

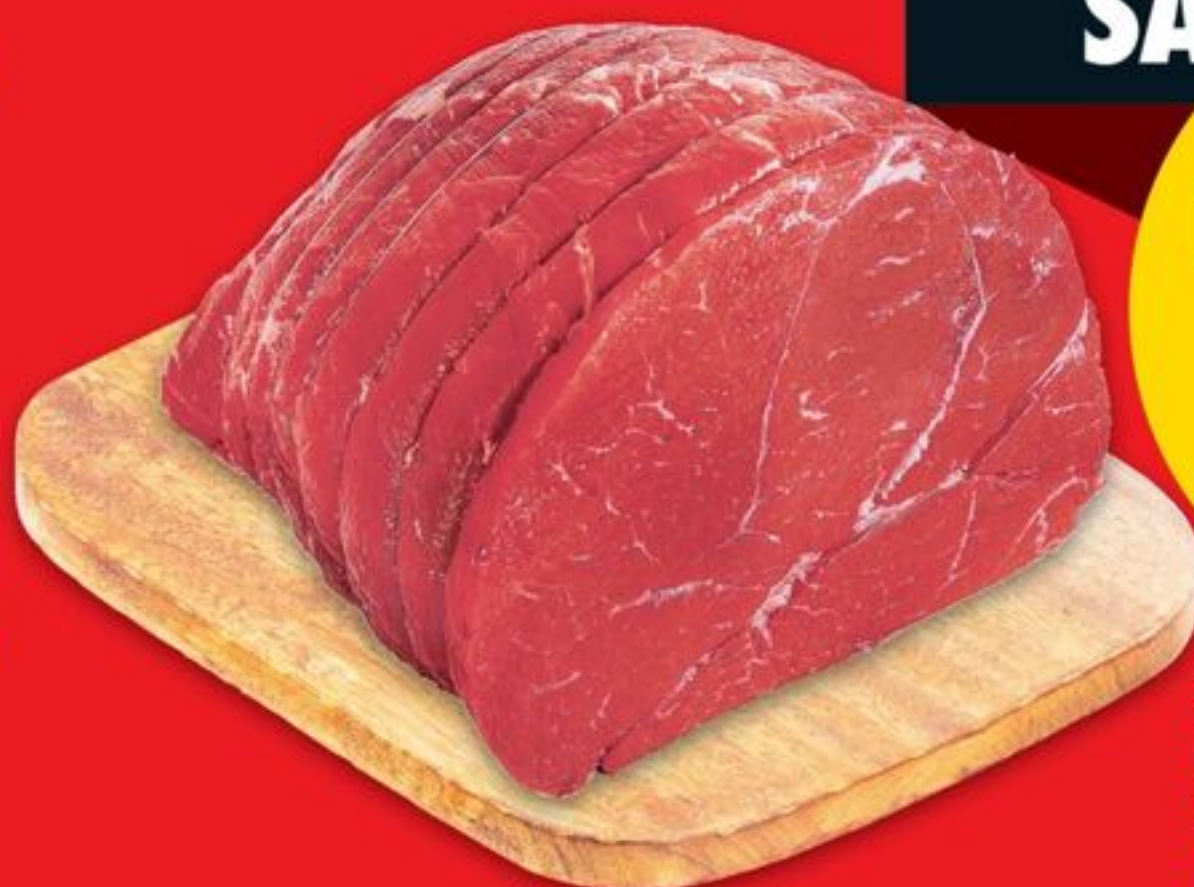
NOFRILLS®

FLYER PRICES EFFECTIVE THURSDAY, APRIL 02 TO WEDNESDAY, APRIL 08, 2026.

BIG EASTER DEALS!

SAVE 38%

7⁹⁹
LB



SIRLOIN TIP ROAST
cut from Canada AA grade
beef or higher
17.61/kg
20052657_KG

WHILE QUANTITIES LAST

SAVE 27%

10⁸⁸

LEAN GROUND BEEF
grass fed, 2x450 g
21618300_EA



ONLY

2⁷⁷
LB

SAVE 33%

1⁹⁹
LB

BROCCOLI CROWNS
product of Mexico or U.S.A.
4.39/kg
20026161001_kg



RED or GREEN SEEDLESS GRAPES
product of Chile or South Africa,
no. 1 grade
6.11/kg
20425775001_KG/20159199001_KG



SAVE 33%

\$2

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



ONLY

6⁵⁰

SEAQUEST® RAW or COOKED WHITE SHRIMP
frozen
36/55 per lb, 300 g
21636326_EA/21636352_EA



SAVE 20%

\$4

BREYERS CREAMERY ICE CREAM 1.41 L, POPSICLE NOVELTIES 12's or PC® FROZEN FRUIT 300-600 g
selected varieties
21651169_EA/20312227_EA



SAVE UP TO 21%

1⁹⁷

BARILLA PASTA
selected varieties, 340/410 g
21404923_EA/21405047_EA



App exclusive offer

Optimum™

\$6

Earn **2,000** pts



FARMER'S MARKET™ PIES
selected varieties
580 g-1 kg
21297365_EA/21297367_EA

SAVE 20%

\$2

DARE 100-225 g or CHRISTIE CRACKERS 180-200 g
selected varieties
21520666_EA/21547034_EA



ONLY

3⁹⁹

SILK NON-DAIRY BEVERAGES
selected varieties, 1.75/1.89 L
20308979_EA/20328231002_EA



\$2²⁹

Earn **750** pts



NO NAME® WHITE VINEGAR
Club Size, 4 L
20102756_EA

SAVE UP TO 50%

6⁹⁹



ROYALE BATHROOM TISSUE ROLLS or TIGER TOWEL ROLLS
selected varieties
21484702_EA/21572800_EA

ONLY

3²⁵

REAL CANADIAN NATURAL SPRING WATER
24x500 mL
20154975_C24



SAVE UP TO 41%

1⁶⁹

COCA-COLA or PEPSI SOFT DRINKS
selected varieties, 2 L
20296926002_EA/20316026002_EA



PRICE DROP

4⁹⁹



ARMSTRONG or PC® SHREDDED CHEESE 250-320 g or ARMSTRONG CHEESE 400 g
selected varieties
21286240_EA/21346749_EA

.95



CAMPBELL'S TOMATO, CREAM OF MUSHROOM, VEGETABLE or CHICKEN NOODLE SOUP
284 mL
20176214004_EA/20176214001_EA

Week 1

Spend & get

10%

back in (pts)

March 19 - 25

+

Week 2

Spend & get

10%

back in (pts)

March 26 - April 1

THIS WEEK

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

APRIL

HIT
OF THE
MONTH



🇨🇦 Made in Canada

Leclerc Go Pure Bars
Selected varieties, 140 g - 175 g
21507858_EA / 21221434_EA



🇨🇦 Made in Canada

Butcher's Selection Stampede Wieners or Harvest Creek Halal Chicken Wieners
900 g
21309103_EA / 21307061_EA



🇨🇦 Made in Canada

Planters Deluxe Whole Cashews
Salted or Unsalted, 200 g
21021618_EA

See in-store for retails

LOWEST PRICES
BEST DEALS

As compared to other major grocery retailers within your local trade areas. Offer valid April 1st - 30th, 2026 while quantities last. We reserve the right to limit quantities to reasonable family requirements. See in store for limits. No rainchecks.

FRESH AT LOW PRICES

4⁹⁹

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

**PKG OF
5 OR 6**

3⁹⁹

BLACKBERRIES
product of Mexico or U.S.A.,
RASPBERRIES product of
Mexico or U.S.A., no. 1 grade or
AVOCADOS product of Mexico,
Peru or Colombia
20051015001_EA/21644936001_EA

**6 OZ
CLAMSHELL**

**1 LB
CLAMSHELL**

2⁹⁹
LB

BRUSSELS SPROUTS or **GREEN BEANS**
product of U.S.A. or Mexico
6.59/kg
20036155001_KG/20142683001_KG

2⁹⁹
EA/LB

BROCCOLINI each, product of U.S.A. or
TOMATOES ON THE VINE 6.59/kg,
product of Mexico or U.S.A.
20154907_EA



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

3⁹⁹



454 G

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

5⁹⁹



**10 LB
BAG**

**FARMER'S MARKET™
YELLOW ONIONS**
product of Canada, Canada no. 1 grade
20600991001_EA

5⁹⁹



907 G

681 G

**FARMER'S MARKET™
GRAPE TOMATOES**
or **PC® VARIETY TOMATOES**
product of U.S.A. or Mexico
20840038001_EA / 21070679001_EA

5⁹⁹



**10 LB
BAG**

RED or **RUSSET POTATOES**
product of Canada, Canada no. 1 grade
20601013001_EA/20601020001_EA

4⁹⁹



5 LB BAG

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

5⁹⁹



**3 LB
BAG**

FARMER'S MARKET™ ORANGES
product of U.S.A.
20162945001_EA

1⁹⁹
LB



SWEET POTATOES
product of U.S.A.
4.39/kg
20162945001_EA

6⁹⁹



**5 LB
BAG**

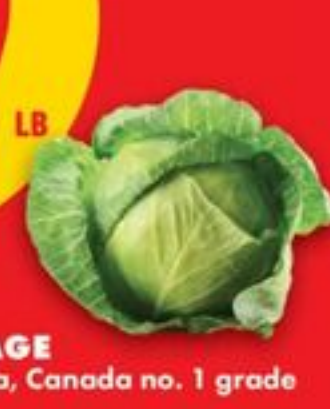
**FARMER'S MARKET™
AMBROSIA**
or **PINK LADY APPLES**
product of Western Provinces,
Canada fancy grade
21307212001_EA/20767998001_EA

1⁴⁹



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

.99
LB



GREEN CABBAGE
product of Canada, Canada no. 1 grade
2.18/kg
20792034001_KG

4⁹⁹



1 KG

292-383 G

EAT SMART or **TAYLOR FARMS**
SALAD KIT selected varieties,
product of U.S.A. or **GARLIC** product of China
20674118_EA/21648759_EA

1⁹⁹



RED MANGOES
product of Mexico
20059635001_EA

7⁹⁹



**4 LB
BAG**

FARMER'S MARKET™ MANDARINS
product of Morocco or Spain
20054025001_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 Western Provinces,
Canada no. 1 grade
20828461001_EA

\$10



EASTER LILY
selected varieties
6 inches
20563699_EA

**PRICE
DROP**

3⁹⁹



CELERY
product of U.S.A. or Mexico,
no. 1 grade
20163119001_EA

4⁹⁹



**PKG
OF 3**

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

\$2
LB



PINK LADY APPLES
product of Western Provinces,
Canada fancy grade
4.41/kg
20093376001_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

\$14

MAPLE LEAF PRIME CHICKEN LEGS
back attached
up to 1.24 kg
21683882_EA



16⁹⁹ LB

BONELESS INSIDE ROUND SANDWICH STEAK
37.46/kg
20072900_KG



\$14

PC® WORLD OF FLAVOURS PORK ROAST
selected varieties
730/900 g
21603234_EA



6⁹⁹

HARVEST DINNER SAUSAGES, BREAKFAST SAUSAGES, ROUNDS or ITALIAN GRINDS
selected varieties
250-500 g
21724040_EA/21724116_EA

10⁹⁹

SCHNEIDERS SMOKED HAM
selected varieties
700 g
21094878_EA



8⁹⁹

PC® SPRING ROLLS 574 g
or **CHEESE STICKS** 345/454 g
selected varieties, frozen
20698096_EA/21116020_EA



3⁵⁰

PC® DIPS 227 g or **NAAN DIPPERS** 200 g
selected varieties
20374522_EA/21092033_EA



\$5

Earn
1,000
pts

That's \$1 value



MASTRO CHARCUTERIE 100-175 g or
SAN DANIELE PROSCIUTTO 100 g
selected varieties
20581660_EA/21061099_EA

Optimum™

\$5

SAPUTO CHEESE
selected varieties
125-200 g
21051214_EA



\$5

ZIGGY'S® TWIN PACK PASTA
selected varieties
600 g
21302595_EA



\$3

PC® FROZEN DESSERTS
selected varieties, frozen
216-290 g
20800613_EA/21549965_EA



2⁵⁰

NO NAME® DINNER ROLLS
selected varieties, 12's
21431243_EA



2⁵⁰

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



\$5

PC® MINI MUFFINS 336 g or **FARMER'S MARKET™ BUTTER CROISSANTS** 260-336 g
selected varieties
20975943_EA/21488839_EA



5⁵⁰

OLIVIERI FRESH FILLED TWIN PACK PASTA
selected varieties
450/500 g
20321512_EA



\$5

OLIVIERI SKILLET GNOCCHI
selected varieties
280/300 g
21021520_EA/21022065_EA



OLIVIERI FRESH PASTA SAUCE
selected varieties
300 mL
20114410_EA/20093406_EA



\$4

*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.

BIG EASTER DEALS!

5⁹⁹

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



3 LB BAG



\$5

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

\$9

**SEAQUEST® WILD
PINK SALMON FILLETS**
frozen
700 g
21592064_EA



\$16

ATLANTIC SALMON FILLET
frozen
405 g
21634491_EA



\$5

BASA FILLETS
previously frozen
300 g
21634501_EA



\$9

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



\$6

**SEAQUEST®
SHRIMP RING**
frozen
227 g
20080289_EA



\$4

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



6⁵⁰

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



2²⁹

PC® MUSTARD
selected varieties
325 mL
20050452001_EA



\$2

**PC® SEAFOOD
SAUCE**
selected
varieties
250 mL
20023348002_EA



3⁵⁰

PC® TARTAR SAUCE
250 mL
20011012_EA



2⁵⁰

**NO NAME®
LIME JUICE 445 mL or
LEMON JUICE 946 mL**
20642581_EA/20971992_EA



2⁴⁹



MCCAIN FRIES
selected varieties, frozen
800 g
21521173_EA

BIG EASTER DEALS!

SAVE 43%

1²⁹

STOVE TOP STUFFING
selected varieties, 120 g
20310507001_EA

ONLY

3⁵⁰

LACTANTIA or DAIRYLAND CREAM
selected varieties, 473 mL-1 L
20073927_EA/20962887_EA

SAVE 29%

5⁹⁹

LACTANTIA BUTTER
selected varieties, 454 g
20639926_EA

SAVE 47%

1⁵⁷

OCEAN SPRAY CRANBERRY SAUCE
selected varieties, 348 mL
20022893001_EA

SAVE UP TO 23%

3⁵⁰

DAIRYLAND SOUR CREAM
selected varieties, 400/500 mL
20273966001_EA

\$3

YOPLAIT SOURCE 630 g, TUBES 8's
or MINIGO 6's YOGURT
selected varieties
21391318001_EA/21547595_EA

5⁴⁹

iÖGO FROZEN YOGURT 946 mL,
POP 8's or BARS 4's or
YUKON NOVELTIES 5-8's
selected varieties, frozen
21654421_EA/21650572_EA

3³³

BLACK DIAMOND SLICES
PROCESSED CHEESE PRODUCT 410 g
LACTANTIA CREAM CHEESE 227 g
selected varieties
21252564_EA/21673558_EA

6⁵⁰

SAPUTO MOZZARELLISSIMA
selected varieties
500 g
20759241002_EA

1⁷⁹

CARNATION
EVAPORATED MILK
selected varieties, 354 mL
20896812_EA/20896887_EA

\$6

SMUCKER'S JAM,
MARMALADE or JELLY
selected varieties, 310/500 mL
20308043001_EA/20308043004_EA

4⁵⁰

PC® FLATBREAD
selected varieties, frozen, 338-395 g
21013452_EA

\$10

HIGH LINER PAN SEAR or
BATTERED FISH FILLETS
selected varieties, frozen, 425-600 g
20845016_EA

7⁴⁴

PC® ORANGE JUICE
selected varieties, refrigerated, 2.5 L
21531644_EA

6²⁵

GATORADE SPORT DRINKS
6x591 mL or POWDERS 560 g
selected varieties
20336724001_EA/20303218003_C06

6²⁹

BUBLY 12x355 mL or MONTELLIER
10x355 mL SPARKLING WATER
selected varieties
21096723_C10/21097177_C12

8⁵⁰

PC® DE-ALCOHOLIZED WINE 750 mL
or ATTYPIQUE NON-ALCOHOLIC
COCKTAILS 4x355 mL
selected varieties
21403389_EA/21515994_C04

2⁵⁰

CHEEZ-IT CRACKERS
selected varieties, 191/200 g
21214559_EA/21214560_EA

\$1

CLUB HOUSE DRY SAUCE MIX
selected varieties, 20-47 g
20302816001_EA/20302816004_EA

\$3

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

4⁷⁹

NO NAME® BACON BITS
85 g
20159354_EA

APRIL 2-8



Disney · PIXAR ALBUM PRE-SALE

PLUS A FREE PACK OF STICKERS*

*At participating Loblaw Companies Ltd. stores April 2-April 8, purchase a sticker book and receive a free ©Disney/Pixar Animal Friends + Stitch Collectible sticker pack containing 4 stickers. While supplies last. Only where albums are sold.



Member Price
\$3

Non-Member Price
\$5

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.

NOFRILLS

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

nofrills.ca



this product contains
post consumer recycled
paper



BRANDS YOU LOVE AT LOW PRICES

3²⁵



LIBERTÉ MÉDITERRANÉE
500 g, **CRUNCH 2's** or **YOPLAIT**
PROTEINES 650 g **YOGURT**
selected varieties
20788062001_EA



6⁹⁹

BECEL MARGARINE
selected varieties
637/850 g
20297818002_EA

3⁵⁰



TENDERFLAKE PIE SHELLS
selected varieties, frozen
255-397 g
20303840001_EA



\$6

PC® WOOD-FIRED PIZZA
selected varieties, frozen
351-413 g
21540352_EA

6⁹⁹



STARBUCKS COFFEE ENHANCER
selected varieties
828 mL
21436915_EA

\$8



STOK or STARBUCKS ICED COFFEE
selected varieties
1.42 L
21203739_EA/21215530_EA

1⁵⁷



NO NAME® POTATO CHIPS
selected varieties
200 g
21302821_EA

3²⁷



CLASSICO PASTA SAUCE
selected varieties
410/600 mL
20325609001_EA/21618217_EA

\$2



OASIS JUICE, DEL MONTE NECTAR or ARIZONA ICED TEA
960 mL or **FRUITE BEVERAGE** 2 L
selected varieties
20340058005_EA/20894117004_EA

6⁵⁰



SANPELLEGRINO SPARKLING FRUIT BEVERAGES
selected varieties
6x330 mL
21433206_C06/21590983_C06

\$2



DOLE PINEAPPLE
selected varieties
398 mL
20136767001_EA

3⁵⁰



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

2⁷⁹



CHRISTIE COOKIES
selected varieties
240-303 g
21358407_EA/21361508_EA

.76



FRANCO AMERICAN GRAVY
selected varieties
284 mL
20063534_EA

1²⁵



NO NAME® BROTH
selected varieties
900 mL
21189611_EA

\$1



UNICO TOMATO PASTE
selected varieties
156 mL
20000527_EA

\$5



PC® ORGANICS GRANULATED SUGAR
900 g
21123891_EA

9⁹⁹



UNICO VEGETABLE OIL
3 L
20098102_EA

2²⁹



NO NAME® OLIVES
selected varieties
375 mL
20325649_EA

3⁹⁹



FRANK'S REDHOT SAUCE
selected varieties
354 mL
20187632001_EA

4⁵⁰



LINDT MINI EGG 100 g, **KINDER HOLLOW BUNNY** or **KINDER MINI FRIENDS** 75-122 g
selected varieties
20187234_EA/21549623_EA

\$4



CADBURY MINI EGGS 154-200 g, **NESTLE POUCHES** or **NOVELTIES** 85-153 g or **ROCHER HALLOW BUNNY**, **FERRERO EGGS** 90-100 g or **PC® MILK CHOCOLATE BUNNY** 100 g
selected varieties
20073462_EA

\$7



LINDT BUNNY POUCHES 180 g
selected varieties
20046002_EA/21628561_EA

Optimum™



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

HERSHEY'S EASTER CHOCOLATE or CANDY
selected varieties and sizes
20526640_EA/
20268183001_EA

BRANDS YOU LOVE AT LOW PRICES

4⁹⁹



**HELUVA GOOD!
FRENCH ONION DIP**
680 g
20312788001_EA



**DAIRYLAND
COTTAGE CHEESE**
selected varieties
500 g
20749835_EA

6⁵⁰



**SCHNEIDERS BREAKFAST
SANDWICH or EGG BITES**
selected varieties, frozen
204-288 g
21623187_EA/21623288_EA



**HEALTHY CHOICE
DINNER ENTREES**
selected varieties, frozen
255-298 g
21406269_EA

4⁵⁰

5⁵⁰



**GIUSEPPE THIN CRUST or
RISING CRUST PIZZA**
selected varieties, frozen, 439-785 g
21106361_EA

6⁵⁰



iöGO YOGURT
selected varieties, 16x100 g
20606778001_EA/20609583001_EA



\$4



**TOSTITOS
TORTILLA** 215-295 g
or **MISS VICKIE'S
POTATO** 190-200 g
CHIPS
selected varieties
21050575_EA/21240703_EA

2⁵⁰



**GOLDFISH
CRACKERS**
selected varieties
167-227 g
20300320_EA/20306994003_EA

9⁸⁸



NO NAME® FLOUR
Club Size, selected varieties
10 kg
20022248_EA/20306865_EA



\$10



**KICKING
HORSE
ORGANIC
GROUND
COFFEE**
selected varieties
284 g
20805126001_EA

3⁴⁹



**EAGLE BRAND SWEETENED
CONDENSED MILK**
selected varieties
300 mL
21012618_EA

6⁹⁹



TETLEY TEA
selected varieties
80/144's
20711164_EA/21613866_EA

\$3



**MADEGOOD GRANOLA BARS,
COOKIES, MINI'S, CRISPY
SQUARES or CRUNCHY SQUARES**
selected varieties
110-150 g
21107622_EA/21352121_EA

\$24



NABOB GROUND COFFEE 930 g
or **KICKING HORSE K-CUPS** 24's
selected varieties
20074173002_EA/21654258_EA

\$4



**KELLOGG'S ALL
BRAN** 450/525 g,
RAISIN BRAN
425/451 g,
VECTOR
306/400 g,
SPECIAL K
320-355 g, or
MINI-WHEATS
377-460 g **CEREAL**
selected varieties
20015041_EA/21607207_EA

4⁵⁰

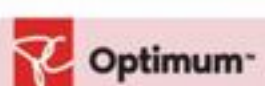


NO NAME® PEANUT BUTTER
selected varieties
1 kg
20296985001_EA/20296985002_EA

\$8



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



Member Price
\$2⁵⁰

Non-Members
\$3

**CADBURY CHOCOLATE
BARS**
selected varieties
90-100 g
21648647_EA/
21648701_EA

BRANDS YOU LOVE AT LOW PRICES

\$5



IVORY BAR SOAP 10x90 g or **BODY WASH** 621 mL
selected varieties
20860346001_EA/21716909_EA



\$5

LISTERINE CLASSIC MOUTHWASH
selected varieties
1 L
20348438001_EA/21091218_EA

\$9



GILLETTE or VENUS DISPOSABLE RAZORS
selected varieties
1-8's
20984907_EA/20179414001_EA



\$13

BOOST READY TO DRINK SHAKES
selected varieties and sizes
20986361_C06/20304429002_C06

\$5



ALWAYS or TAMPAX LINERS
48-72's, **PADS** 10-46's or **TAMPONS** 14-18's
selected varieties
21444899_EA/21449992_EA

SAVE UP TO 30%



NATURE'S BOUNTY VITAMINS or SUPPLEMENTS
selected varieties
21020231_EA/21180320_EA

\$1



PC® ORGANICS BABY FOOD POUCH
selected varieties
128 mL
20651248002_EA/20666167008_EA

5.50



NO NAME® NAPKINS
Club Size
500's
20306897_EA

2.50



DAWN DISHWASHING LIQUID
selected varieties
431-473 mL
21430581_EA/21430590_EA

\$13



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
20083525001_EA/21427042_EA

4.50



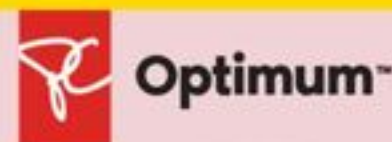
CLOROX CLEANING SPRAY
selected varieties
887/946 mL
21657792_EA



3⁹⁹



KRAFT SINGLES 410 g or
CHEEZ WHIZ 450 g
selected varieties
20659606001_EA/21188654_EA



\$4⁹⁹

Earn
500
pts

That's
50¢
value

HEINZ KETCHUP
750 mL/1 L or
KRAFT MIRACLE WHIP
650/890 mL
selected varieties
20069080_EA/20298681001_EA



\$3²⁵

Earn
500
pts

That's
50¢
value

KOOL-AID JAMMERS 10x180 mL
or **MIO, CRYSTAL LIGHT**
or **KOOL-AID LIQUID WATER**
ENHANCERS 48 mL/24-56 g
selected varieties
20079976006_EA/20663423_EA



\$3

Earn
500
pts

That's
50¢
value

BULL'S-EYE SAUCE 425 mL,
DIANA SAUCE 500 mL or
KRAFT SALAD DRESSING 425 mL
selected varieties
20547834005_EA/21184617_EA/21584850_EA



\$15

Earn
2,000
pts

That's
\$2
value



TRE STELLE FETA CHEESE TUB
850 g
21618723_EA

\$7



TRE STELLE MOZZARELLA BALL
selected varieties, 340 g
20189267_EA

\$6

CASTELLO HAVARTI 170/200 g,
CHEDDAR 200 g, **CREAM** or
BLUE CHEESE 125 g
selected varieties
20573932_EA



\$3

2⁵⁰



GLACEAU VITAMIN WATER
591 mL or **SMART WATER** 1 L
selected varieties
20154181_EA/20333194006_EA

7⁵⁰

FUZE ICED TEA
selected varieties, 12x341 mL
21645563_C12



\$1



COLGATE TOOTHPASTE 52-95 mL or
MANUAL TOOTHBRUSH 1 ea
selected varieties
20277681002_EA/20975582_EA

\$6



COLGATE TOOTHPASTE 70-133 mL, 2x120/150 mL, 2's
or **MANUAL TOOTHBRUSH** 1 ea
selected varieties and sizes
20110327002_EA/21166650_EA

3⁵⁰



COLGATE PREMIUM TOOTHPASTE 70-150 mL or
MANUAL TOOTHBRUSH 1 ea
selected varieties
20306410001_EA/21166685_EA



3⁵⁰



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

3²⁹



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

3⁷⁷



OLD EL PASO DINNER KIT
selected varieties, 250-510 g
20795534_EA/20795536_EA



2⁴⁹



ANNIE'S GLUTEN-FREE or VEGAN MACARONI AND CHEESE
selected varieties, 170 g
20420057_EA

\$2



PILLSBURY REFRIGERATED WRAPS
selected varieties, 200-227 g
20305424002_EA/21505340_EA



DANONE

\$3

OIKOS PRO YOGURT
selected varieties
300 mL
21652096_EA



6⁵⁰



ACTIVIA YOGURT
selected varieties, 12x100 g
20303412001_EA/20608924_EA

3⁵⁰



ACTIVIA 650 g or ACTIVIA EXPERT 4x100 g YOGURT
selected varieties
20325132001_EA/21688261_EA

3⁵⁰



DANONE DANINO YOGURT
selected varieties, 6x93 mL
21520253_EA



5⁵⁰

NESTLÉ DRUMSTICKS or NOVELTIES
selected varieties, frozen
4-10's
20322380003_EA/20324757003_EA



5⁵⁰



HÄAGEN-DAZS ICE CREAM 450 mL
or **NOVELTIES** 3/4's
selected varieties, frozen
20302298001_EA/21513506_EA

9⁹⁹



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

SPRING CLEANING

\$4

PINE-SOL ALL PURPOSE CLEANER
selected varieties
1.41 L
20298679001_EA/20298679002_EA



\$5.50

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

\$3.49



GLAD PLASTIC CLING WRAP
60 m
20043471_EA



\$6.99

HEFTY WASTE BAGS
selected varieties
20-40's
21492934_EA

\$7



LYSOL TOILET BOWL CLEANER 2x710 mL, DISINFECTANT SPRAY 539 g or LAUNDRY DISINFECTANT 1.2 L
selected varieties
21238361_EA/21487308_EA

\$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
21594986_EA/21593670_EA/21516545_EA

\$20



FINISH AUTO DISHWASHER TABS
selected varieties
60-105's
21218875_EA/21561337_EA

\$11.49



GLAD GARBAGE BAGS
selected varieties
20-40's
21165477_EA

\$15



GAIN LIQUID LAUNDRY DETERGENT 4.25 L or FLINGS 42's, BEADS 598/680 g or DRYER SHEETS 240's
selected varieties
20959627_EA/21671139_EA

\$17



AIR WICK SCENTED OIL REFILL or KITS
selected varieties
5x20 mL
21362106_EA/21428270_EA

\$4



MR. CLEAN ALL PURPOSE CLEANER 1.21 L, FEBREZE AIR 250 g, BATHROOM AIR FRESHENER 7.5 mL, CAR 2 mL or MAGIC ERASER 2/3's
selected varieties
21005017_EA/21700198_EA

\$4.99



CLOROX BLEACH
2.4 L
21283179_EA

\$11



TRU EARTH LAUNDRY DETERGENT ECO-STRIPS 32's or SCENT BOOSTERS 200 g
selected varieties
21425514_EA

\$2.20



PC® LOTION FACIAL TISSUE
1 pack
21668309_EA

\$3.50



NO NAME® BLEACH
selected varieties
2.4 L
21486532_EA

\$11



SWIFFER WET REFILLS 12-24's, DRY REFILLS 16-32's or DUSTER REFILLS 6-10's
selected varieties
21627654_EA/21629789_EA

\$10.49



ZIPLOC STORAGE BAGS
selected varieties
60-270's
21196100_EA



FINISH AUTO DISHWASHER TABS or RINSE AID
all varieties and sizes
20548797_EA/21218875_EA/21561337_EA

Earn **5,000** pts

For every \$25* spent

That's **\$5** value



AIR WICK FRESHENER
all sizes and varieties
2030259001_EA/21428270_EA



Earn **5,000** pts

For every \$14* spent

That's **\$5** value



Optimum™

App exclusive offers

More offers More points

LOAD YOUR DIGITAL COUPONS IN 6 EASY STEPS

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

CLICK FOR
THESE COUPONS
AND MORE



Members
get over

\$25

in value

Optimum™



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

Save
\$2
with digital
coupon

Optimum™



**PC® SPLENDIDO®
SLICED MEATS**
100 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® PORTUGUESE
CUSTARD
TARTS**
360 g

Earn
1,000
pts
Until April - 8 - 2026

Optimum™



**PC® 3 PLY
FACIAL TISSUES**

Earn
1,000
pts
Until April - 8 - 2026

More offers. More points.

CLICK FOR
THESE COUPONS
AND MORE



Earn
500
pts

Until April - 8 - 2026

**NO NAME®
GARLIC TOAST**
16's



Earn
1,000
pts

Until April - 8 - 2026

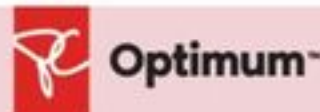
**NO NAME® POTATO AND
CHEDDAR PEROGIES**
2 kg



Earn
1,000
pts

Until April - 8 - 2026

**NO NAME®
LONG GRAINED RICE**
2 kg



Earn
750
pts

Until April - 8 - 2026

**NO NAME®
PEANUT
BUTTER**
1 kg



Earn
500
pts

Until April - 8 - 2026

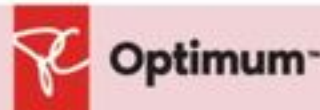
**NO NAME®
CHOCOLATE
BARS**
100 g



Earn
250
pts

Until April - 8 - 2026

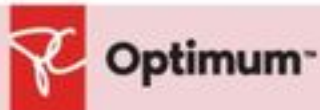
**PC® SUPER
SOFT
BATHROOM
TISSUE**



Earn
5,000
pts

Until April - 8 - 2026

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



Earn
1,000
pts

Until April - 8 - 2026

**PC® LARGE HEAVY
DUTY FREEZER BAGS**



Earn
500
pts

Until April - 8 - 2026

**PC® DISHWASHING
LIQUID SOAP**
740 mL

HAPPY VAISAKHI!

ਵਿਸਾਖੀ ਦੀਆਂ ਵਧਾਈਆਂ!

1⁹⁹
LB

GINGER ROOT product of China or
LONG EGGPLANT product of Mexico
4.39/kg
20179038001_KG/20159013001_KG

2⁹⁹
LB/EA

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

1⁶⁹

METHI LEAF
product of Mexico or U.S.A.
20159689001_EA

3⁹⁹
LB

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

1⁴⁹
EA/LB

BUNCH MINT each, product of Mexico or
Colombia or **RED CARROTS** 3.28/kg,
product of China
20139326001_EA/21618319001_KG

3⁴⁹

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



2⁹⁹

CRISPY POUND CAKE
selected varieties
368 g
20814080_EA



2²⁹

**SURAJ® DAHI
YOGURT**
selected varieties
750 g
20958145_EA/20959052_EA



4⁹⁹

**BRAR'S
MALAI
PANEER**
375 g
20283164_EA



.39

**MAGGI
MASALA
NOODLES**
70 g
20802664_EA



5⁹⁹

**SHER BESAN
CHANA FLOUR**
1.81 kg
20869922_EA



5⁹⁹

**SURAJ® KIDNEY BEANS,
URAD DAL or TOOR DAL** 1.8 kg
or **NANAK DESI GHEE** 400 g
20157906_EA/20558870_EA



1⁵⁰

**HALDIRAM'S
INDIAN SNACKS**
selected varieties
150/160 g
20309977_EA



3⁹⁹

**VEEBA
VEGINNAISE,
CHUTNEY or
SPREAD**
selected varieties
300-500 g
21632689_EA/21632744_EA



12⁹⁹

**PRAN FROZEN SAMOSA or
SPRING ROLL**
selected varieties
2 kg
21615971_EA



7⁹⁹

**BRAR'S
MILK CAKE**
400 g
20609047_EA



6⁹⁹

**NANAK
GULAB
JAMUN**
908 g
20426517_EA



AVAILABLE AT SELECT LOCATIONS ONLY

ONL ET 01 HFW



Express™

**Online grocery
pickup & delivery**

SHOP ONLINE, GET IT DELIVERED.

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

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

SHOP NOW



No Frills® delivery is available at select stores.

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

GET FLYER TO YOUR EMAIL.

STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*



*Standard message and data rates may apply.

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

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

ONL NF PCX

MORE WAYS TO SAVE



**NEW
LOWER
PRICES**

Enjoy these price drops for longer.



**RAIN
CHECK**
+ pts

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



ALWAYS

Count on low everyday prices.



**FRESH
GUARANTEE**

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

The  **NOFRILLS**® thing to do.

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

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ONL NFW MKT