

# NOFRILLS®

**PRICECUT  
EVENT**

FLYER PRICES EFFECTIVE THURSDAY, APRIL 16 TO WEDNESDAY, APRIL 22, 2026.

**ONLY**

**4.99**  
LB

**CLUB  
SIZE**



**SPLIT CHICKEN WINGS**  
fresh  
11.00/kg  
20761916\_KG

**SAVE 50%**

**5.96**



**JANE'S PUB STYLE CHICKEN STRIPS, NUGGETS, BURGERS, FRIES or POPCORN CHICKEN**  
selected varieties, frozen, 700 g  
21191828\_EA

**SAVE 37%**

**2.49**

**SAVE 33%**

**1.99**  
LB



**BROCCOLI CROWNS**  
product of U.S.A. or Mexico  
4.39/kg  
20026161001\_KG



**6 OZ CLAMSHELL**

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

**ONLY**

**7.99**



**LOU'S or MANDARIN FRESH ENTREES 375-400 g, or SWISS CHALET or ST-HUBERT POT PIES 650-800 g**  
selected varieties, frozen  
20078077\_EA/21047194\_EA

**ONLY**

**4.99**



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

**ONLY**

**3.47**



**DR. OETKER RISTORANTE or CASA DI MAMA PIZZA**  
selected varieties, frozen  
320-410 g  
20296100001\_EA/20296424004\_EA

**SAVE UP TO 42%**

**\$4**



**BREYERS CREAMERY STYLE ICE CREAM 1.41 L or CHAPMAN'S CANADIAN COLLECTION or NOVELTIES 8-28's**  
selected varieties, frozen  
20323737001\_EA/21651628\_EA

App exclusive offer

Optimum™

**\$15**



Earn **3,000** pts

That's \$3 value

**NO NAME® GROUND COFFEE 907 g or TIMOTHY'S or KRISPY KREME PODS 30's**  
selected varieties  
21007380\_EA/21707399\_EA

**SAVE 20%**

**\$2**



**DARE 100-225 g or CHRISTIE CRACKERS 180-200 g**  
selected varieties  
21030647\_EA/21520682\_EA/21547034\_EA

**ONLY**

**\$2**



**HOLIDAY LUNCHEON MEAT 340 g or MAPLE LEAF FLAKES 156 g**  
selected varieties  
20298273001\_EA/20618778\_EA

**SAVE 37%**

**\$1**



**ALLEN'S FRUIT COCKTAIL**  
selected varieties  
1 L  
20307424001\_EA



Disney · PIXAR  
**FREE STICKER PACK**  
FOR EVERY \$25 SPENT\*

**\$5**  
UNIQUE ALBUM



\*WHILE SUPPLIES LAST FROM APRIL 9TH UNTIL MAY 6TH, 2026. EXCLUSIONS APPLY. VISIT WWW.LOBLAWUNIVERSE.CA OR IN-STORE FOR EXCLUSIONS AND COMPLETE OFFER DETAILS.

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20761916\_KG

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21191828\_EA

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**1.99**  
LB



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4.39/kg  
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**6 OZ CLAMSHELL**

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20128938001\_EA

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**ONLY**

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

**ONLY**

**3.47**



**DR. OETKER RISTORANTE or  
CASA DI MAMA PIZZA**  
selected varieties, frozen  
320-410 g  
20296100001\_EA/20296424004\_EA

**SAVE UP TO 42%**

**\$4**



**BREYERS CLASSIC ICE CREAM 1.41 L  
or CHAPMAN'S CANADIAN COLLECTION or  
NOVELTIES 8-28's**  
selected varieties, frozen  
20323737001\_EA/21651628\_EA

App exclusive offer

Optimum™

**\$15**



Earn  
**3,000**  
pts

That's  
**\$3**  
value

**NO NAME® GROUND COFFEE 907 g or  
TIMOTHY'S or KRISPY KREME PODS 30's**  
selected varieties  
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**SAVE 20%**

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**ONLY**

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**HOLIDAY LUNCHEON MEAT 340 g or  
MAPLE LEAF FLAKES 156 g**  
selected varieties  
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**SAVE 37%**

**\$1**



**ALLEN'S  
FRUIT COCKTAIL**  
selected varieties  
1 L  
20307424001\_EA



Disney · PIXAR  
**FREE STICKER PACK**  
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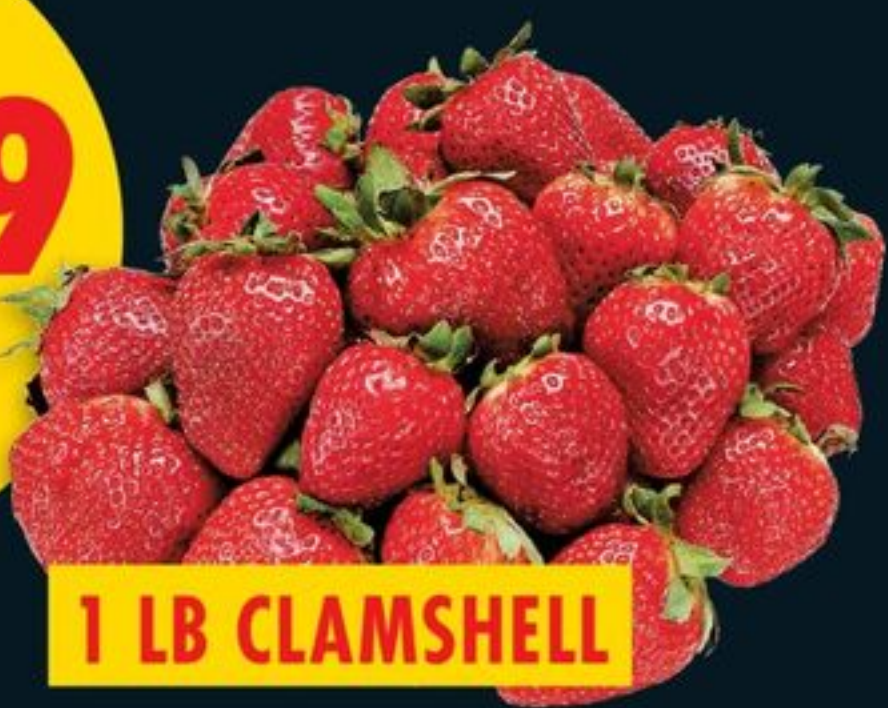
nofrills.ca

AVAILABLE AT: MIKE'S - ABBOTSFORD, JUSTIN'S - BURNABY, STEVE'S - CASTLEGAR, DENNIS' - COQUITLAM, KEN'S - DAUPHIN, JAMES' - DRYDEN, CLIFTON'S - ESTEVAN, JINKY'S - GERALDTON, SIMRAN'S - GRAND FORKS, TERRY'S - HUMBOLDT, JOE'S - INVERMERE, SUKHMAN'S - KENORA, KYLE'S - KITIMAT, KEN'S - LANGLEY, MICHAEL'S - LANGLEY, SHIPLEY'S - MAPLE RIDGE, GAGAN & SATVEER'S - MEADOW LAKE, PETER'S - MERRITT, MATT'S - NIPAWIN, IVAN & KAREN'S - NORTH BATTLEFORD, KEVIN'S - OUIVER, TYLER'S - PORT ALBERNI, SEWAK'S - PORT COQUITLAM, TOBI'S - QUESNEL, CRAWFORD'S - REGINA, BRAD'S - SALMON ARM, AUREO'S - SASKATOON, GORD'S - SASKATOON, SHANE & TINA'S - SASKATOON, AARON'S - SELKIRK, JERRY'S - SMITHERS, DEEPU'S - SURREY, GLENN'S - SURREY, PRAKASH'S - SURREY, DYLAN & GALEN'S - SWAN RIVER, BRODY'S - THE PAS, DARCY'S - THUNDER BAY, SHAWN'S - THUNDER BAY, KURTIS' - TRAIL, ARKEE'S - VANCOUVER, BRANDON & JOANNY'S - VANCOUVER, DEAN'S - VANCOUVER, JOTTI'S - VANCOUVER, JUSTIN'S - VANCOUVER, SIMON'S - VANCOUVER, ANDY & NICK'S - WINNIPEG, CHRIS' - WINNIPEG, HELLARD'S - WINNIPEG, JERAMIE'S - WINNIPEG, LUIS & EMMA'S - WINNIPEG, MIKE'S - WINNIPEG, TOM'S - WINNIPEG, TREVOR & HAYLEY'S - WINNIPEG

01 NFW

# FRESH AT LOW PRICES

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



**1 LB CLAMSHELL**

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

**PKG OF 5 OR 6**



**6 OZ CLAMSHELL**

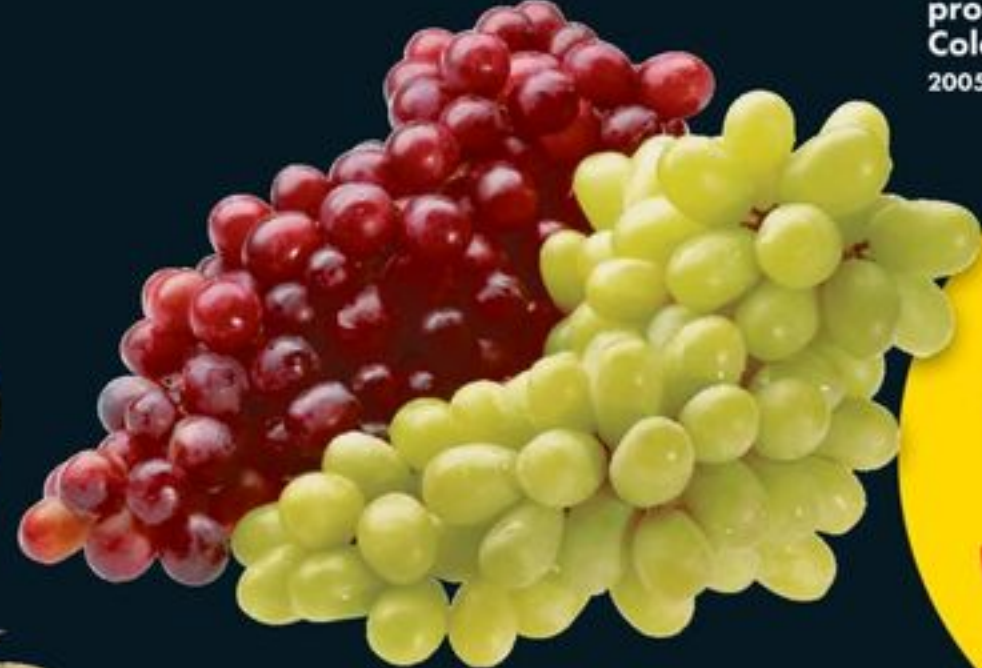
**3<sup>99</sup>**

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

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



**SWEET POTATOES**  
product of U.S.A. or **TOMATOES ON THE VINE**  
product of Canada or Mexico  
4.39/kg  
20127708001\_KG/20026703001\_KG



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

**GREEN SEEDLESS GRAPES**  
product of Chile or India, no. 1 grade or **RED SEEDLESS GRAPES**  
product of Chile, no. 1 grade  
8.80/kg  
20425775001\_KG/20159199001\_KG



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

**2<sup>49</sup>**  
LB



**EGGPLANT or GREEN ZUCCHINI**  
product of Mexico or U.S.A.  
5.49/kg  
20155709001\_KG/20426596001\_KG

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



**CANTALOUPE**  
product of Guatemala, Honduras or Brazil, no. 1 grade  
20167017001\_KG

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



**MINI SEEDLESS WATERMELON**  
product of Guatemala, Honduras, Costa Rica, Mexico or Brazil  
20143379001\_EA

**2<sup>99</sup>**



**FARMER'S MARKET™ CARROTS**  
product of Canada or U.S.A., no. 1 grade or **FARMER'S MARKET™ YELLOW ONIONS**  
product of Canada, Canada no. 1 grade  
20626628001\_EA/20811994001\_EA

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



**CAULIFLOWER**  
product of Mexico or U.S.A., no. 1 grade each  
20135377001\_EA

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



**FARMER'S MARKET™ GRAPE TOMATOES**  
or **PC™ VARIETY TOMATOES**  
product of Canada, Mexico or U.S.A.  
20840038001\_EA/20949866001\_EA

**2<sup>49</sup>**



**BUNCHED SPINACH**  
product of U.S.A. or Mexico each  
20162840001\_EA

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



**RED MANGOES**  
product of Mexico  
20059635001\_EA

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



**BASSE NUTS**  
selected varieties  
415-600 g  
21158603\_EA/21158612\_EA

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



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

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



**FARMER'S MARKET™ ENGLISH CUCUMBERS**  
product of Western Provinces, Canada no. 1 grade  
20828461001\_EA

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



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

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



**PC™ CHOP SALAD KITS**  
selected varieties, product of U.S.A.  
285-369 g  
21378024\_EA/21378071\_EA

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



**FARMER'S MARKET™ AMBROSIA or PINK LADY APPLES**  
product of Western provinces, Canada fancy grade  
20630646001\_EA/20163119001\_EA

**PRICE DROP**

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



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

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



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

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



**PC™ WHOLE WHITE or CREMINI MUSHROOMS**  
product of Western Provinces  
20761372\_EA/20738571\_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

**\$8**



**PC® BLUE MENU® GROUND CHICKEN or TURKEY**  
454 g  
21100092\_EA

**REGULAR GROUND BEEF**  
fresh  
15.41/kg  
20981811\_KG

**6.99**  
LB



**5.50**  
LB

**ST. LOUIS PORK SIDE RIBS**  
single pack, fresh  
12.13/kg  
20022784\_KG



**7.99**

**MARCANGELO JUMBO SAUSAGE**  
selected varieties, frozen  
500/675 g  
21289731\_EA

**\$2**



**ROOSTER™ TOFU**  
selected varieties  
454 g  
21474765\_EA

**\$3**



**SCHNEIDERS LUNCHMATE LUNCH KITS or STACKERS**  
selected varieties  
75-120 g  
213110034\_EA

**5.49**



**ASIAN INSPIRATIONS ENTRÉES**  
selected varieties, frozen  
400 g  
21047378\_EA

**6.50**



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

**\$7**



**SEAQUEST® FISH FILLETS**  
selected varieties, frozen  
400 g  
20153570\_EA/21314740\_EA

**\$10**



**HIGH LINER WILD PACIFIC PINK SALMON FILLETS**  
frozen  
400 g  
21093881\_EA

**5.50**



**MAIN ST. BISTRO MAC AND CHEESE or MASHED POTATOES**  
selected varieties, 567-680 g  
20027947\_EA/20338009\_EA

**4.50**



**PILLERS SLICED DELI MEAT**  
selected varieties  
150/200 g  
21206382\_EA/21206939\_EA

**\$7**



**BALDERSON CHEESE**  
selected varieties  
250/280 g  
21495455\_EA

**2.50**



**DELI WORLD LIGHT RYE BREAD**  
500 g  
20097456\_EA

**\$3**



**D'ITALIANO BREAD 620/675 g or BUNS 6/8's**  
selected varieties  
20038335\_EA/20626949\_EA

**5.50**



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



Earn  
**3,000**  
pts

For every \$10\*  
spent on

That's  
**\$3**

value



**OLIVIERI FRESH FILLED TWIN PACK PASTA 450-500 g, SKILLET GNOCCHI 280/300 g or FRESH SAUCE 300 mL**  
selected varieties  
20321512\_EA/21022065\_EA

# PRICECUT EVENT

SAVE 35%

6<sup>50</sup>



**SAPUTO MOZZARELLISSIMA**  
selected varieties  
500 g  
20759241002\_EA

SAVE UP TO 20%

\$3



**PILLSBURY REFRIGERATED DOUGH**  
selected varieties, 318-468 g  
20318034002\_EA / 20320962002\_EA



**IMPERIAL MARGARINE**  
selected varieties  
1.28 / 1.36 kg  
20084892\_EA

ONLY

\$7



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

SAVE UP TO 26%

3<sup>50</sup>



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

ONLY

6<sup>99</sup>

**IMPERIAL MARGARINE**  
selected varieties  
1.28 / 1.36 kg  
20084892\_EA

\$6



**LACTANTIA ULTRAPUR MILK**  
selected varieties  
1.5 L  
21694529\_EA

4<sup>50</sup>



**PC® VEGETABLES 350-750 g or CATCH OF THE DAY FISH FILLETS 350 g**  
selected varieties, frozen  
20318915\_EA / 21020919\_EA

\$15



**POGO**  
frozen  
20's  
20065224002\_EA

4<sup>25</sup>



**PEPSI or COCA-COLA SOFT DRINKS**  
selected varieties, 6x710 mL  
20310546002\_C06 / 20313741002\_C06

6<sup>50</sup>



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

\$3



**QUAKER CRISPY MINIS**  
selected varieties  
100-199 g  
20163708002\_EA / 20303002001\_EA

\$3



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

2<sup>79</sup>



**ROGERS SUGAR**  
selected varieties, 1 kg  
20108812\_EA / 20169394\_EA

19<sup>99</sup>



**TIDE LIQUID LAUNDRY DETERGENT 3.46 / 3.9 L, PODS or FLINGS 45 / 76's or CASCADE DISHWASHER TABS 51 / 67 / 80's**  
selected varieties  
21516545\_EA / 21593670\_EA / 21594986\_EA

\$19



**POWERADE TEAMPACK SPORT DRINKS**  
24x591 mL  
20854130\_C24

\$2



**ROTEL or AYLMER ACCENTS TOMATOES**  
selected varieties  
284 / 540 mL  
21154450\_EA / 21207587\_EA

1<sup>99</sup>



**BARILLA PASTA 340 / 410 g or UNICO PASTA SAUCE 680 mL**  
selected varieties  
20326537001\_EA / 21404963\_EA

\$5



**MOTT'S PARTY PAK CLAMATO COCKTAIL**  
selected varieties  
2.54 L  
20167772002\_EA

\$10



**TETLEY ORANGE PEKOE TEA**  
216's  
21611946\_EA

3<sup>50</sup>



**KELLOGG'S CEREAL**  
selected varieties  
269-355 g  
21430851\_EA / 21652128\_EA

5<sup>50</sup>



**ROBIN HOOD FLOUR**  
selected varieties  
2 / 2.5 kg  
20039497001\_EA / 20039497005\_EA

Earn **3,000 pts**  
For every \$10\* spent

That's **\$3** value



**FRENCH'S MUSTARD 325 / 400 mL, FRANK'S RED HOT SAUCE 354 mL or CHOLULA SAUCE 150 mL**  
selected varieties  
20187632001\_EA / 20083238\_EA / 21392271\_EA

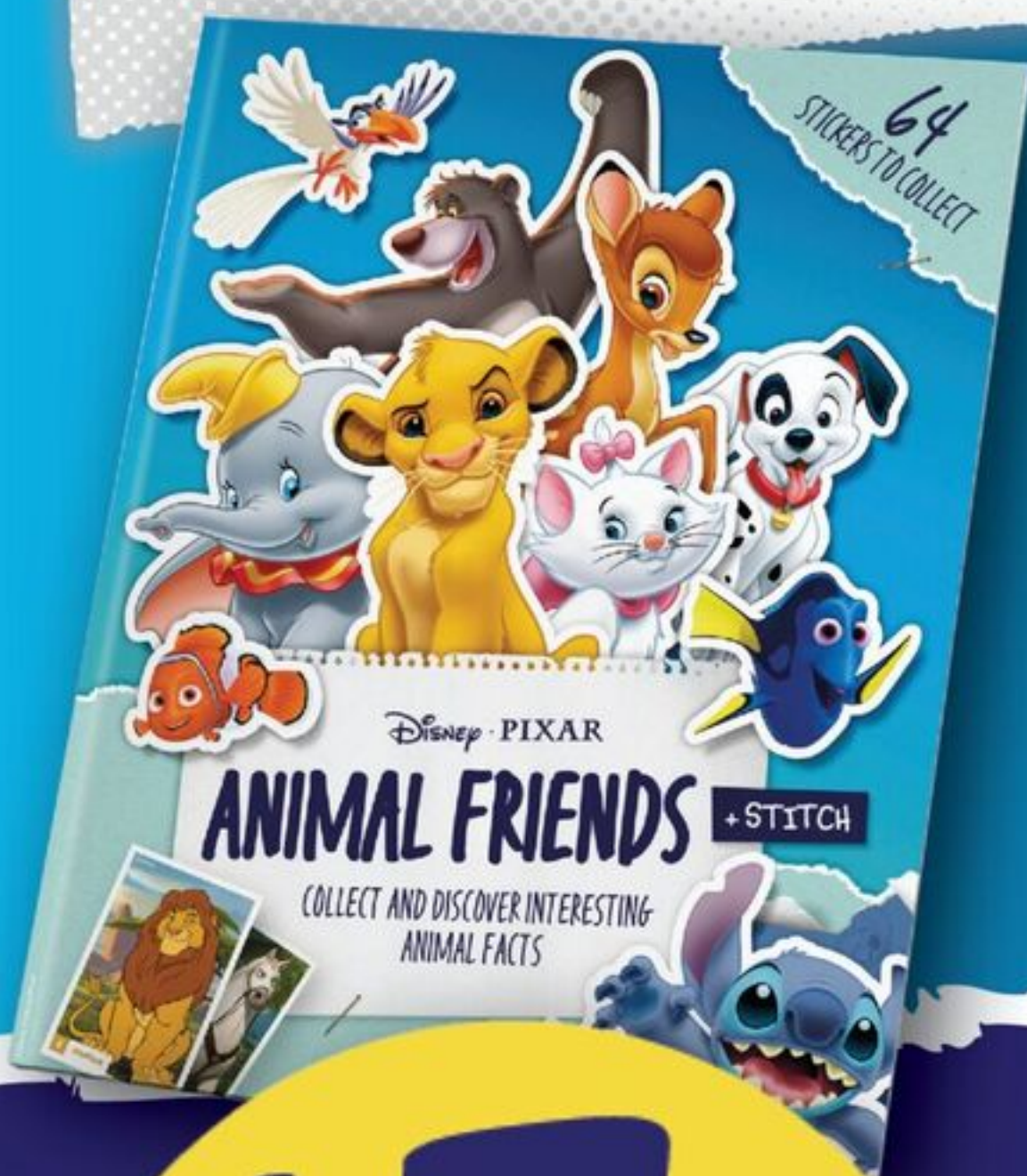
Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family 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.



Disney · PIXAR

# FREE STICKER PACK

FOR EVERY \$25 SPENT\*



**\$5**  
UNIQUE  
ALBUM

64 STICKERS TO COLLECT  
DISCOVER INTERESTING  
ANIMAL FACTS

WHILE SUPPLIES LAST

©Disney ©Disney/Pixar

\*WHILE SUPPLIES LAST FROM APRIL 9TH UNTIL MAY 6TH, 2026.  
EXCLUSIONS APPLY. VISIT [WWW.LOBLAWUNIVERSE.CA](http://WWW.LOBLAWUNIVERSE.CA) OR IN-STORE  
FOR EXCLUSIONS AND COMPLETE OFFER DETAILS.

**APRIL**

**HIT  
OF THE  
MONTH**



Made in Canada

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



Made in Canada

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



Prepared in Canada

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

**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. No rainchecks.

# BRANDS YOU LOVE AT LOW PRICES

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



**ACTIVIA YOGURT**  
selected varieties  
8x100 g  
20324741001\_EA / 20325384002\_EA



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

**DAIRYLAND SOUR CREAM**  
selected varieties  
500 mL  
20275966001\_EA

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



**NESTLÉ DRUMSTICKS, NOVELTIES 4-10's or CONFECTIONARY FROZEN DESSERT 1.5 L**  
selected varieties frozen  
20322380001\_EA / 20324757003\_EA

**7<sup>50</sup>**

**MCCAIN SUPERFRIES**  
family size  
selected varieties, frozen  
1.45-1.9 kg  
21049522\_EA

**\$5**

**INTERNATIONAL DELIGHT** 946 mL or **COLD FOAM** 396 g  
selected varieties  
20895480002\_EA

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

**SIMPLY DRINKS**  
selected varieties, refrigerated  
1.54 L  
21170784\_EA / 21170793\_EA

**\$4**

**TOSTITOS TORTILLA** 215-295 g or **RUFFLES POTATO** 180-200 g **CHIPS**  
selected varieties  
21050575\_EA / 21241053\_EA

**\$3**

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

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

**SANPELLEGRINO NATURALI SPARKLING FRUIT BEVERAGES**  
selected varieties  
6x330 mL  
21433206\_C06

**6<sup>75</sup>**

**PC® SOFT DRINKS**  
selected varieties  
12x355 mL  
20218887001\_C12 / 20690671001\_C12

**\$5**

**RIO MARE TUNA**  
selected varieties  
195/240 g  
20035383\_EA / 21595037\_EA

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

**CHRISTIE FAMILY SIZE COOKIES** 374-488 g or **CAKESTERS** 285 g  
selected varieties  
21014087\_EA / 21639135\_EA

**1<sup>79</sup>**

**CHEF BOYARDEE PASTA**  
selected varieties  
418/425 g  
2031250001\_EA

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

**GREEN GIANT VEGETABLES**  
selected varieties  
341/398 mL  
21021485\_EA

**2<sup>29</sup>**

**BETTY CROCKER POTATOES**  
selected varieties  
141-215 g  
20296518003\_EA / 21574295\_EA

**2<sup>75</sup>**

**PC® CROUTONS** 140 g or **SALAD DRESSING** 475 mL  
selected varieties  
20628488001\_EA / 20796248002\_EA

**2<sup>99</sup>**

**UNICO HOT PEPPER RINGS, PICKLED VEGETABLES 750 mL, OLIVES 375 mL or CAPERS 125 mL**  
selected varieties  
21103533\_EA

**11<sup>99</sup>**

**BERTOLLI OLIVE OIL**  
selected varieties  
750 mL / 1 L  
20156182001\_EA

**2<sup>79</sup>**

**BEN'S ORIGINAL BISTRO EXPRESS RICE**  
selected varieties  
240/250 g  
21404900\_EA

# BRANDS YOU LOVE AT LOW PRICES

\$3



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



6<sup>99</sup>

**KRAFT CHEEZ WHIZ**  
selected varieties  
900 g  
20659603001\_EA



3<sup>50</sup>

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



1<sup>50</sup>

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



\$9

**PC® BLACK LABEL PIZZA**  
selected varieties, frozen  
370-440 g  
21531415\_EA



3<sup>50</sup>

**iÖCO NANO DRINKS** 6x93 mL or **POUCHES** 4x90 g **YOGURT**  
selected varieties  
20609687001\_EA/21719786\_EA



\$4

**MISS VICKIE'S POTATO CHIPS**  
selected varieties  
190/200 g  
21240703\_EA



2<sup>50</sup>

**TOWNHOUSE** 247-391 g or **CHEEZ-IT SNAP'D CRACKERS** 213 g  
selected varieties  
21107403\_EA/21451181\_EA



\$5

**CLUB HOUSE BLENDS** or **LA GRILLE SEASONING**  
selected varieties  
111-248 g  
20308006001\_EA/20321740001\_EA



2<sup>50</sup>

**NO NAME® MARSHMALLOWS**  
selected varieties  
400 g  
20304672001\_EA



\$3

**PC® TEA** or **HERBAL TEA**  
selected varieties  
20's  
20308417\_EA/20627612001\_EA



12<sup>99</sup>

**MCCAFE K-CUPS** 10/12's or **PANCAKE MIX** 905 g  
selected varieties  
21238598\_EA/21721681\_EA



7<sup>99</sup>

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



\$4

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



3<sup>50</sup>

**PEARL MILLING COMPANY SYRUP** 710 mL  
selected varieties  
21384609\_EA/21391619\_EA



2<sup>29</sup>

**QUAKER DIPPS** or **CHEWY GRANOLA BARS**  
selected varieties  
120-156 g  
20847582\_EA/21359366\_EA



2<sup>50</sup>

**TWIZZLERS CANDY PACK**  
311-454 g or **JOLLY RANCHER ROPE** 283 g  
selected varieties  
20022328004\_EA



4<sup>79</sup>

**NESTLÉ** or **HERSHEY POUCHES**  
selected varieties  
76-170 g  
21648229\_EA/21648277\_EA



Member Price \$3<sup>50</sup>  
Non-Members \$4  
50¢

**SKITTLES POUCH** 255-320 g or **EXCEL GUM BOTTLE** 88 g  
selected varieties  
20018330\_EA/20253506\_EA



Member Price \$2<sup>50</sup>  
Non-Members \$3  
50¢

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

# BRANDS YOU LOVE AT LOW PRICES

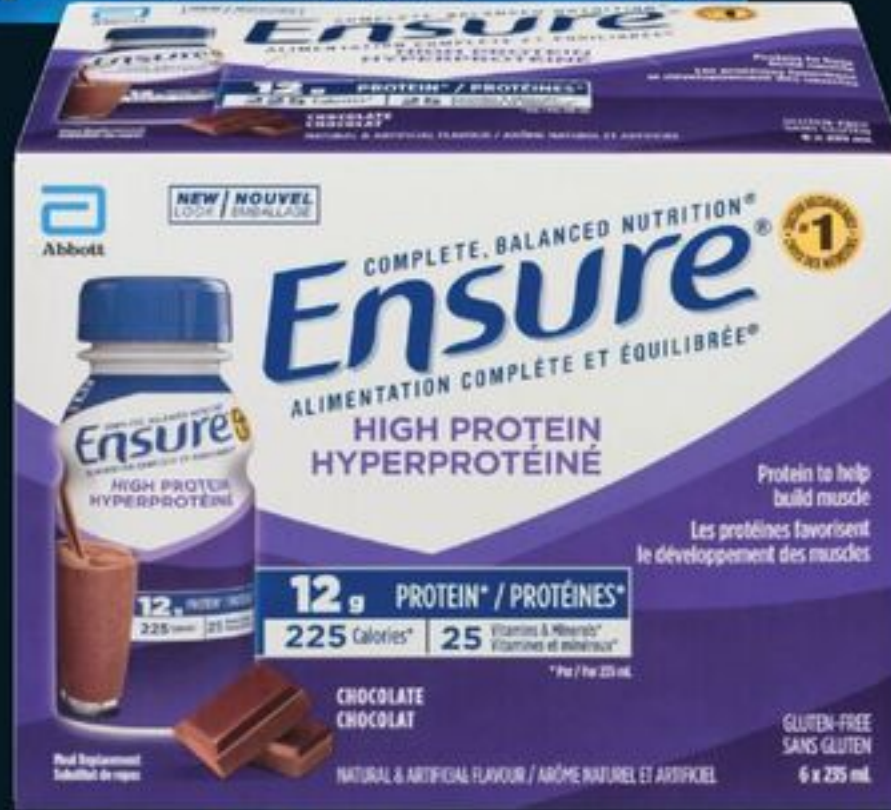
**\$6**

**POISE PADS or LINERS**  
selected varieties  
14-48's  
20312368\_EA/21295307\_EA



**\$11**

**ENSURE or GLUCERNA  
READY TO DRINK  
SHAKES**  
selected varieties and sizes  
20180283003\_C06/20308731008\_C06



**349**



**ALCAN FOIL 50 ft. NON-STICK FOIL 25 ft,  
GLAD PLASTIC WRAP 60 m or  
REYNOLDS PARCHMENT PAPER 35 ft**  
20043471\_EA/20051862\_EA



**\$10**

**AIR WICK ESSENTIAL  
MIST STARTER KIT 20 mL,  
SCENTED OIL REFILL 2x20 mL,  
VIBRANT STARTER KIT 23.9 mL  
or REFILL 2x23.9 mL**  
selected varieties  
20342475001\_EA/21495649\_EA

**\$7**

**PC®  
BATHROOM TISSUE**  
selected varieties  
12=24 rolls  
21450718\_EA



**\$11**

**TIDE LIQUID LAUNDRY DETERGENT 1.62/1.86 L or  
PODS 18/31's, DOWNY FABRIC SOFTENER 1.66/2.63 L,  
DOWNY or GAIN SCENT BOOSTERS 379 g or  
BOUNCE DRYER SHEETS 120/200's**  
selected varieties  
21593782\_EA/21659584\_EA



**\$5**

**PINE-SOL CLEANER 1.41 L,  
GREENWORKS WIPES 75's,  
ALL PURPOSE CLEANER 946 mL,  
TOILET BOWL CLEANER 709 mL or  
DISHWASHER LIQUID 650 mL**  
selected varieties  
20298679001\_EA/21478752\_EA



**\$9**

**PALMOLIVE  
DISHWASHING LIQUID**  
selected varieties  
4.27 L  
21516689\_EA



# EVERYDAY ESSENTIALS AT LOW PRICES

\$6

**NO NAME® CHICKEN STRIPS, NUGGETS or BURGERS**  
frozen  
908 g  
21178744\_EA



1.39

**CARNABY SWEET GUMMIES**  
selected varieties  
125 g  
21219409\_EA

2.49

**NO NAME® CHOCOLATE BARS**  
selected varieties  
100 g  
20580727\_EA



1.50

**ROOSTER® COCONUT MILK**  
selected varieties  
398 mL  
21378707\_EA

1.50

**ROOSTER® INSTANT EGG NOODLES**  
400 g  
20096297\_EA



\$3

**PC® WATER CRACKERS**  
125 g  
20431236\_EA



\$1

**NO NAME® GRAVY MIX**  
selected varieties  
25 g  
21687251\_EA/21687380\_EA



1.25

**NO NAME® SOUP MIX**  
selected varieties  
56/166 g  
21099689\_EA



1.50

**PEACE TEA ICED TEA**  
selected varieties  
695 mL  
21080320\_EA



1.25

**NO NAME® SAUCE**  
selected varieties  
398 mL  
20185228001\_EA



\$5

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





Disney · PIXAR

# FREE STICKER PACK FOR EVERY \$25 SPENT\*

**\$5**  
UNIQUE  
ALBUM



64 STICKERS TO COLLECT  
DISCOVER INTERESTING  
ANIMAL FACTS

WHILE SUPPLIES LAST



©Disney ©Disney/Pixar

\*WHILE SUPPLIES LAST FROM APRIL 9TH UNTIL MAY 6TH, 2026. EXCLUSIONS APPLY. VISIT [WWW.LOBLAWUNIVERSE.CA](http://WWW.LOBLAWUNIVERSE.CA) OR IN-STORE FOR EXCLUSIONS AND COMPLETE OFFER DETAILS.

**GET  
BONUS  
STICKERS**

**WHEN YOU  
BUY THESE  
PARTICIPATING  
OFFERS\***

**SPEND \$10\*  
ON SELECT**

**KRAFT, HEINZ, PHILADELPHIA,  
MAXWELL HOUSE, NABOB,  
TASSIMO, TACO BELL, CLASSICO,  
GARDEN SELECT, CRAVE, BAGEL  
BITES, MIO, CRYSTAL LIGHT,  
JELL-O, RENEE'S, BULL'S-EYE,  
DIANA PRODUCTS AND GET ONE  
BONUS STICKER PACK**

20866924010\_EA/21085515\_EA/21618217\_EA/21594513\_EA/20039581001\_EA



**SPEND \$10\*  
ON SELECT**

**CHEERIOS, OATMEAL CRISP,  
NATURE VALLEY,  
OLD EL PASO, PILLSBURY or  
ANNIE'S PRODUCTS AND  
GET A BONUS STICKER PACK**

21104047\_EA/21667577\_EA/20316187001\_EA/20306992001\_EA



**SPEND \$15\*  
ON SELECT**

**COCA-COLA, CANADA DRY,  
SPRITE, A&W, FANTA, FRESCA,  
AHA, VITAMINWATER,  
SMARTWATER, AHA, PEACE TEA,  
FUZE, MONSTER ENERGY,  
POWERADE or BODY ARMOR  
AND GET ONE BONUS  
STICKER PACK**

20318694002\_EA/20304419001\_EA/20305840001\_EA/20853723\_EA/21166000\_EA



**SPEND \$15\*  
ON SELECT**

**CRACKER BARREL,  
BLACK DIAMOND,  
iOGO, ASTRO or  
LACTANTIA PRODUCTS  
AND GET ONE BONUS  
STICKER PACK**

21290384\_EA/20763661\_EA/20986474\_EA/  
21719739\_EA/20165226001\_EA/21694605\_EA



**SPEND \$12\*  
ON SELECT**

**CAMPBELL'S READY TO SERVE  
SOUPS 515 mL, HABITANT SOUP  
796 mL, SNYDERS PRETZELS 240 g,  
CHUNKY 515 mL,  
GOLDFISH CRACKERS or  
SNACK FACTORY CRISPS 200 g  
AND GET ONE BONUS STICKER PACK**

21479030\_EA/20300320\_EA/20316052001\_EA/20948940\_EA



\*WHILE SUPPLIES LAST. WHEN YOU SPEND REQUIRED AMOUNT ON SELECT PRODUCTS BEFORE APPLICABLE TAXES IN A SINGLE TRANSACTION AND GET ONE (1) BONUS STICKER PACK. NO CASH VALUE. CANNOT BE COMBINED WITH ANY OTHER COUPONS OR PROMOTIONAL OFFERS. NO SUBSTITUTIONS, REFUNDS, EXCHANGES OR RAINCHECKS ON FREE BONUS CARD PACK. PURCHASE MUST BE MADE IN SAME TRANSACTION TO QUALIFY. WE RESERVE THE RIGHT TO LIMIT QUANTITIES TO REASONABLE REQUIREMENTS. OFFER VALID UNTIL MAY 6, 2026.

**GET  
BONUS  
STICKERS**

**WHEN YOU  
BUY THESE  
PARTICIPATING  
OFFERS\***

**SPEND \$15\***  
**ON SELECT**

**CHRISTIE CRACKERS,  
CHRISTIE COOKIES,  
CADBURY, HALLS or  
CLIF ENERGY BARS AND  
GET ONE BONUS STICKER PACK**  
21547034\_EA/21358407\_EA/21664843\_EA



**SPEND \$10\***  
**ON SELECT**

**NESCAFE, STARBUCKS COFFEE  
or MAISON PERRIER BEVERAGE  
PRODUCTS AND  
GET ONE BONUS STICKER PACK**  
20873036\_EA/20548682004\_EA/21576465\_C08



**SPEND \$15\***  
**ON SELECT**

**ROYALE PAPER PRODUCTS  
AND GET ONE BONUS  
STICKER PACK**  
21187145\_EA/21484732\_EA/20702419\_EA



**SPEND \$9\***  
**ON SELECT**

**MILK 2 GO,  
ARMSTRONG PROTEIN STICKS  
AND GET A BONUS  
STICKER PACK**  
21065263\_EA/21537885\_EA/21694973\_EA



**SPEND \$10\***  
**ON ANY**

**PC® BLUE MENU PRODUCTS  
AND GET ONE BONUS STICKER PACK**  
20668034002\_EA/20057669001\_EA/20307025002\_EA/  
20538593001\_EA/20631288004\_EA/20941224\_EA



**SPEND \$10\***  
**ON SELECT**

**PC® or NO NAME® CHIPS,  
POPCORN or PRETZELS  
AND GET ONE BONUS  
STICKER PACK**  
21654374\_EA/21686985\_EA/21712080\_EA/21712032\_EA



\*WHILE SUPPLIES LAST. WHEN YOU SPEND REQUIRED AMOUNT ON SELECT PRODUCTS BEFORE APPLICABLE TAXES IN A SINGLE TRANSACTION AND GET ONE (1) BONUS STICKER PACK. NO CASH VALUE. CANNOT BE COMBINED WITH ANY OTHER COUPONS OR PROMOTIONAL OFFERS. NO SUBSTITUTIONS, REFUNDS, EXCHANGES OR RAINCHECKS ON FREE BONUS CARD PACK. PURCHASE MUST BE MADE IN SAME TRANSACTION TO QUALIFY. WE RESERVE THE RIGHT TO LIMIT QUANTITIES TO REASONABLE REQUIREMENTS. OFFER VALID UNTIL MAY 6, 2026.

GET BONUS STICKERS

WHEN YOU BUY THESE PARTICIPATING OFFERS\*

loblawuniverse.ca

5.75

PC® or PC® BLUE MENU® SPARKLING WATER selected varieties 12x355 mL  
20668034001\_C01/20668034002\_C01



1.25

POWERADE SPORTS DRINK selected varieties 710 mL  
20853721\_EA/21240145\_EA

\$7



CRACKER BARREL CHEESE SHREDS selected varieties 320 g  
21290616\_EA



\$7

MAISON PERRIER SPARKLING WATER selected varieties 8x330 mL/6x500 mL  
21575556\_C08/21576465\_C08

2.50



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

4.75



MILK2GO MILK selected varieties 6x200 mL  
21537885\_EA

2.50



GOLDFISH CRACKERS selected varieties 156-227 g  
20300320\_EA/20306994003\_EA

3.29



OLD EL PASO SHELLS or TORTILLAS selected varieties 125-334 g  
20306992001\_EA  
20314171001\_EA

\$3



CHRISTIE COOKIES selected varieties 251-303 g  
21358407\_EA/21361508\_EA

\$8



CAVENDISH FRIES, ONION RINGS, WEDGES or HASHBROWNS club size, selected varieties, frozen 1-2.25 kg  
20827761\_EA

4.50



KELLOGG'S ALL BRAN, RAISIN BRAN, VECTOR, SPECIAL K or MINI-WHEATS CEREAL selected varieties 306-525 g  
20015041\_EA/21607207\_EA

\$7

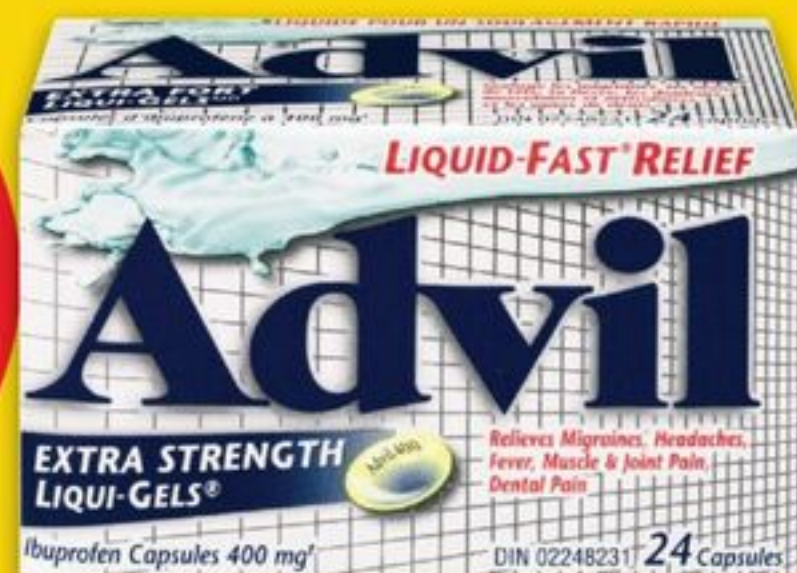


NESTEA ICED TEA selected varieties, 12x341 mL  
21689167\_C12

\*WHILE SUPPLIES LAST. WHEN YOU SPEND REQUIRED AMOUNT ON SELECT PRODUCTS BEFORE APPLICABLE TAXES IN A SINGLE TRANSACTION AND GET ONE (1) BONUS STICKER PACK. NO CASH VALUE. CANNOT BE COMBINED WITH ANY OTHER COUPONS OR PROMOTIONAL OFFERS. NO SUBSTITUTIONS, REFUNDS, EXCHANGES OR RAINCHECKS ON FREE BONUS CARD PACK. PURCHASE MUST BE MADE IN SAME TRANSACTION TO QUALIFY. WE RESERVE THE RIGHT TO LIMIT QUANTITIES TO REASONABLE REQUIREMENTS. OFFER VALID UNTIL MAY 6, 2026.

# HALEON

**\$10**



**ADVIL PAIN RELIEF PRODUCT CAPSULES 20-32's, TABLETS 30-50's** or **ADVIL CHILDREN'S FEVER AND PAIN RELIEF PRODUCT 100 mL**, 20 tablets or **PEDIATRIC DROPS FOR INFANTS 24 mL** selected varieties and sizes  
21372442\_EA 20316898001\_EA

**\$16**



**CENTRUM MULTIVITAMIN 90's** or **VOLTAREN PAIN RELIEF PRODUCTS 100-150 g** selected varieties and sizes  
21111046\_EA/21235884\_EA

**550**



**TUMS ANTACID FOR HEARTBURN RELIEF 60-100's** or **CHEWABLE TABLETS 28-32's** selected varieties and sizes  
21223300\_EA/21236031\_EA

**\$13**



**BUCKLEY'S COUGH COLD SYRUP 150-200 mL**, or **NEOCITRAN COUGH RELIEF PRODUCT 10 SINGLE DOSE POUCHES** selected varieties and sizes  
20062201002\_EA/20324424001\_EA



**250**



**YOPLAIT TUBES 8's** or **MINIGO 6's YOGURT** selected varieties  
21547595\_EA/21619318\_EA

**\$7**



**LIBERTÉ 650/750 g** or **SOURCE 16x100 g YOGURT** selected varieties  
20317317001\_EA/20642273\_EA

**599**



**LIBERTÉ KEFIR 1 L** or **MEDITERRANÉE 900 g YOGURT**  
21305347\_EA



**\$6**



**MAPLE LODGE ULTIMATE CHICKEN WIENERS** or **ZABIHA HALAL SUPREME CHICKEN WIENERS** selected varieties  
900 g  
20671791\_EA

**649**



**ULTIMATE DINNER CHICKEN SAUSAGES** selected varieties  
500 g  
21378310\_EA

**250**



**MAPLE LODGE FARMS or ZABIHA HALAL CHICKEN WIENERS** selected varieties  
450 g  
20062715\_EA

**649**



**ULTIMATE CHICKEN BREAKFAST SAUSAGE** selected varieties  
375 g  
21539970\_EA

# GUSTA

**\$6**



**GUSTA VEGGIE BURGER 300 g**  
21706716\_EA

**\$7**



**GUSTA VEGAN SAUSAGE** selected varieties  
350 g  
21284430\_EA

**\$4**

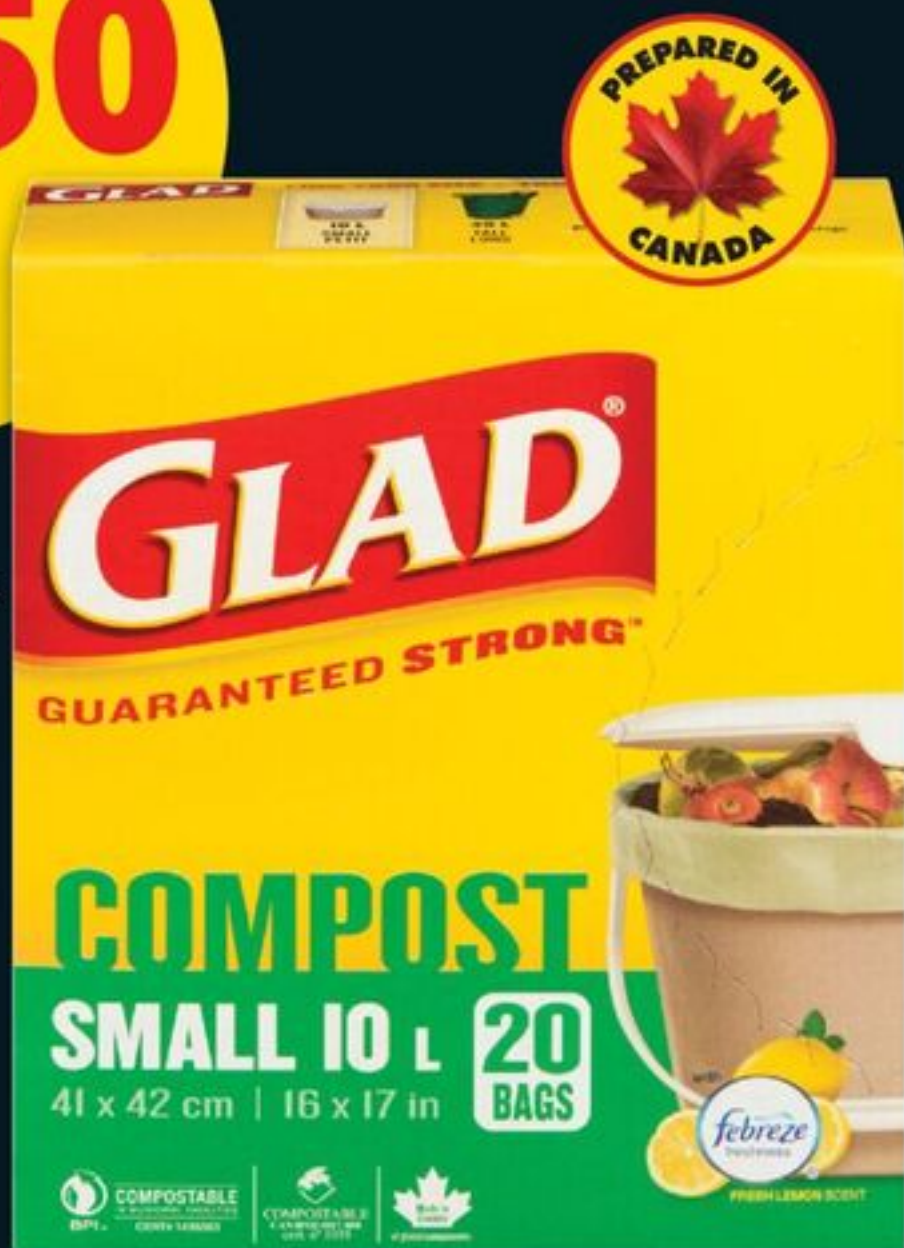


**GUSTA VEGGIE SLICES** selected varieties  
155 g  
21706638\_EA

# BRANDS YOU LOVE AT LOW PRICES

**7<sup>50</sup>**

**GLAD GARBAGE BAGS**  
selected varieties  
10-52's  
20099609\_EA



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

**ROYALE TIGER TOWEL**  
selected varieties, 2/3-6 rolls  
21484702\_EA



**\$11**

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



**\$14**

**FINISH DISHWASHER TABS** 30-55's or **QUANTUM JET DRY RINSE AID** 946 mL  
selected varieties  
21218146\_EA  
21565525\_EA



**NEW  
LOWER  
PRICES**

**550**



**TRE STELLE CHEESE TUB**  
selected varieties  
200/475 g  
21364404\_EA

**250**



**HOSTESS SNACKCAKES**  
selected varieties, 202/206 g  
21283752\_EA



**\$5**



**LEAN GROUND PORK**  
fresh  
450 g  
21705787\_EA



**MARCANGELO SLICED DELI MEAT**  
selected varieties  
85 g  
21706089\_EA/21706423\_EA

**\$5**



**MAPLE LEAF READY CRISP BACON or FULLY COOKED BREAKFAST SAUSAGE**  
selected varieties  
65/300 g  
20164959\_EA

**\$11**



**PC BUTTERFLIED SHRIMP**  
frozen, 400 g  
20080117\_EA

**350**



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

**\$4**



**PHILADELPHIA CREAM CHEESE PRODUCT**  
selected varieties  
227/250 g  
20641267\_EA/20866924010\_EA

**\$5**



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

**650**



**EARTH'S OWN OAT CREAMER**  
selected varieties  
946 mL  
21576699\_EA/21576791\_EA

**\$3**



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

**NEW  
LOWER  
PRICES**



**\$5**



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

**\$5**



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

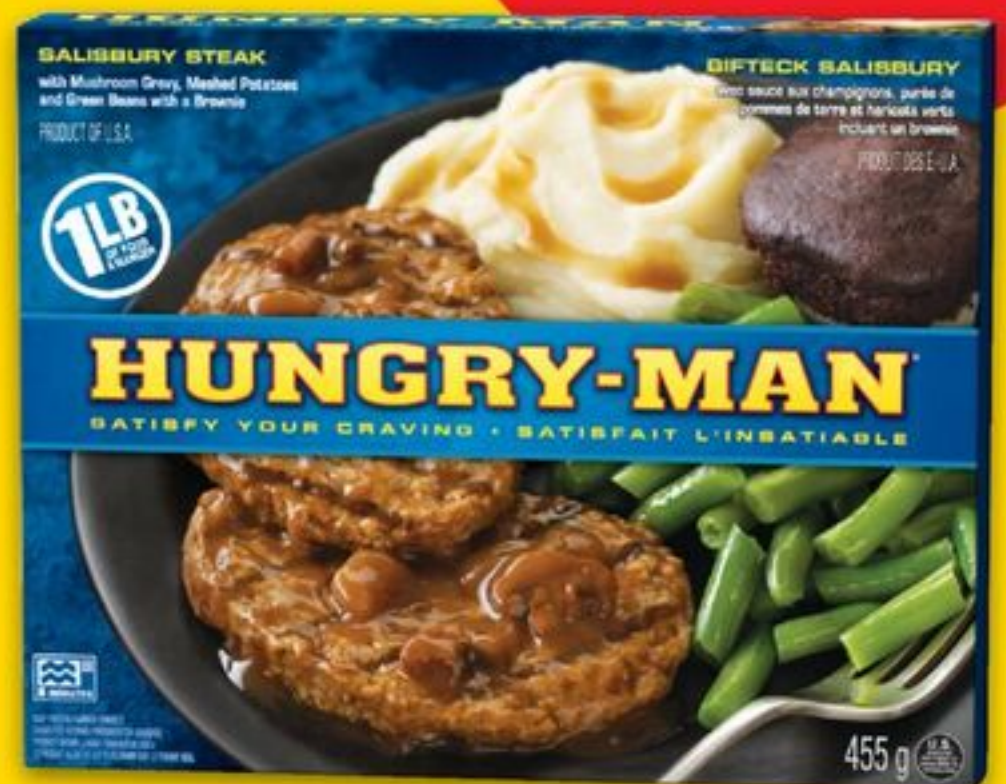


**4.50**

**5.50**



**CHAPMAN'S PREMIUM ICE CREAM** selected varieties, frozen  
2 L  
20323573001\_EA



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

**\$5**



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

**4.50**



**NANAK PANEER**  
341 g  
21286158\_EA

**8.50**



**BRAR'S BBQ VEGGIE BURGER**  
690 g  
21636401\_EA

**\$3**



**GOGO SQUEEZ FRUIT SAUCE POUCHES** selected varieties  
4x90 g  
20322697002\_EA

**3.77**



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

**1.75**



**KNORR SIDEKICKS** selected varieties  
120-162 g  
20321430007\_EA/20321430011\_EA

**2.25**



**CAMPBELL'S CHUNKY SOUP** selected varieties  
515 mL  
21480447\_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**



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

**2.50**



**TEMPTATIONS PURREES** 48 g or **SPOONS** 40 g **CAT TREATS** selected varieties  
21479803\_EA/21585483\_EA

**\$6**



**HUY FONG SRIRACHA SAUCE**  
714 mL  
20074956\_EA

**2.75**



**NESTLÉ CHOCOLATE BARS** selected varieties  
95-105 g  
20640580\_EA/21648521\_EA

**\$7**



**BILLY BEE HONEY**  
500 g  
20724504\_EA

**\$5**



**BONNE MAMAN JAM** selected varieties  
250 mL  
20307313001\_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**



**NESTLÉ  
SNACK PACK**  
any variety  
21719355\_EA

**Save  
\$1**  
with digital  
coupon



**PC® TORTILLA  
CHIPS**  
320-350 g  
20148817\_EA

**Earn  
500**  
pts  
Until May - 13 - 2026



**PC® DIPPED &  
CHEWY  
GRANOLA  
BARS**  
120-172 g  
20912735\_EA

**Earn  
500**  
pts  
Until May - 13 - 2026



**PC® BLACK LABEL  
ICE CREAM**  
500 mL  
20604543003\_EA

**Earn  
800**  
pts  
Until May - 13 - 2026



**PC® FROZEN FRUIT**  
600 g  
21377841\_EA

**Earn  
1,000**  
pts  
Until May - 13 - 2026



**PC® GREEK  
YOGURT**  
4 x 100 g  
21348028\_EA

**Earn  
750**  
pts  
Until May - 13 - 2026



**PC® DIPS**  
454 g  
20584098\_EA

**Earn  
1,000**  
pts  
Until May - 13 - 2026



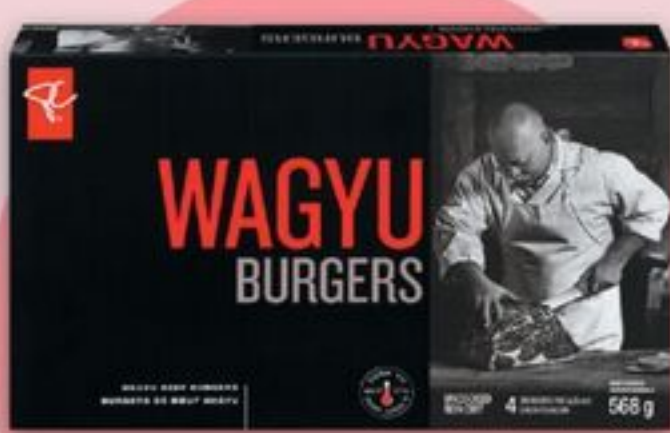
**FARMER'S  
MARKET™  
CROISSANTS**  
260-336 g  
20975943\_EA

**Earn  
1,000**  
pts  
Until May - 13 - 2026



**PC® BRIOCHE  
BUNS**  
300 g  
21094319\_EA

**Earn  
1,000**  
pts  
Until May - 13 - 2026



**PC® BLACK LABEL  
WAGYU BEEF  
BURGERS**  
568 g  
20766235\_EA

**Earn  
3,000**  
pts  
Until May - 13 - 2026



**NO NAME®  
BREADED  
CHICKEN  
BURGERS  
FULLY COOKED**  
908 g  
21178461\_EA

**Earn  
1,200**  
pts  
Until May - 13 - 2026



**PC® SMOKED WILD  
SOCKEYE  
SALMON**  
150 g  
20088009\_EA

**Earn  
2,500**  
pts  
Until May - 13 - 2026

# More offers. More points.

CLICK FOR  
THESE COUPONS  
AND MORE



Optimum™



Earn  
**1,200**  
pts  
Until May - 13 - 2026

**PC® INSTANT COFFEE**  
80/100 g  
21499826\_EA

Optimum™



Earn  
**2,500**  
pts  
Until May - 13 - 2026

**NO NAME®  
HOT CHOCOLATE MIX**  
1.8 kg  
20005589\_EA

Optimum™



Earn  
**1,500**  
pts  
Until May - 13 - 2026

**PC® CHOCOLATE COVERED  
NUTS**  
340-400 g  
20000356\_EA

Optimum™



Earn  
**1,000**  
pts  
Until May - 13 - 2026

**PC® MEMORIES OF  
SZECHWAN  
PEANUT SATAY SAUCE**  
350 mL  
20311313001\_EA

Optimum™



Earn  
**750**  
pts  
Until May - 13 - 2026

**PC® MAYO SANDWICH  
SPREAD**  
300 mL  
20861237\_EA

Optimum™



Earn  
**500**  
pts  
Until May - 13 - 2026

**PC® NUTRITION FIRST  
WET CAT FOOD**  
85 g  
21618582\_EA

Optimum™



Earn  
**600**  
pts  
Until May - 13 - 2026

**PC® NON-STICK  
HEAVY DUTY  
ALUMINUM FOIL**  
25 ft  
21122007\_EA

Optimum™



Earn  
**1,500**  
pts  
Until May - 13 - 2026

**PC® 3-PLY FACIAL  
TISSUE 6 BOXES**  
20181283\_EA

Optimum™



Earn  
**1,500**  
pts  
Until May - 13 - 2026

**PC® SUPER SOFT  
BATHROOM TISSUE or  
PC® MAX TOILET PAPER**  
12=24 rolls  
21300716\_EA/21450718\_EA

# BABY ESSENTIALS AT LOW PRICES

34<sup>99</sup>

**HUGGIES ECONO PACK DIAPERS**  
selected varieties  
N-8, 60-208'S  
21456640\_EA  
21663768\_EA



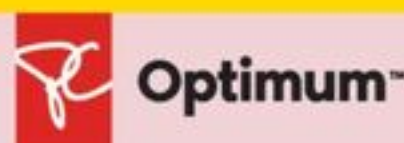
34<sup>99</sup>

**PAMPERS ECONO PACK DIAPERS**  
selected varieties  
size N-8, 58-200's  
21551525\_EA  
21692756\_EA



75<sup>47</sup>

**ENFAMIL A+ NEUROPRO or GENTLEASE READY TO FEED FORMULA**  
selected varieties  
18x237 mL  
21590060\_C01



Earn **10,000** pts

For every \$50\* spent

That's **\$10** value

**BABY DIAPERS, WIPES, FORMULA, BABY FOOD, NEEDS or ACCESSORIES**  
all varieties and sizes

20322414002\_EA/20358339007\_EA/21172500\_EA/21551645\_EA/21699547\_EA

# BABY ESSENTIALS AT LOW PRICES

**34<sup>99</sup>**



**KENDAMIL WHOLE MILK TODDLER FORMULA**  
800 g  
21699613\_EA



**28<sup>99</sup>**

**PAMPERS SWADDLERS, CRUISERS or BABY-DRY SUPER BIG PACK DIAPERS**  
selected varieties  
38-120's  
21370843\_EA/21370844\_EA

**27<sup>99</sup>**



**HUGGIES SUPER BIG PACK DIAPERS**  
selected varieties  
N-7, 36-128's  
21172500\_EA/21371019\_EA



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

**SIMPLY or BABY GOURMET CRUNCHERS or PUFFIES SNACKS**  
selected varieties  
32 g  
21597310\_EA/21597336\_EA

**2<sup>49</sup>**



**LITTLE BELLIES ORGANIC PICK-ME-STICKS**  
selected varieties  
16 g  
21540210\_EA/21540211\_EA

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



**GERBER BASE SNACKS or ENTRÉES**  
selected varieties  
42-192 g  
20304618003\_EA/20304618007\_EA

**54<sup>99</sup>**



**SIMILAC PRO-ADVANCE POWDER FORMULA**  
Step 1 or 2  
859 g  
21436985\_EA/21437126\_EA

**\$34<sup>99</sup>**

Earn **2,000 pts**  
That's **\$2** value



**NIURISS MILK-BASED INFANT FORMULA**  
0-12 months  
700 g  
21648061\_EA

**12<sup>79</sup>**



**DIAPER RASH SUDOCREM**  
250 g  
20147213\_EA

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

**LIVE CLEAN BABY NEEDS**  
selected varieties  
750 mL  
20607029\_EA/20607347\_EA



**ALWAYS**

**\$1**

**PC® ORGANICS BABY FOOD POUCH**  
selected varieties  
128 mL  
20651248002\_EA/21388261\_EA



# 1000s OF LOWERED PRICES EVERYDAY!

**PRICE DROP**

**\$5**



**CREST GUM TOOTH PASTE**  
63-90 mL, or **SCOPE MOUTHWASH** 1 L  
selected varieties  
20948747\_EA/21354690\_EA

**5<sup>79</sup>**



**SENSODYNE or PRONAMEL TOOTH PASTE** 75/100 mL or **POLIGRIP** 40 g  
selected varieties  
20247931001\_EA

**\$8**



**VASELINE BODY LOTION**  
selected varieties  
40-227 g/150-600 mL  
21085011\_EA/21085906\_EA

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



**SOFTSOAP LIQUID HAND SOAP REFILL**  
selected varieties  
1.47 L  
21715457\_EA/21715576\_EA

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



**NIVEA BODY WASH** 500 mL, **DEODORANT ROLL-ON** 50 mL or **ANTIPERSPIRANT** 51/52 g  
selected varieties  
20321421004\_EA/21169899\_EA

**\$8**



**NIVEA HAND or BODY LOTION**  
selected sizes and varieties  
200-625 mL  
20700027\_EA

**\$4**



**AXE BODY SPRAY** 113 g, **DEODORANT** 76/85 g, **BODY WASH** or **HAIR CARE** 473 mL  
selected varieties  
21042562\_EA

**\$7**



**TRESEMME HAIR CARE**  
selected varieties  
198-311 g/168-828 mL  
20315303016\_EA/21170103\_EA

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



**L'ORÉAL PARIS HAIR EXPERTISE HAIR CARE**  
selected varieties  
150-375 mL  
21647134\_EA/21647145\_EA

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



**TUMS ANTACID FOR HEARTBURN RELIEF** 60-100's or **CHEWABLE TABLETS** 28-32's  
selected varieties and sizes  
21223300\_EA/21236031\_EA

**\$11**



**ALWAYS LINERS** 92-108's, **PADS** 27-52's or **TAMPAX TAMPONS** 22-36's  
selected varieties  
20963694\_EA/21020073\_EA

**\$6**



**JAMIESON VITAMINS C or D**  
selected varieties  
75-240's  
20299993\_EA/20303216001\_EA

**ALWAYS**

**\$4**



**LIFE BRAND MOUTHWASH**  
selected varieties  
1 L  
21201386\_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](http://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](http://www.pcoptimum.ca). We reserve the right to cancel or change the terms of this offer at any time without notice.

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

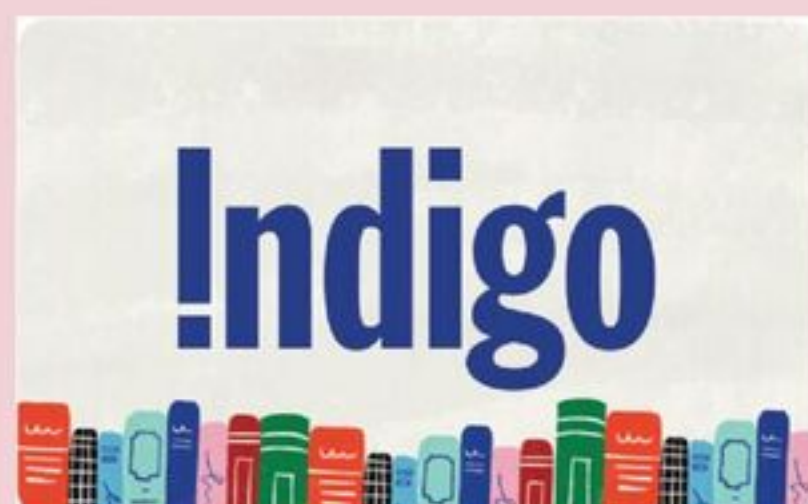
App exclusive offer



April 16-22, 2026



for every \$50\* spent on any combination of Boston Pizza, Indigo and Instacart gift cards.



\*Offer valid in-store or online at [www.giftofchoice.ca](http://www.giftofchoice.ca). Subject to availability; selection may vary by region and store. Please check your local store for availability. We reserve the right to limit quantities. See gift card for details, terms & conditions. Offer applies to every \$50 spent on Boston Pizza, Indigo and Instacart gift cards in a single transaction. Cannot be combined with any other gift card offers. Not valid on prior purchases. PC Optimum points cannot be redeemed toward the purchase of gift cards. Must be a registered PC Optimum member. If purchased online, please allow up to 2 weeks for points to be added to your PC Optimum account. All trademarks are the property of their respective owners.

# 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.

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ONL NFW MKT