

DELI DEALS

SAVE 37%

4⁶⁷

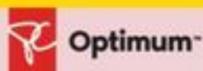
BOURSIN CHEESE
selected varieties
150 g
20116794_EA



SAVE UP TO 35%

\$5

ZIGGY'S® PEPPERONI STICKS 300 g or **MARCANGÉLO SLICED DELI MEAT** 85 g
21665209_EA/21706089_EA



App exclusive offer

\$3

Earn

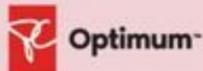
500

pts

That's 50¢ value



ZIGGY'S® FRESH PASTA
selected varieties
350 g
21302270_EA



4⁵⁰

Earn

1,000

pts

That's \$1 value



SNACK FACTORY PRETZEL CRISPS
selected varieties
200 g
20948940_EA

NOFRILLS

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

BIG EASTER DEALS!

ONLY

\$10

BONELESS, SKINLESS CHICKEN BREAST
4 pack
21437135_EA



SAVE 23%

\$5



NO NAME® BACON
regular or salt reduced
20156771_EA

SAVE 37%

2.49

SAVE 29%

2.75



LAY'S POTATO CHIPS
selected varieties
177-235 g
21241033_EA/21662082_EA

SAVE 22%

\$7



20 LB BAG

NO NAME® NATURALLY IMPERFECT™
RED or RUSSET POTATOES
product of Canada, Canada no. 2 grade
20851084001_EA/20044637001_EA



6 OZ CLAMSHELL

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

SAVE UP TO 27%

6.50



SEAQUEST® BAY SCALLOPS 400 g or SHRIMP
raw, shell on or cooked, 26-45 per lb, 300 g, frozen
21043683_EA/21558327_EA

PRICE DROP

4.99



ARMSTRONG or PC® SHREDDED CHEESE
250-320 g or ARMSTRONG CHEESE 400 g
selected varieties
21286340_EA/21246749_EA

PRICE DROP

1.25



ALLEN'S FRUIT COCKTAIL
selected varieties
1 L
20307434001_EA/21430133_EA

ONLY

3.50



MOTT'S CLAMATO
selected varieties
1.89 L
20218935009_EA

SAVE 50%

\$1



HEINZ BEANS or PASTA
selected varieties
398 mL
20040320003_EA/20177278001_EA

ONLY

\$5



INTERNATIONAL DELIGHT
COFFEE CREAMERS 946 mL
or COLD FOAM 396 g
selected varieties
20895480002_EA/21439939_EA

SAVE UP TO 43%

\$2



BEATRICE or DAIRYLAND
CHOCOLATE MILK
brand varies by region, 946 mL
20799732_EA/21499812_EA

SAVE 39%

1.39



UNICO SOLID LIGHT TUNA
198 g
20113745_EA

Optimum™

\$15.97



MAXWELL HOUSE
ROAST AND GROUND
COFFEE 631-900 g
or PODS 30's
selected varieties
21308076_EA/21604882_EA

App exclusive offer

\$6



NO NAME® CHICKEN
STRIPS, NUGGETS or
BURGERS
selected varieties, frozen, 908 g
21178744_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
selected varieties
20072462_EA/21628043_EA

SAVE UP TO 23%

12.99



DAAWAT BASMATI RICE 4 kg, MR. GOUDAS
PARBOILED or WHITE RICE 8 kg
20896406_EA/21606990_EA

Week 1
Spend & get
10%
back in (pts)
March 19 - 25

THIS WEEK
Week 2
Spend & get
10%
back in (pts)
March 26 - April 1

Week 3
Redeem & get
20%
back in (pts)
April 2 - 8

Bonus
10,000 (pts)
when you complete
all 3 offers*

Optimum™

Open your
PC Optimum™
App to start
earning.

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

nofrills.ca

01 NFW

BIG EASTER DEALS!



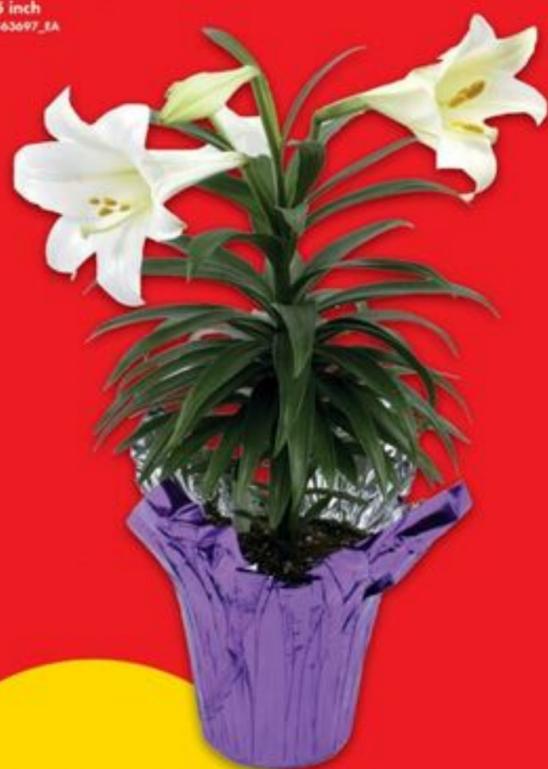
\$10

8 STEM TULIPS
assorted colours
21627907_EA



\$16

HYDRANGEA
selected varieties
6.5 inch
20563697_EA



8⁹⁹

EASTER LILY
6 inch
20563699_EA

**MAY NOT BE AVAILABLE AT ALL LOCATIONS
WHILE QUANTITIES LAST**

FRESH AT LOW PRICES

4⁹⁹

STRAWBERRIES product of Mexico or U.S.A., no. 1 grade, **CANTALOUPE** product of Guatemala, Honduras, or Brazil no. 1 grade, or **PINEAPPLE** product of Costa Rica
20167017001_EA/20160992001_EA

2⁹⁹ LB

BROCCOLI CROWNS product of Mexico or U.S.A., or **TOMATOES ON THE VINE** product of Canada or Mexico
6.59/kg
20026703001_XD/20026161001_EA

2⁹⁹

3 LB BAG

FARMER'S MARKET™ YELLOW ONIONS product of Canada, Canada no. 1 grade
20811994001_EA

1 LB CLAMSHELL

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

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

3⁹⁹ EA/LB

ASPARAGUS product of Mexico, no. 1 grade, 8.80/kg or **CELERY** each, product of Mexico or U.S.A.
20174387001_XD/20183119001_EA

2⁹⁹ LB

BRUSSELS SPROUTS product of U.S.A., 6.39/kg
20034155001_XD

3⁹⁹ PKG OF 5 OR 6

6 OZ CLAMSHELL

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

6⁹⁹ 5 LB BAG

FARMER'S MARKET™ AMBROSIA or PINK LADY APPLES product of Western Provinces, Canada fancy grade
20807199001_EA/20064020001_EA

7⁹⁹ 4 LB BAG

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

.99 LB

GREEN CABBAGE product of Canada, Canada no. 1 grade
2.18/kg
20790234001_XD

5⁹⁹ 3 LB BAG

FARMER'S MARKET™ ORANGES product of U.S.A.
20163943001_EA

4⁹⁹ 1 KG

200-225 G

PC® PC® BLUE MENU® or WONDERFUL PISTACHIOS product of U.S.A., or **GARLIC** product of China, selected varieties
21331596_EA/20039219_EA

1⁹⁹ LB

RED MANGOES each, product of Mexico or **SWEET POTATOES** 4.39/kg, product of Canada or U.S.A.
20127708001_XD/20039635001_EA

.99

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

5⁹⁹ 5 LB BAG

FARMERS MARKET™ CARROTS product of Canada, Mexico or U.S.A., no. 1 grade
20400928001_EA

3⁹⁹ 680 G

PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES product of Canada, Canada no. 1 grade
21247301001_EA/21247300001_EA

3⁹⁹ PKG OF 3

FARMER'S MARKET™ ENGLISH CUCUMBERS product of Canada, Canada no. 1 grade or **RED or GREEN PEPPERS** product of Mexico or U.S.A.
20426461001_EA/20118233001_EA

5⁹⁹ 907 G

681 G

FARMER'S MARKET™ GRAPE TOMATOES product of Canada, U.S.A., or Mexico or **MINI CUCUMBERS** product of Canada, Canada no. 1 grade or **PC® VARIETY TOMATOES** product of U.S.A. or Mexico
20640033001_EA/210706799001_EA

PRICE DROP

3⁹⁹ 454 G

PC® WHOLE WHITE or CREMINI MUSHROOMS product of Western Provinces
20738571_EA/20761372_EA

\$2 LB

PINK LADY APPLES product of Western Provinces, Canada fancy grade
4.41/kg
20093576001_XD

4⁹⁹ PKG OF 3

ROMAINE HEARTS product of U.S.A.
20067389001_EA

*Fresh Guarantee: Applicable to eligible fresh produce items purchased at No Frills store locations or online at nofrills.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with a refund of the purchase price upon presentation of the item and your original receipt within 7 days of purchase at the No Frills store where purchase originated. The guarantee does not apply to produce items with a stated "best before" date (e.g. bagged salad kit, packaged bean sprouts) and may not be combined with any other offer. We reserve the right to cancel or change the terms of this guarantee at any time without notice.

FRESH AT LOW PRICES

3-5 kg
\$18
each

5-7 kg
\$23
each

7-9 kg
\$30
each

9-11 kg
\$35
each



Sides not included, but they are recommended

TURKEY
selected varieties
frozen
21209103_EA

6.49



12.50
LB

PC® SAUSAGES or **ULTIMATE DINNER** or **BREAKFAST CHICKEN SAUSAGES**
selected varieties
375/500 g
21378310_EA/21384342_EA

BEEF STIR FRY STRIPS
27.56/kg
20127070_E0

7.79



15.49

MARCANGELO CHICKEN BREAST PORTIONS
selected varieties
300 g
21706318_EA

NO NAME® HAM
club pack, selected varieties
1.3 kg
20858030_EA

2.50



\$6



\$13



MAPLE LODGE FARMS or **ZABIHA HALAL CHICKEN WIENERS**
selected varieties, 450 g
20962713_EA

SCHNEIDERS JUICY JUMBOS or **SMOKED SAUSAGES** 375/450 g or **SCHNEIDERS BOLOGNA** 500 g, selected varieties
20099184_EA/20105611_EA

NO NAME® CHICKEN WINGS
selected varieties, frozen
908 g
21045209_EA

\$6



\$9



\$13



PILLER'S KOLBASSA 250/375 g or **PEPPERONI** 250 g or **MASTRO SALAMETTI** 300 g
selected varieties
20203790_EA/20208469_EA

PC® FRESH POT PIE
selected varieties
550-575 g
21442000_EA

HYGAARD MINI SUBS
family pack, selected varieties
770/830 g
20120214_EA

\$5



\$6



\$10



ALEXIS DE PORTNEUF BRISE DU MATIN BRIE 125 g or **PC® GOAT CHEESE LOGS** 140 g
selected varieties
20200584_EA/21417949_EA

ACE BAKERY ROLLS
selected varieties
640-840 g
21296353_EA

PC® CREAM PIES
selected varieties, frozen
730 g
21586299_EA

2.85



\$3



3.50



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

COUNTRY HARVEST BREAD 600 g or **BAGELS** 6's
selected varieties
21178371_EA/21178642_EA

PC® CINNAMON RAISIN BREAD 675 g or **HOT CROSS BUNS** 6's
20104367_EA/21377822_EA

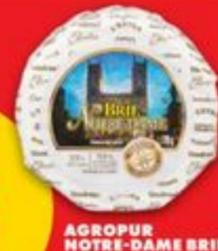
\$7



\$5



\$5



OKA CHEESE
selected varieties
190 g
20920734_EA

MONSIEUR GUSTAV CHEESE
selected varieties
170 g
21297420_EA

AGROPUR NOTRE-DAME BRIE or **L'EXTRA CAMEMBERT CHEESE**
selected varieties
170 g
20177192_EA

BIG EASTER DEALS!



3 LB BAG

\$5



WATERVIEW MARKET CRISPY CALAMARI
frozen
300 g
21454797_EA

5⁹⁹

FARMER'S MARKET LEMONS
product of U.S.A.
20798811001_EA

\$9



PC® COOKED PACIFIC WHITE SHRIMP
frozen, 31-40 per lb
400 g
20791381_EA

\$9



SEAQUEST® WILD PINK SALMON FILLETS
frozen
700 g
21592064_EA



\$16

ATLANTIC SALMON FILLET
frozen
405 g
21624491_EA

\$5



BASA FILLETS
previously frozen
300 g
21634501_EA

\$6



SEAQUEST® SHRIMP RING
frozen
227 g
20080299_EA

\$4



AURORA ITALIAN STYLE BREAD CRUMBS
680 g
20184061_EA

6⁵⁰



CLUB HOUSE DILL WEED
50 g
20129519_EA

2¹⁹



PC® MUSTARD
selected varieties
325 mL
20050432001_EA

3¹⁹



PC® SEAFOOD SAUCE
selected varieties
250 mL
20023348002_EA

\$4



PC® TARTAR SAUCE
250 mL
20011012_EA

2⁵⁰



NO NAME® LIME JUICE 445 mL
or **LEMON JUICE 946 mL**
20642381_EA/20971992_EA

\$2



MCCAIN RED BAG FRIES
selected varieties, frozen
800 g
31521173_EA

BIG EASTER DEALS!



SAVE 25%

\$3

NO NAME® CHEESE BARS selected varieties, 200 g 2030554_SA

ONLY

6.50



LIBERTÉ 650/750 g or YOPLAIT SOURCE 16x100 g selected varieties 20317317001_SA/20642273_SA

SAVE 29%

5.99

SAVE UP TO 26%

3.50

SAVE 22%

\$7

DEL MONTE JUICE BLENDS selected varieties, refrigerated, 2.5 L 21595736_SA/21595943_SA



LACTANTIA BUTTER selected varieties, 454 g 20639926_SA



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

2.99

IMPERIAL MARGARINE 427 g or BECEL PLANT BASED BRICKS 454 g selected varieties 20173424_SA

3.50

PC® VEGETABLES 300-750 g or CATCH OF THE DAY FISH FILLETS 350 g selected varieties, frozen 20218913_SA/21020917_SA

\$9

PC® BLACK LABEL PIZZA selected varieties, frozen 370-440 g 21331413_SA

5.50

PC® FROZEN FRUIT selected varieties, frozen 300-600 g 20212327_SA

6.29

KRAFT PEANUT BUTTER selected varieties 750 g/1 kg 20009581001_SA/20009581002_SA

2.50

TOWNHOUSE 247-301 g or CHEEZ IT SNAP'D CRACKERS 213 g selected varieties 21107400_SA/21481181_SA

\$4

TOSTITOS 215-295 g or DORITOS IT SNAP'D CRACKERS 213 g selected varieties 21060673_SA/21490042_SA

\$3

ANGIE'S BOOM CHICKA POP POPCORN or PUFFS selected varieties 136-198 g 20611709_SA

\$4

PC® 100% JUICE BOXES selected varieties 8x200 mL 21718742_SA

13.99

COCA-COLA or PEPSI SOFT DRINKS selected varieties 24x355 mL 20306687003_C34/203068197001_C34

.87

FRANCO AMERICAN GRAVY selected varieties 284 mL 20062334_SA

1.29

STOVE TOP STUFFING selected varieties 120 g 20210007001_SA

2.79

NO NAME® CROUTONS selected varieties 145 g 21094223_SA/21094224_SA

1.69

NO NAME® EVAPORATED MILK selected varieties 354 mL 21040610_SA/21040642_SA

5.50

KELLOGG'S FAMILY SIZE CEREAL selected varieties 450-650 g 21420748_SA/21482002_SA

19.99

TIDE LIQUID 3.46/3.9 L or PODS or FLINGS 45/76's LAUNDRY DETERGENT or CASCADE AUTO DISHWASHER TABS 51-90's selected varieties 21504970_SA/21516458_SA

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.

PC Optimum™ members must open the PC Optimum™ App on or before April 8, 2026 to reveal their personalized offers. Subject to the member meeting the applicable spend requirements specified in the member's personalized offer for each of the offer periods March 19-25, 2026 and March 26-April 1, 2026, the member will earn up to 10% back in PC Optimum™ points on each such participating offer. Subject to the member meeting the applicable PC Optimum™ points redemption requirement specified in the member's personalized offer for the offer period April 2-8, 2026, the member will earn up to 20% back in PC Optimum™ points on such participating offer. A member who completes all three participating offers on or before April 8, 2026 will receive a one-time bonus award of 10,000 PC Optimum™ points. The maximum number of bonus points available under this promotion is 10,000 points per member. Bonus points will be awarded only once, and only where all three participating offers are completed; partial completion of fewer than all three offers will not qualify. The promotion will be deemed completed only upon fulfillment of all three participating offers in accordance with the applicable offer terms. The PC Optimum™ Card or App must be presented at the time of each eligible transaction. Limit of one offer per member. Personalized offer terms, conditions, exclusions, and participating details apply and are available in the PC Optimum™ App.



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

nofrills.ca



Be kinder, use less 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

\$5



**NO NAME®
STIRRED YOGURT**
selected varieties
12 x 100 g
20685574001_EA/20685574002_EA

4.79



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

9.99



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

3.77



**OCEAN SPRAY
CRANBERRY COCKTAIL**
selected varieties, 1.89 L
2030006008_EA

\$5



**PC® ASIAN SOUPS,
ENTREES or SIDE DISHES**
280-400 g
21546625_EA/215465869_EA

\$6



PC® FREE RUN EGGS
12's
20412628001_EA

\$4



**SIMPLY DRINKS or
LEMONADE**
selected varieties, refrigerated
1.54 L
21170784_EA/21170792_EA

5.50



PC® DRY ROASTED PEANUTS
700 g, **CASHEWS** or **DELUXE
MIXED NUTS** 200 g
selected varieties
20057990002_EA/210548443_EA

3.49



KETTLE BRAND CHIPS
selected varieties
156/198 g
21530652_EA/21530692_EA

1.50



**GATORADE
SPORT DRINKS**
selected varieties
710 mL
20365775003_EA/21337037_EA

8.50



**PC® DE-ALCOHOLIZED
WINE**
selected varieties
750 mL
21045402_EA/21045380_EA

1.50



**CAMPBELL'S
BROTH**
selected varieties
250/900 mL
20022348002_EA/21347343_EA

6.50



**ANNIE'S ORGANIC
GRAHAM SANDWICHES or
BUNNY FRUIT SNACK PACK**
selected varieties
198/226 g
21547875_EA/215474381_EA

\$3



**QUAKER
CRISPY MINIS**
selected varieties
100-199 g
20163708002_EA/20302002001_EA

1.57



**OCEAN SPRAY
CRANBERRY SAUCE**
selected varieties
348 mL
20022892001_EA

\$3



CLOVER LEAF WHITE TUNA 170 g
or **FLAKED PINK SALMON** 142 g
selected varieties
20167571_EA/21178402_EA

\$6



**MINUTE
RICE**
selected varieties
1.2/1.4 kg
20074782001_EA

2.69



DE CECCO PASTA 454 g or
UNICO PASSATA 680 mL
selected varieties
20416260_EA/21056288_EA

3.38



**VH COOKING
or DIPPING
SAUCE**
selected varieties
341-380 mL
20984015_EA

4.99



BICK'S PICKLES
selected varieties
1 L
21448440_EA

3.99



**FRANK'S
RED HOT SAUCE**
selected varieties
354 mL
20187632001_EA

BRANDS YOU LOVE AT LOW PRICES

2.50



NO NAME® SOUR CREAM
selected varieties,
500 mL
20299637_EA



\$3

NO NAME® PROCESSED CHEESE SLICES
selected varieties,
400 g
21220993_EA



3.49

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



\$6

LACTANTIA ULTRAPUR MILK
selected varieties, 1.5 L
21694529_EA



1.50

MICHELINA'S DINNER ENTRÉES
156-284 g or **SWANSON POT PIE** 200 g
selected varieties, frozen
20320525001_EA/21208614_EA

5.50



TASTIEZ
selected varieties, frozen
311 g
21891371_EA

2.79



FRUITOPIA, PEACE TEA or FRUITE DRINKS
selected varieties,
refrigerated
1.54/1.73 L
2034740901_EA/21593777_EA

2.75



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

5.49



PRANA ORGANIC GRANOLA
selected varieties
300 g
21393188_EA

2.99



GRISSOL MELBA TOAST, CANAPE or BAGUETTES
selected varieties, 120-200 g
21022182_EA

\$5



QUAKER BAKING MIXES or OAT FLOUR
selected varieties, 700/900 g
20301064003_EA/20301064004_EA

2.55



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

\$3



POST CEREAL
selected varieties
311-325 g
20299448_EA/21427214_EA

7.99



MAXWELL HOUSE or NABOB TASSIMO COFFEE DISCS
selected varieties
8-16's
20026954001_EA

4.99



NESCAFÉ SWEET & CREAMY INSTANT COFFEE 144-351 g or AGGA COFFEE CAPSULES 10's
selected varieties
21383371_EA/21307021_EA

\$3



PC® TEA or HERBAL TEA
selected varieties
20's
20308417_EA/20627613001_EA

10.99



MAZOLA CORN OIL
2.84 L
20015260_EA

\$4



QUAKER CEREAL 350-500 g or HARVEST CRUNCH 400-510 g
selected varieties
21582300_EA/21219834_EA

3.50



PEARL MILLING COMPANY SYRUP 710 mL or PANCAKE MIX 905 g
selected varieties
21284609_EA/21291619_EA

\$9



NO NAME® HONEY 1 kg or FLOURISH PANCAKE MIX 430 g
selected varieties
20053083_EA/21375781_EA

Optimum

Member Price **\$7.50**

Non-Member **\$8**

50¢

PC® CHOCOLATE COVERED FRUITS, NUTS 250-400 g or CHOCOLATE BAR 300 g
selected varieties
20000336_EA/20307295_EA

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

That's **\$10** value



HERSHEY EASTER CHOCOLATE/CANDY
selected varieties
34-900 g
20268183001_EA/20526640_EA

BRANDS YOU LOVE AT LOW PRICES

\$15



CASCADE AUTO DISHWASHER TABS
selected varieties
30-48's
21012357_EA/21507156_EA

5.50



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

\$18



POISE PADS or DEPENDS UNDERWEAR
selected varieties
12-66's
21023579_EA/21302119_EA

4.50



ZIPLOC STORAGE BAGS
selected varieties
10-90's
20871415_EA/20871443_EA

\$2



GLAD CLING WRAP
30 m
20003818_EA

2.50



PALMOLIVE DISHWASHING LIQUID
selected varieties
591/828 mL
20861400_EA/21004388_EA

5.50



NO NAME® NAPKINS
club size
500's
20304897_EA

UP TO 20% OFF



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

\$3



PLASTIC EASTER EGGS
21668702_EA

\$3



OVAL EASTER BASKET
21668634_EA

\$8



PC® CHARITY BUNNY
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
20963841_EA/21371199_EA/
21172501_EA/21456748_EA/21401195_EA

**NEW
LOWER
PRICES**



5.50

TRE STELLE TUBS
selected varieties
200-475 g
21364404_EA

2.50



HOSTESS SNACK CAKES
selected varieties
202-231 g
21283752_EA

3.99



PHILADELPHIA CREAM CHEESE PRODUCT
selected varieties
227/250 g
20641267_EA/20666924010_EA

\$4



LEAN GROUND PORK
fresh
450 g
21705787_EA

\$5



MAPLE LEAF READY CRISP BACON or FULLY COOKED BREAKFAST SAUSAGES
selected varieties
65/300 g
20164959_EA/21094887_EA

\$11



PC BUTTERFLIED SHRIMP
frozen
400 g
20080117_EA

\$3



PILLSBURY POPS 380 g, SCRAMBLES 204 g or TOASTER STRUDEL 326 g
selected varieties, frozen
20172664001_EA/21435996_EA

4.25



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

\$5



AMOOZA! TWISTS CHEESE SNACKS
selected varieties
228 g
21403514_EA

3.50



OIKOS GREEK YOGURT
selected varieties
4x100 g
20419715001_EA/20419715004_EA

6.50



EARTH'S OWN CREAMER
selected varieties, refrigerated
946 mL
21576699_EA/21576791_EA

\$4



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

\$8



CARBONAUT BREAD
selected varieties
544/550 g
21446964_EA

**NEW
LOWER
PRICES**



\$5



BEN & JERRY'S ICE CREAM 473 mL
or **MAGNUM NOVELTIES** 3's
selected varieties, frozen
20950739_EA/21428403_EA

\$5

5.50

4.50



KELLOGG'S EGGO WAFFLES 16's or
PROTEIN B's
selected varieties, frozen
20099730004_EA/21439330_EA



CHAPMAN'S PREMIUM ICE CREAM
selected varieties, frozen
2 L
20223573001_EA



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

\$5

4.50

8.50

2.75



ROYALE BATHROOM TISSUE
8-16 ROLLS or **ROYALE FACIAL TISSUE** 6x100 SHEETS
selected varieties
20702419_EA/21378574_EA



NANAK PANEER
341 g
21286158_EA



BRAR'S BBQ VEGGIE BURGER
690 g
21656401_EA



NESTLÉ CHOCOLATE BARS
selected varieties
95-105 g
20640580_EA/21448521_EA

\$3

3.77

1.75

2.25



GOGO SQUEEZ FRUIT SAUCE POUCHES
selected varieties
4x90 g
20222697002_EA



OLD EL PASO DINNER KITS
selected varieties
250-510 g
20795534_EA/20795534_EA



KNORR SIDEKICKS
selected varieties
120-162 g
20221430007_EA/20221430011_EA



CAMPBELL'S CHUNKY SOUP
selected varieties
515 mL
21480447_EA

\$5

\$13

4.50

2.50



MAXWELL HOUSE INSTANT COFFEE
150 g
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
20083523001_EA/21427042_EA



WINDEX GLASS CLEANER 765 mL, **SCRUBBING BUBBLES** 946/950 mL or **FANTASTIK** 650 mL
20125323001_EA/214446823_EA



TEMPTATIONS PURREES 48 g or **SPOONS** 40 g **CAT TREATS**
selected varieties
21479902_EA/21365482_EA

\$6

\$3

\$7

\$5



HUY FONG SRIRACHA SAUCE
714 mL
20074954_EA



HARDBITE POTATO CHIPS
selected varieties
128/150 g
20270855001_EA/21137416_EA



BILLY BEE HONEY
500 g
20724304_EA



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

NATURAL FOODS AT LOW PRICES

\$4



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

\$5



PC® ORGANICS KEFIR
selected varieties
1 L
20944278_EA/21103766_EA

4.50



POPCORNERS
selected varieties
142 g
21370205_EA



8.99

DAIYA PIZZA
gluten free, dairy free,
selected varieties, frozen
354-550 g
20923827_EA

5.49



BELSOY PUDDING
selected varieties
4x125 g
20151298003_EA

5.49



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

3.50



EARTH'S OWN BARISTA 946 mL or
VITA COCO COCONUT WATER 1 L
selected varieties
20322922_EA/21643665_EA

7.99



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

5.99



FREE YUMM COOKIES or BARS
selected varieties
135/154 g
21048240_EA

\$7



PC® ORGANICS FLOUR 2.5 kg or
CHOCOLATE CHIPS 205 g
selected varieties
20069335_EA/21309604_EA

2.49



RIZOPIA GLUTEN-FREE RICE PASTA
selected varieties
454 g
20304808001_EA

3.50



PC® ORGANICS APPLE SAUCE CUPS 6x100 g, **SQUEEZABLE FRUIT SNACKS** 360 g or **JUMBO RAISIN SNACK PACK** 196 g
selected varieties
20320493001_EA/21170326_EA

\$9



NUTTIN' BUT SPREADS ALMOND BUTTER
selected varieties
365 g
21101516_EA

\$17



KICKING HORSE ORGANIC WHOLE BEAN COFFEE
selected varieties
454 g
20322468006_EA

\$7



PC® GLUTEN-FREE PIE CRUST
frozen
380 g
21311742_EA

AVAILABLE AT SELECT LOCATIONS ONLY

ONL NFW NY

BIG EASTER DEALS!



\$8



PC® CHARITY BUNNY
21467563_EA/21467564_EA

1.25

CADBURY MINI EGGS 33 g or
CREME EGGS 34 g
selected sizes and varieties
20431045_EA



2.50

JOLLY RANCHER GUMMIES,
TWIZZLERS BUNNIES 200 g
or **CADBURY SWEET MILK**
CHOCOLATE EGGS 150 g
selected varieties
21063036_EA
21493335_EA



3.50



4.50



CADBURY CRÈME EGGS 3's,
LINDT LINDOR EGGS 3's or
PEEPS MARSHMALLOWS 85 g
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
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
21428340_EA

\$7



LINDT BUNNY 100 g/ 5's or
CHOCOLATE EGG POUCHES 180 g
selected varieties
20046002_EA/21428361_EA

\$12



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

\$18



CADBURY MINI EGGS
875 g
21423042_EA



App exclusive offers

More offers More points

LOAD YOUR DIGITAL COUPONS
IN 6 EASY STEPS

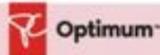
1. Open your PC Optimum app and go to **Offers**
2. Tap **Digital Coupons**
3. Select **"Click here to add your Digital Coupons"**
4. Tap **"Select Offer"** on the coupons you want
5. Tap **"Add Offer"** – you're done!

Members
get over

\$25

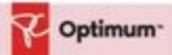
in value

CLICK FOR
THESE COUPONS
AND MORE



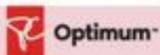
**BOOST READY-TO-DRINK
PRODUCT**
6x237 mL or 4x325 mL

Save
\$2
with digital
coupon



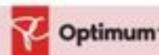
**PC® SPLENDIDO
SLICED MEATS**
100 g

Earn
1,000
pts
Until April - 8 - 2026



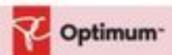
**PC® PORTUGUESE
CUSTARD
TARTS**
360 g

Earn
1,000
pts
Until April - 8 - 2026



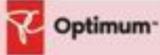
**PC® LOADS
OF ICE
CREAM**
1.5 L

Earn
1,000
pts
Until April - 8 - 2026



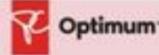
**PC® BLACK LABEL
ICE CREAM**
500 mL

Earn
750
pts
Until April - 8 - 2026



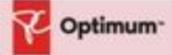
**PC® TOPPED
HUMMUS**
280

Earn
1,000
pts
Until April - 8 - 2026



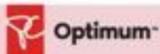
**PC® SPRING
ROLLS**
574 g

Earn
1,500
pts
Until April - 8 - 2026



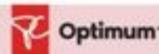
**PC® KETTLE
CHIPS**
200 g

Earn
500
pts
Until April - 8 - 2026



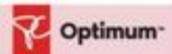
**PC® SPLENDIDO
EXTRA
VIRGIN OLIVE OIL**
1 L

Earn
2,000
pts
Until April - 8 - 2026



PC® CHOCOLATE CHIPS
226-300 g

Earn
750
pts
Until April - 8 - 2026



**PC® 3 PLY
FACIAL TISSUES**

Earn
1,000
pts
Until April - 8 - 2026

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Optimum



Earn
500
pts

Until April - 8 - 2026

**NO NAME®
GARLIC TOAST**
16's

Optimum



Earn
1,000
pts

Until April - 8 - 2026

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

Optimum



Earn
1,000
pts

Until April - 8 - 2026

**NO NAME®
LONG GRAINED RICE**
2 kg

Optimum



Earn
750
pts

Until April - 8 - 2026

**NO NAME®
PEANUT
BUTTER**
1 kg

Optimum



Earn
500
pts

Until April - 8 - 2026

**NO NAME®
CHOCOLATE
BARS**
100 g

Optimum



Earn
250
pts

Until April - 8 - 2026

**PC® SUPER
SOFT
BATHROOM
TISSUE**

Optimum



Earn
5,000
pts

Until April - 8 - 2026

**PC® LAMB, BROWN
RICE & PEÄ 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

HAPPY VAISAKHI!

ਵਿਸਾਖੀ ਦੀਆਂ ਵਧਾਈਆਂ!

1⁹⁹
LB/EA

LONG EGGPLANT 4.39/kg, product of Mexico or **METHI LEAF** each, product of Mexico or U.S.A.
20159013001_KG/20159689001_EA

2⁹⁹
LB/EA

INDIAN EGGPLANT 6.59/kg, or **KARELA** 6.59/kg, product of Mexico, Honduras or Dominican Republic or **RAPINI** each, product of U.S.A.
20055882001_KG/20028046001_KG

1⁴⁹
LB/EA

BUNCH MINT each, product of Mexico or Colombia or **OPO SQUASH** 3.28/kg, product of Mexico
20139326001_EA/20142035001_KG

2⁹⁹

COCONUT product of Dominican Republic each
20005774001_EA

\$2



SANTOSH NAAN selected varieties 5's
21671463_EA

\$5



FRONTIER PUNJABI COOKIES 1.13 kg
21284062_EA

2⁹⁹



PRAN SAMOSA or **SPRING ROLL** selected varieties, frozen, 400 g
21054779_EA/21054846_EA

1⁴⁸



PRAN NOODLES selected varieties 280 g
21685721_EA

4⁴⁹



SURAJ DRY BEANS or **LENTILS** selected varieties, 1.8 kg
20558757_EA/20558862_EA

\$3



SURAJ TURMERIC 400 g
20617737_EA

11⁹⁹



VERKA DESI GHEE 800 g
20419253_EA

3⁹⁹



SURAJ COCONUT OIL 500 mL or **ALMOND OIL** 237 mL or **DABUR MUSTARD OIL** 500 mL
20983644_EA/21000535_EA

.99



PARLE-G ORIGINAL 300 g or **BRITANNIA GOOD DAY BISCUITS** 75 g selected varieties
20840892003_EA/20956493_EA

\$8



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

5⁹⁹



DESI-LICIOUS ICE CREAM selected varieties 1 L
20847364001_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.

ONLNFPCX

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.

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ONL NFW MKT