

NO FRILLS[®] YESSAVINGS

FLYER PRICES EFFECTIVE THURSDAY, MARCH 5 TO WEDNESDAY, MARCH 11, 2026.

SAVE 45%

\$8



FREYBE FRESH PEPPERONI STICKS
selected varieties
300/500 g
20322436 EA
20323265 EA



SAVE 44%

\$1



CARL BUDDIG SLICED DELI MEAT
selected varieties
55 g
20662015 EA

SAVE 50%

2.49
LB



WHOLE CHICKEN
fresh, 3 pack
5.49/kg
20734042 KG

WHILE QUANTITIES LAST

SAVE 22%

\$7



20 LB BAG

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

SAVE 26%

2.94



6 OZ CLAMSHELL

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

ONLY

3.49
LB



PORK SPLIT SIDE RIBS
fresh, cryovac package
7.69/kg
20289619 KG

WHILE QUANTITIES LAST

ONLY

6.50



SEAQUEST[®] RAW or COOKED WHITE SHRIMP
36-55 per lb, 300 g or
SEAQUEST[®] BAY SCALLOPS
400 g
frozen
21558537 EA/21636352 EA

SAVE UP TO 50%

\$1



CLOVER LEAF LIGHT TUNA 170 g or
GOLD SEAL SARDINES 125 g
selected varieties
20573583 EA/21024465 EA

App exclusive offer

\$20

Earn 5,000 pts

That's \$5 value



PC[®] ROAST AND GROUND COFFEE 800-930 g,
WHOLE BEAN 820/907 g or **PODS** 30's
selected varieties
21038677 EA/21668446 EA

SAVE 23%

.77



SAPPORO ICHIBAN NOODLES
selected varieties
100 g
20275907005 EA

SAVE UP TO 50%

1.44



OASIS JUICE, DEL MONTE NECTAR or ARIZONA ICED TEA 960 mL or
FRUITE BEVERAGES 2 L
selected varieties
20336722005 EA/20894117004 EA

SAVE 31%

12.99



TILDA BASMATI RICE
4.54 kg
20153678 EA

SAVE UP TO 43%

8.99



TIDE LIQUID 1.62/1.86 L or
PODS 18/31's, **GAIN LIQUID** 2.6 L
LAUNDRY DETERGENT, DOWNY FABRIC SOFTENER
1.66/2.63 L, **DOWNY** or **GAIN SCENT BOOSTERS** 379 g or
BOUNCE DRYER SHEETS 120/200's
selected varieties
21579816 EA/21593782 EA

PRICE DROP

\$3



CLASSICO PASTA SAUCE
selected varieties
410/600 mL
2032569001 EA/21618217 EA

PRICE DROP

1.69



ITALPASTA
selected varieties
750 g
20296241001 EA/20296241003 EA

PRICE DROP

8.99



GALLO EXTRA VIRGIN OLIVE OIL
selected varieties
1 L
20105368 EA

ONLY

13.49



ROGERS GRANULATED SUGAR
10 kg
20170195 EA

no frills.ca

AVAILABLE AT: ROB'S - AIRDRIE, JEB'S - BEAUMONT, TERASHITA'S - BROOKS, ANDREW'S - CALGARY, BLAIR'S - CALGARY, HARMAN'S - CALGARY, JOHN & IRISH'S - CALGARY, JOHN'S - CALGARY, KEVIN'S - CALGARY, TRAVIS - CARDSTON, SEUN & ALEXANDRA'S - CHESTERMERE, MARK'S - COCHRANE, ROB & KATHY'S - COLD LAKE, KEN'S - DAUPHIN, DAVE'S - DAWSON CREEK, NICHOLAS & MEGAN'S - DRUMHELLER, JAMES' - DRYDEN, BROOK'S - EDMONTON, CAROL'S - EDMONTON, CHRIS' - EDMONTON, COLTON'S - EDMONTON, JAY & SUZIE'S - EDMONTON, MATT & ASHLEY'S - EDMONTON, REAL & CAROLYN'S - EDMONTON, SHELDON'S - EDMONTON, TEJUS & RAMAN'S - EDMONTON, WALSH'S - EDMONTON, CLIFTON'S - ESTEVAN, CHRIS' - FORT SASKATCHEWAN, AMANDA'S - FORT ST JOHN, JINKY'S - GERALDTON, AARON & KATRINA'S - GRANDE PRAIRIE, CORY & MEGAN'S - HIGH RIVER, TERRY'S - HUMBOLDT, PAUL'S - INNISFAIL, SUKHMANN'S - KENORA, LIONEL'S - LACOMBE, CRAIG'S - LEDUC, RAY'S - LETHBRIDGE, TROY'S - LETHBRIDGE, GAGAN & SATVEER'S - MEADOW LAKE, CHRIS & TRACEY'S - MORINVILLE, MATT'S - NIPAWIN, IVAN & KAREN'S - NORTH BATTLEFORD, WESAM'S - OKOTOKS, PATRYK'S - OLDS, KARL'S - PEACE RIVER, PAUL'S - PONOKA, CRAWFORD'S - REGINA, JACE'S - ROCKY MOUNTAIN HOUSE, AUREO'S - SASKATOON, GORD'S - SASKATOON, SHANE & TINA'S - SASKATOON, AARON'S - SELKIRK, GREG'S - SLAVE LAKE, STEVE'S - SPRUCE GROVE, LENORA'S - ST PAUL, ZOE & SHANE'S - STETTLER, TINA'S - STRATHMORE, DYLAN & GALEN'S - SWAN RIVER, COVERDALE'S - SYLVAN LAKE, TONY & SAM'S - TABER, BRODY'S - THE PAS, DARCY'S - THUNDER BAY, SHAWN'S - THUNDER BAY, ADAM'S - VEGREVILLE, ISAAC'S - WAINWRIGHT, JORDAN'S - WETASKIWIN, MIKE & REBECCA'S - WHITECOURT, ANDY & NICK'S - WINNIPEG, CHRIS' - WINNIPEG, HELLARD'S - WINNIPEG, JERAMIE'S - WINNIPEG, LUIS & EMMA'S - WINNIPEG, MIKE'S - WINNIPEG, TOM'S - WINNIPEG, TREVOR & HAYLEY'S - WINNIPEG

01 NFV

MARCH

**HIT
OF THE
MONTH**



 **Made in Canada**

Quaker Chewy Granola Bars
Selected varieties, 120 g
21359366_EA/21359369_EA



 **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.

FRESH AT LOW PRICES

4.99

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

1 LB CLAMSHELL

3.99

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

6 OZ CLAMSHELL

PKG OF 5 OR 6

2.99
LB

BROCCOLI CROWNS
product of Mexico or U.S.A.
6.59/kg
20026161001_KG

4.99

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

PKG OF 3

GROWN IN THE WESTERN PROVINCES
British Columbia
Alberta • Saskatchewan
Manitoba

FRESH GUARANTEE

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

5.99

FARMER'S MARKET™ LEMONS product of U.S.A.,
KIWI product of Greece
20798811001_EA/2121576167001_EA

600 G

3 LB BAG

6.99

COSMIC CRISP™

COSMIC CRISP APPLES product of U.S.A., extra fancy grade or
AMBROSIA APPLES product of Canada, Canada fancy grade
21465188001_EA/20430646001_EA

5 LB BAG

2.99

ICEBERG LETTUCE
product of U.S.A., no. 1 grade
each
20135326001_EA

5.99

FARMER'S MARKET™ GRAPE TOMATOES or
PC® VARIETY TOMATOES
product of Canada or Mexico
20840038001_EA/20949866001_EA

907 G

681 G

2.99

BROCCOLINI
product of U.S.A.
each
20154907_EA

3.99

FARMER'S MARKET™ RED ONIONS
product of Canada or U.S.A., no. 1 grade
20811362001_EA

3 LB BAG

3.99

RED or GREEN PEPPERS
product of U.S.A. or Mexico
20115233001_EA/20013208001_EA

PKG OF 4

\$20

INTERNATIONAL WOMEN'S DAY BOUQUET
21865235_EA/21638413_EA/21638423_EA

\$10

TULIPS
21637907_EA

3.99

PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES
product of Canada, Canada no. 1 grade
21247201001_EA/21247299001_EA

680 G

2.49

FARMER'S MARKET™ CARROTS or YELLOW ONIONS
product of Canada or U.S.A., no. 1 grade
20660927001_EA/20811994001_EA

2 LB BAG

3 LB BAG

3.99

PC® WHOLE CREMINI or WHITE MUSHROOMS
product of Western provinces
20761372_EA/20738371_EA

454 G

6.99

PC® MANDARINS
product of U.S.A.
20844961001_EA

3 LB BAG

PRICE DROP

.99
LB

GREEN CABBAGE
product of Canada,
Canada no. 1 grade
20792048001_KG

\$2
LB

ROMA TOMATOES
product of Canada or Mexico, no. 1 grade
tomatoes Roma
4.41/kg
20152709001_KG

1.50

GREEN ONIONS
product of Mexico
bunch
20107500001_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

13⁹⁹

MARCANGELO SOUVLAKI KABOBS
selected varieties
480/640 g
21041735 EA



\$11⁰⁰ LB

BONELESS STEWING BEEF
24.25/kg
20106117 KG

10⁹⁹

SWISS CHALET or MONTANA'S RIBS
selected varieties
600/650 g
21022221 EA/21203458 EA



6⁹⁹

HARVEST DINNER or BREAKFAST SAUSAGES
375/500 g
21724040 EA

\$6

SCHNEIDERS JUICY JUMBOS or SMOKED SAUSAGES
selected varieties, 375/450 g
20105611 EA



\$13

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



MAPLE LEAF PRIME CHICKEN BREAST FILLET
selected varieties, up to 880 g
20568928 EA

Optimum

\$4

PC® TOPPED HUMMUS or GUSTA VEGGIE SLICES
selected varieties
280 g / 155 g
20811384 EA/21706638 EA



3⁵⁰

SMOKED STEELHEAD SALMON pre-sliced, 50 g, frozen,
GO SHRIMP raw, 51/70 per lb or cooked, 61/90 per lb, 160 g, frozen
20792840 EA/21208591 EA



9⁵⁰

SEAQUEST® WHOLE TILAPIA 1.36 kg or WHOLE POMPANO 800 g
frozen
21591947 EA/21592084 EA



\$6

PC® FREE FROM™ SLICED DELI MEAT 175 g or MASTRO SALAMETTI CHUB 300 g
selected varieties
20303790 EA/20682966 EA



\$5

PC® GOAT CHEESE 140 g or HENRI WILLIG GOUDA 200 g
selected varieties
20330259 EA/21345050 EA



\$3

ZIGGY'S® FRESH PASTA
selected varieties
350 g
20084505 EA/21302270 EA



2⁵⁰

DELI WORLD LIGHT RYE BREAD
500 g
20097436 EA



2⁵⁰

WONDER BREAD or BUNS 570 g
selected varieties
20305674 EA/20320827 EA



5⁵⁰

PIZZA BUNS
6's
21668798 EA



BRANDS YOU LOVE AT LOW PRICES



ONLY

3⁵⁰

PC® PROBIOTIC YOGURT
selected varieties
650 g
21684020, EA/21684254, EA



ONLY

\$6

PC® CHEESE BARS
400 g or **SHREDDED CHEESE** 250-320 g
selected varieties
21060183, EA/21289689, EA

ONLY

\$7

PC® ORANGE JUICE
selected varieties, refrigerated
2.5 L
21531644, EA



ONLY

\$5

PC® BLUE MENU® MARGARINE
selected varieties
907 g
20604565, EA

2⁵⁰

NO NAME® WHIPPED TOPPING
225 g
20017493, EA



\$3

PC® VEGETABLES
selected varieties, frozen
300-750 g
20318915, EA



\$6

PC® WOOD-FIRED PIZZA
selected varieties, frozen
351-413 g
21540352, EA



\$5

PC® LARGE HEAVY DUTY FREEZER BAGS
28's
21160491, EA



5⁹⁹

PC® LOADS OF ICE CREAM 1.5 L or **NOVELTIES** 288 mL
selected varieties, frozen
20746243004, EA/21575239, EA



4⁵⁰

PC® THE DECADENT COOKIES
selected varieties
280/300 g
20612237, EA/20612260, EA



2⁷⁵

PC® KETTLE COOKED, LOADS OF FLAVOURS POTATO CHIPS
selected varieties
200 g
20840911002, EA/21422931, EA



6⁵⁰

PC® SOFT DRINKS
selected varieties
12x355 mL
20218887001, C12/206990671001, C12



5⁷⁵

PC® or BLUE MENU® SPARKLING WATER
selected varieties
12x355 mL
20668034002, C01



.88

NO NAME® TOMATO, CREAM OF MUSHROOM, VEGETABLE or CHICKEN NOODLE SOUP
selected varieties
284 mL
20618885, EA



\$1

NO NAME® TOMATO PASTE, PIZZA SAUCE or MAC AND CHEESE DINNER 200 g
20118094, EA/21529754, EA



2⁷⁹

PC® CROUTONS or SALAD DRESSING
selected varieties
140 g or 475 mL
2062648001, EA/20796248002, EA



2⁷⁵

PC® SWEETENED CONDENSED MILK
300 mL
20112079, EA



8⁹⁹

NO NAME® HONEY
selected varieties
1 kg
20023683, EA



3⁵⁰

PC® or BLUE MENU® PANCAKE or WAFFLE MIX or SYRUP
selected varieties
340/905 g or 750 mL
20173129, EA/20374908, 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.

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



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

Save
\$2
with digital
coupon



**PC® SPLENDIDO
SLICED MEATS**
100 g

Earn
1,000
pts
Until April - 8 - 2026



**PC® PORTUGUESE
CUSTARD
TARTS**
360 g

Earn
1,000
pts
Until April - 8 - 2026



**PC® LOADS
OF ICE
CREAM**
1.5 L

Earn
1,000
pts
Until April - 8 - 2026



**PC® BLACK LABEL
ICE CREAM**
500 mL

Earn
750
pts
Until April - 8 - 2026



**PC® TOPPED
HUMMUS**
280

Earn
1,000
pts
Until April - 8 - 2026



**PC® CHICKEN
SPRING
ROLLS**
574 g

Earn
1,500
pts
Until April - 8 - 2026



**PC® KETTLE
CHIPS**
200 g

Earn
500
pts
Until April - 8 - 2026



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

Earn
2,000
pts
Until April - 8 - 2026



PC® CHOCOLATE CHIPS
226-300 g

Earn
750
pts
Until April - 8 - 2026



**PC® 3 PLY
FACIAL TISSUES**

Earn
1,000
pts
Until April - 8 - 2026

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Optimum



Earn
500
pts

Until April - 8 - 2026

**NO NAME®
GARLIC TOAST**
16's

Optimum



Earn
1,000
pts

Until April - 8 - 2026

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

Optimum



Earn
1,000
pts

Until April - 8 - 2026

**NO NAME®
LONG GRAINED RICE**
2 kg

Optimum



Earn
750
pts

Until April - 8 - 2026

**NO NAME®
PEANUT
BUTTER**
1 kg

Optimum



Earn
500
pts

Until April - 8 - 2026

**NO NAME®
CHOCOLATE
BARS**
100 g

Optimum



Earn
250
pts

Until April - 8 - 2026

**PC® SUPER
SOFT
BATHROOM
TISSUE**

Optimum



Earn
5,000
pts

Until April - 8 - 2026

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

Optimum



Earn
1,000
pts

Until April - 8 - 2026

**PC® LARGE HEAVY
DUTY FREEZER BAGS**

Optimum



Earn
500
pts

Until April - 8 - 2026

**PC®
DISHWASHING
LIQUID SOAP**
740 mL

BRANDS YOU LOVE AT LOW PRICES

\$1



YOPLAIT YOP DRINKABLE YOGURT
selected varieties
200 mL
21478178 EA/21478300 EA



DAIRYLAND COTTAGE CHEESE
selected varieties
500 g
20749835 EA

\$4



5.99

MCCAIN DEEP 'N DELICIOUS CAKE
selected varieties, frozen
510 g
20310132002 EA



3.50

CAVENDISH PREMIUM FRIES
selected varieties, frozen
400-750 g
21685114 EA

1.50



NESTLÉ MILKSHAKE 473 mL
or **MILK2GO** 325/473 mL
selected varieties
2032368001 EA

4.49



OASIS HEALTH-BREAK or SMOOTHIE
selected varieties, refrigerated
1.6 L
21529899 EA/21529910 EA

\$4



ORVILLE REDENBACHER MICROWAVE POPCORN
385-492 g or **KERNEL JAR** 850 g
selected varieties
20629532003 EA

3.50



SUNRYPE JUICE 1.36 L, **OASIS, ARIZONA or DEL MONTE DRINK BOXES** 8x200 mL
selected varieties
2044878003 EA/21449074 EA

6.25



GATORADE SPORT DRINKS 6x591 mL or **POWDERS** 560 g
selected varieties
20303218003 EA/20336740001 EA

\$2



COCA-COLA or PEPSI SOFT DRINKS
selected varieties
2 L
20294924002 EA/20314024002 EA

1.25



NO NAME® BROTH
selected varieties
900 mL
21189611 EA

Optimum

AYLMER ACCENTS 540 mL or **ROTEL TOMATOES** 284 g
selected varieties
21154430 EA/21307587 EA

\$2

Earn **500 pts** That's **50¢** value

CHEEZ-IT

2.50

CHEEZ-IT CRACKERS
selected varieties
191/200 g
21214539 EA/21214540 EA

\$1

NO NAME® MUSHROOMS
selected varieties
284 mL
20299211 EA

2.99

CATELLI GLUTEN-FREE PASTA
selected varieties
340/375 g
20704235 EA

\$3

DIANA or BULL'S-EYE BBQ SAUCE
selected varieties
425/500 mL
20547634005 EA/21184617 EA

4.99

BICK'S PICKLES
selected varieties
1 L
21673037 EA

2.99

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

\$6

MINUTE RICE
selected varieties
1.2/1.4 kg
20074923001 EA

BRANDS YOU LOVE AT LOW PRICES

3.50



DAIRYLAND SOUR CREAM
selected varieties
500 mL
20275966001_EA

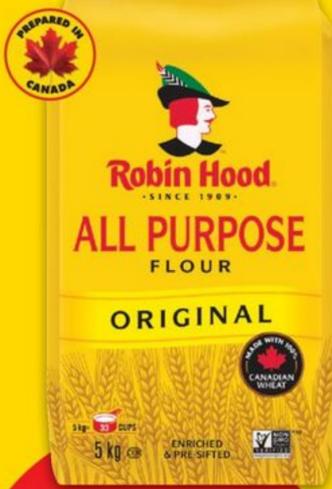


\$4

NO NAME® CHEESE SLICES
selected varieties
210/230 g
21614277_EA



CHAPMAN'S MARKDALE CREAMERY ICE CREAM 2 L or **COLLECTION NOVELTIES** 8's
selected varieties, frozen
20315236001_EA/203232757004_EA



ROBIN HOOD FLOUR
selected varieties
5 kg
20149342001_EA



HIGH LINER FISH FILLETS
selected varieties, frozen
315-700 g
20303200001_EA/21595973_EA

2.50



BAGEL BITES
selected varieties, frozen
198 g
20215483001_EA

4.50



ACTIVIA YOGURT
selected varieties
8x100 g
20325384002_EA/21726103_EA

2.50



NO NAME® PRETZELS, CHEESE SNACKS or CORN CHIPS
selected varieties
200 g
20048210_EA/20322677_EA

4.79



DARE BEAR PAWS 480/490 g, **WAGON WHEELS** 630 g or **GRISSOL MELBA TOAST** 350/400 g
selected varieties
20307218001_EA/21238487_EA

\$1



CLUB HOUSE DRY SAUCE MIX
selected varieties
20-47 g
20302816001_EA/203232721001_EA

\$5



CLUB HOUSE BLENDS or LA GRILLE SEASONING
selected varieties
111-248 g
20308006002_EA/20321740001_EA

6.99



TAZO TEA CONCENTRATE 946 mL or **LIPTON TEA BLACK or GREEN** 200 g
selected varieties
21295930_EA/21593297_EA

\$6



NESTLÉ COFFEE-MATE 425/450 g, **NESQUIK SYRUP or POWDER** 540 g
selected varieties
20309221002_EA/20320167002_EA

\$5



NO NAME® HOT CHOCOLATE MIX
500 g
20760278_EA

\$3



SENSIBLE PORTIONS VEGGIE STRAWS or CHIPS
selected varieties
120-142 g
20377204001_EA

3.99



MARS CHOCOLATE MULTIPACK
selected varieties
4's
20313925_EA/20638842_EA

Optimum™

Member Price **\$8.49**

Non-Members **\$8.99**

KELLOGG'S JUMBO SIZE CEREAL
selected varieties
700 g-1.05 kg
20072706_EA/20591235_EA

BRANDS YOU LOVE AT LOW PRICES

4⁵⁰

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



2⁵⁰

DEGREE DEODORANT
selected varieties
48-85 g
20303942001 EA/20304331002 EA



\$1

NO NAME® GEL AIR FRESHENER
selected varieties
170 g
21405442 EA/21405448 EA



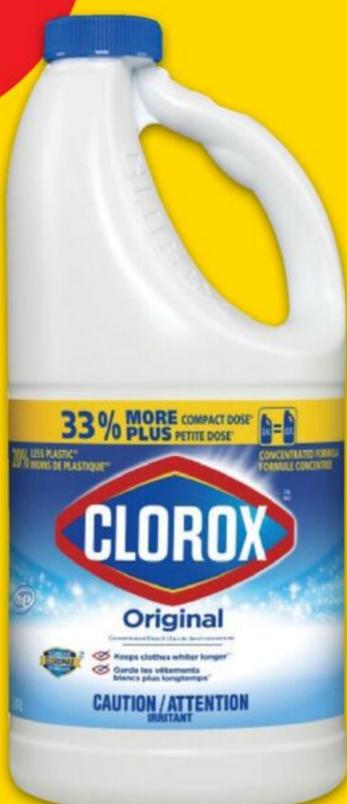
2⁵⁰

DAWN DISHWASHING LIQUID
selected varieties
431-473 mL
21430581 EA/21430590 EA



4⁵⁰

CLOROX BLEACH
2.4 L
21283179 EA



7⁹⁹

GLAD GARBAGE BAGS
selected varieties
10-52's
20297334001 EA/21339461 EA



LOW PRICES IN STOCK



\$4

KELLOGG'S ALL BRAN 405/525 g, **RAISIN BRAN** 375/436 g, **VECTOR** 306/400 g, **SPECIAL K** 320-355 g, or **MINI-WHEATS** 377-460 g **CEREAL**
selected varieties
21607207_EA/21653774_EA



3 29

FIBRE 1 BARS 125 g or **NATURE VALLEY GRANOLA BARS, PROTEIN BARS** or **BISCUITS** 148-210 g
selected varieties
20887304001_EA/20868988001_EA

3 50

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



Earn **3,000 pts**

For every \$10* spent

That's **\$3** value

KELLOGG'S FAMILY SIZE CEREAL
selected varieties
480-650 g
21449784_EA/21651640_EA



\$6

PILLER'S KOLBASSA 375 g or **PEPPERONI** 250 g
selected varieties
20042333_EA/20308469_EA

\$3

QUAKER INSTANT OATMEAL
selected varieties
232-344 g
21190260_EA/21190265_EA

\$2

QUAKER DIPP'S
selected varieties
150/156 g
20847582_EA/21185317_EA

2 50

QUAKER CRISPY MINIS
selected varieties
100-199 g
20163708002_EA/20850854_EA

6 99

STARBUCKS COFFEE ENHANCER
selected varieties
828 mL
21436915_EA

\$7

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

12 49

STARBUCKS ROAST AND GROUND COFFEE
340 g, **PODS** 10's or **HOT CHOCOLATE**
240/300 g
selected varieties
21651626_EA/21660417_EA

2 50

CHRISTIE CRISPERS
selected varieties
145 g
21358333_EA

4 79

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

2 50

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

\$1

HERSHEY'S SINGLE CHOCOLATE BAR
selected varieties
42-58 g
20581797_EA/20582012_EA

4 50

HERSHEY'S CHOCOLATE BAR MULTIPACK 4's or **POUCHES** 160-230 g
selected varieties
2030970004_EA/20573406_EA

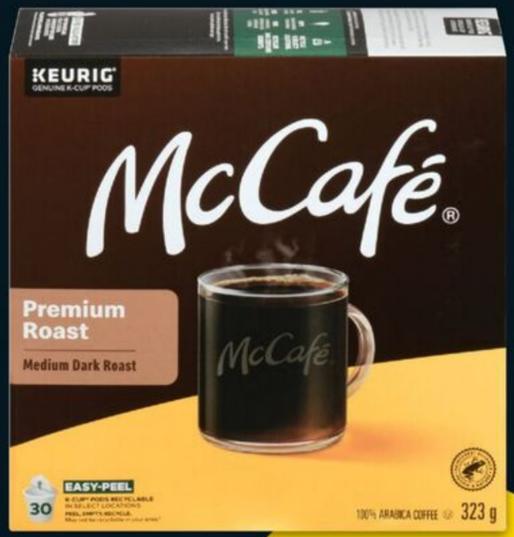
2 50

HERSHEY'S FAMILY BAR 90-120 g or **JOLLY RANCHER CANDY BAG** 182/198 g
selected varieties
20078139_EA/20683743_EA

\$2

MAYNARDS CANDY
selected varieties
135-154 g
21545554_EA/21694186_EA

LOW PRICES IN STOCK



16⁹⁹

\$23

TIMOTHY'S, KRISPY KREME or DONUT HOUSE COFFEE PODS
selected varieties
30's
21007380_EA/21433555_EA

MCCAFÉ or VAN HOUTTE GROUND COFFEE PODS
selected varieties
30's
21240975_EA



279

450

CHRISTIE COOKIES 224-303 g or **MINI COOKIES** 144-200 g
selected varieties
21358407_EA/21585155_EA

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



250

250

\$3

DARE GRISSOL TOAST BAGUETTES 150/200 g or 120/130 g
selected varieties
21033188_EA

DARE BRETON 135-200 g or **VINTA CRACKERS** 200/225 g or **VEGGIE CRISPS** 100 g
selected varieties
20973368_EA/21520664_EA

DARE BEAR PAWS ULTIMATE COOKIES 168-240 g, **WAGON WHEELS** 290/300 g or **VIVA PUFFS** 300 g
selected varieties
20974343_EA/21080791_EA



\$4

\$4

\$4

RUFFLES POTATO TORTILLA CHIPS 180-220 g or **DORITOS** 210/235 g
selected varieties
21241053_EA/21493042_EA

TOSTITOS TORTILLA CHIPS
selected varieties
205-295 g
21050573_EA

MISS VICKIE'S POTATO CHIPS
selected varieties
190-220 g
21240703_EA



\$3

267

349

\$8

PRINGLES POTATO CRISPS
selected varieties
148/150 g
21003823_EA/21003833_EA

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

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

NUTELLA HAZELNUT SPREAD 725 g or **NUTELLA & GO HAZELNUT SPREAD WITH BREADSTICKS** 208 g
20436105_EA



\$3

\$3

\$3

\$4

LECLERC CÉLÉBRATION COOKIES
selected varieties
240 g
21480155_EA

LECLERC CÉLÉBRATION MINI COOKIES
selected varieties
200 g
21448654_EA/21648929_EA

LECLERC GO PURE or NUGABAR BARS
selected varieties
140-175 g
21507858_EA/21536596_EA

SIMPLY DRINKS
selected varieties, refrigerated
1.54 L
21170793_EA

LOW PRICES IN STOCK



6²⁹

KRAFT PEANUT BUTTER
selected varieties
750 g/1 kg
20039581001_EA/20039581005_EA



3⁹⁹

PHILADELPHIA CREAM CHEESE PRODUCT 227/250 g or **KRAFT SINGLES** 410 g
selected varieties
20641267_EA/21188654_EA

15⁹⁷

MAXWELL HOUSE ROAST AND GROUND COFFEE 631-900 g or **PODS** 30's
selected varieties
21308076_EA/21606882_EA



6⁵⁰

iöGO YOGURT
selected varieties
16x100 g
20409583001_EA



\$3

OCEAN'S WHITE TUNA 170 g or **GOLD SEAL MACKEREL** 115 g or **PINK SALMON** 213 g
selected varieties
21005216_EA/21083426_EA



3⁵⁰

ACTIVIA EXPERT YOGURT
selected varieties
4x100 g
21688261_EA



\$6

LACTANTIA LACTOSE FREE or PURIFILTRE MILK
selected varieties
2 L
20301822001_EA



1⁵⁰

OCEAN'S LIGHT or FLAVOURED TUNA
selected varieties
85/170 g
21004270_EA



5⁵⁰

LYSOL WIPES 75/84's, **DISINFECTANT SPRAY** 350 g or **MULTI-PURPOSE TRIGGER** 950 mL
selected varieties
20314511001_EA/21449826_EA



\$20

FINISH DISHWASHER TABS
selected varieties
60-105's
21218875_EA/21561337_EA



\$8

ROYALE BATHROOM TISSUE
selected varieties
15x30 rolls
21572800_EA



11⁹⁹

ROYALE FACIAL TISSUE
12x100 sheets
20705292_EA



12⁹⁹

ROYALE TIGER TOWEL
selected varieties
6x12 rolls
21484732_EA



\$7

LYSOL TOILET BOWL CLEANER 2x710 mL, **DISINFECTANT SPRAY** 539 g or **LAUNDRY DISINFECTANT** 1.2 L
selected varieties
21238361_EA/21487308_EA



7⁹⁹

CHARMIN BATHROOM TISSUE 8x24 rolls or **BOUNTY PAPER TOWELS** 3rd rolls
selected varieties
21470159_EA/21707477_EA



\$15

GAIN LIQUID LAUNDRY DETERGENT 4.25 L or **FLINGS** 42's
selected varieties
20959627_EA/21671139_EA



\$22

TIDE LIQUID LAUNDRY DETERGENT 3.46/3.9 L or **PODS** or **FLINGS** 45/76's
selected varieties
21593670_EA/21593679_EA



\$13

PUREX 4.08-4.43 L, **SUNLIGHT** 4 L **LIQUID LAUNDRY DETERGENT**, **SNUGGLE FABRIC SOFTENER** 2.77 L or **DRYER SHEETS** 200's
selected varieties
20083525001_EA/21427042_EA



BIG EASTER DEALS!



150

CADBURY MINI EGGS, CREAM EGGS or KINDER JOY 20 g or **CARNABY SWEET MILK CHOCOLATE BUNNY** 100 g
selected sizes
20831065_EA

150



HERSHEY'S 34-42 g or **NESTLÉ SINGLES** 25-29 g
selected varieties
20268182001_EA



\$3

JOLLY RANCHER GUMMIES, TWIZZLERS BUNNIES 200 g or **CARNABY SWEET MILK CHOCOLATE EGGS** 150 g
selected varieties
21065056_EA



350

CADBURY or LINDT MULTI'S or PEEPS MARSHMALLOW CHICS 3's
20077202_EA/21485296_EA

450



LINDT MINI EGG, KINDER HOLLO, MINI FRIENDS or DARE REAL FRUIT BUNNY
selected varieties
75-225 g
20187234_EA

525



FERRERO EGGS 90-100 g or **ROCHER HALLOW BUNNY** 70 g
21484705_EA/21694065_EA

\$8



LINDT CHOCOLATE EGG POUCHES 180 g or **BUNNY** 5's
selected varieties
21628361_EA

\$12



KINDER MAXI PLUSH 116-150 g or **LINDT BUNNY** 200 g
selected varieties
20012893_EA/21158918_EA



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

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