

NOFRILLS[®] YESSAVINGS

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

SAVE 20%

5⁹⁹
LB

**NEW ZEALAND
SHORT CUT LAMB
LEG**
frozen
13.21/kg
20142553_KG

WHILE QUANTITIES LAST

HALAL



SAVE 33%

1⁹⁹
LB

COOK'S PORTION HAM
4.39/kg
20559641_KG

WHILE QUANTITIES LAST



SAVE 46%

3⁷⁶

**EAT SMART SWEET KALE or
TAYLOR FARMS CHOP
SALAD KITS**
product of U.S.A.,
selected varieties
292-383 g
20674118_EA/21335159_EA



SAVE 50%

2⁴⁹

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



PRICE DROP

\$3

CLASSICO PASTA SAUCE
selected varieties
410/600 mL
20325609001_EA/21618217_EA



PRICE DROP

4⁹⁹

ARMSTRONG or PC[®] SHREDDED CHEESE 250-320 g or
ARMSTRONG CHEESE 400 g
selected varieties
21286240_EA/21346749_EA



SAVE 33%

\$6

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



SAVE 25%

2²⁵

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



ONLY

3⁵⁰

LACTANTIA CREAM 10% 1 L,
35% 473 mL or DAIRYLAND CREAM
0-18% 946 mL or 33% 473 mL,
selected varieties
20073927_EA/20962887_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
20526440_EA



SAVE UP TO 27%

12⁹⁹

**817 ELEPHANT
BRAND
BASMATI RICE**
selected varieties
4 kg
20787524_EA/21341987_EA



WOW!

12⁹⁹

ROYALE BATHROOM TISSUE
or **TIGER TOWEL**
selected varieties
21378233_EA/21484732_EA



SAVE 30%

\$4

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



Week 1

Spend & get

10%

back in (pts)

March 19 - 25

+

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 NW

FRESH AT LOW PRICES

3⁹⁹

BLACKBERRIES
product of Mexico, or U.S.A., or
RASPBERRIES
product of Mexico, or U.S.A.,
no. 1 grade
20051015001_EA

6 OZ
CLAMSHELL

PKG OF 4

3⁹⁹
EA/LB

ASPARAGUS 8.80/kg
product of Mexico, no. 1 grade or
RED or **GREEN PEPPERS**
each, product of Mexico or U.S.A.
20013208001_EA/20174581001_KG

4⁹⁹

PKG OF 3

FARMER'S MARKET™ ENGLISH CUCUMBERS
product of Western Provinces, Canada no. 1 grade
20828461001_EA

GROWN IN THE
WESTERN
PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

4⁹⁹

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



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

5⁹⁹

3 LB BAG

FARMER'S MARKET™ ORANGES
product of U.S.A.
21576167001_EA/20162945001_EA

2⁹⁹

2 LB BAG

FARMER'S MARKET™ CARROTS
product of Canada or U.S.A., no. 1 grade or
YELLOW ONIONS product of Canada,
Canada no. 1 grade
20626628001_EA/20811994001_EA

3 LB BAG

1⁹⁹
LB

SWEET POTATOES
product of Canada
4.39/kg
20127708001_KG



5⁹⁹

681 G

907 G

PKG OF 11

FARMER'S MARKET™ GRAPE TOMATOES or
PC® VARIETY TOMATOES product of Canada or
Mexico or **FARMER'S MARKET™ MINI**
CUCUMBERS
product of Canada, Canada no. 1 grade
20840038001_EA/21070679001_EA

5⁹⁹

MINI SEEDLESS WATERMELON
product of Guatemala, Honduras, Costa Rica, Mexico
or Brazil
20145379001_EA

2⁹⁹
EA/LB

BROCCOLI CROWNS
6.59/kg, product of Mexico, or U.S.A., or
BROCCOLINI each, product of U.S.A.
20154907_EA/20026161001_KG

1⁹⁹

RED MANGOES
product of Peru
20059635001_EA

5⁹⁹

PKG OF 3

ROMAINE HEARTS
product of U.S.A. or Mexico
20067389001_EA



2⁹⁹

POMEGRANATES
product of Peru
20134767001_EA



6⁹⁹

5 LB BAG

FARMER'S MARKET™ AMBROSIA
APPLES or **PINK LADY APPLES**
product of Western provinces, Canada
fancy grade
20697766001_EA/20630646001_EA



6⁹⁹

3 LB BAG

PC® MANDARINS
product of U.S.A.
20864961001_EA

\$9

20 LB BAG

NO NAME® NATURALLY IMPERFECT
IMPERFECT™ RED or **RUSSET**
POTATOES
product of Canada, Canada no. 2 grade
20044637001_EA/20101572001_EA



3⁹⁹

454 G

CELERY
product of U.S.A. or Mexico, no. 1 grade or
PC® WHOLE WHITE or **CREMINI**
MUSHROOMS product of Canada
20163119001_EA/20761372_EA/20738571_EA



5⁹⁹

600 G

FARMER'S MARKET™ KIWI
product of Greece
21576167001_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.

DELI DEALS

\$5

PC® CHEESE SLICES
140-170 g or
BLOCKS 250 g or
ZIGGY'S®
PEPPERONI STICKS
300 g
selected varieties
20250947_EA/21665209_EA



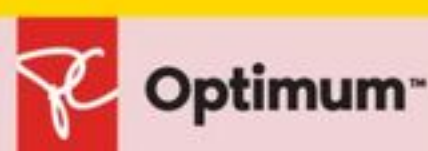
\$4

MASTRO SALAMI
100-175 g or,
SAN DANIELLE
PROSCIUTTO 100 g
or **SAPUTO CHEESE**
TUBS 170-200 g
selected varieties
20573975_EA/21061099_EA



\$4

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



\$5.50

Earn
1,000
pts

That's
\$1
value

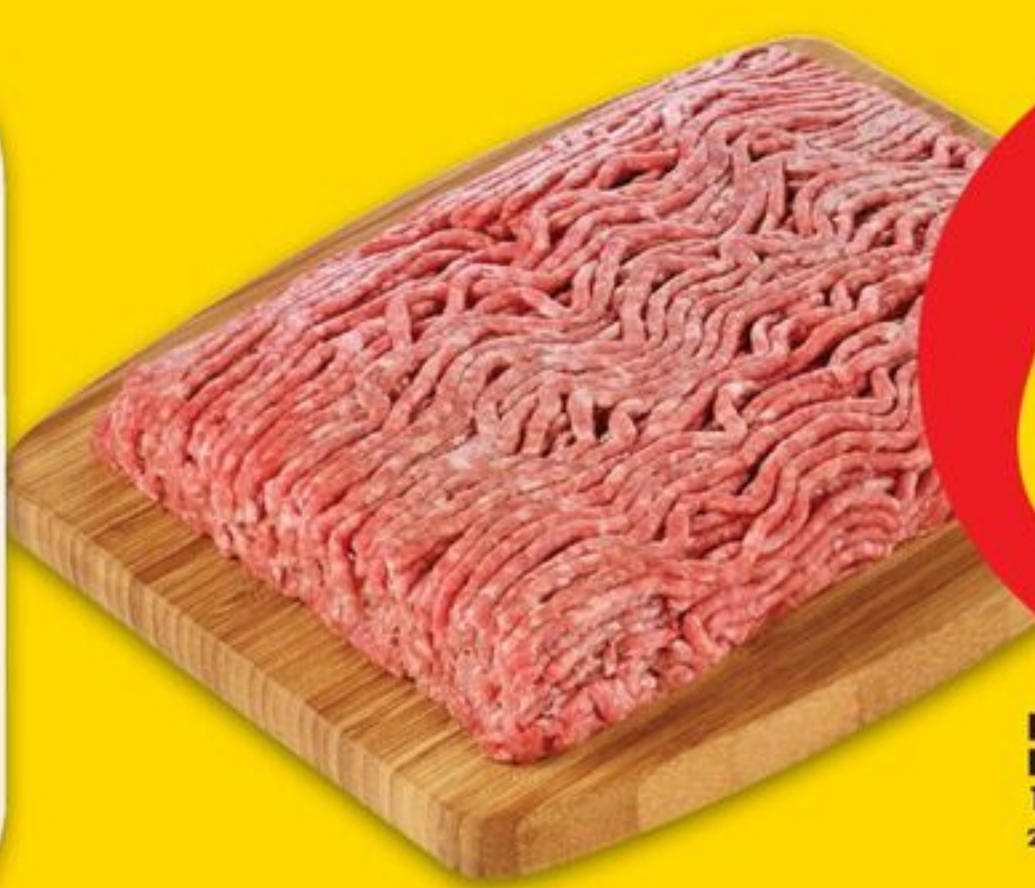


RESER'S MAIN
ST. BISTRO MAC AND CHEESE or
MASHED POTATOES 567-680 g or
DAIYA VEGAN CHEESE 200/220 g
selected varieties
20027947_EA/21207740_EA

FRESH AT LOW PRICES

\$15

PC® AIR CHILLED WHOLE CHICKEN or SUFRA® HALAL WHOLE CHICKEN
up to 1.7 kg
21666198_EA



6.50
LB

LEAN GROUND BEEF AND PORK
14.33/kg
20865962_KG

3.99
LB

PORK COMBO CHOP
fresh, bone-in
8.80/kg
20976983_KG



CLUB SIZE



7.99

MARCANGELO JUMBO SAUSAGE
selected varieties, frozen
500/675 g
21289731_EA

4.49

SCHNEIDERS WIENERS or MAPLE LEAF TOP DOGS
selected varieties
375 g
21093477_EA



\$10

MAPLE LEAF or SCHNEIDERS HAM
selected varieties
600/700 g
21094878_EA



7.99

LOU'S or MANDARIN ENTRÉES
selected varieties, fully cooked
375-450 g
20507550_EA/21699144_EA



Optimum

\$7

Earn 1,000 pts

GUSTA VEGAN SAUSAGE
selected varieties
350 g
21284431_EA

\$1

\$8

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

\$9

HIGH LINER WILD PACIFIC PINK SALMON FILLETS
frozen
400 g
21093881_EA

3.50

FREYBE LIVER SAUSAGE
selected varieties, 250 g
20008349_EA

\$4

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

\$6

LA CASA ROSA FRESH ENTRÉES 350 g or PACE PIZZA 502-542 g
selected varieties
21515170_EA/21673693_EA

\$2

NO NAME® BREAD
selected varieties
520 g
21509610_EA

\$3

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

\$5

LA BAGUETTERIE MICHE
selected varieties
600/800 g
20862393_EA

3.50

MASTRO CAPOCOLLO 125 g or SAN DANIELE MORTADELLA 175 g
selected varieties
20576743_EA/20577341_EA

\$6

MASTRO SALAMETTI CHUB
hot or mild
300 g
20046483_EA/20303790_EA

7.50

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

App exclusive offer



\$5

Earn
2,000
pts

That's
\$2
value

PC® MINI MUFFINS
selected varieties
12's
21488839_EA

Moredays Moredays Moredays



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
21531415_EA

App exclusive offer

\$8

Earn
4,000
pts

That's
\$4
value

PC® BACON
selected varieties
500 g
20152629_EA



App exclusive offer

\$3.38

Earn
1,500
pts

That's
\$1.50
value

VH COOKING or DIPPING SAUCE
selected varieties
341-380 mL
20984002_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 21080164_EA/21687535_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 20641267_EA/21188654_EA



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 20069590_EA/20311529002_EA

Earn
5,000
pts

For every \$10* spent

That's
\$5
value



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

Earn
3,000
pts

For every \$10* spent

That's
\$3
value



KNORR or LIPTON SOUP MIX
selected varieties
40-912 g
20297514001_EA/203115085002_EA

Earn
1,500
pts

For every \$7* spent

That's
\$1.50
value



FLEISHMANN'S YEAST 24-450 g, **BREAD BOOSTER** 100 g, **CORNSTARCH** 454 g or **BAKING POWDER** 340 g selected varieties 20006692_EA/20102920002_EA

Earn
3,500
pts

For every \$10* spent

That's
\$3.50
value



CHRISTIE CRISPERS
selected varieties
145 g
21358327_EA/21358333_EA

Earn
2,000
pts

For every \$5* spent

That's
\$2
value



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

Earn
2,000
pts

For every \$5* spent

That's
\$2
value



EXCEL GUM MULTIPACK
selected varieties
3's
21435037_EA/21435038_EA

Earn
3,000
pts

For every \$8* spent

That's
\$3
value

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.

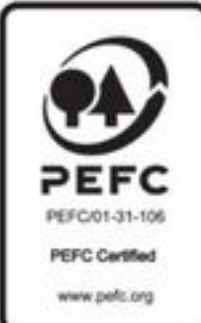
NOFRILLS

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

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



this product contains
post consumer recycled
paper



App exclusive offer

\$2.50

Earn
500
pts

That's
50¢
value

**PC® LIQUID
DISH DETERGENT**
selected varieties
638 mL-1 L
21012490_EA/21012740_EA



Moredays
Moredays
Moredays



Moredays™

March 19-25, 2026

\$8

Earn
3,000
pts

That's
\$3
value



GLAD GARBAGE BAGS
selected varieties
10-52's
20297334001_EA/21613985_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
20304767002_C06/20308731008_C06



PC® NUTRITION FIRST® DOG FOOD
selected varieties
2 kg
21304456_EA

App exclusive offer

\$12

Earn
3,000
pts

That's
\$3
value



**LIQUID I.V. HYDRATION MULTIPLIER
ELECTROLYTE DRINK MIX**
selected varieties
6-16's
21592444_EA/21592485_EA

Earn
5,000
pts

For every \$20*
spent

That's
\$5
value

App exclusive offer



IAMS DOG FOOD
all sizes and varieties
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
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
20944173_EA

Earn
5,000
pts

For every \$15*
spent

That's
\$5
value



LISTERINE MOUTHWASH
all varieties and sizes
20348438001_EA/21091218_EA

Earn
5,000
pts

For every \$12*
spent

That's
\$5
value



**TYLENOL, BENYLIN
or ZARBE'S
COUGH COLD PRODUCT**
selected varieties and sizes
20322277001_EA 20315180001_EA

Earn
8,000
pts

For every \$20*
spent

That's
\$8
value



**BENEFIBER,
CENTRUM, EMERGEN-C,
ADVIL, NEOCYTRAN,
TUMS, SENSODYNE or
POLIDENT PRODUCT**
selected varieties and sizes
21235884_EA/20997357_EA/21111046_EA/21372442_EA
20316898001_EA/20324424001_EA/21223300_EA
20437569002_EA/20301179003_EA/21661561_EA

Earn
7,500
pts

For every \$20*
spent

That's
\$7.50
value



**SCRUBBING BUBBLES,
DRANO & GLADE**
all sizes and varieties
20323855001_EA/21367989_EA

Earn
5,000
pts

For every \$10*
spent

That's
\$5
value



**FINISH AUTO
DISHWASHER TABS
or RINSE AID**
all sizes and varieties
20548797_EA/21218875_EA

Earn
4,000
pts

For every \$12*
spent

That's
\$4
value



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

Earn
5,000
pts

For every \$14*
spent

That's
\$5
value

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**

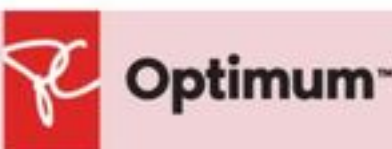
As compared to other major grocery retailers within your local trade areas. Offer valid March 1st - 31st, 2026 while quantities last. We reserve the right to limit quantities to reasonable family requirements. See in store for limits. No rainchecks.

Moredays
Moredays
Moredays



Moredays™

MARCH 19 - 25, 2026



App exclusive offer

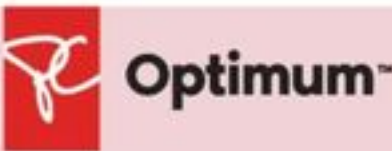


OLD EL PASO PRODUCTS
all sizes and varieties
20795534_EA/21049505_EA

Earn
5,000
pts

For every \$10*
spent on

That's
\$5
value



App exclusive offer

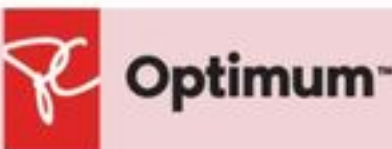


CHRISTIE COOKIES 251-303 g,
MINI COOKIES or
SNAK PAKS 144-200 g,
RITZ BITS SANDWICHES or
MINI ORIGINAL SNAK PAKS 280 g or
SOUP PATCH KIDS CANDY 135-154 g
selected varieties
21358407_EA/21545554_EA/21585155_EA

Earn
4,000
pts

For every \$10*
spent on

That's
\$4
value



App exclusive offer

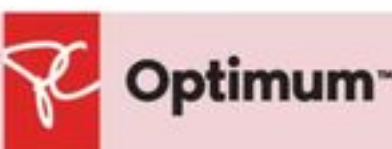


**FARMER'S MARKET™
BUTTER CROISSANTS**
6's
20975943_EA

Member Price
\$4

Non-Members
\$5.50

Members
Save
\$1.50



App exclusive offer



PC® BRIE or CAMEMBERT CHEESE
selected varieties
165-200 g
20787327_EA

Member Price
\$5.50

Non-Members
\$6.50

Members
Save
\$1

BRANDS YOU LOVE AT LOW PRICES

4⁵⁰

ACTIVIA YOGURT
selected varieties
8x100 g

20325384002_EA/21726103_EA



2⁵⁰

NO NAME® SOUR CREAM
selected varieties
500 mL

20299657_EA

4⁵⁰

CHAPMAN'S MARKDALE ICE CREAM 2 L or COLLECTION NOVELTIES 8's
selected varieties, frozen

20315236001_EA/20323757001_EA



3⁵⁰

BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT 410 g or LACTANTIA CREAM CHEESE 227 g
selected varieties

21252564_EA/21673558_EA



4⁵⁰

PC® FLATBREAD
selected varieties, frozen
338-395 g

21013452_EA



\$5

INTERNATIONAL DELIGHT COFFEE ENHANCERS 946 mL or COLD FOAM 396 g
selected varieties

20895480007_EA



\$4

PC® ORANGE JUICE, LEMONADE or TEA,
selected varieties, refrigerated
1.54 L

21430531_EA/21430542_EA



2⁷⁵

PC® TORTILLA CHIPS
selected varieties
320-350 g

20305180_EA



\$3

MONSTER 444-473 mL or RED BULL ENERGY DRINKS 250 mL
selected varieties

20702466_EA/20938249_EA



\$2

DEL MONTE NECTAR
selected varieties
960 mL

20894117004_EA



1²⁵

CLOVER LEAF FLAVOURED TUNA
selected varieties, 85 g

20315581002_EA



2⁵⁰

DARE BEAR PAWS 168-210 g, ULTIMATE COOKIES 290/300 g, VIVA PUFFS 300 g or WAGON WHEELS 315/360 g, selected varieties

20025850001_EA/21080791_EA



1⁵⁰

CAMPBELL'S CONDENSED SOUP
selected varieties
284 mL

20297246002_EA



2⁸⁸

MARIO'S CORNED BEEF or COOKED HAM
340 g

21295614_EA



\$3

KRAFT SALAD DRESSING
selected varieties
425 mL

21584931_EA



11⁹⁹

BERTOLLI OLIVE OIL
selected varieties
750 mL/1 L

20156182001_EA



5⁵⁰

KD ORIGINAL
5x200 g

21594313_EA



\$2

Earn
250
pts

25^{pts}

BETTY CROCKER POTATOES
selected varieties
141-215 g

20296518002_EA
21574295_EA



BRANDS YOU LOVE AT LOW PRICES

4⁹⁹

**HELUVA GOOD!
FRENCH ONION DIP**
680 g
20312788001_EA



6⁵⁰

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

4⁵⁰

**PC® SCOOP SHOP
ICE CREAM 946 mL or
NOVELTIES 330 mL**
selected varieties
21575127_EA/21077477_EA



5⁹⁹



LACTANTIA BUTTER
selected varieties
454 g
20639926_EA



1⁶⁹

ITALPASTA
selected varieties
750 g
20296241001_EA/20296241003_EA



2²⁹



CAVENDISH FRIES
selected varieties, frozen
800 g
21559837_EA

6⁵⁰



ACTIVIA EXPERT YOGURT
selected varieties
750 g
21688205_EA

\$3



**DOLE FRUIT BOWLS 4x107 mL or
FRUIT N' GEL SNACKS 4x123 g**
selected varieties
20318455001_EA

\$4

Earn
1,000
pts

\$1

**CRAVE DINNER
ENTREES 200-340 g or
KRAFT DELUXE
MAC AND CHEESE
340 g**
selected varieties,
frozen
21085515_EA



2⁵⁰



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

13⁹⁹



**MCCAFÉ ROAST AND
GROUND COFFEE PODS**
selected varieties
10/12's
21238598_EA

4⁹⁹



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

\$3



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

5⁵⁰



POST FAMILY SIZE CEREAL
selected varieties
525-635 g
21542452_EA/21575229_EA

4⁵⁰



**NO NAME® HAZELNUT
SPREAD 725 g or JAM 500 mL**
selected varieties
20032552001_EA/20683943_EA

7⁷⁷



**NESCAFÉ GOLD
INSTANT COFFEE
90-100 g or
ESPRESSO
CONCENTRATE
500 mL**
selected varieties
21074552_EA/21665148_EA

3⁷⁵



**FERRERO
CHOCOLATE
BAR**
selected varieties
90 g
21428863_EA

1⁵⁰



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

\$5



PC® MILK CHOCOLATE BUNNY
100 g
21609314_EA

5⁵⁰



**KINDER
CHOCOLATE
EGG**
selected varieties
100 g
20719295_EA

BRANDS YOU LOVE AT LOW PRICES

.88

COLGATE or CREST TOOTH PASTE 50-100 mL, or **MANUAL TOOTHBRUSH** 1 ea
selected varieties
20338731001_EA/20975582_EA



4⁵⁰

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

4⁵⁰

DAWN DISHWASHING LIQUID 535-982 mL
or **POWERWASH REFILL** 473 mL
selected varieties
21430550_EA/21430569_EA



\$4

LYSOL MULTI SURFACE CLEANER 1.2 L, **BATHROOM SPRAY** 950 mL or **BATHROOM AEROSOL** 538 g
selected varieties
20309873002_EA/21231235_EA

\$5



NO NAME® FOOD STORAGE CONTAINERS
selected varieties
20162802_EA/20149018_EA

10⁹⁹



ZIPLOC FOOD STORAGE BAGS
selected varieties
60-270's
21196101_EA

Optimum™

\$3⁵⁰

Earn **1,000 pts**

PC® YARD WASTE BAGS
5's
20429980_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 AUTO DISHWASHER TABS** 10-15's or **RINSE AID** 473 mL
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
20856516005_EA

Coca-Cola

7⁵⁰

FUZE ICED TEA
selected varieties
12x341 mL
21645563_C12

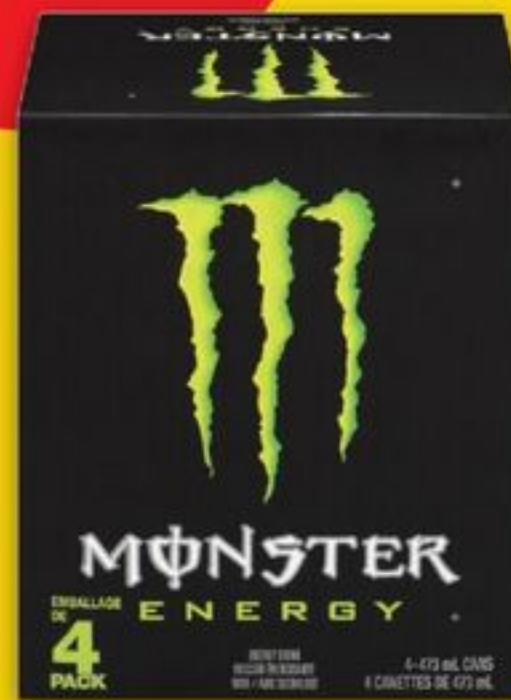


4²⁵



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

9⁵⁰



MONSTER ENERGY DRINK
selected varieties
4x473 mL
20937631_C04

2²⁵



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

THE
MAGNUM[®]
ICE CREAM  COMPANY

\$5

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



\$4



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

\$5



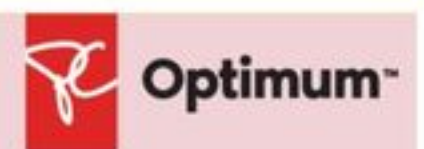
BREYERS CREAMERY STYLE ICE CREAM
selected varieties, frozen
1.41 L
21651606_EA



\$15

Earn
2,000
pts

That's
\$2
value



TRE STELLE FETA CHEESE TUB
850 g
21618723_EA

\$6



CASTELLO DELI CHEESE
125-200 g or **APETINA DANISH FETA CHEESE** 200 g
selected varieties
20428574_EA/20599157_EA

\$7



TRE STELLE MOZZARELLA BALL
selected varieties
340 g
20189267_EA



\$10



GENERAL MILLS JUMBO CEREAL
selected varieties
825 g-1.3 kg
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
21279930_EA/21344016_EA

\$1



OLD EL PASO SEASONING
selected varieties, 24 g
21049495_EA

3⁵⁰



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

\$2



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



5⁹⁹



YOPLAIT YOP 6x200 mL,
LIBERTÉ KEFIR 1 L or
MÉDITERRANÉE 900 g
YOGURT
21305347_EA/21721005_EA

3²⁵



LIBERTÉ MÉDITERRANÉE 500 g
or **YOPLAIT PROTEIN** 650 g
YOGURT
selected varieties
20788062001_EA/21547564_EA

6⁵⁰



LIBERTÉ GREEK YOGURT
selected varieties
650/750 g
20704361001_EA/21079491_EA



8⁹⁹



ROYALE BATHROOM TISSUE
selected varieties
15=30 rolls
21572800_EA

8⁹⁹



ROYALE TIGER TOWEL PAPER TOWELS
selected varieties
2/3=6 rolls
21484702_EA

11⁹⁹



ROYALE FACIAL TISSUE
12x100 sheets
20705292_EA

BAKING ESSENTIALS AT LOW PRICES

1⁷⁹

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



8⁵⁰

**PC® BLUE MENU
EGG WHITES**
1 kg
20821364001_EA



5⁹⁹

NO NAME® COCOA
227 g
21467906_EA



6⁹⁹

BECEL MARGARINE
selected varieties
637/850 g
20297818002_EA



\$4⁴⁹

Earn
500
pts

That's
50¢
value

ROBIN HOOD FLOUR
selected varieties
2/2.5 kg
20039497001_EA/20039497005_EA



\$3²⁹

Earn
500
pts

That's
50¢
value

**ROBIN HOOD QUICK, LARGE FLAKE or
MINUTE OATS**
selected varieties
1 kg
20893369_EA/20893370_EA



3⁵⁰

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



\$4

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



2⁴⁹

ROGERS SUGAR
selected varieties
1 kg
20108812_EA/20169394_EA



3⁵⁰

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



3⁴⁹

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



4⁵⁰

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



\$5

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



1⁸⁹

**BETTY CROCKER SUPER MOIST
CAKE MIX 375/404 g, SNACK SIZE
MIX 184/212 g or FROSTING 340/450 g**
selected varieties
20562641007_EA/21547838_EA



3⁴⁹

**ALCAN FOIL 50 ft or NON-STICK 25 ft,
GLAD WRAP 60 m or REYNOLDS
PARCHMENT PAPER 35 ft**
20043471_EA/20051862_EA



UP TO **50% OFF**

JAMIESON VITAMINS AND SUPPLEMENTS
selected varieties and sizes
20311899_EA/21587778_EA



\$12

LIQUID I.V. HYDRATION MULTIPLIER ELECTROLYTE DRINK MIX
selected varieties
6's
21592485_EA/21592512_EA



\$18

POISE PADS or DEPENDS UNDERWEAR
selected varieties and sizes
12-66's
21023366_EA/21099790_EA



\$13

ADVIL TABLETS 40-100's, CAPLETS 45-100's, LIQUI-GELS 40-72's, LIQUID 230 mL, VOLTAREN 100-150 g or ROBAX CAPLETS 18's
selected varieties and sizes
20077169001_EA/20809786_EA



\$10

ICY HOT SPRAY, CREAM or PATCH
selected varieties and sizes
20154052001_EA/21485173_EA



BABY ESSENTIALS AT LOW PRICES

26⁹⁷

HUGGIES PULL UPS or GOODNITES POTTY or NIGHTTIME CP TRAINING PANTS
selected varieties
24-74's

20963841_EA/21371199_EA



34⁹⁹

PAMPERS ECONO PACK DIAPERS
selected varieties
size N-8, 58-200's

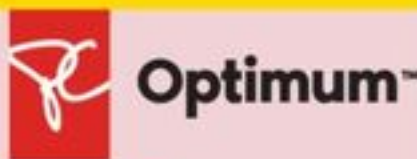
21551525_EA/21692756_EA



75⁴⁷

ENFAMIL A+ NEUROPRO or GENTLEASE READY TO FEED FORMULA
selected varieties
18x237 mL

21590060_C01



BABY FORMULA, FOOD, NEEDS or ACCESSORIES
selected varieties and sizes

20358339007_EA/21699547_EA/21370844_EA 21541191_EA/20322414001_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

21456748_EA/21663768_EA

\$34⁹⁹

Earn
5,000
pts

That's
\$5
value

BABY ESSENTIALS AT LOW PRICES

27⁹⁹

HUGGIES SUPER BIG PACK DIAPERS
selected varieties
N-7, 36-128's
21172500_EA/21371019_EA



28⁹⁹

PAMPERS SWADDLERS, CRUISERS or BABY-DRY SUPER BIG PACK DIAPERS
selected varieties
38-120's
21370843_EA/21370844_EA

34⁹⁹

HUGGIES ECONO PACK DIAPERS
selected varieties
size N-8, 60-208's
21456640_EA/21663768_EA



2⁶⁹

SIMPLY GOURMET CRUNCHERS or PUFFIES SNACKS
selected varieties
32 g
21597310_EA/21597336_EA

2⁴⁹

LITTLE BELLIES ORGANIC PICK-ME-STICKS
selected varieties
16 g
21540210_EA/21540211_EA



2⁵⁰

GERBER BASE SNACKS or ENTRÉES
selected varieties
42-192 g
20304618003_EA/20304618007_EA



\$34⁹⁹

Earn
2,000
pts
That's
\$2
value



NIURISS MILK-BASED INFANT FORMULA
0-12 months
700 g
21648061_EA

54⁹⁹

SIMILAC PRO-ADVANCE POWDER FORMULA
Step 1 or 2
859 g
21436985_EA/21437126_EA



ALWAYS

\$5



PC® 3X BABY WIPES
scented or unscented
300's
21540716_EA/21550950_EA

12⁷⁹



DIAPER RASH SUDOCREM
250 g
20147213_EA

12⁹⁹



LIVE CLEAN BABY NEEDS
selected varieties
750 mL
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
20948747_EA/21354690_EA

5⁷⁹



**SENSODYNE or PRONAMEL
VALUE SIZE TOOTHPASTE**
selected varieties
110/135 mL
20247931001_EA

\$8



**VASELINE
BODY LOTION**
selected varieties
40-227 g/150-600 mL
21085011_EA/21085906_EA

6⁵⁰



SOFTSOAP LIQUID HAND SOAP REFILL
selected varieties
1.47 L
21715457_EA/21715576_EA

4⁵⁰



NIVEA BODY WASH 500 mL,
DEODORANT ROLL-ON 50 mL or
ANTIPERSPIRANT 51/52 g
selected varieties
20321421004_EA/21169899_EA

\$8



NIVEA HAND or BODY LOTION
selected varieties
200-625 mL
20688737_EA/20700027_EA

\$4



AXE BODY SPRAY 113 g, **DEODORANT**
76/85 g, **BODY WASH** or **HAIR CARE**
473 mL
selected varieties
21042562_EA

5⁵⁰



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

\$7



**TRESEMME
HAIR CARE**
selected varieties
198-311 g/168-828 mL
20315303016_EA/21170103_EA

ALWAYS

\$4



LIFE BRAND® MOUTHWASH
selected varieties
1 L
21201386_EA

5⁵⁰



TUMS ANTACID PRODUCT
60-100's or 28-32's **CHEWABLE
TABLETS**
selected varieties and sizes
21223300_EA

\$6



**JAMIESON VITAMINS C or
D3** selected varieties
75-240's
20299993_EA/20303216001_EA

\$11



ALWAYS LINERS 92-108's,
PADS 27-52's or **TAMPAX
TAMPONS** 22-36's
selected varieties
20963694_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!

Members
get over

\$25

in value

CLICK FOR
THESE COUPONS
AND MORE



Optimum™



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

Save
\$2
with digital
coupon

Optimum™



**PC® SPLENDIDO
SLICED MEATS**
100 g

Earn
1,000
pts
Until April - 8 - 2026

Optimum™



**PC® PORTUGUESE
CUSTARD
TARTS**
360 g

Earn
1,000
pts
Until April - 8 - 2026

Optimum™



**PC® LOADS
OF ICE
CREAM**
1.5 L

Earn
1,000
pts
Until April - 8 - 2026

Optimum™



**PC® BLACK LABEL
ICE CREAM**
500 mL

Earn
750
pts
Until April - 8 - 2026

Optimum™



**PC® TOPPED
HUMMUS**
280

Earn
1,000
pts
Until April - 8 - 2026

Optimum™



**PC® SPRING
ROLLS**
574 g

Earn
1,500
pts
Until April - 8 - 2026

Optimum™



**PC® KETTLE
CHIPS**
200 g

Earn
500
pts
Until April - 8 - 2026

Optimum™



**PC® SPLENDIDO
EXTRA
VIRGIN OLIVE OIL**
1 L

Earn
2,000
pts
Until April - 8 - 2026

Optimum™



PC® CHOCOLATE CHIPS
226-300 g

Earn
750
pts
Until April - 8 - 2026

Optimum™



**PC® 3 PLY
FACIAL TISSUES**

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



Earn
1,000
pts

Until April - 8 - 2026

**NO NAME® POTATO AND
CHEDDAR PEROGIES**

2 kg

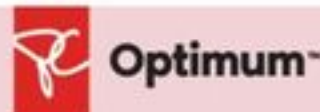


Earn
1,000
pts

Until April - 8 - 2026

**NO NAME®
LONG GRAINED RICE**

2 kg



Earn
750
pts

Until April - 8 - 2026

**NO NAME®
PEANUT
BUTTER**

1 kg



Earn
500
pts

Until April - 8 - 2026

**NO NAME®
CHOCOLATE
BARS**

100 g



Earn
250
pts

Until April - 8 - 2026

**PC® SUPER
SOFT
BATHROOM
TISSUE**



Earn
5,000
pts

Until April - 8 - 2026

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

14 kg



Earn
1,000
pts

Until April - 8 - 2026

**PC® LARGE HEAVY
DUTY FREEZER BAGS**

28



Earn
500
pts

Until April - 8 - 2026

**PC®
DISHWASHING
LIQUID SOAP**

740 mL



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.

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drops for longer.



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



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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