

NOFRILLS®

**PRICECUT
EVENT**

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

SAVE 44%

2.49
LB

**CLUB
SIZE**



**CHICKEN
DRUMSTICKS**
fresh
5.49/kg
20004494_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
2029610001_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
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*

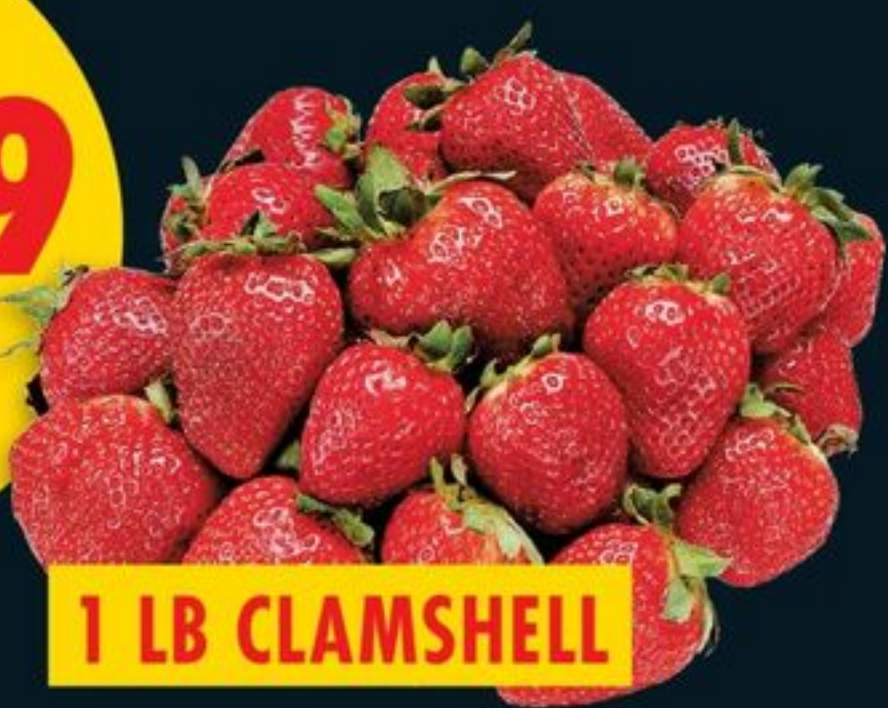
\$5
UNIQUE
ALBUM

ANIMAL FRIENDS - STICKER
COLLECT AND DISCOVER INCREDIBLE
ANIMAL FACTS

*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.

FRESH AT LOW PRICES

4⁹⁹



1 LB CLAMSHELL

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

PKG OF 5 OR 6



3⁹⁹



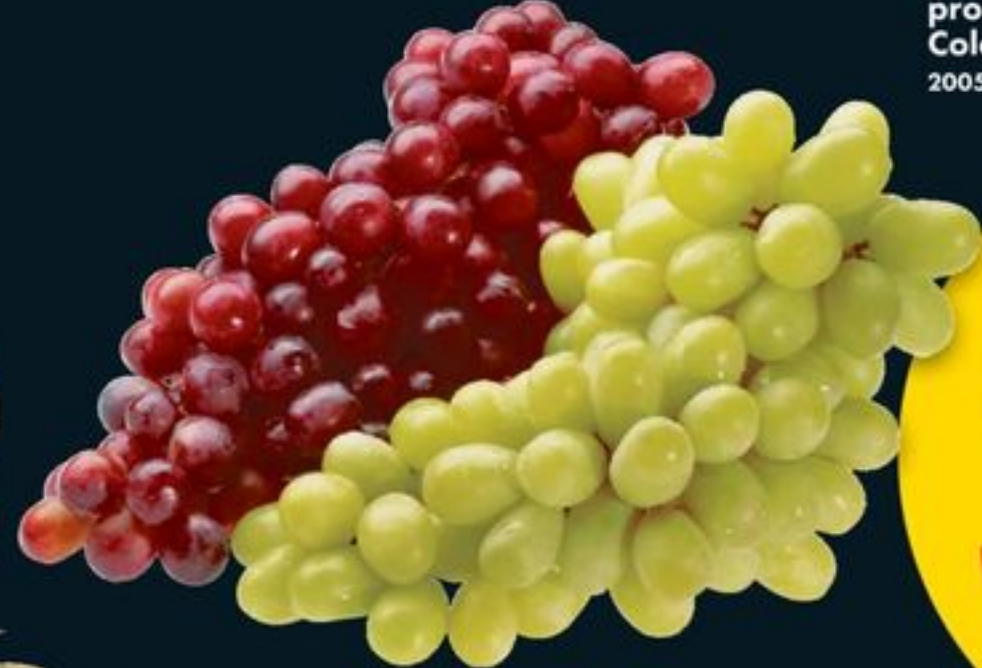
6 OZ CLAMSHELL

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

1⁹⁹
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



3⁹⁹
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.*

2⁴⁹
LB



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

4⁹⁹



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

5⁹⁹



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

2⁹⁹



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

4⁹⁹



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

5⁹⁹



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

2⁴⁹



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

1⁹⁹



RED MANGOES
product of Mexico
20059635001_EA

5⁵⁰



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

5⁹⁹



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

3⁹⁹



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

5⁹⁹



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

4⁹⁹



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

6⁹⁹



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

3⁹⁹



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

6⁹⁹
LB

REGULAR GROUND BEEF
fresh
15.41/kg
20981811_KG



5⁵⁰
LB

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



7⁹⁹

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

\$5⁴⁹



ASIAN INSPIRATIONS ENTRÉES
selected varieties, frozen
400 g
21047378_EA

6⁵⁰



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

5⁵⁰



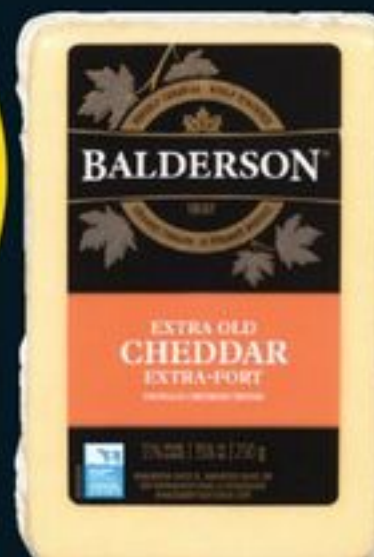
MAIN ST. BISTRO MAC AND CHEESE or MASHED POTATOES
selected varieties, 567-680 g
20027947_EA/20338009_EA

4⁵⁰



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

\$7



BALDERSON CHEESE
selected varieties
250/280 g
21495455_EA

2⁵⁰



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

5⁵⁰



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%

6⁵⁰



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%

3⁵⁰



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

ONLY

6⁹⁹

IMPERIAL MARGARINE
selected varieties
1.28 / 1.36 kg
20084892_EA

\$6



LACTANTIA ULTRAPUR MILK
selected varieties
1.5 L
21694529_EA

4⁵⁰



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

4²⁵



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

6⁵⁰



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

2⁷⁹



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

19⁹⁹



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

1⁹⁹



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

3⁵⁰



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

5⁵⁰



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

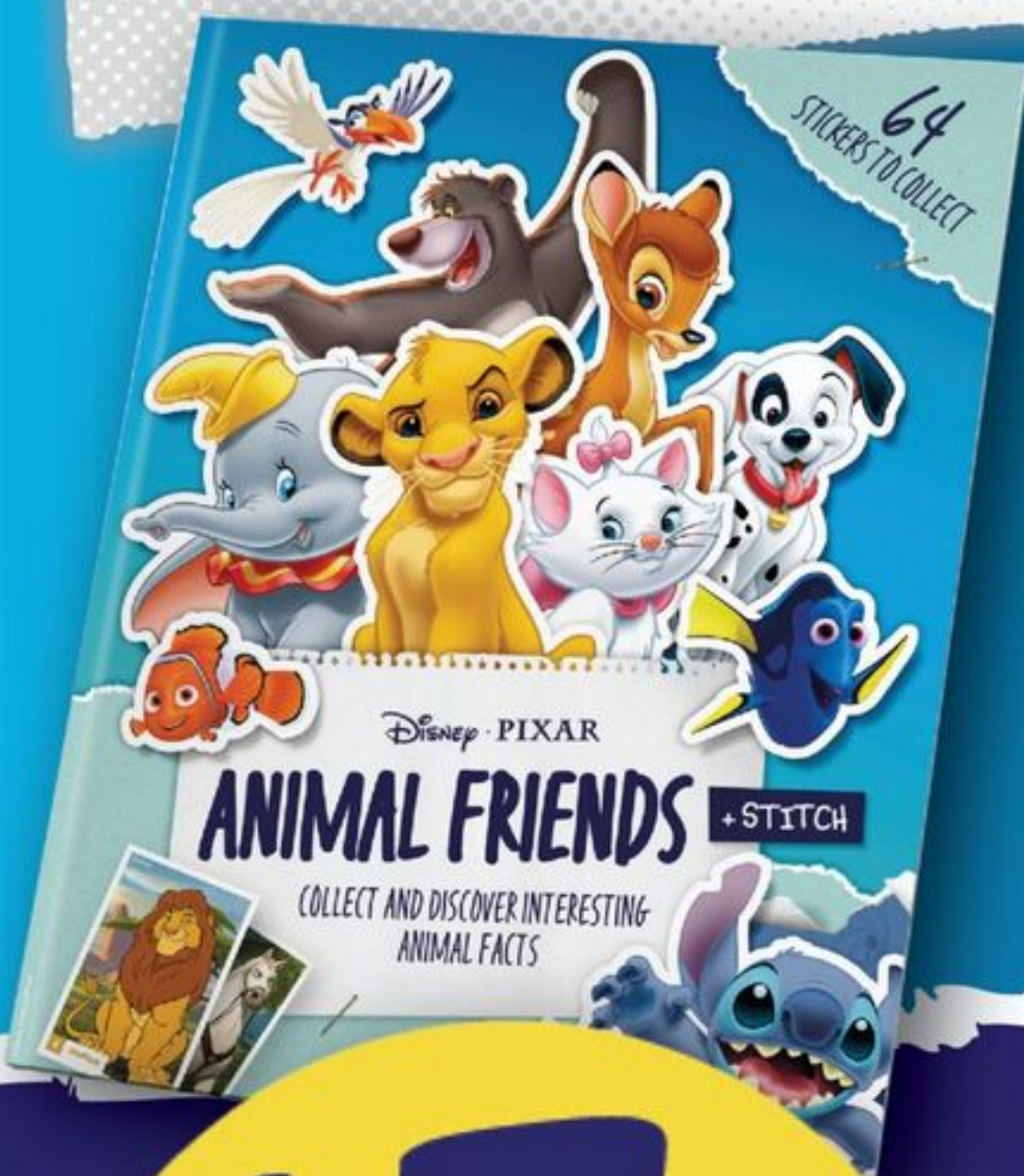
Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family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

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EXCLUSIONS APPLY. VISIT 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

4⁵⁰



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



3⁵⁰

DAIRYLAND SOUR CREAM
selected varieties
500 mL
20275966001_EA

5⁵⁰



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

7⁵⁰

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

4²⁹



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

6⁵⁰



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

6⁷⁵



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

\$5



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

4⁵⁰



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

1⁷⁹



CHEF BOYARDEE PASTA
selected varieties
418/425 g
2031250001_EA

1⁵⁰



GREEN GIANT VEGETABLES
selected varieties
341/398 mL
21021485_EA

2²⁹



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

2⁷⁵



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

2⁹⁹



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

11⁹⁹



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

2⁷⁹



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



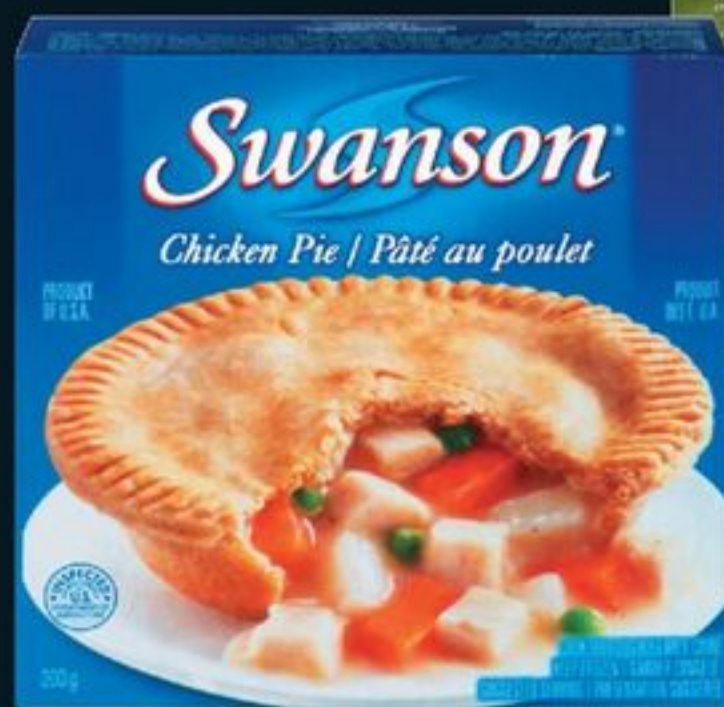
6⁹⁹

KRAFT CHEEZ WHIZ
selected varieties
900 g
20659603001_EA



3⁵⁰

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



1⁵⁰

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

3⁵⁰



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

2⁵⁰



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

2⁵⁰



NO NAME® MARSHMALLOWS
selected varieties
400 g
20304672001_EA

\$3



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

12⁹⁹



MCCAFE K-CUPS 10/12's or **PANCAKE MIX** 300/340 g
selected varieties
21238598_EA/21721681_EA

7⁹⁹



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

3⁵⁰



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

2²⁹



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

2⁵⁰



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

4⁷⁹



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

Optimum

Member Price \$3⁵⁰

Non-Members \$4

50¢

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

Optimum

Member Price \$2⁵⁰

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



3.49



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 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



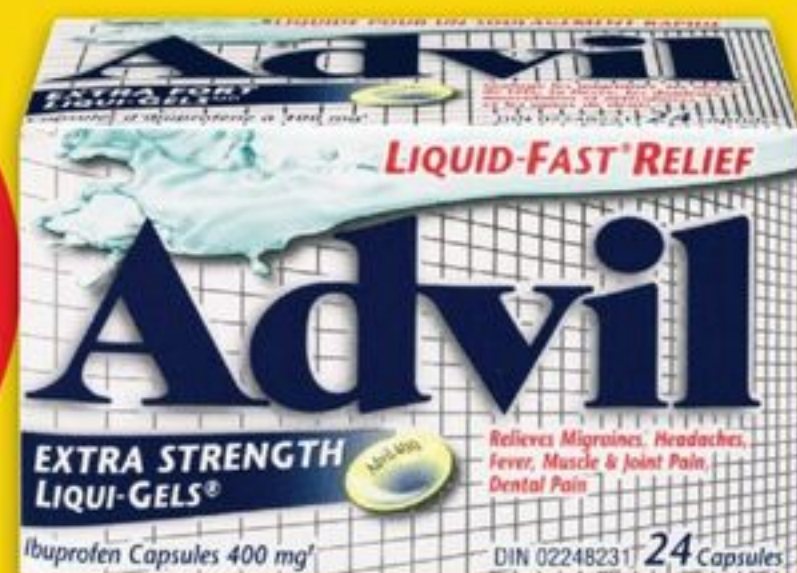
NESTEA ICED TEA selected varieties, 12x341 mL 21689167_C12

*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.

ONL 05 HFW

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

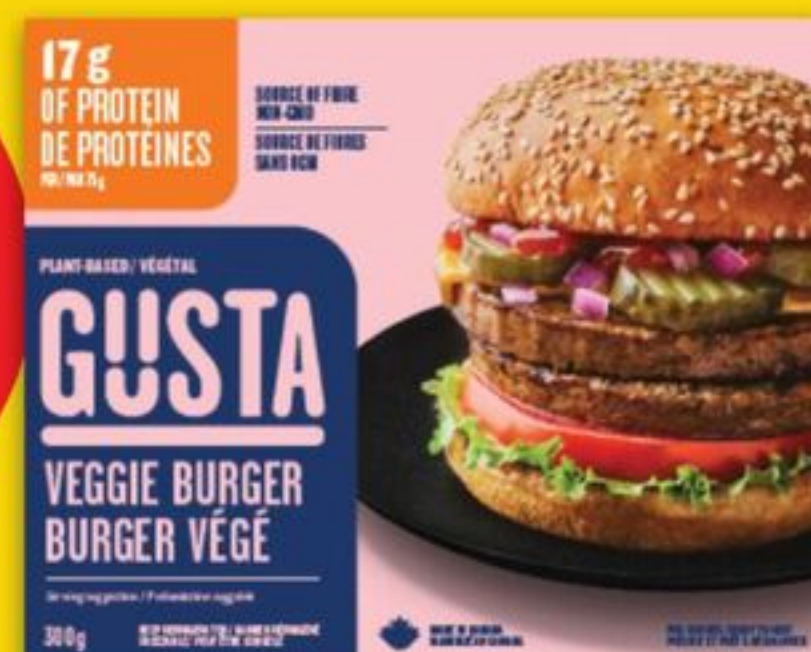
649



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

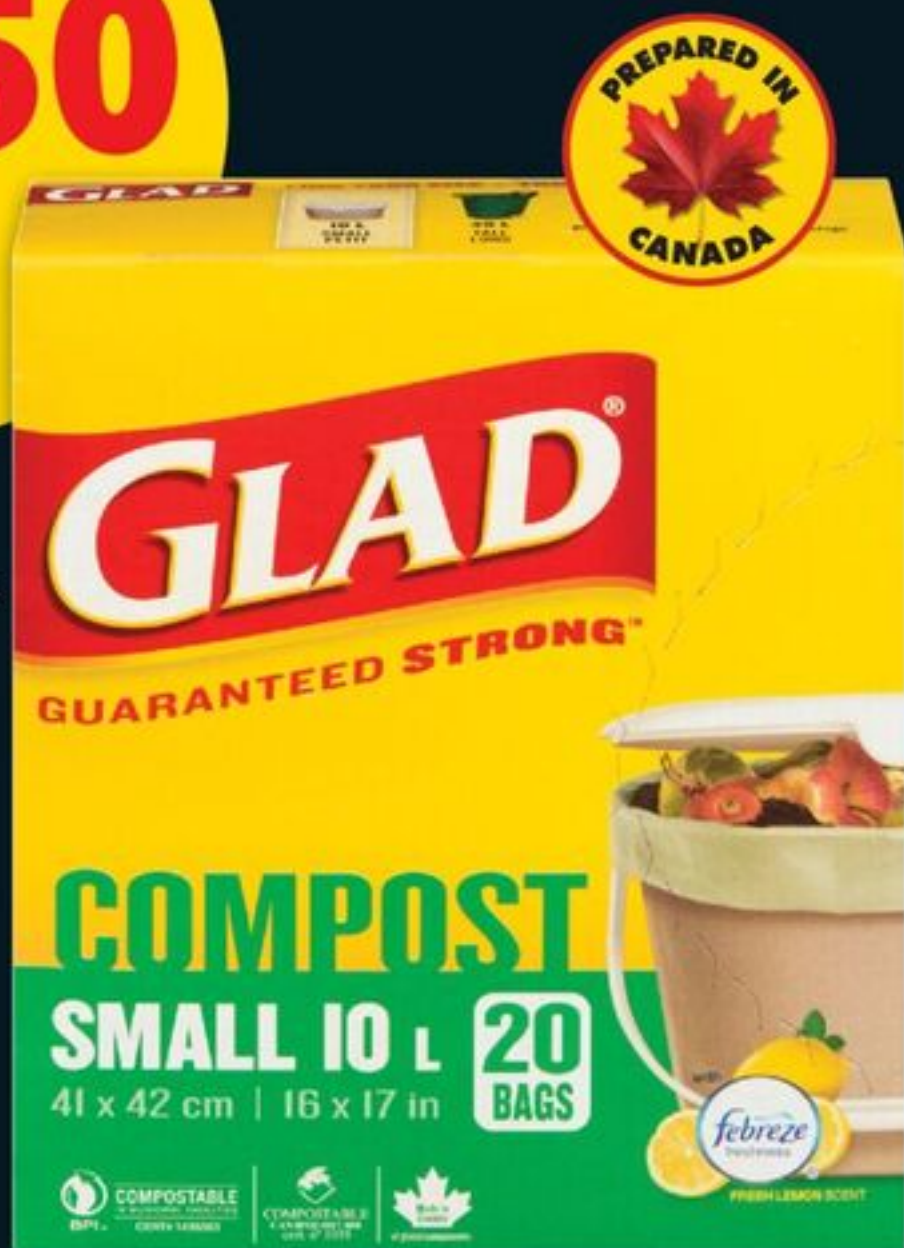


GUSTA VEGGIE SLICES selected varieties
155 g
21706638_EA

BRANDS YOU LOVE AT LOW PRICES

7⁵⁰

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



6⁹⁹

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**

5.50



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

2.50



HOSTESS SNACKCAKES
selected varieties, 202/206 g
21283752_EA



LEAN GROUND PORK
fresh
450 g
21705787_EA



\$5

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

3.50



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



AMOENZA! TWISTS CHEESE SNACKS
selected varieties
228 g
21403514_EA

6.50



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



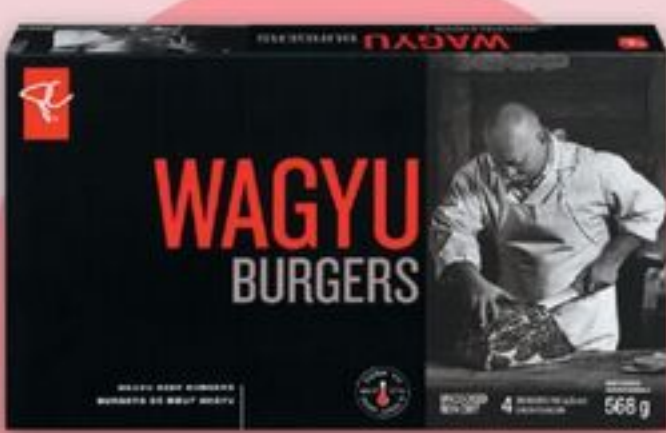
**FARMER'S
MARKET™
CROISSANTS**
260-336 g
20975943_EA

**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

34⁹⁹

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



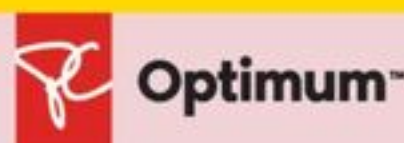
34⁹⁹

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



75⁴⁷

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

34⁹⁹



KENDAMIL WHOLE MILK TODDLER FORMULA
800 g
21699613_EA



28⁹⁹

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

27⁹⁹



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



2⁵⁰

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

2⁴⁹



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

2⁵⁰



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

54⁹⁹



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

\$34⁹⁹

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



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

12⁷⁹



DIAPER RASH SUDOCREM
250 g
20147213_EA

12⁹⁹



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 TOOTHPASTE 63-90 mL, or **SCOPE MOUTHWASH** 1 L selected varieties
20948747_EA/21354690_EA

5⁷⁹



SENSODYNE or PRONAMEL TOOTHPASTE 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

6⁵⁰



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

4⁵⁰

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



5⁵⁰

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

5⁵⁰



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



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

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Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE
Text "OFFER" to 374557 (FRILLS)*

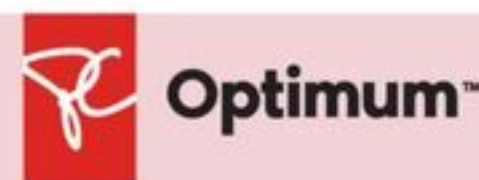


*Standard message and data rates may apply.

†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.

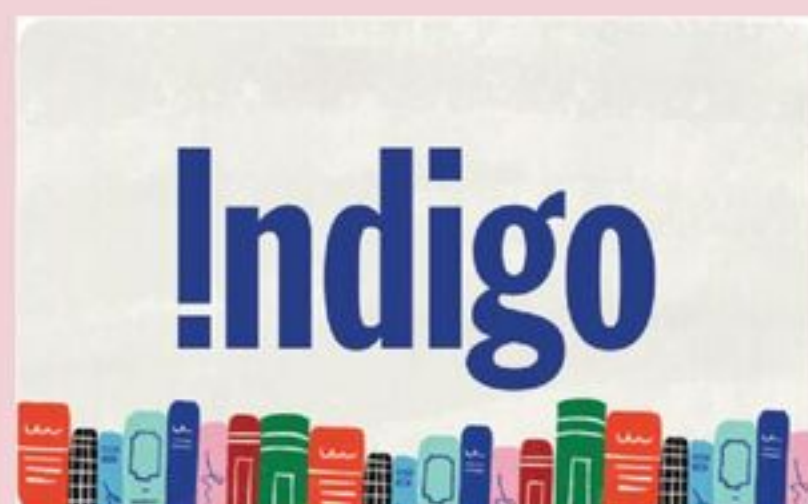
App exclusive offer



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. 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.

†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