



BIG EASTER DEALS!

SAVE 40%

1⁷⁷
LB



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

SAVE 51%

1⁴⁴

3 LB BAG



FARMERS MARKET™ YELLOW ONIONS
product of Canada,
Canada no. 1 grade
oignons jaunes
20811994001_EA

SAVE 41%

.88



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

ONLY

2⁹⁹

2 LB BAG



FARMER'S MARKET™ MANDARINS
product of Morocco or Spain
mandarines
20099819001_EA



Optimum™

App
exclusive offer



Earn

200

(pts)

For every \$1* spent
on fresh berries

That's

20%
back

baies fraîches

20049778001_EA/20128938001_EA
20051015001_EA/20080137001_EA

NOFRILLS®

FLYER PRICES EFFECTIVE THURSDAY, MARCH 26 TO WEDNESDAY, APRIL 01, 2026.

BIG EASTER DEALS!

INCLUDES HALAL

SAVE UP TO 24%

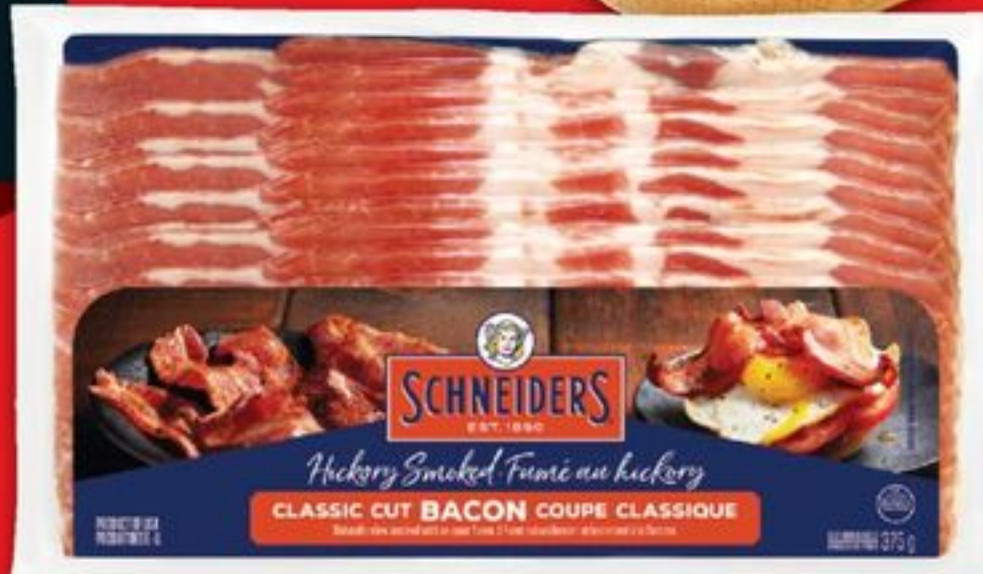
4⁸⁸
LB

CLUB SIZE

BONELESS, SKINLESS CHICKEN BREAST
fresh
poitrine de poulet
10.76/kg
20654124_KG / 21636240_KG

SAVE 33%

\$4



MAPLE LEAF or SCHNEIDERS BACON
selected varieties
100/375 g
bacon
20772671_EA

SAVE 29%

2⁷⁵

SAVE 33%

\$2



SCHNEIDERS LUNCHMATE LUNCH KITS or STACKERS
selected varieties
75-120 g
trousses-repas
21310034_EA

ONLY

9⁹⁹
LB



ATLANTIC SALMON FILLET
fresh
filet de saumon
22.02/kg
20339767_KG



LAY'S POTATO CHIPS
selected varieties
177-235 g
croustilles
21241032_EA / 21663082_EA

SAVE 25%

\$3



MOTT'S CLAMATO or OCEAN SPRAY CRANBERRY COCKTAIL selected varieties, 1.89 L
cocktail de jus de palourdes ou canneberge
2030006008_EA / 20318955002_EA

SAVE 50%

\$1



HEINZ BEANS or PASTA
selected varieties, 398 mL
fèves ou pâtes
20040380003_EA / 20177278001_EA

ONLY

\$3



NEILSON CREAM
5/10% 1 L or 18/35% 473 mL
selected varieties
crème
20123609_EA / 20774325_EA

SAVE UP TO 52%

\$4



CADBURY MINI EGGS 154-200 g, **NESTLÉ POUCHES or NOVELTIES**, 85-153 g, **ROCHER HALLOW BUNNY or FERRERO EGGS** 90-100 g or **PC® MILK CHOCOLATE BUNNY** 100 g
chocolat
20073462_EA / 21628045_EA

SAVE 30%

1³⁹



UNICO SOLID LIGHT TUNA
198 g
thon pâle
20113745_EA

ONLY

12⁹⁹



DAAWAT BASMATI RICE 4 kg, **MR. GOUDAS PARBOILED or WHITE RICE** 8 kg
riz
20896606_EA / 21606990_EA

ONLY

11⁹⁷



ROBIN HOOD or FIVE ROSES FLOUR
10 kg
farine
20134743_EA / 20251651_EA

Optimum™

\$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

Earn **3,000** pts

That's **\$3** value

App exclusive offer

\$6



NO NAME® CHICKEN STRIPS, NUGGETS or BURGERS
selected varieties, frozen
908 g
lanières ou pépites ou burgers de poulet
21187444_EA

Earn **1,000** pts

That's **\$1** value

PRICE DROP

4⁹⁹



LACTANTIA BUTTER
selected varieties
454 g
beurre
20639926_EA

4⁹⁹



ARMSTRONG or PC® SHREDDED CHEESE 250-320 g or **ARMSTRONG CHEESE** 400 g, selected varieties
fromage râpé ou barres de fromage
21286240_EA / 21346749_EA

5²⁵



GRADE A LARGE EGGS
brand varies by region
18's
œufs
20814294001_EA / 20822787001_EA

1²⁵



ALLEN'S FRUIT COCKTAIL
selected varieties
1 L
cocktail de fruit
20307424001_EA / 21630125_EA

FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.

(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)

Not applicable at 1022 King St. W, Toronto, 42 Hanna Ave., Toronto, 261 Richmond St. W, Toronto, 3091 Appleby Line, Burlington, 332 Wellington Rd., London, 755 Mount Pleasant Rd., Toronto, 75 The Esplanade St., Toronto, 899 College St. W., Toronto, 2999 Kingston Rd., Scarborough, 1175 Hyde Park Rd., London, 75 Shuter St., Toronto, 970 Upper Wentworth St., Hamilton, 671 Broadway St., Tillsonburg, 410 St Clair St., Chatham, 1425 Kingsway, Sudbury, 1678 Bayview Ave., Toronto, 1035 Plains Rd., Burlington; please see nofrills.ca for flyers for these stores.

nofrills.ca

01 NFO

DELI DEALS

SAVE 37%

4⁶⁷

BOURSIN CHEESE
selected varieties
150 g
fromage

20116794_EA



SAVE UP TO 35%

\$5

ZIGGY'S® PEPPERONI STICKS 300 g or
MARCANGELO SLICED DELI MEAT 85 g
selected varieties
pepperoni ou
charcuteries tranchées

21665284_EA/21706089_EA



Optimum™

App exclusive offer

SAVE 33%

\$3

Earn

500

pts

That's
50¢
value



ZIGGY'S® FRESH PASTA
selected varieties
350/360 g
pâtes fraîches

21521168_EA

\$4

Earn

1,000

pts

That's
\$1
value



SNACK FACTORY PRETZEL CRISPS
selected varieties
200 g
bretzels

20948940_EA

BIG EASTER DEALS!



\$15

HYDRANGEA
selected varieties
6.5 inch
hortensia
21452544_EA
WHILE QUANTITIES LAST



\$8

TULIPS
assorted colours
9 stem
tulipes
21660811_EA



7⁸⁸

EASTER LILY
selected varieties
6 inch
lis de Pâques
20094291_EA

MAY NOT BE AVAILABLE AT ALL LOCATIONS
WHILE QUANTITIES LAST

ONL NFO FLAP 1

FRESH AT LOW PRICES

2⁹⁹

1 LB CLAMSHELL



6 OZ CLAMSHELL

2⁹⁹

BLACKBERRIES
product of Mexico or U.S.A., or
STRAWBERRIES
product of Mexico or U.S.A.,
no. 1 grade
mûres ou fraises
20128938001_EA/20049778001_EA

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

2⁹⁹
EA/LB

325 G



1⁹⁹
LB/EA

ASPARAGUS each, product of Mexico or
Peru, no. 1 grade or **BRUSSELS SPROUTS**
6.59/kg, product of Mexico, or U.S.A.
asperges ou choux de Bruxelles
20181709001_EA/20036155001_KG

TOMATOES ON THE VINE 4.39/kg,
product of Canada or Mexico, or
BROCCOLI CROWNS each,
product of Mexico or U.S.A.
tomates sur vigne ou couronnes de brocoli
21121560001_EA/20026703001_KG



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

3⁹⁹

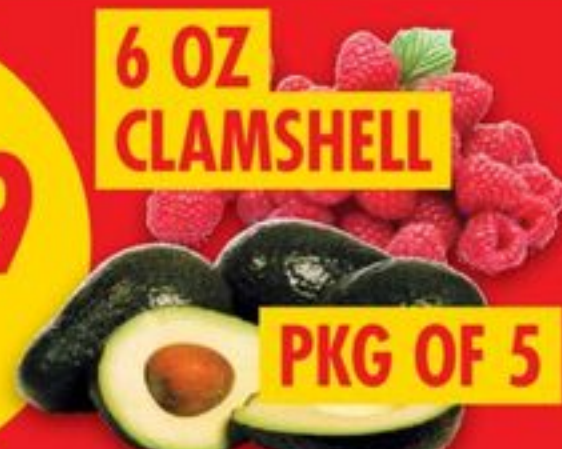


10 LB
BAG

RED, YELLOW, or RUSET POTATOES
product of Canada, Canada no. 1 grade
pommes de terre
20601013001_EA/20601017001_EA

3⁹⁹

6 OZ
CLAMSHELL



PKG OF 5

AVOCADOS product of Mexico, Peru, or Colombia or
RASPBERRIES product of Mexico or U.S.A., no. 1 grade
avocats ou framboises
21644936001_EA/20128938001_EA

3⁹⁹

1 KG



PKG OF 4

FARMER'S MARKET™ SWEET PEPPERS
product of Mexico or **GARLIC** product of China
poivrons doux ou ail
20117550001_EA/21238843001_EA

3⁹⁹



HONEYDEW
product of Guatemala, Honduras, or Mexico
melon miel
20045276001_EA

2⁹⁹

3 LB
BAG



CELERY product of U.S.A. or Mexico, no. 1 grade or
FARMER'S MARKET™ CARROTS
product of Canada, Canada no. 1 grade
carottes
20163119001_EA/20600927001_EA

1⁴⁹
LB



SWEET POTATOES
product of Canada or U.S.A.
patates douces, 3.28/kg
20127708001_KG

4⁹⁹



200-225 G

PC®, BLUE MENU® or WONDERFUL PISTACHIOS
selected varieties, product of U.S.A.
pistaches
21351596_EA/20339219_EA

2⁹⁹
LB



BLACK PLUMS
product of Chile, no. 1 grade
prunes noires, 6.59/kg
20316478001_KG

.99
LB



GREEN CABBAGE
product of Canada, Canada no. 1 grade
chou vert, 2.18/kg
20793034001_KG

1²⁵



CILANTRO
product of Mexico or U.S.A.
coriandre
20091825001_EA

4⁹⁹



4 LB BAG

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

3⁹⁹



680 G

PC® MINI GEMS™ RED, YELLOW or MIXED MINI POTATOES
product of Canada, Canada no. 1 grade
mini-pommes de terre rouges, dorées ou assorties
21247301001_EA/21247300001_EA

2⁹⁹



283 G

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

PRICE
DROP

1⁹⁹



227 G

PC® WHOLE WHITE or CREMINI MUSHROOMS
product of Ontario
champignons
20775805_EA/20776239_EA

1⁴⁹



GREEN ONIONS
product of Mexico or U.S.A.
onions verts
20107500001_EA

\$2
LB



PINK LADY APPLES
product of Ontario, Canada fancy grade
4.41/kg
pommes
20093376001_KG

*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

3-5 kg

\$18

each

5-7 kg

\$23

each

7-9 kg

\$30

each

9-11 kg

\$35

each



TURKEY
frozen
dinde
21209103_EA

Sides not included, but they are recommended

14⁹⁹

LB



PC® FREE FROM® AUSTRALIAN LAMB LOIN CHOPS
côtelettes de longe d'agneau
33.05/kg
20664357_KG



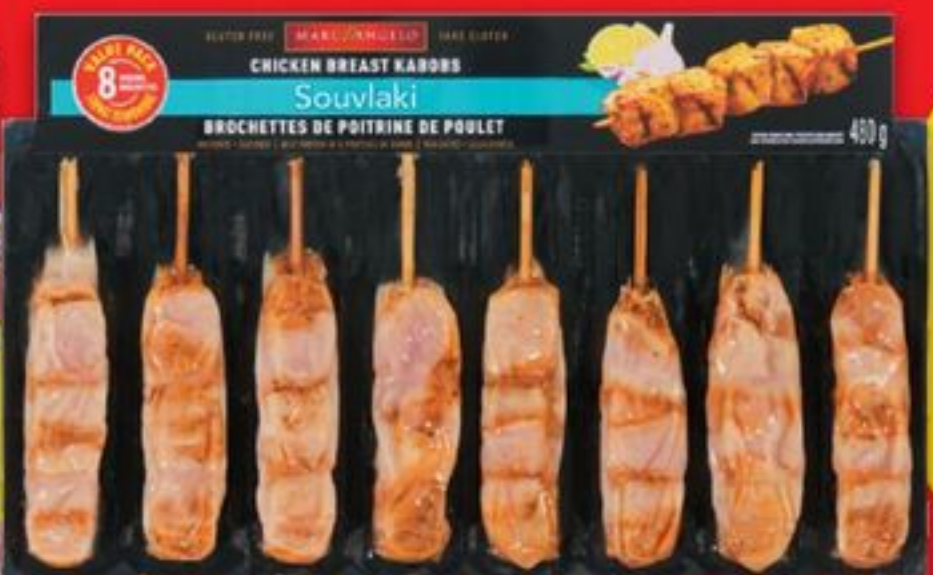
INSIDE ROUND STIR FRY STRIPS
cut from Canada AA grade beef or higher
lanières à sauter d'intérieur de ronde
28.66/kg
21189996_KG

5⁴⁹

LB



NO NAME® PORK COTTAGE ROLL
soc de porc roulé
12.10/kg
20188379_KG



MARCANGELO SOUVLAKI KABOBS
selected varieties, 480/640 g
brochettes
21041735_EA

12⁹⁹

2⁵⁰



MAPLE LODGE FARMS or ZABIHA HALAL CHICKEN WIENERS
selected varieties, 450 g
saucisses fumées de poulet
20062715_EA

\$6



SCHNEIDERS JUICY JUMBOS or SMOKED SAUSAGES 375/450 g or **SCHNEIDERS BOLOGNA** 500 g, selected varieties
saucisses ou bologne
20039186_EA/20105611_EA

\$13



NO NAME® CHICKEN WINGS
selected varieties, frozen, 908 g
ailes de poulet
21045309_EA

\$4



SUMMER FRESH SALAD
selected varieties, 300 g
salade
20170357_EA

\$6



PILLER'S KOLBASSA 250-375 g, **SLICED PEPPERONI** 175/250 g or **MASTRO CHUB** 300 g
selected varieties
kolbassa ou pepperoni tranché ou saucisson
20049268_EA/20308469_EA

\$9



PC® FRESH POT PIE
selected varieties, 550-575 g
pâtés
21682000_EA

\$5



ALEXIS DE PORTNEUF BRIE, CAMEMBERT or CARONZOLA CHEESE
selected varieties, 125 g
fromage
20313135_EA

\$6



ACE BAKERY ROLLS
selected varieties
640-840 g
petits pains
21596355_EA

\$10



PC® CREAM PIES
selected varieties, frozen
730 g
tartes à la crème
21586299_EA

2⁸⁵



WONDER BALLPARK BUNS
selected varieties
6/8's
petits pains
21022027_EA/21022316_EA

\$3



COUNTRY HARVEST BREAD 600 g or **BAGELS** 6's
selected varieties
pain ou bagels
21178597_EA/21178642_EA

3⁵⁰



PC® CINNAMON RAISIN BREAD 675 g or **PC® HOT CROSS BUNS** 8's
pain cannelle et raisins ou broches
20639729_EA/21577822_EA

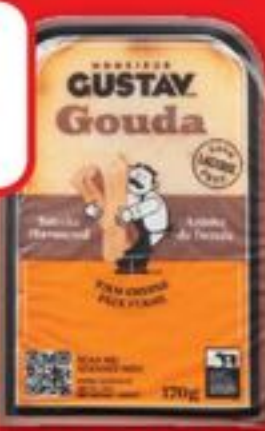
\$7



OKA CHEESE
selected varieties
190 g
fromage
20920756_EA



\$5



MONSIEUR GUSTAV GOUDA 170 g, **DOUBLE CRÈME BRIE** or **CAMEMBERT** 125 g **CHEESE**
selected varieties
fromage
21397420_EA

\$5



AGROPUR NOTRE-DAME BRIE or L'EXTRA CAMEMBERT CHEESE
selected varieties, 170 g
fromage
20016313_EA

BIG EASTER DEALS!



3 LB BAG

2 LB BAG

3⁹⁹

\$5

**WATERVIEW
MARKET CRISPY
CALAMARI**
frozen
300 g
calmars croustillants
21454797_EA



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

\$9



**PC® COOKED WHITE
PEELED SHRIMP**
frozen, 31-40 per lb,
400 g
crevettes blanches
décortiquées cuites
20791381_EA

\$9

**SEAQUEST® WILD PINK
SALMON FILLETS**
frozen
700 g
filets de saumon rose sauvage
21592064_EA



ATLANTIC SALMON FILLET
405 g
filet de saumon de l'Atlantique
21634491_EA

\$16

\$5

BASA FILLET
previously frozen, 300 g
filet de pangasus
21634501_EA



\$6

SEAQUEST® SHRIMP RING
frozen, 227 g
couronne de crevettes
20080289_EA



\$4

**AURORA ITALIAN
STYLE BREAD CRUMBS**
680 g
chapelure
20184061_EA



6⁵⁰

**CLUB HOUSE
DILL WEED**
50 g
aneth
20139519_EA



2⁴⁹

PC® MUSTARD
selected varieties
325 mL
moutardes
20050452001_EA



\$3

PC® SEAFOOD SAUCE
selected varieties, 250 mL
sauce pour fruits de mer
20023348002_EA



3⁹⁹

PC® TARTAR SAUCE
250 mL
sauce tartare
20011012_EA



2⁵⁰

NO NAME® LIME JUICE 445 mL
or **LEMON JUICE** 946 mL
jus de lime ou jus de citron
20642581_EA/20971992_EA



\$2



MCCAIN FRIES
selected varieties, frozen, 800 g
frites
21521173_EA

Earn
10,000
pts
For every \$20*
spent on

That's
\$10
value



Optimum™

**HERSHEY'S EASTER
CHOCOLATE/CANDY**
selected varieties
34-900 g
chocolat ou bonbons
20268183001_EA/20526640_EA

farmer's marble
cheese · fromage
mabré farmer's
27% M.F./M.G. · 44% MOISTURE/HUMIDITÉ
no name® sans nom®
KEEP REFRIGERATED / GARDER AU RÉFÉRIGÉRATEUR 200 g
PREPARED IN CANADA

\$3

6⁵⁰



ONLY

6⁵⁰



ONLY

\$1



SAVE UP TO 33%

299



\$5



350



\$9



550



6 29



250



\$4



\$3



\$4



13.99



79



129



279

169 

550



1999



04 NEG

MARCH

**HIT
OF THE
MONTH**

\$1⁷⁵



Made in Canada

Quaker Chewy Granola Bars

Selected varieties, 120 g

Limit: 6, over limit retail \$2.50

21359366_EA/21359369_EA

454 G

\$4⁷⁵



Prepared in Canada

PC® Dips

Selected varieties, 454 g

Limit: 6, over limit retail \$6.00

20584098_EA

\$3³³



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

\$5



NO NAME® STIRRED YOGURT
selected varieties
12x100 g
yogourt
20685574001_EA



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

4.79

9.99



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



PC® ASIAN SOUPS, ENTRÉES or SIDE DISHES
selected varieties, frozen,
280-400 g
soupes ou plats cuisinés ou plats d'accompagnement
21546625_EA/21565996_EA

5.50

5.99



NEILSON TRUTASTE LACTOSE FREE or PROTEIN MILK
selected varieties
1.89/2 L
lait
20188053001_EA

4.29



SIMPLY DRINKS or LEMONADE
selected varieties, refrigerated, 1.54 L
boissons ou limonade
21170784_EA/21170793_EA

5.50



PC® DRY ROASTED PEANUTS
700 g, **CASHEWS** or **DELUXE MIXED NUTS** 200 g
selected varieties
arachides ou noix de cajou ou mélange de noix
20057990003_EA/21034943_EA

3.49



KETTLE BRAND CHIPS
selected varieties, 156/198 g
croustilles
21520652_EA/21520692_EA

1.50



GATORADE SPORT DRINKS
selected varieties
710 mL
boissons désaltérantes
20305775003_EA/21357037_EA

8.50



PC® DE-ALCOHOLIZED WINE
selected varieties
750 mL
vin désalcoolisé
21045602_EA/21045800_EA

1.50



CAMPBELL'S BROTH
selected varieties
250/900 mL
bouillon
20322348001_EA/21347245_EA

6.50



ANNIE'S ORGANIC GRAHAM SANDWICHES or BUNNY FRUIT SNACK PACK
selected varieties, 198/226 g
sandwichs ou collations aux fruits
21547875_EA/21674381_EA

2.50



QUAKER CRISPY MINIS
selected varieties, 100-199 g
mini-galette de riz
20163708002_EA/20303002001_EA

1.57



OCEAN SPRAY CRANBERRY SAUCE
selected varieties, 348 mL
sauce aux canneberges
20022893001_EA

\$3



CLOVER LEAF WHITE TUNA 170 g or **FLAKED PINK SALMON** 142 g
selected varieties
thon blanc ou saumon rose en flocons
20167571_EA/21178602_EA

\$6



MINUTE RICE
selected varieties
1.2/1.4 kg
riz
20074783001_EA

2.69



UNICO PASSATA 680 mL or **DE CECCO PASTA** 454 g
selected varieties
passata ou pâtes
20416260_EA/21056284_EA

3.29



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

4.99



VLASIC PICKLES
selected varieties
1 L
cornichons
20055863001_EA

3.99



FRANK'S RED HOT, THICK or SQUEEZE SAUCE
selected varieties
354 mL
sauce
20187632001_EA

BRANDS YOU LOVE AT LOW PRICES

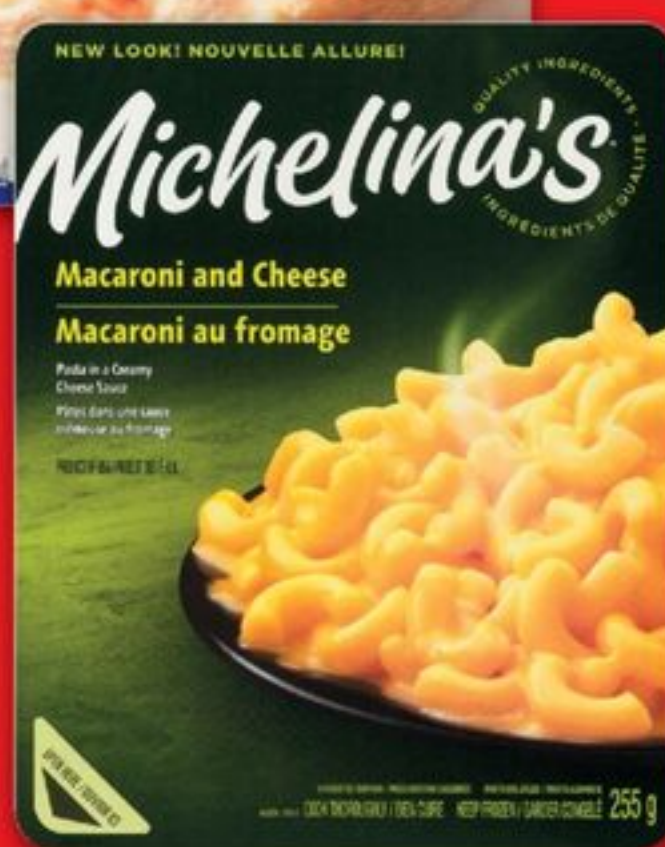
\$2

**NEILSON
FLAVOURED
MILK**
selected varieties
1 L
lait aromatisé
20062332001_EA



\$3

**NO NAME® SLICES
PROCESSED CHEESE
PRODUCT**
selected varieties
400 g
produit de fromage fondu
21220995_EA



349

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



150

**MICHELINA'S DINNER
ENTREES** 156-284 g or
SWANSON POT PIE 200 g
selected varieties, frozen
plats cuisinés ou pâté
20320525001_EA/21208614_EA

550



TAST!EZ
selected varieties, frozen, 311 g
triangles of macaroni au fromage
21691571_EA

279

**FRUITOPIA, PEACE
TEA or FRUITE
BEVERAGES**
selected varieties,
refrigerated
1.54/1.75 L
boissons
20347440001_EA/21595842_EA



275

**PC® KETTLE, LOADS OF
or WORLD OF FLAVOURS
POTATO CHIPS**
selected varieties, 200 g
croustilles
20840911002_EA/21422931_EA



\$3



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

250



**GRISSOL MELBA TOAST,
CANAPE or BAGUETTES**
selected varieties, 120-200 g
biscottes
21033188_EA

\$5

**QUAKER
BAKING
MIXES or
OAT FLOUR**
selected varieties
700/900 g
mélange ou
farine d'avoine
20301064001_EA



255

NO NAME® MARSHMALLOWS
selected varieties, 400 g
guimauves
20304672001_EA/20304672002_EA



549



**PRANA GRANOLOVE
ORGANIC GRANOLA**
selected varieties, 300 g
granola
21393188_EA

799



**MAXWELL HOUSE or NABOB
TASSIMO COFFEE DISCS**
selected varieties, 8-16's
capsules de café
20026954001_EA

499

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



\$3

PC® TEA or HERBAL TEA
selected varieties, 20's
thé
20308417_EA/20627612001_EA



1099

**MAZOLA
CORN OIL**
2.84 L
huile de maïs
20015260_EA



\$4



QUAKER CEREAL 350-500 g or
HARVEST CRUNCH 400-510 g
selected varieties
céréales
21082500_EA/21219824_EA

350

**PEARL MILLING COMPANY
PANCAKE MIX** 905 g or
ORIGINAL SYRUP 710 mL
selected varieties
mélange à crêpes ou sirop
21384609_EA/21391619_EA



\$9

NO NAME® HONEY 1 kg or
FLLOURISH PANCAKE MIX 430 g
selected varieties
miel ou mélange à crêpes
20033683_EA/21375781_EA



Optimum

**PC® CHOCOLATE
COVERED
FRUITS, NUTS**
250-400 g or
**CHOCOLATE
BAR** 300 g
selected varieties
fruits ou noix
enrobés de
chocolat ou barre
de chocolat
20000356_EA/
20307295_EA

Member Price
\$750

Non-Members
\$8

Member Price
50¢

BRANDS YOU LOVE AT LOW PRICES

\$15

CASCADE DISHWASHER TABS
selected varieties
30-48's
capsules de détergent
pour lave-vaisselle
21012357_EA/21507156_EA



5.50

LYSOL WIPES 75/84's, DISINFECTANT SPRAY 350 g or MULTI PURPOSE TRIGGER 950 mL
selected varieties
lingettes ou vaporisateur
désinfectant ou tout usage à
gâchette
20314511001_EA/21449826_EA

\$18



POISE PADS or DEPENDS UNDERWEAR
selected varieties, 12-66's
serviettes ou sous-vêtements
21023579_EA/21302119_EA

4.50



ZIPLOC STORAGE BAGS
selected varieties, 10-90's
sacs de rangement
20871415_EA/20871443_EA

\$2



GLAD CLING WRAP
30 m
pellicule plastique
20003818_EA

2.50



PALMOLIVE DISHWASHING LIQUID
selected varieties
591/828 mL
détergent liquide à vaisselle
20861400_EA/21004388_EA

5.50



NO NAME® NAPKINS
club size
500's
serviettes
20306897_EA

UP TO 20% OFF



NO NAME® FOILWARE
selected varieties and sizes
articles en aluminium
20861912_EA/20870356_EA

\$3



PLASTIC EASTER EGGS
œufs de Pâques en plastique
21668702_EA

\$3



OVAL EASTER BASKET
panier de Pâques ovale
21668634_EA

\$8



PC® CHARITY BUNNY
lapin
21687563_EA/21687564_EA

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

That's
\$10
value



Optimum™

HUGGIES IN THE BABY DEPARTMENT
selected sizes and varieties
produits du rayon pour bébé
20963841_EA/21371199_EA/
21172501_EA/21456748_EA/21401195_EA

**NEW
LOWER
PRICES**



5⁵⁰

TRE STELLE TUBS
selected varieties
200-475 g
contenants de fromage
21364404_EA



2⁵⁰

HOSTESS SNACK CAKES
selected varieties
202-231 g
petits gâteaux
21283752_EA



3⁵⁰

LEAN GROUND PORK
450 g
porc haché maigre
21646160_EA



\$9

PC® BUTTERFLIED SHRIMP
breaded, frozen, 400 g
crevettes en papillon
20080117_EA

3⁵⁰



OIKOS GREEK YOGURT
selected varieties, 4x95/100 g
yogourt grec
20419715001_EA/20419715004_EA

3⁹⁹



PHILADELPHIA CREAM CHEESE PRODUCT
selected varieties, 227/250 g
produit de fromage à la crème
20641267_EA/20866924010_EA

\$5



MAPLE LEAF READY CRISP BACON or FULLY COOKED BREAKFAST SAUSAGES
selected varieties, 65/300 g
bacon ou saucisses à déjeuner entièrement cuites
20164959_EA/21094887_EA

\$5



AMOOZA! TWISTS CHEESE SNACKS
selected varieties, 228 g
collations au fromage
21403514_EA

5²⁵

LACTANTIA ULTRAPUR MILK
selected varieties
1.5 L
lait
21694605_EA



6⁵⁰

EARTH'S OWN CREAMER
selected varieties
refrigerated
946 mL
colorant à café
21576699_EA/21576791_EA



\$3



PILLSBURY POPS 380 g, SCRAMBLES 204 g or TOASTER STRUDEL 326 g
selected varieties, frozen
pizza ou pâtisserie
21436023_EA

\$4



PC® ORGANICS VEGETABLES
selected varieties, frozen, 500 g
légumes
20416869001_EA/20416869002_EA

4²⁵



OASIS SMOOTHIES or HEALTH-BREAK
selected varieties, refrigerated, 1.6 L
boissons fouettées
21529899_EA/21529910_EA

\$7



CARBONAUT BREAD
selected varieties, 544/550 g
pain
21446964_EA

**NEW
LOWER
PRICES**



\$5

BEN & JERRY'S ICE CREAM 473 mL or MAGNUM NOVELTIES 3's
selected varieties, frozen
crème glacée ou
friandises glacées
20950739_EA/21428403_EA

\$5

5.50

4.50



KELLOGG'S EGGO WAFFLES 16's or PROTEIN 8's
selected varieties, frozen
gaufres
20099730004_EA/21639330_EA



CHAPMAN'S PREMIUM ICE CREAM
selected varieties, frozen, 2 L
crème glacée
20323573001_EA



HUNGRY-MAN DINNER ENTREES
selected varieties, frozen
360-455 g
plats cuisinés
20296014002_EA

\$5

4.50

8.50

2.75



ROYALE BATHROOM TISSUE 8=16 ROLLS or ROYALE FACIAL TISSUE 6x100 SHEETS
selected varieties
papier hygiénique ou mouchoirs
20702419_EA/21378574_EA



NANAK PANEER
341 g
paneer
21286158_EA



BRAR'S BBQ VEGGIE BURGER
frozen, 690 g
burgers végété
21636401_EA



NESTLÉ KIT KAT or AERO CHOCOLATE TABLET
selected varieties, 95-105 g
chocolat
20640580_EA/21648521_EA

\$3

3.77

1.75

2.25



GOGO SQUEEZ FRUIT SAUCE POUCHES
selected varieties, 4x90 g
sachets de sauce aux fruits
20322697002_EA



OLD EL PASO DINNER KITS
selected varieties, 250-510 g
trosses à taco
20795534_EA/20795536_EA



KNORR SIDEKICKS
selected varieties, 120-162 g
pâtes
20321430007_EA/20321430011_EA



CAMPBELL'S CHUNKY SOUP
selected varieties, 515 mL
soupe
21480447_EA

\$5

\$13

4.50

2.50



MAXWELL HOUSE INSTANT COFFEE
selected varieties, 150 g
café instantané
21026608_EA



PUREX 4.08-4.43 L or SUNLIGHT 4 L LIQUID LAUNDRY DETERGENT, SNUGGLE FABRIC SOFTENER 2.77 L or DRYER SHEETS 200's
selected varieties
détergent ou assouplissant ou feuilles pour sècheuse
20083525002_EA/21427042_EA



WINDEX GLASS CLEANER 765 mL, SCRUBBING BUBBLES 946/950 mL or FANTASTIK 650 mL
nettoyant
20125323001_EA/21666832_EA



TEMPTATIONS PURÉES 48 g or SPOONS 40 g CAT TREATS
selected varieties
gâteries pour chats
21479803_EA/21585483_EA

\$6

\$3

\$7

\$5



HUY FONG SRIRACHA SAUCE
714 mL
sauce sriracha
20074956_EA



HARDBITE POTATO CHIPS
selected varieties, 128/150 g
croustilles
20370855001_EA/21157616_EA



BILLY BEE HONEY
500 g
miel
20724504_EA



BONNE MAMAN JAM
selected varieties, 250 mL
confiture
20307313001_EA/20307313006_EA

NATURAL FOODS AT LOW PRICES

\$5

PC® ORGANICS KEFIR
selected varieties
1 L
kéfir
20944278_EA/21105766_EA



\$4

GT'S KOMBUCHA
selected varieties
480 mL
kombucha
20374106_EA/20906034003_EA



4⁵⁰

POPCORNERS
selected varieties
142 g
croustilles de maïs soufflé
21370205_EA



8⁹⁹

DAIYA PIZZA
gluten free, dairy free,
selected varieties, frozen
331-550 g
pizza
20923827_EA



7⁹⁹

**KIND BAR 5's or
SOFT BAKED SQUARES** 200 g
selected varieties
barres ou carrés
21296840_EA/21663411_EA

\$4

LIVIVA DRIED SHIRATAKI PASTA
selected varieties
120 g
pâtes déshydratées
21639765_EA



3⁵⁰

**EARTH'S OWN
BARISTA** 946 mL or
**VITA COCO
COCONUT WATER** 1 L
selected varieties
boissons à l'avoine ou
eau de noix de coco
20332922_EA/21643665_EA



3⁵⁰

PC® ORGANICS APPLE SAUCE CUPS
6x100 g, **SQUEEZABLE FRUIT SNACKS** 360 g
or **JUMBO RAISIN SNACK PACK** 196 g
selected varieties
purée de pomme ou collations de fruits ou raisins
secs biologiques
20320493001_EA/21170526_EA



4⁵⁰

BELSOY PUDDING
selected varieties, 4x125 g
pouding
20151398003_EA



\$7

PC® ORGANICS FLOUR 2.5 kg or
CHOCOLATE CHIPS 205 g
selected varieties
farine biologique ou brisures de chocolat
20069335_EA/21309604_EA



2⁴⁹

**RIZOPIA GLUTEN-FREE
RICE PASTA**
selected varieties
454 g
pâtes de riz
sans gluten
20304808001_EA



4⁵⁰

**FREEYUMM
COOKIES or BARS**
selected varieties
135/154 g
biscuits ou barres
21048233_EA/21048240_EA



\$17

**KICKING HORSE
ORGANIC WHOLE
BEAN COFFEE**
selected varieties
454 g
café en grains biologique
20322468006_EA



5⁴⁹

**JORDANS
MORNING CRISP
GRANOLA**
selected varieties
375/400 g
granola
21720997_EA



\$7

**PC® GLUTEN-FREE
PIE CRUST**
frozen
380 g
croûte à tarte
21311742_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONLY IN NY

BIG EASTER DEALS!



\$8

PC® CHARITY BUNNY
lapin
21687563_EA/21687564_EA

1.25

CADBURY MINI EGGS 33 g or
CRÈME EGGS 34 g
selected sizes and varieties
œufs en chocolat
20831065_EA



2.50

**JOLLY RANCHER GUMMIES,
TWIZZLERS BUNNIES** 200 g
or **CADBURY SWEET MILK
CHOCOLATE EGGS** 150 g
selected varieties
friandises
21065056_EA/21693835_EA



3.50



4.50



CADBURY CRÈME EGGS 3's,
LINDT LINDOR EGGS 3's or
PEEPS MARSHMALLOWS 85 g
chocolat ou poussins en guimauve
20077202_EA/21485296_EA



LINDT MINI EGG 100 g,
KINDER HOLLOW BUNNY 75 g,
or **KINDER MINI FRIENDS** 20 g or
DARE REAL FRUIT BUNNY 225 g
selected varieties
friandises
20187234_EA/21549623_EA

\$5



HERSHEY'S POUCHES 185-340 g or
HERSHEY'S MULTI'S 4's or **HERSHEY'S SOLID BUNNY** 150 g
selected varieties
chocolat
21628340_EA

\$7



LINDT BUNNY 100 g/ 5's or
CHOCOLATE EGG POUCHES 180 g
selected varieties
chocolat
20046002_EA/21628561_EA

\$12



KINDER MAXI PLUSH
116-150 g or **LINDT BUNNY** 200 g
selected varieties
peluche ou chocolat
20012895_EA

\$18



CADBURY MINI EGGS
875 g
œufs en chocolat
21625042_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® CHICKEN
SPRING ROLLS**
574 g
rouleaux de printemps
POULET

Earn
1,500
pts
Until April - 8 - 2026

Optimum™



**PC® KETTLE
COOKED
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

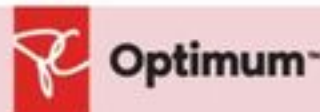
**NO NAME® POTATO AND
CHEDDAR PEROGIES**
2 kg
perogies



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 & PEÄ 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

HAPPY VAISAKHI!

ਵਿਸਾਖੀ ਦੀਆਂ ਵਧਾਈਆਂ!



1⁹⁹
LB

GINGER ROOT product of China or
LONG EGGPLANT product of Mexico
racine de gingembre ou aubergine longue
4.39/kg
20179038001_KG/20159013001_KG



7 LB BAG

4⁹⁹

RED ONIONS
product of Canada or
U.S.A., no. 1 grade
oignons rouges
21614337001_EA



.99

BUNCH MINT
product of Mexico or
Colombia or **CHAYOTE**
SQUASH product of
Mexico
menthe en botte ou chayote
20139326001_EA/20167837001_EA



2⁹⁹
EA/LB

INDIAN EGGPLANT 6.59/kg, product of U.S.A.
or Mexico, **INDIAN KARELA** 6.59/kg, product
of Mexico or **RAPINI** each, product of U.S.A.
aubergine indienne ou karela indienne ou rapini
20055882001_KG/20028046001_KG

3⁹⁹
LB

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



1⁶⁹

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

3⁴⁹

**CRISPY
ROTI**
selected varieties
15's
roti
21195569_EA



3⁹⁹

CRISPY CAKE RUSK
original, 550 g
petits gâteaux
21700202_EA



3⁹⁹

**PC® GREEN THAI,
RED THAI or
FINGER HOT PEPPERS**
product of Mexico or Vietnam
piments forts
21454748001_EA/21454049001_EA/21454495001_EA



5⁹⁹

BRAR'S SAMOSA
selected varieties, frozen, 624 g
samosas
21000033_EA



.39

MAGGI MASALA NOODLES
selected varieties
70 g
nouilles masala
20802664_EA



3⁹⁹

SURAJ® DRY BEANS or LENTILS
selected varieties, 1.8 kg
lentilles ou haricots secs
20558757_EA/20558758_EA



2⁷⁹

SURAJ® TURMERIC
400 g
curcuma
20617737_EA



12⁹⁹

BRAR'S DESI GHEE
800 g
ghee
20869886_EA



3⁹⁹

**SURAJ® COCONUT OIL 500 mL,
ALMOND OIL 237 mL or
DABUR MUSTARD OIL 500 mL**
huile de noix de coco ou huile d'amande
ou huile de moutarde
20983644_EA/21000535_EA



.99

**PARLE-G ORIGINAL 300 g or
BRITANNIA GOOD DAY BISCUITS 75 g**
selected varieties
biscuits
20840892003_EA/20956495_EA



\$8

**TEA INDIA 681 g or
TATA TEA AGNI 1 kg**
thé
20177173_EA



5⁹⁹

**DESI-LICIOUS
ICE CREAM**
selected varieties,
frozen, 1 L
crème glacée
20847564001_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 01 NFO

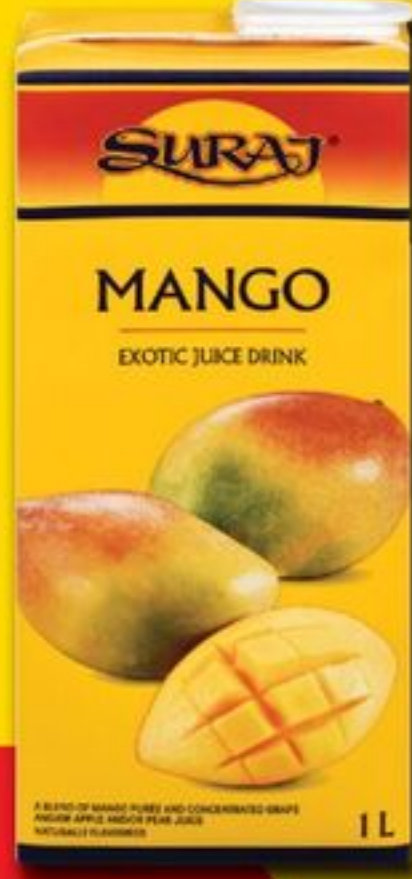
\$10

**SURAJ®
BASMATI RICE**
3.63 kg
riz basmati
20838931_EA



\$4

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



5⁹⁹

**SURAJ®
BESAN FLOUR**
2 kg
farine
21101464_EA

\$2

**SURAJ®
JUICE**
selected
varieties
1 L
jus
21001004_EA

2²⁹

**SURAJ®
NAAN**
selected
varieties
5's
naan
21051353_EA



7⁹⁹



MUSAFIR PANEER NUGGETS 480 g
or **MASALA OMELETTE BITES** 336 g
pépites de paneer ou
bouchées d'omelette masala
21705222_EA/21705242_EA

7⁹⁹



MUSAFIR PANEER BURGERS 480 g
or **BUTTER CHICKEN BITES** 357 g
burgers de paneer ou
bouchées de poulet au beurre
21705194_EA/21705196_EA

7⁹⁹



MUSAFIR MASALA PANEER BITES
selected varieties
336 g
bouchées de paneer masala
21705580_EA

NANAK

7⁹⁹

**NANAK
GAJAR HALWA**
850 g
gajar halwa
21504086_EA



11⁹⁹

NANAK DESI GHEE
800 g
ghee
20082263_EA

9⁹⁹

**NANAK VEGGIE
BURGER PATTIES**
640 g
galettes de burger végétarien
20880688_EA



2⁹⁹

NANAK DAHI
750 g
dahi
20133591_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 05 NFO

HAPPY EASTER!

1⁴⁹
LB

CARIBBEAN SWEET POTATO product of Honduras or **CASSAVA** product of Costa Rica
patates douces ou manioc
3.28/kg
20169868001_KG/20087682001_KG

3⁹⁹
EA/LB

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

4⁹⁹

ATEMOYA
product of Brazil
atemoya
20965690001_EA

\$10

HONEYBUN EASTER BUN
794 g
brioche de Pâques
21707200_EA

23⁹⁹

NEW ZEALAND STEWING GOAT
bone-in, frozen, 1 kg
chèvre à ragoût
20143053_EA

\$13

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

\$13
LB

ETNICO BEEF OXTAIL
queue de bœuf
28.66/kg
20079558_KG

\$35

TASTEE PROCESSED CHEDDAR CHEESE
1 kg
cheddar
21663951_EA

6⁹⁹

GRACE VIRGIN COCONUT OIL
500 mL
huile de coco
20640509_EA

4²⁹

COOL RUNNINGS ALL PURPOSE SEASONING
selected varieties, 900 g
assaisonnement tout usage
20311973_EA

8⁵⁰

MASECA INSTANT CORN MASA FLOUR
1.8 kg
farine
21457445_EA

1²⁵

GRACE ISLAND SODA 355 mL, **VITA MALT** 330 mL or **GRACE PLANTAIN CHIPS** 85 g
selected varieties
boissons gazeuses ou malt ou croustilles de plantain
20139955_EA/20299632001_EA/20603025_EA

1⁹⁹

GRACE CONDENSED WHITENER
297 mL
colorant à café condensé
20877966_EA

.50

CHUBBY SODA
selected varieties
250 mL
soda
20941724_EA

2⁵⁰

GRACE SUNDRIED SORREL
126 g
oseille séchée au soleil
21035421_EA

3⁴⁹

PC® PEPPERPOT COOKING SAUCE
selected varieties, 400 mL
sauces à cuisson
21427725_EA

1⁵⁰

GRACE COCONUT MILK 400 mL, **COCONUT WATER** 500 mL or **VIENNA SAUSAGES** 130 g
selected varieties
lait de coco ou eau de coco ou saucisses viennoises
20047774_EA/20305465002_EA

1²⁵

MR. GOUDAS TABLE SALT
1 kg
sel de table
21537275_EA

9⁹⁹

TINNEL'S JAMAICAN PATTIES
selected varieties, frozen
1.12 kg
pâtés à la jamaïcaine
20562244001_EA



Express™

**Online grocery
pickup & delivery**

SHOP ONLINE, GET IT DELIVERED.

Get **\$15 in PC Optimum™ points** on each of your first 5 eligible online grocery orders*. Use code **TRYNF**

That's up to **\$75** in points!

SHOP NOW



No Frills® delivery is available at select stores.

Visit nofrills.ca or use the **PC Express** app to see if delivery is available in your area.

GET FLYER TO YOUR EMAIL.

STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*



*Standard message and data rates may apply.

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

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

ONL NF PCX

MORE WAYS TO SAVE



**NEW
LOWER
PRICES**

Enjoy these price drops for longer.



**RAIN
CHECK**
+ **pts**

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



ALWAYS

Count on low everyday prices.



**FRESH
GUARANTEE**

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

The  **NOFRILLS**® thing to do.

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

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

ONLINE MKT