

NOFRILLS

BIG EASTER DEALS!

ONLY

3⁴⁹
LB

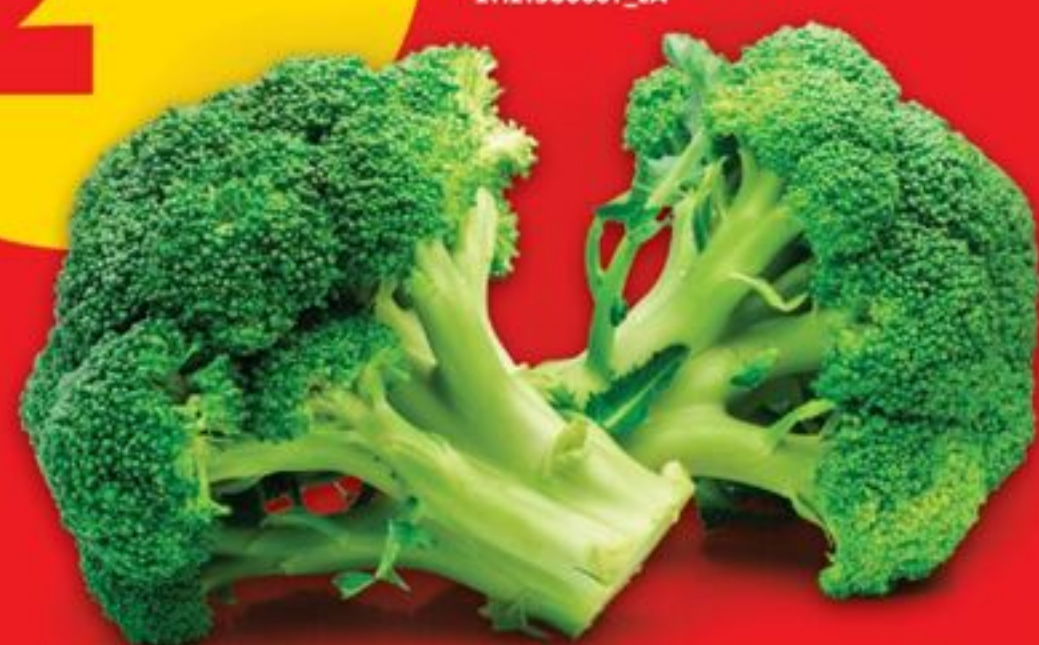


**GREEN or RED
SEEDLESS GRAPES**
product of Chile, Peru or
South Africa, no. 1 grade
7.69/kg
raisins verts ou rouges
sans pépins
20425775001_KG/20159199001_KG

ONLY

2²⁹

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



ONLY

3⁴⁹

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



ONLY

4⁴⁹



ROMAINE HEARTS
product of U.S.A.
cœurs de romaine
20067389001_EA

ONLY

\$12



EASTER LILY
selected varieties, 6 inches
lys de Pâques
20094291_EA

NOFRILLS®

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

BIG EASTER DEALS!

SAVE 50%

6⁹⁹ LB

SIRLOIN TIP ROAST
cut from Canada AA grade
beef or higher
15.41/kg
rôti de pointe de surlonge
20733290_KG

WHILE QUANTITIES LAST



SAVE 27%

10⁸⁸

LEAN GROUND BEEF
grass fed, 2x450 g
bœuf haché maigre
21618300_EA



SAVE UP TO 31%

5⁵⁰

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



SAVE 46%

10⁹⁹

MAPLE LEAF SUNRISE LARGE WAX BOLOGNA
2 kg
bologna
20997095_EA

SAVE UP TO 20%

\$4



BREYERS CREAMERY ICE CREAM 1.41 L, **POPSICLE NOVELTIES** 12's or PC® **FROZEN FRUIT** 300-600 g
selected varieties
crème glacée ou friandises glacées ou fruits surgelés
21651169_EA/20312227_EA

SAVE 32%

1⁶⁹



BARILLA PASTA
selected varieties, 340/410 g
pâtes
21404904_EA/21405047_EA

App exclusive offer

Optimum

\$6



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

Earn 2,000 pts

That's \$2 value

SAVE 20%

\$2



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

SAVE 22%

3⁵⁰



SILK NON-DAIRY BEVERAGES
selected varieties, 1.75/1.89 L
boissons non laitiers
20328231002_EA/20773777_EA



\$1⁷⁵

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

Earn 750 pts

That's 75¢ value

SAVE UP TO 30%

6⁹⁹



ROYALE BATHROOM TISSUE or **TIGER TOWEL**
selected varieties
papier hygiénique ou essuie-tout
21484702_EA/21572800_EA

ONLY

\$3



REAL CANADIAN NATURAL SPRING WATER
24x500 mL
eau de source naturelle
20154975_C24

SAVE UP TO 38%

1⁶⁹



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

PRICE DROP

4²⁵



NO NAME® GRADE A LARGE EGGS
12's
œufs
20812144001_EA

4⁹⁹



ARMSTRONG or PC® SHREDDED CHEESE 250-320 g or **ARMSTRONG CHEESE** 400 g or **ATLANTIC BUTTER** 454 g
selected varieties
fromage râpé ou fromage ou beurre
21286240_EA/21346749_EA/20066904_EA

1²⁵



MAPLE LEAF VIENNA SAUSAGE
113 g
saucisses viennoises
20617958_EA

.95



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

FLYER PRICES EFFECTIVE IN ATLANTIC CANADA STORES ONLY.

nofrills.ca

01 NFA

APRIL

**HIT
OF THE
MONTH**

\$7.88



Made in Canada

Leclerc 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

Planters 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.

FRESH AT LOW PRICES

4.49



PINEAPPLE
product of Costa Rica
ananas
20119813001_EA

1 LB CLAMSHELL



4.99

BLACKBERRIES
product of Mexico or U.S.A.,
RASPBERRIES or
STRAWBERRIES
product of Mexico or
U.S.A., no. 1 grade
mûres ou framboises ou fraises
20128938001_EA/20049778001_EA

6 OZ CLAMSHELL



10 LB BAG

5.99

FARMER'S MARKET™ SWEET PEPPERS
product of Mexico or **RED, RUSSET** or **YELLOW**
POTATOES product of Canada, Canada no. 1 grade
pommes de terre
20085851001_EA/20601013001_EA
20601020001_EA/20601017001_EA

PKG OF 3



2.99

CELERY product of U.S.A., no. 1 grade or
FARMER'S MARKET™ CARROTS or
YELLOW ONIONS product of Canada, Canada no. 1 grade
céleri, carottes ou oignons jaunes
20600927001_EA/20811994001_EA/20163119001_EA



3 LB BAG



PKG OF 6

2.99
LB/EA

FARMER'S MARKET™ GRAPE TOMATOES
each, product of Mexico or U.S.A.,
MINI CUCUMBERS each, product of Canada,
Canada no. 1 grade or **TOMATOES ON THE VINE**
6.59/kg, product of Canada or Mexico
tomates raisins ou mini-concombres ou tomates sur vigne
21367888001_EA/20026703001_KG/20737570001_EA

283 G



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

1.79

ENGLISH CUCUMBERS
product of Canada, Canada no. 1 grade
each
concombres anglais
20070132001_EA

1.29
LB

GREEN CABBAGE or **RUTABAGAS**
product of Canada, Canada no. 1 grade
chou vert ou rutabagas
2.84/kg
20793034001_KG/20164563001_KG

1.69
LB

SWEET POTATOES
product of Canada or U.S.A.
patates douces
3.73/kg
20127708001_KG

4.49

PC™ LITTLE GEMS™ RED, YELLOW
or **MIXED MINI POTATOES**
product of Canada, Canada no. 1 grade
pommes de terre
21247299001_EA/21247300001_EA

2.79

PC™ WHOLE WHITE or **CREMINI MUSHROOMS**
product of Canada
champignons
20775803_EA/20076239_EA

6.99

HONEYDEW
product of Guatemala,
Honduras or Mexico
melon miel
20043276001_EA

5.99

FARMER'S MARKET™ AMBROSIA or
MCINTOSH APPLES
product of Atlantic Provinces,
Canada fancy grade
pommes
21307212001_EA/20713211001_EA

7.99
4 LB BAG

FARMER'S MARKET™ MANDARINS
product of Morocco or Spain
mandarines
20054025001_EA

7.99
LB

SCHNEIDERS FESTIVE HAM
jambon
17.62/kg
21194338_KG

6.49

PC™ SAUSAGE or **ULTIMATE DINNER**
or **BREAKFAST CHICKEN SAUSAGES**
selected varieties
375/500 g
saucisses
21378310_EA/21584342_EA

\$14

PC™ FREE FROM™ LEAN GROUND LAMB
454 g
agneau haché maigre
21352008_EA

14.50
LB

BEEF STIR FRY STRIPS
fresh
lanières de bœuf à sauter
31.97/kg
20328005_KG

\$5

Optimum™

MASTRO SALAMI 150 g or
SAN DANIELE PROSCIUTTO 100 g
selected varieties
salami ou prosciutto
20581660_EA/1061099_EA

\$5

SAPUTO CHEESE
selected varieties
125-200 g
fromage
20708942_EA

\$3

WONDER BREAD 570/675 g
or **BUNS B's**
selected varieties
pain ou petits pains
20297455_EA/20305674_EA

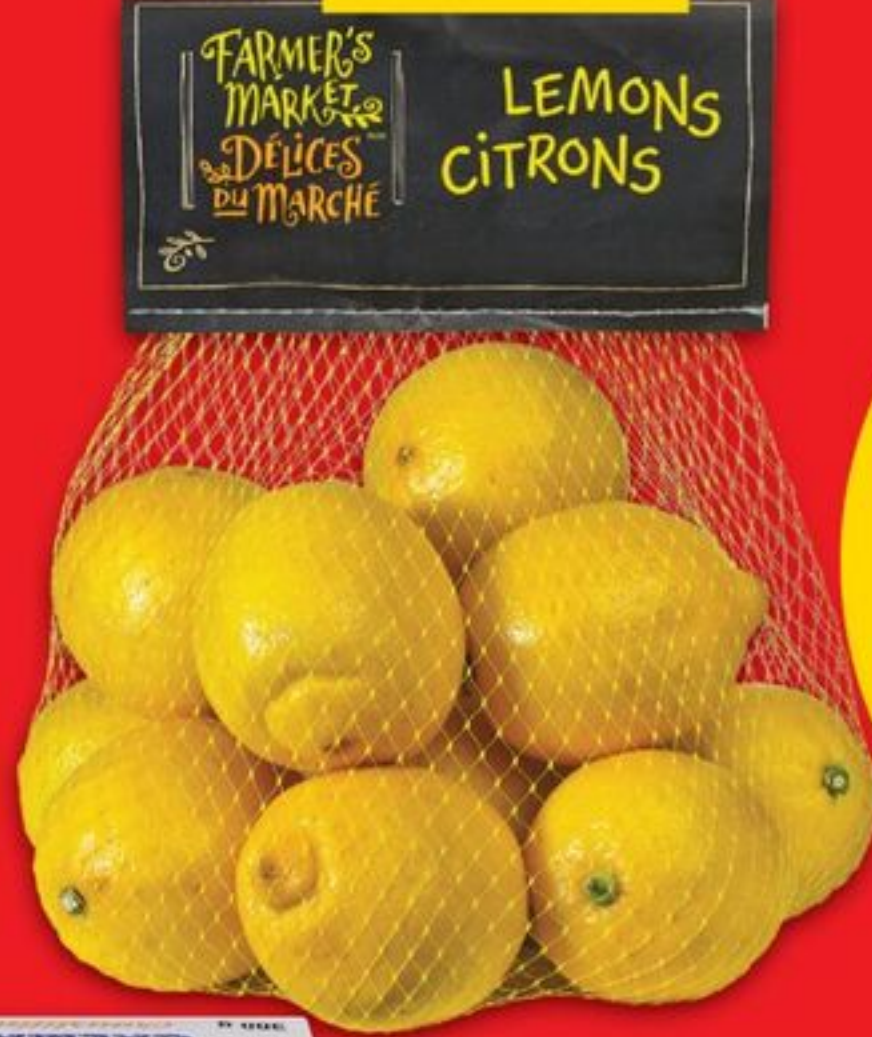
\$5

PC™ MINI MUFFINS 336 g or
FARMER'S MARKET™ BUTTER CROISSANTS 260-336 g
selected varieties
mini-muffins ou croissants au beurre
20565382_EA/20975943_EA/21488839_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.

BIG EASTER DEALS!

2 LB BAG



5⁹⁹

FARMER'S MARKET™ LEMONS
product of U.S.A.
citrons
20795315001_EA

\$5



WATERVIEW MARKET CRISPY CALAMARI
frozen
300 g
calmars
21454797_EA

\$16



ATLANTIC SALMON FILLET
frozen
405 g
filet de saumon
21624491_EA

\$9



SEAQUEST® WILD PINK SALMON FILLETS
frozen
700 g
filets de saumon rose
21592064_EA



\$7

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

\$7



SEAQUEST® COD FILLET
frozen
400 g
filets de poisson
20036614_EA

\$6



SEAQUEST® SHRIMP RING
frozen
227 g
couronne de crevettes
20080289_EA

\$4



AURORA ITALIAN STYLE BREAD CRUMBS
680 g
chapelure
20184061_EA

6⁵⁰



CLUB HOUSE DILL WEED
50 g
aneth
20139519_EA

2²⁹



PC® MUSTARD
selected varieties
325 mL
moutarde
20050452001_EA

\$2



PC® SEAFOOD SAUCE
selected varieties
250 mL
sauce pour fruits de mer
20023348002_EA

3⁵⁰



PC® TARTAR SAUCE
250 mL
sauce tartare
20011012_EA

2⁵⁰



NO NAME® LIME JUICE 445 mL or
LEMON JUICE 946 mL
jus de lime ou jus de citron
20642581_EA/20971992_EA

\$2



MCCAIN RED BAG FRIES
selected varieties, frozen
800 g
frites
21521219_EA

BRANDS YOU LOVE AT LOW PRICES

6⁵⁰



iöGO YOGURT
selected varieties
16x100 g
yogourt
20606778001_EA



6⁹⁹

BECHEL MARGARINE
selected varieties
637/850 g
margarine
20297818002_EA

3⁵⁰

\$2

\$6



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



DOLE PINEAPPLE
selected varieties
398 mL
ananas
20136767004_EA



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

6⁹⁹



STARBUCKS COFFEE ENHANCER
selected varieties
828 mL
rehausseur pour café
21358473_EA

\$8



STOK or STARBUCKS COLD BREW COFFEE
selected varieties
1.42 L
café infusé à froid
21203739_EA/21215530_EA

\$3



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

3³³



BLACK DIAMOND SLICES PROCESSED CHEESE PRODUCT
selected varieties, 410 g
produit de fromage fondu
21252564_EA

\$6



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

\$4



KELLOGG'S ALL BRAN 405/525 g, RAISIN BRAN 375/436 g, VECTOR 306/400 g, SPECIAL K 320-355 g, MINI-WHEATS 377-460 g or CRISPIX 350 g CEREAL
selected varieties
céréales
20015041_EA/21607207_EA

2⁵⁰



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

1²⁵



NO NAME® BROTHER
selected varieties
900 mL
bouillon
21189610_EA

3⁹⁹



FRANK'S REDHOT SAUCE
selected varieties
354 mL
sauce piquante
20187622001_EA

2²⁹



NO NAME® OLIVES
selected varieties
375 mL
olives
20325649_EA

.79



FRANCO AMERICAN GRAVY
selected varieties
284 mL
sauce brune
20063534_EA

1⁵⁷



OCEAN SPRAY CRANBERRY SAUCE
selected varieties
348 mL
sauce aux canneberges
20022893002_EA

6⁵⁰



SANPELLEGRINO SPARKLING FRUIT BEVERAGES
selected varieties, 6x330 mL
boissons pétillantes aux fruits
21433206_C06/21590983_C06

8⁵⁰



PC® DEALCOHOLIZED WINE
750 mL or **ATYPIQUE NON-ALCOHOLIC COCKTAILS** 4x355 mL
selected varieties
vin désalcoolisé ou cocktails sans alcool
21403389_EA/21515994_C04

1⁷⁹



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

3⁴⁹



KING COLE ORANGE PEKOE TEA
60's
thé
21250572_EA

4⁵⁰



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

\$4



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

\$7



LINDT BUNNY 100 g or POUCHES 180 g
selected varieties
chocolat
20046002_EA/21628561_EA



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

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

BIG EASTER DEALS!



ONLY
6.50

SCHNEIDERS BREAKFAST SANDWICH or EGG BITES
selected varieties, frozen
204-288 g
sandwich déjeuner ou
bouchées aux œufs
21623187_EA/21623288_EA

SAVE 35%
6.50



SAPUTO MOZZARELLISSIMA
selected varieties, 500 g
barres de fromage
20759241002_EA



ONLY
\$3



YOPLAIT SOURCE 630 g,
TUBES 8's or **MINIGO** 6's **YOGURT**
selected varieties
yogourt
21391318001_EA/21547571_EA

ONLY
5.49



iÖGO FROZEN YOGURT 946 mL, **POP** 8's or
BAR 4's or **YUKON NOVELTIES** 5-8's
selected varieties, frozen
yogourt surgelé ou barres ou friandises glacées
21654421_EA/21654551_EA

ONLY
4.50

PC® FLATBREAD
selected varieties, frozen
330-397 g
pain plat
21013452_EA

1.29



STOVE TOP STUFFING
selected varieties
120 g
farce
20310507001_EA

3.50



SCOTSBURN SOUR CREAM
selected varieties, 500 mL
crème sure
21381063_EA

4.50



HEALTHY CHOICE DINNER ENTRÉES
selected varieties, frozen, 255-306 g
plats cuisinés
21406269_EA

\$4



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

\$10



NO NAME® ALL-PURPOSE FLOUR
10 kg
farine tout usage
20022248_EA

\$1



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

\$1



UNICO TOMATO PASTE 156 mL or
BEN'S FAST & FANCY RICE 132 g
selected varieties
pâte de tomate ou riz
20000527_EA/21397330_EA

6.25



GATORADE SPORT DRINKS
6x591 mL/8x355 mL or
POWDERS 560 g, selected varieties
boissons désaltérantes ou poudres
21603385_EA/20303218003_C06

4.50



ZIPLOC STORAGE BAGS
selected varieties, 10-90's
sacs de rangement
20871415_EA

2.79



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

2.20



PC® FACIAL LOTION TISSUE
selected varieties, 1 pack
mouchoirs
21668309_EA

\$2.50



CADBURY CHOCOLATE BARS
selected varieties
90-100 g
barres de chocolat
21648647_EA
21648701_EA

9.75



FANCY FEAST WET CAT FOOD
selected varieties, 12x85 g
nourriture humide pour chats
20753278_EA

\$10



FANCY FEAST PURÉES CAT TREATS
selected varieties
16x10 g
gâteries pour chats
21661758_EA

\$18



IAMS DRY DOG FOOD
selected varieties
2.72/3.18 kg
nourriture sèche pour chiens
20912435_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

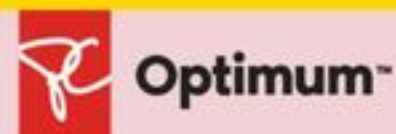
Quantities and/or selection (flavour, colour, patterns, style) of items may be limited and not be available in all stores. No rainchecks or substitutions on clearance items or when quantities are advertised as limited. We reserve the right to limit purchase quantities per customer to reasonable family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

Kraft

3⁹⁹



KRAFT SINGLES 410 g
or **CHEEZ WHIZ** 450 g
selected varieties
tranches de fromage ou produit de
fromage fondu
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
ketchup ou mayonnaise
20069080_EA/20298681001_EA

\$3²⁵



Earn
500
pts

That's
50¢
value

KOOL-AID JAMMERS 10x180 mL,
MIO, CRYSTAL LIGHT or
KOOL-AID LIQUID WATER
ENHANCERS 48 mL/24-56 g
selected varieties
boissons ou rehausseurs d'eau
20079976006_EA/20663423_EA

\$3



Earn
500
pts

That's
50¢
value

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



\$7



TRE STELLE
MOZZARELLA BALL
selected varieties, 340 g
boule de mozzarella
20189267_EA

\$6



CASTELLO HAVARTI CHEESE
selected varieties, 200 g
fromage
20573932_EA

\$6



CASTELLO BLUE or
CREAM CHEESE 125 g or **CHEDDAR** 200 g
selected varieties
fromage
20428574_EA

Coca-Cola

\$3



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

2⁵⁰



GLACEAU VITAMIN WATER
591 mL or **SMART WATER** 1 L
selected varieties
boisson à l'eau enrichie de nutriments ou eau distillée
20154181_EA/20333194006_EA

7⁵⁰



FUZE ICED TEA
selected varieties, 12x341 mL
thé glacé
21645563_C12

Colgate

\$1



COLGATE TOOTH PASTE 52-95 mL, or
MANUAL TOOTHBRUSH 1 ea
selected varieties
dentifrice ou brosse à dents manuelle
20277681002_EA/20975582_EA

\$6



COLGATE TOOTH PASTE 70-133 mL, 2x120/150 mL
or **MANUAL TOOTHBRUSH** 2's
selected varieties
dentifrice ou brosse à dents manuelle
20110327002_EA/21166650_EA

3⁵⁰



COLGATE PREMIUM TOOTH PASTE 70-150 mL or
MANUAL TOOTHBRUSH 1 ea
selected varieties
dentifrice ou brosse à dents manuelle
20306410001_EA/21166685_EA



3.50



GENERAL MILLS CEREAL
selected varieties, 300-437 g
céréales
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
barres ou biscuits
20587504001_EA/20686988001_EA



3.77



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

2.49



ANNIE'S GLUTEN-FREE
or **VEGAN MACARONI**
AND CHEESE
selected varieties
170 g
macaroni au fromage
sans gluten ou végétalien
20420057_EA

\$2



PILLSBURY REFRIGERATED WRAPS
selected varieties
200-227 g
tortillas
21505340_EA



3.50

ACTIVIA 650 g or
ACTIVIA EXPERT
4x100 g **YOGURT**
selected varieties
yogourt
20325132003_EA/21688261_EA



\$3



OIKOS PRO YOGURT
selected varieties
300 mL
yogourt
21652096_EA

6.50



ACTIVIA YOGURT
selected varieties, 12x100 g
yogourt
20303412001_EA/20640892_EA

\$4



DANONE DANINO DRINKABLE 6's
or **TWO GOOD** 4's **YOGURT**
selected varieties
yogourt
21475943_EA/21520253_EA



5.50

NESTLÉ DRUMSTICKS
or **NOVELTIES**
selected varieties, frozen,
4-10's
crème glacée ou friandises
glacées
20322380003_EA/20324757003_EA



5.50



HÄAGEN-DAZS ICE CREAM 450 mL
or **NOVELTIES** 3/4's
selected varieties, frozen
crème glacée ou friandises
glacées
20302298004_EA/21513516_EA



9.99



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



SPRING CLEANING

4.29



5.50

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

LYSOL WIPES 75/84's, DISINFECTANT SPRAY 350 g or MULTI-PURPOSE TRIGGER 950 mL
selected varieties
lingettes ou vaporisateur désinfectant ou tout usage à gâchette
20314511001_EA/21449826_EA

3.49



5.50

GLAD CLING WRAP
60 m
pellicule plastique
20043471_EA



NO NAME® NAPKINS
Club Size
500's
serviettes
20306897_EA

\$7

LYSOL TOILET BOWL CLEANER 2x710 mL, DISINFECTANT SPRAY 539 g or LAUNDRY DISINFECTANT 1.2 L, selected varieties
nettoyant à cuvette ou vaporisateur désinfectant ou désinfectant pour lessive
21238361_EA/21487308_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
20083525001_EA/21427038_EA

\$20

FINISH DISHWASHER TABS
selected varieties
60-105's
capsules de détergent pour lave-vaisselle
21218875_EA/21561337_EA

\$5

TIDE PODS 16's, DOWNY FABRIC SOFTENER 780 mL/1.31 L, PURIFYING RINSE 473 mL, SCENT BOOSTERS 141/150 g or BOUNCE DRYER SHEETS 40/80's
selected varieties
assouplissant ou rinçage ou rehausseur de parfum ou feuilles pour sècheuse
20301481001_EA/21553274_EA

11.49

GLAD GARBAGE BAGS
selected varieties
20-40's
sacs à ordures
21164512_EA

\$17

AIR WICK SCENTED OIL REFILL or KITS
selected varieties
5x20 mL
recharges d'huile parfumée ou trousse
21362106_EA/21428270_EA

\$4

MR. CLEAN ALL PURPOSE CLEANER 1.21 L, FEBREZE AIR 250 g, BATHROOM AIR FRESHENER 7.5 mL, CAR FRESHENER 2 mL or MAGIC ERASER 2's
selected varieties
nettoyant ou désodorisant ou pince pour bouche d'aération ou effaceur magique
21005017_EA/21700198_EA

4.50

CLOROX BLEACH
2.4 L
eau de Javel
21283179_EA

\$15

GAIN LIQUID LAUNDRY DETERGENT 4.25 L or FLINGS 42's, BEADS 598/680 g or DRYER SHEETS 240's, selected varieties
détergent ou perles ou feuilles d'assouplissant
20959627_EA/21671135_EA

\$11

SWIFFER WET REFILLS 12-24's, DRY REFILLS 16-32's or DUSTER REFILLS 6-10's, selected varieties
recharges pour vadrouille ou d'époussetage
21627654_EA/21629789_EA

\$12

TRU EARTH LAUNDRY DETERGENT ECO-STRIPS 32's or SCENT BOOSTERS 200 g
selected varieties
détergent à lessive ou rehausseurs de parfum
21425514_EA

\$10.49

ZIPLOC MEGA STORAGE BAGS
selected varieties
60-270's
sacs de rangement
21196085_EA

Earn **1,500 pts** That's **\$150** value

Earn **5,000 pts**
For every **\$25*** spent
That's **\$5** value

FINISH DISHWASHER TABS or RINSE AID
all sizes and varieties
capsules de détergent pour lave-vaisselle ou agent de rinçage
20548797_EA/21218875_EA/21561337_EA

Earn **5,000 pts**
For every **\$14*** spent
That's **\$5** value

AIR WICK FRESHENER
all sizes and varieties
recharges d'huile parfumée ou trousse
20302509001_EA/21428270_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



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

Save
\$2
with digital
coupon



**PC® SPLENDIDO®
SLICED MEATS**
100 g
viandes tranchées

Earn
1,000
pts
Until April - 8 - 2026



PC® LOADS OF ICE CREAM
1.5 L
crème glacée

Earn
1,000
pts
Until April - 8 - 2026



PC® BLACK LABEL ICE CREAM
500 mL
crème glacée

Earn
750
pts
Until April - 8 - 2026



**PC® TOPPED
HUMMUS**
280
hummus
garni

Earn
1,000
pts
Until April - 8 - 2026



**PC® SPRING
ROLLS**
574 g
rouleaux de printemps

Earn
1,500
pts
Until April - 8 - 2026



**PC® KETTLE
CHIPS**
200 g
croustilles

Earn
500
pts
Until April - 8 - 2026



**PC® SPLENDIDO®
EXTRA
VIRGIN
OLIVE OIL**
1 L
huile d'olive

Earn
2,000
pts
Until April - 8 - 2026



**PC® PORTUGUESE
CUSTARD
TARTS**
360 g
tartelettes
portugaises
à la crème pâtissière

Earn
1,000
pts
Until April - 8 - 2026



**PC® 3 PLY
FACIAL TISSUES**
mouchoirs

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
toast à l'ail

Optimum



Earn
1,000
pts

Until April - 8 - 2026

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

Optimum



Earn
1,000
pts

Until April - 8 - 2026

**NO NAME®
LONG GRAINED RICE**
2 kg
riz

Optimum



Earn
750
pts

Until April - 8 - 2026

**NO NAME®
PEANUT
BUTTER**
1 kg
beurre d'arachide

Optimum



Earn
500
pts

Until April - 8 - 2026

**NO NAME®
CHOCOLATE
BARS**
100 g
barres de chocolat

Optimum



Earn
250
pts

Until April - 8 - 2026

**PC® SUPER
SOFT
BATHROOM
TISSUE**
papier hygiénique

Optimum



Earn
5,000
pts

Until April - 8 - 2026

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

Optimum



Earn
1,000
pts

Until April - 8 - 2026

**PC® LARGE HEAVY
DUTY FREEZER BAGS**
sacs à congélation

Optimum



Earn
500
pts

Until April - 8 - 2026

**PC® DISHWASHING
LIQUID SOAP**
740 mL
détergent liquide à vaisselle



Express™

Online grocery pickup & delivery

SHOP ONLINE, GET IT DELIVERED.

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

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

SHOP NOW



No Frills® delivery is available at select stores.
Visit nofrills.ca or use the **PC Express** app to see if delivery is available in your area.

GET FLYER TO YOUR EMAIL.

STRAIGHT TO YOUR EMAIL

Scan the QR code to sign up.

STRAIGHT TO YOUR PHONE

Text "OFFER" to 374557 (FRILLS)*



*Standard message and data rates may apply.

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

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

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.

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