

NO FRILLS[®] YESSAVINGS

SAVE 30%

3⁴⁹

PINEAPPLE
product of Costa Rica
each
ananas
20119813001_EA



SAVE 33%

3⁹⁹

**NO NAME[®]
NATURALLY
IMPERFECT[™]
POTATOES**
product of Canada,
Canada no. 2 grade
pommes de terre
20944462001_EA



SAVE 39%

\$3

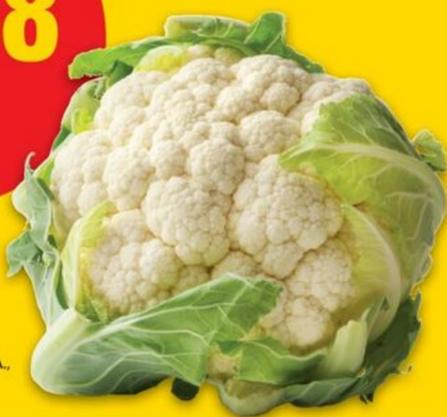
AVOCADOS
product of Mexico, Peru
or Colombia
avocats
21644936001_EA



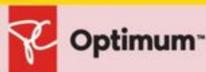
ONLY

3⁸⁸

CAULIFLOWER
product of Mexico, or U.S.A.,
no. 1 grade
chou-fleur
20135377001_EA



App
exclusive offer



Earn
200
pts

For every \$1* spent on
No Name Naturally Imperfect
fresh produce

That's
20%
value

produits frais
20921434001_EA/20944462001_EA/20868985001_EA

NO FRILLS[®] YES SAVINGS

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



**CLUB
SIZE**



SAVE UP TO 31%

5.50

SEAQUEST[®] RAW or COOKED WHITE SHRIMP
selected varieties, frozen
36-55 per lb, 300 g
crevettes blanches crues ou cuites
21636326, EA/21636352, EA



SAVE 28%

\$5 LB

CHICKEN BREASTS
skinless, bone-in
11.02/kg
poitrines de poulet
20707554, KG

SAVE 50%

\$1



CARL BUDDIG SLICED DELI MEAT
selected varieties
55 g
charcuteries tranchées
20662015, EA



SAVE 41%

1.99

LANTIC WHITE GRANULATED SUGAR
2 kg
sucre granulé blanc
20145033, EA

ONLY

3.49 LB



PORK SIDE RIBS
fresh, cryovac package
côtes de flanc de porc
7.69/kg
20289619, KG

WHILE QUANTITIES LAST

App exclusive offer

Optimum[™]

\$20



Earn **5,000** pts

That's **\$5** value

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

SAVE 42%

.29



MR. NOODLES INSTANT NOODLES
selected varieties, 85 g
nouilles instantanées
20322658001, EA

SAVE 50%

\$1



CLOVER LEAF LIGHT TUNA 170 g or
GOLD SEAL SARDINES 125 g
selected varieties
thon pâle ou sardines
20573583, EA/21024465, EA

SAVE UP TO 43%

8.99 **61 LOADS**



48 LOADS

TIDE LIQUID LAUNDRY DETERGENT 1.62/1.86 L
or **PODS** 18/31's, **GAIN LIQUID LAUNDRY DETERGENT** 2.6 L,
DOWNY FABRIC SOFTENER 1.66/2.63 L, **DOWNY or GAIN SCENT BOOSTERS**
379 g or **BOUNCE DRYER SHEETS** 120/200's
selected varieties
détergent à lessive ou assouplissant ou rehausseur de parfum ou feuilles pour sècheuse
21593782, EA/21593783, EA

SAVE UP TO 55%

1.25



OASIS JUICE, DEL MONTE NECTAR or ARIZONA ICED TEA or FRUITÉ BEVERAGES 2 L
selected varieties
jus ou nectar ou thé glacé ou boissons
20336722005, EA/20894117004, EA

SAVE 31%

12.99



TILDA BASMATI RICE
4.54 kg
riz basmati
20153678, EA

FLYER PRICES EFFECTIVE IN ATLANTIC CANADA STORES ONLY.

nofrills.ca

01 NFA

**PRICE
DROP**

1.50

ITALPASTA
selected varieties
750 g
pâtes

20296241001 EA
20296241003 EA



\$3

CLASSICO PASTA SAUCE
selected varieties
410/600 mL

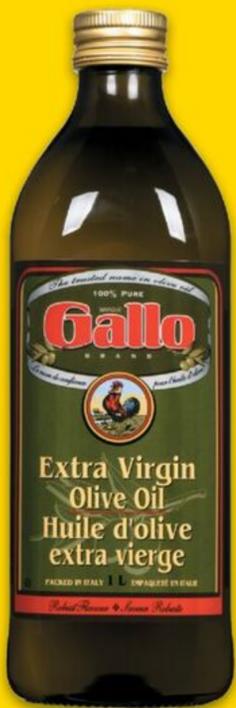
SAUCE
20325609001 EA/21618217 EA



8.99

GALLO EXTRA VIRGIN OLIVE OIL
selected varieties
1 L

huile d'olive
20105368 EA



Optimum™



\$5.50

Earn
1,000

pts

That's
\$1
value

GENERAL MILLS FAMILY SIZE CEREAL
selected varieties
455-778 g
céréales

21103492 EA/21103495 EA

FRESH AT LOW PRICES

3⁹⁹
LB

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

4⁹⁹

FARMER'S MARKET™ SWEET PEPPERS
product of Mexico
poivrons
20117550001_EA

\$10

SMALL MIXED BOUQUET
petit bouquet varié
21664005_EA/21171218_EA

4⁹⁹

1 LB CLAMSHELL

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

3⁹⁹

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

PKG OF 4

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

FRESH GUARANTEE

2⁴⁹
LB

ROMA TOMATOES
product of Canada or Mexico, no. 1 grade
tomates roma
5.49/kg
20143281001_KG

2⁹⁹

PKG OF 6

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

3⁹⁹
EA/LB

5 LB BAG

ASPARAGUS
8.80/kg, product of Mexico or Peru, no. 1 grade
or **FARMER'S MARKET™ SWEET POTATOES** each, product of Canada
asperges ou patates douces
20174381001_KG/20977331001_EA

1⁴⁹

RED MANGO
product of Peru
mangas rouges
2009635001_EA

4⁹⁹

3 LB BAG

4 LB BAG

FARMER'S MARKET™ AMBROSIA or MCINTOSH APPLES
product of Canada, Canada fancy grade or
ORANGES product of Spain or Morocco
pommes ou oranges
21307210001_EA/20713211001_EA

6⁹⁹

4 LB BAG

FARMER'S MARKET™ MANDARINS
product of Morocco or Spain
mandarines
20054023001_EA

3⁹⁹



680 G

PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES
product of Canada, Canada no. 1 grade
mini-pommes de terre rouges, dorées ou assorties
21347301001_EA/21247299001_EA

2⁴⁹

227 G

PC® WHOLE WHITE or CREMINI MUSHROOMS
product of Canada
champignons blancs ou cremini entiers
20775805_EA/20778229_EA

3⁵⁰

LARSEN WIENERS
375 g
saucisses fumées
21093446_EA

11⁹⁹

MARC ANGELO SAUSAGE, BREAKFAST SAUSAGE or PATTIES
selected varieties, frozen
1.2/1.4 kg
saucisses ou saucisses à déjeuner ou rondelles
20799828_EA

14⁵⁰
LB

BEEF STIR FRY STRIPS
Fresh
bœuf à sauter
31.97/kg
20228001_KG

\$10
LB

STEELHEAD TROUT FILLET
Frozen
filets de truite steelhead
22.05/kg
20005833_KG

3⁵⁰

ZIGGY'S® SLICED DELI MEAT
selected varieties
175 g
charcuteries tranchées
21592461_EA/21599921_EA

\$3

WONDER BREAD 470/675 g
or **BUNS** 6's
selected varieties
pain ou petits pains
20297455_EA/20305674_EA

5⁵⁰

PIZZA BUNS
6's
pains à pizza
21668798_EA

\$20

INTERNATIONAL WOMEN'S DAY BOUQUET
bouquet
21663855_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

\$1



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

3.50



SCOTSBURN COTTAGE CHEESE
selected varieties
500 g
fromage cottage
20972856 EA



4.99

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



3.50

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

\$10



ROBIN HOOD ALL PURPOSE FLOUR
5 kg
farine
2014924002 EA/2011602802 EA

1.50



NESTLÉ MILKSHAKES
selected varieties
473 mL
boisson fraiche
20729524002 EA

4.29



OASIS HEALTH-BREAK or SMOOTHIE
selected varieties, refrigerated
1.6 L
boisson fraiche
21529499 EA/21529910 EA

\$4



ORVILLE REDENBACHER MICROWAVE POPCORN
385-492 g or
KERNEL JAR 850 g
maïs à éclater ou en pot
20629533002 EA

\$2



COCA-COLA or PEPSI SOFT DRINKS
selected varieties
2 L
boissons gazeuses
2024924002 EA/2031602802 EA

3.99



MARS CHOCOLATE MULTIPACK
selected varieties
4's
chocolat
20313925 EA/20638842 EA

2.50



CHEEZ-IT CRACKERS
selected varieties
191/200 g
croûteilles
21214559 EA/21214540 EA

Optimum

Member Price
\$8.49

Non-Members
\$8.99

Members Save **50¢**

KELOGG'S JUMBO SIZE CEREAL
selected varieties
825 g-1.01 kg
céréales
20072706 EA/21651991 EA

\$3



DIANA or BULL'S-EYE BBQ SAUCE
selected varieties
425/500 mL
sauce BBQ
2024924002 EA/21184617 EA

2.99



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

1.25



NO NAME® BROTH
selected varieties
900 mL
bouillon
21189610 EA

Optimum

\$2

Earn **500 pts**

That's **50¢** value

AYLMER ACCENTS 540 mL or
ROYAL TOMATOES 284 g
selected varieties
tomates
21219102 EA

3.50



SUNRYPE JUICE 1.36 L, **OASIS, DEL MONTE or ARIZONA DRINK BOXES** 8x200 mL
selected varieties
jus ou boisson en boîte
20315744002 EA/20648779002 EA

6.25



GATORADE SPORT DRINKS
6x591 mL/8x355 mL or **POWDERS** 10x1/560 g
selected varieties
boissons désaltérantes ou poudres
20303218002 COE/21602385 EA

6.99



TAZO TEA CONCENTRATE 946 mL or
LIPTON TEA BLACK or GREEN 200 g
selected varieties
concentré de thé ou thé
21293930 EA/21592297 EA

\$6



NESTLÉ COFFEE MATE 450 g,
NESQUIK SYRUP 510/700 mL
or **POWDER** 540 g
selected varieties
rehausseur pour café ou sirop ou chocolat ou poudre
20309221002 EA/20220167002 EA

BRANDS YOU LOVE AT LOW PRICES

ONLY

3⁵⁰

PC® PROBIOTIC YOGURT
selected varieties
650 g
yogourt aux probiotiques
21684020 EA/21684254 EA

MARBLE MARBRÉ
CHEDDAR CHEESE FROMAGE CHEDDAR
SANS LACTOSE Free

TEX MEX
CHEESE BLEND MÉLANGE DE FROMAGES

ONLY

\$6

PC® CHEESE BARS
400 g or **PC® SHREDDED CHEESE** 250-320 g
selected varieties
barres de fromage ou fromage râpé
21060207 EA/21789664 EA

ONLY

\$7

PC® ORANGE JUICE
selected varieties, refrigerated
2.5 L
jus d'orange
21531644 EA

PREPARED IN CANADA

Blue MENU
ORIGINAL MARGARINE

ONLY

\$5

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

2⁵⁰

NO NAME® WHIPPED TOPPING
225 g
garniture fouettée
20017493 EA

\$3

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

\$6

PC® WOOD-FIRED PIZZA
selected varieties, frozen
351-413 g
pizza au feu de bois
21540352 EA

\$5

PC® LARGE HEAVY-DUTY FREEZER BAGS
28" x
sacs à congélation
21160491 EA

5⁹⁹

PC® LOADS OF ICE CREAM 1.5 L or NOVELTIES 288 mL
selected varieties, frozen
crème glacée ou friandises glacées
2074624504 EA/21575239 EA

4⁵⁰

PC® THE DECADENT® COOKIES
selected varieties
280/300 g
biscuits
20612257 EA/20612260 EA

2⁷⁵

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

6⁵⁰

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

5⁷⁵

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

.88

NO NAME® TOMATO, CREAM OF MUSHROOM, VEGETABLE or CHICKEN NOODLE SOUP
284 mL
soupe
20418885 EA

\$1

NO NAME® TOMATO PASTE 156 mL, PIZZA SAUCE 213 mL or MAC AND CHEESE DINNER
200 g
pâte de tomate, sauce à pizza ou macaroni au fromage
20118094 EA/21529754 EA

2⁷⁹

PC® CROUTONS 140 g or SALAD DRESSING 475 mL
selected varieties
crouillons ou vinaigrettes
2062488001 EA/20796248002 EA

2⁷⁵

PC® SWEETENED CONDENSED MILK
300 mL
lait condensé sucré
20112079 EA

8⁹⁹

NO NAME® HONEY
selected varieties
1 kg
miel
20033683 EA

3⁵⁰

PC® or BLUE MENU® PANCAKE or WAFFLE MIX 340/905 g or SYRUP 750 mL
selected varieties
mélange à crêpes ou gaufres ou sirop
20175159 EA/20374908 EA

Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family requirements. See in-store for details. We are not obligated to sell items based on errors or misprints in typography or photography. All savings claims (i.e. "Save", "Was", "1/2 Price", etc.) are in comparison to our own regular prices. Regular pricing and savings on items shown may vary by store location. Applicable taxes, fees, deposits, recycling or environmental surcharges are extra. Coupons must be presented and redeemed at time of purchase. *PC Optimum™: Scan your PC Optimum™ app or swipe your card to get Members Pricing or points. See in-store for details. **Must be a registered PC Optimum™ member to get this offer.

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**

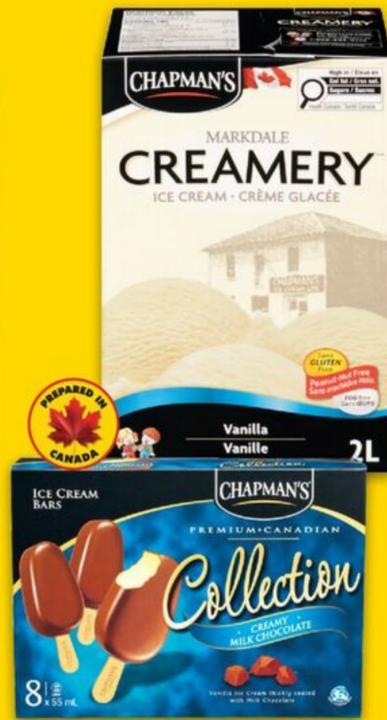
As compared to other major grocery retailers within your local trade areas.
Offer valid March 1st - 31st, 2026 while quantities last.
We reserve the right to limit quantities to reasonable family requirements. No rainchecks.

BRANDS YOU LOVE AT LOW PRICES

\$4



NO NAME® CHEESE SLICES
selected varieties
210/230 g
tranches de fromage
21614277 EA



\$5

CHAPMAN'S MARKDALE CREAMERY ICE CREAM 2 L or **COLLECTION NOVELTIES** 8's
selected varieties frozen
crème glacée ou friandises glacées
2031523601 EA/20323757004 EA

4.50



ACTIVIA YOGURT
selected varieties
8x100 g
yogourt
20325364002 EA/21726103 EA



2.50

BAGEL BITES
selected varieties, frozen
198 g
bouchées de bagel
20213483001 EA

3.50



SCOTSBURN SOUR CREAM
selected varieties
500 mL
crème sure
21381063 EA

\$8



HIGH LINER FISH FILLETS
selected varieties, frozen
315-700 g
filets de poisson
20303200001 EA

4.79



DARE BEAR PAWS 337-490 g,
WAGON WHEELS 630 g or
GRISSOL MELBA TOAST 350/400 g
selected varieties
biscuits ou croquillons
20307218001 EA/21238487 EA

2.50



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

\$1



CLUB HOUSE DRY SAUCE MIX
selected varieties
20-47 g
mélanges à sauce déshydratés
20302816001 EA/20323721001 EA

\$5



CLUB HOUSE BLENDS or LA GRILLE SEASONING
selected varieties
111-248 g
mélanges ou assaisonnement
20309777001 EA/20321740001 EA

\$3



CATELLI GLUTEN-FREE PASTA
selected varieties
300/340 g
pâtes sans gluten
20704235 EA

\$6



MINUTE RICE
selected varieties
1.2/1.4 kg
riz
20074783001 EA

\$2



NO NAME® ALUMINUM FOIL
25 ft
papier d'aluminium
21119986 EA

2.50



DAWN DISHWASHING LIQUID
selected varieties
431-473 mL
détergent liquide à vaisselle
21430581 EA/21430590 EA

6.99



GLAD GARBAGE BAGS
selected varieties
100-52's
sacs à ordures
21359461 EA

4.50



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

\$13



PURINA ONE DRY CAT FOOD
selected varieties
1.45-1.8 kg
nourriture sèche pour chats
20421881002 EA

12.50



TIDY CATS CAT LITTER
selected varieties
2.72 kg
litière pour chats
21237896 EA

\$29



PURINA ONE DRY DOG FOOD 6.8/7 kg or **TIDY CATS CAT LITTER** 7.71 kg
selected varieties
nourriture sèche pour chiens ou litière pour chats
20329412 EA

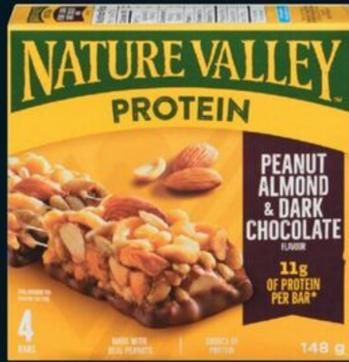
LOW PRICES IN STOCK



\$4

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

350



\$3

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

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



Earn **3,000 pts**

For every \$10* spent

That's **\$3** value

KELLOGG'S FAMILY SIZE CEREAL selected varieties, 480-650 g céréales 20015041_EA/21607207_EA



\$6



PILLER'S KOLBASSA 375 g kolbassa 20308469_EA

\$3

QUAKER INSTANT OATMEAL selected varieties 264-344 g gruau instantané 21190260_EA/21190265_EA

\$2

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

250

QUAKER CRISPY MINIS selected varieties 100-199 g mini-galette de riz 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 croquelines 21358333_EA

4.50

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

250

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

\$1

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

4.50

HERSHEY'S CHOCOLATE BAR MULTIPACK 4's or **POUCHES** 160-230 g selected varieties chocolat 2030979004_EA/20573406_EA

250

HERSHEY'S FAMILY BAR 90-120 g or **JOLLY RANCHER CANDY BAG** 182/198 g selected varieties friandises 20078199_EA/20683743_EA

\$2

MAYNARDS CANDY selected varieties 135-154 g friandises 21545554_EA/21604186_EA

LOW PRICES IN STOCK

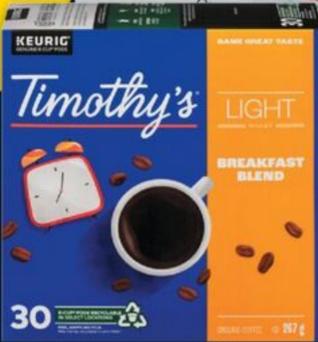


16⁹⁹



\$23

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



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

279



450

CHRISTIE COOKIES 224-303 g or MINI COOKIES 144-200 g
selected varieties biscuits
21358407_EA/21585155_EA/21586618_EA



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

250

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

250

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

250

DARE BEAR PAWS 168-240 g. ULTIMATE COOKIES 290/300 g, WAGON WHEELS 315/360 g or VIVA PUFFS 300 g
selected varieties biscuits
20974346_EA/21080791_EA

\$4

RUFFLES POTATO 180-220 g or DORITOS TORTILLA 210/235 g CHIPS
selected varieties croustilles ou croustilles de tortillas
21241053_EA/21493042_EA

\$4

TOSTITOS TORTILLA CHIPS
selected varieties croustilles de tortilla
21050573_EA

\$4

MISS VICKIE'S KETTLE COOKED CHIPS
selected varieties
190/200 g croustilles
21240703_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 295 g BARS
selected varieties bars
20126567001_EA/21290111_EA

349

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

\$8

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

\$3

LECLERC CÉLÉBRATION COOKIES
selected varieties, 240 g biscuits
21480155_EA

\$3

LECLERC CÉLÉBRATION MINI COOKIES
selected varieties, 200 g biscuits
21484654_EA/21648929_EA

\$3

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

\$4

SIMPLY DRINKS
selected varieties, refrigerated, 1.54 L boissons
21170793_EA

LOW PRICES IN STOCK



6²⁹

KRAFT PEANUT BUTTER
selected varieties
750 g/1 kg
beurre d'arachide
20039581001_EA/20039581005_EA



3⁹⁹

PHILADELPHIA CREAM CHEESE PRODUCT 227/250 g or **KRAFT SINGLES** 410 g
selected varieties
produit de fromagerie à la crème ou tranches de fromage
20441267_EA/21188654_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



6⁵⁰

iöGO YOGURT
selected varieties
16x100 g
yogourt
20606778001_EA



\$3

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



3⁵⁰

ACTIVIA EXPERT YOGURT
selected varieties
4x100 g
yogourt
21688261_EA



1⁵⁰

OCEAN'S LIGHT TUNA
selected varieties
170 g
thon pâle
21005134_EA



5⁵⁰

LYSOL DISINFECTING WIPES 75/84's, **SPRAY** 350 g or **MULTI-PURPOSE TRIGGER** 950 mL
selected varieties
lingettes ou vaporisateur désinfectant ou tout usage à gâchette
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
selected varieties
6x12 rolls
serviette
21484704_EA



\$7

LYSOL TOILET BOWL CLEANER, DISINFECTANT SPRAY 2x710 mL, **DISINFECTANT** 1.2 L
selected varieties
nettoyant à cuvette ou vaporisateur désinfectant ou désinfectant pour lessive
21238561_EA/21487308_EA



7⁹⁹

CHARMIN BATHROOM TISSUE 8x24 rolls or **BOUNTY PAPER TOWELS** 3x6 rolls
selected varieties
papier hygiénique ou essuie-tout
21670199_EA/21707477_EA



\$15

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



\$22

TIDE LIQUID LAUNDRY DETERGENT 3.46/3.9 L, **PODS** or **FLINGS** 45/76's
selected varieties
détergent à lessive
21593670_EA/21593706_EA



\$13

PUREX 4.08-4.43 L or **SUNLIGHT LIQUID LAUNDRY DETERGENT** 4 L, **SUNGLUE FABRIC SOFTENER** 2.77 L
selected varieties
détergent ou assouplissant
2008325001_EA/21427038_EA



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get over
\$25
in value

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THESE COUPONS
AND MORE



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

Save
\$2
with digital
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® CHICKEN
SPRING
ROLLS**
574 g
rouleaux de printemps

Earn
1,500
pts
Until April - 8 - 2026



**PC® KETTLE
COOKED
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

RAMADAN KAREEM

رمضان كريم



11⁹⁹

MEDJOOI DATES
product of U.S.A.
2 lb tub
dattes
20001686 EA



\$10

SUFRA® HALAL CHICKEN DRUMSTICKS
fresh
up to 840 g
pilons de poulet
21617004 EA



3⁹⁹

SURAJ® DRY BEANS or LENTILS
selected varieties
1.8 kg
lentilles ou haricots secs
20558757 EA
20558760 EA



18⁹⁹

GOLDEN TEMPLE FLOUR
selected varieties
9 kg
farine
20312711001 EA





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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.

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exclusively at  **NOFRILLS®**

Subject to change. Conditions apply. Visit nonamemobile.ca for full details.

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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.

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