

**NEW  
LOWER  
PRICES**

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

**EARTH'S OWN ALMOND or  
SOY NON-DAIRY BEVERAGE**  
selected varieties, refrigerated  
1.75/1.89 L  
20327647 EA



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

**MINUTE MAID  
ZERO SUGAR  
BEVERAGES or  
FUZE ICED TEA**  
selected varieties  
1.54/1.75 L  
21434100 EA/21652207 EA



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

**LIPTON or KNORR  
DRY SOUP MIX**  
selected varieties  
40-166 g  
20297514001 EA/20308188001 EA



**\$5**

**CHAPMAN'S  
SUPER NOVELTIES**  
selected varieties, frozen  
8-18's  
20111532 EA  
20117581001 EA



# NOFRILLS<sup>®</sup> YESSAVINGS

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

SAVE UP TO 50%

5<sup>96</sup>

**JANES PUB  
STYLE CHICKEN  
STRIPS,  
NUGGETS,  
BURGERS,  
FRIES or  
POPCORN  
CHICKEN**  
selected varieties, frozen  
700 g  
21191828 EA



ONLY

2<sup>49</sup> LB

**PORK HALF  
LOIN**  
boneless, fresh  
5.49/kg  
20554787 KG

WHILE QUANTITIES LAST

SAVE 23%

SAVE 23%

\$5

**NO NAME<sup>®</sup>  
BACON**  
selected varieties  
500 g  
20156771 EA



**AUSTRALIAN  
LEAN  
GROUND  
LAMB**  
2x350 g  
21682482 EA



500 G



PKG OF 5 OR 6

**AVOCADOS**  
product of Mexico, Peru or Colombia  
21644936001 EA

SAVE 30%

3<sup>49</sup>

SAVE 41%

4<sup>99</sup>

**LACTANTIA  
BUTTER**  
selected varieties  
454 g  
20639926 EA



ONLY

2<sup>97</sup>

**iÖGO 650 g, iÖGO NANO BUBBLES  
or LIBERTÉ 4x100 g YOGURT**  
selected varieties  
20801752003 EA/21719941 EA



ONLY

2<sup>77</sup> LB

**GREEN SEEDLESS GRAPES** product of Chile, no. 1 grade or **RED SEEDLESS GRAPES** product of South Africa or Chile, no. 1 grade  
6.11/kg  
20423775001 KG/20159199001 KG



SAVE 55%

\$4

**ROYALE  
FACIAL  
TISSUE**  
selected varieties  
6x72/100 sheets  
20702419 EA



SAVE UP TO 33%

\$3

**GREEN GIANT  
VEGETABLES**  
283-750 g, **MCCAIN  
SUPERFRIES,  
SPECIALTY  
FRIES** 454-800 g  
selected varieties, frozen  
20324328002 EA/21022355 EA



SAVE 25%

\$3

**POST  
CEREAL**  
selected varieties  
311-525 g  
20299648 EA/21427214 EA



SAVE 25%

2<sup>99</sup>

**ROOSTER<sup>®</sup>  
SCENTED  
JASMINE  
RICE**  
18.1 kg  
20157222 EA



PRICE  
DROP

4<sup>99</sup>

**ARMSTRONG or PC<sup>®</sup> SHREDDED  
CHEESE** 250-320 g or **ARMSTRONG  
CHEESE** 400 g  
selected varieties  
21286240 EA/21346749 EA



1<sup>25</sup>

**ALLEN'S FRUIT  
COCKTAIL**  
selected varieties  
1 L  
20207424001 EA/21630125 EA



1<sup>50</sup>

**CAMPBELL'S  
BROTH**  
selected varieties  
250/900 mL  
2022348001 EA/21347245 EA



FLYER PRICES EFFECTIVE IN WESTERN CANADA OR NORTHERN ONTARIO STORES ONLY, INCLUDING GERALDTON, DRYDEN, KENORA & THUNDER BAY.

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

01 NFW

# FRESH AT LOW PRICES

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

**STRAWBERRIES**  
product of Mexico or U.S.A.,  
no. 1 grade or  
**PINEAPPLE**  
product of Costa Rica or Mexico  
20049778001 EA/20160992001 EA

**1 LB CLAMSHELL**

**6 OZ CLAMSHELL**

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

**BLACKBERRIES**  
product of Mexico or U.S.A. or  
**RASPBERRIES**  
product of Mexico or U.S.A., no. 1 grade  
20051015001 EA/20128938001 EA

**5<sup>99</sup>**

**ROMAINE HEARTS**  
product of Mexico or U.S.A.  
20067389001 EA

**PKG OF 3**

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

**ORANGES**  
4.39/kg, product of U.S.A. or  
**RED MANGOES**  
each, product of Peru  
20426078001 KG/20059635001 EA



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

**5<sup>99</sup>**



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

**5<sup>99</sup>**



**10 LB BAG**

**RUSSET POTATOES** product of Canada,  
Canada no. 1 grade or **YELLOW ONIONS**  
product of Canada or U.S.A., no. 1 grade  
20601020001 EA/20600991001 EA

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



**ASPARAGUS**  
product of Mexico or Peru, no. 1 grade  
8.80/kg  
20174581001 KG

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



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

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



**5 LB BAG**

**CAULIFLOWER** product of Mexico or U.S.A., no. 1 grade or  
**FARMER'S MARKET™ CARROTS**  
product of Canada or U.S.A., no. 1 grade  
20135377001 EA/20600928001 EA

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



**CANTALOUPE**  
product of Guatemala, Honduras or Brazil, no. 1 grade  
each  
20167017001 EA

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



**EAT SMART** or  
**TAYLOR FARMS**  
**CHOP SALAD KIT**  
selected varieties, product of U.S.A.  
20674118 EA/21703561 EA

**5<sup>99</sup>**



**600 G**

**FARMER'S MARKET™ KIWI**  
product of Greece  
21576167001 EA

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



**SWEET POTATOES**  
product of Canada  
4.39/kg  
20127708001 KG

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



**PC® LITTLE GEMS™ RED, YELLOW**  
or **MIXED MINI POTATOES**  
product of Canada, Canada no. 1 grade  
21247201001 EA/21247300001 EA

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



**454 G**

**PC® WHOLE CREMINI** or  
**WHITE MUSHROOMS**  
product of Western provinces  
20761372 EA/20738571 EA

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



**5 LB BAG**

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

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



**3 LB BAG**

**PC® MANDARINS**  
product of U.S.A.  
20864961001 EA

**PRICE DROP**

**.99**  
LB

**GREEN CABBAGE**  
product of Canada,  
Canada no. 1 grade  
20793034001 KG



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

**GREEN ONIONS**  
product of Mexico  
20107500001 EA



**\$2**  
LB

**COSMIC CRISP APPLES**  
product of U.S.A., extra fancy grade  
4.41/kg  
21240884001 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<sup>99</sup>**  
LB

**CLUB  
SIZE**



**CHICKEN  
DRUMSTICKS**  
club size, fresh  
8.80/kg  
20004494\_KG

**7<sup>79</sup>**  
LB

**EXTRA LEAN  
GROUND BEEF**  
Club Size  
17.17/kg  
20981822\_KG



**4<sup>29</sup>**  
LB

**CLUB  
SIZE**



**MEDIUM GROUND PORK**  
club size, fresh  
9.46/kg  
20639981\_KG



**ALWAYS**

**\$10**

**BUTCHER'S CHOICE®  
SAUSAGE**  
selected varieties  
1.1 kg  
21565790\_EA

**\$6**



**SCHNEIDERS JUICY JUMBOS or SMOKED SAUSAGES**  
selected varieties  
375/450 g  
20105611\_EA

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



**ST-HUBERT or  
SWISS CHALET  
POT PIE**  
selected varieties, frozen  
650-800 g  
20719298\_EA/21047194\_EA

**\$4<sup>50</sup>**

**Earn  
1,000  
pts**

**That's  
\$1  
value**



**SNACK  
FACTORY  
PRETZEL  
CRISPS**  
selected varieties, 200 g  
20948940\_EA/20948939\_EA

**\$7**



**SEAQUEST® FISH FILLETS**  
selected varieties, frozen  
400 g  
20036614\_EA/21314740\_EA

**\$7**



**SEAQUEST® BAY SCALLOPS 400 g or  
COLOSSAL RAW WHITE SHRIMP**  
16-20 per lb, 300 g  
frozen  
21043887\_EA/21558527\_EA

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

**ZIGGY'S®  
SLICED DELI  
MEAT**  
selected varieties  
175 g  
21592461\_EA/21599921\_EA



**\$12**



**PC® CHEESE SLICES or BLOCKS 500 g, PC®  
SPLENDIDO® PARMIGIANO REGGIANO,  
ROMANO or GRANA PADANO 250 g**  
selected varieties  
20249826\_EA/21053434\_EA

**\$5**



**OLIVIERI FRESH FILLED TWIN PACK  
PASTA 450-500 g or SKILLET GNOCCHI 280/300 g**  
20321512\_EA

**2<sup>25</sup>**

**NO NAME® BAGELS or  
ENGLISH MUFFINS**  
selected varieties  
6's  
21217967\_EA/21313119\_EA



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

**WONDER  
BREAD 570 g or  
BUNS 12's**  
selected varieties  
20305674\_EA/20520827\_EA



**\$6**

**FARMER'S MARKET™ COOKIES 12's or  
MUFFINS 6's**  
selected varieties  
20566295\_EA/21283356\_EA



# BRANDS YOU LOVE AT LOW PRICES

SAVE 35%

3<sup>25</sup>

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



ONLY

4<sup>79</sup>

**CRACKER BARREL**  
**NATURAL CHEESE SLICES**  
selected varieties  
200-240 g  
21290705, EA



SAVE UP TO 30%

3<sup>33</sup>

**DAIRYLAND** or  
**LACTANTIA CREAM**  
selected varieties,  
brand varies by region  
473 mL/1 L  
20073927, EA/20962887, EA



SAVE 43%

1<sup>89</sup>

**I CAN'T BELIEVE IT'S NOT BUTTER**  
**MARGARINE** 427 g or **BECEL GARLIC**  
**PLANT BUTTER** 227 g  
20061949001, EA



8<sup>25</sup>

**TROPICANA**  
**ORANGE JUICE**  
selected varieties, refrigerated  
2.63 L  
20119756001, EA/21519756003, EA



\$4

**PC® DINNER ENTRÉES**  
selected varieties frozen  
212-365 g  
20312252001, EA



5<sup>50</sup>

**DR. OETKER GUISEPPE THIN CRUST**  
or **RIISING CRUST PIZZA**  
selected varieties, frozen  
439-785 g  
21106361, EA



5<sup>50</sup>

**HÄAGEN-DAZS ICE CREAM** 450 mL  
or **NOVELTIES** 3/4's  
selected varieties, frozen  
20302298001, EA/21513347, EA



2<sup>50</sup>

**GOLDFISH CRACKERS**  
selected varieties  
167-227 g  
203003220, EA/20306994003, EA



1<sup>57</sup>

**NO NAME® POTATO CHIPS**  
selected varieties  
200 g  
21302821, EA



1<sup>50</sup>

**GREEN GIANT VEGETABLES**  
selected varieties  
341/398 mL  
21021224, EA



\$3

**ANGIE'S BOOM CHICKA POP**  
**POPCORN** or **PUFFS**  
selected varieties  
136-198 g  
20811709, EA



3<sup>25</sup>

**ALLEN'S CRANBERRY**  
**COCKTAIL, or DEL MONTE**  
**ON ICE REFRESHER**  
selected varieties  
1.89 L  
21518094, EA/21575061, EA



13<sup>99</sup>

**COCA-COLA or PEPSI**  
**SOFT DRINKS**  
selected varieties  
24x355 mL  
20306687003, C24/20308197001, C24



1<sup>69</sup>

**UNICO BEANS** 540 mL or  
**TOMATOES** 796 mL  
selected varieties  
20313447001, EA/20314629001, EA



2<sup>50</sup>

**LA MOLISANA**  
**STRAINED TOMATOES**  
680 mL  
20016661, EA



\$3

**BULL'S-EYE BBQ SAUCE** 425 mL or  
**DIANA SAUCE** 500 mL  
selected varieties  
20547834005, EA/21184617, EA



5<sup>99</sup>

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



5<sup>79</sup>

**SMUCKER'S JAM,**  
**MARMALADE or JELLY**  
selected varieties  
310/500 mL  
20308043001, EA/20308043004, 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 instore for details. \*\*Must be a registered PC Optimum™ member to get this offer.

**NOFRILLS**

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

nofrills.ca



this product contains  
post consumer recycled  
paper



**MARCH**

**HIT  
OF THE  
MONTH**



**Made in Canada**

**Quaker Chewy Granola Bars**

Selected varieties, 120 g

21359366\_EA/21359369\_EA



**454 G**



**Prepared in Canada**

**PC® Dips**

Selected varieties, 454 g

20584098\_EA



**Christie Family Size Crackers**

Selected varieties, 328-454 g

20686037\_EA/21189848\_EA

See in-store for retails

**LOWEST PRICES  
BEST DEALS**

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

# BRANDS YOU LOVE AT LOW PRICES

6<sup>50</sup>



**ACTIVIA YOGURT**  
selected varieties  
12x100 g  
20608924 EA/20640892 EA



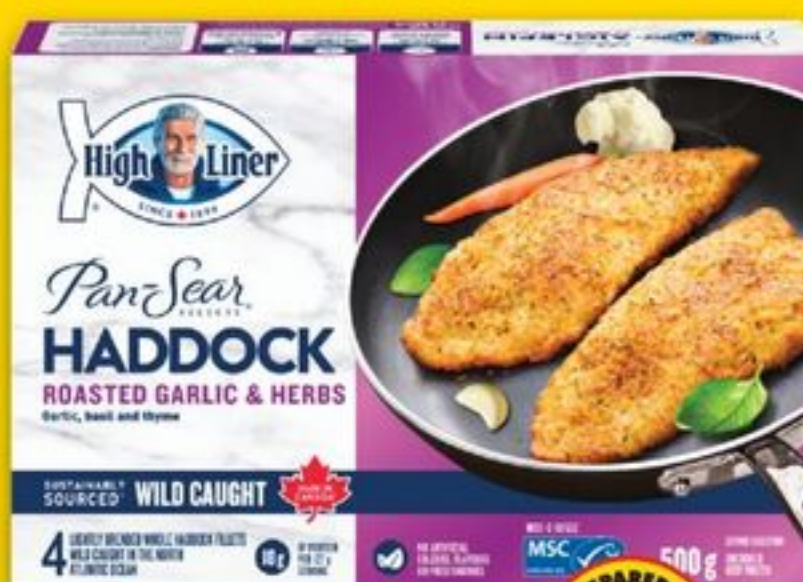
3<sup>50</sup>

**DAIRYLAND SOUR CREAM**  
selected varieties  
500 mL  
20275966001 EA

5<sup>99</sup>



**MCCAIN CAKES**  
selected varieties, frozen  
510 g  
20310132002 EA



\$10

**HIGH LINER PAN-SEAR or BATTERED FISH FILLETS**  
425-600 g  
20845016 EA

\$2



**BEATRICE or DAIRYLAND CHOCOLATE MILK**  
selected varieties, brand varies by region  
946 mL  
20799752 EA/21699812 EA

3<sup>50</sup>



**NO NAME® APPLE or ORANGE JUICE**  
selected varieties, refrigerated  
1.75 L  
21665646 EA/21671461 EA

\$3



**MOTT'S FRUITSATIONS or GOGO SQUEEZ FRUIT SAUCE**  
selected varieties  
20322697002 EA/20324241001 EA

1<sup>25</sup>



**POWERADE SPORT DRINKS**  
selected varieties  
710 mL  
20853721 EA/21240145 EA

3<sup>25</sup>



**REAL CANADIAN NATURAL SPRING WATER**  
24x500 mL  
20154975 C24

\$2



**DOLE PINEAPPLE**  
selected varieties  
398 mL  
20136767003 EA

1<sup>69</sup>



**NO NAME® RICE CRACKERS**  
selected varieties  
100 g  
20297188002 EA/20297188003 EA

2<sup>25</sup>



**CAMPBELL'S READY TO SERVE or HABITANT SOUP**  
515 mL or 796 mL  
21479030 EA/21480447 EA

2<sup>50</sup>



**STAGG CHILI**  
selected varieties  
425 g  
20091906 EA

1<sup>79</sup>



**KRAFT DINNER**  
selected varieties  
156/175 g  
21549589 EA/21549590 EA

\$1



**OLD EL PASO SEASONING**  
selected varieties  
24 g  
21049495 EA

15<sup>99</sup>



**COLAVITA OLIVE OIL**  
1 L  
20617955 EA

2<sup>29</sup>



**NO NAME® WHITE VINEGAR**  
Club Size  
4 L  
20102756 EA

3<sup>79</sup>



**PC® BLUE MENU® BEANS or LENTILS**  
selected varieties  
900 g  
20629153 EA/20629679 EA

# BRANDS YOU LOVE AT LOW PRICES

**\$3**



**HELUVA GOOD! DIPS**  
selected varieties  
250 g  
20179979002\_EA



**4<sup>25</sup>**

**SILK NON-DAIRY BEVERAGES**  
selected varieties, refrigerated  
1.74-1.89 L  
20328231002\_EA/21337480\_EA

**9<sup>99</sup>**



**BASKIN ROBBINS ICE CREAM** 946 mL or **NOVELTIES** 4's  
selected varieties, frozen  
21721551\_EA/21721501\_EA



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

**CHEEMO PEROGIES**  
selected varieties, frozen  
745-907 g  
20327159\_EA

**\$9**



**PATTY KING JAMAICAN STYLE BEEF PATTIES**  
selected varieties, frozen  
1.17 kg  
20313668002\_EA

**\$8**



**STOK or STARBUCKS COLD BREW COFFEE**  
selected varieties  
1.18/1.42 L  
21203739\_EA/21215530\_EA

**\$3**



**SNYDER'S PRETZELS or PIECES**  
selected varieties  
240 g  
20316032004\_EA

**Optimum™**

**\$5<sup>50</sup>**



Earn  
**1,000**  
pts

That's  
**\$1**  
value

**AMOOZA! TWISTS CHEESE SNACKS**  
selected varieties  
228 g  
21403514\_EA

**4<sup>79</sup>**



**NO NAME® COOKIES**  
selected varieties  
907 g  
20316078001\_EA/20318678002\_EA

**\$6**



**NO NAME® CHOPPED GARLIC** 1 kg or **LIQUID BOUILLON** 500 mL  
selected varieties  
20312337002\_EA/21013899\_EA

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



**KRAFT SHAKE 'N BAKE COATING MIXES**  
selected varieties  
142-160 g  
21548016\_EA/21603329\_EA

**Optimum™**

**\$10**



Earn  
**1,000**  
pts

That's  
**\$1**  
value

**GENERAL MILLS JUMBO CEREAL**  
selected varieties  
825 g/1.3 kg  
20007990\_EA/21347133\_EA

**5<sup>49</sup>**



**RED ROSE ORANGE PEKOE BLACK TEA** 70's or **TAZO TEA** 20's  
selected varieties  
21692191\_EA

**12<sup>99</sup>**



**STARBUCKS NESPRESSO CAPSULES VERTUO** 8/10's or **TWININGS TEA** 100's  
selected varieties  
21398289\_EA

**\$6**



**PC® HOT CHOCOLATE MIX**  
selected varieties  
450/500 g  
21549129\_EA

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



**NO NAME® CRACKERS or BREADSTICKS & CHEESE SNACKS**  
selected varieties  
3's  
2088981\_EA

**\$5**



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

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



**HERSHEY'S POUCHES** 180-340 g, **MULTI'S** 4's or **SOLID BUNNY** 150 g  
selected varieties  
21428340\_EA/21428465\_EA

**6<sup>50</sup>**



**KINDER BAGGED CHOCOLATE** 104-184 g or **CSR MILK CHOCOLATE BUNNY** 350 g  
selected varieties  
20531650\_EA

**\$11**



**CADBURY MINI EGGS**  
400 g  
20081165\_EA

Earn  
**6,000**  
pts

For every \$16\*  
spent

That's  
**\$6**

value



**Optimum™**

**NESTLÉ EASTER NOVELTIES**  
selected varieties  
25-300 g  
21628045\_EA/21634741\_EA

# BRANDS YOU LOVE AT LOW PRICES

\$3



**OVAL EASTER BASKET**  
21668634, EA

\$3

**PLASTIC  
EASTER EGGS**  
21668702, EA

\$8



**PC® CHARITY BUNNY**  
21687563, EA / 21687564, EA



SAVE  
UP TO 30%

**NATURE'S BOUNTY  
VITAMINS or  
SUPPLEMENTS**  
selected varieties and sizes  
21020231, EA/21180320, EA

7.99



**GLAD GARBAGE BAGS**  
selected varieties  
10-52's  
2029734001, EA/21359461, EA

\$4



**MR. CLEAN ALL  
PURPOSE CLEANER** 1.2 L,  
**FEBREZE AIR** 250 g,  
**BATHROOM AIR  
FRESHENER** 7.5 mL,  
**CAR FRESHENER** 2 mL or  
**MAGIC ERASER** 2/3's  
selected varieties  
21005017, EA/21700198, EA

\$8



**NO NAME® LAUNDRY DETERGENT** 4.43 L,  
**FABRIC SOFTENER** 3.5 L or **DRYER SHEETS** 200's  
21540283, 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  
21549771, EA/21658961, EA

\$10



**NO NAME®  
CAT LITTER**  
selected varieties  
18 kg  
20177169002, EA

\$6



**FRISKIES  
DRY CAT FOOD**  
selected varieties  
1.4-1.5 kg  
20142252001, EA

2.79



**TEMPTATIONS  
CAT TREATS**  
selected varieties  
180 g  
20298151001, EA

**LOW  
PRICES  
IN STOCK**

**350**

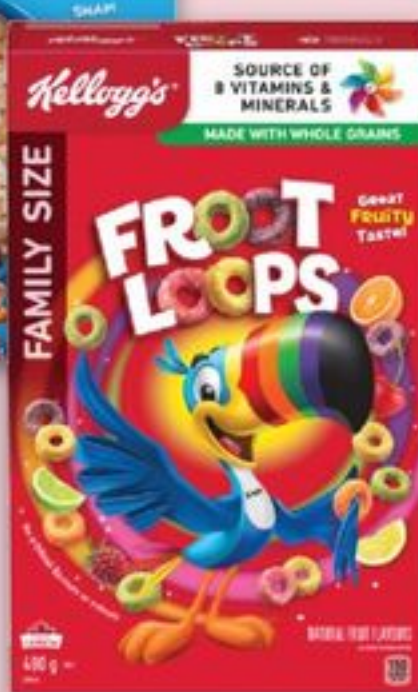
**GENERAL MILLS CEREAL**  
selected varieties  
300-437 g  
21104047\_EA/21213662\_EA



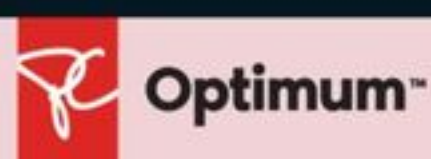
**\$4**

**KELLOGG'S ALL BRAN** 405/525 g,  
**RAISIN BRAN** 425/451 g, **VECTOR**  
306/400 g, **SPECIAL K** 320-355 g  
or **MINI-WHEATS** 377-460 g **CEREAL**  
selected varieties  
21607207\_EA/21653774\_EA

**329**



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



Earn  
**3,000**  
pts

For every \$10\*  
spent

That's  
**\$3**  
value



**FIBRE 1 BARS** 125 g or **NATURE VALLEY GRANOLA BARS, PROTEIN BARS** or **BISCUITS** 148-210 g  
selected varieties  
20587504001\_EA/20686988001\_EA

**\$4**



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

**\$2**



**QUAKER DIPPS**  
selected varieties  
150/156 g  
20847582\_EA/21185317\_EA

**250**



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

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



**STARBUCKS COFFEE ENHANCER**  
selected varieties  
828 mL  
21436900\_EA

**\$7**



**NESCAFÉ or TASTER'S CHOICE INSTANT COFFEE**  
selected varieties  
100-199 g  
20661811001\_EA/20873036\_EA

**12<sup>49</sup>**



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

**250**



**CHRISTIE CRISPERS**  
selected varieties  
145 g  
21358333\_EA

**450**



**CHRISTIE PREMIUM PLUS** 402-500 g or **RITZ DRIZZLED** 226 g **CRACKERS**  
selected varieties  
21109004\_EA/21712593\_EA

**250**



**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

**450**



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

**250**



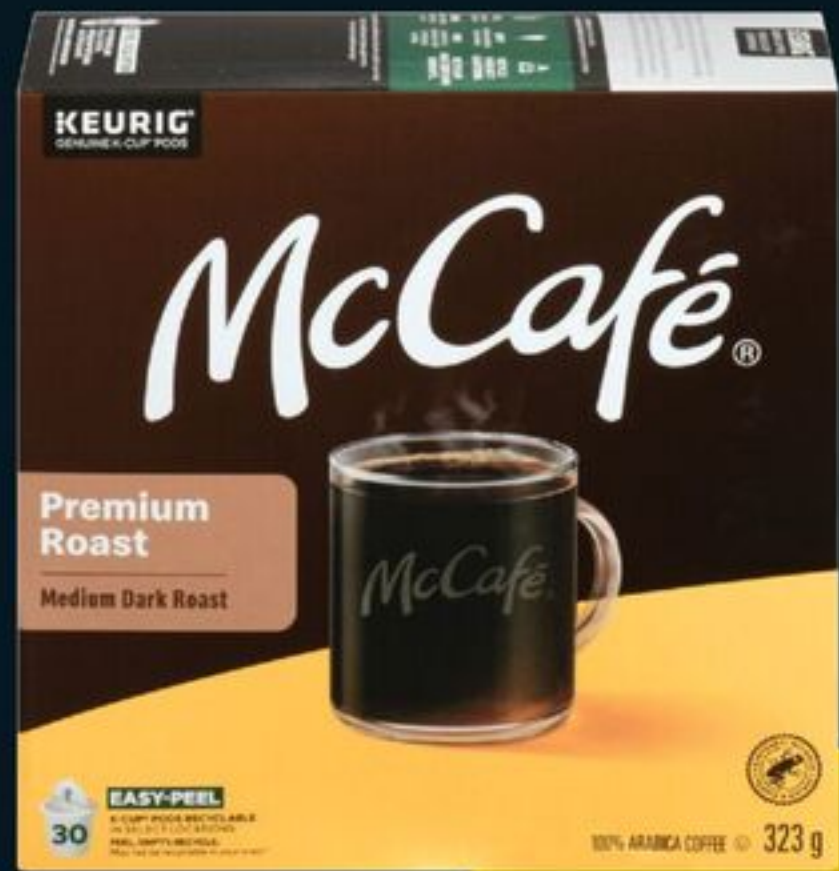
**HERSHEY'S FAMILY BAR** 90-120 g or **JOLLY RANCHER CANDY BAG** 182/198 g  
selected varieties  
20483743\_EA/21332398\_EA

**\$2**



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

# LOW PRICES IN STOCK



16<sup>99</sup>

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



\$23

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

2<sup>79</sup>

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



4<sup>50</sup>

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



2<sup>50</sup>

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



2<sup>50</sup>

**DARE BRETON CRACKERS or VINTA CRACKERS or VEGGIES CRISPS** 135-200 g or 200-225 g  
selected varieties  
20973368\_EA/21520666\_EA



2<sup>50</sup>

**DARE BEAR PAWS, WAGON WHEELS, ULTIMATE COOKIES** 168-240 g, 290/300 g, 315/360 g or **VIVA PUFFS** 300 g  
selected varieties  
20974343\_EA/21080791\_EA



\$4

**RUFFLES POTATO TORTILLA CHIPS** 180-220 g or 210/235 g  
selected varieties  
21241053\_EA/21693042\_EA



\$4

**TOSTITOS TORTILLA CHIPS** 205-295 g  
selected varieties  
21050575\_EA



\$4

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



\$3

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



2<sup>67</sup>

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



3<sup>49</sup>

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



\$8

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



\$3

**LECLERC CÉLÉBRATION COOKIES** 200/240 g  
selected varieties  
21680155\_EA



\$3

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



\$6

**SIMPLY ORANGE JUICE** 1.36 L  
selected varieties, refrigerated  
21735026\_EA



4<sup>50</sup>

**PILLER'S SLICED DELI MEAT** 150/200 g  
selected varieties  
21206382\_EA/21206939\_EA



# LOW PRICES IN STOCK



6<sup>29</sup>

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



3<sup>99</sup>

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

15<sup>97</sup>

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



6<sup>50</sup>



**iöGO YOGURT**  
selected varieties  
16x100 g  
20609583001 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



3<sup>50</sup>

**ACTIVIA EXPERT YOGURT**  
selected varieties  
4x100 g  
21688261 EA



\$6

**LACTANTIA LACTOSE FREE or PUR FILTRE MILK** 2L, **ULTRA PUR MILK** 1.5 L  
selected varieties  
21424991 EA



1<sup>50</sup>

**OCEAN'S LIGHT TUNA** 170 g or **GOLD SEAL SARDINES** 125 g  
selected varieties  
21004270 EA/21024465 EA



5<sup>50</sup>

**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  
15=30 rolls  
21572800 EA



11<sup>99</sup>

**ROYALE FACIAL TISSUE**  
12x100 sheets  
20705292 EA



12<sup>99</sup>

**ROYALE TIGER TOWEL PAPER TOWELS**  
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



7<sup>99</sup>

**CHARMIN BATHROOM TISSUE** 8=24 rolls or **BOUNTY PAPER TOWELS** 3=6 rolls  
selected varieties  
21670159 EA/21707477 EA



\$15

**GAIN LIQUID LAUNDRY DETERGENT** 4.25 L or **FLINGS** 42's  
selected varieties  
20959637 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  
20083535001 EA/21427042 EA





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2. Tap **Digital Coupons**
3. Select **"Click here to add your Digital Coupons"**
4. Tap **"Select Offer"** on the coupons you want
5. Tap **"Add Offer"** – you're done!

Members  
get over

# \$25

in value

CLICK FOR  
THESE COUPONS  
AND MORE



Optimum™



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

Save  
**\$2**  
with digital  
coupon

Optimum™



**PC® SPLENDIDO  
SLICED MEATS**  
100 g

Earn  
**1,000**  
pts  
Until April - 8 - 2026

Optimum™



**PC® PORTUGUESE  
CUSTARD  
TARTS**  
360 g

Earn  
**1,000**  
pts  
Until April - 8 - 2026

Optimum™



**PC® LOADS  
OF ICE  
CREAM**  
1.5 L

Earn  
**1,000**  
pts  
Until April - 8 - 2026

Optimum™



**PC® BLACK LABEL  
ICE CREAM**  
500 mL

Earn  
**750**  
pts  
Until April - 8 - 2026

Optimum™



**PC® TOPPED  
HUMMUS**  
280

Earn  
**1,000**  
pts  
Until April - 8 - 2026

Optimum™



**PC® SPRING  
ROLLS**  
574 g

Earn  
**1,500**  
pts  
Until April - 8 - 2026

Optimum™



**PC® KETTLE  
CHIPS**  
200 g

Earn  
**500**  
pts  
Until April - 8 - 2026

Optimum™



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

Earn  
**2,000**  
pts  
Until April - 8 - 2026

Optimum™



**PC® CHOCOLATE CHIPS**  
226-300 g

Earn  
**750**  
pts  
Until April - 8 - 2026

Optimum™



**PC® 3 PLY  
FACIAL TISSUES**

Earn  
**1,000**  
pts  
Until April - 8 - 2026

# More offers. More points.

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THESE COUPONS  
AND MORE



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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

# NATURAL FOODS AT LOW PRICES

\$5

**SILK DAIRY FREE CREAMER** 890 mL or  
**OLYMPIC YOGURT** 650 g  
selected varieties  
20316485005\_EA/21245360\_EA



\$5

**KIND DIPPED CLUSTERS**  
selected varieties  
113 g  
21453323\_EA



2<sup>50</sup>

**KIJU ORGANIC JUICE**  
selected varieties  
1 L / 4x200 mL  
20312710001\_EA/20333714001\_EA



4<sup>50</sup>

**PC® ORGANICS ANIMAL COOKIES**  
selected varieties  
250 g  
20181028\_EA/20304981\_EA



\$5

**PC® ORGANICS PEANUT BUTTER**  
selected varieties  
500 g  
20298178\_EA



\$3<sup>49</sup>

Earn  
1,000  
pts

That's  
\$1  
value

**KETTLE BRAND AIR FRIED POTATO CHIPS**  
selected varieties  
156 g  
21589837\_EA



3<sup>50</sup>

**PC® ORGANICS APPLE SAUCE CUPS** 6x100 g,  
**SQUEEZABLE FRUIT SNACKS** 360 g  
or **JUMBO RAISIN SNACK PACK** 196 g  
selected varieties  
20320493001\_EA/21170526\_EA



2<sup>50</sup>

**CLIF BAR**  
selected varieties  
68 g  
20130914003\_EA/20312621\_EA



4<sup>50</sup>

**AMY'S BURRITO**  
selected varieties, frozen  
156/170 g  
20371439001\_EA



3<sup>50</sup>

**PC® ORGANICS DURUM WHEAT SEMOLINA PASTA**  
selected varieties  
454 g  
20669803003\_EA



\$2

**PC® ORGANICS BROTH**  
selected varieties  
900 mL  
21190798\_EA



9<sup>50</sup>

**PC® ORGANICS EXTRA VIRGIN OLIVE OIL**  
500 mL  
20027043\_EA



\$4

**SMART SWEETS**  
selected varieties  
50 g  
21154474\_EA/21199935\_EA



4<sup>50</sup>

**NEAL BROTHERS TORTILLA, CORN CHIPS**  
276/300 g or **SALSA** 410 mL  
selected varieties  
20975904\_EA/21533145\_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFW NV

# RAMADAN KAREEM

رمضان كريم

**5.99**

**DEGLET NOUR PITTED DATES** or **ORGANIC PITTED DATES** product of Tunisia, **HONEY PITTED DATES** product of Iran or **TAMARIND** product of Thailand  
21562279001 EA/20772841 EA



**907 G**

**340 G**



**795 G**



**454 G**



**1.69**  
EA/LB

**BUNCH MINT** each, product of Mexico or **OPO SQUASH** 3.73/kg, product of Mexico  
20139326001 EA/20142055001 KG



**1.99**  
LB

**GREY ZUCCHINI** or **LONG EGGPLANT** product of Mexico  
4.39/kg  
20036780001 KG/20159013001 KG



**2.99**

**DRIED FIGS** product of Turkey  
20599942 EA



**200 G**

**\$13**

**SUFRA® HALAL CHICKEN THIGHS** boneless, skinless up to 640 g  
21669347 EA



**2.50**

**ZABIHA HALAL CHICKEN WIENERS** 450 g  
20006571 EA



**2.99**

**CLIC DRY BEANS** or **LENTILS** selected varieties 907 g  
20125770 EA/20312891 EA



**2.29**

**SURAJ® DAHI YOGURT** selected varieties 750 g  
20958143 EA/20959052 EA



**22.99**

**NANAK DESI GHEE** 1.6 kg  
20181744 EA



**9.99**

**QUALITY BROWN SUGAR** 4.5 kg  
20718452 EA



**6.99**

**NANAK GULAB JAMUN** selected varieties 908 g  
20426517 EA



**10.99**

**ASEEL VEGETABLE GHEE** 2 kg  
20607119 EA



**\$2**

**ROOSTER™ COCONUT CREAM** 400 mL, **BRITANNIA SUJI RUSK** 305 g, **RUBICON JUICE** 4x200 mL or 1 L or **SURATI SNACKS** 250/341 g selected varieties  
20322576003 EA/21032472 EA



**\$3.49**

Earn **500** pts

That's **50¢** value

**KFI COOKING SAUCES** selected varieties 375/395 mL  
20419490001 EA/20419490003 EA



**.99**

**PARLE-G ORIGINAL** 300 g or **BRITANNIA GOOD DAY BISCUITS** 75 g selected varieties  
20840892001 EA/20956495 EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 1 NFW

# JOE FRESH × PEANUTS™

Stay cool with Snoopy's alter ego, Joe Cool, in this limited-edition collab for the whole family.



Women's  
Peanuts Graphic  
Cropped Sweatshirt

**\$39**

Kid Girls'  
Peanuts Dip-Dye  
Graphic Sweatshirt

**\$29**



Adult  
Peanuts Graphic  
Crewneck Sweatshirt

**\$35**



Toddler  
Peanuts 2-Piece  
Graphic Fleece Set

**\$35**



Kid Peanuts  
Baseball Cap

**\$16**

Kid Girls' Peanuts  
Embroidered Baby Tee

**\$19**

Kid Peanuts  
Graphic T-Shirt

**\$19**

Adult Peanuts  
Graphic T-Shirt

**\$25**

Women's Printed  
Peanuts Sleep Pant

**\$29**

© PEANUTS

## This Week's Top Deals

March 12 - 18



**NOW \$29**

**Women's Button-Up Shirts\***

Regular Price \$39 | Excludes Clearance and Brands



**NOW \$15**

~~\$19~~

Kid Girls' Active  
Zip Hoodie

In-Store Only | Select Styles



**NOW \$12**

~~\$16~~

Toddler Boys'  
Printed Full-Zip  
Hoodie

**EVEN MORE ONLINE & IN-STORE**

**SHOP NOW**

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\*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).

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10% in PC Optimum points.



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everyday prices.



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