

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

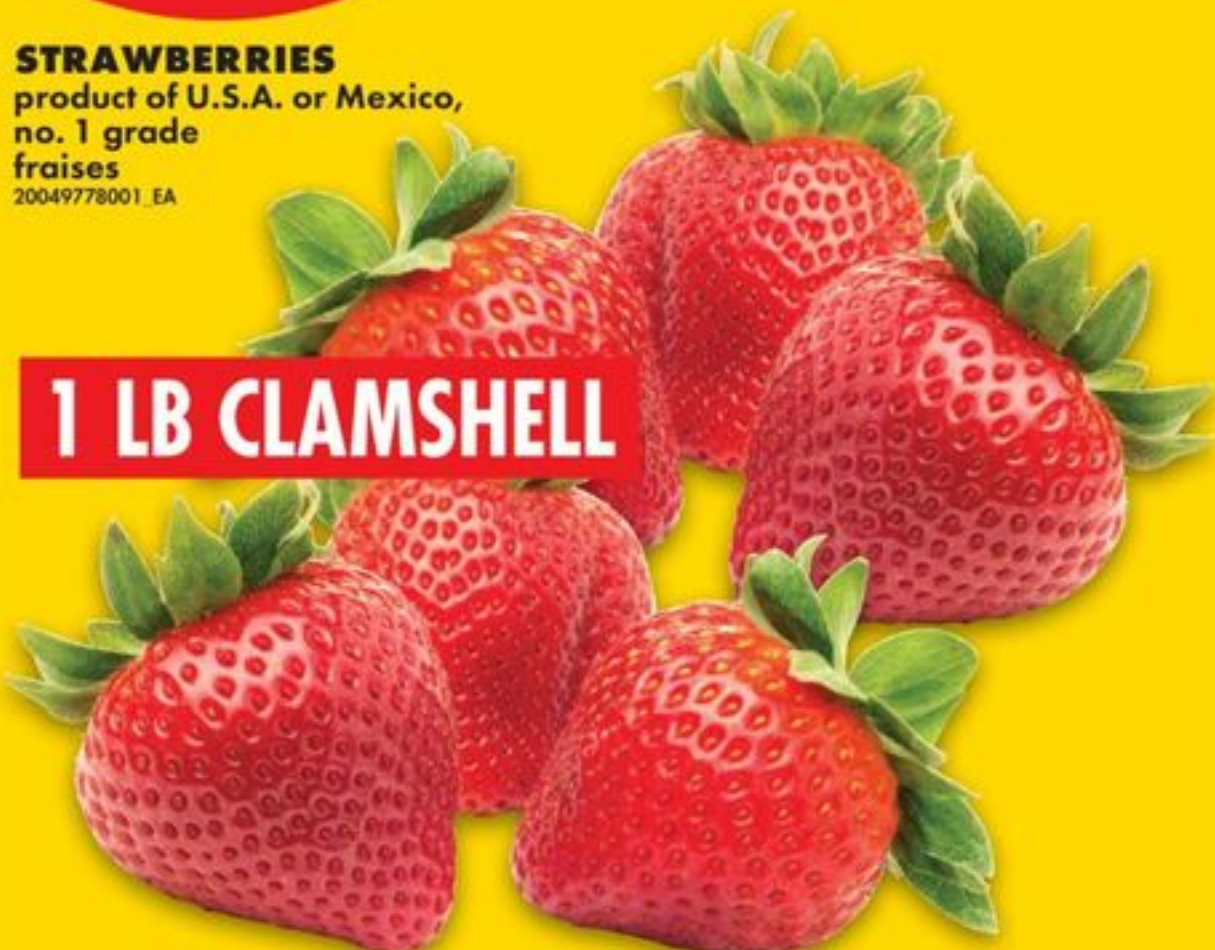
**ONLY**

**1<sup>99</sup>**

**STRAWBERRIES**

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

**1 LB CLAMSHELL**

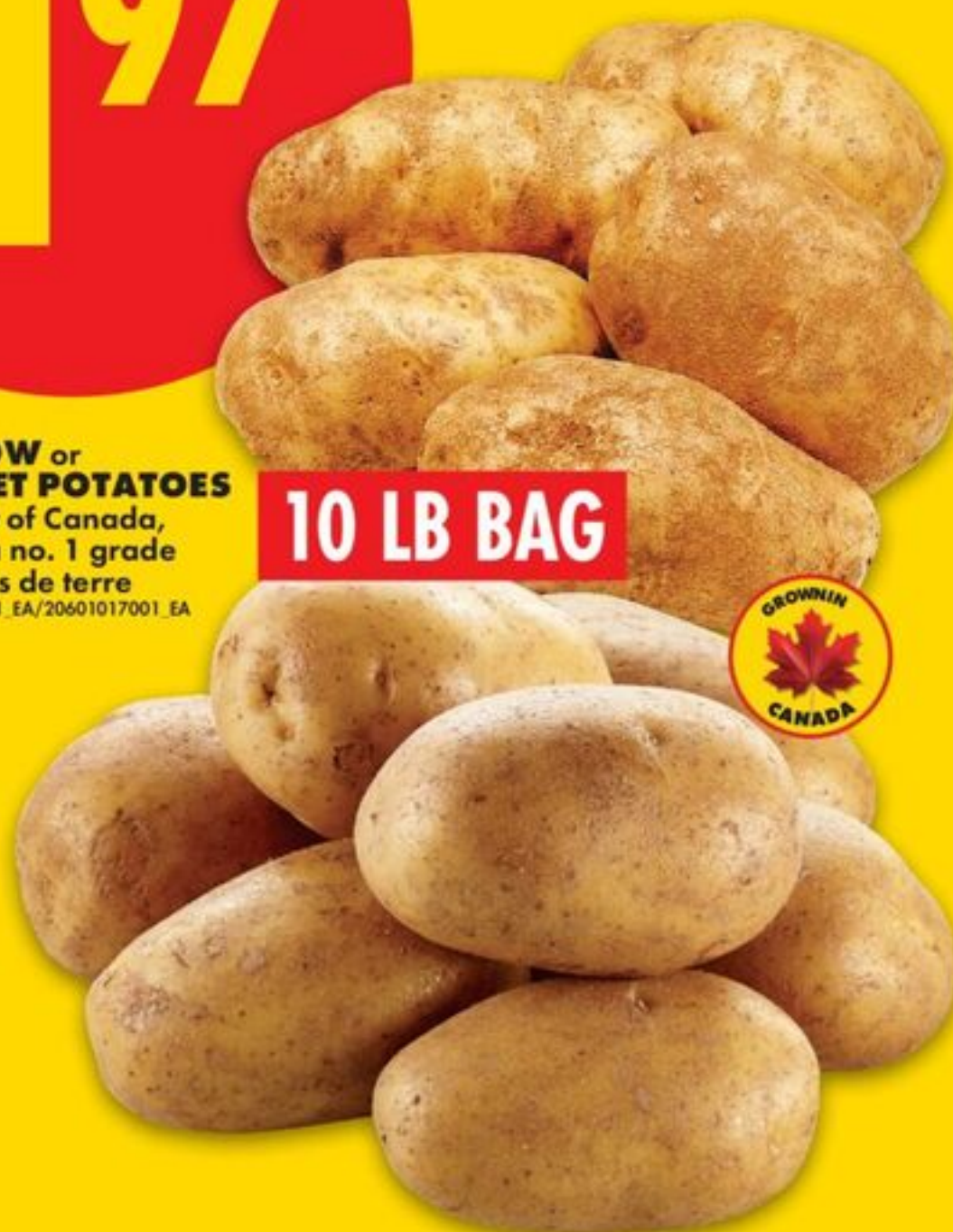


**SAVE 50%**

**1<sup>97</sup>**

**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%**

**2<sup>99</sup>**

**3 LB BAG**

**FARMER'S MARKET<sup>™</sup>  
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%**

**1<sup>99</sup>**

**397 G**

**PC<sup>®</sup> COLESLAW or  
GARDEN SALAD**  
product of U.S.A.  
salade de chou ou jardinière  
21204248\_EA/21204304\_EA

**340 G**



# NO FRILLS<sup>®</sup> 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**  
**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<sup>®</sup> 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, FRASER & HEISSA'S - RICHMOND HILL, TIM'S - RICHMOND HILL, KYLE'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 - STOUTVILLE, 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, GAIS - WHITBY, MIKE'S - WOODBRIDGE, SCOTT'S - WOODSTOCK

**no frills.ca**

01 INFO ET

Moredays  
Moredays  
Moredays



Moredays™

Thursday, March 19 to Wednesday, March 25, 2026

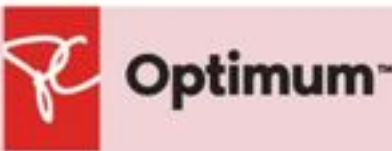


App exclusive offer



**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

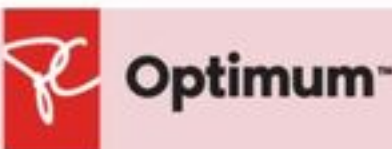


App exclusive offer



**RITZ SNACK PACK** 280 g,  
**OREO** or **CHIPS AHOY!**  
**MINI COOKIES** 150-200 g,  
**MAYNARDS** or **SOUR PATCH**  
**KIDS CANDY** 135-154 g **PRODUCTS**  
selected varieties  
biscuits ou bonbons  
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

4<sup>50</sup>



**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



\$5<sup>50</sup>

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

**2<sup>99</sup>**

**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**

**3<sup>99</sup>**  
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

**2<sup>49</sup>**  
LB

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

**6 OZ CLAMSHELL**

**3<sup>99</sup>**

**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.\***

**1<sup>49</sup>**  
LB



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

**3<sup>99</sup>**

**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

**2<sup>99</sup>**

**325 G**

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

**1<sup>99</sup>**

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

**2<sup>99</sup>**

**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

**2<sup>49</sup>**

**227 G**

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

**2<sup>99</sup>**  
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

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



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

**1<sup>29</sup>**  
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

**3<sup>99</sup>**  
LB

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

**1<sup>99</sup>**  
LB

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

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



**4 LB BAG**

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

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

**600 G**

**KIWI**  
product of Greece  
kiwi  
21576167001\_EA

**1<sup>69</sup>**



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

**3<sup>99</sup>**



**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

**6<sup>99</sup>**

**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

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

**3<sup>49</sup>**  
LB

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

**11<sup>99</sup>**  
LB

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

**11<sup>99</sup>**

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

**\$4<sup>99</sup>**  
LB

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

**CLUB SIZE**

**4<sup>49</sup>**

**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

**7<sup>99</sup>**

**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

**Earn 1,000 pts**

**\$1**

**3<sup>50</sup>**

**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

**7<sup>50</sup>**

**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

**2<sup>48</sup>**

**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

**3<sup>50</sup>**

**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

**7<sup>50</sup>**

**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



## 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

\$2<sup>29</sup>

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

\$8<sup>49</sup>

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

App exclusive offer



**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  
rinçage-bouche  
20348438001\_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



**BENEFIBER, CENTRUM,  
EMERGEN-C, ADVIL,  
NEOCITRIN, 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/20316898001\_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  
\$7<sup>50</sup>  
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**

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

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

20814294001\_EA/20822787001\_EA

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

**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



**3<sup>50</sup>**

**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

**2<sup>50</sup>**



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

21403242\_EA/21405476\_EA

**\$1<sup>25</sup>**



Earn  
**250**  
pts

25¢

**CLOVER LEAF  
FLAVOURED  
TUNA 85 g**  
thon

20315581007\_EA

**2<sup>50</sup>**



**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

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



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

20297246002\_EA

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



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

21295614\_EA

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



**KRAFT DINNER**  
original  
5x200 g  
macaroni au fromage

21394513\_EA

**\$3**



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

21584931\_EA

**11<sup>99</sup>**



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

20156182001\_EA

**2<sup>75</sup>**



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

20840911002\_EA/21422931\_EA

**2<sup>75</sup>**



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

20305180\_EA

# BRANDS YOU LOVE AT LOW PRICES

4<sup>99</sup>

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



6<sup>50</sup>

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

1<sup>50</sup>

**ITALPASTA**  
selected varieties  
750 g  
pâtes  
20296241001\_EA/20296241003\_EA



2<sup>29</sup>

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



\$4



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

**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

6<sup>50</sup>

**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

4<sup>50</sup>



**PC® SCOOP SHOP ICE CREAM**  
946 mL or **NOVELTIES** 330 mL  
selected varieties, frozen  
crème glacée ou friandises glacées  
21575127\_EA

2<sup>50</sup>



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

13<sup>99</sup>



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

4<sup>99</sup>



**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

5<sup>50</sup>



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

4<sup>50</sup>



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

7<sup>77</sup>



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

1<sup>50</sup>



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

3<sup>75</sup>



**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

5<sup>50</sup>



**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



4<sup>50</sup>

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



4<sup>50</sup>

**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™**

\$3<sup>50</sup>

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

10<sup>99</sup>



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

4<sup>50</sup>



**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

7<sup>50</sup>



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

4<sup>25</sup>



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

9<sup>50</sup>



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

2<sup>25</sup>



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

THE  
**MAGNUM**<sup>®</sup>  
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

6<sup>79</sup>



**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

3<sup>50</sup>



**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



3<sup>25</sup>

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



6<sup>50</sup>



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

5<sup>79</sup>



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



8<sup>99</sup>

**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

10<sup>99</sup>



**ROYALE FACIAL TISSUE**  
12x100 sheets  
mouchoirs  
20705292\_EA

# BAKING ESSENTIALS AT LOW PRICES

1<sup>79</sup>

**CARNATION  
EVAPORATED MILK**  
selected varieties  
354 mL  
lait évaporé

20896812\_EA/20896887\_EA



3<sup>50</sup>

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

20123609\_EA/20774431\_EA



2<sup>49</sup>

**LANTIC SUGAR**  
selected varieties  
1 kg  
sucre

20016320\_EA/20169394\_EA



6<sup>99</sup>

**BECEL MARGARINE**  
selected varieties  
637/850 g  
margarine

20297818002\_EA

\$4<sup>49</sup>

Earn  
500  
pts

That's  
50¢  
value

**ROBIN HOOD or FIVE ROSES FLOUR**  
selected varieties  
2/2.5 kg  
farine

20039497001\_EA/20039497005\_EA



\$3<sup>29</sup>

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



3<sup>50</sup>

**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



1<sup>89</sup>

**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



4<sup>50</sup>

**HERSHEY'S CHIPITS**  
selected varieties  
200-270 g  
brisures de chocolat

21452844\_EA/21452924\_EA



3<sup>49</sup>

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

21012618\_EA



5<sup>99</sup>

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

21467906\_EA



4<sup>50</sup>

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

20297753001\_EA



3<sup>50</sup>

**CRISCO SHORTENING or TENDERFLAKE LARD**  
selected varieties  
454 g  
shortening ou saindoux

20027695\_EA/21475300\_EA



3<sup>49</sup>

**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

26<sup>97</sup>

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



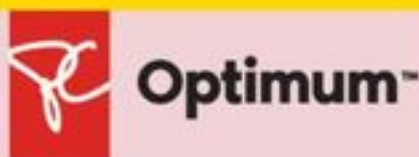
34<sup>99</sup>

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



75<sup>47</sup>

**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

**\$34<sup>99</sup>**

Earn  
**5,000**  
pts

That's  
**\$5**  
value

# BABY ESSENTIALS AT LOW PRICES

2<sup>69</sup>

**SIMPLY GOURMET  
CRUNCHERS or  
PUFFIES SNACKS**  
selected varieties, 32 g  
collations pour bébé  
21597310\_EA/21597336\_EA



27<sup>99</sup>

**HUGGIES  
SUPER BIG PACK DIAPERS**  
selected varieties  
N-7, 36-128's  
couches  
21172500\_EA/21371074\_EA



28<sup>99</sup>

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



34<sup>99</sup>



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

2<sup>49</sup>

**LITTLE BELLIES  
ORGANIC PICK-ME-STICKS**  
selected varieties  
16 g  
collations pour bébé  
21540210\_EA/21540211\_EA



2<sup>50</sup>

**GERBER SNACKS or  
ENTREES**  
selected varieties  
42-190 g  
collations ou plats cuisinés pour bébé  
20304618003\_EA/20304618007\_EA



\$34<sup>99</sup>

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



54<sup>99</sup>

**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

12<sup>79</sup>



**DIAPER RASH  
SUDOCREM**  
250 g  
crème pour l'érythème fessier  
20147213\_EA

12<sup>99</sup>



**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

### 5<sup>79</sup>



**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

### 4<sup>50</sup>



**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

### 6<sup>50</sup>



**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

### 5<sup>50</sup>



**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

### 5<sup>50</sup>



**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

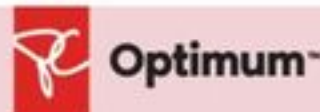
**NO NAME® POTATO AND  
CHEDDAR PEROGIES**  
2 kg  
perogies



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

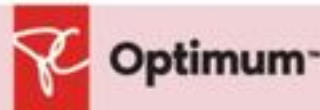
**NO NAME®  
CHOCOLATE  
BARS**  
100 g  
barres de chocolat



Earn  
**250**  
pts

Until April - 8 - 2026

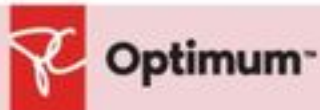
**PC® SUPER  
SOFT  
BATHROOM  
TISSUE**  
papier hygiénique



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!



4<sup>99</sup>

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



5<sup>99</sup>

**KHUDRI DATES**  
product of Saudi Arabia  
dattes

21562486001\_EA

1 KG



7<sup>99</sup>

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

20609047\_EA



6<sup>99</sup>

**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!

**2<sup>49</sup>**  
LB

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



**3<sup>99</sup>**

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

**2<sup>99</sup>**  
LB

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



**1<sup>69</sup>**

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

**4<sup>95</sup>**

**BRAR'S MALAI PANEER**  
375 g  
paneer  
20283164\_EA



**2<sup>99</sup>**

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



**2<sup>49</sup>**

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



**3<sup>49</sup>**

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



**8<sup>99</sup>**

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



**2<sup>49</sup>**

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



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

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



**3<sup>99</sup>**

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



**\$3<sup>49</sup>**

Earn  
**500**  
pts

Save  
**50¢**



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

**1<sup>49</sup>**

**PRAN NOODLES**  
selected varieties, 280 g  
nouilles  
21685687\_EA



**11<sup>99</sup>**

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



**22<sup>99</sup>**

**NANAK DESI GHEE**  
1.6 kg  
ghee  
20181744\_EA



**\$2**

**MDH SPICES**  
selected varieties  
100 g  
épices  
20687752\_EA





**Express<sup>™</sup>  
Pass**

Get your first year  
of *PC Express Pass* for

**\$2/month\***

- Unlimited No Frills<sup>®</sup> 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](http://www.pcoptimum.ca). We reserve the right to cancel or change the terms of this offer at any time without notice.

‡Throwback Prices: Program applies to one item weekly, as advertised in-store/online at [nofrills.ca](http://nofrills.ca).

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](http://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](http://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.

†Raincheck + PC Optimum Points: Applies to out of stock items advertised in the current weekly flyer ("Promotion Period"). Raincheck can be used towards purchase of the unavailable item (subject to reasonable customer/requirements) at the advertised flyer price plus 10% back in PC Optimum points when the item is back in stock or within 14 days of raincheck issue date. 10% back in PC Optimum points is calculated per item on the advertised flyer price. Raincheck requests must be made in-store during the unavailable item's Promotion Period. Raincheck must be redeemed in-store at the issuing store location. Raincheck + Pts does not apply to flyer items marked "while quantities last", gift cards, liquor, tobacco, seasonal and products which are provincially-regulated, or as we determine from time to time. Customers who are not PC Optimum program members will not be eligible to receive PC Optimum points. To become a member, visit [www.pcoptimum.ca](http://www.pcoptimum.ca). We reserve the right to cancel or change the terms of this offer at any time without notice.

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ONL NFO MKT