

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

That's \$2 value



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

That's 75¢ value



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



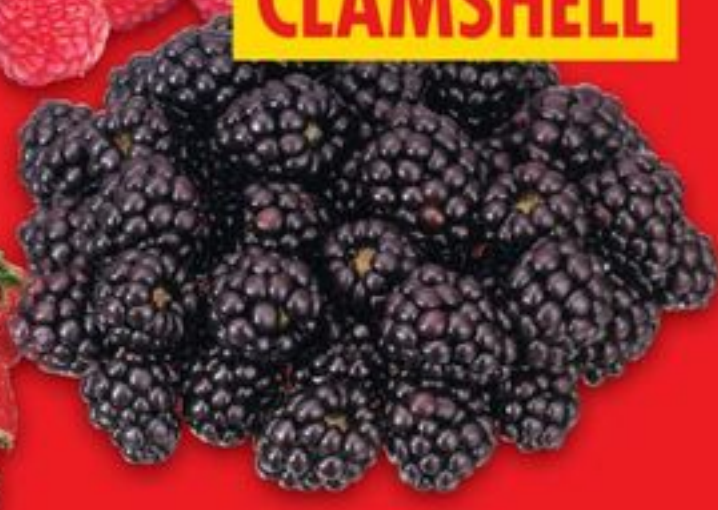
PKG OF 5 OR 6

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

454 G

5⁹⁹
FARMER'S MARKET[™] YELLOW ONIONS
product of Canada, Canada no. 1 grade
20609991001_EA

10 LB BAG

5⁹⁹
FARMER'S MARKET[™] GRAPE TOMATOES
or **PC[®] VARIETY TOMATOES**
product of U.S.A. or Mexico
20840038001_EA / 21070679001_EA

907 G
681 G

5⁹⁹
RED or **RUSSET POTATOES**
product of Canada, Canada no. 1 grade
20601013001_EA/20601020001_EA

10 LB BAG

4⁹⁹
CAULIFLOWER or **FARMER'S MARKET[™] CARROTS**
product of Mexico or U.S.A., no. 1 grade
20135377001_EA/20600928001_EA

5 LB BAG

5⁹⁹
FARMER'S MARKET[™] ORANGES
product of U.S.A.
20162945001_EA

3 LB BAG

1⁹⁹
LB
SWEET POTATOES
product of U.S.A.
4.39/kg
20162945001_EA

6⁹⁹
FARMER'S MARKET[™] AMBROSIA
or **PINK LADY APPLES**
product of Western Provinces,
Canada fancy grade
21307212001_EA/20767998001_EA

5 LB BAG

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
20793034001_KG

4⁹⁹
EAT SMART or **TAYLOR FARMS SALAD KIT** selected varieties,
product of U.S.A. or **GARLIC** product of China
20674118_EA/21648759_EA

1 KG
292-383 G

1⁹⁹
RED MANGOES
product of Mexico
20059635001_EA

7⁹⁹
FARMER'S MARKET[™] MANDARINS
product of Morocco or Spain
20054025001_EA

4 LB BAG

3⁹⁹
PC[®] LITTLE GEMS[™] RED, YELLOW
or **MIXED MINI POTATOES**
product of Canada, Canada no. 1 grade
21247301001_EA/21247300001_EA

680 G

3⁹⁹
FARMER'S MARKET[™] ENGLISH CUCUMBERS
product of Western Provinces,
Canada no. 1 grade
20828461001_EA

PKG OF 3

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

PKG OF 3

\$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

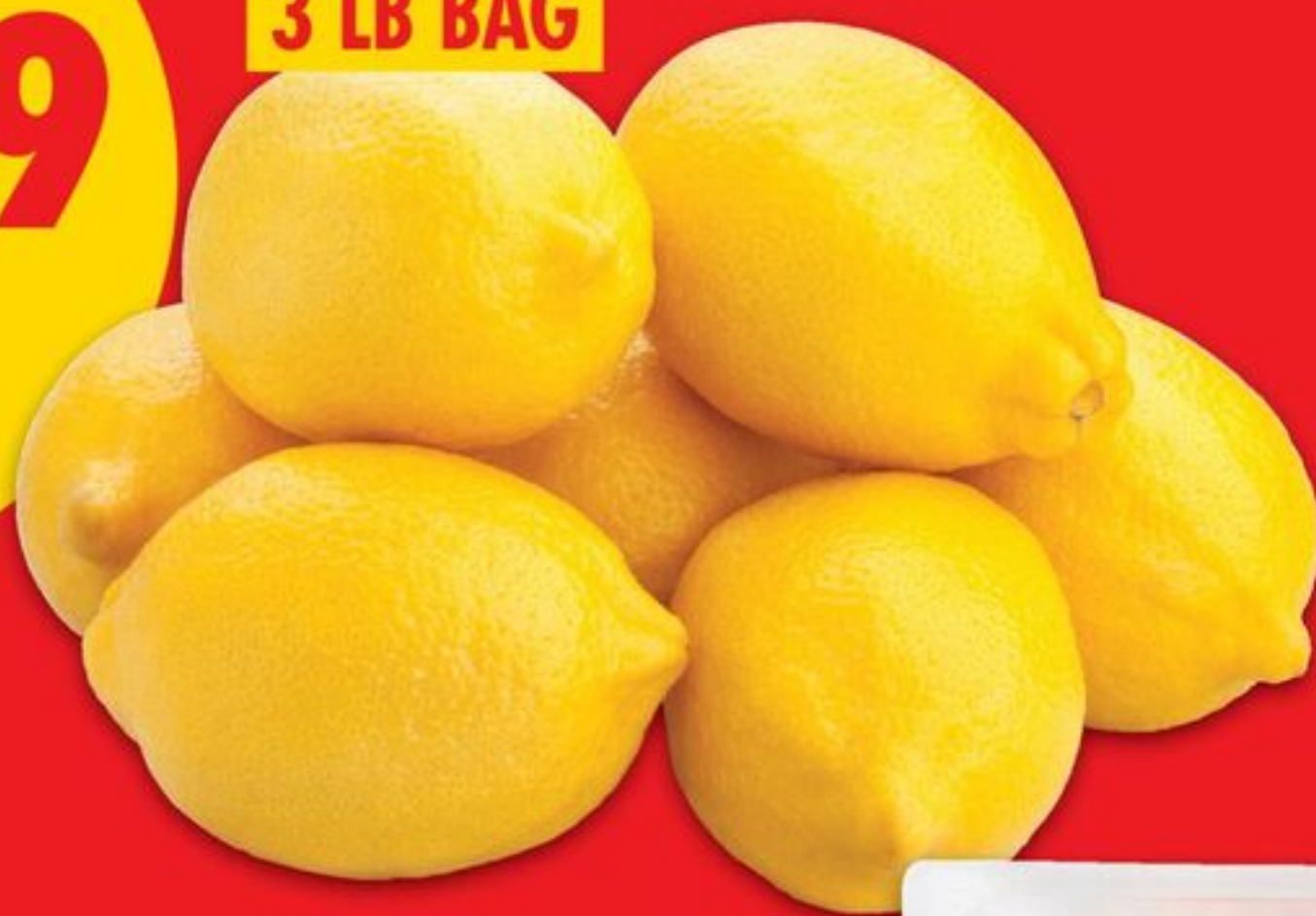
*Fresh Guarantee: Applicable to eligible fresh produce items purchased at No Frills store locations or online at nofrills.ca. If you are not completely satisfied with your eligible fresh produce item, we will replace it with an identical item, or in our discretion, a comparable item and provide you with 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

3 LB BAG



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

\$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!



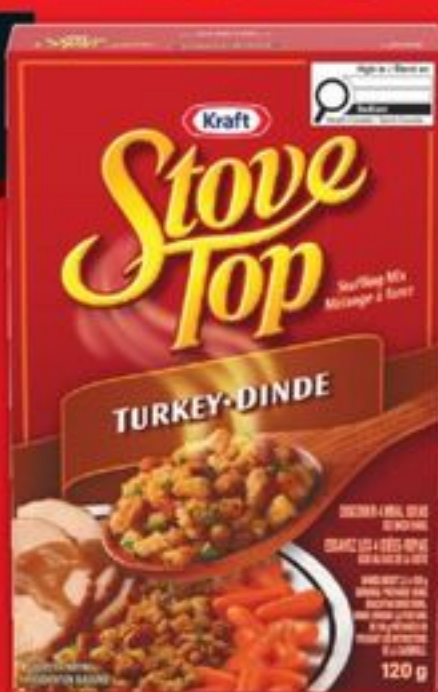
SAVE 47%

1.57

OCEAN SPRAY CRANBERRY SAUCE selected varieties, 348 mL
20022893001_EA

SAVE 43%

1.29



SAVE 29%

5.99

STOVE TOP STUFFING selected varieties, 120 g
20310507001_EA

SAVE UP TO 23%

3.50

ONLY

3.50



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

LACTANTIA BUTTER selected varieties, 454 g
20639926_EA

DAIRYLAND SOUR CREAM selected varieties, 400/500 mL
20275966001_EA

\$3

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

5.49

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

3.33

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

6.50

SAPUTO MOZZARELLISSIMA selected varieties 500 g
20759241002_EA

1.79

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

4.50

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

7.44

PC® ORANGE JUICE selected varieties, refrigerated, 2.5 L
21331644_EA

6.25

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

6.29

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

8.50

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

2.50

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

4.79

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 single ©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.

BRANDS YOU LOVE AT LOW PRICES

3²⁵



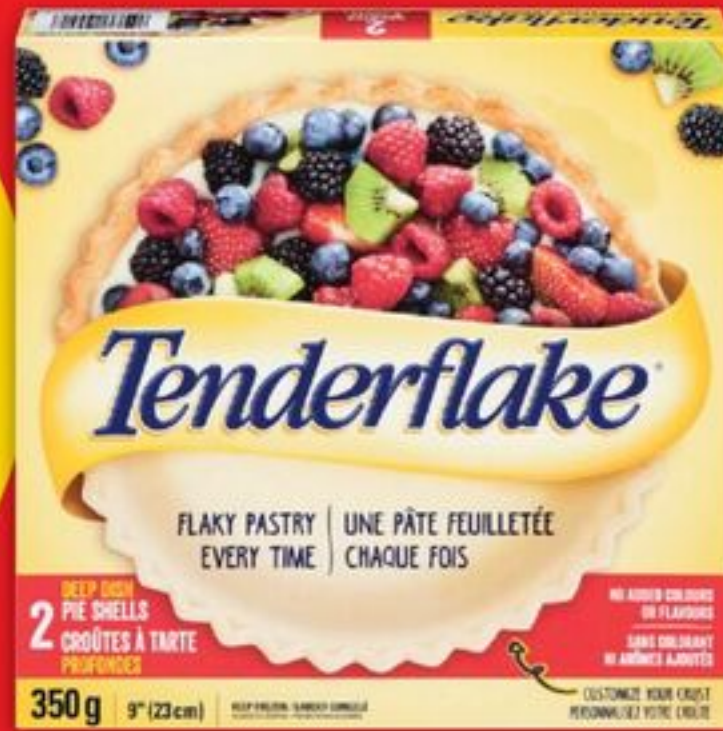
LIBERTÉ MÉDITERRANÉE
500 g, **CRUNCH 2's** or **YOPLAIT**
PROTEINES 650 g **YOGURT**
selected varieties
20788062001_EA

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 **\$10**

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



\$4



**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



4⁵⁰

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

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

Optimum

Member Price
\$2⁵⁰

Non-Members
\$3

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

Member Price
50¢

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

\$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



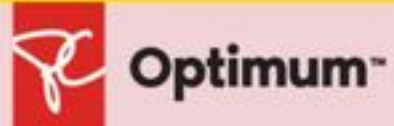
CLOROX CLEANING SPRAY selected varieties 887/946 mL 21657792_EA



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



MONSTER ENERGY DRINKS selected varieties
444-473 mL
20938249_EA

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 TOOTH PASTE 52-95 mL or **MANUAL TOOTHBRUSH** 1 ea selected varieties
20277681002_EA/20975582_EA

\$6

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

3⁵⁰

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



3.50



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

3.29



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

3.77



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

2.49



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



\$3

OIKOS PRO YOGURT
selected varieties
300 mL
21652096_EA



6.50



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

3.50



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

3.50



DANONE DANINO YOGURT
selected varieties, 6x93 mL
21520253_EA



5.50

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



5.50



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

9.99



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



1,500 pts
That's \$150 value

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

5,000 pts

For every \$25* spent

\$5 value



AIR WICK FRESHENER
all sizes and varieties
20302509001_EA/21428270_EA

5,000 pts

For every \$14* spent

\$5 value

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**More offers
More points**

**LOAD YOUR DIGITAL COUPONS
IN 6 EASY STEPS**

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

**Members
get over**

\$25

in value

**CLICK FOR
THESE COUPONS
AND MORE**

**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® 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® PORTUGUESE CUSTARD TARTS
360 g

Earn 1,000 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 & PEA DOG FOOD
RECIPE**

Optimum



Earn
1,000
pts

Until April - 8 - 2026

**PC® LARGE HEAVY
DUTY FREEZER BAGS**

Optimum



Earn
500
pts

Until April - 8 - 2026

**PC® DISHWASHING
LIQUID SOAP**
740 mL

HAPPY VAISAKHI!

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1.99
LB

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

2.99
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

1.69

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

1.49
EA/LB

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

3.99
LB

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

3.49

CRISPY ROTI
selected varieties
15's
21195569_EA



2.99

CRISPY POUND CAKE
selected varieties
368 g
20814080_EA



2.29

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



4.99

BRAR'S MALAI PANEER
375 g
20283164_EA



.39

MAGGI MASALA NOODLES
70 g
20802664_EA



5.99

SHER BESAN CHANA FLOUR
1.81 kg
20869922_EA



5.99

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



1.50

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



3.99

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



12.99

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



7.99

BRAR'S MILK CAKE
400 g
20609047_EA



6.99

NANAK GULAB JAMUN
908 g
20426517_EA



JOE FRESH

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App exclusive offer

Earn **15,000** pts when you spend \$75 or more on Apparel

20% off

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~~\$35~~
Women's Collared Sweater

NOW \$28



~~\$35~~
Women's Collared Sweater

NOW \$28



~~\$39~~
Women's Fleece Polo Sweatshirt

NOW \$31²⁰



~~\$45~~
Women's Striped Funnel Neck Sweater

NOW \$36

20% off

Men's Select Tops*



~~\$35~~
Men's Colour-Block Bowling Shirt

NOW \$28



~~\$35~~
Men's Camp Collar Shirt

NOW \$28



~~\$45~~
Men's Classic Short Sleeve Knit Polo

NOW \$36



~~\$49~~
Men's Striped Button-Up Polo Sweater

NOW \$39²⁰



20% off

Adult Sleepwear*



~~\$24~~
Women's Cotton Poplin Sleep Shirt

NOW \$19²⁰



~~\$20~~
Women's Oversized Sleep Dress

NOW \$16



~~\$24~~
Women's Cotton Poplin Sleep Pant

NOW \$19²⁰



~~\$39~~
Women's Modal Jersey Sleep Set

NOW \$31²⁰

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STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

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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.

ONLN FPCX

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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