

NOFRILLS

**PRICECUT
EVENT**

ONLY

2⁹⁹



**6 OZ
CLAMSHELL**

BLACKBERRIES
product of Mexico or U.S.A. or
RASPBERRIES product of
Mexico or U.S.A., no. 1 grade
mûres ou framboises
20051015001_EA/20128938001_EA

SAVE 35%

1⁴⁹
LB



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

ONLY

3⁹⁹

2 LB BAG



**FARMER'S MARKET™
MANDARINS**
product of Morocco
or Spain
mandarines
20099819001_EA

SAVE 22%

2⁹⁹
LB



RED, YELLOW or ORANGE PEPPERS
product of Canada
poivrons rouges, jaunes ou orange
6.59/kg
2016680001_KG/20007535001_KG

NOFRILLS®

**PRICECUT
EVENT**

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

SAVE UP TO 25%

2.99
LB



CHICKEN DRUMSTICKS or THIGHS
club size
pilons ou hauts de cuisses de poulet
6.59/kg
20707407_KG/20707253_KG
20058163_KG/20004494_KG

SAVE 44%

5.96



CLUB SIZE

JANE'S PUB STYLE CHICKEN STRIPS, NUGGETS, BURGERS, FRIES, or POPCORN CHICKEN
selected varieties, frozen, 700 g
lanière, pépites, burgers, frites de poulet ou poulet popcorn
21191828_EA

ONLY

2.99
LB



LOU'S KITCHEN PEAMEAL BACON
bacon enrobé de farine de pois
6.59/kg
20145616_KG

ONLY

7.99



LOU'S or MANDARIN FRESH ENTRÉES 375-450 g,
SWISS CHALET or ST-HUBERT POT PIES 650-800 g
selected varieties, fully cooked
plats cuisinés ou pâtés
20078077_EA/21047194_EA

SAVE UP TO 33%

\$4



BREYERS CREAMERY STYLE ICE CREAM 1.41 L or **CHAPMAN'S CANADIAN COLLECTION or NOVELTIES** 8-28's, selected varieties, frozen
crème glacée ou friandises glacées
20323757001_EA/21651628_EA

ONLY

4.77



ARMSTRONG or PC® SHREDDED CHEESE
250-320 g, **ARMSTRONG CHEESE** 400 g
selected varieties
fromage râpé ou fromage
21286240_EA/21346749_EA

ONLY

3.47



DR. OETKER RISTORANTE or CASA DI MAMA PIZZA 320-410 g or **GIUSEPPE GARLIC FINGERS** 317 g, selected varieties, frozen
pizza ou bâtonnets à l'ail
20296100001_EA

SAVE 27%

\$1



GRAVES APPLE JUICE 1 L or **ALLEN'S FRUIT COCKTAIL** 1 L, selected varieties
jus de pomme ou cocktail de fruits
20307424001_EA/20322509_EA

SAVE 20%

\$2



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

ONLY

1.75



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

SAVE 27%

12.99



T&T® JASMINE RICE
8.2 kg
riz au jasmin
20705590_EA

App exclusive offer

\$15

3,000 pts



NO NAME® GROUND COFFEE 907 g, **TIMOTHY'S or KRISPY KRÈME PODS** 30's
selected varieties
café moulu ou capsules
21433555_EA/21707399_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.

FLYER PRICES EFFECTIVE IN ATLANTIC CANADA STORES ONLY.

nofrills.ca

01 NFA

**NEW
LOWER
PRICES**

\$4

**PC® ORGANICS
VEGETABLES**
selected varieties, frozen
300-500 g
légumes
20416869001_EA/20416869002_EA



\$7

CARBONAUT BREAD
selected varieties
544/550 g
pain
21446964_EA



\$5

**MAXWELL HOUSE
INSTANT COFFEE**
selected varieties
150 g
café instantané
21026608_EA



4.25

**OASIS HEALTH-BREAK
or SMOOTHIES**
selected varieties,
refrigerated
1.6 L
boissons fouettées
21529899_EA/21529910_EA



FRESH AT LOW PRICES

4⁹⁹

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

1 LB CLAMSHELL



10 LB BAG

4⁹⁹

CAULIFLOWER product of Mexico or U.S.A., no. 1 grade or **RED, YELLOW, or RUSSET POTATOES** product of Canada, Canada no. 1 grade chou-fleur ou pommes de terre rouges, jaunes ou Russet
20601020001_EA/20601013001_EA/20135377001_EA

2⁹⁹

FARMER'S MARKET™ MINI CUCUMBERS
product of Canada, Canada no. 1 grade mini-concombres
20737570001_EA



PKG OF 6



3⁹⁹
LB

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

5⁵⁰

BASSE MIX
selected varieties 415-600 g noix
21158603_EA/21158612_EA



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

4⁹⁹

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

2⁴⁹

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

5⁹⁹

ANDY BOY

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

PKG OF 3

1⁴⁹
LB

SWEET POTATOES
product of Canada 3.28/kg patates douces
20127708001_KG

4⁹⁹

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

4 LB BAG

4⁹⁹

FARMER'S MARKET™ LEMONS or FARMER'S MARKET™ ORANGES
product of South Africa or Morocco, Spain or Egypt citrons ou oranges
20795315001_EA/20162945001_EA

2 LB BAG

3 LB BAG

3⁹⁹

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

680 G

2⁴⁹

PC™ WHOLE CREMINI or WHITE MUSHROOMS
product of Canada champignons cremini ou blancs entiers
20775805_EA/20776239_EA

227 G

7⁵⁰

PILLAR'S™ TURKEY PEPPERETTES or TURKEY BITES
selected varieties, 300-500 g bâtonnets ou bouchées de saucisson
21099386_EA/21099391_EA

11⁹⁹

MARCANGELO SAUSAGE, BREAKFAST SAUSAGE or PATTIES
selected varieties, 1.2/1.4 kg saucisses ou saucisses à déjeuner ou rondelles
20799828_EA

\$3

SCHNEIDERS LUNCHMATE LUNCH KITS or STACKERS
selected varieties, 75-120 g frousses-repas
21309931_EA

\$11
LB

TOP BLADE STEAK
cut from Canada AA grade beef, boneless 24.25/kg bifteck de haut de palette
20328694_KG

5⁵⁰

FARMER'S MARKET™ COOKIES 12's or MUFFINS 6's
selected varieties biscuits ou muffins
20566295_EA/21283356_EA

3⁵⁰

D'ITALIANO BREAD 620/675 g or BUNS 6/8's or SMALL BREADS
selected varieties pain ou petits pains
20038335_EA/20521048_EA

5⁵⁰

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

\$7

SEAQUEST® FISH FILLETS
selected varieties, frozen, 400 g filets de poisson
20153570_EA/21314740_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.

BRANDS YOU LOVE AT LOW PRICES

4⁵⁰



ACTIVIA YOGURT
selected varieties
8's
yogourt
20325384002_EA

3⁵⁰



SCOTSBURN SOUR CREAM
selected varieties
500 mL
crème sure
21381063_EA

6⁵⁰



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



\$15

POGO
frozen
20's
saucisses sur bâtonnet
20065224002_EA

\$5



INTERNATIONAL DELIGHT COFFEE ENHANCERS or COLD FOAM
selected varieties, 396 g/946 mL
colorants à café ou mousse froide
20895480002_EA

3⁵⁰



MINUTE MAID ZERO SUGAR BEVERAGES
selected varieties, refrigerated, 1.54 L
boissons zéro sucre
21434119_EA/21592037_EA

2⁵⁰



PRINGLES POTATO CRISPS
selected varieties, 148/156 g
croustilles
21003823_EA/21003833_EA

2²⁹



QUAKER DIPPS or CHEWY GRANOLA BARS
selected varieties, 120-156 g
barres granola
20847582_EA/21359366_EA

3⁵⁰



PEARL MILLING COMPANY SYRUP 710 mL or PANCAKE MIX 905 g
selected varieties
sirop ou mélange à crêpes
21384609_EA/21391619_EA

2⁵⁰



QUAKER CRISPY MINIS
selected varieties
90-199 g
mini-galette de riz
20163708002_EA/20303002001_EA

5⁵⁰



ROBIN HOOD or FIVE ROSES FLOUR
selected varieties
2/2.5 kg
farine
20039497001_EA/20148914001_EA

11⁹⁹



BERTOLLI OLIVE OIL
selected varieties
750 mL/1 L
huile d'olive
20156182001_EA

1⁵⁰



GREEN GIANT VEGETABLES
selected varieties, 341/398 mL
légumes en conserve
21021224_EA

\$5



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

2⁷⁹



LANTIC SUGAR
selected varieties
1 kg
sucre
20016320_EA/20169394_EA

6⁷⁵



PC® SOFT DRINKS
selected varieties, 12x355 mL
boissons gazeuses
20690671001_C12/20690671002_C12

7⁹⁹



MAXWELL HOUSE or NABOB COFFEE TASSIMO DISCS
selected varieties, 8-16's
disques de café
20026954001_EA

\$3



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



MOTT'S CLAMATO PARTY PAK
selected varieties,
2.54 L
jus de palourde
2016772002_EA

\$5
Earn
1,000
pts
That's
\$1
value



FRENCH'S MUSTARD 325/400 mL, FRANK'S RED HOT SAUCE 354 mL or CHOLULA SAUCE 150 mL
selected varieties
moutarde ou sauce piquante ou sauce
20187632001_EA/20083238_EA/21399271_EA

Optimum™
Earn
3,000
pts
For every \$10*
spent on
That's
\$3
value

PRICECUT EVENT



SAVE UP TO 24%

5.50



NESTLÉ DRUMSTICKS, NOVELTIES 4-10's or CONFECTIONARY FROZEN DESSERT 1.5 L selected varieties, frozen friandises glacées ou dessert glacé de confiserie
20322380003_EA/20324757003_EA

SAVE 35%

6.50



SAPUTO MOZZARELLISSIMA selected varieties, 500 g fromage
20759241002_EA



SAVE 21%

7.50



MCCAIN SUPERFRIES FAMILY PACK selected varieties, frozen 1.45-1.9 kg frites
21049522_EA

SAVE UP TO 21%

3.50



iÖGO NANO DRINKS 6x93 mL or POUCHES 4x90 g YOGURT selected varieties yogurt
20609687001_EA/21719786_EA

6.99

IMPERIAL MARGARINE selected varieties, 850 g/1.28 kg margarine
20084892_EA

4.50

PC® VEGETABLES 300-750 g or CATCH OF THE DAY FISH 350 g selected varieties, frozen légumes ou filets de poisson
20318915_EA/21020919_EA

4.50

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

4.25

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

4.79

NESTLÉ or HERSHEY'S CHOCOLATE POUCH selected varieties, 76-170 g chocolat
21648229_EA/21648277_EA

2.50

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

Member Price \$3.50
Non-Members \$4.50

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

Member Price \$2.50
Non-Members \$3.50

CADBURY CHOCOLATE BARS selected varieties, 90-105 g barres de chocolat
21648647_EA/21648701_EA

\$5

CLUB HOUSE BLENDS or LA GRILLE SEASONING selected varieties, 111-248 g assaisonnement
20308006002_EA/20321740001_EA

2.50

NO NAME® MARSHMALLOWS selected varieties, 400 g guimauves
20304672001_EA

2.79

BEN'S ORIGINAL BISTRO EXPRESS RICE selected varieties, 240/250 g riz
21404895_EA/21405476_EA

\$2

BARILLA PASTA 340/410 g or UNICO PASTA SAUCE 680 mL selected varieties pâtes ou sauce pour pâtes
20326537001_EA/21404904_EA

\$4

TOSTITOS TORTILLA 215-295 g or RUFFLES POTATO CHIPS selected varieties croustilles
21050575_EA/21241053_EA

3.49

ALCAN FOIL 50 ft, REYNOLDS PARCHMENT PAPER 35 ft or GLAD FOOD WRAP 60 m selected varieties papier parchemin ou pellicule plastique
20043471_EA/20051862_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 détergent ou assouplissant ou rehausseur de parfum ou feuilles pour sècheuse
21593782_EA

\$7

PC® BATHROOM TISSUE selected varieties, 12-24 rolls papier hygiénique
21450718_EA

\$2

PEDIGREE WET DOG FOOD selected varieties, 375 g nourriture humide pour chiens
21359642_EA

4.50

MILK-BONE DOG TREATS selected varieties 750-900 g gâteries pour chiens
21014403_EA

\$14

TIDY CATS CAT LITTER selected varieties, 2.72 kg litière pour chats
21237896_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.



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

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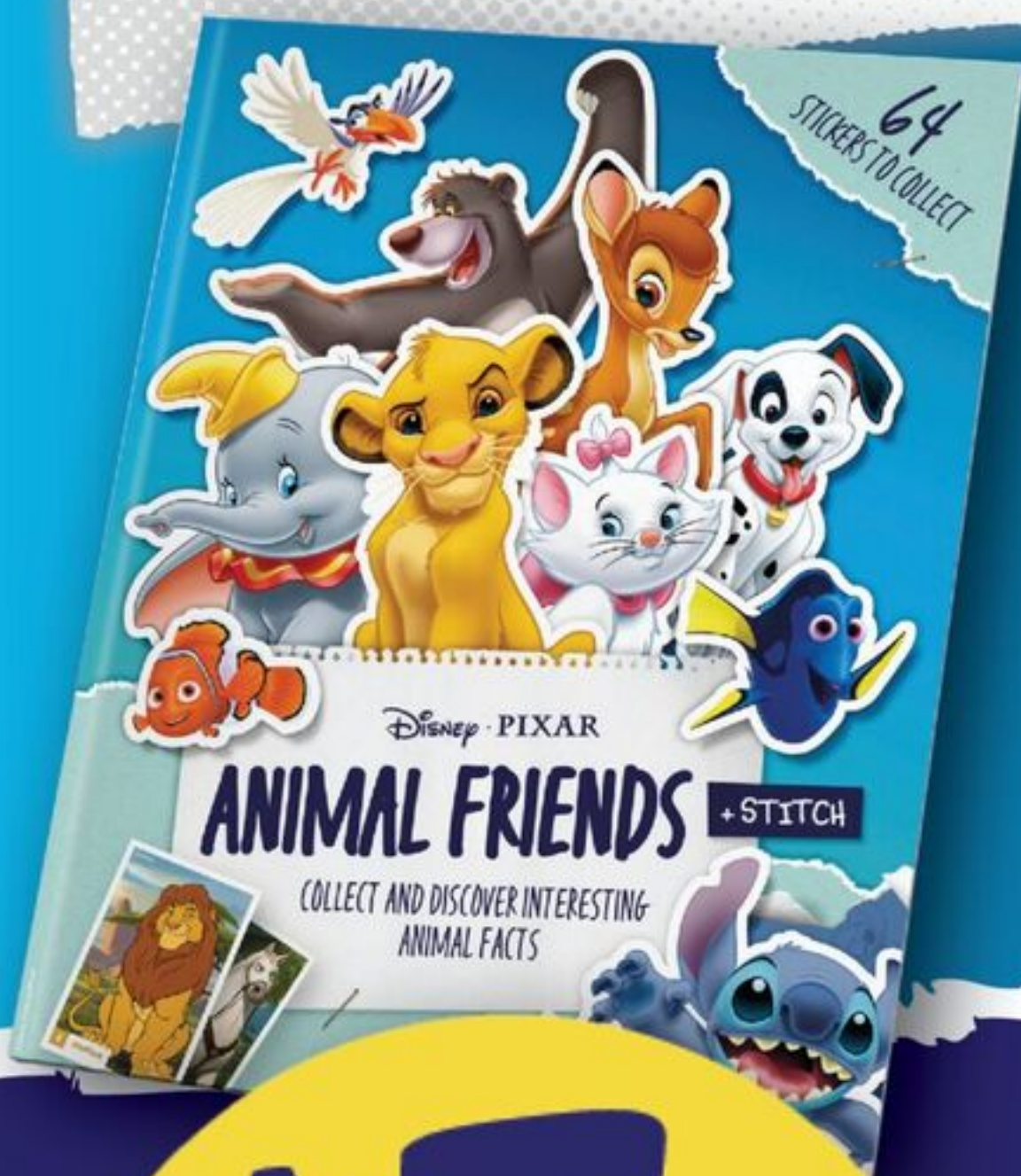




Disney · PIXAR

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.

ONL NFA FLAP 1

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.

EVERYDAY ESSENTIALS AT LOW PRICES

\$6



1.39

NO NAME® CHICKEN STRIPS, NUGGETS or BURGERS
frozen, 908 g
lanières ou pépites ou burgers de poulet
21178744_EA



CARNABY SWEET CANDY BAG
selected varieties
125 g
sac de friandises
21219409_EA

2.49



NO NAME® CHOCOLATE BARS
selected varieties
100 g
barres de chocolat
20580727_EA



1.50

ROOSTER® COCONUT MILK
selected varieties
398 mL
lait de coco
21378707_EA

1.50



ROOSTER® INSTANT EGG NOODLES
400 g
nouilles aux œufs instantanées
20096297_EA

\$3



PC® WATER CRACKERS
125 g
craquelins
20431236_EA

\$1



NO NAME® GRAVY MIX
selected varieties
25 g
mélange à sauce
21687251_EA/21687380_EA



\$5



NO NAME® PIE FILLING
selected varieties
540 mL
garniture pour tarte
21662314_EA/21662390_EA

1.25



NO NAME® SOUP MIX
selected varieties
56/166 g
mélange à soupe
21099689_EA

1.50



PEACE TEA ICED TEA
selected varieties
695 mL
thé ou thé glacé
21080320_EA

1.25



NO NAME® SAUCE
selected varieties
398 mL
sauce
20185228001_EA

\$5



PC® ORGANICS PEANUT BUTTER
selected varieties
500 g
beurre d'arachide biologique
20298178_EA



Disney · PIXAR

FREE STICKER PACK FOR EVERY \$25 SPENT*

\$5
UNIQUE
ALBUM



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DISCOVER INTERESTING
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WHILE SUPPLIES LAST



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**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**

crâquelins ou biscuits ou barres 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

5.75

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



1.25

POWERADE SPORTS DRINK selected varieties 710 mL boisson désaltérante 20853721_EA/21240145_EA

\$7



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



2.50

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

2.50



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

\$3



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

\$8



CAVENDISH FRIES, ONION RINGS, WEDGES or HASHBROWNS selected varieties, 125-334 g frites ou rondelles d'oignon ou pommes de terre 20728378_EA

\$7



CRACKER BARREL CHEESE SHREDS selected varieties 320 g fromage râpé 21290616_EA

4.75



MILK2GO MILK selected varieties 6x200 mL lait 21537885_EA

3.29



OLD EL PASO SHELLS or TORTILLAS selected varieties, 125-334 g coquilles ou tortillas 20306992001_EA

4.50



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

\$7



NESTEA ICED TEA selected varieties, 12x341 mL thé glacé 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 AVAILABLE REQUIREMENTS. OFFER VALID UNTIL MAY 6, 2026.



\$5



OLIVIERI SKILLET GNOCCHI
selected varieties
280/300 g
gnocchi à poêler
21022065_EA

5.50



OLIVIERI FRESH PASTA
selected varieties
300/350 g
pâtes fraîches
20915892_EA

\$5



OLIVIERI FRESH PASTA SAUCE
selected varieties, 300 mL
sauce fraîche pour pâtes
20093406_EA/20114410_EA



\$7



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

5.50



LIBERTÉ KEFIR 1 L or MEDITERRANÉE 900 g YOGURT
selected varieties
kéfir ou yogourt
21216409_EA

2.75



YOPLAIT TUBES 8's or MINIGO 6's YOGURT
selected varieties
yogourt
21547571_EA/21619318_EA



\$6



MAPLE LODGE ULTIMATE CHICKEN WIENERS
selected varieties, 900 g
saucisses fumées de poulet
20671791_EA

6.49



ULTIMATE DINNER CHICKEN SAUSAGE
selected varieties, 500 g
saucisses repas de poulet
21378310_EA

2.50



MAPLE LODGE FARMS or ZABIHA HALAL CHICKEN WIENERS
selected varieties, 450 g
saucisses de poulet halal
20062715_EA

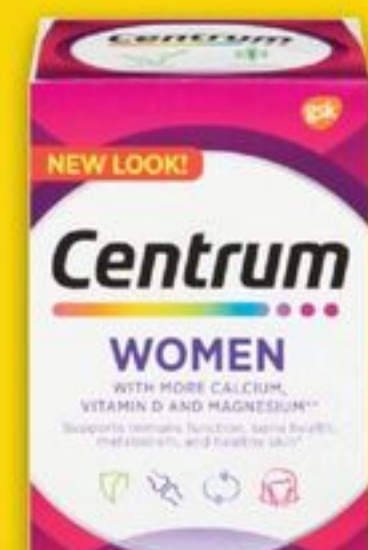
6.49



ULTIMATE CHICKEN BREAKFAST SAUSAGE
selected varieties, 375 g
saucisse de poulet à déjeuner
21539970_EA

HALEON

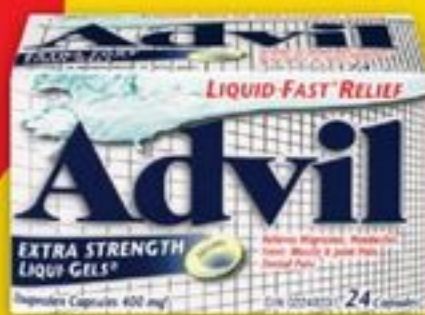
\$16



CENTRUM MULTIVITAMIN 90's or VOLTAREN PAIN RELIEF PRODUCTS 100-150 g
selected varieties
multivitamines ou produits de soulagement de la douleur
21111046_EA/21235884_EA



\$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
analgésique en capsules ou comprimés ou produits de soulagement de la fièvre pour enfants ou gouttes pédiatriques pour tout-petits
21372442_EA 2031689801_EA

\$13



BUCKLEY'S COUGH COLD SYRUP 150-200 mL or NEOCITRAN COUGH COLD RELIEF PRODUCT 10 SINGLE DOSE POUCHES
selected varieties
produits contre la toux et le rhume
20062201002_EA/20324424001_EA

5.50

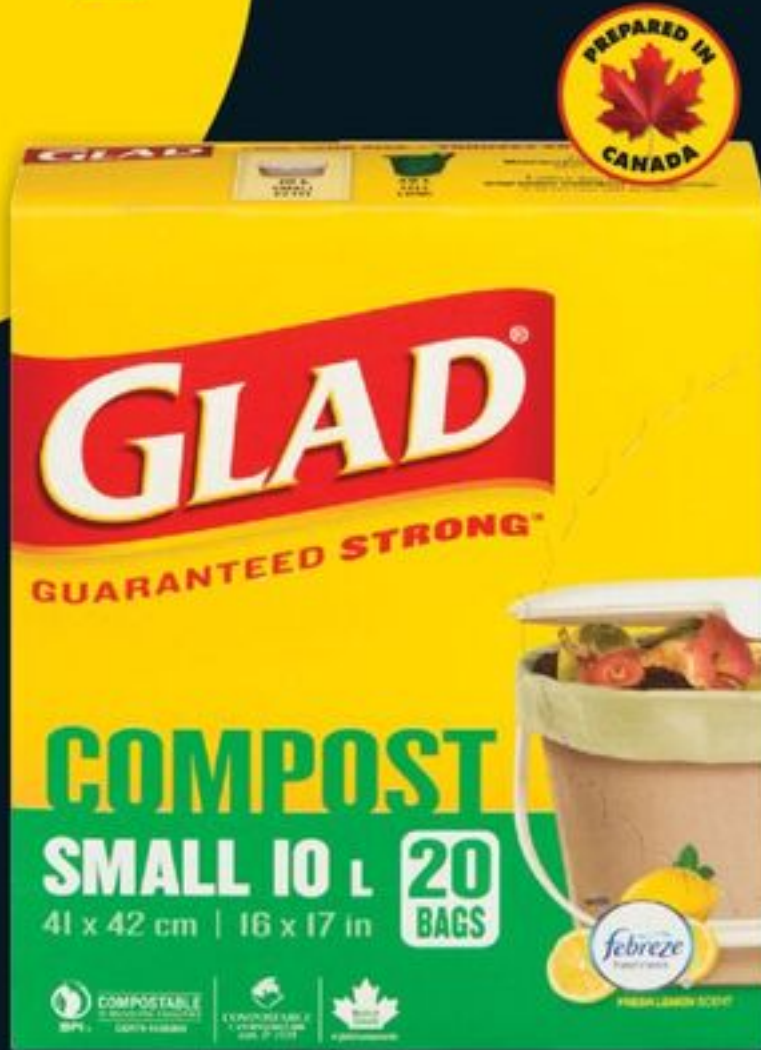


TUMS ANTACID FOR HEARTBURN RELIEF 60-100's or CHEWABLE TABLETS 28-32's
selected varieties
antiacide
21223300_EA/21236031_EA

BRANDS YOU LOVE AT LOW PRICES

7⁹⁹

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



8⁹⁹

ROYALE TIGER TOWEL PAPER TOWELS
selected varieties
2/3=6 rolls
essuie-tout
21484702_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



\$12

FINISH DISHWASHING TABS 30-55's or QUANTUM JET DRY RINSE AID 946 mL
selected varieties
capsules de détergent pour lave-vaisselle ou agent de rinçage
21218146_EA/21565525_EA



**NEW
LOWER
PRICES**

5.50



TRE STELLE TUBS
selected varieties
200-475 g
contenant de fromage
20318663_EA

2.50



HOSTESS SNACK CAKES
selected varieties, 202-206 g
petits gâteaux
21283752_EA



LEAN GROUND PORK
fresh, 450 g
porc haché maigre
21646160_EA



MARCANGELO SLICED DELI MEAT
selected varieties, 85 g
charcuteries tranchées
21706089_EA/21706090_EA

\$5

\$5



MAPLE LEAF READY CRISP BACON or
FULLY COOKED BREAKFAST SAUSAGES
selected varieties, 65/300 g
bacon ou saucisses à déjeuner
20164959_EA

\$9



PC® BUTTERFLIED SHRIMP
frozen, 400 g
crevettes en papillon
20080117_EA

\$3



NO NAME® WHIPPED TOPPING
225 g
garniture fouettée
20017493_EA

\$4



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

\$5



AMOOZA! TWISTS CHEESE SNACKS
selected varieties, 228 g
collations au fromage
21403514_EA

3.50



OIKOS GREEK YOGURT
selected varieties, 4x100 g
yogourt grec
20419715001_EA/20419715004_EA

6.50



EARTH'S OWN OAT CREAMER
selected varieties, 946 mL
colorant à café à l'avoine
21576699_EA/21576791_EA

\$3



PILLSBURY POPS 380 g,
SCRAMBLES 204 g or **TOASTER STRUDEL** 326 g
selected varieties, frozen
pizza ou pâtisserie
20172664001_EA/21436023_EA

**NEW
LOWER
PRICES**



\$5



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

\$5



BEN & JERRY'S ICE CREAM 473 mL or **MAGNUM NOVELTIES** 3's selected varieties crème glacée ou friandises glacées
20950739_EA/21428403_EA

4.50

5.50



CHAPMAN'S PREMIUM ICE CREAM selected varieties, frozen, 2 L crème glacée
20323573001_EA



HUNGRY-MAN DINNER ENTREES selected varieties, frozen 360-455 g plats cuisinés
20296014002_EA

\$5



ROYALE BATHROOM TISSUE 8=16 ROLLS or **ROYALE FACIAL TISSUE** 6x100 SHEETS selected varieties papier hygiénique ou mouchoirs
20702419_EA/21378574_EA

4.50



NANAK PANEER 341 g paneer
21286158_EA

8.50



BRAR'S BBQ VEGGIE BURGER 690 g burgers végété
21636401_EA

2.75



NESTLÉ CHOCOLATE BARS selected varieties, 95-105 g barres de chocolat
20640580_EA/21648521_EA

\$3



GOGO SQUEEZ FRUIT SAUCE POUCHES selected varieties, 4x90 g sachets de sauce aux fruits
20322697002_EA

3.77



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

1.75



KNORR SIDEKICKS selected varieties, 120-162 g pâtes
20321430007_EA/20321430011_EA

2.25



CAMPBELL'S CHUNKY SOUP selected varieties 515 mL soupe
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 détergent ou assouplissant ou feuilles pour sècheuse
20083525001_EA/21427038_EA

4.50



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

2.50



TEMPTATIONS PURRREES 48 g or **SPOONS** 40 g **CAT TREATS** selected varieties gâteries pour chats
21479803_EA/21585483_EA

\$6



HUY FONG SRIRACHA SAUCE 714 mL sauce
20074956_EA

\$3



HARDBITE POTATO CHIPS selected varieties, 128/150 g croustilles
20370855001_EA/21157616_EA

\$7



BILLY BEE HONEY 500 g miel
20724504_EA

\$5



BONNE MAMAN JAM selected varieties, 250 mL confiture
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!

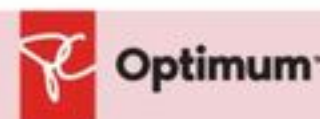
**Members
get over**
\$25
in value

**CLICK FOR
THESE COUPONS
AND MORE**



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

Save
\$1
with digital
coupon



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

Earn
500
pts
Until May - 13 - 2026



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

Earn
500
pts
Until May - 13 - 2026



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

Earn
800
pts
Until May - 13 - 2026



PC® FROZEN FRUIT
600 g
fruits surgelés
21377841_EA

Earn
1,000
pts
Until May - 13 - 2026



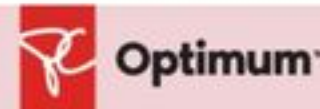
**PC® GREEK
YOGURT**
4 x 100 g
yogourt
21348028_EA

Earn
750
pts
Until May - 13 - 2026



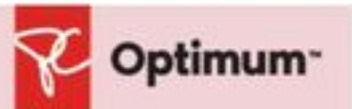
PC® DIPS
454 g
trempettes
20584098_EA

Earn
1,000
pts
Until May - 13 - 2026



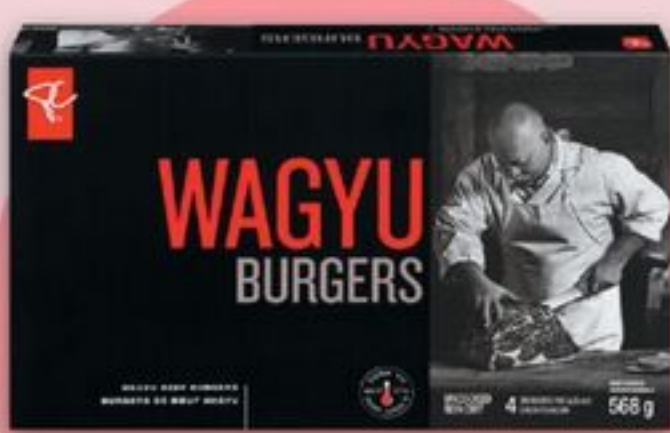
**FARMER'S
MARKET™
CROISSANTS**
260-336 g
croissants
20975943_EA

Earn
1,000
pts
Until May - 13 - 2026



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

Earn
1,000
pts
Until May - 13 - 2026



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

Earn
3,000
pts
Until May - 13 - 2026



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

Earn
1,200
pts
Until May - 13 - 2026



**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
tartina de 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

BABY ESSENTIALS AT LOW PRICES

34⁹⁹



PAMPERS ECONO PACK DIAPERS
selected varieties
size N-8, 58-180's
couches
21551567_EA/21692756_EA

34⁹⁹



KENDAMIL WHOLE MILK TODDLER FORMULA
800 g
préparation pour nourrissons
21699613_EA

75⁴⁷

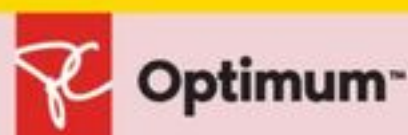


ENFAMIL A+ NEUROPRO or GENTLEASE READY TO FEED FORMULA
selected varieties
18x237 mL
préparation prête à servir
21590060_C01

34⁹⁹



HUGGIES ECONO PACK DIAPERS
selected varieties
size N-8, 60-208's
couches
21456635_EA/21663768_EA



Earn
10,000
pts

For every \$50*
spent

That's
\$10
value

BABY DIAPER, WIPES, FORMULA, BABY FOOD, BABY NEEDS or ACCESSORIES
all varieties and sizes
couches ou lingettes ou préparation pour nourrisson ou aliments ou articles ou accessoires pour bébé
20304618007_EA/21172501_EA/21370843_EA
21540716_EA/21699547_EA

1000s OF LOWERED PRICES EVERYDAY!

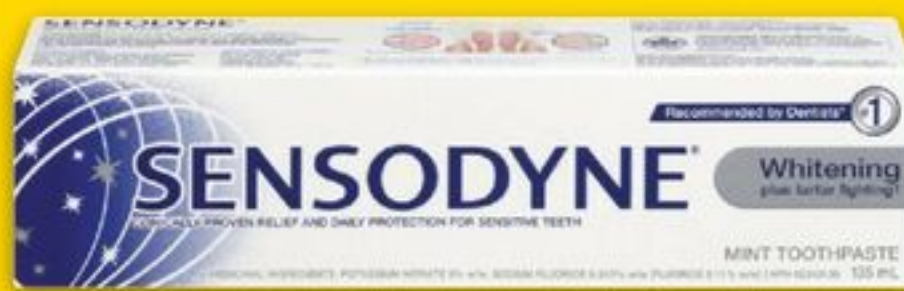
PRICE DROP

\$5



CREST GUM TOOTHPASTE 63-90 mL or **SCOPE MOUTHWASH** 1 L selected varieties dentifrice ou rince-bouche 20948747_EA/21354690_EA

5.79



SENSODYNE or **PRONAMEL TOOTHPASTE** 75/100 mL or **POLIGRIP** 40 g selected varieties dentifrice ou adhésif pour prothèses dentaires 20432268001_EA

\$8



VASELINE HAND CREAM or **BODY LOTION** selected varieties 40-227 g/150-600 mL crème à main ou lotion pour le corps 21085011_EA/21085906_EA

6.50



SOFTSOAP LIQUID HAND SOAP REFILL selected varieties 1.47 L recharge de savon liquide pour les mains 21715457_EA/21715576_EA

4.50



NIVEA BODY WASH 500 mL, **DEODORANT ROLL-ON** 50 mL or **ANTIPERSPIRANT** 51/52 g selected varieties nettoyant pour le corps ou déodorant ou antiodorifique 20321421004_EA/21169899_EA

\$4



AXE BODY SPRAY 113 g, **DEODORANT** 76/85 g, **BODY WASH** or **HAIR CARE** 473 mL selected varieties vaporisateur pour le corps ou déodorant ou nettoyant pour le corps ou soins capillaires 21042562_EA

\$11



ALWAYS LINERS 92-108's, **PADS** 27-52's or **TAMPAX TAMPONS** 22-36's selected varieties protège-dessous ou serviettes ou tampons 20964379_EA/21020073_EA

\$7

TRESEMÉ HAIR CARE selected varieties 198-311 g/168-828 mL soins capillaires 20315303016_EA/21170103_EA



5.50

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



5.50



TUMS ANTACID 60-100's or **CHEWABLE TABLETS** 28-32's selected varieties produit antiacide ou comprimés croquables 21223300_EA/21236031_EA

\$6



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

\$8



NIVEA HAND or **BODY LOTION** selected sizes and varieties 200-625 mL lotion pour les mains ou le corps 20700027_EA/21722989_EA

ALWAYS

\$4



LIFE BRAND® MOUTHWASH selected varieties 1 L rince-bouche 21201386_EA

54.99



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

2.49



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

2.50



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

27.99



HUGGIES SUPER BIG PACK DIAPERS selected varieties N-7, 36-128's couches 21172501_EA



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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!

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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.

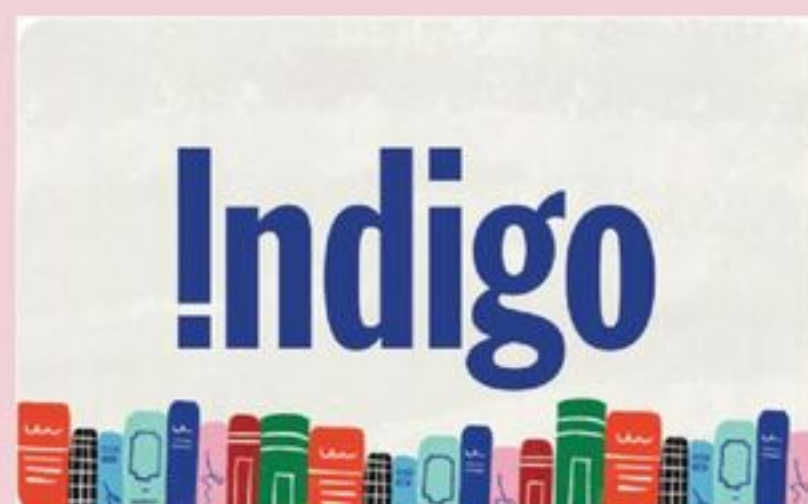
App exclusive offer



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 NFA MKT