

NO FRILLS[®]
YESSAVINGS

**PRICE
DROP**

4²⁵



GRADE A LARGE EGGS
12's
œufs
20812144001 EA

4⁹⁹



ATLANTIC BUTTER
selected varieties
454 g
beurre
20066904 EA

4⁹⁹



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

1²⁵



ALLEN'S FRUIT COCKTAIL
selected varieties
1 L
cocktails de fruit
20307424001 EA/21630125 EA

NO FRILLS[®] YES SAVINGS

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

SAVE 40%

5⁹⁶



JANES PUB STYLE CHICKEN STRIPS, NUGGETS, BURGERS, FRIES or POPCORN CHICKEN
selected varieties, frozen
700 g
kanières ou pépites ou burgers ou bouchées de poulet
21191828_EA

SAVE 20%

1⁹⁹
LB



COOK'S PORTION HAM
jambonneau
4.39/kg
20559641_KG
WHILE QUANTITIES LAST

SAVE 23%

\$13



AUSTRALIAN LEAN GROUND LAMB
2x350 g
agneau haché maigre
21682482_EA

CLUB SIZE



CHICKEN DRUMSTICKS
fresh
pilons de poulet
6.59/kg
000000_EA

SAVE 25%

2⁹⁹
LB

SAVE 46%

10⁹⁹



MAPLE LEAF SUNRISE LARGE WAX BOLOGNA
2 kg
bologna
20997095_EA



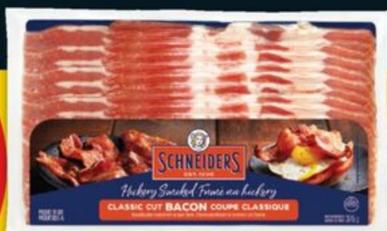
SAVE UP TO 33%

\$3

GREEN GIANT VEGETABLES 283-750 g
MCCAIN SUPERFRIES, SPECIALTY FRIES 454-800 g
selected varieties, frozen
légumes ou frites de spécialité
20324328002_EA/21022355_EA

ONLY

\$5



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

ONLY

3⁴⁹
LB



GREEN or RED SEEDLESS GRAPES
product of South Africa or Chile, no. 1 grade
raisins verts ou rouges sans pépins
7.69/kg
20425775001_KG/20139199001_KG

ONLY

\$3



POST CEREAL
selected varieties, 311-525 g
céréales
20299648_EA/21427214_EA

ONLY

5⁹⁹



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

ONLY

2⁹⁷



IÖGO 450 g, IÖGO NANO BUBBLES or LIBERTE 4x100 g YOGURT, selected varieties
yogourt
20801752003_EA/21719941_EA

SAVE UP TO 57%

\$4



ROYALE FACIAL TISSUE
selected varieties, 6x72/100 sheets
mouchoirs
20070419_EA

ONLY

13⁹⁹



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

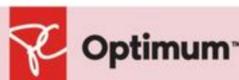
App exclusive offer

Earn
200
pts
for every \$1 spent
on fresh tomatoes

That's
20%
value



tomates
2136788001_EA/20026703001_KG/21606704001_EA



FLYER PRICES EFFECTIVE IN ATLANTIC CANADA STORES ONLY.

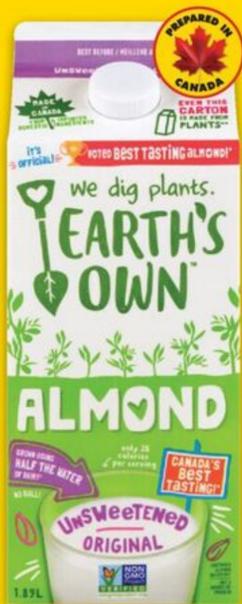
[nofrills.ca](https://www.nofrills.ca)

01 NFN A

**NEW
LOWER
PRICES**

3⁵⁰

EARTH'S OWN ALMOND or SOY NON-DAIRY BEVERAGE
selected varieties, refrigerated
1.75/1.89 L
boisson sans produits laitiers aux amandes ou soya
20327647_EA



3⁵⁰

MINUTE MAID ZERO SUGAR BEVERAGES or FUZE ICED TEA
selected varieties, refrigerated
1.54/1.75 L
boissons au thé glacé
21434100_EA/21652207_EA



1⁵⁰

LIPTON or KNORR DRY SOUP MIX
selected varieties
40-145 g
mélange à soupe déshydraté
20297314001_EA
20308188001_EA



\$5

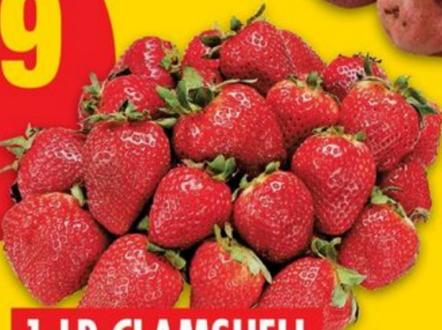
CHAPMAN'S SUPER NOVELTIES
selected varieties, frozen
8-18's
friandises glacées
2011532_EA
20117581001_EA



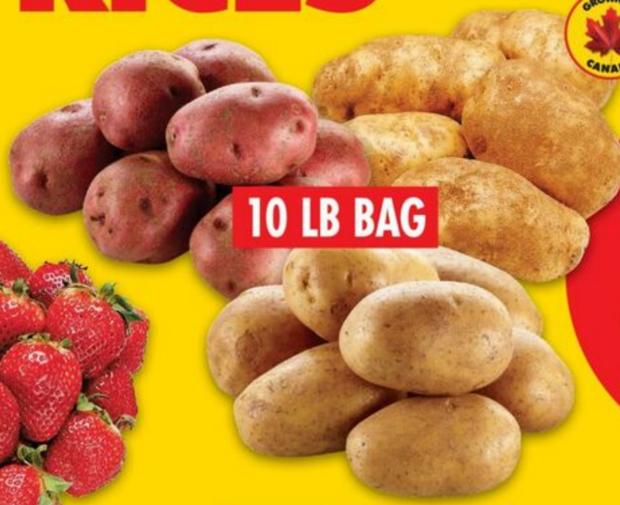
FRESH AT LOW PRICES

5⁹⁹

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



1 LB CLAMSHELL



10 LB BAG



5⁹⁹

RED, RUSSET or YELLOW POTATOES
product of Canada, Canada no. 1 grade
pommes de terre rouges, Russet ou jaunes
20601013001 EA/20601017001 EA

5⁹⁹

FARMER'S MARKET™ SWEET PEPPERS
product of Canada or Mexico or **ROMAINE HEARTS** product of U.S.A.
poivrons ou cœurs de romaine
2008581001 EA/20067389001 EA



PKG OF 3

PKG OF 3



PKG OF 6

283 G

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

2⁹⁹



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

1⁹⁹

ENGLISH CUCUMBER
product of Canada, Canada no. 1 grade
each
concombre anglais
2007012001 EA



2⁴⁹

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



4⁹⁹

CAULIFLOWER product of Mexico or U.S.A. or
AVOCADOS product of Mexico, Peru or Colombia
chou-fleur ou avocats
21644936001 EA/20135377001 EA



PKG OF 5

1⁶⁹

SWEET POTATOES
product of Canada
3.73/kg
patates douces
20127708001 KG



5⁹⁹

PINEAPPLE product of Costa Rica,
FARMER'S MARKET™ AMBROSIA
or **MCINTOSH APPLES**
product of Atlantic provinces, Canada fancy grade
ananas ou pommes
21307212001 EA/20713211001 EA/20119813001 EA



4 LB BAG

5⁹⁹

FARMER'S MARKET™ ORANGES
product of Morocco or Spain
oranges
20162945001 EA



3 LB BAG

3⁴⁹

FARMER'S MARKET™ CARROTS or
YELLOW ONIONS
product of Canada or U.S.A., no. 1 grade
carottes ou oignons jaunes
20602927001 EA/20811994001 EA



3 LB BAG

2⁷⁹

PC® WHOLE WHITE or CREMINI MUSHROOMS
product of Canada
champignons blancs ou cremini entiers
20775803 EA/20776239 EA



227 G



13⁹⁹

MARCANGELO SOUVLAKI KABOBS
selected varieties
480/640 g
brochettes
21041735 EA



7⁹⁹

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



\$12

MAPLE LEAF PRIME CHICKEN LEGS
back attached
up to 1.4 kg
cuisses de poulet
21684202 EA



\$12

PC® CHEESE SLICES
500 g or **PC® SPLENDIDO® PARMIGIANO REGGIANO, PECORINO ROMANO or GRANA PADANO**
250 g
fromage
21053434 EA/20249826 EA



\$3

WONDER BREAD or BUNS 8's
selected varieties
pain ou petits pains
20207453 EA/20305674 EA



\$6

FARMER'S MARKET™ COOKIES or MUFFINS 6's
selected varieties
biscuits ou muffins
20564295 EA/21283356 EA



\$7

SEAQUEST® BAY SCALLOPS 400 g or
COLOSSAL RAW WHITE SHRIMP
16-20 per lb, 300 g
frozen
pêtoncles ou crevettes
21043887 EA/21558527 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.

BRANDS YOU LOVE AT LOW PRICES

4.50



**CRACKER BARREL
NATURAL CHEESE
SLICES**
selected varieties
200-240 g
tranches de fromage naturel
21290705 EA



9.99

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

\$8



**STOK or STARBUCKS
COLD BREW COFFEE**
selected varieties
1.18/1.42 L
café infusé à froid
21293739 EA/21215530 EA



5.50

**DR. OETKER THIN CRUST
or RISING CRUST PIZZA**
selected varieties, frozen
480-785 g
pizza
21106361 EA

\$3



HELUVA GOOD! DIPS
selected varieties
250 g
tremettes
20179979002 EA

\$10



**HIGH LINER PAN-SEAR
or BATTERED FISH FILLETS**
selected varieties frozen
425-540 g
filets de poisson
20296596002 EA

1.50



NO NAME® RICE CRACKERS
selected varieties
100 g
croquillons de riz
20297188002 EA/20297188003 EA

\$3



MOTT'S FRUITSATIONS 6x113 g or
GOGO SQUEEZ FRUIT SAUCE 4x99 g
selected varieties
purée de fruit
20322597002 EA/203224341001 EA

4.50



**KRAFT SHAKE'N BAKE
COATING MIXES**
selected varieties
142-160 g
mélange de panure
21548016 EA/21603329 EA

\$6



**NO NAME®
CHOPPED GARLIC** 1 kg or
LIQUID BOUILLON 500 mL
selected varieties
ail haché ou bouillon liquide
20312337001 EA/21013899 EA

3.99



PC® BLUE MENU® BEANS or LENTILS
selected varieties
900 g
haricots ou lentilles
20629153 EA/20629676 EA

1.79



KRAFT DINNER
selected varieties
156/175 g
macaroni ou fromage
21549589 EA/21549590 EA

\$2



**DOLE
PINEAPPLE**
selected varieties
398 mL
ananas
20136767004 EA

1.50



GREEN GIANT VEGETABLES
selected varieties
341/398 mL
légumes
21021224 EA

\$5



**NESTLÉ CHOCOLATE BAR
MULTIPACK** 4's or **POUCHES** 135-203 g
selected varieties
chocolat
20176136 EA/21080077 EA

\$5



TIDE PODS 16's, **DOWNY
FABRIC SOFTENER** 0.78/1.31 L,
**PURIFYING RINSE SCENT
BOOSTERS** BOUNCE
DRYER SHEETS 40/80's or **CASCADE
DISHWASHER TABS** 10-15's
nettoyant ou assouplissant ou rinçage ou
rehausseur de parfum ou feuilles ou
capsules de détergent pour lave-vaisselle
21532274 EA/20301481001 EA

2.79



TEMPTATIONS CAT TREATS
selected varieties
180 g
gâteries pour chats
20298151006 EA

\$6



**FRISKIES
CAT FOOD**
selected varieties
1.4-1.5 kg
nourriture pour chats
20912315 EA

\$10



**NO NAME®
CAT LITTER**
selected varieties
18 kg
litière pour chats
20177169002 EA

\$4



**MR. CLEAN ALL
PURPOSE CLEANER**
1.21 L, **FEBREZE AIR
BATHROOM
AIR FRESHENER**
7.5 mL, **CAR** 2 mL or
MAGIC ERASER 2's
selected varieties
nettoyant ou désodorisant ou rinçage ou
pince pour bouche d'aération ou
effaceur magique
21005017 EA/21001198 EA

\$3



OVAL EASTER BASKET
panier de Pâques ovale
2168834 EA

\$3



**PLASTIC
EASTER EGGS**
œufs de Pâques en
plastique
2168702 EA

\$8



PC® CHARITY BUNNY
lapin
21687563 EA/21687564 EA

\$1



**NO NAME® GEL
AIR FRESHENER**
selected varieties
170 g
assainisseur d'air
21405442 EA/21405448 EA

BRANDS YOU LOVE AT LOW PRICES

SAVE UP TO 40%

3²⁵

LIBERTÉ MÉDITERRANÉE
500 g/4x100 g, **CRUNCH** 2's or
YOPLAIT PROTEIN 650 g
YOGURT, selected varieties
yogourt
20788062001 EA/21587047 EA



SAVE 57%

1⁵⁰

SCOTSBURN SOUR CREAM
selected varieties
250 mL
crème sure
21381008 EA



SAVE 20%

5⁹⁹

MCCAIN CAKES
selected varieties, frozen
510 g
gâteaux
20310132002 EA



ONLY

\$4

PC® DINNER ENTRÉES
selected varieties, frozen
212-365 g
plats cuisinés
20312253001 EA



\$5

SCOTSBURN or BAXTER CHOCOLATE MILK
selected varieties
2 L
brand varies by region
lait au chocolat
20110277001 EA/20146518 EA

4²⁵

OASIS SMOOTHIES or HEALTH-BREAK
selected varieties, refrigerated
1.6 L
boissons fourrées ou jus
21529999 EA/21529910 EA

1⁵⁰

NO NAME® POTATO CHIPS
selected varieties
200 g
croustilles
21502821 EA

2⁵⁰

GOLDFISH CRACKERS
selected varieties
167-200 g
croustilles
20300320 EA/20306994003 EA

5⁷⁹

SMUCKER'S JAM, MARMALADE or JELLY
selected varieties
310/500 mL
confiture ou marmelade ou gelée
20308043001 EA/20308043004 EA

\$3

ANGIE'S BOOM CHICKA POP POPCORN or PUFFS
selected varieties
136-198 g
maïs éclaté ou grignottes soufflées
20811709 EA

1⁹⁹

NO NAME® WHITE VINEGAR
selected varieties
Club Size
4 L
 vinaigre blanc
20102736 EA

2⁵⁰

STAGG CHILI
selected varieties
425 g
chili
20091906 EA

\$1

OLD EL PASO SEASONING
selected varieties
24 g
assaisonnement
21049495 EA

1²⁵

POWERADE SPORT DRINKS
selected varieties
710 mL
boissons déshydratantes
20853721 EA/21240145 EA

2²⁵

CAMPBELL'S CHUNKY, READY TO SERVE 515 mL or **HABITANT** 796 mL SOUP
selected varieties
soupe
21480447 EA/21480538 EA

1⁶⁹

UNICO BEANS 540 mL or **TOMATOES** 796 mL
selected varieties
légumineuses ou tomates
20313447001 EA/20314629001 EA

13⁹⁹

COCA-COLA or PEPSI SOFT DRINKS
selected varieties
24x355 mL
boissons gazeuses
20306687002 C24/203008197001 C24

6⁵⁰

KINDER BAGGED CHOCOLATE 140-184 g or **CSR MILK CHOCOLATE BUNNY** 350 g
selected varieties
chocolat ou lapin en chocolat
20531650 EA

5⁹⁹

LAVAZZA CREMA E GUSTO or ROSSA GROUND COFFEE
selected varieties
250 g
café moulu
21553695 EA/21553714 EA

12⁹⁹

STARBUCKS NESPRESSO CAPSULES VERTUO 8/10's or **TWININGS TEA** 100's
selected varieties
capsules de café ou thé
21592899 EA

5⁵⁰

HERSHEY'S POUCHES 180-340 g, **MULTI'S** 4's or **SOLID BUNNY** 150 g
selected varieties
chocolat
21628340 EA/21628445 EA

\$11

CADBURY MINI EGGS
400 g
mini-œuf en chocolat
20081165 EA

\$10

Optimum™

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

GENERAL MILLS JUMBO CEREAL
selected varieties
825 g-1.3 kg
céréales
20697990 EA/21347133 EA

Optimum™

Earn **6,000 pts** For every \$16* spent That's \$6 value

NESTLÉ EASTER NOVELTIES
selected varieties
25-300 g
chocolat de Pâques
21628045 EA/21628474 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. In-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.

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

454 G

\$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.

LOW PRICES IN STOCK



\$4

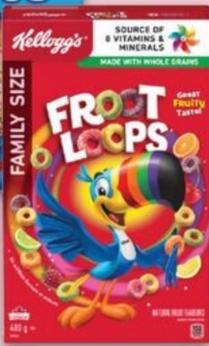
350



KELLOGG'S ALL BRAN 405/525 g, **RAISIN BRAN** 375/436 g, **VECTOR** 306/400 g, **SPECIAL K** 320-355 g, **MINI-WHEATS** 377-460 g or **CRISPIX** 350 g **CEREAL**
selected varieties
céréales
20015041_EA/21607207_EA

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

\$3



Earn **3,000 pts**
For every \$10* spent

\$3
value



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

FIBRE 1 BARS 125 g or **NATURE VALLEY GRANOLA BARS, PROTEIN BARS** or **BISCUITS** 148-210 g
selected varieties
barres granola ou barres protéinées ou biscuits
20587504001_EA/20486988001_EA

\$4



QUAKER CEREAL 350-500 g or **HARVEST CRUNCH** 400-510 g
selected varieties
céréales
21082300_EA/21219824_EA

\$2



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

250



QUAKER RICE CAKES or **CRISPY MINIS**
selected varieties
100-199 g
galettes de riz ou minis
20143708002_EA/20850854_EA

6.99



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

\$7



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

12.49



STARBUCKS ROAST AND GROUND COFFEE 340 g, **PODS** 10's or **HOT CHOCOLATE** 240/300 g
selected varieties
café torréfié et moulu ou capsules ou chocolat chaud
21651626_EA/21660417_EA

250



CHRISTIE CRISPERS
selected varieties
145 g
craquelins
21356333_EA

4.50



CHRISTIE PREMIUM PLUS 402-481 g or **RITZ DRIZZLED** 226 g **CRACKERS**
selected varieties
craquelins
21109004_EA/21712595_EA

250



CHRISTIE CRACKERS
selected varieties
180-200 g
craquelins
21030647_EA/21547034_EA

\$1



HERSHEY'S SINGLE CHOCOLATE BAR
selected varieties
43-58 g
barres de chocolat
20581797_EA/20582012_EA

4.50



HERSHEY'S CHOCOLATE BAR MULTIPACK 4's or **POUCHES** 160-230 g
selected varieties
chocolat
20303970004_EA/20573406_EA

250



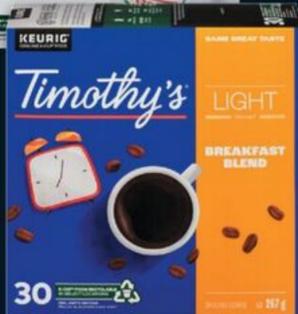
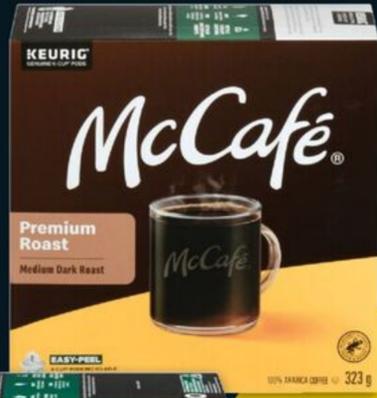
HERSHEY'S FAMILY BAR 90-120 g or **JOLLY RANCHER CANDY BAG** 182/198 g
selected varieties
chocolat ou friandises
20078139_EA/20683743_EA

\$2



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

LOW PRICES IN STOCK



16⁹⁹

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

\$23

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



279

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

450

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



250

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



250

DARE BRETON CRACKERS or VINTA CRACKERS or VEGGIE CRISPS 135-200 g, 200-225 g or 100 g
selected varieties
croûtons ou grignolines
20772368_EA/21520666_EA



250

DARE BEAR PAWS ULTIMATE COOKIES 168-240 g or 290/300 g
selected varieties
biscuits
20974346_EA/21080791_EA



\$4

TOSTITOS TORTILLA CHIPS
selected varieties
205-295 g
croustilles de tortilla
21005575_EA



\$4

MISS VICKIE'S KETTLE COOKED POTATO CHIPS
selected varieties
190/200 g
croustilles
21240703_EA



\$4

RUFFLES POTATO TORTILLA or DORITOS CHIPS
selected varieties
croustilles ou croustilles de tortillas
21241053_EA/21693042_EA



250

PRINGLES POTATO CRISPS
selected varieties
148/156 g
croustilles
21003823_EA/21003833_EA



267

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



349

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



\$8

NUTELLA HAZELNUT SPREAD 725 g or **NUTELLA & GO HAZELNUT SPREAD WITH BREADSTICKS** 208 g
selected varieties
tartina de noisettes ou tartina de noisettes avec bâtonnets
20436105_EA



\$3

LECLERC CÉLÉBRATION COOKIES
selected varieties
200/240 g
biscuits
2160155_EA



\$3

LECLERC GO PURE or NUGABAR BARS
selected varieties
140-175 g
barres
21507858_EA/21536595_EA



\$6

SIMPLY ORANGE JUICE
selected varieties, refrigerated
1.36 L
jus d'orange
21735026_EA



\$6

PILLER'S KOLBASSA
374 g
kolbassa
20308469_EA

LOW PRICES IN STOCK



6²⁹



KRAFT PEANUT BUTTER
selected varieties
750 g / 1 kg
beurre d'arachide
2003958 1001 EA / 2003958 1005 EA

3⁹⁹

PHILADELPHIA CREAM CHEESE PRODUCT 227/250 g or
KRAFT SINGLES 410 g
selected varieties
produit de fromage à la crème ou produit de fromage fondu
20041267 EA / 21185654 EA

15⁹⁷



MAXWELL HOUSE ROAST AND GROUND COFFEE 631-900 g or **PODS** 30's
selected varieties
café torréfié et moulu ou capsules
21308076 EA / 21606882 EA



iöGO YOGURT
selected varieties
16x100 g
yogourt
20606778001 EA

6⁵⁰

\$3



OCEAN'S WHITE TUNA 170 g or **GOLD SEAL MACKEREL** 115 g or **PINK SALMON** 213 g
selected varieties
thon ou maquereau ou saumon rose
21005216 EA / 21186867 EA

3⁵⁰



ACTIVIA EXPERT YOGURT
selected varieties
4x100 g
yogourt
21088261 EA

1⁵⁰



OCEAN'S LIGHT TUNA 170 g or **GOLD SEAL SARDINES** 125 g
selected varieties
thon pâle ou sardines
21005134 EA / 21024465 EA

5⁵⁰



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

\$20



FINISH DISHWASHER TABS
selected varieties
60-105's
capsules de détergent pour lave-vaisselle
21218875 EA / 21561337 EA

\$8



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

11⁹⁹



ROYALE FACIAL TISSUE
12x100 sheets
mouchoirs
20705292 EA

12⁹⁹



ROYALE TIGER TOWEL PAPER TOWELS
selected varieties
6=12 rolls
essuie-tout
21484732 EA

7⁹⁹



CHARMIN BATHROOM TISSUE 8=24 rolls or **BOUNTY PAPER TOWELS** 3=6 rolls
selected varieties
papier hygiénique ou essuie-tout
21670159 EA / 21707477 EA

\$22



TIDE LIQUID LAUNDRY DETERGENT
3.46/3.9 L or **PODS** 3-19 or **FLINGS** 45/76's
selected varieties
détergent à lessive
21592670 EA / 21593706 EA

\$15



GAIN LIQUID LAUNDRY DETERGENT 4.25 L or **FLINGS** 42's
selected varieties
détergent à lessive
20959627 EA / 21671135 EA

\$13



PUREX 4.08-4.43 L, **SUNLIGHT** 4 L **LIQUID LAUNDRY DETERGENT**, **SNUGGIE FABRIC SOFTENER** 2.77 L or **DRYER SHEETS** 200's
selected varieties
détergent ou assouplissant
20083255001 EA / 21427038 EA

\$7



LYSOL TOILET BOWL CLEANER 2x710 mL, **DISINFECTANT SPRAY** 539 g or **LAUNDRY DISINFECTANT** 1.2 L
selected varieties
nettoyant à cuvette ou vaporisateur désinfectant ou désinfectant pour lessive
21238361 EA / 21487308 EA

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5. Tap **"Add Offer"** – you're done!

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

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\$2
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coupon



PC® SPLENDIDO SLICED MEATS
100 g
viandes tranchées

Earn
1,000
pts
Until April - 8 - 2026



PC® PORTUGUESE CUSTARD TARTS
360 g
tartelettes portugaises à la crème pâtissière

Earn
1,000
pts
Until April - 8 - 2026



PC® LOADS OF ICE CREAM
1.5 L
crème glacée

Earn
1,000
pts
Until April - 8 - 2026



PC® BLACK LABEL ICE CREAM
500 mL
crème glacée

Earn
750
pts
Until April - 8 - 2026



PC® TOPPED HUMMUS
280 g
hummus garni

Earn
1,000
pts
Until April - 8 - 2026



PC® SPRING ROLLS
574 g
rouleaux de printemps

Earn
1,500
pts
Until April - 8 - 2026



PC® KETTLE CHIPS
200 g
croustilles

Earn
500
pts
Until April - 8 - 2026



PC® SPLENDIDO EXTRA VIRGIN OLIVE OIL
1 L
huile d'olive

Earn
2,000
pts
Until April - 8 - 2026



PC® CHOCOLATE CHIPS
226-300 g
brisures de chocolat

Earn
750
pts
Until April - 8 - 2026



PC® 3 PLY FACIAL TISSUES
mouchoirs

Earn
1,000
pts
Until April - 8 - 2026

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Optimum



Earn
500
pts

Until April - 8 - 2026

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

Optimum



Earn
1,000
pts

Until April - 8 - 2026

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

Optimum



Earn
1,000
pts

Until April - 8 - 2026

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

Optimum



Earn
750
pts

Until April - 8 - 2026

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

Optimum



Earn
500
pts

Until April - 8 - 2026

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

Optimum



Earn
250
pts

Until April - 8 - 2026

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

Optimum



Earn
5,000
pts

Until April - 8 - 2026

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

Optimum



Earn
1,000
pts

Until April - 8 - 2026

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

Optimum



Earn
500
pts

Until April - 8 - 2026

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



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†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.

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