA

Earn
4,000
pts

For every \$12*
spent

That's
\$4
value



AIR WICK FRESHENER
all sizes and varieties
huile essentielle
20302509001_EA/21428270_EA

Earn
5,000
pts

For every \$14*
spent

That's
\$5
value

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

\$4

ACTIVIA YOGURT
selected varieties
8x100 g
yogourt

20325384002_EA/21726103_EA



PRICE DROP

5²⁵

GRADE A LARGE EGGS
pack of 18, brand varies by region
gros œufs

20814294001_EA/20822787001_EA

4⁵⁰

**CHAPMAN'S MARKDALE
CREAMERY ICE CREAM 2 L or
COLLECTION NOVELTIES 8's**
selected varieties, frozen
crème glacée ou friandises glacées

20315236010_EA/20323757001_EA



3⁵⁰

**BLACK DIAMOND SLICES PROCESSED
CHEESE PRODUCT 410 g or LACTANTIA
CREAM CHEESE 227 g, selected varieties**
produits de fromage fondu ou fromage à la crème

21252564_EA/21673558_EA

\$4



PC® FLATBREAD
selected varieties, frozen
338-395 g
pain plat

21013452_EA

\$5



**INTERNATIONAL
DELIGHT COFFEE
ENHANCERS 946 mL
or COLD FOAM**
396 g
selected varieties
colorants à café ou
mousse froide

20895480003_EA/21629968_EA

\$4



**PC® ORANGE
JUICE, LEMONADE or
ICED TEA**
selected varieties,
refrigerated
1.54 L
jus d'orange ou
limonade ou thé glacé

21430531_EA/21430542_EA

\$2



Earn
250
pts

25¢

**BETTY CROCKER
POTATOES**
selected varieties
141-215 g
préparation pour
pomme de terre
ou repas

20296518003_EA

\$2



**DEL MONTE
NECTAR**
selected varieties
960 mL
nectar

20894117004_EA

\$3



MONSTER
444/473 mL or
**REDBULL
ENERGY
DRINK** 250 mL
selected varieties
boisson
énergisant

20938249_EA

2⁵⁰



**BEN'S ORIGINAL
BISTRO EXPRESS RICE**
selected varieties, 240/250 g
riz

21403242_EA/21405476_EA

\$1²⁵



Earn
250
pts

25¢

**CLOVER LEAF
FLAVOURED
TUNA 85 g**
thon

20315581007_EA

2⁵⁰



**DARE BEAR PAWS
ULTIMATE COOKIES**
290/300 g, **VIVA PUFFS** 300 g or
WAGON WHEELS 315/360 g
selected varieties
biscuits

20025850001_EA/21080791_EA

1⁵⁰



**CAMPBELL'S
CONDENSED SOUP**
selected varieties, 284 mL
soupe condensée

20297246002_EA

2⁸⁸



**MARIO'S CORNED BEEF
or COOKED HAM**
340 g
bœuf salé ou jambon cuit

21295614_EA

5⁵⁰



KRAFT DINNER
original
5x200 g
macaroni au fromage

21394513_EA

\$3



**KRAFT
SALAD DRESSING**
selected
varieties
425 mL
vinaigrette

21584931_EA

11⁹⁹



BERTOLLI OLIVE OIL
selected
varieties
750 mL/1 L
huile d'olive

20156182001_EA

2⁷⁵



**PC® KETTLE, LOADS OF
WORLDS OF FLAVOUR
or POTATO CHIPS**
selected varieties, 200 g
croustilles

20840911002_EA/21422931_EA

2⁷⁵



PC® TORTILLA CHIPS
selected varieties, 320-350 g
croustilles de tortilla

20305180_EA

BRANDS YOU LOVE AT LOW PRICES

4⁹⁹

HELUVA GOOD! FRENCH ONION DIP 680 g or **ASTRO YOGURT** 12x100 g selected varieties trempette à l'oignon ou yogourt
20300831_EA/20312788001_EA



6⁵⁰

CRACKER BARREL CHEESE SHREDS 320 g, **BLACK DIAMOND CHEESTRINGS** or **SNACKS** 252/336 g selected varieties fromage
20763661_EA/21290616_EA

1⁵⁰

ITALPASTA selected varieties 750 g pâtes
20296241001_EA/20296241003_EA



2²⁹

CAVENDISH FRIES selected varieties, frozen, 800 g frites
21559837_EA



\$4



Earn 1,000 pts

\$1

CRAVE DINNER ENTREES 200-340 g or **KRAFT DELUXE MAC AND CHEESE** 340 g selected varieties, frozen plats cuisinés ou macaroni au fromage
21085515_EA

6⁵⁰

ACTIVIA EXPERT YOGURT selected varieties 750 g yogourt
21688205_EA



\$3



DOLE FRUIT BOWLS 4x107 mL or **FRUIT N' GEL SNACKS** 4x123 g selected varieties bols de fruits ou collations
20318455001_EA

4⁵⁰



PC® SCOOP SHOP ICE CREAM 946 mL or **NOVELTIES** 330 mL selected varieties, frozen crème glacée ou friandises glacées
21571527_EA

2⁵⁰



CHEEZ-IT CRACKERS selected varieties, 191/200 g craquelins
21214559_EA/21214560_EA

13⁹⁹



MCCAFÉ ROAST AND GROUND COFFEE PODS selected varieties, 10/12's café torréfié et moulu ou capsules
21238598_EA

4⁹⁹



NESCAFÉ SWEET & CREAMY INSTANT COFFEE 144-351 g or **AGGA COFFEE CAPSULES** 10's selected varieties café
21363371_EA/21307021_EA

\$3



TETLEY TEA or HERBAL TEA selected varieties, 20/24's thé
20711158_EA/21663642_EA

5⁵⁰



POST FAMILY SIZE CEREAL selected varieties, 525-635 g céréales
21542452_EA/21575249_EA

4⁵⁰



NO NAME® HAZELNUT SPREAD 725 g or **JAM** 500 mL selected varieties tartine aux noisettes ou confiture
20032552001_EA/20683943_EA

7⁷⁷



NESCAFÉ GOLD INSTANT COFFEE 90-100 g or **ESPRESSO CONCENTRATE** 500 mL selected varieties café instantané ou concentré d'espresso
21074565_EA

1⁵⁰



HERSHEY'S 34-42 g or **NESTLE SINGLES** 25-29 g selected varieties chocolat
20268183001_EA/21634741_EA

3⁷⁵



FERRERO ROCHER CHOCOLATE BAR selected varieties, 90 g barres de chocolat
21428863_EA

\$5



PC® MILK CHOCOLATE BUNNY 100 g lapin en chocolat au lait
21609314_EA

5⁵⁰



KINDER CHOCOLATE EGG selected varieties, 100 g œufs en chocolat
20719295_EA

BRANDS YOU LOVE AT LOW PRICES

.88

**COLGATE or CREST
TOOTHPASTE** 50-100 mL or
MANUAL TOOTHBRUSH 1 ea
selected varieties
dentifrice ou brosse à dents manuelle
20338731001_EA/20975582_EA



4⁵⁰

**GARNIER WHOLE BLENDS
SHAMPOO or CONDITIONER**
selected varieties
346-370 mL
shampooing ou revitalisant
20941723_EA/20941827_EA
LIMIT: 6, OVER LIMIT RETAIL: \$5

4⁵⁰

DAWN DISHWASHING LIQUID 535-982 mL
or **POWERWASH REFILL** 473 mL
selected varieties
savon liquide à vaisselle ou recharge
21430550_EA/21430569_EA



\$4

LYSOL MULTI SURFACE CLEANER 1.2 L,
BATHROOM SPRAY 950 mL or
BATHROOM AEROSOL 538/680 g
selected varieties
nettoyant ou vaporisateurs ou
aérosol pour salle de bains
20309873002_EA/21231235_EA

Optimum™

\$3⁵⁰

Earn
1,000
pts

That's
\$1
value

**PC® YARD
WASTE BAGS**
5's
sac à déchets pour
l'extérieur
20429980_EA



\$5



**NO NAME® FOOD STORAGE
CONTAINERS**
selected varieties
conteneurs de rangement pour aliments
20162802_EA/20149018_EA

10⁹⁹



ZIPLOC FOOD STORAGE BAGS
selected varieties
60-270's
sacs de rangement pour aliments
21196101_EA

4⁵⁰



OLD DUTCH LAUNDRY DETERGENT
selected varieties, 4 L
détergent
21467437_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
détergent à lessive ou 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
20301481003_EA/21549771_EA

\$7



PUREX LIQUID LAUNDRY DETERGENT
1.47-2.03 L, **SNUGGLE FABRIC SOFTENER**
1.16 L or **DRYER SHEETS** 120's
selected varieties
détergent ou assouplissant
20856516005_EA

Coca-Cola

7⁵⁰



FUZE ICED TEA
selected varieties, 12x341 mL
thé glacé
21645563_C12

4²⁵



COCA-COLA SOFT DRINKS
selected varieties, 6x222 mL
boissons gazeuses
20354288002_C06

9⁵⁰



MONSTER ENERGY DRINK
selected varieties
4x473 mL
boisson énergisant
20937631_C04

2²⁵



GLACEAU VITAMINWATER 591 mL
or **SMARTWATER** 1 L
selected varieties
eau
20154181_EA/20333194006_EA

THE
MAGNUM[®]
ICE CREAM  COMPANY

\$4



BREYERS CLASSIC FROZEN DESSERT
selected varieties, frozen
1.41 L
dessert glacé
21651628_EA

\$5



FUDGSICLE, CREAMSICLE or REVELLO NOVELTIES
selected varieties, frozen, 12's
friandises glacées
20763171_EA

\$5



BREYERS CREAMERY STYLE ICE CREAM
selected varieties, frozen
1.41 L
crème glacée
21651606_EA



\$15

Earn
2,000
pts

That's
\$2
value



TRE STELLE FETA CHEESE TUB
850 g
feta
21618723_EA



\$6



CASTELLO CHEESE
125-200 g or **APETINA**
FETA CUBES 200 g
selected varieties
fromage ou cubes de feta
20428574_EA/20573910_EA

\$7



TRE STELLE MOZZARELLA BALL
selected varieties, 340 g
boule de mozzarella
20189267_EA



\$10



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

6⁷⁹



NATURE VALLEY GRANOLA BARS 525 g,
REESE PUFFS CEREAL BARS 384 g or **BETTY CROCKER FRUIT SNACKS** 340/368 g
selected varieties
barres granola ou de céréales ou collations aux fruits
21279930_EA/21344016_EA

\$1



OLD EL PASO TACO SEASONING
selected varieties, 24 g
assaisonnement
21049495_EA

3⁵⁰



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

\$2



PILLSBURY REFRIGERATED WRAPS
selected varieties, 200-227 g
pâte réfrigérée
20305424002_EA/21505340_EA



3²⁵



LIBERTÉ MEDITERRANÉE 500 g
or **YOPLAIT PROTEIN** 650 g **YOGURT**
selected varieties
yogourt
20788062001_EA/21547567_EA

6⁵⁰



LIBERTÉ GREEK YOGURT
selected varieties, 650/750 g
yogourt grec
20704361001_EA/20704361002_EA

5⁷⁹



YOP 6x200 mL,
LIBERTÉ KEFIR 1 L or
MEDITERRANÉE 900 g
YOGURT
selected varieties
kéfir ou yogourt
21305347_EA/21721005_EA



8⁹⁹



ROYALE BATHROOM TISSUE
selected varieties,
15=30 rolls
papier hygiénique
21572800_EA

\$8



ROYALE TIGER TOWEL PAPER TOWELS
selected varieties,
2/3=6 rolls
essuie-tout
21484702_EA

10⁹⁹



ROYALE FACIAL TISSUE
12x100 sheets
mouchoirs
20705292_EA

BAKING ESSENTIALS AT LOW PRICES

1⁷⁹

**CARNATION
EVAPORATED MILK**
selected varieties
354 mL
lait évaporé
20896812_EA/20896887_EA



3⁵⁰

NEILSON CREAM
5/10% 1 L or
18/35% 473 mL
selected varieties
crème
20123609_EA/20774431_EA



2⁴⁹

LANTIC SUGAR
selected varieties
1 kg
sucre
20016320_EA/20169394_EA



6⁹⁹

BECEL MARGARINE
selected varieties
637/850 g
margarine
20297818002_EA

\$4⁴⁹

Earn
500
pts

That's
50¢
value



ROBIN HOOD or FIVE ROSES FLOUR
selected varieties
2/2.5 kg
farine
20039497001_EA/20039497005_EA

\$3²⁹

Earn
500
pts

That's
50¢
value



ROBIN HOOD QUICK, LARGE FLAKE or MINUTE OATS
selected varieties
1 kg
flocons d'avoine
20893369_EA/20893370_EA

3⁵⁰

**TENDERFLAKE
PIE SHELLS**
selected varieties
frozen
255-397 g
croûtes à tarte
20303840001_EA



\$4

**COOL WHIP
DESSERT TOPPING**
selected varieties
frozen
1 L
garniture à dessert
20030369001_EA



1⁸⁹

**BETTY CROCKER
SUPER MOIST CAKE
MIX 375/404 g, SNACK
SIZE MIX 184/212 g or
FROSTING 340/450 g**
selected varieties
mélanges à gâteau ou
mélanges à collation ou
glacage
20562641002_EA/21547838_EA



4⁵⁰

HERSHEY'S CHIPITS
selected varieties
200-270 g
brisures de chocolat
21452844_EA/21452924_EA



3⁴⁹

**EAGLE BRAND
SWEETENED CONDENSED
MILK**
selected varieties
300 mL
lait condensé sucré
21012618_EA



5⁹⁹

**NO NAME®
COCOA POWDER**
227 g
poudre de cacao
21467906_EA



4⁵⁰

**E.D. SMITH
PIE FILLING**
selected varieties
540 mL
garniture pour tarte
20297753001_EA



3⁵⁰

CRISCO SHORTENING or TENDERFLAKE LARD
selected varieties
454 g
shortening ou saindoux
20027695_EA/21475300_EA



3⁴⁹

**ALCAN FOIL 50 ft or NON-STICK 25 ft,
GLAD WRAP 60 m or REYNOLDS
PARCHMENT PAPER 35 ft**
papier d'aluminium ou pellicule plastique
ou papier parchemin
20043471_EA/20051862_EA



BABY ESSENTIALS AT LOW PRICES

26⁹⁷

HUGGIES PULL UPS or GOODNITES TRAINING PANTS
selected varieties
24-74's
culottes d'entraînement
20963841_EA/21371199_EA



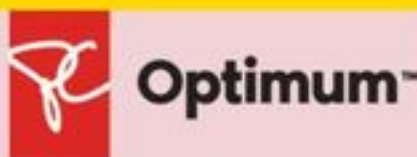
34⁹⁹

PAMPERS ECONO PACK DIAPERS
selected varieties
size N-8, 58-200's
couches
21551525_EA/21692756_EA



75⁴⁷

ENFAMIL A+ NEUROPRO or GENTLEASE READY TO FEED FORMULA
18x237 mL
préparation prête à servir
21590060_C01



BABY DIAPERS, WIPES, FORMULA, FOOD, NEEDS or ACCESSORIES
selected varieties and sizes
couches ou lingettes ou préparation ou aliments
ou articles ou accessoires
20358339007_EA/21172500_EA/21551645_EA/21699547_EA/
20322414002_EA/21540721_EA

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

That's
\$10
value



ONE DAY ONLY! FRIDAY, MARCH 20TH

HUGGIES ECONO PACK DIAPERS
selected varieties
size N-8, 60-208's
couches
21456748_EA/21663768_EA

\$34⁹⁹

Earn
5,000
pts

That's
\$5
value

BABY ESSENTIALS AT LOW PRICES

2⁶⁹

**SIMPLY GOURMET
CRUNCHERS or
PUFFIES SNACKS**
selected varieties, 32 g
collations pour bébé

21597310_EA/21597336_EA



2⁷⁹⁹

**HUGGIES
SUPER BIG PACK DIAPERS**
selected varieties
N-7, 36-128's
couches

21172500_EA/21371074_EA



2⁸⁹⁹

**PAMPERS SWADDLERS,
CRUISERS or BABY-DRY
SUPER BIG PACK DIAPERS**
selected varieties
38-120's
couches

21370843_EA/21370844_EA



3⁴⁹⁹

**HUGGIES ECONO PACK
DIAPERS**
selected varieties
size N-8, 60-208's
couches

21456748_EA/21663768_EA



2⁴⁹

**LITTLE BELLIES
ORGANIC PICK-ME-STICKS**
selected varieties
16 g
collations pour bébé

21540210_EA/21540211_EA



2⁵⁰

**GERBER SNACKS or
ENTREES**
selected varieties
42-190 g
collations ou plats cuisinés pour bébé

20304618003_EA/20304618007_EA



\$³⁴⁹⁹

Earn
2,000
pts

That's
\$²
value

**NIURISS MILK-BASED
INFANT FORMULA**
0-12 months, 700 g
préparations pour nourrissons à base de lait

21648061_EA



5⁴⁹⁹

**SIMILAC PRO-ADVANCE
POWDER FORMULA**
Step 1 or 2
859 g
préparation en poudre

21436985_EA/21437126_EA



ALWAYS

\$⁵



PC® 3X BABY WIPES
scented or unscented
300's
lingettes pour bébé

21540716_EA/21550950_EA

12⁷⁹



**DIAPER RASH
SUDOCREM**
250 g
crème pour l'érythème fessier

20147213_EA

12⁹⁹



LIVE CLEAN BABY NEEDS
selected varieties
750 mL
produits pour bébé

20607029_EA/20607347_EA

1000s OF LOWERED PRICES EVERY DAY!

PRICE DROP

\$5



CREST GUM TOOTHPASTE 63 mL or
SCOPE MOUTHWASH 1 L
selected varieties
dentifrice ou rince-bouche
20948747_EA/21354690_EA

5⁷⁹



**SENSODYNE or PRONAMEL
VALUE SIZE TOOTHPASTE**
selected varieties
110/135 mL
dentifrice
20432268001_EA

\$8



VASELINE HAND CREAM or BODY LOTION
selected varieties
40-227 g/150-600 mL
crème à main ou lotion
pour le corps
21085011_EA/21085906_EA

4⁵⁰



NIVEA BODY WASH 500 mL,
DEODORANT ROLL-ON 50 mL or
ANTIPERSPIRANT 51/52 g
selected varieties
nettoyant pour le corps ou déodorant à bille ou
antisudorifique
20321421004_EA/21169899_EA

6⁵⁰



SOFTSOAP LIQUID HAND SOAP REFILL
1.47 L
recharge de savon liquide pour les mains
21715457_EA/21715576_EA

\$8



NIVEA HAND or BODY LOTION
selected varieties
200-625 mL
lotion pour les mains ou le corps
21722989_EA/20700027_EA

\$4



AXE BODY SPRAY 113 g,
DEODORANT 76/85 g,
BODY WASH or **HAIR CARE** 473 mL
selected varieties
vaporisateur pour le corps ou déodorant ou
nettoyant pour le corps ou soins capillaires
21042562_EA

5⁵⁰



**L'ORÉAL PARIS HAIR EXPERTISE
HAIR CARE**
selected varieties
150-375 mL
soins capillaires
21647134_EA/21647145_EA

\$7



TRESEMME HAIR CARE
selected varieties
184-311 g/236-828 mL
soins capillaires
20315303016_EA/21170103_EA

ALWAYS

\$4



LIFE BRAND® MOUTHWASH
selected varieties, 1 L
rince-bouche
21201386_EA

5⁵⁰



TUMS ANTACID PRODUCT
60-100's or 28-32's
CHEWABLE TABLETS
selected varieties and sizes
produit antacide ou comprimés
croquables
21223300_EA

\$6



JAMIESON VITAMINS C or D
selected varieties, 75-240's
vitamines C ou D
20299993_EA/20303216001_EA

\$11



ALWAYS LINERS 92-108's,
PADS 27-52's or **TAMPAX
TAMPONS** 22-36's
selected varieties
protège-dessous ou serviettes ou
tampons
20964379_EA/21020073_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



Earn
500
pts

Until April - 8 - 2026

**NO NAME®
GARLIC TOAST**
16's
toast à l'ail



Earn
1,000
pts

Until April - 8 - 2026

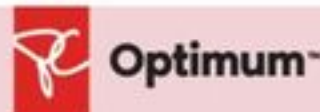
**NO NAME® POTATO AND
CHEDDAR PEROGIES**
2 kg
perogies



Earn
1,000
pts

Until April - 8 - 2026

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



Earn
750
pts

Until April - 8 - 2026

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



Earn
500
pts

Until April - 8 - 2026

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



Earn
250
pts

Until April - 8 - 2026

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



Earn
5,000
pts

Until April - 8 - 2026

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



Earn
1,000
pts

Until April - 8 - 2026

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



Earn
500
pts

Until April - 8 - 2026

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

EID MUBARAK!

عيد مبارك!



4⁹⁹

340 G



795 G



**DEGLET NOUR
PITTED DATES**
product of Tunisia,
**HONEY PITTED
DATES**
product of Iran or
**ORGANIC PITTED
DATES**
product of U.S.A.
dattes

21562279001_EA/20772841_EA

907 G



5⁹⁹

KHUDRI DATES
product of Saudi Arabia
dattes

21562486001_EA

1 KG



7⁹⁹

BRAR'S MILK CAKE
frozen, 400 g
gâteau au lait

20609047_EA



6⁹⁹

BRAR'S GULAB JAMUN
frozen, 850 g
gulab jamun

20367557_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL INFO FLAP ET

EID MUBARAK!

عيد مبارك!

1.99
LB

GINGER ROOT
product of China
4.39/kg
racine de gingembre
20179038001_KG

.99

BUNCH MINT
product of Mexico or Colombia or
CILANTRO
product of Mexico or U.S.A.
menthe ou coriandre en botte
20139326001_KG/20091825001_KG

3.99
LB

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

200 G

2.99
LB/EA

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

\$8

SUFRA® HALAL CHICKEN DRUMSTICKS
fresh
up to 840 g
pilons de poulet
halal
21427840_EA

7.49

SUFRA® HALAL LEAN GROUND BEEF
454 g
bœuf haché maigre
halal
21397283_EA

14.99

ZABIHA HALAL CHICKEN WINGS or BREADED CHICKEN BREAST FILLET
selected varieties, frozen, 908 g
ailes ou filet de poitrine de poulet pané halal
20503453_EA/21306301_EA

8.29
LB

PC* FREE FROM® AUSTRALIAN LAMB SHANKS
frozen
18.28/kg
jarrets d'agneau
20798674_KG

3.49

CRISPY NAMAK PARA
selected varieties, 360 g
namak para
21443491_EA

13.99

TILDA EXTRA LONG BASMATI or GOLDEN SELLA BASMATI RICE
4.54 kg
riz
20795464_EA/21594605_EA

2.99

RUBICON ORGANIC COCONUT WATER
1 L
eau de noix de coco biologique
21383084_EA

9.99

WAGH BAKRI PREMIUM TEA
907 g
thé
20375231_EA

9.99

QUALITY BROWN SUGAR
4.5 kg
cassonade
20718452_EA

12.99

PILLSBURY CHAKKI ATTA
9.07 kg
chakki atta
21663582_EA

1.99

FROOTI MANGO JUICE 1 L or ROYALTY DIGESTIVES 400 g
selected varieties
jus de mangue ou biscuits
20041153_EA/20875669_EA

7.49

AL RIFAI COFFEE
selected varieties
450 g
café
20830650_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 01 NFO

HAPPY VAISAKHI!

ਵਿਸਾਖੀ ਦੀਆਂ ਵਧਾਈਆਂ!

2⁴⁹
LB

LONG EGGPLANT
product of Mexico
5.49/kg
aubergine longue
20159013001_KG



3⁹⁹

PC® FINGER HOT PEPPERS
product of Mexico, **PC® RED** or **GREEN THAI HOT PEPPERS** product of Mexico or Vietnam
piments
21454748001_EA/21454049001_EA

2⁹⁹
LB

INDIAN EGGPLANT or KARELA
product of U.S.A. or Mexico
6.59/kg
aubergine indienne ou margose
20055882001_KG/20028046001_KG



1⁶⁹

METHI LEAF
product of Mexico or U.S.A.
bunch
feuilles de fenugrec
20159689001_EA

4⁹⁵

BRAR'S MALAI PANEER
375 g
paneer
20283164_EA



2⁹⁹

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



2⁴⁹

BRITANNIA GOOD DAY BISCUITS
selected varieties, 231 g
biscuits
21023105_EA



3⁴⁹

SURAJ® OKRA
selected varieties, frozen, 1 kg
gombo
20379399_EA



8⁹⁹

NANAK RASMALAI
selected varieties, 850 g
rasmalai
21284814_EA/21284818_EA



2⁴⁹

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



1⁵⁰

HALDIRAM'S INDIAN SNACKS
selected varieties
150/160 g
collations indiennes
20314667007_EA



3⁹⁹

SURAJ® GINGER AND GARLIC PASTE
selected varieties
750 g
pâte de gingembre et ail
21088388_EA/21088480_EA



\$3⁴⁹

Earn
500
pts

Save
50¢



KFI COOKING SAUCES
selected varieties
375/395 mL
sauces à cuisson
20419490003_EA
21435947_EA

1⁴⁹

PRAN NOODLES
selected varieties, 280 g
nouilles
21685687_EA



11⁹⁹

INDIA'S OWN BROWN BASMATI RICE
4.54 kg
riz basmati brun
20138918_EA



22⁹⁹

NANAK DESI GHEE
1.6 kg
ghee
20181744_EA



\$2

MDH SPICES
selected varieties
100 g
épices
20687752_EA



HAPPY EASTER!



1.79
LB

CARIBBEAN SWEET POTATOES
product of Honduras
patates douces
3.95/kg
20169868001_KG

5.99
LB

SCOTCH BONNET HOT PEPPERS product of Mexico or
YELLOW YAMS product of Costa Rica
piments forts scotch bonnet
ou ignames jaunes
13.21/kg
20025485001_KG/20070018001_KG

3.99
EA/LB

SWEET MANGOES 8.80/kg,
product of Dominican Republic or
YELLOW DRAGON FRUIT each,
product of Colombia, or Ecuador
mangues ou pitaya
20868984001_EA/20626393001_KG

4.99

ATEMOYA
product of Egypt, each
atemoya
20965690001_EA

\$10



HONEYBUN EASTER BUN
794 g
brioche de Pâques
21707200_EA

\$14



CHELSEA COD FILLETS
boned, salted, frozen, 454 g
filets de morue
20866456_EA

\$35



TASTEE PROCESSED CHEDDAR CHEESE
selected varieties, 1 kg
cheddar
21663951_EA

\$10



FERMA WHOLE RED FISH
frozen
750 g
tambour rouge
20071364_EA

3.50



NESTLÉ MILO 400 g or
NUTRAMENT VANILLA DRINK 325 mL
selected varieties
boisson de malt au chocolat
ou boisson énergisante
20103042_EA/21613313_EA

1.25



GRACE ISLAND SODA 355 mL or
GRACE PLANTAIN CHIPS 85 g
selected varieties
boissons gazeuses ou
croustilles de plantain
20299652001_EA/20603025_EA

\$3



PAN WHITE CORN MEAL
selected varieties
1 kg
farine de maïs blanche
20945705_EA

1.50



GRACE 100% COCONUT WATER 500 mL or **VIENNA SAUSAGES** 130 g
selected varieties
eau de noix de coco ou saucisses
viennoises
20305465002_EA/21027754_EA

2.50



GRACE SUNDRIED SORREL
126 g
oseille séchée au soleil
21035421_EA

.50



CHUBBY SODA
selected varieties
250 mL
soda
20941724_EA

\$3



MAGGI SEASON-UP! ALL PURPOSE SEASONING
200 g
assaisonnement tout usage
21450733_EA

5.49



GRACE CORNED BEEF
selected varieties
340 g
bœuf salé
20325345002_EA

1.99



EXCELSIOR CREAM CRACKERS 225 g or
GRACE CONDENSED WHITENER 297 mL
selected varieties
craquelins ou colorant
20877966_EA/21407916_EA

1.50



GRACE COCONUT MILK 400 mL or **POWER MALT EXTRA ENERGY** 330 mL
selected varieties
lait de coco ou boisson de malt
énergisante
20047774_EA/20796021_EA

2.49



GRACE BROWNING SAUCE
142 mL
sauce
20006947_EA

AVAILABLE AT SELECT LOCATIONS ONLY

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**Express[™]
Pass**

Get your first year
of *PC Express Pass* for

\$2/month*

- Unlimited No Frills[®] delivery or pickup
- Earn 2% back in (pts) with eligible pickup orders**

Use code

PASS76

Learn more

*/**Offer valid until April 1, 2026. Conditions apply, \$30 minimum order. Regular price \$99.99/year after your first year.



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

App exclusive offer



any combination of
**Ardene, Gap Inc.
Brands, Uber Eats,
and Uber gift cards.**



*Offer valid in-store only from March 19-25, 2026. Subject to availability; selection may vary by region and store. Please check your local store for availability. We reserve the right to limit quantities. See gift card for details, terms & conditions. Offer applies to every \$100 spent on Ardene, Gap Inc. Brands, Uber Eats, and Uber gift cards in a single transaction. Cannot be combined with any other gift card offers. Not valid on prior purchases. PC Optimum points cannot be redeemed toward the purchase of gift cards. Must be a registered PC Optimum member. All trademarks are the property of their respective owners.



Optimum™

Moredays™



**per litre of fuel
purchased at Esso™
or Mobil™ stations.***
March 19-22



Open the app to get this offer.

*Conditions apply. Complete details on the PC Optimum™ app or at www.pcoptimum.ca

no name™ mobile



& get 50% off
a SIM card



find us at the checkout lanes
exclusively at



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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