

**PRICE CUT  
EVENT**

**SAVE 50%**

**1.97**



**6 OZ  
CLAMSHELL**

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

**ONLY**

**2.88**



**PKG OF 5**

**AVOCADOS**  
product of Mexico,  
Peru or Colombia  
avocats  
21644936001\_EA

**ONLY**

**6.97**



**APPROX.  
5 LB CASE**

**ATAULFO  
MANGOES**  
product of Mexico  
mangues ataulfo  
20121509001\_EA

**SAVE UP TO 25%**

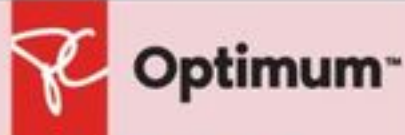
**2.97**



**2 LB BAG**

**FARMER'S MARKET™  
LEMONS**  
product of U.S.A. or South Africa  
or **MANDARINS**  
product of Morocco or  
Spain citrons ou mandarines  
20795315001\_EA/20099819001\_EA

**App exclusive offer**



**\$4.99**

Earn  
**1,500**  
pts

That's  
**\$1.50**  
value

**6 LB BAG**

**NO NAME® NATURALLY IMPERFECT™ APPLES**  
product of Ontario  
pommes  
20868985001\_EA

# NOFRILLS®

**PRICE CUT  
EVENT**

FLYER PRICES EFFECTIVE THURSDAY, APRIL 09  
TO WEDNESDAY, APRIL 15, 2026.

**SAVE 50%**

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



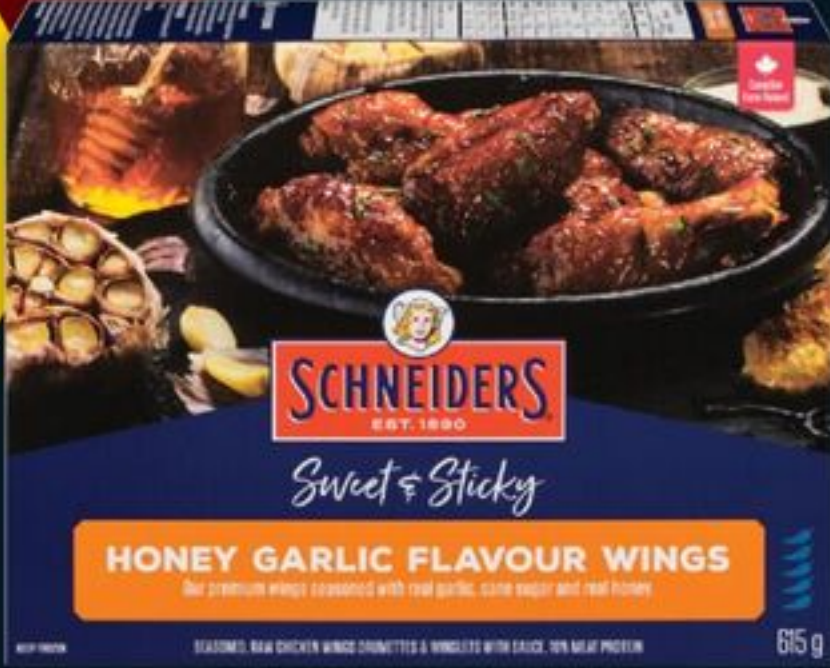
**PORK BACK RIBS**  
cryovac, fresh  
côtes de dos de porc  
8.80/kg  
20289672\_KG

**WHILE QUANTITIES LAST**

**SAVE 30%**

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

**SCHNEIDERS  
CHICKEN WINGS**  
selected varieties  
frozen, 615 g  
ailes de poulet  
21372435\_EA



**NEILSON  
CHOCOLATE MILK**  
750 mL  
lait au chocolat  
20766719\_EA

**SAVE 20%**

**\$1**

**ONLY**

**1<sup>75</sup>**



**HOLIDAY LUNCHEON MEAT** 340 g  
or **MAPLE LEAF FLAKES** 156 g  
selected varieties  
pain de viande ou flocons  
20298273001\_EA/20618778\_EA



**SAVE UP TO 29%**

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

**LIMIT 4,  
AFTER LIMIT \$7.99**

**UNICO VEGETABLE OIL** 3 L or  
**NO NAME® CANOLA OIL** 3 L  
huile végétale ou huile de canola  
20098102\_EA/20028656\_EA

**SAVE UP TO 42%**

**2<sup>77</sup>**

**GREEN GIANT VEGETABLES** 283-750 g,  
**MCCAIN SUPERFRIES** or  
**SPECIALTY FRIES** 454 g-800 g  
selected varieties, frozen  
légumes ou frites de spécialité  
20324328002\_EA/21022302\_EA



**App exclusive offer**

**Optimum™**

**BREADED CHICKEN,  
MEATBALLS,  
HOR D'ŒUVRES,  
LEAN GROUND BEEF  
or TURKEY or HALAL  
CHICKEN**

selected varieties, frozen,  
700 g-1.81 kg  
poulet pané ou boulettes de  
viande ou hors-d'œuvre  
ou bœuf haché maigre ou  
dinde ou poulet halal  
21626018\_EA/21667936\_EA



**\$10**

**2,000**  
pts

**SAVE 42%**

**1<sup>88</sup>**

**I CAN'T BELIEVE IT'S NOT BUTTER**  
MARGARINE 427 g or  
**BECEL GARLIC PLANT BUTTER** 227 g  
margarine ou beurre à l'ail à base de plantes  
20061949001\_EA



**SAVE UP TO 44%**

**1<sup>25</sup>**

**OASIS JUICE,  
DEL MONTE NECTAR or  
ARIZONA ICED TEA** 960 mL or  
**GATORADE SPORT DRINKS** 710 mL  
selected varieties  
jus ou nectar ou thé glacé ou boissons désaltérantes  
20305775003\_EA/20894117004\_EA



**ONLY**

**.88**

**YOPLAIT YOP  
DRINKABLE YOGURT**  
selected varieties, 200 mL  
yogourt à boire  
21478178\_EA/21478300\_EA



**ONLY**

**\$4**

**TROPICANA  
ORANGE JUICE or  
DRINKS or  
PURE LEAF TEA**  
selected varieties  
refrigerated  
1.36/1.75 L  
jus d'orange ou boissons ou thé  
21621930\_EA



**SAVE UP TO 39%**

**\$2**

**CAMPBELL'S READY TO SERVE** 515 mL or  
**HABITANT** 796 mL SOUP  
selected varieties  
soupe  
20299690002\_EA/21479030\_EA



**SAVE 22%**

**\$7**

**PC® DINNER ENTRÉES**  
selected varieties, frozen, 770 g-1.13 kg  
plats cuisinés  
20326534\_EA



**SAVE 27%**

**7<sup>99</sup>**

**MOTHER'S MAGIC or  
NOOR BASMATI RICE**  
4.54 kg  
riz  
20056100\_EA/21590432\_EA



**ONLY**

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

**ACTIVIA EXPERT** 750 g or  
**iöGO** 16x100 g **YOGURT**  
selected varieties  
yogourt  
20606778001\_EA



**SAVE UP TO 42%**

**7<sup>99</sup>**

**TIDE SIMPLY LIQUID LAUNDRY DETERGENT** 2.72 L,  
**GAIN LAUNDRY DETERGENT** 2.6 L,  
**DOWNY** or **GAIN FABRIC SOFTENER** 1.66/2.63 L,  
**DOWNY PURIFYING RINSE AID** 108-109 mL or  
**BOUNCE DRYER SHEETS** 120/200's  
selected varieties  
détergent à lessive liquide ou assouplissant ou agent de  
rinçage ou feuilles pour sècheuse  
21550428\_EA/21671020\_EA



FLYER PRICES EFFECTIVE IN ONTARIO STORES ONLY.

(excluding: Dryden, Geraldton, Kenora & Thunder Bay Ontario)

Not applicable at 1022 King St. W, Toronto, 42 Hanna Ave., Toronto, 261 Richmond St. W, Toronto, 3091 Appleby Line, Burlington, 332 Wellington Rd., London, 755 Mount Pleasant Rd., Toronto, 75 The Esplanade St., Toronto, 899 College St. W., Toronto, 2999 Kingston Rd., Scarborough, 1175 Hyde Park Rd., London, 75 Shuter St., Toronto, 970 Upper Wentworth St., Hamilton, 671 Broadway St., Tillsonburg, 410 St. Clair St., Chatham, 1425 Kingsway, Sudbury, 1678 Bayview Ave., Toronto, 1035 Plains Rd., Burlington; please see nofrills.ca for flyers for these stores.

**nofrills.ca**

01 NFO

ONLY

\$1

**PC® ORGANICS  
BABY FOOD  
POUCH**  
selected varieties  
128 mL  
sachet d'aliments  
pour bébé  
20651248002\_EA



SAVE 20%

\$2

**WONDER BREAD** 675 g  
or **BUNS** 8's  
selected varieties  
pain ou petits pains  
20276296\_EA/20297455\_EA



ONLY

\$3

**ASTRO, iÖGO  
YOGURT** 650/750 g or  
**PILLSBURY REFRIGERATED  
DOUGH** 318-468 g or  
**NEILSON CREAM 5/10%**  
1 L or 18/35% 473 mL  
selected varieties  
yogourt ou  
pâte ou crème  
20123609\_EA  
20165226001\_EA



SAVE UP TO 25%

\$3

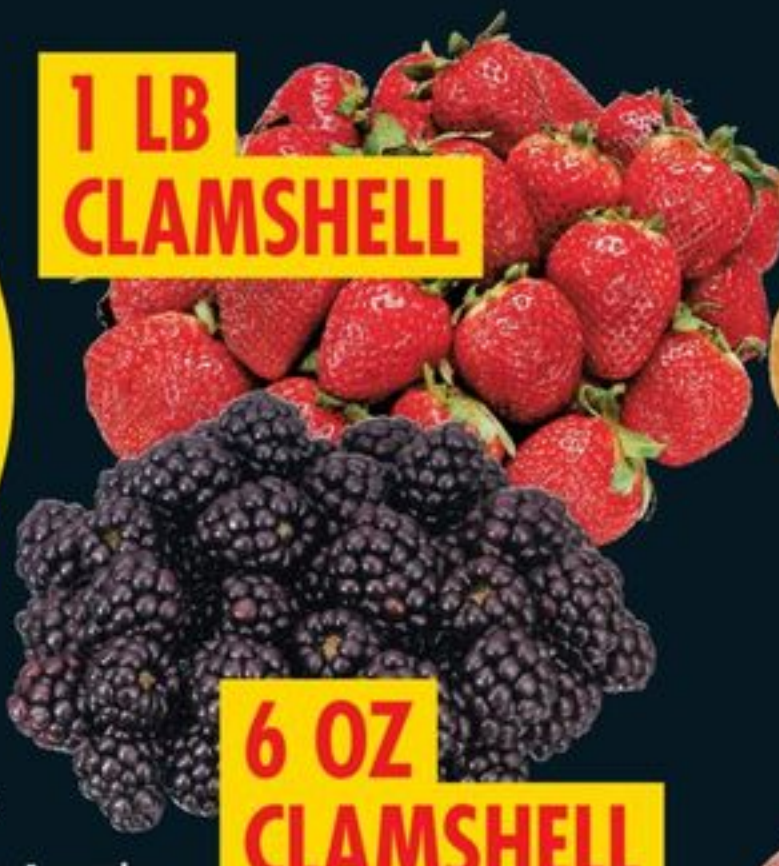
**POST CEREAL**  
selected varieties  
311-525 g  
céréales  
20299648\_EA  
21427214\_EA



# FRESH AT LOW PRICES

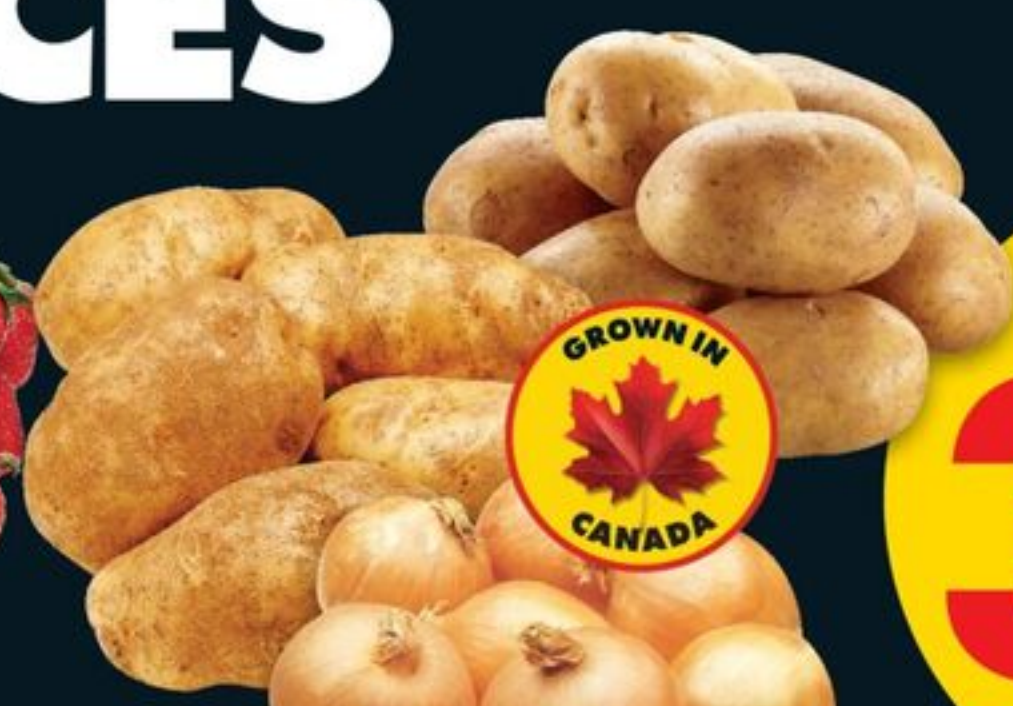
**3<sup>99</sup>**

**1 LB CLAMSHELL**



**6 OZ CLAMSHELL**

**BLACKBERRIES**  
product of Mexico or U.S.A., or  
**STRAWBERRIES**  
product of Mexico or U.S.A., no. 1 grade  
mûres ou fraises  
20167017001\_EA/20049778001\_EA



**10 LB BAG**

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

**FARMER'S MARKET™ YELLOW ONIONS** or **RED, RUSSET**, or **YELLOW POTATOES** product of Canada, Canada no. 1 grade oignons jaunes ou pommes de terre  
20601013001\_EA/20601017001\_EA

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



**GREEN SEEDLESS GRAPES**  
product of India or Chile, no. 1 grade or  
**RED SEEDLESS GRAPES**  
product of Chile, no. 1 grade  
raisins verts ou rouges sans pépins  
8.80/kg  
20425775001\_KG/20159199001\_KG



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

**TOMATOES ON THE VINE**  
product of Canada or Mexico  
tomates sur vigne  
4.39/kg  
20026703001\_KG



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

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

**RED, YELLOW or ORANGE SWEET PEPPERS**  
product of Canada or Mexico  
pivrons  
6.59/kg  
20166880001\_KG/20007535001\_KG

**1<sup>49</sup>**

**ENGLISH CUCUMBER**  
product of Ontario,  
Canada no. 1 grade  
each  
couronne anglaise  
20070132001\_EA

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

**PKG OF 2**

**CAULIFLOWER**  
product of U.S.A. or Mexico, no. 1 grade or  
**ROMAINE HEARTS** product of U.S.A.  
chou-fleur ou cœurs de romaine  
20135377001\_EA/20082756001\_EA

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

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

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

**BROCCOLI CROWNS**  
product of Mexico or U.S.A.  
couronnes de brocoli  
21121560001\_EA

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

**3 LB BAG**

**FARMER'S MARKET™ ORANGES**  
product of Morocco or Spain  
oranges  
20162945001\_EA

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

**PINEAPPLE**  
product of Costa Rica  
ananas  
20160992001\_EA

**1<sup>49</sup>**

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

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

**BLACK PLUMS**  
product of Chile, no. 1 grade  
prunes noires  
6.59/kg  
20316478001\_KG

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

**BROCCOLINI** product of U.S.A.  
broccolini  
20154907\_EA

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

**680 G**

**PC® LITTLE GEMS™ RED, YELLOW or MIXED MINI POTATOES**  
product of Canada, Canada no. 1 grade  
mini-pommes de terre rouges, dorées ou assorties  
21247301001\_EA/21247299001\_EA/21247300001\_EA

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

**283 G**

**PKG OF 6**

**FARMER'S MARKET™ GRAPE TOMATOES** product of Canada, Mexico or U.S.A. or **FARMER'S MARKET™ MINI CUCUMBERS** product of Canada, Canada no. 1 grade  
tomates raisins ou mini-concombres  
21367888001\_EA/20737570001\_EA

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

**681 G**

**PC® VARIETY TOMATOES**  
product of Canada or Mexico  
tomates  
2094986001\_EA

**PRICE DROP**

**1<sup>49</sup>**

**GREEN ONIONS**  
product of Mexico or U.S.A.  
oignons verts  
20107500001\_EA

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

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

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

**227 G**

**PC® WHOLE CREMINI or WHITE MUSHROOMS**  
product of Ontario  
champignons  
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

**\$9**

**PC® BLUE MENU® CHICKEN BREAST**  
boneless  
skinless  
2's  
poitrines  
de poulet  
21606970\_EA



**\$7** LB

**LEAN GROUND BEEF AND PORK**  
boeuf et porc hachés maigres  
15.43/kg  
20861188\_KG



**3.99** LB

**PORK COMBO CHOPS**  
bone-in, fresh  
côtelettes de porc  
8.80/kg  
20683470\_KG  
**WHILE QUANTITIES LAST**



**6.99**

**MARCANGELO DINNER or BREAKFAST SAUSAGE, ROUNDS or ITALIAN GRINDS**  
selected varieties, 250-500 g  
saucisses à repas ou à déjeuner, rondines ou viande hachée italienne  
21724134\_EA/21724145\_EA

**\$6**



**SEAQUEST® COLOSSAL RAW WHITE SHRIMP**  
16-20/lb, frozen, 300 g  
crevettes  
21043887\_EA

**10.99**



**SWISS CHALET or MONTANA'S RIBS**  
selected varieties, 600/650 g  
côtes  
21022221\_EA/21668141\_EA

**15.99**



**MONTANA'S SMOKY BBQ BEEF BURGER**  
frozen, 906 g  
burgers de boeuf  
21665099\_EA

**3.50**



**GO SHRIMP** raw 51-70 per lb or cooked 61-90 per lb, 160 g  
or **SMOKED STEELHEAD SALMON** pre-sliced, 50 g  
selected varieties, frozen  
crevettes ou saumon fumé  
20792840\_EA/21208591\_EA

**6.50**



**PC® FREE FROM™** 175 g or  
**MAPLE LEAF NATURAL SELECTIONS** 150/175 g  
selected varieties  
charcuteries tranchées  
20065285\_EA/20682966\_EA

**\$11**



**MASTRO CHUBS** 600 g  
or **SAPUTO MINI FRIULANO CHEESE** 500 g  
selected varieties  
saucissons ou fromage  
20181136\_EA/20708981\_EA

**\$11**



**MINI BABYBEL** 18's or  
**THE LAUGHING COW CHEESE** 535 g  
selected varieties  
fromage  
20056297\_EA/20575375\_EA

**\$8**



**SUMMER FRESH SALADS**  
selected varieties, 750/800 g  
salades fraîches  
20094285\_EA

**\$2**



**NO NAME® BAGELS or ENGLISH MUFFINS**  
selected varieties  
6's  
bagels ou muffins anglais  
21297780\_EA/21297831\_EA

**2.85**



**WONDER BALLPARK BUNS**  
selected varieties  
6/8's  
petits pains  
21022027\_EA/21022316\_EA

**\$5**



**LA BAGUETTERIE MICHE**  
selected varieties, 600/800 g  
miche  
20862393\_EA

**\$6**



**PACE PIZZA** 502-542 g or  
**LA CASA ROSA FRESH ENTREES** 350 g  
selected varieties  
pizza ou plats cuisinés frais  
21515170\_EA/21673693\_EA

# GARDEN DEALS

187

**NO NAME® TOP SOIL**  
 may not be available at all locations  
 20 L  
 terreau  
 21349120\_EA



\$3

**NO NAME® 3-IN-1 SOIL MIX**  
 may not be available at all locations  
 20 L  
 terreau  
 21349115\_EA



\$4

**BLACK MULCH**  
 may not be available at all locations  
 42 L  
 paillis  
 21362561\_EA



\$4

**COMPOSTED MANURE**  
 may not be available at all locations  
 12 kg  
 fumier  
 21702746\_EA



**\$1**



**NO NAME® MUSHROOMS**  
selected varieties  
284 mL  
champignons  
20299211\_EA

**NO NAME® GEL AIR FRESHENER**  
170 g or **FEBREZE WARMER PLUG**  
selected varieties  
désodorisant  
21405448\_EA/21658359\_EA

**COLGATE or CREST TOOTHPASTE**  
50-100 mL or **MANUAL TOOTHBRUSH 1's**  
selected varieties  
dentifrice ou brosse à dents  
20338731001\_EA/20975582\_EA

**DARE BREAKTIME COOKIES**  
selected varieties  
250 g  
biscuits  
21520214\_EA/21520217\_EA

**PC® or BLUE MENU® TACO SEASONING**  
selected varieties  
24 g  
assaisonnements pour tacos  
21311250\_EA/21311252\_EA

**BABY BELLIES or LITTLE BELLIES**  
**BABY SNACKS**  
selected varieties  
8/12 g  
collations pour bébé  
21539324\_EA/21539350\_EA

**SPARKLING ICE**  
**FLAVOURED WATER**  
selected varieties  
503 mL  
eau aromatisée  
20885443\_EA/20885450001\_EA

**\$2**



**BUSH'S BEST BAKED BEANS**  
selected varieties  
398 mL  
fèves  
20101518001\_EA

**NO NAME® PASTA 900 g or PRIMO PASTA SAUCE 680 mL**  
selected varieties  
pâtes ou sauce pour pâtes  
20315613002\_EA/20730715\_EA

**BAGEL BITES**  
selected varieties, frozen  
198 g  
bouchées de bagel  
20213483001\_EA

**SNACK PACK PUDDING**  
selected varieties  
4x99 g  
pouding  
20310707001\_EA

**COCA-COLA or PEPSI SOFT DRINKS**  
selected varieties  
2 L  
boissons gazeuses  
20296926002\_EA/20316026002\_EA

**\$3**



**MARS CHOCOLATE POUCHES**  
selected varieties  
155-170 g  
chocolat  
21571767\_EA/21571768\_EA

**NO NAME® NATURALLY IMPERFECT™ FROZEN FRUIT**  
selected varieties  
300/400 g  
fruits surgelés  
21545106\_EA

**LECLERC CELEBRATION COOKIES**  
selected varieties  
200/240 g  
biscuits  
21648530\_EA/21680155\_EA

**NO NAME® VEGETABLES**  
selected varieties, frozen  
750 g  
légumes  
20312260\_EA

**NO NAME® JUICE BOXES**  
selected varieties  
8x200 mL  
jus en boîte  
21717467\_EA

**NO NAME® CREAM CHEESE**  
selected varieties  
227/250 g  
fromage à la crème  
20308105001\_EA

**NO NAME® CHEESE BARS**  
selected varieties  
200 g  
barres de fromage  
20331973\_EA

**KELLOGG'S RICE KRISPIES**  
154-198 g, **POP TARTS** 384 g,  
**SPECIAL K** 125 g or **NUTRI-GRAIN**  
295 g **BARS**, selected varieties  
barres  
20126567001\_EA/21290111\_EA

**TETLEY TEA or HERBAL TEA**  
selected varieties  
20/24's  
thé ou tisane  
20711158\_EA/21663642\_EA

**NO NAME® DRINKS or JUICE**  
selected varieties, refrigerated  
1.75 L  
boissons ou jus  
21666536\_EA/21671438\_EA

©Disney ©Disney/Pixar



**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.

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.

**NOFRILLS**

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

nofrills.ca



proudly Canadian



# DELI DEALS

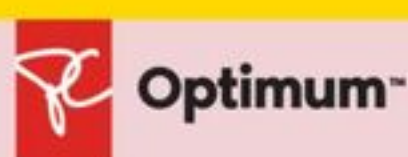
**\$3**

**ZIGGY'S FRESH PASTA**  
selected varieties  
350/360 g  
pâtes fraîches

21521168\_EA



App exclusive offer



**\$5**



Earn  
**1,000**  
pts

That's  
**\$1**  
value

**ZIGGY'S® PEPPERONI STICKS** 300 g  
**PC® CHEESE SLICES** 140-170 g  
or **BLOCKS** 250 g  
selected varieties  
pepperoni ou fromage

20250947\_EA/21665209\_EA

App exclusive offer

**\$3.75**



Earn  
**1,000**  
pts

That's  
**\$1**  
value

**ZIGGY'S® SLICED DELI MEAT**  
selected varieties, 175 g  
charcuteries tranchées

21592461\_EA/21596554\_EA

**\$5.50**



Earn  
**1,000**  
pts

That's  
**\$1**  
value

**DAIYA VEGAN CHEESE** 200/220 g or  
**RESER'S MAIN ST. BISTRO MAC AND CHEESE** or  
**MASHED POTATOES** 567/680 g  
simili-fromage végétal ou macaroni au fromage  
ou purée de pommes de terre

21207740\_EA/20027947\_EA

**APRIL**

**HIT  
OF THE  
MONTH**

**\$7.88**



**Made in Canada**

**Lederc's Go Pure Bars**  
Selected varieties, 140 g - 175 g  
Limit: 6, over limit retail \$3.00  
21221434\_EA/21507858\_EA

**\$3**



**Made in Canada**

**Butcher's Selection Stampede Wieners**  
or **Harvest Creek Halal Chicken Wieners**  
900 g  
Limit: 6, over limit retail \$4.50  
21307061\_EA/21309103\_EA

**\$4**



**Prepared in Canada**

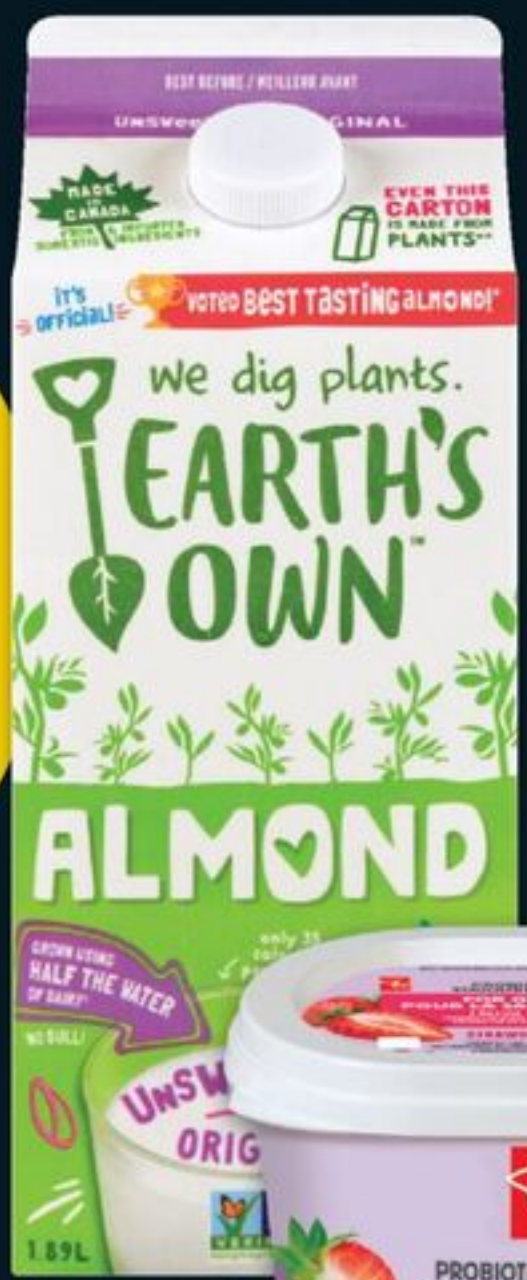
**Planter's Deluxe Whole Cashews**  
Salted or Unsalted, 200 g  
Limit: 6, over limit retail \$5.00  
21021618\_EA

**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

**3.50**



**PC® PROBIOTIC YOGURT 650 g or EARTH'S OWN ALMOND or OAT BEVERAGES 1.75/1.89 L**  
selected varieties  
yogourt aux probiotiques ou boissons aux amandes ou avoine  
21684254\_EA/20327647\_EA



**\$6**

**PC® CHEESE BARS 400 g or SHREDDED CHEESE 250-320 g**  
selected varieties  
barres de fromage ou fromage râpé  
21060207\_EA/21289689\_EA

**5.50**



**PC® FROZEN FRUIT**  
selected varieties  
300-600 g  
fruits surgelés  
20312227\_EA/20612667\_EA



**4.50**

**CRAVE DINNER ENTRÉES 200-340 g or KRAFT DELUXE MAC AND CHEESE 340 g**  
selected varieties, frozen  
plats cuisinés ou macaroni au fromage  
21085515\_EA

**4.50**



**NATURE'S BEST LARGE EGGS**  
12's  
œufs  
20814983001\_EA

**\$4**



**MINUTE MAID ZERO SUGAR BEVERAGES**  
selected varieties, refrigerated  
1.54 L  
boissons zéro sucre  
21434019\_EA/21434119\_EA

**\$3.50**



**FRITO-LAY MINIS CANISTERS**  
selected varieties, 102-145 g  
collations  
21613317\_EA/21613337\_EA

**\$3.49**



**PATAK'S COOKING SAUCE 400 mL or BLUE DRAGON PASTE 270 mL**  
selected varieties  
sauce à cuisson ou pâte  
20712986\_EA

**3.99**



**PC® or BLUE MENU® CRANBERRY or VEGETABLE COCKTAIL**  
selected varieties  
1.89 L  
cocktail de canneberges ou légumes  
20307025001\_EA/20506849004\_EA

**2.50**



**MONSTER ENERGY DRINKS**  
selected varieties  
444-473 mL  
boissons énergisantes  
20938249\_EA

**3.99**



**HEREFORD CORNED BEEF**  
340 g  
bœuf salé  
20050622\_EA

**\$8**



**BOB'S RED MILL ROLLED OATS 907 g or BAKING FLOUR 1:1 624 g**  
gluten-free  
grau ou farine à pâtisserie  
21127335\_EA/21127426\_EA

**2.79**



**CHRISTIE MINI COOKIES**  
selected varieties  
144-200 g  
mini-biscuits  
21584976\_EA/21585019\_EA

**1.69**



**UNICO BEANS 540 mL or TOMATOES 796 mL**  
selected varieties  
légumineuses ou tomates  
20313447001\_EA/20314629001\_EA

**1.50**



**OCEAN'S TUNA**  
selected varieties  
85/170 g  
thon  
21005134\_EA

**3.79**



**PC® BLUE MENU® BEANS or LENTILS**  
selected varieties  
900 g  
haricots ou lentilles  
20629153\_EA/20629676\_EA

**5.99**



**PC® SALSA**  
selected varieties  
650 mL  
salsa  
20309646003\_EA

**\$3**



**LIMIT 6, AFTER LIMIT \$3.49**  
**ANGIE'S BOOM CHICKA POP POPCORN or PUFFS**  
selected varieties  
136-198 g  
maïs éclaté ou grignotines soufflées  
20811709\_EA

**4.99**



**PAM COOKING SPRAY**  
selected varieties  
141/170 g  
vaporisateur à cuisson  
20178204001\_EA

**4.97**



**KD ORIGINAL**  
5x200 g  
macaroni au fromage  
21740440\_EA

# BRANDS YOU LOVE AT LOW PRICES

**3.49**



**BECEL MARGARINE**  
427/454 g or **BECEL PLANT BASED BRICKS** 454 g  
selected varieties  
margarine ou briques à base de plantes  
20322707001\_EA

**6.50**



**BLACK DIAMOND CHEESTRINGS** or **SNACKS** 252/336 g or **CRACKER BARREL CHEESE SHREDS** 320 g  
selected varieties  
fromage  
20763661\_EA/21290616\_EA

**PREPARED IN CANADA**



**\$5**

**CHAPMAN'S MARKDALE CREAMERY ICE CREAM** 2 L or **COLLECTION NOVELTIES** 8's  
selected varieties, frozen  
crème glacée ou friandises glacées  
20315236010\_EA/20323757001\_EA



**\$4**

**PC® DINNER ENTREES**  
selected varieties, frozen  
212-365 g  
plats cuisinés  
20312253001\_EA

**\$10**



**EL MONTEREY TAQUITOS**  
selected varieties,  
frozen  
567/588 g  
taquitos  
21022918\_EA

**2.50**



**GAY LEA SOUR CREAM**  
selected varieties  
425/500 mL  
crème sure  
20317536001\_EA

**3.50**



**OLD DUTCH POTATO** 220 g or **TORTILLA** 275/290 g **CHIPS** or **HUMPTY DUMPTY SNACKS** 250-290 g  
selected varieties  
croustilles ou grignotines  
21445100\_EA

**2.50**



**DARE BEAR PAWS** 168-240 g, **ULTIMATE COOKIES** 290/300 g, **WAGON WHEELS** 315/360 g or **VIVA PUFFS** 300 g  
selected varieties  
biscuits  
20974346\_EA/21080791\_EA

**1.25**



**AURORA BOUILLON CUBES**  
selected varieties, 66 g  
cubes de bouillon  
21575955\_EA/21576012\_EA

**\$3**



**NO NAME® COATING MIXES**  
selected varieties  
142-162 g  
mélange de panure  
21122657\_EA/21122663\_EA

**5.99**



**LAVAZZA QUALITA ROSSA** or **CREMA E GUSTA GROUND COFFEE** 250 g or **TAZO CONCENTRATES** 946 mL  
selected varieties  
café moulu ou concentrés  
21295930\_EA/21553714\_EA

**\$6**



**NESTLÉ COFFEEMATE** 425/450 g, **NESQUIK SYRUP** 510/700 mL or **POWDER** 540 g  
selected varieties  
sirop ou poudre  
20309221002\_EA/20320167002\_EA

**9.49**



**NATURE'S PATH ORGANIC BAGGED CEREAL**  
selected varieties  
650-907 g  
céréales  
20312067001\_EA

**\$2**



**SIMPLY DRINKS** or **ORANGE JUICE**  
selected varieties, refrigerated  
340 mL  
boissons ou jus d'orange  
20766577\_EA/20767362\_EA

Optimum

Member Price **\$25**

Non-Members **\$29**

Member Save **\$4**

**MCCAFÉ** 640-900 g or **LAVAZZA** 1 kg **COFFEE**  
selected varieties  
café  
21556082\_EA/21633664\_EA

Optimum

**\$6.49**

Earn **500** pts

That's **50¢** value

**MIDEL GLUTEN FREE COOKIES**  
selected varieties  
227 g  
biscuits sans gluten  
21069942\_EA

# BRANDS YOU LOVE AT LOW PRICES

**19<sup>99</sup>**

**TIDE LIQUID LAUNDRY DETERGENT** 3.46 / 3.9 L, **PODS** or **FLINGS** 45 / 76's or **CASCADE DISHWASHER TABS** 51 - 90's selected varieties détergent à lessive ou capsules de détergent pour lave-vaisselle 21516545\_EA/21593670\_EA/21594986\_EA



**\$2**

**PC® DISHWASHING LIQUID** selected varieties, 638 mL - 1 L détergent liquide à vaisselle 21012490\_EA/21012740\_EA

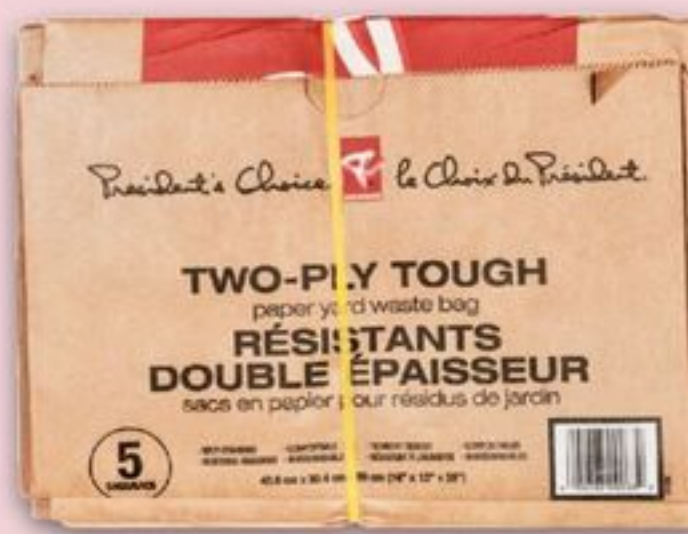
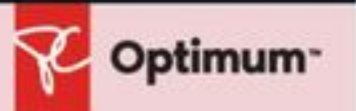


**\$14**

**PC® DISHWASHER TABS** 90's capsules de détergent pour lave-vaisselle 20892221\_EA



**App exclusive offer**



**\$3<sup>50</sup>**

Earn **1,000** pts

That's **\$1** value

**PC® YARD WASTE PAPER BAGS** selected varieties 5's sac en papier pour déchets de l'extérieur 20429980\_EA

**\$1**

**PC® DISTILLED WATER** 4 L eau distillée 20797191\_EA

**7<sup>99</sup>**

**GLAD GARBAGE BAGS** selected varieties, 10-52's sacs à ordures 20297334001\_EA/21359461\_EA

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

**SOS STEEL WOOL PADS** 10's, **COMET POWDER CLEANER** 600 g or **AURORA LINDA LAUNDRY SOAP** 185 g tampons en laine d'acier ou nettoyant ou savon à lessive 20540374\_EA/21362098\_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 détergent ou assouplissant ou feuilles pour sècheuse 20083525002\_EA/21427042\_EA

**\$7**

**PC® MAX PAPER TOWELS** 3=6 rolls essuie-tout 21540603\_EA

**3<sup>75</sup>**

**CLOROX BLEACH** 2.4 L eau de Javel 21283179\_EA

**9<sup>50</sup>**

**FANCY FEAST WET CAT FOOD** selected varieties, 12x85 g nourriture humide pour chats 20153246002\_EA

**\$11**

**PEDIGREE DENTASTIX DOG TREATS** selected varieties, 504 g - 1.9 kg gâteries pour chiens 21081180\_EA

**\$10**

**NO NAME® CAT LITTER** selected varieties, 18 kg litière pour chats 20177169002\_EA

**\$6**

**FRISKIES DRY CAT FOOD** selected varieties 1.4-1.5 kg nourriture sèche pour chats 20912515\_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**

produits  
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**

produits  
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**

produits  
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**

produits  
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**

soupes ou bretzels ou craquelins  
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**  
craquelins ou biscuits ou bars d'énergie  
21547034\_EA/21358407\_EA/21664843\_EA



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

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



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

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



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

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



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

**PC® BLUE MENU PRODUCTS  
AND GET ONE BONUS STICKER PACK**  
produits  
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**  
croustilles ou maïs soufflé ou bretzels  
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

3.50



**CAVENDISH PREMIUM FRIES**  
selected varieties  
frozen, 400-750 g  
frites  
21685114\_EA



2.50

**CATELLI SMART or HEALTHY HARVEST PASTA**  
selected varieties  
340/375 g  
pâtes  
20527264\_EA

2.75



**YOPLAIT TUBES 8's or MINIGO 6's YOGURT**  
selected varieties  
yogourt  
21547595\_EA/21619388\_EA



2.50

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

Member Price  
**\$2.50**

Non-Members  
**\$3**

Member Save  
**50¢**



**CADBURY CHOCOLATE BARS**  
selected varieties, 90-100 g  
barres de chocolat  
21648577\_EA

**\$4**



**PHILADELPHIA CREAM CHEESE PRODUCT**  
selected varieties, 227/250 g  
produit de fromage à la crème  
20641267\_EA/20866924010\_EA

**\$4**



**DR. OETKER RISTORANTE or CASA DI MAMA PIZZA**  
selected varieties, frozen, 320-410 g  
pizza  
20296100001\_EA/20296424001\_EA

4.75



**MILK2GO MILK**  
selected varieties, 6x200 mL  
lait  
21537885\_EA

4.29



**PC® BLUE MENU® GRANOLA OMEGA 3 400 g or PC® BLUE MENU® GRANOLA 475 g or PC® BLUE MENU® MUESLI CEREAL 450 g**  
selected varieties  
granola ou céréales muesli  
21344977\_EA

5.50



**GENERAL MILLS FAMILY SIZE CEREAL**  
selected varieties  
455-778 g  
céréales  
21103495\_EA/21213661\_EA

6.49



**NESCAFÉ RICH or TASTER'S CHOICE**  
100-170 g, SWEET & CREAMY 16/18's or CONCENTRATES 500 mL, INSTANT COFFEE  
selected varieties  
café  
20661811001\_EA/20873036\_EA

**\$8**



**COCA-COLA or CANADA DRY SOFT DRINKS**  
selected varieties, 12x355 mL  
boissons gazeuses  
20307569004\_C12/20318694002\_C12

8.99



**ROYALE BATHROOM TISSUE**  
selected varieties, 15-30 rolls  
papier hygiénique  
21572800\_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 AVAILABLE REQUIREMENTS. OFFER VALID UNTIL MAY 6, 2026.

# EVERYDAY ESSENTIALS AT LOW PRICES

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

**ACTIVIA YOGURT**  
selected varieties  
12x100 g  
yogourt  
20608924\_EA/20640892\_EA



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

**BREYERS CLASSIC FROZEN DESSERT**  
selected varieties  
1.41 L  
dessert glacé  
21651628\_EA



**\$10**

**CLUB SIZE**

**ALWAYS**



**\$2**

**NO NAME® SPINACH**  
selected varieties, frozen  
300 g  
épinards  
20611796\_EA



**\$10**

**BUTCHER'S CHOICE® SAUSAGE**  
selected varieties  
1.1 kg  
saucisses  
21565790\_EA

**\$10**

**SUFRA® HALAL CHICKEN STRIPS, NUGGETS, BURGERS or MOZZARELLA STUFFED CHICKEN**  
selected varieties, frozen  
568-840 g  
lanières ou pépites ou burgers de poulet ou poulet farci de mozzarella  
21179710\_EA



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

**CLARK BAKED BEANS**  
selected varieties  
398 mL  
fèves  
21308477\_EA



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

**NO NAME® SOUP MIX**  
selected varieties  
112/332 g  
mélange à soupe  
20026331\_EA



**\$3**

**NO NAME® WHOLE GRAIN, LARGE FLAKES or ONE MINUTE OATS**  
selected varieties, 900 g/1 kg  
flocons d'avoine  
20923828\_EA/20923942\_EA



**\$5**

**TIDE PODS 16's, DOWNY FABRIC SOFTENER 0.78/1.31 L, PURIFYING RINSE 473 mL or SCENT BOOSTERS 141/150 g, BOUNCE DRYER SHEETS 40/80's, CASCADE DISHWASHER TABS 10-15's or RINSE AID 473 mL**  
selected varieties  
détergent à lessive ou assouplissant textile ou produit de rinçage ou rehausseurs de parfum ou feuilles pour sècheuse ou capsules de détergent pour lave-vaisselle ou agent de rinçage  
21095604\_EA/21405807\_EA



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

**NO NAME® DISINFECTANT WIPES**  
selected varieties  
75's  
lingettes désinfectantes  
21386771\_EA/21386780\_EA



**.90**

**FANCY FEAST 85 g or FRISKIES 156 g WET CAT FOOD**  
selected varieties  
nourriture humide pour chats  
2031965706\_EA/20548687001\_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



Optimum™



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

Save  
**\$1**  
with digital  
coupon

Optimum™



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

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

Optimum™



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

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

Optimum™



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

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

Optimum™



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

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

Optimum™



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

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

Optimum™



**PC® DIPS**  
454 g  
trempettes  
20584098\_EA

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

Optimum™



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

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

Optimum™



**PC® BRIOCHE  
BUNS**  
300 g  
petits pains brioches  
21094319\_EA

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

Optimum™



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

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

Optimum™



**NO NAME®  
BREADED  
CHICKEN  
BURGERS  
FULLY COOKED**  
908 g  
burgers de  
poulet panés  
21178461\_EA

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

Optimum™



**PC® SMOKED WILD  
SOCKEYE  
SALMON**  
150 g  
saumon sockeye  
sauvage fumé  
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  
café instantané  
21499826\_EA

Optimum™



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

**NO NAME®  
HOT CHOCOLATE MIX**  
1.8 kg  
mélange à chocolat chaud  
20005589\_EA

Optimum™



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

**PC® CHOCOLATE COVERED  
NUTS**  
340-400 g  
noix enrobées de chocolat  
20000356\_EA

Optimum™



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

**PC® MEMORIES OF  
SZECHWAN  
PEANUT SATAY SAUCE**  
350 mL  
sauce satay aux arachides  
20311313001\_EA

Optimum™



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

**PC® MAYO SANDWICH  
SPREAD**  
300 mL  
tartinaie à sandwich  
20861237\_EA

Optimum™



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

**PC® NUTRITION FIRST  
WET CAT FOOD**  
85 g  
nourriture humide pour chats  
21618582\_EA

Optimum™



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

**PC® NON-STICK  
HEAVY DUTY  
ALUMINUM FOIL**  
25 ft  
papier d'aluminium robuste  
anti-adhérent  
21122007\_EA

Optimum™



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

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

Optimum™



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

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

# HAPPY VAISAKHI!

ਵਿਸਾਖੀ ਦੀਆਂ ਵਧਾਈਆਂ!

**2<sup>99</sup>**  
EA/LB

**INDIAN EGGPLANT**  
6.59/kg or **KARELA** 6.59/kg,  
product of Mexico or  
**RAPINI** each, product of U.S.A.  
aubergine indienne ou karela ou rapini  
20055882001\_KG/20028046001\_KG

**1<sup>69</sup>**

**METHI LEAF**  
product of Mexico  
bunch  
feuilles de fenugrec  
20159689001\_EA

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

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

**.99**  
EA/LB

**DAIKON** 2.18/kg, product of China,  
**BUNCH MINT** each, product of  
Mexico or Colombia or **CILANTRO**  
each, product of Mexico or U.S.A.  
daikon, menthe ou coriandre en botte  
20082109001\_KG/20139326001\_EA

**5<sup>88</sup>** **7 LB BAG**

**RED ONIONS**  
product of Mexico, Europe  
or U.S.A., no. 1 grade  
oignons rouges  
21614337001\_EA

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

**PC® FINGER HOT PEPPERS**  
product of Mexico, **PC® RED** or  
**GREEN THAI HOT PEPPERS**  
product of Mexico or Vietnam  
piments  
21454748001\_EA/21454049001\_EA

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

**HAPPY DAIRY**  
**PANEER**  
300 g  
paneer  
21343632\_EA

**\$5**

**SURAJ® NAAN**  
selected varieties  
10's  
naan  
20342261\_EA

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

**ROOSTER® TOFU**  
selected varieties  
454 g  
tofu  
21474765\_EA

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

**CRISPY POUND CAKE**  
selected varieties  
368 g  
quatre-quarts  
20814268\_EA

**\$5**

**SURAJ® PUNJABI**  
**VEGETARIAN**  
**BISCUITS**  
1.1 kg  
biscuits végétariens punjabi  
21052448\_EA

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

**CRISPY NAMAK PARA**  
selected varieties  
360 g  
namak para  
21443491\_EA

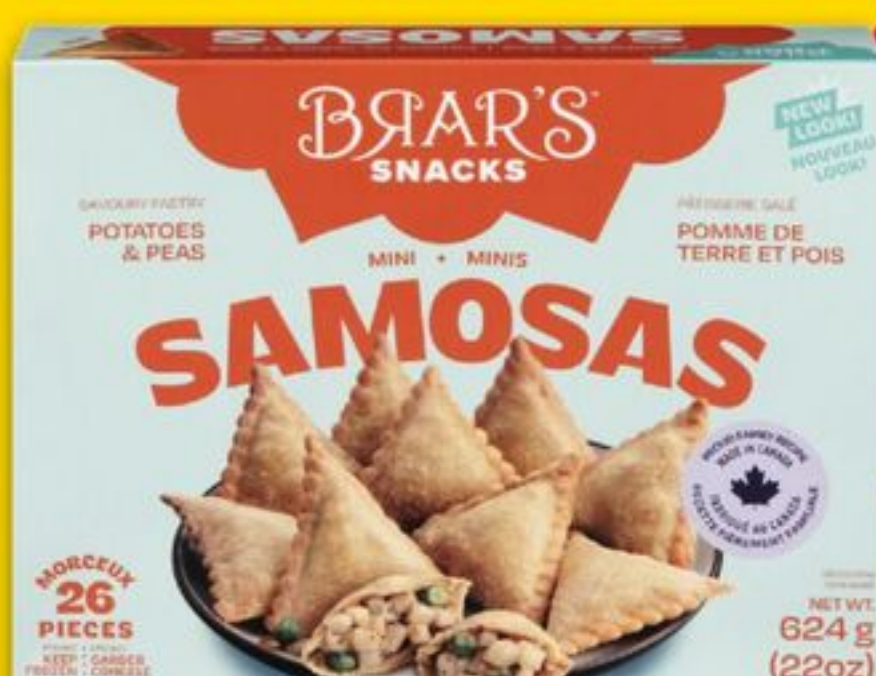
# HAPPY VAISAKHI!

ਵਿਸਾਖੀ ਦੀਆਂ ਵਧਾਈਆਂ!

3<sup>99</sup>



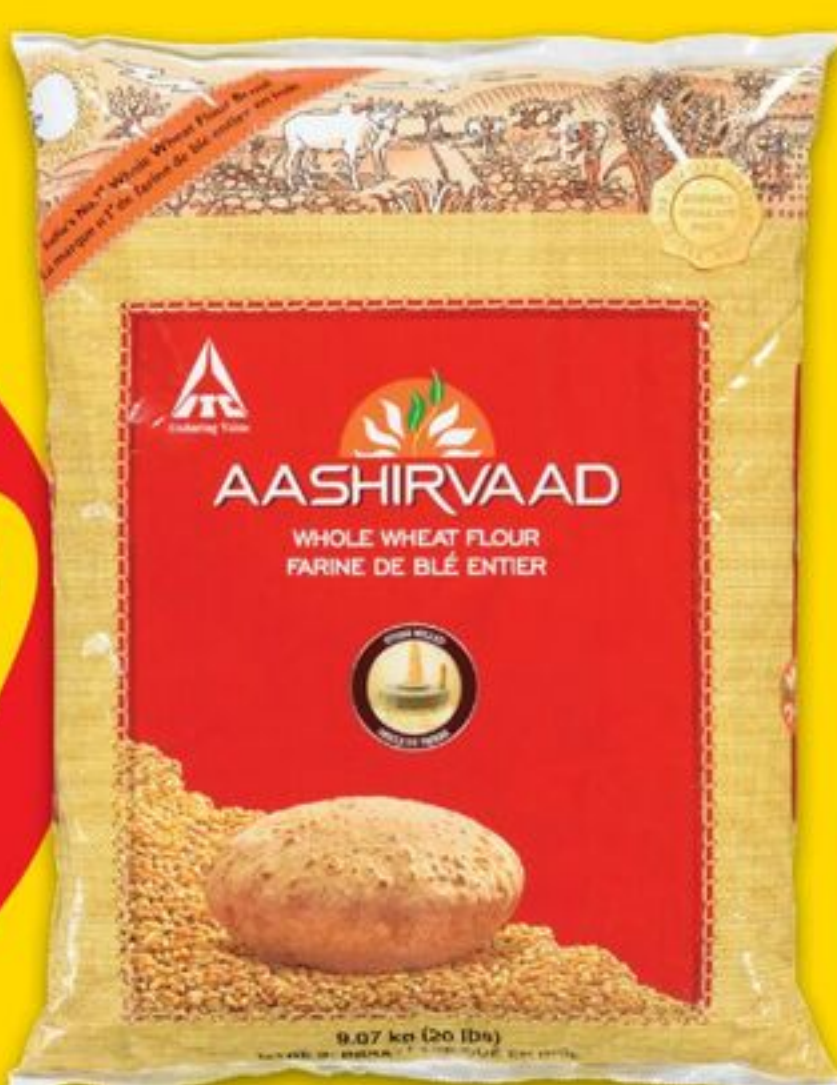
**QUALITY MANGO PULP**  
selected varieties  
850 g  
pulpe de mangue  
20683769\_EA



5<sup>99</sup>

**BRAR'S SAMOSA**  
selected varieties, frozen  
624 g  
samosas  
21000033\_EA

16<sup>99</sup>



**AASHIRVAAD WHOLE WHEAT FLOUR**  
9.07 kg  
farine de blé entier  
21359688\_EA



9<sup>99</sup>

**WAGH BAKRI PREMIUM TEA**  
907 g  
thé  
20375231\_EA

3<sup>99</sup>



**NO NAME® SUNFLOWER OIL**  
946 mL  
huile de tournesol  
20099523\_EA

\$2



**SURAJ® JUICE**  
selected varieties  
1 L  
jus  
21001004\_EA

1<sup>50</sup>



**HALDIRAM'S INDIAN SNACKS**  
selected varieties  
150/160 g  
collations indiennes  
20314667007\_EA

2<sup>99</sup>



**KFI CHUTNEY 455 mL or MAGGI SAUCE 340 mL**  
selected varieties  
chutney ou sauce  
20299612001\_EA/20687724\_EA

11<sup>99</sup>



**NANAK DESI GHEE 800 g or DAAWAT EVERYDAY BASMATI RICE 4 kg**  
ghee ou riz basmati  
20082263\_EA/21666269\_EA

2<sup>29</sup>



**MTR MINUTE MEALS**  
selected varieties  
300 g  
plats cuisinés  
20769717002\_EA/20769717008\_EA

3<sup>99</sup>



**DORITOS SPECIALTY FLAVOURS TORTILLA CHIPS**  
selected varieties, 210 g  
croustilles de tortillas aromatisées  
21665195\_EA

9<sup>50</sup>



**DABUR HONEY**  
500 g  
miel  
20802858\_EA

5<sup>99</sup>



**DESI-LICIOUS ICE CREAM**  
selected varieties  
1 L  
crème glacée  
20847564001\_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).

# 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 NFO MKT